



Manitoba's Youth Health Survey

Healthy Schools

Taking Action: Moving Evidence into Action

Dr. Jane Griffith, CancerCare Manitoba



Photo credit:
Manitoba First Nations Education Resource Centre Inc.

Partners in Planning For Healthy Living

- A group of Manitoba partners who are working together to build a province-wide chronic disease risk factor surveillance system that is integrated with community planning and best practices
- Consists of 22 partners:
 - All Regional Health Authorities
 - Healthy Child Manitoba
 - MB Education
 - MB Health
 - MB Healthy Living, Youth and Seniors
 - Public Health Agency of Canada
 - Health in Common
 - Heart and Stroke Foundation of Manitoba
 - Canadian Cancer Society
 - Addictions Foundation of Manitoba
 - Alliance for the Prevention of Chronic Disease



Partners in Planning for Healthy Living

- **Our Values:**

- We are inclusive and flexible.
- We are non-judgmental.
- We are community friendly.



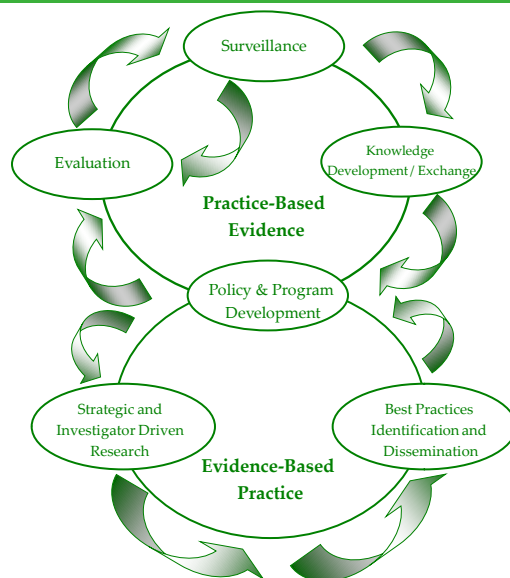
Partners in Planning for Healthy Living

- **Our Principles:**

- We focus on evidence.
- We support the development of knowledge and capacity within communities.
- We support integrated, community planning for healthy living.



Manitoba Regional Risk Factor Surveillance

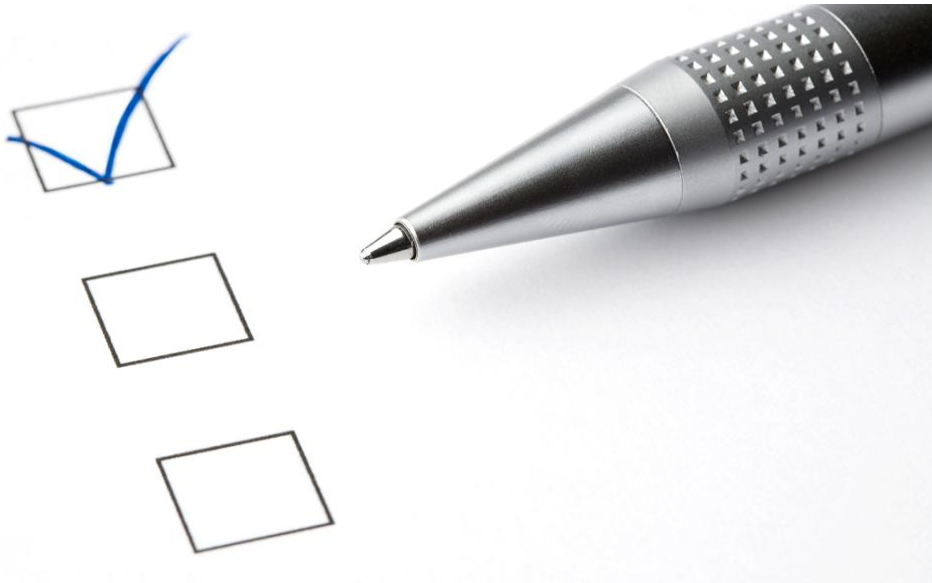


Practice-Based Evidence

- Requires local data
- Created through action at the local level
- Context is added through local knowledge
- Based on reality and what makes sense
- Integral part of interventions

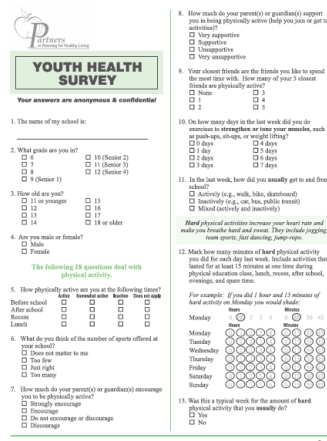


Youth Health Survey



Youth Health Survey Tool

- 4 pages, 51 questions
- Multiple choice, machine-scannable
- 20-30 minutes to complete (short)
- Includes questions on tobacco, nutrition, physical activity, self-esteem and school connectedness
- Completed by grades 6-12



Youth Health Survey Methodology

- Unique opportunity arose in 2008 – HCM & MECY needed data to evaluate MB PE/HE policy
- RHAs conducted in winter & spring 2008 with approvals from schools divisions
- Required all partners to contribute
 - CCMB provides statistical/analytic expertise
 - HSFM - grants to support data collection
 - CCS (KEN)
 - MECY & HCM – Ministers wrote letters of support to superintendents
- Reports were generated at the school, school division, regional and provincial level

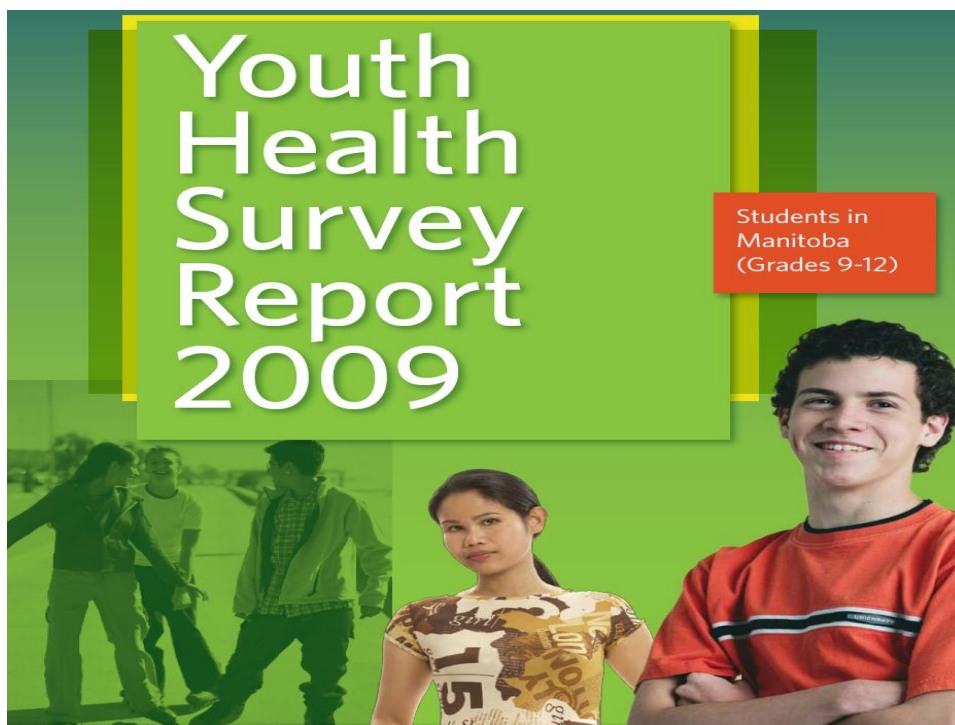
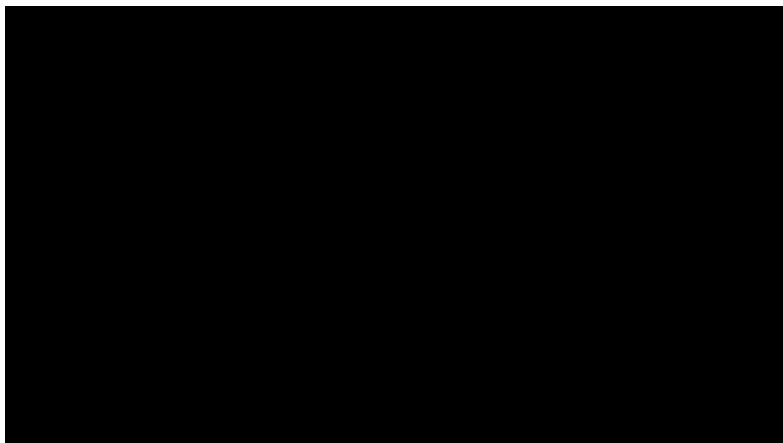


Survey Response

- 46,919 students participated in the survey (or approximately 50,000)
- In total, there were 390 schools
- All 11 Manitoba Regional Health Authorities participated
- 265 of these schools included grades 9-12



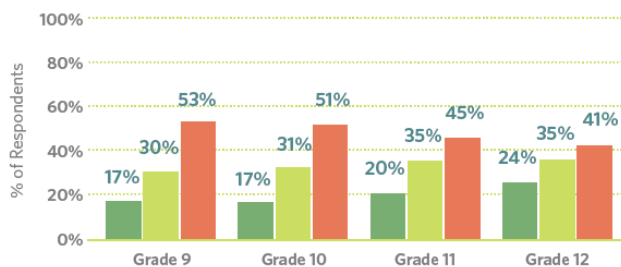
Why Evidence is Important?



Physical Activity Rates by Grade

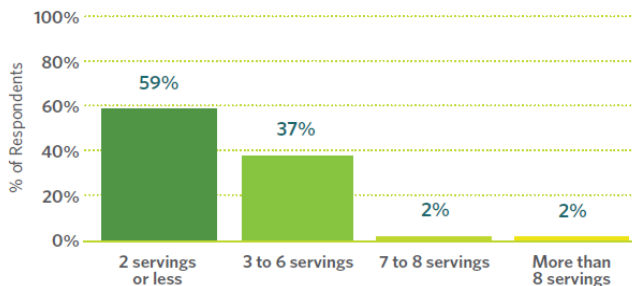
Physical Activity Rate by Grade

- Inactive
- Moderately Active
- Active



Daily Fruits & Vegetables Consumption

Number of Daily Servings of Fruit and Vegetables Consumed

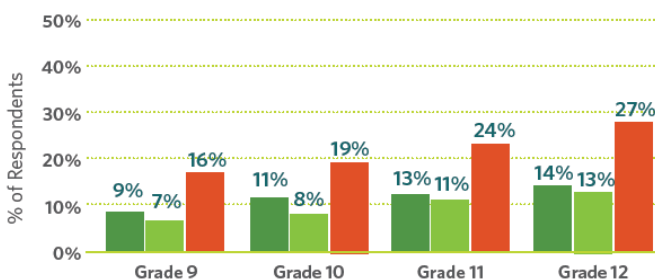


Student Smoking Status by Grade



Student Smoking Status by Grade

- Occasional smokers
- Daily smokers
- Total smokers



Note: Total smokers = daily smokers + occasional (i.e. non-daily) smokers

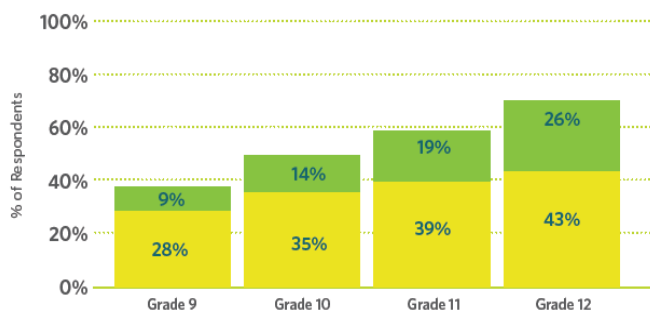


Alcohol Use by Grade



Alcohol Use

- 1 to 5 days
- 6 to 30 days



Note: Alcohol Use is defined as having alcohol on at least 1 day within a 30 day period.

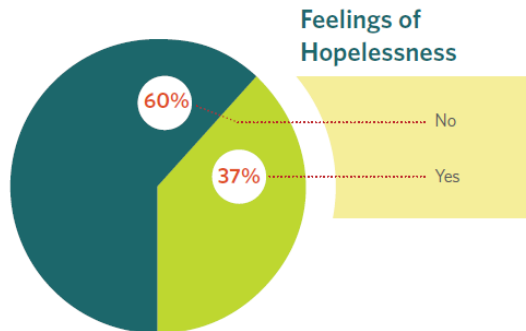
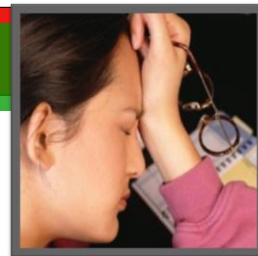


School Connectedness

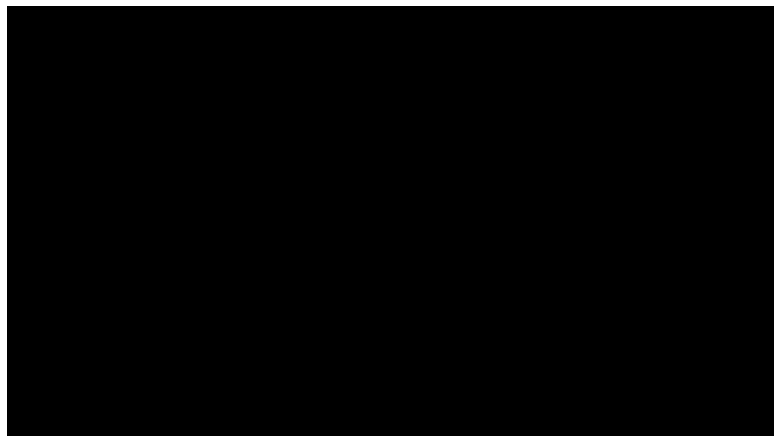
How strongly do you agree or disagree with the following statements?	Agree/ Strongly Agree	Disagree/ Strongly Disagree
I feel close to the people at this school	76%	19%
I feel I am part of this school	76%	18%
I am happy to be at this school	74%	17%
I feel safe in my school	79%	15%



Feelings of Hopelessness



Evidence into Action

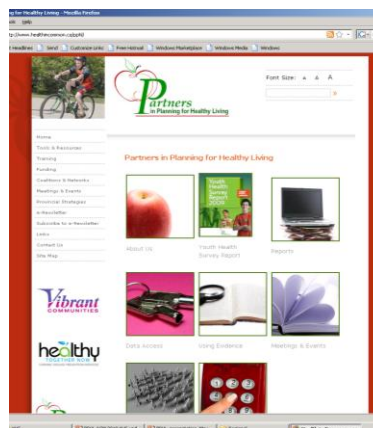


Tools and Resources

www.healthincommon.ca/pphl

Contents include:

- YHS Toolkit (presentations, survey tools, and materials)
- Provincial Report
- Data Access Request form
- Meeting minutes
- Links to all PPHL partners' websites



Current Reality

- Changes are happening
- People affect change from their positions in organizations and systems
- Opportunities for youth engagement and leadership



In the Future...

- Intent is to engage in knowledge development and exchange around data collected from YHS
- Continue with data collections in the future
- Re-survey across province in 3-4 years for comparison data
- Develop a system which includes continuing risk factor surveillance, program and policy development and evaluation

