

# **Lincoln County Community Needs Assessment Final Report 2014-2015**

Conducted by Lincoln County Regional Planning Commission,  
Healthy Lincoln County, CEI, and Midcoast Hunger Prevention  
Funded by Maine Health Access Foundation

February 2015

## **Introduction/Background**

In summer of 2013, the Maine Health Access Foundation (MeHAF) released a funding announcement to support a limited number of community health assessments in Maine. The primary objective of the grant was to identify 1 (no more than 2) health issues affecting the community. In addition, the community should describe their vision of this issue being successfully addressed. Unlike many other health assessments conducted throughout the state that focused on health indicators and gathering data from stakeholders, this health assessment was to focus on gathering qualitative data and information from populations that are vulnerable to health disparities.

Recognizing this funding as an opportunity for Lincoln County and acknowledging that the issues are multifaceted – including economic, social, and cultural factors, along with health factors – a consortium was established among Lincoln County Regional Planning Commission, CEI, Healthy Lincoln County, and Midcoast Hunger Prevention Program. The consortium's plan was funded. The plan outlined strategies for leveraging existing partnerships to reach populations vulnerable to health disparities for engaging in the assessment process and gathering information on their perspective of health issues affecting the community.

## **Criteria**

Based on input and feedback from partner organizations that serve the Lincoln County community and work with marginalized populations, the follow criteria were identified to guide the selection of the health issue:

- Impact the least empowered in the community
- Focuses on a long term investment, prevention
- Choice comes from within the community
- Can do something about it
- Impacts all of Lincoln County
- Can be measured
- There is energy and resources around the issue
- There is evidence based models that can be used to address the issue
- People understand the issue
- The issue is tangible
- Issue will engage people and bring community together

## **History of Assessments and Key Findings in Lincoln County**

Monitoring the health of the community is an essential public health service. Lincoln County has been the focus of diverse assessments for various reasons- health, economic, infrastructure, political, etc.

Below is a table of assessments conducted in Lincoln County's recent history and its key findings

<b>Assessment</b>	<b>Basic Description</b>	<b>Lincoln County Strengths</b>	<b>Lincoln County Challenges</b>
<b>One Maine</b>	Conducted by Lincoln County Health Care, (MaineHealth) 2011	<ul style="list-style-type: none"> <li>- Strong maternal health outcomes suggesting high quality and accessible maternal care</li> </ul>	<ul style="list-style-type: none"> <li>- High rates of substance abuse.</li> <li>- Data indicating significant mental health issues among population</li> </ul>
<b>Lincoln County Community Health Improvement Plan</b>	Conducted by Healthy Lincoln County, (Healthy Maine Partnership—Maine CDC) 2010	Strong sense of place and community – neighbors helping neighbors	<ul style="list-style-type: none"> <li>- Top health issues identified as obesity, substance abuse, and mental health</li> </ul>
<b>County Health Rankings</b>	Prepared by University of Wisconsin across nation, 2014	<ul style="list-style-type: none"> <li>- Lower than national and state averages for adult smoking and preventable hospital stay</li> <li>- Higher than average rate for access to exercise</li> </ul>	<ul style="list-style-type: none"> <li>- High rates of adult drinking, injury deaths, and children in poverty</li> <li>- Low rates of women receiving mammography screenings</li> </ul>
<b>Maine Women's Fund Assessment</b>	Conducted by Maine Women's Fund, 2014		<ul style="list-style-type: none"> <li>- Challenges include access to resources (especially elderly and child care), lack of transportation options, feelings of isolation</li> </ul>
<b>Maine Report in Poverty</b>	Prepared by Margaret Chase Policy Center, 2010	<ul style="list-style-type: none"> <li>- Lower than state average of SNAP recipients</li> </ul>	<ul style="list-style-type: none"> <li>- A -3.5% decrease in income between 2006-2010</li> </ul>

## Current Quantitative Data

(Source: Maine CDC at: <http://www.maine.gov/dhhs/mecdc/phdata/sha/index.shtml>)

Below are selected health indicators from the most recent Maine State Health Assessment 2012. A complete list of indicators can be found at the above link.

Indicator	Year	Lincoln County	State
Acute Myocardial Infarction Deaths (age adjusted)	2007-2011	21.2%	34.2%
Adults Aged 18 Years or Older Who Have Received A Flu Shot	2012	48.5%	47.1%
Adults Ever Diagnosed With Anxiety	2010	12.1%	17.2%
Adults Ever Diagnosed With Depression	2010	20.4%	21.1%
Adults Ages 18 Year and Over With 6 or More Teeth Lost Due to Tooth Decay or Gum Disease	2010	18.7%	
Adults 18 Year and Over Who Not received Some Type of Dental Care in the Past Year	2010	25.8%	
Adults with Diabetes	2010	8.4%	8.7%
Adults with Disabilities	2009-2011	15.5%	15.5%
Alcohol-induced Deaths, Adults (age adjusted)	2007-2011	9.5%	7.5%
Did Not Use Alcohol Use in Last 3 Months of Pregnancy	2007-2011	84.7%	92.8%
Asthma Among Children- Lifetime	2006-2010	12.1%	13.5%
Heavy Alcohol Consumption Among Adults	2010	6.1%	5.2%
Binge Drinking Among Middle School Students	2011	3.8%	2.8%
Cancer Deaths (all cancer, age adjusted)	2006-2010	168.1	187.7
Cancer Incidence (all cancer, age adjusted)	2007-2009	450.4	496.7
Children with Elevated Blood Lead levels aged 0-17 months	2006-2010	1.2%	1%
Chronic Lower Respiratory Disease Deaths (age adjusted)	2007-2011	40.0	47.1
Women Aged 50 Years or Older Who Have Had a Mammogram in 2 Years	2010	84.2%	83.6%
Women Aged 18 Years or Older Who Have Had a PAP Smear in Past 3 Years	2010	85.9%	85%
Smoking Status Among Adults- Current Smokers	2010	16.1%	18.2%
Overweight Adults	2010	43.7%	36.7%
Physical Activity Among Middle School students	2011	58%	50.7%
Pre-Term Births	2010-2011	8.7%	8.1%
Cost Related Barriers to Healthcare for Adults	2010	6.4%	10.4%
Five or More Fruits and Vegetables a Day	2010	33.7%	28%
Lyme Disease Incidence	2011	154.9	75.7
Motor Vehicle Deaths (age adjusted)	2007-2011	16.6	11.2
Health Insurance Coverage	2009-2011	11.6%	10.3%
Poverty	2007-2011	9.8%	12.8%
Average Life Expectancy	2010	77.2 male/81.7 female	76.5 male/80.9 female

## Leading Causes of Death in Lincoln County, 2011

Cause of death	Number	Crude rate		Age-adjusted rate	
		Rate	95% CI	Rate	95% CI
<b>Lincoln</b>					
1 Malignant neoplasms (C00-C97)	90	263.0	211.5 - 323.2	<b>152.5</b>	122.2 - 189.7
2 Diseases of heart (I00-I09,I11,I13,I20-I51)	74	216.2	169.8 - 271.4	<b>119.2</b>	93.3 - 151.9
3 Unintentional injuries (V01-X59,Y85-Y86)	23	67.2	42.6 - 100.8	<b>49.0</b>	29.5 - 77.3
4 Cerebrovascular diseases (I60-I69)	22	64.3	40.3 - 97.3	<b>35.1</b>	21.9 - 55.6
5 Alzheimer's disease (G30)	21	61.4	38.0 - 93.8	<b>33.9</b>	20.9 - 54.3
6 Chronic lower respiratory diseases (J40-J47)	16	46.8 <sup>†</sup>	26.7 - 75.9 <sup>†</sup>	<b>26.3<sup>†</sup></b>	15.0 - 45.3 <sup>†</sup>

*Crude rates refer to calculations using the actual data. Because age can alter results and not allow for comparison among geographical areas, the data is age adjusted.*

## Assessment Methodology

When considering methodology for data gathering, the project was built on two primary values. The first was to hear from the marginalized population who held various points of view on their experiences with health disparities. The second was to meet the population where they were at. The following strategies were implemented as part of the Community Health Assessment:

### - **Qualitative Data Collection**

- Stakeholder Network Analysis: Existing resources, partners, organizations, leaders, and other entities in Lincoln County were identified and organized by type of industry and population they serve. The result was a comprehensive directory with organization name and contact information.
- Focus Groups: Focus groups were conducted to gather information directly from the marginalized population, particularly with the populations determined to be a priority, including elderly, youth, and people living in/borderline poverty. For comfort of the population and logistical purposes, focus groups were held with groups that were already meeting for various reasons. Focus groups included meeting with non-traditional students from University of Maine, Rockland (April 30 with 2 Lincoln County students); teenage mothers from Passages Program (May 27 with 2 students); and aging population attending a luncheon at Spectrum Generations (May 21, 2014 estimated 25 people). Participants were asked their perspective about:
  - Definition of health
  - Definition of community
  - Strengths of their community
  - Challenges of their community
  - Identification of health issues
  - Contributing factors affecting the health issues
  - Resources to improve health
- Key Informant Interviews (phone calls): In response to a press release, 6 community members contacted the project consultant to discuss their experiences and feedback on the community.
- Note: Efforts were made to coordinate focus groups and distribute surveys at Two Bridges Jail. Administration was contacted and voiced support. After repeated attempts to schedule the activities, administrators did not return communication.

### - **Quantitative**

- Surveys: A 1 page, 2 sided survey was developed and distributed throughout the county, particularly targeting marginalized populations. In addition, information about the survey was included in local press

and distributed via new email distribution list from the directory created at initial stakeholder meeting (including all municipalities). Press release did result in some self-selected participants.

Targeted populations and entities included:

- Food pantries- Waldoboro, Wiscasset, Newcastle, Whitefield
- Food assistance voucher program in Boothbay and Boothbay Harbor
- Head Start and Childcare Sites – Wiscasset, Newcastle, Whitefield
- Sheepscot Valley Health Center, Whitefield
- Family Planning – Damariscotta
- YMCA- Damariscotta
- Wiscasset Recreation Center
- Summer Food Service Program – Jefferson,
- Healthy Kids Program- countywide
- Town of Somerville

## **Assessment Results**

The following are results of data analysis.

### **Focus Group and Interviews:**

<b>Observations Made from Discussions</b>	<b>Strengths of Lincoln County</b>	<b>Challenges of Lincoln County</b>
<ul style="list-style-type: none"> <li>• Many people want to talk about their community and how to make it better.</li> <li>• People feel like problem is too big, have no control.</li> <li>• Vulnerable populations are focused on surviving each day.</li> <li>• My problems are also the problems of the community.</li> <li>• Passionate/angry about lack of transportation. People are passionate about lack of transportation to not just get to medical care but to family, friends, food, socializing, events.</li> <li>• We have leaders in the community, but we need to tap into them.</li> <li>• Didn't talk politics.</li> <li>• Walking is important to elderly. They determine their own physical and social health and that of others on their ability to walk.</li> <li>• People struggle with understanding how they can be part of the solution.</li> </ul>	<ul style="list-style-type: none"> <li>• People are ready to help when you are in crisis.</li> <li>• It is a safe, quiet community and beautiful place to live.</li> <li>• Schools care about students.</li> <li>• Have healthcare options.</li> <li>• Spectrum Generations is a significant resource and support for the elderly.</li> <li>• There are things good things going on, but need to expand on it.</li> <li>• People want to get involved in activities.</li> <li>• People live here because they appreciate the area.</li> <li>• Outside spaces (parks, trails) are seen as valuable resources.</li> </ul>	<ul style="list-style-type: none"> <li>• People leave Lincoln County because of lack of easily accessible resources.</li> <li>• People cannot get to where they need to go, HUGE burden.</li> <li>• There are not enough community events (not targeted at tourists).</li> <li>• Parents need to be more involved in children's lives- grandparents too.</li> <li>• Kids do not have structure and guidance. This leads to lots of screen time.</li> <li>• It is a community divided. (Route 1, hospital, haves and have nots)</li> <li>• Priority health issues include: obesity, access to healthcare, and mental health.</li> <li>• Lack of resources for mental health care, dental care (for MaineCare), and substance abuse treatment.</li> <li>• People are easily stigmatized- "poor", "drug addicts", "from Waldoboro".</li> <li>• Alcohol abuse a significant problem that you can hide.</li> <li>• Because of the high proportion of elderly people in Lincoln County, see many issues related to aging.</li> </ul>

STATEMENT: As grandparents, we have a role in raising our grandchildren to not sit in front of a screen and to become good people. Meet them off the bus, play a game, read to them, be a part of their life.

STATEMENT: I am only 15 years old with no driver's license. After I had my baby, I left my family's home in Lincoln County and moved to Rockland so I could be closer to the things I need.

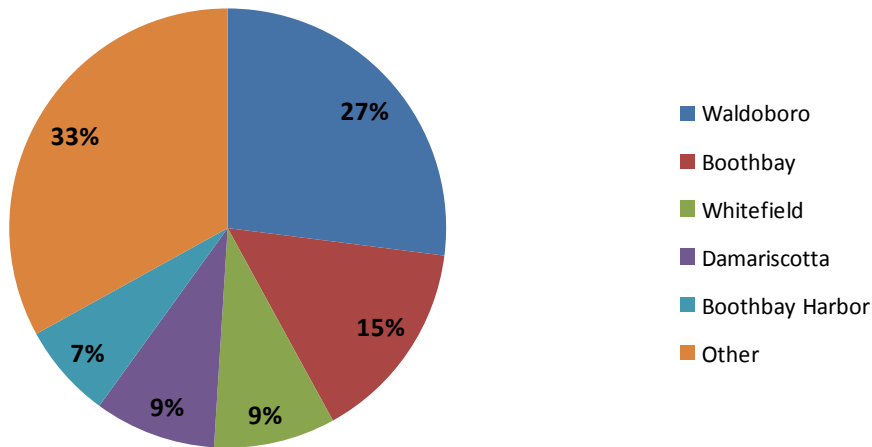
STATEMENT: I am angry that there isn't any transportation to get where I need to go and visit friends. I am in my 80's and I cannot drive. I am stuck in my home alone.

Survey: Raw data for the survey is available via an excel spreadsheet that lists individual responses. Contact Lincoln County Regional Planning Commission for access to data. Number of total responses: 303

## Survey Observations

- People's issues were the community's issues
- Health issues were medical issues
- People really have not spent time thinking about their community: what it is, what is good/not so good
- People operating in survival mode.
- Sensitive to issues- obesity
- Do not feel like they have any power
- Some questions were complex for the population
- Helping each other
- Security in seeing same volunteers

## Municipalities



### Other Municipalities

Include:

- Alna (1)
- Bremen (7)
- Bristol (15)
- Dresden (2)
- Edgecomb (6)
- Jefferson (7)
- Newcastle (13)
- Nobleboro (15)
- Somerville (6)
- South Bristol (9)
- Southport (4)
- Westport (1)
- Wiscasset (9)
- Woolwich (1)

### Race/Ethnicity:

Answer Options	Response Percent	Response Count
Hispanic	1.4%	4
American Indian/Alaska Native	2.8%	8
Asian	0.7%	2
Black or African American	0.0%	0
Native Hawaiian or Pacific Islander	0.7%	2
White	97.2%	277
Other (please specify)		2
<b>answered question</b>		<b>285</b>
<b>skipped question</b>		<b>18</b>

### You are:

Answer Options	Response Percent	Response Count
Lived in Maine whole life	63.3%	155
Moved to Maine	36.7%	90
Seasonal worker	0.0%	0
Summertime Maine resident	0.0%	0
Other (please specify)		4
<b>answered question</b>		<b>245</b>
<b>skipped question</b>		<b>58</b>

What is your gender?		
Answer Options	Response Percent	Response Count
Male	28.7%	71
Female	71.7%	177
What age group are you in?		
Answer Options	Response Percent	Response Count
18 or Under	1.0%	3
19 - 24 years old	4.5%	13
24-29 years old	6.2%	18
30-39 years old	15.5%	45
40-49 years old	14.1%	41
50-59 years old	15.5%	45
60-69 years old	19.2%	56
70 years and older	24.1%	70
<i>answered question</i>		291
<i>skipped question</i>		12

What is your annual household income? You plus people living in the house	What is your annual household income? You plus people living in the house	What is your annual household income? You plus people living in the house
Answer Options	Response Percent	Response Count
under \$10,000 a year	31.0%	85
\$10,001 - \$19,000 a year	25.2%	69
\$20,000 - \$29,000 a year	15.0%	41
\$30,000 - \$39,000 a year	8.4%	23
\$40,000 - \$49,000 a year	3.6%	10
\$50,000 a year or greater	16.8%	46
<i>answered question</i>	274	274
<i>skipped question</i>	29	29



What is the last year of school you completed?		
Answer Options	Response Percent	Response Count
6th Grade	0.0%	0
8th Grade	5.4%	13
12th Grade	36.9%	89
Completed some college	21.6%	52
Completed Associate college degree	11.6%	28
Completed Bachelor college degree	16.2%	39
Completed graduate school	12.0%	29
Other (please specify)		11
<i>answered question</i>		<b>241</b>
<i>skipped question</i>		<b>62</b>

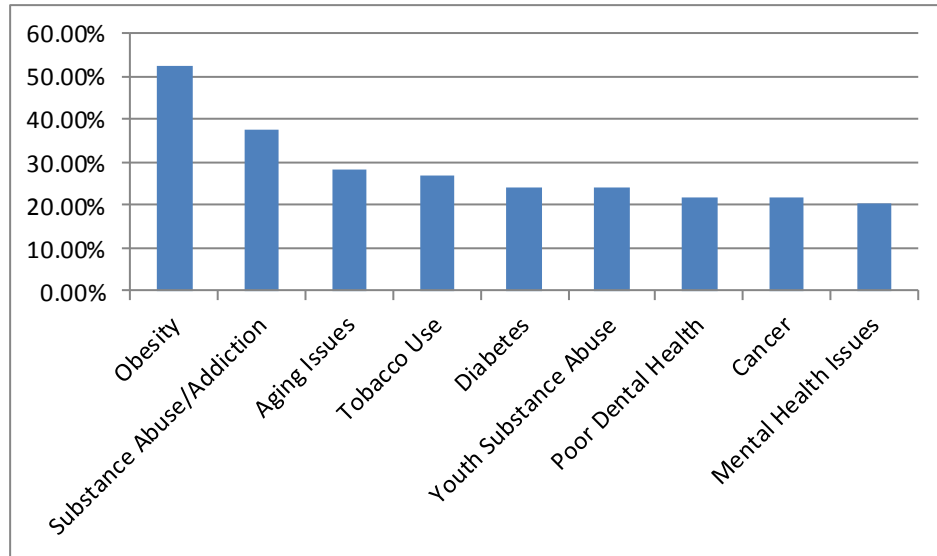
What communities do you belong to? (Check all that apply)		
Answer Options	Response Percent	Response Count
Church, Temple, Mosque, Sangha, spiritual group	31.40%	86
Neighborhood	30.70%	84
Work	30.30%	83
Volunteer	29.90%	82
School	29.90%	82
Older Adults Group	17.90%	49
Fishing Community	13.50%	37
Lobstering Community	8.40%	23
I don't feel part of a community	8.40%	23
Artist Community	8.40%	23
Sports	7.30%	20
Civic Organization (Rotary, Lions, Masons, etc.)	6.90%	19
Card Playing Group	4.70%	13
Gardening Club	4.00%	11
Snowmobiling	2.60%	7
Gay, Lesbian, Bisexual Transgender Community	2.20%	6
ATV Club	0.00%	0
Other (please specify)		41
<i>answered question</i>		<b>274</b>
<i>skipped question</i>		<b>29</b>

What is 1 thing you like about your community?	What is 1 thing you dislike about your community?
Nice, quiet, friendly, safe, close knit community	People know your personal business, lack of privacy and anonymity
Beautiful environment, scenery	Not enough- shopping, sidewalks, non-tourist things to do, jobs, home health
People are there to help	Distance from resources and things to do, need to drive everywhere, no transportation
Resources- libraries, hospital, church events, farmer markets, community dinners	Lack of diversity, people of "my age"
	Lack of support for youth
	Taxes
	No hospital

Check the 3 things that health means the most to you:		
Answer Options	Response Percent	Response Count
Good nutrition	67.90%	201
Having friends, family	43.90%	130
Getting exercise	41.20%	122
Plenty of sleep	41.20%	122
Emotional well being	37.80%	112
Getting regular check-ups	26.00%	77
Walking	18.20%	54
Getting preventive screenings (mammograms, colonoscopy, PAP	16.20%	48
No disease	11.10%	33
Having a regular doctor	8.80%	26
Clean environment	8.40%	25
Not doing illegal drugs	4.40%	13
Other (please specify)		37
<b>answered question</b>		<b>296</b>
<b>skipped question</b>		<b>7</b>

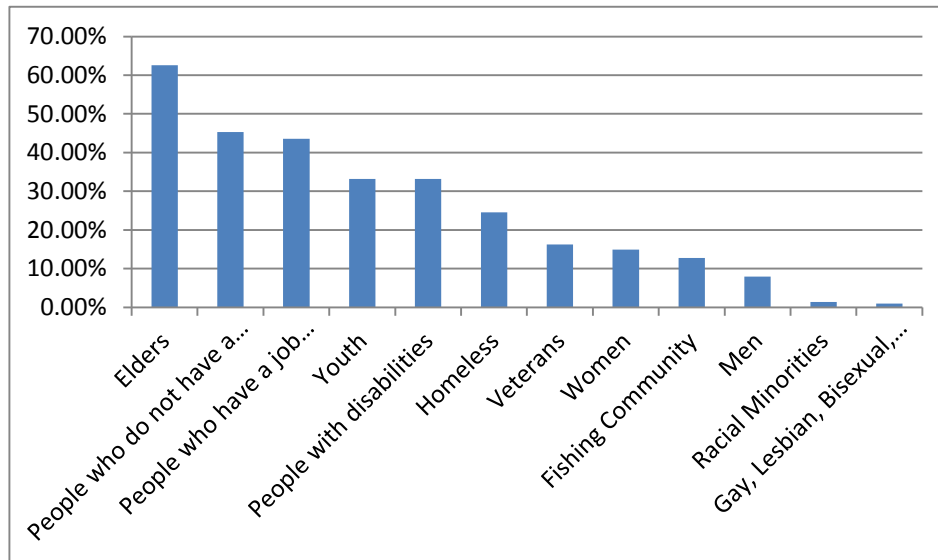
Check off the 3 health issues that you think are affecting your community the most:

Answer Options	Response Percent	Response Count
Obesity	52.70%	154
Substance Abuse/Addiction	37.70%	110
Aging Issues	28.10%	82
Tobacco Use	27.10%	79
Diabetes	24.30%	71
Youth Substance Abuse	24.00%	70
Poor Dental Health	21.60%	63
Cancer	21.60%	63
Mental Health Issues	20.50%	60
Lyme Disease	14.70%	43
Youth Alcohol Binge Drinking	11.00%	32
Teenage Pregnancy	10.30%	30
Heart Disease	9.90%	29
Car Accidents	9.20%	27
Dementia/Alzheimer's	7.20%	21
Stroke _	3.80%	11
Suicide	3.80%	11
Poor Infant Health	3.40%	10
Sexually Transmitted Diseases	2.40%	7
Injuries	2.10%	6
Homicide	1.70%	5
Infectious Diseases	1.00%	3
Low Vaccine Rates	0.70%	2
Injuries at work	0.30%	1
Other (please specify)		9
<b><i>answered question</i></b>		<b>292</b>
<b><i>skipped question</i></b>		<b>11</b>



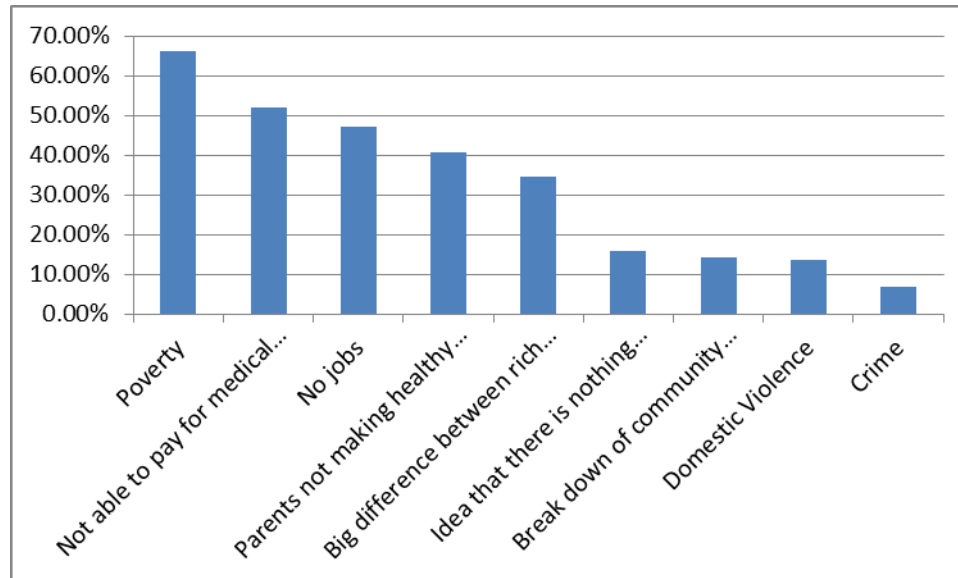
Check off 3 groups that are most affected by health issues in your community:

Answer Options	Response Percent	Response Count
Elders	62.60%	181
People who do not have a job living in poverty	45.30%	131
People who have a job living in poverty	43.60%	126
Youth	33.20%	96
People with disabilities	33.20%	96
Homeless	24.60%	71
Veterans	16.30%	47
Women	14.90%	43
Fishing Community	12.80%	37
Men	8.00%	23
Racial Minorities	1.40%	4
Gay, Lesbian, Bisexual, Transgender	1.00%	3
Other (please specify)		11
<b>answered question</b>		<b>289</b>
<b>skipped question</b>		<b>14</b>



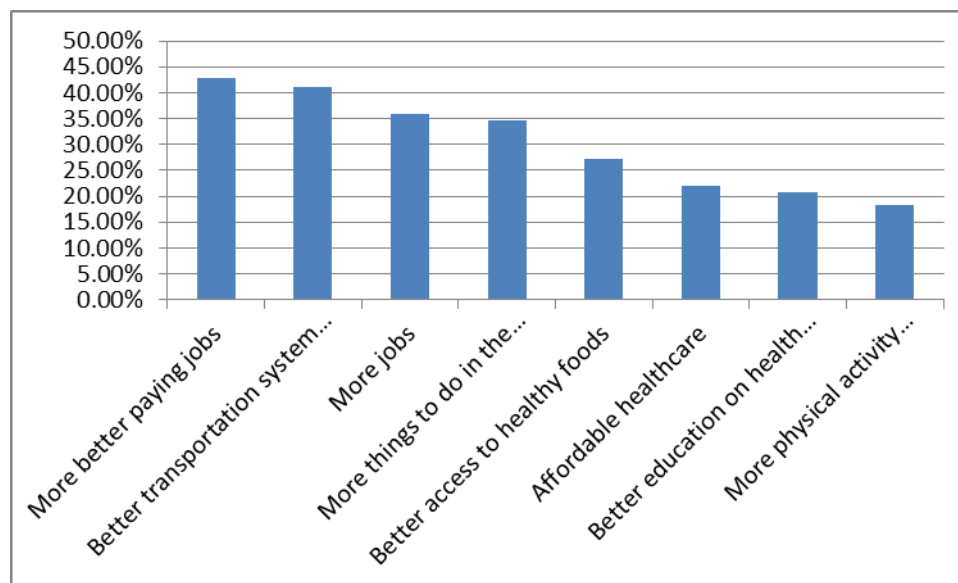
**Check off 3 things that contribute to poor health in the community the most:**

Answer Options	Response Percent	Response Count
Poverty	66.10%	195
Not able to pay for medical costs	51.90%	153
No jobs	47.10%	139
Parents not making healthy choices for their children	40.70%	120
Big difference between rich and poor in the community	34.60%	102
Idea that there is nothing better out there	15.90%	47
Break down of community and people coming together	14.20%	42
Domestic Violence	13.60%	40
Crime	6.80%	20
Other (please specify)		17
<b>answered question</b>		<b>295</b>
<b>skipped question</b>		<b>8</b>



#### Check off the 3 things that you think could make your community healthier

Answer Options	Response Percent	Response Count
More better paying jobs	42.90%	124
Better transportation system and options	41.20%	119
More jobs	36.00%	104
More things to do in the community	34.60%	100
Better access to healthy foods	27.30%	79
Affordable healthcare	22.10%	64
Better education on health issues	20.80%	60
More physical activity programs	18.30%	53
Taking away stigma about mental health	13.50%	39
Youth are valued as community members	10.00%	29
More mental health counselors	9.00%	26
More dentists	8.70%	25
More doctors	7.60%	22
Better paying jobs	3.80%	11
Cleaner environment	3.50%	10
Other (please specify)		23
<b><i>answered question</i></b>		<b>289</b>
<b><i>skipped question</i></b>		<b>14</b>



## **Key Findings**

Based on assessment observations and results, the following are key findings:

- Generally, people report being part of a community. One third report being part of a spiritual community, neighborhood, work, school, and volunteer communities. This information can be useful in targeting groups for information gathering, information sharing, and mobilizing partnerships through groups/communities that exist and people identify with.
- Survey results indicate that people see health as more than accessing medical care, but also through their own choices- good nutrition, getting enough exercise, and getting enough sleep- to their social connections and emotional wellbeing. This view of health can be used to leverage people's interests in improving their health and that of their community. People are more motivated to engage if it is about something they value.
- Half the people that were surveyed chose obesity as one of the top three health issues in Lincoln County.
- Access to activities essential and basic for health (medical care, food, prescriptions, therapy, etc.) is a significant barrier for community members of all ages. But to live a full, happy, healthy life, people recognize the need to be able to access social interaction as well.
- Organizations work tirelessly to address social service, healthcare, and educational needs, but many resources and agencies are located outside of Lincoln County.
- Youth do not feel valued or empowered.
- The community is aware of the link between health and economics. They recognize that if you live in poverty or at risk of living in poverty, you have poor health.
- When data was analyzed for under 40 years old population who completed the survey as compared to the total population that completed the survey, the following are results:

Question	Under 40 years old	Total survey
Health issue	Top choices: obesity and substance abuse tied at 45%; poor dental health; mental health; tobacco; youth substance abuse	Top choices: obesity (53%); substance abuse (38%); aging issues
Population most affected	Top choices: Youth, elders, people with disabilities tied with working poor	Top choices: elders; people in poverty; people with disabilities
Make community healthier	Top choice: More things to do in community (42%)	Top Choice: Better transportation (41%)

- When data was compared among household income amounts, survey results indicate possible differences in opinion. Generally, all income levels agreed on what health means to them and the top health issues. For contributing factors, lower household incomes felt more strongly that the difference between the rich and the poor was a contributing factor. Higher income groups reported that poor parental decisions were a contributing factor. Also of interest, higher income level respondents reported that better education on health issues would improve health more than lower income respondents. These results should be interpreted cautiously since the number of respondents with a household income only represents 20% of respondents.



**Lincoln County MeHAF Project**

**APPENDIX**

**Selected Census and Maine Dept of Education Data  
For Lincoln County**

**Age Distribution, by Town, and % of County Total in 2013**

<b>Town</b>	<b>Total Population</b>	<b>Under 5 years</b>	<b>% of County Total</b>	<b>5 to 19 years</b>	<b>% of County Total</b>	<b>20 to 34 years</b>	<b>% of County Total</b>	<b>35 to 49 years</b>	<b>% of County Total</b>	<b>50 to 64 years</b>	<b>% of County Total</b>	<b>65 to 79 years</b>	<b>% of County Total</b>	<b>Over 80 years</b>	<b>% of County Total</b>
Alna	663	27	1.8%	135	2.5%	62	1.4%	138	2.2%	192	2.2%	80	1.4%	29	1.4%
Boothbay	3111	191	12.7%	388	7.1%	391	8.6%	529	8.4%	825	9.4%	553	9.8%	234	11.4%
Boothbay Harbor	2030	43	2.9%	268	4.9%	230	5.1%	268	4.3%	531	6.1%	503	8.9%	187	9.1%
Bremen	868	19	1.3%	192	3.5%	73	1.6%	176	2.8%	205	2.3%	160	2.8%	43	2.1%
Bristol	2751	51	3.4%	237	4.3%	123	2.7%	460	7.3%	956	10.9%	635	11.2%	289	14.1%
Damariscotta	2050	115	7.6%	345	6.3%	292	6.4%	268	4.3%	437	5.0%	275	4.9%	318	15.5%
Dresden	1641	79	5.2%	264	4.8%	210	4.6%	298	4.7%	488	5.6%	214	3.8%	88	4.3%
Edgecomb	1141	41	2.7%	223	4.1%	100	2.2%	226	3.6%	329	3.8%	157	2.8%	65	3.2%
Jefferson	2618	87	5.8%	390	7.1%	365	8.0%	551	8.7%	802	9.1%	323	5.7%	100	4.9%
Monhegan Island	45	6	0.4%	0	0.0%	15	0.3%	2	0.0%	13	0.1%	9	0.2%	0	0.0%
Newcastle	1847	112	7.4%	353	6.5%	246	5.4%	313	5.0%	387	4.4%	305	5.4%	131	6.4%
Nobleboro	1656	35	2.3%	304	5.6%	235	5.2%	329	5.2%	434	4.9%	260	4.6%	59	2.9%
Somerville	466	18	1.2%	108	2.0%	50	1.1%	85	1.3%	127	1.4%	73	1.3%	5	0.2%
South Bristol	968	29	1.9%	129	2.4%	68	1.5%	155	2.5%	270	3.1%	275	4.9%	42	2.0%
Southport	598	4	0.3%	7	0.1%	63	1.4%	78	1.2%	151	1.7%	234	4.1%	61	3.0%
Waldoboro	5042	361	23.9%	914	16.7%	943	20.8%	849	13.5%	1109	12.6%	656	11.6%	210	10.2%
Westport Island	734	12	0.8%	122	2.2%	35	0.8%	173	2.7%	193	2.2%	167	3.0%	32	1.6%
Whitefield	2368	108	7.2%	440	8.1%	217	4.8%	609	9.7%	551	6.3%	368	6.5%	75	3.6%
Wiscasset	3700	170	11.3%	638	11.7%	826	18.2%	798	12.7%	768	8.8%	412	7.3%	88	4.3%
<b>Lincoln County</b>	<b>34,297</b>	<b>1,508</b>	<b>4.4%</b>	<b>5,457</b>	<b>15.9%</b>	<b>4,544</b>	<b>13.2%</b>	<b>6,305</b>	<b>18.4%</b>	<b>8,768</b>	<b>25.6%</b>	<b>5,659</b>	<b>16.5%</b>	<b>2,056</b>	<b>6.0%</b>

\* American Community Survey, 2013 5yr Estimate

MEDIAN AGE	
Alna	46.5
Boothbay	51.4
Boothbay Harbor	55.3
Bremen	47.5
Bristol	58.3
Damariscotta	50.3
Dresden	48.5
Edgecomb	49.3
Jefferson	48.1
Monhegan Pltn	35.8
Newcastle	45.6
Nobleboro	47.8
Somerville	48.4
Southport	64.7
South Bristol	56.8
Waldoboro	40.8
Westport Island	52.6
Whitefield	45.1
Wiscasset	42.5
Lincoln County	48.6
Maine	43.2
U.S.	37.3
<i>Source: 2009-2013 American Community Survey 5-Year Estimates</i>	

Selected Economic Characteristics	Maine		Lincoln County	
	Estimate	Percent	Estimate	Percent
<b>Employment Status</b>				
Population 16 years and over	1,092,849		28,917	
In labor force	703,066	64.3%	17,512	60.6%
Civilian labor force	700,965	64.1%	17,483	60.5%
Employed	647,099	59.2%	16,463	56.9%
Unemployed	53,866	4.9%	1,020	3.5%
Armed Forces	2,101	0.2%	29	0.1%
Not in labor force	389,783	35.7%	11,405	39.4%
Civilian labor force	700,965		17,483	
Percent Unemployed	(X)	7.7%	(X)	5.8%
Females 16 years and over	564,053		14,888	
In labor force	342,729	60.8%	8,656	58.1%
Civilian labor force	342,543	60.7%	8,650	58.1%
Employed	320,179	56.8%	8,238	55.3%
Own children under 6 years	78,164		1,761	
All parents in family in labor force	53,945	69.0%	1,072	60.9%
Own children 6 to 17 years	177,835		4,350	
All parents in family in labor force	134,297	75.5%	3,161	72.7%
<b>Commuting To Work</b>				
Workers 16 years and over	633,153		16,063	
Car, truck, or van -- drove alone	496,573	78.4%	12,682	79.0%
Car, truck, or van -- carpooled	63,713	10.1%	1,541	9.6%
Public transportation (excluding taxicab)	3,828	0.6%	69	0.4%
Walked	25,297	4.0%	418	2.6%
Other means	10,102	1.6%	217	1.4%
Worked at home	33,640	5.3%	1,136	7.1%
Mean travel time to work (minutes)	23.3	(X)	25.2	(X)
<b>Occupation</b>				
Civilian employed population 16 years and over	647,099		16,463	
Management, business, science, and arts occupations	227,403	35.1%	5,903	35.9%
Service occupations	118,513	18.3%	2,550	15.5%
Sales and office occupations	155,969	24.1%	3,764	22.9%
Natural resources, construction, and maintenance occupations	70,871	11.0%	2,621	15.9%
Production, transportation, and material moving occupations	74,343	11.5%	1,625	9.9%
<b>Industry</b>				
Civilian employed population 16 years and over	647,099		16,463	
Agriculture, forestry, fishing and hunting, and mining	15,732	2.4%	767	4.7%
Construction	45,585	7.0%	1,565	9.5%
Manufacturing	60,165	9.3%	1,587	9.6%
Wholesale trade	15,318	2.4%	287	1.7%
Retail trade	88,065	13.6%	2,040	12.4%
Transportation and warehousing, and utilities	25,138	3.9%	604	3.7%

Information	11,762	1.8%	137	0.8%
Finance and insurance, and real estate and rental and leasing	39,587	6.1%	847	5.1%
Professional, scientific, and management, and administrative and waste management services	56,228	8.7%	1,450	8.8%
Educational services, and health care and social assistance	177,466	27.4%	4,104	24.9%
Arts, entertainment, and recreation, and accommodation and food services	55,256	8.5%	1,330	8.1%
Other services, except public administration	28,612	4.4%	879	5.3%
Public administration	28,185	4.4%	866	5.3%
<b>Class Of Worker</b>				
Civilian employed population 16 years and over	647,099		16,463	
Private wage and salary workers	496,269	76.7%	11,677	70.9%
Government workers	92,812	14.3%	2,649	16.1%
Self-employed in own not incorporated business workers	57,122	8.8%	2,118	12.9%
Unpaid family workers	896	0.1%	19	0.1%
<b>Income And Benefits (In 2013 Inflation-Adjusted Dollars)</b>				
Total households	553,823		14,817	
Less than \$10,000	37,823	6.8%	714	4.8%
\$10,000 to \$14,999	35,585	6.4%	861	5.8%
\$15,000 to \$24,999	66,164	11.9%	1,463	9.9%
\$25,000 to \$34,999	64,365	11.6%	1,818	12.3%
\$35,000 to \$49,999	80,673	14.6%	2,529	17.1%
\$50,000 to \$74,999	107,059	19.3%	2,955	19.9%
\$75,000 to \$99,999	69,275	12.5%	2,064	13.9%
\$100,000 to \$149,999	60,242	10.9%	1,528	10.3%
\$150,000 to \$199,999	17,636	3.2%	448	3.0%
\$200,000 or more	15,001	2.7%	437	2.9%
Median household income (dollars)	48,453	(X)	50,181	(X)
Mean household income (dollars)	63,143	(X)	64,155	(X)
With earnings	417,714	75.4%	10,901	73.6%
Mean earnings (dollars)	63,873	(X)	57,604	(X)
With Social Security	185,804	33.5%	6,049	40.8%
Mean Social Security income (dollars)	16,256	(X)	17,751	(X)
With retirement income	105,514	19.1%	3,461	23.4%
Mean retirement income (dollars)	20,837	(X)	22,728	(X)
With Supplemental Security Income	31,332	5.7%	603	4.1%
Mean Supplemental Security Income (dollars)	9,351	(X)	9,660	(X)
With cash public assistance income	26,930	4.9%	303	2.0%
Mean cash public assistance income (dollars)	3,094	(X)	4,135	(X)
With Food Stamp/SNAP benefits in the past 12 months	92,507	16.7%	1,487	10.0%
Families	350,205		9,670	
Less than \$10,000	13,074	3.7%	349	3.6%
\$10,000 to \$14,999	10,725	3.1%	320	3.3%
\$15,000 to \$24,999	29,774	8.5%	593	6.1%
\$25,000 to \$34,999	35,045	10.0%	999	10.3%
\$35,000 to \$49,999	50,635	14.5%	1,768	18.3%
\$50,000 to \$74,999	76,490	21.8%	2,101	21.7%

\$75,000 to \$99,999	55,407	15.8%	1,502	15.5%
\$100,000 to \$149,999	50,957	14.6%	1,270	13.1%
\$150,000 to \$199,999	15,105	4.3%	403	4.2%
\$200,000 or more	12,993	3.7%	365	3.8%
Median family income (dollars)	61,107	(X)	59,398	(X)
Mean family income (dollars)	75,527	(X)	73,482	(X)
Per capita income (dollars)	26,824	(X)	28,070	(X)
Nonfamily households	203,618	203,618	5,147	5,147
Median nonfamily income (dollars)	27,527	(X)	31,940	(X)
Mean nonfamily income (dollars)	38,866	(X)	42,919	(X)
Median earnings for workers (dollars)	27,636	(X)	27,958	(X)
Median earnings for male full-time, year-round workers (dollars)	45,096	(X)	39,572	(X)
Median earnings for female full-time, year-round workers (dollars)	35,429	(X)	34,006	(X)
<b>Health Insurance Coverage</b>				
Civilian noninstitutionalized population	1,313,789		33,916	
With health insurance coverage	1,177,659	89.6%	29,896	88.1%
With private health insurance	874,521	66.6%	22,721	67.0%
With public coverage	493,357	37.6%	13,982	41.2%
No health insurance coverage	136,130	10.4%	4,020	11.9%
Civilian noninstitutionalized population under 18 years	268,615		6,296	
No health insurance coverage	13,515	5.0%	411	6.5%
Civilian noninstitutionalized population 18 to 64 years	832,739		20,084	
In labor force:	652,287		15,678	
Employed:	603,051		14,799	
With health insurance coverage	519,420	86.1%	12,205	82.5%
With private health insurance	467,757	77.6%	10,985	74.2%
With public coverage	69,585	11.5%	1,723	11.6%
No health insurance coverage	83,631	13.9%	2,594	17.5%
Unemployed:	49,236		879	
With health insurance coverage	31,856	64.7%	576	65.5%
With private health insurance	16,041	32.6%	363	41.3%
With public coverage	17,429	35.4%	314	35.7%
No health insurance coverage	17,380	35.3%	303	34.5%
Not in labor force:	180,452		4,406	
With health insurance coverage	159,180	88.2%	3,701	84.0%
With private health insurance	83,699	46.4%	2,238	50.8%
With public coverage	91,209	50.5%	2,098	47.6%
No health insurance coverage	21,272	11.8%	705	16.0%
<b>Percentage Of Families And People Whose Income In The Past 12 Months Is Below The Poverty Level</b>				
All families	(X)	9.1%	(X)	8.4%
With related children under 18 years	(X)	16.2%	(X)	16.6%
With related children under 5 years only	(X)	20.8%	(X)	23.4%
Married couple families	(X)	4.2%	(X)	4.3%
With related children under 18 years	(X)	6.5%	(X)	4.9%

With related children under 5 years only	(X)	6.8%	(X)	0.9%
Families with female householder, no husband present	(X)	30.7%	(X)	27.3%
With related children under 18 years	(X)	39.3%	(X)	42.3%
With related children under 5 years only	(X)	58.0%	(X)	80.6%
All people	(X)	13.6%	(X)	11.7%
Under 18 years	(X)	18.5%	(X)	19.8%
Related children under 18 years	(X)	18.0%	(X)	19.1%
Related children under 5 years	(X)	23.2%	(X)	28.0%
Related children 5 to 17 years	(X)	16.3%	(X)	16.3%
18 years and over	(X)	12.3%	(X)	9.9%
18 to 64 years	(X)	13.3%	(X)	11.5%
65 years and over	(X)	8.7%	(X)	5.4%
People in families	(X)	9.9%	(X)	9.7%
Unrelated individuals 15 years and over	(X)	26.1%	(X)	18.8%

**2009-2013 American Community Survey 5-Year Estimates**

Selected Social Characteristics	Maine		Lincoln County	
	Estimate	Percent	Estimate	Percent
<b>Households By Type</b>				
Total households	553,823		14,817	
Family households (families)	350,205	63.2%	9,670	65.3%
With own children under 18 years	138,901	25.1%	3,168	21.4%
Married-couple family	273,663	49.4%	7,728	52.2%
With own children under 18 years	91,645	16.5%	2,027	13.7%
Male householder, no wife present, family	23,050	4.2%	516	3.5%
With own children under 18 years	13,686	2.5%	302	2.0%
Female householder, no husband present, family	53,492	9.7%	1,426	9.6%
With own children under 18 years	33,570	6.1%	839	5.7%
Nonfamily households	203,618	36.8%	5,147	34.7%
Householder living alone	160,165	28.9%	4,061	27.4%
65 years and over	63,622	11.5%	1,797	12.1%
Households with one or more people under 18 years	151,002	27.3%	3,414	23.0%
Households with one or more people 65 years and over	154,504	27.9%	5,237	35.3%
Average household size	2.33	(X)	2.28	(X)
Average family size	2.86	(X)	2.73	(X)
<b>Relationship</b>				
Population in households	1,292,726		33,724	
Householder	553,823	42.8%	14,817	43.9%
Spouse	273,855	21.2%	7,703	22.8%
Child	329,137	25.5%	7,839	23.2%
Other relatives	47,120	3.6%	1,220	3.6%
Nonrelatives	88,791	6.9%	2,145	6.4%
Unmarried partner	47,420	3.7%	1,160	3.4%
<b>Marital Status</b>				
Males 15 years and over	537,490		14,216	
Never married	163,965	30.5%	3,741	26.3%
Now married, except separated	286,068	53.2%	7,924	55.7%
Separated	5,116	1.0%	103	0.7%
Widowed	15,801	2.9%	390	2.7%
Divorced	66,540	12.4%	2,058	14.5%
Females 15 years and over	572,023		15,061	
Never married	139,805	24.4%	3,131	20.8%
Now married, except separated	285,621	49.9%	7,975	53.0%
Separated	7,523	1.3%	140	0.9%
Widowed	55,636	9.7%	1,537	10.2%
Divorced	83,438	14.6%	2,278	15.1%
<b>Grandparents</b>				
Number of grandparents living with own grandchildren under 18 years	17,432		257	
Responsible for grandchildren	7,165	41.1%	134	52.1%
Years responsible for grandchildren				



Less than 1 year	1,524	8.7%	38	14.8%
1 or 2 years	2,112	12.1%	13	5.1%
3 or 4 years	1,098	6.3%	72	28.0%
5 or more years	2,431	13.9%	11	4.3%
Number of grandparents responsible for own grandchildren under 18 years	7,165		134	
Who are female	4,174	58.3%	67	50.0%
Who are married	5,372	75.0%	112	83.6%
<b>School Enrollment</b>				
Population 3 years and over enrolled in school	305,865		6,203	
Nursery school, preschool	16,328	5.3%	393	6.3%
Kindergarten	14,279	4.7%	420	6.8%
Elementary school (grades 1-8)	121,876	39.8%	2,803	45.2%
High school (grades 9-12)	67,844	22.2%	1,639	26.4%
College or graduate school	85,538	28.0%	948	15.3%
<b>Educational Attainment</b>				
<b>Population 25 years and over</b>	<b>943,281</b>		<b>25,882</b>	
Less than 9th grade	31,220	3.3%	531	2.1%
9th to 12th grade, no diploma	53,077	5.6%	1,274	4.9%
High school graduate (includes equivalency)	319,732	33.9%	8,166	31.6%
Some college, no degree	189,295	20.1%	5,324	20.6%
Associate's degree	86,337	9.2%	2,021	7.8%
Bachelor's degree	169,061	17.9%	5,162	19.9%
Graduate or professional degree	94,559	10.0%	3,404	13.2%
Percent high school graduate or higher	(X)	91.1%	(X)	93.0%
Percent bachelor's degree or higher	(X)	27.9%	(X)	33.1%
<b>Veteran Status</b>				
Civilian population 18 years and over	1,057,123		27,969	
Civilian veterans	126,842	12.0%	3,669	13.1%
<b>Disability Status Of The Civilian Noninstitutionalized Population</b>				
Total Civilian Noninstitutionalized Population	1,313,789		33,916	
With a disability	205,251	15.6%	5,051	14.9%
Under 18 years	268,615		6,296	
With a disability	16,581	6.2%	328	5.2%
18 to 64 years	832,739		20,084	
With a disability	110,283	13.2%	2,345	11.7%
65 years and over	212,435		7,536	
With a disability	78,387	36.9%	2,378	31.6%
<b>Residence 1 Year Ago</b>				
Population 1 year and over	1,315,325		33,907	
Same house	1,136,673	86.4%	30,945	91.3%
Different house in the U.S.	174,889	13.3%	2,872	8.5%
Same county	106,797	8.1%	1,734	5.1%
Different county	68,092	5.2%	1,138	3.4%
Same state	38,465	2.9%	716	2.1%

Different state	29,627	2.3%	422	1.2%
Abroad	3,763	0.3%	90	0.3%
<b>Place Of Birth</b>				
Total population	1,328,320		34,297	
Native	1,283,035	96.6%	33,459	97.6%
Born in United States	1,269,916	95.6%	33,255	97.0%
State of residence	855,784	64.4%	19,956	58.2%
Different state	414,132	31.2%	13,299	38.8%
Born in Puerto Rico, U.S. Island areas, or born abroad to American parent(s)	13,119	1.0%	204	0.6%
Foreign born	45,285	3.4%	838	2.4%
<b>Ancestry</b>				
Total population	1,328,320		34,297	
American	109,521	8.2%	2,835	8.3%
Arab	3,814	0.3%	30	0.1%
Czech	2,483	0.2%	93	0.3%
Danish	5,284	0.4%	111	0.3%
Dutch	13,607	1.0%	575	1.7%
English	289,495	21.8%	10,495	30.6%
French (except Basque)	220,264	16.6%	3,951	11.5%
French Canadian	101,553	7.6%	1,113	3.2%
German	107,633	8.1%	4,396	12.8%
Greek	7,051	0.5%	30	0.1%
Hungarian	3,715	0.3%	148	0.4%
Irish	236,258	17.8%	6,219	18.1%
Italian	75,937	5.7%	1,527	4.5%
Lithuanian	5,924	0.4%	157	0.5%
Norwegian	9,946	0.7%	351	1.0%
Polish	29,600	2.2%	950	2.8%
Portuguese	8,645	0.7%	143	0.4%
Russian	9,158	0.7%	218	0.6%
Scotch-Irish	22,309	1.7%	755	2.2%
Scottish	70,594	5.3%	2,491	7.3%
Slovak	1,614	0.1%	10	0.0%
Subsaharan African	7,167	0.5%	0	0.0%
Swedish	24,366	1.8%	677	2.0%
Swiss	2,269	0.2%	76	0.2%
Ukrainian	2,470	0.2%	75	0.2%
Welsh	10,593	0.8%	308	0.9%
West Indian (excluding Hispanic origin groups)	1,808	0.1%	3	0.0%

**2009-2013 American Community Survey 5-Year Estimates**

**FREE AND REDUCED LUNCH REPORT, LINCOLN COUNTY SCHOOL DISTRICTS**  
**Maine Department of Education, October 2013**

	<b>School Name</b>	<b>Enroll</b>	<b>Free</b>	<b>% Free</b>	<b>Reduced</b>	<b>% Reduced</b>	<b>Total Eligible</b>	<b>Total % Eligible</b>
AOS 93 Central Lincoln County School System	Bristol Consolidated School	169	61	36.09	12	7.1	73	43.2
AOS 93 Central Lincoln County School System	Great Salt Bay Community School	450	138	30.67	21	4.67	159	35.33
AOS 93 Central Lincoln County School System	Jefferson Village School	187	80	42.78	19	10.16	99	52.94
AOS 93 Central Lincoln County School System	Nobleboro Central School	135	54	40	11	8.15	65	48.15
AOS 93 Central Lincoln County School System	South Bristol Elementary School	63	26	41.27	5	7.94	31	49.21
		<b>1004</b>	<b>359</b>	<b>35.76</b>	<b>68</b>	<b>6.77</b>	<b>427</b>	<b>42.53</b>
Boothbay-Boothbay Hbr CSD	Boothbay Region Elem School	401	152	37.91	32	7.98	184	45.89
Boothbay-Boothbay Hbr CSD	Boothbay Region High School	214	77	35.98	12	5.61	89	41.59
		<b>615</b>	<b>229</b>	<b>37.24</b>	<b>44</b>	<b>7.15</b>	<b>273</b>	<b>44.39</b>
Edgecomb School Department	Edgecomb Eddy School	82	30	36.59	4	4.88	34	41.46
Lincoln Academy	Lincoln Academy	512	114	22.27	25	4.88	139	27.15
RSU 02 Kennebec Intra-District	Dresden Elementary School	90	44	48.89	2	2.22	46	51.11
		<b>90</b>	<b>44</b>	<b>48.89</b>	<b>2</b>	<b>2.22</b>	<b>46</b>	<b>51.11</b>
RSU 12 Sheepscot Valley Regional School Unit	Whitefield Elementary School	184	84	45.65	13	7.07	97	52.72
RSU 12 Sheepscot Valley Regional School Unit	Wiscasset High School	209	77	36.84	14	6.7	91	43.54
RSU 12 Sheepscot Valley Regional School Unit	Wiscasset Middle School	174	73	41.95	9	5.17	82	47.13
RSU 12 Sheepscot Valley Regional School Unit	Wiscasset Primary School	206	93	45.15	10	4.85	103	50
		<b>773</b>	<b>327</b>	<b>42.3</b>	<b>46</b>	<b>5.95</b>	<b>373</b>	<b>48.25</b>
RSU 40/MSAD 40	Medomak Middle School	280	139	49.64	25	8.93	164	58.57
RSU 40/MSAD 40	Medomak Valley High School	550	208	37.82	44	8	252	45.82
RSU 40/MSAD 40	Miller School	299	183	61.2	21	7.02	204	68.23
		<b>1129</b>	<b>530</b>	<b>46.94</b>	<b>90</b>	<b>7.97</b>	<b>620</b>	<b>54.92</b>
Southport School Department	Southport Central School	22	7	31.82	0	0	7	31.82
<b>LINCOLN COUNTY TOTALS</b>		<b>4227</b>	<b>1640</b>	<b>38.8</b>	<b>279</b>	<b>6.6</b>	<b>1919</b>	<b>45.4</b>

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