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Global School-  
based Student  
Health Survey

Full report

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GSHS Country Report

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# Executive summary

## Introduction

Risk behaviours in children such as unhealthy dietary patterns, sedentary behaviours, cigarette smoking, alcohol and other drugs use, sexual behaviours, and bullying can have large impact on current and later health status. The prevalence of these behaviours has not been assessed recently in Seychelles. The initial purpose of this survey was to assess the prevalence of several such risk behaviours and protective factors, and related characteristics, amongst students aged 13-15 years.

## Methods

The Global School-based Student Health Survey (GSHS) is based on a standard methodology, developed by the World Health Organisation in collaboration with the Centres of Disease Prevention and Control (Atlanta) and other international agencies. The GSHS is based on a self-administered and anonymous questionnaire administered in school to students aged 13-15 years, which corresponds to grades S1-S4 in Seychelles. Since most students in Seychelles also attend the S5 grade, the age range of eligible students was extend to this grade, allowing to include students aged 11 to 17 years. The GSHS was conducted in Seychelles in October 2007. A two-stage cluster sampling strategy was used to produce a representative sample of the students attending all S1-S5 classes.

## Main results among students aged 11-17 years old

- **Participation:** 1432 students participated, aged 11 to 17 years old (mean age: 14 years).
- **Overweight and dietary behaviours:** 22% of all students were overweight or obese (boys 19%, girls 24%). Less than half (45%) of all students reported to eat the recommended amount of 5 or more portions of fruits or vegetables per day.
- **Physical activity and sedentary behaviours:** Only 15% of all students spent 30 minutes or more per day walking or riding a bicycle to and from school. More than half of all students (54%) reported sitting activities during at least 3 hours per day.
- **Tobacco use:** 17% of all students smoked cigarettes on at least one day during the past 30 days. The prevalence was higher in boys than in girls (23% vs. 11%, respectively).
- **Alcohol and other drugs use:** 58% of all students drank alcohol on at least one day during the past 30 days. 25% of boys and 7% girls ever tried cannabis. 10% of all students reported to have ever tried cocaine, heroine, or ecstasy (12% of boys and 7% of girls).
- **Sexual behaviours that contribute to HIV infection, other sexually transmitted infections and unintended pregnancy:** 26% of all students ever had sexual intercourse. Among sexually active students, 57% reported to have used a condom the last time they had sexual intercourse.
- **Bullying:** 47% of all students reported to have been bullied on at least one day during the past 30 days.
- **Mental health:** 17% of all students reported to have seriously considered attempting suicide during the past 12 months.
- **Protective factors:** 33% of all students reported to have missed school or class without permission during the past 30 days.
- Data at age 13-15 years are provided in appendix IV.

## Conclusion

The substantial prevalence of several risk behaviours among adolescents indicates a need to further design and implement programs and policies, in schools and in other pertinent settings, in order to promote healthy lifestyles among children and adolescents.

# Introduction

## Background

In 2001, WHO, in collaboration with UNAIDS, UNESCO, and UNICEF, and with technical assistance from the US Centres for Disease Control and Prevention (CDC), initiated the development of the Global School-based Student Health Survey (GSHS). GSHS measures risk behaviours and protective factors related to leading causes of mortality and morbidity among youth and adults in the Seychelles.

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, 32 countries have completed a GSHS at least once.

The GSHS is a school-based survey conducted primarily among students aged 13-15 years. In the Seychelles, similarly to some other countries, the age range for eligible students was extended to 11-17 years.

Few surveys using a standard methodology have assessed risk behaviours among children and adolescents in Seychelles. In the past decade, an adapted version of the Health Behaviour in School-aged Children (HBSC) was administered to all 534 students of all S3 classes of 4 secondary schools in Seychelles in 2001 (1). The Global Youth Tobacco Survey (GYTS) was conducted among 13-15 years students in 2002 (2-4), and in 2007 (5). A few questions on selected behaviours (smoking, drinking, etc) are also part of an ongoing school based surveillance system applied in all ~6000 students in 4 grades examined every year since 1998 (6).

This Global School-based Student Health Survey (GSHS) conducted in 2007 is the most recent attempt to collect information on the prevalence of a wide range of risk behaviours in adolescents and related characteristics in Seychelles. This report presents the overall results from this survey conducted in October 2007. Noticeably, a shorter report on this GSHS has also been produced (6) to present results in a more succinct manner and for wider dissemination.

## Purpose

The GSHS is a school-based survey conducted primarily among students aged 13-15 years. However, several countries have extended the age range of the eligible students participating in the GSHS, particularly in consideration that 1) the prevalence of several considered risk behaviours change substantially during adolescence and 2) in countries where older children attend school as part of compulsory school (hence school-based samples are representative of all children of the considered age range). 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 when this is repeated in the future;
- Allow countries, international agencies, and others (8) to make comparisons between countries regarding the prevalence of health behaviours and protective factors.

# Methods

## Sampling

A two-stage cluster sample design was employed to produce a representative sample of all students in the country attending grades S1, S2, S3, S4, and S5. In Seychelles, grades S1 to S4 are mandatory and more than 80% of student also attend grade S5. All 13 public and private schools of Seychelles containing any of the S1-S5 grades were selected to participate in the survey. Based on a listing of all schools and classes, the sample of eligible schools and classes was produced by CDC. All classrooms in each selected school were included in the eligible sampling frame. All students in the sampled classrooms were eligible to participate in the GSHS. For analysis, a weighting factor was applied to each student record to adjust for non-response and for the varying probabilities of selection.

## Participation and response rates

Out of the 1,747 eligible students, 1,432 participated (a response rate of 82%). Five (0.3%) students present in school refused to complete the questionnaire. All the other non-participants were not in class on the day of the survey.

## Administration of the survey

The survey was administered from 1<sup>st</sup> to 10<sup>th</sup> of October 2007 in the whole country (i.e. the 3 main islands that account for more than 99% of the total population of Seychelles). The Ministry of Education provided the list of all schools and organized the necessary contacts. Approximately, 33 survey administrators (mostly student nurses and qualified nurses) were specially trained to conduct the GSHS. Administrators were assigned to the participating schools and were responsible for the delivery and collection of all the survey documentation forms, answer sheets and questionnaires. One survey administrator was present in each participating class during the administration of the questionnaire: she or he introduced the survey to the students and was the only adult present in the class when students completed the questionnaire. 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 one-page answer sheet. Students were informed on the aims of the survey and that they were free to participate. Most students took 45 to 60 minutes to complete the questionnaire.

Before completing the questionnaire, students had their weight and height measured with standard equipment and administrators wrote the values on a register. Students were asked to write down their weight and height values in the answer sheet. Overweight and obesity were defined according to the sex and age specific criteria of International Obesity Task Force (9).

## GSHS Questionnaire

The questionnaire (**Appendix I**) included 70 questions, 41 questions from a set of standard core questions and 29 core-expanded questions (i.e. questions developed by GSHS but that are optional) and country-specific questions (questions that are developed locally), addressing the following topics: Demographics, dietary behaviours and overweight, physical activity and sedentary behaviours, tobacco use, alcohol and other drugs use, sexual behaviours that contribute to HIV infection, other sexually transmitted infections and unintended pregnancy, bullying, mental health, protective factors and pocket money.

## Analysis

The data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. Analysis was done using the statistical software EPINFO and STATA version 10.0. Associations were computed with Spearman correlation coefficients. The prevalence estimates and 95% confidence intervals were calculated taking into consideration the complex sample design.

# Results

## Overview

For a concern of swift readability, we present selected results of the main questions for each topic and we show most of them using figures. Detailed results for all questions by sex and age, with confidence intervals, are shown in **Appendix II**.

Results are presented by sex (boys and girls) and age groups (11-12, 13-15 and 16-17 years old). Noticeably, the 13-15 year age group corresponds to the main age group targeted by the GSHS and these results at age 13-15 can be compared directly with GSHS results in other countries.

The results have been divided in ten different topics, as listed:

1. Participation
2. Dietary behaviours and overweight
3. Physical activity and sedentary behaviours
4. Tobacco use
5. Alcohol and other drugs use
6. Sexual behaviours that contribute to HIV infection, other sexually transmitted infections and unintended pregnancy
7. Bullying
8. Mental health
9. Protective factors
10. Pocket money

The answers were missing from as few as 5 students (0.3%) for questions about fruits consumption and about age to as many as 286 students (20%) for the question about where they usually buy/get alcohol. Data were missing for 408 students (28%) for measured weight and height.

## 1. Participation

The distribution of the sample by age and sex are shown in **Table 1-1**.

**Table 1-1.** Participation and distribution by age and sex of the sample

		Total		Male		Female		Missing
		N	%	N	%	N	%	
<b>Total</b>		<b>1432</b>	<b>100.0</b>	<b>677</b>	<b>49.7</b>	<b>740</b>	<b>50.3</b>	<b>15</b>
<b>Age</b>	11-12	261	18.3	131	9.2	126	9.0	4
	13-15	928	60.4	430	30.3	492	30.2	6
	16-17	238	21.4	116	10.3	120	11.0	2
	Missing	5		0		2		3
<b>Grade</b>	S1	292	21.0	153	10.9	138	10.3	1
	S2	356	21.7	161	11.0	194	10.9	1
	S3	284	20.4	127	10.3	156	10.2	1
	S4	314	20.2	152	10.0	160	10.2	2
	S5	163	16.6	76	7.7	85	8.8	2
	Missing	23		8		7		8

## 2. Dietary behaviours and overweight

### Background

During adolescence, overweight is associated with hyperlipidemia, raised blood pressure, abnormal glucose tolerance, and adverse psychological and social consequences.

Overweight acquired during childhood or adolescence may persist into adulthood and it increases 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 (10).

Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances important for good health. Dietary patterns that include high intake of fruits and vegetables are associated with several health benefits, including a decreased risk for some types of cancer (11).

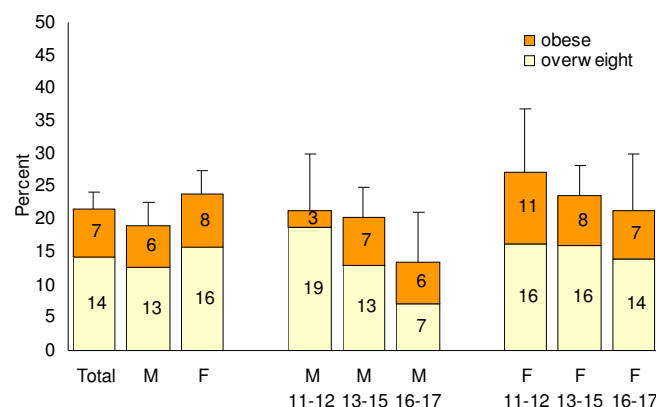
It has already been documented that overweight has risen quickly among children over the last 10 years in Seychelles (6,12).

### Prevalence of overweight

Before the administration of the questionnaire, a survey administrator measured weight and height of the students with a standard equipment and wrote down the values on a register. During the administration of the questionnaire, the survey administrator asked the students to report their weight and height values on their answer sheet.

Overweight and obesity were defined according to the sex and age specific criteria of the International Obesity Task Force (9).

**Figure 2-1.** Prevalence of overweight and obese students



- 22% of all students, 19% of boys and 24% of girls, were overweight or obese, and 7%, 6% and 8%, respectively, were obese.
- The prevalence was slightly larger in this study than in previous data from a national examination survey in 2004 (6) in which 16% of boys and 21% of girls were overweight or obese. The higher prevalence in 2007 than in 2004 may be consistent with a secular increase in the prevalence of overweight (6,12) or with the possibility that some obese children avoided participating in the examination surveillance system (which would lead to underestimate the true prevalence of overweight in 2004).

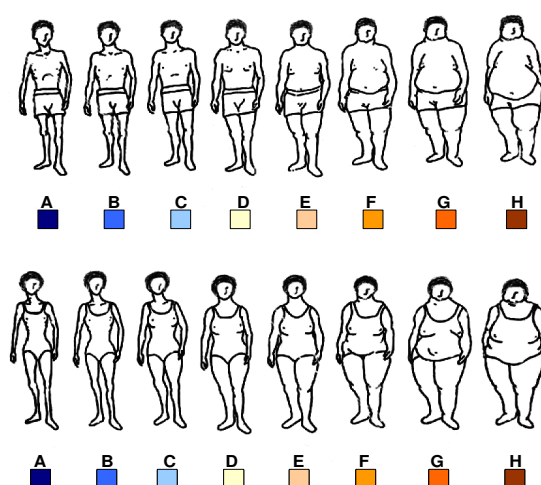
## Self perception of students' weight

- 20% of students described themselves as slightly or very overweight. More girls (26%) described themselves as slightly or very overweight than boys (15%) (**question 6**)
- Girls were also more likely to try to loose weight (36%) than boys (27%) (**question 7**).

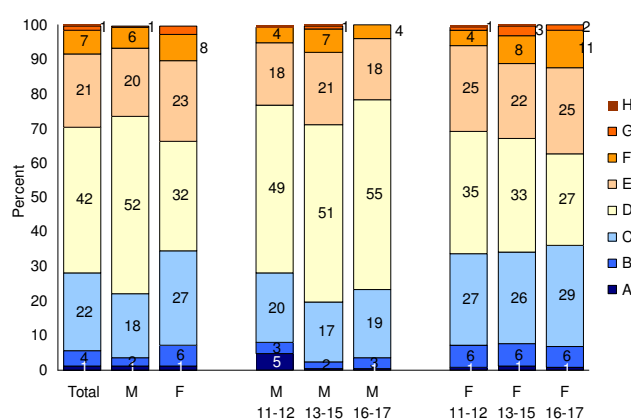
## Stunkard body rating scale

The questionnaire included a figure adapted from Stunkard (8). As the majority of the students of Seychelles are of African descent, we coloured the hair in black as compared to the original drawings. Experts consider drawing D as representing “at risk of overweight” and drawing E or more as “overweight” (14).

**Figure 2-2.** Adapted Stunkard body scale



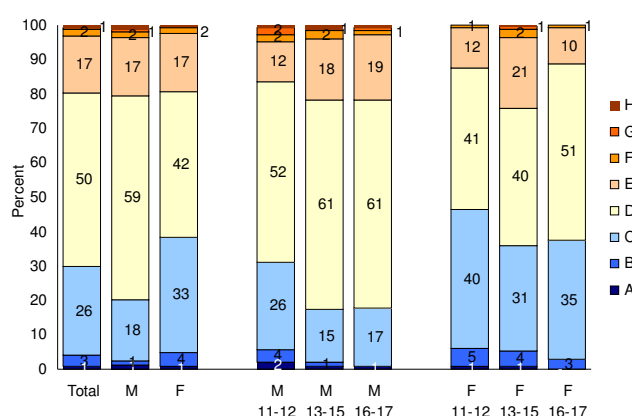
**Figure 2-3.** Proportion of students who saw themselves according to the above mentioned drawings (**question 10**)



- Overall, 72% of all students chose drawing D or higher.
- Drawing D, considered as “at risk of overweight” by experts, was chosen by 42% of all students, and drawings E to H, considered as “overweight” by experts, was chosen by 30% of all students.
- Only 28% of all students chose a drawing between A and C, this proportion was lower in boys (22%) than in girls (34%).



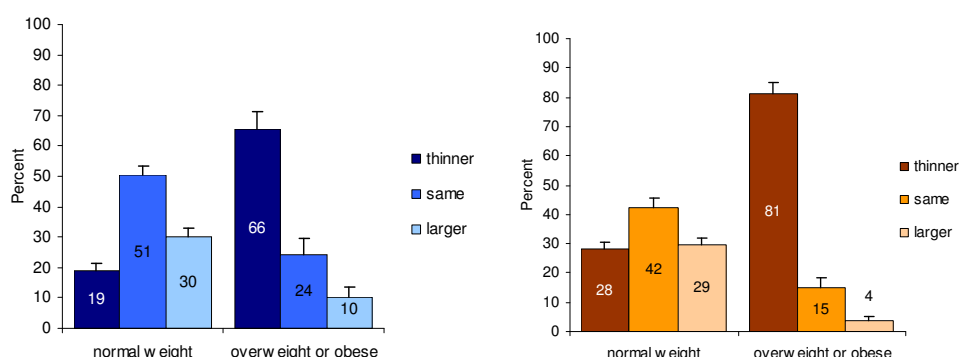
**Figure 2-4.** Proportions of students who wish their body was like the displayed drawings (question 11)



- Overall, 72% of all students chose drawing D or higher.
- Drawing D, considered as at risk of overweight by experts, was chosen by 42% of all students, and drawings E to H, considered as overweight by experts, was chosen by 30% of all students.
- Only 28% of all students' chose a drawing between A and C, this proportion was lower in boys (22%) than in girls (34%).

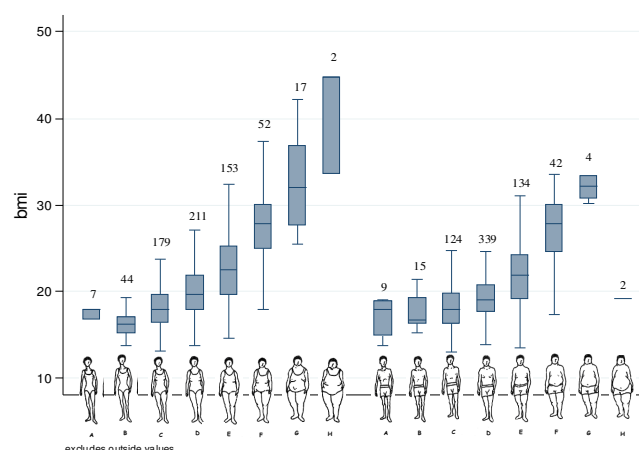
We then divided the students in 3 categories: those who chose the same drawing for current and ideal weight, those who chose a thinner drawing for ideal than current weight (e.g. the student thinks he/she looks as drawing D, but would like to look like drawing C), and those who chose a larger drawing for ideal weight than for current weight (e.g. the student thinks he/she looks as figure D, but would like to look like drawing E).

**Figure 2-5.** Proportions of students who wished that their weight were larger than, same as, or thinner than the currently are, among boys (left panel) and girls (right panel)



- Among non overweight or obese students, more boys than girls (51% vs. 42%) were satisfied with their current weight (ideal and current body images were rated similarly along Stunkard scale) but more girls than boys wished they weight less.
- Among overweight/obese students, a majority of boys and girls (but more girls than boys, 81% vs. 66%) wished to weigh less. However, as many as 34% of boys and 19% of girls did not wish to lose weight and even 10% of boys, 4% of girls, wished to weigh more.

**Figure 1-6.** Distribution of mean BMI according to chosen current drawing, by sex (the sample sizes are presented over the box plots)



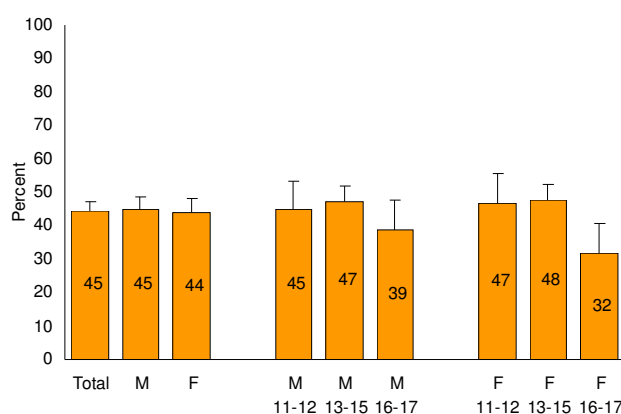
- As expected, mean BMI increased along increasing body size drawings.

#### Prevalence of hunger (question 8)

- Overall, 16% of students went hungry “most of the time or always because there was not enough food in their home during the past 30 days”.
- Older students reported less often to be hungry than younger students.
- Noticeably, being hungry was not associated with measured body mass index.

#### Consumption of fruits and vegetables (questions 12, 13)

**Figure 2-7.** Prevalence of students who ate fruits and vegetables five or more times per day during the past 30 days



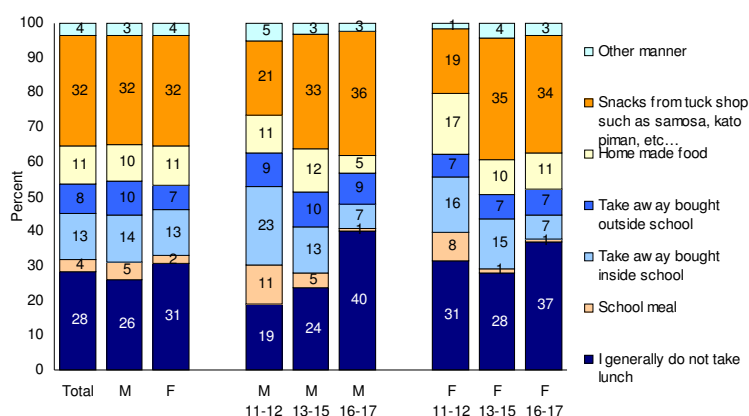
- Only 45% of all students ate fruits or vegetables five or more times per day during the past 30 days.
- Consumption of fruits and vegetables tended to be lower at age 16-17 than at earlier ages (see Appendix III).

### Consumption of carbonated soft drinks, fruit juices, water and tea (questions 14, 16, 17, 18)

- Overall, 78% of all students drank at least one glass or small bottle of water per day, 40% drank at least one cup of tea per day, 43% drank at least one glass or small packet of fruit juice per day and 55% drank at least one small bottle or glass of sweetened drink per day.

### Lunch (question 9)

**Figure 2-8.** Places where students took lunch most often during school time



- For lunch, and during school time, 32% of students had snacks from a tuck shop, 28% did not have a lunch, 13% had a take away bought inside school, 11% ate food prepared at home, 8% had a takeaway bought outside school, 4% ate a school meal and 4% took lunch in another manner.
- Older students (16 years or more) were more likely than younger students to *not* take a lunch or to eat snacks.
- Younger students were more likely to have a school meal or to have a take away bought inside school.

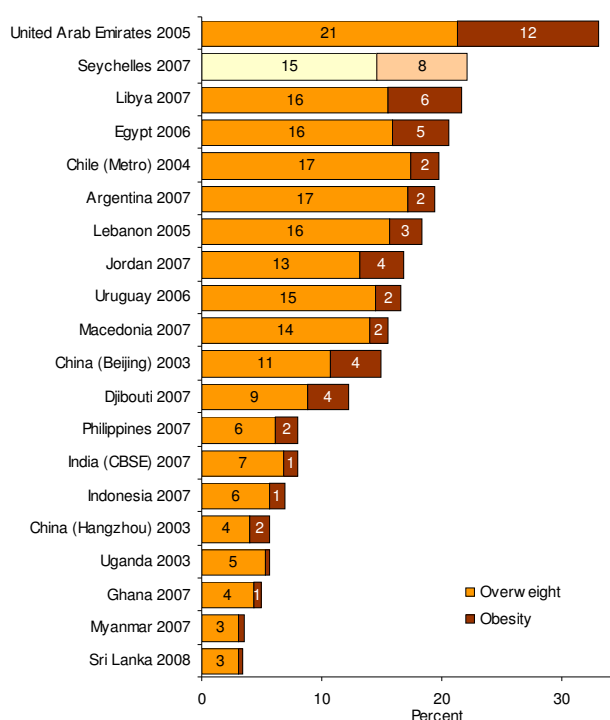
### Education about healthy eating behaviours (questions 19, 20)

- Overall, only 53% of students reported to have been taught in any of their classes of the benefits of healthy eating, and 54% were taught of the benefits of eating more fruits and vegetables during this school year.

### Comparison of overweight and obesity prevalence between countries

Only few data about excess weight are available in the African region. In order to compare the prevalence of obesity and overweight in Seychelles with other countries, we used national/regional data available on the GSHS website, accessed on September 2<sup>nd</sup>, 2008. All these estimates are based on measurements made with the same methodology as in Seychelles.

**Figure 1-9.** Prevalence of overweight and obesity among students aged 13-15 years in Seychelles and in other countries that participated to GSHS



- Overweight and obesity were defined along the criteria of the International Obesity Task Force (9).
- The prevalence of overweight and obesity in Seychelles was similar to the prevalence found in the Eastern Mediterranean region and higher than in the other considered countries in the African region.

### 3. Physical activity and sedentary behaviours

#### Background

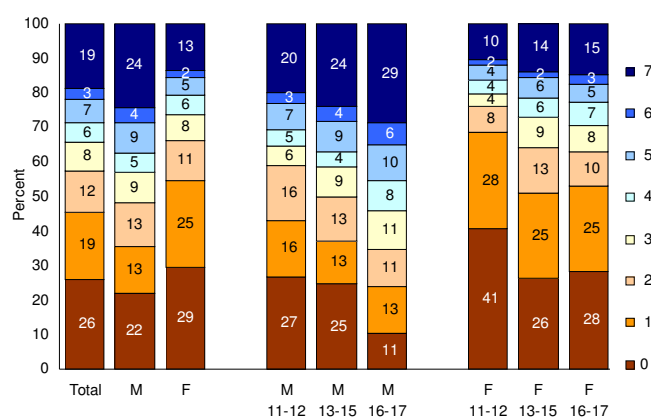
Participating in adequate physical activity throughout the life span and maintaining normal weight are the most effective ways of preventing many chronic diseases, including cardiovascular disease and diabetes (16).

The prevalence of type 2 diabetes is increasing globally and now is occurring increasingly often during adolescence and childhood (17). Having 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 (18).

Approximately 60% of the world's population is estimated to have insufficient physical activity. Physical activity habits acquired during childhood and adolescence are likely to be maintained throughout the life span and, inversely, sedentary behaviour adopted at a young age is likely to persist into adulthood (19).

### Physical activity (question 53)

**Figure 3-1.** Prevalence of students who were physically active for at least 60 minutes during the past 7 days, according to the number of days they were physically active

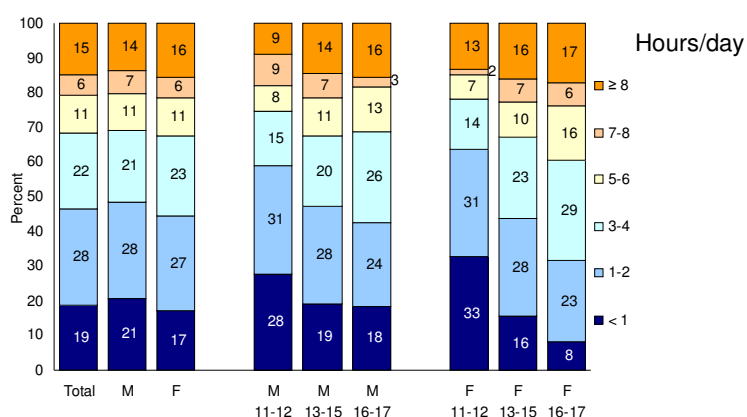


- Only 29% of all students were physically active on at least 5 days during the past 7 days.
- This prevalence was higher among boys (38%) than girls (26%).
- The prevalence of regular physical activity tended to decrease with age.

### Sedentary behaviour (question 55)

Sitting activities were defined as “sitting and watching television or DVD video, playing computer games, talking with friends, or doing other sitting activities, such as watching DVD videos”.

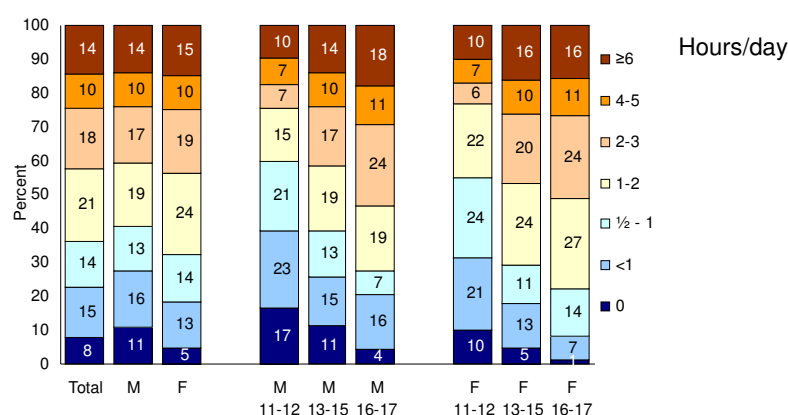
**Figure 3-2.** Prevalence of students who spent selected numbers of hours per day doing sitting activities during a typical or usual day



- Overall, 54% of students spent three or more hours per day doing sitting activities during a typical or usual week.

# Television watching (question 56)

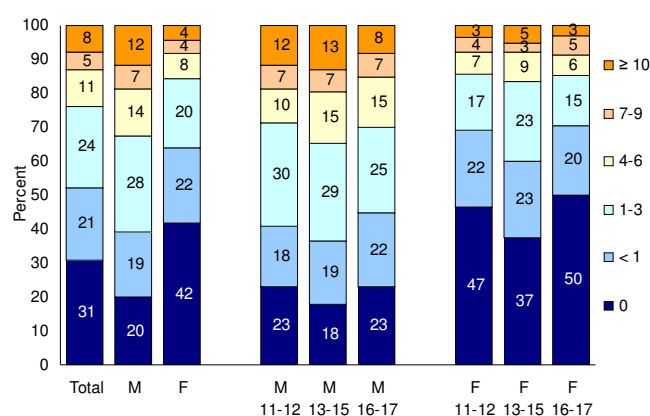
**Figure 3-3.** Prevalence of students who watched TV or video on week days, according to hours of TV viewing per day



- Almost all students watched television each day, they were 63% to watch television more than one hour each weekday.
- Television watching increased with age.
- Girls spent more time watching television than boys.
- On weekends, the pattern was similar, with 68% of students watching television more than one hour per day (question 57).

# Playing computer games (question 58)

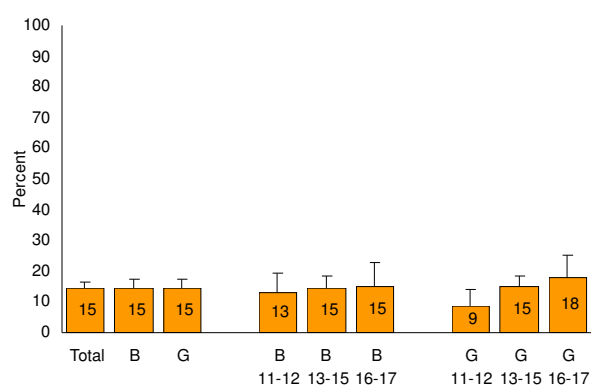
**Figure 3-4.** Prevalence of students who played computer games, per number of hours per week



- 24% of all students played computer games more than 3 hours per week.
- This prevalence was higher in boys (33%) than in girls (16%).

### Walking or riding a bicycle to and from school (questions 59, 60)

**Figure 3-5.** Percentage of students who spent 30 minutes or more walking or riding a bicycle to and from school per weekday during the past 7 days



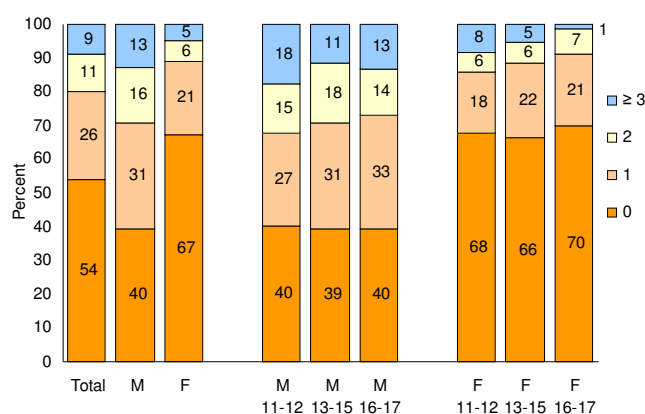
- Overall, 15% of all students spent 30 minutes or more walking or riding a bicycle to and from school per weekday during the past 7 days.

### Physical education classes (question 61)

- 39% of all students declared to have had at least two classes of physical education each week.

### Sports teams (question 62)

**Figure 3-6.** Prevalence of students who played sport teams, according to the number of sport teams they were involved with



- 54% of all students did not practice any sport team.
- This prevalence was even higher among girls (67%) than among boys (40%).

### Extra curricular activities (question 64)

- 37% of all students reported to have taken part in extra curricular activities related to physical activity.
- This prevalence was higher among boys (40%) than girls (28%).

### Education (question 63)

- Overall, only 60% of students reported to have been taught in any of their classes during the past school year of the benefits of physical activity.

### Association between sitting activities and other factors

We conducted logistic regression between doing three or more hours of sitting activities per week and other characteristics, adjusting for age and sex.

**Table 3-1.** Association (odds ratio) between doing three or more hours of sitting activities per day and various characteristics

<b>Sitting activities &gt; 3h/day</b>			
	<b>OR</b>	<b>95% CI</b>	<b>p</b>
13-15 y vs. 11-12 y	<b>1.9</b>	(1.4-2.5)	0.000
16-17 y vs. 11-12 y	<b>2.7</b>	(1.8-3.9)	0.000
Television watching (week) $\geq$ 1h/day vs. < 1h/day	<b>4.9</b>	(3.8-6.3)	0.000
Television watching (weekend) $\geq$ 1h/day vs. <1h/day	<b>3.6</b>	(2.8-4.6)	0.000
Computer games playing $\geq$ 3h/week vs. < 3h/week	<b>3.4</b>	(2.6-4.6)	0.000
Walking/riding to and from school < 30 min/day vs. $\geq$ 30 min/day	<b>1.7</b>	(1.2-2.3)	0.004

- Time spent doing sitting activities increased with age.
- Doing more than 3 hours of sitting activities per day was associated with television watching more than 1 hour per day, playing computer day more than 3 hours per week and walking or riding a bicycle less than 30 min per day.

### Correlation between sitting activities and other characteristics, age 13-15 (see Appendix III)

- Sitting activities was associated, among boys and girls, with consumption of carbonated soft drinks alcohol.

## 4. Tobacco use

### Background

About 1.1 billion people worldwide smoke cigarettes and the number of smokers continue to increase. Among these, about 84% live in developing countries and transitional economy countries. Currently 5 million people die each year from tobacco consumption, the second leading preventable cause of death worldwide (the first one being hypertension). If the present cigarette consumption patterns continue, it is estimated that deaths due to tobacco use will amount to 10 million people per year by 2020 (20). The overwhelming majority of smokers begin tobacco use before they reach adulthood. Among those young people who smoke, nearly one-quarter have smoked their first cigarette before they reached the age of ten.

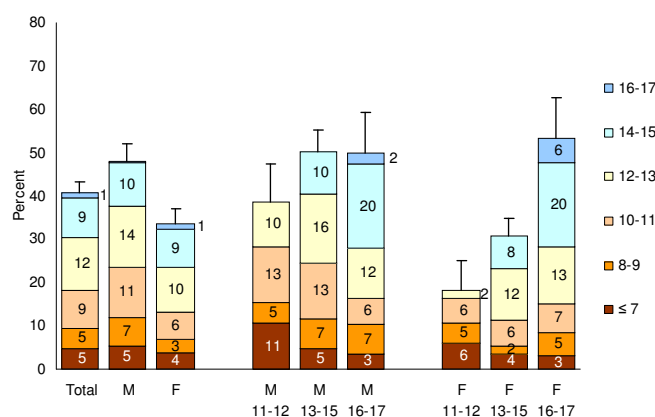
Smokers have markedly increased risks of multiple cancers, particularly lung cancer, and also are at far greater risk of heart disease, stroke, emphysema and many other fatal and non-fatal diseases. Chewing tobacco increases the risk of cancers of the lip, tongue and mouth. Children are at particular increased risk of diseases when exposed adults' cigarette smoking. Adverse health effects include pneumonia and bronchitis, cough, wheezing, asthma and middle ear disease and, possibly, neuro-behavioural impairment and cardiovascular disease in adulthood. Many studies show that parental smoking is associated with higher smoking uptake by their children (21).



In Seychelles, the Global Youth Tobacco Survey was conducted in 2002 and 2007 and results are published (2-5).

### Age of initiation (question 30)

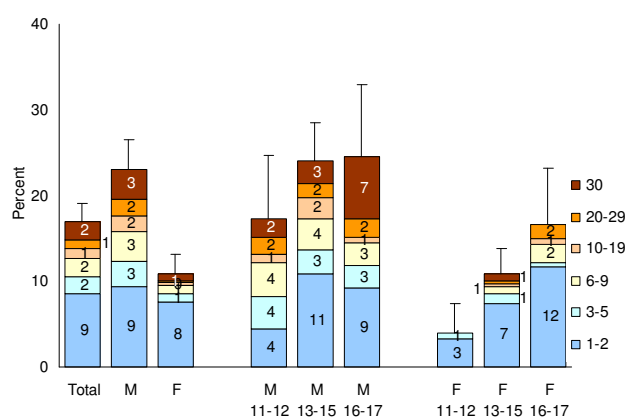
**Figure 4-1.** Proportion of all students who tried their first cigarette according to age of initiation



- 31% of all students had already tried a cigarette before the age of 14 year.
- This prevalence was higher among boys (37%) than girls (23%).

### Prevalence of cigarette smoking (question 31)

**Figure 4-2.** Prevalence of students who smoked cigarettes during the past 30 days, by number of smoking days



- 17% of students smoked cigarettes on one or more days during the past 30 days.
- The prevalence of smoking on one or more days during the past 30 days was higher among boys than girls (23% vs. 11%).

### Prevalence of any tobacco use (question 32)

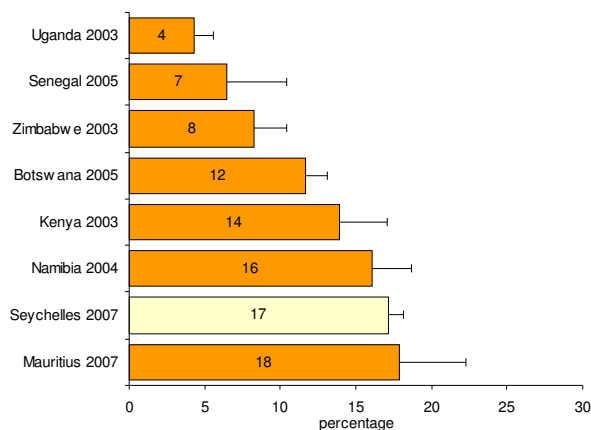
- 10% of all students declared to have smoked any other form of tobacco, such as snuff.
- This finding suggests some misunderstanding because in Seychelles, other forms of tobacco than cigarettes are not commercially distributed.

### Trying to quit smoking cigarettes (question 33)

- Among students who smoked cigarettes during the past 12 months, 62% tried to stop smoking cigarettes.

### Comparison of cigarettes smoking in Seychelles and in other countries in the African region

**Figure 4-3.** Prevalence of cigarette smoking among students aged 13-15 years in Seychelles and in selected countries in the African region (GSHS data, [15])



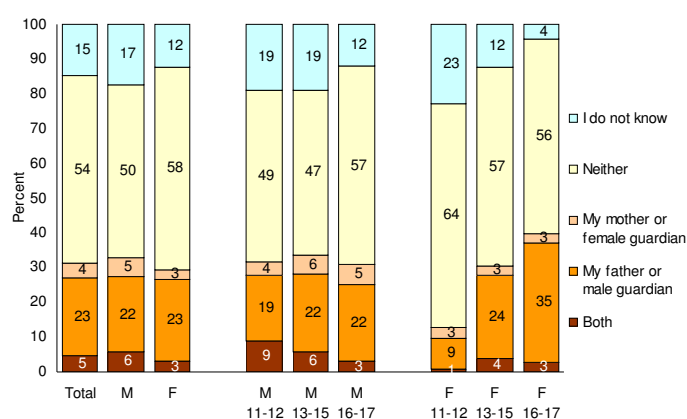
- The prevalence of smoking was higher in Seychelles and Mauritius than in the other considered countries in the African region.

### People smoking in students' presence (question 34)

- Overall, 63% of all students reported that people smoked in their presence on one or more days during the past seven days.

### Parents or guardian tobacco use (question 35)

**Figure 4-3.** Percentage of students having a parent or guardian using any form of tobacco



- Overall, 31% of students had a parent or a guardian who used any form of tobacco.

### Correlation between smoking and other characteristics, age 13-15 years (see Appendix III)

- Cigarette smoking was correlated among boys and girls with parental smoking, alcohol drinking (both frequency and volume), cannabis use (Figure 3-2), elevated number of sexual partners, missing school, and poor knowledge by parents of what their child was doing with his/her free time.

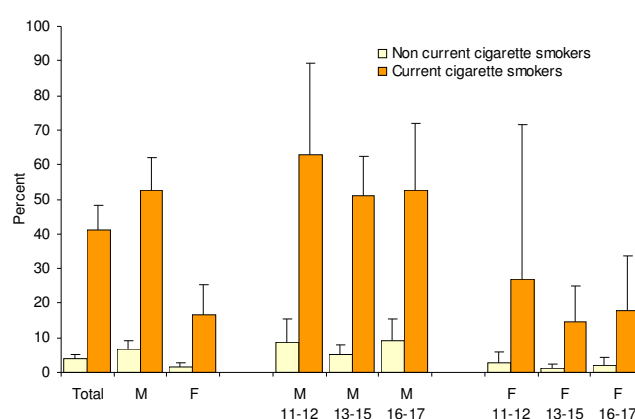
## Association between cigarette use and other characteristics

**Table 4-1.** Association between current smoking among the students with sex, age and smoking status of the parents/guardians (odds ratio)

Smoked cigarettes during the past 30 days			
	OR	95% CI	<i>p</i>
Boys vs. girls	2.3	(1.7-3.2)	0.000
13-15 vs. 11-12	2.1	(1.3-3.5)	0.004
16-17 vs. 11-12	2.9	(1.6-5.2)	0.000
Father smoke vs. none	2.1	(1.4-3.2)	0.000
Mother smoke vs. none	3.1	(1.4-6.5)	0.004
Both smoke vs. none	8.6	(4.6-16.2)	0.000

- Independently from age and sex, the odd ratio to be a current smoker was 2.3 if the father/male guardian used any form of tobacco, 3.1 if the mother/female guardian used any form of tobacco and 8.3 if both parents/guardian used tobacco, as compared to non smoking parents/guardians.

**Figure 3-2.** Prevalence of cannabis use during the past 30 days among current cigarette smokers and non-smokers



## 5. Alcohol and other drugs use

### Background

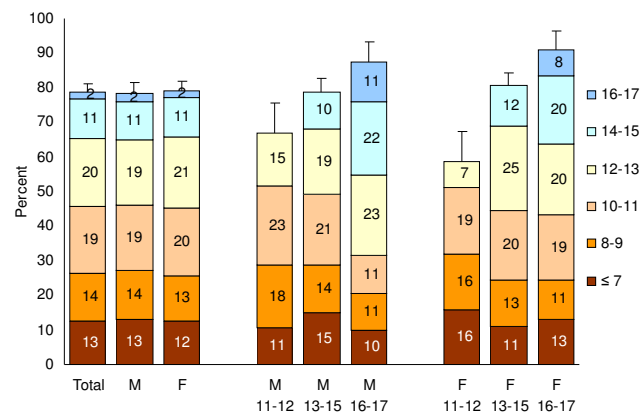
Worldwide, alcohol use causes 3% of deaths (1.8 million) annually, which is equal to 4% of the global disease burden. Across sub-regions of the world, the proportion of disease burden attributable to alcohol use is greatest in the Americas and Europe ranging from 8% to 18% of total burden for boys and 2% to 4% of total burden for girls. Besides the direct effects of intoxication and addiction, alcohol use causes about 20% to 30% of each of oesophageal cancer, liver disease, homicide and other intentional injuries, epilepsy, and motor vehicle accidents worldwide, and heavy alcohol use places one at greater risk for cardiovascular disease (23).

In most countries, alcohol-related mortality is highest among 45-54 year olds, but the relationship between the age of initiation of alcohol use and the pattern of its use and abuse in adulthood makes the study of alcohol consumption among adolescents important (24). Intentional and unintentional injuries are far more common among youth and young adults. Unintentional injuries are the leading cause of death among 15-25 year olds and many of these injuries are related to alcohol use (25).

Young people who drink are more likely to use tobacco and other drugs and to engage in risky sexual behaviour, than those who do not drink (26-27). Problems with alcohol can impair adolescents' psychological development and negatively influence both the school environment and leisure time (28).

### Age of initiation (question 36)

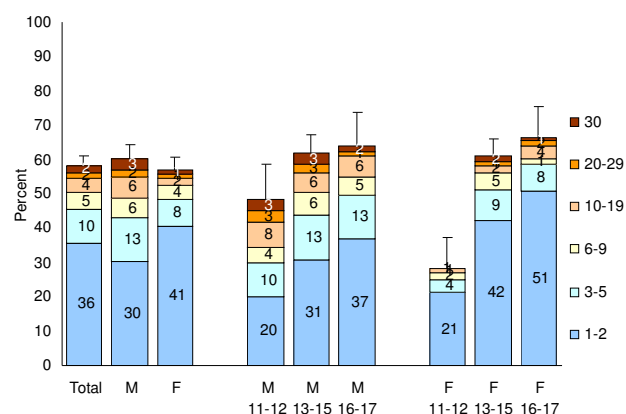
**Figure 5-1.** Prevalence of students who had a drink of alcohol other than a few sips, according to age of first drink



- At the age of 7 years, 13% of all students already had their first drink of alcohol other than a few sips.
- 36% of all students had their first drink of alcohol at the age of 11 years or earlier.

### Alcohol frequency (question 37)

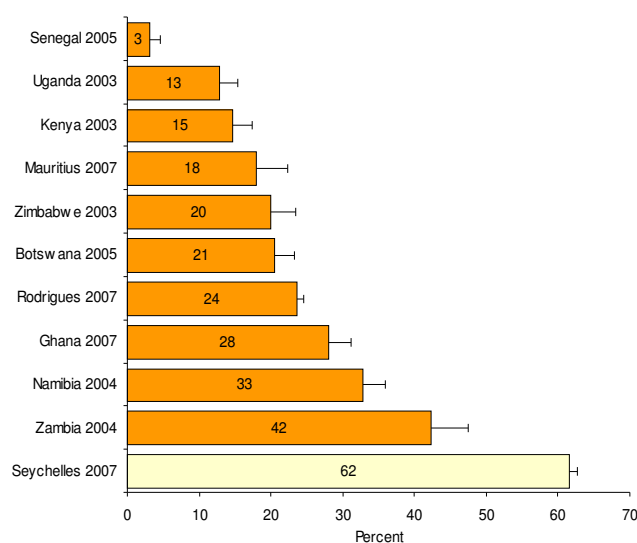
**Figure 5-2.** Prevalence of students who drank alcohol during the past 30 days, according to the number of drinking days



- 59% of all students consumed alcohol during the past 30 days.
- Not shown in the figure, a majority of those who drank alcohol also smoked 1 or 2 cigarettes during the past 30 days.

## Comparison of alcohol drinking between countries

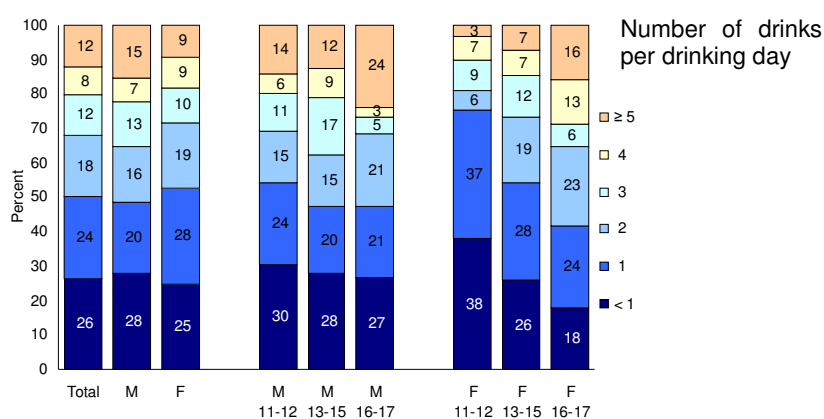
**Figure 5-3.** Prevalence of alcohol drinking among students aged 13-15 years in Seychelles and in selected countries in the African region (GSHS data, [15])



- Drinking frequency was higher in Seychelles than in several other countries in the African region.

## Alcohol volume (question 38)

**Figure 5-4.** Number of drinks per usual drinking day among students who drank alcohol during the past 30 days

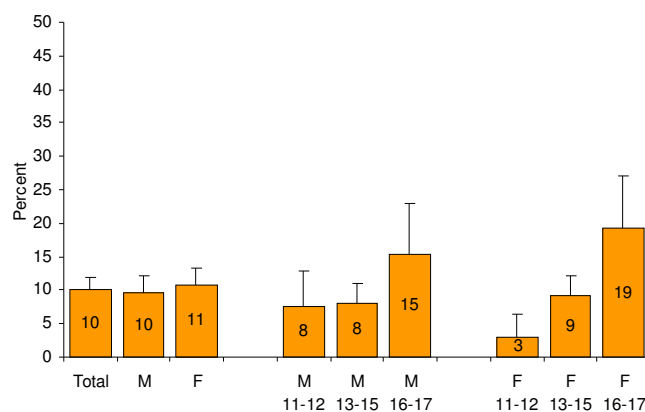


- Among students who drank alcohol during the past 30 days, 12% had drunk more than 5 drinks per usual drinking day.
- These proportions were not largely different in boys and girls.

### Binge drinking (question 38)

- Binge drinking was defined as the consumption of 5 or more drinks for boys, respectively 4 or more for girls, on at least one day during the past 30 days.

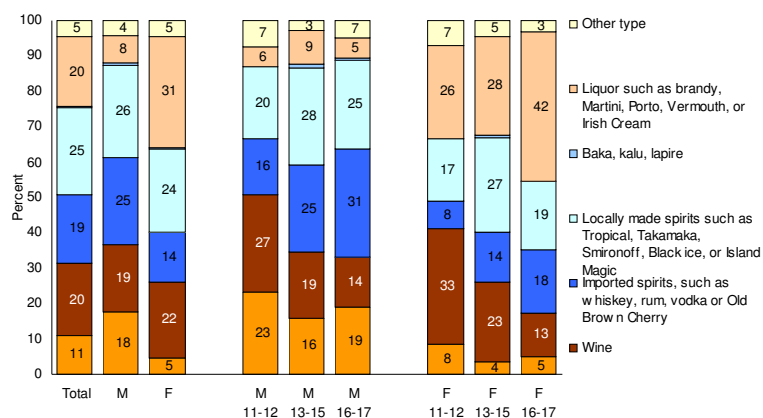
**Figure 4-2.** Prevalence of binge drinking during the past 30 days



- 10% of all students reported binge drinking during the past 30 days.
- The prevalence of binge drinking did not differ markedly between boys and girls (10% vs. 11%, respectively).
- The frequency of binge drinking increased with age among boys and girls.

### Type of alcohol products (question 39)

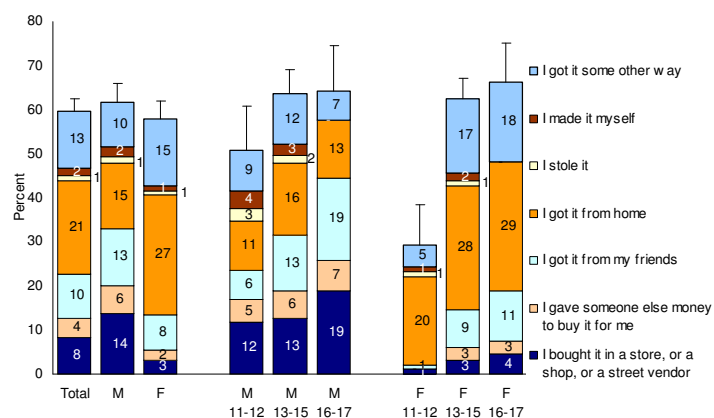
**Figure 5-5.** Among students who drank alcohol, types of beverages reported to be used most often



- No particular alcoholic beverage was largely predominant.

### How do the students get the alcohol beverages they consumed (question 40)

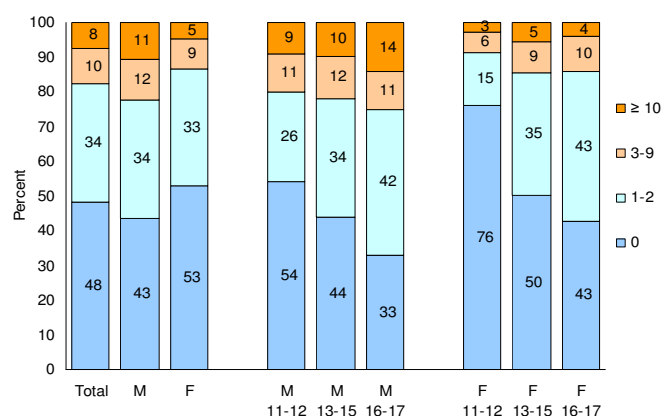
**Figure 5-6.** Proportion of students who got the alcohol they drank in different manner



- A majority of students (21%) got the alcohol they drink from home.

### Drunkenness (question 41)

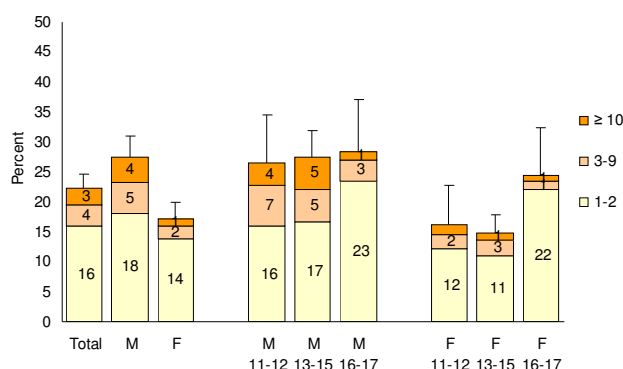
**Figure 5-6.** Prevalence of students who were really drunk according to the number of drunkenness episodes during lifetime



- During their lifetime, 52% of students drank so much alcohol they were really drunk at least 1 time.
- The pattern was not largely different between boys and girls but boys tended to report drunkenness episodes slightly more often than girls (57% vs. 47%).

### Consequences of drinking (question 42)

**Figure 5-7.** Prevalence of students who ever had a hang-over, felt sick, or got into trouble or into fights as a result of drinking alcohol, according to the number of such episodes during their lifetime



- During their lifetime, 22% of all students experimented drinking troubles at least once.
- This prevalence tended to be higher in boys (27%) than in girls (17%).

### Education (question 43)

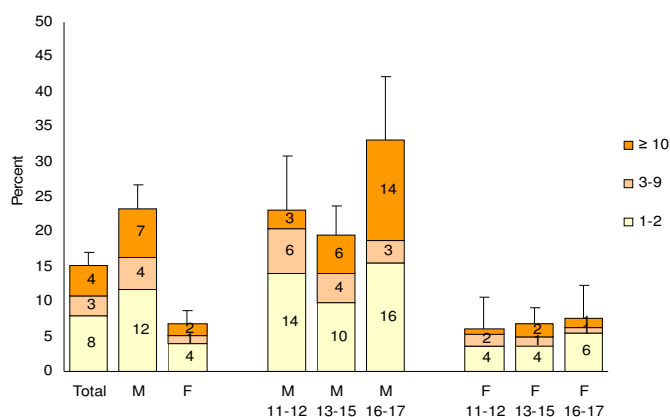
- During this school year, only 48% of all students reported to have been taught in any of their classes about the dangers of alcohol use.

### Correlation between drinking and other characteristics, age 13-15 (see Appendix III)

- Drinking frequency and drinking volume were strongly correlated.
- Drinking was correlated with cigarette smoking, environmental smoke, cannabis use, number of sexual partners, missing school, bullying, and poor knowledge by parents of what their child was really doing during his/her free time.

### Cannabis use during lifetime (question 44)

**Figure 5-7.** Prevalence of cannabis use during lifetime, according to the number of times they ever used cannabis

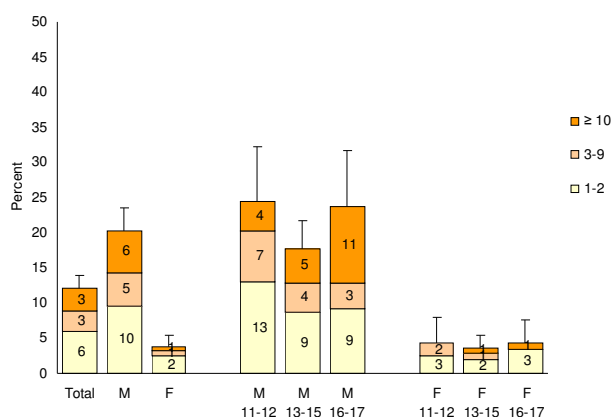


- 15% of all students used cannabis at least once during their lifetime.
- This prevalence was much higher in boys (23%) than in girls (7%).



### Cannabis use during the past 30 days (question 45)

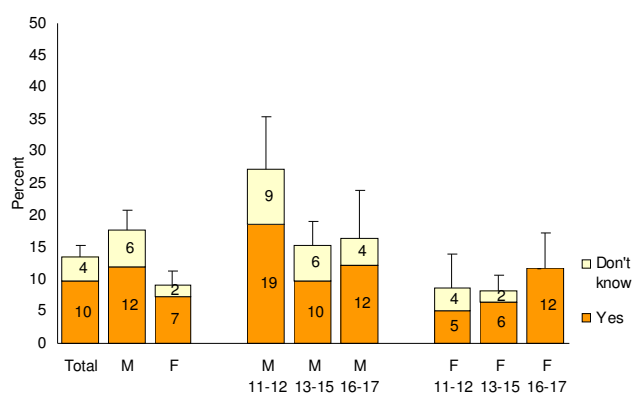
**Figure 5-7.** Prevalence of cannabis use during the past 30 days, according to the number of times they used cannabis during the past 30 days



- 12% of all students used cannabis during the past 30 days.
- The prevalence of use during the past 30 days was similar to the lifetime prevalence. This may suggest that experimenters tend to sustain their habit or that the questions were not well understood.

### Cocaine, heroine or ecstasy use (question 46)

**Figure 5-8.** Prevalence of students who ever tried cocaine, heroine, or ecstasy



- The prevalence of students who ever tried cocaine, heroine or ecstasy was 10%.
- This prevalence was higher among boys (12%) than girls (7%).

### Correlation between cannabis use and other characteristics, age 13-15 (see Appendix III)

- Cannabis use was strongly correlated with an elevated number of sexual partners, cigarette smoking, drinking, and missing school.
- Among boys, cannabis use was also correlated with a lower number of close friends and poor knowledge by the parents of what their child was really doing with his/her free time.

## 6. Sexual behaviours that contribute to HIV infection, other sexually transmitted infections and unintended pregnancy

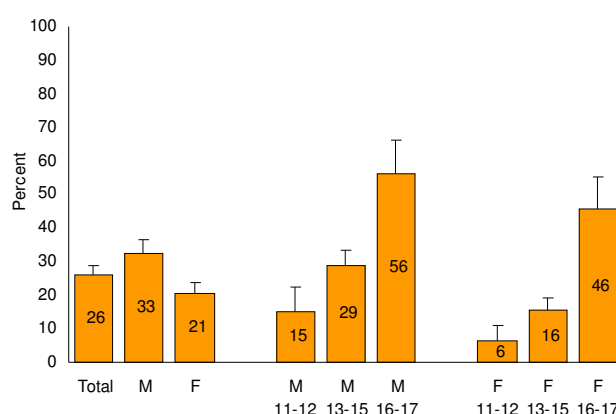
### Background

AIDS has killed more than 25 million people since 1981. As of 2007, an estimated 33 million people were living with HIV. In 2007 alone, roughly 2.1 million people died of HIV and another 2.5 million people became infected with HIV (24). 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 are at higher risk of HIV exposure and less 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 (30).

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 (31). 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 (32).

### Sexual intercourse lifetime (question 47)

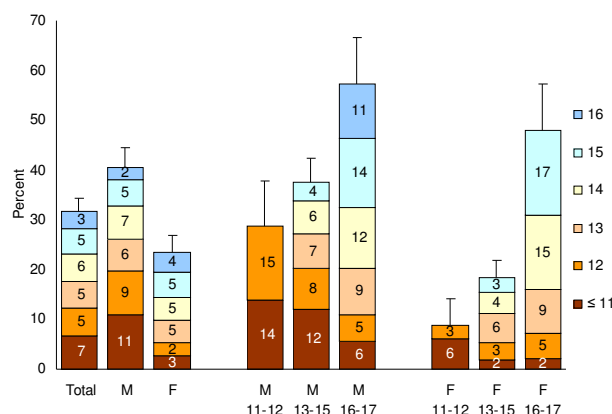
**Figure 6-1.** Percentage of students who ever had sex during their lifetime



- 26% of students ever had sexual intercourse during their lifetime.
- Boys (33%) were significantly more likely than girls (21%) to have had sexual intercourse.

### Age of initiation (question 48)

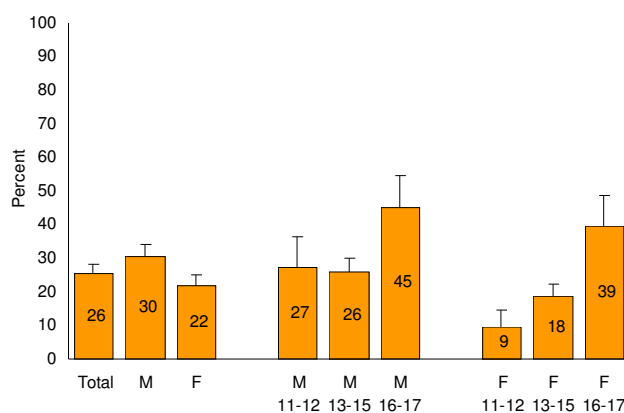
**Figure 6-2.** Prevalence of students who had their first sexual intercourse, according to initiation age



- Overall, 17% of students initiated sexual intercourse before the age of 14 years.
- Boys (26%) were significantly more likely than girls (15%) to have initiated sexual intercourse before the age of 14 years.
- Younger students declared to have initiated sex at a younger age than older students. This could reflect a recall bias.

### Sexual intercourse during the past 12 months (question 50)

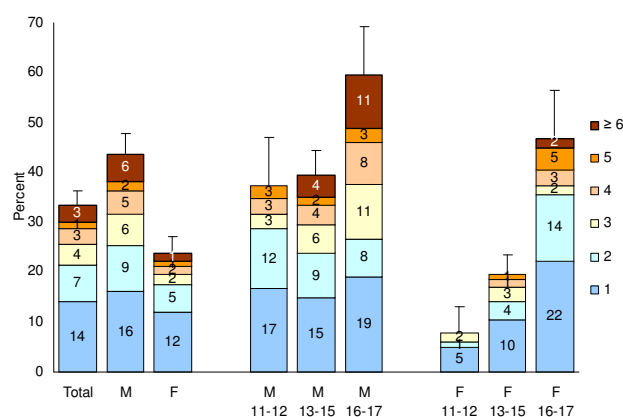
**Figure 6-3.** Percentage of students who had sex during the past 12 months



- Overall, 26% of students had sexual intercourse during the past 12 months.
- Boys (30%) were significantly more likely than girls (22%) to have had sexual intercourse during the past 12 months.

### Sexual partners (question 49)

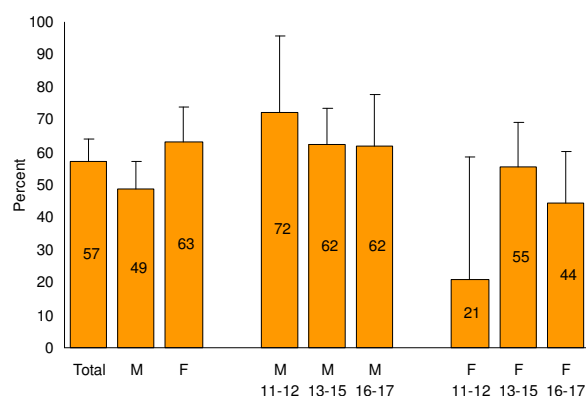
**Figure 6-3.** Prevalence of students who had sexual intercourse during their lifetime, according to the number of partners



- 19% of all students reported to have had sexual intercourse with 2 or more partners.
- This prevalence was higher among boys (27%) than girls (12%).
- The substantial difference between the prevalence of students who declared to have had sexual intercourse in their lifetime (Figure 5-1) or had one or more sexual partners (Figure 5-2) could suggest different understanding of the questions despite the fact that the questions provided an explicit definition of sexual intercourse.
- Issues of bragging or sexual abuse should also be considered when interpreting data.

### Condom use (question 51)

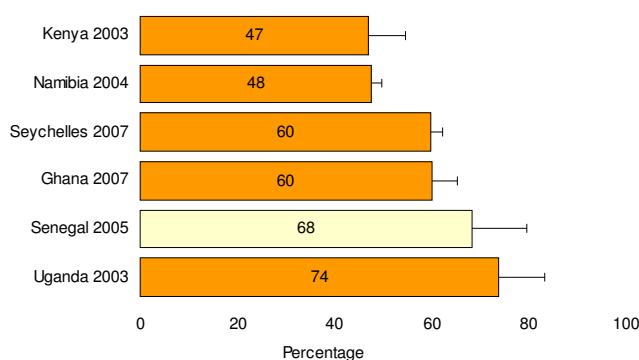
**Figure 6-4.** Among students who had sexual intercourse during the past 12 months, proportion who used a condom at their last sexual intercourse



- Among students who had sexual intercourse during the past 12 months, 57% used a condom at their last sexual intercourse.

## Comparison of condom use between countries

**Figure 5-3.** Prevalence of condom use at their last sexual intercourse among students who had sex during the past 12 months, in Seychelles and in selected countries in the African region, age 13-15 years (GSHS data [15])



- The prevalence of condom use was rather high in Seychelles compared to the other considered countries in the African region, although this prevalence was still largely below a desired 100%.

## Correlation between the number of sexual partners and other characteristics, age 13-15 (see Appendix III)

- The number of sexual partners was correlated with cigarette smoking, alcohol and cannabis use, and missing school.

## Education (question 52)

- Only 60% of students reported to have been taught in any of their classes during this school year on how to avoid HIV or AIDS.
- Boys (54%) recalled significantly less often than girls (65%) to have been taught how to avoid HIV or AIDS.

# 7. Bullying

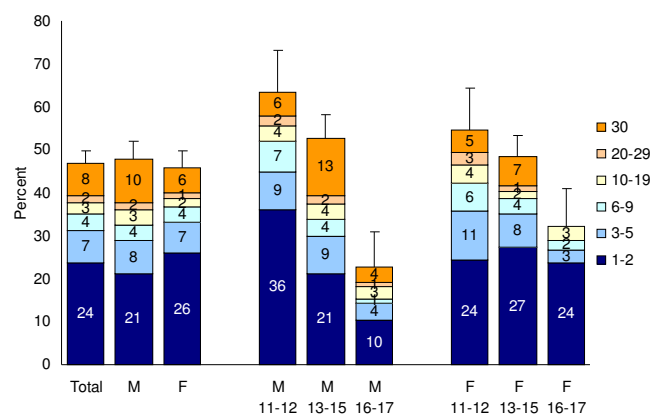
## Background

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

The estimated global homicide death rate for boys aged 15-17 years is 9 per 100,000. For every youth homicide, approximately 20 to 40 victims of non-fatal youth violence receive hospital treatment. 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 they also are at increased risk for substance abuse, aggressive behaviour, and suicide attempts.

### Bullying frequency (question 21)

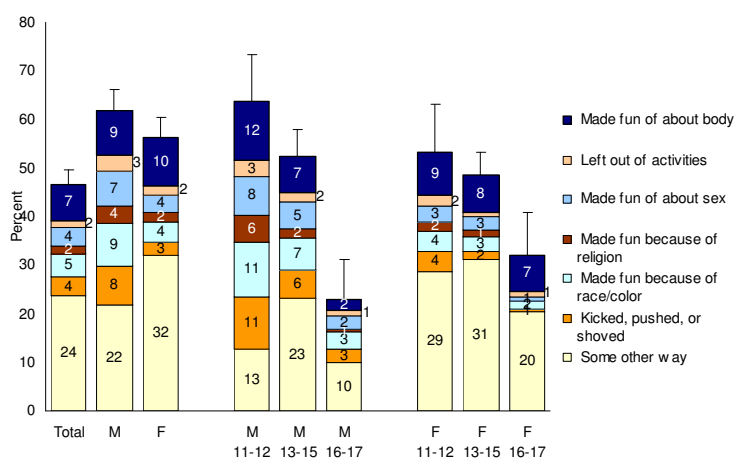
**Figure 7-1.** Prevalence of students who were bullied during the past 30 days, according to the number of days they were bullied



- 47% of all students were bullied on one or more days during the past 30 days.
- 8% of all students were bullied each day on the past 30 days.
- Older students were less frequently bullied than younger students.

### Bullying type (question 23)

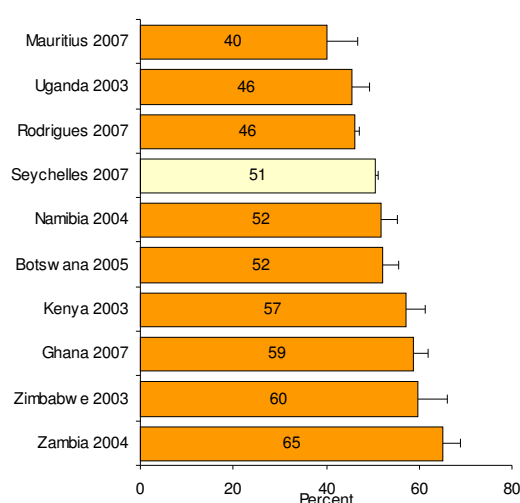
**Figure 7-2.** Prevalence of students who were bullied during the past 30 days, according to bullying type



- The predominant type of bullying was related to the students' body.
- The most frequently reported cause of bullying was "in some other way". This may suggest that students did not well understand the given definition of bullying.

## Comparison of bullying between countries

**Figure 6-2.** Prevalence of bullying (at least once) during the past 30 days among adolescents aged 13-15 in Seychelles and in selected countries in the African region (GSHS data)



- The prevalence of bullying was rather low in Seychelles compared to the other considered countries in the African region.

## Correlation between bullying and other characteristics, age 13-15 (see Appendix III)

- Among boys, bullying was correlated with cigarette smoking, alcohol drinking, cannabis use, younger age and low number of close friends.
- Among girls, bullying was correlated with an elevated number of sexual partners.

**Table 7-1.** Association between bullying and selected variables, adjusted for sex and age

Was bullied during the past 30 days	OR	95% CI	p
Ever had alcohol trouble in lifetime vs. not	1.7	(1.2-2.3)	0.001
Ever used cannabis during lifetime vs. not	2.0	(1.4-3)	0.000
Considered suicide past 12 months vs. not	2.5	(1.8-3.5)	0.000
Had no close friends vs. ≥ 1 close friends	3.1	(1.8-5.5)	0.000
Students never/rarely kind or helpful past 30 days vs. sometimes/most of the time/always	1.6	(1.2-2.1)	0.000

- When adjusted for age and sex, bullying was significantly associated with drinking problems, cannabis use, suicide attempts, having no close friends, and reporting that other students were not kind or helpful.

## 8. Mental health

### Background

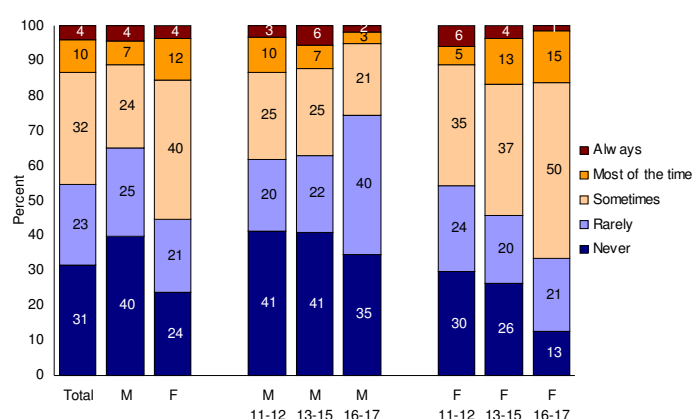
Worldwide, approximately 20% of children and adolescents suffer from a disabling mental illness. Anxiety disorders, depression and other mood disorders, and behavioural and cognitive disorders are among the most

common mental health problems among adolescents. Half of all lifetime cases of mental disorders start by age 14.

Every country and culture has children and adolescents struggling with mental health problems. Most of these young people suffer needlessly and are unable to access appropriate resources for recognition, support, and treatment. If ignored, these young people are at increased risk for abuse and neglect, suicide, alcohol and other drug use, school failure, violent and criminal activities, mental illness in adulthood, as well as health-jeopardizing impulsive behaviours. Each year, about 4 million adolescents worldwide attempt suicide. Suicide is the third leading cause of death among adolescents.

### Loneliness (question 24)

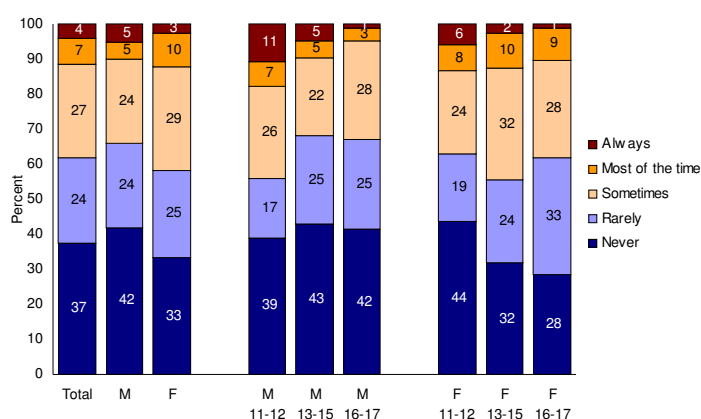
**Figure 8-1.** How often did the students feel lonely during the past 12 months



- 14% of students felt lonely most of the time or always during the past 12 months.
- Boys (11%) were significantly less likely than girls (16%) to feel lonely most of the time or always.

### Worried (question 25)

**Figure 8-2.** Prevalence of students who have been so worried about something that they could not sleep at night according to frequency of such episodes

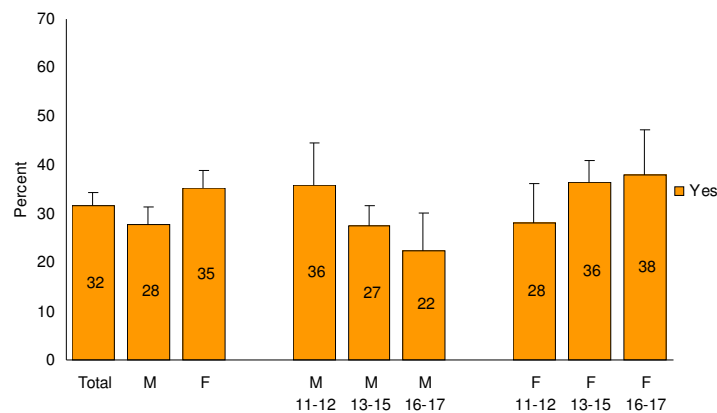


- Overall, 11% of students most of the time or always felt so worried about something that they could not sleep at night during the past 12 months.



## Depression (question 26)

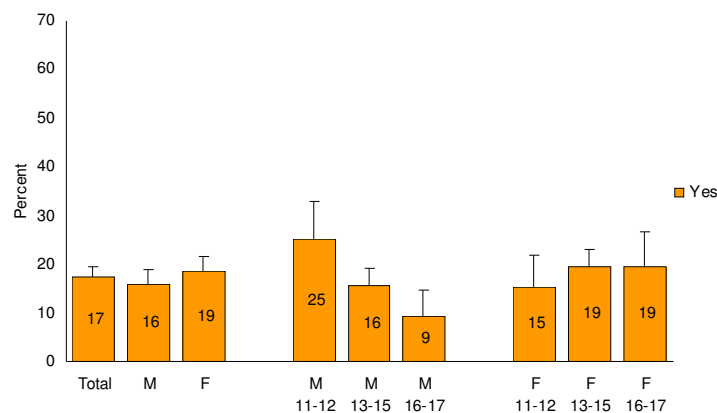
**Figure 8-1.** Prevalence of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing their usual activities, during the past 12 months



- Overall, 32% of students felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing their usual activities during the past 12 months.
- Boys (28%) were significantly less likely than girls (36%) to feel so sad or hopeless almost every day for two weeks or more in a row.

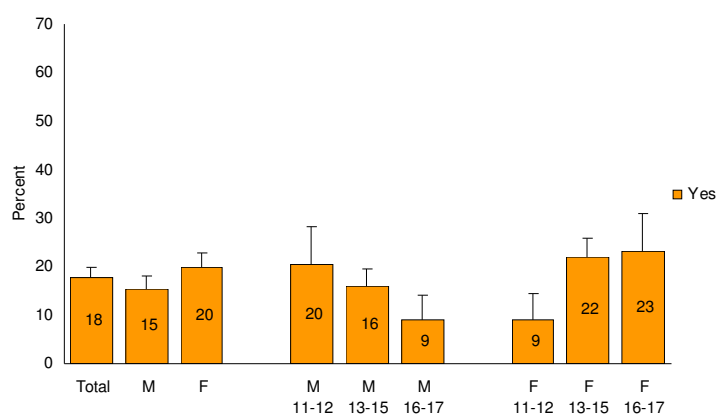
## Suicidal ideas (questions 27, 28)

**Figure 8-2.** Percentage of students who seriously considered attempting suicide (question 27)



- Overall, 17% of students seriously considered attempting suicide during the past 12 months.
- Overall, 18% of students made a plan about how they would attempt suicide during the past 12 months.
- Boys (15%) were significantly less likely than girls (20%) to seriously consider attempting suicide.
- Overall, 6% of students reported to have no close friends.

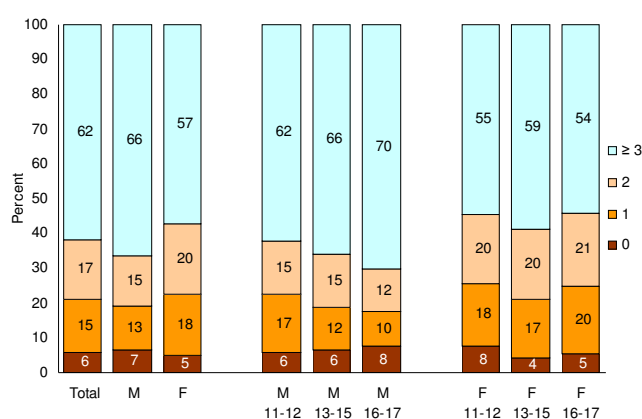
**Figure 8-2.** Percentage of students who made a suicidal plan (question 28)



- No significant difference was observed between the prevalence of the students who seriously considered suicide and those who made a plan.
- This may suggest that the students may not have understood well the difference between those two questions.

#### Close friends (question 29)

**Figure 8-3.** Percentage of students who had close friends, according to the number of their friends



- 6% of all students declared to have no close friends.
- More than half of all students (62%) declared to have 3 or more friends.

#### Correlation between mental health determinant and other characteristics, age 13-15 (see Appendix III)

- Among boys and girls, the frequency of being lonely was correlated with the frequency of being worried, as well as with the frequency of not being able to sleep.
- Loneliness was correlated among boys and girls with drinking problems.
- Being worried was correlated among boys and girls with frequency of drinking, trodrinking problems and missing school.
- Among girls, loneliness was correlated with less check of the homework by parents, less understanding by the parents of the students' problems, and less knowledge by the parents of what the student was doing during his or her free time.

## 9. 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 (46).

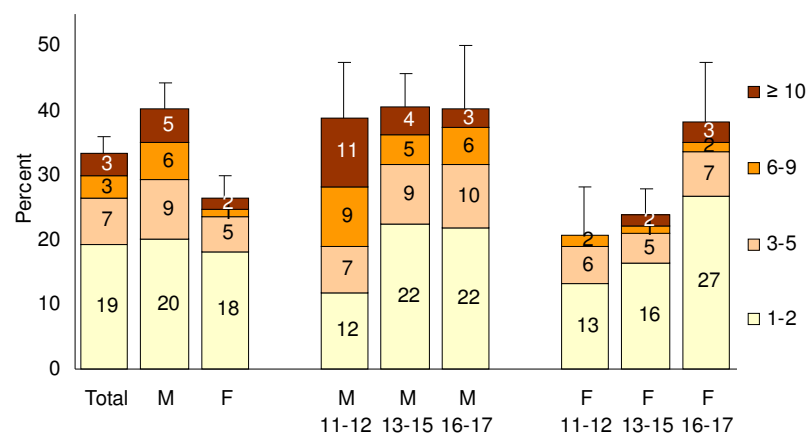
Adolescents who have a positive relationship with teachers, and who have positive attitudes towards school are less likely to initiate sexual activity early, to use substances, and experience depression. Adolescents who live in a social environment which provides meaningful relationships, encourages self-expression, and also provides structure and boundaries, are less likely to initiate sex at a young age, experience depression, and use substances (42).

Being liked and accepted by peers is crucial to young people's health development, and those who are not socially integrated are 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 (43).

Parental bonding and connection is associated with lower levels of depression and suicidal ideation, alcohol use, sexual risk behaviours, and violence (44).

### Missing classes (question 65)

**Figure 9-1.** Percentage of students who missed school during the past 30 days, according to the number of days they missed school



- 33% of students missed classes or school without permission on one or more of the past 30 days.
- Male students (40%) were significantly more likely than female students (27%) to miss classes or school without permission.

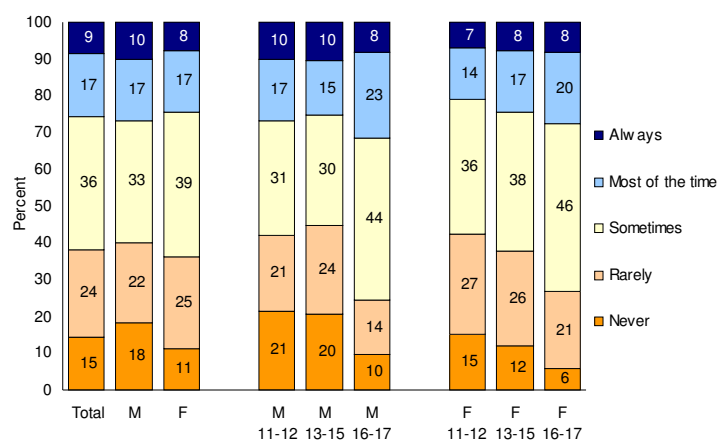
**Table 9-1.** Association between missing school and selected factors, adjusted to age and sex

<b>Missed school during the past 30 days</b>			
	<b>OR</b>	<b>95% CI</b>	<b>p</b>
13-15 vs.11-12	<b>1.1</b>	(0.8-1.6)	<i>0.466</i>
16-17 vs. 11-12	<b>1.6</b>	(1.1-2.4)	<i>0.028</i>
Boys vs. girls	<b>1.9</b>	(1.5-2.4)	<i>0.000</i>
Drank alcohol past 30 days vs. not	<b>3.5</b>	(2.4-5.1)	<i>0.000</i>
Smoke cigarette during the past 30 days vs. not	<b>4.5</b>	(3.2-6.3)	<i>0.000</i>
Used cannabis past 30 days vs. not	<b>5.7</b>	(3.7-8.6)	<i>0.000</i>
Ever used heroine, coke or ecstasy vs. not	<b>2.1</b>	(1.4-3.1)	<i>0.000</i>
Bullied past 30 days vs. not	<b>1.8</b>	(1.3-2.3)	<i>0.000</i>
Had ≥2 sexual partners vs <2	<b>2.8</b>	(2.0-3.9)	<i>0.000</i>
Ever had sex vs. not	<b>2.0</b>	(1.4-2.7)	<i>0.000</i>
Felt lonely past 12 months vs. not	<b>2.3</b>	(1.6-3.2)	<i>0.000</i>
Parents check homework never/rarely vs. more	<b>1.3</b>	(1.0-1.7)	<i>0.029</i>
Seriously considered suicide vs. not	<b>2.0</b>	(1.5-2.8)	<i>0.000</i>

- Missing school was associated with a larger number of risk behaviours, such as drinking, cigarette smoking, cannabis use and use of other drugs, being bullied, elevated number of sexual partners, feeling lonely, parents rarely checking the homework.

### Being kind and helpful (question 66)

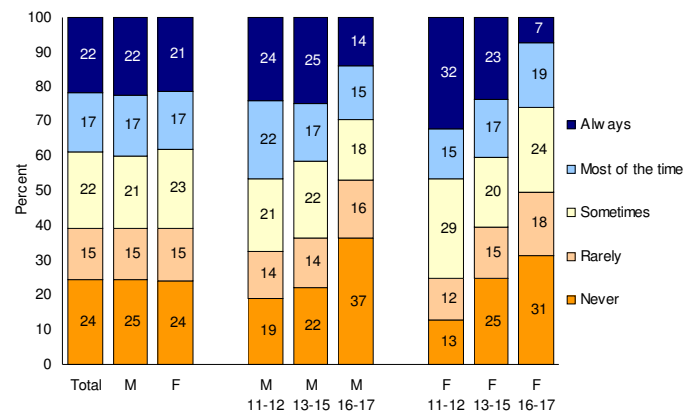
**Figure 9-2.** How often were most of their fellow students kind and helpful during the past 30 days (question 66)



- Overall, 38% of students reported that most of the students in their school were never or rarely kind and helpful during the past 30 days.

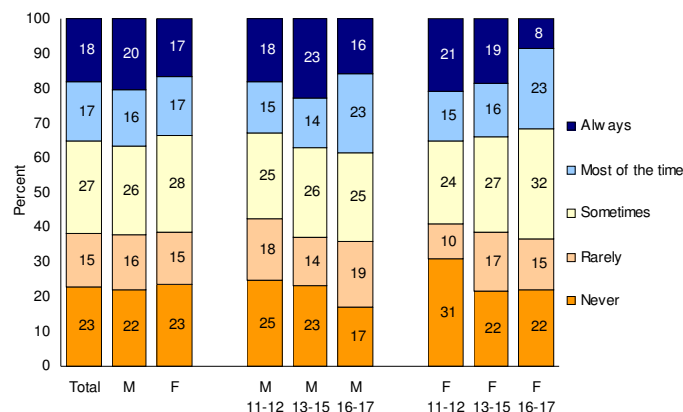
### Parents or guardians (questions 67, 68, 69)

**Figure 9-3.** Frequency of checking student's homework by parents or guardians during the past 30 days (question 67)



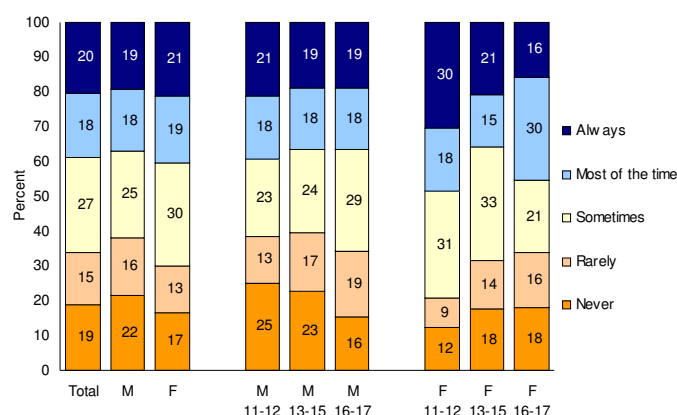
- Overall, 39% of students reported that their parents or guardians never or rarely checked to see if their homework was done during the past 30 days.
- Parents/guardians checked more frequently among younger students.

**Figure 9-4.** Proportion of students who reported that their parents understood their problems and worries always, most of the time, sometimes, rarely or never (question 68)



- Overall, 38% of students reported that their parents or guardians never or rarely understood their problems and worries during the past 30 days.

**Figure 9-5.** Frequency of knowing by the parents what the student was really doing with his/her free time during the past 30 days (question 69)



- Overall, 34% of students reported that their parents or guardians never or rarely really know what they were doing with their free during the past 30 days.
- Male students (38%) were significantly more likely than female students (30%) to report that their parents or guardians never or rarely really know what they are doing with their free time.

#### Correlation between protective factors and other characteristics, age 13-15 (see Appendix III)

- Three characteristics of the parents were strongly associated: parents checking the homework, parents understanding the students' problems and parents knowing the students' free time content.
- Low knowledge by the parents of what their child was doing during his/her free time was associated with higher consumption of alcohol (frequency and volume) and higher number of sexual partners.
- Among boys, poor knowledge by the parents of what their child was doing during his/her free time content was associated with cigarette smoking and cannabis use.

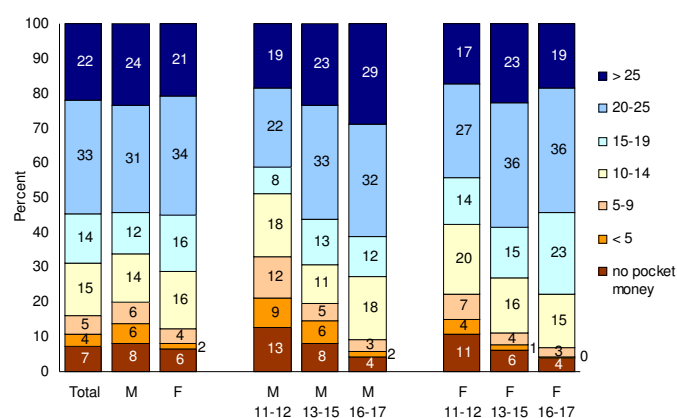
## 10. Pocket money

### Background

Pocket money may provide some indication on the socio-economic status of a student's family. In many countries, socio-economic status is strongly related with many behaviors, including smoking, drinking, and substance use.

### Pocket money (question 70)

**Figure 10-1.** Proportions of students reporting selected amounts of pocket money



- 84% of the students received 10 rupees or more per day everyday.
- Girls tended to report to receive more pocket money than boys.
- Older students tended to receive more pocket money than younger students.

### Correlation between pocket money and other characteristics, age 13-15 years (see Appendix III)

- Pocket money was correlated with different parental protective factors, such as understanding their child's problems, knowing what the child was doing with his or her free time and checking the student's homework.

# Conclusions and Recommendations

## Overview

The GSHS was the largest survey ever conducted to assess risk behaviours among adolescents in the Republic of the Seychelles. With a participation rate of 82%, results can be generalized to all adolescents of the Seychelles aged 11-17 years.

## Conclusions

The prevalence of overweight and obesity (that reaches 22%) is high. A majority of students did not reach the recommendation of eating five or more fruits and vegetables per day. A large part of the student did not eat lunch at all and the majority of students ate snacks from tuck shops and only 4% ate school meals. Concerning physical activity, only 29% reached the recommendation of being active 60 minutes on more almost every day of the week. Moreover, a majority of students (54%) spent three or more hours per day doing sitting activities during their free time.

The proportion of boys and girls who smoked was not largely different among boys and girls. Both tobacco use and alcohol use were high in comparison of countries in the region. Tobacco use was strongly associated with parental smoking. Alcohol, tobacco and cannabis use were strongly associated.

Approximately one quarter (26%) of all students ever had sex and this proportion was higher among boys than girls. Sixty-eight percent of the students who had sex during the past 12 months used a condom at their last sexual intercourse. Condom use was higher than in many countries in the region, but still far from optimal.

The proportion of students who had been bullied during the past 30 days was surprisingly high (47%), but this prevalence was comparable to that found in other countries in the region.

Less than 60% of students reported to have received education during this school year about healthy eating, benefits of physical activity, dangers of alcohol use and ways to avoid HIV.

Globally, several risks behaviours were associated with each other. The associations between drinking, cigarette smoking, cannabis use and sexual intercourse were very strong (as found in most countries). As expected, the considered protective factors were inversely associated with these risk behaviours.

These results emphasize the need to gain further insight in the causes and implications related to these risk behaviours and protective factors in the context of Seychelles, e.g. focus group and other types of qualitative research to examine the significance of these risk behaviours among adolescents. The findings (particularly the clustering of several risk behaviors) also underline the need for using multifaceted and comprehensive prevention approaches and a need to give particular attention to the students who harbour several risk behaviours.

## Recommendations

These findings suggest the need to:

- Encourage healthier eating at school, including health meals in school canteens,
- Further develop facilities and programs for physical exercise and activities during and outside school hours,
- Ensure that regular classes of physical activity are actually given to all students,
- Further develop structures and conditions that promote walking, cycling or any other form of physical activity (e.g. cycling lanes, sidewalks, etc),



- Sustain school-based education programs on drinking and substance use that provide quality information and that raise resilience skills,
- Strengthen specific school-based education programs on tobacco use that further raise awareness and build resistance skills,
- Tighten relevant regulations and legislation related to tobacco products, e.g. legislation to ban smoking in enclosed public places, including bars and discotheques,
- Strengthen and sustain school-based education programs on safe sex and sexually transmitted infections,
- Develop school-based education programs addressing specifically bullying,
- Provide quality information to students on bullying and other emotional situations and motivate children and adolescents to come forward in appropriate structures to talk about their problems (e.g. youth health centres, peer counsellors, teachers),
- Provide sustained information to students on the importance of regular school attendance,
- Provide more information to parents on the need to develop bonding and connection with their children in order to promote healthy behaviours and better school performance amongst their children.

More generally, the findings emphasize that the need to further develop the global concept of health promoting schools, in order to provide students with the necessary knowledge and skills to adopt a healthy lifestyle, a balanced nutrition and other positive behaviours. This includes the further development of structures that help children and adolescents cope with their health-related behaviours and emotional conditions, e.g. youth health centres, use of regular health services (e.g. for counselling related to HIV or smoking cessation), well organized network of peer counsellors, relevant resources at schools (e.g. school health program), structures that involve parents, etc. The findings also underlie the need to further develop relevant policy, at both school and national levels, in relation to tobacco use, alcohol and substance use, nutrition, and physical activity.

Finally, surveys like GSHS are critical tools to assess the situation related to risk behaviours in children and adolescents that are useful to inform appropriate programs and policy. It will be important to repeat such surveys at regular intervals (e.g. every 5 years or so) in order to follow trends over time and evaluate related programs and policy.

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# Appendices

## Overview

Appendix I - Questionnaire

Appendix II - Detailed tables of results, by sex and age

Appendix III - Correlations between selected risk behaviours, age 13-15 years

Appendix IV - Fact sheet, age 13-15 years

## Appendix I - Questionnaire

The questionnaire is displayed here with a smaller font and reformatted, as compared to the questionnaire actually given to students, in order to be shown on fewer pages.

### **2007 SEYCHELLES GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY**

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.

.....

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
- G. 17 years old
- H. 18 years old or older

2. What is your sex?

- A. Male
- B. Female

3. In what grade are you?

- A. S1
- B. S2
- C. S3
- D. S4
- E. S5

**The next 6 questions ask about your height, weight, going hungry, and where you get your lunch.**

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.

5. 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.

6. How do you describe your weight?

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

7. 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

8. During the past 30 days, how often did you go hungry because there was not enough food in your home?

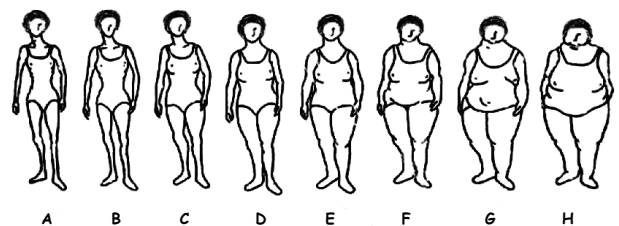
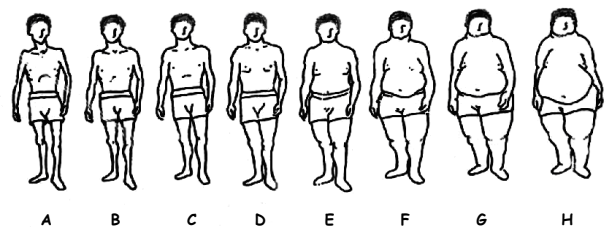
- A. Never

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

9. Where do you get your lunch most often during school time?

- A. I generally do not take lunch
- B. School meal
- C. Take away bought inside school
- D. Take away bought outside school
- E. Home made food
- F. Snacks from tuck shop such as samosa, kato piman, etc.
- G. Other manner

10. Chose the figure that best reflects how you think you look?



- A. Drawing A
- B. Drawing B
- C. Drawing C
- D. Drawing D
- E. Drawing E
- F. Drawing F
- G. Drawing G
- H. Drawing H

11. Choose your ideal figure (how you would like to look)?

- A. Drawing A
- B. Drawing B
- C. Drawing C
- D. Drawing D
- E. Drawing E
- F. Drawing F
- G. Drawing G
- H. Drawing H

**The next 2 questions ask about foods you might eat.**

12. During the past 30 days, how many times per day did you **usually** eat fruit, such as apples, oranges, banana, avocado, mango, papay, zanmalak, friser, karanbol, or any other local or imported fruits?

- 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

13. During the past 30 days, how many times per day did you **usually** eat vegetables, such as carrots, lettuce, tomato, cabbage, cucumber, kreson, bred, zariko, or any other local or imported vegetables?

- 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

**The next 5 questions ask about drinks or beverages you might consume.**

14. On average, how many glasses or small bottles (3 dl) of carbonated soft drinks do you drink, such as Coke, Fanta, Sprite, Bitter Lemon, Cocktail, Pepsi, Mirenda, Yacinthe lemonade, or any similar sweetened drink? (Do not include water, fresh or packet fruit juice, or milk)

- A. I do not drink carbonated soft drinks
- B. 1-2 small bottles or glasses per week but not every day
- C. Several bottles or glasses per week but not every day
- D. 1 small bottle or glass per day (on most days of the week)
- E. 2 small bottles or glasses per day (on most days of the week)
- F. 3 small bottles or glasses per day (on most days of the week)
- G. 4 small bottles or glasses per day (on most days of the week)
- H. 5 small bottles or glasses per day or more (on most days of the week)

15. When you wish to drink a soft drink, what would you choose usually?

- A. Diet Coke
- B. Regular Coke
- C. I prefer other types of soft drinks (Sprite, Bitter Lemon, lemonade, Yacinthe lemonade, etc.)
- D. I rarely drink any soft drink

16. On average, how many glasses or small packets of fruit juice do you drink? (Do not include soft drinks or milk)

- A. I do not drink fruit juice
- B. 1-2 small packets or glasses of fruit juice per week but not every day
- C. Several small packets or glasses of fruit juice per week but not every day
- D. 1 small packets or glass of fruit juice per day (on most days of the week)
- E. 2 small packets or glasses of fruit juice per day (on most days of the week)
- F. 3 small packets or glasses of fruit juice per day (on most days of the week)
- G. 4 small packets or glasses of fruit juice per day (on most days of the week)
- H. 5 small packets or glasses of fruit juice per day or more (on most days of the week)

17. On average, how many glasses or small bottles of water do you drink? (do not include soft drinks or milk)

- A. I do not drink water
- B. 1-2 glasses of water per week but not every day
- C. Several glasses of water per week but not every day
- D. 1 glass of water per day (on most days of the week)
- E. 2 small glasses of water per day (on most days of the week)
- F. 3 glasses of water per day (on most days of the week)
- G. 4 glasses of water per day (on most days of the week)
- H. 5 glasses of water per day or more (on most days of the week)

18. On average, how many cups (tas) of tea do you drink? (Do not include water, soft drinks, or milk)

- A. I do not drink tea
- B. 1-2 cups of tea per week but not every day
- C. Several cups of tea per week but not every day
- D. 1 cup of tea per day (on most days of the week)



- E. 2 cups of tea per day (on most days of the week)
- F. 3 cups of tea per day (on most days of the week)
- G. 4 cups of tea per day (on most days of the week)
- H. 5 cups of tea per day or more (on most days of the week)

**The next 2 questions ask about the benefits of healthy eating and benefits of eating more fruits and vegetables.**

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

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

**The next 3 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.**

21. 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

22. During the past 30 days, how often were you bullied by students?

- A. I was never bullied
- B. I was bullied a few times
- C. I was bullied several times
- D. I was bullied very often

23. 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 6 questions ask about your feelings and friendships. The term “suicide” means trying to kill yourself.**

24. During the past 12 months, how often have you felt lonely?

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

25. During the past 12 months, how often have you been so worried about something that you could not sleep at night?

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

26. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing your usual activities?

- A. Yes
- B. No

27. During the past 12 months, did you ever **seriously** consider attempting suicide?

- A. Yes
- B. No

28. During the past 12 months, did you make a plan about how you would attempt suicide?

- A. Yes
- B. No

29. How many close friends do you have?

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

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

30. 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 or 17 years old
- H. 18 years old or older

31. 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

32. During the past 30 days, on how many days did you use any other form of tobacco, such as snuff (sike)?

- 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

33. 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

34. 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

35. 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 8 questions ask about drinking alcohol. This includes drinking beer, Guinness, wine, spirits (whiskey, rum, vodka, takamaka, or tropical), vermouth, porto, martini, liquors, baka, kalu, or lapire. Drinking alcohol does not include drinking a few sips of wine for religious purposes.**

36. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- 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 17 years old
- H. 18 years old or older

37. During the past 30 days, on how many days did you have at least one drink containing alcohol?

- 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

38. During the past 30 days, on the days you drank alcohol, how many drinks did you **usually** drink per day?

- A. I did not drink alcohol during the past 30 days
- B. Less than one drink
- C. 1 drink
- D. 2 drinks
- E. 3 drinks
- F. 4 drinks
- G. 5 or more drinks

39. What type of alcohol do you prefer to drink?  
(Select only one answer)

- A. I do not drink alcohol
- B. Beer or Guinness
- C. Wine
- D. Imported spirits, such as whiskey, rum, vodka, or Old Brown Cherry
- E. Locally made spirits such as Tropical, Takamaka, Smironoff, Black ice, or Island Magic
- F. Baka, kalu, or lapire
- G. Liquor such as brandy, martini, porto, or vermouth, or Irish Cream
- H. Other type

40. During the past 30 days, how did you **usually** get the alcohol you drank? SELECT ONLY ONE RESPONSE.

- A. I did not drink alcohol during the past 30 days
- B. I bought it in a store, shop, or from a street vendor
- C. I gave someone else money to buy it for me
- D. I got it from my friends
- E. I got it from home
- F. I stole it
- G. I made it myself
- H. I got it some other way

41. During your life, how many times did you drink so much alcohol that you were really drunk?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

42. During your life, how many times have you ever had a hang-over, felt sick, got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

43. During this school year, were you taught in any of your classes of the dangers of alcohol use?

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

**The next 3 questions ask about drugs.**

44. During your life, how many times have you used drugs, such as marijuana, cannabis or hashish, lapay, steam, stuff, joint, or tyalas? (do not include heroine, cocaine, or ecstasy)

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

45. During the past 30 days, how many times have you used drugs, such as marijuana, cannabis or hashish, lapay, steam, stuff, joint, or tyalas? (do not include heroine, cocaine, or ecstasy)

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

46. Have you ever tried cocaine, heroine, lapoud, sache, nof, or ecstasy?

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

**The next 5 questions ask about sexual intercourse.**

**This includes vaginal intercourse (when a man puts his penis into a woman's vagina) and anal intercourse (when a man puts his penis into his partner's anus).**

47. Have you ever had sexual intercourse?

- A. Yes
- B. No

48. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

49. During your life, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

50. During the past 12 months, have you had sexual intercourse?

- A. Yes
- B. No

51. The **last time** you had sexual intercourse, did you or your partner use a condom or kapot?

- A. I have never had sexual intercourse
- B. Yes
- C. No

**The next question asks about learning how to avoid HIV infection or AIDS.**

52. 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, football, basketball and swimming etc.**

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

53. 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

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

55. 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 watching DVD videos?

- 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 3 questions ask about hours per day or week you watch TV or videos, or play computer games.**

56. How many hours per DAY do you usually watch TV or videos on week days?

- A. Not at all
- B. Less than 1 hour per day
- C. ½ to 1 hour per day
- D. 1 to 2 hours per day
- E. 2-3 hours per day
- F. 4-5 hours per day
- G. 6 hours or more per day

57. How many hours per DAY do you usually watch TV or videos on week ends?

- A. Not at all
- B. Less than 1 hour per day
- C. ½ to 1 hour per day
- D. 1 to 2 hours per day
- E. 2-3 hours per day
- F. 4-5 hours per day
- G. 6 hours or more per day

58. How many hours per WEEK do you usually play computer games? (e.g. on your television, computer, Game Boy, X-box, Nintendo, or Playstation)

- A. Not at all
- B. Less than 1 hour per week
- C. 1 to 3 hours per week
- D. 4 to 6 hours per week
- E. 7 to 9 hours per week
- F. 10 hours or more per week

**The next 2 questions ask about going to and coming home from school.**

59. 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

60. 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 4 questions ask about physical education, playing on sports teams, benefits of physical activity, and extra curricular activities.**

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

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

62. During the past 12 months, on how many sports teams did you play outside of school hours?

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

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

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

64. Did you take part in any extra curricular activities that was related to physical activity such as basketball, football, hiking, swimming, or dancing?

- A. I did not take part in any extra curricular activities
- B. I took part in extra curricular activities, but not related to physical activity
- C. I took part in extra curricular activities related to physical activity

**The next 5 questions ask about your experiences at school and at home.**

65. 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

66. 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

67. 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

68. 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

69. 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 next question asks about pocket money.**

70. How much pocket money do you get every day on average?

- A. I do not receive any pocket money
- B. Less than 5 rupees per day
- C. 5 - 9 rupees per day
- D. 10 - 14 rupees per day
- E. 15 - 19 rupees per day
- F. 20 - 25 rupees per day
- G. More than 25 rupees per day

## Appendix II - Detailed tables of results, by sex and age

Questions & Answers	N	Total	Males	Females	Males 11-12 years	Males 13-15 years	Males 16-17 years	Females 11-12 years	Females 13-15 years	Females 16-17 years
		Weighted % (95% CI)	Weighted % (95% CI)	Weighted % (95% CI)	Weighted % (95% CI)	Weighted % (95% CI)	Weighted % (95% CI)	Weighted % (95% CI)	Weighted % (95% CI)	Weighted % (95% CI)
<b>Age, Sex, Weight, Height and Grade</b>										
<b>1. How old are you?</b>										
11 years old or younger	35	2.4 (1.6-3.1)	2.7 (1.5-3.9)	1.8 (0.9-2.8)	14.4 (8.2-20.6)			10.2 (5-15.4)		
12 years old	226	15.9 (14.0-17.9)	15.8 (13.1-18.6)	16.1 (13.3-18.8)	85.6 (79.4-91.8)			89.8 (84.6-95)		
13 years old	325	20.4 (18.3-22.4)	21.8 (18.7-24.8)	19.3 (16.5-22)		35.7 (31.2-40.3)			32.0 (27.9-36.2)	
14 years old	296	20.0 (17.9-22.1)	19.7 (16.6-22.8)	20.1 (17.2-22.9)		32.3 (27.8-36.9)			33.4 (29.1-37.6)	
15 years old	307	20.0 (18.0-22.1)	19.4 (16.5-22.4)	20.8 (17.9-23.7)		31.9 (27.5-36.4)			34.6 (30.3-38.9)	
16 years old	191	16.7 (14.5-18.9)	15.3 (12.3-18.2)	17.9 (14.7-21.2)			74.0 (65.3-82.8)			81.6 (74.2-89.0)
17 years old	47	4.6 (3.3-6.0)	5.4 (3.3-7.4)	4.0 (2.3-5.8)			26.0 (17.2-34.7)			18.4 (11.0-25.8)
Missing	5									
<b>2. What is your sex?</b>										
Male	677	49.7 (47.0-52.4)								
Female	740	50.3 (47.6-53.0)								
Missing	15									
<b>4. How tall are you without your shoes on?</b>										
height [m] (mean (SD))	1024	1.61 (0.10)	1.63 (0.11)	1.59 (0.08)	1.52 (0.10)	1.64 (0.10)	1.71 (0.08)	1.55 (0.08)	1.60 (0.08)	1.60 (0.07)
Missing	408									
<b>5. How much do you weigh without your shoes on?</b>										
Weight [kg] (mean (SD))	1024	54.0 (14.6)	54.7 (15.3)	53.4 (14.0)	43.7 (10.9)	56.2 (16.0)	60.4 (10.6)	49.0 (15.7)	53.9 (13.6)	55.3 (13.4)
Missing	408									
<b>3. In what grade are you?</b>										
S1	292	21.0 (18.9-23.2)	21.8 (18.7-24.9)	20.4 (17.3-23.4)	89.6 (84.0-95.2)	8.6 (5.9-11.2)	1.0 (-0.9-2.9)	93.4 (89.5-97.3)	5.8 (3.5-8.1)	
S2	356	21.7 (19.6-23.8)	22.0 (18.9-25.1)	21.6 (18.8-24.5)	5.8 (1.7-9.9)	34.3 (29.8-38.9)		3.9 (1.0-6.9)	34.2 (30.1-38.4)	
S3	284	20.4 (18.3-22.5)	20.7 (17.5-23.9)	20.2 (17.3-23.1)	2.7 (-0.4-5.9)	32.5 (27.9-37.2)	1.6 (-0.6-3.8)	2.0 (-0.3-4.3)	32.5 (28.2-36.7)	0.7 (-0.7-2.1)
S4	314	20.2 (18.1-22.2)	20.1 (17.1-23.0)	20.3 (17.4-23.2)	1.9 (-0.8-4.5)	23.8 (19.8-27.7)	25.2 (17.7-32.7)	0.7 (-0.7-2.0)	26.6 (22.6-30.6)	19.2 (12.7-25.8)

S5	163	16.6 (14.3-18.9)	15.4 (12.2-18.6)	17.4 (14.1-20.8)	0.8 (-0.1-1.6)	72.3 (64.4-80.1)	0.9 (-0.1-1.9)	80.0 (73.4-86.7)
Missing	23							

## Overweight and Dietary Behaviours

### Body mass index (weight/height<sup>2</sup>)

BMI [kg/m <sup>2</sup> ] (mean (SD))	1024	20.7 (4.8)	20.3 (4.6)	21.0 (4.9)	18.7 (3.9)	20.7 (5.0)	20.7 (3.5)	20.2 (5.6)	21.1 (4.8)	21.4 (4.6)
Missing	408									

### Prevalence of overweight students (excluding obese), after Cole definition

Yes	151	14.2 (12.1-16.4)	12.7 (9.7-15.7)	15.6 (12.5-18.7)	81.3 (72.8-89.8)	87.1 (83.3-90.9)	93 (87.3-98.7)	83.9 (75.9-91.9)	83.9 (80.1-87.7)	86.0 (78.8-93.3)
No	873	85.8 (83.6-87.9)	87.3 (84.3-90.3)	84.4 (81.3-87.5)	18.7 (10.2-27.2)	12.9 (9.1-16.7)	7.0 (1.3-12.7)	16.1 (8.1-24.1)	16.1 (12.3-19.9)	14.0 (6.7-21.2)
Missing	408									

### Prevalence of obese students, after Cole definition

Yes	76	7.3 (5.6-8.9)	6.3 (4.1-8.6)	8.1 (5.8-10.5)	97.5 (94.0-101.0)	92.7 (89.7-95.6)	93.5 (87.8-99.3)	88.9 (82.0-95.9)	92.4 (89.7-95.0)	92.6 (87.0-98.2)
No	948	92.7 (91.1-94.4)	93.7 (91.4-95.9)	91.9 (89.5-94.2)	2.5 (-1.0-6.0)	7.3 (4.4-10.3)	6.5 (0.7-12.2)	11.1 (4.1-18.0)	7.6 (5.0-10.3)	7.4 (1.8-13)
Missing	408									

### 6. How do you describe your weight?

Very underweight	80	5.9 (4.6-7.2)	6.1 (4.2-7.9)	5.7 (3.9-7.6)	13.9 (7.5-20.4)	5.5 (3.3-7.7)	0.8 (-0.8-2.4)	10.7 (4.9-16.5)	4.5 (2.6-6.5)	5.1 (1.0-9.2)
Slightly underweight	184	13.2 (11.4-15.1)	14.1 (11.4-16.8)	12.0 (9.6-14.4)	12.6 (6.7-18.4)	15.7 (12.1-19.3)	11.0 (5.3-16.7)	7.2 (2.5-11.8)	14.0 (10.8-17.2)	10.7 (5.1-16.3)
About the right weight	830	60.4 (57.8-63.1)	65.0 (61.2-68.7)	56.0 (52.2-59.7)	59.7 (50.9-68.5)	60.9 (56.1-65.7)	81.1 (73.6-88.5)	57.5 (48.5-66.6)	56.6 (52.1-61.2)	53.0 (43.5-62.4)
Slightly overweight	212	15.4 (13.4-17.4)	11.7 (9.2-14.2)	19.4 (16.3-22.5)	11.8 (6.1-17.5)	14.0 (10.6-17.4)	5.1 (0.7-9.4)	13.8 (7.4-20.2)	18.4 (14.8-22.0)	26.1 (17.7-34.6)
Very overweight	71	5.0 (3.8-6.2)	3.2 (1.8-4.6)	6.8 (4.9-8.7)	2.0 (-0.3-4.3)	3.9 (1.9-5.9)	2.1 (-0.9-5)	10.8 (5.1-16.4)	6.4 (4.2-8.6)	5.1 (0.8-9.3)
Missing	55									

### 7. Which of the following are you trying to do about your weight?

I am not trying to do anything about my weight	219	16.2 (14.1-18.2)	17.4 (14.4-20.5)	14.8 (12.1-17.6)	16.2 (9.5-22.8)	14.5 (11.1-18.0)	27.1 (18.5-35.7)	16.2 (9.5-22.9)	14.7 (11.5-18.0)	13.6 (6.6-20.5)
Lose weight	448	31.2 (28.7-33.7)	27.3 (23.8-30.7)	35.6 (31.9-39.2)	31.0 (22.9-39.2)	30.6 (26.1-35.0)	14.3 (7.4-21.1)	34.9 (26.3-43.5)	35.1 (30.7-39.4)	37.2 (28.1-46.3)
Gain weight	280	20.3 (18.2-22.5)	21.1 (17.8-24.3)	19.7 (16.6-22.7)	17.3 (10.5-24.2)	23.4 (19.3-27.5)	17.6 (9.8-25.4)	17.6 (10.6-24.5)	19.1 (15.5-22.7)	23.0 (15.2-30.8)
Stay the same weight	446	32.3 (29.8-34.8)	34.2 (30.5-37.9)	29.9 (26.5-33.4)	35.5 (27.0-43.9)	31.5 (27.0-36.1)	41.0 (31.6-50.4)	31.3 (23.0-39.7)	31.1 (26.8-35.3)	26.2 (17.7-34.6)
Missing	39									



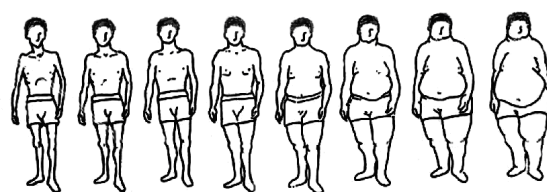
**8. During the past 30 days, how often did you go hungry because there was not enough food in your home?**

Never	612	44.7 (42.0-47.4)	47.2 (43.2-51.1)	42.7 (39.0-46.5)	37.1 (28.5-45.7)	43.7 (38.8-48.6)	65.9 (56.8-75.0)	35.2 (26.6-43.8)	43.2 (38.7-47.8)	47.5 (37.8-57.1)
Rarely	223	16.0 (14.0-18.0)	15.5 (12.6-18.3)	16.5 (13.7-19.3)	18.1 (11.3-25.0)	15.0 (11.5-18.5)	14.5 (7.9-21.2)	19.6 (12.4-26.8)	14.7 (11.5-17.8)	18.6 (11.3-25.9)
Sometimes	334	23.7 (21.4-26)	22.4 (19.1-25.6)	25.0 (21.8-28.3)	24.1 (16.5-31.7)	25.1 (20.9-29.4)	13.0 (6.6-19.5)	25.4 (17.4-33.3)	27.2 (23.2-31.3)	19.1 (11.5-26.7)
Most of the time	143	10.3 (8.6-11.9)	9.7 (7.4-12.0)	10.4 (8.1-12.8)	14.8 (8.4-21.2)	10.0 (7.1-13.0)	4.5 (0.3-8.7)	15.1 (8.7-21.5)	9.1 (6.5-11.7)	10.4 (4.5-16.3)
Always	72	5.3 (4.1-6.6)	5.2 (3.5-6.9)	5.3 (3.5-7)	5.9 (1.5-10.3)	6.1 (3.8-8.5)	2.0 (-0.3-4.4)	4.8 (1.0-8.6)	5.8 (3.5-8.1)	4.4 (0.4-8.5)
Missing	48									

**9. Where do you get your lunch most often?**

I generally do not take lunch	389	28.3 (25.9-30.7)	26.2 (22.7-29.6)	30.7 (27.2-34.2)	18.9 (12.0-25.9)	23.6 (19.5-27.7)	40.1 (30.6-49.6)	31.3 (22.9-39.8)	27.9 (23.9-32.0)	37.0 (27.9-46.2)
School meal	50	3.7 (2.7-4.7)	5.0 (3.3-6.7)	2.4 (1.3-3.6)	11.5 (5.7-17.3)	4.5 (2.4-6.6)	0.8 (-0.8-2.3)	8.3 (3.3-13.3)	1.3 (0.2-2.3)	0.9 (-0.9-2.6)
Take away bought inside school	199	13.3 (11.5-15.1)	13.7 (11.0-16.3)	13.1 (10.7-15.5)	22.7 (15.3-30.1)	13.3 (10.0-16.6)	6.8 (2.3-11.4)	16.0 (9.4-22.5)	14.6 (11.4-17.7)	6.9 (2.8-11.0)
Take away bought outside school	117	8.3 (6.8-9.9)	9.8 (7.5-12.1)	7.0 (5.0-9.0)	9.4 (4.2-14.6)	10.1 (7.2-13.1)	9.2 (3.8-14.5)	6.8 (2.6-11.0)	7.0 (4.7-9.2)	7.3 (1.8-12.8)
Home made food	157	10.9 (9.2-12.5)	10.4 (8.2-12.7)	11.4 (9.0-13.8)	10.9 (5.6-16.2)	12.1 (9.0-15.2)	5.1 (1.2-9.0)	17.4 (10.7-24.2)	9.9 (7.2-12.7)	10.7 (4.5-16.9)
Snacks from tuck shop such as samosa, kato piman, etc.....	444	31.9 (29.4-34.4)	31.5 (27.9-35.2)	31.7 (28.2-35.2)	21.5 (14.1-28.8)	33.2 (28.6-37.8)	35.5 (26.3-44.8)	18.7 (11.7-25.8)	35.0 (30.7-39.4)	33.7 (24.9-42.6)
Other manner	55	3.6 (2.6-4.6)	3.4 (2.1-4.7)	3.6 (2.2-5.0)	5.1 (1.4-8.9)	3.2 (1.6-4.8)	2.5 (0.0-5.0)	1.4 (-0.6-3.4)	4.3 (2.5-6.2)	3.5 (-0.2-7.1)
Missing	21									

**10. Choose the figure that best reflects how you think you look?**



A B C D E F G H



A B C D E F G H

A	16	1.2 (0.6-1.8)	1.3 (0.4-2.1)	1.1 (0.3-2.0)	4.8 (1.0-8.6)	0.4 (-0.2-1.0)	0.6 (-0.6-1.8)	0.9 (-0.9-2.7)	1.3 (0.2-2.5)	0.8 (-0.8-2.5)
B	61	4.4 (3.3-5.5)	2.5 (1.2-3.7)	6.3 (4.4-8.1)	3.4 (0.1-6.6)	2.0 (0.6-3.4)	3.2 (-0.4-6.7)	6.4 (2.0-10.8)	6.4 (4.1-8.7)	6.0 (1.5-10.5)

C	306	22.5 (20.2-24.8)	18.3 (15.3-21.2)	26.9 (23.4-30.4)	19.8 (12.9-26.8)	17.4 (13.8-21.1)	19.4 (11.9-26.8)	26.5 (18.5-34.6)	26.3 (22.1-30.5)	29.3 (20.1-38.5)
D	556	42.2 (39.5-44.9)	51.5 (47.7-55.4)	31.9 (28.3-35.6)	48.6 (39.8-57.4)	51.1 (46.3-55.9)	55.4 (45.8-65.0)	35.1 (26.3-43.9)	33.1 (28.6-37.6)	26.6 (17.8-35.4)
E	288	21.3 (19.0-23.5)	19.7 (16.6-22.8)	23.3 (19.9-26.6)	18.3 (11.5-25.0)	20.8 (16.9-24.8)	17.5 (10.1-25.0)	25.0 (17.1-33.0)	21.8 (17.8-25.7)	24.7 (16.3-33.1)
F	95	6.9 (5.5-8.2)	6.0 (4.2-7.7)	7.9 (5.7-10.0)	4.5 (0.9-8.0)	7.1 (4.6-9.5)	4.0 (0.4-7.5)	4.3 (0.5-8.1)	7.8 (5.3-10.4)	11.0 (4.6-17.3)
G	21	1.4 (0.8-2.0)	0.6 (0.0-1.1)	2.3 (1.2-3.4)		0.9 (0.0-1.9)		1.0 (-1.0-2.9)	3.0 (1.5-4.6)	1.6 (-0.7-3.9)
H	4	0.3 (0-0.5)	0.3 (-0.1-0.6)	0.3 (-0.1-0.7)	0.7 (-0.7-2.1)	0.2 (-0.2-0.6)		0.8 (-0.8-2.3)	0.2 (-0.2-0.7)	
Missing	85									

#### 11. Choose your ideal figure ?

A	11	0.8 (0.3-1.4)	1.1 (0.2-1.9)	0.7 (0.1-1.3)	2.0 (-0.8-4.8)	0.9 (-0.2-2.0)	0.6 (-0.6-1.9)	0.8 (-0.7-2.3)	0.9 (0.0-1.8)	
B	41	3.1 (2.1-4.0)	1.3 (0.4-2.3)	4.2 (2.7-5.7)	3.5 (0.1-7.0)	1.1 (0.0-2.3)		5.3 (1.4-9.3)	4.4 (2.5-6.2)	2.8 (-0.6-6.2)
C	343	25.9 (23.4-28.3)	17.6 (14.4-20.7)	33.2 (29.7-36.8)	25.6 (17.2-33.9)	15.3 (11.5-19.1)	16.9 (9.7-24.2)	40.3 (31.5-49.1)	30.7 (26.5-34.9)	34.8 (25.5-44.0)
D	654	50.3 (47.5-53.1)	59.3 (55.2-63.5)	42.4 (38.7-46.2)	52.4 (42.9-61.9)	61.0 (55.9-66.2)	60.6 (50.8-70.4)	41.0 (32.1-49.8)	39.6 (35.2-44.1)	51.1 (41.5-60.6)
E	222	16.8 (14.7-18.9)	16.9 (13.7-20.1)	17.0 (14.2-19.8)	11.7 (5.6-17.8)	17.6 (13.6-21.7)	19.2 (10.9-27.4)	11.8 (5.9-17.7)	20.8 (17.1-24.5)	10.4 (5.0-15.8)
F	24	1.8 (1.1-2.5)	1.8 (0.7-2.9)	1.8 (0.8-2.8)	1.8 (-0.7-4.4)	2.2 (0.7-3.7)	0.9 (-0.9-2.7)	0.9 (-0.9-2.6)	2.4 (1-3.8)	1.0 (-0.9-2.9)
G	8	0.6 (0.2-1.1)	0.9 (0.1-1.7)	0.4 (-0.1-0.8)	2.0 (-0.8-4.7)	0.6 (-0.2-1.5)	0.8 (-0.8-2.5)		0.7 (-0.1-1.4)	
H	9	0.7 (0.2-1.2)	1.1 (0.2-1.9)	0.3 (-0.1-0.7)	1.0 (-0.9-2.8)	1.1 (0-2.3)	0.9 (-0.9-2.7)		0.5 (-0.2-1.2)	
Missing	120									

#### 12. During the past 30 days, how many times per day did you usually eat fruit, such as apple, orange, banana, papay, avocado, mango, "zanmalak", "fisiter", "karambol", or any other local or imported fruits?

I did not eat fruit during the past 30 days	87	6.2 (4.9-7.5)	7.5 (5.4-9.5)	4.8 (3.3-6.4)	14.6 (8.2-20.9)	6.1 (3.8-8.3)	5.3 (0.6-10.0)	3.5 (0.1-6.9)	4.8 (2.9-6.8)	6.0 (1.9-10.2)
Less than one time per day	206	14.3 (12.4-16.2)	13.3 (10.8-15.9)	15.2 (12.5-17.9)	10.1 (5.0-15.3)	13.4 (10.2-16.6)	16.1 (9.2-23.0)	10.8 (5.3-16.4)	13.6 (10.6-16.6)	23.0 (15.1-31.0)
1 time per day	287	20.4 (18.3-22.6)	19.7 (16.6-22.9)	21.2 (18.1-24.3)	16.0 (9.5-22.5)	17.3 (13.6-20.9)	30.4 (21.4-39.3)	17.4 (10.5-24.3)	20.8 (17.2-24.5)	25.6 (17.3-33.8)
2 times per day	313	21.8 (19.6-24.0)	19.3 (16.2-22.3)	24.0 (20.8-27.2)	20.4 (13.4-27.5)	20.1 (16.3-24.0)	15.6 (8.7-22.5)	23.9 (16.3-31.6)	22.6 (18.9-26.3)	28.2 (19.6-36.7)
3 times per day	198	13.9 (12.0-15.7)	15.5 (12.7-18.3)	12.4 (10.0-14.9)	12.2 (6.5-18.0)	16.7 (13.1-20.3)	14.9 (8.0-21.8)	15.7 (9.3-22.2)	12.0 (9.0-14.9)	10.7 (4.6-16.7)
4 times per day	98	6.9 (5.6-8.2)	6.9 (4.9-8.9)	7.0 (5.2-8.9)	9.8 (4.6-14.9)	7.0 (4.4-9.5)	4.1 (0.5-7.7)	14.1 (7.7-20.4)	6.3 (4.1-8.5)	2.9 (0-5.9)
5 or more times per day	238	16.5 (14.5-18.4)	17.8 (14.8-20.7)	15.3 (12.6-17.9)	16.8 (10.4-23.3)	19.4 (15.6-23.3)	13.6 (7.3-20.0)	14.5 (8.0-20.9)	19.9 (16.2-23.5)	3.6 (0.1-7.1)
Missing	5									

**13. During the past 30 days, how many times per day did you usually eat vegetables, such as carrots, lettuce, cresson, bred, tomato, zariko, cabbage, cucumber or anyother local or imported vegetables?**

I did not eat vegetables during the past 30 days	106	7.1 (5.8-8.5)	6.7 (4.8-8.7)	7.6 (5.7-9.5)	9.3 (4.2-14.5)	7.2 (4.6-9.7)	3.2 (0.0-6.5)	9.0 (3.9-14.2)	8.2 (5.7-10.6)	4.9 (1.3-8.6)
Less than one time per day	176	12.7 (10.9-14.5)	13.9 (11.2-16.6)	11.5 (9.1-13.9)	18.8 (11.7-25.8)	12.5 (9.2-15.7)	13.9 (7.3-20.6)	9.7 (4.4-15.1)	12.1 (9.1-15.1)	11.7 (5.8-17.6)
1 time per day	322	22.9 (20.7-25.2)	22.5 (19.2-25.7)	23.5 (20.3-26.8)	16.4 (10.0-22.8)	23.3 (19.3-27.4)	25.3 (16.7-33.8)	24.1 (16.5-31.7)	20.4 (16.7-24.0)	32.0 (23.0-41.0)
2 times per day	325	22.7 (20.5-24.9)	23.1 (19.9-26.3)	22.1 (19.0-25.2)	23.8 (16.4-31.2)	23.7 (19.6-27.8)	20.8 (13.0-28.6)	19.9 (12.8-27.0)	20.8 (17.2-24.4)	26.9 (18.6-35.2)
3 times per day	130	9.1 (7.6-10.7)	9.7 (7.4-12.0)	8.5 (6.5-10.5)	9.2 (4.1-14.2)	9.0 (6.3-11.7)	12.3 (5.8-18.7)	6.3 (2.0-10.7)	10.3 (7.6-13.1)	5.3 (1.3-9.3)
4 times per day	97	6.9 (5.5-8.2)	7.0 (5.1-8.9)	6.8 (4.8-8.7)	10.1 (4.8-15.3)	6.5 (4.2-8.9)	5.6 (1.4-9.8)	9.5 (4.3-14.7)	5.7 (3.6-7.8)	7.4 (2.3-12.6)
5 or more times per day	268	18.6 (16.5-20.6)	17.0 (14.2-19.9)	20.1 (17.1-23.0)	12.5 (6.8-18.1)	17.8 (14.1-21.5)	18.9 (11.7-26.1)	21.4 (14.0-28.7)	22.6 (18.8-26.4)	11.7 (5.7-17.7)
Missing	8									

**Prevalence of students who ate fruits and vegetables five or more times per day during the past 30 days (combination of questions 12 and 13)**

Yes	636	44.5 (41.8-47.2)	44.9 (41.1-48.7)	44.1 (40.4-47.8)	55.1 (46.4-63.8)	53.0 (48.2-57.8)	61.3 (52.0-70.6)	53.3 (44.3-62.3)	52.4 (47.9-56.9)	68.1 (59.3-76.9)
No	785	55.5 (52.8-58.2)	55.1 (51.3-58.9)	55.9 (52.2-59.6)	44.9 (36.2-53.6)	47.0 (42.2-51.8)	38.7 (29.4-48.0)	46.7 (37.7-55.7)	47.6 (43.1-52.1)	31.9 (23.1-40.7)
Missing	11									

**14. On average, how many glasses or small bottles (3dl) of carbonated soft drinks do you drink, such as Coke, Fanta, Sprite, Bitter Lemon, Cocktail, Yacenthe lemonade, or any similar sweetened drink? (do not include water, fruit juice, or milk)**

I do not drink carbonatedsoft drinks	55	3.8 (2.8-4.7)	4.5 (3.0-6.1)	2.9 (1.7-4.1)	6.6 (2.4-10.8)	5.0 (2.8-7.2)	1.4 (-0.6-3.5)	6.5 (2.3-10.7)	2.1 (0.8-3.4)	2.3 (0-4.5)
1-2 small bottles or glasses per week but not every day	335	23.6 (21.3-25.9)	21.1 (17.9-24.2)	26.2 (22.8-29.5)	21.0 (13.8-28.3)	21.4 (17.5-25.4)	20.1 (12.6-27.7)	32.7 (24.3-41.1)	24.4 (20.6-28.3)	25.9 (17.5-34.2)
Several bottles or glasses per week but not every day	248	17.2 (15.2-19.2)	17.5 (14.6-20.5)	17.1 (14.3-19.9)	13.8 (7.6-20.0)	17.1 (13.5-20.6)	22.1 (14.1-30.1)	14.7 (8.3-21.0)	18.6 (15.1-22.1)	15.1 (8.3-21.9)
1 small bottle or glass per day	293	20.7 (18.5-22.8)	18.8 (15.7-21.8)	22.7 (19.6-25.9)	18.2 (11.3-25.0)	19.3 (15.4-23.1)	18.0 (10.6-25.3)	22.7 (15.2-30.1)	24.0 (20.1-27.9)	19.5 (11.9-27.1)
2 small bottles or glasses per day	221	16.2 (14.2-18.3)	16.5 (13.6-19.4)	15.2 (12.5-17.9)	14.2 (7.8-20.7)	16.3 (12.7-19.9)	19.1 (11.5-26.8)	11.8 (6.1-17.5)	13.3 (10.2-16.3)	22.8 (14.9-30.7)
3 small bottles or glasses per day	118	8.1 (6.7-9.5)	8.9 (6.7-11.1)	7.4 (5.5-9.3)	7.5 (2.9-12.1)	9.2 (6.5-12.0)	9.2 (3.5-15.0)	6.5 (2.1-11.0)	7.4 (5.1-9.7)	7.6 (2.8-12.3)
4 small bottles or glasses per day	47	3.3 (2.3-4.2)	3.9 (2.4-5.4)	2.7 (1.5-3.9)	8.6 (3.6-13.5)	3.2 (1.6-4.9)	1.8 (-0.7-4.3)	2.4 (-0.3-5.2)	3.0 (1.4-4.5)	2.3 (-0.3-5)
5 small bottles or glasses per day or more	102	7.2 (5.8-8.6)	8.7 (6.5-10.9)	5.9 (4.1-7.6)	10.0 (4.8-15.3)	8.5 (5.8-11.2)	8.2 (2.8-13.7)	2.8 (-0.4-5.9)	7.3 (4.9-9.6)	4.6 (0.6-8.7)
Missing	13									

**15. When Diet Coke is available, and if you wish to drink a soft drink, what would you rather chose usually?**

Diet Coke	119	8.7 (7.1-10.2)	9.5 (7.1-11.8)	7.9 (5.9-10.0)	12.0 (6.2-17.8)	10.3 (7.2-13.4)	4.6 (0.5-8.7)	10.4 (4.9-15.9)	8.7 (6.1-11.3)	4.0 (0.1-7.8)
Regular Coke	282	19.5 (17.4-21.7)	21.0 (17.8-24.2)	18.4 (15.5-21.2)	19.5 (12.7-26.4)	20.8 (16.9-24.7)	22.8 (14.7-31.0)	10.4 (5.0-15.9)	19.4 (15.9-22.9)	21.5 (13.9-29.1)
I prefer other types of soft drinks (Sprite, Bitter Lemon, ec)	809	56.6 (53.9-59.3)	55.1 (51.3-59.0)	57.9 (54.2-61.6)	49.9 (41.1-58.6)	54.8 (50.0-59.6)	60.8 (51.3-70.2)	57.9 (49.0-66.7)	57.9 (53.4-62.3)	58.9 (49.6-68.1)
I rarely drink any soft drink	211	15.2 (13.3-17.1)	14.4 (11.7-17.1)	15.8 (13.0-18.5)	18.6 (11.6-25.5)	14.0 (10.7-17.4)	11.8 (5.6-17.9)	21.3 (14.0-28.6)	14.0 (10.8-17.3)	15.7 (8.9-22.5)
Missing	11									

**16. On average, how many glasses or small packets of fruit juice? (do not include water, soft drinks, or milk)**

I do not drink carbonated soft drinks	102	7.1 (5.7-8.4)	7.7 (5.7-9.8)	6.3 (4.5-8.1)	4.7 (1-8.5)	9.8 (6.9-12.7)	4.2 (0.8-7.6)	7.9 (2.9-13)	6.9 (4.6-9.2)	3.4 (0.1-6.8)
1-2 glasses or small packets of fruit juice per week but not every day	479	33.6 (31.1-36.1)	32 (28.3-35.6)	35.6 (32.0-39.1)	34.4 (26.0-42.7)	31.6 (27.1-36.1)	31.0 (22.1-39.9)	37.1 (28.5-45.8)	36.0 (31.6-40.3)	33.0 (24.2-41.8)
Several glasses or small packets of fruit juice per week but not every day	225	16.1 (14.1-18.1)	16.9 (14.0-19.8)	15.0 (12.3-17.7)	16.9 (10.2-23.7)	16.1 (12.6-19.6)	19.2 (11.5-27.0)	13.2 (7.2-19.2)	15.0 (11.8-18.2)	16.7 (9.5-24.0)
1 glass or small packet of fruit juice per day	284	20.0 (17.8-22.1)	20.2 (17.1-23.3)	19.7 (16.7-22.7)	20.0 (12.9-27.1)	19.4 (15.6-23.2)	22.7 (14.6-30.9)	20.9 (13.7-28.1)	17.4 (14.1-20.8)	24.5 (16.3-32.7)
2 glasses or small packest of fruit juice per day	172	12.4 (10.6-14.2)	12.5 (9.9-15.0)	12.3 (9.7-14.8)	13.8 (7.7-19.8)	11.4 (8.4-14.5)	14.6 (7.9-21.3)	11.6 (5.8-17.3)	11.8 (8.8-14.7)	14.3 (7.6-21.0)
3 glasses or small packest of fruit juice per day	76	5.1 (4-6.2.0)	4.9 (3.2-6.5)	5.2 (3.6-6.8)	4.5 (0.9-8.1)	5.0 (2.9-7.0)	4.9 (0.6-9.2)	3.5 (0.4-6.7)	6.3 (4.1-8.5)	3.4 (0.4-6.4)
4 glasses or small packest of fruit juice per day	24	1.7 (1.0-2.4)	1.7 (0.7-2.7)	1.7 (0.7-2.6)	1.7 (-0.7-4.2)	2.3 (0.9-3.7)	3.3 (0.0-6.6)	5.7 (1.5-9.9)	2.3 (0.9-3.7)	1.5 (-0.6-3.6)
5 glasses or small packest of fruit juice per day,or more	58	4.2 (3.1-5.2)	4.1 (2.6-5.6)	4.3 (2.7-5.8)	4.0 (0.5-7.4)	4.5 (2.5-6.4)			4.3 (2.4-6.2)	3.2 (-0.4-6.7)
Missing	12									

**17. On average, how many glasses or small of water? (do not include water, soft drinks, or milk)**

I do not drink carbonated soft drinks	29	2.0 (1.3-2.8)	2.2 (1.1-3.4)	1.5 (0.6-2.4)	3.1 (0.1-6.2)	2.7 (1.0-4.4)	3.8 (0.5-7.2)	2.3 (-0.3-4.9)	1.4 (0.4-2.5)	1.1 (-0.4-2.6)
1-2 glasses of water per week but not every day	158	11.1 (9.4-12.8)	10.6 (8.2-12.9)	11.8 (9.4-14.2)	15.9 (9.2-22.5)	11.3 (8.2-14.4)	6.3 (1.5-11.2)	13.2 (7.1-19.4)	10.9 (8.0-13.7)	13.2 (7.2-19.2)

Several glasses of water per week but not every day	131	9.2 (7.7-10.7)	8.6 (6.5-10.8)	9.7 (7.5-11.9)	12.0 (6.4-17.7)	8.4 (5.7-11.1)	6.8 (2.1-11.5)	9.4 (4.2-14.6)	10.5 (7.6-13.4)	7.8 (3.0-12.6)
1 glass or water per day	97	7.1 (5.7-8.5)	8.1 (6.0-10.3)	5.8 (4.0-7.7)	13.2 (7.3-19.1)	7.1 (4.5-9.6)	8.6 (3.5-13.7)	5.8 (1.6-10.1)	5.0 (3.0-6.9)	8.3 (2.9-13.7)
2 glasses or water per day	138	9.7 (8.1-11.2)	8.9 (6.7-11.1)	10.6 (8.3-12.9)	6.9 (2.5-11.4)	9.6 (6.7-12.6)	16.4 (9.4-23.4)	11.2 (5.6-16.8)	10.6 (7.8-13.3)	10.3 (4.5-16.2)
3 glasses of water per day	212	15.0 (13.1-17.0)	13.8 (11.1-16.4)	16.4 (13.6-19.3)	11.1 (5.7-16.5)	13.7 (10.4-16.9)	12.7 (6.1-19.3)	7.7 (3.0-12.4)	16.2 (12.9-19.5)	24.4 (16.1-32.7)
4 glasses of water per day	182	12.7 (10.9-14.5)	12.2 (9.7-14.8)	13.2 (10.7-15.8)	16.3 (9.8-22.9)	10.8 (7.9-13.7)	45.3 (35.7-54.9)	10.9 (5.4-16.5)	14.1 (11.0-17.3)	12.8 (6.5-19.2)
5 glasses of water per day, or more	469	33.2 (30.6-35.7)	35.5 (31.8-39.3)	30.9 (27.5-34.4)	21.4 (14.4-28.5)	36.5 (31.8-41.1)		39.4 (30.6-48.1)	31.4 (27.2-35.6)	22.1 (14.2-30.0)
Missing	16									

**18. On average, how many cups ("tas") of tea? (do not include water, soft drinks, or milk)**

I do not drink tea	454	31.4 (29.0-33.9)	21.6 (18.4-24.8)	41.0 (37.3-44.7)	22.2 (14.9-29.5)	20.7 (16.8-24.6)	23.6 (15.3-31.9)	33.9 (25.5-42.2)	41.6 (37.2-46.1)	45.0 (35.6-54.4)
1-2 cups of tea per week but not every day	321	22.5 (20.2-24.7)	24.0 (20.7-27.3)	21.1 (18.1-24.2)	28.4 (20.6-36.3)	24.2 (20.1-28.4)	19.3 (11.9-26.7)	26.6 (18.7-34.5)	19.1 (15.5-22.6)	22.5 (14.6-30.4)
Several cups of tea per week but not every day	85	6.1 (4.8-7.4)	7.4 (5.3-9.5)	4.6 (3.1-6.2)	9.2 (4.2-14.3)	7.3 (4.8-9.9)	5.9 (1.1-10.8)	7.5 (2.7-12.3)	5.5 (3.5-7.6)	19.4 (11.9-26.9)
1 cup of tea per day	287	19.7 (17.6-21.8)	20.8 (17.7-23.9)	18.5 (15.6-21.5)	22.4 (15.1-29.8)	21.4 (17.5-25.3)	17.6 (10.5-24.6)	19.4 (12.4-26.4)	18.1 (14.6-21.5)	10.1 (4.6-15.5)
2 cups of tea per day	191	13.9 (12.0-15.7)	17.1 (14.1-20.1)	10.9 (8.6-13.2)	10.7 (5.3-16.1)	15.4 (11.9-18.9)	27.8 (19.0-36.6)	7.5 (2.7-12.3)	12.2 (9.3-15.2)	1.2 (-0.5-3.0)
3 gcups of tea per day	26	1.8 (1.1-2.5)	2.7 (1.4-3.9)	1.1 (0.3-1.8)	1.5 (-0.6-3.6)	3.7 (1.8-5.6)	0.7 (-0.7-2.1)	0.9 (-0.8-2.6)	1.1 (0.1-2.0)	1.8 (-0.7-4.2)
4 cups of tea per day	14	1.0 (0.5-1.6)	1.6 (0.6-2.6)	0.5 (0.0-0.9)	1.7 (-0.7-4.1)	1.6 (0.3-2.9)	1.6 (-0.7-3.9)	0.8 (-0.8-2.4)	0.5 (-0.1-1.1)	
5 cups of tea per day, or more	50	3.6 (2.6-4.6)	4.8 (3.2-6.5)	2.3 (1.2-3.4)	3.8 (0.5-7.2)	5.6 (3.4-7.9)	3.5 (0.4-6.6)	3.4 (0.1-6.7)	1.9 (0.7-3.2)	
Missing	4									

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

Yes	733	52.5 (49.8-55.2)	52.1 (48.2-56.0)	52.8 (49.0-56.5)	55.7 (46.7-64.6)	49.7 (44.8-54.6)	56.0 (46.4-65.6)	59.1 (50.3-67.9)	50.4 (45.9-54.9)	54.3 (44.8-63.7)
No	276	20.0 (17.8-22.2)	20.4 (17.2-23.6)	20.0 (16.9-23.0)	13.0 (6.9-19.0)	22.5 (18.4-26.6)	20.8 (13.2-28.4)	19.5 (12.4-26.7)	19.5 (15.9-23.1)	21.7 (13.6-29.9)
I do not know	393	27.5 (25.1-29.9)	27.5 (24.0-31.0)	27.2 (24.0-30.5)	31.4 (23.0-39.7)	27.8 (23.5-32.2)	23.2 (15.0-31.5)	21.4 (14.2-28.7)	30.1 (25.9-34.2)	24.0 (16.2-31.8)
Missing	30									

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

Yes	749	53.5 (50.8-56.2)	51.5 (47.6-55.4)	55.2 (51.4-58.9)	54.8 (45.8-63.8)	51.1 (46.2-56.0)	49.8 (40.1-59.6)	62.8 (54.2-71.5)	54.1 (49.6-58.6)	51.9 (42.3-61.4)
No	336	24.6 (22.2-26.9)	24.8 (21.4-28.2)	24.5 (21.2-27.8)	16.0 (9.5-22.6)	26.3 (22.0-30.6)	28.0 (19.4-36.6)	20.6 (13.3-27.9)	24.6 (20.7-28.6)	27.2 (18.4-36.0)

I do not know	310	21.9 (19.7-24.1)	23.7 (20.4-27.0)	20.3 (17.3-23.3)	29.2 (20.9-37.5)	22.6 (18.5-26.6)	22.2 (14.1-30.2)	16.6 (10.0-23.1)	21.3 (17.6-25.0)	20.9 (13.5-28.4)
Missing	37									

## Bullying

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

0 days	612	53.2 (50.2-56.2)	52.3 (48.0-56.7)	54.3 (50.2-58.3)	36.4 (26.5-46.4)	47.4 (41.9-52.8)	77.3 (68.9-85.7)	45.4 (35.6-55.3)	51.4 (46.5-56.3)	67.9 (58.8-77.1)
1 or 2 days	285	23.8 (21.3-26.3)	21.2 (17.7-24.7)	25.9 (22.4-29.5)	36.1 (26.1-46.0)	21.2 (16.7-25.7)	10.3 (4.3-16.2)	24.4 (15.9-33.0)	27.3 (23.0-31.7)	23.8 (15.5-32.2)
3 to 5 days	89	7.4 (5.9-8.9)	7.7 (5.3-10.0)	7.1 (5.1-9.1)	8.7 (2.8-14.6)	8.7 (5.6-11.9)	4.1 (0.0-8.2)	11.3 (4.9-17.7)	7.7 (5.1-10.2)	2.8 (0.0-5.6)
6 to 9 days	45	3.8 (2.7-5.0)	3.7 (2.0-5.3)	3.8 (2.2-5.3)	7.2 (1.6-12.7)	3.8 (1.7-6.0)	0.7 (-0.7-2.2)	6.4 (1.4-11.4)	3.6 (1.9-5.4)	2.3 (-1.1-5.6)
10 to 19 days	30	2.6 (1.7-3.5)	3.5 (1.9-5.1)	1.8 (0.7-2.8)	3.6 (-0.5-7.7)	3.6 (1.6-5.7)	3.0 (-0.4-6.4)	4.4 (0.1-8.6)	1.7 (0.4-3.0)	3.2 (0.0-6.3)
20 to 29 days	18	1.6 (0.8-2.3)	1.9 (0.6-3.1)	1.4 (0.5-2.2)	2.4 (-1.0-5.8)	2.0 (0.4-3.7)	1.0 (-1.0-2.9)	3.1 (-0.4-6.5)	1.4 (0.3-2.5)	
All 30 days	88	7.6 (6.0-9.1)	9.8 (7.1-12.4)	5.8 (4.0-7.6)	5.6 (0.6-10.6)	13.3 (9.4-17.1)	3.6 (-0.1-7.3)	5.0 (0.6-9.4)	6.8 (4.4-9.3)	
Missing	265									

### 22. During the past 30 days, how often were you bullied?

I was never bullied	681	49.2 (46.5-51.9)	47.9 (44.0-51.8)	50.7 (46.9-54.4)	40.5 (31.6-49.3)	41.7 (37.0-46.5)	72.2 (63.6-80.7)	42.2 (33.4-51.0)	48.5 (43.9-53.0)	63.5 (54.6-72.5)
I was bullied a few times	504	34.9 (32.4-37.5)	33.3 (29.7-37.0)	36.6 (33.0-40.1)	38.7 (29.9-47.5)	35.8 (31.1-40.4)	21.8 (13.8-29.7)	41.0 (32.2-49.8)	38.7 (34.3-43.1)	27.5 (19.2-35.9)
I was bullied several times	96	6.9 (5.6-8.3)	8.8 (6.6-11.1)	5.0 (3.4-6.7)	9.3 (3.7-15.0)	10.7 (7.6-13.8)	2.8 (0.0-5.6)	8.6 (3.4-13.8)	4.2 (2.5-6.0)	4.2 (0.3-8.2)
I was bullied very often	126	8.9 (7.4-10.4)	10.0 (7.6-12.3)	7.7 (5.8-9.7)	11.5 (5.5-17.5)	11.8 (8.6-15.0)	3.3 (0.0-6.6)	8.2 (3.3-13.2)	8.6 (6.0-11.1)	4.7 (1.2-8.2)
Missing	25									

### 23. During the past 30 days, how were you bullied most often?

I was not bullied during the past 30 days	608	53.4 (50.5-56.4)	52.4 (48.0-56.8)	54.7 (50.7-58.8)	36.3 (26.4-46.2)	47.7 (42.2-53.1)	77.2 (68.7-85.6)	46.8 (36.7-56.8)	51.5 (46.6-56.4)	68.1 (59.0-77.2)
I was hit, kicked, pushed, shoved around, or locked indoors	42	3.8 (2.6-4.9)	6.0 (3.9-8.1)	1.8 (0.8-2.9)	10.9 (4.4-17.4)	5.8 (3.1-8.6)	2.8 (-0.4-6.0)	4.0 (0.1-7.9)	1.7 (0.4-3.0)	0.6 (-0.6-1.8)
I was made fun of because of my race or color	54	4.6 (3.4-5.8)	6.7 (4.5-8.8)	2.9 (1.5-4.2)	11.3 (4.8-17.7)	6.6 (3.8-9.4)	3.4 (0.0-6.7)	4 (0.1-8.0)	3.0 (1.3-4.7)	1.7 (-0.7-4.2)
I was made fun of because of my religion	20	1.7 (1-2.4)	2.3 (1.0-3.6)	1.1 (0.3-1.9)	5.5 (0.7-10.3)	2.0 (0.4-3.5)	0.8 (-0.8-2.4)	2.1 (-0.8-4.9)	1.2 (0.1-2.3)	0.7 (-0.7-2.1)

I was made fun of with sexual jokes, comments, or gestures	44	3.8 (2.6-4.9)	5.2 (3.3-7.1)	2.4 (1.2-3.6)	8.0 (2.1-13.8)	5.5 (3-8)	2.5 (-0.4-5.3)	3.4 (-0.4-7.3)	2.8 (1.1-4.4)	1 (-0.9-2.9)
I was left out of activities on purpose or completely ignored	16	1.5 (0.8-2.3)	2.0 (0.7-3.3)	1.1 (0.3-2.0)	3.4 (-0.4-7.2)	1.8 (0.2-3.5)	1.4 (-1.3-4.0)	2.2 (-0.9-5.3)	0.9 (0.0-1.8)	7.4 (2.2-12.6)
I was made fun of because of how my body or face looks	87	7.4 (5.8-8.9)	7 (4.8-9.2)	7.7 (5.6-9.9)	12.2 (5.3-19.0)	7.4 (4.5-10.3)	2.0 (-0.8-4.9)	8.7 (2.8-14.5)	7.6 (5.1-10.1)	20.4 (12.6-28.2)
I was bullied in some other way	284	23.8 (21.3-26.3)	18.4 (15.0-21.8)	28.3 (24.7-31.9)	12.6 (5.8-19.4)	23.2 (18.6-27.9)	10.0 (3.9-16.1)	28.8 (19.6-38.0)	31.2 (26.7-35.7)	
Missing	277									

## Mental Health

### 24. During the past 12 months, how often have you felt lonely?

Never	455	31.5 (29.0-33.9)	39.7 (35.9-43.5)	23.9 (20.8-27.0)	41.4 (32.7-50.1)	40.9 (36.2-45.6)	34.6 (25.4-43.7)	29.6 (21.5-37.8)	26.2 (22.3-30.2)	12.6 (6.6-18.7)
Rarely	326	23.1 (20.8-25.4)	25.4 (21.9-28.8)	20.7 (17.7-23.7)	20.3 (13.2-27.4)	21.9 (18.0-25.9)	39.8 (30.3-49.2)	24.5 (16.8-32.1)	19.6 (16.1-23.2)	20.7 (13.0-28.3)
Sometimes	456	31.8 (29.4-34.3)	24.0 (20.7-27.2)	39.8 (36.1-43.4)	25.0 (17.3-32.6)	24.8 (20.7-29.0)	20.6 (13.1-28.1)	34.8 (26.3-43.2)	37.4 (33.0-41.7)	50.2 (40.8-59.7)
Most of the time	132	9.5 (7.9-11.1)	6.6 (4.6-8.6)	12.1 (9.6-14.6)	10.1 (4.6-15.6)	6.7 (4.2-9.2)	3.2 (0.0-6.5)	5.1 (1.1-9.2)	13.2 (10.1-16.3)	14.9 (8.0-21.9)
Always	55	4.0 (2.9-5.1)	4.4 (2.8-6.1)	3.5 (2.2-4.9)	3.3 (0.0-6.6)	5.6 (3.3-8.0)	1.8 (-0.8-4.5)	6.0 (1.6-10.3)	3.6 (1.9-5.3)	1.5 (-0.6-3.6)
Missing	8									

### 25. During the past 12 months, how often have you been so worried about something that you could not sleep at night?

Never	526	37.3 (34.7-39.9)	42.0 (38.1-45.8)	33.2 (29.6-36.7)	38.9 (30.3-47.6)	43.0 (38.2-47.8)	41.5 (31.9-51.1)	43.9 (35.0-52.7)	31.8 (27.6-36.1)	28.4 (19.8-37)
Rarely	348	24.4 (22.1-26.7)	23.8 (20.5-27.1)	25.1 (21.8-28.4)	17.0 (10.2-23.8)	25.3 (21.1-29.5)	25.4 (17.2-33.6)	19.1 (12.2-26.0)	23.8 (20.0-27.6)	33.3 (24.2-42.3)
Sometimes	381	27.0 (24.6-29.3)	24.2 (20.8-27.5)	29.5 (26.1-32.9)	26.2 (18.4-34.1)	22.1 (18.1-26.2)	28.4 (19.5-37.2)	23.7 (16.1-31.4)	31.6 (27.4-35.8)	28.0 (19.6-36.5)
Most of the time	102	7.3 (5.9-8.7)	4.8 (3.2-6.5)	9.5 (7.3-11.7)	7.0 (2.5-11.5)	4.7 (2.6-6.8)	3.4 (0.1-6.8)	7.6 (2.7-12.4)	10.3 (7.5-13.1)	9.1 (3.7-14.4)
Always	56	4.0 (3.0-5.1)	5.2 (3.5-7.0)	2.8 (1.6-4.0)	10.8 (4.9-16.7)	4.9 (2.8-7.0)	1.3 (-0.5-3.1)	5.8 (1.5-10.0)	2.5 (1.1-3.9)	1.2 (-0.5-2.9)
Missing	19									

### 26. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing your usual activities?

Yes	434	31.8 (29.2-34.3)	27.9 (24.3-31.4)	35.4 (31.7-39)	36.0 (27.3-44.7)	27.4 (22.9-31.8)	22.3 (14.4-30.3)	28.1 (20.0-36.3)	36.5 (32.0-40.9)	38.1 (28.7-47.4)
No	936	68.2 (65.7-70.8)	72.1 (68.6-75.7)	64.6 (61-68.3)	64.0 (55.3-72.7)	72.6 (68.2-77.1)	77.7 (69.7-85.6)	71.9 (63.7-80.0)	63.5 (59.1-68.0)	61.9 (52.6-71.3)
Missing	62									

**27. During the past 12 months, did you ever seriously consider attempting suicide?**

Yes	242	17.5 (15.4-19.5)	16.0 (13.1-18.8)	18.6 (15.7-21.5)	25.0 (17.2-32.9)	15.6 (12.0-19.2)	9.2 (3.8-14.6)	15.2 (8.5-21.9)	19.4 (15.8-23.0)	19.3 (11.9-26.7)
No	1146	82.5 (80.5-84.6)	84.0 (81.2-86.9)	81.4 (78.5-84.3)	75.0 (67.1-82.8)	84.4 (80.8-88.0)	90.8 (85.4-96.2)	84.8 (78.1-91.5)	80.6 (77.0-84.2)	80.7 (73.3-88.1)
Missing	44									

**28. During the past 12 months, did you make a plan about how you would attempt suicide?**

Yes	239	17.6 (15.5-19.7)	15.2 (12.3-18.1)	19.9 (16.9-23.0)	20.5 (12.7-28.2)	15.9 (12.3-19.6)	8.9 (3.6-14.1)	9.1 (3.6-14.5)	21.9 (18.1-25.8)	23.2 (15.4-31.1)
No	1114	82.4 (80.3-84.5)	84.8 (81.9-87.7)	80.1 (77-83.1)	79.5 (71.8-87.3)	84.1 (80.4-87.7)	91.1 (85.9-96.4)	90.9 (85.5-96.4)	78.1 (74.2-81.9)	76.8 (68.9-84.6)
Missing	79									

**29. How many close friends do you have?**

0	79	5.8 (4.5-7.1)	6.6 (4.6-8.5)	5.1 (3.4-6.7)	5.8 (1.5-10.0)	6.4 (3.9-8.8)	7.8 (2.8-12.9)	7.7 (2.8-12.6)	4.1 (2.3-6.0)	5.5 (1.7-9.3)
1	207	15.0 (13.1-17.0)	12.6 (10.0-15.2)	17.6 (14.7-20.6)	16.6 (9.8-23.4)	12.4 (9.2-15.6)	9.8 (4.3-15.3)	18.0 (11.1-25.0)	16.9 (13.4-20.4)	19.5 (11.7-27.4)
2	243	17.4 (15.3-19.4)	14.6 (11.9-17.4)	20.2 (17.1-23.2)	15.4 (8.9-21.9)	15.2 (11.7-18.8)	12.2 (6.1-18.3)	19.5 (12.5-26.6)	20.2 (16.5-23.9)	20.8 (13.1-28.5)
3 or more	866	61.8 (59.1-64.4)	66.2 (62.5-69.9)	57.2 (53.4-60.9)	62.3 (53.5-71.0)	66.1 (61.4-70.7)	70.2 (61.6-78.9)	54.8 (45.8-63.7)	58.8 (54.3-63.3)	54.2 (44.7-63.7)
Missing	37									

**Tobacco Use****30. How old were you when you first tried a cigarette?**

I have never smoked cigarettes	842	59.3 (56.6-62.0)	51.9 (48.0-55.9)	66.5 (62.9-70.1)	61.3 (52.6-70.1)	49.7 (44.8-54.6)	50.2 (40.6-59.9)	81.7 (74.7-88.8)	69.2 (65.0-73.4)	46.6 (37.1-56.1)
7 years old or younger	65	4.6 (3.5-5.7)	5.4 (3.7-7.2)	3.8 (2.4-5.3)	10.6 (5.0-16.1)	4.6 (2.6-6.7)	3.3 (0.0-6.6)	6.0 (1.6-10.3)	3.5 (1.9-5.2)	3.0 (-0.1-6.0)
8 or 9 years old	62	4.8 (3.6-6.0)	6.6 (4.6-8.6)	3.1 (1.8-4.5)	4.9 (1.0-8.7)	6.9 (4.4-9.4)	7.1 (1.8-12.4)	4.6 (0.9-8.3)	1.9 (0.5-3.2)	5.3 (1.3-9.4)
10 or 11 years old	127	8.9 (7.4-10.4)	11.4 (9.0-13.9)	6.1 (4.3-7.9)	12.7 (6.6-18.9)	12.9 (9.7-16.2)	5.9 (1.7-10.1)	5.8 (1.6-10.1)	5.9 (3.9-8.0)	6.8 (2.3-11.3)
12 or 13 years old	165	12.1 (10.3-13.9)	14.1 (11.4-16.8)	10.4 (8-12.8)	10.5 (5.0-16.0)	16.1 (12.5-19.7)	11.6 (5.6-17.5)	1.9 (-0.7-4.5)	11.9 (8.9-14.9)	13.1 (6.2-20)
14 or 15 years old	121	9.3 (7.7-11.0)	10.0 (7.6-12.5)	8.8 (6.6-11.0)		9.7 (6.7-12.7)	19.6 (11.9-27.3)		7.5 (5.2-9.9)	19.6 (12.3-26.8)
16 or 17 years old	11	1.0 (0.4-1.6)	0.5 (-0.1-1)	1.2 (0.3-2.2)			2.3 (-0.3-4.9)			5.6 (1.4-9.8)
Missing	39									

**31. During the past 30 days, on how many days did you smoke cigarettes?**

0 days	1106	83.0 (80.9-85.1)	77.0 (73.5-80.5)	89.2 (86.8-91.5)	82.8 (75.2-90.4)	75.9 (71.5-80.4)	75.5 (66.9-84.0)	96.1 (92.6-99.5)	89.2 (86.2-92.1)	83.4 (76.7-90.1)
1 or 2 days	111	8.5 (7.0-10.1)	9.4 (7.0-11.8)	7.5 (5.5-9.6)	4.4 (0.1-8.7)	10.8 (7.6-14)	9.2 (3.8-14.7)	3.2 (0.1-6.4)	7.3 (4.9-9.8)	11.6 (5.8-17.4)
3 to 5 days	27	2.0 (1.3-2.8)	2.9 (1.6-4.3)	0.9 (0.2-1.7)	3.9 (0.1-7.6)	2.8 (1.2-4.5)	2.6 (-0.4-5.6)	0.7 (-0.7-2.1)	1.2 (0.1-2.3)	0.5 (-0.5-1.5)



6 to 9 days	27	2.2 (1.3-3.0)	3.5 (1.9-5.0)	1.0 (0.3-1.8)	3.9 (0.1-7.7)	3.6 (1.7-5.6)	2.7 (-0.4-5.7)	0.9 (0.0-1.8)	2.2 (-0.3-4.7)
10 to 19 days	14	1.2 (0.5-1.8)	1.8 (0.7-2.9)	0.3 (-0.1-0.7)	1.0 (-1.0-3.1)	2.4 (0.7-4.1)	0.6 (-0.6-1.9)	0.2 (-0.2-0.7)	0.7 (-0.7-2.0)
20 to 29 days	13	1.0 (0.5-1.6)	1.9 (0.8-3.1)	0.2 (-0.1-0.6)	2.1 (-0.8-4.9)	1.8 (0.3-3.2)	2.2 (-0.4-4.8)	0.4 (-0.2-1.0)	1.6 (-0.6-3.8)
All 30 days	23	2.1 (1.2-3.0)	3.5 (1.8-5.2)	0.8 (0.1-1.5)	2.0 (-0.8-4.8)	2.6 (0.9-4.3)	7.2 (1.4-13)	0.7 (-0.1-1.6)	
Missing	111								

**32. During the past 30 days, on how many days did you use any other form of tobacco, such as snuff ("chike") ?**

0 days	1276	90.6 (89.0-92.2)	84.6 (81.8-87.5)	96.8 (95.4-98.1)	74.6 (66.7-82.6)	85.6 (82.1-89.1)	90.6 (84.8-96.4)	97.7 (95.1-100.3)	96.1 (94.2-98.0)	97.8 (95.3-100.3)
1 or 2 days	49	3.4 (2.5-4.4)	5.2 (3.5-6.9)	1.7 (0.8-2.6)	8.6 (3.6-13.6)	5.1 (3-7.3)	2.3 (-0.3-5.0)	1.6 (-0.7-3.9)	2.1 (0.8-3.3)	0.8 (-0.7-2.3)
3 to 5 days	20	1.6 (0.9-2.3)	2.7 (1.4-4)	0.4 (-0.1-1)	7.3 (2.3-12.2)	2.3 (0.7-3.8)	1.0 (-1.0-2.9)	0.6 (-0.6-1.9)	0.7 (-0.1-1.6)	0.8 (-0.7-2.3)
6 to 9 days	20	1.4 (0.8-2.1)	2.3 (1.1-3.4)	0.4 (-0.1-0.8)	3.1 (0.1-6.0)	2.5 (0.9-4.0)	1.8 (-0.7-4.4)		0.2 (-0.2-0.5)	0.7 (-0.7-2.0)
10 to 19 days	13	1.1 (0.5-1.7)	1.8 (0.8-2.9)	0.4 (-0.2-1)	1.7 (-0.7-4.1)	1.9 (0.5-3.3)	1.0 (-1.0-3.1)		0.7 (-0.3-1.7)	
20 to 29 days	7	0.6 (0.2-1.1)	1.1 (0.2-2.1)	0.1 (-0.1-0.4)	2.1 (-0.8-5)	0.9 (-0.1-1.9)	3.3 (-0.6-7.1)		0.2 (-0.2-0.7)	
All 30 days	14	1.2 (0.5-1.8)	2.2 (1.0-3.5)	0.1 (-0.1-0.4)	2.6 (-0.3-5.6)	1.8 (0.5-3.1)				
Missing	33									

**Prevalence of students who used any tobacco on one or more of the past 30 days (combination of questions 31 and 32)**

Yes	231	18.5 (16.3-20.7)	25.7 (22.1-29.4)	11.2 (8.8-13.7)	76.5 (67.9-85.0)	73.4 (68.8-78.0)	75.1 (66.4-83.7)	96.1 (92.7-99.5)	88.8 (85.8-91.9)	82.7 (75.8-89.5)
No	1078	81.5 (79.3-83.7)	74.3 (70.6-77.9)	88.8 (86.3-91.2)	23.5 (15.0-32.1)	26.6 (22-31.2)	24.9 (16.3-33.6)	3.9 (0.5-7.3)	11.2 (8.1-14.2)	17.3 (10.5-24.2)
Missing	123									

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

I have never smoked cigarettes	862	64.5 (61.8-67.2)	57.4 (53.3-61.5)	70.8 (67.3-74.4)	69.5 (60.3-78.7)	55.5 (50.5-60.6)	53.3 (43.4-63.2)	87.2 (81.1-93.4)	72.6 (68.5-76.8)	52.7 (43.2-62.3)
I did not smoke cigarettes during the past 12 months	152	11.9 (10.1-13.7)	11.1 (8.5-13.7)	12.9 (10.2-15.5)	5.7 (1.2-10.3)	12.6 (9.2-15.9)	11.2 (4.8-17.6)	4.3 (0.6-8.1)	11.7 (8.7-14.6)	23.0 (14.9-31.1)
Yes	185	14.6 (12.6-16.6)	19.1 (15.9-22.3)	10.3 (7.9-12.7)	10.5 (4.2-16.8)	20.6 (16.4-24.7)	21.6 (13.8-29.4)	3.2 (0.1-6.3)	9.1 (6.4-11.8)	19.5 (12-27)
No	115	9.0 (7.4-10.6)	12.4 (9.6-15.2)	6.0 (4.2-7.8)	14.2 (7.1-21.3)	11.3 (8.0-14.6)	13.9 (7.0-20.9)	5.3 (1.1-9.5)	6.7 (4.3-9.0)	4.8 (1.2-8.5)
Missing	118									

**34. During the past 7 days, on how many days have people smoked in your presence at home or in other places?**

0 days	521	36.7 (34.1-39.3)	34.1 (30.4-37.8)	39.5 (35.8-43.2)	48.1 (39.2-57.0)	33.5 (28.9-38.1)	23.8 (15.7-31.8)	47.2 (38.3-56.2)	37.1 (32.7-41.5)	39.4 (30.1-48.7)
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1 or 2 days	363	25.9 (23.5-28.2)	26.0 (22.6-29.4)	25.5 (22.2-28.7)	26.8 (18.9-34.6)	23.9 (19.8-28)	31.4 (22.5-40.3)	31.6 (23.2-39.9)	25.2 (21.3-29.1)	21.3 (13.3-29.3)
3 or 4 days	139	9.8 (8.2-11.4)	11.6 (9.1-14.1)	8.2 (6.1-10.3)	7.7 (3.0-12.4)	13.8 (10.5-17.1)	8.6 (3.1-14.2)	3.3 (0.1-6.5)	9.5 (6.9-12.1)	8.8 (3.1-14.4)
5 or 6 days	68	5.1 (3.8-6.3)	5.9 (4.0-7.8)	3.7 (2.3-5.1)	7.0 (2.2-11.9)	5.7 (3.4-8.1)	5.3 (1.0-9.7)	17.9 (11.1-24.7)	4.9 (2.9-6.8)	3.4 (0.1-6.8)
All 7 days	315	22.6 (20.3-24.9)	22.4 (19.1-25.7)	23.1 (20.0-26.3)	10.4 (5.0-15.9)	23.1 (19.0-27.2)	30.9 (22.0-39.8)		23.3 (19.5-27.1)	27.2 (18.9-35.5)
Missing	26									

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

Neither	757	54.0 (51.3-56.7)	49.9 (46.0-53.8)	58.2 (54.5-62.0)	49.4 (40.5-58.4)	47.4 (42.5-52.3)	57.4 (47.8-67.0)	64.3 (55.6-73.0)	57.2 (52.7-61.7)	56.0 (46.5-65.4)
My father or male guardian	310	22.5 (20.3-24.8)	21.6 (18.3-24.8)	23.5 (20.2-26.7)	18.9 (11.9-26)	22.2 (18.1-26.2)	22.2 (14.1-30.3)	8.9 (3.8-14.1)	23.8 (19.9-27.6)	34.7 (25.6-43.8)
My mother or female guardian	54	4.0 (3.0-5.1)	5.2 (3.5-7.0)	2.9 (1.6-4.1)	4.0 (0.5-7.5)	5.5 (3.2-7.8)	5.5 (1.1-9.9)	3.2 (0.0-6.3)	2.8 (1.3-4.4)	2.7 (-0.4-5.7)
Both	64	4.6 (3.4-5.7)	5.8 (4.0-7.7)	3.1 (1.8-4.4)	8.9 (3.8-14.0)	5.9 (3.5-8.2)	3.0 (0.0-6.0)	0.6 (-0.6-1.9)	4.1 (2.2-5.9)	2.5 (-0.4-5.4)
I do not know	202	14.9 (12.9-16.8)	17.4 (14.4-20.5)	12.3 (9.9-14.8)	18.8 (11.7-25.9)	19.0 (15.1-22.9)	11.8 (5.4-18.3)	23.0 (15.3-30.6)	12.2 (9.1-15.2)	4.2 (0.8-7.6)
Missing	45									

## Alcohol and Other Drugs Use

### 36. How old were you when you had your first drink of alcohol other than a few sips?

I have never had a drink of alcohol other than a few sips	304	21.1 (18.9-23.3)	21.5 (18.4-24.7)	21.0 (18.0-24.0)	33.1 (24.5-41.7)	21.3 (17.3-25.2)	12.8 (6.8-18.8)	41.5 (32.6-50.4)	19.4 (15.8-23)	8.9 (3.7-14.2)
7 years old or younger	176	12.7 (10.9-14.6)	13.1 (10.5-15.7)	12.4 (9.9-15)	10.7 (5.1-16.3)	14.9 (11.4-18.4)	9.9 (4.5-15.3)	15.8 (9.1-22.4)	11.2 (8.3-14.1)	13.1 (6.5-19.7)
8 or 9 years old	193	13.6 (11.8-15.4)	14.0 (11.3-16.7)	13.3 (10.7-15.8)	18.2 (11.2-25.2)	13.9 (10.5-17.3)	10.7 (5.1-16.2)	16.0 (9.3-22.7)	13.2 (10.1-16.2)	11.4 (5.5-17.3)
10 or 11 years old	278	19.2 (17.1-21.3)	18.8 (15.8-21.8)	19.7 (16.7-22.6)	22.6 (15.0-30.1)	20.5 (16.6-24.4)	10.9 (4.8-16.9)	19.3 (12.2-26.4)	20.1 (16.5-23.7)	18.9 (11.7-26.2)
12 or 13 years old	278	19.9 (17.7-22.0)	19.2 (16.1-22.3)	20.5 (17.5-23.5)	15.5 (9.0-22.0)	18.9 (15.1-22.8)	23.1 (14.8-31.3)	7.4 (2.7-12.2)	24.5 (20.6-28.4)	20.4 (12.9-27.9)
14 or 15 years old	146	11.4 (9.6-13.2)	11 (8.4-13.6)	11.5 (9-13.9)		10.5 (7.4-13.5)	21.6 (13.4-29.9)		11.6 (8.7-14.5)	19.6 (12.1-27.2)
16 or 17 years old	20	2.0 (1.1-2.9)	2.4 (1.0-3.7)	1.7 (0.5-2.9)			11.1 (4.9-17.2)			7.6 (2.3-13.0)
18 years old or older	1	0.1 (-0.1-0.2)								
Missing	36									

### 37. During the past 30 days, on how many days did you have at least one drink containing alcohol?

0 days	497	41.6 (38.7-44.5)	39.9 (35.6-44.2)	43.1 (39.1-47.1)	51.5 (41.4-61.7)	37.9 (32.7-43.2)	36.2 (26.0-46.4)	71.7 (62.7-80.7)	38.8 (34.1-43.6)	33.7 (24.7-42.8)
1 or 2 days	419	35.7 (32.8-38.5)	30.3 (26.2-34.3)	40.8 (36.8-44.8)	20.2 (12.0-28.3)	30.7 (25.7-35.7)	36.8 (26.8-46.9)	21.2 (13.0-29.4)	42.3 (37.4-47.1)	50.7 (41.0-60.4)

3 to 5 days	122	10.0 (8.3-11.8)	12.6 (9.8-15.4)	7.8 (5.7-9.9)	9.8 (3.9-15.7)	13.3 (9.7-17.0)	12.8 (6.0-19.5)	3.9 (0.1-7.7)	8.9 (6.1-11.6)	7.8 (2.9-12.7)
6 to 9 days	57	4.8 (3.6-6.1)	5.7 (3.7-7.7)	3.8 (2.2-5.4)	4.2 (0.1-8.4)	6.3 (3.7-9.0)	5.4 (1.0-9.7)	2.2 (-0.9-5.3)	5.2 (3-7.4)	1.5 (-1.5-4.4)
10 to 19 days	44	4.1 (2.9-5.3)	6.2 (4.0-8.4)	2.3 (1.0-3.6)	7.6 (2.1-13.1)	5.8 (3.2-8.4)	6.2 (0.8-11.5)	1.1 (-1.1-3.2)	2.1 (0.6-3.5)	3.8 (-0.1-7.7)
20 to 29 days	19	1.7 (0.9-2.5)	2.4 (1.0-3.7)	1.1 (0.3-1.9)	3.4 (-0.4-7.2)	2.6 (0.8-4.4)	1.0 (-1.0-3.1)		1.2 (0.1-2.2)	1.6 (-0.7-3.9)
All 30 days	22	2.1 (1.2-2.9)	2.9 (1.4-4.5)	1.1 (0.3-2.0)	3.3 (-0.4-7.0)	3.3 (1.2-5.5)	1.6 (-0.7-3.9)		1.6 (0.3-2.9)	0.8 (-0.8-2.3)
Missing	252									

### 38. During the past 30 days, on the days you drank alcohol, how many drinks did you usually drink per day?

I did not drink alcohol during the past 30 days	467	39.4 (36.5-42.3)	37.4 (33.1-41.6)	41.1 (37.2-45.1)	46.3 (36.2-56.4)	35.4 (30.2-40.6)	35.6 (25.3-45.8)	69.2 (59.9-78.6)	36.5 (31.8-41.2)	33.2 (24.2-42.2)
Less than one drink	187	15.8 (13.7-18.0)	17.5 (14.2-20.8)	14.5 (11.7-17.4)	16.3 (8.5-24.0)	18.0 (13.8-22.1)	17.3 (9.4-25.1)	11.7 (5.1-18.4)	16.4 (12.8-20.0)	11.8 (5.4-18.3)
1 drink	174	14.6 (12.5-16.7)	12.8 (9.9-15.7)	16.4 (13.4-19.4)	12.8 (6.1-19.5)	12.7 (9.1-16.3)	13.2 (6.1-20.3)	11.4 (4.9-17.9)	18.0 (14.2-21.8)	16.1 (9.2-23)
2 drinks	124	10.9 (9-12.7)	10.2 (7.5-12.9)	11.3 (8.7-14.0)	8.1 (2.6-13.6)	9.6 (6.4-12.8)	13.5 (6.1-20.9)	1.8 (-0.7-4.4)	12.3 (9.1-15.5)	15.4 (8.3-22.6)
3 drinks	84	7.0 (5.6-8.5)	8.2 (5.8-10.6)	6.0 (4.1-7.8)	5.9 (1.2-10.6)	10.7 (7.2-14.2)	3.3 (0.0-6.7)	2.7 (-0.4-5.8)	7.6 (5.0-10.2)	4.2 (0.8-7.6)
4 drinks	54	4.9 (3.5-6.2)	4.3 (2.5-6.1)	5.2 (3.2-7.1)	3.1 (-0.4-6.6)	5.6 (3.0-8.1)	1.8 (-0.8-4.5)	2.1 (-0.8-4.9)	4.5 (2.5-6.6)	8.8 (2.9-14.7)
5 or more drinks	81	7.4 (5.8-9.0)	9.6 (6.9-12.2)	5.5 (3.6-7.4)	7.5 (2.1-13.0)	8.1 (5.1-11.0)	15.3 (7.5-23.0)	1.0 (-1.0-3.0)	4.7 (2.6-6.8)	10.4 (4.5-16.3)
Missing	261									

### 39. What type of alcohol do you prefer to drink? (Several answers possible)

I do not drink alcohol	310	21.7 (19.5-23.9)	22.6 (19.4-25.8)	20.9 (17.9-23.9)	36.2 (27.8-44.7)	21.5 (17.5-25.5)	13.5 (7.1-19.9)	40.1 (31.3-48.9)	18.5 (15.0-22.1)	11.7 (5.6-17.8)
Beer or Guinness	113	8.7 (7.1-10.2)	13.7 (11.0-16.5)	3.6 (2.2-5.0)	14.9 (8.4-21.4)	12.4 (9.2-15.6)	16.6 (9.1-24.0)	5.1 (1.0-9.1)	3.0 (1.4-4.6)	4.2 (0.5-7.9)
Wine	230	16.0 (14.0-17.9)	14.6 (11.9-17.3)	17.1 (14.3-20.0)	17.3 (10.8-23.9)	14.7 (11.3-18.0)	11.9 (5.7-18.1)	19.7 (12.5-26.8)	18.4 (14.9-22.0)	11.1 (5.1-17.1)
Imported spirits, such as whisky, rum, vodka	196	14.9 (12.9-16.9)	19.1 (16.0-22.3)	11.1 (8.6-13.6)	10.2 (4.8-15.5)	19.4 (15.6-23.2)	26.5 (17.6-35.4)	4.7 (1.0-8.4)	11.3 (8.4-14.3)	15.8 (8.5-23.2)
Locally made spirits such as "Tropical", "Takamaka"	273	19.3 (17.2-21.4)	20.0 (16.9-23.1)	18.7 (15.8-21.6)	13.0 (7.1-18.9)	21.6 (17.6-25.6)	21.7 (13.9-29.4)	10.5 (5.0-16.0)	21.8 (18.0-25.5)	17.1 (10.1-24.1)
Baka, kalu, lapire	6	0.5 (0.1-0.8)	0.6 (0.0-1.2)	0.3 (-0.1-0.7)	3.6 (0.4-6.8)	0.7 (-0.1-1.6)	0.8 (-0.8-2.4)	15.8 (9.3-22.3)	0.5 (-0.2-1.2)	37.1 (27.9-46.4)
Liquor such as brandy, Martini, Porto, Vermouth, etc	219	15.3 (13.4-17.3)	6.1 (4.3-7.9)	24.6 (21.3-27.9)	4.8 (1.0-8.5)	7.4 (4.8-9.9)	4.7 (0.9-8.5)	4.2 (0.5-7.9)	22.7 (18.9-26.5)	2.9 (0.0-5.9)
Other type	49	3.6 (2.6-4.7)	3.2 (1.8-4.6)	3.7 (2.3-5.1)		2.3 (0.8-3.8)	4.4 (0.2-8.5)		3.8 (2.0-5.6)	

**40. During the past 30 days, how did you usually get the alcohol you drank? SELECT ONLY ONE RESPONSE.**

I did not drink alcohol during the past 30 days	469	40.4 (37.5-43.3)	38.4 (34.1-42.7)	42.1 (38.1-46.2)	49.3 (39.0-59.7)	36.3 (31.0-41.5)	35.6 (25.4-45.9)	70.6 (61.3-79.9)	37.6 (32.8-42.4)	33.7 (24.7-42.8)
I bought it in a store or shop	88	8.2 (6.5-9.9)	13.9 (10.7-17.0)	3.2 (1.7-4.7)	11.6 (4.7-18.6)	12.7 (9.0-16.4)	18.8 (10.5-27)	1.0 (-1.0-3.1)	3.3 (1.5-5.0)	4.5 (0.3-8.6)
I gave someone else money to buy it for me	46	4.3 (3.0-5.5)	6.3 (4.1-8.5)	2.4 (1.0-3.7)	5.4 (0.7-10.1)	6.3 (3.6-9.0)	7.1 (1.8-12.4)	1.0 (-1.3.1)	2.8 (1.1-4.6)	3.0 (-0.6-6.6)
I got it from my friends	112	10.2 (8.4-12.1)	12.9 (9.9-15.9)	8.0 (5.7-10.3)	6.4 (1.3-11.5)	12.6 (8.9-16.3)	18.6 (10.4-26.9)	19.9 (11.7-28.1)	8.6 (5.8-11.4)	11.4 (5.0-17.8)
I got it from home	245	21.2 (18.8-23.6)	14.7 (11.6-17.9)	27.1 (23.4-30.7)	11.2 (4.8-17.7)	16.4 (12.3-20.5)	13.1 (6.1-20.1)	1.2 (-1.2-3.5)	28.1 (23.7-32.6)	29.4 (20.5-38.2)
I stole it	13	1.1 (0.5-1.8)	1.5 (0.5-2.5)	0.9 (0.1-1.7)	3.0 (-0.4-6.4)	1.6 (0.2-3.0)	6.7 (1.3-12.1)	1.2 (-1.2-3.5)	1.2 (0.0-2.3)	18.0 (10.7-25.4)
I made it myself	19	1.7 (0.9-2.4)	2.2 (0.9-3.6)	1.2 (0.4-2)	4.0 (-0.5-8.5)	2.6 (0.8-4.4)		5.1 (0.6-9.5)	1.7 (0.4-3)	
I got it some other way	154	12.8 (10.9-14.8)	10.1 (7.5-12.7)	15.1 (12.2-18)	9.1 (3.3-14.8)	11.6 (8.2-15.1)			16.8 (13.1-20.4)	
Missing	286									

**41. During your life, how many times did you drink so much alcohol that you were really drunk?**

0 times	677	48.2 (45.5-50.9)	43.4 (39.5-47.3)	53.1 (49.3-56.9)	54.2 (45.3-63.1)	43.8 (38.9-48.7)	32.9 (23.8-41.9)	76.3 (68.5-84.0)	50.0 (45.5-54.6)	42.8 (33.4-52.3)
1 or 2 times	464	34.1 (31.5-36.7)	34.4 (30.6-38.2)	33.5 (29.9-37.1)	25.9 (18.2-33.7)	34.3 (29.5-39.0)	42.2 (32.6-51.8)	15.2 (8.8-21.7)	35.4 (31-39.7)	43.0 (33.5-52.4)
3 to 9 times	137	10.1 (8.4-11.7)	11.6 (9.1-14.2)	8.8 (6.7-11.0)	10.7 (5.1-16.3)	12.2 (8.9-15.5)	10.9 (4.7-17.2)	5.9 (1.6-10.2)	9.2 (6.5-11.8)	10.4 (4.8-16.0)
10 or more times	101	7.6 (6.2-9.1)	10.6 (8.1-13.1)	4.6 (3.0-6.1)	9.2 (3.9-14.5)	9.8 (6.8-12.8)	14.0 (7.4-20.6)	2.6 (-0.3-5.5)	5.5 (3.3-7.6)	3.8 (0.4-7.2)
Missing	53									

**42. During your life, how many times have you ever had a hang-over, felt sick, got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?**

0 times	1092	77.7 (75.4-80.0)	72.5 (69.0-76.1)	82.9 (80.0-85.8)	73.5 (65.5-81.5)	72.6 (68.1-77.1)	71.6 (62.8-80.4)	83.8 (77.1-90.4)	85.3 (82.1-88.6)	75.7 (67.6-83.8)
1 or 2 times	209	15.9 (13.9-17.9)	18.0 (15.0-21.1)	13.8 (11.1-16.5)	15.9 (9.4-22.4)	16.8 (13.1-20.5)	23.5 (15.1-31.8)	12.3 (6.3-18.2)	11.1 (8.2-14.0)	22.2 (14.2-30.1)
3 to 9 times	48	3.6 (2.6-4.7)	5.2 (3.4-7.0)	2.2 (1.1-3.3)	7.0 (2.3-11.7)	5.3 (3.0-7.5)	3.5 (0.1-6.9)	2.3 (-0.4-5.0)	2.5 (1.0-4.0)	1.4 (-0.6-3.4)
10 or more times	36	2.7 (1.8-3.6)	4.2 (2.6-5.8)	1.1 (0.3-1.8)	3.6 (0.0-7.3)	5.4 (3.0-7.7)	1.5 (-0.6-3.5)	1.6 (-0.6-3.9)	1.0 (0.1-1.9)	0.8 (-0.8-2.3)
Missing	47									

**43. During this school year, were you taught in any of your classes of the dangers of alcohol use?**

Yes	651	48.3 (45.6-51.0)	46.2 (42.2-50.2)	50.2 (46.4-54.0)	36.7 (28.1-45.4)	47.5 (42.5-52.5)	50.9 (41.1-60.7)	45.7 (36.7-54.7)	45.7 (41.2-50.3)	65.6 (56.8-74.4)
No	497	35.9 (33.3-38.5)	36.6 (32.7-40.4)	34.9 (31.3-38.5)	45.2 (36.3-54.2)	35.3 (30.5-40.1)	32.7 (23.7-41.7)	39.1 (30.3-47.9)	36.6 (32.2-41.1)	27.2 (19.0-35.4)

I do not know	218	15.8 (13.8-17.8)	17.2 (14.2-20.2)	14.8 (12.2-17.5)	18.0 (10.9-25.1)	17.2 (13.4-21.0)	16.4 (9.3-23.6)	15.2 (8.7-21.6)	17.6 (14.1-21.2)	7.3 (2.7-11.8)
Missing	66									

**44. During your life, how many times have you ever used drugs, such as marijuana, cannabis or hashish ("lapay", "steam", "stuff", "joint", "tyalas")? (Do not include heroine, cocaine or ecstasy)**

0 times	1163	84.9 (82.9-87.0)	76.8 (73.3-80.3)	93.2 (91.2-95.1)	76.9 (69.0-84.8)	80.4 (76.3-84.5)	66.8 (57.6-76.0)	93.9 (89.4-98.3)	93.2 (90.8-95.6)	92.3 (87.6-97)
1 or 2 times	103	8.0 (6.4-9.5)	11.8 (9.2-14.4)	4.0 (2.5-5.5)	14.0 (7.5-20.5)	9.8 (6.8-12.8)	15.6 (8.7-22.4)	3.6 (0.1-7.1)	3.6 (1.8-5.4)	5.5 (1.4-9.6)
3 to 9 times	38	2.9 (2.0-3.9)	4.4 (2.7-6.1)	1.2 (0.4-2.0)	6.4 (1.7-11)	4.2 (2.0-6.4)	3.3 (0.4-6.2)	1.6 (-0.6-3.9)	1.3 (0.2-2.3)	0.7 (-0.7-2)
10 or more times	48	4.2 (3.0-5.4)	7.0 (4.7-9.2)	1.6 (0.7-2.6)	2.7 (-0.4-5.8)	5.5 (3.1-8.0)	14.4 (7.1-21.6)	0.9 (-0.9-2.7)	1.9 (0.6-3.3)	1.5 (-0.6-3.6)
Missing	80									

**45. During the past 30 days, how many times have you used drugs, such as marijuana, cannabis or hashish ("lapay", "steam", "stuff", "joint", "tyalas")? (Do not include heroine, cocaine or ecstasy)**

0 times	1225	87.9 (86.1-89.7)	79.7 (76.4-82.9)	96.1 (94.6-97.6)	75.5 (67.6-83.3)	82.2 (78.3-86.1)	76.2 (68.1-84.3)	95.7 (91.9-99.4)	96.4 (94.6-98.2)	95.7 (92.3-99.2)
1 or 2 times	81	6.0 (4.7-7.3)	9.6 (7.3-12.0)	2.5 (1.3-3.6)	13.1 (7.0-19.2)	8.7 (5.8-11.6)	9.3 (4.1-14.5)	2.6 (-0.4-5.5)	2.1 (0.8-3.3)	3.5 (0.4-6.6)
3 to 9 times	34	2.8 (1.8-3.7)	4.6 (2.9-6.4)	0.8 (0.1-1.6)	7.2 (2.3-12.1)	4.2 (2.1-6.4)	3.5 (0.0-7.0)	1.7 (-0.7-4.2)	0.9 (-0.2-1.9)	0.8 (-0.8-2.4)
10 or more times	40	3.3 (2.3-4.3)	6.1 (4.1-8.1)	0.6 (0.0-1.2)	4.2 (0.5-7.9)	4.8 (2.6-7.1)	11.0 (4.8-17.1)		0.7 (-0.1-1.5)	
Missing	52									

**46. Have you ever tried cocaine, heroine, lapoud, sache, nof, or ecstasy?**

Yes	125	9.7 (8.0-11.3)	11.9 (9.2-14.6)	7.4 (5.4-9.4)	18.6 (11.5-25.8)	9.7 (6.7-12.8)	12.2 (5.3-19.0)	5.1 (1.1-9.2)	6.5 (4.2-8.8)	11.7 (6.1-17.4)
No	1189	86.6 (84.7-88.5)	82.3 (79.1-85.4)	91.0 (88.8-93.2)	72.8 (64.5-81.1)	84.7 (81.0-88.4)	83.6 (76.0-91.2)	91.3 (86.1-96.5)	91.9 (89.3-94.4)	88.3 (82.6-93.9)
I do not know	47	3.7 (2.7-4.8)	5.8 (3.9-7.8)	1.6 (0.7-2.6)	8.5 (3.0-14.0)	5.6 (3.2-8.0)	4.3 (0.4-8.1)	3.6 (0.1-7.1)	1.7 (0.4-2.9)	
Missing	71									

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**Sexual Behaviours That Contribute to HIV Infection, Other Sexually Transmitted Infections, and Unintended Pregnancy**

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**47. Have you ever had sexual intercourse?**

Yes	299	26.1 (23.5-28.8)	32.6 (28.5-36.7)	20.6 (17.3-23.9)	15.1 (7.6-22.6)	28.6 (23.9-33.4)	56.0 (45.8-66.2)	6.3 (1.7-11.0)	15.5 (12.1-19.0)	45.5 (35.8-55.3)
No	931	73.9 (71.2-76.5)	67.4 (63.3-71.5)	79.4 (76.1-82.7)	84.9 (77.4-92.4)	71.4 (66.6-76.1)	44.0 (33.8-54.2)	93.7 (89.0-98.3)	84.5 (81.0-87.9)	54.5 (44.7-64.2)
Missing	202									

**48. How old were you when you had sexual intercourse for the first time?**

I have never had sexual intercourse	935	68.3 (65.7-71.0)	59.5 (55.5-63.5)	76.6 (73.2-79.9)	71.2 (62.2-80.3)	62.5 (57.6-67.3)	42.8 (33.2-52.5)	91.2 (85.9-96.5)	81.8 (78.2-85.3)	52.0 (42.6-61.5)
11 years old or younger	87	6.6 (5.3-8.0)	10.8 (8.4-13.3)	2.7 (1.5-4.0)	14.0 (7.0-20.9)	11.9 (8.6-15.2)	5.6 (1.4-9.8)	6.2 (1.7-10.7)	2.0 (0.7-3.3)	2.2 (-0.3-4.7)

12 years old	77	5.5 (4.3-6.7)	8.7 (6.5-10.9)	2.5 (1.4-3.5)	14.8 (7.8-21.9)	8.4 (5.6-11.1)	5.3 (1.3-9.3)	2.6 (-0.4-5.6)	3.3 (1.8-4.9)	4.9 (1.3-8.6)
13 years old	73	5.5 (4.2-6.7)	6.4 (4.4-8.4)	4.6 (3-6.1)		7.0 (4.4-9.6)	9.4 (3.9-15.0)		5.7 (3.6-7.9)	8.9 (3.3-14.5)
14 years old	66	5.5 (4.2-6.9)	6.7 (4.5-8.8)	4.6 (2.9-6.4)		6.4 (3.9-8.9)	12.2 (5.5-18.9)		4.3 (2.4-6.2)	14.8 (8.1-21.5)
15 years old	64	5.2 (3.9-6.5)	5.4 (3.6-7.3)	5.1 (3.3-6.9)		3.8 (2.0-5.6)	13.8 (7.2-20.3)		2.9 (1.3-4.4)	17.1 (10.0-24.3)
16 years old	32	3.3 (2.2-4.5)	2.4 (1.0-3.9)	3.9 (2.2-5.6)			10.9 (4.6-17.2)			
Missing	98									

**49. During your life, with how many people have you had sexual intercourse?**

I have never had sexual intercourse	899	66.5 (63.8-69.2)	56.4 (52.3-60.5)	76.2 (72.8-79.6)	62.6 (53.1-72)	60.5 (55.5-65.5)	40.4 (30.8-50.0)	92.1 (87.0-97.2)	80.4 (76.6-84.1)	53.3 (43.7-62.8)
1 person	179	14.2 (12.2-16.2)	16.1 (13.1-19.1)	12.1 (9.5-14.7)	16.7 (9.5-24.0)	14.9 (11.3-18.4)	19.0 (11.2-26.8)	5.0 (1.0-9.1)	10.4 (7.5-13.3)	22.1 (14.2-29.9)
2 people	85	7.1 (5.6-8.6)	9.1 (6.7-11.5)	5.4 (3.4-7.3)	12.0 (5.5-18.5)	8.8 (5.9-11.7)	7.7 (2.3-13.1)	0.9 (-0.9-2.7)	3.8 (2.1-5.6)	13.5 (6.6-20.5)
3 people	54	4.2 (3.1-5.4)	6.3 (4.3-8.4)	2.2 (1.1-3.3)	2.9 (-0.4-6.1)	5.7 (3.3-8.1)	10.8 (4.9-16.7)	2 (-0.8-4.8)	2.8 (1.3-4.3)	1.7 (-0.7-4.0)
4 people	36	3.1 (2.1-4.2)	4.8 (3.0-6.7)	1.6 (0.6-2.6)	3.1 (-0.4-6.6)	4.0 (1.9-6.1)	8.4 (2.9-14.0)		1.5 (0.3-2.6)	3.1 (0.0-6.2)
5 people	17	1.4 (0.7-2.0)	1.6 (0.6-2.7)	1.0 (0.2-1.9)	2.8 (-0.4-5.9)	1.6 (0.3-2.9)	3.0 (0.0-6.0)		1.2 (0.1-2.3)	4.6 (0.9-8.3)
6 or more people	43	3.5 (2.4-4.5)	5.6 (3.7-7.5)	1.5 (0.6-2.4)		4.5 (2.3-6.6)	10.7 (5.0-16.4)			1.7 (-0.3-3.8)
Missing	119									

**50. During the past 12 months, have you had sexual intercourse?**

Yes	318	25.6 (23.1-28.1)	30.3 (26.4-34.1)	21.7 (18.4-24.9)	27.5 (18.3-36.6)	25.7 (21.2-30.2)	44.8 (35.0-54.7)	9.3 (3.9-14.7)	18.5 (14.9-22.1)	39.4 (30.2-48.7)
No	995	74.4 (71.9-76.9)	69.7 (65.9-73.6)	78.3 (75.1-81.6)	72.5 (63.4-81.7)	74.3 (69.8-78.8)	55.2 (45.3-65.0)	90.7 (85.3-96.1)	81.5 (77.9-85.1)	60.6 (51.3-69.8)
Missing	119									

**51. The last time you had sexual intercourse, did you or your partner use a condom ("kapot")?**

I have never had sexual intercourse	840	63.9 (61.2-66.7)	54.1 (50.0-58.3)	72.7 (69.2-76.3)	59.7 (49.7-69.7)	57.8 (52.8-62.9)	40.0 (30.2-49.7)	82.9 (75.7-90)	77.4 (73.5-81.3)	52.4 (42.7-62)
Yes	231	18.9 (16.6-21.2)	24.7 (21.1-28.3)	13.6 (10.9-16.3)	26.3 (17.2-35.3)	20.4 (16.2-24.5)	35.4 (25.9-44.9)	6.9 (2.2-11.7)	11.6 (8.6-14.7)	24.0 (16.0-32.0)
No	207	17.2 (15.0-19.4)	21.2 (17.7-24.6)	13.7 (10.9-16.5)	14.0 (6.8-21.3)	21.8 (17.5-26.1)	24.6 (16.0-33.3)	10.2 (4.4-16.0)	11.0 (8.0-13.9)	23.6 (15.3-32.0)
Missing	154									

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

Yes	788	59.8 (57.1-62.5)	54.3 (50.3-58.4)	65.2 (61.6-68.8)	33 (23.8-42.2)	52.7 (47.6-57.8)	74.6 (66.5-82.7)	43.1 (33.8-52.4)	63.6 (59.2-68.1)	85.6 (79.2-92.0)
No	338	25.1 (22.7-27.5)	28.8 (25.1-32.5)	21.5 (18.4-24.5)	41.7 (32.0-51.4)	30.4 (25.7-35.1)	14.8 (8.2-21.3)	42.0 (32.8-51.3)	20.6 (16.9-24.3)	8.6 (3.4-13.8)

I do not know	202	15.1 (13.1-17.1)	16.9 (13.8-19.9)	13.4 (10.8-15.9)	25.3 (16.8-33.8)	16.9 (13.0-20.7)	10.6 (5.0-16.3)	14.9 (8.2-21.5)	15.8 (12.4-19.2)	5.8 (1.7-9.9)
Missing	104									

### Physical Activity and Sedentary Behaviours

#### 53. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

0 days	349	25.9 (23.5-28.3)	21.9 (18.7-25.2)	29.4 (26.0-32.9)	26.7 (18.5-34.9)	24.5 (20.3-28.8)	10.5 (4.3-16.8)	40.7 (31.9-49.6)	26.3 (22.2-30.3)	28.3 (19.8-36.9)
1 day	273	19.4 (17.3-21.6)	13.4 (10.7-16.1)	25.1 (21.8-28.4)	16.3 (9.6-22.9)	12.6 (9.3-15.8)	13.5 (6.9-20.0)	27.6 (19.6-35.6)	24.6 (20.7-28.5)	24.6 (16.0-33.1)
2 days	168	12.1 (10.3-13.9)	12.7 (10.1-15.4)	11.5 (9.1-13.9)	15.9 (9.0-22.7)	12.5 (9.3-15.8)	10.6 (4.5-16.8)	7.6 (2.7-12.4)	13.3 (10.2-16.3)	10.0 (4.3-15.7)
3 days	112	8.3 (6.7-9.8)	8.9 (6.5-11.2)	7.6 (5.6-9.6)	5.7 (1.5-9.8)	9.0 (6.1-11.9)	11.3 (5.0-17.6)	3.9 (0.5-7.3)	8.6 (6.0-11.2)	7.8 (2.9-12.7)
4 days	73	5.6 (4.3-6.9)	5.4 (3.6-7.3)	5.6 (3.8-7.4)	5.0 (1.0-9.0)	4.5 (2.4-6.6)	8.5 (3.1-13.8)	4.0 (0.5-7.4)	5.8 (3.5-8.0)	6.6 (2.0-11.2)
5 days	95	7.0 (5.6-8.4)	8.9 (6.6-11.1)	5.4 (3.7-7.1)	7.3 (2.6-12.0)	8.8 (6.0-11.5)	10.5 (4.5-16.4)	4.2 (0.5-7.8)	5.8 (3.7-8.0)	5.3 (1.3-9.3)
6 days	43	3.1 (2.1-4.0)	4.4 (2.8-6.1)	1.9 (0.9-2.8)	3.2 (0.1-6.4)	4.1 (2.1-6.0)	6.4 (1.6-11.2)	1.6 (-0.6-3.9)	1.7 (0.6-2.8)	2.6 (0.0-5.2)
7 days	252	18.7 (16.5-20.8)	24.3 (20.9-27.8)	13.5 (10.9-16.0)	20.0 (12.7-27.4)	24.1 (19.8-28.3)	28.7 (19.9-37.6)	10.5 (5.0-16.0)	13.9 (10.8-17.0)	14.8 (8.2-21.4)
Missing	67									

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

0 days	360	26.3 (23.9-28.7)	23.5 (20.2-26.9)	29.1 (25.6-32.5)	28.8 (20.6-37.0)	26.5 (22.1-31.0)	10.2 (4.2-16.3)	44.8 (35.8-53.7)	26.8 (22.7-30.8)	22.3 (14.4-30.2)
1 day	297	21.5 (19.2-23.7)	15.3 (12.5-18.2)	27.0 (23.6-30.4)	21.2 (13.8-28.5)	13.4 (10.1-16.8)	15.6 (8.7-22.5)	22.1 (14.7-29.5)	26.8 (22.8-30.9)	31.5 (22.5-40.6)
2 days	175	12.6 (10.8-14.4)	12.8 (10.2-15.5)	12.2 (9.7-14.7)	8.1 (3.2-13.0)	14.0 (10.6-17.4)	13.6 (6.7-20.5)	6.5 (2.1-11.0)	14.2 (11.0-17.4)	11.5 (5.5-17.4)
3 days	138	10.0 (8.3-11.6)	10.8 (8.3-13.3)	9.2 (7.0-11.3)	14.1 (7.7-20.4)	7.8 (5.2-10.5)	16.6 (9.2-24)	9.5 (4.3-14.7)	9.2 (6.7-11.8)	8.7 (3.5-13.9)
4 days	64	4.6 (3.5-5.8)	5.0 (3.2-6.7)	4.0 (2.5-5.5)	4.9 (1.0-8.8)	5.5 (3.2-7.7)	3.6 (-0.1-7.2)	0.9 (-0.9-2.6)	4.9 (2.9-7.0)	4.1 (0.4-7.8)
5 days	92	7.0 (5.6-8.4)	8.8 (6.5-11.1)	5.4 (3.7-7.1)	4.6 (0.9-8.3)	8.9 (6.1-11.8)	12.2 (5.7-18.6)	3.9 (0.5-7.4)	5.4 (3.3-7.5)	6.4 (2-10.9)
6 days	50	3.5 (2.6-4.5)	4.4 (2.8-6.0)	2.8 (1.6-4.0)	3.9 (0.5-7.3)	4.5 (2.5-6.6)	4.5 (0.5-8.4)	1.6 (-0.6-3.9)	2.4 (1.0-3.8)	4.8 (1.2-8.5)
7 days	199	14.6 (12.6-16.5)	19.3 (16.2-22.5)	10.4 (8.1-12.6)	14.5 (8.2-20.8)	19.3 (15.3-23.2)	23.8 (15.5-32.1)	10.7 (5.1-16.2)	10.2 (7.5-12.9)	10.7 (5.2-16.2)
Missing	57									

#### Prevalence of students who were physically active for at least 60 minutes per day on less than five days per week on average (combination of questions 53 and 54)

Yes	319	76.3 (73.9-78.6)	68.2 (64.4-72.0)	83.4 (80.6-86.1)	23.4 (15.6-31.2)	31.0 (26.4-35.7)	41.2 (31.5-51)	13 (6.9-19.0)	17.1 (13.7-20.5)	18.5 (11.5-25.6)
No	1038	23.7 (21.4-26.1)	31.8 (28.0-35.6)	16.6 (13.9-19.4)	76.6 (68.8-84.4)	69.0 (64.3-73.6)	58.8 (49-68.5)	87.0 (81.0-93.1)	82.9 (79.5-86.3)	81.5 (74.4-88.5)
Missing	75									

**55. How much time do you spend during a typical or usual day sitting and watching television or DVD video, playing computer games, talking with friends, or doing other sitting activities, such as watching DVD videos?**

Less than 1 hour per day	257	18.6 (16.5-20.8)	20.7 (17.4-23.9)	17.2 (14.4-20.0)	27.9 (19.8-36.0)	19.2 (15.2-23.1)	18.5 (10.7-26.2)	32.9 (24.4-41.5)	15.7 (12.4-19.1)	8.1 (3.3-13.0)
1 to 2 hours per day	386	27.8 (25.3-30.2)	27.9 (24.3-31.5)	27.5 (24.1-30.8)	31.0 (22.7-39.4)	28.1 (23.6-32.6)	24.3 (15.7-32.8)	30.8 (22.4-39.2)	28.1 (24.0-32.2)	23.4 (15.6-31.2)
3 to 4 hours per day	291	21.8 (19.5-24.1)	20.6 (17.4-23.9)	23.1 (19.8-26.3)	15.5 (8.9-22.0)	20.3 (16.3-24.3)	26.1 (17.5-34.7)	14.4 (8.1-20.7)	23.5 (19.6-27.4)	28.8 (19.9-37.8)
5 to 6 hours per day	146	11.0 (9.2-12.7)	10.7 (8.2-13.3)	10.7 (8.3-13.0)	7.8 (2.8-12.8)	10.9 (7.8-14.0)	12.9 (6.0-19.8)	7.0 (2.4-11.5)	9.9 (7.1-12.6)	15.9 (9.2-22.6)
7 to 8 hours per day	84	6.1 (4.8-7.4)	6.5 (4.5-8.5)	5.9 (4.1-7.6)	8.7 (3.5-14.0)	7.2 (4.5-9.9)	2.6 (-0.4-5.6)	1.8 (-0.7-4.3)	6.9 (4.6-9.2)	6.3 (1.9-10.8)
More than 8 hours per day	198	14.7 (12.7-16.6)	13.6 (10.8-16.4)	15.7 (12.9-18.5)	9.1 (3.9-14.3)	14.3 (10.8-17.8)	15.6 (8.2-22.9)	13.1 (7.0-19.2)	15.9 (12.6-19.3)	17.3 (10.2-24.5)
Missing	70									

**56. How many hours per DAY do you usually watch TV or Video on week days?**

Not at all	101	7.7 (6.2-9.1)	10.9 (8.4-13.4)	4.9 (3.3-6.5)	16.7 (9.7-23.7)	11.3 (8.0-14.6)	4.4 (0.5-8.3)	10.1 (4.6-15.7)	4.6 (2.6-6.5)	1.5 (-0.6-3.6)
Less than ½ hour per day	206	15.0 (13.0-16.9)	16.4 (13.5-19.4)	13.3 (10.8-15.8)	22.6 (15.2-30.0)	14.6 (11.0-18.2)	16.2 (8.9-23.5)	21.2 (13.8-28.6)	13.3 (10.2-16.4)	6.9 (2.4-11.4)
½ - 1 hour per day	184	13.6 (11.7-15.4)	13.4 (10.7-16.1)	14.1 (11.4-16.7)	20.7 (13.4-28.1)	13.3 (9.9-16.7)	6.9 (1.7-12.0)	23.7 (16.0-31.4)	11.2 (8.3-14.2)	13.9 (7.7-20.1)
1-2 hours per day	290	21.5 (19.2-23.7)	18.6 (15.4-21.7)	24.3 (21.0-27.5)	15.3 (8.8-21.8)	19.4 (15.5-23.4)	19.2 (11.1-27.2)	21.8 (14.3-29.4)	24.1 (20.2-28.0)	26.6 (18.1-35.0)
2-3 hours per day	239	18.0 (15.8-20.1)	16.7 (13.7-19.8)	18.7 (15.7-21.7)	7.3 (2.6-12.0)	17.2 (13.4-21.0)	24.1 (15.3-32.9)	6.2 (1.9-10.4)	20.4 (16.7-24.0)	24.3 (16.1-32.5)
4 hours per day	135	9.9 (8.3-11.6)	10.0 (7.6-12.5)	10.0 (7.7-12.3)	7.5 (2.6-12.4)	10.4 (7.3-13.4)	11.4 (5.0-17.8)	7.0 (2.5-11.5)	10.4 (7.7-13.2)	11.0 (4.7-17.2)
More than 4 hours a day	192	14.4 (12.5-16.3)	13.9 (11.1-16.7)	14.9 (12.1-17.6)	9.8 (4.4-15.2)	13.9 (10.4-17.3)	17.9 (10.2-25.6)	10.0 (4.5-15.5)	16.0 (12.6-19.4)	15.8 (9.0-22.7)
Missing	85									

**57. How many hours per DAY do you usually watch TV or Video on week ends?**

Not at all	118	8.8 (7.3-10.3)	11.5 (9.0-14.0)	6.1 (4.3-7.9)	16.2 (9.4-23.0)	11.1 (7.9-14.3)	8.5 (3.2-13.7)	13.5 (7.2-19.7)	5.7 (3.5-7.9)	0.7 (-0.7-2.2)
Less than ½ hour per day	165	12.0 (10.2-13.8)	12.6 (10.0-15.3)	11.4 (9.0-13.8)	15.6 (9.2-22.1)	11.9 (8.6-15.1)	12.1 (5.8-18.5)	22.4 (14.9-30.0)	9.5 (6.8-12.2)	7.7 (2.6-12.8)
½ - 1 hour per day	150	11.1 (9.4-12.8)	11.8 (9.2-14.4)	10.6 (8.3-13.0)	10.8 (5.3-16.2)	12.8 (9.4-16.1)	10.1 (4.1-16.2)	13.0 (7.0-19.1)	10.2 (7.4-13.0)	9.9 (4.2-15.5)
1-2 hours per day	283	20.5 (18.3-22.7)	21.0 (17.8-24.2)	20.1 (17.0-23.1)	25.1 (17.2-33.0)	23.0 (18.8-27.2)	11.9 (5.7-18.0)	19.6 (12.5-26.8)	19.2 (15.6-22.9)	22.7 (14.9-30.5)
2-3 hours per day	241	17.7 (15.6-19.8)	15.5 (12.6-18.5)	19.1 (16.2-22.1)	8.4 (3.5-13.2)	16.1 (12.4-19.7)	20.4 (12.1-28.7)	13.0 (6.9-19.1)	20.4 (16.7-24.1)	20.7 (13.3-28.1)
4 hours per day	172	12.6 (10.7-14.4)	11.9 (9.3-14.5)	13.4 (10.7-16.0)	9.5 (4.3-14.6)	10.8 (7.8-13.8)	17.2 (9.8-24.5)	8.5 (3.6-13.5)	13.6 (10.5-16.7)	16.7 (9.1-24.3)
More than 4 hours a day	237	17.3 (15.3-19.4)	15.6 (12.7-18.5)	19.3 (16.3-22.3)	14.5 (8.0-20.9)	14.4 (11.0-17.9)	19.8 (12.2-27.5)	9.9 (4.5-15.3)	21.2 (17.5-25.0)	21.6 (13.8-29.4)
Missing	66									



**58. How many hours per WEEK do you usually play computer games (e.g. on your television or your computer, game boy, sega, playstation, etc.)?**

Not at all	421	31.0 (28.4-33.5)	19.9 (16.7-23.1)	41.9 (38.1-45.7)	22.9 (15.2-30.6)	17.9 (14.1-21.8)	22.9 (14.6-31.1)	46.7 (37.6-55.8)	37.2 (32.7-41.6)	50.2 (40.7-59.7)
Less than 1 hour per week	287	21.1 (18.9-23.3)	19.3 (16.1-22.5)	22.2 (19.0-25.3)	18.0 (11.0-25.0)	18.7 (14.8-22.6)	22.0 (14.0-30.1)	22.4 (14.8-29.9)	22.9 (19.0-26.7)	20.3 (12.7-27.9)
1 to 3 hours per week	325	23.9 (21.6-26.3)	28.1 (24.4-31.7)	20.1 (17.1-23.1)	30.1 (21.8-38.5)	28.5 (24.0-33.0)	25.0 (16.3-33.6)	16.6 (9.9-23.2)	23.3 (19.4-27.2)	14.7 (7.7-21.6)
4 to 6 hours per week	147	10.8 (9.1-12.5)	14.2 (11.4-17)	7.7 (5.7-9.8)	10.4 (4.9-15.9)	15.1 (11.5-18.7)	14.8 (8.1-21.6)	6.7 (2.1-11.3)	8.6 (6.1-11.2)	6.2 (1.5-11)
7 to 9 hours per week	63	5.3 (4.0-6.6)	6.8 (4.7-8.9)	3.7 (2.1-5.3)	6.8 (2.2-11.4)	6.7 (4.1-9.4)	7.1 (1.9-12.4)	4.3 (0.6-8.0)	2.9 (1.2-4.6)	5.4 (0.5-10.2)
10 hours or more a week	104	7.9 (6.4-9.3)	11.7 (9.1-14.3)	4.3 (2.8-5.9)	11.7 (5.8-17.6)	13.0 (9.7-16.4)	8.1 (2.5-13.8)	3.4 (0.1-6.7)	5.1 (3.0-7.1)	3.2 (-0.1-6.5)
Missing	85									

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

0 days	659	48.5 (45.8-51.3)	44.4 (40.4-48.4)	52.8 (48.9-56.6)	41.7 (32.7-50.6)	44.3 (39.3-49.3)	47.0 (37.1-56.9)	62.7 (53.7-71.7)	51.4 (46.8-56.1)	48.3 (38.8-57.8)
1 day	112	8.5 (6.9-10.0)	9.5 (7.1-11.9)	7.5 (5.5-9.5)	18.3 (11.3-25.4)	8.2 (5.3-11.0)	5.5 (0.9-10.1)	5.4 (1.1-9.8)	8.9 (6.2-11.6)	5.6 (1.4-9.8)
2 days	70	5.2 (4-6.4)	6.2 (4.3-8.1)	4.3 (2.7-5.9)	9.0 (3.8-14.2)	6.2 (3.7-8.7)	3.5 (0.4-6.7)	4.4 (0.6-8.2)	4.2 (2.4-6.0)	4.6 (0.4-8.9)
3 days	53	4.2 (3.0-5.3)	4.9 (3.2-6.6)	3.3 (1.8-4.7)	6.5 (2.1-10.9)	5.9 (3.5-8.3)	0.7 (-0.7-2.0)	1.5 (-0.6-3.5)	3.1 (1.5-4.7)	5.1 (0.5-9.6)
4 days	29	2.1 (1.3-2.9)	3.1 (1.7-4.5)	1.2 (0.5-2.0)	4.9 (1.0-8.7)	3.3 (1.4-5.2)	0.8 (-0.8-2.5)	0.7 (-0.6-2.0)	1.9 (0.6-3.1)	14.4 (7.4-21.3)
5 days	131	10.2 (8.5-11.9)	11.0 (8.4-13.5)	9.2 (6.9-11.5)	8.4 (3.4-13.5)	11.4 (8.2-14.6)	12.1 (5.5-18.8)	4.1 (0.5-7.8)	8.8 (6.2-11.4)	1.6 (-0.6-3.9)
6 days	20	1.5 (0.8-2.1)	1.8 (0.7-2.8)	1.1 (0.3-1.9)	3.7 (0.0-7.4)	1.5 (0.3-2.7)	0.7 (-0.7-2.2)	0.6 (-0.6-1.7)	1.0 (0.1-2.0)	20.4 (12.9-28)
7 days	264	19.8 (17.6-22.1)	19.2 (16.0-22.5)	20.6 (17.5-23.7)	7.5 (2.7-12.4)	19.2 (15.3-23.1)	29.6 (20.4-38.8)	20.6 (13.0-28.3)	20.7 (16.9-24.4)	
Missing	94									

**60. 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.**

Less than 10 minutes per day	354	25.9 (23.5-28.3)	31.0 (27.3-34.6)	21.0 (17.9-24.1)	38.4 (29.6-47.2)	32.2 (27.5-36.9)	20.6 (13.0-28.2)	33.4 (24.7-42.1)	20.4 (16.7-24.0)	12.6 (6.6-18.7)
10 to 19 minutes per day	358	26.8 (24.3-29.2)	25.7 (22.1-29.2)	27.9 (24.4-31.3)	23.7 (16.1-31.3)	24.0 (19.8-28.3)	32.1 (22.7-41.6)	27.7 (19.4-36.0)	27.5 (23.4-31.6)	29.2 (20.6-37.9)
20 to 29 minutes per day	211	15.6 (13.6-17.6)	12.7 (10.1-15.4)	18.1 (15.1-21.1)	14.8 (8.5-21.1)	11.6 (8.4-14.8)	14.1 (7.3-20.8)	15.7 (9.1-22.4)	17.6 (14.2-21.1)	21.2 (13.0-29.4)
30 to 39 minutes per day	207	15.4 (13.4-17.4)	12.5 (9.8-15.2)	18.1 (15.1-21)	5.8 (1.5-10.1)	14.0 (10.5-17.4)	14.5 (7.4-21.6)	13.5 (7.2-19.7)	18.2 (14.7-21.8)	21.3 (13.4-29.2)
40 to 49 minutes per day	82	6.0 (4.7-7.3)	7.0 (4.9-9)	5.1 (3.4-6.7)	7.1 (2.2-12.0)	7.5 (4.8-10.1)	5.4 (1.0-9.8)	0.8 (-0.8-2.4)	6.6 (4.3-8.9)	4.3 (0.8-7.7)
50 to 59 minutes per day	37	3.1 (2.1-4.1)	4.0 (2.3-5.7)	2.3 (1.1-3.5)	3.5 (0.1-6.9)	3.6 (1.6-5.6)	5.5 (0.7-10.3)	2.5 (-0.4-5.5)	1.6 (0.5-2.8)	3.8 (0.1-7.6)
60 or more minutes per day	98	7.3 (5.9-8.7)	7.2 (5.0-9.3)	7.6 (5.6-9.6)	6.6 (2.1-11.1)	7.1 (4.5-9.7)	7.8 (2.3-13.3)	6.3 (1.7-11.0)	8.0 (5.6-10.5)	7.6 (2.5-12.6)
Missing	85									

**Prevalence of students who spent less than 2.5 hours total walking or riding a bicycle to and from school during the past seven days (combination of questions 59 and 60)**

Yes	190	85.4 (83.4-87.4)	85.5 (82.6-88.4)	85.4 (82.7-88.2)	13.3 (6.9-19.7)	14.7 (11.1-18.2)	15.2 (7.7-22.7)	8.9 (3.5-14.3)	15.0 (11.7-18.3)	17.8 (10.3-25.3)
No	1126	14.6 (12.6-16.6)	14.5 (11.6-17.4)	14.6 (11.8-17.3)	86.7 (80.3-93.1)	85.3 (81.8-88.9)	84.8 (77.3-92.3)	91.1 (85.7-96.5)	85.0 (81.7-88.3)	82.2 (74.7-89.7)
Missing	116									

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

0 days	261	20.1 (17.8-22.3)	18.6 (15.4-21.7)	21.4 (18.1-24.6)	28.2 (20.1-36.4)	17.7 (13.8-21.5)	12.4 (5.5-19.3)	31.3 (22.8-39.8)	18.2 (14.6-21.8)	21.4 (13.2-29.6)
1 day	560	41.3 (38.5-44.0)	41.0 (37.1-45.0)	41.7 (37.9-45.4)	34.6 (26.1-43.1)	39.9 (35.0-44.9)	50.0 (40.0-60.0)	31.9 (23.5-40.3)	44.0 (39.4-48.6)	43.5 (34.0-53.0)
2 days	99	7.3 (5.9-8.7)	9.1 (6.8-11.4)	5.7 (4.0-7.5)	8.5 (3.6-13.4)	10.2 (7.1-13.2)	6.5 (1.7-11.3)	6.8 (2.2-11.5)	6.2 (3.9-8.4)	3.7 (0.4-7.1)
3 days	65	4.9 (3.7-6.0)	5.7 (3.8-7.6)	4.2 (2.7-5.7)	9.4 (4.0-14.9)	4.4 (2.3-6.4)	6.1 (1.2-11.0)	3.3 (0.1-6.6)	4.4 (2.5-6.2)	4.4 (0.9-8.0)
4 days	63	4.9 (3.7-6.1)	4.9 (3.1-6.7)	4.7 (3.0-6.3)	6.1 (1.6-10.6)	5.4 (2.9-7.8)	2.3 (-0.3-5.0)	4.4 (0.5-8.3)	4.6 (2.7-6.6)	5.0 (0.5-9.5)
5 or more days	289	21.6 (19.3-23.9)	20.7 (17.4-24.0)	22.4 (19.2-25.6)	13.1 (7.0-19.2)	22.5 (18.3-26.7)	22.6 (14.1-31.1)	22.2 (14.6-29.9)	22.7 (18.8-26.5)	21.9 (14.1-29.8)
Missing	95									

**62. During the past 12 months, on how many sports teams did you play outside school hours?**

0 team	709	54.2 (51.4-57.0)	39.5 (35.5-43.6)	67.5 (63.9-71.1)	40.3 (31.1-49.5)	39.3 (34.3-44.3)	39.5 (29.5-49.6)	67.9 (59.3-76.4)	66.2 (61.8-70.6)	70.1 (61.4-78.9)
1 team	339	25.7 (23.3-28.1)	31.1 (27.3-34.9)	21.3 (18.2-24.4)	27.5 (19.2-35.8)	31.4 (26.6-36.1)	33.4 (23.8-42.9)	18.0 (11.0-25.0)	22.5 (18.6-26.3)	21.0 (13.3-28.8)
2 teams	141	11.1 (9.4-12.9)	16.4 (13.4-19.5)	6.4 (4.5-8.4)	14.6 (7.8-21.3)	17.8 (13.8-21.8)	14.0 (7.2-20.8)	5.8 (1.6-10.1)	6.2 (3.9-8.5)	7.4 (2.2-12.7)
3 or more teams	115	9.0 (7.4-10.6)	13.0 (10.2-15.7)	4.8 (3.2-6.4)	17.6 (10.5-24.7)	11.5 (8.2-14.8)	13.1 (6.6-19.6)	8.3 (3.3-13.4)	5.1 (3-7.2)	1.4 (-0.6-3.4)
Missing	128									

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

Yes	777	59.7 (57.0-62.4)	59.2 (55.1-63.3)	60.5 (56.8-64.2)	48.3 (38.9-57.7)	60.8 (55.7-65.8)	64 (54.5-73.6)	51.5 (42.4-60.5)	58.5 (54.0-63.1)	72.6 (64.2-81.0)
No	312	23.7 (21.4-26.1)	25.7 (22.1-29.3)	21.7 (18.5-24.8)	29.8 (21.2-38.4)	25.0 (20.5-29.4)	24.4 (16.1-32.8)	28.5 (20.4-36.7)	21.5 (17.7-25.4)	16.7 (9.6-23.7)
I do not know	221	16.6 (14.5-18.6)	15.1 (12.1-18.1)	17.8 (15.0-20.7)	21.9 (14.0-29.8)	14.3 (10.6-17.9)	11.5 (5.1-18.0)	20.0 (12.7-27.2)	20.0 (16.3-23.7)	10.7 (5.0-16.4)
Missing	122									

**64. Did you take part in any extra curricular activities that was related to physical activity such as basketball, football, hiking, swimming, dancing, etc**

I did not take part in any extra curricular activities	609	46.8 (44.0-49.6)	37.8 (33.7-41.8)	54.8 (51.0-58.7)	40.7 (31.5-49.9)	35.1 (30.2-40.1)	42.5 (32.4-52.5)	63.6 (54.8-72.5)	53.4 (48.8-58.0)	51.4 (41.9-61.0)
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I took part in extra curricular activities, but not related to physical activity	259	19.6 (17.4-21.8)	22.0 (18.6-25.4)	17.6 (14.7-20.5)	24.8 (16.6-32.9)	24.5 (20.0-28.9)	12.7 (6.2-19.2)	13.6 (7.3-19.9)	20.0 (16.3-23.7)	14.6 (7.9-21.3)
I took part in extra curricular activities related to physical activity	437	33.6 (31-36.3)	40.2 (36.2-44.3)	27.6 (24.1-31)	34.5 (25.7-43.3)	40.4 (35.3-45.5)	44.8 (34.8-54.9)	22.8 (15.1-30.5)	26.6 (22.6-30.7)	34.0 (24.8-43.1)
Missing	127									

## Protective Factors

### 65. During the past 30 days, on how many days did you miss classes or school without permission?

0 day	906	66.7 (64.0-69.3)	59.7 (55.7-63.7)	73.4 (70.0-76.9)	61.2 (52.2-70.2)	59.3 (54.2-64.3)	59.6 (49.8-69.4)	79.3 (71.8-86.8)	76.1 (72.1-80.1)	61.7 (52.4-71.0)
1 or 2 days	246	19.2 (17.0-21.5)	20.2 (16.9-23.5)	18.1 (15.1-21.1)	11.7 (5.8-17.6)	22.3 (18.1-26.6)	21.9 (13.6-30.2)	13.3 (7.1-19.5)	16.3 (12.9-19.7)	26.7 (18.1-35.2)
3 to 5 days	92	7.2 (5.8-8.7)	9.1 (6.7-11.4)	5.4 (3.7-7.2)	7.4 (2.7-12.1)	9.3 (6.3-12.3)	9.8 (4.1-15.6)	5.7 (1.2-10.3)	4.8 (2.8-6.8)	6.9 (2.0-11.7)
6 to 9 days	41	3.5 (2.4-4.5)	5.7 (3.8-7.7)	1.3 (0.4-2.2)	9.1 (3.9-14.3)	4.6 (2.4-6.9)	5.8 (0.7-10.8)	1.7 (-0.7-4.0)	1.1 (0.0-2.2)	1.7 (-0.7-4.1)
10 or more days	41	3.4 (2.4-4.4)	5.3 (3.4-7.2)	1.7 (0.7-2.7)	10.6 (4.6-16.6)	4.5 (2.3-6.7)	2.8 (-0.4-6.1)		1.7 (0.4-3.0)	3.0 (0.0-6.0)
Missing	106									

### 66. During the past 30 days, how often were most of the students in your school kind and helpful?

Never	195	14.5 (12.6-16.5)	18.4 (15.3-21.5)	11.1 (8.7-13.5)	21.3 (13.8-28.8)	20.5 (16.4-24.6)	9.9 (4.4-15.5)	15.2 (8.6-21.8)	12.0 (8.9-15.1)	5.7 (1.3-10.0)
Rarely	324	23.5 (21.2-25.8)	21.6 (18.3-24.9)	25.0 (21.7-28.3)	20.6 (13.3-28.0)	24.4 (20-28.8)	14.5 (7.9-21.0)	27.4 (19.3-35.5)	25.8 (21.8-29.8)	21.1 (13.5-28.7)
Sometimes	475	36.2 (33.6-38.9)	33 (29.2-36.8)	39.3 (35.6-43.1)	31.1 (22.7-39.5)	29.7 (25.1-34.4)	43.9 (34.0-53.9)	36.2 (27.5-44.9)	37.7 (33.2-42.1)	45.7 (36.2-55.1)
Most of the time	230	17 (14.9-19.1)	17.1 (14.0-20.2)	16.8 (14.0-19.6)	16.8 (10.1-23.5)	14.9 (11.4-18.5)	23.4 (14.6-32.2)	14.2 (8.0-20.4)	16.6 (13.2-20.0)	19.5 (12.0-27.0)
Always	116	8.7 (7.2-10.3)	9.9 (7.6-12.3)	7.8 (5.7-9.8)	10.2 (4.6-15.8)	10.5 (7.4-13.6)	8.2 (3.1-13.4)	7.0 (2.3-11.8)	7.9 (5.4-10.5)	8.0 (2.8-13.2)
Missing	92									

### 67. During the past 30 days, how often did your parents or guardians check to see if your homework was done?

Never	312	24.3 (21.9-26.7)	24.5 (20.9-28.1)	24.2 (20.9-27.5)	19.1 (11.9-26.3)	22.0 (17.8-26.2)	36.6 (26.8-46.4)	12.7 (6.6-18.8)	24.9 (20.9-29)	31.5 (22.7-40.2)
Rarely	198	14.9 (12.9-16.9)	14.7 (11.8-17.6)	14.9 (12.1-17.6)	13.6 (7.4-19.7)	14.4 (10.8-18.1)	16.4 (9.2-23.7)	12.1 (6.1-18.1)	14.5 (11.3-17.7)	18.1 (10.9-25.3)
Sometimes	291	21.9 (19.6-24.1)	21.0 (17.7-24.2)	22.9 (19.6-26.2)	21.0 (13.5-28.4)	22.2 (18.0-26.3)	17.7 (10.3-25)	28.6 (20.3-36.8)	20.4 (16.7-24.1)	24.4 (16.0-32.8)
Most of the time	225	17.1 (15.0-19.2)	17.4 (14.3-20.5)	16.8 (13.9-19.7)	22.3 (14.7-29.8)	16.6 (12.8-20.5)	15.2 (8.0-22.4)	14.7 (8.3-21.1)	16.7 (13.3-20.1)	18.8 (11.2-26.3)
Always	307	21.8 (19.6-24.0)	22.4 (19.1-25.7)	21.3 (18.3-24.4)	24.1 (16.4-31.8)	24.8 (20.5-29.1)	14.1 (7.4-20.8)	32.0 (23.6-40.4)	23.5 (19.6-27.4)	7.3 (2.5-12.1)
Missing	99									

**68. During the past 30 days, how often did your parents or guardians understand your problems and worries?**

Never	297	22.9 (20.6-25.3)	22.0 (18.6-25.4)	23.4 (20.1-26.6)	24.5 (16.5-32.6)	23.0 (18.7-27.4)	16.8 (9.4-24.3)	30.7 (22.1-39.3)	21.8 (17.9-25.6)	22.0 (14.2-29.8)
Rarely	207	15.3 (13.4-17.3)	15.9 (12.8-18.9)	15.2 (12.5-17.9)	18.0 (10.9-25.1)	14.0 (10.5-17.6)	19.1 (11.1-27.2)	10.2 (4.6-15.8)	17.0 (13.5-20.4)	14.5 (8.2-20.8)
Sometimes	345	26.6 (24.1-29.1)	25.5 (21.9-29.1)	27.7 (24.2-31.2)	24.7 (16.9-32.6)	25.8 (21.3-30.3)	25.4 (16.5-34.2)	23.7 (15.9-31.6)	27.1 (23.0-31.3)	31.7 (22.8-40.6)
Most of the time	214	16.9 (14.7-19.0)	16.3 (13.2-19.3)	17.2 (14.2-20.2)	14.8 (8.3-21.2)	14.4 (10.8-18.0)	22.9 (14.3-31.5)	14.5 (8.0-21.1)	15.6 (12.3-19.0)	23.4 (15.0-31.7)
Always	250	18.3 (16.2-20.4)	20.4 (17.1-23.6)	16.6 (13.8-19.3)	18.0 (10.9-25.1)	22.7 (18.5-27.0)	15.8 (8.8-22.8)	20.8 (13.4-28.2)	18.5 (15.0-22.1)	8.4 (3.4-13.3)
Missing	119									

**69. During the past 30 days, how often your parents or guardians (at least one of them) really know what you were doing with your free time?**

Never	251	19.0 (16.8-21.2)	21.7 (18.3-25.0)	16.6 (13.8-19.5)	25.2 (17.1-33.2)	22.8 (18.5-27.1)	15.5 (8.4-22.6)	12.2 (6.3-18.1)	17.5 (14-21.1)	17.9 (10.8-25.1)
Rarely	190	14.8 (12.8-16.8)	16.5 (13.4-19.5)	13.3 (10.6-16.0)	13.2 (7.0-19.3)	16.7 (12.8-20.5)	18.9 (11.0-26.8)	8.5 (3.4-13.6)	13.9 (10.6-17.1)	15.8 (8.6-23.0)
Sometimes	359	27.3 (24.9-29.8)	24.8 (21.2-28.3)	29.7 (26.2-33.2)	22.5 (14.9-30.2)	24.0 (19.7-28.4)	28.9 (19.6-38.3)	31.0 (22.5-39.5)	32.8 (28.4-37.3)	20.8 (13.1-28.6)
Most of the time	235	18.4 (16.2-20.6)	17.7 (14.6-20.9)	19.0 (15.9-22.1)	18.1 (11.1-25.1)	17.6 (13.7-21.5)	17.9 (10.4-25.4)	17.8 (10.8-24.9)	15.0 (11.7-18.4)	29.7 (20.8-38.5)
Always	278	20.4 (18.2-22.6)	19.3 (16.1-22.5)	21.3 (18.2-24.4)	21.0 (13.7-28.4)	18.9 (15.0-22.9)	18.8 (10.9-26.7)	30.4 (22.1-38.8)	20.7 (17.0-24.5)	15.8 (8.9-22.6)
Missing	119									

**Pocket Money****70. How much pocket money do you get every day, on average?**

I do not receive any pocket money	95	7.2 (5.8-8.7)	8.1 (5.9-10.3)	6.4 (4.5-8.3)	12.7 (6.5-18.8)	8.1 (5.3-11.0)	4.1 (0.5-7.8)	10.6 (5.1-16.2)	6.1 (3.8-8.3)	3.8 (-0.1-7.6)
Less than 5	48	3.7 (2.6-4.7)	5.7 (3.9-7.6)	1.8 (0.8-2.7)	8.5 (3.4-13.7)	6.3 (3.8-8.8)	1.6 (-0.7-3.9)	4.4 (0.6-8.2)	1.4 (0.4-2.5)	0.5 (-0.5-1.5)
SR. 5 - 9	68	5.2 (4.0-6.4)	6.0 (4.1-7.9)	4.2 (2.7-5.7)	12.0 (6.0-17.9)	5.1 (2.8-7.4)	3.3 (0-6.6)	7.2 (2.6-11.9)	3.8 (2.1-5.6)	2.9 (-0.4-6.1)
SR. 10 - 14	196	15.2 (13.2-17.2)	13.9 (11.0-16.8)	16.4 (13.5-19.2)	18.0 (10.9-25.1)	11.1 (7.9-14.4)	18.1 (10.3-26.0)	19.8 (12.6-27.1)	15.7 (12.2-19.2)	15.3 (8.5-22.1)
SR. 15 - 19	182	14.3 (12.3-16.3)	11.9 (9.2-14.5)	16.3 (13.3-19.3)	7.9 (3.1-12.7)	13.1 (9.7-16.6)	11.8 (5.1-18.4)	13.6 (7.3-19.9)	14.5 (11.2-17.8)	23.3 (15.0-31.7)
SR. 20 - 25	425	32.6 (30.0-35.2)	30.7 (27.0-34.5)	34.2 (30.5-37.8)	22.5 (14.8-30.1)	32.8 (28.0-37.6)	32.3 (22.8-41.8)	27.2 (19.1-35.2)	35.6 (31.1-40.1)	35.7 (26.5-44.9)
More than SR.25	291	21.9 (19.6-24.2)	23.6 (20.1-27.1)	20.8 (17.7-23.9)	18.5 (11.4-25.7)	23.4 (19.1-27.7)	28.7 (19.7-37.7)	17.1 (10.3-24.0)	22.8 (18.9-26.7)	18.6 (11.0-26.1)
Missing	127									

## Appendix III - Correlations between selected risk behaviours, age 13-15 years

**Table III – 1.** Questions used for correlation analysis

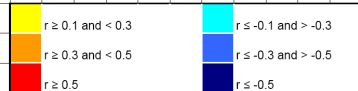
Intitulates	Questions
Age	1
Weight status	4,5
Current image	10
Ideal image	11
Difference ideal-current	11-10
Fruits	12
Vegetables	13
Carbonated soft drinks	14
Fruits juice	16
Water	17
Bullying	21
Lonely	24
Worries	25
Close friends	29
Cigarette frequency	31
Environmental smoke	34
Alcohol frequency	37
Alcohol volume	38
Really drunk	41
Troubles related to alcohol	42
Cannabis	44
Sexual partners	49
Physical activity past 7 days	53
Physical activity usual week	54
Sitting activities	55
TV week days	56
Walk/ride bike	59
Physical education classes	61
Truancy past 30 days	65
Students kind/helpful	66
Parents checked homework	67
Parents understand problems	68
Parents know free time	69
Pocket money	70

**Table III – 2. Spearman's correlation coefficients (r) among boys aged 13-15 years (N=430)**

	Age	Weight status	Current image	Ideal image	Difference ideal-current	Fruits	Vegetables	Carbonated soft drinks	Fruits juice	Water	Bullying	Lonely	Worries	Close friends	Cigarette frequency	Environmental smoke	Alcohol frequency	Alcohol volume	Really drunk	Troubles related to alcohol	Cannabis	Sexual partners	Physical activity past 7 days	Physical activity usual week	Sitting activities	TV week days	Walk/ride bike	Physical education classes	Truancy past 30 days	Students kind/helpful	Parents checked homework	Parents understand	Parents know free time	Pocket money
Age	1.00																																	
Weight status	-0.05	1.00																																
Current image	0.05	0.51	1.00																															
Ideal image	0.20	0.05	0.18	1.00																														
Difference ideal-current	0.10	-0.50	-0.73	0.49	1.00																													
Fruits	-0.12	0.06	0.04	-0.04	-0.08	1.00																												
Vegetables	-0.02	0.05	0.03	-0.03	-0.07	0.33	1.00																											
Carbonated soft drinks	0.01	-0.05	-0.05	-0.05	0.04	0.12	0.04	1.00																										
Fruits juice	0.03	0.09	-0.03	0.09	0.10	0.07	0.11	0.08	1.00																									
Water	0.06	0.21	0.07	-0.01	-0.10	0.16	0.20	0.00	0.17	1.00																								
Bullying	-0.16	0.02	0.04	0.04	-0.01	0.02	0.07	0.06	0.00	0.07	1.00																							
Lonely	0.14	-0.01	0.11	0.03	-0.08	-0.02	0.01	0.08	0.12	-0.02	0.24	1.00																						
Worries	0.04	-0.12	-0.04	0.02	0.06	-0.02	-0.01	0.05	-0.03	-0.08	0.26	0.29	1.00																					
Close friends	-0.10	0.11	-0.03	-0.03	-0.01	0.00	0.00	-0.07	0.03	0.07	-0.13	-0.03	-0.08	1.00																				
Cigarette frequency	0.03	-0.06	-0.05	0.06	0.06	0.03	-0.02	0.07	0.03	-0.04	0.22	0.15	0.11	-0.08	1.00																			
Environmental smoke	0.06	-0.03	0.02	0.09	0.02	0.08	0.08	0.12	0.00	-0.05	0.13	0.10	0.13	0.00	0.32	1.00																		
Alcohol frequency	-0.04	0.03	-0.04	0.02	0.08	0.09	-0.02	0.18	0.07	-0.01	0.22	0.09	0.17	-0.03	0.42	0.29	1.00																	
Alcohol volume	0.00	0.03	-0.02	0.08	0.09	0.13	0.02	0.19	0.07	0.07	0.16	0.06	0.09	-0.05	0.37	0.27	0.83	1.00																
Really drunk	0.00	0.03	-0.02	0.00	0.02	0.08	0.03	0.18	-0.01	0.00	0.17	0.05	0.06	-0.06	0.39	0.20	0.58	0.58	1.00															
Troubles related to alcohol	0.00	-0.10	0.00	0.04	0.05	0.02	0.03	0.03	0.00	-0.09	0.14	0.17	0.18	-0.05	0.33	0.19	0.29	0.23	0.33	1.00														
Cannabis	0.04	-0.09	-0.02	0.12	0.09	0.09	0.04	0.03	0.07	-0.10	0.09	0.15	0.17	-0.18	0.59	0.27	0.28	0.24	0.29	0.38	1.00													
Sexual partners	0.09	-0.04	0.01	0.04	0.05	0.10	-0.02	0.12	-0.01	0.00	0.01	0.12	0.08	-0.06	0.35	0.24	0.37	0.27	0.34	0.16	0.35	1.00												
Physical activity past 7 days	0.07	0.08	-0.01	0.02	0.04	0.03	0.02	0.05	0.17	0.15	-0.04	0.01	-0.03	0.13	0.11	0.14	0.16	0.17	0.14	0.03	0.08	0.05	1.00											
Physical activity usual week	0.08	0.11	-0.04	0.03	0.07	0.04	0.06	0.03	0.12	0.15	-0.07	-0.03	-0.05	0.10	0.09	0.15	0.20	0.17	0.12	0.02	0.11	0.10	0.77	1.00										
Sitting activities	0.02	-0.01	0.06	-0.07	-0.08	0.12	-0.03	0.17	0.02	0.04	0.05	0.10	-0.04	-0.03	0.19	0.14	0.13	0.15	0.15	0.10	0.13	0.25	0.06	0.04	1.00									
TV week days	0.08	0.02	0.06	0.02	-0.05	0.07	0.05	0.12	0.14	0.09	0.03	0.07	-0.08	0.07	0.09	0.13	0.16	0.14	0.12	0.04	0.03	0.05	0.13	0.13	0.40	1.00								
Walk/ride bike	0.02	-0.07	-0.12	0.00	0.12	-0.02	0.02	0.00	0.00	-0.08	-0.02	0.02	0.00	0.03	0.08	0.07	0.14	0.10	0.08	0.11	0.02	0.15	0.14	0.20	0.11	0.05	1.00							
Physical education classes	0.03	-0.06	-0.07	0.00	0.07	0.01	-0.05	0.05	0.08	0.04	-0.04	0.04	-0.07	0.05	0.12	0.04	0.04	0.07	0.08	0.13	0.12	0.10	0.23	0.15	0.10	0.08	0.20	1.00						
Truancy past 30 days	-0.02	-0.11	-0.02	0.03	0.01	0.03	-0.03	0.10	0.04	-0.09	0.10	0.20	0.16	-0.09	0.28	0.18	0.24	0.19	0.19	0.27	0.32	0.26	-0.06	-0.05	0.12	0.07	0.06	0.05	1.00					
Students kind/helpful	0.06	0.01	0.04	-0.04	-0.07	0.04	0.00	-0.02	0.11	0.06	0.00	0.05	0.08	0.08	0.08	0.08	0.07	0.05	0.16	0.01	0.06	0.05	0.15	0.18	0.08	0.13	0.11	0.12	0.00	1.00				
Parents checked homework	-0.12	0.14	0.05	0.02	-0.05	0.09	0.07	0.00	0.02	0.09	0.05	-0.02	-0.04	0.09	-0.06	-0.08	0.00	-0.01	0.01	-0.15	-0.16	-0.10	0.11	0.10	-0.01	0.05	0.02	0.05	-0.12	0.16	1.00			
Parents understand problems	-0.03	0.06	0.06	0.00	-0.07	-0.03	0.00	0.03	0.02	0.03	-0.04	-0.08	-0.06	-0.02	-0.05	-0.02	-0.07	-0.11	-0.06	-0.13	-0.05	-0.08	0.06	0.10	0.02	0.04	0.01	0.06	-0.06	0.23	0.35	1.00		
Parents know free time	-0.05	0.14	0.07	-0.01	-0.09	0.00	-0.01	-0.02	0.01	0.04	-0.03	-0.04	-0.06	0.10	-0.17	-0.04	-0.17	-0.11	-0.13	-0.13	-0.11	-0.19	0.10	0.10	-0.07	0.01	0.02	0.07	-0.14	0.27	0.33	0.40	1.00	
Pocket money	0.03	0.09	0.02	0.01	-0.02	0.14	0.09	0.09	-0.02	0.11	-0.17	-0.06	-0.11	0.21	0.01	0.06	-0.03	0.03	-0.01	0.03	-0.02	-0.06	0.14	0.14	0.05	0.11	0.00	0.18	-0.10	0.14	0.11	0.13	0.12	1.00

**Table III – 3. Spearman's correlation coefficients (r) among girls aged 13-15 years (N=492)**

	Age	Weight status	Current image	Ideal image	Difference ideal-current	Fruits	Vegetables	Carbonated soft drinks	Fruits juice	Water	Bullying	Lonely	Worries	Close friends	Cigarette frequency	Environmental smoke	Alcohol frequency	Alcohol volume	Really drunk	Troubles related to alcohol	Cannabis	Sexual partners	Physical activity past 7 days	Physical activity usual week	Sitting activities	TV week days	Walk/ride bike	Physical education classes	Truancy past 30 days	Students kind/helpful	Parents checked homework	Parents understand	Parents know free time	Pocket money	
Age	1.00																																		
Weight status	0.01	1.00																																	
Current image	-0.04	0.53	1.00																																
Ideal image	0.01	0.17	0.50	1.00																															
Difference ideal-current	0.07	-0.49	-0.68	0.25	1.00																														
Fruits	-0.11	0.01	0.06	0.11	0.02	1.00																													
Vegetables	0.01	0.00	0.03	0.02	-0.01	0.33	1.00																												
Carbonated soft drinks	0.00	-0.08	0.04	0.11	0.10	-0.04	0.03	1.00																											
Fruits juice	-0.02	-0.01	0.04	0.08	0.02	0.20	0.11	0.12	1.00																										
Water	-0.03	0.05	0.02	0.02	-0.05	0.19	0.21	-0.01	0.14	1.00																									
Bullying	-0.09	0.01	-0.01	0.02	0.02	0.03	0.04	0.09	0.07	-0.06	1.00																								
Lonely	0.02	0.05	0.03	-0.02	-0.04	-0.11	-0.08	0.14	-0.01	-0.04	0.34	1.00																							
Worries	-0.01	0.06	0.05	0.04	-0.04	-0.04	-0.01	0.17	0.05	-0.03	0.20	0.46	1.00																						
Close friends	0.01	0.06	0.05	0.00	0.00	-0.04	0.01	-0.02	0.12	0.05	-0.10	-0.07	-0.10	1.00																					
Cigarette frequency	0.04	-0.01	0.09	0.04	-0.05	0.07	0.00	0.12	0.00	-0.04	0.04	0.04	0.09	0.03	1.00																				
Environmental smoke	0.07	-0.03	-0.01	-0.06	0.02	0.03	0.05	0.10	0.01	0.00	0.20	0.21	0.15	-0.06	0.20	1.00																			
Alcohol frequency	0.17	-0.06	0.06	0.08	0.01	0.02	0.01	0.17	0.03	-0.11	0.06	0.13	0.11	-0.05	0.25	0.21	1.00																		
Alcohol volume	0.19	-0.05	0.08	0.11	0.02	0.08	0.05	0.20	0.03	-0.06	0.03	0.13	0.11	-0.08	0.28	0.24	0.88	1.00																	
Really drunk	0.16	-0.07	0.03	0.10	0.10	-0.02	-0.10	0.20	0.02	-0.15	0.08	0.14	0.10	-0.02	0.24	0.14	0.45	0.48	1.00																
Troubles related to alcohol	0.05	-0.02	0.06	0.06	0.00	0.02	-0.04	0.13	0.07	-0.10	0.09	0.16	0.15	0.04	0.20	0.05	0.17	0.17	0.27	1.00															
Cannabis	0.00	0.02	0.04	-0.02	-0.06	0.09	-0.03	0.12	0.00	-0.07	0.02	-0.02	0.07	-0.03	0.43	0.10	0.21	0.21	0.22	0.23	1.00														
Sexual partners	0.09	0.03	0.15	0.17	-0.02	-0.04	-0.08	0.14	0.03	-0.08	0.13	0.13	0.20	-0.08	0.27	0.10	0.29	0.21	0.30	0.15	0.25	1.00													
Physical activity past 7 days	0.03	0.00	-0.05	0.01	0.05	0.13	0.06	-0.09	0.02	0.03	0.03	0.11	0.06	0.09	0.04	0.07	0.06	0.07	0.03	-0.01	-0.04	0.00	1.00												
Physical activity usual week	0.03	0.04	0.02	0.03	0.02	0.18	0.13	-0.08	0.06	0.06	0.02	-0.01	0.01	0.12	0.08	0.07	0.04	0.09	0.02	-0.02	0.00	-0.05	0.76	1.00											
Sitting activities	0.03	-0.08	-0.04	0.00	0.03	0.04	0.01	0.11	0.09	0.00	-0.07	0.01	0.08	0.02	0.00	0.05	0.10	0.10	0.11	0.09	0.00	0.00	0.08	0.03	1.00										
TV week days	0.09	-0.11	-0.08	-0.04	0.08	0.08	0.09	0.08	0.10	0.03	-0.01	0.00	0.07	0.02	0.01	0.14	0.11	0.14	0.09	0.04	0.03	-0.01	0.08	0.07	0.56	1.00									
Walk/ride bike	0.11	-0.09	-0.11	-0.06	0.08	-0.06	0.06	-0.05	-0.05	-0.07	0.03	0.07	0.00	0.04	0.05	0.13	0.04	0.09	0.08	0.05	0.04	-0.02	0.13	0.16	0.07	0.09	1.00								
Physical education classes	0.00	0.01	0.03	0.02	-0.01	0.02	0.05	0.05	0.02	0.05	0.04	0.02	0.05	0.05	-0.04	0.09	-0.05	-0.02	-0.04	-0.05	-0.04	-0.05	0.19	0.20	0.02	0.03	0.09	1.00							
Truancy past 30 days	0.05	-0.06	-0.04	0.01	0.08	0.11	-0.01	0.15	0.06	-0.14	0.08	0.05	0.10	-0.05	0.25	0.16	0.22	0.24	0.28	0.13	0.22	0.26	0.02	-0.04	0.04	0.09	0.06	-0.04	1.00						
Students kind/helpful	0.05	0.00	0.07	0.00	-0.08	0.07	0.04	-0.05	0.05	0.13	-0.14	-0.11	-0.03	0.14	0.02	0.03	-0.02	-0.02	0.03	0.02	0.02	0.02	0.06	0.07	0.15	0.16	0.01	0.14	-0.02	1.00					
Parents checked homework	-0.13	-0.01	0.01	0.01	-0.02	0.18	0.01	0.01	0.00	0.04	-0.06	-0.11	-0.09	-0.03	-0.10	-0.05	-0.19	-0.17	-0.11	-0.04	-0.12	-0.09	0.05	0.06	0.02	0.04	-0.01	0.02	-0.07	0.20	1.00				
Parents understand problems	-0.07	-0.01	-0.03	0.01	0.02	0.11	0.08	-0.08	0.02	0.12	-0.09	-0.16	-0.14	0.01	-0.03	-0.05	-0.17	-0.14	-0.08	-0.08	-0.10	-0.08	0.04	0.04	-0.07	-0.01	-0.06	0.04	-0.11	0.24	0.44	1.00			
Parents know free time	-0.09	-0.10	-0.06	0.00	0.08	0.05	0.12	-0.08	-0.04	0.09	-0.06	-0.14	-0.15	0.09	-0.08	-0.08	-0.16	-0.15	-0.17	-0.06	-0.09	-0.11	0.14	0.11	0.03	0.02	0.00	0.05	-0.05	0.19	0.32	0.48	1.00		
Pocket money	0.05	-0.01	-0.05	-0.09	-0.01	0.10	0.06	0.07	0.10	0.06	-0.07	-0.13	0.00	0.06	0.04	0.07	0.03	0.04	0.05	-0.09	-0.06	0.03	0.03	0.03	0.12	0.10	-0.09	0.00	-0.07	0.04	0.15	0.15	0.03	1.00	



## Appendix IV - Fact sheet, age 13-15 years

### Global School-based Student Health Survey

## Seychelles 2007 Fact Sheet



The **2007 Seychelles GSHS** measured alcohol and other drug use; sexual behaviors that contribute to HIV infection, other STI, and unintended pregnancy; unintentional injuries and violence; dietary behaviors and overweight; physical activity; tobacco use; mental health; and protective factors.

The 2007 Seychelles GSHS was a school-based survey of students in Grades S1, S2, S3, S4, and S5. A two-stage cluster sample design was used to produce data representative of all students in Grades S1, S2, S3, S4, and S5 in Seychelles. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 100%, the student response rate was 82%, and the overall response rate was 82%. A total of 1,432 students participated in the Seychelles GSHS. Students self-reported their responses to each question on a computer scannable answer sheet. For comparison purposes, only students aged 13-15 years are included in the analyses for this fact sheet.

Results for students aged 13-15 years	Total	Boys	Girls
<b>Alcohol and Other Drug Use</b>			
Percentage of students who had at least one drink containing alcohol on one or more days during the past 30 days	61.6 ± 1.0	62.1 ± 1.5	61.2 ± 2.2
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	53.1 ± 1.1	56.2 ± 1.2	50.0 ± 1.7
Percentage of students who had a hang-over, felt sick, got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol one or more times during their life	21.0 ± 1.1	27.4 ± 1.0	14.7 ± 1.7
Percentage of students who used drugs one or more times during their life	13.0 ± 1.5	19.6 ± 1.5	6.8 ± 2.0
<b>Sexual Behaviours that contribute to HIV Infection, Other STI, and Unintended Pregnancy</b>			
Percentage of students who have ever had sexual intercourse	21.5 ± 1.1	28.6 ± 1.5	15.5 ± 1.1
Percentage of students who have had sexual intercourse with two or more people during their life time	16.6 ± 0.8	24.6 ± 1.3	9.3 ± 0.6
Among students who had sexual intercourse during the past 12 months, the percentage who used a condom the last time they had sexual intercourse	59.7 ± 2.6	*	*
<b>Unintentional Injuries and Violence</b>			
Percentage of students who were bullied on one or more days during the past 30 days	50.5 ± 0.7	52.6 ± 1.1	48.6 ± 1.3
<b>Dietary Behaviours and Overweight</b>			
Percentage of students who went hungry most of the time or always during the past 30 days because there was not enough food in their home	15.7 ± 0.6	16.2 ± 1.2	14.9 ± 1.0
Percentage of students who are overweight**	7.5 ± 0.6	7.3 ± 0.7	7.6 ± 0.9
Percentage of students who are at risk for becoming overweight***	14.6 ± 0.6	12.9 ± 0.8	16.1 ± 0.8
<b>Physical Activity</b>			
Percentage of students who were physically active for a total of at least 60 minutes per day on all 7 days during the past 7 days	18.8 ± 0.8	24.1 ± 1.2	13.9 ± 0.7
Percentage of students who spent three or more hours per day during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities	54.7 ± 0.8	52.7 ± 1.5	56.2 ± 1.3



# Seychelles

## 2007 Fact Sheet



Tobacco Use			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	17.2 ± 0.9	24.1 ± 1.2	10.8 ± 2.5
Percentage of students who used any other form of tobacco on one or more days during the past 30 days	9.2 ± 0.4	14.4 ± 0.8	3.9 ± 0.4
Percentage of students who reported people smoking in their presence on one or more days during the past 7 days	64.7 ± 1.0	66.5 ± 1.7	62.9 ± 1.0
Mental Health			
Percentage of students who felt lonely most of the time or always during the past 12 months	14.7 ± 0.7	12.4 ± 0.6	16.8 ± 1.3
Percentage of students who seriously considered attempting suicide during the past 12 months	17.5 ± 0.7	15.6 ± 1.0	19.4 ± 2.0
Percentage of students who have no close friends	5.2 ± 0.3	6.4 ± 0.5	4.1 ± 0.4
Protective Factors			
Percentage of students who missed classes or school without permission on one or more days during the past 30 days	32.0 ± 1.2	40.7 ± 1.7	23.9 ± 1.3
Percentage of students who reported that most of the students in their school were never or rarely kind and helpful during the past 30 days	41.2 ± 0.8	44.9 ± 1.2	37.8 ± 1.1
Percentage of students whose parents or guardians never or rarely really knew what they were doing with their free time during the past 30 days	35.3 ± 1.3	39.5 ± 1.2	31.4 ± 1.8

\* indicates less than 100 students.

\*\*Students 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, British Medical Journal, May, 2000.

\*\*\*Students 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, British Medical Journal, May, 2000.

### For additional information, please contact:

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