

HUMAN DEVELOPMENT RESEARCH REVIEW



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HUMAN DEVELOPMENT RESEARCH REVIEW: AIMS AND SCOPE

HELP's Human Development Research Review (*HELP Reads*) aims to expand awareness of topics in human development, including social and emotional learning, social and environmental determinants of health, child care, and more. *HELP Reads* connects health academics, advocates, and professionals with online and publicly available research, news, and information. This review focuses on listing articles relevant to human development research activities at HELP. This review is not official or peer reviewed. It does not cover all research, news, and information, and HELP is not responsible for the accuracy of the content from media or databases. Not all links are open access; some are abstract links where paid journal subscription is required. HELP Reads is posted monthly [here](#).

EDITOR PICKS

Connections matter: Adolescent social connectedness profiles and mental well-being over time.

Eva Oberle, Associate Professor, Human Early Learning Partnership, and co-authors

“Experiencing connectedness with peers and adults is critical for the mental well-being in early adolescence.”



Connections matter: How are adolescents' social connections related to mental well-being over time? [Infographic]

Researchers examined adolescents' social connections and mental well-being over time, and highlight the key findings and implications for policy and practice.



2024/25 Catalyzing Research Cluster (GCRC) Grant recipient | Child and Youth Overdose Prevention Cluster.

Matthew Carwana, Dayna Fast, and members of Cluster Team

The Child and Youth Overdose Prevention Cluster led by Drs. Matthew Carwana and Danya Fast is studying the effects of Illicit drug toxicity and overdose, which are the leading causes of death for children and youth aged 10-18 in British Columbia.



‘There’s not a lot of places for them to go’: rural and remote family perspectives on children’s independent mobility.

Caroline Sanders, Associate Professor, University of Northern BC, and co-authors

“To promote children’s independent mobility in rural and remote areas, efforts should focus on providing education on wildlife encounters, creating safe and interesting destinations for play, and consider children’s safety and connectivity in road design.”



Supporting Greater Vancouver secondary school students’ mental health through time outdoors: a qualitative investigation.

Hebah Hussaina, MSc student, University of British Columbia

“The purpose of this study is to understand the experiences of youth located in Vancouver, BC, who engage in or would like to engage in outdoor time at secondary...”



‘Society to Cell’ Clyde Hertzman Memorial Fellowship.

The Social Exposome Cluster is proud to announce the 4th competition for the ‘Society to Cell’ Clyde Hertzman Memorial Fellowship! Graduate students (masters and doctoral) and postdoctoral are invited to apply by June 7, 2024 by 4:00 pm PT.



EDITOR PICKS

World Happiness Report 2024.

Wellbeing Research Centre, University of Oxford

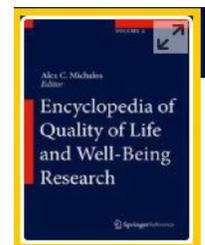
“The focus of the [World Happiness Report](#) 2024 is the happiness of people at different stages of life. Globally, young people aged 15-24 still report higher life satisfaction than older adults. But this gap is narrowing in Western Europe and recently reversed in North America due to falling life satisfaction among the young.”



Trends in international mathematics and science study (TIMSS).

Martin Guhn, Anne Gadermann, Amery Wu

“The Trends in International Mathematics and Science Study (TIMSS) is a large-scale international comparative study that has collected data on students’ knowledge and skills in mathematics and science since 1995. Data are collected every 4 years from students in grade 4 and grade 8, that is, at about 9–10 and 13–14 years of age.”



Baseline recommendations database.

British Columbia Office of the Human Rights Commissioner

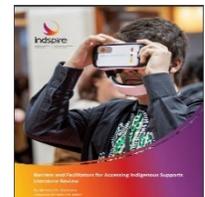
“The Baseline Project is a multi-year initiative by BC’s Office of the Human Rights Commissioner (BCOHR) that aims to evaluate the current state of human rights in the province of British Columbia.”



Community briefs - A human rights snapshot of B.C. communities.

British Columbia Office of the Human Rights Commissioner

“The Community Briefs below provide a snapshot of the human rights issues being faced by each of four B.C. communities: Chetwynd, Chilliwack, Cranbrook and Terrace.”



The RESPCCT Study: Community-led Development of a Person-Centered Instrument to Measure Health Equity in Perinatal Services.

Wendy Hall, Professor Emerita, UBC School of Nursing, and co-authors

“The final survey instrument includes items that assess respectful care across 17 domains, including validated measures of autonomy, respect, mistreatment, trauma, and discrimination. It also captures information about respondents’ identities, backgrounds, circumstances, access to care, provider type, and outcomes.”



HUMAN DEVELOPMENT RESEARCH REVIEW

HELP FACULTY and AFFILIATE (selected publications)

1. Carwana M, Fast D. **2024/25 Catalyzing Research Cluster (GCRC) Grant | Child and Youth Overdose Prevention Cluster** (with members with Drs. Dzung Vo, Sara Jassemi, James Wang, Eva Moore, Emily Jenkins and Hasina Samji). Vancouver, BC: University of British Columbia, Faculty of Medicine; 2024 Mar. Available from: <https://pediatrics.med.ubc.ca/2024/03/05/2024-25-catalyzing-research-cluster-gcrc-grant-child-and-youth-overdose-prevention-cluster/>.
2. Hussaina H. **Supporting Greater Vancouver secondary school students' mental health through time outdoors : a qualitative investigation** [Text thesis]2024. Available from: <https://open.library.ubc.ca/collections/24/items/1.0441304>.
3. Molyneux TM, Alkawaja M, Kerai S, Ji XR, Gadermann A, Thomson K, et al. **Connections matter: How are adolescents' social connections related to mental well-being over time? [Infographic]**. Vancouver, BC: University of British Columbia, School of Population and Public Health, Human Early Learning Partnership; 2024 Apr. Available from: <https://earlylearning.ubc.ca/app/uploads/2024/04/2023-MDI-Connections-Matter-Infographic-FINAL.pdf>.
4. Oberle E, Ji XR, Alkawaja M, Molyneux TM, Kerai S, Thomson KC, et al. **Connections matter: Adolescent social connectedness profiles and mental well-being over time.** J Adolesc. 2024;96(1):31-48. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/37740505>.
5. Pelletier C, Cornish K, Sanders C. **'There's not a lot of places for them to go': rural and remote family perspectives on children's independent mobility.** Children's Geographies. 2024:1-18. Available from: <https://doi.org/10.1080/14733285.2024.2302108>.

HELP RESOURCES

1. Human Early Learning Partnership. **Creating change via the child development monitoring system: research in action.** Vancouver, BC: University of British Columbia, School of Population and Public Health, HELP; 2024 Apr 11. Available from: https://earlylearning.ubc.ca/creating-change-research-in-action/?utm_medium=email&_hsenc=p2ANqtz-8sUZ8tVuJ83gduQTLUh7nojfkVHka3XFYT7gF8CbdqjFiaKr7eiVpROnSijGmcapKggM6XQ0jG0gu1Wc3g628r32SWtg&_hsmi=302268956&utm_content=302268956&utm_source=hs_email.

MEDIA GENERAL

1. Kershaw P. **There are good ways to make life more affordable for Canadians. Cutting the carbon tax isn't one of them.** Globe and Mail. 2024 Mar 30. Available from: <https://www.theglobeandmail.com/investing/personal-finance/young-money/article-there-are-good-ways-to-make-life-more-affordable-for-canadians-cutting/>.
2. Human Early Learning Partnership. **Dr. Kimberly Thomson Returns to HELP as Affiliate Faculty Member.** Vancouver, BC: University of British Columbia, School of Population and Public Health, HELP; 2024 Apr 4. Available from: <https://earlylearning.ubc.ca/kimberly-thomson-affiliate-faculty-member/>.

3. Lannoy LD. **Why children need risk, fear, and excitement in play – and why adults’ fears put them at risk.** Vancouver, BC: Outdoor Play Canada; 2024 Mar 22. Available from: <https://www.outdoorplaycanada.ca/2024/03/22/why-children-need-risk-fear-and-excitement-in-play-and-why-adults-fears-put-them-at-risk/>.
4. Michael Smith Health Research BC. **New for 2024: Introducing Health Research BC’s priority areas.** Vancouver, BC: Health Research BC; 2024. Available from: <https://healthresearchbc.ca/fundingprogram/convening-collaborating-c2-program/>.
5. Social Exposome Cluster. **‘Society to Cell’ Clyde Hertzman Memorial Fellowship.** Vancouver, BC: University of British Columbia; 20224. Available from: <https://socialexposome.ubc.ca/research/society-cell-clyde-hertzman-memorial-fellowship>.

1. CHILD DEVELOPMENT

1.i. General, Cognition

1. Ares G, De Rosso S, Mueller C, Philippe K, Pickard A, Nicklaus S, et al. Development of food literacy in children and adolescents: implications for the design of strategies to promote healthier and more sustainable diets. *Nutr Rev.* 2023;82(4):536-52. Available from: <https://doi.org/10.1093/nutrit/nuad072>.
2. Ontario Agency for Health Protection and Promotion (Public Health Ontario). **Food insecurity among children using data from the Canadian Health Survey of Children and Youth.** Toronto, ON: King’s Printer for Ontario; 2024 Feb. Available from: https://www.publichealthontario.ca/-/media/Documents/C/2023/food-insecurity-children-youth-canada-survey.pdf?rev=4442d45d92874165b6501e17d847a8df&sc_lang=en.

1.ii. Communication, Language, Literacy

1. Johnson G. **Students who study music get an academic boost.** *Times Colonist.* 2024 Mar 24. Available from: <https://www.timescolonist.com/opinion/geoff-johnson-students-who-study-music-get-an-academic-boost-8501614>.
2. Martin-Requejo K, González-Andrade A, Álvarez-Bardón A, Santiago-Ramajo S. **Mediation of study habits and techniques between music training and academic achievement in children.** *European Journal of Psychology of Education.* 2024. Available from: <https://doi.org/10.1007/s10212-023-00792-4>.

1.iii. Socioemotional Learning, Other

1. Duarte A, Martins S, Augusto C, Silva MJ, Lopes L, Santos R, Rosario R. **The impact of a health promotion program on toddlers’ socio-emotional development: a cluster randomized study.** *BMC Public Health.* 2024;24(1):415. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/38331822>.
2. Liu Q, Huang J, Caldwell MP, Cheung SK, Cheung H, Siu TSC. **Gendered pathways to socioemotional competencies in very young children.** *Sci Rep.* 2024;14(1):6360. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/38493206>.

2. CHILD CARE, EDUCATION, PARTNERSHIPS

2.i. Connections, Hubs, Partnerships

1. Hu N, Gelaw YA, Katz I, Fernandez E, Falster K, Hanly M, et al. Developmental trajectories of socio-emotional outcomes of children and young people in out-of-home care - Insights from data of Pathways of Care Longitudinal Study (POCLS). *Child Abuse Negl.* 2024;149:106196. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/37149427>.

2.ii. Initiatives, Interventions

1. Florit E, Bastianello T, Andalo B, Majorano M. **I-MovE. An intervention to promote movement at childcare centers: Benefits for motor cognitive and socio-emotional development.** *PLoS One.* 2024;19(1):e0297645. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/38285675>.

2.iii. Programs, Services, Other

1. Employment and Social Development Canada. **Backgrounder: An Act respecting early learning and child care in Canada.** Ottawa, ON: Government of Canada; 2024 Mar 20. Available from: <https://www.canada.ca/en/employment-social-development/news/2024/03/backgrounder.html>.
2. Lau M. **Widespread shortages skyrocketing costs. The growing calamity that is government-controlled child care.** Ottawa, ON: Macdonald Laurier Institute; 2024 Apr. Available from: https://macdonaldlaurier.ca/wp-content/uploads/2024/04/20240410_Child-Care-Lau_PAPER-v4-FINAL.pdf.
3. Mamoon M. **Towards \$10 a day Child Care in Toronto. 2024.** Canada: Toronto Workforce Innovation Group; 2024 Feb 26. Available from: https://workforceinnovation.ca/wp-content/uploads/dlm_uploads/2024/02/2024-Child-Care-in-Toronto.pdf.

3. EARLY ENVIRONMENTS

3.i. Biological Sensitivity to Context, Cortisol, Epigenetic

1. Jagasia E, Bloom I, Nelson KE, Campbell J. **Early adolescent development in the face of violence: A systematic review running.** *Child Abuse Negl.* 2024;151:106751. Available from: <https://www.sciencedirect.com/science/article/pii/S0145213424001340>.

3.ii. Adversity, Resilience

1. Davis EP, Glynn LM. Annual Research Review: The power of predictability – patterns of signals in early life shape neurodevelopment and mental health trajectories. *Journal of Child Psychology and Psychiatry*. 2024;65(4):508-34. Available from: <https://acamh.onlinelibrary.wiley.com/doi/abs/10.1111/jcpp.13958>.

3.iii. Other

1. Opie JE, Esler TB, Clancy EM, Wright B, Painter F, Vuong A, et al. Universal Digital Programs for Promoting Mental and Relational Health for Parents of Young Children: A Systematic Review and Meta-Analysis. *Clin Child Fam Psychol Rev*. 2024;27(1):23-52. Available from: <https://doi.org/10.1007/s10567-023-00457-0>.

4. ENVIRONMENTAL HEALTH

4.i. Climate Change

1. Brook J. **The Right to a Healthy Environment: Becoming law in Canada and the imperative of environments and health research**. Vancouver, BC: National Collaborating Centre for Environmental Health; 2024 Mar 20. Available from: <https://nceh.ca/resources/blog/right-healthy-environment-becoming-law-canada-and-imperative-environments-and-health#:~:text=The%20right%20to%20a%20healthy%20environment%20is%20recognized,Bill%20S-5%20receiving%20Royal%20Assent%20in%20Parliament%20%28CEPA2023%29>.

4.ii. Urban Design, Child Friendly Cities, Rural, Greenspace

1. Browning MHEM, Locke DH, Konijnendijk C, Labib SM, Rigolon A, Yeager R, et al. **Measuring the 3-30-300 rule to help cities meet nature access thresholds**. *Sci Total Environ*. 2024;907:167739. Available from: <https://www.sciencedirect.com/science/article/pii/S0048969723063660>.
2. Opbroek J, Pereira Barboza E, Nieuwenhuijsen M, Dadvand P, Mueller N. **Urban green spaces and behavioral and cognitive development in children: A health impact assessment of the Barcelona “Eixos Verds” Plan (Green Axis Plan)**. *Environ Res*. 2024;244. Available from: <https://www.scopus.com/inward/record.uri?eid=2-s2.0-85180803459&doi=10.1016%2Fj.envres.2023.117909&partnerID=40&md5=33701f0f03803610d22b3c8962aab897>.
3. Stott D, Forde D, Sharma C, Deutsch JM, Bruneau M, Nasser JA, et al. **Interactions with Nature, Good for the Mind and Body: A Narrative Review**. *Int J Environ Res Public Health*. 2024;21(3):329. Available from: <https://www.mdpi.com/1660-4601/21/3/329>.
4. Thompson CM, Collins PA, Frohlich KL. **Promoting children’s health through community-led street interventions: analyzing sustained voluntarism in Canadian School Streets**. *BMC Public Health*. 2024;24(1):1011. Available from: <https://doi.org/10.1186%2Fs12889-024-18531-9>.

4.iii. Exposures, Other

1. Kuehn LM, Jones A, Helmkamp L, Knudtson M, Domek GJ, Allison MA. **Socioemotional Development of Infants and Toddlers During the COVID-19 Pandemic.** *JAMA Pediatr.* 2024;178(2):151-9. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/38147322>.
2. Liu G, Meng Q, Su Q. **Risk or Opportunity? How is Children’s Subjective Well-Being Affected by Their Parents During Public Health Emergencies.** *Child Ind Res.* 2024;17(1):81-97. Available from: <https://doi.org/10.1007/s12187-023-10078-2>.
3. Tan Y, Pinder D, Bayoumi I, Carter R, Cole M, Jackson L, et al. **Family and community resilience: a Photovoice study.** *International Journal for Equity in Health.* 2024;23. Available from: <https://link.gale.com/apps/doc/A786879637/HRCA?u=ubcolumbia&sid=bookmark-HRCA&xid=8fd22584>.
4. To T, Borkhoff CM, Anderson LN, Birken CS, Dell SD, Janus M, et al. **Association of factors with childhood asthma and allergic diseases using latent class analysis.** *Sci Rep.* 2024;14(1):6874. Available from: <https://doi.org/10.1038/s41598-024-56805-9>.

5. MENTAL HEALTH

5.i. Happiness, Wellbeing, Distress

SPECIAL: How are kids doing? – See [Appendix 1](#)

1. BC Healthy Communities. **Child and youth mental well-being resources.** Victoria, BC: BC Healthy Communities; 2024; Available from: <https://bchealthycommunities.ca/index.php/child-and-youth-mental-well-being-resources/>.
2. BC Healthy Communities, Vancouver Coastal Health. **Information guide: Child and youth mental well-being resources.** Victoria, BC and Vancouver, BC: BC Healthy Communities and Vancouver Coastal Health; 2024 Mar. Available from: https://bchealthycommunities.ca/wp-content/uploads/2024/03/CYMW_Resources_Full-1.pdf.
3. Folk D, Dunn E. **How Can People Become Happier? A Systematic Review of Preregistered Experiments.** *Annu Rev Psychol.* 2024;75(Volume 75, 2024):467-93. Available from: <https://www.annualreviews.org/content/journals/10.1146/annurev-psych-022423-030818>.
4. Geoffroy MC, Chadi N, Bouchard S, Fuoco J, Chartrand E, Loose T, et al. **Mental health of Canadian youth: A systematic review and meta-analysis of studies examining changes in depression, anxiety, and suicide-related outcomes during the COVID-19 pandemic.** *Can J Public Health.* 2024. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/38478216>.
5. Helliwell JF, Huang H, Shiplett H, Wang S. **Chapter 2 - Happiness of the younger, the older, and those in between.** In: Helliwell JF, Layard R, Sachs JD, Neve J-ED, Aknin LB, Wang S, editors. *World Happiness Report 2024.* UK: Wellbeing Research Centre, University of Oxford; 2024. Available from: <https://worldhappiness.report/ed/2024/happiness-of-the-younger-the-older-and-those-in-between/>.
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7. Helliwell JF, Layard R, Sachs JD, Neve J-ED, Aknin LB, Wang S. **Chapter 1 - Happiness and age: summary.** In: Helliwell JF, Layard R, Sachs JD, Neve J-ED, Aknin LB, Wang S, editors. *World Happiness Report 2024.* UK:

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 9. Kim ES, Wilkinson R, Okuzono SS, Chen Y, Shiba K, Cowden RG, VanderWeele TJ. **Positive affect during adolescence and health and well-being in adulthood: An outcome-wide longitudinal approach.** PLoS Med. 2024;21(4):e1004365. Available from: <https://doi.org/10.1371/journal.pmed.1004365>.
 10. Labbe S. **Happiness among young Canadians still sliding, report finds.** Vancouver is Awesome. 2024 Mar 20. Available from: <https://www.vancouverisawesome.com/highlights/happiness-among-young-canadians-still-sliding-report-finds-8472799>.
 11. Marquez J, Taylor L, Boyle L, Zhou W, Neve J-ED. **Chapter 3 - Child and adolescent well-being: global trends, challenges and opportunities.** In: Helliwell JF, Layard R, Sachs JD, Neve J-ED, Akinin LB, Wang S, editors. World Happiness Report 2024. UK: Wellbeing Research Centre, University of Oxford; 2024. Available from: <https://worldhappiness.report/ed/2024/child-and-adolescent-well-being-global-trends-challenges-and-opportunities/>.
 12. Molyneux TM, Alkawaja M, Kerai S, Ji XR, Gadermann A, Thomson K, et al. **Connections matter: How are adolescents' social connections related to mental well-being over time? [Infographic].** Vancouver, BC: University of British Columbia, School of Population and Public Health, Human Early Learning Partnership; 2024 Apr. Available from: <https://earlylearning.ubc.ca/app/uploads/2024/04/2023-MDI-Connections-Matter-Infographic-FINAL.pdf>.
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 14. Public Library of Science. **Increasing positive affect in adolescence could lead to improved health and well-being in adulthood.** Medical Xpress. 2024 Apr 2. Available from: <https://medicalxpress.com/news/2024-04-positive-affect-adolescence-health-adulthood.amp>.
 15. Ruryk J. **Young people's happiness has 'fallen sharply' for Canada and U.S. in global rankings.** CBC News. 2024 Mar 20. Available from: <https://www.cbc.ca/news/world/world-happiness-report-2024-1.7139215>.
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5.ii. Sleep, Screentime

1. Chaput JP, Tomfohr-Madsen LM, Carney CE, Robillard R, Sampasa-Kanyinga H, Lang JJ, Canadian Sleep Research C. **Examining sleep characteristics in Canada through a diversity and equity lens.** Sleep Health. 2024. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/38519365>.
2. Choi EJ, King GKC, Duerden EG. **Screen time in children and youth during the pandemic: A systematic review and meta-analysis.** Global Pediatrics. 2023;6:100080. Available from: <https://www.sciencedirect.com/science/article/pii/S2667009723000465>.
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4. Ganson KT, Pang N, Nagata JM, Pedder Jones C, Mishna F, Testa A, et al. **Screen time, social media use, and weight-related bullying victimization: Findings from an international sample of adolescents.** *PLoS One.* 2024;19(4):e0299830. Available from: <https://doi.org/10.1371/journal.pone.0299830>.
5. Haidt J. **Yes, Social Media Really Is a Cause of the Epidemic of Teenage Mental Illness.** 2024 [Apr 9]; Available from: https://www.afterbabel.com/p/phone-based-childhood-cause-epidemic?utm_source=profile&utm_medium=reader2.
6. Haidt J. **The anxious generation. how the great rewiring of childhood is causing an epidemic of mental illness.** New York, NY: Penguin Random House; 2024. Available from: <https://www.penguinrandomhouse.com/books/729231/the-anxious-generation-by-jonathan-haidt/>.
7. Huang P, Chan SY, Ngho ZM, Ong ZY, Low XZ, Law EC, et al. **Screen time, brain network development and socio-emotional competence in childhood: moderation of associations by parent-child reading.** *Psychol Med.* 2024;1-12. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/38314509>.
8. Khan A, Thomas G, Karatela S, Morawska A, Werner-Seidler A. **Intense and problematic social media use and sleep difficulties of adolescents in 40 countries.** *J Adolesc.* 2024. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1002/jad.12321>.
9. Kwon S, Armstrong B, Wetoska N, Capan S. **Screen Time, Sociodemographic Factors, and Psychological Well-Being Among Young Children.** *JAMA Netw Open.* 2024;7(3):e2354488. Available from: <https://doi.org/10.1001%2Fjamanetworkopen.2023.54488>.
10. Lukianoff G. **My First Amendment concerns with ‘The Anxious Generation’.** 2024 [Apr 10]; Available from: https://greglukianoff.substack.com/p/my-first-amendment-concerns-with?utm_source=%2Fsearch%2Fanxious%2520generation&utm_medium=reader2.
11. National Academies of Sciences Engineering and Medicine. **Social Media and Adolescent Health.** Galea S, Buckley GJ, Wojtowicz A, editors. Washington, DC: The National Academies Press; 2024. Available from: <https://nap.nationalacademies.org/catalog/27396/social-media-and-adolescent-health>.
12. Odgers CL. **The great rewiring: is social media really behind an epidemic of teenage mental illness?** *Nature.* 2024(Mar 29). Available from: <https://www.nature.com/articles/d41586-024-00902-2>.
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5.iii. Healthy Habits, Substance Use, Other

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APPENDIX 1 – see next page

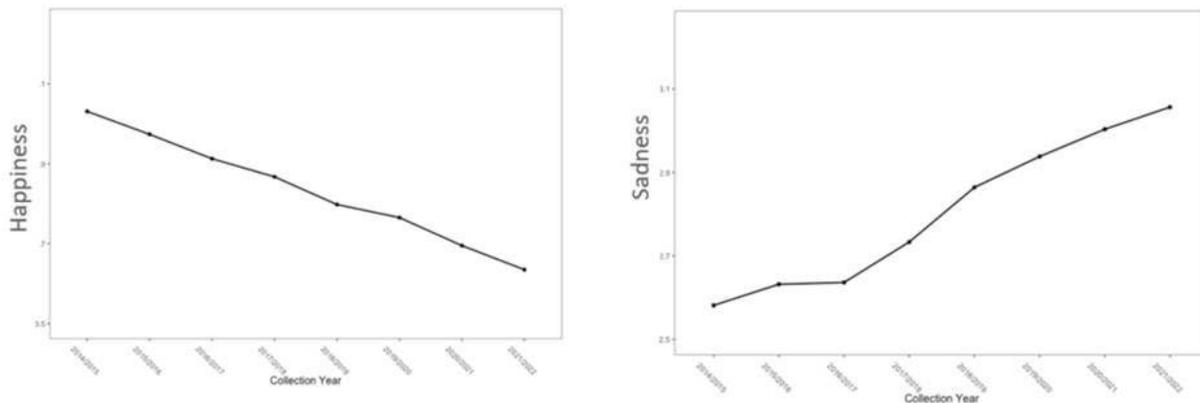
APPENDIX 1

HELP READS Special focus: How are kids feeling? Happiness and well-being of children and youth

In March 2024 the [World Happiness Report](#) was released. This report is produced by Gallup, the Oxford Wellbeing Research Centre and UN Sustainable Development Solutions, and measures happiness through life evaluations and emotions across 155 countries. World happiness data show Canada is in 15th place, down two spots from last year, while its younger people are far down the rankings in a newly added category.¹⁻³ Canada is ranked 58th in the world when it comes to the happiness of people under the age of 30. Happiness among young Canadians has ‘fallen sharply’.^{3,4} Racialized individuals in Canada saw the lowest *life satisfaction* at 42 per cent, whereas the share of people highly satisfied with life climbed to 54 per cent.⁵

HELP has unique data that indicate how well children in British Columbia (BC) are doing. Combining select measures from the [Middle Years Development Instrument](#) (MDI) helps in developing a comprehensive portrait of children’s overall [well-being](#) and the assets that contribute to their healthy development. HELP data provide insight on children and youth happiness. Early adolescents complete the MDI report on several variables including life satisfaction, depressive symptoms, and connectedness with peers and adults at home, school and in the community. Reports are available [here](#) for all participating BC districts.

**MDI, Grade 7, All BC Participating Districts, Over Time
Happiness & Sadness**



Over time, rates of “happiness” have declined while rates of “sadness” have increased.



Dr. Eva Oberle, an Associate Professor with the Human Early Learning Partnership in the School of Population and Public Health at the University of British Columbia, and colleagues recently reported on changes over time for life satisfaction, depression and connectedness measures in BC children in grade 7 before the COVID-19 pandemic in Winter 2020, and in grade 8 during the second wave of the pandemic in Winter 2021.⁶ Well-being was highest when students felt highly connected in all domains and lowest

when they felt lower levels of connection. Increases in connectedness were associated with improvements in mental well-being and decreases with a decline in well-being over [time](#).⁶

Data at HELP enables a sharper look at how kids are doing region by region, district by district, and these data can support evidence-based program and policy development. Data are available for longitudinal analyses, year-to-year comparison, and annual reporting. For more on HELP research, see [summary reports](#) and the [MDI data dashboard](#).

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The Human Early Learning Partnership is situated within the traditional, ancestral and unceded territory of the x^w məθk^w əy' əm (Musqueam) People.

For more information visit
www.earlylearning.ubc.ca/library/citations

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