

An Overview of Youth Health in Montréal

UNDERSTAND, MOBILIZE, TAKE ACTION



Student Engagement

HIGHLIGHTS

Educational success and youth health are closely interconnected, sharing common determinants and influencing each other throughout the school career.^{1,2,3} One of the essential components of educational success is student engagement, which plays a key role in their perseverance.⁴ Students who are engaged with school generally behave positively in class, show interest, follow instructions, and actively participate in educational activities. Engagement is reflected in the choice to get involved in a project or activity that requires the student's active participation.⁵



Decline in student engagement

The proportion of Montréal students with a high level of school engagement decreased between 2010-2011 (28%) and 2022-2023 (21%). There was also an increase in the proportion of students with low school engagement during the same period: 2010-2011 (13%) vs. 2022-2023 (21%).

% of students with a high sense of belonging to the school

2010-2011 → 58%
2016-2017 → 56%
2022-2023 → 41%

% of students with high levels of school social support

2010-2011 → 35%
2016-2017 → 35%
2022-2023 → 30%

Deterioration over time of several factors associated with student engagement



The proportion of students who have a strong sense of belonging at school and a high level of perceived social support in the school environment has decreased.



The proportion of students who report a high level of problem-solving skills, a high level of self-efficacy, and high self-esteem has declined.



The proportion of students with flourishing mental health has declined, and the proportion of students diagnosed with ADD/ADHD has increased.



The proportion of young people who use e-cigarettes (vaping) has increased.

Students' educational engagement is linked to the broader context in which they live, as well as to their health and lifestyle habits. Promoting student engagement in Montréal requires a comprehensive approach that takes social inequalities in health into account. By investing in different ways to enhance the engagement of all students, we contribute to improving educational success, health, and well-being among young people.

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