



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

JANET T. MILLS
GOVERNOR

PENDER MAKIN
COMMISSIONER

August 26, 2024

Dear Superintendents and Principals:

The 2025 **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. The survey is administered every other year across the state of Maine. 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, at home, and in the community.

I strongly recommend that all eligible schools in Maine participate to make the survey available to students so their perspectives and experiences can be used for relevant public health data and intervention. 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 and fact sheets from previous years, visit www.maine.gov/miyhs.

Participating School administrative units (SAUs) and schools will receive their respective school data reports 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 2023 MIYHS and you do not have access to your school reports, please email MIYHS.DHHS@maine.gov.

Surveys are designed to be completed online in under 30 minutes. Schools may select a date to administer the surveys between **February 3rd – March 13th, 2025**. The MIYHS procedures are designed to protect student privacy and allow for anonymous participation. SAUs, schools, and students will not be identified in any public reports.

To complete your registration for the 2025 Maine Integrated Youth Health Survey, follow the link in the registration email accompanying this letter. Please register by October 7, 2024.

Please visit www.maine.gov/miyhs for additional information and answers to [frequently asked questions](#), and see [2025 MIYHS Information sheet](#), which has been attached.

Sincerely,

DocuSigned by:

Pender Makin

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Pender Makin
Commissioner of Education