The Maine Integrated Youth Health Survey (MIYHS) asks students about their health and related behaviors.

Among high school students who completed the survey in 2019:

- **23%** drank alcohol at least once in the past 30 days
- **7%** smoked cigarettes at least once in the past 30 days
- **22%** used marijuana at least once in the past 30 days
- **66%** are at a healthy weight
- **29%** currently use e-cigarettes
- **23%** were bullied at school in the past year
- **32%** have felt so sad or hopeless for at least 2 weeks in the past year
- **16%** have seriously considered attempting suicide in the past year
How YOU can help Maine students stay healthy

**Schools**
- Review and strengthen district wellness, substance use, tobacco, and bullying prevention policies.
- Clearly communicate expectations for learning and behavior to all members of the school community.
- Strive to make your school a place where students feel adults care about them and that enforce rules fairly.
- Provide opportunities for students, families, and the public to be involved in creating a healthy school environment.
- Use your school district’s local MIYHS data to track the health of your students, and identify areas where students may need more support. For more information on how to access your local MIYHS data, contact: korey.pow@maine.gov.

**Families**
- Make sure you are clear on the rules and policies at your school. Take time to discuss them as a family.
- Volunteer to participate in your school district’s wellness teams or policy planning committees.
- Get involved with after school activities, clubs, sports, or arts programs.
- If you think your child’s health or safety may be at risk, seek help immediately. Learn about resources in your school and community.
- Talk about your family’s values and goals. Make it clear you don’t approve of behaviors that may put your child’s health at risk, such as underage drinking or drug use. Ensure your child can come to you if help is needed, including help for a friend.

**Communities**
- Connect schools with community resources such as hospitals, public health, or prevention programs.
- Provide young people with planning and decision-making opportunities to develop leadership skills.
- Support after school activities, youth centers, volunteer mentors, and other programs that engage youth.
- Model healthy behaviors by restricting tobacco use in public spaces, providing places to be physically active, and increasing healthy eating options.
- Use your county and public health district MIYHS data to inform policies, planning, and programs that support the health of young people in your community. More MIYHS data can be found at: www.maine.gov/MIYHS

For more information on:
- Tobacco and Substance Use Prevention: www.preventionforme.org
- Suicide Prevention: www.maine.gov/suicide/
- Nutrition & Physical Activity: www.letsgo.org
- Bullying Prevention: www.maine.gov/doe/bullying

More MIYHS data can be found at: www.maine.gov/MIYHS