

SPORTS INJURIES AMONG BC YOUTH

This fact sheet was created by McCreary Centre Society's Youth Advisory and Action Council (YAC) to share data from the 2018 BC Adolescent Health Survey. It focuses on BC youth aged 12-19 who played extracurricular organized sports in the past year (sports with a coach such as soccer, hockey, or a swim team).



59% of BC youth played sports in the past year, including **52%** who played at least weekly.

Males and **younger youth** were the most likely to play sports, and to play regularly.



24% of youth who played sports experienced a concussion or other serious injury while playing or training in the past year.

Older youth were more likely than younger youth to be injured. There were no gender differences.

YOUTH WERE MORE LIKELY TO EXPERIENCE A SPORTS-RELATED INJURY IF THEY HAD EXPERIENCED:

- **Victimization** such as bullying or discrimination (e.g., racism or homophobia).
- **Mental health struggles** such as an Anxiety Disorder/panic attacks or suicide ideation.

YOUTH WERE LESS LIKELY TO EXPERIENCE A SPORTS-RELATED INJURY IF THEY:



Slept at least eight hours and woke up feeling rested.



Felt they **managed their stress well**



Always wore a **helmet** when doing activities with risk of a head injury.



40% of youth who experienced a concussion playing or training for sports in the past year did not receive medical help.

HOW TO PROMOTE A CULTURE OF SAFETY IN SPORTS



Support youth to **learn** about injury risk, prevention, and recovery.



Focus on **safety** rather than the outcome of the activity.



Create a safe environment for youth to **report injuries**.



Encourage youth not to "play through pain."

Source: activesafe.ca/

To learn more about the BC Adolescent Health Survey and other McCreary projects, please visit mcs.bc.ca.

Resources for youth are available on our website, including a sports-related injuries poster (mcs.bc.ca/pdf/youthsportinjury_1), Youth Action Grants (mcs.bc.ca/youth_action_grants), Trevor Coburn Memorial grants (mcs.bc.ca/trevor_coburn_memorial_grants), and youth participation opportunities (mcs.bc.ca/youth_engagement).



For more information about sports injury prevention among BC youth, visit: activesafe.ca/ or viasport.ca/quality-sport/safe-sport/injury



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