



MAINE

Maine spends more money per capita on health care than most states, and the costs keep going up.

- Maine spent around \$8.6 billion on health care in 2004.¹
- Maine's health care bill keeps going up, an astonishing 8% average annual increase between 1991 and 2004.²
- Maine spent \$6,540 per capita in 2004, higher than the national average of \$5,283.³
- The highest per capita spending in 2004 occurred in Maine, along with Massachusetts, New York, Alaska, and Connecticut, with spending 20% or more above the national average.⁴
- For workers covered by an employer-based health plan, employees pay 18% (\$792) and employers pay 82% (\$3,498). Nationally, employees also pay 18%, an average of \$723.⁵
- Family premiums cost far more. Employees in Maine contribute 29% of the cost, an average of \$3,303 every year. Nationally, employees pay an average of \$2,585 (24%) for family coverage. The cost of family premiums increased at a far higher rate than incomes (27.3% between 2001 and 2005, while median income for families purchasing family coverage increased only 9.52%).⁶
- Despite Maine's best efforts, 10% of people remain uninsured without help in a state with among the highest costs for care.⁷
- Over two-thirds of uninsured people (67%) live in families with at least one full time worker.⁸

Maine spends more in part because Maine is a leader among states in providing access to insurance and care for most of its residents.

- 90% of people have some kind of health insurance coverage, far higher than the national average of 84%.⁹ In Portland, roughly 92% have health insurance.¹⁰
- People who buy health insurance for themselves or their small business cannot be excluded due to health condition, and costs are spread as widely as possible through community rating.¹¹
- Maine has an insurance premium assistance program for small employers (DirigoChoice). Participating small business employers can purchase

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insurance at more affordable rates and must contribute 60% of employees' premiums.¹²

- Whereas nearly half (46%) of adults living in poverty lack insurance nationwide, only 25% of adults living in poverty in Maine are uninsured. Maine uses Medicaid to cover people.¹³
- A higher percent of women get early prenatal care in Maine than elsewhere (88.5% compared to 83.8% on average) and give birth to fewer low birth-weight babies.¹⁴ According to DirigoHealth, Maine's statewide health initiative, Maine has one of the lowest infant mortality rates in the nation.¹⁵
- Maine spends more than three times the national average on community and home-based care which helps keep people out of nursing homes.¹⁶
- 88.3% of Portland area residents rate their health as good to excellent.¹⁷

Despite higher costs, too many patients in Maine are injured by unsafe care.

- An estimated 8,000 to 16,000 people admitted to the hospital in 2006 suffered an infection due to their medical care. Hospital infections can cause permanent disability or death.¹⁸
- Although the true number of patients harmed by medical errors in each state is a well-kept secret, the Institute of Medicine estimates as many as 98,000 Americans die from these preventable mistakes each year.¹⁹ These errors range from doing surgery on the wrong part of the body to serious bed sores to getting the wrong dose of medication.²⁰

Maine faces some challenges, particularly with chronic disease, long term care, and the uninsured.

- Maine has the highest rates of chronic diseases (cancer, heart and lung disease, and diabetes) in New England.²¹
- According to the Center for Disease Control, Maine has a higher than average cancer death rate.²²

¹ <http://www.statehealthfacts.org/profileind.jsp?ind=592&cat=5&rgn=21> Health Care Expenditures measure spending for all privately and publicly funded personal health care services and products.

² <http://www.statehealthfacts.org/profileind.jsp?ind=595&cat=5&rgn=21>

³ <http://www.statehealthfacts.org/profileind.jsp?ind=596&cat=5&rgn=21>

⁴ <http://www.cms.hhs.gov/NationalHealthExpendData/downloads/res-highlights.pdf>

⁵ <http://www.statehealthfacts.org/profileind.jsp?cat=5&sub=67&rgn=21>

⁶ <http://www.statehealthfacts.org/profileind.jsp?cat=5&sub=67&rgn=21> ;

<http://www.rwjf.org/files/research/042508ctuwwfinalembargoed.pdf>

⁷ <http://www.statehealthfacts.org/profileind.jsp?cat=3&sub=39&rgn=21>

⁸ <http://www.urban.org/health/statistics.cfm>

⁹ <http://www.statehealthfacts.org/profileind.jsp?cat=3&sub=39&rgn=21>

¹⁰ <http://apps.nccd.cdc.gov/brfss-smart/MMSARiskChart.asp?yr=2006&MMSA=70&cat=HC&qkey=880&grp=0>

¹¹ <http://www.statehealthfacts.org/profileind.jsp?cat=7&rgn=21>

¹² <http://www.statehealthfacts.org/profileind.jsp?cat=7&rgn=21>; <http://www.dirigohealth.maine.gov/dhsp02g.html>

¹³ <http://www.statehealthfacts.org/profileind.jsp?cat=3&sub=39&rgn=21>

¹⁴http://statesnapshots.ahrq.gov/snaps07/meter_metrics.jsp?menuId=4&state=ME&level=17®ion=0&compGroup=N

¹⁵<http://www.dirigohealth.com/dhsp01a.html#10>

¹⁶<http://www.statehealthfacts.org/profileind.jsp?ind=597&cat=5&rgn=21> ;

<http://www.cms.hhs.gov/NationalHealthExpendData/downloads/prov-methodology2004.pdf>

¹⁷<http://apps.nccd.cdc.gov/brfss-smart/MMSARiskChart.asp?yr=2006&MMSA=70&cat=HS&qkey=1100&grp=0>

¹⁸ Infection Control – A Problem for Patient Safety, John P. Burke, *The New England Journal of Medicine*, 13 February 2003, Vol. 348: 651-656. An estimated 5 to 10 percent of all hospital patients acquire infections; According to the CDC, hospital acquired infections are a significant cause of morbidity and mortality in the U.S. http://www.cdc.gov/ncidod/dhqp/pdf/hicpac/infections_deaths.pdf In 2006, Maine had 163,705 discharges.

http://www.healthweb.state.me.us/inpatient/reports/2006/discharge_and_patient_summary.asp

¹⁹ Institute of Medicine, *To Err is Human*, Kohn, Linda, Corrigan and Donaldson, 2000, pp.26.

²⁰ Ibid 19, pp.35.

²¹<http://www.dirigohealth.com/dhsp01a.html#10>

²²<http://www.cdc.gov/nccdphp/publications/factsheets/ChronicDisease/maine.htm>