

The Irish Health Behaviour in School-aged Children (HBSC) Study 2022

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Presentation of Main Findings
Aoife Gavin, Senior Researcher
May 2nd 2024





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Presentation Overview

HBSC Study Background

Methods

Key Findings

Summary

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launch

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#childhealth
#adolescenthealth

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The Health Behaviour in School-aged Children Study

- Cross-sectional research study ('snapshot')
- Collaboration with the World Health Organization (WHO) Regional Office for Europe
- International study runs on a four-year academic cycle (51 participating countries and regions in 2021/22)
- Ireland has collected data since 1998 (2022 is the 7th survey cycle)
- Overall study aims to gain insight into and increase our understanding of young people's health and wellbeing, health behaviours and their social context





Conceptualising Children's Health and Wellbeing



The Health Behaviour in School-aged Children Study

- School-based survey: data collected through self-completion questionnaires administered by teachers in the classroom
- International HBSC survey instrument is a standard questionnaire developed by research network
 - Mandatory international questions
 - Optional international questions
 - National-specific questions
- In Ireland, collect data from 3rd class (primary) to 5th year (post-primary)



Methods – HBSC 2022

- 191 primary and post-primary schools (51% of invited schools)
- 9,071 pupils (7,619 Main Study / 1,452 Middle Childhood Study)
- Survey mode – overall: 58% paper; 42% online
- Overall findings weighted to account for gender and regional imbalances
- Full ethical approval was granted by the University of Galway Research Ethics Committee



Report Contents



Main Study(10to 17Year Olds)	Middle Childhood Study (3 ^d and 4 th Class)
General Health and Wellbeing (5 indicators)	General Health and Wellbeing (3 indicators)
Mental Health (1 indicator)	Smoking (2 indicators)
Smoking (4 indicators)	Food and Dietary Behaviours (6 indicators)
Alcohol Consumption and Drunkenness (4 indicators)	Exercise and Physical Activity (2 indicators)
Cannabis Use (2 indicators)	Self-Care (2 indicators)
Food and Dietary Behaviours (7 indicators)	Bullying (2 indicators)
Exercise and Physical Activity (3 indicators)	
Self-Care (2 indicators)	
Sun Safety Behaviours (2 indicators)	
Menstrual Health and Period Poverty (2 indicators)	
Injuries (1 indicator)	
Physical Fighting and Bullying (5 indicators)	
Impact of COVID-19 measures (5 indicators)	
Sexual Behaviours (5 indicators)	

New in HBSC 2022 Report

- Loneliness
- Sun Safety Behaviours
- Menstrual Health and Period Poverty
- Impact of COVID-19 and its associated measures

Youth Engagement Workshops



- Primary and Post-Primary schools – April and May 2023
- Priority topics for report

1 Mental Health

2 Self-Care

3 General Health and Wellbeing

4 Exercise and Physical Activity

5 Period Poverty

6 Substance Use

7 Food and Dietary Behaviours

8 Injuries

9 Physical Fighting and Bullying

10 COVID-19

"Mental health affects your everyday life and actions"

"Smoking is really bad for your health and even affects other people's health"

"If you have a good diet you will have a better physical and mental health"

"We need to be happy to live a good life"

"Bullying can destroy their life and how they feel about themselves"



Reading the Report

- Overall %
- Gender
- Age groups
- Social class
 - SC1-2 = highest social class
 - SC5-6 = lowest social class
- 2018 vs 2022
- Significant differences



General Health and Wellbeing

Excellent health

There are statistically significant differences by gender, age group and social class. Overall, 30% of boys and 21% of girls report excellent health. Younger children are more likely to report excellent health than older children. Children from the highest social class group are more likely to report excellent health than those from other social class groups.

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

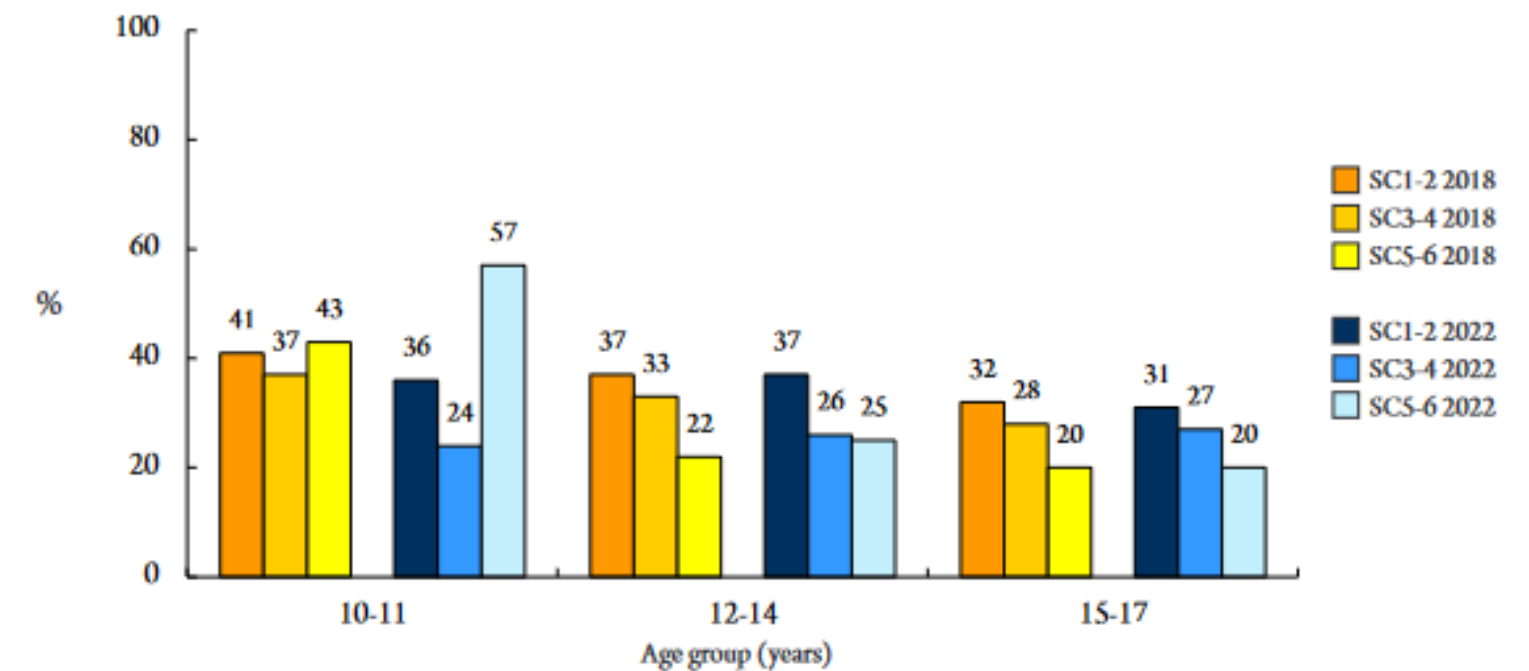
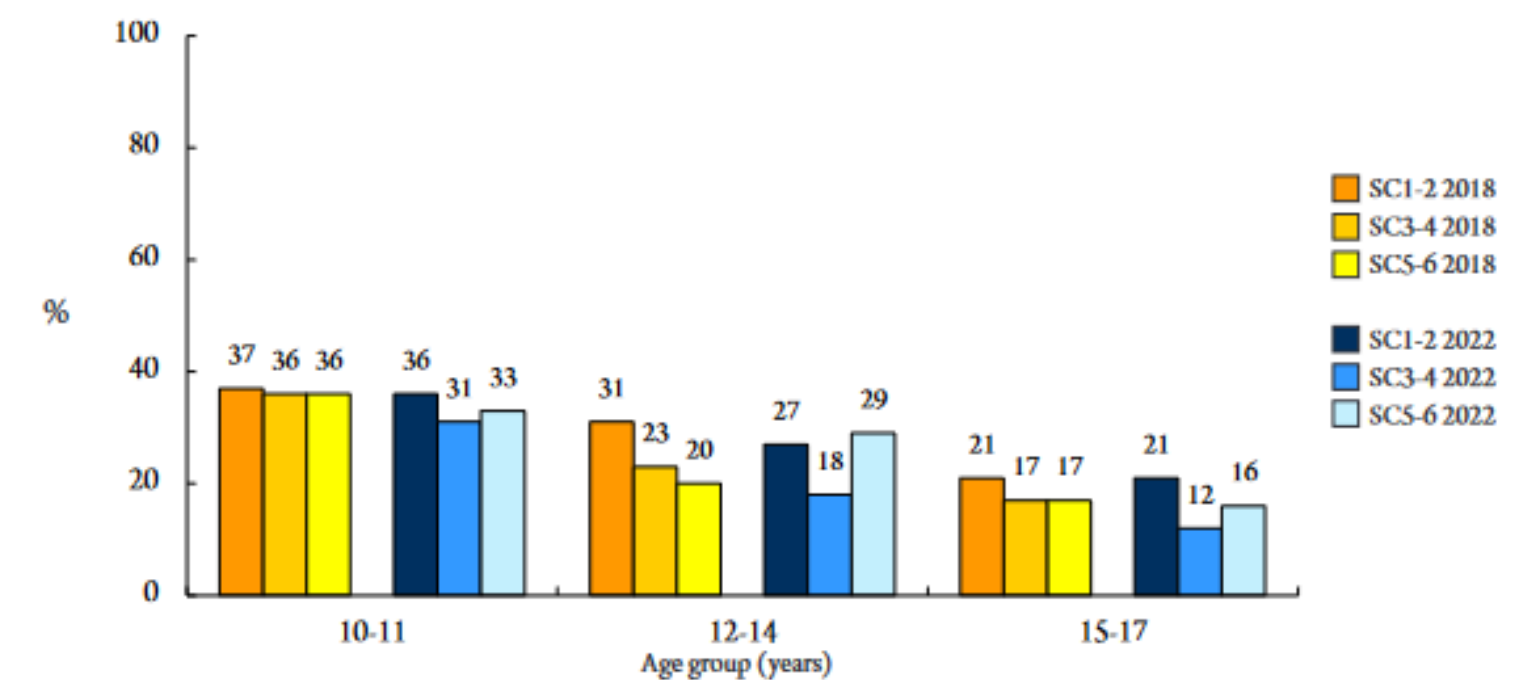


Figure 2: Percentages of girls who report their health is excellent





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Key Findings



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- Life at present (happiness)
- WHO-5 Well-Being Index
- Loneliness
- Ever smoked cigarettes
- Ever used electronic cigarettes
- Never had an alcoholic drink
- Cannabis use in the last 12 months
- Fruit, vegetable, soft drinks
- Not having breakfast
- Physically active on seven days in the last week
- Toothbrushing, Seatbelt use, Sunscreen use
- Menstrual health and period poverty
- COVID-19
- Being bullied
- Being cyberbullied
- Sexual behaviours – contraception use





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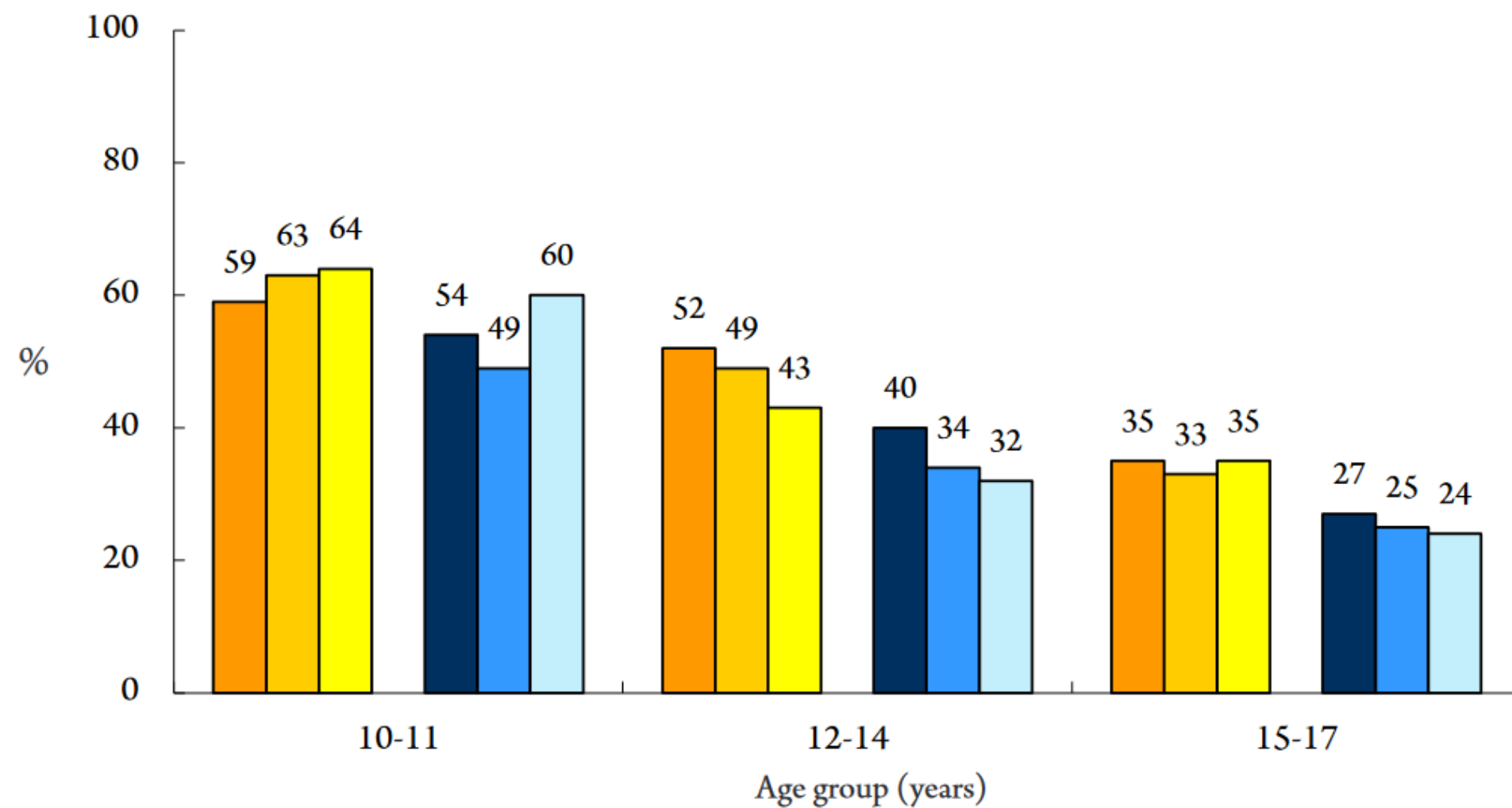
General Health and Wellbeing

Key Findings

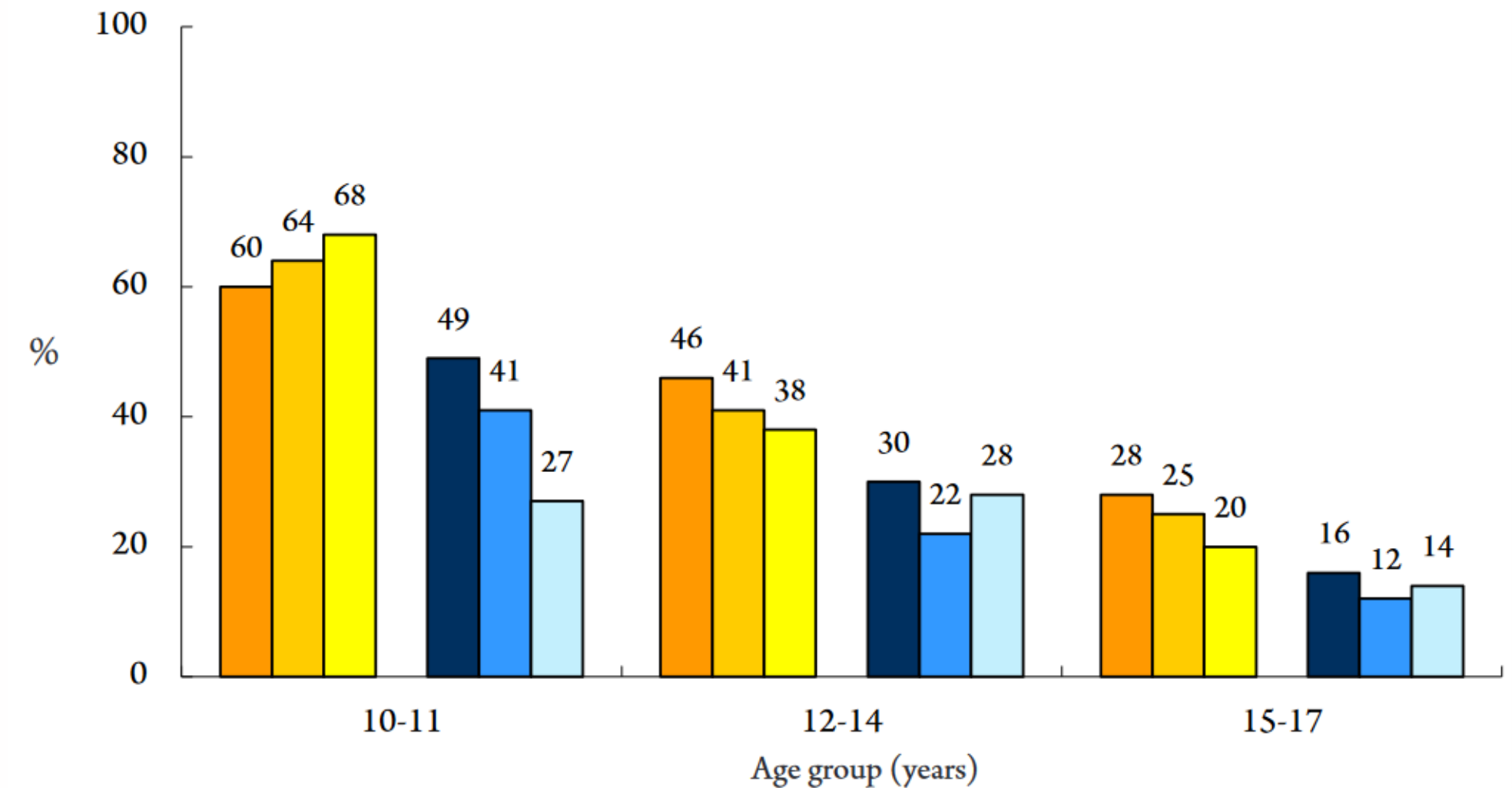
Life at Present (Happiness)



Percentages of **boys** who report feeling very happy with their life at present



Percentages of **girls** who report feeling very happy with their life at present



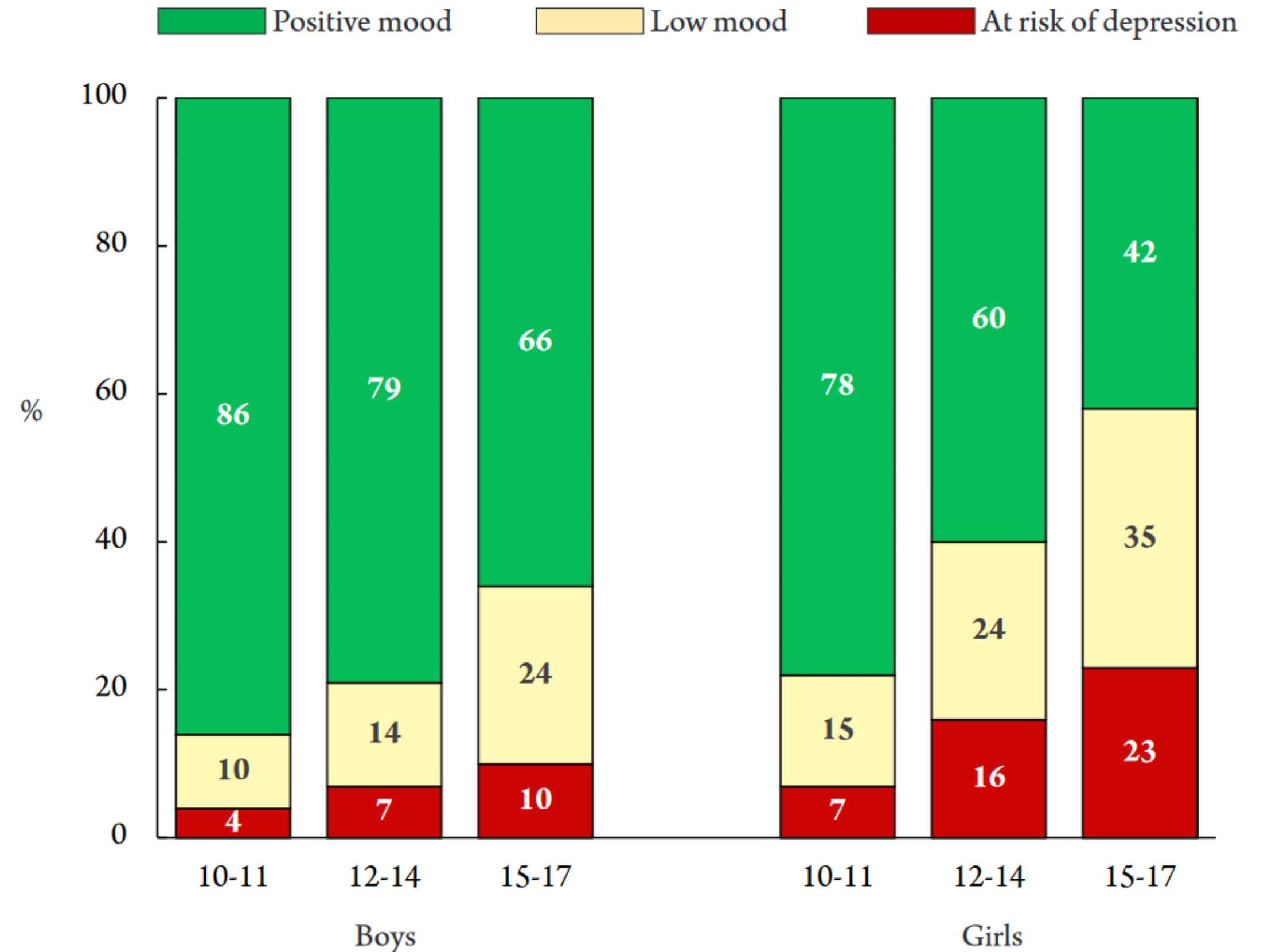
WHO-5 Well-Being Index



Five item scale

- Feeling cheerful and in good spirits
- Feeling calm and relaxed
- Feeling active and vigorous
- Waking up fresh and rested
- Feeling that their daily life has been filled with things that interest them

Higher score reflects higher level of well-being



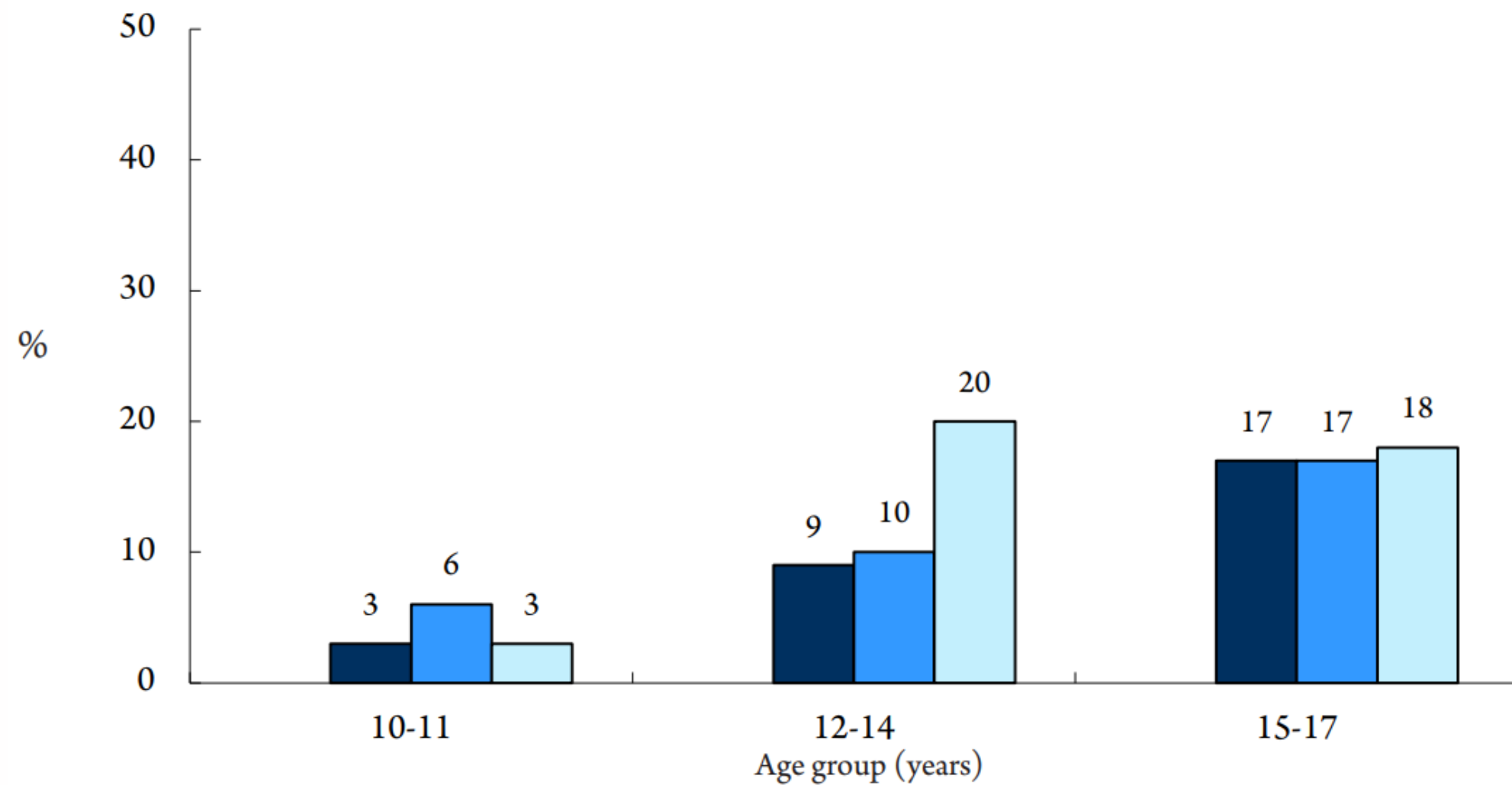
Loneliness

New for 2022

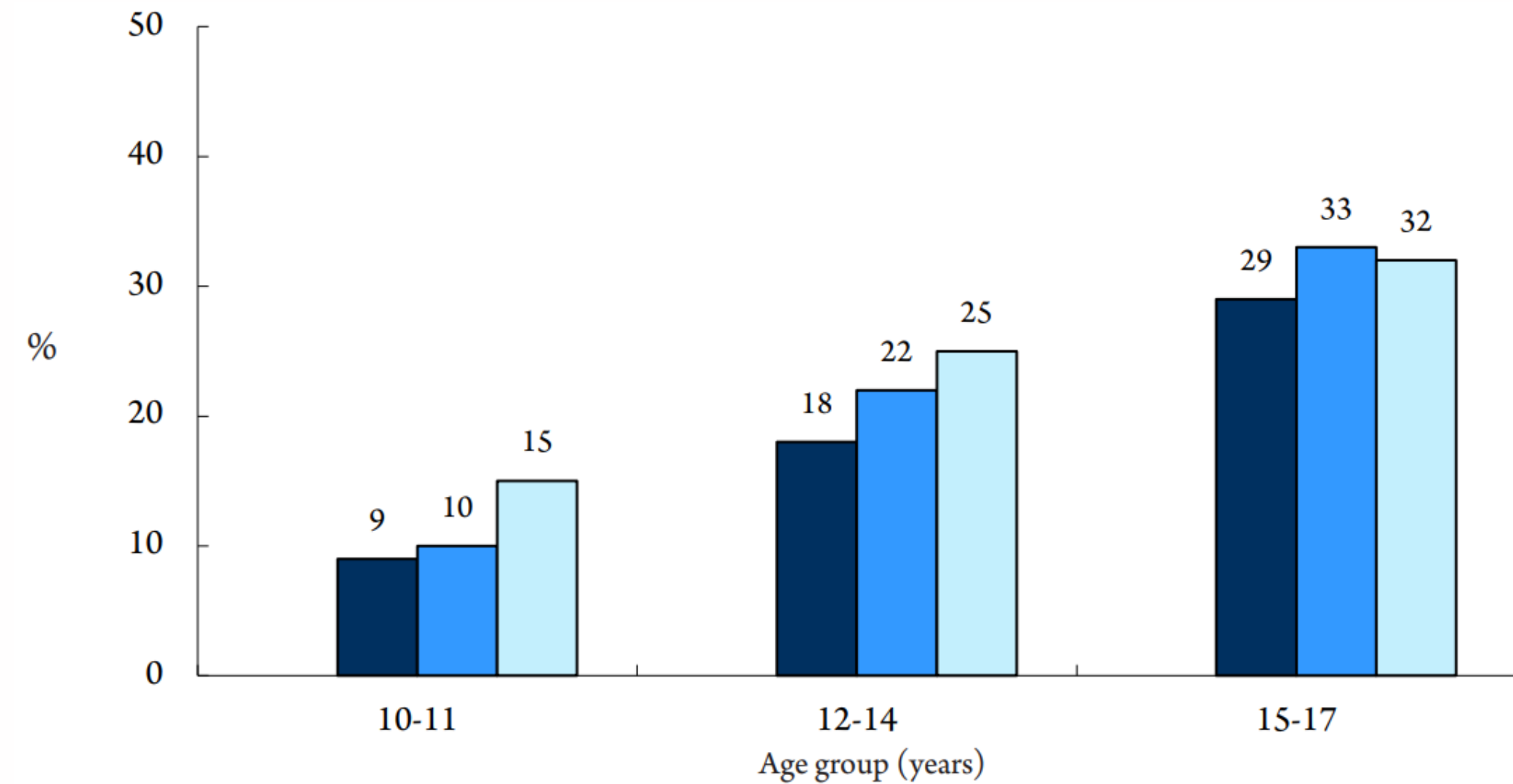


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Percentages of **boys** who report feeling lonely most of the time or always in the past 12 months



Percentages of **girls** who report feeling lonely most of the time or always in the past 12 months



■ SC1-2 2022
■ SC3-4 2022
■ SC5-6 2022



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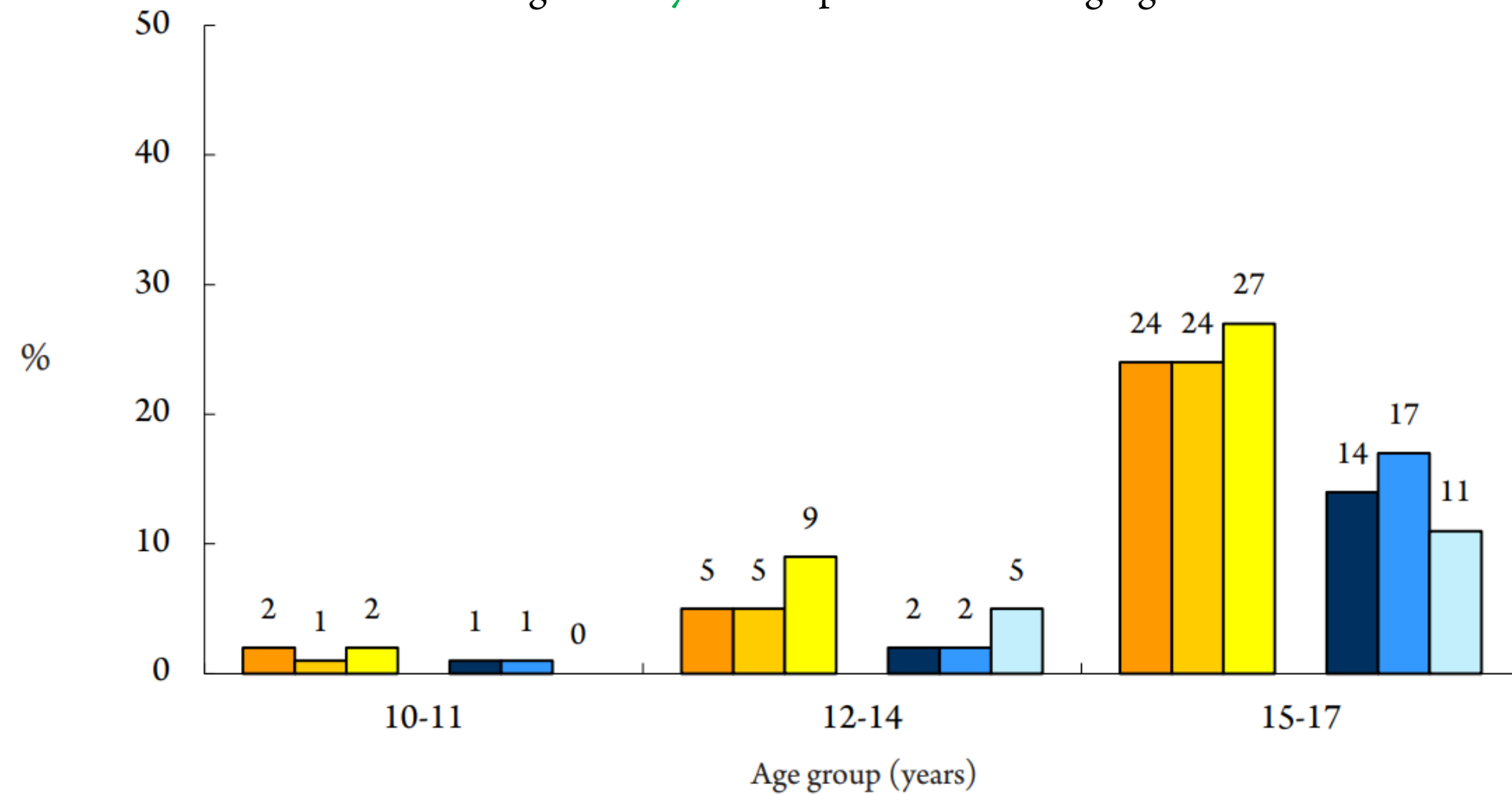
Risk Behaviours

Key Findings

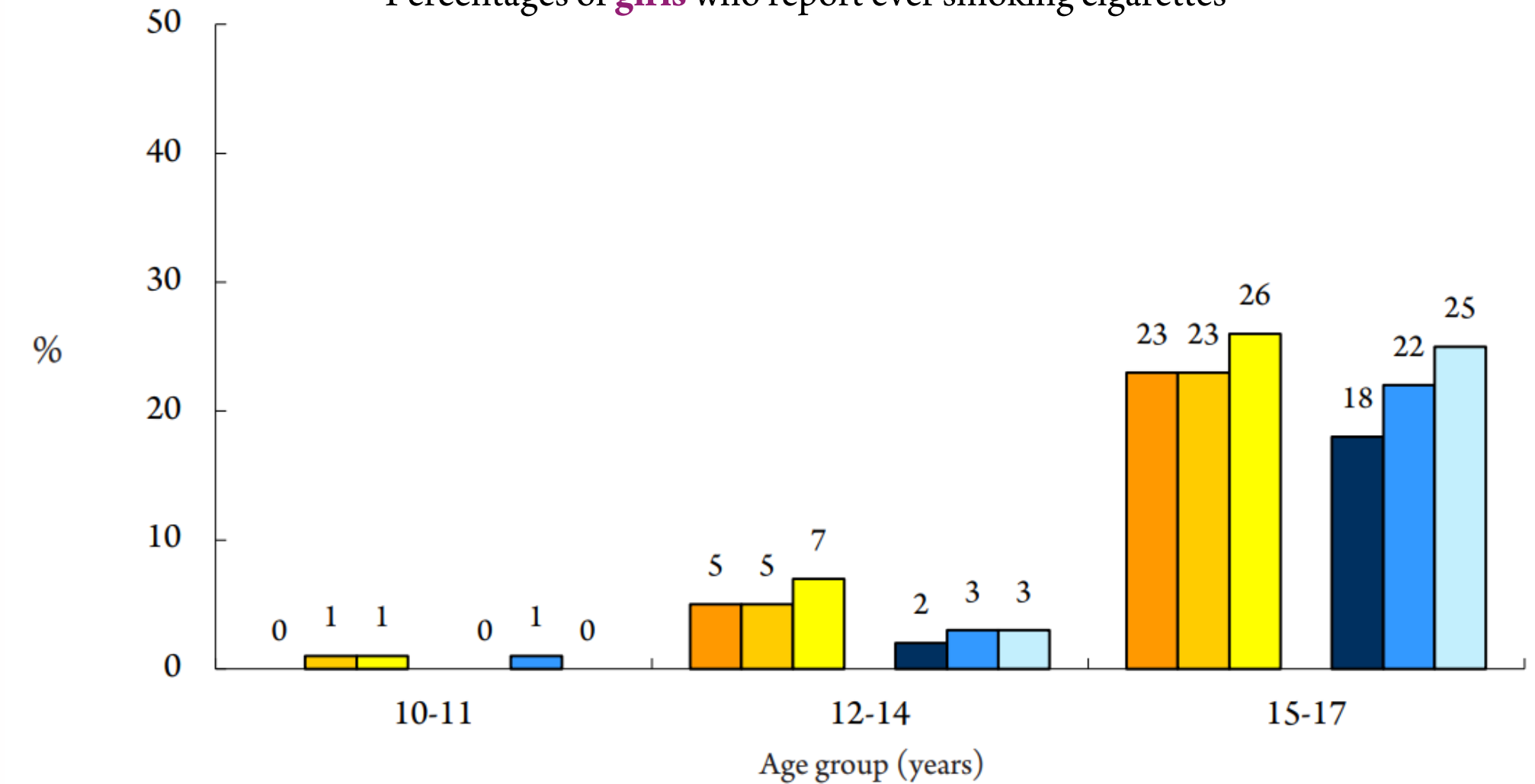
Ever smoked cigarettes



Percentages of **boys** who report ever smoking cigarettes



Percentages of **girls** who report ever smoking cigarettes



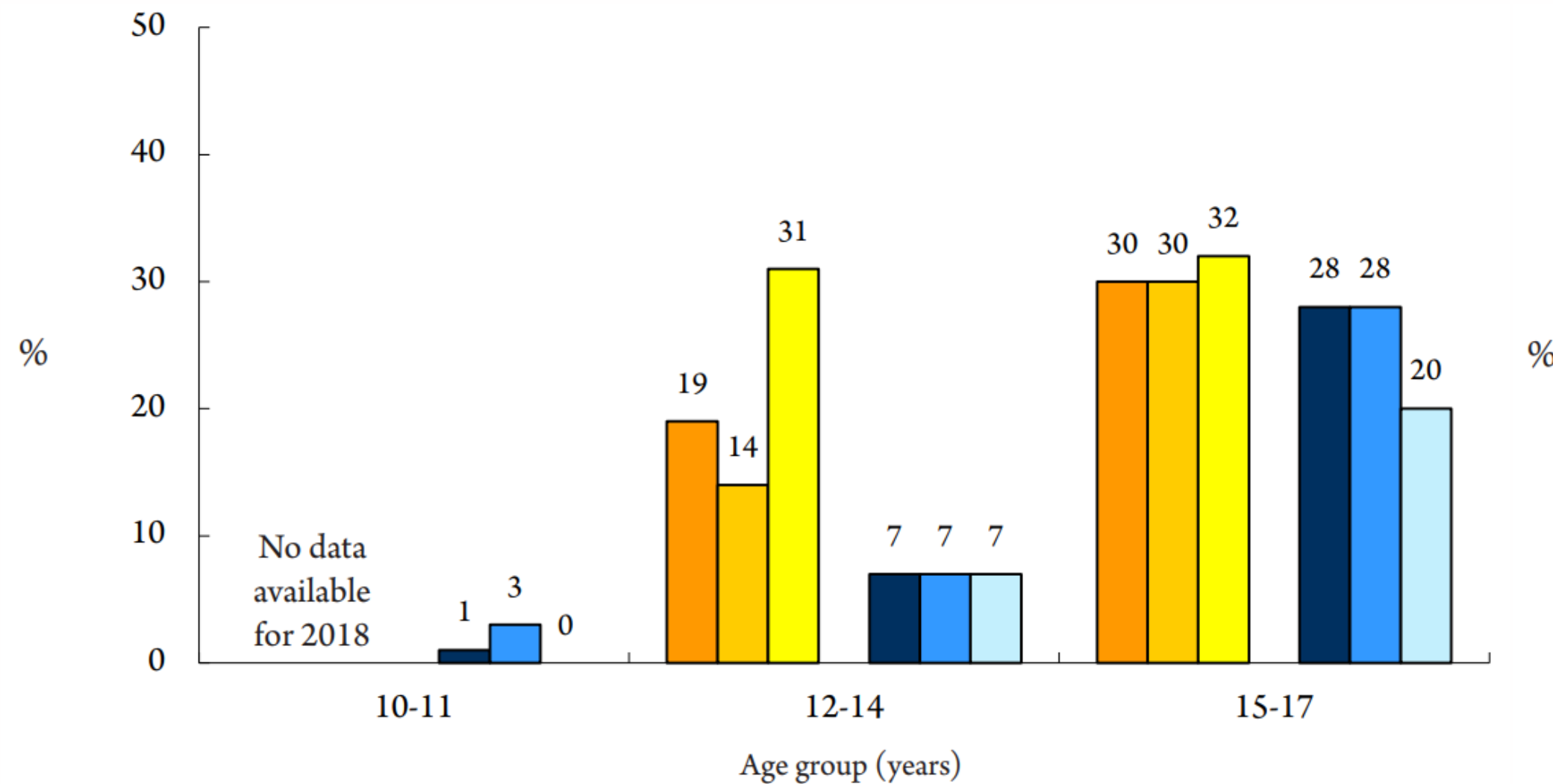
SC1-2 2018
SC3-4 2018
SC5-6 2018

SC1-2 2022
SC3-4 2022
SC5-6 2022

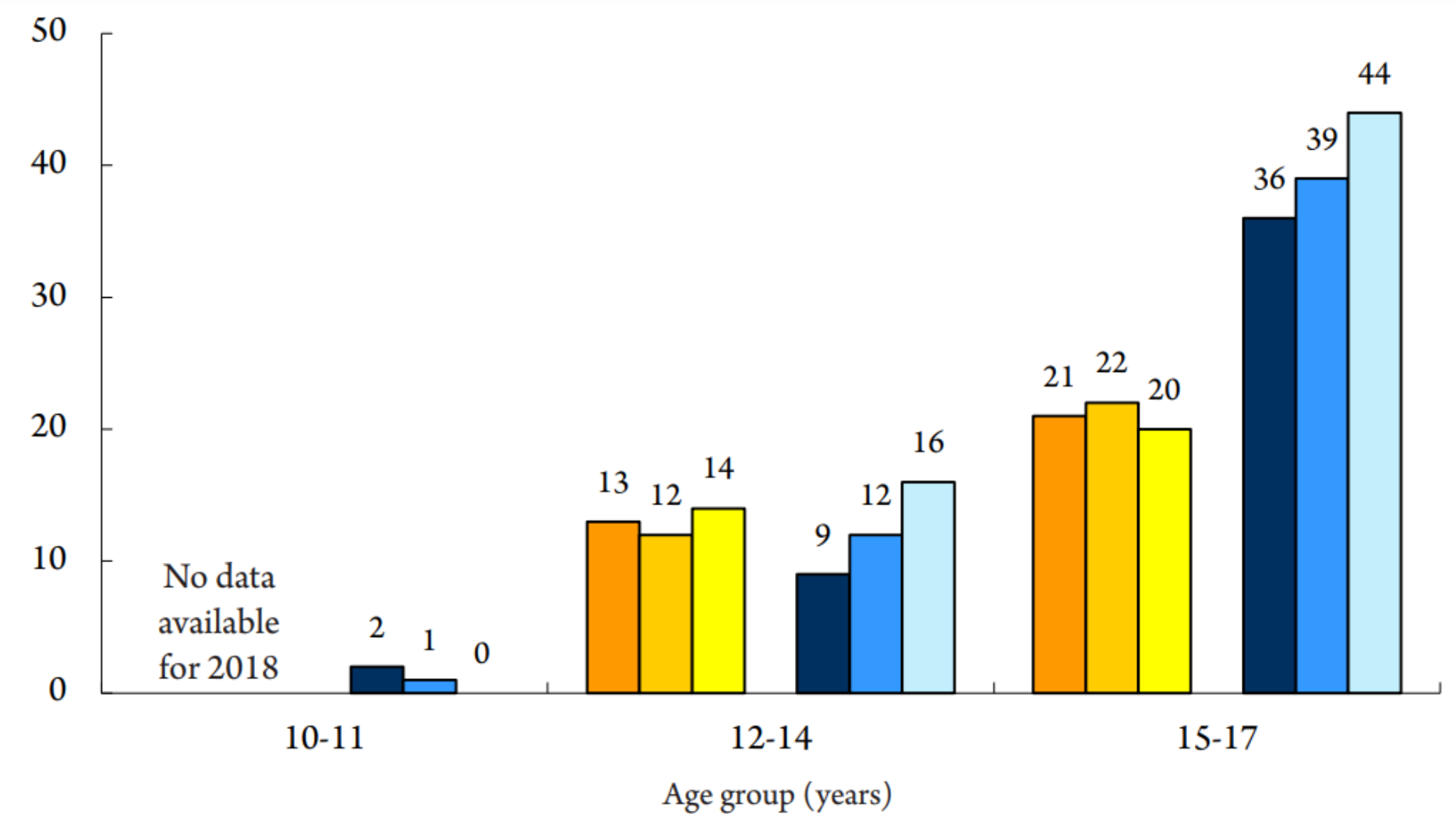
Ever used electronic cigarettes



Percentages of **boys** who report they have ever used electronic cigarettes



Percentages of **girls** who report they have ever used electronic cigarettes

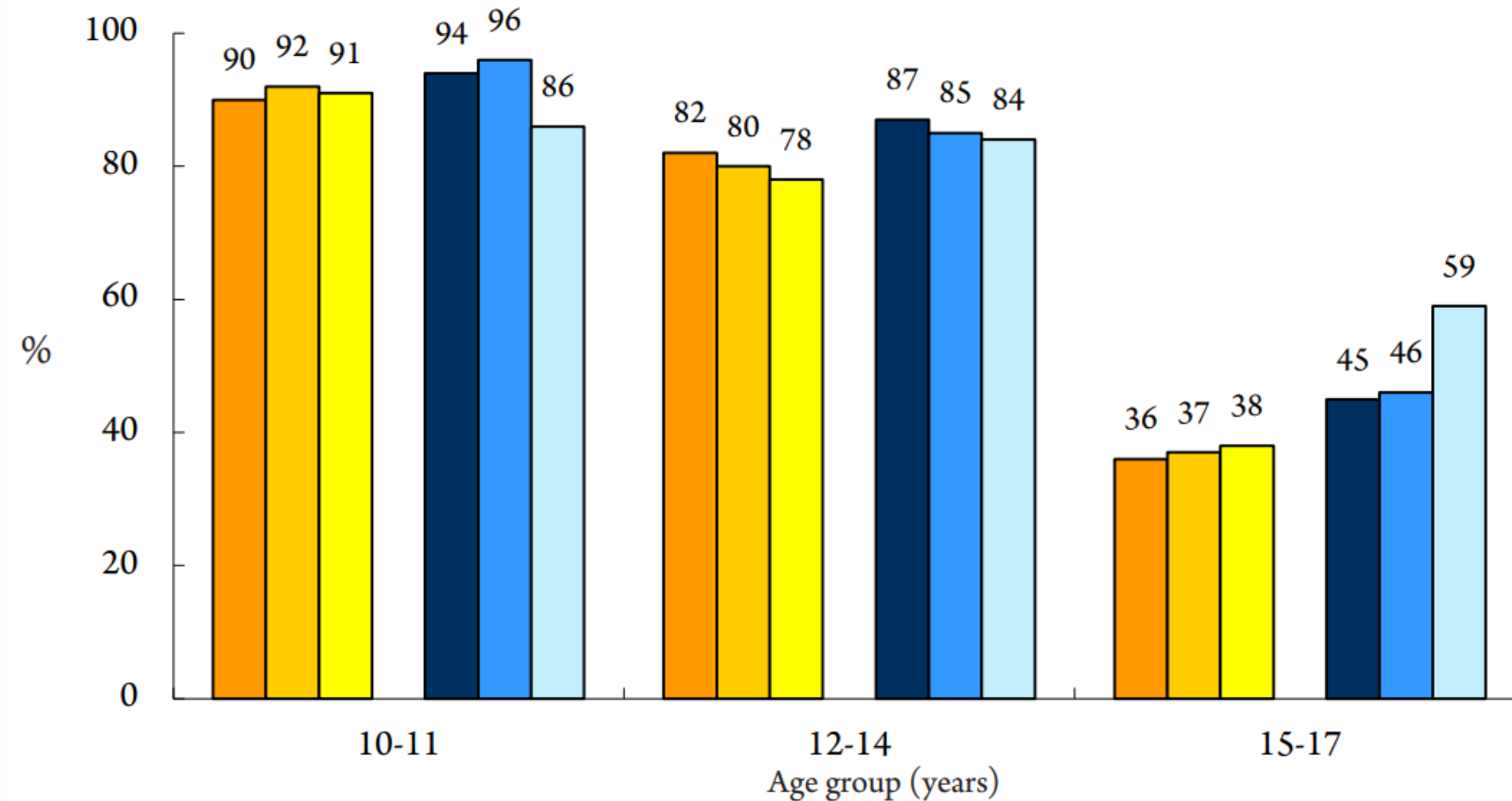


- SC1-2 2018
- SC3-4 2018
- SC5-6 2018
- SC1-2 2022
- SC3-4 2022
- SC5-6 2022

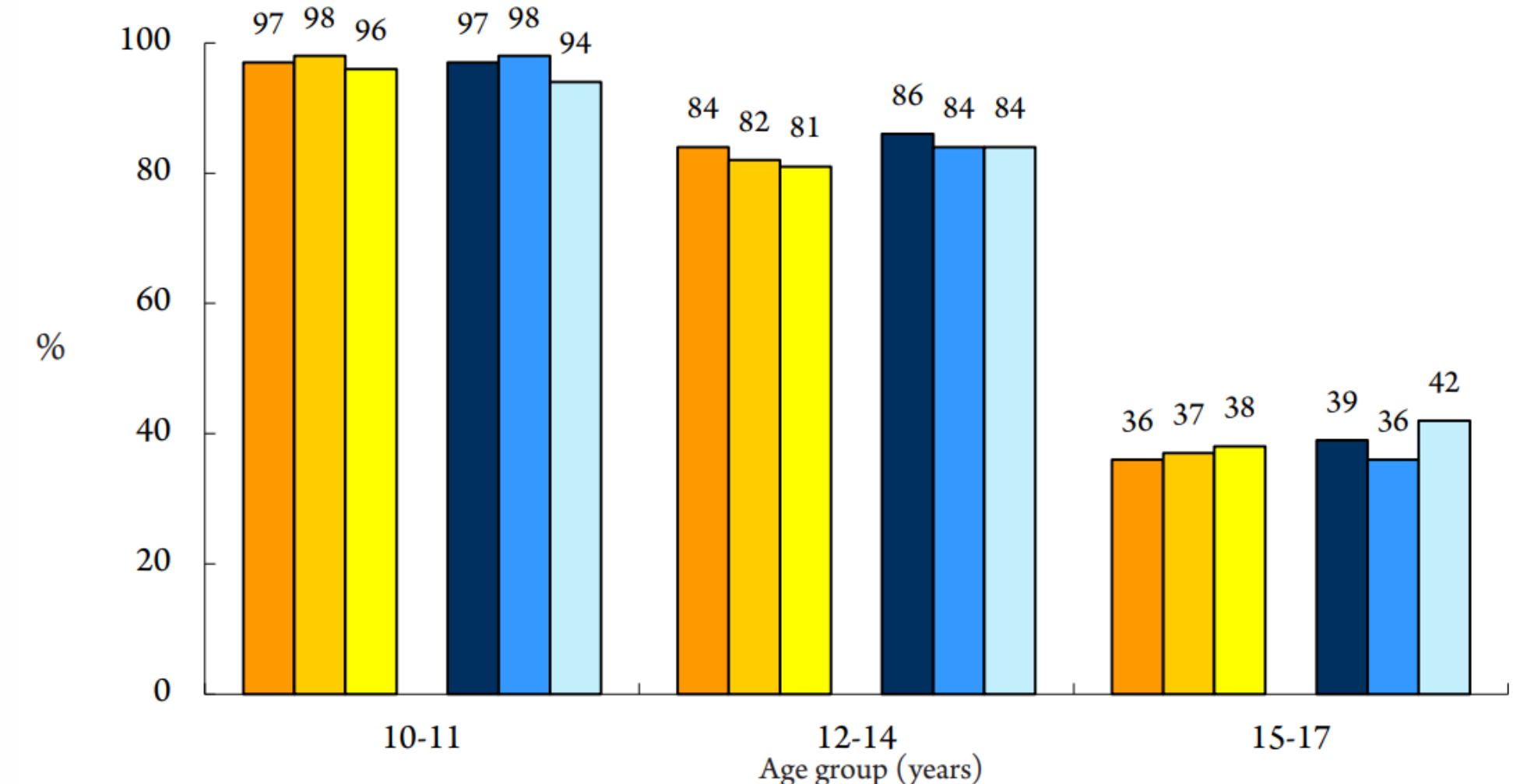
Never had an alcoholic drink



Percentages of **boys** who report never having had an alcoholic drink



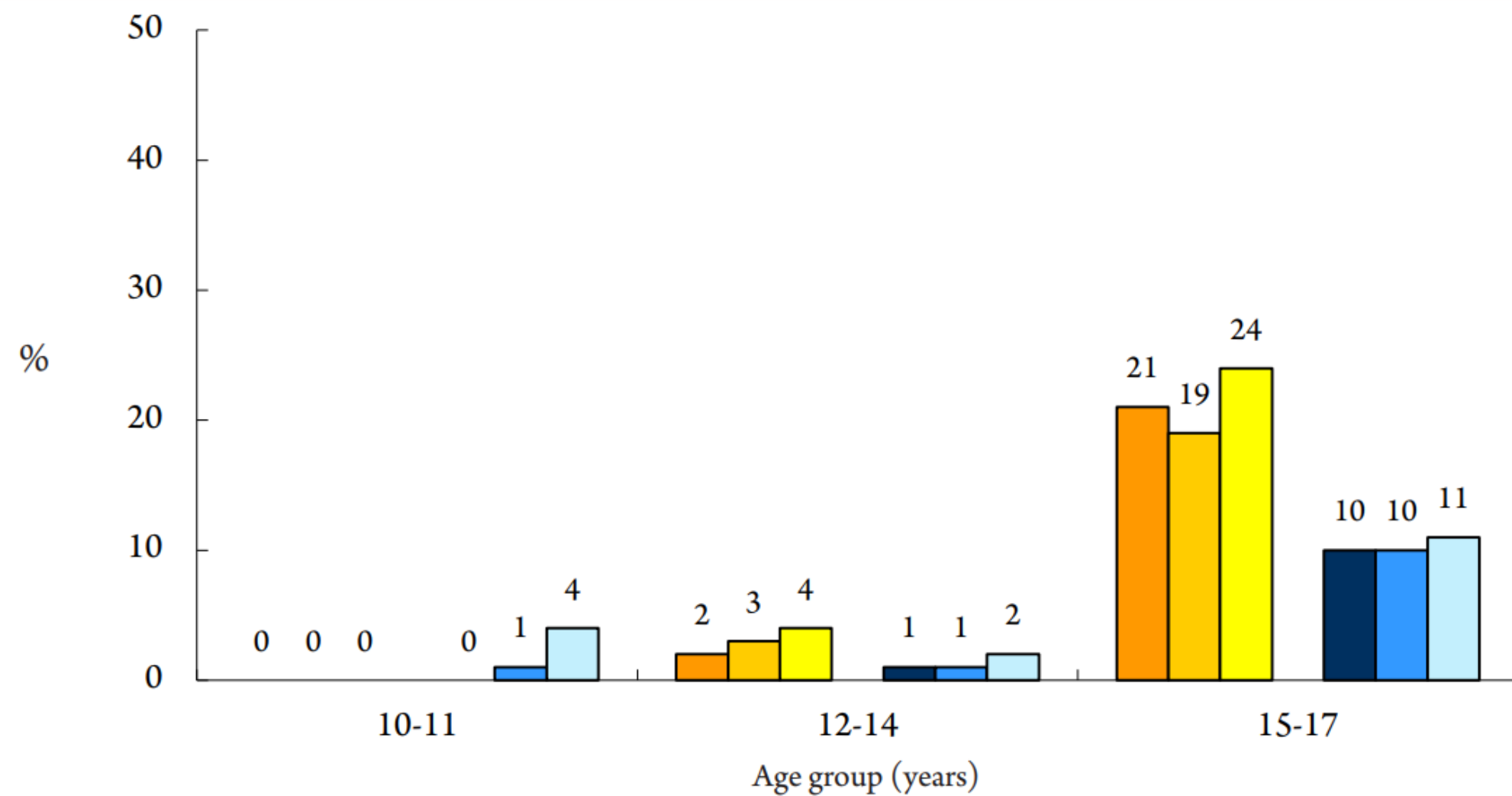
Percentages of **girls** who report never having had an alcoholic drink



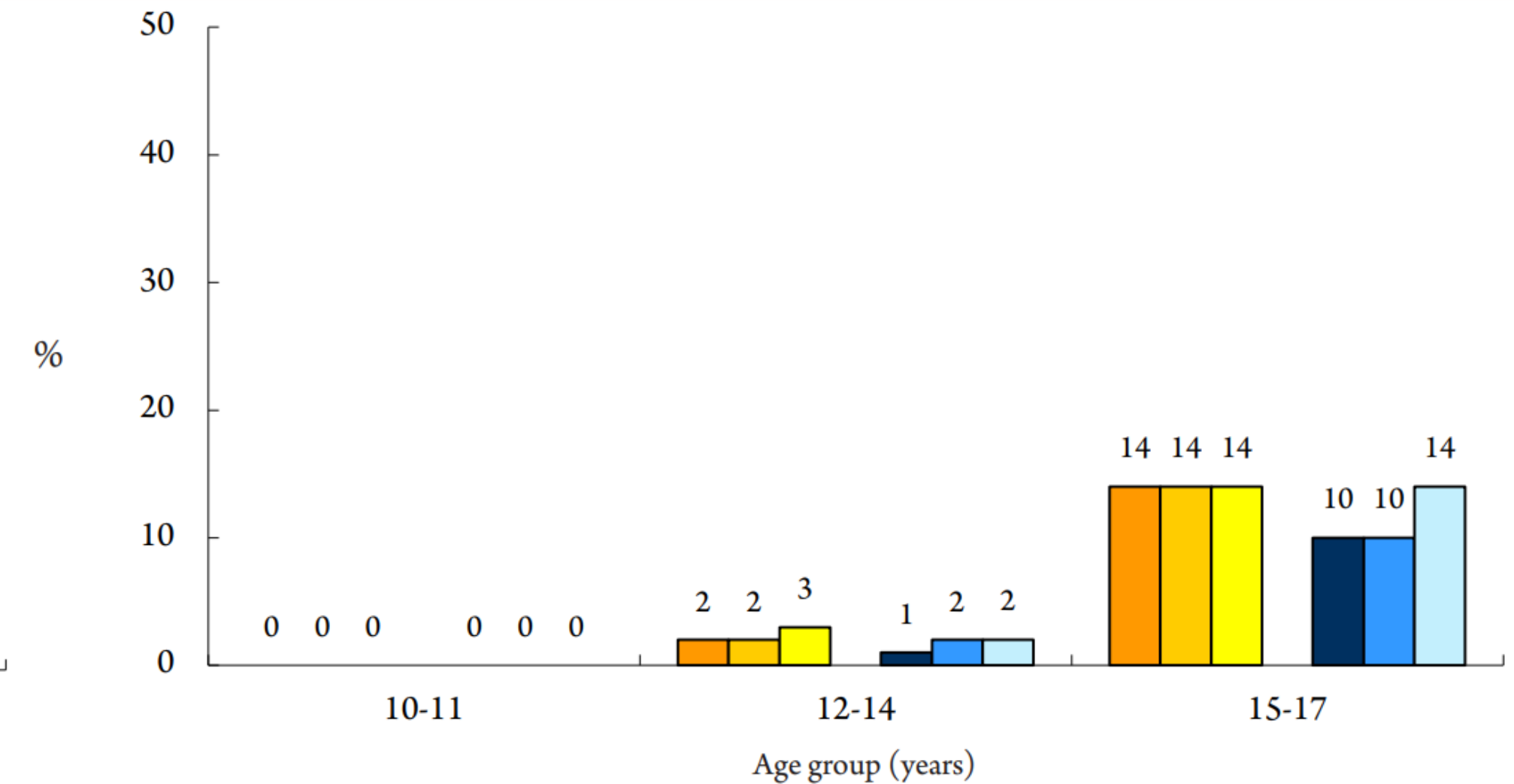
Cannabis use in the last 12 months



Percentages of **boys** who report they have used cannabis in the last 12 months



Percentages of **girls** who report they have used cannabis in the last 12 months



- SC1-2 2018
- SC3-4 2018
- SC5-6 2018
- SC1-2 2022
- SC3-4 2022
- SC5-6 2022



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Food and Dietary Behaviours

Key Findings



Food and Dietary Behaviours

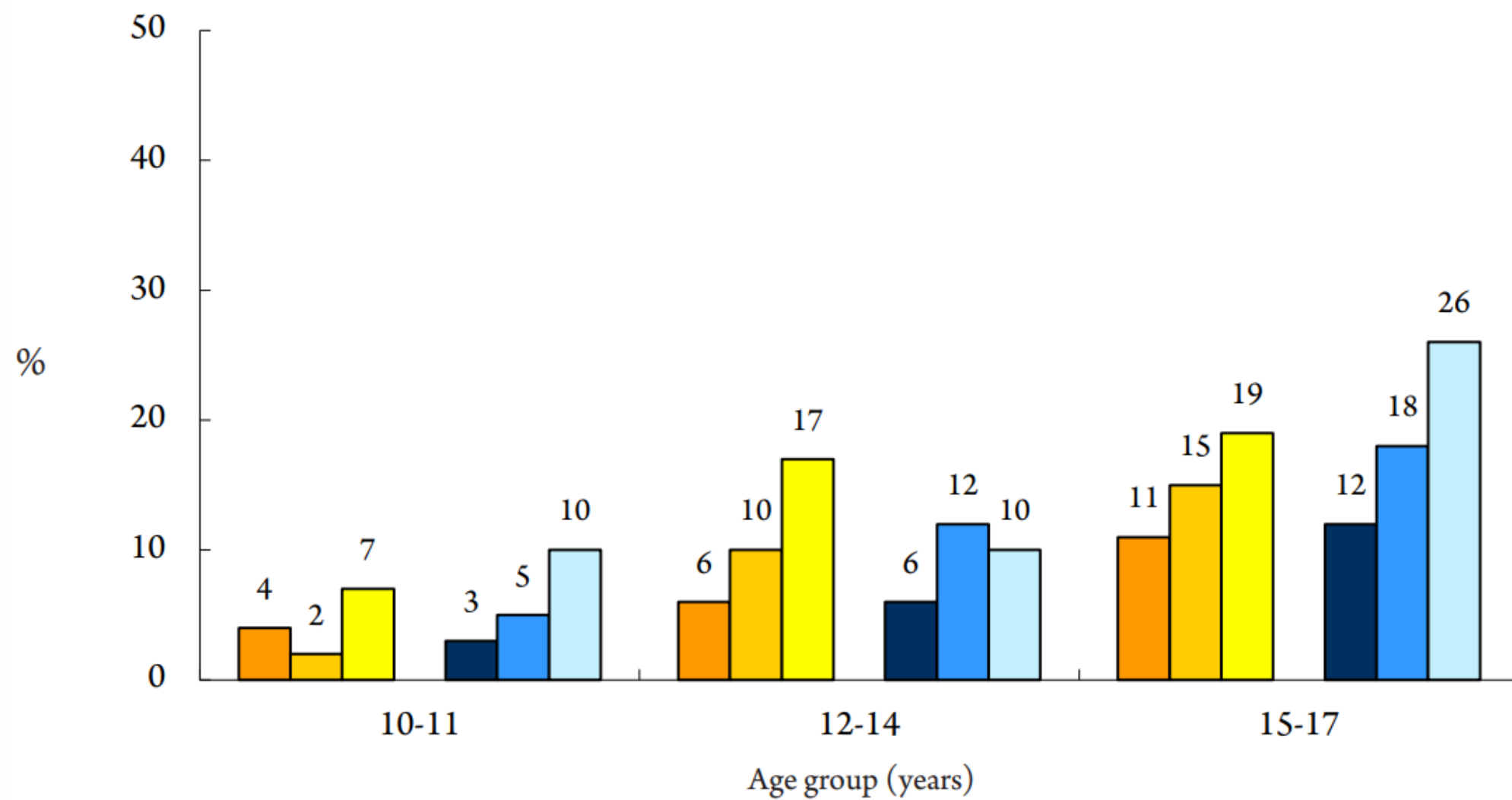


Indicator	2022	2018
Fruit	25%	22%
Vegetables	23%	21%
Soft drinks	7%	7%

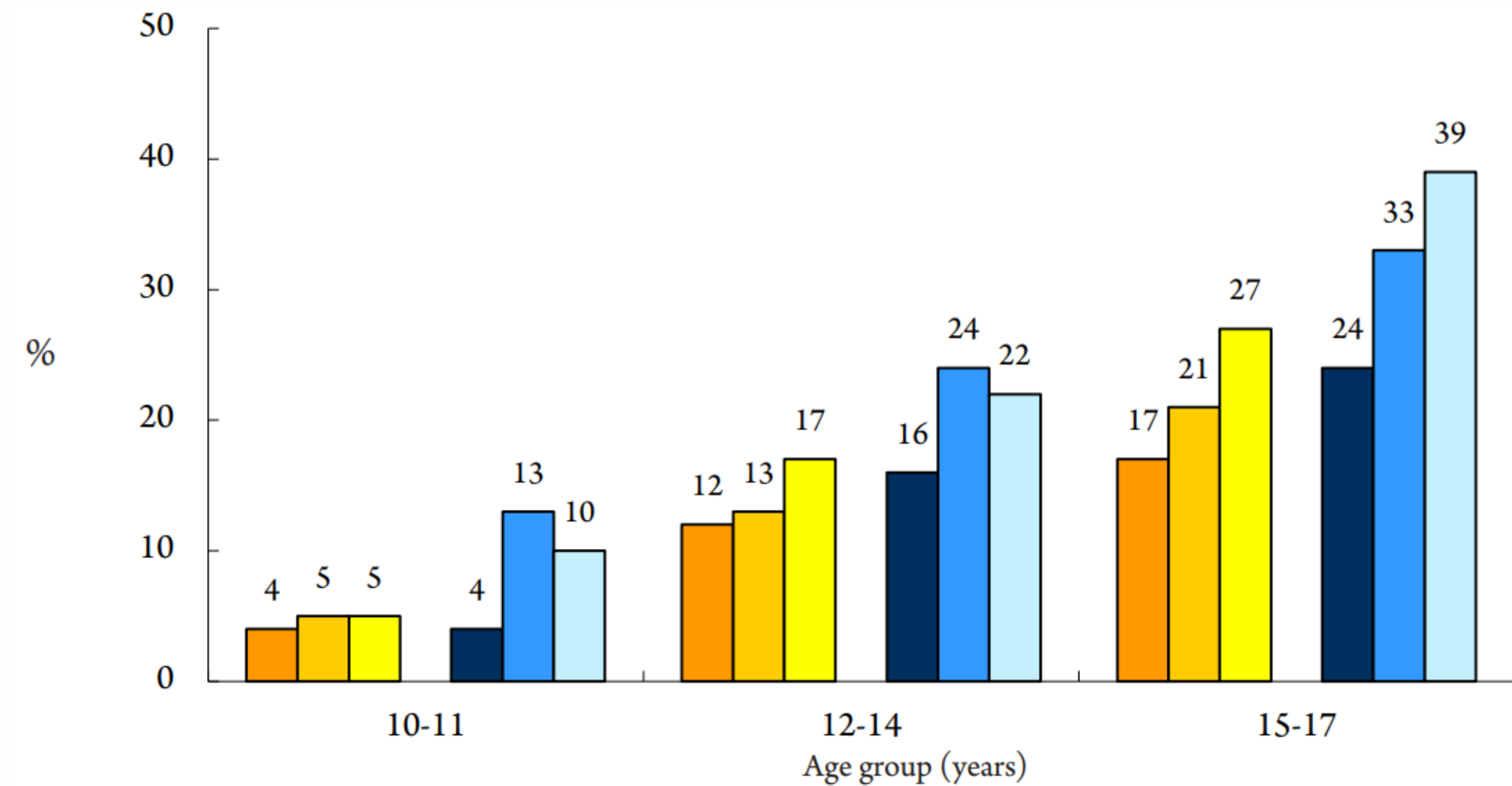
Not having breakfast



Percentages of **boys** who report never having breakfast on weekdays



Percentages of **girls** who report never having breakfast on weekdays



SC1-2 2018
SC3-4 2018
SC5-6 2018

SC1-2 2022
SC3-4 2022
SC5-6 2022



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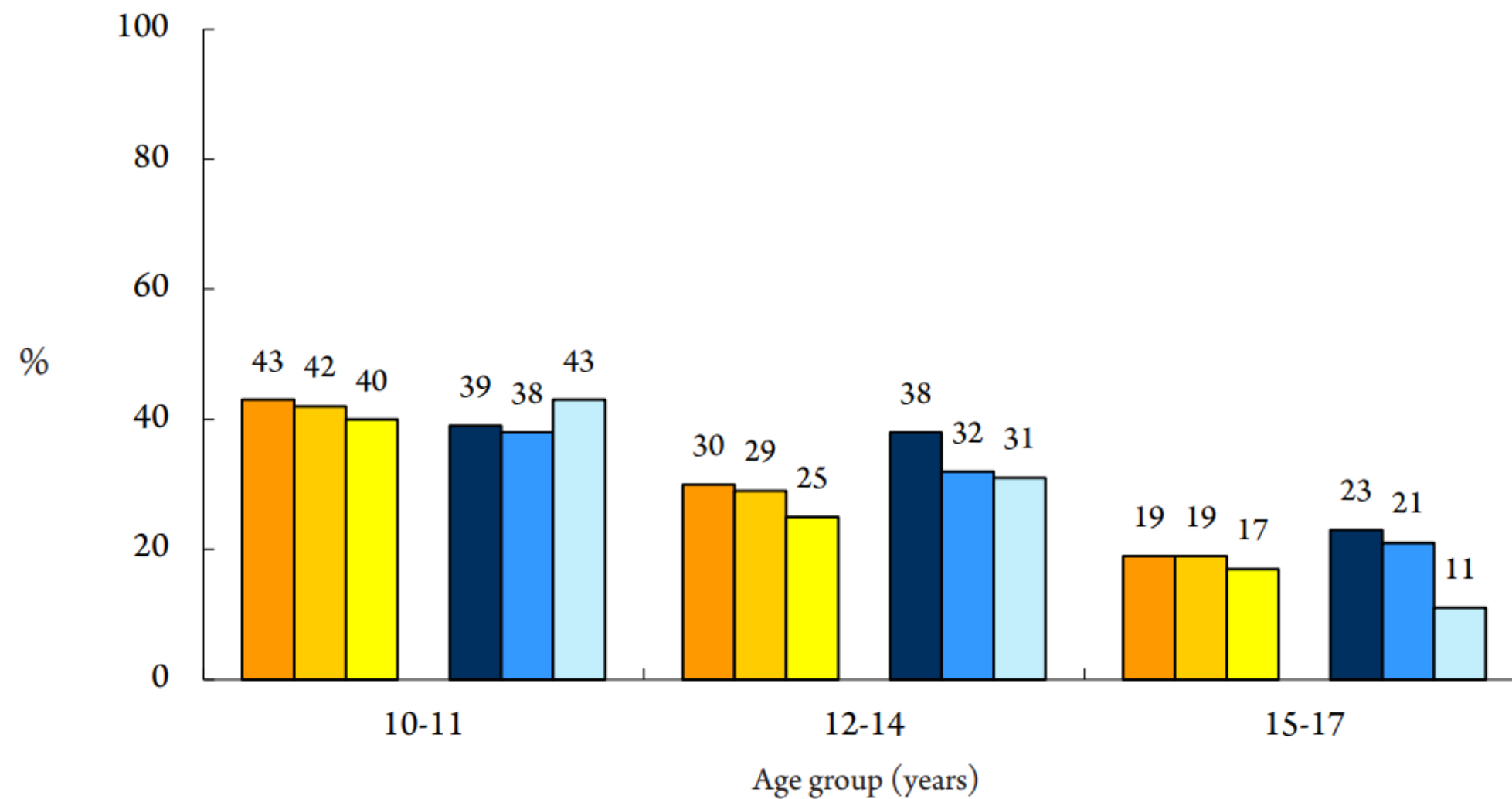
Exercise and Physical Activity

Key Findings

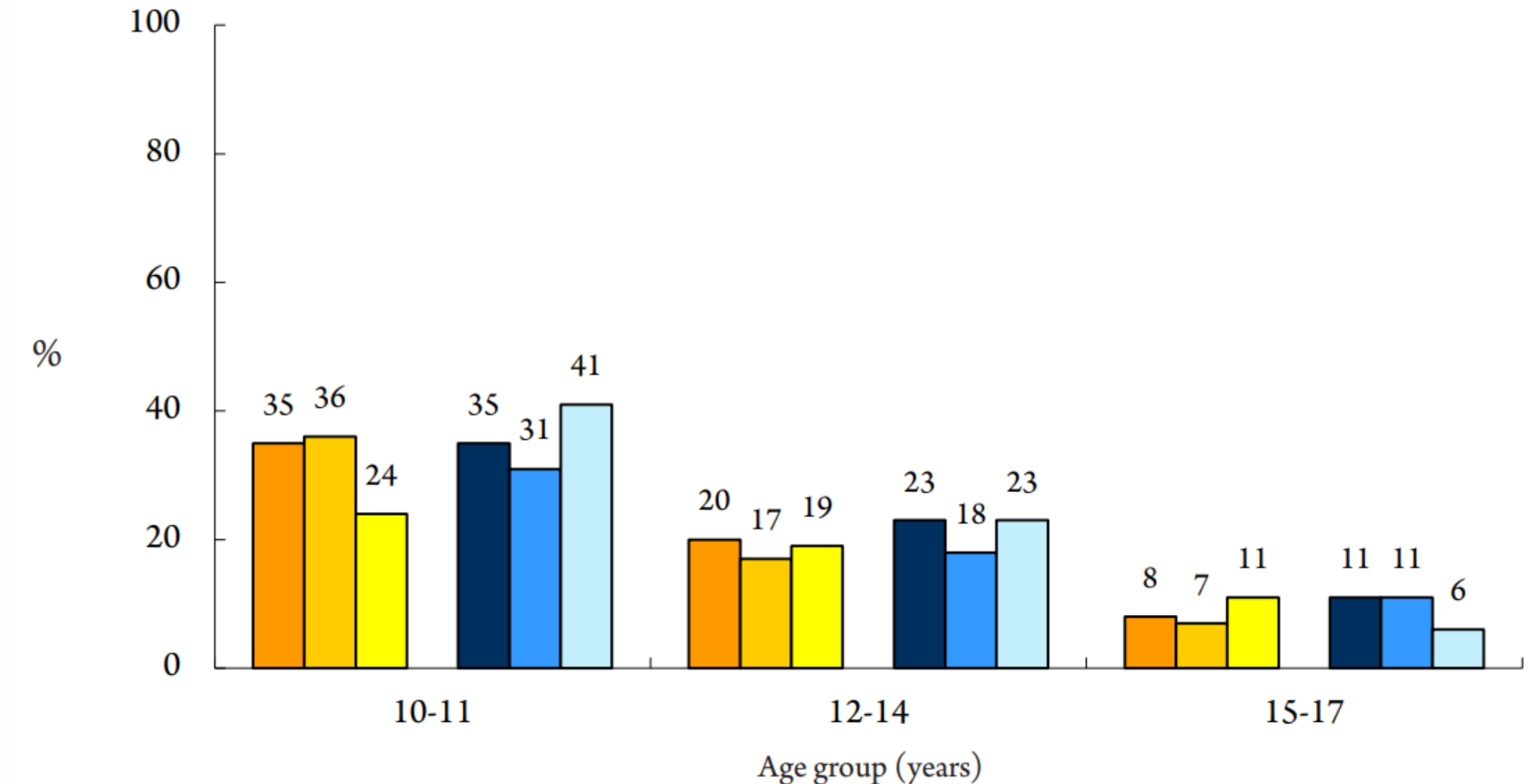
Physically active on 7 days in the last week



Percentages of **boys** who report being physically active on seven days in the last week



Percentages of **girls** who report being physically active on seven days in the last week



■ SC1-2 2018 ■ SC1-2 2022
■ SC3-4 2018 ■ SC3-4 2022
■ SC5-6 2018 ■ SC5-6 2022



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Self-Care and Sun Safety Behaviours

Key Findings



73% report brushing their teeth more than once a day



81% report always wearing a seatbelt when in a car



85% report always or sometimes using sunscreen on a sunny day

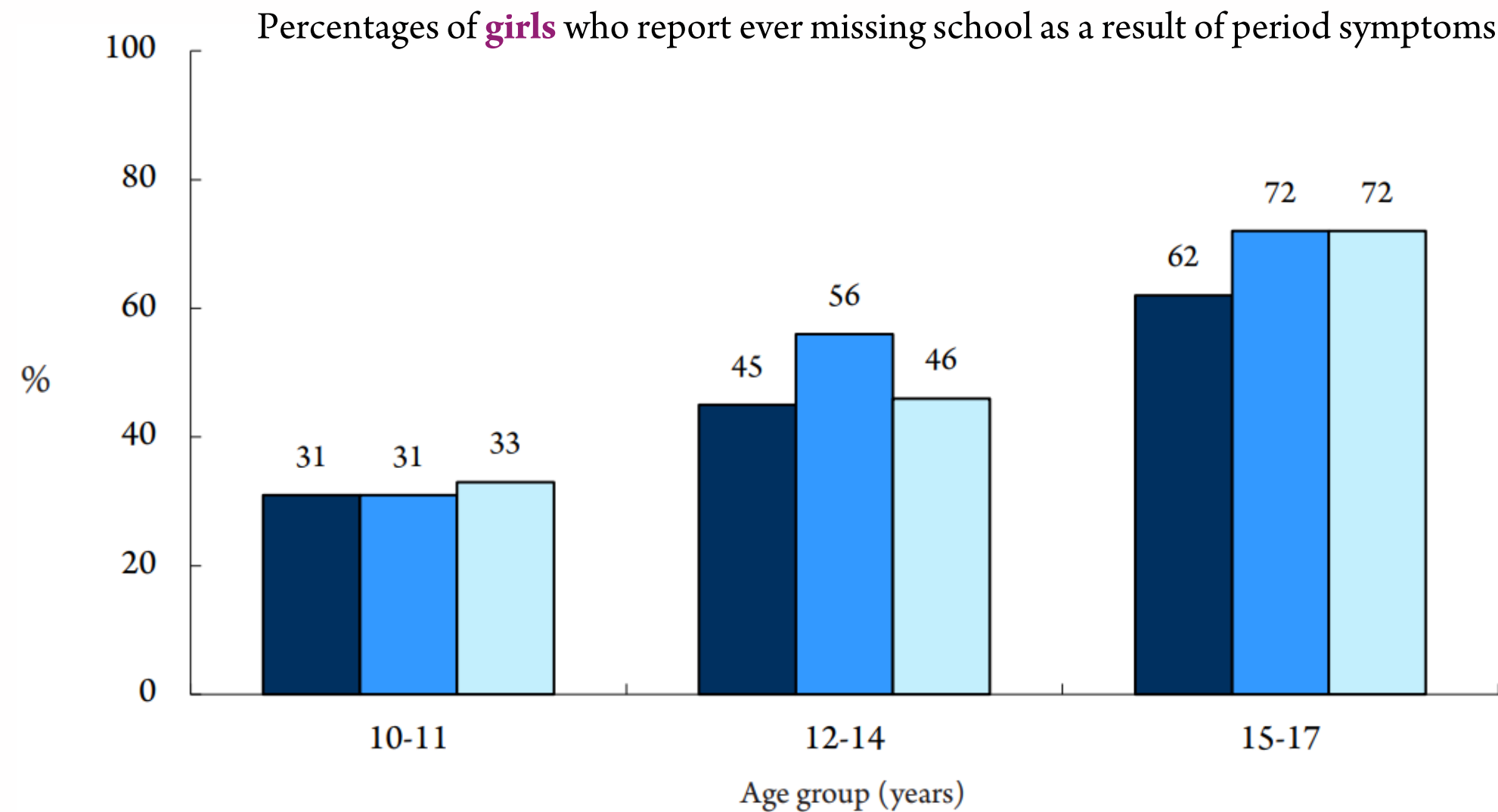


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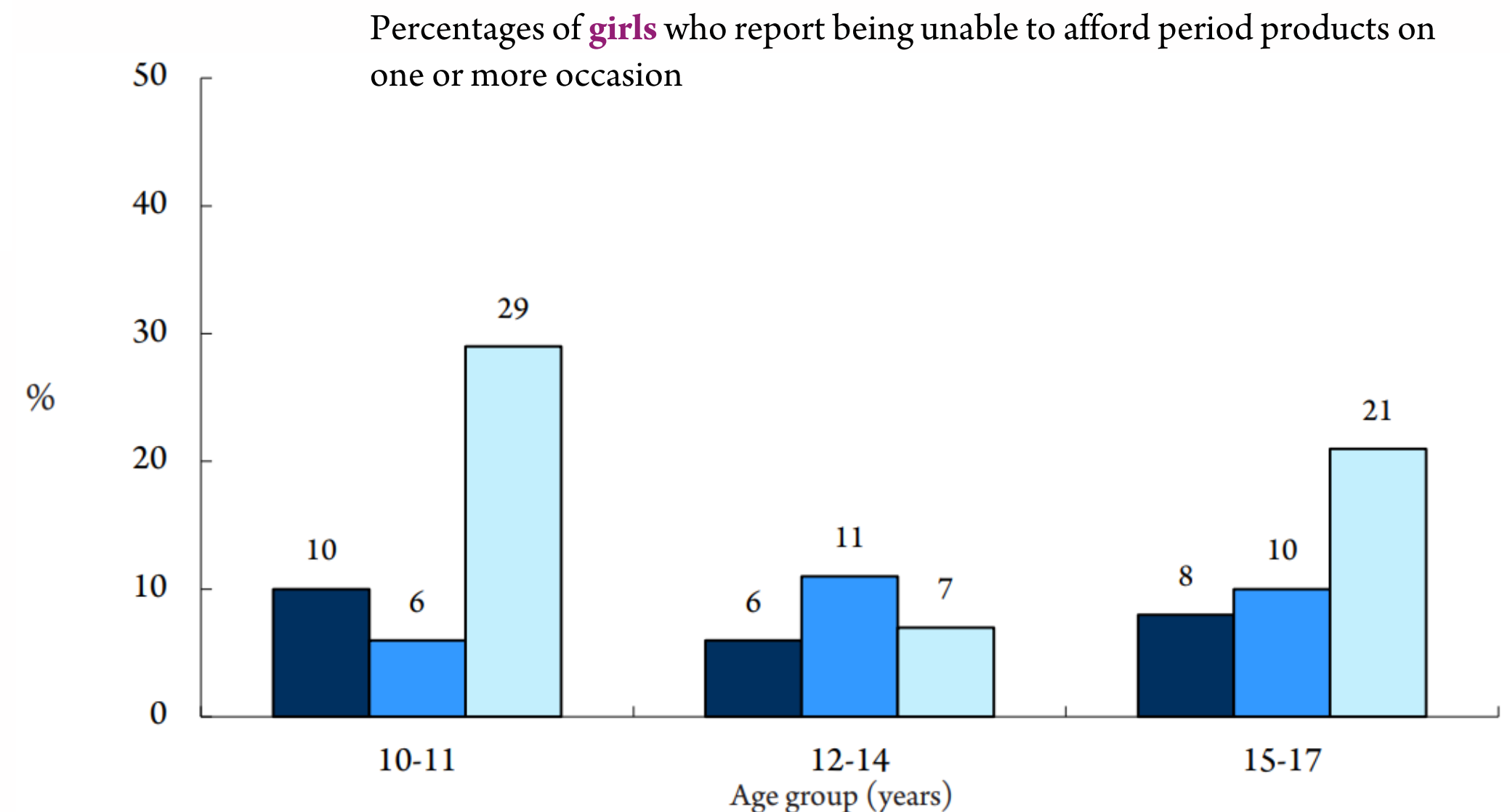
Menstrual Health and Period Poverty

Key Findings

Menstrual Health and Period Poverty



■ SC1-2 2022
■ SC3-4 2022
■ SC5-6 2022





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COVID-19

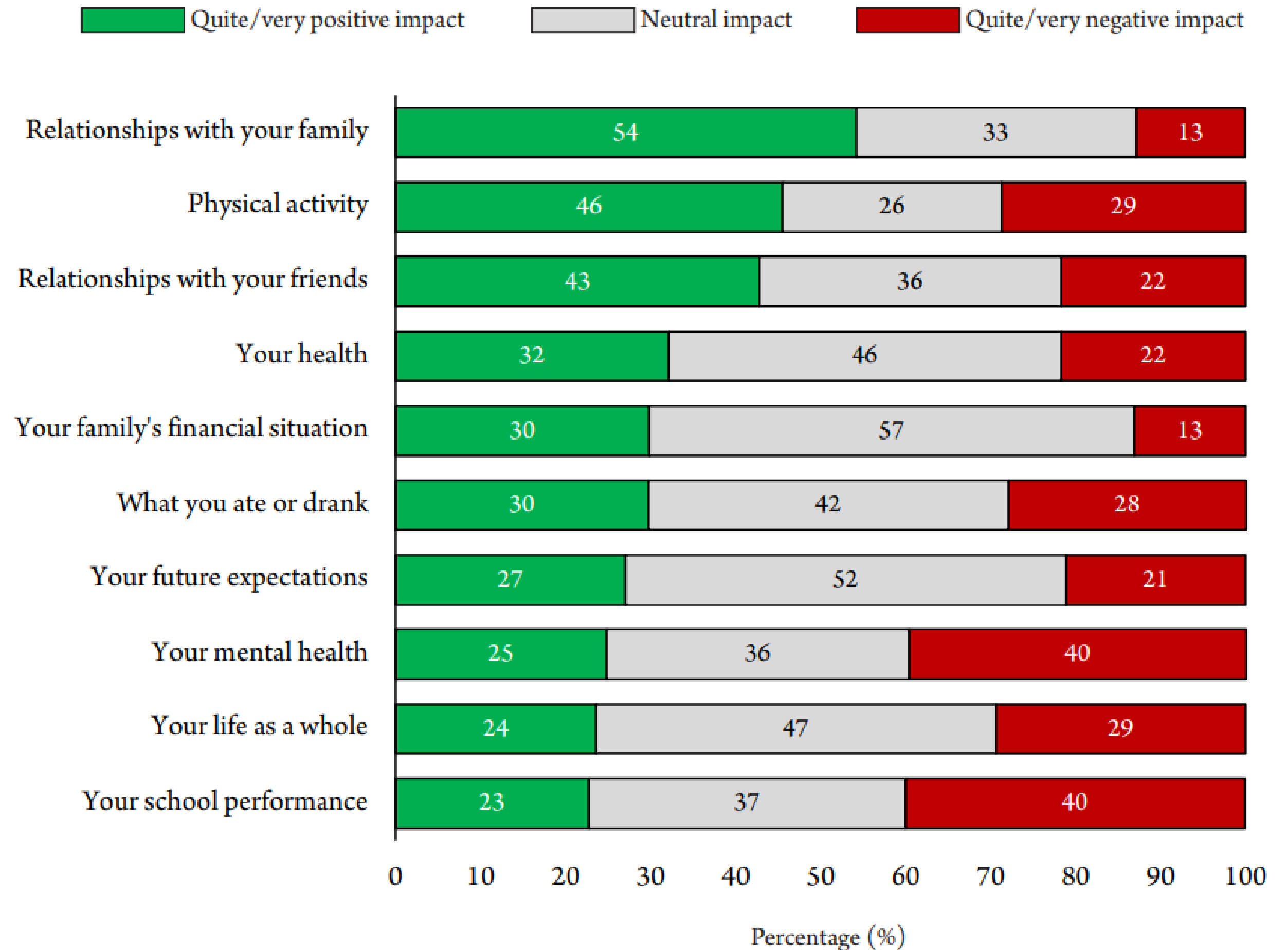
Key Findings

Impact of COVID -19 measures



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Young people were asked how various aspects of their lives had been impacted by the COVID-19 social and public health measures





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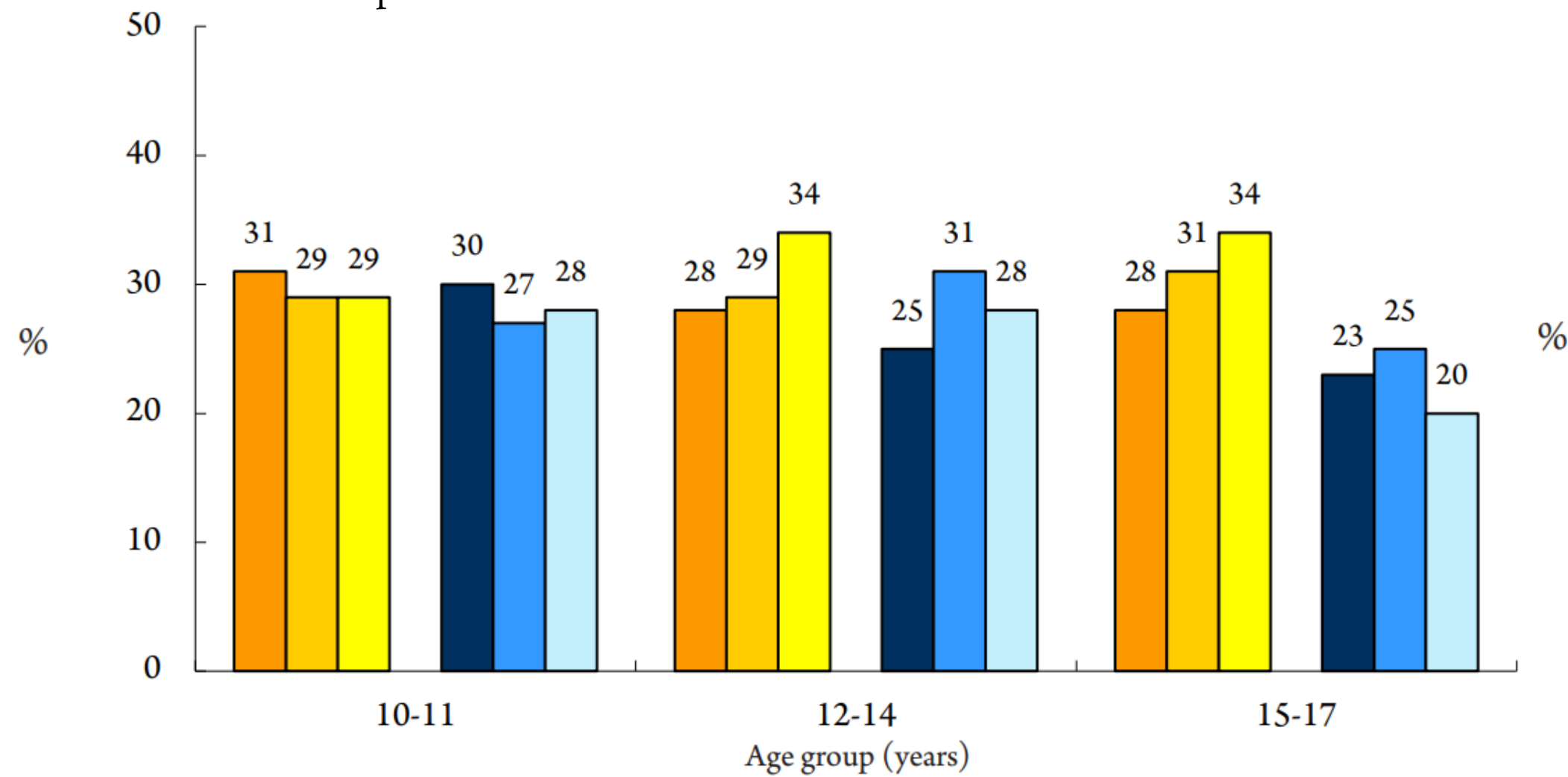
Bullying

Key Findings

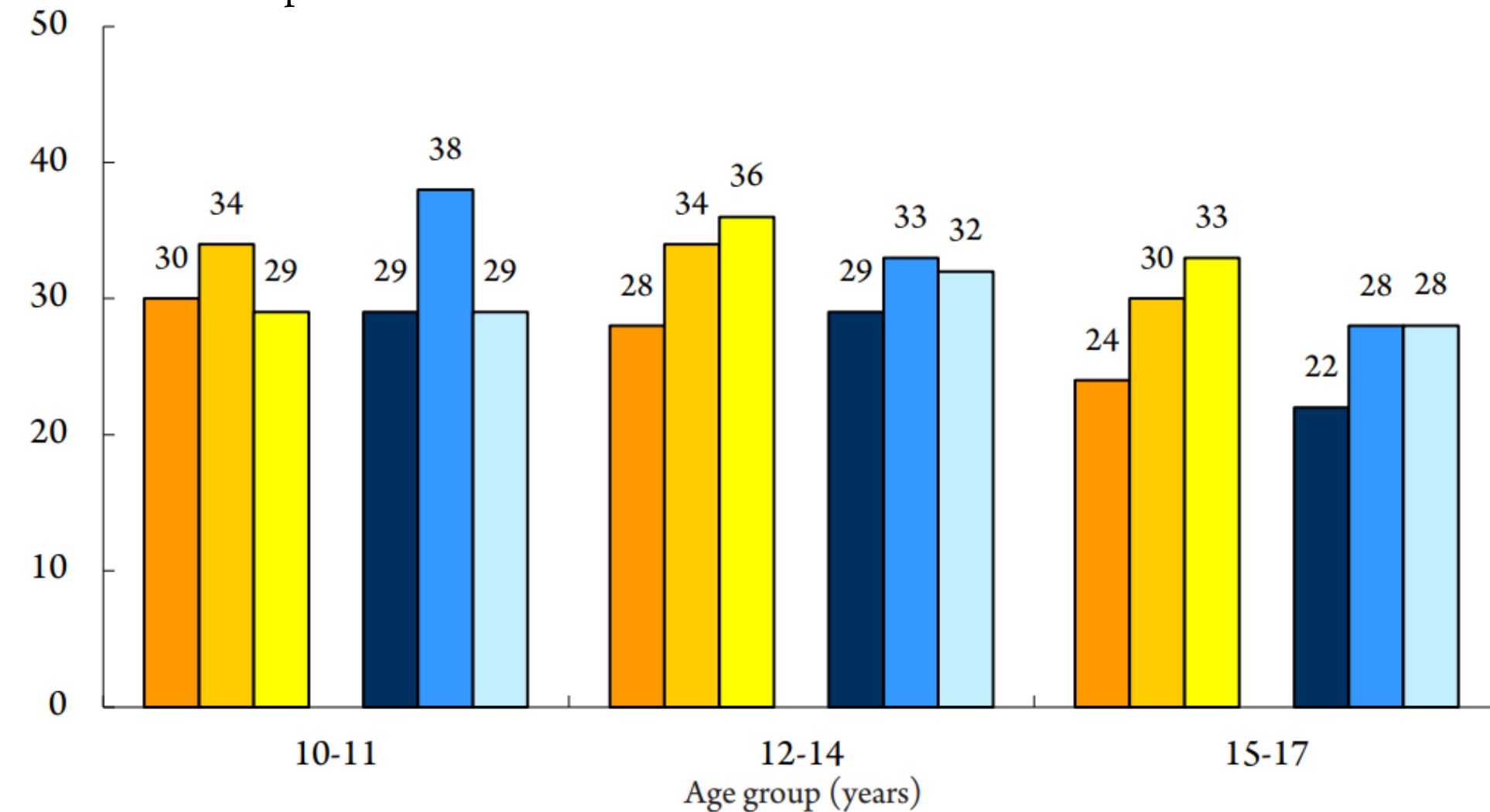
Being bullied



Percentages of **boys** who report being bullied at school once or more in the past couple of months



Percentages of **girls** who report being bullied at school once or more in the past couple of months



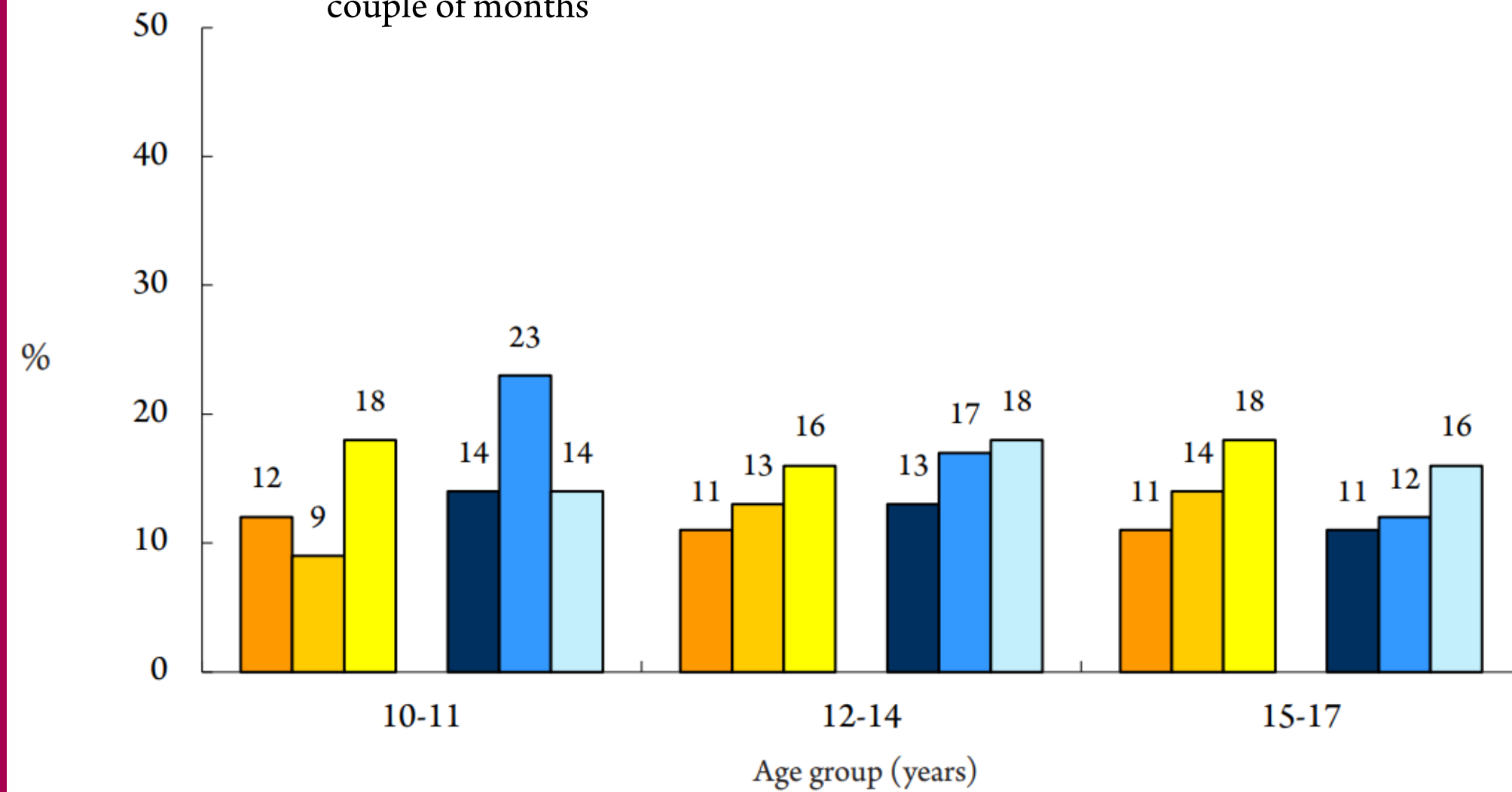
SC1-2 2018
SC3-4 2018
SC5-6 2018

SC1-2 2022
SC3-4 2022
SC5-6 2022

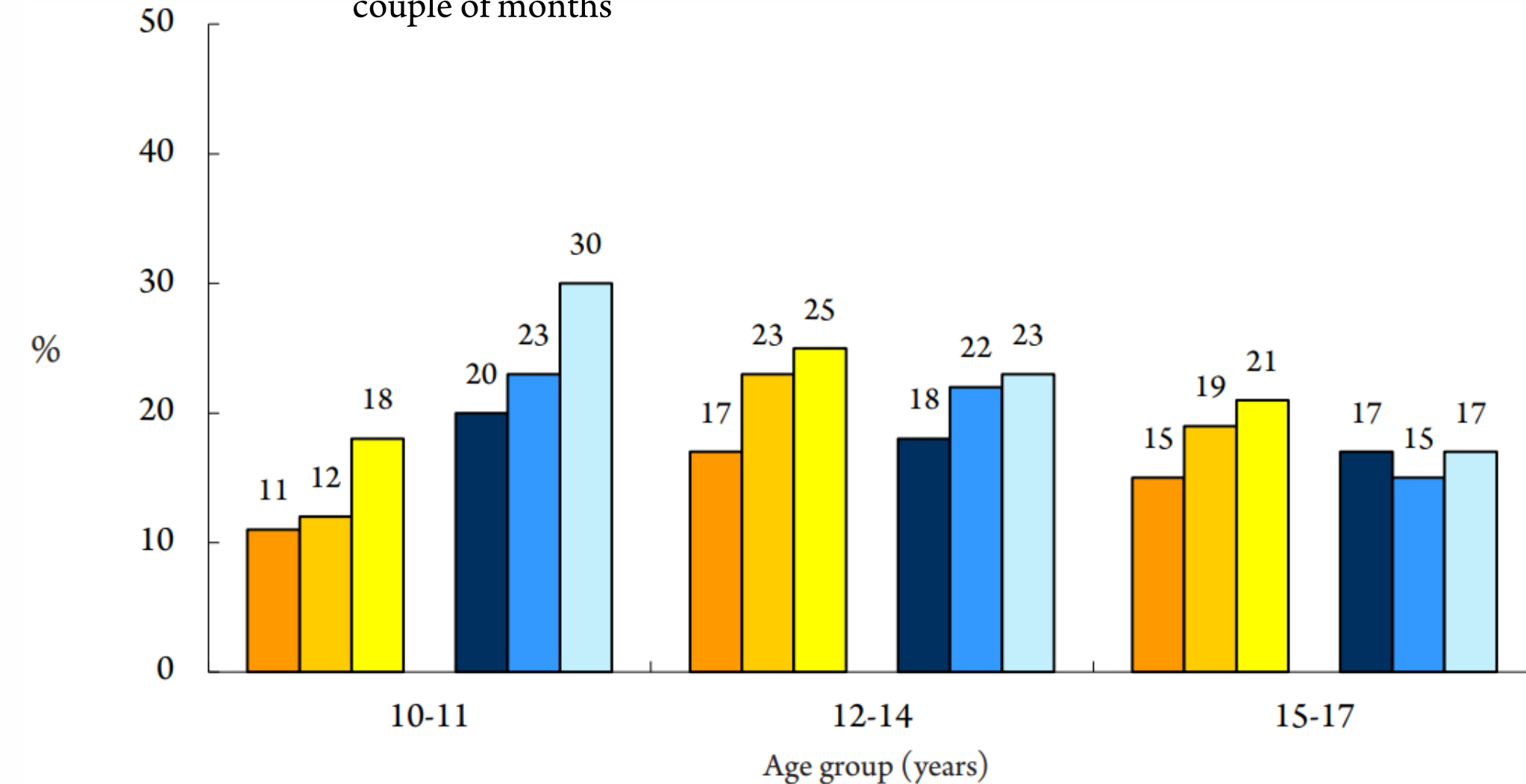
Being cyberbullied



Percentages of **boys** who report being cyberbullied once or more in the past couple of months



Percentages of **girls** who report being cyberbullied once or more in the past couple of months



- SC1-2 2018
- SC3-4 2018
- SC5-6 2018
- SC1-2 2022
- SC3-4 2022
- SC5-6 2022



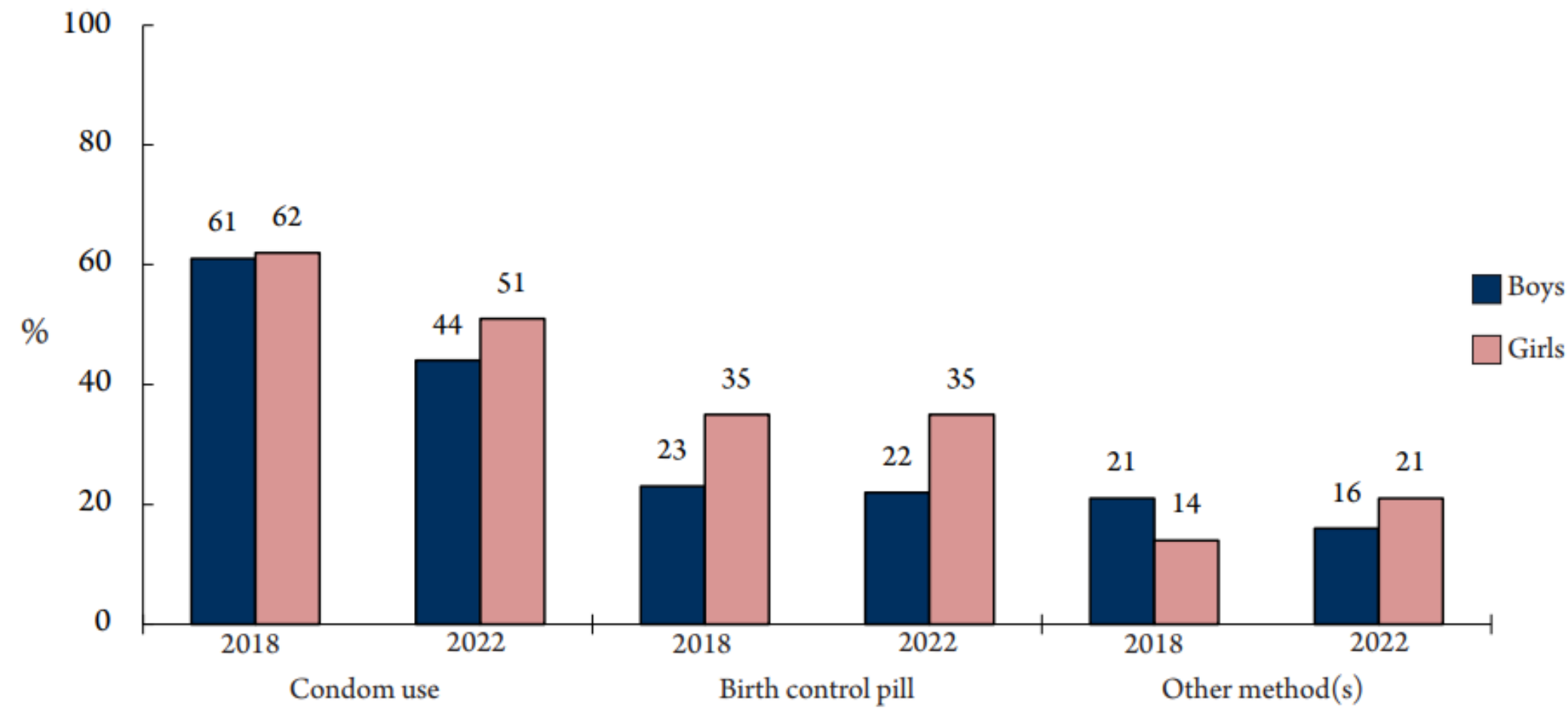
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Sexual Behaviours

Key Findings

Contraceptive use

(15 to 17 year olds only)



No contraception at last sex: 34%
(40% boys; 27% girls)



In Summary

Good news

- Decreases in both tobacco and cannabis use
- Improvements across fruit and vegetable consumption

Not so good news

- Overall decrease in general health and wellbeing
- Increase in those who report being cyberbullied
- Decrease in condom use among 15-17 year olds at last sexual intercourse



What next?

- International HBSC report with a focus sexual health behaviours – June 2024
- Trends Report – Autumn 2024
- Knowledge Translation Desk
- Mailing List – hbsc@universityofgalway.ie
- Website: www.universityofgalway.ie/hbsc

Acknowledgements

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

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Full list of acknowledgements available in the report.



Project Team



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Q & A