



## **MIYHS CORE QUESTIONS: 2013 VERSUS 2015 COMPARISON REPORT**

**MAINE**

**2015 MIYHS GRADE 5-6 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 usable surveys.

## How to Read this Report

For the Grade 5-6 core reports, all non-demographic questions included on the 2015 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 2013 to 2015 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 2013, 26.0% 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 2013, 26.0% of Maine high school students indicated that they drank alcohol in the past 30 days. There was a LCL of 25.7% and a UCL of 26.3%; this means that there was a 95% chance that between 25.7% and 26.3% of Maine students engaged in this behavior in the past 30 days, and a 5% chance that fewer than 25.7% or more than 26.3% 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 25.7% and 26.3%. 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. 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 2013 and in 2015, 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.

<b>Maine</b>				
<b>Demographics 2015 MIYHS 5-6 Report</b>				
<b>Category</b>	<b>2013 Maine Count</b>	<b>2013 Maine Percent</b>	<b>2015 Maine Count</b>	<b>2015 Maine Percent</b>
Total	6,579	100.0%	6,977	100.0%
Female	3,187	48.4%	3,411	48.9%
Male	3,298	50.1%	3,474	49.8%
Missing	94	1.4%	92	1.3%
Grade 5	2,478	37.7%	2,680	38.4%
Grade 6	4,025	61.2%	4,211	60.4%
Missing	76	1.2%	86	1.2%

*Demographic counts of students with usable surveys are unweighted  
 ^ Data not available for 2013*

**Maine**  
**Unintentional Injury -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
1.	How often do you wear a seat belt when riding in a car? (en7/en7a)	Percentage of students who answered "Never" or "Rarely"	<b>1.2%</b> (0.8% - 1.6%)	1.5% (1.1% - 2.0%)	
2.	How often do you wear a seat belt when riding in a car? (en7a_2/en7a_2)	Percentage of students who answered "Always"	<b>83.0%</b> (80.9% - 85.1%)	^	^
3.	How often do you sit in the back seat when you are riding in a car? (en8/en8a)	Percentage of students who answered "Never" or "Rarely"	<b>17.5%</b> (16.2% - 18.7%)	19.4% (17.4% - 21.4%)	
4.	When you ride a bicycle, how often do you wear a helmet? (en9a/en9a)	Among students who ride a bicycle, the percentage of students who answered "Never" or "Rarely"	<b>25.1%</b> (21.3% - 29.0%)	27.4% (24.0% - 30.7%)	

\* CI = Confidence Interval

A. **H/L**=State 2015 is significantly **Higher / Lower** than State 2013

^ Data not available for 2013

**Maine**  
**Bullying -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
5.	Have you ever been bullied on school property? (en51/en51)	Percentage of students who answered "Yes"	<b>44.4%</b> (42.2% - 46.6%)	47.2% (44.6% - 49.8%)	
6.	Have you ever been bullied away from school property? (en52a/en52a)	Percentage of students who answered "Yes"	<b>35.2%</b> (33.4% - 36.9%)	37.1% (35.6% - 38.5%)	

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A. **H/L**=State 2015 is significantly **Higher / Lower** than State 2013  
^ Data not available for 2013

**Maine**  
**Violence -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
7.	Do you agree or disagree with the following statement? "I feel safe at my school." (en12/en12)	Percentage of students who answered "Strongly agree" or "Agree"	<b>91.7%</b> (90.4% - 93.1%)	89.1% (87.8% - 90.4%)	

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A. **H/L**=State 2015 is significantly **Higher / Lower** than State 2013  
^ Data not available for 2013

**Maine**  
**Tobacco -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
8.	Have you ever tried cigarette smoking, even one or two puffs? (en13/en13)	Percentage of students who answered "Yes"	<b>1.6%</b> (1.2% - 2.1%)	1.9% (1.5% - 2.4%)	
9.	During the past 30 days, on how many days did you smoke cigarettes? (en14/en14)	Percentage of students who answered at least 1 day	<b>0.5%</b> (0.2% - 0.7%)	0.5% (0.3% - 0.7%)	
10.	Do you think you will try a cigarette soon? (en15/en15)	Percentage of students who answered "I definitely will", "I probably will" or "I probably will not"	<b>7.9%</b> (6.9% - 9.0%)	8.5% (7.4% - 9.5%)	
11.	Do you think you will smoke a cigarette at anytime during the next year? (en16/en16)	Percentage of students who answered "I definitely will", "I probably will" or "I probably will not"	<b>4.0%</b> (3.3% - 4.7%)	4.2% (3.5% - 4.8%)	
12.	If one of your best friends offered you a cigarette, would you smoke it? (en17/en17)	Percentage of students who answered "Definitely yes", "Probably yes" or "Probably not"	<b>6.9%</b> (5.9% - 7.9%)	8.1% (7.1% - 9.2%)	
13.	Tobacco Use Susceptibility (entobsus/entobsus)	Percentage of students who are susceptible to tobacco use	<b>11.2%</b> (9.9% - 12.5%)	12.0% (10.8% - 13.2%)	

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^ Data not available for 2013



**Maine**  
**Alcohol -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
14.	Have you ever had a drink of alcohol, other than a few sips? (en18a/en18a)	Percentage of students who answered "Yes"	<b>5.1%</b> (4.4% - 5.8%)	6.0% (5.1% - 6.9%)	
15.	During the past 30 days, on how many days did you have at least one drink of alcohol? (en19/en19)	Percentage of students who answered at least 1 day	<b>0.9%</b> (0.6% - 1.2%)	1.1% (0.6% - 1.5%)	
16.	If you wanted to get some alcohol, how easy would it be for you to get some? (en20/en20)	Percentage of students who answered "Sort of easy" or "Very easy"	<b>13.4%</b> (12.0% - 14.8%)	14.4% (13.0% - 15.9%)	
17.	How wrong do your parents feel it would be for you to drink alcohol regularly? (en21/en21)	Percentage of students who answered "A little bit wrong" or "Not wrong at all"	<b>2.3%</b> (1.9% - 2.7%)	2.8% (2.2% - 3.4%)	

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**Maine**  
**Marijuana -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
18.	Have you ever used marijuana? (en53/en53)	Percentage of students who answered "Yes"	<b>0.9%</b> (0.6% - 1.2%)	0.8% (0.6% - 1.1%)	

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^ Data not available for 2013

**Maine**  
**Other Drugs -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
19.	Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high? (en22a/en22a)	Percentage of students who answered "Yes"	<b>3.1%</b> (2.5% - 3.6%)	3.3% (2.8% - 3.9%)	
20.	During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use? (en23/en23)	Percentage of students who answered "Yes"	<b>40.9%</b> (38.8% - 42.9%)	41.4% (39.2% - 43.7%)	
21.	Do you agree or disagree with the following statement? "My family has clear rules about alcohol and drug use." (en24/en24)	Percentage of students who answered "Strongly agree" or "Agree"	<b>92.2%</b> (91.3% - 93.2%)	92.4% (91.1% - 93.6%)	
22.	About how many adults over 21 have you known personally who in the past year have gotten drunk or high? (en25/en25a)	Percentage of students who answered at least 1 adult	<b>43.8%</b> (42.0% - 45.6%)	45.0% (42.6% - 47.4%)	

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**Maine**  
**Nutrition -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
23.	Fruit: at least two servings daily (enfruit/enfruit)	Percentage of students who drank 100% fruit juice and/or ate fruit two or more times per day during the past seven days	<b>48.1%</b> (45.9% - 50.3%)	50.0% (48.1% - 51.8%)	
24.	Vegetables: at least three servings daily (enveg/enveg)	Percentage of students who ate vegetables three or more times per day during the past seven days	<b>18.8%</b> (17.2% - 20.3%)	18.5% (17.0% - 20.1%)	
25.	Fruit and Vegetables: at least five servings daily (enfrvg/enfrvg)	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>30.1%</b> (28.0% - 32.2%)	30.6% (28.5% - 32.6%)	
26.	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.) (en54_2/en54_2)	Percentage of students who answered at least one time per day in the past week	<b>21.0%</b> (18.4% - 23.5%)	22.2% (19.4% - 25.1%)	
27.	During the past 7 days, how many meals did you eat with your family? (en55/en55)	Percentage of students who answered at least 7 meals	<b>65.5%</b> (63.6% - 67.5%)	62.5% (59.8% - 65.2%)	

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^ Data not available for 2013

**Maine**  
**Physical Activity -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
28.	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.) (en56/en56)	Percentage of students who answered at least 5 days	<b>51.2%</b> (48.7% - 53.8%)	54.5% (51.4% - 57.7%)	
29.	60+ minutes of total physical activity daily (enpa7day/enpa7day)	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>28.6%</b> (26.0% - 31.2%)	30.9% (28.7% - 33.1%)	
30.	On an average school day, how many hours do you watch TV? (en34/en34)	Percentage of students who answered at least 3 hours	<b>24.1%</b> (21.4% - 26.7%)	25.4% (22.7% - 28.1%)	
31.	On an average school day, how many hours do you watch TV? (en34_2/en34_2)	Percentage of students who answered 2 or fewer hours	<b>75.9%</b> (73.3% - 78.6%)	74.6% (71.9% - 77.3%)	

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**Maine**  
**Physical Activity -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
32.	On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.) (en57a/en57a)	Percentage of students who answered at least 3 hours	<b>27.8%</b> (25.0% - 30.6%)	25.7% (23.5% - 28.0%)	
33.	On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.) (en57a_2/en57a_2)	Percentage of students who answered 2 or fewer hours	<b>72.2%</b> (69.4% - 75.0%)	74.3% (72.0% - 76.5%)	

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^ Data not available for 2013

**Maine**  
**Physical Activity -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
34.	Total daily screen time of 2 hours or less excluding school work (enscreen/enscreen)	Percentage of students watching 2 or fewer hours of combined screen time (tv, video games, computer) per day on an average school day	<b>38.3%</b> (35.5% - 41.0%)	40.9% (37.7% - 44.2%)	
35.	During an average week, how many days do you spend time in clubs, after-school programs, or other organized activities (other than sports) outside of regular school hours? (en35/en35)	Percentage of students who answered at least 1 day	<b>55.1%</b> (51.6% - 58.7%)	54.8% (51.0% - 58.6%)	

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^ Data not available for 2013

**Maine**  
**Asthma -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
36.	Has a doctor or nurse ever told you that you have asthma? (en36a/en36a)	Percentage of students who answered "Yes"	<b>19.6%</b> (18.3% - 21.0%)	20.9% (19.1% - 22.7%)	

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^ Data not available for 2013



**Maine**  
**Diabetes -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
37.	Has a doctor or nurse ever told you that you have diabetes? (en43a/en43a)	Percentage of students who answered "Yes"	<b>1.4%</b> (1.0% - 1.8%)	1.0% (0.8% - 1.3%)	

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^ Data not available for 2013

**Maine**  
**Dental Care -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
38.	When was the last time you saw a dentist or dental hygienist for a check-up, exam, teeth cleaning, or other dental work? (en60/en60)	Percentage of students who answered "During the past 12 months (1 year)" (Excludes "Not sure" responses from e60)	<b>86.8%</b> (85.0% - 88.7%)	89.5% (88.1% - 91.0%)	
39.	Have you missed any school this year because of problems with your teeth? For example, you needed to get a cavity filled or your tooth hurt. We are not asking about missing school to see a dentist for a regular check-up or cleaning. (en61/en61)	Percentage of students who answered "Yes" (Excludes "Don't know" responses from e61)	<b>15.3%</b> (13.8% - 16.7%)	14.8% (13.7% - 15.9%)	

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**Maine**  
**Sun Protection -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
40.	When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher? (en46/en46)	Percentage of students who answered "Most of the time" or "Always"	<b>51.0%</b> (48.1% - 53.9%)	45.6% (43.5% - 47.7%)	H
41.	When you are outside for more than one hour on a sunny day, how often do you do one of the following: stay in the shade, wear clothing that covers most of your arms and legs, or wear a hat? (en47/en47)	Percentage of students who answered "Most of the time" or "Always"	<b>36.7%</b> (34.9% - 38.4%)	31.3% (29.8% - 32.9%)	H
42.	During the past year, have you had any sunburns? (A sunburn is any reddening or burn of the skin that lasts until the next day.) (en48/en48)	Percentage of students who answered "Yes"	<b>50.6%</b> (48.1% - 53.0%)	53.3% (51.3% - 55.3%)	

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A. H/L=State 2015 is significantly Higher / Lower than State 2013  
^ Data not available for 2013

**Maine**  
**Assets -- 2015 MIYHS 5-6 Report**

					Significance Tests
	Questions	Answers of Interest	Maine 2015 95% CI*	Maine 2013 95% CI*	A. Maine 2015 vs. Maine 2013
43.	Do you agree or disagree that you have parents who try to help you succeed? (en49/en49)	Percentage of students who answered "Strongly agree" or "Agree"	<b>92.2%</b> (91.2% - 93.2%)	92.3% (91.2% - 93.5%)	
44.	Do you agree or disagree that at least one of your teachers really cares and gives you help and support when you need it? (en50/en50)	Percentage of students who answered "Strongly agree" or "Agree"	<b>85.3%</b> (83.6% - 87.0%)	85.1% (82.9% - 87.2%)	

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A. H/L=State 2015 is significantly Higher / Lower than State 2013  
^ Data not available for 2013