HBSC IRELAND 2014
NATIONAL REPORT LAUNCH
December 2015
Presentation Outline

- Background
- Methodology
- Results
- Summary
Collaborative study with WHO European Region

Initiated in 4 countries

44 countries and regions in 2014

Irish data collected over five cycles since 1994
### 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, leisure activity...</td>
<td>Self rated health</td>
</tr>
<tr>
<td>Locality</td>
<td></td>
<td>Symptoms</td>
</tr>
</tbody>
</table>

**HBSC Conceptual Framework**

- Age
- Gender
- SES
- Ethnicity

[Image of the framework](image-url)
HBSC Methodology

- Research protocol developed by the network
- International and national questions
- Self-administered questionnaires
- Response rates (230 schools / 13,611 children)
HBSC 2014 – what’s new?

• New topics and items
  Cyberbullying, first sexual intercourse
  (WHO/HBSC network)

• Additional questions around tobacco
  Exposure, purchasing, packaging
  (F. Howell, DOH)

• Child developed questions
  Comhairle na nÓg and Primary Schools
  (A. O’Donnell and team, DCYA)
## Changes from 2010

### Good news

<table>
<thead>
<tr>
<th>Increase</th>
<th>Never drinking; fruit and vegetable consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decrease</td>
<td>Ever smoked; current smoking; drunkenness; sweets and soft drink consumption; physical fight; bullying others</td>
</tr>
</tbody>
</table>

### Not-so-good news

<table>
<thead>
<tr>
<th>Increase</th>
<th>Ever injured</th>
</tr>
</thead>
<tbody>
<tr>
<td>No change</td>
<td>Skipping breakfast; going to school or to bed hungry; physical activity</td>
</tr>
</tbody>
</table>
General Health and Wellbeing

- **Excellent Health**
  - 2010: 32%
  - 2014: 34%

- **Happiness**
  - 2010: 50%
  - 2014: 47%

- **Life satisfaction**
  - 2010: 76%
  - 2014: 76%
Life Satisfaction

Figure 5: Percentages of boys who report high life satisfaction

Figure 6: Percentages of girls who report high life satisfaction
Child developed questions

- **Love family**: 84% Boys, 89% Girls (10 to 14 year olds)
- **Hobbies**: 94% Boys, 92% Girls (10 to 14 year olds)
- **Comfortable with friends**: 72% Boys, 68% Girls (12 to 17 year olds)
- **Self-confident**: 66% Boys, 35% Girls (12 to 17 year olds)
Figure 7: Percentages of 12-17 year old boys and girls who report always or often being self-confident.
Ever smoked

Figure 11: Percentages of boys who report ever smoking tobacco

Figure 12: Percentages of girls who report ever smoking tobacco
Smoking – Behaviour, Exposure and Access

- Easy to buy cigarettes: 33% boys, 26% girls
- Easy to get someone else to buy cigarettes: 58% boys, 59% girls
- Perceived over half their peers smoke: 22% boys, 31% girls
Exposure to second-hand smoke

Exposure to second-hand smoke at home
Overall, 12% of children report that adults are allowed to smoke in their house with a further 5% reporting that there are no rules of restrictions on smoking in their house.

Exposure to second-hand smoke in the family car
Overall, 16% of children report that adults are allowed to smoking in the family car as long as the window is down, with a further 3% reporting that there are no rules or restrictions on smoking in the family car.
Never drink alcohol: 52% (2010) to 58% (2014)

Had alcohol in past 30 days: 22% (2010) to 20% (2014)

Drunkenness: 31% (2010) to 21% (2014)

Drunk in past 30 days: 20% (2010) to 10% (2014)
Been drunk in the last 30 days

Figure 24: Percentages of boys who report having been drunk in the last 30 days

Figure 25: Percentages of girls who report having been drunk in the last 30 days
Drug Use

Figure 26: Percentages of boys reporting cannabis use in the last 12 months

Figure 27: Percentages of girls reporting cannabis use in the last 12 months
Food and Dietary Behaviours

- **Fruit**: 20% (2010) to 23% (2014)
- **Vegetables**: 20% (2010) to 22% (2014)
- **Sweets**: 37% (2010) to 27% (2014)
- **Soft drinks**: 21% (2010) to 13% (2014)
Figure 30: Percentages of boys who report eating fruit more than once a day

Figure 31: Percentages of girls who report eating fruit more than once a day
Soft drink consumption

Figure 36: Percentages of boys who report drinking soft drinks daily or more

Figure 37: Percentages of girls who report drinking soft drinks daily or more
Going to school/bed hungry

Figure 40: Percentages of boys who report ever going to school/bed hungry

Figure 41: Percentages of girls who report ever going to school/bed hungry
Exercise and Physical Activity

- **Vigorous exercise >4 times/week**: 50% in 2010, 52% in 2014
- **Physical Inactivity**: 10% in 2010, 9% in 2014
- **Physically active on 7 days in the last week**: 24% in 2010, 23% in 2014
Physically active on 7 days of the last week

Figure 49: Percentages of boys who report being physically active on 7 days in the last week

Figure 50: Percentages of girls who report being physically active on 7 days in the last week
Fighting and Bullying

- Physical fight: 34% (2010) vs 29% (2014)
- Bullied others: 16% (2010) vs 13% (2014)
Figure 64: Percentages of boys and girls who report ever being bullied in the past couple of months by being sent mean messages.
Cyber bullying – unflattering pictures

Figure 65: Percentages of boys and girls who report ever being bullied in the past couple of months by someone posting unflattering or inappropriate pictures of them online without permission.
Figure 66: Percentages of 15-17 year olds who report having ever had sex, by gender
Contraception Use

Figure 67: Percentages of 15-17 year olds who report using the birth control pill, by gender (of those who have ever had sex)

Figure 68: Percentages of 15-17 year olds who report using condoms, by gender (of those who have ever had sex)
## Summary

### Good news

<table>
<thead>
<tr>
<th>Increase</th>
<th>Never drinking; fruit and vegetable consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decrease</td>
<td>Ever smoked; current smoking; drunkenness; sweets and soft drink consumption; physical fight; bullying others</td>
</tr>
</tbody>
</table>

### Not-so-good news

<table>
<thead>
<tr>
<th>Increase</th>
<th>Ever injured</th>
</tr>
</thead>
<tbody>
<tr>
<td>No change</td>
<td>Skipping breakfast; going to school or to bed hungry; physical activity</td>
</tr>
</tbody>
</table>
PROJECT TEAM

Health Promotion Research Centre, National University of Ireland, Galway

Dr Saoirse Nic Gabhaimn
Dr Colette Kelly
Dr Michal Molcho
Ms Lorraine Burke
Ms Mary Callaghan
Ms Natasha Clarke
Ms Maureen D'Eath
Ms Kathy Ann Fox
Ms Aoife Gavin
Ms Helen Grealish
Ms Yetunde John Akinola
Dr Eimear Keane
Ms Ursula Kenny
Ms Catherine Perry
Ms Larri Walker

Principal Investigator, HBSC Ireland
Co-Principal Investigator, HBSC Ireland
Co-Principal Investigator, HBSC Ireland
Researcher
Researcher
Researcher
Researcher
Researcher
Researcher
Researcher / Survey Manager
PhD Student
PhD Student
Post-Doctoral Researcher
PhD Student
Researcher
Research Assistant

Advisory Committee

Dr Patricia Clarke
Ms Catriona Connolly
Dr Sean Denyer
Dr John Devlin
Dr Cate Hartigan
Dr Fenton Howell
Mr Liam McCormack
Dr Miriam Owens

Health Research Board
Department of Health
Departments of Health/Children and Youth Affairs
Department of Health
Health Services Executive
Department of Health
Department of Health
Department of Health
ACKNOWLEDGEMENTS

The children and parents who consented and participated, the teachers and school staffs who facilitated their participation.

All children and young people, teachers, participation officers, Comhairle na nÓg and DCYA staff who participated in the child participation initiative.

International Co-ordinator: Professor C. Currie, University of St.Andrews, Scotland.

International Databank Manager: Professor O. Samdal, University of Bergen, Norway.

The Department of Health; The Department of Children and Youth Affairs; The Department of Education and Science.

We would also like to thank Ms Priscilla Doyle, Ms Jessica D’Eath, Mr Eamon O Broith, Ms Anne O’Sullivan, Ms Leah Albertini, Mr Martin Javornicky, Ms Nathalia Cerca, Mr Jakub Gajewski, Ms Ciara Walsh, Dr Honor Young, Mr Huthaifa Kazim, Ms Laura Kiersey, Ms Clare Conte, Ms Arlene Molloy, Ms Cathie Clare, Dr Viv Batt and all other NUI Galway staff and services.

Data Entry: Amarach, Co.Dublin and Ms Larri Walker, HPRC

Report design and Layout: Mr Rob Smyth
Contact HBSC Ireland
hbsc@nuigalway.ie

HBSC Ireland Website
www.nuigalway.ie/hbsc

HBSC International Website
www.hbsc.org
Thank you.
Excellent Health

Figure 1: Percentages of boys who report their health is excellent

Figure 2: Percentages of girls who report their health is excellent
Happiness

Figure 3: Percentages of boys who report feeling very happy about their lives at present

Figure 4: Percentages of girls who report feeling very happy about their lives at present
Figure 5: Percentages of boys who report high life satisfaction

Figure 6: Percentages of girls who report high life satisfaction
Figure 7: Percentages of 12-17 year old boys and girls who report always or often being self-confident.
Figure 8: Percentages of 12-17 year old boys and girls who report always feeling comfortable being themselves while with friends.
Figure 9: Percentages of 10-14 year old boys and girls who report they always love their family.
Figure 10: Percentages of 10-14 year old boys and girls who report they engage in their hobbies weekly or more frequently.
Figure 11: Percentages of boys who report ever smoking tobacco

Figure 12: Percentages of girls who report ever smoking tobacco
Figure 13: Percentages of boys who report they are current smokers

Figure 14: Percentages of girls who report they are current smokers
Table 18: Percentages of children who report rules or restrictions on cigarette smoking in the house

<table>
<thead>
<tr>
<th></th>
<th>10-11 years</th>
<th>12-14 years</th>
<th>15-17 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>No one is allowed to smoke inside or outside the house</td>
<td>41%</td>
<td>35%</td>
<td>31%</td>
</tr>
<tr>
<td>No one is allowed to smoke inside, but outside is OK</td>
<td>42%</td>
<td>41%</td>
<td>43%</td>
</tr>
<tr>
<td>Adults are allowed to smoke anywhere in the house</td>
<td>2%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Adults are allowed to smoke in some rooms</td>
<td>4%</td>
<td>7%</td>
<td>8%</td>
</tr>
<tr>
<td>There are no rules or restrictions on smoking</td>
<td>2%</td>
<td>3%</td>
<td>6%</td>
</tr>
<tr>
<td>Something else (open-ended)</td>
<td>8%</td>
<td>9%</td>
<td>7%</td>
</tr>
</tbody>
</table>
Table 19: Percentages of children who report rules or restrictions on cigarette smoking in the family car

<table>
<thead>
<tr>
<th>Option</th>
<th>10-11 years</th>
<th>12-14 years</th>
<th>15-17 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>No one is allowed to smoke</td>
<td>69%</td>
<td>63%</td>
<td>59%</td>
</tr>
<tr>
<td>Smoking is allowed as long as the window is down</td>
<td>13%</td>
<td>16%</td>
<td>16%</td>
</tr>
<tr>
<td>There are no rules or restrictions</td>
<td>1%</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>I never drive in cars with people who smoke</td>
<td>8%</td>
<td>8%</td>
<td>10%</td>
</tr>
<tr>
<td>Don’t know</td>
<td>9%</td>
<td>11%</td>
<td>12%</td>
</tr>
</tbody>
</table>
Figure 15: Percentages of 12-17 year old boys who report it is either easy or difficult to buy cigarettes or get someone else to buy cigarettes for them

Figure 16: Percentages of 12-17 year old girls who report it is either easy or difficult to buy cigarettes or get someone else to buy cigarettes for them
Figure 17: Perceived level of regular cigarette smoking in peers reported by children aged 12-17 years, by current smoking status.
Figure 17: Perceived level of regular cigarette smoking in peers reported by children aged 12-17 years, by current smoking status.

- **Current smoker**
  - 0%: 1
  - 1-20%: 30
  - 21-40%: 19
  - 41-60%: 31
  - 61-80%: 26
  - 81-100%: 10
- **Not current smoker**
  - 0%: 2
  - 1-20%: 13
  - 21-40%: 27
  - 41-60%: 25
  - 61-80%: 12
  - 81-100%: 4

Estimated proportion of peers who regularly smoke.
Figure 18: Percentages of boys who report never having had an alcoholic drink

Figure 19: Percentages of girls who report never having had an alcoholic drink
Figure 20: Percentages of boys who report having had an alcoholic drink in the last 30 days

Figure 21: Percentages of girls who report having had an alcoholic drink in the last 30 days
Figure 22: Percentages of boys who report having been ‘really drunk’

Figure 23: Percentages of girls who report having been ‘really drunk’
Figure 24: Percentages of boys who report having been drunk in the last 30 days

Figure 25: Percentages of girls who report having been drunk in the last 30 days
Figure 26: Percentages of boys reporting cannabis use in the last 12 months

Figure 27: Percentages of girls reporting cannabis use in the last 12 months
Figure 28: Percentages of boys reporting cannabis use in the last 30 days

Figure 29: Percentages of girls reporting cannabis use in the last 30 days
Figure 30: Percentages of boys who report eating fruit more than once a day

Figure 31: Percentages of girls who report eating fruit more than once a day
Figure 32: Percentages of boys who report eating vegetables more than once a day

Figure 33: Percentages of girls who report eating vegetables more than once a day
Figure 34: Percentages of boys who report eating sweets daily or more

Figure 35: Percentages of girls who report eating sweets daily or more
Figure 36: Percentages of boys who report drinking soft drinks daily or more

Figure 37: Percentages of girls who report drinking soft drinks daily or more
Figure 38: Percentages of boys who report not having breakfast on weekdays

Figure 39: Percentages of girls who report not having breakfast on weekdays
Figure 40: Percentages of boys who report ever going to school/bed hungry

Figure 41: Percentages of girls who report ever going to school/bed hungry
Figure 42: Percentages of boys who report currently trying to lose weight

Figure 43: Percentages of girls who report currently trying to lose weight
Figure 44: Factors influencing body image in 12-17 year olds and examples of responses/quotes provided by the children

Self-perception

Peers
- Depends on the occasion
- Family
- "TV, how my clothes fit, what size some of my clothes are"
- "When I look in the mirror or weigh myself. Or sometimes when I eat"
- "Other girls in my class and my older sister"
- "Other girls! Intimidation is the key for me to feel fat"
- "When I see pictures of celebrities who have nice figures or when I see my friends who have nice figures"
- My skin
- Compliments

Other People
- How I look in pictures
- Being lazy

Physical Activity and Food
- Nothing
- Photo-shopped images

The Media
- "When I see pictures of celebrities who have nice figures or when I see my friends who have nice figures"
Figure 45: Percentages of boys who report participating in vigorous exercise four or more times per week

Figure 46: Percentages of girls who report participating in vigorous exercise four or more times per week
Figure 47: Percentages of boys who report participating in vigorous exercise less than weekly

Figure 48: Percentages of girls who report participating in vigorous exercise less than weekly
Figure 49: Percentages of boys who report being physically active on 7 days in the last week

Figure 50: Percentages of girls who report being physically active on 7 days in the last week
Figure 51: Percentages of 10-14 year old boys and girls who report playing with a club.
Figure 52: Percentages of boys who report brushing their teeth more than once a day

![Chart showing percentages of boys brushing teeth more than once a day by age group and year.]

Figure 53: Percentages of girls who report brushing their teeth more than once a day

![Chart showing percentages of girls brushing teeth more than once a day by age group and year.]

Figure 54: Percentages of boys who report always wearing a seatbelt

Figure 55: Percentages of girls who report always wearing a seatbelt
Figure 56: Percentages of boys who report ever being injured in the last 12 months

Figure 57: Percentages of girls who report ever being injured in the last 12 months
Figure 58: Percentages of boys who report ever being in a physical fight in the last 12 months

Figure 59: Percentages of girls who report ever being in a physical fight in the last 12 months
Figure 60: Percentages of boys who report ever bullying others in the past couple of months

Figure 61: Percentages of girls who report ever bullying others in the past couple of months
Figure 62: Percentages of boys who report ever being bullied in school in the past couple of months

Figure 63: Percentages of girls who report ever being bullied in school in the past couple of months
Figure 64: Percentages of boys and girls who report ever being bullied in the past couple of months by being sent mean messages

- **Boys (10-11):** SC1-2 = 7, SC3-4 = 5, SC5-6 = 8
- **Boys (12-14):** SC1-2 = 10, SC3-4 = 9, SC5-6 = 8
- **Boys (15-17):** SC1-2 = 10, SC3-4 = 11, SC5-6 = 9
- **Girls (10-11):** SC1-2 = 6, SC3-4 = 10, SC5-6 = 10
- **Girls (12-14):** SC1-2 = 14, SC3-4 = 16, SC5-6 = 17
- **Girls (15-17):** SC1-2 = 19, SC3-4 = 20, SC5-6 = 24
Figure 65: Percentages of boys and girls who report ever being bullied in the past couple of months by someone posting unflattering or inappropriate pictures of them online without permission.
Figure 66: Percentages of 15-17 year olds who report having ever had sex, by gender

[Bar chart showing percentages of boys and girls who have had sex, with data for 2010 and 2014.]

- **Boys:**
  - SC1-2 2010: 19%
  - SC3-4 2010: 34%
  - SC5-6 2010: 22%
  - SC1-2 2014: 26%
  - SC3-4 2014: 26%
  - SC5-6 2014: 29%

- **Girls:**
  - SC1-2 2010: 13%
  - SC3-4 2010: 24%
  - SC5-6 2010: 26%
  - SC1-2 2014: 18%
  - SC3-4 2014: 21%
  - SC5-6 2014: 27%
Figure 67: Percentages of 15-17 year olds who report using the birth control pill, by gender (of those who have ever had sex)

Figure 68: Percentages of 15-17 year olds who report using condoms, by gender (of those who have ever had sex)
Middle Childhood Study

The results of the findings from Middle Childhood Study presented in this section are stratified by gender, age group and social class. The findings presented in this section include children from 3rd and 4th class.
Figure 69: Percentages of 3rd and 4th class boys and girls who report their health is excellent
Figure 70: Percentages of 3rd and 4th class boys and girls who report feeling very happy about their lives at present.
Figure 71: Percentages of 3rd and 4th class boys and girls who report they always love their family
Figure 72: Percentages of 3rd and 4th class boys and girls who report they engage in their hobbies weekly or more frequently.
Figure 73: Percentages of 3rd and 4th class boys and girls who report ever smoking tobacco
Figure 74: Percentages of 3rd and 4th class boys and girls who report they are current smokers
Figure 75: Percentages of 3rd and 4th class boys and girls who report eating fruit more than once a day
Figure 76: Percentages of 3rd and 4th class boys and girls who report eating vegetables more than once a day.
Figure 77: Percentages of 3rd and 4th class boys and girls who report eating sweets daily or more
Figure 78: Percentages of 3rd and 4th class boys and girls who report drinking soft drinks daily or more
Figure 79: Percentages of 3rd and 4th class boys and girls who report not having breakfast during the week or the weekend.
Figure 82: Percentages of 3rd and 4th class boys and girls who report playing with a club
Figure 80: Percentages of 3rd and 4th class boys and girls who report participating in vigorous exercise four or more times per week
Figure 81: Percentages of 3rd and 4th class boys and girls who report participating in vigorous exercise less than weekly
Figure 83: Percentages of 3rd and 4th class boys and girls who report brushing their teeth more than once a day
Figure 84: Percentages of 3rd and 4th class boys and girls who report always wearing a seatbelt

- Boys:
  - SC1-2 2010: 86%
  - SC3-4 2010: 86%
  - SC5-6 2010: 79%
- Girls:
  - SC1-2 2014: 92%
  - SC3-4 2014: 91%
  - SC5-6 2014: 88%
Figure 85: Percentages of 3rd and 4th class boys and girls who report ever being bullied in school in the past couple of months.