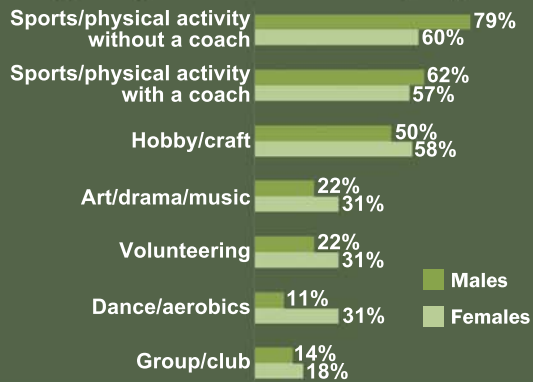


62%

of BC youth did some form of volunteer work and 27% did this once a week or more.

Weekly participation in activities in the past year



“ I love volunteering because I feel proud to give back anything towards the community.”

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, Health & Accessing Health Care, School & Work, Sexual Behaviour, 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.



McCreary Centre Society
 3552 Hastings Street East
 Vancouver, BC V5K 2A7
www.mcs.bc.ca

A Picture of Health:



Sport & Leisure Activities

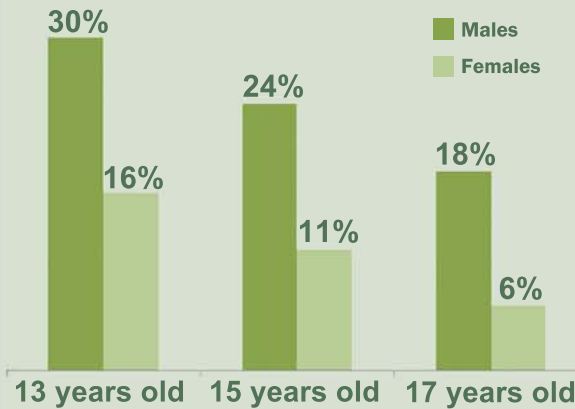
Results of BC Adolescent Health Survey



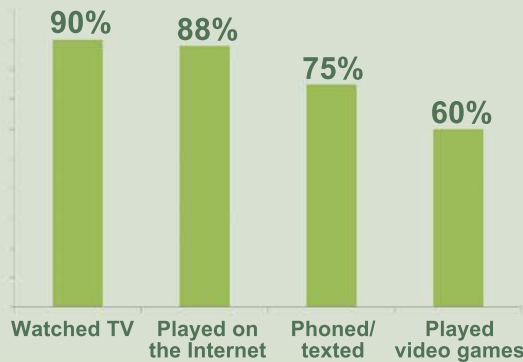


Only 25% of males and 11% of females exercised daily, while 7% of males and 10% of females did not exercise at all. Youth were less likely to exercise as they got older; 23% of 13-year-olds exercised daily compared to 12% of 17-year-olds.

Participation in at least 20 minutes of daily physical activity



Youth on an average school day



On a typical school day more than a quarter of youth spent upwards of three hours watching TV and/or playing on the Internet, 20% phoned or texted and 15% played video games for more than three hours.

Did you know?

Youth who gambled in the past year were more likely than their peers who had not gambled to have tried alcohol (69% vs. 45%) or smoking (35% vs. 20%). The more forms of gambling youth engaged in, the greater the chances they had ever smoked or drank alcohol.

Resources

HealthLink BC

Anywhere in BC: 8-1-1

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

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

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

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