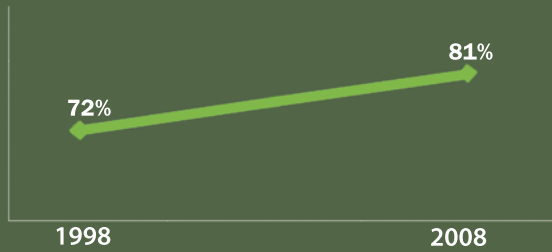


**More**  
youth reported eating  
fruit on a given day  
in 2008 compared to a  
decade earlier.

Youth who eat  
fruit on a given day



“ I am a  
vegetarian.  
I am very  
healthy. I plan  
on staying  
that way.”

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: Sexual Behaviour, Injuries, Smoking, Weight & Body Image, Health & Accessing Health Care, 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:



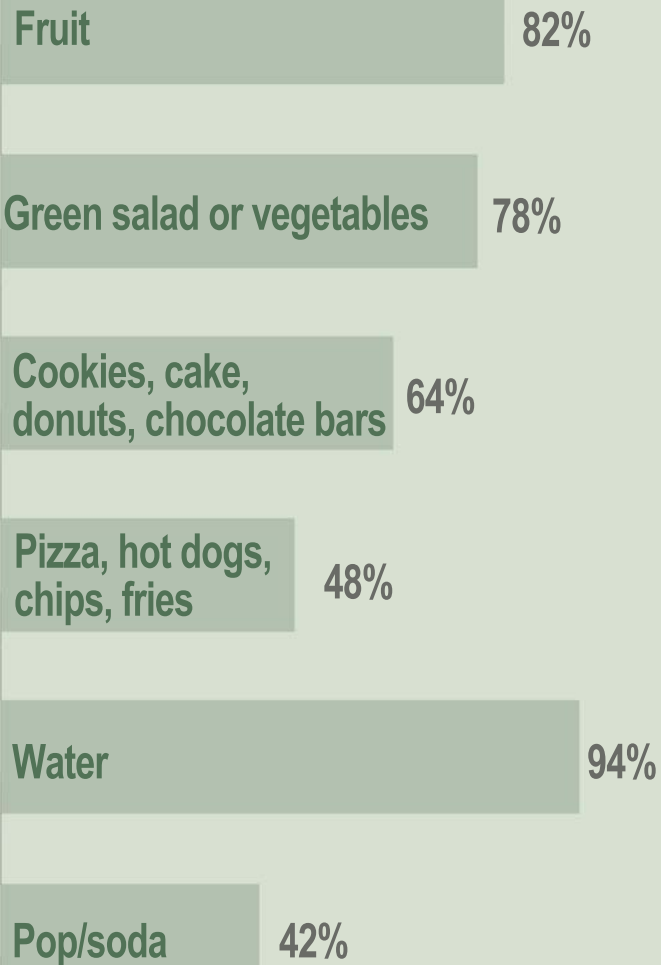
# Nutrition

Results of BC Adolescent Health Survey





## Youth who ate and drank at least 1 serving the day before the survey



8% of youth ate no fruit or vegetables the day before the survey and 20% only had one serving. In fact, at least half of BC youth fell short of the recommended daily portions of fruits and vegetables.

## Did you know?

Youth who went to bed hungry because there was not enough food at home were more likely than their peers to miss breakfast, drink pop and energy drinks, eat junk food and less likely to have had water, fruit, vegetables or dairy.

## Resources

### 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.

### 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.

### 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.

### 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.