



2012/2013 Manitoba Youth Health Survey

Release of 2012-2013 Youth Health Survey (YHS) Results

Individualized Manitoba Youth Health Survey reports have been produced and distributed to schools, the school divisions and Regional Health Authorities. Knowledge exchange activities are occurring across the province as organizations become familiar with and utilize their survey results.

Data collected during the 2012/13 school year have been weighted to represent all Manitoba youth enrolled in grades 7 to 12 in publicly funded schools. This weighted dataset has been used to produce the 2012-2013 Manitoba YHS Provincial Report.

Comparison to 2009 YHS

Comparisons between the 2009 YHS report and the 2012-2013 report are not recommended.

Factors making comparisons between the two reports difficult include:










- improvements and additions were made to the survey tool for 2012-2013
- the results reported in 2009 were not weighted or standardized in any way whereas the results reported in 2012-2013 have been weighted to represent the students enrolled in publicly funded schools at September 2012
- responses from students in grades 9 to 12 were included in the 2009 report and the 2012-2013 report includes responses from students in grades 7 to 12.

Revised Questions	New Questions
Screen time	Sleep
Healthy eating	Alternative tobacco products
Safety and injury prevention (incl. bullying)	Impaired driving
Mental health & wellbeing	Sun/UV safety
Active transportation	Healthy sexuality

In order to allow for comparisons between the 2009 and 2012-2013 on various topics, the 2009 dataset has been weighted in the same way as the 2012-2013 dataset. Following are the comparisons of some of the major topics included in the YHS using these weighted datasets. Arrows indicate the direction of change as follows:

Increase 	Decrease 	Arrows in green indicate positive change and in red indicate negative change.
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When questions were not asked in 2009 or were not consistent between the survey cycles, N/A appears in the 2009 column. Note: results from both time periods represent students in grades 9 to 12.

2009 Youth Health Survey	2012-2013 Youth Health Survey	Trend Direction
N/A	54% of students report having flourishing mental health	
77% of students report feeling close to people at their school	78% of students report feeling close to people at their school	
81% of students report feeling safe at their school	90% of students report feeling safe at their school	
40% of students report feeling sad or hopeless	48% of students report feeling sad or hopeless	
N/A	38% of students report being bullied, taunted or ridiculed	
48% of students are active	43% of students are active	
73% of students have a healthy body weight	72% of students have a healthy body weight	
N/A	36% of students report consuming fruits/vegetables seven or more times per day	
N/A	79% of students report eating salty or sugary snacks every day	
22% of students are current smokers	16% of students are current smokers	
N/A	5% of students use smokeless tobacco	
N/A	68% of students have not had sex	
N/A	48% of students who have had sex report using a condom	
53% of students have consumed alcohol in the past month	34% of students have consumed alcohol in the past month	
36% of students consumed five or more alcoholic drinks within a couple of hours	27% of students consumed five or more alcoholic drinks within a couple of hours	
N/A	21% of students used an illegal, prescription or over the counter drug to get high in the last month	
56% of students feel they have a healthy body weight	75% of students feel they have a healthy body weight	
N/A	55% of students get to school actively	
N/A	54% of students have 3 or more hours of screen time on weekdays	
N/A	14% of students get 9+ hours of sleep on weeknights	