

Fraser East



McCreary
Centre Society

BC Adolescent Health Survey

18% of youth aged 12 – 19 had ever tried smoking.

Among these youth, a quarter had successfully quit smoking in the past year.

20% of males and 14% of females had a concussion in the past year.



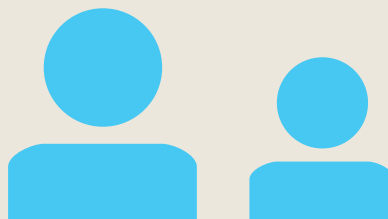
36% of youth had fruit or vegetables only once or twice the day before the survey.



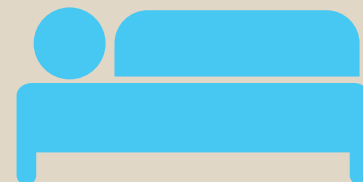
13% of youth reported not accessing mental health services when they thought they needed to in the past year.



Most youth felt connected to their school, felt safe there, and got along well with their peers, teachers, and other school staff.



48% of youth did not get at least eight hours of sleep on the night before taking the survey.



84% of females and 79% of males were doing something such as texting, online gaming, or homework after they were expected to be asleep.



Physical activity, nutrition, and sleep appeared to improve outcomes for even the most vulnerable youth.

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

