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# STATE OF CHRONIC DISEASE IN MAINE

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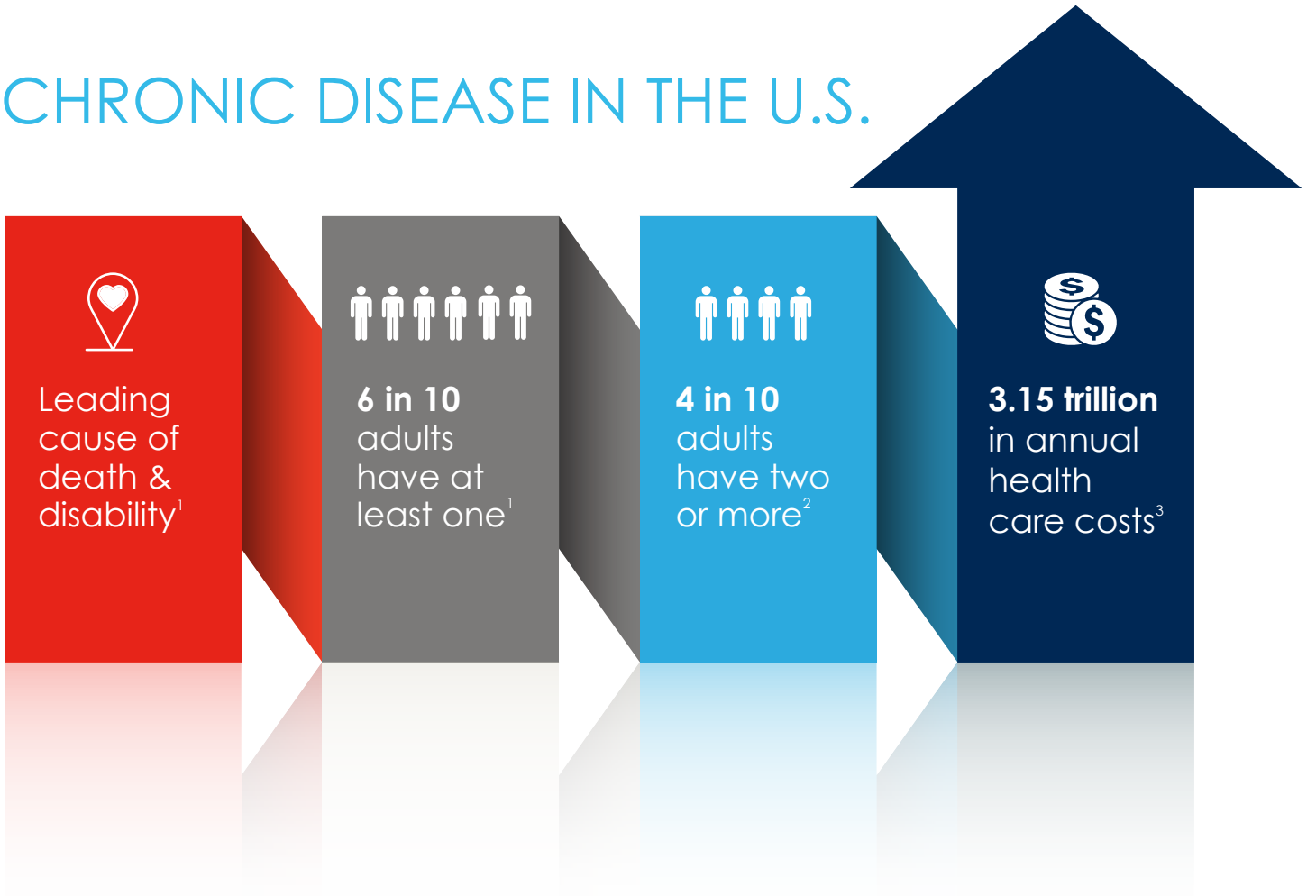


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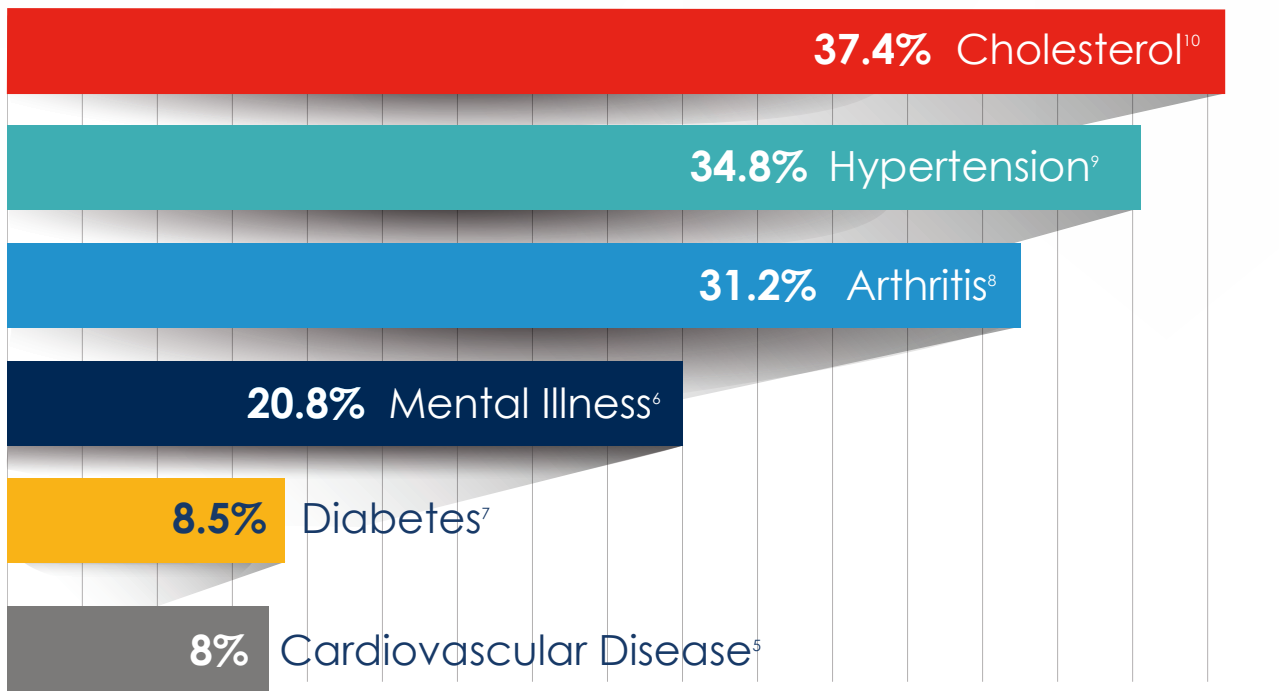
OF ADULTS IN MAINE  
REPORT A HEALTH STATUS  
OF FAIR OR POOR<sup>4</sup>

**Health care disparities create undue and significant hurdles for patients in need and disproportionately impact individuals with chronic conditions.** It is critical that all patients have equal access to health care services independent of age, ethnicity, socio-economic status or health status.

# CHRONIC DISEASE IN THE U.S.



## LEADING CHRONIC DISEASES IN MAINE



# ACCESS

**23% of rural Americans** say access to good doctors and hospitals is a major problem, compared with **18% of urbanites** and **9% of suburbanites**.<sup>11</sup>

Rural Americans live an average of **10.5 miles** from the nearest hospital, compared with **5.6** for people in suburban areas and **4.4** for those in urban areas.<sup>11</sup>

It takes Mainers an average of **13 minutes** by car to travel to the nearest hospital, compared to **12.9 minutes nationally**.<sup>11</sup>

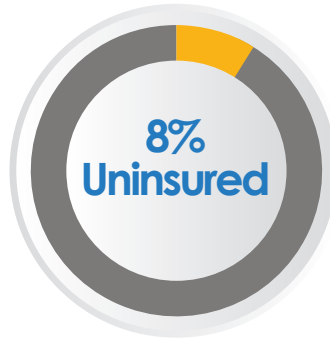
There are **39 Medicare certified rural health clinics**<sup>13</sup> in Maine, serving more than **545,000** Mainers living in rural areas.<sup>12</sup>

A wave of rural hospital closures in recent years have raised concerns about access to health care. 64 rural hospitals closed between 2013 and 2017, more than twice the number of closures in the previous five-year period.<sup>11</sup>

# PREVENTION AND AFFORDABILITY



6.1% of adults in Maine (65,000) have reported an unmet need for mental health treatment, compared to 5.6% nationally<sup>14</sup>



8% of Maine's population is uninsured, compared to 9% nationally<sup>15</sup>

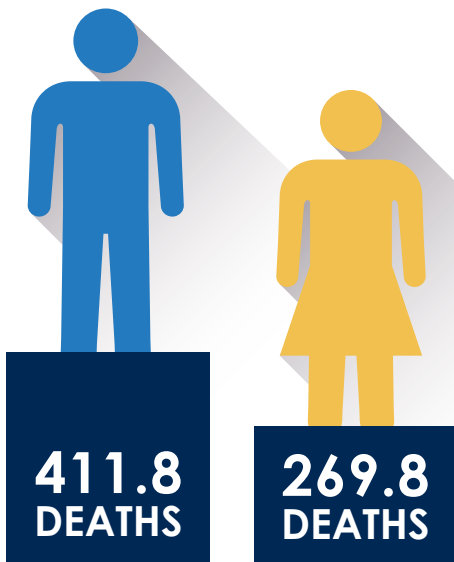


11.7% of Mainers have reported needing to see a doctor but couldn't because of cost, compared to 13.5% nationally<sup>16</sup>

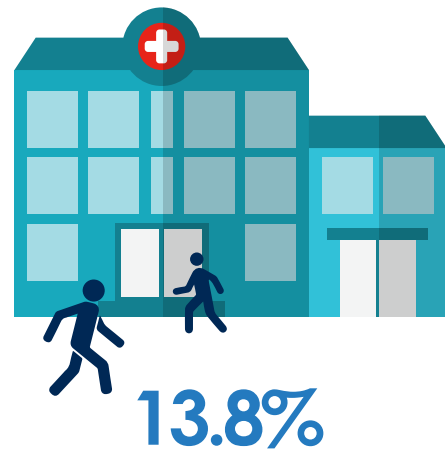


Nationally, more than 1 in 3 Medicare beneficiaries spent at least 20% of their income on out-of-pocket costs. Out-of-pocket spending increased for those in fair or poor health, those with low incomes, and those aged 85+. **These costs are expected to rise across the board by 2030.**<sup>17</sup>

# QUALITY HEALTH CARE



Maine mortality for men and women as a result of chronic disease (cancer, diabetes and heart disease)<sup>18</sup>



**Readmitted within 30 Days**

Medicare enrollees ages 65 and older in Maine were readmitted within 30 days of hospital discharge<sup>19</sup>

- <sup>1</sup>Centers for Disease Control and Prevention, "National Center for Chronic Disease Prevention and Health Promotion", 2019.
- <sup>2</sup>Centers for Disease Control and Prevention, "About Chronic Diseases", 2019.
- <sup>3</sup>Centers for Disease Control and Prevention, "Health and Economic Costs of Chronic Diseases", 2019.
- <sup>4</sup>Kaiser Family Foundation, "Percent of Adults Reporting Fair or Poor Health Status", 2017.
- <sup>5</sup>Kaiser Family Foundation, "Percent of Adults with Cardiovascular Disease", 2017.
- <sup>6</sup>Kaiser Family Foundation, "Adults Reporting Mental Illness in the Past Year", 2017-2018.
- <sup>7</sup>Kaiser Family Foundation, "Percentage of Adults with Diagnosed Diabetes by Age Group", 2016.
- <sup>8</sup>Kaiser Family Foundation, "Percent of Adults who Report Having Arthritis, by Gender", 2017.
- <sup>9</sup>Kaiser Family Foundation, "Percent of Adults Who Have Ever Been Told by a Doctor that They Have Hypertension", 2017.
- <sup>10</sup>Kaiser Family Foundation, "Percent of Adults Who Have Ever Been Told by a Doctor that They Have High Cholesterol", 2017.
- <sup>11</sup>Pew Research Center, "How far Americans live from the closest hospital differs by community type", 2018.
- <sup>12</sup>United States Department of Agriculture, Economic Research Service, "State Fact Sheets: Maine", 2019.
- <sup>13</sup>Kaiser Family Foundation, "Number of Medicare Certified Rural Health Clinics", 2018.
- <sup>14</sup>Kaiser Family Foundation, "Adults Reporting Unmet Need for Mental Health Treatment in the Past Year", 2017-2018.
- <sup>15</sup>Kaiser Family Foundation, "Health Insurance Coverage of the Total Population", 2018.
- <sup>16</sup>Kaiser Family Foundation, "Percent of Adults Reporting Not Seeing a Doctor in the Past 12 Months Because of Cost", 2018.
- <sup>17</sup>Kaiser Family Foundation, "Medicare Beneficiaries' Out-of-Pocket Health Care Spending as a Share of Income Now and Projections for the Future", 2018.
- <sup>18</sup>Kaiser Family Foundation: "Number of Cancer, Diabetes & Heart Disease Deaths per 100,000 Population by Gender", 2018.
- <sup>19</sup>America's Health Rankings, Senior Report, "Hospital Readmissions", 2019.

The Chronic Care Policy Alliance is dedicated to improving access to affordable and high-quality health care services for those living with chronic conditions.



Learn more at [chroniccarealliance.org](https://chroniccarealliance.org)



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