

In 2018 ...

- 81%** of students rated their overall health as good or excellent, and **71%** rated their mental health this highly.
- 16%** missed out on mental health services they felt they needed.
- 25%** were injured seriously enough to require medical attention.
- 48%** had tried alcohol, **29%** had used cannabis, and **22%** had smoked tobacco.
- 53%** slept for at least 8 hours.
- 18%** did not eat breakfast on school days.
- 26%** had skipped school in the past month.

In 2023 ...

- 75%** of students rated their overall health as good or excellent, and **56%** rated their mental health this highly.
- 22%** missed out on mental health services they felt they needed.
- 35%** were injured seriously enough to require medical attention.
- 48%** had tried alcohol, **29%** had used cannabis, and **20%** had smoked tobacco¹.
- 41%** slept for at least 8 hours.
- 30%** did not eat breakfast on school days.
- 34%** had skipped school in the past month.

Designed for the Sooke School District using BC Adolescent Health Survey data.



Sooke and West Shore youth have something to say about their health ...

Findings from the BC Adolescent Health Survey

Read more results from the survey and learn about the Youth Action Grants program at mcs.bc.ca

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

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

Also in 2023 ...

- 35%** of students exercised at a gym or rec centre at least weekly.
- 21%** had accessed virtual counselling or treatment for their mental health.
- 20%** missed out on needed medical care.
- 29%** had tried vaping.

Also in 2023 ...

- 30%** of students reported their sleep was interrupted.
- 11%** went to bed hungry at least sometimes because there was not enough money for food.

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