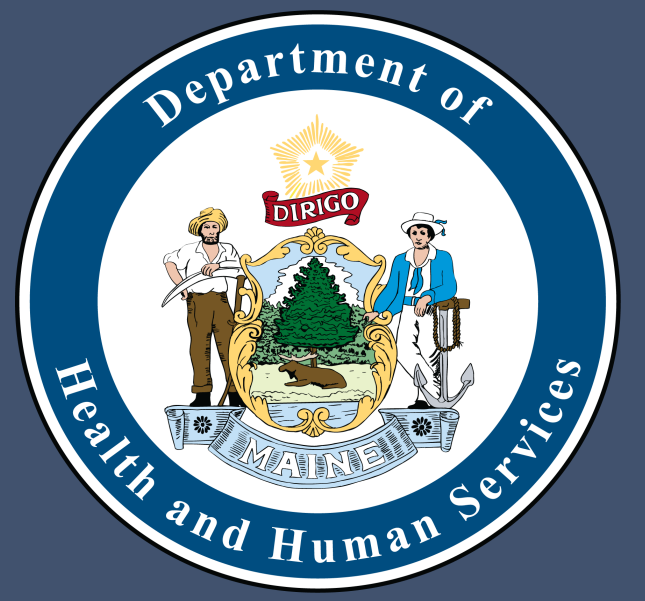


# Newborn Bloodspot Screening in Maine

A databrief for providers



**Newborn bloodspot screening can detect rare but serious medical conditions. Infants who are diagnosed and treated early can avoid serious complications.**



All newborns delivered in Maine (about 11,000 per year) are required to be tested for certain congenital genetic disorders that can cause intellectual and developmental disability, serious illness, or death if left untreated. The newborn bloodspot screening test helps identify infants in need of follow-up testing.

Maine currently tests for 55 conditions. Types of conditions include endocrine, metabolic, hematologic, pulmonary, neuromuscular, and immune system disorders.

## Maine Screening Data

# 99.4%

of babies born in Maine in 2021 received a newborn bloodspot screening.

Home births accounted for approximately 63% of the babies who did not receive a screen.

 **94%**

of screened babies had results in the normal range

 **6%**

of screened babies required repeat screens or additional diagnostic testing

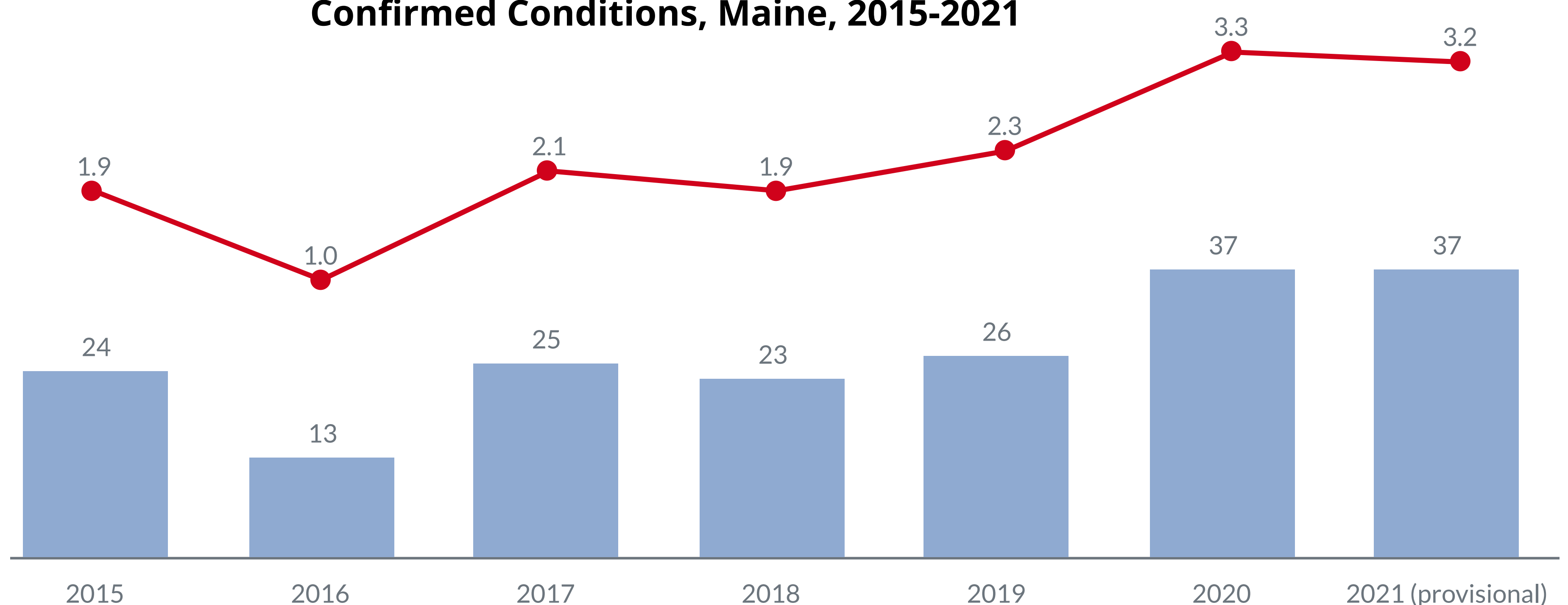
 **0.3%**

of all births in Maine had a confirmed condition

Confirmed Conditions, Maine, 2015-2021

Rate per 1,000 occurrent births<sup>1</sup>

Count



## Data by Condition

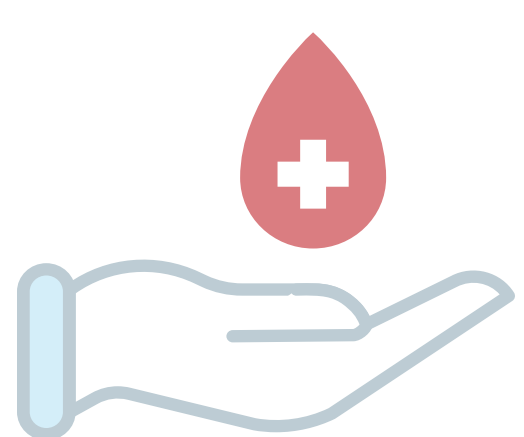
### The most frequent conditions identified are:

- Endocrine Disorders that disrupt the release of specific hormones necessary for important energy and growth functions. Maine averaged 16 confirmed cases per year from 2018-2021.
- Cystic Fibrosis in which the body produces thick and sticky mucus that can clog the lungs and obstruct the pancreas. Maine averaged 5 confirmed cases per year from 2018-2021.
- Inborn Errors of Metabolism in which the body cannot properly turn food into energy. Maine averaged 5.5 confirmed cases per year from 2018-2021.
- Sickling Diseases are a group of inherited red blood cell disorders. Maine averaged 2.75 cases per year from 2018-2021.

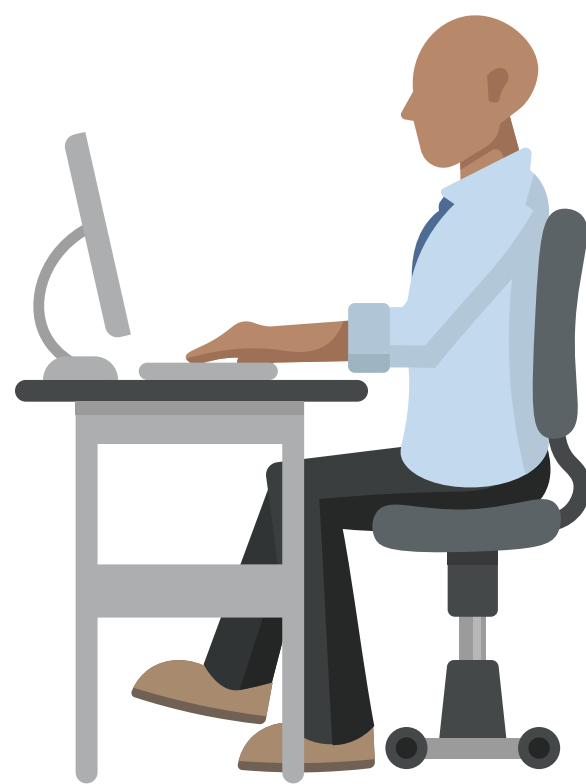
## Data Collection and Use

### Maine providers are a vital link between parents and test results.

Providers help ensure initial testing takes place and conduct follow-up testing if necessary.



**Birth attendants** help ensure initial bloodspot collection takes place



**The Newborn Bloodspot Program** monitors lab results and notifies primary care providers



Pediatricians and Pediatric Specialty Care **providers** perform follow-up testing and care



### Maine CDC Newborn Bloodspot Screening Program

For more information, contact us at: [www.mainepublichealth.gov/bloodspot](http://www.mainepublichealth.gov/bloodspot)  
Tel: (207) 287-8188

1. Occurrent births are those occurring in Maine, regardless of whether the mother is a Maine resident.

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