

Understanding the connection between ACES, Resilience, and ADHD: Working More Effectively with Families

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DEDICATED TO THE HEALTH OF ALL CHILDREN™
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Points To Emphasize

- When children have parents with mental illness and substance abuse, they experience problems with attachment and that is not the same as
- ...when children experience severe traumatic stress that causes a sense of life threat and PTSD and
- ...what the ACEs are and what that means for their long term health and well being.

*Some children have ACEs, attachment
and Trauma and ADHD.*

It's important to address all of these challenges.

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Medical Needs of Children in Foster Care

PEDIATRICS Vol. 106 No. 4 Supplement October 2000, pp. 909-918 Mark D. Simms, MD, MPH*, Howard Dubowitz, MD, MS, and Moira A. Szilagyi, MD, PhD

- Most children enter foster care with medical, mental health or developmental problems
- Many do not receive adequate or appropriate care while in placement
- Multiple barriers to adequate health care

Medical Needs of Children in Foster Care

Klee L. Foster care's youngest: a preliminary report. *Am J Orthopsychiatry*, 1997; 67:290-299

- Most children are placed in foster care as a result of:
 - Neglect (53%)
 - Physical abuse (26%)
 - Sex abuse (15%)
 - Emotional abuse (5%)
 - Medical neglect (3%)
- **Only 10% of children for whom abuse or neglect is substantiated are removed from parental care**
- Children in foster care are a very high-risk group of children and youth

Medical Needs of Children in Foster Care

Szilagyi, M. The Pediatrician and the Child in Foster Care, *Pediatrics in Review*. 1998;19:39-50

- 80% have at least one chronic medical condition
- about 25% have three or more chronic problems
- 60% of preschool children in foster care have a developmental disability
- nearly 40% of older children qualify for special education services
- Children in foster care tend to be underimmunized, even compared with other poor children

Adult Health and Social Outcomes of Children Who Have Been in Public Care

Viner Pediatrics 2005;115:894-899

- British Cohort of 13,135 Children
- 343 had been in public care
- More likely to have been homeless (2)
- More likely to have a conviction (2.3)
- More likely to be unemployed (2.6)
- More likely to have psych morbidity (1.8)
- More likely to be in poor health (1.6)

Nunya, a case study

- 7 year old boy name: Nunya...Bidnes
- Poor eye contact, 1 word answers
- First appointment w/me in temporary resource care
- Father in jail, Meth Lab caught fire and “he blew up the house”
- Mother has been in and out of his life
- Mother in jail, mental illness, substance abuse, threatening to self and others, OUI
- Maternal grandmother and Uncles have been the stabilizing force

Nunya, a case study

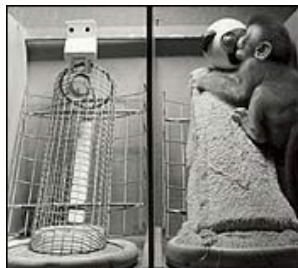
- 7 year old boy name: Nunya...Bidnes
 - Aggressive at home and school, hits other kids, sometimes hits himself
 - Wants to be a robber when he grows up
 - Impulsive and distractible at home and school
 - Difficulty with sleep onset, nightmares
 - Daytime headaches
 - Secondary nocturnal enuresis since the house caught fire
 - Stomach aches
 - Stool leakage- diarrhea alternates with constipation

Nunya, a case study

- 7 year old boy name: Nunya...Bidnes
 - 6 months in care, safe, stable home environment, now at GM's
 - Sleep improved with melatonin
 - Nightmares gone, sleeps through the night
 - HA and abdominal pain resolved
 - Enuresis and encopresis resolved
 - Psych evaluation showed low cognitive function FSIQ 74, Dx ADHD
 - See first Vanderbilt
 - Started stimulant and started behavior therapy
 - See second and third Vanderbilt's, wants me to call him "Buddy"
 - Wants to be a Cop

Medical Needs of Children in Foster Care

- Attachment
- Harlow 1958
 - Rhesus monkeys contact comfort



Medical Needs of Children in Foster Care

- **Attachment Bowlby and others 1960's**
 - Children are pre-programmed to form attachments with others
 - Infants produce innate 'social releaser' behaviors such as crying and smiling that stimulate innate caregiving responses from adults
 - Observed that children experienced intense distress when separated from their mothers
 - Attachments were most likely to form with those who responded accurately to the baby's signals, not the person they spent more time with

Medical Needs of Children in Foster Care

- **Attachment**
- **Affectional bonds**
 - ◦ Involves specific person
 - ◦ Persistent
 - ◦ Emotionally significant
 - ◦ Wish to maintain proximity
 - ◦ Distress upon separation
- Individual seeks comfort in the relationship, as well as security

Medical Needs of Children in Foster Care

- Ainsworth 1970's
- Strange Situation
- Procedure
 - Mom and baby in room together
 - Stranger enters
 - Stranger leaves
 - Mom leaves baby alone
 - Stranger enters
 - Mom returns

Medical Needs of Children in Foster Care

- Ainsworth
- Securely attached (B babies)
 - Child upset by mom's departure
 - Calmed by mom's return
 - Return to exploration
- Anxious Resistant (C babies)
 - Difficulty separating
 - Difficulty settling upon reunion
- Anxious avoidant (A babies)
 - Readily separates
 - Active avoidance upon reunion

Medical Needs of Children in Foster Care

Disorganized Attachment

- Differs from secure and insecure
 - NO consistent strategy for coping is present
- Often shows behaviors characteristic of avoidant & resistant: Seen more frequently in HIGH risk populations

Securely attached children:

More enthusiasm and compliance

More positive affect, More symbolic play

- At 3 ½ years:
- More social competence, greater sympathy and less withdrawal

Traumatic Stress

- An event occurs or a series of events occur
 - Children are situational
 - Remove from the sense of threat and behavior may normalize
 - Return to the same environment and symptoms recur
 - Predictable events
 - Not preventable
 - Unpredictable
 - Occur on a variable schedule
 - May develop strategies to prevent the event

Why do events lead to traumatic stress?

- These events challenge beliefs about the world as a safe place; they create a sense of vulnerability.
- They cause a realistic (subjective) sense of life threat.
- The child or parent may feel helpless.
- There may be uncertainty about course and outcome.
- Pain or observed pain is often involved.
- Exposure to injury or death of others can occur.
- The family is often required to make important decisions in times of great distress.

Traumatic Stress Symptoms

Re-experiencing

"It pops into my mind."

"Feels like it's happening again."

"I get upset when something reminds me of it."

Avoidance

"I block it out - try not to think about it."

"I try to stay away from things that remind me of it."

Increased arousal

"I am always afraid something bad will happen."

"I jump at any loud noise."

"I can't concentrate, can't sleep."

Dissociation

"It felt unreal -- like I was dreaming."

"I can't even remember parts of it."

These and other emotional reactions are common in children and family members after traumatic events.

Diagnosis of Traumatic Stress Disorders: ASD and PTSD

Acute Stress Disorder (ASD)

- Dissociation
- Re-experiencing
- Avoidance
- Anxiety & arousal
- Symptoms last 2 days - 4 weeks and cause impairment

Posttraumatic Stress Disorder (PTSD)

- Re-experiencing
- Avoidance
- Increased arousal
- Symptoms last at least 1 month and cause impairment

Traumatic stress disorders occur after events in a minority of children and their family members.

Medical Needs of Children in Foster Care

- Sudden adrenaline release
- Increase urine production, increased renal blood flow, blocked ADH; increased risk of enuresis
- Hypervigilance, poor sleep
- Jumpy, reactive, increased startle response
- Blood shunted from GI to muscle
 - Constipation
 - Encopresis

Medical Needs of Children in Foster Care

- Aggressive, reactive behavior
- Secondary enuresis, diurnal enuresis
- Sleep deprivation, nightmares
- Attend to the threat, not school work
- Poor school performance
- Increased injuries

Nunya, a case study

- Now 8 year old boy name: “Buddy”
 - 12 months in care, safe, stable home environment, now at GM’s
 - See 4th Vanderbilt start of a new school year
 - Vanderbilt in November was excellent, school reports excellent
 - See March Vanderbilt (5th)
 - Not able to sleep till midnight, up at 6 for school.
 - Inattention worse
 - Increased impulsivity
 - Not completing his work
 - Increased need for teachers time (attachment)
 - Unhappy and distracted when teacher leaves the room

PREP Data

1999 and 2006

- 996 children entered foster care
- 246 infants age 0-1
- 222 children age 2-5
- 285 children age 6-11
- 243 teens age 12-17

Behavioral and Developmental Problems

1999-2005

- PTSD age 12-17
 - Females 31%
 - Males 23%
- ADHD age 12-17
 - Females 6%
 - Males 26%
- Depression age 12-17
 - Females 24%
 - Males 12%

PREP Data

Outcomes

Active Mental Health Problems

	Exam 1	Exam 2
• < Age 5	41%	37%
• Age 5-9	79%	62%
• Age 10-14	81%	60%
• Age 15-17	88%	67%

PREP Data

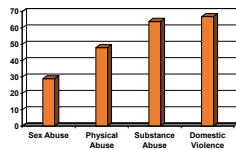
Placement Number

- Children with first placement in an agency setting were more than twice as likely to have placement instability
- 25% of the children had 3 or more placements in a year
- 42% of the teens had 3 or more placements in a year
- There was an association between placement instability and PTSD

PREP Data 2005 Adverse Childhood Events

- 882 (89%) neglect
- 635 (64%) exposed to domestic violence
- 445 (45%) physical abuse
- Girls (32%) sexual abuse (Teens)
- Boys(21%) sexual abuse (Teens)
- 52 (5%) parent death (10% Teens)
- 35% had \geq 4 adverse childhood events

% PREP 2005 Foster Children with Adverse Childhood Experience



Exposed to Substance Abuse

7/1/2014 to 12/31/2015

- 195/263 patients exposed to parental substance abuse (74%)
- 21/84 patients under age 2 when entering resource care had been diagnosed with neonatal abstinence syndrome (25%)

1999-2005

35 infants/year

2014-2015

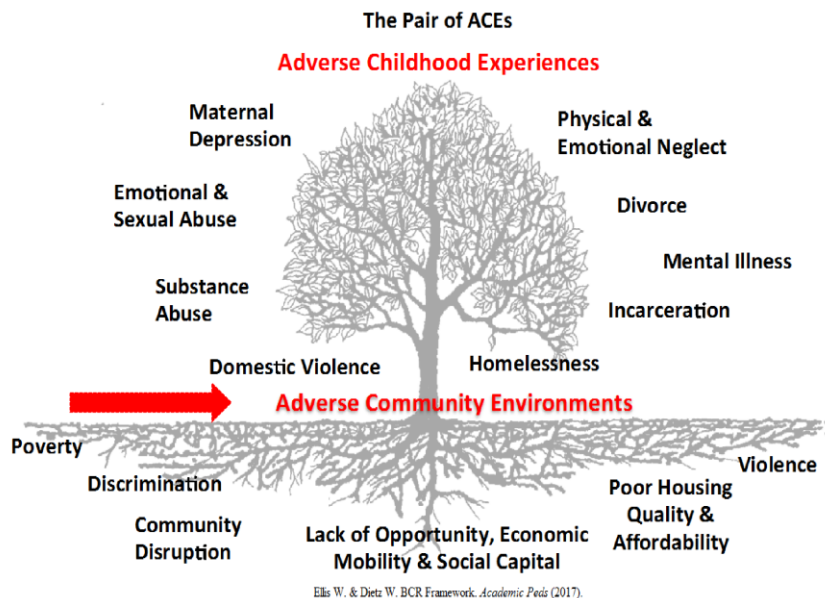
56 infants/year

Nunya, a case study

- Now 8 year old boy name: “Buddy”
 - Mom out of Jail February 2018
 - Police have already been to mom’s home twice and he has been exposed to her threatening and substance abuse. Mom verbally abusive to Buddy and his GM and threatening harm to self and others. Then mom emotionally upset when they didn’t want to come for Easter.
 - Afraid mom will harm GM
 - Worried about his mother, blames himself for mother’s upset
 - ADHD and LD
 - Attachment
 - Traumatic stress

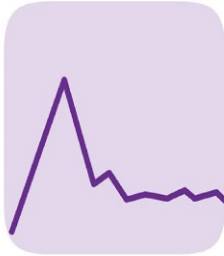
Nunya, a case study

- Now 8 year old boy name: “Buddy”
- ACEs
 - Exposed to DV
 - Emotional abuse
 - Exposed to parent SA
 - Exposed to parent mental illness
 - Parent incarcerated
 - Parent neglect (passed out on the bed in mid day when she was supposed to take him back to school, no food in her home, driving under the influence)



Types of Stress Responses

POSITIVE



A normal and essential part of healthy development

EXAMPLES

getting a vaccine,
first day of school

TOLERABLE



Response to a more severe stressor, limited in duration

EXAMPLES

loss of a loved one,
a broken bone

TOXIC



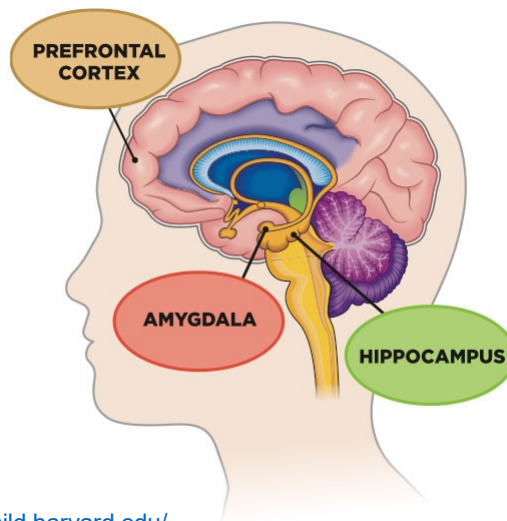
Experiencing strong, frequent, and/or prolonged adversity

EXAMPLES

physical or emotional abuse,
exposure to violence

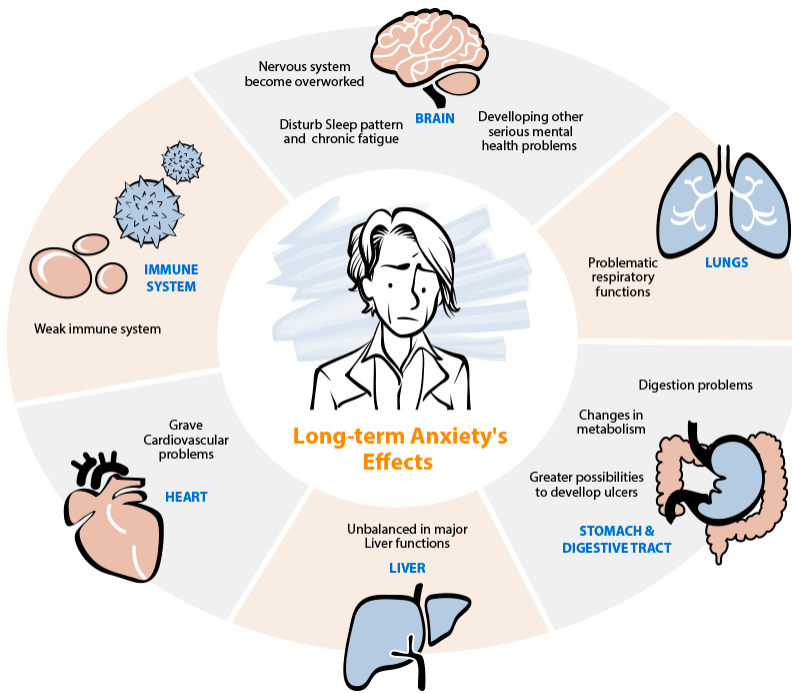
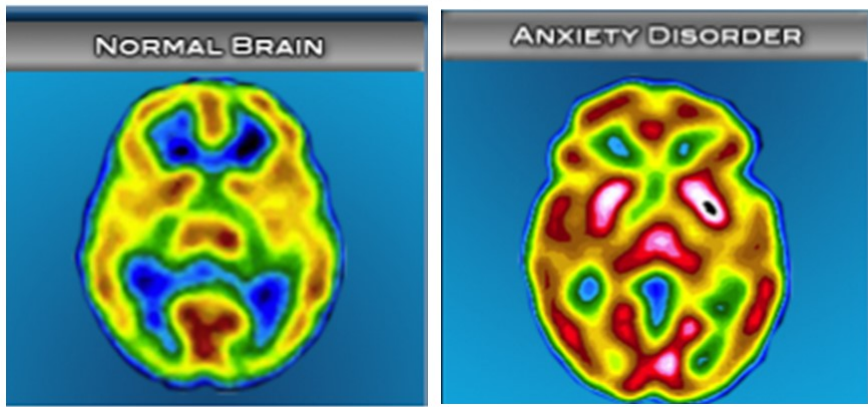
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The Impact of Trauma Upon the Developing Brain

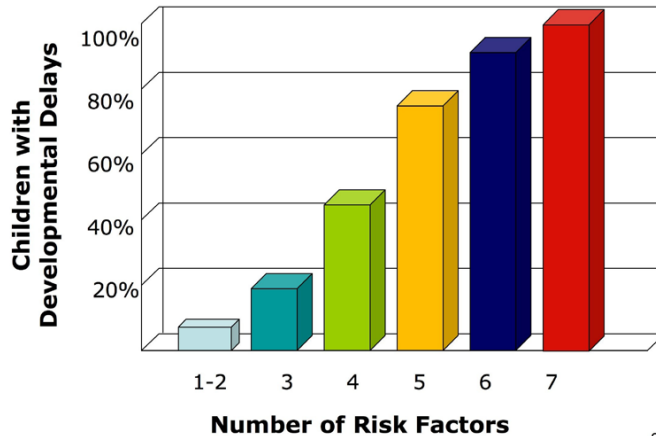


<http://developingchild.harvard.edu/>

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Significant Adversity Impairs Development in the First Three Years



Source: Barth et al. (2008)

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PTSD vs. ADHD?

Symptoms:

- Increased fears and anxieties especially at night or at separation
- Increased level of distress, irritability, easily set off or stressed
- Frequently avoid thoughts, feelings, reminders associated with the trauma
- Decreased interest in previously significant activities (friends, school, sports or hobbies)
- Emotional regression – thumb sucking, developmental regression, bowel or bladder control
- Detachment from others
- Restricted emotional affect, anger, aggressive play
- Difficulty seeing a future for themselves
- Sleep disturbance, easily startled, difficulty concentrating, hypervigilance

**My combat-related
PTSD aggravated
an old wound...
from when
I was 8.**



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Inattentiveness

- Often does not give close attention to details or makes careless mistakes in schoolwork, work, or other activities.
- Often has trouble keeping attention on tasks or play activities.
- Often does not seem to listen when spoken to directly.
- Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (loses focus, gets sidetracked).
- Often has trouble organizing activities.
- Often avoids, dislikes, or doesn't want to do things that take a lot of mental effort for a long period of time (such as schoolwork or homework).
- Often loses things needed for tasks and activities (e.g. toys, school assignments, pencils, books, or tools).
- Is often easily distracted.
- Is often forgetful in daily activities.



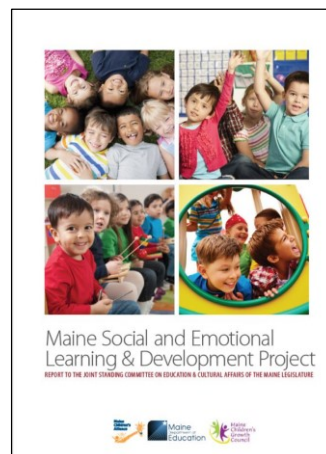
Hyperactivity

- Often fidgets with hands or feet or squirms in seat when sitting still is expected.
- Often gets up from seat when remaining in seat is expected.
- Often excessively runs about or climbs when and where it is not appropriate (adolescents or adults may feel very restless).
- Often has trouble playing or doing leisure activities quietly.
- Is often "on the go" or often acts as if "driven by a motor".
- Often talks excessively.
- Often blurts out answers before questions have been finished.
- Often has trouble waiting one's turn.
- Often interrupts or intrudes on others (e.g., butts into conversations or games).

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Maine's SELD Study/Outcomes

- 2nd in the US for the rate of very young children – ages 2-8 – suspended or expelled from an early care setting
- LD 1108 – to support Early Childhood Consultation Services to support teachers, parents and kids struggling with behavioral challenges in child care, preschool and early elementary grades.



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Table 3. Percent of Teachers Rating Different Challenging Behaviors as "Very Common," "Fairly Common" and "Not Very Common"

TYPES OF CHALLENGING BEHAVIORS	Very Common	Fairly Common	Not Very Common
★ Hitting, throwing things, pushing, biting	34%	33%	30%
★ Extremely active, impulsive, has trouble engaging appropriately in class activities	32%	35%	31%
★ Refuses to cooperate, including will not clean-up, will not follow directions	26%	38%	34%
★ Sad behavior including crying, withdrawn, not wanting to participate	16%	33%	48%
Name calling, threatening others, angry words	14%	26%	57%
Appears worried and easily frightened	6%	20%	72%
Refuses to eat or feed	3%	11%	83%

<http://mekids.org/assets/files/earlychildhood/seld/3.29.17%20SEL%20Report.pdf>

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Spokane Washington



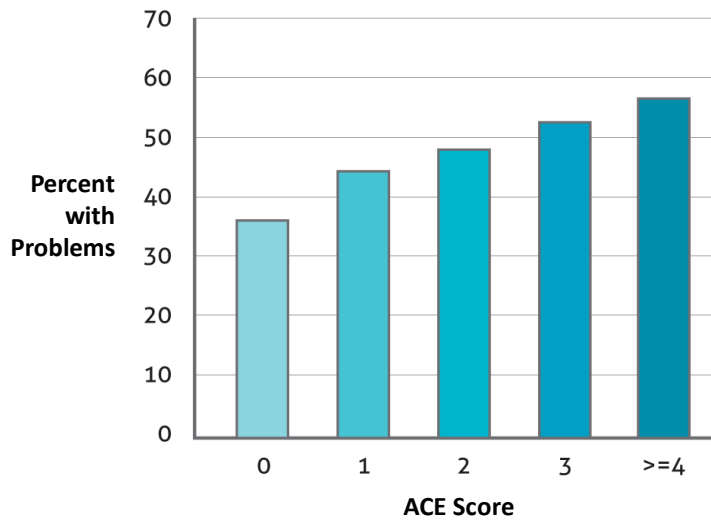
Students with 3 or more ACEs:

- Are 2 ½ times more likely to fail a grade
- Score lower on standardized tests
- Have language difficulties
- Are suspended or expelled more
- Are designated to special education more frequently
- Have poorer health

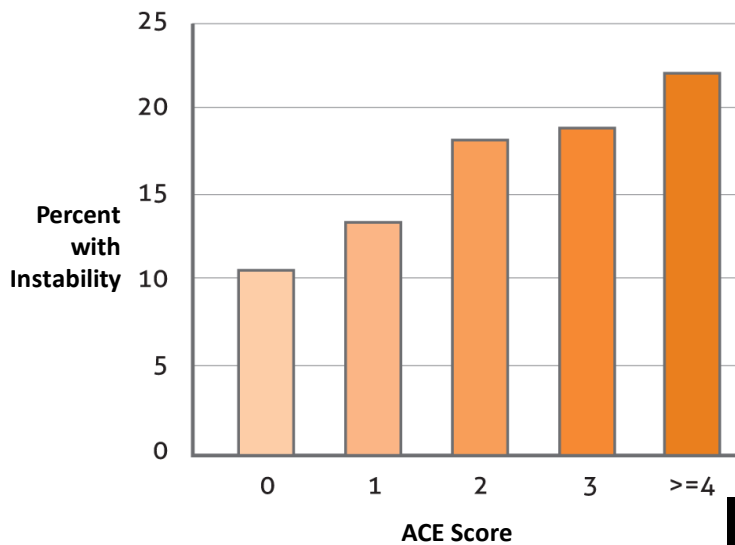
Courtesy of Chris Blodgett, PhD
Washington State University

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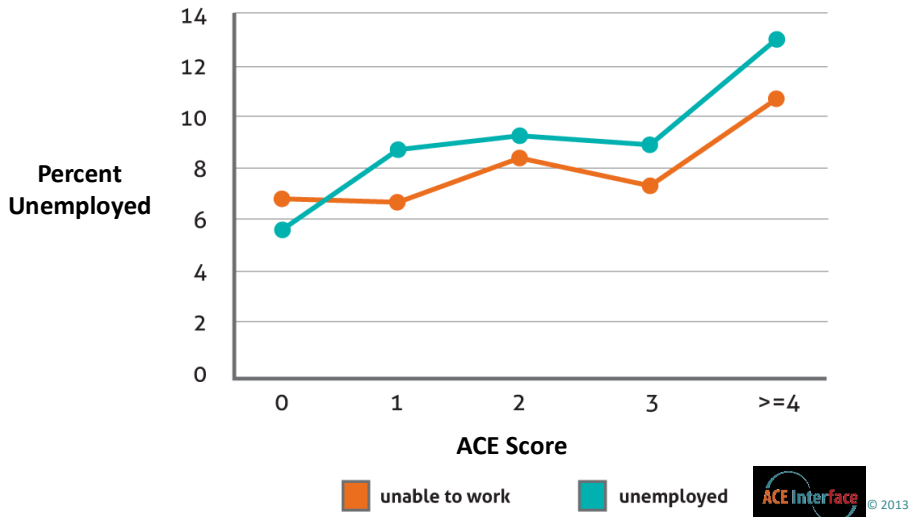
ACEs and Relationship Problems (Divorce, Family Problems, Sexual Dissatisfaction)



ACEs and Financial Instability

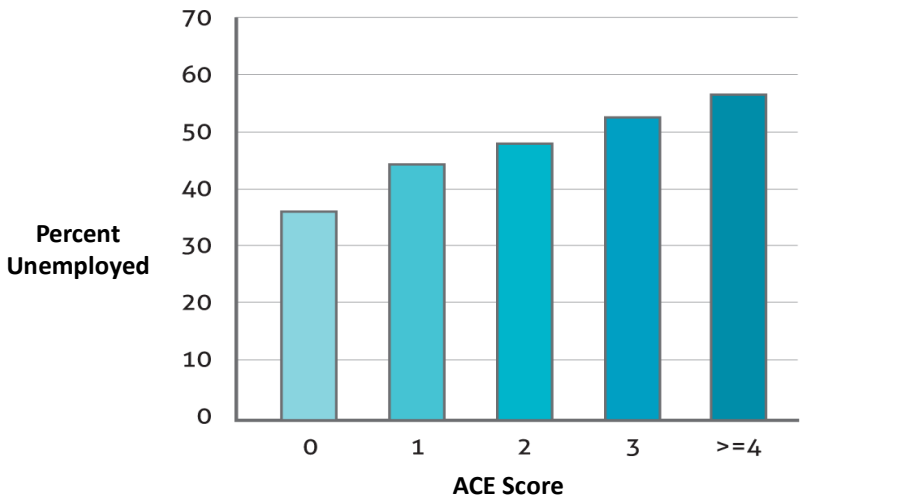


ACEs and Unemployment



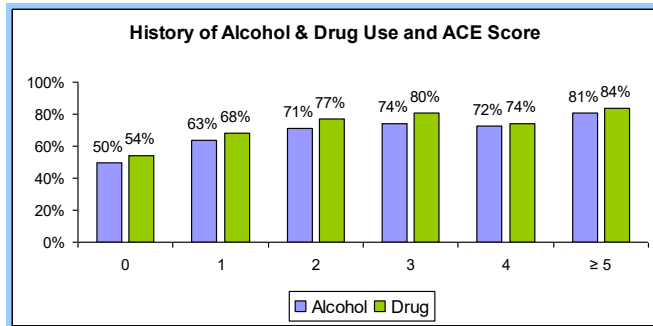
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ACEs and Unemployment



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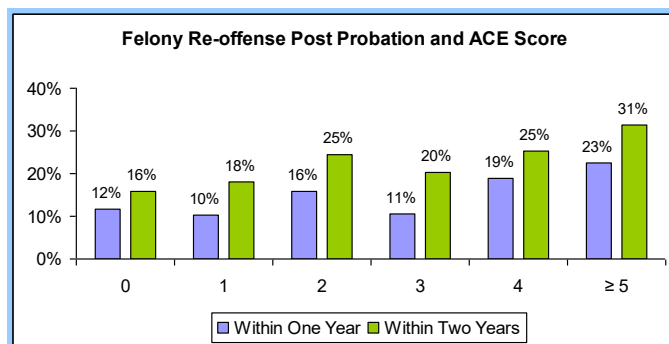
ACE Exposure and Youth Outcomes



ACE Score

47

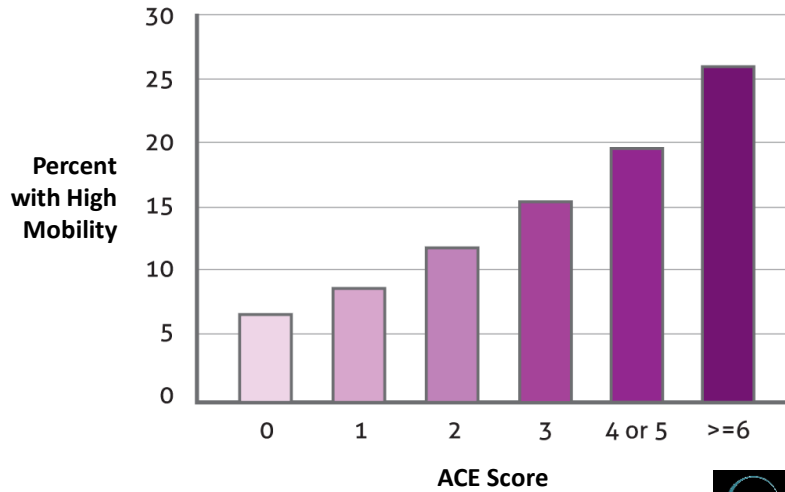
ACE Score and Felony Re-offense



ACE Score

48

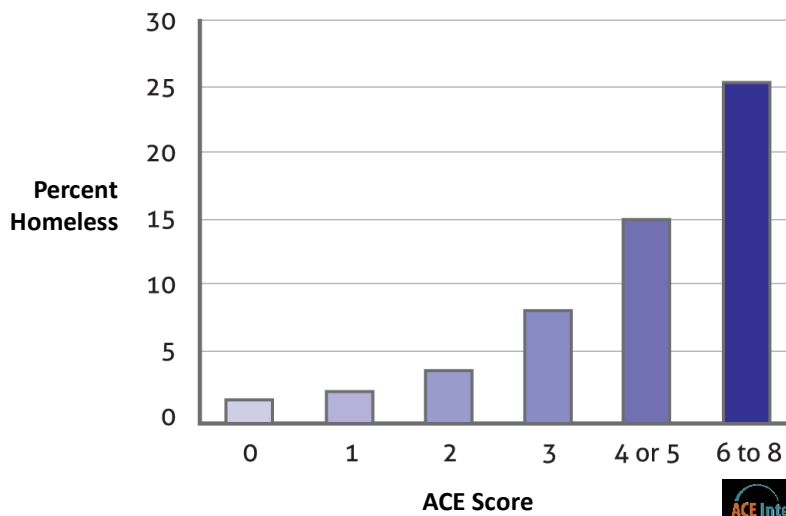
ACEs and High Residential Mobility (Moved More Than 8 Times)



© 2013

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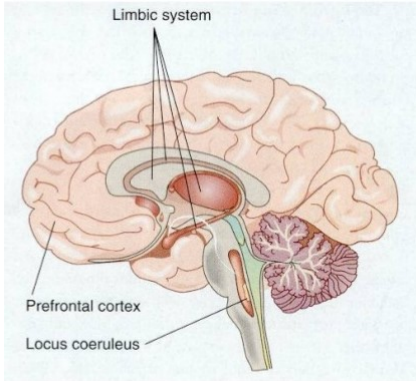
ACEs and Adult History of Homelessness Washington State, BRFSS



© 2013

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Anxiety and the Brain: Seeking Relief



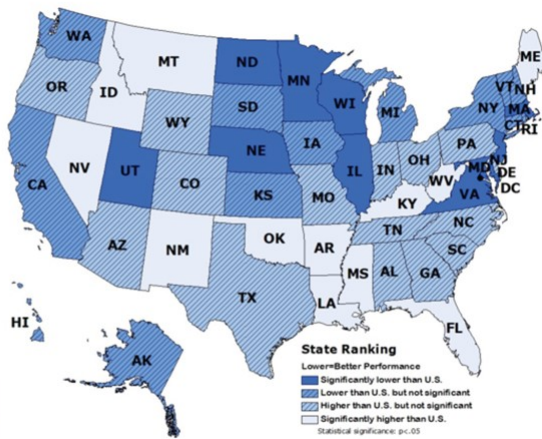
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The Child and Adolescent Health Measurement Initiative



Percent of Children Age 0-17 with One or More Adverse Childhood Experiences in the US

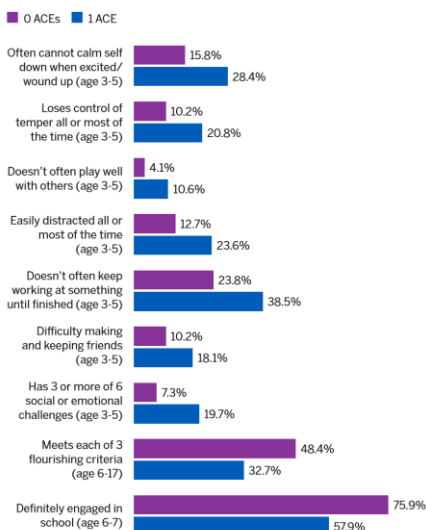
Nationwide: 46.3%
State Range: 38.1%–55.9%



Bethell, CD, Davis, MB, Gombojav, N, Stumbo, S, Powers, K. Issue Brief: A national and across state profile on adverse childhood experiences among children and possibilities to heal and thrive. Johns Hopkins Bloomberg School of Public Health, October 2017. <http://www.cahmi.org/projects/adverse-childhood-experiences-aces/>

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FIGURE 1: Prevalence of Social and Emotional Skills and Challenges of Children and Youth, by ACEs



Adverse Childhood Experiences can result in difficulties in self-soothing, self regulation, social and play relationships and school engagement and success.



Adverse Childhood Experiences Among Maine High School Students

A First Look at the 2017 MIYHS Data

Reid Plimpton- MIYHS Project Coordinator, Maine CDC, Medical Care Development
 Fleur Hopper- Maternal and Child Health Epidemiologist USM, Maine CDC
 11/3/17

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

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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 assault** and **exposure to violence at home**.
- Did **not** include **parental substance abuse**, but planning to include in 2019 version.

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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

Answer options:

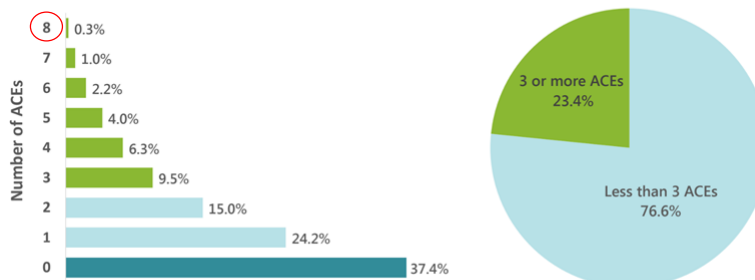
- A. 0, none of these have happened to me
- B. 1
- C. 2
- D. 3
- E. 4
- F. 5
- G. 6

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ACEs overall

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

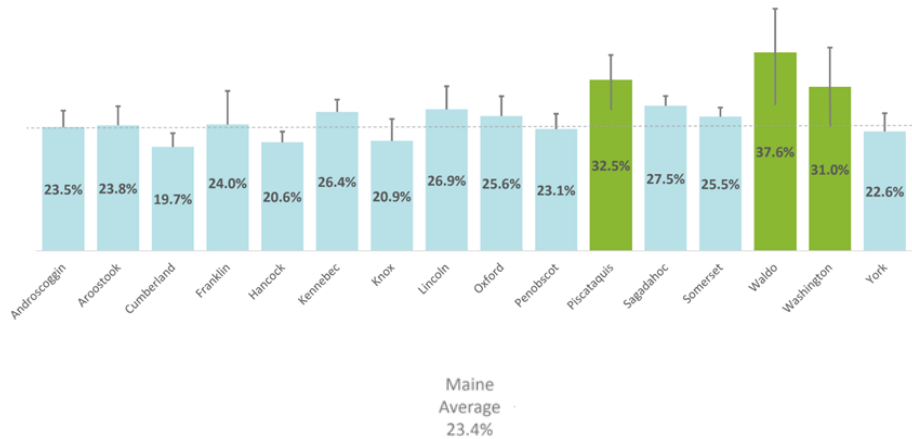
The **majority** have experienced **less than 3**; **over one-third** have experienced **no adverse events**.



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Experiencing 3 or more ACEs...

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



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2017 MAINE INTEGRATED YOUTH HEALTH SURVEY High School Detailed Report - Maine (weighted)

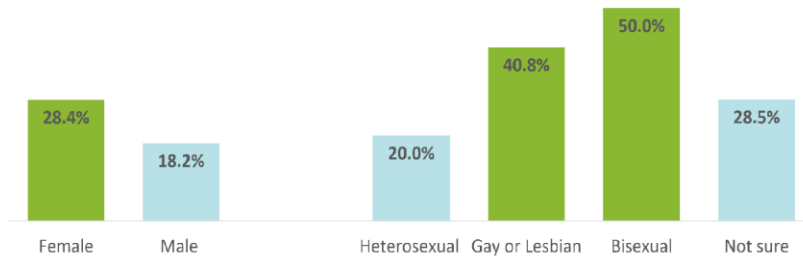
Percentage of students who have reported 3 or more Adverse Childhood Experiences (hnace)

County	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
Androscoggin County	23.9%	(20.3%-27.5%)	925	30.4%	(26.3%-34.5%)	604	17.0%	(10.9%-23.1%)	315
Aroostook County	25.4%	(21.0%-29.7%)	607	30.1%	(24.2%-35.9%)	351	21.2%	(16.4%-26.0%)	257
Cumberland County	19.8%	(17.2%-22.4%)	2,119	24.0%	(20.1%-28.0%)	1,247	15.2%	(13.1%-17.3%)	824
Franklin County	23.1%	(17.1%-29.0%)	277	28.4%	(19.3%-37.5%)	174	16.3%	(12.4%-20.1%)	95
Hancock County	20.7%	(18.7%-22.6%)	349	24.9%	(22.2%-27.5%)	200	16.4%	(14.5%-18.4%)	143
Kennebec County	26.5%	(24.0%-29.0%)	1,196	30.0%	(26.3%-33.7%)	689	22.7%	(19.8%-25.7%)	501
Knox County	21.4%	(18.4%-24.3%)	242	24.8%	(22.0%-27.6%)	141	18.3%	(9.2%-27.3%)	102
Lincoln County	26.3%	(22.2%-30.4%)	315	30.6%	(26.7%-34.4%)	167	22.4%	(16.8%-27.9%)	143
Oxford County	25.7%	(22.1%-29.4%)	625	30.7%	(26.2%-35.1%)	379	20.3%	(16.2%-24.4%)	241
Penobscot County	23.1%	(20.2%-25.9%)	1,329	27.4%	(22.9%-31.9%)	779	18.7%	(15.7%-21.7%)	540
Piscataquis County	32.2%	(28.3%-36.2%)	224	39.0%	(30.9%-47.1%)	143	24.7%	(21.6%-27.7%)	81
Sagadahoc County	26.5%	(24.1%-29.0%)	355	37.0%	(33.7%-40.3%)	239	15.9%	(12.9%-18.9%)	108
Somerset County	25.6%	(23.3%-27.9%)	552	30.6%	(28.0%-33.3%)	338	20.1%	(16.0%-24.2%)	210
Waldo County	37.0%	(30.0%-44.0%)	363	43.1%	(38.9%-47.4%)	191	32.2%	(21.2%-43.3%)	173
Washington County	30.6%	(21.9%-39.2%)	352	41.7%	(27.6%-55.8%)	229	19.8%	(13.8%-25.9%)	118
York County	22.6%	(19.1%-26.1%)	1,586	27.7%	(23.8%-31.6%)	956	17.6%	(13.8%-21.4%)	617

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Experiencing 3 or more ACEs...

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



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2017 MAINE INTEGRATED YOUTH HEALTH SURVEY High School Detailed Report - Maine (weighted)

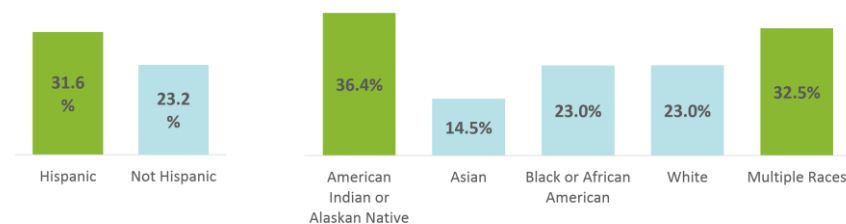
Percentage of students who have reported 3 or more Adverse Childhood Experiences (hnce)

	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
---Sexual Orientation---									
Heterosexual	20.1%	(19.0%-21.1%)	8,223	23.7%	(22.3%-25.2%)	4,505	16.8%	(15.7%-18.0%)	3,680
Gay/Lesbian	40.8%	(36.4%-45.2%)	503	48.0%	(40.6%-55.3%)	311	31.2%	(25.2%-37.1%)	173
Bisexual	49.9%	(46.8%-52.9%)	1,973	53.8%	(49.9%-57.6%)	1,569	37.0%	(30.8%-43.1%)	363
Not Sure	28.6%	(25.0%-32.3%)	539	30.0%	(25.6%-34.4%)	357	25.4%	(19.8%-31.1%)	175
---Transgender Identity---									
Yes	49.4%	(42.7%-56.0%)	337	55.0%	(44.5%-65.5%)	174	40.5%	(31.2%-49.8%)	120
No	22.5%	(21.4%-23.6%)	10,348	27.4%	(25.9%-28.9%)	6,249	17.6%	(16.5%-18.7%)	4,050
Not Sure	50.8%	(44.8%-56.8%)	353	55.1%	(47.4%-62.7%)	224	41.0%	(31.2%-50.9%)	100
Did not understand question	26.4%	(20.6%-32.2%)	163	33.7%	(22.2%-45.3%)	61	22.5%	(15.3%-29.6%)	95
---Public Health District---									
Aroostook PHD	25.4%	(21.0%-29.7%)	607	30.1%	(24.2%-35.9%)	351	21.2%	(16.4%-26.0%)	257
Central Maine PHD	26.2%	(24.5%-28.0%)	1,749	30.5%	(28.0%-33.0%)	1,035	21.7%	(19.2%-24.2%)	705
Cumberland PHD	19.8%	(17.2%-22.4%)	2,119	24.0%	(20.1%-28.0%)	1,247	15.2%	(13.1%-17.3%)	824
Downeast PHD	24.3%	(20.0%-28.7%)	692	31.0%	(24.1%-38.0%)	421	17.6%	(14.6%-20.7%)	258
Mid-Coast PHD	27.0%	(24.5%-29.4%)	1,250	33.2%	(30.2%-36.2%)	727	21.2%	(17.6%-24.7%)	509
Penquis PHD	23.6%	(20.8%-26.5%)	1,528	28.3%	(23.8%-32.7%)	905	18.9%	(16.0%-21.9%)	613
Western Maine PHD	24.4%	(22.1%-26.7%)	1,828	30.2%	(27.2%-33.1%)	1,157	18.0%	(14.8%-21.1%)	651
York PHD	22.6%	(19.1%-26.1%)	1,586	27.7%	(23.8%-31.6%)	956	17.6%	(13.8%-21.4%)	617

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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**.



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2017 MAINE INTEGRATED YOUTH HEALTH SURVEY High School Detailed Report - Maine (weighted)

Percentage of students who have reported 3 or more Adverse Childhood Experiences (hnce)

	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
---Hispanic Ethnicity---									
Hispanic	31.5%	(27.6%-35.3%)	376	33.7%	(28.8%-38.7%)	203	28.3%	(22.6%-34.1%)	155
Non-Hispanic	23.2%	(22.1%-24.3%)	10,706	28.2%	(26.7%-29.7%)	6,437	18.1%	(16.9%-19.2%)	4,180
---Race---									
American Indian or Alaskan Native	36.5%	(30.9%-42.1%)	242	45.8%	(38.0%-53.6%)	142	27.4%	(20.6%-34.2%)	93
Asian	14.5%	(11.0%-18.0%)	139	14.9%	(9.7%-20.0%)	65	14.0%	(9.6%-18.5%)	71
Black or African American	23.0%	(18.6%-27.3%)	190	25.7%	(18.6%-32.8%)	104	21.2%	(15.8%-26.5%)	87
Native Hawaiian or Other Pacific Islander	37.3%	(24.8%-49.8%)	38	39.0%	(16.6%-61.4%)	15	37.3%	(21.6%-53.0%)	21
White	23.1%	(21.9%-24.2%)	10,098	28.0%	(26.5%-29.5%)	6,063	18.0%	(16.8%-19.2%)	3,956
Multiple Races	32.4%	(28.7%-36.2%)	395	37.8%	(32.4%-43.3%)	251	24.9%	(19.4%-30.3%)	133

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Social Determinants of Health



...are elements in the environment in which children and youth live, learn and play that shape their long-term physical, mental, emotional, and social health and well-being.



2017 MAINE INTEGRATED YOUTH HEALTH SURVEY
Middle School Detailed Report - Maine (weighted)
 Have you ever been bullied on school property? (mn22)
 Percentage of students who answered 'Yes'

County	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
Androscoggin County	45.0%	(40.3%-49.7%)	1,035	51.5%	(46.1%-56.9%)	567	39.1%	(33.1%-45.1%)	459
Aroostook County	59.9%	(56.4%-63.4%)	792	62.9%	(54.0%-71.7%)	401	57.0%	(52.1%-61.9%)	385
Cumberland County	42.9%	(39.4%-46.4%)	2,443	46.5%	(42.5%-50.6%)	1,275	39.4%	(35.8%-43.1%)	1,145
Franklin County	47.0%	(39.1%-54.9%)	301	57.1%	(43.5%-70.7%)	168	37.8%	(31.5%-44.0%)	129
Hancock County	48.9%	(43.7%-54.2%)	488	55.6%	(47.8%-63.4%)	275	42.1%	(37.3%-47.0%)	209
Kennebec County	47.1%	(42.5%-51.7%)	1,066	52.4%	(46.3%-58.5%)	573	41.7%	(37.9%-45.4%)	480
Knox County	46.5%	(31.4%-61.5%)	278	58.2%	(36.4%-80.0%)	158	36.7%	(27.0%-46.3%)	118
Lincoln County	51.8%	(42.1%-61.4%)	361	59.2%	(50.4%-68.0%)	193	45.3%	(30.9%-59.6%)	166
Oxford County	51.5%	(46.0%-57.0%)	697	58.7%	(54.0%-63.3%)	379	44.9%	(36.1%-53.7%)	314
Penobscot County	47.8%	(43.6%-51.9%)	1,360	50.6%	(45.4%-55.8%)	699	44.6%	(39.7%-49.5%)	644
Piscataquis County	49.7%	(42.5%-56.8%)	188	59.9%	(46.6%-73.2%)	109	40.3%	(33.7%-47.0%)	78
Sagadahoc County	49.5%	(42.7%-56.2%)	384	55.2%	(52.0%-58.3%)	213	43.6%	(32.9%-54.3%)	169
Somerset County	49.1%	(43.7%-54.5%)	605	53.0%	(45.8%-60.3%)	325	45.4%	(40.0%-50.7%)	278
Waldo County	51.7%	(49.4%-54.0%)	336	57.3%	(50.0%-64.7%)	191	46.2%	(39.5%-52.9%)	144
Washington County	47.8%	(41.7%-53.8%)	300	50.5%	(40.8%-60.2%)	158	45.0%	(38.4%-51.5%)	142
York County	42.3%	(37.9%-46.7%)	1,868	47.4%	(42.2%-52.7%)	989	37.5%	(33.5%-41.5%)	862

**2017 MAINE INTEGRATED YOUTH HEALTH SURVEY
Middle School Detailed Report - Maine (weighted)**

*Have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.) (mn152b)
Percentage of students who answered 'Yes'*

	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
Total	29.7%	(28.0%-31.3%)	8,016	39.6%	(37.2%-42.0%)	5,149	20.2%	(18.3%-22.0%)	2,797
---Age---									
12 or younger	25.7%	(23.1%-28.3%)	1,952	33.5%	(29.5%-37.5%)	1,274	17.9%	(14.4%-21.4%)	672
13	30.8%	(28.5%-33.1%)	3,962	41.6%	(38.5%-44.7%)	2,607	20.3%	(17.6%-22.9%)	1,318
14 or older	31.9%	(28.9%-34.9%)	2,091	43.1%	(38.7%-47.5%)	1,256	22.4%	(19.0%-25.7%)	807
---Grade---									
Grade 7	26.7%	(24.6%-28.7%)	3,596	36.1%	(32.6%-39.5%)	2,331	18.1%	(15.5%-20.7%)	1,258
Grade 8	32.6%	(30.4%-34.9%)	4,333	43.0%	(39.5%-46.4%)	2,755	22.3%	(19.7%-24.9%)	1,517
---Hispanic Ethnicity---									
Hispanic	36.1%	(30.3%-41.9%)	233	47.9%	(40.9%-55.0%)	175	18.3%	(9.6%-26.9%)	50
Non-Hispanic	29.6%	(27.8%-31.3%)	7,184	39.1%	(36.5%-41.7%)	4,592	20.3%	(18.4%-22.3%)	2,530
---Race---									
American Indian or Alaskan Native	39.2%	(31.0%-47.4%)	243	51.3%	(37.8%-64.9%)	139	29.7%	(20.3%-39.1%)	103
Asian	23.8%	(14.9%-32.6%)	75	30.9%	(18.3%-43.5%)	48	16.5%	(6.0%-26.9%)	25
Black or African American	21.1%	(15.9%-26.2%)	135	34.7%	(24.1%-45.4%)	105	9.0%	(4.2%-13.8%)	31
Native Hawaiian or Other Pacific Islander	47.5%	(31.3%-63.7%)	36	89.0%	(70.3%-100.0%)	18	31.9%	(15.8%-48.0%)	18
White	29.5%	(27.8%-31.3%)	7,069	39.4%	(36.7%-42.0%)	4,545	20.0%	(18.0%-22.0%)	2,461
Multiple Races	34.6%	(27.6%-41.5%)	270	44.0%	(33.0%-54.9%)	170	24.3%	(17.0%-31.5%)	95

**2017 MAINE INTEGRATED YOUTH HEALTH SURVEY
High School Detailed Report - Maine (weighted)**

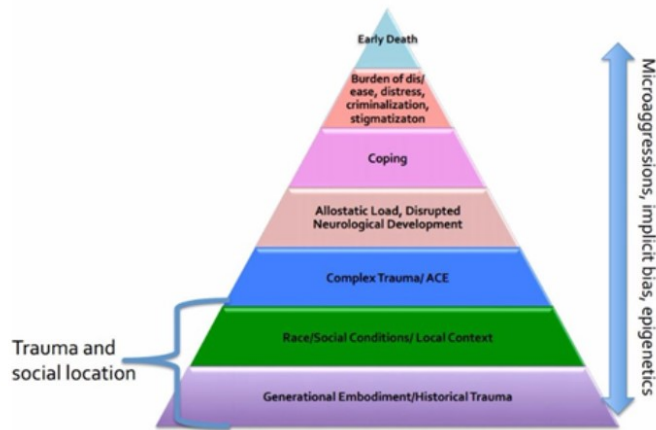
*During the past 12 months, did you ever seriously consider attempting suicide? (hn44)
Percentage of students who answered 'Yes'*

	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
---County---									
Androscoggin County	16.5%	(13.7%-19.2%)	719	20.7%	(17.8%-23.6%)	452	11.5%	(8.5%-14.5%)	247
Aroostook County	13.0%	(10.1%-15.8%)	356	16.6%	(13.1%-20.1%)	219	9.5%	(6.2%-12.7%)	134
Cumberland County	13.4%	(12.1%-14.8%)	1,653	16.5%	(14.5%-18.6%)	972	10.2%	(8.9%-11.5%)	645
Franklin County	14.6%	(11.5%-17.7%)	196	18.0%	(14.9%-21.1%)	118	11.1%	(8.1%-14.2%)	76
Hancock County	13.9%	(12.0%-15.9%)	263	18.0%	(14.1%-21.8%)	157	10.2%	(9.2%-11.3%)	102
Kennebec County	14.6%	(12.2%-16.9%)	722	18.3%	(15.7%-20.8%)	449	10.5%	(8.4%-12.7%)	259
Knox County	11.7%	(8.0%-15.4%)	141	14.2%	(10.7%-17.8%)	84	9.2%	(5.9%-12.6%)	56
Lincoln County	14.4%	(9.4%-19.5%)	194	17.8%	(12.4%-23.2%)	107	11.9%	(6.7%-17.1%)	87
Oxford County	16.2%	(13.9%-18.4%)	443	20.7%	(18.5%-22.9%)	282	11.4%	(8.5%-14.3%)	156
Penobscot County	15.4%	(14.4%-16.3%)	1,001	18.7%	(16.1%-21.3%)	578	12.1%	(10.6%-13.6%)	410
Piscataquis County	17.4%	(15.0%-19.8%)	137	22.0%	(13.1%-30.8%)	84	13.1%	(7.0%-19.3%)	53
Sagadahoc County	17.6%	(15.8%-19.4%)	249	22.2%	(21.3%-23.0%)	149	13.2%	(9.1%-17.4%)	96
Somerset County	17.0%	(13.6%-20.4%)	404	22.5%	(17.6%-27.3%)	266	11.4%	(8.9%-13.9%)	135
Waldo County	19.2%	(13.6%-24.8%)	204	24.1%	(23.7%-24.4%)	114	15.7%	(4.5%-26.9%)	91
Washington County	16.1%	(13.7%-18.6%)	205	20.3%	(17.3%-23.4%)	122	11.7%	(7.9%-15.5%)	77
York County	14.0%	(12.0%-16.0%)	1,091	17.3%	(14.5%-20.1%)	645	10.8%	(8.8%-12.7%)	431

2017 MAINE INTEGRATED YOUTH HEALTH SURVEY
Middle School Detailed Report - Maine (weighted)
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)
Percentage of students who answered 'yes'

----County----	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
Androscoggin County	23.9%	(20.8%-27.0%)	549	34.9%	(30.2%-39.6%)	387	13.0%	(9.6%-16.3%)	150
Aroostook County	26.9%	(21.4%-32.3%)	354	31.4%	(21.8%-41.0%)	201	21.6%	(15.8%-27.4%)	144
Cumberland County	18.8%	(16.0%-21.6%)	1,071	24.8%	(21.1%-28.5%)	679	12.8%	(10.5%-15.0%)	372
Franklin County	24.6%	(18.6%-30.6%)	159	32.5%	(24.4%-40.6%)	97	17.8%	(3.9%-31.6%)	61
Hancock County	19.4%	(13.7%-25.2%)	192	22.4%	(15.5%-29.2%)	110	15.2%	(7.6%-22.8%)	74
Kennebec County	22.8%	(19.5%-26.1%)	512	28.2%	(24.9%-31.4%)	307	17.4%	(13.0%-21.7%)	198
Knox County	21.6%	(20.4%-22.7%)	130	28.6%	(21.5%-35.6%)	77	14.6%	(8.7%-20.4%)	47
Lincoln County	23.7%	(17.2%-30.2%)	166	30.8%	(18.7%-42.9%)	99	16.0%	(11.5%-20.5%)	59
Oxford County	20.4%	(14.3%-26.6%)	276	28.5%	(20.3%-36.7%)	185	13.1%	(7.3%-18.9%)	91
Penobscot County	23.0%	(18.6%-27.4%)	651	30.7%	(25.1%-36.4%)	425	15.7%	(10.4%-21.0%)	224
Piscataquis County	20.7%	(4.8%-36.6%)	79	25.9%	(5.6%-46.2%)	47	15.0%	(1.8%-28.2%)	29
Sagadahoc County	23.3%	(18.5%-28.0%)	181	34.3%	(26.7%-42.0%)	133	12.3%	(6.1%-18.6%)	48
Somerset County	23.2%	(15.1%-31.2%)	287	27.7%	(16.5%-39.0%)	171	18.2%	(12.2%-24.3%)	112
Waldo County	23.5%	(17.7%-29.2%)	154	31.9%	(24.2%-39.6%)	106	14.6%	(6.8%-22.5%)	47
Washington County	19.4%	(12.2%-26.6%)	122	28.0%	(17.2%-38.8%)	89	10.7%	(3.2%-18.2%)	33
York County	21.6%	(18.0%-25.1%)	954	26.7%	(22.3%-31.1%)	558	16.7%	(12.8%-20.6%)	385

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Why Talk About Aces?

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Why Talk About ACEs?

- Many children and adults have experienced and lived through one or more ACEs.
- Children and adults bring these experiences with them into our interactions.
- Talking openly is the only way we can reduce the shame and blame that so many people feel about these experiences beyond their control.



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As the number of ACEs increase, so does the risk for the following:

- Adolescent pregnancy
- Alcoholism and alcohol use
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Early initiation of sexual activity
- Fetal Death
- Financial stress
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease
- Liver disease
- Multiple sexual partners
- Poor academic achievement
- Poor work performance
- Risk for intimate partner violence
- Risk for sexual violence
- Sexually transmitted diseases
- Smoking
- Suicide attempts
- Unintended pregnancies

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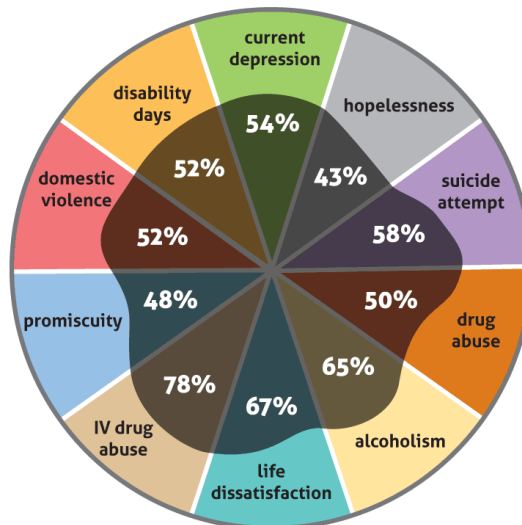
What we commonly view as problem behavior may instead be an adult survivor's attempt at coping behavior to self-manage the childhood trauma that he or she experienced.



Shattering a Myth

Many chronic diseases of adults are determined decades earlier, in childhood.

Not by choice or poor decisions, but by life experiences.



Population Attributable Risk of ACEs/Anda, 2013

ACEs ARE PREDICTIVE BUT NOT DETERMINATIVE!

The key is knowledge about the science, recognizing these experiences in our own lives and in the lives of others, and to develop ways to support people through trauma through relationships.

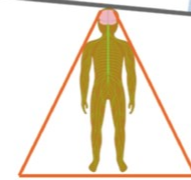
Ultimately, we can't erase the trauma – but we can help one another become “unbothered” by what happened to them.

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Hard Things & Stressors:

- Not able to pay bills
- Not enough food to eat
- Violence
- Health problems
- Housing that does not feel safe



Things about You:

- Genetics and DNA
- Resiliency/ACE score
- Life story
- Personality

Good Things & Resources:

- People that you can count on
- Dependable transportation
- Safe housing
- A doctor you trust
- Having enough money

Resilience is when the scale tips to the good even when there are stressors and hard things.

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Relationships
with caring and competent
PEOPLE ARE
VITAL
contributors to
resilience & recovery

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So, who are these people?

Parents/Caregivers

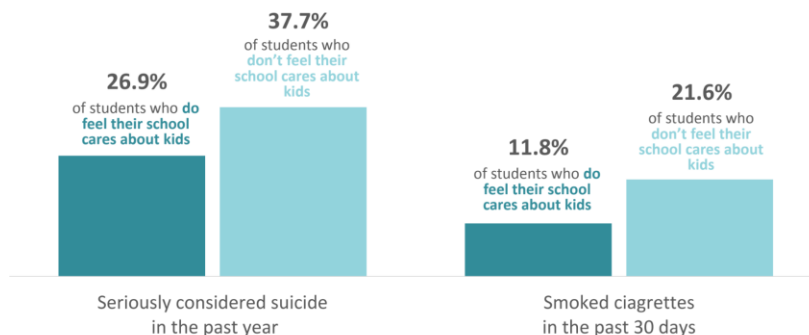


The Rest of Us



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



2017 MAINE INTEGRATED YOUTH HEALTH SURVEY
High School Detailed Report - Maine (weighted)
I have a school that cares about kids and encourages them. (hn198)
 Percentage of students who answered 'Very or often' or 'Extremely or almost always'

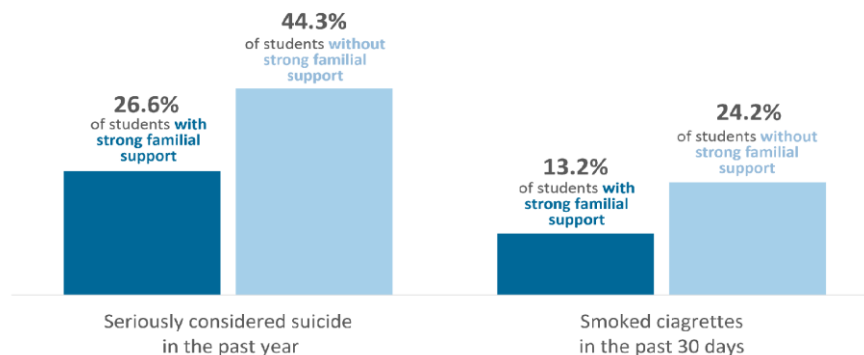
	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
----County----									
Androscoggin County	45.4%	(37.6%-53.1%)	1,846	45.6%	(36.6%-54.6%)	937	44.8%	(38.0%-51.6%)	888
Aroostook County	43.1%	(33.7%-52.5%)	1,076	45.6%	(30.1%-61.1%)	554	41.0%	(34.5%-47.5%)	521
Cumberland County	63.1%	(57.0%-69.3%)	6,965	63.3%	(57.8%-68.7%)	3,383	63.8%	(56.8%-70.8%)	3,551
Franklin County	56.3%	(46.3%-66.2%)	714	53.6%	(40.6%-66.6%)	339	59.9%	(49.6%-70.2%)	371
Hancock County	64.5%	(52.2%-76.9%)	1,115	64.7%	(55.8%-73.6%)	533	64.6%	(48.5%-80.7%)	571
Kennebec County	57.3%	(52.2%-62.5%)	2,689	55.3%	(49.1%-61.5%)	1,304	59.9%	(54.3%-65.4%)	1,379
Knox County	67.5%	(54.0%-81.0%)	778	68.4%	(58.4%-78.4%)	390	66.7%	(50.3%-83.1%)	380
Lincoln County	61.7%	(55.8%-67.6%)	769	62.9%	(54.8%-70.9%)	354	61.0%	(56.2%-65.8%)	410
Oxford County	55.2%	(48.0%-62.4%)	1,399	53.9%	(46.3%-61.6%)	702	56.5%	(49.6%-63.5%)	692
Penobscot County	53.7%	(45.4%-62.0%)	3,195	54.5%	(46.1%-62.9%)	1,584	53.2%	(44.5%-61.8%)	1,600
Piscataquis County	49.4%	(44.3%-54.4%)	355	46.6%	(36.5%-56.7%)	176	52.5%	(46.2%-58.7%)	179
Sagadahoc County	56.2%	(46.2%-66.2%)	765	53.9%	(45.6%-62.1%)	358	59.6%	(48.0%-71.2%)	406
Somerset County	54.5%	(47.4%-61.6%)	1,212	51.0%	(42.1%-59.8%)	577	58.6%	(52.9%-64.2%)	627
Waldo County	44.4%	(25.4%-63.5%)	451	43.6%	(32.3%-54.9%)	193	44.7%	(19.2%-70.3%)	254
Washington County	50.4%	(39.7%-61.1%)	601	50.5%	(36.4%-64.7%)	291	50.6%	(41.7%-59.5%)	310
York County	59.9%	(51.8%-68.0%)	4,327	59.7%	(50.8%-68.6%)	2,130	60.3%	(52.9%-67.7%)	2,170

2017 MAINE INTEGRATED YOUTH HEALTH SURVEY
High School Detailed Report - Maine (weighted)
I have support from adults other than my parents. (hn199)
 Percentage of students who answered 'Very or often' or 'Extremely or almost always'

County	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
----County----									
Androscoggin County	61.4%	(57.4%-65.4%)	2,487	63.5%	(57.3%-69.8%)	1,306	59.5%	(56.4%-62.6%)	1,164
Aroostook County	61.5%	(54.3%-68.6%)	1,538	67.2%	(59.3%-75.1%)	816	56.1%	(48.9%-63.2%)	714
Cumberland County	66.6%	(64.2%-68.9%)	7,352	68.7%	(66.1%-71.3%)	3,675	65.0%	(61.7%-68.3%)	3,626
Franklin County	68.3%	(65.0%-71.7%)	857	67.3%	(59.4%-75.2%)	424	69.7%	(60.6%-78.8%)	426
Hancock County	70.2%	(63.3%-77.1%)	1,202	70.4%	(60.6%-80.2%)	573	69.7%	(63.6%-75.9%)	611
Kennebec County	67.7%	(64.9%-70.4%)	3,186	69.2%	(66.9%-71.5%)	1,635	66.8%	(62.4%-71.3%)	1,546
Knox County	66.8%	(63.6%-70.0%)	767	70.1%	(70.1%-70.2%)	403	63.4%	(55.9%-70.9%)	355
Lincoln County	69.0%	(65.1%-73.0%)	855	72.5%	(65.5%-79.4%)	409	65.6%	(61.5%-69.7%)	436
Oxford County	65.4%	(61.8%-69.0%)	1,647	68.4%	(62.8%-74.1%)	883	62.5%	(59.2%-65.8%)	761
Penobscot County	66.4%	(63.2%-69.6%)	3,937	68.1%	(63.2%-73.1%)	1,979	65.2%	(62.4%-68.0%)	1,950
Piscataquis County	60.5%	(56.5%-64.6%)	443	58.6%	(50.3%-66.8%)	221	62.6%	(51.6%-73.6%)	222
Sagadahoc County	65.9%	(57.8%-74.1%)	902	63.7%	(58.7%-68.7%)	424	68.2%	(57.2%-79.1%)	471
Somerset County	64.7%	(59.2%-70.2%)	1,441	66.7%	(62.3%-71.1%)	753	63.4%	(53.7%-73.0%)	680
Waldo County	56.3%	(51.8%-60.9%)	577	54.8%	(48.5%-61.1%)	246	57.2%	(44.2%-70.3%)	327
Washington County	61.8%	(57.1%-66.5%)	736	60.7%	(54.1%-67.2%)	349	63.1%	(57.1%-69.1%)	386
York County	66.0%	(62.2%-69.8%)	4,765	66.4%	(62.2%-70.6%)	2,369	65.8%	(61.5%-70.0%)	2,363

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



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2017 MAINE INTEGRATED YOUTH HEALTH SURVEY
High School Detailed Report - Maine (weighted)
I have parent(s) or guardian(s) who try to help me succeed. (hn196a)
 Percentage of students who answered 'Very or often' or 'Extremely or almost always'

	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
----County----									
Androscoggin County	74.2%	(72.6%-75.9%)	2,995	75.2%	(72.1%-78.3%)	1,540	73.5%	(71.3%-75.8%)	1,437
Aroostook County	77.4%	(74.0%-80.8%)	1,939	77.3%	(69.4%-85.2%)	938	77.7%	(73.3%-82.1%)	992
Cumberland County	82.2%	(79.6%-84.8%)	9,027	82.3%	(78.4%-86.2%)	4,379	82.6%	(80.6%-84.7%)	4,585
Franklin County	80.6%	(77.7%-83.5%)	1,018	81.6%	(76.7%-86.6%)	511	79.9%	(70.5%-89.3%)	495
Hancock County	84.1%	(76.9%-91.3%)	1,455	82.9%	(76.4%-89.4%)	679	85.7%	(77.1%-94.3%)	763
Kennebec County	80.7%	(77.2%-84.2%)	3,768	80.3%	(76.7%-83.8%)	1,895	81.6%	(77.8%-85.5%)	1,860
Knox County	85.5%	(83.8%-87.1%)	985	84.8%	(82.3%-87.2%)	481	85.9%	(85.5%-86.3%)	491
Lincoln County	83.0%	(75.7%-90.3%)	1,027	84.1%	(76.1%-92.1%)	466	81.8%	(74.0%-89.7%)	550
Oxford County	76.9%	(73.8%-80.1%)	1,943	79.0%	(75.2%-82.7%)	1,024	75.0%	(72.0%-78.0%)	916
Penobscot County	80.2%	(77.4%-83.1%)	4,737	80.8%	(76.3%-85.2%)	2,346	80.2%	(76.6%-83.8%)	2,382
Piscataquis County	72.2%	(56.1%-88.4%)	527	70.1%	(64.1%-76.1%)	265	74.5%	(45.8%-100.0%)	262
Sagadahoc County	79.9%	(77.2%-82.7%)	1,091	78.4%	(72.5%-84.4%)	518	82.5%	(76.2%-88.9%)	570
Somerset County	78.9%	(76.5%-81.2%)	1,743	76.9%	(72.9%-80.9%)	861	81.4%	(79.8%-83.0%)	867
Waldo County	73.8%	(72.3%-75.4%)	753	76.7%	(75.9%-77.4%)	344	71.4%	(69.0%-73.8%)	405
Washington County	78.3%	(75.7%-81.0%)	929	76.2%	(70.7%-81.7%)	436	80.8%	(74.4%-87.1%)	489
York County	80.8%	(77.2%-84.5%)	5,822	80.4%	(76.9%-83.9%)	2,862	81.5%	(77.5%-85.6%)	2,924

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2017 MAINE INTEGRATED YOUTH HEALTH SURVEY
High School Detailed Report - Maine (weighted)
I have a family that gives me love and support. (hn200)
 Percentage of students who answered 'Very or often' or 'Extremely or almost always'

	Total			Female			Male		
	%	CI	N	%	CI	N	%	CI	N
----County----									
Androscoggin County	77.0%	(73.9%-80.1%)	3,128	77.8%	(74.0%-81.6%)	1,602	76.8%	(73.1%-80.5%)	1,511
Aroostook County	80.7%	(74.7%-86.7%)	2,015	83.2%	(76.8%-89.7%)	1,014	78.4%	(71.4%-85.4%)	991
Cumberland County	83.6%	(81.2%-85.9%)	9,168	83.8%	(80.3%-87.3%)	4,476	83.9%	(81.7%-86.1%)	4,623
Franklin County	82.0%	(79.4%-84.7%)	1,033	81.6%	(81.3%-81.8%)	512	83.8%	(79.7%-87.9%)	515
Hancock County	87.6%	(80.3%-94.9%)	1,496	89.0%	(82.6%-95.3%)	719	86.7%	(78.1%-95.3%)	762
Kennebec County	83.8%	(81.4%-86.2%)	3,947	83.7%	(80.8%-86.6%)	1,987	84.2%	(81.2%-87.3%)	1,944
Knox County	89.1%	(86.9%-91.3%)	1,037	90.2%	(87.7%-92.8%)	517	87.7%	(86.4%-89.1%)	507
Lincoln County	84.4%	(80.3%-88.5%)	1,046	88.7%	(83.8%-93.7%)	500	80.5%	(75.3%-85.6%)	536
Oxford County	78.8%	(75.7%-81.9%)	2,001	79.6%	(74.5%-84.7%)	1,040	77.8%	(72.2%-83.5%)	953
Penobscot County	80.7%	(77.2%-84.1%)	4,771	82.2%	(78.6%-85.9%)	2,378	79.2%	(75.0%-83.3%)	2,370
Piscataquis County	69.9%	(63.2%-76.6%)	513	69.6%	(63.4%-75.9%)	263	70.2%	(63.1%-77.3%)	251
Sagadahoc County	81.5%	(76.9%-86.0%)	1,126	81.4%	(79.2%-83.6%)	543	81.9%	(75.2%-88.6%)	575
Somerset County	80.8%	(78.8%-82.7%)	1,789	79.1%	(73.3%-84.9%)	891	83.2%	(79.7%-86.7%)	886
Waldo County	73.5%	(64.8%-82.3%)	746	69.7%	(64.5%-74.8%)	309	76.4%	(63.8%-88.9%)	432
Washington County	78.5%	(75.8%-81.2%)	929	74.7%	(69.8%-79.6%)	424	83.0%	(78.3%-87.6%)	503
York County	83.0%	(79.3%-86.7%)	5,992	82.8%	(79.1%-86.5%)	2,943	83.4%	(78.9%-87.9%)	3,010

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