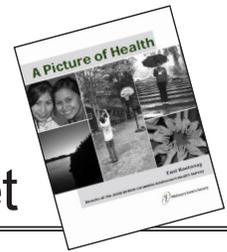




East Kootenay:

BC Adolescent Health Survey IV Fact Sheet



This fact sheet provides a brief overview of the 2008 Adolescent Health Survey findings for the East Kootenay area. School Districts included in this area are Southeast Kootenay (SD 05), Rocky Mountain (SD 06) and Kootenay Lake (SD 08).

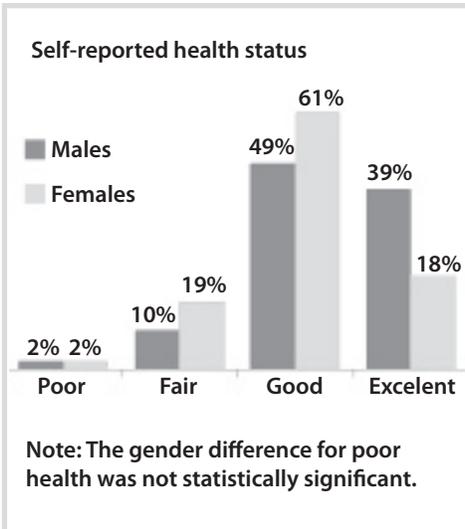
For a more detailed look at the results for this area see *A Picture of Health: East Kootenay* available at www.mcs.bc.ca



Students in this area identified with a broad range of ethnic and cultural backgrounds. The majority indicated being of European heritage (70%). The second most common cultural identity in this area was Aboriginal/First Nations (15%) This percentage rose from 10% in 2003. Four percent of students were born outside of Canada.

Physical Health

Consistent with youth across the province and unchanged from 2003, 83% of youth in the East Kootenay area reported that their health was good or excellent.



Substance Use

Similar to 2003, 69% of youth had tried alcohol and one in three (34%) reported drinking alcohol on the Saturday before they took the survey. Forty percent of students had tried marijuana (a decrease from 50% in 2003) and 15% used it last Saturday.

Sexual Health

The majority of youth reported never having had sexual intercourse (68%), and this was comparable to the 2003 figure. Among sexually active youth, the most common age for first having sex was 15 years.



Smoking

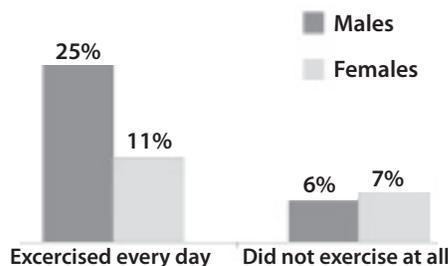
Although still above the provincial rate of 26%, there was a decrease in the percentage of youth who had ever tried smoking, from 49% in 2003 to 38% in 2008. Forty-one percent of students had been exposed to second-hand smoke inside their home or vehicle, compared to the provincial rate of 28%.

Sports & Leisure

Since 2003, the number of hours spent watching TV dropped, with 22% spending three or more hours watching TV (compared to 37% in 2003.) Students in this area were also more likely than those in the entire province to report weekly participation in non-coached sports activities such as biking, skateboarding and hiking (75% vs. 69%)

In the past 12 months, 62% of youth did some form of volunteer work such as babysitting or helping a charity and 26% did this once a week or more.

Exercise in past week

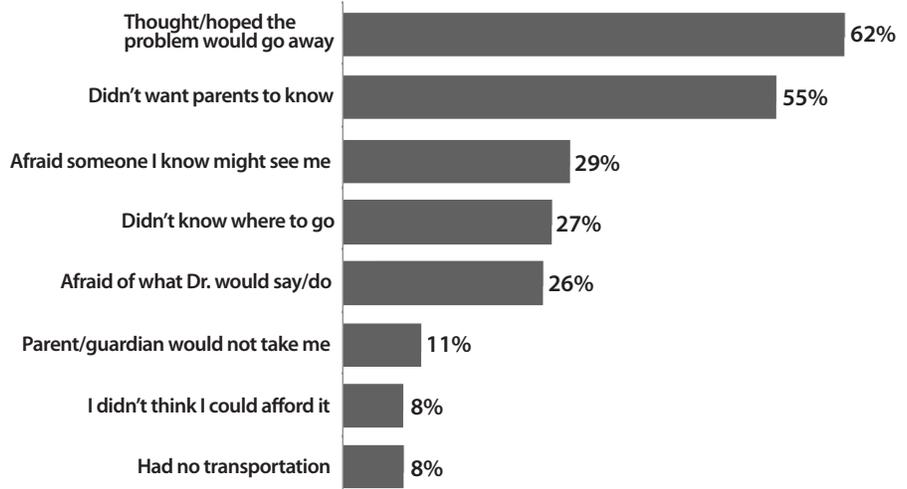


“ I love doing sports/running or jogging I do one of them every day. ”

Mental Health

In this area, 16% of students reported seriously considering suicide in the past year. Also, 31% of female students and 11% of males indicated cutting or injuring themselves on purpose without trying to kill themselves at some point in their lifetime.

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



Injuries & Injury Prevention

In the past year, 38% of students in this area were injured seriously enough to need medical attention. This was similar to the rate in 2003, but was higher than the provincial rate of 29%. There were some improvements in injury prevention behaviour. Sixty-one percent of students in this area always wore a seatbelt when riding in a motor vehicle. This was an increase from 47% in 2003.

Abuse & Violence

The percentage of students who reported physical or sexual abuse was unchanged from 2003. Twenty-two percent reported that they had been physically abused, and 11% had been sexually abused. In total, 27% of youth had experienced either form of abuse and 6% had experienced both types of abuse.

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.

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.

Protective factors can reduce the likelihood of experiencing negative outcomes even for vulnerable youth. For example, 24% of East Kootenay youth who had been bullied or victimised at school had seriously considered suicide in the past year. However, being connected to family or school, having input into their extracurricular activities and being involved in activities which were meaningful to them were each associated with a lower risk of suicidal ideation.

Having peers with healthy attitudes towards risky behaviour is another protective factor for youth. Compared to 2003, youth in 2008 were more likely to think that their friends would be upset with them if they got arrested (61% vs. 47%) or used marijuana (51% vs. 43%).

Visit www.mcs.bc.ca for youth friendly resources and additional community friendly reports.

