

# Global School-based Student Health Survey



## Uruguay 2019 Fact Sheet

The 2019 Uruguay GSHS was a school-based survey of students in grades CB-3 BD, 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 grades CB-3 BD in Uruguay. At the first stage, 66 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 Uruguay GSHS measured alcohol use; dietary behaviors; 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 scannable answer sheet.

The school response rate was 94%, the student response rate was 69%, and the overall response rate was 64%. A total of 3,162 students participated in the Uruguay 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)	48.2 (44.4-52.1)	40.5 (35.9-45.3)	54.1 (49.6-58.6)	63.3 (59.2-67.2)	62.3 (57.2-67.2)	64.0 (59.4-68.4)	54.6 (51.6-57.5)	49.7 (45.9-53.6)	58.3 (55.1-61.3)
Percentage of students who ever drank so much alcohol that they were really drunk one or more times during their life	29.3 (25.9-32.9)	24.2 (20.1-28.9)	33.0 (29.2-37.1)	55.4 (51.3-59.3)	52.6 (47.1-58.1)	57.3 (52.8-61.8)	40.2 (37.2-43.3)	36.3 (32.7-40.1)	43.2 (39.6-46.8)
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	69.4 (65.6-73.0)	69.5 (64.5-74.0)	69.5 (64.7-74.0)	38.5 (34.3-42.9)	42.6 (37.4-47.9)	35.0 (30.1-40.1)	55.2 (50.7-59.5)	56.6 (52.0-61.2)	54.0 (48.6-59.3)
<b>Dietary Behaviors</b>									
Percentage of students who were underweight (<-2SD from median for BMI by age and sex)	1.0 (0.6-1.7)	1.9 (1.0-3.6)	0.2 (0.1-1.0)	1.1 (0.5-2.0)	0.8 (0.3-2.4)	1.3 (0.5-2.9)	1.0 (0.6-1.7)	1.4 (0.8-2.6)	0.7 (0.3-1.4)

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	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)	36.3 (34.2-38.5)	38.5 (35.2-41.9)	34.6 (31.4-37.9)	29.9 (25.9-34.2)	27.4 (20.4-35.7)	32.0 (28.8-35.4)	33.6 (31.5-35.8)	33.7 (29.7-38.0)	33.5 (31.2-35.9)
Percentage of students who were obese (>+2SD from median for BMI by age and sex)	10.7 (9.1-12.5)	12.8 (10.7-15.4)	9.0 (6.9-11.7)	9.9 (7.6-12.8)	10.3 (6.4-16.0)	9.6 (7.3-12.5)	10.4 (9.1-11.8)	11.7 (9.4-14.6)	9.2 (7.8-11.0)
Percentage of students who did not drink carbonated soft drinks during the 7 days before the survey	19.2 (17.0-21.6)	16.4 (13.8-19.4)	21.4 (18.2-25.1)	22.5 (19.0-26.4)	17.9 (14.3-22.2)	26.8 (22.5-31.7)	20.6 (18.6-22.7)	17.0 (14.8-19.5)	23.7 (21.0-26.6)
<b>Mental Health</b>									
Percentage of students who seriously considered attempting suicide during the 12 months before the survey	20.1 (18.1-22.4)	11.4 (9.3-13.9)	27.1 (24.4-29.9)	19.4 (16.3-23.0)	11.9 (9.3-15.1)	25.2 (20.8-30.1)	19.8 (17.7-22.1)	11.6 (9.7-13.9)	26.3 (23.5-29.2)
Percentage of students who attempted suicide one or more times during the 12 months before the survey	13.4 (11.2-16.0)	9.1 (7.0-11.9)	16.7 (13.8-20.0)	10.1 (8.3-12.3)	8.7 (5.8-12.7)	11.0 (8.8-13.7)	12.0 (10.3-14.0)	8.9 (7.0-11.4)	14.3 (12.1-16.8)
Percentage of students who did not have any close friends	5.7 (4.5-7.1)	4.8 (3.3-6.9)	6.3 (4.6-8.6)	6.1 (4.3-8.5)	7.3 (4.3-12.1)	5.0 (3.7-6.7)	5.9 (4.8-7.1)	5.8 (4.2-8.1)	5.8 (4.6-7.3)
<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	14.2 (12.3-16.3)	20.7 (17.2-24.7)	8.7 (7.0-10.7)	13.2 (11.0-15.9)	16.3 (12.4-21.3)	10.6 (7.3-15.0)	13.8 (12.1-15.6)	18.8 (15.7-22.4)	9.5 (7.7-11.6)

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	Total	Males	Females	Total	Males	Females	Total	Males	Females
Percentage of students who attended physical education classes on three or more days each week during this school year	36.1 (32.7-39.7)	37.2 (33.3-41.2)	35.3 (31.0-39.9)	13.7 (11.4-16.4)	13.7 (10.6-17.6)	14.0 (10.9-17.7)	26.6 (23.5-30.1)	27.1 (23.7-30.9)	26.4 (22.8-30.4)
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	61.5 (58.6-64.4)	63.4 (59.0-67.6)	60.1 (56.3-63.9)	64.9 (62.5-67.1)	65.5 (61.7-69.0)	64.0 (60.2-67.7)	62.9 (61.0-64.8)	64.3 (61.3-67.2)	61.8 (59.2-64.2)
<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	26.7 (23.8-29.8)	24.5 (21.4-27.9)	27.9 (24.4-31.8)	39.5 (35.7-43.5)	37.8 (32.0-44.0)	40.9 (36.0-46.0)	32.1 (29.7-34.7)	30.2 (26.7-33.9)	33.4 (30.8-36.0)
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	51.0 (48.6-53.3)	54.4 (50.6-58.2)	48.3 (44.9-51.6)	45.8 (41.8-49.7)	47.5 (42.3-52.6)	44.7 (40.3-49.1)	48.7 (46.6-50.9)	51.4 (48.3-54.5)	46.8 (44.1-49.4)
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	67.7 (65.3-70.0)	70.5 (67.9-73.1)	65.6 (62.5-68.7)	65.1 (61.2-68.9)	65.3 (59.4-70.7)	65.4 (60.6-69.9)	66.6 (64.5-68.7)	68.3 (65.3-71.1)	65.5 (63.1-67.9)
<b>Sexual Behaviors</b>									
Percentage of students who ever had sexual intercourse	30.7 (27.6-33.9)	32.4 (29.2-35.8)	28.8 (24.6-33.4)	63.5 (59.1-67.7)	62.0 (57.1-66.7)	64.5 (59.0-69.5)	44.7 (40.7-48.7)	45.2 (40.8-49.7)	43.8 (39.5-48.2)

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Percentage of students who had sexual intercourse before age 14 years for the first time, among students who ever had sexual intercourse	44.3 (39.2-49.4)	50.1 (43.6-56.7)	39.2 (33.1-45.6)	14.6 (11.5-18.5)	20.6 (15.8-26.5)	9.7 (6.9-13.5)	25.8 (21.8-30.3)	32.0 (27.0-37.5)	20.5 (16.2-25.7)
Percentage of students who used a condom during last sexual intercourse, among students who ever had sexual intercourse	83.4 (78.2-87.6)	87.6 (81.5-91.9)	79.3 (72.0-85.1)	75.3 (69.7-80.1)	84.7 (79.1-89.1)	67.8 (61.4-73.6)	78.4 (74.6-81.7)	85.8 (81.5-89.3)	72.1 (67.6-76.2)
<b>Tobacco Use</b>									
Percentage of students who currently used any tobacco product (used any tobacco product on at least 1 day during the 30 days before the survey)	11.5 (8.9-14.6)	8.0 (6.0-10.5)	14.1 (10.7-18.3)	17.8 (15.2-20.8)	16.5 (13.5-19.9)	19.0 (15.6-23.0)	14.1 (11.9-16.7)	11.6 (9.6-13.8)	16.1 (13.3-19.5)
Percentage of students who currently smoked cigarettes (smoked cigarettes on at least 1 day during the 30 days before the survey)	10.5 (8.1-13.4)	6.9 (5.1-9.2)	13.1 (10.1-16.9)	16.5 (14.0-19.3)	15.0 (12.1-18.5)	17.8 (14.5-21.7)	13.0 (10.9-15.3)	10.3 (8.4-12.5)	15.1 (12.5-18.1)
<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	20.1 (18.0-22.4)	30.3 (26.6-34.3)	11.8 (9.8-14.2)	16.5 (14.1-19.2)	24.9 (20.7-29.6)	9.2 (7.3-11.6)	18.6 (17.2-20.1)	28.0 (25.2-31.0)	10.7 (9.2-12.4)
Percentage of students who were seriously injured one or more times during the 12 months before the survey	36.3 (32.6-40.1)	39.4 (34.9-44.0)	33.6 (29.1-38.5)	34.5 (32.5-36.5)	36.2 (32.6-40.0)	32.4 (28.7-36.5)	35.5 (33.1-38.0)	38.0 (35.1-41.0)	33.1 (29.8-36.7)

For additional information, please contact:  
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For general information about the GSHS, please visit:  
<https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/global-school-based-student-health-survey>