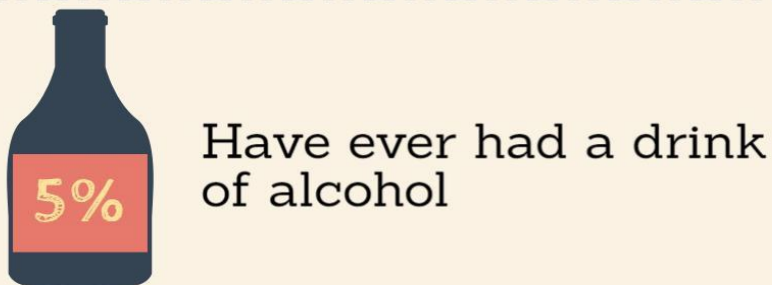
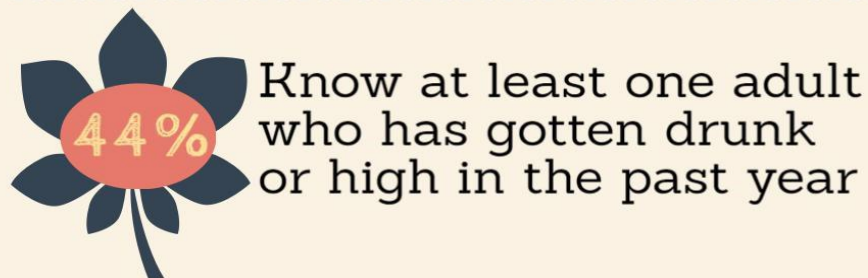
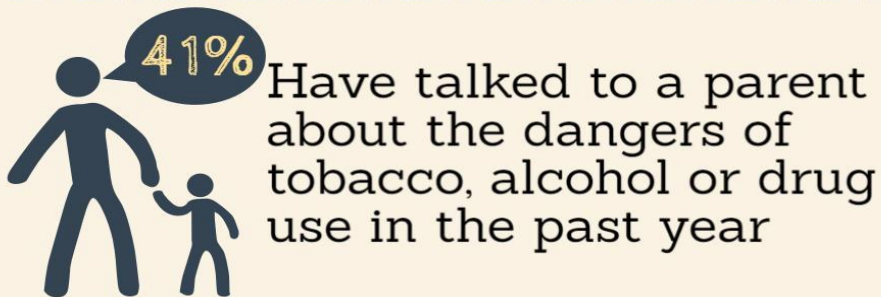


Maine Integrated Youth Health Survey

MAINE 5th & 6th GRADE STUDENTS

2015

The Maine Integrated Youth Health Survey (MIYHS) asks students about their health risks and behaviors. Among students completing the survey in 2015:



51%

Exercised for 60 minutes every day in a week

Have ever been bullied at school



38%

Have two or fewer hours of combined screen time daily



How YOU can help Maine students stay healthy



Schools

Review and strengthen district wellness, substance-use, tobacco, and bullying prevention policies.

Clearly communicate expectations for learning and behavior to all members of the school community.

Strive to make your school a place where students feel adults care about them and that enforce rules fairly.

Provide opportunities for students, families and the public to be involved in creating a healthy school environment.

Use your school district's local MIYHS data to track the health of your students, and identify areas where students may need more support. For more information on how to access your local MIYHS data, contact: reid.plimpton@maine.gov



Families

Make sure you are clear on the rules and policies at your school. Take time to discuss them as a family.

Volunteer to participate in your school district's wellness teams or policy planning committees.

Get involved with after-school activities, clubs, sports or arts programs.

If you think your child's health or safety may be at risk, seek help immediately. Learn about resources in your school and community.

Talk about your family's values and goals. Make it clear you don't approve of behaviors that may put your child's health at risk, such as underage drinking or drug use. Ensure your child can come to you if help is needed, including help for a friend.



Communities

Connect schools with community resources, such as hospital, public health or prevention programs.

Provide young people with planning and decision-making opportunities to develop leadership skills.

Support after-school activities, youth centers, volunteer mentors and other programs that engage youth.

Model healthy behaviors by restricting tobacco use in public spaces, providing places to be physically active and increasing healthy eating options.

Use your county and public health district MIYHS data to inform policies, planning, and programs that support the health of young people in your community. More MIYHS data can be found at:

www.maine.gov/MIYHS



For more information on:

Substance-use Prevention:

[www.maine.gov/dhhs/mecdc/
population-health/prevention/](http://www.maine.gov/dhhs/mecdc/population-health/prevention/)

Suicide Prevention:

www.maine.gov/suicide

Tobacco-use Prevention:

www.tobaccofreemaine.org

Nutrition & Physical Activity:

www.letsgo.org

Bullying Prevention:

www.maine.gov/doe/bullying