



2012-2013 MANITOBA YOUTH HEALTH SURVEY QUICK FACTS

//GRADES 7-12

Photo credit: Manitoba First Nations Education Resource Centre

Youth Health Survey Companion

Quick Facts provides a detailed snapshot of specific health behaviours as reported by Manitoba youth in grades 7 to 12.

Report Details

The second Manitoba Youth Health Survey (YHS) was implemented in the 2012-2013 school year by all regional health authorities. Students in grades 7 to 12 from public, independent, French and First Nations schools participated in this census-style survey (n=64,174). The first YHS was completed in 2009.

Why It Matters

Schools, school divisions, regional health authorities and policy makers use YHS information to guide planning and evaluation around youth health with a focus on risk factors for chronic disease. To monitor behaviours over time, the intent is to conduct the survey every four years.



Physical Activity

What we know:

For health benefits, youth aged 12 to 17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include:

- Vigorous intensity activities at least 3 days per week
- Activities that strengthen muscle and bone at least 3 days per week
- More daily physical activity provides greater health benefits¹

What students report:

- 46% of students (52% of male and 40% of female students) participate in the recommended amount of daily physical activity
- 51% of students are physically active in grade 7, which drops to 39% by grade 12
- 58% of students travel to school actively (either partially or fully)

Screen Time

What we know:

Youth should minimize the time spent being sedentary each day by limiting recreational screen time to no more than two hours per day. Lower levels are associated with additional health benefits.²

What students report:

- 50% of students report 3 or more hours of screen time on weekdays
- 66% of students report 3 or more hours of screen time on weekends

Sleep

What we know:

Youth require 9 to 9½ hours of sleep per night, but the actual sleep time for this group is less.^{3,4}

What students report:

- 22% of students get 9 or more hours of sleep on school nights
- 48% of students get 9 or more hours of sleep on weekends

Healthy Weights

What we know:

Overweight and obese youth are more likely to experience health problems such as high cholesterol, high blood pressure, Type 2 diabetes, sleep apnea and joint problems.⁵

What students report:

- 71% of students (67% of male and 76% of female students) fall within the healthy weight category

Healthy Eating

What we know:

Eating Well with Canada's Food Guide recommends that youth ages 14 to 18 consume at least 7-8 servings of vegetables and fruit each day.⁶

What students report:

- 38% of students (41% of male and 36% of female students) eat vegetables and/or fruit 7 or more times per day
- 38% of students (43% of male and 34% of female students) eat fast food at least once per day

To view the full report, visit the PPHL website:

<http://partners.healthincommon.ca/tools-and-resources/youth-health-survey/>

Mental Wellbeing and Bullying

What we know:

Mental health and wellbeing contribute to our enjoyment of life, better physical health, improved educational attainment, increased economic participation and rich social relationships.^{7,8,9,10}

What students report:

- 57% of students (60% of male and 53% of female students) have flourishing mental health meaning they are functioning well psychologically and socially
- 45% of students (35% of male and 53% of female students) report feeling so sad or hopeless in the past year that they stopped doing some usual activities for awhile
- 37% of students (34% of male and 41% of female students) report being bullied, taunted or ridiculed in the past year

Healthy Sexuality

What we know:

Skills, knowledge, attitudes, behaviors and experiences around sexuality and relationships are established during the time leading up to and throughout adolescence, and shape emotional and sexual health.

Note: Due to the sensitive nature of these questions, this section was optional to schools. This section was completed by 46,089 students.

What students report:

- 74% of students have not had sex
- Of the students who have had sex, 48% report that they always use a condom

Tobacco Use

What we know:

Abstaining from smoking is associated with:

- Lower likelihood of trying alcohol and marijuana
- Higher likelihood of staying in school
- Higher levels of school engagement
- Greater academic motivation and achievement^{11,12,13,14}

What students report:

- 12% of students are current smokers (daily and occasional)
- 3% of students (6% male and 1% female students) report using smokeless tobacco in the past month

Alcohol and Drug Use

What we know:

Youth who delay alcohol and drug use are more likely to experience:

- Greater academic achievement and optimal brain development
- Greater participation in youth activities and reduced interpersonal conflicts
- Optimal physical development and health, and reduced risk of bodily harm
- Lower risk of alcohol dependency and use and abuse of other drugs^{15,16,17}

What students report:

- 20% of students report consuming 5 or more drinks of alcohol within a couple of hours in the past month
- 17% of students (18% of male and 17% of female students) report using an illegal, prescription, or over-the-counter drug for the purposes of getting high in the past month

Impaired Driving

What we know:

Because youth drivers are less experienced, they have a higher risk of being involved in a vehicular collision. When this lack of experience is combined with alcohol or drug use, the results can be tragic.¹⁸

What students report:

- 6% of students have driven after drinking alcohol; 3% report doing this in the past month
- 6% of students have driven after using illegal drugs including marijuana; 4% report doing this in the past month

Sun/UV Safety

What we know:

Use of artificial tanning equipment, even one time, before the age of 35 is associated with a 75% increase in the risk of melanoma, the most serious form of skin cancer.¹⁹

What students report:

- 7% of students (4% of male and 10% of female students) have used artificial tanning equipment

References

- 1 Canadian Society for Exercise Physiology. (2012). Canadian physical activity guidelines. Retrieved from www.csep.ca/guidelines
- 2 Canadian Society for Exercise Physiology. (n.d.). Canadian sedentary behaviour guidelines for youth 12 - 17 years. Retrieved from http://www.csep.ca/CMFiles/Guidelines/SBGGuidelinesChildandYouth_E.pdf
- 3 Greig, A., Constantin, E., Carsley, S., & Cummings, C. (2010). Preventive health care visits for children and adolescents aged 6 to 17 years: the Greig Health Record – technical report. *Paediatric Child Health*, 15(3): 157-9.
- 4 Millman, R.P., Working Group on Sleepiness in Adolescents/Young Adults, & AAP Committee on Adolescence. (2005). Excessive sleepiness in adolescents and young adults: causes, consequences, and treatment strategies. *Pediatrics*, 115(6): 1774-86. doi: 10.1542/peds.2005-0772
- 5 Public Health Agency of Canada. (n.d.). Curbing childhood obesity: a federal, provincial and territorial framework for action to promote healthy weights. Retrieved from <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/framework-cadre/index-eng.php>
- 6 Health Canada. (2011). Eating well with Canada's food guide. Retrieved from http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf
- 7 Friedli, L., & Parsonage, M. (2007). Mental health promotion: building an economic case. Retrieved from http://www.chex.org.uk/media/resources/mental_health/Mental%20Health%20Promotion%20-%20Building%20an%20Economic%20Case.pdf
- 8 Kirkwood, T., Bond, J., May, C., McKeith, I., & Teh, M. (2008). Mental capital through life: future challenges. Retrieved from http://www.bis.gov.uk/assets/biscore/corporate/migratedD/%20Dec_group/99-08-F0_on
- 9 Mental Health Commission of Canada. (2009). Toward recovery and well-being: a framework for a mental health strategy for Canada (draft for public discussion). Retrieved from http://www.mentalhealthcommission.ca/SiteCollectionDocuments/Key_Documents/en/2009/Mental_Health_ENG.pdf
- 10 Mental Health Commission of Canada. (2012). Changing directions, changing lives: the mental health strategy for Canada. Retrieved from <http://strategy.mentalhealthcommission.ca/pdf/strategy-text-en.pdf>
- 11 Andrews, J. (1991). Adolescent substance use and academic achievement and motivation. Convention conducted at the Annual Convention of the American Psychological Association, San Francisco, California.
- 12 Ellickson, P.L., Bui, K.V.T., Bell, R.M., & McGuigan, K. (1998). Does early drug use increase the risk of dropping out of high school? *Journal of Drug Issues*, 28(2): 357-80. <http://www2.criminology.fsu.edu/~jdi/>
- 13 Ellickson, P.L., Tucker, J.S., Klein, D.J. (2008). Reducing early smokers' risk for future smoking and other problem behavior: Insights from a five-year longitudinal study. *Journal of Adolescent Health*, 43(4): 394-400. doi: 10.1016/j.jadohealth.2008.03.004
- 14 Thomas, R., Baker, P., & Lorenzetti, D. (2007). Family-based programmes for preventing smoking by children and adolescents. *Cochrane Database of Systematic Reviews*, 1. doi: 10.1002/14651858.CD004493.pub2
- 15 Bonnie, R.J., & O'Connell, M.E. (Eds.) (2004). Reducing underage drinking: a collective responsibility. Retrieved from <http://www.nap.edu/openbook.php?isbn=0309089352>
- 16 Health Canada. (2001). Preventing substance use problems among young people – a compendium of best practices. Retrieved from <http://www.hc-sc.gc.ca/hc-ps/pubs/adp-apd/prevent/index-eng.php>
- 17 Young, M.M., Saewyc, E., Boak, A., Jahrig, J., Anderson, B., Doiron, Y., Taylor, S., Pica, L., Laprise, P., & Clark, H. (2011). Cross-Canada report on student alcohol and drug use. Retrieved from http://www.ccsa.ca/2011%20CCSA%20Documents/2011_CCSA_Student_Alcohol_and_Drug_Use_en.pdf
- 18 National Institute on Drug Abuse. (2010). DrugFacts: drugged driving. Retrieved from <http://www.drugabuse.gov/publications/drugfacts/drugged-driving>
- 19 World Health Organization. (2009). Ultraviolet radiation and human health (fact sheet). Retrieved from <http://www.who.int/mediacentre/factsheets/fs305/en/index.html>