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Title	Short Report CHO1 Area: Trends in health behaviours, health outcomes and contextual factors between 1998-2018
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Publication Date	2021
Publication Information	Gavin, Aoife, & Nic Gabhainn, Saoirse. (2021). Short Report CHO1 Area: Trends in Health Behaviours, Health Outcomes and Contextual Factors between 1998-2018. Galway: HBSC Ireland and Health Promotion Research Centre, National University of Ireland Galway.
Publisher	HBSC Ireland and Health Promotion Research Centre, National University of Ireland Galway
Link to publisher's version	https://doi.org/10.13025/XXTT-ST90
Item record	http://hdl.handle.net/10379/17406
DOI	http://dx.doi.org/10.13025/XXTT-ST90

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Short Report

CHO1 Area: Trends in Health Behaviours, Health Outcomes and Contextual Factors between 1998-2018

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DOI: 10.13025/XXTT-ST90

Introduction

The Health Behaviour in School-aged Children (HBSC) study is a cross-national research study conducted in collaboration with the World Health Organisation (WHO) Regional Office for Europe and runs on a four-year cycle. In 2018, Ireland participated for the sixth time in the HBSC study (www.nuigalway.ie/hbsc). The overall aims of the HBSC study are to gain new insight into, and increase our understanding of young people's health and well-being, health behaviours and their social context. HBSC collects data on key indicators of health, health attitudes, and health behaviours, as well as the context of health for young people. The study is a school-based survey with information collected from students through self-completion questionnaires in classrooms. HBSC Ireland 2018 was funded by the Department of Health. Further information on the HBSC Ireland can be found at www.nuigalway.ie/hbsc or at www.hbsc.org, the International HBSC website.

The most recent data collection took place in 2018 and was the sixth survey cycle of the study in Ireland. Previous surveys were undertaken in 1998, 2002, 2006, 2010, and 2014. To date, HBSC Ireland has collected data from 62,720 school-aged children aged 10-17 years across the Republic of Ireland. The methods employed comply with the International HBSC protocol and are detailed in the national report from the 2018 survey see

<http://www.nuigalway.ie/hbsc/hbscireland/2018study/>.

Focus of this report

This short report focuses on the self-reported health status of children in the CHO1 Area over time in relation to key indicators: health behaviours, health outcomes, and the social contexts of their lives. Figures are provided from the national trends report for comparative purposes.

Findings

Table 1: Breakdown of the numbers included from the CHO1 Area: Donegal, Sligo, Cavan, Leitrim and Monaghan

Survey Year	Primary Schools	Secondary Schools	Total N
1998	12 (n=519)	9 (n=412)	931
2002*	9 (n=205)	8 (n=460)	665
2006	15 (n=703)	11 (n=387)	1090
2010	15 (n=385)	9 (n=579)	964
2014	11 (n=261)	11 (n=1017)	1278
2018	16 (n=290)	13 (n=999)	1289

*CHO1 HBSC 2002 data includes the North Eastern and North Western Health Board

HEALTH BEHAVIOURS

Health Risk Behaviours

Table 2: Current smoker

Children were asked how often they smoke at present. The response ranged from 'I do not smoke' to 'every day'. Current smokers, defined as smoking monthly or more frequently, are presented here.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	17.7	14.0	12.0	11.3	6.2	6.0	↓
CHO1 Girls	22.8	15.7	12.7	7.9	9.0	5.8	↓
CHO Overall	20.0	15.0	12.4	9.8	7.7	5.9	↓
National	22.6	18.0	14.4	12.4	8.3	5.3	↓

Table 3: Ever been drunk

Children were asked if they have ever had so much alcohol that they were really drunk. The response options ranged from 'never' to 'yes, more than 10 times'. The findings here present the percentage of children who reported having ever been drunk.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	32.4	30.7	31.2	27.0	21.4	19.0	↓
CHO1 Girls	32.6	24.0	28.7	21.6	16.6	18.6	↓
CHO Overall	32.5	26.9	29.9	24.6	18.8	18.8	↓
National	33.0	31.7	30.6	29.7	21.0	19.0	↓

Table 4: Cannabis use last 12 months

Children were asked if they have taken cannabis in the last 12 months. The response options ranged from 'never' to '40 times or more'. The findings here present the percentage of children who reported cannabis use in the last 12 months.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	11.6	11.7	11.8	7.3	6.2	8.4	↓
CHO1 Girls	7.0	5.2	7.2	5.7	5.4	5.6	↓
CHO Overall	9.5	7.9	9.4	6.7	5.8	7.0	↓
National	12.3	12.0	11.8	9.2	7.7	8.5	↓

Table 5: Bully others

Children were asked how often they had taken part in bullying another person(s) at school in the past couple of months. The response options ranged from 'I have not bullied another student at school in the past couple of months' to 'several times a week'. The findings here present the percentage of children who reported they have bullied others once or more frequently in the past couple of months.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	36.3	26.7	30.7	19.2	15.8	16.0	↓
CHO1 Girls	15.7	12.0	13.9	8.9	8.2	9.6	↓
CHO Overall	26.9	18.3	22.1	14.8	11.7	12.7	↓
National	25.1	21.1	21.5	16.5	13.4	13.7	↓

Positive Health Behaviours

Table 6: Fruit

Children were asked how often they eat fruit. The response options ranged from ‘never’ to ‘every day, more than once’. The findings here present the percentage of children who reported eating fruit more than once a day

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	-	14.0	16.4	17.3	24.5	17.4	↑
CHO1 Girls	-	17.2	22.4	21.3	24.1	27.3	↑
CHO Overall	-	15.8	19.5	19.1	24.3	22.2	↑
National	-	17.6	19.9	19.9	23.2	23.3	↑

Table 7: Exercise

Children were asked how often they usually exercise in their free time so much that they get out of breath or sweat. The response options ranged from ‘never’ to ‘every day’. The findings here present the percentage of children who reported vigorous exercise four or more times a week.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	58.6	54.8	59.9	58.7	61.8	52.1	n.s.
CHO1 Girls	40.0	38.1	41.9	43.5	39.5	49.5	n.s.
CHO Overall	50.2	45.3	50.4	52.2	49.6	51.1	n.s.
National	52.6	49.2	53.8	49.7	51.5	52.1	n.s.

HEALTH OUTCOMES

Physical Health Outcomes

Table 8: Headache

Children were asked how often they experienced headaches in the last six months. The response options ranged from ‘rarely or never’ to ‘about every day’. The findings here present the percentage of children who reported experiencing headaches about every week or more frequently over the last six months.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	18.7	15.7	21.5	15.5	19.0	19.4	n.s
CHO1 Girls	32.4	26.3	27.9	27.5	32.1	33.4	n.s
CHO Overall	24.9	21.7	24.8	20.8	25.9	26.5	n.s
National	26.0	25.7	24.9	26.8	28.6	30.4	↑

Table 9: Feeling low

Children were asked how often they experienced feeling low in the last six months. The response options ranged from 'rarely or never' to 'about every day'. The findings here present the percentage of children who reported experiencing feeling low about every week or more frequently over the last six months.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	17.1	17.5	20.8	16.9	19.2	21.9	↑
CHO1 Girls	26.3	26.2	25.3	23.7	30.9	36.9	↑
CHO Overall	21.3	22.4	23.1	20.0	25.5	29.5	↑
National	23.0	25.3	23.2	24.3	28.0	34.3	↑

Positive Health Outcomes

Table 10: Self-rated health

Children were asked how they would describe their health. The response options were 'poor', 'fair', 'good' and 'excellent'. The findings here present the percentage of children who reported their health as excellent.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	-	32.0	34.6	36.6	44.1	35.1	↑
CHO1 Girls	-	20.1	28.4	27.5	29.1	25.9	↑
CHO Overall	-	25.3	31.4	32.7	36.0	30.5	↑
National	-	28.2	34.0	32.0	34.4	31.0	↑

Table 11: Happiness

Children were asked how they feel about their life at present. The response options ranged from 'not happy at all' to 'very happy'. The findings here present the percentage of children who reported feeling very or quite happy about their life at present.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	90.4	94.4	90.7	91.8	93.0	91.3	↓
CHO1 Girls	85.7	87.9	93.1	95.0	88.5	85.6	n.s
CHO Overall	88.3	90.7	92.0	93.2	90.5	88.4	n.s
National	88.1	90.0	91.2	90.8	88.9	87.6	↓

Table 12: Life satisfaction

Children were asked to rate their life satisfaction on a scale from '0' (the worst possible life) to '10' (the best possible life). The findings here present the percentage of children who reported high life satisfaction (a score of 7 or more).

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	-	76.6	73.0	77.8	80.5	79.1	↑
CHO1 Girls	-	72.5	77.0	77.4	71.4	72.4	n.s
CHO Overall	-	74.3	75.0	77.5	75.6	75.6	n.s
National	-	76.0	77.7	75.7	75.7	72.8	↓

SOCIAL CONTEXTS OF CHILDREN'S LIVES

Family

Table 13: Talk to mother

Children were asked how easy it is to talk to their mother about things that really bother them. The response options ranged from 'very difficult' to 'very easy'. The findings here present the percentage of children who reported it is easy or very easy to talk to their mother.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	71.4	73.4	80.4	80.9	84.5	85.6	↑
CHO1 Girls	73.6	79.9	82.7	85.3	83.2	85.9	↑
CHO Overall	72.4	77.1	81.6	82.9	83.8	85.7	↑
National	73.0	77.5	81.6	81.6	82.2	84.0	↑

Table 14: Talk to father

Children were asked how easy it is to talk to their father about things that really bother them. The response options ranged from 'very difficult' to 'very easy'. The findings here present the percentage of children who reported it is easy or very easy to talk to their father.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	53.1	66.8	68.2	76.3	77.8	76.8	↑
CHO1 Girls	39.1	52.6	59.8	65.4	64.9	68.0	↑
CHO Overall	46.8	58.7	63.9	71.6	71.0	72.6	↑
National	47.4	58.1	65.4	66.5	69.3	71.5	↑

Table 15: Live with both parents

Children were asked who lives in the home where they live all or most of the time. The findings here present the percentage of children who reported that their mother and father live in the main home.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	92.6	85.4	84.9	76.2	78.4	75.9	↓
CHO1 Girls	94.7	88.1	83.2	78.5	74.8	75.2	↓
CHO Overall	93.6	87.0	84.0	77.2	76.5	75.6	↓
National	90.8	85.6	80.7	74.7	75.8	73.2	↓

School

Table 16: Liking school

Children were asked how they feel about school at present. The response options ranged from 'I don't like it at all' to 'I like it a lot'. The findings here present the percentage of children who reported liking school a lot or a bit.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	-	57.1	61.4	62.3	73.9	65.0	↑
CHO1 Girls	-	74.9	75.4	77.5	73.4	78.5	↑
CHO Overall	-	67.3	68.6	68.8	73.7	71.4	↑
National	-	68.1	68.3	70.4	72.3	71.5	↑

Table 17: Pressured by schoolwork

Children were asked how pressured they feel by the school work they have to do. The response options ranged from 'not at all' to 'a lot'. The findings here present the percentage of children who reported feeling some or a lot of pressure from school work.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	30.6	28.8	42.7	30.1	38.2	37.7	↑
CHO1 Girls	34.7	32.0	40.8	36.5	43.3	44.2	↑
CHO Overall	32.5	30.6	41.7	32.9	40.9	41.0	↑
National	32.9	34.4	39.2	38.8	42.9	44.3	↑

Locality

Table 18: Feel safe in local area

Children were asked if they generally feel safe in the area where they live. The response options ranged from 'rarely or never' to 'always'. The findings here present the percentage of children who reported always feeling safe in the area where they live.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	-	68.9	64.9	63.6	63.5	66.2	↓
CHO1 Girls	-	64.0	59.1	59.0	51.5	56.2	↓
CHO Overall	-	66.1	61.9	61.5	56.9	61.0	↓
National	-	52.8	52.4	53.3	50.2	50.5	↓

Table 19: Good places to spend free time

Children were asked if there are good places in the local area to spend their free time. The response options ranged from 'strongly disagree' to 'strongly agree'. The findings here present the percentage of children who reported that they agree or strongly agree.

	1998	2002	2006	2010	2014	2018	Trend
CHO1 Boys	-	39.4	39.1	49.8	57.3	58.8	↑
CHO1 Girls	-	35.6	35.2	45.0	57.7	49.1	↑
CHO Overall	-	37.2	37.1	47.9	57.5	53.8	↑
National	-	45.1	43.6	50.1	59.7	63.5	↑

Acknowledgements: HBSC Ireland 2018 was funded by the Department of Health. This short report was requested by Anne McAteer, Health Promotion and Improvement Manager, CHO1 Area, HSE and was completed in September 2021. We would like to acknowledge the children and parents who consented and participated, the management authorities, principals and teachers who helped us to collect the data, the staff at the Health Promotion Research Centre, National University of Ireland Galway, the HBSC Ireland Advisory Board and the International coordinator of HBSC, Dr Jo Inchley of the University of St Andrews, Scotland. Further information on HBSC Ireland is available at www.nuigalway.ie/hbsc.