

Maine

State Health Department Website: maine.gov/dhhsOverall Rank:
12

Summary

Strengths:

- Low racial disparity in premature death rates
- High prevalence of having a dedicated health care provider
- Low levels of air pollution

Challenges:

- High prevalence of multiple chronic conditions
- High Black/white residential segregation
- High prevalence of physical inactivity

Highlights:

FOOD INSECURITY

▼ **42%**

from 16.4% to 9.5% of households between 2014-2016 and 2019-2021.

UNINSURED

▼ **29%**

from 8.0% to 5.7% of the population between 2019 and 2021.

FREQUENT MENTAL DISTRESS

▲ **21%**

from 12.6% to 15.2% of adults between 2020 and 2021.

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		++++	14	0.302	
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	6	3.3	3.9
	Public Health Funding (dollars per person)	++++	16	\$151	\$116
	Violent Crime (offenses per 100,000 population)	+++++	1	109	399
Economic Resources	Economic Hardship Index (index from 1-100)	++++	12	35	—
	Food Insecurity (% of households)	++++	16	9.5%	10.4%
	Income Inequality (80/20 ratio)	+++	23	4.62	4.96
Education	Fourth Grade Reading Proficiency (% of public school students)	++	40	29.2%	32.1%
	High School Graduation (% of students)	++++	18	87.4%	85.8%
	High School Graduation Racial Disparity (percentage point difference)**	++++	11	9.8	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	39	17.9%	14.0%
	High-speed Internet (% of households)	++++	20	92.6%	92.4%
	Residential Segregation — Black/White (index from 0-100)	+	46	75	—
	Volunteerism (% ages 16+)	++++	11	38.5%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	4	68.5%	60.1%
PHYSICAL ENVIRONMENT*		+++++	5	0.370	
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	6	5.1	7.8
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	7	115,447	—
	Water Fluoridation (% of population served)	+++	22	79.3%	73.0%
	Drive Alone to Work (% of workers ages 16+)	++++	19	69.2%	67.8%
Housing and Transit	Housing With Lead Risk (% of housing stock)	++	40	22.7%	16.9%
	Severe Housing Problems (% of occupied housing units)	++++	15	13.4%	17.0%
CLINICAL CARE*		+++++	7	0.860	
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	13	7.6%	8.8%
	Providers (per 100,000 population)				
	Dental Care	+++	25	57.6	60.6
	Mental Health	+++++	4	539.8	305.0
	Primary Care	+++++	2	355.0	265.3
Preventive Clinical Services	Uninsured (% of population)	++++	13	5.7%	8.6%
	Colorectal Cancer Screening (% ages 50-75)	+++++	1	81.2%	74.3%
	Dental Visit (% ages 18+)	+++	24	66.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 24 months)	+++++	10	75.8%	70.5%
Quality of Care	Flu Vaccination (% ages 18+)	++++	12	50.0%	46.5%
	HPV Vaccination (% ages 13-17)	++	32	61.5%	61.7%
	Dedicated Health Care Provider (% ages 18+)	+++++	2	90.7%	84.1%
BEHAVIORS*	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	14	2,295	2,770
BEHAVIORS*		++++	19	0.285	
Nutrition and Physical Activity	Exercise (% ages 18+)	++	38	20.2%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	26	7.1%	7.4%
	Physical Inactivity (% ages 18+)	++	39	26.5%	23.7%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	3	257.8	481.3
	High-risk HIV Behaviors (% ages 18+)	+++++	4	4.7%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	10	10.6	15.4
	Insufficient Sleep (% ages 18+)	++++	13	30.5%	32.3%
Sleep Health	E-cigarette Use (% ages 18+)*	+++++	9	5.8%	6.7%
	Smoking (% ages 18+)	++	34	15.6%	14.4%
HEALTH OUTCOMES*		++++	18	0.201	
Behavioral Health	Drug Deaths (deaths per 100,000 population)*	++	40	37.6	27.9
	Excessive Drinking (% ages 18+)	++	31	17.8%	17.3%
	Frequent Mental Distress (% ages 18+)	+++	30	15.2%	14.7%
	Non-medical Drug Use (% ages 18+)	++++	14	13.5%	15.5%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	20	8,037	8,659
	Premature Death Racial Disparity (ratio)**	+++++	3	1.1	1.6
Physical Health	Frequent Physical Distress (% ages 18+)	++	32	11.7%	10.9%
	Low Birthweight (% of live births)	++++	17	7.5%	8.2%
	Low Birthweight Racial Disparity (ratio)**	+++++	1	1.3	2.0
	Multiple Chronic Conditions (% ages 18+)	+	43	13.1%	9.6%
	Obesity (% ages 18+)	++++	18	31.9%	33.9%
OVERALL*		++++	12	0.364	

* Value is a sum of weighted, ranking measure z-scores (the number of standard deviations a state value was above or below the U.S. value).

Higher summation scores are better. Scores are not calculated for the District of Columbia.

** Disparity measures compare the group with the highest or lowest rate and the white rate.

* Non-ranking measure.

— Data not available, missing or suppressed.

For measure descriptions, source details and methodologies, visit AmericasHealthRankings.org.

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50