

# North Vancouver Island BC Adolescent Health Survey



McCreary  
Centre Society

Local youth were more likely than students across BC to have a **local adult who cared about them**, and to have **an adult to turn to if they had a problem.**



They were also **more likely to feel safe in their neighbourhood and on transit.**

**57%** of youth aged 12 – 19 slept for eight or more hours on the night before taking the survey.



**75%** of youth were online or on their phone after the time they were supposed to be asleep.



There was a local **decrease** in the percentage of youth **who went to bed hungry because there was not enough money for food at home.**

**19%** of youth had a concussion in the past year.



**1 in 6** youth who had experienced a concussion had not accessed needed medical help.

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.**

**11%** of youth reported not accessing needed mental health services.

**31%** of youth were injured seriously enough to require medical attention in the past year.



**8%** of local youth did not get medical help when they thought they needed it in the past year.

