

COMPASS PROGRAM - 2025-26 SURVEY RESULTS

October 20, 2026

Presented by:

Heather McIver- Manager of Health Promotion



Agenda

- Background about the COMPASS Program
- Research mandate/purpose
- Data collection
- 2025-26 overview
- 2025-26 results



Background

- COMPASS is the world's largest and most comprehensive longitudinal school-based health promotion system
- COMPASS was first implemented on PEI in 2022-23, and will allow us to compare risk factors and health outcomes for youth over time and to other jurisdictions in Canada
 - Québec
 - Ontario
 - Alberta
 - British Columbia
 - Newfoundland and Labrador



Research Mandate/Purpose

- To effectively guide and continually improve youth health promotion research and practice
- To evaluate how changes in programs, policies, or built environment resources within schools or surrounding communities are related to changes in youth risk factors and health outcomes
- To support the use of the data collected within the school community to improve student health and well-being



Data Collection – Topics Covered

- Sedentary behaviours
- Physical activity
- Mental health
- Healthy eating and diet
- Substance use
- Bullying
- Academic outcomes
- Sleep duration
- Demographic characteristics (e.g., age, gender, income, ethnicity)
- Relevant school programs and/or policies
- Practices in schools
- Resources in schools



2025-26 Overview



- For the 2025-26 school year, 33 of 35 eligible schools participated
- Student participation rate: 74% (7,969 out of 10,733 eligible students in the participating schools)
- Results from the 2025-26 survey were provided to schools and school boards in March 2026

Important Considerations

- These results capture youths' lived experiences and behaviours, and thus does not solely reflect on the school environment
- While youths' health and wellness are influenced by many factors outside of the school environment, schools provide an opportunity to reach most school-aged youth
- These results are not meant to put any sort of blame on the schools



Sample by grade:

20% Grade 7
18% Grade 8
19% Grade 9
16% Grade 10
14% Grade 11
13% Grade 12

Sample by age:

2% 11 years or younger
19% 12 years
17% 13 years
18% 14 years
16% 15 years
14% 16 years
12% 17 years
1% 18 years
<1% 19 years or older

Sample by race:

69% White
23% Another race or multiple
6% I don't know
2% I prefer not to say

Sample by sex at birth*:

50% Female
48% Male

Sample by gender*:

48% Girl/Woman
48% Boy/Man
3% Gender-diverse**

Sample by place of birth:

66% PEI
16% Elsewhere in Canada
19% Outside of Canada

Sample by years lived in Canada:

76% Born in Canada
11% 5 years or less
10% 6 or more years



44%
eat fruit
7 days per
week

51% COMPASS average*

43%
eat vegetables
7 days
per week

53% COMPASS average*

43%
eat
breakfast
daily



86%
drink plain
water 7 days
per week



26%
drink high-
energy drinks
at least once a
week



74%
drink sugar-
sweetened
beverages at
least once a
week



4%
sometimes go
to bed hungry
because there
is not enough
money to buy
food



24%
ate breakfast
provided from
a school
breakfast
program at
least once a
week



24%
ate lunch
provided from
a school lunch
program at
least once a
week

75%

are meeting the national guideline of 60 min/day of physical activity

72% COMPASS average*



53% reported strength training at least 3 days/week



42% reported participating in intramural sports or non-competitive sports clubs



42% reported participating in varsity sports



58% reported participating in sports outside of school



5% are meeting the national guideline of 2 hours or less of recreational screen time/day

5% COMPASS average*

Average time spent doing school work on a screen: 1.2 hours/day



Average time spent surfing the internet: 0.9 hours/day



Average time spent texting, messaging, emailing: 0.9 hours/day



Average time spent browsing/scrolling social media: 1.8 hours/day



Average time spent watching/streaming TV shows, movies or videos: 1.8 hours/day



Average time spent playing esports: 0.4 hours/day



Average time spent playing recreational video/computer games: 1.2 hours/day



Average time spent video calling (e.g., Facetime, Skype, Zoom): 0.8 hours/day

64% are meeting the national guideline of 8 to 10 hours of sleep per night

63% COMPASS average*



On average, students reported getting

8.3 hours
of sleep per
weekday night

On average, students reported getting

9.3 hours
of sleep per
weekend night

77% reported
their sleep quality as
very or fairly good
in the past week

10%

have used an e-cigarette (vape) in the last 30 days

13% COMPASS average*



5%

have smoked a cigarette in the last 30 days

4% COMPASS average*



Among students that have never smoked a cigarette,

19%

would smoke if offered one by a friend

Among students that reported vaping in the last 30 days:

48%

have used an e-cigarette (vape) to relax and/or relieve stress/anxiety

41%

have used an e-cigarette (vape) because they were curious / to try something new

2%

have used an e-cigarette (vape) to help quit smoking cigarettes



17%

reported drinking
alcohol in the last 30
days

12%

reported binge
drinking in the last 30
days (consuming 5
drinks of alcohol or
more on one
occasion)

12% COMPASS average*

Among students that
reported drinking
alcohol in the last 30
days,

33%

of them reported
drinking alcohol when
they were all by
themselves

10%

reported riding in a
vehicle when the driver
had been drinking
alcohol, in the last 30
days



6%

reported using
cannabis in the last
30 days

6% COMPASS average*

Among students that
reported using
cannabis in the last
30 days,

64%

of them reported
using cannabis when
they were all by
themselves

7%

reported riding in a
vehicle when the
driver had been
using cannabis, in the
last 30 days

24% have been bullied

12% COMPASS average*

Types of Bullying



16% have been verbally attacked

4% have been victims of sexual harassment



5% have been victims of cyber bullying

8% have been victims of social bullying (e.g. being purposely excluded from a group)



4% have been physically attacked

8% have bullied others

Reasons for being bullied



2% have been bullied for their race/ethnicity/culture

4% have been bullied for a physical, learning, or emotional challenge



1% have been bullied because their family isn't as wealthy as others

2% have been bullied for their sexual orientation



2% have been bullied for their gender identity

6% have been bullied due to their weight

7% have been bullied due to another aspect of their image/appearance

68% rated their mental health as good, very good, or excellent

75% COMPASS average*

68% rated their mental health as good, very good, or excellent

75% COMPASS average*



26% reported feeling lonely on most days in the last week



20%
felt depressed most
days in the last week



31%
felt nervous, anxious, or
on edge on most days
in the last 2 weeks

79%

79%
agree they actively
contribute to the
happiness and well-being
of others

83%

83%
agree they are competent
and capable in the
activities that are
important to them

72%

72%
agree that their life is
purposeful and
meaningful

70%

70%
agree that they are
optimistic about
their future

72%

72%
agree that they are
engaged and interested
in their daily activities

74%

74%
agree they have
supportive and rewarding
social relationships

56%

agree they know when to get help for their mental health

64%

agree they know how to get help for their mental health

67%

agree they have access to mental health support in their school, if they need it



66%

agree they can talk about their problems with their friends

61%

agree they can talk about their problems with their family

39%

agree they can talk about their problems with a caring adult at school

78%

feel they are part of
their school

79% COMPASS average*

84%

feel safe at school

86%

feel that teachers treat
them fairly

82%

feel close to people at
school

68%

feel happy to be at
their school



61%

would like to complete a post-
secondary education

67%

reported being absent in the last 30
days

Reasons for being absent**

37%

feel school is boring and are not
interested

18%

have conflict or a bad relationship
with teachers/other school staff

20%

feel school is not safe or to avoid
being bullied

89%

think getting good grades is
important

51%

report ever feeling unwelcome or uncomfortable at school for at least one of the following reasons...

their race/ethnicity/culture:

7%

their religion:

4%

their family not being as wealthy/rich as others:

6%

their gender identity:

4%

their sexual orientation:

5%

their image/appearance:

26%



an emotional challenge:

10%

a learning challenge:

6%

a physical challenge:

3%

their marks at school:

11%

other reasons:

16%



11%

reported they often or almost always believe they can do something to help address the problem of climate change

11% COMPASS average*

13%

reported they often or almost always try to reduce behaviours that contribute to climate change

3%

reported thinking about climate change often or almost always makes it difficult for them to sleep

3%

reported climate change often or almost always interferes with their ability to get work or school assignments done



46% eat fruit and 45% eat vegetables 7 days per week

44% eat fruits and 42% eat vegetables 7 days per week



73% meet the National guideline for daily physical activity

78% meet the National guideline for daily physical activity



5% meet the National guideline of 2 hours or less of recreational screen time per day

5% meet the National guideline of 2 hours or less of recreational screen time per day



66% meet the National guideline of 8 to 10 hours of sleep per night

63% meet the National guideline of 8 to 10 hours of sleep per night



3% have smoked a cigarette in the last 30 days

6% have smoked a cigarette in the last 30 days



10% reported vaping in the last 30 days

10% reported vaping in the last 30 days



12% reported binge drinking in the last 30 days

12% reported binge drinking in the last 30 days



5% have used cannabis in the last 30 days

7% have used cannabis in the last 30 days



24% have been bullied in the last 30 days

22% have been bullied in the last 30 days



61% rated their mental health as good, very good, or excellent

77% rated their mental health as good, very good, or excellent



77% feel they are a part of their school

81% feel they are a part of their school



Note: Other gender response options are collected, but to maintain student privacy due to



always believe they can do something to help address the problem of climate change

presented here in boys and girls only

always believe they can do something to help address the problem of climate change



	7	8	9	10	11	12	
Eat fruit 7 days per week	53%	47%	46%	42%	38%	34%	
Eat vegetables 7 days per week	45%	45%	44%	43%	40%	39%	
Meet the National guideline for daily physical activity	76%	76%	78%	78%	70%	67%	
Meet the National guideline of 2 hours or less of recreational screen time per day	11%	6%	4%	3%	4%	3%	
Meet the National guideline of 8 to 10 hours of sleep per night	66%	70%	68%	64%	57%	54%	
Reported smoking a cigarette in the last 30 days	1%	2%	3%	5%	8%	13%	
Reported vaping in the last 30 days	1%	3%	6%	13%	18%	27%	
Reported binge drinking in the last 30 days	1%	2%	5%	16%	23%	36%	
Have used cannabis in the last 30 days	1%	2%	3%	8%	13%	16%	
Have been bullied in the last 30 days	24%	27%	30%	22%	22%	16%	
Rated their mental health as good, very good, or excellent	80%	72%	65%	62%	61%	63%	
Feel they are a part of their school	83%	81%	77%	77%	70%	73%	
Believe they can do something to help address the problem of climate change	10%	12%	10%	11%	12%	11%	

2023-24 2024-25 2025-26

* Eat fruit 7 days per week	39%	42%	44%
* Eat vegetables 7 days per week	40%	41%	43%
Meet the National guideline for daily physical activity	75%	75%	75%
Meet the National guideline of 2 hours or less of recreational screen time per day	5%	5%	5%
* Meet the National guideline of 8 to 10 hours of sleep per night	61%	63%	64%
* Reported smoking a cigarette in the last 30 days	7%	6%	5%
* Reported vaping in the last 30 days	16%	13%	10%
* Reported binge drinking in the last 30 days	14%	13%	12%
* Have used cannabis in the last 30 days	11%	9%	6%
* Have been bullied in the last 30 days	30%	29%	24%
* Rated their mental health as good, very good, or excellent	59%	65%	68%
* Feel they are a part of their school	74%	75%	78%
Believe they can do something to help address the problem of climate change	11%	11%	11%

Key Findings and Trends

- Healthy eating rates are lower than the COMPASS average, but are improving
- Physical activity levels are higher than COMPASS average
- 19% are susceptible to begin smoking in the future
- Among those that vaped, 48% used an e-cigarette (vape) to relax or relieve stress/anxiety
- Among students who drank in the past month, 33% reported drinking by themselves
- 10% and 7% rode in a vehicle with a driver who had been drinking or using cannabis, respectively
- Bullying rates are higher than the COMPASS average (24% vs. 12%), but are improving



Key Findings and Trends

- Improvements noted:
 - Healthy eating
 - Sleep
 - Smoking cigarettes
 - Vaping
 - Binge drinking
 - Cannabis
 - Bullying
 - Mental health
 - School connectedness



Learn More About The COMPASS Program

 <https://www.livewellpei.ca/compass-project-0>

 @compass_uw

 @the_compass_study

PEI COMPASS Research Program Coordinator

Cody Davenport– cjdavenport@ihis.org



Questions?

