

# East Kootenay



McCreary  
Centre Society

## BC Adolescent Health Survey

11% of youth aged 12 – 19 reported not accessing needed mental health services in the past year.

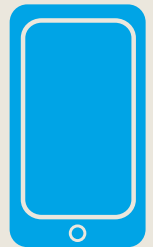


33% were injured seriously enough to require medical attention in the past year. This percentage was higher than the rate across BC.

However, this was a **local decrease** from 43% in 2003 and 38% in 2008.

56% of youth slept for 8 or more hours the night before the survey.

78% of youth were online or on their phone after their expected bedtime.



26% of males and 17% of females experienced a concussion in the past year.



16% of youth who had a concussion had not accessed needed medical help.



69% of youth reported having an adult in their neighbourhood or community who cared about them.

This percentage was higher than the provincial rate.

**Physical activity, meaningful engagement in activities, 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.**

