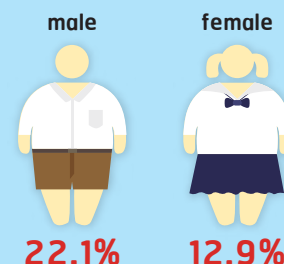
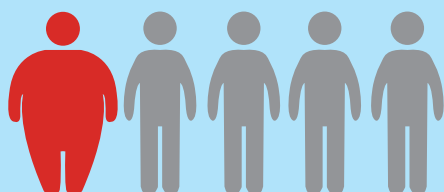


Highlighted results

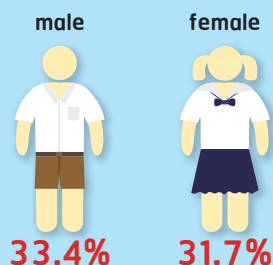
Overweight

Almost **1** out of **5** students was overweight¹ (**17.1%**)

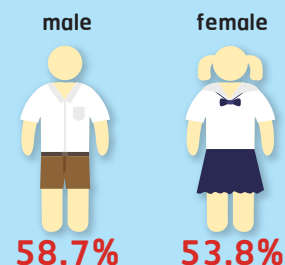


Dietary behaviour

Only **1** out of **3** students ate vegetable regularly² (**32.5%**)

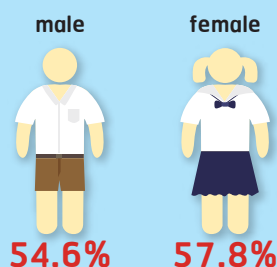


More than half of student drank carbonated soft drink regularly³ (**56.1%**)



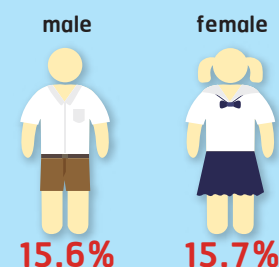
Sedentary behaviour

More than half of student had sedentary behavior⁴ (**56.3%**)



Hygiene

Almost **1** out of **5** students never or rarely washed their hands before eating⁵ (**15.7%**)



1 >+1 SD from median for BMI by age and sex

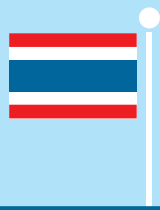
2 Percentage of student who regularly ate vegetable 3 or more times a day during the 30 days before the survey

3 Percentage of student who regularly drank carbonated soft drink one or more times a day during the 30 days before the survey

4 Percentage of student who spent 3 or more hours a day on typical day on activities involving sittings (watching TV, playing computer games, talking with friends)

5 Percentage of student who never or rarely washed their hands before eating during the 30 days before the survey

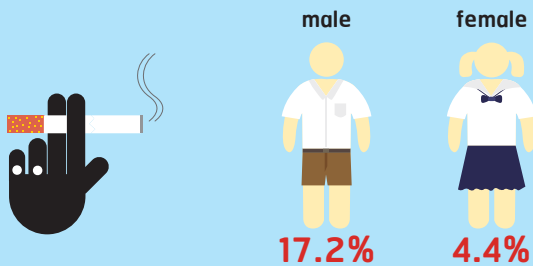
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Risk Factors:

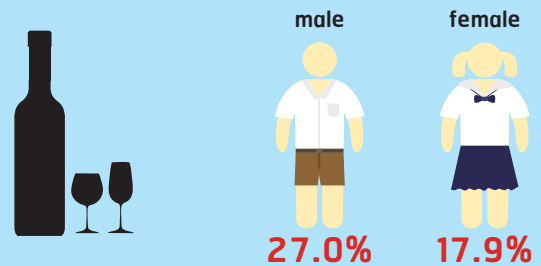
Tobacco use

**1 out of 10 students smoked⁶
(10.4%)**



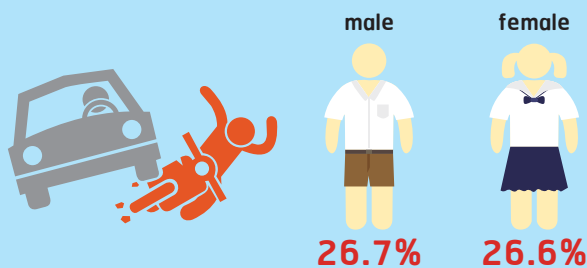
Alcohol use

**1 out of 5 students drank alcohol⁷
(22.2%)**



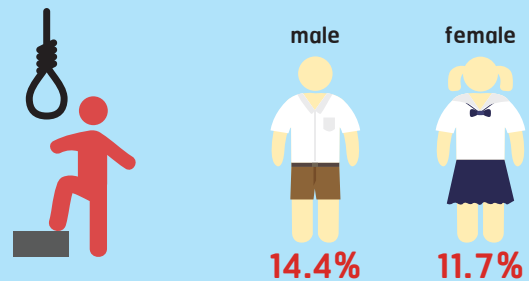
Unintentional injury

**1 out of 4 students seriously injured from
a motorized vehicle accidents⁸ (26.9%)**



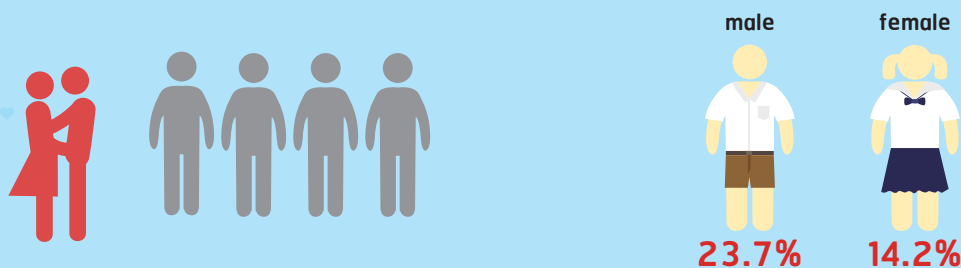
Suicide

**1 out of 10 students actually
attempted suicide⁹ (13.0%)**



Sexual behaviour

Almost 1 out of 5 students had sexual intercourse¹⁰ (18.6%)



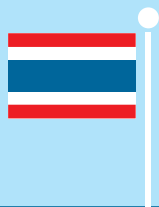
6 Percentage of students who smoked cigarettes on one or more times during the 30 days before the survey

7 Percentage of students who had had at least one alcoholic beverage on one or more times of the 30 days before the survey

8 Percentage of students who were seriously injured from a motorized vehicle accident during the 12 months before the survey

9 Percentage of students who actually attempted suicide one or more times during the 12 months before the survey

10 Percentage of students who had had sexual intercourse



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GSHS

2015 Global School-based Student Health Survey

2015 Global School-based Students Health Survey (GSHS) is a nationally representative school-based survey of students in grade 7-12, among the students of the age of 13-17 years. GSHS uses a two-stage sample design with schools selected proportional to enrolment size. The class rooms within selected schools are chosen randomly and all students in selected classes are invited to participate in the survey.

The survey topics included dietary behaviour, hygiene, violence and unintentional injury, mental health, the use of tobacco, alcohol and drugs, sexual behaviour, physical activity and protective factors. The questionnaire is self-administered; using scanable-based bubble sheets. It is anonymous to ensure confidentiality. 2015 GSHS was conducted in 2015 by the Department of Health, Ministry of Public Health and concerned authorities.

Demographic details	
Overall response rate	89%
Students participated	5,894
Age group considered (years)	13-17
Male	47.1%
Female	52.9%
grade 7	20.6%
grade 8	20.8%
grade 9	20.4%
grade 10	12.4%
grade 11	13.0%
grade 12	12.8%

Survey results from students between the ages of 13-17 years

Total (%)	Male student (%)	Female student (%)
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Nutritional status and dietary behaviour



Overweight (>+1 SD from median for BMI by age and sex)	17.1	22.1	12.9
Obese (>+2 SD from median for BMI by age and sex)	5.8	8.9	3.2
Regularly had fruit 2 or more times a day during the 30 days before the survey	41.0	40.2	41.5
Regularly ate vegetables 3 or more times a day during the 30 days before the survey	32.5	33.4	31.7
Regularly drank carbonated soft drinks one or more times a day during the 30 days before the survey	56.1	58.7	53.8
Ate at fast food restaurants (hamburger shops, school cafeteria or local markets) for 3 or more days during the 7 days before the survey	54.7	51.6	57.5

Hygiene




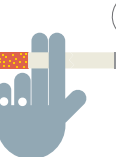
Normally cleaned or brushed their teeth one or more times a day during the 30 days before the survey	94.9	91.7	97.9
Never or rarely washed their hands before eating during the 30 days before the survey	15.7	15.6	15.7
Never or rarely washed their hands after using the toilet or latrine during the 30 days before the survey	6.4	8.2	4.6
Never or rarely used soap when washing their hands during the 30 days before the survey	14.8	16.3	13.5


Violence and unintentional injury





Physically attacked one or more times during the 12 months before the survey	26.2	36.7	16.7
Involved in a physical fight one or more times during the 12 months before the survey	25.7	35.0	17.3
Among students seriously injured during the 12 months before the survey, those whose most serious injury was a result of a motorized vehicle accident or being hit by a motorized vehicle	26.9	26.7	26.6
Bullied on one or more days during the 30 days before the survey	29.3	36.1	23.2


	Total (%)	Male student (%)	Female student (%)
Mental health			
 Mostly or always felt lonely during the 12 months before the survey	9.7	10.7	8.9
Had no close friends	6.6	8.1	5.2
Seriously considered attempting suicide during the 12 months before the survey	12.2	12.6	12.0
Actually attempted suicide one or more times during the 12 months before the survey	13.0	14.4	11.7

Tobacco use			
 Students who smoked cigarettes on one or more days during the 30 days before the survey	10.4	17.2	4.4
Of the students who ever smoked cigarettes, those who had their first cigarette before they were 14 years old	70.6	73.2	62.6
Of the students who smoked cigarettes during the 12 months before the survey, those who tried to quit smoking during the same period	80.7	81.5	77.1
Students who reported that people in general smoked in their presence on one or more days during the 7 days before the survey	41.6	43.7	39.8
Students whose parents or guardians used any form of tobacco	31.8	31.1	32.3

Alcohol and drug use			
 Students who had had at least one alcoholic beverage on one or more of the 30 days before the survey	22.2	27.0	17.9
Of the students who had ever had an alcoholic beverage, those who had had their first drink before they were 14 years old were 14 years old	54.8	60.1	48.8
Students who had smoked marijuana one or more times in their life	6.6	10.8	3.1
Of the students who had tried using drugs, those who had done so before the age of 14 years	73.5	73.4	73.1

Sexual behaviour			
 Students who had had sexual intercourse	18.6	23.7	14.2
Of the students who had had sexual intercourse, those who had had it before they were 14 years old	40.0	50.1	25.9
Of the students who had had sexual intercourse, those who had used a condom in their last intercourse	63.0	67.9	58.2
Students who were educated in any of their classes during the school year on how to avoid HIV infection or AIDS	69.5	68.4	70.3

Physical activity			
 Students who were physically active for at least 60 minutes per day on five or more days during the 7 days before the survey	20.0	28.6	12.6
Students who attended physical education classes on 3 or more days a week during the school year	10.5	14.1	7.4
Students who did not walk or ride a bicycle to or from school during the 7 days before the survey	51.7	50.4	52.8
Students who spent 3 or more hours a day on a typical day on activities involving sitting (watching TV, playing computer games, talking with friends)	56.3	54.6	57.8

Protective factors			
 Students who had missed classes or school without permission on one or more of the 30 days before the survey	20.4	25.4	15.9
Students who reported that most students in their school had mostly or always been kind and helpful during the 30 days before the survey	39.5	32.2	45.9
Students who had parents or guardians who mostly or always checked whether their homework had been done during the 30 days before the survey	28.4	28.4	28.4
Students whose parents or guardians were mostly or always aware of their activities in their free time during the 30 days before the survey	42.7	35.5	48.8

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