

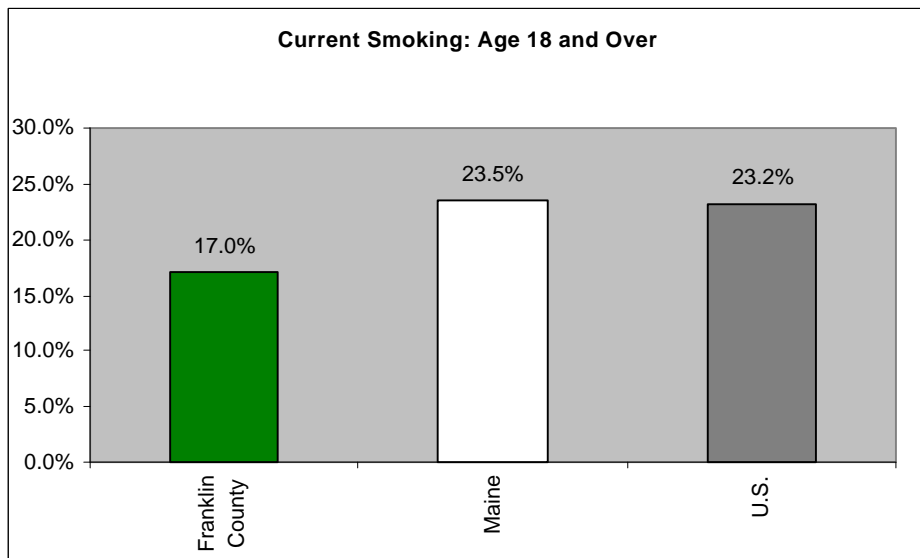
ADULT WELLNESS

One of Franklin County's most significant health achievements is the reduction in adult smoking: 17% of adults currently smoke. This percentage is significantly lower than the percentage of people in Maine who smoke (23.5%). The Healthy Maine Partnerships initiative, under the leadership of the Partnership For A Tobacco-Free Maine, has greatly helped to implement successful tobacco control programs at the local level. Franklin County also has a significantly higher percentage of adults who have had their cholesterol checked (81%). However, an area of great concern is the high percentage of adults in Franklin County who are overweight or obese. One out of five adults in Franklin County is obese and one out of three is overweight, and nearly 75% of adults engage in no physical activity. Obesity and overweight are major contributors to morbidity and mortality. An estimated one out of four people die each day in Maine from the underlying causes of these conditions, poor nutrition and lack of physical activity. Alcohol abuse is also prevalent, and in the County, an estimated 16% of adults have an alcohol problem. Marijuana is the second most widely-abused drug in Franklin County and in Maine. The prevalence of marijuana use in the past year among young Maine adults (30.6%) is significantly higher than the national percent (23.8%).

❖ Sources: Maine Office of Substance Abuse, Substance Abuse Treatment Needs Assessment Study1, 4, 1999; Maine BRFSS, Community Health Profile 2000.

Graph 17

Smoking Prevalence



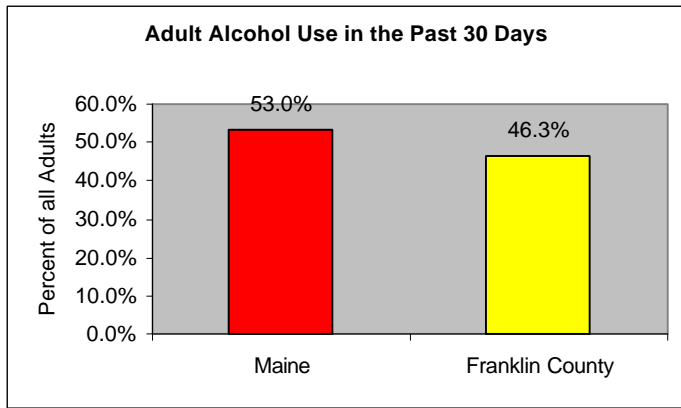
❖ Source: Maine BRFSS, Community Health Profile 2000.

➤ 17% of County adults currently smoke, the lowest percent in Maine.

ADULT WELLNESS

Graph 18

Adult Alcohol Use

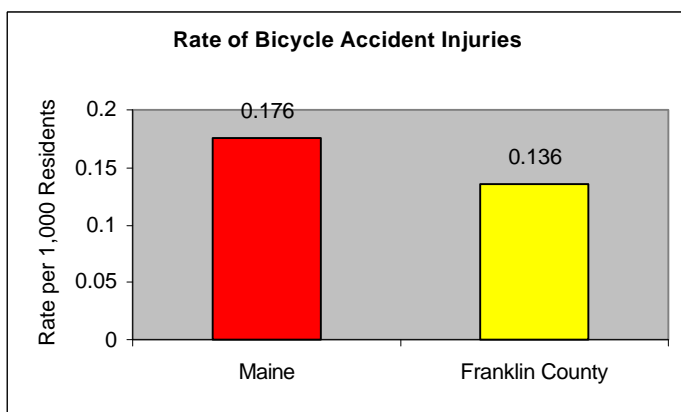


- Almost half of adults report using alcohol in the past 30 days in Franklin County.
- Alcohol remains the largest drug of abuse in Maine; an estimated 16% of adults in Franklin County have an alcohol problem.

❖ Source: Maine Office of Substance Abuse, 1997, 1999.

Graph 19

Bicycle Accidents

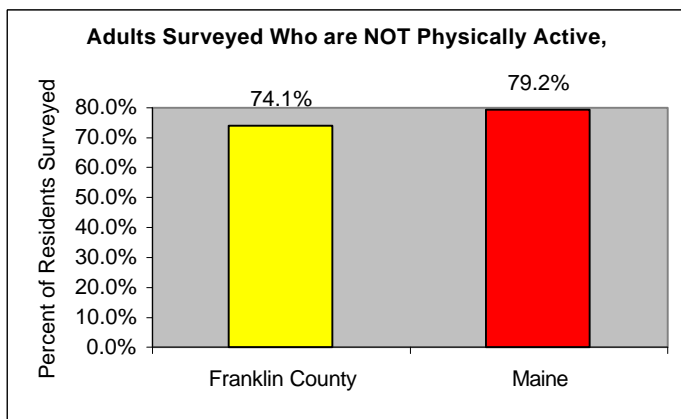


- There were only 4 bicycle accidents in Franklin County in 2000.
- A total of 21 bike accidents occurred in Franklin County in a five year period.

❖ Source: Maine Department of Transportation, Bureau of Maintenance and Operations, 1996 – 2000.

Graph 20

Lack of Physical Activity



- Approximately 75% of the adults in Franklin County are **NOT** physically active.

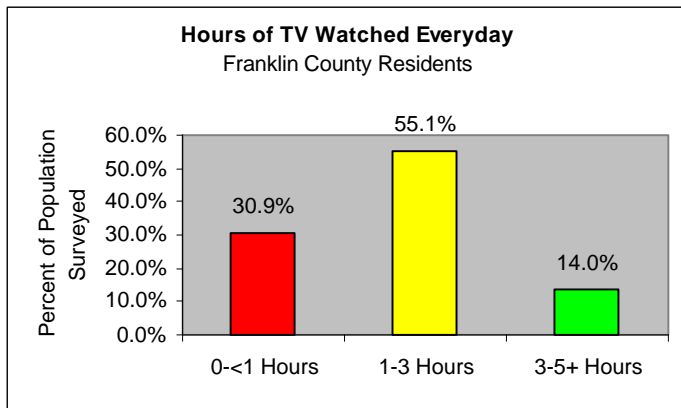
“Physically active” is defined as **moderate** physical activity, such as walking for more than 30 or more minutes, five or more times per week.

❖ Source: Maine BRFSS, Community Health Profile 2000.

ADULT WELLNESS

Graph 21

Adult TV Watching

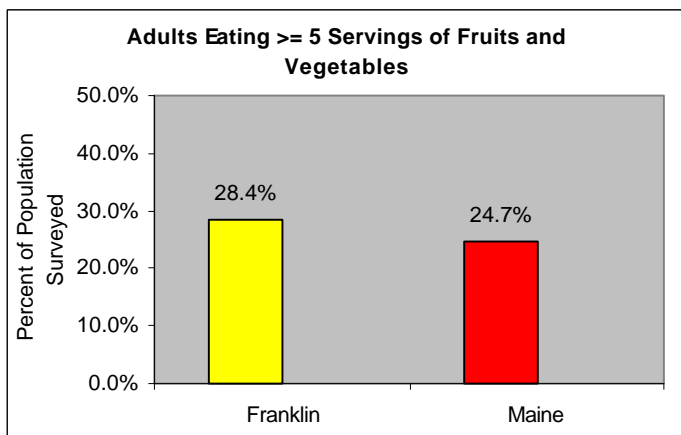


- 14% of Franklin County residents report watching 3 to 5+ hours of TV daily.

Source: HCC Farmington Fair Survey, 2001

Graph 22

Fruits and Vegetables Consumption

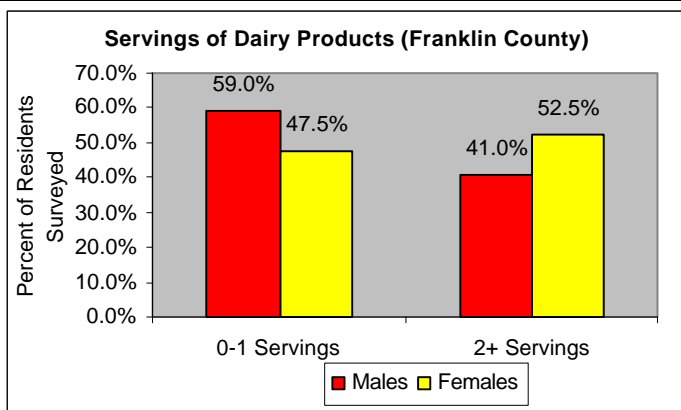


- 28% of adults in Franklin County eat the recommended 5 or more servings of fruits and vegetables a day.

❖ Source: Maine BRFSS 2000.

Graph 23

Calcium Intake



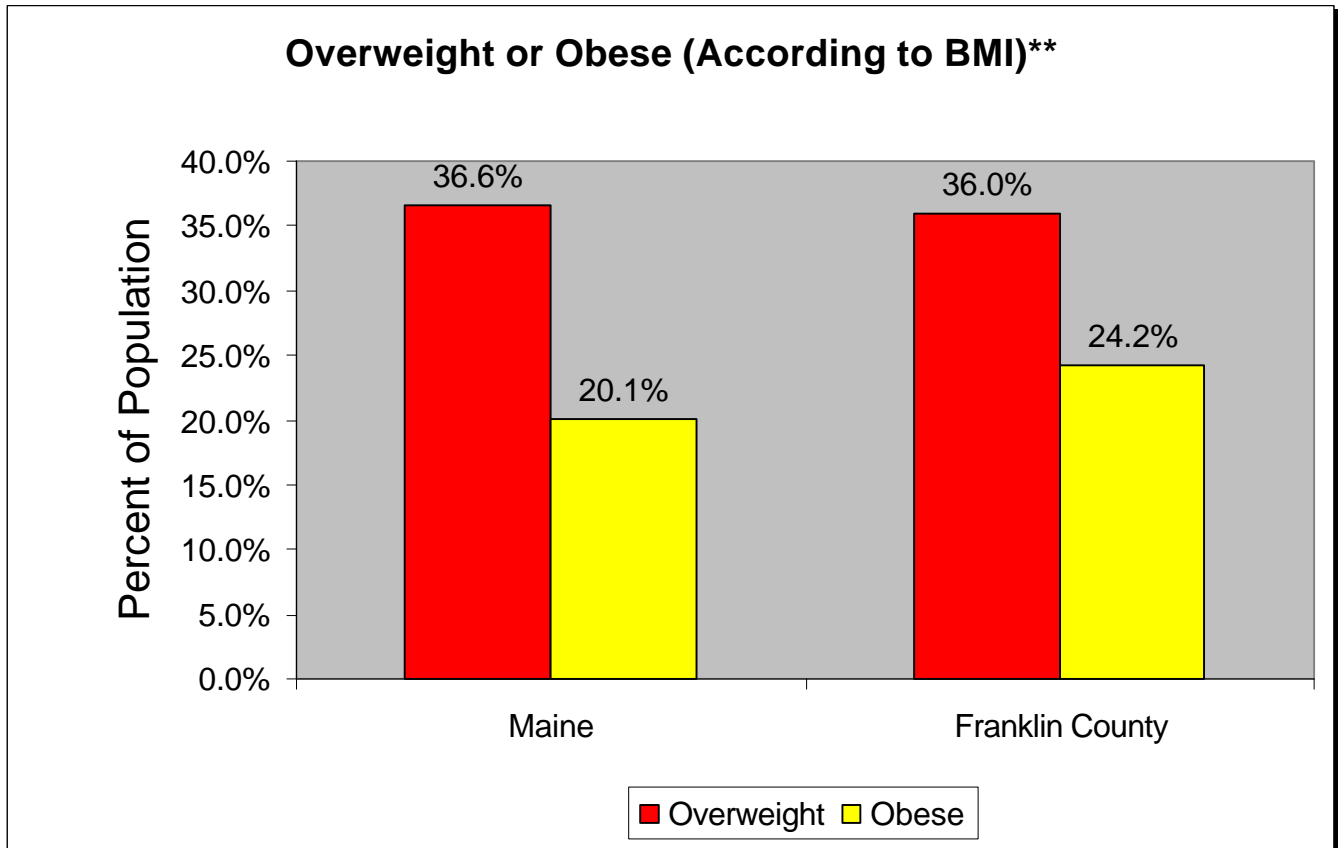
- Females in Franklin County tend to have a higher intake of calcium than males do.
- Yet, almost half the women (48%) report eating <= 1 serving a day.

Source: HCC Farmington Fair Survey, 2001

ADULT WELLNESS

Graph 24

Overweight and Obese



** Body Mass Index is a measure of weight for height and correlates with body fat. A BMI of 25.0-29.9 is Overweight and greater than or equal to 30.0 is Obese. The formula for BMI: $\frac{\text{Weight in Pounds}}{(\text{Height in inches})^2} \times 703$

❖ Source: Maine BRFSS, Community Health Profile 2000, HealthyMaine2010.

- Approximately **25%** of the adults in Franklin County are obese, both obesity and overweight are linked to the nation's leading cause of death, cardiovascular disease.
- Obesity rates have increased by 50% in only 20 years in Maine.