



## **MIYHS CORE QUESTIONS: 2011 VERSUS 2013 COMPARISON REPORT**

**CUMBERLAND PHD**

**2013 MIYHS MIDDLE 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 PHD*

### Demographics 2013 MIYHS Middle School Report

Category	2011 PHD Count	2011 PHD Percent	2011 Maine Count	2011 Maine Percent	2013 PHD Count	2013 PHD Percent	2013 Maine Count	2013 Maine Percent
Total	<b>4,997</b>	<b>100.0%</b>	21,079	100.0%	<b>4,904</b>	<b>100.0%</b>	19,144	100.0%
Female	<b>2,506</b>	<b>50.2%</b>	10,379	49.2%	<b>2,449</b>	<b>49.9%</b>	9,424	49.2%
Male	<b>2,426</b>	<b>48.5%</b>	10,417	49.4%	<b>2,408</b>	<b>49.1%</b>	9,499	49.6%
Missing	<b>65</b>	<b>1.3%</b>	283	1.3%	<b>47</b>	<b>1.0%</b>	221	1.2%
Grade 7	<b>2,506</b>	<b>50.2%</b>	10,382	49.3%	<b>2,465</b>	<b>50.3%</b>	9,487	49.6%
Grade 8	<b>2,380</b>	<b>47.6%</b>	10,201	48.4%	<b>2,333</b>	<b>47.6%</b>	9,251	48.3%
Missing	<b>111</b>	<b>2.2%</b>	496	2.4%	<b>106</b>	<b>2.2%</b>	406	2.1%

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

**Cumberland PHD  
Violence -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
1.	Do you agree or disagree with the following statement? "I feel safe at my school." (mn21/mn21)	Percentage of students who answered "Strongly agree" or "Agree"	<b>88.7%</b> (86.1% - 91.3%)	87.7% (85.0% - 90.3%)	85.0% (83.8% - 86.1%)	86.1% (85.0% - 87.1%)			

\* CI = Confidence Interval

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

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

C. **H/L**=PHD 2013 is significantly **Higher Lower** than PHD 2011

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

^ Data not available for 2011

**Cumberland PHD**  
**Bullying -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
2.	Have you ever been bullied on school property? (mn22/mn22)	Percentage of students who answered "Yes"	<b>48.9%</b> (44.6% - 53.3%)	45.9% (44.4% - 47.3%)	51.6% (49.9% - 53.3%)	48.1% (46.7% - 49.6%)			

\* CI = Confidence Interval

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

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

C. **H/L**=PHD 2013 is significantly **Higher Lower** than PHD 2011

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^ Data not available for 2011

**Cumberland PHD**  
**Suicide & Depression -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
3.	Have you ever seriously thought about killing yourself? (mn25/mn25)	Percentage of students who answered "Yes"	<b>15.3%</b> (12.8% - 17.7%)	13.3% (11.2% - 15.3%)	16.8% (15.8% - 17.8%)	14.5% (13.8% - 15.3%)			

\* CI = Confidence Interval

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

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**Cumberland PHD  
Tobacco -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
4.	During the past 30 days, on how many days did you smoke cigarettes? (mn29/mn29)	Percentage of students who answered at least 1 day	<b>2.6%</b> (2.0% - 3.2%)	3.5% (2.4% - 4.6%)	3.2% (2.8% - 3.5%)	4.2% (3.7% - 4.6%)			
5.	How old were you when you smoked a whole cigarette for the first time? (mn32/mn32)	Among students who have smoked a whole cigarette, the percentage of students who answered before age 11	<b>42.1%</b> (29.3% - 54.8%)	35.1% (27.3% - 42.8%)	32.6% (29.4% - 35.9%)	35.6% (32.9% - 38.3%)			
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? (mn31/mn31)	Percentage of students who answered at least 1 day	<b>1.1%</b> (0.7% - 1.6%)	1.7% (1.1% - 2.3%)	1.4% (1.2% - 1.7%)	1.8% (1.6% - 2.1%)			
7.	During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars? (mn30/mn30)	Percentage of students who answered at least 1 day	<b>1.8%</b> (1.3% - 2.3%)	2.5% (1.5% - 3.5%)	1.8% (1.6% - 2.0%)	2.4% (2.1% - 2.8%)			
8.	During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes? (mn33a/mn33a)	Percentage of students who answered at least 1 day	<b>19.6%</b> (16.8% - 22.3%)	23.8% (19.8% - 27.9%)	28.1% (26.5% - 29.7%)	31.6% (29.8% - 33.3%)	L	L	
9.	During the past 12 months, were you taught in any of your classes about the dangers of tobacco use? (mn156/mn156)	Percentage of students who answered "Yes"	<b>67.2%</b> (60.5% - 73.8%)	70.3% (66.4% - 74.2%)	62.0% (58.9% - 65.1%)	66.6% (64.1% - 69.0%)			

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^ Data not available for 2011



**Cumberland PHD  
Tobacco -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
10.	How wrong do your parents feel it would be for you to smoke cigarettes? (mn35/mn35)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	<b>2.9%</b> (2.3% - 3.6%)	3.7% (3.1% - 4.4%)	3.8% (3.4% - 4.1%)	4.1% (3.8% - 4.4%)			
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? (mn36/mn36)	Percentage of students who answered "No risk" or "Slight risk"	<b>10.8%</b> (8.8% - 12.7%)	9.7% (7.8% - 11.6%)	12.4% (11.6% - 13.2%)	10.9% (10.2% - 11.6%)			
12.	If you wanted to get some cigarettes, how easy would it be for you to get some? (mn37/mn37)	Percentage of students who answered "Sort of easy" or "Very easy"	<b>22.5%</b> (19.2% - 25.7%)	25.9% (22.4% - 29.4%)	27.7% (26.5% - 28.9%)	30.8% (29.5% - 32.1%)	L	L	
13.	Any Tobacco Use (mnanytob/mnanytob)	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	<b>2.9%</b> (2.4% - 3.5%)	4.2% (2.8% - 5.6%)	3.8% (3.4% - 4.2%)	4.9% (4.4% - 5.4%)			

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**Cumberland PHD**  
**Alcohol -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
14.	Have you ever had a drink of alcohol, other than a few sips? (mn59a/mn59a)	Percentage of students who answered "Yes"	<b>12.7%</b> (10.6% - 14.7%)	15.1% (12.7% - 17.5%)	15.8% (14.8% - 16.9%)	19.0% (17.9% - 20.2%)	L	L	
15.	How old were you when you had your first drink of alcohol other than a few sips? (mn60/mn60)	Among students who have had more than a few sips of alcohol, the percentage of students who answered before age 11	<b>36.0%</b> (32.2% - 39.8%)	34.9% (31.4% - 38.4%)	34.5% (32.5% - 36.5%)	34.5% (32.6% - 36.4%)			
16.	During the past 30 days, on how many days did you have at least one drink of alcohol? (mn61/mn61)	Percentage of students who answered at least 1 day	<b>3.6%</b> (2.9% - 4.3%)	5.5% (4.2% - 6.8%)	4.7% (4.3% - 5.1%)	6.3% (5.7% - 6.8%)	L		
17.	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? (mn62/mn62a)	Percentage of students who answered at least 1 day	<b>1.8%</b> (1.3% - 2.2%)	2.6% (1.6% - 3.7%)	2.1% (1.9% - 2.4%)	2.8% (2.5% - 3.2%)			
18.	During the past 30 days, how did you usually get the alcohol you drank? (Select only one response.) (mn63a/mn63a)	Among students who reported alcohol use during the past 30 days, the percentage of students who answered "Someone gave it to me"	<b>23.2%</b> (16.8% - 29.6%)	29.7% (23.3% - 36.1%)	24.5% (21.1% - 27.9%)	26.8% (24.1% - 29.4%)			
19.	If you wanted to get some alcohol, how easy would it be for you to get some? (mn64/mn64)	Percentage of students who answered "Sort of easy" or "Very easy"	<b>38.0%</b> (34.9% - 41.1%)	41.9% (39.3% - 44.5%)	37.4% (36.2% - 38.7%)	40.2% (38.9% - 41.5%)			

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**Cumberland PHD**  
**Alcohol -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
20.	If you drank some alcohol without your parents' permission, would you be caught by your parents? (mn66/mn66)	Percentage of students who answered "Probably not" or "Definitely not"	<b>22.6%</b> (20.7% - 24.6%)	25.3% (23.2% - 27.4%)	24.0% (23.1% - 24.8%)	26.7% (25.7% - 27.7%)			
21.	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? (mn67a/mn67b)	Percentage of students who answered "No risk" or "Slight risk"	<b>32.9%</b> (30.3% - 35.5%)	31.8% (29.0% - 34.6%)	36.6% (35.4% - 37.7%)	34.9% (33.7% - 36.2%)			
22.	How do you feel about someone your age having 1 or 2 drinks of an alcoholic beverage nearly every day? (mn164)	Percentage of students who answered "Strongly approve" or "Approve"	<b>5.6%</b> (4.5% - 6.6%)	^	6.0% (5.4% - 6.5%)	^		^	^
23.	How wrong do your parents feel it would be for you to have 1 or 2 drinks of an alcoholic beverage nearly every day? (mn165)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	<b>3.9%</b> (3.1% - 4.7%)	^	4.5% (4.1% - 4.9%)	^		^	^

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**Cumberland PHD**  
**Marijuana -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
24.	Have you ever used marijuana? (mn74/mn74)	Percentage of students who answered "Yes"	<b>6.3%</b> (4.8% - 7.7%)	6.7% (4.6% - 8.8%)	8.2% (7.5% - 8.9%)	8.1% (7.4% - 8.9%)			
25.	How old were you when you tried marijuana for the first time? (mn75/mn75)	Among students who have tried marijuana, the percentage of students who answered before age 11	<b>30.2%</b> (21.6% - 38.7%)	27.2% (21.6% - 32.8%)	24.9% (21.9% - 27.8%)	29.4% (27.1% - 31.7%)			
26.	During the past 30 days, how many times did you use marijuana? (mn76/mn76)	Percentage of students who answered at least 1 time	<b>3.4%</b> (2.6% - 4.2%)	3.8% (2.4% - 5.2%)	4.4% (3.9% - 4.8%)	4.6% (4.1% - 5.1%)			
27.	If you wanted to get some marijuana, how easy would it be for you to get some? (mn77/mn77)	Percentage of students who answered "Sort of easy" or "Very easy"	<b>14.7%</b> (12.4% - 17.0%)	15.2% (12.6% - 17.8%)	17.8% (16.7% - 18.9%)	17.4% (16.3% - 18.5%)			
28.	How wrong do your parents feel it would be for you to smoke marijuana? (mn78/mn78)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	<b>3.7%</b> (2.9% - 4.6%)	3.8% (2.9% - 4.8%)	5.1% (4.7% - 5.6%)	4.7% (4.3% - 5.0%)	L		
29.	How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana once or twice a week? (mn166)	Percentage of students who answered "No risk" or "Slight risk"	<b>24.9%</b> (21.6% - 28.1%)	^	29.4% (28.0% - 30.8%)	^		^	^

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**Cumberland PHD  
Other Drugs -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
30.	Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high? (mn86a/mn86a)	Percentage of students who answered "Yes"	<b>7.7%</b> (6.8% - 8.6%)	8.9% (7.2% - 10.6%)	8.3% (7.7% - 8.8%)	9.6% (8.9% - 10.3%)			
31.	During the past 30 days, how many times did you sniff glue, breathe the contents of spray cans, or inhale any paints or sprays to get high? (mn91a)	Percentage of students who answered at least 1 time	<b>3.9%</b> (3.0% - 4.8%)	^	4.2% (3.8% - 4.6%)	^		^	^
32.	Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription? (mn87a/mn87a)	Percentage of students who answered "Yes"	<b>6.0%</b> (5.1% - 6.9%)	6.3% (5.0% - 7.5%)	6.0% (5.5% - 6.4%)	6.4% (6.0% - 6.8%)			

\* CI = Confidence Interval

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

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**Cumberland PHD**  
**Other Drugs -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
33.	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? (mn88a/mn88a)	Percentage of students who answered at least 1 time	<b>2.6%</b> (2.1% - 3.2%)	3.0% (2.0% - 3.9%)	2.6% (2.3% - 2.9%)	3.2% (2.8% - 3.5%)			
34.	During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use? (mn89/mn89)	Percentage of students who answered "Yes"	<b>49.7%</b> (47.3% - 52.1%)	47.8% (45.2% - 50.5%)	45.9% (44.9% - 47.0%)	45.3% (44.2% - 46.5%)	H		

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^ Data not available for 2011

**Cumberland PHD  
Sexual Behaviors -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
35.	Have you ever had sexual intercourse? (mn100/mn100)	Percentage of students who answered "Yes"	<b>6.6%</b> (5.3% - 7.8%)	8.4% (6.6% - 10.2%)	8.7% (7.9% - 9.4%)	10.1% (9.4% - 10.8%)	L		

\* CI = Confidence Interval

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

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**Cumberland PHD  
Nutrition -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
36.	Fruit: at least two servings daily (mnfruit/mnfruit)	Percentage of students who drank 100% fruit juice and/or ate fruit two or more times per day during the past seven days	<b>41.5%</b> (37.4% - 45.6%)	41.0% (36.4% - 45.6%)	35.9% (34.5% - 37.4%)	34.8% (33.2% - 36.3%)	H	H	
37.	Vegetables: at least three servings daily (mnveg/mnveg)	Percentage of students who ate vegetables three or more times per day during the past seven days	<b>14.4%</b> (12.3% - 16.6%)	12.7% (11.2% - 14.2%)	12.6% (11.8% - 13.5%)	11.9% (11.2% - 12.5%)			
38.	Fruit and Vegetables: at least five servings daily (mnfrvg/mnfrvg)	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	<b>22.6%</b> (19.3% - 26.0%)	23.0% (20.3% - 25.7%)	19.3% (18.1% - 20.4%)	19.5% (18.4% - 20.5%)			

\* CI = Confidence Interval

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

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

C. **H/L**=PHD 2013 is significantly **Higher Lower** than PHD 2011

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^ Data not available for 2011



**Cumberland PHD**  
**Nutrition -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
39.	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.) (mn159_2/mn159_2)	Percentage of students who answered at least one time per day in the past week	<b>18.3%</b> (16.2% - 20.3%)	21.9% (19.5% - 24.3%)	23.4% (22.3% - 24.6%)	27.5% (26.3% - 28.7%)	L	L	
40.	During the past 7 days, how many meals did you eat with your family? (mn120/mn120)	Percentage of students who answered at least 7 meals	<b>52.3%</b> (49.6% - 54.9%)	53.5% (50.8% - 56.1%)	53.1% (52.0% - 54.3%)	52.0% (50.9% - 53.1%)			

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**Cumberland PHD**  
**Physical Activity -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
41.	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 of the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.) (mn161/mn161)	Percentage of students who answered at least 5 days	<b>52.0%</b> (48.4% - 55.5%)	51.8% (48.4% - 55.3%)	51.1% (49.5% - 52.6%)	50.7% (49.3% - 52.1%)			
42.	60+ minutes of total physical activity daily (mnpa7day/mnpa7day)	Percentage of students who were physically active for a total of at least 60 minutes per day on all of the past seven days	<b>27.4%</b> (25.2% - 29.6%)	27.5% (24.9% - 30.2%)	28.7% (27.6% - 29.8%)	29.1% (28.0% - 30.2%)			
43.	In an average week when you are in school, on how many days do you go to physical education (PE) classes? (mn127/mn127)	Percentage of students who answered at least 1 day	<b>79.8%</b> (71.3% - 88.2%)	79.8% (70.0% - 89.5%)	79.9% (75.2% - 84.5%)	82.2% (78.1% - 86.3%)			
44.	Daily physical education (PE) classes (mndlype/mndlype)	Percentage of students who attended physical education (PE) classes daily in an average week when they were in school	<b>7.7%</b> (0.2% - 15.1%)	6.4% (0.0% - 13.2%)	9.4% (5.8% - 13.1%)	9.7% (5.7% - 13.7%)			

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**Cumberland PHD**  
**Assets -- 2013 MIYHS Middle School Report**

							Significance Tests		
	Questions	Answers of Interest	PHD 2013 95% CI*	PHD 2011 95% CI*	Maine 2013 95% CI*	Maine 2011 95% CI*	A. PHD 2013 vs. Maine 2013	B. PHD 2011 vs. Maine 2011	C. PHD 2013 vs. PHD 2011
45.	During the past 12 months, how would you describe your grades in school? (mn171)	Percentage of students who answered "Mostly A's" or "Mostly B's"	<b>81.6%</b> (76.3% - 86.9%)	^	77.5% (75.6% - 79.4%)	^		^	^
46.	Do you agree or disagree that at least one of your teachers really cares and gives you help and support when you need it? (mn143/mn143)	Percentage of students who answered "Strongly agree" or "Agree"	<b>79.7%</b> (77.7% - 81.8%)	75.9% (73.7% - 78.0%)	78.9% (77.8% - 80.1%)	76.9% (75.8% - 78.0%)			
47.	How often does one of your parents talk with you about what you are doing in school? (mn144/mn144)	Percentage of students who answered "About every day" or "About once or twice a week"	<b>87.5%</b> (86.0% - 88.9%)	88.0% (86.3% - 89.6%)	84.7% (83.9% - 85.5%)	84.7% (83.9% - 85.5%)	H	H	
48.	During an average week, how many hours do you spend in clubs or organizations (other than sports) outside of regular school hours? (mn146/mn146)	Percentage of students who answered at least 1 hour	<b>51.3%</b> (48.2% - 54.4%)	50.3% (46.7% - 53.9%)	45.3% (43.8% - 46.8%)	46.0% (44.5% - 47.5%)	H		
49.	Do you agree or disagree that in your community you feel like you matter to people? (mn148/mn148)	Percentage of students who answered "Strongly agree" or "Agree"	<b>57.3%</b> (53.4% - 61.3%)	53.1% (50.3% - 55.9%)	53.6% (52.2% - 55.0%)	50.7% (49.6% - 51.8%)			

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