

| Central District  |          | Kennebec | Somerset  | Maine                             | Maine Counties Source |
|---|----------|----------|-----------|-----------------------------------|-----------------------|
| <b>DEMOGRAPHICS</b>   |          |          |           |                                   |                       |
| Total Population  | 121,151  | 51,220   | 1,319,691 | 2008 Census Estimates             |                       |
| Median Annual Household Income (to 2008)                    | \$46,231 | \$36,211 | \$46,807  | ME SPO Data Center                |                       |
| % of Labor Force Unemployed                                 | 7.3%     | 11%      | 7.8%      | ME Dept Labor                     |                       |
| % Population Not Attaining H.S. Diploma (>25 yr)            | 15%      | 19%      | 15%       | 2000 Census                       |                       |
| % Population on Medicaid (all ages)                         | 25%      | 34%      | 23%       | 2004 CMS, HRSA Area Resource File |                       |
| % Population Under the Age of 18                            | 21%      | 22%      | 21%       | 2008 Census Estimates             |                       |
| % Population Between Ages 18-44                             | 33%      | 32%      | 34%       | 2008 Census Estimates             |                       |
| % Population Between Ages 45-64                             | 30%      | 31%      | 30%       | 2008 Census Estimates             |                       |
| % Population Age 65 and Over                                | 15%      | 16%      | 15%       | 2008 Census Estimates             |                       |
| % Uninsured (18+)   | 13%      | 12%      | 13%       | Household Survey                  |                       |
| % Uninsured Non-Elderly Adults (Ages 18-65)                 | 16%      | 15%      | 16%       | Household Survey                  |                       |
| <b>HEALTH STATUS</b>  |          |          |           |                                   |                       |
| % Health Fair to Poor                                       | 15%      | 17%      | 15%       | Household Survey                  |                       |
| % 11+ Days Lost due to Poor Mental or Physical Health       | 7%       | 11%      | 8%        | Household Survey                  |                       |
| % 3+ Chronic Conditions                                     | 15%      | 15%      | 13%       | Household Survey                  |                       |
| Wellness Categories:  |          |          |           |                                   |                       |
| %Well   | 31%      | 29%      | 34%       | Household Survey                  |                       |
| %At Risk for Future Medical Problems                        | 10%      | 9%       | 8%        | Household Survey                  |                       |
| %Some Health Problems                                       | 35%      | 34%      | 36%       | Household Survey                  |                       |
| %Not Well   | 24%      | 28%      | 23%       | Household Survey                  |                       |
| <b>ACCESS TO CARE</b>                                       |          |          |           |                                   |                       |
| % Without Usual Source of Primary Care                      | 14%      | 16%      | 13%       | Household Survey                  |                       |
| Males   | 21%      | 21%      | 18%       | Household Survey                  |                       |
| Females   | 6.9%     | 12%      | 8.3%      | Household Survey                  |                       |
| % Named a clinic or doctor's office as usual source of care | 97%      | 96%      | 97%       | Household Survey                  |                       |
| % Named hospital or ER as usual source of care              | 1.0%     | 1.9%     | 1.9%      | Household Survey                  |                       |
| % Not Having a Checkup Within the Past 2 yrs                | 12%      | 11%      | 10%       | Household Survey                  |                       |
| Males   | 18%      | 17%      | 15%       | Household Survey                  |                       |
| Females   | 7.5%     | 5.5%     | 6.4%      | Household Survey                  |                       |
| % Received Flu Shot or Mist past 12 months                  | 39%      | 39%      | 42%       | Household Survey                  |                       |
| Males   | 34%      | 39%      | 40%       | Household Survey                  |                       |
| Females   | 42%      | 38%      | 43%       | Household Survey                  |                       |
| % Ever Received Pneumoccal Vaccine (Age 65+)                | 73%      | 70%      | 73%       | Household Survey                  |                       |
| Males   | 73%      | 65%      | 71%       | Household Survey                  |                       |
| Females   | 73%      | 73%      | 74%       | Household Survey                  |                       |
| % Needed Medical Care But Could not Afford it: Past Year    | 6.7%     | 5.0%     | 6.5%      | Household Survey                  |                       |
| % No Dental Visit in Past 2 Years                           | 22%      | 33%      | 24%       | Household Survey                  |                       |
| ED Visits per 100,000 population                            | 54,082   | 78,252   | 47,665    | MHDO Hosp ED                      |                       |
| Ages <18  | 50,188   | 74,067   | 44,458    | MHDO Hosp ED                      |                       |
| Ages 18-44  | 75,859   | 104,236  | 60,516    | MHDO Hosp ED                      |                       |
| Ages 45-64  | 36,570   | 54,410   | 34,450    | MHDO Hosp ED                      |                       |
| Ages 65+  | 46,513   | 78,207   | 49,497    | MHDO Hosp ED                      |                       |
| Hospitalizations per 100,000 Population                     | 12,278   | 13,334   | 12,076    | MHDO Hosp Inpatient               |                       |
| Ages <18  | 7,704    | 7,736    | 7,575     | MHDO Hosp Inpatient               |                       |
| Ages 18-44  | 8,855    | 9,124    | 8,127     | MHDO Hosp Inpatient               |                       |
| Ages 45-64  | 10,270   | 10,755   | 9,832     | MHDO Hosp Inpatient               |                       |
| Ages 65+  | 30,244   | 34,795   | 31,396    | MHDO Hosp Inpatient               |                       |

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted

| Central District                                  |  | Maine Counties   |          |                  | Maine Counties Source |                  |
|---|--|--|----------|------------------|-----------------------|------------------|
|   |  | Kennebec   | Somerset | Maine            |                       |                  |
| <b>QUALITY/EFFECTIVENESS</b>                      |  |  |          |                  |                       |                  |
| QUALITY/EFFECTIVENESS                             | Ambulatory Care Sensitive Condition (ACSC), Hospital Admission Rate (Overall PQI*) | 927  | 990      | 967              | MHDO Hosp Inpatient   |                  |
|   | Ages 0-17  | 143  | 231      | 191              | MHDO Hosp Inpatient   |                  |
|   | Ages 18-44   | 253  | 311      | 234              | MHDO Hosp Inpatient   |                  |
|   | Ages 45-64   | 720  | 782      | 707              | MHDO Hosp Inpatient   |                  |
|   | Ages 65+   | 3,921  | 3,840    | 4,166            | MHDO Hosp Inpatient   |                  |
|   | Ambulatory Care Sensitive Condition (ACSC), ED Visit Rate (Overall PQI*)           | 3,358  | 6,960    | 3,073            | MHDO Hosp Inpatient   |                  |
|   | Ages 0-17  | 2,359  | 3,637    | 1,994            | MHDO Hosp Inpatient   |                  |
|   | Ages 18-44   | 3,761  | 6,279    | 2,868            | MHDO Hosp Inpatient   |                  |
|   | Ages 45-64   | 2,626  | 5,586    | 2,374            | MHDO Hosp Inpatient   |                  |
|   | Ages 65+   | 5,328  | 15,705   | 6,375            | MHDO Hosp Inpatient   |                  |
|   | <b>CARDIOVASCULAR HEALTH</b>   |  |          |                  |                       |                  |
|   | Risk Factors   | % Current Smokers (Age 18+)                              | 24%      | 26%              | 22%                   | Household Survey |
|   |  | % Sedentary Lifestyle (measured by no physical activity) | 20%      | 26%              | 21%                   | Household Survey |
|   |  | % Physical Activity (5 times a week at 30 min.)          | 25%      | 27%              | 26%                   | Household Survey |
| % Use aspirin daily (Age 35+)                     |  | 31%  | 35%      | 35%              | Household Survey      |                  |
| % Overweight (Ages 18+)                           |  | 34%  | 40%      | 37%              | Household Survey      |                  |
| % Obesity (Ages 18+)                              |  | 31%  | 28%      | 28%              | Household Survey      |                  |
| Disease Prevalence                                | % High Cholesterol (ever told)   | 27%  | 32%      | 29%              | Household Survey      |                  |
|   | % High Blood Pressure (ever told)  | 31%  | 35%      | 30%              | Household Survey      |                  |
|   | % Heart Disease  | 5.6%   | 6.4%     | 6.3%             | Household Survey      |                  |
| Management  | Congestive Heart Failure, Hospital Admissions                                      | 247  | 361      | 283              | MHDO Hosp Inpatient   |                  |
|   | Ages 45-64   | 113  | 140      | 127              | MHDO Hosp Inpatient   |                  |
|   | Ages 65+   | 1,389  | 2,023    | 1,588            | MHDO Hosp Inpatient   |                  |
|   | AMI, Hospital Admission Rate   | 272  | 258      | 211              | MHDO Hosp Inpatient   |                  |
|   | Ages 45-64   | 204  | 232      | 157              | MHDO Hosp Inpatient   |                  |
|   | Ages 65+   | 1,337  | 1,130    | 1,037            | MHDO Hosp Inpatient   |                  |
|   | Cerebrovascular Disease (stroke), Hospital Admission Rate                          | 147  | 165      | 149              | MHDO Hosp Inpatient   |                  |
|   | Ages 45-64   | 114  | 121      | 107              | MHDO Hosp Inpatient   |                  |
|   | Ages 65+   | 712  | 793      | 736              | MHDO Hosp Inpatient   |                  |
|   | CABG, Hospital Admission Rate  | 66   | 67       | 62               | MHDO Hosp Inpatient   |                  |
|   | Ages 45-64   | 102  | 99       | 92               | MHDO Hosp Inpatient   |                  |
|   | Ages 65+   | 213  | 219      | 212              | MHDO Hosp Inpatient   |                  |
|   | % Advised to cut down on salt by doctor (ever)                                     | 62%  | 62%      | 62%              | Household Survey      |                  |
|   | % Having Cholesterol Checked within the past year (Ages 21+)                       | 65%  | 66%      | 63%              | Household Survey      |                  |
| % Smokers advised to quit smoking in the past yr. | 62%  | 72%  | 72%      | Household Survey |                       |                  |
| Quality/Effectiveness                             | AMI, Mortality Rate  | 50   | 60       | 45               | ODRVS Mortality       |                  |
|   | Ages 45-64   | 24   | 40       | 30               | ODRVS Mortality       |                  |
|   | Ages 65+   | 275  | 296      | 232              | ODRVS Mortality       |                  |
|   | Cerebrovascular Disease (stroke), Mortality Rate                                   | 54   | 53       | 49               | ODRVS Mortality       |                  |
|   | Ages 45-64   | 10   | 19       | 11               | ODRVS Mortality       |                  |
|   | Ages 65+   | 331  | 296      | 294              | ODRVS Mortality       |                  |
|   | Heart Disease, Mortality Rate  | 200  | 223      | 202              | ODRVS Mortality       |                  |
|   | Ages 45-64   | 85   | 125      | 99               | ODRVS Mortality       |                  |
|   | Ages 65+   | 1,117  | 1,141    | 1,101            | ODRVS Mortality       |                  |

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

| Central District                                   |  | Kennebec | Somerset | Maine            | Maine Counties Source |
|--|--|----------|----------|------------------|-----------------------|
| <b>RESPIRATORY HEALTH</b>                          |  |          |          |                  |                       |
| Risk Factors                                       | % Current Smokers  | 24%      | 26%      | 22%              | Household Survey      |
|  | Male   | 26%      | 28%      | 23%              | Household Survey      |
|  | Female   | 22%      | 23%      | 20%              | Household Survey      |
|  | % Former Smokers   | 33%      | 32%      | 31%              | Household Survey      |
| Disease Prevalence                                 | % Current Asthma (Ages 18+)                                | 11%      | 13%      | 10%              | Household Survey      |
|  | % Ever Asthma (Ages 0-17)                                  | 8.5%     | 6.2%     | 6.1%             | Household Survey      |
|  | % COPD   | 5.5%     | 7.9%     | 4.2%             | Household Survey      |
|  | Lung and Broncus Cancer, Males, Incidence Rate             | 103      | 133      | 105              | ME CDC Cancer Reg     |
|  | Lung and Broncus Cancer, Females, Incidence Rate           | 82       | 111      | 86               | ME CDC Cancer Reg     |
| Management   | % Received Flu Shot or Mist past 12 months                 | 39%      | 39%      | 42%              | Household Survey      |
|  | Males  | 34%      | 39%      | 40%              | Household Survey      |
|  | Females  | 42%      | 38%      | 43%              | Household Survey      |
|  | % Ever Received Pneumococcal Vaccine (Ages 65+)            | 73%      | 70%      | 73%              | Household Survey      |
|  | Males  | 73%      | 65%      | 71%              | Household Survey      |
|  | Females  | 73%      | 73%      | 74%              | Household Survey      |
|  | Bronchitis and Asthma, Hospital Admission Rate             | 65       | 103      | 87               | MHDO Hosp Inpatient   |
|  | Ages 0-17  | 149      | 240      | 196              | MHDO Hosp Inpatient   |
|  | Ages 18-44   | 32       | 65       | 45               | MHDO Hosp Inpatient   |
|  | Ages 45-64   | 30       | 38       | 46               | MHDO Hosp Inpatient   |
|  | Ages 65+   | 90       | 119      | 114              | MHDO Hosp Inpatient   |
|  | Bronchitis and Asthma, ED Visit Rate                       | 931      | 1,495    | 988              | MHDO Hosp ED          |
|  | Ages 0-17  | 1,084    | 1,625    | 1,145            | MHDO Hosp ED          |
|  | Ages 18-44   | 1,379    | 2,187    | 1,346            | MHDO Hosp ED          |
|  | Ages 45-64   | 579      | 989      | 654              | MHDO Hosp ED          |
|  | Ages 65+   | 431      | 899      | 632              | MHDO Hosp ED          |
|  | COPD, Hospital Admission Rate                              | 208      | 337      | 284              | MHDO Hosp Inpatient   |
|  | Ages 45-64   | 240      | 334      | 285              | MHDO Hosp Inpatient   |
|  | Ages 65+   | 829      | 1,411    | 1,236            | MHDO Hosp Inpatient   |
|  | COPD, ED Visit Rate  | 1,167    | 1,915    | 998              | MHDO Hosp Inpatient   |
|  | Ages 45-64   | 1,250    | 2,101    | 1,019            | MHDO Hosp Inpatient   |
|  | Ages 65+   | 1,801    | 4,153    | 1,914            | MHDO Hosp Inpatient   |
|  | Pneumonia, Hospital Admission Rate                         | 302      | 450      | 326              | MHDO Hosp Inpatient   |
|  | Ages 45-64   | 205      | 258      | 209              | MHDO Hosp Inpatient   |
|  | Ages 65+   | 1,236    | 1,892    | 1,402            | MHDO Hosp Inpatient   |
|  | Pneumonia, ED Visit Rate                                   | 683      | 1,688    | 505              | MHDO Hosp Inpatient   |
|  | Ages 18-44   | 674      | 1,314    | 366              | MHDO Hosp Inpatient   |
|  | Ages 45-64   | 482      | 1,275    | 376              | MHDO Hosp Inpatient   |
|  | Ages 65+   | 917      | 3,928    | 1,053            | MHDO Hosp Inpatient   |
|  | Emphysema, Hospital Admission Rate                         | 12       | 26       | 23               | MHDO Hosp Inpatient   |
|  | Ages 45-64   | 14       | 29       | 22               | MHDO Hosp Inpatient   |
|  | Ages 65+   | 33       | 94       | 79               | MHDO Hosp Inpatient   |
|  | % Current Smokers advised to quit smoking in the past year | 62%      | 72%      | 72%              | Household Survey      |
| % Current smokers tried to quit in past year       | 55%  | 48%      | 54%      | Household Survey |                       |
| % Current smokers ever used Maine Tobacco Quitline | 20%  | 21%      | 19%      | Household Survey |                       |

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted

| Central District   |  | Kennebec | Somerset | Maine                 | Maine Counties Source |
|--|--|----------|----------|-----------------------|-----------------------|
| <b>RESPIRATORY HEALTH Cont.</b>                                |  |          |          |                       |                       |
| Quality/Effectiveness  | Lung Cancer, Mortality Rate                                | 69       | 72       | 69                    |                       |
|  | Males  | 76       | 86       | 78                    | ODRVS Mortality 07-09 |
|  | Females  | 62       | 57       | 61                    | ODRVS Mortality 07-09 |
|  | COPD, Mortality Rate                                       | 61       | 83       | 58                    | ODRVS Mortality 07-09 |
|  | Ages 45-64   | 34       | 51       | 25                    | ODRVS Mortality 07-09 |
|  | Ages 65+   | 331      | 429      | 332                   | ODRVS Mortality 07-09 |
|  | Pneumonia, Mortality Rate                                  | 20       | 26       | 17                    | ODRVS Mortality 07-09 |
|  | Ages 45-64   | 8        | 6        | 5                     | ODRVS Mortality 07-09 |
|  | Ages 65+   | 116      | 150      | 103                   | ODRVS Mortality 07-09 |
|  | Smoking-Related Neoplasms, Mortality Rate                  | 180      | 198      | 177                   | ODRVS Mortality 07-09 |
| Males  | 206  | 222      | 205      | ODRVS Mortality 07-09 |                       |
| Females  | 155  | 175      | 150      | ODRVS Mortality 07-09 |                       |
| <b>CANCER HEALTH</b>   |  |          |          |                       |                       |
| Risk Factors   | % Current Smokers (Age 18+)                                | 24%      | 26%      | 22%                   | Household Survey      |
|  | % Sedentary Lifestyle                                      | 20%      | 26%      | 21%                   | Household Survey      |
|  | % Former smokers (Age 18+)                                 | 33%      | 32%      | 31%                   | Household Survey      |
|  | % Overweight (Age 18+)                                     | 34%      | 40%      | 37%                   | Household Survey      |
|  | % Obesity (Age 18+)  | 31%      | 28%      | 28%                   | Household Survey      |
| Disease Prevalence   | % Diagnosed Cancer (Age 18+)                               | 8.4%     | 9.8%     | 7.5%                  | Household Survey      |
|  | All Cancers, Incidence Rate                                | 609      | 629      | 629                   | ME CDC Cancer Reg     |
|  | Bladder, Incident Rate                                     | 29       | 34       | 35                    | ME CDC Cancer Reg     |
|  | Female Breast Cancer, Incidence Rate                       | 166      | 161      | 162                   | ME CDC Cancer Reg     |
|  | Female Cervix Uteri, Incidence Rate                        | 8.0      | 7.7      | 7.3                   | ME CDC Cancer Reg     |
|  | Colorectal, Incidence Rate                                 | 55       | 64       | 62                    | ME CDC Cancer Reg     |
|  | Lung and Bronchus Cancer, Incidence Rate                   | 92       | 122      | 95                    | ME CDC Cancer Reg     |
|  | Melanoma, Incidence Rate                                   | 22       | 15       | 26                    | ME CDC Cancer Reg     |
| Male Prostate, Incidence Rate                                  | 193  | 178      | 187      | ME CDC Cancer Reg     |                       |
| Management / Patient Care                                      | % Reported Mammogram past year (40+)                       | 72%      | 60%      | 69%                   | Household Survey      |
|  | % Stage Female Breast, Local                               | 65%      | 63%      | 66%                   | ME CDC Cancer Reg     |
|  | % Stage Female Breast, Distant                             | 2.6%     | 3.2%     | 3.8%                  | ME CDC Cancer Reg     |
|  |  |          |          |                       |                       |
|  | % Reported Pap Smear past 2 years                          | 77%      | 64%      | 70%                   | Household Survey      |
|  | % Stage Cervix Uteri Female, Local                         | 33%      | 0%       | 52%                   | ME CDC Cancer Reg     |
|  | % Stage Cervix Uteri Female, Distant                       | 27%      | 17%      | 14%                   | ME CDC Cancer Reg     |
|  |  |          |          |                       |                       |
|  | % Reported Blood Stool Test Past Year (Age 50+)            | 20%      | 21%      | 20%                   | BRFSS 2006/2008       |
|  | % Reported Having Sigmoid/Colonoscopy Past 5 Yrs (Age 50+) | 68%      | 51%      | 63%                   | Household Survey      |
|  | % Stage Colorectal, Local                                  | 46%      | 45%      | 47%                   | ME CDC Cancer Reg     |
|  | % Stage Colorectal, Distant                                | 19%      | 15%      | 17%                   | ME CDC Cancer Reg     |
|  |  |          |          |                       |                       |
|  | % Stage Lung and Brunchus Male, Local                      | 13%      | 17%      | 16%                   | ME CDC Cancer Reg     |
|  | % Stage Lung and Brunchus Male, Distant                    | 48%      | 48%      | 50%                   | ME CDC Cancer Reg     |
|  | % Stage Lung and Brunchus Female, Local                    | 18%      | 26%      | 21%                   | ME CDC Cancer Reg     |
|  | % Stage Lung and Brunchus Female, Distant                  | 54%      | 43%      | 47%                   | ME CDC Cancer Reg     |
|  |  |          |          |                       |                       |
| % Reported Prostate Exam (PSA test) past 2 yrs (males Age 50+) | 77%  | 55%      | 69%      | Household Survey      |                       |
| % Reported Digital Rectal Exam past 2 years (males Age 50+)    | 67%  | 53%      | 68%      | Household Survey      |                       |
| % Stage Prostate, Local  | 75%  | 78%      | 76%      | ME CDC Cancer Reg     |                       |
| % Stage Prostate, Distant                                      | 6.2%   | 3.7%     | 3.8%     | ME CDC Cancer Reg     |                       |

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted

|   |  | Central District |          |       | Maine Counties Source |
|---|--|------------------|----------|-------|-----------------------|
|   |  | Kennebec         | Somerset | Maine |                       |
| <b>CANCER HEALTH Cont.</b>                |  |                  |          |       |                       |
| Quality/Effectiveness                     | All Cancers, Mortality Rate  | 244              | 251      | 234   | ODRVS Mortality       |
|   | Bladder, Mortality Rate  | 6.9              | 5.2      | 7.5   | ODRVS Mortality       |
|   | Female Breast Cancer, Mortality Rate   | 33               | 24       | 28    | ODRVS Mortality       |
|   | Female Cervix Uteri, Mortality Rate  | 3.2              | 8.9      | 2.5   | ODRVS Mortality       |
|   | Colorectal, Mortality Rate   | 22               | 27       | 21    | ODRVS Mortality       |
|   | Lung, Mortality Rate   | 69               | 72       | 69    | ODRVS Mortality       |
|   | Melanoma, Mortality Rate   | 5.0              | 0.7      | 3.6   | ODRVS Mortality       |
|   | Male Prostate, Mortality Rate  | 28               | 21       | 23    | ODRVS Mortality       |
| <b>DIABETES HEALTH</b>                    |  |                  |          |       |                       |
| Risk Factors                              | % Sedentary Lifestyle (measured by no physical activity)                     | 20%              | 26%      | 21%   | Household Survey      |
|   | % Adults consume fruits and vegetables 5 or more times/day                   | 26%              | 25%      | 28%   | BRFSS 2007 & 2009     |
|   | % Overweight (Age 18+)   | 34%              | 40%      | 37%   | Household Survey      |
|   | % Obesity (Age 18+)  | 31%              | 28%      | 28%   | Household Survey      |
| Disease Prevalence                        | % Diagnosed Diabetes   | 12%              | 11%      | 10%   | Household Survey      |
|   | Ages 18-44   | 9.0%             | 4.2%     | 2.9%  | Household Survey      |
|   | Ages 45-64   | 18%              | 12%      | 13%   | Household Survey      |
|   | Ages 65+   | 24%              | 22%      | 21%   | Household Survey      |
| Management                                | % Reported hemoglobin A1c measurement (at least once) in past year (Age 18+) | 93%              | 91%      | 89%   | Household Survey      |
|   | % Reported pupil dilation eye exam in past yr (age 18+)                      | 79%              | 70%      | 76%   | Household Survey      |
|   | % Reported foot examination in past yr (Age 18+)                             | 78%              | 81%      | 78%   | Household Survey      |
|   | % Reported ever taken diabetes self management course (Age 18+)              | 70%              | 36%      | 54%   | Household Survey      |
|   | Diabetes, Hospital Admission Rate  | 70               | 82       | 79    | MHDO Hosp Inpatient   |
|   | Ages 18-44   | 63               | 120      | 75    | MHDO Hosp Inpatient   |
|   | Ages 45-64   | 75               | 70       | 75    | MHDO Hosp Inpatient   |
|   | Ages 65+   | 112              | 119      | 150   | MHDO Hosp Inpatient   |
|   | Diabetes Short-term Complications, ACSC ED Visit Rate                        | 4                | 25       | 9     | MHDO Hosp Inpatient   |
|   | Diabetes Long-term Complications, ACSC ED Visit Rate                         | 86               | 170      | 111   | MHDO Hosp Inpatient   |
| Diabetes Uncontrolled, ACSC ED Visit Rate | 13   | 20               | 11       |       |                       |
| Quality/Effective                         | Diabetes, Mortality Rate   | 31               | 33       | 26    | ODRVS Mortality       |
|   | Ages 45-64   | 20               | 17       | 20    | ODRVS Mortality       |
|   | Ages 65+   | 147              | 175      | 126   | ODRVS Mortality       |

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted

|                           |  | Central District |          |              | Maine Counties Source |
|---------------------------|--|------------------|----------|--------------|-----------------------|
|                           |  | Kennebec         | Somerset | Maine        |                       |
| <b>MENTAL HEALTH</b>      |  |                  |          |              |                       |
| Risk Factors              | % 11+ Days Mental Health Not Good                                    | 11%              | 14%      | 11%          | BRFSS 2008 + 2009     |
|                           | Ages 18-44   | 9.4%             | 16%      | 12%          | BRFSS 2008 + 2009     |
|                           | Ages 45-64   | 15%              | 14%      | 12%          | BRFSS 2008 + 2009     |
|                           | Ages 65+   | 5.1%             | 8.7%     | 6.1%         | BRFSS 2008 + 2009     |
|                           | % needed, but did not get, mental health treatment in past 12 month: | 6.5%             | 5.5%     | 4.8%         | Household Survey      |
| Disease Prevalence        | % receiving outpatient mental health treatment in past 12 mos        | 14%              | 9.9%     | 11%          | Household Survey      |
|                           | % At Risk for Clinical Depression Based on MHI5 (18+)                | 6.8%             | 9.5%     | 7.2%         | Household Survey      |
|                           | % Diagnosed Depression (ever, 18+)                                   | 24%              | 23%      | 22%          | Household Survey      |
|                           | % Current Depression (18+)   | 17%              | 15%      | 15%          | Household Survey      |
|                           | % Diagnosed Other Psychiatric Disorder (ever, 18+)                   | 14%              | 12%      | 13%          | Household Survey      |
|                           | % Developmental Delay/Learning Disability (Ages 0-17)                | 2.7%             | 3.9%     | 4.5%         | Household Survey      |
| Management                | Psychoses Hospital Admission Rate                                    | 703              | 545      | 578          | MHDO Hosp Inpatient   |
|                           | Ages 0-17  | 527              | 543      | 484          | MHDO Hosp Inpatient   |
|                           | Ages 18-44   | 988              | 815      | 801          | MHDO Hosp Inpatient   |
|                           | Ages 45-64   | 734              | 471      | 559          | MHDO Hosp Inpatient   |
|                           | Ages 65+   | 256              | 144      | 246          | MHDO Hosp Inpatient   |
|                           | Senility and Organic Mental Disorders, Hospital Admission Rate       | 7.0              | 7.8      | 8.6          | MHDO Hosp Inpatient   |
|                           | Ages 65+   | 44               | 44       | 50           | MHDO Hosp Inpatient   |
|                           | Major Depressive Disorder, Hospital Admission Rate                   | 151              | 146      | 157          | MHDO Hosp Inpatient   |
|                           | Ages 0-17  | 51               | 85       | 85           | MHDO Hosp Inpatient   |
|                           | Ages 18-64   | 202              | 186      | 196          | MHDO Hosp Inpatient   |
|                           | Ages 65+   | 74               | 75       | 93           | MHDO Hosp Inpatient   |
|                           | Bipolar Disorder, Hospital Admission Rate                            | 329              | 305      | 280          | MHDO Hosp Inpatient   |
|                           | Ages 0-17  | 439              | 432      | 353          | MHDO Hosp Inpatient   |
|                           | Ages 18-64   | 352              | 321      | 302          | MHDO Hosp Inpatient   |
|                           | Ages 65+   | 82               | 62       | 88           | MHDO Hosp Inpatient   |
|                           | Schizophrenia, Hospital Admission Rate                               | 194              | 76       | 114          | MHDO Hosp Inpatient   |
|                           | Ages 18-64   | 273              | 105      | 155          | MHDO Hosp Inpatient   |
|                           | Ages 65+   | 74               | 19       | 39           | MHDO Hosp Inpatient   |
|                           | Anxiety, Hospital Admission Rate                                     | 411              | 329      | 269          | MHDO Hosp Inpatient   |
|                           | Ages 0-17  | 220              | 223      | 213          | MHDO Hosp Inpatient   |
|                           | Ages 18-44   | 1,139            | 868      | 662          | MHDO Hosp Inpatient   |
|                           | Ages 45-64   | 522              | 356      | 342          | MHDO Hosp Inpatient   |
|                           | Ages 65+   | 71               | 53       | 70           | MHDO Hosp Inpatient   |
|                           | Senility and Organic Mental Disorders, ED Rate                       | 38               | 39       | 28           | MHDO Hosp ED          |
|                           | Major Depressive Disorder, ED Rate                                   | 111              | 127      | 109          | MHDO Hosp ED          |
|                           | Bipolar Disorder, ED Rate  | 137              | 189      | 166          | MHDO Hosp ED          |
|                           | Schizophrenia, ED Rate   | 55               | 18       | 70           | MHDO Hosp ED          |
| Anxiety Disorder, ED Rate | 1,729  | 1,854            | 1,618    | MHDO Hosp ED |                       |
| Quality                   | Suicide, Mortality Rate  | 12               | 13       | 14           | ODRVS Mortality       |
|                           | Males  | 20               | 23       | 23           | ODRVS Mortality       |
|                           | Females  | 4.3              | 3.8      | 5.4          | ODRVS Mortality       |

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted

| Central District  |   | Kennebec | Somerset | Maine            | Maine Counties Source |
|---|---|----------|----------|------------------|-----------------------|
| <b>SUBSTANCE ABUSE</b>  |   |          |          |                  |                       |
| Prevalence  | % Chronic Heavy Drinking - Past Month                           | 6.1%     | 7.0%     | 6.4%             | BRFSS 2008 & 2009     |
|   | Ages 18-64  | 12%      | 16%      | 14%              | BRFSS 2008 & 2009     |
|   | Ages 65+  | 5.7%     | 0.5%     | 4.5%             | BRFSS 2008 & 2009     |
|   | % Binge Drinking -Past Month                                    | 14%      | 18%      | 15%              | BRFSS 2008 & 2009     |
|   | Ages 18-44  | 24%      | 18%      | 26%              | BRFSS 2008 & 2009     |
|   | Ages 45-64  | 11%      | 12%      | 14%              | BRFSS 2008 & 2009     |
|   | Ages 65+  | 4.8%     | 4.7%     | 3.6%             | BRFSS 2008 & 2009     |
|   | % Ever diagnosed with Substance Abuse Problem                   | 3.8%     | 5.6%     | 4.7%             | Household Survey      |
|   | % Current Substance Abuse Problem                               | 0.1%     | 1.3%     | 1.5%             | Household Survey      |
|   | % Overdose Past 12 mos (Households)                             | 0.5%     | 1.0%     | 0.9%             | Household Survey      |
| % have used any street drugs in past 30 days                                  | 4.9%  | 6.0%     | 5.2%     | Household Survey |                       |
| % have used any prescription drugs for non-prescribed purpose in past 30 days | 1.4%  | 2.5%     | 1.8%     | Household Survey |                       |
| Management  | Substance Abuse, Hospital Admission Rate                        | 419      | 303      | 379              | MHDO Hosp Inpatient   |
|   | Ages 18-64  | 628      | 441      | 553              | MHDO Hosp Inpatient   |
|   | Ages 65+  | 98       | 137      | 149              | MHDO Hosp Inpatient   |
|   | Acute Alcohol-Related Mental Disorders, Hospital Admission Rate | 91       | 53       | 50               | MHDO Hosp Inpatient   |
|   | Ages 18-64  | 136      | 81       | 73               | MHDO Hosp Inpatient   |
|   | Ages 65+  | 16       | 12       | 19               | MHDO Hosp Inpatient   |
|   | Alcohol-Related Psychoses, Hospital Admission Rate              | 142      | 65       | 174              | MHDO Hosp Inpatient   |
|   | Ages 18-64  | 214      | 97       | 260              | MHDO Hosp Inpatient   |
|   | Ages 65+  | 33       | 25       | 52               | MHDO Hosp Inpatient   |
|   | Acute Drug-Related Mental Disorders, Hospital Admission Rate    | 67       | 72       | 39               | MHDO Hosp Inpatient   |
|   | Ages 18-64  | 101      | 109      | 56               | MHDO Hosp Inpatient   |
|   | Ages 65+  | 5.5      | 0        | 6.5              | MHDO Hosp Inpatient   |
|   | Drug-Related Psychoses, Hospital Admission Rate                 | 120      | 112      | 117              | MHDO Hosp Inpatient   |
|   | Ages 18-64  | 177      | 153      | 164              | MHDO Hosp Inpatient   |
|   | Ages 65+  | 44       | 100      | 72               | MHDO Hosp Inpatient   |
|   | Acute Alcohol-Related Mental Disorders, ED Rate                 | 73       | 97       | 131              | MHDO Hosp ED          |
| Alcohol-Related Psychoses, ED Rate  | 18  | 25       | 28       | MHDO Hosp ED     |                       |
| Acute Drug-Related Mental Disorders, ED Rate                                  | 331   | 322      | 297      | MHDO Hosp ED     |                       |
| Drug-Related Psychoses, ED Rate   | 75  | 61       | 57       | MHDO Hosp ED     |                       |
| Quality / Effectiveness   | Smoking-Related Neoplasms, Mortality Rate                       | 180      | 198      | 177              | ODRVS Mortality       |
|   | Males   | 206      | 222      | 205              | ODRVS Mortality       |
|   | Females   | 155      | 175      | 150              | ODRVS Mortality       |
|   | Alcohol-Related Mortality Rate                                  | 15       | 19       | 14               | ODRVS Mortality       |
|   | Males   | 18       | 25       | 19               | ODRVS Mortality       |
|   | Females   | 12       | 13       | 10               | ODRVS Mortality       |
|   | Alcohol Liver Disease, Mortality Rate                           | 12       | 15       | 11               | ODRVS Mortality       |
|   | Motor Vehicle Accidents, Mortality Rate                         | 16       | 23       | 14               | ODRVS Mortality       |
|   | Males   | 20       | 33       | 21               | ODRVS Mortality       |
| Females   | 12  | 13       | 8.0      | ODRVS Mortality  |                       |

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted

| Central District   |  | Kennebec | Somerset | Maine            | Maine Counties Source |
|--|--|----------|----------|------------------|-----------------------|
| <b>REPRODUCTIVE HEALTH</b>   |  |          |          |                  |                       |
| Management   | % Binge Drinking Females (past month)  | 11%      | 11%      | 11%              | BRFSS 2008 & 2009     |
|  | 2 or more sex partners in past yr (ages 18-34)   | 13%      | 14%      | 16%              | Household Survey      |
|  | % used condom last time had sex (ages 18-34)   | 27%      | 29%      | 35%              | Household Survey      |
|  | Teen Birth Rate (10-17yrs) Per 1,000 Females   | 4.2      | 6.2      | 4.1              | ODRVS Birth           |
|  | High Risk Pregancy, Hospital Admission Rate (10-44 year old females)                               | 377      | 501      | 360              | MHDO Hosp Inpatient   |
|  | C-Section Rate per 100 births  | 29       | 33       | 30               | ODRVS Birth           |
|  | % Adequate Prenatal Care (of live births)  | 90%      | 84%      | 91%              | ODRVS Birth           |
|  | % Inadequate Prenatal Care (of live births)  | 1.7%     | 3.9%     | 2.5%             | ODRVS Birth           |
|  | % Low Birthweight (<2500 grams)  | 6.2%     | 8.6%     | 6.4%             | ODRVS Birth           |
|  | % Prematurity (< 37 weeks)   | 8.2%     | 10%      | 8.7%             | ODRVS Birth           |
|  | Infant Mortality Rate (deaths to infants from birth through 364 days of age) per 1,000 live births | 6.1      | 8.3      | 5.5              | ODRVS Mortality       |
|  | Neonatal Mortality Rate (deaths to infants under 28 days) per 1,000 live births                    | 5.0      | 3.8      | 3.9              | ODRVS Mortality       |
|  | Post-Neonatal Mortality Rate (deaths to infants 28 through 364 days of age) per 1,000 live births  | *        | 4.5      | 1.7              | ODRVS Mortality       |
| <b>CHILD/YOUTH HEALTH</b>  |  |          |          |                  |                       |
| Prevalance   | % Sad/Hopeless (two weeks in a row, stopped usu. activities)                                       | 24%      | 25%      | 24%              | MIYHS 2009            |
|  | % Seriously Considered Suicide   | 13%      | 13%      | 14%              | MIYHS 2009            |
|  | % Current Smoker (Past Month) (Grade 9-12)   | 19%      | 22%      | 20%              | MIYHS 2009            |
|  | % Current Smokeless Tobacco User   | 11%      | 11%      | 9.5%             | MIYHS 2009            |
|  | % Alcohol Use (Past Month) (Grade 9-12)  | 32%      | 35%      | 35%              | MIYHS 2009            |
|  | % Binge Drink (5+ in a row) Past Month (Grade 9-12)  | 21%      | 22%      | 21%              | MIYHS 2009            |
|  | % Marijuana Use (Past Month) (Grade 9-12)  | 24%      | 22%      | 24%              | MIYHS 2009            |
|  | % Sniffed Glue or Other Inhalant (Past Month) (Grade 9-12)   | 10%      | 8%       | 9%               | MIYHS 2009            |
|  | % Used Rx Drug w/out Rx (Past Month) (Grade 9-12)  | 12%      | 9%       | 11%              | MIYHS 2009            |
|  | % Regular Physical Activity (at least 60 min on 5 of last 7 dys)                                   | 38%      | 39%      | 39%              | MIYHS 2009            |
|  | % Consume fruits and vegetables 5 or more times/day  | 15%      | 14%      | 15%              | MIYHS 2009            |
|  | % Drank sugar sweetened beverage in past week  | 30%      | 29%      | 29%              | MIYHS 2009            |
|  | Teen Birth Rate (10-17yrs) Per 1,000 Female Populator  | 4.2      | 6.2      | 4.1              | ODRVS Birth           |
|  | % Ever Been Diagnosed with Asthma (0-17) parental report   | 8.5%     | 6.2%     | 6.1%             | Household Survey      |
|  | % Overweight/Obesity Problem (0-17) parental report  | 2.0%     | 2.4%     | 2.0%             | Household Survey      |
|  | % Overweight (Grade 9-12)  | 13%      | 16%      | 14%              | MIYHS 2009            |
|  | % Obese (Grade 9-12)   | 12%      | 14%      | 13%              | MIYHS 2009            |
| % with developmental delay or learning disability (0-17) parental report | 2.7%   | 3.9%     | 4.5%     | Household Survey |                       |

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted

\* Rates based on less than 5 occurrences omitted



| Central District                 |  | Kennebec | Somerset | Maine | Maine Counties Source      |
|----------------------------------|--|----------|----------|-------|----------------------------|
| <b>CHILD/YOUTH HEALTH Cont.</b>  |  |          |          |       |                            |
| Management                       | ACSC, ED Rate - Overall PQI (Ages 0-17)                          | 2,359    | 3,637    | 1,994 | MHDO Hosp Inpatient        |
|                                  | ACSC, Hospital Admission Rate - Overall PQI (Ages 0-17)          | 143      | 231      | 191   | MHDO Hosp Inpatient        |
|                                  | Asthma and Bronchitis, Hospital Admission Rate (Ages 0-17)       | 149      | 240      | 196   | MHDO Hosp Inpatient        |
|                                  | Pneumonia, Hospital Admission Rate (Ages 0-17)                   | 163      | 205      | 132   | MHDO Hosp Inpatient        |
|                                  | Psychoses Hospital Admission Rate (Ages 0-17)                    | 527      | 543      | 484   | MHDO Hosp Inpatient        |
|                                  | Major Depressive Disorder, Hospital Admission Rate (Ages 0-17)   | 51       | 85       | 85    | MHDO Hosp Inpatient        |
|                                  | Bipolar Disorder, Hospital Admission Rate (Ages 0-17)            | 439      | 432      | 353   | MHDO Hosp Inpatient        |
|                                  | Asthma and Bronchitis, ED Rate (Ages 0-17)                       | 1,084    | 1,625    | 1,145 | MHDO Hosp ED               |
|                                  | Pneumonia, ED Rate (Ages 0-17)                                   | 820      | 1,211    | 516   | MHDO Hosp ED               |
| <b>ORTHOPEDICS</b>               |  |          |          |       |                            |
|                                  | % Diagnosed Arthritis  | 32%      | 31%      | 32%   | BRFSS 2007 & 2009          |
|                                  | Ages 18-44   | 16%      | 13%      | 13%   | BRFSS 2007 & 2009          |
|                                  | Ages 45-64   | 37%      | 40%      | 39%   | BRFSS 2007 & 2009          |
|                                  | Ages 65+   | 66%      | 63%      | 59%   | BRFSS 2007 & 2009          |
|                                  | Hip Procedures, Hospital Admission Rate                          | 105      | 106      | 93    | MHDO Hosp Inpatient        |
|                                  | Ages 65+   | 527      | 525      | 452   | MHDO Hosp Inpatient        |
|                                  | Head Brain Injury, Hospital Admission Rate                       | 55       | 50       | 57    | MHDO Hosp Inpatient        |
|                                  | Ages 65+   | 199      | 94       | 180   | MHDO Hosp Inpatient        |
| <b>INFECTIOUS DISEASE</b>        |  |          |          |       |                            |
|                                  | HIV/AIDS, Hospital Admissions Rate                               | 7.4      | 5.9      | 5.1   | MHDO Hosp Inpatient        |
|                                  | Chronic Hepatitis C, Number of Case Reports*                     | 165      | 42       | 1453  | ME CDC Infect Disease 2007 |
|                                  | Sexually Transmitted Disease Incidence Rate:                     |          |          |       |                            |
|                                  | Gonorrhea  | 4.1      | 1.9      | 7.3   | ME CDC Infect Disease 2008 |
|                                  | Chlamydia  | 198      | 220      | 197   | ME CDC Infect Disease 2008 |
| <b>INTIMATE PARTNER VIOLENCE</b> |  |          |          |       |                            |
|                                  | % Ever physically hurt by Intimate Partner                       | 11%      | 9%       | 12%   | Household Survey           |
|                                  | % Past yr physical violence or unwanted sex from Intimate Partne | 1.4%     | 0.2%     | 1.2%  | Household Survey           |

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted

\* A Hepatitis C case report is defined as the presence of any positive serologic marker for Hepatitis C infection. State cases include reports where no county data was available so Maine total exceeds sum of counties.