



Health Behaviour in School-aged Children (HBSC)

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www.nuigalway.ie/hbsc



HBSC - background

- ⌘ A cross-national research study conducted in collaboration with the WHO Regional Office for Europe
- ⌘ HBSC was initiated in 1982 and is conducted every 4 years. Ireland has been involved since 1998
- ⌘ HBSC 2006 involved more than 180,000 children from 41 countries



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)

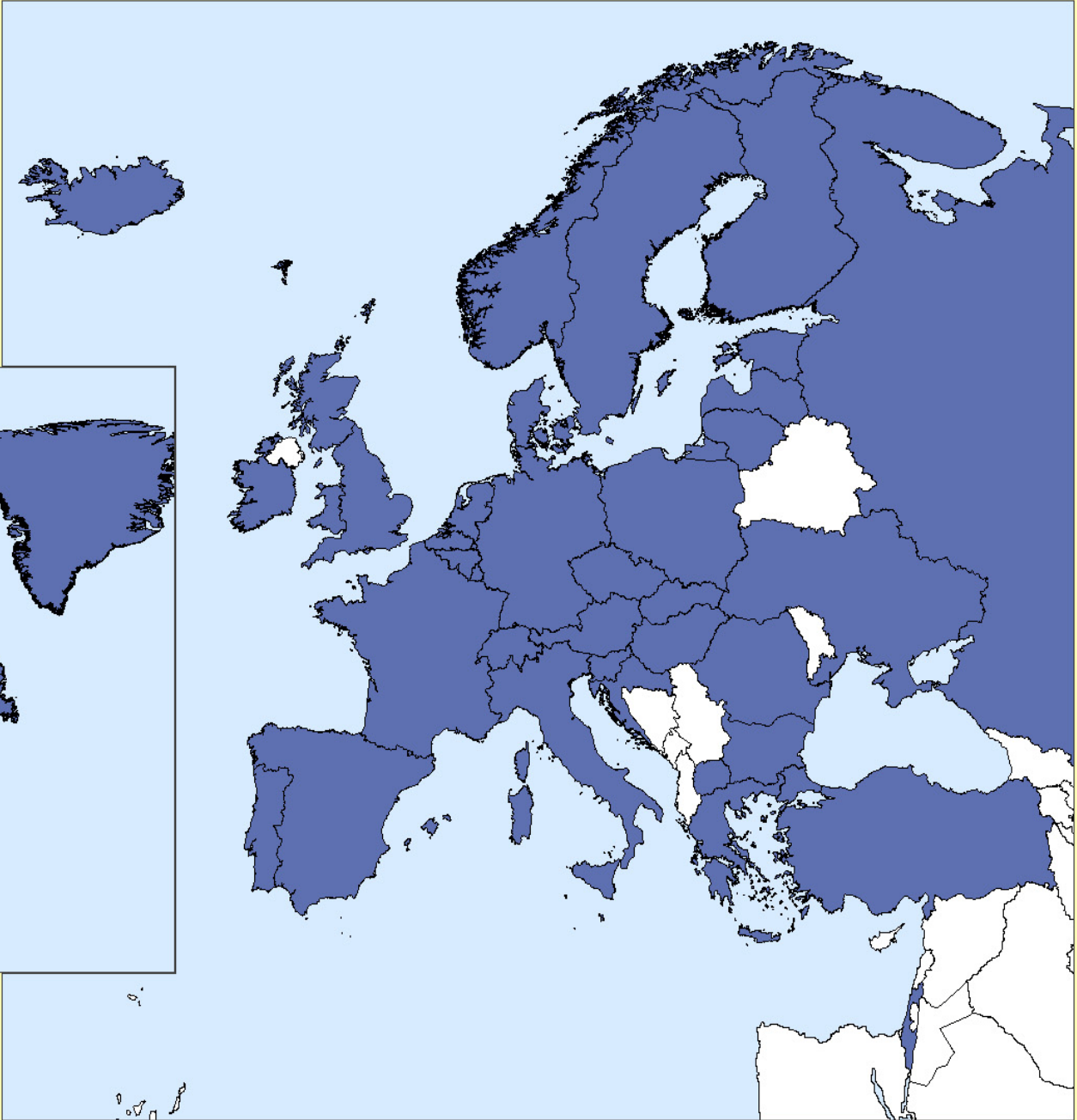
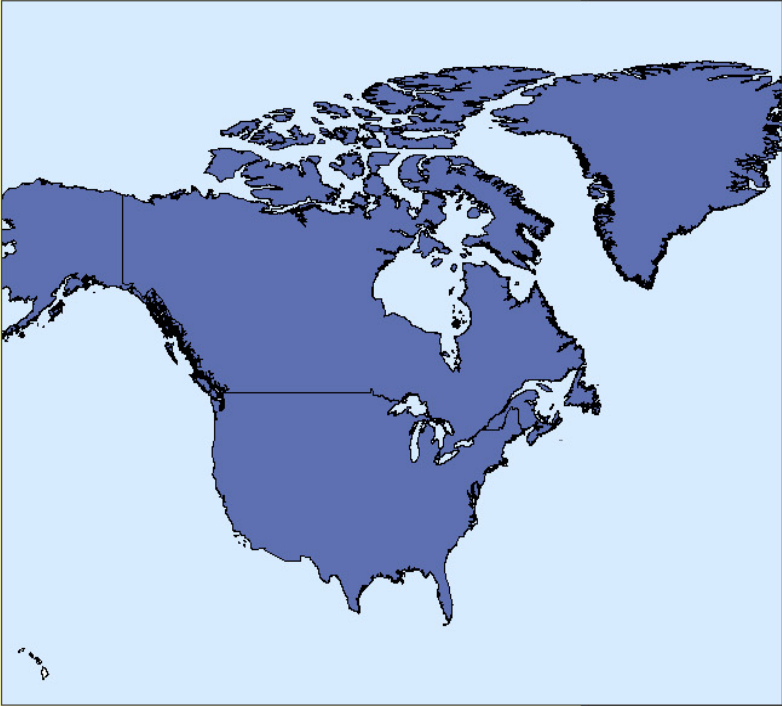


Growth of HBSC study: countries by survey year

1983/1984	1985/1986	1989/1990	1993/1994	1997/1998	2001/2002	2005/2006
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2005/06



The process - internationally

- ⌘ International Coordinating Centre – CAHRU - Edinburgh
- ⌘ Multidisciplinary groups of researchers debate and decide questionnaire content
- ⌘ Full protocol agreed - details issues of sampling, recruitment, question placement, administration, coding, cleaning, etc.
- ⌘ Questionnaires are back-translated and scrutinised (ICC)
- ⌘ Sampling plans are submitted in advance
- ⌘ Sample size in each country: minimum of 4,500 (1,500 per age group - age 11.5, 13.5 and 15.5)
- ⌘ Data entry conducted nationally; data cleaning performed at data bank
- ⌘ Norwegian Social Science Data Services (NSD) at the University of Bergen in Norway - Data Bank Manager.



Survey instrument

Health and behaviour

- ⌘ Perceived health, well-being and life satisfaction
- ⌘ Smoking, drinking & cannabis use
- ⌘ Physical activity and sedentary behaviour
- ⌘ Eating and dieting
- ⌘ Body image
- ⌘ Height and weight
- ⌘ Sexual behaviour
- ⌘ Bullying and fighting
- ⌘ Injuries

Social and developmental context

- ⌘ Family structure and relationships
- ⌘ School environment and relationships
- ⌘ Peer relations and social behaviour
- ⌘ Socioeconomic circumstances
- ⌘ Pubertal development
- ⌘ Local area

Mandatory, optional and national questions.....

HBSC Ireland-how it works

- ☒ Participate in the International HBSC network
- ☒ Liaise with national stakeholders
- ☒ Lobby for study funding and recognition
- ☒ Design study instruments and sampling
- ☒ Ensure that study procedures are ethically acceptable and scientifically valid
- ☒ Collect data from a representative sample of school-children in Ireland
- ☒ Data analyses, write reports, peer review journal articles, etc.
- ☒ Disseminate to the public - PR
- ☒ Respond to data requests - children, parents, researchers, organisations



HBSC 2010 – in process

- ⌘ Funding from Health Promotion Policy Unit & Office of the Minister for Children and Youth Affairs, Dept. Health and Children – includes Middle Childhood survey
- ⌘ Ethical Approval from NUIG Research Ethics Committee - in process
- ⌘ International protocol to be adhered to – for entry into international databank
- ⌘ Questionnaire development ongoing
 - ☑ Piloting of optional, national & sexual behaviour questions
- ⌘ Child Advisory group - established



HBSC Ireland 2010

- ⌘ Representative sample of school-aged children in the Republic of Ireland – drawn up
- ⌘ Schools contacted by post before Christmas with info on HBSC
- ⌘ Recruitment - Letters, phone calls, email, letters, phone calls, email.....never give up or loose hope!!
- ⌘ Admin work – packing, labelling, posting of Questionnaires, info sheets, letters to parents, consent forms, teacher info sheets.....etc
- ⌘ Maintaining database of schools – no. of students, no. of contacts, refusals, lost post, delays, returns.....etc, etc



Future work

- Second pilot of Questionnaire – timing
- Contact & follow-up schools
- Collect & input data
- Deposit data in HBSC data bank, University of Bergen, Norway
- Data analysis
- Report writing
- Other dissemination



Principles – HBSC

⌘ Aim: To improve children's lives

☑ Honour the children

☒ Recognising data ownership

☒ Working with the data as fully as we can

☒ Believing in the data and the stories it tells

☑ Share the knowledge

☒ Dissemination - research, teaching, policy, etc.

☑ Health Promoting

☒ Equity, participation, empowerment

☒ Targeting the action areas of Health Promotion



Team members

- ⌘ Dr Saoirse Nic Gabhainn-PI
 - ⌘ Dr Michal Molcho-Deputy PI
 - ⌘ Siobhan O'Higgins
 - ⌘ Larri Walker
 - ⌘ Aoife Gavin
 - ⌘ Priscilla Doyle
 - ⌘ Gail Cummins
 - ⌘ Geraldine Nolan
 - ⌘ Christina Murphy
 - ⌘ Peter Manley
 - ⌘ Susan Spillane
 - ⌘ Diana Frasilho Guerreiro
- Prof Candace Currie & team, International Co-ordinating Centre, Scotland
 - HBSC network of researchers
 - Schools & children
- ⌘ Viv Batt
 - ⌘ Christina Costello



Further details available....

⌘ www.nuigalway.ie/hbsc

⌘ www.hbsc.org

⌘ Email: HBSC@nuigalway.ie

