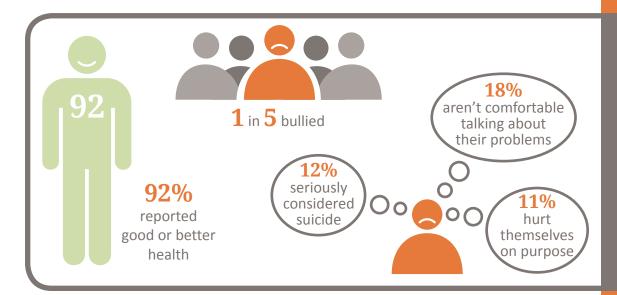
Healthy Futures

2014 Toronto Public Health Student Survey

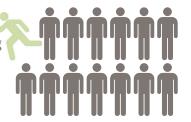
In 2014, 6,053 grade 7-12 students in 165 Toronto schools were surveyed about their health. Here are some key findings...



Well-being and Mental Health



1 in 14 are meeting physical activity guidelines



...

3 in 4 are viewing more than hours of screen time every day



9% have obesity

20% have overweight status

1 in 8 are eating enough vegetables and fruit

Physical
Activity,
Eating
Behaviours
and Healthy
Weights



25%
used drugs other
than alcohol in the
last 12 months;
marijuana and pain
medication were
the most common



of secondary students either binge-drank or mixed alcohol with caffeinated energy drinks in the last 12 months

5%

smoked cigarettes in the past 30 days

were exposed to

second-hand smoke

Tobacco, Alcohol and Other Drugs



1 in 5 secondary students had sex

3 in 5 sexually active students used a condom the last time

1 in 5 sexually active students had been to a clinic for sexually transmitted infection testing

Sexual Health



8% have untreated dental cavities

9 in 10 brush once per day or more, but only 1 in 4 floss every day

Dental and Oral Health

Compared to male students, female students:

- have poorer mental health
- are bullied more often
- are less physically active

Compared to female students, male students:

- drink more sugary drinks
- are more likely to have obesity
- have poorer dental hygiene

As students get older, they:

- experience more emotional anxiety
- are more likely to use alcohol and other drugs
- are less likely to use active transportation

Students who identify their sexual orientation as gay, lesbian, bisexual, other or unsure:

- are more likely to be bullied
- are less likely to have good self-reported health
- are more likely to smoke

Students with lower socio-economic access:

- are less likely to have good self-reported health
- are more likely to have overweight or obese status
- are less likely to have visited a dentist recently

Health Inequities

More information of the health status of Toronto youth can be found in the *Healthy Futures: 2014 Toronto Public Health Student Survey* report available at tph.to/studentsurvey.



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