

Maine Shared Community Health Needs Assessment

County Summary: 2015

Knox County

November 2015

Qualitative Stakeholder Input

A survey of 53 health professionals and community stakeholders in Knox 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 Knox County resulting in poor health outcomes for residents.

Top five health issues

- Drug and alcohol abuse
- Obesity
- Mental health
- Depression
- Diabetes

Top five health factors

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


Maine Shared CHNA Health Indicators	Year	Knox	Trend	Maine	U.S.
Demographics					
Total Population	2013	39,550		1,328,302	319 Mil
Population – % ages 0-17	2013	18.6%		19.7%	23.3%
Population – % ages 18-64	2013	59.7%		62.6%	62.6%
Population – % ages 65+	2013	21.7%		17.7%	14.1%
Population – % White	2013	97.0%		95.2%	77.7%
Population – % Black or African American	2013	0.6%		1.4%	13.2%
Population – % American Indian and Alaska Native	2013	0.4%		0.7%	1.2%
Population – % Asian	2013	0.5%		1.1%	5.3%
Population – % Hispanic	2013	1.1%		1.4%	17.1%
Population – % with a disability	2013	16.1%		15.9%	12.1%
Population density (per square mile)	2013	108.8		43.1	87.4
Socioeconomic Status Measures					
Individuals living in poverty	2009-2013	10.8%	NA	13.6%	15.4%
Children living in poverty	2009-2013	14.6%	NA	18.5%	21.6%
High school graduation rate	2013-2014	86.2%	NA	86.5%	81.0%
Median household income	2009-2013	\$49,755	NA	\$48,453	\$53,046
Percentage of people living in rural areas	2013	100.0%	NA	66.4%	NA
Single-parent families	2009-2013	39.0%	NA	34.0%	33.2%
Unemployment rate	2014	5.2%	NA	5.7%	6.2%
65+ living alone	2009-2013	41.5%	NA	41.2%	37.7%
General Health Status					
Adults who rate their health fair to poor	2011-2013	14.5%		15.6%	16.7%
Adults with 14+ days lost due to poor mental health	2011-2013	12.3%		12.4%	NA
Adults with 14+ days lost due to poor physical health	2011-2013	11.8%		13.1%	NA
Adults with three or more chronic conditions	2011, 2013	24.9%		27.6%	NA
Mortality					
Life expectancy (Female)	2012	82.7	NA	81.5	81.2
Life expectancy (Male)	2012	77.2	NA	76.7	76.4
Overall mortality rate per 100,000 population	2009-2013	672.3	NA	745.8	731.9
Access					
Adults with a usual primary care provider	2011-2013	88.5%		87.7%	76.6%
Individuals who are unable to obtain or delay obtaining necessary medical care due to cost	2011-2013	12.1%		11.0%	15.3%
MaineCare enrollment	2015	25.5%	NA	27.0%	23.0%
Percent of children ages 0-19 enrolled in MaineCare	2015	45.8%	NA	41.8%	48.0%


Maine Shared CHNA Health Indicators	Year	Knox	Trend	Maine	U.S.
Percent uninsured	2009-2013	13.0%	NA	10.4%	11.7%
Health Care Quality					
Ambulatory care-sensitive condition hospital admission rate per 100,000 population	2011	1,609.9		1,499.3	1457.5
Ambulatory care-sensitive condition emergency department rate per 100,000 population	2011	3,387.6	NA	4,258.8	NA
Oral Health					
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	53.6%	NA	55.1%	NA
Respiratory					
Asthma emergency department visits per 10,000 population	2009-2011	60.8	+	67.3	NA
COPD diagnosed	2011-2013	6.5%		7.6%	6.5%
COPD hospitalizations per 100,000 population	2011	153.7		216.3	NA
Current asthma (Adults)	2011-2013	11.2%		11.7%	9.0%
Current asthma (Youth 0-17)	2011-2013	9.6%†	NA	9.1%	NA
Pneumonia emergency department rate per 100,000 population	2011	516.9		719.9	NA
Pneumonia hospitalizations per 100,000 population	2011	294.7		329.4	NA
Cancer					
Mortality – all cancers per 100,000 population	2007-2011	173.8	NA	185.5	168.7
Incidence – all cancers per 100,000 population	2007-2011	523.5	NA	500.1	453.4
Bladder cancer incidence per 100,000 population	2007-2011	28.3	NA	28.3	20.2
Female breast cancer mortality per 100,000 population	2007-2011	24.1	NA	20.0	21.5
Breast cancer late-stage incidence (females only) per 100,000 population	2007-2011	49.6	NA	41.6	43.7
Female breast cancer incidence per 100,000 population	2007-2011	129.5	NA	126.3	124.1
Mammograms females age 50+ in past two years	2012	78.4%	NA	82.1%	77.0%
Colorectal cancer mortality per 100,000 population	2007-2011	11.7	NA	16.1	15.1
Colorectal late-stage incidence per 100,000 population	2007-2011	21.7	NA	22.7	22.9
Colorectal cancer incidence per 100,000 population	2007-2011	36.6	NA	43.5	42.0
Colorectal screening	2012	70.1%	NA	72.2%	NA
Lung cancer mortality per 100,000 population	2007-2011	48.4	NA	54.3	46.0
Lung cancer incidence per 100,000 population	2007-2011	70.0	NA	75.5	58.6
Melanoma incidence per 100,000 population	2007-2011	34.5	NA	22.2	21.3
Pap smears females ages 21-65 in past three years	2012	89.6%	NA	88.0%	78.0%
Prostate cancer mortality per 100,000 population	2007-2011	22.0	NA	22.1	20.8
Prostate cancer incidence per 100,000 population	2007-2011	162.1	NA	133.8	140.8
Tobacco-related neoplasms, mortality per 100,000 population	2007-2011	38.4	NA	37.4	34.3
Tobacco-related neoplasms, incidence per 100,000 population	2007-2011	93.2	NA	91.9	81.7
Cardiovascular Disease					
Acute myocardial infarction hospitalizations per 10,000 population	2010-2012	18.4	+	23.5	NA
Acute myocardial infarction mortality per 100,000 population	2009-2013	30.5	NA	32.2	32.4
Cholesterol checked every five years	2011, 2013	81.1%		81.0%	76.4%
Coronary heart disease mortality per 100,000 population	2009-2013	65.6	NA	89.8	102.6
Heart failure hospitalizations per 10,000 population	2010-2012	19.7		21.9	NA
Hypertension prevalence	2011, 2013	29.6%		32.8%	31.4%
High cholesterol	2011, 2013	37.6%		40.3%	38.4%
Hypertension hospitalizations per 100,000 population	2011	19.8		28.0	NA
Stroke hospitalizations per 10,000 population	2010-2012	22.4		20.8	NA

Maine Shared CHNA Health Indicators	Year	Knox	Trend	Maine	U.S.
Stroke mortality per 100,000 population	2009-2013	34.3	NA	35.0	36.2
Diabetes					
Diabetes prevalence (ever been told)	2011-2013	8.0%		9.6%	9.7%
Pre-diabetes prevalence	2011-2013	8.0%		6.9%	NA
Adults with diabetes who have eye exam annually	2011-2013	NA	NA	71.2%	NA
Adults with diabetes who have foot exam annually	2011-2013	NA	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	NA	NA	60.0%	55.8%
Diabetes emergency department visits (principal diagnosis) per 100,000 population	2011	161.7	+	235.9	NA
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2010-2012	12.3		11.7	NA
Diabetes long-term complication hospitalizations	2011	67.0		59.1	NA
Diabetes mortality (underlying cause) per 100,000 population	2009-2013	16.9	NA	20.8	21.2
Environmental Health					
Children with confirmed elevated blood lead levels (% among those screened)	2009-2013	5.0%	NA	2.5%	NA
Children with unconfirmed elevated blood lead levels (% among those screened)	2009-2013	2.0%	NA	4.2%	NA
Homes with private wells tested for arsenic	2009, 2012	47.4%	NA	43.3%	NA
Lead screening among children age 12-23 months	2009-2013	32.8%	NA	49.2%	NA
Lead screening among children age 24-35 months	2009-2013	14.4%	NA	27.6%	NA
Immunization					
Adults immunized annually for influenza	2011-2013	41.9%		41.5%	NA
Adults immunized for pneumococcal pneumonia (ages 65 and older)	2011-2013	69.3%		72.4%	69.5%
Immunization exemptions among kindergarteners for philosophical reasons	2015	5.7%	NA	3.7%	NA
Two-year-olds up to date with "Series of Seven Immunizations" 4-3-1-3-3-1-4	2015	74.0%	NA	75.0%	NA
Infectious Disease					
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	0.0†	NA	0.9	0.9
Hepatitis C (acute) incidence per 100,000 population	2014	5.0†	NA	2.3	0.7
Incidence of past or present hepatitis C virus (HCV) per 100,000 population	2014	221.8	NA	107.1	NA
Incidence of newly reported chronic hepatitis B virus (HBV) per 100,000 population	2014	2.5†	NA	8.1	NA
Lyme disease incidence per 100,000 population	2014	267.2	NA	105.3	10.5
Pertussis incidence per 100,000 population	2014	45.4†	NA	41.9	10.3
Tuberculosis incidence per 100,000 population	2014	0.0†	NA	1.1	3.0
STD/HIV					
AIDS incidence per 100,000 population	2014	0.0†	NA	2.1	8.4
Chlamydia incidence per 100,000 population	2014	128.5	NA	265.5	452.2
Gonorrhea incidence per 100,000 population	2014	7.6†	NA	17.8	109.8
HIV incidence per 100,000 population	2014	2.5†	NA	4.4	11.2
HIV/AIDS hospitalization rate per 100,000 population	2011	13.3		21.4	NA
Syphilis incidence per 100,000 population	2014	0.0†	NA	1.6	19.9
Intentional Injury					
Domestic assaults reports to police per 100,000 population	2013	330.9	NA	413.0	NA
Firearm deaths per 100,000 population	2009-2013	9.7†	NA	9.2	10.4

Maine Shared CHNA Health Indicators	Year	Knox	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	10.1†	NA	27.0	25.2
Suicide deaths per 100,000 population	2009-2013	15.2	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	63.2	NA	125.0	368
Unintentional Injury					
Always wear seatbelt (Adults)	2013	83.8%		85.2%	NA
Always wear seatbelt (High School Students)	2013	NA	NA	61.6%	54.7%
Traumatic brain injury related emergency department visits (all intents) per 10,000 population	2011	64.5	NA	81.4	NA
Unintentional and undetermined intent poisoning deaths per 100,000 population	2009-2013	12.3	NA	11.1	13.2
Unintentional fall related deaths per 100,000 population	2009-2013	6.0	NA	6.8	8.5
Unintentional fall related injury emergency department visits per 10,000 population	2011	416.5	NA	361.3	NA
Unintentional motor vehicle traffic crash related deaths per 100,000 population	2009-2013	14.8	NA	10.8	10.5
Occupational Health					
Deaths from work-related injuries (number)	2013	NA	NA	19	4,585
Nonfatal occupational injuries (number)	2013	382	NA	13,205	NA
Mental Health					
Adults who have ever had anxiety	2011-2013	18.3%		19.4%	NA
Adults who have ever had depression	2011-2013	24.0%		23.5%	18.7%
Adults with current symptoms of depression	2011-2013	10.6%		10.0%	NA
Adults currently receiving outpatient mental health treatment	2011-2013	15.5%		17.7%	NA
Co-morbidity for persons with mental illness	2011, 2013	26.2%	NA	35.2%	NA
Mental health emergency department rates per 100,000 population	2011	1,908.1	+	1,972.1	NA
Sad/hopeless for two weeks in a row (High School Students)	2013	NA	NA	24.3%	29.9%
Seriously considered suicide (High School Students)	2013	NA	NA	14.6%	17.0%
Physical Activity, Nutrition and Weight					
Fewer than two hours combined screen time (High School Students)	2013	NA	NA	33.9%	NA
Fruit and vegetable consumption (High School Students)	2013	NA	NA	16.8%	NA
Fruit consumption among Adults 18+ (less than one serving per day)	2013	27.9%	NA	34.0%	39.2%
Met physical activity recommendations (Adults)	2013	59.0%		53.4%	50.8%
Physical activity for at least 60 minutes per day on five of the past seven days (High School Students)	2013	NA	NA	43.7%	47.3%
Sedentary lifestyle – no leisure-time physical activity in past month (Adults)	2011-2013	19.5%		22.4%	25.3%
Soda/sports drink consumption (High School Students)	2013	NA	NA	26.2%	27.0%
Vegetable consumption among Adults 18+ (less than one serving per day)	2013	14.9%	NA	17.9%	22.9%
Obesity (Adults)	2013	24.3%		28.9%	29.4%
Obesity (High School Students)	2013	NA	NA	12.7%	13.7%
Overweight (Adults)	2013	33.8%		36.0%	35.4%
Overweight (High School Students)	2013	NA	NA	16.0%	16.6%
Pregnancy and Birth Outcomes					
Children with special health care needs	2009-2010	NA	NA	23.6%	19.8%

Maine Shared CHNA Health Indicators	Year	Knox	Trend	Maine	U.S.
Infant deaths per 1,000 live births	2003-2012	6.2	NA	6.0	6.0
Live births for which the mother received early and adequate prenatal care	2010-2012	88.5%	NA	86.4%	84.8%
Live births to 15-19 year olds per 1,000 population	2010-2012	24.5	NA	20.5	26.5
Low birth weight (<2500 grams)	2010-2012	6.6%	NA	6.6%	8.0%
Substance and Alcohol Abuse					
Alcohol-induced mortality per 100,000 population	2009-2013	6.8 [†]	NA	8.0	8.2
Binge drinking of alcoholic beverages (High School Students)	2013	NA	NA	14.8%	20.8%
Binge drinking of alcoholic beverages (Adults)	2011-2013	15.3%		17.4%	16.8%
Chronic heavy drinking (Adults)	2011-2013	8.3%		7.3%	6.2%
Drug-affected baby referrals received as a percentage of all live births	2014	5.7%	NA	7.8%	NA
Drug-induced mortality per 100,000 population	2009-2013	12.8	NA	12.4	14.6
Emergency medical service overdose response per 100,000 population	2014	259.6	NA	391.5	NA
Opiate poisoning (ED visits) per 100,000 population	2009-2011	31.4		25.1	NA
Opiate poisoning (hospitalizations) per 100,000 population	2009-2011	26.2		13.2	NA
Past-30-day alcohol use (High School Students)	2013	NA	NA	26.0%	34.9%
Past-30-day inhalant use (High School Students)	2013	NA	NA	3.2%	NA
Past-30-day marijuana use (Adults)	2011-2013	10.4% [†]	NA	8.2%	NA
Past-30-day marijuana use (High School Students)	2013	NA	NA	21.6%	23.4%
Past-30-day nonmedical use of prescription drugs (Adult)	2011-2013	2.4% [†]		1.1%	NA
Past-30-day nonmedical use of prescription drugs (High School Students)	2013	NA	NA	5.6%	NA
Prescription Monitoring Program opioid prescriptions (days supply/pop)	2014-2015	6.7	NA	6.8	NA
Substance-abuse hospital admissions per 100,000 population	2011	518.0	–	328.1	NA
Tobacco Use					
Current smoking (Adults)	2011-2013	24.5%		20.2%	19.0%
Current smoking (High School Students)	2013	NA	NA	12.9%	15.7%
Current tobacco use (High School Students)	2013	NA	NA	18.2%	22.4%
Secondhand smoke exposure (Youth)	2013	NA	NA	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