

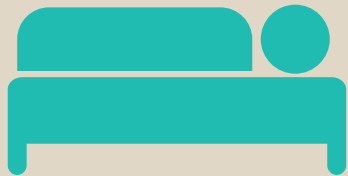
Kootenay Boundary

BC Adolescent Health Survey



McCreary
Centre Society

60% of youth aged 12 – 19 slept for eight or more hours on the night before taking the survey.



76% of males and 83% of females were doing something such as homework or using their cellphone after the time they were expected to be asleep.



95% of youth reported eating fruit or vegetables at least once on the day before completing the survey.



77% of youth felt safe in their neighbourhood during the day.

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 highlighted the importance of

supportive relationships

with peers and adults, including family, teachers, and other professionals.

60% of youth had tried alcohol, and 38% had tried marijuana. These rates reflected a decrease from 2008.



Local youth were also waiting longer to use marijuana than their peers in previous years.

