

# Central Vancouver Island BC Adolescent Health Survey



McCreary  
Centre Society

29% of youth aged 12 – 19 were injured seriously enough to require medical attention in the past year.



This was a **decrease** from 35% in 2008.

19% of youth experienced a concussion in the past year.



More than **1 in 6** youth who had a concussion **had not accessed needed medical help.**

75% of males and 81% of females were online or on their phone after their expected bedtime.



34% of males and 41% of females were doing homework after the time they were supposed to be asleep.



Physical activity, meaningful engagement in activities, good nutrition, and getting eight or more hours of sleep appeared to **improve outcomes for even the most vulnerable youth.**

Local results also highlighted the importance of **supportive relationships with peers and adults**, including family, teachers, and other professionals.



18% of local youth aged 12 – 17 did an hour of moderate to vigorous physical activity every day.

53% of youth had ever tried alcohol. This is less than in 2008.

