



Health Behavior in School Aged Children (HBSC)

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November 2017



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Outline

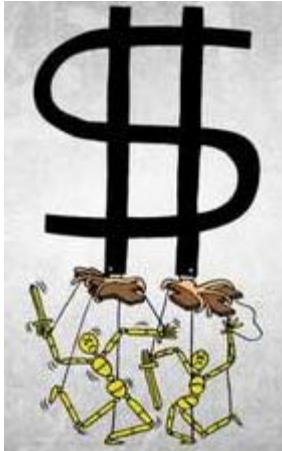


- HBSC Background
- Findings
- Current Phase in Lebanon
- Population and Duration
- Eating Habits
- Smoking Trends
- Alcohol Consumption
- Physical Activity





Conflict of Interest



I, *Marwan Akel*, declare to meeting attendees that there are no financial relationships with any for-profit companies that are directly or indirectly related to the subject of my presentation

What Is HBSC?

- Adolescence marks a period of increased autonomy that can influence how health-related behaviors develop
- International alliance of researchers
- Collaborate on cross-national survey of school students
- Collect data every four years on health behaviors



What Is HBSC?



- HBSC study is the product of topic-focused groups
 - Develop the conceptual foundations of the study
 - Identify research questions
 - Decide the methods and measurements to be employed
 - Work on data analyses
 - Disseminate the findings



History



- Dates back to 1982
- Researchers from England, Finland and Norway
- Development and implementation of a shared research protocol to survey school children
- 1983 the HBSC study was adopted by the WHO Regional Office for Europe
- 47 countries across the globe 2017
- Research base of over 35 years



HBSC Member Countries



What Do HBSC Research?

- Behaviors established during adolescence affect
 - Mental health
 - Health complaints / Self-rated health
 - Tobacco use
 - Diet
 - Physical activity levels
 - Alcohol use
 - Sexual behavior
 - Bullying and fighting
 - Social context (Home/School/Family/Friends)

How Do HBSC Research?

- International standard questionnaire
- Collection of common data across all participating countries
- Quantification of key health behaviors and indicators
- National results
- Cross-national comparisons

The logo of the Jordanian Society of Clinical Pharmacology and Therapeutics is a red-bordered shield containing a green ECG line and a caduceus. To the left of the shield, the Arabic text "الجمعية الأردنية للصحة العامة" is written vertically.

Findings

Dissemination

- Academia
- Policy-makers
- Practitioners
- Non-governmental sectors
- Public
- Media

Publications

- International and national reports
- Scientific publications
- Conference presentations
- Workshops
- Press articles
- Websites/Videos
- WHO/HBSC International
- Book chapters
- Policy briefings

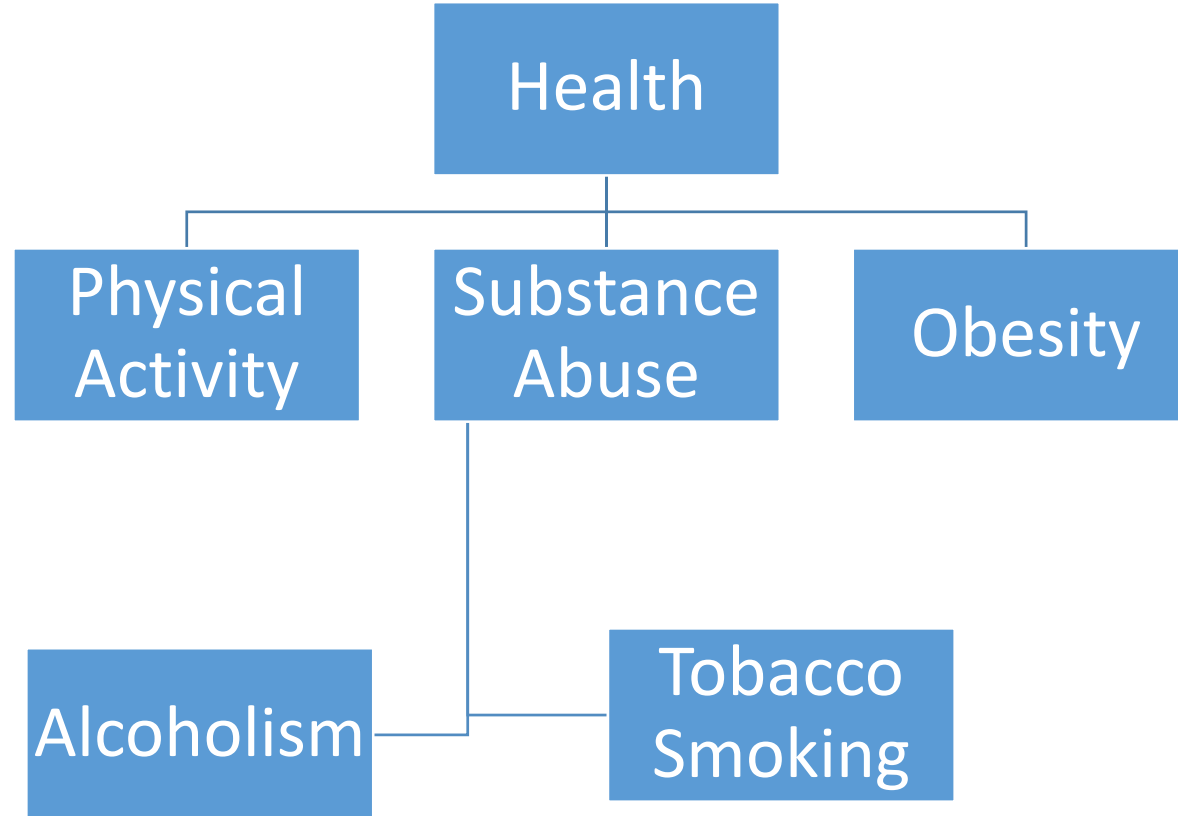


Understand how these factors, individually and together, influence young people's health as they move from childhood into young adulthood

Countries use HBSC data to monitor young people's health, understand its social determinants, and determine effective improvement interventions



Current Phase in Lebanon





Cross Sectional

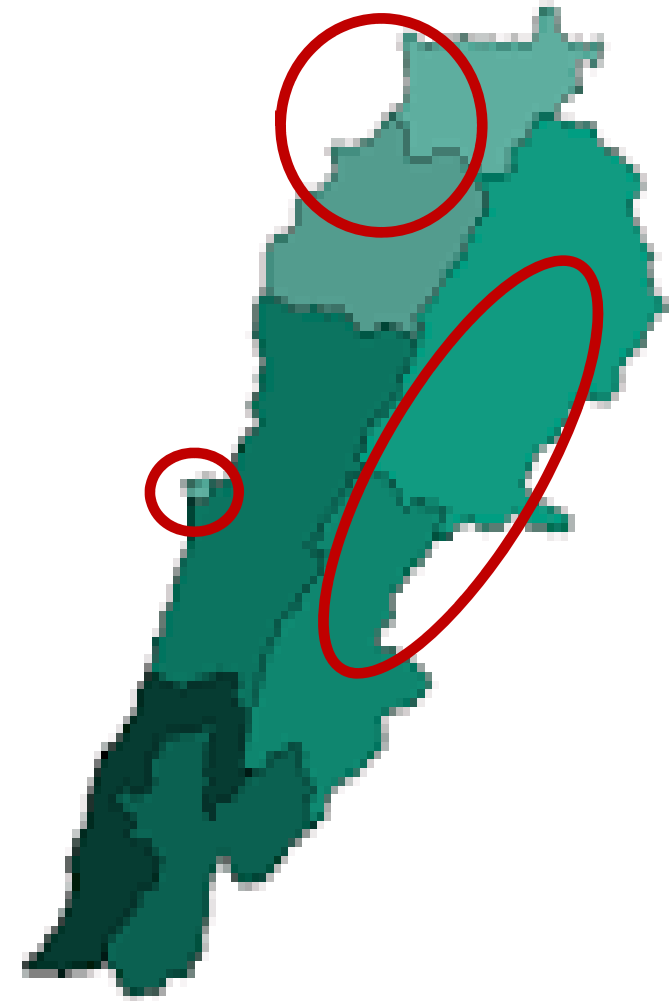


Definition	Advantages	Disadvantages
<ul style="list-style-type: none">• Is observational• Analyzes data collected from a population at a specific point in time	<ul style="list-style-type: none">• Does not require follow-up• Is less costly• Represents a population• Grants descriptive analyses• Generates hypotheses	<ul style="list-style-type: none">• Is susceptible to bias due to low response and misclassification due to recall bias• Provides a snapshot: the situation may provide differing results if another time-frame had been chosen• Shows association but not causation



Population and Duration

- Lebanese adolescent students
 - Private schools
 - Public schools
- October 2016 until April 2017





Criteria



Inclusion

- Students from 6th grade until 12th grade (both inclusive)
- Lebanese nationality

Exclusion

- Students aged less than 11 years
- Other nationalities



Selected Schools



- **17 schools selected over the different regions**

- 12 schools accepted
- 5 schools refused to participate

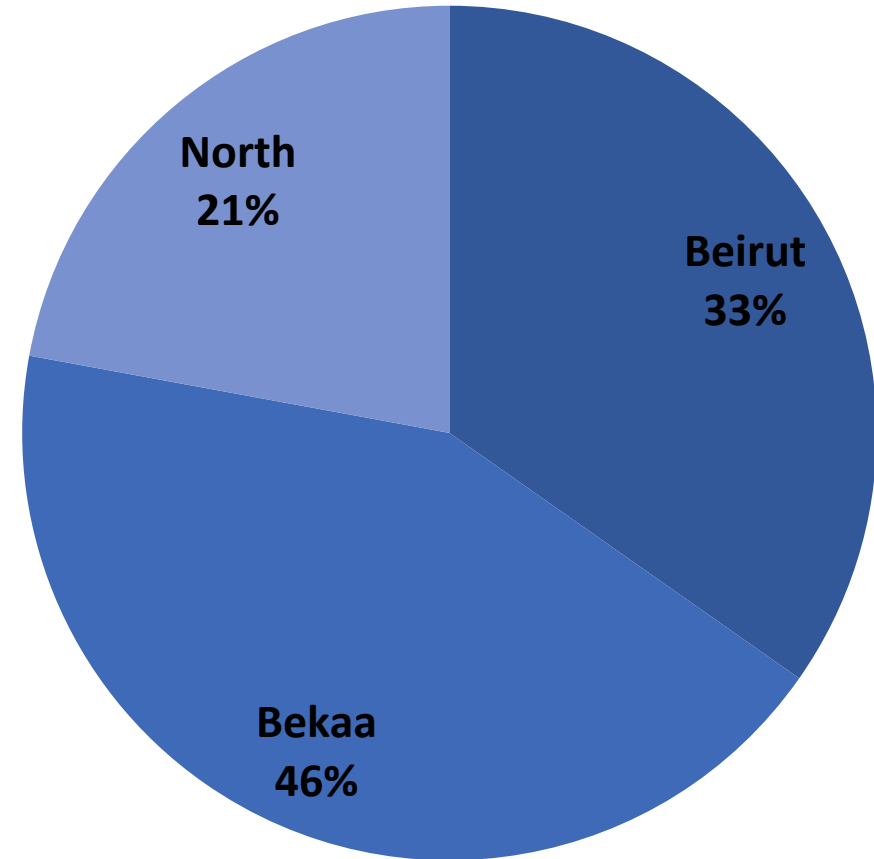
- **Reasons for refusal**

- Length of the questionnaire
- Parts dealing with relatively taboo topics (Sexual behavior, alcohol consumption, and smoking)
- Personal questions



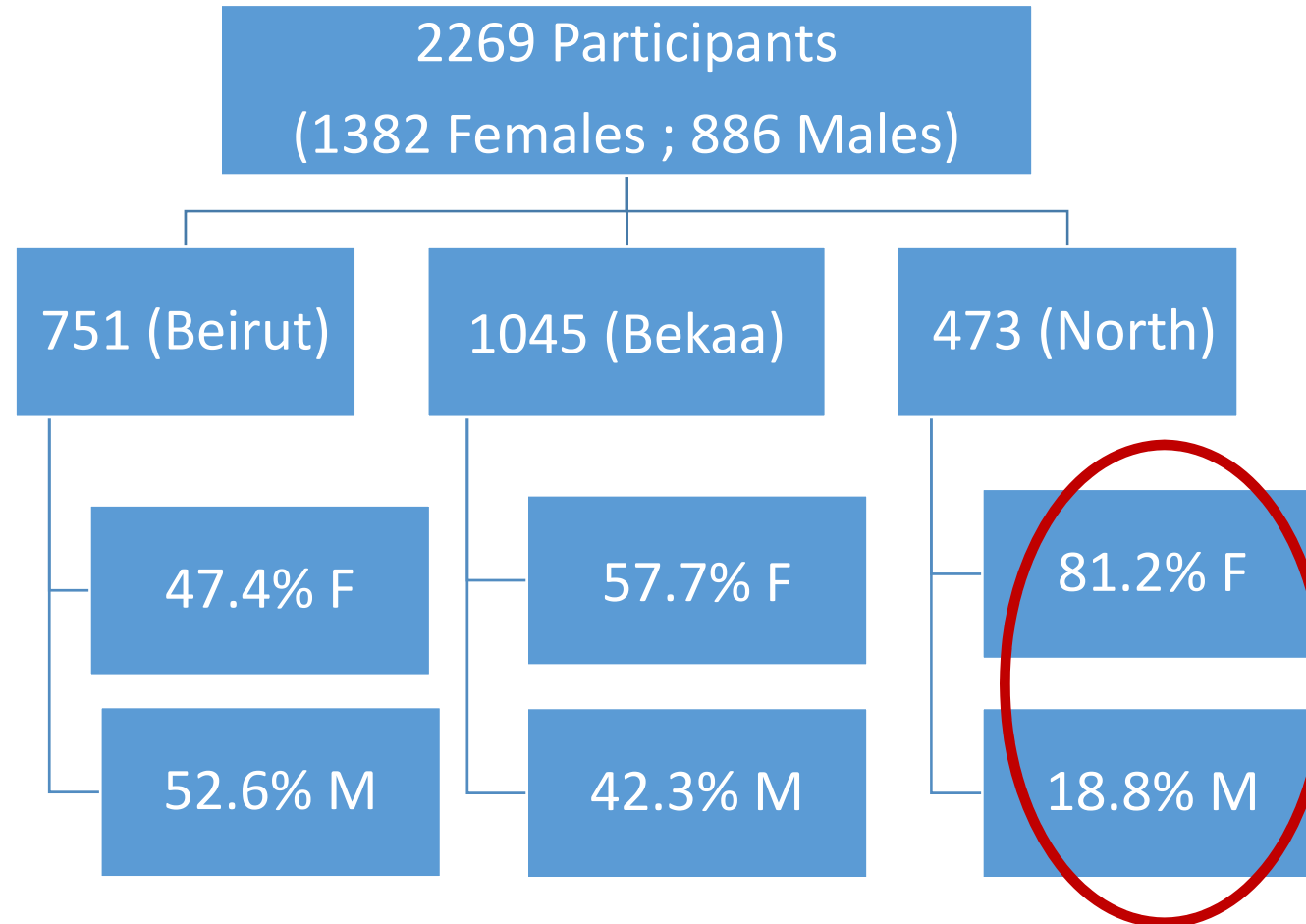
Population Distribution

- **2269 students participated**
 - 751 from Beirut
 - 1045 from Bekaa
 - 473 from North





Gender Distribution





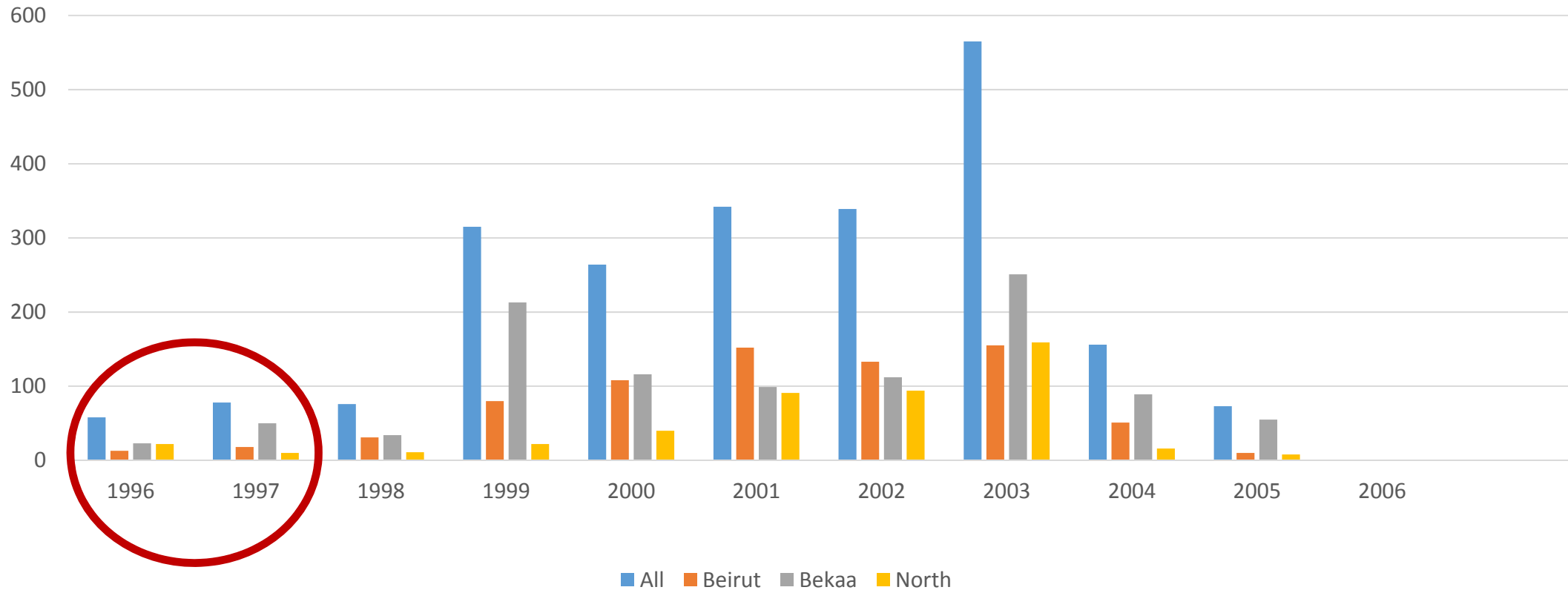
Distribution of Classes



Grade/Class	Number of Students in all regions (%)	Number of students in Beirut (%)	Number of students in Bekaa (%)	Number of students in North (%)
6 th	322 (14.2)	3(0.3)	288(27.3)	31(2.9)
7 th	300 (13.2)	127(12.0)	36(3.4)	137(13.0)
8 th	560(24.7)	158(15.0)	246(23.3)	156(14.8)
9 th	343(15.1)	173(16.4)	39(3.7)	131(12.4)
10 th	222(9.8)	96(9.1)	124(11.8)	2(0.2)
11 th	169(7.4)	79(7.3)	90(6.5)	-
12 th	347(15.6)	115(10.9)	216(20.5)	16(1.6)
Did Not Respond	6(0.3)	-	6(0.6)	-
Total	2269(100)	751(100)	1045(100)	473(100)



Dates of Birth of the Participants





Socio-Economic Status



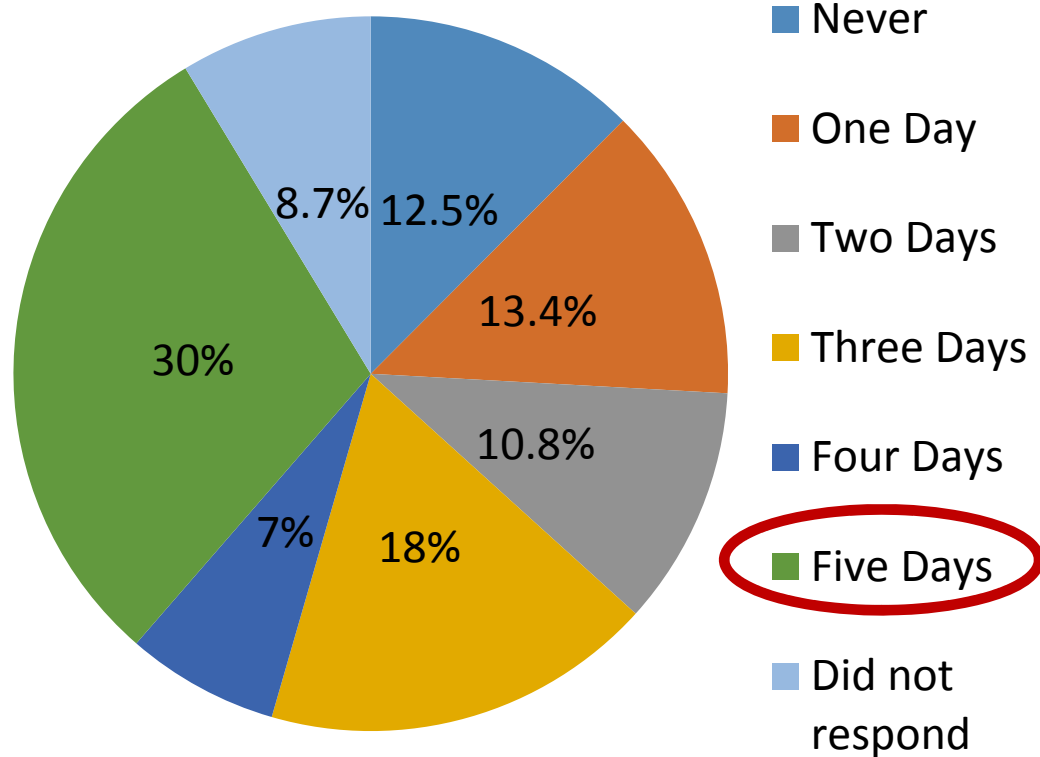
	Frequency (%)
Very well off	467(20.6)
Quite well off	438(19.3)
Average	792(34.9)
Not very well off	162(7.1)
Not at all well off	122(5.4)
Did not respond	288(12.7)
Total	2269(100)

Opinion on how well a participant's family financially is

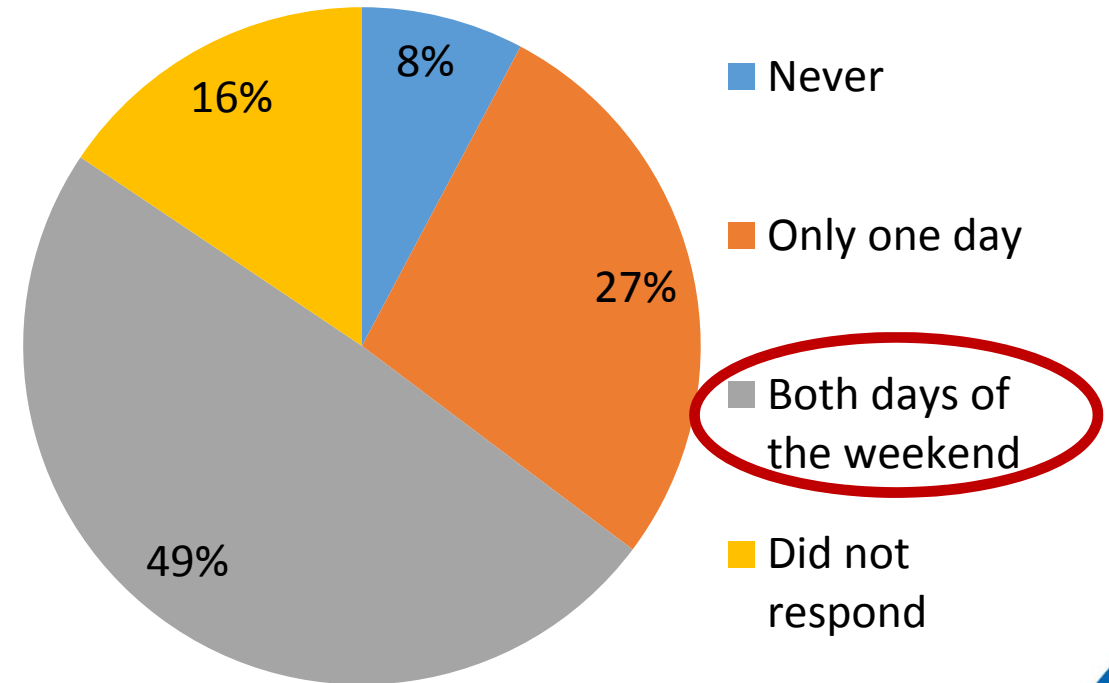


Having Breakfast

During Weekdays

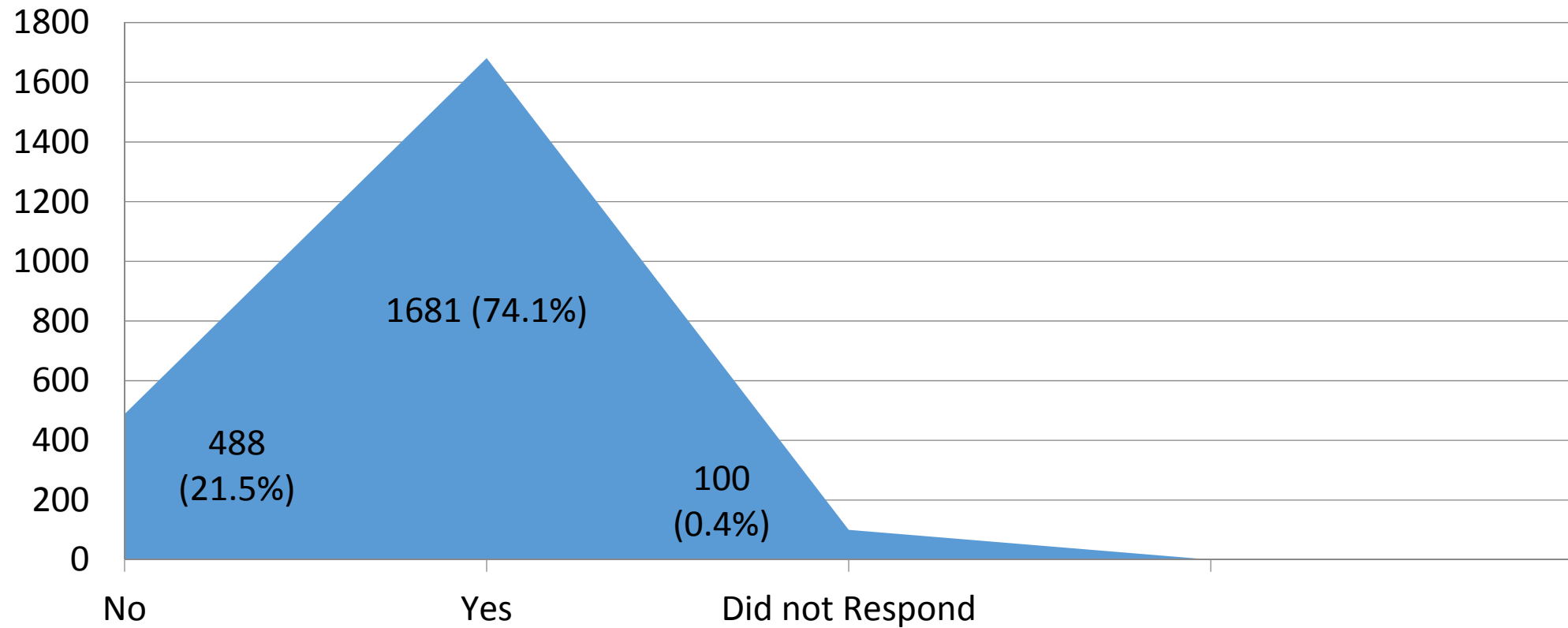


During Weekends





Having Meal while Watching TV



Diet : Snacks



	Frequency				Total
	Always	Sometimes	Never	Did not respond	
Fruits	1144(50.4)	995(43.9)	72(3.2)	57(2.5)	2269 (100)
Sweets/Pastries	944(41.6)	1067(47.0)	151(6.7)	107(4.7)	
Juice	840(37.0)	1164(51.3)	141(6.2)	124(5.5)	
Soda	991(43.7)	902(39.8)	273(12.0)	103(4.5)	
Chips/Peanuts	1017(44.8)	919(40.5)	234(10.3)	99(4.4)	

Snacks consumed between main meals; n (%)



Snack in front of Screen



Response	Frequency (%)
Yes	1883(83.0)
No	265(11.7)
Never	51(2.2)
Did not respond	70(3.1)
Total	2269(100)



Determinants of Substance Use



Social Determinants and Substance Use

A perspective beyond the policy 'silo' pragmatics.

Shane Varcoe – National Training & Partnerships Officer
Derek Steenholdt – Research Officer
01-Jan-17

- Affordability
- Availability
- Acceptability



Tobacco Smoking



Ever smoked tobacco?	Frequency (%)
No	1884(83.0)
Yes	265(11.7)
Did not respond	120(5.3)
Total	2269(100)

Ever-smoking tobacco among the participants during their lifetime (At least one cigarette, waterpipe or cigar)



Current Smokers



Smoking Tobacco at Present	Frequency (%)
Every day	90(4.0)
At least once a week but not every day	59(2.6)
Less than once a week	71(3.1)
I do not smoke	1877(82.7)
Did not respond	172(7.6)
Total	2269(100)

Smoking status of the participants at the present time

Smoking Tendencies

	Number of smokers (n)	Mean (X per week)	Standard Deviation (SD)	Range	Mode
Cigarettes	256	5.40 packs	3.23	8	9
Waterpipes	231	3.65 sessions	2.37	9	6

Ever-tasted Alcohol

Ever tasted alcohol?	Frequency (%)
No	2055(90.6)
Yes	118(5.2)
Did not respond	96(4.2)
Total	2269(100)



Physical Activity



Number of Hours	Frequency (%)
1 hour or less	1408(62.0)
2-3 hours	345(15.2)
4 hours or more	225(10)
Did not respond	291(12.8)
Total	2269(100)
Outside school hours	



Screen Time

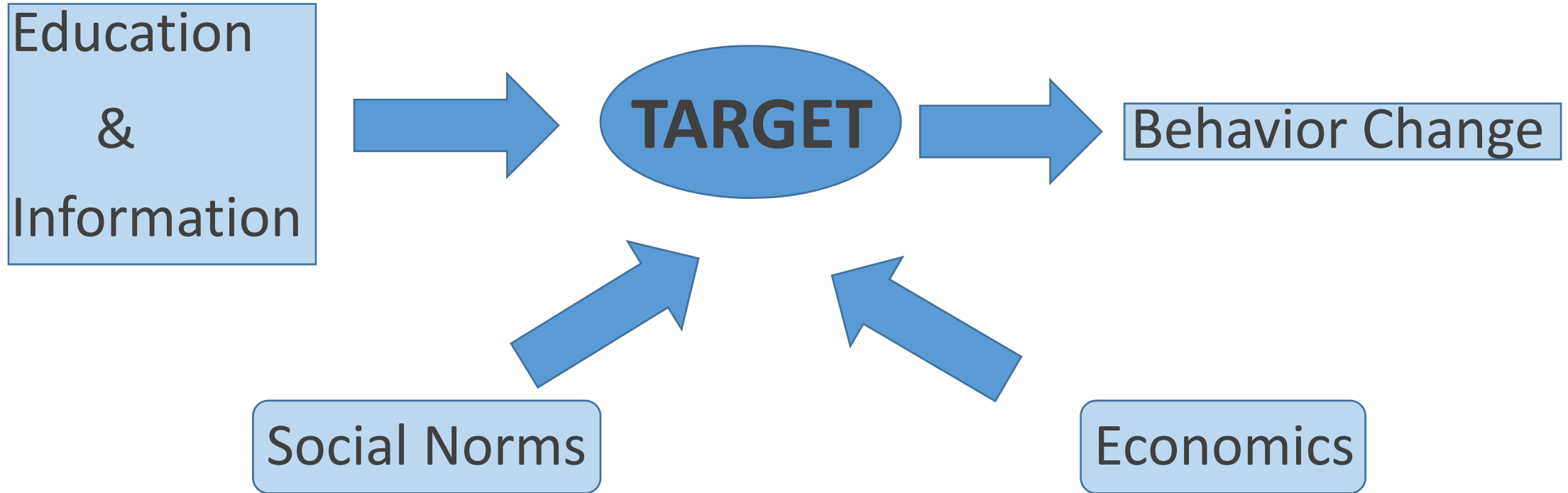


	Weekdays	Weekends
Number of Respondents	1973	1910
Number of Non-Respondents	296	359
Average number of hours per day	2.45	2.97
Maximum (hours)	7	7
Mode (hours)	2	2

TV, video games, mobile phones, internet use, laptops, computers and tablets



Health Promotion



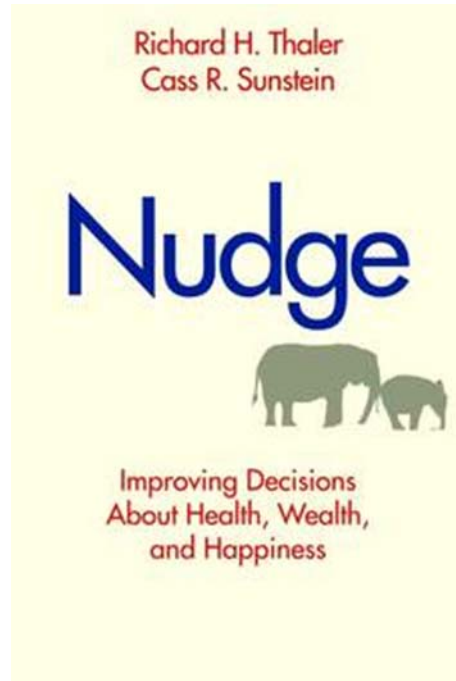
Ottawa Charter for Health Promotion

- “Political, economic, social, cultural, environmental, behavioral and biological factors can all favor or harm health”
- Health promotion
 - Aims to make these conditions favorable through advocacy for health
 - Seeks to make “ the healthy choice the easy choice and the unhealthy choice the more difficult choice ”

Advocacy, Advocacy, Advocacy

- Communication strategy
 - Understand the real issues
 - Confront the interests or the values
 - Define programmes for effective action

Richard H Thaler



- Nobel Prize in Economics 2017
- Small design changes that can markedly affect individual behavior...



THANK YOU



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