



BALANCE AND CONNECTION IN THE NORTHWEST



THE HEALTH AND WELL-BEING
OF OUR YOUTH



Image credits (clockwise from top left):

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BALANCE AND CONNECTION IN THE NORTHWEST:

THE HEALTH AND WELL-BEING OF OUR YOUTH

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Quotes from Northwest youth who completed the 2018 BC AHS are included throughout this report.



KEY FINDINGS

■ Northwest students most commonly identified as European or Indigenous. They were less likely than a decade earlier to identify as European (50% vs. 66% in 2008) and more likely to identify as Indigenous (43% vs. 28%).

■ Over half (59%) of Indigenous students could speak at least a few words of an Indigenous language, including 7% who could hold a conversation or were fluent.

■ Almost two thirds of Indigenous students (63%) reported that at least one member of their family had been in residential school, compared to 39% provincially. Relatives who had been in residential school included youth's parents (4%) and grandparents (41%).

■ Most students in the Northwest rated their overall health and mental health positively. However, the percentage who rated their overall health as good or excellent decreased from 83% in 2013 to 79%. There was also a decline in females who rated their mental health this positively (from 73% in 2013 to 60%).

■ Just under half (48%) of Northwest students got at least eight hours sleep on the night before completing the survey. Students reported doing various activities after the time they were normally expected to go to sleep, including chatting or texting (61%), homework (40%), gaming (33%), and online activities other than gaming (e.g., watching videos, checking social media; 74%).

■ There was a decrease in the percentage of Northwest youth who experienced a concussion in the past year (15% vs. 19% in 2013).

■ Thirty percent of Northwest students ate three meals a day on school days, compared to 37% provincially. Local youth were more likely than those across the province to have eaten food grown or caught by them or their family (27% vs. 16%).

■ Locally, 12% of youth went to bed hungry at least sometimes because there was not enough money for food at home, including 1% who often or always went to bed hungry.

■ There were increases in local students who reported having Anxiety Disorder/panic attacks (22% vs. 10% in 2013), Depression (20% vs. 14%), and Post-Traumatic Stress Disorder (PTSD; 3% vs. 1%). Local females were more likely than females across BC to have Anxiety Disorder/panic attacks (35% vs. 28% provincially) and Depression (27% vs. 19%).

■ In the past year, 20% of local youth had seriously considered suicide (vs. 17% provincially) and 7% had attempted suicide (vs. 5% provincially). Females were more likely than five years earlier to have considered suicide (28% vs. 21%). They were also more likely than local males (12%) to have done so.

■ Nearly a fifth (18%) of Northwest students had not accessed needed mental health services in the past year (9% of males vs. 26% of females). This represented a local increase from 11% in 2013. Among youth who needed mental health services, local youth were more likely than those across BC to report they did not access services because they were afraid someone they knew might see them (48% vs. 38%).

■ Youth who had ever had sexual intercourse were more likely than five years earlier to have used withdrawal as their only method to prevent pregnancy (12% vs. 5% in 2013); and were less likely to have used a condom (45% vs. 60%).

■ Local rates for having ever used tobacco, alcohol, and marijuana were similar to five years earlier. However, Northwest students were more likely than youth across the province to have tried tobacco (29% vs. 18%), alcohol (57% vs. 44%), marijuana (42% vs. 25%), and substances other than alcohol or marijuana (21% vs. 16%). Local youth were also more likely to have vaped in the past month (39% vs. 27% provincially).

■ Overall, 15% of Northwest youth had been physically abused, which was a decrease from 20% in 2008. Also, 14% had been sexually abused, which was comparable to rates five and ten years earlier.

■ The majority of Northwest youth often or always felt safe in their neighbourhood in the daytime (91%) and at night (69%). Local youth were more likely than their peers across the province to feel safe in their neighbourhood at night (69% vs. 65% provincially).

■ Local students were more likely to have been bereaved than students across the province, including to an accident (23% vs. 13%), violence (5% vs. 3%), and suicide (13% vs. 9%).

■ Fifty-two percent of Northwest students reported often or always feeling connected to the land/nature (vs. 44% provincially).

■ The majority of Northwest youth (60%) felt they had the right amount of time to spend in nature (vs. 56% provincially). Those who felt they had the right amount of time in nature were more likely to feel connected to the land/nature (56% vs. 45% of those who felt they did not have enough time).

■ Most local students felt connected to their family, school, and community. Northwest youth were more likely than their peers across the province to have an adult in their community who really cared about them (74% vs. 65% provincially). Local youth were also more likely to report having such an adult in their lives than Northwest youth five years earlier (69%).

■ The majority of Northwest youth could identify something they were really good at, reported satisfaction with their life, and were hopeful for their future.

■ The most common topic Northwest youth identified as wanting to learn more about was mental health.

INTRODUCTION

2018 BC ADOLESCENT HEALTH SURVEY

The BC Adolescent Health Survey (BC AHS) is the most reliable, comprehensive survey of youth aged 12–19 in British Columbia (BC). The survey has been completed every five years since 1992. In 2018, over 38,000 students in 58 of BC's 60 school districts participated.

The 2018 BC AHS was developed in consultation with young people, parents, and other experts in youth health. It was extensively pilot tested before being administered across the province by Public Health Nurses and nursing students; and locally by Public Health Resource Nurses to students in mainstream public schools between February and June 2018.

A report of the provincial findings was released in March 2019 (*Balance and connection in BC*) and can be accessed at www.mcs.bc.ca.

REGIONAL REPORTS

This report is one of 16 regional reports of the BC AHS results. It shares data provided by students in Grades 7–12 in the Northwest Health Service Delivery Area (HSDA).

Northwest HSDA is comprised of six school districts: Haida Gwaii (SD 50), Prince Rupert (SD 52), Bulkley Valley (SD 54), Coast Mountains (SD 82), Stikine (SD 87), and Nisga'a (SD 92). Five of the six school districts participated in the 2018 BC AHS, including Bulkley Valley (who did not participate in 2013). As in previous years, Stikine did not participate. Additional analyses were conducted to ascertain if the addition of Bulkley Valley may have affected the regional results. This did not appear to be the case as patterns were similar with and without the inclusion of Bulkley Valley.

This regional report focuses on the 2018 Northwest results with relevant comparisons to the 2018 provincial results, as well as to local results in 2008 and 2013.



A GUIDE TO THIS REPORT

This report is intended for a community audience, and therefore does not detail all aspects of the methodology, including analyses conducted and statistical testing applied. This information is available at www.mcs.bc.ca or by email from mccreary@mcs.bc.ca.

The report is divided into five main sections. The first provides background information about the young people who completed the survey, the second focuses on their health profile, the next section considers some potentially adverse experiences or challenges to growing up healthy, and precedes a section which looks at factors that can support young people to thrive. The final section offers Northwest students' suggestions for health topics they would like to learn more about.

The 2018 BC AHS included many questions which have been asked on the BC AHS in previous years. This allowed us to report trends over time. The survey also included some new items which reflected the changing challenges and opportunities experienced by the province's young people. These items were deemed important to include by stakeholders who participated in consultations during the development of the survey.

Based on the feedback we received about the 2013 BC AHS and through consultations during the development of the 2018 survey, one of the areas which was updated was gender identity.

Following recommendations from Statistics Canada, the 2018 survey included two new questions: one about sex/gender assigned at birth (what is listed on a student's original birth certificate, with an option of male or female); and one about current gender identity (which included the response options of male, female, neither male nor female, and not yet sure).

Previous versions of the BC AHS only included male and female options for gender. Therefore, in this report, trends are reported only for males and females (based on the question about sex/gender assigned at birth). For analyses conducted exclusively with the 2018 data, results are reported using the second question about current gender identity (male, female, and non-binary). Non-binary youth include those who identified as neither male nor female as well as those who were not yet sure of their gender identity.

All reported comparisons and associations within this region and to previous survey years are statistically significant at $p < .05$. This means there is up to a 5% likelihood these results occurred by chance. Comparisons between the Northwest and the province are statistically significant at $p < .01$, which means there is up to a 1% likelihood that the results occurred by chance. Where it is not obvious, differences in tables or charts that are not statistically significant are noted.

Any percentage that is marked with an asterisk (*) should be interpreted with caution, as it has a higher than expected standard error, but is still within the releasable range.



LIMITATIONS

When reading this report, it is important to remember that although it is considered representative of youth aged 12–19 who were attending mainstream schools in the Northwest, it does not capture the health picture of all young people in this age range. For example, those who were in alternative schools, independent schools, were home-schooled, were dealing with challenges which kept them out of school, or were absent on the day the survey was administered were not included.

Also, the survey was only administered on paper and in English, which excluded some youth with certain disabilities, and literacy or comprehension challenges.

Finally, the percentage of students in the Northwest who identified as non-binary was small (2%). Therefore, although non-binary youth were considered in all gendered analyses, it was not possible to report the findings due to the risk of deductive disclosure or the possibility that the percentage estimate was unreliable.

GLOSSARY

For readability, the following terms are used in this report:

■ **Binge drinking** refers to males who consume four or more alcoholic drinks within a couple of hours and females who consume three or more.

■ **Ideas listened to** refers to youth who reported that their ideas were listened to ‘quite a bit’ or ‘a lot’ in the activities that they were involved in.

■ **Informal sports** are sports without a coach such as skateboarding and hiking.

■ **Meaningful activities** are activities which youth indicated were ‘quite a bit’ or ‘very meaningful’ to them.

■ **Non-binary** reflects youth who did not identify as either male or female or were not yet sure of their gender identity.

■ **Organized sports** are sports with a coach, such as school teams and swimming lessons.

■ **Phone** refers to a cell phone, smartphone, or other portable electronic communication device.

■ **Sexting** refers to sending sexually explicit photographs or messages via a cell phone. It was also referred to on the survey as ‘sending nudes.’

■ **Students** and **youth** are used interchangeably to refer to survey participants aged 12–19.

YOUNG PEOPLE IN THE NORTHWEST

BACKGROUND

As in previous years, Northwest students most commonly reported that they were of European or Indigenous heritage. However, compared to a decade earlier, students were less likely to identify as European (50% in 2018 vs. 66% in 2008) and more likely to identify as Indigenous (43% vs. 28%).

Family background		
	Northwest	BC
European	50%	46%
Indigenous	43%	10%
Southeast Asian	4%	8%
East Asian	3%	18%
Latin/South/Central American	3%	5%
African	3%	3%
South Asian	2%	11%
Australian/Pacific Islander	2%	2%
West Asian	NR	3%
Don't know	13%	10%
Other	3%	4%

NR: Not releasable due to the risk of deductive disclosure.

Note: Youth could choose more than one response.

Note: The majority of students who chose 'Other' indicated they were Canadian.

Note: The differences between Northwest and the provincial rate were not statistically significant for European, African, Australian/Pacific Islander, or 'Other'.

BIRTHPLACE & LANGUAGE

Locally, 5% of Northwest students were born outside Canada (vs. 21% provincially). Among local students who were born abroad, 27% had been in Canada for five years or less.

As in previous years, 39% of Northwest students spoke a language other than English at home (vs. 53% provincially), with 5% doing so most of the time (vs. 23% provincially).

INDIGENOUS YOUTH

Forty-three percent of Northwest youth identified as Indigenous. Among these youth, 85% were First Nations (vs. 90% in 2013), 12% were Métis and the remainder indicated another Indigenous background including Inuit.

Almost a third (31%) of local Indigenous youth currently lived on a First Nations reserve all the time, 11% lived on reserve some of the time, and another 14% had previously lived on reserve.

Over half (59%) of Indigenous students could speak at least a few words of an Indigenous language, including 7% who could hold a conversation or were fluent.

Almost two thirds (63%) of Indigenous students reported that at least one member of their family had been in residential school (vs. 39% provincially), while another 23% did not know their family's history of residential school attendance (vs. 38% provincially). Relatives who had been in residential school included youth's parents (4%), grandparents (41%), and/or other relatives (34%).

Five percent of Indigenous youth identified as Two Spirit.

GENDER IDENTITY & SEXUAL ORIENTATION

"I'm scared to tell my parents I'm LGBTQ+ because I'm afraid they might not accept me. It causes me a lot of stress and anxiety and I wish I could tell them that I'm their son, not daughter."

Grade 7 student

For the first time, the BC AHS asked youth about the sex on their birth certificate and also about their current gender identity. Nearly half (48%) of Northwest students had been assigned male on their birth certificate and 52% had been assigned female. For nearly all youth (98%), their current gender identity corresponded with their sex assigned at birth, and 2% were non-binary (including those who were not yet sure of how they identified).

Most students in the Northwest identified as straight. Males were more likely than females to identify as straight (88% vs. 78%), while females were more likely to identify as lesbian, gay, or bisexual (11% vs. 3% of males).

Sexual orientation of Northwest youth	
Straight	81%
Mostly straight	5%
Bisexual	7%
Gay or lesbian	1%
Not sure yet	5%
Something other than those listed above	2%

Note: Among Northwest students who identified a sexual orientation other than the options listed on the survey, common responses were pansexual and asexual.

Note: Percentages do not equal 100% due to rounding.

GOVERNMENT CARE

Students were asked if they had experienced different types of government care (through the BC Ministry of Children and Family Development or a delegated agency) or alternatives to care. Four percent had been in foster care (vs. 2% provincially), 4% had been on a kith and kin agreement (vs. 2% provincially), 1% had stayed in a group home, 1% had been in a custody centre, and 1% who were age eligible had been on a Youth Agreement.

LIVING SITUATION

As in 2013, students most commonly lived with at least one parent (91%). However, they were more likely than five years earlier to report living with their grandparents, siblings, and other unrelated children and adults.

Youth were asked if they had caretaking responsibilities on a typical school day. Around two thirds (65%) of local students took care of a pet, and 23% cared for a relative (e.g., a relative with a disability or a younger sibling). Females were more likely than males to take care of a pet (71% vs. 58%).

Reflecting the local picture in 2013 and the provincial picture in 2018, almost a quarter (23%) of local youth had moved in the past year, including 6% who moved three or more times. Also, 10% of Northwest students had run away from home and 9% had been kicked out (vs. 6% provincially) in the past year.

Nearly all local students (93%) often or always felt safe inside their home, although 3% never or rarely did (a rate unchanged from 2013).

Who Northwest youth live with most of the time			
	2013	2018	Change
Mother/Stepmother	80%	81%	—
Father/Stepfather	69%	72%	—
Two mothers or two fathers	1%	1%	—
Grandparent(s)	9%	13%	↑
Foster parent(s)	2%	1%	—
Sibling(s)/Step-sibling(s)	47%	61%	↑
Own child or own children	NR	NR	—
Other children or youth	NR	2%	↑
Other related adult(s)	4%	4%	—
Other unrelated adult(s)	1%	2%	↑
Live alone	1%	NR	—
Live with both parents at different times	8%	9%	—

Note: Youth could choose more than one response.

↑ Indicates there was a statistically significant increase from 2013 to 2018.

NR: Not releasable due to the risk of deductive disclosure.



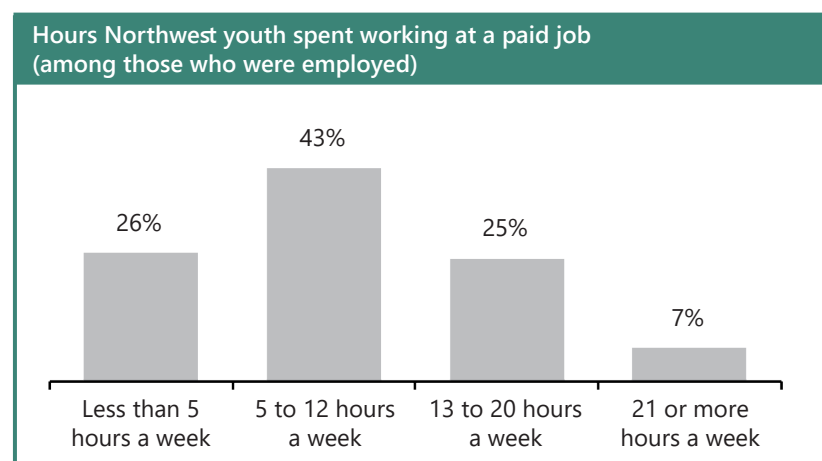
EMPLOYMENT

During the school year, 37% of Northwest students worked at a paid job. This was similar to the provincial rate and to the local rate five years earlier, but below the local rate in 2008 (50%).

Among students who were employed, 7% worked in excess of 20 hours per week (vs. 14% in 2013).

PHONE USE

Most students in the Northwest (91%) had a cell phone, smartphone, or other portable device. Students most commonly used their device to listen to music.



Note: Percentages do not equal 100% due to rounding.

Northwest students' phone use on their last school day (among those with a phone)	
Listening to music	89%
Communicating with friends they know in person	84%
Using social media	83%
Communicating with parents/guardians	76%
Watching shows, movies, YouTube, etc.	73%
Playing games	59%
Finding information (other than health information)	57%
Doing homework	48%
Communicating with someone they know only online	29%
Finding health information	20%
Watching porn	12%
Sexting	6%
Gambling	3%

Note: Youth could choose more than one response.

HEALTH PROFILE OF NORTHWEST YOUTH

PHYSICAL HEALTH

Results of the 2018 BC AHS showed that youth who reported eating healthily, getting plenty of exercise, and getting enough sleep (including going offline at bedtime) not only reported better physical health, but also reported better mental health than their peers.

Results in this Physical Health (p. 14–17) section were similar to the province and to local results in 2013 unless noted.

Most students in the Northwest rated their health as good or excellent. However, local youth were less likely to rate their health this positively than they were five years earlier (79% vs. 83% in 2013). Males were more likely than females to rate their health as excellent.

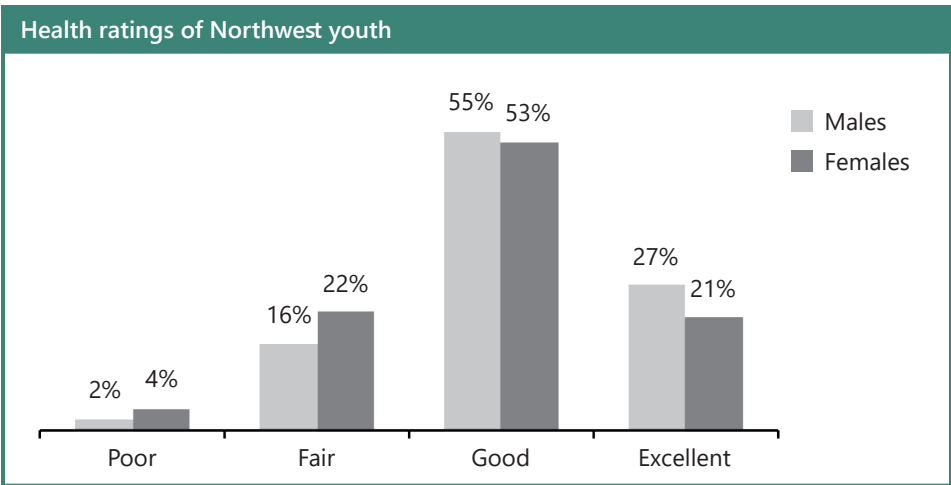
HEALTH CONDITIONS & DISABILITIES

Around a third (34%) of Northwest youth indicated having at least one health condition or disability. Nearly a fifth (19%) of local students reported having a mental health condition, which was higher than the provincial rate (15%) and the local rate five years earlier (13%).

More than 4 in 10 students (45%) who had a health condition or disability reported that it prevented them from doing things their peers could do.

Health conditions and disabilities reported by Northwest youth	
Mental health condition	19%
Long-term/chronic medical condition	10%
Learning disability	5%
Sensory disability	5%
Severe allergy requiring EpiPen	2%
Physical disability	1%
Other	3%

Note: Youth could choose more than one response.

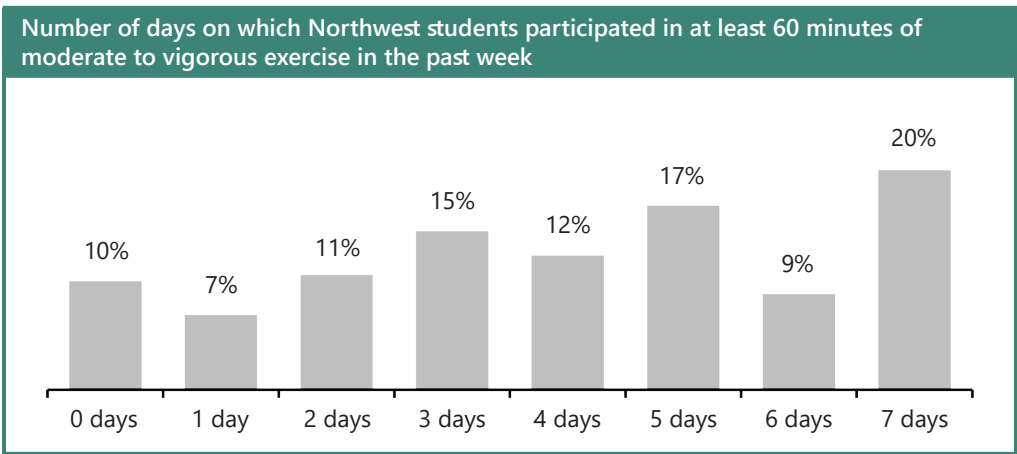


Note: The difference between males and females for 'good' was not statistically significant.

PHYSICAL ACTIVITY

The Canadian Physical Activity and Sedentary Behaviour Guidelines state that children and youth aged 5–17 should complete at least 60 minutes of moderate to vigorous exercise every day. One in five (20%) Northwest youth aged 12–17 met these recommendations in the week before taking the survey. Males were more likely than females to exercise this regularly (25% vs. 17%).

The Guidelines recommend that individuals aged 18 or older take part in 150 minutes of moderate to vigorous physical activity each week. Around two thirds (66%) of students aged 18 or older met this recommendation by participating in 60 minutes of exercise on at least three days in the past week (with no gender differences).



Note: Percentages do not equal 100% due to rounding.

SLEEP

"I don't think I get enough sleep."

Grade 9 student

Around half (48%) of Northwest students slept for at least eight hours on the night before completing the survey (including 23% who slept nine or more hours), and 7% who slept four hours or less.

Older students were less likely than younger ones to have slept eight or more hours.

Students reported doing various activities after the time they were normally expected to go to sleep. These included chatting or texting (61%), homework (40%), gaming (33%), and online activities other than gaming (e.g., watching videos, checking social media; 74%).

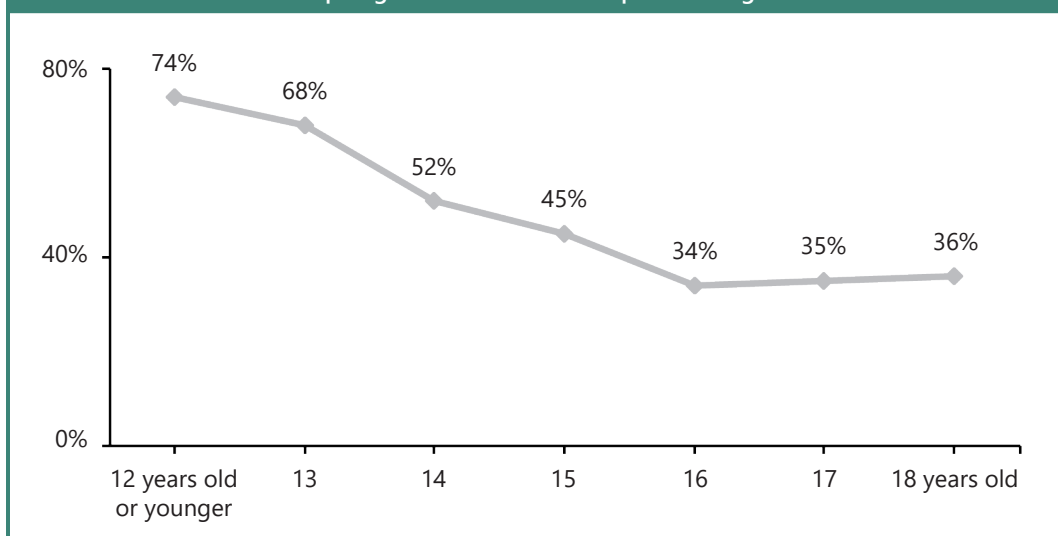
Females were more likely than males to report chatting/texting (67% vs. 55%) and doing

homework (46% vs. 34%), and were less likely to report gaming (18% vs. 48%) after they were expected to be asleep.

Around 4 in 10 local students (38%) reported going offline after their expected bedtime (e.g., turning off their phone, putting it in silent mode, or putting it in another room). There were no gender differences.

On the day they completed the survey, 52% of local students had woken up feeling like they got enough rest. Students who reported going offline at night were more likely to wake up feeling rested (57% vs. 48% of those who did not go offline). Students who went offline and did not engage in any activity (e.g., homework) after their expected bedtime were the most likely to have woken up feeling rested (69%).

Northwest students who slept eight or more hours the previous night



Note: Differences between ages were not statistically significant at every point.

ACCESS TO HEALTH CARE

Locally, 23% of youth reported that they had not needed health care in the past year, and 4% had needed health care but had not been able to access it.

Most Northwest youth got their health care from a family doctor. However, students in the Northwest were less likely than their peers across the province to have visited a walk-in clinic (20% vs. 35%) or a youth clinic (2% vs. 4%), and were more likely to have visited an emergency room (28% vs. 16%) or a nurse (19% vs. 9%).

When asked specifically about accessing medical care when they were physically sick or hurt in the past year, 55% of youth indicated they had not needed this type of medical help and 36% got the help they needed. However, 9% of Northwest students had not received the medical help they needed.

Unlike the provincial pattern where females were more likely than males to miss out on needed medical care, there was no gender difference locally (similar to 2013).

Where Northwest youth got health care in the past year	
Family doctor	60%
Emergency room (ER)	28%
Walk-in clinic	20%
Nurse	19%
Counsellor/psychologist	11%
Youth clinic	2%
School wellness centre	2%
Traditional healer	1%

Note: Youth could choose more than one response.

DENTAL VISITS

Most youth (83%) had been to the dentist in the past 12 months, while 9% had visited the dentist between a year and two years ago, 6% had last been more than two years ago, and 2% had never been.

Around 1 in 10 local students (11%) who had been to the dentist reported that their last visit had been for pain.



NUTRITION

Provincially, there was a slight decrease in the percentage of youth who ate fruit and/or vegetables on the day before completing the BC AHS. However, in the Northwest, the percentage remained similar to 2013. As was the case five years earlier, youth in this region were less likely than their peers across BC to eat fruit and/or vegetables (91% vs. 93% provincially).

There were no changes compared to five years earlier in the percentage of local youth who ate sweets (76%), fast food (50%), traditional foods from their background (29%), food grown or caught by them or their family (27%), or who

drank energy drinks (11%). However, there was an increase in the percentage who drank water (from 93% in 2013 to 96%) and a decrease in the percentage who drank pop (from 49% to 42%).

In 2018, local youth were more likely than those across the province to have eaten food grown or caught by them or their family (27% vs. 16%), or to have drunk pop (42% vs. 37%) and energy drinks (11% vs. 7%). However, they were less likely to have eaten traditional foods from their background (29% vs. 41% provincially) and to have drunk water (96% vs. 98%).

What Northwest students ate or drank yesterday		
	Once or twice	Three or more times
Water	26%	70%
Fruit	58%	23%
Sweets (cookies, cake, candy, chocolate, etc.)	60%	15%
Vegetables or green salad	59%	16%
Fast food (pizza, hot dogs, burgers, chips, fries, etc.)	43%	7%
Pop	36%	6%
Traditional food from their background	21%	8%
Food grown/caught by them or their family	21%	6%
Energy drinks	9%	3%

MEALS

Reflecting the provincial trend, there was a decrease in the percentage of Northwest students who always ate breakfast on school days (42% vs. 47% in 2013) and a rise in those who never did (21% vs. 15%). Local students were less likely than youth across the province to always eat breakfast (42% vs. 50% provincially), and were more likely to never do so (21% vs. 17%).

When asked about all the places where they ate breakfast on school days, 92% of local students who ate breakfast did so at home (vs. 96% provincially), 18% got their breakfast at school (vs. 8% provincially), and 8% got it on the way to school.

The 2018 survey asked for the first time about eating lunch and dinner. Locally, 55% of students always ate lunch on school days (vs. 64% provincially) and 7% never did (vs. 5% provincially), while 86% always ate dinner and 1% never did (similar to the province as a whole).

Local students were less likely than those across the province to eat three meals a day on school days (30% vs. 37%). Males were more likely than females to always eat breakfast, lunch, and dinner on school days. Around a third (34%) of males ate three meals a day on school days, compared to 27% of females.

EATING BEHAVIOURS

"I've tried to make myself puke but couldn't."

Grade 12 student

In the past year, 15% of local youth had vomited on purpose after eating, including 2% who did so two or three times a month and 1% who did so at least weekly.

Reflecting the provincial trend, there was an increase in the percentage of local youth who reported they had vomited on purpose after eating in the past year (from 10% in 2013 to 15%).

While females were more likely than males to have vomited on purpose five years earlier (13% vs. 7% in 2013), there was no gender difference in 2018.



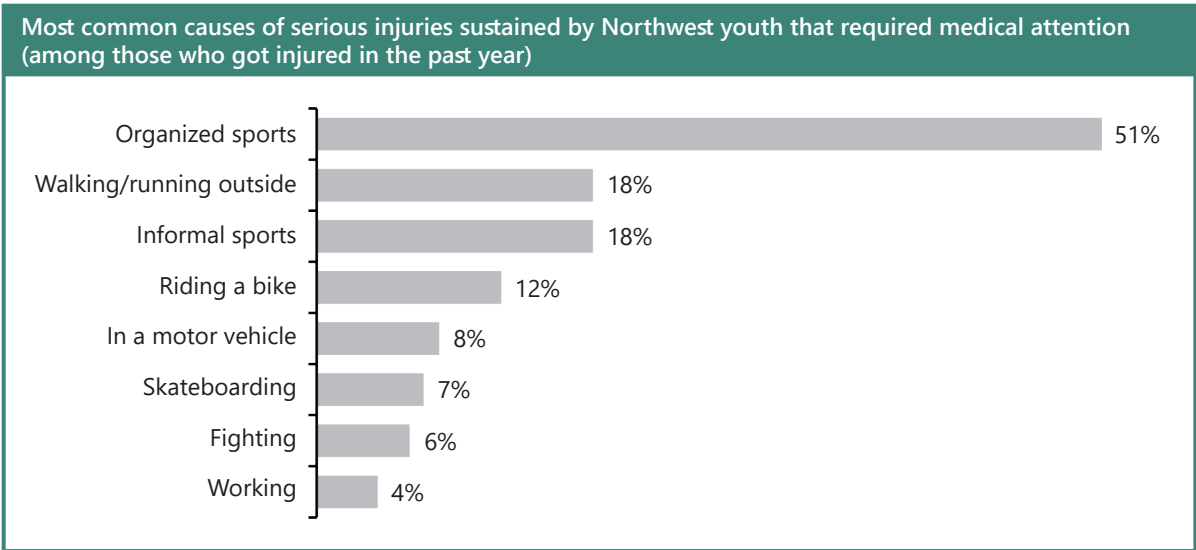
INJURIES & INJURY PREVENTION

INJURIES

Northwest youth were more likely than their peers across BC to have sustained an injury serious enough to require medical attention in the past year (30% vs. 26% provincially). This included 6% who experienced two serious injuries and 5% who had three or more.

Unlike five years earlier when males were more likely than females to experience a serious injury, there was no gender difference in 2018.

Consistent with the provincial results, local youth were most likely to have been seriously injured in the past year when they were playing or training for organized sports.



Note: Youth could choose more than one response.



CONCUSSIONS

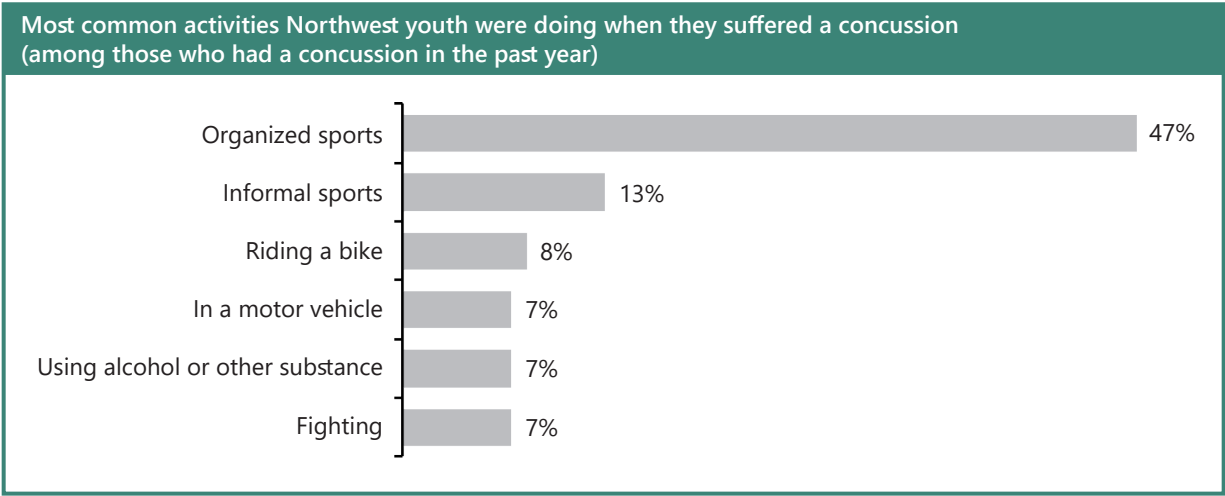
Reflecting the provincial picture, there was a decrease in the percentage of Northwest youth who experienced a concussion in the past year (15% vs. 19% in 2013). This included 2% who had two concussions, 1% who suffered three concussions, and 1% who had four or more.

Youth who experienced a concussion typically reported multiple symptoms including headaches (76%); dizziness or balance problems (68%); blurred vision (52%); ringing in their ears (51%);

feeling dazed, confused, or suffering a gap in memory (43%); and loss of consciousness (31%).

The most common activity local youth were doing when they suffered a concussion was playing or training for organized sports.

Over half (59%) of local youth who experienced a concussion in the past year received medical treatment for their injury.



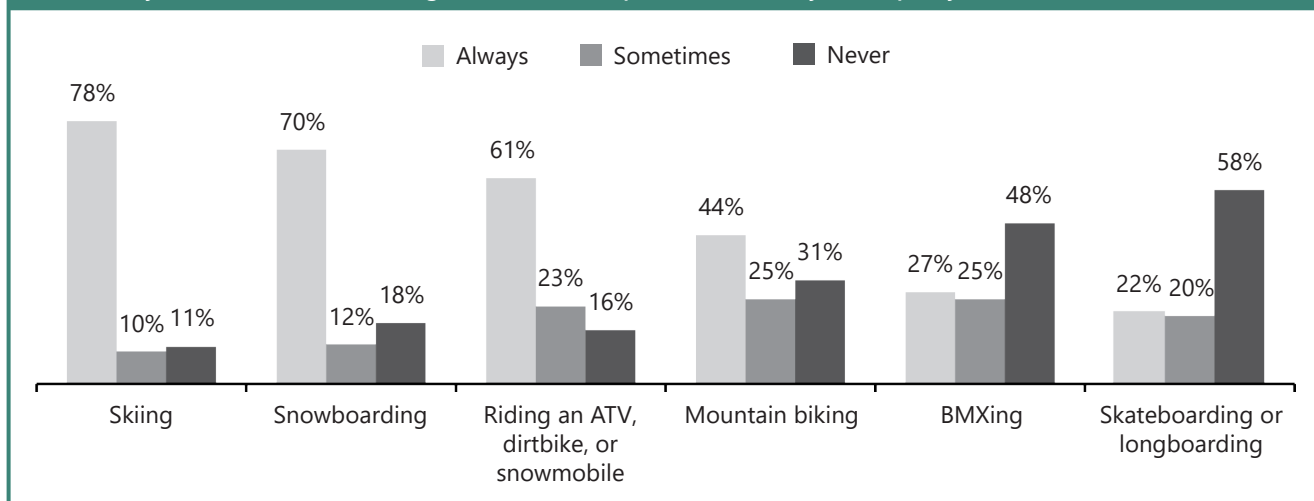
Note: Youth could choose more than one response.

INJURY PREVENTION

Comparable to rates over the past decade, 63% of Northwest youth always wore a seat belt when riding in a motor vehicle. Local youth were less likely to always wear a seat belt than their peers across the province (73% provincially).

Similar to five years earlier, 29% of Northwest youth who cycled in the past year always wore a helmet while doing so (vs. 45% provincially). They were also less likely to wear a helmet when BMXing, mountain biking, and snowboarding. For example, 27% always wore a helmet while BMXing, compared to 42% across the province (among those who did this activity in the past year).

Northwest youth's helmet use (among those who took part in the activity in the past year)



Note: For skiing and mountain biking, the differences between 'sometimes' and 'never' were not statistically significant.

Note: For BMXing and skateboarding/longboarding, the differences between 'always' and 'sometimes' were not statistically significant.



MENTAL HEALTH

"I don't know of any mental issues I may have but sometimes I just feel miserable."

Grade 8 student

Across BC there was a decline in the percentages of male and female students who reported good or excellent mental health. However, in the Northwest, the decline was only seen among females (60% vs. 73% in 2013), whereas the percentage among males was similar to five years earlier (81%).

HAPPINESS

Comparable to the province as a whole, 63% of local youth felt happy most or all of the time in the past month and 13% rarely or never felt happy. Local males were as likely as those five years earlier to feel happy most or all of the time (74%), but there was a decrease among females (52% vs. 62% in 2013).

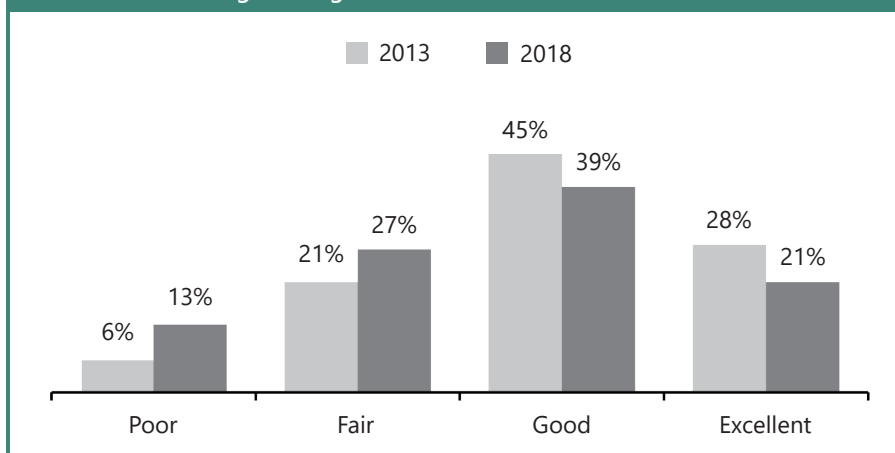
STRESS & DESPAIR

Most youth (81%) experienced some level of stress in the month prior to taking the survey, including 11% who felt so stressed they could not function properly. As in previous years, females were more likely than males to experience extreme stress (17% vs. 5%).

For the first time, the BC AHS asked students how well they managed their stress. Among those who experienced stress, 34% felt they managed it well and 18% felt they managed it very well. However, 32% managed their stress only fairly well and 16% managed it poorly.

More than half of students (56%) felt some level of despair in the past month (vs. 49% in 2008); and 8% were so sad, discouraged, or hopeless that they were unable to function properly. Females remained more likely than males to experience this level of despair (12% vs. 4%).

Mental health ratings among Northwest females



MENTAL HEALTH CONDITIONS

There were increases in local students who reported having Anxiety Disorder/panic attacks (22% vs. 10% in 2013), Depression (20% vs. 14%), and Post-Traumatic Stress Disorder (PTSD; 3% vs. 1%). The percentage who had Attention Deficit/Hyperactivity Disorder (ADHD; 8%) was similar to five years earlier, as it was for those who reported Asperger's or Autism Spectrum Disorder (1%) and Fetal Alcohol Spectrum Disorder (FASD).

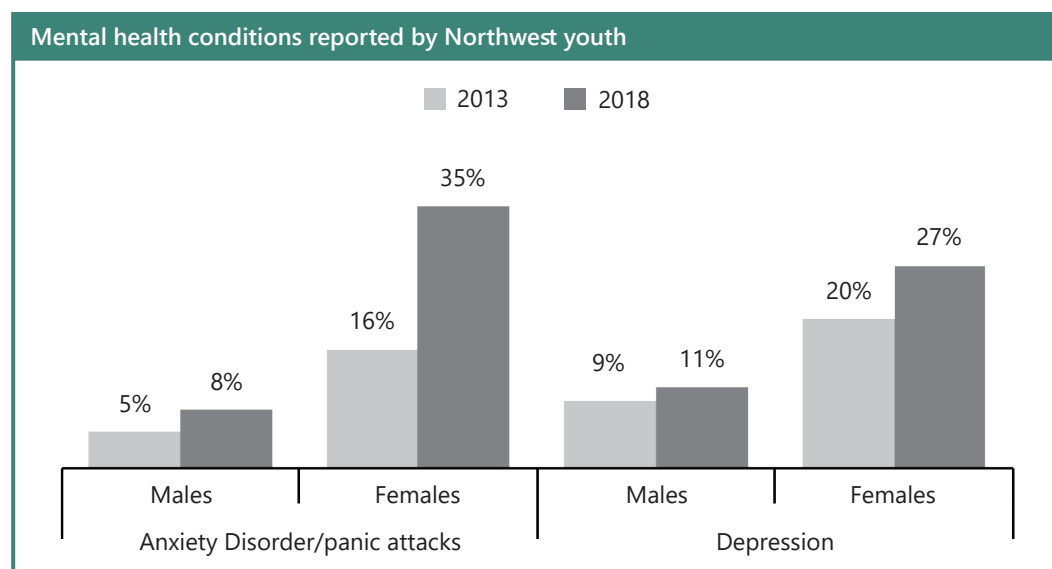
Females were more likely than males to have Depression and Anxiety Disorder/panic attacks. Northwest females were also more likely than females across the province to have Anxiety Disorder/panic attacks (35% vs. 28% provincially) and Depression (27% vs. 19%).

"There have been times where I have thought I had depression (my mom has it) but I did not tell any adult so I do not know for sure."

Grade 10 student

"I don't know if I am depressed or have anxiety."

Grade 10 student



Note: For males the difference between 2013 and 2018 for Depression was not statistically significant.

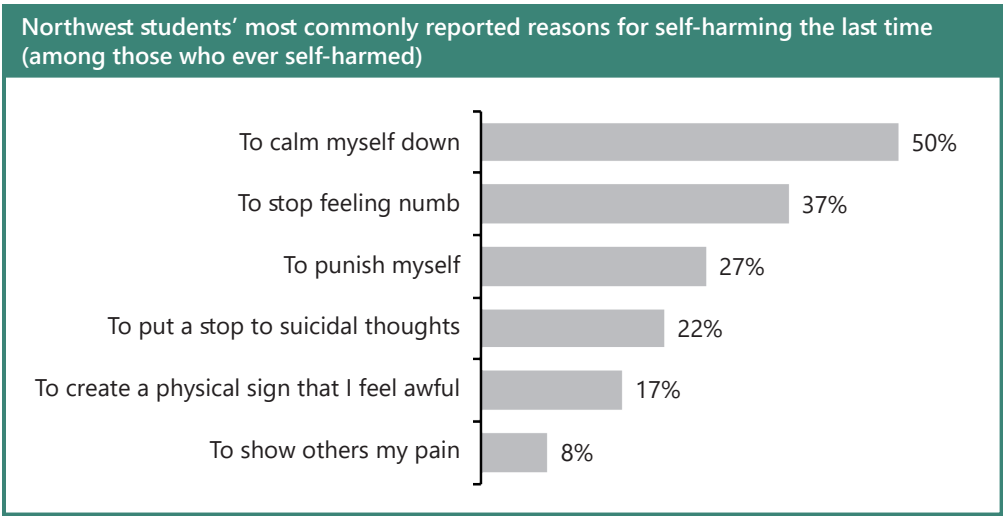
SELF-HARM & SUICIDALITY

A fifth (20%) of youth had cut or injured themselves on purpose in the past year without the intention of killing themselves (9% of males vs. 28% of females). The most common reason students gave for self-harming was to calm themselves down.

In the past year, 20% of local youth had seriously considered suicide (vs. 17% provincially) and 7% had attempted suicide (vs. 5% provincially).

Females were more likely than five years earlier to have considered suicide (28% vs. 21%). They were also more likely than local males (12%) and females across BC (22%) to have done so.

There was a decrease in the percentage of males who attempted suicide in the past year (4% vs. 7% in 2013), but rates were similar to 2013 for females (10%).



Note: Youth could choose more than one response.

MISSED OUT ON NEEDED MENTAL HEALTH SERVICES

Reflecting the provincial picture, 18% of Northwest students indicated they had needed mental health services in the past year but had not accessed them (9% of males vs. 26% of females). This represented a local increase from 11% in 2013.

Among students who did not access needed mental health services, the most common reasons were thinking or hoping the problem would go away and not wanting their parents to know.

These were also the most common reasons in 2013. However, compared to five years earlier, students were less likely to miss out on needed services because they did not have transportation (9% vs. 20% in 2013; among those who felt they needed services).

Local youth were more likely than those across BC to report that they did not access services because they were afraid someone they knew might see them (48% vs. 38% provincially; among those who felt they needed services).

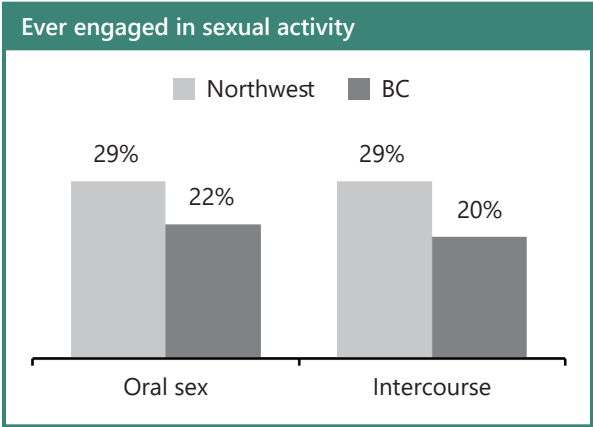
Northwest youth's most commonly reported reasons for not accessing mental health services in the past year (among those who felt they needed services)	
Thought or hoped the problem would go away	65%
Didn't want parents to know	58%
Afraid someone I know might see me	48%
Afraid of what I would be told	47%
Didn't know where to go	38%
Too busy to go	35%
Didn't think I could afford it	18%
Had prior negative experience	14%
Parent/guardian would not take me	9%
Had no transportation	9%
Couldn't go when it was open	5%

Note: Youth could choose more than one response.



SEXUAL HEALTH

As in 2013, local students were more likely than their peers across BC to have had oral sex and sexual intercourse, with the local rates for both remaining similar to five and ten years earlier.



ORAL SEX

About 3 in 10 Northwest students (29%) had engaged in oral sex. Among these youth, 22% used a condom or other barrier/protection the last time they had oral sex, which was a decrease from 30% in 2013, and similar to the 2018 provincial rate.

INTERCOURSE

In the Northwest, 29% of youth had ever had sex other than oral sex or masturbation. Among these youth, the most common ages for first doing so were 14 and 15 years old. As in previous years, 56% of local youth waited until they were at least 15 years old to first have intercourse.

About half (49%) of youth who had ever had intercourse had one sexual partner in the past year, while 23% had two partners, 22% had three or more partners, and 6% did not have intercourse in the past year.

Half (50%) of youth who ever had intercourse used a condom or other barrier/protection the last time they had sex. This was a decrease from 69% in 2013 and below the provincial rate (63%).

When asked specifically about what efforts they made to prevent pregnancy the last time they had sex, youth who had ever had intercourse were more likely than five and ten years earlier to have used withdrawal (50% vs. 34% in 2013 vs. 21% in 2008) and to have used withdrawal as their only method to prevent pregnancy (12% vs. 5% in 2013 and 2008). In addition, local students were less likely to have used condoms (45% vs. 60% in 2013; among those who ever had intercourse).

Two percent of Northwest youth had ever been involved in a pregnancy (vs. 1% provincially).

Methods Northwest youth used to prevent pregnancy the last time they had intercourse (among those who ever had intercourse)	
Withdrawal	50%
Birth control pills, birth control patch, Nuva Ring, or other method prescribed by doctor or nurse	46%
Condoms	45%
IUD	9%
Emergency contraception	6%
Depo Provera	3%
Not sure	NR
No method	NR

Note: Youth could choose more than one response.
NR: Not releasable due to the risk of deductive disclosure.

SEXUALLY TRANSMITTED INFECTIONS (STIs) & THE HPV VACCINE

"I want to go to the doctor or someone who looks at things like HIV or STIs etc. I want to go get it checked to make sure I don't have anything."

Grade 9 student

As in 2013, 2% of local youth reported ever being told by a doctor or nurse that they had an STI.

The HPV vaccines protect against infection from certain types of cancers, and have been available to girls in Grade 6 since 2008 and to boys in Grade 6 since September 2017. Locally, 30% of youth had been vaccinated (15% of youth who were assigned male on their birth certificate and 43% of females). Fifty-five percent of youth (66% of males vs. 45% of females) did not know whether they had been vaccinated.

USED PHONE TO SEXT OR WATCH PORNOGRAPHY

Six percent of Northwest students with a phone used it on their most recent school day to engage in sexting (a decrease from 14% in 2013), and 12% used their device to watch pornography (asked for the first time on the 2018 survey).

Older youth were more likely than younger ones to use their phone to sext or watch pornography. For example, 18% of youth aged 16 to 18 watched pornography on their last school day compared to 11% of youth aged 14 to 15.

REFUSAL SKILLS

Most youth felt they were able to say 'no' if they were asked to engage in a sexual activity which they did not want to do.

Northwest youth who felt they could say no if asked to ...			
	Could say no	Could not say no	Not sure
Send nudes/sext	92%	3%	6%
Have sex with a new partner when they did not want to	92%	3%	5%
Have sex with a long-term partner when they did not want to	86%	4%	9%

Note: Percentages within a row may not equal 100% due to rounding.

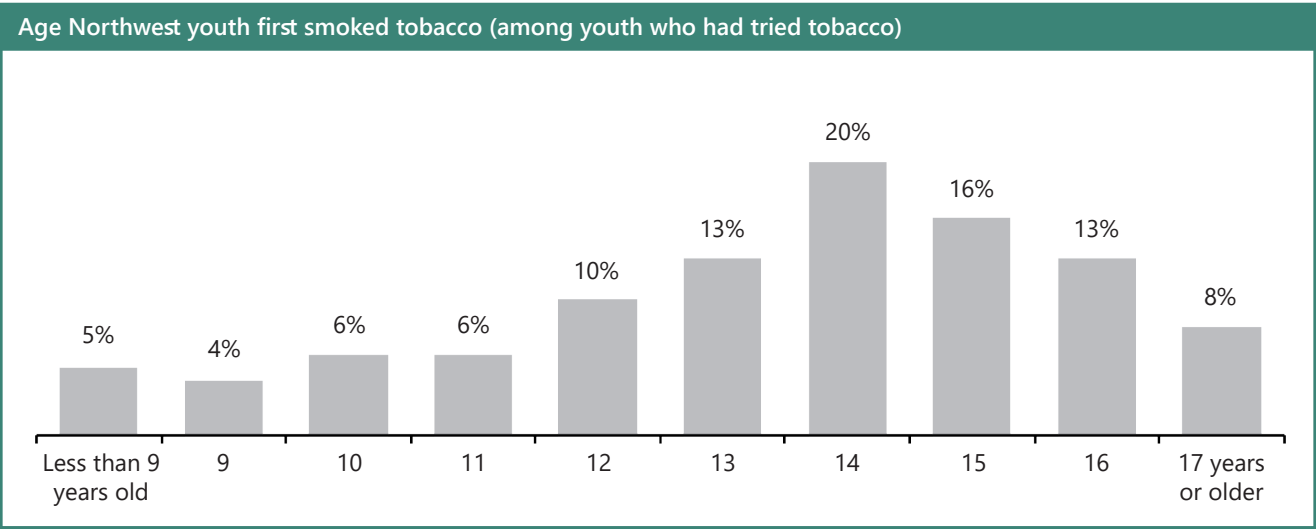
SUBSTANCE USE

SMOKING, VAPING, & TOBACCO USE

Comparable to results over the past decade, 29% of Northwest students had smoked tobacco (e.g., cigarettes, cigars, or cigarillos). Northwest youth remained more likely than youth across BC to have smoked tobacco (vs. 18% provincially), with no gender differences.

Unchanged from 2013, 37% of those who tried smoking waited until they were at least 15 years old to first smoke.

Among those who had ever smoked tobacco, 47% smoked in the past month (similar to results five years earlier), including 6% who smoked daily (compared to 11% in 2013).



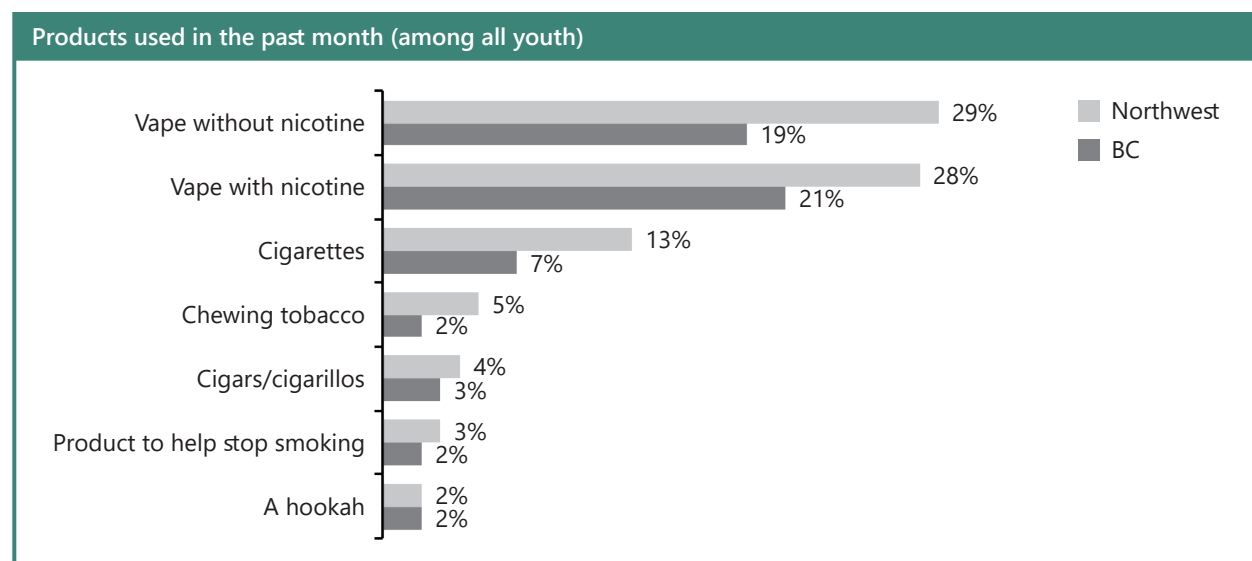
Note: Percentages do not equal 100% due to rounding.



Reflecting the provincial pattern, the most common smoking products used by students in the past month were a vape pen or stick with or without nicotine. Almost 4 in 10 (39%) youth had vaped in the past month (vs. 27% provincially).

In the past month, local males were more likely than females to have used chewing tobacco (8% vs. 2%), cigars/cigarillos (6% vs. 3%), a vape pen or stick with nicotine (33% vs. 24%), and a product to help them stop smoking.

Among students who reported they had smoked tobacco, 71% had vaped in the past month, including 60% who vaped with nicotine. Youth who had never smoked tobacco were also vaping, as 25% had vaped in the past month, including 15% who vaped with nicotine.



Note: Youth could choose more than one response.

Note: For cigars/cigarillos, a product to help stop smoking, and a hookah the differences between the Northwest and BC were not statistically significant.



ALCOHOL

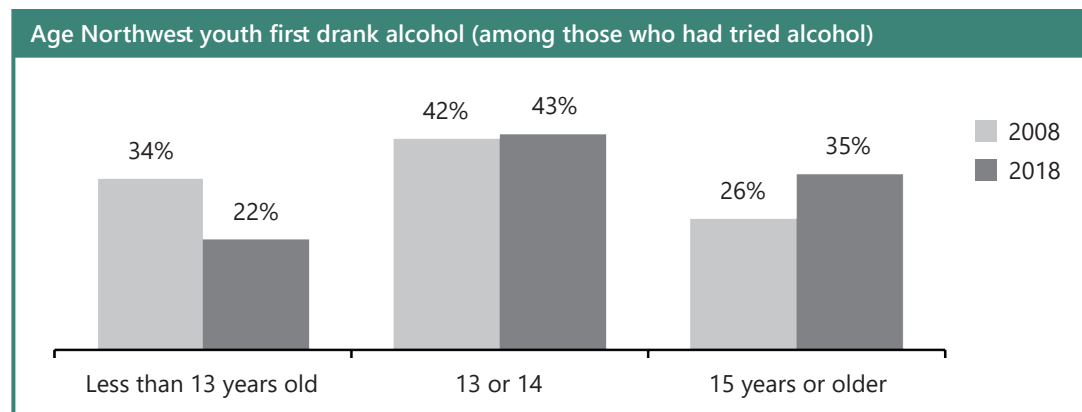
After a decline between 2008 and 2013, the percentage of Northwest youth who had tried alcohol remained stable (57%). This was higher than the provincial rate (44%).

The most common ages for youth to have their first drink of alcohol were 13, 14, or 15 years old. Reflecting results across BC, 35% of local youth who had tried alcohol waited until they were 15 or older to first drink. This was consistent with local results in 2013 and higher than 2008.

Among youth who had tried alcohol, 68% had at least one drink in the past month, including 7% who drank alcohol on at least 10 days that month.

Similar to youth across BC, 41% of local students who had tried alcohol drank on the Saturday before completing the survey. They most commonly drank coolers (32% vs. 45% in 2013) and liquor (31%), while fewer drank beer (19% vs. 32% in 2013) and wine (6%). Local youth were more likely than those across the province to drink coolers (32% vs. 22% provincially).

Among youth who had tried alcohol, males were more likely than females to drink beer (29% vs. 10%), while females were more likely to drink coolers (40% vs. 25% of males) and wine (7% vs. 3%) on the Saturday before completing the survey.



Note: The difference between 2008 and 2018 for first drinking at 13 or 14 years old was not statistically significant.

Note: The percentages for 2008 do not equal 100% due to rounding.

Among those who drank last Saturday, 59% drank at least two different types of alcohol (e.g., drank liquor and coolers), including 18% who mixed three or four types (vs. 36% in 2013).

Canadian Low Risk Drinking Guidelines suggest not exceeding two drinks on any one occasion. However, among those who had tried alcohol, 35% of students had more than two drinks at least once in the week before they took the survey, and 7% did so on at least three days that week (with no gender differences).

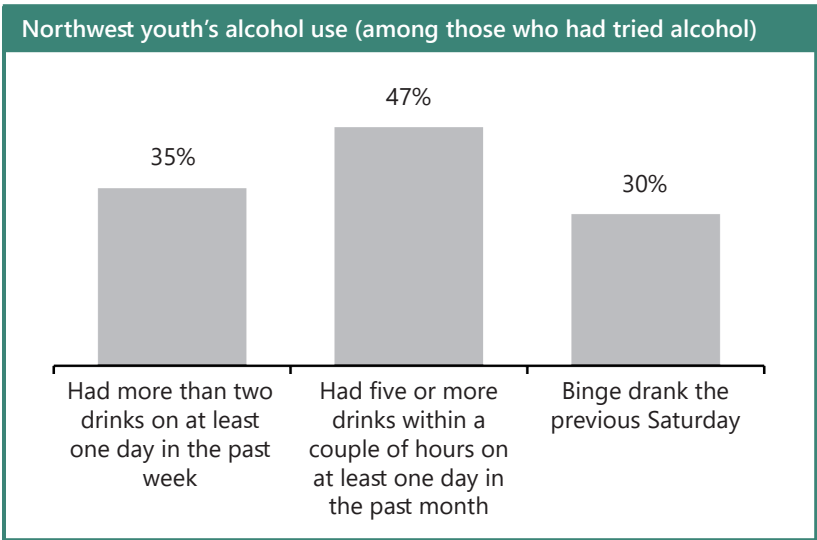
Additionally, 47% of those who had tried alcohol had consumed five or more drinks within a couple of hours at least once in the past month, and 7% did so on six or more days. The percentage of youth who engaged in this type of heavy drinking was similar to 2013, but was a decrease from 53% in 2008.

In this report, binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and females who consume three or more. Among students who drank on the Saturday before taking the survey, 73% engaged in binge drinking (vs. 61% provincially), which was a decrease from 84% in 2013.

For the first time, the BC AHS asked youth where they got their alcohol the last time they drank. Northwest youth most commonly gave someone money to buy it for them, got it from an adult, or got it at a party.

Where Northwest youth got alcohol from the last time (among those who had tried alcohol)	
Gave someone money to buy it for me	36%
Adult gave it to me	34%
At a party	31%
Youth gave it to me	13%
Took it without permission	11%
Bought it	8%
Exchanged something for it	NR
Made it	NR

Note: Youth could choose more than one response.
NR: Not releasable due to the risk of deductive disclosure.



Note: Binge drinking refers to males who consume four or more alcoholic drinks within a couple of hours and to females who consume three or more.

MARIJUANA

The 2018 BC AHS was completed a month before marijuana was legalized for adults in Canada. Forty-two percent of youth in the Northwest had ever used marijuana (with no gender differences), which was similar to the rate five and ten years earlier, and above the provincial rate (25%).

Similar to local results over the past decade, 34% of those who had tried marijuana waited until they were age 15 or older to first try it.

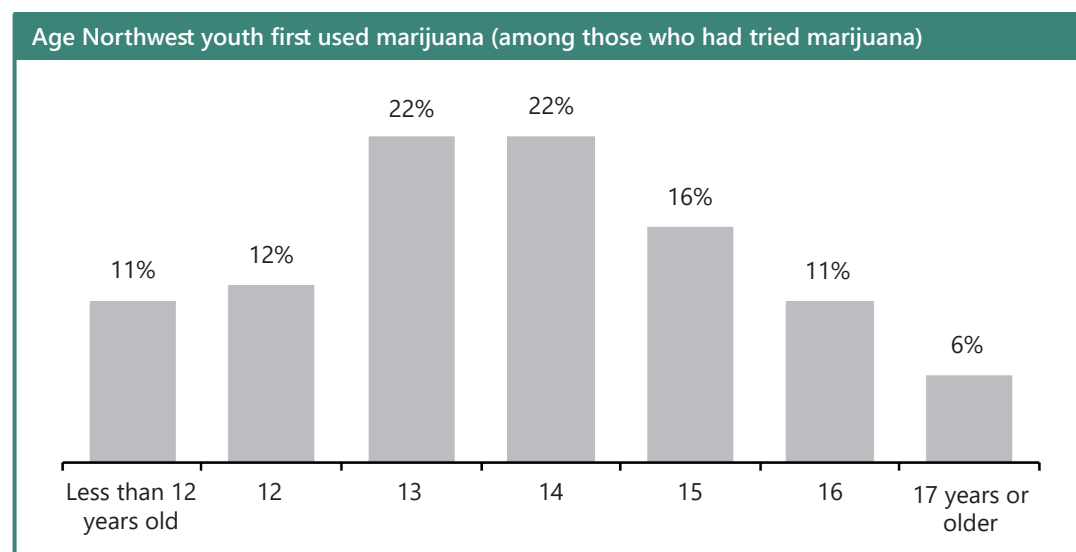
Among youth who had tried marijuana, 62% had used it in the month preceding the survey, including 25% who used it on six or more days and 12% who used it on 20 or more days. These rates were similar to local rates over the past decade.

Thirty-six percent of Northwest youth who had tried marijuana used it on the Saturday before taking the survey.

Among all Northwest youth, 9% had used both alcohol and marijuana last Saturday, which was similar to 2013 and a decrease from 13% in 2008.

For the first time, the BC AHS asked students about all the ways they had consumed marijuana the last time they used it. Most students (91%) smoked it, 16% ate it in a cooked recipe, and 6% took it another way such as eating candies or gummies.

One percent of local youth reported they had been prescribed medical marijuana.



USE OF SUBSTANCES OTHER THAN ALCOHOL & MARIJUANA

About a fifth (21%) of local youth had tried at least one substance other than alcohol or marijuana, which was higher than the provincial rate (16%). As was the case provincially, Northwest youth most commonly reported the misuse of prescription medications.

Compared to five years earlier, there was a decrease in the percentage of local youth who used inhalants (3% in 2013), crystal meth (2% in 2013), and heroin.

The percentage of Northwest youth who had injected an illegal drug was too small to report.

Northwest youth who had ever used substances other than alcohol and marijuana		
	2008	2018
Prescription pills without a doctor's consent	14%	10%
Mushrooms	11%	7%
More of own prescription than prescribed	NA	6%
Hallucinogens (excluding mushrooms, ecstasy/MDMA, and ketamine)	5%	5%
Ecstasy/MDMA	10%	4%
Cocaine	5%	4%
Inhalants	5%	2%
Amphetamines (excluding ecstasy/MDMA and crystal meth)	3%	1%
Ketamine, GHB	NA	NR
Crystal meth	2%	NR
Heroin	1%	NR

NA: Not applicable as substance was not included in 2008 survey.

NR: Not releasable due to the risk of deductive disclosure.

Note: The differences between 2008 and 2018 for cocaine and heroin were not statistically significant.



CONSEQUENCES OF USE

Similar to five and ten years earlier, 60% of youth who used alcohol or other substances reported negative consequences of their use in the past year. The most common consequences were being told they did something they could not remember and passing out.

Among youth who ever had sex, 25% used alcohol or other substances before having sex the last time, which was similar to 2013 and a decrease from 35% in 2008.

In the past year, 7% of students felt or were told they needed help for their substance use. Specifically, 6% needed help for their marijuana use, 4% for their alcohol use, and 2% for their use of another substance. Also, when asked about health conditions, 4% of youth indicated having an alcohol or drug addiction (which was higher than the provincial rate of 3%).

Consequences of substance use experienced by Northwest youth in the past year (among those who used alcohol or other substances during that time)	
Was told I did something I couldn't remember	41%
Passed out	31%
Argued with family members	19%
Got injured	14%
Lost friends or broke up with a girlfriend, boyfriend, or significant other	13%
School work or grades changed	13%
Had sex when I didn't want to	9%
Damaged property	9%
Got into a physical fight	9%
Got into trouble with the police	6%
Had to get medical treatment	3%
Overdosed	2%
Used alcohol or other substances but none of these happened	40%

Note: Youth could choose more than one response.

DRIVING AFTER SUBSTANCE USE

Among youth who had tried alcohol, 9% reported ever driving a vehicle after they had been drinking, which was comparable to the rate five years earlier and below the rate a decade earlier (15%). Also similar to 2013, 4% of youth had driven after drinking alcohol in the past month (vs. 8% in 2008; among those who had tried alcohol).

About a fifth (19%) of local students who had tried marijuana had ever driven after using it, and 9% had done so in the past month. These percentages were comparable to five years earlier.

Six percent of youth who had used substances other than alcohol or marijuana reported that they had ever driven after using. The percentage who had done so in the past month was too small to report.

Rates of driving after using alcohol, marijuana, and other substances were comparable to the province, except local youth were more likely to have ever driven after using marijuana (19% vs. 14% provincially; among those who had tried marijuana).

As in 2013, 24% of youth had ridden with a driver who had been using alcohol (including 8% who had done so in the past month); and 21% had ridden with a driver who had been using marijuana (vs. 13% provincially), including 10% who had done so in the past month (vs. 7% provincially).

REPORTED REASONS FOR USING

As in 2013, the most common reason youth gave for using substances the last time they did so was to have fun.

Reasons Northwest youth used substances the last time (among those who ever used alcohol or other substances)

I wanted to have fun	71%
I wanted to try it/experiment	33%
My friends were doing it	31%
Because of stress	26%
I felt down or sad	20%
I felt like there was nothing else to do	11%
To manage physical pain	8%
I thought it would help me focus	5%
Because of an addiction	3%
I was pressured into doing it	3%
I didn't mean to do it	NR
To change the effects of some other drug	NR
Other	11%

NR: Not releasable due to the risk of deductive disclosure.

Note: Youth could choose more than one response.

Note: Among youth who wrote 'other' they commonly cited being at a party as the reason they had used substances.



EXTRACURRICULAR ACTIVITIES

BC AHS results show that participation in extracurricular activities has many benefits, including an increased likelihood that youth will have access to a supportive adult outside their family and will feel connected to their community. Engaging in regular physical activity (such as weekly organized or informal sports) is also linked to better mental health and better sleep patterns.

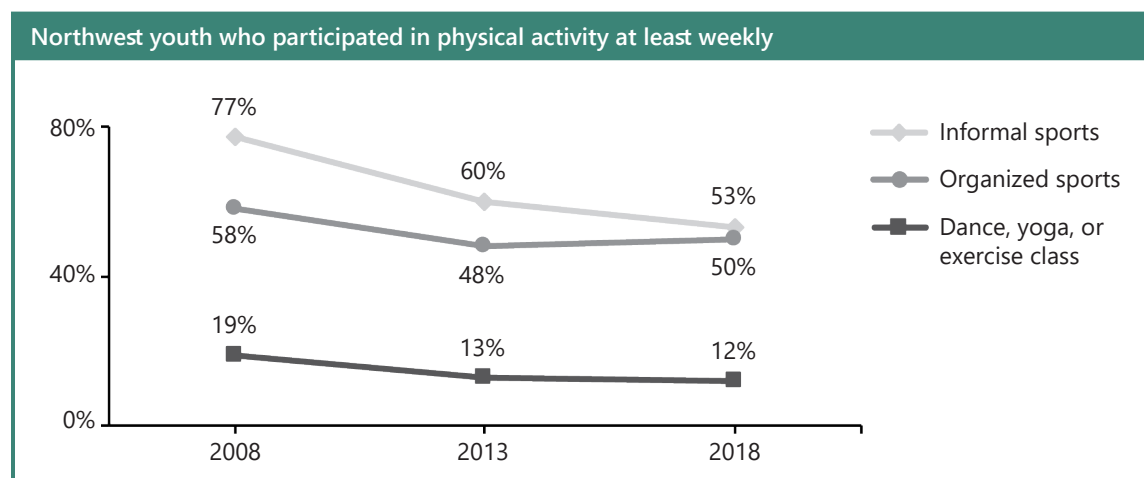
In the past year, 89% of Northwest students participated in at least one extracurricular activity (such as sports, dance, clubs, art, or volunteering), including 78% who did so on at least a weekly basis.

Among youth who engaged in weekly extracurricular activities, 69% took part in two or more different types of activities (e.g., volunteering and organized sports), including 14% who participated in four or more different types.

The most common extracurricular activities were informal sports (sports without a coach such as skateboarding or hiking) and organized sports (sports with a coach such as a soccer or swim team).

There was a decrease from five years earlier in weekly participation in informal sports, extreme sports (11% vs. 16% in 2013), and cultural or traditional activities (7% vs. 9%).

Weekly participation in organized sports and dance, yoga, or exercise classes was comparable to 2013 but lower than a decade earlier, as was volunteering (13% vs. 27% in 2008) and participation in clubs or groups (8% vs. 15%). Participation in art, drama, singing, or music (23%) remained comparable to 2008 and 2013.



Note: The differences between 2013 and 2018 for organized sports and dance, yoga, or exercise class were not statistically significant.

As in 2013, males were more likely than females to participate weekly in informal sports (58% vs. 48%) and extreme sports (16% vs. 6%), but there was no longer a gender difference in organized sports. Females remained more likely than males to participate weekly in art, drama, music, and singing groups or lessons (31% vs. 14%); and dance, yoga, and exercise classes (17% vs. 6%). In 2018, females were also more likely than males to participate in volunteering (15% vs. 10%) and cultural or traditional activities (8% vs. 5%), whereas there were no such gender differences seen in 2013.

Compared to youth across the province, Northwest students were less likely to participate weekly in dance, yoga, or exercise classes (12% vs. 16% across BC); volunteering (13% vs. 18%); and clubs or groups (8% vs. 11%).

BARRIERS TO PARTICIPATION

Students were asked about any barriers they had experienced to taking part in extracurricular activities in the past year. Being too busy was the most common barrier reported by Northwest youth (44% vs. 48% provincially), which was similar to local results five years earlier.

Other barriers included being too anxious or depressed (15%), not being able to get there or get home (13%), not being able to afford to participate (10%), being worried about being bullied (10% vs. 7% provincially), and the activity was not available in their community (21% vs. 13% provincially).

Northwest youth's participation in extracurricular activities in the past year				
	Never	Less than once a week	1 to 3 times a week	4 or more times a week
Informal sports	26%	21%	31%	21%
Organized sports	43%	7%	28%	22%
Volunteered without pay	67%	20%	10%	2%
Art/drama/singing/music (group or lessons)	68%	9%	15%	7%
Cultural/traditional activities	73%	20%	5%	2%
Extreme sports	79%	10%	7%	4%
Dance/yoga/exercise classes	80%	9%	6%	6%
Clubs/groups	86%	5%	7%	1%

Note: Percentages for each activity may not equal 100% due to rounding.



GAMBLING

In BC, it is against the law for young people under the age of 19 to enter a gambling facility or participate in online or in-person gambling for money.

The BC AHS asked students if they had played a number of games of chance in the past year (e.g., online gaming, cards/dice, sports betting, lottery tickets/scratch cards), and, if so, whether they had played these games for money. Comparable to youth across the province, 63% of Northwest students had played at least one of these games in the past year, including 21% who had played for money.

Local males were more likely than females to have engaged in any games of chance in the past year (78% vs. 50%).

GAMBLING FOR MONEY

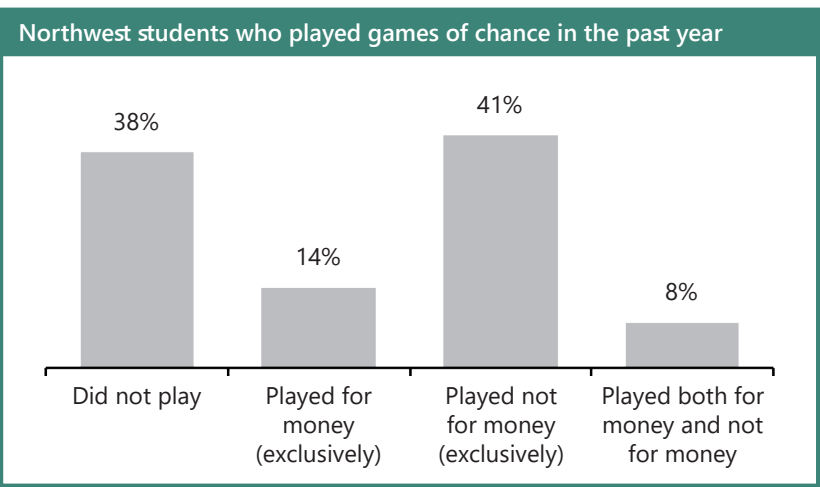
Among students who gambled for money in the past year, a common way they gambled was by buying lottery tickets/scratch cards (42%). They also engaged in online gaming (40%), playing cards/dice in person (37%) and online (10%), as well as sports betting in person (33%) and online (12%).

Among those who gambled for money, local females were more likely than males to have bought lottery tickets/scratch cards (61%* vs. 33%), but they were less likely to have participated in most other types of gambling (e.g., 17% vs. 38% of males engaged in sports betting in person).

Reflecting provincial results, 25% of local youth who had gambled for money did so on at least a weekly basis in the past year. Online gaming was the most common gambling activity that Northwest youth engaged in on a weekly basis (19%). Also, 5% played cards/dice in person this frequently, 5% purchased lottery tickets/scratch cards, and 4% participated in sports betting in person.

Among local students who gambled for money and had access to a phone, 10% had used their device to gamble on their last school day, which was above the provincial rate of 5%.

In the past year, 1% of all Northwest youth felt or had been told that they needed help with their gambling.



Note: Percentages do not equal 100% due to rounding.

RISKS TO HEALTHY DEVELOPMENT

This section considers some of the adverse experiences which can have lasting negative effects on young people’s health and well-being.

POVERTY & DEPRIVATION

GOING TO BED HUNGRY

Similar to the province and the local rate in 2013, 12% of Northwest youth went to bed hungry at least sometimes because there was not enough money for food at home, including 1% who often or always went to bed hungry.

DEPRIVATION

Going to bed hungry because there is not enough money for food at home is a measure of extreme poverty, and the BC AHS has previously struggled to get a reliable measure of other experiences of poverty and deprivation.

With the help of over 800 youth across BC, an Index of Deprivation was developed for the 2018 survey. The Index highlights the 10 items BC youth felt were most important for them to have to feel like they belonged, and which if they did not have, could make them feel like they were missing out on things their peers had. The 2018 BC AHS asked youth if they had the 10 items, and whether they wished they had them if they did not.

Most youth had all the items on the list. For example, 96% of Northwest youth had a quiet place to sleep, while 2% did not have this but wished they had it, and 2% did not have it and did not want it or did not know if they wanted it.

The most common items Northwest youth reported wanting but not having were money to spend on themselves and a smartphone. Local youth were more likely than youth across BC to feel deprived of a smartphone (10% vs. 6% provincially), access to transportation (5% vs. 3%), and access to the Internet (3% vs. 1%).

Northwest youth who felt deprived of...	
Money to spend on themselves	11%
Smartphone	10%
Lunch for school/money for lunch	6%
Money for school supplies, trips, and extracurricular activities	6%
Space of their own to hang out in	5%
Access to transportation	5%
Equipment/clothes for extracurricular activities	5%
Access to the Internet	3%
Clothes to fit in	2%
A quiet place to sleep	2%

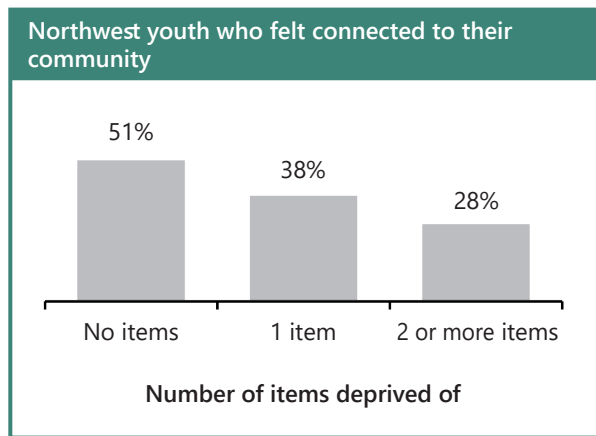


When the items were considered individually, there was a link between feeling deprived and potentially negative outcomes. For example, 42%* of youth who did not have but wished for a quiet place to sleep had slept for five hours or less on the night before completing the survey, compared to 14% of those who had somewhere quiet to sleep. Also, youth who wished for but did not have the money for school supplies, trips, or extracurricular activities were less likely to think they would go on to post-secondary (60%* vs. 76% of those who had money for these things).

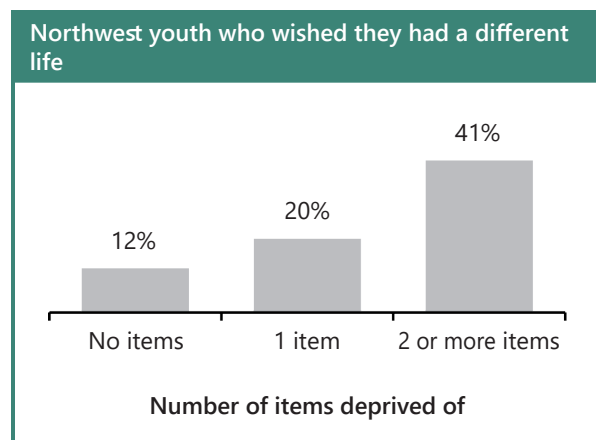
In the Northwest, 30% of youth lacked but wished they had at least one of the items in the Index (vs. 25% provincially), including 7% who lacked two items, 2% who lacked three items, and 3% who lacked four or more items.

The more items youth reported not having but wishing they had, the more likely they were to go to bed hungry because there was not enough money for food at home. For example, 7% of those who had all items on the list went to bed hungry at least sometimes because there was not enough money for food at home, compared to 15% of those who felt deprived of one item and 44% of those who were deprived of three or more of the items.

The more items youth were deprived of, the less likely they were to feel like a part of their school or their community. For example, 32% of those who were deprived of two or more items reported feeling like a part of their school, compared to 46% of those who were deprived of one item and 58% of those who were not deprived of any items on the list.



Deprivation was also associated with poorer mental health and well-being. For example, almost three quarters (74%) of local youth who had all the items in the Index reported their mental health was good or excellent, compared to just over half (53%) of those who were deprived of two or more items on the list. Youth who experienced deprivation were also more likely to report wishing they had a different life.



LOSS & BEREAVEMENT

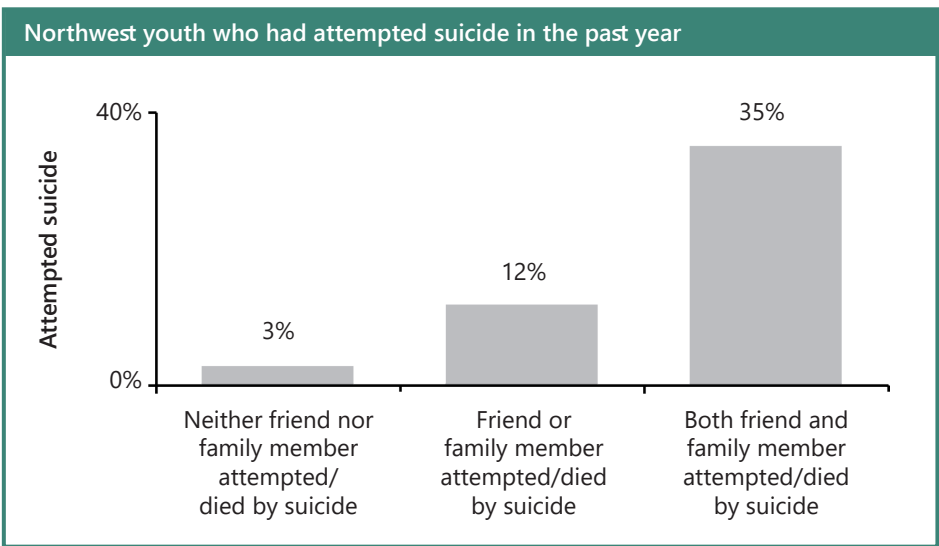
Locally, 79% of students had experienced bereavement. They had most commonly lost someone close to them due to illness (52%) and/or old age (51%). Other reasons included accident (23%), suicide (13%), violence (5%), an overdose from a substance other than fentanyl (5%), and a fentanyl overdose (3%).

Local students were more likely to have been bereaved than students across the province, including to an accident (23% vs. 13%), violence (5% vs. 3%), and suicide (13% vs. 9%).

Youth were also asked if a family member or close friend had attempted or died by suicide, and if this experience had happened within the past year. Over a quarter (27%) of local youth had a family member who had attempted or died by

suicide (including 9% in the past year), and 40% had a close friend who had done so (26% in the past year). These rates were higher than were seen across BC. For example, 50% of Northwest students had experienced either a family member or friend attempt or die by suicide, compared to 36% provincially.

Youth who had experienced a family member and/or close friend attempt or die by suicide were more likely to have attempted suicide themselves.



VIOLENCE & DISCRIMINATION

DATING VIOLENCE

In the past year, 52% of Northwest students had been in a romantic relationship (vs. 43% provincially). Among these students, 9% had been the victim of physical violence within their relationship, with no gender differences. For both males and females, rates of dating violence were consistent with those over the past decade.

SEXUAL HARASSMENT

The percentage of Northwest youth who had been verbally sexually harassed was similar to across BC (41%). However, local youth were more likely to have experienced physical sexual harassment (27% vs. 22% provincially).

Over half (55%) of local females had experienced verbal sexual harassment in the past year, which was comparable to the rates five and ten years earlier. For males, rates of verbal sexual harassment continued to decline (from 46% in 2008 to 34% in 2013 to 27%).

After decreasing between 2008 and 2013, the percentage of local females who had experienced physical sexual harassment in the past year returned to 2008 levels (38% vs. 29% in 2013). Rates for males were comparable to five years earlier (16%).

PHYSICAL & SEXUAL ABUSE

Overall, 15% of Northwest youth had been physically abused or mistreated, which was similar to the rate in 2013 and a decrease from 20% in 2008. Reflecting the pattern seen in previous years, females were more likely than males to have been physically abused (18% vs. 12%).

Also, 14% of students had been sexually abused. Rates of sexual abuse were comparable over the past decade, with females remaining more likely than males to have been abused in this way (22% vs. 6%).



DISCRIMINATION

In the past year, Northwest students were more likely than youth across BC to experience at least one form of discrimination (46% vs. 39% provincially). In particular, local youth were more likely to have been discriminated against due to their weight (21% vs. 16% provincially) as well as their income or their family’s income (11% vs. 8%).

Local youth most commonly reported being discriminated against because of their physical appearance (27% vs. 21% in 2013). Compared to five years earlier, students were also more likely to experience discrimination on the grounds of their income or their family’s income (11% vs. 6% in 2013) and gender/sex (9% vs. 6%).

“I have been discriminated against because of my religious beliefs.”
Grade 10 student

Northwest youth’s perceived reasons for being discriminated against in the past year	
Physical appearance	27%
Weight	21%
Race, ethnicity, or skin colour	18%
Income or family income	11%
Gender/sex	9%
Sexual orientation (e.g., being or thought to be gay or lesbian)	7%
A disability	5%

Note: Youth could choose more than one response.



BULLYING

Reflecting the provincial picture, 54% of Northwest youth had been bullied at school or on the way to or from school in the past 12 months. This included being socially excluded on purpose (42%), being teased to the point that they felt bad or extremely uncomfortable (39%), and being physically attacked (9%).

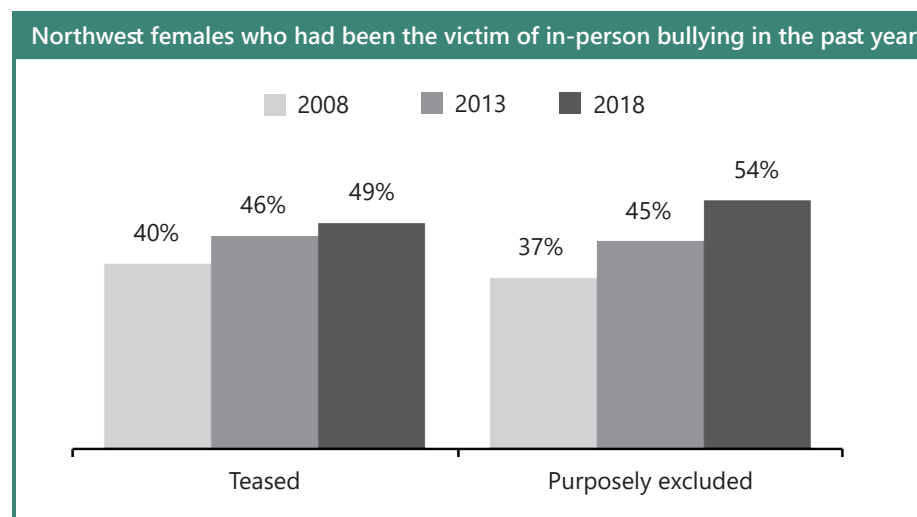
As was the case in 2013, females were more likely than males to report being teased (49% vs. 29%) and socially excluded (54% vs. 29%). There was no gender difference in being physically assaulted.

Compared to a decade earlier, Northwest females were more likely to have been teased. Also, local females were more likely than those in previous years to be deliberately socially excluded. However, for males, rates remained comparable.

"I have been bullied all my life."

Grade 8 student

Students in the Northwest were more likely than those across the province to report they had teased, excluded, or physically attacked someone else at school or on the way to or from school in the past year (13% vs. 10%).



Note: The difference between 2013 and 2018 for 'teased' was not statistically significant.

WEAPON CARRYING

Reflecting provincial results, 6% of local students carried a weapon to school in the past 30 days, including 2% who always carried one.

Students who had been the victim of bullying were more likely to carry a weapon. For example, 13% of youth who had been physically attacked in the past year carried a weapon, compared to 5% of those who had not been attacked.

INTERNET SAFETY

After remaining unchanged between 2008 and 2013, the percentage of students who had met someone through the Internet who made them feel unsafe increased (from 14% in 2013 to 19%). Also, a fifth (20%) of youth had been cyberbullied in the past year (vs. 17% in 2008).

Females remained more likely than males to have met someone unsafe online (27% vs. 11%), and to have been cyberbullied (27% vs. 13%).

Nearly 1 in 10 (9%) Northwest students reported they had cyberbullied someone else in the past year, with no gender differences. This rate was higher than the provincial rate of 6%, and similar to the local rate five years earlier.



SUPPORTING HEALTHY DEVELOPMENT

FAMILY

BC AHS results show that family relationships are one of the most important protective factors in the lives of youth. For example, youth who report feeling connected to family, have supportive adults they can turn to within their family, and have parents or caregivers who know what they are doing with their free time and online report better overall health and better mental health than their peers without such positive family relationships.

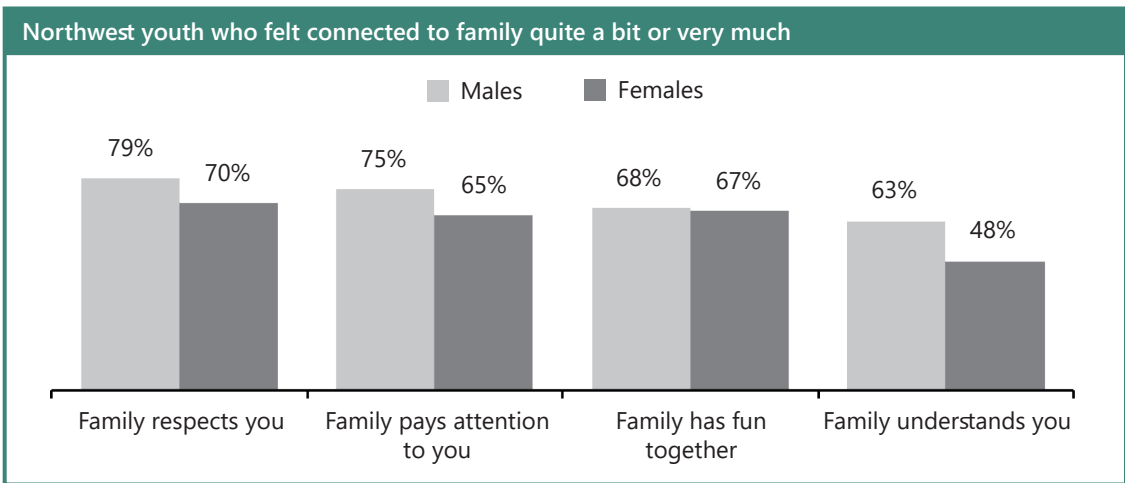
Youth with positive family relationships are also less likely to engage in health risk behaviours (such as substance use or risky sexual behaviours), and are more likely to have the skills to refuse negative peer pressure or unwanted sexual activity.

Generally, Northwest youth felt connected to their family. Overall, 73% felt respected by their family, 69% felt their family paid attention to them, 67% felt that their family had fun together, and 55% felt their family understood them.

SUPPORTIVE FAMILY

In total, 69% of Northwest students felt they had an adult inside their family they could talk to if they had a serious problem (74% of males vs. 67% of females).

Most students (72%) turned to a family member for help in the past year (an increase from 64% in 2013), and the majority of these students (93%) found the support helpful. While females were more likely than males to have sought help from a family member in previous years, no such gender difference was seen in 2018.

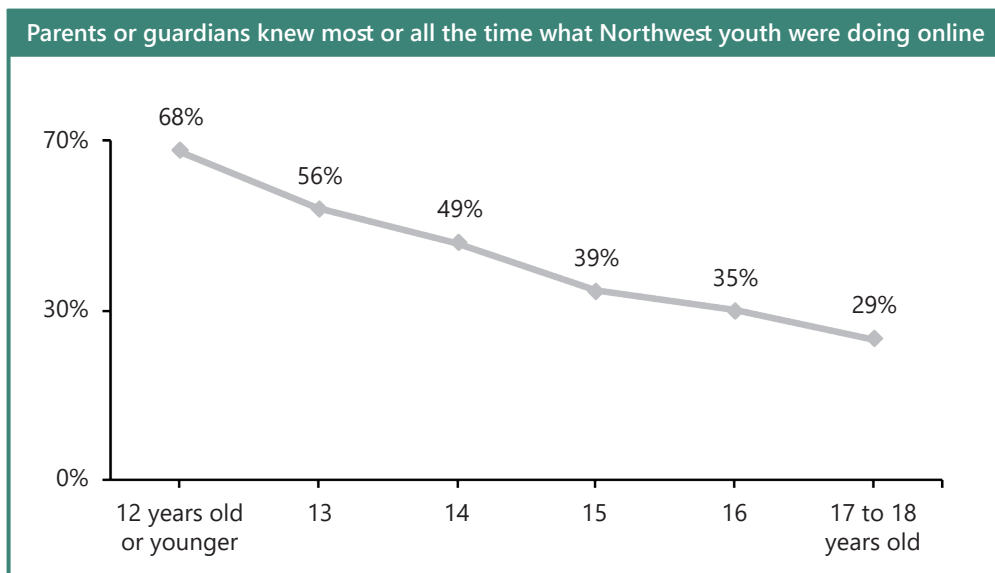


Note: The difference between males and females was not statistically significant for 'Family has fun together'.

MONITORING

Most Northwest youth (72%) had parents who monitored their free time; while 13% had parents who rarely or never knew what they were doing in their free time, and 40% reported their parents rarely or never knew what they were doing online.

When asked how much time they had to do the things they wanted with their family, most local students (75%) felt they had the right amount of time, and 19% felt they did not have enough time.



Note: Differences between ages were not statistically significant at every point.



SCHOOL

School connectedness is consistently one of the strongest protective factors for youth. It is associated with positive academic and health-related outcomes, including positive mental health and reduced likelihood of risky substance use and risky sexual behaviour.

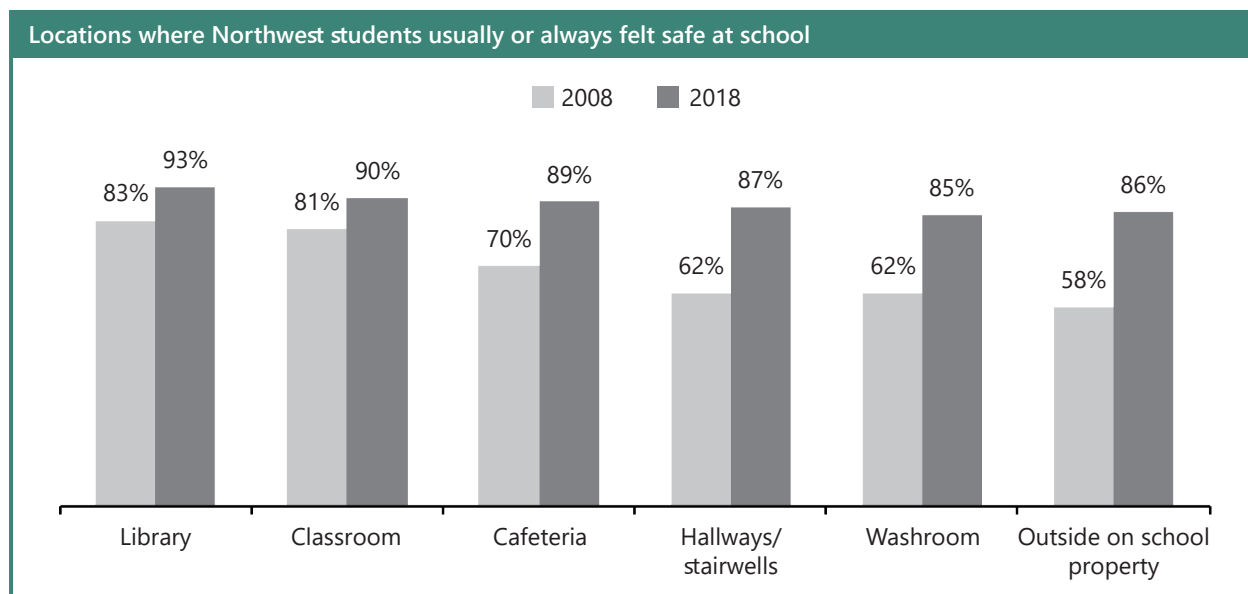
The majority of Northwest students felt that school staff expected them to do well (79%), they were treated fairly by school staff (65%), their teachers cared about them (60%), school staff other than teachers cared about them (55%), and they were part of their school (53%).

Less than half of local students were happy to be at school, which was lower than five years earlier (47% vs. 53% in 2013).

SAFETY

Similar to results over the past decade, 68% of Northwest students felt safe at school (vs. 73% provincially). Males were more likely than females to feel safe at school (71% vs. 65%).

Students in the Northwest felt safer in every area of their school in 2018 compared to 2008. In addition, 85% of students felt safe in changing rooms and 90% felt safe getting to or from school. These rates were comparable to 2013 when the questions were first asked.



Note: For all locations, differences between 2013 and 2018 were not statistically significant.

EDUCATION PLANS

Similar to five years earlier, most Northwest students had post-secondary education plans, but they were less likely than their peers across the province to plan to finish Grade 12 (81% vs. 87% provincially) or attend post-secondary (74% vs. 83%).

Most youth who did not plan to finish Grade 12 had not yet thought about their plans or did not know if they would graduate. Two percent indicated they did not intend to finish high school (vs. 1% provincially), which was similar to the local rate five years earlier.

Females were more likely than males to plan to complete high school (84% vs. 79%) and pursue post-secondary education (79% vs. 69%).

Reasons students missed classes in the past month		
	Northwest	BC
Illness	44%	39%
Appointments	42%	36%
Slept in	31%	21%
Skipping class	30%	26%
Family responsibilities	22%	14%
Mental health (e.g., anxiety, depression)	19%	15%
Other school responsibilities	14%	18%
No transportation	8%	5%
Bullying	7%	4%
Work	7%	4%

Note: Students could choose more than one response.
Note: The difference between Northwest and BC for ‘Skipping class’ was not statistically significant.

SCHOOL ATTENDANCE

In the past month, Northwest youth most commonly missed school because of illness or to attend appointments, and 30% skipped classes.

Compared to five years earlier, there was an increase in the percentage of local students who missed school due to bullying in the past month (7% vs. 5% in 2013), and a decrease in missing school because of illness (44% vs. 48% in 2013).

Females were more likely than males to have missed school because of an appointment (49% vs. 35%), their mental health (27% vs. 10%), other school responsibilities (17% vs. 10%), and bullying (9% vs. 4%).

COMMUTE TO SCHOOL

Northwest youth most commonly got to school by car (47%). Local youth were less likely than their peers across the province to get to school by an active means such as walking, cycling, or skateboarding (22% vs. 29%), and were more likely to take the school bus or public transit (31% vs. 23%).

Most local students (88%) had a commute to school that was less than 30 minutes, 9% had a commute between 30 and 59 minutes, and 3% had a commute that was at least an hour. These rates were comparable to the province as a whole.



COMMUNITY

Youth who feel connected to their community are more likely to feel safe in their neighbourhood, to have post-secondary aspirations, and to feel hopeful for the future; and they are less likely to engage in binge drinking and other health risk behaviours. They are also less likely to miss out on mental health services when they need them.

Having an adult to turn to in their community for support can be particularly helpful for youth without such an adult in their family.

Similar to youth across the province, 46% of students in the Northwest felt quite a bit or very much connected to their community. This reflected an increase from 39% in 2013, with no gender differences.

Northwest youth were more likely than their peers across the province to report having an adult in their neighbourhood or community (outside of their family or school) who really cared about them (74% vs. 65% provincially). Local youth were also more likely to report having such an adult in their lives than they were five years earlier (69%).

SAFETY

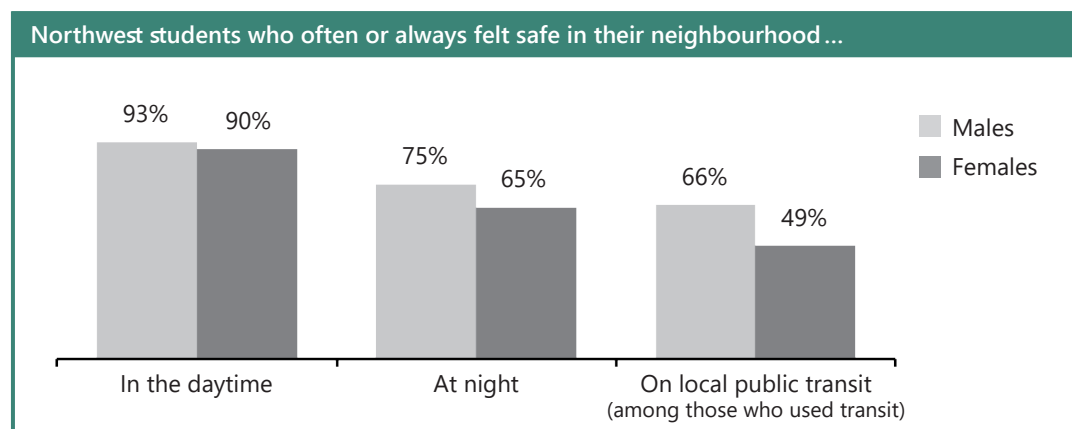
The majority of Northwest youth often or always felt safe in their neighbourhood in the daytime (91%) and at night (69%). Females were less likely than males to feel safe in their neighbourhood at night, but there was no such gender difference during the daytime.

Local youth were more likely than their peers across the province to feel safe in their neighbourhood at night (69% vs. 65% provincially), unlike five years earlier when rates were comparable.

Among local youth who used public transit, 57% often or always felt safe doing so, and 17% rarely or never did. Males were more likely than females to feel safe on transit.

RELATIONSHIP TO THE LAND/NATURE

For the first time, the BC AHS asked about feeling connected to the land or nature. Fifty-two percent of Northwest students reported often or always feeling connected (vs. 44% provincially), whereas 15% hardly ever or never felt connected (vs. 18% provincially), and the remainder sometimes felt this way.



Note: For 'In the daytime' the difference between males and females was not statistically significant.

SUPPORTIVE RELATIONSHIPS

Youth who have a supportive adult in their life are more likely to feel comfortable refusing to do something they do not want to do, such as engaging in unwanted sexual activity or sexting, and are less likely to miss out on needed mental health care. They are also more likely to feel happy if they have an adult who cares about them.

Youth who have an adult who helps them with tasks report better outcomes. For example, if they have an adult to help them with post-secondary applications, they are more likely to plan to go to college, university, or trade school.

"I sometimes feel as though I have no social connections and spend too much time alone."
Grade 10 student

SUPPORTIVE ADULTS

In the Northwest, 30% of youth had an adult outside of their family they could talk to if they had a serious problem, which was similar to youth across BC and the local rate in 2013. Females were more likely than males to have such an adult in their life (35% vs. 26%).

Most Northwest students had an adult in their life who helped them with making and getting to appointments, homework, preparing for post-secondary, and finding employment. Local students were more likely than those across BC to have help finding employment (75% vs. 69% provincially), but less likely to have help preparing for post-secondary (73% vs. 77%).

Northwest students who had an adult who helped them with ...			
	Yes	No	Do not need this
Getting to appointments	89%	6%	6%
Making appointments	88%	6%	6%
Getting a job	75%	14%	10%
Preparing for post-secondary	73%	17%	10%
Homework	64%	19%	17%

Note: Percentages for each row may not equal 100% due to rounding.



ASKING ADULTS FOR HELP

Outside of family members and friends, students most commonly approached a teacher for help.

In comparison to youth across BC, Northwest youth were more likely to ask for help from a friend's parent (29% vs. 21% provincially), a nurse (22% vs. 16%), an Aboriginal Education Worker (12% vs. 6%), an Indigenous Elder (11% vs. 4%), and a social worker (8% vs. 6%). They were also more likely to approach a school staff member other than a teacher, counsellor, or Aboriginal Education Worker (28% vs. 23% provincially).

"There's been many times when I've wanted to ask for help from a counsellor at our school but they weren't there or available."

Grade 12 student

In addition, local Indigenous students were more likely than Indigenous students provincially to seek help from an Elder (21% vs. 15%).

Adults outside their family whom Northwest students approached for help and found helpful in the past year

	Asked for help	Found helpful (among those who asked for help)
Teacher	54%	92%
Doctor	35%	89%
School counsellor	30%	76%
Friend's parent	29%	91%
Sports coach	28%	94%
School staff (other than teacher, counsellor, or Aboriginal Education Worker)	28%	88%
Nurse	22%	90%
Aboriginal Education Worker [†]	12%	76%
Mental health counsellor	12%	75%
Indigenous Elder [†]	11%	81%
Youth worker	10%	80%
Spiritual leader	8%	73%
Online community/online support group	8%	71%
Social worker	8%	68%
Telephone helpline	5%	65%

[†] Among Indigenous students, 20% had approached an Aboriginal Education Worker for help and 81% of these students found this experience helpful, while 21% had approached an Indigenous Elder and 89% of them found this experience helpful.

FRIENDS

The BC AHS has shown that having three or more in-person friends is associated with a number of positive outcomes including positive mental health and a reduced likelihood of being bullied.

The survey results also show that if students have friends who disapprove of them engaging in certain health risk behaviours, they are less likely to engage in those behaviours.

The majority of students in the Northwest (98%) had at least one close friend in their school or neighbourhood, and 80% had three or more close friends. Reflecting the provincial pattern, males were more likely than females to report having three or more close friends (84% vs. 77%).

Forty-three percent of Northwest students had at least one close friend online who they had never met in person (vs. 34% provincially), and 21% had three or more such friends (vs. 17% provincially). Male students were more likely than female students to have three or more online friends (27% vs. 16% of females).

Also, 11% of youth dated someone in the past year whom they had met online and had never met in person, including 3% who had two or more partners they had never met in person.

Connecting with friends

When asked how much time they had to do the things they wanted with friends, 72% felt like they had the right amount of time, 23% did not have enough time, and 5% had too much time. Females were more likely than males to feel they did not have enough time with their friends (29% vs. 16%), as were older youth in comparison to younger ones (e.g., 27% of 17-year-olds did not have enough time with their friends vs. 14% of 13-year-olds).

"One of my best friends is an online one I've never actually met, but we have spoken on mic."

Grade 9 student

Asking for help

Comparable to their peers across the province, 73% of students in the Northwest asked a friend they knew in person for help in the past year. Among these students, 93% found their friend to be helpful. Also, 26% asked a friend they knew only online for help (compared to 19% provincially), and 81% of them found it helpful.

Females were more likely than males to have sought help from a friend they knew in person (77% vs. 68%).

In the past year, 78% of students had a friend who had asked them for help, and most (95%) of these youth felt able to help (with no gender differences).

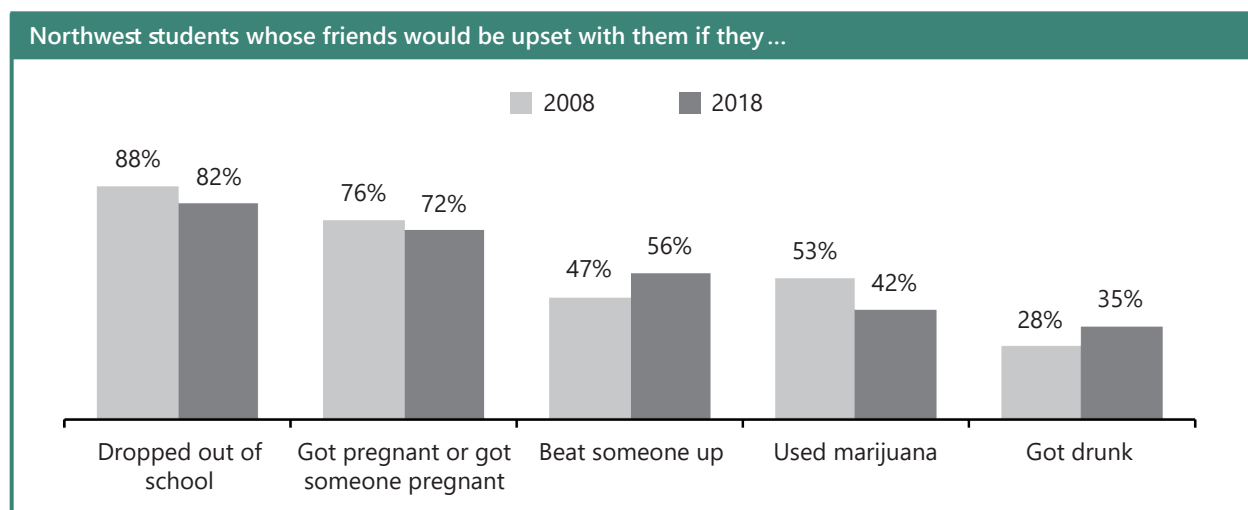
Friends with prosocial attitudes

The majority of Northwest youth had friends who would be upset with them for engaging in health risk behaviours such as dropping out of school, being involved in a pregnancy, and beating someone up. However, they were less likely than five and ten years earlier to have friends who would be upset with them if they used marijuana.

Youth were also less likely than a decade earlier to have friends who would disapprove of them dropping out of school or being involved in a pregnancy, but were more likely to have friends who would be upset with them for beating someone up or getting drunk.

Females were more likely than males to indicate their friends would be upset with them if they dropped out of school (88% vs. 76%), were involved in a pregnancy (77% vs. 67%), and beat someone up (63% vs. 47%).

As in 2013, local youth were less likely than their peers across the province to have friends who would disapprove if they beat someone up (56% vs. 65%), used marijuana (42% vs. 55%), or got drunk (35% vs. 45%). Unlike five years earlier when Northwest youth were less likely than youth across the province to have friends who would be upset with them for being involved in a pregnancy, this difference was no longer present.



YOUNG PEOPLE'S STRENGTHS & RESILIENCY

QUALITY OF LIFE & WELL-BEING

Northwest youth generally felt positively about their quality of life. For example, the majority indicated that they had a good life and their life was going well. Males were more likely than females to rate their quality of life positively. For example, 81% of males felt their life was going well, compared to 64% of females.

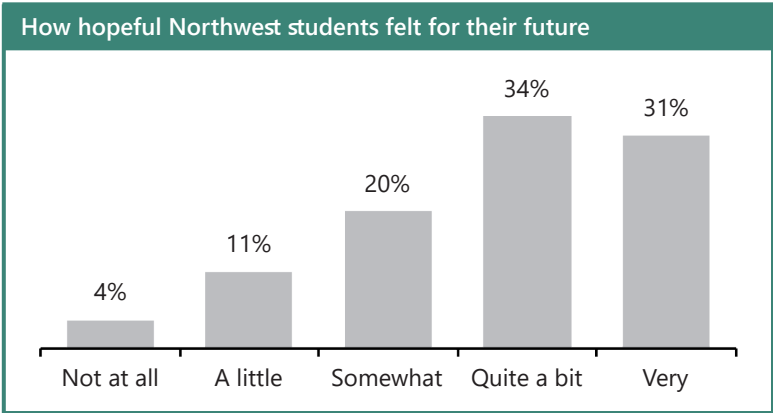
HOPEFULNESS

Nearly two thirds of Northwest students (65%) felt quite a bit or very hopeful for their future (70% of males vs. 62% of females).

Youth who felt hopeful were more likely than their less optimistic peers to report positive mental health, including feeling happy, as well as lower rates of extreme stress and despair. For example, 83% of those who indicated feeling quite a bit or very hopeful for their future also rated their mental health as good or excellent, compared to 41% of those who felt only a little or not at all hopeful for their future.

Quality of life and well-being among Northwest youth			
	Agree/ Strongly agree	Neither agree nor disagree	Disagree/ Strongly disagree
I have a good life	77%	18%	6%
My life is going well	71%	20%	9%
My life is going just right	57%	28%	15%
I have what I want in life	56%	29%	15%
I wish I had a different life	17%	23%	60%

Note: Percentages within a row may not equal 100% due to rounding.



PERSEVERANCE

For the first time, the BC AHS included a question about how often students pushed themselves to achieve their goals when things went wrong. Four percent of students indicated that things had never gone wrong for them. Among those who had experienced challenges or setbacks, 38% always pushed themselves to achieve their goals in these situations (44% of males vs. 32% of females), while 7% never pushed themselves, and the remainder sometimes pushed themselves.

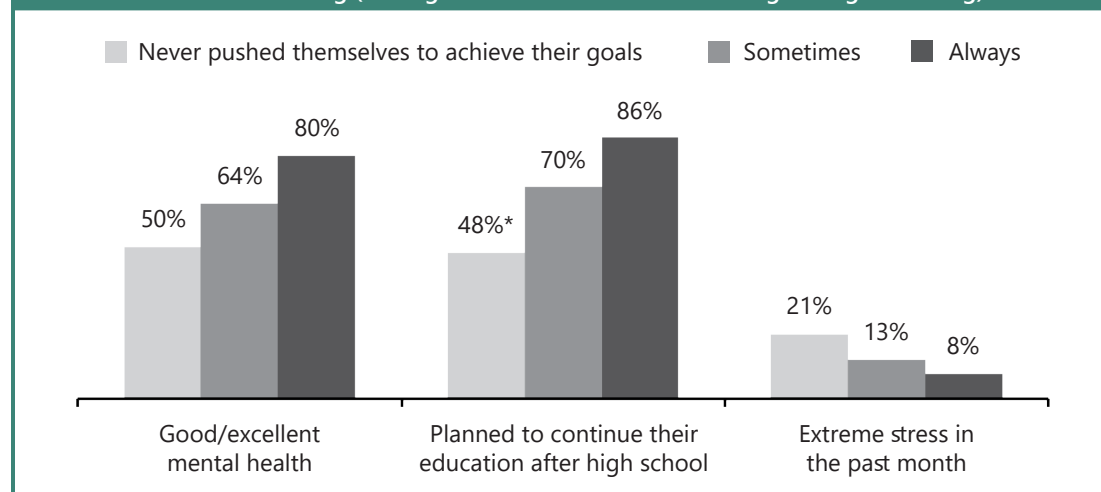
The more often Northwest students persevered when faced with obstacles, the more likely they were to experience positive mental health and to have plans to pursue post-secondary education, and the less likely they were to experience extreme stress.

FEELING SKILLED & CONFIDENT

Most Northwest youth (79%) were able to name something they were really good at (such as sports, school work, or art). This was an increase for females (77% vs. 69% in 2013), and comparable to five years earlier for males.

The majority (58%) of local students usually felt good about themselves. Males were more likely to feel this way than females (73% vs. 45%). Students who felt good about themselves were more likely to feel hopeful for their future (83% vs. 31% of those who did not feel good about themselves).

How often Northwest students pushed themselves to achieve their goals when things went wrong in relation to their well-being (among those who indicated that things had gone wrong)



* Percentage should be interpreted with caution as the standard error was higher than expected but is still within the releasable range.

Note: For 'Extreme stress in the past month' the difference between 'Never' and 'Sometimes' was not statistically significant.

UNSTRUCTURED TIME

More than two thirds (69%) of students felt they had the right amount of time to do what they wanted on their own, whereas 19% felt they did not have enough time, and 12% felt they had too much time.

Students who felt they had the right amount of time to spend on their own were more likely to report positive mental health and well-being. For example, they were more likely to feel happy in the past month (71% vs. 43% of those who felt they had insufficient time) and to feel their life was going well (79% vs. 52%), and were less likely to experience extreme stress (7% vs. 24%).

The majority of Northwest youth (60%) felt they had the right amount of time to do what they wanted in nature (vs. 56% provincially), while 35% felt they did not have enough time (vs. 41% provincially). Those who felt they had the right amount of time to spend in nature were more likely to feel connected to the land/nature (56% vs. 45% of those who felt they did not have enough time to spend in nature).

SPIRITUALITY

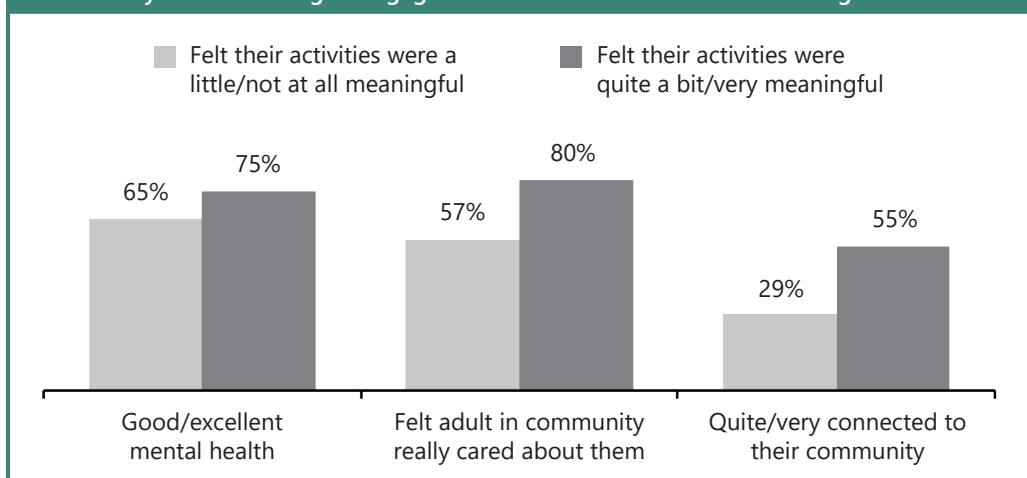
Thirteen percent of Northwest students reported that spirituality was very important in their life (compared to 16% provincially), while 22% indicated it was somewhat important, 15% a little important, 34% felt it was not important to them, and the remainder were unsure.

MEANINGFUL ENGAGEMENT

Similar to five years earlier, 62% of Northwest youth felt that the activities they were involved in were meaningful, and 36% felt their ideas were listened to and acted upon in these activities.

Northwest youth who experienced meaningful engagement in their activities were more likely to report positive mental health, to feel an adult in their community cared about them, and to feel connected to their community.

Northwest youth's meaningful engagement in activities and their well-being



TOPICS NORTHWEST YOUTH WOULD LIKE TO LEARN MORE ABOUT

The final question on the 2018 BC Adolescent Health Survey was an open-ended question which asked youth if there were any topics which affected their health that they wanted to learn more about.

In the Northwest, 3% of students who completed the survey provided a comment and identified at least one health-related topic that they would like to receive training about or see included in their school's curriculum.

As was the case across BC, the most common topic Northwest youth wanted to learn more about was mental health. More than half (52%) of local students who provided a suggestion wanted to learn more about mental health, including information about specific conditions and how they are managed.

"I'd like to see more daily and regular education on mental health and illness. Not everyone understands it so it's hard to get the help you need when you have it."

Grade 12 student

"[I want to learn about] depression, anxiety, ADHD."

Grade 10 student

"I would like to learn more about mental health. A lot of teachers tend to brush that aside and say to talk to a counsellor."

Grade 10 student

"I want to understand trauma and its effect on mental health."

Grade 8 student

Physical health was also an area students wanted to learn more about, including information about various health conditions and how to adopt a healthy lifestyle.

"I would like to learn more about Psoriasis."

Grade 12 student

"We should be taught about sleep and eating right."

Grade 12 student

Northwest youth also wanted to learn more about substance use.

"[I want information on] what known drugs like PCP or Xanax do to the human body."

Grade 8 student

"We should get information about how bad vaping is."

Grade 10 student

Other topics students wanted more information about included healthy relationships and life skills.

"I want to learn how to be happy and how to be self-sufficient."

Grade 11 student

"[I want to learn about] toxic friendships and how to deal with them."

Grade 9 student

"More information on finances and taxes as the subjects are not covered in Grad Trans or in Planning 10."

Grade 12 student

McCREARY RESOURCES

BC AHS PROVINCIAL & REGIONAL RESULTS



This report provides an overview of the BC Adolescent Health Survey results for youth in the Northwest Health Service Delivery Area.

Provincial results and results for BC's other Health Service Delivery Areas are available at www.mcs.bc.ca.

ADDITIONAL PUBLICATIONS



A range of special topic reports and posters are being published using data from the 2018 BC AHS. These include an in-depth report about the health of Métis youth who completed the survey, a poster considering BC AHS results in the context of Canada's commitment to implementing the United Nations Sustainable Development Goals (SDGs), a youth-led investigation of substance use among BC youth, a vaping poster created by youth, and an in-depth report about marijuana use among BC youth.

PRESENTATIONS & WORKSHOPS



McCreary staff are available to present the Northwest BC AHS findings, and to conduct workshops which explore how

local stakeholders can utilize the results. For more information contact mccreary@mcs.bc.ca.

ENGAGING YOUTH IN THE BC AHS RESULTS



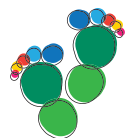
McCreary's Youth Advisory and Action Council (YAC) have created a youth-friendly poster of the key findings of the provincial report. Additional youth-friendly posters will be available on a range of topics, including substance use and mental health. The YAC have also created a workshop to share the results of the survey with their peers. To book a workshop contact mccreary@mcs.bc.ca.

YOUTH ACTION GRANTS



The YAC distributed over \$87,000 in Youth Action Grants (YAGs) to youth in school districts that participated in the 2013 BC AHS (including three grants in the Northwest). The granting program for the 2018 BC AHS is now accepting applications from youth aged 12 to 19 who are wanting to improve youth health in their school or community in one of the areas highlighted in the BC AHS. The YAC are also available to offer grant-writing workshops to young people who may be thinking of applying for a YAG. To book a workshop contact mccreary@mcs.bc.ca.

BC AHS NEXT STEPS



McCreary is committed to returning the results of the 2018 BC AHS to young people in the Northwest.

An interactive 'Next Steps' workshop is available to engage young people in a dialogue about the results and youth health in their community. Youth who participate in the workshops can receive funding and support to conduct youth health projects in their school or community. For more details or to book a workshop contact mccreary@mcs.bc.ca. A Next Steps curriculum toolkit is also available on our website for anyone wanting to conduct their own Next Steps.



