

# (Cook Islands)

## 2011 Fact Sheet



The **2011 Cook Islands GSHS** measured alcohol use; dietary behaviours; drug use; hygiene; mental health; physical activity; protective factors; tobacco use; and violence and unintentional injury.

The 2011 Cook Islands GSHS was a school-based survey of students in Forms 2 - 7. A census was used to produce data representative of all students in Forms 2 - 7 in Cook Islands. The school response rate was 100%, the student response rate was 84%, and the overall response rate was 84%. A total of 1274 students participated in the Cook Islands 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 Use</b>			
Percentage of students who drank at least one drink containing alcohol on one or more of the past 30 days	29.1	29.4	28.7
Among students who ever had a drink of alcohol (other than a few sips), the percentage who had their first drink of alcohol before age 14 years	80.1	81.0	79.1
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	23.8	25.1	22.3
<b>Dietary Behaviours</b>			
Percentage of students who were underweight (< -2SD from median for BMI by age and sex)	0.4	0.2	0.7
Percentage of students who were overweight (> +1SD from median for BMI by age and sex)	58.5	58.2	58.9
Percentage of students who were obese (> +2SD from median for BMI by age and sex)	24.3	29.0	19.0
Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days	61.5	59.7	63.6
<b>Drug Use</b>			
Among students who ever used drugs, the percentage who first used drugs before age 14 years	*	*	*
Percentage of students who used marijuana one or more times during their life	9.2	11.2	6.9
<b>Hygiene</b>			
Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days	11.4	14.3	8.0
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	3.8	4.8	2.6
<b>Mental Health</b>			
Percentage of students who had no close friends	5.0	6.3	3.5

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Results for students aged 13-15 years	Total	Boys	Girls
<b>Physical Activity</b>			
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	39.7	44.3	34.5
Percentage of students who went to physical education (PE) class on three or more days each week during the school year	26.7	29.5	23.4
Percentage of students who spent three or more hours per day during a typical or usual day doing sitting activities	37.4	36.0	38.9
<b>Protective Factors</b>			
Percentage of students who missed classes or school without permission on one or more of the past 30 days	30.8	35.8	25.3
Percentage of students whose parents or guardians understood their problems and worries most of the time or always during the past 30 days	23.8	20.9	27.2
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	34.5	32.4	36.8
<b>Tobacco Use</b>			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	19.7	19.9	19.4
Among students who ever smoked cigarettes, the percentage who first tried a cigarette before age 14 years	90.8	90.4	91.3
Percentage of students who reported people smoked in their presence on one or more days during the past seven days	68.1	67.6	68.7
<b>Violence and Unintentional Injury</b>			
Percentage of students who were in a physical fight one or more times during the past 12 months	40.8	47.2	33.5
Percentage of students who were seriously injured one or more times during the past 12 months	60.3	62.8	57.5
Percentage of students who were bullied on one or more days during the past 30 days	33.0	30.6	35.8

\* Indicates data were not available.

**For additional information, please contact:**  
 Mrs Maina Tairi Mataio, Health Promotion Officer  
 Ministry of Health, Cook Islands, m.tairi@health.gov.ck