

Recent Findings from Health Behavior in School- aged Children (HBSC): Obesity and Bullying

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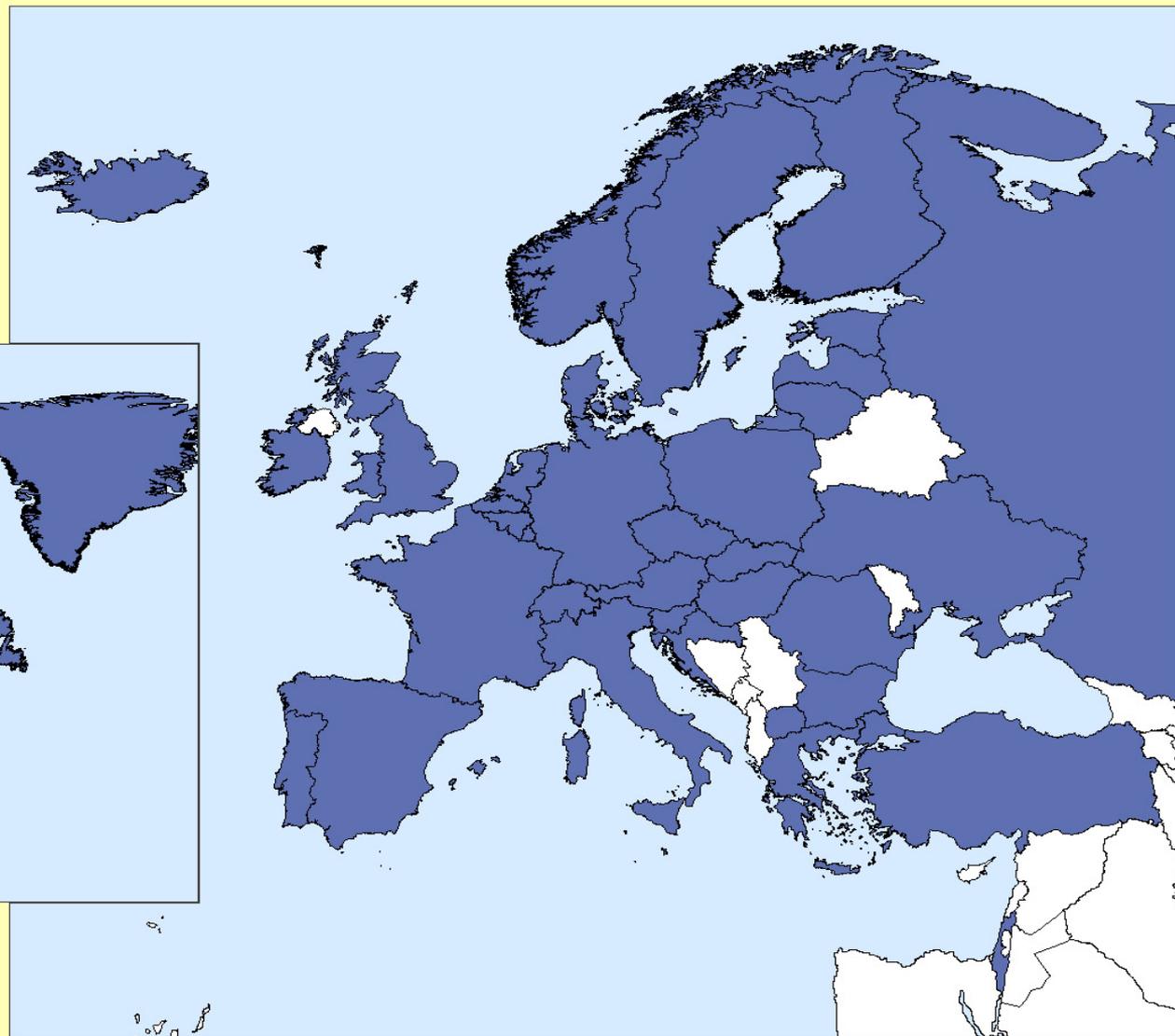
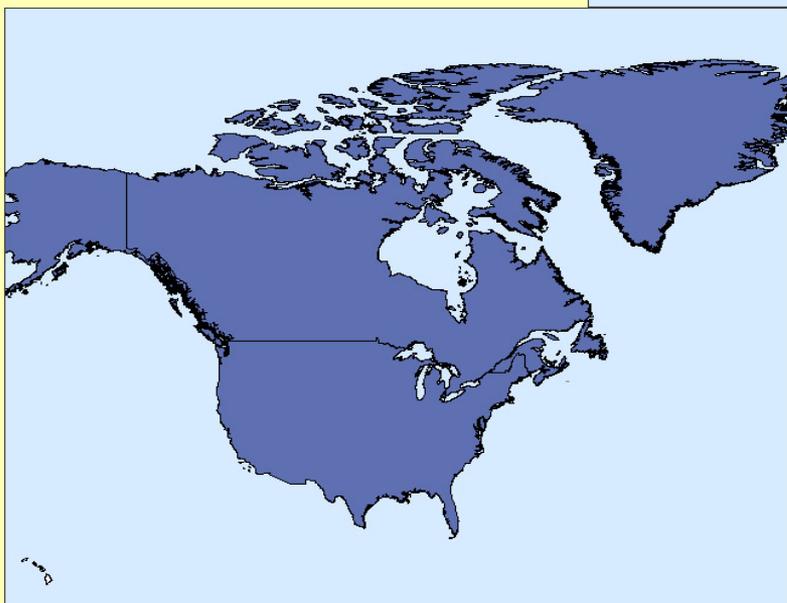
Background

- HBSC was initiated in 1982 by three countries, shortly afterwards adopted as a WHO collaborative study
- Now has 43 member countries/regions in Europe and North America
- A collaborative project between national research teams and in partnership with WHO
- Surveys 11-, 13-, and 15-year-olds every 4 years including a standard international questionnaire in all countries (latest survey 2005– 2006; 2009-2010 in planning)

Health Behavior in School-Aged Children – 2005/6: Participating Countries



2005/06



Broad Aims of HBSC

- To increase understanding of young people's health and well-being, health behaviors and their social context
- To inform and influence policy and practice at national and international levels

Obesity - An Epidemic

- At every age, U.S. boys (34%) were more likely to be overweight or obese than youth in 39 other developed countries (International boys - 16%)
- Compared to girls in the other countries, U.S. girls ranked second (U.S. girls - 26% vs. International girls - 11%)

Obesity - Diet

- A significantly larger percentage of U.S. children (20%) ate two or more servings of fruit every day than children from other countries (International average - 18%)
- But the Healthy People 2010 goal is for 75% of the U.S. population 2 years and older to eat at least 2 servings of fruit a day

Obesity - Diet

- Evidence shows that consumption of soft drinks is related to adiposity and secular trends indicate an increase in soft drink consumption by U.S. children
- A significantly larger percentage of U.S. children (36%) drank soft drinks every day than children from other countries (International average - 25%)

Obesity - Eating Patterns

- HBSC data show that eating breakfast is related to better weight control and eating at fast food restaurants is associated with obesity
- U.S. students are less likely to eat breakfast every day than 80% of the countries surveyed
- 45% of U.S. students said they eat at fast food restaurants at least once a week

Obesity - Dieting

- U.S. boys ranked number one (19%) on dieting to lose weight compared to all other countries
- U.S. girls rank among the top countries on dieting to lose weight (25% at age 11, 29% at age 13, and 26% at age 15)

Physical Activity (PA)

- U.S. boys were in the top 10% for physical activity among 13- and 15-year-old boys internationally
- The percent of U.S. girls meeting national guidelines for moderate to vigorous physical activity decreases with age (from 26% at age 11 to 14% at age 15)

Sedentary Behavior (SB)

- A significantly larger percentage of U.S. children (66%) met the recommendations for watching less than 2 hours of TV per day than children from other countries (International average - 64%)
- The Healthy People 2010 goal for U.S. high school students is to increase this number to 75%

Physical Activity and Health Indices

- Physical activity and sedentary behaviors are relatively independent and have different correlates
- Across 5 regions of North America and Europe, PA was positively related to 5 indices of positive physical, psychological, and social health

Sedentary Behaviors and Health Indices

- Across 5 regions of North America and Europe, sedentary behavior was negatively related to Self-Image
- Sedentary behavior was positively related to Health Complaints, Physical Aggression, and Alcohol Use across all regions

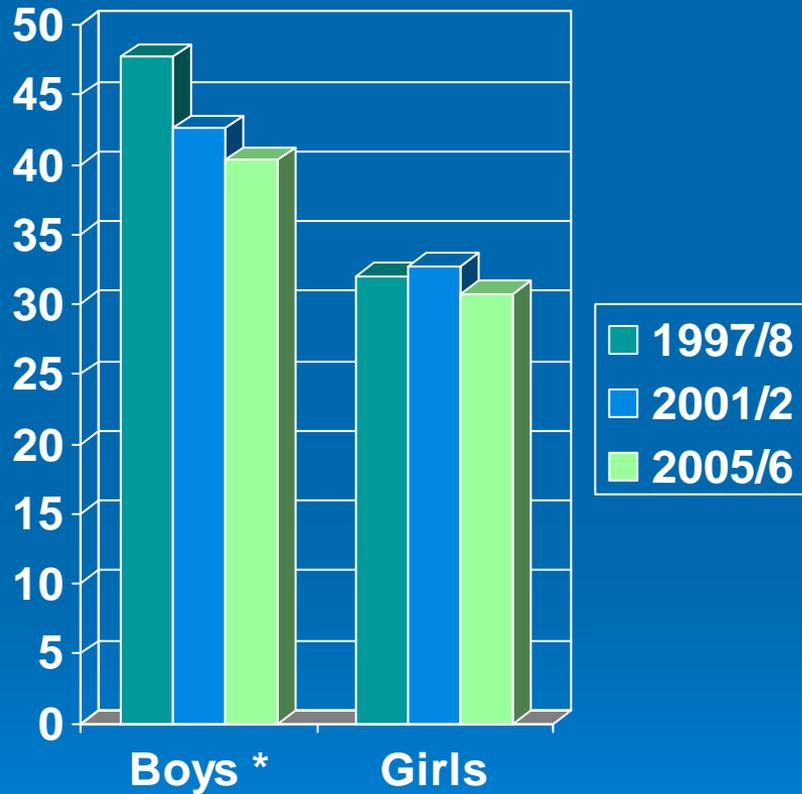
Fighting

- A significantly smaller percentage of U.S. children (10%) were in a physical fight 3+ times in the last 12 months than children from other countries (International average - 14%)
- 37% of U.S. students responding to the HBSC survey engaged in a fight at least once in the last 12 months
- The Healthy People 2010 goal is to reduce the proportion of students in grades 9 to 12 who engage in a physical fight in the last 12 months to 32%

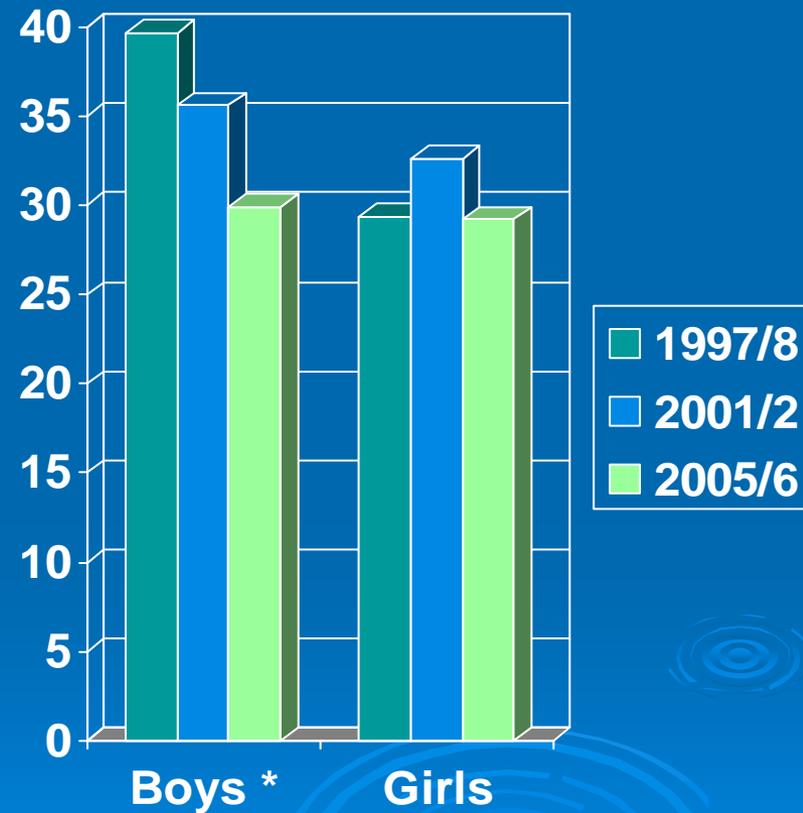
Bullying

- Previously, U.S. students were more likely to be bullied or to have bullied others compared to the all-country average for bullying
- In 2005/6, 11% of U.S. school children had been bullied at least twice in the last two months which is below the international average
- Since 1997/8, bullying decreased in the U.S. but increased or didn't change in prevalence in all other English-speaking countries participating in HBSC

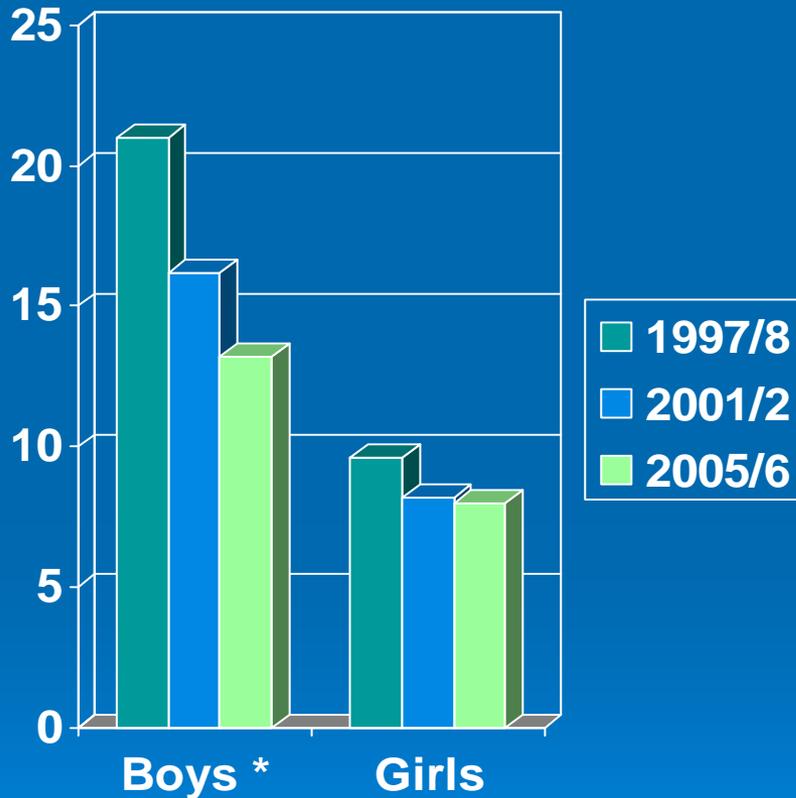
U.S. Trends in Occasional Bullying and Victimization



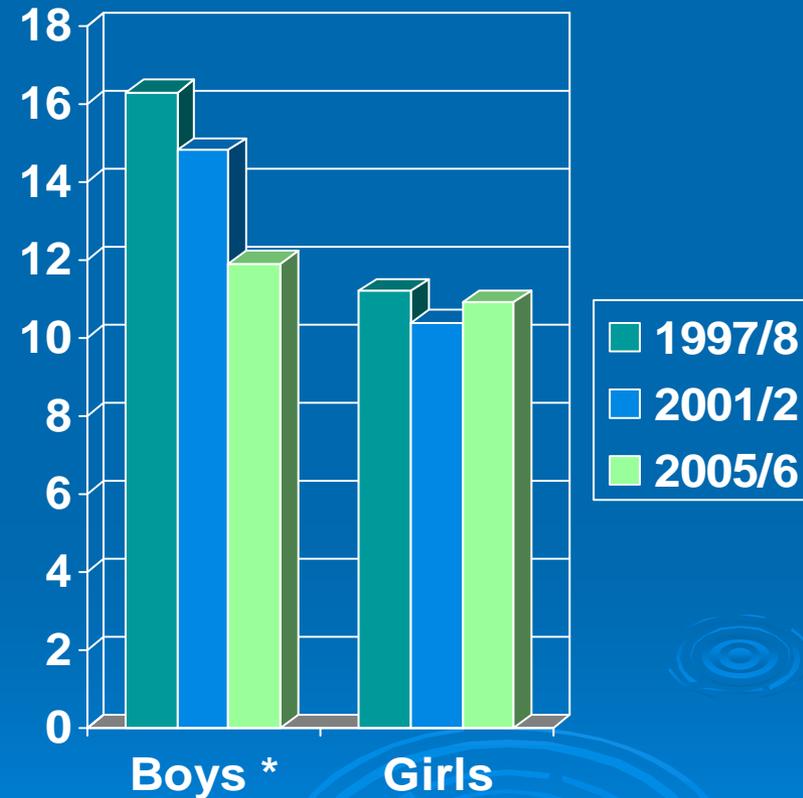
*Secular trend $p < .05$



U.S. Trends in Chronic Bullying and Victimization



*Secular trend $p < .05$



*Secular trend $p < .05$

Thank You

Questions about the study can be directed to
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