



## Nepal Mountain Region

### 2015 Fact Sheet

The 2015 Nepal Mountain Region GSHS was a school-based survey of students in Class 7-11, which are typically attended by students aged 13-17. A two-stage cluster sample design was used to produce data representative of all students in Class 7-11 in Nepal Mountain Region. 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 Nepal Mountain Region GSHS measured alcohol use; dietary behaviors; drug use; hygiene; mental health; physical activity; protective factors; sexual behaviors; tobacco use; and violence and unintentional injury. Students self-reported their responses to each question on a computer scanable answer sheet.

The school response rate was 92%, the student response rate was 72%, and the overall response rate was 66%. A total of 2,200 students participated in the Nepal Mountain Region GSHS. Prevalence estimates (percentages) and 95% confidence intervals are presented below.

	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Alcohol Use</b>									
Percentage of students who currently drank alcohol (at least one drink of alcohol on at least one day during the 30 days before the survey)	3.1 (1.5-6.3)	4.3 (2.1-8.6)	1.9 (0.9-4.2)	6.3 (2.8-13.3)	8.9 (3.7-19.8)	3.7 (1.0-12.8)	4.1 (2.3-7.2)	5.8 (3.1-10.5)	2.4 (1.2-4.9)
Percentage of students who ever drank so much alcohol that they were really drunk one or more times during their life	3.5 (2.0-6.3)	5.2 (3.2-8.3)	2.0 (0.7-5.9)	6.8 (4.5-10.1)	11.4 (8.8-14.7)	2.3 (0.6-8.9)	4.5 (2.9-7.0)	7.1 (5.6-9.0)	2.1 (0.7-6.6)
Percentage of students who drank alcohol before age 14 years for the first time, among students who ever had a drink of alcohol other than a few sips	*	*	*	*	*	*	73.8 (63.3-82.2)	68.9 (56.5-79.1)	*
<b>Dietary Behaviors</b>									
Percentage of students who were underweight (<-2SD from median for BMI by age and sex)	10.8 (7.6-15.0)	13.9 (9.8-19.3)	7.9 (4.5-13.3)	8.2 (6.5-10.2)	14.6 (9.5-21.6)	1.7 (0.6-5.3)	9.9 (7.4-13.1)	14.1 (10.9-18.1)	5.9 (3.2-10.6)

\*Indicates data were not available.



## Nepal Mountain Region 2015 Fact Sheet

	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Dietary Behaviors</b>									
Percentage of students who were overweight (>+1SD from median for BMI by age and sex)	3.7 (2.4-5.8)	2.9 (1.4-6.1)	4.4 (2.9-6.7)	4.2 (1.8-9.2)	2.1 (0.5-8.2)	6.2 (2.3-15.5)	3.9 (2.3-6.4)	2.7 (1.1-6.3)	5.0 (2.8-8.6)
Percentage of students who were obese (>+2SD from median for BMI by age and sex)	0.6 (0.2-1.5)	0.9 (0.3-2.9)	0.3 (0.1-1.2)	0.5 (0.1-1.7)	0.5 (0.1-2.7)	0.4 (0.1-2.9)	0.6 (0.2-1.3)	0.8 (0.3-2.0)	0.4 (0.1-1.0)
Percentage of students who usually drank carbonated soft drinks one or more times per day during the 30 days before the survey	34.9 (28.5-41.9)	33.8 (24.4-44.6)	35.9 (30.5-41.8)	29.4 (20.7-39.9)	24.5 (14.8-37.8)	34.6 (17.8-56.3)	33.2 (26.7-40.4)	30.9 (21.6-42.0)	35.5 (27.5-44.4)
<b>Drug Use</b>									
Percentage of students who ever used marijuana one or more times during their life	2.6 (1.2-5.3)	4.0 (2.0-7.7)	1.3 (0.5-3.6)	3.7 (1.9-7.0)	5.7 (3.3-9.7)	1.6 (0.5-5.3)	2.9 (1.5-5.6)	4.5 (2.5-7.9)	1.4 (0.5-3.9)
Percentage of students who used drugs before age 14 years for the first time, among students who ever used drugs	*	*	*	*	*	*	88.4 (75.6-95.0)	*	*
<b>Hygiene</b>									
Percentage of students who usually cleaned or brushed their teeth one or more times per day during the 30 days before the survey	88.9 (84.8-92.1)	88.7 (82.4-92.9)	90.8 (87.5-93.3)	89.9 (85.1-93.3)	91.2 (85.7-94.7)	88.6 (76.9-94.8)	89.2 (85.3-92.2)	89.4 (84.8-92.8)	90.1 (85.3-93.5)

\*Indicates data were not available.



## Nepal Mountain Region

### 2015 Fact Sheet

	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Hygiene</b>									
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the 30 days before the survey	3.8 (2.1-6.6)	3.2 (2.1-5.0)	2.8 (1.3-6.0)	3.5 (1.5-7.7)	3.7 (1.2-11.3)	2.8 (1.1-7.4)	3.7 (2.2-6.1)	3.4 (2.0-5.7)	2.8 (1.7-4.7)
<b>Mental Health</b>									
Percentage of students who seriously considered attempting suicide during the 12 months before the survey	12.2 (9.2-16.1)	11.7 (8.6-15.8)	12.4 (9.2-16.6)	11.9 (9.4-15.0)	8.3 (4.1-16.0)	15.4 (9.8-23.5)	12.1 (9.8-14.9)	10.7 (7.8-14.5)	13.3 (10.2-17.2)
Percentage of students who attempted suicide one or more times during the 12 months before the survey	9.2 (5.8-14.2)	7.7 (4.1-13.9)	9.2 (6.4-13.1)	8.8 (4.4-16.9)	5.1 (2.2-11.8)	11.9 (5.6-23.6)	9.1 (5.8-13.9)	6.9 (3.9-11.9)	10.1 (6.4-15.5)
Percentage of students who did not have any close friends	4.1 (2.1-8.1)	2.6 (1.5-4.4)	4.5 (1.9-10.0)	4.0 (2.2-6.9)	2.0 (0.6-6.1)	5.6 (3.2-9.6)	4.1 (2.5-6.5)	2.4 (1.3-4.2)	4.8 (2.8-8.1)
<b>Physical Activity</b>									
Percentage of students were physically active at least 60 minutes per day on all 7 days during the 7 days before the survey	15.8 (13.2-18.8)	15.8 (12.7-19.6)	16.0 (12.4-20.4)	15.6 (9.3-25.1)	14.3 (9.2-21.4)	17.1 (7.7-33.9)	15.7 (13.0-19.0)	15.3 (12.5-18.6)	16.3 (12.3-21.4)
Percentage of students who attended physical education classes on three or more days each week during this school year	47.4 (41.8-53.1)	46.6 (39.6-53.8)	48.4 (43.3-53.5)	47.4 (31.7-63.6)	51.6 (36.2-66.8)	43.3 (25.5-63.1)	47.4 (39.7-55.2)	48.2 (40.5-56.0)	46.8 (38.0-55.8)



## Nepal Mountain Region 2015 Fact Sheet

	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Physical Activity</b>									
Percentage of students who spent three or more hours per day sitting and watching television, playing computer games, or talking with friends, when not in school or doing homework during a typical or usual day	11.7 (7.5-17.6)	12.7 (8.0-19.7)	10.8 (6.7-16.9)	13.5 (7.5-23.1)	15.6 (7.2-30.8)	11.5 (5.0-24.3)	12.2 (8.0-18.3)	13.6 (8.3-21.6)	11.0 (6.8-17.4)
<b>Protective Factors</b>									
Percentage of students who missed classes or school without permission on one or more days during the 30 days before the survey	28.1 (22.2-35.0)	28.2 (21.6-35.9)	27.2 (20.5-35.2)	31.1 (26.5-36.1)	33.5 (26.8-41.1)	28.7 (18.9-41.1)	29.0 (24.0-34.7)	29.9 (25.4-34.8)	27.6 (21.1-35.3)
Percentage of students who reported that their parents or guardians most of the time or always understood their problems and worries during the 30 days before the survey	56.8 (52.2-61.2)	55.4 (49.4-61.4)	58.3 (54.6-61.9)	52.8 (45.1-60.5)	50.4 (39.6-61.1)	55.2 (40.2-69.3)	55.5 (50.7-60.3)	53.9 (47.6-60.0)	57.4 (51.0-63.5)
Percentage of students who reported that their parents or guardians most of the time or always really knew what they were doing with their free time during the 30 days before the survey	53.5 (47.6-59.4)	50.5 (42.9-58.0)	57.5 (48.6-65.9)	56.3 (44.0-67.8)	44.5 (35.6-53.8)	67.7 (52.9-79.7)	54.4 (47.6-61.0)	48.6 (41.4-55.9)	60.6 (53.3-67.5)
<b>Sexual Behaviors</b>									
Percentage of students who ever had sexual intercourse	15.3 (10.9-21.2)	18.2 (11.2-28.1)	12.6 (9.6-16.3)	15.5 (10.3-22.9)	20.3 (14.1-28.3)	10.8 (5.3-20.8)	15.4 (11.3-20.7)	18.9 (13.0-26.6)	12.0 (9.2-15.5)
Percentage of students who had sexual intercourse before age 14 years for the first time, among students who ever had sexual intercourse	*	*	*	*	*	*	51.4 (40.3-62.2)	*	*

\*Indicates data were not available.



## Nepal Mountain Region 2015 Fact Sheet

	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Sexual Behaviors</b>									
Percentage of students who used a condom during last sexual intercourse, among students who ever had sexual intercourse	*	*	*	*	*	*	60.3 (48.6-71.0)	*	*
<b>Tobacco Use</b>									
Percentage of students who currently used any tobacco products (used any tobacco products on at least 1 day during the 30 days before the survey)	5.9 (3.2-10.7)	7.4 (3.8-13.8)	3.4 (1.5-7.7)	7.6 (4.2-13.6)	12.1 (6.4-21.7)	3.1 (0.9-10.2)	6.5 (3.9-10.6)	8.9 (5.3-14.4)	3.3 (1.4-7.9)
Percentage of students who currently smoked cigarettes (smoked cigarettes on at least 1 day during the 30 days before the survey)	4.4 (2.2-8.5)	5.9 (3.0-11.2)	1.8 (0.6-4.9)	6.1 (3.2-11.1)	9.7 (5.2-17.4)	2.4 (0.6-9.3)	4.9 (2.8-8.4)	7.1 (4.2-11.6)	1.9 (0.7-5.6)
Percentage of students who reported that people smoked in their presence on one or more days during the 7 days before the survey	59.3 (54.1-64.4)	62.6 (56.6-68.2)	56.0 (48.1-63.6)	66.7 (58.5-73.9)	63.5 (52.5-73.3)	69.7 (60.9-77.2)	61.6 (56.7-66.3)	62.9 (56.4-68.9)	60.2 (53.9-66.1)
<b>Violence and Unintentional Injury</b>									
Percentage of students who were in a physical fight one or more times during the 12 months before the survey	36.3 (31.0-41.9)	38.8 (32.6-45.2)	34.2 (27.7-41.4)	28.3 (22.3-35.2)	32.5 (23.9-42.4)	24.3 (18.9-30.8)	33.8 (28.6-39.5)	36.8 (30.2-43.9)	31.2 (26.1-36.8)
Percentage of students who were seriously injured one or more times during the 12 months before the survey	68.8 (60.5-76.0)	69.8 (61.7-76.8)	67.3 (56.7-76.3)	66.7 (54.6-76.9)	65.0 (48.0-78.9)	68.5 (59.1-76.7)	68.1 (58.8-76.2)	68.3 (57.8-77.1)	67.7 (58.4-75.7)

\*Indicates data were not available.



# Nepal Mountain Region

## 2015 Fact Sheet

	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Violence and Unintentional Injury</b>									
Percentage of students who were bullied on one or more days during the 30 days before the survey	46.5 (41.5-51.5)	49.8 (44.3-55.3)	42.2 (36.2-48.4)	41.7 (32.2-52.0)	39.1 (25.5-54.7)	43.9 (34.6-53.7)	45.0 (40.2-49.9)	46.4 (39.3-53.6)	42.7 (36.8-48.8)

For additional information, please contact:  
 Dr Krishna Aryal, Research Officer  
 Ministry of Health Complex, Kathmandu, Nepal, [krish.aryal@gmail.com](mailto:krish.aryal@gmail.com)

For general information about the GSHS, please visit:  
<http://www.who.int/chp/gshs/en/>  
 or  
<http://www.cdc.gov/gshs>