HIGHLIGHTS

TOBACCO

• Youth smoking rates in Maine have been cut nearly in half (48.4%) since the inception of the Fund for a Healthy Maine.
• Cigarette use among adults has decreased by 24% since 2001.
• The Tobacco Helpline has helped over 100,000 clients since its inception.
• The Healthy Maine Partnerships form a statewide system of local coalitions to help prevent tobacco use, improve nutrition and increase access to physical activity, and prevent substance abuse among our youth and young adults to reduce chronic diseases. This system serves every community in Maine. HMPs work with schools, businesses, municipalities, healthcare and social services to create healthier policies and environments for all people at no cost to those partners.

OBESITY

• 56.2% of adults are meeting physical activity recommendations, a 12% increase since 2011.
• There was a statistically significant increase from 2009 to 2013 in the percentage of students in grades 5 (18% increase) and 9-12 (5% increase) who reported daily intake of 5 or more fruits and vegetables.
• From 2011 to 2013, the prevalence of obesity and overweight for students in grades 5 and 7-12 remains steady with no statistically significant changes. While decreasing the prevalence of obesity is the ultimate goal, a positive first step is having rates remain steady.

SUBSTANCE ABUSE

• The proportion of high school students in Maine who report consuming alcohol in the past month has decreased notably since 2009- dropping from 32% in 2009 to 26% in 2013.
• Binge drinking in high school age youth has declined from 19% in 2009 to 15% in 2013.
• Alcohol and/or drug related crashes among 16-20 year olds decreased by 46% from 2009 to 2013. (151 crashes in 2009 to 82 crashes in 2013)
• Alcohol use rate among youth has decreased by 44% since 2001.

CHILD CARE

• About 3,000 children, ages birth – 12, currently receive child care, Head Start, or after-school programs through Fund for a Healthy Maine assistance.
• Nearly 2,500 children, ages 12 - 15, participate in a range of recreational, cultural, academic, and arts programs after school and in the summer.
SCHOOL BASED HEALTH CENTERS

• 16 SBHC’s provide access to care for close to 12,000 students, allowing parents to stay at work - decreasing absenteeism and drop-out rates in students.
• Close to half (43%) of students who smoke and were seen at a SBHC reported that they reduced their smoking or quit smoking as a result of their visit.
• More than half of SBHC encounters were with a behavioral health specialist and 57% of medical visits were for preventative screenings such as immunization or well-child visits.
• 45% of students in a school with a SBHC were enrolled with the center.

ORAL HEALTH

• 25% of Maine dentists participate in the Donated Dental Services Program, providing free services to qualified disabled and elderly individuals through a FHM paid coordinator; the average value of these services was over $3,300 in SFY 14, and the total was close to $376,000.
• As of January 2015, FAME’s Dental Education Loan & Repayment Program has awarded 37 loans to dental students who already have or will return to Maine (with return service obligations) and 23 loan repayment awards to dentists practicing in underserved areas. The overall retention of dentists – that is, of dentists who have stayed in Maine to practice after completing their obligations – is about 72%.
• Supports preventive programs in about 180 elementary schools, mostly in rural areas, where children are more likely to encounter challenges in finding regular access to dental care. These programs offer classroom-based education, and about half also provide dental sealants and fluoride for second-graders. Between 2013 and 2014 school years, an average of 94 schools provided sealants to over 1600 children, receiving an average of 3.2 sealants each.

TEEN PREGNANCY PREVENTION (defunded)

• Maine’s teen pregnancy rate decreased by 48% between 1988 and 2005, one of the most dramatic decreases in the nation. Maine's rates of teen pregnancy and teen birth are among the lowest in the nation, down from 70 per thousand girls in 1992 to 37 per thousand in 2010.
• The percentage of high school students who have ever had sexual intercourse has declined from 52% in 1997 to 45% in 2007.
• Among high school students who are sexually active, the percentage who used a condom during their last sexual intercourse has increased significantly from 51% in 1997 to 59% in 2007. The percentage who used birth control pills has increased from 30% in 1997 to 41% in 2007.

HOME VISITATION (defunded)

• 92% of Maine Families participants' children were up to date with immunizations as a result of home visitors providing education and support to address barriers to timely immunizations.
• As a result of routine screening by professional home visitors, more than 177 children of Maine Families participants were identified with possible developmental delays and provided supports to help address those delays early before more costly remediation is needed in school.
• 99.4% of children of Maine Families participants were connected to a primary care provider compared to about two-thirds of children who have a medical home statewide.

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