

Daily Activity and Healthy Behaviors of Youth in Maine

MIYHS 2015

Middle School Students

High School Students



26%

Physically Active for at least an hour every day

21%



42%

Involved in a community club, organization or activity outside of school and sports

50%



30%

Watch two or fewer hours of screen time per day

34%



55%

Get eight or more hours of sleep per night

28%

Who can help:

USCDC General Resources: www.cdc.gov/healthyweight/physical_activity/index.html

USCDC School Health Guidelines: www.cdc.gov/healthyschools/npao/strategies.htm

Let's Move: <http://www.letsmove.gov/get-active>

MIYHS: www.maine.gov/MIYHS