

Northern Interior

BC Adolescent Health Survey

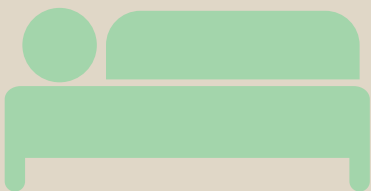


McCreary
Centre Society

19% of youth aged 12 – 19 experienced a concussion in the past year, which was higher than the provincial rate of 16%.



56% of youth slept for 8 or more hours the night before completing the survey.



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

72% of youth who had tried alcohol first drank before turning 15 years old, which was a decrease from 82% in 2008.

Youth were also waiting longer to use marijuana.



21% of youth aged 12 – 17 exercised for an hour every day in the past week.

28% of youth had ever tried smoking tobacco, which was a decrease from 35% in 2008.



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.

