

**Global School-based Student Health Survey
Morocco (Fez)
2023 Fact Sheet**



The 2023 Morocco (Fez) GSHS was a school-based survey of students in 1 AC - 2 AB (typically attended by students aged 13 – 17 years). A two-stage cluster sample design was used to produce data representative of all students in 1 AC - 2 AB in Morocco (Fez). At the first stage, 38 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 Morocco (Fez) GSHS measured alcohol use, dietary behaviours, drug use, hygiene, mental health, physical activity, protective factors, sexual behaviours, 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 100%, the student response rate was 83.8%, and the overall response rate was 83.8%. A total of 4172 students participated in the Morocco (Fez) GSHS. Weighted prevalence estimates (percentages) and 95% confidence intervals are presented below.

| Results for Students Aged 13-17 Years | Total | Boys | Girls |
|---|-----------------------|-----------------------|-----------------------|
| Alcohol Use | | | |
| Percentage of students who currently drank alcohol (at least one drink containing alcohol on at least 1 day during the 30 days before the survey) | 3.2 (2.3 - 4.5) | 5.0 (3.4 - 7.3) | 1.3 (0.8 - 2.2) |
| Percentage of students who drank so much alcohol that they were really drunk (one or more times during their life) | 2.8 (1.9 - 4.1) | 4.5 (3.0 - 6.9) | 0.9 (0.5 - 1.7) |
| Dietary Behaviours | | | |
| Percentage of students who were underweight (<-2SD from median for BMI by age and sex) | 12.8 (11.5 - 14.1) | 20.5 (18.5 - 22.7) | 5.6 (4.5 - 7.0) |
| Percentage of students who were overweight (>+1SD from median for BMI by age and sex) | 11.2 (10.2 - 12.3) | 7.3 (6.1 - 8.8) | 14.9 (13.5 - 16.4) |
| Percentage of students who were obese (>+2SD from median for BMI by age and sex) | 2.7 (2.2 - 3.5) | 2.6 (1.8 - 3.8) | 2.9 (2.1 - 3.9) |
| Percentage of students who drank any sugar-sweetened drink one or more times per day (during the 7 days before the survey) | 39.6 (37.0 - 42.1) | 38.7 (35.8 - 41.7) | 39.9 (36.6 - 43.3) |
| Drug Use | | | |
| Percentage of students who used cannabis (one or more times during their life) | 4.2 (3.3 - 5.4) | 6.0 (4.6 - 7.8) | 2.4 (1.6 - 3.6) |
| Hygiene | | | |
| Percentage of students who did not clean or brush their teeth or usually cleaned or brushed their teeth less than 1 time per day (during the 30 days before the survey) | 23.7 (22.2 - 25.4) | 31.2 (28.1 - 34.4) | 16.9 (14.4 - 19.7) |
| Percentage of students who never or rarely washed their hands after using the toilet or latrine (during the 30 days before the survey) | 6.1 (5.3 - 7.0) | 7.0 (6.1 - 8.0) | 4.9 (3.9 - 6.3) |
| Mental Health | | | |
| Percentage of students who have no close friends | 9.3 (7.9 - 10.9) | 7.8 (6.1 - 9.9) | 10.6 (9.0 - 12.6) |
| Percentage of students who seriously considered attempting suicide (during the 12 months before the survey) | 21.3 (19.1 - 23.7) | 12.5 (10.6 - 14.6) | 29.2 (25.7 - 33.0) |
| Percentage of students who attempted suicide (one or more times during the 12 months before the survey) | 19.7 (17.0 - 22.8) | 13.6 (11.0 - 16.5) | 24.7 (20.9 - 28.8) |
| Physical Activity | | | |
| Percentage of students who were not physically active for a total of at least 60 minutes per day on all 7 days (during the 7 days before the survey) | 83.7 (81.7 - 85.5) | 77.1 (73.7 - 80.2) | 89.5 (87.5 - 91.2) |
| Percentage of students who did not go to physical education class (each week during this school year) | 12.5 (9.7 - 16.0) | 13.0 (10.1 - 16.5) | 12.0 (8.7 - 16.5) |

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| Percentage of students who spent three or more hours per day sitting or lying down (when they are not in school or doing homework or sleeping at night during a typical or usual day) | 49.5 (46.4 - 52.6) | 47.1 (42.4 - 51.8) | 51.8 (48.8 - 54.7) |
| Percentage of students who got less than eight hours of sleep on an average school night | 56.0 (53.6 - 58.3) | 53.9 (50.4 - 57.3) | 57.7 (54.5 - 60.9) |
| Protective Factors | | | |
| Percentage of students who missed classes or school without permission (on at least 1 day during the 30 days before the survey) | 38.1 (35.3 - 41.0) | 38.5 (34.7 - 42.3) | 37.7 (34.1 - 41.5) |
| Percentage of students who reported that their parents or guardians never or rarely understood their problems and worries (during the 30 days before the survey) | 53.4 (51.1 - 55.8) | 54.2 (50.5 - 57.9) | 52.9 (50.5 - 55.3) |
| Percentage of students who reported that their parents or guardians never or rarely really knew what they were doing with their free time (during the 30 days before the survey) | 38.2 (35.6 - 40.9) | 40.4 (37.0 - 43.9) | 35.9 (32.8 - 39.1) |
| Sexual Behaviours | | | |
| Percentage of students who ever had sexual intercourse | 13.1 (11.2 - 15.3) | 19.1 (15.6 - 23.2) | 7.6 (6.3 - 9.1) |
| Tobacco Use | | | |
| Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | 5.1 (3.8 - 6.8) | 7.8 (5.8 - 10.4) | 2.7 (1.8 - 3.9) |
| Percentage of students who currently used a tobacco product (on at least 1 day during the 30 days before the survey) | 7.6 (6.1 - 9.4) | 11.6 (9.4 - 14.3) | 3.8 (2.7 - 5.4) |
| Percentage of students who currently used electronic cigarettes (on at least 1 day during the 30 days before the survey) | 11.8 (10.2 - 13.6) | 17.9 (15.5 - 20.5) | 6.0 (4.8 - 7.6) |
| Violence and Unintentional Injury | | | |
| Percentage of students who were seriously injured (one or more times during the 12 months before the survey) | 55.6 (53.2 - 57.9) | 60.3 (57.4 - 63.1) | 51.2 (47.6 - 54.8) |
| Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) | 41.2 (39.5 - 43.0) | 55.0 (51.2 - 58.6) | 28.3 (26.2 - 30.6) |
| Percentage of students who were bullied on school property (during the 12 months before the survey) | 42.5 (39.3 - 45.8) | 39.9 (36.1 - 43.8) | 45.1 (40.6 - 49.7) |
| Percentage of students who were cyber bullied (during the 12 months before the survey) | 15.1 (13.6 - 16.9) | 13.3 (11.6 - 15.1) | 16.7 (14.4 - 19.3) |

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| <p>For additional information, please contact: Dr Abdelmajid Sahnoun Head of School and University Health Division Ministry of Health and Social Protection Asahnoun@sante.gov.ma</p> | <p>For general information about the GSHS, please visit: https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/global-school-based-student-health-survey</p> |
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