

## The Maine Integrated Youth Health Survey (MIYHS) Looking at the 2017 Data, and How to use it

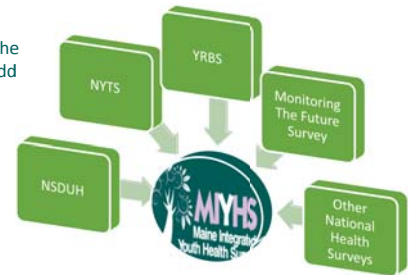
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## MIYHS Background

- Comprehensive youth health survey
- First year of the project was 2009, and the project is administered in February of odd years
- The MIYHS is a result of combining multiple national survey instruments together
  - To minimize educational interruption
  - And maximize data availability
- Collaboration between the Maine Department of Health and Human Services and the Maine Department of Education.



## Explanation of Survey Modules and Sample Design

Module	Survey Design	Participants	Survey Question Method	Data Depth
Kindergarten & Third Grade	Sample (w/ replacements)	<b>Survey Questions:</b> Parents <b>Oral Health Screening:</b> Students	Paper or Phone Call	State Level Data
5 <sup>th</sup> & 6 <sup>th</sup> Grade	Sample (+volunteer schools)	Students	Paper during normal class period	-State Level Data -Public Health District Data -School Level Data* -School District Level Data*
Middle School (7 <sup>th</sup> & 8 <sup>th</sup> Grade)	Census			-State Level Data -Public Health District Data -County Level Data
High School (9 <sup>th</sup> -12 <sup>th</sup> Grade)	Census			-School Level Data* -School District Level Data*

## 5<sup>th</sup>/6<sup>th</sup> and K/3 Surveys- The Basics

### 5<sup>th</sup> and 6<sup>th</sup> Grade Survey

- Student survey with age appropriate questions
- Height/Weight assessment for 5<sup>th</sup> grade only
- About 129 Schools sampled for 2017
  - Over 75 of those sampled participated
  - About 25 volunteer schools

### Kindergarten and Third Grade

- Parent Survey
- Student Oral Health Screening-
  - Screening assistance provided by Registered Dental Hygienist
- Student Height/Weight assessment
- 24 Schools sampled for 2017
  - 22 of those sampled participated

## Middle School (MS) and High School (HS) Surveys- The Basics

### Middle School (7<sup>th</sup>-8<sup>th</sup>) Survey

- Student survey with age appropriate questions
- Self reported Ht/Wt
- 4 Survey Modules
  - Total question pool of about 90
  - Module question counts  
Lowest: 80 Highest: 81
- All Schools invited to participate
- Over 120 Schools in 2017

### High School (9<sup>th</sup>-12<sup>th</sup>) Survey

- Student survey with age appropriate questions
- Self reported Ht/Wt
- 4 Survey Modules
  - Total question pool of about 115
  - Module question counts  
Lowest: 99 Highest: 110
- All Schools invited to participate
- Over 105 Schools in 2017

## MIYHS Background

- Depending on the survey module, the survey covers the following topics:
  - Alcohol, tobacco and drug use
  - Bullying
  - Sexual health
  - Injury
    - Intentional
    - Unintentional
    - Vehicle Safety
  - Housing Stability
  - Physical activity
  - Nutrition
  - Mental health
  - Protective factors
    - Self confidence
    - Perception (of: harm, supports, assets, etc.)
  - Grades
  - School Climate
  - Hours of Sleep

## 2017 MIYHS- Fast Facts

[Data.mainepublichealth.gov/miyhs](http://Data.mainepublichealth.gov/miyhs)

OR

[Maine.gov/MIYHS](http://Maine.gov/MIYHS)

- Over **350** schools participated
- Surveying **61,000+** students.
- Over **80%** of all Middle Schools (MS) & High Schools (HS)
- All Counties and Geographic PHD's\* are reportable for the first time (!!!)

\*= Population Based Tribal Public Health District Report Unavailable

## Confidence Intervals

Survey Year	
2015	2017
51.3%	57.3%
(50.0%-52.5%)	(55.9%-58.6%)

- For all surveys, the reported percentage is an estimate & has some statistical error.
- This is error is accounted for by the **Confidence Interval (C.I.)**:
  - a range defined by: the **Lower Confidence Limit (LCL)** & the **Upper Confidence Limit (UCL)**.
- 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.

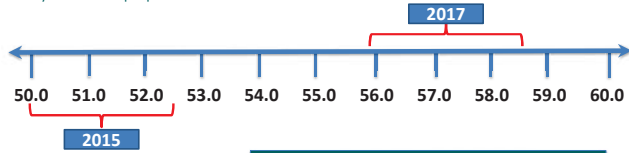
## Confidence Intervals: Determining Significant Changes

**Survey Question: (High School)**

Do you agree or disagree that in your community you feel like you matter to people?

**Showing HS Students who answered:**

'Agree' or 'Strongly Agree'

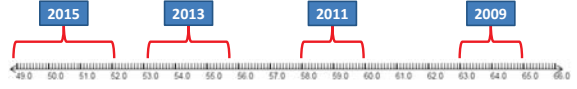


Survey Year	
2015	2017
51.3%	57.3%
(50.0%-52.5%)	(55.9-58.6)

By comparing the *Confidence Interval* of this data point in 2015 and 2017; it can be seen that there is no overlap between the C.I.s.  
 This means there IS a statistically significant difference between the percent of high school students who reported that they feel like they matter in their community in 2015 and the percentage in 2017

## Confidence Intervals: Example Significant Change trending over time

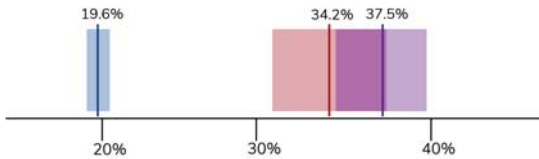
**Survey Question:** During your life, how many days have you had at least one drink of alcohol?



**Showing HS Students who answered:** At least 1 day

Survey Year			
2009	2011	2013	2015
64.1	59.4	54.3	50.9
(63.1-65.1)	(58.2-60.6)	(53.1-55.6)	(49.8-52.0)

By comparing each *Confidence Interval* of this data point from: 2009, 2011, 2013, and 2015, it can be seen that there is no overlap between the C.I.s.  
 This means there has been a statistically significant decrease in Maine high school students who reported drinking alcohol at least once since 2009.



Have you ever been bullied on school property in the past 12 months?		
	%	95% Confidence Interval
Heterosexual	19.6	(18.6-20.7)
Gay/lesbian	34.2	(30.6-37.8)
Bisexual	37.5	(35.1-39.9)

# WHAT'S NEW

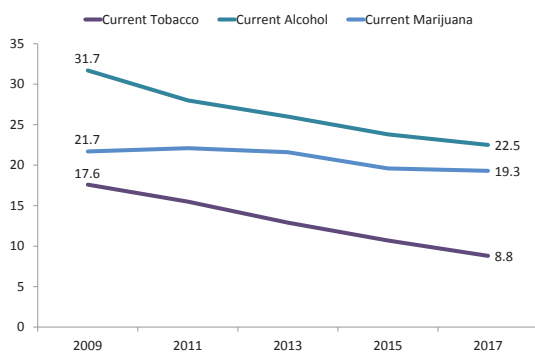
From the 2017 Maine Integrated Youth Health Survey

## 2017 MIYHS Data- A Few Highlights

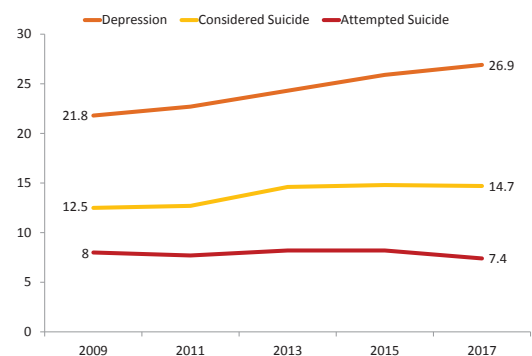
- 11% of Maine HS students reported being of LBG sexual orientation
- 1.5% of Maine HS students reported identifying as transgender
- 22% of Maine HS students reported being bullied on school property *in the past year*
- 46% of Maine MS students reported being bullied on school property *in their lifetime*
- Significantly more Maine HS students agreed that “at least one of their teachers really cares and is there for help and support” as compared to 2015 (81.5% vs. 79.7%)
- 22% of Maine 5<sup>th</sup>&6<sup>th</sup> grade students reported being home alone for more than 2 hours on an average school day.

## 2017 MIYHS Data- A Few Highlights

- Significantly fewer Maine HS students reported smoking a cigarette in the past 30 days as compared to 2015 (8.8% vs. 10.7%)
- Significantly fewer Maine MS students reported smoking a cigarette in the past 30 days as compared to 2015 (1.9% vs 2.7%)
- About 22.5% of Maine HS students and about 4% of Maine MS students have tried alcohol in the past 30 days
- About 19% of Maine HS students and about 4% of Maine MS students have tried marijuana in the past 30 days
  - About 65% of Maine HS students reported a low perception of harm in using marijuana once or twice a week
  - About 52% of Maine HS students reported a high ease of access to marijuana



2017 Maine Integrated Youth Health Survey

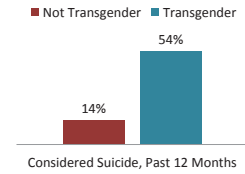
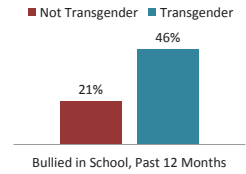
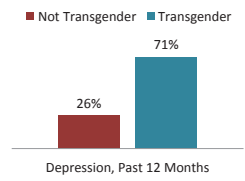
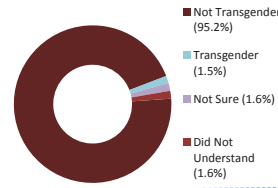


2017 Maine Integrated Youth Health Survey

## New ?'s for 2017

“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?”

- A. Yes, I am transgender
- B. No, I am not transgender
- C. I am not sure if I am transgender
- D. I do not understand the question

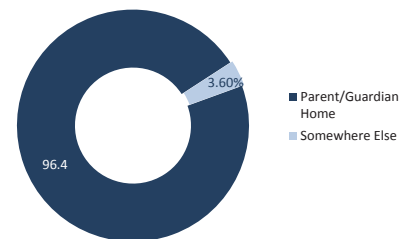


## New ?'s for 2017

“During the past 30 days, where did you usually sleep?”

- A. In my parent’s or guardian’s home
- B. In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing
- C. In a shelter or emergency housing
- D. In a motel or hotel
- E. In a car, park, campground, or other public place
- F. I do not have a usual place to sleep
- G. Somewhere else

## *Housing Insecure*



## MIYHS ACE question

- Question asked for first time in 2017 HS survey.
- MIYHS ACE question includes similar items to those in the original ACEs study.
- ACE score includes responses to separate questions on **sexual violence** and **domestic violence at home**.
- Did **not** include **parental substance abuse**, but planning to include in 2019 version.

## ACE question wording

Please tell us **how many** of the following six things have **EVER** happened to you (add up how many ever happened to you):

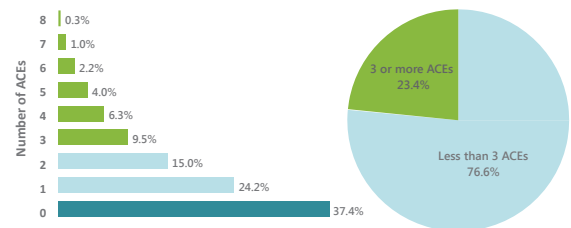
- Your parents/guardians got divorced or separated
- A parent/guardian died
- A parent/guardian was in jail or prison
- You lived with an adult who had a mental illness
- Your parent or another adult you lived with often swore at you, insulted you, put you down, or humiliated you
- You were physically hurt by an adult in your home

## Additional ACE score questions

- **Sexual violence:** *Have you ever been forced (physical or otherwise) to have sexual contact?*
- **Exposure to domestic violence at home:** *Has violence in your home, or the threat of violence, ever made you want to leave home, even just for a short while?*

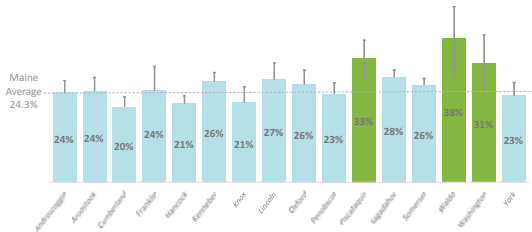
Nearly **1 in 4** Maine high school students have experienced **3 or more ACEs**.

The **majority** have experienced **less than 3**; **over one-third** have experienced **no adverse events**.



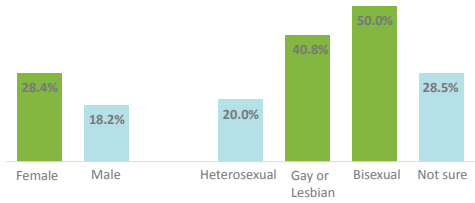
## Experiencing 3 or more ACEs...

... was more common in **Piscataquis, Waldo** and **Washington** counties.



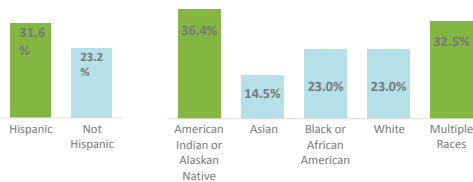
## Experiencing 3 or more ACEs...

... was more common among **girls** and **LGB students** compared with **boys** and **heterosexual students**.

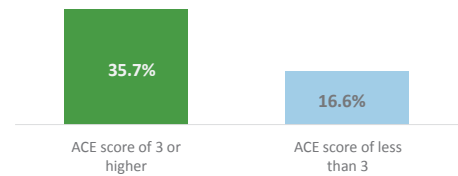


## Experiencing 3 or more ACEs...

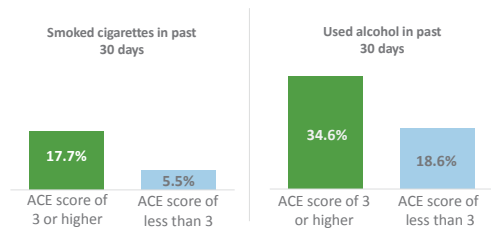
... was more common among **American Indian, Multiracial** and **Hispanic/Latino students** relative to students of **other races** or **non-Hispanic ethnicity**.



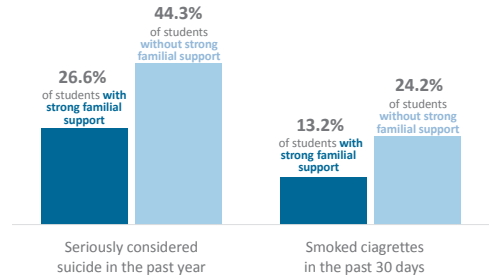
**Over one-third** of students with **3 or more ACEs** reported having experienced bullying at school in the past year, compared **less than 17%** of students with **less than 3 ACEs**.



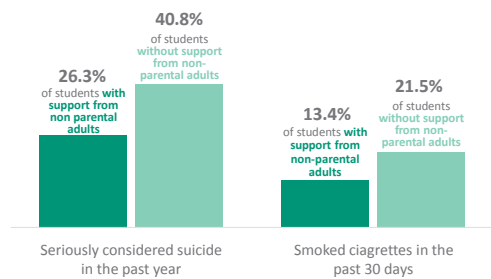
Smoking cigarettes and using alcohol in the past 30 days were both **higher** among students with **3 or more ACEs**.



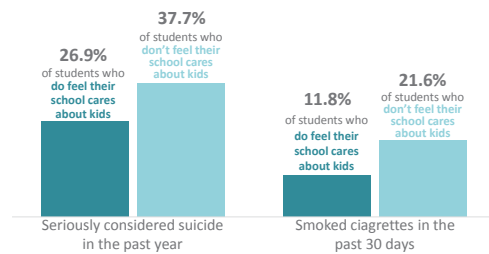
**Strong familial love and support** was protective against **suicide consideration** and **smoking** among higher ACE students



Higher ACE students **with frequent support from non-parental adults** were less likely to consider **suicide** or **smoke cigarettes**.



Higher ACE students who felt their **school "cares about kids"** were less likely to experience **suicidal ideation** or to **smoke**.





## Challenges and limitations

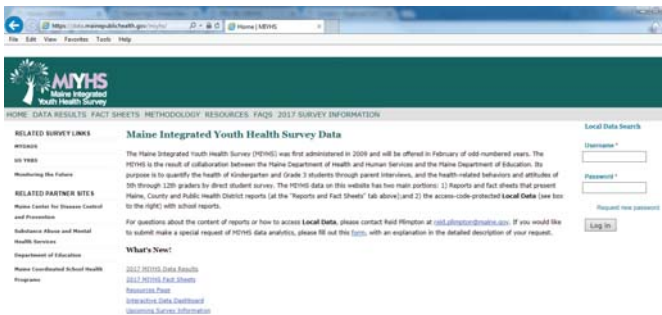
- MIYHS data are generalizable to public school students, but not to young people who are not in school.
- ACE and protective factor questions are at end of the HS survey and have higher % of missing answers.
- ACE question leaves out exposure to substance use in home.
- Not able to assess association between ACE score and academic performance; questions are on different survey modules.
- On-going efforts are underway to improve quality of MIYHS data.

## 2017 MIYHS Data- Helpful Hints and Where to find the data:

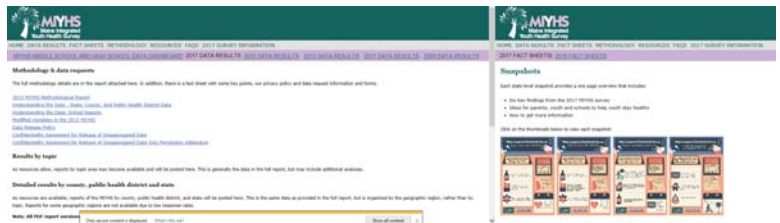
- **2017 Detailed Reports-**
  - All pdf versions of reports have a “search” function- Ctrl+F (use either key words or *variable code*)
- **The Comparison Reports-**
  - these highlight only *core* measures
  - meaning that these showcase the data that is available all the way down to the school level (as response rates and confidentiality allows)
- **Data Dashboard-**
  - Has been updated with 2017 MS and HS data, along with some new measures! See [here](#)
- **Topic Specific Infographics**
  - Previous year’s formats have been updated and can be found [here](#)
  - New formats are being developed (including Transgender, LGBT, and more!)

For both sets of reports above, See [here](#) (click the “Reports by” at data depth needed for a drop down menu to appear)

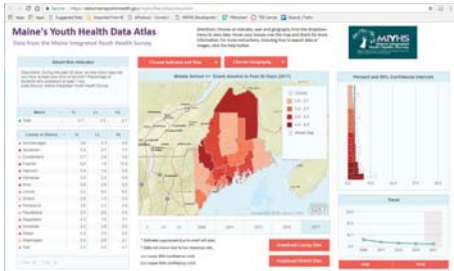
## The Website



## The Website



The Data Dashboard



## Thank you!

- Questions?
- Contact information:

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