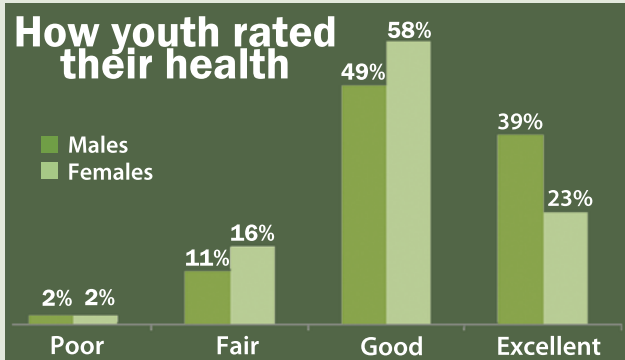


# 84%

## of BC youth reported that their health was good or excellent.



“I really do want to be the fittest I can be.”

This is one of a series of 12 pamphlets sharing the results of the BC Adolescent Health Survey with young people. Other pamphlets in the series include: Nutrition, Injuries, Smoking, Weight & Body Image, Sexual Behaviour, School & Work, Sport & Leisure Activities, Abuse & Violence, Mental & Emotional Health, Building Protective Factors and Substance Use.



Information presented here is taken from the 2008 BC Adolescent Health Survey which was completed by 30,000 youth in grades 7-12. The results of this survey are published in *A Picture of Health*, as well as other youth friendly reports and fact sheets. These are available free on our website. If you are interested in learning more about the results, or how to use the results to improve youth health in your community, visit [www.mcs.bc.ca](http://www.mcs.bc.ca).



McCreary Centre Society  
3552 Hastings Street East  
Vancouver, BC V5K 2A7  
[www.mcs.bc.ca](http://www.mcs.bc.ca)

# A Picture of Health:



## Health & Accessing Health Care

Results of BC Adolescent Health Survey





In the past year, 15% of females and 11% of males did not get medical help when they felt they needed it.

### Reasons youth had not accessed medical care in the past year among those who felt they needed it

(youth could choose more than one option)

Thought or hoped problem would go away 56%

Afraid of what doctor would say or do 21%

Didn't want parents to know 19%

Afraid someone would see me 8%

Couldn't go when it was open 8%

Didn't know where to go 10%

Females were more likely than males to fear someone might see them, not want their parents to know, hope the problem would go away or to be afraid of what the doctor would say do.

## Did you know?

Professional staff are sworn to maintain patient confidentiality. This means that unless you or someone else is at risk of harm, your visit stays between you and your doctor or nurse. They are not allowed to discuss what you tell them with anyone, even your parents.

## Resources

### HealthLink BC

Anywhere in BC: 8-1-1

TTY (Deaf and hearing-impaired): 7-1-1

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Easy access to non-emergency health information and services.

### Local Youth Clinic

Search online for youth clinics in your area.

They are free, confidential and full of professional doctors and nurses who are happy to help.

### Kids Help Phone

1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Free and anonymous phone and web counselling that is confidential, non-judgemental and available 24/7 for both children and teenagers.

### Youth In BC

604.872.3311 (Greater Vancouver)

1.866.661.3311 (Toll-Free)

[www.youthinbc.com](http://www.youthinbc.com)

A volunteer driven organization committed to helping people help themselves and others deal with crisis.