

Health of Indigenous youth in BC

Over 38,000 young people in Grades 7-12 completed the 2018 BC Adolescent Health Survey (BC AHS), including 10% who identified as Indigenous. This poster was created by the Young Indigenous Research Team (YIRT) at McCreary Centre Society and shares findings from *Raven's Children V: A profile of First Nations, Métis, and Inuit youth health in BC*.

Youth refers to those who self-identified as Indigenous (unless otherwise stated).

AMONG YOUTH WHO IDENTIFIED AS INDIGENOUS:



KEY FINDINGS:

28% spoke an Indigenous language (vs. 14% in 2013).

63% binge drank the previous Saturday (vs. 78% in 2013; among those who drank).

8% smoked daily in the past month (vs. 15% in 2008; among those who had tried smoking).

46% who participated in weekly cultural activities felt like a part of their community (vs. 36% who took part less often).

Indigenous youth who lost someone close to them due to a fentanyl overdose:

- 5% (vs. 2% of non-Indigenous youth).
- 9% with government care experience.
- 7% who had family who attended Residential School.

SPIRITUAL HEALTH

EMOTIONAL HEALTH



20% who felt their teachers cared about them had self-harmed in the past year (vs. 45% who did not feel this way).



59% who had three or more in-person friends felt good about themselves (vs. 36% with fewer friends).



72% who asked an Aboriginal Education Worker for help in the past year and found it helpful planned to pursue post-secondary education (vs. 57% who didn't find them helpful).



PHYSICAL HEALTH



21% aged 12-17 exercised for at least an hour every day in the past week (vs. 18% in 2013).



17% went to bed hungry at least sometimes because there was not enough money for food at home and 2% did so often or always.

MENTAL HEALTH

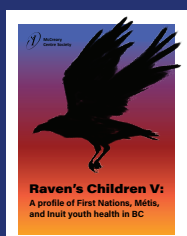
Indigenous youth were more likely to rate their mental health as good/excellent if they had:



Three or more in-person friends (69% vs. 49% with fewer friends).



Eaten traditional foods from their culture (73% vs. 63% who had not eaten these foods recently).



To view the full report, visit mcs.bc.ca/pdf/ravens_children_v.

To request a hard copy, email mccreary@mcs.bc.ca.



McCreary Centre Society

