

Pakistan

2009 Fact Sheet



The **2009 Pakistan GSHS** measured dietary behaviors; hygiene; mental health; physical activity; protective factors; tobacco use; and violence and unintentional injury.

The 2009 Pakistan GSHS was a school-based survey of students in 8th, 9th, and 10th. A two-stage cluster sample design was used to produce data representative of all students in 8th, 9th, and 10th in Pakistan. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 88%, the student response rate was 87%, and the overall response rate was 76%. A total of 5192 students participated in the Pakistan GSHS. Students self-reported their responses to each question on a computer scannable answer sheet. For comparison purposes, only students aged 13- 15 years are included in the analyses for this fact sheet.

Results for students aged 13-15 years	Total	Boys	Girls
Dietary Behaviours			
Percentage of students who were underweight (< -2SD from median for BMI for age and sex)	11.0 (8.7-13.9)	12.3 (9.1-16.3)	9.0 (6.2-12.9)
Percentage of students who were overweight (> +1SD from median for BMI for age and sex)	6.5 (5.4-7.8)	5.1 (3.9-6.6)	8.7 (6.8-11.1)
Percentage of students who were obese (> +2SD from median for BMI for age and sex)	1.0 (0.8-1.4)	1.0 (0.7-1.3)	1.1 (0.6-1.9)
Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days	36.5 (30.2-43.3)	28.3 (22.5-35.0)	49.3 (37.3-61.3)
Hygiene			
Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days	16.3 (12.8-20.6)	22.4 (17.9-27.6)	7.0 (4.7-10.3)
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	3.4 (2.5-4.7)	4.8 (3.4-6.8)	1.2 (0.7-2.2)
Mental Health			
Percentage of students who ever seriously considered attempting suicide during the past 12 months	7.2 (6.1-8.5)	7.4 (6.3-8.8)	6.8 (5.2-8.7)
Percentage of students who had no close friends	8.0 (7.1-9.1)	7.1 (6.2-8.0)	9.5 (7.8-11.5)
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	15.5 (10.6-22.0)	17.2 (11.3-25.3)	12.7 (6.5-23.3)
Percentage of students who went to physical education (PE) class on three or more days each week during the school year	14.1 (11.4-17.3)	17.5 (13.8-22.0)	8.8 (5.0-15.2)
Percentage of students who spent three or more hours per day during a typical or usual day doing sitting activities	8.2 (6.7-9.9)	9.0 (7.5-10.7)	6.9 (4.6-10.4)
Protective Factors			
Percentage of students who missed classes or school without permission on one or more of the past 30 days	23.3 (19.0-28.2)	30.0 (26.1-34.2)	12.8 (9.3-17.3)
Percentage of students whose parents or guardians understood their problems and worries most of the time or always during the past 30 days	54.7 (49.4-59.9)	48.8 (42.8-54.9)	63.6 (57.4-69.4)
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	50.3 (46.7-53.9)	47.4 (43.0-51.9)	54.6 (49.0-60.2)

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Results for students aged 13-15 years	Total	Boys	Girls
Tobacco Use			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	6.3 (4.5-8.9)	9.9 (7.8-12.3)	1.0 (0.3-2.6)
Among students who ever smoked cigarettes, the percentage who first tried a cigarette before age 14 years	75.2 (69.9-79.9)	74.3 (68.5-79.3)	*
Percentage of students who reported people smoked in their presence on one or more days during the past seven days	49.2 (41.9-56.5)	61.7 (57.3-65.9)	29.9 (22.6-38.3)
Violence and Unintentional Injury			
Percentage of students who were in a physical fight one or more times during the past 12 months	37.3 (30.5-44.6)	46.9 (42.9-50.9)	22.5 (16.6-29.8)
Percentage of students who were seriously injured one or more times during the past 12 months	36.0 (30.5-41.9)	42.0 (37.7-46.4)	26.7 (19.9-34.8)
Percentage of students who were bullied on one or more days during the past 30 days	41.1 (34.5-48.1)	45.1 (39.3-51.0)	35.3 (23.5-49.3)

* Indicates less than 100 students.

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