



MIYHS CORE QUESTIONS: 2011 VERSUS 2013 COMPARISON REPORT

CUMBERLAND COUNTY

2013 MIYHS HIGH SCHOOL REPORT

UNDERSTANDING THE DATA

Reporting Thresholds and Student Confidentiality

Core reports have been run on the following levels for individual geographic units receiving weighted data*:

- **Grade 5-6: State, Public Health District (PHD), SAU, and School**
- **Middle School: State, PHD, County, SAU, and School**
- **High School: State, PHD, County, SAU, and School**

** In order for a report to be run on the State, PHD, County, and SAU levels, the geographic unit in question must have at least 2 participating schools and an overall response rate of at least 50% (overall response rate = school response rate within the geographic unit * student response rate for participating schools within the geographic unit). Schools must have at least a 50% student participation rate within the eligible grades of a module to receive a report.*

To protect student confidentiality, responses based on fewer than 6 individuals will not be shown. Also, individual reports have not been generated for schools or school districts yielding fewer than 20 participating students.

How to Read this Report

For the Grade 5-6 core reports, all non-demographic questions included on the 2013 MIYHS survey instrument are presented. For middle school (MS) and high school (HS), only questions that appeared on all four survey modules are included in the core reports. 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 2011 to 2013 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 <https://data.mainepublichealth.gov/miyhs/files/methodology/modifiedvar.pdf> for more information on the modified variables.

Each estimate is the weighted percentage of students who answered in the way specified in the question title; for instance, in 2011, 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. The percentages are weighted to adjust for non-response and to make the estimates more representative of all Maine students, not just those who took the survey.

Because the weighted 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 the geographic unit in question. In 2011, 28.0% of Maine high school students indicated that they drank alcohol in the past 30 days. There was a LCL of 27.0% and a UCL of 29.1%; this means that there was a 95% chance that between 27.0% and 29.1% of Maine students engaged in this behavior in the past 30 days, and a 5% chance that fewer than 27.0% or more than 29.1% of students engaged in this behavior. In other words, if the survey were conducted 100 times, 95 of those times the percent of students who drank alcohol in the past month would be between 27.0% and 29.1%. 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.

UNDERSTANDING THE DATA

Comparing Data: Is a Difference Statistically Significant?

In the last three columns of the tables in the core 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. Each geographic unit is compared to the state in 2011 and in 2013, and the values for these two survey years are compared within the geographic unit as well. If there is an "H" in a *significance tests* column, the percentage on this indicator is statistically higher than the state average or the previous survey year; if there is an "L", this indicates that the percentage on this indicator is statistically lower than the state average or the previous survey year. If the cell is blank, then the difference is not statistically significant. 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.

Cumberland County

Demographics 2013 MIYHS High School Report

Category	2011 County Count	2011 County Percent	2011 Maine Count	2011 Maine Percent	2013 County Count	2013 County Percent	2013 Maine Count	2013 Maine Percent
Total	10,011	100.0%	39,301	100.0%	9,969	100.0%	37,328	100.0%
Female	4,968	49.6%	19,584	49.8%	5,010	50.3%	18,641	49.9%
Male	4,882	48.8%	19,069	48.5%	4,834	48.5%	18,264	48.9%
Missing	161	1.6%	648	1.6%	125	1.3%	423	1.1%
Grade 9	2,683	26.8%	10,253	26.1%	2,713	27.2%	10,182	27.3%
Grade 10	2,586	25.8%	10,117	25.7%	2,517	25.2%	9,548	25.6%
Grade 11	2,410	24.1%	9,550	24.3%	2,377	23.8%	8,912	23.9%
Grade 12	2,132	21.3%	8,578	21.8%	2,200	22.1%	8,055	21.6%
Missing	200	2.0%	803	2.0%	162	1.6%	631	1.7%

*Demographic counts of students with usable surveys are unweighted
^ Data not available for 2011*

Cumberland County
Unintentional Injury -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
1.	How often do you wear a seat belt when riding in a car driven by someone else? (hn11/hn11)	Percentage of students who answered "Never" or "Rarely"	5.6% (4.5% - 6.8%)	6.4% (5.6% - 7.3%)	7.6% (7.0% - 8.3%)	8.5% (8.0% - 9.0%)	L	L	
2.	How often do you wear a seat belt when driving a car? (hn213)	Among students who drive, the percentage of students who answered "Never" or "Rarely"	5.1% (4.1% - 6.1%)	^	7.1% (6.4% - 7.8%)	^	L	^	^

* CI = Confidence Interval

A. **H/L**=County 2013 is significantly **Higher Lower** than Maine 2013

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^ Data not available for 2011

Cumberland County
Violence -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
3.	Do you agree or disagree with the following statement? "I feel safe at my school." (hn33/hn33)	Percentage of students who answered "Strongly agree" or "Agree"	89.3% (86.6% - 92.0%)	89.8% (87.8% - 91.8%)	87.8% (86.6% - 88.9%)	88.1% (87.0% - 89.2%)			

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Cumberland County
Bullying -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
4.	During the past 12 months, have you ever been bullied on school property? (hn34/hn34)	Percentage of students who answered "Yes"	22.9% (20.8% - 25.1%)	22.4% (20.3% - 24.4%)	25.8% (24.9% - 26.8%)	24.0% (23.0% - 25.0%)			

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Cumberland County
Suicide & Depression -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
5.	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? (hn42/hn42)	Percentage of students who answered "Yes"	22.6% (20.7% - 24.5%)	20.8% (18.6% - 23.0%)	24.3% (23.4% - 25.2%)	22.7% (21.7% - 23.6%)			
6.	During the past 12 months, when you felt sad or hopeless, from whom did you get help? (Select only one response.) (hn43/hn43a)	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	23.5% (21.3% - 25.7%)	22.5% (20.6% - 24.4%)	22.3% (21.4% - 23.1%)	20.2% (19.3% - 21.1%)			
7.	During the past 12 months, did you ever seriously consider attempting suicide? (hn44/hn44)	Percentage of students who answered "Yes"	13.5% (12.3% - 14.7%)	11.2% (10.0% - 12.5%)	14.6% (13.9% - 15.3%)	12.7% (12.0% - 13.3%)			

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**Cumberland County
Tobacco -- 2013 MIYHS High School Report**

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
8.	During the past 30 days, on how many days did you smoke cigarettes? (hn48/hn48)	Percentage of students who answered at least 1 day	10.8% (8.8% - 12.8%)	13.2% (11.5% - 14.9%)	12.9% (12.0% - 13.9%)	15.5% (14.7% - 16.4%)			
9.	How old were you when you smoked a whole cigarette for the first time? (hn51/hn51)	Among students who have smoked a whole cigarette, the percentage of students who answered before age 13	30.2% (26.9% - 33.6%)	32.2% (29.1% - 35.4%)	31.2% (29.8% - 32.7%)	33.7% (32.4% - 35.1%)			
10.	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? (hn50/hn50)	Percentage of students who answered at least 1 day	5.7% (4.4% - 7.1%)	7.2% (6.0% - 8.4%)	6.5% (5.9% - 7.1%)	7.5% (7.0% - 8.1%)			
11.	During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars? (hn49/hn49)	Percentage of students who answered at least 1 day	11.3% (9.7% - 12.9%)	14.1% (12.5% - 15.6%)	11.3% (10.6% - 12.0%)	12.9% (12.2% - 13.5%)			
12.	During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes? (hn52a/hn52a)	Percentage of students who answered at least 1 day	30.6% (26.4% - 34.8%)	35.5% (32.1% - 38.9%)	38.3% (36.4% - 40.2%)	43.4% (41.8% - 44.9%)	L	L	
13.	During the past 12 months, were you taught in any of your classes about the dangers of tobacco use? (hn204/hn204)	Percentage of students who answered "Yes"	43.7% (40.6% - 46.8%)	43.7% (40.8% - 46.5%)	43.4% (41.7% - 45.1%)	43.5% (41.9% - 45.0%)			

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Cumberland County
Tobacco -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
14.	How wrong do your parents feel it would be for you to smoke cigarettes? (hn54/hn54)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	7.3% (6.3% - 8.4%)	9.0% (7.7% - 10.3%)	8.9% (8.4% - 9.5%)	10.4% (9.9% - 11.0%)	L		
15.	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? (hn55/hn55)	Percentage of students who answered "No risk" or "Slight risk"	8.8% (7.5% - 10.2%)	9.8% (8.5% - 11.1%)	9.8% (9.2% - 10.4%)	10.3% (9.8% - 10.9%)			
16.	If you wanted to get some cigarettes, how easy would it be for you to get some? (hn56/hn56)	Percentage of students who answered "Sort of easy" or "Very easy"	58.2% (55.4% - 61.0%)	63.8% (61.3% - 66.3%)	61.5% (60.3% - 62.8%)	66.7% (65.6% - 67.7%)			L
17.	If you wanted to get some cigarettes, how easy would it be for you to get some? (hn56_2/hn56_2)	Among students under the age of 18, the percentage of students who answered "Sort of easy" or "Very easy"	54.6% (51.4% - 57.9%)	60.4% (57.4% - 63.3%)	58.2% (56.8% - 59.6%)	63.4% (62.3% - 64.6%)			
18.	Any Tobacco Use (hnanytob/hnanytob)	Percentage of students who smoked cigarettes and/or cigars and/or used chewing tobacco, snuff, or dip on one or more of the past 30 days	16.4% (14.4% - 18.4%)	19.8% (18.1% - 21.4%)	18.2% (17.3% - 19.1%)	20.7% (19.9% - 21.5%)			

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Cumberland County
Alcohol -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
19.	During your life, how many days have you had at least one drink of alcohol? (hn78/hn78)	Percentage of students who answered at least 1 day	52.8% (50.3% - 55.3%)	58.0% (55.7% - 60.2%)	54.3% (53.1% - 55.6%)	59.4% (58.2% - 60.6%)			L
20.	How old were you when you had your first drink of alcohol other than a few sips? (hn79/hn79)	Among students who have had more than a few sips of alcohol, the percentage of students who answered before age 13	22.1% (19.0% - 25.1%)	25.6% (23.5% - 27.7%)	25.6% (24.3% - 26.9%)	28.4% (27.4% - 29.3%)			
21.	During the past 30 days, on how many days did you have at least one drink of alcohol? (hn80/hn80)	Percentage of students who answered at least 1 day	25.6% (23.1% - 28.1%)	28.6% (26.6% - 30.6%)	26.0% (24.9% - 27.1%)	28.0% (27.0% - 29.1%)			
22.	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? (hn81a/hn81a)	Percentage of students who answered at least 1 day	14.5% (12.9% - 16.1%)	17.2% (15.6% - 18.8%)	14.8% (14.0% - 15.7%)	16.9% (16.1% - 17.7%)			
23.	During the past 30 days, how did you usually get the alcohol you drank? (Select only one response.) (hn82a/hn82a)	Among students who reported alcohol use during the past 30 days, the percentage of students who answered "Someone gave it to me"	37.5% (34.7% - 40.2%)	33.0% (30.8% - 35.1%)	36.3% (35.1% - 37.5%)	32.4% (31.3% - 33.6%)			
24.	During the past 30 days, on how many days did you have at least one drink of alcohol on school property? (hn83/hn83)	Percentage of students who answered at least 1 day	3.3% (2.7% - 4.0%)	4.9% (4.0% - 5.7%)	3.4% (3.1% - 3.7%)	4.3% (4.0% - 4.6%)			L

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Cumberland County
Alcohol -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
25.	If you wanted to get some alcohol, how easy would it be for you to get some? (hn84/hn84)	Percentage of students who answered "Sort of easy" or "Very easy"	67.4% (65.1% - 69.7%)	68.9% (67.1% - 70.7%)	65.6% (64.6% - 66.6%)	67.4% (66.5% - 68.3%)			
26.	If you drank some alcohol without your parents' permission, would you be caught by your parents? (hn86/hn86)	Percentage of students who answered "Probably not" or "Definitely not"	54.2% (52.1% - 56.3%)	57.2% (55.6% - 58.8%)	52.9% (51.9% - 53.9%)	56.6% (55.7% - 57.5%)			
27.	If a kid drank some alcohol in your neighborhood, would he or she be caught by the police? (hn87/hn87)	Percentage of students who answered "Probably not" or "Definitely not"	83.0% (81.1% - 84.9%)	83.2% (80.8% - 85.5%)	84.2% (83.4% - 85.0%)	84.6% (83.8% - 85.5%)			
28.	How much do you think people risk harming themselves (physically or in other ways) if they have 1 or 2 drinks of an alcoholic beverage nearly every day? (hn88a/hn88b)	Percentage of students who answered "No risk" or "Slight risk"	39.3% (37.2% - 41.4%)	38.6% (36.3% - 40.9%)	41.6% (40.7% - 42.6%)	41.1% (40.2% - 42.0%)			
29.	How much do you think people risk harming themselves (physically or in other ways) if they have 5 or more drinks of an alcoholic beverage in a row once or twice a week? (hn89a/hn89b)	Percentage of students who answered "No risk" or "Slight risk"	17.3% (15.4% - 19.1%)	19.5% (17.7% - 21.3%)	19.3% (18.5% - 20.2%)	21.1% (20.4% - 21.9%)			

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Cumberland County
Alcohol -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
30.	How do you feel about someone your age having 1 or 2 drinks of an alcoholic beverage nearly every day? (hn217)	Percentage of students who answered "Strongly approve" or "Approve"	7.3% (6.1% - 8.5%)	^	8.2% (7.7% - 8.8%)	^		^	^
31.	How wrong do your friends feel it would be for you to have 1 or 2 drinks of an alcoholic beverage nearly every day? (hn218)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	28.8% (26.6% - 30.9%)	^	34.0% (32.8% - 35.1%)	^	L	^	^
32.	How wrong do your parents feel it would be for you to have 1 or 2 drinks of an alcoholic beverage nearly every day? (hn219)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	5.7% (5.1% - 6.4%)	^	7.0% (6.6% - 7.4%)	^	L	^	^

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Cumberland County
Marijuana -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
33.	How old were you when you tried marijuana for the first time? (hn99/hn99)	Among students who have tried marijuana, the percentage of students who answered before age 13	17.9% (15.1% - 20.7%)	19.5% (16.0% - 23.1%)	22.0% (20.6% - 23.4%)	21.9% (20.6% - 23.2%)			
34.	During the past 30 days, how many times did you use marijuana? (hn100/hn100)	Percentage of students who answered at least 1 time	22.0% (19.5% - 24.6%)	22.9% (20.8% - 25.0%)	21.6% (20.5% - 22.8%)	22.1% (21.2% - 23.0%)			
35.	If you wanted to get some marijuana, how easy would it be for you to get some? (hn101/hn101)	Percentage of students who answered "Sort of easy" or "Very easy"	56.5% (53.7% - 59.4%)	57.5% (54.7% - 60.2%)	56.2% (54.8% - 57.6%)	57.5% (56.2% - 58.9%)			
36.	How wrong do your parents feel it would be for you to smoke marijuana? (hn102/hn102)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	14.1% (12.5% - 15.7%)	14.1% (12.7% - 15.4%)	15.3% (14.6% - 16.0%)	14.3% (13.6% - 14.9%)			
37.	How much do you think people risk harming themselves (physically or other ways) if they smoke marijuana once or twice a week? (hn220)	Percentage of students who answered "No risk" or "Slight risk"	58.3% (56.2% - 60.5%)	^	58.3% (57.3% - 59.4%)	^		^	^
38.	How wrong do your friends feel it would be for you to smoke marijuana? (hn221)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	54.6% (51.6% - 57.5%)	^	52.7% (51.3% - 54.2%)	^		^	^

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Cumberland County
Other Drugs -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
39.	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? (hn111/hn111)	Percentage of students who answered at least 1 time	8.0% (6.8% - 9.1%)	11.0% (9.5% - 12.5%)	8.6% (8.1% - 9.1%)	11.9% (11.3% - 12.5%)			L
40.	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? (hn112a/hn112a)	Percentage of students who answered at least 1 time	12.1% (10.8% - 13.5%)	14.9% (13.7% - 16.1%)	12.3% (11.7% - 12.9%)	14.6% (14.0% - 15.2%)			L
41.	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? (hn113a/hn113a)	Percentage of students who answered at least 1 time	5.5% (4.5% - 6.5%)	7.1% (6.3% - 7.9%)	5.6% (5.2% - 6.0%)	7.1% (6.7% - 7.5%)			
42.	During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property? (hn114/hn114)	Percentage of students who answered "Yes"	22.0% (20.3% - 23.7%)	27.4% (25.1% - 29.8%)	21.8% (20.8% - 22.7%)	24.2% (23.1% - 25.2%)			L

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^ Data not available for 2011

Cumberland County
Other Drugs -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
43.	During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use? (hn116/hn116)	Percentage of students who answered "Yes"	51.1% (47.5% - 54.8%)	47.7% (44.4% - 51.1%)	46.6% (45.2% - 47.9%)	43.2% (42.1% - 44.4%)			
44.	Do you agree or disagree with the following statement? "My family has clear rules about alcohol and drug use." (hn115/hn115)	Percentage of students who answered "Strongly agree" or "Agree"	87.7% (86.5% - 88.9%)	85.9% (84.6% - 87.1%)	86.7% (86.2% - 87.2%)	85.0% (84.5% - 85.5%)			
45.	How wrong do your parents feel it would be for you to take a prescription drug not prescribed to you? (hn224)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	5.0% (4.3% - 5.7%)	^	5.4% (5.0% - 5.8%)	^		^	^
46.	How much do you think people risk harming themselves (physically or in other ways) if they take a prescription drug that is not prescribed to them? (hn131a)	Percentage of students who answered "No risk" or "Slight risk"	13.5% (12.4% - 14.6%)	^	13.0% (12.4% - 13.6%)	^		^	^

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Cumberland County
Sexual Behaviors -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
47.	Have you ever had sexual intercourse? (hn135/hn135)	Percentage of students who answered "Yes"	36.5% (33.6% - 39.4%)	39.1% (35.5% - 42.6%)	42.4% (41.1% - 43.8%)	45.0% (43.7% - 46.2%)	L	L	

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Cumberland County
Nutrition -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
48.	Fruit: at least two servings daily (hnfruit/hnfruit)	Percentage of students who drank 100% fruit juice and/or ate fruit two or more times per day during the past seven days	37.0% (33.6% - 40.4%)	36.2% (33.6% - 38.9%)	32.5% (31.2% - 33.8%)	31.8% (30.8% - 32.9%)		H	
49.	Vegetables: at least three servings daily (hnveg/hnveg)	Percentage of students who ate vegetables three or more times per day during the past seven days	11.3% (10.1% - 12.6%)	10.2% (9.3% - 11.1%)	10.3% (9.9% - 10.8%)	9.4% (9.0% - 9.8%)			
50.	Fruit and Vegetables: at least five servings daily (hnfrvg/hnfrvg)	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	19.7% (17.6% - 21.7%)	18.8% (17.2% - 20.3%)	16.8% (16.1% - 17.6%)	16.5% (15.8% - 17.2%)	H	H	

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Cumberland County
Nutrition -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
51.	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 such as Gatorade, Red Bull, lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight? (Do not count diet soda, other diet drinks, or 100% fruit juice.) (hn207_2/hn207_2)	Percentage of students who answered at least one time per day in the past week	21.9% (20.0% - 23.8%)	24.8% (23.1% - 26.5%)	26.2% (25.3% - 27.0%)	29.1% (28.3% - 30.0%)	L	L	
52.	During the past 7 days, how many meals did you eat with your family? (hn161/hn161)	Percentage of students who answered at least 7 meals	37.3% (35.3% - 39.2%)	36.4% (34.4% - 38.4%)	36.4% (35.5% - 37.3%)	35.3% (34.4% - 36.2%)			

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Cumberland County
Physical Activity -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
53.	During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.) (hn209/hn209)	Percentage of students who answered at least 5 days	45.9% (42.7% - 49.1%)	45.8% (42.4% - 49.2%)	43.7% (42.3% - 45.0%)	43.5% (42.2% - 44.9%)			
54.	60+ minutes of total physical activity daily (hnpa7day/hnpa7day)	Percentage of students who were physically active for a total of at least 60 minutes per day on all of the past seven days	22.0% (20.2% - 23.7%)	23.3% (21.6% - 24.9%)	22.4% (21.6% - 23.2%)	23.1% (22.2% - 24.0%)			
55.	In an average week when you are in school, on how many days do you go to physical education (PE) classes? (hn168/hn168)	Percentage of students who answered at least 1 day	37.1% (33.6% - 40.5%)	38.1% (34.9% - 41.3%)	38.8% (36.9% - 40.7%)	39.8% (37.7% - 41.8%)			
56.	Daily physical education (PE) classes (hndtype/hndtype)	Percentage of students who attended physical education (PE) classes daily in an average week when they were in school	5.0% (1.5% - 8.6%)	5.3% (2.1% - 8.6%)	5.8% (4.1% - 7.6%)	6.1% (4.4% - 7.8%)			

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Cumberland County
Assets -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
57.	Do you agree or disagree that at least one of your teachers really cares and gives you help and support when you need it? (hn186/hn186)	Percentage of students who answered "Strongly agree" or "Agree"	80.3% (78.7% - 81.9%)	77.8% (76.3% - 79.3%)	80.4% (79.7% - 81.2%)	78.2% (77.4% - 79.0%)			
58.	How often does your school enforce rules fairly? (hn210/hn210)	Percentage of students who answered "Most of the time" or "Always"	51.8% (47.4% - 56.3%)	49.6% (44.9% - 54.3%)	47.9% (46.1% - 49.7%)	46.3% (44.4% - 48.1%)			
59.	How often do adults in your school address conflict, negative language, and bullying in positive ways to help students? (hn211/hn211)	Percentage of students who answered "Most of the time" or "Always"	36.9% (34.4% - 39.5%)	33.5% (31.2% - 35.7%)	35.7% (34.7% - 36.8%)	32.9% (31.9% - 34.0%)			
60.	How often does one of your parents talk with you about what you are doing in school? (hn187/hn187)	Percentage of students who answered "About every day" or "About once or twice a week"	84.4% (82.4% - 86.5%)	82.6% (80.5% - 84.7%)	82.1% (81.3% - 83.0%)	80.1% (79.2% - 80.9%)			
61.	During an average week, how many hours do you spend in clubs or organizations (other than sports) outside of regular school hours? (hn189/hn189)	Percentage of students who answered at least 1 hour	57.0% (52.5% - 61.4%)	57.7% (53.6% - 61.7%)	51.4% (49.7% - 53.1%)	52.0% (50.6% - 53.3%)		H	

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Cumberland County
Assets -- 2013 MIYHS High School Report

							Significance Tests		
	Questions	Answers of Interest	County 2013 95% CI*	County 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. County 2013 vs. Maine 2013	B. County 2011 vs. Maine 2011	C. County 2013 vs. County 2011
62.	During an average week, approximately how many hours do you typically spend doing community services - helping people in the community without getting paid? (hn190a/hn190a)	Percentage of students who answered at least 1 hour	40.6% (37.9% - 43.4%)	43.8% (41.4% - 46.2%)	38.8% (37.6% - 40.1%)	41.0% (39.7% - 42.3%)			
63.	Do you agree or disagree that in your community you feel like you matter to people? (hn191/hn191a)	Percentage of students who answered "Strongly agree" or "Agree"	51.5% (48.6% - 54.4%)	50.4% (47.7% - 53.1%)	48.0% (46.9% - 49.1%)	46.5% (45.5% - 47.5%)		H	

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