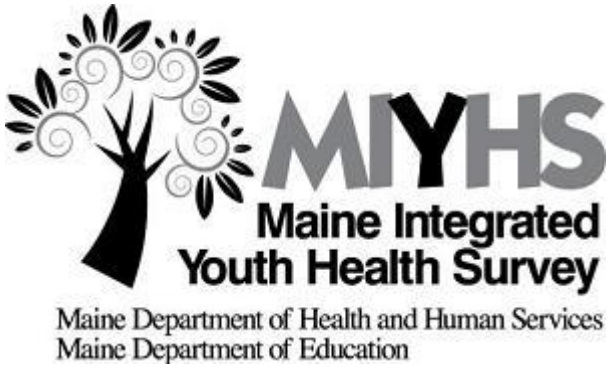

MIYHS CORE QUESTIONS: 2021 VERSUS 2023 COMPARISON REPORT

MIDCOAST PHD

2023 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, as survey design, response rates, and confidentiality protections allow:

- **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**

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 usable surveys.

How to Read this Report

For the Grade 5-6 core reports, all non-demographic questions included on the 2023 MIYHS survey instrument are presented. For middle school (MS) and high school (HS), only questions that appeared on all four survey versions 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 2021 to 2023 and there may be a change in the way the results could be interpreted, the word "Modified" is listed after the question. For more information, please go to www://maine.gov/miyhs/ and select Data Results to access the 2021-2023 Modified Variable report under 2023 Data Results.

Each estimate is the weighted percentage of students who answered in the way specified in the question title; for instance, in 2023, 20.5% 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 quantify the degree of uncertainty in rate or prevalence estimates that result from sampling or random variability. Like the margin of error presented in political polls, the confidence interval presents a range of values within which the true underlying rate or prevalence is likely to lie. The 95% confidence interval is most commonly used, and is presented in this report.

Comparing Data: Is a Difference Statistically Significant?

UNDERSTANDING THE DATA

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. Statistical significance was determined by comparing 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. Each geographic unit is compared to the state in 2021 and in 2023, 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 comparison is not statistically significantly different. To protect the privacy of students in small schools where data has not been released, statistically significant differences between the state and the school are not shown for indicators that are very rare or very common in Maine (i.e., almost no students or almost all students reported it). Otherwise, the reports will still display statistically significant differences, even if privacy concerns prevent us from showing local data.

Midcoast PHD								
Demographics 2023 MIYHS Middle School Report								
Category	2021 PHD Count	2021 PHD Percent	2021 Maine Count	2021 Maine Percent	2023 PHD Count	2023 PHD Percent	2023 Maine Count	2023 Maine Percent
Total	**1,589**	**100.0%**	14,355	100.0%	**1,615**	**100.0%**	15,222	100.0%
Female	**741**	**46.6%**	6,909	48.1%	**790**	**48.9%**	7,307	48.0%
Male	**814**	**51.2%**	7,101	49.5%	**799**	**49.5%**	7,698	50.6%
Missing	**34**	**2.1%**	345	2.4%	**26**	**1.6%**	217	1.4%
Grade 7	**781**	**49.2%**	7,038	49.0%	**767**	**47.5%**	7,409	48.7%
Grade 8	**761**	**47.9%**	7,104	49.5%	**815**	**50.5%**	7,693	50.5%
Missing	**47**	**3.0%**	213	1.5%	**33**	**2.0%**	120	0.8%
12 or Younger	**670**	**42.2%**	5,866	40.9%	**442**	**27.4%**	4,206	27.6%
13	**735**	**46.3%**	7,030	49.0%	**850**	**52.6%**	7,633	50.1%
14 or Older	**181**	**11.4%**	1,412	9.8%	**316**	**19.6%**	3,341	21.9%
Missing	**3**	**0.2%**	47	0.3%	**7**	**0.4%**	42	0.3%

Demographic counts of students with usable surveys are unweighted
^ Data not available for 2021

Midcoast PHD
Demographics -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
1.	What language is spoken most often at home? (Select only one response.) (mn8b)/(Modified, mn8c)	Percentage of students who answered something other than "English"	**1.7%** **(1.0% - 2.4%)**	1.3% (0.7% - 1.8%)	4.5% (3.4% - 5.6%)	4.0% (2.8% - 5.2%)	L	L	
2.	Which of the following best describes you? (mn213_3/mn213_3)	Percentage of students who answered "Gay or lesbian", "Bisexual", "I describe my sexual identity some other way", or "I am not sure about my sexual identity (questioning)"	**21.7%** **(19.4% - 24.0%)**	26.1% (21.4% - 30.8%)	22.6% (21.6% - 23.6%)	26.6% (25.0% - 28.1%)			
3.	Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender? (mn214)	Percentage of students who answered "Yes, I am transgender"	**3.1%** **(2.6% - 3.5%)**	^	3.2% (2.9% - 3.5%)	^		^	^
4.	LGBTQ (mnlgbtq)	Percentage of students who identified as LGBTQ+	**21.8%** **(19.7% - 23.9%)**	^	22.8% (21.9% - 23.8%)	^		^	^

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
*** Because of confidentiality, estimates have been suppressed due to either very small or very large cell sizes.*
^ Data not available for 2021

Midcoast PHD
Violence -- 2023 MIYHS Middle School Report

	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	Significance Tests: A. PHD 2023 vs. Maine 2023	Significance Tests: B. PHD 2021 vs. Maine 2021	Significance Tests: C. PHD 2023 vs. PHD 2021
5.	Have you ever carried a weapon such as a gun, knife, or club on school property? (mn151/mn151)	Percentage of students who answered "Yes"	**4.8%** **(3.7% - 6.0%)**	4.6% (3.3% - 5.9%)	3.8% (3.4% - 4.1%)	3.0% (2.7% - 3.4%)			
6.	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"	**77.7%** **(74.1% - 81.4%)**	86.8% (83.4% - 90.2%)	79.2% (77.5% - 80.8%)	87.7% (86.4% - 89.0%)			L

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
*** Because of confidentiality, estimates have been suppressed due to either very small or very large cell sizes.*
^ Data not available for 2021

Midcoast PHD
Bullying -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
7.	Have you ever been bullied on school property? (mn22/mn22)	Percentage of students who answered "Yes"	**48.3%** **(43.1% - 53.6%)**	42.7% (38.5% - 46.8%)	48.6% (46.9% - 50.3%)	41.1% (39.4% - 42.8%)			
8.	Have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.) (mn152b/mn152b)	Percentage of students who answered "Yes"	**34.8%** **(32.4% - 37.3%)**	35.0% (27.7% - 42.3%)	35.1% (33.6% - 36.5%)	33.3% (31.6% - 35.0%)			

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
*** Because of confidentiality, estimates have been suppressed due to either very small or very large cell sizes.*
^ Data not available for 2021

Midcoast PHD
Suicide & Depression -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
9.	Have you ever felt so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (mn153/mn153)	Percentage of students who answered "Yes"	**34.5%** **(31.9% - 37.0%)**	30.3% (26.6% - 34.1%)	32.7% (31.5% - 34.0%)	29.6% (28.3% - 31.0%)			
10.	Have you ever seriously thought about killing yourself? (mn25/mn25)	Percentage of students who answered "Yes"	**23.9%** **(21.2% - 26.6%)**	20.9% (18.3% - 23.6%)	21.8% (20.6% - 23.0%)	20.0% (18.9% - 21.1%)			

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
*** Because of confidentiality, estimates have been suppressed due to either very small or very large cell sizes.*
^ Data not available for 2021

Midcoast PHD
Tobacco -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
11.	During the past 30 days, on how many days did you smoke cigarettes? (mn29/mn29)	Percentage of students who answered at least 1 day	**2.8%** **(2.1% - 3.4%)**	2.0% (1.2% - 2.9%)	2.0% (1.7% - 2.3%)	1.4% (1.2% - 1.6%)			
12.	Have you ever used an electronic vapor product? (mn173/mn173)	Percentage of students who answered "Yes"	**12.7%** **(10.5% - 15.0%)**	11.6% (8.8% - 14.4%)	11.4% (10.3% - 12.5%)	10.2% (9.2% - 11.3%)			
13.	During the past 30 days, on how many days did you use an electronic vapor product? (mn174/mn174)	Percentage of students who answered at least 1 day	**6.7%** **(4.6% - 8.8%)**	4.5% (3.1% - 5.9%)	5.7% (5.1% - 6.4%)	4.4% (3.8% - 5.0%)			

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
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^ Data not available for 2021

Midcoast PHD
Alcohol -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
14.	Have you ever had a drink of alcohol, other than a few sips? (mn59a/mn59a)	Percentage of students who answered "Yes"	**17.9%** **(14.8% - 20.9%)**	15.2% (13.0% - 17.5%)	15.6% (14.6% - 16.6%)	12.4% (11.4% - 13.4%)			
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	**43.0%** **(35.8% - 50.3%)**	43.4% (37.6% - 49.3%)	39.3% (37.0% - 41.7%)	39.1% (36.7% - 41.5%)			
16.	How old were you when you had your first drink of alcohol other than a few sips? (mn60_2/mn60_2)	Percentage of students who answered before age 11	**7.9%** **(5.9% - 9.8%)**	6.8% (5.5% - 8.1%)	6.3% (5.7% - 7.0%)	5.0% (4.5% - 5.6%)			
17.	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	**5.2%** **(3.5% - 6.9%)**	4.8% (3.4% - 6.1%)	4.8% (4.3% - 5.3%)	3.2% (2.8% - 3.6%)			
18.	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? (mn62a/mn62a)	Percentage of students who answered at least 1 day	**2.4%** **(1.3% - 3.4%)**	1.6% (0.8% - 2.4%)	1.8% (1.6% - 2.1%)	1.0% (0.8% - 1.2%)			

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
*** Because of confidentiality, estimates have been suppressed due to either very small or very large cell sizes.*
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Midcoast PHD
Alcohol -- 2023 MIYHS Middle School Report

	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	Significance Tests: A. PHD 2023 vs. Maine 2023	Significance Tests: B. PHD 2021 vs. Maine 2021	Significance Tests: C. PHD 2023 vs. PHD 2021
19.	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? (mn62a_2/mn62a_2)	Among students that reported alcohol use during the past 30 days in m61, the percentage of students who answered at least 1 day	**2.3%** **(1.3% - 3.4%)**	1.6% (0.8% - 2.3%)	1.8% (1.6% - 2.1%)	1.0% (0.7% - 1.2%)			
20.	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"	**42.8%** **(39.9% - 45.7%)**	37.9% (35.0% - 40.7%)	41.2% (39.8% - 42.6%)	34.1% (32.9% - 35.3%)			
21.	How wrong do your parents or guardians feel it would be for you to have 1 or 2 drinks of an alcoholic beverage nearly every day? (mn165)/(Modified, mn165a)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	**4.5%** **(2.4% - 6.6%)**	2.9% (2.0% - 3.7%)	4.1% (3.7% - 4.4%)	3.2% (2.7% - 3.6%)			

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
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^ Data not available for 2021

Midcoast PHD
Marijuana -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
22.	Have you ever used marijuana? (mn74/mn74)	Percentage of students who answered "Yes"	**10.3%** **(8.8% - 11.8%)**	8.9% (7.1% - 10.8%)	8.7% (7.8% - 9.6%)	6.7% (5.9% - 7.5%)			
23.	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	**22.6%** **(13.8% - 31.4%)**	19.6% (14.6% - 24.5%)	22.1% (19.5% - 24.7%)	21.1% (18.1% - 24.0%)			
24.	How old were you when you tried marijuana for the first time? (mn75_2/mn75_2)	Percentage of students who answered before age 11	**2.4%** **(1.2% - 3.6%)**	1.8% (1.2% - 2.4%)	1.9% (1.6% - 2.2%)	1.4% (1.2% - 1.7%)			
25.	During the past 30 days, how many times did you use marijuana? (mn76/mn76)	Percentage of students who answered at least 1 time	**5.7%** **(4.3% - 7.2%)**	3.8% (2.8% - 4.9%)	5.0% (4.4% - 5.6%)	3.2% (2.7% - 3.7%)			
26.	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"	**24.4%** **(21.7% - 27.1%)**	19.6% (16.9% - 22.2%)	22.2% (20.8% - 23.7%)	18.1% (16.8% - 19.4%)			

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
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Midcoast PHD
Marijuana -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
27.	How wrong do your parents or guardians feel it would be for you to use marijuana? (mn193)/(Modified, mn193a)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	**7.1%** **(5.7% - 8.6%)**	5.6% (4.1% - 7.1%)	7.6% (6.9% - 8.3%)	6.0% (5.4% - 6.6%)			
28.	How much do you think people risk harming themselves (physically or in other ways) if they use marijuana once or twice a week? (mn194/mn194)	Percentage of students who answered "No risk" or "Slight risk"	**40.6%** **(36.3% - 44.9%)**	39.5% (35.8% - 43.2%)	38.2% (36.5% - 39.8%)	38.0% (36.0% - 40.0%)			

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
*** Because of confidentiality, estimates have been suppressed due to either very small or very large cell sizes.*
^ Data not available for 2021

Midcoast PHD
Other Drugs -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
29.	Have you ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (mn183/mn183)	Percentage of students who answered "Yes"	**10.3%** **(8.4% - 12.2%)**	6.6% (5.3% - 7.8%)	8.9% (8.2% - 9.5%)	6.5% (6.0% - 7.0%)			H
30.	During the past 30 days, how many times did you take a prescription drug (such as Adderall, Ritalin, Xanax, OxyContin, Percocet, Vicodin, or codeine) without a doctor's prescription? (mn88a)/(Modified, mn88b)	Percentage of students who answered at least 1 time	**4.3%** **(2.5% - 6.0%)**	2.8% (1.9% - 3.8%)	4.9% (4.5% - 5.3%)	2.9% (2.6% - 3.2%)			
31.	Has anyone offered, sold, or given you alcohol or drugs on school property? (mn97)/(Modified, mn218)	Percentage of students who answered "Yes"	**9.4%** **(6.8% - 12.0%)**	^	7.4% (6.6% - 8.3%)	^		^	^

** CI = Confidence Interval*
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*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
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^ Data not available for 2021

Midcoast PHD
Sexual Behaviors -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
32.	Have you ever had sexual intercourse? (mn100/mn100)	Percentage of students who answered "Yes"	**8.5%** **(7.1% - 10.0%)**	5.3% (4.3% - 6.3%)	7.0% (6.3% - 7.7%)	5.0% (4.4% - 5.5%)			H

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
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^ Data not available for 2021

Midcoast PHD
Nutrition -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
33.	During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.) (mn116/mn116)	Percentage of students who ate fruit two or more times per day during the past seven days	**32.3%** **(29.2% - 35.5%)**	29.6% (24.2% - 34.9%)	29.3% (27.8% - 30.9%)	26.9% (25.3% - 28.5%)			
34.	During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.) (mn116_2/mn116_2)	Percentage of students who ate fruit less than 1 time per day during the past seven days	**55.0%** **(51.0% - 59.0%)**	57.0% (50.3% - 63.7%)	58.2% (56.4% - 60.0%)	61.3% (59.3% - 63.3%)			
35.	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	**38.3%** **(34.6% - 42.0%)**	34.6% (29.8% - 39.5%)	35.1% (33.7% - 36.6%)	32.1% (30.6% - 33.6%)			
36.	Fruit: less than one serving daily (mnonefrt/mnonefrt)	Percentage of students who drank 100% fruit juice and/or ate fruit less than 1 time per day during the past seven days	**33.1%** **(28.5% - 37.7%)**	35.4% (31.0% - 39.8%)	35.5% (34.0% - 37.1%)	39.2% (37.5% - 41.0%)			
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	**16.2%** **(13.3% - 19.1%)**	16.0% (11.3% - 20.6%)	14.2% (13.2% - 15.2%)	14.1% (13.0% - 15.1%)			

** CI = Confidence Interval*
*A. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than Maine 2023*
*B. **H/L**=PHD 2021 is significantly **H**igher / **L**ower than Maine 2021*
*C. **H/L**=PHD 2023 is significantly **H**igher / **L**ower than PHD 2021*
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^ Data not available for 2021

Midcoast PHD
Nutrition -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
38.	Vegetables: less than one serving daily (mnoneveg/mnoneveg)	Percentage of students who ate vegetables less than 1 time per day during the past seven days	**50.0%** **(46.6% - 53.3%)**	48.3% (41.4% - 55.2%)	51.6% (49.8% - 53.5%)	54.4% (52.3% - 56.5%)			
39.	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	**21.8%** **(19.9% - 23.7%)**	19.7% (15.9% - 23.5%)	18.9% (18.0% - 19.9%)	18.1% (17.0% - 19.2%)			
40.	Fruit and Vegetables: at least five servings daily (mnfrvg_2/mnfrvg_2)	Percentage of students who ate fruit and/or ate vegetables five or more times per day during the past seven days	**16.7%** **(14.5% - 18.9%)**	15.8% (11.7% - 19.9%)	14.4% (13.4% - 15.4%)	13.9% (12.8% - 15.1%)			

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Midcoast PHD
Nutrition -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
41.	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 D? (Do not count diet soda, other diet drinks, or 100% fruit juice.) (mn159a/mn159a)	Percentage of students who answered at least one time per day in the past week	**21.2%** **(17.3% - 25.0%)**	19.4% (16.4% - 22.5%)	23.3% (22.0% - 24.6%)	19.5% (18.3% - 20.7%)			
42.	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 D? (Do not count diet soda, other diet drinks, or 100% fruit juice.) (mn159a_2/mn159a_2)	Percentage of students who answered "I did not drink soda, sports drinks, energy drinks, or other sugar-sweetened beverages during the past 7 days"	**16.8%** **(13.5% - 20.1%)**	20.9% (17.6% - 24.2%)	16.9% (16.0% - 17.8%)	19.4% (18.4% - 20.5%)			

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Midcoast PHD
Physical Activity -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
43.	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.) (mn161/mn161)	Percentage of students who answered at least 5 days	**53.7%** **(48.7% - 58.7%)**	55.9% (49.6% - 62.3%)	50.2% (48.6% - 51.7%)	56.6% (54.8% - 58.4%)			
44.	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.) (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	**30.9%** **(27.7% - 34.1%)**	31.7% (25.3% - 38.2%)	27.9% (26.9% - 29.0%)	31.5% (30.1% - 32.9%)			

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Midcoast PHD
Assets -- 2023 MIYHS Middle School Report

							Significance Tests		
	Questions	Answers of Interest	PHD 2023 95% CI*	PHD 2021 95% CI*	Maine 2023 95% CI*	Maine 2021 95% CI*	A. PHD 2023 vs. Maine 2023	B. PHD 2021 vs. Maine 2021	C. PHD 2023 vs. PHD 2021
45.	During the past 30 days, where did you usually sleep? (mn187a_2/mn187a_2)	Percentage of students who reported housing instability (anything other than "In my parent's or guardian's home" or school housing)	**2.1%** **(1.2% - 3.1%)**	2.0% (1.3% - 2.7%)	2.0% (1.8% - 2.3%)	2.0% (1.8% - 2.3%)			
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"	**68.5%** **(65.0% - 72.1%)**	70.6% (67.8% - 73.5%)	69.3% (67.7% - 70.8%)	71.7% (70.5% - 72.9%)			
47.	How often does one of your parents or guardians talk with you about what you are doing in school? (mn144)/(Modified, mn144a)	Percentage of students who answered "About every day" or "About once or twice a week"	**81.4%** **(76.9% - 85.9%)**	85.5% (82.6% - 88.3%)	81.5% (80.2% - 82.8%)	85.6% (84.6% - 86.6%)			
48.	How often does your family give you love and support? (mn188/mn188)	Percentage of students who answered 'Most of the time' or 'Always'	**81.7%** **(79.3% - 84.1%)**	84.9% (83.6% - 86.2%)	84.3% (83.1% - 85.6%)	85.4% (84.4% - 86.4%)			
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"	**52.0%** **(47.3% - 56.8%)**	54.6% (49.3% - 59.9%)	53.6% (51.7% - 55.4%)	54.8% (53.1% - 56.4%)			

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