Academic Performance and Student Health Risk

Technical Report

September 2013



Substance Abuse and Mental Health Services An Office of the Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

This technical report was developed by Stephen Corral and collaboratively edited by the Maine Integrated Youth Health Survey (MIYHS) Steering Committee. The Steering Committee is made up of staff from the Office of Substance Abuse and Mental Health Services, and the Maine Center for Disease Control and Prevention, Department of Health and Human Services; and the Maine Department of Education.

Prepared for: Department of Health and Human Services, Office of Substance Abuse and Mental Health Services; Office of the Maine Center for Disease Control and Prevention; and Department of Education

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2011 Maine Integrated Youth Health Survey

Academic Performance and Student Health Risk Technical Report

Purpose:

The purpose of this report is to examine the relationship between health behaviors, attitudes, and perception and academic performance for Maine high school students.

The "Risk Behavior and Academic Performance Report" by the U.S. Center for Disease Control and Prevention Division of Adolescent and School Health using the Youth Risk Behavior Survey serves as the model for this report.

Data:

The Maine Integrated Youth Health Survey (MIYHS) is administered in odd years. Maine high school students take one of four versions of the survey. On one of these versions, the following question was asked:

uring the past 12 months, how would you describe your grades in school?
Mostly A's
Mostly B's
Mostly C's
Mostly D's
Mostly F's
None of these grades
Not sure

This report uses this question to assess academic performance. Questions that appear on the same version of the MIYHS High School module as the grades earned question and variables calculated from those questions are included in this report. Since the question used to assess academic performance only appears on one version of the MIYHS High School module, a sampling weight to generalize the results to all high school students in the state of Maine can be used. As a result, this report can only be generated for a state level of analysis, and not public health district, county, school administrative, or school level of analysis. For more information, please see the <u>2011 MIYHS Methodological Report</u>.

Analysis:

MIYHS respondents can choose one answer from two or more options for each question. Each question also has a calculated variable that is a dichotomous answer of interest. For these answer of interest variables, students that provided an affirmative response are coded as "yes." Students coded as "no" represent the remaining students or a subset of students who have indicated that they have participated in a selected activity or behavior. The dichotomous answer of interest variables are used as the outcome in logistic regression models designed to measure the likelihood that students will answer yes to a particular health behavior, attitude, or perception. The main predictor in these models is

academic performance as grades mostly earned by students. In the models, the responses to the grades mostly earned question are divided into four categories: Mostly A's, Mostly B's, Mostly C's, Mostly D's/F's. Students answering "None of these grades" or "Not Sure" to the grades mostly earned question are excluded from these models. All models use discrete categorical control variables for sex (female and male), race/ethnicity (White Non-Hispanic, Black Non-Hispanic, Hispanic, and Other), and grade in school (9th grade, 10th grade, 11th grade, and 12th grade) of the students.

All analyses were performed with Stata release 13 using the "svy" procedure to account for the sampling weights and complex sample design. Predicted probabilities of heath behavior, attitude, and perception by academic performance for each model were calculated using the mean values of all variables used in the model.

Report Column Headings:

- Health Behavior/Attitude/Risk: All questions appearing on the same questionnaire version of the MIYHS High School module as the grades mostly earned question appears in this report. The text reflects the answer of interest for the particular question. Questions are organized by health category (unintentional injury, violence, bullying, etc...).
- Percentage of Maine high school students who engaged in a risk type of behavior or hold a particular health perception or attitude by grades mostly earned: Predicted prevalence estimates for each level of academic performance.
- **P-Value:** The P-Value is the overall Wald p-value for academic performance. Typically, the preferred method for testing significant associations in a logistic regression models is a maximum likelihood test. However, the maximum likelihood test relies on the assumption that observations are independent. This assumption is violated with complex survey designs. As a result, a Wald test is used instead.
- Significant Association: Indicates if there is a statistically significant association between
 academic performance and the health outcome. This report uses a 1% significance level in
 order to account for multiple comparisons, like the reports by the Division of Adolescent and
 School Health. If the p-value<0.01, then the association between the health question and
 academic performance is statically significant. If the p-value>0.01 then there is not a statistically
 significant association between the health behavior and academic performance.
 - What does "No" significant association mean?
 - The model indicates there is no statistically significant association between academic performance and the health outcome. You may make statements like: "The health outcome does not differ by types of grades earned after controlling for race/ethnicity, grade in school, and sex."
 - What does "Yes" significant association mean?
 - The model indicates there is a statistically significant association between academic performance and the health outcome. You may make statements like: "Students with poor grades have a significantly different prevalence in a health outcome than students with better grades."

Health Behavior/Attitude/Perception	students behavi	entage of N s who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
Unintentional Injury						
How often do you wear a seat belt when riding in a car driven by someone else? Percentage of students who answered 'Never' or 'Rarely'	4.0%	5.7%	10.9%	22.9%	0.0000	Yes
How often do you wear a seat belt when driving a car or other vehicle? Percentage of students who answered 'Never'	7.3%	8.5%	12.5%	21.8%	0.0000	Yes
During the past 30 days how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? Percentage of students who answered at least 1 time	11.1%	14.6%	19.9%	30.6%	0.0000	Yes
During the past 30 days how many times did you drive a car or other vehicle when you had been drinking alcohol? Percentage of students who answered at least 1 time	2.7%	3.6%	4.7%	11.2%	0.0000	Yes
During the past 30 days how many times did you ride in a car or other vehicle driven by someone who had been taking illegal drugs such as marijuana? Percentage of students who answered at least 1 time	12.9%	18.9%	29.1%	40.5%	0.0000	Yes
Violence						
Do you agree or disagree with the following statement? 'I feel safe at my school.' Percentage of students who answered 'Strongly agree' or 'Agree'	92.2%	90.6%	84.7%	74.5%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	ntage of M who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
Bullying						
During the past 12 months have you ever been bullied on school property? Percentage of students who answered 'Yes'	20.3%	22.7%	28.3%	35.5%	0.0000	Yes
Suicide & Depression						
During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? Percentage of students who answered 'Yes'	13.2%	19.2%	27.7%	37.0%	0.0000	Yes
During the past 12 months when you felt sad or hopeless from whom did you get help? Among students who have ever felt sad or hopeless during the past 12 months the percentage of students who answered that they got help from an adult	25.2%	21.8%	18.8%	15.4%	0.0327	No
During the past 12 months did you ever seriously consider attempting suicide? Percentage of students who answered 'Yes'	8.1%	10.5%	15.5%	24.8%	0.0000	Yes
Торассо						
During the past 30 days on how many days did you smoke cigarettes? Percentage of students who answered at least 1 day	6.4%	11.7%	22.5%	37.0%	0.0000	Yes

Health Behavior/Attitude/Perception	Perce students behavi perceptic					
	A's	B's	C's	D's/F's	P-Value	Significant Association
During the past 30 days on how many days did you use chewing tobacco snuff or dip such as Redman, Levi, Garrett, Beechnut, Skoal, Bandits, or Copenhagen? Percentage of students who answered at least 1 day	3.7%	4.8%	7.8%	14.4%	0.0000	Yes
How old were you when you smoked a whole cigarette for the first time? Among students who have smoked a whole cigarette the percentage of students who answered before age 13	30.3%	26.8%	34.8%	40.8%	0.0053	Yes
During the past 7 days on how many days were you in the same room with someone who was smoking cigarettes? Percentage of students who answered at least 1 day	27.7%	43.1%	58.4%	68.2%	0.0000	Yes
During the past 12 months were you taught in any of your classes about the dangers of tobacco use? Percentage of students who answered 'Yes'	44.4%	42.4%	40.6%	32.2%	0.0013	Yes
How wrong do your parents feel it would be for you to smoke cigarettes? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	5.2%	8.1%	14.4%	22.6%	0.0000	Yes
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? Percentage of students who answered 'No risk' or 'Slight risk'	5.2%	7.2%	10.6%	15.3%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	entage of Maine high school s who engaged in a risk type of or or hold a particular health on or attitude by grades mostly earned				
	A's	B's	C's	D's/F's	P-Value	Significant Association
If you wanted to get some cigarettes how easy would it be for you to get some? Percentage of students who answered 'Sort of easy' or 'Very easy'	58.2%	69.3%	78.3%	89.8%	0.0000	Yes
During the past 30 days did anyone ever refuse to sell you cigarettes because of your age? Among students under the age of 18 who tried to buy cigarettes during the past 30 days the percentage of students who answered 'Yes'	29.5%	21.2%	23.3%	15.9%	0.3738	No
Have your parents ever told you not to smoke cigarettes? Percentage of students who answered 'Yes'	90.9%	90.4%	87.8%	86.9%	0.0020	Yes
When you go to a supermarket grocery store convenience store or gas station mini-mart how often do you see tobacco industry advertisements on signs or posterboards? Percentage of students who answered 'A lot'	49.3%	52.0%	55.2%	59.4%	0.0000	Yes
How much do you think people risk harming themselves (physically or in other ways) if they are exposed to other people's cigarette smoke? Percentage of students who answered 'No risk' or 'Slight risk'	19.1%	23.2%	32.1%	37.0%	0.0000	Yes
Think of your four best friends. How many in the past year have smoked cigarettes? Percentage of students who answered at least 1 friend	36.2%	51.9%	65.3%	79.7%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	ntage of M who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
Alcohol						
During your life how many days have you had at least one drink of alcohol? Percentage of students who answered at least 1 day	49.1%	63.0%	69.9%	80.7%	0.0000	Yes
How old were you when you had your first drink of alcohol other than a few sips? Among students who have had more than a few sips of alcohol the percentage of students who answered before age 13	20.0%	23.1%	29.5%	39.0%	0.0000	Yes
During the past 30 days on how many days did you have at least one drink of alcohol? Percentage of students who answered at least 1 day	17.0%	27.8%	35.5%	51.7%	0.0000	Yes
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? Percentage of students who answered at least 1 day	10.2%	14.9%	21.1%	35.3%	0.0000	Yes
During the past 30 days how did you usually get the alcohol you drank? Among students who reported alcohol use during the past 30 days the percentage of students who answered 'Someone gave it to me'	36.9%	36.8%	30.4%	29.9%	0.1534	No
During the past 30 days on how many days did you have at least one drink of alcohol on school property? Percentage of students who answered at least 1 day	2.0%	2.5%	4.5%	10.4%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	ntage of M who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
If you wanted to get some alcohol how easy would it be for you to get some? Percentage of students who answered 'Sort of easy' or 'Very easy'	65.3%	67.8%	69.5%	77.8%	0.0008	Yes
How wrong do your parents feel it would be for you to drink alcohol regularly? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all	10.0%	12.6%	16.3%	24.9%	0.0000	Yes
If you drank some alcohol without your parents' permission would you be caught by your parents? Percentage of students who answered 'Probably not' or 'Definitely not'	46.7%	55.9%	65.1%	75.7%	0.0000	Yes
If a kid drank some alcohol in your neighborhood would he or she be caught by the police? Percentage of students who answered 'Probably not' or 'Definitely not'	85.2%	86.0%	87.8%	90.9%	0.0045	Yes
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? Percentage of students who answered 'No risk' or 'Slight risk'	34.0%	41.6%	48.9%	53.7%	0.0000	Yes
How much do you think people risk harming themselves (physically or in other ways) if they have 5 or more drinks of alcohol in a row once or twice a week? Percentage of students who answered 'No risk' or 'Slight risk'	14.2%	20.3%	29.2%	37.4%	0.0000	Yes

Health Behavior/Attitude/Perception	Percentage of Maine high school students who engaged in a risk type of behavior or hold a particular health perception or attitude by grades mostly earned					
	A's	B's	C's	D's/F's	P-Value	Significant Association
What are the chances you would be seen as cool if you began drinking alcoholic beverages regularly that is at least once or twice a month? Percentage of students who answered 'Pretty good chance' or 'Very good chance'	15.3%	15.5%	15.5%	22.4%	0.0152	No
How wrong would most adults (over 21) in your neighborhood think it is for kids your age to drink alcohol? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	19.4%	22.3%	31.0%	39.6%	0.0000	Yes
How wrong do you think it is for someone your age to drink alcohol regularly? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	17.7%	25.7%	33.5%	48.2%	0.0000	Yes
Think of your four best friends. How many in the past year have tried alcohol when their parents didn't know about it? Percentage of students who answered at least 1 friend	62.7%	71.4%	77.0%	85.1%	0.0000	Yes
How much do you think people risk harming themselves (physically or in other ways) if they have 3 or 4 drinks of alcohol nearly every day? Percentage of students who answered 'No risk' or 'Slight risk'	12.4%	16.0%	22.2%	27.9%	0.0000	Yes
How wrong do you think it is for someone your age to have 5 or more drinks of alcohol once or twice each week? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	15.3%	19.9%	29.7%	43.0%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	ntage of M who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
Marijuana						
During your life how many times have you used marijuana? Percentage of students who answered at least 1 time	22.1%	34.6%	48.9%	69.5%	0.0000	Yes
How old were you when you tried marijuana for the first time? Among students who have tried marijuana the percentage of students who answered before age 13	15.9%	15.5%	22.1%	27.8%	0.0000	Yes
During the past 30 days how many times did you use marijuana? Percentage of students who answered at least 1 time	11.5%	19.1%	30.3%	49.0%	0.0000	Yes
If you wanted to get some marijuana how easy would it be for you to get some? Percentage of students who answered 'Sort of easy' or 'Very easy'	49.3%	58.5%	68.8%	79.0%	0.0000	Yes
How wrong do your parents feel it would be for you to smoke marijuana? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	8.5%	11.5%	17.9%	27.7%	0.0000	Yes
How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly? Percentage of students who answered 'No risk' or 'Slight risk'	33.0%	41.6%	56.5%	71.2%	0.0000	Yes
How much do you think people risk harming themselves (physically or other ways) if they smoke marijuana occasionally? Percentage of students who answered 'No risk' or 'Slight risk'	52.7%	59.4%	69.2%	79.4%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	ntage of M who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
What are the chances you would be seen as cool if you smoked marijuana? Percentage of students who answered 'Pretty good chance' or 'Very good chance'	12.7%	15.9%	17.6%	25.9%	0.0000	Yes
How wrong would most adults (over 21) in your neighborhood think it is for kids your age to use marijuana? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	14.4%	20.1%	30.5%	42.7%	0.0000	Yes
If a kid smoked marijuana in your neighborhood would he or she be caught by the police? Percentage of students who answered 'Probably not' or 'Definitely not	73.1%	76.0%	79.7%	87.3%	0.0000	Yes
How wrong do you think it is for someone your age to smoke marijuana? Percentage of students who answered ' little bit wrong' or 'Not wrong at all'	28.0%	38.3%	49.7%	67.9%	0.0000	Yes
During the past 30 days how many times did you use marijuana on school property? Percentage of students who answered at least 1 time	2.7%	3.3%	6.7%	15.9%	0.0000	Yes
Think of your four best friends. How many in the past year have used marijuana? Percentage of students who answered at least 1 friend	47.5%	58.3%	68.1%	80.5%	0.0000	Yes
Other Drugs						
During your life how many times have you sniffed glue breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high? Percentage of students who answered at least 1 time	5.9%	8.8%	16.8%	24.1%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	ntage of M who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
During the past 30 days how many times did you sniff glue breathe the contents of aerosol spray cans or inhale any paints or sprays to get high? Percentage of students who answered at least 1 time	2.2%	2.4%	5.2%	9.7%	0.0000	Yes
During your life how many times have you taken a prescription drug (such as OxyContin Percocet Vicodin codeine Adderall Ritalin or Xanax) without a doctor's prescription? Percentage of students who answered at least 1 time	8.9%	12.1%	21.3%	34.6%	0.0000	Yes
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? Percentage of students who answered at least 1 time	3.8%	5.3%	9.6%	21.3%	0.0000	Yes
During your life how many times have you used any form of cocaine including powder crack or freebase? Percentage of students who answered at least 1 time	3.8%	4.0%	8.1%	16.5%	0.0000	Yes
During your life how many times have you used heroin (also called smack junk or China White)? Percentage of students who answered at least 1 time	3.1%	2.8%	5.2%	12.6%	0.0000	Yes
During your life how many times have you used stimulants ('amphetamines' 'meth' 'crystal' 'crank')? Percentage of students who answered at least 1 time	3.1%	3.1%	6.0%	16.9%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	entage of N s who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
During your life how many times have you used ecstasy (also called MDMA)? Percentage of students who answered a least 1 time	4.3%	4.6%	9.7%	17.5%	0.0000	Yes
During your life how many times have you taken steroid pills or shots without a doctor's prescription? Percentage of students who answered at least 1 time	3.0%	2.5%	4.0%	11.6%	0.0000	Yes
During your life how many times have you used LSD or other psychedelics? Percentage of students who answered at least 1 time	4.5%	5.3%	10.2%	17.6%	0.0000	Yes
How many times in the past year (12 months) have you been drunk or high at school? Percentage of students who answered at least 1 time	7.8%	12.6%	22.4%	38.3%	0.0000	Yes
How many times in the past year (12 months) have you sold illegal drugs? Percentage of students who answered at least 1 time	6.3%	8.0%	15.1%	29.0%	0.0000	Yes
During the past 12 months has anyone offered sold or given you an illegal drug on school property? Percentage of students who answered 'Yes'	27.2%	27.0%	33.2%	46.3%	0.0000	Yes
If you wanted to get a drug like cocaine LSD or amphetamines how easy would it be for you to get some? Percentage of students who answered 'Sort of easy' or 'Very easy'	12.7%	15.6%	24.6%	30.7%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	ntage of N who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
During the past 12 months have you talked with at least one of your parents about the dangers of tobacco alcohol or drug use? Percentage of students who answered 'Yes'	52.7%	45.3%	40.5%	36.4%	0.0000	Yes
Do you agree or disagree with the following statement? 'My family has clear rules about alcohol and drug use.' Percentage of students who answered 'Strongly agree' or 'Agree'	91.0%	86.1%	79.7%	71.1%	0.0000	Yes
About how many adults (over 21) have you known personally who in the past year have gotten drunk or high? Percentage of students who answered at least 1 adult	72.2%	76.3%	82.5%	84.8%	0.0000	Yes
During the past 12 months do you recall hearing reading or watching an advertisement about the prevention of substance use? Percentage of students who answered 'Yes'	80.0%	73.0%	67.6%	57.8%	0.0000	Yes
How much do you think people risk harming themselves (physically or in other ways) if they take prescription drugs that are not prescribed to them? Percentage of students who answered 'No risk' or 'Slight risk'	10.4%	12.0%	16.5%	26.6%	0.0000	Yes
Think of your four best friends. How many in the past year have used LSD cocaine amphetamines or other illegal drugs? Percentage of students who answered at least 1 friend	17.2%	22.8%	33.6%	45.9%	0.0000	Yes

Health Behavior/Attitude/Perception	students behavi	ntage of N who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
About how many adults (over 21) have you known personally who in the past year have used marijuana crack cocaine or other drugs? Percentage of students who answered at least 1 adult	33.5%	41.0%	55.2%	67.5%	0.0000	Yes
About how many adults (over 21) have you known personally who in the past year have sold or dealt drugs? Percentage of students who answered at least 1 adult	19.6%	27.5%	41.8%	51.7%	0.0000	Yes
Sexual Behaviors						
Have you ever had sexual intercourse? Percentage of students who answered 'Yes'	33.6%	45.8%	59.2%	67.8%	0.0000	Yes
Nutrition						
During the past 7 days how many meals did you eat with your family? Percentage of students who answered at least 7 meals	43.5%	36.3%	29.8%	27.1%	0.0000	Yes
Percentage of students who drank 100% fruit juice ate fruit and/or ate vegetables five or more times per day during the past seven days	18.4%	16.7%	14.3%	11.3%	0.0037	Yes
Physical Activity						
In an average week when you are in school on how many days do you go to physical education (PE) classes? Percentage of students who answered at least 1 day	34.2%	37.8%	39.6%	38.4%	0.0347	No

Health Behavior/Attitude/Perception	students behavi	ntage of M s who enga or or hold a on or attitu ear				
	A's	B's	C's	D's/F's	P-Value	Significant Association
Gambling						
In your lifetime how many times have you gambled (bet) with money or something else of value? (Bet at a casino race track or online bought lottery tickets bet on a sports team) Percentage of students who answered at least 1 time	40.5%	45.3%	51.2%	55.8%	0.0000	Yes
Assets						
Do you agree or disagree that at least one of your teachers really cares and gives you help and support when you need it? Percentage of students who answered 'Strongly agree' or 'Agree'	86.7%	81.6%	73.1%	58.1%	0.0000	Yes
How often does one of your parents talk with you about what you are doing in school? Percentage of students who answered 'About every day' or 'About once or twice a week'	86.5%	79.7%	73.1%	62.3%	0.0000	Yes
During an average week how many hours do you spend in clubs or organizations (other than sports) outside of regular school hours? Percentage of students who answered at least 1 hour	67.2%	51.9%	40.4%	34.2%	0.0000	Yes

	Percentage of Maine high school students who engaged in a risk type of behavior or hold a particular health perception or attitude by grades mostly					
Health Behavior/Attitude/Perception	earned				- · · · ·	Significant
	A's	B's	C's	D's/F's	P-Value	Association
During an average week approximately how many hours do you typically spend doing community services - helping people in the community without getting paid? Percentage of students who answered at least 1 hour	47.5%	41.3%	35.1%	36.2%	0.0000	Yes

MIYHS Steering Committee Members

Stephen Corral Sara Huston Erika Lichter Valerie Ricker Joseph Riddick Anne Rogers Christine Theriault Jean Zimmerman