

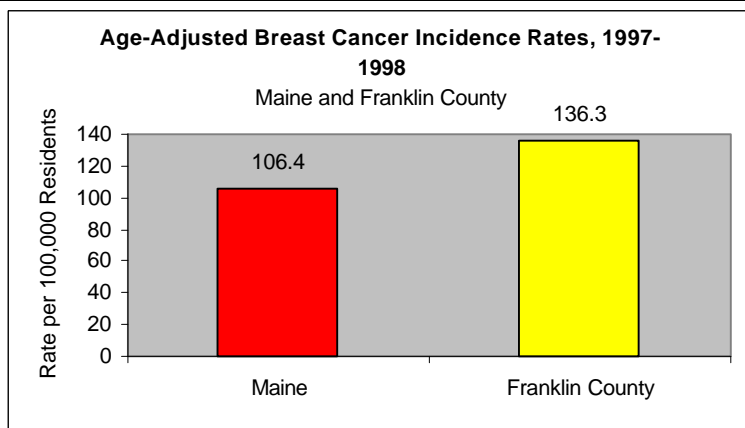
DISEASE PREVENTION

Franklin County has made progress in disease prevention, having a lower rate of cardiovascular disease mortality when compared with Maine. Free cholesterol and blood pressure screenings provided by the HCC Mobile Health Unit contribute to these positive outcomes. Measuring cholesterol is important in Franklin County where Franco-Americans comprise 20% of the population and are more at risk of high cholesterol. Another area of concern is the high percent of adults in Franklin County who have asthma, 9%. Maine has the highest prevalence of adult asthma in the United States (9%), and 10% of the state's children have a history of asthma. Maine's high asthma rates may be related to poor indoor air quality due to strong weatherproofing, wood stoves and secondhand smoke. Poor outdoor air quality is also a factor. Other areas of concern are hepatitis C and multiple sclerosis (MS). It is estimated that 20,000 Maine residents have chronic hepatitis C, a serious liver disease, and less than 2,000 have been identified by their medical providers. The Maine Chapter of the National MS Society also reports that "the number of people in Maine who have registered with the Maine Chapter as having MS is greater than the expected number. This is true for Franklin and Androscoggin Counties." MS may be caused by a combination of factors: immunologic, environmental, infectious agents and genetic.

❖ Sources: Maine BRFSS, Community Health Profile 2000, HealthyMaine 2010, Maine Cancer Registry, 1997-1998; Maine Chapter of the National MS Society, 2003.

Graph 38

Breast Cancer



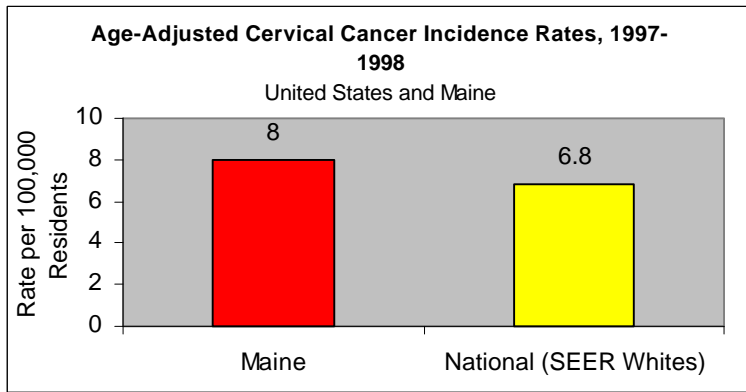
➤ The Breast Cancer incidence rate for Franklin County does not significantly differ from the Maine rate.

❖ Source: Maine Department of Human Services, Maine Cancer Registry, 1997-1998.

DISEASE PREVENTION

Graph 39

Cervical Cancer

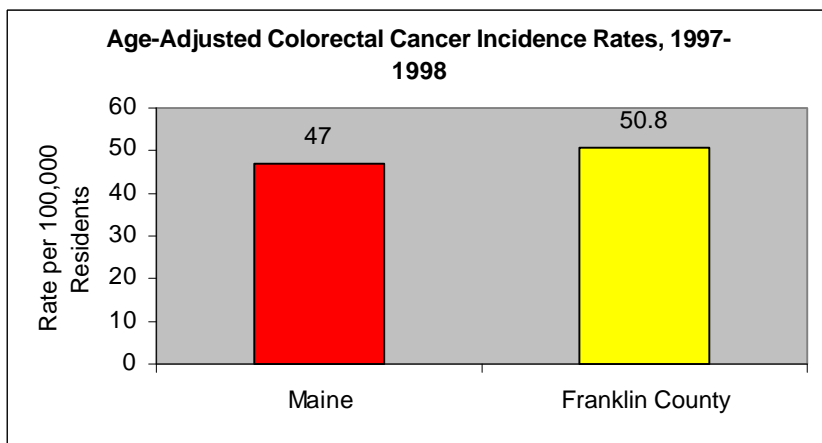


❖ Source: Maine Department of Human Services, Maine Cancer Registry, 1997-1998; Maine BRFSS, Community Health Profile 2000.

- Maine's Cervical Cancer incidence rate is not significantly higher than the U.S. rate.
- 86% of adult women in Franklin County reported having a Pap smear within the last 3 years. Regular Pap smears are one of the most effective ways to prevent cervical cancer.

Graph 40

Colorectal Cancer



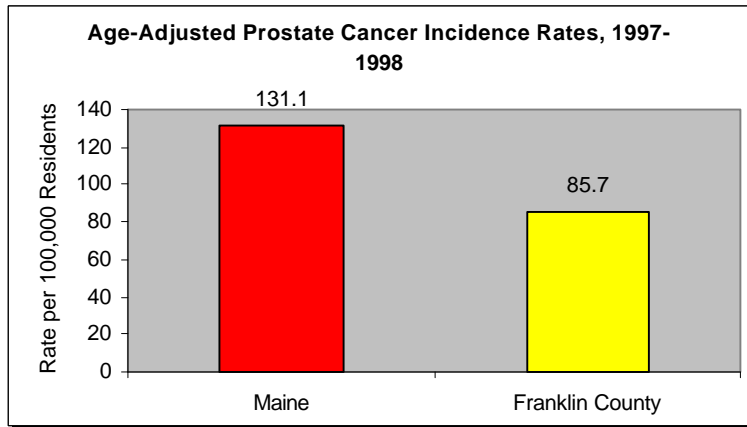
❖ Source: Maine Department of Human Services, Maine Cancer Registry, 1997-1998, HealthyMaine 2010.

- The incidence rate for Colorectal Cancer in Franklin County does not significantly differ from the State rate.
- However, for women in Maine, the rate is statistically higher than the U.S. rate (40.9 vs. 37.5)

DISEASE PREVENTION

Graph 41

Prostate Cancer

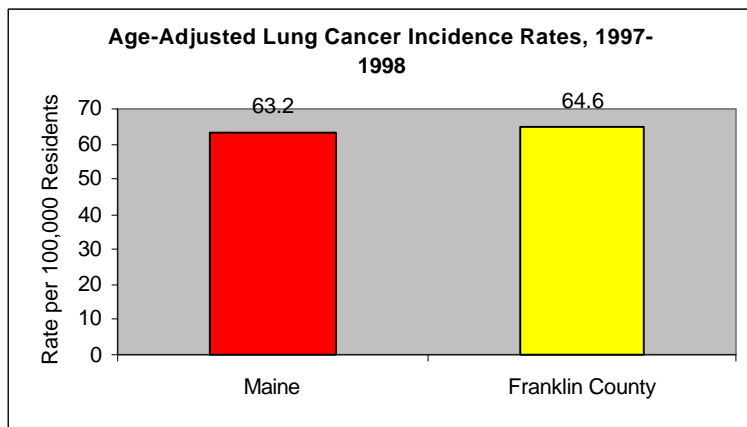


❖ Source: Maine Department of Human Services, Maine Cancer Registry, 1997-1998.

- Franklin County's incidence rate for Prostate Cancer does not significantly differ from the State rate.
- The 5-year survival rate for prostate cancer has improved to 82%.

Graph 42

Lung Cancer



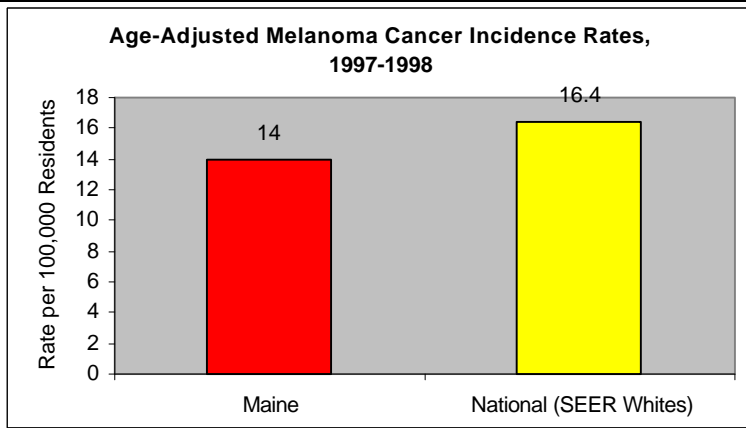
❖ Source: Maine Department of Human Services, Maine Cancer Registry, 1997-1998.

- The Franklin County Lung Cancer incidence rate does not significantly differ from the State rate.
- Lung cancer is the leading cause of cancer deaths and 90% of lung cancer could be prevented by not smoking.

DISEASE PREVENTION

Graph 43

Melanoma Cancer

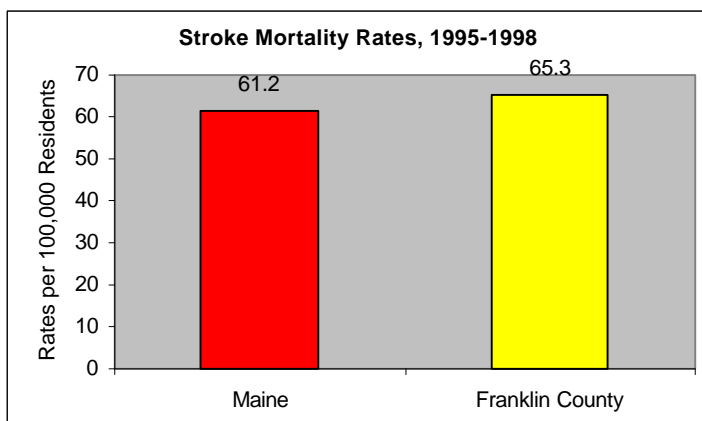


❖ Source: Maine Department of Human Services, Maine Cancer Registry, 1997-1998.

- Maine's melanoma cancer incidence rate is statistically lower than the national rate for whites.
- Nationally, melanoma's incidence rate has increased faster than any other cancer in the 1970s and 1980s.

Graph 44

Stroke Mortality



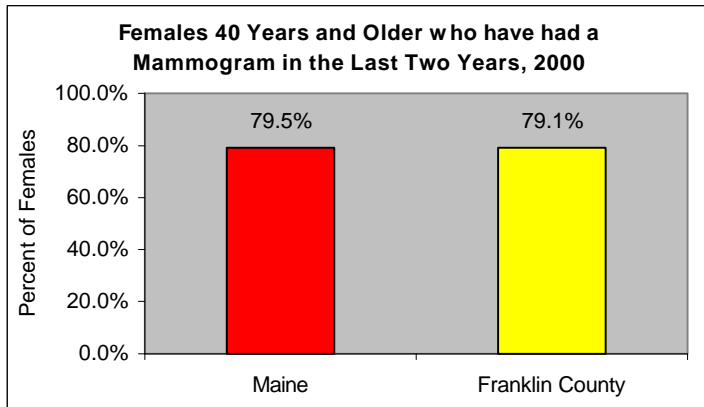
❖ Source: The Office of Data, Research and Vital Statistics, Maine Bureau of Health.

- The Stroke Mortality Rate does not significantly differ from the State rate.
- The major risk factors for stroke are high blood pressure, smoking, high cholesterol and overweight.

DISEASE PREVENTION

Graph 45

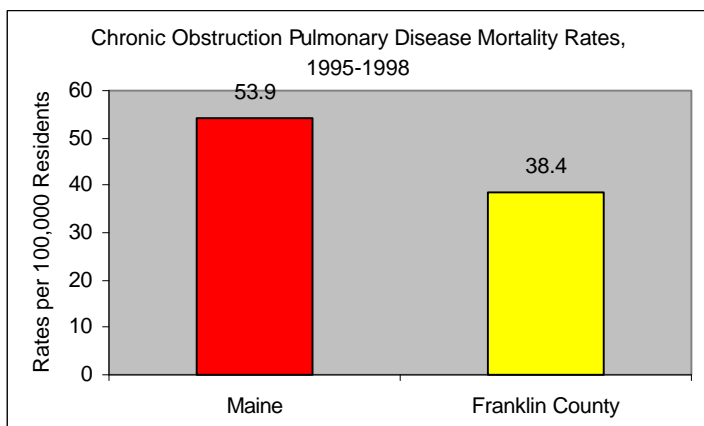
Annual Mammograms



- The percent of females 40 years and older that have had a mammogram in the last 2 years is comparable to the state percentage.

❖ Source: Maine BRFSS, Community Health Profile 2000.

Graph 46 **Chronic Obstructive Pulmonary Disease (COPD) Mortality**



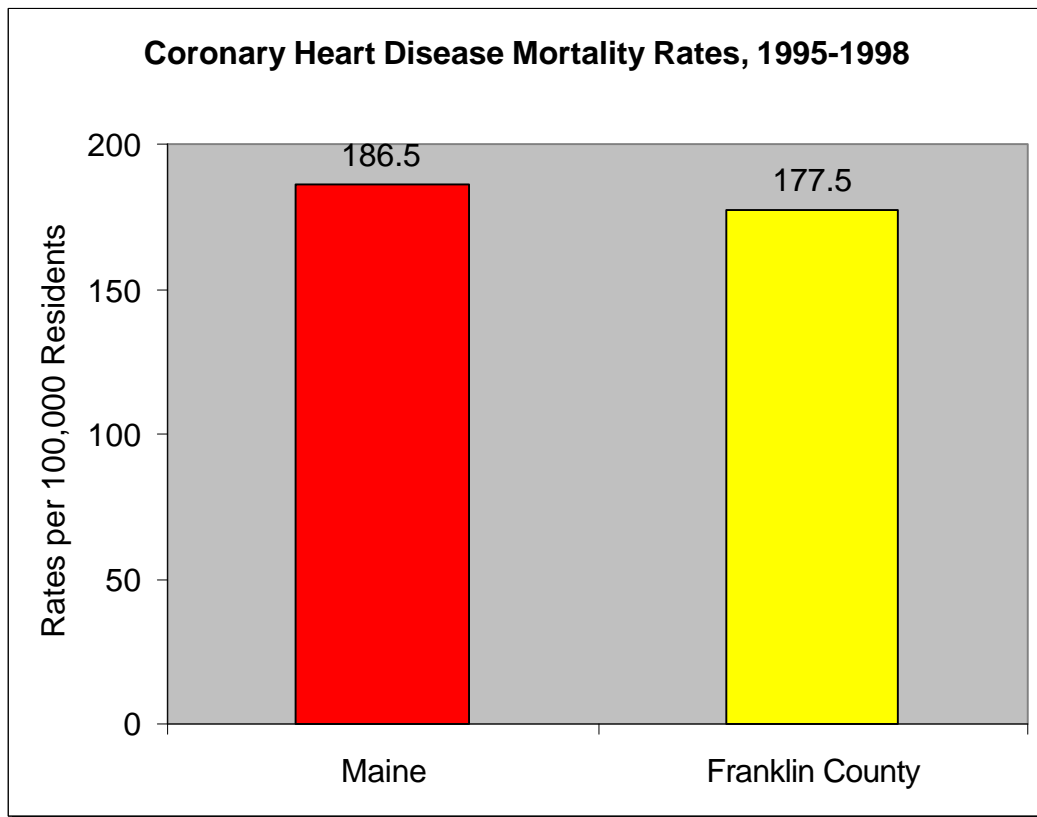
- Franklin County is below the state rate for COPD Mortality.
- COPD includes chronic bronchitis and emphysema, mainly due to tobacco smoke.

Source: The Office of Data, Research and Vital Statistics, Maine Bureau of Health.

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Graph 47

Coronary Heart Disease Mortality



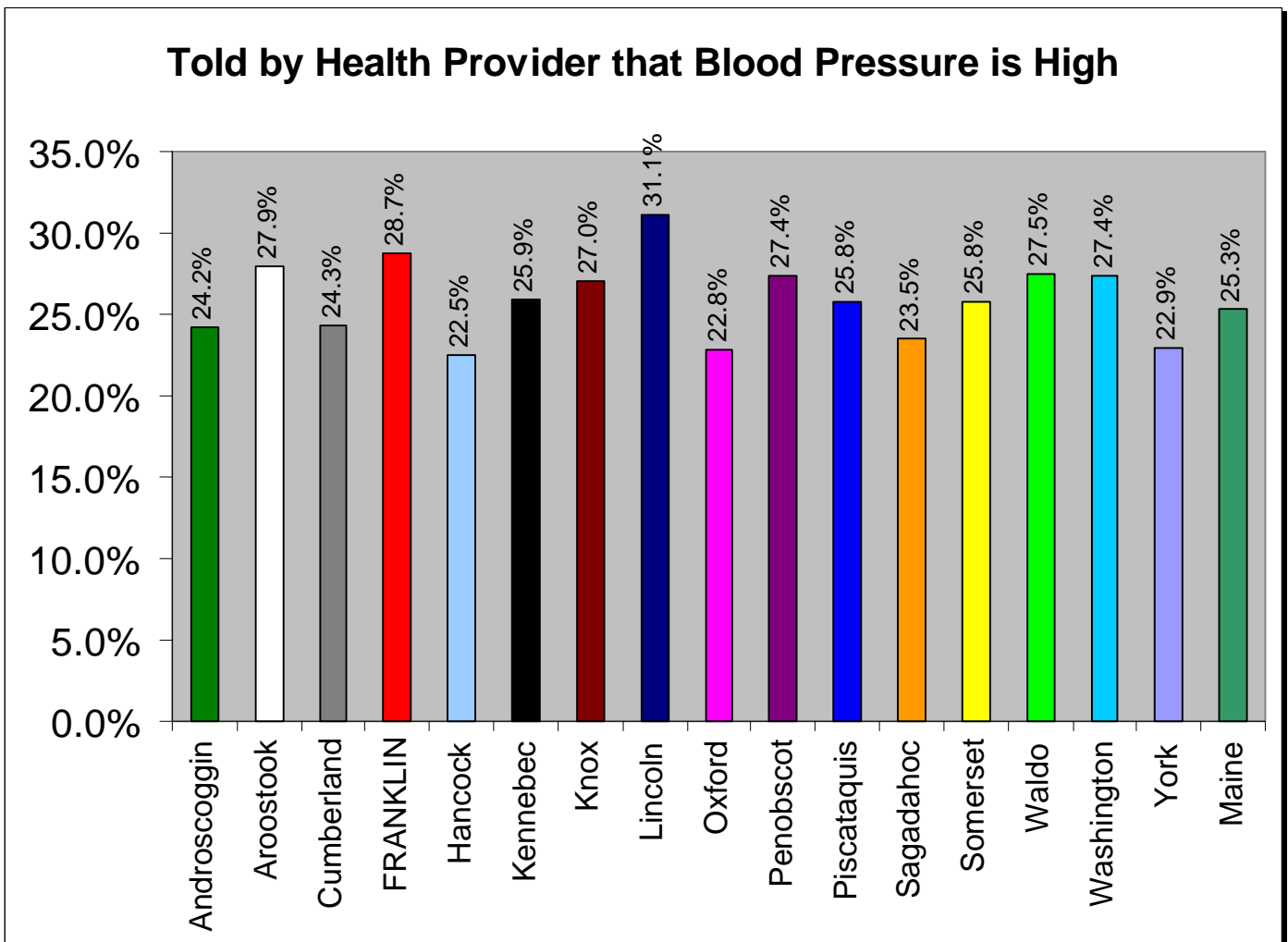
❖ Source: The Office of Data, Research and Vital Statistics, Maine Bureau of Health.

- Franklin County has a lower rate of Coronary Heart Disease Mortality than the state rate.
- Franklin Memorial Hospital's, Western Maine Center for Heart Health, has a long history of integrating public health and medical practice, which has contributed to reductions in cardiovascular and overall mortality.

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Graph 48

High Blood Pressure



❖ Source: Maine BRFSS, 1996 – 2000

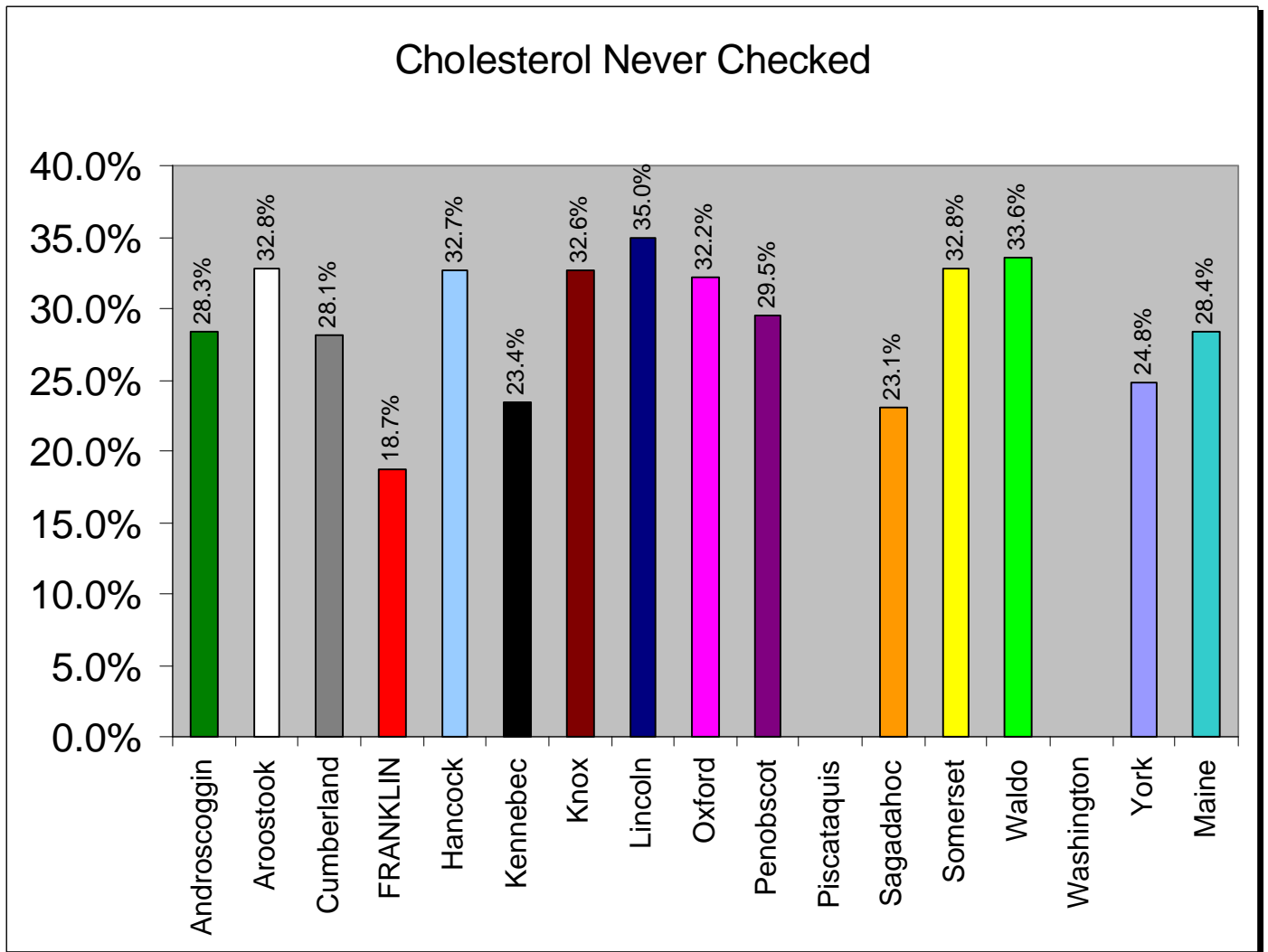
Approximately 29% of Franklin County residents have been told by a health provider that their blood pressure is high.

Diabetics are at greatest risk for diseases related to high blood pressure, such as stroke and heart disease, and the proportion of adults in Franklin County who report having **diabetes** is 5%. People with **diabetes** face twice the risk of death each year and only about two-thirds have been diagnosed. **Diabetes** has risen 49% over the past decade.

DISEASE PREVENTION

Graph 49

Cholesterol Never Checked



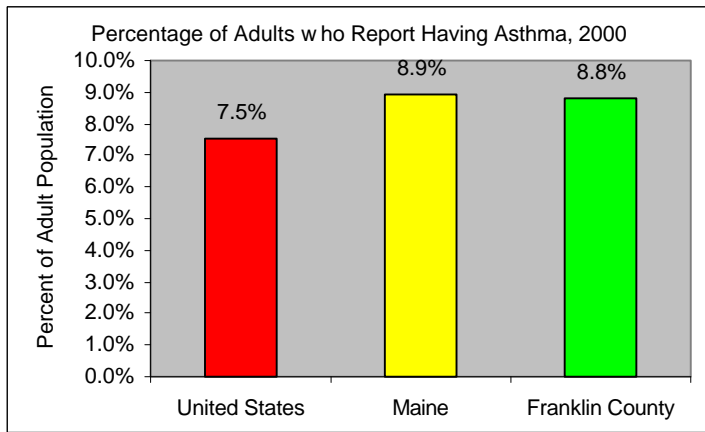
❖ Source: Maine BRFSS, 1996-2000

- More Franklin County residents have had their cholesterol checked than any other county in the state of Maine. Only 18.7% have never had their cholesterol checked. This difference is statistically significant.

DISEASE PREVENTION

Graph 50

Asthma

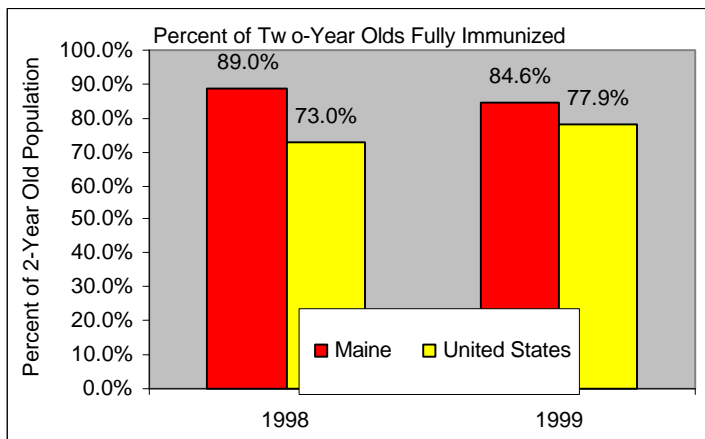


- Maine and Franklin County have the highest percentages of adult asthma in the United States.
- Poor indoor air quality due to strong weatherproofing, wood stoves and secondhand smoke may be factors.

❖ Maine BRFSS, Community Health Profile 2000.

Graph 51

2-year Olds Immunized



- Maine's immunization rates are among the highest in the nation and have been for the past five years.

❖ Source: Maine Department of Human Services, Bureau of Health, Office of Health Data and Program Management, 1998-1999