



Cannabis use

Obesity

Mental health

Physical activity

Alcohol use

Smoking

Sedentary behaviour

St. Paul Regional
High School

2019-20



Thank you for participating in the 2019-20 COMPASS survey.

This is your school's customized School Health Profile.

This report shows the 2019-20 COMPASS survey results from participating students enrolled at your school. Please note that in some cases results may not add up to 100% due to rounding.

Because your school participated in the COMPASS survey starting in 2013-14, we have included comparisons between year 1 and year 7 of your school's data on the second-last page of this Profile. This comparison can allow you to see if certain behaviours are improving (indicated by green arrows), staying the same, or getting worse (indicated by red arrows) at your school. You also have your 2013-14 through to 2018-19 Profiles to compare more detailed data. If you need a new copy of a previous Profile, or if you have questions about data that are not reported in the Profile, please contact your COMPASS Knowledge Broker.

The COMPASS team will not share the information contained in this Profile with any third party, but we encourage you to share these results with your school community (teachers, parents, and students), your school board, and local health and community organizations in order to take action on these findings. Examples of action steps can be found in the recommendations section at the bottom of each page.

For more information about this profile, additional resources, or the COMPASS project in general, visit www.compass.uwaterloo.ca or contact:

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Listed below is a public health contact that may be helpful in providing additional health resources:

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Obesity Outcomes at St. Paul Regional High School

Among students at your school:

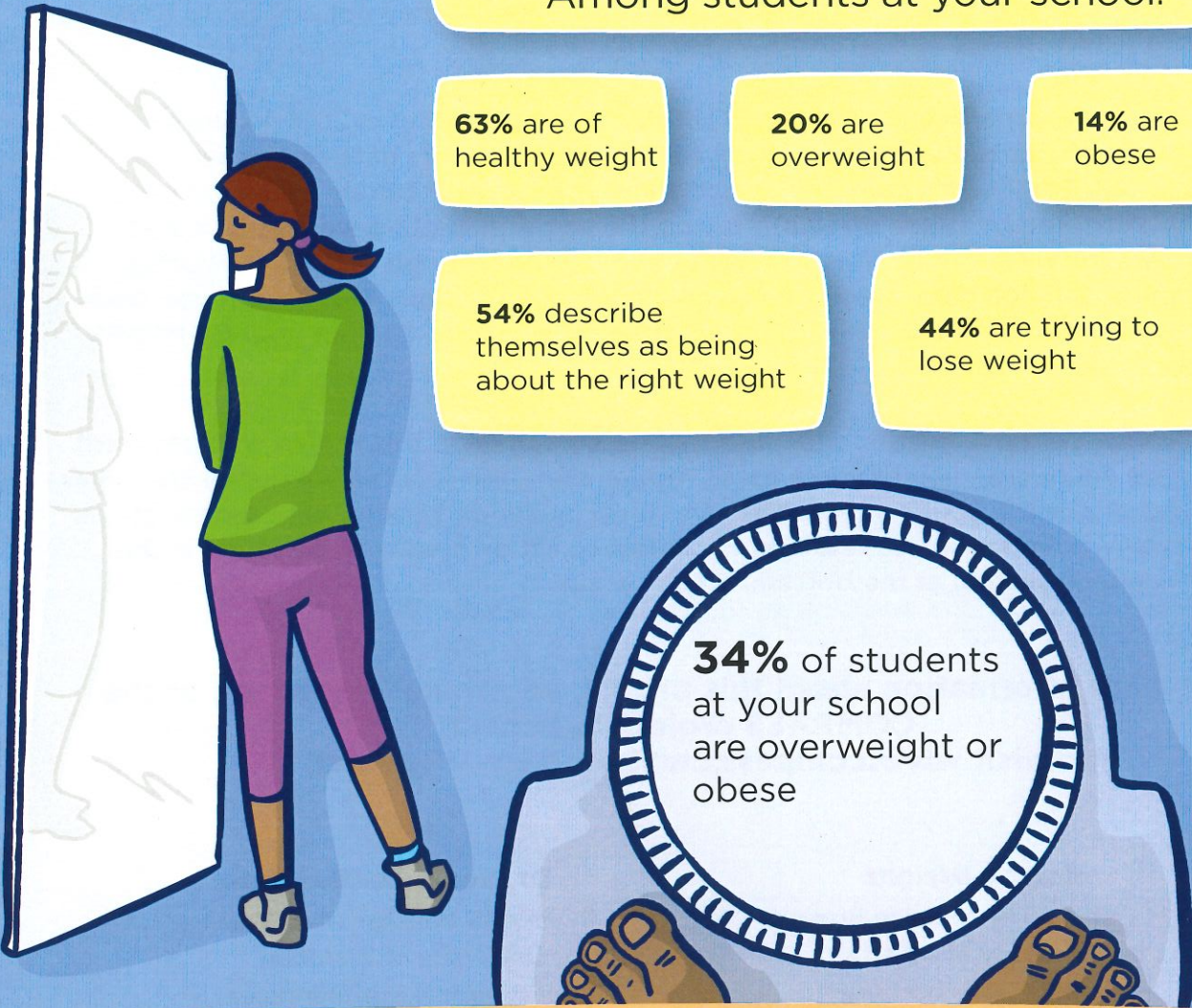
63% are of
healthy weight

20% are
overweight

14% are
obese

54% describe
themselves as being
about the right weight

44% are trying to
lose weight



34% of students
at your school
are overweight or
obese

WHY THIS IS AN ISSUE

Obesity is influenced by numerous factors, including biology, behaviours, mental health, and social/environmental factors (e.g., where someone lives, their income, social relationships and personal identity). Biologically, excess weight puts youth at risk of developing a range of preventable health problems, including type-2 diabetes, cardiovascular disease, cancer, joint problems, and mental health issues. Increased obesity is why this generation of youth have a lower life expectancy than their parents' generation.

RECOMMENDATIONS

- Encourage students to drink water throughout the day by making water more accessible (e.g., installing water bottle filling stations, allowing water bottles at desks)
- Consider adopting a strength-based (vs. deficit-based) program like Healthy Bodies, Healthy Minds* or the National Eating Disorders Association Toolkit**, which use comprehensive curricula to address body image, eating, fitness, and weight concerns in today's challenging environment
- Launch a school-wide Health At Every Size (HAES) campaign***, which promotes an understanding that healthy bodies come in various shapes and sizes and that thinness does not equal healthy

*<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Bodies,-Healthy-Minds-Position-Statement.aspx>

**<https://www.nationaleatingdisorders.org/toolkits>

***<https://haescommunity.com/>

Physical Activity Outcomes at St. Paul Regional High School



Among students at your school:



60% reported they were enrolled in PE class this year



44% reported strength training at least 3 days/week



73% are meeting the National guideline of 60 min/day of physical activity



11% reported that they usually walk or bike to school



34% reported participating in intramural sports or non-competitive sport clubs



44% reported participating in varsity sports

WHY THIS IS AN ISSUE

Being physically active is an effective way to improve and maintain health and wellness and reduce the risk of many chronic diseases including heart disease, stroke, type 2 diabetes, overweight/obesity, and some cancers. Physical activity is important for growth and development and helps youth to concentrate, **learn and achieve academic success** (e.g., enhance math, reading, and writing test scores).

RECOMMENDATIONS

- Ensure students have open access to fitness facilities (e.g., gym, weight room) before, during, and after school
- Provide student leadership opportunities to coordinate peer physical activities (e.g., intramurals, non-competitive clubs) or have students supervise open fitness facility times
- Install privacy stalls or curtains in change rooms - this has been shown to increase participation in intramurals and varsity sports at school
- Consider creating a yoga room or yoga club, or designate female-only times in weight rooms to increase female participation in physical activity

Healthy Eating Outcomes at St. Paul Regional High School

Among students at your school:



12% eat fruit 3 or more times per day and **11%** eat vegetables 3 or more times per day



66% eat whole grain foods each day



14% drink plain milk each day



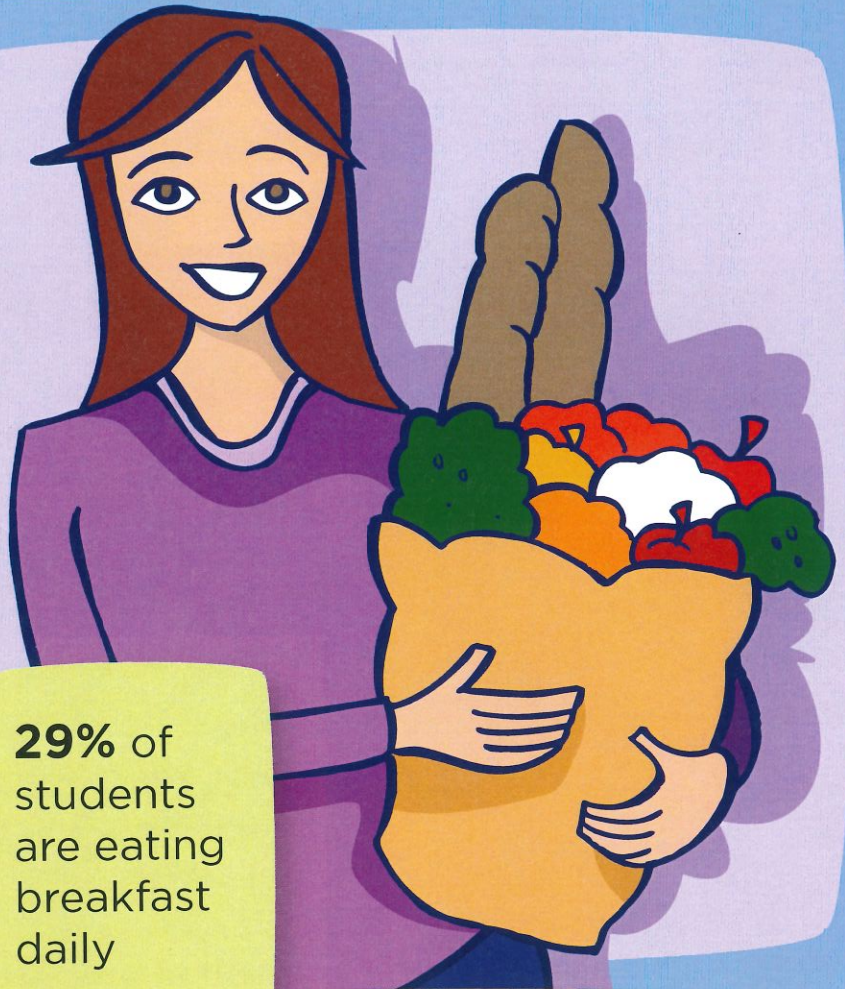
48% eat healthy proteins (e.g., unprocessed meat, fish, nuts, legumes, eggs) 3 or more times per day



55% buy their lunch at school at least once per week



33% buy snacks from school vending machines at least once per week



29% of students are eating breakfast daily

WHY THIS IS AN ISSUE

Healthy eating is important for growth and development and helps youth to **learn and achieve academic success**. Eating a healthy diet is an important way for youth to achieve and maintain good health and reduce the risk of many chronic diseases such as heart disease, stroke, type 2 diabetes, overweight/obesity, and some cancers.

RECOMMENDATIONS

- Provide and **actively promote** student nutrition programs, such as breakfast programs, that are available to all students free of charge, every day. Ideally, such programs should be made available throughout the day (not just before morning classes)
- Create a Healthy Vending Machine Policy at your school to ensure vending machines offer healthy food options. Refer to the Alberta Nutrition Guidelines for Children and Youth for more information and examples of this type of policy.
- Avoid using unhealthy food as a reward or in fundraising initiatives
- Given the risks of excessive caffeine intake among youth, consider implementing a policy to ban energy drinks on school property

Sedentary Behaviour Outcomes at St. Paul Regional High School

Among students at your school:

34% are meeting the National guideline of 8+ hours of sleep per night



Surfing the internet: **1.6** hours/day



Texting, messaging, emailing: **1.6** hours/day

6% are meeting the National guideline of 2 hrs or less of recreational screen time/day



Watching/streaming TV shows or movies: **1.7** hours/day



Playing video/computer games: **1.1** hours/day

Average time spent doing homework: **1.4** hours/day



WHY THIS IS AN ISSUE

Youth spend a considerable amount of time sitting throughout the school day. Studies suggest that the amount of time spent being sedentary increases physical and mental health risks, regardless of the amount of time spent being physically active.

RECOMMENDATIONS

- Consider creating 'screen-free' spaces at your school to encourage students to actively engage without their phone
- Create a screen-time reduction challenge at your school to encourage students to set goals to reduce daily screen time
- Organize school-wide or classroom activity breaks to prevent students from sitting for extended periods
- Organizations such as Ever Active Schools, PHE Canada, and ParticipACTION offer programs and resources to promote healthy living and reduce sedentary behaviour- your Knowledge Broker can help you connect with these organizations

Tobacco Use Outcomes at St. Paul Regional High School

Among students at your school:

31% have never smoked but are susceptible to begin smoking in the future

16% are current smokers

12% Alberta average*

7% COMPASS average*



13% are occasional smokers

3% are daily smokers

38% of smokers have made a quit attempt

40% of students have used an e-cigarette (vape) in the past 30 days and **6%** have used smokeless tobacco

*2018-19 COMPASS Survey

WHY THIS IS AN ISSUE

Approximately **half of all people who smoke long-term die** from a smoking-related illness including cancers, heart disease, stroke, and other lung diseases. Smoking affects youth directly and can lead to a lifelong tobacco addiction. New and emerging tobacco/nicotine products including e-cigarettes/vaporizers, hookahs (water pipes) and alternative forms of tobacco (such as chew) are cause for concern due to youth experimentation. The perception among young people that they won't become addicted and/or tobacco use isn't really dangerous requires a constant effort by public health and community partners to educate and encourage youth to choose to be tobacco- and nicotine-free.

RECOMMENDATIONS

- Maintain and enforce a comprehensive smoke and tobacco-free school policy. Such a policy should also prohibit e-cigarette use and any tobacco use (including cigarettes, cigarillos or little cigars, and smokeless tobacco) on school property
- Ensure your school's tobacco policy is clearly communicated to students throughout the school year through various outlets (e.g., Student Handbook or Agenda)
- Connect with your local Public Health Unit for help with policy enforcement and/or creating a cessation program for students and/or staff who smoke and want to quit
- Your COMPASS Knowledge Broker can assist you with completing a Tobacco Policy Rating to rate the strength of your school's tobacco policy and identify existing gaps

Alcohol Use Outcomes at St. Paul Regional High School

Among students
at your school:

29% reported
binge drinking in
the past month

17% COMPASS
average*

8% reported riding
in a vehicle when
the driver had
been drinking
alcohol, in the past
month



*2018-19 COMPASS Survey

WHY THIS IS AN ISSUE

Alcohol is the most common drug used by high school students. Attitudes about alcohol are initially formed in the home, but are later strongly influenced by peers. Research demonstrates delayed onset of alcohol use is vital to healthy brain development and good mental health. Alcohol use by youth increases dramatically between grades 9 to 12. Evidence from COMPASS has shown a clear link between drinking onset and declines in academic achievement. Alcohol impairs the decision making process and is a major cause of early mortality among youth via accidents and self-harm.

RECOMMENDATIONS

- Have sports team coaches discuss the dangers and misconceptions of heavy drinking, or combining alcohol and energy drinks - student athletes have been shown to be higher consumers of alcohol
- Use awareness campaigns to target misperceptions of student drinking norms - students tend to overestimate peer alcohol consumption
- Incorporate into the curriculum the 'Low-Risk Alcohol Drinking Guidelines' for youth and young adults as recommended by the Canadian Centre on Substance Abuse (CCSA)
- Partner with local organizations to ensure students have access to addiction professionals when needed

Cannabis Use Outcomes at St. Paul Regional High School



Among students
at your school:

16% reported using
cannabis in the past month

13% COMPASS average*

11% reported using
cannabis edibles in the
past year

9% COMPASS average*

15% reported riding in a
vehicle when the driver had
been using cannabis, in the
past month

*2018-19 COMPASS Survey

WHY THIS IS AN ISSUE

Cannabis is one of the most commonly used drugs among young people. Evidence from COMPASS has shown clear links between youth starting to use cannabis and declines in academic achievement over time. Regular use of cannabis has been shown to negatively impact a teen's perception, memory, judgment, reasoning, motivation, school performance, and risk-taking behaviour.

RECOMMENDATIONS

- Create, implement and enforce a school policy banning cannabis use on school property and cannabis intoxication while at school (similar to tobacco and alcohol policies); involve students in this policy creation and implementation
- Incorporate into the curriculum the 'Lower-Risk Cannabis Use Guidelines' as recommended by the Centre for Addiction and Mental Health (CAMH)
- Raise awareness of the harms of cannabis use to counter misperceptions that cannabis is "harmless" or a "healthy alternative" (e.g., ingesting cannabis smoke is harmful as it involves inhaling the products of combustion)
- Consider presentations such as MADD Canada's School Assembly Programs and use of their educator's guides to spark classroom conversation about the dangers of driving under the influence of substances

Bullying Outcomes at St. Paul Regional High School

Among students at your school, **within the past month:**



15% have been verbally attacked



5% have been victims of cyber-attacks



3% have been physically attacked

19% have been bullied

5% have taken part in bullying other students



WHY THIS IS AN ISSUE

Adolescents who have been bullied electronically are more likely to report detentions, suspensions, receiving a failing grade, carrying weapons, and skipping school. Weight-based bullying is still the most frequently reported cause of bullying. Students who are victims of bullying are also more likely to start bullying others.

RECOMMENDATIONS

- Encourage **student-led** initiatives that promote inclusiveness and a positive school culture (including students speaking out when witnessing bullying) - student-led initiatives show more promise to be effective than those led by external groups
- Create personal electronic device-free zones in change rooms and washrooms where cyber bullying can occur
- Consider implementing a peer mediation program* - in addition to empowering students to address issues of bullying, peer mediation programs have been shown to have a generally positive effect on school climate

*<https://www.peermediationnetwork.org.uk/best-practice-guidelines>

School Connectedness and Academic Achievement Outcomes at St. Paul Regional High School

Among students at your school:

85% feel safe at school

76% feel close to people at school

78% feel happy to be at their school

85% feel that teachers treat them fairly

70% feel they are a part of their school

75% would like to complete a post-secondary education



Getting good grades is important to **93%** of students



WHY THIS IS IMPORTANT

School climate influences the experiences of students, teachers, and staff within a school. Creating a positive school climate can promote positive self-esteem and mental health in students, improve their attendance and academic success, and reduce the likelihood of engaging in risky behaviours (e.g., drugs, alcohol).

RECOMMENDATIONS

- Promote lunchtime as a social activity by encouraging students to eat together
- Consider, if feasible, implementing a closed campus policy whereby students are generally not allowed to leave school property during breaks in the day

Mental Health Outcomes at St. Paul Regional High School

Among students at your school:

67% rate their mental or emotional health as good, very good, or excellent

65% report they have a lot to be proud of

65% are optimistic about their future

76% feel competent and capable in activities that are important to them

63% feel engaged and interested in their daily activities

64% report their life is purposeful and meaningful

66% report supportive and rewarding social relationships



12% wouldn't know who to approach at school if they needed help



33% felt depressed most days in the last week



35% felt nervous, anxious, or on edge on most days in the last 2 weeks



35% often have difficulty making sense out of their feelings

WHY THIS IS AN ISSUE

Mentally healthy youth are better able to learn and manage life's challenges. Positive mental health is characterized by engagement and motivation, self-awareness, self-efficacy, hope for the future, and a sense of purpose and belonging. All students can benefit from learning self-regulation and social-emotional skills to better cope with negative emotions, reduce the probability of some mental disorders, and improve the management of disorders that may be biologically determined.

RECOMMENDATIONS

- Use a comprehensive approach in teaching social emotional skills and positive mental health practices involving students, parents, staff, and community partners
- Ensure that all students know where they can go for help locally
- Equip staff with mental health literacy to recognize when students need further support
- Partner with community services and your local public health unit to connect students and align with treatment externally

Key Findings by Gender for St. Paul Regional High School

Among females at your school:

Among males at your school:



26% are overweight or obese

45% are overweight or obese



26% are eating breakfast daily

34% are eating breakfast daily



66% meet the National guideline for daily physical activity

85% meet the National guideline for daily physical activity



9% meet the National guideline of 2 hours or less of recreational screen time per day

3% meet the National guideline of 2 hours or less of recreational screen time per day



14% are current smokers

17% are current smokers



27% reported binge drinking within the last month

29% reported binge drinking within the last month



14% have used cannabis within the last month

17% have used cannabis within the last month



20% have been bullied within the last month

18% have been bullied within the last month



65% feel they are a part of their school

75% feel they are a part of their school



81% would like to complete a post-secondary education

70% would like to complete a post-secondary education



Year 1 to Year 7 Comparisons for St. Paul Regional High School

2013-14

2019-20



31% were overweight or obese

3%

34% are overweight or obese



47% are eating breakfast daily

18%

29% are eating breakfast daily



73% met the National guideline for daily physical activity

no change

73% meet the National guideline for daily physical activity



10% met the National guideline of 2 hours or less of recreational screen time per day

4%

6% meet the National guideline of 2 hours or less of recreational screen time per day



16% were current smokers

no change

16% are current smokers



42% reported binge drinking within the last month

13%

29% reported binge drinking within the last month



17% had used cannabis within the last month

1%

16% have used cannabis within the last month



20% had been bullied within the last month

1%

19% have been bullied within the last month



73% felt they were a part of their school

3%

70% feel they are a part of their school



75% would like to complete a post-secondary education

no change

75% would like to complete a post-secondary education



green arrows indicate positive changes, red arrows indicate negative changes