

# Cumberland County Health Indicators by Municipality

Public Health Division  
Health and Human Services Department  
City of Portland  
[publichealth.portlandmaine.gov](http://publichealth.portlandmaine.gov)

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## Introduction

### *Organization*

Cumberland County is the most populous county in Maine and is composed of 28 cities and towns, with Portland serving as its county seat (Page 3, Figure 1). Among these 28 places, Frye Island is not included in this report because it is a seasonal town with only one permanent resident, and Chebeague Island incorporated only on July 1, 2007, so much of its data are still included with the town of Cumberland.

This report is composed of health indicators at the city and town level so that more detail is presented. Indicators are separated into ten areas—**Demographics, Health Access, Family Health, Infectious Disease, Chronic Disease, Cancer, Oral Health, Environmental Health, Substance Use, and Injury and Violence**. The leading causes of death in Cumberland County are also displayed (Pages 6-7, Tables A and B). The final section includes additional notes on selected health indicators.

### *Confidence Intervals*

Not all health indicators are exact figures, but rather estimates that approximate a true, unknown value. Therefore, when possible, 95% confidence intervals are displayed to prevent spurious conclusions from being drawn. As a rule of thumb, the larger the sample size, the narrower the 95% confidence interval, because drawing from a larger sample makes the result more representative of the total population. When two confidence intervals do not overlap, it is common to conclude that the difference between the two values is statistically significant and likely not a result of random chance. In this report, Cumberland County and Maine data are included for reference, and those places with levels significantly higher than the State's are shaded and/or italicized.

### *Confounders*

Some health indicators in this report are not actual disease data (e.g., race, poverty), but are included because they are easier to obtain and associated with particular health outcomes. While health issues affect groups disproportionately, asserting that the characteristic itself is the direct cause of a health outcome can be misleading. Often times the predictor is a confounding variable associated with the true causes of the outcome. For instance, there is a high correlation between those who die of lung cancer and those who carry lighters. However, it is obvious that carrying a lighter in and of itself does not cause lung cancer. Rather, there is a similarly high correlation between those who smoke and those who carry lighters. Therefore carrying a lighter is a confounding variable obscuring the true causal relationship between smoking and lung cancer.

However, public health programs targeting the unique needs of certain groups are a valid starting point for creating healthier communities. Moreover, because many groups already have organizations (e.g., senior centers, youth groups), partnering with them can facilitate the introduction and acceptance of public health services.

### *Limitations*

Some indicators are collapsed across multiple diseases and years so they can be published without violating the State's privacy policy on small cell size, which states that town-level data generated by the State must have at least six cases to be released. Private health

insurance claims data have been collapsed across clusters of towns to comply with Onpoint Health Data's privacy policy of a minimum denominator population of 20,000 (Page 4, Figure 2). State and federal policies prevent some data from being released at geographic levels below the state or county, and some data are up to ten years old, so their quality may not be as high as more recently collected data.

Despite these limitations, this report covers a sizable breadth of health indicators and would not have been possible without the insight and guidance provided by the following agencies and organizations:

American Lung Association of Maine  
Family Crisis Services  
Maine Center for Disease Control and Prevention  
Maine Department of Labor  
Maine Department of Public Safety  
Maine Office of Substance Abuse  
Northern New England Poison Center  
Onpoint Health Data  
Partnership for a Tobacco-Free Maine  
People's Regional Opportunity Program  
Portland Police Department  
University of Southern Maine

Thank you also to the Portland Public Health Division and the Healthy Maine Partnerships of Cumberland County for providing funding for this document and the town fact sheets. Questions and comments are encouraged and may be directed to [tsoma@portlandmaine.gov](mailto:tsoma@portlandmaine.gov) or 207-874-8787.

In good health,

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Figure 1. Map of Cumberland County

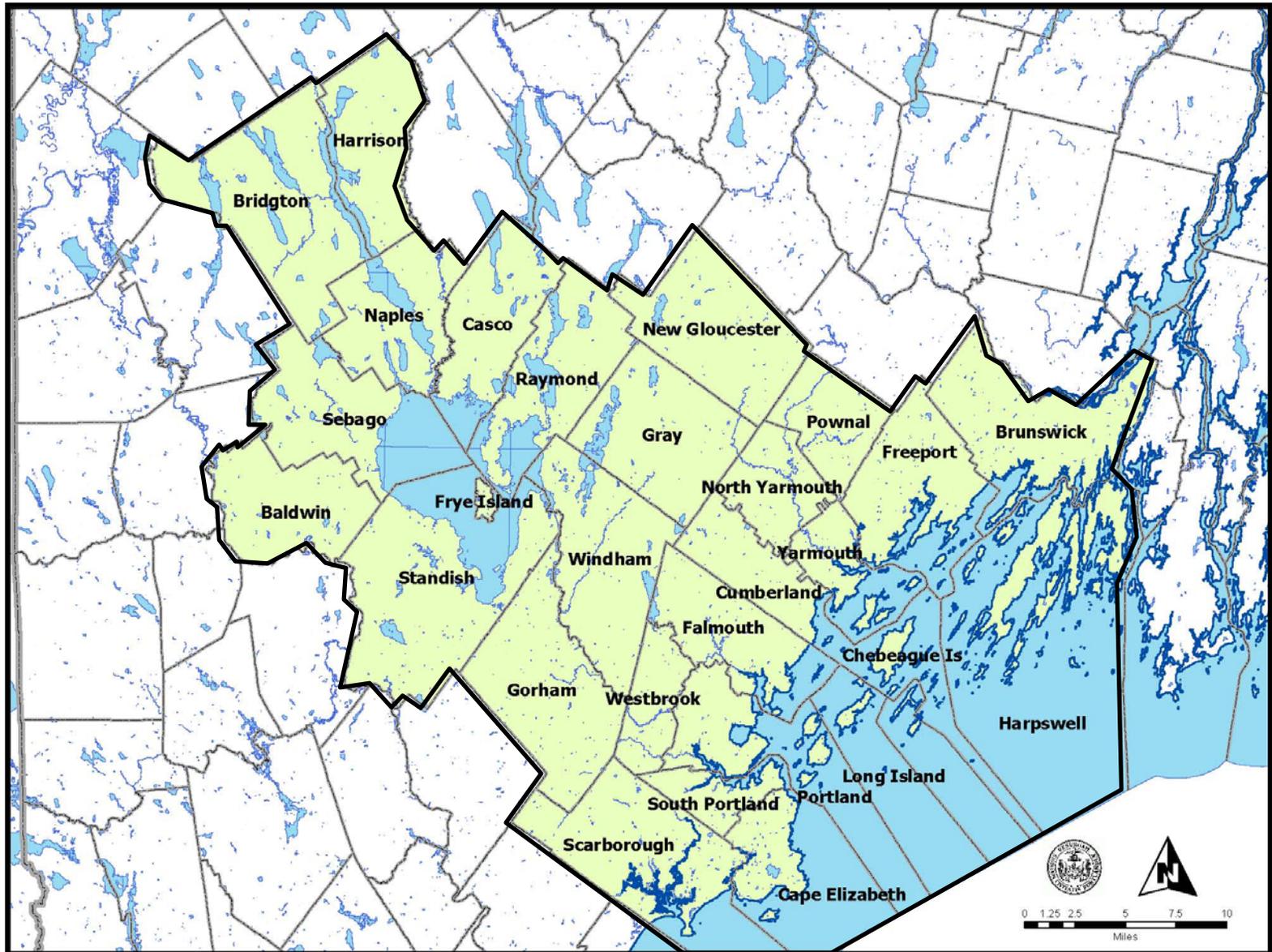
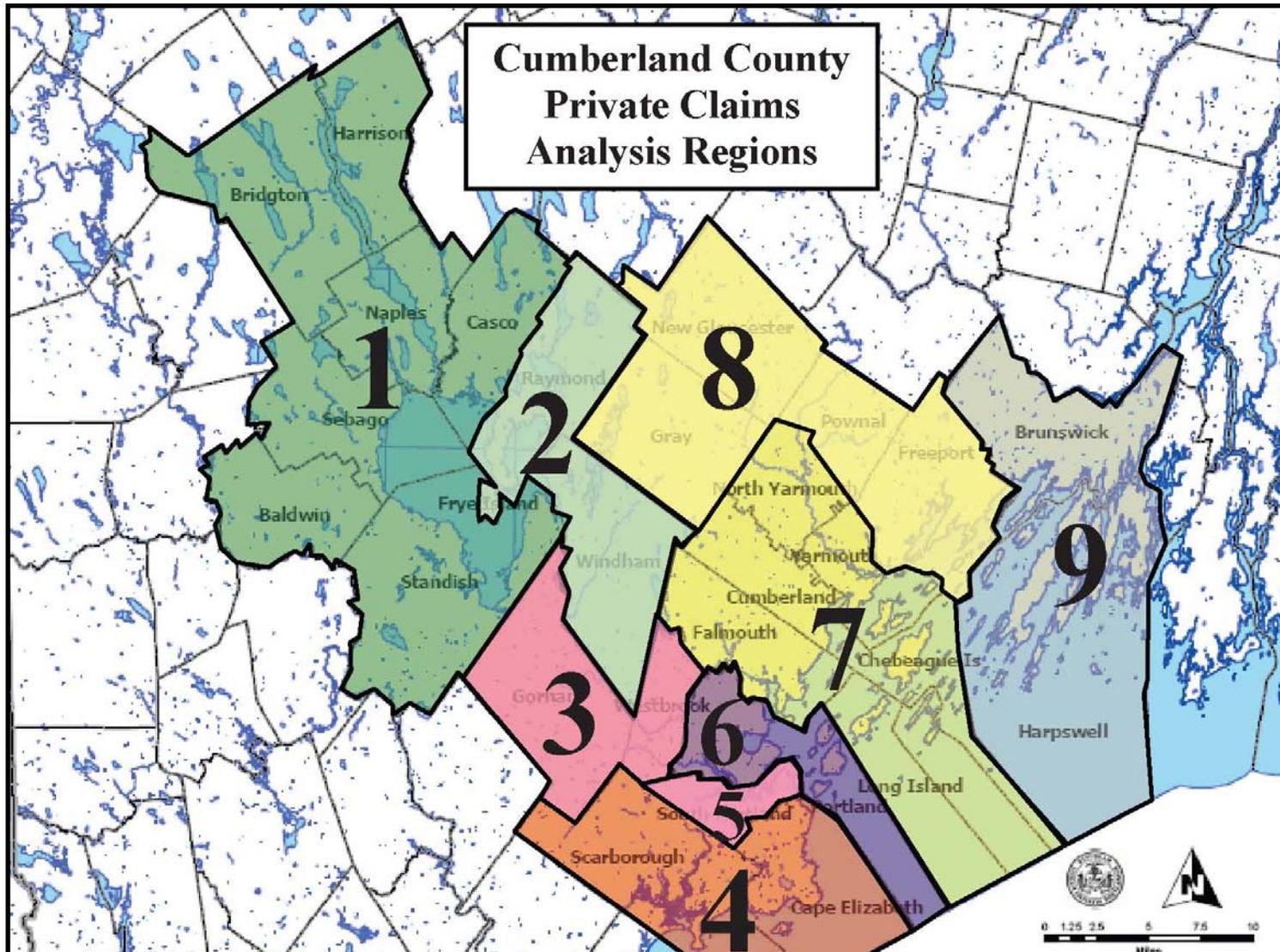


Figure 2. Map of Cumberland County by Private Claims Analysis Regions



**Table 1.1. Total MaineCare Membership**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 6 Portland	<i>11,780</i>	<i>18.7</i>	<i>18.4 – 19.0</i>	<i>12,296</i>	<i>19.5</i>	<i>19.2 – 19.8</i>	Yes (-4%)
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	4,844	17.0	16.6 – 17.5	4,711	16.7	16.2 – 17.1	No
Region 3 Gorham, Westbrook	4,556	14.1	13.7 – 14.5	4,619	14.3	14.0 – 14.7	No
Region 5 South Portland	3,087	12.9	12.5 – 13.3	3,033	12.7	12.3 – 13.1	No
Region 2 Raymond, Windham	2,450	11.4	10.9 – 11.8	2,481	11.6	11.1 – 12.0	No
Region 8 Freeport, Gray, New Gloucester, Pownal	2,308	10.0	9.6 – 10.4	2,248	9.8	9.4 – 10.2	No
Region 9 Brunswick, Harpswell	2,441	8.9	8.6 – 9.3	2,526	9.3	8.9 – 9.6	No
Region 4 Cape Elizabeth, Scarborough	1,380	4.9	4.7 – 5.2	1,363	4.9	4.6 – 5.1	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	1,161	3.8	3.6 – 4.0	1,130	3.7	3.5 – 3.9	No
<b>COUNTY</b>	34,007	12.2	12.1 – 12.3	34,407	12.4	12.3 – 12.5	No
<b>STATE</b>	237,869	18.0	18.0 – 18.1	234,550	17.8	17.7 – 17.8	Yes (+2%)

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

With regard to the overall membership rate in MaineCare, the county and all the regions except Region 6 had significantly lower rates than the state in both 2008 and 2009. Region 6 had a significantly higher rate than the state in both 2008 and 2009. Between 2008 and 2009, the rate in Region 6 decreased significantly, while the state rate increased.

**Table 1.2. Emergency Department Visits (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 6 Portland	4,879	41.5	40.6 – 42.4	4,823	39.3	38.4 – 40.1	Yes (+6%)
Region 5 South Portland	1,128	36.6	34.9 – 38.3	1,005	33.2	31.5 – 34.9	Yes (+10%)
Region 9 Brunswick, Harpswell	860	35.4	33.5 – 37.3	901	35.8	34.0 – 37.7	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	1,497	31.2	29.9 – 32.5	1,470	31.5	30.1 – 32.8	No
Region 3 Gorham, Westbrook	1,342	29.5	28.2 – 30.9	1,357	29.4	28.1 – 30.8	No
Region 4 Cape Elizabeth, Scarborough	363	26.4	24.1 – 28.8	352	25.9	23.6 – 28.2	No
Region 8 Freeport, Gray, New Gloucester, Pownal	604	26.3	24.5 – 28.1	604	27.0	25.1 – 28.8	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	288	25.0	22.5 – 27.5	277	24.6	22.0 – 27.1	No
Region 2 Raymond, Windham	591	24.2	22.5 – 25.9	631	25.5	23.8 – 27.3	No
<b>COUNTY</b>	11,551	34.1	33.6 – 34.6	11,420	33.3	32.8 – 33.8	No
<b>STATE</b>	89,495	37.9	37.7 – 38.1	86,737	37.2	37.0 – 37.4	Yes (+2%)

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

With regard to members with emergency department visits, all regions except Regions 5 and 6, and the county as a whole saw significantly lower rates than the state in both 2008 and 2009. Region 6 had a significantly higher rate than the state both years. Between 2008 and 2009, the rates in Regions 5 and 6, and the state all increased significantly.

**Table 1.3. Adult Usage of Preventive Health Services, Ages 21 – 44 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 4 Cape Elizabeth, Scarborough	331	86.2	82.7 – 89.6	288	80.7	76.6 – 84.8	No
Region 2 Raymond, Windham	646	85.4	82.9 – 88.0	592	79.4	76.5 – 82.3	Yes (+8%)
Region 5 South Portland	770	84.9	82.6 – 87.2	725	79.1	76.5 – 81.8	Yes (+7%)
Region 3 Gorham, Westbrook	1,124	84.6	82.6 – 86.5	1,141	82.1	80.1 – 84.2	No
Region 6 Portland	2,685	84.3	83.0 – 85.6	2,799	79.2	77.9 – 80.6	Yes (+6%)
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	1,176	83.2	81.2 – 85.1	1,112	79.3	77.1 – 81.4	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	253	83.0	78.7 – 87.2	254	80.9	76.5 – 85.2	No
Region 9 Brunswick, Harpswell	619	81.7	78.9 – 84.4	603	79.6	76.7 – 82.4	No
Region 8 Freeport, Gray, New Gloucester, Pownal	531	80.9	77.9 – 84.0	510	80.2	77.1 – 83.3	No
<b>COUNTY</b>	8,135	83.9	83.2 – 84.6	8,024	79.8	79.0 – 80.6	Yes (+5%)
<b>STATE</b>	59,497	83.3	83.1 – 83.6	56,947	81.4	81.1 – 81.7	Yes (+2%)

Shading and no italics indicate that the value is significantly lower than the state.

Preventive health services are any ambulatory (outpatient) medical visits that do not treat or cure an illness. Region 6 and the county as a whole saw significantly lower rates than the state in 2008. Between 2008 and 2009, the rates in Regions 2, 5, 6, the county, and the state all increased significantly.

**Table 1.4. Adult Usage of Preventive Health Services, Ages 45 – 64 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 2 Raymond, Windham	164	92.7	88.8 – 96.5	160	92.0	87.9 – 96.0	No
Region 9 Brunswick, Harpswell	219	89.8	85.9 – 93.6	215	82.7	78.1 – 87.3	No
Region 3 Gorham, Westbrook	296	88.4	84.9 – 91.8	285	83.8	79.9 – 87.7	No
Region 6 Portland	1,133	87.9	86.1 – 89.7	1,190	86.3	84.5 – 88.1	No
Region 8 Freeport, Gray, New Gloucester, Pownal	173	86.9	82.3 – 91.6	163	82.7	77.5 – 88.0	No
Region 4 Cape Elizabeth, Scarborough	121	86.4	80.8 – 92.1	109	83.2	76.8 – 89.6	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	406	85.8	82.7 – 89.0	383	83.4	80.0 – 86.8	No
Region 5 South Portland	216	85.4	81.0 – 89.7	220	84.9	80.6 – 89.3	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	96	85.0	78.4 – 91.5	91	82.0	74.8 – 89.1	No
<b>COUNTY</b>	2,824	87.6	86.5 – 88.8	2,816	85.1	83.9 – 86.3	Yes (+3%)
<b>STATE</b>	20,913	88.8	88.4 – 89.2	19,435	88.0	87.5 – 88.4	Yes (+1%)

Shading and no italics indicate that the value is significantly lower than the state.

Preventive health services are any ambulatory (outpatient) medical visits that do not treat or cure an illness. Regions 1, 9, and the county as a whole saw significantly lower rates than the state in 2008. Between 2008 and 2009, the rates in the county and the state increased significantly.

**Table 1.5. Adult Usage of Preventive Health Services, Ages 21 – 64 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 2 Raymond, Windham	810	86.8	84.6 – 89.0	752	81.7	79.2 – 84.2	Yes (+6%)
Region 4 Cape Elizabeth, Scarborough	452	86.3	83.3 – 89.2	397	81.4	77.9 – 84.8	No
Region 6 Portland	3,818	85.3	84.3 – 86.4	3,989	81.2	80.1 – 82.3	Yes (+5%)
Region 3 Gorham, Westbrook	1,420	85.3	83.6 – 87.0	1,426	82.5	80.7 – 84.3	No
Region 5 South Portland	986	85.0	82.9 – 87.1	945	80.4	78.2 – 82.7	Yes (+6%)
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	1,582	83.8	82.2 – 85.5	1,495	80.3	78.5 – 82.1	Yes (+4%)
Region 9 Brunswick, Harpswell	838	83.6	81.3 – 85.9	818	80.4	77.9 – 82.8	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	349	83.5	79.9 – 87.1	345	81.2	77.5 – 84.9	No
Region 8 Freeport, Gray, New Gloucester, Pownal	704	82.3	79.8 – 84.9	673	80.8	78.1 – 83.5	No
<b>COUNTY</b>	10,959	84.8	84.2 – 85.5	10,840	81.1	80.5 – 81.8	Yes (+5%)
<b>STATE</b>	80,410	84.7	84.5 – 84.9	76,382	83.0	82.8 – 83.2	Yes (+2%)

Shading and no italics indicate that the value is significantly lower than the state.

Preventive health services are any ambulatory (outpatient) medical visits that do not treat or cure an illness. Regions 1, 5, 6, and the county as a whole saw significantly lower rates than the state in 2008. Between 2008 and 2009, the rates in Regions 1, 2, 5, 6, the county, and the state all increased significantly.

**Table 1.6. Female Breast Cancer Screening, Ages 42 – 64 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	141	61.8	55.5 – 68.1	113	50.9	44.3 – 57.5	No
Region 4 Cape Elizabeth, Scarborough	38	61.3	49.2 – 73.4	36	60.0	47.6 – 72.4	No
Region 2 Raymond, Windham	56	60.9	50.9 – 70.8	59	56.7	47.2 – 66.3	No
Region 8 Freeport, Gray, New Gloucester, Pownal	67	60.4	51.3 – 69.5	59	57.3	47.7 – 66.8	No
Region 3 Gorham, Westbrook	111	56.9	50.0 – 63.9	96	50.8	43.7 – 57.9	No
Region 6 Portland	372	56.9	53.1 – 60.7	381	53.7	50.1 – 57.4	No
Region 5 South Portland	77	55.4	47.1 – 63.7	88	61.5	53.6 – 69.5	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	24	53.3	38.8 – 67.9	29	69.0	55.1 – 83.0	No
Region 9 Brunswick, Harpswell	61	49.6	40.8 – 58.4	68	51.9	43.4 – 60.5	No
<b>COUNTY</b>	947	57.4	55.0 – 59.8	929	54.6	52.2 – 56.9	No
<b>STATE</b>	6,835	56.8	55.9 – 57.7	6,491	56.6	55.7 – 57.5	No

For each year, this indicator measures those who have been screened in the past two years. There was no significant difference in breast cancer screening rates between any of the regions or the county and the state in 2008 and 2009. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.7. Cervical Cancer Screening, Ages 24 – 64 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 9 Brunswick, Harpswell	406	74.9	71.3 – 78.6	384	70.5	66.6 – 74.3	No
Region 5 South Portland	514	74.6	71.4 – 77.9	488	71.3	68.0 – 74.7	No
Region 6 Portland	1,821	73.9	72.1 – 75.6	1,886	71.2	69.4 – 72.9	No
Region 3 Gorham, Westbrook	687	72.0	69.2 – 74.9	690	70.3	67.4 – 73.1	No
Region 8 Freeport, Gray, New Gloucester, Pownal	359	71.7	67.7 – 75.6	332	68.3	64.2 – 72.4	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	169	71.6	65.9 – 77.4	163	71.8	66.0 – 77.7	No
Region 2 Raymond, Windham	347	68.7	64.7 – 72.8	348	65.8	61.7 – 69.8	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	705	67.5	64.6 – 70.3	663	65.4	62.5 – 68.3	No
Region 4 Cape Elizabeth, Scarborough	199	65.5	60.1 – 70.8	182	66.7	61.1 – 72.3	No
<b>COUNTY</b>	5,207	71.9	70.9 – 72.9	5,136	69.5	68.4 – 70.5	Yes (+3%)
<b>STATE</b>	36,689	70.6	70.3 – 71.0	35,198	70.1	69.7 – 70.5	No

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

For each year, this indicator measures those who have been screened in the past 36 months. With regard to cervical cancer screening, Regions 5, 6, and 9 saw significantly higher rates than the state in 2009. In 2008, Region 1 saw a significantly lower rate than the state. Between 2008 and 2009, the county rate increased significantly.

**Table 1.8. Colorectal Cancer Screening, Ages 50 – 64 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	21	63.6	47.2 – 80.0	23	67.6	51.9 – 83.4	No
Region 2 Raymond, Windham	29	55.8	42.3 – 69.3	30	55.6	42.3 – 68.8	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	77	52.0	44.0 – 60.1	61	44.9	36.5 – 53.2	No
Region 3 Gorham, Westbrook	56	51.9	42.4 – 61.3	48	45.7	36.2 – 55.2	No
Region 6 Portland	271	50.7	46.5 – 55.0	249	43.2	39.1 – 47.2	No
Region 8 Freeport, Gray, New Gloucester, Pownal	29	46.0	33.7 – 58.3	28	52.8	39.4 – 66.3	No
Region 9 Brunswick, Harpswell	45	45.9	36.1 – 55.8	44	46.8	36.7 – 56.9	No
Region 5 South Portland	33	45.8	34.3 – 57.3	47	54.7	44.1 – 65.2	No
Region 4 Cape Elizabeth, Scarborough	20	43.5	29.2 – 57.8	21	46.7	32.1 – 61.2	No
<b>COUNTY</b>	581	50.3	47.5 – 53.2	551	46.5	43.7 – 49.4	No
<b>STATE</b>	3,979	47.1	46.0 – 48.2	3,600	46.2	45.1 – 47.3	No

For each year, this indicator measures those who have been screened in the past ten years. There was no significant difference in colorectal cancer screening rates between any of the regions or the county and the state in 2008 and 2009. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.9. Chlamydia Screening, Ages 16 – 25 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 6 Portland	477	56.9	53.5 – 60.2	549	57.2	54.1 – 60.3	No
Region 3 Gorham, Westbrook	197	54.0	48.9 – 59.1	218	54.5	49.6 – 59.4	No
Region 8 Freeport, Gray, New Gloucester, Pownal	88	53.7	46.0 – 61.3	73	45.1	37.4 – 52.7	No
Region 9 Brunswick, Harpswell	100	53.2	46.1 – 60.3	93	49.2	42.1 – 56.3	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	183	49.5	44.4 – 54.6	191	53.2	48.0 – 58.4	No
Region 5 South Portland	116	49.2	42.8 – 55.5	121	49.2	42.9 – 55.4	No
Region 4 Cape Elizabeth, Scarborough	47	48.5	38.5 – 58.4	47	50.5	40.4 – 60.7	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	36	46.8	35.6 – 57.9	37	50.7	39.2 – 62.2	No
Region 2 Raymond, Windham	86	43.7	36.7 – 50.6	95	47.0	40.1 – 53.9	No
<b>COUNTY</b>	<i>1,330</i>	<i>52.5</i>	<i>50.6 – 54.5</i>	<i>1,424</i>	<i>53.1</i>	<i>51.2 – 54.9</i>	No
<b>STATE</b>	9,458	49.7	49.0 – 50.4	9,443	49.3	48.6 – 50.0	No

Shading and italics indicate that the value is significantly higher than the state.

With regard to chlamydia screening, Region 6 and the county saw significantly higher rates than the state in both 2008 and 2009. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.10. Eye Care Exams among Diabetics (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Casco Bay Region Chebeague Island, Cumberland, Falmouth, Freeport, Gray, Long Island, New Gloucester, North Yarmouth, Pownal Yarmouth	27	42.2	30.1 – 54.3	25	37.3	25.7 – 48.9	No
Rivers Region Cape Elizabeth, Gorham, Scarborough, South Portland, Westbrook	52	28.7	22.1 – 35.3	54	32.1	25.1 – 39.2	No
Lakes Region Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Raymond, Sebago, Standish, Windham	52	27.2	20.9 – 33.5	41	24.7	18.1 – 31.3	No
Portland Region Portland	105	26.9	22.5 – 31.3	126	30.2	25.8 – 34.6	No
Access Health Region Brunswick, Harpswell	14	26.9	14.9 – 39.0	16	22.9	13.0 – 32.7	No
<b>COUNTY</b>	250	28.5	25.5 – 31.5	262	29.5	26.5 – 32.5	No
<b>STATE</b>	2,252	32.4	31.3 – 33.6	2,071	31.6	30.4 – 32.7	No

Shading and no italics indicate that the value is significantly lower than the state.

With regard to eye care exams among diabetics, Portland had a significantly lower rate than the state in 2009. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.11. HbA1c Testing among Diabetics (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Casco Bay Region Chebeague Island, Cumberland, Falmouth, Freeport, Gray, Long Island, New Gloucester, North Yarmouth, Pownal Yarmouth	56	87.5	79.4 – 95.6	60	89.6	82.2 – 96.9	No
Rivers Region Cape Elizabeth, Gorham, Scarborough, South Portland, Westbrook	153	84.5	79.3 – 89.8	136	81.0	75.0 – 86.9	No
Portland Region Portland	324	83.1	79.4 – 86.8	344	82.5	78.8 – 86.1	No
Lakes Region Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Raymond, Sebago, Standish, Windham	157	82.2	76.8 – 87.6	138	83.1	77.4 – 88.8	No
Access Health Region Brunswick, Harpswell	42	80.8	70.1 – 91.5	50	71.4	60.8 – 82.0	No
<b>COUNTY</b>	732	83.4	80.9 – 85.8	728	82.0	79.5 – 84.5	No
<b>STATE</b>	5,355	77.2	76.2 – 78.1	5,081	77.5	76.4 – 78.5	No

Shading and italics indicate that the value is significantly higher than the state.

With regard to HbA1c testing among diabetics, the Casco Bay Region, Portland, and the county had significantly higher rates than the state in both 2008 and 2009. The Rivers Region was significantly higher than the state in 2008 only. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.12. LDL Measured among Diabetics (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Portland Region Portland	343	87.9	84.7 – 91.2	357	85.6	82.2 – 89.0	No
Access Health Region Brunswick, Harpswell	45	86.5	77.3 – 95.8	57	81.4	72.3 – 90.5	No
Casco Bay Region Chebeague Island, Cumberland, Falmouth, Freeport, Gray, Long Island, New Gloucester, North Yarmouth, Pownal Yarmouth	55	85.9	77.4 – 94.5	56	83.6	74.7 – 92.5	No
Lakes Region Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Raymond, Sebago, Standish, Windham	162	84.8	79.7 – 89.9	145	87.3	82.3 – 92.4	No
Rivers Region Cape Elizabeth, Gorham, Scarborough, South Portland, Westbrook	153	84.5	79.3 – 89.8	138	82.1	76.4 – 87.9	No
<b>COUNTY</b>	758	86.3	84.1 – 88.6	753	84.8	82.4 – 87.2	No
<b>STATE</b>	5,775	83.2	82.3 – 84.1	5,474	83.4	82.5 – 84.3	No

Shading and italics indicate that the value is significantly higher than the state.

With regard to LDL measurements among diabetics, Portland had a significantly higher rate than the state in 2009. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.13. Spirometry Testing in the Assessment and Diagnosis of COPD (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Rivers Region Cape Elizabeth, Gorham, Scarborough, South Portland, Westbrook	32	28.3	20.0 – 36.6	22	19.8	12.4 – 27.2	No
Access Health Region Brunswick, Harpswell	10	25.6	11.9 – 39.3	12	26.1	13.4 – 38.8	No
Lakes Region Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Raymond, Sebago, Standish, Windham	30	25.4	17.6 – 33.3	35	33.7	24.6 – 42.7	No
Casco Bay Region Chebeague Island, Cumberland, Falmouth, Freeport, Gray, Long Island, New Gloucester, North Yarmouth, Pownal Yarmouth	9	25.0	10.9 – 39.1	5	15.2	2.9 – 27.4	No
Portland Region Portland	50	22.3	16.9 – 27.8	44	17.3	12.6 – 21.9	No
<b>COUNTY</b>	131	24.7	21.0 – 28.4	118	21.5	18.1 – 24.9	No
<b>STATE</b>	1,523	31.0	29.7 – 32.3	1,365	30.1	28.8 – 31.5	No

Shading and no italics indicate that the value is significantly lower than the state.

For each year, this indicator measured those who had been tested two years prior to diagnosis or six months after diagnosis with chronic obstructive pulmonary disease (COPD). Both Portland and the county had significantly lower rates than the state in both 2008 and 2009. Additionally, the Casco Bay and Rivers Regions had significantly lower rates than the state in 2008 only. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.14. Cholesterol Management for People with Cardiovascular Conditions (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Eastern Cumberland County Baldwin, Bridgton, Cape Elizabeth, Casco, Frye Island, Gorham, Harrison, Naples, Raymond, Scarborough, Sebago, South Portland, Standish, Westbrook, Windham	80	77.7	69.6 – 85.7	85	71.4	63.3 – 79.5	No
Western Cumberland County Brunswick, Chebeague Island, Cumberland, Falmouth, Freeport, Gray, Harpwell, Long Island, New Gloucester, North Yarmouth, Portland, Pownal Yarmouth	62	76.5	67.3 – 85.8	66	74.2	65.1 – 83.3	No
<b>COUNTY</b>	142	77.2	71.1 – 83.2	151	72.6	66.5 – 78.7	No
<b>STATE</b>	1,123	71.9	69.7 – 74.2	989	72.1	69.7 – 74.5	No

Cardiovascular conditions include those who had been discharged alive for acute myocardial infarction, coronary artery bypass graft, or percutaneous transluminal coronary angioplasty in the prior year; and those who were diagnosed with ischemic vascular disease and received an LDL-C screening in the current or prior year. There were no significant differences between either of the regions or county and the state. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.15. Children’s Usage of Primary Care, Ages 12 – 24 Months (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 9 Brunswick, Harpswell	77	<i>100.0</i>	<i>100.0 – 100.0</i>	95	99.0	96.9 – 100.0	No
Region 2 Raymond, Windham	87	98.9	96.6 – 100.0	87	95.6	91.4 – 99.8	No
Region 5 South Portland	108	96.4	93.0 – 99.9	99	95.2	91.1 – 99.3	No
Region 6 Portland	429	96.4	94.7 – 98.1	436	97.8	96.4 – 99.1	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	146	94.2	90.5 – 97.9	128	97.7	95.1 – 100.0	No
Region 8 Freeport, Gray, New Gloucester, Pownal	62	93.9	88.2 – 99.7	62	98.4	95.3 – 100.0	No
Region 3 Gorham, Westbrook	148	93.7	89.9 – 97.5	174	95.1	91.9 – 98.2	No
Region 4 Cape Elizabeth, Scarborough	39	92.9	85.1 – 100.0	31	93.9	85.8 – 100.0	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	31	91.2	81.6 – 100.0	38	97.4	92.5 – 100.0	No
<b>COUNTY</b>	1,127	95.8	94.6 – 96.9	1,150	97.0	96.0 – 97.9	No
<b>STATE</b>	7,295	97.2	96.8 – 97.6	7,399	97.4	97.1 – 97.8	No

Shading and italics indicate that the value is significantly higher than the state.

Region 9 saw a significantly higher rate of children’s usage of primary care (ages 12 – 24 months) than the state in 2009. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.16. Children’s Usage of Primary Care, Ages 2 – 6 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 4 Cape Elizabeth, Scarborough	147	91.9	87.6 – 96.1	116	85.9	80.1 – 91.8	No
Region 2 Raymond, Windham	298	90.0	86.8 – 93.3	275	85.7	81.8 – 89.5	No
Region 9 Brunswick, Harpswell	301	89.9	86.6 – 93.1	290	91.8	88.7 – 94.8	No
Region 3 Gorham, Westbrook	601	89.3	87.0 – 91.6	547	88.7	86.2 – 91.2	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	130	89.0	84.0 – 94.1	122	91.7	87.0 – 96.4	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	570	88.9	86.5 – 91.4	520	85.4	82.6 – 88.2	No
Region 5 South Portland	399	87.7	84.7 – 90.7	359	87.6	84.4 – 90.8	No
Region 8 Freeport, Gray, New Gloucester, Pownal	279	87.2	83.5 – 90.8	284	92.5	89.6 – 95.5	No
Region 6 Portland	1,408	87.2	85.6 – 88.8	1,392	86.9	85.2 – 88.5	No
<b>COUNTY</b>	4,133	88.4	87.5 – 89.3	3,905	87.8	86.8 – 88.7	No
<b>STATE</b>	27,365	89.2	88.8 – 89.5	26,097	88.4	88.0 – 88.7	Yes (+1%)

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Region 6 saw a significantly lower rate of children’s usage of primary care (ages 2 – 6) than the state in 2009. Region 8 saw a significantly higher rate than the state in 2008. Between 2008 and 2009, the state rate increased significantly.

**Table 1.17. Children’s Usage of Primary Care, Ages 7 – 11 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 8 Freeport, Gray, New Gloucester, Pownal	220	95.2	92.5 – 98.0	200	94.8	91.8 – 97.8	No
Region 4 Cape Elizabeth, Scarborough	103	94.5	90.2 – 98.8	<i>112</i>	<i>98.2</i>	<i>95.8 – 100.0</i>	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	84	94.4	89.6 – 99.2	84	93.3	88.2 – 98.5	No
Region 9 Brunswick, Harpswell	194	94.2	91.0 – 97.4	197	92.9	89.5 – 96.4	No
Region 5 South Portland	250	94.0	91.1 – 96.8	259	91.8	88.6 – 95.0	No
Region 2 Raymond, Windham	201	93.9	90.7 – 97.1	183	93.8	90.5 – 97.2	No
Region 6 Portland	916	93.1	91.5 – 94.7	916	91.1	89.4 – 92.9	No
Region 3 Gorham, Westbrook	416	92.4	90.0 – 94.9	397	92.5	90.1 – 95.0	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	356	88.1	85.0 – 91.3	378	94.3	92.0 – 96.5	Yes (-7%)
<b>COUNTY</b>	2,740	92.8	91.9 – 93.7	2,726	92.8	91.8 – 93.7	No
<b>STATE</b>	20,144	93.1	92.7 – 93.4	19,676	92.9	92.5 – 93.2	No

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

For each year, this indicator measures those with a visit in the past two years. Region 1 saw a significantly lower rate than the state in 2009. Region 4 saw a significantly higher rate than the state in 2008. Between 2008 and 2009, the rate in Region 1 decreased significantly.

**Table 1.18. Children’s Usage of Primary Care, Ages 12 – 19 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 4 Cape Elizabeth, Scarborough	186	95.4	92.4 – 98.3	191	93.6	90.3 – 97.0	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	143	94.7	91.1 – 98.3	<i>138</i>	<i>97.2</i>	<i>94.5 – 99.9</i>	No
Region 2 Raymond, Windham	296	94.3	91.7 – 96.8	290	90.3	87.1 – 93.6	No
Region 9 Brunswick, Harpswell	275	93.9	91.1 – 96.6	<i>321</i>	<i>96.7</i>	<i>94.8 – 98.6</i>	No
Region 8 Freeport, Gray, New Gloucester, Pownal	256	93.4	90.5 – 96.4	258	92.8	89.8 – 95.8	No
Region 5 South Portland	360	93.0	90.5 – 95.6	353	93.4	90.9 – 95.9	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	598	92.7	90.7 – 94.7	549	93.7	91.7 – 95.7	No
Region 3 Gorham, Westbrook	563	92.6	90.5 – 94.7	565	90.8	88.6 – 93.1	No
Region 6 Portland	1,370	92.2	90.8 – 93.6	1,401	91.2	89.8 – 92.6	No
<b>COUNTY</b>	4,047	93.0	92.2 – 93.7	4,066	92.4	91.6 – 93.2	No
<b>STATE</b>	28,464	92.7	92.4 – 93.0	28,007	92.6	92.3 – 92.9	No

Shading and italics indicate that the value is significantly higher than the state.

For each year, this indicator measures those with a visit in the past two years. Regions 7 and 9 saw a significantly higher rate than the state in 2008. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.19. Children’s Usage of Primary Care, Ages 1 – 19 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 4 Cape Elizabeth, Scarborough	475	93.9	91.8 – 96.0	450	92.6	90.3 – 94.9	No
Region 2 Raymond, Windham	882	93.1	91.5 – 94.7	835	90.0	88.0 – 91.9	No
Region 9 Brunswick, Harpswell	847	93.0	91.3 – 94.6	<i>903</i>	<i>94.5</i>	<i>93.0 – 95.9</i>	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	388	92.4	89.8 – 94.9	<i>382</i>	<i>94.6</i>	<i>92.3 – 96.8</i>	No
Region 8 Freeport, Gray, New Gloucester, Pownal	817	91.7	89.9 – 93.5	<i>804</i>	<i>93.6</i>	<i>92.0 – 95.2</i>	No
Region 5 South Portland	1,117	91.6	90.0 – 93.1	1,070	91.1	89.5 – 92.8	No
Region 3 Gorham, Westbrook	1,728	91.5	90.2 – 92.7	1,683	90.9	89.6 – 92.2	No
Region 6 Portland	4,123	91.0	90.2 – 91.8	<i>4,145</i>	<i>90.3</i>	<i>89.5 – 91.2</i>	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	1,670	90.5	89.2 – 91.9	1,575	91.2	89.9 – 92.5	No
<b>COUNTY</b>	12,047	91.5	91.1 – 92.0	11,847	91.3	90.8 – 91.8	No
<b>STATE</b>	83,268	92.0	91.8 – 92.2	81,179	91.7	91.5 – 91.8	No

Shading and italics indicate that the value is significantly higher than the state.  
 Shading and no italics indicate that the value is significantly lower than the state.

With regard to children’s usage of primary care (ages 1 – 19), Regions 7, 8, and 9 saw significantly higher rates than the state in 2008. The rate in Region 6 was significantly lower than the state in 2008. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.20. Well Child Visits, Ages 0 – 15 Months (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Rivers Region Cape Elizabeth, Gorham, Scarborough, South Portland, Westbrook	239	99.2	98.0 – 100.0	235	95.9	93.4 – 98.4	No
Portland Region Portland	367	98.9	97.9 – 100.0	333	98.8	97.7 – 100.0	No
Casco Bay Region Chebeague Island, Cumberland, Falmouth, Freeport, Gray, Long Island, New Gloucester, North Yarmouth, Pownal Yarmouth	69	98.6	95.8 – 100.0	79	96.3	92.3 – 100.0	No
Access Health Region Brunswick, Harpswell	62	98.4	95.3 – 100.0	70	97.2	93.4 – 100.0	No
Lakes Region Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Raymond, Sebago, Standish, Windham	187	96.9	94.4 – 99.3	186	97.9	95.9 – 99.9	No
<b>COUNTY</b>	924	98.5	97.7 – 99.3	903	97.5	96.5 – 98.5	No
<b>STATE</b>	5,914	98.7	98.4 – 99.0	6,014	98.6	98.3 – 98.9	No

With regard to Well Child visits (ages 0 – 15 months), there were no significant differences between any of the regions or county and the state. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.21. Well Child Visits, Ages 3 – 6 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 9 Brunswick, Harpswell	186	69.1	63.6 – 74.7	161	62.9	57.0 – 68.8	No
Region 4 Cape Elizabeth, Scarborough	86	67.2	59.1 – 75.3	68	60.7	51.7 – 69.8	No
Region 2 Raymond, Windham	176	66.7	61.0 – 72.4	160	61.3	55.4 – 67.2	No
Region 6 Portland	819	64.7	62.1 – 67.3	746	59.9	57.2 – 62.6	No
Region 8 Freeport, Gray, New Gloucester, Pownal	174	64.7	59.0 – 70.4	149	61.8	55.7 – 68.0	No
Region 5 South Portland	231	62.9	58.0 – 67.9	207	64.5	59.3 – 69.7	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	330	62.4	58.3 – 66.5	290	59.8	55.4 – 64.2	No
Region 3 Gorham, Westbrook	322	61.7	57.5 – 65.9	319	65.4	61.1 – 69.6	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	69	57.5	48.7 – 66.3	72	68.6	59.7 – 77.5	No
<b>COUNTY</b>	2,393	64.1	62.5 – 65.6	2,172	61.8	60.2 – 63.4	No
<b>STATE</b>	15,833	64.6	64.0 – 65.2	14,833	62.7	62.1 – 63.3	Yes (+3%)

There were no significant differences in rates of Well Child visits (ages 3 – 6) between any of the regions or the county and the state in 2008 and 2009. Between 2008 and 2009, the state rate increased significantly.

**Table 1.22. Well Child Visits, Ages 7 – 11 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 6 Portland	670	55.4	52.6 – 58.2	553	45.1	42.3 – 47.9	Yes (+23%)
Region 8 Freeport, Gray, New Gloucester, Pownal	159	54.1	48.4 – 59.8	129	49.0	43.0 – 55.1	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	74	53.6	45.3 – 61.9	61	48.8	40.0 – 57.6	No
Region 5 South Portland	185	52.9	47.6 – 58.1	164	49.0	43.6 – 54.3	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	280	50.0	45.9 – 54.1	266	49.0	44.8 – 53.2	No
Region 4 Cape Elizabeth, Scarborough	81	49.7	42.0 – 57.4	67	45.6	37.5 – 53.6	No
Region 3 Gorham, Westbrook	260	48.0	43.8 – 52.2	243	46.2	41.9 – 50.5	No
Region 9 Brunswick, Harpswell	123	47.9	41.8 – 54.0	129	44.0	38.3 – 49.7	No
Region 2 Raymond, Windham	125	43.6	37.8 – 49.3	121	44.8	38.9 – 50.7	No
<b>COUNTY</b>	1,957	51.5	49.9 – 53.1	1,733	46.5	44.9 – 48.1	Yes (+11%)
<b>STATE</b>	13,451	49.8	49.2 – 50.4	12,403	47.4	46.8 – 48.0	Yes (+5%)

Shading and italics indicate that the value is significantly higher than the state.

With regard to Well Child visits (ages 7 – 11), Region 6 saw a significantly higher rate than the state in 2009. Between 2008 and 2009, the rates in Region 6, the county, and state increased significantly.

**Table 1.23. Well Child Visits, Ages 12 – 20 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 4 Cape Elizabeth, Scarborough	122	43.9	38.1 – 49.7	102	36.2	30.6 – 41.8	No
Region 9 Brunswick, Harpswell	176	40.5	35.8 – 45.1	173	40.8	36.1 – 45.5	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	84	39.3	32.7 – 45.8	78	40.8	33.9 – 47.8	No
Region 6 Portland	821	38.1	36.1 – 40.2	830	37.3	35.3 – 39.3	No
Region 3 Gorham, Westbrook	319	37.0	33.7 – 40.2	318	36.6	33.4 – 39.8	No
Region 5 South Portland	202	36.5	32.5 – 40.5	223	41.0	36.9 – 45.1	No
Region 2 Raymond, Windham	158	36.2	31.7 – 40.7	167	34.9	30.7 – 39.2	No
Region 8 Freeport, Gray, New Gloucester, Pownal	146	36.1	31.5 – 40.8	145	35.4	30.7 – 40.0	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	331	35.7	32.7 – 38.8	319	38.9	35.6 – 42.2	No
<b>COUNTY</b>	2,359	37.7	36.5 – 38.9	2,355	37.7	36.5 – 38.9	No
<b>STATE</b>	15,758	35.8	35.4 – 36.2	15,039	34.9	34.4 – 35.3	Yes (+3%)

Shading and italics indicate that the value is significantly higher than the state.

With regard to Well Child visits (ages 12 – 20), Region 4 and the county both saw significantly higher rates than the state in 2009. Regions 1, 5, and 9, and the county all saw significantly higher rates than the state in 2008. Between 2008 and 2009, the state rate increased significantly.

**Table 1.24. Well Child Visits, Ages 3 – 20 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 4 Cape Elizabeth, Scarborough	289	50.8	46.7 – 54.9	237	43.8	39.6 – 48.0	No
Region 9 Brunswick, Harpswell	485	50.5	47.3 – 53.6	463	47.6	44.4 – 50.7	No
Region 6 Portland	<i>2,310</i>	<i>49.9</i>	<i>48.5 – 51.4</i>	2,129	45.3	43.9 – 46.8	Yes (+10%)
Region 8 Freeport, Gray, New Gloucester, Pownal	479	49.5	46.4 – 52.7	423	46.3	43.0 – 49.5	No
Region 5 South Portland	618	48.6	45.9 – 51.4	<i>594</i>	<i>49.5</i>	<i>46.7 – 52.3</i>	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	227	48.1	43.6 – 52.6	211	50.1	45.3 – 54.9	No
Region 3 Gorham, Westbrook	901	46.8	44.5 – 49.0	880	46.7	44.5 – 49.0	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	941	46.7	44.5 – 48.9	875	47.3	45.1 – 49.6	No
Region 2 Raymond, Windham	459	46.5	43.3 – 49.6	448	44.4	41.3 – 47.5	No
<b>COUNTY</b>	<i>6,709</i>	<i>48.6</i>	<i>47.8 – 49.5</i>	6,260	46.4	45.6 – 47.3	Yes (+5%)
<b>STATE</b>	45,042	47.1	46.8 – 47.5	42,275	45.5	45.2 – 45.8	Yes (+4%)

Shading and italics indicate that the value is significantly higher than the state.

With regard to Well Child visits (ages 3 – 20), Region 6 and the county both saw significantly higher rates than the state in 2009. Region 5 saw a significantly higher rate than the state in 2008. Between 2008 and 2009, the rates in Region 6, the county, and the state increased significantly.

**Table 1.25. Early Periodic Screening, Diagnosis, and Treatment (EPSDT), Ages 0 – 20 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 9 Brunswick, Harpswell	<i>1,316</i>	<i>59.5</i>	<i>57.5 – 61.6</i>	1,283	57.3	55.2 – 59.3	No
Region 4 Cape Elizabeth, Scarborough	723	59.2	56.5 – 62.0	625	54.3	51.5 – 57.2	No
Region 6 Portland	<i>6,120</i>	<i>58.4</i>	<i>57.5 – 59.4</i>	6,097	55.6	54.6 – 56.5	Yes (+5%)
Region 5 South Portland	<i>1,573</i>	<i>57.0</i>	<i>55.1 – 58.8</i>	1,491	55.1	53.2 – 57.0	No
Region 2 Raymond, Windham	<i>1,232</i>	<i>56.6</i>	<i>54.6 – 58.7</i>	1,212	55.4	53.3 – 57.5	No
Region 3 Gorham, Westbrook	<i>2,322</i>	<i>56.3</i>	<i>54.8 – 57.8</i>	2,229	54.1	52.6 – 55.6	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	<i>551</i>	<i>55.1</i>	<i>52.0 – 58.2</i>	499	52.2	49.0 – 55.4	No
Region 8 Freeport, Gray, New Gloucester, Pownal	<i>1,121</i>	<i>54.6</i>	<i>52.4 – 56.8</i>	1,053	53.4	51.2 – 55.6	No
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	<i>2,293</i>	<i>52.7</i>	<i>51.2 – 54.1</i>	2,223	53.5	51.9 – 55.0	No
<b>COUNTY</b>	<i>17,251</i>	<i>56.8</i>	<i>56.2 – 57.3</i>	16,712	54.9	54.3 – 55.4	Yes (+4%)
<b>STATE</b>	98,162	45.8	45.6 – 46.0	96,929	46.5	46.3 – 46.8	Yes (-2%)

Shading and italics indicate that the value is significantly higher than the state.

With regard all Early Periodic Screening, Diagnosis, and Treatment, all regions in Cumberland County and the county as a whole saw significantly higher rates than the state in both 2008 and 2009. Between 2008 and 2009, rates in Region 6 and the county increased significantly, while the state rate decreased significantly.

**Table 1.26. Lead Screening, Ages 12 – 24 Months (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Region 1 Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Sebago, Standish	125	52.1	45.8 – 58.4	119	52.2	45.7 – 58.7	No
Region 6 Portland	339	47.1	43.4 – 50.7	<i>372</i>	<i>51.2</i>	<i>47.5 – 54.8</i>	No
Region 5 South Portland	85	46.7	39.5 – 54.0	84	50.0	42.4 – 57.6	No
Region 8 Freeport, Gray, New Gloucester, Pownal	45	45.9	36.1 – 55.8	<i>36</i>	<i>31.6</i>	<i>23.0 – 40.1</i>	No
Region 4 Cape Elizabeth, Scarborough	28	45.9	33.4 – 58.4	21	42.9	29.0 – 56.7	No
Region 9 Brunswick, Harpswell	53	42.4	33.7 – 51.1	61	44.5	36.2 – 52.8	No
Region 3 Gorham, Westbrook	110	40.9	35.0 – 46.8	132	46.8	41.0 – 52.6	No
Region 2 Raymond, Windham	54	37.2	29.4 – 45.1	61	43.6	35.4 – 51.8	No
Region 7 Chebeague Island, Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	18	35.3	22.2 – 48.4	24	40.0	27.6 – 52.4	No
<b>COUNTY</b>	857	45.3	43.1 – 47.6	910	47.8	45.5 – 50.0	No
<b>STATE</b>	5,510	44.9	44.0 – 45.8	5,581	45.7	44.8 – 46.6	No

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

With regard to lead screening (ages 12 – 24 months), Region 6 saw a significantly higher rate than the state in 2008, while Region 8 saw a significantly lower rate than the state that same year. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.27. Appropriate Medications for Childhood Asthmatics, Ages 5 – 20 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Casco Bay/Access Health Regions Brunswick, Chebeague Island, Cumberland, Falmouth, Freeport, Gray, Harpswell, Long Island, New Gloucester, North Yarmouth, Pownal Yarmouth	40	85.1	74.9 – 95.3	38	82.6	71.7 – 93.6	No
Lakes Region Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Raymond, Sebago, Standish, Windham	69	82.1	74.0 – 90.3	57	82.6	73.7 – 91.6	No
Portland Region Portland	64	82.1	73.5 – 90.6	52	78.8	68.9 – 88.7	No
Rivers Region Cape Elizabeth, Gorham, Scarborough, South Portland, Westbrook	56	78.9	69.4 – 88.4	52	78.8	68.9 – 88.7	No
<b>COUNTY</b>	229	81.8	77.3 – 86.3	199	80.6	75.6 – 85.5	No
<b>STATE</b>	1,701	82.5	80.9 – 84.2	1,735	84.3	82.7 – 85.8	No

With regard to the use of appropriate medications for childhood asthmatics (ages 5 – 20), there were no significant differences between any of the regions or county and the state. Between 2008 and 2009, there were no significant differences in rates by region, county, or state.

**Table 1.28. Follow-up Care for Children Prescribed ADHD Medications, Ages 6 – 12 (Among MaineCare Members)**

Region	2009			2008			Any Significant Change Between Time Periods?
	#	Percent (%)	95% Confidence Interval (%)	#	Percent (%)	95% CI (%)	
Casco Bay/Access Health Regions Brunswick, Chebeague Island, Cumberland, Falmouth, Freeport, Gray, Harpwell, Long Island, New Gloucester, North Yarmouth, Pownal Yarmouth	20	51.3	35.6 – 67.0	20	58.8	42.3 – 75.4	No
Rivers Region Cape Elizabeth, Gorham, Scarborough, South Portland, Westbrook	21	48.8	33.9 – 63.8	15	42.9	26.5 – 59.3	No
Portland Region Portland	15	46.9	29.6 – 64.2	18	45.0	29.6 – 60.4	No
Lakes Region Baldwin, Bridgton, Casco, Frye Island, Harrison, Naples, Raymond, Sebago, Standish, Windham	17	43.6	28.0 – 59.2	16	44.4	28.2 – 60.7	No
<b>COUNTY</b>	73	47.7	39.8 – 55.6	69	47.6	39.5 – 55.7	No
<b>STATE</b>	568	54.9	51.8 – 57.9	475	46.4	43.4 – 49.5	Yes (+18%)

For each year, this indicator measures those who were newly prescribed ADHD medications who had at least three follow-up visits within a ten-month period, one of which was within thirty days of the prescription, in the past 25 months. There were no significant differences between any of the regions or county and state. Between 2008 and 2009, the state rate increased significantly.

Table A. 1<sup>st</sup> to 5<sup>th</sup> Leading Causes of Death in Cumberland County (2001 to 2005)

Place	1. Cancer		2. Heart Disease		3. Chronic Lower Respiratory Diseases		4. Cerebrovascular Diseases		5. Alzheimer's Disease	
	Annual Rate per 100,000	95% Confidence Interval	Annual Rate per 100,000	95% CI	Annual Rate per 100,000	95% CI	Annual Rate per 100,000	95% CI	Annual Rate per 100,000	95% CI
Baldwin	242	123 – 360	211	101 – 322	*	*	*	*	*	*
Bridgton	194	140 – 249	190	137 – 244	79	45 – 114	44	18 – 69	24	5 – 43
Brunswick	224	195 – 252	217	189 – 245	64	49 – 79	59	45 – 74	28	18 – 38
Cape Elizabeth	237	192 – 282	183	144 – 223	56	34 – 78	60	38 – 83	<i>103</i>	<i>73 – 133</i>
Casco	225	155 – 295	225	155 – 295	51	18 – 84	56	21 – 91	34	7 – 61
Cumberland	156	117 – 196	135	98 – 172	32	14 – 50	24	8 – 39	34	16 – 53
Falmouth	240	198 – 281	245	203 – 288	65	43 – 86	93	67 – 119	175	139 – 211
Freeport	201	157 – 246	206	162 – 251	48	26 – 69	81	53 – 108	43	22 – 63
Gorham	164	135 – 193	156	128 – 184	50	34 – 66	43	28 – 58	26	14 – 37
Gray	204	157 – 251	104	70 – 137	22	7 – 38	25	9 – 42	*	*
Harpswell	284	219 – 349	169	119 – 219	38	15 – 62	69	37 – 101	*	*
Harrison	334	229 – 439	154	83 – 225	60	16 – 104	*	*	*	*
Long Island	<i>906</i>	<i>314 – 1,498</i>	*	*	*	*	*	*	*	*
Naples	282	202 – 362	229	157 – 301	59	22 – 95	35	7 – 63	*	*
New Gloucester	157	108 – 206	86	50 – 122	35	12 – 58	24	5 – 42	24	5 – 42
North Yarmouth	183	119 – 248	101	53 – 148	*	*	*	*	*	*
Portland	256	239 – 274	239	222 – 256	53	45 – 61	53	45 – 61	61	52 – 70
Pownal	247	136 – 358	*	*	*	*	*	*	*	*
Raymond	188	131 – 245	103	61 – 145	31	8 – 55	*	*	27	5 – 48
Scarborough	235	203 – 266	178	151 – 205	45	31 – 58	55	40 – 71	52	37 – 67
Sebago	261	144 – 378	206	102 – 310	*	*	110	34 – 186	*	*
South Portland	257	228 – 286	186	162 – 211	55	41 – 68	47	35 – 59	50	37 – 62
Standish	127	95 – 158	90	63 – 117	39	21 – 56	37	20 – 54	14	4 – 25
Westbrook	248	214 – 283	239	206 – 273	64	46 – 81	55	39 – 71	72	54 – 91
Windham	203	171 – 234	150	123 – 177	30	18 – 42	31	19 – 44	8	1 – 14
Yarmouth	220	175 – 265	150	113 – 187	58	35 – 81	60	37 – 84	48	27 – 70
<b>COUNTY</b>	<b>227</b>	<b>219 – 235</b>	<b>191</b>	<b>184 – 198</b>	<b>51</b>	<b>47 – 54</b>	<b>50</b>	<b>46 – 54</b>	<b>48</b>	<b>45 – 52</b>
<b>STATE</b>	<b>242</b>	<b>238 – 246</b>	<b>237</b>	<b>234 – 241</b>	<b>61</b>	<b>59 – 63</b>	<b>61</b>	<b>59 – 63</b>	<b>38</b>	<b>36 – 39</b>

\*Data not displayed because there were fewer than six deaths.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: Office of Data, Research, and Vital Statistics, Maine Center for Disease Control and Prevention.

Table B. 6<sup>th</sup> to 10<sup>th</sup> Leading Causes of Death in Cumberland County (2001 to 2005)

Place	6. Unintentional Injuries		7. Influenza and Pneumonia		8. Diabetes Mellitus		9. Nephritis, Nephrotic Syndrome, and Nephrosis		10. Septicemia	
	Annual Rate per 100,000	95% Confidence Interval	Annual Rate per 100,000	95% CI	Annual Rate per 100,000	95% CI	Annual Rate per 100,000	95% CI	Annual Rate per 100,000	95% CI
Bridgton	71	38 – 104	32	10 – 54	36	12 – 59	28	7 – 48	*	*
Brunswick	23	14 – 32	25	16 – 35	19	10 – 27	19	11 – 28	*	*
Cape Elizabeth	20	7 – 33	25	10 – 39	20	7 – 33	29	13 – 45	*	*
Casco	67	29 – 106	*	*	34	7 – 61	39	10 – 69	*	*
Cumberland	19	5 – 32	24	8 – 39	*	*	*	*	*	*
Falmouth	29	14 – 43	32	17 – 48	15	5 – 26	21	9 – 33	15	5 – 26
Freeport	30	13 – 47	53	30 – 75	18	5 – 31	30	13 – 47	*	*
Gorham	28	16 – 40	24	13 – 35	16	7 – 25	12	4 – 20	*	*
Gray	28	11 – 45	*	*	*	*	17	3 – 30	*	*
Naples	41	11 – 72	*	*	35	7 – 63	*	*	*	*
Portland	49	42 – 57	34	27 – 40	28	23 – 34	28	22 – 33	18	13 – 23
Raymond	27	5 – 48	*	*	*	*	*	*	*	*
Scarborough	21	11 – 30	35	23 – 47	21	11 – 30	18	10 – 27	11	4 – 18
South Portland	37	26 – 48	25	16 – 34	23	14 – 32	26	16 – 35	13	6 – 19
Standish	37	20 – 54	12	2 – 22	20	8 – 33	*	*	*	*
Westbrook	41	27 – 55	25	14 – 36	36	23 – 49	14	6 – 22	12	5 – 20
Windham	40	26 – 54	21	11 – 31	30	18 – 42	*	*	10	3 – 17
Yarmouth	31	14 – 49	29	13 – 45	17	4 – 29	22	8 – 36	*	*
<b>COUNTY</b>	<b>36</b>	<b>33 – 39</b>	<b>26</b>	<b>23 – 29</b>	<b>24</b>	<b>21 – 26</b>	<b>20</b>	<b>18 – 23</b>	<b>11</b>	<b>9 – 13</b>
<b>STATE</b>	<b>40</b>	<b>38 – 41</b>	<b>24</b>	<b>23 – 25</b>	<b>30</b>	<b>29 – 32</b>	<b>19</b>	<b>18 – 20</b>	<b>10</b>	<b>9 – 11</b>

\*Data not displayed because there were fewer than six deaths.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: Office of Data, Research, and Vital Statistics, Maine Center for Disease Control and Prevention.

## 2. Demographics

Table 2.1. Population (2010)

Place	2010	Change Since 2000 (%)	Population Density per Square Mile (2010)
Portland	66,194	+2.9	3,121
South Portland	25,002	+6.7	2,085
Brunswick	20,278	-4.4	433
Scarborough	18,919	+10.3	397
Westbrook	17,494	+12.3	1,037
Windham	17,001	+7.7	364
Gorham	16,381	+13.7	323
Falmouth	11,185	+7.8	378
Standish	9,874	+6.0	167
Cape Elizabeth	9,015	-0.6	612
Yarmouth	8,349	+1.0	626
Freeport	7,879	-0.1	227
Gray	7,761	+0.7	179
Cumberland	7,211	+12.1	315
New Gloucester	5,542	+13.3	118
Bridgton	5,210	+6.3	91
Harpswell	4,740	-10.5	196
Raymond	4,436	+3.1	133
Naples	3,872	+7.3	122
Casco	3,742	+15.4	120
North Yarmouth	3,565	+10.0	169
Harrison	2,730	+15.2	83
Sebago	1,719	-1.2	52
Baldwin	1,525	+16.6	43
Pownal	1,474	+15.4	64
Chebeague Is.	341	-4.4	107
Long Island	230	+12.2	161
Frye Is.	5	N/A	4
<b>COUNTY</b>	<b>281,674</b>	<b>+0.02</b>	<b>338</b>
<b>STATE</b>	<b>1,328,361</b>	<b>+0.01</b>	<b>43</b>

More than half of Cumberland County's population lives in the five most populous cities.

Portland and South Portland are by far the most densely populated places. The Lakes Region towns are the least densely populated.

Over the last decade, Baldwin had the greatest population increase at over 16%. Pownal, Harrison, and Casco also reported large increases with a gain of over 15% each.

While the majority of towns increased in population size, six places have decreased in population over the last decade: Brunswick, Cape Elizabeth, Freeport, Harpswell, Sebago, and Chebeague Island.

Source: US Census Bureau.

Table 2.2. Age Distribution (2010)

Place	Median Age	Under 18 (#)	Under 18 (%)	95% Confidence Interval (%)	65 and Over (#)	65 and Over (%)	95% CI (%)
Chebeague Island	57.9	51	15.0%	11.2 – 18.7	<i>119</i>	<i>34.9%</i>	<i>29.8-40.0</i>
Harpswell	52.9	711	15.0%	14.0 - 16.0	<i>1,230</i>	<i>25.9%</i>	<i>24.7 - 27.2</i>
Long Island	52.0	47	20.4%	15.2 - 25.6	<i>66</i>	<i>28.7%</i>	<i>22.8 - 34.5</i>
Bridgton	46.8	969	18.6%	17.5 - 19.7	<i>1,031</i>	<i>19.8%</i>	<i>18.7 - 20.9</i>
Cape Elizabeth	46.8	2,256	25.0%	24.1 - 25.9	1,450	16.1%	15.3 - 16.8
Yarmouth	45.9	1,903	22.8%	21.9 - 23.7	1,393	16.7%	15.9 - 17.5
Falmouth	45.3	2,894	25.9%	25.1 - 26.7	1,878	16.8%	16.1 - 17.5
Harrison	45.3	581	21.3%	19.7 - 22.8	423	15.5%	14.1 - 16.9
Cumberland	45.0	1,943	26.9%	25.9 - 28.0	1,047	14.5%	13.7 - 15.3
Freeport	45.0	1,796	22.8%	21.9 - 23.7	1,208	15.3%	14.5 - 16.1
Sebago	44.7	348	20.2%	18.3 - 22.1	272	15.8%	14.1 - 17.5
Pownal	44.6	317	21.5%	19.4 - 23.6	195	13.2%	11.5 - 15.0
Raymond	44.6	977	22.0%	20.8 - 23.2	586	13.2%	12.2 - 14.2
Scarborough	44.5	4,468	23.6%	23.0 - 24.2	3,263	17.2%	16.7 - 17.8
Naples	42.9	861	22.2%	20.9 - 23.5	525	13.6%	12.5 - 14.6
Casco	42.6	803	21.5%	20.1 - 22.8	549	14.7%	13.5 - 15.8
North Yarmouth	42.5	950	26.6%	25.2 - 28.1	371	10.4%	9.4 - 11.4
Baldwin	42.4	342	22.4%	20.3 - 24.5	219	14.4%	12.6 - 16.1
Brunswick	41.4	3,903	19.2%	18.7 - 19.8	3,685	18.2%	17.6 - 18.7
Gray	40.6	1,654	21.3%	20.4 - 22.2	839	10.8%	10.1 - 11.5
Windham	39.9	3,831	22.5%	21.9 - 23.2	1,964	11.6%	11.1 - 12.0
New Gloucester	39.5	1,359	24.5%	23.4 - 25.7	470	8.5%	7.7 - 9.2
South Portland	39.4	5,095	20.4%	19.9 - 20.9	3,408	13.6%	13.2 - 14.1
Westbrook	39.4	3,659	20.9%	20.3 - 21.5	2,662	15.2%	14.7 - 15.7
Standish	38.8	2,144	21.7%	20.9 - 22.5	1,011	10.2%	9.6 - 10.8
Gorham	38.0	3,702	22.6%	22.0 - 23.2	1,954	11.9%	11.4 - 12.4
Portland	36.7	11,329	17.1%	16.8 - 17.4	8,337	12.6%	12.3 - 12.8
Frye Island	30.8	1	20.0%	N/A	2	40.0%	N/A
<b>COUNTY</b>	<b>41.0</b>	<b>58,894</b>	<b>20.9%</b>	<b>20.8 - 21.1</b>	<b>40,157</b>	<b>14.3%</b>	<b>14.1 - 14.4</b>
<b>State</b>	<b>42.7</b>	<b>274,533</b>	<b>20.7%</b>	<b>20.6 - 20.7</b>	<b>211,080</b>	<b>15.9%</b>	<b>15.8 - 16.0</b>

Falmouth and Scarborough are the only towns with a significantly higher percentage than the state with regards to both populations of under 18 and 65 and over.

In addition to the aforementioned towns, Bridgton, Brunswick, Chebeague Island, Harpswell, and Long Island report significantly higher percentages than the state in terms of the 65 and over population. Fourteen of the 28 towns listed have percentages that are significantly higher than the state in regards to the under 18 population.

Chebeague Island and Frye Island have the oldest and youngest median ages, respectively.

Shading and italics indicate that the value is significantly higher than the state. Shading and no italics indicate that the value is significantly lower than the state. Source: US Census Bureau.

Table 2.3. Racial and Ethnic Minorities (2010)

Place	Racial or Ethnic Minority (#)	Racial or Ethnic Minority (%)	95% Confidence Interval (%)
Portland	<i>10858</i>	<i>16.4%</i>	<i>16.1 - 16.7</i>
South Portland	<i>2497</i>	<i>10.0%</i>	<i>9.6 - 10.4</i>
Brunswick	<i>1830</i>	<i>9.0%</i>	<i>8.6 - 9.4</i>
Westbrook	<i>1531</i>	<i>8.8%</i>	<i>8.3 - 9.2</i>
Long Island	18	7.8%	4.4 - 11.3
Scarborough	1121	5.9%	5.6 - 6.3
Freeport	439	5.6%	5.1 - 6.1
Falmouth	616	5.5%	5.1 - 5.9
Bridgton	229	4.4%	3.8 - 5.0
Cape Elizabeth	399	4.4%	4.0 - 4.9
Gorham	691	4.2%	3.9 - 4.5
Windham	708	4.2%	3.9 - 4.5
Yarmouth	345	4.1%	3.7 - 4.6
Casco	150	4.0%	3.4 - 4.6
Cumberland	264	3.7%	3.2 - 4.1
Gray	270	3.5%	3.1 - 3.9
Harrison	92	3.4%	2.7 - 4.0
Raymond	145	3.3%	2.7 - 3.8
Naples	123	3.2%	2.6 - 3.7
North Yarmouth	114	3.2%	2.6 - 3.8
Standish	320	3.2%	2.9 - 3.6
Sebago	53	3.1%	2.3 - 3.9
Harpwell	144	3.0%	2.5 - 3.5
New Gloucester	168	3.0%	2.6 - 3.5
Pownal	40	2.7%	1.9 - 3.5
Baldwin	38	2.5%	1.7 - 3.3
Chebeague Is.	3	0.9%	-0.1 - 1.9
Frye Is.	0	0.0%	0.0 - 0.0
<b>COUNTY</b>	23206	8.2%	8.1 - 8.3
<b>STATE</b>	74064	5.6%	5.5 - 5.6

Cumberland County has a significantly higher percentage of racial and ethnic minorities than the state. Towns that also report a significantly higher percentage than the state are Portland, South Portland, Brunswick, and Westbrook.

The number of racial and ethnic minorities found in the City of Portland constitutes almost half the number in the entire county.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: US Census Bureau.

Table 2.4. English Proficiency\* (2000)

Place	Not Fluent in English (#)	Not Fluent in English (%)	95% Confidence Interval (%)
Portland	<i>1,203</i>	<i>1.97</i>	<i>1.86 – 2.08</i>
Harpswell	<i>46</i>	<i>0.92</i>	<i>0.66 – 1.19</i>
South Portland	<i>180</i>	<i>0.82</i>	<i>0.70 – 0.94</i>
Cape Elizabeth	69	0.80	0.61 – 0.99
Raymond	22	0.54	0.32 – 0.77
Gray	34	0.53	0.35 – 0.71
Yarmouth	41	0.52	0.36 – 0.67
Harrison	10	0.46	0.18 – 0.74
Cumberland	<i>28</i>	<i>0.42</i>	<i>0.27 – 0.58</i>
Westbrook	<i>59</i>	<i>0.39</i>	<i>0.29 – 0.49</i>
Naples	12	0.39	0.17 – 0.61
Scarborough	<i>61</i>	<i>0.39</i>	<i>0.29 – 0.48</i>
Brunswick	<i>74</i>	<i>0.37</i>	<i>0.29 – 0.46</i>
Windham	<i>48</i>	<i>0.34</i>	<i>0.25 – 0.44</i>
Bridgton	<i>15</i>	<i>0.32</i>	<i>0.16 – 0.49</i>
Falmouth	<i>25</i>	<i>0.26</i>	<i>0.16 – 0.36</i>
Freeport	<i>18</i>	<i>0.25</i>	<i>0.13 – 0.36</i>
North Yarmouth	6	0.20	0.04 – 0.36
Casco	5	0.15	0.02 – 0.29
Gorham	<i>19</i>	<i>0.14</i>	<i>0.08 – 0.21</i>
Pownal	2	0.14	0.00 – 0.34
Standish	6	0.07	0.01 – 0.12
New Gloucester	2	0.04	0.00 – 0.11
Sebago	0	0.00	0.00 – 0.00
Baldwin	0	0.00	0.00 – 0.00
Long Island	0	0.00	0.00 – 0.00
<b>COUNTY</b>	<b><i>1,985</i></b>	<b><i>0.79</i></b>	<b><i>0.76 – 0.83</i></b>
<b>STATE</b>	<b><i>7,694</i></b>	<b><i>0.64</i></b>	<b><i>0.62 – 0.65</i></b>

Portland has the highest percentage of residents not fluent in English by a large margin. In fact, 61% of the nearly 2,000 residents in Cumberland County who are not fluent in English live in Portland. Harpswell and South Portland are also both significantly higher than the state, as is the county as a whole.

\*Among those 5 years and older.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: US Census Bureau.

Table 2.5. Poverty (1999)

Place	Total in Poverty (#)	Total in Poverty (%)	95% Confidence Interval (%)
Bridgton	750	15.7	14.7 – 16.7
Portland	8,844	14.1	13.8 – 14.3
Baldwin	144	11.2	9.5 – 12.9
Long Island	20	10.0	5.8 – 14.1
Harrison	211	9.3	8.1 – 10.4
Westbrook	1,329	8.3	7.9 – 8.8
Casco	276	8.1	7.2 – 9.1
Brunswick	1,549	8.0	7.6 – 8.4
Naples	249	7.6	6.7 – 8.5
Gorham	957	7.4	6.9 – 7.8
South Portland	1,523	6.7	6.3 – 7.0
Freeport	451	5.9	5.4 – 6.4
Sebago	83	5.8	4.6 – 7.0
Harpswell	290	5.6	4.9 – 6.2
New Gloucester	254	5.4	4.7 – 6.0
Windham	714	5.0	4.6 – 5.4
Yarmouth	365	4.4	4.0 – 4.9
Pownal	64	4.3	3.3 – 5.3
Scarborough	677	4.0	3.7 – 4.3
Raymond	173	4.0	3.5 – 4.6
Falmouth	375	3.7	3.3 – 4.1
Standish	310	3.6	3.2 – 4.0
Cape Elizabeth	280	3.1	2.8 – 3.5
Cumberland	217	3.0	2.6 – 3.4
Gray	175	2.6	2.2 – 3.0
North Yarmouth	72	2.3	1.7 – 2.8
<b>COUNTY</b>	<b>20,352</b>	<b>7.9</b>	<b>7.8 – 8.0</b>
<b>STATE</b>	<b>135,501</b>	<b>10.9</b>	<b>10.9 – 11.0</b>

Bridgton has the highest proportion of total residents living in poverty, followed by Portland. Twenty-two of the 26 towns in Cumberland County have poverty levels that are significantly lower than the state. The poverty level of the county as a whole is significantly lower than the state as well.

Shading and italics indicate that the value is significantly higher than the state.  
 Shading and no italics indicate that the value is significantly lower than the state.  
 Source: US Census Bureau.

Table 2.6. Education\* (2000)

Place	Less than High School (#)	Less than High School (%)	95% Confidence Interval (%)
Baldwin	<i>181</i>	<i>19.8</i>	<i>17.3 – 22.4</i>
Casco	<i>408</i>	<i>17.2</i>	<i>15.7 – 18.7</i>
Westbrook	1,441	12.9	12.3 – 13.5
Bridgton	425	12.9	11.8 – 14.1
Naples	287	12.6	11.2 – 13.9
Brunswick	1,603	12.1	11.5 – 12.6
Harrison	192	12.1	10.5 – 13.7
Portland	5,321	11.7	11.5 – 12.0
Harpswell	438	11.1	10.2 – 12.1
Raymond	313	10.6	9.5 – 11.8
New Gloucester	331	10.5	9.5 – 11.6
Pownal	114	10.5	8.7 – 12.3
South Portland	1,678	10.3	9.8 – 10.8
Freeport	549	10.1	9.3 – 10.9
Windham	996	9.8	9.2 – 10.4
Gray	414	8.8	8.0 – 9.6
Standish	498	8.7	8.0 – 9.5
Gorham	723	8.5	7.9 – 9.1
Sebago	82	7.9	6.2 – 9.5
Long Island	9	6.6	2.4 – 10.8
Scarborough	750	6.3	5.9 – 6.8
Yarmouth	320	5.4	4.8 – 6.0
North Yarmouth	97	4.5	3.7 – 5.4
Cumberland	211	4.5	3.9 – 5.1
Falmouth	318	4.5	4.0 – 5.0
Cape Elizabeth	201	3.2	2.7 – 3.6
<b>COUNTY</b>	<b>17,900</b>	<b>9.9</b>	<b>9.7 – 10.0</b>
<b>STATE</b>	<b>127,288</b>	<b>14.6</b>	<b>14.6 – 14.7</b>

All but two towns have a significantly smaller percentage of residents without a high school diploma than compared to the state. The other two places, Baldwin and Casco, are both significantly higher.

\*Among those 25 years and older.

Shading and italics indicate that the value is significantly higher than the state. Shading and no italics indicate that the value is significantly lower than the state.

Source: US Census Bureau.

Table 2.7. Single Parent Households (2010)

Place	2010			2000			Any Significant Change Between Time Periods?
	Single Parent Households (#)	Single Parent Households (%)	95% Confidence Interval (%)	Single Parent Households (#)	Single Parent Households (%)	95% CI (%)	
Westbrook	839	<i>11.1</i>	<i>10.4 – 11.8</i>	717	10.4	9.7 – 11.2	No
Naples	155	9.8	8.3 – 11.3	107	8.2	6.8 – 9.7	No
South Portland	1,031	<i>9.5</i>	<i>8.9 – 10.0</i>	900	9.0	8.4 – 9.5	No
Bridgton	211	9.4	8.2 – 10.6	209	<i>10.9</i>	<i>9.5 – 12.3</i>	No
Casco	144	9.3	7.8 – 10.7	119	9.0	7.4 – 10.5	No
Windham	577	9.0	8.3 – 9.7	459	8.3	7.6 – 9.0	No
Harrison	95	8.5	6.9 – 10.2	81	8.8	7.0 – 10.6	No
Standish	297	8.4	7.5 – 9.4	264	8.2	7.3 – 9.2	No
Gorham	463	8.1	7.4 – 8.8	417	8.6	7.8 – 9.3	No
Gray	250	7.9	7.0 – 8.9	171	<i>6.5</i>	<i>5.5 – 7.4</i>	No
New Gloucester	164	7.8	6.7 – 9.0	148	8.4	7.1 – 9.7	No
Brunswick	662	7.8	<i>7.2 – 8.4</i>	648	8.0	7.4 – 8.5	No
Portland	2,399	7.8	<i>7.5 – 8.1</i>	2,415	8.1	<i>7.8 – 8.4</i>	No
Freeport	250	7.8	6.9 – 8.7	247	8.1	7.1 – 9.0	No
Baldwin	43	7.3	5.2 – 9.4	35	7.1	4.8 – 9.4	No
Raymond	125	<i>7.1</i>	<i>5.9 – 8.2</i>	134	8.3	6.9 – 9.6	No
Sebago	50	6.9	5.1 – 8.8	37	<i>6.3</i>	<i>4.4 – 8.3</i>	No
Yarmouth	238	6.8	<i>5.9 – 7.6</i>	214	6.2	<i>5.4 – 7.0</i>	No
North Yarmouth	86	6.6	<i>5.3 – 8.0</i>	64	5.7	<i>4.4 – 7.1</i>	No
Scarborough	487	6.5	<i>5.9 – 7.0</i>	359	5.6	<i>5.0 – 6.1</i>	No
Cape Elizabeth	220	6.1	5.3 – 6.9	181	5.2	4.5 – 5.9	No
Falmouth	250	5.8	5.1 – 6.5	186	4.7	4.1 – 5.4	No
Pownal	34	5.8	3.9 – 7.6	29	5.2	3.3 – 7.0	No
Cumberland	152	5.6	4.8 – 6.5	140	5.5	4.6 – 6.4	No
Harpswell	125	5.6	4.7 – 6.6	128	5.5	4.5 – 6.4	No
Chebeague Island	7	4.1	1.1 – 7.1	N/A	N/A	N/A	N/A
Long Island	3	3.0	0.0 – 6.4	14	15.1	7.8 – 22.3	Yes (-80%)
Frye Island	0	0.0	0.0 – 0.0	0	0.0	0.0 – 0.0	No
<b>COUNTY</b>	<b>9,357</b>	<b>8.0</b>	<b>7.8 – 8.1</b>	<b>8,423</b>	<b>7.8</b>	<b>7.6 – 8.0</b>	<b>No</b>
<b>STATE</b>	<b>48,466</b>	<b>8.7</b>	<b>8.6 – 8.8</b>	<b>44,558</b>	<b>8.6</b>	<b>8.5 – 8.7</b>	<b>No</b>

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: US Census Bureau.

Westbrook and South Portland both report percentages of single parent households that significantly exceed the state percentage.

Thirteen other places, as well as the county as a whole, report a significantly smaller proportion of single parent households than the state.

### 3. Health Access

Table 3.1. Federally Designated Health Professional Shortage Areas (2010)

<b>Place</b>	<b>Population with a Primary Care Health Professional Shortage</b>	<b>Population with a Mental Health Professional Shortage</b>
Baldwin	1,525	N/A
Bridgton	N/A	5,210
Naples	N/A	3,872
Casco	N/A	3,742
Harrison	N/A	2,730
Sebago	N/A	1,716
<b>COUNTY</b>	<b>1,525 (1% of total)</b>	<b>17,270 (6% of total)</b>

Source: Federal Division of Shortage Designation (FDSD).

Only 1% of Cumberland County residents live in towns considered a primary care health professional shortage area, and 6% live in towns designated as mental health professional shortage areas.

Table 3.2. Hospital Visits among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Visits	Rate per 1,000 Members	95% Confidence Interval	Visits	Rate per 1,000 Members	95% CI	
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	2,270	<i>160.8</i>	<i>154.2 – 167.4</i>	2,168	<i>156.5</i>	<i>149.9 – 163.1</i>	No
Region 8 Freeport, Gray, New Gloucester, Pownal	1,888	<i>145.6</i>	<i>139.0 – 152.1</i>	1,644	131.6	125.2 – 137.9	Yes (+11%)
Region 5 South Portland	1,853	<i>138.8</i>	<i>132.5 – 145.1</i>	1,672	129.1	122.9 – 135.3	No
Region 3 Gorham, Westbrook	2,441	<i>137.9</i>	<i>132.4 – 143.3</i>	2,204	126.7	121.4 – 132.0	Yes (+9%)
Region 6 Portland	3,690	119.1	115.3 – 123.0	<i>4,404</i>	<i>146.2</i>	<i>141.9 – 150.5</i>	Yes (-19%)
Region 2 Raymond, Windham	1,452	116.0	110.0 – 122.0	1,609	130.6	124.2 – 137.0	Yes (-11%)
Region 9 Brunswick, Harpswell	1,183	112.0	105.6 – 118.4	<i>1,508</i>	<i>146.1</i>	<i>138.7 – 153.5</i>	Yes (-23%)
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	2,250	108.8	104.3 – 113.3	2,224	110.5	105.9 – 115.1	No
Region 4 Cape Elizabeth, Scarborough	1,612	88.2	83.9 – 92.6	2,119	120.1	115.0 – 125.2	Yes (-27%)
<b>COUNTY</b>	<b>18,630</b>	<b>118.6</b>	<b>116.9 – 120.3</b>	<b>19,543</b>	<b>128.0</b>	<b>126.2 – 129.8</b>	<b>Yes (-7%)</b>
<b>STATE</b>	<b>76,060</b>	<b>126.1</b>	<b>125.2 – 127.0</b>	<b>78,794</b>	<b>133.8</b>	<b>132.8 – 134.7</b>	<b>Yes (-6%)</b>

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: Onpoint Health Data.

Rates of hospital visits are significantly lower in the coastal and central parts of Cumberland County than the state. The northern and eastern regions report substantially higher rates of hospital visits than the state. Significant changes between time periods are found in six of the nine regions. Regions 3 and 8 report a significant increase in the rate of hospital visits. The rate significantly lessens in Regions 2, 4, 6, and 9. Additionally, the county and state report a significant decrease in rates between time periods.

Table 3.3. Emergency Department Visits among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Visits	Rate per 1,000 Members	95% Confidence Interval	Visits	Rate per 1,000 Members	95% CI	
Region 9 Brunswick, Harpswell	1,950	184.6	176.4 – 192.8	1,842	178.5	170.3 – 186.6	No
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	2,368	167.7	161.0 – 174.5	2,467	178.1	171.1 – 185.1	No
Region 8 Freeport, Gray, New Gloucester, Pownal	1,785	137.6	131.3 – 144.0	1,637	131.0	124.7 – 137.3	No
Region 5 South Portland	1,807	135.3	129.1 – 141.6	1,658	128.0	121.8 – 134.2	No
Region 6 Portland	4,071	131.4	127.4 – 135.5	3,995	132.6	128.5 – 136.8	No
Region 2 Raymond, Windham	1,460	116.6	110.6 – 122.6	1,414	114.8	108.8 – 120.8	No
Region 4 Cape Elizabeth, Scarborough	2,091	114.5	109.6 – 119.4	1,882	106.7	101.9 – 111.5	No
Region 3 Gorham, Westbrook	1,997	112.8	107.8 – 117.7	1,973	113.4	108.4 – 118.4	No
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	2,102	101.6	97.3 – 106.0	1,925	95.6	91.4 – 99.9	No
<b>COUNTY</b>	<b>19,610</b>	<b>124.9</b>	<b>123.1 – 126.6</b>	<b>18,775</b>	<b>123.0</b>	<b>121.2 – 124.7</b>	<b>No</b>
<b>STATE</b>	<b>115,349</b>	<b>191.2</b>	<b>190.1 – 192.4</b>	<b>112,236</b>	<b>190.5</b>	<b>189.4 – 191.6</b>	<b>No</b>

Shading and no italics indicate that the value is significantly lower than the state.

Source: Onpoint Health Data.

None of the nine analysis regions report a significantly higher rate of emergency room visits than the state. In fact, all but the Brunswick/Harpswell region have a significantly lower rate than the state. Additionally, no regions report any significant change in either direction between 2006 and 2007.

Table 3.4. Home and Nurse Visits among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Visits	Rate per 1,000 Members	95% Confidence Interval	Visits	Rate per 1,000 Members	95% CI	
Region 2 Raymond, Windham	616	49.2	45.3 – 53.1	458	37.2	33.8 – 40.6	Yes (+32%)
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	934	45.2	42.3 – 48.0	722	35.9	33.3 – 38.5	Yes (+26%)
Region 3 Gorham, Westbrook	793	44.8	41.7 – 47.9	795	45.7	42.5 – 48.9	No
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	594	42.1	38.7 – 45.5	466	33.6	30.6 – 36.7	Yes (+25%)
Region 4 Cape Elizabeth, Scarborough	619	33.9	31.2 – 36.6	530	30.0	27.5 – 32.6	No
Region 5 South Portland	447	33.5	30.4 – 36.6	333	25.7	22.9 – 28.5	Yes (+30%)
Region 6 Portland	913	29.5	27.6 – 31.4	1,092	36.3	34.1 – 38.4	Yes (-19%)
Region 8 Freeport, Gray, New Gloucester, Pownal	290	22.4	19.8 – 24.9	297	23.8	21.1 – 26.5	No
Region 9 Brunswick, Harpswell	109	10.3	8.4 – 12.3	85	8.2	6.5 – 10.0	No
<b>COUNTY</b>	<b>5,313</b>	<b>33.8</b>	<b>32.9 – 34.7</b>	<b>4,776</b>	<b>31.3</b>	<b>30.4 – 32.2</b>	<b>Yes (+8%)</b>
<b>STATE</b>	<b>15,642</b>	<b>25.9</b>	<b>25.5 – 26.3</b>	<b>15,853</b>	<b>26.9</b>	<b>26.5 – 27.3</b>	<b>Yes (-4%)</b>

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: Onpoint Health Data.

During consecutive years, regions 8 and 9 are the only regions that do not report significantly higher rates of home and nurse visits compared to the state. In fact, the only regions to have significantly lower rates during both years are Regions 8 and 9. Surprisingly, the two towns found in Region 9 (Brunswick and Harpswell) are among the five towns reporting significantly higher percentages than the state with regards to the 65 and over population (Table 1.3.). Region 5 also reports significantly lower rates in 2006, but not 2007. Five of the nine regions, along with the county and state, report significant changes in rates between time periods. Regions 1, 2, 5, 7, and the county show increases in the rate of home and nurse visits, while the rate lessens in Region 6 and the state.

Table 3.5. Disabilities\* (2000)

Place	Disabled (#)	Disabled (%)	95% Confidence Interval (%)
Baldwin	308	25.4	23.0 – 27.9
Casco	817	25.3	23.8 – 26.8
Naples	674	21.8	20.3 – 23.2
Sebago	293	21.3	19.1 – 23.4
Portland	12,254	20.4	20.1 – 20.7
Harrison	442	20.3	18.6 – 22.0
Bridgton	931	20.3	19.1 – 21.5
Harpwell	1,005	20.3	19.2 – 21.4
Westbrook	3,045	20.3	19.6 – 20.9
South Portland	4,082	18.9	18.3 – 19.4
Brunswick	3,411	18.1	17.5 – 18.6
Gray	1,153	18.0	17.1 – 19.0
Standish	1,477	17.0	16.2 – 17.8
Windham	2,158	16.2	15.6 – 16.8
Raymond	627	15.5	14.4 – 16.6
New Gloucester	668	15.1	14.0 – 16.1
Gorham	1,885	14.3	13.7 – 14.9
Pownal	197	14.0	12.1 – 15.8
Cumberland	873	13.1	12.3 – 13.9
Freeport	915	12.7	12.0 – 13.5
Scarborough	1,918	12.3	11.8 – 12.8
Cape Elizabeth	932	11.0	10.3 – 11.7
Yarmouth	857	10.9	10.3 – 11.6
Long Island	20	10.3	6.0 – 14.5
North Yarmouth	295	9.9	8.8 – 11.0
Falmouth	865	9.2	8.6 – 9.8
<b>COUNTY</b>	<b>42,102</b>	<b>17.1</b>	<b>17.0 – 17.3</b>
<b>STATE</b>	<b>237,910</b>	<b>20.0</b>	<b>20.0 – 20.1</b>

Baldwin, Casco, and Naples exceed state percentages with regard to the proportion of residents with any disability. Conversely, 17 of 26 towns in Cumberland County report percentages that are significantly lower than the state. The percentage of disabled residents in the county is substantially lower than the state as well.

\*Among those 5 years and older.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: US Census Bureau.

#### 4. Family Health

Table 4.1. Birth Rate (1997 to 2006)

Place	2002 to 2006			1997 to 2001			Any Significant Change Between Time Periods?
	Average Annual Births	Average Annual Births per 1,000 Females 15-44	95% CI	Average Annual Births	Average Annual Births per 1,000 Females 15-44	95% CI	
New Gloucester	75	68.0	61.1 – 74.9	69	62.5	55.9 – 69.2	No
Gray	104	67.8	62.0 – 73.7	85	55.2	49.9 – 60.4	Yes (+23%)
Sebago	17	65.2	51.4 – 78.9	16	61.4	48.0 – 74.7	No
Bridgton	57	61.6	54.5 – 68.8	48	51.5	45.0 – 58.0	No
Naples	38	59.2	50.7 – 67.6	34	53.5	45.5 – 61.5	No
Windham	191	58.8	55.1 – 62.6	180	55.4	51.8 – 59.1	No
South Portland	305	58.0	55.1 – 60.9	275	52.4	49.6 – 55.2	No
Pownal	16	56.4	44.2 – 68.7	19	66.9	53.5 – 80.3	No
Baldwin	15	56.4	43.4 – 69.3	16	61.8	48.2 – 75.3	No
Casco	43	55.3	47.9 – 62.8	37	47.5	40.6 – 54.4	No
Westbrook	192	54.1	50.7 – 57.5	198	55.9	52.4 – 59.4	No
North Yarmouth	37	52.9	45.3 – 60.6	42	60.4	52.3 – 68.6	No
Cumberland	70	51.9	46.4 – 57.4	81	60.1	54.2 – 66.0	No
Brunswick	238	50.4	47.5 – 53.2	234	49.6	46.8 – 52.4	No
Freeport	77	49.7	44.8 – 54.7	79	50.6	45.6 – 55.7	No
Portland	786	49.0	47.5 – 50.6	762	47.6	46.1 – 49.1	No
Scarborough	167	48.5	45.2 – 51.8	194	56.6	53.1 – 60.2	Yes (-14%)
Gorham	165	48.0	44.7 – 51.3	158	45.9	42.7 – 49.1	No
Falmouth	89	47.8	43.4 – 52.3	111	59.6	54.7 – 64.6	Yes (-20%)
Cape Elizabeth	72	47.4	42.4 – 52.3	76	50.0	45.0 – 55.0	No
Standish	113	47.3	43.4 – 51.2	106	44.5	40.7 – 48.3	No
Harrison	21	47.1	38.1 – 56.1	21	47.1	38.1 – 56.1	No
Long Island	1	45.2	11.7 – 78.6	2	77.4	33.6 – 121.2	No
Yarmouth	67	42.7	38.1 – 47.3	71	45.5	40.8 – 50.3	No
Raymond	40	42.5	36.7 – 48.4	42	43.8	37.8 – 49.7	No
Harpswell	36	39.6	33.8 – 45.5	37	41.2	35.3 – 47.1	No
<b>COUNTY</b>	<b>3,030</b>	<b>51.6</b>	<b>50.8 – 52.5</b>	<b>2,994</b>	<b>51.0</b>	<b>50.2 – 51.8</b>	<b>No</b>
<b>STATE</b>	<b>13,919</b>	<b>52.0</b>	<b>51.6 – 52.4</b>	<b>13,666</b>	<b>51.1</b>	<b>50.7 – 51.4</b>	<b>Yes (+2%)</b>

Shading and italics indicate that the value is significantly higher than the state. Shading and no italics indicate that the value is significantly lower than the state.

Source: Office of Health Data and Program Management, Maine CDC.

New Gloucester, Gray, Bridgton, Windham, and South Portland report birth rates significantly higher than the state. The towns with birth rates significantly lower than the state are Portland, Gorham, Standish, Yarmouth, Raymond, and Harpswell. A significant change between time periods is found in three towns and the state. Birth rates have increased in Gray and the state, while rates have lessened in Falmouth and Scarborough.

Table 4.2. Free or Reduced School Lunch Program Eligibility (2008 to 2010)\*

School Administrative District (SAD)	2009-2010 School Year			2008-2009 School Year			Any Significant Change Between Time Periods?
	Eligible for Free or Reduced Lunch (#)	Eligible for Free or Reduced Lunch (%)	95% Confidence Interval (%)	Eligible for Free or Reduced Lunch (#)	Eligible for Free or Reduced Lunch (%)	95% CI (%)	
SAD 17 (Harrison)	<i>125</i>	<i>71.8</i>	<i>65.2 – 78.5</i>	<i>120</i>	<i>62.5</i>	<i>55.7 – 69.3</i>	No
SAD 61 (Bridgton, Casco, Naples, Sebago)	<i>1,074</i>	<i>60.2</i>	<i>57.9 – 62.5</i>	<i>920</i>	<i>47.4</i>	<i>45.2 – 49.7</i>	Yes (+27%)
Westbrook	<i>1,297</i>	<i>53.9</i>	<i>51.9 – 55.9</i>	<i>1,217</i>	<i>49.4</i>	<i>47.5 – 51.4</i>	Yes (+9%)
SAD 55 (Baldwin)	45	50.6	40.2 – 60.9	32	39.5	28.9 – 50.2	No
Portland	<i>3,410</i>	<i>48.8</i>	<i>47.6 – 50.0</i>	<i>3,126</i>	<i>45.0</i>	<i>43.9 – 46.2</i>	Yes (+8%)
Long Island	6	42.9	16.9 – 68.8	1	7.7	0.0 – 22.2	No
SAD 6 (Standish)	<i>747</i>	<i>39.8</i>	<i>37.5 – 42.0</i>	<i>636</i>	<i>32.4</i>	<i>30.4 – 34.5</i>	Yes (+23%)
SAD 75 (Harpwell)	66	38.6	31.3 – 45.9	58	31.4	24.7 – 38.0	No
South Portland	<i>1,106</i>	<i>35.4</i>	<i>33.7 – 37.0</i>	<i>950</i>	<i>31.1</i>	<i>29.4 – 32.7</i>	Yes (+14%)
RSU 14 (Raymond, Windham)	<i>1,021</i>	<i>30.1</i>	<i>28.6 – 31.7</i>	<i>872</i>	<i>25.8</i>	<i>24.3 – 27.3</i>	Yes (+17%)
Brunswick	<i>817</i>	<i>29.8</i>	<i>28.1 – 31.5</i>	<i>794</i>	<i>25.7</i>	<i>24.1 – 27.2</i>	Yes (+16%)
SAD 15 (Gray, New Gloucester)	566	29.3	27.3 – 31.3	556	28.3	26.3 – 30.2	No
RSU 5 (Freeport, Pownal)	259	19.6	17.5 – 21.7	233	17.7	15.6 – 19.8	No
Gorham	508	18.9	17.4 – 20.4	461	16.0	14.7 – 17.4	Yes (+18%)
Scarborough	532	15.6	14.4 – 16.8	433	12.9	11.8 – 14.0	Yes (+21%)
SAD 51 (Cumberland, North Yarmouth)	200	9.2	8.0 – 10.4	171	7.7	6.6 – 8.8	No
Yarmouth	123	8.8	7.3 – 10.3	97	7.0	5.6 – 8.3	No
Cape Elizabeth	98	6.0	4.8 – 7.1	87	5.3	4.2 – 6.4	No
Falmouth	103	4.8	3.9 – 5.7	65	3.1	2.4 – 3.9	No
<b>COUNTY</b>	<b>12,368</b>	<b>30.7</b>	<b>30.3 – 31.2</b>	<b>11,268</b>	<b>27.3</b>	<b>26.9 – 27.7</b>	<b>Yes (+13%)</b>
<b>STATE</b>	<b>81,020</b>	<b>43.0</b>	<b>42.8 – 43.2</b>	<b>75,358</b>	<b>39.1</b>	<b>38.8 – 39.3</b>	<b>Yes (+10%)</b>

\*Among public school students only.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: Maine Department of Education.

Public schools in the Lakes Region and Greater Portland have the highest proportion of students eligible for free or reduced school lunches. Additionally, nine school districts representing thirteen towns in Cumberland County report a significant increase in the number of eligible children compared to the prior school year, as does the state and county as a whole.

## 5. Infectious Disease

Table 5.1. Chlamydia Incidence (2002 to 2007)

Place	2005 to 2007			2002 to 2004			Any Significant Change Between Time Periods?
	Average Annual Cases	Annual Cases per 100,000	95% Confidence Interval	Average Annual Cases	Annual Cases per 100,000	95% CI	
Portland	<i>231</i>	<i>367</i>	<i>339 – 394</i>	<i>187</i>	<i>292</i>	<i>268 – 316</i>	Yes (+26%)
Windham	<i>49</i>	<i>299</i>	<i>251 – 347</i>	29	184	145 – 222	Yes (+63%)
Brunswick	<i>63</i>	<i>291</i>	<i>250 – 332</i>	40	187	154 – 221	Yes (+55%)
Westbrook	<i>44</i>	<i>270</i>	<i>224 – 316</i>	25	156	121 – 191	Yes (+73%)
South Portland	<i>54</i>	<i>227</i>	<i>192 – 262</i>	35	150	121 – 179	Yes (+51%)
Pownal	3	209	80 – 339	*	*	*	*
Casco	7	191	109 – 272	4	103	42 – 164	No
Yarmouth	15	188	134 – 243	10	117	74 – 159	No
Gorham	26	167	130 – 204	<i>14</i>	<i>92</i>	<i>64 – 120</i>	Yes (+82%)
Raymond	8	167	99 – 235	7	156	89 – 223	No
New Gloucester	9	162	100 – 225	<i>4</i>	<i>85</i>	<i>39 – 131</i>	No
Harrison	4	155	63 – 246	2	100	26 – 174	No
Standish	<i>13</i>	<i>132</i>	<i>90 – 173</i>	16	160	114 – 205	No
Naples	5	130	62 – 198	4	128	58 – 197	No
Gray	<i>9</i>	<i>117</i>	<i>72 – 162</i>	11	158	105 – 212	No
Cape Elizabeth	<i>10</i>	<i>113</i>	<i>73 – 154</i>	<i>6</i>	<i>63</i>	<i>33 – 93</i>	No
Scarborough	<i>20</i>	<i>104</i>	<i>78 – 131</i>	<i>14</i>	<i>78</i>	<i>54 – 101</i>	No
Bridgton	<i>5</i>	<i>95</i>	<i>47 – 143</i>	9	172	106 – 238	No
Harpswell	<i>4</i>	<i>83</i>	<i>38 – 129</i>	<i>3</i>	<i>51</i>	<i>16 – 87</i>	No
Freeport	<i>7</i>	<i>82</i>	<i>46 – 118</i>	<i>3</i>	<i>34</i>	<i>10 – 57</i>	No
Cumberland	<i>6</i>	<i>77</i>	<i>41 – 113</i>	<i>6</i>	<i>80</i>	<i>43 – 116</i>	No
Falmouth	<i>8</i>	<i>76</i>	<i>45 – 106</i>	<i>7</i>	<i>63</i>	<i>36 – 91</i>	No
<b>COUNTY</b>	<b><i>637</i></b>	<b><i>232</i></b>	<b><i>222 – 243</i></b>	<b><i>498</i></b>	<b><i>183</i></b>	<b><i>174 – 193</i></b>	<b>Yes (+27%)</b>
<b>STATE</b>	<b>2,367</b>	<b>180</b>	<b>176 – 184</b>	<b>1,987</b>	<b>153</b>	<b>149 – 157</b>	<b>Yes (+18%)</b>

were fewer than six cases.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Places not listed have fewer than six cases.

Source: HIV, STD, and Viral Hepatitis Program; Maine CDC.

Portland, Windham, Brunswick, Westbrook, and South Portland have significantly higher incidence rates of chlamydia than the state. Cumberland County also reports a significantly higher rate. Conversely, nine towns have significantly lower incidence rates compared to the state.

Portland records 36% of all chlamydia cases in the county, while Cumberland County records 27% of all chlamydia cases in the state.

All significant changes between time periods involve an increase in chlamydia cases. Out of the six towns with higher incidence rates, Gorham reports the greatest increase at 82%. Additionally, the county and state report 27% and 18% increases, respectively.

\*Data not displayed because there

Table 5.2. Enteric (Foodborne and Waterborne) Diseases Incidence (2002 to 2007)

Place	2005 to 2007			2002 to 2004			Any Significant Change Between Time Periods?
	Average Annual Cases	Annual Cases per 100,000	95% Confidence Interval	Average Annual Cases	Annual Cases per 100,000	95% CI	
New Gloucester	4	81	37 – 125	*	*	*	*
Portland	<b>46</b>	<b>74</b>	<b>61 – 86</b>	34	53	43 – 63	No
Cape Elizabeth	6	68	37 – 99	4	48	22 – 75	No
Yarmouth	5	65	33 – 98	3	36	13 – 60	No
Freeport	5	58	27 – 88	4	46	19 – 73	No
Bridgton	3	57	20 – 94	*	*	*	*
Casco	2	54	11 – 98	*	*	*	*
Falmouth	6	54	28 – 79	5	47	23 – 71	No
Westbrook	8	49	30 – 69	5	31	15 – 47	No
Brunswick	10	46	29 – 62	8	39	24 – 54	No
South Portland	10	44	28 – 59	7	30	17 – 43	No
Cumberland	3	43	16 – 69	*	*	*	*
Standish	4	37	15 – 59	3	34	13 – 55	No
Scarborough	6	34	18 – 49	8	43	26 – 61	No
Windham	5	30	15 – 46	5	31	15 – 47	No
Gorham	<b>4</b>	<b>26</b>	<b>11 – 41</b>	5	31	15 – 48	No
<b>COUNTY</b>	<b>135</b>	<b>49</b>	<b>44 – 54</b>	<b>105</b>	<b>39</b>	<b>35 – 43</b>	<b>Yes (+27%)</b>
<b>STATE</b>	<b>594</b>	<b>45</b>	<b>43 – 47</b>	<b>538</b>	<b>41</b>	<b>39 – 43</b>	<b>No</b>

\*Data not displayed because there were fewer than six cases.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Places not listed have fewer than six cases.

Source: National Electronic Disease Surveillance System (NEDSS), Maine CDC.

All enteric diseases are collapsed into a single category and across three-year increments to provide a larger sample size. Please see Notes for a list of all diseases included.

Portland is the only place to record an enteric disease incidence significantly higher than the state. Portland has 34% of all enteric diseases in the county, and averages 46 cases per year. During this same time period, Gorham is the only town to report a significantly lower incidence of enteric disease. Cumberland County as a whole has seen a 27% increase in its rate between the two time periods.

Table 5.3. Lyme Disease Incidence (2002 to 2007)

Place	2003 to 2007			2002 to 2004			Any Significant Change Between Time Periods?
	Average Annual Cases	Annual Cases per 100,000	95% Confidence Interval	Average Annual Cases	Annual Cases per 100,000	95% CI	
Pownal	2	126	25 – 226	*	*	*	No
North Yarmouth	<i>4</i>	<i>114</i>	<i>50 – 179</i>	*	*	*	No
Falmouth	<i>10</i>	<i>91</i>	<i>58 – 125</i>	4	35	14 – 55	Yes (+163%)
Cumberland	<i>7</i>	<i>86</i>	<i>48 – 123</i>	<i>4</i>	<i>49</i>	<i>20 – 77</i>	No
Cape Elizabeth	<i>7</i>	<i>75</i>	<i>42 – 109</i>	<i>4</i>	<i>48</i>	<i>22 – 75</i>	No
Gorham	<i>10</i>	<i>65</i>	<i>42 – 88</i>	*	*	*	No
Freeport	<i>5</i>	<i>62</i>	<i>31 – 93</i>	3	34	10 – 57	No
Harpswell	3	58	20 – 95	*	*	*	No
Gray	4	54	23 – 84	*	*	*	No
Yarmouth	4	53	24 – 82	*	*	*	No
Raymond	2	51	13 – 88	*	*	*	No
Windham	8	49	29 – 68	*	*	*	No
Westbrook	7	43	25 – 62	*	*	*	No
Brunswick	9	43	27 – 59	5	25	13 – 37	No
Bridgton	2	38	8 – 68	*	*	*	No
Scarborough	6	34	18 – 49	3	16	6 – 27	No
Standish	3	27	8 – 46	*	*	*	No
South Portland	5	20	9 – 30	3	14	5 – 23	No
Portland	<i>9</i>	<i>15</i>	<i>9 – 20</i>	7	10	6 – 15	No
<b>COUNTY</b>	<b><i>110</i></b>	<b><i>40</i></b>	<b><i>36 – 45</i></b>	<b>44</b>	<b>16</b>	<b>13 – 19</b>	<b>Yes (+148%)</b>
<b>STATE</b>	<b>371</b>	<b>28</b>	<b>27 – 30</b>	<b>205</b>	<b>16</b>	<b>14 – 17</b>	<b>Yes (+80%)</b>

\*Data not displayed because there were fewer than six cases.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Places not listed have fewer than six cases.

Source: NEDSS, Maine CDC.

The incidences of Lyme disease is higher along coastal towns. In fact, six towns report significantly higher rates than the state, of which four are coastal towns. In contrast, Portland has the lowest rate, perhaps due to urbanization. Cumberland County has a significantly higher rate of Lyme disease as well.

Significant changes between time periods are found in one town (Falmouth), the county, and the state. The incidence rates of Lyme disease increase by 148% in the county and 80% in the state. However, Falmouth reports the greatest increase at 163%.

## 6. Chronic Disease

Table 6.1. Back Pain Prevalence among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Cases	Prevalence per 1,000 Members	95% Confidence Interval	Cases	Prevalence per 1,000 Members	95% CI	
Region 5 South Portland	<i>1,611</i>	<i>120.7</i>	<i>114.8 – 126.5</i>	1,545	119.3	113.3 – 125.2	No
Region 2 Raymond, Windham	1,443	115.3	109.3 – 121.2	1,411	114.5	108.6 – 120.5	No
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	1,595	113.0	107.4 – 118.5	1,515	109.4	103.9 – 114.9	No
Region 3 Gorham, Westbrook	1,989	112.3	107.4 – 117.3	2,009	115.5	110.5 – 120.6	No
Region 8 Freeport, Gray, New Gloucester, Pownal	1,438	110.9	105.1 – 116.6	1,424	114.0	108.0 – 119.9	No
Region 4 Cape Elizabeth, Scarborough	1,993	109.1	104.3 – 113.9	1,870	106.0	101.2 – 110.8	No
Region 9 Brunswick, Harpswell	1,145	108.4	102.1 – 114.7	1,135	110.0	103.6 – 116.4	No
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	2,237	108.1	103.7 – 112.6	2,212	109.9	105.3 – 114.5	No
Region 6 Portland	3,327	107.4	103.8 – 111.1	3,318	110.2	106.4 – 113.9	No
<b>COUNTY</b>	<b>16,630</b>	<b>105.9</b>	<b>104.3 – 107.5</b>	<b>16,311</b>	<b>106.8</b>	<b>105.2 – 108.5</b>	<b>No</b>
<b>STATE</b>	<b>66,277</b>	<b>109.9</b>	<b>109.0 – 110.7</b>	<b>65,254</b>	<b>110.8</b>	<b>109.9 – 111.6</b>	<b>No</b>

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: Onpoint Health Data.

Back pain is one of the most common sources for private insurance claims in Maine. In 2006 and 2007, Region 5 (South Portland) is the only region to report a significantly higher prevalence of back pain than the state. No towns have significantly lower rates in either year. However, the county has significantly lower rates than the state in both 2006 and 2007. There are no significant changes between time periods.

Table 6.2. Depression Prevalence among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Cases	Prevalence per 1,000 Members	95% Confidence Interval	Cases	Prevalence per 1,000 Members	95% CI	
Region 6 Portland	2,674	86.3	83.1 – 89.6	2,481	82.4	79.1 – 85.6	No
Region 5 South Portland	1,094	81.9	77.1 – 86.8	1,038	80.1	75.3 – 85.0	No
Region 9 Brunswick, Harpswell	839	79.4	74.0 – 84.8	808	78.3	72.9 – 83.7	No
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	1,420	68.6	65.1 – 72.2	1,331	66.1	62.6 – 69.7	No
Region 4 Cape Elizabeth, Scarborough	1,218	66.7	62.9 – 70.4	1,179	66.8	63.0 – 70.6	No
Region 3 Gorham, Westbrook	1,176	66.4	62.6 – 70.2	1,144	65.8	62.0 – 69.6	No
Region 2 Raymond, Windham	814	65.0	60.6 – 69.5	819	66.5	61.9 – 71.0	No
Region 8 Freeport, Gray, New Gloucester, Pownal	807	62.2	57.9 – 66.5	818	65.5	61.0 – 69.9	No
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	869	61.6	57.5 – 65.6	875	63.2	59.0 – 67.4	No
<b>COUNTY</b>	<b>10,727</b>	<b>68.3</b>	<b>67.0 – 69.6</b>	<b>10,315</b>	<b>67.6</b>	<b>66.3 – 68.9</b>	<b>No</b>
<b>STATE</b>	<b>35,621</b>	<b>59.1</b>	<b>58.4 – 59.7</b>	<b>35,049</b>	<b>59.5</b>	<b>58.9 – 60.1</b>	<b>No</b>

Shading and italics indicate that the value is significantly higher than the state.

Source: Onpoint Health Data.

Prevalence rates of depression in Cumberland County are staggering, with seven of the nine regions reporting significantly higher rates than the state in 2007. The only towns without elevated rates are found in Regions 1 and 8, which consists of towns in the northern part of the county. Not surprisingly, Cumberland County as a whole reports a significantly higher rate of depression compared to the state. This finding highlights a need for increased mental health services from a public health perspective.

Table 6.3. Diabetes Prevalence among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Cases	Prevalence per 1,000 Members	95% Confidence Interval	Cases	Prevalence per 1,000 Members	95% CI	
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	620	43.9	40.5 – 47.4	617	44.5	41.0 – 48.1	No
Region 3 Gorham, Westbrook	740	41.8	38.8 – 44.8	732	42.1	39.0 – 45.1	No
Region 5 South Portland	540	40.4	37.0 – 43.9	523	40.4	36.9 – 43.8	No
Region 2 Raymond, Windham	495	39.5	36.1 – 43.0	486	39.5	35.9 – 43.0	No
Region 9 Brunswick, Harpswell	417	39.5	35.7 – 43.3	398	38.6	34.8 – 42.3	No
Region 6 Portland	1,081	34.9	32.8 – 37.0	1,021	33.9	31.8 – 36.0	No
Region 8 Freeport, Gray, New Gloucester, Pownal	431	33.2	30.1 – 36.4	443	35.5	32.2 – 38.8	No
Region 4 Cape Elizabeth, Scarborough	592	32.4	29.8 – 35.0	572	32.4	29.8 – 35.1	No
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	530	25.6	23.4 – 27.8	492	24.4	22.3 – 26.6	No
<b>COUNTY</b>	<b>5,383</b>	<b>34.3</b>	<b>33.4 – 35.2</b>	<b>5,228</b>	<b>34.2</b>	<b>33.3 – 35.2</b>	<b>No</b>
<b>STATE</b>	<b>25,919</b>	<b>43.0</b>	<b>42.5 – 43.5</b>	<b>24,827</b>	<b>42.1</b>	<b>41.6 – 42.7</b>	<b>No</b>

Shading and no italics indicate that the value is significantly lower than the state.

Source: Onpoint Health Data.

None of the nine regions have a diabetes prevalence rate significantly higher than the state rate. In fact, four of the nine regions representing the coastal and eastern areas have a significantly lower rate. This is consistent with the prior year. Type of diabetes (juvenile vs. adult onset) would be an interesting issue to explore further. There are no significant changes between time periods for the towns, county, or state.

Table 6.4. Asthma Prevalence among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Cases	Prevalence per 1,000 Members	95% Confidence Interval	Cases	Prevalence per 1,000 Members	95% CI	
Region 5 South Portland	476	35.7	32.4 – 38.9	466	36.0	32.7 – 39.2	No
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	712	34.4	31.9 – 36.9	737	36.6	34.0 – 39.3	No
Region 3 Gorham, Westbrook	603	34.1	31.3 – 36.8	609	35.0	32.2 – 37.8	No
Region 6 Portland	1,035	33.4	31.4 – 35.5	1,029	34.2	32.1 – 36.3	No
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	457	32.4	29.4 – 35.3	426	30.8	27.8 – 33.7	No
Region 9 Brunswick, Harpswell	339	32.1	28.7 – 35.5	332	32.2	28.7 – 35.6	No
Region 2 Raymond, Windham	384	30.7	27.6 – 33.7	357	29.0	26.0 – 32.0	No
Region 4 Cape Elizabeth, Scarborough	560	30.7	28.1 – 33.2	527	29.9	27.3 – 32.4	No
Region 8 Freeport, Gray, New Gloucester, Pownal	377	29.1	26.1 – 32.0	395	31.6	28.5 – 34.7	No
<b>COUNTY</b>	<b>4,918</b>	<b>31.3</b>	<b>30.4 – 32.2</b>	<b>4,850</b>	<b>31.8</b>	<b>30.9 – 32.7</b>	<b>No</b>
<b>STATE</b>	<b>18,195</b>	<b>30.2</b>	<b>29.7 – 30.6</b>	<b>18,412</b>	<b>31.3</b>	<b>30.8 – 31.7</b>	<b>Yes (-3%)</b>

Shading and italics indicate that the value is significantly higher than the state.

Source: Onpoint Health Data.

In 2006 and 2007, four regions (Regions 3, 5, 6, and 7) report an asthma prevalence rate significantly higher than the state. No regions report rates substantially lower than the state. The only significant change between time periods is found in the state, with the prevalence rate of asthma cases decreasing by 3%.

Table 6.5. Coronary Heart Disease Prevalence among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Cases	Prevalence per 1,000 Members	95% Confidence Interval	Cases	Prevalence per 1,000 Members	95% Confidence Interval	
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	231	16.4	14.3 – 18.5	240	17.3	15.1 – 19.5	No
Region 9 Brunswick, Harpswell	157	14.9	12.5 – 17.2	119	11.5	9.5 – 13.6	No
Region 3 Gorham, Westbrook	249	14.1	12.3 – 15.8	261	15.0	13.2 – 16.8	No
Region 8 Freeport, Gray, New Gloucester, Pownal	171	13.2	11.2 – 15.2	171	13.7	11.6 – 15.7	No
Region 5 South Portland	169	12.7	10.7 – 14.6	162	12.5	10.6 – 14.4	No
Region 2 Raymond, Windham	157	12.5	10.6 – 14.5	193	15.7	13.5 – 17.9	No
Region 4 Cape Elizabeth, Scarborough	212	11.6	10.0 – 13.2	244	13.8	12.1 – 15.6	No
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	227	11.0	9.5 – 12.4	227	11.3	9.8 – 12.7	No
Region 6 Portland	319	10.3	9.2 – 11.4	345	11.5	10.2 – 12.7	No
<b>COUNTY</b>	<b>1,871</b>	<b>11.9</b>	<b>11.4 – 12.5</b>	<b>1,950</b>	<b>12.8</b>	<b>12.2 – 13.3</b>	<b>No</b>
<b>STATE</b>	<b>8,658</b>	<b>14.4</b>	<b>14.1 – 14.7</b>	<b>8,961</b>	<b>15.2</b>	<b>14.9 – 15.5</b>	<b>Yes (-6%)</b>

Shading and no italics indicate that the value is significantly lower than the state.

Source: Onpoint Health Data.

Similar to diabetes, coronary heart disease prevalence rates are significantly lower in the coastal and eastern areas of Cumberland County. No regions have significantly higher rates than the state.

In 2006, Regions 5, 6, 7, and 9, along with Cumberland County, report significantly lower rates of heart disease prevalence. In 2007, Regions 6 and 7, along with Cumberland County, continue to have significantly lower rates than the state. Region 4 reports significantly lower rates in 2007, but not 2006.

The state has the only significant change between time periods, with the incidence rate of heart disease decreasing by 6%.

Table 6.6. Smoking-related Diagnoses Prevalence among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Cases	Prevalence per 1,000 Members	95% Confidence Interval	Cases	Prevalence per 1,000 Members	95% Confidence Interval	
Region 9 Brunswick, Harpswell	98	9.3	7.4 – 11.1	103	10.0	8.1 – 11.9	No
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	119	8.4	6.9 – 9.9	105	7.6	6.1 – 9.0	No
Region 3 Gorham, Westbrook	130	7.3	6.1 – 8.6	127	7.3	6.0 – 8.6	No
Region 8 Freeport, Gray, New Gloucester, Pownal	93	7.2	5.7 – 8.6	92	7.4	5.9 – 8.9	No
Region 5 South Portland	92	6.9	5.5 – 8.3	98	7.6	6.1 – 9.1	No
Region 2 Raymond, Windham	78	6.2	4.8 – 7.6	82	6.7	5.2 – 8.1	No
Region 6 Portland	183	5.9	5.1 – 6.8	192	6.4	5.5 – 7.3	No
Region 4 Cape Elizabeth, Scarborough	97	5.3	4.3 – 6.4	83	4.7	3.7 – 5.7	No
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	70	3.4	2.6 – 4.2	85	4.2	3.3 – 5.1	No
<b>COUNTY</b>	<b>956</b>	<b>6.1</b>	<b>5.7 – 6.5</b>	<b>966</b>	<b>6.3</b>	<b>5.9 – 6.7</b>	<b>No</b>
<b>STATE</b>	<b>5,213</b>	<b>8.6</b>	<b>8.4 – 8.9</b>	<b>5,430</b>	<b>9.2</b>	<b>9.0 – 9.5</b>	<b>Yes (-6%)</b>

Shading and no italics indicate that the value is significantly lower than the state.

Source: Onpoint Health Data.

Please see Notes for a list of all diseases included. No region reports a significantly higher prevalence of smoking-related diagnoses than the state. The five regions with significantly lower prevalence rates are clustered along the central and coastal parts of the county. Additionally, Cumberland County has a lower prevalence rate compared to the state.

The state reports the only significant change between time periods, with a 6% decline in the prevalence rate of smoking-related diagnoses.

## 7. Cancer

Table 7.1. Breast Cancer Prevalence among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Cases	Prevalence per 1,000 Members	95% Confidence Interval	Cases	Prevalence per 1,000 Members	95% CI	
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	138	6.7	5.6 – 7.8	136	6.8	5.6 – 7.9	No
Region 9 Brunswick, Harpswell	65	6.2	4.7 – 7.6	55	5.3	3.9 – 6.7	No
Region 4 Cape Elizabeth, Scarborough	108	5.9	4.8 – 7.0	107	6.1	4.9 – 7.2	No
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	81	5.7	4.5 – 7.0	69	5.0	3.8 – 6.2	No
Region 2 Raymond, Windham	64	5.1	3.9 – 6.4	66	5.4	4.1 – 6.7	No
Region 6 Portland	158	5.1	4.3 – 5.9	168	5.6	4.7 – 6.4	No
Region 8 Freeport, Gray, New Gloucester, Pownal	65	5.0	3.8 – 6.2	63	5.0	3.8 – 6.3	No
Region 5 South Portland	58	4.3	3.2 – 5.5	62	4.8	3.6 – 6.0	No
Region 3 Gorham, Westbrook	68	3.8	2.9 – 4.8	94	5.4	4.3 – 6.5	No
<b>COUNTY</b>	<b>799</b>	<b>5.1</b>	<b>4.7 – 5.4</b>	<b>813</b>	<b>5.3</b>	<b>5.0 – 5.7</b>	<b>No</b>
<b>STATE</b>	<b>3,308</b>	<b>5.5</b>	<b>5.3 – 5.7</b>	<b>3,347</b>	<b>5.7</b>	<b>5.5 – 5.9</b>	<b>No</b>

Shading and no italics indicate that the value is significantly lower than the state.

Source: Onpoint Health Data.

Region 7 (Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth) reports the highest prevalence rate of breast cancer cases.

No region is significantly higher than the state. However, Region 3 (Gorham, Westbrook) is the only region to report a prevalence rate that is significantly lower than the state. Additionally, there are no significant changes between time periods for the towns, county, or state.

Table 7.2. Colorectal Cancer Prevalence among the Privately Insured (2006 to 2007)

Region	2007			2006			Any Significant Change Between Time Periods?
	Cases	Prevalence per 1,000 Members	95% Confidence Interval	Cases	Prevalence per 1,000 Members	95% CI	
Region 9 Brunswick, Harpswell	16	1.5	0.8 – 2.3	10	1.0	0.4 – 1.6	No
Region 4 Cape Elizabeth, Scarborough	25	1.4	0.8 – 1.9	17	1.0	0.5 – 1.4	No
Region 2 Raymond, Windham	16	1.3	0.7 – 1.9	14	1.1	0.5 – 1.7	No
Region 5 South Portland	16	1.2	0.6 – 1.8	14	1.1	0.5 – 1.6	No
Region 3 Gorham, Westbrook	21	1.2	0.7 – 1.7	20	1.1	0.6 – 1.7	No
Region 1 Baldwin, Bridgton, Casco, Harrison, Naples, Sebago, Standish	15	1.1	0.5 – 1.6	8	0.6	0.2 – 1.0	No
Region 6 Portland	31	1.0	0.6 – 1.4	28	0.9	0.6 – 1.3	No
Region 8 Freeport, Gray, New Gloucester, Pownal	12	0.9	0.4 – 1.4	9	0.7	0.2 – 1.2	No
Region 7 Cumberland, Falmouth, Long Island, North Yarmouth, Yarmouth	16	0.8	0.4 – 1.2	14	0.7	0.3 – 1.1	No
<b>COUNTY</b>	<b>168</b>	<b>1.1</b>	<b>0.9 – 1.2</b>	<b>134</b>	<b>0.9</b>	<b>0.7 – 1.0</b>	<b>No</b>
<b>STATE</b>	<b>754</b>	<b>1.3</b>	<b>1.2 – 1.3</b>	<b>727</b>	<b>1.2</b>	<b>1.1 – 1.3</b>	<b>No</b>

Shading and no italics indicate that the value is significantly lower than the state.

Source: Onpoint Health Data.

Region 9 (Brunswick, Harpswell) has the highest prevalence rate of colorectal cancer cases for 2007. In the prior year, Regions 2, 3, and 5 have had the highest prevalence rates. However, Region 6 (Portland) reports the most cases for both years.

In 2006, parts of the coastal and northern areas of the county have had significantly lower rates of colorectal cancer compared to the state. Cumberland County has had significantly lower rates than the state the same year. In contrast, only Region 7 has had significantly lower rates the following year. No significant differences are found between years.

## 8. Oral Health

Table 8.1. Unfluoridated Drinking Water (2010)

<b>Place</b>	<b>Population</b>
Yarmouth	8,349
Gray	7,761
New Gloucester	5,542
Harpswell	4,740
Casco	3,742
Naples	3,872
North Yarmouth	3,565
Harrison	2,730
Pownal	1,474
Sebago	1,540
Baldwin	1,791
Long Island	230
<b>COUNTY</b>	<b>45,336</b> <b>(16% of total)</b>

Source: Drinking Water Program, Maine Division of Environmental Health.

Since 1945 community water fluoridation has proven to be a cost-effective and safe method to preventing tooth decay. Yet 16% of Cumberland County's total population has unfluoridated public drinking water as of 2008.

Yarmouth, Gray, New Gloucester, and Harpswell each have over 5,000 residents living with unfluoridated public drinking water.

Table 8.2. Federally Designated Dental Health Professional Shortage Areas (2010)

<b>Place</b>	<b>Population</b>
Bridgton	5,210
Naples	3,872
Casco	3,742
Harrison	2,730
Sebago	1,719
Baldwin	1,525
<b>COUNTY</b>	<b>18,798</b> <b>(7% of total)</b>

Source: Federal Division of Shortage Designation (FDSD).

As of 2010, the northwestern lakes region of Cumberland County has experienced a shortage of dental health professionals. This particular area constitutes 7% of the county.

## 9. Environmental Health

Table 9.1. Housing Built Before 1950 (2000)

Place	Built Before 1950 (#)	Built Before 1950 (%)	95% Confidence Interval (%)
Long Island	70	80.5	72.1 – 88.8
Portland	17,146	57.7	57.1 – 58.3
South Portland	4,848	48.3	47.3 – 49.2
Westbrook	3,020	44.0	42.8 – 45.2
Bridgton	716	37.2	35.1 – 39.4
Baldwin	173	35.1	30.9 – 39.3
Sebago	198	33.9	30.1 – 37.7
Pownal	187	33.1	29.2 – 37.0
Cape Elizabeth	1,137	32.6	31.0 – 34.2
Falmouth	1,265	32.0	30.6 – 33.5
Brunswick	2,593	31.8	30.8 – 32.8
Harpswell	613	26.2	24.4 – 28.0
Freeport	762	24.9	23.3 – 26.4
Yarmouth	836	24.4	22.9 – 25.8
Harrison	223	24.2	21.5 – 27.0
Gorham	1,110	22.8	21.6 – 23.9
Cumberland	522	20.5	18.9 – 22.1
Naples	239	18.4	16.3 – 20.5
Gray	474	18.0	16.5 – 19.4
Scarborough	1,146	17.7	16.8 – 18.7
Raymond	283	17.5	15.7 – 19.4
Casco	230	17.3	15.3 – 19.4
New Gloucester	304	17.3	15.5 – 19.0
North Yarmouth	179	16.0	13.9 – 18.2
Standish	509	15.9	14.6 – 17.1
Windham	857	15.5	14.6 – 16.5
<b>COUNTY</b>	<b>39,640</b>	<b>36.7</b>	<b>36.4 – 37.0</b>
<b>STATE</b>	<b>185,346</b>	<b>35.8</b>	<b>35.6 – 35.9</b>

Shading and italics indicate that the value is significantly higher than the state.  
 Shading and no italics indicate that the value is significantly lower than the state.  
 Source: US Census Bureau.

Housing age is often used as a proxy for potential lead poisoning, as it was not until 1978 that the US Consumer Product Safety Commission banned lead paint for residential use.

Long Island, Portland, South Portland, and Westbrook have at least 40% or more homes built before 1950, all of which substantially exceed the state percentage.

The percentage of homes built in Cumberland County before 1950 (36.7%) is also significantly higher than the state percentage.

## 10. Substance Use

Table 10.1. Controlled Substance Prescriptions (2008 to 2009)

Place	2009			2008			Any Significant Change Between Time Periods?
	Rxs	Rxs per person	95% Confidence Interval	Rxs	Rxs per person	95% Confidence Interval	
Westbrook	<i>39,151</i>	<i>2.35</i>	<i>2.33 - 2.38</i>	<i>36,163</i>	<i>2.18</i>	<i>2.16 - 2.20</i>	Yes (+8%)
Harrison	<i>5,715</i>	<i>2.33</i>	<i>2.27 - 2.40</i>	<i>5,151</i>	<i>2.12</i>	<i>2.06 - 2.18</i>	Yes (+10%)
Bridgton	<i>12,370</i>	<i>2.24</i>	<i>2.20 - 2.28</i>	<i>11,639</i>	<i>2.13</i>	<i>2.09 - 2.17</i>	Yes (+5%)
Casco	<i>8,163</i>	<i>2.14</i>	<i>2.09 - 2.19</i>	<i>7,299</i>	<i>1.92</i>	<i>1.88 - 1.96</i>	Yes (+11%)
Naples	<i>7,830</i>	<i>2.10</i>	<i>2.06 - 2.15</i>	<i>7,197</i>	<i>1.96</i>	<i>1.91 - 2.00</i>	Yes (+8%)
Sebago	<i>3,212</i>	<i>2.05</i>	<i>1.98 - 2.13</i>	<i>3,013</i>	<i>1.95</i>	<i>1.88 - 2.02</i>	No
Portland	<i>124,456</i>	<i>1.98</i>	<i>1.96 - 1.99</i>	<i>123,822</i>	<i>1.97</i>	<i>1.96 - 1.98</i>	No
Baldwin	<i>2,787</i>	<i>1.97</i>	<i>1.89 - 1.92</i>	<i>2,535</i>	<i>1.79</i>	<i>1.72 - 1.86</i>	Yes (+10%)
South Portland	<i>45,509</i>	<i>1.90</i>	<i>1.88 - 1.92</i>	<i>43,071</i>	<i>1.80</i>	<i>1.78 - 1.82</i>	Yes (+5%)
Raymond	8,403	1.80	1.76 - 1.84	7,880	1.69	1.65 - 1.73	Yes (+6%)
Windham	<i>29,450</i>	1.74	1.72 - 1.76	27,536	1.64	1.62 - 1.66	Yes (+6%)
Brunswick	<i>36,140</i>	1.64	1.63 - 1.66	36,851	1.68	1.60 - 1.65	Yes (-2%)
Standish	<i>16,297</i>	1.63	1.67 - 1.66	16,162	1.62	1.6 - 1.65	No
Gray	<i>11,958</i>	1.57	1.54 - 1.60	11,770	1.56	1.53 - 1.58	No
Scarborough	<i>29,909</i>	1.55	1.54 - 1.57	30,028	1.57	1.55 - 1.59	No
Yarmouth	<i>12,337</i>	1.52	1.49 - 1.54	13,382	1.65	1.62 - 1.68	Yes (-8%)
Chebeague Is.	479	1.43	1.30 - 1.55	470	1.40	1.28 - 1.53	No
Harpswell	<i>7,495</i>	1.41	1.38 - 1.45	7,311	1.39	1.36 - 1.42	No
Freeport	<i>11,628</i>	1.40	1.38 - 1.43	12,229	1.48	1.45 - 1.51	Yes (-5%)
Cape Elizabeth	<i>12,129</i>	1.38	1.35 - 1.40	11,552	1.32	1.29 - 1.34	Yes (+5%)
New Gloucester	<i>7,638</i>	1.37	1.34 - 1.40	7,306	1.32	1.29 - 1.35	No
Gorham	<i>21,249</i>	1.35	1.33 - 1.37	21,874	1.40	1.38 - 1.42	Yes (-3%)
Falmouth	<i>14,388</i>	1.33	1.31 - 1.35	14,509	1.35	1.33 - 1.37	No
Pownal	<i>2,058</i>	1.26	1.21 - 1.32	2,002	1.23	1.18 - 1.28	No
Cumberland	<i>9,568</i>	1.25	1.23 - 1.28	8,697	1.15	1.12 - 1.17	Yes (+9%)
North Yarmouth	<i>4,099</i>	1.14	1.11 - 1.18	3,655	1.02	0.99 - 1.05	Yes (+12%)
Long Island	219	1.12	0.97 - 1.27	214	1.09	0.95 - 1.24	No
<b>COUNTY</b>	<b><i>484,637</i></b>	<b><i>1.74</i></b>	<b><i>1.74 - 1.75</i></b>	<b><i>473,318</i></b>	<b><i>1.71</i></b>	<b><i>1.70 - 1.71</i></b>	<b>Yes (+2%)</b>
<b>STATE</b>	<b><i>2,403,496</i></b>	<b><i>1.82</i></b>	<b><i>1.82 - 1.83</i></b>	<b><i>2,318,875</i></b>	<b><i>1.76</i></b>	<b><i>1.76 - 1.76</i></b>	<b>Yes (+4%)</b>

Shading and italics indicate that the value is significantly higher than the state.  
 Shading and no italics indicate that the value is significantly lower than the state.  
 Source: Prescription Monitoring Program, Maine Office of Substance Abuse.

Nine towns have had significantly higher rates of controlled substance prescriptions than the state. Westbrook reports the highest number of prescriptions per person (2.35).

Of the 26 towns in Cumberland County, 17 report significantly lower rates of controlled substance prescriptions compared to the state. The county itself reports a significantly lower rate as well.

Twelve towns, the county, and state all report significant increases in prescription rates between time periods. In fact, Harrison, Casco, Baldwin, and North Yarmouth all report changes of 10% or greater.

Table 10.2. Substance Use Arrests (2000 to 2009)

Place	2005 to 2009			2000 to 2004			Any Significant Change Between Time Periods?
	Average Annual Arrests	Annual Arrests per 1,000	95% Confidence Interval	Average Annual Arrests	Annual Arrests per 1,000	95% CI	
Bridgton	<i>102</i>	<i>19.0</i>	<i>17.3 – 20.6</i>	39	7.8	6.7 – 8.9	Yes (+143%)
Gorham	<i>295</i>	<i>19.0</i>	<i>18.0 – 20.0</i>	178	12.2	11.3 – 12.9	Yes (+57%)
Portland	<i>917</i>	<i>14.5</i>	<i>14.1 – 14.9</i>	614	9.6	9.2 – 9.9	Yes (+52%)
Cumberland	105	14.0	12.8 – 15.2	76	10.7	9.6 – 11.7	Yes (+31%)
South Portland	285	12.0	11.3 – 12.6	<i>312</i>	<i>13.4</i>	<i>12.7 – 14.1</i>	No
Westbrook	<i>367</i>	12.0	11.3 – 12.6	<i>312</i>	<i>13.4</i>	<i>12.7 – 14.1</i>	Yes (+61%)
Brunswick	246	11.2	10.6 – 11.9	259	12.1	11.4 – 12.8	No
Freeport	87	10.6	9.6 – 11.6	73	9.2	8.3 – 10.2	No
Scarborough	200	10.5	9.9 – 11.2	189	10.5	9.8 – 11.1	No
Cape Elizabeth	88	9.9	9.0 – 10.9	64	7.1	6.3 – 7.9	Yes (+40%)
Windham	127	7.6	7.0 – 8.2	223	<i>13.9</i>	<i>13.4 – 14.7</i>	Yes (-20%)
Yarmouth	50	6.2	5.4 – 6.9	68	8.2	7.3 – 9.0	No
Falmouth	25	2.4	2.0 – 2.8	16	1.5	1.2 – 1.9	No
<b>COUNTY</b>	<b>3,509</b>	<b>12.7</b>	<b>12.5 – 12.9</b>	<b>3,061</b>	<b>11.3</b>	<b>11.2 – 11.5</b>	<b>Yes (+12%)</b>
<b>STATE</b>	<b>17,921</b>	<b>13.6</b>	<b>13.5 – 13.7</b>	<b>15,785</b>	<b>12.2</b>	<b>12.1 – 12.3</b>	<b>Yes (+12%)</b>

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Places not listed lack their own police department.

Cases reported to the University of Southern Maine’s Police Department were split equally between Gorham and Portland.

Source: Maine Department of Public Safety.

Between 2000 and 2004, three towns (South Portland, Westbrook, and Windham) reported substance abuse arrests at a significantly higher rate than the state. Likewise, between 2005 and 2009, three towns (Bridgton, Gorham, and Portland) report rates higher than the state.

Within the earlier time period, eight towns and the county as a whole have had significantly lower rates than the state. Over the next four years, nine towns and the county have had significantly lower rates than the state. In fact, between time periods, two places (Bridgton, Portland) have changed from having significantly lower rates to significantly higher rates.

Six towns, the county, and the state all report significant increases in substance abuse arrest rates between time periods. Rates are greater by 50% or more in Westbrook, Gorham, Bridgton, and Portland. Windham is the only town to report a decrease in rates (20%) between time periods.

## 11. Injury and Violence

Table 11.1. Violent Crimes (2000 to 2009)

Place	2005 to 2009			2000 to 2004			Any Significant Change Between Time Periods?
	Average Annual Count	Annual Count per 10,000	95% Confidence Interval	Average Annual Count	Annual Count per 10,000	95% CI	
Portland	252	39.9	37.7 – 42.1	222	34.6	32.5 – 36.6	Yes (+15%)
Westbrook	33	20.4	17.3 – 23.5	27	16.6	13.7 – 19.4	Yes (+23%)
South Portland	43	18.1	15.7 – 20.6	30	12.9	10.9 – 15.0	Yes (+40%)
Gorham	14	8.8	6.7 – 10.9	15	10.2	7.9 – 12.5	No
Bridgton	5	8.6	5.1 – 12.1	5	9.2	5.5 – 13.0	No
Scarborough	13	6.8	5.2 – 8.5	12	6.4	4.8 – 8.1	No
Brunswick	14	6.6	5.1 – 8.1	17	7.8	6.2 – 9.5	No
Windham	10	6.1	4.4 – 7.8	8	5.2	3.6 – 6.8	No
Yarmouth	4	4.7	2.6 – 6.8	4	4.8	2.7 – 6.9	No
Freeport	3	3.4	1.6 – 5.2	4	5.1	2.8 – 7.3	No
Cumberland	1	1.9	0.5 – 3.2	1	0.8	0.0 – 1.8	No
Cape Elizabeth	2	1.8	0.6 – 3.1	2	2.0	0.7 – 3.3	No
Falmouth	2	1.7	0.6 – 2.8	3	2.7	1.3 – 4.1	No
<b>COUNTY</b>	<b>453</b>	<b>16.4</b>	<b>15.7 – 17.1</b>	<b>384</b>	<b>14.2</b>	<b>13.6 – 14.9</b>	<b>Yes (+15%)</b>
<b>STATE</b>	<b>1,527</b>	<b>11.6</b>	<b>11.3 – 11.9</b>	<b>1,390</b>	<b>10.8</b>	<b>10.5 – 11.0</b>	<b>Yes (+7%)</b>

\*Domestic violence data are displayed in Table 7.2.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Places not listed lack their own police department.

Cases reported to the University of Southern Maine's Police Department were split equally between Gorham and Portland.

Source: Maine Department of Public Safety.

Portland and Westbrook report substantially higher rates of violent crimes than the state. Cumberland County consistently has a higher rate than the state as well. While South Portland also has had significantly higher rates between 2005 and 2009, this is not the case during the previous four years.

Significant differences between time periods are found in three towns, the county, and state. All changes are increases in rates, with Westbrook and South Portland increasing by 23% and 40%, respectively. Portland reports a smaller increase (15%), yet 56% of violent crimes in the county occur in Portland.

Table 11.2. Domestic Violence (2001 to 2006)

Place	2004 to 2006			2001 to 2003			Any Significant Change Between Time Periods?
	Average Annual Crimes	Annual Assaults per 10,000	95% Confidence Interval	Average Annual Crimes	Annual Assaults per 10,000	95% CI	
Portland	<i>548</i>	<i>86.4</i>	<i>82.2 – 90.6</i>	<i>498</i>	<i>77.8</i>	<i>73.8 – 81.7</i>	Yes (+11%)
South Portland	90	38.1	33.5 – 42.6	74	31.8	27.6 – 36.0	No
Bridgton	18	35.3	26.0 – 44.7	16	32.2	23.1 – 41.3	No
Gorham	54	35.2	29.8 – 40.6	68	<i>46.4</i>	<i>40.0 – 52.7</i>	No
Westbrook	48	29.9	25.0 – 34.7	62	38.6	33.1 – 44.2	No
Brunswick	62	28.6	24.5 – 32.7	55	25.7	21.8 – 29.7	No
Freeport	20	25.3	18.9 – 31.6	12	15.2	10.2 – 20.2	No
Scarborough	47	24.8	20.7 – 28.9	28	15.6	12.3 – 18.9	Yes (+59%)
Windham	37	22.6	18.4 – 26.8	46	29.3	24.5 – 34.2	No
Cumberland	13	17.6	12.1 – 23.1	7	10.3	6.0 – 14.7	No
Yarmouth	13	15.9	10.9 – 20.8	10	12.4	8.1 – 16.8	No
Cape Elizabeth	8	8.6	5.1 – 12.2	13	14.5	9.9 – 19.0	No
<b>COUNTY</b>	<b>1,106</b>	<b>40.4</b>	<b>39.0 – 41.8</b>	<b>1,081</b>	<b>40.1</b>	<b>38.7 – 41.4</b>	<b>No</b>
<b>STATE</b>	<b>5,400</b>	<b>41.2</b>	<b>40.6 – 41.8</b>	<b>5,040</b>	<b>39.0</b>	<b>38.3 – 39.6</b>	<b>Yes (+6%)</b>

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: Maine Department of Public Safety.

Portland is the only place with significantly higher rates of domestic violence than the state. The rate of annual assaults per 10,000 people in Portland is 86.4, which greatly exceeded the rate of annual assaults in the state (41.2). Additionally, half the domestic violence incidents in Cumberland County occur in Portland.

Eight towns report rates of domestic violence that are substantially lower than the state. Cape Elizabeth has the lowest numbers with 8 average annual assaults and 8.6 annual assaults per 10,000 people.

Significant differences between time periods are found in Portland, Scarborough, and the state. All changes reflect an increase in rates of domestic violence, with Scarborough reporting the greatest increase at 59%.

Table 11.3. Disabling Occupational Injuries (2008)

Place	2008			2007			Any Significant Change Between Time Periods?
	Injuries (#)	Injuries per 1,000 Workers	95% Confidence Interval	Injuries (#)	Injuries per 1,000 Workers	95% CI	
Portland	<i>1,313</i>	<i>37.4</i>	<i>35.3 – 39.4</i>	<i>1,446</i>	<i>41.1</i>	<i>39.0 – 43.3</i>	No
South Portland	<i>448</i>	<i>35.3</i>	<i>32.1 – 38.6</i>	<i>507</i>	<i>40.0</i>	<i>36.5 – 43.5</i>	No
Freeport	<i>130</i>	<i>30.7</i>	<i>25.4 – 36.0</i>	<i>228</i>	<i>53.9</i>	<i>46.9 – 60.9</i>	Yes (-43%)
Scarborough	<i>250</i>	<i>28.2</i>	<i>24.7 – 31.7</i>	<i>267</i>	<i>30.1</i>	<i>26.5 – 33.7</i>	No
Westbrook	<i>208</i>	<i>24.8</i>	<i>21.4 – 28.2</i>	<i>252</i>	<i>30.1</i>	<i>26.4 – 33.8</i>	No
Bridgton	<i>54</i>	<i>24.6</i>	<i>18.0 – 31.2</i>	<i>55</i>	<i>25.1</i>	<i>18.4 – 31.7</i>	No
Brunswick	<i>223</i>	<i>23.9</i>	<i>20.8 – 27.1</i>	<i>252</i>	<i>27.1</i>	<i>23.7 – 30.4</i>	No
Falmouth	<i>98</i>	<i>20.4</i>	<i>16.3 – 24.4</i>	<i>119</i>	<i>24.7</i>	<i>20.3 – 29.2</i>	No
Windham	<i>154</i>	<i>19.2</i>	<i>16.2 – 22.3</i>	<i>148</i>	<i>18.5</i>	<i>15.5 – 21.5</i>	No
Yarmouth	<i>63</i>	<i>14.4</i>	<i>10.8 – 17.9</i>	<i>60</i>	<i>13.7</i>	<i>10.2 – 17.1</i>	No
Gray	<i>51</i>	<i>13.2</i>	<i>9.6 – 16.9</i>	<i>59</i>	<i>15.3</i>	<i>11.4 – 19.2</i>	No
Gorham	<i>96</i>	<i>12.7</i>	<i>10.2 – 15.3</i>	<i>112</i>	<i>14.8</i>	<i>12.1 – 17.6</i>	No
Standish	<i>40</i>	<i>7.8</i>	<i>5.4 – 10.2</i>	<i>57</i>	<i>11.1</i>	<i>8.2 – 14.0</i>	No
Cumberland	<i>25</i>	<i>7.3</i>	<i>4.4 – 10.1</i>	<i>34</i>	<i>9.9</i>	<i>6.6 – 13.2</i>	No
Cape Elizabeth	<i>30</i>	<i>6.7</i>	<i>4.3 – 9.2</i>	<i>30</i>	<i>6.7</i>	<i>4.3 – 9.2</i>	No
<b>COUNTY</b>	<b>3,303</b>	<b>23.8</b>	<b>23.0 – 24.6</b>	<b>3,745</b>	<b>27.0</b>	<b>26.2 – 27.9</b>	<b>Yes (-12%)</b>
<b>STATE</b>	<b>13,131</b>	<b>21.0</b>	<b>20.7 – 21.4</b>	<b>14,289</b>	<b>22.9</b>	<b>22.5 – 23.3</b>	<b>Yes (-8%)</b>

Towns not displayed are not included do to small sample sizes.

Shading and italics indicate that the value is significantly higher than the state.

Shading and no italics indicate that the value is significantly lower than the state.

Source: Bureau of Labor Standards, Maine Department of Labor.

The number of injuries is recorded by town the person works in, while the rate is calculated using the resident worker population. Five places have a significantly higher incidence rate of disabling injuries than the state, and all are in the Greater Portland area. The county as a whole also has a higher rate than the state. Since 2007, Freeport has reduced its injury rate by 43%, and the county and state have also seen a significant decrease.

## 11. Notes on Selected Health Indicators

- 1.1. **Population Density:** The average number of people per unit of area (typically square mile). Calculated by dividing the total population by the total area, and expressed as a ratio (e.g., people per square mile).
- 1.2. **Median Age:** The age at which the number of people older than that age and the number of people younger than that age are equal. The median may be different from the mean, which calculates the average age and is subject to skewing based on extreme values.
- 1.3. **Racial and Ethnic Minorities:** Defined as those individuals who identify as being something other than of the White race or non-Hispanic/Latino ethnicity on the United States Census. Racial minorities include anybody who selects “Black or African American,” “American Indian and Alaskan Native,” “Asian,” “Native Hawaiian and Other Pacific Islander,” or “Some Other Race,” including those who are multiracial and those who select “White” in combination with another race. Ethnic minorities are those who select Hispanic/Latino as an ethnicity, and may be of any race(s).
- 1.4. **English Proficiency:** Based on a self-assessment on the United States Census Form. Options are “Speak English ‘very well,’” “Speak English ‘well,’” “Speak English ‘not well,’” and “Speak English ‘not at all.’”
- 1.5. **Poverty:** There does not exist a single annual income threshold for all individuals, but rather a complex matrix depending upon one’s age, family size, and number of children under 18. For example, in 1999 a single person under 65 years old had a poverty threshold of \$8,667, while a family of four with two children under 18 had a poverty threshold of \$16,895.
- 2.1. **Health Professional Shortage Area:** These designations are initiated by communities, providers, or the state, and are reviewed by the Federal Division of Shortage Designation. Specific criteria can be found at <http://www.maine.gov/dhhs/boh/orhpc/hpsadesigprocss.htm>.
- 2.2. **Hospital Visits:** These reflect only inpatient stays and not outpatient or emergency department visits. Emergency department visits are counted in Table 2.3.
- 2.3. **Emergency Department Visits:** Does not include visits that lead to inpatient admission. Those are counted as Hospital Visits in Table 2.2.
- 2.5. **Disabilities** (United States Census definitions)
  - Physical Disability:** “A condition that substantially limits one or more basic physical activities such as walking, climbing stairs, reaching, lifting, or carrying.”
  - Mental Disability:** “Because of a physical, mental, or emotional condition lasting 6 months or more, have any difficulty learning, remembering, or concentrating.”

**Sensory Disability:** “Blindness, deafness, or a severe vision or hearing impairment.”

**Self-Care Disability:** “Because of a physical, mental, or emotional condition lasting 6 months or more, have any difficulty dressing, bathing, or getting around inside the home.”

**3.1. Birth Rate:** Calculated by dividing the number of live births by the number of women 15 to 44 years old. This age range is commonly used to represent the childbearing years.

**4.1. to 4.3.**

**Incidence:** The rate of new cases of a disease within a given time frame.

**4.2. Enteric Diseases:** Includes botulism, campylobacteriosis, cryptosporidiosis, escherichia coli O157:H7 (commonly known as E. coli), giardiasis, hemolytic uremic syndrome, hepatitis A, listeriosis, salmonellosis, shigellosis, and vibrio.

**5.1. to 6.2**

**Prevalence:** The rate of new and existing cases within a given time frame.

**5.6. Smoking-related Diagnoses:** Includes cancer of the mouth, pharynx, and lung; emphysema; chronic obstructive pulmonary disease; and chronic bronchitis.

**7.1. Unfluoridated Drinking Water:** Reflects places where the public drinking water supply does not contain at least 1.2 parts per million of fluoride. It does not include private wells that may have naturally occurring fluoride.

**7.2. Dental Health Professional Shortage Area:** See note on 2.1.

**9.1. Controlled Substance Prescriptions:** Includes prescription medications among Schedule II, III, and IV drugs of the Federal Controlled Substances Act. For a complete list, see <http://www.usdoj.gov/dea/pubs/scheduling.html>.

**9.2. Substance Use Arrests:** Includes non-federal violations of any of the following: Maintaining unlawful drinking places, operating a still, furnishing liquor to a minor, illegal transportation of liquor, possession of liquor by a minor, and the possession, sale, use, growing, manufacturing, and making of illegal drugs.

**10.1. Violent Crimes:** Includes murder, rape, robbery, and aggravated assault.