



Healthy Futures: 2014 Toronto Public Health Student Survey

Dr. David McKeown

March 9, 2015

- Health assessment and surveillance is a foundation of public health
- Health status data on youth in Toronto was previously limited



Photo submitted by student for the Toronto Public Health Student Photo Project.

TPH Student Survey

Purpose:

- Describe health of students in grades 7 – 12
- Identify factors related to health among youth
- Understand how the social determinants of health affect youth



TPH Student Survey

1121

Student Health Assessment Project

STUDENT SURVEY (PILOT)

Grades 9 - 12

...nts to better understand the health behaviours (e.g., physical activity, healthy alcohol use) and attitudes of students like you. The information you provide ... and help students to be healthier.

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WELL-BEING AND MENTAL HEALTH

...ree or disagree ...ng:

	Strongly Disagree	Disagree	Agree	Strongly Agree
...my school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...treat stud...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...es is impor...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

... statements, select ... describes how you feel:

True	Mostly True	Some True	Mostly False	False
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Written
Questionnaire**

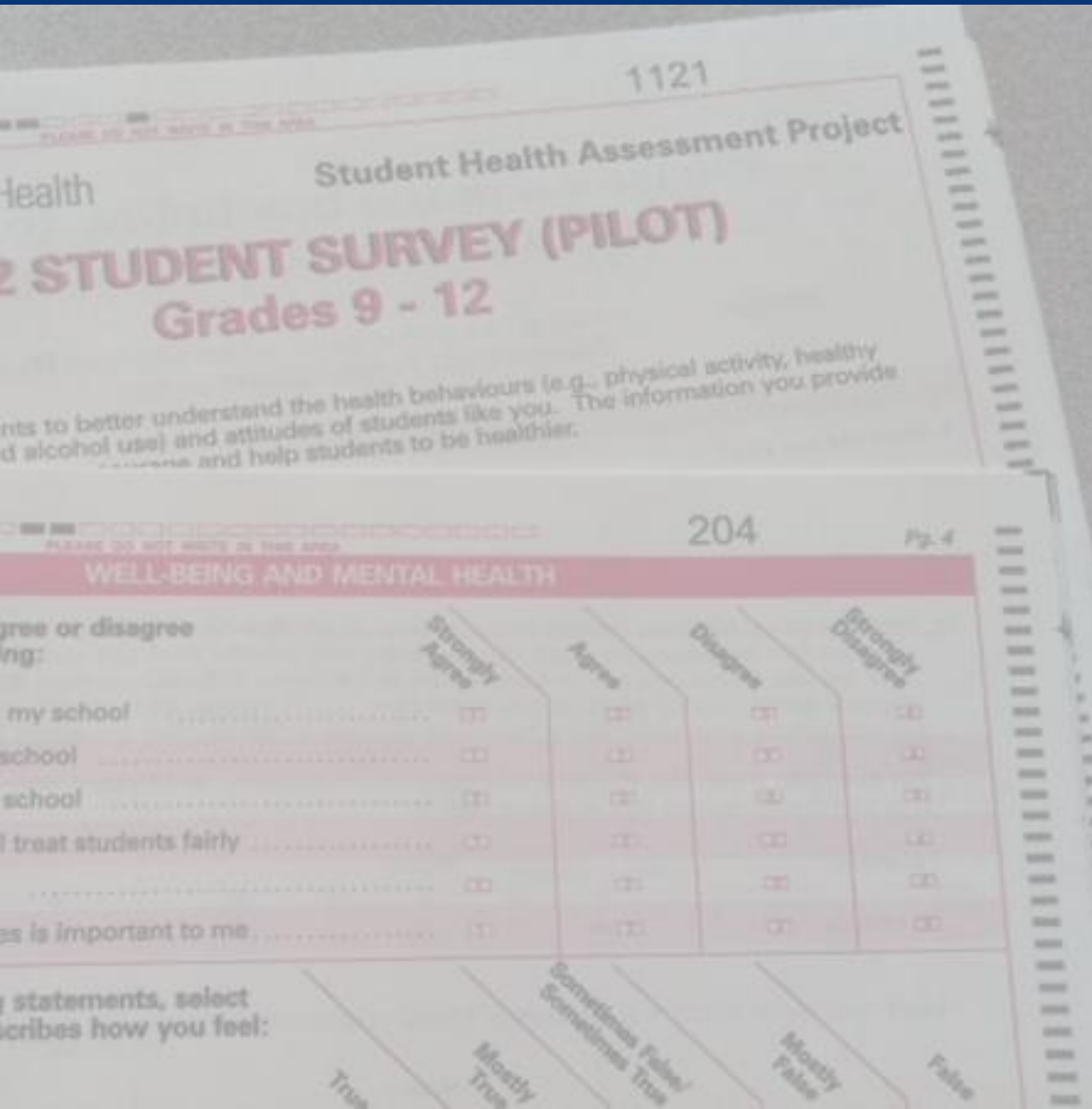


**Height & Weight
Measurement**

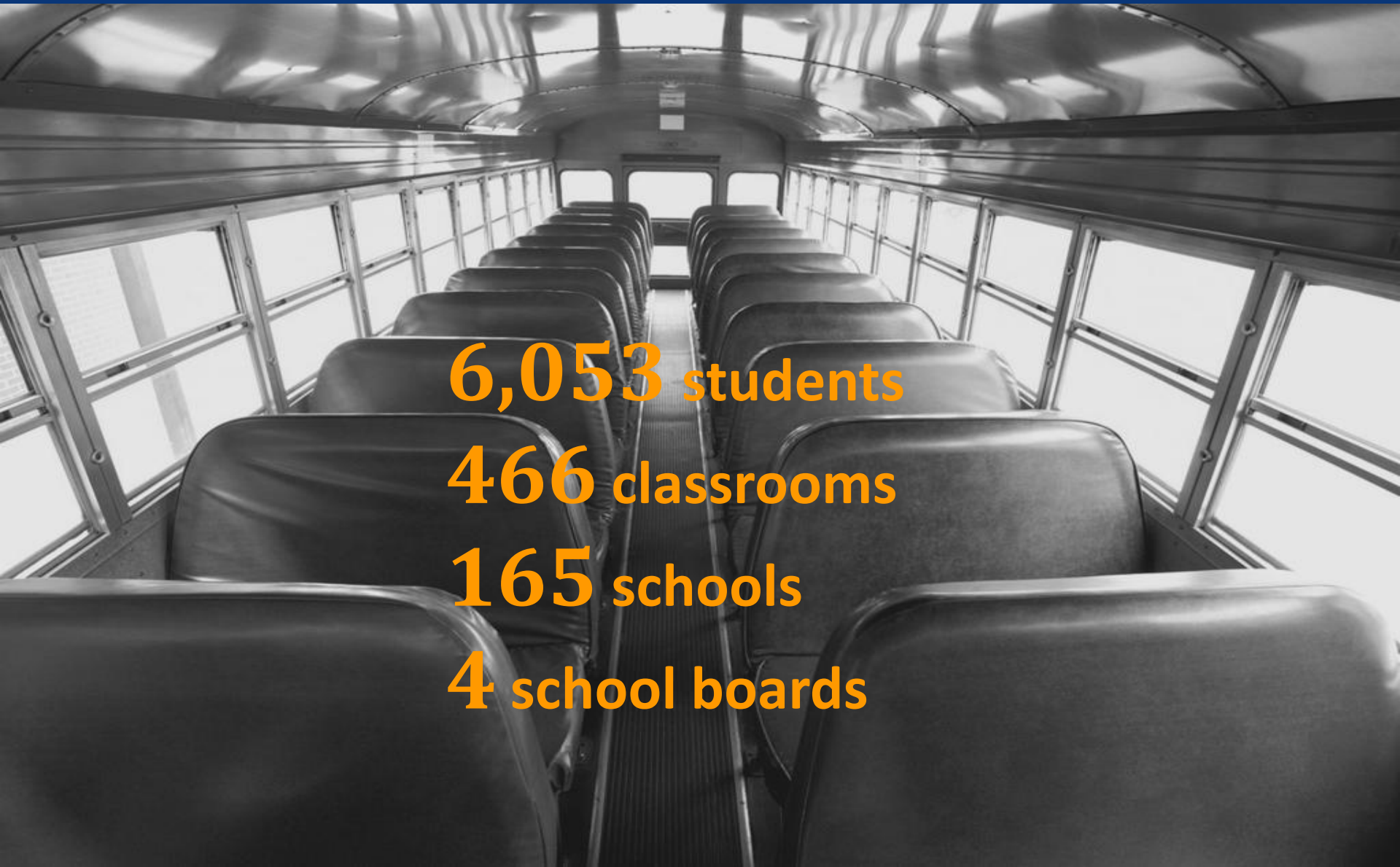


**Oral Health
Assessment**

Questionnaire

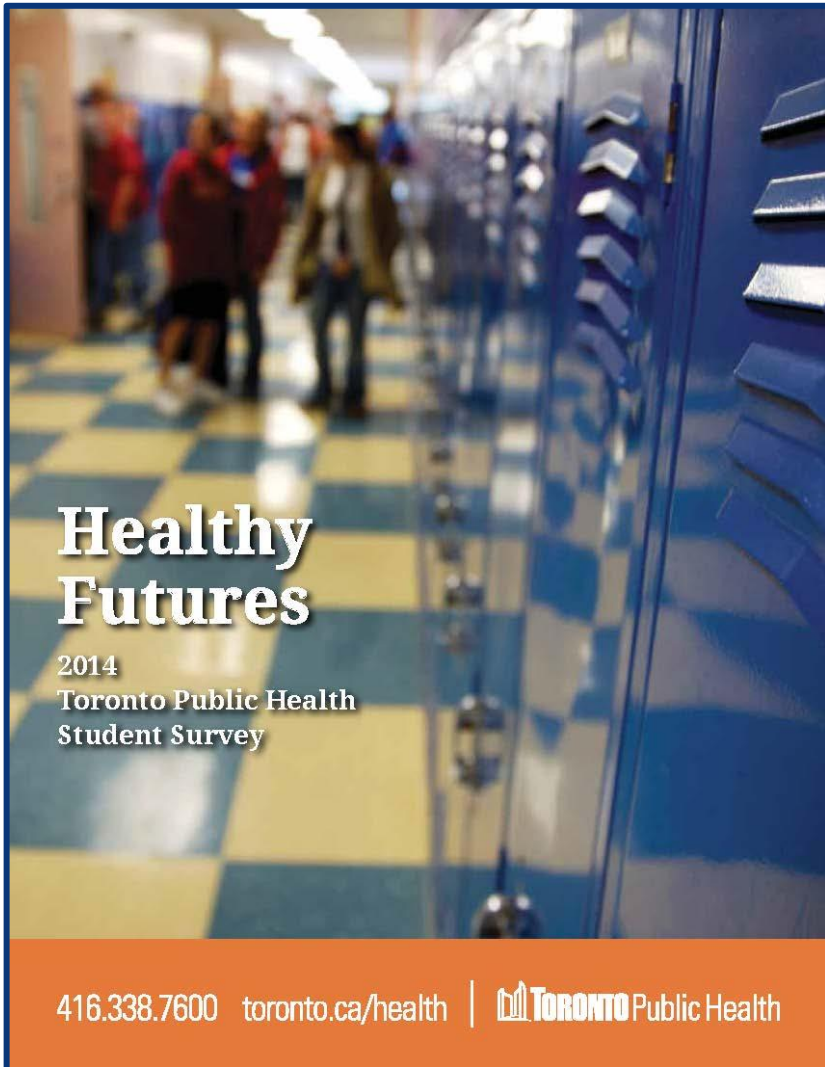


- ✓ Socio-demographics
- ✓ Mental health
- ✓ Tobacco use
- ✓ Alcohol & other drugs
- ✓ Physical activity
- ✓ Eating habits
- ✓ Violence & bullying
- ✓ Sexual health



6,053 students
466 classrooms
165 schools
4 school boards

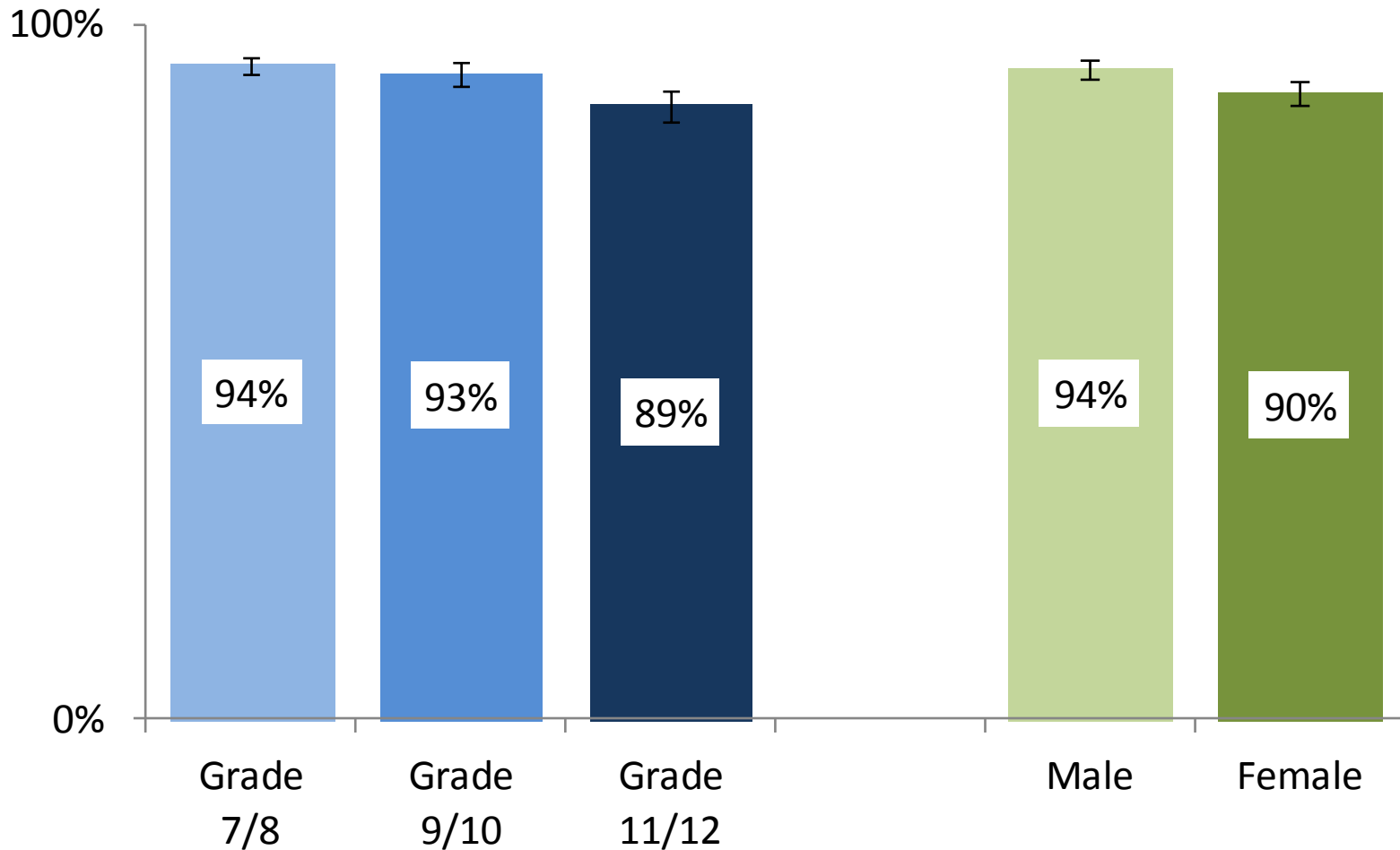
Healthy Futures



- Overview of findings and key highlights
- Some results reported by grade and sex
- ‘Spotlight on Inequity’ sections, exploring results by
 - Socio-economic access
 - Sexual orientation
 - Immigrant Status
 - Ethno-racial identity

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Good or Better Self-Reported Health



Mental Health



- **18%** reported not feeling comfortable talking to anyone about their problems
- **11%** hurt themselves on purpose (past 12 months)
- **12%** seriously considered suicide (past 12 months)

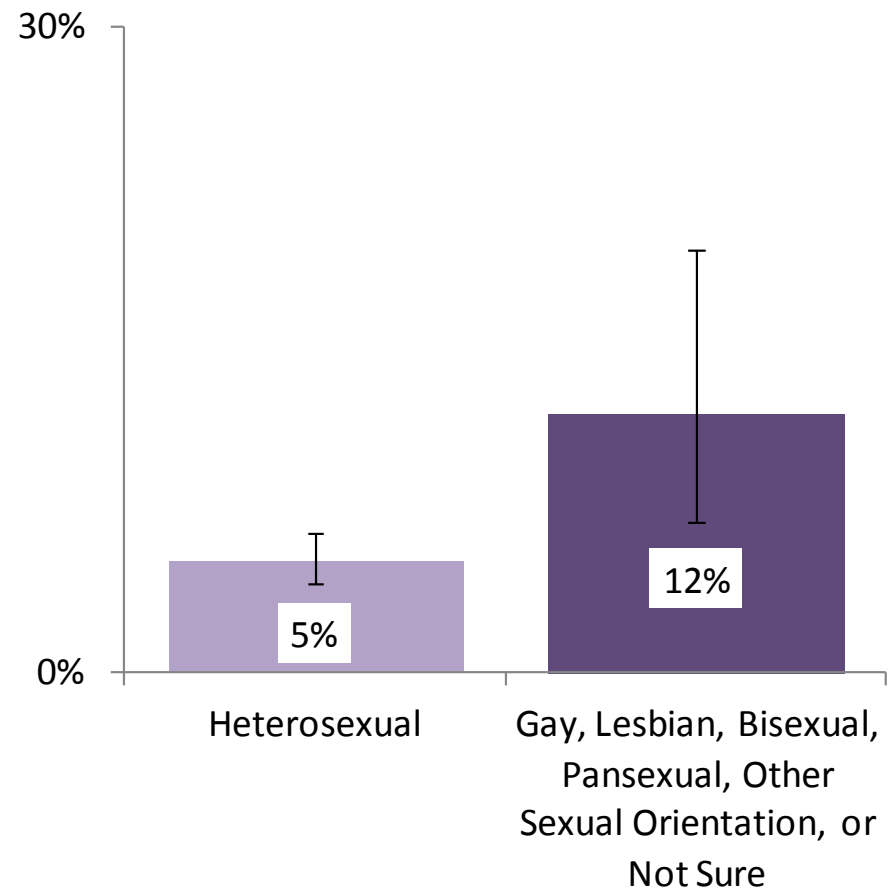
Compared to males, females...

- Had lower self-esteem
- Had higher levels of emotional anxiety
- Were more likely to have negative body image
- Were more likely to report self-harm and suicidal thoughts

Bullying and Violence

- **20%** of students were bullied (past 12 months)
 - 5% bullied once per week or more
- **22%** had been in a physical fight (past 12 months)
- **6%** had been threatened with a weapon on school property

Bullied once per Month or More by Sexual Orientation*

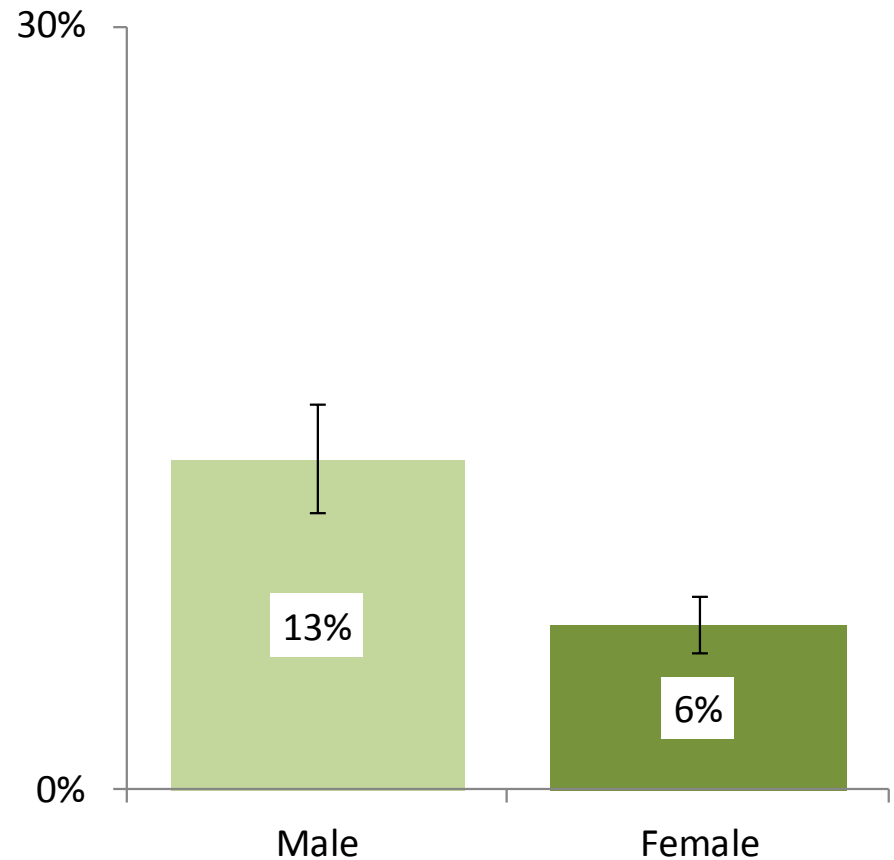


*Grade 9 – 12 TDSB and Viamonde students only

Physical Activity

- **10%** of students meeting the Physical Activity Guidelines
- **42%** using active transport home from school
- **73%** had two hours or more of screen time every day

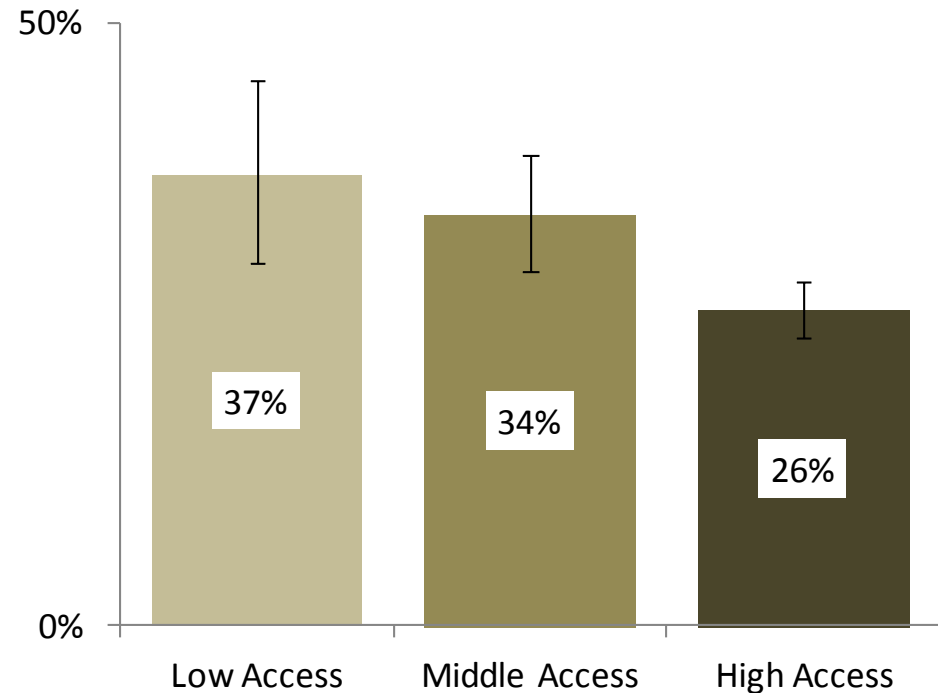
Meeting the Physical Activity Guidelines by Sex



Eating Behaviours and Body Mass

- **13%** of students were getting enough vegetables and fruit
- **20%** drank sugary drinks four times per week or more; same for salty snacks
- **29%** were overweight or obese
 - Males more likely to be obese than females

Overweight and Obesity by
'Socio-Economic Access'



Tobacco

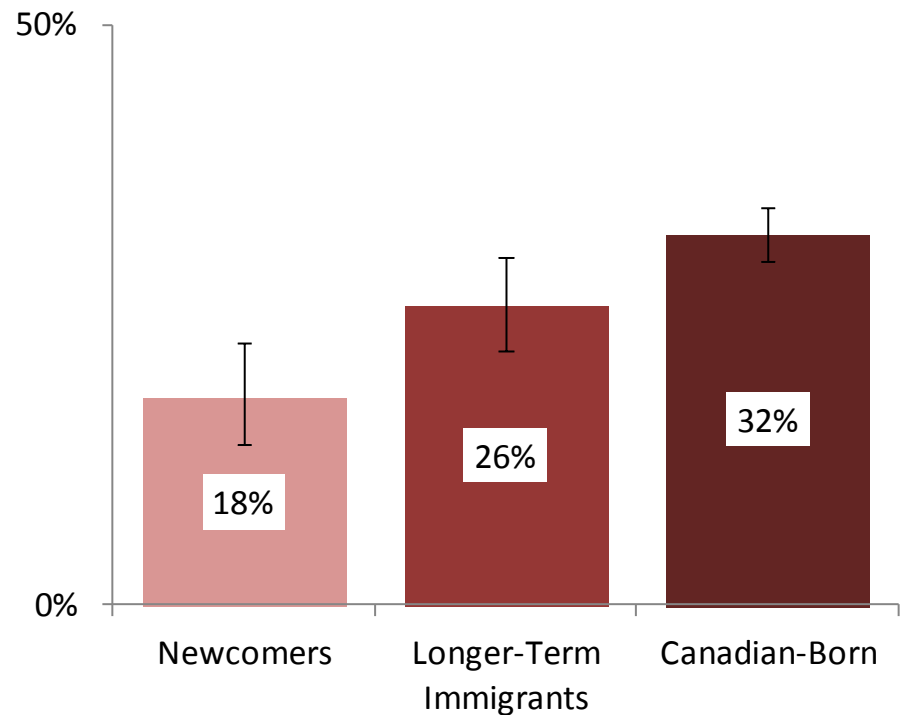
- **16%** of student had tried cigarette smoking
- **5%** smoked cigarettes in the last 30 days
- **66%** exposed to second-hand smoke
 - **20%** exposed every day or almost every day



Alcohol and Other Drugs

- **29%** students had more than a sip of alcohol (past 12 months)
 - **26%** secondary students binge-drank or mixed alcohol with caffeinated energy drinks
- **25%** used a drug other than alcohol (past 12 months)
 - Marijuana and pain medication most common

Had More than a Sip of Alcohol in the Past 12 Months, by Immigrant Status



Sexual Health

- **20%** of Grade 9-12 students reported having had sex
 - **60%** had used a condom or other barrier the last time
 - **31%** of sexually active students had been with more than one partner in the past 12 months
- **37%** of students found their school sex ed. essential or very useful

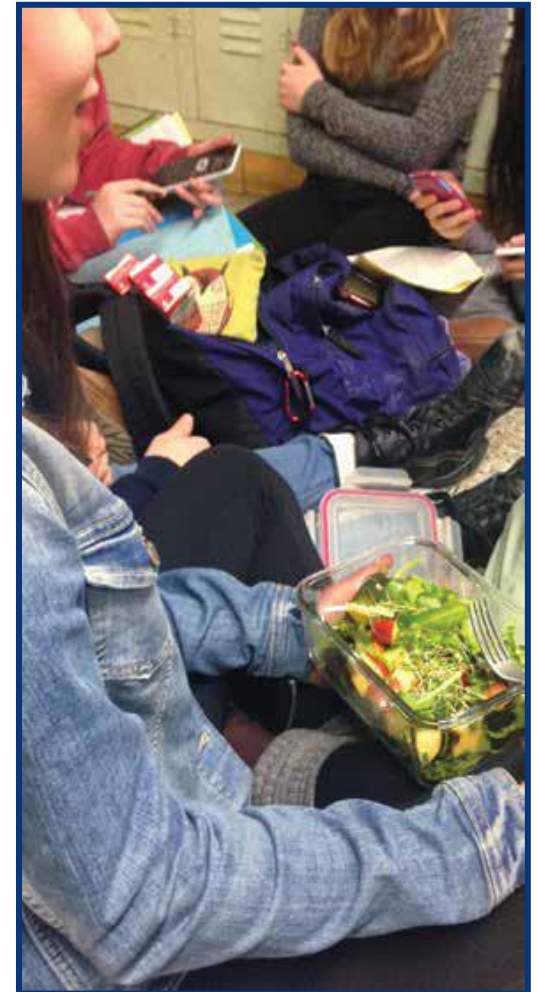


Photo submitted by student for the Toronto Public Health Student Photo Project

Dental Health

- **8%** of students had untreated dental caries
 - **19%** of newcomers (5 years or less in Canada)
- **77%** visit the dentist once per year or more
 - **56%** of low socioeconomic access



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- Student survey data will be explored in further detail
- Data will inform TPH services and policy advocacy
- Report will be shared widely with education sector, school communities, and public health agencies



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