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The Health Behaviours in School-Aged Children Study: Exploring its potential

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UCC Summer School, Wednesday 14th September 2011



HBSC Study - background

- Initiated in 1982 in four countries
 - Next year we celebrate 30 years!
- 40 countries collected data in 2010
- Satellite studies
- Collaborative study with WHO European Region
- Irish data collected over four cycles since 1998





HBSC - background

- The study aims to gain new insight into, and increase our understanding of young people's health and well-being, health behaviours and their social context
- The findings are used to inform and influence children's policy and practice at national and international levels
- The target age-groups are 11, 13 and 15 year olds attending school (n=4500)

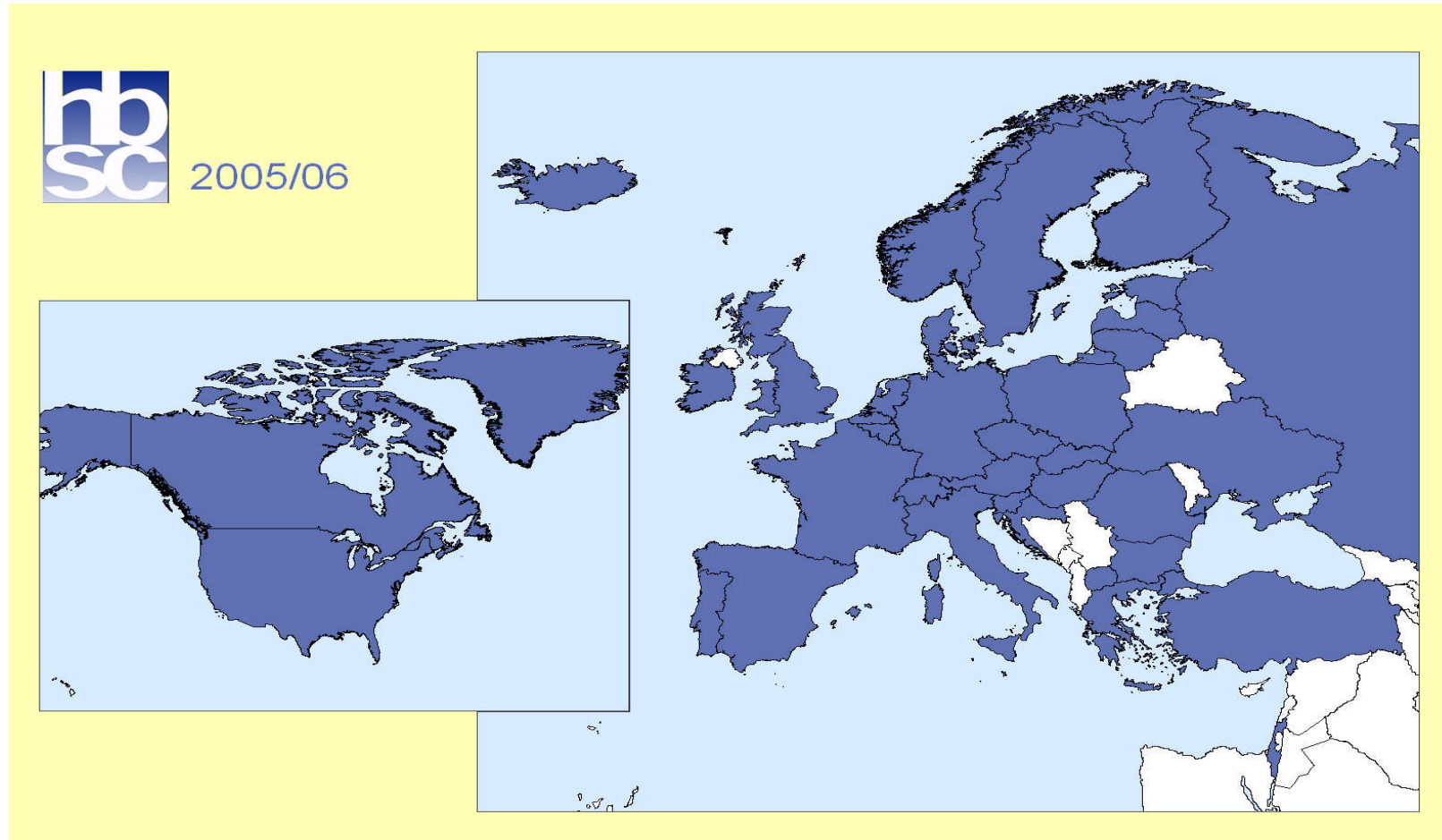




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HBSC 2010 – 43 regions





Health Behaviour in School Aged Children study

Children's lives





HBSC Objectives

- to initiate and sustain national and international research
- to contribute to theoretical, conceptual, and methodological developments
- to monitor and to compare health of school-aged children in member countries
- to disseminate findings
- 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 - Methods

- Questionnaire developed by the network
- Research protocol developed by the network
- Random / systematic-random sampling
- Class as the sampling unit
- ~1500 from age group
- Self-administrated questionnaire



HBSC Ireland

- Four cycles of data collection took place:
 - 1998
 - N= 8497
 - 5th class to 5th year; 10-17 year olds
 - 2002
 - N= 8424
 - 5th class to 5th year; 10-17 year olds
 - 2006
 - N=13738
 - 3rd class to 5th year; 9-17
 - 2010
 - N=16060
 - 3rd class to 5th year; 9-17





Middle childhood study

- A gap was identified
- The HBSC questionnaire was modified
- A prolonged pilot process took place
- The questionnaire was amended
- A validation process followed
- In 2010, 2nd round of data were collected



Types of research questions

- Simple bi-variable relationships
 - Associations and differences
- Multi-variate associations
 - Predicting outcomes
 - Identifying key determinants
- Multi-level regression models
 - Assessing class/school effect
- Cross-national comparisons
- Time-trends?



Dissemination of Irish data since 1998

- 39 reports (national and international)
- 90 scientific publications
- 7 books / book chapters
- >100 conference presentations
- 20 short reports
- Fact sheets



HBSC IRELAND

The Health Behaviour in School-aged Children (HBSC) is a research study conducted by an international network of research teams¹ in collaboration with the World Health Organisation (Europe) and co-ordinated by Professor Candace Currie of the University of Edinburgh. In 2006 HBSC Ireland surveyed 10,334 schoolchildren in Ireland from randomly selected schools throughout the country.

Further information is available at:
<http://www.hbsc.org>
<http://www.nuigalway.ie/hbsc/>



Aoife Gavin, Cliona Fitzpatrick, Siobhán O'Higgins and the HBSC Ireland Team, Health Promotion Research Centre, NUI Galway.

Summary

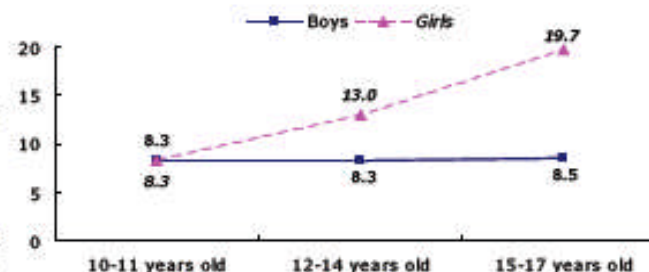
HBSC Ireland 2006 has found that 11.5% of children report dieting (8.3% of boys and 14.9% of girls), this figure has remained stable since 2002. The percentage of girls dieting is higher among older girls (8.3% of 10-11 year olds and 19.7% of 15-17 year olds), whereas the percentages of boys dieting remains stable across age groups. Children who report dieting are less likely to live with both parents, find it easy to talk to their parents, like school, have excellent health or be happy with their lives, and are more likely to report feeling pressured by schoolwork, and spending four or more evenings per week with friends. Dieting in this factsheet refers to children who report that they are on a diet or doing something to lose weight at present.

Why this topic?

Dieting is a prevalent behaviour among adolescents¹ and weight control practices can comprise a mixture of acceptable and less acceptable methods². Body image or self-perception of overweight are significant factors associated with adolescents' attempts to lose weight³. Inadequate dietary intake during adolescence can have serious short and long term health implications⁴. Dieting is also associated with low self-esteem and other negative psychological states⁵.

Trends 2002-2006

The overall percentage of children who report dieting has remained stable from 2002 (13.1%) to 2006 (11.5%). There has been a slight decrease among girls (17.9% to 14.9%), with figures for boys remaining stable (6.6% to 8.3%).



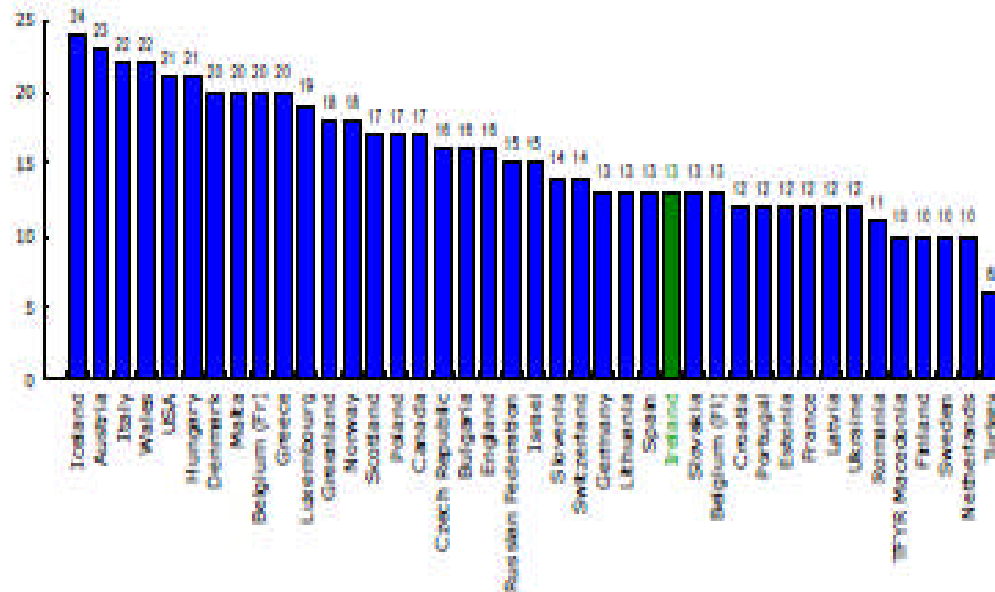
Percentage of children on a diet, by age and gender

Dieting in context

- Children who report dieting are less likely to live with both parents (77.9% vs. 80.9%) than those who do not.
- Children who report dieting are less likely to find it easy to talk to their mother (75.9% vs. 81.3%) and father (54.7% vs. 65.2%) than those who do not.
- Children who report dieting are more likely to spend more than four evenings a week with friends (46.2% vs. 41.7%) than those who do not.
- Children who report dieting are more likely to feel pressured by schoolwork (51.1% vs. 39.6%) and are less likely to like school (62.8% vs. 68.5%) than those who do not.
- Children who report dieting are less likely to report excellent health (19.4% vs. 35.2%) and being happy with their lives (38.0% vs. 51.1%) than those who do not.
- Dieting is not associated with social class.



...Dieting behaviour among schoolchildren in Ireland



Percentage of 15 year old children reporting they are on a diet, by country

HBSC Ireland is funded by the Health Promotion Policy Unit of the Department of Health and Children and the Office of the Minister for Children and Youth Affairs. We would like to thank all the children, teachers and schools who participated and acknowledge the contribution

International

Fifteen year old schoolchildren in Ireland (boys and girls together) are ranked 27th among 41 countries in Europe and North America with 13% reporting that they are dieting. Overall 11 year old children are ranked 38th (8% report being on a diet) and 13 year olds are ranked 31st

Implications

with lower levels of feeling happy with life and subjective health. School and other community settings have the potential to support healthy eating habits.

References

- Currie, C., Nic Gabhainn, S., Godeau, E., Roberts, C., Smith, R., Currie, D., Pickett, W., Richter, M., Morgan, A. & Barnekow, V. (eds.) (2008). *Inequalities in young people's health: HBSC International report from the 2005/2006 Survey*. Copenhagen: WHO Regional Office for Europe. (Health Policy for Children and Adolescents, No. 5).
- Ojala, K., Vereecken, C., Valimaa, R., Currie, C., Villberg, J., Tynjala, J. & Kannas, L. (2007). Attempts to lose weight among overweight and non-overweight adolescents: a cross-national survey. *International Journal of Behavioral Nutrition and Physical Activity*, 4(1), 50.
- Hill, A.J. (2006). Motivation for eating behaviour in adolescent girls: the body beautiful. *Proceedings of the Nutrition Society*, 65, 376-384.
- Van Kooten, M., de Ridder, D., Vollebbergh, W., & van Dorsselaer, S. (2007). What's so special about eating? Examining unhealthy diets of adolescents in the context of other health-related behaviours and emotional distress. *Appetite*, 48(3) 325-332.
- Siegel J.M. (2002). Body image change and adolescent depressive symptoms. *Journal of Adolescent Research*, 17, 27-41.



Where else is the data used?

- State of the Nation's Child report
- National reports on children's health
- WHO/HSBC Forum reports
- Health Divide in Europe report
- UNICEF reports
- EMCDDA
-



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How else can the data be used?

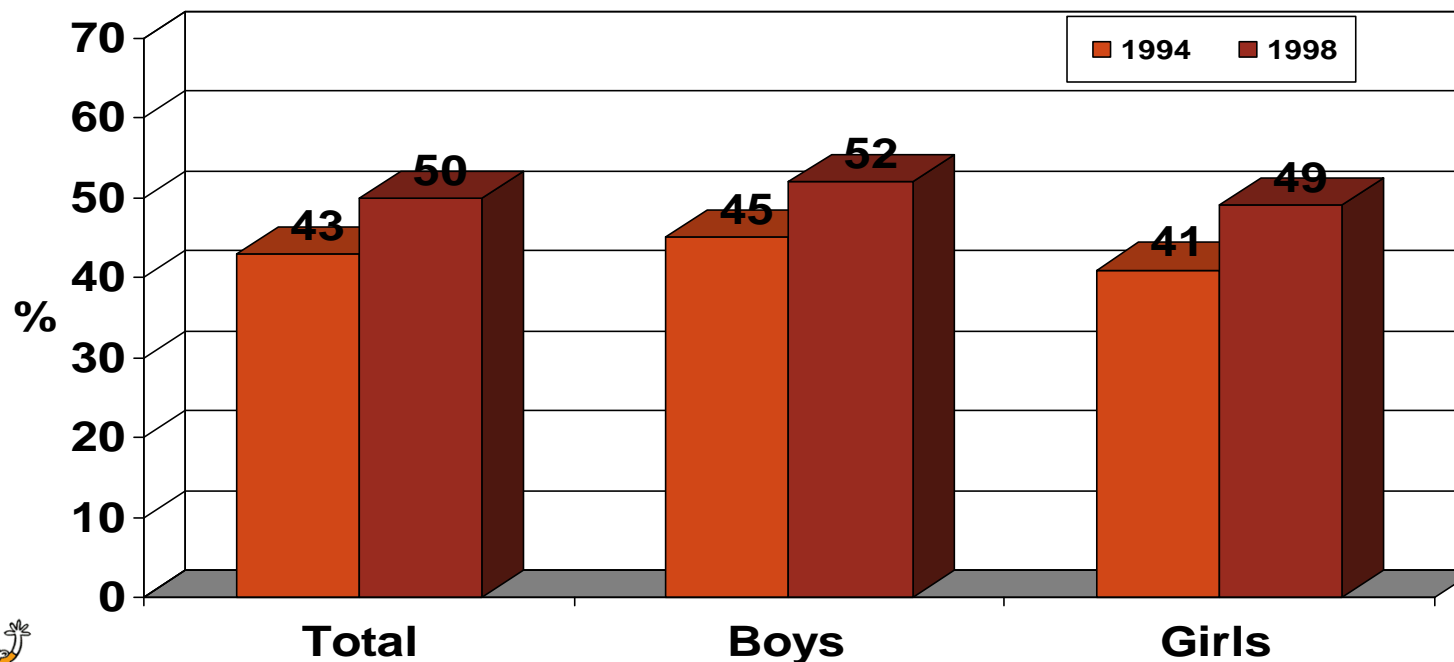




Working with the parents councils

- How often are you tired in the morning when you go to school?

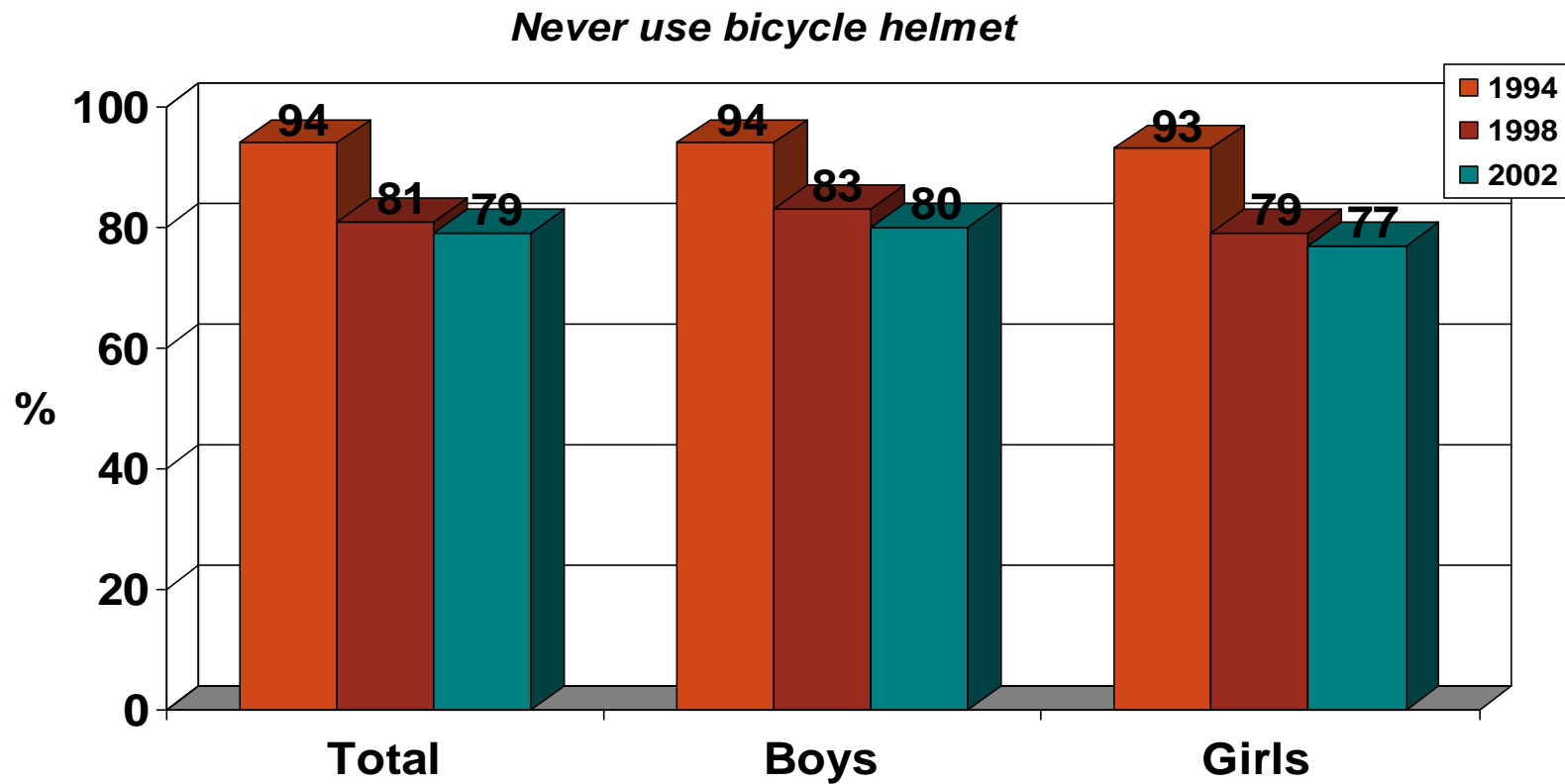
Feel tired on the way to school once a week or more





Monitoring interventions

- Helmet use:

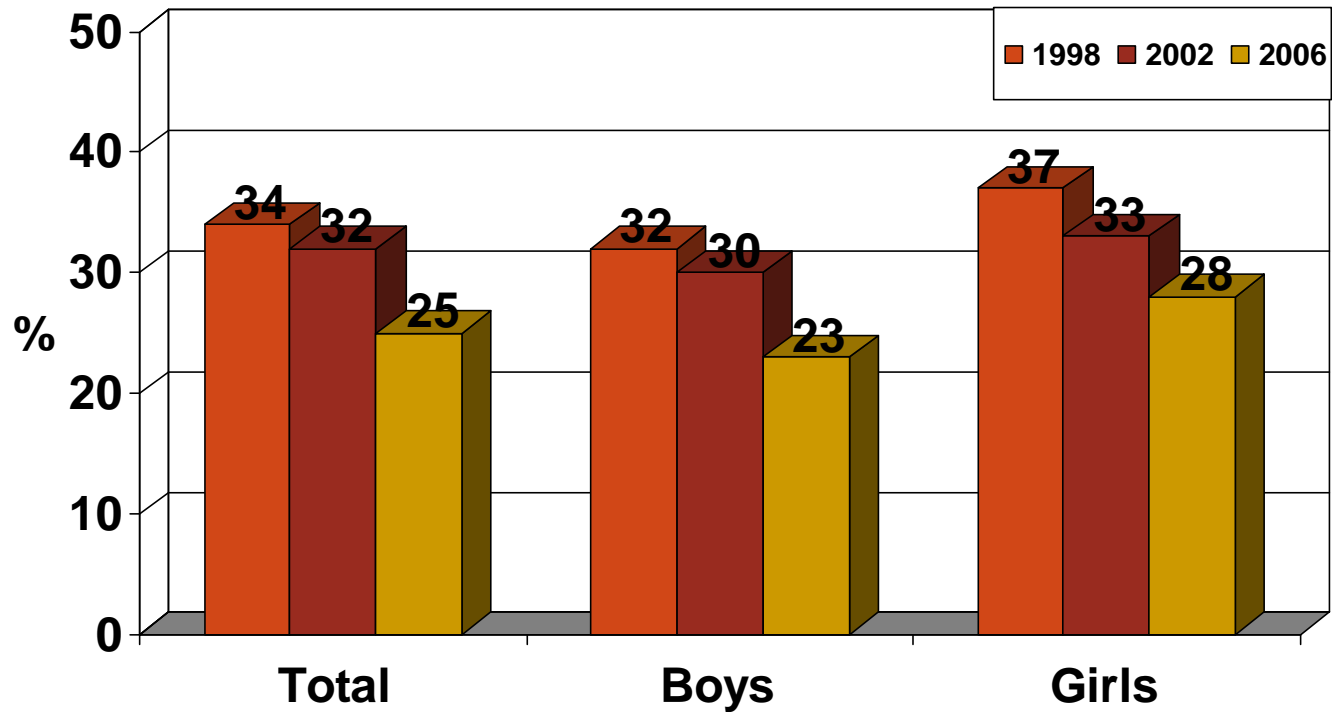




Looking at trends

- Smoking

15-17 year olds who are smokers

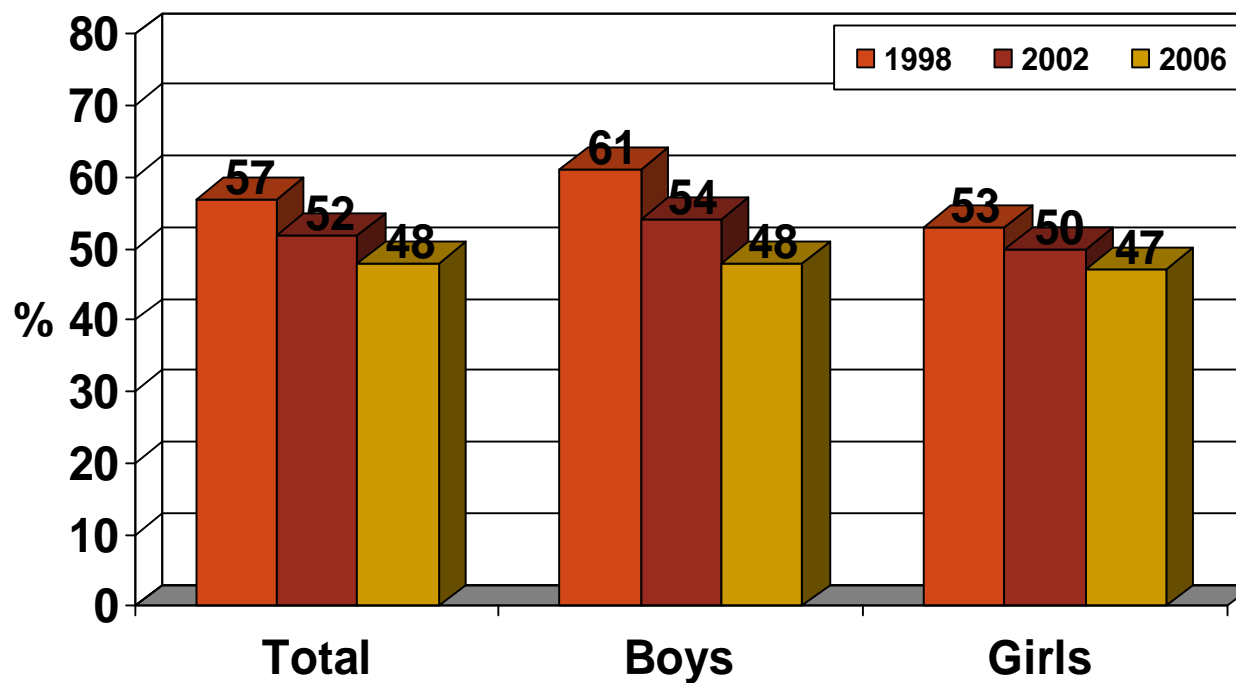




Looking at trends

- Drinking

15-17 year olds who drink monthly





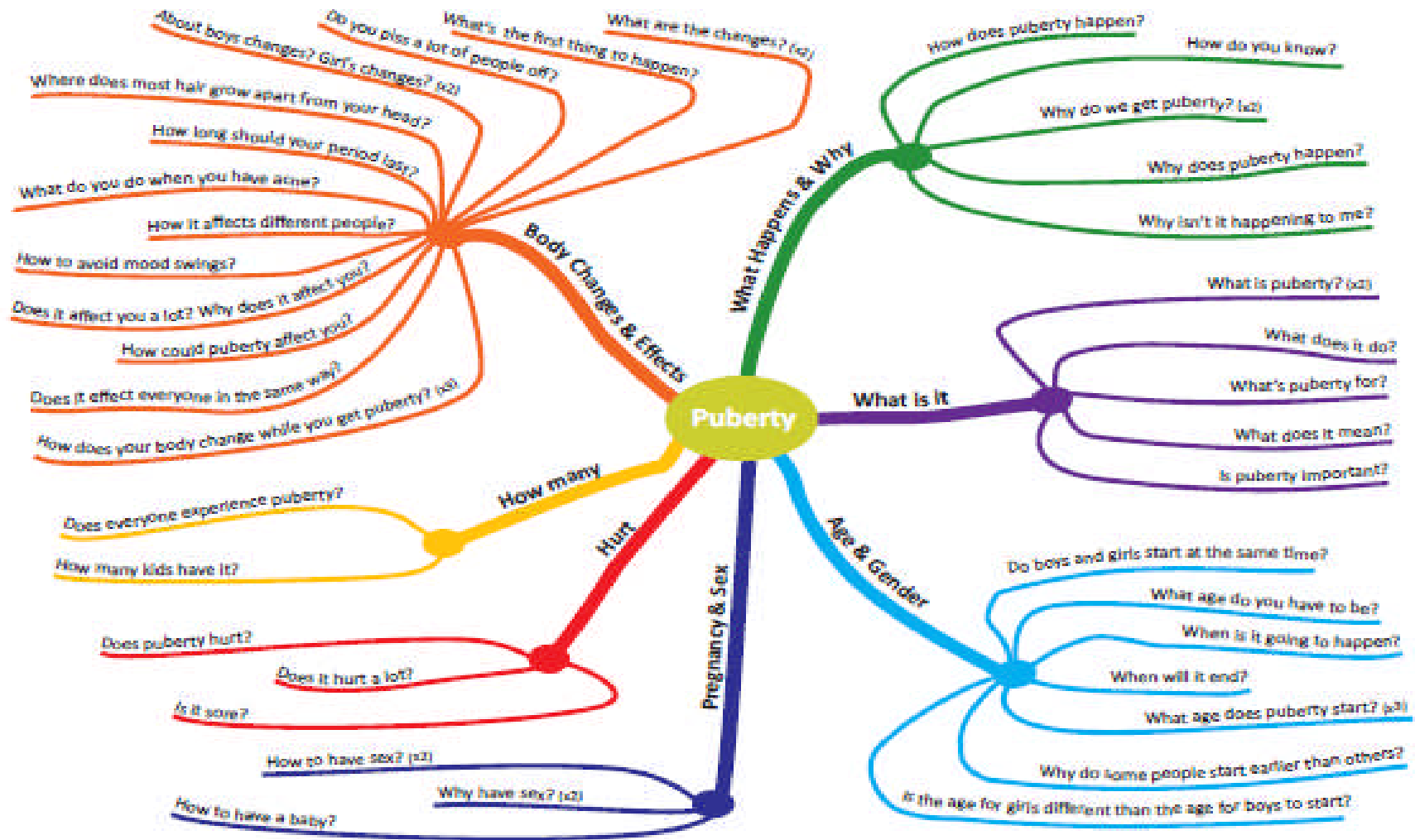
Spin - offs

- Child participation
- Food poverty
- Inequality report
- Children in care
- Immigrant children



Child report

B. Puberty was the second highest ranked HBSC topic





Short report services

- In addition to the reports and factsheets, HBSC Ireland provides a short report service
- The service responds to requests from voluntary, community and statutory groups for specific analyses of the HBSC Ireland dataset(s).
- <http://www.nuigalway.ie/hbsc/shortreports.html>



HBSC Ireland Short Report Inquiry Form

Name:
Organisation:
Contact details:
Phone:
Email:

Areas of interest:

General health	<input type="checkbox"/>	Physical activity	<input type="checkbox"/>
Tobacco	<input type="checkbox"/>	Drugs	<input type="checkbox"/>
Alcohol	<input type="checkbox"/>	Eating and dieting	<input type="checkbox"/>
Injury and Violence	<input type="checkbox"/>	Bullying	<input type="checkbox"/>
Leisure activities	<input type="checkbox"/>	School	<input type="checkbox"/>
Neighbourhood	<input type="checkbox"/>	Friends	<input type="checkbox"/>
Family	<input type="checkbox"/>		

Main research question :



Wrap up – HBSC study

- A big European study running for many years
- Growing reputation
- Multi-disciplinary team in Ireland
- Data are collected over long period of time
- Same methods employed
- Committed to working with policy makers
- Committed to improving children's lives



HBSC Ireland 20010

- Irish PI Saoirse Nic Gabhainn
- Funding from Health Promotion Policy Unit & Office of the Minister for Children, Dept. Health and Children and the Office of the Minister for Children and Youth Affairs
- Ethical Approval from NUIG Research Ethics Committee
- Support from Department of Education and Science





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Further details available....

- www.nuigalway.ie/hbsc
- www.hbsc.org
- Email: HBSC@nuigalway.ie

Thank you!

