



The **2011 Qatar GSHS** measured dietary behaviors; hygiene; mental health; physical activity; protective factors; tobacco use; and violence and unintentional injury.

The Qatar GSHS was a school-based survey of students in grades 7th - 9th. A two-stage cluster sample design was used to produce data representative of all students in grades 7th - 9th in Qatar. 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 87%, and the overall response rate was 87%. A total of 2021 students participated in the Qatar GSHS. Students self-reported their responses to each question on a computer scannable answer sheet. For comparison purposes, only students aged 13-15 years are included in the analyses for this fact sheet.

Results for students aged 13-15 years	Total	Boys	Girls
Dietary Behaviours			
Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days	62.5 (59.1-65.7)	60.0 (55.2-64.7)	64.8 (59.4-69.9)
Hygiene			
Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days	20.0 (15.7-25.1)	24.9 (18.9-32.2)	14.8 (9.1-23.2)
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	14.1 (10.9-18.0)	18.8 (13.4-25.7)	9.1 (5.6-14.4)
Mental Health			
Percentage of students who had no close friends	11.5 (9.8-13.6)	14.3 (11.6-17.5)	8.7 (6.5-11.5)
Physical Activity			
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more days during the past seven days	15.0 (12.6-17.7)	19.9 (15.8-24.8)	10.2 (7.8-13.3)
Percentage of students who went to physical education (PE) class on three or more days each week during the school year	30.4 (27.1-33.9)	32.4 (28.7-36.4)	28.2 (22.9-34.2)
Percentage of students who spent three or more hours per day during a typical or usual day doing sitting activities	49.5 (45.5-53.4)	43.6 (39.4-47.8)	55.4 (49.8-60.8)
Protective Factors			
Percentage of students who missed classes or school without permission on one or more of the past 30 days	52.4 (48.4-56.4)	50.9 (46.4-55.4)	53.9 (47.8-59.9)
Percentage of students whose parents or guardians understood their problems and worries most of the time or always during the past 30 days	26.5 (23.9-29.3)	26.6 (23.3-30.3)	26.4 (22.6-30.6)
Percentage of students whose parents or guardians really knew what they were doing with their free time most of the time or always during the past 30 days	27.0 (23.5-30.8)	25.1 (20.2-30.8)	29.1 (24.1-34.8)
Tobacco Use			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	18.0 (15.0-21.5)	25.3 (20.5-30.8)	10.8 (8.0-14.3)
Among students who ever smoked cigarettes, the percentage who first tried a cigarette before age 14 years	93.5 (90.6-95.6)	93.8 (90.3-96.1)	93.5 (86.9-96.9)
Percentage of students who reported people smoked in their presence on one or more days during the past seven days	48.0 (43.5-52.5)	52.0 (46.7-57.3)	43.6 (36.8-50.7)



Results for students aged 13-15 years	Total	Boys	Girls
Violence and Unintentional Injury			
Percentage of students who were in a physical fight one or more times during the past 12 months	50.6 (46.2-55.1)	62.5 (56.8-67.9)	38.0 (32.0-44.3)
Percentage of students who were seriously injured one or more times during the past 12 months	51.0 (46.4-55.6)	61.8 (54.6-68.5)	39.1 (33.9-44.5)
Percentage of students who were bullied on one or more days during the past 30 days	42.1 (37.1-47.4)	48.8 (40.6-57.0)	34.8 (28.2-42.0)

For additional information, please contact:

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