



## **SCHOOL AND SCHOOL DISTRICT REPORTS**

### **CUMBERLAND PHD**

#### **2011 MIYHS MIDDLE SCHOOL REPORT**

# UNDERSTANDING THE DATA - SCHOOL AND SCHOOL DISTRICT REPORTS

## Student Confidentiality and Reporting Thresholds

To protect student confidentiality, responses based on fewer than 6 individuals will not be shown in any report. Also, individual reports have not been generated for schools or school districts when fewer than 20 students participated in the MIYHS. In order to receive a report, schools must have had at least a 50% student participation level in the eligible grades; school districts must have had an overall response rate of at least 50% (overall response rate = school response rate within a district x student response rate for participating schools).

## How to Read this Report

For grades 5 and 6, all non-demographic questions included on the 2011 MIYHS survey instrument are presented in this report. For middle school (MS), only questions that appeared on all four survey modules are included in this report; the same applies to high school (HS). Questions are grouped by topic area.

Please note that the numbers listed to the left of the questions in this report are for formatting purposes only; they do not represent actual question numbers on the survey instruments themselves.

When questions and/or answer options have changed from 2009 to 2011 and there may be a change in the way the results could be interpreted, the word "Modified" is listed after the question. Please go to <http://www.maine.gov/dhhs/osa/pubs/data/modifiedvar.pdf> for more information on the modified variables.

Each estimate is the percentage of students who answered in the way specified in the question title; for instance, 28.0% of Maine's high school students said they had consumed alcohol at least once in the 30 days prior to taking the MIYHS.

Because the percentage is an estimate, there is some error involved. This is reflected in the Confidence Interval, which is bounded by the **Lower Confidence Limit (LCL)** and the **Upper Confidence Limit (UCL)**. Confidence intervals reflect how precise and stable the percentages are for students in your school / school district. If your report indicates that in the past 30 days 29% of your students drank alcohol and there is a confidence interval of 27% to 31%, this means that there is a 95% chance that between 27% and 31% of your students engaged in this behavior in the past 30 days, and a 5% chance that fewer than 27% or more than 31% engaged in that behavior. In other words, if the survey were conducted 100 times at your school / school district, 95 of those times the percent of students who drank alcohol in the past month would be between 27% and 31%. Wider confidence intervals reflect more variability in student responses compared to more narrow confidence intervals. The narrower the confidence limits, the more confidence we have in the percentage. In general, the greater the proportions of eligible students taking the survey, the more confidence we have that the percentages reflect the true underlying population of students.

## Comparing Local Data to Maine's: Is the Difference Statistically Significant?

In the last three columns of the report, we present the results of statistical tests designed to determine whether the difference between values is more than would have been expected by chance. Your school or district is compared to the state in 2009 and in 2011, and your school/district's values for these two survey years are compared as well. If there is an "H" in a *significance tests* column, your school/district's percentage on this indicator is statistically higher than the state average or the previous survey year; if there is an "L", this indicates that your school/district's percentage on this indicator is statistically lower than the state average or the previous survey year. Another means of assessing statistical significance is to compare confidence intervals. If the confidence interval around one percentage does not overlap with the confidence interval around another percentage, then the estimates are considered significantly different.

<b><i>Cumberland PHD</i></b>				
<b>Demographics</b>				
<b>2011 MIYHS Middle School Report</b>				
<b>Category</b>	<b>2011 PHD Count</b>	<b>2011 PHD Percent</b>	<b>2011 Maine Count</b>	<b>2011 Maine Percent</b>
Total	<b>4,997</b>	<b>100.0%</b>	21,079	100.0%
Female	<b>2,506</b>	<b>50.2%</b>	10,379	49.2%
Male	<b>2,426</b>	<b>48.5%</b>	10,417	49.4%
Missing	<b>65</b>	<b>1.3%</b>	283	1.3%
Grade 7	<b>2,506</b>	<b>50.2%</b>	10,382	49.3%
Grade 8	<b>2,380</b>	<b>47.6%</b>	10,201	48.4%
Missing	<b>111</b>	<b>2.2%</b>	496	2.4%

*Demographic counts are unweighted*

**Cumberland PHD  
Violence -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
1.	Do you agree or disagree with the following statement? "I feel safe at my school." (qn21 / mn21)	Percentage of students who answered 'Strongly agree' or 'Agree'	<b>87.7%</b> (85.0% - 90.3%)	88.1% (85.6% - 90.5%)	86.1% (85.0% - 87.1%)	87.5% (86.5% - 88.5%)			

**Cumberland PHD  
Bullying -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
2.	Have you ever been bullied on school property? (qn22 / mn22)	Percentage of students who answered 'Yes'	<b>45.9%</b> (44.4% - 47.3%)	45.2% (42.0% - 48.3%)	48.1% (46.7% - 49.6%)	47.0% (45.6% - 48.5%)			

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **Higher/Lower** than Maine 2011

B. **H/L**=PHD 2009 is significantly **Higher/Lower** than Maine 2009

C. **H/L**=PHD 2011 is significantly **Higher/Lower** than PHD 2009

\*\* Because of confidentiality, estimates have been suppressed due to either very small or very large cell sizes.

^ Data not available for 2009

Percents and Confidence Intervals are

**Cumberland PHD**  
**Suicide & Depression -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
3.	Have you ever seriously thought about killing yourself? (qn25 / mn25)	Percentage of students who answered 'Yes'	<b>13.3%</b> (11.2% - 15.3%)	16.7% (14.5% - 18.9%)	14.5% (13.8% - 15.3%)	17.3% (16.5% - 18.2%)			

**Cumberland PHD**  
**Tobacco -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
4.	During the past 30 days, on how many days did you smoke cigarettes? (qn29 / mn29)	Percentage of students who answered at least 1 day	<b>3.5%</b> (2.4% - 4.6%)	5.2% (3.8% - 6.5%)	4.2% (3.7% - 4.6%)	5.3% (4.8% - 5.8%)			

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **Higher/Lower** than Maine 2011

B. **H/L**=PHD 2009 is significantly **Higher/Lower** than Maine 2009

C. **H/L**=PHD 2011 is significantly **Higher/Lower** than PHD 2009

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Percents and Confidence Intervals are

**Cumberland PHD  
Tobacco -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
5.	How old were you when you smoked a whole cigarette for the first time? (qn32 / mn32)	Among students who have smoked a whole cigarette, the percentage of students who answered before age 11	<b>35.1%</b> (27.3% - 42.8%)	49.7% (44.0% - 55.4%)	35.6% (32.9% - 38.3%)	42.5% (40.2% - 44.8%)			L
6.	During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen? (qn31 / mn31)	Percentage of students who answered at least 1 day	<b>1.7%</b> (1.1% - 2.3%)	3.6% (2.7% - 4.5%)	1.8% (1.6% - 2.1%)	2.7% (2.4% - 3.1%)			L
7.	During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars? (qn30 / mn30)	Percentage of students who answered at least 1 day	<b>2.5%</b> (1.5% - 3.5%)	4.1% (3.1% - 5.1%)	2.4% (2.1% - 2.8%)	3.6% (3.2% - 4.0%)			
8.	During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes? (qn33 / mn33a)	Percentage of students who answered at least 1 day	<b>23.8%</b> (19.8% - 27.9%)	29.1% (24.9% - 33.3%)	31.6% (29.8% - 33.3%)	36.6% (34.8% - 38.3%)	L	L	

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Percents and Confidence Intervals are

**Cumberland PHD  
Tobacco -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
9.	During the past 12 months, were you taught in any of your classes about the dangers of tobacco use? (Modified, mn156)	Percentage of students who answered 'Yes'	<b>70.3%</b> (66.4% - 74.2%)	^	66.6% (64.1% - 69.0%)	^		^	^
10.	How wrong do your parents feel it would be for you to smoke cigarettes? (qn35 / mn35)	Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	<b>3.7%</b> (3.1% - 4.4%)	4.1% (3.3% - 5.0%)	4.1% (3.8% - 4.4%)	4.4% (4.1% - 4.8%)			
11.	How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day? (qn36 / mn36)	Percentage of students who answered 'No risk' or 'Slight risk'	<b>9.7%</b> (7.8% - 11.6%)	10.2% (8.6% - 11.8%)	10.9% (10.2% - 11.6%)	10.4% (9.9% - 11.0%)			
12.	If you wanted to get some cigarettes, how easy would it be for you to get some? (qn37 / mn37)	Percentage of students who answered 'Sort of easy' or 'Very easy'	<b>25.9%</b> (22.4% - 29.4%)	31.8% (28.2% - 35.3%)	30.8% (29.5% - 32.1%)	36.3% (34.9% - 37.6%)	L		

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **Higher/Lower** than Maine 2011

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Percents and Confidence Intervals are

**Cumberland PHD**  
**Alcohol -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
13.	Have you ever had a drink of alcohol, other than a few sips? (qn59) / (Modified, mn59a)	Percentage of students who answered 'Yes'	<b>15.1%</b> (12.7% - 17.5%)	21.1% (18.4% - 23.9%)	19.0% (17.9% - 20.2%)	25.4% (24.2% - 26.7%)	L	L	L
14.	How old were you when you had your first drink of alcohol other than a few sips? (qn60 / mn60)	Among students who have had more than a few sips of alcohol, the percentage of students who answered before age 11	<b>34.9%</b> (31.4% - 38.4%)	39.4% (36.9% - 41.9%)	34.5% (32.6% - 36.4%)	39.0% (37.2% - 40.9%)			
15.	During the past 30 days, on how many days did you have at least one drink of alcohol? (qn61 / mn61)	Percentage of students who answered at least 1 day	<b>5.5%</b> (4.2% - 6.8%)	8.9% (7.4% - 10.5%)	6.3% (5.7% - 6.8%)	9.8% (9.1% - 10.5%)			L
16.	During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? (qn62 / mn62)	Percentage of students who answered at least 1 day	<b>2.6%</b> (1.6% - 3.7%)	4.3% (3.4% - 5.1%)	2.8% (2.5% - 3.2%)	4.0% (3.6% - 4.4%)			
17.	During the past 30 days, how did you usually get the alcohol you drank? (Select only one response.) (qn63) / (Modified, mn63a)	Among students who reported alcohol use during the past 30 days, the percentage of students who answered 'Someone gave it to me'	<b>29.7%</b> (23.3% - 36.1%)	17.9% (13.2% - 22.6%)	26.8% (24.1% - 29.4%)	24.1% (21.9% - 26.3%)			H

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Percents and Confidence Intervals are



**Cumberland PHD**  
**Alcohol -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
18.	If you wanted to get some alcohol, how easy would it be for you to get some? (qn64 / mn64)	Percentage of students who answered 'Sort of easy' or 'Very easy'	<b>41.9%</b> (39.3% - 44.5%)	45.2% (42.7% - 47.6%)	40.2% (38.9% - 41.5%)	44.3% (43.3% - 45.4%)			
19.	How wrong do your parents feel it would be for you to drink alcohol regularly? (qn65 / mn65)	Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	<b>6.2%</b> (5.0% - 7.5%)	7.5% (6.4% - 8.5%)	7.2% (6.6% - 7.7%)	8.3% (7.7% - 8.8%)			
20.	If you drank some alcohol without your parents' permission, would you be caught by your parents? (qn66 / mn66)	Percentage of students who answered 'Probably not' or 'Definitely not'	<b>25.3%</b> (23.2% - 27.4%)	29.2% (27.4% - 30.9%)	26.7% (25.7% - 27.7%)	30.7% (29.8% - 31.5%)			
21.	How much do you think people risk harming themselves (physically or in other ways) if they take 1 or 2 drinks of alcohol nearly every day? (qn67 / mn67a)	Percentage of students who answered 'No risk' or 'Slight risk'	<b>31.8%</b> (29.0% - 34.6%)	28.7% (25.9% - 31.4%)	34.9% (33.7% - 36.2%)	30.7% (29.6% - 31.8%)			
22.	How wrong do you think it is for someone your age to drink alcohol regularly? (mn72)	Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	<b>7.7%</b> (6.1% - 9.3%)	^	9.4% (8.8% - 10.1%)	^		^	^

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Percents and Confidence Intervals are

**Cumberland PHD**  
**Marijuana -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
23.	Have you ever used marijuana? (qn74 / mn74)	Percentage of students who answered 'Yes'	<b>6.7%</b> (4.6% - 8.8%)	8.3% (6.3% - 10.3%)	8.1% (7.4% - 8.9%)	9.3% (8.6% - 10.0%)			
24.	How old were you when you tried marijuana for the first time? (qn75 / mn75)	Among students who have tried marijuana, the percentage of students who answered before age 11	<b>27.2%</b> (21.6% - 32.8%)	46.7% (39.2% - 54.2%)	29.4% (27.1% - 31.7%)	40.6% (37.8% - 43.3%)			L
25.	During the past 30 days, how many times did you use marijuana? (qn76 / mn76)	Percentage of students who answered at least 1 time	<b>3.8%</b> (2.4% - 5.2%)	6.0% (4.6% - 7.5%)	4.6% (4.1% - 5.1%)	5.9% (5.4% - 6.5%)			
26.	If you wanted to get some marijuana, how easy would it be for you to get some? (qn77 / mn77)	Percentage of students who answered 'Sort of easy' or 'Very easy'	<b>15.2%</b> (12.6% - 17.8%)	16.3% (13.8% - 18.8%)	17.4% (16.3% - 18.5%)	18.5% (17.5% - 19.6%)			

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **Higher/Lower** than Maine 2011

B. **H/L**=PHD 2009 is significantly **Higher/Lower** than Maine 2009

C. **H/L**=PHD 2011 is significantly **Higher/Lower** than PHD 2009

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Percents and Confidence Intervals are

**Cumberland PHD  
Marijuana -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
27.	How wrong do your parents feel it would be for you to smoke marijuana? (qn78 / mn78)	Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	<b>3.8%</b> (2.9% - 4.8%)	4.1% (3.1% - 5.2%)	4.7% (4.3% - 5.0%)	4.6% (4.2% - 5.0%)			
28.	How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly? (qn79 / mn79)	Percentage of students who answered 'No risk' or 'Slight risk'	<b>16.0%</b> (13.1% - 18.9%)	14.8% (12.5% - 17.2%)	18.4% (17.4% - 19.5%)	16.5% (15.7% - 17.4%)			

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **Higher/Lower** than Maine 2011

B. **H/L**=PHD 2009 is significantly **Higher/Lower** than Maine 2009

C. **H/L**=PHD 2011 is significantly **Higher/Lower** than PHD 2009

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^ Data not available for 2009

Percents and Confidence Intervals are

**Cumberland PHD**  
**Other Drugs -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
29.	Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high? (qn86) / (Modified, mn86a)	Percentage of students who answered 'Yes'	<b>8.9%</b> (7.2% - 10.6%)	12.0% (10.0% - 13.9%)	9.6% (8.9% - 10.3%)	12.8% (12.1% - 13.5%)			
30.	Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription? (qn87) / (Modified, mn87a)	Percentage of students who answered 'Yes'	<b>6.3%</b> (5.0% - 7.5%)	8.5% (7.3% - 9.7%)	6.4% (6.0% - 6.8%)	9.1% (8.6% - 9.6%)			

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **Higher/Lower** than Maine 2011

B. **H/L**=PHD 2009 is significantly **Higher/Lower** than Maine 2009

C. **H/L**=PHD 2011 is significantly **Higher/Lower** than PHD 2009

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Percents and Confidence Intervals are

**Cumberland PHD  
Other Drugs -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
31.	During the past 30 days, how many times did you take a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription? (qn88) / (Modified, mn88a)	Percentage of students who answered at least 1 time	<b>3.0%</b> (2.0% - 3.9%)	4.7% (3.9% - 5.5%)	3.2% (2.8% - 3.5%)	4.8% (4.4% - 5.2%)			
32.	During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use? (qn89 / mn89)	Percentage of students who answered 'Yes'	<b>47.8%</b> (45.2% - 50.5%)	46.2% (44.1% - 48.3%)	45.3% (44.2% - 46.5%)	42.1% (41.2% - 43.0%)		H	

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **Higher/Lower** than Maine 2011

B. **H/L**=PHD 2009 is significantly **Higher/Lower** than Maine 2009

C. **H/L**=PHD 2011 is significantly **Higher/Lower** than PHD 2009

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^ Data not available for 2009

Percents and Confidence Intervals are

**Cumberland PHD  
Sexual Behaviors -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
33.	Have you ever had sexual intercourse? (qn100 / mn100)	Percentage of students who answered 'Yes'	<b>8.4%</b> (6.6% - 10.2%)	13.8% (11.3% - 16.3%)	10.1% (9.4% - 10.8%)	13.9% (13.0% - 14.8%)			L

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **H**igher/**L**ower than Maine 2011

B. **H/L**=PHD 2009 is significantly **H**igher/**L**ower than Maine 2009

C. **H/L**=PHD 2011 is significantly **H**igher/**L**ower than PHD 2009

\*\* Because of confidentiality, estimates have been suppressed due to either very small or very large cell sizes.

^ Data not available for 2009

Percents and Confidence Intervals are

**Cumberland PHD**  
**Nutrition -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
34.	During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.) (qn115 / mn115)	Percentage of students who answered at least once in the past week	<b>81.8%</b> (80.1% - 83.4%)	80.7% (79.6% - 81.9%)	78.3% (77.4% - 79.2%)	77.7% (76.8% - 78.5%)	H	H	
35.	During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.) (qn116 / mn116)	Percentage of students who answered at least once in the past week	<b>92.0%</b> (90.2% - 93.9%)	90.3% (89.1% - 91.5%)	89.4% (88.7% - 90.1%)	88.9% (88.2% - 89.5%)	H		
36.	During the past 7 days, how many times did you eat vegetables, such as carrots, green salad, corn, or green beans? (Do not count french fries or other fried potatoes.) (qn117) / (mn117a)	Percentage of students who answered at least once in the past week	<b>92.9%</b> (91.7% - 94.1%)	93.0% (91.9% - 94.2%)	92.1% (91.6% - 92.6%)	92.7% (92.2% - 93.2%)			

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **Higher/Lower** than Maine 2011

B. **H/L**=PHD 2009 is significantly **Higher/Lower** than Maine 2009

C. **H/L**=PHD 2011 is significantly **Higher/Lower** than PHD 2009

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^ Data not available for 2009

Percents and Confidence Intervals are

**Cumberland PHD  
Nutrition -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
37.	During the past 7 days, how many times did you drink a can, bottle, or glass of soda, sports drink, energy drink, or other sugar-sweetened beverage (Gatorade, Red Bull, lemonade, sweetened tea/coffee drinks, flavored milk, Snapple, Sunny Delight)? (mn159)	Percentage of students who answered at least once in the past week	<b>84.2%</b> (82.4% - 85.9%)	^	86.8% (86.1% - 87.5%)	^	L	^	^
38.	During the past 7 days, how many meals did you eat with your family? (mn120)	Percentage of students who answered at least 7 meals	<b>53.5%</b> (50.8% - 56.1%)	^	52.0% (50.9% - 53.1%)	^		^	^

\* CI = Confidence Interval

A. **H/L**=PHD 2011 is significantly **H**igher/**L**ower than Maine 2011

B. **H/L**=PHD 2009 is significantly **H**igher/**L**ower than Maine 2009

C. **H/L**=PHD 2011 is significantly **H**igher/**L**ower than PHD 2009

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Percents and Confidence Intervals are



**Cumberland PHD**  
**Physical Activity -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
39.	During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Include any kind of physical activity that increased your heart rate and made you breathe hard some of the time.) (Modified, mn161)	Percentage of students who answered at least 5 days	<b>51.8%</b> (48.4% - 55.3%)	^	50.7% (49.3% - 52.1%)	^		^	^
40.	In an average week when you are in school, on how many days do you go to physical education (PE) classes? (mn127)	Percentage of students who answered at least 1 day	<b>79.8%</b> (70.0% - 89.5%)	^	82.2% (78.1% - 86.3%)	^		^	^

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Percents and Confidence Intervals are

**Cumberland PHD**  
**Assets -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
41.	Do you agree or disagree that at least one of your teachers really cares and gives you help and support when you need it? (qn143 / mn143)	Percentage of students who answered 'Strongly agree' or 'Agree'	<b>75.9%</b> (73.7% - 78.0%)	74.1% (72.2% - 76.1%)	76.9% (75.8% - 78.0%)	75.4% (74.4% - 76.4%)			
42.	How often does one of your parents talk with you about what you are doing in school? (qn144 / mn144)	Percentage of students who answered 'About every day' or 'About once or twice a week'	<b>88.0%</b> (86.3% - 89.6%)	86.9% (85.2% - 88.6%)	84.7% (83.9% - 85.5%)	84.5% (83.7% - 85.3%)	H		
43.	During an average week, how many hours do you spend in clubs or organizations (other than sports) outside of regular school hours? (qn146 / mn146)	Percentage of students who answered at least 1 hour	<b>50.3%</b> (46.7% - 53.9%)	50.3% (47.2% - 53.3%)	46.0% (44.5% - 47.5%)	45.6% (44.4% - 46.9%)		H	
44.	During an average week, approximately how many hours do you typically spend doing community service - helping people in the community without getting paid? (qn147 / mn147)	Percentage of students who answered at least 1 hour	<b>34.8%</b> (32.0% - 37.7%)	33.9% (31.7% - 36.2%)	31.7% (30.4% - 33.0%)	31.9% (30.8% - 33.0%)			

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Percents and Confidence Intervals are

**Cumberland PHD  
Assets -- 2011 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2011 95% CI*	PHD 2009 95% CI*	Maine 2011 95% CI*	Maine 2009 95% CI*	A. PHD 2011 vs. Maine 2011	B. PHD 2009 vs. Maine 2009	C. PHD 2011 vs. PHD 2009
45.	Do you agree or disagree that in your community, you feel like you matter to people? (qn148 / mn148)	Percentage of students who answered 'Strongly agree' or 'Agree'	<b>53.1%</b> (50.3% - 55.9%)	53.5% (50.3% - 56.7%)	50.7% (49.6% - 51.8%)	51.6% (50.4% - 52.7%)			
46.	How often do you accept people who are different from you? (qn149 / mn149)	Percentage of students who answered 'Most of the time' or 'Always'	<b>81.5%</b> (79.4% - 83.6%)	78.1% (76.0% - 80.3%)	77.9% (76.9% - 79.0%)	74.9% (73.9% - 75.9%)	H	H	

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