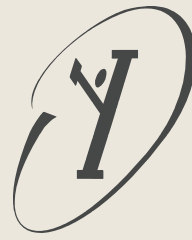


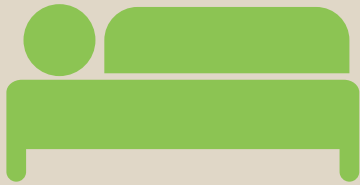
# Vancouver

## BC Adolescent Health Survey



McCreary  
Centre Society

**48%** of youth aged 12 – 19 slept for eight or more hours on the night before taking the survey.



**56%** of youth were doing homework after the time they were normally expected to go to sleep.



Vancouver youth were **less likely** to have used tobacco, alcohol, or marijuana compared to provincial rates.

**59%** of youth always ate breakfast on school days.



Youth who always ate breakfast on school days were more likely than those who ate breakfast less often to report **good or excellent mental health, better nutrition, and to have slept for eight or more hours the previous night.**



**87%** of youth aged 12 – 17 were not getting the recommended hour of moderate to vigorous exercise every day.

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

**11%** of youth experienced a concussion in the past year.



**17%** of Vancouver youth who had experienced a concussion had not accessed needed medical help.

