



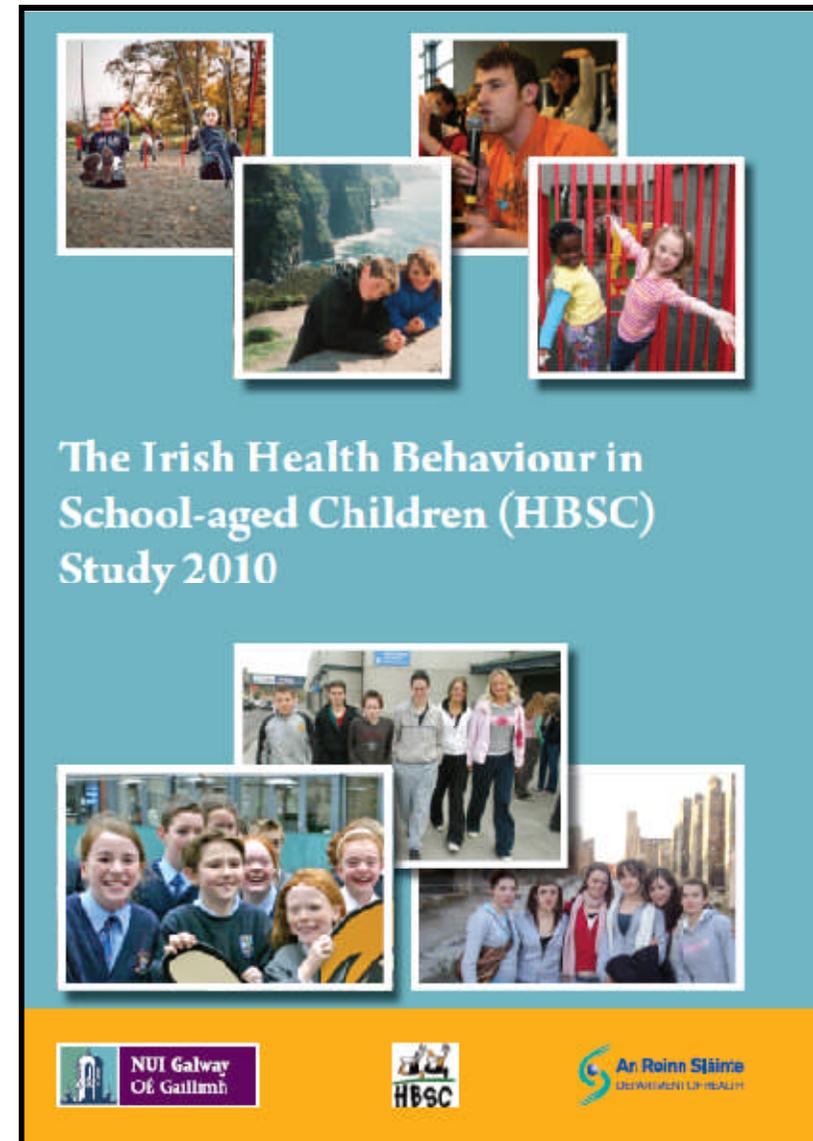
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# Health Behaviour in School-aged Children (HBSC)

A World Health Organisation  
Cross-national Collaboration

*April 2012*





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# Outline

- Background
- Methodology
- Framework
- 2010 Results
- Summary





# HBSC Background

- Collaborative study with WHO European Region;
- Initiated in 4 countries in 1982;
- 43 countries and regions in 2010;
- Irish data collected over four cycles since 1998.



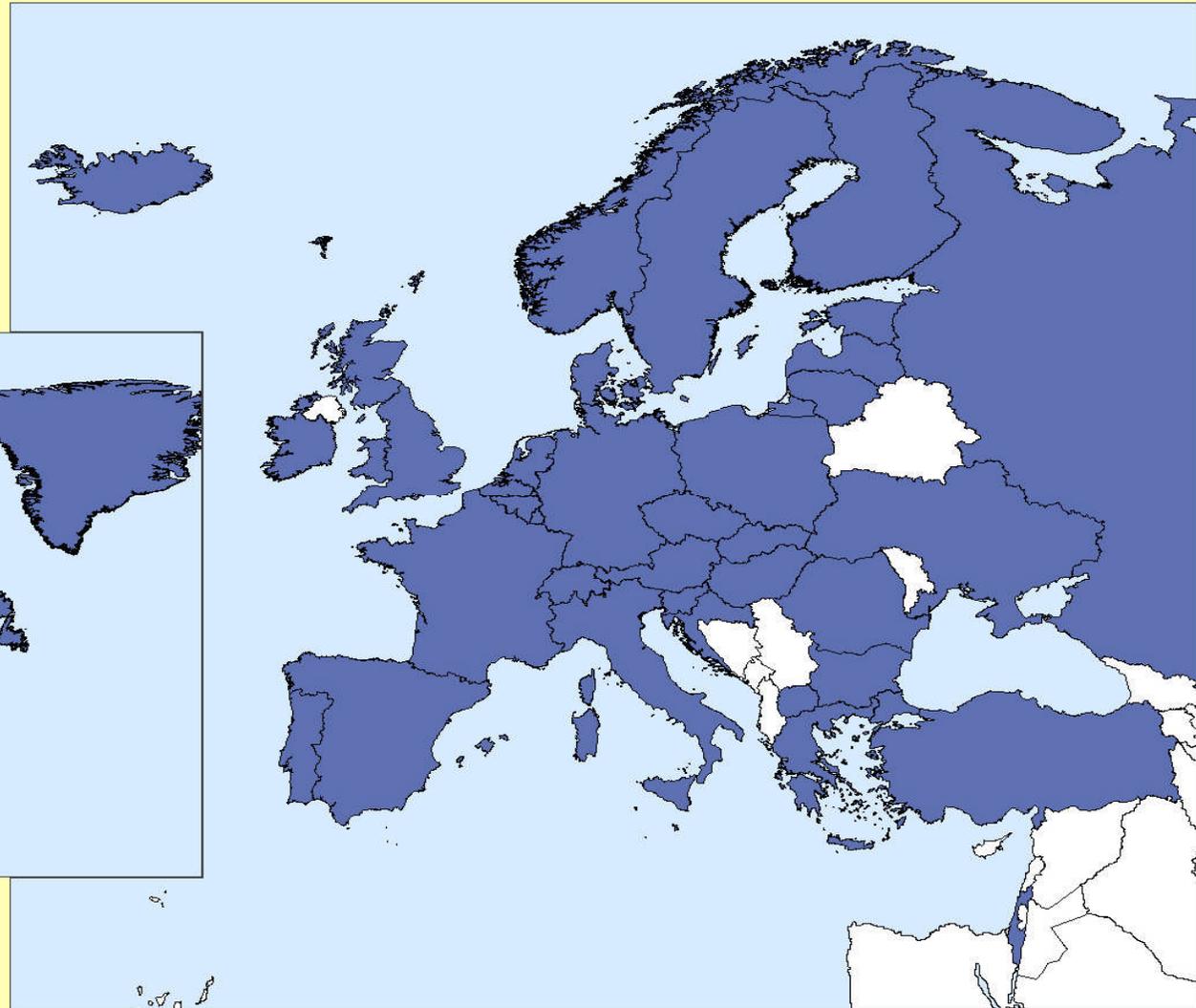
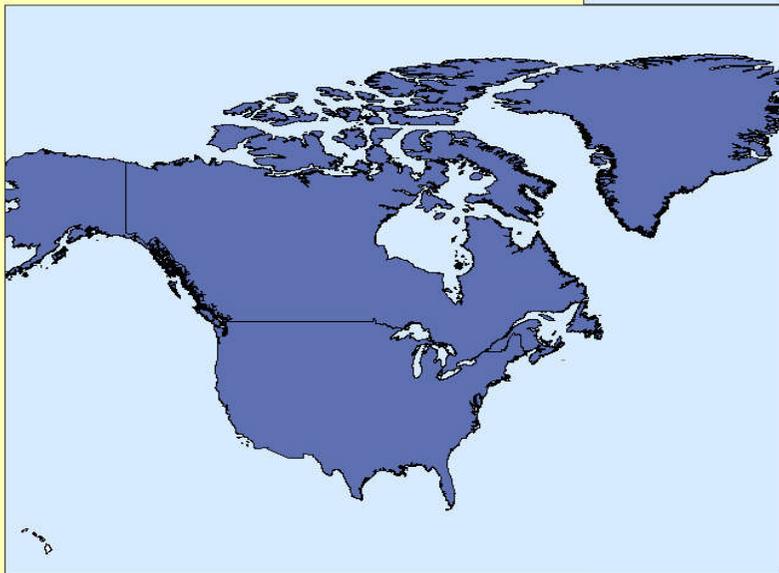
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# HBSC International 2010 – 43 countries/regions



2005/06





# HBSC Objectives

- To initiate and sustain national and international research, expertise and intelligence in the field;
- To monitor and compare health behaviours of school-aged children;
- To develop partnerships with relevant external agencies;
- To disseminate findings.





# HBSC Ireland

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





# HBSC Methodology

- Research protocol developed by the network:
  - Mandatory questions;
  - Optional packages.
- Random / systematic-random sampling;
- Self-administered questionnaires.



# HBSC framework

## Children's lives





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# 2010 RESULTS



The Irish Health Behaviour in  
School-aged Children (HBSC)  
Study 2010





# Ten Sections

1. General Health
2. Smoking
3. Alcohol
4. Drug use
5. Food and Dietary Behaviour
6. Exercise and Physical Activity
7. Self-care
8. Injuries
9. Physical Fighting and Bullying
10. Sexual Health Behaviours

Presented by age, gender and  
parental social class.

Comparisons to 2006 where  
available.



# Main Changes from 2006

## The Good News

Increase	Never drank;
Decrease	Smoking; Drinking; Drunkenness; Cannabis use; Soft drinks and sweets consumption; Injuries; Bullying others
No Change	Self-rated health; Happiness; Life satisfaction

## The Not-So-Good News

Increase	Going to school or to bed hungry
No Change	Fruit consumption; Physical activity; Fighting; Bullying victimisation



# Young peoples perspective

- Held a workshop with young people to get their response to the report.
- A selection of their comments are highlighted throughout the results section.
- 2<sup>nd</sup> year pupils aged 13 to 15; mix of boys and girls (N=25).





# General Health

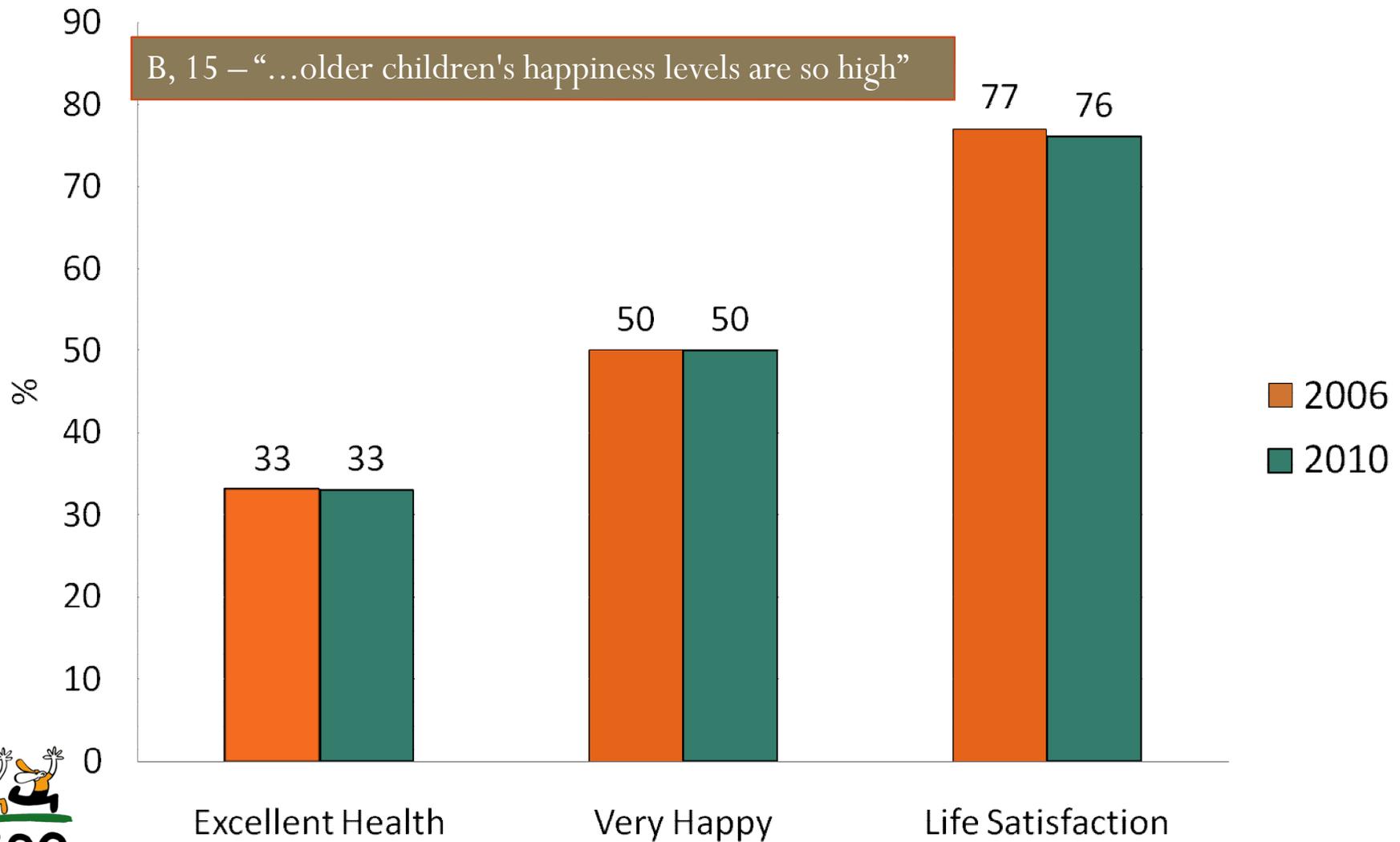




Figure 4: Percentages of boys who report feeling very happy about their lives at present

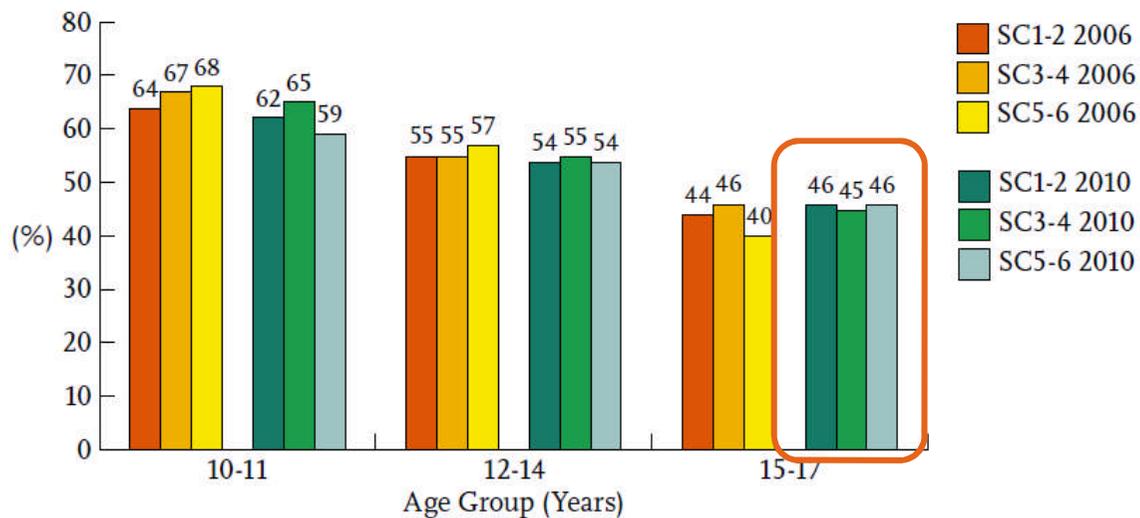
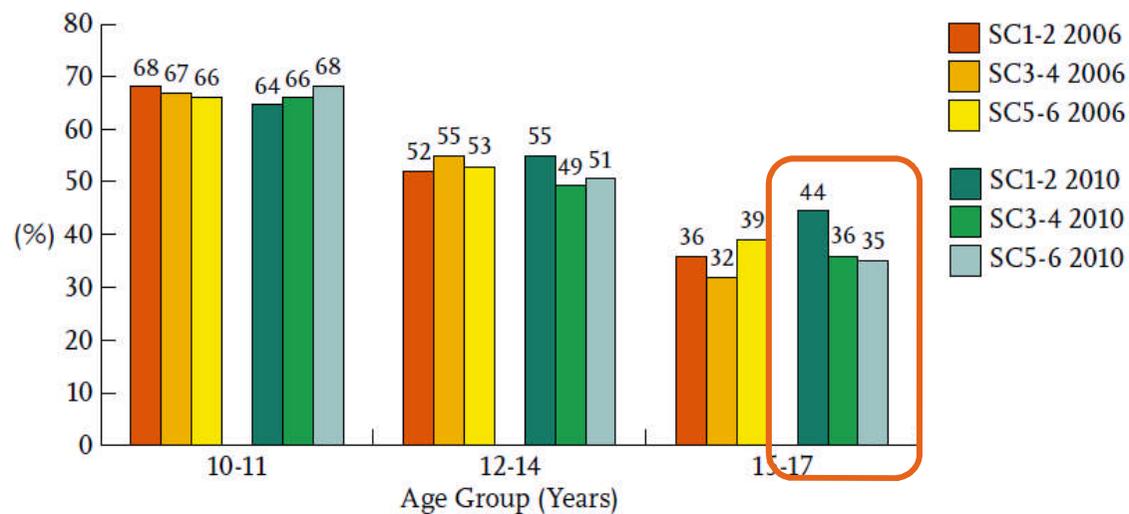


Figure 5: Percentages of girls who report feeling very happy about their lives at present





# Smoking

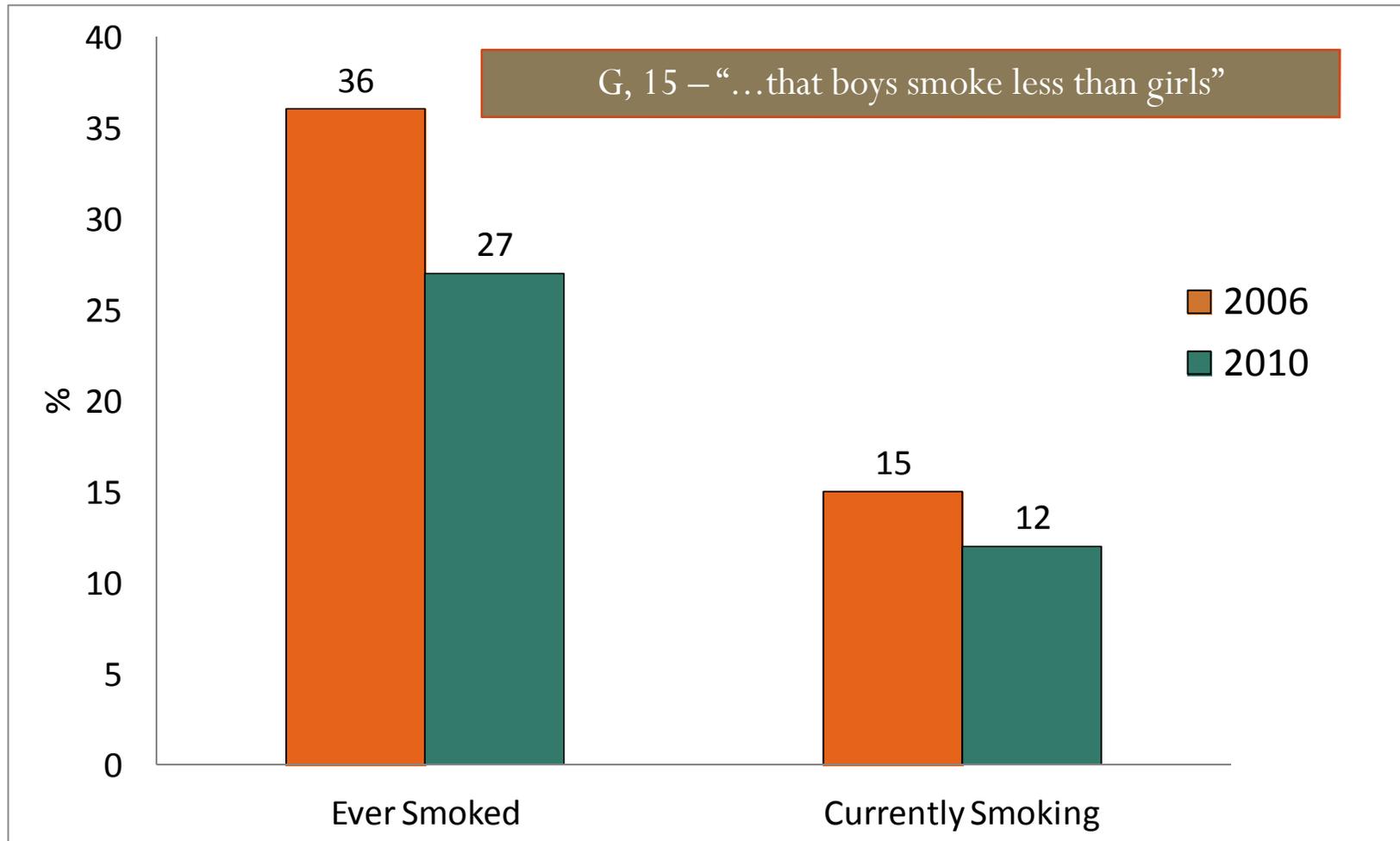




Figure 12: Percentages of boys who report that they are current smokers

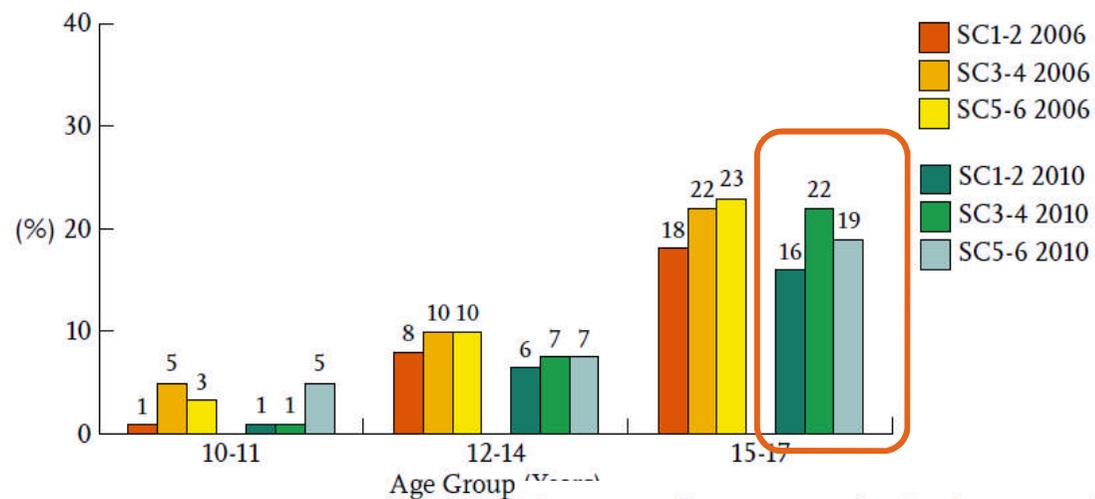
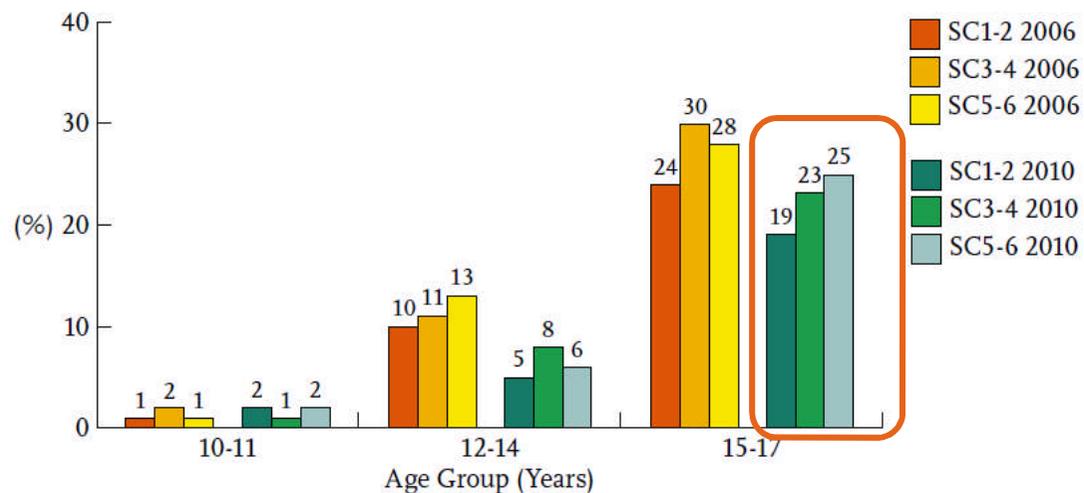


Figure 13: Percentages of girls who report that they are current smokers





# Alcohol

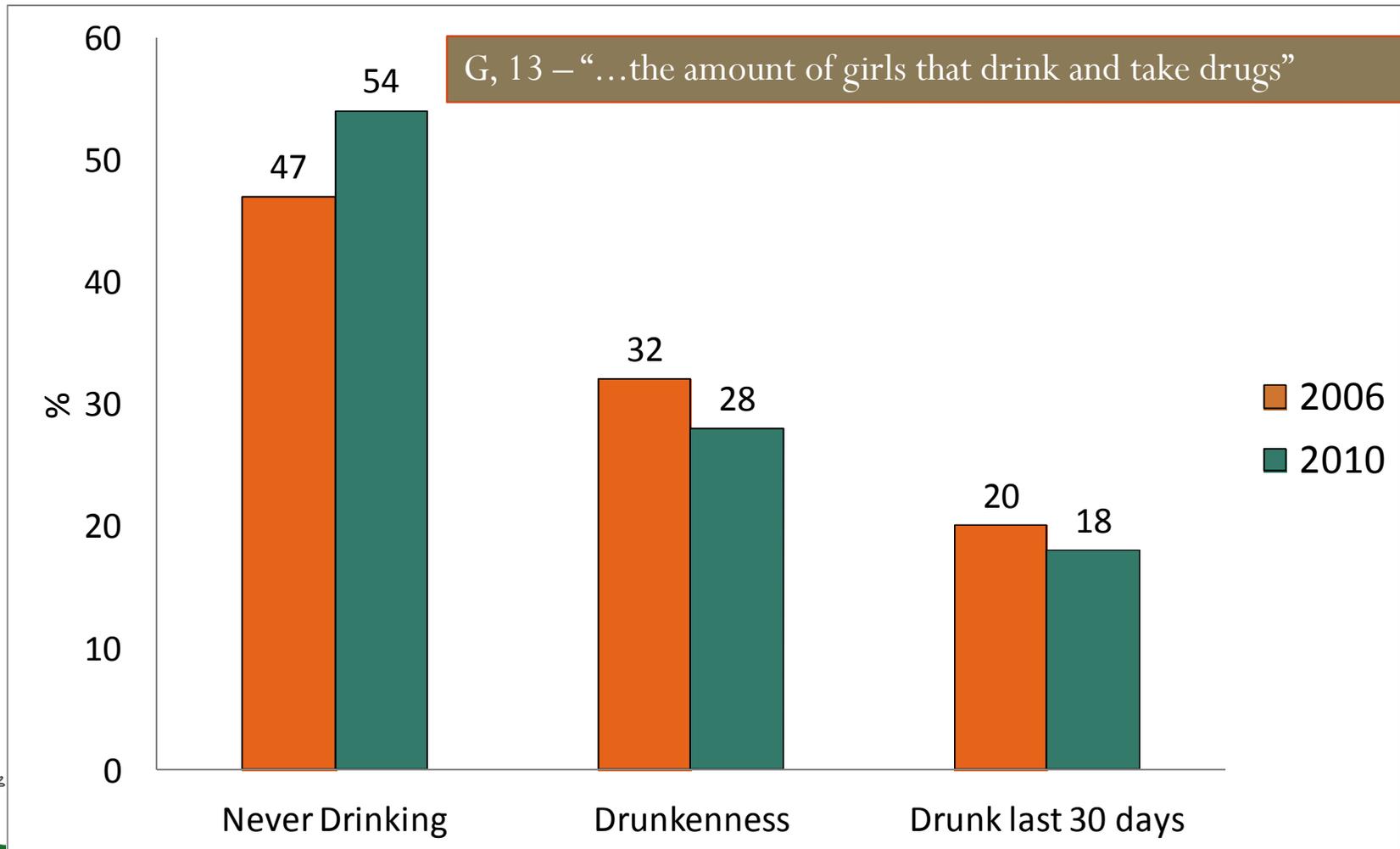




Figure 17: Percentages of boys who report having had an alcoholic drink in the last month

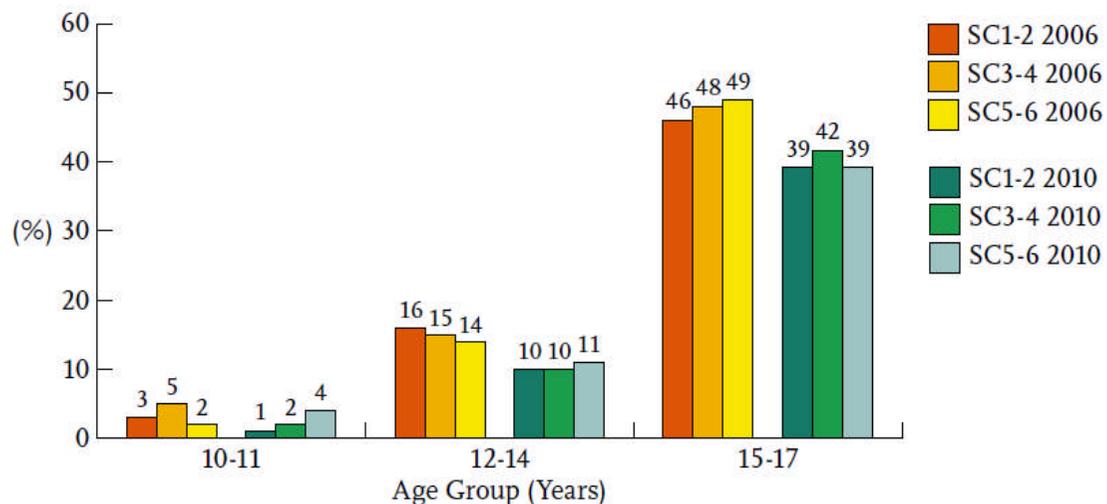
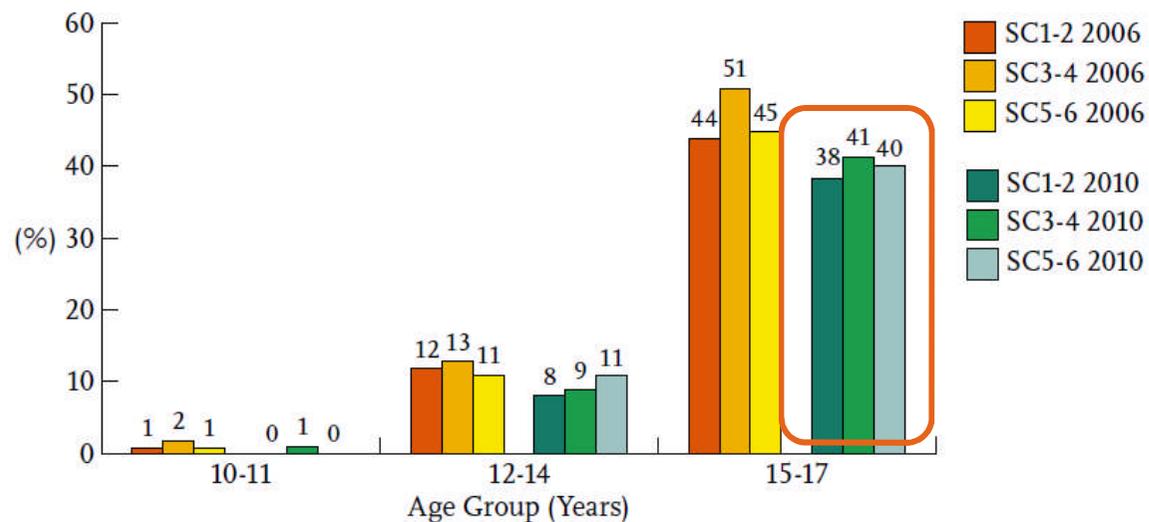


Figure 18: Percentages of girls who report having had an alcoholic drink in the last month





# Drug Use: Cannabis

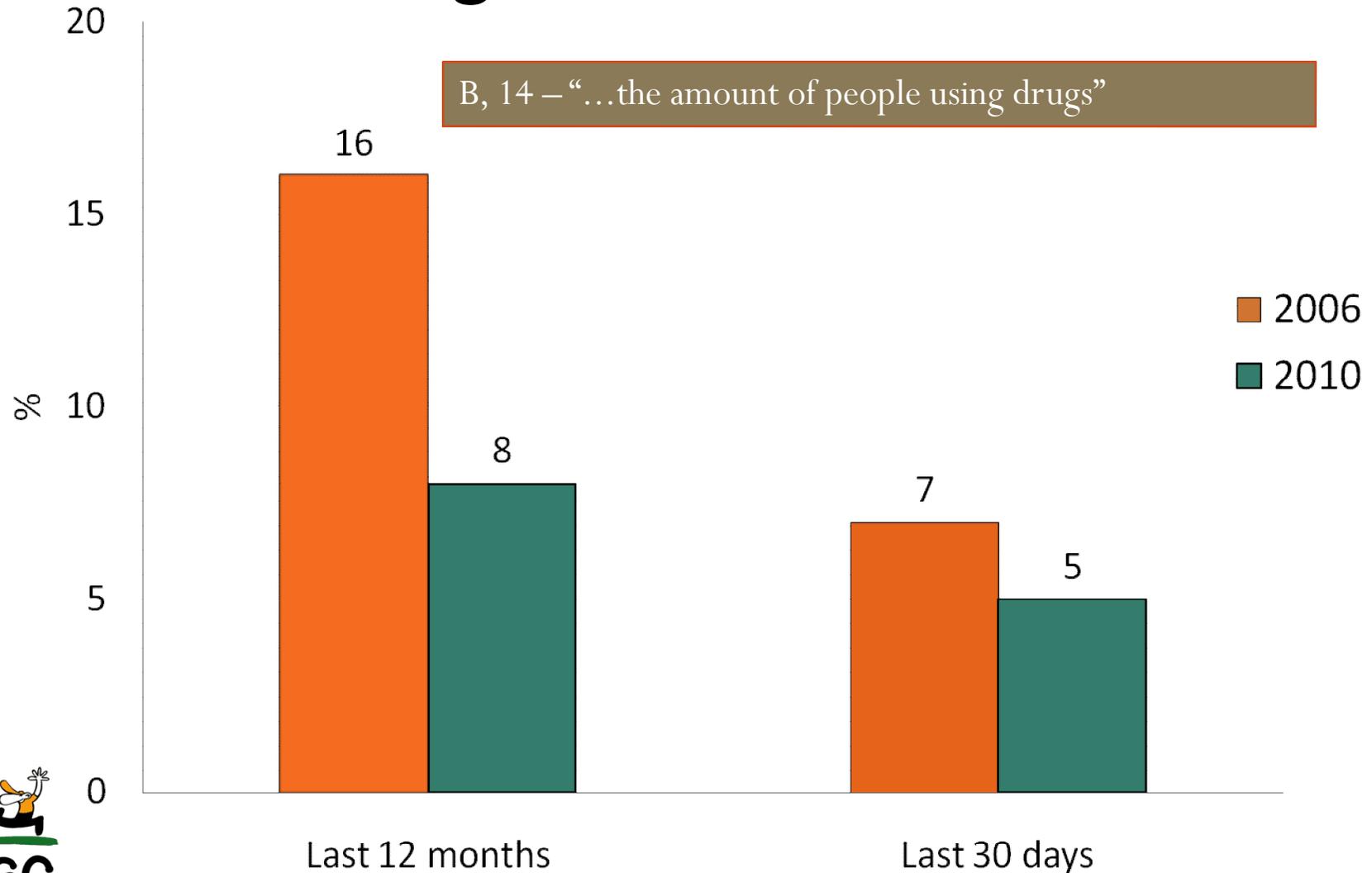




Figure 23: Percentages of boys reporting cannabis use in the last 12 months

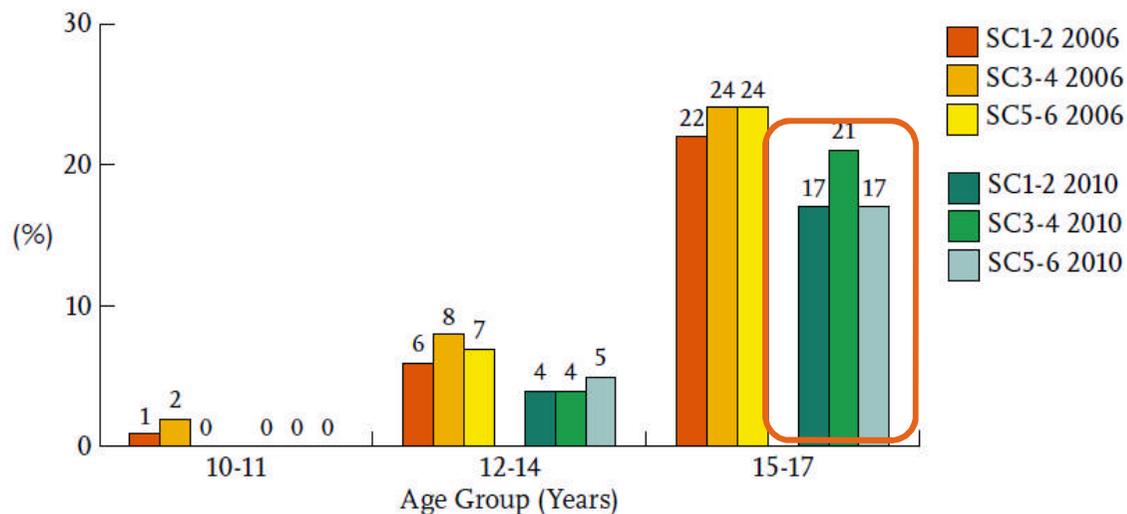
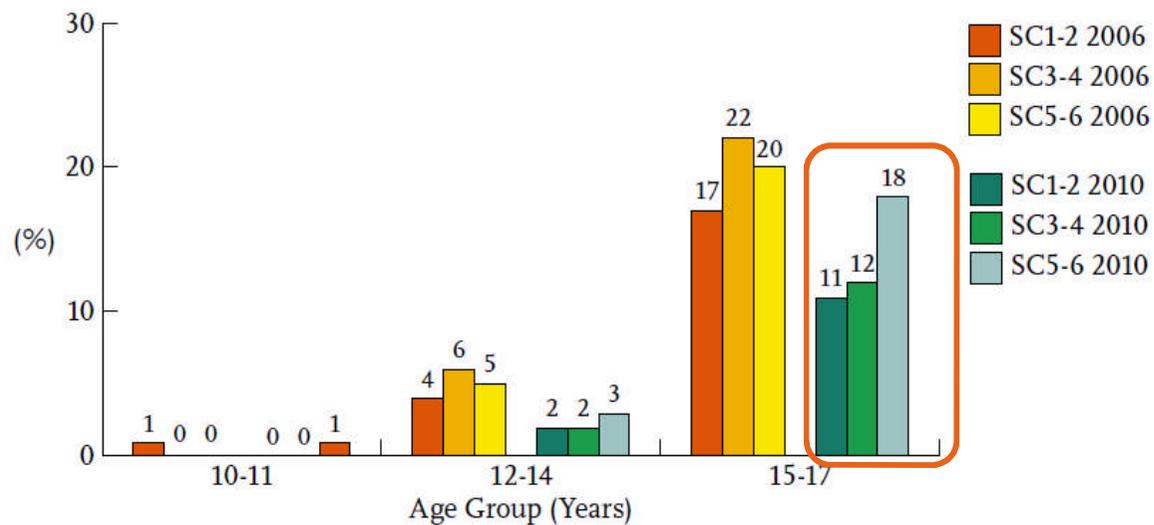
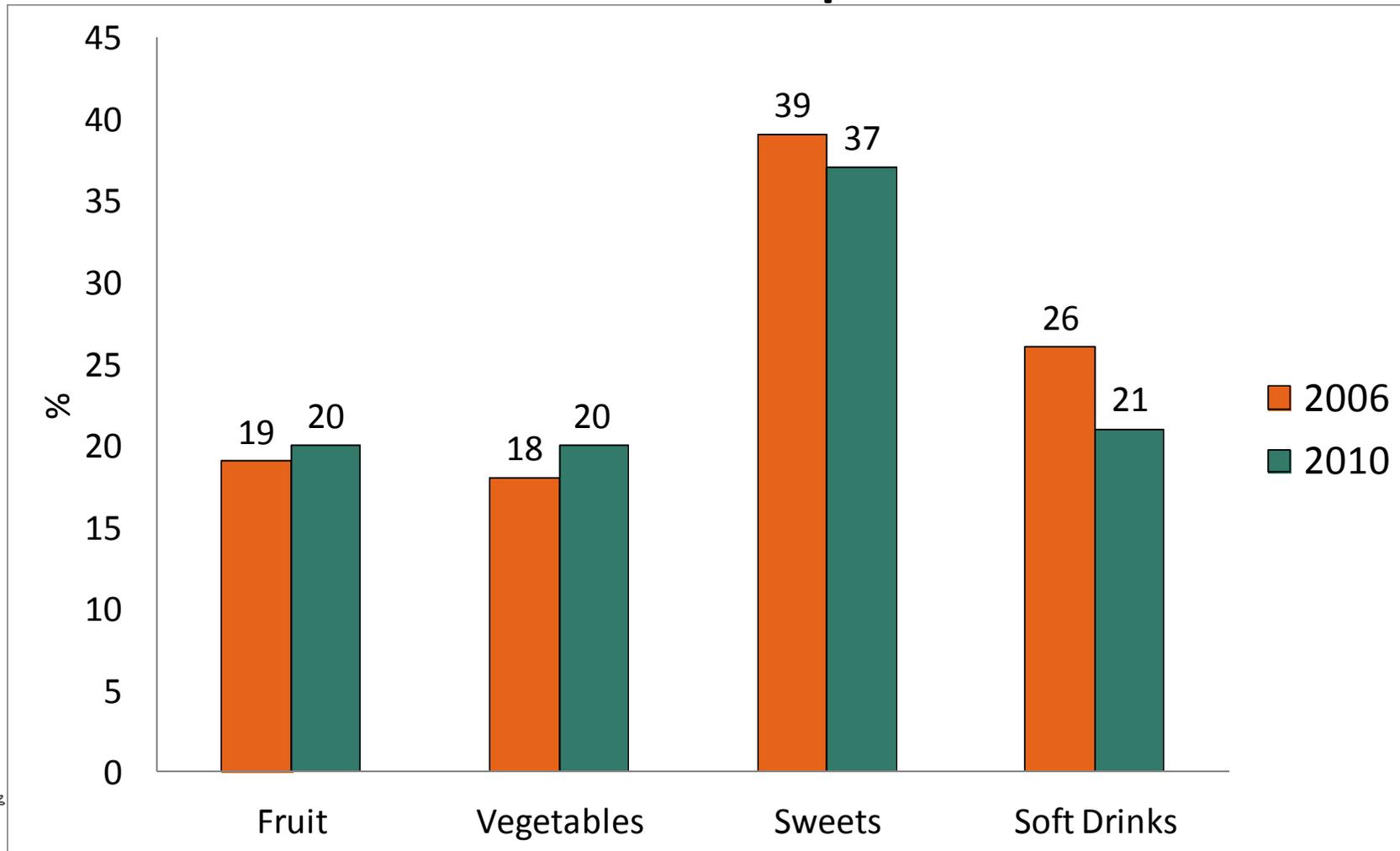


Figure 24: Percentages of girls reporting cannabis use in the last 12 months





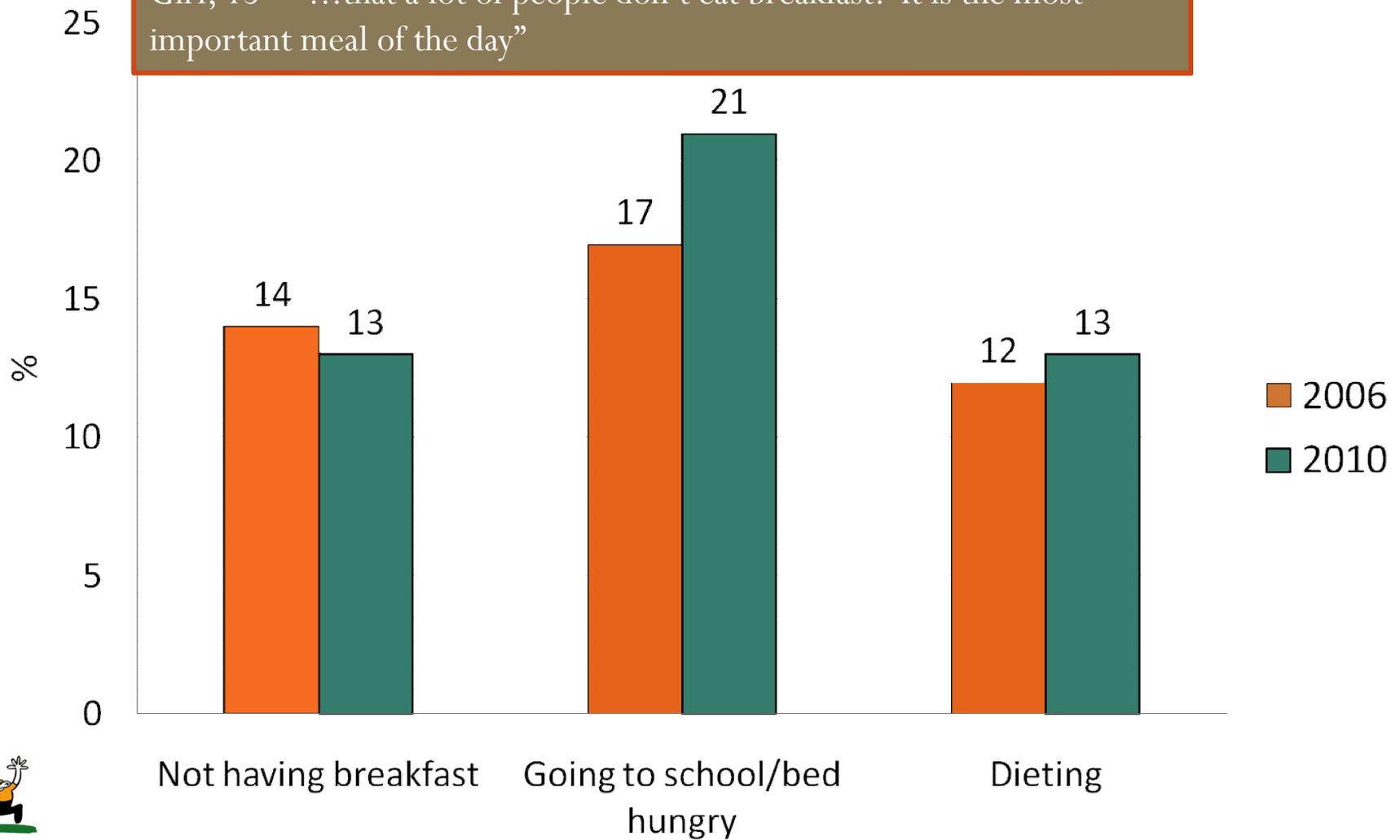
# Food Consumption





# Food Behaviours

Girl, 15 – “...that a lot of people don’t eat breakfast. It is the most important meal of the day”





# Exercise and Physical Activity

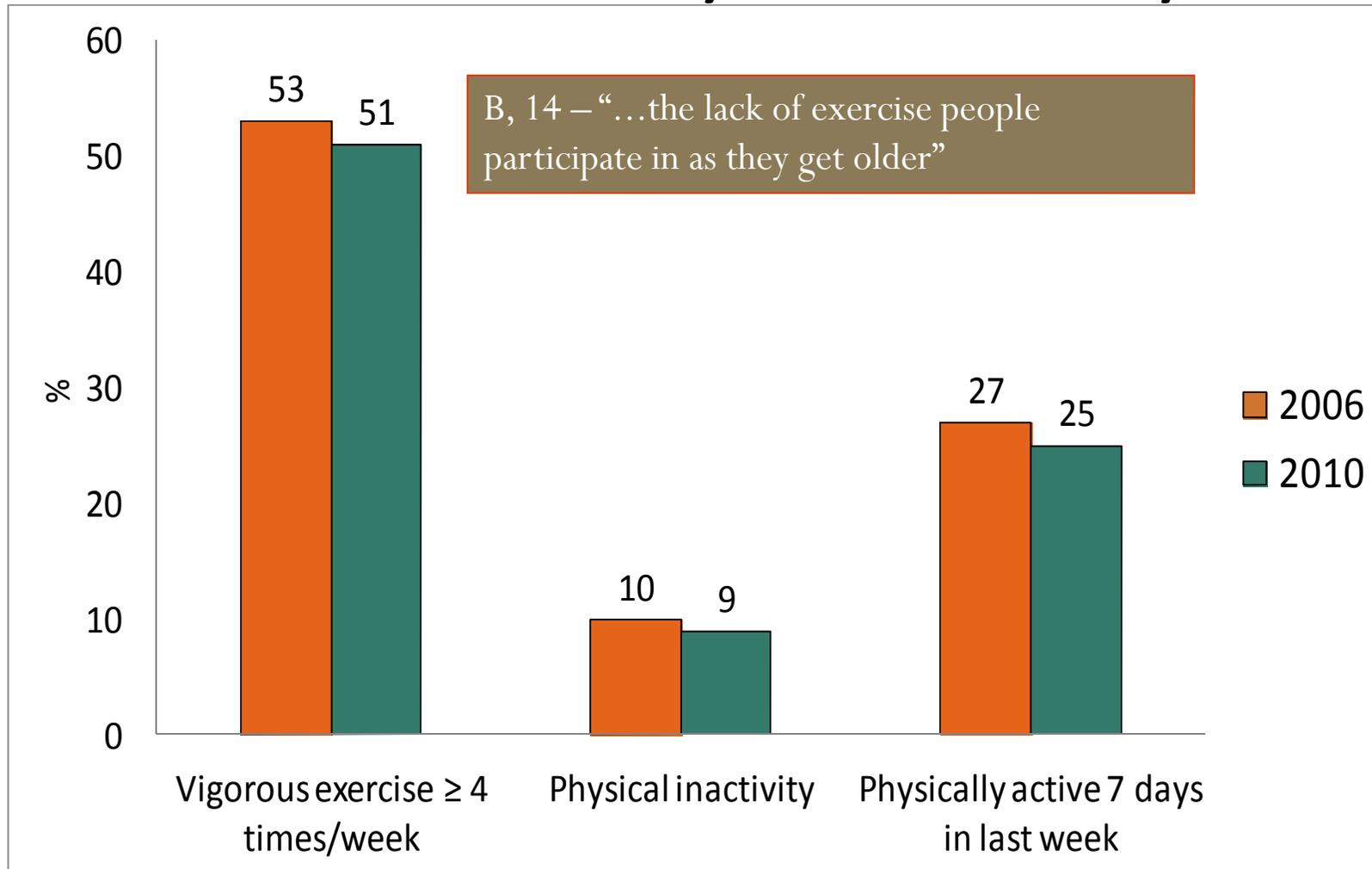




Figure 52: Percentages of boys who report being physically active on 7 days in the last week

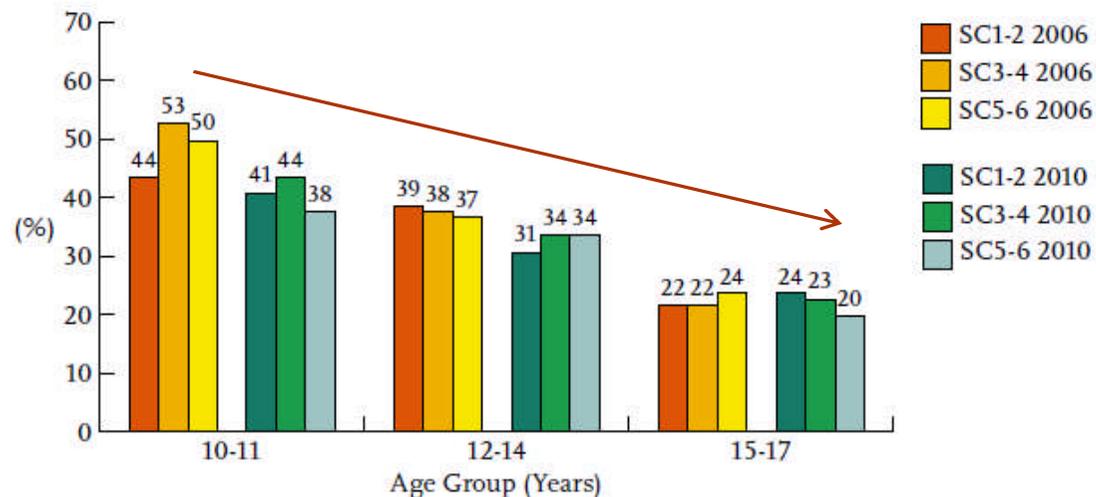
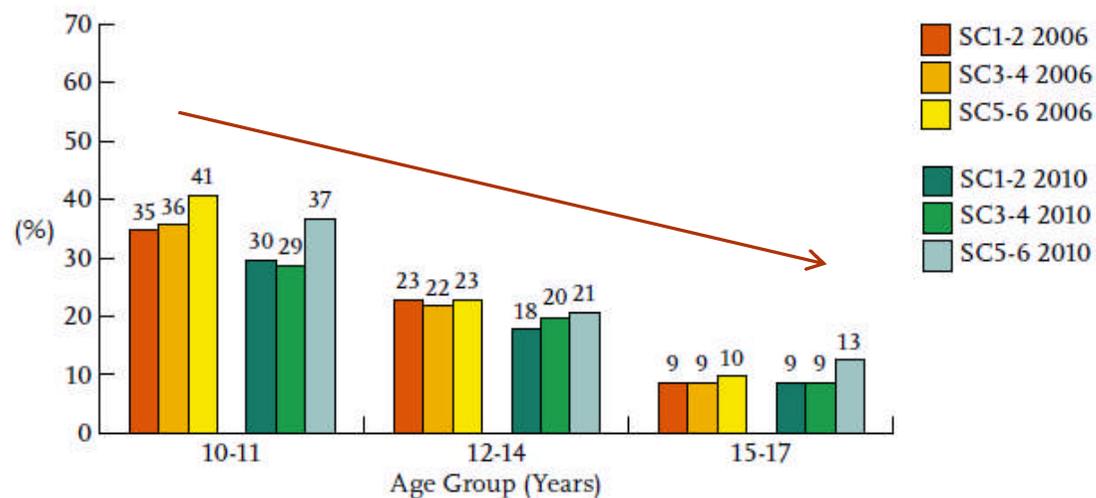
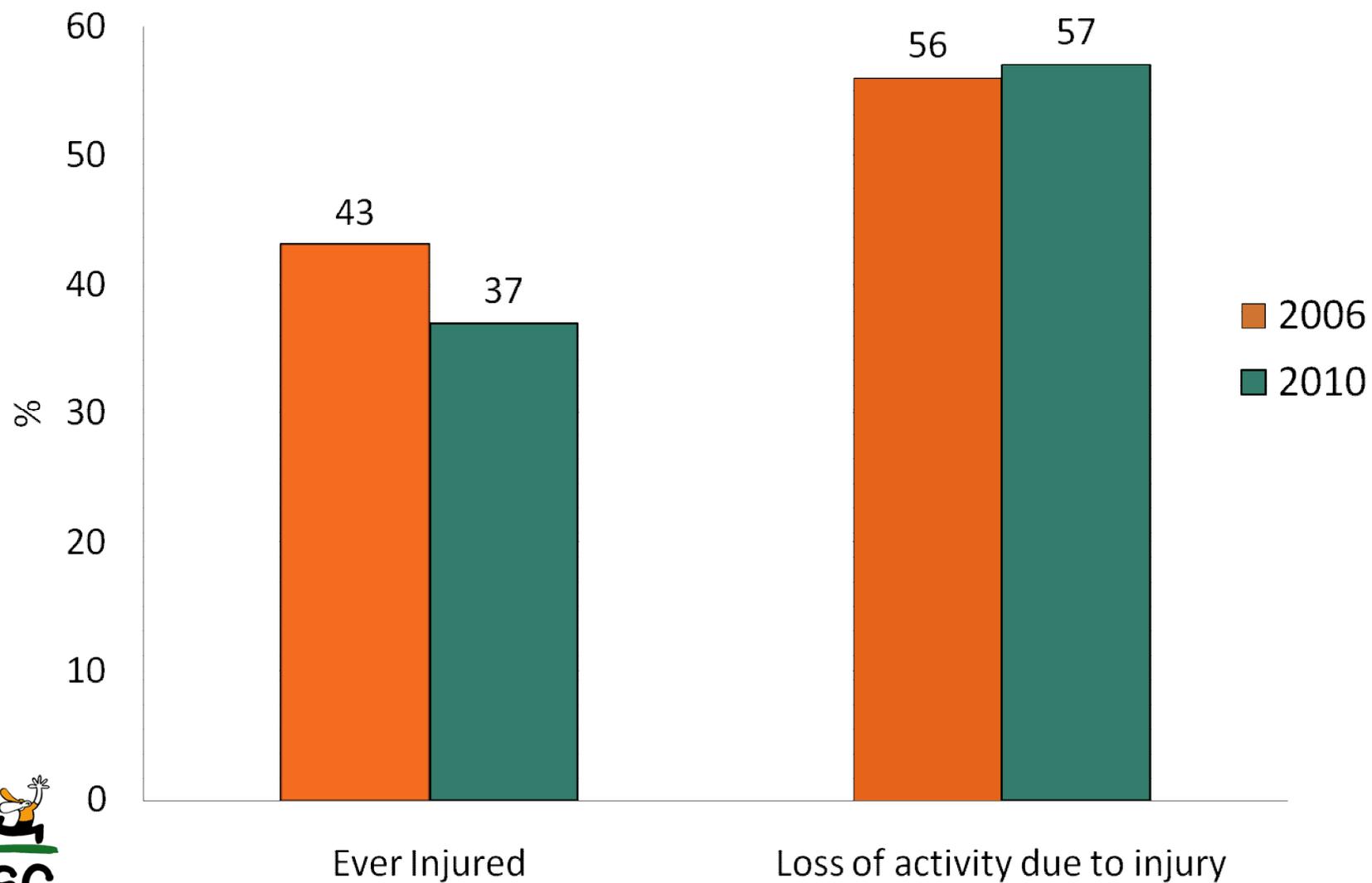


Figure 53: Percentages of girls who report being physically active on 7 days in the last week





# Injuries





# Physical Fighting and Bullying

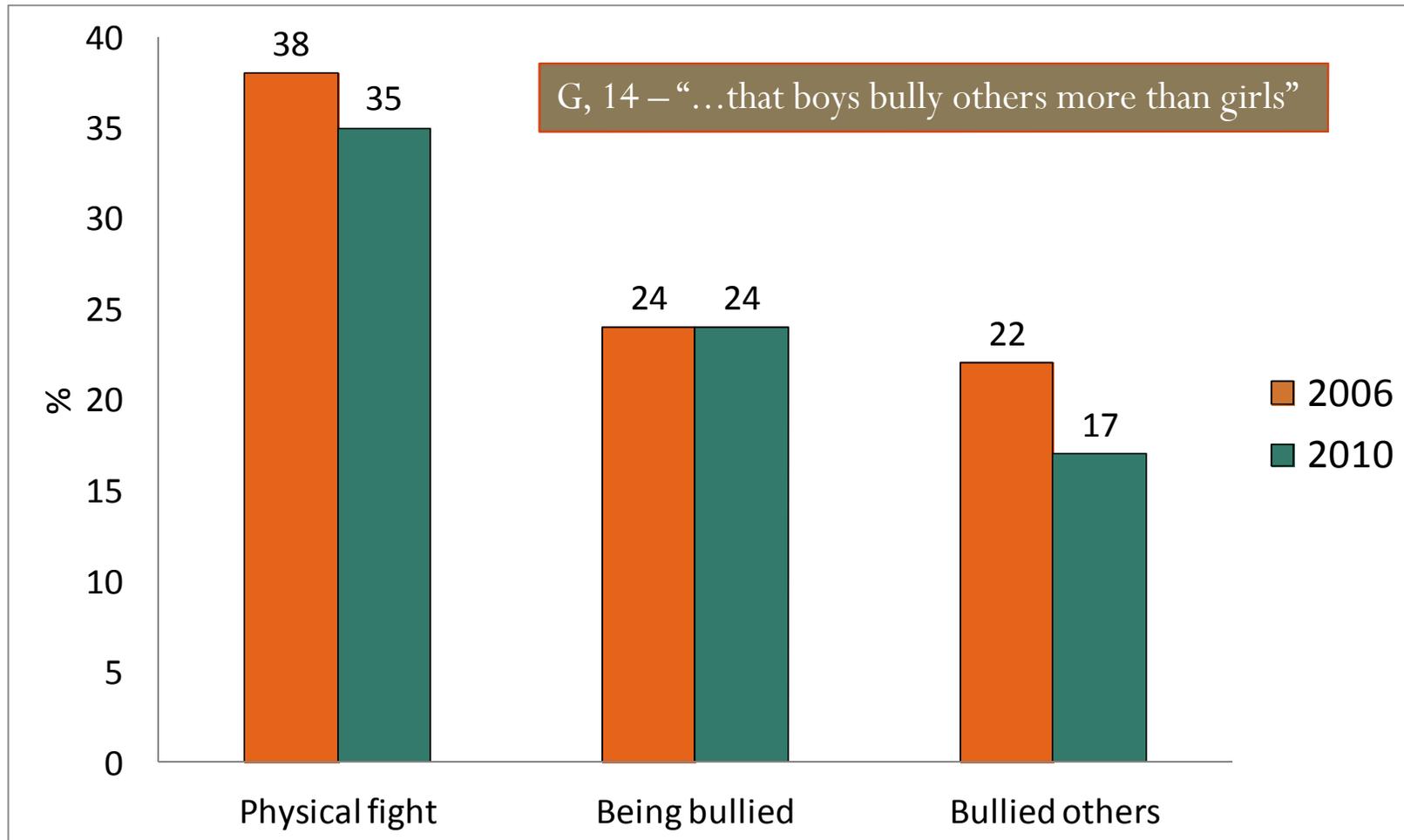
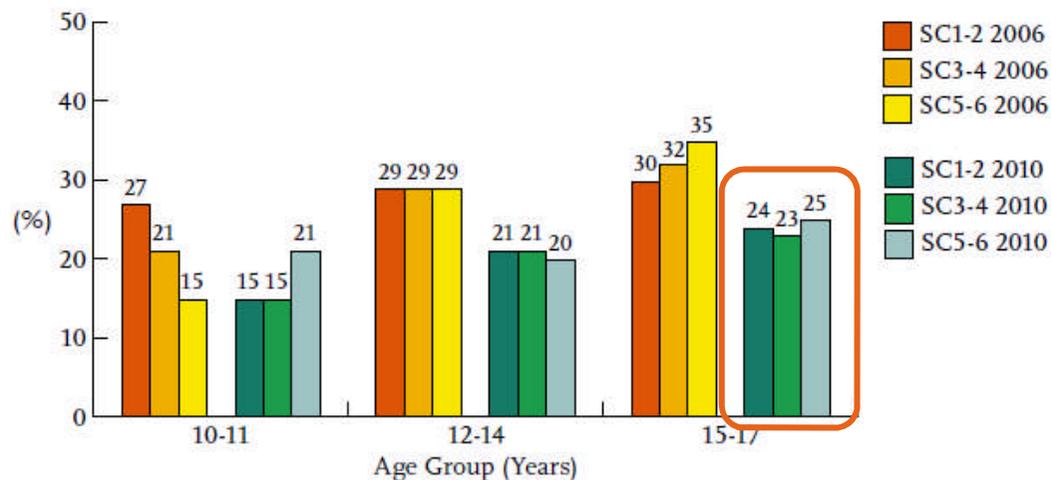


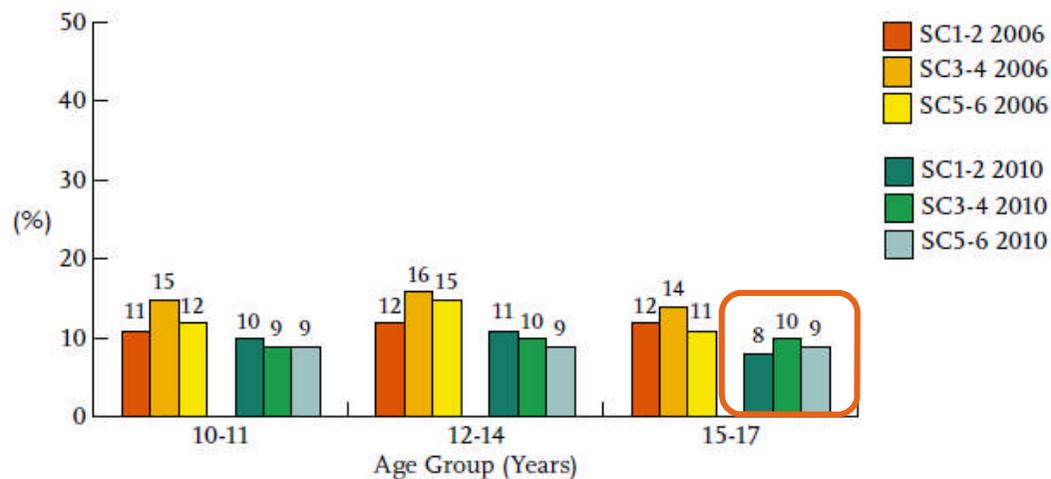


Figure 69: Percentages of boys who report ever bullying others in the past couple of months



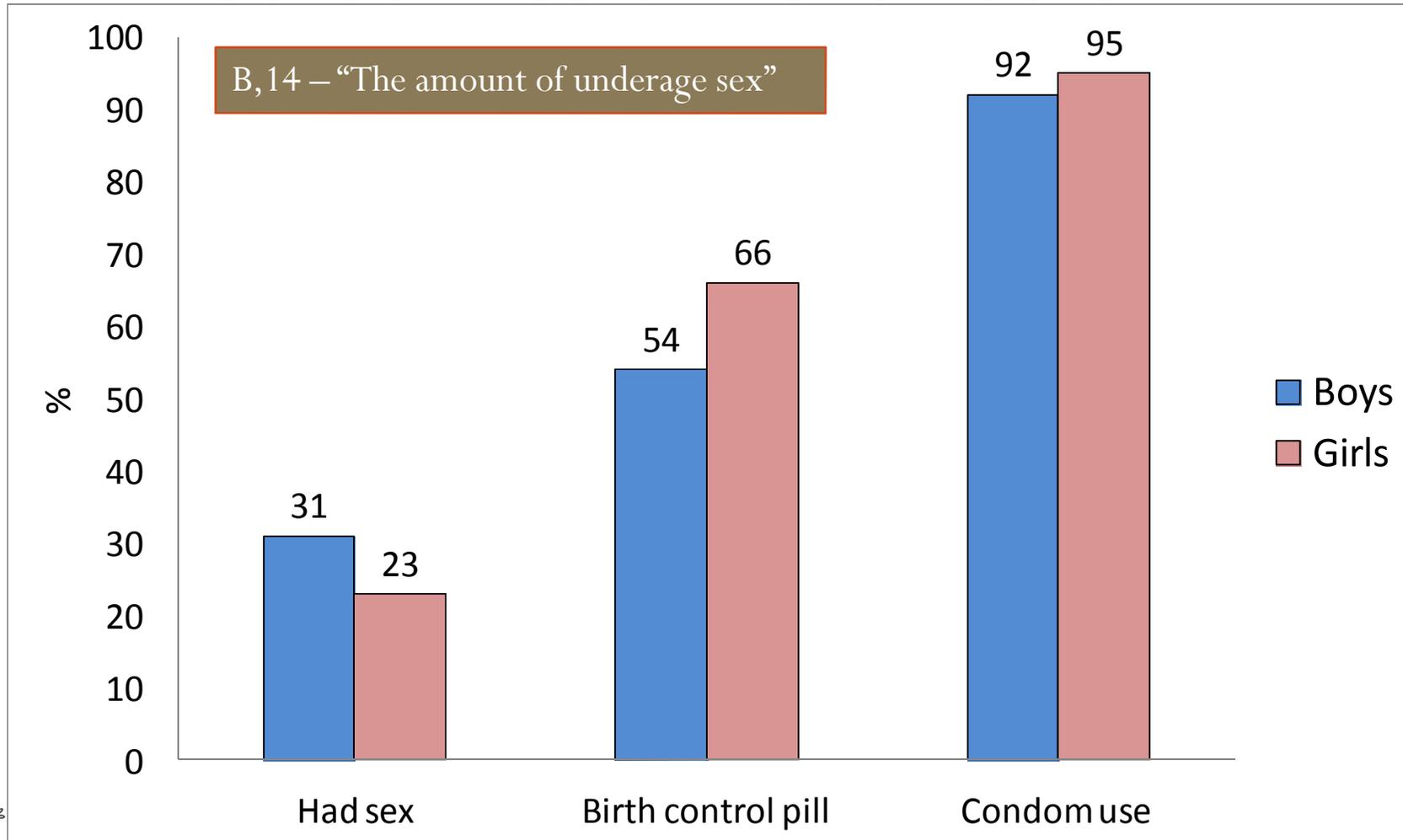
Overall 22% of boys and 10% of girls report ever bullying others in the past couple of months.

Figure 70: Percentages of girls who report ever bullying others in the past couple of months





# Sexual Health Behaviours





# 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 (20+ per cycle).





# Summary

- Studying children's health behaviours for 12 years;
- Improvement on most indicators, but there is still room for improvement:
  - E.g. nutrition and physical activity
- However, children's lives are constantly changing;
- HBSC is looking to the future:
  - Child participation
  - Vulnerable groups
  - Geographic Information Systems (GIS)



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# Acknowledgements

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International Databank Manager: Prof Oddrun Samdal, University of Bergen, Norway.

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**Thank you.**

