

Northwest

Results of the 2013 BC Adolescent Health Survey



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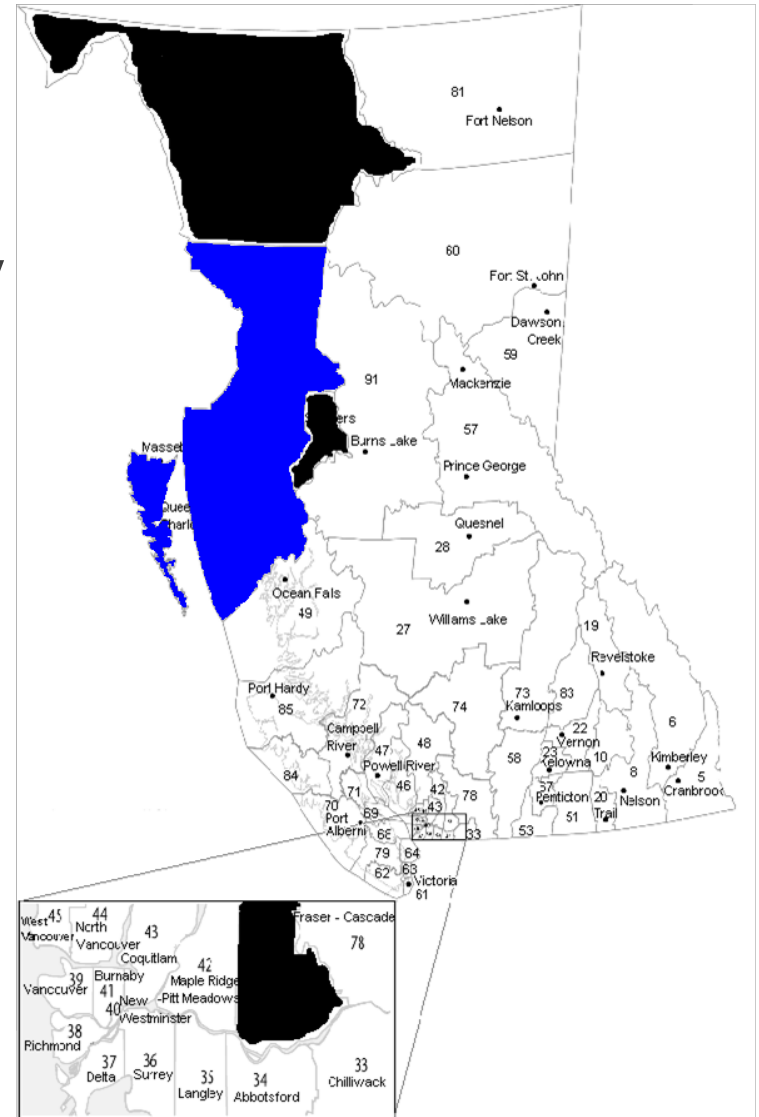
2013 BC Adolescent Health Survey

- Background
- Physical health
- Mental health
- Substance use
- Bullying, violence and abuse
- School, work and leisure
- Protective factors

Administration

2013 BC Adolescent Health Survey

- 29,832 surveys completed
- 1,645 classrooms
- 56 school districts
- 325 PHN's and nursing students



Background

Results of the 2013 BC Adolescent Health Survey

Northwest



Youth in Northwest

- 54% reported European heritage
- 45% reported Aboriginal heritage
- 4% of students were born outside of Canada
- 60% of students spoke only English at home

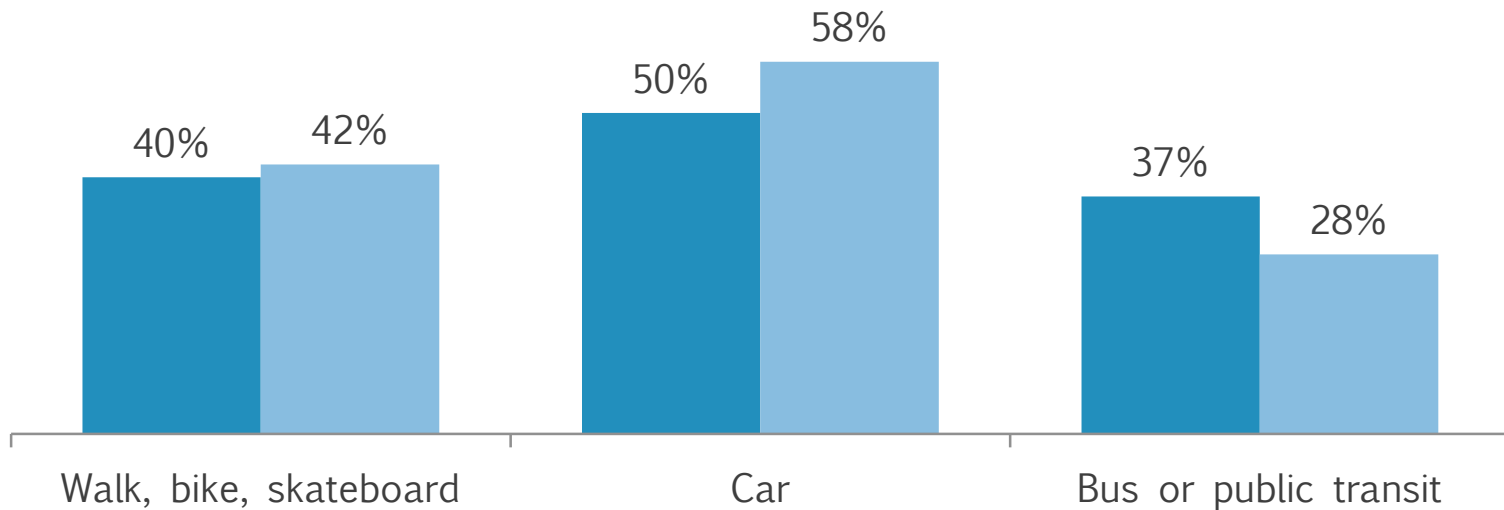
Home life

- 92% of students lived with at least one parent
- Local males more likely to have run away
- 25% moved from one home to another
- 3% currently living in government care

Transportation to school

How youth usually got to school

■ Northwest ■ BC



Note: The difference between local students and those throughout BC who usually got to school by walking, biking, or skateboarding was not statistically significant.

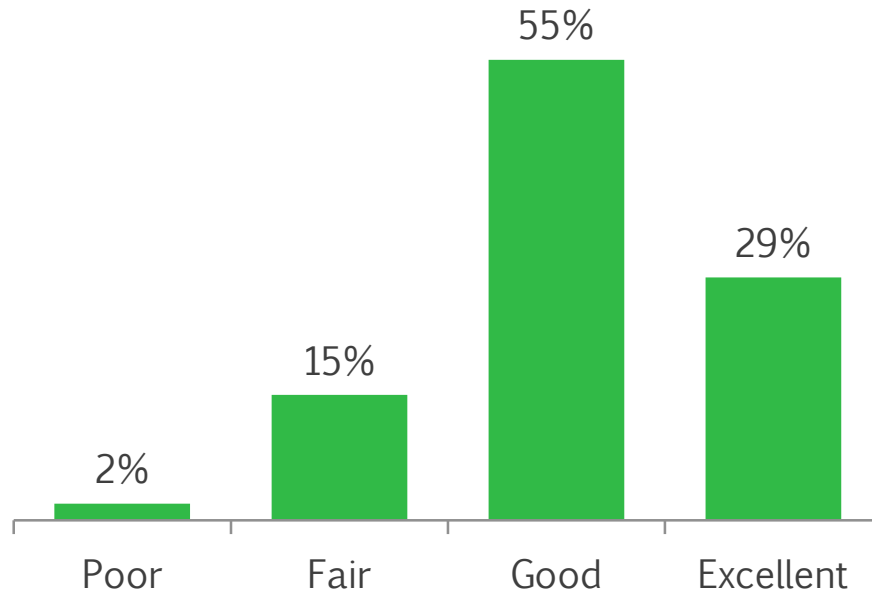
Physical Health

Results of the 2013 BC Adolescent Health Survey

Northwest



Overall health ratings



Most youth had
seen a dentist in the
past year

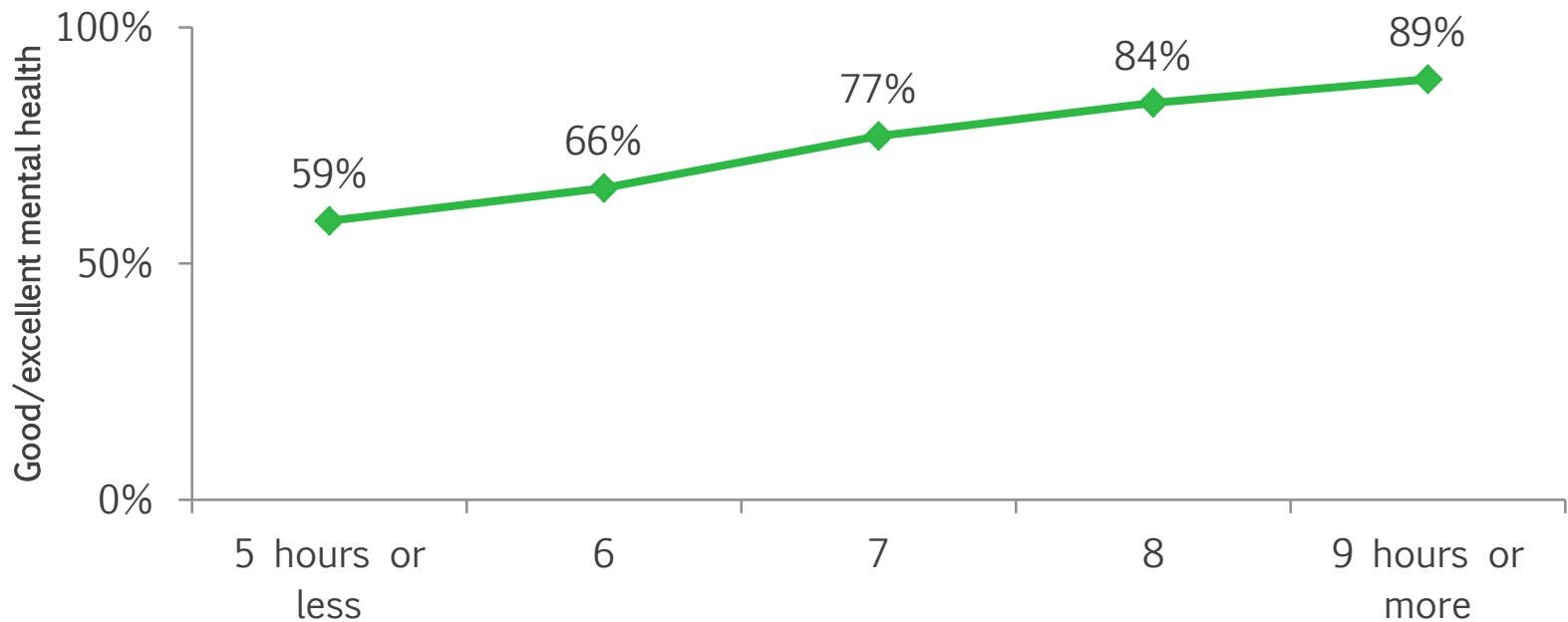
Note: Percentages do not equal 100% due to rounding.

Health conditions and disabilities

- 32% of students had at least one health condition or disability
- Females were more than twice as likely to report a mental health condition
- For many the condition was debilitating

Sleep

Good/excellent mental health in relation to hours slept last night



Note: Not all differences were statistically significant.

Nutrition

- Most youth (89%) ate fruit or vegetables at least once on the day before the survey
- Youth who ate fruit or vegetables three or more times reported better mental health
- 89% of youth never went to bed hungry

Injuries and injury prevention

- Males were more likely to be injured seriously enough to require medical attention
- The majority of students wore a seat belt when riding in a motor vehicle (66%)
- 24% always wore a helmet when riding a bike

Concussions

- 19% of youth had a concussion in past year
- Headaches were the most common symptom experienced
- Almost one in five youth who suffered a concussion did not seek medical help

Body weight and body image

BMI weight categories		
	Northwest	BC
Underweight	2%	3%
Healthy weight	67%	76%
Overweight	18%	15%
Obese	13%	6%

Note: The difference between Northwest and BC in being underweight was not statistically significant.

Sexual behaviour

- 31% of students ever had oral sex
- 32% ever had sexual intercourse
- Most common age for first having sex was 14 or 15

Sexual behaviour

Among all youth:



- 3% had ever been pregnant or caused a pregnancy
- 2% ever had an STI

Among those who had ever had sex:



- 69% used a condom the last time they had sex
- 27% used drugs or alcohol last time they had sex

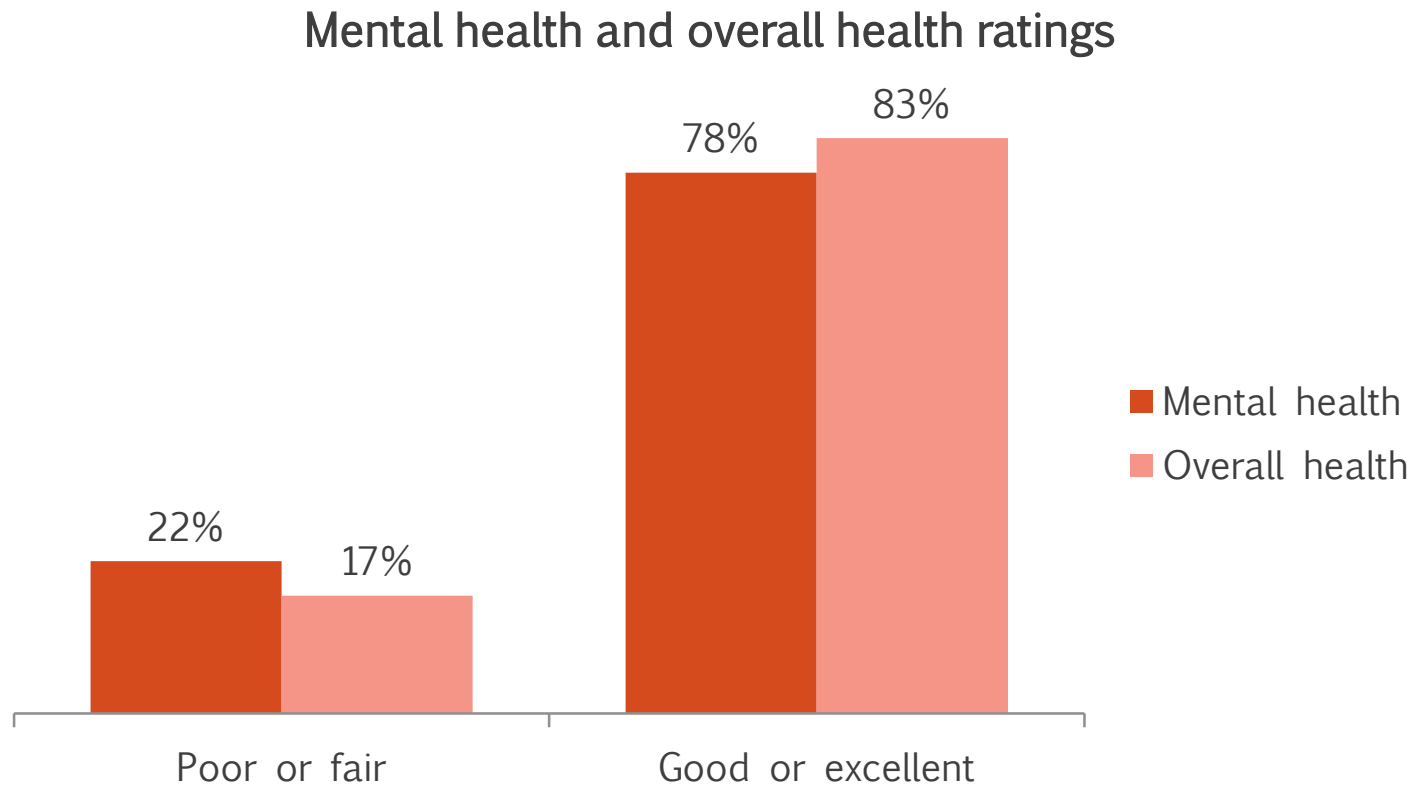
Mental Health

Results of the 2013 BC Adolescent Health Survey

Northwest



Ratings of mental health



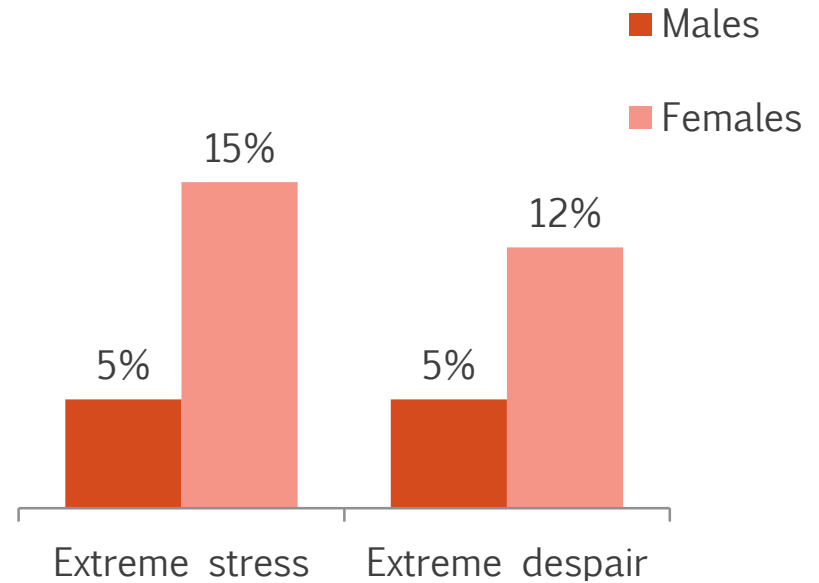
Mental health

Most commonly reported conditions

	Males	Females
Depression	9%	20%
Anxiety Disorder/Panic Attacks	5%	16%
ADHD	10%	4%

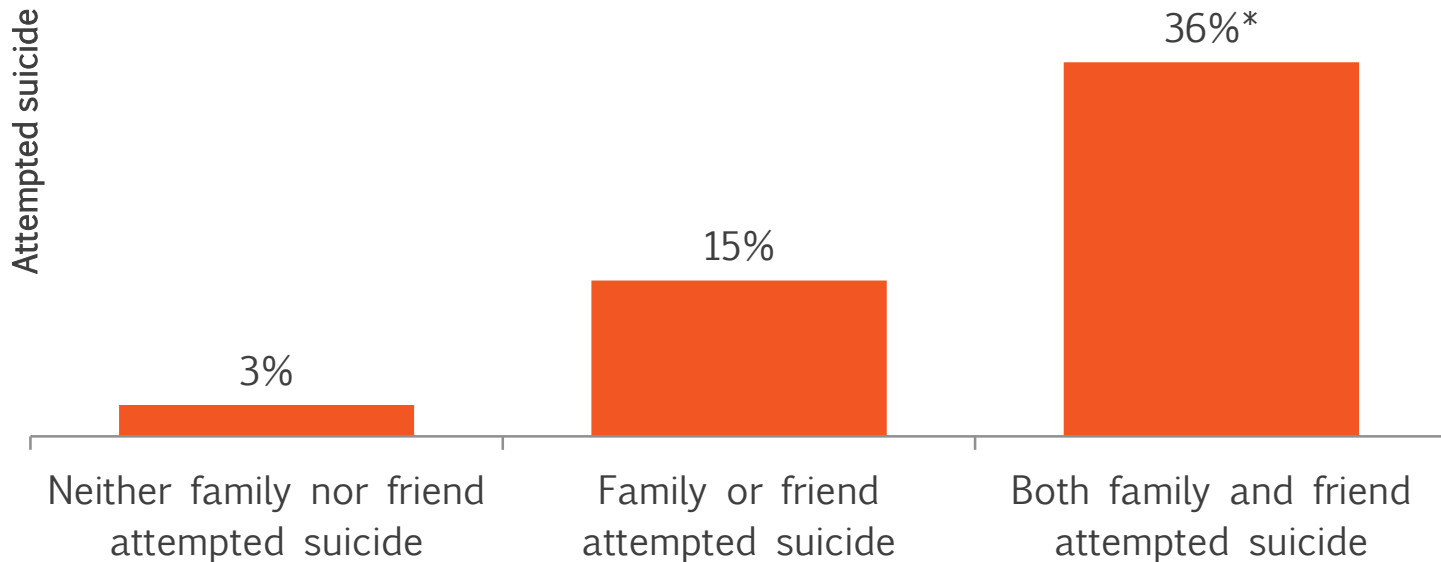
Note: Youth could choose more than one response.

Students who experienced extreme stress and despair in the past month



Self-harm and suicide

Youth who attempted suicide in the past year in relation to suicide attempts by friends or close friends



• The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.

Substance Use

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Northwest



Tobacco

32% had ever tried smoking.

Among those:



- 32% first started smoking at 12 old or younger
- 37% started smoking at 15 or older
- 48% smoked in the past month

Alcohol

57% had ever tried alcohol

Among those:



- 67% first drank before turning 15 years old
- 45% had five or more drinks in a short period of time at least once in the past month

Marijuana

42% had ever tried marijuana

Among those:



- 68% first used it before turning 15 years old
- 60% had used it in the past month

Substance use

Substances other than alcohol and marijuana	
Prescription pills without a doctor's consent	13%
Mushrooms	9%
Ecstasy/MDMA	6%
Hallucinogens	6%
Cocaine	5%
Inhalants	3%
Amphetamines	2%
Crystal meth	2%
Heroin	2%
Steroids without a doctor's prescription	2%
Ketamine and GHB	1%

Substance use

Most common reasons for using substances the last time (among those who ever used alcohol or other drugs)	
I wanted to have fun	64%
I wanted to try it/experiment	28%
My friends were doing it	28%
Because of stress	25%
I felt down or sad	19%
I felt like there was nothing else to do	15%
To manage physical pain	8%
I was pressured into doing it	6%
I thought it would help me focus	5%
Because of an addiction	4%
I didn't mean to do it	2%
Other	17%

Bullying, violence and abuse

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Northwest



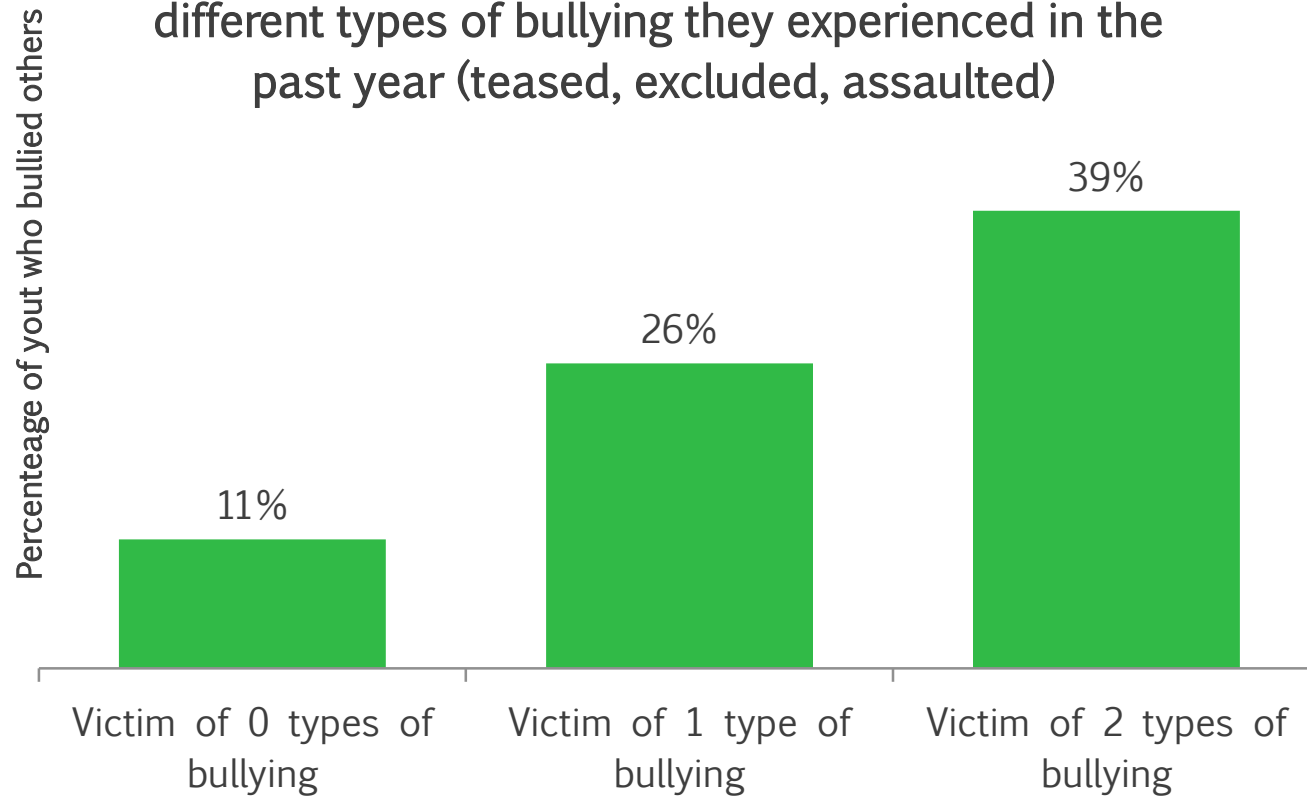
Bullying

In the past year:

- 36% of students were teased to the point where they felt bad or extremely uncomfortable
- 35% were socially excluded
- 9% were physically attacked or assaulted

Perpetrators of bullying

Youth who were bullied in relation to number of different types of bullying they experienced in the past year (teased, excluded, assaulted)



Cyberbullying

- 17% of students were cyberbullied in past year
- 8% cyberbullied someone in past year
- Females were almost 3 x as likely as males to report meeting someone online who made them feel unsafe

Discrimination

Perceived reasons for being discriminated against in the past year	
Physical appearance	21%
Being seen as different	17%
Race, ethnicity, or skin colour	15%
Age	11%
Sexual orientation (being or thought to be gay or lesbian)	7%
Gender/sex	6%
Income or family income	6%
A disability	4%

Physical and sexual abuse

- 16% of students were physically abused
- 14% of students were sexually abused
- Females were 3 x more likely than males to have been sexually abused (21% vs. 7%)

School, work and leisure

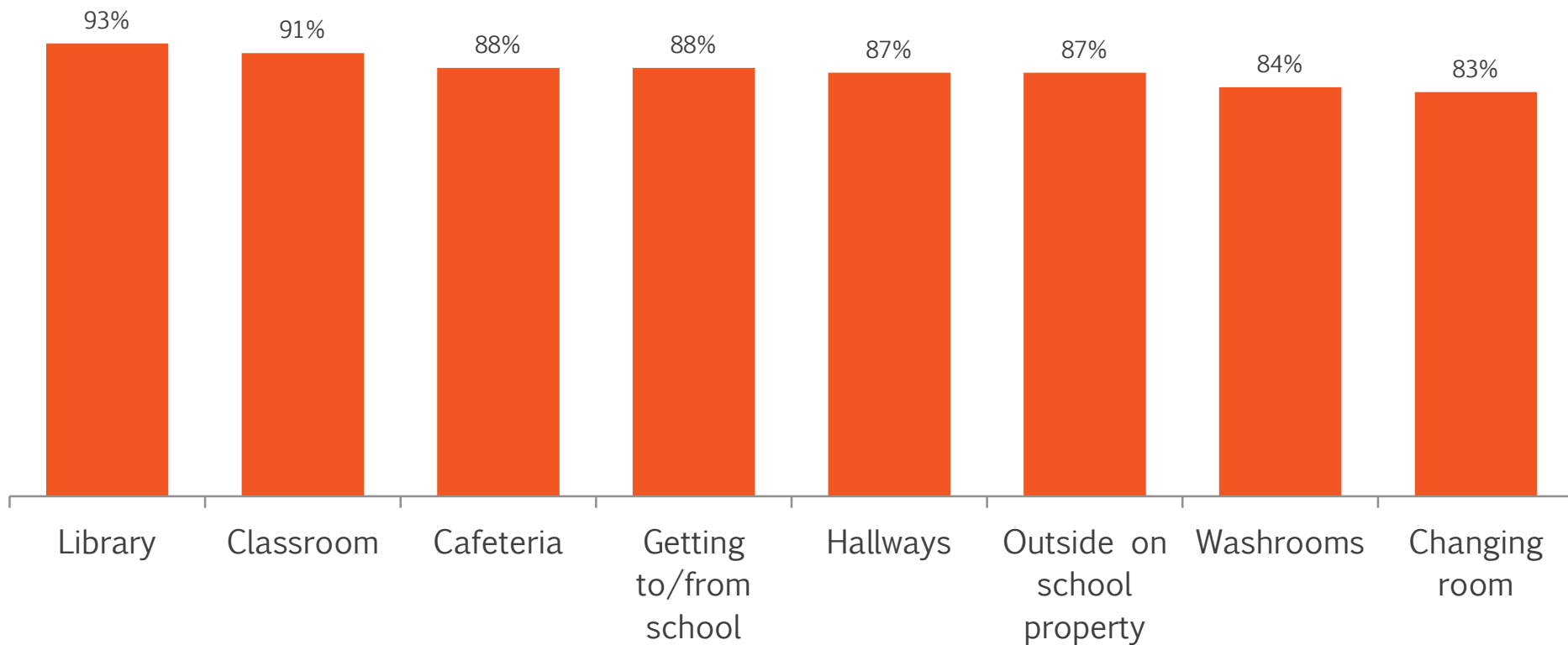
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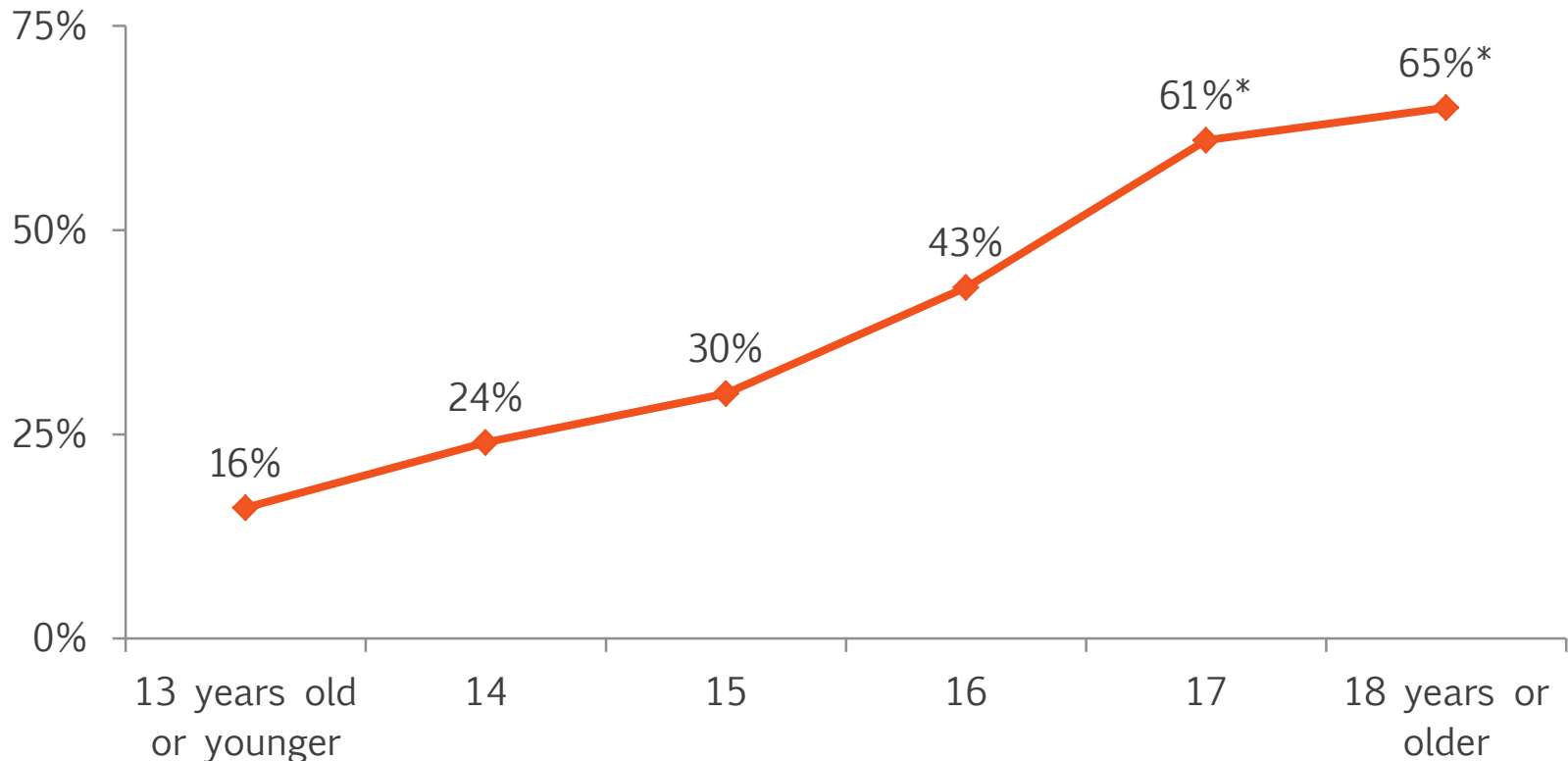
School safety

Locations where students always or usually felt safe at school



Work

Students who worked at a paid job during the school year



* The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.

Physical activity

- Males more likely than females to meet physical activity guidelines
- Younger students generally more likely to meet guidelines.
- Local students less likely to take part weekly in organized sports or exercise classes

Physical Activity

Barriers to participation in activities		
	Males	Females
Too busy	37%	52%
Activity wasn't available in community	20%	23%
Couldn't get there or home	10%	16%
Couldn't afford to	8%	12%
Worried about being bullied	5%	12%

Note: The difference between males and females who did not participate because the activity wasn't available in their community was not statistically significant.

Note: Youth could choose more than one response.

Technology

- Not having phone linked to:
 - Lower rates of self-harm in past year
 - Sleeping 8 or more on previous night
- Cellphone use linked to:
 - Supportive adult outside family

Protective Factors

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Established Protective Factors

- School connectedness
- Positive family relationships
- Caring adults outside the family
- Someone to turn to for help

Established Protective Factors

- Peer relationships
- Good nutrition
- Feeling engaged and valued
- Stable home

Protective Factors 2013

- 8 or more hours of sleep
- Neighbourhood safety
- Community connectedness
- Cultural connectedness

Most students reported their overall and mental health as good or excellent

The majority of students felt good about themselves, had things they were good at, and had an adult in their community that cared about them

Promoting protective factors have and can continue to play a key role in improving outcomes for students

Using the Data

56 school
district data
tables

16 HSDA reports

Growing Up in
BC

Sexual health
report

Youth resources

Physical health Sleep Mental health Injuries Nutrition Body image Sex Smoking Alcohol Drugs School Bullying Family Harassment Discrimination Abuse Employment Sports Volunteering Music Arts Transportation Poverty Social media Relationships
 Language Exercise Sexual orientation Gender identity Safety Belonging Community Culture Ethnicity Stress Disabilities Health services Education Immigration Pregnancy Caretaking Technology Happiness Support Friends Future plans Participation

In 2013, nearly 30 000 youth in grades 7-12 took part in a survey in BC schools. They answered questions about their health and their life experiences.

THIS IS WHAT THEY HAD TO SAY.

87% of youth rated their physical health as good or excellent.

81% of youth rated their mental health as good or excellent.

82% of youth were online or on their phone after they were supposed to be asleep.

24% of youth slept at least 9 hours last night.

11% of youth did not access mental health services in the past year when they felt they needed it.

13% of females felt extreme stress in the past month (vs. 5% of males).

Females were more likely to have been teased or purposefully excluded.

24% of youth had bullied someone in the past year.

52% of healthy weight females were trying to lose weight, and 33% of healthy weight males were trying to gain weight.

16% of youth suffered a concussion in the past year.

18% of youth who had experienced a concussion did not access medical care when they thought they needed it.

Youth who played organized or informal sports reported better physical and mental health than those who were less active.

55% of youth took part in organized sports at least once a week.

The 2013 survey showed that youth in BC are making healthier choices than they were a decade ago.

For example, fewer youth have tried tobacco, alcohol, marijuana, or other substances. They are also less likely to engage in some risky behaviours such as drinking and driving.

For more information, or to read more about the findings, visit www.mcs.bc.ca.

21% of youth spoke a language other than English at home most of the time.

90% of youth had a cellphone.

20% of youth cared for a relative on an average school day.

7% of youth went to bed hungry because there was not enough money for food.

The number of youth who worked at a paid job has decreased over the past decade.

6% of youth worked 21 or more hours a week.

89% of youth planned to graduate high school and 88% planned to continue their education after high school.

45% of youth had ever tried alcohol, compared to 58% a decade earlier.

19% of youth who had ever tried alcohol drank the Saturday before taking the survey.

1% of youth had ever been pregnant or caused a pregnancy. This is a decrease from 4% in 2008 and 2003.

Among youth who turned to someone for support in the past year, the majority found it helpful.

41% of youth had approached a teacher for support in the past year.

46% of youth felt their ideas were listened to in the activities they were involved in.

28% of youth felt safe in their neighbourhood at night. Males were more likely than females to feel safe.

McCreary Centre Society
www.mcs.bc.ca

BC ADOLESCENT HEALTH SURVEY

McCreary Centre Society is a BC charity committed to improving youth health.

Receive up to \$500 for a youth-led project. Contact yag@mcs.bc.ca for details.

#mccrearycentre

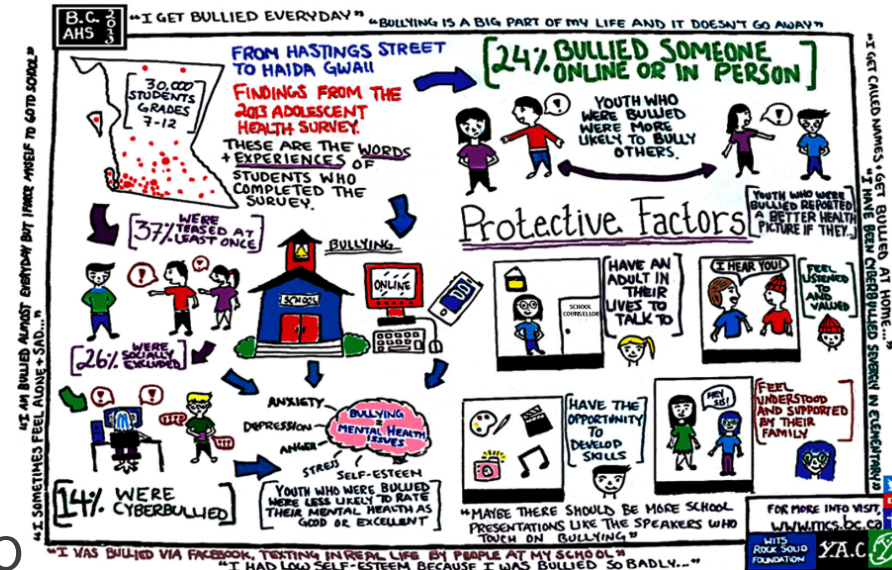
McCreary Centre Society's Youth Advisory & Action Council

Next Steps

- Youth-led projects and initiatives
- nextsteps@mcs.bc.ca

In Our Shoes

- Bullying awareness video
- <https://www.youtube.com/user/McCrearyCentre>





• • • YOUTH ACTION GRANTS • • •

Grants up to \$500 for youth-led projects

Discussing the results

- Commentary on the AHS findings from:
 - Mary Ellen Turpel-Lafond,
Representative for Children and Youth
 - Bob Lenarduzzi,
President, Vancouver Whitecaps
 - And more!
- [Video on McCreary's YouTube channel](#)

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