



MAINE WOMEN'S HEALTH

Strengths

87% of Maine women aged 18-44 yrs say their **general health is good or excellent.** (US=88%)

82% of women aged 21-65 have had a **pap test** in the past three years. (US=80%)

84% of pregnant women receive **prenatal care in the first trimester.** (US=77%)

80% of women aged 50-74 years have had a **mammogram** in the past 2 years. (US=77%)

85% have had their **cholesterol checked** at least once in the past 5 years. (US=82%)

24% of **low-risk first births are born by c-section** (second-lowest in New England). (US=26%)



Challenges

67% of Maine women aged 18-44 have had a **routine checkup within the past year.** (US=67%)

23% of Maine women aged 18-44 **smoke cigarettes.** (US=17%)

51% are **obese or overweight.** (US=55%)

25% **drink excessively** (8 or more drinks per week or binge drank in past month). (US=19%)

1 in 5 (19%) Maine women have been **raped or experienced an attempted rape**; 34% have ever been physically assaulted by an intimate partner.

1 in 3 (32%) of all Maine women have ever been diagnosed with **depression** (US=24%); **1 in 8** (11%) new mothers report symptoms of **postpartum depression.** (US=13%)

1 in 3 (35%) Maine women have **not visited a dentist or dental clinic** at least once in the past year. (US=33%)



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	Indicator	Maine	US	ME vs US
Insurance & Access	Uninsured women (age 15-44)	2017 10.9%	2017 12.2%	○
	Women enrolled in MaineCare (age 18-44)	2017 19%	2017 21%	○
	Pregnant women enrolled in MaineCare (age 18-44)	2015 43%	2017 43%	○
	Well-woman visit (age 18-44)	2015-16 67.1%	2015-16 66.8%	○
	Cervical cancer screening up-to-date	2016 81.6%	2016 80.1%	○
	Breast cancer screening up-to-date	2016 80.8%	2016 78.4%	★
	Dental visit in past year (age 18-44)	2016 64.6%	2016 67.4%	○
Physical Health	Overweight	2017 32.6%	2017 29.8%	!
	Obese	2017 26.9%	2017 30.0%	★
	Sedentary lifestyle (no leisure-time physical activity in past month)	2016 22.4%	NA	NA
	High blood pressure	2017 30.1%	2017 30.6%	○
	High cholesterol	2017 34.8%	2017 32.2%	!
Mental Health	Anxiety, lifetime	2016 28.3%	NA	NA
	Depression, current	2015 7.8%	NA	NA
	Depression, lifetime	2017 31.7%	2017 23.9%	!
	Postpartum depression	2016 11.4%	2016 12.9%	○
	Currently receiving outpatient mental health treatment	2015 24.3%	NA	NA
	Suicide deaths (age-adjusted rate per 100,000 population)	2015-2017 7.1	2015-2017 6.0	○
Violence	Rape or attempted rape (lifetime)	2016 18.5%	NA	NA
	Violence by current/former intimate partners in past year	2016 1.7%*	NA	NA
	Intimate partner violence during pregnancy	2015 1.0%	2015 2.1%	○
Substance Use	Smoking, current (age 18-44)	2015-2016 23.7%	2015-2016 15.6%	!
	E-cigarette use, current	2017 2.9%	2017 3.4%	○
	Excessive drinking (either binge or chronic drinking)	2015-2016 24.7%	2015-2016 18.8%	NA
	Past 30-day misuse of prescription drugs	2012-16 0.8%	NA	NA
	Marijuana use during pregnancy	2016 8.8%	NA	NA
	Drug overdose deaths (rate per 100,000)	2016 28.5	NA	NA
	Opioid-related overdose deaths (rate per 100,000)	2017 14.3	2017 9.4	NA
Pregnancy	Births for which the pregnancy was unintended	2016 20.6%	NA	NA
	Prenatal care in the first trimester	2017 84.4%	2017 77.3%	★
	Births for which mother received more than 80% of expected prenatal visits	2016 80.6%	NA	NA
	Achieved recommended pregnancy weight gain	2017 32.9%	NA	NA
	C-sections among low-risk births	2017 23.8%	2017 26.0%	★
	Severe maternal morbidity (rate per 10,000 delivery hospitalizations)	2015(Q1-3) 64.3	2015(Q1-3) 144.1	★
	Maternal mortality (deaths per 100,000 live births)	2013-17 22.2	2013-17 21.2	○

★ Maine is significantly better than U.S. (point estimates do not have overlapping confidence intervals).

! Maine is significantly worse than U.S. (point estimates do not have overlapping confidence intervals).

○ No significant difference (point estimates have overlapping confidence intervals).

* Interpret with caution; based on an unweighted numerator (n) less than 50.

NA Data not available or unable to determine significant differences/confidence intervals not available.



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Indicator Definitions and Sources

Indicator	Definition and Source
Uninsured women (age 18-44)	Percentage of women aged 18-44 who are not covered by public or private insurance. U.S. Census Bureau, <i>American Community Survey</i> ; retrieved from <i>America's Health Rankings</i> , 2018.
Women enrolled in MaineCare (age 15-44)	Guttmacher Institute, 2018; https://www.guttmacher.org/article/2018/12/gains-insurance-coverage-reproductive-age-women-crossroads
Pregnant women enrolled in MaineCare (age 18-44)	Maine: Vernon K. Smith, Kathleen Gifford, Eileen Ellis, and Barbara Edwards, Health Management Associates; and Robin Rudowitz, Elizabeth Hinton, Larisa Antonisse and Allison Valentine, Kaiser Commission on Medicaid and the Uninsured. Implementing Coverage and Payment Initiatives: Results from a 50-State Medicaid Budget Survey for State Fiscal Years 2016 and 2017 , The Henry J. Kaiser Family Foundation, October 2016. Retrieved from: https://www.kff.org/medicaid/state-indicator/births-financed-by-medicaid/?currentTimeframe=0 U.S.: Martin JA, Hamilton BE, Osterman MJK, Driscoll AK, Drake P. Births: Final data for 2017. <i>National Vital Statistics Reports</i> ; vol 67 no 8. Hyattsville, MD: National Center for Health Statistics. 2018. Retrieved from: https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67_08-508.pdf
Well-woman visit (age 18-44)	Percentage of women aged 18-44 with a preventive medical visit in the past year. <i>Behavioral Risk Factor Surveillance System (BRFSS)</i> ; retrieved from <i>America's Health Rankings</i> , 2018.
Cervical cancer screening up-to-date	Percent of women aged 21-65 with an intact cervix who have had a pap smear within the past three years. <i>BRFSS</i> .
Breast cancer screening up-to-date	Percent of women aged 50 and older who had a mammogram within the past two years. <i>BRFSS</i> .
Dental visit in past year (age 18-44)	Percentage of women aged 18-44 who reported visiting the dentist or dental clinic within the past year for any reason. <i>BRFSS</i> ; retrieved from <i>America's Health Rankings</i> , 2018.
Overweight	Percentage of adult women with a BMI of 25.0 to 29.9 based on self-reported height and weight. <i>BRFSS</i> .
Obese	Percentage of adult women with a BMI of 30 or more based on self-reported height and weight. <i>BRFSS</i> .
Sedentary lifestyle (no leisure-time physical activity in past month)	Percentage of adult women who did not participate in physical activity or exercises during the past month, other than during their regular job. <i>BRFSS</i> .
High blood pressure	Percentage of adult women who have ever been told by a healthcare provider that they have high blood pressure. <i>BRFSS</i> .
High cholesterol	Percentage of adult women who have been told by a healthcare provider that their blood cholesterol is high. <i>BRFSS</i>
Anxiety, lifetime	Percentage of adult women who have ever been told by a healthcare provider that they have an anxiety disorder. <i>BRFSS</i> .
Depression, current	Percentage of adult women who reported current symptoms of depression based on the PHQ-2. <i>BRFSS</i> .
Depression, lifetime	Percentage of adult women who have ever been told by a healthcare provider that they have depression. <i>BRFSS</i> .
Postpartum depression	Percent of women who experience postpartum depressive symptoms following a recent live birth, (defined as reporting always/often feeling down, depressed, hopeless or always/often having little interest or little pleasure in doing things). <i>PRAMS</i> .
Currently receiving outpatient mental health treatment	Percentage of adult women who are currently taking medicine or receiving treatment for any type of mental health condition or emotional problem. <i>BRFSS</i> .
Suicide deaths (age-adjusted rate per 100,000 population)	Age-adjusted rate per 100,000 of suicide deaths among women. <i>Maine Center for Disease Control and Prevention, Data, Research and Vital Statistics, Death certificate data</i> .
Rape or attempted rape, lifetime	Percentage of women who reported ever having someone attempt to force them to have sex or were forced to have sex without their consent. <i>BRFSS</i> .



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Indicator Definitions and Sources

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Lifetime physical violence by an intimate partner	Percentage of women who report that they ever experience physical violence from an intimate partner. <i>National Intimate Partner and Sexual Violence Survey, 2010-2012.</i>
Violence by current/former intimate partners in past year	Percentage of women who experienced physical violence or unwanted sex from a current or former intimate partners within the previous 12 months. <i>BRFSS.</i>
Intimate partner violence during pregnancy	Percentage of women with a recent live birth who experienced violence by a husband or partner during most recent pregnancy; <i>Pregnancy Risk Assessment Monitoring System (PRAMS).</i>
Smoking, current	Percentage of adult women who have smoked at least 100 cigarettes in their lifetime and currently smoke. <i>BRFSS.</i>
E-cigarette use, current	Percentage of adult women who used electronic “vaping” products every day or some days. <i>BRFSS.</i>
Excessive drinking (either binge or chronic drinking)	Percentage of women aged 18-44 who reported either binge drinking (having four or more drinks on one occasion in the past 30 days) or chronic drinking (having eight or more drinks per week). <i>BRFSS; retrieved from America's Health Rankings, 2018.</i>
Past 30-day misuse of prescription drugs	Percentage of adult women who used prescription drugs that were either not prescribed and/or not used as prescribed in order to get high at least once within the past 30 days. <i>BRFSS.</i>
Marijuana use during pregnancy	Percentage of women with a recent live birth who reported using marijuana or hash in any form during their most recent pregnancy. <i>PRAMS.</i>
Drug overdose deaths (rate per 100,000)	Rate per 100,000 women of deaths due to a drug overdose. <i>Maine CDC, Data, Research and Vital Statistics, Death certificate data.</i>
Opioid overdose deaths (rate per 100,000)	Rate per 100,000 of overdose deaths due to opioids among females. <i>Kaiser Family Foundation.</i>
Births for which the pregnancy was unintended	Percent of mothers with a recent live birth who report that they wanted to be pregnant later or didn't want to be pregnant then or anytime in the future. <i>PRAMS.</i>
Prenatal care in the first trimester	Percent of births for which the mother received her first prenatal care visit during the first trimester of pregnancy. <i>Maine CDC, Data, Research and Vital Statistics, Birth certificate data.</i>
Births for which mother received more than 80% of expected prenatal visits	Percentage of births for which the mother received more than 80 percent of expected prenatal care visits. <i>Maine CDC, Data, Research and Vital Statistics, Birth certificate data.</i>
Achieved recommended pregnancy weight gain	Percent of pregnant women who gain the recommended amount of weight during pregnancy based on Institute of Medicine guidelines, which are based on pre-pregnancy body mass index (BMI). <i>Maine CDC, Data, Research and Vital Statistics, Birth certificate data.</i>
C-sections among low-risk births	Percent of term (37+ weeks), singleton, vertex births to nulliparous women that were delivered by cesarean section. <i>Maine CDC, Data, Research and Vital Statistics, Birth certificate data.</i>
Severe maternal morbidity (rate per 10,000 delivery hospitalizations)	Rate per 10,000 delivery hospitalizations with an indicator of severe morbidity from ICD-10 diagnosis or procedures codes (used Alliance for Innovation on Maternal Health guidance). <i>Maine Health Data Organization, Maine Hospital Discharge Data</i>
Maternal mortality (deaths per 100,000 live births)	Rate of death per 100,000 live births of deaths related to or aggravated by pregnancy, but not due to accidental or incidental causes, and occurring within 42 days of the end of pregnancy (WHO definition). <i>Maine CDC, Data, Research and Vital Statistics, Death certificate and birth certificate data.</i>