

## **Maine Integrated Youth Health Survey (MIYHS)**

The Maine Department of Education (DOE) has collaborated with the Maine Center for Disease Control (CDC) to provide monthly highlights of some important information from the Maine Integrated Youth Health Survey (MIYHS).

The Maine Integrated Youth Health Survey (MIYHS) measures the health-related behaviors, beliefs, and attitudes impacting the overall health of our students in Maine. Results from this voluntary survey assist with monitoring health trends, identifying emerging issues, and planning/evaluating programs that can improve adolescent wellness.

Each month the Maine CDC and Maine DOE will collaborate to offer information for administrators and educators regarding the how MIYHS data can be utilized in the school environment. Please share this information with any educational staff who could use the MIYHS information.

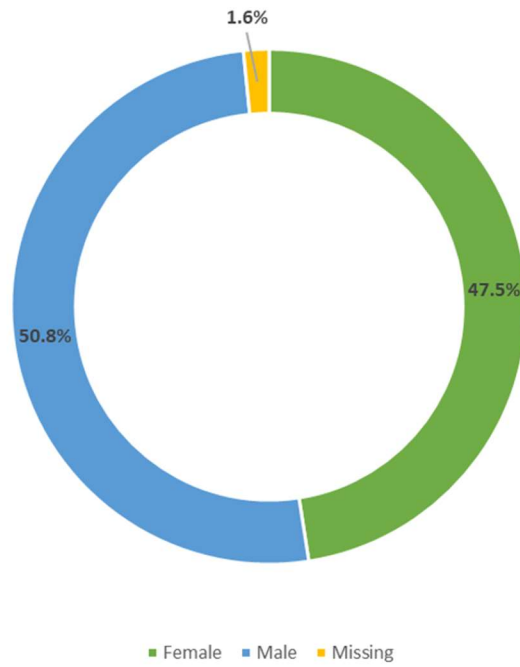
### **When is the MIYHS be administered?**

MIYHS was started in 2009 and is administered biennially in odd-numbered years. In February and March of 2025, the MIYHS will be offered to Maine students in grades 5-12. The survey is conducted jointly by the Maine Department of Health and Human Services and the Maine Department of Education. The survey is completely anonymous, meaning no information is collected that could connect back to any student who takes the survey. It is institutional review board approved (IRB).

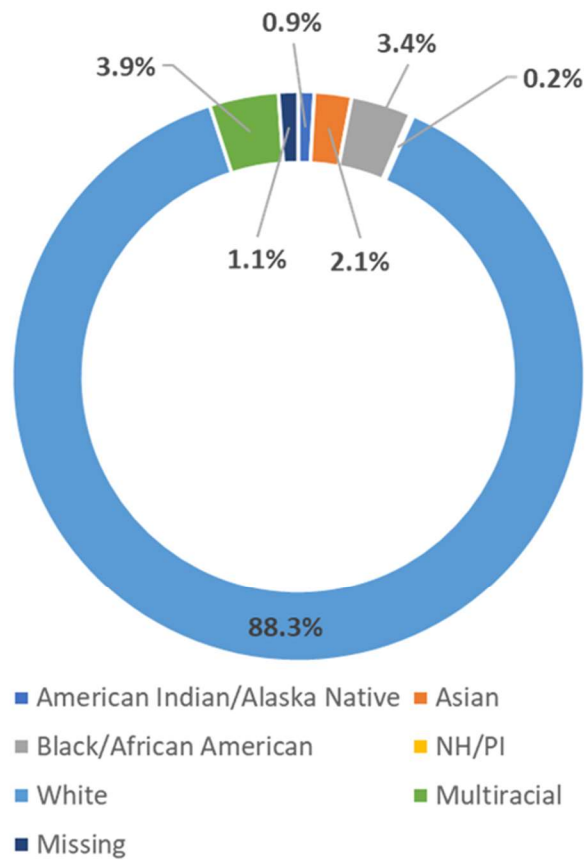
### **Why is the MIYHS data significant?**

This is the only survey that collects data directly from youth and gives them a voice on the wellness challenges they face. The results provide a clearer picture of youth health behaviors. The administration of MIYHS is an opportunity for purposeful and positive change. The demographics of the students surveyed are represented in the following images:

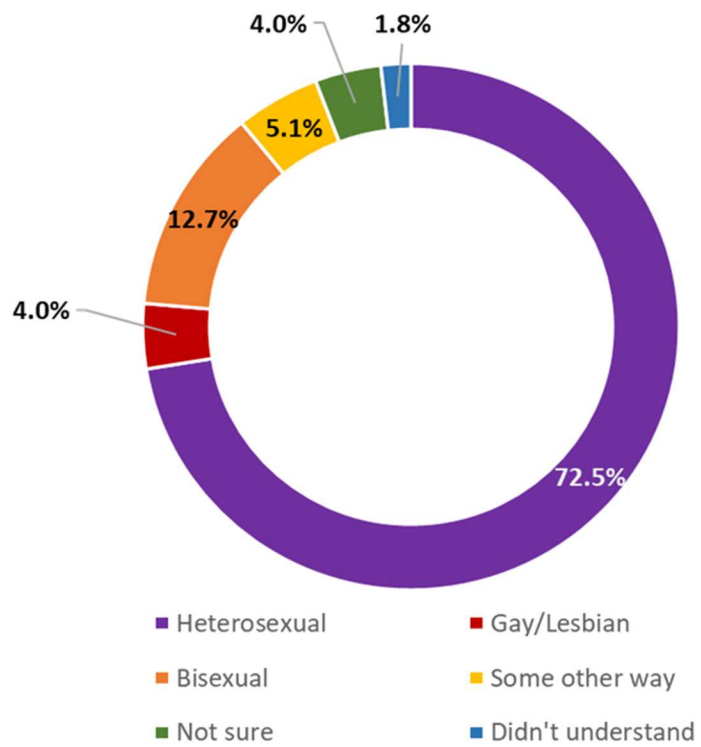
**2023 MIYHS Demographics:**  
**Gender**



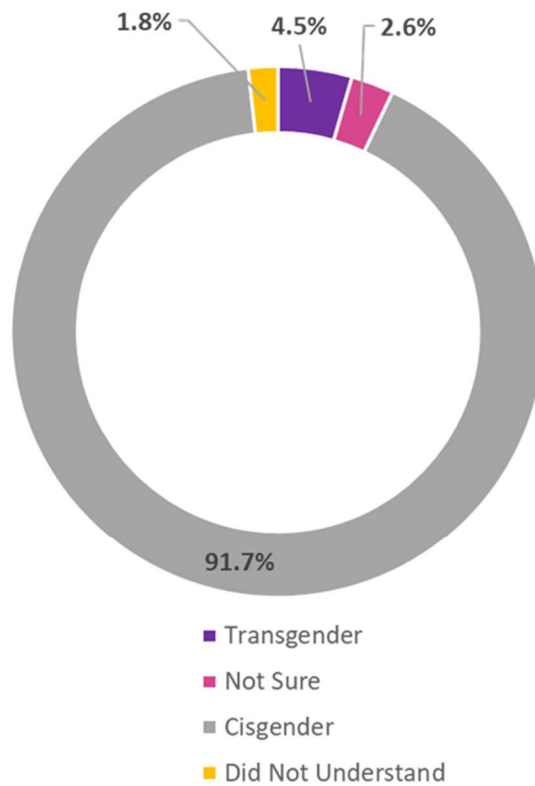
**Race**



## Sexual Orientation



## Gender Identity:



*(Maine Integrated Youth Health Survey, 2023)*

### **What are the benefits of MIYHS?**

MIYHS results help educators and health organizations in the following ways:

- Monitor changes over time
- Identify emerging issue
- Assist in the process to plan and evaluate programs that support the health of youth
- Identify insights for developing and improving school health programs and student wellness
- Schools receive individualized reports summarizing their unique data

### **Did you know that Maine school principals and superintendents can access their own school and district MIYHS data?**

This option is unique to Maine. Only principals and superintendents can access the data using their username and password to login to the MIYHS website. What a powerful resource for many decisions being made in schools across Maine!

To find more information about the Maine Integrated Youth Health Survey, visit: [Maine Integrated Youth Health Survey](#)

***The Maine Integrated Youth Health Survey (MIYHS) is a biennial survey of Maine students in grades 5-12 that monitors health behaviors and attitudes regarding physical activity, nutrition, mental health, tobacco, alcohol, substance use, and protective factors and has been administered to Maine students since 2009. For any questions regarding MIYHS please email: [MIYHS.DHHS@maine.gov](mailto:MIYHS.DHHS@maine.gov)***