



STATE OF MAINE
DEPARTMENT OF EDUCATION
23 STATE HOUSE STATION
AUGUSTA, ME 04333-0023

JANET T. MILLS
GOVERNOR

A. PENDER MAKIN
COMMISSIONER

February 8, 2021

Dear Principal:

In this time of great uncertainty, we are all concerned about the wellbeing of Maine students. The **Maine Integrated Youth Health Survey (MIYHS)** provides critical information on mental health, tobacco and substance use, physical activity and nutrition, and many other health behaviors among youth in our state. Data from the MIYHS are used to:

- monitor new and emerging health trends, such as the concerns about student mental health or the increase in vaping among middle and high school youth;
- help schools and communities identify student needs and track the success of interventions;
- secure funds for programs to prevent substance use, violence, and other youth risk behaviors.

The Maine Department of Education and Maine Center for Disease Control and Prevention strongly recommend that all eligible schools participate in the MIYHS. The student survey is anonymous and confidential, and data are carefully collected and analyzed to ensure their accuracy. Your school's participation contributes to detailed information about the health of young people in your region and across the state. In addition, by participating in the MIYHS you will receive a **data report for your school**, providing you with valuable insight into the wellbeing of your school community. With every administration, questions are updated to reflect emerging trends. This year, the MIYHS will ask about potential effects the COVID-19 pandemic has had on students' academic and emotional wellbeing.

Due to the challenges of the 2020/2021 school year, administration of the MIYHS was delayed until **fall of 2021**. While we recognize the beginning of the school year is a busy time, the data we collect are vital to support the health of Maine students. **Please register for the survey now** by following the instructions on the attached registration page. A pre-selected sample of schools will be eligible for an online survey version as a pilot for a full online administration in 2023. You will be notified if selected for online survey administration.

Please see the attached fact sheet for more information about the Maine Integrated Youth Health Survey, and resources that have been developed to support the administration of the survey. If you have any questions about the MIYHS or wish to discuss the survey further, please contact a member of our MIYHS support team:

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With gratitude,

Pender Makin
Commissioner of Education