

What is the Data Telling Us?

Korey Pow, MPH
MIYHS Project Coordinator
September 26, 2020



1

What is the Maine Integrated Youth Health Survey (MIYHS)?

Since 2009, we have collected information biennially from students in:

- **Kindergarten & Grade 3** – weight/height/oral screening
- **Grades 5 & 6** – direct student survey
 - Measured height/weight for 5th grade only
- **Middle school (Grades 7 & 8)** – direct student survey
- **High school (Grades 9-12)** – direct student survey

2

Topics Covered

- Substance use
- Bullying
- Sexual health
- Injury
- Vehicle safety
- Housing stability
- Physical activity
- Nutrition
- Assets
- Mental health
- Protective factors
- Self-confidence
- Perception of harm
- Grades
- School climate
- Hours of sleep
- Oral health
- Support

Maine Center for Disease Control and Prevention

3

3

2019 MIYHS Facts

- Almost **300** schools participated across all four age groups
- Surveying over **60,000** students
- **81%** of high schools and **73%** of middle schools participated
- All Counties and Geographic Public Health Districts are reportable

Maine Center for Disease Control and Prevention

4

4

2019 MIYHS Results

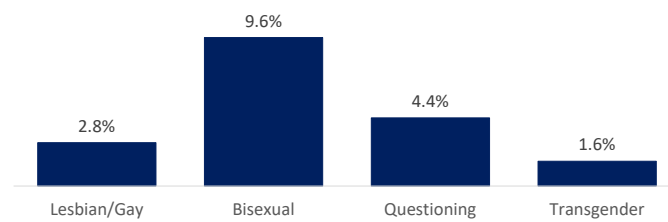
Maine Center for Disease Control and Prevention

5

5

Demographics

- Equal distribution of male and female students
- Equal distribution by grade within each module
 - 50/50 for 5th and 6th grade
 - 50/50 for 7th and 8th grade
 - ~25% for each high school grade (9-12)
- LGBTQ distribution among Maine High School students:



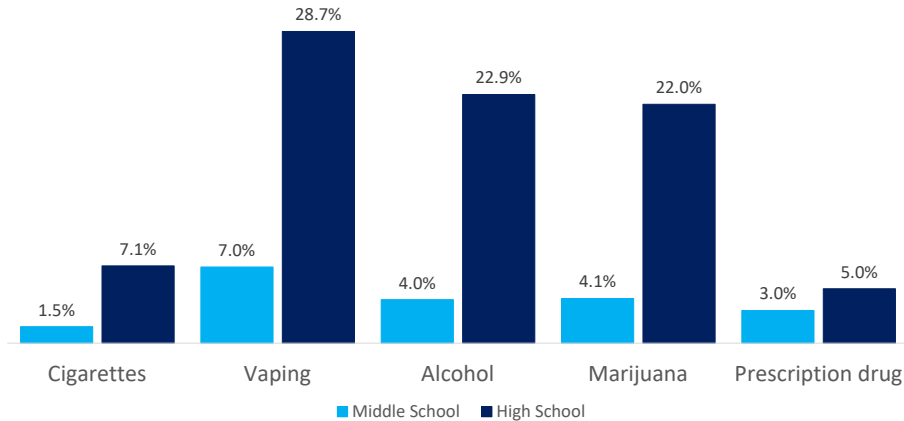
Maine Center for Disease Control and Prevention

6

6

Current Substance Use

Percentage of middle and high school students who have used the following substances in the past 30 days



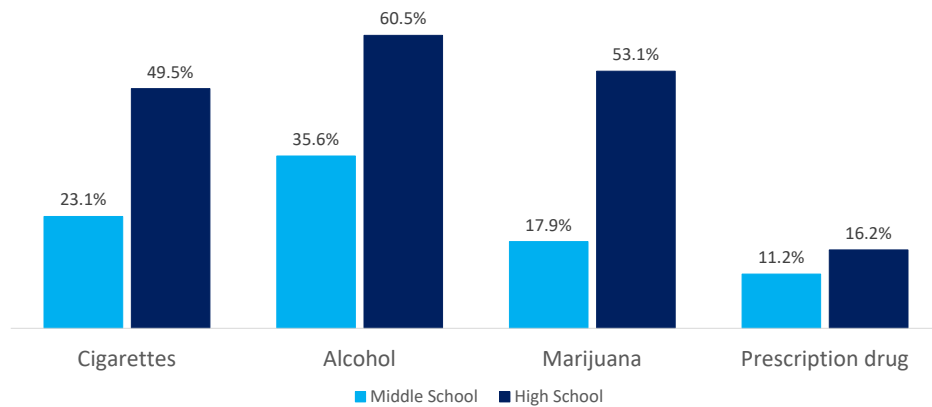
Maine Center for Disease Control and Prevention

7

7

Access to Substances

Percentage of middle and high school students who say it is "easy" or "very easy" to get the following substances if they wanted to



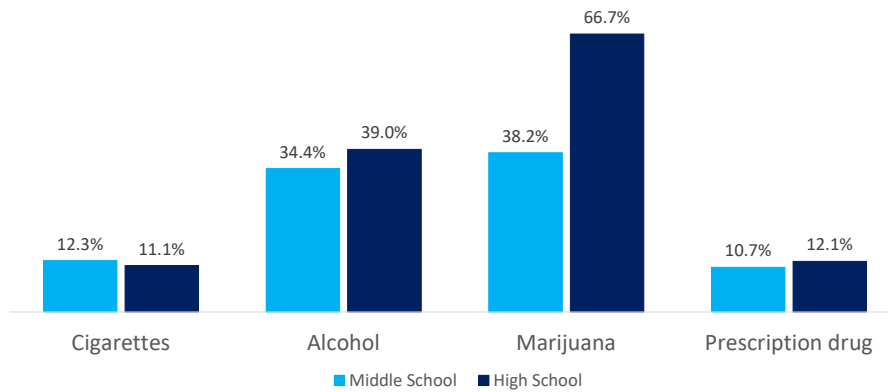
Maine Center for Disease Control and Prevention

8

8

Perception of Harm

Percentage of middle and high school students who say there is “no risk” or “slight risk” using the following substances



Maine Center for Disease Control and Prevention

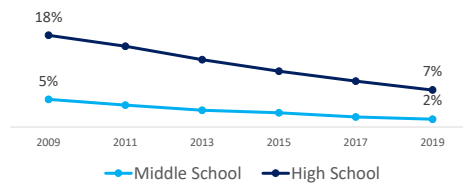
9

9

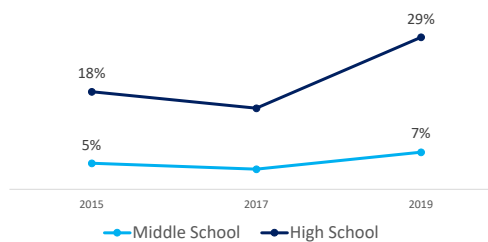
Cigarettes vs. Vaping

Current combustible cigarette use is decreasing, while e-cigarette use is increasing

Current Cigarette Use Among Maine Middle and High School Students (2009-2019)



Current E-Cigarette Use Among Maine Middle and High School Students (2015-2019)



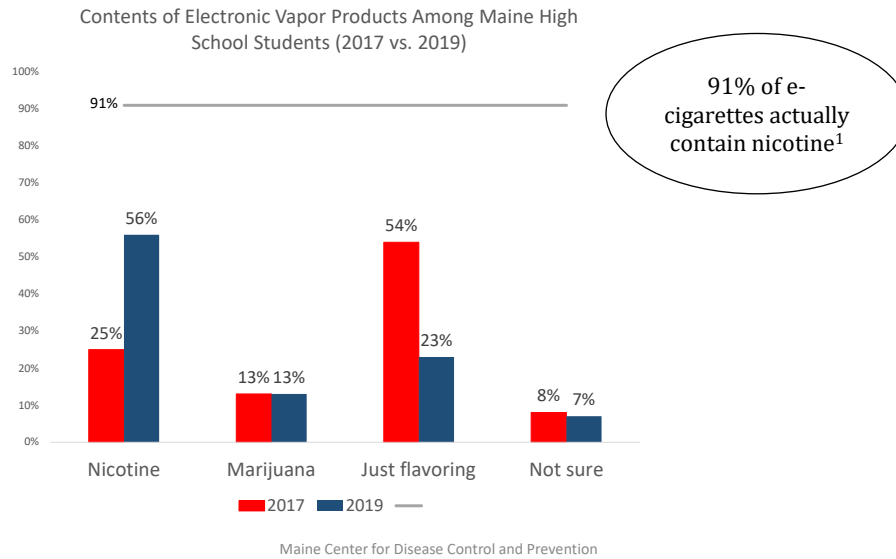
*Current use is defined as using at least once in the past 30 days

Maine Center for Disease Control and Prevention

10

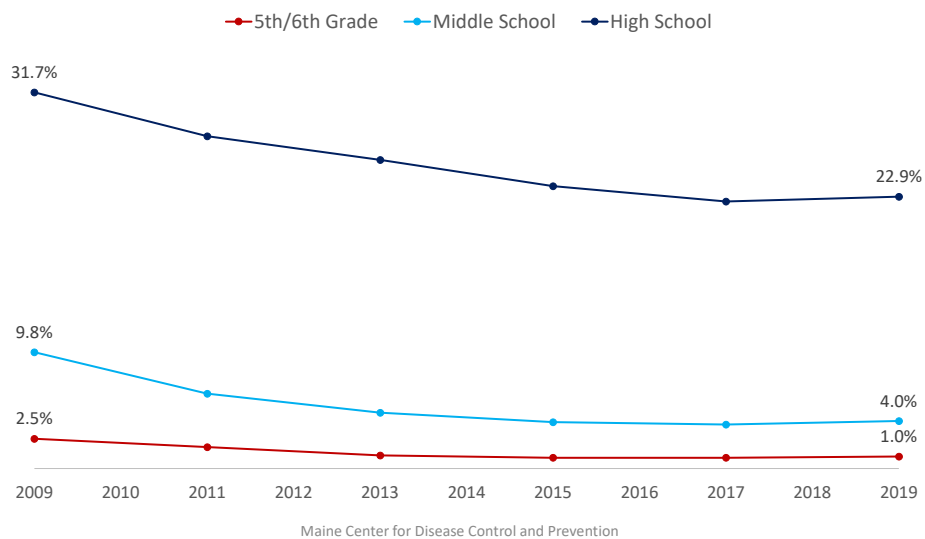
10

Vape Contents



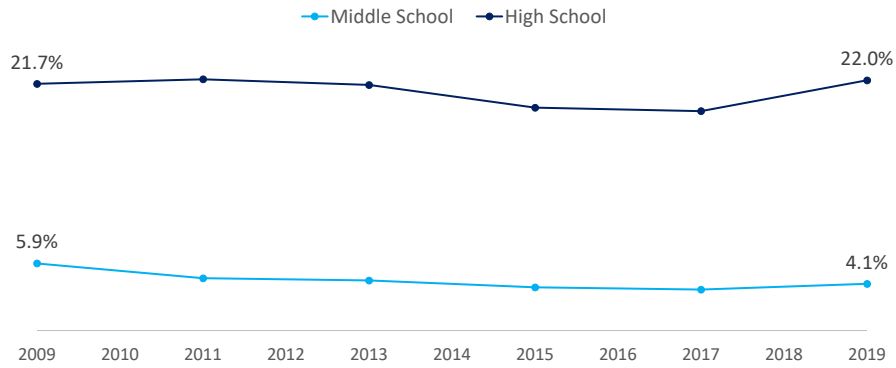
11

Current Alcohol Use Trends



12

Current Marijuana Use Trends

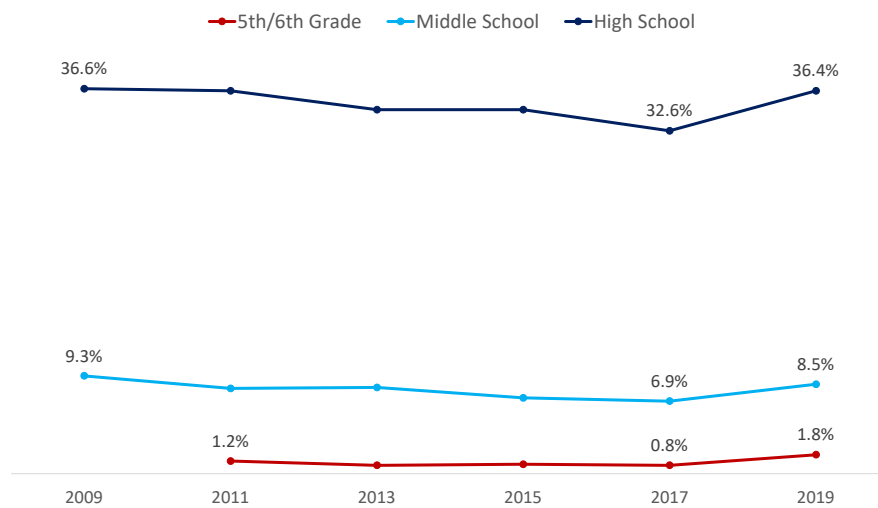


Maine Center for Disease Control and Prevention

13

13

Lifetime Marijuana Use

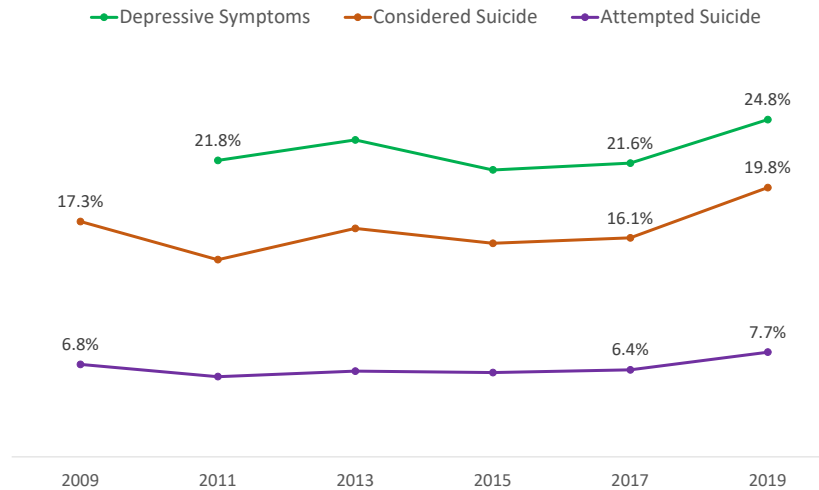


Maine Center for Disease Control and Prevention

14

14

Lifetime Mental Health Trends: Middle School

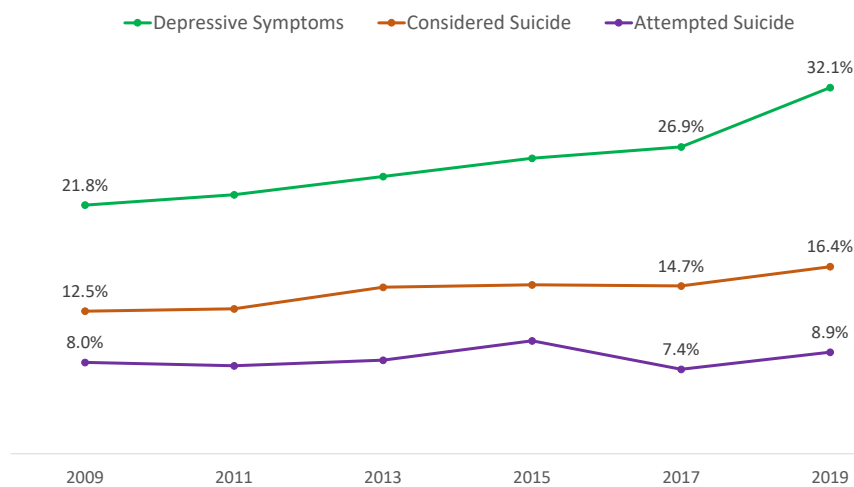


Maine Center for Disease Control and Prevention

15

15

Past Year Mental Health Trends: High School



Maine Center for Disease Control and Prevention

16

16

Help Seeking



1 in 3 middle school students who have ever experienced depressive symptoms have gotten help from an adult.



1 in 4 high school students who have experienced depressive symptoms in the past year have gotten help from an adult.

Maine Center for Disease Control and Prevention

17

17

Adverse Childhood Experiences (ACEs)

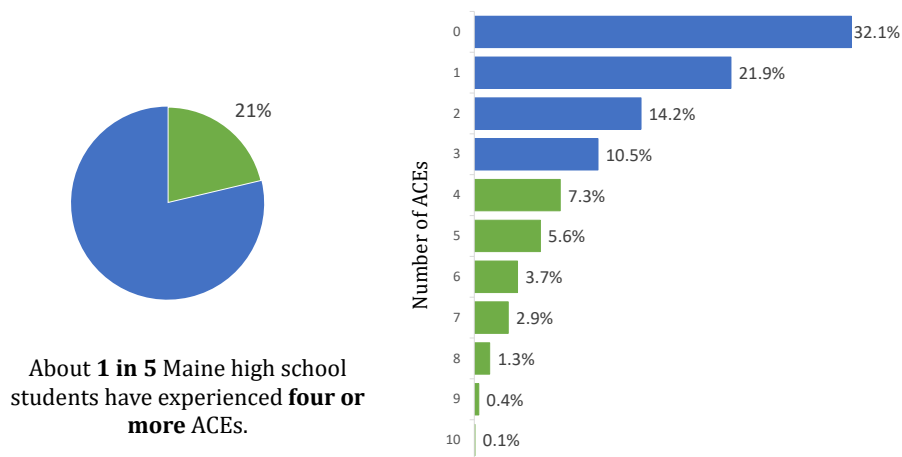
1. Your parents or guardians got divorced or separated
2. A parent or guardian died
3. A parent or guardian was in jail or prison
4. You lived with an adult who had a mental illness
5. Your parent or another adult you lived with often swore at you, insulted you, put you down, or humiliated you
6. You were physically hurt by an adult in your home
7. You were forced (physically or otherwise) to have sexual contact
8. You wanted to leave home because of violence or threat of violence in your home
9. You lived with an adult who had a problem with alcohol or drugs
10. You never or rarely had family love or support

Maine Center for Disease Control and Prevention

18

18

Adverse Childhood Experiences (ACEs)



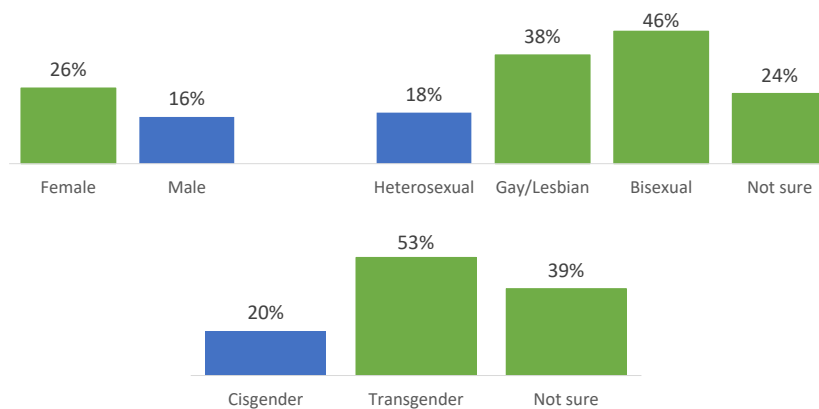
Maine Center for Disease Control and Prevention

19

19

Adverse Childhood Experiences (ACEs)

Experiencing 4 or more ACEs was more common among females and LGBTQ students than male, heterosexual, and cisgender students



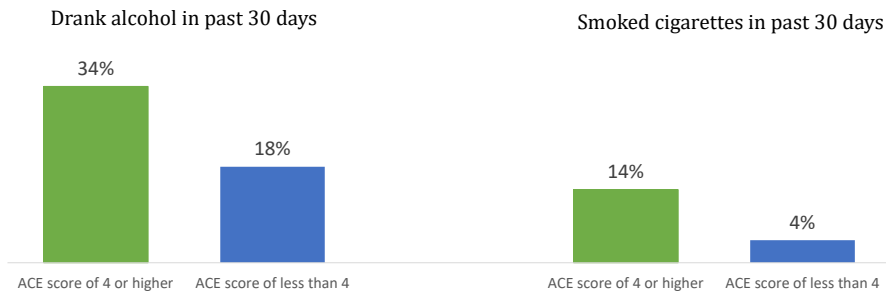
Maine Center for Disease Control and Prevention

20

20

Adverse Childhood Experiences (ACEs)

Drinking alcohol and smoking cigarettes in the past 30 days was higher among those with 4 or more ACEs



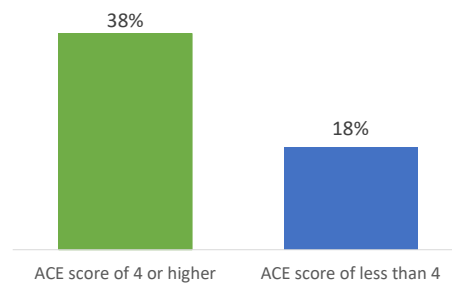
Maine Center for Disease Control and Prevention

21

21

Adverse Childhood Experiences (ACEs)

Being **bullied** on school property in the last year was more common among those with 4 or more ACEs



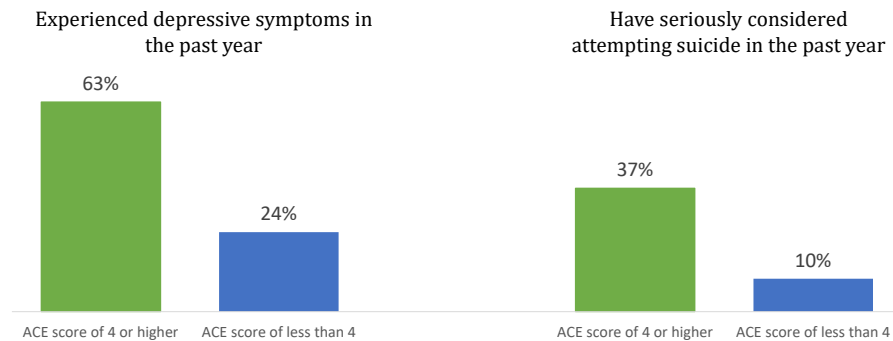
Maine Center for Disease Control and Prevention

22

22

Adverse Childhood Experiences (ACEs)

Experiencing **depressive symptoms** and **seriously considering suicide** in the past year were higher among those with 4 or more ACEs



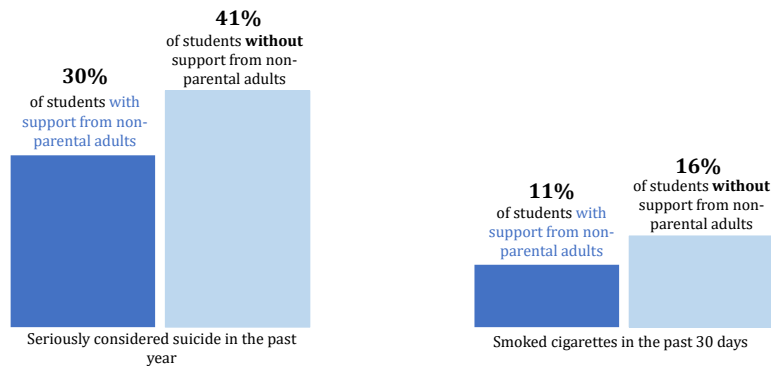
Maine Center for Disease Control and Prevention

23

23

Protective Factors

Students with 4 or more ACEs and frequent support from non-parental adults were less likely to **consider suicide** or **smoke cigarettes**



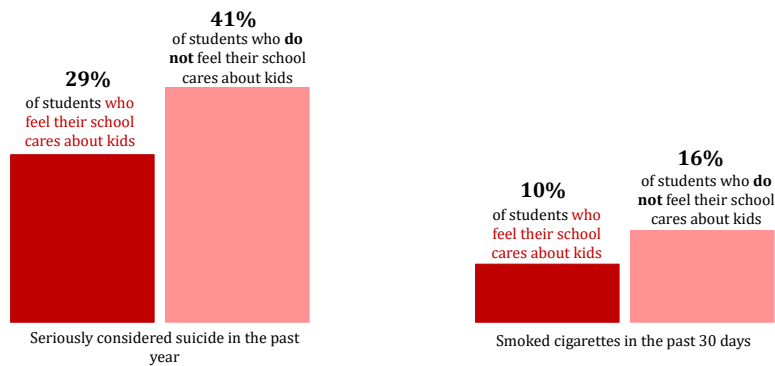
Maine Center for Disease Control and Prevention

24

24

Protective Factors

Students with 4 or more ACEs who felt their school "cares about kids" were less likely to **consider suicide** or **smoke cigarettes**



Maine Center for Disease Control and Prevention

25

25

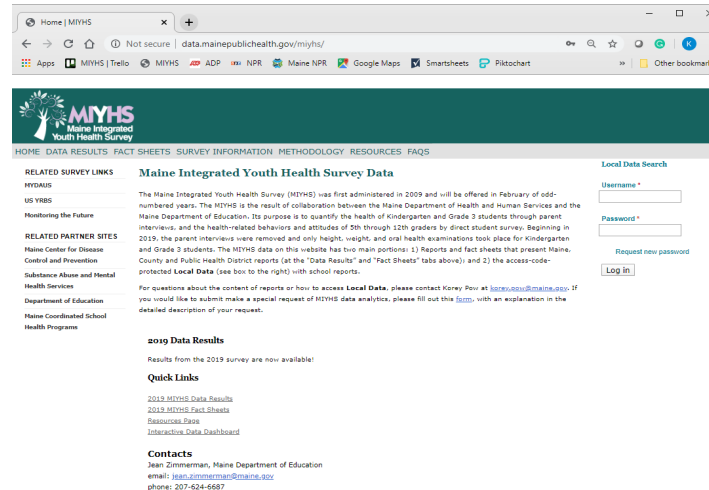
More Data!

Maine Center for Disease Control and Prevention

26

26

Visit the MIYHS Website



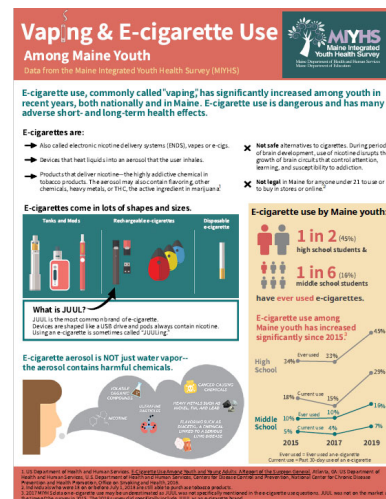
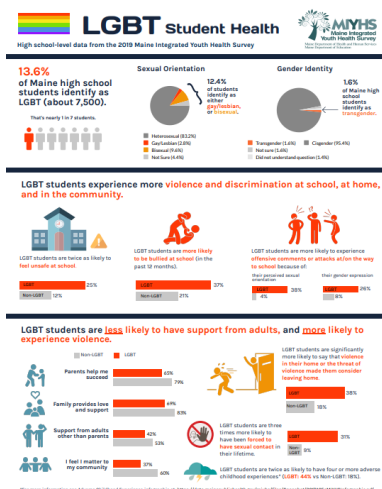
www.maine.gov/MIYHS

Maine Center for Disease Control and Prevention

27

27

Infographics

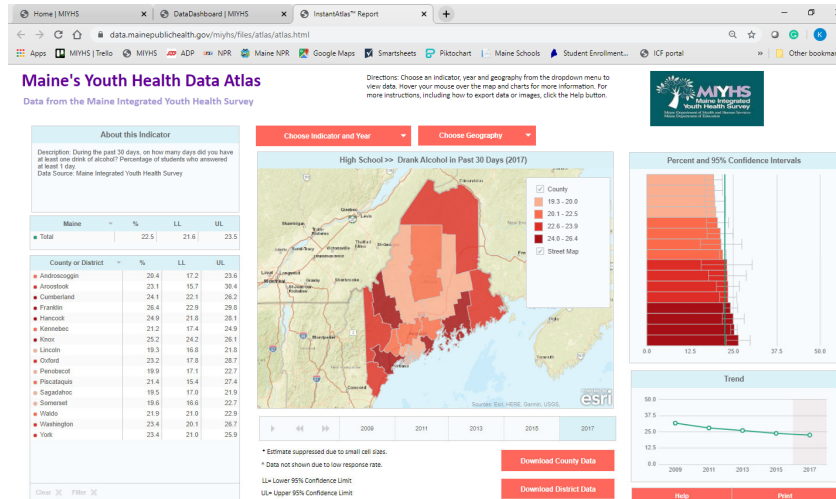


Maine Center for Disease Control and Prevention

28

28

Data Dashboard



Maine Center for Disease Control and Prevention

29

29

Questions?

Thank You

Korey Pow, MPH
MIYHS Project Coordinator
Email: korey.pow@maine.gov



30

30