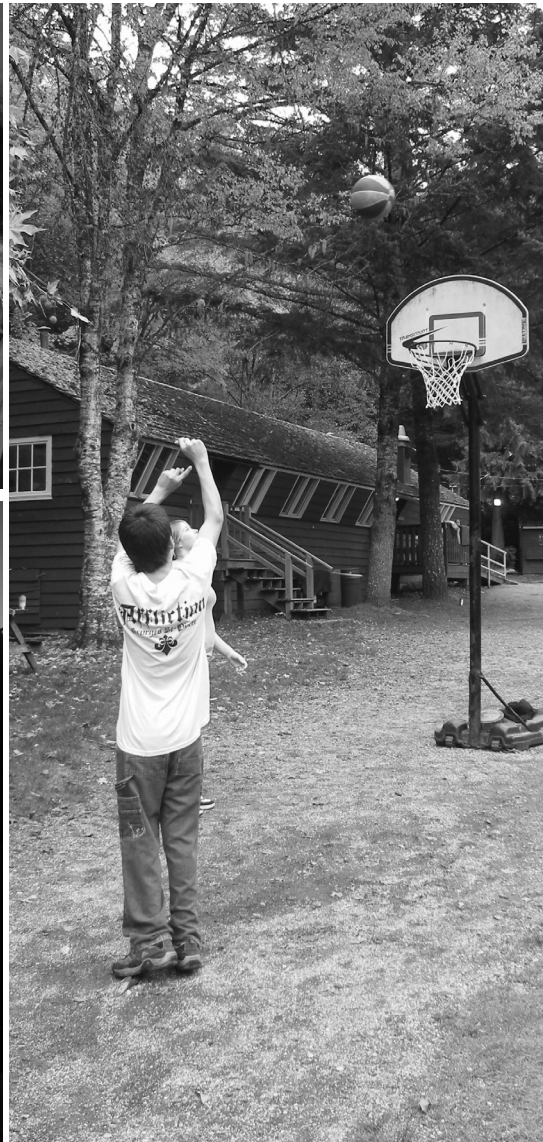


A Picture of Health



Northern Interior
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.

Northern Interior 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 Northern Interior area is located in the Northern Health Authority region.

All school districts agreed to participate in the survey but due to circumstances beyond the control of the McCreary Centre Society and the school district, administration of the survey did not occur in Quesnel. Reported results may not be fully representative of this school district.

School Districts included in the Northern Interior area are:

Quesnel (SD 28), Prince George (SD 57) and Nechako Lakes (SD 91).

Northern Interior 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.

Northern Interior

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

- Comparable with youth across the province, 83% percent of students in the Northern Interior reported that their health was good or excellent. More males than females rated their health as excellent (36% vs. 20%).
- In the past year, 35% of students were injured seriously enough to need medical attention. This is above the provincial rate of 29%. Students in this area were more likely than those in the province as a whole to be injured in a motor vehicle (6% vs. 4%) or at work (6% vs. 4%).
- Students in this area were more likely than those across the province to take part in non-coached sporting activities (such as roller blading and skateboarding) and to ride a bike. Among those who cycled, 21% always wore a helmet and 34% never wore one.
- Compared to the province as a whole, both males and females in this area were more likely to be overweight, and less likely to be underweight.
- When asked specifically about accessing mental health services in the past year, 18% of females and 8% of males reported that they had not accessed services when they felt they needed them. The most common reason youth gave was hoping the problem would go away (54%). Among other reasons youth gave for not accessing these services, youth in this area were more likely than youth in the province as a whole to indicate that their parent or guardian would not take them to access the services (20% vs. 7%).
- The percentage of youth who had ever tried alcohol was higher than the provincial rate (65% vs. 54%). Additionally, nearly 1 in 3 Northern Interior youth reported drinking alcohol on the Saturday before taking the survey.
- Thirty-five percent of students had ever tried smoking cigarettes and 39% had tried marijuana. Both these rates were above those of the province as a whole. However, marijuana use last Saturday was the same in this area as across the province (15%).
- Rates of driving after consuming alcohol or marijuana were higher than across the province as a whole: 10% of students had

ever driven after using alcohol (compared to 7% provincially), and 9% had ever driven after using marijuana (above 6% provincially).

- The majority of youth reported never having had sexual intercourse (70% vs. 78% provincially). The main reasons youth gave were not feeling ready, not wanting to cause a pregnancy and waiting to meet the right person.
- The percentage of students who experienced verbal or physical sexual harassment was higher than the provincial rates. In the past year, 62% of females had been verbally sexually harassed (compared to 39% of males) and 45% had been physically sexually harassed (compared to 17% of males).
- When youth have protective factors in their lives, it can promote health and reduce the negative effect of some risk behaviours for youth. As with youth across the province, 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.

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.

Percentages do not always total 100% due to rounding.

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.

The non-participation of one school district and changes in consent procedures from 2003 within the participating school districts may have affected the results and mean trends in health cannot be reported for this area. However, the changes in consent procedures increased the response rates this year, which ensures a more accurate and comprehensive current picture of youth health can be presented.

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.

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 2003 and 2008 HSDA estimates was statistically significant.

† Indicates that the difference between 2008 HSDA 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

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

Northern Interior Youth: Their Home & Family

Background

Students in this area (the Northern Interior HSDA) identified with a broad range of ethnic and cultural backgrounds. Students most commonly indicated being of European heritage (64%), which was above the provincial rate of 54%.

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

New Canadians

Four percent of students in this area were born outside of Canada, 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.

First Nations

Twenty-one percent of students reported being of Aboriginal heritage. Among these students, 30% had First Nations status, 29% were Aboriginal but did not have First Nations status, and 29% were Metis.

Ten percent of Aboriginal students currently lived on a reserve, and 21% had lived on a reserve at some point in their life (5% for less

Ethnic or cultural background

European	64%
Aboriginal/First Nations	21%
Latin/South/Central American	4%
East Asian	3%
South Asian	3%
West Asian	1%
Southeast Asian	1%
African	1%
Australian/Pacific Islander	1%
Other (excluding Canadian)	1%
Don't know	18%

Note: Youth could choose more than one response.

Spoke a language other than English at home

Never	68%
Sometimes	26%
Most of the time	6%

than a year, 6% for a few years, and 11% for most of their life).

Sexual Orientation

Eighty-seven percent of students identified as heterosexual, 6% as mostly heterosexual, 3% as bisexual, 1% as gay/lesbian and 3% were unsure.

Spirituality

Fifty-one percent of students reported that they were not at all religious or spiritual. The remainder were either somewhat (37%) or very much (12%) 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; 15% 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 (76%) and went to bed at night (82%). 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.

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 home, or had been on a youth agreement. This rate

Who youth lived with <u>most</u> of the time (Youth could mark all that apply)	
Mother	87%
Father	64%
Stepfather	7%
Other adults related to me	5%
Stepmother	3%
Other adults not related to me	3%
Do not live with any adults	1%

was higher than the provincial rate of 3%. Two percent of youth were in care in the last year, which was comparable to the provincial rate.

Eleven percent of students ran away from home in the past year. These students were more likely than those who had not run away to have experienced extreme stress (34% vs. 12%) and despair (19% vs. 4%) and to have attempted suicide in the last 12 months (33% vs. 3%).

Frequently moving house can negatively influence young people’s health. Sixteen percent of youth moved once in the past year, 6% moved twice, and 7% moved three or more times.

Students who moved in the past year were more likely than students who did not move to attempt suicide in the last 12 months (10% vs. 5%) and to feel less connected to school.

Family

Family Connectedness

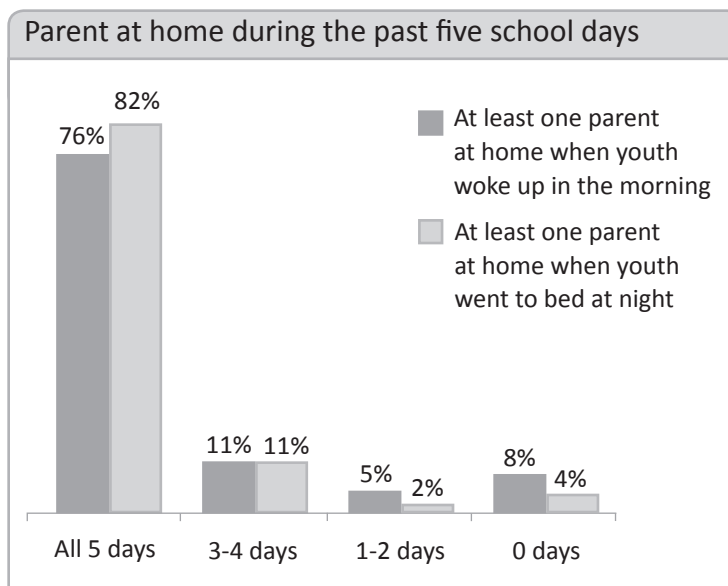
Family relationships can have an important effect on youth health and development. The survey asked questions about students' relationships with their caregivers, including feelings of closeness, how much they felt their caregivers were warm and loving toward them, and their satisfaction with these relationships.

Connectedness to mother figures was higher for 12-year-olds than for 13- through 17-year-olds. Connectedness to father figures was unrelated to age, unlike in the province as

a whole where connectedness was highest among students aged 12 to 13.

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 their father figures, and equally connected as males to their mother figures. Both males and females felt more connected to their mothers than to their fathers.

Students who had a 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 vast majority of students in this area reported that they never went to bed hungry (89%), did not share a bedroom (93%), had travelled on holiday with their family in the

past year (83%), and that their family currently owned a computer (98%).

Less than 1% of 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).

Nine percent of youth experienced hunger some of the time and 2% 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 (38% vs. 14%), to have considered suicide in the past year (29% vs. 11%) and to have attempted suicide (20% vs. 5%).

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 holiday in the past year were less likely than their peers to engage in sports with a coach other than gym class (such as playing on school teams or taking swimming lessons).

Physical Health

“ *I am a healthy active person, who enjoys sports and physical activities* ”

Eighty-three percent of youth in this area reported that their health was good or excellent. More males than females rated their health as excellent (36% vs. 20%). 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 (15% vs. 26%), stomach-aches (8% vs. 17%) or dizziness (10% vs. 16%) 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, 31% took daily medication and 9% missed a lot of school due to their condition.

Accessing Medical Care

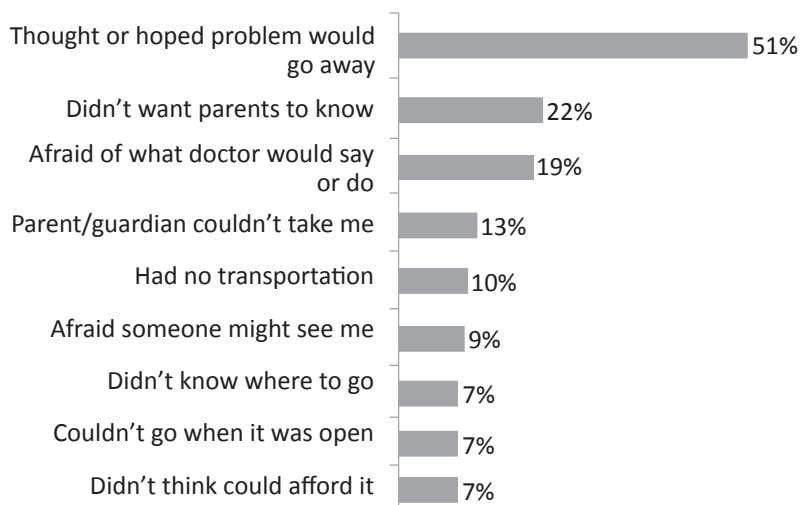
In the past year, 14% of youth did not get medical help when they felt they needed it, which was similar to the provincial rate. Among those youth who did not access needed medical care, the most common reason was because they thought or hoped the problem would go away (51%). Females were more likely than males to say they did not seek care because they did not want their parents to know (30% vs. 12%).

Compared to males in the entire province, males in this area were less likely to cite not knowing where to go as a reason for not seeking care.

Self-reported health status



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, 35% of students were injured seriously enough to need medical attention. This is above the provincial rate of 29%. Males were more likely than females to have been seriously injured (40% vs. 30%).

Most injuries occurred while students were playing or training for sports or doing other recreational activities (52%). Six percent occurred when students were snowboarding or skiing, 8% occurred when students were riding a bike, and 7% took place during relatively low-risk behaviours (such as walking or cooking).

Six percent of students were injured in a motor vehicle, which was above the provincial rate of 4%. The rate of injuries that occurred while students were at work was also higher than across the province as a whole (6% vs. 4%).

Injury Prevention

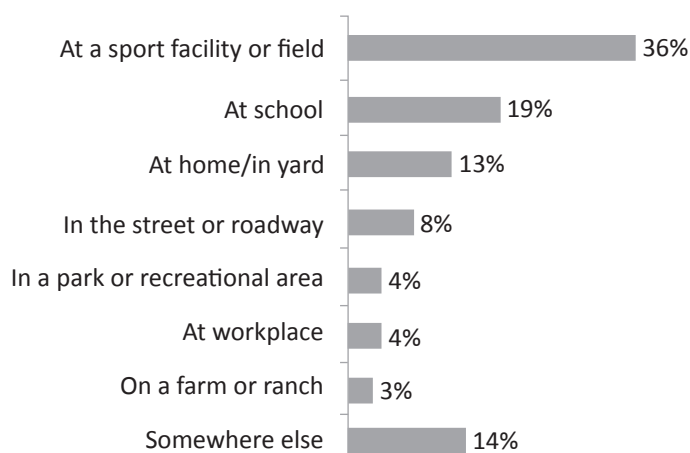
Many injuries are preventable. The use of motor vehicle seat belts and bicycle helmets are two key ways in which youth injuries can be prevented.

Similar to the province as a whole, 65% of students always wore a seatbelt when riding in a motor vehicle.



The most common location for getting injured was at a sports facility or field (36%, similar to the provincial rate).

Location of injuries



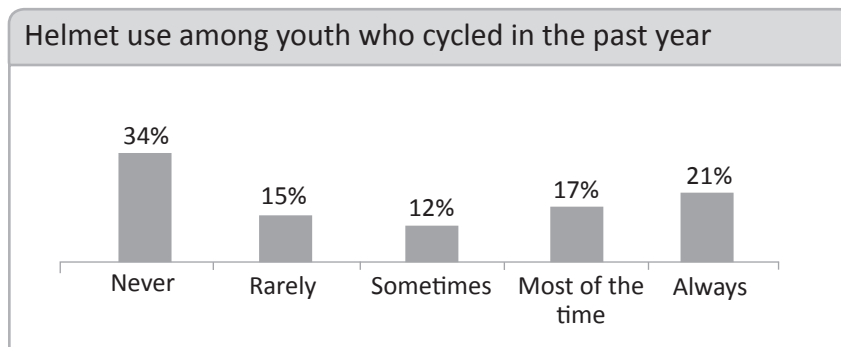
Eighty percent of students rode a bicycle in the past year, above the provincial rate of 71%. Among these students, 21% always wore a bike helmet and 34% never wore one. As students got older, they were less likely to wear a helmet. Males and females were equally likely to wear a helmet.

In the past month, 6% of students had driven after consuming alcohol and 22% of students had been a passenger in a vehicle with a driver who had been drinking.

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.

Rates of driving after consuming alcohol or marijuana were higher than across the province as a whole: 10% of students had ever driven after using alcohol (compared to 7% provincially), and 9% had ever driven after using marijuana (above 6% provincially).



Nutrition

“ I choose not to eat breakfast, though it is available. ”

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.) and fast food (pizza, hot dogs, chips and fries). Males were more likely than females to have had dairy (59% vs. 47%), fast food (16% vs. 8%), pop (18% vs. 7%), and energy drinks (9% vs. 3%) 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, 9% of youth in this area reported eating no fruits or vegetables on the day before they completed the survey and 21% had had only one serving. At least 53% of youth (similar to the provincial rate) fell short of the recommended daily portions of fruits and vegetables.

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

What youth ate and drank yesterday			
	No	Yes (once)	Yes (twice or more)
Water	7%	22%	72%
Milk, cheese, yogurt	10%	37%	53%
Fruit	20%	41%	39%
Green salad or vegetables	25%	46%	29%
Cookies, cake, donuts, chocolate bars	39%	45%	16%
Pizza, hot dogs, potato chips, French fries	47%	41%	12%
Pop/soda	51%	37%	12%
Hot or cold coffee or coffee-based drinks	68%	21%	11%
Energy drinks	82%	12%	6%
Note: Percentages do not always total 100% due to rounding.			

Forty-seven percent of youth always ate breakfast on school days (compared to 53% provincially), while 15% never ate breakfast. Males were more likely than females to always eat breakfast (52% vs. 41%).

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 fruit, vegetables or dairy yesterday, but more likely to have consumed energy drinks and coffee.



Weight & Body Image

“ I know that I am overweight. I feel really bad when people make fun of me. ”

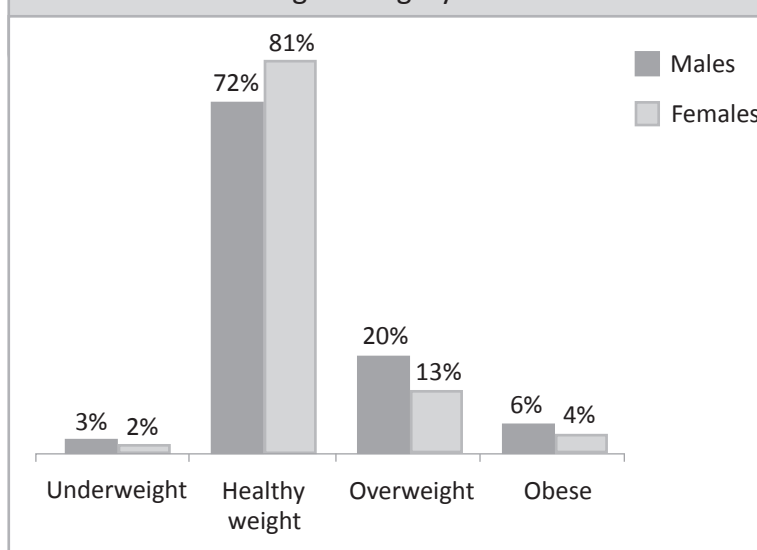
Weight

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, 76% of students were considered to be a healthy weight for their age and gender, while 3% were underweight, 17% overweight and 5% obese.

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

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 have spent three or more hours on an average school day watching television (40%* vs. 23%).

Students in each weight category



BMI weight categories

	Northern Interior 2008	BC 2008
Underweight	3%	5% [†]
Healthy Weight	76%	78%
Overweight	17%	13% [†]
Obese	5%	4%

[†] Difference between 2008 Northern Interior and provincial estimates was statistically significant.

“ *I am in the normal weight range, but I sometimes feel bad about how I look. I would like to lose a few pounds to feel better about myself.* ”

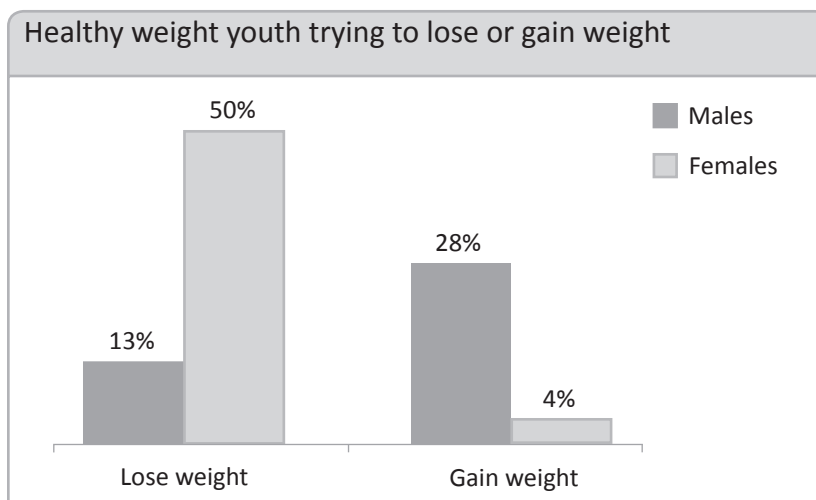
Body Image

Similar to provincial rates, 22% of males rated themselves as very satisfied with their body image, compared to only 11% of females. The majority of youth (74% of males and 61% of females) felt they were about the right weight.

Looking at youth whose BMI indicated they were a healthy weight, 32% stated they were not trying to do anything about their weight and 21% were trying to stay the same weight. However, 50% of healthy weight females were trying to lose weight and 28% of healthy weight males were trying to 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. The rates of dieting, binge eating and purging did not differ between this area and the province as a whole.

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 3.8 and females 3.3.



Mental & Emotional Health

“*I am safe, conscious, self-aware, and pre-meditate the consequences of my actions!*”

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 (79%) and felt that their life was useful (86%). Sixty percent agreed or mostly agreed with all seven of the self-esteem questions

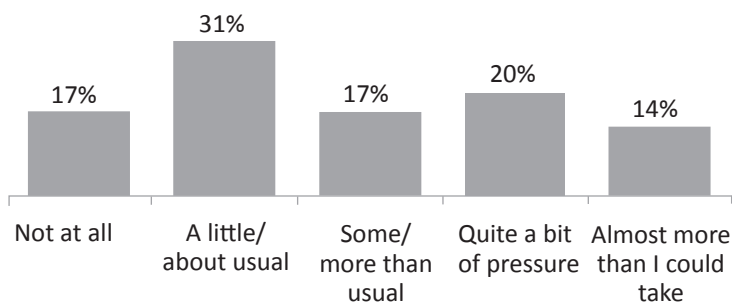
on the survey, which was comparable to the provincial rate.

Stress

Most youth (83%) reported feeling some stress or pressure in the past 30 days. Consistent with the provincial rate, 14% 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 (19% vs. 10%). Extreme stress was not related to age, unlike in the province as a whole where older students were more likely than younger students to report this level of stress.

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



“*Homework is stressful! Trying to keep up.*”

“ Well I’ve only thought about suicide because a lot of boys pick on me. ”

Despair

Consistent with results across the province as a whole, 6% 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 (8% vs 4%).

Self Harm

Sometimes youth will hurt themselves as a way of coping with stress and pain in their lives. In this area, 25% of females and 15% of males indicated cutting or injuring themselves on purpose without trying to

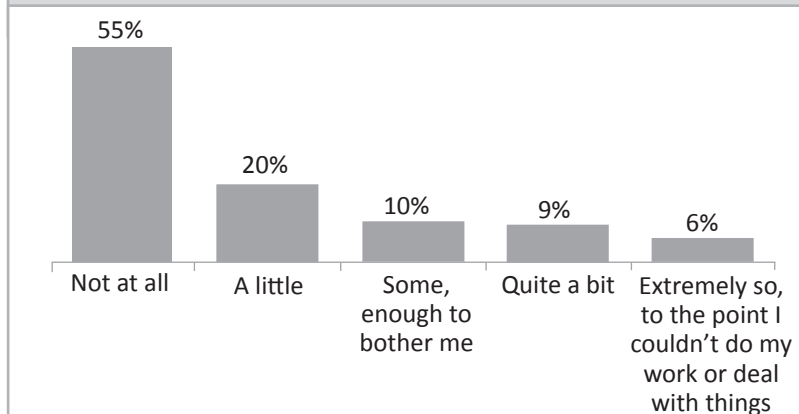
kill themselves at some point in their lifetime, with 12% of students doing so once or twice, and 8% doing so three or more times.

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

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 comparable to the provincial rate (12%).

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



Six percent of students attempted suicide in the past year, which was also similar to the provincial rate (5%). Females were over twice as likely as males to have attempted suicide (9% vs. 4%), although males generally have higher rates of suicide completion.

Among youth who attempted suicide in the past year, 34%* reported that their attempt was serious enough to require treatment by a doctor or nurse.

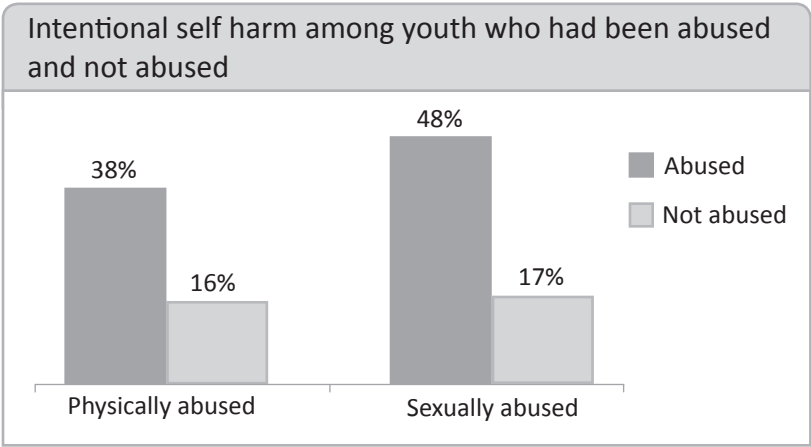
Risk factors for suicide

One of the known risk factors for attempting suicide is having a family history of suicidal behaviour. In this area, 18% of youth reported that a family member had tried to commit suicide, with 7% doing so in the past year. Also, 29% of youth had a close friend who attempted

suicide (14% in the past year). Students with a family member or close friend who had attempted or committed suicide in the past year were eight times more likely to attempt suicide themselves, compared to students without these risk factors (24% vs. 3%).

Suicide attempts in the past year were also more likely among students who had ever been physically abused (20% vs. 3%) or sexually abused (29% vs. 4%) compared to students who had never been abused.

Aboriginal youth were over twice as likely as non-Aboriginal youth to have attempted suicide in the past year (11% 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, marijuana or some of the 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 (75%) or from adults outside their family (57%) if they were faced with a serious problem.

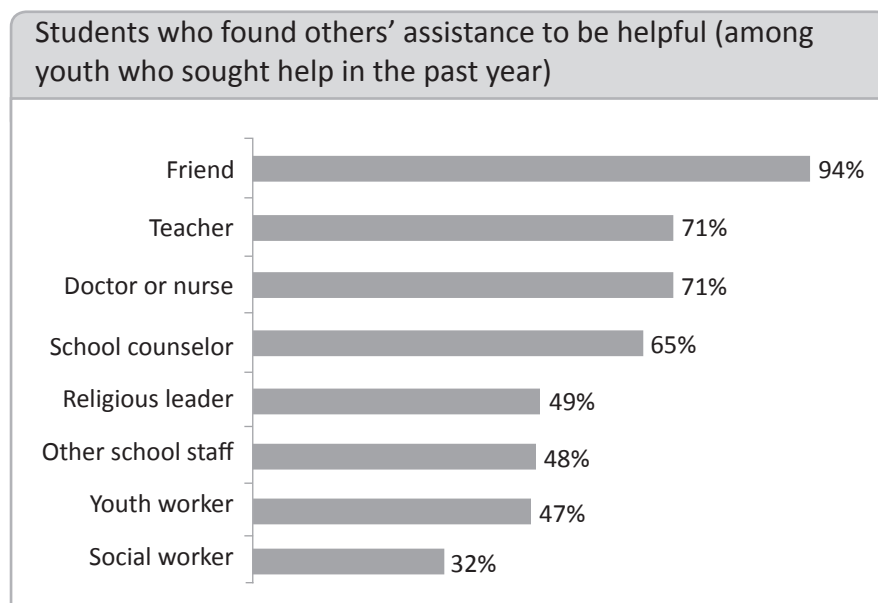
Students reported approaching a variety of professionals for help in the past year, including teachers (40%), doctors or nurses (29%), school counselors (26%), other school staff

(20%), religious leaders (19%), youth workers (18%), and social workers (14%). In addition to turning to adults for help, most students (79%) 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

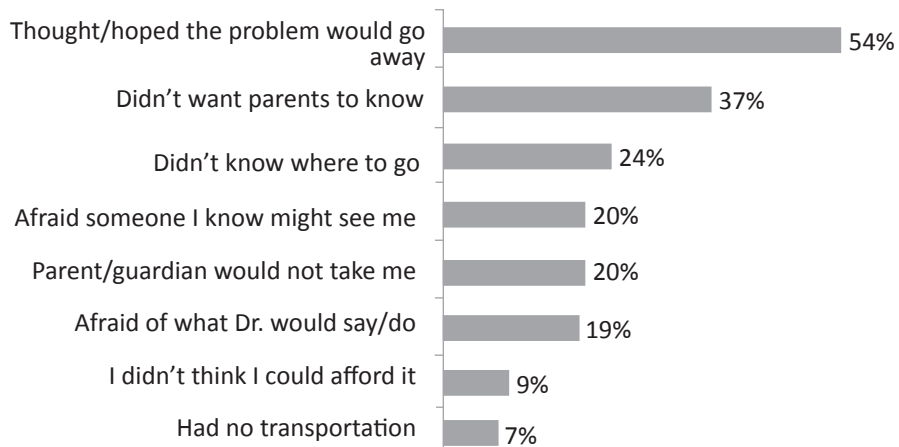
When asked specifically about accessing mental health services in the past year, 18% of females and 8% of males reported that they had not accessed services when they felt they needed them. The most common reasons for



not accessing mental health services included hoping the problem would go away (54%) and students not wanting their parents to know (37%). Youth in this area were more likely than youth in the province as a whole to indicate that their parent or guardian would not take them to access the services (20% vs. 7%).



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



Smoking

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

Students who had tried smoking started earlier than students in the province overall. Among students who smoked, 23% had their first cigarette when they were 11 or 12 years old, compared to 16% provincially. In contrast, 22% waited until they were 15 or 16 years old (vs. 31% provincially).

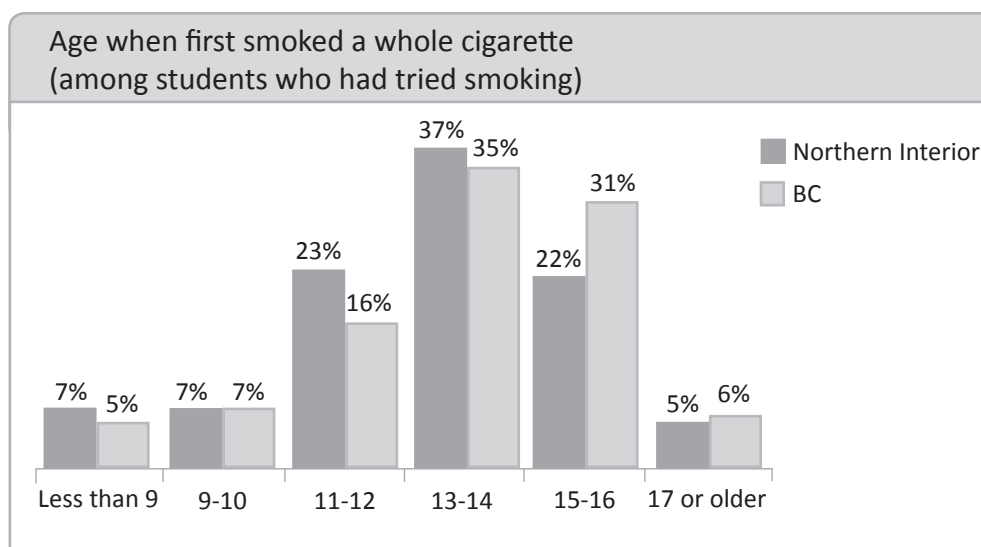
Less than half (47%) of students who had tried smoking had smoked in the past month. Those who did smoke most commonly

smoked every day (15% of all students who had tried smoking).

Above the provincial rate of 4%, 6% of young people had used chewing tobacco in the past month (9% of males vs. 3% of females).

Second-hand Smoke

Thirty-eight percent of students in this area had been exposed to smoke inside their home or vehicle. This was a higher percentage than across the province as a whole (28%). Sixteen percent of youth were exposed to smoke in their home or car almost every day.



Substance Use

Alcohol

Sixty-five percent of youth had tried more than just a few sips of alcohol. This was above 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 (9%) was above the provincial rate. The most common age to first try alcohol is 13 or 14 years old, when 40% of drinkers had their first drink.

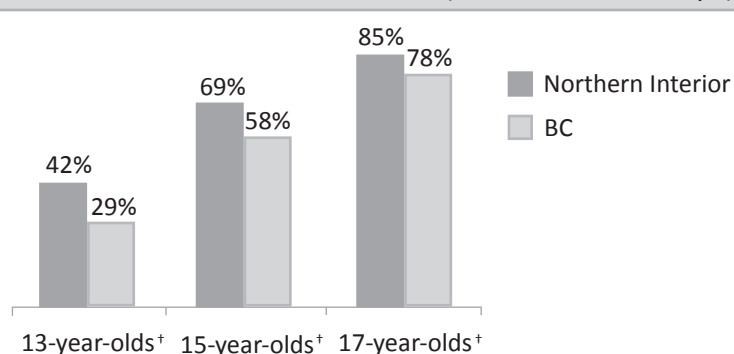
Among students who drank in the past year, 12% had only had a sip, 37% drank once a month or less, and 24% drank two or three times a month.

The percentage of students who had tried alcohol who drank in the past month was similar to the provincial rate (70%).

Binge Drinking

Binge drinking is defined in the AHS as having five or more drinks within a couple of hours. Forty-eight percent of local students who had tried alcohol binge drank in the past month, above the provincial rate of 44%. Males and females were equally likely to binge drink in the past month. Four percent

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



† Indicates that the difference between Northern Interior and provincial estimates was statistically significant.

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.

Thirty-two percent of students drank alcohol last Saturday, which was higher than the provincial rate of 26%. There were some gender differences in the type of alcohol youth consumed; females were more likely to have drunk

coolers (20% vs. 13%) and males were more likely to have drunk beer (23% vs. 17%).

Marijuana

Thirty-nine percent of students had tried marijuana, which was above the rate for youth in the entire province (30%). However among students who had tried marijuana, the percentage who had tried it when they were 10 years old or younger (9%) was similar to the provincial rate. The most common age for first trying marijuana was 13 or 14 years old (43%).

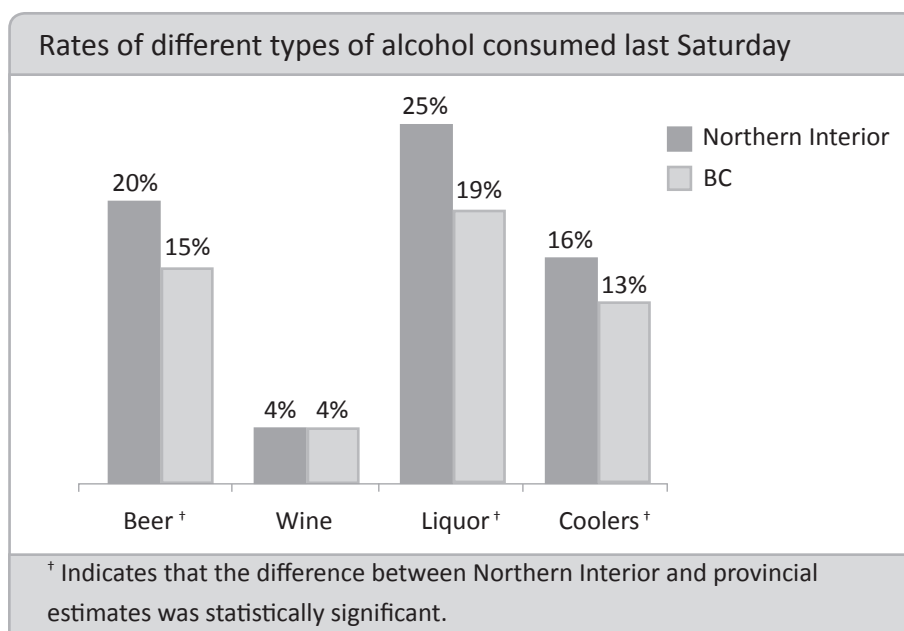
Fifty-three percent of those who had tried marijuana used it in the past month and 17% used it on 20 or more days in the past month (7% of all students).

Last Saturday Use

Similar to the provincial rate, 15% of students in this area used marijuana last Saturday.

Other Drugs

The percentage of youth in this area who had used substances other than alcohol or mari-



juana was similar to the province as a whole. The exceptions were the rate of ever trying mushrooms (12% locally vs. 8% provincially), hallucinogens (12% vs. 9%), and amphetamines (4% vs. 3%).

For the first time, students were specifically asked about their use of ecstasy and crystal meth. Ten percent of students in this area had used ecstasy, and 3% had used crystal meth. Both percentages were above the provincial rates of 7% and 2% respectively.

There were no gender differences in the use of other drugs except females were more likely to use prescription pills than males (21% vs. 13%).

Consequences of Substance Use

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

Fifty-nine 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.

“*I was always told marijuana isn’t addicting and now I use it everyday and feel horrible if I don’t.*”

Ever used other drugs	
Prescription pills	17%
Any Hallucinogens	12% [†]
Mushrooms	12% [†]
Cocaine	6%
Inhalants	5%
Any Amphetamines	4% [†]
Steroids	2%
Heroin	2%
Injected an illegal drug	1%
[†] Indicates that the rates in Northern Interior were statistically significantly higher than provincial estimates.	

Provincially, males were more likely than females to have reported damaging property, getting in trouble with police, and getting into a physical fight as a consequence of their substance use. This was not the case in this area, however; females were more likely than males to have argued with family members, and to have 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	43%
Was told that I did something that I couldn't remember	41%
Passed out	34%
Argued with family members	17%
School work, marks, or behaviour at school changed	14%
Got injured	13%
Got into a physical fight	12%
Damaged property	12%
Got in trouble with the police	11%
Lost friends or broke up with a girlfriend or boyfriend	9%
Had sex when I didn't want to	8%
I overdosed	3%
Got into a car accident	2%
Had to get treatment for alcohol or drug abuse	2%

Sexual Behaviour

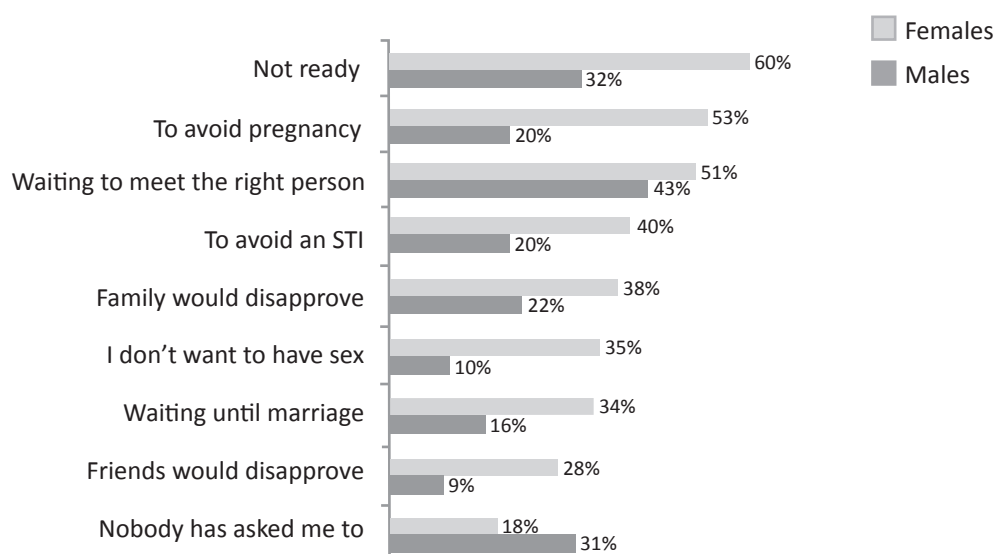
The majority of youth reported never having had sexual intercourse (70%) but this rate was lower than the provincial rate (78%), meaning that a greater proportion of youth in this area reported ever having sex.

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 (47%), not being ready to have sex (46%) and not

wanting to get pregnant or cause a pregnancy (36%). 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 that they had not had sex because nobody had asked them to (31% vs. 18%).

The percentage of youth that reported ever having sexual intercourse (30%) was comparable for males and females and increased with age. Among sexually active youth, the

Some reasons for not having sex (among youth who never had sex)



Notes: Youth could choose more than one response.

The gender difference for 'waiting to meet the right person' is not statistically significant.

most common age for first having sex was 15 years, and 23% reported first having sex before age 14.

Forty six percent of sexually active students had sexual intercourse with one person in the past year, and 11% had sex with six or more people.

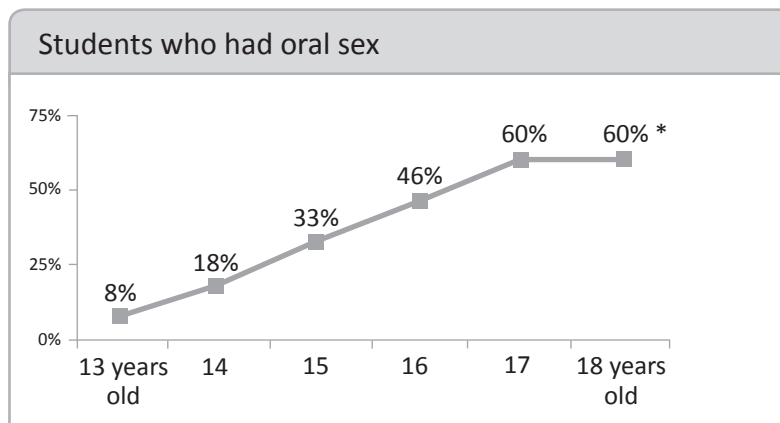
Oral Sex

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 increased with age.

Among youth who ever had sexual intercourse, 10% of males and 17% of females reported having had sex with a same-sex partner.

Sexually Transmitted Infections

In this area, 2% of students had been told by a doctor or nurse that they had a sexually transmitted infection (STI). The rate was 8% among sexually active students, which was higher than the provincial rate of 4%.



Birth Control and Pregnancy

Seventy-one percent of sexually active male and female youth reported using a condom the last time they had sex, and 68% 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-two percent used withdrawal which is an unreliable method of contraception, and 3% used only withdrawal. Eight percent of students used no method to prevent pregnancy the last time they had sex and 4% used emergency contraception (“morning after pill”).

Ten 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, around one third (34%) reported that they drank alcohol or used drugs before having sex the last time.

“We need more condoms.”



Abuse & Violence

Physical and Sexual Abuse

The percentage of students who reported physical or sexual abuse was similar to the provincial rate. Eighteen percent reported that they had been physically abused, and 9% reported that they had been sexually abused. In total, 23% of students had experienced either form of abuse and 5% had experienced both types of abuse.

Six percent of students had been forced to have sexual intercourse when they did not want to, above the provincial rate of 5%.

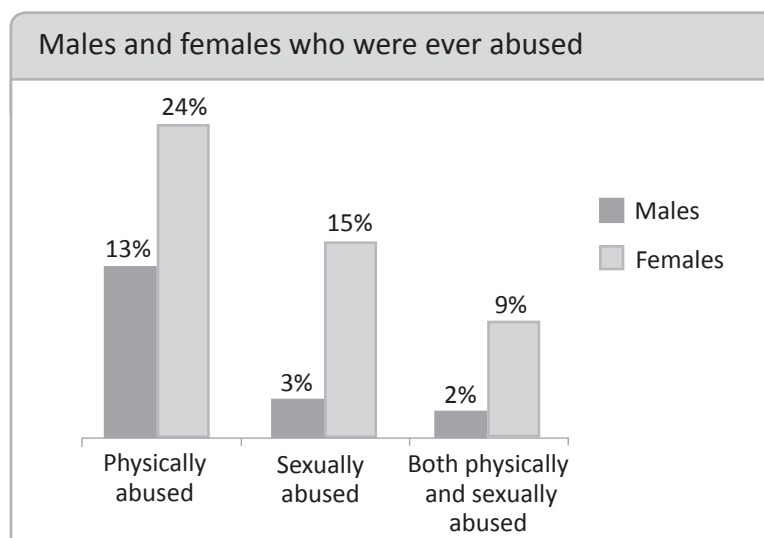
Two percent had been forced to have sex by an adult and 4% by another youth. Females were more likely to have been forced to have sex than males (9% vs. 4%).

Sexual Harassment

The percentage of students who experienced verbal (50%) or physical (31%) sexual harassment was higher than the provincial rates of 47% and 27%, respectively. Female students were more likely to experience either form of harassment. In the past year, 62% of females had been verbally sexually harassed (compared to 39% of males) and 45% had been physically sexually harassed (compared to 17% of males).

Internet Safety

Fifteen percent of students (24% of females and 7% of males) had been in contact with someone on the Internet who made them feel



“ *I may have not been abused myself but I have seen someone be beat up by their dad.* ”

unsafe. Thirteen percent of youth gave personal information to someone that they met on the Internet in the past year, which was above the provincial rate (10%).

Nineteen percent of students were cyber-bullied in the previous year, similar to the provincial rate. Females were more likely than males to have been cyber-bullied (24% vs. 14%).

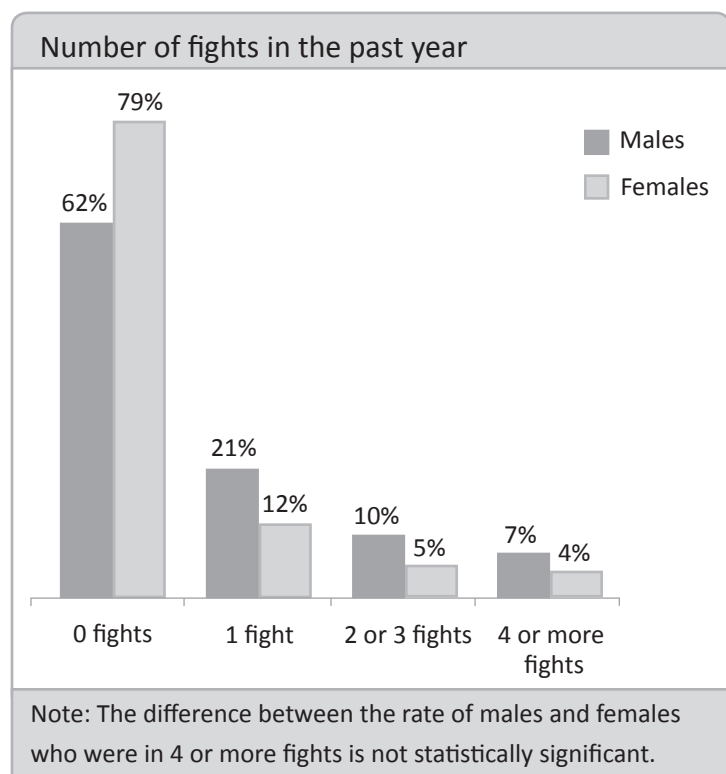
Physical Fights

Above the provincial rate of 24%, 30% of students in this area were involved in a physical

fight in the past year. Males were more likely than females to have been in a fight (38% vs. 21%). Three percent of students were injured in a fight to the point where they required medical attention.

Relationship Violence

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



“ *I get bullied for my weight.* ”

Discrimination

Similar to the provincial rates, 20% of students had been discriminated against in the past year because of their physical appearance, 11% because of their race or skin color and 6% because of their sexual orientation.



School & Work

“ *I do well in school.* ”

School Connectedness

Feeling connected to school is linked to better physical and emotional health and to reduced risk taking. Students in Grade 7 reported higher school connectedness to school than those in Grade 9 or 11.

In this area, and consistent with the AHS provincial results, the majority of students reported liking school somewhat (66%). Females were more likely than males to like school very much (22% vs. 13%).

Twenty-eight 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

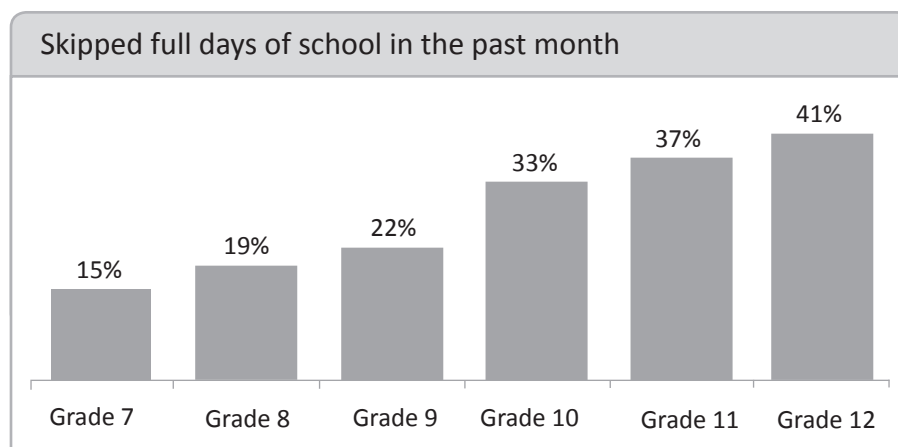
peers compared to students who did not skip school.

Feeling Safe at School

Thirty-nine percent of students reported always feeling safe at school, which was comparable to the provincial rate of 41%. The sense of always feeling safe was lower for students in Grades 8 through 10 (31%-36%) than for students in Grade 12 (52%).

Students most commonly reported “always or usually” feeling safe in the library (85%) or classroom (82%). They were least likely to report “always or usually” feeling safe outside on school property during school hours (55%).

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



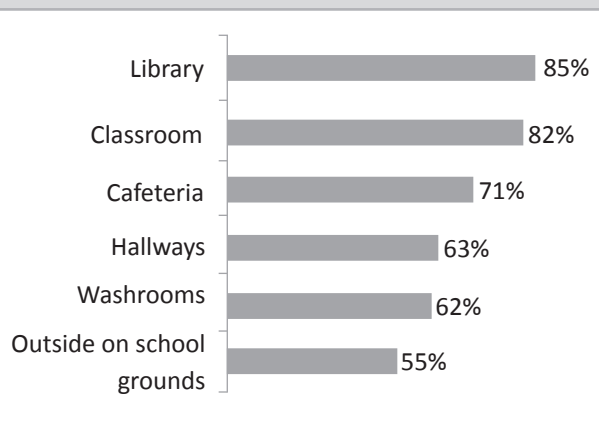
travelling to or from school in the past year. Males were more likely than females to be physically attacked (13% vs. 8%), but females were more likely to be victims of relational aggression (i.e., excluded from social groups or ignored; 40% vs. 24%) or to be verbally harassed at school (e.g., teased; 41% vs. 26%).

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

Weapon Carrying

A total of 8% of students carried a weapon to school in the past month (11% of males and 4% of females). Among those who carried a weapon, the majority (80%) carried a knife or razor.

Where students always/usually felt safe at school



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 50% 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 42% of students worked at a paid job during the school year, which was comparable to the provincial rate (41%). Among students who worked, 24% worked less than 5 hours a week, 52% worked 5-19 hours, and 24% 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 28% of males and 13% of females exercised every day, while 9% 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 later grades.

Extracurricular Activities

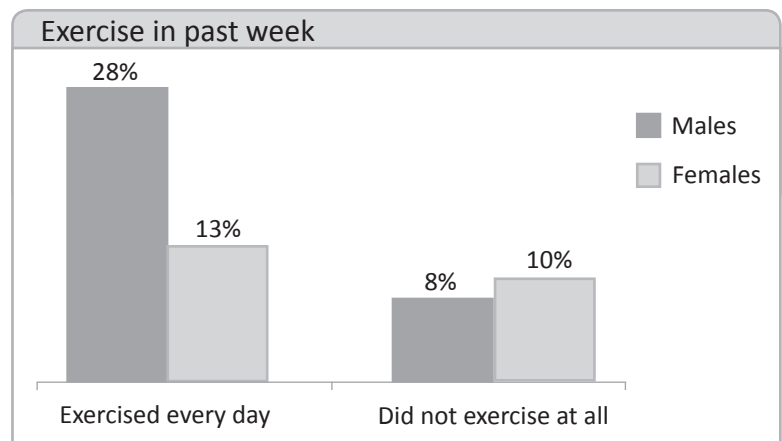
The majority of youth participated in extracurricular sports activities on a weekly basis: 59% of youth took part in sports activities with a coach (e.g., school teams, swimming lessons), and 76% participated in physical activities without a coach (e.g., biking, road hockey). While males and females were equally likely to participate in sports with a coach, males were more likely to participate in non-coached sports activities and females were more likely to take part in dance/aerobic classes.

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 real like playing sports, sports keep kids out of trouble. Usually I play up to three sports a day.*”

of volunteer work such as babysitting or helping a charity and 29% did this once a week or more. Other leisure activities youth participated in on a weekly basis included hobbies (54%), art/drama/music (22%) and clubs (16%). Females were more likely than males to take part in these types of activities, although the difference was not significant for participation in clubs.

For many activities participation rates did not differ between this area and the province as a whole. There were a few exceptions, however. Youth in this area were more likely

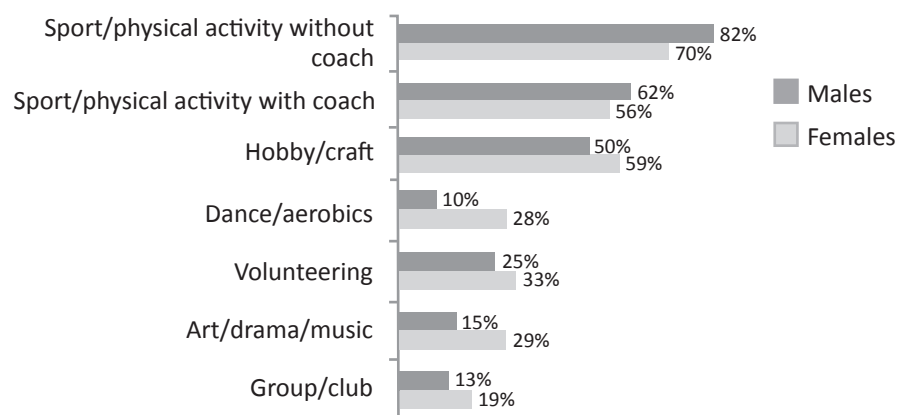


to participate weekly in non-coached sports activities and less likely to participate in dance or aerobic classes. Furthermore, weekly participation in art, drama or music activities was less common for males in this area than the province as a whole (15% vs. 22%).

Screen Time

Similar to students across the province - on an average school day, 90% of youth watched TV and 26% spent three or more hours doing so. In this area there was no gender difference in TV watching.

Weekly participation in activities in the past year



Weekly participation in extracurricular sports activities

	Northern Interior 2008	BC 2008
Sports without coach	76%	69% [†]
Sports with coach	59%	59%
Dance/aerobics	19%	22% [†]

[†] Difference between 2008 Northern Interior and provincial estimates was statistically significant.

On a typical school day, at least 6 out of 10 youth spent time on the Internet (excluding doing homework), talking or texting on the phone, or playing video games. Youth in this area were more likely than those in the province as a whole to be video game players (64% vs. 60%), but they were less likely to be Internet users (82% vs. 88%).

Twenty-four percent of youth played on the Internet, 31% phoned or texted, and 18% played video games, for three or more hours. Males were more likely than females to play video games for three or more hours a day (27% vs. 7%), but were less likely to spend three or more hours texting or talking on the phone (23% vs. 40%). Furthermore, students in this area were more likely to spend three or more hours on a typical school day texting or talking on the phone compared to students in the entire province (32% vs. 20%).

Gambling

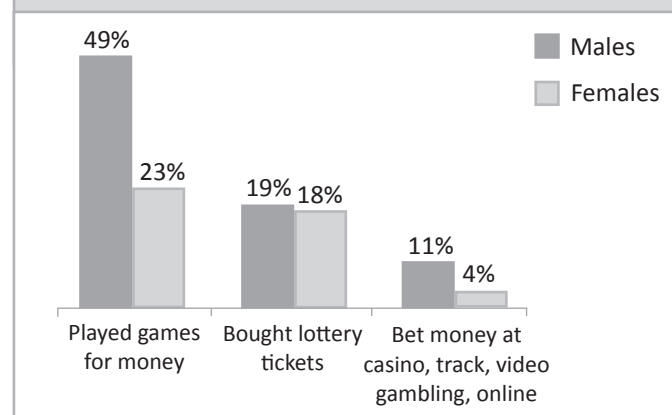
Although it is often seen as a fun activity, gambling in BC is illegal for youth under 19 years of age. Some young people turn to gambling as a way to escape from their problems, and it is often linked to risky behaviours such as alcohol use and smoking. Gambling at an early age also increases the risk of developing an adult gambling problem.

2010 Winter Olympics

When asked about the effect of the upcoming 2010 Olympics in BC, 45% said it had not affected them, 44% of youth said they had not thought about it, 10% said they had become more physically active, 6% reported they had more sports opportunities, and 4% felt they had more job prospects.

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.

Gambling in the past year



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.

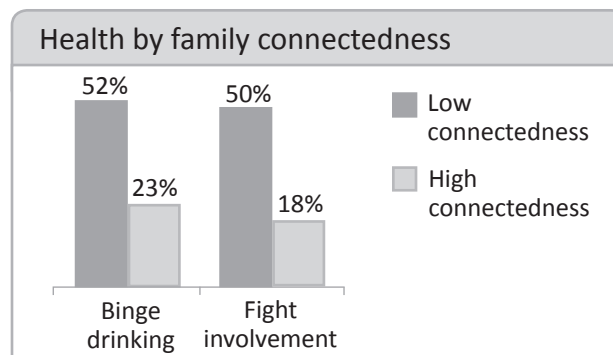
On average, students indicated relatively high connectedness to family and school.

While family connectedness scores for this area were comparable to the province as a whole, school connectedness scores were lower. Male and female students were equally connected to school, but 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



“ Thank you for letting me complete this survey and have an opportunity to voice my opinions. ”

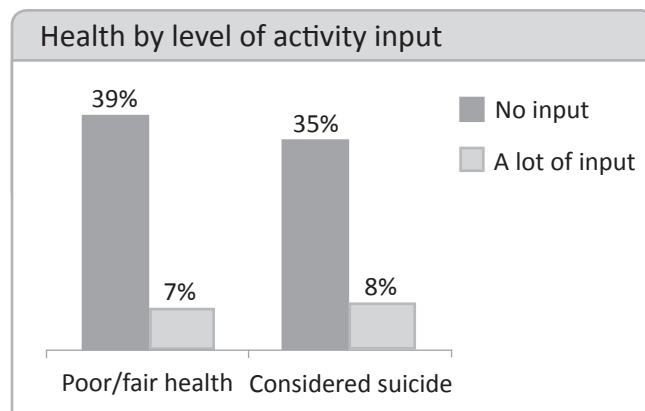
42% agreeing with the statement. Fewer youth agreed with other statements regarding learning about their ethnic group, feeling a strong sense of belonging or attachment to the group or participating in cultural practices. There were no gender differences in level of cultural connectedness.

Compared to the entire province, youth in this area reported lower levels of cultural connectedness. For example, while 28% 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.

Seven percent of youth reported that the activities they were involved in were not at all meaningful to them and 9% that they were not listened to in these activities. On the other hand, 36% were involved in activities that were very meaningful to them and

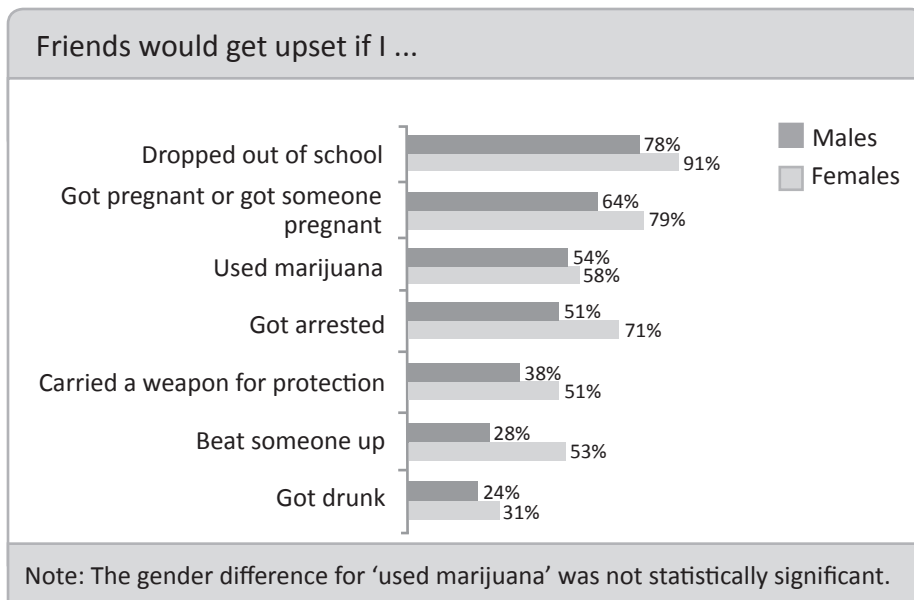


16% felt that they had a lot of input into their activities. Levels of youth engagement in this area did not differ from the province as a whole.

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 exception of 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 (61% vs. 66%), beat someone up (41% vs. 54%), carried a weapon for protection (44% vs. 52%) or got drunk (27% vs. 35%).

Protective factors	Northern Interior	BC
Family connectedness	7.7	7.9
School connectedness	6.5	6.8 [†]
Cultural connectedness	4.9	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	5.4	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 Northern Interior and provincial estimate was statistically significant.

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 Northern Interior 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 Northern Interior area reported being victimized or bullied at school and 20% of these youth had seriously considered suicide in the past year. However,

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

being connected to their family or school, being engaged in their extracurricular activities, and having peers with healthy attitudes about risky behaviours 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.

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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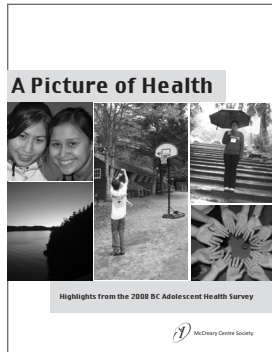


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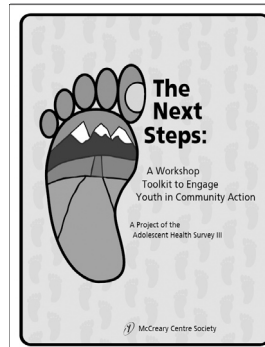
McCreary Resources

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



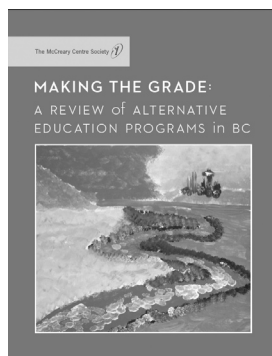
A Picture of Health: Highlights from the 2008 Adolescent Health Survey (2009)

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.



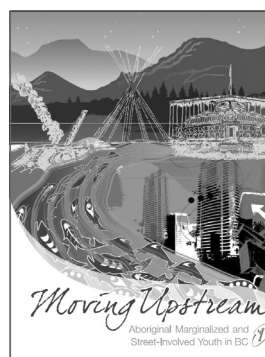
The Next Steps: A workshop toolkit to engage youth in community action (2005)

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.



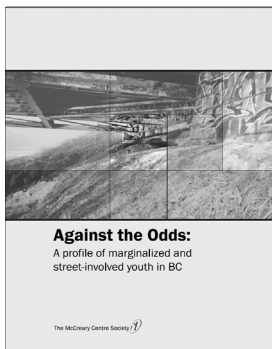
Making the Grade: A review of alternative education programs in BC (2008)

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.



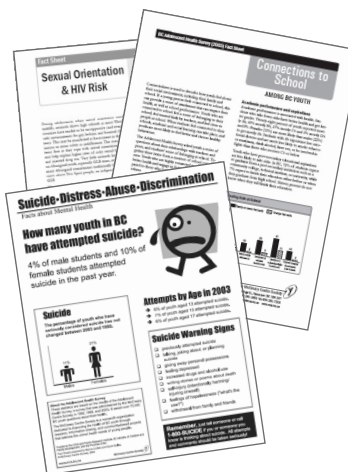
Moving Upstream: Aboriginal marginalized and street-involved youth in BC (2008)

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)

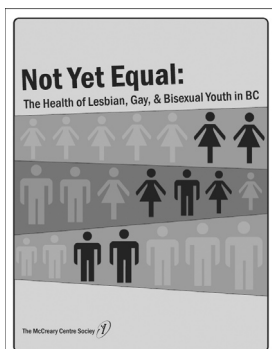
The lives of marginalized and street-involved youth are complex and filled with challenges, dangers and opportunities. This report summarizes the results of surveys with marginalized youth in the North, Interior, Fraser Valley, Vancouver Island and Vancouver.



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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