

## **Short Report**

### **HBSC Ireland: child well-being in Dublin City.**

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#### **Introduction:**

Health Behaviour in School-aged Children (HBSC) is a cross-national research study conducted in collaboration with the World Health Organisation (European Office). The study runs on a four-year cycle and in 2006 there were 41 participating countries and regions across Europe and North America. HBSC collects data on key indicators of health, health attitudes and health behaviours, as well as the contexts of health for young people. The study is a school-based survey with information collected from students through self-completion questionnaires in classrooms. Further information on the International HBSC study can be found at [www.hbsc.org](http://www.hbsc.org).

The most recent HBSC Ireland dataset comprises 10,344 children from 5th class in primary school to 5th year in post-primary schools. The methods employed comply with the International HBSC protocol and are detailed in the first national report from the 2006 survey, which can be found at [www.nuigalway.ie/hbsc](http://www.nuigalway.ie/hbsc).

#### **Focus:**

This short report presents a brief analysis of the national well-being indicators for children<sup>1</sup> in the Dublin City area (D1 to D12 catchments). The analyses are broken down by age, social class and gender. The following indicators are included:

- Children who report: feeling safe where they live; eat breakfast 5 or more days per week; that there are good places in their area to spend their free time; having 3 or more friends of the same gender; that students in their school participate in making the school rules; having their own pet, or a pet in the family; being physically active for at least 60 minutes 2 or more days per week; that they find it easy to talk to their mother about things that really bother them; find it easy to talk to their father about things that really bother them; feeling happy always

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<sup>1</sup> Office of the Minister for Children (2006). *State of the nation's children*. Dublin: The Stationary Office.

or very often with the way they are; smoking cigarettes every day; smoking cigarettes every week; been bullied in school (in the past couple of months).

## Findings:

Overall there are 8 primary schools and 9 post-primary schools from the D1 to D12 catchments in the HBSC 2006 sample. There are 614 primary students and 1716 post-primary students giving a sample size of 2330. Table 1 represents a further breakdown of the sample.

<b>Table 1: Demographics (%)</b>			
	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
<b>Total</b>	<b>48.4</b>	<b>51.6</b>	<b>100.0</b>
<b>Years of age</b>			
10-11	10.8	15.8	13.4
12-14	53.7	50.1	51.8
15-17	35.5	34.1	34.8
<b>Social class</b>			
SC 1-2	31.8	32.8	32.3
SC 3-4	45.7	44.3	45.0
SC 5-6	22.5	22.9	22.7

## Community Characteristics

<b>Table 2: Percentage of children who report feeling safe in the area where they live, by age, social class and gender</b>			
	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
<b>Total</b>	<b>90.6</b>	<b>90.0</b>	<b>90.3</b>
<b>Years of age</b>			
10-11	87.3	90.4	89.2
12-14	90.1	90.2	90.1
15-17	92.6	90.9	91.7
<b>Social class</b>			
SC 1-2	93.9	93.2	93.6
SC 3-4	90.6	90.2	90.4
SC 5-6	87.4	89.4	88.5

## Eating Habits

<b>Table 3: Percentage of children who report to eat breakfast 5 or more days per week, by age, social class and gender</b>			
	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
<b>Total</b>	<b>81.7</b>	<b>75.1</b>	<b>78.2</b>
<b>Years of age</b>			
10-11	82.1	83.4	82.9
12-14	85.0	78.0	81.4
15-17	76.8	67.5	72.0
<b>Social class</b>			
SC 1-2	86.5	81.7	83.9
SC 3-4	82.7	73.3	77.8
SC 5-6	76.9	74.8	75.8

## Environment and Places

<b>Table 4: Percentage of children who report that there are good places in their area to spend their free time, by age, social class and gender</b>			
	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
<b>Total</b>	<b>54.0</b>	<b>48.1</b>	<b>50.9</b>
<b>Years of age</b>			
10-11	60.2	62.2	61.4
12-14	57.3	50.5	53.8
15-17	47.7	39.1	43.2
<b>Social class</b>			
SC 1-2	52.2	48.9	50.4
SC 3-4	53.7	47.8	50.7
SC 5-6	53.7	44.9	49.0

## Friendships

<b>Table 5: Percentage of children who report to have 3 or more friends of the same gender, by age, social class and gender</b>			
	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
<b>Total</b>	<b>89.0</b>	<b>90.1</b>	<b>89.5</b>
<b>Years of age</b>			
10-11	87.3	88.7	88.2
12-14	89.6	92.0	90.8
15-17	89.4	88.5	89.0
<b>Social class</b>			
SC 1-2	90.1	92.4	91.1
SC 3-4	90.3	90.8	90.5
SC 5-6	89.1	90.2	89.7

## Participation in decision-making

<b>Table 6: Percentage of children who report that students at their school participate in making the school rules, by age, social class and gender</b>			
	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
<b>Total</b>	<b>25.3</b>	<b>25.2</b>	<b>25.3</b>
<b>Years of age</b>			
10-11	35.9	52.2	45.8
12-14	27.1	24.1	25.6
15-17	19.4	14.7	17.0
<b>Social class</b>			
SC 1-2	23.2	22.4	22.9
SC 3-4	24.4	24.1	24.2
SC 5-6	27.1	27.8	27.5

## Pets

<b>Table 7: Percentage of children who report having their own pet, or a pet in their family, by age, social class and gender</b>			
	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
<b>Total</b>	<b>72.5</b>	<b>73.0</b>	<b>72.7</b>
<b>Years of age</b>			
10-11	70.2	72.7	71.7
12-14	72.7	74.5	73.6
15-17	72.9	71.0	71.9
<b>Social class</b>			
SC 1-2	74.1	73.7	73.8
SC 3-4	73.1	72.4	72.7
SC 5-6	74.4	74.4	74.4

## Physical Activity

<b>Table 8: Percentage of children who report to be physically active for at least 60 minutes per day on 2 days per week, by age, social class and gender</b>			
	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
<b>Total</b>	<b>95.7</b>	<b>89.2</b>	<b>92.3</b>
<b>Years of age</b>			
10-11	100.0	93.4	96.0
12-14	96.1	94.5	95.3
15-17	94.3	79.4	86.7
<b>Social class</b>			
SC 1-2	95.5	91.1	93.2
SC 3-4	95.5	90.4	92.9
SC 5-6	95.9	86.1	90.8

## Relationship with Parents

### Mother

<b>Table 9: Percentage of children who report that they find it easy to talk to their mother when something is really bothering them, by age, social class and gender</b>			
	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
<b>Total</b>	<b>78.7</b>	<b>80.6</b>	<b>79.7</b>
<b>Years of age</b>			
10-11	88.4	90.7	89.8
12-14	80.2	82.6	81.4
15-17	73.9	73.7	73.8
<b>Social class</b>			
SC 1-2	77.9	79.9	79.0
SC 3-4	81.1	82.2	81.6
SC 5-6	79.3	82.0	80.8

## Father

**Table 10: Percentage of children who report that they find it easy to talk to their father when something is really bothering them, by age, social class and gender**

	Boys	Girls	Total
<b>Total</b>	<b>69.0</b>	<b>52.8</b>	<b>60.6</b>
<b>Years of age</b>			
10-11	83.6	55.7	66.8
12-14	72.9	57.1	64.9
15-17	59.2	45.0	51.9
<b>Social class</b>			
SC 1-2	71.1	58.0	64.2
SC 3-4	70.0	51.4	60.4
SC 5-6	66.2	53.9	59.7

## Self-esteem

**Table 11: Percentage of children who report feeling happy always or very often with the way they are, by age, social class and gender**

	Boys	Girls	Total
<b>Total</b>	<b>63.4</b>	<b>53.9</b>	<b>58.5</b>
<b>Years of age</b>			
10-11	79.5	71.4	74.5
12-14	65.0	57.7	61.3
15-17	56.3	40.6	48.3
<b>Social class</b>			
SC 1-2	65.2	56.1	60.5
SC 3-4	61.8	52.5	57.1
SC 5-6	65.9	54.7	60.0

## Self-reported Happiness

**Table 12: Percentage of children who report feeling happy always or very often with the way they are, by age, social class and gender**

	Boys	Girls	Total
<b>Total</b>	<b>93.5</b>	<b>88.8</b>	<b>91.1</b>
<b>Years of age</b>			
10-11	97.5	96.8	97.1
12-14	93.0	90.1	91.5
15-17	92.8	83.8	88.2
<b>Social class</b>			
SC 1-2	93.0	88.7	90.7
SC 3-4	94.6	90.8	92.6
SC 5-6	92.8	89.5	91.1

## Use of Tobacco

**Table 13: Percentage of children who report smoking cigarettes every day, by age, social class and gender**

	Boys	Girls	Total
<b>Total</b>	<b>7.1</b>	<b>8.1</b>	<b>7.6</b>
<b>Years of age</b>			
10-11	1.7	1.2	1.4
12-14	3.7	4.7	4.2
15-17	13.2	15.1	14.2
<b>Social class</b>			
SC 1-2	4.5	5.4	5.0
SC 3-4	6.5	7.6	7.0
SC 5-6	7.7	9.0	8.4

**Table 14: Percentage of children who report smoking cigarettes every week, by age, social class and gender**

	Boys	Girls	Total
<b>Total</b>	<b>10.4</b>	<b>11.3</b>	<b>10.9</b>
<b>Years of age</b>			
10-11	2.5	1.8	1.7
12-14	5.6	7.4	6.5
15-17	19.4	20.8	20.1
<b>Social class</b>			
SC 1-2	6.8	8.5	7.7
SC 3-4	10.7	11.3	11.0
SC 5-6	10.0	12.4	11.2

## Bullying

**Table 15: Percentage of children who report to have been bullied in school (in the past couple of months), by age, social class and gender**

	Boys	Girls	Total
<b>Total</b>	<b>24.3</b>	<b>23.8</b>	<b>24.0</b>
<b>Years of age</b>			
10-11	27.6	33.3	31.1
12-14	26.2	24.2	25.2
15-17	20.5	18.9	19.7
<b>Social class</b>			
SC 1-2	22.8	23.8	23.3
SC 3-4	25.1	22.7	24.2
SC 5-6	26.0	25.0	25.5

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