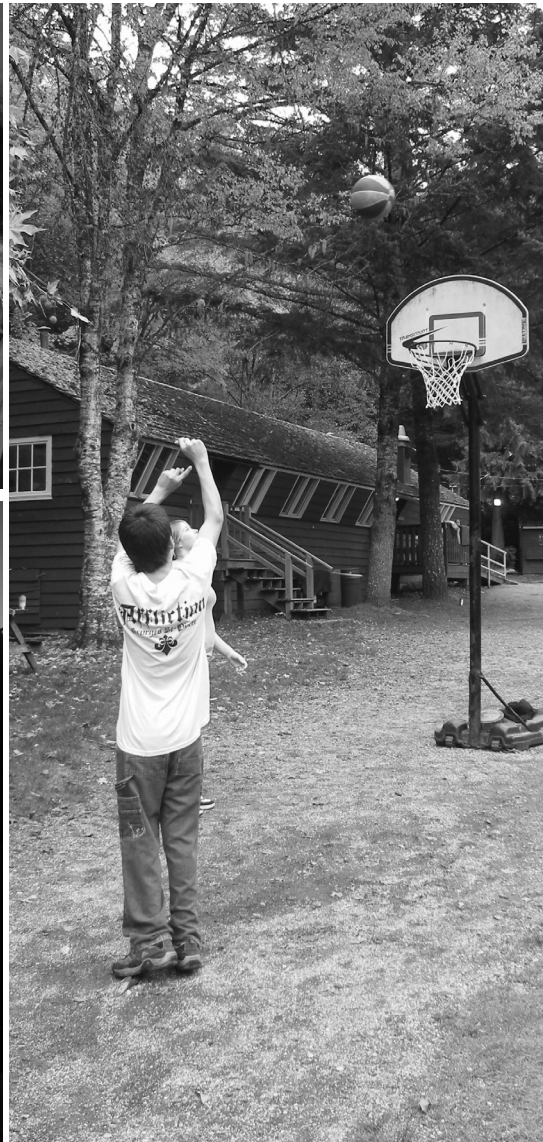


A Picture of Health



North Vancouver Island
Results of the 2008 British Columbia Adolescent Health Survey

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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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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.

North Vancouver Island is one 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.

The North Vancouver Island area is located in the Vancouver Island Health Authority region.

School Districts included in the North Vancouver Island area are:

Campbell River (SD 72), Vancouver Island West (SD 84), Vancouver Island North (SD 85), Comox Valley (SD 71). All school districts in this area participated in the survey.

North Vancouver Island 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.

North Vancouver Island- 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 youth across the province, 84% of youth in North Vancouver Island reported that their health was good or excellent. More males than females rated their health as excellent (37% vs. 22%).
- Thirty two percent of students in this area were injured seriously enough to need medical attention. The most common location for getting injured was at a sports facility or field (35%).
- In the past year, 15% of local youth did not get medical help when they felt they needed it. Among these youth, the most common reason for not accessing care was thinking or hoping the problem would go away (55%).
- For many sports and exercise activities, participation rates did not differ between this area and the province as a whole. However, female youth in this area were more likely than those in the entire province to participate weekly in non-coached sports activities (66% vs. 60%) and dance or aerobic classes (36% vs. 31%). Additionally, 77% of students rode a bicycle in the past year, compared to the provincial rate of 71%.
- Among youth who were a healthy weight, 53% of females were trying to lose weight and 30% of males were trying to gain weight.
- The majority of youth in this area reported high self-esteem; they felt good about themselves (85%) and their abilities (91%), they had much to be proud of (76%) and felt that their life was useful (85%).
- Seven percent of students attempted suicide in the past year, which was higher than the provincial rate (5%). Also 16% of youth had a close friend who attempted suicide in the past year. Students with a family member or close friend who had attempted or committed suicide in the past year were over five times more likely to attempt suicide themselves, compared to students without these risk factors (22% vs. 4%).
- Students in this area were more likely than those across the province to have tried alcohol, marijuana or tobacco. They were also more likely to have driven after using alcohol or marijuana (14% vs. 10%).
- The majority of youth reported never having had sexual intercourse (70%). Rates of sexual intercourse and oral sex were higher

than those across the province but rates of condom use, STI's and pregnancy were comparable.

- In total, 24% of students had experienced either physical or sexual abuse and 7% had experienced both types of abuse. Abuse rates were higher than those across the province as a whole.
- Above the provincial rate of 13%, 16% of students in this area (24% of females and 7% of males) had been in contact with someone on the Internet who made them feel unsafe.
- Building protective factors can assist even the most vulnerable youth to overcome negative experiences and can contribute to more positive health outcomes. For example, among youth in the North Vancouver Island area who were victimized or bullied at school, being connected to their family, school or cultural group and being engaged in their extracurricular activities were each associated with a lower risk of suicidal ideation.

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-impacting 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.

One school district participated in the survey, which did not participate in 2003. Two school districts made changes to their consent procedures for participation from 2003. This may have affected the results. For example, in school districts across the province where youth required parental consent to participate, students were less likely to report ever having had sex (19% vs. 25%). These changes mean that trends in youth health cannot be presented for this area. However, the report included all the school districts in the area and therefore offers a comprehensive current picture of youth health.

A methodology fact sheet for the survey is available at 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 local HSDA unless otherwise stated.

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 2003 and 2008 HSDA estimates was statistically significant.

† Indicates that the difference between 2008 HSDA and provincial estimates was statistically significant.

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

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

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-Pitt Meadows	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

North Vancouver Island Youth: Their Home & Family

Background

Students in this area (the North Vancouver Island HSDA) identified with a broad range of ethnic and cultural backgrounds. Students most commonly indicated being of European heritage (66%), which was above the provincial rate (54%). The second most common cultural identity in this area was Aboriginal (18%).

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

Ethnic or cultural background

European	66%
Aboriginal/First Nations	18%
East Asian	4%
Latin/South/Central American	3%
Southeast Asian	2%
African	2%
Australian/Pacific Islander	2%
South Asian	2%
Other (excluding Canadian)	2%
Don't know	18%

Note: Youth could choose more than one response.

New Canadians

Four percent of students in this area were born outside of Canada, which was below the provincial rate of 18%. One percent of students had lived in Canada between 2 and 5 years and another 1% had lived here for less than two years.

Spoke a language other than English at home

Never	71%
Sometimes	25%
Most of the time	4%

First Nations

Among the 18% of students who reported Aboriginal heritage, 36% had First Nations status, 33% were Aboriginal but did not have First Nations status, and 22% were Metis.

Seventeen percent of Aboriginal students currently lived on a reserve, and 30% had lived on

a reserve at some point in their life (5% for less than a year, 9% for a few years, and 16% for most of their life).

Sexual Orientation

Eighty-six percent of students identified as heterosexual, 7% as mostly heterosexual, 4% as bisexual or gay/lesbian and 4% were unsure.

Spirituality

Sixty-one percent of students reported that they were not at all religious or spiritual. The remainder were either somewhat (32%) or very much (7%) religious or spiritual.

Home

Living Situation

Students in this area reported a number of different living situations. However, the majority of youth lived with their mother (87%) and/or father (64%) most of the time; 17% lived with both parents but at different times.

For most students, at least one parent was at home with them every day during the past five school days when they woke up in the morning (79%) and went to bed at night (82%). However, 6% 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.

Unstable Home Life

A total of 5% of students had lived in government care at some point in their lives, meaning they had lived in a foster home or group

Who youth lived with <u>most</u> of the time (Youth could mark all that apply)	
Mother	87%
Father	64%
Stepfather	9%
Other adults related to me	5%
Stepmother	3%
Other adults not related to me	2%
Do not live with any adults	1%

home, or had been on a youth agreement. This rate was higher than the provincial percentage (3%). One percent of youth were in care in the last year, which was the same as the provincial rate.

Eleven percent of students (13% of females, 8% of males) ran away from home in the past year, which was comparable to the provincial rate. These students were more likely than those who had not run away to have experienced extreme stress (44% vs. 13%) and despair (22% vs. 4%) and to have attempted suicide in the last 12 months (32% vs. 4%).

Frequently moving house can negatively impact young people’s health. Sixteen percent of youth moved once in the past year, 5% moved twice, and 6% moved three or more times. Students who moved in the past year

“*Moving and changing schools has made me really stressed and sad.*”

were more likely than students who did not move to experience extreme stress (22% vs. 14%) and despair (10% vs. 5%) and to have attempted suicide in the past 12 months (11% vs. 6%).

Family

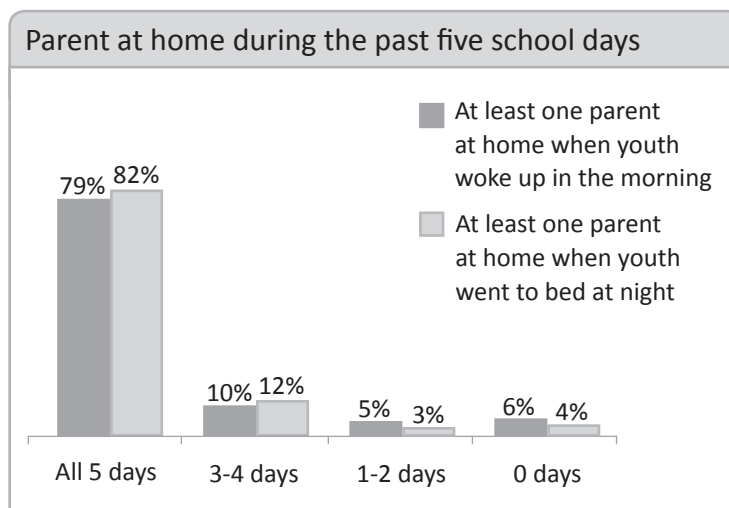
Family Connectedness

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 was generally unrelated to age, unlike in the province as a whole where connectedness was higher for 12- and 13-year-olds than for students aged 14 to 18.

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. Females were less connected than males to both their mother and father figures. Both males and females felt more connected to their mothers than to their fathers.

Students who had one caregiver at home when they woke up in the morning, when they ate their evening meal, or when they went to bed at night on most 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.

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.

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 went to bed hungry (87%),

did not share a bedroom (93%), had travelled on holiday with their family in the past year (75%), and that their family currently owned a computer (98%).

Virtually no youth in this area reported all four indicators of poverty (i.e., always going to bed hungry, sharing a bedroom, their family not owning a computer, and not having a family holiday in the past year).

Eleven percent of youth experienced hunger some of the time and 3% went to bed hungry often or always. Hunger can affect 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 (37% vs. 13%), to have considered suicide in the past year (33% vs. 11%) and to have attempted suicide in the past 12 months (18% vs. 5%).

Family poverty affected youths' ability to participate in extra-curricular activities. For example, youth who went to bed hungry were less likely than their peers to engage in sports such as biking, skateboarding, roller blading, etc.

Physical Health

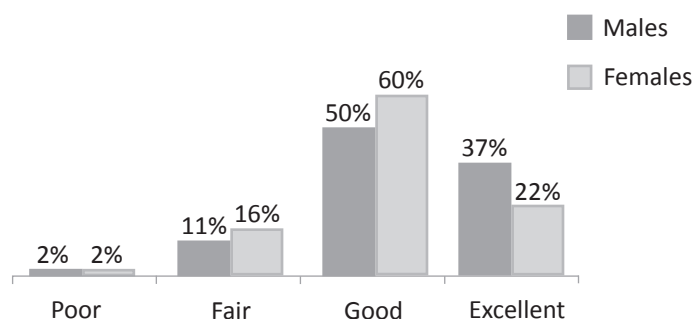
Eighty-four percent of youth in this area reported that their health was good or excellent. More males than females rated their health as excellent (37% vs. 22%). Ratings of health were similar between this area and the province as a whole. Males were less likely than females to report that they had physical complaints ‘a lot’ such as headaches (16% vs. 27%), stomach-aches (9% vs. 21%) or back-aches (18% vs. 25%) in the past six months.

Eleven percent of students in this area reported a debilitating health condition or disability. The most common condition was a long-term illness (such as diabetes or asthma) experienced by 6% of youth. Among youth with a health condition or disability, 28% took daily medication and 10% missed a lot of school due to their condition.

Accessing Medical Care

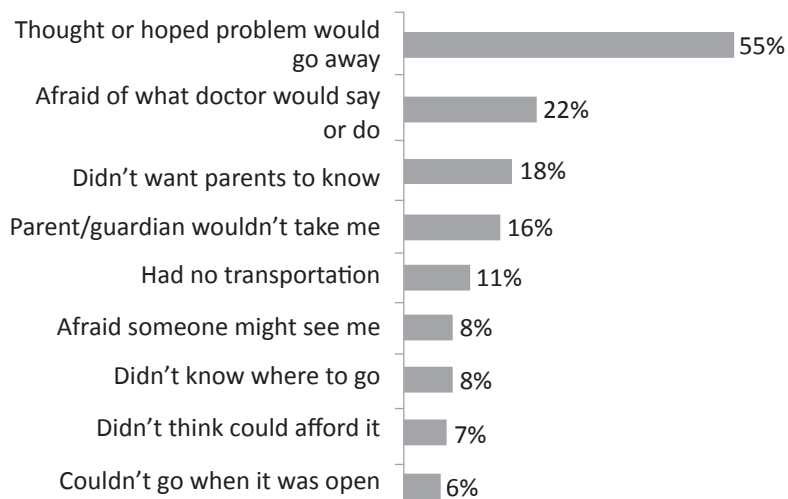
In the past year, 15% of youth did not get medical help when they felt they needed it, which was higher than the provincial rate of 13%. Among those youth who did not access needed medical care, the most common reason was thinking or hoping the problem would go away (55%). There were no gender differences in reasons for not seeking care.

Self-reported health status



Note: The gender differences for poor and fair health were not statistically significant.

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



Injuries

“When I get injured the last thing I do is go to the hospital.”

Injuries are one of the most common health hazards facing BC youth. In the past year, 32% of students in this area were injured seriously enough to need medical attention. This percentage was higher than the provincial rate of 29%. Males were more likely than females to have been seriously injured (40% vs. 26%).

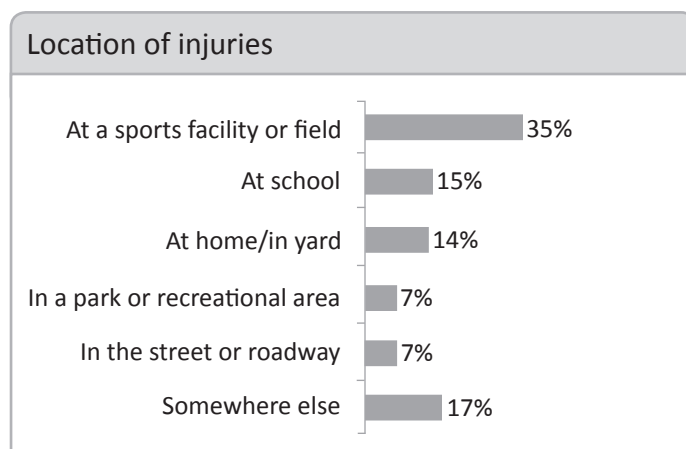
The most common location for getting injured was at a sports facility or field (35%). Fifteen percent of injuries were at school, and 14% were at home. There were no gender differences in location of injuries.

Most injuries occurred while students were playing or training for sports or doing other

recreational activities (51%). Nine percent occurred when students were snowboarding or skiing (above the 6% provincial rate), and 6% took place during relatively low-risk behaviours (such as walking or cooking). Similar to the provincial rate, 5% of students were injured in a motor vehicle.

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



Seventy-seven percent of students rode a bicycle in the past year, which was above the provincial rate (71%). Among these students, 26% always wore a bike helmet and 36% never wore one (comparable to the provincial rates). As students got older, they were more likely to never wear a helmet. There were no gender differences in seatbelt use or helmet use.

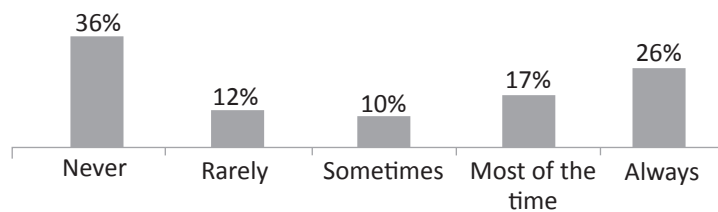


Driving and Substance Use

Motor vehicle accidents are the leading cause of death among BC youth. In this area, 14% of youth had driven after using alcohol or marijuana, which was above the provincial rate of 10%.

Similar to the provincial rate, 8% of students had ever driven after using alcohol, and 5% had done so in the past month. In the past month, 21% of students had been a passenger in a vehicle with a driver who had been drinking.

Helmet use among youth who cycled in the past year



Nutrition

“*I try to eat healthy.*”

The majority of youth reported consuming water, dairy, and fruits and vegetables on the day before they took the survey, but also sweets (cookies, cake, etc.). Males were more likely than females to have had dairy (60% vs. 49%), fast food such as pizza, hot dogs, chips and fries (15% vs. 8%), pop (17% vs. 8%), and energy drinks (7% 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, 8% of youth in this area reported eating no fruits or vegetables on the day before they completed the survey and 18% had had only one serving. At least

49% of youth (similar to the provincial rate) fell short of the recommended daily portions of fruits and vegetables.

Fifty-one percent of youth always ate breakfast on school days, while 15% never ate breakfast. These rates did not differ between male and female students and were similar between this area and the province as a whole.

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

What youth ate and drank yesterday

	No	Yes (once)	Yes (twice or more)
Water	7%	22%	72%
Milk, cheese, yogurt	9%	37%	54%
Fruit	15%	43%	42%
Green salad or vegetables	23%	47%	30%
Cookies, cake, donuts, chocolate bars	35%	48%	16%
Pizza, hot dogs, potato chips, French fries	50%	39%	11%
Pop/soda	58%	30%	12%
Hot or cold coffee or coffee-based drinks	70%	21%	10%
Energy drinks	85%	11%	4%

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

Canada's Food Guide recommends female youth ages 14-18 have 7 servings of fruit and vegetables daily and male youth have 8.

Weight & Body Image

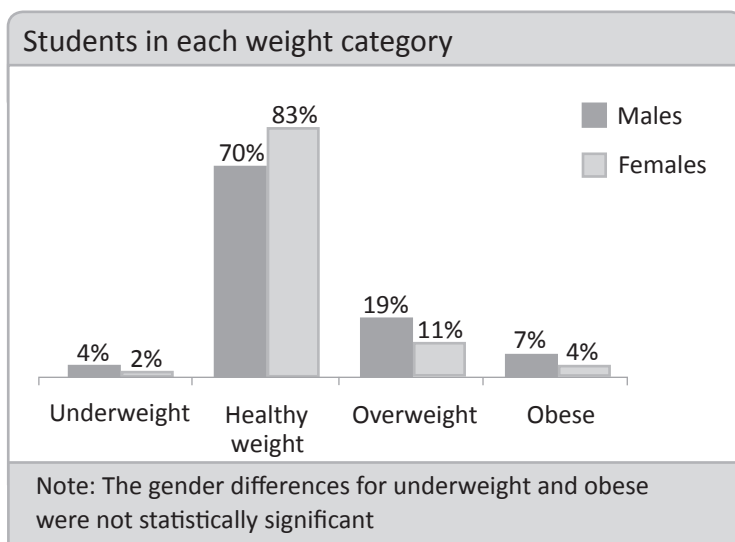
“*I used to be rather skinny and fit but when I moved away from friends and family, I gained 80 pounds.*”

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, 77% of students were considered to be a healthy weight for their age and gender, while 3% were underweight, 15% overweight and 5% obese.

Males were more likely than females to be overweight. Compared to the province as a whole, youth in this area were less likely to be underweight and more likely to be obese.

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. In addition, obese youth were more likely than healthy weight youth to report no exercise in the past week (16% vs. 6%) and to have spent three or more hours on an average school day playing video games (31%* vs. 15%).



Body Image

Similar to provincial rates, 20% of males rated themselves as very satisfied with their body image, compared to only 10% of females. The majority of youth (66%) felt they were about the right weight.

Looking at youth whose BMI indicated they were a healthy weight, 30% stated they were not trying to do anything about their weight and 21% were trying to stay the same weight. However, 53% of healthy weight females were trying to lose weight and 30% 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.

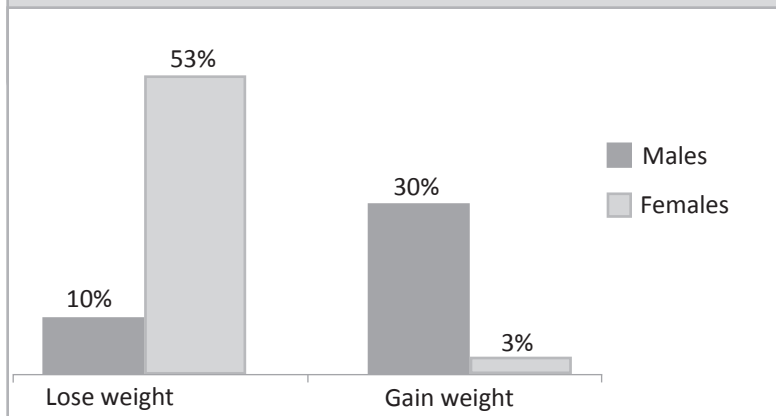
BMI weight categories

	North Vancouver Island 2008	BC 2008
Underweight	3%	5% [†]
Healthy Weight	77%	78%
Overweight	15%	13%
Obese	5%	4% [†]

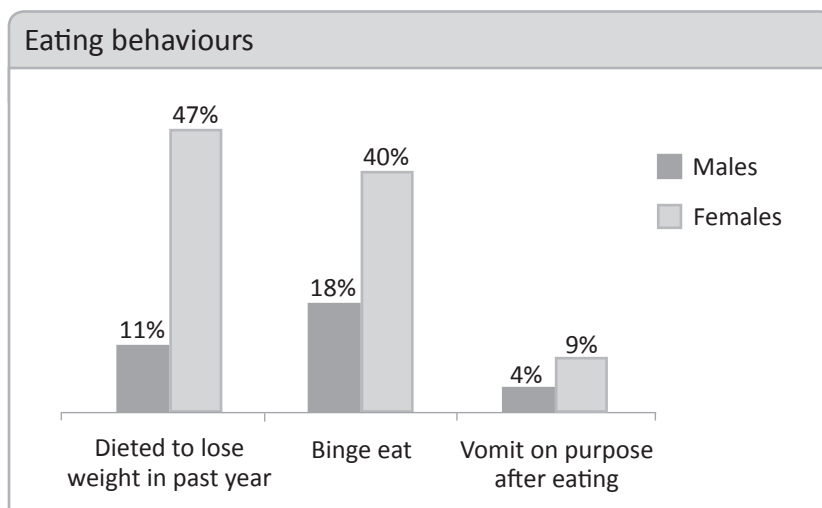
[†] Difference between 2008 North Vancouver Island and provincial estimates was statistically significant.

“*I feel fat. All my friends tell me I’m not.*”

Healthy weight youth trying to lose or gain weight



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. While the rates of binge eating and purging did not differ between this area and the province as a whole, male youth in this area were less likely to have dieted compared to those in the entire province (11% vs. 15%).



Mental & Emotional Health

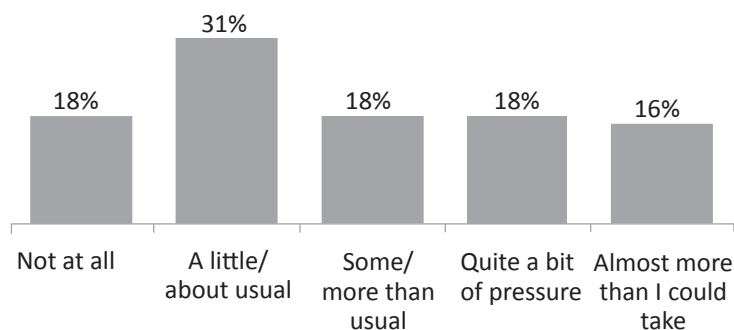
Adolescence is an important time for mental and emotional development. As youth mature, they have increased abilities to think about abstract ideas and are more aware of their emotions. However, it can also be a time when mental health problems first emerge.

“*I am generally a happy healthy person.*”

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 (85%) and their abilities (91%), they had much to be proud of (76%) and felt that their life was useful (85%). Fifty-six percent of youth agreed or mostly agreed with all seven of the self-esteem questions on the survey, which was comparable to the provincial rate.

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

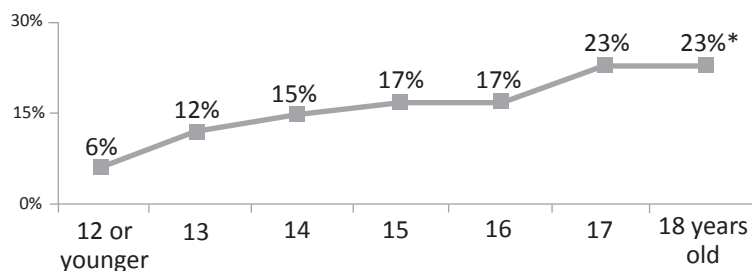


Stress

More than 82% of youth reported feeling some stress or pressure in the past 30 days, and 16% of students indicated that the stress in their lives was almost more than they could take.

Females were more likely than males to report extreme levels of stress in the past month to the point that they could not work or function effectively (21% vs. 11%). Also, older students were more likely than younger students to

Extreme stress by age



report extreme stress, which was consistent with the provincial findings.

Despair

Six percent of students indicated feeling so much despair (feeling sad, discouraged or hopeless) that they wondered if anything was worthwhile and had difficulty functioning properly. Females were more likely than males to report this level of extreme despair in the past month (8% vs. 4%). These results were consistent with the provincial findings.

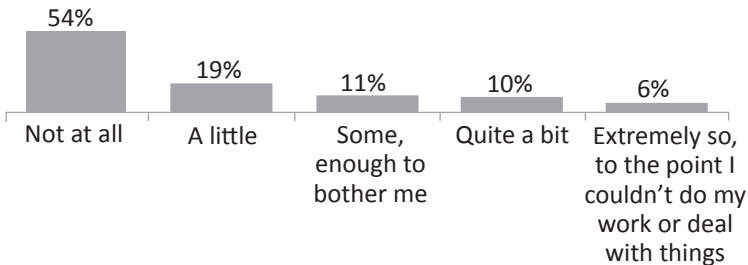
Self Harm

Sometimes youth will hurt themselves as a way of coping with stress and pain in their lives. In this area, 28% of female students and 13% of males indicated cutting or injuring themselves on purpose without trying to kill themselves at some point in their lifetime, with 12% doing so once or twice, and 9% doing so three or more times.

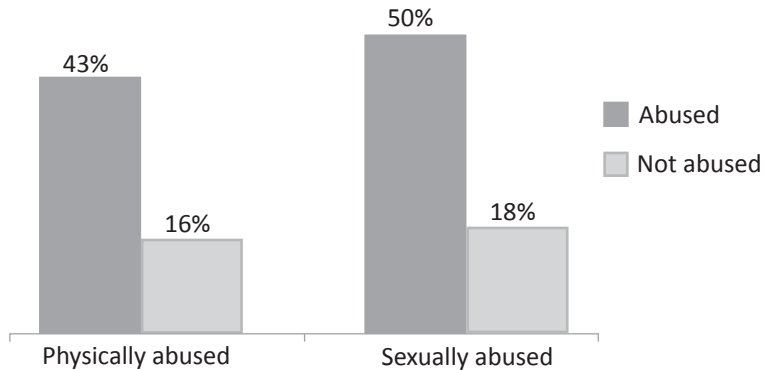
Students who had been physically abused or sexually abused were more likely to self-harm than students with no abuse history. Also, youth who had ever used alcohol or marijuana were more likely to self-harm compared to youth who never used these substances.

“ I think that extreme stress has maybe made my health a bit worse: headaches etc. ”

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



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, 13% of students reported seriously considering suicide in the past year, which was similar to the provincial rate.

Seven percent of students attempted suicide in the past year, which was higher than the provincial rate (5%). Males and females reported comparable rates, unlike in the province as a whole where females were more likely than males to have attempted suicide.

Among youth who attempted suicide in the past year, 32% 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. In this area, 21% of youth reported that a family member had tried to commit suicide, with 6% doing so in the past year which was comparable to the provincial rate of 4%. Also, 29% of youth had a close friend who attempted suicide, with 16% doing so in the past year which was higher than the provincial percentage of 12%.

Students with a family member or close friend who had attempted or committed suicide in the past year were over five times more likely to attempt suicide themselves, compared to students without these risk factors (22% vs. 4%). Suicide attempts were also more likely among students who had ever been physically abused (21% vs. 4%) or sexually abused (27% vs. 5%) compared to students who had never been abused.

Aboriginal youth were three times more likely than non-Aboriginal youth to have attempted suicide in the past year (15% vs. 5%). Lesbian, gay and bisexual youth*, and youth with a health condition or disability, were also at greater risk for attempting suicide.

Also, youth who had ever used alcohol or marijuana 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 (75%) or from adults outside their family (60%) if they were faced with a serious problem.

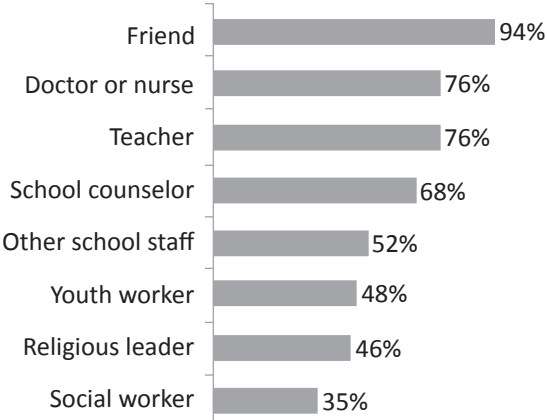
Students reported approaching a variety of professionals for help in the past year, including teachers (42%), doctors or nurses (30%),

school counselors (27%), other school staff (18%), youth workers (16%), religious leaders (14%), and social workers (13%). In addition to turning to adults for help, most students (78%) asked their friends for assistance. Students who sought support in the past year generally reported finding the assistance of both friends and professionals helpful.

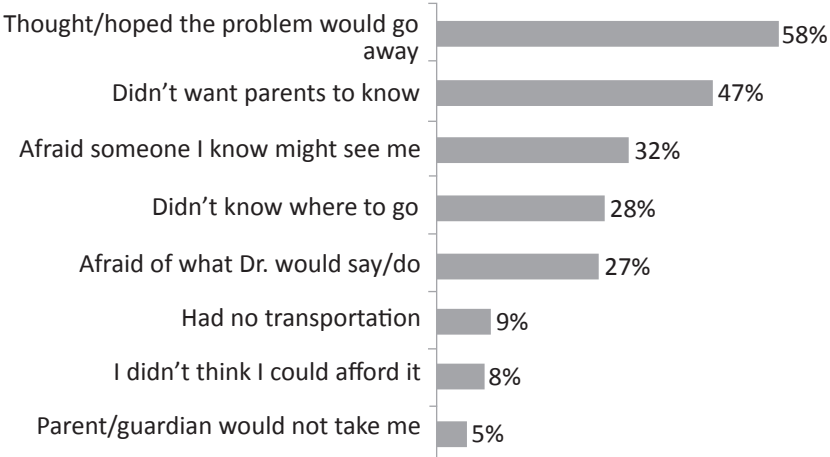
Accessing Mental Health Services

When asked specifically about accessing mental health services in the past year, 20% 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 the problem would go away (58%) and students not wanting their parents to know (47%).

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

“*I think tobacco should be cut, gone, finitoe from the world.*”

Thirty-two percent of students in this area had ever tried smoking, which was above the provincial rate of 26%. Males and females were equally likely to have tried smoking.

Among students who smoked, local youth tended to start smoking earlier than youth in the entire province. Twelve percent had their first cigarette when they were 9 or 10 years old (compared to 7% provincially), whereas only 23% waited until they were 15 or 16 years old (compared to 31% provincially).

Less than half (46%) of students who had tried smoking had smoked in the past month. Those who did smoke most commonly smoked all 30 days (14% of all students who had tried smoking).

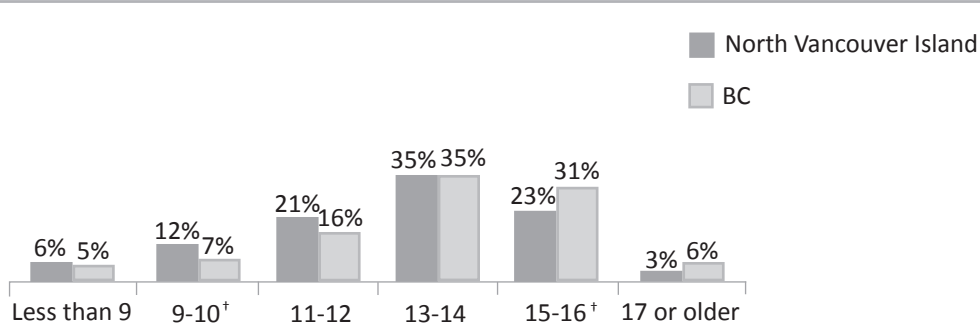
Four percent of young people had used chewing tobacco in the past month (7% of males vs. 1% of females). This rate was similar to that for the province as a whole.

Second-hand Smoke

Thirty-six percent of students in this area had been exposed to smoke inside their home or vehicle, which was above the provincial rate (28%). Sixteen percent of youth were exposed to smoke in their home or car almost every day.

“*My dad smokes a lot. I always sit next to him so sometimes it's hard to breathe.*”

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



[†] Indicates that the difference between North Vancouver Island and provincial estimates was statistically significant.

Substance Use

Alcohol

Sixty-three percent of youth had tried more than just a few sips of alcohol. This was higher 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%). The most common age to first try alcohol was 13 or 14 years old, when 43% of students who drank had their first drink.

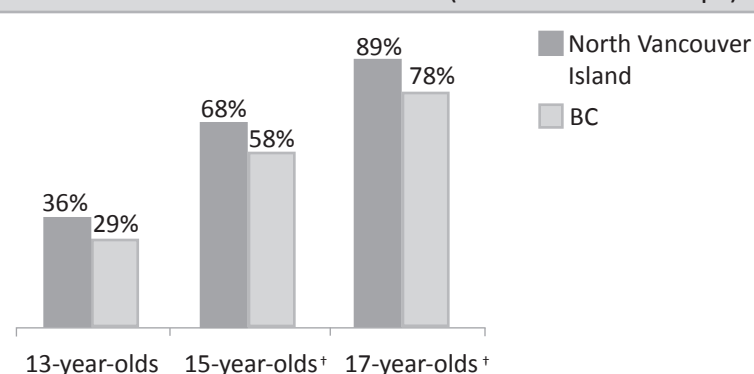
Among students who drank in the past year, 12% had only a sip, 36% drank once a month or less, and 26% drank two or three times a month.

Thirty-two percent of students who had tried alcohol did not drink at all in the past month and a third (33%) drank on one or two days in the previous month.

Binge drinking

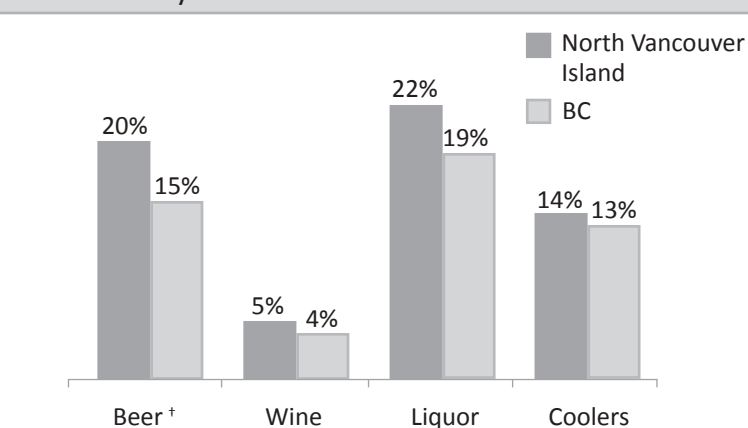
Binge drinking is defined in the AHS as having five or more drinks within a couple of hours. Similar to the province as a whole, 48% of local students who had tried alcohol binge drank in the past month. Males and females were equally likely to binge drink. Three percent of students who had tried alcohol binge drank on ten or more days in the previous month.

Students who ever drank alcohol (other than a few sips)



[†] Indicates that the difference between North Vancouver Island and provincial estimates was statistically significant.

Rates of different types of alcohol consumed last Saturday



[†] Indicates that the difference between North Vancouver Island and provincial estimates was statistically significant.

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.

Thirty percent of students in this area drank alcohol last Saturday, which was higher than the provincial rate of 26%. There were no gender differences among those who consumed beer, wine and liquor but females were more likely to have drunk coolers last Saturday (19% vs. 8%).

Marijuana

In this area, 41% of male and female students had tried marijuana, which was higher than the provincial rate (30%).

Among students who had tried marijuana, 8% 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%).

Sixty percent of those who had tried marijuana used it in the past month and 17% used it on 20 or more days in the past month (7% of all students).

Last Saturday use

Nineteen percent of male and female students used marijuana last Saturday, compared to 12% across the entire province.

Other Drugs

The rates of substance use other than alcohol or marijuana use were generally similar to the rates in the province as a whole. The exceptions were the rates of ever trying mushrooms, hallucinogens, and amphetamines which were all above the provincial percentages.

For the first time, students were specifically asked about the use of ecstasy and crystal

Ever used other drugs	North Vancouver Island	BC
Prescription pills	17%	15%
Hallucinogens (including ecstasy)	12%	9% [†]
Mushrooms	13%	8% [†]
Cocaine	6%	4%
Inhalants	5%	4%
Amphetamines (including crystal meth)	4%	3% [†]
Steroids	2%	2%
Heroin	2%	1%
Injected an illegal drug	2%	1%

[†] Indicates that the difference between North Vancouver Island and provincial estimates was statistically significant.

meth. Ten percent of students in this area had used ecstasy, which was above the provincial rate (7%). Comparable to the provincial rate, 2% had used crystal meth.

There were no gender differences among students who used these substances.

Consequences of Substance Use

In the past year, 2% of local male and female students felt they needed help for their alcohol use, and 2% felt they needed help for their drug use.

Fifty-six percent of students reported using alcohol or drugs in the previous year. Among these students, over half (57%) 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 than females to report having damaged property, while females were more likely to have argued with family members, and lost friends or broke up with a girlfriend or boyfriend.

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	43%
Was told that I did something that I couldn't remember	43%
Passed out	33%
Argued with family members	21%
School work, marks, or behaviour at school changed	14%
Got injured	14%
Damaged property	11%
Got in trouble with the police	11%
Lost friends or broke up with a girlfriend or boyfriend	10%
Got into a physical fight	9%
Had sex when I didn't want to	9%
I overdosed	3%
Got into a car accident	1%

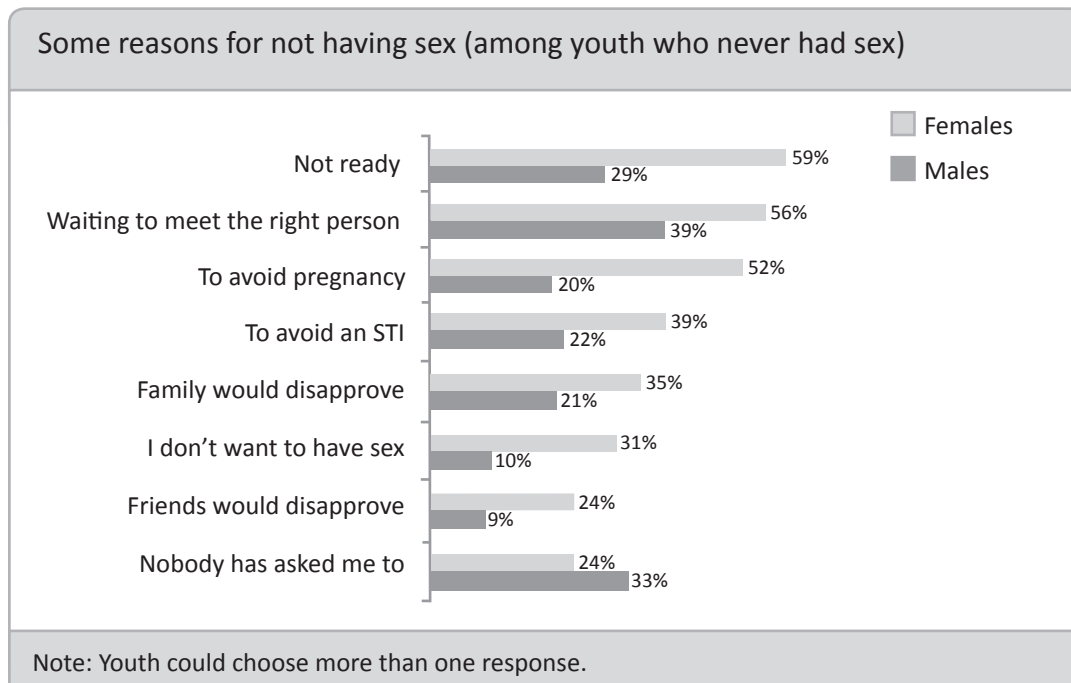
Sexual Behaviour

The majority of youth reported never having had sexual intercourse (70%). This rate was lower than the provincial percentage (78%), meaning that students in this area were more likely to have had sex compared to students in the province as a whole.

Students who never had sexual intercourse provided a number of reasons for not having sex (they could choose more than one reason). The most common were wanting to wait until they met the right person (48%), not being ready to have sex (45%) and not wanting to get pregnant or cause a pregnancy (38%).

When there were gender differences in rates of responding, females were more likely than males to endorse the reason, with the exception that males were more likely to indicate not having had sex because nobody had asked them to (33% vs. 24%).

The percentage of youth that reported ever having sexual intercourse was comparable for males and females and increased with age. Sexually active youth were most likely to have first had sex between 14 and 16 years old, and 24% reported first having sex before age 14.



Among students who have had sex, 4% did not have sex with anyone in the past year; 50% had sexual intercourse with one person; 38% with 2 to 5 people; and 8% had sex with six or more people in the past year.

Oral Sex

In this area, 33% of students (comparable rates for males and females) reported ever having oral sex, which was higher than the provincial rate of 26%. Rates of oral sex went up with age.

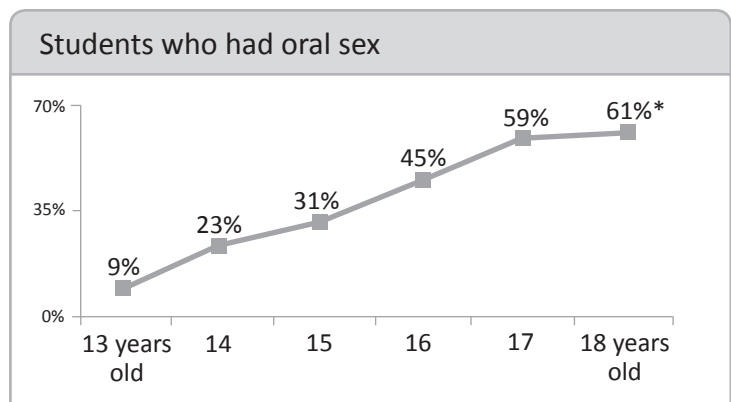
Sexually Transmitted Infections

Overall, 1% of students had been told by a doctor or nurse that they had a sexually transmitted infection (STI). The rate was 3% among sexually active students.

Birth Control and Pregnancy

Comparable with rates across the province, 66% of sexually active youth reported using a condom the last time they had sex, and 64% indicated that they had done so to prevent pregnancy.

Among sexually active youth, 50% used birth control pills to prevent pregnancy the last time they had sex. Twenty percent used withdrawal which is an unreliable method of contraception, and 4% used only withdrawal. Four percent of



students used no method to prevent pregnancy the last time they had sex and 3% used emergency contraception (“morning after pill”).

Nine 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 have had sexual intercourse, 36% reported that they drank alcohol or used drugs before having sex the last time.

Abuse & Violence

“*I was sexually abused when I was five ...but I've never been abused other than that.*”

Physical and Sexual Abuse

The percentage of students who reported physical or sexual abuse was higher than for the province as a whole. Twenty percent of local students had been physically abused (vs. 17% provincially), and 10% had been sexually abused (vs. 8% provincially). In total, 24% of students had experienced either form of abuse and 7% had experienced both types of abuse. Females were more likely than males to report that they had been abused.

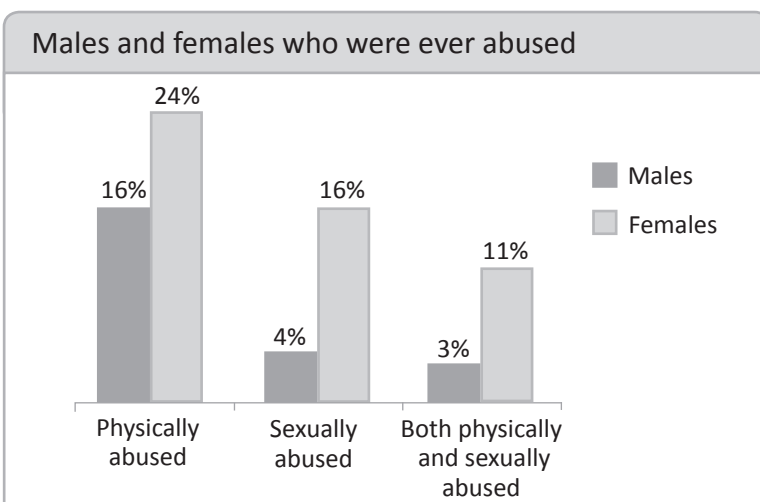
Similar to the provincial rate, 6% of students had been forced to have sexual intercourse when they did not want to. Two percent had been forced to have sex by an adult and 4% by another youth. Males and females were equally

likely to have been forced to have sex by an adult, but females were more likely to have been forced by another youth (6% vs. 1%).

Sexual Harassment

The percentage of students who experienced verbal sexual harassment was higher than the provincial rate (52% vs. 47%), but the rate of physical sexual harassment (30%) was similar to that across the province. Female students were more likely to experience either form of harassment.

In the past year, 58% of females and 44% of males had been verbally sexually harassed, and 41% of females and 15% of males had been physically sexually harassed.



Internet Safety

Sixteen percent of students in this area (24% of females and 7% of males) had been in contact with someone on the Internet who made them feel unsafe, which was above the provincial rate of 13%. Eleven percent of students gave personal information to someone that they met on the Internet in the past year.

Nineteen percent of students were cyberbullied in the previous year. Females were more likely than males to have been cyberbullied (24% vs. 13%).

Physical Fights

Consistent with the provincial rate, 26% 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. 18%). Three percent of students were injured in a fight to the point where they required medical attention.

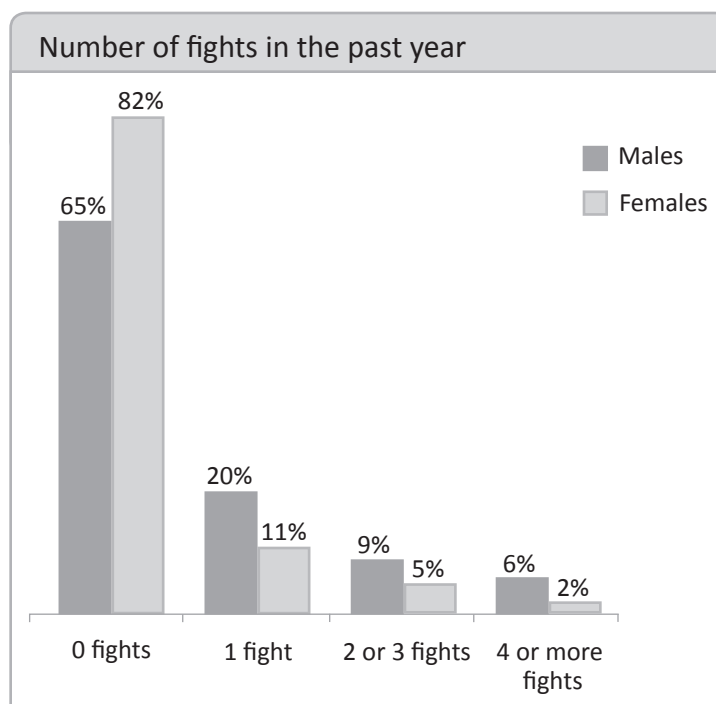
Relationship Violence

Eight 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 rates, 20% of students had been discriminated against because of physical appearance, 6% had experienced discrimination because of their sexual orientation, and 10% experienced racial discrimination in the past year.

“The discrimination I face is mostly due to my appearance.”



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 (63%). Females were more likely than males to like school very much (22% vs. 14%) and to feel more connected to school.

Feelings of connectedness to school were unrelated to grade level, unlike in the province as a whole where connectedness was highest among Grade 7 students.

Thirty-three percent 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.

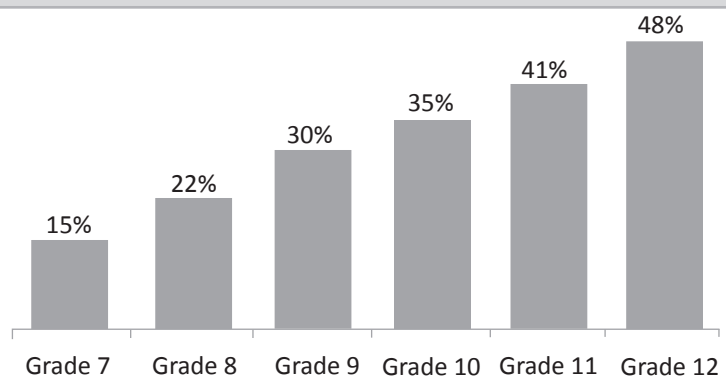
Youth who skipped school in the past month felt less connected to school and had more trouble getting along with teachers and peers compared to students who did not skip school.

Feeling Safe at School

Forty-three percent of students reported always feeling safe at school, which was comparable to the provincial rate.

The sense of always feeling safe was higher for students in Grades 11 and 12 (51%-53%) than for students in Grades 7 and 8 (32%-35%).

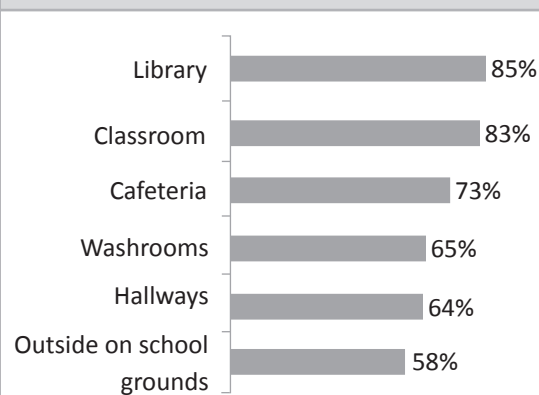
Skipped full days of school in the past month



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 (58%).

Ten percent of students had been physically attacked or assaulted while at school or

Where students always/usually felt safe at school



travelling to or from school in the past year. Males were more likely than females to be physically attacked (14% vs. 6%), but females were more likely to be victims of relational aggression (i.e., excluded from social groups or ignored; 37% vs. 24%) or to be verbally harassed at school (e.g., teased; 38% vs. 28%).

The rates of school-based physical, relational and verbal aggression in this area were all comparable to the provincial percentages.

Weapon Carrying

A total of 8% of students carried a weapon to school in the past month (14% of males and 3% of females). Among those who carried a weapon, the majority (84%) carried a knife or razor.

Academic Aspirations

The majority of students expected to finish high school; only 1% anticipated finishing their education before graduating from high school. A total of 51% 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; 10% once they complete high school; and 17% were not sure when they would complete their education.

Work

A total of 46% of students worked at a paid job during the school year, which was higher than the provincial rate (41%). Among students who worked, 31% worked less than 5 hours a week, 54% worked 5-19 hours, and 16% worked 20 or more hours a week.



Sports & 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 10% of females exercised every day, while 7% of youth did not exercise at all. These rates were similar to provincial rates. On average, youth in lower grades exercised more often than those in higher grades.

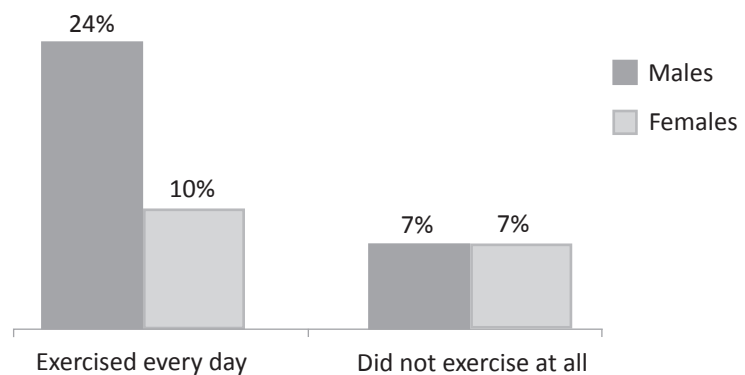
Extracurricular Activities

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 72% participated in physical activities without a coach (e.g., biking, road hockey). While males and females were equally likely to participate in sports with a coach, males were more likely to participate in non-coached sports activities (79% vs. 66%) and females were more likely to take part in dance/aerobic classes (36% vs. 10%).

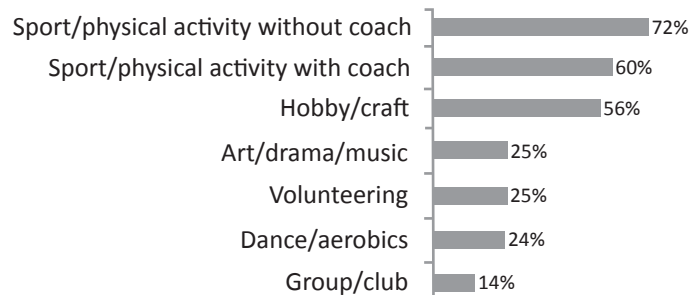
In addition to participating in sports activities, youth engaged in a range of other activities outside of school hours. For example, in the past 12 months, 61% did some form

“*I am a very active person and enjoy exercising very much.*”

Exercise in past week



Weekly participation in activities in the past year



of volunteer work such as babysitting or helping a charity and 25% did this once a week or more. Other leisure activities youth participated in on a weekly basis included hobbies (56%), art/drama/music (25%) and clubs (14%). Females were more likely than males to take part in art, drama, and music activities (29% vs. 20%) as well as hobbies (60% vs. 51%).

Participation rates for many activities did not differ between this area and the province as a whole. There were a few exceptions, however. Female youth in this area were more likely than those in the entire province to participate weekly in non-coached sports activities (66% vs. 60%) and dance or aerobic classes (36% vs. 31%).

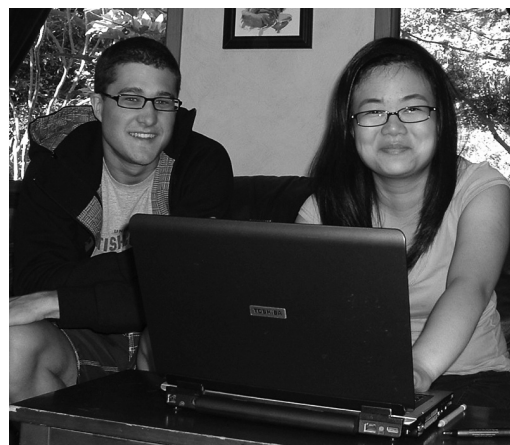
Screen Time

Similar to students across the province, 89% of youth watched TV on a typical school day, and 23% spent three or more hours doing so. In this area there was no gender difference in TV watching.

The majority of youth spent some time doing other types of screen time activities. Twenty-seven percent of youth spent time on the Internet, 19% talked or texted on the phone, and 17% played video games for three or more

hours on a typical school day. Males were more likely than females to play video games for three or more hours a day (30% vs. 7%), but were less likely to spend three or more hours on the Internet (23% vs. 31%) or texting or talking on the phone (10% vs. 27%).

Furthermore, male students in this area were less likely than males in the province as a whole to spend any time on the phone (61% vs. 67%), but were more likely to spend three or more hours on a typical school day playing video games (30% vs. 25%).



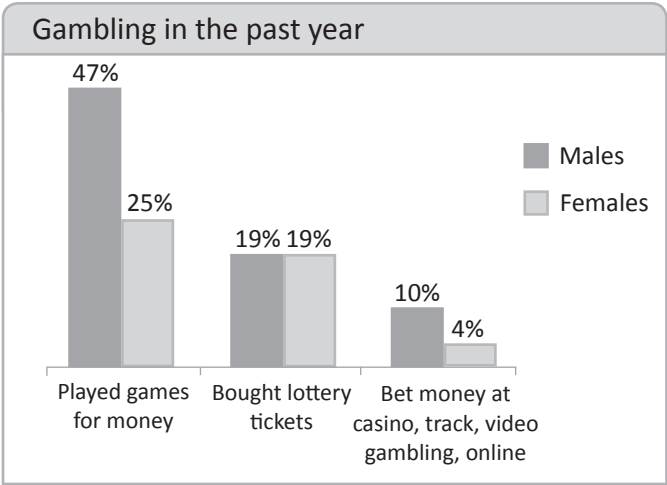
Gambling

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-three percent of students reported gambling in the past year (compared to 39% provincially). 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, 47% said it had not affected them, 43% of youth said they had not thought about it, 9% said they had become more physically active, 6% reported they had more sports opportunities, and 5% felt they had more job prospects.



Protective Factors

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.

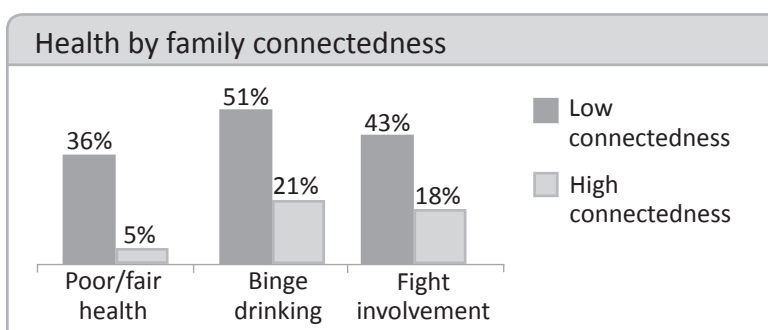
On average, students indicated moderately high connectedness to family and school. Family connectedness scores were lower in this area compared to the province as a whole. School connectedness scores were

also lower in this area than in the entire province, but only for males. In addition, while males were more highly connected to family than females, females were more highly connected to school.

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 37% 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.

Compared to the entire province, youth in this area reported lower levels of cultural connectedness. For example, while 26% of youth in this area reported participating in their group’s cultural practices (such as special food, music or customs), 42% of youth in the entire province did so.

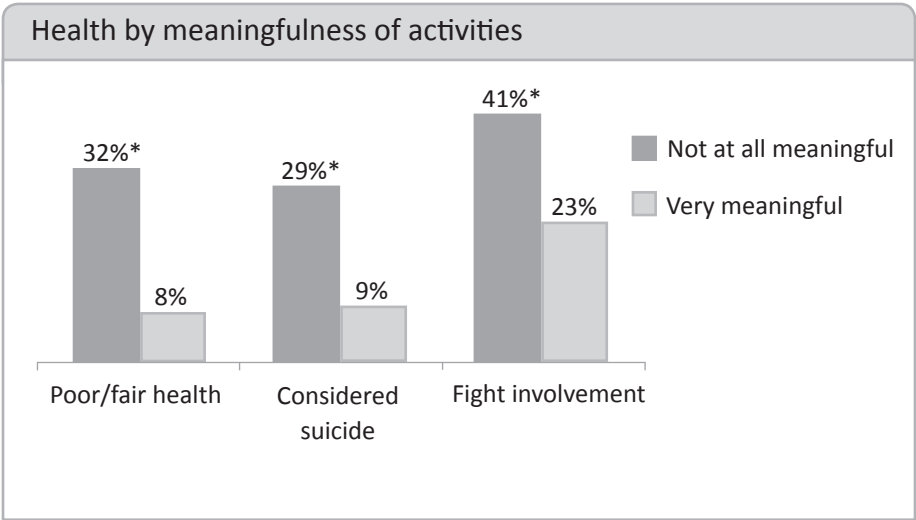
Youth Engagement

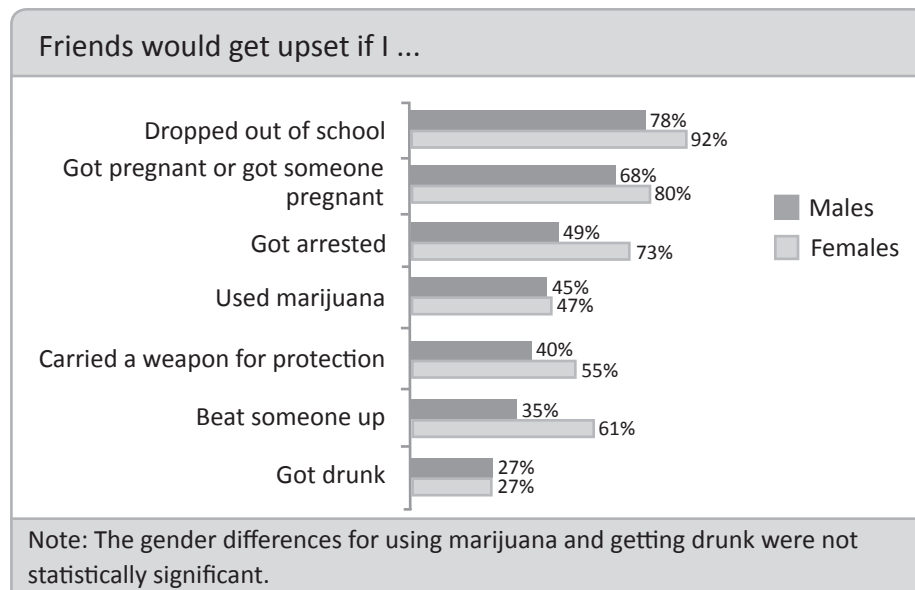
In addition to being asked about their involvement in extracurricular activities, youth were asked to rate how meaningful their activities were to them and how much they felt their ideas were listened to and acted upon in these activities.

Five percent of youth reported that the activities they were involved in were not at all meaningful to them and 8% felt they were not listened to in these activities. On the other hand, 33% were involved in activities that were very meaningful to them and 14% felt that they had a lot of input into their activities. Levels of youth engagement in this area did not differ from the province as a whole.

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, with the exceptions of getting drunk and using marijuana,





females were more likely than males to think their friends would be upset with them.

The overall level of prosocial peer attitudes was lower in this area compared to the province in general. Compared to BC as a whole, local students were less likely to think that their friends would be upset with them if they got arrested (62% vs. 66%), beat someone up (49% vs. 54%), got drunk (27% vs. 35%) or used marijuana (46% vs. 58%).

The Value of Protective Factors

Results from provincial data depict the value of promoting protective factors. The table at the bottom of the next page 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 North Vancouver Island area (see previous graphs on family connectedness and meaningfulness of activities).

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 North Vancouver Island area reported being victimized or bullied at school and 21% of these youth had seriously considered suicide in the past year. However, being connected to their family, school or cultural group and being engaged in their extracurricular activities were each associated with a lower risk of suicidal ideation.

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

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.

Protective factors

	North Vancouver Island	BC
Family connectedness	7.7	7.9 [†]
School connectedness	6.6	6.8
Cultural connectedness	4.8	5.5 [†]
Youth engagement		
Meaningfulness of activities	7.1	7.2
Ideas listened to and acted upon	5.8	6.0
Prosocial peer attitudes about risk behaviour	5.6	6.0 [†]

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

[†] Difference between North Vancouver Island and provincial estimate was statistically significant.

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% ^{N/S}	24% ^{N/S}
Involved in very meaningful activities	9%	23% ^{N/S}	9%	24% ^{N/S}
Have peers with more prosocial attitudes	13%	2%	8%	10%
Overall Provincial Rate	16%	24%	12%	24%

^{N/S} Not significantly different from overall provincial rate.

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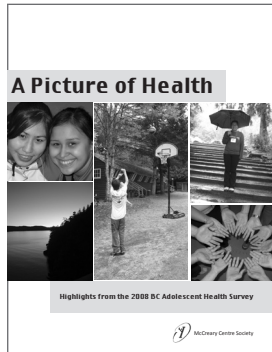
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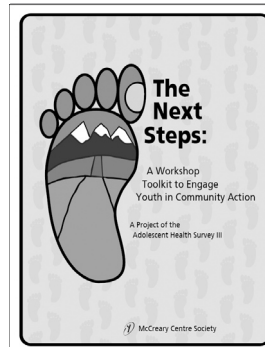
McCreary Resources

For any of these, or other materials by the McCreary Centre Society, visit our website www.mcs.bc.ca.



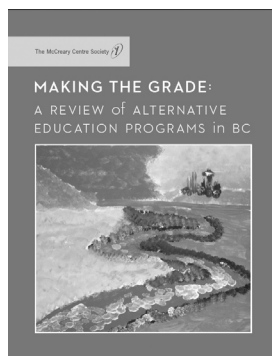
A Picture of Health: Highlights from the 2008 Adolescent Health Survey (2009)

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.



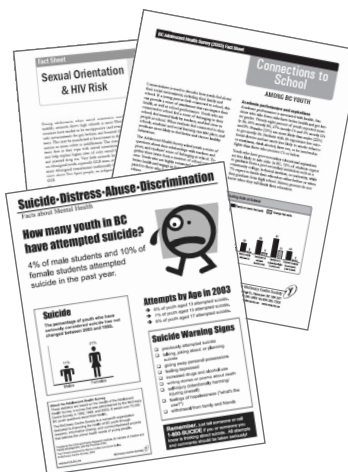
Moving Upstream: Aboriginal marginalized and street-involved youth in BC (2008)

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)

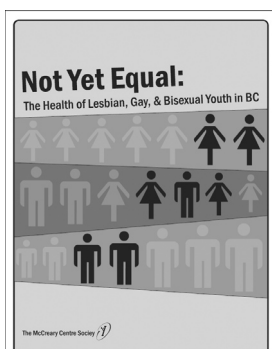
The lives of marginalized and street-involved youth are complex and filled with challenges, dangers and opportunities. This report summarizes the results of surveys with marginalized youth in the North, Interior, Fraser Valley, Vancouver Island and Vancouver.



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.



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