

# Daily Activity and Healthy Behaviors of Youth in Maine

2017 MIYHS Data

Middle School Students



High School Students



26%

Physically Active for at least an hour every day

20%



43%

Involved in a community club, organization or activity outside of school and sports

49%



29%

Watch two or fewer hours of screen time per day

34%



54%

Get eight or more hours of sleep per night

28%

Who can help:

USCDC General Resources: [www.cdc.gov/healthyweight/physical\\_activity/index.html](http://www.cdc.gov/healthyweight/physical_activity/index.html)

USCDC School Health Guidelines: [www.cdc.gov/healthyschools/npao/strategies.htm](http://www.cdc.gov/healthyschools/npao/strategies.htm)

Let's Move: <http://www.letsmove.gov/get-active>

MIYHS: [www.maine.gov/MIYHS](http://www.maine.gov/MIYHS)