

MAINE STATE LEGISLATURE

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Healthy Maine 2010 Report Card

Chapter 1 - Access to Quality Health Care, Disease Prevention, and Health Promotion

		People of All Ages with Health Insurance			
1-1a Chapter 1	Increase the proportion of people of all ages with health insurance	HM 2010 Target 100%			
			1990	88.8%	
			2009	89.8%	
			Summary	1% Increase	
		Children with Health Insurance			
1-1b Chapter 1	Increase the proportion of children with health insurance	HM 2010 Target 100%			
			1990	87.7%	
			2009	96.0%	
			Summary	8.3% Increase	
		Children with a History of Decay			
21-1b Chapter 1	Reduce the proportion of children with dental caries experience in their primary teeth	HM 2010 Target 25%		Kindergarten	3rd grade
			1999	31.4%	44.7%
			2009	18.2%	29.5%
			Summary	13.2% Decrease ★	15.2% Decrease
		Third Graders with a Dental Sealant			
21-8 Chapter 1	Increase the proportion of children who have received dental sealants on their molar teeth	HM 2010 Target 50%			
			1999	47.6%	
			2009	61.0%	
			Summary	13.4% Increase ★	

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Chapter 2 - Chronic Disease

		Diabetics with Course or Class Managing Diabetes					
5-1a Chapter 2	Increase the proportion of Maine adults with diabetes who have taken a course or class managing diabetes	HM 2010 Target 80%					
			2000	62.3%			
			2009	59.1%			
			Summary	3.2% Decrease			
		ADEF Participants with Diabetes Diagnosis ≤ 5 Years					
5-1b Chapter 2	Increase the proportion of Maine ADEF Program participants with diagnosis of diabetes ≤ 5 years	HM 2010 Target 95%					
			1990	63.0%			
			2007	77.1%			
			Summary	14.1% Increase			
		Diabetics Having an Annual Dilated Eye Examination					
5-13 Chapter 2	Increase the proportion of persons with diabetes who have an annual dilated eye examination	HM 2010 Target 85%					
			2000	74.0%			
			2009	78.5%			
			Summary	4.5% Increase			
		Diabetics Having a Hemoglobin A1c Test in Past Year					
5-12 Chapter 2	Increase the proportion of adults with diabetes who have a hemoglobin A1c test at least once a year	HM 2010 Target 95%					
			2000	88.0%			
			2009	96.8%			
			Summary	8.8% Increase ★			
		Lower Extremity Amputations in Adult Diabetics					
5-10 Chapter 2	Reduce the rate of lower extremity amputations in adults with diabetes	HM 2010 Target 1.8					
			1995	5.6			
			2007	2.4			
			Summary	3.2 Decrease			
		Diabetes Death Rate					
5-5 Chapter 2	Reduce the diabetes death rate	HM 2010 Target 65.0					
				Male		Female	Total
			1990	85.0		64.9	72.9
			2006	86.3		59.3	70.7
Summary	1.3 Increase	5.6 Decrease ★	2.2 Decrease				
		Asthma Hospitalizations					
24-3a Chapter 2	Reduce asthma hospitalization rates	HM 2010 Target 6.5					
			1999	13.9			
			2009	8.2			
		Summary	5.7 Decrease				
		COPD Deaths					
24-10 Chapter 2	Reduce deaths from chronic obstructive pulmonary disease (COPD)	HM 2010 Target 150.0					
			1990	126.4			
			2006	140.2			
		Summary	13.8 Increase				
		Blood Pressure Checked Within Preceding 2 Years					
12-12 Chapter 2	Increase the proportion of adults who have had their blood pressure checked within the preceding two years	HM 2010 Target 98%	No New Data				

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12-15 Chapter 2	Increase the proportion of adults in Maine who have had their blood cholesterol checked within the preceding five years	HM 2010 Target 80%	Blood Cholesterol Checked Within Preceding 5 Years			
			1993	68.3%		
			2009	82.6%		
			Summary	14.3% Increase ★		
12-6 Chapter 2	Reduce hospitalizations of older adults with congestive heart failure as the principal diagnosis	HM 2010 Target 65-74=9.0 75-84=22.0 85+=34.0	Hospitalizations of Older Adults with Congestive Heart Failure			
				65-74	75-84	85+
			1990	9.5	22.1	34.4
			2006	3.5	9.6	18.6
Summary	6.0 Decrease ★	12.5 Decrease ★	15.8 Decrease ★			
12-7 Chapter 2	Reduce stroke deaths	HM 2010 Target 51.0	Stroke Deaths			
			1990	59.6		
			2008	40.7		
			Summary	18.9 Decrease ★		
12-1 Chapter 2	Reduce coronary heart disease deaths	HM 2010 Target 166.0	Coronary Heart Disease Deaths			
			1990	212.4		
			2008	109.7		
			Summary	102.7 Decrease ★		
3-1 Chapter 2	Reduce the overall cancer death rate	HM 2010 Target Slight decrease in mortality	Cancer Deaths			
			1990	226.3		
			2006	194.3		
			Summary	32.0 Decrease ★		
3-13a Chapter 2	Increase the proportion of women ages 40-49 who report receiving both a mammogram and a clinical breast examination in the past two years	HM 2010 Target 75%	Women Ages 40-49 with Mammogram and CBE in Past 2 Years			
			1990	52.5%		
			2008	76.0%		
			Summary	23.5% Increase ★		
3-13b Chapter 2	Increase the proportion of women age 50 and over who report receiving both a mammogram and a clinical breast examination in the past one year	HM 2010 Target 70%	Women Ages 50+ with Mammogram and CBE in Past Year			
			1990	43.8%		
			2008	62.5%		
			Summary	18.7% Increase ★		
3-3 Chapter 2	Reduce the breast cancer death rate	HM 2010 Target Decrease in mortality	Breast Cancer Deaths			
			1990	33.0		
			2006	21.4		
			Summary	11.6 Decrease ★		
3-11 Chapter 2	Increase the proportion of women who received a Pap test in the past 3 years	HM 2010 Target 92%	Women Receiving a Pap Test in Past 3 Years			
			1992	85.5%		
			2008	86.3%		
			Summary	0.8 Increase		

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3-4 Chapter 2	Reduce the cervical cancer death rate	HM 2010 Target Slight decrease in mortality	Cervical Cancer Deaths			
			1990	2.9		
			2006	1.7		
			Summary	1.2 Decrease ★		
3-12 Chapter 2	Increase the porportion of Maine adults 50 and over who report having a fecal occult blood test in the past 2 years <u>or</u> having had a sigmoidoscopy or colonoscopy in the past 5 years	HM 2010 Target 60%	Fecal Occult / Sigmoidoscopy / Colonoscopy in Past 5 Years			
				Male	Female	Total
			1999	43.8%	56.7%	51.0%
			2009	60.9%	59.2%	60.0%
			Summary	17.1% Increase ★	2.5% Increase	9% Increase ★
3-5 Chapter 2	Reduce the colorectal cancer death rate	HM 2010 Target Slight decrease in mortality	Colorectal Cancer Deaths			
			1990	27.9		
			2006	17.1		
			Summary	10.8 Decrease ★		
3-2 Chapter 2	Reduce the lung cancer death rate	HM 2010 Target Slight decrease in mortality	Lung Cancer Deaths			
			1990	63.8		
			2006	61.5		
			Summary	2.3 Decrease ★		
3-7 Chapter 2	Reduce the prostate cancer death rate	HM 2010 Target Some or slight decrease in mortality	Prostate Cancer Deaths			
			1990	38.8		
			2006	23.9		
			Summary	14.9 Decrease ★		
3-9 Chapter 2	Increase the proportion of persons who use at least one protective measure that may reduce risk of skin cancer	HM 2010 Target 80%	Use of Protective Measures to Reduce Risk of Skin Cancer			
				Male	Female	Total
			1999	63.7	75.9	70.0
			2008	65.0	72.1	67.3
Summary	1.3 Increase	3.8 Decrease	2.7 Decrease			
3-8 Chapter 2	Reduce the melanoma cancer death rate	HM 2010 Target Same or reduced mortality rate	Melanoma Cancer Deaths			
			1990	2.6		
			2006	3.3		
			Summary	0.7 Increase		
2-10 Chapter 2	Reduce the proportion of adults hospitalized for vertebral fracture associated with osteoporosis	HM 2010 Target 14.0	Hospitalizations for Vertebral Fracture Associated with Osteoporosis			
			No New Data			

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Chapter 3 - Environmental Health

		Maine Homes Tested for Radon			
8-18a Chapter 3	Increase the number of Maine homes tested for radon	HM 2010 Target 43,671 homes			
			1993/94	1,553	
			2007/08	8,788	
			Summary	7,235 Increase	
		Mitigation of Homes Tested for Radon			
8-18b Chapter 3	Of Maine homes tested for radon, increase the proportion mitigated	HM 2010 Target 60%			
			1993/94	66%	
			2007/08	41%	
			Summary	15% Decrease	
		Living in Counties Exceeding Recommended Ozone Concentration			
8-1a Chapter 3	Eliminate the proportion of Maine people living in counties exceeding the state recommended ozone concentration	HM 2010 Target 0%			
			1994	75%	
			2009	49%	
			Summary	26% Decrease	
		Number of Unhealthy Ozone Days			
8-1b Chapter 3	Eliminate the reported number of unhealthy ozone days (based on Maine's standard of 0.08 parts per million ozone for at least 8 hours)	HM 2010 Target 0 days			
			1990	15	
			2009	3	
			Summary	12 Decrease	
		Women of Childbearing Age Aware of "Safe Eating Guidelines"			
8-25a Chapter 3	Increase the proportion of Maine women of childbearing age who are aware of the Bureau of Health's "Safe Eating Guidelines" for fish intended to reduce exposure to methylmercury	HM 2010 Target 90%			
			1998	32%	
			2008	74%	
			Summary	42% Increase	
		Mercury Hair Levels for Maine Women of Childbearing Age			
8-25b Chapter 3	Reduce the proportion of Maine women of childbearing age with mercury hair levels above one part per million	HM 2010 Target 5%	No New Data		
		Increase Blood Lead Testing Rates for Children with Medicaid			
8-11b Chapter 3	Increase blood lead testing rates among one- and two-year-old children with Medicaid Insurance	HM 2010 Target 100%			
			1998	22%	10%
			2009	61%	31%
			Summary	39% Increase	21% Increase
		Proportion of Children with Elevated Blood Lead Levels			
8-11d Chapter 3	Reduce the proportion of children with elevated blood lead levels (>10 ug/dl)	HM 2010 Target 0%			
			1994	14.1%	
			2008	1.0%	
			Summary	13.1% Decrease	

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Chapter 4 - Family Planning and Perinatal Health

		Births That Are Intended		
9-1 Chapter 4	Increase the proportion of births that are intended	HM 2010 Target 80%	1990	64.6%
			2008	63.5%
			Summary	1.1% Decrease
		Pregnancies Among Adolescent Females		
9-7 Chapter 4	Reduce pregnancies among adolescent females (15-17 years)	HM 2010 Target 16.3	1990	37.8
			2009	15.1
			Summary	22.7% Decrease ★
		Infant Deaths		
16-1 Chapter 4	Reduce infant deaths	HM 2010 Target 4.6	1990	5.9
			2008	5.6
			Summary	0.3 Decrease
		Pregnant Women Receiving Early/Adequate Prenatal Care		
16-6 Chapter 4	Increase the proportion of pregnant women who receive early and adequate prenatal care	HM 2010 Target 90%	1990	84.0%
			2008	88.6%
			Summary	4.6% Increase
		Reduce Occurrence of Spina Bifida/Other Neural Tube Defects		
16-15 Chapter 4	Reduce the occurrence of spina bifida and other neural tube defects	HM 2010 Target 3.0	1990/94	5.2
			2004/08	2.6
			Summary	2.6 Decrease ★

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Chapter 5 - Infectious Disease and Immunization

25-11a Chapter 5	Increase the proportion of adolescents in grades 9-12 who have never had sexual intercourse	HM 2010 Target 60%	Adolescents Who Have Never Had Sexual Intercourse			
				1995	51.0%	
				2009	54.0%	
				Summary	3% Increase	
25-11b Chapter 5	Increase the proportion of adolescents in grades 9-12 who have ever had sexual intercourse but who have not had sexual intercourse in the past three months	HM 2010 Target 33%	Adolescents Who Have Not Had Sexual Intercourse in Past 3 Months			
				1995	28.7%	
				2009	22.1%	
				Summary	6.6% Decrease	
25-11c Chapter 5	Increase the proportion of sexually active adolescents in grades 9-12 who used condoms at last intercourse	HM 2010 Target 58%	Adolescents Who Used Condoms at Last Intercourse			
				1995	46.9%	
				2009	60.5%	
				Summary	13.6% Increase ★	
14-26 Chapter 5	Increase the proportion of children who participate in fully operational population-based immunization registries	HM 2010 Target 95%	Children Participating in Population-Based Immunization Registries			
				1999	25%	
				2009	72%	
				Summary	47% Increase	
14-29a Chapter 5	Increase the proportion of adults aged 65 and older who have ever had a pneumonia vaccination against <i>streptococcus pneumoniae</i>	HM 2010 Target 75%	Adults Age 65 and Over Who Ever Had a Pneumonia Vaccination			
				1995	36%	
				2009	71%	
				Summary	35% Increase	
14-29b Chapter 5	Increase the proportion of adults aged 65 and older who received a flu shot within the past 12 months	HM 2010 Target 90%	Adults Age 65 and Over Who Have Had a Flu Shot in Past 12 Months			
				1993	50%	
				2009	73%	
				Summary	23% Increase	
14-11 Chapter 5	Reduce tuberculosis	HM 2010 Target 0.1	Reduce Tuberculosis			
				1990	2.8	
				2009	0.7	
				Summary	2.1 Decrease	
25-1 Chapter 5	Reduce the proportion of adolescents and young adults with Chlamydia trachomatis infections	HM 2010 Target Females = 900 Males = 214	Reduce Chlamydia Trachomatis Infections			
				Female	Male	
				2000	1,127	267
				2009	1,713	730
	Summary	586 Increase	463 Increase			

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Chapter 6 - Injury

15-4 Chapter 6	Increase the proportion of firearms stored safely in homes - unloaded and locked	HM 2010 Target 80%	Increase Firearms Stored Safely	
			No New Data	
15-26 Chapter 6	Increase the proportion of homes with working smoke alarms	HM 2010 Target 100%	Increase Homes with Working Smoke Alarms	
			No New Data	
15-14 Chapter 6	Reduce nonfatal unintentional injuries	HM 2010 Target 615	Reduce Nonfatal Unintentional Injuries	
			1998	682.6
			2008	791.4
			Summary	108.8 Increase
15-13 Chapter 6	Reduce deaths caused by unintentional injury	HM 2010 Target 27	Reduce Unintentional Injury Deaths	
			1990/94	31.1
			2004/08	40.3
			Summary	9.2 Increase
15-17 Chapter 6	Reduce nonfatal injuries caused by motor vehicle crashes	HM 2010 Target 82	Reduce Nonfatal Injuries Caused by Motor Vehicle Crashes	
			1990	59.7
			2008	67.1
			Summary	9.2 Increase ★
15-15 Chapter 6	Reduce deaths caused by motor vehicle crashes	HM 2010 Target 10.6	Reduce Deaths Caused by Motor Vehicle Crashes	
			1990	16.2
			2008	11.4
			Summary	4.8 Decrease
15-19 Chapter 6	Increase the use of safety belts	HM 2010 Target 92%	Increase Use of Safety Belts	
			1990	58.1%
			2008	92.5%
			Summary	34.4% Increase ★
15-20 Chapter 6	Increase the use of child restraints	HM 2010 Target 100%	Increase Use of Child Restraints	
			No New Data	
15-27 Chapter 6	Reduce deaths from falls	HM 2010 Target 4.0	Reduce Deaths From Falls	
			1990	2.8
			2008	5.6
			Summary	2.8 Increase
15-37 Chapter 6	Reduce physical assaults	HM 2010 Target 9.9	Reduce Physical Assaults	
			1990	9.9
			2008	16.5
			Summary	6.6 Increase

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15-33 Chapter 6	Reduce child abuse and neglect	HM 2010 Target 2,080	Reduce Child Abuse and Neglect			
			1996	2,183		
			2009	2,451		
			Summary	268 Increase		
15-35a Chapter 6	Maine reported rape and attempted rapes	HM 2010 Target Total Rapes = 195 Forcible Rapes = 177 Attempted Rapes = 18	Reported Rape and Attempted Rapes			
				Total	Forcible	Attempted
			1996	266	238	28
			2008	373	367	6
Summary	107 Increase	129 Increase	22 Decrease ★			
15-38 Chapter 6	Reduce physical fighting among adolescents	HM 2010 Target 28%	Reduce Physical Fighting Among Adolescents			
			1993	40%		
			2009	23%		
			Summary	17% Decrease ★		
18-2 Chapter 6	Reduce suicide attempts	HM 2010 Target 62.3	Reduce Suicide Attempts			
			1990	51.1		
			2008	85.5		
			Summary	34.4 Increase		
18-1 Chapter 6	Reduce the suicide rate	HM 2010 Target 12.7	Reduce Suicide Rate			
			1987/96	13.2		
			1999/08	12.2		
			Summary	1.0 Decrease ★		
15-32 Chapter 6	Reduce homicides	HM 2010 Target Slight Decrease in homicide rate	Reduce Homicide Rate			
			1990	1.8		
			2008	2.5		
			Summary	0.7 Increase		

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Chapter 8 - Occupational Health

		Reduce Work-Related Injuries			
20-2 Chapter 8	Reduce work-related injuries	HM 2010 Target 4.3			
			1997	7.1	
			2008	5.4	
			Summary	1.7 Decrease	
20-3 Chapter 8	Reduce work-related injuries due to overexertion or repetitive motion	HM 2010 Target Overexertion = 34 Repetitive = 14	Reduce Work-Related Injuries Due to Overexertion/Repetitive Motion		
				Overexertion	Repetitive Motion
			2000	101.5	27.1
			2008	52.0	7.8
			Summary	49.5 Decrease	19.3 Decrease ★
20-1 Chapter 8	Reduce deaths from work-related injuries	HM 2010 Target 0	Reduce Deaths From Work-Related Injuries		
			1990	30	
			2008	24	
			Summary	6 Decrease	

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Chapter 9 - Physical Activity and Nutrition

22-11 Chapter 9	Increase the proportion of adolescents who view television two or fewer hours per day	HM 2010 Target 85%	Increase Proportion of Adolescents Viewing TV 2 or Fewer Hours/Day			
				1999		76.0%
				2009		74.6%
			Summary	1.4% Decrease		
22-6 Chapter 9	Increase the proportion of adolescents who engage in <u>moderate</u> physical activity for at least 30 minutes on 5 or more of the previous 7 days	HM 2010 Target 40%	Increase Adolescents Engaging in Moderate Physical Activity			
				1995		19.1%
				2007		28.9%
			Summary	9.8% Increase		
22-7 Chapter 9	Increase the proportion of adolescents who engage in <u>vigorous</u> physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion	HM 2010 Target 85%	Increase Adolescents Engaging in Vigorous Physical Activity			
				1995		63.1%
				2007		59.7%
			Summary	3.4% Decrease		
22-1 Chapter 9	Reduce the proportion of adults who engage in no leisure-time physical activity	HM 2010 Target 20%	Reduce Adults Engaging in No Leisure-Time Physical Activity			
				1994		40.7%
				2009		21.2%
			Summary	19.5% Decrease		
22-2 Chapter 9	Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day	HM 2010 Target 30%	Increase Adults Engaging Regularly in Moderate Physical Activity			
			No New Data			
19-5 Chapter 9	Increase the proportion of adolescents consuming at least five or more servings of fruits and vegetables a day	HM 2010 Target 35%	Increase Adolescents Consuming 5/5+ Servings Fruits/Vegetables			
				1995		34.5%
				2007		20.4%
			Summary	14.1% Decrease		
19-6 Chapter 9	Increase the proportion of adults consuming at least five or more servings of fruits and vegetables a day	HM 2010 Target 30%	Increase Adults Consuming 5/5+ Servings Fruits/Vegetables			
				1994		21.1%
				2009		28.0%
			Summary	6.9% Increase		
19-3 Chapter 9	Reduce the proportion of adolescents who are overweight or obese	HM 2010 Target 5%	Reduce Proportion of Adolescents Who Are Obese			
				2001		10.4%
				2009		12.5%
			Summary	2.1% Increase		

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19-4 Chapter 9	Reduce growth retardation among low-income children under age 5 years	HM 2010 Target 30%	Increase Adults Engaging Regularly in Moderate Physical Activity			
			No New Data			
19-1, 2 Chapter 9	Reduce the proportion of adults who are overweight or obese	HM 2010 Target Obese = 15% Overweight = 30%	Reduce Proportion of Adults Who Are Overweight/Obese			
				Obese	Overweight	
			1990	12.2%	32.6%	
			2009	26.4%	37.8%	
	Summary	14.2% Increase	5.2% Increase			

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Chapter 10 - Substance Abuse

		Reduce Adolescents in Same Room With Someone Smoking			
27-10b Chapter 10	Reduce the proportion of Maine adolescents who were in the same room with someone who was smoking	HM 2010 Target H.S. = 54% Grades 6-8 = 45%	High School	Grades 6-8	
			2001	68%	56%
			2009	54%	38%
			Summary	14% Decrease ★	18% Decrease ★
		Reduce Adolescents Exposed to Smoke in a Car 7 Days/Week			
27-10c Chapter 10	Reduce the proportion of Maine adolescents exposed to smoke in a car seven days a week	HM 2010 Target H.S. = 14% Grades 6-8 = 11%	High School	Grades 6-8	
			2001	18.0%	14.0%
			2009	10.0%	6.6%
			Summary	8% Decrease ★	7.4% Decrease ★
		Reduce Hours Workers Are Exposed to Secondhand Smoke at Work			
27-10d Chapter 10	Reduce the average hours Maine workers are exposed to secondhand smoke at work	HM 2010 Target 0 Hours/Week	No New Data		
		Increase Adults Who Do Not Allow Smoking in Their Home			
27-10e Chapter 10	Increase the proportion of Maine adults who do not allow smoking in their home	HM 2010 Target 80%			
			2000	63.0%	
			2009	83.3%	
			Summary	20.3% Increase ★	
		Reduce Adolescents Who First Used Alcohol Before Age 13			
26-9a Chapter 10	Reduce the proportion of Maine adolescents who first used alcohol before age 13	HM 2010 Target 18%			
			1997	28.5%	
			2009	20.3%	
			Summary	8.2% Decrease	
		Reduce Adolescents Who First Used Marijuana Before Age 13			
26-9b Chapter 10	Reduce the proportion of Maine adolescents who first used marijuana before age 13	HM 2010 Target 10%			
			1997	12.3%	
			2009	9.8%	
			Summary	2.5% Decrease ★	
		Reduce Cigarette Smoking Among Maine Adolescents			
27-2a Chapter 10	Reduce cigarette smoking among Maine adolescents	HM 2010 Target 15%			
			1993	32.6%	
			2009	18.1%	
			Summary	14.5% Decrease	
		Reduce Adolescents Smoking a Whole Cigarette Before Age 13			
27-2b Chapter 10	Reduce the proportion of Maine adolescents who smoked a whole cigarette for the first time before age 13	HM 2010 Target 12%			
			1997	30.2%	
			2009	12.1%	
			Summary	18.1% Decrease	
		Reduce Tobacco Use by Adults			
27-1 Chapter 10	Reduce tobacco use by adults	HM 2010 Target 19%			
			1990	27.0%	
			2009	17.3%	
			Summary	9.7% Decrease ★	

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27-6a Chapter 10	Increase the proportion of Maine pregnant women who did <u>NOT</u> smoke during the last three months of pregnancy	HM 2010 Target 95%	Increase Pregnant Women Who Didn't Smoke Last 3 Mos. Of Pregnancy		
			1990	75.7%	
			2009	80.5%	
			Summary	4.8% Increase	
27-6b Chapter 10	Reduce proportion of low income pregnant women who smoked during the last three months of pregnancy	HM 2010 Target 20%	Decrease Low Income Pregnant Women Smoking Last 3 Mos. Of Pregnancy		
			1990	43.3%	
			2008	32.7%	
			Summary	10.6% Decrease	

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