

# IS “GOOD” GOOD ENOUGH?

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A REPORT ON THE HEALTH & WELL-BEING OF  
CHILDREN & YOUTH IN BRITISH COLUMBIA

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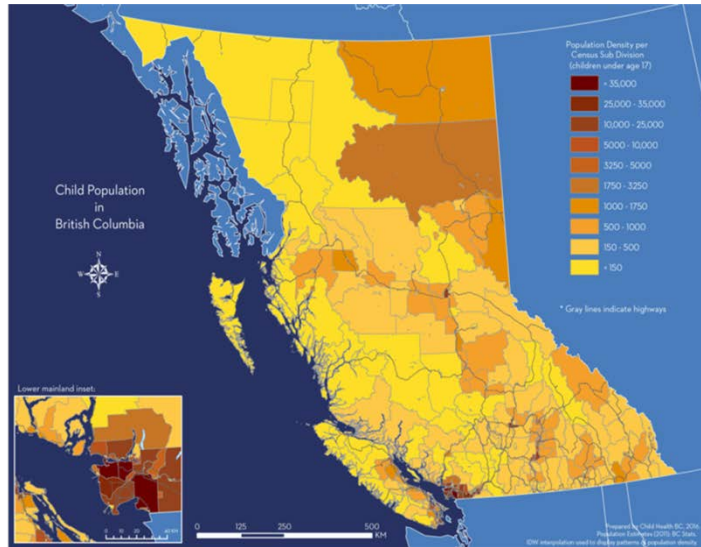
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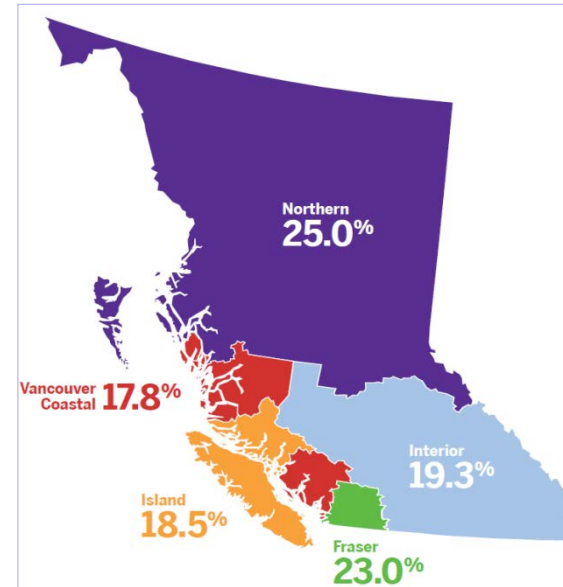


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# Children & Youth Living in BC



Nearly 960,000  
children and youth (0-19 years) in BC



Proportion of young people compared  
to all ages for each health authority

# Defining and Measuring Child and Youth Health & Well-being

- In 2013, the PHO Office and the Canadian Institute for Health Information (CIHI) released a joint report
- Defined the five dimensions
- Identified a suite of 51 indicators used to measure the dimensions of child health



# A Holistic View of Health & Well-being



Five dimensions describe health and well-being of children and youth

# Dimensions of Health & Well-being



## **Physical health and well-being**

- 21 indicators (e.g. breastfeeding rates, immunization rates)



## **Mental and emotional health and well-being**

- 7 indicators (e.g. self-esteem, consideration of suicide)



## **Social relationships**

- 11 indicators (e.g. family connectedness, bullying)



## **Economic and material well-being**

- 5 indicators (e.g. food security, housing)



## **Cognitive Development**

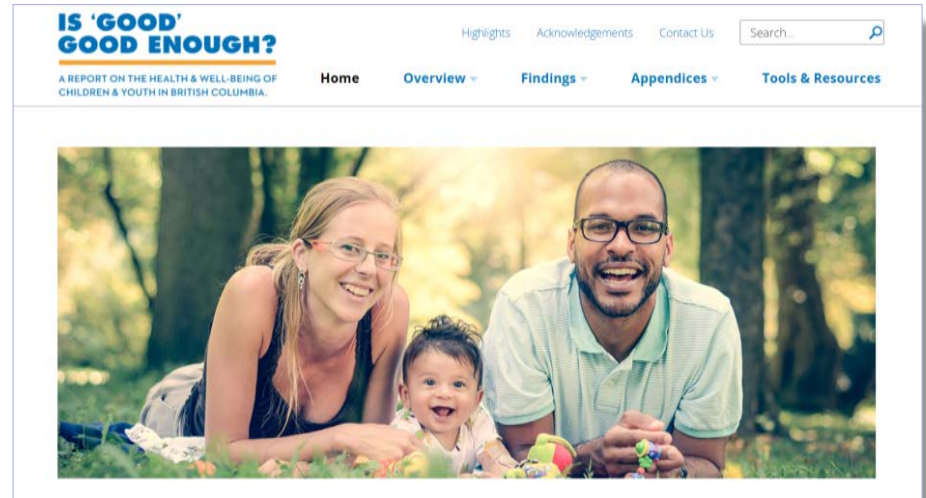
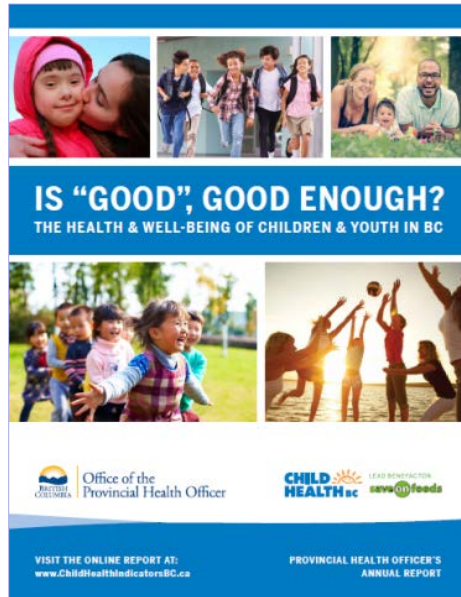
- 7 indicators (e.g. kindergarten readiness, high school completion)

# Comprehensive and Collaborative Report Development

- This is a **joint report** led by the **PHO's Office** and **Child Health BC**.
- Developed with extensive collaboration with a **comprehensive Advisory Committee** and other contributors that included:
  - BC Center for Disease Control
  - BC Children's Hospital
  - BC Coroners Service
  - BC Health Authorities (VIHA, Northern, Interior)
  - BC Ministry of Child and Family Development
  - BC Ministry of Education
  - BC Office of the Representative for Children & Youth
  - BC Pediatric Society
  - BC Principals' & Vice-Principals' Association
  - BC Student Voice
  - Canadian Child & Youth Health Coalition
  - First Nations Health Authority
  - Human Early Learning Partnership
  - McCreary Centre Society
  - Perinatal Services BC
  - UBC Department of Pediatrics
  - UBC School of Population and Public Health

# Exploring and Using the Report Findings

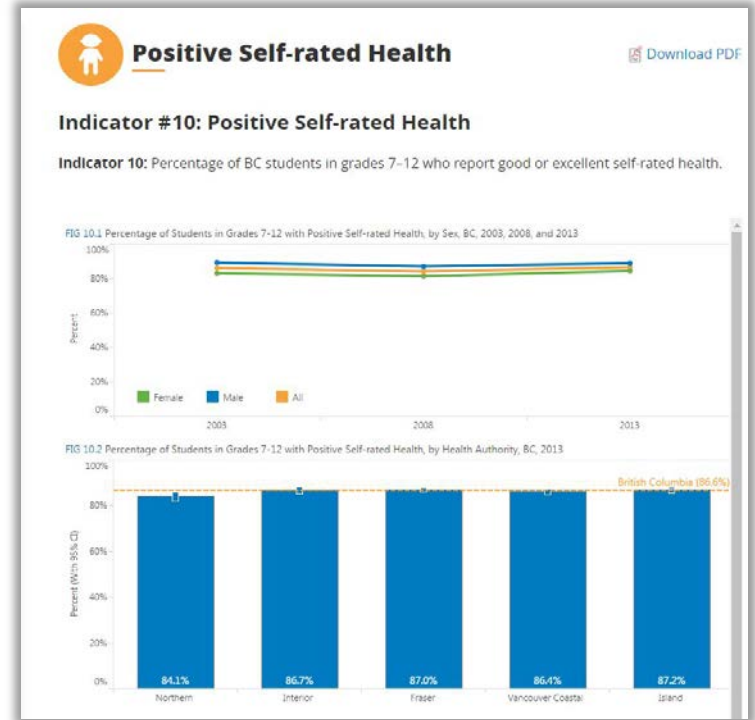
Explore the findings in two formats:  
book format and an interactive website



[www.ChildHealthIndicatorsBC.ca](http://www.ChildHealthIndicatorsBC.ca)

# Use the online version to review key findings

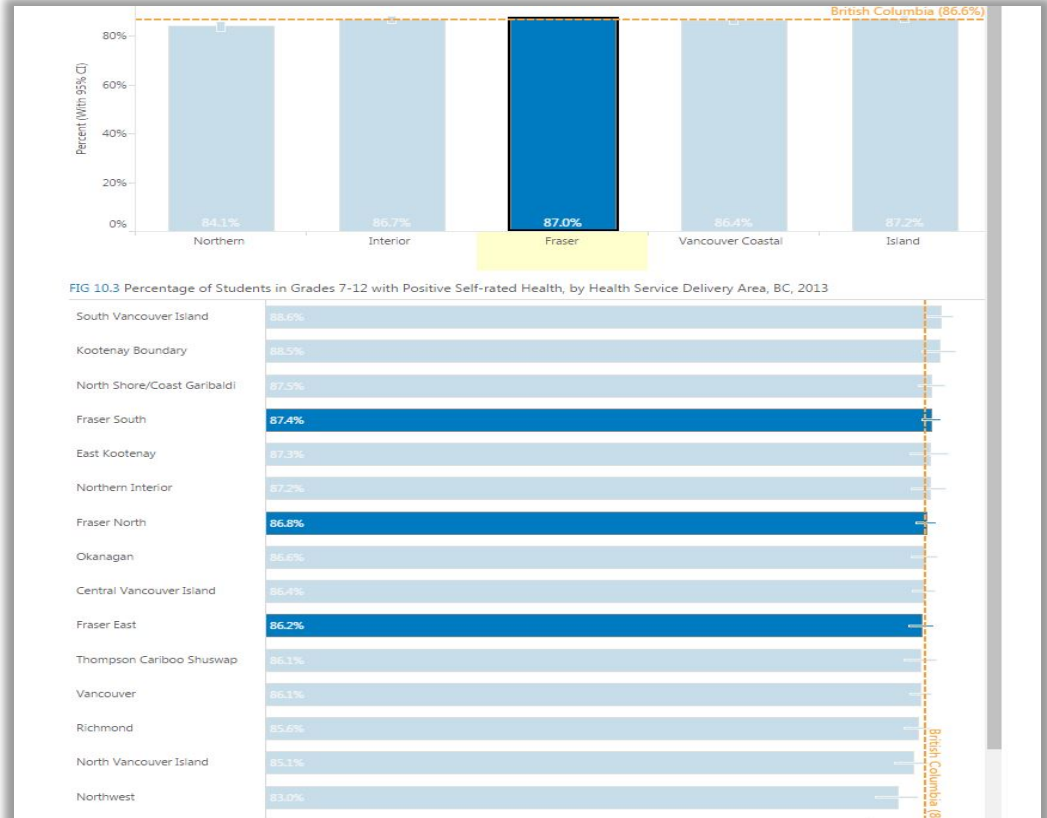
- The webpage for each indicator offers:
  - Data charts with national comparisons where they exist
  - Provincial trend over time data
  - Results by region





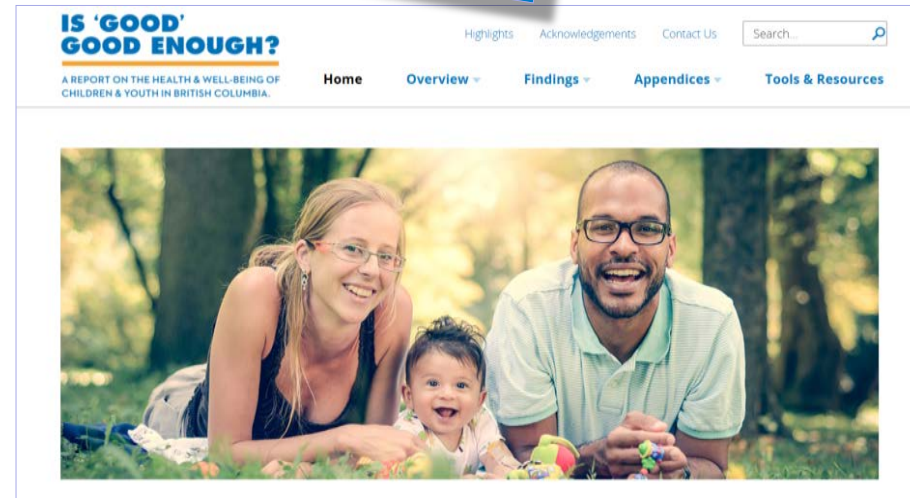
# Further exploring and understanding the findings

- Webpages support users to explore the findings further, using a few interactive data functions
- Key messages related to the findings
- Related references and data sources



# Overview of Report Findings

- Overall, the health and well-being of children and youth in BC is generally good.
- Some indicators show positive and/or improving health and well-being; however, others show areas of concern.
- Some indicators show stability over time, though improvement is desired.
- For many indicators there are substantial disparities between males and females, and between different geographic areas of BC.



# Exploring the Findings



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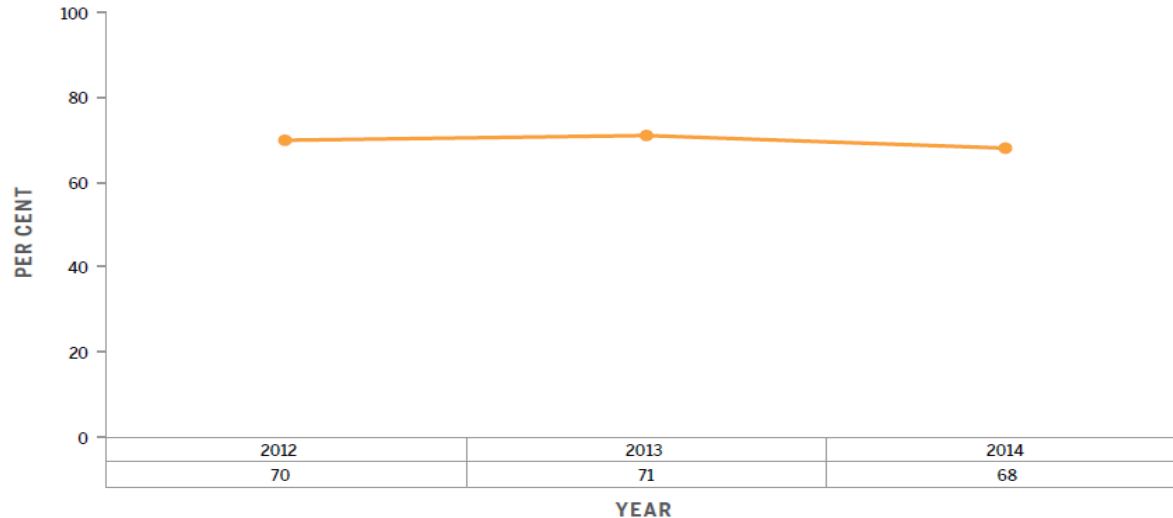


# Physical Health & Well-being

- BC's **breastfeeding rates** are the highest in Canada.
- There are important improvements over time in the **early years**.
- The rates of youth who have ever used **tobacco, consumed alcohol, or used marijuana have decreased**.
- Many children in BC are up-to-date on their **immunizations** by age 7, but almost one-third are not.

# Immunizations – “Up-to-date” by age 7

**FIG 15A.1** Percentage of Seven-Year-Old Children with Up-to-Date Immunizations, BC, 2012 to 2014



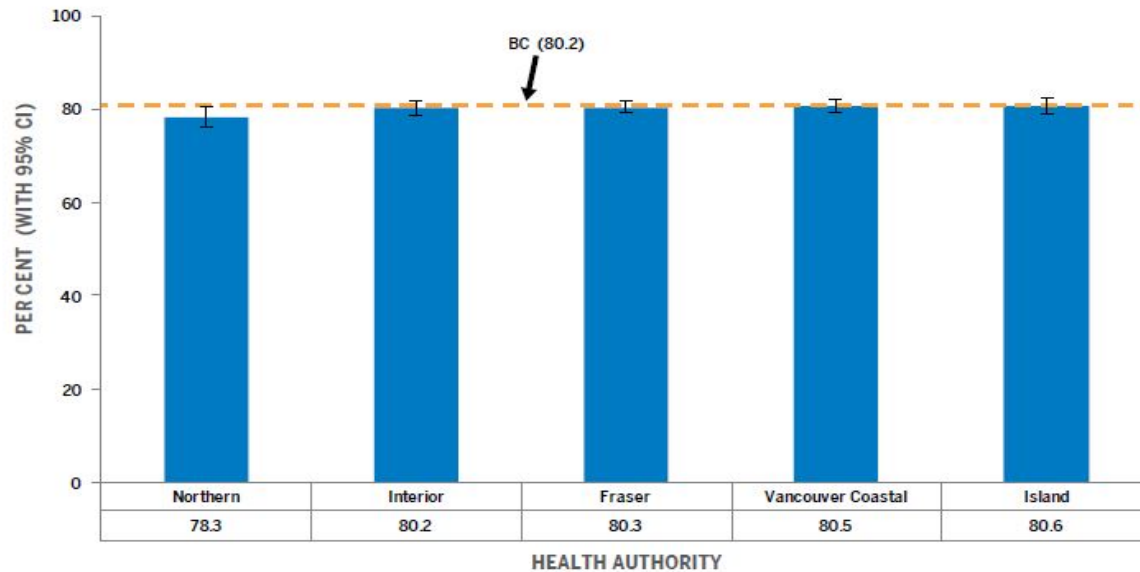


# Mental & Emotional Health

- BC youth have a **positive view of themselves**.
- The rates of students who considered and/or attempted **suicide** are troubling.
- **Data** in this area is **limited** and this is reflected in the findings.

# Self-esteem

**FIG 23.2** Percentage of Students in Grades 7-12 Who Reported Usually Feeling Good about Themselves, by Health Authority, BC, 2013





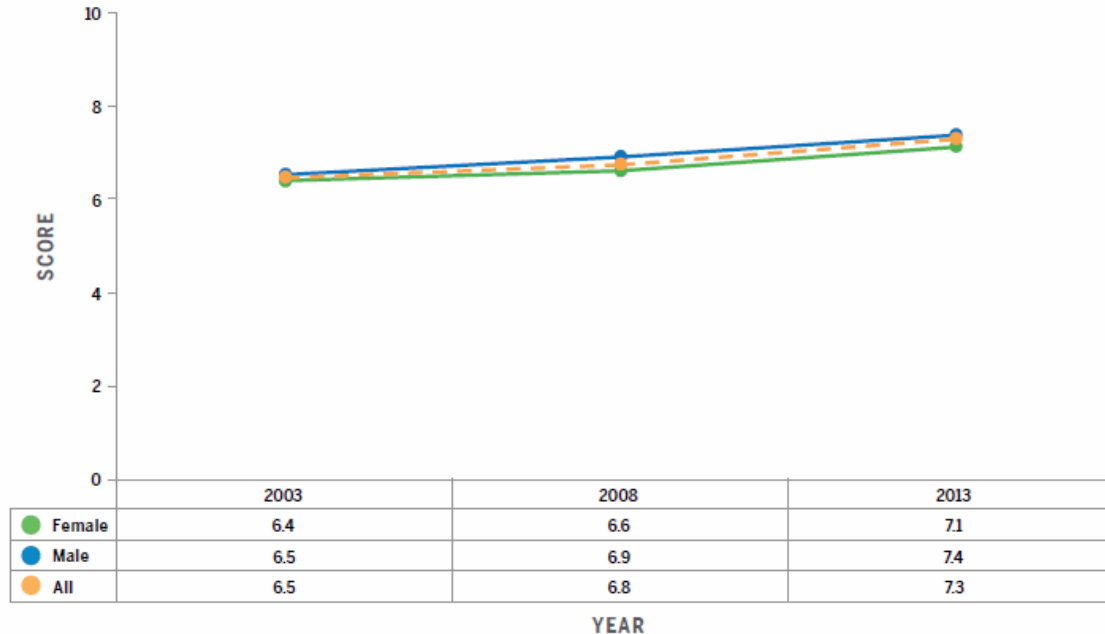
## Social Relationships

- Youth are reporting higher levels of **family connectedness** and **school connectedness** than in the past.
- Many youth report **high participation in activities** outside of school.
- While **bullying remains high**, cyberbullying has decreased.
- **Youth in the BC justice system** has declined substantially over the past 10 years.



# Family Connectedness

**FIG 29.1** Family Connectedness Score for Students in Grades 7-12, by Sex, BC, 2003, 2008, and 2013



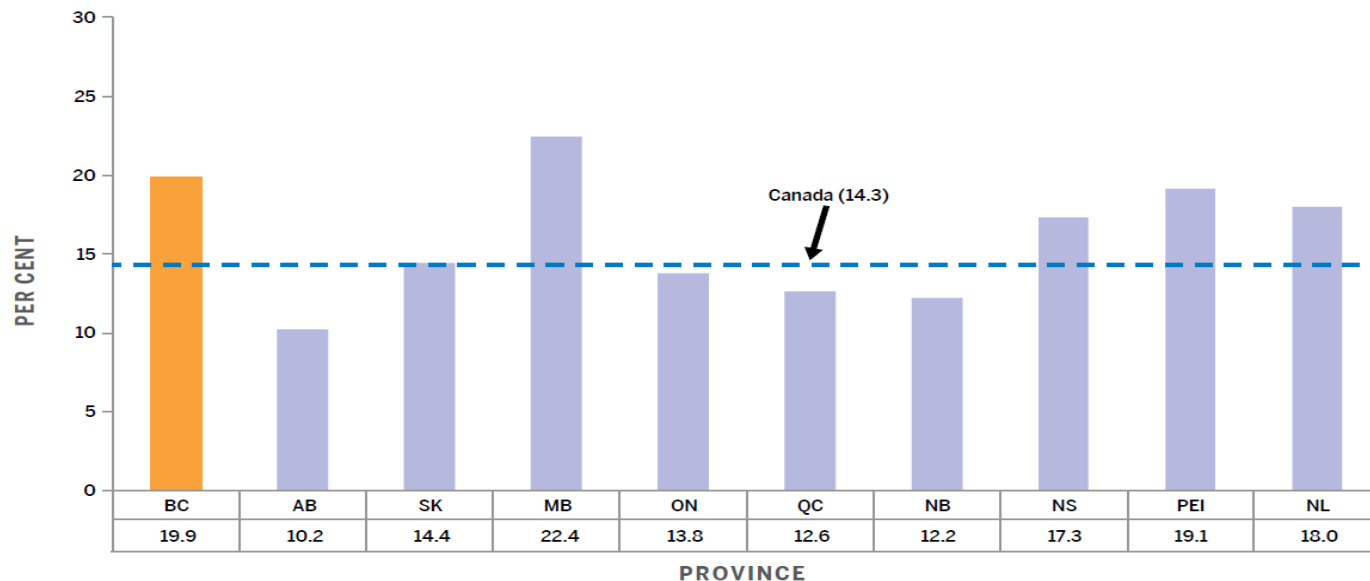


## Economic & Material Well-being

- There has been a decrease in the percentage of youth that report **going to bed hungry**.
- The percentage of families with an **unemployed parent** was lower than the national percentage.
- The percentage of people with **unmet core housing needs** in BC was the highest among provinces by a substantial margin.

# Low-income households

**FIG 40.2** Percentage of Children and Youth Under Age 18 in Low-income Households, by Province, Canada, 2011



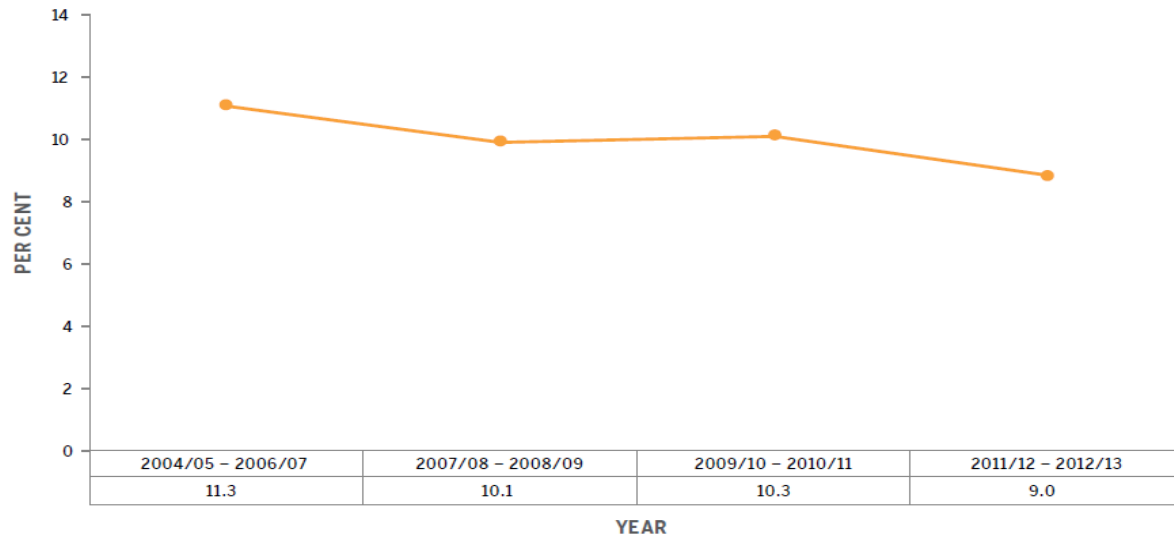


# Cognitive Development

- Kindergarten children are arriving at school more prepared than in the past for **language and numeracy**.
- Kindergarten children are requiring additional support and care in the area of **social competence and emotional maturity**.
- **High school completion** across BC has increased.

# Language & Cognitive Development

**FIG 45B.1** Percentage of Kindergarten Children Vulnerable on the Language and Cognitive Development Domain, BC, 2004/05-2006/07 to 2011/12-2012/13



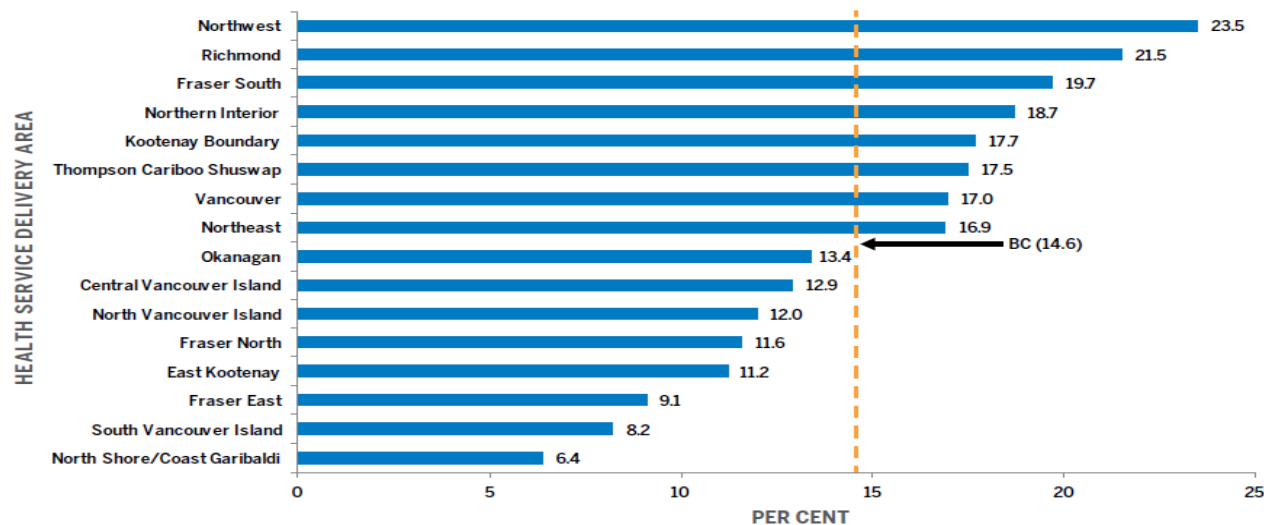
# Geography and Health Status

Two major themes were noted with respect to geographic differences:

- (1) There were substantial differences across the province based on the child or youth's home, making it necessary to look beyond the provincial "average" to understand health in a community.
- (2) There were a number of indicators where children and youth living in urban areas fared better than those living in rural and remote areas.

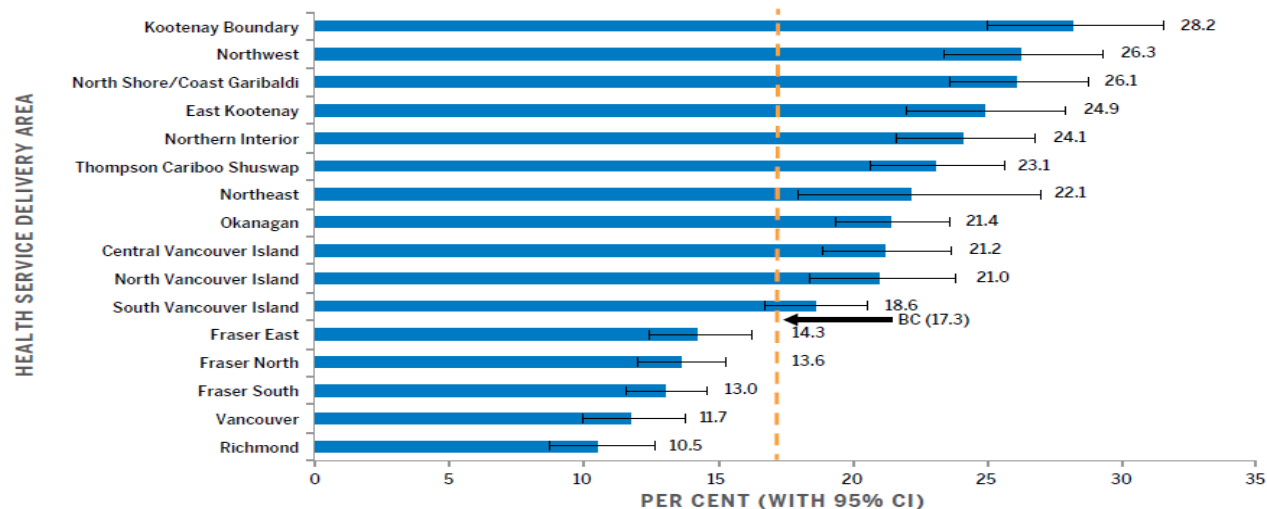
# Tooth Decay among Kindergarten Children

**FIG 8.3** Percentage of Kindergarten Children Showing Visible Tooth Decay, by Health Service Delivery Area, BC, 2012/13



# Grade 7-12 Students Reporting Binge Drinking

**FIG 13B.3** Percentage of Students in Grades 7-12 Who Reported Binge Drinking, by Health Service Delivery Area, BC, 2013





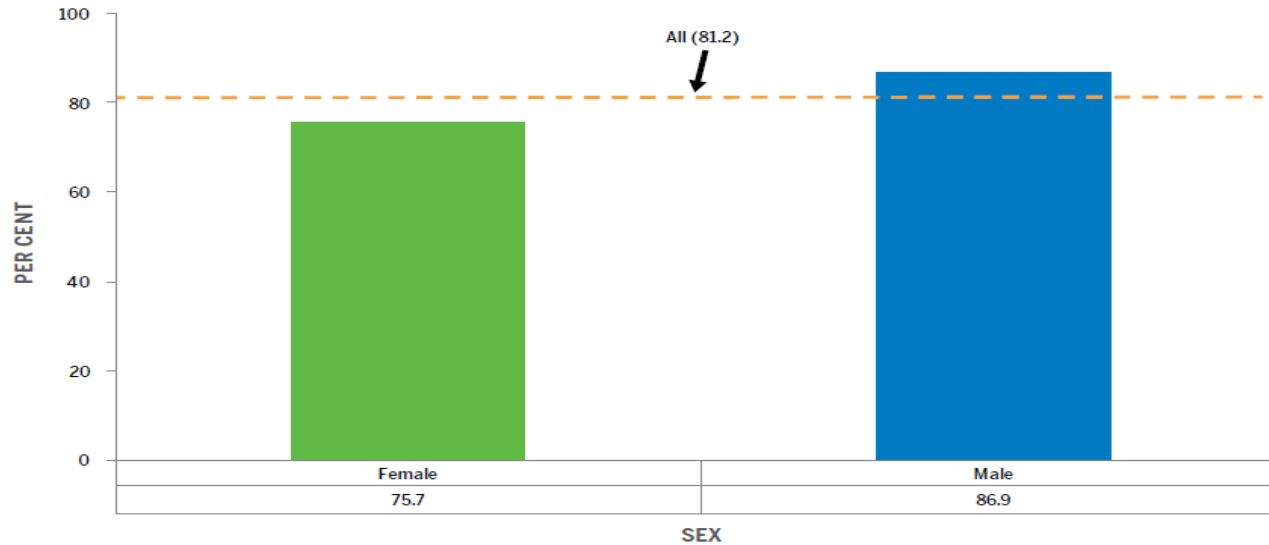
# Sex/Gender and Health Status

Two major themes were noted with respect to sex/gender differences:

- (1) Sex and gender gaps are evident in many of the indicators; females fared worse than males.
- (2) These differences appear to be increasing over time.

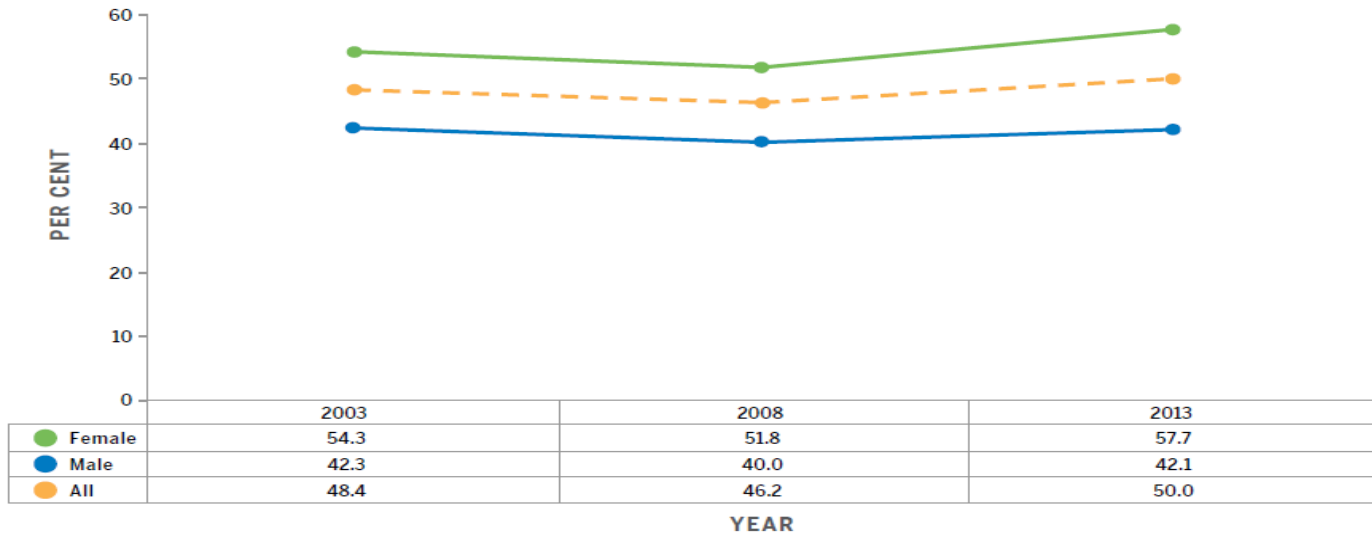
# Positive Mental Health

**FIG 24.1** Percentage of Students in Grades 7-12 Who Reported Positive Mental Health, by Sex, BC, 2013

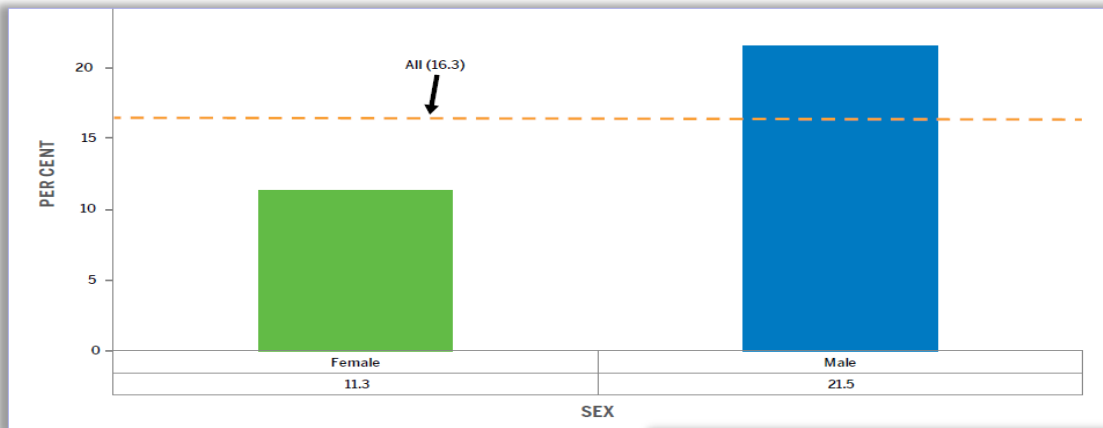


# Bullying

**FIG 37A.1** Percentage of Students in Grades 7-12 Who Reported They Were Bullied at School in the Past Year, by Sex, BC, 2003, 2008, and 2013



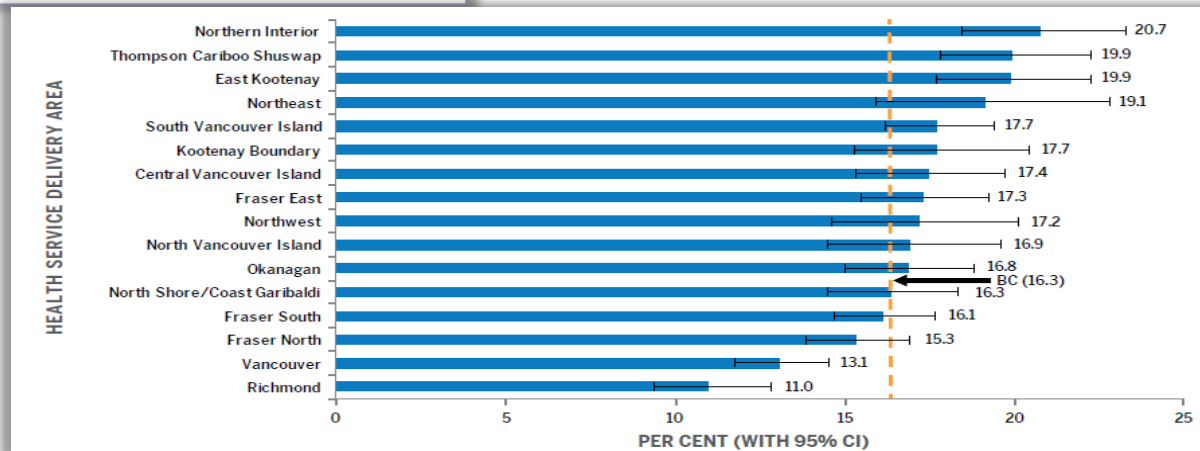
# Both Sex/Gender & Geography Differences



- Students in rural areas reported higher rates of physical activity than those in urban areas.

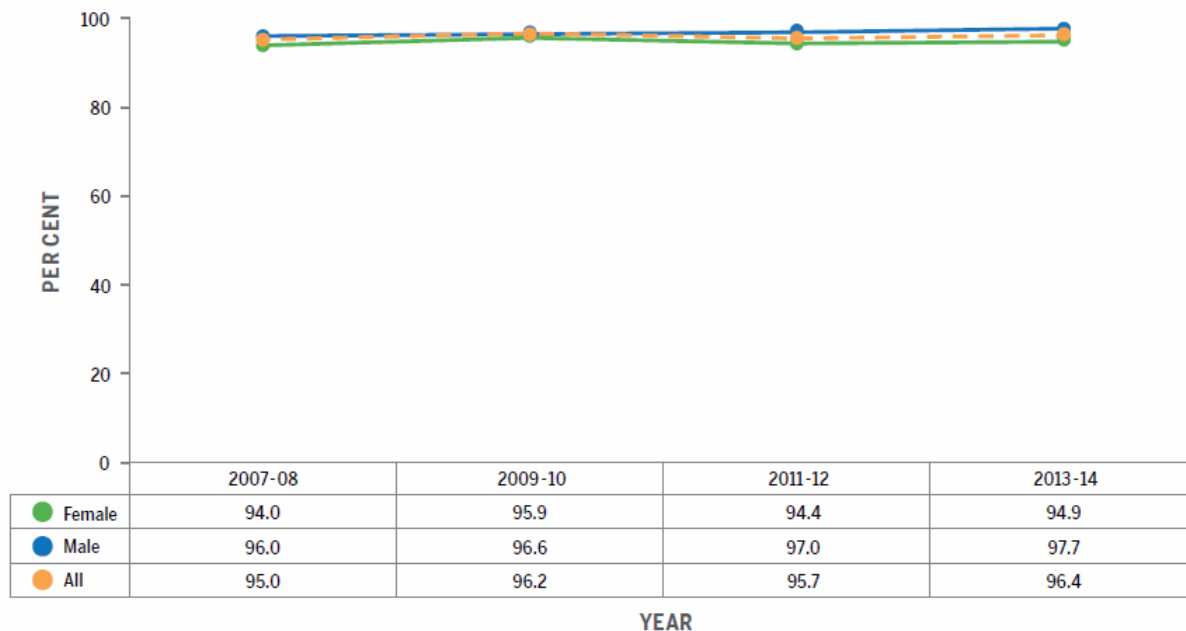
## Physical activity among youth in grades 7-12

- There is a substantial difference between the physical activity levels of males and females.



# Positive Life Satisfaction

**FIG 25.1** Percentage of Youth Age 12-19 Who Reported Positive Life Satisfaction, by Sex, BC, 2007-08 to 2013-14



# Recommendations

- Commit to addressing the disparities in health based on sex/gender and geography, as identified in this report. This requires conducting further data analyses and consultations with stakeholders to **determine the underlying causes of ongoing disparities, and to identify actions** that can be taken to better meet the needs of all children and youth in BC.
- Create a **provincial-level inter-ministerial leadership** committee that will support actions generated from this report to improve the health and well-being of children and youth in BC.

## Recommendations (cont'd)

- Establish an ongoing **provincial forum where youth are connected with other community stakeholders** to plan and undertake initiatives to enhance child and youth health and well-being in communities.
- Develop a mechanism for a coordinated approach to **ongoing data collection and reporting of indicators** of child and youth health and well-being in BC, and for addressing indicators with missing and/or scarce data.
- Develop a **mechanism to share programs and initiatives** in BC that aim to improve the health and well-being of children and youth. These programs should be evaluated and demonstrate success, in order to serve as potential models for other communities.

# Questions



**Visit the Online Report of  
“Is ‘Good’, Good Enough?”**

**[www.ChildHealthIndicatorsBC.ca](http://www.ChildHealthIndicatorsBC.ca)**



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