Girls’ Well-Being: Maine vs. the United States

The State of Girls 2017

The State of Girls is the first research report to focus on the health and well-being of the 26 million girls living in the United States. The third edition of this report by the Girl Scout Research Institute focuses on changing demographics; economic, physical, and emotional health; education; and extracurricular/out-of-school time activities.

This profile summarizes recent trends in the well-being of girls living in Maine, compared with girls living in the U.S.

**Education**

- **Girls ages 16-19 who are high school dropouts**: Maine 4%, United States 3%
- **Girls ages 3-4 who are not enrolled in preschool**: Maine 62%, United States 53%
- **Fourth-grade girls who are not proficient in reading**: Maine 60%, United States 61%
- **Eighth-grade girls who are not proficient in math**: Maine 65%, United States 67%

**Maine State Ranking**

9th

The state ranking is based on 13 national measures of girls’ well-being.*

**Extracurricular and Out-of-School Activities**

- **Girls ages 12-17 not involved in any community service or volunteer work**: Maine 13%, United States 17%
- **Girls ages 6-17 who do not participate in any organized activities**: Maine 8%, United States 18%
- **Girls ages 6-17 who watch TV or play video games 3+ hours per day**: Maine 11%, United States 20%

**Top ranked states for girls’ well-being:**

1. New Hampshire
2. Utah
3. Minnesota
4. Vermont
5. South Dakota
6. Massachusetts
7. Nebraska
8. Connecticut
9. Maine
10. North Dakota
Physical and Emotional Health

- Girls ages 6-17 with any emotional behavioral or developmental issues:
  - Maine: 10%, United States: 9%
- Girls ages 6-17 who do not feel safe at school:
  - Maine: 4%, United States: 7%
- Girls ages 10-17 who are overweight or obese:
  - Maine: 20%, United States: 28%
- Girls ages 6-17 who exercise less than four days per week:
  - Maine: 31%, United States: 38%

Economic Well-Being

- Girls ages 5-17 living in poverty:
  - Maine: 16%, United States: 19%
  - Maine: 32%, United States: 34%

Girls’ Race/Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Maine</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>89%</td>
<td>51%</td>
</tr>
<tr>
<td>Latina</td>
<td>3%</td>
<td>25%</td>
</tr>
<tr>
<td>Multiracial</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>American Indian</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Asian</td>
<td>2%</td>
<td>5%</td>
</tr>
<tr>
<td>Black</td>
<td>3%</td>
<td>14%</td>
</tr>
</tbody>
</table>

Girls’ Immigrant Status

- Girls ages 5-17 living in immigrant families:
  - Maine: 7%, United States: 26%

Data is not destiny! As the premier leadership organization for girls, Girl Scouts is committed to ensuring that all girls develop to their full potential. To learn more, visit www.girlscouts.org/research.

Source: PRB analysis of the U.S. Census Bureau’s American Community Survey (ACS), U.S. Census Bureau Population Estimates, National Survey of Children’s Health (NSCH), and National Assessment of Educational Progress (NAEP). ACS, NSCH, and NAEP estimates are based on surveys of the population and are subject to both sampling and nonsampling error. These measures represent the most recent data gathered from national and government sources for the period 2012-2015.

*The state ranking for girls’ well-being is a composite measure designed to summarize the well-being of girls in each of the 50 states across the 13 measures of well-being summarized in this fact sheet in education, economic well-being, extracurricular and out-of-school activities, and physical and emotional health.
The State of Girls 2017

Girls’ Well-Being in Maine: 2007 – Present

The State of Girls is the first research report to focus on the health and well-being of the 26 million girls living in the United States. The third edition of this report by the Girl Scout Research Institute focuses on changing demographics; economic, physical, and emotional health; education; and extracurricular/out-of-school time activities.

This profile summarizes recent trends in the well-being of the 94,583 girls ages 5 to 17 living in Maine across two time points: before and after the Great Recession, which took place from 2007 to 2009.

**Education**

- Girls ages 3-4 who are not enrolled in preschool: 63% (2007), 62% (2014-2015)
- Fourth-grade girls who are not proficient in reading: 62% (2007), 60% (2014-2015)

The population of girls living in Maine dropped to **94,583** in 2014 from **104,625** in 2007.

**Extracurricular and Out-of-School Activities**

- Girls ages 12-17 not involved in any community service or volunteer work: 16% (2007), 13% (2012)
- Girls ages 6-17 who do not participate in any organized activities: 9% (2007), 8% (2012)
- Girls ages 6-17 who watch TV or play video games 3+ hours per day: 16% (2007), 11% (2012)

**Top ranked states for girls’ well-being:**

- 2007:
  1. Vermont
  2. Minnesota
  3. New Jersey
  4. Utah
  5. New Hampshire
  6. Connecticut
  7. Massachusetts
  8. North Dakota
  9. Wyoming
  10. Wisconsin
  11. Maine
  12. North Dakota

- 2016:
  1. New Hampshire
  2. Utah
  3. Minnesota
  4. Vermont
  5. South Dakota
  6. Massachusetts
  7. Nebraska
  8. Connecticut
  9. Maine
  10. North Dakota

The state ranking is based on 13 national measures of girls’ well-being.*

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*The state ranking is based on 13 national measures of girls’ well-being.*
**Physical and Emotional Health**

- **Girls ages 6-17 with any emotional, behavioral or developmental issues**
  - 2007: 9%
  - 2012: 10%

- **Girls ages 6-17 who do not feel safe at school**
  - 2007: 2%
  - 2012: 4%

- **Girls ages 10-17 who are overweight or obese**
  - 2007: 20%
  - 2012: 25%

- **Girls ages 6-17 who exercise less than four days per week**
  - 2007: 32%
  - 2012: 31%

**Economic Well-Being**

- **Girls ages 5-17 living in poverty**
  - 2007: 17%
  - 2014: 16%

- **Girls ages 5-17 in single-parent families**
  - 2007: 32%
  - 2014: 30%

**Girls’ Race/Ethnicity**

- **White**
  - 2007: 92%
  - 2014: 89%

- **Latina**
  - 2007: 2%
  - 2014: 3%

- **Multiracial**
  - 2007: 2%
  - 2014: 3%

- **American Indian**
  - 2007: 1%
  - 2014: 1%

- **Asian**
  - 2007: 1%
  - 2014: 2%

- **Black**
  - 2007: 2%
  - 2014: 3%

**Girls’ Immigrant Status**

- **Girls ages 5-17 living in immigrant families**
  - 2007: 8%
  - 2014: 7%

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The State of Girls 2017 Maine: 2007 to present