

Physical Activity & Nutrition Among Maine High School Students

2025 Maine Integrated Youth Health Survey Data

Physical Activity

40% 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%)

59% played on at least 1 sports team in the past 12 months



21% 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 (54%)



1 out of 2

ate vegetables less than 1 time per day (50%)



1 out of 4

drank at least one sugar-sweetened beverage a day (28%)



65%

reported a healthy weight

Screen Time



79%

use social media for more than 2 hours a day

77%

have at least 3+ hours of screen time per day



Sleep

33%

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
miyhs.dhhs@maine.gov



Physical Activity & Nutrition Among Maine Middle School Students

2025 Maine Integrated Youth Health Survey Data

Physical Activity

74% go to a physical education class at least 1 day in an average school week



Over HALF

were active for at least 60 minutes per day on 5 out of 7 days (52%)

70% played on at least 1 sports team in the past 12 months



29% 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 (46%)



1 out of 2

ate vegetables less than 1 time per day (46%)



1 out of 4

drank at least one sugar-sweetened beverage a day (25%)



64%

reported a healthy weight

Screen Time



72% use social media for more than 2 hours a day

68%

have at least

3+ hours of screen time per day



Sleep

49%

get at least 8 hours of sleep a night



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