



McCreary  
Centre Society

# ISCI

Don't just measure our health,  
measure it with us: The role of youth  
in health and well being indicators

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## GROWING UP IN B.C. – 2015



Office of the  
Provincial Health Officer

## Talking about youth health:

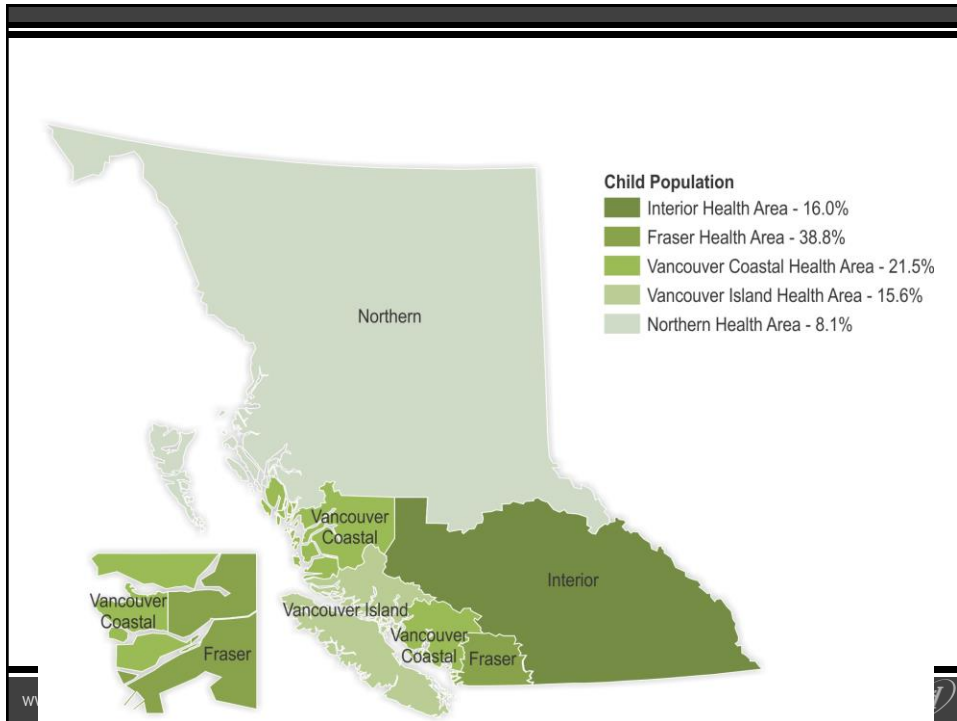


Young people's response to data from  
the 2013 BC Adolescent Health Survey



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## Project History

- Growing up in BC released October 2010
- Focus on the most vulnerable child and youth populations in the province
- International and national data experts
- Voices and views of youth fundamental to report development
- Youth's perspectives included in national indicators

## Domains of child and youth health

- Child Health
- Child Learning
- Child Safety
- Family Economic Well-being
- Family, Peer and Community Connections
- Child Behaviour



### Experts' indicators

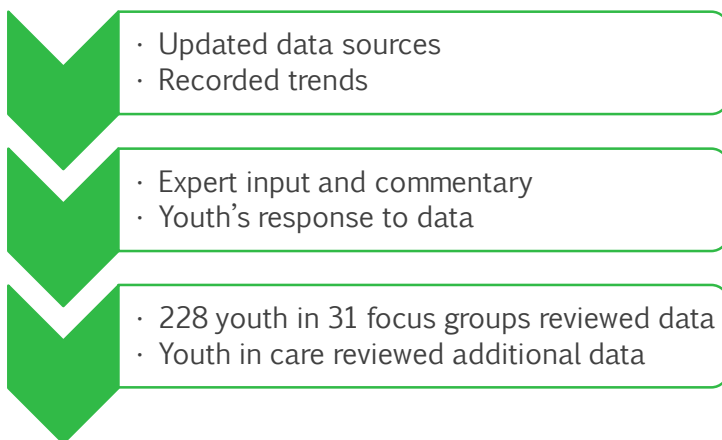
- Substance abuse treatment
- Rates of suicide
- Physical activity rates
- Smoking rates
- Rates of youth in care
- Teenage birth rates

### Youth's indicators

- High risk substance use
- Positive mental health
- Accessing/not accessing mental health services
- Rates of bullying, harassment & discrimination
- Presence of supportive adults
- Feel listened to and valued



## Fast forward to 2014-15

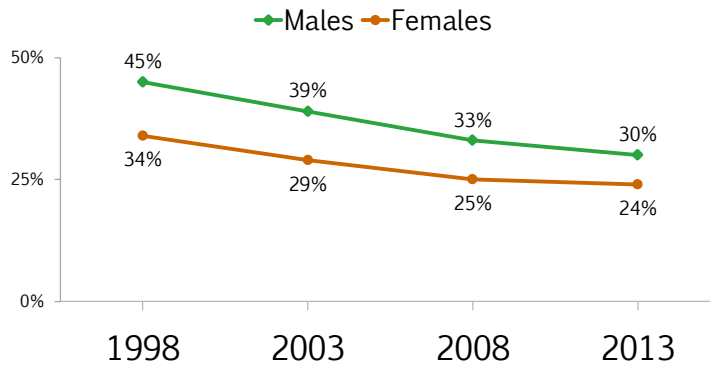


## Youth participants

- 57% female, 36% male, 7% other
- 26% Aboriginal, 18% East Asian
- 25% bisexual, gay, lesbian, questioning
- 24% foster care, 18% group home, 17% YA
- 86% currently in school
- 49% health condition or disability

## Decrease in serious injuries

### Injured in the past year



Note: The difference for females between 2008 and 2013 was not statistically significant.



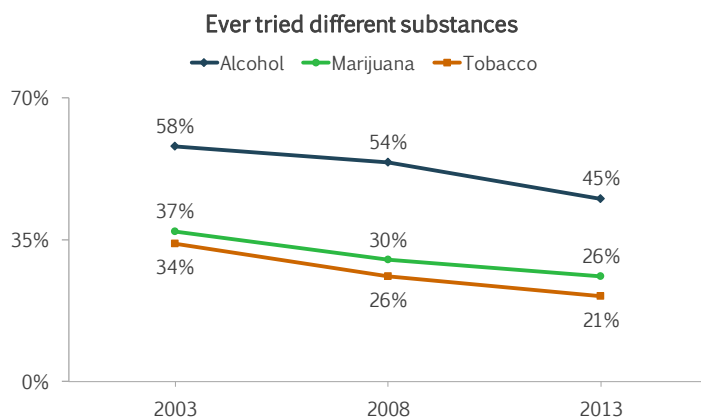
## Risky sexual behaviour decreased

Among those who had ever had sex:

- 3% ever had an STI
- 69% used a condom the last time they had sex
- 5% had ever been pregnant or caused a pregnancy



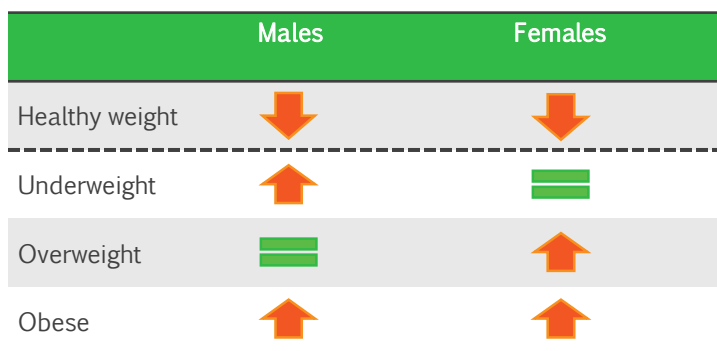
## Decreases in substance use



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## Rise in overweight and obesity rates



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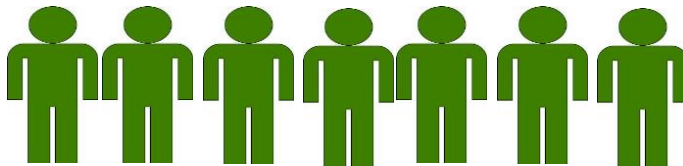
## Physical Activity in past week



No exercise at all



Met guidelines

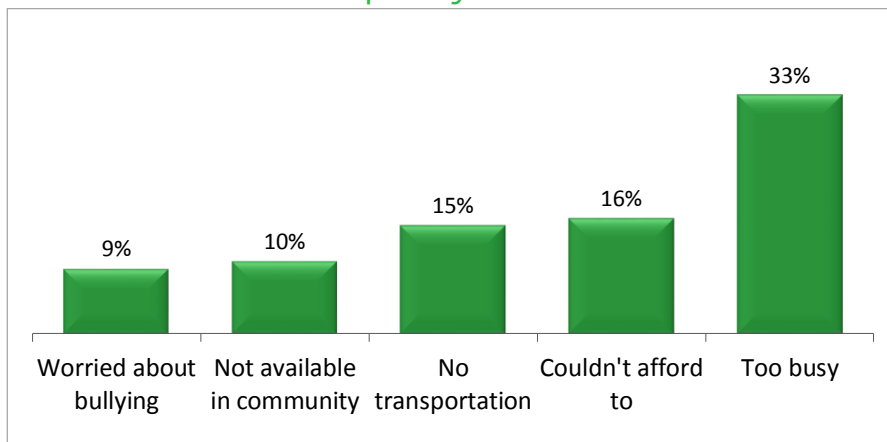


Not enough

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## Barriers to participating in extracurricular activities in the past year

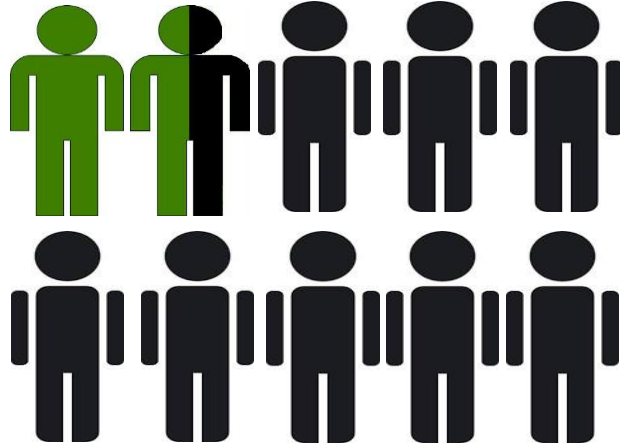


Source: McCreary's 2013 BC Adolescent Health Survey

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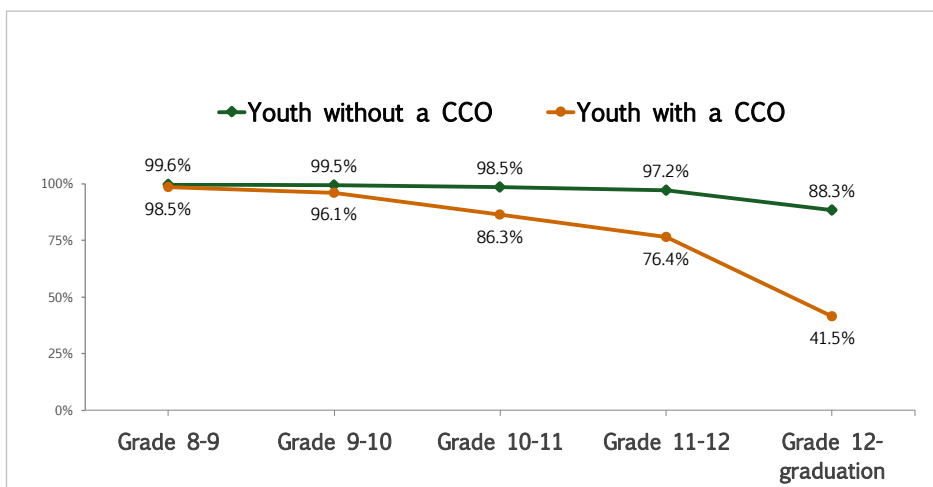
## Cyberbullied in the past year



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## Youth in care- high school completion



Source: Ministry of Education

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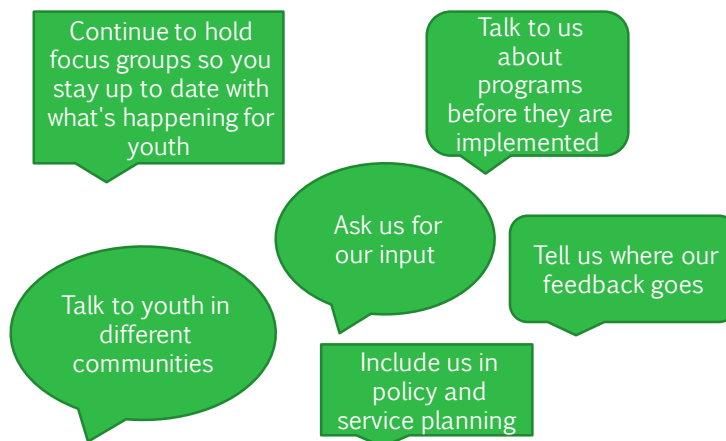
## How to improve youth health in BC



[www.mcs.bc.ca](http://www.mcs.bc.ca)



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Office of the  
Provincial Health Officer

Thank you

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youth health:



Young people's response to data from  
the 2013 BC Adolescent Health Survey

