

Taking health information further
À l'avant-garde de l'information sur la santé

Young Improving the Health of Canadians

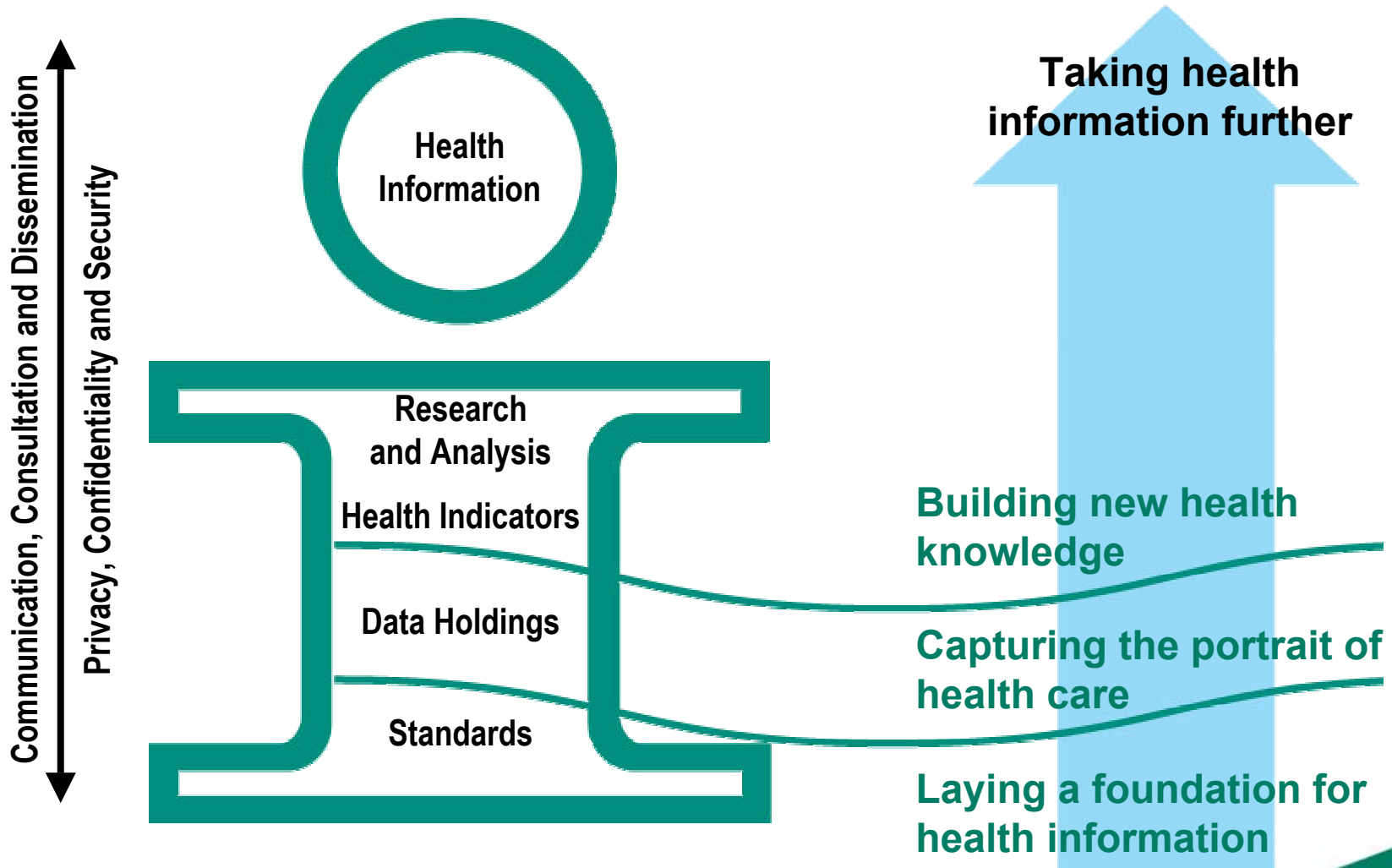
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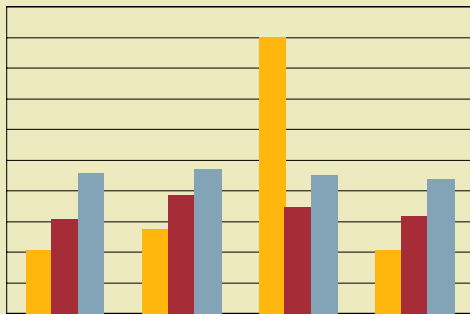
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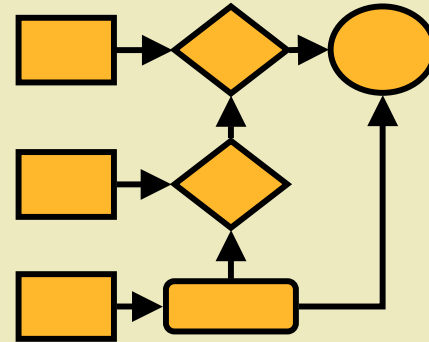
About CIHI



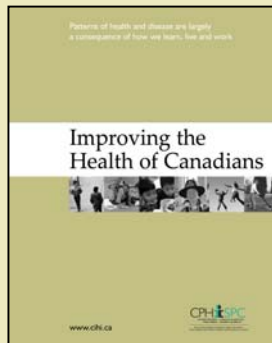
CPHI Strategic Functions



Knowledge Generation



Policy Synthesis



Knowledge Transfer



Knowledge Exchange

CPHI Council Members (as of June, 2005)

- *Richard Lessard (Chair)*
- *Monique Bégin*
- *André Corriveau*
- *Richard Jock*
- *Lynn McIntyre*
- *John Millar*
- *Cordell Neudorf*
- *Ian Potter*
- *Gerry Predy*
- *Douglas Willms*
- *Elinor Wilson*
- *Michael Wolfson
(ex-officio)*
- *Gregory Taylor
(ex-officio)*

Expert Advisory Group Members

- *Ian Potter (Chair)*
- *Dianne Bascombe*
- *Leanne Boyd*
- *Satya Brink*
- *Catherine Donovan*
- *Rodney Laprise*
- *Douglas McCall*
- *Tom McIntosh*

CPHI's Key Strategic Areas 2004–2007

Healthy Transitions to Adulthood



◆ *Place and Health*

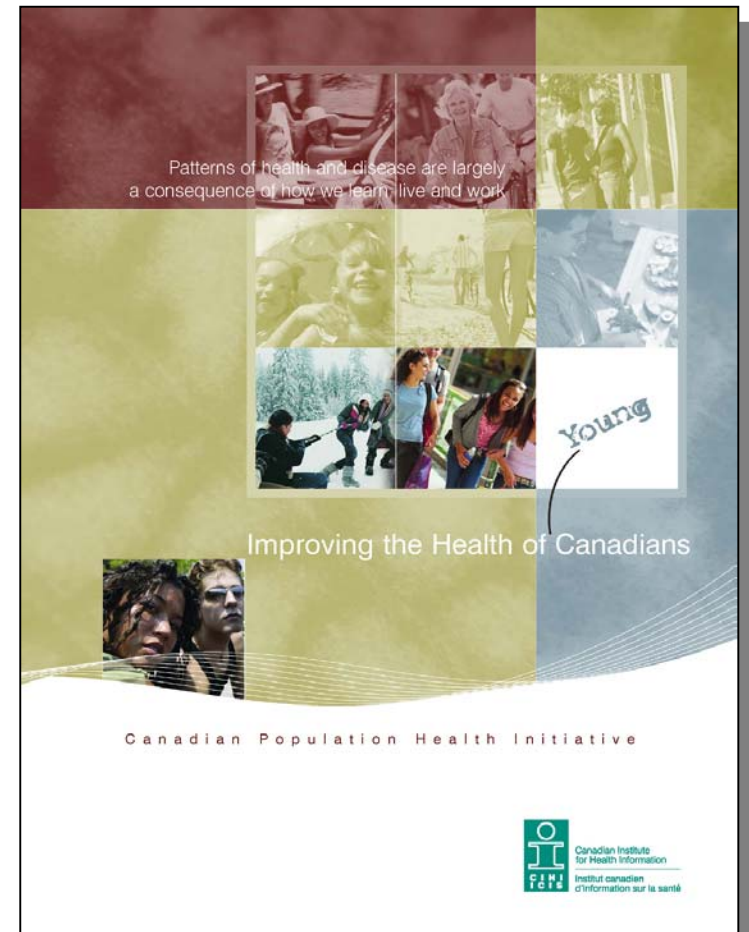


◆ *Healthy Weights*



Improving the Health of Young Canadians

- *Biennial series*
- *First in the series of reports for 2005–2006*
- *Canadian youth aged 12 to 19 years*
- *Explores links between adolescents' social environment and their health*
- *Discusses themes from current research*
- *Reviews relevant programs and policies*



POSITIVE YOUTH DEVELOPMENT

Community Engagement

Health Status

School Engagement

Self-Worth

Family Environment

Level of Anxiety

Peer Connectedness

*Tobacco, alcohol and
drug use*

Adolescent Health and Development

- *4 themes from the research:*
 - *“Cluster”—Positive and negative behaviours “cluster” together*
 - *“Engagement” of youth: Participation in meaningful and structured activities*
 - *“Resilience”—Youth’s ability to successfully cope in the face of adversity*
 - *“Assets”—Positive relationships, opportunities, values and self-perceptions correlated with healthy development (e.g. U.S. Search Institute)*

Social Environment

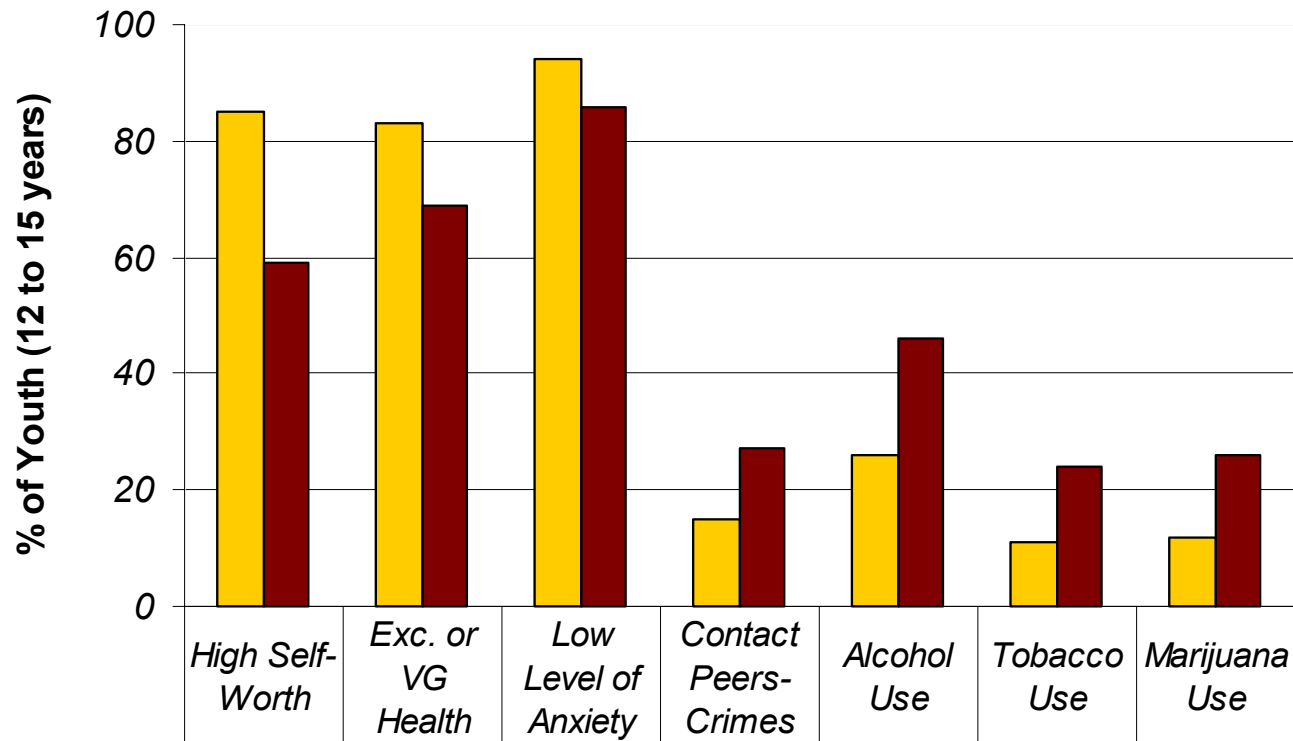
- *Family, schools, peers and communities identified as likely to play an important role in healthy adolescent development:*
 - *Parental nurturance*
 - *Parental monitoring*
 - *School engagement*
 - *Peer connectedness*
 - *Community engagement*

Family Environment

- **Parental nurturance** refers to the extent to which parents praise and show pride in their child, ensure their child feels appreciated, listen to their child's ideas and problem-solve with the child when disagreements occur.
- **Parental monitoring** refers to the extent to which parents take an interest in where their child is going, with whom and what they are doing, set curfews and limit the frequency with which their children go out.

NLSCY, Cycle 4, Statistics Canada

Health Outcomes and Behaviours by Level of Parental Nurturance

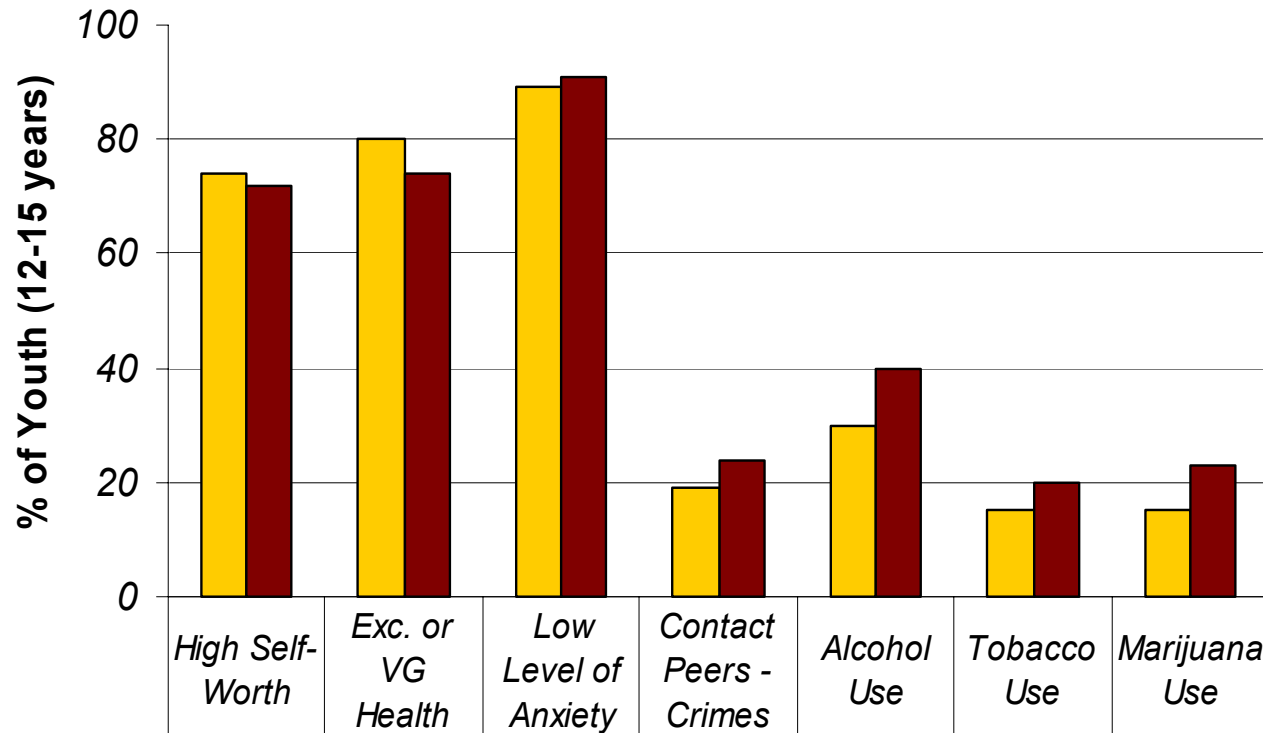


■ High Parental Nurturance	85 *	83 *	94 *	15 *	26 *	11*	12 *
■ Medium-Low Parental Nurturance	59	69	86	27	46	24	26

*Statistically significant difference between high and medium-low levels of Parental Nurturance at $p < .05$.

Source: CPHI analysis of NLSCY (Cycle 4, 2000-2001), Statistics Canada.

Health Outcomes and Behaviours by Level of Parental Monitoring



■ High Parental Monitoring	74	80	89	19	30 *	15*	15 *
■ Medium-Low Parental Monitoring	72	74	91	24	40	20	23

*Statistically significant difference between high and medium-low levels of Parental Monitoring at $p < .05$

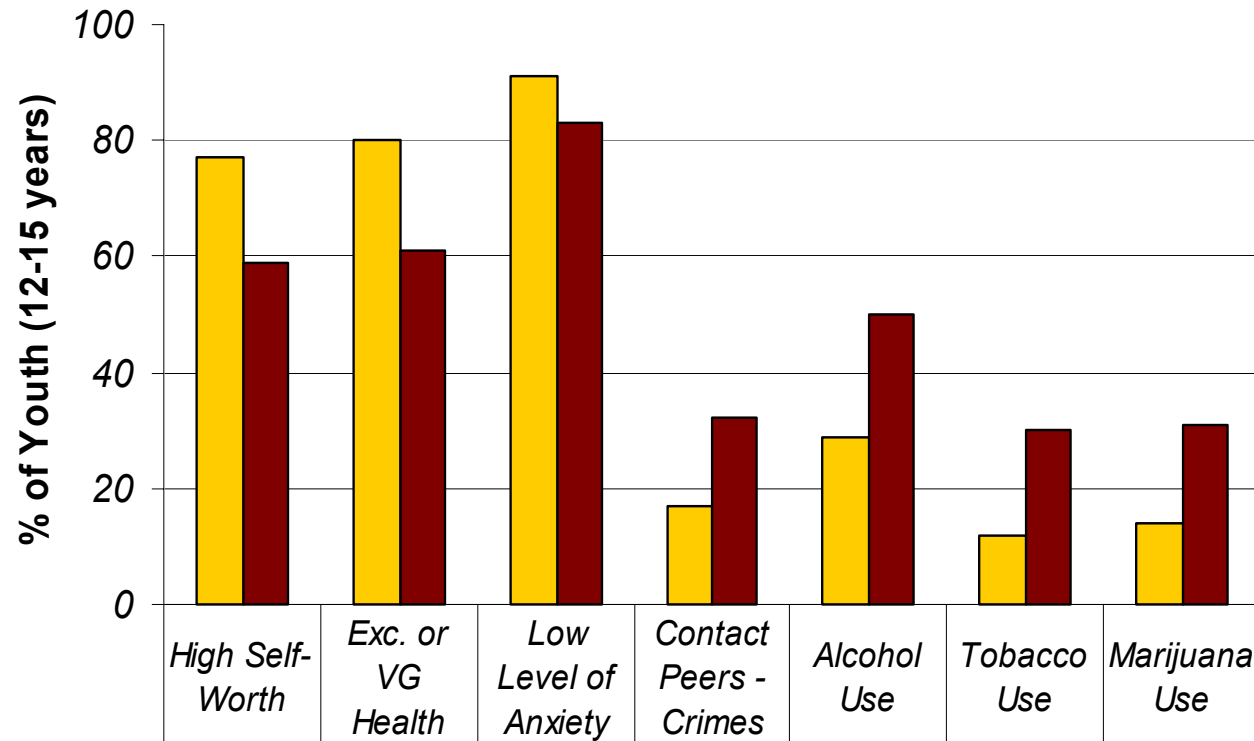
Source: CPHI analysis of NLSCY (Cycle 4, 2000-2001), Statistics Canada

School Engagement

- **School engagement** refers to the degree of importance a youth places on doing well academically, learning new things, making friends, participating in extracurricular activities, getting involved with student council or similar groups and expressing their opinion in class.

NLSCY, Cycle 4, Statistics Canada

Health Outcomes and Behaviours by Level of School Engagement



■ High School Engagement	77 *	80 *	91 *	17 *	29 *	12 *	14 *
■ Medium-Low School Engagement	59	61	83	32	50	30	31

* Statistically significant difference between high and medium-low levels of School Engagement at $p < .05$.

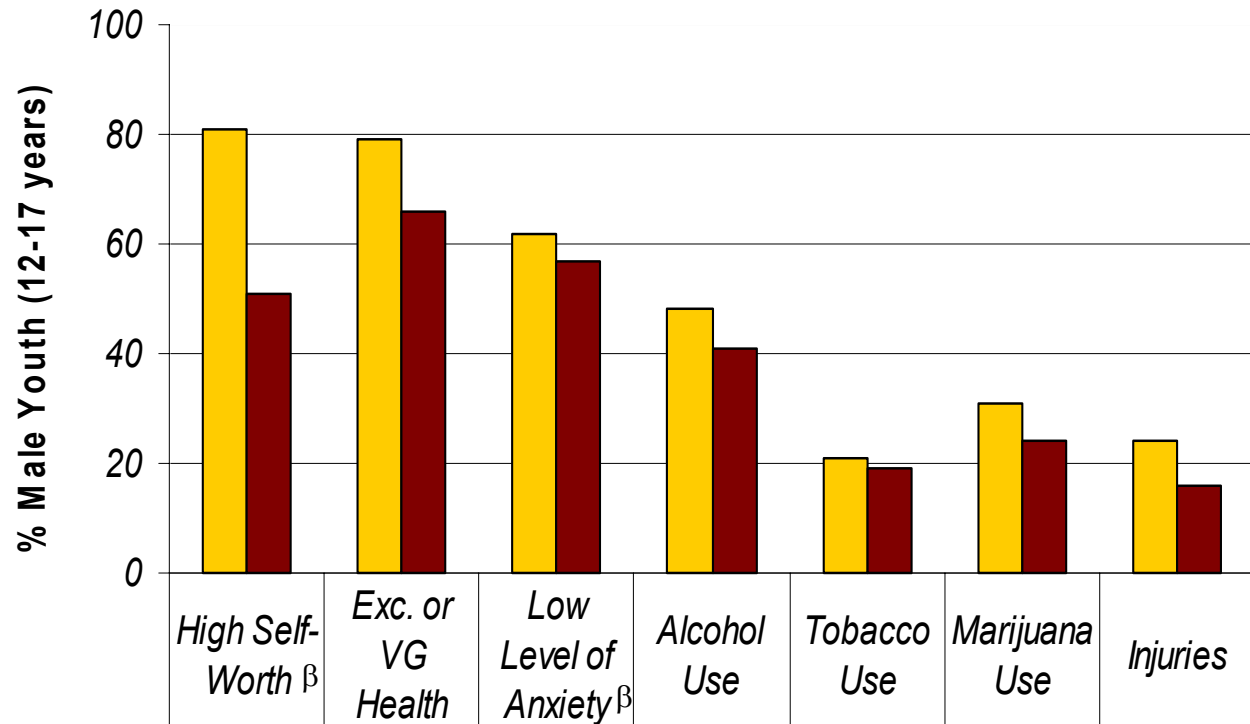
Source: CPHI analysis of NLSCY (Cycle 4, 2000-2001), Statistics Canada.

Peer Connectedness

- **Peer Connectedness** or the 'Friends' score asks youth to indicate whether or not they have many friends, the ease with which they get along with others their own age and whether other youth their own age like them and want to be their friend.

NLSCY, Cycle 4, Statistics Canada

Health Outcomes and Behaviours By Level of Peer Connectedness (Male Youth)



■ High Peer Connectedness	81 *	79 *	62	48	21	31	24 *
■ Medium-Low Peer Connectedness	51	66	57	41	19	24	16

*Statistically significant difference between high and medium-low levels of peer connectedness at $p < .05$.

β - Includes only youth aged 12 to 15 years.

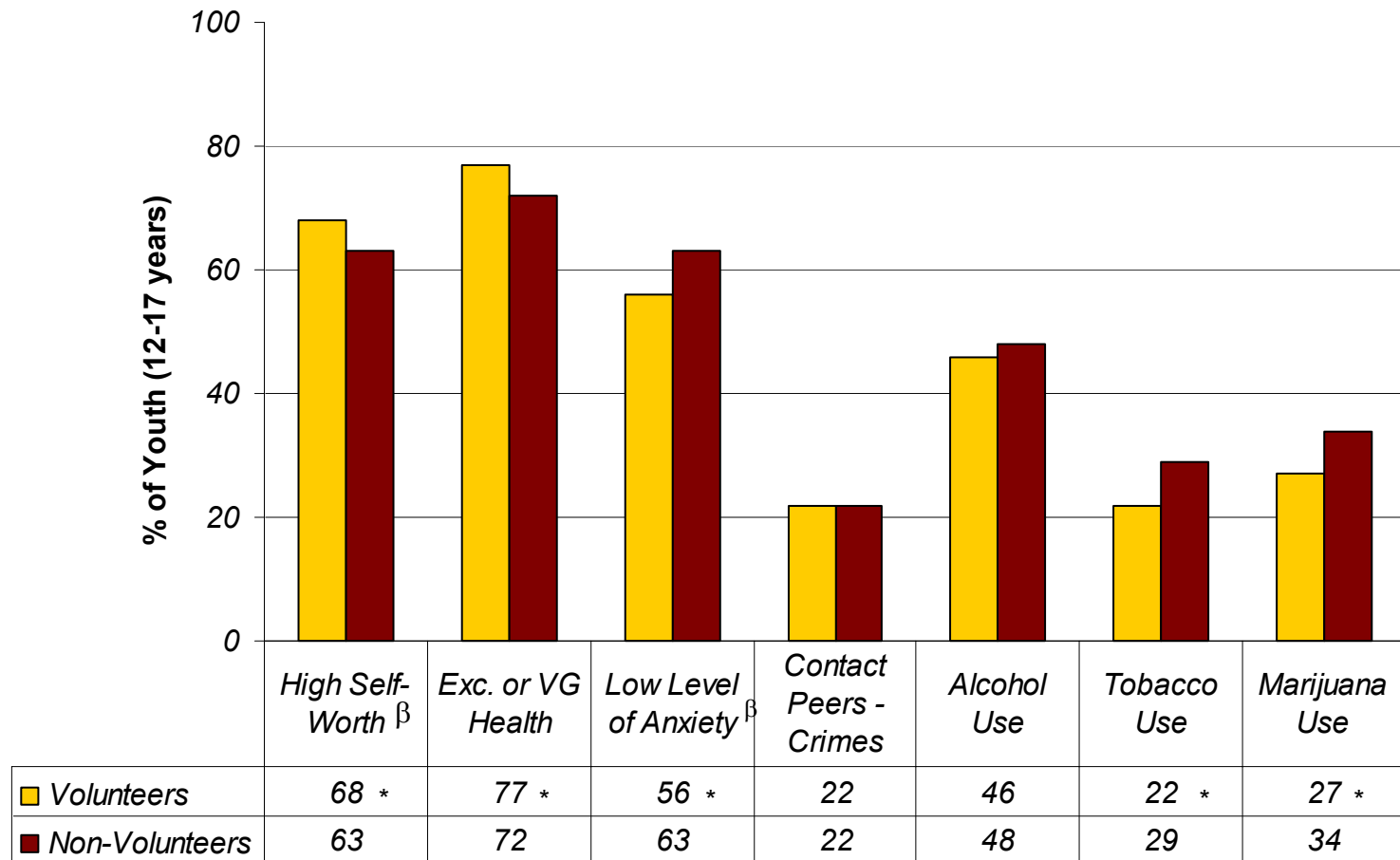
Source: CPHI analysis of NLSCY (Cycle 4, 2000-2001), Statistics Canada.

Community Engagement

- **Community Engagement** or *Volunteerism* refers to youth who indicated that in the past 12 months they engaged in one or more of the following: supporting a cause, fund-raising, helping in one's community, helping neighbours or relatives or doing another organized volunteer activity.

NLSCY, Cycle 4, Statistics Canada

Health Outcomes and Behaviours by Level of Community Engagement



*Statistically significant difference between volunteers and non-volunteers at $p < .05$.

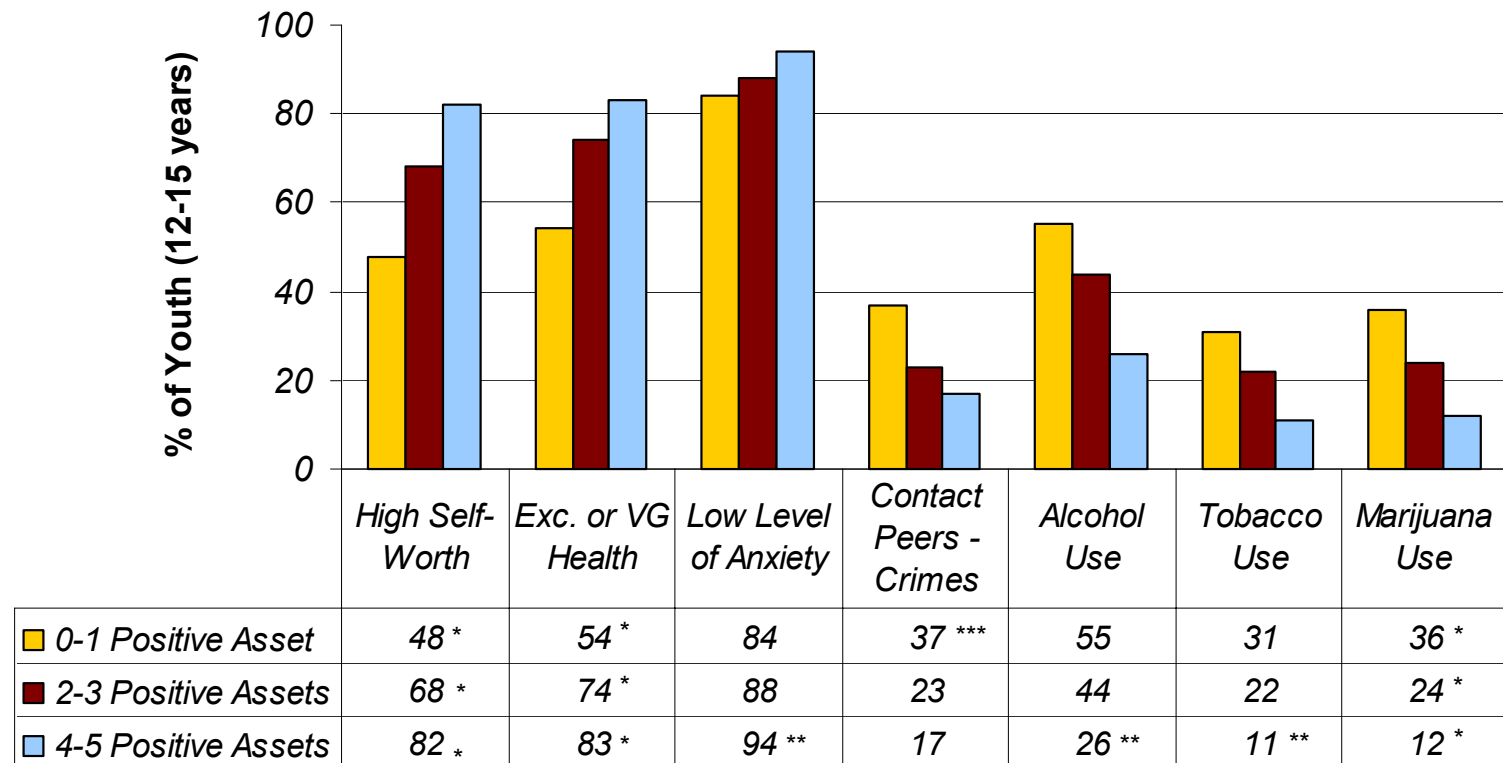
β - Includes only youth aged 12 to 15 years.

Source: CPHI analysis of NLSCY (Cycle 4, 2000-2001), Statistics Canada.

Multiple Assets and Health

- *Research (e.g. U.S. Search Institute) indicates that the more assets adolescents possess:*
 - *the greater their likelihood of engaging in good health practices (e.g. wearing helmets when riding a bike, wearing seatbelts, higher levels of physical activity)*
 - *the less likely they are to engage in harmful health practices (e.g. tobacco use, risky sexual activity, drug use)*

Health Outcomes and Behaviours by Number of Positive Assets



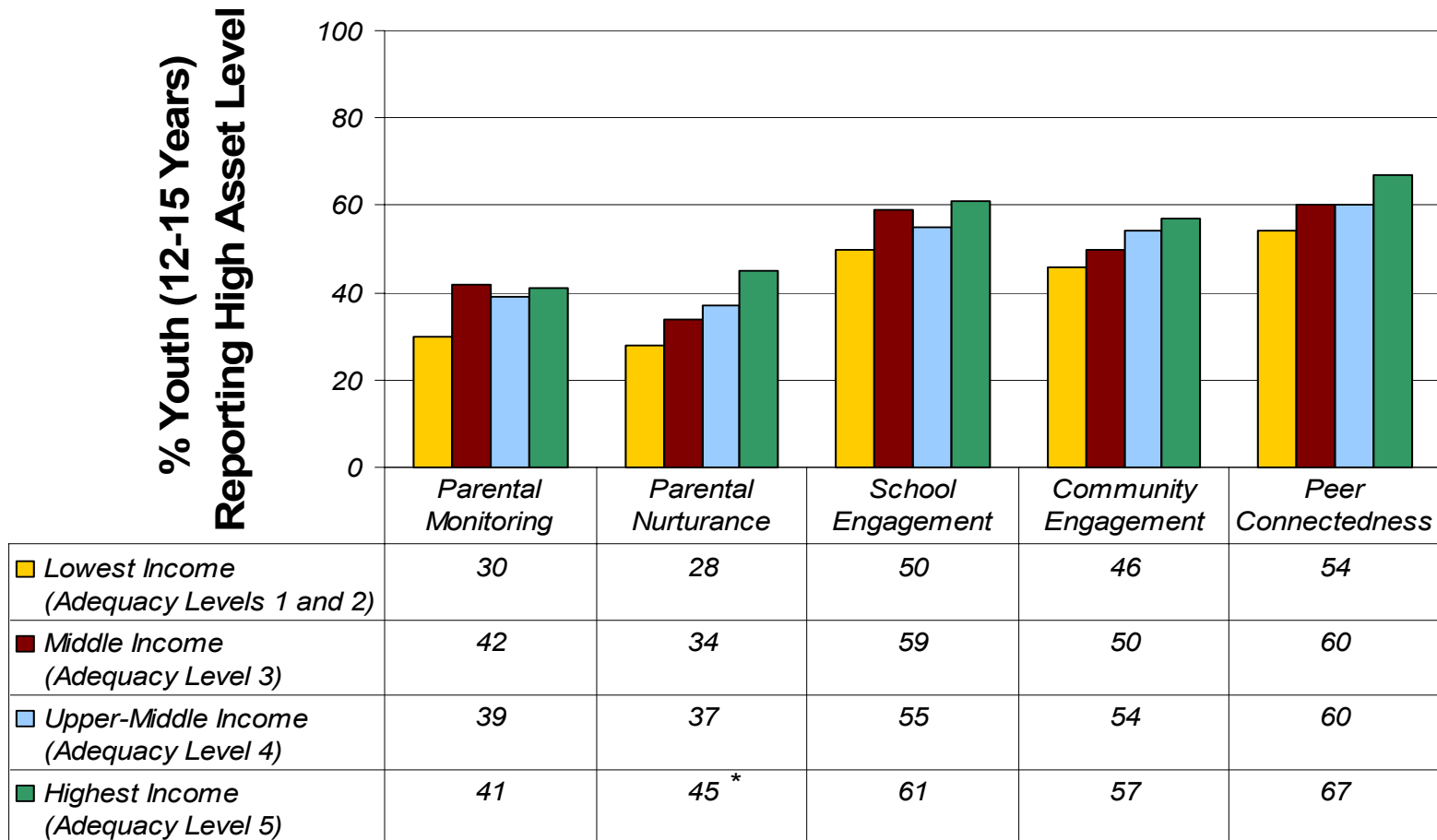
* All pair-wise comparisons statistically significant at $p < .05$.

** Statistically significantly different from two or three assets and zero or one asset at $p < .05$.

*** Statistically significantly different from two or three assets and four or five assets at $p < .05$.

Source: CPHI analysis of NLSCY (Cycle 4, 2000-2001), Statistics Canada.

Distribution of High Level of Assets by Income Adequacy



*Statistically significant difference from lowest (Q1 and Q2), middle (Q3) and upper middle (Q4) income adequacy levels at $p < .05$.

Source: CPHI analysis of NLSCY (Cycle 4, 2000-2001), Statistics Canada.

Building Positive Assets: What Appears To Work (1)

- *Many programs across Canada for youth but few formally evaluated*
- *More outcome research needed including research that assesses health outcomes of youth-based policies and programs*

Building Positive Assets: What Appears To Work (2)

- *Three characteristics of programs/policies that may contribute to healthy youth development:*
 - *Comprehensive interventions that address common factors associated with multiple behaviours*
 - *Approaches that support healthy youth development*
 - *Initiatives that engage youth*

Summary and Conclusions



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What Do We Know? (1)

Family, School, Peers and Community

- *Youth who feel nurtured by their parents and who feel connected to their school and their peers tend to report better health, higher self-worth and lower anxiety.*
- *Those who feel nurtured by their parents and feel engaged in their school are also less likely to report engaging in risky behaviours such as smoking, drinking alcohol, using marijuana and associating with peers who commit crimes.*

What Do We Know? (2)

Family, School, Peers and Community

- *Youth who report higher levels of parental monitoring are also less likely to engage in risky behaviours such as using tobacco, alcohol or marijuana but they rate their health about the same as other youth.*
- *Youth who volunteer report better self-rated health and self-worth and lower rates of tobacco and marijuana use than non-volunteers, however, youth who volunteer also tend to report higher levels of anxiety.*

What Do We Know? (3)

Multiple Assets

- *CPHI analyses showed that youth with four or five assets are more likely to report high levels of self-worth and better health status than youth with two or three assets, who in turn, rate their health and self-worth better than youth with zero or one asset.*
- *Youth with more assets are less likely to report engaging in risky behaviours such as using tobacco, alcohol and marijuana and are more likely to report low levels of anxiety.*

What Do We Still Need to Know?

- *Link between assets and health among older Canadian youth*
- *Association between positive assets and health behaviours/outcomes among Aboriginal and immigrant youth and youth in the territories*
- *Mechanisms through which positive assets influence behaviour and health outcomes*
- *Policies and programs most effective in promoting healthy development*
- *Programs associated with changes in health disparities*

Select CPHI-Funded Research on Youth

- *Canadian Adolescents At-Risk Research Network—CAARRN (Principal Investigator (PI): William Boyce)*
- *Determinants of addictions-related health in the adolescent student population (PI: Christiane Poulin)*
- *Vulnerable teens A study of obesity, poor mental health and risky behaviours among adolescents in Canada (PI: Douglas Willms)*
- *Relation between the health of Aboriginal youth and Aboriginal community efforts to preserve and promote Native culture (Co-PIs: Christopher Lalonde and Michael Chandler)*
- *Canadian adolescents compared with other wealthy countries: time use, time pressure, emotional well-being and health (PI: Jiri Zuzanek)*

Future reports in the *Improving the Health of Canadians* series

- *Healthy Weights (environmental and social structures): February 2006*
- *Place and Health (urban health): early Fall 2006*



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