HBSC Scotland
National Report Launch 2014

Overview of 2014 Findings
Professor Candace Currie
HBSC in Scotland

- Scotland joined HBSC in 1985 (when only 13 member countries) - 44 HBSC member countries in 2014

- HBSC national surveys conducted every 4 years since 1990 providing 25 year trends

- 2014 was 7th consecutive national survey of 11, 13 and 15 year olds in Scotland

- In 2014, 626 school classes and almost 11,000 pupils participated in Scottish survey
HBSC provides unique data in Scotland

- Includes younger children - aged 11 years
  - *Capturing late childhood as well as adolescence*

- Topics not covered by other national surveys
  - *sexual health, mental health, oral health, injuries*..
  - *family socioeconomic status, school environment*..

- Internationally comparable data
  - *benchmarking Scotland with Europe and North America*

- Tracking change over a quarter of a century
  - *Changes in health and social context of young people’s lives*
  - *Socioeconomic and gender inequalities across time*
HBSC Scotland 2014 survey

- Uses international standard protocol
- Nationally representative sample

- Local authority boosted samples – Shetland, Dumfries & Galloway, Clackmannanshire, Falkirk and Stirling

- ‘how are we (LAs) doing compared to Scotland?’ – ‘how is Scotland doing compared to other European countries, the US and Canada?’

- Details of sampling, survey procedures, data management and analysis – National Report: Chapter 1
2014 selected findings & key trends

Social context of young people’s lives

- HBSC provides in depth information – embeds health and behaviour within family, peer, school, neighbourhood environments

Health related behaviours

Risk behaviours

Following presentations will focus on wellbeing and sexual health
Social context of young people’s lives

Family life

School environment

Peer relations
Family life

Factors that are known to impact on adolescent wellbeing are family structure, family affluence and perceived wealth, ease of communication.
Family life: changes since 1990

- Fewer young people are living with both their parents than in 1990
- More common now to live in single parent and step families

Figure 2.2:
FAMILY STRUCTURE 1990 – 2014

<table>
<thead>
<tr>
<th>Year</th>
<th>Both Parents</th>
<th>Single Parent</th>
<th>Step Family</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>79</td>
<td>14</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>1994</td>
<td>77</td>
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<tr>
<td>1998</td>
<td>73</td>
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<td>12</td>
</tr>
<tr>
<td>2002</td>
<td>69</td>
<td>17</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>2006</td>
<td>68</td>
<td>19</td>
<td>12</td>
<td>11</td>
</tr>
<tr>
<td>2010</td>
<td>66</td>
<td>21</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>2014</td>
<td>65</td>
<td>21</td>
<td>12</td>
<td>12</td>
</tr>
</tbody>
</table>
Family life: perceived wealth

- Has increased since 1998, although less steeply since 2006

Figure 2.5:
PERCEIVED FAMILY WEALTH 1998 – 2014

% who report that their family is very well off

- 12 in 1998
- 15 in 2002
- 19 in 2006
- 21 in 2010
- 22 in 2014

HBSC Scotland
1998 - 2014 Surveys

† Significant gender difference (p<0.01)
Most young people find it easy to talk to their mother; less so to their father (especially girls)

Increase in ease of talking to father since 1990:
Family life

- Perceived support from family declines with age – only half of 15 years report high levels of support
School environment
Factors that are known to impact on adolescent wellbeing are liking school, support from teachers and classmates, positive perceptions of performance and pressure of schoolwork.
School environment

- Levels of ‘liking school a lot’ at lowest since 1990

Figure 3.2: LIKE SCHOOL A LOT 1990 – 2014

HBSC Scotland 1990 – 2014 Surveys

% who report that they like school a lot

- Orange: Boys
- Gray: Girls

<table>
<thead>
<tr>
<th>Year</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>33</td>
<td>23</td>
</tr>
<tr>
<td>1994</td>
<td>26</td>
<td>20</td>
</tr>
<tr>
<td>1998</td>
<td>27</td>
<td>20</td>
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<td>2002</td>
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<td>22</td>
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<td>2006</td>
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<td>22</td>
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<tr>
<td>2010</td>
<td>27</td>
<td>22</td>
</tr>
<tr>
<td>2014</td>
<td>25</td>
<td>21</td>
</tr>
</tbody>
</table>
School environment

- Decline with age in liking school a lot especially among girls – drops from 44% to 11%
School environment

- Increasing trend in feeling pressured by schoolwork and widening gender gap since 2006

Figure 3.6: FEEL PRESSURED BY SCHOOLWORK 1994 – 2014

- Highest levels of pressure are felt by 15 year old girls (80% feel pressured by schoolwork in 2014)
Peer relations
Peer relations

Factors that are known to impact on adolescent wellbeing include peer support, communication, and integration into friendship groups.
Peer relations

- Perceived peer support decreases with age and at all ages is lower for boys than girls.

Girls find it easier to talk to their best friends about things that bother them than boys do.
Peer relations

• Electronic media contact increases with age and is higher among girls at all ages
Social context of young people’s lives: overview

• 15 year olds, especially girls, are under increasing pressure from schoolwork

• Family, peer and teacher support is lowest for 15 year olds

• Social contexts have changed since 1990 –
  • family structure, experience of school, electronic media - potential impact on young people

• But some positive improvements – e.g. paternal communication
2014 selected findings & key trends

Health behaviours

Eating habits

Oral health

Physical activity

Sedentary behaviour
Eating habits:

Improvements since 2002

- Increase in daily consumption of fruit and veg
- Decrease in daily consumption of crisps, chips, sweets, sugary drinks
- Increase in prevalence of daily evening meals with family
- Increase in prevalence of breakfast on schooldays (girls)
Eating habits

- Increase in daily consumption of fruit since 2002 but still only 2/5 girls and 1/3 boys eat fruit daily

Figure 6.8:
DAILY FRUIT CONSUMPTION 2002 – 2014

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2002 – 2014 Surveys

<table>
<thead>
<tr>
<th>Year</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>36</td>
<td>31</td>
</tr>
<tr>
<td>2006</td>
<td>43</td>
<td>36</td>
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<td>2010</td>
<td>40</td>
<td>33</td>
</tr>
<tr>
<td>2014</td>
<td>42</td>
<td>35</td>
</tr>
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</table>
Eating habits

- Decline in eating crisps daily since 2002 to half the prevalence

Figure 6.14:
DAILY CONSUMPTION OF CRISPS 2002 – 2014

- Prevalence of eating chips daily has also halved
Room for improvement:

- 1/3 of young people eat sweets every day
- 30% 15 year old boys consume sugary drinks daily

Figure 6.17: DAILY CONSUMPTION OF COLA/OTHER SUGARY DRINKS
Eating habits

International comparisons in 2010: Scotland cf. 38 other countries

- Breakfast eating - average at age 11 but drops to average or below at 13 and 15
- Fruit consumption - above average at age 11 but dropped to average at 13 and 15
- Soft drink consumption above average for 15 year old boys

ASSESSMENT - ‘COULD DO BETTER’
Weight control behaviour

- Dieting rates of girls double those of boys: 22% versus 10%
- By age 15 almost one third of girls are dieting

Figure 8.1: CURRENTLY TRYING TO LOSE WEIGHT

- In 2010 Scotland had one of highest rates at age 15 – 8th/39 countries
Tooth brushing at least twice a day has steadily increased in prevalence among both boys and girls since 1990.

In 2010, Scotland ranked 9th out of 39 countries.
Physical activity

- < 20% young people are meeting physical activity guidelines (60 mins per day MVPA)
- declines with age; only 11% 15 year old girls meeting guidelines

In 2010, Scotland ranked one of lowest countries for 15 yr olds (34th/39)
Sedentary behaviour

- In contrast, are % of young people spend two or more hours per day on computer (not including gaming).

Figure 7.14: USING COMPUTERS (NOT GAMES) FOR 2 OR MORE HOURS A DAY ON WEEK DAYS

<table>
<thead>
<tr>
<th>Age (Years)</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>44</td>
<td>45</td>
</tr>
<tr>
<td>13†</td>
<td>62</td>
<td>72</td>
</tr>
<tr>
<td>15†</td>
<td>74</td>
<td>83</td>
</tr>
</tbody>
</table>

† Significant gender difference (p<0.01)
2014 selected findings & key trends

Substance use

Tobacco

Alcohol

Cannabis
Tobacco use: current smoking

- Among 15 year olds has declined to lower than in 1990
- Following peak in 1998, rates among 15 year old girls now 14%; gender gap has closed

In 2010, Scotland ranked 25th /38 for 15 yr olds
Alcohol use

• Weekly drinking at 15 has declined steadily since 1998; levels now lower than in 1990
• Girls remain more likely to drink weekly than boys at 15 years

Scotland ranked 8th highest out of 38 countries in 2010
Cannabis use

- Rates of ever used cannabis has halved since 2002 among 15 year olds

Figure 12.14:

- In 2010, Scotland had above average rates of ‘ever used’ and ‘used in last 12 months’ among boys; average for girls
2014 selected findings & key trends

- Violence and injuries
- Bullying
- Fighting
- Injuries
Bullying

Impact on victims includes higher levels of psychological and physical symptoms; reduced school attendance; poor social adjustment

Fighting

Linked to other risk behaviours as well as injury
Bullying

- Prevalence of bullying others remains low, 5% boys and 2% girls
- However increase in being bullied, especially among girls

Figure 14.2:
BEEN BULLIED 2-3 TIMES A MONTH IN PAST COUPLE OF MONTHS 2002 – 2014

- Scotland around average for being bullied compared to other countries in 2010
Cyberbullying

- Measured for first time in 2014
- 13 year old girls most at risk of being bullied via electronic media messages and pictures

Figure 14.5: BULLIED VIA ELECTRONIC MEDIA MESSAGES AT LEAST TWICE A MONTH

<table>
<thead>
<tr>
<th>Age (Years)</th>
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<th>Girls</th>
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<tbody>
<tr>
<td>11</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>13†</td>
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<td>9</td>
</tr>
<tr>
<td>15</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
• Boys rates declining from 23% in 2002

General trend across HBSC countries for decrease in fighting

Scotland was close to ‘average ‘ compared to other countries in 2010
Rates stable ~ 50% boys/ 40% girls having 1+ injury in last year requiring medical attention

Almost half need hospital treatment

In boys, sports related injuries most common

In 2010, Scotland ranked 8th highest for injuries at age 15
Health and behaviour: overview

Health behaviours
• Some improvements in eating habits and oral health
• Lack of improvement in physical activity a particular concern

Risk behaviours
• Decreasing rates of smoking, drinking, cannabis use and fighting
• Bullying victimisation increasing and cyberbulling an emerging concern
Coming soon …

- **International Report to be published in March 2016** – how does Scotland compare in this survey?

- **HBSC data will inform UNICEF Report Card** to be published in April 2016 – how most disadvantaged children fare in different countries?

- **Analysis in progress** - examining gender and socioeconomic inequalities and trends in inequalities – are health gaps closing or widening?
Coming soon ...

- New – international data access – HBSC data portal – will be announced shortly on HBSC website www.hbsc.org

- Scottish data – please be in touch for analyses or data access – we especially welcome collaboration

- 2014 Scottish survey data will be archived in UK data archive next year
Thank you from the HBSC team!

• To pupils, schools and education authorities that took part in 2014 survey

• To our funders, NHS Health Scotland, for their support over more than 20 years

• To the report designer, Damian Mullan, at www.soitbegins.co.uk and illustrator, Jill Calder at www.jillcalder.com

• And finally to the HBSC network and our partner the World Health Organisation