

Sri Lanka

2008 Fact Sheet



The **2008 Sri Lanka GSHS** measured unintentional injuries and violence; hygiene; dietary behaviours and overweight; physical activity; mental health; and protective factors.

The 2008 Sri Lanka GSHS was a school-based survey of students in grades 8, 9, and 10. A two-stage cluster sample design was used to produce data representative of all students in grades 8, 9, and 10 in Sri Lanka. 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 89%, and the overall response rate was 89%. A total of 2,611 students participated in the Sri Lanka 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 and Overweight			
Percentage of students who went hungry most of the time or always during the past 30 days because there was not enough food in their home	6.5 ± 0.9	7.3 ± 1.1	5.6 ± 1.5
Percentage of students who are overweight**	4.5 ± 1.1	4.8 ± 2.0	4.2 ± 1.1
Percentage of students who are obese***	0.5 ± 0.4	0.4 ± 0.5	0.6 ± 0.6
Hygiene			
Percentage of students who cleaned or brushed their teeth less than 1 time per day during the past 30 days	4.6 ± 1.5	6.1 ± 2.3	3.0 ± 1.3
Mental Health			
Percentage of students who felt lonely most of the time or always during the past 12 months	7.6 ± 1.1	8.2 ± 1.6	6.9 ± 1.8
Percentage of students who ever seriously considered attempting suicide during the past 12 months	9.9 ± 1.6	10.6 ± 2.9	9.0 ± 2.0
Percentage of students who have no close friends	5.6 ± 1.0	5.3 ± 1.8	5.7 ± 1.3
Physical Activity			
Percentage of students who were physically active for a total of at least 60 minutes per day on all 7 days during the past 7 days	14.2 ± 2.3	17.4 ± 3.0	11.1 ± 2.3
Percentage of students who spent three or more hours per day during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities	34.0 ± 2.3	34.6 ± 3.6	33.5 ± 2.4
Protective Factors			
Percentage of students who reported that most of the students in their school were never or rarely kind and helpful during the past 30 days	15.0 ± 1.2	17.7 ± 2.1	12.2 ± 2.0
Percentage of students whose parents or guardians never or rarely really knew what they were doing with their free time during the past 30 days	19.6 ± 2.1	22.4 ± 3.4	16.8 ± 1.5

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Results for students aged 13-15 years	Total	Boys	Girls
Unintentional Injuries and Violence			
Percentage of students who were physically attacked one or more times during the past 12 months	48.0 ± 3.8	54.2 ± 5.2	41.5 ± 3.5
Percentage of students who were in a physical fight one or more times during the past 12 months	47.1 ± 4.0	60.1 ± 3.7	33.5 ± 3.4
Percentage of students who were seriously injured one or more times during the past 12 months	37.2 ± 5.1	45.3 ± 6.1	28.9 ± 4.5
Percentage of students who were bullied on one or more days during the past 30 days	37.9 ± 4.3	46.9 ± 4.9	28.6 ± 3.5

**According to the WHO growth reference for school-aged children and adolescents. For more information, please visit the following website - www.who.int/growthref.

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