



Interlake
RHA

PRESS RELEASE

589 3rd Avenue South, Stonewall, MB R0C 2Z0
Telephone (204) 467-IRHA (4742) Toll Free 1-888-488-2299
Fax (204) 467-4750 E-Mail: info@irha.mb.ca
Website: www.irha.mb.ca

For Immediate Release: Monday, March 29, 2010

**Contact: Kevin O'Donovan (204) 467-4747
Public Relations Manager**

Interlake Youth Health Survey Results Released

Stonewall, MB - The Interlake RHA is pleased to announce some of the highlights from the recently conducted 2009 Interlake Youth Health Survey. Conducted as part of a province-wide initiative led by the Partners in Planning for Healthy Living, the Interlake Youth Health Survey provides a snapshot of information that can be compared with the 2005 Youth Health Survey findings.

This provincial survey provides an opportunity to monitor information on risk factor behaviours for chronic disease among youth in our communities. It also allows for sharing success stories and strategies focused on the health and well-being of our youth.

In 2009, some of our success stories included:

- 54% of students are considered physically active enough for health benefits (compared to 49% in 2005),
- 84% of students feel safe in their school (compared to 77% in 2005),
- 86% of students are considered to be active/moderately active (compared to 83% in 2005).

New survey topics in 2009 included:

- 58% of students participate in physical activities outside of school,
- 72% of students eat breakfast.

Some things to work on include:

- 34% of students report smoking (compared to 31% in 2005),
- 19% of students report illegal drug use (compared to 17% in 2005),
- 26% of students report binge drinking in the last 30 days (this number is unchanged since 2005).

The 2009 Youth Health Survey involved a total of 5,275 students from a total of 54 participating Interlake schools.

"Based on the findings within the 2009 Youth Health Survey, there will be a lot of work as the next steps are identified and partnerships established to work towards a healthier youth population within the Interlake region," noted Interlake RHA Vice President Planning, Doreen Fey. "To successfully move healthy strategies forward, it requires the support of the schools and their staff, the students and their parents as well as our communities and health partners working collaboratively," added Fey.

For more information regarding the 2009 Youth Health Survey, please contact Tannis Erickson, Health Systems Analysis Manager at 642-4522. The complete 2009 Youth Health Survey is available for downloading on the Interlake RHA website: www.irha.mb.ca/about.htm (under the Publications & Downloads section).