

SUPPORTING BC YOUTH: NURSES

This poster uses data from McCreary Centre Society's BC Adolescent Health Survey (BC AHS). The most recent BC AHS was completed in 2018 by over 38,000 youth aged 12–19. To learn more about the survey and view other posters and reports, please visit mcs.bc.ca.



Around one in six BC youth (16%) had asked a nurse for help in the past year. Males and non-binary youth were more likely than females to have asked for help (e.g., 17% of males vs. 15% of females).

YOUTH WERE MORE LIKELY TO ASK A NURSE FOR HELP IF THEY...

- Went to bed hungry at least sometimes because of a lack of money for food (19% vs. 16% who never went to bed hungry).
- Came to Canada as international students (22% vs. 15% of youth born in Canada) or refugees (25% vs. 15%).
- Had care taking responsibilities, including caring for their own child or children (34% vs. 16% of youth not caring for their own child), or another relative such as a sibling or a relative with a disability (20% vs. 15%).
- Did not live with their parents (20% vs. 16% who lived with at least one parent), or lived alone (30% vs. 16% who lived with others).
- Had run away from home (21% vs. 16% who had not done so) or been kicked out (20% vs. 16%) in the past year.
- Had government care experience (23% vs. 15% of youth who did not have care experience).



AMONG YOUTH WHO ASKED A NURSE FOR HELP...



91%
found the experience helpful.

Males were the most likely to find a nurse helpful (92% of males vs. 90% of females vs. 73% of non-binary youth).

Students who found a nurse helpful were more likely to:



- Rate their overall health (84% vs. 59% who did not find a nurse helpful) and mental health (80% vs. 48%) as good or excellent.
- Feel their life was going well (80% vs. 51%) and feel quite a bit or very hopeful for their future (73% vs. 45%).
- Manage their stress well or very well (60% vs. 35%; among those who experienced stress).
- Sleep for eight or more hours the previous night (53% vs. 35%).

Youth who found a nurse helpful were less likely to experience extreme stress and extreme despair in the past month.



10%
of youth who found a nurse helpful felt extreme stress in the past month

vs.



31%
who did not find a nurse helpful.



5%
of youth who found a nurse helpful felt extreme despair in the past month

vs.



25%
who did not find a nurse helpful.

Illustrations by Alex van der Marel