



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

JANET T. MILLS
GOVERNOR

PENDER MAKIN
COMMISSIONER

September 19, 2022

Dear Principal:

The 2023 **Maine Integrated Youth Health Survey (MIYHS)** is conducted by the Maine Department of Health and Human Services in collaboration with the Maine Department of Education and will be administered in January 2023. The MIYHS is a survey of students in grades 5 through 12 that assesses priority health behaviors including tobacco and vaping use, alcohol and other substance use, sexual behaviors, dietary behaviors, physical activity, and nutrition. The survey also measures supportive factors that exist at school, home, and in the community.

The MIYHS was created in 2009 and is administered every other year, in the odd calendar year. This year, we are going back to a mid-year administration after moving the 2021 administration to last fall to accommodate for extraordinary demands on schools during the 2020-2021 school year. Survey administration will take place **January 17 through February 17, 2023**. We anticipate schools will be able to administer surveys electronically for the 2023 administration, but paper surveys will also be available. Surveys are intended to be administered during a typical 40-minute class period. Survey administration procedures are designed to protect student privacy and allow for anonymous participation. School administrative units (SAUs), schools, and students will not be identified in any public reports. Participating SAUs and schools will have access to their respective school data provided reporting requirements are met; however, individual student data will not be identifiable. A sample page of a high school data report is included for your reference. If your school participated in the 2021 MIYHS and you do not have access to your school reports, please email Korey.Pow@maine.gov.

The MIYHS is the primary source of information on the most important health risk behaviors of students in Maine and is increasingly used by educators, public health officials, and others to monitor new and emerging health trends. The survey helps schools and communities identify needs and evaluate the success of interventions and secure funds for programs to prevent substance use, violence, and other youth risk behaviors. To view data reports, fact sheets, and a data dashboard from previous years, visit www.maine.gov/miyhs.

For additional information and answers to frequently asked questions, please refer to the 2023 MIYHS Information sheet, which has been attached.

To complete your registration for the 2023 Maine Integrated Youth Health Survey, follow the link in the registration email included with this letter. Please register by October 7, 2022.

I encourage your school to participate in this worthwhile initiative to assess the risk behaviors of Maine's youth to inform state, community, and school-wide health policies.

Sincerely,

A handwritten signature in blue ink that reads "Pender Makin".

Pender Makin
Commissioner of Education