



MIYHS

Maine Integrated Youth Health Survey

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Maine Integrated Youth Health Survey (MIYHS)

2025: Participation

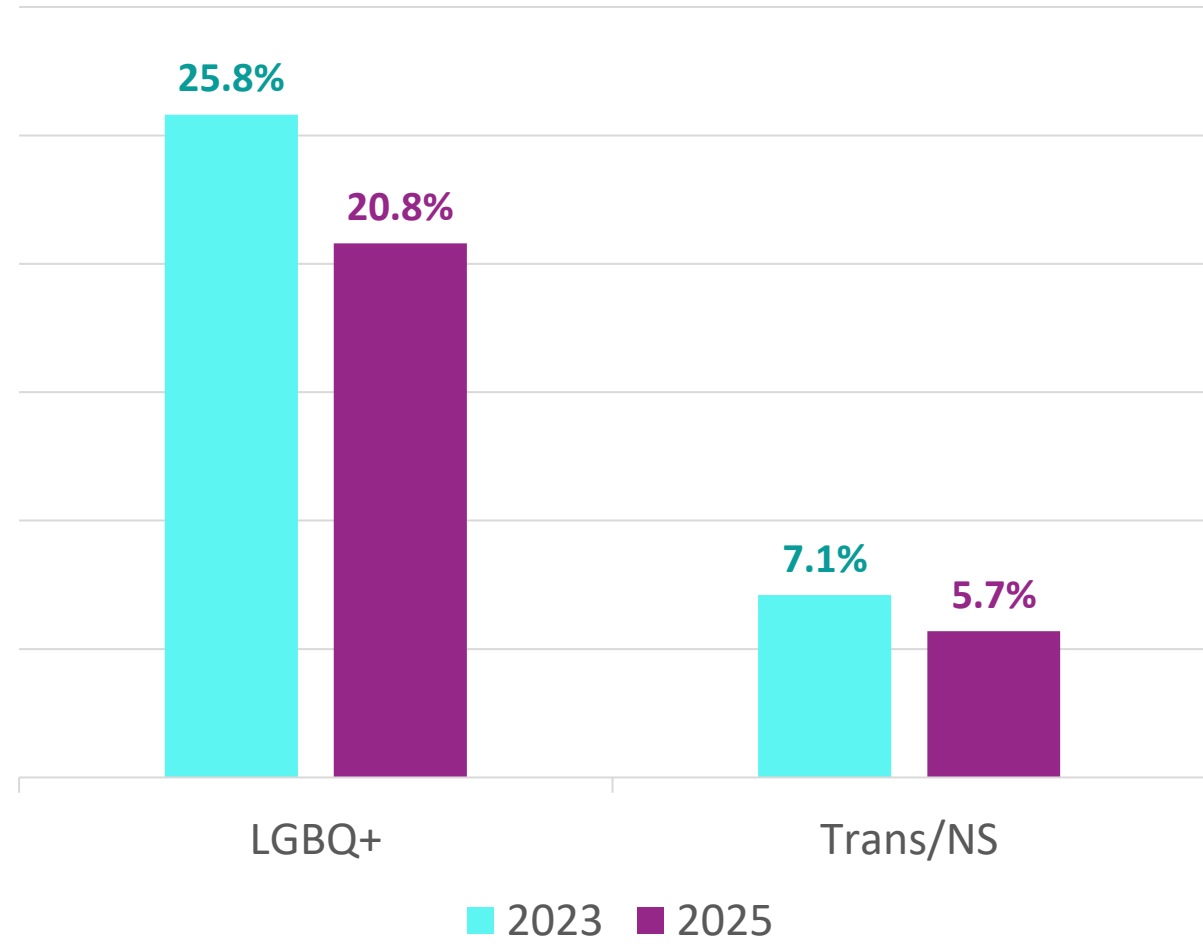
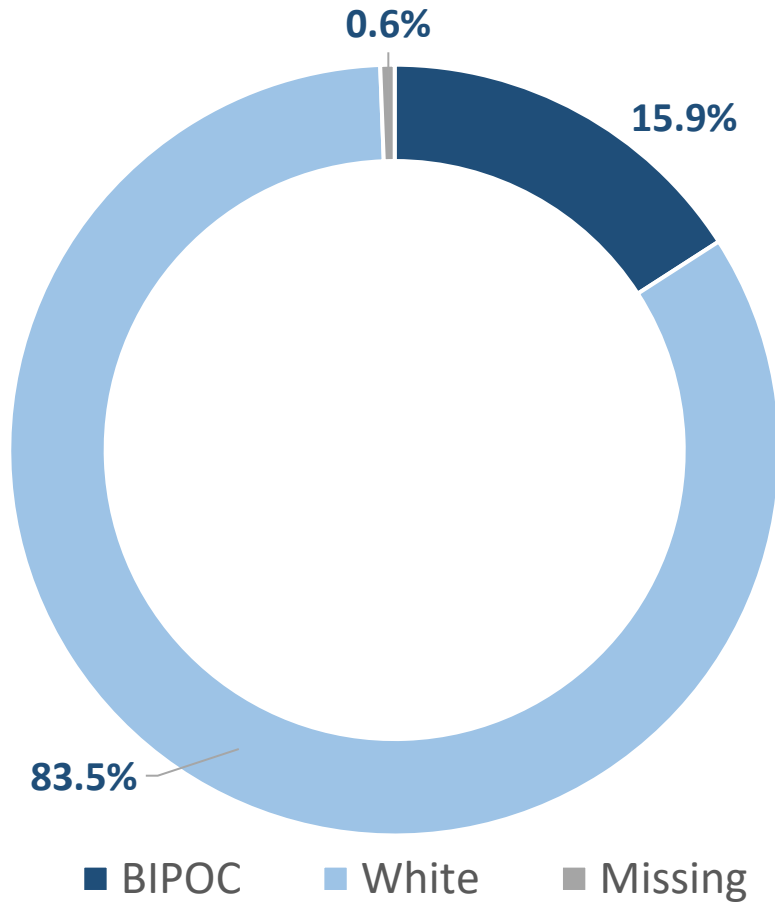


267 Schools

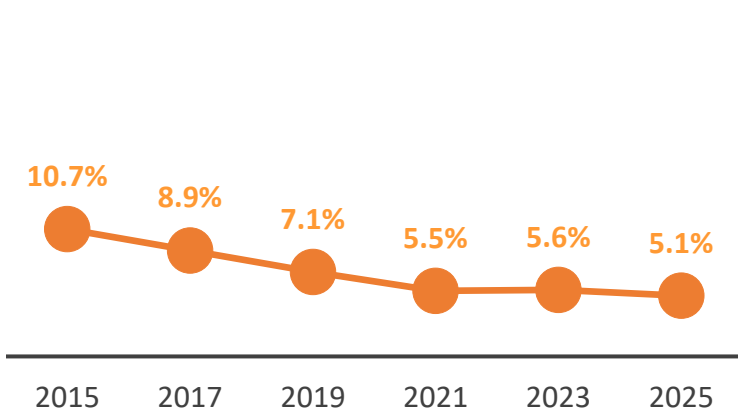


~54,000 students participated

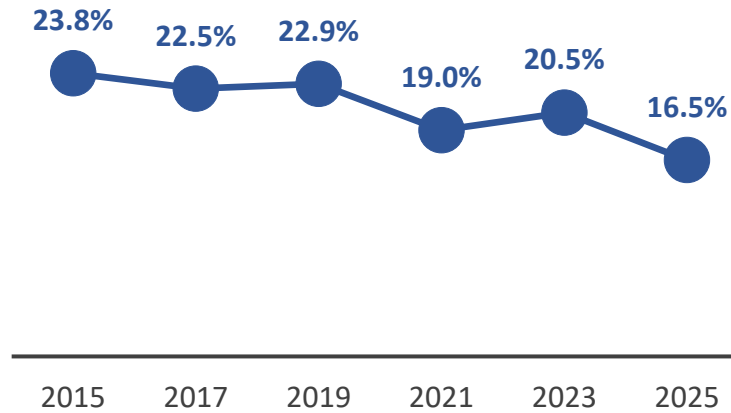
MIYHS HS 2025: Demographics



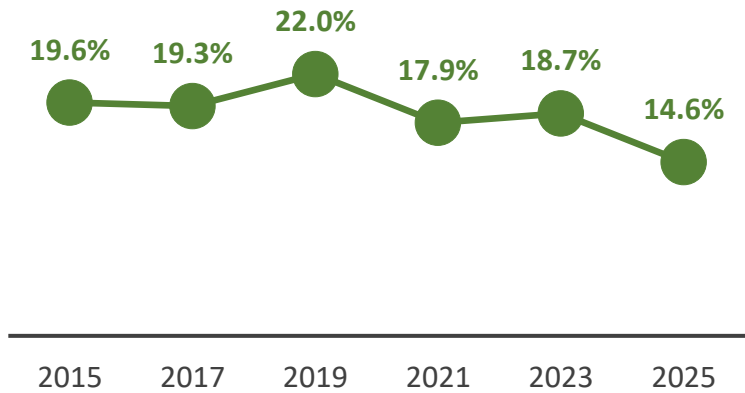
MIYHS HS 2025: Substance Use



5.1% currently
smoke cigarettes

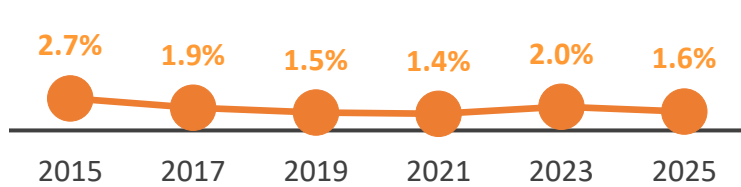


16.5% currently drink
alcohol

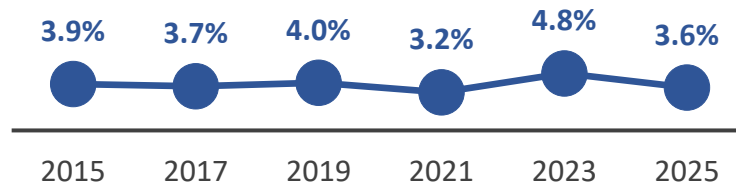


14.6% currently
use marijuana

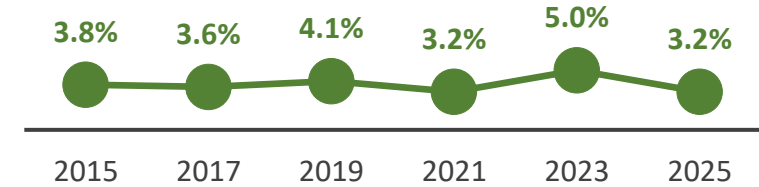
MIYHS MS 2025: Substance Use



1.6% currently
smoke cigarettes

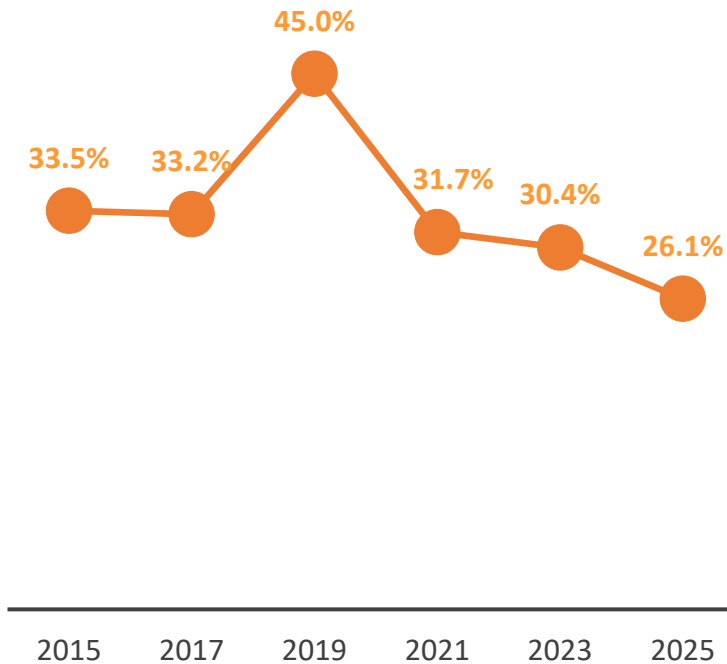


3.6% currently drink
alcohol

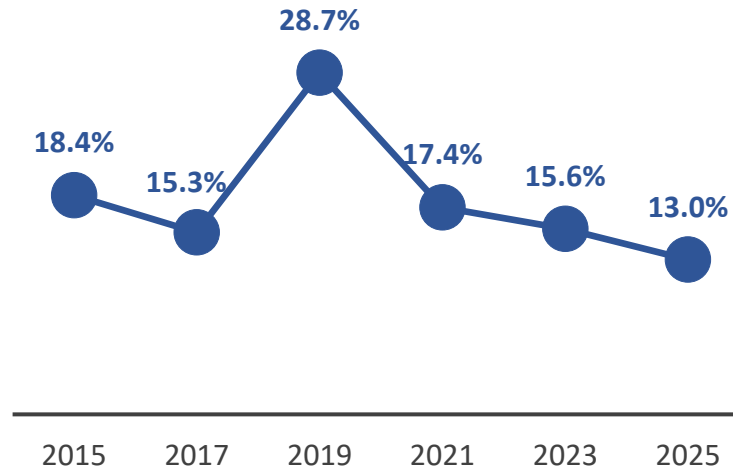


3.2% currently use
marijuana

MIYHS HS 2025: E-Cigarette Use and Vaping

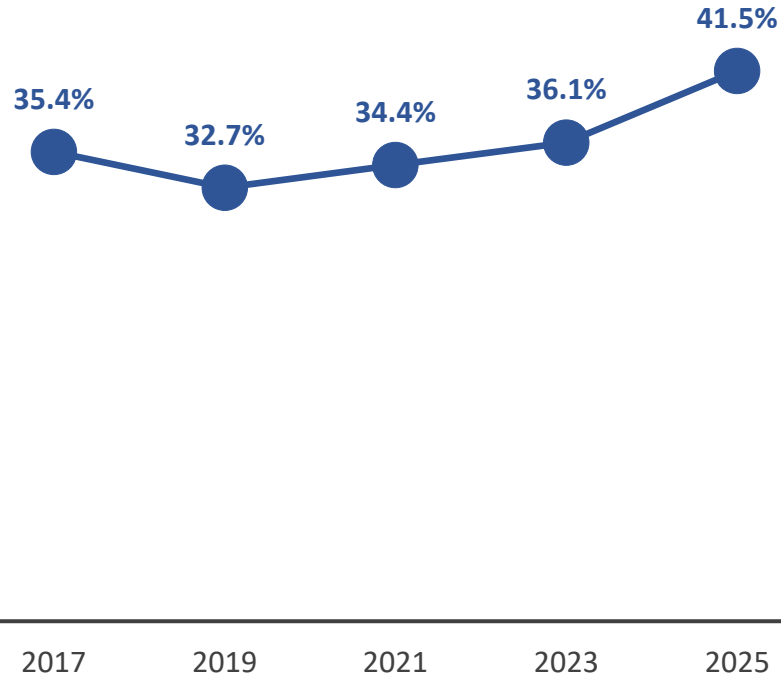


26.1% ever used
an e-vapor product

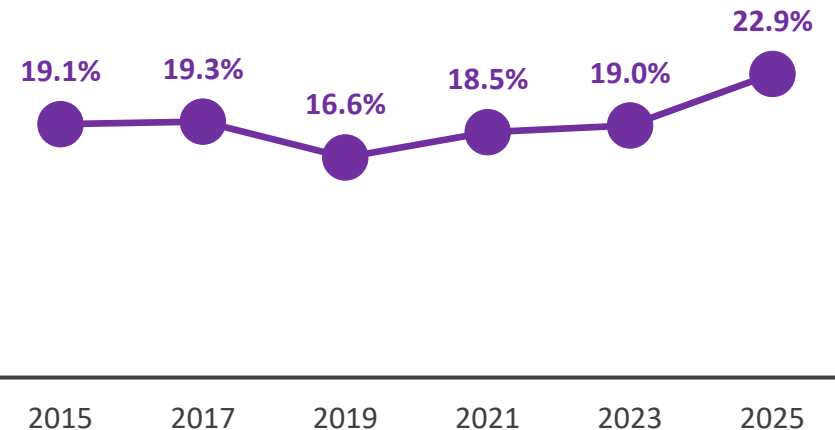


13.0% currently use
an e-vapor product

MIYHS HS 2025: Substance Use Behavior



41.5% of students who report current alcohol use drank 5 or more drinks in a row in a couple of hours at least once in the past 30 days

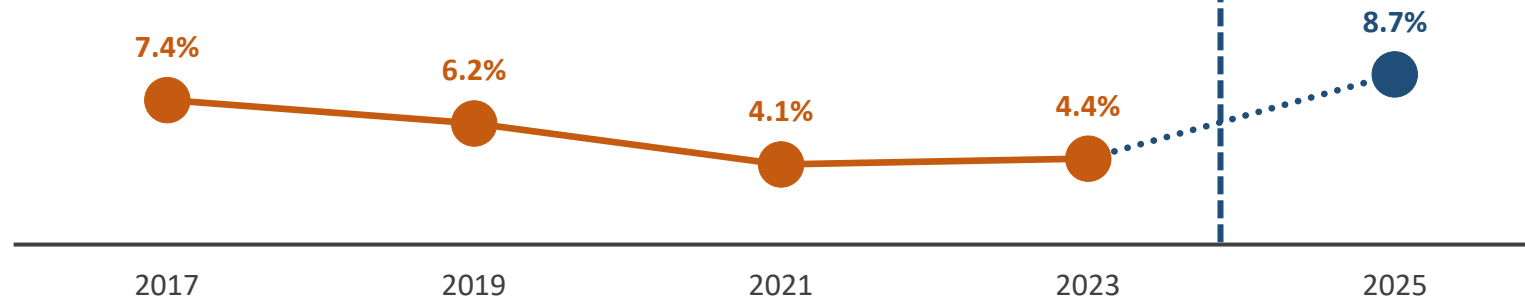


22.9% of students who reported ever using cannabis tried it for the first time before age 13

MIYHS HS 2025: Substance Use

During your life, how many times have you used synthetic marijuana (also called K2, Spice, fake weed, King Kong, Yucatan Fire, or Skunk)?

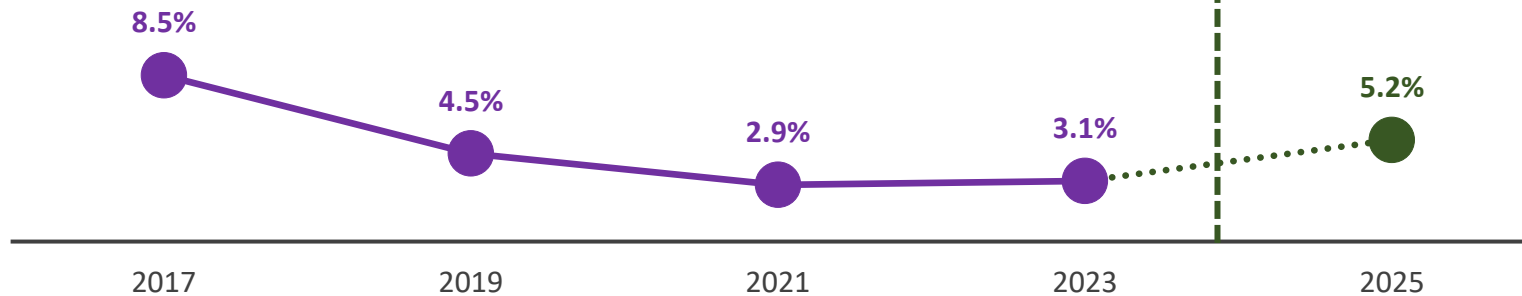
During your life, how many times have you used synthetic marijuana (also called K2, Spice, fake weed, King Kong, Yucatan Fire, or Skunk) *or hemp-derived products such as delta-8, delta-10 or THCO?*



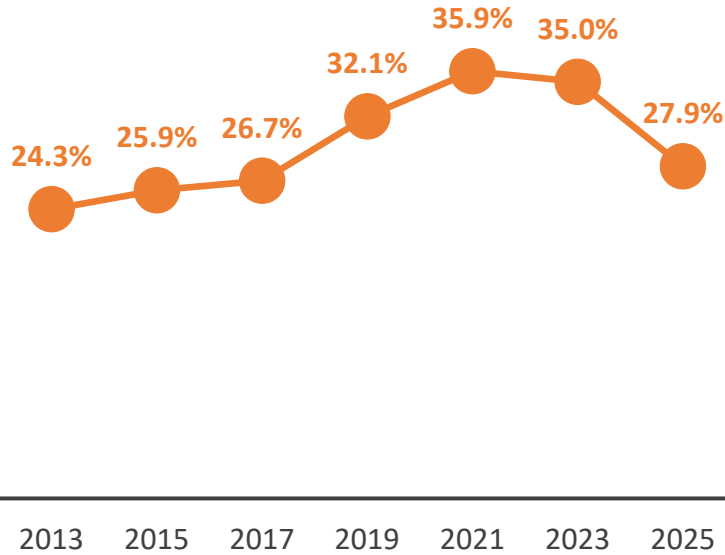
MIYHS HS 2025: Substance Use

During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges? (Do not count any electronic vapor products.)

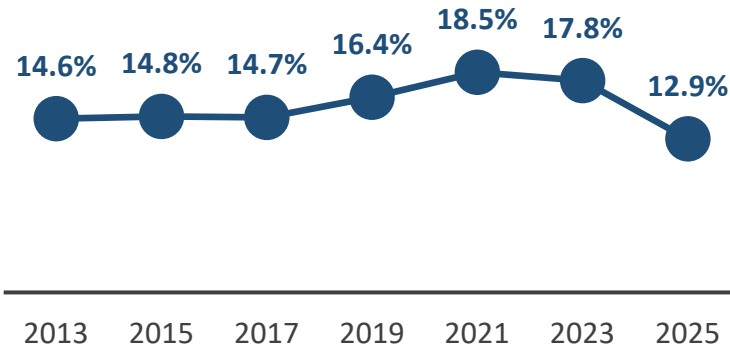
During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, dissolvable tobacco products, *or nicotine pouches*, such as Copenhagen, Grizzly, Skoal, Camel Snus, *on!, ZYN, or Velo*? (Do not count any electronic vapor products.)



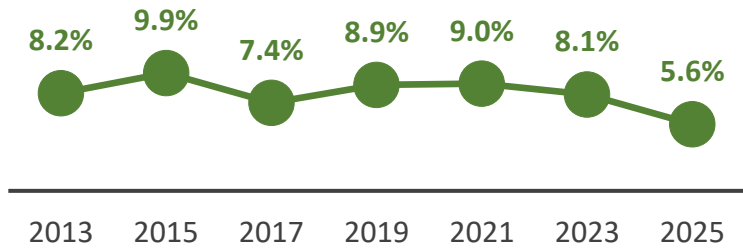
MIYHS HS 2025: Mental Health



27.9% felt sad or
hopeless for 2 or more
weeks (past 12 months)

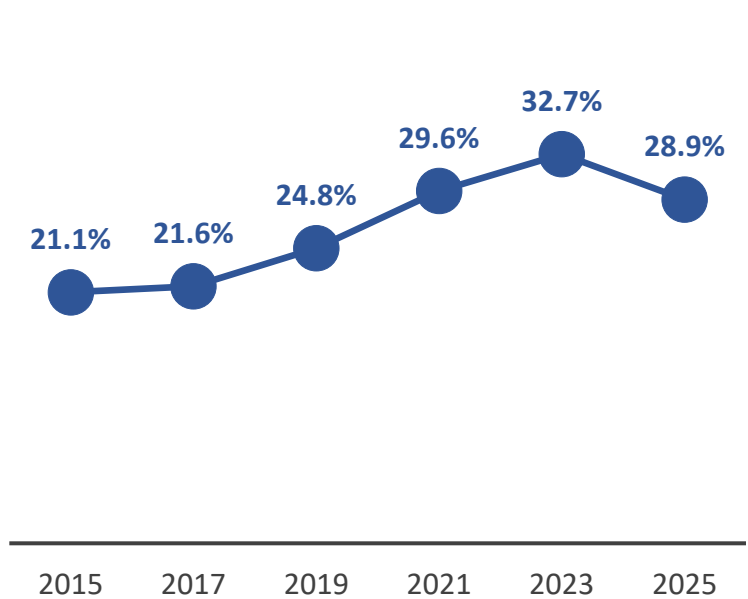


12.9% seriously
considered suicide in the
past 12 months

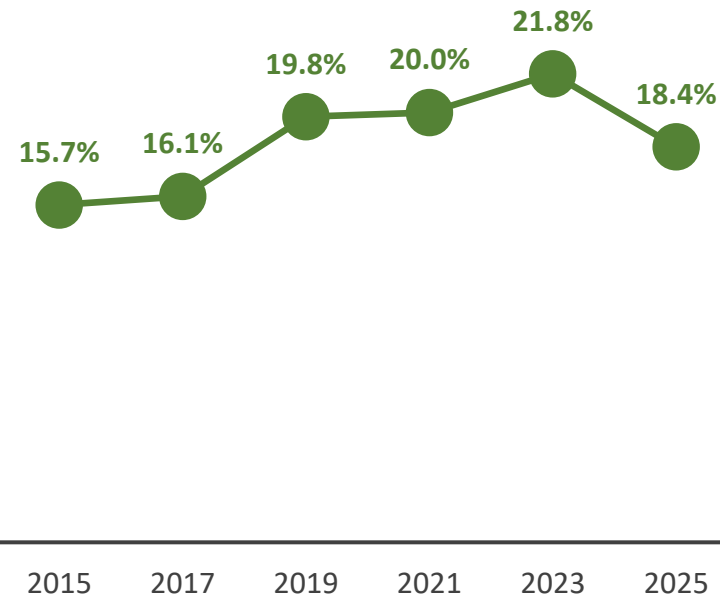


5.6% attempted
suicide at least once in
the past 12 months

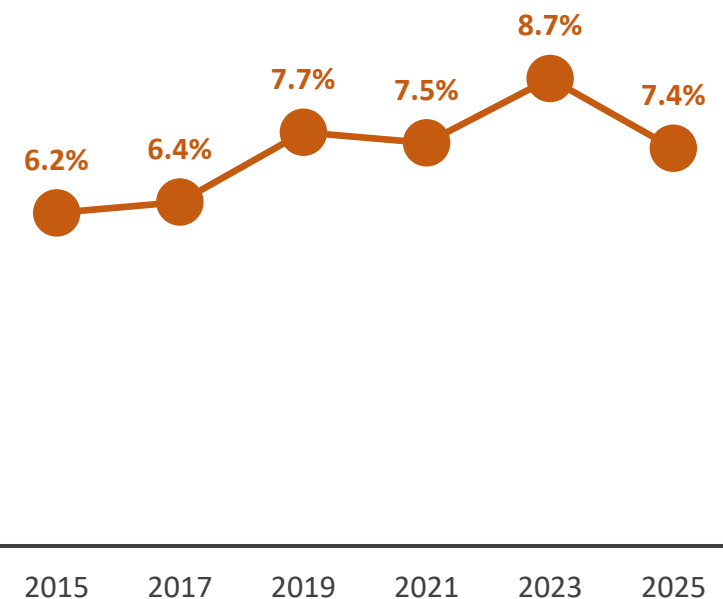
MIYHS MS 2025: Mental Health



28.9% felt sad or
hopeless for 2 or more
weeks (ever)

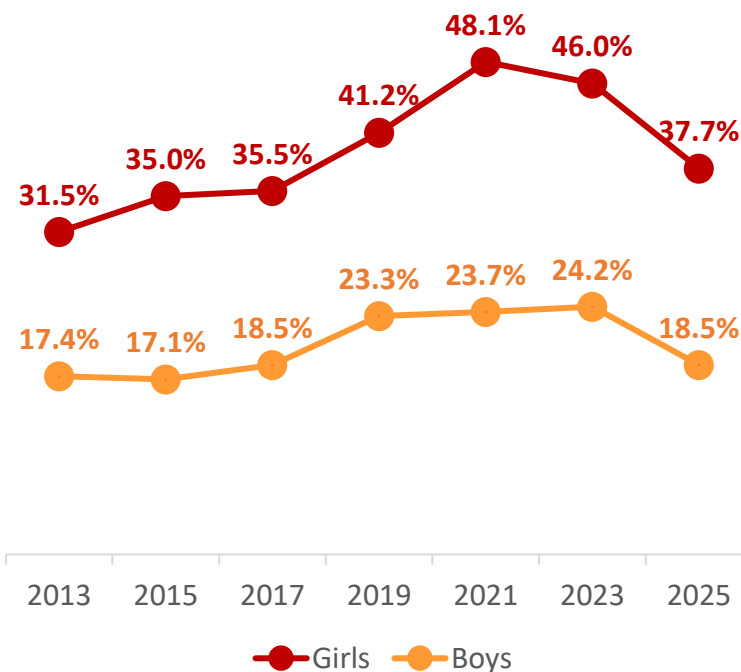


18.4% reported ever
seriously considering
killing themselves

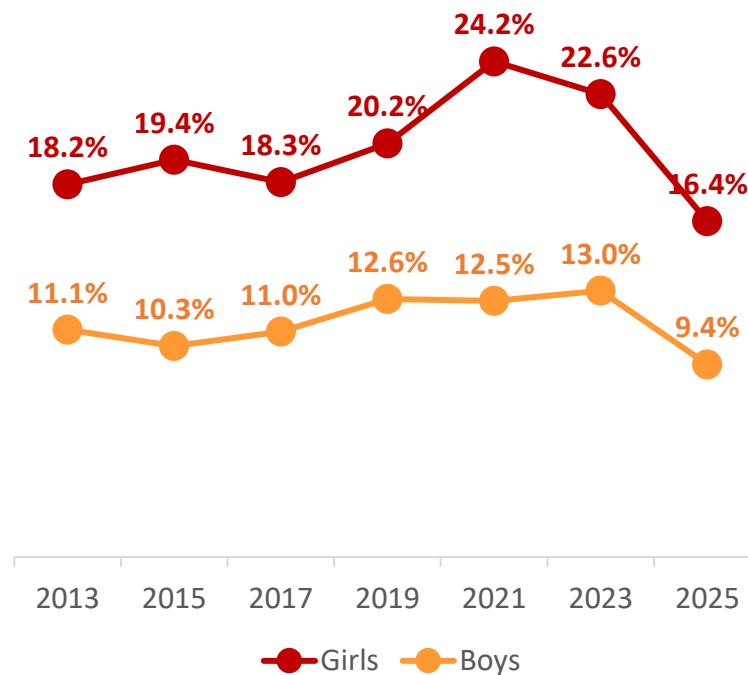


7.4% report ever
trying to kill
themselves

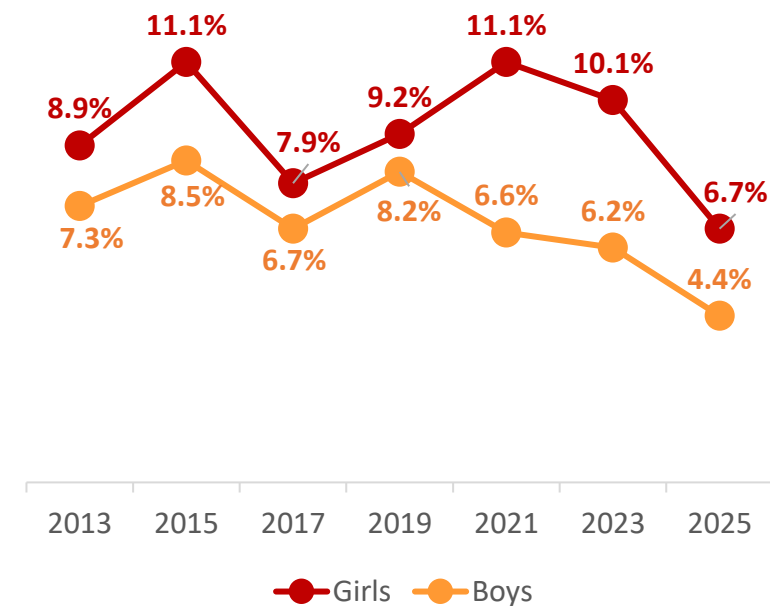
MIYHS HS 2025: Mental Health by Gender



37.7% of girls felt sad or hopeless for 2 or more weeks (past 12 months), as compared to **18.5%** of boys

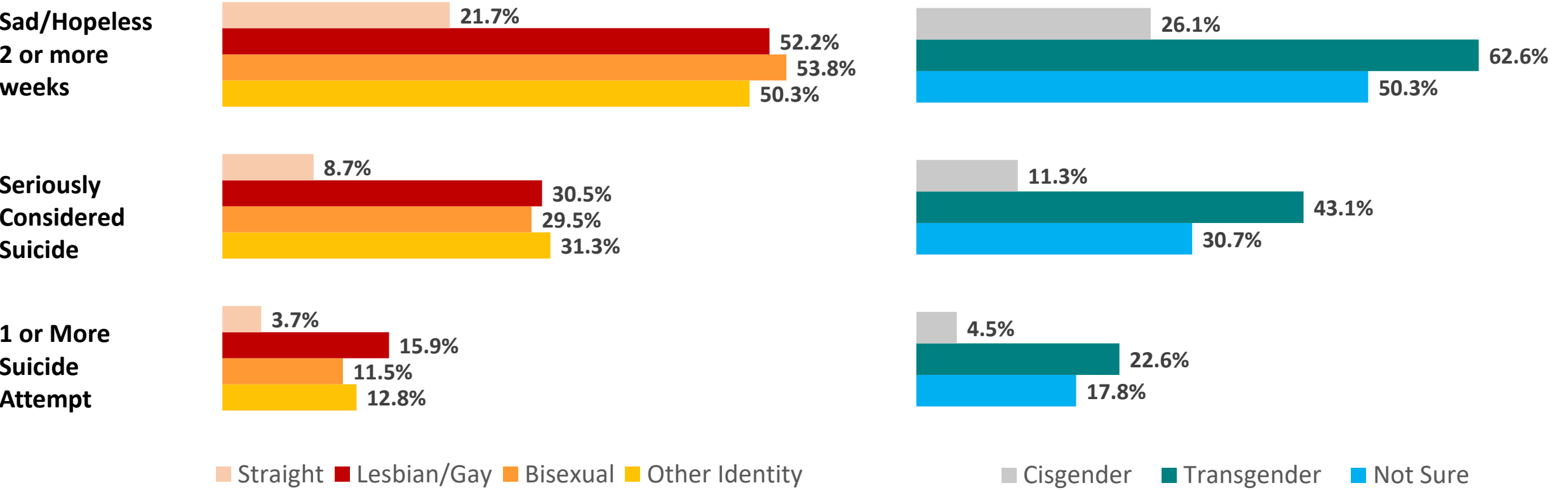


16.4% of girls seriously considered suicide in the past 12 months, as compared to **9.4%** of boys

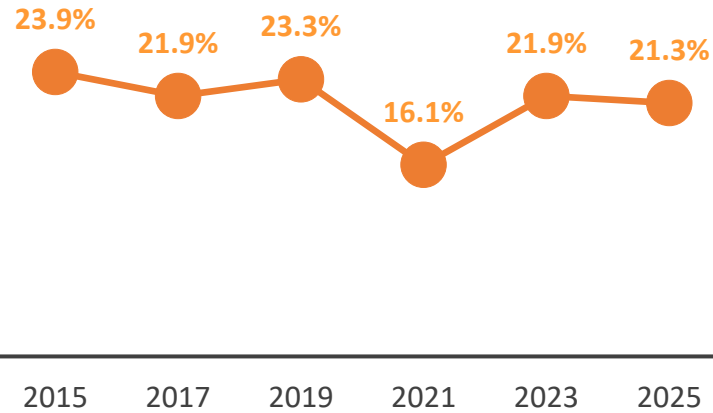


6.7% of girls attempted suicide at least once in the past 12 months, as compared to **4.4%** of boys

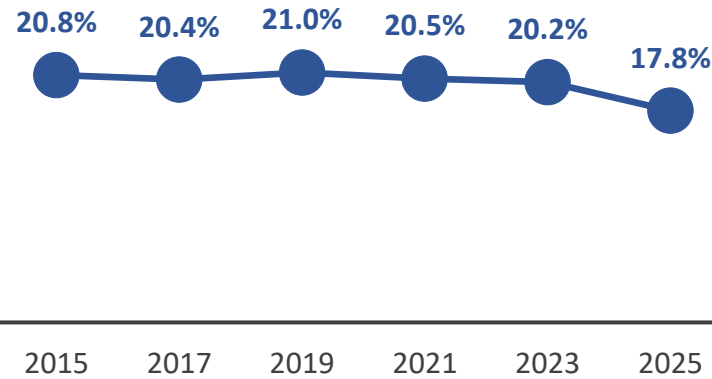
MIYHS HS 2025: Mental Health by Sexual Orientation and Gender Identity



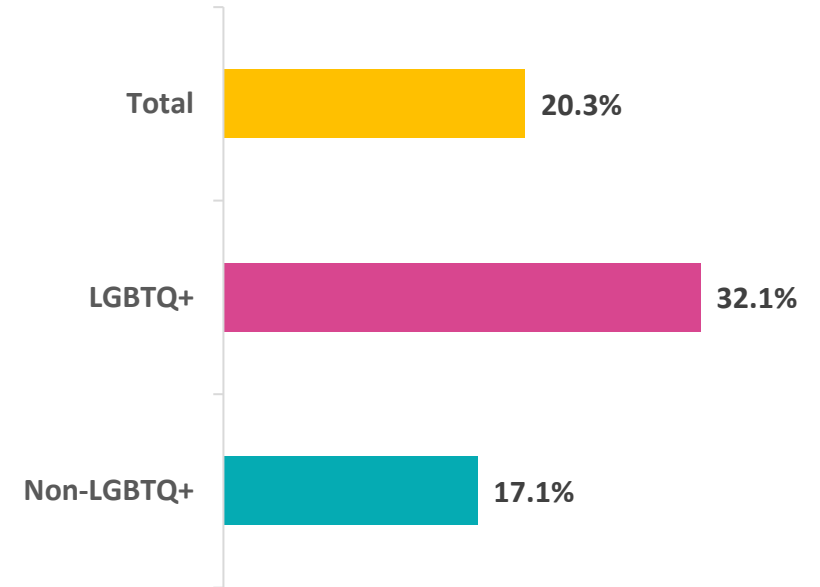
MIYHS HS 2025: Violence and Safety



21.3% report being bullied at school in the past 12 months

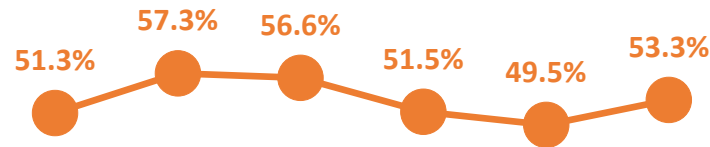


17.8% experienced violence in their homes that made them want to leave home



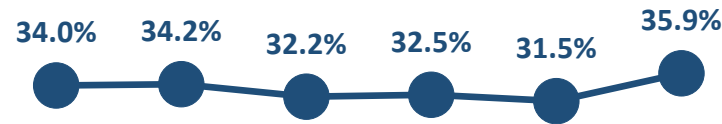
20.3% ever had a parent or other adult in the home hit, beat, kick, or physically hurt them in any way

MIYHS 2025: Protective Factors



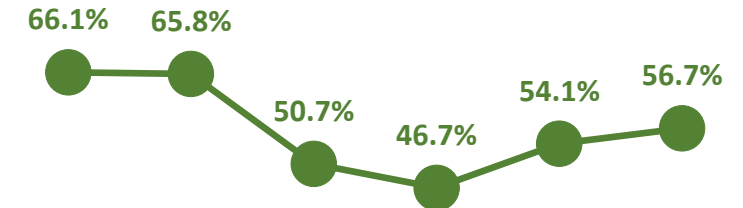
2015 2017 2019 2021 2023 2025

53.3% feel like they matter to people in their community



2015 2017 2019 2021 2023 2025

35.9% agree adults in their school address conflict, negative language, and bullying in ways that help students

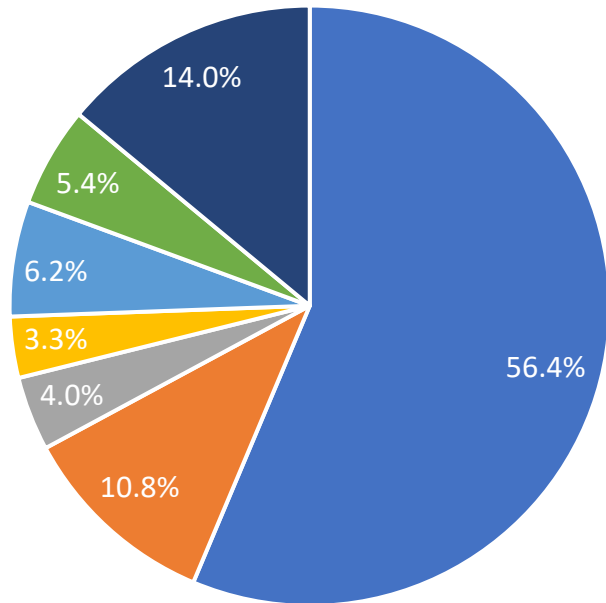


2015 2017 2019 2021 2023 2025

56.7% say they have support from adults other than their parents

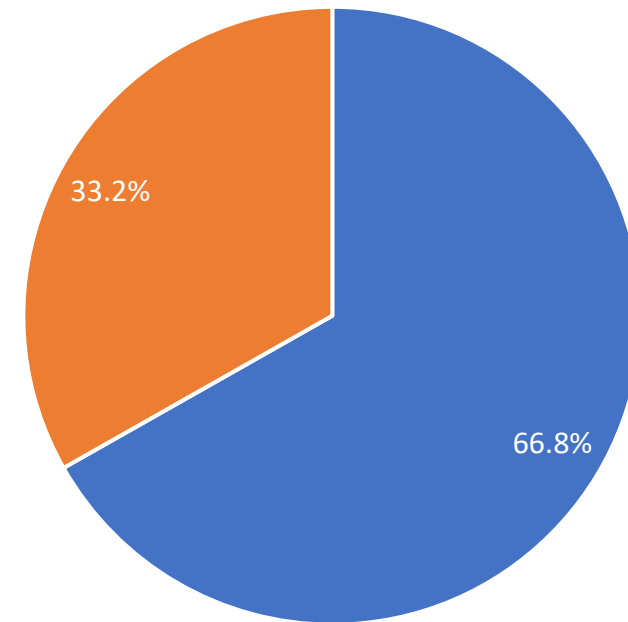
MIYHS 2025: Plans after HS & Paid Work

Plans after High School



- 4-year college
- Community college
- Technical school
- Military
- Full-time job only
- Something else
- Not sure

Paid work



- Yes
- No

Where To Find MIYHS Data



School Report
Sign In

Username

Password

Log In

[*Forgot Password?](#)

Results

Fact Sheets

Survey Information

Methodology

Resources

FAQs

MIYHS Moments



Results

Learn More



Fact Sheets

Learn More

For MIYHS data, please visit:

www.maine.gov/miyhs

- Detailed reports
- Comparison reports
- Infographics

Maine Integrated Youth Health Survey

Fact Sheets

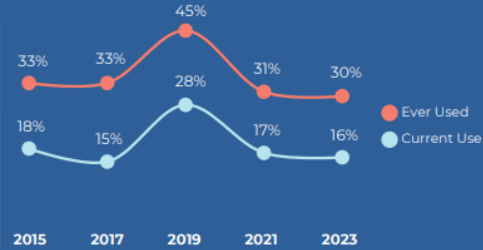
Electronic Vapor Product Use Among High School Students in Maine

2023 Maine Integrated Youth Health Survey Data

E-Vapor Product Use Among Maine High School Students

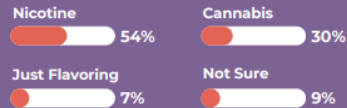


1 in 3 have ever used e-vapor products (30%)



Ever used = ever used an e-vapor product
Current use = past 30 day use of an e-vapor product

What Was In The Vapor Inhaled



97% of students who used e-vapor products in the past 30 days reported using a flavored tobacco product

55% of students who use e-vapor products got them from someone else

61% believe e-vapor products are easy to get

Free Help to Quit

Maine QuitLink
1-800-QUIT-NOW | MaineQuitLink.com

My Life, My Quit
Text "START" to 36072 | MyLifeMyQuit.org

Vape Free Maine
VapeFreeMaine.com



Youth who start vaping with flavors are more likely to have a lifetime nicotine addiction

ABOUT MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)
The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5 - 12. All middle and high schools can participate.

www.maine.gov/miyhs
miyhs.dhhs@maine.gov



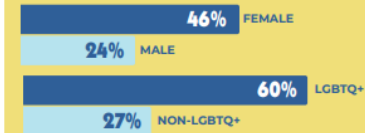
Mental Health Among Maine High School Students

2023 Maine Integrated Youth Health Survey Data

34% of students' mental health was not good over the past 30 days (poor mental health includes stress, anxiety, and depression)

Depression

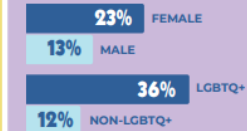
35% felt so sad or hopeless for at least two weeks they stopped usual activities in the past 12 months



Fewer than 1 in 3 students who felt sad or hopeless during the past 12 months got help from an adult (32%)

Suicidal Ideation

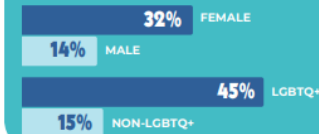
18% seriously considered suicide in the past 12 months



LGBTQ+ students are 3X more likely to consider suicide than non-LGBTQ+ students

Self-Harm

23% of students over the past 12 months purposely hurt* themselves without wanting to die (*such as cutting or burning)



Suicide Attempts

8% attempted suicide at least once in the past 12 months



If you or someone you know is struggling or in a crisis, help is available.



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Thank You



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Maine Department of Education

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