

# Saint Kitts & Nevis

## 2011 Fact Sheet

The **2011 Saint Kitts & Nevis GSHS** measured dietary behaviours; hygiene; mental health; physical activity; protective factors; sexual behaviours; and violence and unintentional injury.

The 2011 Saint Kitts & Nevis GSHS was a school-based survey of students in Forms 2-4. A census was used to produce data representative of all students in Forms 2-4 in Saint Kitts & Nevis. 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 100%, the student response rate was 70%, and the overall response rate was 70%. A total of 1740 students participated in the Saint Kitts & Nevis 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
<b>Dietary Behaviours</b>			
Percentage of students who were underweight (<-2SD from median for BMI by age and sex)	3.5	4.7	2.3
Percentage of students who were overweight (>+1SD from median for BMI by age and sex)	32.5	32.6	32.5
Percentage of students who were obese (>+2SD from median for BMI by age and sex)	14.4	16.6	12.1
Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days	61.6	63.0	59.9
<b>Hygiene</b>			
Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days	3.9	5.0	2.9
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	3.1	4.6	1.6
<b>Mental Health</b>			
Percentage of students who ever seriously considered attempting suicide during the past 12 months	16.4	13.9	18.7
Percentage of students who actually attempted suicide one or more times during the past 12 months	13.9	15.2	12.4
Percentage of students who had no close friends	11.0	13.1	9.0
<b>Physical Activity</b>			
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	25.6	29.3	21.9
Percentage of students who went to physical education (PE) class on three or more days each week during the school year	20.6	25.2	16.0
Percentage of students who spent three or more hours per day during a typical or usual day doing sitting activities	58.4	52.4	64.2

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<b>Protective Factors</b>			
Percentage of students who missed classes or school without permission on one or more of the past 30 days	<b>37.4</b>	<b>41.7</b>	<b>33.1</b>
Percentage of students whose parents or guardians understood their problems and worries most of the time or always during the past 30 days	<b>25.8</b>	<b>24.8</b>	<b>26.5</b>
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	<b>33.8</b>	<b>30.9</b>	<b>36.2</b>
<b>Sexual Behaviours</b>			
Percentage of students who ever had sexual intercourse	<b>31.7</b>	<b>46.7</b>	<b>18.1</b>
Among students who ever had sexual intercourse, the percentage who had sexual intercourse for the first time before age 14 years	<b>68.6</b>	<b>76.5</b>	<b>48.4</b>
Among students who ever had sexual intercourse, the percentage who used a condom the last time they had sexual intercourse	<b>52.5</b>	<b>50.0</b>	<b>60.0</b>
<b>Violence and Unintentional Injury</b>			
Percentage of students who were in a physical fight one or more times during the past 12 months	<b>37.8</b>	<b>44.2</b>	<b>31.2</b>
Percentage of students who were seriously injured one or more times during the past 12 months	<b>47.1</b>	<b>53.8</b>	<b>41.0</b>
Percentage of students who were bullied on one or more days during the past 30 days	<b>22.7</b>	<b>24.9</b>	<b>20.4</b>

**For additional information, please contact:**

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