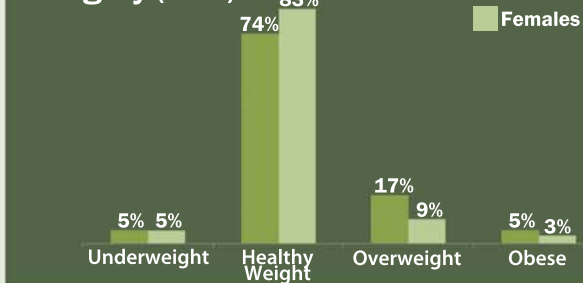


# Most BC youth are in a healthy weight category.

Students in each weight category (2008)



“I get addicted to chocolate and junk food when I’m terribly upset or under a lot of stress.”

This is one of a series of 12 pamphlets sharing the results of the BC Adolescent Health Survey with young people. Other pamphlets in the series include: Nutrition, Injuries, Smoking, Sexual Behaviour, Health & Accessing Health Care, School & Work, Sport & Leisure Activities, Abuse & Violence, Mental & Emotional Health, Building Protective Factors and Substance Use.



This pamphlet is based on the results of the 2008 BC Adolescent Health Survey which was completed by 30,000 youth in grades 7-12. The results of this survey are published in *A Picture of Health*, as well as other youth friendly reports and fact sheets. These are available free on our website. If you are interested in learning more about the results, or how to use the results to improve youth health in your community, visit [www.mcs.bc.ca](http://www.mcs.bc.ca).



McCreary Centre Society  
3552 Hastings Street East  
Vancouver, BC V5K 2A7  
[www.mcs.bc.ca](http://www.mcs.bc.ca)

# A Picture of Health:



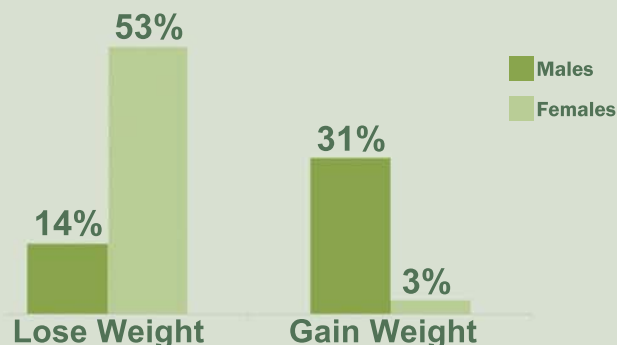
## Weight & Body Image Results of BC Adolescent Health Survey



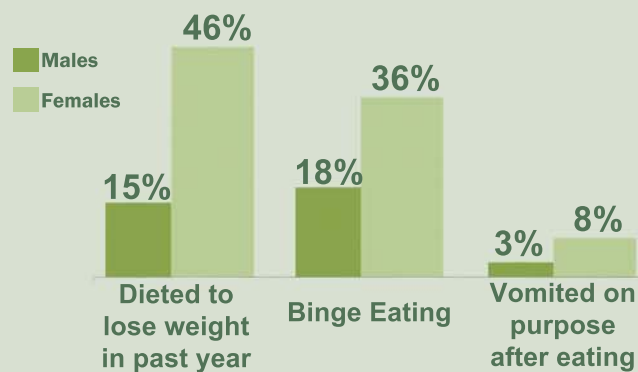


Almost 1 in 5 males (19%) rated themselves as very satisfied with their body image compared to only 10% of females. Females were more likely than males to report dieting to lose weight, as well as binge eating and vomiting on purpose after eating.

### Healthy Weight Youth Trying to Lose or Gain Weight



### Eating Behaviours



## Did you know?

Although 78% of youth were considered to be a healthy weight for their age and gender, only 15% of youth were very satisfied with their body image.

## Resources

### HealthLink BC

Anywhere in BC: 8-1-1

TTY (Deaf and hearing-impaired): 7-1-1

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Easy access to non-emergency health information and services.

### Local Youth Clinic

Search online for youth clinics in your area.

They are free, confidential and full of professional doctors and nurses who are happy to help.

### Kids Help Phone

1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Free and anonymous phone and web counselling that is confidential, non-judgemental and available 24/7 for both children and teenagers.

### Youth In BC

604.872.3311 (Greater Vancouver)

1.866.661.3311 (Toll-Free)

[www.youthinbc.com](http://www.youthinbc.com)

A volunteer driven organization committed to helping people help themselves and others deal with crisis.