

Unrealized Health Potential: A Snapshot of Maine



UNREALIZED HEALTH POTENTIAL AMONG CHILDREN

Based on two important indicators of health, infant mortality and children's general health status, children in Maine are not as healthy as they could be. The levels of health for most Maine children fall short of levels for children in the most-advantaged subgroups in the state and across the country. This snapshot describes these gaps as well as the social factors that are linked with these differences in health.

INFANT MORTALITY

Maine ranks 1st among states based on the size of the gap in infant mortality by mother's education, when comparing the current overall state rate of 4.8 deaths per 1,000 live births with the lower rate—4.0 deaths per 1,000 live births—seen among infants born to the state's most-educated mothers. Even if Maine achieved this lower rate overall, infant mortality in the state would still exceed the *national benchmark* of 3.2 deaths per 1,000 live births—the lowest infant mortality rate seen in any state among babies born to mothers with 16 or more years of schooling. In Maine, infant mortality rates in almost all maternal education and racial or ethnic groups did not meet the national benchmark.

CHILDREN'S GENERAL HEALTH STATUS

Maine ranks 7th among states based on the size of the gap in children's general health status by family income, when comparing the current overall rate of 9.1 percent of children in less than optimal health with the lower rate—4.8 percent—seen among children in higher-income families. Even if Maine achieved this lower rate overall, the state's rate would still exceed the *national benchmark* for children's general health status of 3.5 percent—the lowest rate of less than optimal health seen in any state among children in families that both were higher income and practiced healthy behaviors. In Maine, the general health status of children across income and education groups did not meet the national benchmark.

SOCIAL FACTORS AFFECTING CHILDREN'S HEALTH

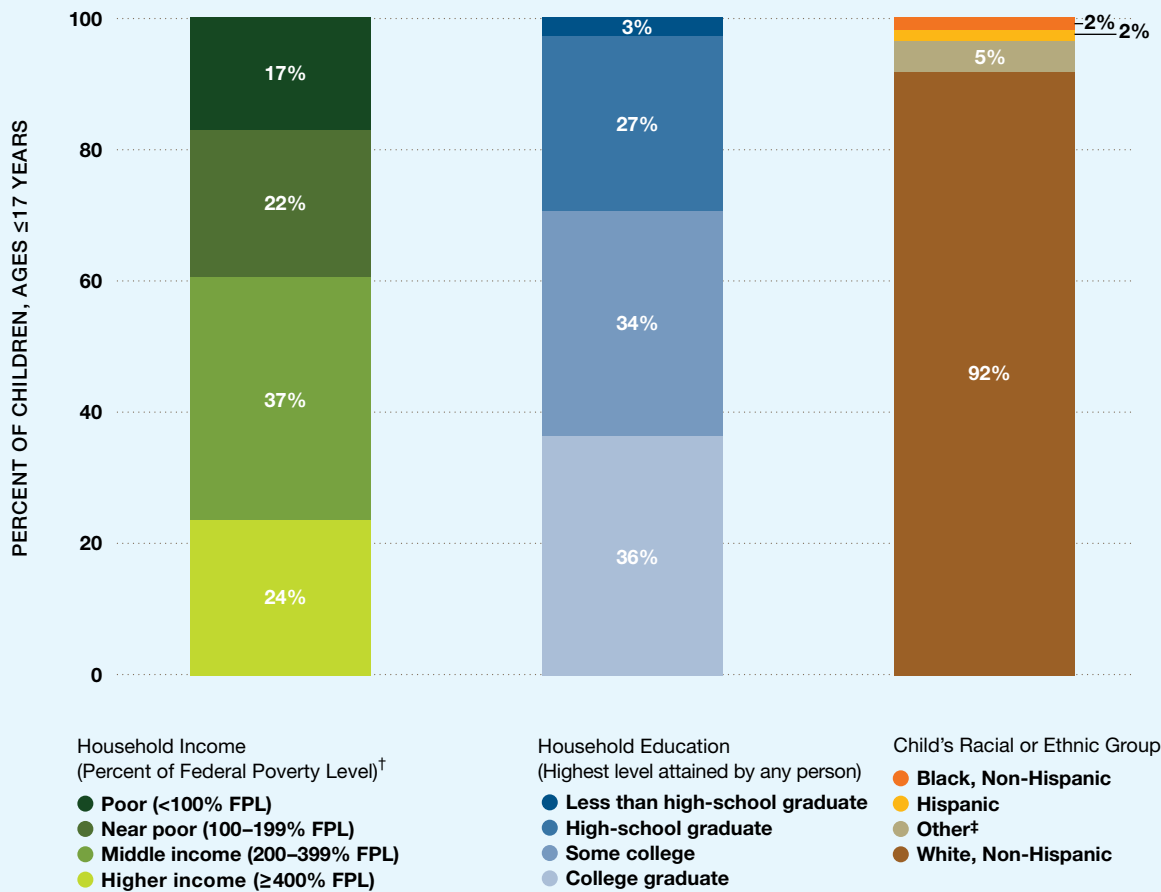
Social factors such as income, education and racial or ethnic group can greatly affect a child's health. This snapshot describes these factors and how they are linked with infant mortality and children's general health status in the state.



MAINE:
Social Factors Affecting Children's Health

Health during childhood is powerfully linked with social factors such as the income and education levels of a child's family and his or her racial or ethnic group. This snapshot of children ages 17 years or younger in Maine shows that:

- Two fifths of Maine's children live in poor or near-poor households, approximately one third live in middle-income households and one fourth live in higher-income households.
- Nearly one third of children in Maine live in households where no one has education beyond high school, one third live with at least one person who has attended but not completed college and approximately one third live with at least one college graduate.
- The overwhelming majority—92 percent—of Maine's children are non-Hispanic white, 2 percent are non-Hispanic black, and 2 percent are Hispanic.



Prepared for the RWJF Commission to Build a Healthier America by the Center on Social Disparities in Health at the University of California, San Francisco. Source: 2006 American Community Survey (for data on income and racial or ethnic group); 2005-2007 Current Population Survey (for education data).
[†] Guidelines set by the U.S. government for the amount of income providing a bare minimum of food, clothing, transportation, shelter and other necessities. In 2006, the U.S. FPL was \$16,079 for a family of three and \$20,614 for a family of four.
[‡] "Other" includes children in any other racial or ethnic group or in more than one group.

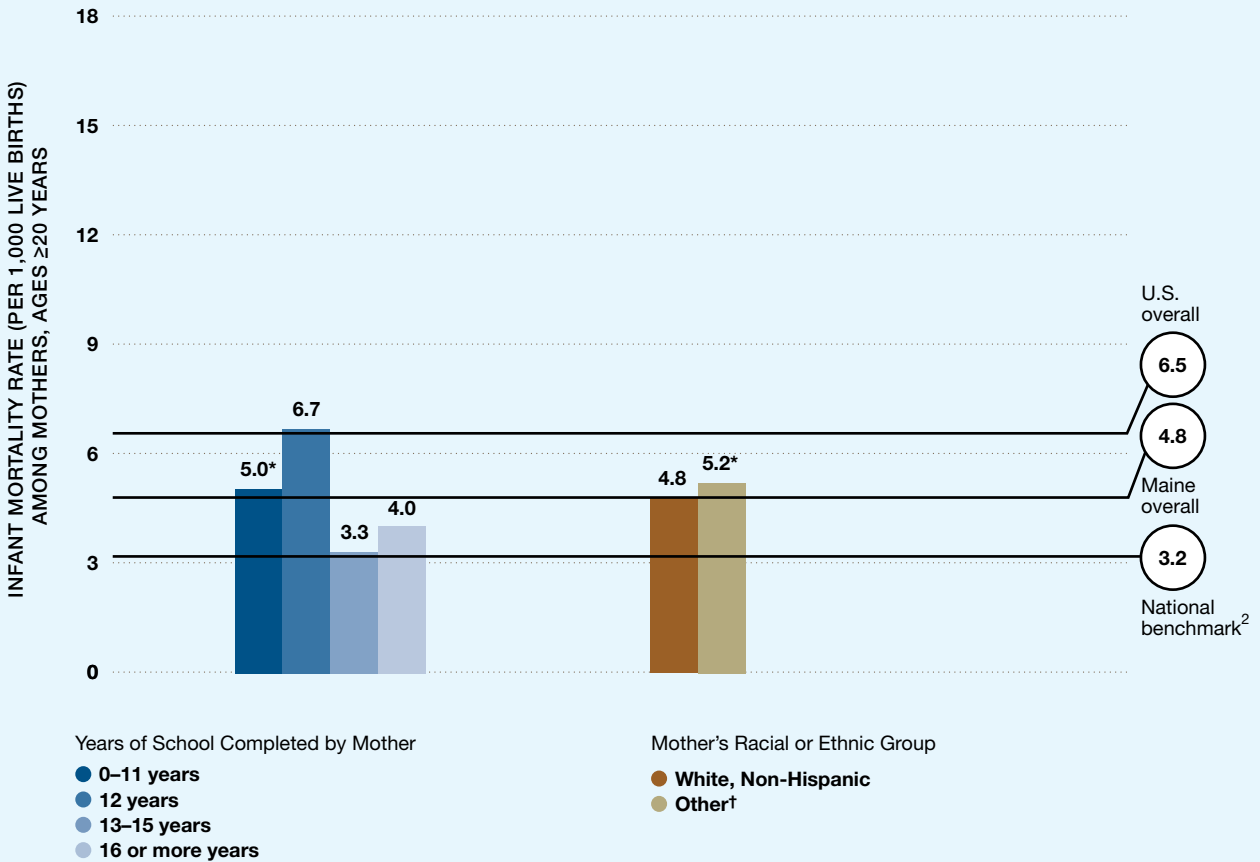
MAINE: Gaps in Infant Mortality

While infant mortality rates¹—a key indicator of a state’s overall health—appear to vary by mother’s education in Maine, differences across groups are relatively small compared with those in most other states.

- Babies born to mothers with less education appear more likely to die before reaching their first birthdays. The infant mortality rate among babies born to mothers with 12 years of education is approximately twice the rate seen among babies born to more-educated mothers.

- The difference in infant mortality rates between racial or ethnic groups is not statistically significant.

Comparing Maine’s experience against the national benchmark² for infant mortality reveals unrealized health potential among Maine babies in most maternal education and racial or ethnic groups. Infants in many groups could do better.



Prepared for the RWJF Commission to Build a Healthier America by the Center on Social Disparities in Health at the University of California, San Francisco.
Source: 2000-2002 Period Linked Birth/Infant Death Data Set.

1 The number of deaths in the first year of life per 1,000 live births.

2 The national benchmark for infant mortality represents the level of mortality that should be attainable for all infants in every state. The benchmark used here—3.2 deaths per 1,000 live births, seen in New Jersey and Washington state—is the lowest statistically-reliable rate among babies born to the most-educated mothers in any state.

* Rate based on fewer than 20 infant deaths and considered statistically unreliable.

† Defined as any other or unknown racial or ethnic group, including any group representing fewer than 3 percent of all infants born in the state during 2000-2002.

MAINE: Gaps in Children's General Health Status

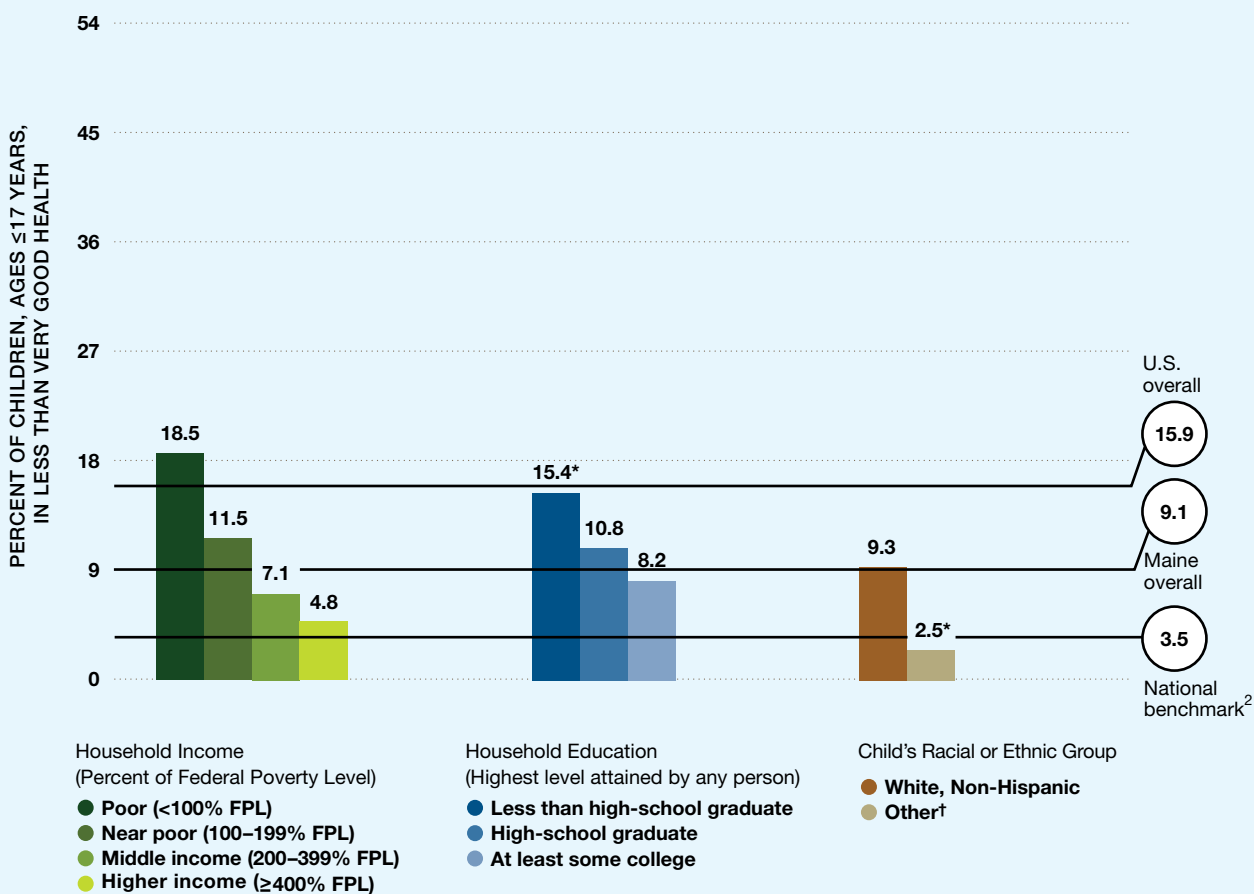
Within Maine, children's general health status¹ appears to vary by household income and education. Children in the least-advantaged groups typically experience worse health than those with greater advantages.

- Children in poor families are nearly four times as likely and children in near-poor families are over twice as likely to be in less than optimal health as children in higher-income families.
- Although children in households with lower levels of education appear more likely to be in less than

optimal health than children living with an adult who has completed some college, these differences are not statistically significant.

- There are no statistically significant differences between racial or ethnic groups.

Comparing Maine's experience against the national benchmark² reveals unrealized health potential among Maine children in most income and education groups.



Prepared for the RWJF Commission to Build a Healthier America by the Center on Social Disparities in Health at the University of California, San Francisco.
Source: 2003 National Survey of Children's Health.

1 Based on parental assessment and measured as poor, fair, good, very good or excellent. Health reported as less than very good was considered to be less than optimal.
2 The national benchmark for children's general health status represents the level of health that should be attainable for all children in every state. The benchmark used here—3.5 percent of children with health that was less than very good, seen in Colorado—is the lowest statistically-reliable rate observed in any state among children whose families were not only higher income but also practiced healthy behaviors (i.e., non-smokers and at least one person who exercised regularly).

* Rate has a relative standard error greater than 30 percent and is considered statistically unreliable.

† Defined as any other or more than one racial or ethnic group, including any group with fewer than 3 percent of children in the state in 2003.