

# Okanagan



McCreary  
Centre Society

## BC Adolescent Health Survey

20% of youth aged 12–19 had experienced a concussion in the past year.



9% of youth did not get medical help when they thought they needed it in the past year.

12% of youth did not access needed mental health services in the past year.



94% of local youth reported eating fruit or vegetables at least once on the day before taking the survey, which was an increase from 2008.



Fewer youth were trying tobacco or alcohol than in previous survey years, and those who did were waiting longer to do so.



17% of youth aged 12–17 did an hour of moderate to vigorous physical activity every day.

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.**

