

ONE CHANCE TO BE A CHILD

A DATA PROFILE ON CHILD AND YOUTH WELL-BEING
IN NOVA SCOTIA



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UNIVERSITY



Acknowledgements

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Getting Organized for Children

Data-based child advocacy: Any activity where at least one central component is focused on improving lives of children using statistical data or evidence”

(O’Hare, W.P., 2014)

What do we mean by child and youth well-being?

- The things you need to have a good life
- Objective status and living conditions, as well as subjective feelings and experiences
- Children's lives in the present and how the present influences the future



CONVENTION ON THE RIGHTS OF THE CHILD

Children's Rights

- Broad set of guarantees inherent to all children and youth regardless of where they live, circumstances of race, sex, nationality, ethnicity, language, religion or any other status
- Not just moral entitlements





CANADA

PRIVY COUNCIL • CONSEIL PRIVÉ

HIS EXCELLENCY THE GOVERNOR GENERAL
IN COUNCIL, on the recommendation of the
Secretary of State for External Affairs, is
pleased hereby to authorize the Right
Honourable Martin Brian Mulroney, Prime
Minister of Canada, or the Secretary of State
for External Affairs, to execute and issue, on
behalf of the Government of Canada, an
Instrument of Ratification of the United
Nations Convention on the Rights of the Child,
done at New York on November 20, 1989, by the
United Nations General Assembly, subject to
certain reservations and a declaration.

Approved/Approuvé



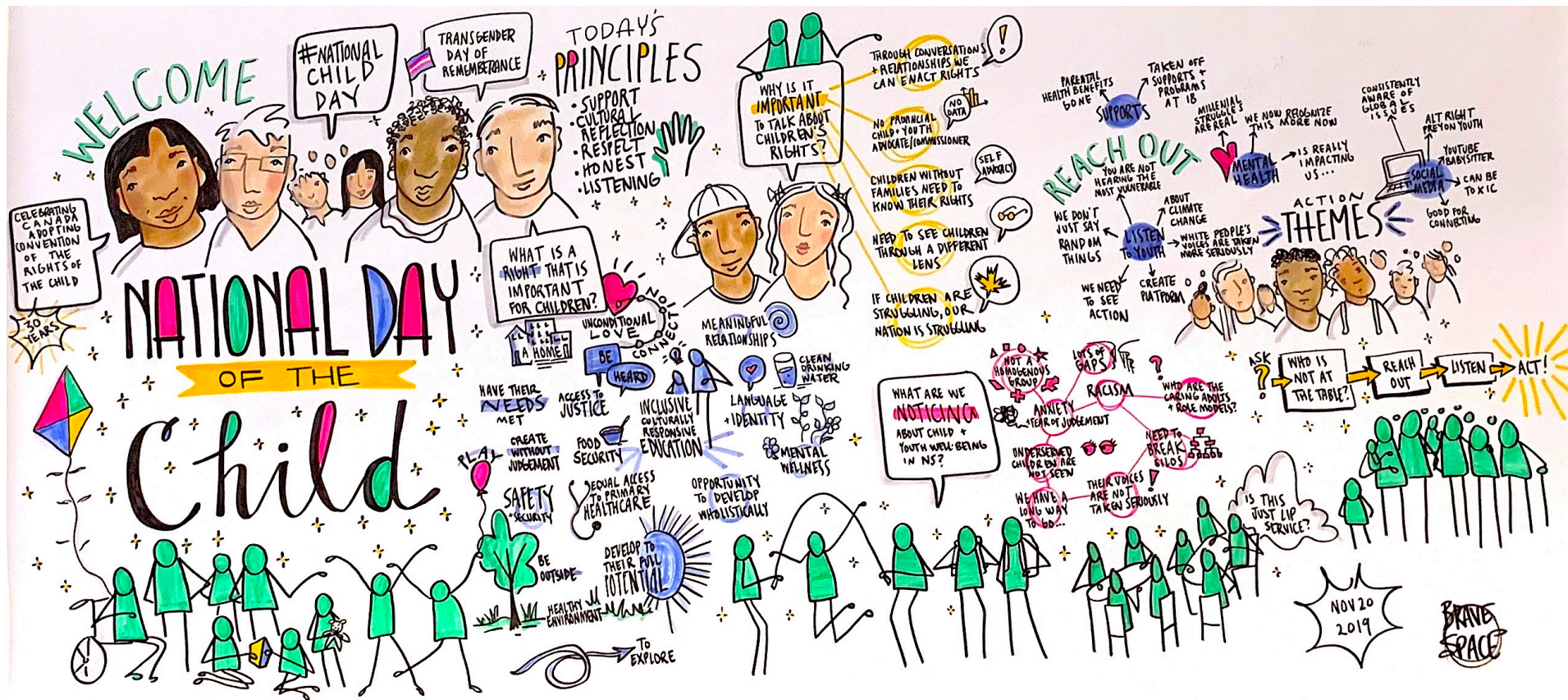
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HEALTHY
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Organization of Report

- No primary data collection
- 80 key data points
- FUPS data (Flawed, uncertain, proximate and sparse)





ARE WE SECURE?



ARE WE LEARNING?



ARE WE HEALTHY?



ARE WE HAPPY?



ARE WE CONNECTED TO THE ENVIRONMENT?



DO WE BELONG AND ARE WE PROTECTED?



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**HEALTHY
POPULATIONS
INSTITUTE**

The authors shone a spotlight of attention on three key issues related to child and youth well-being:

FOOD SECURITY

ORAL HEALTH

SUBSTANCE USE

A spotlight of attention was also placed on:

- ↓ **The well-being of 2SLGBTQ+ children and youth in Nova Scotia**
- ↓ **The well-being of Mi'kmaw children and youth in Nova Scotia**
- ↓ **The well-being of African Nova Scotian children and youth**
- ↓ **The well-being of children and youth who are newcomers to Nova Scotia**
- ↓ **The well-being of children and youth living with disability in Nova Scotia**



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REPORT

SUMMARY

RECOMMENDATIONS

ADD YOUR SUPPORT

Key Findings & Recommendations

Dimension	Indicator		
Violence and harm	Incidence of being bullied		
	Grades 7 to 9		
	Percentage of students that reported being bullied in the last 30 days	31.2%	
	<i>Health Canada, 2018-2019 Canadian Student Tobacco, Alcohol and Drugs survey</i>	23.6%	
	Grades 10 to 12		
	Percentage of students that reported being bullied in the last 30 days	27.1%	
	<i>Health Canada, 2018-2019 Canadian Student Tobacco, Alcohol and Drugs survey</i>	19.9%	
	Feelings of being unsafe or threatened in school		
	Percentage of students in grades 4 to 12 that report feeling unsafe or threatened at school in the last 30 days	19%	
	<i>Province of Nova Scotia, 2018/2019 Student Success Survey</i>	N/A	



Dimension	Indicator		
Life satisfaction	Normal to high life satisfaction		
	Percentage of students that reported normal to high life satisfaction (6 or greater on the Cantrell ladder scale)	80.1%	
	<i>Health Behaviour in School-aged Children survey, 2018/2019*</i>	82.2%	
	Low life satisfaction		
	Percentage of students that reported low life satisfaction on the Cantrell ladder scale	19.9%	
	<i>Health Behaviour in School-aged Children survey, 2018/2019*</i>	17.8%	

■ Nova Scotia

▨ Canada

Dimension

Indicator

Early cognitive development

Omission of important skills in the first year of school

Percentage of children that are vulnerable on one or more domain of the early development instrument (EDI) in grade primary

Province of Nova Scotia (2021), EDI data from 2020
Offord Centre, McMaster University, 2008-2017

25.5%

27%



Educational attainment and progression

On-time graduation

Percentage of students that started grade 10 in 2015-2016 and graduated from grade 12 by the end of the 2017-2018 school year

Statistics Canada. Education Indicators in Canada: An International Perspective (2020) Table A.2.1, pg. 39

88%

81%





Dimension	Indicator	
Community and built environment	Access to greenspace	
	Percentage of households that have greenspace within 10 minutes of home <i>Statistics Canada Households and the Environment Survey (2019) Table: 38-10-0020-01</i>	

80%

90%

Physical health status

Positive self-rated physical health

Percentage of children aged 12 to 17 years that rated their health as very good or excellent

Statistics Canada, Canadian Community Health Survey, Annual Component, 2020 Table 13-10-0763-01

77.6%



76.5%



Overweight or obesity

Percentage of children aged 12 to 17 years with overweight or obesity as measured by Body Mass Index

Statistics Canada, Canadian Community Health Survey, Annual Component, 2019 Table 13-10-0096-01

36.7%



24.5%



Injuries that required medical treatment

Percentage of students in grades 6 to 10 that sustained an injury requiring medical treatment

*Health Behaviour in School-aged Children survey, 2018/2019**

48-55%



46-52%



Nutrition and eating

Nutritious foods

Percentage of students that reported eating both fruits and vegetables at least once per day

*Health Behaviour in School-aged Children survey, 2018/2019**

34.8%



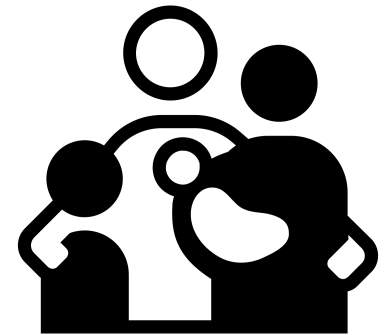
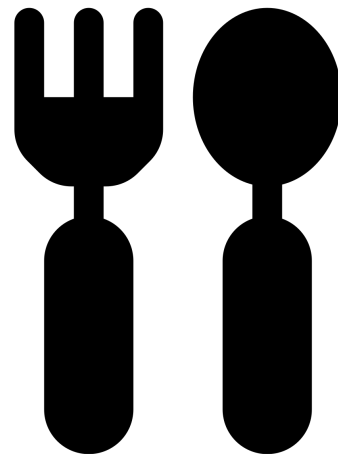
42.0%



The Social Determinants of Health (and, in turn, well-being)

Income

- Monetary resources and the distribution of money have a critical influence on child health and well-being
- Mediators to the way money influences well-being: deprivations in material goods, relationships and opportunities



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Income

1.7x

More likely to
feel low,
depressed or
lonely
(HBSC, 2019)

2.3x

More likely to
have low life
satisfaction
(HBSC, 2019)

- Less likely to trust others
- More likely to have low self confidence
- Less likely to eat fruits and vegetables
- Less like to be involved in organized sport
- Less likely to think it's safe for kids to play outside
(HBSC, 2019)

The Social Determinants of Health (and, in turn, well-being)



RECOMMENDATIONS


The authors of the One Chance to Be a Child report put forward six core recommendations that should be implemented without delay in Nova Scotia. Twelve specific actions and multiple additional suggestions are included throughout the report.

-  **Listen to children and youth, consider their rights, and focus on their best interests when making decisions**
 -  **Reduce and eventually eliminate poverty experienced by children and youth**
 -  **Prioritize the elimination of systemic racism and discrimination**
 -  **Establish an independent body dedicated to the rights of children and youth**
 -  **Develop a strategy to fully enshrine the rights of children and youth and improve their well-being**
 -  **Implement a system to robustly measure and monitor the rights and well-being outcomes of children and youth in Nova Scotia**
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