



The Great Socialist People's Libyan Arab Jamahiriya
Secretariat of health and environment

The final report of
Global school-based health survey
(GSHS) 2007

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Executive Summary

The Global School –based Student Health Survey known as {GSHS} was introduced by World Health Organization in collaboration with Centers for Diseases control {CDC} in USA , the aim of this survey is to obtain baseline information to monitor the prevalence of important health risk behaviors and protective factors among students in following aspects :-

- Dietary behaviors
- Violence and unintentional injury
- HIV-related knowledge
- Hygiene
- Tobacco use
- Physical activity
- Protective factors

The {GSHS} was implemented in Libya, in February 2007 in {50} schools in which students of age from 13 to 15 are taught at school grades {7th, 8th, 9th}. The sample was drawn through computerized process by {CDC} in two-stage cluster sample design used to select schools with probability proportional to school enrolment size , and classes were randomly selected. The Questionnaire was translated in to Arabic language and modified to be understandable to students; The total number of questions was 66. The answer sheets were designed to be filled by students in very simple way by using pencils to fill circle to answer each question. The survey was anonymous , so that students can express them selves and answer questions in complete privacy . . The total number of students surveyed was {2242} male and female students .The data was processed by CDC and analyzed in same center using EPI INFO 2005, a software package that capable for analyzing complex data. The key results of the survey summarized as follows:-

- 29.5 % of students were physically attacked on one or more times during the past 12 months .
- 39.8 % of students were in physical fight one or more times during the past 12 months .
- 40.3 % of students were seriously injured one or more times during the past 12 months
- 35.3 5 of students were in bullied on or more times during the past 12 months
- 8.6 % of students never or rarely washed their hands before eating during the past 30 days
- 6.9 % of students never or rarely washed their hands after using toilet or latrine during the past 30 days
- 7.8 % of students never or rarely used soap when washing their hands during in the past 30 days
- 89.3 % Students cleaned or brushed their teeth one or more times during the past 30 days
- 13.6 % of students went hungry most of the time or always because there was no enough food in their home
- 6.2 % of all students are overweight and 15.5 are at risk of becoming over weight .
- 16.1 % of all students who physically active for a total of at least 60 minutes per day on all 7 days during the past 7 days .
- 28.6 of all students 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 .
- 4.2 % of all students smoked cigarette on one or more days during the past 30 days
- 6.0 % of all students used any other form of tobacco on one or more days during the past 30 days
- 45.5 % of all students reported people smoking in their presence on one or more days during the past 7 days
- 40.6 % of all students missed classes or schools with out permission on one or more days during the past 30 days
- 37.5 % of all students whose parents and guardians never or rarely really knew what the were doing with their free times during the past 30 days
- 77.0% of all students Ever heard of HIV or the disease called AIDS, but only 38.8% of all students were taught in any of their classes how to avoid HIV or AIDS during this school year
- 38.1 % of all students were taught in any of their classes about HIV or AIDS during this school year
- **Recommendations.**
 - National comprehensive multi sectoral school health programme must be established for prevention of risk factors .
 - Health education campaigns to raise the knowledge about risk factors and unhealthy behaviour among youth and educating parents about how to prevent them .
 - School curricula must be revised to contain necessary knowledge regarding all risk factors and emphasizing the importance of sport classes .
 - A special programme for tobacco control among youth must be established with some legislative and administrative measures.

Introduction

In 2001, WHO, in collaboration with UNAIDS, UNESCO, and UNICEF, and with technical assistance from the US Centers 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.

To date, 30 countries have completed a GSHS. This report describes results from the first GSHS conducted in Libya by the General peoples committee for health & environment –health information and documentation centre during February 2007.

The purpose of the GSHS is to provide accurate data on health behaviours 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 by country 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 behaviours and protective factors related to the leading causes of mortality and morbidity among youth and adults in *Libya* . The GSHS addressing the following topics

- **Dietary behaviours**
- **Hygiene**
- **Violence and unintentional injury**
- **Tobacco use**
- **HIV-related knowledge**
- **Physical activity**
- **Protective factors**

The GSHS was implemented along with Global Youth Tobacco Survey known as (GYTS) GYTS was implemented for second time in Libya .these survies provide valuable information for planning programmes and adapting interventions to promote health of adolescents and youth, and help the country to develop priorities , establish programmes , for youth health ,and establish trends in the prevalence of health behaviours and protective factors for use in evaluation of school health and youth health promotion .

Methods

The 2007 *Libya* GSHS employed a two-stage cluster sample design to produce a representative sample of students in **GRADES 7-9**. The first-stage sampling frame consisted of all schools containing any of **GRADES 7-9**. 2700 Schools were eligible to participate. Schools were selected to participate with probability proportional to school enrolment size. 50 schools were selected to participate in the *Libyan* 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. .

For the 2007 *Libya* GSHS, 2,242 questionnaires were completed in 50 schools. The school response rate was 100 %, the student response rate was 98%, and the overall response rate was 98%. 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 7 – 9 in Libya**.

Survey Administration. Survey administration occurred from **4 - February 2007 to 12- march 2007** . 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.

20 Survey Administrators were specially trained to conduct the GSHS. All necessary arrangements were made with secretariat of education at all levels and schools contacted by survey administrators for the day and time suitable to selected classes .

The *Libya* GSHS questionnaire contained 66 questions (35 questions from core questionnaire and 31 questions from core - expanded and country - specific questions) addressing the following topics:

- **Dietary behaviours**
- **Hygiene**
- **Violence and unintentional injury**
- **Tobacco use**
- **HIV-related knowledge**
- **Physical activity**
- **Protective factors**

The questionnaire was developed by Secretariat of Health & environment – Health Information & documentation Centre and translated in to Arabic language and tested before the start of the survey.

Results

Demographics

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

Table 01. Demographic characteristics of the sample Libya, 2007.

	Sex		Age			Grades		
	Males	Females	12 or younger	13-15	16 or older	Grade 7	Grade 8	Grade 9
<i>Percentage*</i>	50.1 %	49.9 %	19.4 %	69.3 %	11.3 %	33.9 %	31.9 %	34.1
<i>Number</i>	948	1259	471	1492	245	824	574	781

- all percentages are weighted

Dietary Behaviours

During adolescence, overweight is associated with hyperlipidemia, raised blood pressure (hypertension), abnormal glucose tolerance, and adverse psychological and social consequences. Overweight acquired during childhood or adolescence may persist into adulthood and increase risk later in life for coronary heart disease, diabetes, gallbladder disease, some types of cancer, and osteoarthritis of the weight-bearing joints. Nutritional deficiencies as a result of food insecurity (protein-energy malnutrition, iron, Vitamin A, and iodine deficiency) affect school participation and learning (8).

Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances important for good health. Dietary patterns that include higher intakes of fruits and vegetables are associated with several health benefits, including a decreased risk for some types of cancer (9).

Table 02. BMI and dietary behaviours, by sex, Libya, 2007.

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
At risk for becoming overweight ¹	15.2 (13.2 – 17.2)	13.0 (11.0 – 15.0)	17.4 (14.7 – 20.2)
Overweight ²	6.1 (5.3 – 7.0)	5.8 (4.7 – 6.9)	6.5 (5.2 – 7.8)
Went hungry most of the time or always because there was not enough food in their home during the past 30 days	13.0 (11.2 – 14.9)	14.7 (11.4 – 17.9)	11.6 (9.9 – 13.2)
Usually ate fruit, such as orange ,apple or bananas , one or more times per day during the past 30 days	35.2 (33.0 – 37.4)	34.0 (30.5 – 37.5)	36.2 (33.3 – 39.0)
Usually ate vegetables, such as cucumbers ,green salad or tomatoes , one or more times per day during the past 30 days	47.3 (45.1 – 49.6)	47.6 (43.2 – 51.9)	47.2 (43.8 – 50.5)
Ate fruits and vegetables five or more times per day during the past 30 days	12.6 (10.7 – 14.4)	12.6 (9.9 – 15.3)	12.4 (10.0 – 14.8)
Ate breakfast most of the time or always during the past 30 days	64.8 (61.4 – 68.1)	66.2 (62.3 – 70.1)	63.1 (58.5 – 67.8)
Usually drank milk or ate milk products such as cheese , butter , two or more times per day during the past 30 days	28.2(26.3 – 30.1)	29.0 (27.0 – 31.1)	27.2 (24.3 -30.2)

*95% confidence interval.

¹Students who were at or above the 85th percentile, but below the 95th percentile for body mass index by age and sex based on reference data from Cole, Bellizzi, Flegal, and Dietz, *BMJ*, May 2000.

²Students who were at or above the 95th percentile for body mass index by age and sex based on reference data from Cole, Bellizzi, Flegal, and Dietz, *BMJ*, May 2000.

In *libya*, 15.2% students were at risk for becoming overweight (i.e., at or above the 85th percentile, but below the 95th percentile for body mass index by age and sex) and 6.1 % were overweight (i.e., at or above the 95th percentile for body mass index by age and sex).No significant difference between male and female students , for at risk of becoming over weight or overweight .

Overall, 13.0 % of students went hungry most of the time or always because there was not enough food in their home during the past 30 days. No significant difference between male and female students for being hungry most of the time or always because there is not enough food in their home.

Overall, 35.2 % of students usually ate fruit, such as oranges ,apples or bananas, one or more times per day during the past 30 days. No significant difference between male and female students who eat fruit one or more times per day. Overall, 47.3 % of students usually ate vegetables, such as cucumbers ,green salad or tomatoes, one or more times per day during the past 30 days

Overall, (12.6 %) of students usually ate fruits and vegetables five or more times per day during the past 30 days. No significant difference between male and female students who eat fruits and vegetables five or more times per day.

Overall, (64.8 %) of students usually ate breakfast most of the time or always during the past 30 days. No significant difference between male and female ate breakfast most of the time or always during the past 30 days.

Overall, (28.2%) of students usually drank milk or ate milk products such as cheese , butter , two or more times per day during the past 30 days. The difference between male and female students is not significant .

Hygiene

Dental caries affect between 60-90% of children in developing countries and is the most prevalent oral disease among children in several Asian and Latin American countries. In Africa, the incidence of dental caries is expected to rise drastically in the near future due to increased sugar consumption and inadequate fluoride exposure (10). In addition to causing pain and discomfort, poor oral health can affect children's ability to communicate and learn. More than 50 million school hours are lost annually because of oral health problems (11). In both developed and developing countries, many children do not have access to water fluoridation or professional dental care. Daily tooth cleaning or brushing can help prevent some dental disease (12).

Diarrhoeal diseases kill nearly 2 million children every year. Hygiene education and the promotion of hand-washing can reduce the number of diarrhoeal cases by 45% (13). About 400 million school-aged children are infected with worms worldwide. These parasites consume nutrients from children they infect, cause abdominal pain and malfunction, and can impair learning by slowing cognitive development (14).

Table 03. Hygiene-related behaviours, by sex Libya , 2007.

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Students who cleaned or brushed their teeth one or more times during the past 30 days	89.3 (87.7-91.0)	86.4 (83.7-89.1)	92.7 (91.1-94.3)
Never or rarely washed their hands before eating during the past 30 days	9.2 (6.5 – 11.9)	11.7 (8.1 – 15.4)	6.6 (4.6 – 8.6)
Never or rarely washed their hands after using the toilet or latrine	7.6 (6.0 – 9.1)	9.3 (7.0 – 11.6)	5.6 (4.2 – 6.9)
Never or rarely used soap when washing their hands	7.8 (6.3 – 9.4)	9.4 (7.2 – 11.7)	5.8 (4.1 – 7.4)
Students who do not have a source of clean water for drinking at school	57.2 (51.2 -63.3)	55.1 (47.9 -62.2)	60.0 (52.0 – 67.9)

*95% confidence interval.

In *libya*, the percentage of students who cleaned or brushed their teeth one or more times during the past 30 days did was 89.3 %. Male students (86.4 %) are significantly **LESS** likely than female students (92.7 %) to clean or brush their teeth.

Overall, 9.2 % of students never or rarely washed their hands before eating during the past 30 days. The difference between male and female students is not significant in washing their hands before eating during the past 30 days

Overall (7.6 %) of students who never or rarely wash their hands after using the toilet or latrine during the past 30 days. Male students (9.3 %) are significantly **more** likely than female students (5.6 %) who rarely or never washed their hands after using the toilet or latrine.

. Overall, 7.8 % of students never or rarely used soap when washing their hands during in the past 30 days The difference between male and female students is not significant for Never or rarely used soap when washing their hands.

Overall, 57.2 % of students reported that they do not have a source of clean water for drinking at school The difference between male and female students who do not have source of clean water for drinking at school .

Violence and Unintentional Injury

Unintentional injuries are a major cause of death and disability among young children (33). Each year, about 875,000 children under the age of 18 die from injuries and 10 to 30 million have their lives affected by injury. Injury is highly associated with age and gender. Males aged 10-14 have 60% higher injury death rates than females. Teenagers aged 15-19 have higher rates than those aged 10-14 years (64 compared to 29 per 100,000).

Estimated global homicide death rate for males aged 15-17 is 9 per 100,000 (34). For every youth homicide, approximately 20 to 40 victims of non-fatal youth violence receive hospital treatment (35). Many unintentional injuries lead to permanent disability and brain damage, depression, substance abuse, suicide attempts, and the adoption of health risk behaviours. Victims of bullying have increased stress and a reduced ability to concentrate and are at increased risk for substance abuse, aggressive behaviour, and suicide attempts (36).

Table 04. Violence and unintentional injury among students, by sex, , Libya, 2007

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Were physically attacked one or more times during the past 12 months	30.7 (27.4 – 34.0)	43.5 (38.0 – 48.9)	18.2 (18.8 – 20.6)
Were in a physical fight one or more times during the past 12 months	41.5 (37.5 – 45.6)	58.0 (53.2 – 62.7)	25.1 (21.9 – 28.3)
Were seriously injured one or more times during the past 12 months	42.2 (38.8 – 45.7)	50.9 (47.2 -54.6)	33.5 (29.8 – 37.3)
Among students who were seriously injured during the past 12 months, those whose most serious injury happened to them while they were playing or training for a sport	32.4 (28.5 -36.3)	38.9(33.9 – 43.9)	22.8 (17.3 – 28.3)
Among students who were seriously injured during the past 12 months, those whose most serious injury was the result of a fall	12.9 (10.1 – 15.6)	14.3 (10.7 – 18.0)	9.9 (6.8 – 12.9)
Among students who were seriously injured during the past 12 months, those who most serious injury was the result of them hurting themselves by accident	22.5 (19.1 – 25.9)	21.1 (16.7 – 25.6)	24.4 (20.2 – 28.5)
Among students who were seriously injured during the past 12 months, those who had a broken bone or dislocated joint as their most serious injury	15.6 (13.0 – 18.3)	17.7 (14.1 – 21.3)	12.2 (8.0 – 16.5)
Were bullied on one or more days during the past 30 days	35.1 (31.9 – 38.4)	39.3 (35.5 – 43.1)	30.9 (26.7 – 35.1)
were bullied most often by being hit, kicked, pushed, shoved around, or locked indoors	7.2 (6.0 -8.5)	10.8 (8.8 -12.8)	3.7 (2.8 – 4.7)

*95% confidence interval.

In *Libya* , 41.5 % of students were in a physical fight one or more times during the past 12 months. Male students (58.0 %) are significantly *MORE* likely than female students (25.1 %) to have been in a physical fight.

Overall, 42.2 % of students were seriously injured one or more times during the past 12 months. Male students (50.9 %) are significantly *MORE* likely than female students (33.5 %) to have been seriously injured. Among students who were seriously injured during the past 12 months, 32.4 % were playing or training for a sport when their most serious injury happened to them, 12.9 % had their most serious injury caused by a fall, 22.5 % had their most serious injury occur as a result of

hurting themselves by accident, and 15.6 % experienced a broken bone or dislocated joint as their most serious injury. No significant difference between male and female students to be playing or training for a sport when their most serious injury happens to them. Male students (11.4 %) are significantly *MORE* likely than female students (4.6 %) to have their most serious injury be caused by a fall. No significant difference between male and female students to have their most serious injury be as a result of hurting themselves by accident. No significant difference between male and female students to experience a broken bone or dislocated joint as their most serious injury.

Overall, 35.1 % of students were bullied on one or more days during the past 30 days. Male students (39.3 %) are significantly *MORE* likely than female students (30.9 %) to be bullied on one or more days. Overall, 7.2. % of students who were bullied most often by being hit, kicked, pushed, shoved around, or locked indoors. Male students (10.8 %) are significantly *MORE* likely than female students (3.7 %) to be bullied most often by being hit, kicked, pushed, shoved around, or locked indoors.

Tobacco Use

About 1.1 billion people worldwide smoke and the number of smokers continues to increase. Among these, about 84% live in developing and transitional economy countries. Currently 5 million people die each year from tobacco consumption, the second leading cause of death worldwide. If present consumption patterns continue, it is estimated that deaths from tobacco consumption will be 10 million people per year by 2020 (31). The overwhelming majority of smokers begin tobacco use before they reach adulthood. Among those young people who smoke, nearly one-quarter smoked their first cigarette before they reached the age of ten.

Smokers have markedly increased risks of multiple cancers, particularly lung cancer, and are at far greater risk of heart disease, strokes, emphysema and many other fatal and non-fatal diseases. If they chew tobacco, they risk cancer of the lip, tongue and mouth. Children are at particular risk from adults' smoking. Adverse health effects include pneumonia and bronchitis, coughing and wheezing, worsening of asthma, middle ear disease, and possibly neuro-behavioural impairment and cardiovascular disease in adulthood. Many studies show that parental smoking is associated with higher youth smoking (32).

Table 05. Tobacco use among students, by sex, , Libya, 2007

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Smoked cigarettes on one or more days during the past 30 days	4.0 (3.3 – 4.8)	6.7 (5.5 – 7.9)	1.5 (0.6 – 2.3)
Used any other form of tobacco, such as Nargella , on one or more days during the past 30 days	5.6 (4.3-6.9)	7.9 (6.2-9.7)	3.0 (1.9 – 4.0)
Among students who smoked cigarettes during the past 12 months, those who tried to stop smoking cigarettes	22.6 (17.6-27.5)	33.5 (26.6-40.3)	8.3 (2.0-14.6)
People smoked in their presence on one or more days during the past seven days	45.2 (42.4 – 48.0)	45.8 (42.4 – 49.3)	44.7 (40.4 - 48.9)
Have a parent or guardian who uses any form of tobacco	25.4 (22.2 -28.5)	26.0 (21.8-30.2)	24.7 (21.2-28.3)

*95% confidence interval.

In *libya*, 4.0% of students smoked cigarettes on one or more days during the past 30 days. Male students (6.7 %) are significantly **MORE** likely than female students (1.5 %) to have smoked cigarettes on one or more days . Overall, 5.6 % of students used any other form of tobacco on one or more days during the past 30 days. Male students (7.9 %) are significantly **MORE** likely than female students (3.0 %) to use any other form of tobacco on one or more days. Among students who smoked cigarettes during the past 12 months, 22.6 % tried to stop smoking cigarettes. Male students (33.5 %) are significantly **MORE** likely than female students (8.3 %) to have tried to stop smoking cigarettes.

Overall, 45.2 % of students reported that people smoked in their presence on one or more days during the past seven days. No significant difference between male and female students who reported that people smoked in their presence on one or more days. Overall, 25.4 % of students had a parent or guardian who uses any form of tobacco No significant difference between male and female students who reported to have a parent or guardian who uses any form of tobacco.

HIV-related knowledge

The HIV/AIDS epidemic is one of the most serious threats to human health and development .in 2006 4.3 million people were newly infected with HIV and 2.9 million people died of HIV related illnesses. According to UNAIDS a total of 39.5 million people world wide were living with HIV in 2006 , because young people at risk of being infected due to the relation of HIV with sexual behaviour among young people, and since the prevention is the only way to avoid being infected raising the knowledge of young people in how to avoid HIV or AIDS is important , and in order to evaluate the activities of and prevention programmes and the school health education activities three questions were included in the survey questionnaire .

Table 06. HIV-related knowledge, by sex, Libya, 2007

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Ever heard of HIV or the disease called AIDS	77.0 (73.8 – 80.1)	76.8 (72.5 – 81.2)	77.0 (73.5 – 80.5)
Taught in any of their classes about HIV or AIDS during this school year	38.1 (32.7 – 43.6)	41.7 (35.1 – 48.3)	34.9 (28.9 – 40.8)
Taught in any of their classes how to avoid HIV or AIDS during this school year	38.8 (34.1 – 43.4)	39.3 (33.2 – 45.4)	37.8 (32.5 – 43.2)

*95% confidence interval

In *Libya*, 77.0% of students had ever heard of HIV or the disease called AIDS The difference between male and female students is not significant to have ever heard of HIV or the disease called AIDS.

Overall, 38.1 % of students had been taught in any of their classes about HIV or AIDS during this school year. The difference between male and female students is not significant to have been taught in their classes about HIV or AIDS.

Overall, 38.8 % of students had been taught in any of their classes how to avoid HIV or AIDS during this school year The difference between male and female students is not significant to have been taught how to avoid HIV or AIDS.

Physical Activity

Participating in adequate physical activity throughout the life span and maintaining normal weight are the most effective ways of preventing many chronic diseases, including cardiovascular disease and diabetes (19).

The prevalence of type 2 diabetes is increasing globally and now is occurring during adolescence and childhood (20). Participating in adequate physical activity also helps build and maintain healthy bones and muscles, control weight, reduce blood pressure, ensure a healthy blood profile, reduce fat, and promote psychological well-being (21).

Roughly 60% of the world's population is estimated to not get enough physical activity. Patterns of physical activity acquired during childhood and adolescence are more likely to be maintained throughout the life span, thus sedentary behaviour adopted at a young age is likely to persist (22).

Table 07. Physical activity among students, by sex, Libya , 2007.

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Physically active all seven days for a total of at least 60 minutes per day during the past seven days	16.6 (14.3-18.8)	21.5 (18.1-25.0)	11.6 (9.6-13.5)
Physically active seven days for a total of at least 60 minutes per day during a typical or usual week	15.8 (13.9 – 17.7)	20.9 (17.9 – 23.8)	10.8 (8.5 – 13.1)
Participated in physical activity for a total of at least 60 minutes per day on five or fewer days on average	82.7 (80.7 – 84.6)	77.2 (74.1 – 80.4)	88.0 (86.0 – 90.0)
Spent three or more hours per day doing sitting activities during a typical or usual day	29.4 (26.7 – 32.1)	30.0 (27.3 – 32.7)	28.5 (25.0 – 32.1)
Did not walk or bicycle to and from school during the past seven days	38.8 (35.6 – 41.9)	38.8 (33.5 – 44.1)	39.5 (36.6-42.4)
Usually took less than 30 minutes to get to and from school each day during the past seven days	84.6 (82.3 – 86.8)	84.8 (81.9 – 87.8)	84.3 (81.9 – 86.7)
Walked or bicycled to and from school for a total of 150 minutes or more during the past seven days	89.7 (87.8 – 91.5)	89.4 (86.5 – 92.4)	89.6 (87.5 – 91.7)
Who went to physical education class 4 or more times each week during this school year	32.9 (29.2 -36.6)	34.0 (28.5 – 38.5)	32.3 (27.4 -37.3)

*95% confidence interval.

In *Libya*, 16.6 % of students were physically active all 7 days during the past 7 days for a total of at least 60 minutes per day. Male students (21.5 %) are significantly **MORE** likely than female students (11.6 %) to be physically active all 7 days during the past 7 days.

Overall, 15.8 % of students were physically active 7 days during a typical or usual week for a total of at least 60 minutes per day. Male students (20.9 %) are significantly **MORE** likely than female students (10.8 %) to be physically active 7 days during a typical or usual week.

Overall, 82.7 % of students participated in insufficient physical activity (i.e., participated in physical activity for a total of at least 60 minutes per day on five or fewer days on average). Male students (77.2. %) are significantly **LESS** likely than female students (88.0 %) to participate in insufficient physical activity.

Overall 29.4 % of students spent three or more hours per day doing sitting activities during a typical

or usual day. No significant difference between male and female students who spent three or more hours per day doing sitting activities.

Overall, 38.8 % of students did not walk or bicycle to and from school during the past 7 days. No significant difference between male and female students who do not walk or bicycle to and from school during the past 7 days.

Overall, 84.6 % of students usually took less than 30 minutes to get to and from school each day during the past 7 days. No significant difference between male and female students who usually take less than 30 minutes to get to and from school each day.

Overall, 89.7 % of students walked or bicycled to and from school for a total of 150 minutes or more during the past seven days. No significant difference between male and female students who walk or bicycle to and from school for a total of 150 minutes or more during the past seven days.

Overall 32.9 % of students Who went to physical education class 4 or more times each week during this school year . No significant difference between male and female students .

Protective Factors

For most adolescents, school is the most important setting outside of the family. School attendance is related to the prevalence of several health risk behaviours including violence and sexual risk behaviours (23).

Adolescents who have a positive relationship with teachers, and who have positive attitudes towards school are less likely to initiate sexual activity early, less likely to use substances, and less likely to experience depression. Adolescents who live in a social environment which provides meaningful relationships, encourages self-expression, and also provides structure and boundaries, are less likely to initiate sex at a young age, less likely to experience depression, and less likely to use substances (24).

Being liked and accepted by peers is crucial to young people's health development, and those who are not socially integrated are far more likely to exhibit difficulties with their physical and emotional health. Isolation from peers in adolescence can lead to feelings of loneliness and psychological symptoms. Interaction with friends tends to improve social skills and strengthen the ability to cope with stressful events (25).

Parental bonding and connection is associated with lower levels of depression and suicidal ideation, alcohol use, sexual risk behaviours, and violence (26).

Table 08. Protective factors among students, by sex Libya, 2007

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Missed classes or school without permission on one or more of the past 30 days	39.4 (36.6 – 42.2)	42.8 (38.8 – 46.8)	35.5 (32.2 – 38.7)
Most of the students in their school were never or rarely kind and helpful during the past 30 days	41.9 (39.2 – 44.5)	46.0 (41.7 – 50.3)	37.2 (34.1 – 40.4)
Parents or guardians checked to see if their homework was done never or rarely during the past 30 days	50.8 (47.4 – 54.3)	50.7 (46.0 -55.4)	51.0 (46.1 -55.9)
Parents or guardians understood their problems and worries never or rarely during the past 30 days	51.3 (48.5 – 54.1)	52.7 (48.0 – 57.3)	50.0 (46.6 – 53.3)
Parents or guardians really knew what they were doing with their free time never or rarely during the past 30 days	40.2 (37.9 – 42.5)	42.2 (39.0 – 45.4)	38.2 (34.9 - 41.4)

*95% confidence interval.

In *libya*, 39.4 % of students missed classes or school without permission on one or more of the past 30 days. Male students (42.8 %) are significantly **MORE** likely than female students (35.5 %) to miss classes or school without permission.

Overall, 41.9 % of students reported that most of the students in their school were kind and helpful never or rarely during the past 30 days. Male students (46.0 %) are significantly **MORE** likely than female students (37.2 %) to report that most of the students in their school are kind and helpful never or rarely during the past 30 days.

Overall, 50.8 % of students reported their parents or guardians checked to see if their homework was done never or rarely during the past 30 days. The difference between male and female students is not significant to report that their parents or guardians check to see if their homework is done never or rarely .

Overall, 51.3 % of students reported their parents or guardians understood their problems and worries never or rarely during the past 30 days. The difference between male and female students is not significant to report that their parents or guardians never or rarely understand their problems and worries.

Overall, 40.2 % of students reported their parents or guardians never or rarely really know what they were doing with their free time during the past 30 days The difference between male and female students is not significant to report that their parents or guardians never or rarely really know what they are doing with their free time .

Conclusions and Recommendations

It is worth to point out at the beginning of this part that this survey is the first ever survey concerning health behaviours and protective factors among students aged 13-15 years in Libya except for tobacco use (GYTS 2003) , therefore the findings of this survey is significant and will be of great value and base line information to develop priorities, establish programmes, and advocate for resources for school health and youth health programmes and policies . The most important GSHS results are **the followings** :

1. BMI and dietary behaviours

- The percentage of students who are over weight (6.1% Total) is higher than the expected with no significant deference between male and female students, and clearly high with comparison with some countries in the region Jordan (3.5 % Total) and Lebanon (2.7 Total) ,and the percentage of students who are at risk of becoming over weight (15.2 % Total) is also higher than the expected with no significant deference between male and female students. No significant difference in comparison with the same countries Jordan (13.9 % Total) and Lebanon (15.7 Total) .
- The most alarming result that according to the results the total percentage of female students who are either overweight or at risk of becoming over weight is almost (24 %) and (19 %) of total male students .
- Surprisingly the percentage of total students who went hungry most of the time or always because there was no enough food in their home during the past 30 days is high 13.0 % (11.2 – 14.9) with no significant deference between male and female students , and also no significant deference in comparison with Jordan 10.3 (8.4 – 12.2) but with significant deference in comparison with Lebanon 2.7 % (2.2 – 3.2) .
- The percentage of students who ate vegetables one or more times per day during the past 30 days is less than 50 % which is considered low percentage with no significant deference between male and female students .and less than Jordan 80.4 % (77.8 – 82.9) .

2. Hygiene

- The percentage of students who cleaned or washed their teeth one or more times during the past 30 days is 89.3 % (87.7 – 91.0) is a positive result and significantly more than percentage of students in Jordan 83.0 % (81.3 – 85.8)
- The percentage of students who never or rarely washed their hands before eating during the past 30 days is 9.2 % (6.5 – 11.9) with no significant deference between male and female students , and also in comparison with Jordan 7.5 (6.2 – 8.9) .
- The percentage of students who never or rarely washed their hands after using toilet or latrine during the past 30 days is 7.6 % (6.0 – 9.1) with significant deference between male and female students. female are less than male student , but no significant deference in comparison with Jordan 5.6 (4.1 – 7.0) .
- The percentage of students who do not have a source of clean water for drinking at school 57.2 (51.2 -63.3) with no significant deference in between male and female students .

3. Violence and unintentional injury

- 30.7 % (27.4 – 34.0) of all students were physically attacked one or more times during the past 12 months and it is significantly less in female students 18.2 (18.8 – 20.6) than male students 43.5 (38.0 – 48.9) but both are considered high .
- 41.5 % (37.5 – 45.6) of all students Were in a physical fight one or more times during the past 12 months but significantly in male 58.0 (53.2 – 62.7 than female students 25.1 (21.9 – 28.3
- 42.2 % (38.8 – 45.7) of all students Were seriously injured one or more times during the past 12 months . Although it is significantly less in female students 33.5 (29.8 – 37.3) than male students 50.9 (47.2 -54.6) but both are high . Among students who were seriously injured during the past 12 months 10.1 % (7.1 -13.1), those whose most serious injury happened to them while they were playing or training for a sport , 22.5 (19.1 – 25.9) was the result of them hurting themselves by accident,
- 35.1 % (31.9 – 38.4) of all students were bullied on one or more days during the past 30 days and it is significantly higher between male students 39.3 (35.5 – 43.1) than female students and more studies are needed in this area to find out the cause and implement proper interventions .

4. Tobacco use

- 4.0 % (3.3 – 4.8) of all students reported that they Smoked cigarettes on one or more days during the past 30 days and it is in female 1.5 (0.6 – 2.3) significantly less than male students 6.7 (5.5 – 7.9) , and this result goes with GYTS 2003 result .
- 5.6 % (4.3-6.9) of all students reported that they used any other form of tobacco, such as Nargella , on one or more days during the past 30 days and it is in female 3.0 (1.9 – 4.0) significantly less than male students 7.9 (6.2-9.7) and this result goes with GYTS 2003 result .
- 22.6 % (17.6-27.5) Among students who smoked cigarettes during the past 12 months, those who tried to stop smoking cigarettes and this percentage is very low in comparison with 64.5 % in Jordan and % in GYTS (2007)
- 45.2 % (42.4 – 48.0) of the students reported People smoked in their presence on one or more days during the past seven days with no significant deference between male and female students which indicates that legislative educational measures must be taken to ensure smoke free environments at public places .
- 25.4 % (22.2 -28.5) of the students Have a parent or guardian who uses any form of tobacco with no significant deference between male and female students , and this result indicates the dangerous of the young people may start smoking because one or both parents are smoker .

5. HIV-related knowledge

- Only 77.0 % (73.8 – 80.1) of all students Ever heard of HIV or the disease called AIDS with no significant deference between male and female students and both are low percentage in this critical age and efforts must be done to raise their knowledge about HIV or AIDS .
- Only 38.1 % (32.7 – 43.6) Taught in any of their classes about HIV or AIDS during this school year significant deference between male and female students and around the same percentage taught in any of their classes how to avoid HIV or AIDS during this school year which indicates the need to educate students in this age about this disease and increase the school role in the prevention of HIV / AIDS .

6. Physical activity

- Only 16.6 % (14.3-18.8) of all students were physically active all seven days for a total of at least 60 minutes per day during the past seven days and 15.8 (13.9 – 17.7)Physically active seven days for a total of at least 60 minutes per day during a typical or usual week, it was clear that female are less than male students in all physical activities
- 29.4 % (26.7 – 32.1)of all students Spent three or more hours per day doing sitting activities during a typical or usual day with no significant deference between male and female activities but significantly less than the students of the same age in Jordan .
- 38.8 (35.6 – 41.9) of all students did not walk or bicycle to and from school during the past seven days with no significant deference between male and female students , which indicates the use of cars or buses to get to schools .
- 84.6 (82.3 – 86.8) of all students Usually took less than 30 minutes to get to and from school each day during the past seven days with no deference between male and female students which indicates that schools are near their home .
- 89.7 (87.8 – 91.5) of all students walked or bicycled to and from school for a total of 150 minutes or more during the past seven days
- 32.9 % (29.2 -36.6) of all students went to physical education class 4 or more times each week during this school year with no significant deference between male and female students , which shows that the physical education classes are not enough and this aspect must be revised to give the physical education more classes and time .

7. Protective factors

- 39.4 (36.6 – 42.2) Missed classes or school without permission on one or more of the past 30 days .Although there is a significant deference between male and female and it is less among female students but both are really very high and unexpected , but with no deference in comparison with Jordan 36.3 (33.5 – 39.1) and Oman 31.5 (28-35) but more than Lebanon 14.9 (13.4 – 16.4)
- 41.9 (39.2 – 44.5) Reported that most of the students in their school were never or rarely kind and helpful during the past 30 days , with more among male students but with no significant deference in comparison with Jordan .
- Only 50.8 % (47.4 – 54.3) of Parents or guardians checked to see if their homework was done never or rarely during the past 30 days with no significant deference between male and female students and that indicates negative sign by the parents and guardians that only half of them checked to see if their sons and daughters are doing their home work .
- 51.3 (48.5 – 54.1) of all Parents or guardians understood their problems and worries never or rarely during the past 30 days , although this percentage is higher than Jordan but it is still lower than it should be .
- Only 40.2 (37.9 – 42.5) of all students reported that their Parents or guardians really knew what they were doing with their free time never or rarely during the past 30 days with no significant deference between male and female students , which indicate the need to educate parents and guardians to know what their sons and daughters are doing with their free time.

Recommendations

1. National comprehensive multi sectoral school health programme must be established for prevention of risk factors
2. A joint permanent committee between Secretariat of Health & Environment and Secretariat of education must be formed to develop a National School Health Programme and evaluate the implementation.
3. Health education campaigns must be launched to raise the knowledge about risk factors and unhealthy behaviour among youth and educating parents about how to prevent them .
4. School curricula must be revised and developed to contain necessary knowledge regarding all risk factors and emphasizing the importance of sport classes .
5. A special programme for tobacco control among youth must be established with some legislative and administrative measures .
6. Special budget to be allocated for school health programme for prevention of risk factors .
7. The availability of healthy water for drinking and clean toilet must be guaranteed for each school by the adoption of healthy school environment national programme .
8. GSHS should be conducted regularly every three years for evaluation of the programmes and progress.

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Appendices

Libya GSHS Questionnaire - 2007

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. Grade 7
 - B. Grade 8
 - C. Grade 9

The next 6 questions ask about your height and weight.

4. 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 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	

- 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"/>	I do not know	

6. During the past 12 months, have you been weighed and measured?
- A. Yes
B. No
7. How do you describe your weight?
- A. Very underweight
B. Slightly underweight
C. About the right weight
D. Slightly overweight
E. Very overweight
8. 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
9. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
- A. Yes
B. No

The next 4 questions ask about going hungry or eating breakfast.

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. During the past 30 days, how often did you eat breakfast at school?

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

13. 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. Some other reason

The next 5 questions ask about foods you might eat.

14. During the past 30 days, how many times per day did you **usually** eat fruit, such as oranges, apples, 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 cucumber, green salad, or tomatoes?
- 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, Miranda, shani, or bitter soda?
- A. I did not drink carbonated soft drinks 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 times per day
 - G. 5 or more times per day
17. During the past 7 days, on how many days did you eat at a fast food restaurant serving sandwiches such as shawerma, mafroom, glaya, or hamburger?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
18. During the past 30 days, how many times per day did you **usually** drink milk or eat milk products, such as cheese or butter?
- A. I did not drink milk or eat milk products 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

The next 5 questions ask about what you were taught and learned during this school year.

19. During this school year, were you taught in any of your classes the benefits of healthy eating?

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

20. During this school year, were you taught in any of your classes the benefits of eating more fruits and vegetables?

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

21. During this school year, were you taught in any of your classes the benefits of drinking more milk?

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

22. During this school year, were you taught in any of your classes healthy ways to gain weight?

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

23. During this school year, were you taught in any of your classes healthy ways to lose weight?

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

The next 6 questions ask about personal health activities.

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. Are the toilets or latrines clean at school?

- A. There are no toilets or latrines at school
- B. Yes
- C. No

28. 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

29. During this school year, were you taught in any of your classes how to wash your hands?

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

The next 2 questions ask about dental health.

30. During the past 12 months, how often did you have a tooth ache?

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

31. When was the last time you saw a dentist for a check-up exam, teeth cleaning, or other dental work?
- A. During the past 12 months
 - B. Between 12 and 24 months ago
 - C. More than 24 months ago
 - D. Never
 - E. I do not know

The next 3 questions ask about sources of drinking water.

32. Is there a source of clean water for drinking at school?
- A. Yes
 - B. No
33. Do you bring water from home to drink while you are at school?
- A. Yes
 - B. No
34. How often do you drink water from the water source at school?
- A. There is not a water source at school
 - B. Never
 - C. Rarely
 - D. Sometimes
 - E. Most of the time
 - F. Always

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.

35. 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 question asks about physical fights. A physical fight occurs when two or more students of about the same strength or power choose to fight each other.

36. 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

The next 5 questions ask about the most serious injury that happened to you during the past 12 months. 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.

37. During the past 12 months, how many times 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

38. During the past 12 months, **what were you doing** when the most serious injury happened to you?

- A. I was not seriously injured during the past 12 months
- B. Playing or training for a sport
- C. Walking or running, but not as part of playing or training for a sport
- D. Riding a bicycle, scooter, or riding a horse
- E. Riding or driving in a car or other motor vehicle
- F. Doing any paid or unpaid work, including housework, yard work, or cooking
- G. Nothing
- H. Something else

9. 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 fighting with someone
- F. I was attacked, assaulted, or abused by someone
- G. I was in a fire or too near a flame or something hot
- H. Something else caused my injury

40. During the past 12 months, **how** did the most serious injury happen to you?

- A. I was not seriously injured during the past 12 months
- B. I hurt myself by accident
- C. Someone else hurt me by accident
- D. I hurt myself on purpose
- E. Someone else hurt me on purpose

41. 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, puncture, 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 lost all or part of a foot, leg, hand, or arm
- H. Something else happened to me

The next 2 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.

42. 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

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

- A. I was not bullied during the past 30 days
- B. I was hit, kicked, pushed, shoved around, or locked indoors
- C. I was made fun of because of my race or color
- D. I was made fun of because of my religion
- 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

The next 2 questions ask about motor vehicle safety.

44. During the past 30 days, how often did you use a seat belt when riding in a car or other motor vehicle driven by someone else?
- A. I did not ride in a motor vehicle drive by someone else
 - B. Never
 - C. Rarely
 - D. Sometimes
 - E. Most of the time
 - F. Always
45. During this school year, were you taught in any of your classes how to avoid or prevent motor vehicle accidents?
- A. Yes
 - B. No
 - C. I do not know

The next 6 questions ask about cigarette and other tobacco use.

46. How old were you when you first tried a cigarette?
- A. I have never smoked cigarettes
 - B. 7 years old or younger
 - C. 8 or 9 years old
 - D. 10 or 11 years old
 - E. 12 or 13 years old
 - F. 14 or 15 years old
 - G. 16 years old or older
47. During the past 30 days, on how many days did you smoke cigarettes?
- 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
48. During the past 30 days, on how many days did you use any other form of tobacco, such as Nargella (water pipe)?
- 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

49. During the past 12 months, have you ever tried to stop smoking cigarettes?

- A. I have never smoked cigarettes
- B. I did not smoke cigarettes during the past 12 months
- C. Yes
- D. No

50. During the past 7 days, on how many days have people smoked in your presence?

- A. 0 days
- B. 1 or 2 days
- C. 3 or 4 days
- D. 5 or 6 days
- E. All 7 days

51. Which of your parents or guardians use any form of tobacco?

- A. Neither
- B. My father or male guardian
- C. My mother or female guardian
- D. Both
- E. I do not know

The next 3 questions ask about HIV infection or AIDS.

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

- A. Yes
- B. No

53. During this school year, were you taught in any of your classes about HIV infection or AIDS?

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

54. During this school year, were you taught in any of your classes how to avoid HIV infection or AIDS?

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

The next 2 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, and football.

ADD UP ALL THE TIME YOU SPEND IN PHYSICAL ACTIVITY EACH DAY. DO **NOT** INCLUDE YOUR PHYSICAL EDUCATION OR GYM CLASS.

55. During the past **7 days**, on how many days were you physically active for a total of at least 60 minutes per 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

56. During a **typical or usual** week, on how many days are you physically active for a total of at least 60 minutes per 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

The next 2 questions ask about days in physical activity class each week and learning the benefits of physical activity.

57. During this school year, on how many days did you go to physical activity class each week?

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

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

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

The next question asks about the time you spend mostly sitting when you are not in school or doing homework.

59. 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 playing cards?
- 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 2 questions ask about going to and coming home from school.

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

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

61. During the past 7 days, how long did it **usually** take for you to get to and from school each day? **ADD UP THE TIME YOU SPEND GOING TO AND COMING HOME FROM SCHOOL.**

- A. Less than 10 minutes per day
- B. 10 to 19 minutes per day
- C. 20 to 29 minutes per day
- D. 30 to 39 minutes per day
- E. 40 to 49 minutes per day
- F. 50 to 59 minutes per day
- G. 60 or more minutes per day

The next 5 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

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