

Appendix A - Indicators and Sources						
Demography						
Indicator	Portland	Cumberland Co.	Maine	Source	Definition	
Population estimate	2018 66417	2018 293557	2018 1338404	US Census Bureau Quick Facts	All persons who are "usually resident" in a specified geographic area.	
Veterans	2018 3053	2018 18469	2018 110362	US Census Bureau Quick Facts	Veterans are men and women who have served, but are not currently serving, on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard.	
Disabled population	2018 9.10%	2018 7.80%	2018 11.80%	US Census Bureau Quick Facts	In an attempt to capture a variety of characteristics that encompass the definition of disability, the ACS identifies serious difficulty with four basic areas of functioning – hearing, vision, cognition, and ambulation.	
Median age	2018 36	2018 41.6	2018 44	US Census Bureau Quick Facts	The age that divides a population into two numerically equal groups - that is, half the people are younger than this age and half are older.	
Male population	2018 49.60%	2018 48.50%	2018 49%	US Census Bureau Quick Facts	Sex is based on the biological attributes of men and women (chromosomes, anatomy, and hormones).	
Female population	2018 50.40%	2018 51.50%	2018 51%	US Census Bureau Quick Facts		
Persons under 5 years old	2018 5.30%	2018 4.90%	2018 4.80%	US Census Bureau Quick Facts	Age estimates of the population are produced for the United States, states, and counties. Because age is a critical element in determining federal funding, it is imperative to have high quality age data.	
Persons under 18 years old	2018 16.50%	2018 18.70%	2018 18.70%	US Census Bureau Quick Facts		
Persons 65 years and over	2018 13.70%	2018 18.40%	2018 20.60%	US Census Bureau Quick Facts		
Asian, non-Hispanic	2018 3.80%	2018 2.30%	2018 1.20%	US Census Bureau Quick Facts	A person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam.	
Black, non-Hispanic	2018 8.70%	2018 3.10%	2018 1.60%	US Census Bureau Quick Facts	A person having origins in any of the Black racial groups of Africa. It includes people who indicate their race as "Black or African American," or report entries such as African American, Kenyan, Nigerian, or Haitian.	
White, non-Hispanic	2018 81.10%	2018 90.40%	2018 93.10%	US Census Bureau Quick Facts	A person having origins in any of the original peoples of Europe, the Middle East, or North Africa.	
Hispanic, any race	2018 3.60%	2018 2.10%	2018 1.70%	US Census Bureau Quick Facts	A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.	
American Indian and Alaska Native alone	2018 0.10%	2018 0.40%	2018 0.70%	US Census Bureau Quick Facts	A person having origins in any of the original peoples of North and South America (including Central America) and who maintains tribal affiliation or community attachment.	
Two or more races	2018 2.90%	2018 2.00%	2018 1.80%	US Census Bureau Quick Facts	People may choose to provide two or more races either by checking two or more race response check boxes, by providing multiple responses, or by some combination of check boxes and other responses.	
Foreign born persons	2018 13.40%	2018 6.20%	2018 3.60%	US Census Bureau Quick Facts	The foreign-born population includes anyone who was not a U.S. citizen or a U.S. national at birth. This includes respondents who indicated they were a U.S. citizen by naturalization or not a U.S. citizen.	
Racial/Ethnic Diversity Score	2017 45.2/100	NA	NA	CityHealthDashboard.com	Distribution of the population by race/ethnic group within a city or census tract (index).	

Social Determinants of Health					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
Reading proficiency	2017 53%	NA	NA	CityHealthDashboard.com	Percentage of 3rd Graders who scored, "proficient" or above in reading.
Absenteeism	2017-2018 16%	NA	2017-2018 16.46%	Maine Department of Education	Percentage of students who missed 15 or more school days in a year.
4-Year Graduation Rate	2017-2018 87%	2017-2018 87.70%	2017-2018 86.74%	Maine Department of Education	Percentage of students who graduate with a regular diploma four years after starting ninth grade.
Median household income	2013-2017 \$51,430	2013-2017 \$65,702	2013-2017 \$53,024	US Census Bureau Quick Facts	Dollar amount that divides all households into two equal groups: half of the households having more income and the other half having less income.
Total household income less than \$10,000	2013-2017 10.50%	2013-2017 5.80%	2013-2017 6.40%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Total household income \$10,000 - \$14,999	2013-2017 5.80%	2013-2017 4.40%	2013-2017 5.70%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Total household income \$15,000 - \$24,999	2013-2017 9.70%	2013-2017 7.90%	2013-2017 10.80%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Total household income \$25,000 - \$34,999	2013-2017 9.70%	2013-2017 8.20%	2013-2017 10.60%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Total household income \$35,000 - \$49,999	2013-2017 13.00%	2013-2017 11.90%	2013-2017 13.80%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Total household income \$50,000 - \$74,999	2013-2017 16.80%	2013-2017 17.70%	2013-2017 19.20%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Total household income \$75,000 - \$99,999	2013-2017 12.30%	2013-2017 13.80%	2013-2017 12.90%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Total household income \$100,000 - \$149,999	2013-2017 12.90%	2013-2017 16.80%	2013-2017 12.80%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Total household income \$150,000 - \$199,999	2013-2017 4.70%	2013-2017 6.60%	2013-2017 4.10%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Total household income \$200,000 or more	2013-2017 4.50%	2013-2017 6.80%	2013-2017 3.70%	American Community Survey 5-Year Estimates	This includes the income of the householder and all other individuals 15 years old and over in the household, whether they are related to the householder or not.
Children living in poverty	2012-2016 25.60%	2012-2016 13.30%	2012-2016 17.20%	Maine Shared Community Health Needs Assessment (CHNA), Portland Profile	Percentage of children, ages 0-17 years, who live in households where the total income of the householder's family is below the established federal poverty level.
Adults living in poverty	2013-2017 17.10%	2013-2017 10.15%	2013-2017 11.97%	American Community Survey 5-Year Estimates	Percentage of adults, ages 18 years and older, whose income in the past 12 months is below the established federal poverty level.
Food insecurity	2015 47.30%	NA	NA	CityHealthDashboard.com	Population living more than 1/2 mile from the nearest supermarket, supercenter or large grocery store.

Social Determinants of Health					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
Median home value	2013-2017 \$261,100	2013-2017 \$259,400	2013-2017 \$179,900	US Census Bureau Quick Facts	Value is a tabulation of ACS respondents' estimate of how much their property (house and lot) would sell for if it were for sale.
Excessive housing costs	2017 39.60%	NA	NA	CityHealthDashboard.com	Households where greater than or equal to 30% of household income is spent on housing costs.
Portland Family Shelter Bed nights provided Number of families	2018 51,788 183	NA	NA	City of Portland, Family Shelter	--
Unemployment	2018 2.60%	2018 2.70%	2018 3.40%	Maine Department of Labor, Center for Workforce Research and Information	Percentage of non-institutionalized civilians in the labor force who were not employed.
Language other than English spoken at home	2013-2017 15.10%	2013-2017 7.50%	2013-2017 6.20%	US Census Bureau Quick Facts	Percent of persons age 5 years+ who speak a Language other than English at home.

Community Assets					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
Walkability	2018 61.3	NA	NA	CityHealthDashboard.com	This metric includes the density of intersections and residences, as well as the accessibility on foot of amenities such as grocery stores, parks, and restaurants in a neighborhood.
Percentage of residents with park access	2017 86.90%	2015 28%	2015 17%	Portland: CityHealthDashboard.com Cumberland County and Maine: National Environmental Public Health Tracking Network	This metric includes those who live within a 10 minute walk (or half mile) of green space.

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Access to Care						
Indicator	Portland	Cumberland Co.	Maine	Source	Definition	
Ratio of population to one primary care provider	NA	2016 600:1	2016 890:1	CountyHealthRankings.Org	The ratio represents the number of individuals served by one physician in a county, if the population was equally distributed across physicians.	
Ratio of population to one dentist	NA	2017 1040:1	2017 1590:1	CountyHealthRankings.Org	The ratio represents the population served by one dentist if the entire population of a county was distributed equally across all practicing dentists.	
Ratio of population to one mental health provider	NA	2018 150:1	2018 220:1	CountyHealthRankings.Org	The ratio represents the number of individuals served by one mental health provider in a county, if the population were equally distributed across providers.	
Uninsured population	2012-2016 10%	2012-2016 7.50%	2012-2016 9.50%	Maine Shared CHNA, Portland Profile	Percentage of people who do not currently have any form of health insurance (either privately, through their employer or through the government).	
Source of on-going care	2017 *14.8%	NA	2017 15.20%	Selected Metropolitan/ Micropolitan Area Risk Trends of Behavioral Risk Factor Surveillance System (SMART BRFSS)	Percentage of adults who have an on-going source of care, age-adjusted. *Portland-South Portland MMSA.	
Access to care barriers - cost	2017 *12%	NA	2017 13.30%	Selected Metropolitan/ Micropolitan Area Risk Trends of Behavioral Risk Factor Surveillance System (SMART BRFSS)	Percentage of adults who could not see a doctor in the last 12 months because of cost, age-adjusted. *Portland-South Portland MMSA.	
Language spoken at home/ linguistically isolated population	2017 7.20%	2017 2.70%	2017 1.60%	US Census Bureau Quick Facts	Percentage of households where no members, 14 years and older, speak English well.	
Women, aged 65+, up to date on preventive services	2016 36.30%	NA	2016 35.30%	500 Cities	Percentage of women aged >=65 years who are up to date on a core set of clinical preventive services (flu shot past year, pneumococcal shot ever, colorectal cancer screening, mammogram past 2 years), age-adjusted.	
Men, aged 65+, up to date on preventive services	2016 43.70%	NA	2016 42.20%	500 Cities	Percentage of men aged >=65 years who are up to date on a core set of clinical preventive services (flu shot past year, pneumococcal shot ever, colorectal cancer screening), age-adjusted.	
Routine wellness check-ups, adults	2016 69.70%	NA	2016 69.40%	500 Cities	Percentage of adults aged >=18 years who have visited a doctor for routine checkup within the past year, age-adjusted.	
Routine dental check-ups, adults	2016 66.60%	NA	2016 62.60%	500 Cities	Percentage of adults aged >=18 years who have visited a dentist or dental clinic, age-adjusted.	
Portland Community Free Clinic	2017-2018					
Crude number of clinical encounters	909					
Crude number of patients seen	347					
Crude number of returning patients	165	NA	NA	Portland Community Free Clinic	--	
Crude number of new patients	182					
Crude number of volunteers	104					
Crude number of volunteer hours	1906					

Maternal and Child Health						
Indicator	Portland	Cumberland Co.	Maine	Source	Definition	
Percentage of births for which prenatal care began in the 1st trimester	2014-2016 88.10%	NA	NA	CityHealthDashboard.com	Percentage of births for which prenatal care began in the first trimester of pregnancy.	
Percentage of births for which the mother received more than 80% of expected prenatal visits	NA	2016 80.60%	2016 80.60%	Maine Shared CHNA, Cumberland County Profile	Percentage of new mothers who had more than 80% of the expected prenatal visits.	
Percentage of new mothers who smoked cigarettes during 3rd trimester	2018 3.10%	2016 7.00%	2016 14.50%	Portland: Maine CDC Data Research and Vital Statistics Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Percentage of new mothers who smoked cigarettes during the last three months of pregnancy.	
Drug-affected infant reports, per 1000 births	2017 35.7	2017 41.7	2017 77.9	Portland: Maine Office of Child and Family Services Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Rate per 1,000 births of infants for which a healthcare provider reported that there was reasonable cause to suspect the baby may be affected by illegal substance abuse or demonstrating withdrawal symptoms resulting from prenatal drug exposure or has a fetal alcohol spectrum disorder.	
Percentage of babies who are ever breast fed	2018 97.46%	2016 81.90%	2016 82%	Portland: Maine CDC Data Research and Vital Statistics Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Percentage of babies who were ever fed breast milk.	
Rate of births to women, aged 15 - 50, per 1,000 women	2017 44	2017 40	2017 49	American Community Survey 5-Year Estimates	Number of women, 15 - 50 years old, who gave birth in the past 12 months, per 1,000 women aged 15 - 50 years old.	
Rate of births to women, aged 15-19, per 1000 women	2014-2016 8	2016 7.4	2016 14.5	Portland: CityHealthDashboard.com Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Rate per 1,000 women, ages 15-19 years, who gave birth.	
Percentage of pre-term live births	2012-2016 8%	2012-2016 7.80%	2012-2016 8.20%	Maine Shared CHNA, Portland Profile	Percentage of babies born before 37 weeks of gestation.	
Percentage of babies born with low birth weight	2012-2016 6.90%	2012-2016 6.80%	2012-2016 7.10%	Maine Shared CHNA, Portland Profile	Percentage of babies born with a weight less than 2,500 grams.	
Percentage of low-risk births for which a cesarean section was completed.	2018 37.09%	2014-2016 22.80%	2014-2016 22.40%	Portland: Maine CDC Data Research and Vital Statistics Maine Shared CHNA, Cumberland County Profile	Percentage of low-risk births for which a cesarean section was completed.	
Percentage of 2 year olds who are up to date with recommended immunizations	NA	2017 71.30%	2017 73.70%	Maine Shared CHNA, Cumberland County Profile	Percentage of children, ages 24-35 months, who are up-to-date with all recommended immunizations, assessed on December 31 of each year.	
Percentage of 13 to 18 year olds who are up to date on recommended immunizations	NA	2017 51.30%	2017 53.70%	Maine Shared CHNA, Cumberland County Profile	Percentage of children, ages 13-18 years, who are up-to-date with all recommended immunizations, assessed on December 31 of each year.	

Chronic Disease						
Indicator	Portland	Cumberland Co.	Maine	Source	Definition	
Percentage of adults who eat less than one serving of fruit per day	2017 28.20%	2015 31.90%	2017 31.80%	Portland and Maine: Selected Metropolitan/ Micropolitan Area Risk Trends of Behavioral Risk Factor Surveillance System (SMART BRFS) Cumberland County: Maine Shared CHNA, Cumberland County	Percentage of adults aged >=18 years old who consumed fruit less than one time per day, age-adjusted. *Portland-South Portland MMSA.	
Percentage of adults who eat less than one serving vegetables per day	2017 12.10%	2015 14.80%	2017 13.00%	Portland and Maine: Selected Metropolitan/ Micropolitan Area Risk Trends of Behavioral Risk Factor Surveillance System (SMART BRFS) Cumberland County: Maine Shared CHNA, Cumberland County	Percentage of adults aged >=18 years old who consumed vegetables less than one time per day, age-adjusted. *Portland-South Portland MMSA.	
Obesity, adults	2016 26.30%	2016 27%	2016 29.90%	Portland: CityHealthDashboard.com Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	This metric includes adults, aged 18 or older, who report having a body mass index (BMI) of 30 or higher.	
No leisure-time physical activity, adults	2016 17.90%	2015 15%	2016 19.30%	Portland and Maine: 500 Cities Cumberland County: CountyHealthRankings.org	Percentage of adults >=18, who report no leisure-time physical activity.	
Fruit consumption, high school students who eat less than one serving per day	2019 37.50%	2019 34.20%	2019 39%	Maine Integrated Youth Health Survey	Percentage of high school students who consumed fruit less than one time per day.	
Vegetable consumption, high school students who eat less than one serving per day	2019 54.20%	2019 49.70%	2019 55.40%	Maine Integrated Youth Health Survey	Percentage of high school students who consumed vegetables less than one time per day.	
Obesity, high school students	2019 10.60%	2019 10.80%	2019 15%	Maine Integrated Youth Health Survey	Percentage of high school students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex).	
Met physical activity recommendations of 60 minutes per day, high school	2019 17.10%	2019 20.00%	2019 20.90%	Maine Integrated Youth Health Survey	Percentage of high school students who were physically active for a total of at least 60 minutes per day on seven of the past seven days.	
Percentage of population diagnosed with high blood pressure	2016 28.40%	NA	2016 28.60%	500 Cities	Percentage of adults aged >=18 years with high blood pressure.	
Rate of heart attack hospitalizations per 10,000 people	NA	2016 16	2016 23.4	Maine Shared CHNA, Cumberland County Profile	Rate per 10,000 people of hospitalizations with a principal diagnosis of a heart attack.	
Rate of heart failure hospitalizations per 10,000 people	NA	2016 16	2016 19.8	Maine Shared CHNA, Cumberland County Profile	Rate per 10,000 people of hospitalizations with a principal diagnosis of heart failure.	
Rate of stroke hospitalizations per 10,000 people	NA	2016 18.6	2016 21.4	Maine Shared CHNA, Cumberland County Profile	Rate per 10,000 people of hospitalizations with a principal diagnosis of stroke.	
Rate of coronary heart disease deaths per 100,000 people	2018 83	2012-2016 61.6	2012-2016 84.1	Portland: Maine CDC Data Research and Vital Statistics Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Rate per 100,000 people of deaths with coronary heart disease as an underlying cause of death.	
Chronic obstructive pulmonary disease (COPD) hospitalizations per 10,000 people	2016 12.4	2016 9.5	2016 16.5	Maine Shared CHNA, Portland Profile	Rate per 10,000 people of hospitalizations with a principal diagnosis of chronic obstructive pulmonary disease (COPD).	
Chronic obstructive pulmonary disease (COPD) deaths per 100,000	2018 41.5	NA	NA	Maine CDC Data, Research, and Vital Statistics	Rate per 100,000 people of deaths due to chronic obstructive pulmonary disease (COPD).	

Chronic Disease					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
Percentage of Portland adults who are current smokers	2016 16.50%	2016 13.90%	2016 19.80%	Portland: CityHealthDashboard.com Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Percentage of adults who have smoked at least 100 cigarettes in their lifetime and currently smoke.
Percentage of high school students who used tobacco in the last 30 days	2019 7.80%	2019 9.30%	2019 10.60%	Maine Integrated Youth Health Survey	Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, dip, or dissolvable tobacco products on one or more of the past 30 days.
Percentage of high school age students who used E-cigarettes in the last 30 days	NA	2019 29.20%	2019 28.70%	Maine Integrated Youth Health Survey	Percentage of high school students who used an electronic vapor product at least one day in the last 30 days.
Percentage of Portland adults who have diagnosed diabetes	2016 8.30%	NA	2016 8.30%	500 Cities	Percentage of adults, aged 18 or older, who report having been told they have diabetes.
Rate of diabetes hospitalizations per 10,000 people	2016 13.3	2016 9	2016 11.9	Maine Shared CHNA, Portland Profile	Rate per 10,000 people of hospitalizations with a principal diagnosis of diabetes.
Rate of diabetes deaths (underlying cause) per 100,000 people	2012-2016 18.3	2012-2016 15.7	2012-2016 22	Maine Shared CHNA, Portland Profile	Rate per 100,000 people of deaths with diabetes as an underlying cause of death.

Cancer					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
All cancer new cases per 100,000 people	2012-2014 461.5	2012-2014 459.3	2012-2014 473.7	Maine Shared CHNA, Portland Profile	Rate per 100,000 people of new cases of any type of cancer.
All cancer deaths per 100,000 people	2012-2016 166	2012-2016 161.5	2012-2016 173.8	Maine Shared CHNA, Portland Profile	Rate per 100,000 people of deaths from any type of cancer.
New cases of tobacco-related cancer per 100,000 people	2010-2014 135.8	2012-2014 132.6	2012-2014 134.1	Maine CDC Cancer Registry	Rate per 100,000 people of new cases of tobacco-related cancers (excluding lung and bronchus defined as cancers of the oral cavity and pharynx, esophagus, stomach, colon and rectum, liver, pancreas, larynx, cervix uteri, urinary bladder, kidney and renal pelvis, and acute myeloid leukemia).
New cases of female breast cancer per 100,000 women	2010-2014 120.5	2012-2014 128.7	2012-2014 125	Portland: Maine CDC Cancer Registry Cumberland County and Maine: Maine Shared CHNA, Portland Profile	Rate per 100,000 females of new cases of breast cancer.
Rate of female breast cancer deaths per 100,000 women	2014-2016 19.4	2012-2014 18.7	2012-2014 18.4	Portland: CityHealthDashboard.com Cumberland County and Maine: Maine Shared CHNA, Portland Profile	Rate per 100,000 females of deaths from breast cancer.
Percentage of women, aged 50 - 74, who have had a mammogram within the past two years	2016 73.40%	2014 & 2016 84.60%	2016 80.20%	Portland and Maine: 500 Cities Cumberland County: Maine Shared CHNA, Cumberland County Profile	Percentage of women, aged 50 - 74, who have had a mammogram within the past two years.
New cases of colorectal cancer per 100,000 people	2010-2014 37.6	2012-2014 34.9	2012-2014 37.4	Portland: Maine CDC Cancer Registry Cumberland County and Maine: Maine Shared CHNA, Portland Profile	Rate per 100,000 people of new cases of colon or rectum cancers.
Rate of colorectal cancer deaths per 100,000 people	2014-2016 13.6	2012-2016 11.8	2012-2016 13.1	Portland: CityHealthDashboard.com Cumberland County and Maine: Maine Shared CHNA, Portland Profile	Rate per 100,000 people of deaths from colorectal cancer.
Percentage of adults, aged 50-75, who have received a colorectal cancer screening	2016 73.50%	2014 & 2016 78.90%	2016 73.30%	Portland and Maine: 500 Cities Cumberland County: Maine Shared CHNA, Cumberland County Profile	Percentage of adults, aged 50-75, who have received a colorectal cancer screening.
New cases of cervical cancer per 100,000 women	2010-2014 <10	NA	NA	Maine CDC Cancer Registry	Rate per 100,000 females of new cases of cervical cancer.
Percentage of women, aged 21-65, who have had a pap test in the past three years	2016 78.50%	2014 & 2016 83.90%	2016 83.90%	Portland and Maine: 500 Cities Cumberland County: Maine Shared CHNA, Cumberland County Profile	Percentage of women, aged 21-65, who have had a pap test in the past three years.
New cases of lung cancer per 100,000 people	2010-2014 68.4	2010-2014 65.9	2010-2014 73.3	Maine CDC Cancer Registry	Rate per 100,000 people of new cases of lung cancer.
Rate of lung cancer deaths per 100,000 people	2018 50.4	2012-2016 44.4	2012-2016 50.5	Portland: Maine CDC Cancer Registry Cumberland County and Maine: Maine Shared CHNA, Portland Profile	Rate per 100,000 people of deaths from lung cancer.
New cases of prostate cancer per 100,000 men	2010-2014 94.6	2012-2014 86.7	2012-2014 87.1	Portland: Maine CDC Cancer Registry Cumberland County and Maine: Maine Shared CHNA, Portland Profile	Rate per 100,000 males of new cases of prostate cancer.

Cancer					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
New cases of bladder cancer per 100,000 people	2010-2014 25.7	2012-2014 26.1	2012-2014 27.1	Portland: Maine CDC Cancer Registry Cumberland County and Maine: Maine Shared CHNA, Portland Profile	Rate per 100,000 people of new cases of bladder cancer.
New cases of melanoma cancer per 100,000 people	2010-2014 23.2	2012-2014 31.1	2012-2014 24.5	Portland: Maine CDC Cancer Registry Cumberland County and Maine: Maine Shared CHNA, Portland Profile	Rate per 100,000 people of new cases of melanoma of the skin.

Infectious Disease						
Indicator	Portland	Cumberland Co.	Maine	Source	Definition	
Newly diagnosed cases of chlamydia per 100,000 people	2017 544.2	2017 405.5	2017 340.9	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly diagnosed cases of chlamydia.	
Newly diagnosed cases of chlamydia per 100,000 people	2018 492.3	NA	NA	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly diagnosed cases of chlamydia.	
Newly diagnosed cases of gonorrhea per 100,000 people	2017 131.6	2017 61.5	2017 43.2	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly diagnosed cases of gonorrhea.	
Newly diagnosed cases of gonorrhea per 100,000 people	2018 146.1	NA	NA	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly diagnosed cases of gonorrhea.	
Newly diagnosed cases of infectious syphilis per 100,000 people	2017 26.9	2017 9.9	2017 6.2	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly diagnosed cases of syphilis.	
Newly diagnosed cases of infectious syphilis per 100,000 people	2018 28.6	NA	NA	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly diagnosed cases of syphilis.	
Newly diagnosed cases of hepatitis C per 100,000 people	2017 338.7	2017 193.5	2017 140.4	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly diagnosed cases of chronic hepatitis C.	
Immunization exemptions among kindergarteners for philosophical reasons	2017-2018 1.60%	2018-2018 4.20%	2017-2018 4.60%	Maine Shared CHNA, Portland Profile	Percentage of kindergarteners who were exempted from school immunization requirements due to philosophical reasons.	
Two-year-olds up to date with recommended immunizations, Cumberland County	NA	2017 71.30%	2017 73.70%	Maine Shared CHNA, Cumberland County Profile	Percentage of children, ages 24-35 months, who are up-to-date with all recommended immunizations, assessed on December 31 of each year.	
Influenza vaccination in the past year, adults, Cumberland County	NA	2014-2016 46.80%	2014-2016 42.30%	Maine Shared CHNA, Cumberland County Profile	Percentage of adults who had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in their nose during the past 12 months.	
Maine children received influenza vaccination in the past year	NA	NA	2016-2017 62%	Maine Shared CHNA, Cumberland County Profile	Percentage of children, ages 6 months to 17 years, who received an immunization for influenza during the school year.	

Environmental Health					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
Housing units built pre-1950s	2013-2017 53%	2013-2017 29.50%	2013-2017 28.30%	Maine Environmental Public Health Tracking Program	Percentage of occupied housing units built before 1950.
Children, 0-3 years, who received a blood lead test	2013-2017 26.50%	2013-2017 19.54%	2013-2017 28.81%	Maine Environmental Public Health Tracking Program	Percentage of children screened for blood lead.
Children with lead poisoning	2013-2017 149	2013-2017 304	2013-2017 1783	Maine Environmental Public Health Tracking Program	Percentage of children with a blood lead level at or above 5 micrograms per deciliter (ug/dL), among those screened. The estimated number of children with a blood lead level ≥ 5 ug/dL is the number with confirmed tests plus 38% of the children with unconfirmed 5-<10 ug/dL tests.
Air pollution - PM2.5 Concentration, annual average	2015 7.8	2014 8	2014 7.4	Portland: CityHealthDashboard.com Cumberland County and Maine: National Environmental Public Health Tracking Network	Average daily concentration of fine particulate matter (PM2.5) per cubic meter (average).
Public water supply	2018 Exceeds standard	NA	NA	Portland Water District, 2018 Annual Water Quality Report	--
Asthma prevalence, adult	2016 11%	NA	2016 12.70%	500 Cities	Current asthma prevalence among adults aged ≥ 18 years, age-adjusted.
Asthma prevalence, youth	NA	2014-2016 10.20%	2014-2016 9.00%	Maine Shared CHNA, Cumberland County Profile	Percentage of children, ages 0-17 years, whose parents have been told by a healthcare provider that they had asthma and that they still have asthma.
Asthma-related emergency department visits per 10,000 people	2010-2014 85	2010-2014 34	2010-2014 39.7	Maine Environmental Public Health Tracking Program	Rate of asthma emergency department visits per 10,000 population. Only emergency department visits with a primary diagnosis of asthma are included.
Asthma-related hospitalizations per 10,000 people	2010-2014 6.3	2016 2.4	2016 3.2	Maine Environmental Public Health Tracking Program	Rate of asthma hospitalizations per 10,000 population. Only hospitalizations with a primary diagnosis of asthma are included.
Incidence of lyme disease per 100,000 people	2018 45.3	2018 97.8	2018 105.1	Maine Environmental Public Health Tracking Program	Incidence rate (per 100,000 population) of confirmed and probable cases of Lyme disease in the population.
EPA-Designated Zone, Radon potential	2019 Zone 1	2019 Zone 1	2019 Zones 1 + 2	Environmental Protection Agency	Zone 1: Counties with predicted average indoor radon screening levels greater than 4 pCi/L. Zone 2: Counties with predicted average indoor radon screening levels from 2 to 4 pCi/L.
Heat-related illness emergency department visits, per 100,000 people	NA	2017 10.3	2017 15	Maine Environmental Public Health Tracking Program	Rate of heat illness emergency department (ED) visits.

Injury and Exposure to Violence					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
Property crime decrease	2016 1.83%	NA	NA	Portland Police Department, 2017 Annual Report	Property crimes are comprised of Arson, Burglary, Larceny-Theft, and Motor Vehicle thefts.
Violent crime increase	2016 8.60%	NA	NA	Portland Police Department, 2017 Annual Report	Violent crimes are comprised of Murder, Robbery, Forcible Rape, and Aggravated Assault.
Violent crime offenses per 100,000 people	2017 279.1	2014-2016 394.4	2014-2016 366.7	Portland: CityHealthDashboard.com Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Rate per 100,000 people of violent crime offenses (murder, aggravated assault, robbery, forcible rape).
Firearm deaths per 100,000 people	2018 4.4	2012-2016 5.8	2012-2016 9.5	Portland: Maine CDC Data Research and Vital Statistics Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Rate per 100,000 people of deaths due to firearms, all intents.
Suicides per 100,000 people	2012-2016 13.1	2012-2016 12.6	2012-2016 15.9	Maine Shared CHNA, Portland Profile	Rate per 100,000 people of deaths due to suicide.
Rape/non-consensual sex (among females, lifetime)	NA	2012, 2014, 2016 11.50%	2012, 2014, 2016 14.50%	Maine Shared CHNA, Cumberland County Profile	Percentage of females who have ever had sex with someone after they said or showed that they didn't want them to or without their consent.
Poisoning deaths per 100,000 people	2018 39	2012-2016 18.4	2012-2016 17.6	Portland: Maine CDC Data Research and Vital Statistics Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Rate per 100,000 people of deaths due to poisonings of unintentional and undetermined intent.
Motor vehicle traffic crash deaths per 100,000	2018 4.5	2012-2016 5.9	2012-2016 10.8	Portland: Maine CDC Data Research and Vital Statistics Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Rate per 100,000 people of deaths due to unintentional motor vehicle crashes.
Traumatic brain injury emergency department visits per 10,000	NA	2012-2014 74	2012-2014 85.1	Maine Shared CHNA, Cumberland County Profile	Rate per 10,000 people of emergency department discharges with a diagnoses of traumatic brain injury.
Fall-related emergency department visits per 10,000 people	2012-2014 408.6	2012-2014 272.1	2012-2014 340.9	Maine Shared CHNA, Portland Profile	Rate per 10,000 people of emergency department discharges with a diagnoses of a fall-related injury.
Fall-related deaths per 100,000 people	2018 23.7	2012-2016 10.2	2012-2016 9.6	Portland: Maine CDC Data Research and Vital Statistics Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Rate per 100,000 people of deaths due to unintentional falls.

Mental Health					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
Adult depression, lifetime	NA	2014-2016 22.30%	2014-2016 22.80%	Maine Shared CHNA, Cumberland County Profile	Percentage of adults who have ever been told by a healthcare provider that they have a depressive disorder.
Frequent mental distress, adults	2016 12.70%	2016 11.00%	2016 14.00%	Portland and Maine: 500 Cities Cumberland County: CountyHealthRankings.org	Mental health not good for ≥14 days during the past 30 days among adults aged ≥18 years (%), age-adjusted.
High school students who report feeling sad or hopeless for 2 weeks in a row	2019 32.10%	2019 30.00%	2019 32.10%	Portland: Maine Integrated Youth Health Survey	Percentage of high school students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
Mental health emergency department visits per 10,000 people	2012-2014 297.3	2012-2014 164	2012-2014 167.6	Maine Shared CHNA, Portland Profile	Rate per 10,000 people of emergency department discharges with a principal diagnosis of mental health condition.
Ratio of population to one mental health provider	NA	2018 150:1	2018 220:1	CountyHealthRankings.Org	The number of individuals served by one mental health provider in a county, if the population were equally distributed across providers.
Police calls for Service - behavioral health	2018 5509	NA	NA	Portland Police Department	Calls to Portland Police Department that are behavioral health-related (suicide attempts, suicide threats, behavioral health).
Percentage of high school students who have seriously considered suicide	2019 13.80%	2019 14.90%	2019 16.40%	Portland: Maine Integrated Youth Health Survey	Percentage of high school students who seriously considered attempting suicide during the past 12 months.
Percentage of middle school students who have seriously considered suicide	2019 20.60%	2019 18.40%	2019 19.80%	Portland: Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who seriously considered attempting suicide during the past 12 months.
Rate of completed suicides per 100,000 people	2012-2016 13.1	2012-2016 12.6	2012-2016 15.9	Maine Shared CHNA, Portland Profile	Rate per 100,000 people of deaths due to suicide.

Substance Use, Part One					
Indicator	Portland	Cumberland Co.	Maine	Source	Definition
Percentage of adults who binge drink	2016	2016	2016	Portland and Maine: 500 Cities	Percentage of women, aged 18 or older, who report consuming more than four alcoholic drinks on one occasion or men, aged 18 or older, who report consuming over five alcoholic drinks on one occasion.
	18.90%	19.10%	21.60%	Cumberland County: CountyHealthRankings.org	Excessive Drinking measures the percentage of a county's adult population that reports binge or heavy drinking in the past 30 days.
Percentage of high school students who use alcohol	2019 20.80%	2019 24.10%	2019 22.90%	Maine Integrated Youth Health Survey	Percentage of high school students who had at least one drink of alcohol on at least one day in the past 30 days.
Percentage of middle school students who think alcohol is easy to get	2019 36.90%	2019 39.40%	2019 35.60%	Maine Integrated Youth Health Survey	Percentage of middle school students who answered "Sort of easy" or "Very easy" when asked, "If you wanted to get some alcohol, how easy would it be for you to get some?"
Percentage of high school students who think alcohol is easy to get	2019 57.50%	2019 63.40%	2019 60.5%	Maine Integrated Youth Health Survey	Percentage of high school students who answered "Sort of easy" or "Very easy" when asked, "If you wanted to get some alcohol, how easy would it be for you to get some?"
Percentage of high school students who use marijuana	2019 26.40%	2019 23.90%	2019 22.00%	Maine Integrated Youth Health Survey	Percentage of high school students who used marijuana at least one time in the last 30 days.
Overdose emergency medical service responses per 10,000 people	2018 75	2018 43.7	2018 51	Maine Emergency Medical Services	Rate per 10,000 population of overdose emergency medical service responses, including overdoses from drugs/medication, alcohol, and inhalants.
Drug-related calls for service	2016 1063	NA	NA	Portland Police Department, 2017 Annual Report	Calls to Portland Police Department that are drug-related (drug overdose, drug possession, drug sale/manufacture).
Alcohol-related calls for service	2016 2575	NA	NA	Portland Police Department, 2017 Annual Report	Calls to Portland Police Department that are alcohol-related (drinking in public, intoxicated person, incapacitated person).
Substance-use hospitalizations per 10,000 people	2016 21.5	2016 11.8	2016 18.1	Maine Shared CHNA, Portland Profile	Rate per 10,000 population of hospitalizations with a principal diagnosis of substance-use.
Alcohol-induced deaths per 100,000 people	2012-2016 16.7	2012-2016 8.6	2012-2016 9.7	Maine Shared CHNA, Portland Profile	Rate per 100,000 people of deaths for which alcohol is the underlying cause, including those attributable to acute alcohol poisoning and those from medical conditions resulting from chronic alcohol use.
Opioid-related deaths per 100,000 people	2018 51.19	2018 23.85	2018 21.14	Expanded Maine Drug Death Report, 2018	Rate per 100,000 people of deaths for which opioid-use is the underlying cause.
Opioid-related deaths, crude number	2018 34	2018 70	2018 283	Expanded Maine Drug Death Report, 2018	Crude number of deaths for which opioid-use is the underlying cause.
Overdose-related deaths per 100,000 people	2018 66.2	2018 29.97	2018 26.45	Expanded Maine Drug Death Report, 2018	Rate per 100,000 people of deaths due to a drug overdose.
Overdose-related deaths, crude number	2018 44	2018 88	2018 354	Expanded Maine Drug Death Report, 2018	Crude number of deaths due to a drug overdose.

Substance Use, Part Two				
Indicator	Portland	Cumberland Co.	Maine	Source
2018				
Number of new enrollees of the Needle Exchange Program	229	NA	NA	Annual Hypodermic Apparatus Exchange Report, 11/1/2017 - 10/31/2018
Total number of enrollees of the Needle Exchange Program	3316			Annual Hypodermic Apparatus Exchange Report, 11/1/2017 - 10/31/2018
Number of syringes collected and disposed of	204259			Annual Hypodermic Apparatus Exchange Report, 11/1/2017 - 10/31/2018
Number of syringes distributed	199439			Annual Hypodermic Apparatus Exchange Report, 11/1/2017 - 10/31/2018
Number of referrals made	15835			Annual Hypodermic Apparatus Exchange Report, 11/1/2017 - 10/31/2018
Number of clients enrolled in the naloxone distribution program	715			Portland Needle Exchange Program, Naloxone Distribution Report 2018
Number of doses of naloxone dispensed as refills	1314			Portland Needle Exchange Program, Naloxone Distribution Report 2018
Number of doses of naloxone dispensed to new registrants	1871	NA	NA	Portland Needle Exchange Program, Naloxone Distribution Report 2018
Number of overdoses reversed, as reported by clients	190			Portland Needle Exchange Program, Naloxone Distribution Report 2018
Number of "Overdose Recognition, Response and Naloxone" Trainings provided by Needle Exchange Program Staff	100+			Portland Needle Exchange Program, Naloxone Distribution Report 2018

Death and Dying						
Indicator	Portland	Cumberland Co.	Maine	Source	Definition	
Life Expectancy		2012	2012			
Life Expectancy, Women	NA	82.3	81.5	Maine Shared CHNA, County Summary 2015	Life expectancy at birth.	
Life Expectancy, Men		78.1	76.7			
Years of potential life lost before age 75 per 100,000 people	2014-2016 7600	2014-2016 5354.3	2014-2016 6529.2	Portland: CityHealthDashboard.com Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	Rate per 100,000 people of the total number of years lost before the age of 75.	
Overall death rate per 100,000 people	2012-2016 756.3	2012-2016 683.6	2012-2016 753.1	Maine Shared CHNA, Portland Profile	Rate per 100,000 people of deaths from any cause.	
All-cause mortality	2012-2016 Cancer Heart disease Unintentional injury Chronic lower respiratory disease Stroke	2012-2016 Cancer Heart disease Unintentional injury Alzheimer's disease Chronic lower respiratory disease	2012-2016 Cancer Heart disease Chronic lower respiratory disease Unintentional injury Stroke	Portland: Maine Shared CHNA, Portland Profile Cumberland County and Maine: Maine Shared CHNA, Cumberland County Profile	List of top 5 causes of mortality, per 100,000 people.	
Rate of deaths due to cancer per 100,000 people	2012-2016 167.1	2012-2016 161.5	2012-2016 173.8	Maine CDC Data Research and Vital Statistics	Rate per 100,000 people of deaths from any type of cancer.	
Rate of deaths due to heart disease per 100,000 people	2012-2016 133.7	2012-2016 164.3	2012-2016 195.8	Maine CDC Data Research and Vital Statistics	Rate per 100,000 people of deaths with cardiovascular disease as an underlying cause of death.	
Rate of deaths due to unintentional injury per 100,000 people	2012-2016 59.2	2012-2016 59.3	2012-2016 67.9	Maine CDC Data Research and Vital Statistics	Rate per 100,000 people of deaths due to injuries.	
Rate of deaths due to chronic lower respiratory disease per 100,000 people	2012-2016 45.5	2012-2016 39.9	2012-2016 48.1	Maine CDC Data Research and Vital Statistics	Rate per 100,000 people of deaths due to chronic lower respiratory disease.	
Rate of deaths due to cerebrovascular disease (stroke) per 100,000 people	2012-2016 32	2012-2016 30.6	2012-2016 33.4	Maine CDC Data Research and Vital Statistics	Rate per 100,000 people of deaths with stroke as an underlying cause of death.	
Hospice utilization	NA	2017 57.40%	2017 50.30%	Maine State Hospice Report, 2017	Percentage of total Medicare deaths that occurred as Medicare hospice deaths.	
Rate of deaths due to Alzheimer's per 100,000 people	2012-2016 21.1	NA	NA	Maine CDC Data Research and Vital Statistics	Rate per 100,000 people of deaths with Alzheimer's as an underlying cause of death.	
Total number of deaths due to Alzheimer's, statewide	NA	NA	2017 601	Alzheimer's Association, Maine Alzheimer's Statistics	Crude number of deaths with Alzheimer's as an underlying cause of death.	