

# Physical Activity & Nutrition Among Maine High School Students

2023 Maine Integrated Youth Health Survey Data

## Physical Activity

**39%** go to a physical education class at least 1 day in an average school week



**NEARLY HALF**

were active for at least 60 minutes per day on 5 out of 7 days (48%)

**57%** played on at least 1 sports team in the past 12 months



**19%** walk, ride, or roll to school when weather allows at least 1 day in an average school week

## Nutrition

in the past 7 days



**2 out of 3** ate fruit less than 1 time per day (64%)



**1 out of 2** ate vegetables less than 1 time per day (55%)



**1 out of 4** drank at least one sugar-sweetened beverage a day (25%)



**66%** reported a healthy weight

## Screen Time



**80%** use social media for more than 2 hours a day

**77%**

have 3+ hours of screen time per day at least



## Sleep

**28%**

get at least 8 hours of sleep a night



### 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.maine.gov/miyhs](http://www.maine.gov/miyhs)  
[miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov)



# Physical Activity & Nutrition Among Maine **Middle School Students**

2023 Maine Integrated Youth Health Survey Data

## Physical Activity

**70%** go to a physical education class at least 1 day in an average school week



**HALF**

were active for at least 60 minutes per day on 5 out of 7 days (50%)

**67%** played on at least 1 sports team in the past 12 months



**27%** walk, ride, or roll to school when weather allows at least 1 day in an average school week

## Nutrition

in the past 7 days



**1 out of 2**

ate fruit less than 1 time per day (58%)



**1 out of 2**

ate vegetables less than 1 time per day (52%)



**1 out of 4**

drank at least one sugar-sweetened beverage a day (23%)



**65%**

reported a healthy weight

## Screen Time



**74%** use social media for more than 2 hours a day

**71%**

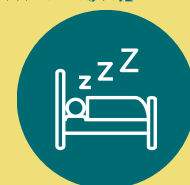
have 3+ hours of screen time per day at least



## Sleep

**47%**

get at least 8 hours of sleep a night



### 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.maine.gov/miyhs](http://www.maine.gov/miyhs)  
[miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov)



Maine Department of Health and Human Services  
Maine Department of Education