Health Behaviour in School-aged Children (HBSC):
A World Health Organisation Cross-national Collaboration

September 2013
Presentation Outline

• HBSC Background
• HBSC Methods
• Framework
• Findings
HBSC: Background

- Collaborative study with WHO European Region
- Initiated by 4 countries in 1982
- 40 countries and regions collected data in 2010
- Temporal trends presented for the first time
HBSC: Ireland

- Four cycles of data collection to date
  - 1998
    - N= 8,497; 5th class to 5th year; 10-17 year olds
  - 2002
    - N= 8,424; 5th class to 5th year; 10-17 year olds
  - 2006
    - N=13,738; 3rd class to 5th year; 9-17 year olds
  - 2010
    - N=16,060; 3rd class to 5th year; 9-17 year olds

- Trends 1998 – 2010
  - 5th class to 5th year; 10-17 year olds
  - Items that were used in each cycle 1998-2010 or since 2002
HBSC: Objectives

- To contribute to theoretical, conceptual, and methodological developments
- To monitor health of school-aged children over time
- To compare health of school-aged children in member countries
- To disseminate findings
HBSC: Objectives (2)

- To develop partnerships with relevant external agencies
- To promote and support the establishment of expertise in the field
- To establish and strengthen a multi-disciplinary network of experts
- To provide an international source of expertise and intelligence
HBSC International 2010 – 43 countries/regions
HBSC: Methods

- Research protocol developed by the network
- Random / systematic-random sampling
- Class as the sampling unit
- Nationally representative samples
- Self-report, self-completion questionnaires
- Testing for significance
- Same methods used in all 4 cycles
## Children’s lives

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<th>Health outcomes:</th>
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**SES**
- Gender
- Age
- Social Class
- Ethnicity
Findings
Trends report

- Health behaviours
  - Health risk behaviours
  - Positive health behaviours

- Health outcomes
  - Physical health outcomes
  - Positive health outcomes

- Contexts of children’s lives
  - Family
  - School
  - Peers
  - Local area

All presented by year and gender.
Main Trends

• The good news

• Increases in fruit and vegetable consumption, use of seatbelts, excellent health, happiness, life satisfaction, tooth brushing, communication with mother and father, liking school and (most) positive school perceptions, local area has good places to go and is a good place to live and can ask for help from neighbours

• Decreases in smoking, drunkenness, cannabis use, bullying others, injuries, consumption of soft drinks and crisps
• The less good news
  • Increases in feeling pressured by school work, feeling low, stomachache and back ache, local area is run down
  • Decreases in exercise, thinking local area is well off
  • No changes since 1998 in headaches, feeling nervous, having been bullied or feeling safe in local area

• Other trends
  • Increases in e-communication, decreases in living with both parents
Risk behaviours

International rankings improving overall

Smoking: 12th - 23rd / 27
Cannabis: 14th - 15th / 27
Drunkenness: 18th - 23rd / 27
Current Smoking

International ranking has improved

Boys: 11th-26th / 27

Girls: 15th-22nd / 27
Early smoking Initiation

Those aged 15-17 who tried their first cigarette at age 13 or younger – of those who had ever had a cigarette
Injuries

International ranking has improved

Boys: 4th - 21st / 27

Girls: 18th - 22nd / 27
Bullying others twice or more

International ranking has been stable overall

Boys: 19\textsuperscript{th}-24\textsuperscript{th} / 27

Girls: 27\textsuperscript{th}-26\textsuperscript{th} / 27
Positive health behaviours

Frequent fruit consumption: 18, 19, 20
Regular exercise: 54, 47, 53, 51
Use seatbelt: 41, 62, 79, 82

International ranking stable
Fruit: 10th-11th / 27

No internationally comparable data for physical activity and seatbelt use
Fruit Consumption

International ranking has been stable overall

Boys: 10th-10th / 27

Girls: 8th-10th / 27
Exercise (4+ per week)

Inconsistent patterns over time

1998-2002: decrease
2002-2006: increase
2006-2010: decrease
Positive health

Modest but statistically significant improvements over time in being happy with life and life satisfaction
Excellent health

International ranking has improved overall

Boys 14th to 11th/27
Girls 13th to 12th/27
Communication with parents

International rankings have improved

Mothers: 24th-16th / 27
Fathers: 26th-6th / 27
Communication with friends

- **4+ evening with friends**
  - 1998: 38
  - 2002: 40
  - 2006: 42
  - 2010: 39

- **E-communication**
  - 1998: 31
  - 2002: 42
  - 2006: 52

International rankings stable overall

E-communication: 13$^{th}$-12$^{th}$/27

Evenings out: 12$^{th}$-10$^{th}$/27
HBSC 1998 - 2010

- Provides an excellent opportunity to document children’s health related behaviours and contexts over time.
- There is good news on many fronts – substance use, healthy eating, self-perceptions, family and peer relationships, school and local community perceptions.
- Need to investigate some negative trends, improve measures and ensure the information gets to those who can use it to improve children’s lives further.
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- Ms. Natasha Clarke
- Ms. Mary Callaghan
- Mr. Jakub Gajweski
- Ms. Larri Walker
Dissemination of Irish HBSC data since 1998

- 44 reports (national and international)
- 100 journal articles
- 7 books or book chapters
- >125 conference presentations
- 29 short reports
- >60 Factsheets
Contact Us

HBSC Ireland Website: www.nuigalway.ie/hbsc

HBSC International Website: www.hbsc.org

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Thank you