



**Northwestern
Health Unit**

www.nwhu.on.ca

For Immediate Release
September 29, 2014

Health Unit Releases School Health Survey Results

The Northwestern Health Unit has released a report with the results of school health surveys completed by students in grades 9 – 12 in the 2012-13 school year.

The title of the report is Northwestern Health Unit Compass Survey Results 2014. It is available on the health unit's website at www.nwhu.on.ca.

The Compass survey is a province-wide longitudinal study running between the 2012-13 and 2015-16 school years. It measures tobacco use, alcohol and marijuana use, physical activity, nutrition, obesity, sedentary behaviours and school experience of high school students.

Shannon Robinson, Acting Manager of Chronic Disease Prevention at the health unit, says "these results have provided us with valuable local information about physical activity and nutritional habits among youth in our region, which has been a gap in our knowledge in the past".

The information from the report helps the health unit measure key objectives in its 2013-2016 strategic plan and will be used to plan future programs and services.

Reports on the second, third and fourth years of the surveys will be completed over the next few years.

The Northwestern Health Unit provides public health services across the Districts of Kenora and Rainy River. The agency has offices in Atikokan, Dryden, Ear Falls, Emo, Fort Frances, Ignace, Kenora, Machin, Pickle Lake, Rainy River, Red Lake, Sioux Lookout and Sioux Narrows.

-30-

For more information about the report or the Compass survey, contact

Stephanie Cran, Health Promoter

scran@nwhu.on.ca

(807) 223-3301

or

Dorian Lunny, Epidemiologist

dlunny@nwhu.on.ca

(807) 468-3147