

# Northwest



McCreary  
Centre Society

## BC Adolescent Health Survey

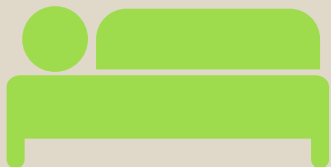
11% of youth aged 12 – 19 missed out on mental health care which they felt they needed in the past year.

Common reasons for missing needed mental health care included **hoping the problem would go away** and **not wanting their parents to know.**

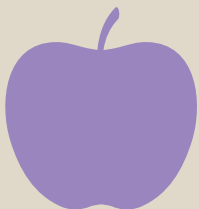


Physical activity, getting eight or more hours of sleep, and nutrition appeared to improve outcomes for **even the most vulnerable youth.**

51% of youth slept for at least eight hours the night before completing the survey.



89% of youth reported eating fruit or vegetables on the day before taking the survey.



32% of local youth had ever tried smoking tobacco, compared to 21% across BC.

34% of youth who had ever smoked had successfully quit in the past year, which was higher than the provincial rate of 23%.

69% of youth were able to identify an adult in their neighbourhood or community who cared about them.

» Feeling cared about by such an adult was associated with «

**positive mental health.**

## Friends

were also important.



For example, youth who had friends who would be upset with them if they got drunk were less likely to binge drink

