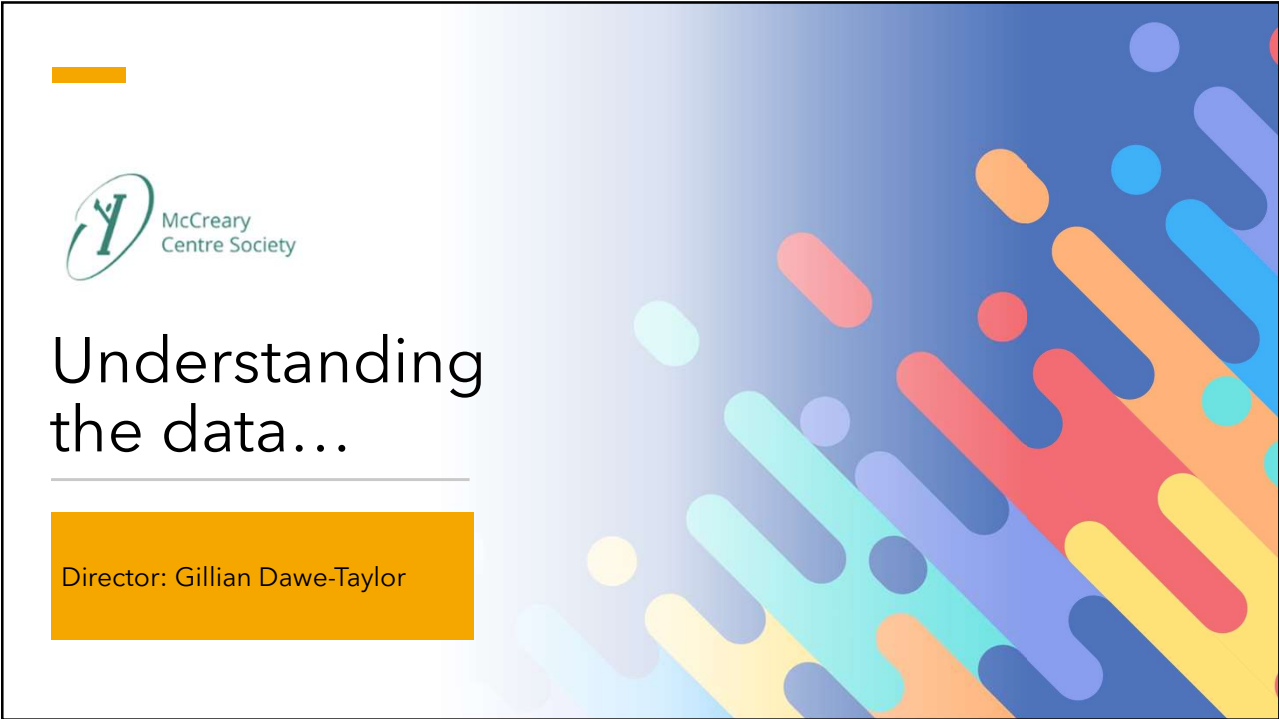




# BC Adolescent Health Survey 2023

Dept. of Diversity and Inclusion



# Understanding the data...

Director: Gillian Dawe-Taylor

# What is the BC Adolescent Health Survey?

- Conducted every 5 years (since 1992)
- Provides a province-wide evidence base of:
  - *Youth health trends*
  - *Emerging issues*
  - *Risk and protective factors for healthy development*
- Each district receives and controls their own results
- A regional (by local health service delivery areas) and a provincial report will also be written & released
- The McCreary Centre Society can help us further unpack the data

**NOTE:** You **cannot compare** SD83 reports from one year to another nor to other school districts, nor to the regional or provincial reports **without additional statistical testing.**

## Overview of Population Data comparing 2017-2018 to 2022-2023

### YOUTH HEALTH IN NORTH OKANAGAN-SHUSWAP: 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](https://mcs.bc.ca).

In 2018...	In 2023...	Also in 2023...	Students reported better health and well-being when they...
<b>81%</b> of students rated their overall health as good or excellent, and 69% rated their mental health this highly.	<b>70%</b> of students rated their overall health as good or excellent, and 56% rated their mental health this highly.	<b>24%</b> exercised for at least 60 minutes daily in the past week, and 23% enjoyed exercising very much.	<b>71%</b> Participated in regular physical activity.
<b>18%</b> had caretaking responsibilities for a relative.	<b>25%</b> had caretaking responsibilities for a relative.	<b>28%</b> missed school in the past month due to family responsibilities.	<b>71%</b> Had supportive adults in their school, family, and community.
<b>28%</b> were injured seriously enough to require medical attention. 55% had tried alcohol, 38% had used cannabis, and 29% had smoked tobacco.	<b>37%</b> were injured seriously enough to require medical attention. 55% had tried alcohol, 35% had used cannabis <sup>1</sup> , and 23% had smoked tobacco.	<b>79%</b> of those who needed medical help got the care they needed.	<b>71%</b> Could access the services they needed.
<b>25%</b> did not eat breakfast on school days.	<b>33%</b> did not eat breakfast on school days.	<b>38%</b> had vaped.	<b>71%</b> Had supportive friends.
<b>54%</b> slept for at least 8 hours.	<b>44%</b> slept for at least 8 hours.	<b>12%</b> went to bed hungry at least sometimes because there was not enough money for food.	<b>71%</b> Had access to nutritious, healthy meals.
<b>78%</b> planned to attend post-secondary.	<b>65%</b> planned to attend post-secondary.	<b>31%</b> reported their sleep was interrupted.	<b>71%</b> Got at least 8 hours of sleep.
<b>22%</b> of Indigenous students could speak at least a few words of an Indigenous language.	<b>38%</b> of Indigenous students could speak at least a few words of an Indigenous language.	<b>45%</b> worked at a paid job during the school year, and 45% volunteered in the past year.	<b>71%</b> Felt hopeful for the future.
		<b>68%</b> felt quite or very proud of their background.	<b>71%</b> Felt connected to their culture.

<sup>1</sup>The change over time was not statistically significant.





Direction,  
Intervention  
and Support

Student Wellness



Material  
Well-Being

- Employment
- Food Security

# Employment

The Shuswap Family Centre

Launch! Program

Collaboration with SD 83 Storefront



## Food Security:

"In the past 12 months, 11% of students had cut the size of meals or skipped meals because there was not enough money for food.

Also, 12% went to bed hungry at least sometimes because there was not enough money for food."

2023 McCreary Health Survey



**FEAST (Feast/ Froun): a special meal with good food and many people, usually in celebration of something.**

- Your school is invited to host a school-wide shared meal. Up to \$1000 is available through food costs.
- The meal can happen during school hours with staff and students or be an evening event with families. It can be breakfast, lunch or dinner.
- This event can be organized by either PAC or school staff. The food can be made from scratch or purchased from outside the community.
- The purpose of this feast is to nourish our school population, build school spirit and community.

**We are interested but need some support!**

- We are lucky to have school and local experts who have experienced feeding needs and can help with recipes, menus and logistics. You are not on your own!

**How do we apply?**

- Send an email to Serene at serene@sd83.bc.ca with a brief synopsis of your idea. We can assist with a food safety plan, if needed. This event can take place between now and February.
- Remember to consider the diversity of your school population and ways to make everyone feel included. You are welcome to invite community partners.

**WE WANT TO HEAR FROM YOU SCHOOL FOOD PROGRAM WORKING GROUP**

What does equity and inclusion look like in a school food program? What is stigma and what are strategies to make all students feel welcome? Help us create a vision for school food programs in SD 83!

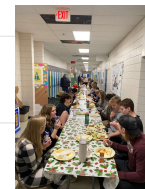
**We are looking for a diversity of voices:**

- Parents/guardians with lived experience of food insecurity
- Parents/guardians of children with diverse needs
- First Nations, Inuit and Metis
- Neoclassics to Canada
- Parents/guardians of children with allergies and feeding challenges

First meeting: Wednesday, November 22nd at 6:00pm. Dinner included. \$100 grant/gifts will be available for your time. If interested, contact Serene Cover at serene@sd83.bc.ca

### Feeding Futures Program:

- Supported by Ministry funding and the Feeding Futures Coordinator
- Ongoing Shuswap Food Action Society/PAC and community Collaborations
- Serving K-12 as well as Strong Start and Seamless Day Programs



# School Experience

- Education Plans
- School Safety

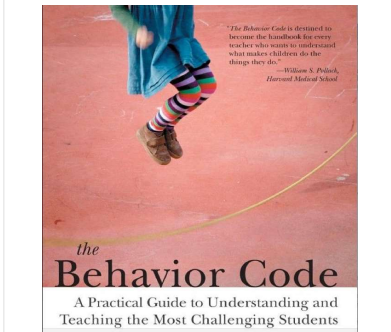
## Education Plans



### **Ensuring staff support to support our students' learning**

Inclusion-specific school-based staff CEAs, LRTs  
Learning Resource Teacher/Case Manager  
Mentorship  
Itinerant Staff - SLP, OT, Physio, ELL, Schools Psychs, SOGI (0.1), Sexual Health (0.1), Hearing Resource teacher, Visual Impairment teacher, counsellors  
Inclusion Helping Teacher  
Principal of Inclusion - Learning Support  
Storefront School - Alternate Education Programming  
Outside agency partnership & collaboration

## Education Plans



### **The Behaviour Code**

Authors: Jessica Minahan and Nancy Rapaport

✓ Intro: Nov 24<sup>th</sup> Pro D Day for Staff

Optional Professional Learning Series for School Teams - 5 sessions

17 schools participating of 26 = 65%

## School Safety and Connection



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Restorative Practices

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Support and Education for Administration and Teachers

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Align Policy and Procedure

# Mental Health and Well-Being

- Understanding Mental Health
- Access to Support

## Mental Health in Schools Mentorship Program

VP of Student Wellness working with a mentor to support mental health in schools.

Mental Health and Well-being in Schools: Self-Reflection Tool Survey

Possible actions: District Mental Health Committee/Recommended Resources/Pro D /MHL Pilots  
Pro D on MHL for CEAs (Done Oct 20<sup>th</sup> 2023)



Kelty  
Mental  
Health  
Resource Centre

-  Social and Physical Environments
-  Teaching and Learning
-  Partnerships and Services
-  Healthy Policy







# Integrated Child & Youth Teams

## Integrated Child and Youth Team

 Hired! ICY Clinical Counsellor - Nadine Moore

 Youth Peer Support Worker Posting Next

 Ongoing Collaboration with other employers for future ICY Positions

## Sexual Health

- Sources of Information
- Sex Education at School



## Supporting Student Health Survey

SOGI and Sexual Health itinerant teacher support

Recommendations for support and resources

Professional Development

Substance Use

Sexual Health

Dating Violence

Community Connections

Access to health care

- Wellness Centres

## Supporting Student Physical/Mental and Emotional Health

### Wellness Centres



Supported by Interior Health grant

Wellness Centre Coordinator  
Mental Health Coordinator

Community Collaborations:

- CYMH/CMHA
- Public Health
- Options for Sexual Health
- PEACE Society
- Youth Substance Use Clinician

Wellness Fairs/Bell "Let's Talk About Mental Health"/ Substance Use Jeopardy Game/Healthy Relationship Seminars

\*Low barrier access to Doctor/Nurse Practitioner 2x a month

## Relationship and Connection

- Social Emotional Learning

## SEL Reflection Toolkits for Schools



Survey for Schools to assess  
SEL practices and needs



Recommendations for  
support and resources



Professional Development



## Student Voice



## Students are asking for more...

### Mental Health

- "They should offer mental health classes."  
- Female, aged 16
- "Proper mental health information that is not just an unenthusiastic assembly."  
- Male, aged 17
- "More awareness around mental health is needed."  
- Female, aged 15

### Sexual Health

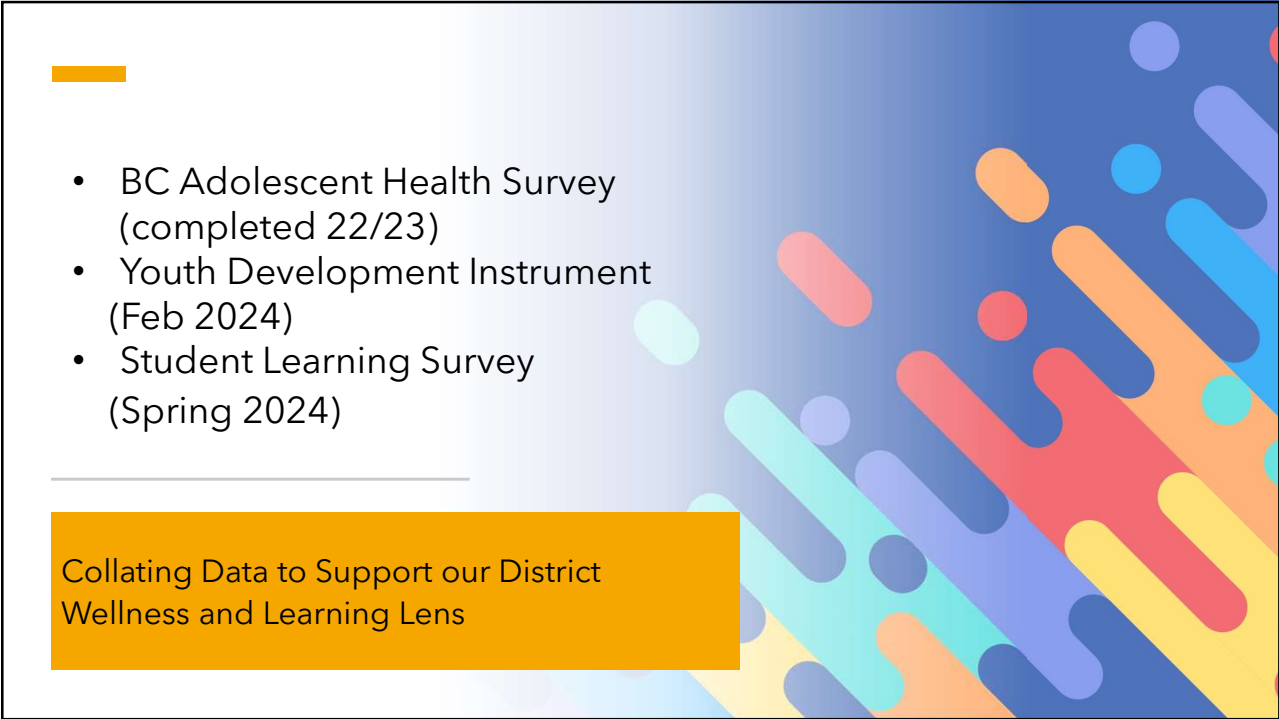
- "Sexual Health was not talked about enough when it was needed."  
- Female, aged 17
- "Sex ed; more things that would benefit me and other for our future; life planning."  
- Female, aged 17

### More...

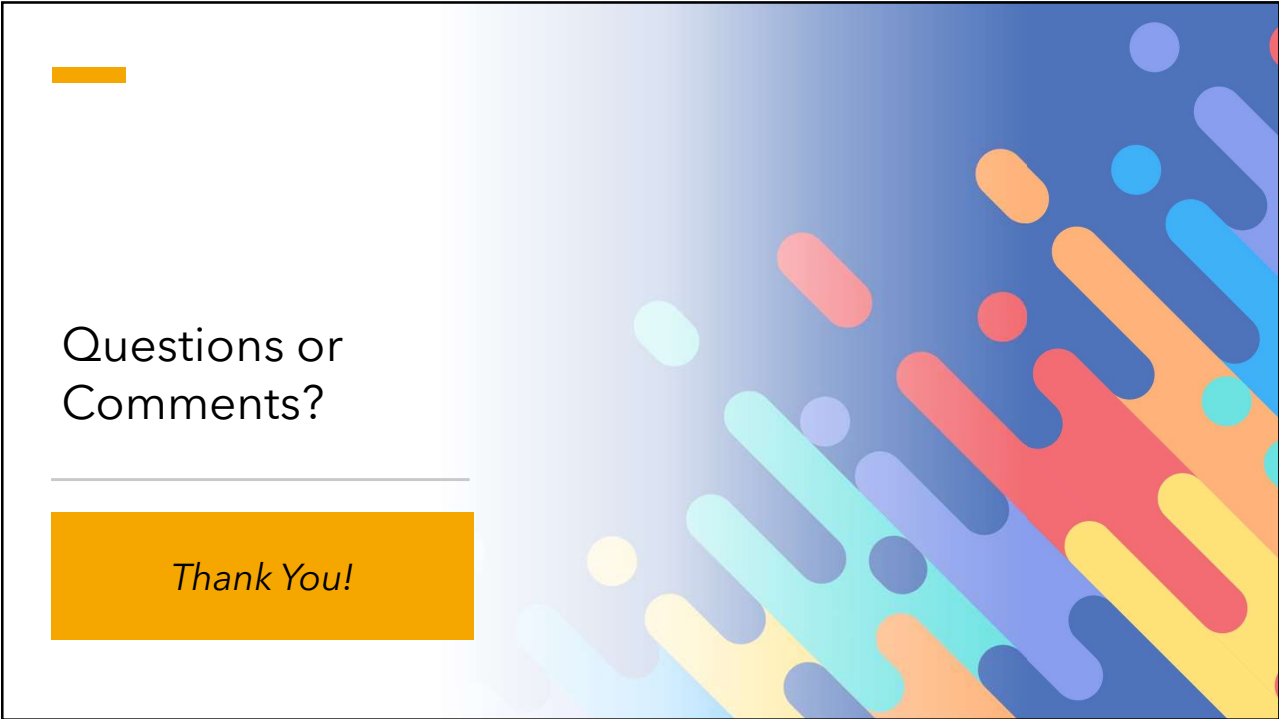
- "I wish there were more in-school resources for sexual assault and abuse."  
- Female, aged 18
- "More education on different sexual orientation, ethnicities, mental health issues, gender issues, sex education."  
- Female, aged 17
- "To learn better eating habits." - Female, aged 17

"The most common topics students wanted to learn more about included mental health and sexual health."

2023 BC Adolescent Health Survey

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- BC Adolescent Health Survey (completed 22/23)
  - Youth Development Instrument (Feb 2024)
  - Student Learning Survey (Spring 2024)

Collating Data to Support our District  
Wellness and Learning Lens



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Questions or  
Comments?

*Thank You!*