

# The 2022-2023 Quebec Health Survey of High School Students (QHSHSS)



## Summary Table – Eastern Townships

The **QHSHSS** is a provincial survey conducted among young people in high schools. The 2022-2023 survey was conducted among **5,591 young people** attending 32 schools across **Eastern Townships**.



### Physical Health and Lifestyle Habits

INDICATOR	English (%)	Eng. Vs Fr.	French (%)
<b>Perceived General Health</b>			
Excellent or very good health	47,2	(-)	61,4
<b>Respiratory Health</b>			
Allergic rhinitis (last 12 months)	29,1	ns	25,6
<b>Oral Health</b>			
Tooth brushing (at least twice a day)	76,1	ns	75,1
Flossing (everyday)	27,7	ns	25,3
<b>Tobacco Products and Electronic Cigarette</b>			
Cigarette smokers (current and new)	**5,5	(+)	2,8
Electronic cigarette (last 30 days)	*22,7	ns	17,8
<b>Psychoactive Substances</b>			
Alcohol (last 30 days)	34,3	ns	30,5
Excessive use -Alcohol (last 12 months)	41,4	ns	36,3
Cannabis (last 12 months)	*26,6	ns	19,0
<b>Eating Habits</b>			
Sugary drinks, snacks or sweets (everyday)	33,9	(+)	19,6
Fast-food (at least 2 times/lunch over the last school week)	*29,9	(+)	12,2
<b>Weight and Appearance</b>			
Excess weight (overweight and obesity)	*17,1	ns	18,8
Appearance satisfaction	46,9	ns	41,4
<b>Physical Activity</b>			
Active during transport and recreational time (school year)	36,1	ns	29,9
<b>Screen Time</b>			
4h a day or more for communications and recreation (week days)	29,7	(+)	24,0
<b>Sleeping Habits</b>			
Less than the recommended hours of sleep (school week)	58,8	(+)	41,4



## Social Environment, Mental Health and Youth Relationships

INDICATOR	English (%)	Eng. Vs Fr.	French (%)
<b>Social Environment</b>			
Parental supervision – High level	36,8	ns	37,9
High level of social support – Family	64,8	(-)	73,7
High level of social support – Friends	54,6	(-)	61,9
High level of social support – School	33,5	ns	27,4
High sense of belonging to school	33,0	(-)	46,4
<b>Self-Esteem</b>			
Low self-esteem	41,1	ns	37,2
<b>Mental Health</b>			
Psychologic distress – High level	39,3	ns	40,7
Anxiety	*20,8	ns	21,5
Depression	*13,5	(+)	6,9
Eating disorders	**8,3	ns	5,2
Attention deficit disorder with or without hyperactivity (ADD/ADHD)	32,7	ns	31,0
<b>Violence</b>			
Victim of violence at school or on the way to or from school	59,4	(+)	35,0
Victim of cyber-bullying	*16,0	ns	12,5
Forced sexual relation (14 years old and up)	*12,0	ns	11,1
<b>Sexual Behaviours</b>			
Condom use during their last consensual vaginal relation (14 years old and up)	60,6	ns	61,1



## Drop-outs and Labour Market

INDICATOR	English (%)	Eng. Vs Fr.	French (%)
<b>Risk of Dropping out of School</b>			
High risk of dropping out of school	*34,1	ns	23,2
<b>Work Experience</b>			
Work during the school year	54,1	ns	59,2
Work during the school year (at least 16h a week)	*30,0	ns	20,2
<b>Work-Related Injuries</b>			
Injured at work	*34,4	ns	31,2

### Notes :

\*: Coefficient of variation higher than 15 % and lower or equal to 25 %. Interpret with caution.

\*\*: Coefficient of variation higher than 25 %. The proportion's value is provided for indicative purposes only.

ns, (+), (-): Similar, higher, or lower proportion compared to students with French as teaching language at the threshold of 5%.