

HEALTH IN MAINE: SEXUAL ORIENTATION

This table shows the percentage or rate of each indicator among individuals with different sexual orientations in Maine. For example, in 2019, 8.4% of gay or lesbian high school students and 2.4% of heterosexual high school students were housing insecure.

The MSCHNA collects and analyzes data on health outcomes, health behaviors, social determinants of health, and demographics. Some sub-populations experiencing health disparities are small, resulting in data that is less reliable due to low numbers or unavailable due to privacy concerns. The data that is collected and available is included in these tables. Due to data collection and availability, the list of data in these tables may be shorter than what appears in the County Health Profiles.

YOUTH POPULATION (MAINE 2019)	ADULT POPULATION (MAINE 2017-2019)
GAY OR LESBIAN 1,510	GAY OR LESBIAN 19,533
BISEXUAL 5,270	BISEXUAL 24,135
HETEROSEXUAL 45,616	HETEROSEXUAL 942,020
NOT SURE 2,425	OTHER 12,865

The MSCHNA looks forward to supporting the efforts of Maine’s Office of Population Health Equity to address these limitations and enhance data collection practices

Table. Health Indicators for Sexual Orientation

INDICATOR	SEXUAL ORIENTATION				MAINE
	Gay or lesbian	Bisexual	Heterosexual	Other	
DEMOGRAPHICS					
Transgender youth (high school students)	2019 16.4%	2019 7.5%	2019 0.3%	-	2019 1.6%
SOCIAL DETERMINANTS OF HEALTH					
Housing insecure (high school students)	2019 8.4%	2019 5.2%	2019 2.4%	-	2019 3.3%
Adverse childhood experiences (high school students)	2019 37.8%	2019 46.0%	2019 17.7%	-	2019 21.3%
GENERAL HEALTH STATUS					
Fair or poor health (self-rated)	2011-2015 & 2017 17.3%	2011-2015 & 2017 20.2%	2011-2015 & 2017 15.5%	2011-2015 & 2017 32.5%	2011-2015 & 2017 15.7%
14 or more days lost due to poor physical health	2011-2015 & 2017 13.2%	2011-2015 & 2017 16.5%	2011-2015 & 2017 12.7%	2011-2015 & 2017 -	2011-2015 & 2017 12.7%
14 or more days lost due to poor mental health	2011-2015 & 2017 14.4%	2011-2015 & 2017 30.6%	2011-2015 & 2017 11.8%	2011-2015 & 2017 -	2011-2015 & 2017 12.3%
Three or more chronic conditions	2011-2015 & 2017 14.4%	2011-2015 & 2017 13.1%	2011-2015 & 2017 14.4%	2011-2015 & 2017 20.2%	2011-2015 & 2017 14.3%

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ACCESS					
Usual primary care provider (adults)	2011-2015 & 2017 89.2%	2011-2015 & 2017 85.6%	2011-2015 & 2017 88.3%	2011-2015 & 2017 83.5%	2011-2015 & 2017 88.3%
Primary care visit to any primary care provider in the past year	2011-2015 & 2017 66.0%	2011-2015 & 2017 64.8%	2011-2015 & 2017 71.7%	2011-2015 & 2017 -	2011-2015 & 2017 71.5%
Cost barriers to health care	2011-2015 & 2017 14.7%	2011-2015 & 2017 23.1%	2011-2015 & 2017 10.2%	2011-2015 & 2017 -	2011-2015 & 2017 10.8%
CANCER					
Breast cancer screening up-to-date	2012 & 2014 90.2%	2012 & 2014 -	2012 & 2014 83.4%	2012 & 2014 -	2014 & 2016 81.9%
Colorectal cancer screening up-to-date	2012 & 2014 75.4%	-	2012 & 2014 73.8%	-	2014 & 2016 74.9%
CARDIOVASCULAR DISEASE					
High Blood Pressure	2011, 2013, 2015 & 2017 28.7%	2011, 2013, 2015 & 2017 16.0%	2011, 2013, 2015 & 2017 34.4%	2011, 2013, 2015 & 2017 22.9%	2011, 2013, 2015 & 2017 33.6%
High cholesterol	2011, 2013, 2015 & 2017 36.8%	2011, 2013, 2015 & 2017 29.0%	2011, 2013, 2015 & 2017 39.8%	2011, 2013, 2015 & 2017 -	2011, 2013, 2015 & 2017 39.1%
Cholesterol checked in past five years	2011, 2013, 2015 & 2017 84.1%	2011, 2013, 2015 & 2017 73.2%	2011, 2013, 2015 & 2017 82.7%	2011, 2013, 2015 & 2017 -	2011, 2013, 2015 & 2017 82.1%
DIABETES					
Diabetes	2011-2015 & 2017 9.8%	2011-2015 & 2017 6.8%	2011-2015 & 2017 9.9%	2011-2015 & 2017 11.3%	2011-2015 & 2017 9.8%
Prediabetes	2011-2015 & 2017 9.5%	2011-2015 & 2017 8.5%	2011-2015 & 2017 7.4%	2011-2015 & 2017 9.7%	2011-2015 & 2017 7.4%
A1c test at least twice/year (adults with diabetes)	2011-2015 & 2017 90.2%	2011-2015 & 2017 -	2011-2015 & 2017 77.2%	2011-2015 & 2017 -	2011-2015 & 2017 77.3%
Formal diabetes education (adults with diabetes)	2011-2015 & 2017 -	2011-2015 & 2017 -	2011-2015 & 2017 60.1%	2011-2015 & 2017 -	2011-2015 & 2017 59.5%
Foot exam annually (adults with diabetes)	2011-2015 & 2017 94.4%	2011-2015 & 2017 -	2011-2015 & 2017 83.8%	2011-2015 & 2017 -	2011-2015 & 2017 83.7%
Dilated eye exam annually (adults with diabetes)	2011-2015 & 2017 -	2011-2015 & 2017 -	2011-2015 & 2017 69.5%	2011-2015 & 2017 -	2011-2015 & 2017 69.7%

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RESPIRATORY HEALTH					
Current asthma (adults)	2011-2015 & 2017 17.1%	2011-2015 & 2017 20.5%	2011-2015 & 2017 11.4%	2011-2015 & 2017 12.1%	2011-2015 & 2017 11.5%
Chronic obstructive pulmonary disease (COPD)	2011-2015 & 2017 7.5%	2011-2015 & 2017 10.6%	2011-2015 & 2017 7.8%	2011-2015 & 2017 8.5%	2011-2015 & 2017 7.7%
PHYSICAL ACTIVITY, NUTRITION AND WEIGHT					
Obesity (adults)	2011-2015 & 2017 30.3%	2011-2015 & 2017 29.2%	2011-2015 & 2017 29.0%	2011-2015 & 2017 30.5%	2011-2015 & 2017 28.7%
Overweight (adults)	2011-2015 & 2017 30.6%	2011-2015 & 2017 24.0%	2011-2015 & 2017 36.6%	2011-2015 & 2017 27.6%	2011-2015 & 2017 36.3%
Obesity (high school students)	2019 22.0%	2019 23.0%	2019 13.6%	-	2019 15.0%
Overweight (high school students)	2019 16.5%	2019 18.6%	2019 16.0%	-	2019 16.3%
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2011-2015 & 2017 20.7%	2011-2015 & 2017 21.2%	2011-2015 & 2017 22.9%	2011-2015 & 2017 32.9%	2011-2015 & 2017 22.8%
Met aerobic physical activity recommendations (adults)	2011, 2013, 2015 & 2017 53.2%	2011, 2013, 2015 & 2017 53.4%	2011, 2013, 2015 & 2017 54.0%	2011, 2013, 2015 & 2017 -	2011, 2013, 2015 & 2017 54.2%
Met physical activity recommendations (high school students)	2019 11.9%	2019 10.4%	2019 22.9%	-	2019 20.9%
Fewer than two hours combined screen time (high school students)	2019 27.7%	2019 27.0%	2019 34.7%	-	2019 33.9%
Fruit consumption (adults reporting less than one serving per day)	2017 -	2017 -	2017 31.1%	2017 -	2017 31.4%
Vegetable consumption (adults reporting less than one serving per day)	2017 11.2%	2017 -	2017 12.4%	2017 -	2017 12.4%
Fruit and vegetable consumption (high school students reporting 5 or more a day)	2019 13.7%	2019 12.6%	2019 15.5%	-	2019 15.2%
Soda/sports drink consumption (high school students reporting 1 or more a day)	2019 21.7%	2019 21.9%	2019 19.0%	-	2019 19.6%
COGNITIVE HEALTH					
Arthritis	2011-2015 & 2017 30.4%	2011-2015 & 2017 23.3%	2011-2015 & 2017 31.4%	2011-2015 & 2017 30.5%	2011-2015 & 2017 30.6%
Caregiving at least 20 hours per week	2015 & 2017 2.4%	2015 & 2017 3.0%	2015 & 2017 4.8%	2015 & 2017 -	2015 & 2017 4.8%

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IMMUNIZATIONS					
Influenza vaccination in the past year (adults)	2011-2015 & 2017 45.5%	2011-2015 & 2017 34.6%	2011-2015 & 2017 42.5%	2011-2015 & 2017 38.1%	2011-2015 & 2017 42.4%
Pneumococcal pneumonia vaccination (adults ages 65+)	2011-2015 & 2017 69.5%	2011-2015 & 2017 -	2011-2015 & 2017 75.2%	2011-2015 & 2017 -	2011-2015 & 2017 74.9%
UNINTENTIONAL INJURY					
Always wear seatbelt (high school students)	2019 71.9%	2019 67.1%	2019 70.5%	-	2019 70.0%
INTENTIONAL INJURY					
Rape/non-consensual sex (among females, lifetime)	2011, 2012, 2014 & 2017 20.8%	2011, 2012, 2014 & 2017 -	2011, 2012, 2014 & 2017 13.3%	2011, 2012, 2014 & 2017 -	2011, 2012, 2014, 2016 & 2017 14.9%
Bullied on school property (high school students)	2019 37.2%	2019 36.5%	2019 21.1%	-	2019 23.3%
Intentional self-injury (high school students)	2019 42.9%	2019 49.8%	2019 13.8%	-	2019 18.7%
MENTAL HEALTH					
Depression, current symptoms (adults)	2011-2015 & 2017 13.9%	2011-2015 & 2017 22.3%	2011-2015 & 2017 9.4%	2011-2015 & 2017 -	2011-2015 & 2017 9.8%
Depression, lifetime	2011-2015 & 2017 37.3%	2011-2015 & 2017 58.1%	2011-2015 & 2017 23.3%	2011-2015 & 2017 -	2011-2015 & 2017 24.0%
Anxiety, lifetime	2011-2015 & 2017 26.7%	2011-2015 & 2017 50.3%	2011-2015 & 2017 19.2%	2011-2015 & 2017 25.4%	2011-2015 & 2017 19.9%
Sad/hopeless for two weeks in a row (high school students)	2019 57.6%	2019 66.6%	2019 26.8%	-	2019 32.1%
Seriously considered suicide (high school students)	2019 35.1%	2019 43.3%	2019 12.3%	-	2019 16.4%
Chronic disease among persons with depression	2011-2015 & 2017 -	2011-2015 & 2017 -	2011-2015 & 2017 30.9%	2011-2015 & 2017 -	2011-2015 & 2017 31.1%
Currently receiving outpatient mental health treatment (adults)	2011-2015 & 2017 28.8%	2011-2015 & 2017 37.7%	2011-2015 & 2017 17.1%	2011-2015 & 2017 -	2011-2015 & 2017 17.6%
ORAL HEALTH					
Dentist visits in the past year (adults)	2012 & 2014 67.7%	2012 & 2014 46.8%	2012 & 2014 64.9%	2012 & 2014 -	2012 & 2014 64.5%
Adult tooth loss	2012 & 2014 13.9%	2012 & 2014 19.2%	2012 & 2014 19.9%	2012 & 2014 -	2012 & 2014 20.0%

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SUBSTANCE USE					
Chronic heavy drinking (adults)	2012-2015 & 2017 9.4%	2012-2015 & 2017 11.8%	2012-2015 & 2017 7.5%	2012-2015 & 2017 -	2012-2015 & 2017 7.8%
Binge drinking (adults)	2011-2015 & 2017 17.7%	2011-2015 & 2017 25.1%	2011-2015 & 2017 17.0%	2011-2015 & 2017 -	2011-2015 & 2017 17.4%
Past-30-day marijuana use (adults)	2012-2015 & 2017 21.3%	2012-2015 & 2017 22.2%	2012-2015 & 2017 9.7%	2012-2015 & 2017 -	2012-2015 & 2017 10.8%
Past-30-day misuse of prescription drugs (adult)	2012-2015 & 2017 2.1%	2012-2015 & 2017 1.0%	2012-2015 & 2017 1.0%	2012-2015 & 2017 -	2012-2015 & 2017 1.1%
Past-30-day alcohol use (high school students)	2019 26.0%	2019 27.0%	2019 22.6%	-	2019 22.9%
Binge drinking (high school students)	2019 9.1%	2019 7.1%	2019 8.2%	-	2019 8.2%
Past-30-day marijuana use (high school students)	2019 25.1%	2019 31.0%	2019 21.1%	-	2019 22.1%
Past-30-day misuse of prescription drugs (high school students)	2019 10.5%	2019 6.6%	2019 4.3%	-	2019 5.0%
TOBACCO USE					
Current (every day or somedays) smoking (adults)	2012-2015 & 2017 23.4%	2012-2015 & 2017 33.5%	2012-2015 & 2017 18.9%	2012-2015 & 2017 -	2012-2015 & 2017 19.3%
Current (every day or somedays) e-cigarette use (adults)	2015 & 2017 3.9%	2015 & 2017 6.5%	2015 & 2017 3.2%	2015 & 2017 -	2015 & 2017 3.3%
Past-30-day cigarette smoking (high school students)	2019 12.5%	2019 12.9%	2019 5.9%	-	2019 7.1%
Past-30-day e-cigarette use (high school students)	2019 24.6%	2019 32.1%	2019 28.8%	-	2019 28.7%
Past-30-day tobacco use (high school students)	2019 14.7%	2019 15.0%	2019 9.6%	-	2019 10.6%
Environmental tobacco smoke exposure (high school students)	2019 35.4%	2019 39.5%	2019 25.1%	-	2019 27.0%
Maine QuitLink users	2020 2.3%	2020 1.3%	2020 1.5%	-	2020 1.8%

The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaboration between Central Maine Healthcare (CMHC), Maine Center for Disease Control and Prevention (Maine CDC), MaineGeneral Health (MGH), MaineHealth (MH), and Northern Light Health (NLH).

The vision of the Maine Shared CHNA is to turn health data into action so that Maine will become the healthiest state in the U.S. The mission of the Maine Shared CHNA is to:

- Create Shared CHNA Reports,
- Engage and activate communities, and
- Support data-driven health improvements for Maine people.

For more information on Maine Shared CHNA, including a list of data sources and definitions, please visit our web page: www.mainechna.org.

