Maine

Summary

Low Disparities
- Between females and males for child poverty
- Between Asian/Pacific Islander and Hispanic for low birthweight
- Between metropolitan and non-metropolitan areas for unemployment

High Disparities
- Between those with less than a high school education and college graduates for smoking
- Between Black and white for child poverty
- Between white and American Indian/Alaska Native for frequent mental distress

1 Low disparities within a state does not indicate that all populations are doing well. Consider rates in comparison to national averages.
2 Rates worse than national average.
3 Rates same or better than national average.

Highlights

20% ▼ Smoking in female adults between 2011-2013 and 2017-2019 from 18.9% to 15.1%
33% ▲ Multiple Chronic Conditions in male adults between 2011-2013 and 2017-2019 from 9.7% to 12.9%
31% ▼ Less Than a High School Education in non-metropolitan areas between 2005-2009 and 2015-2019 from 12.0% to 8.3%
26% ▲ Physical Inactivity in college graduates between 2011-2013 and 2017-2019 from 11.3% to 14.2%
23% ▼ Child Poverty in children in metropolitan areas between 2005-2009 and 2015-2019 from 15.4% to 11.8%
9% ▼ High Health Status in adults with a high school education between 2011-2013 and 2017-2019 from 48.1% to 43.6%

Trends

High Health Status by Race & Ethnicity

Frequent Mental Distress by Education

Income Inequality

Income inequality measures the ratio of median household income of the 20% richest to the 20% poorest. A high ratio indicates greater income inequality. Research demonstrates an association between greater income disparity and poorer population health.

In Maine, income inequality has decreased since 2011. Maine’s ratio is currently lower than the national ratio.

For source details and methodology visit www.AmericasHealthRankings.org.