

North Shore/Coast Garibaldi

BC Adolescent Health Survey



McCreary
Centre Society



58% of local youth slept for eight or more hours the night before taking the survey.



78% of youth were online or on their phone after the time they were expected to be asleep.



20% of youth had experienced a concussion in the past year.



When compared to their peers across the province, North Shore/Coast Garibaldi youth were **more likely** to have eaten **fruit and vegetables** the previous day, and were **less likely** to have eaten **fast food**.

11% of local youth reported not accessing mental health services in the past year when they thought they needed to.



Common reasons for not accessing services included **not wanting their parents to know**, and **thinking or hoping the problem would go away**.

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.

