

Did You Know...?

The 2018 BC Adolescent Health Survey, completed by over 38,000 young people in Grades 7–12 in BC showed that:

48% of BC youth woke up feeling like they got enough rest.

97% who had a phone used it for entertainment (social media, games, etc.) on the previous school day. 79% used their phone to communicate with their parents, 61% to do homework, and 20% to access health information.

17% got at least 60 minutes of moderate to vigorous exercise every day in the past week.

83% planned to go on to post-secondary education.

96% had at least one close friend in their school or neighbourhood. 34% had at least one close friend online whom they had never met.

86% felt stressed in the past month, including 12% who felt so stressed they could not function.

39% missed school due to an illness, 26% skipped class, and 15% missed because of mental health challenges at least once in the past month.

48% missed out on extracurricular activities because they were too busy.

37% always ate 3 meals a day on school days.



McCreary Centre Society is a BC-based not-for-profit organization committed to improving youth health through research, evaluation and youth-led projects.

This poster was created by McCreary's Youth Advisory & Action Council as part of the Youth Action Grants (YAG) program which provides up to \$500 for youth-led projects to improve youth health.

For more survey results and to learn more about the YAGs, visit www.mcs.bc.ca.



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