



National Center for Children in Poverty

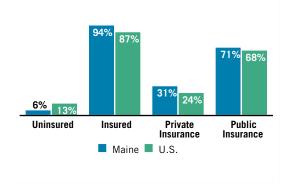
Mailman School of Public Health Columbia University



Although adolescence is generally perceived as a period of good health, many in this age group face poor health outcomes and establish unhealthy behaviors that follow them into adulthood. An adolescent's ability to successfully navigate the transition to adulthood is influenced not only by behaviors and exposure to risk but also by demographic characteristics such as race/ethnicity, geography, family income, and health insurance status, among others. State policies that promote access to high quality services for all adolescents can mitigate the effects of some of these factors and help ensure that adolescents enter adulthood healthy, independent, and ready to thrive. This state profile provides data on Maine's 106,246 adolescents age 12 to 18 and highlights state policy choices in health, mental health, violence and injury prevention, and youth development that improve access to and quality of services and promote the health and well-being of this age group.

Updated: June 1, 2011

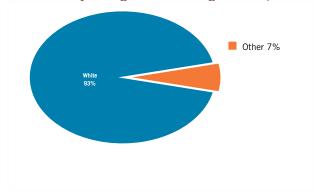
Health Insurance Coverage Among Adolescents Aged 12-18, 2008¹



Family Income Among Adolescents Aged 12-18, 2008¹



Race/Ethnicity Among Adolescents Aged 12-18, 2008²



Type of Area of Residence Among Adolescents Aged 12-18, ³



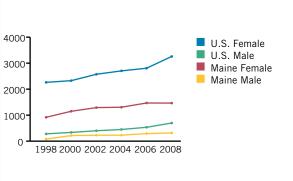
HEALTH

State Choices to Promote Access

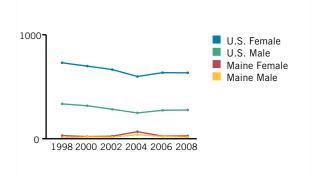
Promotion, Prevention, and Early Intervention

	☐ Medicaid [2009] ⁴
	CHIP [2009] ⁵
	Extend CHIP to cover legal immigrant children [2010] ⁶
	Maintain or suspend but do not terminate Medicaid enrollment for youth committed to a juvenile facility [2009] ⁷
	Use Chafee funds to provide Medicaid eligibility to foster care youth aging out of the system [2009] ⁸
	Require CHIP coverage for contraceptives [2006] ⁹
	☐ HIV prevention education [2006] ¹¹
	STI prevention education [2006] ¹¹
	Pregnancy prevention education [2006] ¹¹
	Require physical activity and fitness taught in schools [2006] ¹¹
Serv	ices in Schools
	Provide funding for School-based Health Centers (SBHCs) [2008] ¹²





Gonorrhea Rates Among Adolescents Aged 15-19, by Gender per 100,000, 1998-2008¹⁴



- Medicaid [2008]¹²
- CHIP [2008]¹²
- Require districts or schools to provide services for HIV, STDs, and pregnancy prevention [2006]¹³

HEALTH

State Choices to Promote Access (continued)

Law and Legislation



- Contraceptive and family planning services [2010]¹⁶
- HIV and STI prevention and treatment services [2010]¹⁷
- Medical care for their own children [2010]¹⁸
- Abortion without parental notification or permission [2010]¹⁹

State Choices to Promote Quality

Promotion, Prevention, and Early Intervention

- 5 Screenings for children 10-14 years [2009]²⁰
- 4 Screenings for children 15-18 years [2009]²⁰
- Require or recommend that schools make fruits or vegetables available to students whenever other food is offered or sold [2006]²¹
- Require or recommend that schools make healthful beverages available to students whenever other beverages are offered or sold [2006]²¹
- Have statutory nutritional standards for school meal programs beyond federal regulations [2005]²²
- Specify time requirements for physical education [2006]²³

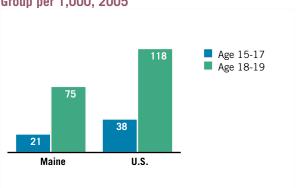
Services in Schools

Have a program office dedicated to SBHCs [2008]²⁴

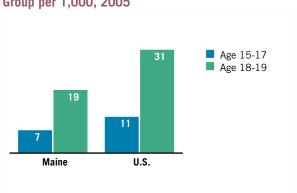
Workforce Development

Require newly hired health education teachers to have undergraduate or graduate training in health education [2006]²⁵

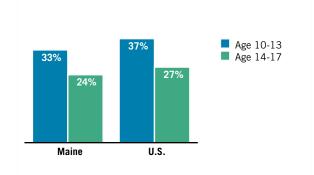
Pregnancy Rates Among Adolescents Aged 15-19, by Age Group per 1.000. 2005²⁶



Abortion Rates Among Adolescents Aged 15-19 by Age Group per 1,000, 2005²⁶



Obesity/Overweight Status Among Adolescents Aged 10-17, by Age Group, 2007²⁷



MENTAL HEALTH

State Choices to Promote Access

Promotion, Prevention, and Early Intervention

- Have a public school health education curriculum that requires drug/alcohol prevention education [2006]²⁸
- Have legislation or board of education policy that explicitly establishes and applies social and emotional learning standards [2010]²⁹

Services in Schools

- Counseling for emotional or behavioral disorders [2006]³⁰
- Crisis intervention for personal problems [2006]³⁰
- Suicide prevention services [2006]¹³

Law and Legislation

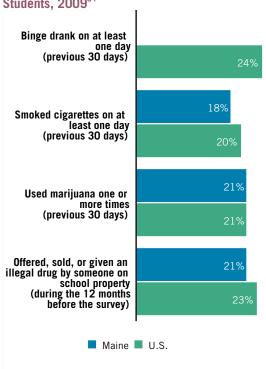
- Allow minors to consent to outpatient mental health care [2010]³¹
- Allow minors to consent to care for drug or alcohol abuse [2010]³¹

State Choices to Promote Quality

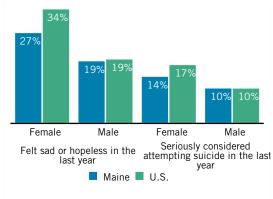
Workforce Development

- School counselors [2006]³²
- School psychologists [2006]³²
- School social workers [2006]³²
- Provide funding or staff development on emotional and mental health to health education teachers [2006]³³

Self-reported Substance Use Among High School Students. 2009³⁴



Serious Mental Health Disturbances Among High School Students, by Gender, 2009³⁴



Self-reported mental health needs of youth in juvenile justice residential placement (not state-specific)[2003]³⁵

- 68% Easily upset
- 61% Lost temper easily
- 61% Felt angry a lot
- 51% Had nervous or worried feelings keep you from doing things you want to do?
- 52% Felt lonely too much of the time
- 70% Had something very bad or terrifying happen to you
- 67% Seen someone severely injured or killed (in person)

VIOLENCE AND INJURY PREVENTION

State Choices to Promote Healthy Behaviors

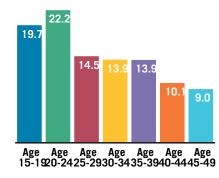
Promotion, Prevention, and Early Intervention

Require injury and violence prevention and safety taught in schools [2006]²⁸

Law and Legislation

- Require helmets for all motorcycle and lowpower cycle (LPC) riders 17 and younger [2010]³⁶
- Require bicycle helmets on riders 17 and younger [2010]³⁷
- Ban all cell phone use for adolescent novice drivers [2010]37
- Ban texting while driving for adolescent novice drivers [2010]³⁸
- ☐ Stalking statutes explicitly address.

Rates of Motor Vehicle Traffic Occupant Deaths per 100.000, 200740



Ш	cybe	erstalking, including third party ssment [2006] ³⁹	
Stat	e Ch	oices to Promote Quality	
Pron	notion	, Prevention, and Early Intervention	
□ Worl		uire school curricula to address dating violence [2010] ⁴¹ Development	
	Provide funding for staff development or offered staff development on violence and injury prevention and safety to health education teachers [2006] ³³		
Law	and L	egislation	
		ave laws that protect students from bullying and harassment on the basis of sexual orientation and ender identity or expression [2010] ⁴²	
	Have	e graduated driver licensing system [2010] ⁴³	
		Require learner's entry age at 16 [2010] ⁴³	
		Require learner's holding period at least 6 months [2010] ⁴³	
		Require practice driving certification at least 30 hours [2010] ⁴³	
		Require night driving restriction at 9 or 10pm [2010] ⁴³	
		Restrict underage passengers to 1 or 2 [2010] ⁴⁴	
		Require that restrictions last until age 18 [2010] ⁴³	
		e domestic violence protection laws for adolescents that received a score of B or higher from ak the Cycle [2009] ⁴⁵	
		Allow victims of domestic violence who are dating their abuser to apply for a civil domestic violence protection or restraining order $[2009]^{45}$	
		Have protection laws that do not exclude same-sex couples, explicitly or by stated intent [2009] ⁴⁵	

Allow minors to petition for protection orders [2009]⁴⁶

Allow victims to petition for restraining order against a minor [2009]⁴⁷

Require school curricula to address dating violence [2010]⁴¹ YOUTH DEVELOPMENT **State Choices to Promote Access Educational Attainment** School Enrollment/Employment Status Among Adolescents Set minimum compulsory completion age of Aged 16-18, 2008¹ high school at 18 or older [2010]⁴⁸ Provide funding for after-school/out-of-school time programs for youth [2010]⁴⁹ 3% 5% Not Enrolled and Not Employed/Military Fund mentoring initiatives [2010]⁵⁰ Enrolled or Employed/Military Allow undocumented immigrants to receive in-state tuition [2008]⁵¹ Provide Educational and Training Vouchers or tuition waivers for foster youth seeking post-secondary education [2010]⁵² Maine U.S. **Transition to Adulthood** Fund a career and technical education office within its education department [2010]⁵³ **State Choices to Promote Quality Educational Attainment** Fund afterschool/out-of-school time program evaluation initiative for youth [2010]⁵⁴ Use the Compact Rate formula to measure graduation rate [2010]⁵⁵ **Transition to Adulthood** Have a career and technical education office that partners with communities to offer internship programs [2010]⁵⁶ Collaborate with private sector to expand job opportunities for youth aging out of foster care [2010]57 Provide aftercare services to ease transition from juvenile justice system, including education, life skills training, vocational training, and counseling services [2010]⁵³ Allow foster youth aging out of system to voluntarily retain state guardianship until age 21 [2009]⁵⁸ **Law and Legislation** Have a legislative youth advisory council or commission [2009]⁵⁹

DATA NOTES AND SOURCES

- State data were calculated from the Annual Social and Economic Supplement (the March supplement) of the Current Population Survey from 2007, 2008, and 2009, representing information from calendar years 2006, 2007, and 2008. NCCP averaged three years of data because of small sample sizes in less populated states. The national data were calculated from the 2009 data, representing information from the previous calendar year.
- 2. Race/ethnicity estimates were excluded if the unweighted sample size in the denominator was less than 50.

State data were calculated from the Annual Social and Economic Supplement (the March supplement) of the Current Population Survey from 2007, 2008, and 2009, representing information from calendar years 2006, 2007, and 2008. NCCP averaged three years of data because of small sample sizes in less populated states. The national data were calculated from the 2009 data, representing information from the previous calendar year.

3.

4. Medicaid eligibility is 200% FPL for children 0-1, 150% FPL for children 1-19.

Children's Health Coverage State Fact Sheets, Children's Defense Fund. Children's Defense Fund website. Accessed Feb. 2, 2010, from www.childrensdefense.org/child-research-data-publications/data/state-data-repository/childrens-health-coverage-state-factsheets.html.

- 5. Children's Health Coverage State Fact Sheets, Children's Defense Fund. Children's Defense Fund website. Accessed Feb. 2, 2010, from www.childrensdefense.org/child-research-data-publications/data/state-data-repository/childrens-health-coverage-state-factsheets.html.
- 6. National Immigration Law Center, Guide to Immigrant Eligibility for Federal Programs: Update Page. 2010. Medical Assistance Programs for Immigrants in Various States. Accessed Aug. 2, 2010, from www.nilc.org/pubs/guideupdates/med-services-for-imms-in-states-2010-07-28.pdf.

Wiley, Dinah, National Immigration Law Center. Aug. 2, 2010. Personal communication.

7. Data not available.

Kaye, Neva; Zemel, Sarabeth. 2009. Medicaid Eligibility, Enrollment, and Retention Policies: Findings from a Survey of Juvenile Justice and Medicaid Policies Affecting Children in the Juvenile Justice System (Models for Change: Systems Reform in Juvenile Justice). National Academy for State Health Policy. Accessed July 21, 2010, from www.nashp.org/sites/default/files/MacFound11-09.pdf.

Personal communication with state agency: includes private letters, memos, some electronic communication (i.e. email, personal interviews, or telephone conversations).

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- 9. Gold, Rachel Benson; Sonfield, Adam. 2001. Reproductive Health Services for Adolescents Under the State Children's Health Insurance Program. Family Planning Perspectives 33(2):83-87.

Medicaid Cuts: Benefits May Be Reduced for Women. 2006. National Women's Law Center website. Accessed Mar. 5 2010, from www.nwlc.org/pdf/FSMedicaidandtheDRA 04.21.06.pdf.

10. Personal communication from the state indicates that this policy is in place, as of October 2010.

Centers for Disease Control and Prevention, Childcare and School Vaccination Requirements. 2008. Summary of Vaccination Requirements by Vaccine or Antigen 2007-2008. Accessed Aug. 16, 2010, from www2a.cdc.gov/nip/schoolsurv/CombinedLaws2007.pdf.

11. Personal communication from the state indicates that this policy is in place, as of October 2010.

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- 13. Centers for Disease Control and Prevention, State-Level School Health Policies and Practices. A State-by-State Summary from the School Health Policies and Programs Study 2006. Table 3.3. Accessed July 29, 2010, from www.cdc.gov/HealthyYouth/SHPPS/ 2006/summaries/pdf/State_Level_Summaries_SHPPS2006.pdf.
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- 16. Personal communication from the state indicates that this policy is in place, as of October 2010.
 - English, Abigail; Bass, Lindsay; Boyle, Alison Dame; Eshragh, Felicia. 2010. State Minor Consent Laws: A Summary, 3rd Edition. Center for Adolescent Health and the Law.
- 17. Physician may be able to inform parents.
 - English, Abigail; Bass, Lindsay; Boyle, Alison Dame; Eshragh, Felicia. 2010. State Minor Consent Laws: A Summary, 3rd Edition. Center for Adolescent Health and the Law.
- 18. No explicit policy, but minors can generally consent if able to provide informed consent.
 - English, Abigail; Bass, Lindsay; Boyle, Alison Dame; Eshragh, Felicia. 2010. State Minor Consent Laws: A Summary, 3rd Edition. Center for Adolescent Health and the Law.
- 19. Minor must receive counseling on available services and alternatives.
 - English, Abigail; Bass, Lindsay; Boyle, Alison Dame; Eshragh, Felicia. 2010. State Minor Consent Laws: A Summary, 3rd Edition. Center for Adolescent Health and the Law.
- 20. Personal communication from the state indicates that this policy is in place, as of October 2010.
 - U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services. 2009. The Annual EPSDT Report (Form CMS-416). Accessed July 27, 2010, from www.cms.gov/MedicaidEarlyPeriodicScrn/downloads/508_416_Form_3-05.pdf.
- 21. Centers for Disease Control and Prevention. 2007. State-Level School Health Policies and Practices: A State-by-State Summary from the School Health Polices and Programs Study 2006. Table 5.5. Accessed Nov. 18, 2009, from www.cdc.gov/HealthyYouth/shpps/2006/summaries/pdf/State_Level_Summaries_SHPPS2006.pdf.
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- 23. Centers for Disease Control and Prevention. 2007. State-Level School Health Policies and Practices: A State-by-State Summary from the School Health Polices and Programs Study 2006. Table 2.9. Accessed Nov. 18, 2009, from www.cdc.gov/HealthyYouth/shpps/2006/summaries/pdf/State_Level_Summaries_SHPPS2006.pdf.
- 24. Personal communication from the state indicates that this office is not in place, as of October 2010.
 - Schlitt, John J.; Juszczak, Linda J.; Eichner, Nancy Haby. 2008. Current Status of State Policies that Support School-Based Health Centers. Public Health Reports 123(6): 731-738.
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- Kost, Kathryn; Henshaw, Stanley; Carlin; Liz. 2010. U.S Teenage Pregnancies, Births and Abortions: National and State Trends and Trends by Race and Ethnicity, Guttmacher Institute. Accessed Aug. 12, 2010, from www.guttmacher.org/pubs/ USTPtrends.pdf.
- 27. Body Mass Index (BMI) is a number calculated from a child's weight and height and is a reliable indicator of body fatness for most children and adolescents. BMI for children and adolescents, also referred to as BMI-for-age, is gender and age specific because their body fatness changes over the years as they grow and differs between males and females. Adolescents in the 85th to 94th percentile BMI-for-age were classified as overweight. Those in the 95th percentile or above BMI-for-age were classified as obese
 - Child and Adolescent Health Measurement Initiative. 2007 National Survey of Children's Health, Data Resource Center for Child and Adolescent Health website. Accessed Aug. 12, 2010, from nschdata.org/DataQuery/DataQuery/ResultsAllStates.aspx?validq=1.
- 28. Centers for Disease Control and Prevention, State-Level School Health Policies and Practices. A State-by-State Summary from the School Health Policies and Programs Study 2006. Table 1.5. Accessed July 29, 2010, from www.cdc.gov/HealthyYouth/SHPPS/ 2006/summaries/pdf/State_Level_Summaries_SHPPS2006.pdf.

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- 30. Centers for Disease Control and Prevention. State-Level School Health Policies and Practices: A State-by-State Summary from the School Health Policies and Programs Study 2006. Table 3.2.2. Accessed Mar. 5, 2010, from www.cdc.gov/HealthyYouth/SHPPS/ 2006/summaries/pdf/State_Level_Summaries_SHPPS2006.pdf.
- 31. Many states generally allow emancipated minors, married minors, pregnant minors, minor parents, or other subgroups to consent for their own health care.
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- 36. All LPCs with an engine displacement greater than 50cc or more than 1,500 watts are covered by the motorcycle helmet law.
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 - State School Healthy Policy Database: Injury and Violence Prevention. 2010. National Association of State Boards of Education. Accessed February 18, 2010 from nasbe.org/healthy_schools/hs/bytopics.php?topicid=1170&catExpand=acdnbtm_catA.
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Teen Dating Violence Laws. Accessed May 27, 2010, from www.breakthecycle.org/system/files/pdf/2010-Dating-Violence-State-Law-Report-Card-Full-Report.pdf.

47. Data not available.

Many states do not explicitly specify.

Break the Cycle: Empowering Youth to End Domestic Violence. 2009 and 2010 State Law Report Cards: A National Survey of Teen Dating Violence Laws. Accessed May 27, 2010, from www.breakthecycle.org/system/files/pdf/2010-Dating-Violence-State-Law-Report-Card-Full-Report.pdf.

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Personal communication with state agency: includes private letters, memos, some electronic communication (i.e. email, personal interviews, or telephone conversations).

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- 51. Education Commission of the States. 2008. In-state Tuition for Undocumented Immigrants. Accessed Aug. 3, 2010, from www.ecs.org/clearinghouse/75/53/7553.pdf.
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- 56. This also includes apprenticeships, job shadowing, and work-based learning opportunities.

Personal communication with state agency: includes private letters, memos, some electronic communication (i.e. email, personal interviews, or telephone conversations).

57. Data not available.

Personal communication with state agency: includes private letters, memos, some electronic communication (i.e. email, personal interviews, or telephone conversations).

58. Status subject to changes due to the provision in the Fostering Connections to Success Act which will allow states to claim Title IV-E funding for foster youth until age 21, beginning Oct. 2010.

Casey Family Programs. State Child Welfare Policy Database. Accessed Aug. 9, 2010, from www.childwelfarepolicy.org/pages/map.cfm.

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