

Reproductive health

- When it comes to sexual activity among 15-year olds, by the time of the study about two thirds of students had no sexual intercourse, while 23.6% of them had (9.4% girls vs. 38.3% boys).
- Majority of those who were sexually active had their first sexual intercourse at the age of 15.
- Among students who were sexually active, 64.4% stated that during the last sexual intercourse had used preservative as contraceptive method, while 10.8% used oral contraceptives.

Tobacco and alcohol use

- In Serbia 14.5% of students smoked at least once during lifetime. Among 11-year old and 13-year olds percentage of those who smoke (2.6% and 7.1% respectively) is more than three times lower than in the secondary school students among whom every third student tried to smoke cigarettes (28.3%).
- High percentage of students smoked cigarettes in the last 30 days and they are considered as smokers according to this criterion. Almost every tenth student smokes (9,5%), and the highest percentage is among 15-year old girls (22.9%).
- One third (29.3%) of 15-year old students smoked waterpipe in the lifetime .
- Every fifth (16.6%) 15-year old student smoked waterpipe in the last 30 days .
- Almost every second student in Serbia tried alcohol (45.4%) while 31.3% of students drank alcohol in the last 30 days more often older students and boys.
- Among students that had at least one alcoholic drink in the last month there are differences in the frequency of drinking. Although most of those who drank in the last 30 days did that during one or two days (51.2%), every tenth student who drank did it 20 or more days during the last month.
- Almost quarter of students in Serbia (22.4%) was drunk at least once in the lifetime. According to their statements, 12.2% were drunk at least once during the past 30 days, boys more often than girls. Frequency of drunkenness ever in the lifetime and in the last 30 days was higher among secondary school students compared to primary school students.

Gambling

- 34.6% of 15-year olds gambled in the lifetime while 27.5% gambled in the last 12 months, boys more frequently than girls.

Bullying/injuries

- Every tenth student (10.3%) bullied others once or twice in the last several months that preceded survey and 11% of students were bullied.
- Almost every sixth student cyberbullied others once or twice in the last several months with marked gender differences in 11-year olds (3.6% girls vs. 6% boys).
- Two thirds of students stated that they had never participated in a fight, 16% participated once, while every sixth student participated in a fight four times and more during 12 months that preceded survey, boys more often than girls.
- About one fifth of students were injured requiring medical assistance in the last 12 months, boys more often than girls.

HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN IN SERBIA 2018.



hbsc
СРБИЈА/SRBIЈA/SERBIA

Health Behaviour in School-aged Children Survey (HBSC) is international, WHO collaborative study with the main objective to identify key issues related to health behaviours of school-aged children and provide guidance for further interventions. Since its initiation in 1983, the HBSC study has grown to establish network of currently 49 member countries including regions throughout Europe and North America. Every four years participating countries undertake a nationally representative survey of young people aged 11, 13 and 15 years, with questions covering health and wellbeing, social environments and health behaviours.

Serbia joined the HBSC network in 2017 and the Institute of Public Health of Serbia "Dr Milan Jovanovic Batut" conducted full survey during 2017/18 school year with the support of the Ministry of Health and the Ministry of Education, Science and Technological Development.

The main objectives of the 2017/18 survey were to provide insight and a better understanding of health and related behaviors of Serbian school-aged children including social determinants of health and to disseminate findings to different stakeholders, primarily policy and decision makers but also to schools and research community.

The survey collected self-reported data in the classroom setting, according to the standardized International survey protocol 2017/18. Data were collected from 4028 students aged 11, 13 and 15 years in 101 primary and secondary schools in Serbia. Research findings represent valuable resource for planning evidence-based health interventions and health promotion activities.



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ИНСТИТУТ ЗА ЈАВНО ЗДРАВЉЕ СРБИЈЕ
„Др Милан Јовановић Батућ“



World Health
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KEY FINDINGS

Family

- Majority of students can openly communicate with their parents: 73.6% of them can easily talk to their father about the things that trouble them, while students even more easily communicate with their mother (86.9%).
- Students predominantly think that their family provides the necessary support: 80.5% stated that the family is trying to help them; 75.8% received the necessary emotional support from the family members; 70.1% stated they can talk with their families about their problems and 78.2% said their family is ready to help them make decisions.
- More girls than boys think their mothers know a lot about who their friends are (85.5% vs. 78.2%), where they spend their free time (85.3% vs. 78.7%) and where they go out in the evening (85.4% vs. 76.3%).
- More boys than girls think their fathers know a lot about who their friends are (66.1% vs. 59.5%), how they spend money (66.5% vs. 62.8%), where they spend their free time (67.2% vs. 64.5%) and what they do in their free time (68.5% vs. 64.4%).

School

- Almost every second student has positive opinion about school (48.4%). More positive attitude towards school generally have girls and 11-year old students.
- Less than one fifth of students stated that school represents great burden for them (17.4%).
- About half of the students have great confidence in teachers (48.1%), while greatest distrust towards teachers have secondary school students (14.9% boys, 15.5% girls).
- More than 60% of 11-year old girls feel that teachers take care of them as individuals, while this is the case in only 23.8% of girls in the secondary school.
- Majority of students feel they are accepted from teachers as they are (73.3%).

Friends

- Most of the students (76.4%) feel that peers accept them as they are and two thirds feel that other students are friendly, willing to help and like to spend time together (66.8%).
- Friends support, although considerable, was seen as smaller in comparison to family support: 69.4% of students believe that they can count on friends when they have a problem, 79.3% say they have friends with whom they can share joy and sadness, 52.1% say they can talk with their friends about their problems, while 63% of students think that their friends are trying to help them.

Electronic media communication

- More than half of the students use electronic devices (computers, smart phones..) to do homework, send e-mails and surf the internet at least two or more hours daily (54.8% during working week, 62.6% during weekend).
- During the working week 57.8% of students in Serbia spend two or more hours daily watching television and during weekend 71.3% of them.
- Majority of students play computer games for one hour on days when gaming (16.5%). However, almost every fifth student plays games more than 4 hours a day (17.5%) with marked differences according to gender: boys play games two and more hours more frequently than girls (49.3% vs. 19.3% during working week; 63.8% vs. 28.8% during weekend).

Self-rated health and life satisfaction

- Self-rated health assessment showed that 65.3% of students assess their own health as excellent, 24.5% as very good and 9.2% as good.
- Majority of students expressed satisfaction with their quality of life: 85.8% of them evaluated their lives positively (with score from 7 to 10, on a scale of 0 to 10), while 2.4% evaluated their lives negatively (with score from 0 to 3).
- In the last 6 months, two thirds of students stated that they felt nervous, three fifths felt irritable or in a bad mood, over two fifths had headache, while one third of the students were feeling low at least once every month.
- Percentage of students with health complaints increases with age and in all age groups is more prominent in girls than in boys.

Nutritional status/body image

- Majority of students have normal weight (64.5%), almost one fifth of students are overweight (18.2%) while every sixth student is obese (5.7%).
- The highest percentage of underweight (4.4%) and obese (7.8%) are among 11-year old girls, while the highest percentage of overweight students is among 13-year old boys (21.1%).
- Majority of students stated they are satisfied with their own body weight (43%), 13.7% of them believed that their weight is lower than desirable, while 26.1% consider themselves obese. Moreover, 17.2% of students were on a diet or undertook some other action to reduce weight.

Diet habits

- During the working week, 58.8% of students eat breakfast every day, while 7.5% of them never eat breakfast. Every tenth 15-year old girl never eats breakfast during the working week.
- 42.2% of students consume fruit daily (45.3% girls, 39.1% boys), while 2.6% never consume fruit (2% girls, 3.2% boys).
- 42% of students consume vegetables daily (46.7% girls, 37.3% boys), while 4.3% never consume vegetables (3.5% girls, 5% boys).
- Around one fifth of students drink sweetened non-alcoholic beverages daily (22.4%), boys more often than girls. Intake of sweet non-alcoholic beverages increases with age.
- More than one third of students eat sweets daily (35.8%), boys more often than girls.
- Intake of sweetened non-alcoholic beverages and sweets increases with age both in girls and boys.

Physical activity

- One third of students were physically active every day for one hour in the week that preceded the interview (33.6%), while outside school classes half of the students were engaged in physical activity four times per week or more (51.1%), in line with recommendations.
- In all age groups boys were more physically active than girls and with age there is evident decrease in physical activity levels, especially in girls.

Toothbrushing

- 70.9% of students brush their teeth more than once a day, more girls than boys (82.6% vs. 59.9% respectively).