

Northeast

BC Adolescent Health Survey



McCreary
Centre Society

Among youth aged 12 – 19 who were a healthy weight,

over half of females

and 16% of males were trying to lose weight.

When compared to the province, local youth reported

poorer nutritional intake.

For example, fewer youth ate fruit the day before taking the survey, and more drank pop or soda.



33% of youth were seriously injured in the past year. This was above the provincial rate of 27%.



68% of youth who had tried alcohol had their first drink before turning 15 years old.



67% of youth had an adult in their neighbourhood or community who cared about them.

This was **higher** than the provincial rate of 61%.



25% of local males and **14%** of females suffered a concussion in the past year.

Physical activity, nutrition, sleep and school, family, community, and cultural connectedness 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.

