

Short report

HBSC Ireland 2014: Dún Laoghaire/Rathdown

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Introduction

The Health Behaviour in School-aged Children (HBSC) study is a cross-national research study conducted in collaboration with the World Health Organisation (WHO) Regional Office for Europe and runs on a four-year cycle. In 2014, Ireland participated for the fifth time in the HBSC study (www.nuigalway.ie/hbhc). The overall aims of the HBSC study are to gain new insight into, and increase our understanding of young people's health and well-being, health behaviours and their social context. HBSC collects data on key indicators of health, health attitudes, and health behaviours, as well as the context of health for young people. The study is a school-based survey with information collected from students through self-completion questionnaires in classrooms. HBSC Ireland 2014 was funded by the Department of Health. Further information on the HBSC Ireland can be found at www.nuigalway.ie/hbhc or at www.hbhc.org, the international HBSC website.

The most recent HBSC Ireland study was conducted in 2014 and included 13,611 school children from 3rd class in primary school to 5th year in post-primary school. Overall, 42.2% boys and 57.8% girls participated. Collectively, 230 primary and post-primary schools across Ireland participated in this study. The methods employed comply with the International HBSC protocol and are detailed in the national report from the 2014 survey see:

<http://www.nuigalway.ie/hbhc/hbhcireland/2014study/>.

Focus of this report

This short report provides a descriptive analysis of the HBSC 2014 survey data comparing school children aged 12-17 years from the Dún Laoghaire/Rathdown area to the rest of the sample on self reported health, family, happiness, exercise and physical activity, food and dietary behaviour, school, risk behaviours (alcohol consumption, smoking, cannabis use), bullying, e-communication and sexual activity.

The questions analysed for Irish schoolchildren were:

Family

- How easy is it for you to talk to (a) mother or (b) father about things that really bother you? With response options: 'Very easy', 'Easy', 'Difficult', 'Very difficult', 'Don't have or see this person'. Responses were recoded into: 'Easy' and 'Difficult'.
- Please answer this question for the home you live all or most of the time and tick the people who live there. Mother and father response options were recoded into: living with both parents 'Yes' and 'No'.

Happiness

- In general how do you feel about your life at present? With response options: 'I feel very happy', 'I feel quite happy', 'I don't feel very happy' and 'I'm not happy at all'. Responses were recoded into: 'Happy' and 'Not happy'.

Exercise and Physical Activity

- Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? With response options: '0', '1', '2', '3', '4', '5', '6', and '7' days. Responses were recoded into: 4 or more days physically active, 'Yes' and 'No'.

Food and Dietary Behaviour

- How many days a week do you usually eat ...? (a) fruits, (b) vegetables. The response options for each item were 'Never', 'Less than once a week', 'Once a week', '2-4 days a week', '5-6 days a week', 'Once a day, every day', 'Every day more than once'. Responses were recoded into: more than once a day, 'Yes' and 'No'.
- Some young people go to school or bed hungry because there is not enough food at home. How often does this happen to you? With response options 'Always', 'Often', 'Sometimes' and 'Never'. Responses recoded into: go to school or bed hungry 'Never' and 'Yes'.

- At present are you on a diet or doing something else to lose weight? With response options 'No my weight is fine', 'No but I should lose some weight', 'No because I need to put on some weight' or 'Yes'. Responses were recoded into: on a diet, 'Yes' and 'No'.

Self-reported health

- Would you say your health is.... With response options 'Excellent', 'Good', 'Fair' and 'Poor'. Responses recoded into: excellent health 'Yes' and 'No'.

Tooth brushing

- How often do you brush your teeth? With response options 'More than once a day', 'Once a day', 'At least once a week but not daily', 'Less than once a week' and 'Never'. Responses recoded into: brush teeth more than once a day 'Yes' and 'No'.

School

- How do you feel about school at the moment? With response options: 'I like it a lot', 'I like it a bit', 'I don't like it very much' and 'I don't like it at all'. Responses recoded into: 'Like school' (which includes 'a lot' and 'a bit') and 'Dislike school'.
- Most of the students in my class(es) are kind and helpful. With response options 'Strongly agree', 'Agree', 'Neither agree nor disagree', 'Disagree' and 'Strongly disagree'. Responses recoded into 'Agree', 'Neither agree nor disagree' and 'Disagree'.

Risk Behaviours

- How many days (if any) have you smoked cigarettes in your lifetime? With response options: 'Never'; '1-2 days'; '3-5 days'; '6-9 days'; '10-19 days'; '20-29 days'; '30 days (or more)'. Responses were recoded into: ever smoked, 'Yes' and 'No'.
- How often do you smoke tobacco at present? With response options: 'Every day', 'At least once a week, but not every day', 'Less than once a week' and 'I do not smoke'. Responses were recoded into: smoking monthly or more frequently, 'No' and 'Yes'.
- On how many days (if any) have you drunk alcohol a) In your lifetime or b) in the last 30 days? With response options: 'Never'; '1-2 days'; '3-5 days'; '6-9 days'; '10-19 days'; '20-29 days'; '30 days (or more)'. Responses for (a) were recoded into: ever had an alcoholic drink, 'Never' and 'Yes'. Responses for (b) were recoded into: had an alcoholic drink in the last 30 days, 'No' and 'Yes'.

- Have you ever had so much alcohol that you were really drunk (a) In your lifetime or (b) in the last 30 days? With response options: 'Never'; 'Yes, once'; 'Yes, 2-3 times', 'Yes, 4-10 times' and 'Yes, more than 10 times'. Responses for (a) were recoded into: ever been drunk, 'No' and 'Yes'. Responses for (b) were recoded into: been drunk in the last 30 days, 'No' and 'Yes'.
- Have you ever taken cannabis (hashish, grass, pot) a) In the last 12 months or b) in the last 30 days? With response options: 'Never'; '1-2 days'; '3-5 days'; '6-9 days'; '10-19 days'; '20-29 days'; '30 days (or more)'. Responses for (a) were recoded into: cannabis use last 12 months, 'No' and 'Yes'. Responses for (b) were recoded into: cannabis use in the last 30 days, 'No' and 'Yes'.

Bullying

- How often have you been bullied at school in the past couple of months? With responses options 'I have not been bullied at school in the past couple of months', 'It has only happened once or twice', 'Two or three times a month', 'About once a week' and 'Several times a week'. Responses were recoded into: been bullied in the past couple of months, 'No' and 'Yes'.
- How often have you taken part in bullying another student(s) at school in the past couple of months? With responses 'I have not bullied another student(s) at school in the past couple of months', 'It has only happened once or twice', 'two or three times a month', 'about once a week' and 'several times a week'. Responses were recoded into: bullied others in the past couple of months, 'No' and 'Yes'.
- During the past 12 months, how many times were you injured and had to be treated by a doctor or nurse? Response options were 'I was not injured in the past 12 months', '1 time', '2 times', '3 times', '4 or more times'. These options were recoded into: medically attended injury in past 12 months, 'No' and 'Yes'.

E-communication

- How often do you a) Talk to your friends on the phone or internet-based programmes such as FaceTime or Skype b) Contact your friends using text/SMS c) Contact your friends using email d) Actively contact your friends using instant messaging (e.g., BBM, Facebook chat) or e) Contact your friends using other social media, such as Facebook (posting on wall, not chat), My Space, Twitter, Apps (e.g., Instagram), games (e.g., Xbox), YouTube, etc? With response options: 'Hardly ever or never', 'Less than weekly', 'Weekly' and 'Daily'. With responses recoded into: 'daily' or 'less than daily'

Further questions analysed for Irish secondary school children aged 15-17 years were:

- Have you ever had sexual intercourse? With response options: 'No' and 'Yes'.

Findings

The findings are presented below in tables. All findings are weighted and are broken down by gender and age. Overall, 5% of 12 – 17 year olds (442 participants) were from a school in Dun Laoghaire/Rathdown area (DLR) and 95% of 12 – 17 year olds (8381 participants) were from schools outside Dún Laoghaire/Rathdown (Rest of Sample).

Table 1: Percentage of 12-17 year olds who report that they find it easy to talk to their mother when something is really bothering them, by age group and region

| | | DLR | Rest of Sample* |
|----------------|--------------------|------|-----------------|
| Overall | 12-14 years | 76.8 | 84.6 |
| | 15-17 years | 76.5 | 77.7 |
| Boys | 12-14 years | 80.6 | 86.0 |
| | 15-17 years | 77.2 | 78.6 |
| Girls | 12-14 years | 72.0 | 83.2 |
| | 15-17 years | 76.0 | 76.9 |

Table 2: Percentage of 12-17 year olds who report that they find it easy to talk to their father when something is really bothering them, by age group and region

| | | DLR | Rest of Sample* |
|----------------|--------------------|------|-----------------|
| Overall | 12-14 years | 70.3 | 71.9 |
| | 15-17 years | 59.9 | 63.4 |
| Boys | 12-14 years | 75.0 | 78.8 |
| | 15-17 years | 62.0 | 69.1 |
| Girls | 12-14 years | 63.9 | 64.8 |
| | 15-17 years | 58.4 | 57.2 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 3: Percentage of 12-17 year olds who report living with both parents, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 78.0 | 75.2 |
| | 15-17 years | 65.8 | 76.3 |
| Boys | 12-14 years | 79.0 | 74.5 |
| | 15-17 years | 46.7 | 78.3 |
| Girls | 12-14 years | 76.7 | 75.8 |
| | 15-17 years | 81.3 | 74.2 |

Table 4: Percentage of 12-17 year olds who report who report being happy with their lives at present, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 42.4 | 52.4 |
| | 15-17 years | 32.9 | 35.3 |
| Boys | 12-14 years | 46.3 | 56.7 |
| | 15-17 years | 40.9 | 39.0 |
| Girls | 12-14 years | 37.2 | 48.0 |
| | 15-17 years | 25.7 | 31.3 |

Table 5: Percentage of 12-17 year olds who report being physically active for at least 60 minutes on 4 or more days per week, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 73.8 | 72.8 |
| | 15-17 years | 62.6 | 58.4 |
| Boys | 12-14 years | 81.8 | 79.3 |
| | 15-17 years | 68.8 | 69.6 |
| Girls | 12-14 years | 63.0 | 66.1 |
| | 15-17 years | 57.2 | 46.3 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 6: Percentage of 12-17 year olds who report eating fruit more than once a day, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 31.3 | 22.0 |
| | 15-17 years | 28.2 | 21.4 |
| Boys | 12-14 years | 27.3 | 20.8 |
| | 15-17 years | 9.4 | 18.6 |
| Girls | 12-14 years | 36.5 | 23.1 |
| | 15-17 years | 44.3 | 24.4 |

Table 7: Percentage of 12-17 year olds who report eating vegetables more than once a day, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 24.2 | 21.7 |
| | 15-17 years | 23.8 | 20.8 |
| Boys | 12-14 years | 16.9 | 20.3 |
| | 15-17 years | 8.2 | 19.2 |
| Girls | 12-14 years | 33.7 | 23.1 |
| | 15-17 years | 36.5 | 22.6 |

Table 8: Percentage of 12-17 year olds who report ever going to school or bed hungry, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 26.3 | 22.8 |
| | 15-17 years | 29.9 | 20.1 |
| Boys | 12-14 years | 25.8 | 24.1 |
| | 15-17 years | 39.4 | 21.1 |
| Girls | 12-14 years | 27.1 | 21.5 |
| | 15-17 years | 21.6 | 19.0 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 9: Percentage of 12-17 year olds who report they are on a diet or doing something else to lose weight, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 17.8 | 14.8 |
| | 15-17 years | 20.4 | 19.6 |
| Boys | 12-14 years | 13.6 | 10.5 |
| | 15-17 years | 15.2 | 12.6 |
| Girls | 12-14 years | 23.4 | 19.2 |
| | 15-17 years | 25.1 | 27.2 |

Table 10: Percentage of 12-17 year olds who report having excellent health, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 40.8 | 35.5 |
| | 15-17 years | 25.9 | 30.0 |
| Boys | 12-14 years | 47.8 | 40.6 |
| | 15-17 years | 31.8 | 37.5 |
| Girls | 12-14 years | 31.6 | 30.4 |
| | 15-17 years | 20.7 | 22.0 |

Table 11: Percentage of 12-17 year olds who report brushing their teeth more than once a day, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 69.8 | 67.6 |
| | 15-17 years | 68.3 | 71.4 |
| Boys | 12-14 years | 65.2 | 59.2 |
| | 15-17 years | 51.5 | 62.0 |
| Girls | 12-14 years | 75.8 | 76.3 |
| | 15-17 years | 83.1 | 81.4 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 12: Percentage of 12-17 year olds who report that they like school, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 71.4 | 75.5 |
| | 15-17 years | 66.9 | 65.4 |
| Boys | 12-14 years | 74.6 | 74.8 |
| | 15-17 years | 60.0 | 65.3 |
| Girls | 12-14 years | 67.0 | 76.3 |
| | 15-17 years | 73.0 | 65.4 |

Table 13: Percentage of 12-17 year olds who report students in their class are kind and helpful, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 71.2 | 77.7 |
| | 15-17 years | 71.2 | 71.1 |
| Boys | 12-14 years | 70.1 | 75.2 |
| | 15-17 years | 57.6 | 70.0 |
| Girls | 12-14 years | 72.6 | 80.3 |
| | 15-17 years | 83.1 | 72.2 |

Table 14: Percentage of 12-17 year olds who report ever smoking, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 8.7 | 8.6 |
| | 15-17 years | 32.0 | 27.1 |
| Boys | 12-14 years | 10.6 | 9.3 |
| | 15-17 years | 37.9 | 26.5 |
| Girls | 12-14 years | 6.3 | 8.0 |
| | 15-17 years | 26.8 | 27.6 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 15: Percentage of 12-17 year olds who report smoking monthly or more frequently, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 6.5 | 4.4 |
| | 15-17 years | 23.1 | 13.7 |
| Boys | 12-14 years | 7.6 | 5.0 |
| | 15-17 years | 31.8 | 14.1 |
| Girls | 12-14 years | 5.2 | 3.6 |
| | 15-17 years | 15.5 | 13.2 |

Table 16: Percentage of 12-17 year olds who report never drinking alcohol, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 72.2 | 74.2 |
| | 15-17 years | 34.9 | 32.5 |
| Boys | 12-14 years | 70.8 | 71.4 |
| | 15-17 years | 33.3 | 31.3 |
| Girls | 12-14 years | 74.0 | 77.1 |
| | 15-17 years | 36.3 | 33.8 |

Table 17: Percentage of 12-17 year olds who report drinking alcohol in the last 30 days, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 7.5 | 6.7 |
| | 15-17 years | 42.4 | 38.9 |
| Boys | 12-14 years | 7.1 | 7.3 |
| | 15-17 years | 45.2 | 39.2 |
| Girls | 12-14 years | 7.9 | 6.1 |
| | 15-17 years | 39.9 | 38.5 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 18: Percentage of 12-17 year olds who report ever being drunk, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 7.4 | 7.9 |
| | 15-17 years | 45.9 | 41.2 |
| Boys | 12-14 years | 7.5 | 8.9 |
| | 15-17 years | 52.3 | 43.4 |
| Girls | 12-14 years | 7.4 | 6.9 |
| | 15-17 years | 40.3 | 38.7 |

Table 19: Percentage of 12-17 year olds who report being drunk in the last 30 days, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 3.6 | 2.6 |
| | 15-17 years | 27.2 | 20.3 |
| Boys | 12-14 years | 1.8 | 2.6 |
| | 15-17 years | 31.6 | 21.1 |
| Girls | 12-14 years | 5.6 | 2.6 |
| | 15-17 years | 23.6 | 19.5 |

Table 20: Percentage of 12-17 year olds who report using cannabis in the last 12 months, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 5.4 | 2.4 |
| | 15-17 years | 23.1 | 14.8 |
| Boys | 12-14 years | 7.1 | 2.7 |
| | 15-17 years | 33.9 | 17.9 |
| Girls | 12-14 years | 3.3 | 2.0 |
| | 15-17 years | 14.1 | 11.4 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 21: Percentage of 12-17 year olds who report using cannabis in the last 30 days, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 1.5 | 1.3 |
| | 15-17 years | 17.0 | 8.9 |
| Boys | 12-14 years | 1.8 | 1.5 |
| | 15-17 years | 27.1 | 11.1 |
| Girls | 12-14 years | 1.1 | 1.1 |
| | 15-17 years | 8.5 | 6.7 |

Table 22: Percentage of 12-17 year olds who report being bullied in the past couple of months, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 29.5 | 26.2 |
| | 15-17 years | 23.0 | 23.9 |
| Boys | 12-14 years | 25.4 | 24.6 |
| | 15-17 years | 28.6 | 23.1 |
| Girls | 12-14 years | 35.1 | 27.9 |
| | 15-17 years | 18.3 | 24.7 |

Table 23: Percentage of 12-17 year olds who report bullying others in the past couple of months, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 18.7 | 11.6 |
| | 15-17 years | 13.7 | 16.2 |
| Boys | 12-14 years | 23.9 | 15.3 |
| | 15-17 years | 23.8 | 21.8 |
| Girls | 12-14 years | 11.7 | 7.8 |
| | 15-17 years | 5.2 | 10.3 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 24: Percentage of 12-17 year olds who report a medically attended injury in past 12 months, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 43.1 | 41.1 |
| | 15-17 years | 38.8 | 43.7 |
| Boys | 12-14 years | 52.2 | 46.7 |
| | 15-17 years | 44.6 | 52.3 |
| Girls | 12-14 years | 30.9 | 35.4 |
| | 15-17 years | 33.8 | 34.6 |

Table 25: Percentage of 12-17 year olds who report talking to friends at least daily on the phone or internet-based programmes, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 38.8 | 39.6 |
| | 15-17 years | 37.0 | 41.4 |
| Boys | 12-14 years | 33.3 | 34.5 |
| | 15-17 years | 37.7 | 37.6 |
| Girls | 12-14 years | 46.6 | 44.6 |
| | 15-17 years | 36.4 | 45.2 |

Table 26: Percentage of 12-17 year olds who report contacting friends using text/SMS at least daily, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 49.8 | 48.9 |
| | 15-17 years | 46.9 | 59.3 |
| Boys | 12-14 years | 43.1 | 41.0 |
| | 15-17 years | 38.3 | 51.8 |
| Girls | 12-14 years | 59.1 | 56.8 |
| | 15-17 years | 53.8 | 67.0 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 27: Percentage of 12-17 year olds who report contacting friends using email at least daily, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 5.7 | 5.7 |
| | 15-17 years | 6.6 | 3.8 |
| Boys | 12-14 years | 4.8 | 6.0 |
| | 15-17 years | 10.0 | 3.8 |
| Girls | 12-14 years | 7.1 | 5.4 |
| | 15-17 years | 3.9 | 3.8 |

Table 28: Percentage of 12-17 year olds who report actively contacting friends using instant messaging at least daily, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 70.3 | 52.2 |
| | 15-17 years | 64.5 | 65.0 |
| Boys | 12-14 years | 70.3 | 46.7 |
| | 15-17 years | 60.7 | 60.2 |
| Girls | 12-14 years | 70.2 | 57.6 |
| | 15-17 years | 67.6 | 69.7 |

Table 29: Percentage of 12-17 year olds who report contacting friends using other social media at least daily, by age group and region

| | | DLR | Rest of Sample* |
|---------|-------------|------|-----------------|
| Overall | 12-14 years | 50.6 | 41.5 |
| | 15-17 years | 39.7 | 42.3 |
| Boys | 12-14 years | 45.5 | 39.0 |
| | 15-17 years | 41.9 | 37.7 |
| Girls | 12-14 years | 58.0 | 43.9 |
| | 15-17 years | 37.8 | 46.9 |

*All schools excluding those from the Dún Laoghaire/Rathdown area

Table 30: Percentage of 12-17 year olds who report ever having sexual intercourse, by age group and region

| | | DLR | Rest of Sample* |
|----------------|--------------------|------|-----------------|
| Overall | 12-14 years | 11.2 | 16.6 |
| | 15-17 years | 42.4 | 25.6 |
| Boys | 12-14 years | 13.6 | 23.7 |
| | 15-17 years | 57.6 | 30.1 |
| Girls | 12-14 years | 7.4 | 9.7 |
| | 15-17 years | 24.8 | 21.0 |

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*All schools excluding those from the Dún Laoghaire/Rathdown area