

# Richmond

## BC Adolescent Health Survey



McCreary  
Centre Society

46% of youth aged 12 – 19 slept for eight hours or more on the night before taking the survey.



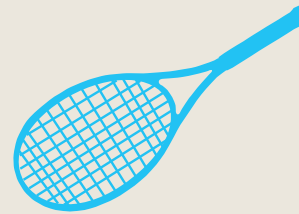
60% of females and 48% of males were doing homework after they were supposed to be asleep.



87% of females and 80% of males were online or on their phone after they were supposed to be asleep.



11% of 12 – 17 year olds exercised for 60 minutes a day in the past week.



Youth in Richmond were **less likely** to have **exercised** in the past week than students across BC.

10% of youth reported not accessing needed mental health services in the past year.



The most common reason was **not wanting their parents to know.**



**Fewer** youth reported **going to bed hungry** because there was not enough money for food at home.



Family, school, and community connectedness; supportive and caring adults; sleep; cultural engagement; good nutrition; and feeling listened to and valued appeared to **improve outcomes for even the most vulnerable youth.**

