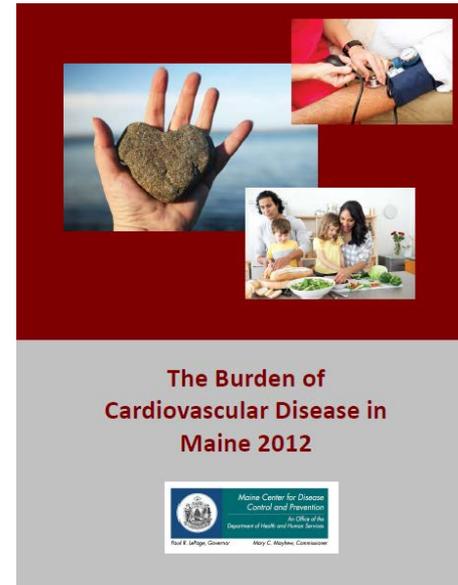
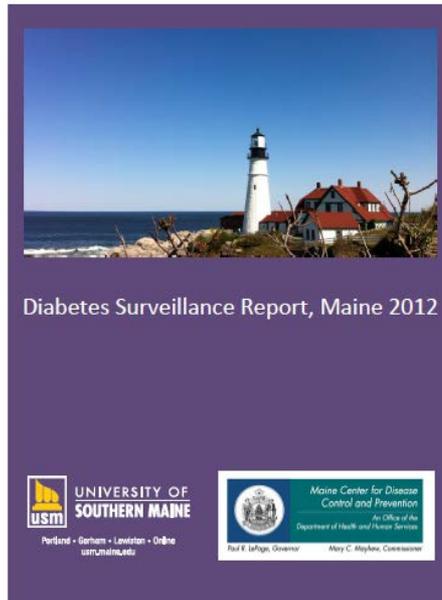


The Maine Cardiovascular Disease and Diabetes Surveillance Reports: A Primer



Sara L. Huston, PhD
Lead Chronic Disease Epidemiologist
Maine CDC and USM

May 1, 2013

Acknowledgments

- ▶ **USM Epidemiology Team**

- ▶ Nisha Kini – Lead author on both reports
- ▶ Alison Green-Parsons
- ▶ Finn Teach

- ▶ **Maine CDC**

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- ▶ Holly Richards
- ▶ Nathan Morse
- ▶ Dana Ivers
- ▶ David Pied
- ▶ Stirling Kendall
- ▶ Debra Wigand



The Maine Cardiovascular Disease and Diabetes Surveillance Reports: A Primer

- ▶ What are they and why do we have them?
- ▶ What's in them?
- ▶ A Few Selected Highlights
- ▶ How to access and use them



The New Maine Cardiovascular Disease and Diabetes Surveillance Reports: A Primer

- ▶ What are they and why do we have them?
- ▶ What's in them?
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What are these reports?

- ▶ **Comprehensive epidemiologic info on CVD and Diabetes in Maine**
 - ▶ “One-stop shopping”
 - ▶ Interpretation of the data
- ▶ **Why do we have them?**
 - ▶ Have been a requirement of U.S. CDC Funding
 - ▶ Because we need to look at and understand the data to make sound decisions
- ▶ **These are new version of older documents, which some of you may remember**



Show of Hands

- ▶ Have you heard of the Maine Diabetes Surveillance Report or the Burden of CVD in Maine Report (before today!)?
- ▶ Have you looked at either report?
- ▶ Have you used the information in either report (or from the older versions of them)?



The New Maine Cardiovascular Disease and Diabetes Surveillance Reports: A Primer

- ▶ What are they and why do we have them?
- ▶ What's in them?
- ▶ **A Few Selected Highlights**
- ▶ How to access and use them



Diabetes Surveillance Report, Maine, 2012



Diabetes Surveillance Report, Maine 2012



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usm.maine.edu



Maine Center for Disease
Control and Prevention
An Office of the
Department of Health and Human Services

Paul E. LePage, Governor

Mary C. Mayhew, Commissioner

What's in it?

- ▶ **6 chapters**
 - ▶ **Prevalence of Diabetes and Prediabetes**
 - ▶ Prevalence of Diabetes and Prediabetes **by Selected Risk Factors**
 - ▶ Diabetes and Diabetes-Related **Hospitalization**
 - ▶ Diabetes and Diabetes-Related **Death**
 - ▶ **Healthy Maine 2010 Milestones Achieved and Healthy Maine 2020 Objectives**
 - ▶ **Preventive Practices** among Maine Adults with Diabetes



What's in it?

- ▶ **Prevalence rates**

- ▶ Diabetes
- ▶ Prediabetes
- ▶ By risk factors

- ▶ **Hospitalization rates**

- ▶ Diabetes (principal diagnosis)
- ▶ Diabetic ketoacidosis
- ▶ Diabetes-related (any listed diagnosis)
- ▶ Diabetes-related cardiovascular disease hospitalizations
- ▶ Diabetes-related non-traumatic lower extremity amputation hospitalizations



What's in it?

- ▶ **Death rates**
 - ▶ Diabetes (underlying cause of death)
 - ▶ Diabetes-related (any mentioned cause of death)
- ▶ **Preventive practices**
 - ▶ Diabetes self-management education
 - ▶ A1C testing
 - ▶ Blood glucose testing
 - ▶ Routine health care visits for diabetes
 - ▶ Dilated eye exam
 - ▶ Foot exam
 - ▶ Influenza and Pneumococcal vaccination
 - ▶ Dental visit



What's in it?

- ▶ **Maine data**

- ▶ With U.S. data for comparison when available

- ▶ **Patterns by**

- ▶ Year (trends over time)
- ▶ Geography (county)
- ▶ Demographics (sex, age, race/ethnicity, socio-economic status)



Data Sources

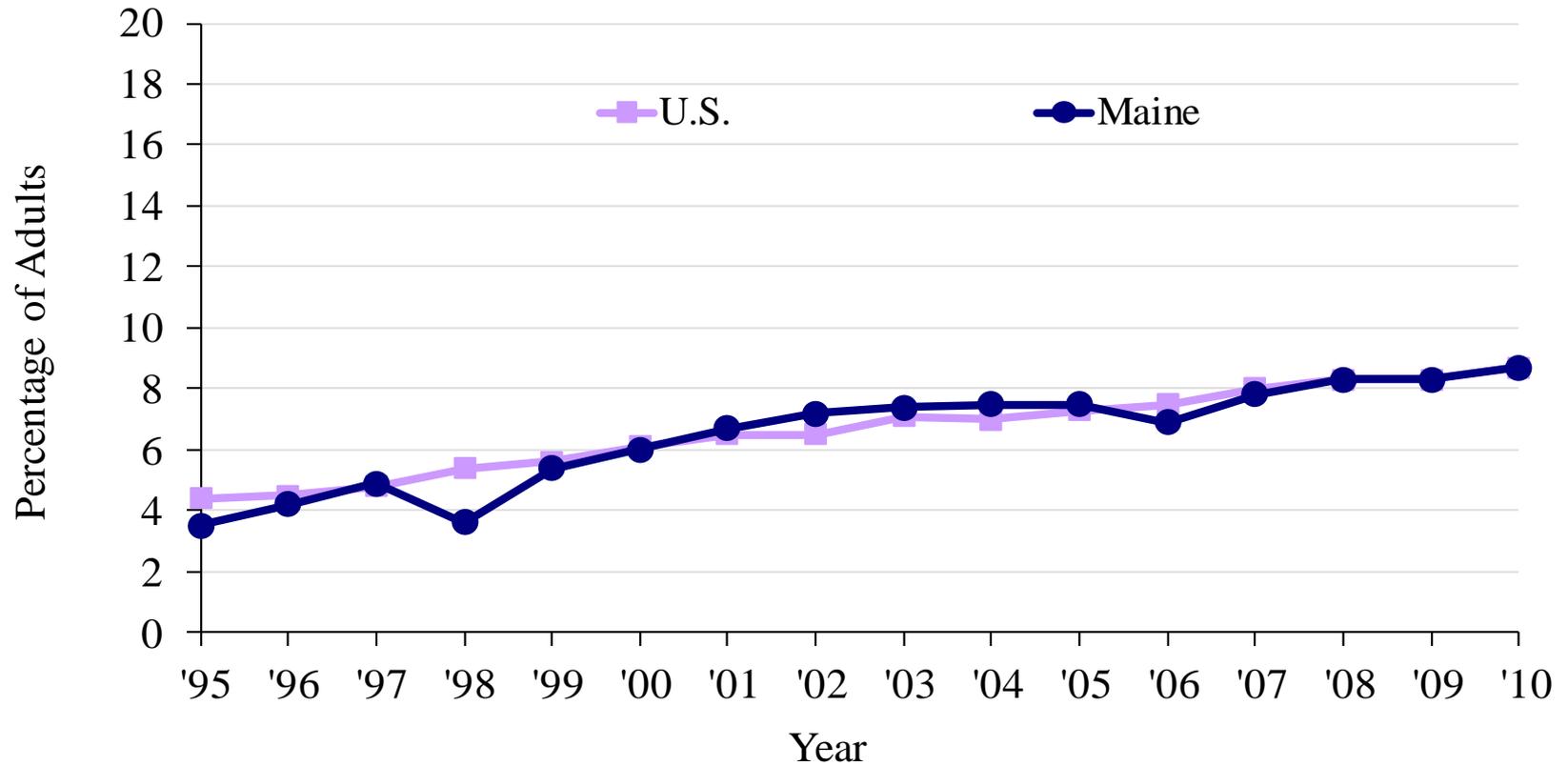
- ▶ **Behavioral Risk Factor Surveillance System**
 - ▶ Large, telephone-based survey of Maine adults
 - ▶ Run out of the Maine CDC
- ▶ **Hospitalization Data**
 - ▶ Inpatient hospitalization data from the Maine Health Data Organization
 - ▶ Information on principal diagnosis, other listed diagnoses and procedures during the hospitalization
- ▶ **Mortality Data**
 - ▶ Based on that death certificate
 - ▶ Processed through standard national algorithms to determine the underlying and contributing causes of death
 - ▶ Collected and maintained by Maine CDC



Selected Highlights



Figure 1.2 Diabetes Prevalence, U.S. and Maine Adults, 1995-2010



Diabetes does not include pregnancy-related diabetes.
Adults = ages 18+ years.
Data Source: Behavioral Risk Factor Surveillance System.

Selected Highlights

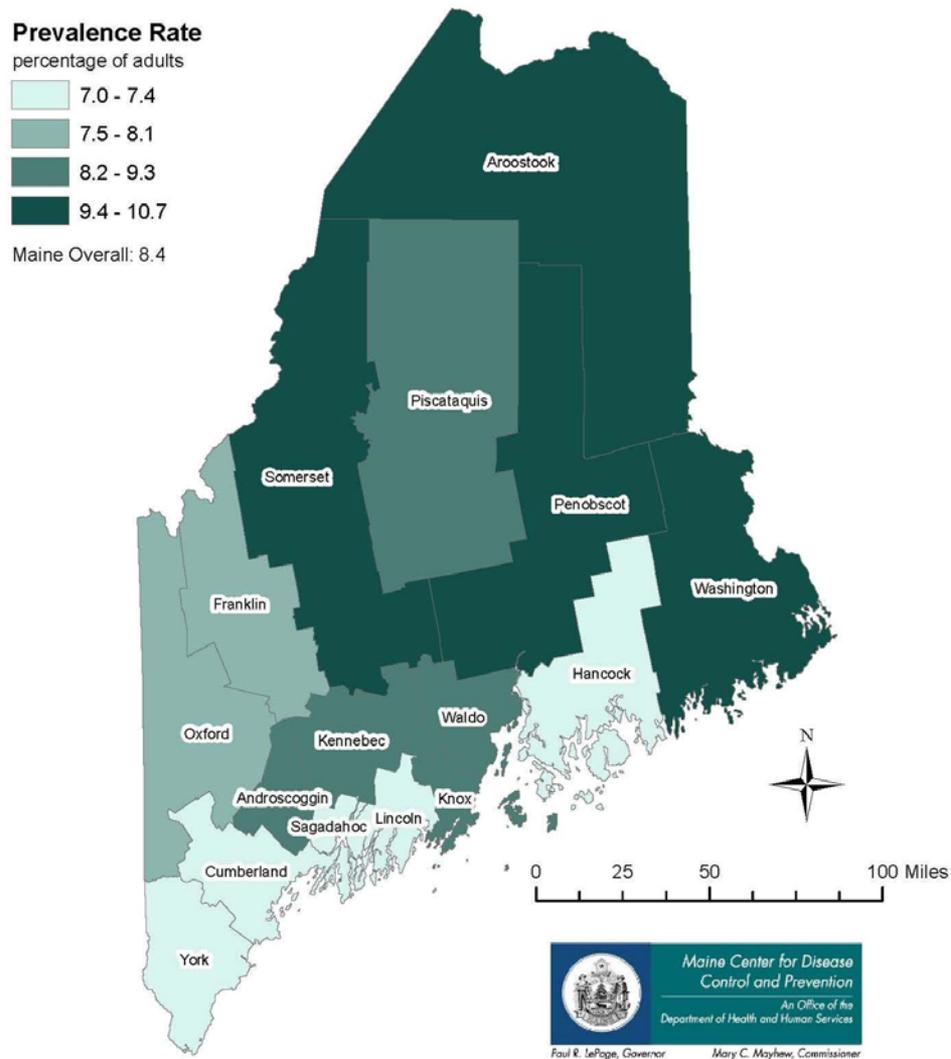
- ▶ The prevalence of diabetes has been increasing in Maine, at about the same rate as in the U.S. overall
 - ▶ From 3.5% in 1995 to 8.7% in 2010



Which counties in Maine have the highest Diabetes prevalence rates?



Figure 1.9 Diabetes Prevalence by County of Residence, Maine Adults, 2008-2010



Data Source: Behavioral Risk Factor Surveillance System.
All %s are weighted to be more representative of the general adult population of Maine and to adjust for non-response.

Diabetes does not include pregnancy-related diabetes.

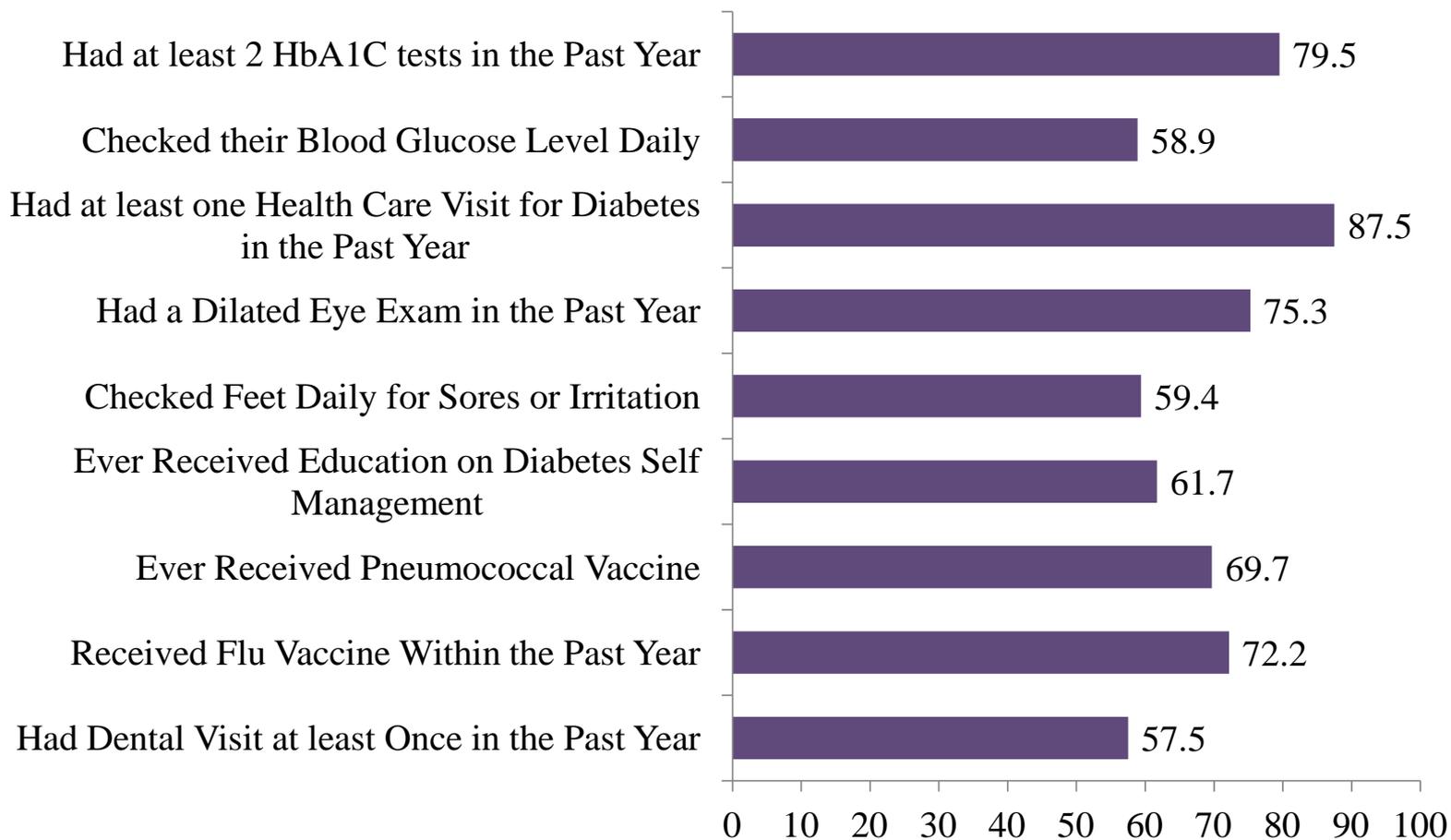
Map Created by David Pied and Nisha Kini on 04/18/2012

Selected Highlights

- ▶ The prevalence of diabetes prevalence has been increasing in Maine, at about the same rate as in the U.S. overall
- ▶ **The counties with the highest diabetes prevalence rates tend to cluster in northern Maine**
 - ▶ Aroostook and Penobscot Counties have significantly higher rates than the state



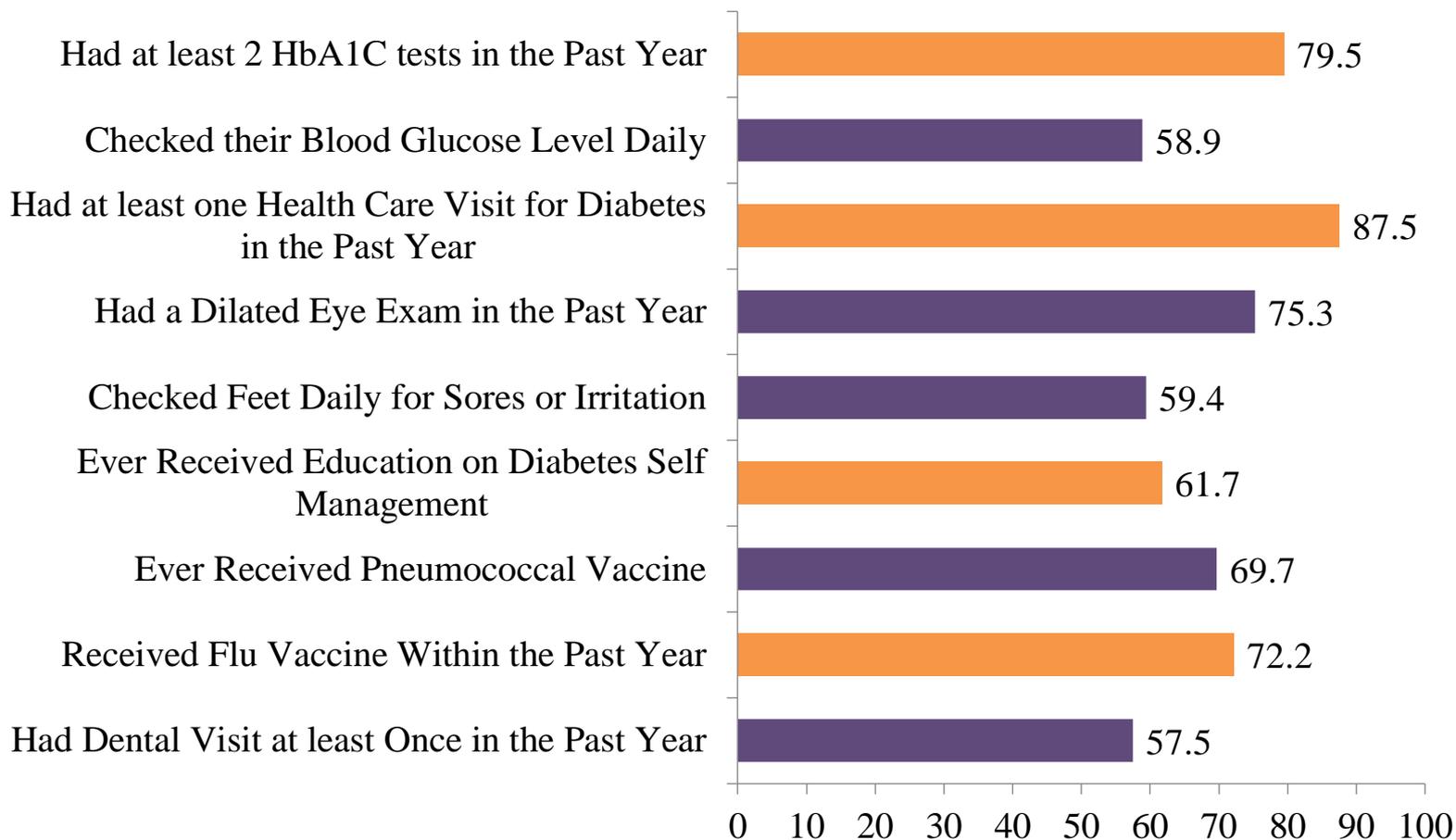
Figure 6.1 Preventive Practices among Maine Adults with Diabetes, 2010



Diabetes does not include pregnancy-related diabetes.
 Adults = ages 18+ years
 HbA1C= Hemoglobin A "one" C
 Data Source: Behavioral Risk Factor Surveillance System

Percent of Adults with Diabetes

Figure 6.1 Preventive Practices among Maine Adults with Diabetes, 2010



Diabetes does not include pregnancy-related diabetes.
 Adults = ages 18+ years
 HbA1C= Hemoglobin A "one" C
 Data Source: Behavioral Risk Factor Surveillance System

Percent of Adults with Diabetes

Selected Highlights

- ▶ The prevalence of diabetes prevalence has been increasing in Maine, at about the same rate as in the U.S. overall
- ▶ The counties with the highest diabetes prevalence rates tend to cluster in northern Maine
- ▶ **Almost 90% of Maine adults with diabetes have had a routine health care visit for diabetes in the past year, but less than 80% engage in other preventive practices**
 - ▶ Diabetes self-management education (ever): 61.7%
 - ▶ ≥ 2 HbA1C tests during the past year: 79.5%
 - ▶ Flu vaccine in past year: 72.2%



The Burden of Cardiovascular Disease in Maine, 2012



The Burden of Cardiovascular Disease in Maine 2012



What's in it?

- ▶ 5 chapters

- ▶ Introduction to Cardiovascular Disease
- ▶ Heart Disease, Coronary Heart Disease, Heart Attack, and Heart Failure
- ▶ Stroke
- ▶ The Economic Costs of Cardiovascular Disease
- ▶ Risk Factors for Cardiovascular Disease
 - ▶ Blood Pressure and Cholesterol
 - ▶ Other Risk Factors



What's in it?

- ▶ For each CVD Type
 - ▶ Deaths
 - ▶ Hospitalizations
 - ▶ Cost & Economics
- ▶ In addition, for heart attack and stroke
 - ▶ Knowledge of signs & symptoms
 - ▶ Intention to call 911
- ▶ Prevalence estimates of coronary heart disease and stroke history



What's in it?

- ▶ **High Blood Pressure**

- ▶ Prevalence

- ▶ Treatment

- ▶ Medication use, lifestyle changes, doctor advice

- ▶ **High Cholesterol**

- ▶ Screening

- ▶ Prevalence

- ▶ **Other Risk Factors**

- ▶ Physical activity, nutrition, tobacco use, weight status, diabetes

- ▶ Current prevalence and links to more detailed info



What's in it?

- ▶ **Maine data**
 - ▶ With U.S. data for comparison when available
- ▶ **Patterns by**
 - ▶ Year (trends over time)
 - ▶ Geography (county)
 - ▶ Demographics (sex, age, race/ethnicity, socio-economic)



Data Sources

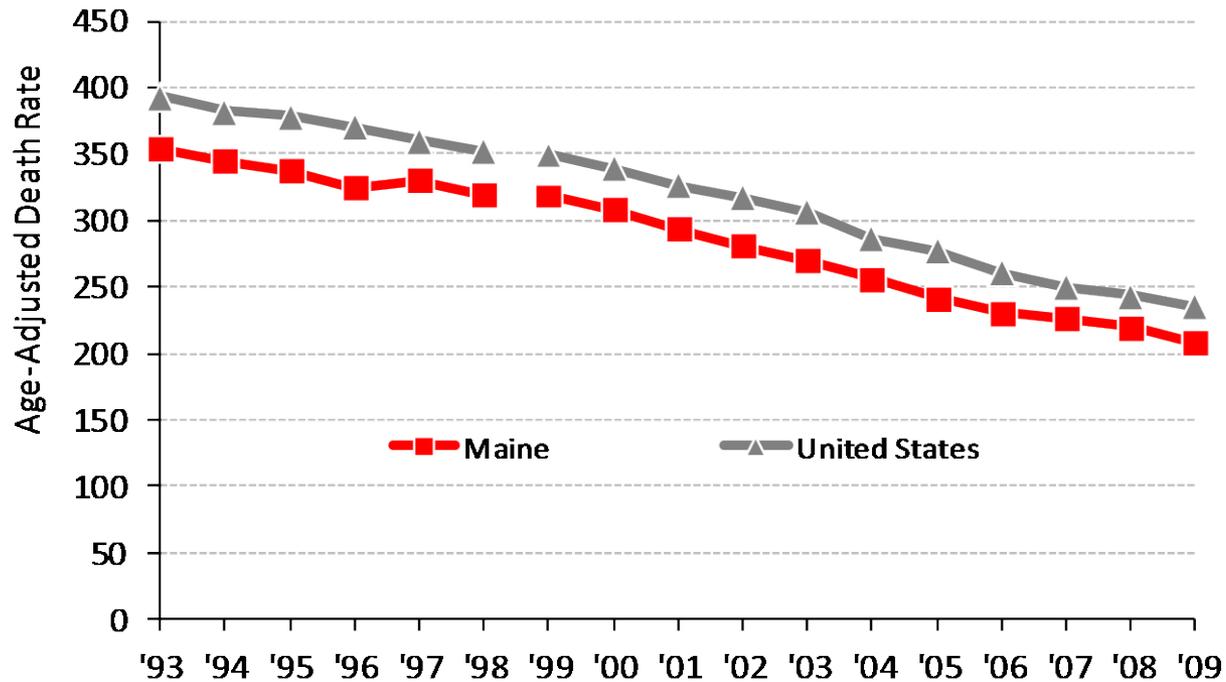
- ▶ **Behavioral Risk Factor Surveillance System**
 - ▶ Large, telephone-based survey of Maine adults
 - ▶ Run out of the Maine CDC
- ▶ **Hospitalization Data**
 - ▶ Inpatient hospitalization data from the Maine Health Data Organization
 - ▶ Information on principal diagnosis, other listed diagnoses and procedures during the hospitalization
- ▶ **Mortality Data**
 - ▶ Based on death certificate data
 - ▶ Processed through standard national algorithms to determine the underlying and contributing causes of death
 - ▶ Collected and maintained by Maine CDC



Selected Highlights



Figure 1.2. Major Cardiovascular Disease Death Rates by Year, Maine and U.S., 1993-2009



Major CVD: 1999-2009: ICD-10 codes I00-I78; 1993-1998: ICD-9 codes 390-434, 436-448, underlying cause of death. Change in ICD code represented by break in graph line.

CVD=Cardiovascular Disease.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

U.S. Data Source: CDC Wonder.

Maine Data Source: Maine Mortality Data; Data, Research and Vital Statistics, Maine CDC.

Selected Highlights

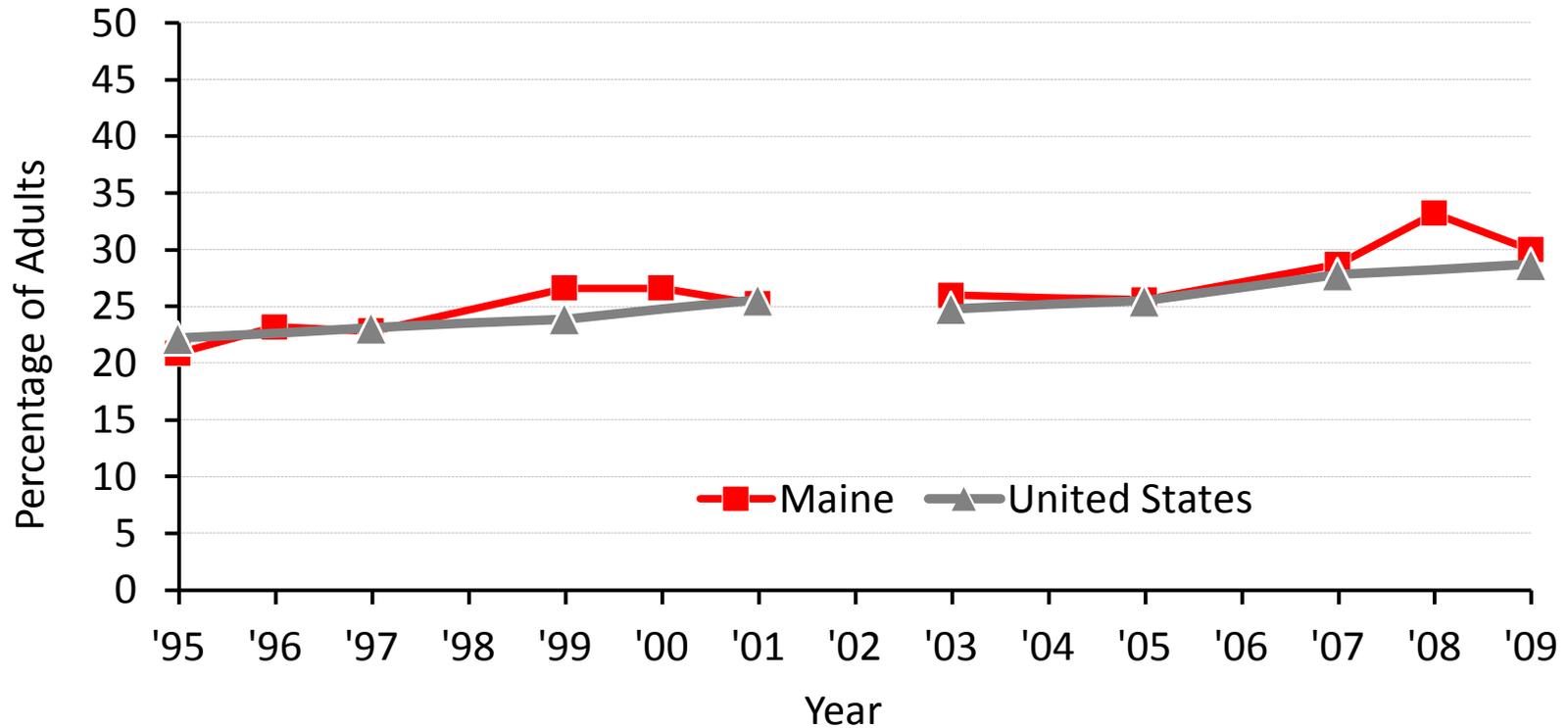
- ▶ **Maine's CVD death rates have been declining substantially, at a rate similar to the U.S.**



What's the trend in high blood pressure prevalence rates in Maine?



Figure 5.1 High Blood Pressure Prevalence by Year, Maine and U.S. Adults, 1995-2009



Adults = ages 18+ years.

1990-2001 included women diagnosed with high blood pressure only while pregnant as hypertensive, while 2003 and later years data do not consider them to be hypertensive.

Data not available for U.S. in '96,'00,'08; data not available for Maine or U.S. in '98,'02,'04,'06',10.

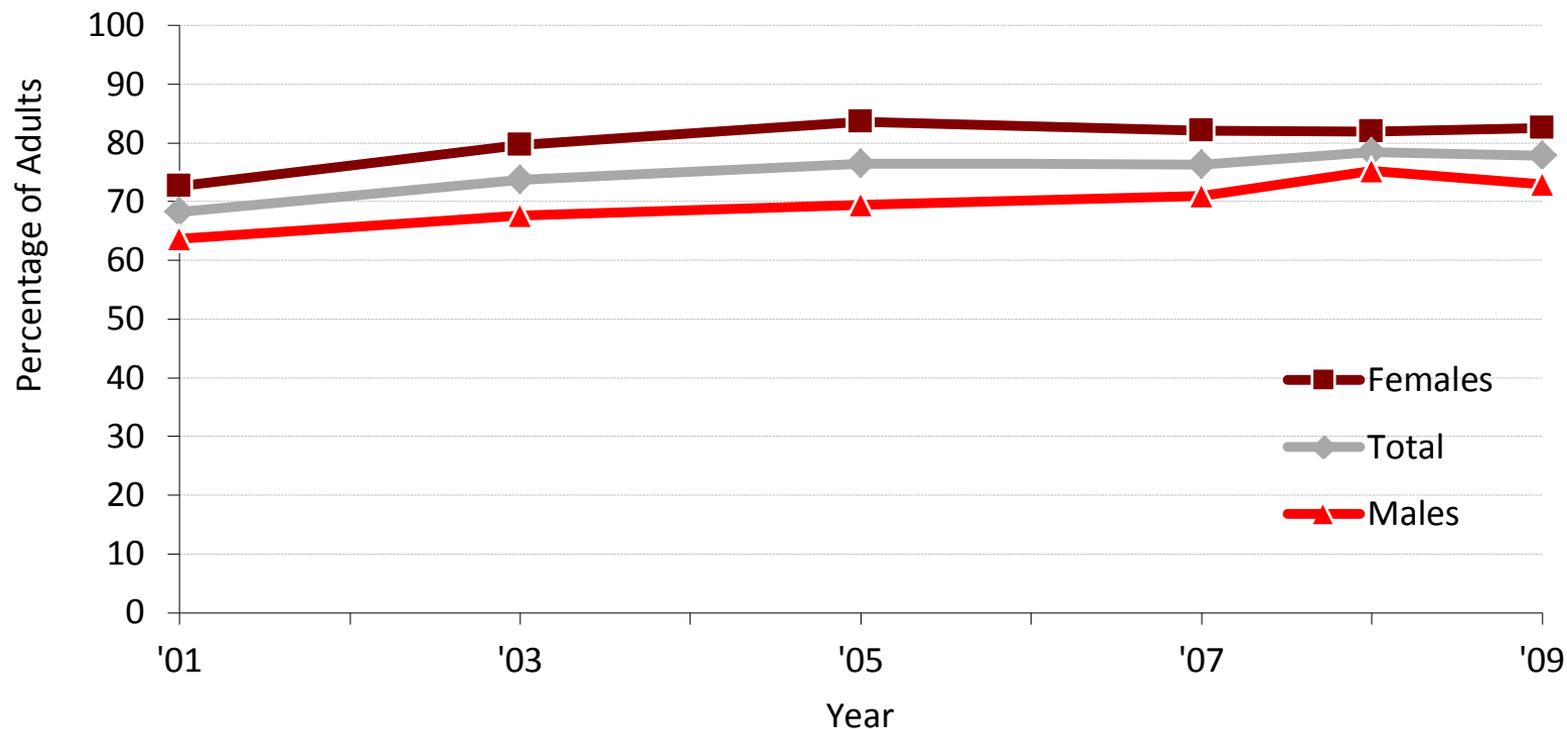
Data Source: Behavioral Risk Factor Surveillance System.

Selected Highlights

- ▶ Maine's CVD death rates have been declining substantially, at a rate similar to the U.S.
- ▶ **The prevalence of high blood pressure among Maine adults has increased steadily from 20.9% in 1995 to 30.0% in 2009**
 - ▶ Similar to the increase in the U.S.



Figure 5.3 Maine Adults with High Blood Pressure Taking Medication for High Blood Pressure, Prevalence by Year and Gender, Maine Adults, 2000-2009



Adults = ages 18+ years.

Rates are percentages among Maine adults diagnosed with high blood pressure.

Data not available in 2002, 2004, 2006, 2010.

Data Source: Behavioral Risk Factor Surveillance System.

Selected Highlights

- ▶ Maine's CVD death rates have been declining substantially, at a rate similar to the U.S.
- ▶ The prevalence of high blood pressure among Maine adults has increased steadily from 20.9% in 1995 to 30.0% in 2009
- ▶ **The percentage of Maine adults with high blood pressure who are taking medication to control their blood pressure increased from 68% to 78% between 2001 and 2009**
 - ▶ In 2009, only 73% of Maine men with high blood pressure were taking anti-hypertensive medication, compared to 83% of Maine women



If you want to know...

- ▶ Which stroke symptoms are the least well-known?
- ▶ Are heart disease hospitalization rates decreasing?
- ▶ What's the estimated cost of CVD and diabetes in Maine?
- ▶ Are lower-income people at higher risk for CVD and diabetes?
- ▶ What's the prevalence of high blood pressure in my county?



If you want to know...

- ▶ Check out the reports!



The Maine Cardiovascular Disease and Diabetes Surveillance Reports: A Primer

- ▶ What are they and why do we have them?
- ▶ What's in them?
- ▶ A Few Selected Highlights
- ▶ **How to access and use them**



How do you access them?

- ▶ **Maine Diabetes Surveillance Report**

- ▶ available on the Maine Diabetes Prevention & Control Website:
- ▶ <http://www.maine.gov/dhhs/mecdc/population-health/dcp/documents/Diabetes%20Surveillance%20Report%202012.pdf>

- ▶ **The Burden of Cardiovascular Disease in Maine**

- ▶ available on the Maine Cardiovascular Health Program Website:
- ▶ <http://mainehearthealth.org/sites/default/files/Full%20CVD%20Burden%20Report%202-7-13.pdf>



Division Of Population Health

Maine Center for Disease Control & Prevention

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A Division of the Maine Department of Health and Human Services

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+A |-A| Mon 22 Apr 2013

Maine Diabetes Prevention & Control Program Information

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Maine Statistics

Reports

External Links



Social Services Help

Maine Diabetes Prevention & Control Programs

The Maine Diabetes Prevention and Control Program, funded by the Centers for Disease Control and Prevention, dedicates its resources to promote:

- Excellence in diabetes care
- Increase access to care
- Support efforts to enhance a more efficient and effective healthcare system for the people in Maine.

General contact:

Judy Angsten

Phone: (207) 287-5380

E-mail: judith.angsten@maine.gov

TTY: Maine relay 711

Current Topics

Are You At Risk of Developing Type 2 Diabetes?

Take this [Risk Quiz \(pdf*\)](#) and Find Out

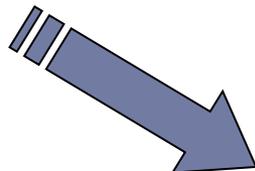
Emergency Planning

[Emergency Planning Webpage](#)

Physical Activity Guidelines

Physical activity can help diabetes and weight control

[Physical Activity Webpage](#)



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A Division of the Maine Department of Health and Human Services

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Maine Diabetes Prevention and Control Program (DPCP)

- Health Fact Sheet: Diabetes in Maine [Facts 2011 PDF*](#)
- Maine Diabetes Surveillance Report 2007 [PDF*](#)
- Maine Diabetes Surveillance Report 2012 [PDF 2012*](#)



Maine Cardiovascular Health Program

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About Us

Heart Disease

Stroke

Blood Pressure & Cholesterol

Women's Cardiovascular Health

Health Care Providers

HeartSafe Communities

Worksite Wellness

Resources



Working to reduce heart disease and stroke by promoting healthy lifestyles.

● Heart Disease

● Stroke

● Highlights



Know the signs of heart attack



Face stroke before it faces you



Check out the new CVH Burden Report

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Program Materials

Data & Reports

Maine Policies

Links



The Maine Cardiovascular Health Program has compiled several resources and links that may be helpful to you in your work.

Working to reduce heart disease and stroke by promoting healthy lifestyles.

Maine Cardiovascular Health Program Materials

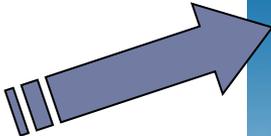
Go to our [online materials ordering system](#).

The Maine Cardiovascular Health Program has created an inventory of materials available for you to view, print and order online. Our program has created the majority of materials but we also offer some resources developed by other state or national organizations.

Topic areas include:

- Heart Attack
- StrokeBlood Pressure and Cholesterol
- Heart Safe Communities
- Women and CVH

Go to our [online materials ordering system](#).



Maine Cardiovascular Health Program

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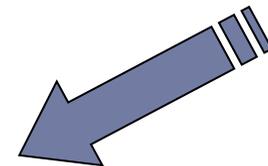
Data & Reports

Maine CDC's Cardiovascular Health Program conducts surveillance of heart disease and stroke in Maine to help direct program planning and advocacy for improving cardiovascular health. This is achieved by:

- Collecting and compiling existing data, and seeking new data sources
- Analysis of existing and new data
- Interpretation and reporting of cardiovascular disease data
- Conducting studies in special populations

Cardiovascular Disease Data

[NEW** The Burden of Cardiovascular Disease in Maine: 2012 is now available!](#)**



How do you access them?

- ▶ Right now the PDF's of the documents are available
 - ▶ Long documents, be aware before you print!
- ▶ Powerpoint slidesets of the figures and Excel files of the tables will soon be posted on the websites as well
 - ▶ You can use these in presentations you are doing, for proposals, fact sheets, etc.
- ▶ Please Download and **USE** them!
 - ▶ You can use text verbatim, slides/figures, and tables as they are, no need to change
 - ▶ Citation or acknowledgment of source is appreciated
 - ▶ There is a suggested citation in the PDF
 - ▶ The slides and tables have a footer with the source on them



Using These Documents

▶ Text

- ▶ Bullet points of the most important (or most asked about) patterns, trends
- ▶ Organized with sub-headings
- ▶ Bullets can be pulled and used as is in fact sheets, proposals, etc.

▶ Figures

- ▶ Will soon be available as Powerpoint slides
- ▶ Can be pulled and used in presentations
- ▶ “Picture is worth a thousand words”
- ▶ Visualize the patterns, trends

▶ Tables

- ▶ Will be available as Excel sheets
- ▶ For the real data geeks among us!
- ▶ If you want to look up a specific statistic, say the stroke death rate in Sagadahoc county and the Maine rate to compare it to
- ▶ Can pull and use in documents where you need to show the numbers



Diabetes Surveillance Report Example Text

Diabetes prevalence rates in Maine are similar to those of the U.S.

- Diabetes prevalence has been increasing in Maine and the U.S. (Table 1.2, Figure 1.2).
- Maine's diabetes prevalence rate has been increasing at the same rate as the U.S. (Table 1.2, Figure 1.2).
- Between 1995 and 2010, the diabetes prevalence rate in Maine tripled from 3.5% to 8.7%, with an average annual increase of 9.5% (Table 1.2, Figure 1.2).
- In 2010, Maine's diabetes prevalence rate of 8.7% was identical to the national median (Table 1.2, Figure 1.2).
- Maine's diabetes prevalence rate has been similar to that of the U.S. in all years since 1995, except for 1998 when Maine's rate was slightly lower than the U.S. rate (3.6% vs. 5.4% respectively; Table 1.2, Figure 1.2).



CVD Burden Report Example Text

Section I: Blood Pressure and Cholesterol

High Blood Pressure

How do high blood pressure prevalence rates in Maine compare to those in the U.S.?

Maine prevalence rates of high blood pressure are similar to U.S. rates.

- In 2009, 30.0% of Maine adults reported having ever been diagnosed with high blood pressure, slightly higher than the U.S. median of 28.7% (Table 5.1, Figure 5.1). Many people have high blood pressure but have not had it diagnosed, so this is likely an underestimate of the real prevalence of high blood pressure in Maine.
- Since 1995, the prevalence of diagnosed high blood pressure in Maine has been similar to the U.S. median (Table 5.1, Figure 5.1).



Please Use the Data

- ▶ A lot of work goes into
 - ▶ Collecting it
 - ▶ Analyzing it
 - ▶ Interpreting and summarizing the findings



Please Look at and Use the Data

- ▶ **These data aren't just numbers**
 - ▶ They represent people's lives
 - ▶ Death rates are made up of thousands of people's lives



Problems, Questions, Can't find what you need?

▶ **Call me:**

▶ 207-287-1967

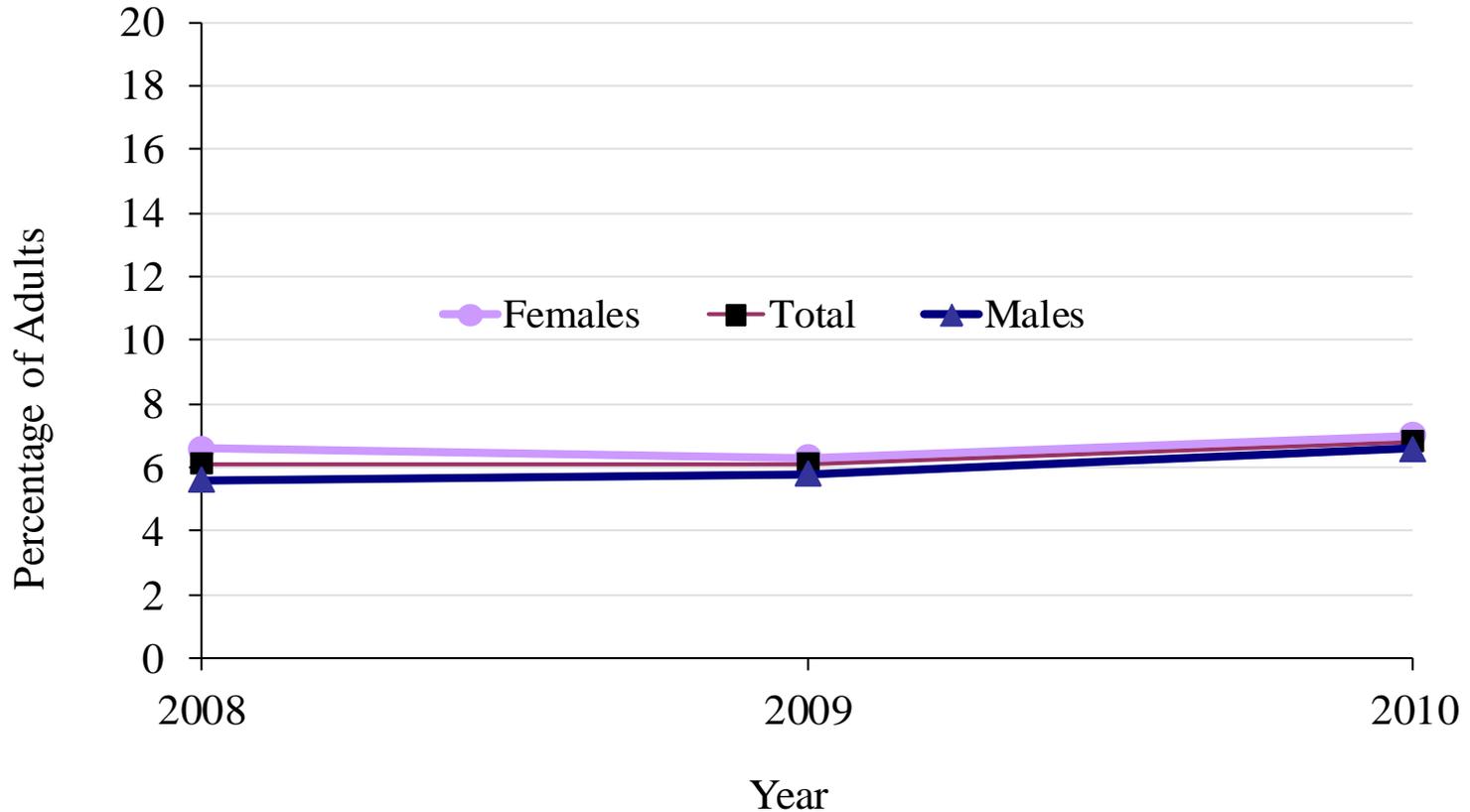
▶ **Email me:**

▶ sara.huston@maine.gov





Figure 1.1 Prediabetes Prevalence by Year and Gender, Maine Adults, 2008-2010

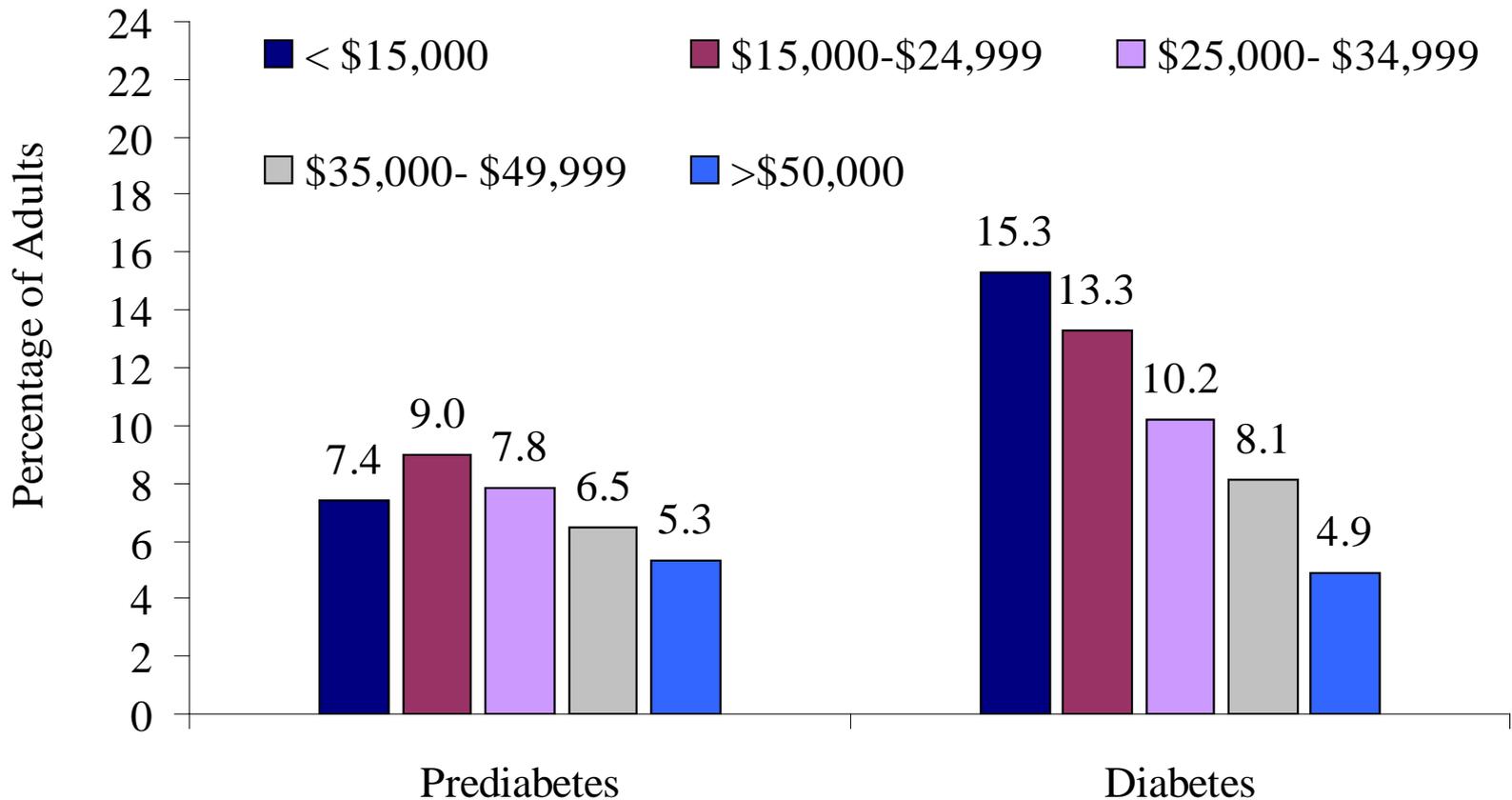


Prediabetes does not include pregnancy-related prediabetes.

Adults = ages 18+ years.

Data Source: Behavioral Risk Factor Surveillance System.

Figure 1.7 Prediabetes and Diabetes Prevalence by Income, Maine Adults, 2008-2010



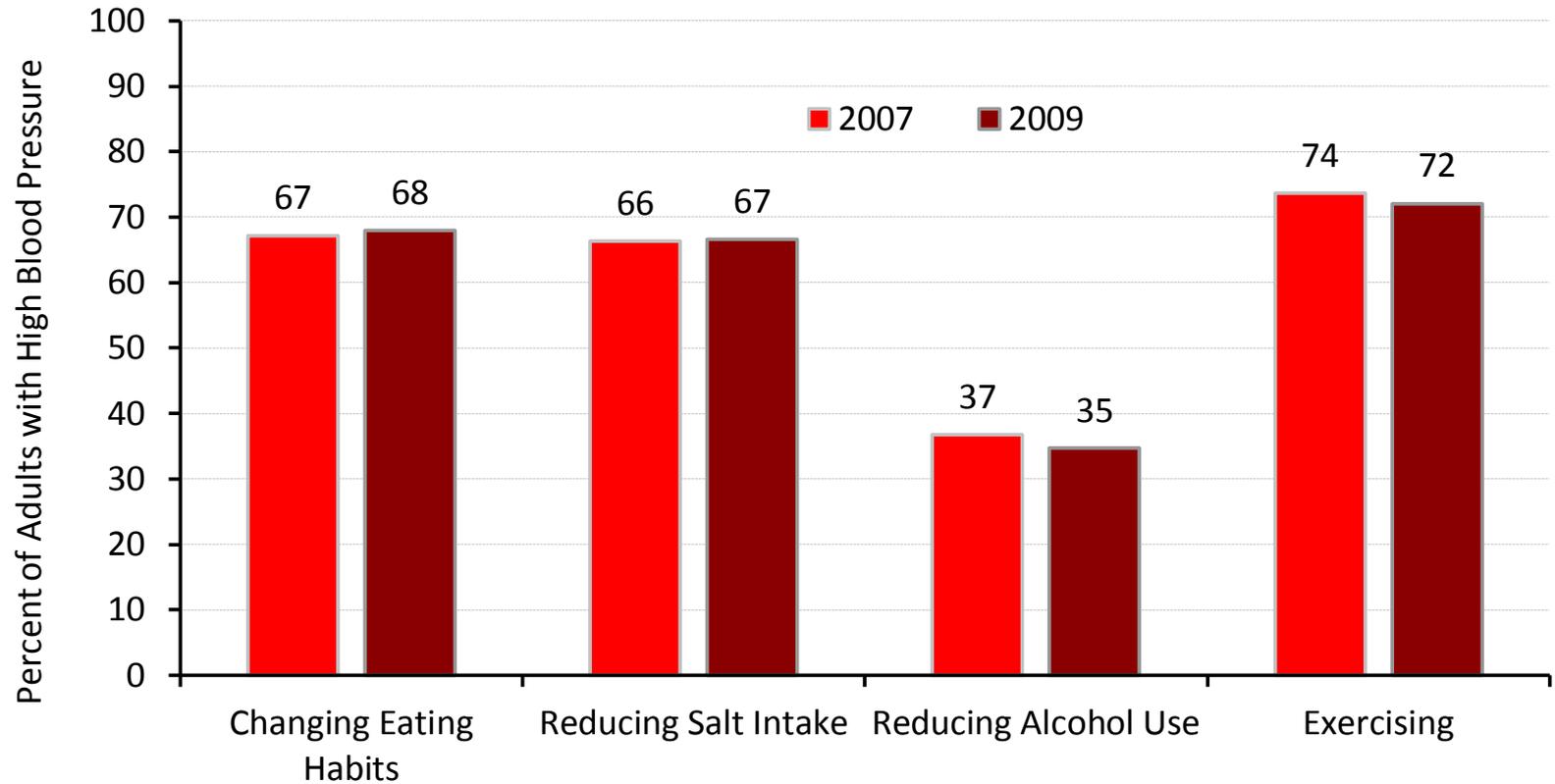
Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.

Adults = ages 18+ years.

Income is annual household income.

Data Source: Behavioral Risk Factor Surveillance System.

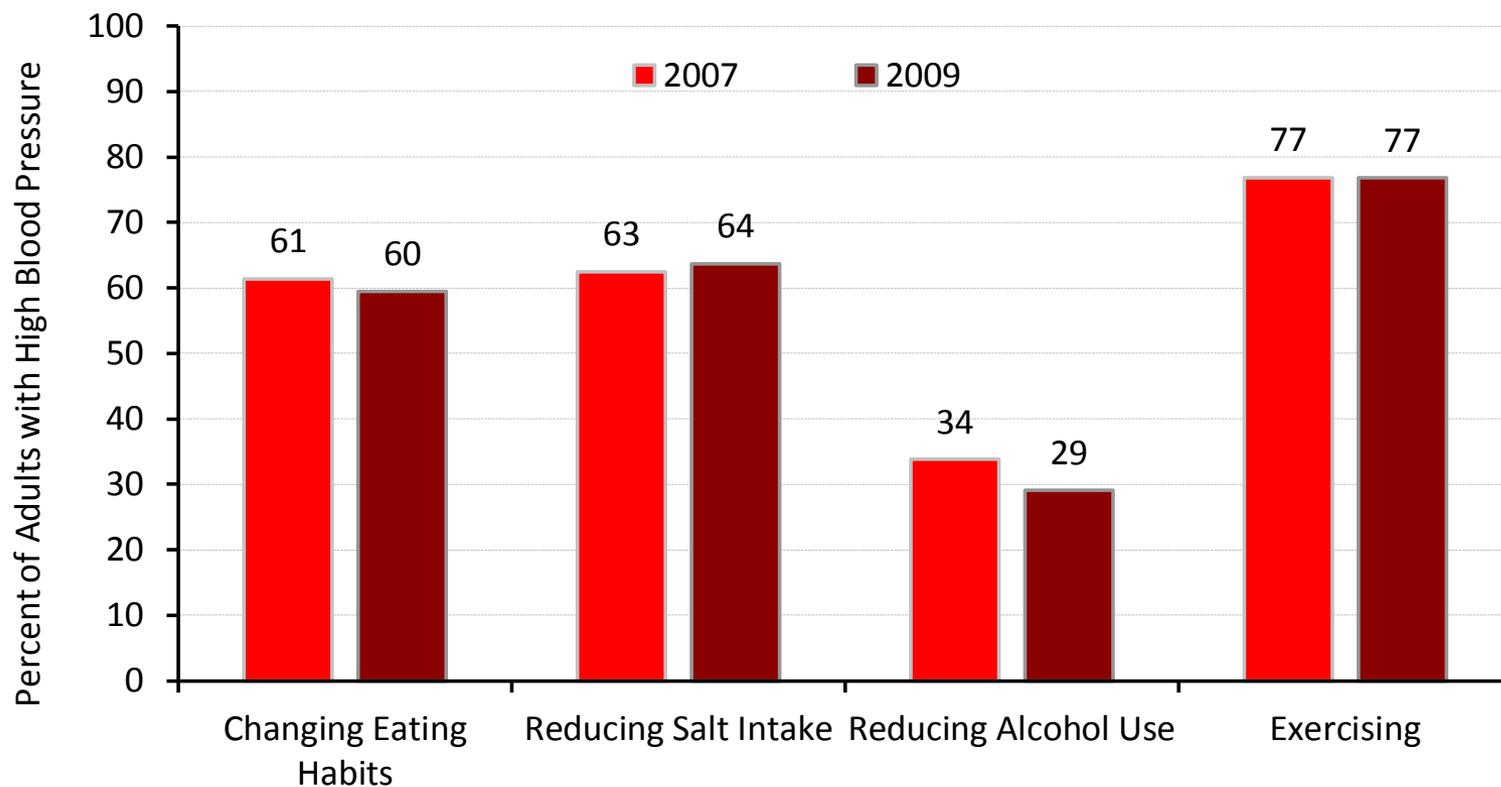
Figure 5.10 Maine Adults with High Blood Pressure Taking Actions to Control Their High Blood Pressure, 2007-2009



Adults = ages 18+ years.

Data Source: Behavioral Risk Factor Surveillance System.

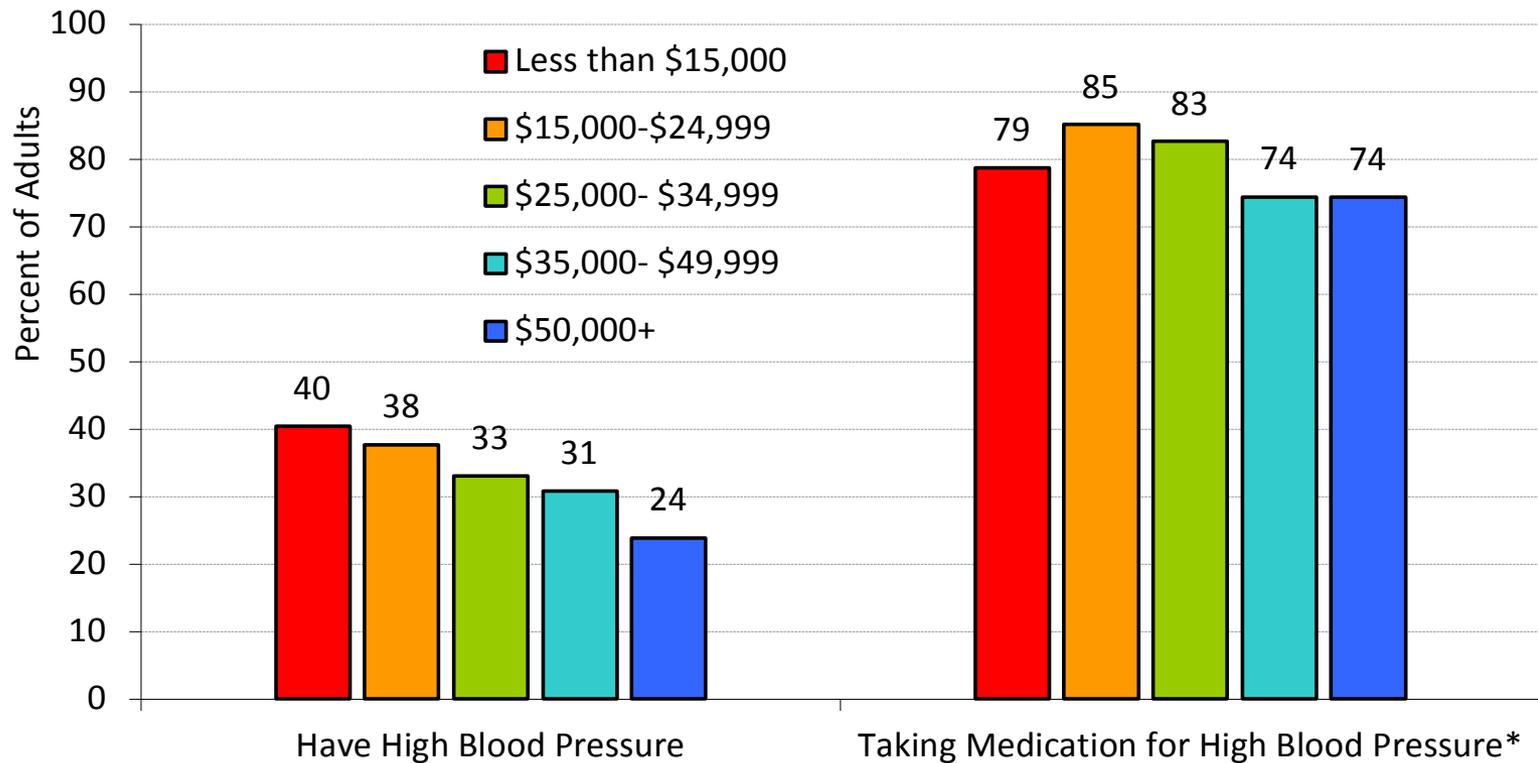
Figure 5.11 Maine Adults with High Blood Pressure Advised by their Healthcare Professional to take Actions to Control their High Blood Pressure, 2007-2009



Adults = ages 18+ years.

Data Source: Behavioral Risk Factor Surveillance System.

Figure 5.7 Blood Pressure-Related Measures among Maine Adults by Household Income, 2009



Adults = ages 18+ years.

*Rates are percentages among Maine adults diagnosed with high blood pressure.

Data Source: Behavioral Risk Factor Surveillance System.

CVD Burden Report Example Table

Table 1.4. Major Cardiovascular Disease Deaths by County of Residence, Maine, 2005-2009

County	Average Annual # of Deaths	Crude Rate	Age-adjusted rate	95% CI
Androscoggin	299	279.0	224.5	213.2 - 236.4
Aroostook	260	360.2	249.7	236.3 - 263.8
Cumberland	640	232.0	189.7	183.1 - 196.4
Franklin	85	284.8	246.7	223.6 - 271.5
Hancock	172	321.3	238.6	222.8 - 255.3
Kennebec	342	283.0	229.3	218.5 - 240.5
Knox	125	304.5	199.3	183.7 - 216.0
Lincoln	119	341.6	219.0	201.5 - 237.9
Oxford	173	305.9	237.6	222.0 - 254.2
Penobscot	447	301.7	272.0	260.8 - 283.6
Piscataquis	67	388.7	272.2	243.5 - 303.8
Sagadahoc	105	286.5	250.0	228.9 - 272.6
Somerset	148	287.7	234.1	217.5 - 251.8
Waldo	112	290.8	250.2	229.8 - 272.1
Washington	127	385.8	261.6	241.4 - 283.3
York	492	243.7	203.0	195.0 - 211.3
Maine total	3,714	281.6	224.9	221.7 - 228.2
U.S. total	814,208	269.9	253.0	252.7 - 253.2

Major Cardiovascular Disease: ICD-10 codes I00-I78; underlying cause of death.

Crude rates are deaths per 100,000 population.

Age-adjusted rates are deaths per 100,000 population age-adjusted to the U.S. 2000 standard population.

symbol means "number."

95% CI: 95% confidence interval of the age-adjusted rate.

Maine Data Source: Maine Mortality Data; Data, Research, and Vital Statistics, Maine CDC.

U.S. Data Source: Compressed Mortality Files accessed through CDC Wonder.

Diabetes Surveillance Report Example Table

Table 4.8 Diabetes-Related Deaths by County of Residence, Maine, 2005-2009

County	Average Annual Number of Deaths	Crude Rate	Age-adjusted rate	95% CI
Androscoggin	96	89.8	75.1	68.5 - 82.2
Aroostook	82	114.0	80.6	72.9 - 88.9
Cumberland	142	51.3	43.7	40.5 - 47.1
Franklin	28	95.1	81.8	68.8 - 96.6
Hancock	53	99.9	73.8	65.2 - 83.3
Kennebec	118	97.9	80.8	74.4 - 87.6
Knox	33	80.7	54.4	46.3 - 63.7
Lincoln	34	96.9	63.4	54.1 - 74.2
Oxford	66	116.4	91.0	81.4 - 101.5
Penobscot	135	91.2	81.7	75.6 - 88.1
Piscataquis	22	128.8	88.3	72.5 - 106.9
Sagadahoc	15	42.1	37.6	29.6 - 47.2
Somerset	53	102.8	84.3	74.4 - 95.2
Waldo	39	100.7	85.2	73.5 - 98.3
Washington	56	169.4	116.9	103.4 - 131.9
York	156	77.4	65.0	60.5 - 69.8
Maine total	1,130	85.6	69.5	67.7 - 71.4
U.S. total	232,105	76.9	73.3	73.2 - 73.4

Diabetes Deaths: ICD-10 codes E10–E14; underlying or contributing cause of death.

Crude rates are deaths per 100,000 population.

Age-adjusted rates are deaths per 100,000 population age-adjusted to the U.S. 2000 standard population.

95% CI: 95% confidence interval of the age-adjusted rate.

Maine Data Source: Maine Mortality Data, Office of Data, Research, and Vital Statistics, Maine CDC.

U.S. Data Source: Multiple causes of Death (Detailed Mortality) Files accessed through CDC Wonder.

