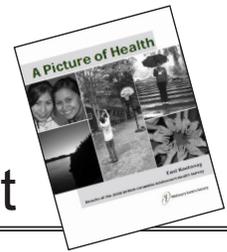




# Thompson Cariboo Shuswap: BC Adolescent Health Survey IV Fact Sheet



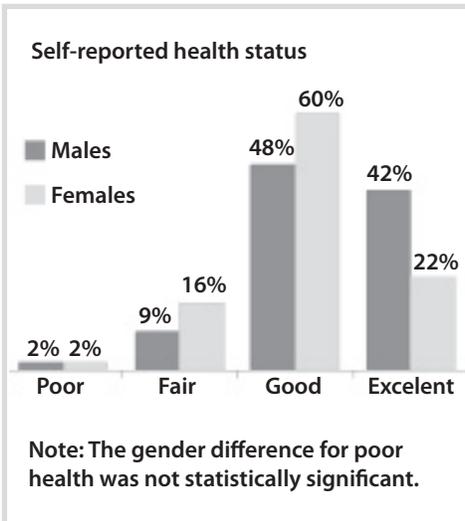
This fact sheet provides a brief overview of the 2008 Adolescent Health Survey findings for the Thompson Cariboo Shuswap area School Districts in this area are Revelstoke (SD19), Cariboo-Chilcotin (SD 27), Nicola-Similkameen (SD 58), Kamloops-Thompson (SD 73), Gold Trail (SD 74) and North Okanagan-Shuswap (SD 83). For a more detailed look at the results for this area see *A Picture of Health: Thompson Cariboo Shuswap* available at [www.mcs.bc.ca](http://www.mcs.bc.ca)



Students in this area identified with a broad range of ethnic and cultural backgrounds. The majority were of European heritage (70%). Twenty-two percent identified as Aboriginal/First Nations. Four percent were born outside of Canada.

## Physical Health

Similar to youth across the province, 86% of youth in the Thompson Cariboo Shuswap area reported that their health was good or excellent.



Ten percent of youth reported eating no fruits or vegetables on the day before they completed the survey and at least 54% fell short of the recommended daily portions of fruits and vegetables. Half of youth always ate breakfast on school days, while 16% never ate breakfast.

Similar to 2003, 76% of students were considered to be a healthy weight for their age and gender, while 4% were underweight, 15% overweight and 5% obese. Males were more likely than females to be overweight.

## Substance Use

There was a decrease in the percentage of students who had ever smoked, from 42% in 2003 to 34% in 2008. Additionally, youth who did try smoking waited longer to do so than their peers in 2003. The percentage of youth who had tried alcohol (66%) was similar to the rate in 2003 but there was a decrease in the percentage of students who had tried marijuana (from 46% in 2003 to 39% in 2008).

## Sexual Health

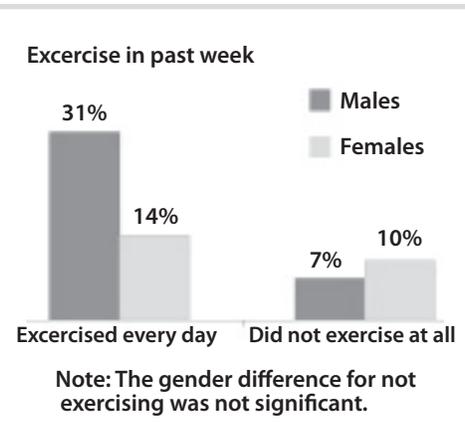
The percentage of youth that reported ever having sexual intercourse (32%) was comparable for males and females and increased with age. Among sexually active youth, the most common age for first having sex was 15 years. Comparable with 2003, 70% of sexually active youth (76% of males and 65% of females) reported using a condom the last time they had sex.



“ I am very active, in good shape and eat extremely healthy. ”

## Sports & Leisure

On a typical school day, the majority of youth spent some time on the Internet, talking or texting on the phone, or playing video games. Twenty-four percent of youth spent three or more hours a day on the Internet (excluding doing homework), while 29% spent this amount of time on the phone and 16% played video games.

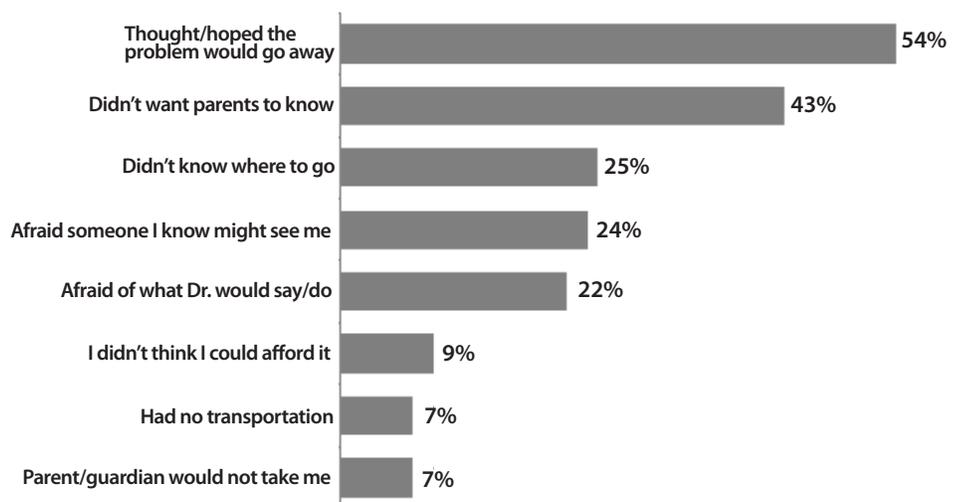


## Mental Health

There was a decrease in the percentage of students who reported seriously considering suicide in the past year, from 17% in 2003 to 13% in 2008. Seven percent of students attempted suicide in the past year, which was higher than the provincial rate (5%) and the same as the 2003 rate in this area.

Students at greater risk for attempting suicide included those with a family member or close friend who had attempted or committed suicide in the past year, students who had ever been physically or sexually abused, those who used alcohol and marijuana, Aboriginal youth and youth with a health condition or disability.

Most common reasons for not accessing mental health services (among youth who felt they needed them)



## Injuries & Injury Prevention

There was a local decrease in the percentage of students who were injured seriously enough to need medical attention, from 41% in 2003 to 34% in 2008. Injury prevention behaviour also improved. Sixty-seven percent of students always wore a seatbelt when riding in a motor vehicle, which was a local increase from 54% in 2003.

## Abuse & Violence

Unchanged from 2003, 18% of youth reported that they had been physically abused, and 10% reported that they had been sexually abused. Six percent of students had experienced both types of abuse.

The percentage of students who experienced verbal sexual harassment remained at the same rate locally as in 2003 (49%) but the rate of physical sexual harassment decreased from 34% to 29%. Female students were more likely to experience either form of harassment.

Similar to youth in the province as a whole, 21% of females and 7% of males had been in contact with someone on the Internet who made them feel unsafe.

## Protective Factors

The AHS showed that building protective factors such as family, school and cultural connectedness can assist even the most vulnerable youth to overcome negative experiences, can assist young people to make healthier choices and can contribute to more positive health outcomes for all youth in BC.

Having friends with healthy attitudes to risky behaviours can be a protective factor in the lives of youth. A greater percentage of students in 2008 reported that their friends would be upset with them if they got arrested (63% vs. 51% in 2003). In addition, local males in 2008 were more likely than in 2003 to report that their friends would be upset with them if they carried a weapon (43% vs. 28%), got drunk (26% vs. 20%) or used marijuana (51% vs. 38%).

This fact sheet was produced with information from the fourth BC Adolescent Health Survey conducted by the McCreary Centre Society. Over 29,000 BC public school students in grades 7-12 completed the survey between February and June 2008. Previous surveys were conducted in 1992, 1998 and 2003.

Visit [www.mcs.bc.ca](http://www.mcs.bc.ca) for youth friendly resources and additional community friendly reports.

