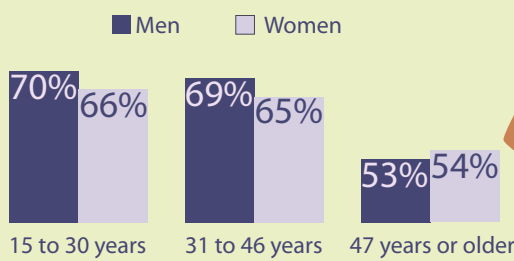


# Physical Health & Behaviours

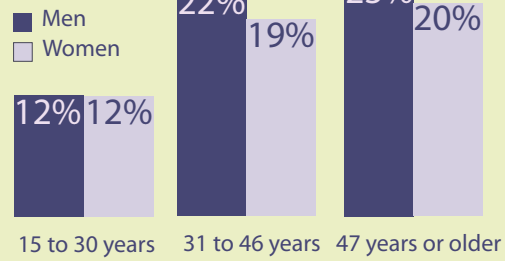
Compared with older Canadians, youth were in the best physical shape of their lives. They reported better health, smoked less (at least on a daily basis), were more active and were less obese than older Canadians.

## Physical health and behaviours, by age group, household population, 2018 and 2019

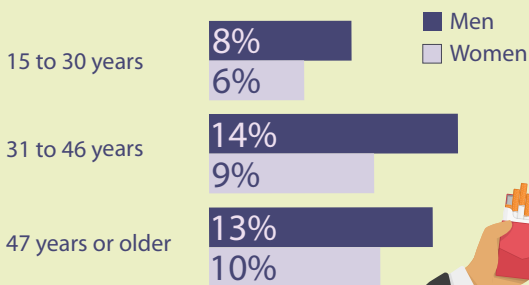
### Excellent or very good general health, 2019



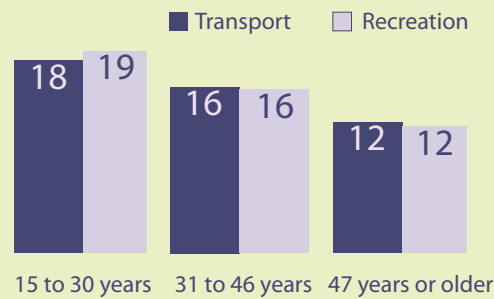
### Obesity, 2019



### Daily smoking, 2019



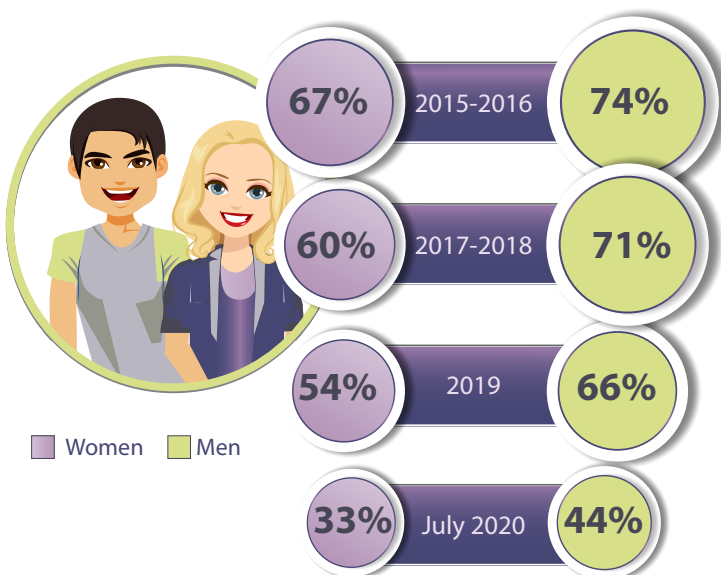
### Active time, minutes per day, 2018



## Mental health

Self-reported mental health of Canadian youth has been worsening in the last five years and the pandemic has accelerated the decrease.

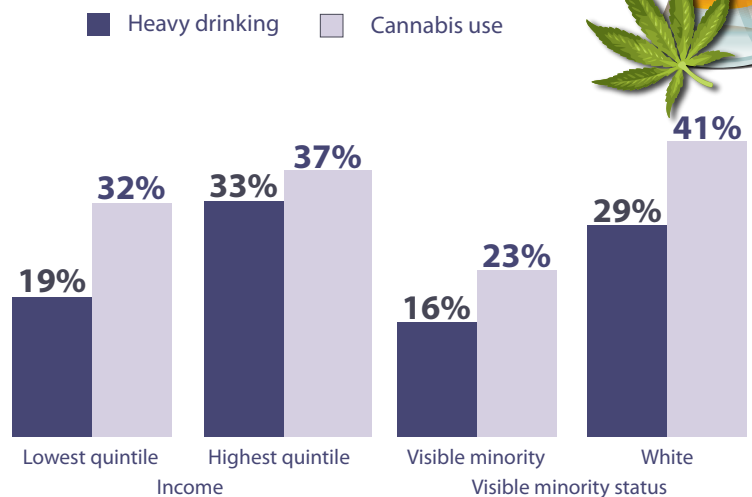
### Excellent or very good self-reported mental health, population aged 15 to 30, 2015 to 2020



## Substance use

Heavy drinking and cannabis use in the past 12 months was higher among White Canadians (compared with those designated as a visible minority) and among people in households with the highest income.

### Heavy drinking and cannabis use in the past 12 months, population aged 15 to 30, by income quintile and visible minority status, 2019



Sources: Garriguet, Didier. 2021. "Health of youth in Canada." Portrait of Youth in Canada: data report. Statistics Canada Catalogue no. 42280001; Statistics Canada, Canadian Community Health Survey, 2015 to 2019, Canadian Perspectives Survey Series, July 2020.