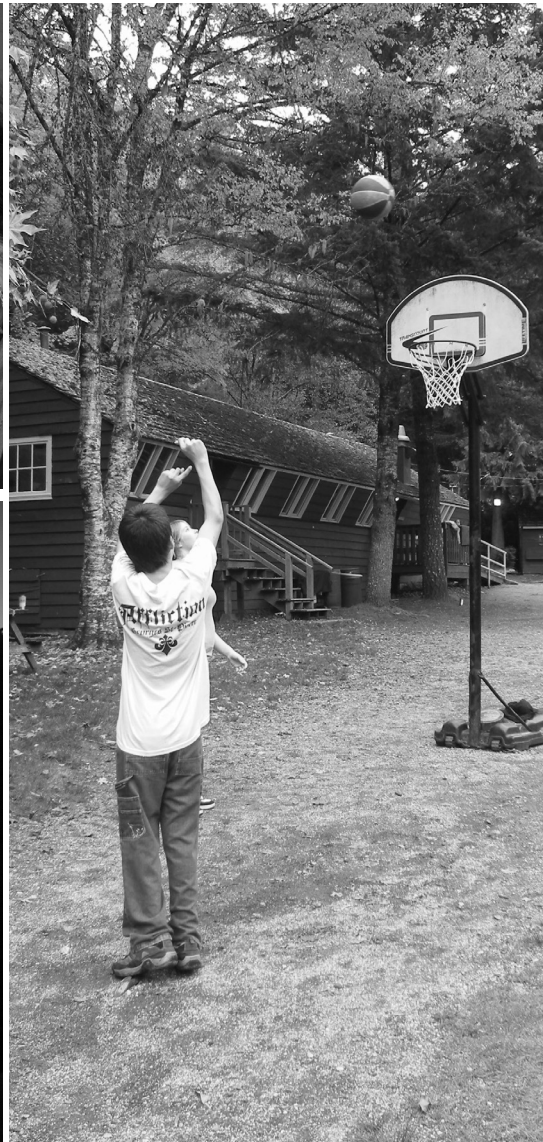


# A Picture of Health



**Fraser South/Fraser East**  
**Results of the 2008 British Columbia Adolescent Health Survey**



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Fraser South/Fraser East

Results of the 2008 British Columbia Adolescent Health Survey

The McCreary Centre Society is a non-government not-for-profit committed to improving the health of BC youth through research, education and community based projects. Founded in 1977, the Society sponsors and promotes a wide range of activities and research to identify and address the health needs of young people in the province.

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

For enquiries or to order copies of the report, please email:  
[mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca)

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### **Project Team**

**Annie Smith**

Executive Director

**Elizabeth Saewyc**

Research Director

**Duncan Stewart**

Research Associate

**Maya Peled**

Research Associate

**Colleen Poon**

Research Associate

**Stephanie Martin**

Youth Participation Coordinator

**Sherry Simon**

Aboriginal Next Steps Coordinator

**Alison Murray**

Administrative Assistant

**Tamar Peled**

Graphic Designer

Additional assistance for the project was provided by Kathy Powelson, Minda Chitenden, Laura MacKay, Sally Podmore, Alison Liebel, Rita Green (Statistics Canada) and Langara Nursing Students – Vicky Bingham, Mike Dowler, Kristine Fera, Nichole McMillan, Dana Marquis and Kim Robertson. Photography by Sylvia Eskoy.

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# Introduction

This report is part of a series of reports from the 2008 Adolescent Health Survey (AHS IV), conducted by the McCreary Centre Society. The Adolescent Health Survey is the largest survey of its kind in Canada and provides the most comprehensive picture of the physical and emotional health of BC youth, including risk and protective factors. The results are used by government, schools, health professionals and community organizations to assist in the planning and evaluation of services, policies and programs for youth.

Fraser South and Fraser East are two of 16 regional administrative areas, called Health Service Delivery Areas (HSDAs), to participate in the survey. Data collection was sufficient across the province to allow 14 AHS IV area reports to be published. A provincial report (A Picture of Health: Highlights from the 2008 BC Adolescent Health Survey) is also available at [www.mcs.bc.ca](http://www.mcs.bc.ca).

The Fraser South/Fraser East areas are located in the Fraser Health Authority region.

School Districts included in the Fraser South/Fraser East area are:

Langley (SD 35), Surrey (SD 36), Delta (SD 37), Mission (SD 75), Chilliwack (SD 33), Abbotsford (SD 34) and Fraser Cascades (SD 78). Of these, two school districts, Chilliwack and Abbotsford, chose not to participate in the survey, and reported results may not be representative of these non-participating districts.

## Fraser South/Fraser East Health Service Delivery Area



# Provincial Key Findings

The provincial report of the fourth Adolescent Health Survey (AHS) conducted since 1992 offers us key information about the current health picture of BC youth. It also offers a provincial picture of youth health trends and the effect of programs and policies implemented over the past 15 years.

The 2008 AHS has again shown us that the majority of BC youth are in good health, feeling connected to their family, school and community; and are engaging in health promoting behaviours, which will assist them to transition into a healthy adulthood.

However, the results also show that there are some youth in our province who are more vulnerable than others. These youth are engaging in risky behaviours which are not only negatively affecting their lives now but are likely to do so for years to come unless we develop interventions to assist them.

## Key Findings

- The majority of students (84%) reported that their health was good or excellent, and the number who reported a debilitating health condition or disability continued to decline: from 13% in 1998, to 11% in 2003, to 9% in 2008.
- The percentage of students who were injured to the point of requiring medical attention declined from 39% to 29% in a decade. The majority of those who were seriously injured were injured playing or training for sports or recreational activities (55%).
- There was an increase in the number of students who always wore a seatbelt when they were riding in a vehicle (66% in 2008 vs. 54% in 2003).
- 18% of female students and 7% of male students across the province reported that they had not accessed mental health services when they felt they needed them; and 15% of females and 11% of males did not get medical help when they needed it.
- Half of BC youth fell short of the recommended daily portions of fruit and vegetables. However, more youth reported eating fruit in 2008 compared to a decade earlier (81% vs. 72% in 1998).
- As in 2003, only 25% of males and 11% of females exercised daily, while 7% of males and 10% of females did not exercise at all.

- For the first time since 1992, the percentage of youth who seriously considered suicide dropped, from 16% to 12% in 2008. The percentage who actually attempted suicide also decreased from 7% to 5%.
- More than one in five females and one in ten males reported that they had deliberately self harmed (cut or injured themselves) without the intention of committing suicide.
- Fewer youth in BC smoked cigarettes than in 2003, and those who did waited longer to start smoking. Three quarters of students (76%) had never tried even a puff of a cigarette, compared to 66% in 2003. However, those who had tried smoking were smoking more regularly than their peers in 2003.
- Alcohol and marijuana use declined over the past decade, as did the use of some drugs such as cocaine, amphetamines and mushrooms. However, the use of other drugs, including hallucinogens, rose.
- Relationship violence has not decreased since 2003. The survey also found that some youth were particularly vulnerable to being physically assaulted by their boyfriend or girlfriend, including youth who had been sexually abused, students with a disability or chronic illness, and gay, lesbian and bisexual students.
- Pregnancy rates have remained stable with fewer than 2% of students reporting pregnancy involvement. However, 6% of sexually active youth reported using withdrawal as their only method to prevent pregnancy the last time they had sex, a slight rise from 5% in 2003.
- In 2008, there was an increase in youth who had experienced physical abuse (from 15% in 2003 to 17%). The percentage of youth reporting sexual abuse (8%) and both physical and sexual abuse (5%) did not improve between 2003 and 2008.
- The AHS showed that building protective factors such as family, school and cultural connectedness can assist even the most vulnerable youth to overcome negative experiences, can assist young people to make healthier choices and can contribute to more positive health outcomes for all youth in BC.

# Fraser South/Fraser East

## Key Findings

The purpose of the 14 HSDA reports is to assist those who work with youth to have information specific to their local area. It is intended that the information will be used to recognize health promotion and prevention efforts that are working well and to identify issues which may need further attention. The reports are not intended to be compared with each other.

### Key Findings

- Similar to the provincial rate, 84% of youth in this area reported that their health was good or excellent. More males than females rated their health as excellent (38% vs. 22%).
- Wearing a bicycle helmet when cycling is one way of reducing the risk of injuries. Among students who cycled only 18% always wore a bike helmet (compared to the provincial rate of 24%) and 46% never wore one (compared to the provincial rate of 35%).
- Despite increased awareness about the importance of consuming fruits and vegetables and the increased availability of healthier foods in schools, 33% of youth reported eating one or no portions of fruits or vegetables on the day before they completed the survey. At least 54% of youth (compared to 50% provincially) fell short of the recommended daily portions of fruits and vegetables.
- Among students who had tried alcohol, the percentage of students who drank before they were 9 years old was similar to the provincial rate (6%) but the percentage who waited until they were 13 or 14 years old (46%) was greater than the provincial rate of 42%.
- Twenty-three percent of students drank alcohol on the Saturday prior to completing the survey. This was lower than the provincial rate of 26%.
- The percentage of youth who had used substances other than alcohol or marijuana was similar to the province as a whole. The one exception was the rate of ever trying mushrooms, which at 6% was below the provincial rate of 8%.
- The majority of youth in this area reported never having had sexual intercourse (80%), which was comparable to the provincial rate. Thirty-five percent of students indicated waiting until marriage as a reason for never having sex, which was higher than the provincial rate of 29%.
- Students experienced harassment and discrimination at rates comparable with the province as a whole, with the exception of racial discrimination (reported by 14% of students locally versus 12% provincially).
- A total of 38% of students worked at a paid job during the school year, which was lower than the provincial rate of 41%. Among students who worked, 27%

“*I’m 100% healthy yay!!*”

worked less than 5 hours a week, 57% worked 5-19 hours, and 17% worked 20 or more hours a week.

- On an average school day, 93% of youth watched TV. Twenty-nine percent spent three or more hours watching TV, compared to 25% provincially.
- Family, school and cultural connectedness are proven protective factors for youth. Compared to provincial results, family connectedness scores for this area were comparable, while school and cultural connectedness scores were higher.
- Having peers with prosocial attitudes is another protective factor. Compared to BC as a whole, local students were more likely to think that their friends would be upset with them if they got drunk (39% vs. 35%); and females in this area were more likely to think their friends would be upset if they got pregnant (84% vs. 81%) or used marijuana (67% vs. 63%).

# About the Survey

This is the fourth BC Adolescent Health Survey conducted by the McCreary Centre Society. Over 29,000 BC public school students in grades 7-12 completed the survey between February and June 2008. Previous surveys were conducted in 1992, 1998 and 2003. With each survey, there has been increased participation from school districts and this year 50 of the 59 participated, up from 45 in 2003.

## Survey Design

The survey is designed to consider emerging youth health issues, and to track trends over time. The majority of questions have been asked since 1992. The 2008 AHS included 147 questions asking youth about their perceptions of their current physical and emotional health, risky behaviours and health promoting practices. Healthy development for youth includes many contributing factors and the survey also asks about broader issues such as family connectedness, school safety and peer relationships.

To ensure the 2008 survey captured current and emerging youth health issues, new questions were added following consultation with a BC government inter-ministerial committee and an advisory institute made up of community agencies, public health personnel

and other leading figures in youth health.

The new questions reflected concerns about health-affecting behaviours such as internet safety, caffeine consumption and oral sex.

The survey includes questions used in similar surveys across Canada to allow for comparisons between provinces, and questions which have been used successfully with youth in grades 7-12 internationally. The pencil and paper survey was pilot tested with a diverse range of youth in grades 7-12 to ensure it was easily understood and could be completed within a single class period.

## Survey Administration

Public school classes were randomly chosen from participating school districts to provide a representative sample of youth across the province. Participation was voluntary and parental consent procedures were determined at the school district level. Public Health Nurses, nursing students and other trained personnel administered the confidential and anonymous survey to 29,440 students in 1,760 classrooms.

## Survey Analysis

Statistics Canada weighted the data to ensure it was representative of all BC youth in grades 7-12.

Surveys which contained contradictory, incomplete or joking answers were identified and eliminated before analysis began. (These surveys comprised less than 1% of all students surveyed).

All comparisons and associations reported in this study have been tested and are statistically significant (at  $p < .05$ ). This means that there is a 5% likelihood that the area results presented occurred by chance.

Graphs and charts show frequencies that are not necessarily statistically significant at every point. For example, a graph showing differences by age may not necessarily be significantly different at every age point.

## Limitations

All surveys have limitations and this is no exception. The survey can only provide information on youth who are in school. For administrative reasons, alternative and independent schools were not included in the 2008 survey. McCreary has recently conducted surveys with youth whose health picture is not captured in this report: youth in alternative education programs, as well as youth who are street involved and marginalized, and youth in custody.

The survey was administered in English. This may have affected those youth who were new immigrants and/or those who did not have the language or literacy skills to complete the questionnaire.

This was the first time there has been sufficient school district participation to allow for a report at the Fraser South/Fraser East area level. A separate report is now available for the Fraser North area. Although this means that trends over time cannot be reported, it does offer a comprehensive picture of youth health in this area.

A methodology fact sheet for the survey is available at [www.mcs.bc.ca](http://www.mcs.bc.ca). as is a detailed fact sheet discussing the sources and rationale for the questions used in the survey.

References for research cited in this report are also available on the website.

Statistics presented in this report are for students in the Fraser South/Fraser East area unless otherwise stated.

Quotes from youth in this area who participated in the survey appear throughout the report.

### Symbols used in the report

\* Indicates that the percentage shown should be interpreted with caution as it may represent only an approximation due to the sample size.

† Indicates that the difference between Fraser South/Fraser East and provincial estimates was statistically significant.

## Aboriginal Youth

Due to historic and current discrimination, Aboriginal youth face additional and unique challenges to achieving healthy development. Following the AHS in 1998 and 2003, additional analysis of the data provided by Aboriginal students was conducted by an Aboriginal research team. The results were published in *Raven's Children* (2000) and *Raven's Children II* (2004). McCreary is committed to producing an Aboriginal specific report, with the 2008 survey results, when funding has been secured.

## Next Steps Workshops

As with previous McCreary Adolescent Health Surveys, the results of the 2008 survey will be used by government agencies, schools and communities to plan and assess youth programs and services.

Through its 'Next Steps' workshop series, McCreary will also ensure that youth who participated in the survey get the opportunity to learn about the results, comment on them and use them to develop community projects to improve young people's health in their local area.

To discuss youth and adult workshops in your community contact [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca)

### Participating School Districts

05 Southeast Kootenay	53 Okanagan-Similkameen
06 Rocky Mountain	54 Bulkley Valley
08 Kootenay Lake	57 Prince George
10 Arrow Lakes	58 Nicola-Similkameen
19 Revelstoke	61 Greater Victoria
20 Kootenay-Columbia	62 Sooke
22 Vernon	63 Saanich
23 Central Okanagan	64 Gulf Islands
27 Cariboo-Chilcotin	67 Okanagan Skaha
35 Langley	68 Nanaimo-Ladysmith
36 Surrey	69 Qualicum
37 Delta	70 Alberni
38 Richmond	71 Comox Valley
39 Vancouver	72 Campbell River
40 New Westminster	73 Kamloops/Thompson
41 Burnaby	74 Gold Trail
42 Maple Ridge-PittMeadows	75 Mission
43 Coquitlam	78 Fraser Cascades
44 North Vancouver	79 Cowichan Valley
45 West Vancouver	82 Coast Mountains
46 Sunshine Coast	83 North Okanagan-Shuswap
47 Powell River	84 Vancouver Island West
48 Howe Sound	85 Vancouver Island North
51 Boundary	91 Nechako Lakes
52 Prince Rupert	92 Nisga'a

# Fraser South/Fraser East Youth: Their Home & Family

## Background

Students in this area (the Fraser South/Fraser East HSDA) identified with a broad range of ethnic and cultural backgrounds. Students most commonly indicated being of European heritage (49%), similar to the provincial rate. The second most common cultural identity in this area was South Asian (20%).

If students did not feel the categories represented their background they could choose to write in their own identity, and 2% wrote “Canadian.”

## New Canadians

Seventeen percent of students in this area were born outside of Canada. Six percent of students had lived in Canada between 2 and 5 years and another 3% had lived here for less than two years, the same as the provincial rates.

## First Nations

Eight percent of students reported Aboriginal heritage (compared to 10% for the province). Among these students, 30% had First Nations status, 38% were Aboriginal but did not have First Nations status, 20% were Metis, and 3% were Inuit.

Ten percent of Aboriginal students currently lived on a reserve, and 17% had lived on a reserve at some point in their life (4% for less than a year, 5% for a few years, and 8% for most of their life).

### Ethnic or cultural background

European	49%
South Asian	20%
East Asian	12%
Aboriginal/First Nations	8%
Southeast Asian	6%
Latin/South/Central American	3%
African	2%
Australian/Pacific Islander	2%
West Asian	1%
Other (excluding Canadian)	1%
Don't know	8%

Note: Youth could choose more than one response.

### Spoke a language other than English at home

Never	49%
Sometimes	30%
Most of the time	21%

## Sexual Orientation

Eighty-seven percent of students identified as heterosexual, 5% as mostly heterosexual, 2% as bisexual, 1% as gay/lesbian and 5% were unsure.

## Spirituality

Forty-three percent of students reported that they were not at all religious or spiritual. The remainder were either somewhat (42%) or very much (15%) religious or spiritual.

## Home

### Living Situation

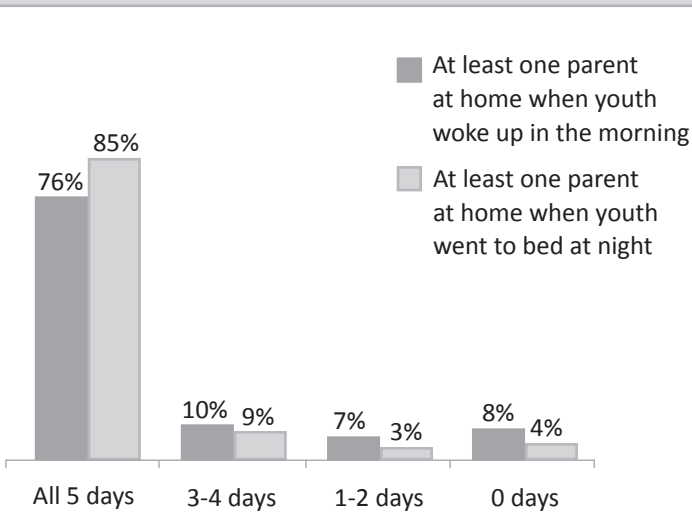
Youth in this area reported a number of different living situations, however the majority of students lived with their mother (91%) and/or father (70%) most of the time; 13% lived with both parents but at different times.

For most students in this area, at least one parent was at home with them every day during the past five school days when they woke up in the morning (76%) and went to bed at night (85%). However, 8% did not have a parent at home when they woke up in the morning and 4% did not have a parent at home when they went to sleep at night on any of the past five school days.

### Who youth lived with most of the time (Youth could mark all that apply)

Mother	91%
Father	70%
Other adults related to me	10%
Stepfather	5%
Stepmother	1%
Other adults not related to me	2%
Do not live with any adults	1%

### Parent at home during the past five school days



## Unstable Home Life

A total of 2% of students in this area had lived in government care at some point in their lives, meaning they had lived in a foster home or group home, or had been on a youth agreement. One percent of youth were in care in the last year.

Eight percent of youth ran away from home in the past year, with comparable rates for males and females. Students who ran away from home in the past year were more likely than those who did not to have experienced extreme stress (36% vs. 12%) and despair (22% vs. 5%), and to have attempted suicide in the last 12 months (22% vs. 3%).

Frequently moving house can negatively impact young people's health. Seventeen percent of youth moved once in the past year, 6% moved twice, and 6% moved three or more times. Students who moved in the past year were more likely than those who did not move to have attempted suicide in the past 12 months (6% vs. 3%).

## Family

### Family Connectedness

Family relationships can have an important effect on youth health and development. The survey asked questions about students' relationships with their caregivers, including feelings of closeness, how much they felt their caregivers were warm and loving toward them, and their satisfaction with these relationships.

Connectedness to mother and father figures was generally higher for younger than for older students. Males reported higher levels of connectedness to their mother and father figures. Both males and females felt more connected to their mothers than to their fathers.

Also, students who felt their family members understood them and paid attention to them, and felt they and their family had fun together, reported higher connectedness with their mother and father figures compared to students who did not have these positive feelings about their family.

Youth who ran away from home in the past year or who had lived in government care

reported lower connectedness than youth who did not have these experiences.

Students who had one caregiver at home when they woke up in the morning, in the same room as them when they ate their evening meal, or at home when they went to bed on five of the past five school days reported higher connectedness with their mother and father figures compared to students whose caregiver was absent on all five school days.

## Family Poverty

BC has the highest child poverty rate in Canada yet asking youth about their family's economic status can be challenging. Young people often do not know about their family's income, parent's occupation or other conventional measures that can indicate poverty. In an attempt to address this, the AHS asked youth four questions that have been used in international studies to learn about family resources: whether youth went to bed hungry because there was not enough food at home, the number of computers their family owned, whether they shared a bedroom, and if they took family holidays.

The majority of students in this area reported that they never go to bed hungry (90%), do not share a bedroom (89%), have travelled on holiday with their family in the past year (79%), and that their family currently owned a computer (99%).

Eight percent of youth experienced hunger some of the time and 2% went to bed hungry often or always. Hunger can impact health in many ways. For example, youth who indicated going to bed hungry were more likely than their peers who did not go to bed hungry to report poor/fair health (28% vs. 15%), to have considered suicide (23% vs. 10%) and to have attempted suicide in the past year (13% vs. 3%).

Family poverty affected youths' ability to participate in extra-curricular activities. For example, youth who experienced hunger or those who did not go on a family vacation in the past year were more likely than their peers to never engage in sports with a coach other than gym class (such as playing on school teams or taking swimming lessons).

# Physical Health

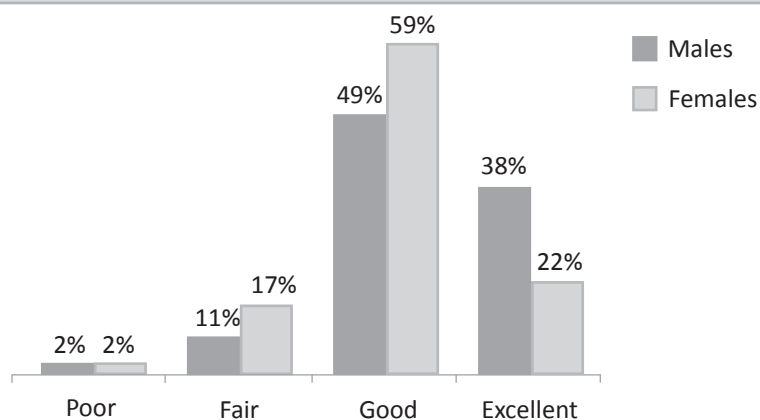
Eighty-four percent of youth in this area reported that their health was good or excellent. More males than females rated their health as excellent (38% vs. 22%). Ratings of health were similar between this area and the province as a whole. Male teens were less likely than female teens to report that they had physical complaints 'a lot' such as headaches (11% vs. 22%), stomach-aches (6% vs. 16%), backaches (12% vs. 21%) or dizziness (6% vs. 12%) in the past six months.

Nine percent of youth reported a debilitating health condition or disability. The most common conditions were a long-term illness (such as diabetes or asthma) experienced by 4% of youth and a mental or emotional condition (such as depression or eating disorder) reported by 3% of youth. Among youth with a health condition or disability, 29% took daily medication and 6% missed a lot of school due to their condition.

## Accessing Medical Care

In the past year, 13% of youth (10% of males and 15% of females) did not get medical help when they felt they needed it. This rate was comparable to that seen in the province as a whole. Among those students who did not access needed medical care, the most common reason was because they thought or hoped the problem would go away (56%). Females were more likely than males to say they did not access medical care because they did not want their parents to know (24% vs. 8%) or because they were afraid of what the doctor would say or do (30% vs. 16%).

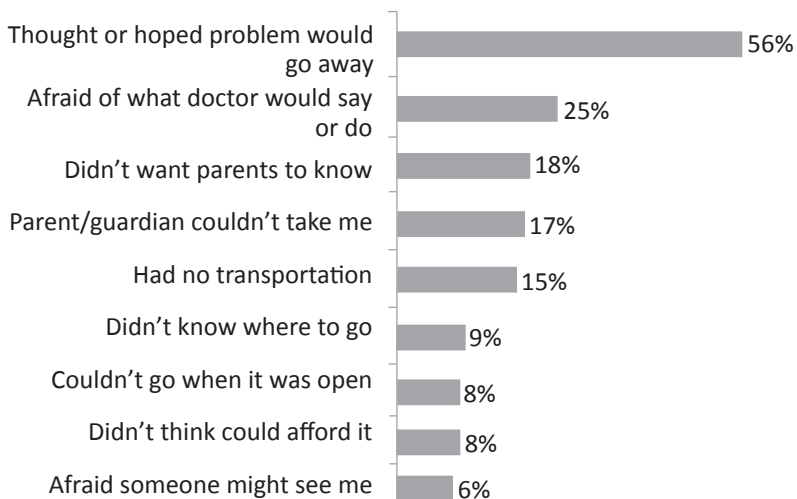
### Self-reported health status



Note: Differences between Fraser South/Fraser East and provincial estimates were not statistically significant.

“ I get headaches during school and don't do proper school work cause of all the pain ”

### Some reasons for not accessing medical care in the past year (among youth who felt they needed it)



# Injuries

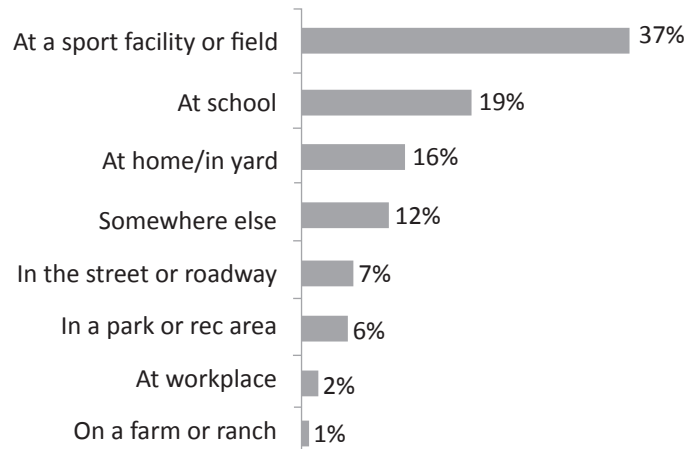
Injuries are one of the most common health hazards facing BC youth. In the past year, 27% of students in this area were injured seriously enough to need medical attention. This was similar to the provincial rate of 29%. Males were more likely than females to have been seriously injured (31% vs. 23%).

Females were more likely than males to be seriously injured in their home or yard (21% vs. 13%). The most common location for getting injured was at a sports facility or field (37%). Nineteen percent of injuries were at school, and 16% were at home.

Most injuries occurred while students were playing or training for sports or doing other recreational activities (57%). Four percent occurred when students were snowboarding or skiing (below the 6% provincial rate), and 8% took place during relatively low-risk behaviours (such as walking or cooking). Similar to the provincial rate, 4% of students were injured in a motor vehicle. Males were more likely to have been cycling (9% vs. 2% of females) but females were more likely to have been doing low-risk behaviours (12% vs. 4%) when they were injured.



Location of injuries



## Injury Prevention

Many injuries are preventable. The use of motor vehicle seat belts and bicycle helmets are two key ways in which youth injuries can be prevented. There were no gender differences in seatbelt use or helmet use

Sixty-four percent of students in this area always wore a seatbelt when riding in a motor vehicle, similar to the provincial rate.

Seventy percent of students rode a bicycle in the past year. Among these students, 18% always wore a bike helmet (compared to the provincial rate of 24%) and 46% never wore one (compared to the provincial rate of 35%). As students got older, they were less likely to wear a helmet.

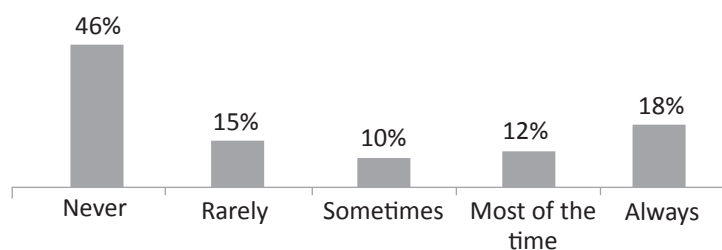
## Driving and Substance Use

Motor vehicle accidents are the leading cause of death among BC youth. In this area, 9% of youth had driven after using alcohol or marijuana.

Similar to the provincial rate, 7% of students had ever driven after using alcohol, 4% had done so in the past month and 1% had done so on four or more occasions in the past month. Males were more likely than females to drink and drive in the past month.

In the past month, 19% of students had been a passenger in a vehicle with a driver who had been drinking (22% females and 16% males).

Helmet use among youth who cycled in the past year



Note: Percentages do not always total 100% due to rounding

# Nutrition

“*I don’t eat meat or veggies very much and I’m kind of concerned.*”

The majority of youth reported consuming water, dairy, and fruits and vegetables on the day before they took the survey, but also sweets and fast food. Males were more likely than females to have had water (74% vs. 68%), dairy (59% vs. 47%), fast food such as pizza, hot dogs, chips and fries (15% vs. 8%), pop (15% vs. 7%), and energy drinks (5% vs. 2%) twice or more yesterday.

Despite increased awareness about the importance of consuming fruits and vegetables daily and the increased availability of healthier foods in schools, 33% of youth reported eating one or no portions of fruits or vegetables on the day before they completed the survey. At least 54% of youth (compared to 50% provincially) fell short of the recommended daily portions of fruits and vegetables.

## What youth ate and drank yesterday

	No	Yes (once)	Yes (twice or more)
Water	7%	22%	71%
Milk, cheese, yogurt	10%	37%	53%
Fruit	22%	41%	37%
Green salad or vegetables	27%	45%	28%
Cookies, cake, donuts, chocolate bars	35%	49%	17%
Pizza, hot dogs, potato chips, French fries	48%	41%	11%
Pop/soda	55%	34%	11%
Hot or cold coffee or coffee-based drinks	74%	19%	7%
Energy drinks	90%	7%	3%

Note: Percentages do not always total 100% due to rounding.

Fifty-one percent of youth always ate breakfast on school days, while 15% never ate breakfast; these were similar to provincial rates. Males were more likely than females to always eat breakfast (55% vs. 47%).

Youth who reported that they went to bed hungry because there was not enough food at home were more likely than their peers to miss breakfast every day and less likely to have had water, fruit, vegetables, or dairy yesterday, but more likely to have consumed pop, energy drinks and coffee.



Always ate breakfast on school days		
	Fraser South/ Fraser East 2008	BC 2008
Males	55%	57%
Females	47%	49%
Note: Differences between Fraser South/Fraser East and provincial estimates were not statistically significant.		

# Weight & Body Image

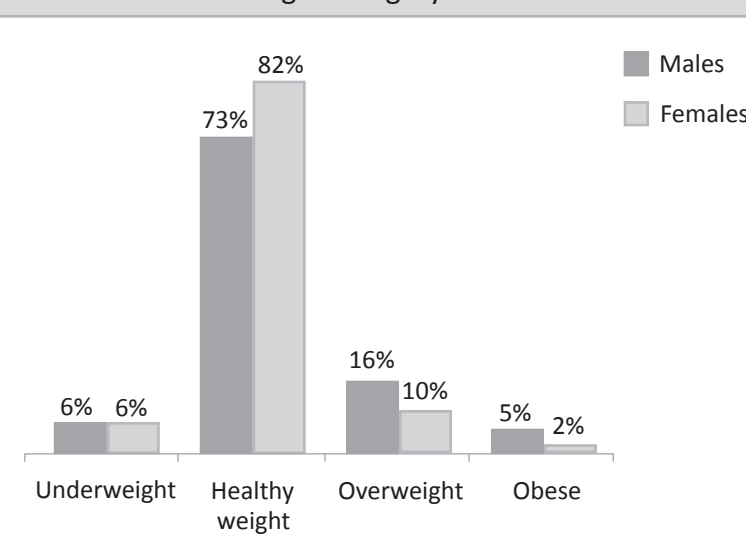
## Weight

Although it has been criticized for not measuring body fat or fitness levels, and is not the ideal measure for all ethnic groups, youths' body mass index (BMI) still helps track rates of obesity. The BMI was calculated from the height and weight measurements youth provided on the survey. Based on this measure, 78% of students were considered to be a healthy weight for their age and gender, while 6% were underweight, 13% overweight and 4% obese

Males were more likely than females to be overweight or obese. Females were more likely to be a healthy weight. Provincial and local percentages for students falling into each of the BMI weight categories were similar.

Obesity is linked to health challenges at all ages. Students whose BMI indicated they were obese were less likely than healthy weight youth to rate their health as excellent (12% vs. 33%). Obese youth were more likely than healthy weight youth to have spent three or more hours on an average school day watching television (49%\* vs. 28%) or playing video games (31% vs. 13%).

Students in each weight category



BMI weight categories

Underweight	6%
Healthy Weight	78%
Overweight	13%
Obese	4%

Note: Differences between Fraser South/ Fraser East and provincial estimates were not statistically significant.

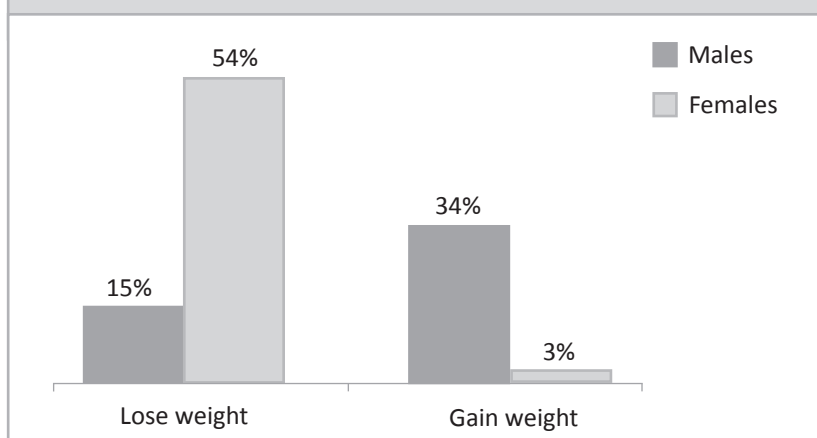
“ *I’m always running or doing activity but I don’t eat very much because I don’t get hungry so I’m trying to gain weight.* ”

## Body Image

Similar to provincial rates, one in five males (20%) rated themselves as very satisfied with their body image, compared to only 11% of females. The majority of both males (70%) and females (63%) felt they were about the right weight. Looking at youth whose BMI indicated they were a healthy weight, 25% stated they were not trying to do anything about their weight and 21% were trying to stay the same weight. However, 54% of healthy weight females were trying to lose weight and 34% of healthy weight males were trying to gain weight.

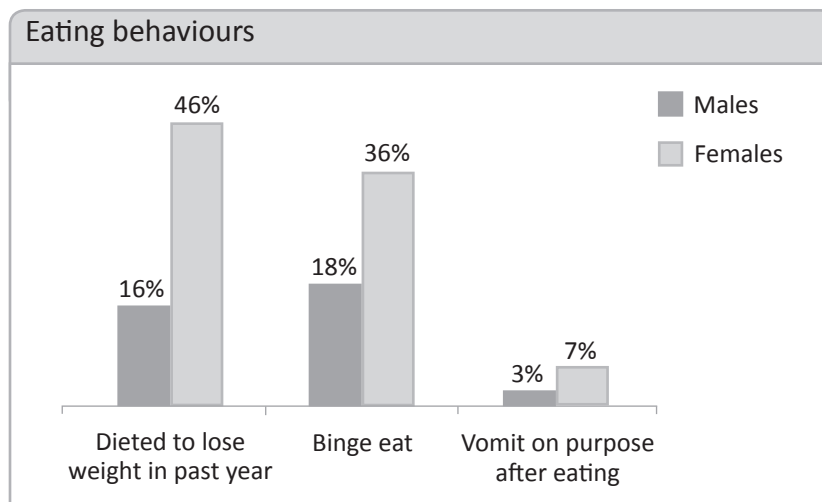
When asked to rate how satisfied they were with their body, on a scale from 1 to 5, with 1 being not at all satisfied and 5 being very satisfied, male youth scored an average of 3.7 and females 3.3.

Healthy weight youth trying to lose or gain weight



“ I feel there needs to be more awareness about eating disorders...  
There needs to be more info available to people to catch the signs so  
the problem doesn't go unnoticed. ”

Females were more likely than males to report dieting to lose weight in the past year, as well as binge eating and vomiting on purpose after eating. The rates of dieting, binge eating and purging did not differ between this area and the province as a whole.



# Mental & Emotional Health

“

*I am a very happy person and I love my life.*

”

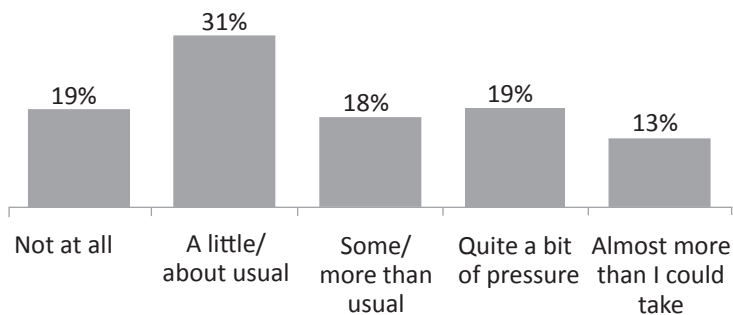
Adolescence is an important time for mental and emotional development. As they mature, youth have increased abilities to think about abstract ideas and are more aware of their emotions. However, it can also be a time when mental health problems first emerge.

## Self Esteem

Measuring self-esteem can tell us about how youth view themselves. The majority of youth in this area reported high self-esteem; they agreed or mostly agreed that they felt good about themselves (87%) and their abilities (92%), they had much to be proud of (77%) and felt that their life was useful (86%). A total of 58% of youth in this area agreed or mostly agreed with all seven of the self-esteem questions on the survey, which was the same as the provincial percentage.



During the past 30 days, have you felt you were under any strain, stress or pressure?



## Stress

Most youth reported feeling some stress or pressure in the past 30 days (82%). A total of 13% of students indicated that the stress in their lives was almost more than they could take, which was comparable to the provincial rate.

Consistent with the provincial AHS results, females were more likely than males to report extreme levels of stress in the past month (17% vs. 10%) to the point that they could not work or function effectively. Older youth were more likely to report extreme levels of stress than younger youth.

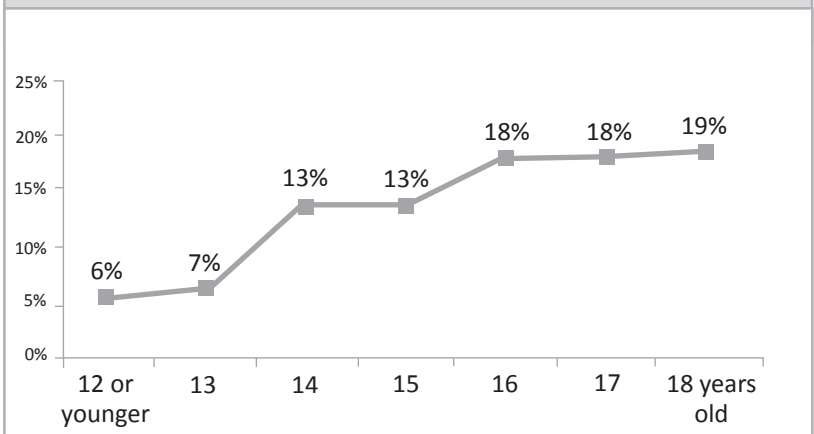
The increase in extreme levels of stress as youth get older is likely linked to the greater responsibilities, demands and expectations that come with the transition to adulthood.

“

*At night, or if I am sitting idle I stress about my family, concern about their health. Then I feel nervous I feel like I am not breathing properly*

”

Extreme stress by age

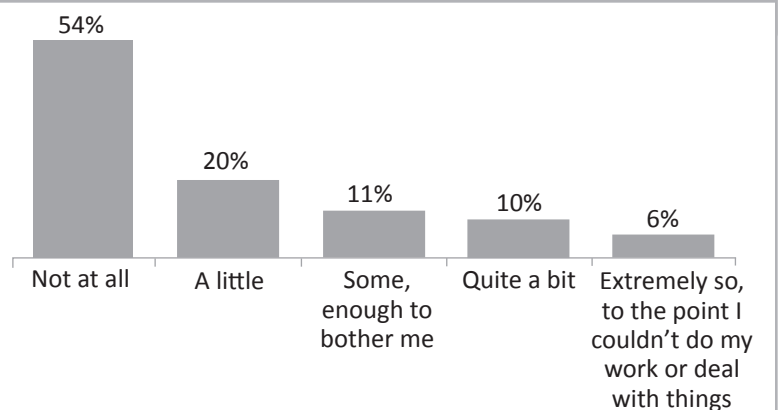


## Despair

Feelings of despair are less common among students than feelings of stress, but extreme levels of despair can affect quality of life and health outcomes, and can also be a sign of depression.

In this area, and consistent with the province as a whole, 6% of youth indicated feeling so much despair (feeling sad, discouraged or hopeless) that they wondered if anything was worthwhile and had difficulty functioning properly. Females were twice as likely as males to report this level of extreme despair in the past month (8% vs. 4%).

During the past 30 days, have you felt so sad, discouraged, hopeless or had so many problems that you wondered if anything was worthwhile?



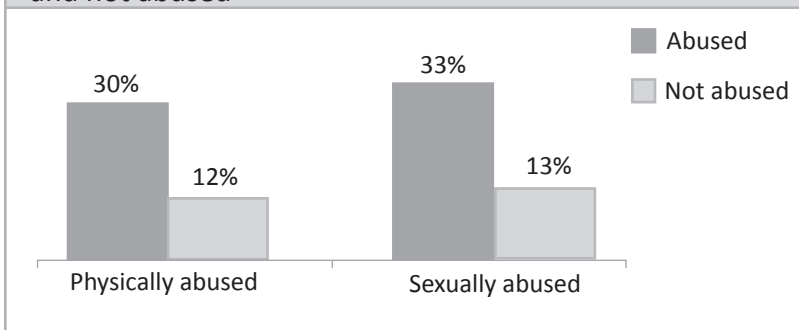
## Self Harm

Sometimes youth will hurt themselves as a way of coping with stress and pain in their lives. Fifteen percent of youth (19% of females and 10% of males) indicated cutting or injuring themselves on purpose without trying to kill themselves at some point in their lifetime, with over 10% doing so once or twice, and 5% doing so three or more times.

Students who had been physically abused or sexually abused were more likely to self-harm than students with no abuse history. Also, youth who had ever used alcohol, marijuana or hard drugs were more likely to self-harm compared to youth who never used these substances.



Intentional self harm among youth who had been abused and not abused



## Suicide

Suicide is the second leading cause of death among youth aged 12-18 in British Columbia. In this area, 11% of students reported seriously considering suicide in the past year and 4% of students attempted suicide in the past year. Both of these were comparable to the provincial rates.

Also consistent with the provincial results, females were twice as likely as males to have attempted suicide (6% vs. 3%). However, males generally have higher rates of suicide completion. Among youth who attempted suicide in the past year, 23% reported that their attempt was serious enough to require treatment by a doctor or nurse.

## Risk factors for suicide

One of the known risk factors for attempting suicide is having a family history of suicidal behaviour. Fourteen percent of youth reported that a family member had tried to commit suicide, with 4% doing so in the past year. Also, 20% of youth had a close friend who attempted suicide (11% in the past year). Students with a family member or close friend who had attempted or committed suicide in the past year were more likely to attempt

suicide themselves, compared to students without these risk factors (14% vs. 3%).

Suicide attempts in the past year were more likely among students who had ever been physically abused (14% vs. 2%) or sexually abused (19% vs. 3%) compared to students who had never been abused.

Also, youth who had ever used alcohol, marijuana or hard drugs were more likely to have attempted suicide compared to students who had never used these substances.

## Help Seeking

The majority of students felt they could seek support from adults in their family (76%) or from adults outside their family (56%) if they were faced with a serious problem.

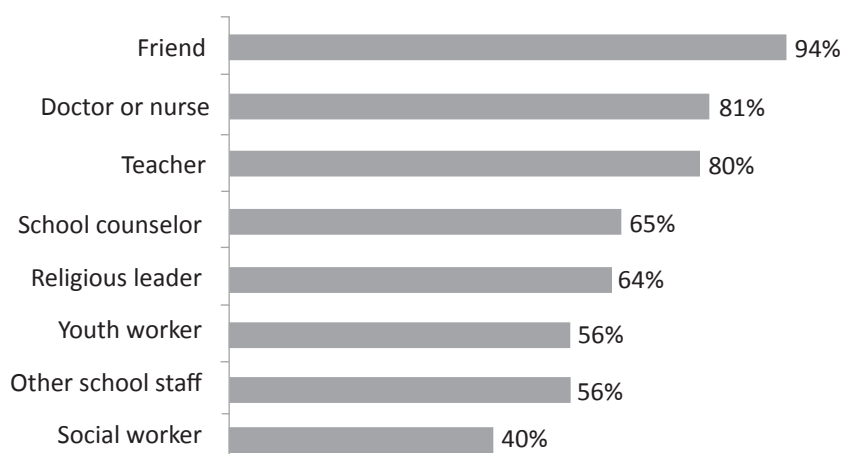
Students reported approaching a variety of professionals for help in the past year, including teachers (45%), doctors or nurses (29%), school counselors (26%), other school staff (19%), religious leaders (18%), youth workers (15%), and social workers (12%). In addition to turning to adults for help, most students (81%) asked their friends for assistance.

Students who sought support in the past year generally reported finding the assistance of both friends and professionals helpful.

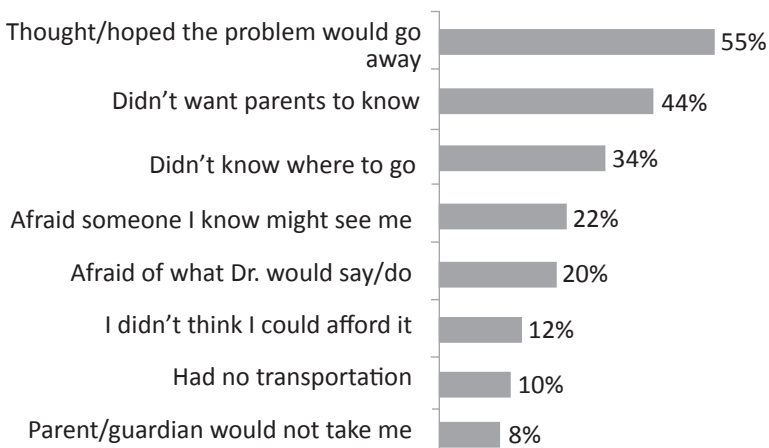
## Accessing Mental Health Services

When asked specifically about accessing mental health services in the past year, 16% of females and 7% of males reported that they had not accessed services when they felt they needed them. The most common reasons for not accessing mental health services included hoping that the problem would go away (55%), students not wanting their parents to know (44%), and not knowing where to go (34%).

Students who found others' assistance to be helpful (among youth who sought help in the past year)



Most common reasons for not accessing mental health services (among youth who felt they needed them)



# Smoking

“*My health is fine it is just second hand smoking I am concerned of.*”

Twenty four percent of students in this area had ever tried smoking, similar to the provincial rate. Males and females were equally likely to have tried smoking.

Among students who smoked, 14% had their first cigarette when they were 11 or 12 years old, compared to 32% who waited until they were 15 or 16 years old.

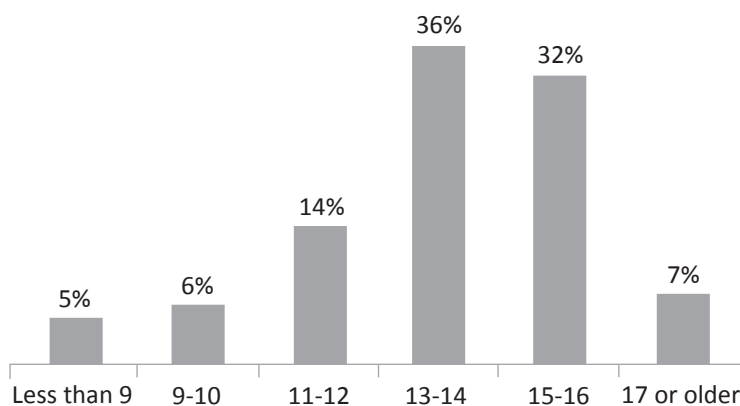
Less than half (42%) of students who had tried smoking had smoked in the past month. Those who did smoke, most commonly smoked 2 to 5 cigarettes a day (13% of all students who had tried smoking).

Three percent of young people had used chewing tobacco in the past month (4% of males vs. 2% of females). This was lower than the rate for the province as a whole (4%).

## Second-hand Smoke

Twenty-six percent of students in this area had been exposed to smoke inside their home or vehicle, similar to the provincial rate. Ten percent of youth were exposed to smoke in their home or car almost every day.

Age when first smoked a whole cigarette (among students who had tried smoking)



Note: Differences between Fraser South/Fraser East and provincial estimates were not statistically significant.

# Substance Use

## Alcohol

Forty-nine percent of youth had tried more than just a few sips of alcohol. This was lower than the provincial rate of 54%. Males and females were equally likely to have tried alcohol.

Among students who had tried alcohol, the percentage of students who drank before they were 9 years old was similar to the provincial rate (6%) but the percentage who waited until they were 13 or 14 years old (46%) was greater than the provincial rate of 42%.

Among students who drank in the past year, 14% had only had a sip, 38% drank once a month or less, and 25% drank two or three times a month.

Around one third of students (34%) who had tried drinking only drank on one or two days in the previous month. One percent of students drank every day.

## Binge drinking

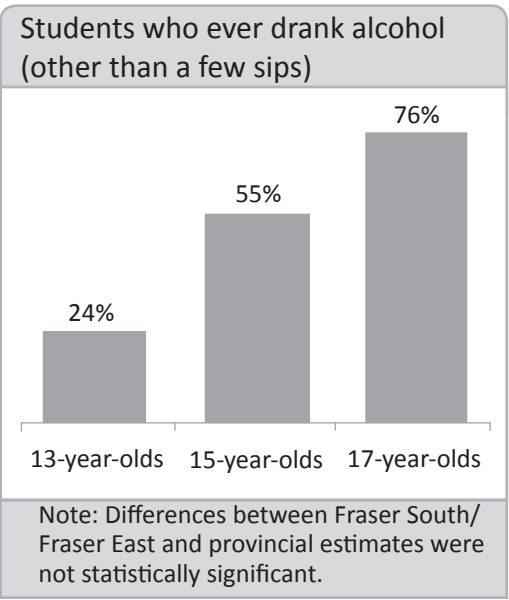
Binge drinking is defined in the AHS as having five or more drinks within a couple of hours. Similar to the province as a whole, 41% of local students who had tried alcohol binge drank in the past month. Males and females were

equally likely to binge drink in the past month. Three percent of students who had tried alcohol binge drank on ten or more days in the previous month.

## Last Saturday use

The AHS IV included new questions asking about substance use “last Saturday”. Students were instructed to specifically think of the Saturday that had just passed, even if it was not a typical Saturday for them.

Twenty-three percent of students in this area drank alcohol last Saturday, which was lower



than the provincial rate of 26%. There were no gender differences among those who consumed wine and liquor but females were more likely to have drunk coolers last Saturday (15% vs. 8%) and males were more likely to have drunk beer (15% vs. 10%).

## Marijuana

Akin to youth in the entire province, 27% of students in this area had tried marijuana. There was no gender difference in the rate of marijuana use.

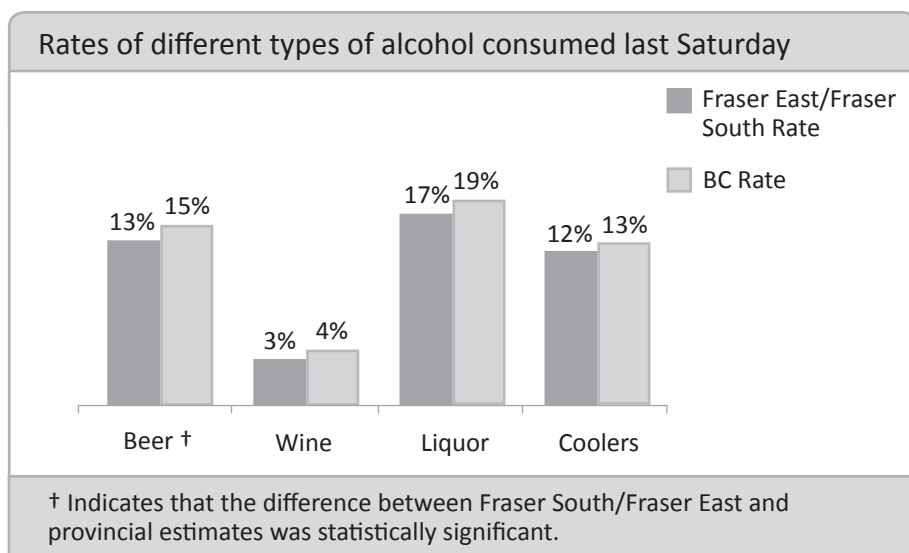
Among students who had tried marijuana, 6% had first used it when they were 10 years

old or younger, although the most common age for first trying it was 13 or 14 years old (46%).

Fifty-six percent of those who had tried marijuana used it in the past month and 9% used it 20 or more days in the past month (3% of all students).

## Last Saturday use

Comparable to the provincial rate, 10% of students used marijuana last Saturday, with males more likely to have done so than females (12% vs. 9%).



“ I have had a lot of problems with drugs in the past few years but last Summer I came back home and got back on track ”

Ever used other drugs	2008
Prescription pills	16%
Any Hallucinogens	8%
Mushrooms	6% †
Cocaine	4%
Inhalants	4%
Any Amphetamines	2%
Steroids	2%
Heroin	1%
Injected an illegal drug	1%
† Indicates that the difference between Fraser South/Fraser East and provincial estimates was statistically significant.	

## Other Drugs

The percentage of youth in this area who had used substances other than alcohol or marijuana was similar to the province as a whole. The one exception was the rate of ever trying mushrooms, which at 6% was below the provincial rate.

For the first time, students were specifically asked about the use of ecstasy and crystal meth. Seven percent of students in this area had used ecstasy, and 1% had used crystal meth. Both percentages were comparable to the provincial rates.

Males were more likely than females to have ever tried steroids (2% vs. 1%). Females were more likely to use prescription pills (18% vs. 13%).

## Consequences of Substance Use

In the past year, among students who had tried alcohol 2% felt they needed help for their alcohol use. Four percent of those who had tried drugs felt that they needed help for their drug use.

Forty-four percent of students reported using alcohol or drugs in the previous year. Among these students, over half experienced a variety of negative consequences as a result.

The most common included being told they had done something they could not remember, passing out and arguing with family members.

Males were more likely to report being in a physical fight, damaging property, or getting into trouble with the police, while females were more likely to have argued with family members, lost friends or broke up with a girlfriend or boyfriend and done something that they could not remember.

### Consequences of substance use among those who used alcohol or drugs in the past year

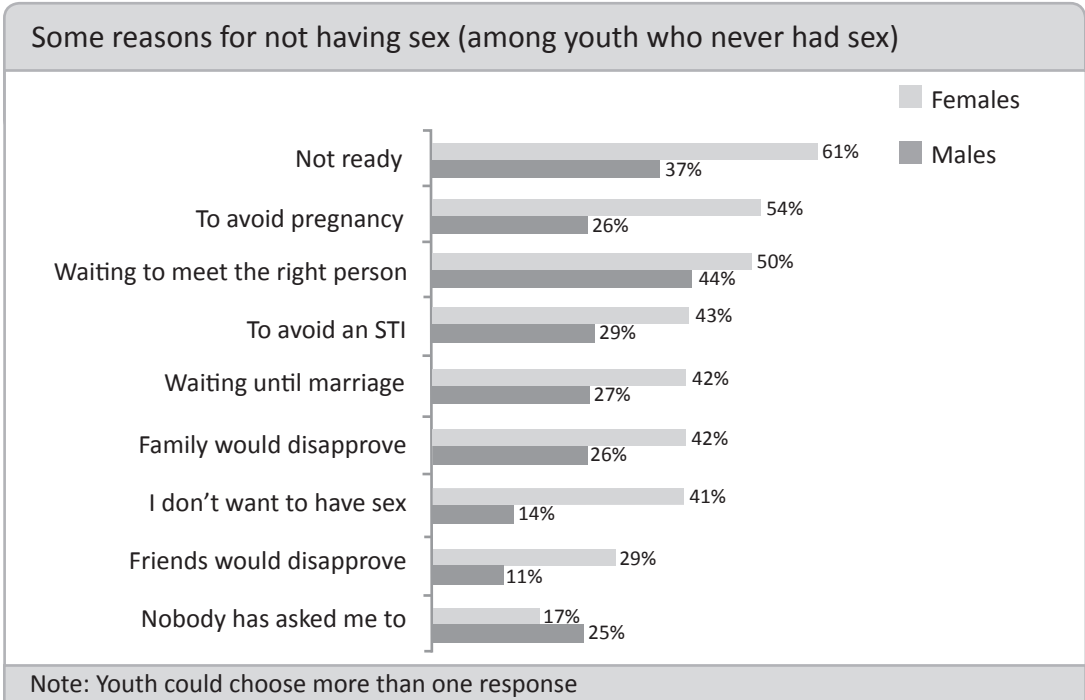
I used alcohol or drugs but none of these things happened	45%
Was told that I did something that I couldn't remember	40%
Passed out	30%
Argued with family members	18%
School work, marks, or behaviour at school changed	14%
Got injured	12%
Damaged property	11%
Got in trouble with the police	10%
Lost friends or broke up with a girlfriend or boyfriend	9%
Got into a physical fight	8%
Had sex when I didn't want to	6%
I overdosed	3%
Got into a car accident	2%
Had to get treatment for alcohol or drug abuse	1%

# Sexual Behaviour

The majority of youth in this area reported never having had sexual intercourse (80%), which was comparable to the provincial rate. These students provided a number of reasons for not having sex (they could choose more than one reason). The most common were not being ready to have sex (50%), wanting to wait until they met the right person (47%), and not wanting to get pregnant or cause a pregnancy (41%). In this area, 35% of students indicated waiting until marriage as a reason for never having sex, which was higher than the provincial rate of 29%. Female students were more likely than males to endorse most reasons, except males were more likely to indicate never having had sex because nobody had asked them to (25% vs. 17%).

The percentage of youth that reported ever having sexual intercourse was identical for males and females (20%), was consistent with the provincial rates and increased with age.

Among sexually active youth, the most common age for first having sex was 15. Seventeen percent reported first having had sex before age 14. Forty seven percent of males and 57% of females who were sexually active reported having had sexual intercourse with one person in the past year, and 8% (13% of males and 4% of females) had sex with six or more people.



9% of males and 9% of females who ever had sexual intercourse reported having had sex with a same-sex partner.

## Oral Sex

Twenty-three percent of students reported ever having oral sex, which was not significantly different from the provincial rate (26%). The percentages were comparable for males and females.

## Sexually Transmitted Infections

One percent of students had been told by a doctor or nurse that they had a sexually transmitted infection (STI). The rate was 4% among sexually active students.

## Birth Control and Pregnancy

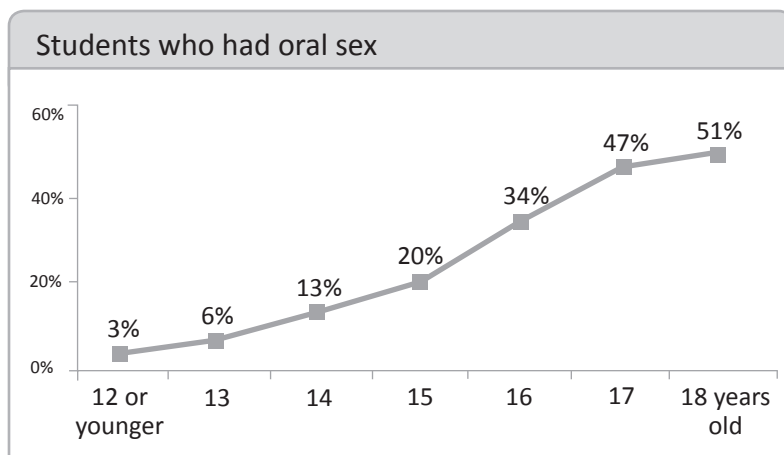
Sixty-three percent of youth (70% of males and 57% of females) reported using a condom the last time they had sex, and 60% indicated that they had done so to prevent pregnancy.

Among sexually active youth, 45% used birth control pills to prevent pregnancy the last

time they had sex. Twenty-six percent used withdrawal which is an unreliable method of contraception and 8% used only withdrawal. Six percent used no method to prevent pregnancy the last time they had sex and 5% used emergency contraception (“morning after pill”).

Six percent of sexually active students reported that they have been pregnant or caused a pregnancy, which was comparable to the provincial rate of 7%.

Among students who had had sexual intercourse, 30% reported that they drank alcohol or used drugs before having sex the last time.



# Abuse & Violence

## Physical and Sexual Abuse

The percentage of students who reported physical or sexual abuse was similar to the provincial rate. Seventeen percent reported that they had been physically abused, and 8% reported that they had been sexually abused. In total, 20% of students had experienced either form of abuse and 5% had experienced both types of abuse. Females were more likely than males to report that they had been abused.

## Sexual Harassment

The percentage of students who experienced verbal (46%) or physical (25%) sexual harassment was similar to the provincial rate. Female students were more likely to experience either form of harassment. In the past year, 55% of females had been verbally sexually harassed (compared to 36% of males) and 34% had been physically sexually harassed (compared to 15% of males).

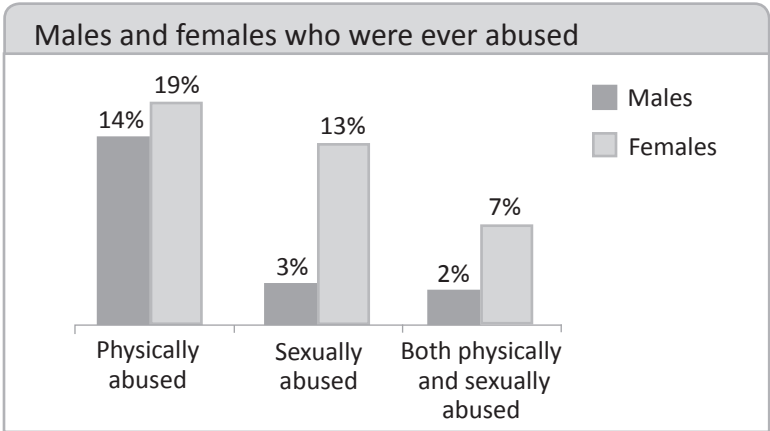
## Internet Safety

Comparable to the provincial rate, 12% of students (17% of females and 6% of males) had been in contact with someone on the Internet who made them feel unsafe. Nine percent of students gave personal information to someone that they met on the Internet in the past year.

Eighteen percent of students were cyber-bullied in the previous year. Females were more likely than males to have been cyber-bullied (23% vs. 13%).

## Physical Fights

Consistent with the provincial rate, 24% of students were involved in a physical fight in the past year. Males were more likely than females to have been in a fight (35% vs. 15%). Three percent of students were injured in a fight to the point where they required medical attention (3% of males and 2% of females).



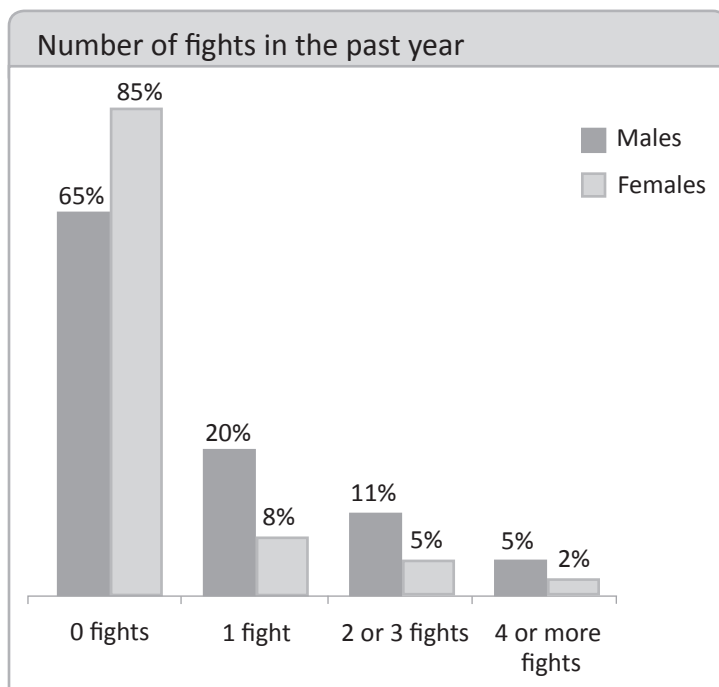
“ I have been bullied by this one girl. Everyone follows her because they know she can get everyone to go against you. I just hate how she always has power and can control everyone ”

## Relationship Violence

Seven percent of male and female students who were in a relationship reported that their boyfriend or girlfriend hit, slapped, or hurt them in the past month.

## Discrimination

Similar to the provincial rate, 18% of students had been discriminated against because of physical appearance and 4% had experienced discrimination because of their sexual orientation in the past year. However, 14% of students experienced racial discrimination, above the provincial rate of 12%.



# School & Work

## School Connectedness

Feeling connected to school is linked to better physical and emotional health and to reduced risk taking. In this area and consistent with the AHS provincial results, the majority of students reported liking school somewhat (65%). Females were more likely than males to like school very much (23% vs. 18%) yet males and females showed comparable levels of school connectedness. Students in Grade 7 felt more connected to school compared to students in later grades.

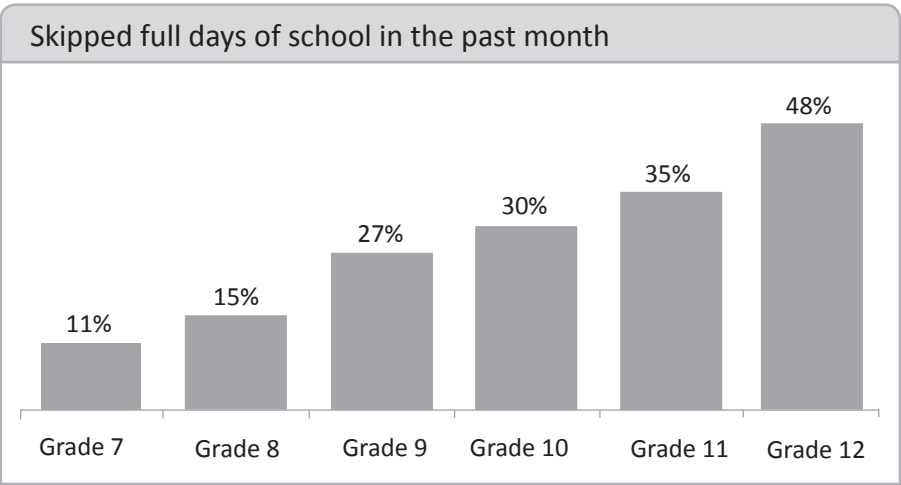
A total of 28% of students skipped at least one full day of school in the past month. Students in higher grades were more likely than students in younger grades to skip school.

Youth who skipped school in the past month felt less connected to school and had more trouble getting along with teachers and peers compared to students who did not skip school.

## Feeling Safe at School

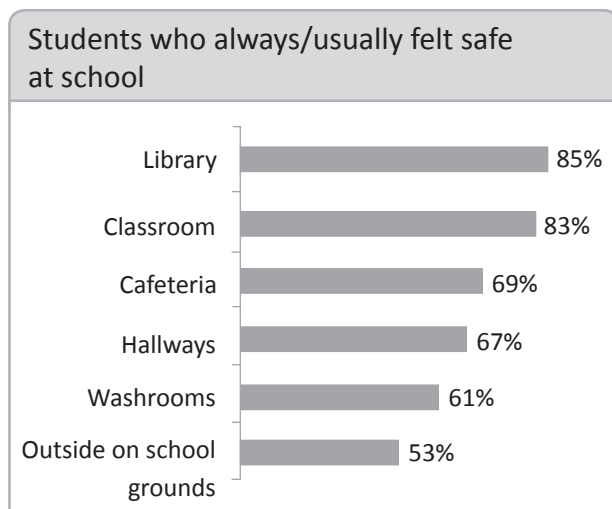
A total of 41% of students in this area reported always feeling safe at school, which was equal to the provincial rate. The sense of always feeling safe was predominantly highest among students in Grade 7 (49%) and Grade 12 (48%).

Students most commonly reported “always or usually” feeling safe in the library (85%) or classroom (83%). They were least likely to report “always or usually” feeling safe outside on school property during school hours (53%).



“ I think those with the deserving grades should get scholarships. It is unfair when just because there are too many people you loose an opportunity. Make more scholarships. ”

Eight percent of students had been physically attacked or assaulted while at school or travelling to or from school in the past year. Males were more likely than females to be physically attacked (10% vs. 6%), but females were more likely to be victims of relational aggression at school (i.e., excluded from social groups or ignored; 37% vs. 22%) and to be verbally harassed or teased (36% vs. 25%). Rates of school-based physical, verbal and relational aggression in this area were comparable to the provincial percentages.



## Weapon Carrying

Five percent of students carried a weapon to school in the past month (8% of males and 3% of females). Among those who carried a weapon, the majority (77%) carried a knife or razor.

## Academic Aspirations

The vast majority of students expected to finish high school; only 1% anticipated finishing their education before graduating from high school. A total of 60% expected to complete their education when they graduate from university, medical school, or law school; 20% when they graduate from community college or a technical institute; 6% once they complete high school; and 13% were not sure when they would complete their education.

## Work

A total of 38% of students worked at a paid job during the school year, which was lower than the provincial rate of 41%. Among students who worked, 27% worked less than 5 hours a week, 57% worked 5-19 hours and 17% worked 20 or more hours a week.

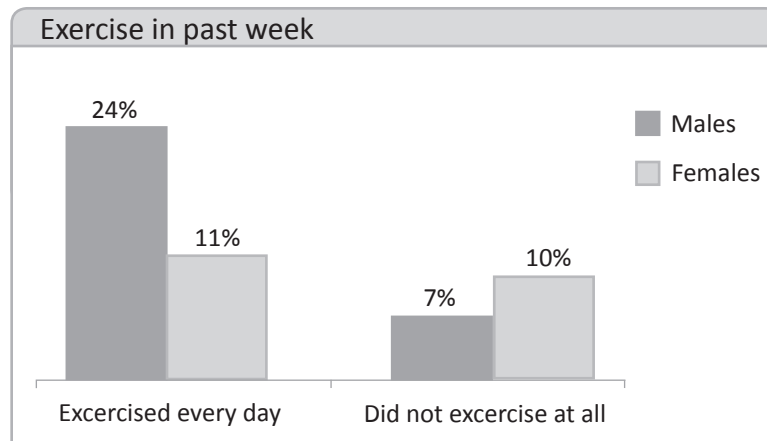
# Sport & Leisure Activities

## Exercise

Health Canada recommends that youth participate in a minimum of 90 minutes of physical activity every day. Yet, when asked how often they exercised for at least 20 minutes a day during the past week, only 24% of males and 11% of females exercised every day, while 7% of males and 10% of females did not exercise at all. These rates were similar to provincial rates. On average, youth in Grades 7 to 10 exercised more often than those in Grades 11 and 12.

## Extracurricular Activities

The majority of youth participated in extracurricular sports activities on a weekly basis: 60% of youth took part in sports activities with a coach (e.g., school teams, swimming lessons), and 69% participated in physical activities without a coach (e.g., biking, road hockey). While male and female youth were equally likely to participate weekly in sports activities with a coach, males were more likely to participate in sports without a coach and females were more likely to take part in dance/aerobic classes.



“*I am very active, I have physical education with school, soccer and lacrosse all in one day, 5-7 days a week. I love sports!*”

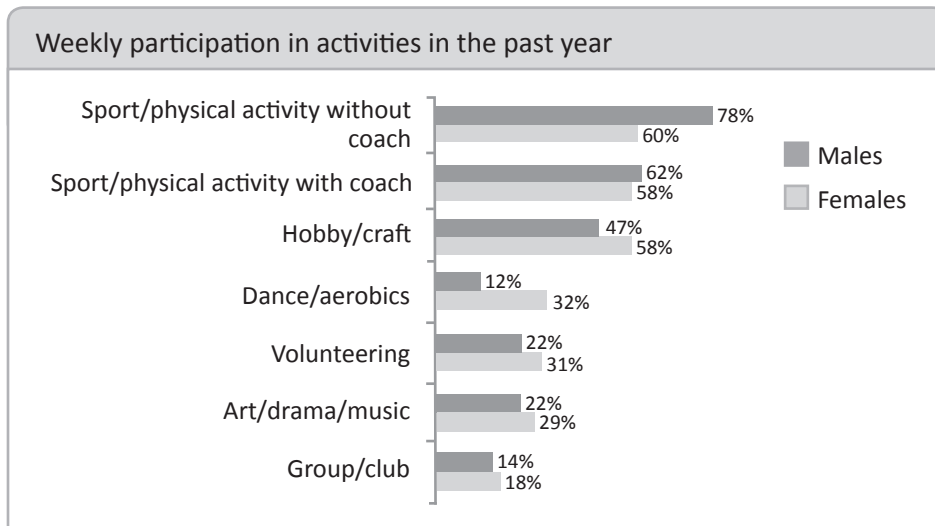
Weekly participation in extracurricular sports activities		
	Fraser South/ Fraser East 2008	BC 2008
With a coach	60%	59%
Without a coach	69%	69%
Note: Differences between Fraser South/Fraser East and provincial estimates were not statistically significant.		

In addition to participating in sports activities, youth engaged in a range of other activities outside of school hours. For example, in the past 12 months, 60% of youth did some form of volunteer work such as babysitting or helping a charity and 27% did this once a week or more. Other leisure activities youth participated in on a weekly basis included hobbies (53%), art (26%) and clubs (16%). Females were more likely than males to take part in art, hobbies, and volunteering. Participation rates for extra-curricular activities did not differ between this area and the province as a whole.

## Screen time

On an average school day, 93% of youth watched TV. Twenty-nine percent spent three or more hours watching TV on a typical school day, compared to 25% provincially. In this area there were no gender differences in TV watching.

On a typical school day, 90% of youth spent time on the Internet (excluding doing homework), 75% spent time on the phone or texting, and 63% played video games. Thirty percent of youth played on the Internet, 20% phoned or texted, and 15% played video



“The only reason I am watching tv for so long now is because of the Stanley cup Playoffs.”

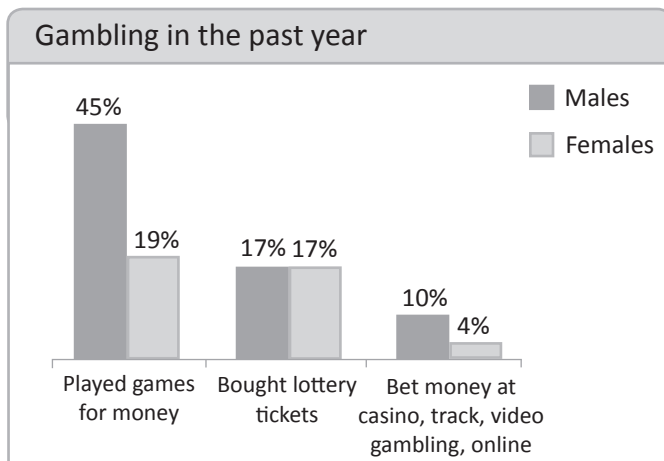
games, for three or more hours. Males were more likely than females to play video games for three or more hours a day (25% vs. 6%), but were less likely to spend three or more hours texting or talking on the phone (13% vs. 26%) or on the Internet (24% vs. 34%). Furthermore, among females, playing video games was more common in this area than the province as a whole.

## Gambling

Although it is often seen as a fun activity, gambling in BC is illegal for youth under 19 years of age. Some young people turn to gambling as a way to escape from their problems,

and it is often linked to risky behaviours such as alcohol use and smoking. Gambling at an early age also increases the risk of developing an adult gambling problem.

Forty percent of students reported gambling in the past year, comparable to the rate seen in the entire province. There was no gender difference in buying lottery tickets, but males were more likely than females to have played games for money and to have bet money at a casino, racetrack, on video games or on-line.



## 2010 Winter Olympics

When asked about the effect of the upcoming 2010 Olympics in BC, 45% said it had not affected them, 43% of youth said they had not thought about it, 10% said they had become more physically active, 7% felt they had more job prospects, and 6% reported they had more sports opportunities.

# Protective Factors

“*I’m a good guy, but I wish I knew how to get more involved in my community.*”

The survey included a number of questions that have been shown to reflect protective factors for youth. By looking at these protective factors we can point to areas of health promotion, education and awareness which can improve the lives of all youth, including the most vulnerable.

## Family and School Connectedness

Family connectedness includes youths’ feelings of closeness, caring, warmth, satisfaction and understanding toward their parents and family. School connectedness refers to students’ relationships with their teachers and their sense of belonging at school.

On average, students indicated relatively high connectedness to both family and school.

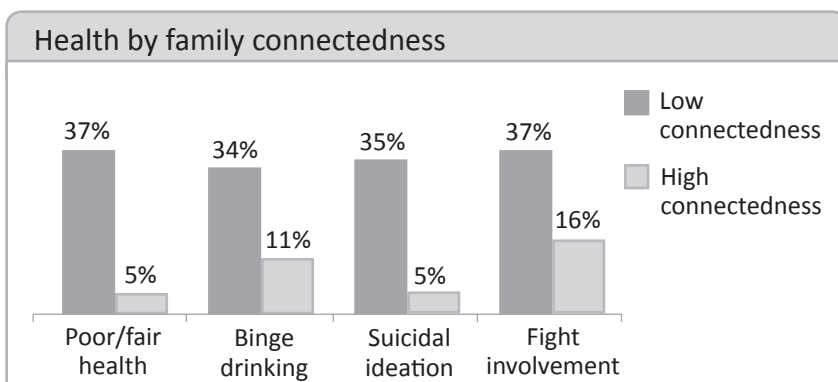
Family connectedness scores for this area were comparable to the province as a whole, whereas

school connectedness scores were, on average, higher in this area compared to the province. While male and female students in this area were equally connected to school, males were more highly connected to family than females.

## Cultural Connectedness

The 2008 AHS included items on ethnic or cultural connectedness which measured the extent to which youth made efforts to learn about their ethnic/cultural group and how strongly they belonged to or felt attached to their group.

Of the six issues pertaining to cultural connectedness, the one that received the most endorsement from youth was “I understand what my ethnic group means to me”, with



“ *I have amazing friends that would support me through anything.* ”

56% agreeing with the statement. Fewer youth agreed with other statements regarding learning about their ethnic group, feeling a strong sense of belonging or attachment to the group or participating in cultural practices. There were no gender differences in level of cultural connectedness. Youth in this area, however, scored higher on cultural connectedness than the province as a whole.

## Youth Engagement

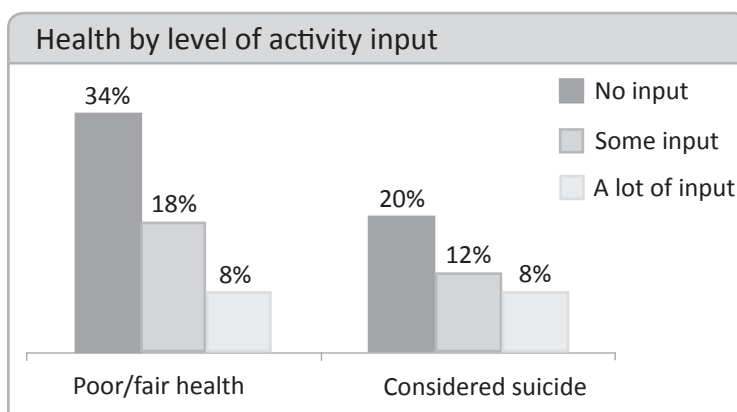
In addition to being asked about their involvement in extracurricular activities, youth were asked to rate how meaningful their activities were to them and how much they felt their ideas were listened to and acted upon in these activities. Youth in this area were engaged in

their activities to the same degree as those in the entire province.

Six to seven percent of youth reported that the activities they were involved in were not at all meaningful to them or that they had no input into these activities. On the other hand, 38% were involved in activities that were very meaningful to them and 16% felt that they had a lot of input into their activities.

## Positive Peer Relationships

Youth were asked whether their friends would be upset if they engaged in a number of behaviours including getting arrested, beating someone up or dropping out of school. For each situation, females were more likely than males to think their friends would be upset with them.



The overall level of prosocial peer attitudes did not differ between this area and the province in general. However, compared to BC as a whole, local students were more likely to think that their friends would be upset with them if they got drunk (39% vs. 35%); and females in this area were more likely to think their friends would be upset about a pregnancy (84% vs. 81%) or using marijuana (67% vs. 63%).

## The Value of Protective Factors

Results from provincial data depict the value of promoting protective factors. The table below indicates that the presence of protective factors was generally associated with lower rates of

poor/fair health, binge drinking, suicidal ideation, and fighting involvement compared to overall provincial rates. Similar associations were evident in the South Fraser/Fraser Valley area (see previous graphs on family connectedness and activity input).

## Building Resilience in Vulnerable Youth

Protective factors can reduce the likelihood of experiencing negative outcomes even for vulnerable youth. For example, a substantial number of youth in the Fraser South/Fraser East area reported being victimized or bullied at school and 16% of these youth had seriously consid-

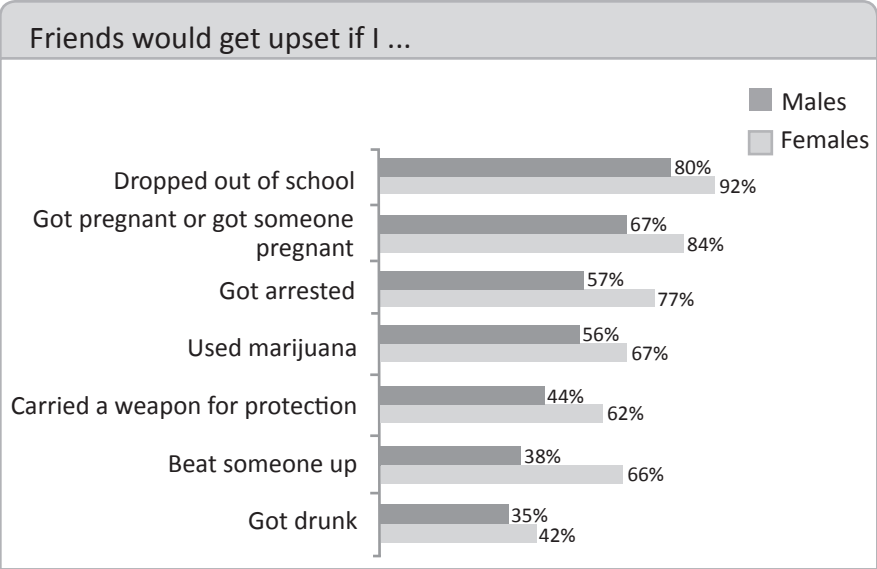
Protective factors and reduction of health risk behaviours for BC youth

Protective Factor	Poor/fair health	Binge drinking	Considered suicide in past year	Involved in fight
Highly connected to family	4%	14%	4%	15%
Highly connected to school	5%	11%	5%	12%
Highly connected to cultural/ethnic group	13%	18%	10% <sup>N/S</sup>	24% <sup>N/S</sup>
Involved in very meaningful activities	9%	23% <sup>N/S</sup>	9%	24% <sup>N/S</sup>
Have peers with more prosocial attitudes	13%	2%	8%	10%
<b>Overall Provincial Rate</b>	<b>16%</b>	<b>24%</b>	<b>12%</b>	<b>24%</b>
<sup>N/S</sup> Not significantly different from overall provincial rate.				

ered suicide in the past year. However, being connected to family or school, having input into their extracurricular activities and being involved in activities which were meaningful to them were each associated with a lower risk of suicidal ideation.

These findings show us that building protective factors can assist youth, even those who are vulnerable, to overcome negative experiences, can help young people to make healthier choices and can contribute to more positive health outcomes.

Even a small improvement in a protective factor, such as school or family connectedness, will improve outcomes for youth in many areas.



Protective factors	South Fraser/ Fraser Valley 2008	BC 2008
Family connectedness	7.9	7.9
School connectedness	7.0	6.8 <sup>†</sup>
Cultural connectedness	5.8	5.5 <sup>†</sup>
Youth engagement		
Meaningfulness of activities	7.3	7.2
Ideas listened to and acted upon	6.1	6.0
Prosocial peer attitudes about risk	6.2	6.0

Note: All protective factor scores range from 0 to 10, with a higher score indicating higher levels of the protective factor.

<sup>†</sup> Difference between Fraser South/Fraser East and provincial estimates was statistically significant.

# Acknowledgements

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## AHS IV Inter-Ministerial Advisory Committee

### Kelly Acker

Policy Advisor, Ministry of Community Services

### Jayne Barker

Ministry of Children and Family Development (MCFD)

### Jennifer Donison

Aboriginal Regional Support Services Team, Quality Assurance Analyst, MCFD

### Ron Duffell

Executive Director, Act Now BC

### Les Foster

University of Victoria/Contractor Ministry of Health

### John Green

Youth Services Consultant, MCFD

### Jamie Lipp

Community Justice, Ministry of Public Safety and Solicitor General

### Alex Mann

Policy and Research Analyst, Ministry of Education

### Steve Morgan

Child and Youth Mental health Consultant, MCFD

### Paul Mulholland

Youth Services Consultant, MCFD

### Wayne Mitic

A/Manager, Chronic Disease Prevention, Ministry of Health

### Phil Schwartz

Director, MCFD

### Wayne Wei

Performance Management Analyst, MCFD

### Michelle Wong

Contractor, MCFD

## AHS IV Institute

### Kelly Acker

Senior's and Women's Partnerships, Ministry of Community Services

### Tim Agg

McCreary Centre Society Board/PLEA

### Marika Albert

McCreary Centre Society

### Tanya Bemis

Healthy Living/Chronic Disease Prevention, Ministry of Health

### Dr. William Boyce

Faculties of Education and Health Science, Queen's University

### Jennifer Cameron

McCreary Centre Society

### Anne Carten

Children and Youth Health, Vancouver Coastal Health

### Kathy Cassels

Directorate of Agencies for School Health BC

### Dr. Susan Clark

Educational Psychology, UBC

### Dr. David Cox

Department of Psychology, SFU

### Sarah Day

McCreary Centre Society

### Jennifer Donison

Aboriginal Regional Support Services Team, Province of BC

### Dulcie Fernandes

Child and Youth Officer for BC, Ministry of Attorney General

### Annette Glover

BC School Trustees Association

### Dr. Rita Green

Statistics Canada

### Elaine Jones

Division of STI/HIV Prevention and Control, BC Centre for Disease Control

### Pamela Joshi

BC Injury Research and Prevention Unit, Children's and Women's Health Centre of BC

### Sherry Kelly

Interior Health

### Dr. Marvin Krank

Graduate Studies – UBC Okanagan

### Alison Liebel

McCreary Centre Society

### Jaimie Lipp

Victim Services and Community Programs Division, Ministry of Public Safety and Solicitor General

### Dr. Nadine Loewen

Fraser Health

### Dr. Laura MacKay

SFU

### Dr. Roey Malleson

Division of Adolescent Health, Children's and Women's Health Centre of BC

### Sydney Massey

BC Dairy Foundation

### Lauranne Matheson

Division of Childhood and Adolescence, Public Health Agency of Canada

### Pat Mauch

McCreary Centre Society Board

### Megan McLarnon

Department of Psychology, UBC

### Bruce Mills

Healthy Schools Network, Ministry of Education

### Steve Morgan

Child and Youth Mental Health Team, MCFD

### Paul Mulholland

Youth Services Policy Team, MCFD

### Melissa Northcott

McCreary Centre Society

### Dr. Colleen Poon

McCreary Centre Society

### Kathy Powelson

McCreary Centre Society

### Maureen Rowlands

Health Promotion, Heart and Stroke Foundation of BC and Yukon

### David Sadler

McCreary Centre Society

### Dr. Elizabeth Saewyc

McCreary Centre Society/UBC School of Nursing

### Annie Smith

McCreary Centre Society

### Cathy Still

McCreary Centre Society Board

### Dr. Tim Stockwell

Centre for Addictions Research of BC, UVic

### Dr. Roger Tonkin

McCreary Centre Society Founder

### Wayne Wei

Accountability and Project Management Branch, MCFD

### Cathy Whitehead

Vancouver Island Health Authority

### Karen Wonders

Northern Interior Health Unit

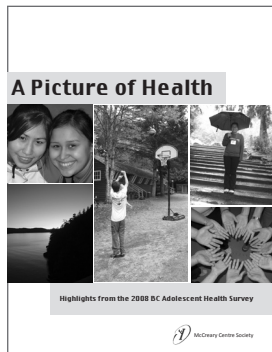


## Fraser South/Fraser East Regional Coordinators and Administrators

Alicia Birch	Amanda Clifford	Bobbi Naylor
Carla Kraft	Beth Clifford	Vikki Oppel
Donna Martyniuk	Karin Congo	Sharon Pready
Pam McIntee	Jackie Dekens	Heidi Ryan
Judi Mussenden	Linda Foord	Yvette Sabo
Pauline Pigeau	Doris Fraczek	Lisa Samms Maxwell
Kim Roberts	Navi Ghuman	Caroline Schultz
Anup Samra	Sandeep Grewal	Karen Scott
Pat Shelby	Nan Huth	Jo-Ann Steed
Cathy Stewart	Sandy Jambhekar	S. Stockdale
Mona Taylor	Parm Johal-Thiara	Heather Thur
Loa Vandenberg	Therese MacDonald	Maureen Turner
Katherine Bartel	Dania Mechan	Jennifer Watt
Sandra Bordignon	Barbara Metcalf	Debbie Wickstrom
Corina Cecchi	Kerrin Miller	Frances White
Ed Chow	Barbara Moritz	Sharon Williams
		Wendy Wilson

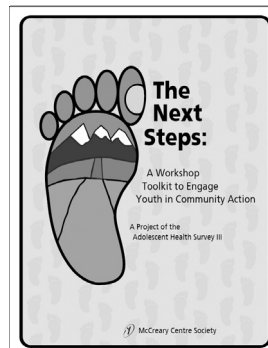
# McCreary Resources

For any of these, or other materials by the McCreary Centre Society, visit our website [www.mcs.bc.ca](http://www.mcs.bc.ca).



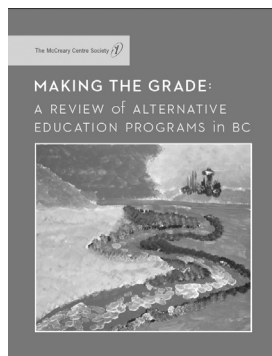
## ***A Picture of Health: Highlights from the 2008 Adolescent Health Survey (2009)***

Over 29,000 students in grades 7-12 across the province participated in the Adolescent Health Survey. It is the largest survey of its kind in Canada and provides valuable health status and risk behaviours of BC adolescents.



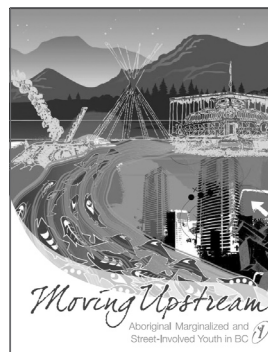
## ***The Next Steps: A workshop toolkit to engage youth in community action (2005)***

The Next Steps is a workshop series that provides youth, along with supportive adults, an opportunity to: discuss the results of the Adolescent Health Survey; identify priority issues; and plan projects for improving the health of youth in their communities.



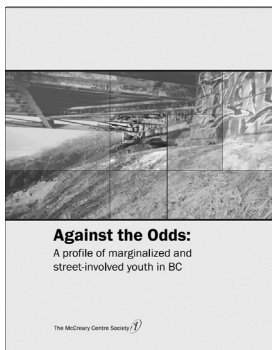
## ***Making the Grade: A review of alternative education programs in BC (2008)***

A review of alternative education programs in BC, involving youth attending alternative education programs for "at-risk" and "high risk" youth across the province, and adult stakeholders. The review documents the positive impact of these programs for youth.



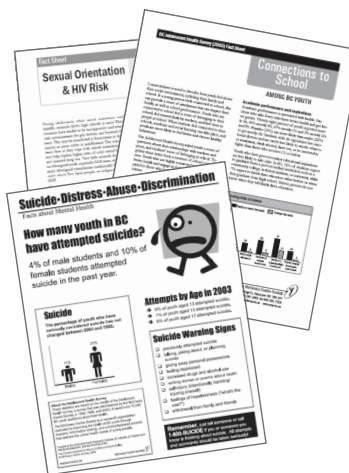
## ***Moving Upstream: Aboriginal marginalized and street-involved youth in BC (2008)***

This report analyzes the experiences in nine BC communities of homeless, inadequately housed, street-involved and marginalized Aboriginal youth. The report is a further analysis of McCreary's Marginalized and Street-Involved Youth Survey.



## ***Against the Odds: A profile of marginalized and street-involved youth in BC (2007)***

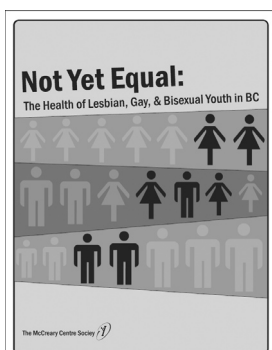
The lives of marginalized and street-involved youth are complex and filled with challenges, dangers and opportunities. This report summarizes the results of surveys with marginalized youth in the North, Interior, Fraser Valley, Vancouver Island and Vancouver.



## ***Fact Sheets***

Fact Sheets offer research results on a variety of topics using the most recent Adolescent Health Survey data. Fact Sheets include:

- Sexual behaviour & sexuality
- Connections to school
- Safety and violence
- Harassment & discrimination
- Emotional health
- Injuries



## ***Not Yet Equal: The health of lesbian, gay & bisexual youth in BC (2007)***

This report takes a closer look at the health of LGB youth, their life experiences and risk behaviours across the first three AHS surveys. It reveals both hopeful and worrying trends.







**McCreary Centre Society**

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