

SPORTS AND INJURY PREVENTION AMONG YOUTH ACROSS BC

This fact sheet was created by McCreary Centre Society's Youth Advisory and Action Council using data from the 2018 BC Adolescent Health Survey. It focuses on BC youth aged 12-19 who played extracurricular organized sports in the past year (sports with a coach such as soccer, hockey, or a swim team).

59%

of BC youth played sports in the past year



52%

of these youth played sports every week

Younger youth were more likely to play sports, and to play regularly.

Youth who played sports weekly

55%



Males

51%



Females

33%



Non-binary youth



24%

of youth who played sports experienced a concussion or other serious injury while playing or training in the past year.

Older youth were more likely than younger youth to be injured while playing or training.

Youth who played sports were less likely to experience a concussion or be seriously injured playing or training if they:



Youth who played sports were less likely to be seriously injured while playing or training if they always wore a helmet when doing activities with a risk of a head injury.



SOME TIPS TO REDUCE THE RISK OF INJURY:



Wear protective gear, such as helmets, protective pads, or goggles.



Don't play when you're injured.



Warm up and cool down before and after playing.



Know the rules of the game.

Want to learn more about reducing the risk of injury? Check out the page for teens at kidshealth.org/.

HAVE AN IDEA?

\$500 Youth Action Grants (YAGs) are available to BC youth wanting to do a project which helps to prevent sports injuries among youth in their school or community.

Fill out the short application at mcs.bc.ca/youth_action_grants.

Have questions or want help to apply? Email us at yag@mcs.bc.ca.

www.mcs.bc.ca

[@mccrearycentre](https://twitter.com/mccrearycentre)

mccreary@mcs.bc.ca

[mccrearycentre](https://www.youtube.com/mccrearycentre)



McCreary Centre Society

