

Sebago

Demographic Indicators		
Indicator	Value	Rank in County*
Population (2008)	1,540	24 th
Population change between 1998 and 2008	+23.1%	7 th
Population per square mile (2008)	47	25 th
Median age (2000)	42.4	4 th
Under 18 (2000)	23.1%	21 st
65 and over (2000)	14.8%	9 th
Racial and ethnic minorities (2000)	1.8%	22 nd
Not fluent in English (2000)	0.00%	Tie 24 th
Living in poverty (1999)	5.8%	13 th
Less than a high school education (2000)	7.9%	19 th
Single parent households (2000)	6.3%	18 th

*Among 26 municipalities in Cumberland County, from largest to smallest value.

Annual Rate per 100,000 for the Top 10 Causes of Death in Cumberland County (2001-05)			
Disease	Town	County	State
1. Cancer	261	227	242
2. Heart Disease	206	191	237
3. Chronic Lower Respiratory Diseases	**	51	61
4. Cerebrovascular Diseases	110	50	61
5. Alzheimer's Disease	**	48	38
6. Unintentional Injuries	**	36	40
7. Influenza and Pneumonia	**	26	24
8. Diabetes Mellitus	**	24	30
9. Nephritis, Nephrotic Syndrome, Nephrosis	**	20	19
10. Septicemia	**	11	10
All Causes	1,071	884	969

Shading indicates a significant difference from the state.
 **Too few to be disclosed.

Sebago has a significant INCREASE in...

Indicator	Current	Prior	% increase
Eligibility for free or reduced school lunches***	60.2% (2009-10)	47.4% (2008-09)	27%
Home and nurse visits per 1,000****	42.1 (2007)	33.6 (2006)	25%

Sebago has...

High levels of	Low levels of
Home and nurse visits****	Emergency department visits****
Eligibility for free or reduced school lunches***	
Hospital visits****	

Represents the highest and lowest percentages among all significant indicators listed on the next page.

***Part of School Administrative District 61, which also includes Bridgton, Casco, and Naples.

****Among those with private insurance, and by region that also includes Baldwin, Bridgton, Casco, Harrison, Naples, and Standish.

SEBAGO Indicators HIGHER than the State			
HEALTH ACCESS	Value	State value	% higher
Home and nurse visits per 1,000 (2007)****	42.1	25.9	62%
Hospital visits per 1,000 (2007)****	160.8	126.1	28%
Sebago is a designated Mental Health Professional Shortage Area.			

SEBAGO Indicators LOWER than the State			
HEALTH ACCESS	Value	State value	% lower
Emergency department visits per 1,000 (2007)****	167.7	191.2	12%

ORAL HEALTH
Sebago does not fluoridate its public drinking water.
Sebago is a designated Dental Health Professional Shortage Area.

FAMILY HEALTH	Value	State value	% higher
Eligibility for free or reduced school lunches (2009-10)***	60.2%	43.0%	40%

SUBSTANCE USE	Value	State value	% higher
Controlled substance prescriptions per person (2008)	1.96	1.76	11%

***Part of School Administrative District 61, which also includes Bridgton, Casco, and Naples.

****Among those with private insurance, and by region that also includes Baldwin, Bridgton, Casco, Harrison, Naples, and Standish.

Note: All data sources and health indicators with values not significantly different from the state at the 5% level are found in the document "Cumberland County Health Indicators by Municipality," which can be downloaded at <http://publichealth.portlandmaine.gov>. Additionally, some health indicators are available at the county level only, so town-level values are unavailable. Questions and comments may be directed to tsoma@portlandmaine.gov or 207-874-8787.

Published by the Public Health Division, Health and Human Services Department, City of Portland. Last revised 12/30/2009.

