



Ministry of Health



Ministry of Education

GSHS



Global School-based Student Health Survey

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GSHS Country Report



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based Student
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Preface

It gives me great pleasure to release the report of the "**Global School Based Student Health Survey**" in the Sultanate of Oman.

Students represent about 24% of population in Oman. They are the future parents, leaders and pillars of our society, and will soon be part of our nation's development. In order to care for this category, school health services are currently available through the Ministry of Health. It aims at promoting the health of students and school community. In 2008 the National School Health Strategy was launched with vision of "Better health for school community".

It is well understood that the lifestyles and living conditions of people influence their health and the quality of their lives; and that the most prominent non communicable diseases are linked to common risk factors like unhealthy diet, physical inactivity, lack of hygiene in addition to violence and injuries.

The GSHS is considered a surveillance system that is repeated in most of the countries to monitor the progress confirms the concerns of the Ministry about the problems of this age group. Oman was among the first group of Arabic countries to implement the GSHS. The first one was in 2005 and this report represents findings of the second survey conducted in 2010.

The risky behaviors identified in this survey are all preventable. They are also compelling for immediate action not only by the Ministry of Health but also the Ministry of Education as well as other sectors working with and for young people.

The successful implementation of the GSHS in Oman would not have been possible without the active and dedicated efforts of a large number of organizations and individuals. The technical support from the WHO and CDC is highly appreciated and acknowledged. Many appreciations are due to all schools and students participated in this survey.

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Director General of Health affairs

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Abbreviations :

AIDS	Acquired Immune Deficient Syndrom
GSHS	Global School- based Student Health Survey
HIV	Human Immune Deficiency Virus
HPS	Health Promoting School
MOE	Ministry of Education
MOH	Ministry of Health

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Executive Summary

The GSHS is a school-based survey conducted primarily among students aged 13-15 years. It measures behaviors and protective factors related to the leading causes of mortality and morbidity among youth and adults in Oman. They are:

- Dietary behaviors
- Hygiene
- Physical activity
- Protective factors
- Sexual behaviors that contribute to HIV infection and other STI
- Violence and unintentional injury

The 2010 OMAN GSHS employed a two-stage cluster sample design to produce a representative sample of students in grades from 8th to 10th.

All schools containing 8th, 9th, and 10th grades were included in the sampling frame. In the first stages, schools were selected systematically with probability proportional to enrolment in 8th, 9th, and 10th grades using a random start. 49 schools were sampled.

The second stage of sampling consisted of randomly selected intact classrooms (using a random start) from each school to participate. All classrooms in each selected school were included in the sampling frame. All students in the sampled classrooms were eligible to participate in the GSHS. The data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. Software that takes into consideration the complex sample design was used to compute prevalence estimates and 95% confidence intervals. GSHS data are representative of all students attending grades from 8th to 10th in the Sultanate of Oman.

The study showed the following results:

- A total of 1606 questionnaires were completed in 46 schools. The school response rate was 94%, the student response rate was 94%, and the overall response rate was 89%.
- **Dietary behaviors:** One in five students (18.7%) were describing themselves as slightly overweight or overweight. Nearly one third (35.6 %) of students were trying to lose weight. About 41.6% of students usually ate fruit two or more times per day while 17.9% of students usually ate vegetables three or more times per day during the past 30 days. About 45.1% of students ate breakfast most of the time or always during the past 30 days. Nearly one in two (49.9%) of students usually drink carbonated soft drinks one or more times per day and 24.1% ate fast foods as Burger, Pizza, Shawrama.... Overall 79.4% of students taught in any of their classes or extracurricular activities the benefits of healthy eating.
- **Hygiene:** Overall 16.2% of students usually cleaned or brushed their teeth less than one time per day during the past 30 days. Approximately one in ten (9.6%) of students never or rarely washed their hands before eating during the past 30 days. Percentage of students whose toilets at school are not clean was 49.6% while 63.0% of students mentioned that there are enough toilets at school. Nearly three in four students (72.0%) taught in any their classes the importance of hand washing.
- **Physical activity:** Only 22.7% of students were physically active five or more days during the past 7 days for a total of at least 60 minutes per day. Males are more likely to have this behavior than females. About 66.4% of students did not walk or ride a bicycle to or from school during the past seven days. Out of them , 32.7% had the main reason that their parents

or school provided transportation. Females are more likely to get transportation from parents or schools than males.

Approximately one third of students (33.1%) spent three or more hours per day doing sitting activities during a typical or usual day with no significance difference between males and females. Nearly three-fourth of students (76.4%) was taught in any of their classes the benefits of physical activity.

- **Protective factors:** Overall 43.9% missed classes or school without permission on one or more of the past 30 days. Overall, 50% of students reported that most of the students in their school were kind and helpful most of the time or always during the past 30 days. Nearly one in two students (47.9%) reported their parents or guardians checked to see if their homework was done most of the time or always during the past 30 days while four in ten students (41%) reported their parents or guardians understood their problems and worries most of the time or always during the past 30 days. Only 31.2% of students had parents or guardians most of the time or always have open communication or conversation with them during the past 30 days.
- **HIV related knowledge:** Overall, 81.6% of students had ever heard of HIV or AIDS. Females are more likely to hear of HIV/AIDS than males. Overall, 66.7% of students were taught in any of their classes about HIV or AIDS while 63 % of students were taught in any of their classes how to avoid HIV or AIDS and 41.7% of students were taught how to deal with HIV patient. Approximately one third of students (27.4 %) ever talked about HIV or AIDS with their parents or guardians.
- **Violence and Unintentional Injury:** During the past 12 months of the survey, 47.6% of students were in a physical fight. Nearly four in ten (40.9%) were seriously injured and nearly half of students (47.3%) were bullied on one or more days during the past 30 days. One in two students (52.1%) were taught how to avoid physical fights and violence.

Recommendations:

1. Qualitative studies to elicit in depth information about students' lifestyles should be conducted.
2. Fasten the process of expansion of health promoting schools initiative to all schools in Oman.
3. Revision and modification of health education programs in schools.
4. Establishment of a monitoring system of risk behaviors within screening system of school children.
5. More capacity building of school health staff and school personels.
6. Improvement of the relations between the families and schools for more guidance and building of self steem of students.
7. GSHS should be repeated every 4-5 years as a part of risk behaviors surveillance system.
8. A similar survey for the school personals is recommended to complete the picture of health behaviors in schools especially that school staff should be a model for their students.

Introduction

In 2001, WHO, in collaboration with UNAIDS, UNESCO, and UNICEF, and with technical assistance from the U.S. Centres for Disease Control and Prevention (CDC), initiated development of the Global School-based Student Health Survey (GSHS).

Since 2003, Ministries of Health and Education around the world have been using the GSHS to periodically monitor the prevalence of important health risk behaviours and protective factors among students.

Oman conducted the first GSHS in 2005. This report describes results from the second GSHS conducted in Oman by the Ministry of Health and Ministry of Education during 2010

The purpose of the GSHS is to provide accurate data on health behaviors and protective factors among students to:

- Help countries develop priorities, establish programmes, and advocate for resources for school health and youth health programmes and policies;
- Establish trends in the prevalence of health behaviours and protective factors for use in evaluation of school health and youth health promotion; and
- Allow countries, international agencies, and others to make comparisons across countries and within countries regarding the prevalence of health behaviours and protective factors

The GSHS is a school-based survey conducted primarily among students aged 13-15 years. It measures behaviors and protective factors related to the leading causes of mortality and morbidity among youth and adults in Oman:

- Dietary behaviors
- Hygiene
- Physical activity
- Protective factors
- Knowledge about HIV infection
- Violence and unintentional injury

Many studies had been conducted to measure knowledge, attitude and behaviors of adolescents. The first round of GSHS was conducted in 2005. It showed that students are exposed to risky behaviors related to nutritional issues, lack of sufficient physical activity. It highlights also the need for urgent action to curb these risky behaviors. Aiming to mobilize and strengthen health promotion and education activities at the local and national levels, Oman launched the Health Promoting Schools (HPS) initiative to improve the health of students, school personnel, families and other members of the community through schools. The initiative is being implemented in 212 schools (20.1%) of schools in Oman. A comparative study was conducted to measure the knowledge, attitude and practice of students and staff in schools implementing the Health Promoting Schools versus to schools not implementing the initiative. Results showed that there is improvement in the knowledge, attitude and practice of students and staff in HPS versus the conventional schools.

Methods

The 2010 Oman GSHS employed a two-stage cluster sample design to produce a representative sample of students in grades eight to ten.

The first-stage sampling frame consisted of all schools containing any of grades eight to ten. Schools were selected with probability proportional to school enrolment size. 49 schools were selected to participate in the Oman GSHS.

The second stage of sampling consisted of randomly selecting intact classrooms (using a random start) from each school to participate. All classrooms in each selected school were included in the sampling frame. All students in the sampled classrooms were eligible to participate in the GSHS.

A weighting factor was applied to each student record to adjust for non-response and for the varying probabilities of selection. The weight used for estimation is given by:

$$W = W1 * W2 * f1 * f2 * f3$$

Where:

W1 = the inverse of the probability of selecting the school;

W2 = the inverse of the probability of selecting the classroom within the school;

f1 = a school-level non-response adjustment factor calculated by school size category (small, medium, large). The factor was calculated in terms of school enrolment instead of number of schools.

f2 = a student-level non-response adjustment factor calculated by class.

f3 = a post-stratification adjustment factor calculated by grade.

For the 2010 Oman GSHS, 1606 questionnaires were completed in 46 schools. The school response rate was 94%, the student response rate was 94%, and the overall response rate was 89%.

The data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. Software that takes into consideration the complex sample design was used to compute prevalence estimates and 95% confidence intervals. GSHS data are representative of all students attending grades eight to ten in Oman.

The Oman GSHS questionnaire contained 69 questions addressing dietary behaviors, hygiene, physical activity, protective factors, violence and unintentional injury and knowledge about HIV infection.

The questionnaire was developed by a joint team consists of staff from MOH and MOE. The questionnaire was developed in English with a corresponding translation in Arabic, the national language in the country.

Approximately, 20 Survey Administrators were specially trained to conduct the GSHS. Survey administration occurred from March to April 2010. Survey procedures were designed to protect student privacy by allowing for anonymous and voluntary participation. Students completed the self-administered questionnaire during one classroom period and recorded their responses directly on a computer-scannable answer sheet.

Results

Demographics

The demographic characteristics of the sample are described in the following table.

Table 1 Demographic characteristics of the sample, Oman- 2010

Sex		Age			Grades		
Males	Females	12 or younger	13-15	16 or older	8 th	9 th	10 th
51.7%	48.3%	1.7%	67%	31.4%	32%	33.7%	34.3%

Dietary Behaviors

Table 2. Dietary behaviors, by age groups and sex, Oman -2010

Behavior or Health Outcome	All age groups				13 – 15 years			
	Total (CI)	Male (CI)	Female (CI)	Difference	Total (CI)	Male (CI)	Female (CI)	Difference
Food availability at home								
Went hungry most of the time or always because there was not enough food in their home during the past 30 days	9.1% (7.5-11.1)	12.3% (9.8 – 15.3)	5.7% (4.5 – 7.2)	Yes Males are more likely	8.9% (6.9-11.6)	12.3% (8.9-16.8)	5.4% (4.1 – 7.2)	Yes Males are more likely
Fruits and vegetables intake								
Usually ate fruit two or more times per day during the past 30 days	41.6% (37.5-45.7)	45.8% (40 – 51.7)	37.5% (33.1 – 42.2)	No	42.2% (38.4-46.1)	46.6% (40.3-53.1)	38.5% (33.6-43.6)	No
Usually ate vegetables three or more times per day during the past 30 days	17.9% (15.9 - 20.1)	19.1% (16 – 22.7)	16.3% (14.5 – 18.3)	No	18.2% (15.6-21.2)	19.6% (15.4-24.5)	16.5% (14.3-19.0)	No
Usually ate fruits and vegetables five or more times per day during the past 30 days	24.3% (21.2-27.7)	26.8% (21.9 – 32.2)	22.1% (19.1-25.4)	No	24.7% (20.8-29.2)	28.0% (21.2 – 35.9)	21.9% (18.3 – 26.0)	No
Other dietary behaviors								
Ate breakfast most of the time or always during the past 30 days	45.1% (40.5-49.7)	53.6% (48.9-58.3)	36.3% (32.5-40.4)	Yes Males are more	44.8% (39.7-50.0)	55.8% (50.4-61.0)	35.8% (32.3-39.5)	Yes Males are more

Among those who ate snacks at school, the percentage who ate biscuits, cookies, or cakes most often at school during a typical or usual school day	26.6% (20.2-34.2)	22.4% (17.0-28.9)	31.2% (21.1 – 43.4)	No	26.5% (19.6 – 34.7)	20.4% (14.8 – 27.3)	32.3% (21.5 – 45.3)	No
Usually drank carbonated soft drinks one or more times per day during the past 30 days	49.9% (45.1-54.7)	55.5% (48.3 – 62.4)	43.9% (39.1-48.7)	No	49.4% (43.8-54.9)	56.5% (47.4-65.1)	43.5% (38.2-48.8)	No
Among students who drank carbonated soft drinks during the past 30 days, the percentage whose main reason they drank carbonated soft drinks was that it was tasty	40.4% (36.2-44.8)	37.2% (31.4-43.3)	43.7% (37.7-49.9)	No	42.4% (36.7-48.2)	37.8% (31.1 – 45.0)	47.0% (39.5 – 54.7)	No
Ate food from a fast food restaurant on three or more days during the past 7 days	24.1% (20.1-28.5)	26.9% (20.8-34.1)	21.7% (17.2-27.1)	No	23.1% (18.5 - 28.4)	25.7% (18.0-35.5)	21.1% (16.1-27.1)	No
Among students who ate food from a fast food restaurant during the past 7 days, the percentage whose main reason they ate fast food was because it was tasty	47.4% (44.4-50.4)	45.1% (40.1-50.2)	50.2% (46.1-54.3)	No	47.4% (44.1-50.8)	45.8% (39.6 – 52)	49.6% (44.2-55)	No
Usually drank tea or coffee one or more times per day during the past 30 days	62.0% (56.9-66.8)	70.7% (66.1-74.9)	52.3% (47.5 - 57.0)	Yes Males are more	60.2% (54.9-65.2)	69.4% (64.3-74)	52% (46.2-57.7)	Yes Male are more
Usually drank 3 or more glasses of water per day during the past 30 days	80.0% (76.2-83.3)	81.3% (76.5 – 85.3)	78.8% (73.4 – 83.3)	No	80.9% (77.4 – 83.9)	80.9% (75.1-85.6)	80.8% (75.4-85.3)	No
Body image								
Have been weighed and measured during the past 12 months	58.5% (54.1-62.8)	61.0% (54.6 - 67.1)	56.4% (49.8 – 62.8)	No	53.2% (47.9-58.4)	54.4% (46.9-61.6)	52.5% (44.3-60.5)	No
Described themselves as slightly or very overweight	18.7% (16.5-21.1)	16.3% (13.6-19.5)	21.0% (18.5-23.7)	No	19.5% (16.6-22.7)	17.2% (14.1-20.8)	21.6% (17.9-25.9)	No
Were trying to lose weight	35.6% (32.5-38.9)	29.4% (26.2-32.9)	41.8% (37.2-46.5)	Yes Females are more	37.3% (33.8-40.9)	32.6% (27.7-37.9)	41.6% (35.9-47.5)	No

Role of health education in schools								
Were taught in any of their classes or extracurricular activities the benefits of healthy eating	79.4% (74.5-83.6)	72.3% (67.1-76.9)	88.0% (84.6-90.7)	Yes Females are more	80.3% (74-85.4)	71.5% (63.9-78.1)	89.4% (85.7-92.2)	Yes females are more
Were taught in any of their classes or extra curricula activities how to safely prepare or store foods	66.5% (62.3-70.3)	64.5% (59.4-69.4)	68.7% (62.8-74.1)	No	67.3% (62.4-71.8)	64.1% (57.4-70.2)	70.3% (64.5-75.8)	No

*95% confidence interval.

Availability of foods at home:

Overall, 9.1% of all students and 8.9% of those in age 13- 15 years went hungry most of the time or always because there was not enough food in their home during the past 30 days . Males are more likely to have this behavior than females.

Fruits and vegetable intake:

Overall, 41.6% of all students and 42.2% of those in 13- 15 years usually ate fruit, such as dates, apple, orange or bananas two or more times per day during the past 30 days . About 17.9% of all students and 18.2% of those in age 13- 15 years usually ate vegetables, such as tomatos,cucumbers or carrots three or more times per day during the past 30 days.

Overall, 24.3% of all students and 24.7% of those aged 13- 15 years usually ate fruits and vegetables five or more times per day during the past 30 days. In these behaviors, males are not different than females.

Other dietary behaviors:

Overall, 45.1% of all students ate breakfast most of the time or always during the past 30 days.

Overall, 44.8% of students in age 13- 15 years ate breakfast most of the time or always during the past 30 days. In general, males are more likely to have this behavior than females

Among those who ate snacks at school, about 26.6% of all students and 26.5% of those in age 13- 15 years ate biscuits, cookies or cakes most often at school during a typical or usual school day with no significant difference between males and females.

Overall, 49.9% of all students and 49.4% of those in 13- 15 years drank carbonated soft drinks, such as pepsi, cola or mountain Dew one or more times per day during the past 30 days. Among those students, around 40.4% and 42.4% respectively stated that the main reason was that it is tasty with no significant difference between males and females.

Overall, 24.1% of all students and 23.1% of those in age 13- 15 years ate food from a fast food restaurant, such as Burger, Pizza or Shawarma on three or more days during the past 7 days. Among those students, 47.4% in both categories of age stated that the main reason they ate the fast foods was because it is tasty with no significant difference between males and females.

Overall, 62.0% of all students and 60.2% of those in age 13-15 years usually drank tea or coffee one or more times per day .Males in both categories (70.7%, 66.1-74.9) and (69.4%,64.3-74) are more likely to have this behavior than females in same categories (52.3%,47.5-57.0) and (52%,46.2-57.7)

About 80% of students usually drank 3 or more glasses of water per day during the past 30 days with no difference between males and females.

Body Image:

Overall, 58.5% of all students and 53.2% of those in 13- 15 years have been weighted and measured during the past 12 months. About, 18.7% of students and 19.5% of those in age 13- 15 years described themselves as slightly or very overweight with no significant difference between males and female.

Overall, 35.6% of all students were trying to lose weight. Females are more likely to have this behavior than males. While 37.3% of those in 13- 15 years old were trying to lose weight with no difference between males and females.

Role of health education in schools

Overall, 79.4% of all students and 80.3% of those in age 13- 15 years were taught in any of their classes or extracurricular activities the benefits of healthy eating. Females are more likely to get health education on benefits of healthy eating than males.

Overall, 66.5 % of all students and 67.3% of those in age 13- 15 years old were taught in any of their classes or extra curricula activities how to safely prepare or store foods with no significant difference between males and females.

Hygiene

Table 3. Hygiene-related behaviors, by age groups and sex, Oman 2010

Behavior or Health Outcome	All age groups				13 – 15 years			
	Total (CI)	Male (CI)	Female (CI)	Difference	Total (CI)	Male (CI)	Female (CI)	Difference
Personal Hygiene								
Usually cleaned or brushed their teeth less than one time per day during the past 30 days	16.2% (13-19.9)	20.4% (16-25.6)	11.1% (8.5-14.2)	Yes Males are more	17.2% (13.4-21.9)	21.8% (15.8-29.4)	12.4% (9.9-15.5)	Yes males are more
Never or rarely washed their hands before eating during the past 30 days	9.6% (7.6-12)	12.6% (9.8 – 15.9)	5.8% (4.4 – 7.8)	Yes Males are more	10.2% (7.6-13.6)	14.0% (10.2-18.9)	6.5% (4.7-8.9)	Yes males are more
Never or rarely washed their hands after using the toilet or latrine during the past 30 days	10.2% (7.6 – 13.4)	14.4% (11 – 18.7)	5.3% (3.6 – 7.6)	Yes Males are more	9.4% (6.7-12.9)	13.5% (9.8-18.3)	5.3% (3.7-7.6)	Yes males are more

Never or rarely used soap when washing their hands during the past 30 days	11.9% (9.6-14.7)	14.3% (11.2 – 18)	8.7% (6.7 – 11.2)	No	12.3% (9.5-15.7)	14.7% (10.9-19.6)	9.1% (6.8-12.0)	No
Hygienic issues at schools								
Used toilets at schools that were never or rarely clean during the past 30 days	49.6% (42.8-56.4)	53.1% (44.8-61.3)	45.7% (36.3-55.4)	No	50.3% (42.7-57.9)	53.0% (42.6-63.3)	47.9% (37.7-58.3)	No
Had enough toilets at school	63.0% (57.8-67.9)	63.8% (56.7-70.4)	63.0% (54.6-70.6)	No	63.0% (56.6-68.9)	64.8% (57.1-71.8)	61.8% (51.3-71.4)	No
Had source of clean water for drinking at school	68.8% (60.8-75.8)	74.4% (65.9 – 81.4)	63.3% (52.4 – 72.9)	No	68.6% (60.3-75.8)	73.6% (65.1-80.7)	64.1% (52.4-74.3)	No
Brought water from home to drink while they were at school	18.1% (14.6 – 22.1)	16.7% (13.2 – 20.8)	18.8% (13.6 – 25.4)	No	19.1% (15.0-24.0)	18.2% (13.9-23.4)	19.8% (13.5-28.0)	No
Role of health education in schools								
Were taught in any of their classes the importance of hand washing	72.0% (67.7 –75.9)	68.5% (62.9 – 73.6)	76.0% (71.2 – 80.2)	No	71.5% (66.2-76.3)	69.5% (61.8-76.2)	74.4% (68.9-79.3)	No

*95% confidence interval.

Personal Hygiene:

In **Oman** , the percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days was 16.2% and 17.2% in those aged 13- 15 years.. Males are more likely to have this behavior than females.

Overall, 9.6% of all students and 10.2% of those aged 13- 15 years never or rarely washed their hands before eating during the past 30 days. Males are more likely not to wash their hands before eating.

Overall, 10.2% of all students and 9.4% of those aged 13- 15 years never or rarely washed their hands after using the toilet or latrine during the past 30 days. Males are more likely not to wash their hands after using toilet or latrine than females.

Overall, 11.9% of all students and 12.3% of those aged 13-15 years never or rarely used soap when washing their hands during the past 30 days with no significant difference between males and females.

Hygienic issues at schools:

Overall, 49.6% of all students and 50.3% of those aged 13-15 years old stated that toilets at schools were never or rarely clean during the past 30 days, while 63.0% of students in different age groups stated that they had enough toilets at school.

Overall 68.8% of all students and 68.6% of those aged 13- 15 years had source of clean water for drinking at school while 18.1% of all students and 19.1% of 13- 15 years age group brought water

from home to drink while they were at school. There is no significant difference between males and females.

Role of health education in schools:

Overall, 72.0% of students were taught in any of their classes the importance of hand washing with no significant difference between males and females.

Physical Activity

Table 4 Physical activity among students, by age groups and sex, Oman 2010

Behavior or Health Outcome	All age groups				13 – 15 years			
	Total (CI)	Male (CI)	Female (CI)	Difference	Total (CI)	Male (CI)	Female (CI)	Difference
Physical Activity								
Were physically active for a total of at least 60 minutes per day on five or more days during the past seven days	22.7% (18.6 - 27.4)	29.0% (24.2 - 34.7)	15.9% (13.2 - 19.0)	Yes Males are more	22.2% (17.3- 28.0)	29.9% (23.5- 37.1)	15.4% (12.3- 19.0)	Yes Males are more likely
Were physically active for a total of at least 60 minutes per day on all seven days during the past seven days	16.0% (12.8 -19.8)	21.9% (17.9 - 26.5)	9.8 % (8.1 - 11.7)	Yes Males are more	15.7% (11.8- 20.5)	22.5% (17.5- 28.3)	9.3% (7.1- 12.0)	Yes Males are more likely
Walked for at least half an hour on one or more days during the past 7 days	75.6% (71.9- 78.9)	79.7% (74.6- 84.0)	71.7% (68.3 - 74.8)	No	73.7% (69.3- 77.6)	77.3% (71.4- 82.3)	70.6% (66.7- 74.2)	No
Did exercises to strengthen or tone their muscles such as push -ups, sit-ups, or weight lifting on one or more days during the past 7 days	45.4% (38.3 -52.7)	58.8% (52.6 - 64.8)	30.9% (26.4 - 35.7)	Yes Males are more	43.1% (35.0- 51.5)	56.1% (47.3- 64.6)	31.4% (25.5- 37.9)	Yes Males are more likely
Never or rarely followed the safety rules such as wearing special shoes or playing in special places	41.1% (37.9 -44.4)	40.4% (34.7 - 46.3)	41.1% (38.3 - 44.0)	No	41.2% (38.1- 44.4)	41.1% (35.6- 46.9)	40.2% (37.0- 43.5)	No
Walk or bicycle to and from school								
Did not walk or ride a bicycle to or from school during the past seven days	66.4% (61.5 -70.9)	59.1% (54.6- 63.5)	74.3% (69.7 - 78.4)	Yes Females are more	67.9% (62.0- 73.2)	58.4% (52.5- 64.1)	76.3% (70.7- 81.1)	Yes Females are more likely
Among those who did not	32.7%	27.7%	37.8%	Yes	33.5%	27.6%	39.4%	No

walk or ride a bicycle, the main reason for not walking or riding bicycle was that their parents or school provided transportation	(28.8-36.8)	(22.9 – 33.1)	(33.4 – 42.4)	Female are more	(29.1-38.2)	(21.1-35.1)	(34.5-44.4)	
Physical education at schools								
Went to physical education class on three or more days each week during this school year	48.6% (45.0-52.2)	45.4% (40.5-50.4)	52.7% (48.4-57.0)	No	50.4% (46.7-54.0)	48.5% (42.4-54.6)	53.0% (48.2-57.7)	No
Were taught in any of their classes the benefits of physical activity	76.4% (72.8 –79.7)	72.5% (67.5 – 76.9)	81.2% (77.5 – 84.4)	Yes Females are more	76.0% (72.2-79.4)	73.0% (67.2-78.1)	79.5% (75.5-83.0)	No
Physical Activity outside schools								
Always practiced physical activity outside school	26.3% (21.4-31.8)	35.3% (29.3-41.9)	16.8% (13.5 – 20.7)	Yes Males are more	24.2% (19.0-30.3)	33.2% (25.4-42.0)	15.8% (12.5-19.9)	Yes Males are more
Not do physical activity outside of school because they did not have time	26.4% (22.6 –30.7)	20.7% (16.2-26.1)	31.2% (26.6 – 36.2)	Yes Females are more	26.7% (21.5-32.7)	19.5% (13.4-27.7)	32.4% (25.8-39.9)	No
Sedentary Life								
Spent three or more hours per day during a typical or usual day doing sitting activities	33.1% (30.5 –35.8)	34.3% (30.7 - 38.2)	31.5% (26.9 – 36.5)	No	32.6% (28.9-36.5)	33.2% (29.6-37.0)	31.8% (26.5-37.7)	No

*95% confidence interval.

Physical activity:

In **Oman** ,22.7% of all students and 22.2% of those aged 13- 15 years were physically active for a total of at least 60 minutes per day on **five or more** days during the past seven days. Females are less likely to be physically active for at least 60 minutes per day on five or more days than males.

Overall, 16% of all students and 15.7% of those aged 13- 15 years were physically active for a total of at least 60 minutes on **all seven** days during the past seven days. Males are more likely to be physically active for at least 60 minutes on all seven days during the past seven days than females. About three in four students in all age groups (75.6%) and those aged 13- 15 years(73.7%) walked for at least half an hour on one or more days during the past 7 days with no difference between males and females.

Overall 45.4% of all students and 43.1% of those aged 13- 15 years did exercises to strengthen or tone their muscles such as push –ups , sit-ups, or weight lifting on one or more days during the past 7 days. Males are more likely to have this behavior more than females.

About 41% of students in different age groups never or rarely followed the safety rules such as wearing special shoes or playing in special places with no difference between males and females.

Walk or bicycle to and from school:

Overall, 66.4% of all students and 67.9% of those aged 13- 15 years old did not walk or ride a bicycle to or from school during the past seven days, with females are more likely to not walk or ride a bicycle to or from school. Out of those walk and ride, about 32.7% of all students and 33.5% of those aged 13- 15 years old reported the main reason was that their parents or school provided transportation. Females are more likely to get transportation from parents or schools than males.

Physical education at schools:

About one in two of all students (48.6%) and those in age group 13- 15 years (50.4%) of students went to physical education class on three or more days each week during this school year, with no difference between boys and girls. Three in four students in all ages (76.4%) and those in ages 13- 15 years (76.0%) were taught in any of their classes the benefits of physical activity. Females in all ages are more likely to be taught the benefits of physical activity.

Physical activity outside schools:

About one in four students in all age groups (26.3%) and of those aged 13- 15 years (24.2%) always practiced physical activity outside of schools. Males are more likely than females to report this behavior. Fourth of those didn't practice physical activity outside schools (26.4% and 26.7% respectively) reported that the reason for not practice this behavior was they did not have time with females are more likely than males.

Sedentary Life:

Overall,33.1% of all students and 32.6% of those aged 13- 15 years spent three or more hours per day during a typical or usual day doing sitting activities, such as watching television, playing computer games, talking with friends or reading with no difference between males and females.

Protective Factors

Table 5. Protective factors among students, by age groups and sex, Oman 2010

Protective Factor	All age groups				13 – 15 years			
	Total (CI)	Male (CI)	Female (CI)	Difference	Total (CI)	Male (CI)	Female (CI)	Difference
Missed classes or school without permission on one or more of the past 30 days	43.9% (39.2-48.7)	46.4% (40.8-52.1)	40.8% (34.8 – 47)	No	43.4% (38.9-48.0)	45.4% (39.7-51.1)	40.7% (34.5-47.1)	No

Reported most of the students in their school were kind and helpful most of the time or always during the past 30 days	50% (45.1 –54.9)	43.2% (37.2 – 49.4)	57.6% (53- 62.1)	Yes Females are more	50.7% (45.5- 55.9)	44.8% (37.3- 52.5)	56.4% (52.2- 60.4)	No
Parents or guardians checked to see if their homework was done most of the time or always during the past 30 days	47.9% (43.6- 52.2)	41.9% (37.5 – 46.5)	55.1% (49.5 – 60.5)	Yes Females are more	49.4% (44.8- 54.0)	44.1% (38.5- 49.8)	55.0% (49.0- 60.8)	No
Parents or guardians understood their problems and worries most of the time or always during the past 30 days	41% (38 – 44.2)	38% (34.7 – 41.5)	45.2% (41.2 – 49.2)	No	41.4% (38.0- 45.0)	39.4% (34.6- 44.3)	44.3% (39.7- 48.9)	No
Parents or guardians really knew what they were doing with their free time most of the time or always during the past 30 days	40.2% (36.4- 44.1)	35.8% (32.0- 39.7)	46% (41.0- 51.1)	Yes Females are more	41.2% (37.0- 45.6)	39.6% (34.4- 45.0)	44.0% (38.8- 49.3)	No
Parents or guardians never or rarely went through their things without their approval during the past 30 days	81.7% (78.2- 84.7)	79.7% (76 - 83)	83.5% (77.9 – 87.9)	No	80.6% (76.2- 84.3)	78.5% (73.1- 83.1)	82.2% (75.9- 87.1)	No
Had parents or guardians most of the time or always have open communication or conversation with them during the past 30 days	31.2% (28.6- 33.9)	29.3% (25.9 - 32.9)	33.7% (30.7 – 36.9)	No	31.6% (28.6- 34.6)	30.3% (26.1- 35.0)	33.2% (29.8- 36.7)	No
Had parents or guardians most of the time or always praise them during the past 30 days	35.9% (33.0- 38.8)	33.2% (29.7- 36.8)	39.3% (36.6- 42.1)	No	36.5% (33.4- 39.7)	35.5% (30.3- 41.1)	38.3% (35.1- 41.6)	No

*95% confidence interval.

About 43.9% of all students and 43.4% of those aged 13- 15 years missed classes or school without permission on one or more of the past 30 days with no difference between males and females.

Overall, One in two students from different age groups (50%) and those aged 13- 15 years old (50.7%) reported that most of the students in their school were kind and helpful most of the time or always during the past 30 days. Females are more likely to have kind and helpful peers than males

Overall, 47.9% of all students and 49.4% of those aged 13- 15 years reported their parents or guardians checked to see if their homework was done most of the time or always during the past 30 days. Females are more likely to be exposed to this behavior than males.

Overall, 41% of all students and 41.4% of those aged 13- 15 years old reported their parents or guardians understood their problems and worries most of the time or always during the past 30 days with no difference between males and females.

Overall, 40.2% of all students and 41.2% of those in age group 13- 15 years old reported their parents or guardians really knew what they were doing with their free time most of the time or always during the past 30 days. Females are more likely to be exposed to this behavior than males.

Overall, 81.7% of all students and 80.6% of those aged 13- 15 years old reported their parents or guardians went through their things without their approval never or rarely during the past 30 days with no difference between males and females.

Overall, 31.2% of all students and 31.6% of those aged 13-15 years old reported that their parents or guardians most of the time or always have open communication or conversation with them during the past 30 days with no difference between males and females.

Overall , 35.9% of all students and 36.5% of those aged 13-15 years old reported that their parents or guardians most of the time or always praise them during the past 30 days with no difference between males and females.

HIV-Related Knowledge

Table 6. HIV-related knowledge, by age groups and sex, Oman 2010

HIV-Related Knowledge	All age groups				13 – 15 years			
	Total (CI)	Male (CI)	Female (CI)	Difference	Total (CI)	Male (CI)	Female (CI)	Difference
Ever heard of HIV infection or the disease called AIDS	81.6% (76.4-85.9)	75% (69.9-79.5)	89.2% (84.6-92.6)	Yes females are more	80.5% (74.4-85.5)	72.3% (65.9-77.9)	88.7% (83.3-92.6)	Yes Females are more
Taught in any of their classes about HIV infection or AIDS	66.7% (61.3-71.7)	61.3% (55.5-66.7)	72.9% (65.4-79.3)	No	64.2% (57.7-70.2)	58.7% (50.7-66.2)	69.6% (60.8-77.1)	No
Taught in any of their classes how to avoid HIV infection or AIDS	63% (58.4-67.4)	62% (57.3 – 66.5)	64% (54.9-72.2)	No	59.6% (53.7-65.3)	58.9% (52.9-64.5)	59.8% (50.3-68.6)	No
Taught in any of their classes how to deal with HIV patients	41.7% (37.0-46.6)	41.1% (35.5-46.9)	42.8% (35.8-50.2)	No	38.8% (34.2-43.6)	38.6% (32.6-45.0)	39.4% (32.2-47.0)	No
Ever talked about HIV infection or AIDS with their parents or guardians	27.4% (24.6-30.5)	26.3% (22.2 – 30.9)	29.4% (25.7-33.4)	No	26.8% (24.3-29.5)	26.3% (20.7-32.8)	27.9% (24.6-31.4)	No

*95% confidence interval

In **Oman**, 81.6% of all students and 80.5% of those aged 13- 15 years old had ever heard of HIV infection or the disease called AIDS. Females are more likely to hear of HIV / AIDS than males.

Overall, 66.7% of all students and 64.2% of those age 13- 15 years were taught in any of their classes during this school year about HIV infection or AIDS with no difference between males and females.

Overall, 63% of all students and 59.6% of those aged 13- 15 years old had been taught in any of their classes how to avoid HIV infection or AIDS, while 41.7% of all students and 38.8% of those aged 13- 15 years old taught in any of their classes how to deal with HIV patients.

Overall, 27.4% of all students and 26.8% of those aged 13- 15 years ever talked about HIV infection or AIDS with their parents or guardians.

Violence and Unintentional Injury

Table 7 Violence and unintentional injury among students, by age group and sex, Oman 2010

Behavior	All age groups				13 – 15 years			
	Total (CI)	Male (CI)	Female (CI)	Difference	Total (CI)	Male (CI)	Female (CI)	Difference
Were physically attacked one or more times during the past 12 months	38.8% (34.7-43)	40.1% (36-44.4)	36.4% (31.1-42.2)	No	40.7% (35.8-45.8)	43.4% (38.1-48.8)	37.5% (31.7-43.5)	No
Were in a physical fight one or more times during the past 12 months	47.6% (43.3-52)	51% (46.8-55.1)	43.3% (37.7-49.1)	No	50.0% (45.4-54.5)	54.2% (48.9-59.5)	45.8% (40.7-51.0)	No
Were seriously injured one or more times during the past 12 months	40.9% (35.9-46.1)	48.1% (43.1 – 53.1)	32.9% (28.5 – 37.6)	No	41.6% (35.4-48.1)	49.2% (43.5-54.9)	34.2% (28.1-40.9)	Yes males are more
Among students who were seriously injured during the past 12 months, those whose most serious injury was a broken bone or dislocated joint	27.8% (21.8-34.8)	37.2% (30.9 – 44.0)	14.2% (9.1 – 21.6)	Yes males are more	26.4% (19.8-34.1)	36.4% (28.0-45.8)	13.5% (8.6-20.4)	Yes males are more
Among students who were seriously injured during the past 12 months, those who most serious injury was caused by a motor vehicle accident or being hit by a motor vehicle	11.9% (8.9-15.7)	15.2% (11.0-20.6)	6.7% (3.6-12.0)	No	12.6% (8.0-19.4)	16.9% (10.0-27.3)	7.7% (3.8-14.8)	No
Were bullied on one or more days during the past 30 days	47.3% (43.8-50.8)	46.6% (41.3-51.9)	46.7% (42.1-51.3)	No	47.4% (43.7-51.2)	45.5% (39.1-52.2)	47.9% (43.6-52.2)	No
Among students who were bullied during the past 30 days, those who were bullied most often by being hit, kicked, pushed, shoved around, or locked indoors	14.1% (11.1-17.8)	17.6% (12.1-24.7)	11.5% (8.3-15.8)	No	13.2% (9.5-18.1)	14.7% (9.4-22.2)	12.9% (8.6-18.9)	No

Role of health education in schools								
Percentage of students who were taught in any of their classes how to avoid physical fights and violence	52.1% (48.0-56.1)	48.2% (43.3-53.1)	55.9% (50.3-61.4)	No	50.7% (46.1-55.2)	48.2% (42.1-54.3)	52.8% (46.4-59.1)	No
Percentage of students who were taught in any of their classes how to avoid being bullied	46.3% (42.8-49.8)	46.0% (41.1-51.0)	47.1% (42.6-51.6)	No	45.8% (42.0-49.7)	47.8% (41.5-54.2)	44.4% (39.3-49.7)	No
Percentage of students who were taught in any of their classes how to avoid or prevent motor vehicle accidents	76.1% (70.2-81.1)	70.0% (63.3-76.0)	82.8% (74.3-88.9)	No	74.2% (66.3-80.7)	67.5% (58.8-75.2)	80.9% (70.2-88.3)	No
Percentage of students who were taught in any of their classes how to avoid or prevent other types of accidents such as fires or poisoning	68.6% (63.1-73.6)	58.6% (53.4-63.5)	78.4% (73.0-83.0)	Yes Females are more	68.0% (61.1-74.3)	55.3% (49.6-61.0)	78.9% (72.3-84.2)	Yes Females are more
Percentage of students who were taught in any of their classes first aid skills in case of an injury to them or someone else	82.0% (77.4-85.9)	74.3% (69.5-78.7)	90.1% (87.6-92.1)	Yes Females are more	82.4% (77.0-86.8)	73.8% (67.1-79.5)	90.4% (87.7-92.6)	Yes Females are more
Percentage of students who had a first aid box in their home	65.1% (61.2-68.7)	62.9% (57.8-67.7)	67.6% (63.6-71.3)	No	66.2% (62.1-70.0)	64.0% (59.2-68.6)	68.7% (63.4-73.5)	No

*95% confidence interval.

In Oman, 38.8% of all students and 40.7% of those aged 13- 15 years old were physically attacked one or more times during the past 12 months.

Overall, 47.6% of all students and 50.0% of those aged 13- 15 years old were in a physical fight one or more times during the past 12 months.

Overall, 40.9% of all students and 41.6% of those aged 13- 15 years old were seriously injured one or more times during the past 12 months. Among students who were seriously injured during the past 12 months, a broken bone or dislocated joint was the most serious injury among 27.8% of all students and in 26.4% of students aged 13- 15 years old. Males are more likely to have this injury than females.

Among students who were seriously injured during the past 12 months, a motor vehicle accident or being hit by a motor vehicle was the cause of the most serious injury among 11.9% of all students and 12.6% of those aged 13-15 years old.

Overall, 47.3% of all students and 47.4% of those aged 13- 15 years old were bullied on one or more days during the past 30 days. Among students who were bullied during the past 30 days, being hit, kicked, pushed, shoved around, or locked indoors was the most common form of bullying among 14.1% of all students and 13.2% of those aged 13- 15 years old with no significant difference between males and females.

Conclusions and Recommendations

This survey is the second one in a series of surveys in Oman; the first was conducted in 2005. This series of surveys give opportunity to track changes in health behaviours and other related issues overtime. More over by using the same methodology and standard questionnaire, it enables us to make cross country comparison of prevalence and other related issues concernig health behaviours.

The second Omani GSHS raises serious issues among the students in age 13 – 15 years. It measured dietary behaviours, hygiene, physical activity, protective factors, knowledge on HIV/AIDS and violence and unintentional injury. The most important GSHS results that should be considered were: 24.7% of students ate fruits and vegetables five or more times per day during the past 30 days. Less than half of students (44.8%) ate breakfast most of the day or always during the 30 days. Nearly half of students (49.4%) usually drank carbonated soft drinks one or more during the past 30 days while one quarter (23.1%) ate food from fast restaurant during the past 30 days. About 19.5% describe themselves as slightly or very overweight. Comparing the results of the two surveys, it was found that soft drinks has increased from 33.4% in 2005 to 49.9% in 2010 and eating braekfast reduced from 50.3% in 2005 to 44.8% in 201. In spite of increasing the nutrition education programs, however there is a need to improve the health education programs for this category.

About 17.2% of students usually cleaned or brushed their teeth less than one time per day during the past 30 days. About 9.4% of students never or rarely washed their hands after using toilet during the past 30 days. These behaviours need more attention and health education programs.

Only 22.2% of students were physically active for a total of at least 60 minutes per day on five or more days during the past 7 days. About one quarter (24.2%) of students always practiced physical activity outside school. Males are more likely to have these behaviours than females. About 32.6% spent three or more hours per day during a typical or usual day doing sitting activities. Despite the increase in the percentage of students who were taught in their classrooms about the benefits of physical activity from 72.1 in 2005 % to 76.4% in 2010, it still requires more efforts to provide students with the necessary knowledge and skills and to identify the challenges that face them to do physical activity.

About 43.4% of students missed classes or school without permission on one or more of the past 30 days. Overall, 41.4% of students whose parents or guardians understood their problems and worries most of the time or always during the past 30 days while 41.2% of students whose parents or guardians really knew what they were doing with their free time most of the time or always during the past 30 days. Half of students (50.0%) were in a physical fight one or more times during the past 12 months while 41.6% were seriously injured one or more times during the past 12 months. About 47.4% of students were bullied on one or more days during the past 12 months.

In general, students were taught in their classes on different health issues. About 80.3% were taught the benefits of healthy eating and 67.3% were taught how to safely prepare or store foods. Overall, 71.5% of students were taught the importance of hand washing. About 50.7% were taught how to avoid physical fight and violence.

Comparing the results of this study with that of GSHS 2005, it is noticed that although the percentage of students taught in their classes different health issues is more in 2010 than 2005, but their behaviours not improved and need more attention and improvement.

The GSHS 2010 was conducted in different countries in Eastern Mediterranean Region. The following table summarizes GSHS results in Oman and other EMRO countries for comparative purpose using the total percentage and the 95% confidence interval.

Table 8 : Comparison between students' behaviours in some EMRO counties who completed GSHS in 2010 (Source: CDC Fact sheets results for students aged 13-15 years)

Behaviour	Oman 2010	UAE 2010	Syria 2010	Morocco 2010
Physical Activity				
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more days during the past seven days	22.2 (17.3-28.0)	27.5 (24.5 -30.7)	15.1 (12.6-17.9)	17.4 (16.0-18.9)
Percentage of students who went to physical education (PE) class on three or more days each week during the school year	50.4 (46.7-54.0)	27.8 (24.8-31.1)	25.0 (20.8-29.8)	32.5 (29.2-36.0)
Percentage of students who spent three or more hours per day during a typical or usual day doing sitting activities	32.6 (28.9-36.5)	51.2 (47.0-55.3)	25.6 (20.4-31.6)	26.5 (23.3-30.0)
Nutrition				
Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days	49.4 (43.8 – 54.9)	42.0 (38.2- 45.9)	30.8 (27.5- 34.3)	45.4 (40.7-50.1)
Hygiene				
Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days	17.2 (13.4-21.9)	14.5 (11.0- 18.8)	33.5 (30.1- 37.1)	31.9 (26.9-37.4)
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	9.4 (6.7- 12.9)	3.4 (2.6- 4.6)	3.8 (2.3-6.0)	5.2 (4.3 – 6.3)
Protective Factors				

Percentage of students who missed classes or school without permission on one or more days of the past 30 days	43.4 (38.9 – 48.0)	35.3 (31.7- 39.1)	34.0 (30.4-37.8)	36.2 (32.3- 40.3)
Percentage of students whose parents or guardians understood their problems and worries most of the time or always during the past 30 days	41.4 (38.0 – 45.0)	46.4 (43.4- 49.5)	26.7 (23.4-30.3)	27.8 (23.9-32.0)
Percentage of students whose parents or guardians really knew what they were doing with their free time most of the time or always during the past 30 days	41.2 (37.0 – 45.6)	49.9 (47.1-52.7)	38.0 (33.1-43.1)	38.5 (33.3-43.9)
Violence and Unintentional Injury				
Percentage of students who were in a physical fight one or more times during the past 12 months	50.0 (45.4-54.5)	46.6 (42.3-51.0)		42.6 (39.6-45.8)
Percentage of students who were seriously injured one or more times during the past 12 months	41.6 (35.4-48.1)	40.9 (36.9 – 44.9)	45.5 (41.8-49.2)	29.5 (25.5 – 33.8)
Percentage of students who were bullied on one or more days during the past 30 days	47.4 (43.7-51.2)	22.8 (20.4-25.4)		19.0 (16.0- 22.5)

For physical activity, although students in Oman are more likely to go to physical education (PE) class on three or more days each week during the school year than students in UAE, Syria and Morocco, but no significant difference between students in Oman, UAE, Syria and Morocco in being physically active for a total of at least 60 minutes per day on five or more days during the past seven days. Students in Oman are less likely to spend three or more hours per day during a typical or usual day doing sitting activities than UAE.

For nutrition, students in Oman are more likely to drink carbonated soft drinks one or more times per day during the past 30 days than Syria and no significance difference with other two countries.

Related to **hygiene behaviours**, Students in Oman are less likely than Syria and Morocco to clean or brush their teeth less than one time per day during the past 30 days. Oman is more likely than UAE, Syria and Morocco to never or rarely wash their hands after using the toilet or latrine during the past 30 days.

For **protective factors**, Oman is more likely than Syria to have students miss classes or schools without permission on one or more days of the past 30 days. Oman is more likely than Syria and Morocco to have students whose parents or guardians understood their problems and worries most of the time or always during the past 30 days while Oman is less likely than UAE to have students whose parents or guardians really knew what they were doing with their free time most of the time or always during the past 30 days.

For **violence and unintentional injuries**, Oman is more likely than Morocco in having students who were seriously injured one or more times during the past 12 months and more likely than UAE and Morocco in having students were bullied on one or more days during the past 30 days.

The GSHS results should be used as a tool for evaluation of school education and interventions. It showed that there is a great need to initiate anti-violence and injury programs in schools in attempts to reduce the physical attacks, fights and bullying among school children. There is need to encourage students to be physically active outside schools. Schools should maintain nutrition education and improve the foods provided in schools according to existing policies and resources. All these interventions could be accomplished through Health promoting schools. A study was conducted in Oman in 2008 to compare knowledge, attitude and behaviours of students in schools implementing HPS and schools not implementing it. The study showed that knowledge, attitude and practice of students in health promoting schools are better than those in ordinary schools. There is need to fasten process of expansion of this initiative in Oman.

Recommendations:

1. Qualitative studies to elicit in depth information about students' lifestyles should be conducted.
2. Fasten the process of expansion of health promoting schools initiative to all schools in Oman.
3. Revision and modification of health education programs in schools.
4. Establishment of a monitoring system of risk behaviors within screening system of school children.
5. More capacity building of school health staff and school personels.
6. Conduction of educational programs directed to the families for more guidance and building of self steem of students.
7. GSHS should be repeated every 4-5 years as a part of risk behaviors surveillance system.
8. A similar survey for the school personals is recommended to complete the picture of health behaviors in schools especially that school staff should be a model for their students.

Appendices

Survey Questionnaire

2010 oman Global school-based student health survey

This survey is about your health and the things you do that may affect your health. Students like you all over your country are doing this survey. Students in many other countries around the world also are doing this survey. The information you give will be used to develop better health programs for young people like yourself.

DO NOT write your name on this survey or the answer sheet. The answers you give will be kept private. No one will know how you answer. Answer the questions based on what you really know or do. There are no right or wrong answers.

Completing the survey is voluntary. Your grade or mark in this class will not be affected whether or not you answer the questions. If you do not want to answer a question, just leave it blank.

Make sure to read every question. Fill in the circles on your answer sheet that match your answer. Use only the pencil you are given. When you are done, do what the person who is giving you the survey says to do.

Here is an example of how to fill in the circles:

Fill in the circles like this



Not like this



or



Survey

1. Do fish live in water?
 - A. Yes
 - B. No

Answer sheet

1. B C D E F G H

Thank you very much for your help.

1. **How old are you?**

- A. 11 years old or younger
- B. 12 years old
- C. 13 years old
- D. 14 years old
- E. 15 years old
- F. 16 years old or older

2. **What is your sex?**

- A. Male
- B. Female

3. **In what grade are you?**

- A. Eighth
- B. Ninth
- C. Tenth

4. **What is your nationality?**

- A. Omani
- B. Non-Omani

The next 5 questions ask about your height and weight.

5. How tall are you without your shoes on? ON THE ANSWER SHEET, WRITE YOUR HEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

Height (cm)		
1	5	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not know		

6. How much do you weigh without your shoes on? ON THE ANSWER SHEET, WRITE YOUR WEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

Weight (kg)		
0	5	2
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not know		

7. **During the past 12 months, have you been weighed and measured?**

- A. Yes
- B. No

8. **How do you describe your weight?**

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

9. **Which of the following are you trying to do about your weight?**

- A. I am not trying to do anything about my weight
- B. Lose weight
- C. Gain weight
- D. Stay the same weight

The following questions ask about nutrition

10. During the past 30 days, how often did you go hungry because there was not enough food in your home?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
11. During the past 30 days, how often did you eat breakfast?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
12. What is the main reason you do not eat breakfast?
- A. I always eat breakfast
 - B. I do not have time for breakfast
 - C. I cannot eat early in the morning
 - D. There is not always food in my home
 - E. Nobody prepares food for me
 - F. Some other reason
13. During a typical or usual school day, what snack do you eat most often at school? (Select only one response.)
- A. I do not eat snacks at school
 - B. Sandwiches
 - C. Fruits
 - D. Vegetables
 - E. Pastries
 - F. Biscuits, cookies, or cakes
 - G. Chocolate or candies
 - H. Some other kind of snack
14. During the past 30 days, how many times per day did you usually eat fruit, such as dates, apples, oranges, or bananas?
- A. I did not eat fruit during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day
15. During the past 30 days, how many times per day did you usually eat vegetables, such as tomatoes, cucumbers, carrots, or lettuce?
- A. I did not eat vegetables during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day
16. During the past 30 days, how many times per day did you usually drink carbonated soft drinks, such as Pepsi, Cola, or Mountain Dew? (Do not include diet soft drinks.)
- A. I did not drink carbonated soft drinks during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day
17. What is the main reason you drank carbonated soft drinks during the past 30 days?
- A. I did not drink carbonated soft drinks during the past 30 days
 - B. It is available
 - C. It is tasty
 - D. It is cheap
 - E. It quenches my thirst

18. During the past 30 days, how many times per day did you usually drink tea or coffee?

- A. I did not drink tea or coffee during the past 30 days
- B. Less than one time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 times per day
- G. 5 or more times per day

19. During the past 30 days, how many glasses of water did you usually drink per day?

- A. Less than one glass per day
- B. One glass per day
- C. 2 glasses per day
- D. 3 glasses per day
- E. 4 glasses per day
- F. 5 or more glasses per day

20. During the past 7 days, on how many days did you eat food from a fast food restaurant, such as burger, pizza, or shawarma restaurants?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

21. What is the main reason you ate food from a fast food restaurant?

- A. I did not eat food from a fast food restaurant
- B. It is available
- C. It is tasty
- D. It is cheap
- E. It is fast and convenient
- F. It is good food
- G. It is filling
- H. Some other reason

- F. It gives me energy
- G. Some other reason

22. During the past and current school year, were you taught in any of your classes or extracurricular activities the benefits of healthy eating?

- A. Yes
- B. No
- C. I do not know

23. During the past and current school year, were you taught in any of your classes or extracurricular activities how to safely prepare or store foods?

- A. Yes
- B. No
- C. I do not know

The next questions ask about cleaning your teeth, washing your hands, or hygiene.

24. During the past 30 days, how many times per day did you usually clean or brush your teeth?

- A. I did not clean or brush my teeth during the past 30 days
- B. Less than 1 time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 or more times per day

25. During the past 30 days, how often did you wash your hands before eating?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

26. During the past 30 days, how often did you wash your hands after using the toilet or latrine?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

27. During the past 30 days, how often were the toilets that you used clean?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

28. Are there enough toilets at school?

- A. Yes
- B. No
- C. I do not know

29. During the past 30 days, how often did you use soap when washing your hands?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

30. During the past and current school year, were you taught in any of your classes or extracurricular activities the importance of hand washing?

- A. Yes
- B. No
- C. I do not know

The next question ask about drinking water

31. Is there a source of clean water for drinking at school?

- A. Yes
- B. No
- C. Sometimes

32. Do you bring water from home to drink while you are at school?

- A. Yes
- B. No
- C. Sometimes

36. During the past 12 months, how many times

The next question asks about physical attacks

A physical attack occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knife, or gun). It is not a physical attack when two students of about the same strength or power choose to fight each other.

33. During the past 12 months, how many times were you physically attacked?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

The next 2 questions ask about physical fights. A physical fight occurs when two students of about the same strength or power choose to fight each other.

34. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

35. During the past and current school year, were you taught in any of your classes or extracurricular activities how to avoid physical fights and violence?

- A. Yes
- B. No
- C. I do not know

The next questions ask about serious injuries that happened to you. An injury is serious when it makes you miss at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or nurse.

were you seriously injured?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

37. During the past 12 months, what was the most serious injury that happened to you?

- A. I was not seriously injured during the past 12 months
- B. I had a broken bone or a dislocated joint
- C. I had a cut or stab wound
- D. I had a concussion or other head or neck injury, was knocked out, or could not breathe
- E. I had a gunshot wound
- F. I had a bad burn
- G. I was poisoned or took too much of a drug
- H. Something else happened to me

38. During the past 12 months, what was the major cause of the most serious injury that happened to you?

- A. I was not seriously injured during the past 12 months
- B. I was in a motor vehicle accident or hit by a motor vehicle
- C. I fell
- D. Something fell on me or hit me
- E. I was attacked or abused or was fighting with someone
- F. I was in a fire or too near a flame or something hot
- G. I inhaled or swallowed something bad for me
- H. Something else caused my injury

39. During the past and current school year, were you taught in any of your classes or extracurricular activities how to avoid or prevent motor vehicle accidents?

- A. I was not bullied during the past 30 days

- A. Yes
- B. No
- C. I do not know

40. During the past and current school year, were you taught in any of your classes or extracurricular activities how to avoid or prevent other types of accidents, such as fires or poisonings?

- A. Yes
- B. No
- C. I do not know

41. During the past and current school year, were you taught in any of your classes or extracurricular activities first aid skills in case of an injury to yourself or someone else?

- A. Yes
- B. No
- C. I do not know

42. In your home, is there a first aid box?

- A. Yes
- B. No
- C. I do not know

The next questions ask about bullying. Bullying occurs when a student or group of students say or do bad and unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.

43. During the past 30 days, on how many days were you bullied?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

44. During the past 30 days, how were you bullied most often?

- B. I was hit, kicked, pushed, shoved around, or locked indoors
- C. Please do not select this option
- D. Please do not select this option
- E. I was made fun of with sexual jokes, comments, or gestures
- F. I was left out of activities on purpose or completely ignored
- G. I was made fun of because of how my body or face looks
- H. I was bullied in some other way

45. During the past and current school year, were you taught in any of your classes or extracurricular activities how to avoid being bullied?

- A. Yes
- B. No
- C. I do not know

The next questions ask about HIV or AIDS.

46. Have you ever heard of HIV infection or the disease called AIDS?

- A. Yes
- B. No

47. During the past and current school year, were you taught in any of your classes or extracurricular activities about HIV infection or AIDS?

- A. Yes
- B. No
- C. I do not know

48. During the past and current school year, were you taught in any of your classes or extracurricular activities how to avoid HIV infection or AIDS?

- A. Yes
- B. No
- C. I do not know

49. Have you ever talked about HIV infection or AIDS with your parents or guardians?

- A. Yes
- B. No

50. During the past and current school year, were you taught in any of your classes or extracurricular activities how to deal with HIV patients?

- A. Yes
- B. No
- C. I do not know

50. During the past and current school year, were you taught in any of your classes or extracurricular activities how to deal with HIV patients?

- A. Yes
- B. No
- C. I do not know

The next questions ask about physical activity.

Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, football, and swimming.

51. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? ADD UP ALL THE TIME YOU SPENT IN ANY KIND OF PHYSICAL ACTIVITY EACH DAY.

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

52. During the past 7 days, on how many days did you walk or ride a bicycle to or from school?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days

53. What is the main reason you do not walk or ride a bicycle to or from school?

- A. I walk or ride a bicycle to or from school
- B. My parents do not allow me to walk or ride a bicycle to or from school
- C. I do not like to walk or ride a bicycle to or from school
- D. School is far away
- E. My parents or school provide transportation to or from school
- F. The weather is not suitable for walking or riding a bicycle to or from school
- G. The roads are not suitable for walking or riding a bicycle to or from school
- H. Some other reason

54. During the past and current school year, on how many days did you go to physical education (PE) class each week?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 or more days

55. During the past 12 months, how often did you practice physical activity outside of school?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

56. What is the main reason you did not do physical activity outside of school?

- A. I did physical activity outside of school
- B. The weather is not suitable for doing physical activity outside of school
- C. My parents do not allow me to do physical activity outside of school
- D. I do not have time to do physical activity outside of school

- F. 5 days
- G. 6 days
- H. 7 days
- E. There is no suitable place to do physical activity outside of school
- F. Some other reason

57. During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles such as push-ups, sit-ups, or weight lifting?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

58. During the past 7 days, on how many days did you walk for at least half an hour?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

59. During physical activity, do you follow the safety rules such as wearing special shoes or playing in special places?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

60. During this school year, were you taught in any of your classes the benefits of physical activity?

- A. Yes
- B. No

61. How much time do you spend during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as reading?

- A. Less than 1 hour per day
- B. 1 to 2 hours per day
- C. 3 to 4 hours per day
- D. 5 to 6 hours per day
- E. 7 to 8 hours per day
- F. More than 8 hours per day

The next questions ask about your experiences at school and at home.

62. During the past 30 days, on how many days did you miss classes or school without permission?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 or more days

63. During the past 30 days, how often were most of the students in your school kind and helpful?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

64. During the past 30 days, how often did your parents or guardians check to see if your homework was done?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

65. During the past 30 days, how often did your parents or guardians understand your problems and worries?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

C. I do not know

66. During the past 30 days, how often did your parents or guardians really know what you were doing with your free time?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

67. During the past 30 days, how often did your parents or guardians go through your things without your approval?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

68. During the past 30 days, how often did your parents or guardians have open communication or conversation with you?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

69. During the past 30 days, how often did your parents or guardians praise you?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

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