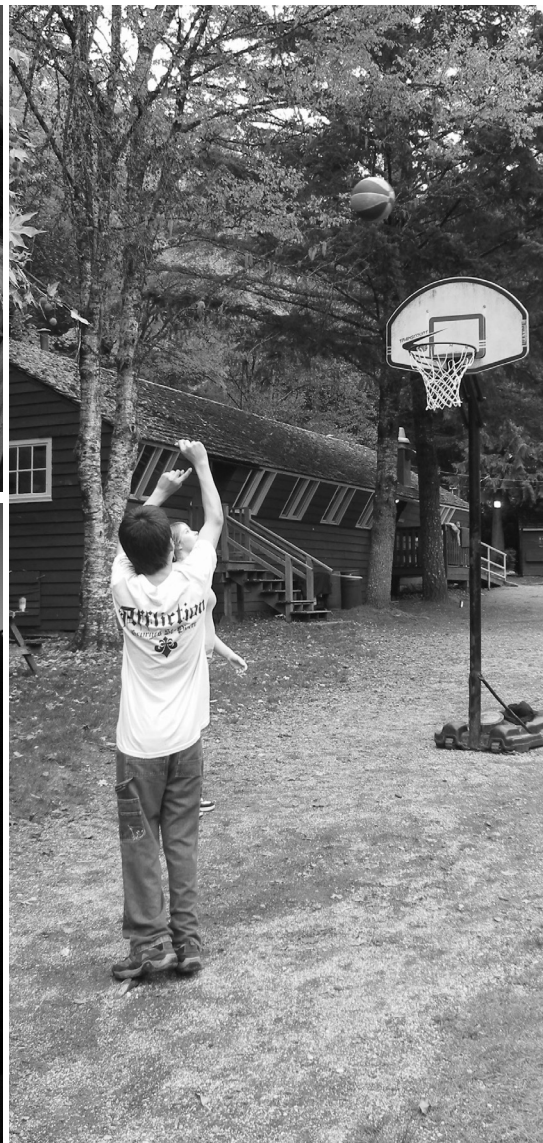


A Picture of Health



Vancouver
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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McCreary Centre Society
3552 Hastings Street East
Vancouver, BC V5K 2A7
www.mcs.bc.ca

For enquiries or to order copies of the report, please email:
mccreary@mcs.bc.ca

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Project Team

Annie Smith

Executive Director

Elizabeth Saewyc

Research Director

Duncan Stewart

Research Associate

Maya Peled

Research Associate

Colleen Poon

Research Associate

Stephanie Martin

Youth Participation Coordinator

Sherry Simon

Aboriginal Next Steps Coordinator

Carly Hoogeveen

Research Assistant

Alison Murray

Administrative Assistant

Tamar Peled

Graphic Designer

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

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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.

Vancouver 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 Vancouver area is located in the Vancouver Coastal Health Authority region.

School Districts included in the Vancouver area are:

Vancouver School District (SD 39) is the only school district in this HSDA.

Vancouver Health Service Delivery Area



Provincial Key Findings

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

harmful (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.

Vancouver 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

- Eighty percent of youth in Vancouver reported that their health was good or excellent, which was lower than the provincial rate of 84%.
- Similar to provincial rates, 12% of youth did not get medical help when they felt they needed it. Among these youth, students in this area were more likely than youth across the province as a whole to cite not knowing where to go as a reason (18% vs. 10%). Also, local males were more likely than males in the province as a whole to report not seeking care because they did not want their parents to know (28%* vs. 13%).
- In the past year, 18% of students in this area were injured seriously enough to need medical attention. This rate was lower than the provincial rate of 29%. Most injuries occurred while students were playing or training for sports or doing other recreational activities.
- In terms of injury prevention, bicycle helmet use (among students who cycled) was similar to that across the province, whereas rates of driving after consuming alcohol were lower (5% vs. 10% provincially). However, only 62% of students in this area always wore a seatbelt when riding in a motor vehicle, compared to 66% across the province.
- Among students who were a healthy weight, 55% of females were trying to lose weight and 28% of males were trying to gain weight.
- Many students felt they could seek support from adults in their family (69%) or from adults outside their family (52%) if faced with a serious problem. However, these rates were lower than the provincial percentages (75% and 56%, respectively).
- The percentages of students who had tried smoking (16%), alcohol (37%) or marijuana (16%) were all lower than the provincial rates.
- Among students in Vancouver who had tried alcohol, 34% binge drank in the past month.
- Students in this area were less likely to have had sex compared to students in the province as a whole (11% vs. 22%). Additionally, 14% of local students had ever had oral sex, which was lower than the provincial rate of 26%.

- Although students in this area were less likely to have had sex, 14% of sexually active students reported that they have been pregnant or caused a pregnancy, which was higher than the provincial rate of 7%.
- The percentage of students who had been physically attacked or assaulted while at school or travelling to or from school in the past year was lower than the provincial rate (6% vs. of 9%). However students in this area were less likely than those across the province to report always feeling safe at school (35% vs. 41%).
- Ten percent of youth did not exercise at all during the past week. Only 18% of males (compared to 25% provincially) and 9% of females (compared to 11% provincially) exercised every day.
- Compared to the entire province, youth in this area were more likely to participate in art, drama, and music activities as well as clubs or groups, but were less likely to participate weekly in sports activities or to cycle.
- Cultural connectedness can be a protective factor for youth. Compared to the entire province, youth in this area reported higher levels of cultural connectedness. For example, 61% of youth in this area reported participating in their group's cultural practices (such as special food, music or customs), compared to 42% of youth in the entire province.
- Having friends with healthy attitudes toward risky behaviours is another protective factor. Compared to BC as a whole, local students were more likely to think that their friends would be upset with them if they got arrested (75% vs. 66%), beat someone up (68% vs. 54%), got drunk (51% vs. 35%) or used marijuana (70% vs. 58%).

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.

The change in consent procedures from 2003 within the Vancouver school district 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%). The change in consent procedures mean that trends over time cannot be reported for this area.

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

Vancouver Youth: Their Home & Family

Background

Students in this area (the Vancouver HSDA) identified with a broad range of ethnic and cultural backgrounds. Students most commonly indicated being of East Asian heritage (55%), which was above the provincial rate of 18%. The second most common cultural identity in this area was European (20%).

If students did not feel the categories represented their background they could choose to write in their own identity, and 1% wrote “Canadian.”

New Canadians

Thirty-four percent of students in this area were born outside of Canada, which was above the provincial rate of 18%. Thirteen percent of students had lived in Canada between 2 and 5 years and another 4% had lived here for less than two years.

First Nations

Three percent of students reported Aboriginal heritage (compared to 10% across the province). Among these students, 42%* had First Nations status, and 28%* were Métis. Twenty-three percent* of Aboriginal students currently lived on a reserve.

Ethnic or cultural background

East Asian	55%
European	20%
Southeast Asian	16%
South Asian	8%
Latin/South/Central American	3%
Aboriginal/First Nations	3%
African	2%
West Asian	2%
Australian/Pacific Islander	1%
Other (excluding Canadian)	1%
Don't know	1%

Note: Youth could choose more than one response.

Spoke a language other than English at home

Never	21%
Sometimes	37%
Most of the time	42%

Sexual Orientation

Eighty-two percent of students identified as heterosexual, 10% as mostly heterosexual, 2% as bisexual or gay/lesbian, and 6% were unsure.

Spirituality

Fifty-one percent of students reported that they were not at all religious or spiritual. The remainder were either somewhat (39%) or very much (10%) 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 (92%) and/or father (68%) most of the time; 10% lived with both parents but at different times. Sixteen percent lived with other adult relatives (compared to 8% across the province as a whole).

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 (78%) and went to bed at night (83%). However, 7% did not have a parent at home when they woke up in the morning and 5% did not have a parent at home when they went to sleep at night on any of the past five school days.

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

Mother	92%
Father	68%
Other adults related to me	16%
Stepfather	3%
Other adults not related to me	2%
Stepmother	1%
Do not live with any adults	1%

Unstable Home Life

A total of 3% 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. One percent of youth were in care in the last year, which was the same as the provincial rate.

Seven 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 (33% vs. 12%) and despair (23% vs. 4%) and to have attempted suicide in the last 12 months (25% vs. 3%).

Frequently moving house can negatively impact young people's health. Eighteen 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 have attempted suicide in the past 12 months (7% vs. 3%).

Family

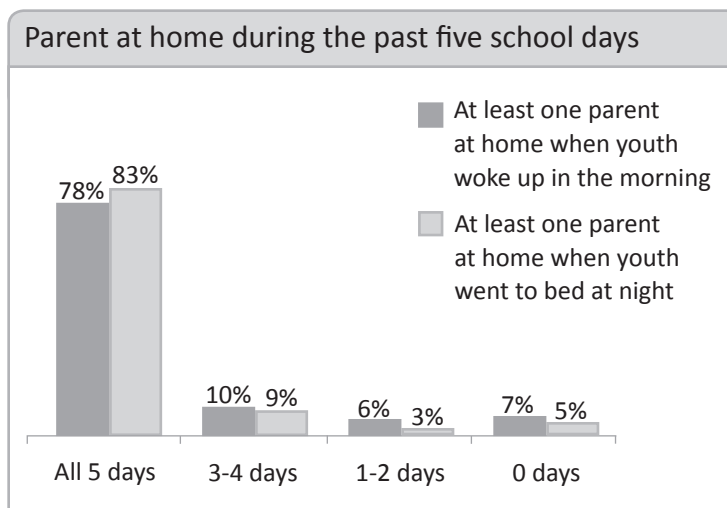
Family Connectedness

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

Connectedness to mother and father figures was generally 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 and males showed comparable levels of connectedness. Both males and females felt more connected to their mother figures than to their father figures.

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 (89%), did not share a bedroom (79%), had travelled

on holiday with their family in the past year (73%), and that their family currently owned a computer (99%).

Almost 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).

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 (37% vs. 18%), to have considered suicide in the past year (19% vs. 9%) and to have attempted suicide in the past 12 months (13% vs. 3%).

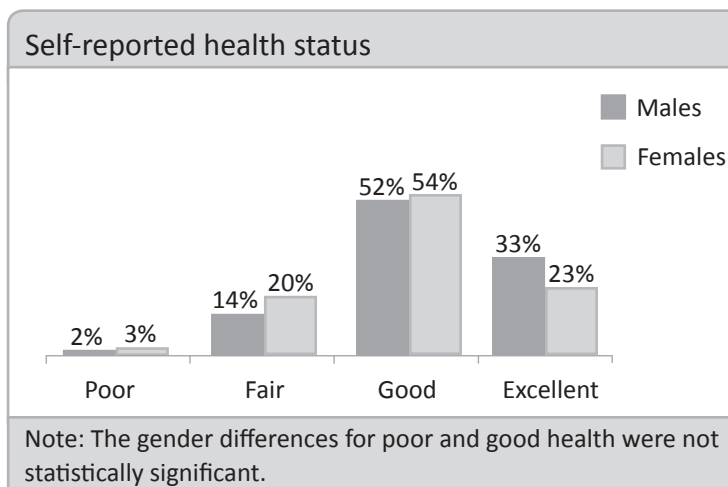
Family poverty affected youths' ability to participate in extra-curricular activities. For example, youth who went to bed hungry or who did not go on a family vacation in the past year were less likely than their peers to engage in sports with a coach other than gym class (such as playing on school teams or taking swimming lessons).

Physical Health

Eighty percent of youth in this area reported that their health was good or excellent, which was lower than the provincial rate of 84%. More males than females rated their health as excellent (33% vs. 23%). Males in this area were less likely than those in the entire province to rate their health as excellent (33% vs. 39%). Males were less likely than females to report that they had physical complaints 'a lot' such as headaches (9% vs. 13%) or stomach-aches (8% vs. 14%) in the past six months.

Six 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 3% of youth. Among youth with a

health condition or disability, 24% took daily medication and 22% missed school 'sometimes' or 'a lot' due to their condition.



Accessing Medical Care

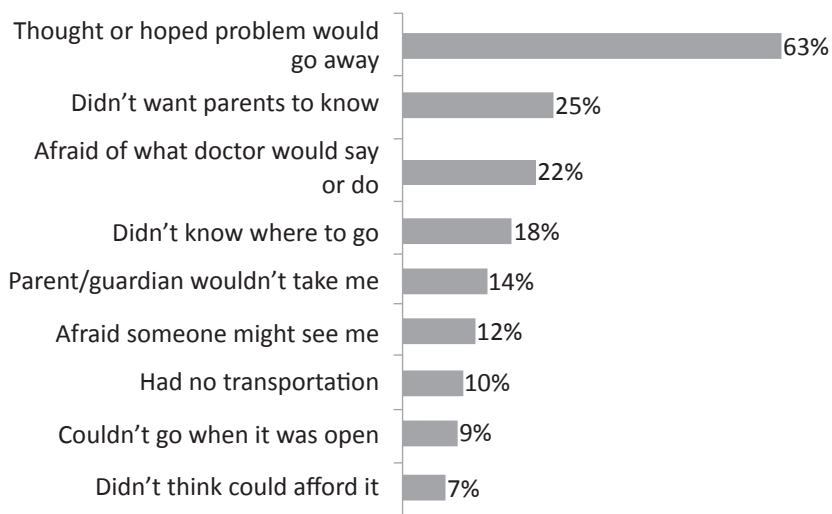
Similar to provincial rates, 12% of youth (9% of males and 14% of females) did not get medical help when they felt they needed it. Among those youth who did not access needed medical care, the most common reason was thinking or hoping the problem would go away (63%; comparable to the provincial rate). There were no gender differences in reasons for not seeking medical care.

Compared to the province as a whole, students in this area were more likely to cite not knowing where to go as a reason for not

seeking medical care (18% vs. 10%). Also, local males were more likely than males in the province as a whole to report not seeking care because they did not want their parents to know (28%* vs. 13%).

“It’s hard to make an appointment at the doctor. When I am sick, I have to wait for a whole week.”

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, 18% of students in this area were injured seriously enough to need medical attention. This percentage was lower than the provincial rate of 29%.

The most common location for getting injured was at a sports facility or field (42%). Twenty-four percent of injuries were at school (compared to 17% across the province), and 11% were at home. There were no gender differences in the location of injuries.

Most injuries occurred while students were playing or training for sports or doing other recreational activities (63%; above 55% provincially). Five percent occurred when students were snowboarding or skiing, and 8% took place during relatively low-risk behaviours (such as walking or cooking), both similar to provincial rates.

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. In the Vancouver area, there were no gender differences in seatbelt use or helmet use.

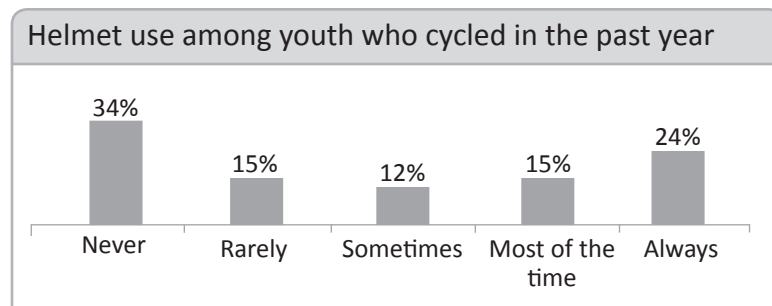
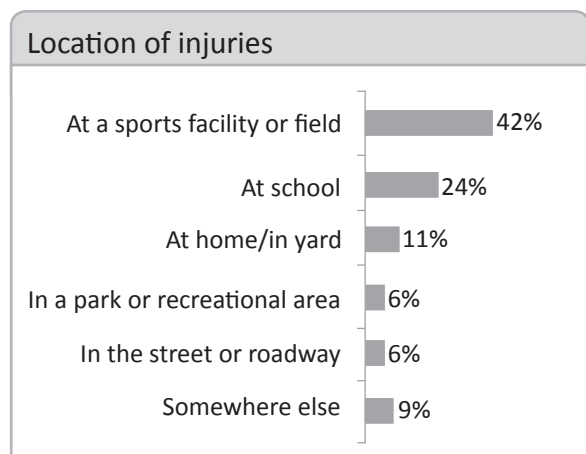
Sixty-two percent of students in this area always wore a seatbelt when riding in a motor vehicle, which was below the provincial rate of 66%.

Sixty percent of students rode a bicycle in the past year, which was below the provincial rate (71%). Among these students, 24% always wore a bike helmet and 34% never wore one (comparable to the provincial rates). As students got older, they were generally less likely to wear a helmet.

Driving and Substance Use

Motor vehicle accidents are the leading cause of death among BC youth. Youth in this area were less likely than youth in the province as a whole to have driven after using alcohol or marijuana (5% vs. 10%).

Four percent of students had ever driven after using alcohol, and 2% had done so in the past month. In the past month, 14% of students had been a passenger in a vehicle with a driver who had been drinking (16% of females vs. 11% of males).



Nutrition

“Realistically, no one is going to buy healthy food that tastes horrible.”

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 (51% vs. 39%) and pop (14% vs. 7%) 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, 23% of youth in this area (compared to 28% provincially) reported eating fruits or vegetables only once or not at all on the day before they completed the survey. At least 48% of male students and 40% of female

students fell short of the recommended daily portions of fruits and vegetables.

Fifty-five percent of youth always ate breakfast on school days, while 12% 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, fruits, vegetables or dairy yesterday, but more likely to have consumed energy drinks.

What youth ate and drank yesterday

	No	Yes (once)	Yes (twice or more)
Water	5%	17%	78%
Milk, cheese, yogurt	16%	40%	44%
Fruit	17%	40%	43%
Green salad or vegetables	19%	40%	41%
Cookies, cake, donuts, chocolate bars	36%	46%	18%
Pizza, hot dogs, potato chips, French fries	52%	37%	11%
Pop/soda	59%	31%	10%
Hot or cold coffee or coffee-based drinks	75%	18%	7%
Energy drinks	93%	5%	2%

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

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

Weight & Body Image

Weight

Although it has been criticized for not measuring body fat or fitness levels, and is not the ideal measure for all ethnic groups, youths’ body mass index (BMI) still helps track rates of obesity which is linked to health challenges at all ages.

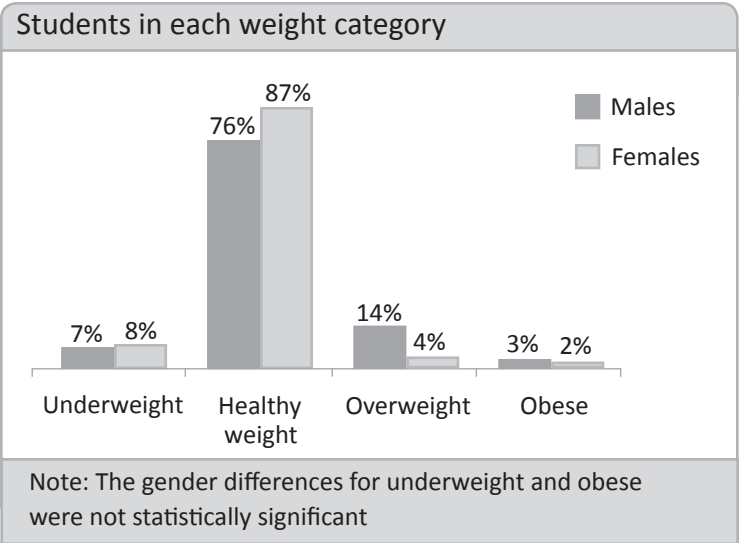
The BMI was calculated from the height and weight measurements youth provided on the survey. Based on this measure, 82% of students were considered to be a healthy weight for their age and gender, while 8% were underweight, 8% overweight and 2% obese.

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

Body Image

Similar to provincial rates, 16% of males rated themselves as very satisfied with their body image, compared to only 8% of females. The majority of youth (63%) felt they were about the right weight.

Looking at youth whose BMI indicated they were a healthy weight, 28% stated they were not trying to do anything about their weight and 19% were trying to stay the same weight.



“Everyone says that I look great and that my body is fit. But I disagree.”

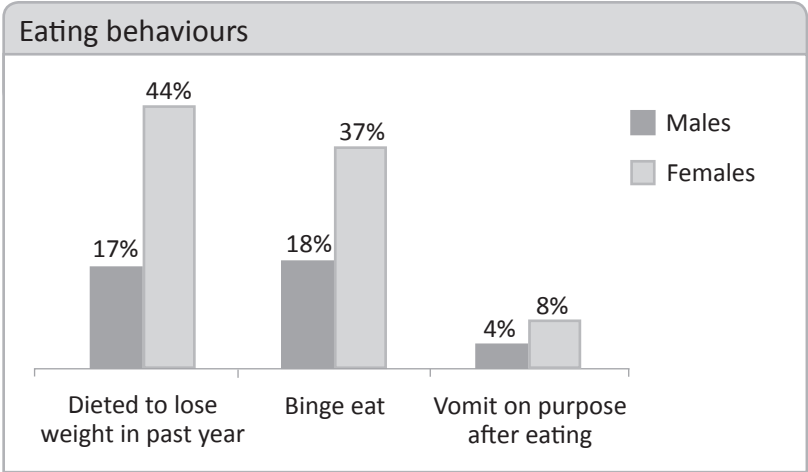
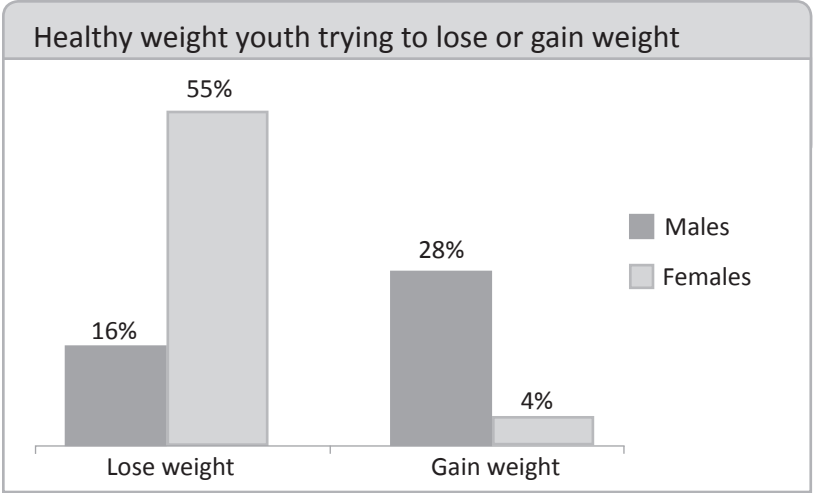
BMI weight categories		
	Vancouver 2008	BC 2008
Underweight	8%	5% [†]
Healthy Weight	82%	78% [†]
Overweight	8%	13% [†]
Obese	2%	4% [†]
[†] Difference between 2008 Vancouver and provincial estimates was statistically significant.		

However, 55% 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 3.6 and females 3.2.



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.

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 (86%) and their abilities (92%), they had much to be proud of (72%) and felt that their life was useful (83%). Fifty-two percent agreed or mostly agreed with all seven of the self-esteem questions on the survey, which was lower than the provincial rate (58%).

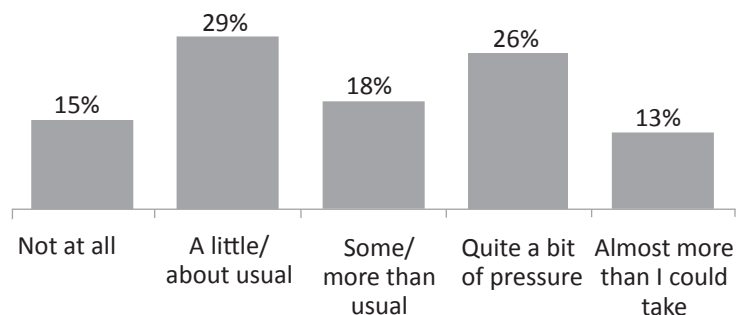
Stress

Eighty-five percent of youth reported feeling some stress or pressure in the past 30 days, and 13% 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 (16% vs. 10%). Extreme stress was generally not related to age, unlike in the prov-

“Generally, I’m a happy person.”

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



ince as a whole where older students were more likely than younger students to report this level of stress.

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 and males reported comparable levels of extreme despair, unlike in the

province as a whole where females were more likely than males to report this level of despair.

Self Harm

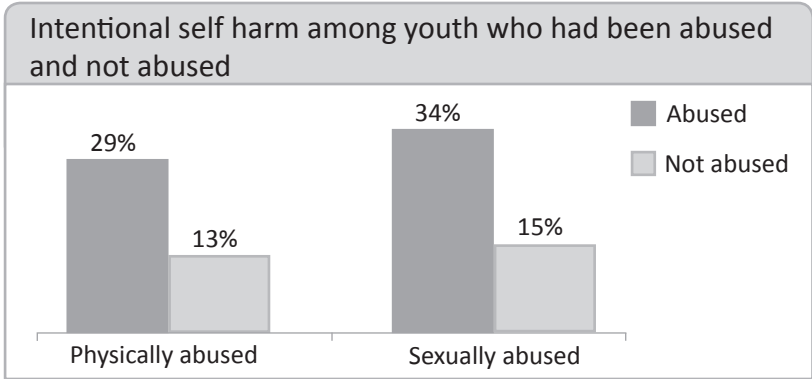
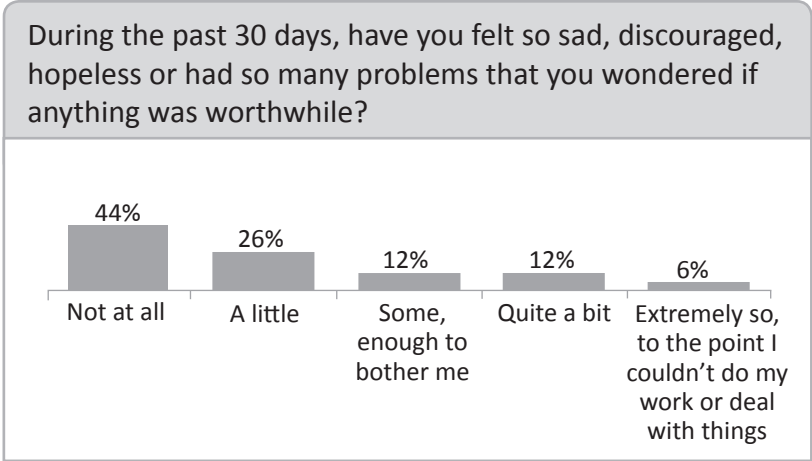
Sometimes youth will hurt themselves as a way of coping with stress and pain in their lives. In this area, 19% of female students and 12% of males indicated cutting or injuring themselves on purpose without trying to kill themselves at some point in their lifetime, with 11% doing so once or twice, and 5% doing so three or more times.

Students who had been physically abused or sexually abused were more likely to self-harm than students with no abuse history. Also, youth who had ever used alcohol 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, 10% of students reported seriously considering suicide in the past year, which was comparable to the provincial rate.

Four percent of students attempted suicide in the past year, which was similar to the provincial rate. Females were twice as likely as males to have attempted suicide (6% vs. 3%),



although males generally have higher rates of suicide completion.

Among youth who attempted suicide in the past year, 15% reported that their attempt was serious enough to require treatment by a doctor or nurse.

“Please provide more depression workshops at school.”

Risk factors for suicide

One of the known risk factors for attempting suicide is having a family history of suicidal behaviour. In this area, 9% of youth reported that a family member had tried to commit suicide, with 3% doing so in the past year. Also, 16% of youth had a close friend who attempted suicide (9% in the past year). Students with a family member or close friend who had attempted or committed suicide in the past year were six times more likely to attempt suicide themselves, compared to students without these risk factors (18% vs. 3%).

Suicide attempts in the past year were also more likely among students who had ever been physically abused (13% vs. 3%) or sexually abused (23% vs. 3%) compared to students who had never been abused.

Youth with a health condition or disability were also at greater risk for attempting suicide compared to those without a disability (15% vs. 4%).

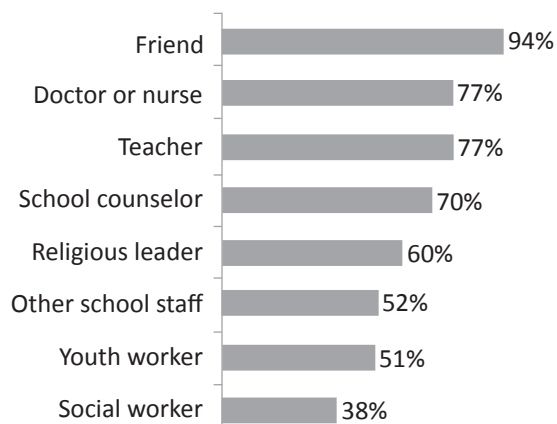
As well, youth who had ever used alcohol or marijuana were more likely to have attempted suicide compared to students who had never used these substances.

Help Seeking

Many students felt they could seek support from adults in their family (69%) or from adults outside their family (52%) if faced with a serious problem. However, these rates were lower than the provincial percentages (75% and 56%, respectively).

Students reported approaching a variety of professionals for help in the past year, including teachers (43%), school counselors (36%), doctors or nurses (28%), other school staff (19%), religious leaders (17%), youth workers (16%), and social workers (13%). In addition to turning to adults for help, most

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



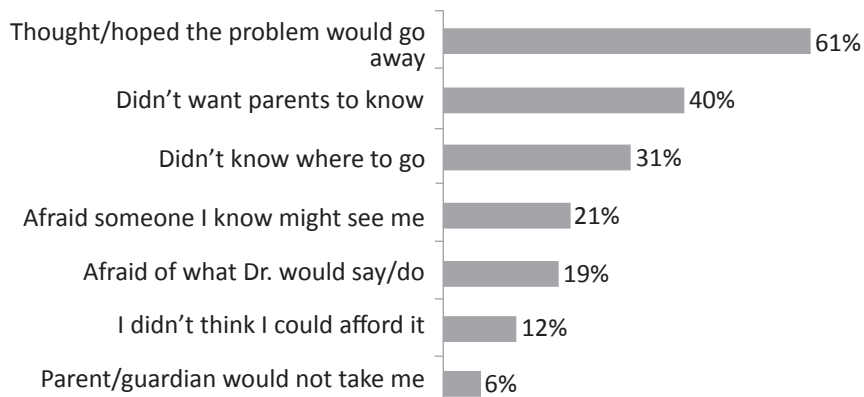
students (82%) asked their friends for assistance. Students who sought support in the past year generally reported finding the assistance of both friends and professionals helpful.

Accessing Mental Health Services

When asked specifically about accessing mental health services in the past year, 15% of females and 6% 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 (61%) and students not wanting their parents to know (40%).



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



Smoking

Sixteen percent of students in this area had ever tried smoking, which was below the provincial rate (26%). Males and females were equally likely to have tried smoking.

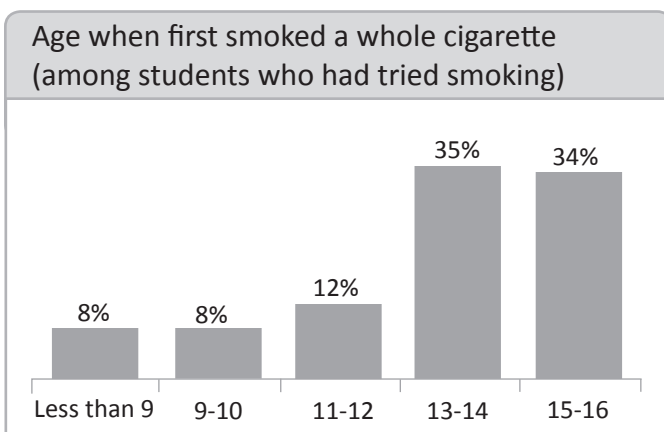
Among students who smoked, they tended to first start smoking at similar ages as youth across the entire province. Eight percent had their first cigarette when they were 9 or 10 years old, while 34% waited until they were 15 or 16 years old.

Less than half (41%) of students who had tried smoking had smoked in the past month. Those who did smoke in the past month most commonly smoked all 30 days (12% of all students who had tried smoking).

Three percent of young people had used chewing tobacco in the past month, similar to the rate for the province as a whole.

Second-hand Smoke

Twenty-one percent of students in this area had been exposed to smoke inside their home or vehicle, which was below the provincial rate of 28%. Six percent of youth were exposed to smoke in their home or car almost every day.



Substance Use

“*I only drink with my parents' permission, usually in their company or in the company of another adult I trust AND only at special occasions.*”

Alcohol

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

Among students who had tried alcohol, the percentage of students who drank before they were 9 years old was similar to the provincial rate (9%). The most common age to first try alcohol was 13 or 14 years old, when 37% of students who drank had their first drink.

Among students who drank in the past year, 23% only had a sip, 39% drank once a month or less, and 22% drank two or three times a month.

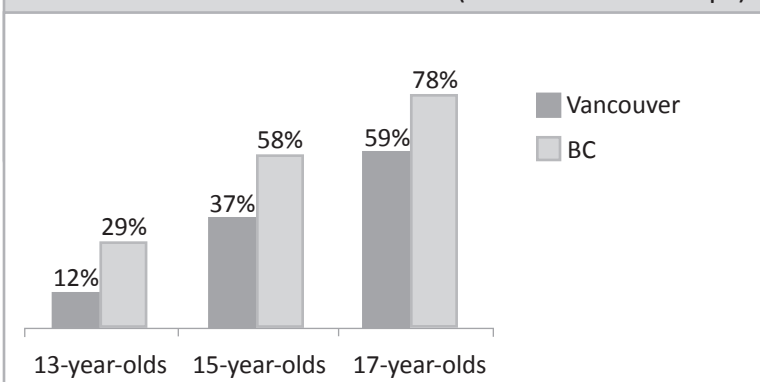
A third of students (33%) who had tried drinking only drank on one or two days in the previ-

ous month, and 41% of those who had tried alcohol did not drink at all in the past month.

Binge drinking

Binge drinking is defined in the AHS as having five or more drinks within a couple of hours. Thirty-four percent of local students who had tried alcohol binge drank in the past month, and 2% did so on ten or more days. Males and females were equally likely to binge drink in the past month.

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



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.

Fifteen percent of students in this area drank alcohol last Saturday, which was lower than the provincial rate of 26%. There were no gender differences among those who consumed coolers, wine and liquor but males were more likely than females to have drunk beer last Saturday (12% vs. 7%).

Marijuana

Sixteen percent of students in this area had tried marijuana, which was below the provincial rate of 30%. There was no gender difference in the rate of marijuana use.

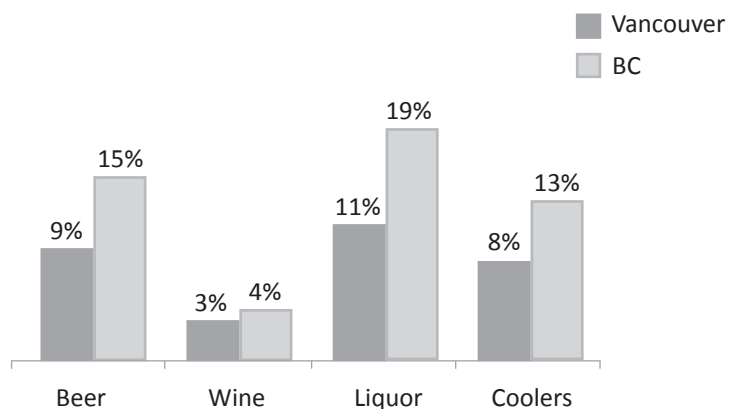
Among students who had tried marijuana, 8% had first used it when they were 10 years old or younger, although the most common age for first trying it was 13 or 14 years old (46%).

Sixty percent of those who had tried marijuana used it in the past month and 12% used it 20 or more days in the past month (2% of all students).

Last Saturday use

Seven percent of of students used marijuana last Saturday (compared to 12% across the province as a whole). There were no gender difference in the rate of using marijuana last Saturday.

Rates of different types of alcohol consumed last Saturday



Note: The difference for wine consumption was not statistically significant.

Other Drugs

In this area, rates of substance use other than alcohol or marijuana were generally similar to those in the province as a whole. The exceptions were lower rates of ever trying mushrooms (5% vs. 8% provincially) and any hallucinogens, including ecstasy (7% vs. 9% provincially). Males and females showed comparable rates of ever using these other substances.

For the first time, students were specifically asked about the use of ecstasy and crystal meth. Six percent of students in this area had used ecstasy, and 2% had used crystal meth, both comparable to the provincial rates.

Ever used other drugs

Prescription pills	15%
Hallucinogens (including ecstasy)	7% [†]
Mushrooms	5% [†]
Cocaine	5%
Inhalants	3%
Any Amphetamines (including crystal meth)	2%
Steroids	2%
Injected an illegal drug	2%
Heroin	1%

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

“*I once tried ecstasy with some friends because all of them were doing it.*”

Consequences of Substance Use

In the past year, 1% of male and female students felt they needed help for their alcohol use, and 1% felt that they needed help for their drug use.

Thirty-one percent of students reported using alcohol or drugs in the previous year. Among these students, almost half (45%) 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 experiencing a change in their school work, marks, or behavior at school. There were no gender differences.

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	55%
Was told that I did something that I couldn't remember	31%
Passed out	24%
School work, marks, or behaviour at school changed	15%
Argued with family members	13%
Got injured	10%
Damaged property	8%
Got in trouble with the police	7%
Lost friends or broke up with a girlfriend or boyfriend	7%
Got into a physical fight	7%
Had sex when I didn't want to	5%
I overdosed	4%

Sexual Behaviour

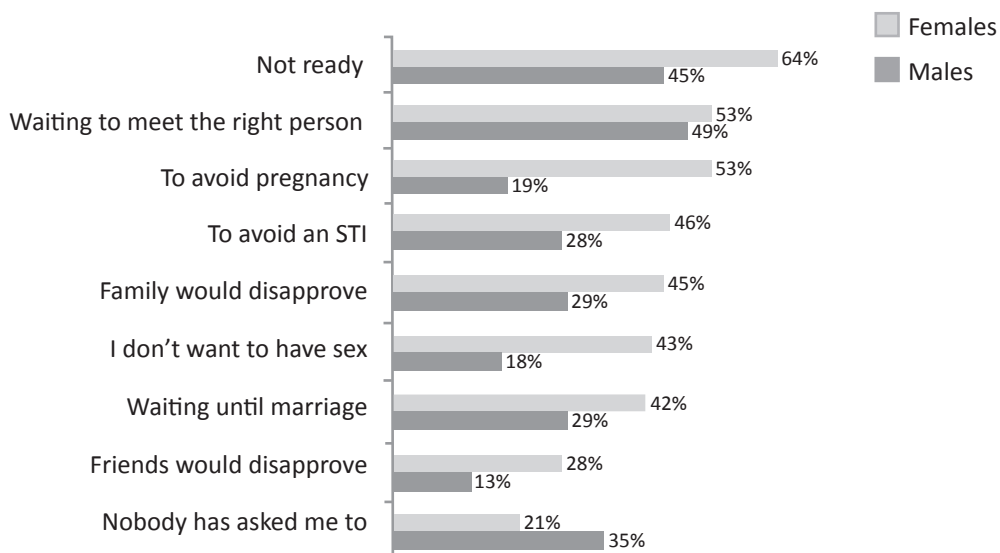
The majority of youth reported never having had sexual intercourse (89%). This rate was higher than the provincial percentage (78%), meaning that students in this area were less likely to have had sex compared to students in the province as a whole.

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 not being ready to have sex (56%) and wanting to wait until they met the right person (52%).

Students in this area were more likely than students in the province as a whole to indicate never having had sex because they wanted to wait until marriage (36% vs. 29%). When there were sex 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 never having had sex because nobody had asked them to (35% vs. 21%).

The percentage of youth that reported ever having sexual intercourse was comparable

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



Notes: Youth could choose more than one response.

The sex difference for "waiting to meet the right person" is not statistically significant.

Among students who have had sexual intercourse, almost a third (32%) reported that they drank alcohol or used drugs before having sex the last time.

for males and females and increased with age. Among sexually active youth, the most common age for first having sex was 15 years, and 18% reported first having sex before age 14.

Among students who have had sex, 6% did not have sex with anyone in the past year; 53% had sexual intercourse with one person; 32% with 2 to 5 people; and 8% had sex with six or more people in the past year.

Oral Sex

In this area, 14% of students (comparable rates for males and females) reported ever having oral sex, which was lower 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 8% among sexually active students, which was comparable to the provincial rate.

Birth Control and Pregnancy

Sixty-six percent of sexually active youth reported using a condom the last time they had

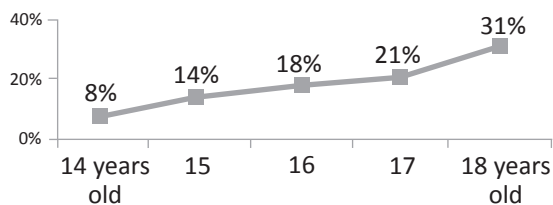
sex, and 63% indicated that they had done so to prevent pregnancy.

Among sexually active youth, 27% used birth control pills to prevent pregnancy the last time they had sex. Twenty-one percent used withdrawal which is an unreliable method of contraception, and 8% used only withdrawal. Eight percent of students used no method to prevent pregnancy the last time they had sex and 10% used emergency contraception ("morning after pill").

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

“Birth control pills are expensive.”

Students who had oral sex



Abuse & Violence

“*Date rape happens too often, more emphasis should be put on teaching girls how to protect themselves.*”

Physical and Sexual Abuse

The percentage of students who reported physical or sexual abuse were similar to the provincial rates. Sixteen percent reported that they had been physically abused and 8% reported that they had been sexually abused. In total, 20% of students had experienced either form of abuse and 3% had experienced both types of abuse. Females were more likely than males to report that they had been abused.

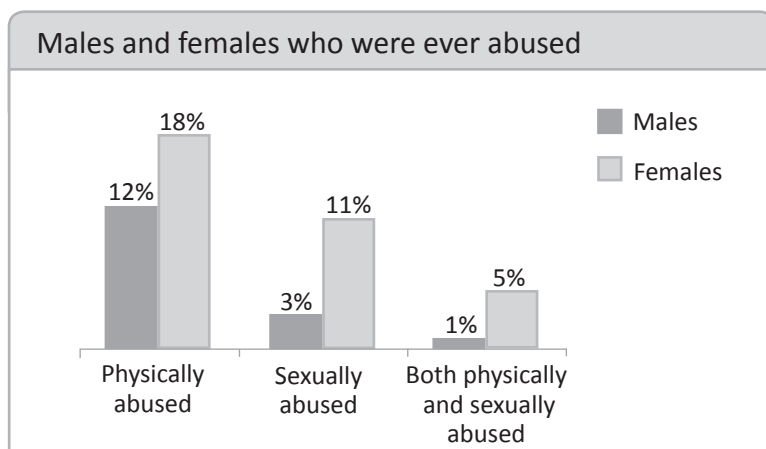
Similar to the provincial rate, 4% of students had been forced to have sexual intercourse when they did not want to. One percent had been forced to have sex by an adult and 2% by another youth. There were no gender differences.

Sexual Harassment

The percentage of students who experienced verbal sexual harassment in the past year was lower than the provincial rate (43% vs. 47%), but the rate of physical sexual harassment (26%) was similar to that of the province. Female students were more likely to experience either form of harassment. In the past year, 48% of females had been verbally sexually harassed (compared to 36% of males) and 32% had been physically sexually harassed (compared to 17% of males).

Internet Safety

Ten percent of students in this area (14% of females and 6% of males) had been in contact



with someone on the Internet who made them feel unsafe, which was comparable to the provincial rate. Nine percent of students gave personal information to someone that they met on the Internet in the past year.

Eleven percent of male and female students were cyber-bullied in the previous year.

Physical Fights

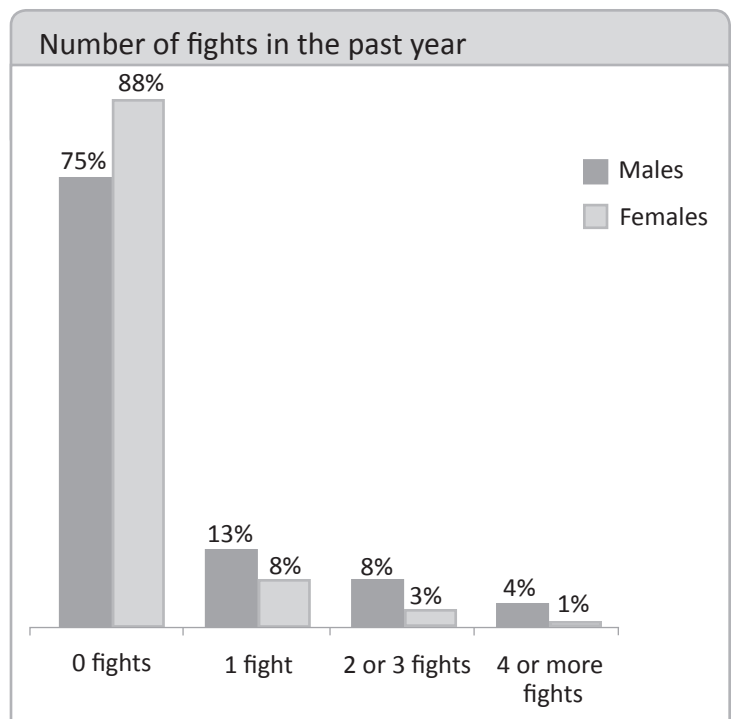
Eighteen percent of students were involved in a physical fight in the past year, compared to 24% across the province as a whole. Males were more likely than females to have been in a fight (25% vs.12%). Three percent of students were injured in a fight to the point where they required medical attention.

Relationship Violence

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

Discrimination

Similar to the provincial rates, 4% of student had been discriminated against because of their sexual orientation, and 12% of students experienced racial discrimination in the past year.



Twelve percent of students had been discriminated against because of their physical appearance, which was below the provincial rate of 18%.

“I wish everyone could be treated equally. ☹️”

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 (67%). Twenty-two percent of students liked school very much, with similar rates for males and females, unlike in the province as a whole where females were more likely than males to like school very much.

Feelings of connectedness to school were highest among Grade 7 students, which was consistent with provincial findings.

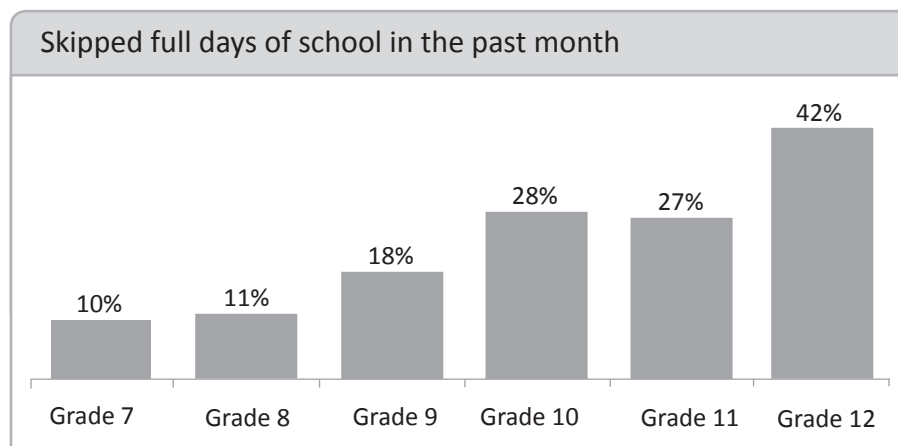
Twenty-three percent of students skipped at least one full day of school in the past month. Students in higher grades were generally more likely than students in younger grades to skip school.

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

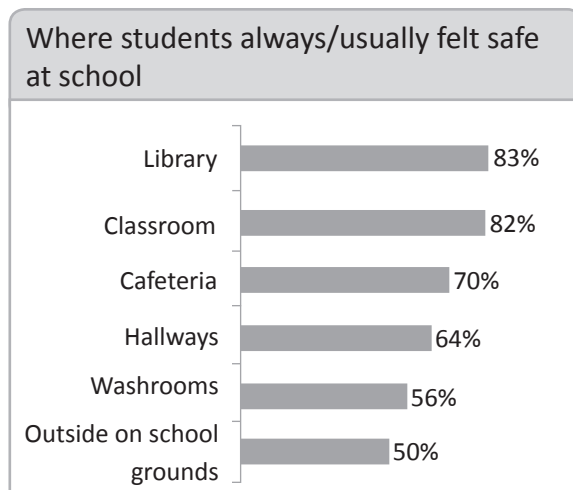
Thirty-five percent of students reported always feeling safe at school, which was lower than the provincial rate of 41%. The sense of always feeling safe was highest among students in Grades 7 and 12 (44%-45%) and lowest among students in Grades 9 and 11 (28%-30%).

Students most commonly reported “always or usually” feeling safe in the library (83%) or classroom (82%). They were least likely to report “always or usually” feeling safe outside on school property during school hours



(50%), and this percentage was lower than the provincial rate (56%).

Six percent of students had been physically attacked or assaulted while at school or travelling to or from school in the past year, which was lower than the provincial rate of 9%. Males were more likely than females to be physically attacked (9% vs. 4%), but females were more likely to be victims of relational aggression at school (i.e., excluded from social groups or ignored; 33% vs. 27%). Thirty percent of students reported verbal harassment at school (e.g., teasing), and the percentages were comparable for males and females. Rates of relational and verbal aggression in this area were similar to the provincial rates.



Weapon Carrying

A total of 5% of students carried a weapon to school in the past month (8% of males and 3% of females). Among those who carried a weapon, the majority (67%) 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 72% expected to complete their education when they graduate from university, medical school, or law school; 11% when they graduate from community college or a technical institute; 3% once they complete high school; and 12% were not sure when they would complete their education.

Work

A total of 29% of students worked at a paid job during the school year, which was lower than the provincial rate (41%). Among students who worked, 32% worked less than 5 hours a week, 57% worked 5-19 hours, and 11% worked 20 or more hours a week.

Sports & Leisure Activities

Exercise

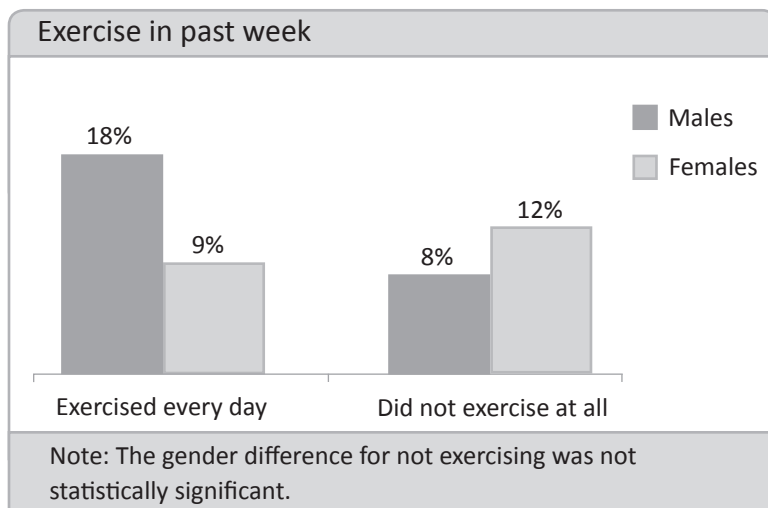
Health Canada recommends that youth participate in a minimum of 90 minutes of physical activity every day. Yet, when asked how often they exercised for at least 20 minutes a day during the past week, 10% of youth did not exercise at all. Only 18% of males (compared to 25% provincially) and 9% of females (compared to 11% provincially) exercised every day. On average, youth in lower grades exercised more often than those in higher grades.

“*I’m not usually sporty, but I do swim once every week for exercise. I use the stepping machine, too.*”

Extracurricular Activities

The majority of youth participated in extracurricular sports activities on a weekly basis: 52% of youth took part in sports activities with a coach (e.g., school teams, swimming lessons), and 56% participated in physical activities without a coach (e.g., biking, road hockey). While males were more likely than females to participate in both coached and non-coached sports activities, 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, 67% did some form of volunteer work such as babysitting or helping



a charity and 30% did this once a week or more. Other leisure activities youth participated in on a weekly basis included hobbies (54%), art/drama/music (31%) and clubs (20%). Females were more likely than males to take part in hobbies.

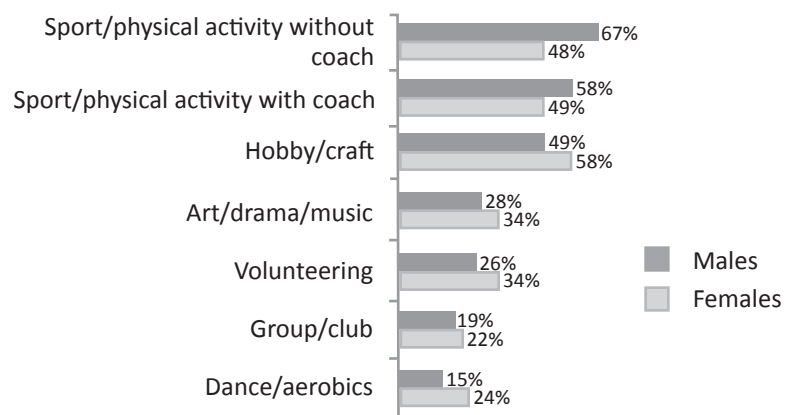
Participation rates did not differ between this area and the province as a whole for either hobbies or volunteer activities. However, compared to the entire province, youth in this area were more likely to participate in art, drama, and music activities as well as clubs or groups, but were less likely to participate weekly in both non-coached and coached sports activities. Furthermore, female students in this area were less likely to participate weekly in dance or aerobic classes (24% vs. 31% provincially).

Screen Time

Similar to students across the province, 88% of youth watched TV on a typical school day and 25% spent three or more hours doing so. In this area there was no gender difference in TV watching.

The majority of youth spent some part of their school day doing other types of screen time activities. Thirty-four percent of youth

Weekly participation in activities in the past year



Note: The gender differences for art/drama/music, volunteering, and group/club were not statistically significant.

Weekly participation in extracurricular sports activities

	Vancouver 2008	BC 2008
Sports/physical activity without coach	56%	69% [†]
Sports/physical activity with coach	52%	59% [†]
Dance/aerobics	20%	22%
Art/drama/music	31%	27% [†]
Group/club	20%	16% [†]
Hobby/craft	54%	54%
Volunteering	30%	27%

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

“*I’m always on the computer playing games for more than 5 hours each day...it’s bad for your health but I can’t stop because there’s nothing to do at home.*”

spent time on the Internet, 15% talked or texted on the phone, and 15% 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 (25% vs. 8%), but were less likely to spend three or more hours texting or talking on the phone (9% vs. 19%).

Furthermore, compared to the entire province, students in this area were more likely to spend three or more hours on a typical school day on the Internet (34% vs. 27%), but less likely to spend this amount of time on the phone (15% vs. 20%). Finally, while rates of video game playing were similar for males between this area and the province as whole, females in this area were more likely to spend three or more hours playing video games (8% locally vs. 6% provincially).

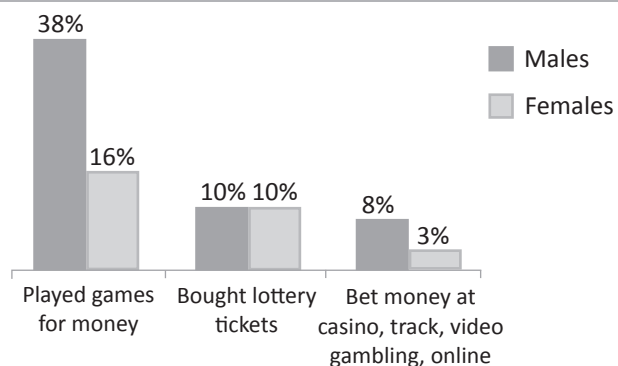
Gambling

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, 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 8% felt they had more job prospects.

Gambling in the past year



Thirty-one 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.

Protective Factors

“*I am very happy with myself
and my life.*”

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.

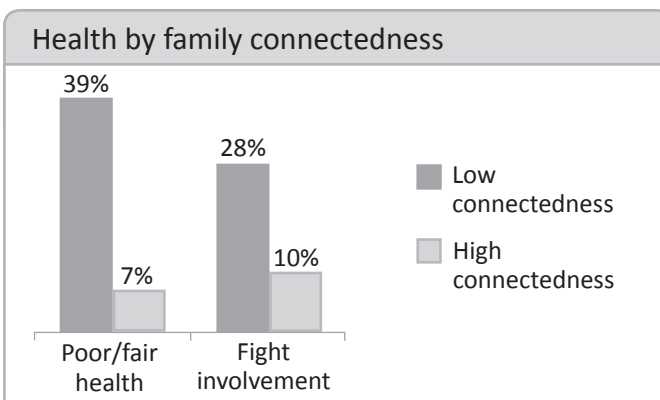
Family and School Connectedness

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. While family connectedness scores were lower in this area than in the province as a whole, school connectedness scores were comparable. Levels of both family and school connectedness were similar between males and 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 64% 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 higher levels of cultural connectedness. For example, 61% of youth in this area reported participating in their group's cultural practices (such as special food, music or customs), compared to 42% of youth in the entire province.

“I love volunteering because I feel proud to give back anything towards the community.”

Youth Engagement

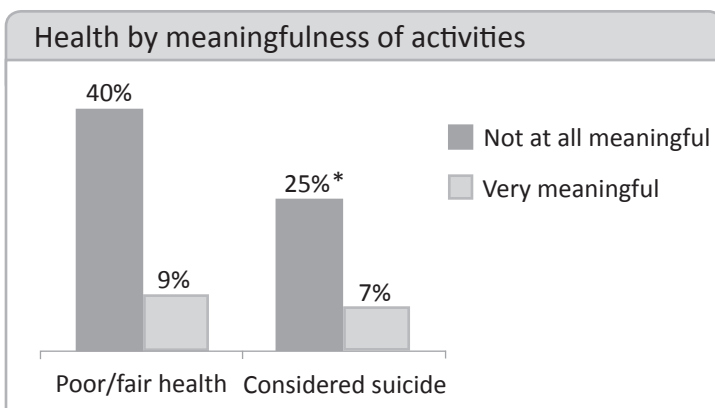
In addition to being asked about their involvement in extracurricular activities, youth were asked to rate how meaningful their activities were to them and how much they felt their ideas were listened to and acted upon in these activities.

Five to six percent of youth reported that the activities they were involved in were not at all meaningful to them or that they were not listened to in these activities. On the other hand, 26% were involved in activities that were very meaningful to them and 13% felt that they had a lot of input into their activities. Compared to the province as a whole, youth in this area had similar levels of input into their activities; however, they reported the activities they were involved in were less meaningful to them.

Positive Peer Relationships

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

The overall level of prosocial peer attitudes was higher in this area compared to the province in general. For example, compared to BC as a whole, local students were more likely to think that their friends would be upset with them if they got arrested (75% vs. 66%), beat someone up (68% vs. 54%), got drunk (51% vs. 35%) or used marijuana (70% vs. 58%).



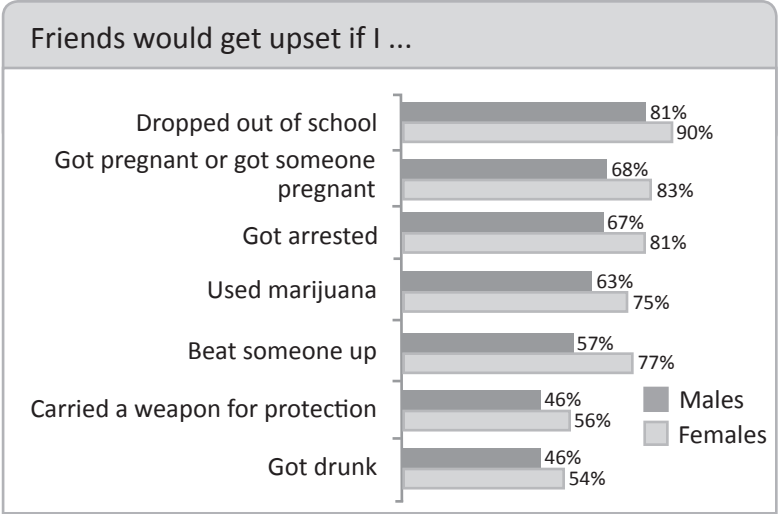
The Value of Protective Factors

Results from provincial data depict the value of promoting protective factors. The table on 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 Vancouver 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 Vancouver area reported being victimized or bullied at school and 15% of these youth had seriously considered suicide in the past year. However, being connected to their family, school or cultural group, being engaged in their extracurricular activities, and having peers with healthy attitudes about risk

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



Protective factors	Vancouver	BC
Family connectedness	7.7	7.9 [†]
School connectedness	6.8	6.8
Cultural connectedness	6.3	5.5 [†]
Youth engagement		
Meaningfulness of activities	6.6	7.2 [†]
Ideas listened to and acted upon	5.8	6.0
Prosocial peer attitudes about risk behaviour	6.8	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 Vancouver 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.				

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.



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AHS IV Inter-Ministerial Advisory Committee

Kelly Acker

Policy Advisor, Ministry of Community Services

Jayne Barker

Ministry of Children and Family Development (MCFD)

Jennifer Donison

Aboriginal Regional Support Services Team, Quality Assurance Analyst, MCFD

Ron Duffell

Executive Director, Act Now BC

Les Foster

University of Victoria/Contractor Ministry of Health

John Green

Youth Services Consultant, MCFD

Jamie Lipp

Community Justice, Ministry of Public Safety and Solicitor General

Alex Mann

Policy and Research Analyst, Ministry of Education

Steve Morgan

Child and Youth Mental Health Consultant, MCFD

Paul Mulholland

Youth Services Consultant, MCFD

Wayne Mitic

A/Manager, Chronic Disease Prevention, Ministry of Health

Phil Schwartz

Director, MCFD

Wayne Wei

Performance Management Analyst, MCFD

Michelle Wong

Contractor, MCFD

AHS IV Institute

Kelly Acker

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

Tim Agg

McCreary Centre Society Board/PLEA

Marika Albert

McCreary Centre Society

Tanya Bemis

Healthy Living/Chronic Disease Prevention, Ministry of Health

Dr. William Boyce

Faculties of Education and Health Science, Queen's University

Jennifer Cameron

McCreary Centre Society

Anne Carten

Children and Youth Health, Vancouver Coastal Health

Kathy Cassels

Directorate of Agencies for School Health BC

Dr. Susan Clark

Educational Psychology, UBC

Dr. David Cox

Department of Psychology, SFU

Sarah Day

McCreary Centre Society

Jennifer Donison

Aboriginal Regional Support Services Team, Province of BC

Dulcie Fernandes

Child and Youth Officer for BC, Ministry of Attorney General

Annette Glover

BC School Trustees Association

Dr. Rita Green

Statistics Canada

Elaine Jones

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

Pamela Joshi

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

Sherry Kelly

Interior Health

Dr. Marvin Krank

Graduate Studies – UBC Okanagan

Alison Liebel

McCreary Centre Society

Jaimie Lipp

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

Dr. Nadine Loewen

Fraser Health

Dr. Laura McKay

SFU

Dr. Roey Malleson

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

Sydney Massey

BC Dairy Foundation

Lauranne Matheson

Division of Childhood and Adolescence, Public Health Agency of Canada

Pat Mauch

McCreary Centre Society Board

Megan McLarnon

Department of Psychology, UBC

Bruce Mills

Healthy Schools Network, Ministry of Education

Steve Morgan

Child and Youth Mental Health Team, MCFD

Paul Mulholland

Youth Services Policy Team, MCFD

Melissa Northcott

McCreary Centre Society

Dr. Colleen Poon

McCreary Centre Society

Kathy Powelson

McCreary Centre Society

Maureen Rowlands

Health Promotion, Heart and Stroke Foundation of BC and Yukon

David Sadler

McCreary Centre Society

Dr. Elizabeth Saewyc

McCreary Centre Society/UBC School of Nursing

Annie Smith

McCreary Centre Society

Cathy Still

McCreary Centre Society Board

Dr. Tim Stockwell

Centre for Addictions Research of BC, UVic

Dr. Roger Tonkin

McCreary Centre Society Founder

Wayne Wei

Accountability and Project Management Branch, MCFD

Cathy Whitehead

Vancouver Island Health Authority

Karen Wonders

Northern Interior Health Unit

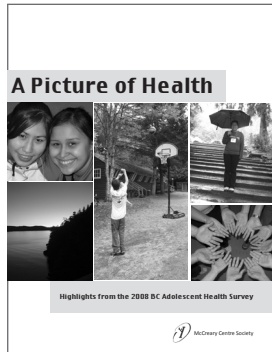


Vancouver Regional Coordinators and Administrators

Dorothy Hamilton	Ali Chalmers	Tracy Kereluk	Caroline Reilly
Claire Heath	Charles Chua	Joyce Lee	Amanda Rogan
Leslie Mills	June Chun	Megan Lee	Helen Rogers
Donna Quail	Sara Cinco	Krista Lees	Laura Russell
Natalie Slomba	Christine Cruz	Heidi Loewn	Mariam Salih
Sharon Tobert	Kam Dhaliwal	Leanna Loy	Laura Schellenberg
Hannah Varto	Kristine Fera	Tara Lum	Marie Shibata
Farnaz Abasi	Margaret Gander	Gerri MacLean	Julita Sickiewicz
Maryam Atae	Manav Gill	Kelly Mah	Liz Sniderman
Vanessa Barbosa	Marina Glasgow	Michele Morand	Pauline Sumel
Jason Batalha	Michelle Gooding	Dionne Ng	Noelle von Beckmann
Carmen Beach	Smriti Gurung	Jessica On	June Wyse
Vicky Bingham	Alonni Holmes	Kristienne Pangilinan	Jie Xu
Eva Boberski	Suzanne Holynaty	James Parcon	Jean Yang
Anne Carten	Jessica Howell	Sasha Peled	Tom Ying
		Danica Poje	Marina Young

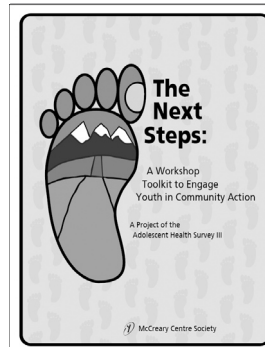
McCreary Resources

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



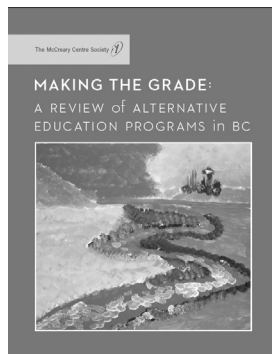
A Picture of Health: Highlights from the 2008 Adolescent Health Survey (2009)

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.



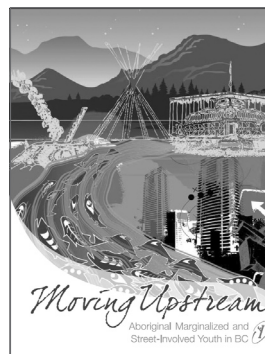
The Next Steps: A workshop toolkit to engage youth in community action (2005)

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.



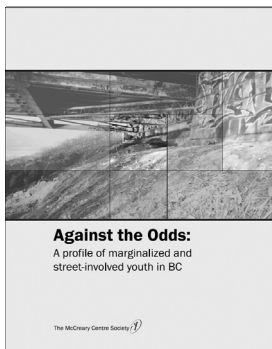
Making the Grade: A review of alternative education programs in BC (2008)

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.



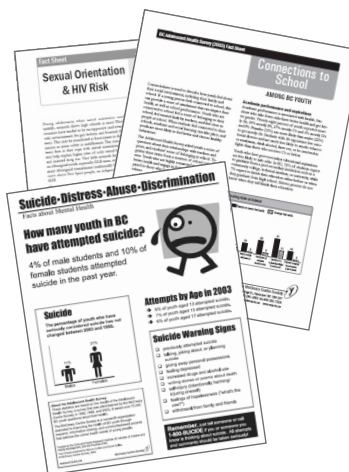
Moving Upstream: Aboriginal marginalized and street-involved youth in BC (2008)

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)

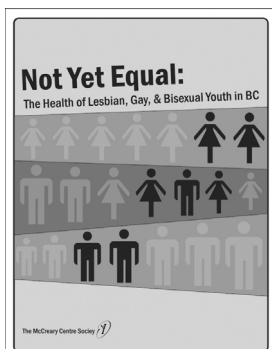
The lives of marginalized and street-involved youth are complex and filled with challenges, dangers and opportunities. This report summarizes the results of surveys with marginalized youth in the North, Interior, Fraser Valley, Vancouver Island and Vancouver.



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.



McCreary Centre Society

3552 East Hastings St. Vancouver, BC V5K 2A7
www.mcs.bc.ca