

		Androscoggin	Arden	Cumberland	Franklin	Hancock	Kennebec	Knox	Lincoln	Oxford	Penobscot	Piscataquis	Sagadahoc	Somerset	Waldo	Washington	York	Maine	US	
<b>CARDIOVASCULAR HEALTH</b>																				
Risk Factors	% Current Smokers (Age 18+)	20%	27%	16%	20%	19%	24%	18%	19%	25%	23%	21%	20%	26%	21%	31%	25%	22%	18%	
	% Sedentary Lifestyle (measured by no physical activity)	20%	25%	16%	18%	20%	20%	19%	20%	24%	23%	26%	20%	26%	25%	25%	20%	21%	24%	
	% Physical Activity (5 times a week at 30 min.)	22%	25%	26%	30%	31%	25%	29%	24%	27%	25%	26%	23%	27%	25%	29%	29%	26%	51%	
	% Use aspirin daily (Age 35+)	41%	40%	34%	31%	36%	31%	33%	33%	36%	36%	36%	32%	35%	32%	37%	33%	35%	N/A	
	% Overweight (Ages 18+)	39%	38%	36%	38%	38%	34%	38%	34%	34%	36%	34%	38%	39%	40%	36%	39%	37%	37%	36%
	% Obesity (Ages 18+)	31%	31%	24%	31%	22%	31%	25%	25%	33%	35%	33%	23%	28%	27%	33%	23%	28%	27%	27%
Prevalence	% High Cholesterol (ever told)	34%	32%	26%	28%	30%	27%	28%	29%	35%	31%	32%	28%	32%	25%	33%	28%	29%	N/A	
	% High Blood Pressure (ever told)	31%	34%	27%	27%	31%	31%	32%	30%	31%	31%	35%	29%	35%	32%	40%	28%	30%	29%	
	% Heart Disease	7.3%	7.3%	6.4%	3.8%	6.6%	5.6%	5.5%	7.7%	6.9%	7.0%	6.9%	3.5%	6.4%	3.8%	5.1%	5.9%	6.3%	4.3%	
Management	Congestive Heart Failure, Hospital Admissions	306	340	251	363	348	247	301	302	255	308	256	203	361	280	379	254	283	N/A	
	Ages 45-64	180	95	103	156	158	113	105	112	108	165	127	88	140	162	232	105	127	N/A	
	Ages 65+	1,757	1,699	1,557	2,176	1,725	1,389	1,438	1,345	1,379	1,806	1,156	1,174	2,023	1,501	1,664	1,491	1,588	N/A	
	AMI, Hospital Admission Rate	172	431	108	213	325	272	227	158	135	223	359	128	258	281	477	180	211	192	
	Ages 45-64	154	316	61	89	207	204	182	120	97	199	236	131	232	179	297	134	157	258	
	Ages 65+	866	1,772	637	1,222	1,487	1,337	905	584	631	1,135	1,530	573	1,130	1,380	2,057	909	1,037	914	
	Cerebrovascular Disease (stroke), Hospital Admission Rate	144	205	128	146	183	147	180	170	141	148	197	130	165	146	199	137	149	N/A	
	Ages 45-64	120	136	90	128	99	114	113	103	88	117	127	123	121	110	109	98	107	N/A	
	Ages 65+	734	871	690	710	854	712	772	650	692	771	814	601	793	712	886	699	736	N/A	
	CABG, Hospital Admission Rate	78	88	51	72	76	66	66	81	68	72	77	50	67	57	74	37	62	N/A	
	Ages 45-64	149	124	75	128	76	102	89	86	110	102	59	114	99	110	94	51	92	N/A	
	Ages 65+	245	268	201	233	272	213	200	259	194	281	277	83	219	139	226	139	212	N/A	
% Advised to cut down on salt by doctor (ever)	61%	68%	60%	62%	66%	62%	59%	65%	66%	62%	65%	52%	62%	62%	62%	64%	62%	N/A		
% Having Cholesterol Checked within the past year (Ages 21+)	68%	65%	63%	57%	59%	65%	60%	61%	67%	62%	70%	62%	66%	60%	62%	64%	63%	N/A		
% Smokers advised to quit smoking in the past yr.	71%	79%	78%	58%	76%	62%	68%	71%	72%	73%	63%	66%	72%	55%	73%	74%	72%	N/A		
Quality/Effectiveness	AMI, Mortality Rate	40	77	25	73	66	50	58	36	36	52	112	39	60	44	92	33	45	N/A	
	Ages 45-64	35	44	17	41	55	24	23	17	18	45	101	20	40	32	30	23	30	N/A	
	Ages 65+	202	345	142	411	277	275	271	158	188	271	401	222	296	220	452	168	232	N/A	
	Cerebrovascular Disease (stroke), Mortality Rate	45	62	39	49	64	54	50	69	55	50	77	80	53	54	58	37	49	45	
	Ages 45-64	14	15	8	22	6	10	5	17	15	14	6	18	19	14	10	9	11	N/A	
	Ages 65+	279	312	256	287	362	331	262	325	310	321	391	499	296	324	290	227	294	306	
	Heart Disease, Mortality Rate	203	262	161	223	246	200	213	240	203	223	281	164	223	223	291	175	202	204	
	Ages 45-64	128	113	74	96	115	85	78	114	92	137	130	85	125	116	122	82	99	N/A	
Ages 65+	1,126	1,240	976	1,288	1,221	1,117	1,003	1,010	1,052	1,273	1,280	906	1,141	1,221	1,349	987	1,101	N/A		

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted  
 Overall PQI = methodology based on AHRQ Prevention Quality Indicators using 13 identified conditions