

	Androscoggin	Arcoostook	Cumberland	Franklin	Hancock	Kennebec	Knox	Lincoln	Oxford	Penobscot	Piscataquis	Sagadahoc	Somerset	Waldo	Washington	York	Maine	US	
DIABETES HEALTH																			
Risk Factors	% Sedentary Lifestyle (measured by no physical activity)	20%	25%	16%	18%	20%	20%	19%	20%	24%	23%	26%	20%	26%	25%	25%	20%	21%	36%
	% Adults consume fruits and vegetables 5 or more times/day	27%	20%	33%	27%	30%	26%	33%	32%	26%	25%	26%	30%	25%	29%	27%	30%	28%	27%
	% Overweight (Age 18+)	39%	38%	36%	38%	38%	34%	38%	34%	36%	34%	38%	39%	40%	36%	39%	37%	37%	36%
	% Obesity (Age 18+)	31%	31%	24%	31%	22%	31%	25%	25%	33%	35%	33%	23%	28%	27%	33%	23%	28%	27%
Disease Prevalence	% Diagnosed Diabetes	11%	13%	9.4%	9.7%	8.3%	12%	9.2%	10%	12%	10%	13%	10%	11%	11%	13%	9.2%	10%	8.3%
	Ages 18-44	2.8%	4.1%	2.2%	2.8%	0.9%	9.0%	2.1%	6.3%	5.4%	3.3%	7.9%	0.0%	4.2%	3.2%	5.9%	3.3%	2.9%	N/A
	Ages 45-64	16%	17%	12%	14%	8%	18%	11%	10%	12%	14%	14%	12%	12%	14%	14%	9.6%	13%	N/A
	Ages 65+	23%	20%	21%	16%	23%	24%	17%	15%	26%	21%	20%	28%	22%	18%	21%	21%	21%	N/A
Management	% Reported hemoglobin A1c measurement (at least once) in past year (Age 18+)	77%	82%	97%	81%	93%	93%	91%	84%	78%	92%	89%	84%	91%	85%	72%	92%	89%	N/A
	% Reported pupil dilation eye exam in past yr (age 18+)	78%	70%	79%	65%	80%	79%	78%	76%	84%	79%	65%	70%	70%	70%	78%	73%	76%	72%
	% Reported foot examination in past yr (Age 18+)	77%	74%	83%	60%	75%	78%	67%	86%	67%	80%	71%	75%	81%	74%	73%	85%	78%	70%
	% Reported ever taken diabetes self management course (Age 18+)	59%	56%	51%	35%	65%	70%	63%	47%	56%	54%	51%	58%	36%	60%	29%	53%	54%	N/A
	Diabetes, Hospital Admission Rate	84	93	64	77	82	70	73	72	84	102	150	74	82	84	103	71	79	N/A
	Ages 18-44	57	104	62	127	66	63	32	57	92	90	219	54	120	102	92	64	75	N/A
	Ages 45-64	137	86	57	33	79	75	89	60	52	99	110	75	70	57	84	61	75	N/A
	Ages 65+	129	169	121	128	128	112	160	133	172	201	293	185	119	182	226	151	150	N/A
	Diabetes Short-term Complications, ACSC ED Visit Rate	7	22	3	13	11	4	6	13	17	11	15	3	25	27	23	3	9	N/A
	Diabetes Long-term Complications, ACSC ED Visit Rate	171	168	83	181	91	86	134	92	125	109	209	101	170	132	232	56	111	N/A
Diabetes Uncontrolled, ACSC ED Visit Rate	11	17	7	12	31	13	9	7	11	6	15	1	20	16	46	4	11	N/A	
Effectiveness	Diabetes, Mortality Rate	25	33	20	49	33	31	19	23	34	26	29	13	33	28	61	20	26	77
	Ages 45-64	21	23	19	44	15	20	13	9	22	24	34	3	17	22	36	17	20	N/A
	Ages 65+	120	133	103	233	166	147	71	103	162	128	98	74	175	133	251	96	126	N/A

All rates are per 100,000 population (based on US Census estimates 2008) unless otherwise noted