Health Behaviour in School-aged Children (HBSC)

A World Health Organization Collaborative Study

May 2017
Presentation outline

- HBSC Background
- HBSC Methods
- Framework
- Findings
- Dissemination
HBSC background

- Collaborative study with the WHO European Region
- Initiated by 4 countries in 1982
- 42 countries and regions collected data in 2014
- Temporal trends presented for the second time
HBSC objectives

- To contribute to theoretical and methodological developments
- To compare health of school-aged children in member countries
- To monitor health of school-aged children over time
- To develop partnerships with relevant external agencies
- To establish and strengthen a multi-disciplinary network
- To provide an international source of expertise and intelligence
- To disseminate findings, contribute to practice and policy
Study growth over time
HBSC Ireland

• Five 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
  • 2014 $n=13,611$; 3rd class to 5th year; 9-17 year olds

• Trends 1998 – 2014
  • 5th class to 5th year; 10-17 year olds
  • Items that were used in each cycle 1998-2014 or since 2002
<table>
<thead>
<tr>
<th>SES</th>
<th>Gender</th>
<th>Age</th>
<th>Social Class</th>
<th>Ethnicity</th>
</tr>
</thead>
</table>

**Children’s lives**

<table>
<thead>
<tr>
<th>Contexts:</th>
<th>Risk behaviours:</th>
<th>Health outcomes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Drinking, Smoking…</td>
<td>Well being</td>
</tr>
<tr>
<td>School</td>
<td>Health enhancing behaviours:</td>
<td>Life satisfaction</td>
</tr>
<tr>
<td>Peers</td>
<td>Physical activity</td>
<td>Self rated health</td>
</tr>
<tr>
<td></td>
<td>Leisure activity…</td>
<td>…</td>
</tr>
</tbody>
</table>

[Image of the diagram showing contexts, risk behaviours, and health outcomes]
HBSC methods

- Research protocol developed by the network
- Class as the sampling unit
- Nationally representative samples
- Self-report, self-completion questionnaires
- Testing for significance
- Same methods used in all five cycles
2017 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
Findings
Main trends

The good news

- Increases in fruit consumption, tooth brushing, use of seatbelt, excellent health, communication with mother, father and friends of the same sex, liking school and local area has good places to spend free time

- Decreases in smoking, drunkenness, cannabis use, bullying others, early initiation of smoking and drinking alcohol
The less good news

- Increases feeling pressured by school work, feeling low, headache, dieting and medically attended injury
- Decreases in having three or more close friends of the same sex and reporting they could ask for help from a neighbour
- No changes in vigorous physical activity, being happy with life, life satisfaction, organising school events, feeling safe in local area.
Health Behaviours
Current smoking

International ranking has improved from 12th-25th / 26
Early smoking initiation

![Chart showing early smoking initiation]

- Significant decreases
- No international comparisons
Ever been drunk

International ranking is relatively stable

18th (1998)
21st (2002)
17th (2006)
17th (2010)
21st (2014)
Bullying others once or more

Significant decrease

International ranking has been stable overall from 20th-20th of 26
Fruit consumption more than daily

Significant increases

International ranking has been stable overall

from 6th - 5th of 26
Always use seatbelt

Significant increases

No international comparisons
Vigourous exercise (4+ times per week)

Inconsistent patterns

1998-2002: decrease
2002-2006: increase
2006-2010: decrease
2010-2014: stable

Ranked 4th overall in 2014
Health Outcomes

Physical Health Outcomes

Positive Health Outcomes
Excellent health

Significant increase

International ranking has remained stable

from 15th to 14th of 26
Happy with life at present

<table>
<thead>
<tr>
<th>Year</th>
<th>Overall</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998</td>
<td>88.1</td>
<td>90.2</td>
<td>85.9</td>
</tr>
<tr>
<td>2002</td>
<td>90.0</td>
<td>88.8</td>
<td>91.2</td>
</tr>
<tr>
<td>2006</td>
<td>91.2</td>
<td>92.7</td>
<td>89.5</td>
</tr>
<tr>
<td>2010</td>
<td>90.8</td>
<td>92.1</td>
<td>89.4</td>
</tr>
<tr>
<td>2014</td>
<td>88.9</td>
<td>85.4</td>
<td>92.2</td>
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</tbody>
</table>

Stable pattern
No international comparisons
Felt low weekly over last six months

Significant increases

International ranking has improved

from 21st to 9th of 26
Medically attended injuries

Significant increases
International ranking has improved from 12th - 18th of 26
Contexts of Children’s Lives

School  Peers

Family  Locality
Positive communication with parents

International rankings have improved

Mothers: 23\textsuperscript{th}-15\textsuperscript{th} of 26

Fathers: 25\textsuperscript{th}-14\textsuperscript{th} of 26
4+ evenings out with friends per week

Stable pattern

International rankings have been stable

12th-10th of 26
Liking school

Significant increases
International rankings have decreased

11th-22nd of 26
Pressured by schoolwork

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<tr>
<td>1998</td>
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<td>34.7</td>
<td>31.1</td>
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<td>34.4</td>
<td>35.5</td>
<td>33.3</td>
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<tr>
<td>2006</td>
<td>39.2</td>
<td>40.7</td>
<td>37.8</td>
</tr>
<tr>
<td>2010</td>
<td>38.8</td>
<td>41.5</td>
<td>36.2</td>
</tr>
<tr>
<td>2014</td>
<td>42.9</td>
<td>47.3</td>
<td>38.6</td>
</tr>
</tbody>
</table>

Significant increases in International rankings have increased from 11th to 3rd of 26.
Good places to spend free time in local area

Significant increases

No international comparisons
HBSC Ireland team members

- Prof. Saoirse Nic Gabhainn
- Dr. Colette Kelly
- Dr. Michal Molcho
- Dr. Eimear Keane
- Ms. Aoife Gavin
- Ms. Catherine Perry
- Ms. Mary Callaghan
- Ms. Lorraine Burke
- Ms. Larri Walker
Dissemination of Irish data since 1998

- 87 reports (national and international)
- 132 journal articles
- 7 books or book chapters
- >200 conference presentations
- 45 short reports
- >80 Factsheets
- 38 other reports
- 12 interactive data visualisations
64 national factsheets
17 international factsheets
For a full list of papers, books, reports, factsheets and presentations from HBSC Ireland 1994-2017 see: [www.nuigalway.ie/hbsc](http://www.nuigalway.ie/hbsc)
Contact us

HBSC Ireland website: [www.nuigalway.ie/hbsc](http://www.nuigalway.ie/hbsc)

HBSC International website: [www.hbsc.org](http://www.hbsc.org)

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Acknowledgements ...

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- The HBSC National Advisory Committee
- The Department of Children and Youth Affairs and the Department of Education and Skills
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- Professor Candace Currie and Dr. Jo Inchley, International Coordinators of HBSC, University of St. Andrews, Scotland
- Professor Oddrun Samdal, Data Bank Manager, University of Bergen, Norway
- All members of the international HBSC network (see hbsc.org)
- All researchers and students who have worked with us since 1997
Thank you