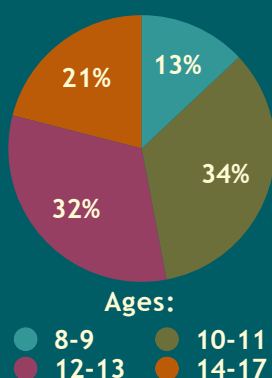


BHYP Early Results

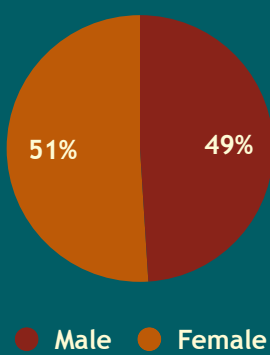
BHYP is a community-wide effort to understand how we can promote healthy lifestyle choices among youth and is funded by the Canadian Institutes of Health Research. Here are some early findings from year 2 of the study...



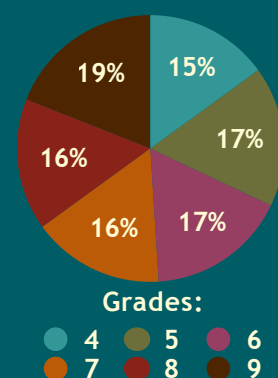
PARTICIPANT AGES



SEX

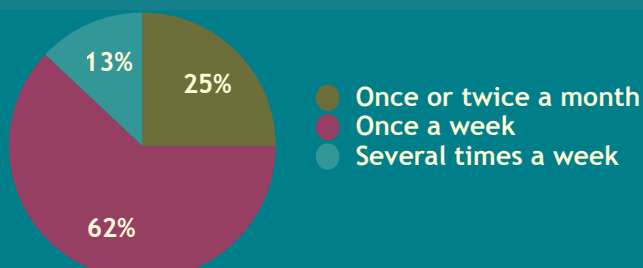


GRADE DISTRIBUTION



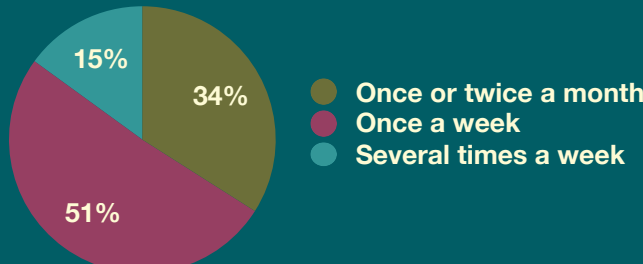
80% of BHYP participants report being involved in at least one organized sport activity

FREQUENCY OF ENGAGEMENT AMONG THOSE INVOLVED IN AT LEAST ONE SPORT ACTIVITY

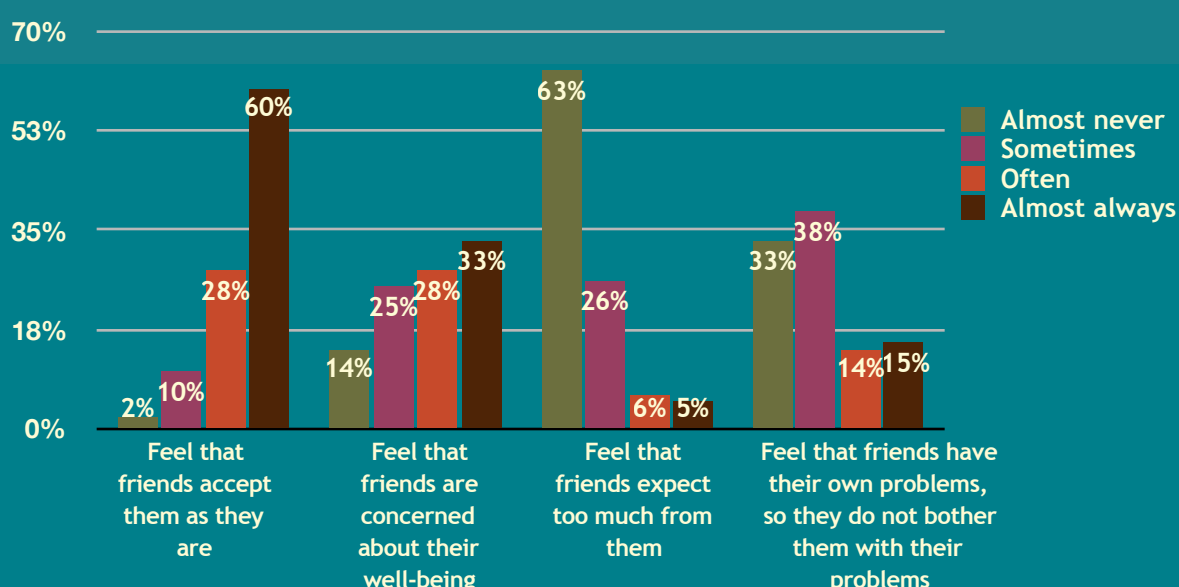


64% of BHYP participants report being involved in at least one organized non-sport activity

FREQUENCY OF ENGAGEMENT AMONG THOSE INVOLVED IN AT LEAST ONE NON-SPORT ACTIVITY



PERCEPTIONS OF FRIENDSHIPS AMONG BHYP PARTICIPANTS



46% of BHYP participants report having had a sip or two of alcohol – 10% have had a full drink of alcohol

4% of BHYP participants report having had one or two puffs of a cigarette – 1% have smoked a full cigarette



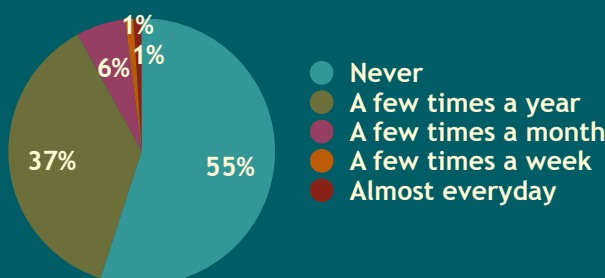
- 24% of BHYP participants think it would be at least a little bit hard to say no if their friends asked them to drink alcohol
- 9% BHYP participants think it would be at least a little bit hard to say no if their friends asked them to smoke cigarettes



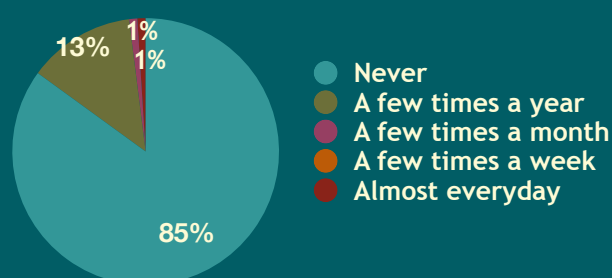
- 24% of BHYP participants think it would be at least a little bit fun/exciting to drink alcohol with friends
- 4% of BHYP participants think it would be at least a little bit fun/exciting to smoke cigarettes with friends



FREQUENCY OF BHYP PARTICIPANTS BEING BULLIED BY OTHERS



FREQUENCY OF BHYP PARTICIPANTS BULLYING OTHERS



44% of BHYP participants report telling someone when they are bullied by other students

The people that BHYP participants most commonly seek help from when being bullied include*:

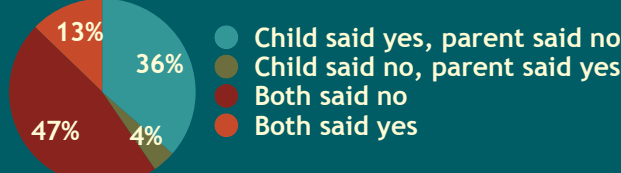
- Parents (33%)
- Teachers (23%)
- Peers / Friends (21%)
- Principals / Vice-principals (12%)
- Siblings (11%)

*% represents number of BHYP participants who reporting telling this person, participants were allowed to select more than one option



83% of BHYP participants report hitting their head bad enough that they felt dizzy or confused

COMPARISON OF CHILD AND PARENT REPORTING OF HEAD INJURY



60% of parents and children agree on whether the child experienced a head injury or did not experience a head injury. However, when parents and children do not agree, children are much more likely than parents to report having head injury – suggesting that children may not always be telling their parents when they hit their heads.

For more information: