

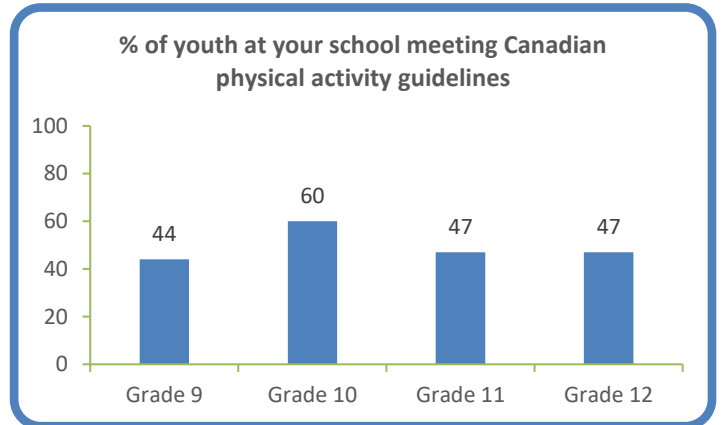
COMPASS SUMMARY FOR HOLY TRINITY CATHOLIC HIGH SCHOOL

The CIHR-funded COMPASS study collects health- and education-related data from youth in grades 9 through 12 in participating schools throughout Ontario. We have summarized here some of the data collected from youth at **your school**, showing how many students at your school are meeting national benchmarks and guidelines and how they compare to national averages. We have also supplied your school with a more comprehensive report further detailing these findings as well as recommendations for action. For more information and resources on COMPASS, please visit: www.compass.uwaterloo.ca

50% of youth at your school are meeting the daily physical activity guidelines.

According to the Canadian Society of Exercise Physiology (CSEP):

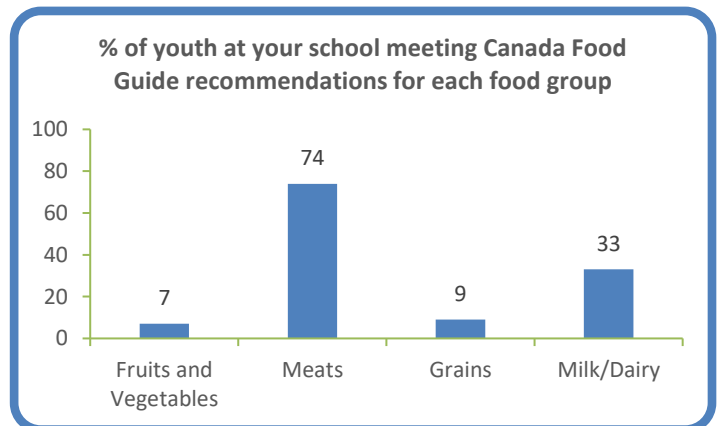
- Youth should get at least **60 minutes** of moderate- to vigorous-intensity physical activity **per day**.
- Youth should engage in **vigorous-intensity activities** at least **3 days per week**.
- Youth should engage in activities that **strengthen muscle and bone** at least **3 days per week**.



3% of youth at your school are meeting the daily recommended number of Food Guide servings for **all 4 food groups**.

Canada's Food Guide recommends that:

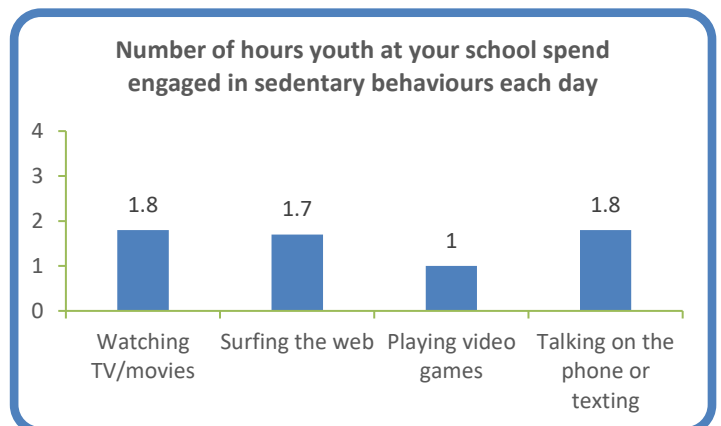
- Teens should consume **7-8 servings** of **fruits and vegetables** each day
- Teens should consume **6-7 grain servings** each day
- Teens should consume **3-4 servings** of **milk or alternatives** each day
- Teens should consume **2-3 servings** of **meat or alternatives** each day



5% of youth at your school are meeting the national guidelines for sedentary behaviours.

According to the Canadian Society of Exercise Physiology (CSEP):

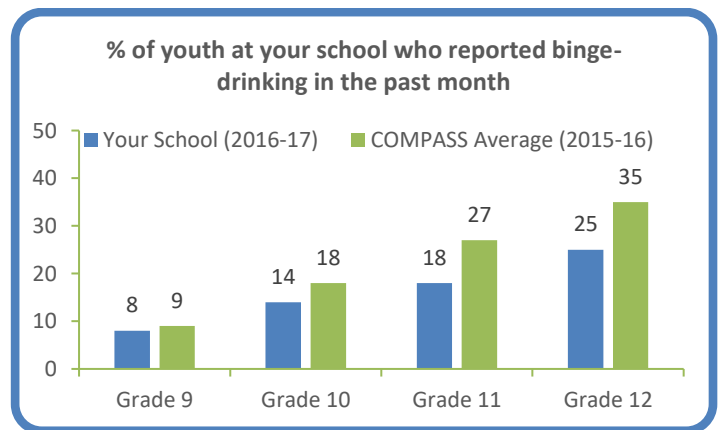
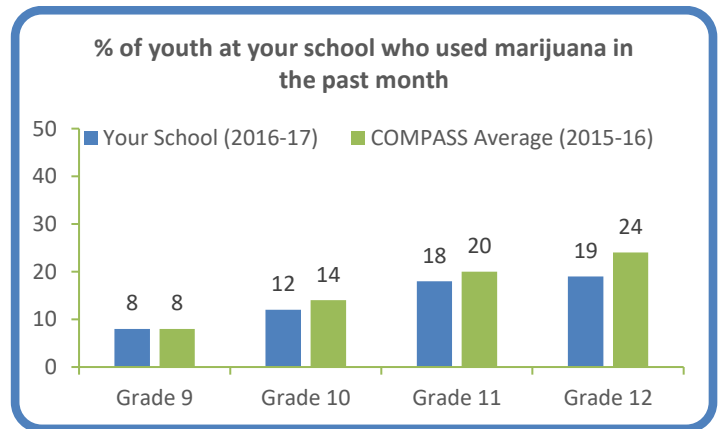
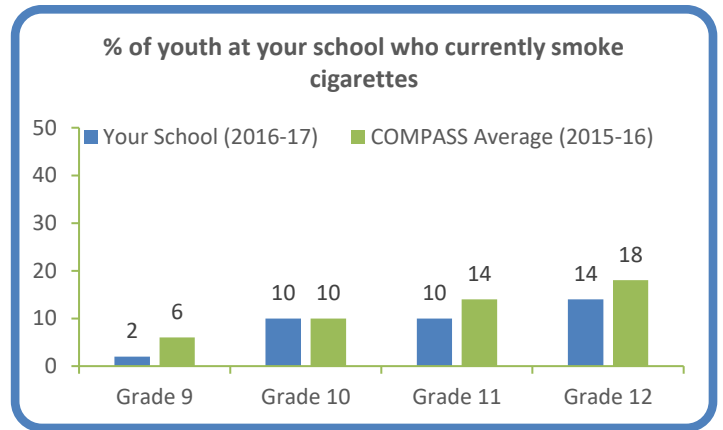
- Teens 12-17 years should limit recreational screen time to **less than 2 hours total per day**
- Limiting sedentary (motorized) transport, extended sitting, and time spent indoors throughout the day will help teens maintain a healthy body weight, improve their fitness levels, and **improve their grades**



22% of youth at your school have tried smoking cigarettes.

38% of non-smokers at your school are considered susceptible to start smoking.

16% of youth at your school have used other forms of tobacco (e.g., cigars, cigarillos, smokeless tobacco, hookah) in the last 30 days.



25% of youth at your school have tried marijuana

56% of youth at your school think it would be easy for them to get marijuana

29% of youth at your school reported binge drinking in the past year.

7% of youth at your school reported mixing alcohol with an energy drink in the past year.