

South Vancouver Island BC Adolescent Health Survey



McCreary
Centre Society

There were **decreases** in the percentage of youth aged 12 – 19 trying **alcohol, marijuana, or tobacco.**



There was a **decrease** in the percentage of youth **who went to bed hungry** because of a lack of money for food.



77% of youth were online or on their phone after the time they were supposed to be asleep.



For every **extra hour of sleep** youth got, they reported **more positive mental health.**



Compared to previous years, **more youth planned to graduate.**

Physical activity, nutrition, and sleep appeared to **improve outcomes** for even the most vulnerable youth.

Local results highlighted the importance of

supportive relationships

with peers and adults, including family, teachers, and other professionals.

21% of youth had at least one mental health condition.

Among youth who felt they needed help for their mental health challenges, there was an increase in the percentage of local students who did not access services because **they did not want their parents to know** and because **they did not know where to go.**

