

# HEALTH IN MAINE: SEX

This table shows the percentage or rate of each indicator among males and females in Maine. For example, in 2019, 11.8% of males and 12.1% of females lived in poverty in the state.

Note most of our data sources do not collect demographics by more than a binary choice between male and female. See Transgender Youth and LGBT Youth data sheets on the Maine Shared Community Health Needs Assessment (MSCHNA) website [www.mainechna.org](http://www.mainechna.org) for more information on health outcomes for High School Transgender Youth. \* The population numbers for transgender/non-binary people are included in the count for female and male people, and are likely undercounted because the U.S. CDC-designed survey uses a screener question that excludes those who report a sex other than male or female.

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 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.

**POPULATION**  
(MAINE 2019)

**FEMALE**  
**687,882**

**MALE**  
**656,330**

**Transgender or non-binary\***  
**9,845**  
(BRFSS 2017-2019)

## Health Indicators by Sex:

INDICATOR	SEX		MAINE
	MALE	FEMALE	
<b>DEMOGRAPHICS</b>			
Population (percent of total Maine population)	2019 <b>48.8%</b>	2019 <b>51.2%</b>	2019 <b>100.0%</b>
Veterans	2019 <b>16.9%</b>	2019 <b>1.5%</b>	2019 <b>8.9%</b>
Gay, lesbian and bisexual (high school students)	2019 <b>7.1%</b>	2019 <b>17.7%</b>	2019 <b>12.4%</b>
Gay, lesbian and bisexual (adults)	2012-2015 & 2017 <b>3.1%</b>	2012-2015 & 2017 <b>4.1%</b>	2011-2015 & 2017 <b>3.5%</b>
Transgender youth (high school students)	2019 <b>1.4%</b>	2019 <b>1.7%</b>	2019 <b>1.6%</b>
Persons with a disability	2015-2019 <b>16.5%</b>	2015-2019 <b>15.5%</b>	2015-2019 <b>16.0%</b>
<b>SOCIAL DETERMINANTS OF HEALTH</b>			
Individuals living in poverty	2019 <b>11.8%</b>	2019 <b>12.1%</b>	2019 <b>10.9%</b>
Unemployment	2017 <b>13.0%</b>	2017 <b>10.0%</b>	2017 <b>3.3%</b>
High school student graduation	2020 <b>85.3%</b>	2020 <b>89.7%</b>	2020 <b>87.4%</b>

INDICATOR	SEX		MAINE
	MALE	FEMALE	
<b>SOCIAL DETERMINANTS OF HEALTH (CONTINUED)</b>			
No vehicle for the household	2015-2019 <b>2.0%</b>	2015-2019 <b>2.3%</b>	2015-2019 <b>2.1%</b>
Housing insecure (high school students)	2019 <b>3.3%</b>	2019 <b>2.8%</b>	2019 <b>3.3%</b>
Adverse childhood experiences (high school students)	2019 <b>16.2%</b>	2019 <b>26.3%</b>	2019 <b>21.3%</b>
Associate's degree or higher among those age 25 and older	2019 <b>39.8%</b>	2019 <b>46.3%</b>	2019 <b>43.2%</b>
<b>GENERAL HEALTH STATUS</b>			
Fair or poor health (self-rated)	2018 <b>18.5%</b>	2018 <b>17.5%</b>	2015-2017 <b>16.2%</b>
14 or more days lost due to poor physical health	2017 <b>12.0%</b>	2017 <b>14.0%</b>	2017 <b>13.0%</b>
14 or more days lost due to poor mental health	2017 <b>11.0%</b>	2017 <b>14.6%</b>	2017 <b>12.9%</b>
Three or more chronic conditions	2017 <b>16.4%</b>	2017 <b>14.5%</b>	2017 <b>15.4%</b>
<b>OVERALL MORTALITY</b>			
Overall death rate per 100,000 population	2019 <b>903.7</b>	2019 <b>637.9</b>	2019 <b>760.0</b>
Life expectancy	2019 <b>76.2</b>	2019 <b>80.6</b>	2017-2019 <b>78.7</b>
<b>ACCESS</b>			
Uninsured	2015-2019 <b>9.0%</b>	2015-2019 <b>6.8%</b>	2015-2019 <b>7.9%</b>
MaineCare enrollment (all ages)	2020 <b>27.5%</b>	2020 <b>30.8%</b>	2020 <b>29.1%</b>
MaineCare enrollment (ages 0-19)	2020 <b>43.9%</b>	2020 <b>43.7%</b>	2020 <b>43.8%</b>
Usual primary care provider (adults)	2017 <b>81.6%</b>	2017 <b>92.3%</b>	2017 <b>87.2%</b>
Primary care visit to any primary care provider in the past year	2017 <b>66.3%</b>	2017 <b>75.9%</b>	2017 <b>71.3%</b>
Cost barriers to health care	2017 <b>11.6%</b>	2017 <b>11.8%</b>	2017 <b>11.7%</b>
<b>HEALTH CARE QUALITY</b>			
Ambulatory care-sensitive condition hospitalizations per 10,000 population	2018 <b>56.2</b>	2018 <b>51.1</b>	2018 <b>53.5</b>
Ambulatory care-sensitive condition emergency department rate per 10,000 population	2018 <b>210.6</b>	2018 <b>336.4</b>	2018 <b>273.7</b>

INDICATOR	SEX		MAINE
	MALE	FEMALE	
<b>CANCER</b>			
All cancer deaths per 100,000 population	2019 195.6	2019 139.9	2019 163.7
Colorectal cancer deaths per 100,000 population	2019 15.5	2019 9.9	2019 12.6
Lung cancer deaths per 100,000 population	2019 48.5	2019 37.1	2019 42.0
Tobacco-related cancer deaths per 100,000 population	2019 73.7	2019 34.9	2019 52.3
All cancer new cases per 100,000 population	2018 500.7	2018 439.0	2018 465.0
Bladder cancer new cases per 100,000 population	2018 42.4	2018 11.1	2018 25.2
Colorectal cancer new cases per 100,000 population	2018 38.2	2018 31.8	2018 34.8
Colorectal late-stage new cases per 100,000 population	2018 23.3	2018 16.5	2018 19.8
Lung cancer new cases per 100,000 population	2018 72.7	2018 66.6	2018 69.1
Lung cancer late-stage incidence per 100,000 population	2018 50.3	2018 43.0	2018 46.0
Melanoma skin cancer new cases per 100,000 population	2018 30.4	2018 27.0	2018 28.4
Tobacco-related cancer (excluding lung cancer) new cases per 100,000 population	2018 181.0	2018 89.7	2018 131.9
HPV-associated cancer new cases per 100,000 population	2018 11.6	2018 10.6	2018 11.0
Obesity-associated cancer (excluding colon cancer) new cases per 100,000 population	2018 78.0	2018 178.1	2018 130.8
Colorectal cancer screening up-to-date	2016 75.6%	2016 75.4%	2016 75.5%
<b>CARDIOVASCULAR DISEASE</b>			
High Blood Pressure	2017 39.8%	2017 30.1%	2017 34.8%
High cholesterol	2017 40.4%	2017 34.8%	2017 37.4%
Cardiovascular disease deaths per 100,000 population	2019 235.7	2019 147.1	2019 186.8
Coronary heart disease deaths per 100,000 population	2019 111.3	2019 51.7	2019 77.6
Heart attack deaths per 100,000 population	2019 31.6	2019 16.6	2019 23.4
Stroke deaths per 100,000 population	2019 32.1	2019 30.4	2019 31.4
Heart attack hospitalizations per 10,000 population	2018 29.6	2018 15.2	2018 21.9
Heart failure hospitalizations per 10,000 population	2018 6.9	2018 4.4	2018 5.5

INDICATOR	SEX		MAINE
	MALE	FEMALE	
<b>CARDIOVASCULAR DISEASE (CONTINUED)</b>			
High blood pressure hospitalizations per 10,000 population	2018 <b>24.1</b>	2018 <b>16.4</b>	2018 <b>19.8</b>
Stroke hospitalizations per 10,000 population	2018 <b>22.9</b>	2018 <b>19.5</b>	2018 <b>21.2</b>
Cholesterol checked in past five years	2017 <b>81.8%</b>	2017 <b>88.8%</b>	2017 <b>85.4%</b>
<b>DIABETES</b>			
Diabetes	2018 <b>11.4%</b>	2018 <b>9.7%</b>	2015-2017 <b>10.4%</b>
Prediabetes	2017 <b>7.8%</b>	2017 <b>8.6%</b>	2017 <b>8.2%</b>
Diabetes deaths (underlying cause) per 100,000 population	2019 <b>29.6</b>	2019 <b>18.7</b>	2019 <b>23.5</b>
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2018 <b>15.8</b>	2018 <b>10.6</b>	2018 <b>13.0</b>
Diabetes emergency department rate (principal diagnosis) per 10,000 population	2018 <b>35.0</b>	2018 <b>28.9</b>	2018 <b>31.9</b>
A1c test at least twice/year (adults with diabetes)	2011-2017 <b>76.8%</b>	2011-2017 <b>78.3%</b>	2011-2017 <b>77.5%</b>
Formal diabetes education (adults with diabetes)	2011-2017 <b>56.3%</b>	2011-2017 <b>62.1%</b>	2011-2017 <b>59.1%</b>
Foot exam annually (adults with diabetes)	2011-2017 <b>84.3%</b>	2011-2017 <b>83.5%</b>	2011-2017 <b>83.9%</b>
Dilated eye exam annually (adults with diabetes)	2011-2017 <b>70.9%</b>	2011-2017 <b>69.9%</b>	2011-2017 <b>70.4%</b>
<b>RESPIRATORY HEALTH</b>			
Current asthma (adults)	2017 <b>8.3%</b>	2017 <b>13.9%</b>	2017 <b>11.2%</b>
Current asthma (youth ages 0-17)	2017 <b>9.3%</b>	2017 <b>6.7%</b>	2017 <b>8.0%</b>
Chronic lower respiratory disease deaths per 100,000 population	2019 <b>56.8</b>	2019 <b>41.9</b>	2019 <b>48.3</b>
Asthma emergency department rate per 10,000 population	2018 <b>34.0</b>	2018 <b>45.0</b>	2018 <b>39.6</b>
Chronic obstructive pulmonary disease (COPD)	2017 <b>8.1%</b>	2017 <b>7.5%</b>	2017 <b>7.8%</b>
Chronic obstructive pulmonary disease hospitalizations per 10,000 population	2018 <b>14.1</b>	2018 <b>14.7</b>	2018 <b>14.4</b>
Pneumonia hospitalizations per 10,000 population	2018 <b>19.8</b>	2018 <b>16.8</b>	2018 <b>18.2</b>
<b>PHYSICAL ACTIVITY, NUTRITION AND WEIGHT</b>			
Obesity (adults)	2018 <b>31.5%</b>	2018 <b>29.2%</b>	2017 <b>29.1%</b>
Overweight (adults)	2018 <b>40.6%</b>	2018 <b>30.1%</b>	2017 <b>35.9%</b>
Obesity (high school students)	2019 <b>18.3%</b>	2019 <b>11.4%</b>	2019 <b>15.0%</b>

INDICATOR	SEX		MAINE
	MALE	FEMALE	
<b>PHYSICAL ACTIVITY, NUTRITION AND WEIGHT (CONTINUED)</b>			
Obesity (middle school students)	2019 18.6%	2019 11.4%	2019 15.1%
Overweight (high school students)	2019 16.1%	2019 16.5%	2019 16.3%
Overweight (middle school students)	2019 18.4%	2019 16.1%	2019 17.3%
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2018 23.2%	2018 21.7%	2017 25.2%
Met aerobic physical activity recommendations (adults)	2017 52.5%	2017 53.1%	2017 52.8%
Met physical activity recommendations (high school students)	2019 25.7%	2019 16.0%	2019 20.9%
Met physical activity recommendations (middle school students)	2019 30.4%	2019 20.5%	2019 25.5%
Fewer than two hours combined screen time (high school students)	2019 30.9%	2019 36.8%	2019 33.9%
Fewer than two hours combined screen time (middle school students)	2019 25.2%	2019 31.2%	2019 28.2%
Fruit consumption (adults reporting less than one serving per day)	2017 36.5%	2017 26.7%	2017 31.4%
Vegetable consumption (adults reporting less than one serving per day)	2017 16.2%	2017 8.9%	2017 12.4%
Fruit and vegetable consumption (high school students reporting 5 or more a day)	2019 14.4%	2019 16.0%	2019 15.2%
Fruit and vegetable consumption (middle school students reporting 5 or more a day)	2019 20.7%	2019 21.0%	2019 20.9%
Soda/sports drink consumption (high school students reporting 1 or more a day)	2019 23.1%	2019 15.7%	2019 19.6%
Soda/sports drink consumption (middle school students reporting 1 or more a day)	2019 20.4%	2019 14.8%	2019 17.7%
<b>CHILDREN WITH SPECIAL HEALTH CARE NEEDS</b>			
Developmental screening for MaineCare members	2020 16.5%	2020 16.7%	2020 16.6%
<b>COGNITIVE HEALTH</b>			
Cognitive decline	2018 9.8%	2018 11.6%	2018 10.8%
Arthritis	2017 29.6%	2017 32.7%	2017 31.2%
Caregiving at least 20 hours per week	2015 & 2017 3.4%	2015 & 2017 6.2%	2015 & 2017 4.8%
<b>IMMUNIZATIONS</b>			
Influenza vaccination in the past year (adults)	2017 39.1%	2017 49.4%	2017 44.4%
Pneumococcal pneumonia vaccination (adults ages 65+)	2017 77.8%	2017 81.1%	2017 79.6%
13 year-olds with up-to-date HPV Immunization	2018 53.7%	2018 59.0%	2020 36.0%

INDICATOR	SEX		MAINE
	MALE	FEMALE	
<b>INFECTIOUS DISEASE</b>			
Gastrointestinal disease new cases per 100,000 population	2020 31.3	2020 35.6	2020 33.5
Hepatitis A (acute) new cases per 100,000 population	2020 12.0	2020 9.6	2020 10.8
Hepatitis B (acute) new cases per 100,000 population	2020 3.6	2020 2.3	2020 3.0
Hepatitis B (chronic) new cases per 100,000 population	2020 12.2	2020 6.4	2020 9.2
Hepatitis C (acute) new cases per 100,000 population	2020 21.3	2020 9.6	2020 15.3
Hepatitis C (chronic) new cases per 100,000 population	2020 126.0	2020 85.4	2020 105.3
Lyme disease new cases per 100,000 population	2020 94.8	2020 73.3	2020 83.8
Pertussis new cases per 100,000 population	2020 1.7	2020 2.8	2020 2.2
Tuberculosis new cases per 100,000 population	2020 1.4	2020 1.2	2020 1.3
Chlamydia new cases per 100,000 population	2020 180.2	2020 332.2	2020 257.8
Gonorrhea new cases per 100,000 population	2020 46.6	2020 31.0	2020 38.7
HIV new cases per 100,000 population	2020 1.8	2020 0.6	2020 1.2
Syphilis new cases per 100,000 population	2020 9.7	2020 0.3	2020 4.9
<b>UNINTENTIONAL INJURY</b>			
Injury deaths per 100,000 population	2019 127.0	2019 52.3	2019 88.9
Fall-related deaths (unintentional) per 100,000 population	2019 20.4	2019 15.3	2019 17.8
Poisoning deaths (unintentional and undetermined intent) per 100,000 population	2019 42.9	2019 16.5	2019 29.6
Motor vehicle traffic crash (unintentional) deaths per 100,000 population	2019 15.9	2019 6.5	2019 11.1
Fall-related injury (unintentional) emergency department rate per 10,000 population	2018 282.0	2018 310.8	2018 297.8
Traumatic brain injury emergency department rate per 10,000 population	2018 41.5	2018 37.0	2018 39.3
Always wear seatbelt (high school students)	2019 69.3%	2019 71.0%	2019 70.0%
Always wear seatbelt (middle school students)	2019 76.3%	2019 79.9%	2019 77.9%

INDICATOR	SEX		MAINE
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<b>INTENTIONAL INJURY</b>			
Firearm deaths per 100,000 population	2019 <b>21.0</b>	2019 <b>2.5</b>	2019 <b>11.5</b>
Suicide deaths per 100,000 population	2019 <b>32.3</b>	2019 <b>7.3</b>	2019 <b>19.4</b>
Bullied on school property (high school students)	2019 <b>19.5%</b>	2019 <b>27.1%</b>	2019 <b>23.3%</b>
Bullied on school property (middle school students)	2019 <b>41.0%</b>	2019 <b>51.6%</b>	2019 <b>46.3%</b>
Intentional self-injury (high school students)	2019 <b>12.5%</b>	2019 <b>24.9%</b>	2019 <b>18.7%</b>
Intentional self-injury (middle school students)	2019 <b>12.4%</b>	2019 <b>25.4%</b>	2019 <b>18.9%</b>
<b>MENTAL HEALTH</b>			
Mental health emergency department rate per 10,000 population	2018 <b>169.4</b>	2018 <b>171.6</b>	2018 <b>170.6</b>
Depression, current symptoms (adults)	2017 <b>10.1%</b>	2017 <b>9.2%</b>	2017 <b>9.6%</b>
Depression, lifetime	2017 <b>19.9%</b>	2017 <b>31.7%</b>	2017 <b>26.0%</b>
Anxiety, lifetime	2017 <b>14.6%</b>	2017 <b>28.5%</b>	2017 <b>21.8%</b>
Sad/hopeless for two weeks in a row (high school students)	2019 <b>23.3%</b>	2019 <b>41.2%</b>	2019 <b>32.1%</b>
Sad/hopeless for two weeks in a row (middle school students)	2019 <b>16.9%</b>	2019 <b>32.6%</b>	2019 <b>24.8%</b>
Seriously considered suicide (high school students)	2019 <b>12.6%</b>	2019 <b>20.2%</b>	2019 <b>16.4%</b>
Seriously considered suicide (middle school students)	2019 <b>14.5%</b>	2019 <b>25.0%</b>	2019 <b>19.8%</b>
Chronic disease among persons with depression	2013-2017 <b>29.4%</b>	2013-2017 <b>32.8%</b>	2013-2017 <b>31.2%</b>
Currently receiving outpatient mental health treatment (adults)	2017 <b>12.4%</b>	2017 <b>24.4%</b>	2017 <b>18.6%</b>
<b>ORAL HEALTH</b>			
Dentist visits in the past year (adults)	2016 <b>60.5%</b>	2016 <b>66.5%</b>	2016 <b>63.6%</b>
Adult tooth loss	2016 <b>20.5%</b>	2016 <b>18.6%</b>	2016 <b>19.5%</b>
Ambulatory care sensitive dental emergency department rates for adults per 10,000 population	2018 <b>131.2</b>	2018 <b>121.9</b>	2018 <b>126.5</b>
Ambulatory care sensitive dental emergency department rates for children per 10,000 population	2018 <b>18.8</b>	2018 <b>17.6</b>	2018 <b>18.2</b>

INDICATOR	SEX		MAINE
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<b>SUBSTANCE USE</b>			
Overdose deaths per 100,000 population	2020 <b>54.2</b>	2020 <b>29.2</b>	2020 <b>37.3</b>
Drug-induced deaths per 100,000 population	2019 <b>43.7</b>	2019 <b>19.2</b>	2019 <b>31.3</b>
Alcohol-induced deaths per 100,000 population	2019 <b>15.1</b>	2019 <b>7.9</b>	2019 <b>11.3</b>
Drug-affected infant reports per 1,000 births	2019 <b>70.1</b>	2019 <b>76.4</b>	2019 <b>72.9</b>
Chronic heavy drinking (adults)	2017 <b>8.5%</b>	2017 <b>9.3%</b>	2017 <b>8.9%</b>
Binge drinking (adults)	2017 <b>22.5%</b>	2017 <b>13.6%</b>	2017 <b>17.9%</b>
Past-30-day marijuana use (adults)	2017 <b>20.2%</b>	2017 <b>12.7%</b>	2017 <b>16.3%</b>
Past-30-day misuse of prescription drugs (adult)	2013-2017 <b>1.3%</b>	2013-2017 <b>0.7%</b>	2013-2017 <b>1.0%</b>
Past-30-day alcohol use (high school students)	2019 <b>21.6%</b>	2019 <b>24.0%</b>	2019 <b>22.9%</b>
Past-30-day alcohol use (middle school students)	2019 <b>3.5%</b>	2019 <b>4.5%</b>	2019 <b>4.0%</b>
Binge drinking (high school students)	2019 <b>9.4%</b>	2019 <b>6.7%</b>	2019 <b>8.2%</b>
Binge drinking (middle school students)	2019 <b>1.1%</b>	2019 <b>1.5%</b>	2019 <b>1.3%</b>
Past-30-day marijuana use (high school students)	2019 <b>22.0%</b>	2019 <b>21.9%</b>	2019 <b>22.1%</b>
Past-30-day marijuana use (middle school students)	2019 <b>3.8%</b>	2019 <b>4.2%</b>	2019 <b>4.1%</b>
Past-30-day misuse of prescription drugs (high school students)	2019 <b>5.7%</b>	2019 <b>3.9%</b>	2019 <b>5.0%</b>
Past-30-day misuse of prescription drugs (middle school students)	2019 <b>2.7%</b>	2019 <b>3.0%</b>	2019 <b>3.0%</b>
Overdose emergency medical service responses per 10,000 population	2020 <b>96.7</b>	2020 <b>56.6</b>	2020 <b>76.7</b>
Opiate poisoning emergency department rate per 10,000 population	2018 <b>11.6</b>	2018 <b>5.8</b>	2018 <b>8.6</b>
Opiate poisoning hospitalizations per 10,000 population	2018 <b>1.5</b>	2018 <b>1.0</b>	2018 <b>1.2</b>
<b>TOBACCO USE</b>			
Current (every day or somedays) smoking (adults)	2017 <b>20.5%</b>	2017 <b>14.3%</b>	2017 <b>17.3%</b>
Current (every day or somedays) e-cigarette use (adults)	2015-2017 <b>4.6%</b>	2015-2017 <b>2.5%</b>	2015-2017 <b>3.5%</b>
Past-30-day cigarette smoking (high school students)	2019 <b>7.7%</b>	2019 <b>6.1%</b>	2019 <b>7.1%</b>



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<b>TOBACCO USE (CONTINUED)</b>			
Past-30-day cigarette smoking (middle school students)	2019 1.3%	2019 1.5%	2019 1.5%
Past-30-day e-cigarette use (high school students)	2019 27.4%	2019 29.8%	2019 28.7%
Past-30-day e-cigarette use (middle school students)	2019 6.2%	2019 8.0%	2019 7.0%
Past-30-day tobacco use (high school students)	2019 12.6%	2019 8.1%	2019 10.6%
Past-30-day tobacco use (middle school students)	2019 3.4%	2019 2.7%	2019 3.1%
Environmental tobacco smoke exposure (high school students)	2019 26.2%	2019 27.6%	2019 27.0%
Environmental tobacco smoke exposure (middle school students)	2019 20.3%	2019 23.8%	2019 22.1%
Maine QuitLink users	2020 1.4%	2020 2.2%	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](http://www.mainechna.org).

