CONTENTS

Contributors Acknowledgements Preface Foreword Abbreviations	v xv xvi xvii xviii
PART 1. INTRODUCTION	1 2
INTRODUCTION	2
Health Behaviour in School-aged Children (HBSC) study	2
Social determinants of health and well-being among young people	4
Dimensions of inequalities	5
Overview of previous HBSC findings	5
Social context of young people's health	6
References	7
PART 2. KEY DATA	11
CHAPTER 1. UNDERSTANDING THIS REPORT	13
Age and gender	14
Family affluence	14
Geographic patterns	15
Types of indicators reported	15
References	16
	47
CHAPTER 2. SOCIAL CONTEXT	17
Family: communication with mother	19
Family: communication with father	23
Family: scientific discussion and policy reflections	27
Peers: close friendships	29
Peers: evenings with friends	33
Peers: electronic media contact (EMC)	37
Peers: scientific discussion and policy reflections	41
School: liking school	45
School: perceived school performance	49
School: pressured by schoolwork	53
School: classmate support	57
School: scientific discussion and policy reflections	61

CHAPTER 3. HEALTH OUTCOMES	65
Positive health: self-rated health	67
Positive health: life satisfaction	71
Positive health: multiple health complaints	75
Positive health:	
scientific discussion and policy reflections	79
Medically attended injuries	83
Medically attended injuries: scientific discussion and policy reflections	87
Body weight: overweight and obesity	89
Body weight: body image	93
Body weight: weight-reduction behaviour	97
Body weight:	
scientific discussion and policy reflections	101
CHAPTER 4. HEALTH BEHAVIOURS	105
Eating behaviour: breakfast consumption	107
Eating behaviour: fruit consumption	111
Eating behaviour: soft-drink consumption	115
Eating behaviour:	
scientific discussion and policy reflections	119
Oral health	123
Oral health: scientific discussion and policy reflections	127
Energy expenditure: moderate-to-vigorous physical activity	129
Energy expenditure:	123
sedentary behaviour, watching television	133
Energy expenditure:	
scientific discussion and policy reflections	137
CHAPTER 5. RISK BEHAVIOURS	139
Tobacco use	141
Tobacco use: scientific discussion and policy reflections	148
Alcohol use	151
Alcohol use:	
scientific discussion and policy reflections	161
Cannabis use	163

Cannabis use:	170
scientific discussion and policy reflections Sexual behaviour:	170
experience of sexual intercourse	173
Sexual behaviour:	
condom and pill use	177
Sexual behaviour:	
scientific discussion and policy reflections	182
Fighting	185
Fighting: scientific discussion and policy reflections	189
Being bullied and bullying others	191
Being bullied and bullying others:	
scientific discussion and policy reflections	200
PART 3. DISCUSSION	203
CHAPTER 6. AGE	205
Social context	206
Health outcomes	206
Health behaviours	206
Risk behaviours	206
Discussion	206
Conclusion	207
References	208
	200
CHAPTER 7. GENDER	209
Social context	210
Health outcomes	210
Health behaviours	210
Risk behaviours	211
Discussion	211
Conclusion	212
References	212

CHAPTER 8. FAMILY AFFLUENCE	
Social context	214
Health outcomes	214
Health behaviours	214
Risk behaviours	214
Discussion	214
Conclusion	215
References	216
CHAPTER 9. CONCLUSION	
References	218

ANNEX. METHODOLOGY AND SUPPLEMENTARY	
DATA TABLES	221
HBSC methodology for the 2009/2010 survey	222
Supplementary data tables	228
References	252