

2015 EDITION

# Maine

RANK: 15



2014 Rank: 20  
Improved: 5

TOP FIVE HEALTHIEST STATES:

1. Hawaii
2. Vermont
3. Massachusetts
4. Minnesota
5. New Hampshire



## Smoking

19.3%



of people in **Maine** smoke  
compared with 18.1% nationally

Healthy People 2020 Goal: 12.0% of adults

## Drug Deaths

11.9



deaths per 100,000 people in **Maine**  
from drug overdose compared with 13.5 deaths  
per 100,000 nationally

Healthy People 2020 Goal: 11.3 deaths per 100,000

## Physical Inactivity

19.7% or about

1 in 5



adults in **Maine** are  
physically inactive compared  
with 22.6% nationally

## Infant Mortality

7.0



deaths per 1,000 live births in **Maine**  
compared with 6.0 deaths per 1,000 nationally

Healthy People 2020 Goal: 6.0 infant deaths per  
1,000 live births

## Obesity/Diabetes

28.2%

of adults in **Maine** are obese



9.5%

of adults in **Maine** have diabetes

Nationally, 29.6% of adults are obese,  
and 10.0% have diabetes.

## Immunizations—Children

84.7%



of children in **Maine** received vaccinations  
compared with 71.6% nationally

Healthy People 2020 Goal: 80.0% of children