

# Maine Integrated Youth Health Survey

## Maine 5th and 6th Grade Students

# 2019



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

Among 5th and 6th grade students who completed the survey in 2019:

6%

have ever **DRANK**  
**ALCOHOL**

59%

have a **SUGAR-**  
**SWEETENED**  
**BEVERAGE** at least  
once a day

2%

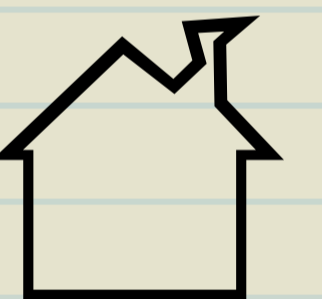
have ever **USED**  
**MARIJUANA**

23%

**EXERCISE** for an  
hour every day

24%

spend 2 or more hours at **HOME**  
after school **WITHOUT A**  
**TRUSTED ADULT**



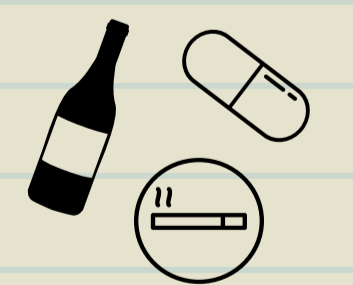
44%

have ever been **BULLIED** at  
school



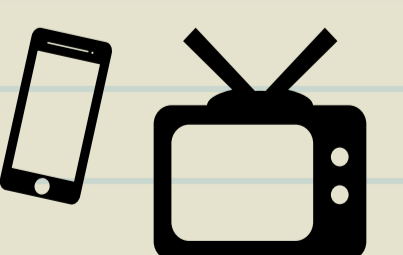
39%

have talked to a parent about the  
**DANGERS** of tobacco, alcohol, or  
drug use in the past year



33%

have two or fewer hours of  
combined **SCREEN TIME**  
daily excluding school work



# 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](mailto: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](http://www.maine.gov/MIYHS)

For more  
information  
on:

Tobacco and Substance Use Prevention: [www.preventionforme.org](http://www.preventionforme.org)

Suicide Prevention: [www.maine.gov/suicide/](http://www.maine.gov/suicide/)

Nutrition & Physical Activity: [www.lets-go.org](http://www.lets-go.org)

Bullying Prevention: [www.maine.gov/doe/bullying](http://www.maine.gov/doe/bullying)

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