

YOUTH HEALTH IN COAST MOUNTAINS: Findings from the BC Adolescent Health Survey



To read more results from the survey and learn about the Youth Action Grants program, please visit mcs.bc.ca.

In 2018...

79% of students rated their overall health as good or excellent, and 74% rated their mental health this highly.

28% were injured seriously enough to require medical attention.

52% had tried alcohol, 38% had used cannabis, and 25% had smoked tobacco.

23% took care of a relative, and 64% took care of a pet or other animal.

25% did not eat breakfast on school days.

45% slept for at least 8 hours.

22% skipped school in the past month.

30% worked at a paid job during the school year.

In 2023...

58% of students rated their overall health as good or excellent, and 47% rated their mental health this highly.

39% were injured seriously enough to require medical attention.

51% had tried alcohol¹, 40% had used cannabis¹, and 31% had smoked tobacco.

29% took care of a relative, and 75% took care of a pet or other animal.

35% did not eat breakfast on school days.

36% slept for at least 8 hours.

33% skipped school in the past month.

41% worked at a paid job during the school year.

Also in 2023...

88% exercised for 60 minutes at least once in the past week, and 23% did so every day.

69% of those who needed medical help got the care they needed.

48% had vaped.

32% missed school in the past month due to family responsibilities.

13% got their breakfast at school.

92% engaged in activities after they were expected to be asleep.

64% planned to go on to post-secondary education.

76% had an adult in their community who cared about them.

Students reported better health and well-being when they...

-  Participated regularly in physical activity.
-  Could access the services they needed.
-  Had supportive friends.
-  Had supportive adults in their school, family, and community.
-  Had access to nutritious, healthy meals.
-  Got at least 8 hours of sleep.
-  Felt connected to school.
-  Felt connected to community.

¹ The change over time was not statistically significant.