

# Maine Shared Community Health Needs Assessment County Summary: 2015

**Kennebec  
County**

November 2015

## Qualitative Stakeholder Input

A survey of 220 health professionals and community stakeholders in Kennebec County provided insight into the most critical health issues and determinants impacting the lives of those living in the area. According to these stakeholders, the following five health issues and health factors have the most impact on Kennebec County resulting in poor health outcomes for residents.

### Top five health issues

- Obesity
- Drug and alcohol abuse
- Mental health
- Depression
- Physical activity and nutrition

### Top five health factors

- Poverty
- Access to behavioral care/mental health care
- Health-care insurance
- Transportation
- Health literacy


Maine Shared CHNA Health Indicators	Year	Kennebec	Trend	Maine	U.S.
<b>Demographics</b>					
Total Population	2013	121,164		1,328,302	319 Mil
Population – % ages 0-17	2013	19.9%		19.7%	23.3%
Population – % ages 18-64	2013	63.0%		62.6%	62.6%
Population – % ages 65+	2013	17.1%		17.7%	14.1%
Population – % White	2013	96.4%		95.2%	77.7%
Population – % Black or African American	2013	0.6%		1.4%	13.2%
Population – % American Indian and Alaska Native	2013	0.5%		0.7%	1.2%
Population – % Asian	2013	0.8%		1.1%	5.3%
Population – % Hispanic	2013	1.4%		1.4%	17.1%
Population – % with a disability	2013	17.6%		15.9%	12.1%
Population density (per square mile)	2013	140.8		43.1	87.4
<b>Socioeconomic Status Measures</b>					
Individuals living in poverty	2009-2013	13.4%	NA	13.6%	15.4%
Children living in poverty	2009-2013	17.7%	NA	18.5%	21.6%
High school graduation rate	2013-2014	85.5%	NA	86.5%	81.0%
Median household income	2009-2013	\$46,808	NA	\$48,453	\$53,046
Percentage of people living in rural areas	2013	100.0%	NA	66.4%	NA
Single-parent families	2009-2013	36.7%	NA	34.0%	33.2%
Unemployment rate	2014	5.4%	NA	5.7%	6.2%
65+ living alone	2009-2013	42.7%	NA	41.2%	37.7%
<b>General Health Status</b>					
Adults who rate their health fair to poor	2011-2013	16.1%		15.6%	16.7%
Adults with 14+ days lost due to poor mental health	2011-2013	14.0%		12.4%	NA
Adults with 14+ days lost due to poor physical health	2011-2013	14.1%		13.1%	NA
Adults with three or more chronic conditions	2011, 2013	27.7%		27.6%	NA
<b>Mortality</b>					
Life expectancy (Female)	2012	80.9	NA	81.5	81.2
Life expectancy (Male)	2012	75.6	NA	76.7	76.4
Overall mortality rate per 100,000 population	2009-2013	805.1	NA	745.8	731.9
<b>Access</b>					
Adults with a usual primary care provider	2011-2013	88.0%		87.7%	76.6%
Individuals who are unable to obtain or delay obtaining necessary medical care due to cost	2011-2013	10.4%		11.0%	15.3%
MaineCare enrollment	2015	29.0%	NA	27.0%	23.0%
Percent of children ages 0-19 enrolled in MaineCare	2015	44.8%	NA	41.8%	48.0%


Maine Shared CHNA Health Indicators	Year	Kennebec	Trend	Maine	U.S.
Percent uninsured	2009-2013	9.6%	NA	10.4%	11.7%
<b>Health Care Quality</b>					
Ambulatory care-sensitive condition hospital admission rate per 100,000 population	2011	1,390.4		1,499.3	1457.5
Ambulatory care-sensitive condition emergency department rate per 100,000 population	2011	3,892.4	NA	4,258.8	NA
<b>Oral Health</b>					
Adults with visits to a dentist in the past 12 months	2012	67.4%	NA	65.3%	67.2%
MaineCare members under 18 with a visit to the dentist in the past year	2014	54.4%	NA	55.1%	NA
<b>Respiratory</b>					
Asthma emergency department visits per 10,000 population	2009-2011	67.6	+	67.3	NA
COPD diagnosed	2011-2013	7.7%		7.6%	6.5%
COPD hospitalizations per 100,000 population	2011	166.5		216.3	NA
Current asthma (Adults)	2011-2013	12.6%		11.7%	9.0%
Current asthma (Youth 0-17)	2011-2013	10.7%†	NA	9.1%	NA
Pneumonia emergency department rate per 100,000 population	2011	754.2		719.9	NA
Pneumonia hospitalizations per 100,000 population	2011	299.7		329.4	NA
<b>Cancer</b>					
Mortality – all cancers per 100,000 population	2007-2011	199.4	NA	185.5	168.7
Incidence – all cancers per 100,000 population	2007-2011	493.5	NA	500.1	453.4
Bladder cancer incidence per 100,000 population	2007-2011	25.4	NA	28.3	20.2
Female breast cancer mortality per 100,000 population	2007-2011	22.1	NA	20.0	21.5
Breast cancer late-stage incidence (females only) per 100,000 population	2007-2011	44.5	NA	41.6	43.7
Female breast cancer incidence per 100,000 population	2007-2011	138.0	NA	126.3	124.1
Mammograms females age 50+ in past two years	2012	82.9%	NA	82.1%	77.0%
Colorectal cancer mortality per 100,000 population	2007-2011	18.1	NA	16.1	15.1
Colorectal late-stage incidence per 100,000 population	2007-2011	21.0	NA	22.7	22.9
Colorectal cancer incidence per 100,000 population	2007-2011	40.2	NA	43.5	42.0
Colorectal screening	2012	77.7%	NA	72.2%	NA
Lung cancer mortality per 100,000 population	2007-2011	56.6	NA	54.3	46.0
Lung cancer incidence per 100,000 population	2007-2011	78.8	NA	75.5	58.6
Melanoma incidence per 100,000 population	2007-2011	15.6	NA	22.2	21.3
Pap smears females ages 21-65 in past three years	2012	85.7%	NA	88.0%	78.0%
Prostate cancer mortality per 100,000 population	2007-2011	27.0	NA	22.1	20.8
Prostate cancer incidence per 100,000 population	2007-2011	138.3	NA	133.8	140.8
Tobacco-related neoplasms, mortality per 100,000 population	2007-2011	41.1	NA	37.4	34.3
Tobacco-related neoplasms, incidence per 100,000 population	2007-2011	89.3	NA	91.9	81.7
<b>Cardiovascular Disease</b>					
Acute myocardial infarction hospitalizations per 10,000 population	2010-2012	27.8	+	23.5	NA
Acute myocardial infarction mortality per 100,000 population	2009-2013	36.1	NA	32.2	32.4
Cholesterol checked every five years	2011, 2013	82.2%		81.0%	76.4%
Coronary heart disease mortality per 100,000 population	2009-2013	100.7	NA	89.8	102.6
Heart failure hospitalizations per 10,000 population	2010-2012	20.3		21.9	NA
Hypertension prevalence	2011, 2013	32.4%		32.8%	31.4%
High cholesterol	2011, 2013	40.0%		40.3%	38.4%
Hypertension hospitalizations per 100,000 population	2011	18.4	+	28.0	NA
Stroke hospitalizations per 10,000 population	2010-2012	22.4		20.8	NA

Maine Shared CHNA Health Indicators	Year	Kennebec	Trend	Maine	U.S.
Stroke mortality per 100,000 population	2009-2013	36.1	NA	35.0	36.2
<b>Diabetes</b>					
Diabetes prevalence (ever been told)	2011-2013	9.5%		9.6%	9.7%
Pre-diabetes prevalence	2011-2013	5.0%		6.9%	NA
Adults with diabetes who have eye exam annually	2011-2013	74.5%	NA	71.2%	NA
Adults with diabetes who have foot exam annually	2011-2013	79.8%	NA	83.3%	NA
Adults with diabetes who have had an A1C test twice per year	2011-2013	NA	NA	73.2%	NA
Adults with diabetes who have received formal diabetes education	2011-2013	65.1%	NA	60.0%	55.8%
Diabetes emergency department visits (principal diagnosis) per 100,000 population	2011	233.9		235.9	NA
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2010-2012	12.5		11.7	NA
Diabetes long-term complication hospitalizations	2011	72.3		59.1	NA
Diabetes mortality (underlying cause) per 100,000 population	2009-2013	25.8	NA	20.8	21.2
<b>Environmental Health</b>					
Children with confirmed elevated blood lead levels (% among those screened)	2009-2013	2.3%	NA	2.5%	NA
Children with unconfirmed elevated blood lead levels (% among those screened)	2009-2013	5.7%	NA	4.2%	NA
Homes with private wells tested for arsenic	2009, 2012	56.5%	NA	43.3%	NA
Lead screening among children age 12-23 months	2009-2013	37.9%	NA	49.2%	NA
Lead screening among children age 24-35 months	2009-2013	27.3%	NA	27.6%	NA
<b>Immunization</b>					
Adults immunized annually for influenza	2011-2013	43.4%		41.5%	NA
Adults immunized for pneumococcal pneumonia (ages 65 and older)	2011-2013	74.0%		72.4%	69.5%
Immunization exemptions among kindergarteners for philosophical reasons	2015	3.1%	NA	3.7%	NA
Two-year-olds up to date with "Series of Seven Immunizations" 4-3-1-3-3-1-4	2015	81.0%	NA	75.0%	NA
<b>Infectious Disease</b>					
Hepatitis A (acute) incidence per 100,000 population	2014	0.0†	NA	0.6	0.4
Hepatitis B (acute) incidence per 100,000 population	2014	4.1†	NA	0.9	0.9
Hepatitis C (acute) incidence per 100,000 population	2014	3.3†	NA	2.3	0.7
Incidence of past or present hepatitis C virus (HCV) per 100,000 population	2014	39.6	NA	107.1	NA
Incidence of newly reported chronic hepatitis B virus (HBV) per 100,000 population	2014	3.3†	NA	8.1	NA
Lyme disease incidence per 100,000 population	2014	113.9	NA	105.3	10.5
Pertussis incidence per 100,000 population	2014	14.0†	NA	41.9	10.3
Tuberculosis incidence per 100,000 population	2014	0.8†	NA	1.1	3.0
<b>STD/HIV</b>					
AIDS incidence per 100,000 population	2014	0.0†	NA	2.1	8.4
Chlamydia incidence per 100,000 population	2014	295.6	NA	265.5	452.2
Gonorrhea incidence per 100,000 population	2014	19.0	NA	17.8	109.8
HIV incidence per 100,000 population	2014	3.3†	NA	4.4	11.2
HIV/AIDS hospitalization rate per 100,000 population	2011	22.0		21.4	NA
Syphilis incidence per 100,000 population	2014	0.0†	NA	1.6	19.9
<b>Intentional Injury</b>					
Domestic assaults reports to police per 100,000 population	2013	478.3	NA	413.0	NA
Firearm deaths per 100,000 population	2009-2013	9.0	NA	9.2	10.4

Maine Shared CHNA Health Indicators	Year	Kennebec	Trend	Maine	U.S.
Intentional self-injury (Youth)	2013	NA	NA	17.9%	NA
Lifetime rape/non-consensual sex (among females)	2013	NA	NA	11.3%	NA
Nonfatal child maltreatment per 1,000 population	2013	NA	NA	14.6	9.1
Reported rape per 100,000 population	2013	52.0	NA	27.0	25.2
Suicide deaths per 100,000 population	2009-2013	14.7	NA	15.2	12.6
Violence by current or former intimate partners in past 12 months (among females)	2013	NA	NA	0.8%	NA
Violent crime rate per 100,000 population	2013	146.2	NA	125.0	368
<b>Unintentional Injury</b>					
Always wear seatbelt (Adults)	2013	86.5%		85.2%	NA
Always wear seatbelt (High School Students)	2013	61.8%		61.6%	54.7%
Traumatic brain injury related emergency department visits (all intents) per 10,000 population	2011	100.0	NA	81.4	NA
Unintentional and undetermined intent poisoning deaths per 100,000 population	2009-2013	13.6	NA	11.1	13.2
Unintentional fall related deaths per 100,000 population	2009-2013	6.3	NA	6.8	8.5
Unintentional fall related injury emergency department visits per 10,000 population	2011	400.1	NA	361.3	NA
Unintentional motor vehicle traffic crash related deaths per 100,000 population	2009-2013	12.0	NA	10.8	10.5
<b>Occupational Health</b>					
Deaths from work-related injuries (number)	2013	NA	NA	19	4,585
Nonfatal occupational injuries (number)	2013	1,539	NA	13,205	NA
<b>Mental Health</b>					
Adults who have ever had anxiety	2011-2013	20.5%		19.4%	NA
Adults who have ever had depression	2011-2013	24.1%		23.5%	18.7%
Adults with current symptoms of depression	2011-2013	9.6%		10.0%	NA
Adults currently receiving outpatient mental health treatment	2011-2013	18.7%		17.7%	NA
Co-morbidity for persons with mental illness	2011, 2013	36.0%	NA	35.2%	NA
Mental health emergency department rates per 100,000 population	2011	2,008.8		1,972.1	NA
Sad/hopeless for two weeks in a row (High School Students)	2013	24.5%		24.3%	29.9%
Seriously considered suicide (High School Students)	2013	15.3%		14.6%	17.0%
<b>Physical Activity, Nutrition and Weight</b>					
Fewer than two hours combined screen time (High School Students)	2013	NA	NA	33.9%	NA
Fruit and vegetable consumption (High School Students)	2013	16.7%	NA	16.8%	NA
Fruit consumption among Adults 18+ (less than one serving per day)	2013	36.1%	NA	34.0%	39.2%
Met physical activity recommendations (Adults)	2013	57.1%		53.4%	50.8%
Physical activity for at least 60 minutes per day on five of the past seven days (High School Students)	2013	44.4%	NA	43.7%	47.3%
Sedentary lifestyle – no leisure-time physical activity in past month (Adults)	2011-2013	22.6%		22.4%	25.3%
Soda/sports drink consumption (High School Students)	2013	27.5%	NA	26.2%	27.0%
Vegetable consumption among Adults 18+ (less than one serving per day)	2013	20.3%	NA	17.9%	22.9%
Obesity (Adults)	2013	28.3%		28.9%	29.4%
Obesity (High School Students)	2013	14.3%		12.7%	13.7%
Overweight (Adults)	2013	38.8%		36.0%	35.4%
Overweight (High School Students)	2013	16.7%		16.0%	16.6%
<b>Pregnancy and Birth Outcomes</b>					
Children with special health care needs	2009-2010	NA	NA	23.6%	19.8%

Maine Shared CHNA Health Indicators	Year	Kennebec	Trend	Maine	U.S.
Infant deaths per 1,000 live births	2003-2012	5.7	NA	6.0	6.0
Live births for which the mother received early and adequate prenatal care	2010-2012	81.3%	NA	86.4%	84.8%
Live births to 15-19 year olds per 1,000 population	2010-2012	23.7	NA	20.5	26.5
Low birth weight (<2500 grams)	2010-2012	6.9%	NA	6.6%	8.0%
<b>Substance and Alcohol Abuse</b>					
Alcohol-induced mortality per 100,000 population	2009-2013	8.0	NA	8.0	8.2
Binge drinking of alcoholic beverages (High School Students)	2013	14.3%		14.8%	20.8%
Binge drinking of alcoholic beverages (Adults)	2011-2013	15.5%		17.4%	16.8%
Chronic heavy drinking (Adults)	2011-2013	5.5%		7.3%	6.2%
Drug-affected baby referrals received as a percentage of all live births	2014	8.3%	NA	7.8%	NA
Drug-induced mortality per 100,000 population	2009-2013	13.0	NA	12.4	14.6
Emergency medical service overdose response per 100,000 population	2014	416.1	NA	391.5	NA
Opiate poisoning (ED visits) per 100,000 population	2009-2011	19.6		25.1	NA
Opiate poisoning (hospitalizations) per 100,000 population	2009-2011	14.0		13.2	NA
Past-30-day alcohol use (High School Students)	2013	24.0%		26.0%	34.9%
Past-30-day inhalant use (High School Students)	2013	3.0%		3.2%	NA
Past-30-day marijuana use (Adults)	2011-2013	8.4%		8.2%	NA
Past-30-day marijuana use (High School Students)	2013	20.0%		21.6%	23.4%
Past-30-day nonmedical use of prescription drugs (Adult)	2011-2013	0.1%†	NA	1.1%	NA
Past-30-day nonmedical use of prescription drugs (High School Students)	2013	4.5%		5.6%	NA
Prescription Monitoring Program opioid prescriptions (days supply/pop)	2014-2015	9.5	NA	6.8	NA
Substance-abuse hospital admissions per 100,000 population	2011	351.2	+	328.1	NA
<b>Tobacco Use</b>					
Current smoking (Adults)	2011-2013	17.9%		20.2%	19.0%
Current smoking (High School Students)	2013	13.6%		12.9%	15.7%
Current tobacco use (High School Students)	2013	18.6%	NA	18.2%	22.4%
Secondhand smoke exposure (Youth)	2013	39.4%		38.3%	NA

 Indicates county is significantly better than state average (using a 95% confidence level).

 Indicates county is significantly worse than state average (using a 95% confidence level).

+ Indicates an improvement in the indicator over time at the county level (using a 95% confidence level)

– Indicates a worsening in the indicator over time at the county level (using a 95% confidence level)

† Results may be statistically unreliable due to small numerator, use caution when interpreting.

NA = No data available