

# THRIVING YOUTH, THRIVING COMMUNITIES

## 2016 SAYCW Youth Health Provincial Report Summary of Findings

### How SAYCW Works Toward its Vision of Thriving Youth, Thriving Communities.

#### Evidence-based:

SAYCW invited all schools across Saskatchewan to participate in a Youth Health Survey that collected information on health-related issues among students in Grades 7-12. Findings reports were created to enable schools, school-divisions, and communities to take informed action to improve youth health. The provincial report is also available at: [www.SAYCW.com](http://www.SAYCW.com)

#### Collaborative:

SAYCW knows that health and education are connected and that healthier students make better learners. That's why SAYCW uses a Comprehensive School Community Health approach and collaborates across the province connecting schools with local community partners to share interests and resources to improve youth health and well-being.

### Perceived Health

- ◇ **57% of students thought their health was either very good or excellent.**

### Mental Health

- ◇ **83% of students had a close friend they could share things with.**
- ◇ **14% of male and 28% of female students had low self-esteem.**
- ◇ **Two in five (41%) students had been bullied at least once in the past month.**
- ◇ **12% of male and 32% of female students had ever harmed themselves.**
- ◇ **Nearly 1 in 5 (19%) students had considered suicide in the past year and half (50%) of those who had considered it, had also attempted suicide during that time.**
- ◇ **38% of male and 59% of female students had felt so sad or hopeless within the last year that they had stopped their regular activities for a while.**



## **Participants:**

These findings represent the responses of 8,832 students in grades 7 to 12 from 114 schools across Saskatchewan who participated in the SAYCW Youth Health Survey in 2015. A variety of schools participated, including rural, urban and on-reserve schools.

## **Engagement in Community and School**

- ◇ **85% of students felt safe in their community and school.**
- ◇ **63% of students felt involved in their community, and 77% felt a part of their school.**
- ◇ **25% of students did not have an adult who they trusted at their school.**
- ◇ **Overall, 58% of students thought that they were doing well or very well in school,**
- ◇ **90% of students felt motivated to do well in school.**

## **Physical Activity**

- ◇ **About 2 in 3 students (67%) got at least the recommended amount of physical activity daily (60 minutes).**
- ◇ **Male students were more physically active than female students in all grades.**

## **Nutrition and Food Insecurity**

- ◇ **Almost 1 in 5 students (18%) had ever experienced hunger as a consequence of lack of food.**
- ◇ **90% of students ate sugary or salty snacks or fast food 3 or more times per day.**
- ◇ **About 1 in 4 students (27%) did not usually eat breakfast.**

## Healthy Weights

- ◇ **16% of students had overweight BMI and 12% had obese BMI.**
- ◇ **3% of male and 13% of female students who had normal BMI perceived themselves to be overweight.**
- ◇ **50% of male and 26% of female students with obese BMI believed themselves to be about the right weight.**

## Substance Use

- ◇ **About one in five students (21%) had ever tried cigarettes and 12% had smoked cigarettes in the past month.**
- ◇ **1 in 5 students (20%) had ever tried e-cigarettes.**
- ◇ **32% of students used alcohol at least once in the previous month and 21% had participated in heavy drinking.**
- ◇ **22% of students had ever tried drugs and of those, 61% had used at least one drug at least once in the past month.**

## Sun Protection

- ◇ **When outside on a sunny day for 30 minutes or more, about two in three students (67%) typically protected themselves from the sun by either seeking shade, wearing sunscreen, or covering up.**

## Sleep

- ◇ **Less than half of students (43%) got the recommended amount of sleep on school nights**
- ◇ **1 in 4 students (25%) often or always found it difficult to stay awake during school.**

### Resources:

A Healthy Schools and Communities Grant is available to support action in improving youth health. This is one small way we are ensuring findings result in action.

## **Screen Time**

- ◇ **Nearly half of students (46%) spent more than the maximum recommended two hours on recreational screen time on week days, and this increased on weekends.**

## **Sexual Health**

- ◇ **43% of students reported being sexually active, there were more sexually active students in higher grades than lower ones.**
- ◇ **Of those who were sexually active, 50% of them were 14-15 years old when they first had sexual intercourse.**
- ◇ **Of those who were sexually active, 68% reported often or always using a condom when they have sex.**
- ◇ **31% of females and 14% of males, who were sexually active, had experienced sexual activity when they did not want it (sexual assault) .**

**For more information about the SAYCW Youth Health  
Survey, its findings, or available resources, visit:**

**[www.SAYCW.com](http://www.SAYCW.com)**