

Thompson Cariboo Shuswap

BC Adolescent Health Survey



McCreary
Centre Society

Youth aged 12 – 19 were

less likely

to miss out on needed medical care than their peers in 2008.

However, there was no such improvement in **missing out on mental health care.**



There was an increase in the percentage of youth who did not seek necessary mental health care because they **did not want their parents to know.**



63% of youth were engaged in physical activity and exercise, including weekly informal sports.

Youth in this region were **more likely** than their peers across the province to report having an **adult in their community who cared about them.**



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



77% of males and **83%** of females were doing something such as homework or using their cellphone after the time they were expected to be asleep.

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.

