

# KEY FINDINGS FROM THE 2018 BC AHS

Youth Action Grants (YAGs) were created by McCreary's Youth Advisory & Action Council (YAC) to support BC youth (ages 12–19) deliver projects which address findings from the BC Adolescent Health Survey and improve youth health in their school or community. For more information or to apply, visit [mcs.bc.ca/youth\\_action\\_grants](http://mcs.bc.ca/youth_action_grants).



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Here are a few of the key findings from the 2018 BC Adolescent Health Survey (AHS). To see more results from the survey of over 38,000 BC youth aged 12–19, visit [mcs.bc.ca/pdf/balance\\_and\\_connection.pdf](http://mcs.bc.ca/pdf/balance_and_connection.pdf).



Youth were less likely to rate their mental health positively than in previous years. There was an increase in youth reporting Anxiety, Depression, PTSD, and ADHD.

Also, 15% missed classes in the past month because of their mental health, and 14% were too anxious or depressed to participate in extracurricular activities.



Youth who had at least one in-person friend who helped them when they had a problem reported better mental health. For example, they were more likely to feel their life was

going well (76% vs. 41%) and to be happy (67% vs. 28%), and were less likely to experience extreme despair in the past month (7% vs. 24%).



Most BC youth fell short of Canadian physical activity guidelines, although there was a slight increase in males who exercised daily (24% vs. 22% in 2013).



The majority of youth engaged in extra-curricular activities. However, there was a decrease in weekly participation in most activities, including sports and

dance/exercise classes.



The percentage of students who slept for 8 hours the night before taking the survey decreased from 53% in 2013 to 48% in 2018. Fewer than half of students (41%)

reported going offline after their expected bedtime (e.g., turning off their phone). Students who did go offline were more likely to have slept longer and woken up feeling rested.



Most students (71%) felt they had an adult inside their family they could talk to if they had a serious problem, and 27% had an adult outside the family they could talk to.



The more items youth were deprived of that they wished they had, the less likely they were to feel like a part of their school, plan to finish high school, and report positive mental health, and the more likely they were to go to bed hungry.



Over a third (37%) of youth reported always eating 3 meals a day on school days and 1 in 10 went to bed hungry because there was not enough money for food at home.



Overall, 53% of students had been bullied at school or on the way to/from school in the past year, including being severely teased, purposefully excluded, and physically attacked.



There was an overall decrease in the percentage of youth who smoked tobacco, and those who did smoke waited longer to try it. However, 27% of students had vaped.



Youth were more likely to report better health and well-being if they felt connected to their school or community. For example, students who felt that teachers cared about them were more likely to experience good/excellent mental health (79% vs. 53% who did not feel this way).

## Examples of other topics on the survey:

Pets



Substance Use



Sexual Health



Nutrition



Injuries

