

An Overview of Youth Health in Montréal

UNDERSTAND, MOBILIZE, TAKE ACTION



REGIONAL MOBILIZATION INITIATIVE

The 2023 Québec Health Survey of High School Students (QSHSS), conducted by the Institut de la statistique du Québec (ISQ), once again provides crucial data on high school students' health. To better understand the situation in Montréal, the regional public health department (Direction régionale de santé publique de Montréal) and Réseau réussite Montréal are launching a **regional mobilization strategy**. Arranged by category, these data are key to **understanding** today's youth, guiding our collective efforts, and strengthening our **ability to act**.

GOALS OF THE STRATEGY

Analysis of the QSHSS data, presented as pamphlets, infographics, statistics tables, or mobilization activities, aims to achieve several objectives:

- Improve accessibility to Montréal study data
- Encourage reflection and dialogue among youth, parents, and youth partners
- Collectively identify needs, initiatives, and best practices for improving the overall health and educational success of Montréal youth

JOIN THE MOVEMENT STARTING MAY 2, 2025

Keep up to date on our upcoming activities
drspmtl.ca/pro-EQSJS

To learn more and get involved, contact us at:
EQSJS.ccsmtl@ssss.gouv.qc.ca

KEY TOPICS ADDRESSED

- Mental health
- Lifestyle habits
- Social relationships
- Educational success
- and more

PROGRAMMING FOR INSIGHT AND ACTION

Activities will focus on engaging diverse community members in positive and constructive dialogue:

- **Presentations and discussions** on the survey results
- **Collaborative workshops** involving youth, parents, and youth partners
- **Forums for reflection** to identify courses of action and collaboration
- A major **regional event** on the health of Montréal high school students (March 2026).



Réseau réussite
Montréal

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