

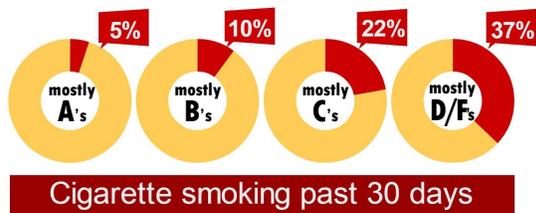
Student Risk Behavior and Academics

2013 Maine Integrated Youth Health Survey (MIYHS)

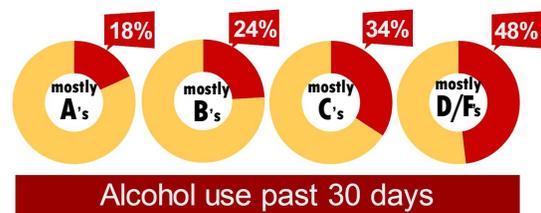
According to 2013 MIYHS data

- ◆ Students with better grades are less likely to report potentially risky health behaviors and experiences than students with poorer grades.
- ◆ Students with poorer grades are less likely to perceive certain health behaviors (such as tobacco use) as harmful or dangerous, as compared to their peers with better grades.

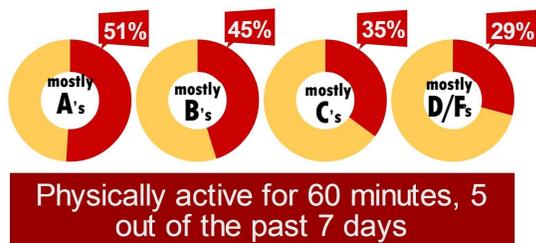
Percent of students by academic grade level who reported:



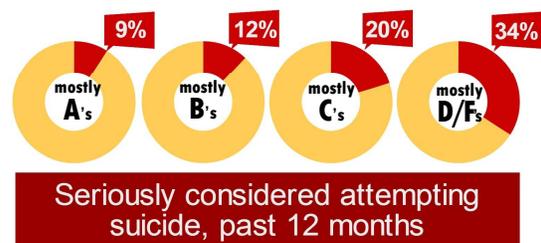
Cigarette smoking past 30 days



Alcohol use past 30 days



Physically active for 60 minutes, 5 out of the past 7 days



Seriously considered attempting suicide, past 12 months

What the data tells us

These data tell us there is an *association* between student academic performance and health behaviors but not that risky behaviors *cause* poor grades, or vice versa. This information can be useful in our work with youth by:

- ◆ Highlighting the need to assess students who are struggling academically for potentially risky health behaviors and experiences, such as substance use or unmet mental health needs;
- ◆ Ensuring that all students have access to accurate health education, information and awareness of support services in their schools and communities;
- ◆ Demonstrating the connection between health, academics and the need to make student health an essential element of school improvement.

Data from the MIYHS supports efforts to keep all Maine youth healthy, safe, and ready to learn. The MIYHS is a statewide survey conducted every two years with middle and high school students.