



Ministry of Health



Ministry of Education



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Oman Global School- based Student Health Survey

GSHS Country Report

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Executive Summary

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 Oman. They are:

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

The 2005 OMAN GSHS employed a two-stage cluster sample design to produce a representative sample of students in grades from 7th to 10th.

The first stage is done on schools Level. All schools containing 7th, 8th, 9th, and 10th grades were included in the sampling frame. Schools were selected systematically with probability proportional to enrolment in 7th, 8th, 9th, and 10th grades using a random start. 51 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 7th to 10th in The Sultanate of Oman.

The study showed the following results:

- 2,979 questionnaires were completed in 51 schools. The school response rate was 100%, the student response rate was 97%, and the overall response rate was 97%.
- **Dietary behaviours:** 19.5% of students were describing themselves as slightly overweight or overweight. 31.5 % of students were trying to lose weight. 77.2% of students usually ate fruit and 73.4% of students usually ate vegetables one or more times per day during the past 30 days. 50.3% of students who ate breakfast most of the time. 33.4 % of students usually drink carbonated soft drinks. 10% ate at a fast food restaurant
- **Hygiene:** 5.4% of students did not clean or brush their teeth during the past 30 days. 6.3% 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 43.5% while 18.6% of students mentioned that there are no enough toilets at school.

- **Physical activity:** 23.3% of students were physically active all 7 days during the past 7 days for a total of at least 60 minutes per day. 34.3% of students spent three or more hours per day doing sitting activities during a typical or usual day. No significance difference between males and females were reported. 72.1% of students were taught in any of their classes during this school year the benefits of physical activity.
- **Protective factors:** 33.8% of students missed classes or school without permission on one or more of the past 30 days. 69.6% of students reported their parents or guardians checked to see if their homework was done most of the time or always during the past 30 days. 62.5% of students reported their parents or guardians understood their problems and worries most of the time or always during the past 30 days.
- **Health education on HIV Infection and Other STI's.:** 97.6 % of students had ever heard of HIV or AIDS. Overall, 65.5% of students had been taught in any of their classes about HIV or AIDS during this school year. 60.2 % of students had been taught in any of their classes how to avoid HIV or AIDS during this school year. 34.7 % of students ever talked about HIV or AIDS with their parents or guardians.
- **Violence and Unintentional Injury:** During the past 12 months, 41.2% of students were in a physical fight. 26.3% of students were seriously injured and 36.2% of students were bullied on one or more days during the past 30 days

Recommendations:

1. Implementation of the national school health strategy will improve the coordination between the different concerned sectors to promote the school community's health
2. Implementation of the national IEC strategy which helps raising awareness and skills of the adolescents towards healthy lifestyles.
3. Health promoting schools initiative should be expanded in all schools in the Sultanate.
4. Evaluation and modification of the health education program in the schools
5. More capacity building of the school health staff, teachers and social workers
6. Improvement of the relations between the families and schools for more guidance and building of self esteem of students.
7. GHSH is considered a base of surveillance system for risk behaviours and protective factors at schools and it should be repeated every 3 years.
8. A similar survey for the school personals is recommended to complete the picture of health behaviours in schools especially that school staff should be a model for their students.

Part 1: Introduction

Background

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, Oman, Jordan, Lebanon, Morocco, UAE countries have completed a GSHS. This report describes results from the first GSHS conducted in Oman by the ministry of health with collaboration of Ministry of Education during April 2005.

Purpose

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;
- Allow countries, international agencies, and others to make comparisons across countries and within countries regarding the prevalence of health behaviours and protective factors ;
- Establish baseline Data on health risk behaviours; and
- Establish trends in the prevalence of health behaviours and protective factors in Oman for use in evaluation of school health and youth health promotion.

About GSHS, Oman

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

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

Oman has a total area of approximately 309.5 thousands square kilometres. According to mid year population for 2005, 38.9% of Omani population are under 15 years. In the scholastic year 2005/2006, the total number of students is 596938 attending 1207 schools

School health program started in Oman in 1991 as a program of the 4th five years plan of MOH. It aimed to provide a comprehensive health care to all students. In 2006, Oman developed a national school health strategy in which all the concerned sectors can work together to promote health of school community. The goal of the national school health strategy is to promote health of the school community through empowerment of students and school staff from improving their health, provide a comprehensive school health services that deal with physical, mental and social health needs to all students and to ensure safe healthy school environment for students and healthy safe workplace for school staff . To achieve that the school health program in Oman has eight components: health education, health services including physical screening and immunization, school environment, nutrition, mental and psychosocial health, physical education, promotion of health of school staff and involvement of families and community. School health program is being implemented by physicians and nurses from the primary health care institutions which cover the schools in their catechment area.

“Facts for life” book is an important tool of health education in schools. It is being distributed to students in grade 9 (14-15 years) and grade 11 (16-17 years). It has 23 health topics.

Health information system is well established in school health. Data about health problems, immunization coverage and environmental health are being collected on annual basis. Data regarding risk factors and risky behaviours are collected through conduction of surveys

Many studies had been conducted and gave information about the knowledge, attitude and practices of students towards lifestyles.

1. Adolescents' health survey 2001 which studied the knowledge, attitude and practices of students in secondary schools (age 15-19 years) in the field of reproductive health and lifestyles.
2. Global Youth Tobacco Survey (2003) which measured the knowledge, attitude and practices of students between 13-14 years towards tobacco use.
3. Study on school nutrition (2004) which studied the knowledge, attitude and practices of students in grades 7-12 toward nutrition
4. Survey on mental health (2004) which measured the prevalence of health problems among students of secondary schools in students in secondary schools.

Methods

Sampling

The 2003 OMAN GSHS employed a two-stage cluster sample design to produce a representative sample of students in grades from 7th to 10th.

The first stage is done on schools Level - All schools containing 7th, 8th, 9th, and 10th grades were included in the sampling frame. Schools were selected systematically with probability proportional to enrolment in 7th, 8th, 9th, and 10th grades using a random start. 51 schools were sampled.

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.

Weighting

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.

Response rates

For the 2005 Oman GSHS, 2,979 questionnaires were completed in 51 schools. The school response rate was 100%, the student response rate was 97%, and the overall response rate was 97%. 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 7th to 10th in The Sultanate of Oman.

Administering the survey

Survey administration occurred in the month of April 2005. 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. Approximately, 15 Survey Administrators were specially trained to conduct the GSHS.

GSHS Questionnaire

The Oman GSHS questionnaire contained 72 questions addressing the following topics:

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

A GSHS Project Management Team consists of the Director of health information and statistics department and the Superintendent of School health department in MOH and director of guidance and education department in MOE had developed the questionnaire. The questionnaire was with a corresponding translation in Arabic, the national language in the country.

Part 2: Results

Demographics

Introduction

Nationwide, over half (47.4%) of respondents were females and 52.6% were males. 26.8 % were attending 7th grade, 24.3.0% were in 8th grade, 26.2 % were in 9th grade and 22.8 % were in 10th grade. The median age is 14 years old. 77.7 % of sampled student are in the age from 13 to 15 years of age.

Results

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

Table 1. Demographic characteristics of the sample, Oman, 2005.

Sex		Age			Grade			
Males	Females	12 or younger	13-15	16 or older	7th	8th	9th	10th
52.6 %	47.4%	5.4	77.7	17.0	26.8	24.3	26.2	22.8

Dietary Behaviours

Background

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.¹

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.ⁱⁱ

Adolescents' health survey 2001^{xxiv} showed that more than two thirds of the adolescents sampled identified certain good nutritional habits. Despite of this, a quarter of them do not eat healthy foods such as salads, fruits, milk and its derivatives.

The results of the study on school nutrition^{xxv} conducted in 2004 showed that 45% of students eat breakfast before going to schools

Results

Table 2 dietary behaviours, by sex, Oman, 2005.

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Describe their weight as slightly overweight or very overweight	19.5 (17.6 - 21.3)	17.9 (15.7 – 20.1)	21.3 (18.8 – 23.7)
Trying to lose weight	31.5 (28.5 – 34.4)	26.1 (23.3 – 29.1)	37.6 (33.8 – 41.4)
Ate breakfast most of the time or always during the past 30 days	50.3 (44.9 – 55.6)	59.5 (54.9 – 64.0)	42.3 (37.4 – 47.2)
Main reason for not eating breakfast is that they do not have time for breakfast	21.7 (19.1 – 24.4)	21.7 (18.1 – 25.2)	22.1 (19.5 – 24.6)
Never or rarely ate snacks at school during the past 30 days	21.4 (19.3 – 23.6)	22.5 (20.7 – 24.4)	19.9 (16.4 – 23.4)
Usually drink carbonated soft drinks, such as Coke, Pepsi, cola, or Dew Mountain two or more times per day during the past 30 days	33.4 (30.4 – 36.3)	38.5 (34.9 – 42.2)	28.1 (25.2 – 31.1)

Usually drank tea or coffee two or more times per day during the past 30 days	39.9 (36.5 – 43.3)	45.7 (42.7 – 48.8)	33.6 (29.5 – 37.7)
Ate at a fast food restaurant, such as McDonalds, on three or more of the past seven day	10.0 (8.0 – 12.0)	13.5 (10.6 – 16.40)	6.1 (4.6 – 7.7)
Usually ate fruit, such as dates, apples, or orange, one or more times per day during the past 30 days	77.2 (74.6 - 79.9)	78.7 (76.0 - 81.4)	76.2 (72.3 - 80.1)
Usually ate vegetables, such as tomatoes, potatoes, or carrots, one or more times per day during the past 30 days	73.4 (70.9 – 76.0)	74.7 (71.7 – 77.7)	72.3 (68.5 – 76.0)
Ate fruits and vegetables five or more times per day during the past 30 days	29.3 (26.4 – 32.1)	33.0 (30.2 – 35.7)	25.6 (22.9 – 28.2)
Students who were taught in any of classes during the school year how to safely prepare or store foods	55.0 (51.3 - 58.7)	53.3 (50.0 – 56.6)	56.7 (50.0 – 63.3)
Students who were taught in any of their classes during this school year the benefits of healthy eating	73.9 (70.6 – 77.3)	68.7 (64.8 – 72.7)	79.5 (74.6 – 84.5)

*95% confidence interval.

Trying to lose weight

In Oman, 19.5% of students were describing themselves as slightly overweight or overweight. Also 31.5 % were trying to lose weight. Male students (26.1%) are significantly less likely than female students (37.3%) to be trying to lose weight.

Fruit and vegetable intake

Overall, 77.2% of students usually ate fruit, such as dates, apples, or orange, one or more times per day during the past 30 days. Overall, 73.4% of students usually ate vegetables, such as tomatoes, potatoes, or carrots, one or more times per day during the past 30 days. Overall, 29.3% of students usually ate fruits and vegetables five or more times per day during the past 30

days. Male students (33.0%) are significantly more likely than female students (25.6%) to eat fruits and vegetables five or more times per day.

Other dietary behaviours

Overall, 50.3% of students ate breakfast most of the time or always during the past 30 days. Male students (59.5%) are significantly more likely than female students (42.3%) to breakfast most of the time or always during the past 30 days. Also, 21.7 % of students whose main reason for not eating breakfast is that they do not have time for breakfast. Overall, 21.4% of students never or rarely ate snacks at school during the past 30 days. Overall, 33.4 % of students usually drink carbonated soft drinks, such as Coke, Pepsi, cola, or Dew Mountain two or more times per day during the past 30 days. Male students (38.5) are significantly more likely than female students (28.1%). The percentage of students who usually drank tea or coffee two or more times per day during the past 30 days was 39.9%. Male students (45.7) are significantly more likely than female students (33.6%). The percentage of students who ate at a fast food restaurant, such as McDonalds, on three or more of the past seven days was 10.0%. Male students (13.5) are significantly more likely than female students (6.1%).

Health education on dietary at schools

Overall, 55.0 % of students were taught in any of classes during the school year how to safely prepare or store foods. Also, 73.9% of students were taught in any of their classes during this school year the benefits of healthy eating. Male students (68.7%) are significantly less likely than female students (79.5%) to be to have classes on benefits of healthy eating.

Hygiene

Background

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.ⁱⁱⁱ 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.^{iv} 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.^v

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%.^{vi} 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.^{vii}

Results

Table 3. Hygiene-related behaviours, by sex, Oman, 2005

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Did not clean or brush their teeth during the past 30 days	5.4 (3.6 – 7.3)	7.4 (4.6 – 10.3)	3.0 (1.5 – 4.5)
Never or rarely washed their hands before eating during the past 30 days	6.3 (4.9 – 7.6)	8.1 (6.6 – 90.7)	4.1 (3.2 – 5.0)
Never or rarely washed their hands after using the toilet or latrine	7.8 (6.4 – 9.2)	10.0 (8.2-11.8)	4.8 (3.5 – 6.1)
Never or rarely used soap when washing their hands	9.9 (8.3 – 11.5)	12.9 (11.2 – 14.7)	6.4 (4.8 – 8.0)
Students whose toilets at school are not clean	43.5 (38.9 – 48.0)	44.3 (39.1 – 49.6)	42.3 (34.2 – 50.4)
Students who do not have enough toilets at school	18.6 (15.7 – 21.4)	20.5 (16.5 – 24.5)	16.1 (13.3 – 18.9)
Students who were taught in any of their classes during the school year the importance of hand washing	48.1 (44.8 – 51.3)	49.6 (45.1 – 54.2)	46.4 (40.3 – 52.4)
Students whose school health clinic in the school is not clean and well-organized	15.2 (12.1 – 18.4)	15.0 (11.7 – 18.4)	15.5 (9.9 – 21.0)
Students who do not have a source of clean water for drinking at school	8.9 (6.8 – 11.1)	9.5 (6.7 – 12.4)	8.1 (5.6 – 10.7)
Students who bring water from home to drink while they are at school	9.7 (8.4 – 11.0)	9.6 (7.6 – 11.6)	9.6 (7.9 – 11.3)

*95% confidence interval.

Personal hygiene

In Oman, the percentage of students who did not clean or brush their teeth during the past 30 days was 5.4%. Male students (7.4%) are significantly more likely than female students (3.0%) to not clean or brush their teeth. Overall, 6.3% of students never or rarely washed their hands before eating during the past 30 days. Male students (8.1%) are significantly more likely than female students (4.1%) to never or rarely wash their hands before eating. Overall, 7.8% of students never or rarely washed their hands after using the toilet or latrine during the past 30 days. Male students (10.0%) are significantly more likely than female students (4.8%) to never or rarely wash their hands after using the toilet or latrine. Overall, 9.9% of students never or rarely used soap when washing their hands during the past 30 days. Male students (12.9%) are significantly more likely than female students (6.4%) to never or rarely use soap when washing their hands.

Hygienic issues at schools

In Oman, the percentage of students whose toilets at school are not clean was 43.5%. Overall, 18.6% of students did not have enough toilets at school. Also, the percentage of students who were taught in any of their classes during the school year the importance of hand washing was 48.1%. 15.2 % of students whose school health clinic in the school is not clean and well-organized and 8.9% of students who do not have a source of clean water for drinking at school that may explain the reason of 9.7% of student who bring drinking water from their homes.

Physical Activity

Background

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.^{viii}

The prevalence of type 2 diabetes is increasing globally and now is occurring during adolescence and childhood.^{ix} 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.^x

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.^{xi}

Adolescents health survey 2001 showed that a low percentage of adolescents exercise, especially females. Only 50% of males and 18.3% of females exercise. Furthermore, females who exercise do it only as part of school sports

Results

Table 4. Physical activity among students, by sex, Oman, 2005.

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	23.3 (19.6 – 27.0)	32.5 (29.5 – 35.5)	13.4 (11.0 – 15.8)
Physically active seven days for a total of at least 60 minutes per day during a typical or usual week	20.4 (16.8 – 24.1)	29.1 (26.3 – 31.8)	11.2 (9.0 – 13.4)
Participated in physical activity for a total of at least 60 minutes per day on five or fewer days on average	75.5 (71.9 – 79.0)	66.9 (63.8 – 70.0)	84.5 (82.1 – 86.)
Spent three or more hours per day doing sitting activities during a typical or usual day	34.3 (31.3 – 37.3)	33.6 (30.6 – 36.6)	35.0 (29.2 – 40.8)
Did not walk or bicycle to and from school during the past seven days	62.8 (59.0 – 66.5)	55.4 (51.4 – 59.0)	71.1 (67.1 – 75.0)
Went to physical education class during this school year on five or more days each week	36.6 (33.2 – 40.0)	35.3 (31.6 – 39.0)	38.6 (33.7 – 43.4)
Played on one or more sports teams during the past 12 months	47.5 (40.8 – 54.1)	63.1 (59.8 – 66.4)	30.2 (24.5 – 36.0)
Never or rarely practiced physical activity outside the school during the past 12 months	39.0 (34.8 – 43.2)	29.7 (26.9 – 32.4)	49.1 (45.8 – 52.5)
Were taught in any of their classes during this school year the benefits of	72.1 (68.3 – 75.9)	70.0 (66.5 – 73.4)	74.6 (68.9 – 80.2)

physical activity			
Did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting on three or more of the past 7 days	18.5 (15.0 – 22.1)	27.3 (24.2 – 30.0)	8.8 (6.9 – 10.7)
Walked for at least half an hour on five or more of the past 7 days	22.4 (20.2 – 24.6)	25.6 (22.4 – 28.90)	19.1 (16.8 – 21.4)

*95% confidence interval.

Physical activity

In Oman, 23.3% 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 (32.5%) are significantly more likely than female students (13.4%) to be physically active all 7 days during the past 7 days. Overall, 20.4% 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 (29.1%) are significantly more likely than female students (11.2%) to be physically active 7 days during a typical or usual week. Overall, 75.5% 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 (66.9%) are significantly less likely than female students (84.5%) to participate in insufficient physical activity.

Sedentary behaviour

Overall, 34.3% of students spent three or more hours per day doing sitting activities during a typical or usual day. No significance difference between male and females were reported.

Walk or bicycle to and from school

Overall, 62.8% of students did not walk or bicycle to and from school during the past 7 days. Male students (55.4%) are significantly *less* likely than female students (71.1%) to not walk or bicycle to and from school during the past 7 days. Overall, 79.0% of students usually took less than 30 minutes to get to and from school each day during the past 7 days. Male students (81.6%) are significantly more likely than female students (76.1%) to usually take less than 30 minutes to get to and from school each day

Physical activity education and practice at school

Overall, 36.6% of students went to physical education class during this school year on five or more days each week. Also, 47.5% of students played on one or more sports teams during the past 12 months. Male students (63.1%) are significantly more likely than female students (30.2%) played on one or more sports teams during the past 12 months. Overall, 39.0% of students never or rarely practiced physical activity outside the school during the past 12 months. Male students (29.7%) are significantly less likely than female students (49.1%) never or rarely practiced physical activity outside the school during the past 12 months. 72.1% of students were taught in any of their classes during this school year the benefits of physical activity. Also, 18.5% of students did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting on three or more of the past 7 days. Male students (27.3%) are significantly more likely than female students (8.8%) did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting on three or more of the past 7 days. Overall, 22.4% of students walked for at least half an hour on five or more of the past 7 days. Male students (25.6%) are significantly more likely than female students (19.1%) walked for at least half an hour on five or more of the past 7 days.

Protective Factors

Background

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.^{xii}

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.^{xiii}

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.^{xiv}

Parental bonding and connection is associated with lower levels of depression and suicidal ideation, alcohol use, sexual risk behaviours, and violence.^{xv}

Results

Table 5. Protective factors among students, by sex, Oman, 2005

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Missed classes or school without permission on one or more of the past 30 days	33.8 (30.3 – 37.2)	37.2 (33.8 – 40.6)	29.2 (24.9 – 33.6)
Most of the students in their school were kind and helpful most of the time or always during the past 30 days	73.2 (62.8 – 69.7)	69.8 (66.6 – 73.0)	78.1 (74.8 – 81.4)
Parents or guardians checked to see if their homework was done most of the time or always during the past 30 days	69.6 (67.3 – 72.0)	68.0 (64.6 – 71.3)	72.6 (69.7 – 75.4)
Parents or guardians understood their problems and worries most of the time or always during the past 30 days	62.5 (60.0 – 65.1)	58.7 (55.3 – 62.2)	67.3 (64.4 – 70.2)
Parents or guardians really knew what they were doing with their free time most of the time or always during the past 30 days	32.6 (30.2 – 34.9)	35.1 (31.7 – 38.5)	29.3 (26.6 – 32.1)

*95% confidence interval.

Missing classes

In Oman, 33.8% of students missed classes or school without permission on one or more of the past 30 days. Male students (37.2%) are significantly more likely than female students (29.2%) to miss classes or school without permission.

Being kind and helpful

Overall, 73.2% 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. Male students (69.8%) are

significantly less likely than female students (78.1%) to report that most of the students in their school are kind and helpful most of the time or always during the past 30 days.

Parents or guardians

Overall, 69.6% of students reported their parents or guardians checked to see if their homework was done most of the time or always during the past 30 days. Overall, 62.5% of students reported their parents or guardians understood their problems and worries most of the time or always during the past 30 days. Male students (58.7%) are significantly less likely than female students (67.3%) to report their parents or guardians understand their problems and worries most of the time or always. Overall, 32.6% of students reported their parents or guardians really know what they were doing with their free time most of the time or always during the past 30 days. male students (35.1%) are significantly more likely than female students (29.3%) to report their parents or guardians really know what they are doing with their free time most of the time or always.

Health education on HIV Infection and Other STI's.

Background

AIDS has killed more than 25 million people since 1981. As of 2005, an estimated 40.3 million people were living with HIV. In that year alone, roughly 3.1 million people died of HIV and another 4.9 million people became infected with HIV.^{xvi} Young people between the ages of 15 and 24 are the most threatened group, accounting for more than half of those newly infected with HIV. At the end of 2003, an estimated 10 million young people aged 15 to 24 were living with HIV. Studies show that adolescents who begin sexual activity early are likely to have sex with more partners and with partners who have been at risk of HIV exposure and are not likely to use condoms. In many countries, HIV infection and AIDS is reducing average life expectancy, threatening food security and nutrition, dissolving households, overloading the health care system, reducing economic growth and development, and reducing school enrolment and the availability of teachers.^{xvii}

STIs are among the most common causes of illness in the world and have far-reaching health consequences. They facilitate the transmission of HIV and, if left untreated, can lead to cervical cancer, pelvic inflammatory diseases, and ectopic pregnancies.^{xviii} Worldwide, the highest reported rates of STIs are found among people between 15 and 24 years; up to 60% of the new infections and half of all people living with HIV globally are in this age group.^{xix}

Data collected from the adolescents' health survey 2001 indicated a high knowledge about AIDS as 99% of males and 98.3% of females were able to identify the disease. Their knowledge of other sexually transmitted diseases, however, was rather poor.

More than 80% were able to point out the various methods of infection and disease transmission. However, this knowledge is still inaccurate, as a third of the adolescents mentioned incorrect methods of infection such as hand shaking, kissing, etc

Results

Table 6. HIV-related knowledge, by sex, Oman, 2005.

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Ever heard of HIV or the disease called AIDS	97.6 (96.7 – 98.5)	96.7 (95.6– 97.9)	98.6 (97.8– 99.4)
Taught in any of their classes about HIV or AIDS during this school year	65.5 (61.7 – 69.3)	64.9 (60.2– 69.7)	66.2 (60.7– 71.8)
Taught in any of their classes how to avoid HIV or AIDS during this school year	60.2 (55.9 – 64.5)	59.2 (54.2– 64.2)	61.3 (55.0– 67.6)
Know that people can protect themselves from HIV by not having sexual intercourse	64.9 (61.6 – 68.1)	65.6 (61.4– 69.8)	64.5 (60.3– 68.7)
Taught in any of their classes how to deal with an HIV or AIDS patients during this school year	30.4 (26.4 – 34.4)	29.1 (24.6– 33.5)	31.6 (26.1– 37.2)
Ever talked about HIV or AIDS with their parents or guardians	34.7 (31.9 – 37.5)	29.6 (26.6– 32.5)	40.2 (37.1– 43.3)

*95% confidence interval

Awareness of HIV or AIDS

In Oman, 97.6 % of students had ever heard of HIV or the disease called AIDS. Overall, 65.5% of students had been taught in any of their classes about HIV or AIDS during this school year. Overall, 60.2 % of students had been taught in any of their classes how to avoid HIV or AIDS during this school year. Overall, 64.9 % of students knew that people can protect themselves from HIV by not having sexual intercourse. Overall, 30.4% of students had been taught in any

of their classes how to deal with an HIV or AIDS patients during this school year Overall, 34.7 % of students ever talked about HIV or AIDS with their parents or guardians. Male students (29.6%) are significantly less likely than female students (40.2%) have talked about HIV or AIDS with their parents or guardians.

Violence and Unintentional Injury

Background

Unintentional injuries are a major cause of death and disability among young children.^{xx} 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^{xxi}. For every youth homicide, approximately 20 to 40 victims of non-fatal youth violence receive hospital treatment.^{xxii}

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.^{xxiii}

Data collected from the adolescents' health survey suggested that adolescents have encountered some sort of violence in their daily lives. 79.5% declared that they watched violence in movies, while 68.8% indicated that they had seen violence in the family, 63.9% in the neighbourhood and 59.6% among friends. 20.3% revealed that they had been involved in a fight during the last month.

Results

Table 7. Violence and unintentional injury among students, by sex, Oman, 2005.

Question	Total % (CI)*	Sex	
		Male % (CI)	Female % (CI)
Were in a physical fight one or more times during the past 12 months	41.2 (38.1 – 44.3)	45.7 (42.1– 49.4)	36.0 (32.3– 39.6)
Were seriously injured one or more	26.3	35.0	18.2

times during the past 12 months	(22.3– 30.4)	(31.7– 38.3)	(15.6– 20.9)
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	9.1 (6.3– 11.8)	11.7 (8.2– 15.2)	4.7 (2.1– 7.3)
Among students who were seriously injured during the past 12 months, those whose most serious injury was the result of a fall	8.6 (5.7– 11.5)	11.5 (7.1– 15.8)	3.3 (0.9– 5.7)
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	50.3 (44.8– 55.7)	48.1 (41.5– 54.6)	54.5 (46.3– 62.6)
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	23.4 (19.1 – 27.7)	27.7 (23.7– 31.7)	15.5 (10.3– 20.8)
Were bullied on one or more days during the past 30 days	36.2 (33.0 – 39.4)	34.6 (31.1– 38.1)	37.7 (33.2– 42.1)
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	14.8 (11.1– 18.5)	19.6 (15.5– 23.7)	9.2 (6.3– 12.2)

*95% confidence interval.

Serious Injury

In Oman, 41.2% of students were in a physical fight one or more times during the past 12 months. Male students (45.7%) are significantly more likely than female students (36.0%) to have been in a physical fight. Overall, 26.3% of students were seriously injured one or more times during the past 12 months. Male students (35.0%) are significantly more likely than female students (18.2%) to have been seriously injured. among students who were seriously injured during the past 12 months, 9.1% were playing or training for a sport when their most

serious injury happened to them, 8.6% had their most serious injury caused by a fall, 50.3% had their most serious injury occur as a result of hurting themselves by accident, and 23.4% experienced a broken bone or dislocated joint as their most serious injury. Male students (11.5%) are significantly more likely than female students (3.3%) to have their most serious injury be caused by a fall. Male students (27.7%) are significantly more likely than female students (15.5%) to experience a broken bone or dislocated joint as their most serious injury.

Bullying

Overall, 36.2% of students were bullied on one or more days during the past 30 days. Among students who were bullied during the past 30 days, 14.8% were bullied most often by being hit, kicked, pushed, shoved around, or locked indoors. Male students (19.6%) are significantly more likely than female students (9.2%) to be bullied most often by being hit, kicked, pushed, shoved around, or locked indoors.

Part 3: Conclusions and Recommendations

Overview

The most important GSHS results for Oman that should be considered were: 21.7% of students whose main reason for not eating breakfast is that they do not have time for breakfast. Also, the same percentage of student had never or rarely ate snacks at schools during the past 30 days. This two figures may indicate that fifth of students neither have breakfast neither at homes nor at schools. 73.4% of students ate vegetables, 77.2% ate fruits, 10.0% of students ate at a fast food restaurant, and 33.4% of students drink carbonated soft drinks.

8.9% of students do not have a source of clean water for drinking at school, 43.5.0% of students have unclean toilets or latrines at school. There is a need for further efforts to assure good sanitation at schools environment.

97.6% of students had ever heard of HIV/ AIDS, 65.5% of students had been taught in their classes about HIV or AIDS, 60.2% how to avoid HIV or AIDS. There is need for intervention to raise the level of knowledge about prevention of disease.

33.8 of students missed classes without permission on one or more of the past 30 days. 36.2% of students' parents really knew what their children were doing with their free time. Positive relationships between parents and teachers from one side and the students from the other side will reflect positively on the health behaviours including violence and their performance in the study. About 41.2% of students were in a physical fight, 26.3% of students were seriously injured, and 36.2

The following (Table 8) summarizes GSHS results in some EMRO countries for comparative purposes using the total percentages and the 95% confidence intervals:

Table 8. Comparison between students' response (13-15 years only) of each item across EMRO countries that completed GSHS. (Source: CDC Fact sheets for GSHS).

Item	Oman	UAE	Morocco	Lebanon	Jordan
Unintentional Injuries and Violence					
Students who were physically attacked one or more times during the past 12 months	38.6 (34.9-42.1)	31.9 (29.8-34.0)	38.3 (34.9-41.7)	20.2 (16.0-24.4)	N.A.
Students who were in a physical fight one or more times during the past 12 months	41.6 (38.2-45.0)	43.2 (40.4-46.0)	43.3 (39.9-46.9)	45.9 (43.6-48.2)	46.6 (41.6-51.6)
Students who were seriously injured one or more times during the past 12 months	26.6 (22.5-30.7)	N.A.	44.7 (40.6-48.8)	31.1 (29.1-33.1)	36.1 (33.0-39.2)
Students who were bullied on one or more days during the past 30 days	36.0 (32.5-39.5)	20.9 (19.5-22.3)	33.3 (30.4-36.2)	33.9 (31.7-36.1)	46.4 (43.5-49.3)
Hygiene					
Students who cleaned or brushed their teeth less than 1 time per day during the past 30 days	5.3 (3.3- 7.3)	19.5 (17.7-20.9)	N.A	12.4 (11.1-13.7)	17.0 (14.2-19.7)
Students who never or rarely washed their hands before eating during the past 30 days	6.2 (4.8-7.6)	6.6 (6.0-7.2)	3.7 (2.3-5.1)	4.4 (3.6-5.2)	7.5 (6.2-8.8)
Students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	7.7 (6.1-9.3)	4.0 (3.5-4.5)	8.8 (5.7-11.9)	2.3 (1.7-2.9)	5.6 (4.2-7.0)
Dietary Behaviors and Overweight					
Students who went hungry most of the time or always during the past 30 days because there was not enough food in their home	7.5 (6.3-8.7)	9.0 (8.2-9.8)	9.1 (7.2-11.0)	2.7 (2.2-3.2)	10.3 (8.4-12.2)
Physical Activity					
Students who were physically active for total of at least 60 minutes per day on all 7 days during the past 7 days	23.1 (19.3-26.9)	19.2 (18.0-20.4)	14.4 (12.5-16.3)	N.A	16 (13.3-18.7)

Students who spent three or more hours day during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities	34.1 (30.8-37.4)	40.5 (38.8-42.2)	30.0 (27.5-32.5)	N.A	41.3 (38.0-44.6)
Protective Factors					
Students who missed classes or school without permission on one or more days during the past 30 days	31.5 (28.0-35.0)	30.0 (28.1-31.9)	30.3 (28.0-32.6)	14.9 (13.6-16.4)	36.3 (33.5-39.1)
Students who reported that most of the students in their school were never or rarely kind and helpful during the past 30 days	25.5 (22.5-28.5)	19.0 (17.4-20.6)	51.9 (47.2-56.6)	18.2 (16.6-19.8)	36.7 (33.4-40.0)
Students whose parents or guardians never or rarely really knew what they were doing with their free time during the past 30 days	31.4 (28.7-34.1)	24.4 (23.1-25.7)	39.7 (36.5-42.9)	39.7 (37.3-42.1)	38.5 (35.8-41.2)

For unintentional injuries and violence, Oman (38.6%) was significantly more likely than Lebanon (20.2%) and UAE (31.9%) to have students who were physically attacked one or more times during the past 12 months. No significant difference among EMRO countries conducted the GSHS; it shows each country has about 43% of students who were in a physical fight one or more times during the past 12 months in each. Oman (26.6%) was significantly less likely than Morocco (44.7%) ,Jordan (36.1%) and Lebanon (31.1%) to have students who were seriously injured one or more times during the past 12 months. Oman (36.0%) was significantly more likely than UAE (20.9 %) but less likely than Jordan (46.4%) to have students who were bullied on one or more days during the past 30 days

For hygiene and Personal hygiene, Oman (5.3%) was significantly less likely than UAE (19.5%) and Jordan (17.0%) to have Students who cleaned or brushed their teeth less than 1 time per day during the past 30 days. Oman (6.2%) was not significantly more or less likely than Lebanon (4.4%), Morocco (3.7%), Jordan (7.5%) and UAE (6.6%) to have students who never or rarely washed their hands before eating. Oman (7.7%) was significantly more likely than Lebanon (2.3%) and UAE (4.0%) to have students who never or rarely washed their hands after using the toilet.

For dietary behaviour, Oman (7.5%) was found significantly more likely than Lebanon (2.7%) and less likely than Jordan, Morocco and UAE to have students who went hungry to school because food was not enough at home.

For physical activity, Oman (23.1%) was significantly more likely than Jordan (16%) and Morocco (14.4%) to have students who were physically active all seven days for a total of at least 60 minutes per day during the past seven days. Oman (34.1%) was significantly less likely than UAE (40.5%) and Jordan (41.3%) to have students who spent three or more hours per day doing sitting activities during a typical or usual day.

For protective factors, Oman (31.5%) was significantly more likely than Lebanon (14.9 %), to have students who missed classes or school without permission on one or more of the past 30 days. Oman (25.5%) was significantly more likely than UAE (19.0%) and Lebanon (18.2 %), but it is less likely than Morocco (51.9%) and Jordan (36.7%) to have Students who reported that most of the students in their school were never or rarely kind and helpful during the past 30 days. Oman (31.4%) was significantly more likely than UAE (24.4%), but it is less likely than Morocco (39.7%), Lebanon (39.7%) and Jordan (38.5%) to have Students whose parents or guardians never or rarely really knew what they were doing with their free time during the past 30 days.

The GSHS results will be useful during the preparation of the executive plan of action of the national school health strategy in the next few years. The GSHS results are being used as a base line data for the preparation of the National Diet, Physical Activity and Health (DPAS). This strategy if properly implemented will improve the diet and physical activity behaviours among school children.

Conclusions

The Oman GSHS has shown important and alarming behaviours among students in age 13-15 years. Comparison with other countries which implement the GSHS shows that risky behaviours among school students are more or less similar. The GSHS highlights the need for an executive plan of action to promote the school students' health

Recommendations

1. Implementation of the national school health strategy will improve the coordination between the different concerned sectors to promote the school community's health
2. Implementation of the national IEC strategy which helps raising awareness and skills of the adolescents towards healthy lifestyles.
3. Health promoting schools initiative should be expanded in all schools in the Sultanate.
4. Evaluation and modification of the health education program in the schools
5. More capacity building of the school health staff, teachers and social workers
6. Improvement of the relations between the families and schools for more guidance and building of self esteem of students.
7. GSHS is considered a base of surveillance system for risk behaviours and protective factors at schools and it should be repeated every 3-5 years.
8. A similar survey for the school personals is recommended to complete the picture of health behaviours in schools especially that school staff should be a model for their students.

Part 4: Appendices

List of participants

The following organizations, ministries and individuals have contributed towards the successful implementation of this survey:

Taskforce Group of the survey:

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Interviewers: (All are school health nurses- MOH)

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Tahra Al Habsi	North Sharqia region
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Ali Rashed Al Tawai	South Sharqia region

GSHS Questionnaire- OMAN

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.

GSHS QUESTIONNAIRE- OMAN

1. How old are you?

- A. 12 years old or younger
- B. 13 years
- C. 14 years
- D. 15 years
- E. 16 years
- F. 17 years or older

2. What is your sex?

- A. Male
- B. Female

3. In what grade are you?

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

4. How many brothers/ sisters do you have?

- A. Zero
- B. One
- C. Two
- D. Three
- E. Four or more

5. What is your father doing?

- A. He isn't working
- B. Worker
- C. Employee
- D. Private work
- E. Dead
- F. Retired

6. What is your mother doing?

- A. Housewife
- B. Worker
- C. Employee
- D. Private work
- E. Dead
- F. Retired

THE FOLLOWING QUESTIONS ABOUT DIETARY BEHAVIOURS

7. How tall are you without 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.

Example:

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 checked="" 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"/>	I do not know	

Height (cm)		
<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"/>
	<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	

8. 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.

Example:

Weight (kg) (Example)		
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	

9. 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

10. During the past 30 days, how many times per day did you usually eat fruit?

- A. I did not eat fruit during the past 30 days
- B. I did not eat fruits regularly 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

11. During the past 30 days, how many times per day did you usually eat vegetables?

- A. I did not eat vegetables during the past 30 days
- B. I did not eat vegetables regularly 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

12. During the past 30 days, how many times per day did you usually drink carbonated soft drinks?

- A. I did not drink carbonated soft drinks during the past 30 days
- B. I did not drink carbonated or soft drinks regularly 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.

13. 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.

- C. I did not drink tea or coffee regularly per day
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 times per day
- H. 5 or more times per day.

14. During the past 7 days, on how many days did you eat at a fast food restaurant?

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

15. During the past 12 months, have you weighed and measured?

- A. Yes
- B. No

16. How do you describe your weight?

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

17. 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

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

- A. Never
- B. Rarely

- C. Sometimes
- D. Most of the time
- E. Always

19. 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. I don't like foods provided to me

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

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

21. 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

22. During this school year, were you taught in any of your classes how to safely prepare or store foods?

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

THE FOLLOWING QUESTIONS ABOUT HYGIENE

23. 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. I did not clean or brush my teeth regularly per day
- C. 1 time per day
- D. 2 times per day

- E. 3 times per day
- F. 4 or more times per day

24. 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

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

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

26. 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

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

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

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

- A. yes
- B. No
- C. Sometimes

29. Are the toilets safe at school?

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

30. Are the toilets clean at school?

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

31. Are the toilets enough at school?

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

32. Is the school health clinic in the school is clean and arranged?

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

33. During this school year, were you taught in any of your classes the importance of washing hands?

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

THE FOLLOWING QUESTIONS ABOUT PROTECTIVE FACTORS

34. 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 or 5 days
- D. 6 or 9 days
- E. 10 or more days

35. 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

36. 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

37. 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

38. 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

THE FOLLOWING QUESTIONS ABOUT PHYSICAL ACTIVITY

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

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

40. During the past 12 months, on how many sports teams did you play?

- A. 0 team
- B. 1 team
- C. 2 teams
- D. 3 or more teams

41. During the past 12 months, did you practice physical activity outside the school?

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

42. 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

43. During the past 7 days, on how many days did you do exercises 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

44. During the past 7 days, 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

45. 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

THE FOLLOWING QUESTIONS ABOUT AIDS

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

- A. Yes
- B. No

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

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

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

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

49. Can people protect themselves from HIV by not having sexual intercourse?

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

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

- A. Yes
- B. No

51. During this school year, were you taught in any of your classes how to deal with HIV patient?

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

THE FOLLOWING QUESTIONS ABOUT VIOLENCE AND UNINTENTIONAL INJURY

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.

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

53. 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 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.

54. 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

55. 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, or scooter.
- E. Riding or driving in a car or other motor vehicle.
- F. Doing any paid or unpaid work, including housework.
- G. I was physically fighting a person
- H. Something else

56. 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

57. 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 accidents
- D. I hurt myself on purpose.
- E. Someone else hurt me on purpose.

58. 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 bum
- G. I lost all or part of a foot , leg , hand, or arm
- H. Something else happened to me.

59. 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. It is not bullying when two students of about the same strength or power argue and fight or when teasing is done in a friendly and fun way.

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

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

61. 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, locked indoors
- C. I was made fun of with sexual jokes, comments, or gestures
- D. I was left out of activities on purpose or completely ignored
- E. I was made fun because of how my body or face looks
- F. I was bullied in some other way

62. 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 driven by someone else.
- B. Never
- C. Rarely
- D. Sometimes
- E. Most of the time
- F. Always

63. 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

64. During this school year, were you taught in any of your classes how to avoid or prevent other types of accidents such as fires or poisoning?

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

65. During this school year , were you taught in any of your classes first aid skills

in case of an injury to yourself or some one else?

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

66. During this school year, were you taught in any of your classes how to avoid physical fights and violence?

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

67. During this school year, were you taught in any of your classes how to avoid being bullied?

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

THANK YOU FOR YOUR COOPERATION

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