

# Fraser North



McCreary  
Centre Society

## BC Adolescent Health Survey

50% of youth aged 12 – 19 slept for eight or more hours the previous night.



78% were online or on their phone after they were supposed to be asleep.

76% of local youth always wore a seat belt when in a vehicle, compared to 67% five years earlier.



Local youth were less likely than those across BC to have consumed pop or soda, coffee or coffee-based beverages, and energy drinks.



9% of youth did not get medical help in the past year when they thought they needed it.



14% of youth had a concussion in the past year.

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.

