



# MIYHS

## Maine Integrated Youth Health Survey

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# Maine Integrated Youth Health Survey (MIYHS)

## 2025: Participation

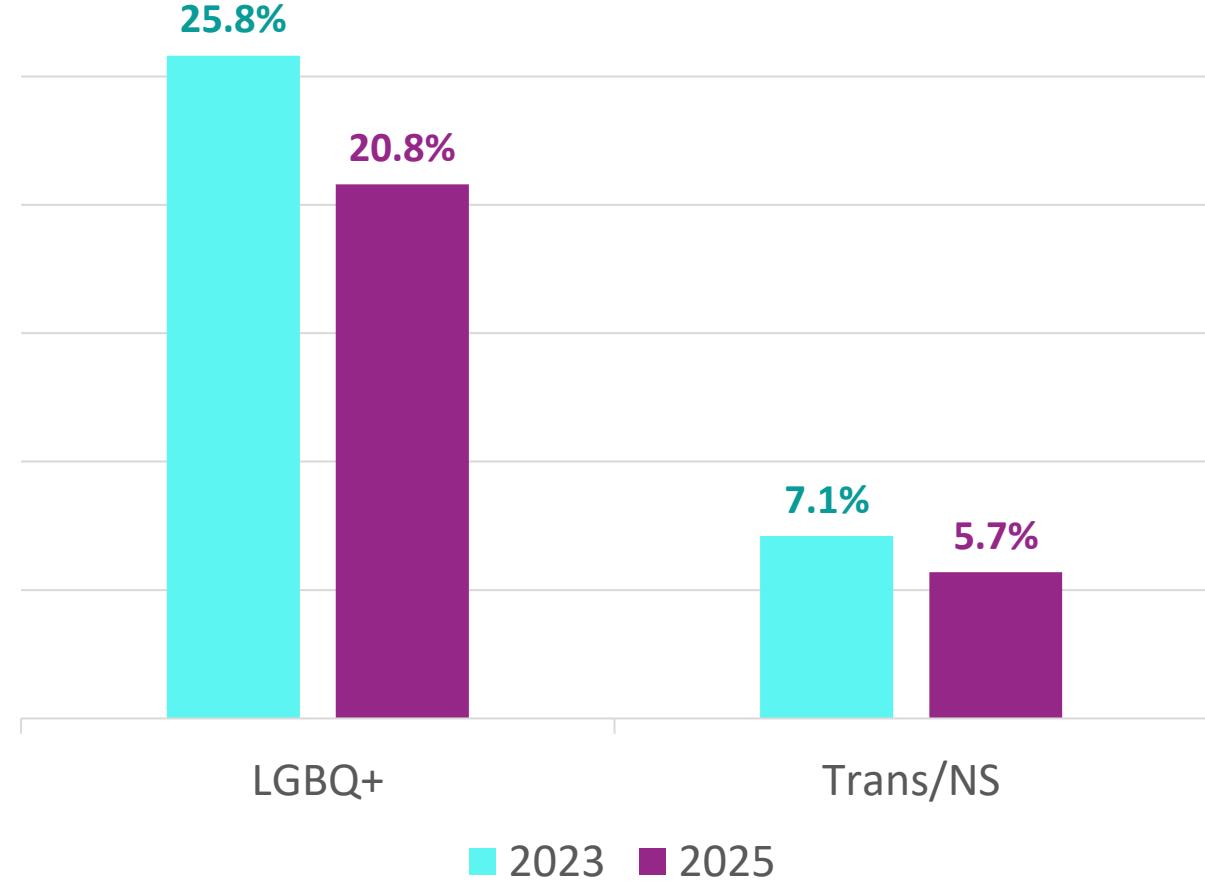
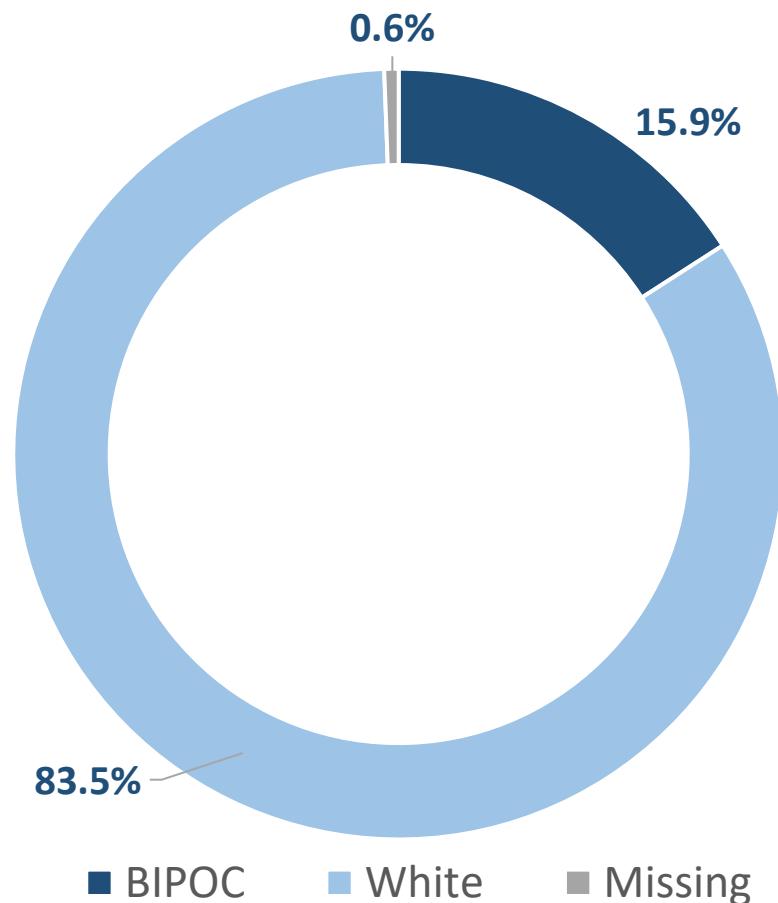


**267 Schools**

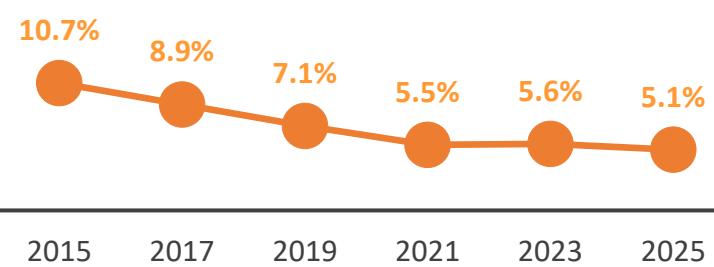


**~54,000 students participated**

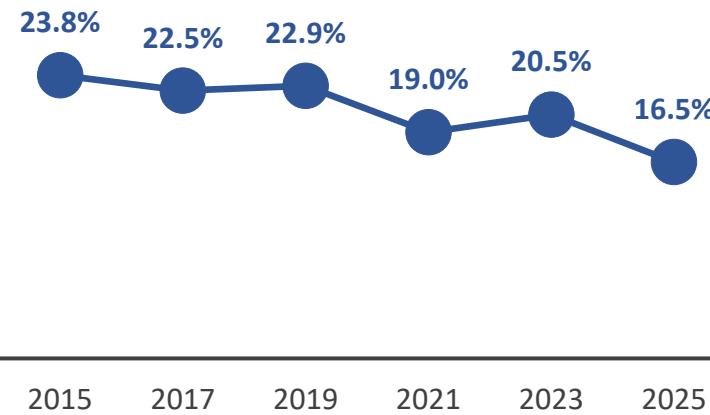
# MIYHS HS 2025: Demographics



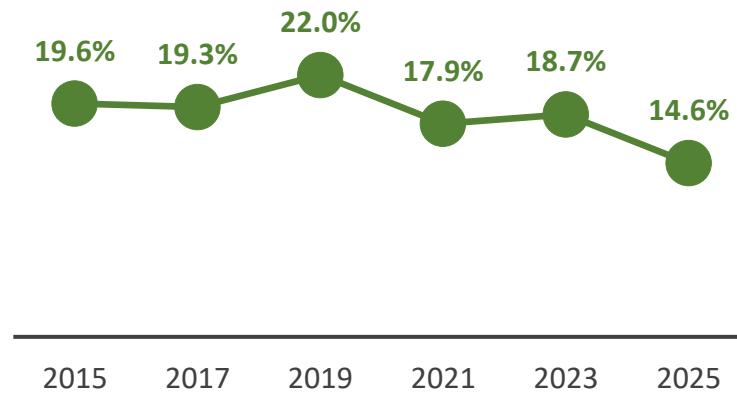
# MIYHS HS 2025: Substance Use



**5.1%** currently  
smoke cigarettes



**16.5%** currently drink  
alcohol

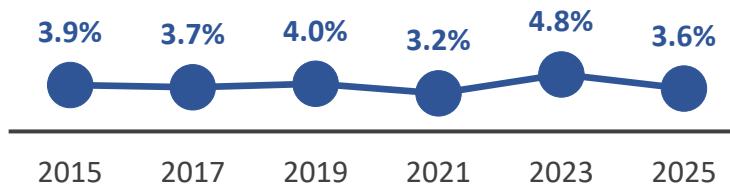


**14.6%** currently  
use marijuana

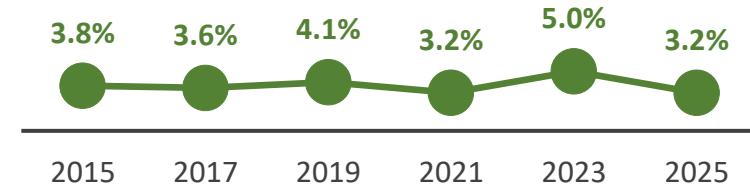
# MIYHS MS 2025: Substance Use



**1.6%** currently  
smoke cigarettes

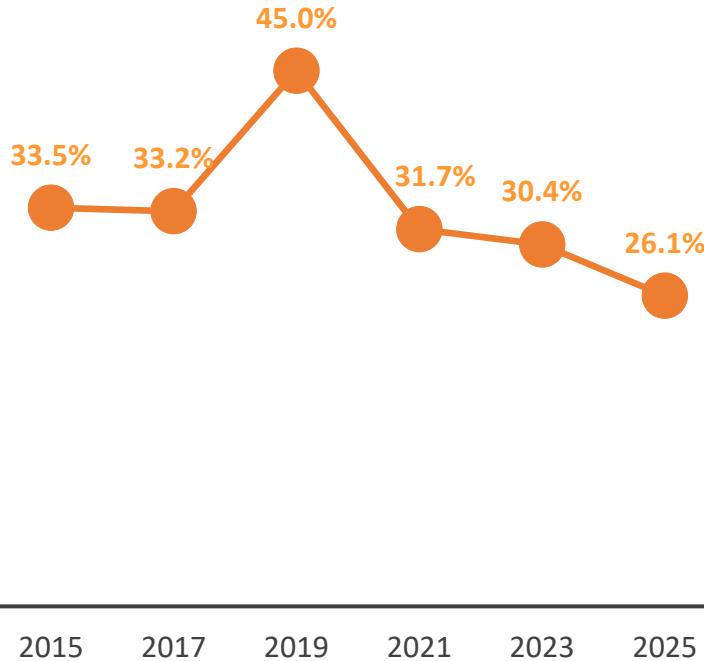


**3.6%** currently drink  
alcohol

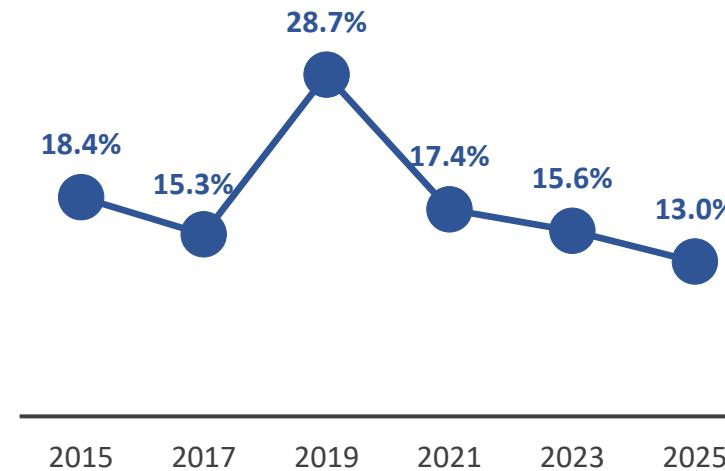


**3.2%** currently use  
marijuana

# MIYHS HS 2025: E-Cigarette Use and Vaping

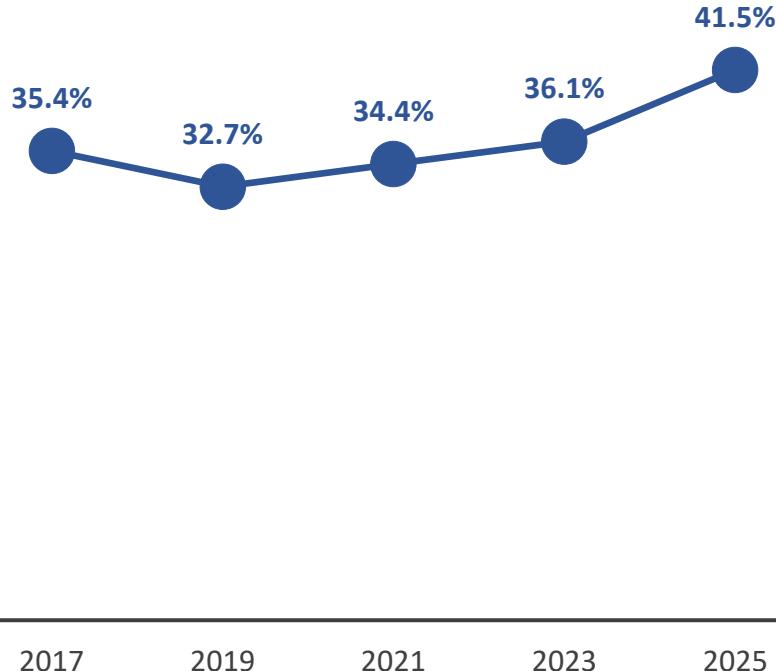


**26.1%** ever used  
an e-vapor product

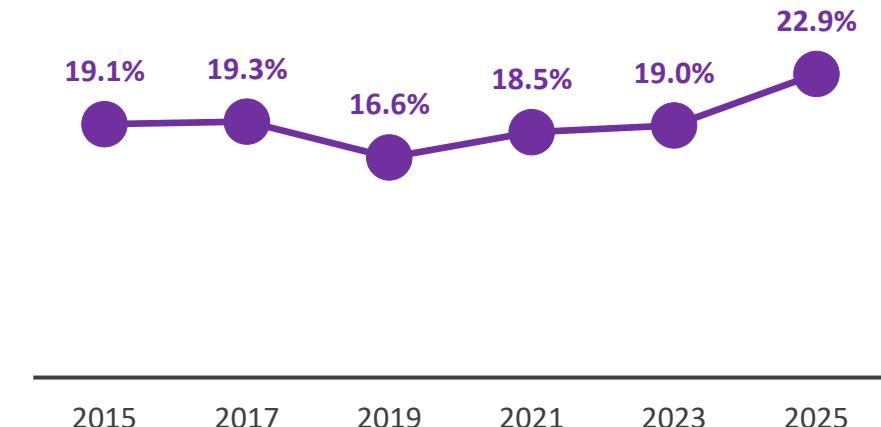


**13.0%** currently use  
an e-vapor product

# MIYHS HS 2025: Substance Use Behavior



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

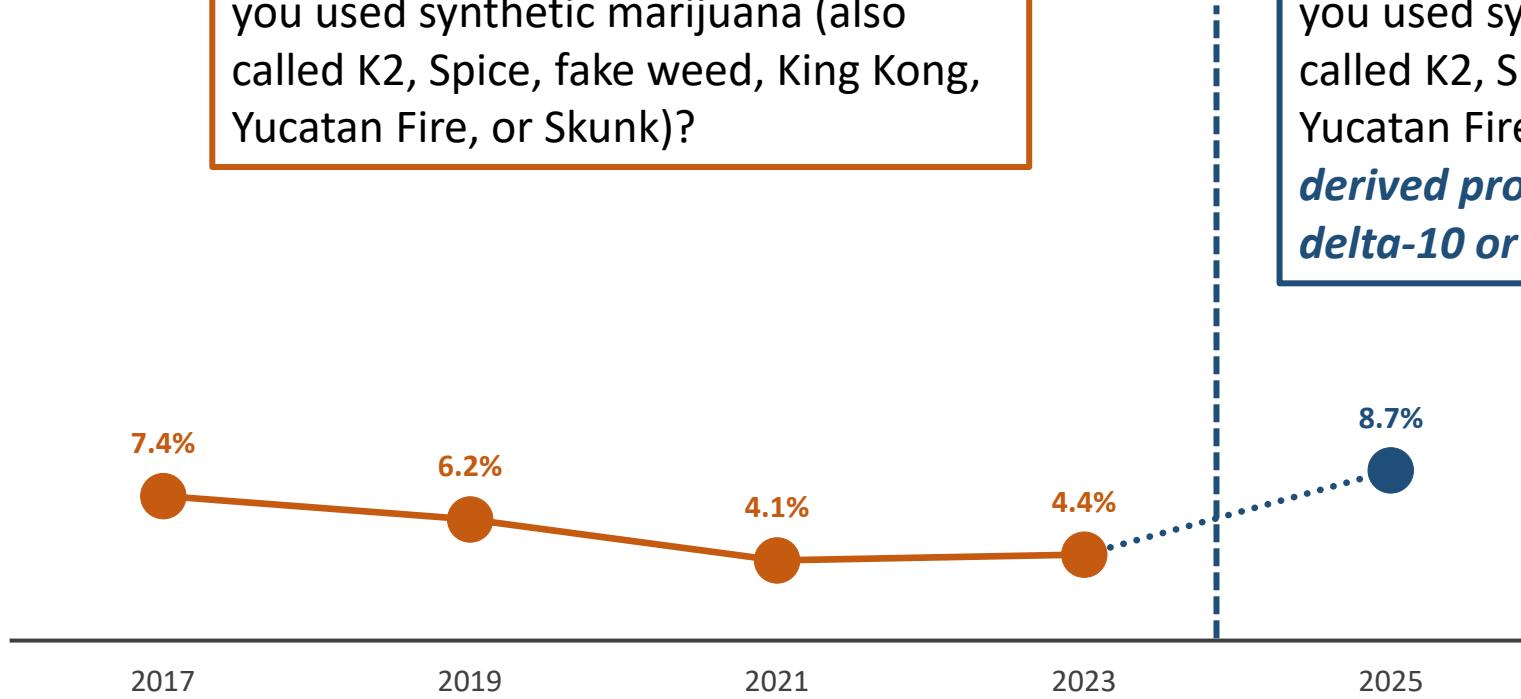


**22.9%** of students who reported ever using cannabis tried it for the first time before age 13

# 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)?

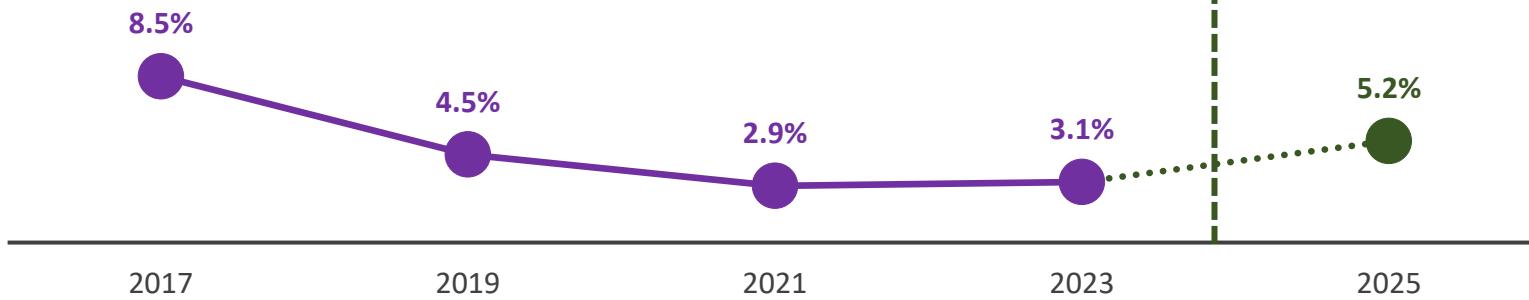
During your life, how many times have you used synthetic marijuana (also called K2, Spice, fake weed, King Kong, Yucatan Fire, or Skunk) **or hemp-derived products such as delta-8, delta-10 or THCO?**



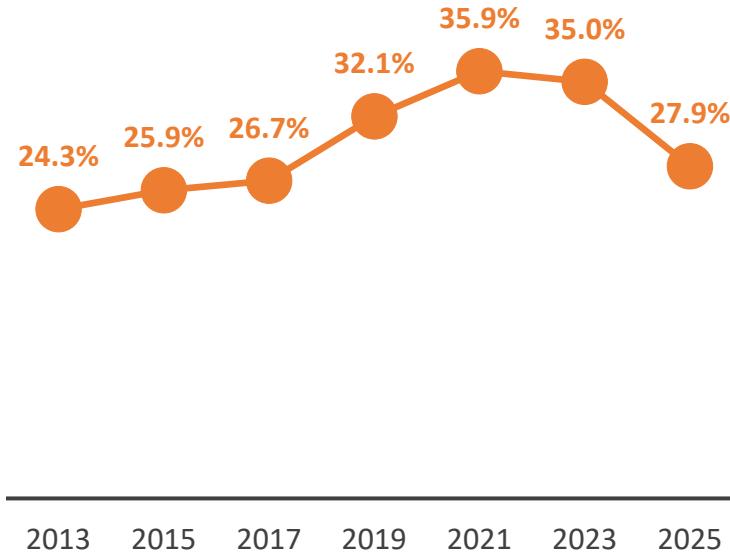
# MIYHS HS 2025: Substance Use

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.)

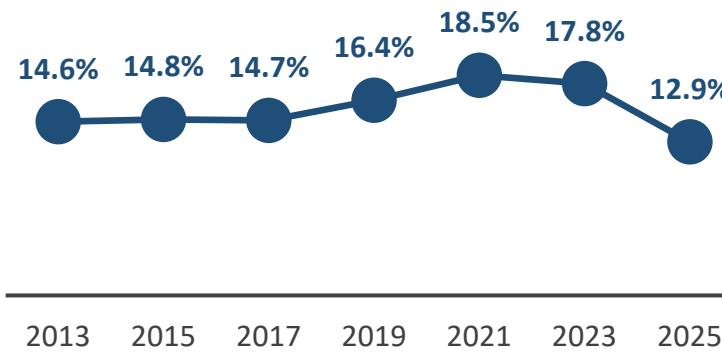
During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, dissolvable tobacco products, *or nicotine pouches*, such as Copenhagen, Grizzly, Skoal, Camel Snus, *on!, ZYN, or Velo?* (Do not count any electronic vapor products.)



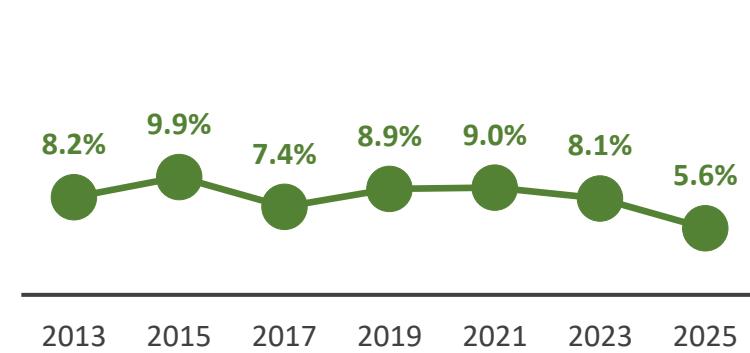
# MIYHS HS 2025: Mental Health



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



**12.9%** seriously  
considered suicide in the  
past 12 months



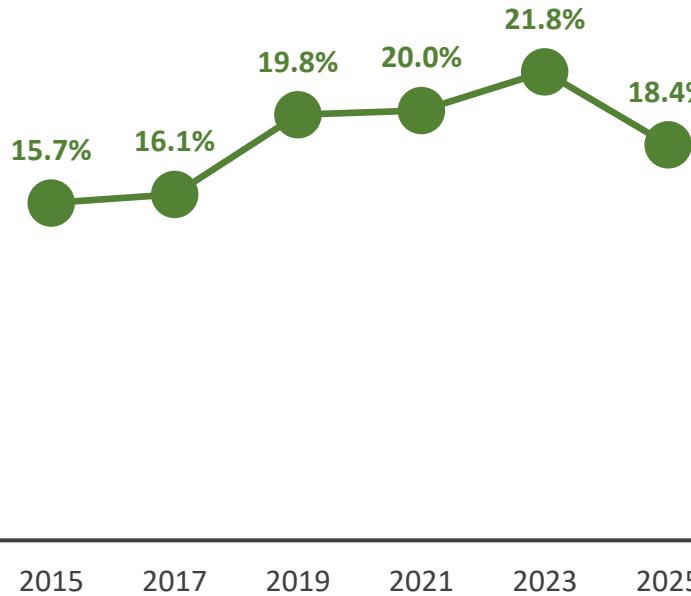
**5.6%** attempted  
suicide at least once in  
the past 12 months

# MIYHS MS 2025: Mental Health



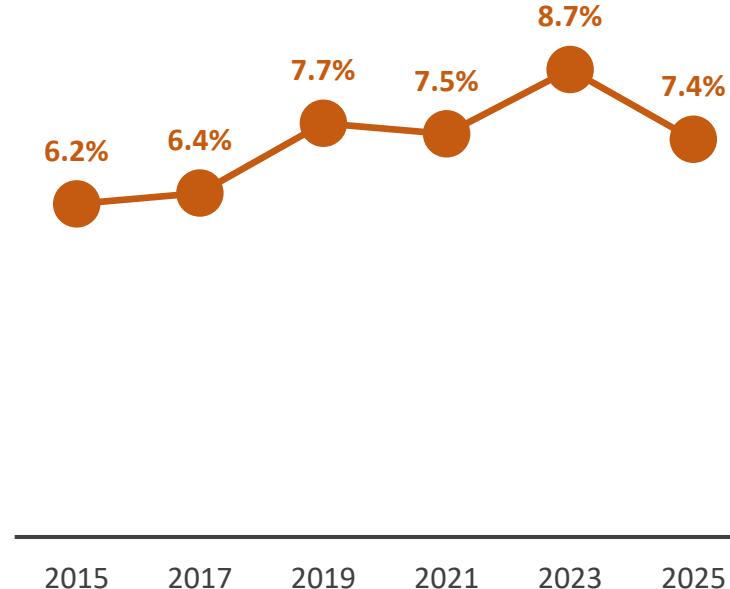
2015 2017 2019 2021 2023 2025

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



2015 2017 2019 2021 2023 2025

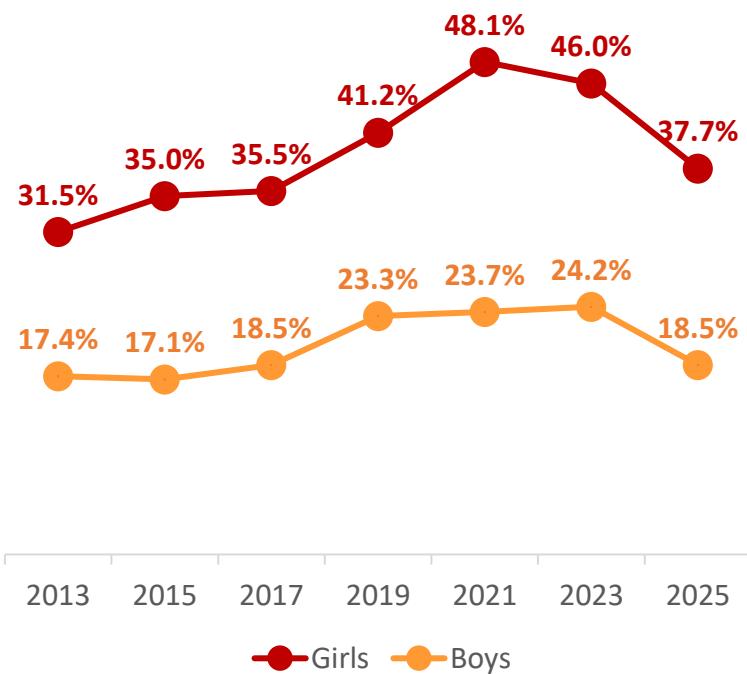
**18.4%** reported ever  
seriously considering  
killing themselves



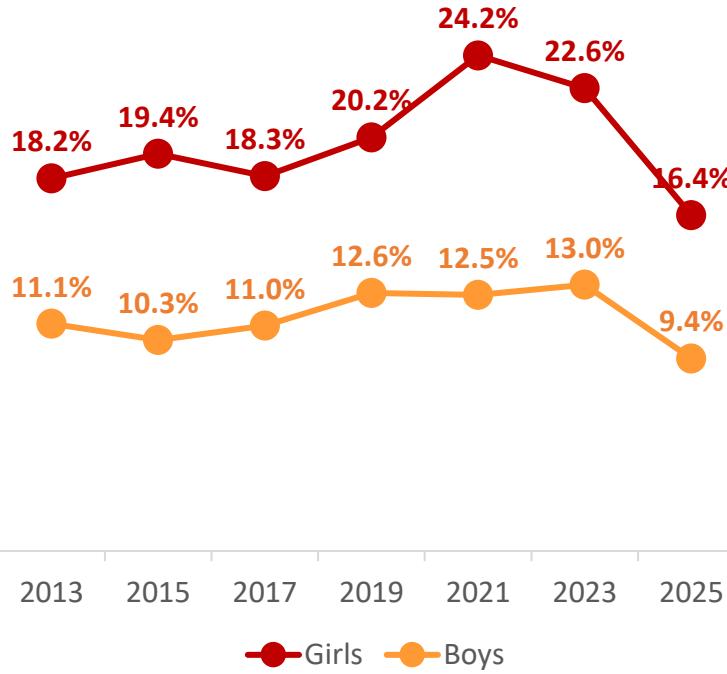
2015 2017 2019 2021 2023 2025

**7.4%** report ever  
trying to kill  
themselves

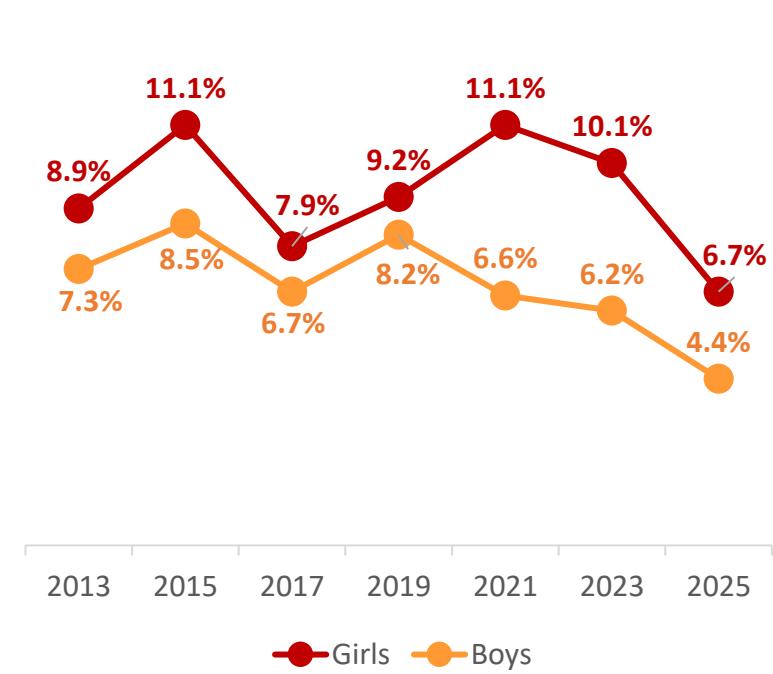
# MIYHS HS 2025: Mental Health by Gender



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



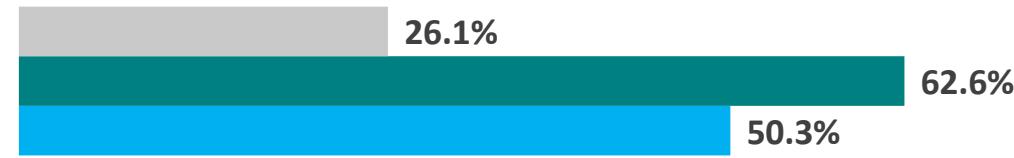
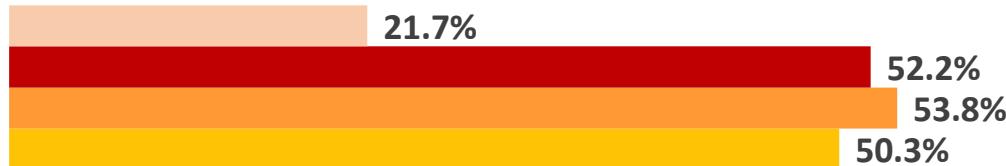
**16.4%** of girls seriously considered suicide in the past 12 months, as compared to **9.4%** of boys



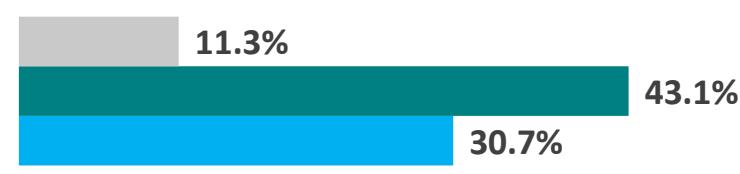
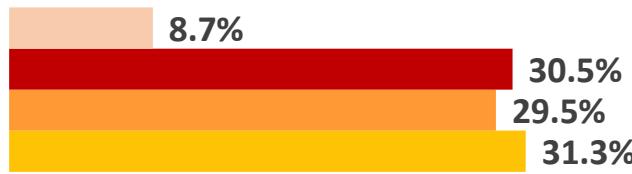
**6.7%** of girls attempted suicide at least once in the past 12 months, as compared to **4.4%** of boys

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

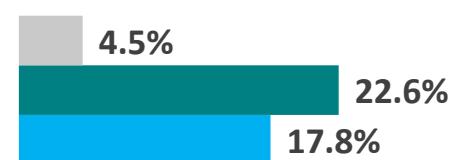
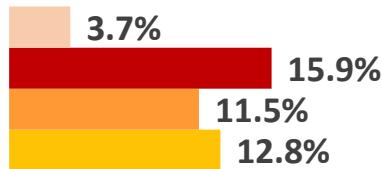
**Sad/Hopeless  
2 or more  
weeks**



**Seriously  
Considered  
Suicide**



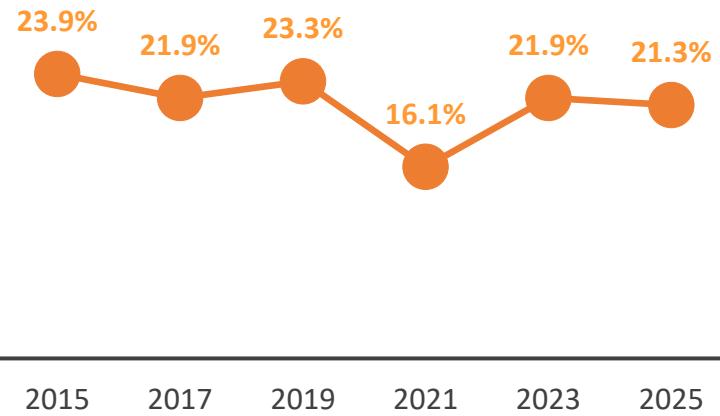
**1 or More  
Suicide  
Attempt**



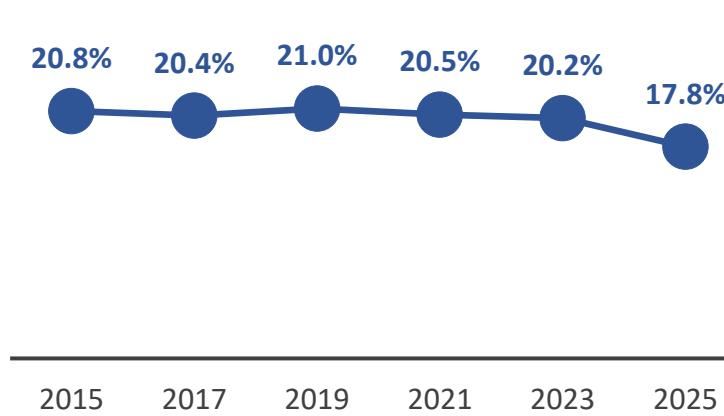
■ Straight ■ Lesbian/Gay ■ Bisexual ■ Other Identity

■ Cisgender ■ Transgender ■ Not Sure

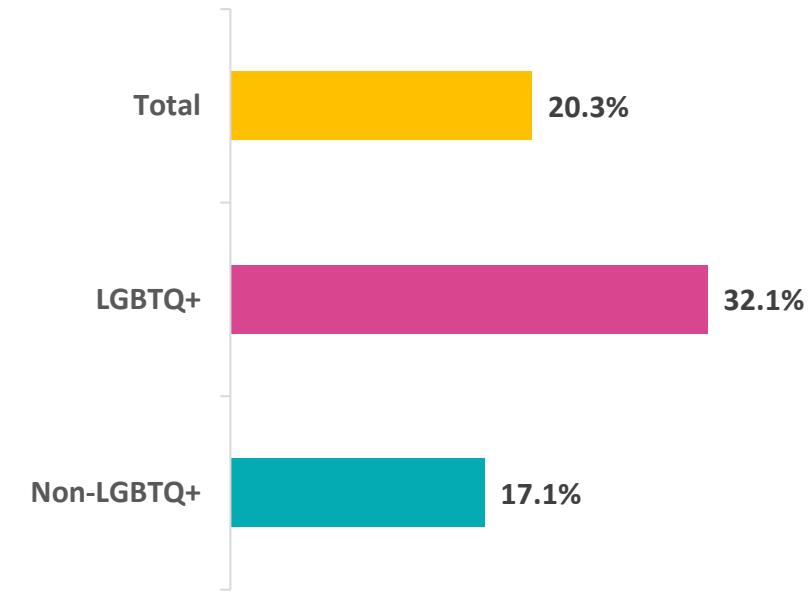
# MIYHS HS 2025: Violence and Safety



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

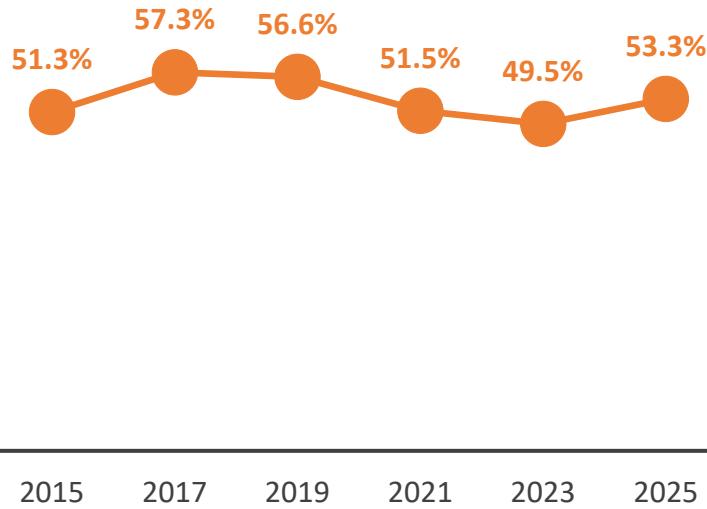


**17.8%** experienced violence in their homes that made them want to leave home

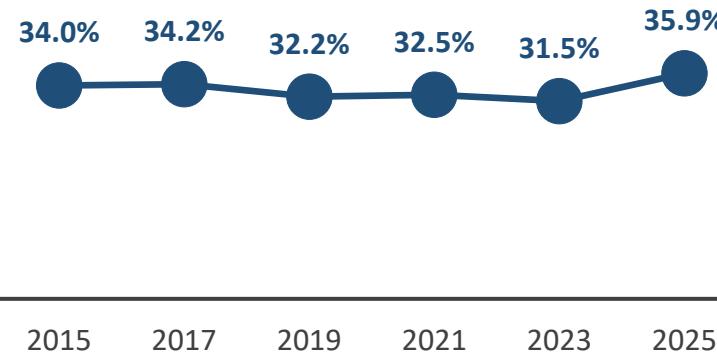


**20.3%** ever had a parent or other adult in the home hit, beat, kick, or physically hurt them in any way

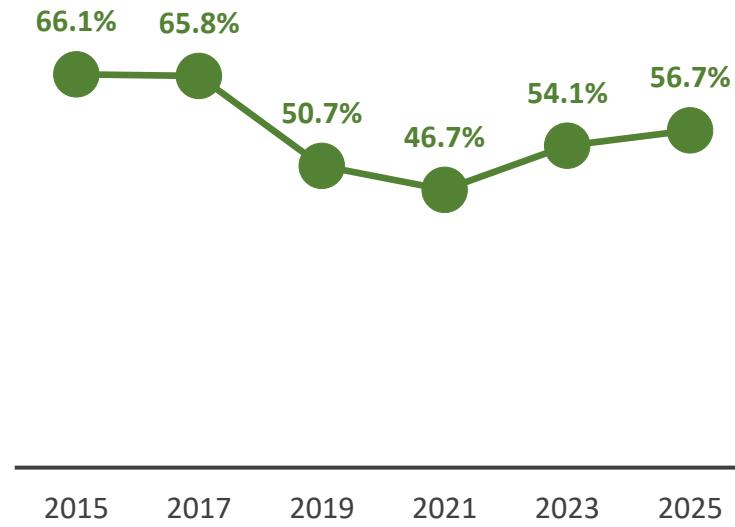
# MIYHS 2025: Protective Factors



**53.3%** feel like they matter to people in their community



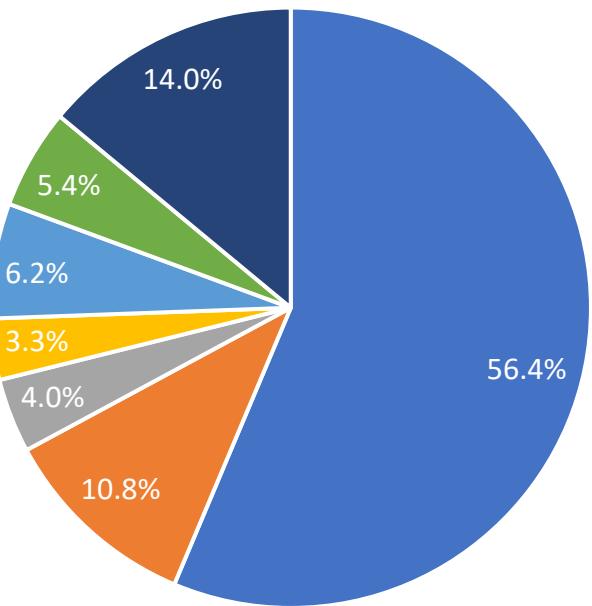
**35.9%** agree adults in their school address conflict, negative language, and bullying in ways that help students



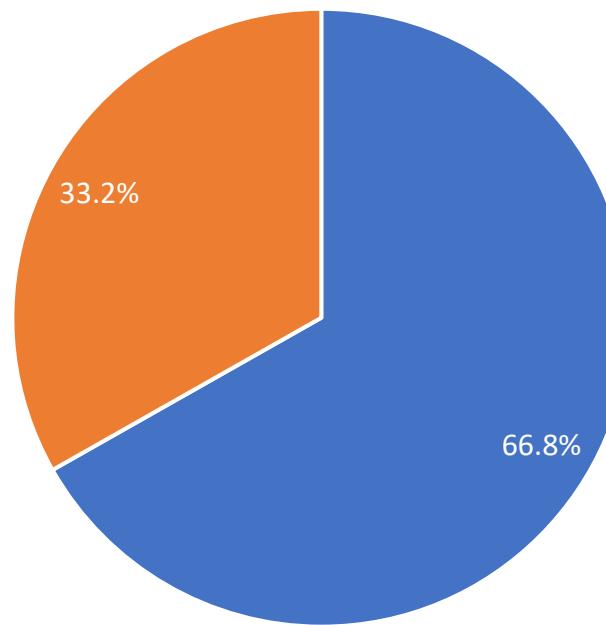
**56.7%** say they have support from adults other than their parents

# MIYHS 2025: Plans after HS & Paid Work

Plans after High School



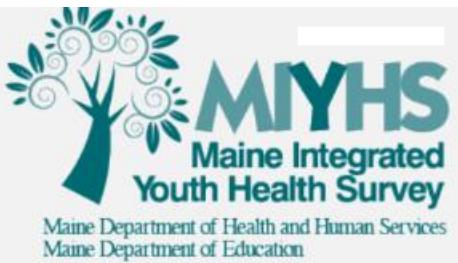
Paid work



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

- Yes
- No

# Where To Find MIYHS Data



School Report  
Sign In

Username

Password

Log In

[\\*Forgot Password?](#)

Results

Fact Sheets

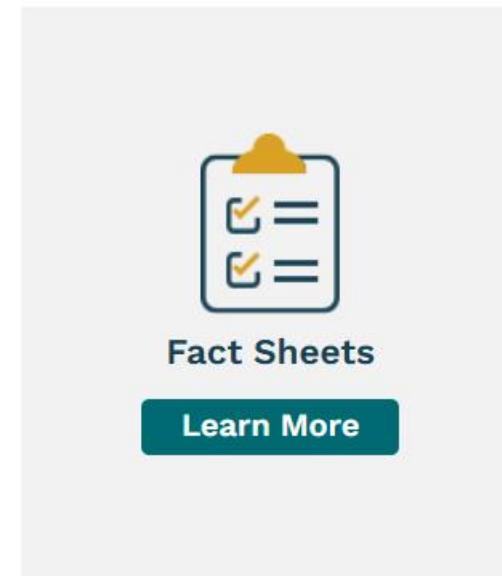
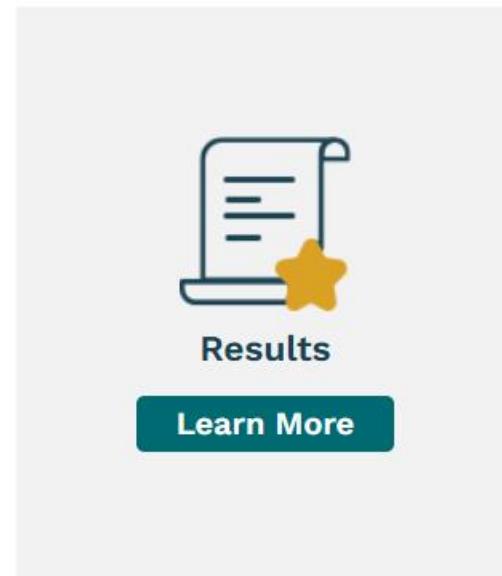
Survey Information

Methodology

Resources

FAQs

MIYHS Moments



For MIYHS data, please visit:  
[www.maine.gov/miyhs](http://www.maine.gov/miyhs)

## Maine Integrated Youth Health Survey

- Detailed reports
- Comparison reports
- Infographics

# 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

**Did You Know?** Youth who start vaping with flavors are more likely to have a lifetime nicotine addiction

#### 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

#### 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.mainegov/miyhs](http://www.mainegov/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

46% FEMALE

24% MALE

60% LGBTQ+

27% NON-LGBTQ+

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

#### Self-Harm

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

32% FEMALE

14% MALE

45% LGBTQ+

15% NON-LGBTQ+

#### Suicidal Ideation

**18%** seriously considered suicide in the past 12 months

23% FEMALE

13% MALE

36% LGBTQ+

12% NON-LGBTQ+

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

#### Suicide Attempts

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

10% FEMALE

6% MALE

17% LGBTQ+

5% NON-LGBTQ+

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



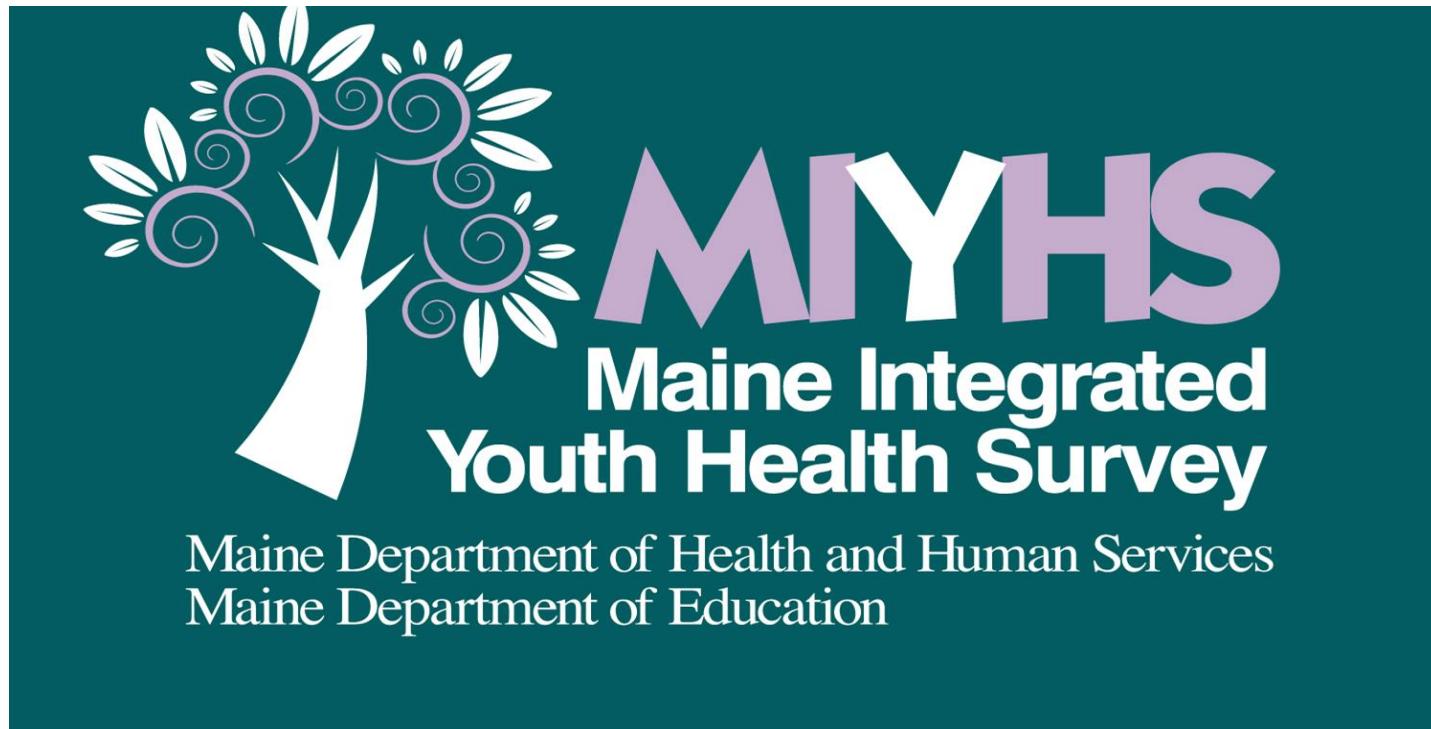
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# Thank You



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