



# Students' Health Survey 2006

## Highlights Of Findings Among Secondary Students

Health Promotion Board, Singapore  
[www.hpb.gov.sg](http://www.hpb.gov.sg)

# Objectives of Study



- To assess the following health behaviours and health risk among Sec 1-4 students:
  - Cigarette smoking
  - Nutrition
  - Physical activity
  - Sexual practices
  - Mental health
- To explore determinants of health risk behaviours

# Methodology

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- Study cleared by HPB Ethics Committee
- Random selection of 3844 students from Sec 1-4 across 51 secondary schools selected by MOE
- 1907 students in Sec 3-4 answered questions with regard to sexual behaviour

# Methodology

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- Letters were sent to parents of selected students who were given a choice to opt their children out of the study
- Self-administered questionnaire conducted at the schools



**CONFIDENTIAL**

# Students' Health Survey



## Instructions:

You are **not** required to write your name on this questionnaire.

Please be assured that you will not be identified and that the information you give is **STRICTLY CONFIDENTIAL**.

We would appreciate your **honest answers** as it will help us to better understand and help teenagers.

Please complete the survey form by marking a **cross**  against the answer that best describes you. Please cross  **only one box**, unless the question states that you can cross  more than one box.

# Outline of Presentation

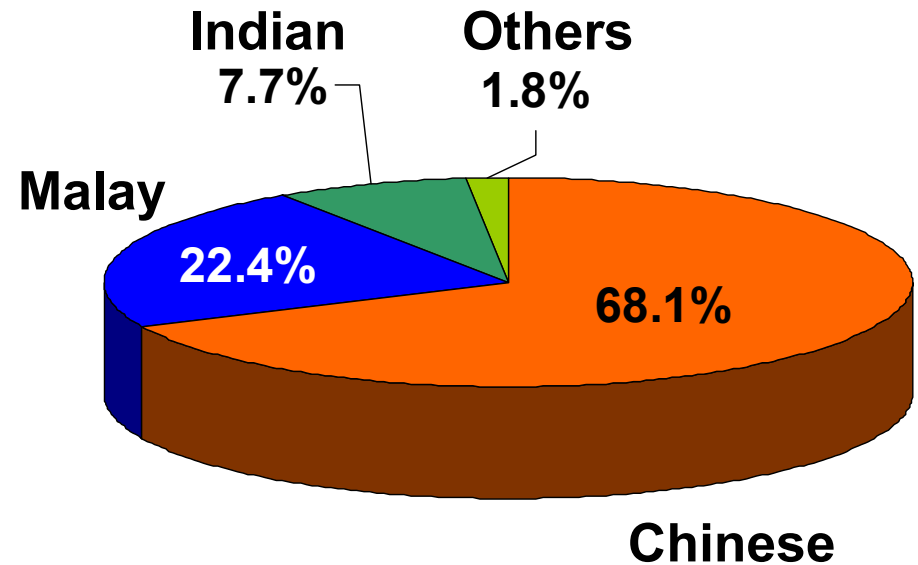
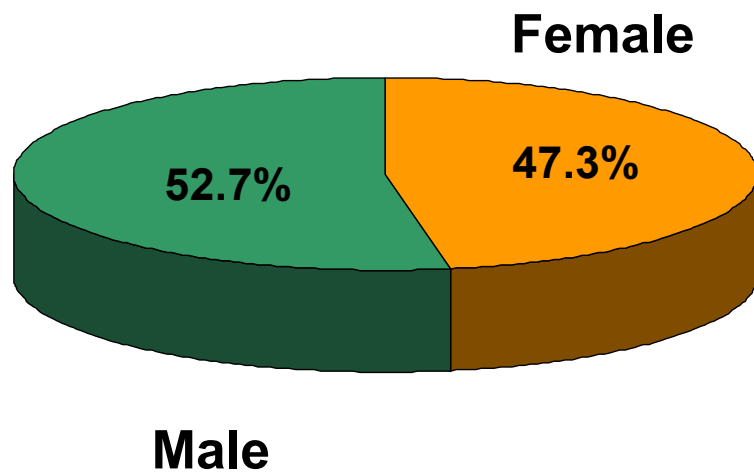
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- Profile of students
- Prevalence of health behaviours/risks
  - Smoking
  - Sexual practices
  - Dietary practices
  - Physical activity
  - Mental health
- Comparisons
  - Gender
  - Academic level
  - Relevant determinants (social influences, perception of health behaviours etc)

# Distribution of participants

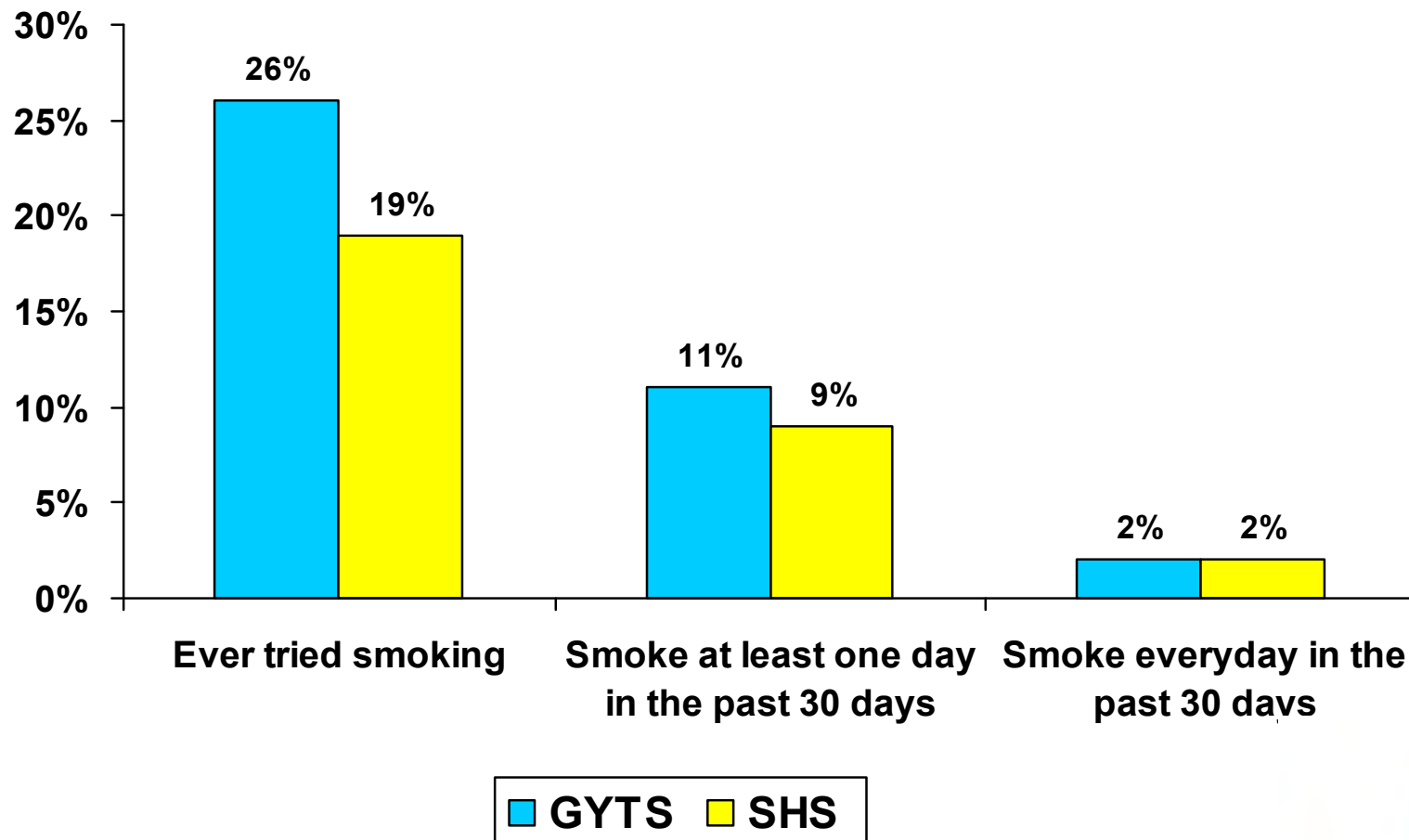
- By gender & ethnicity



# Smoking



# Cigarette Smoking rates (GYTS 2000 and SHS 2006)

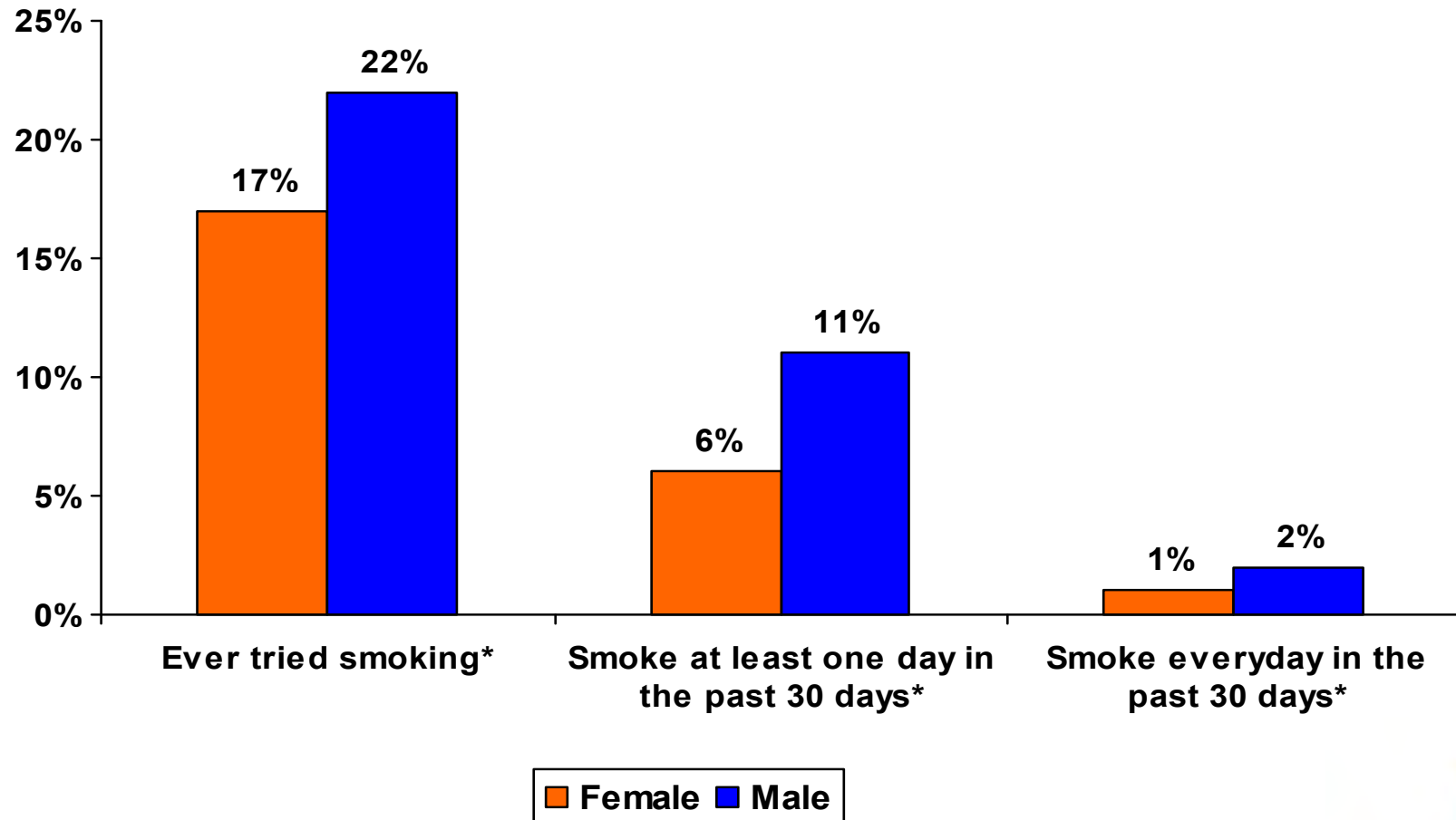


GYTS: Global Youth Tobacco Survey (2000)

SHS: Student Health Survey (2006)



# Student Health Survey (SHS) Cigarette Smoking **By gender**

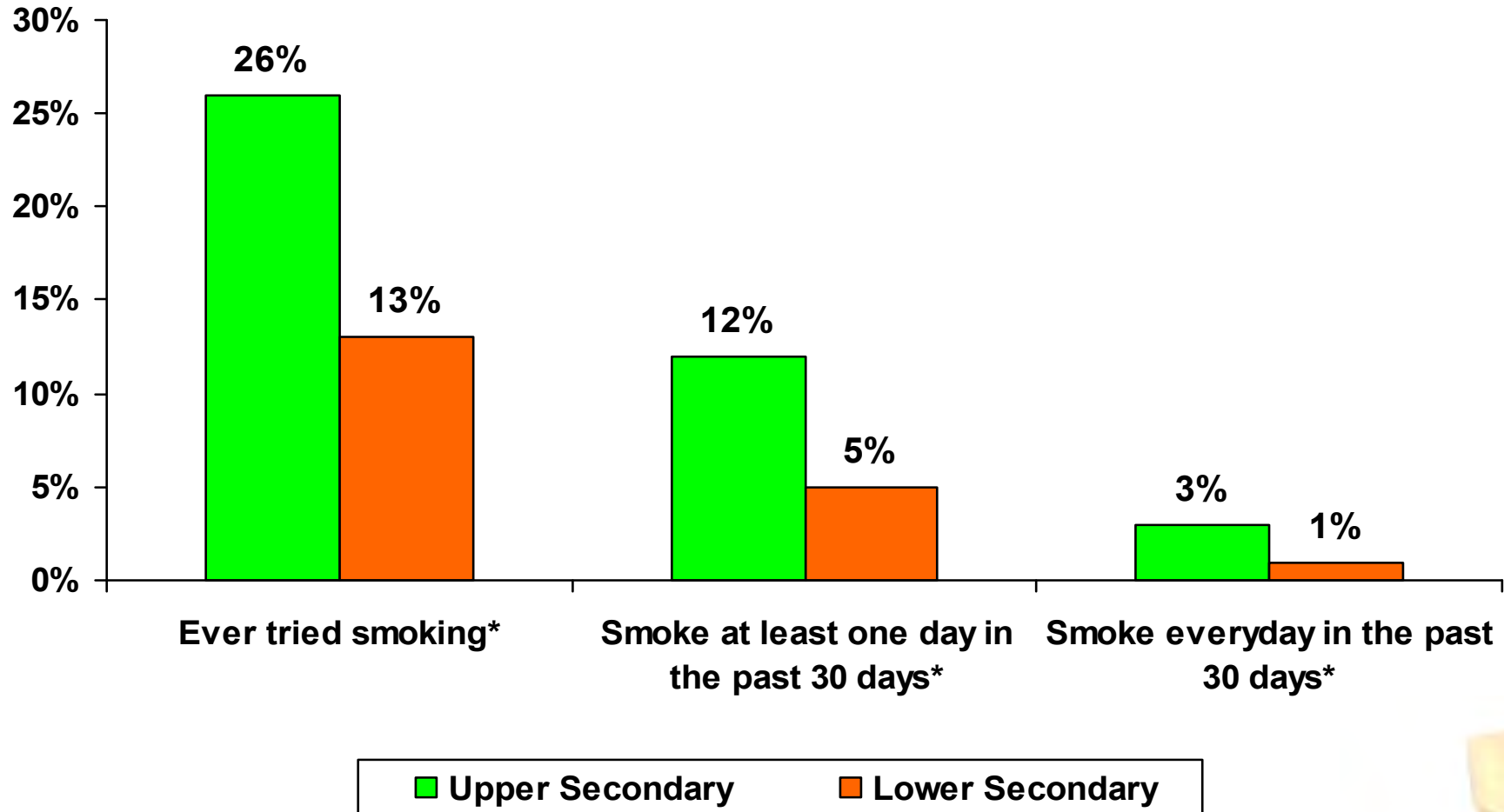


\*p<0.001



# Cigarette Smoking

## By academic level



Lower Secondary students: Secondary 1 to 2, Upper Secondary students: Secondary 3 to 4

\* $p < 0.001$

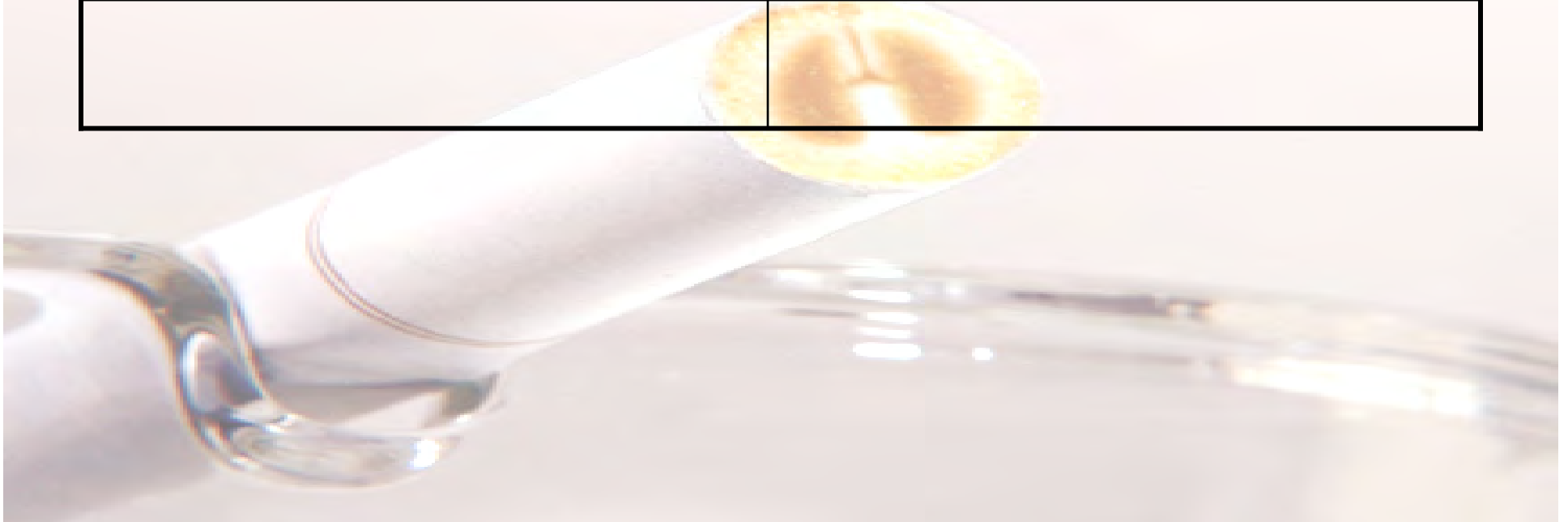


# Cigarette Smoking

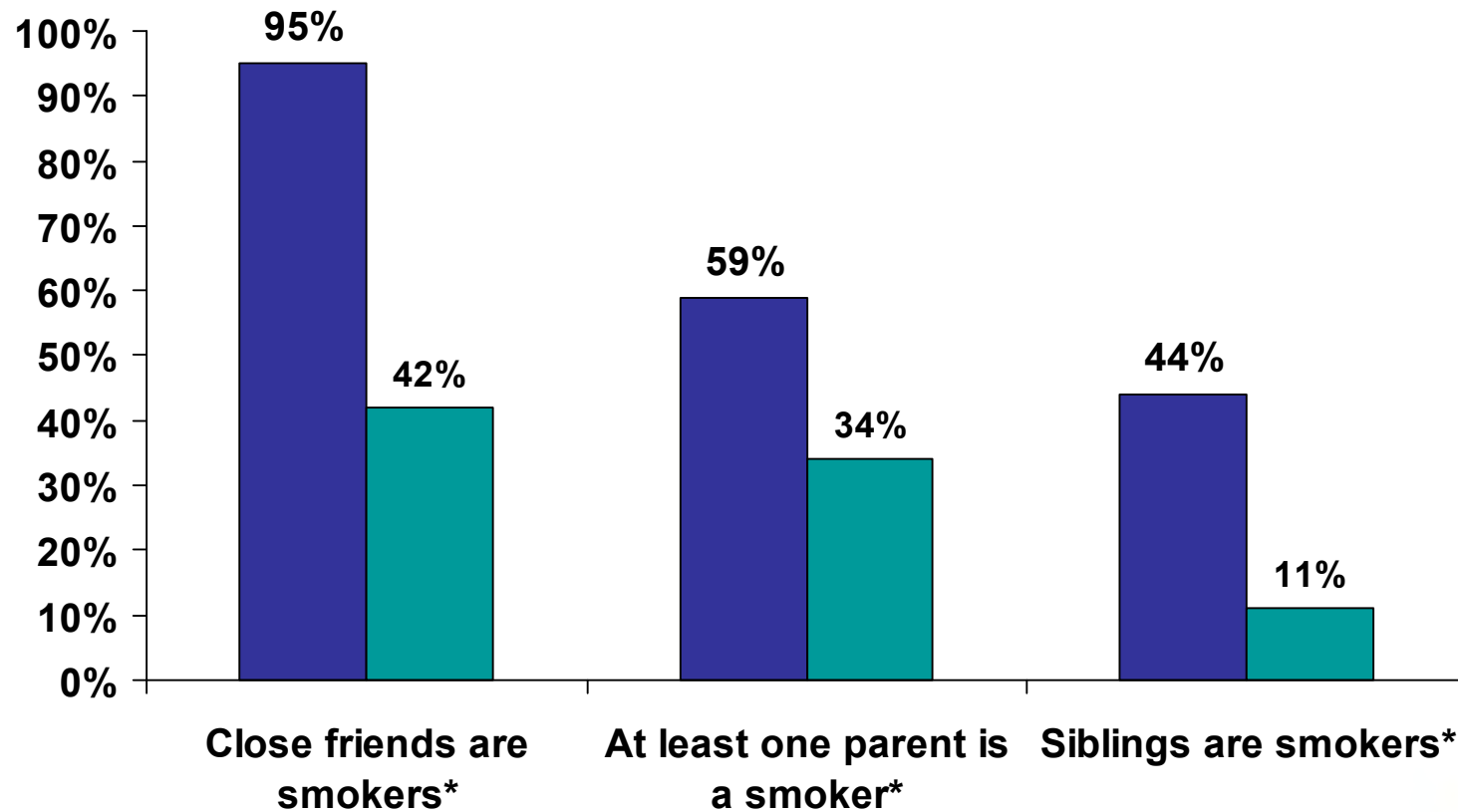
## Age of initiation

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	Median age of initiation
Current Smokers (Smoke at least one day in the past 30 days)	12 years



# Social Influence on Smoking Status



■ Current smokers ■ Non-current smokers

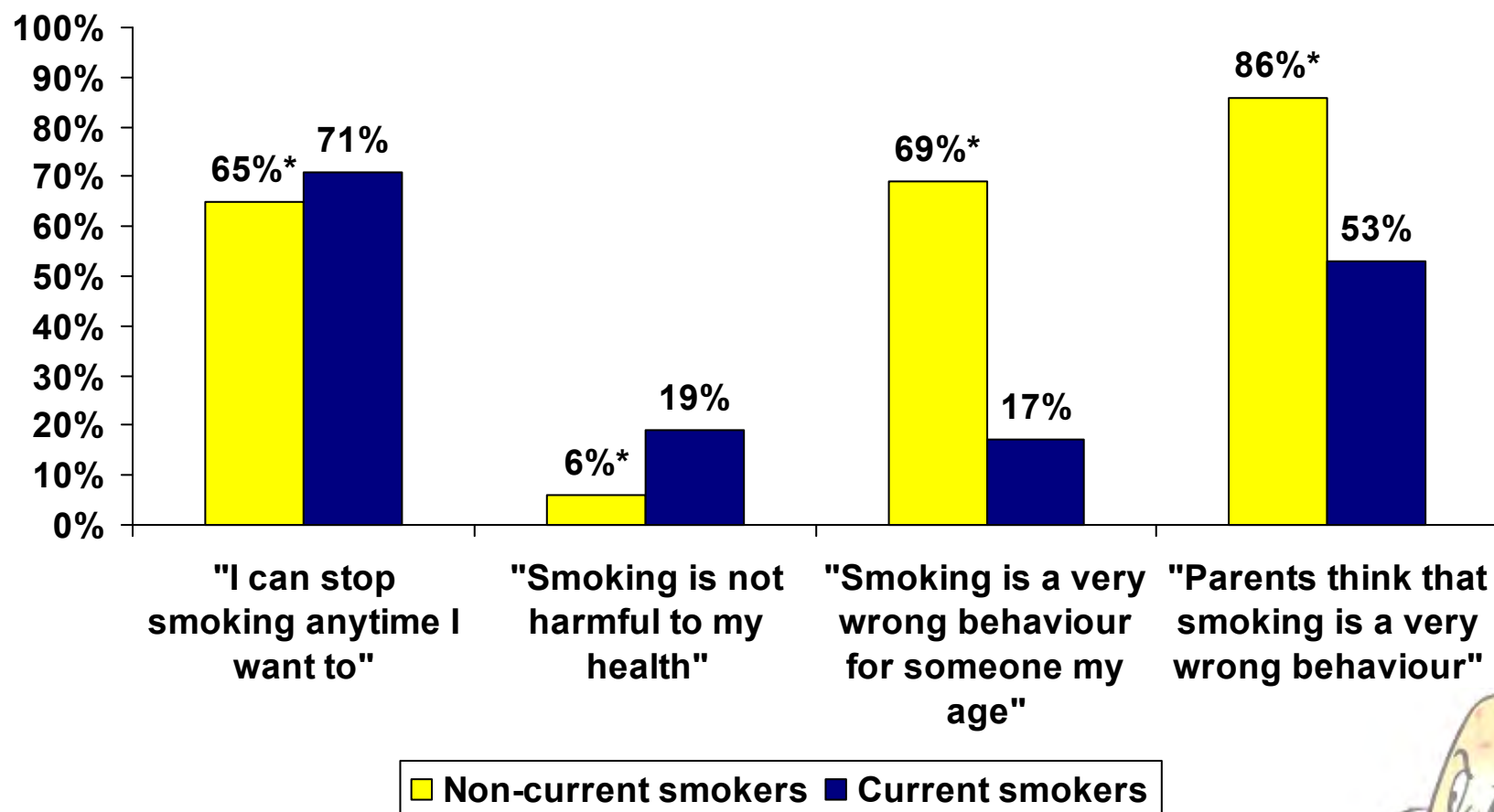
**Current Smokers:** Those who smoked at least 1 day in the past 30 days

\*p<0.001



# Perception of Smoking

## By smoking status



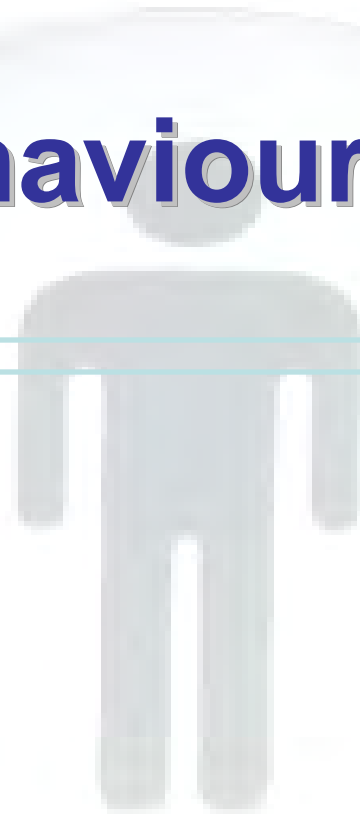
Current smokers: Those who smoked at least 1 day in the past 30 days

\*p<0.001





# **Sexual Behaviour**



# Sexual behaviour

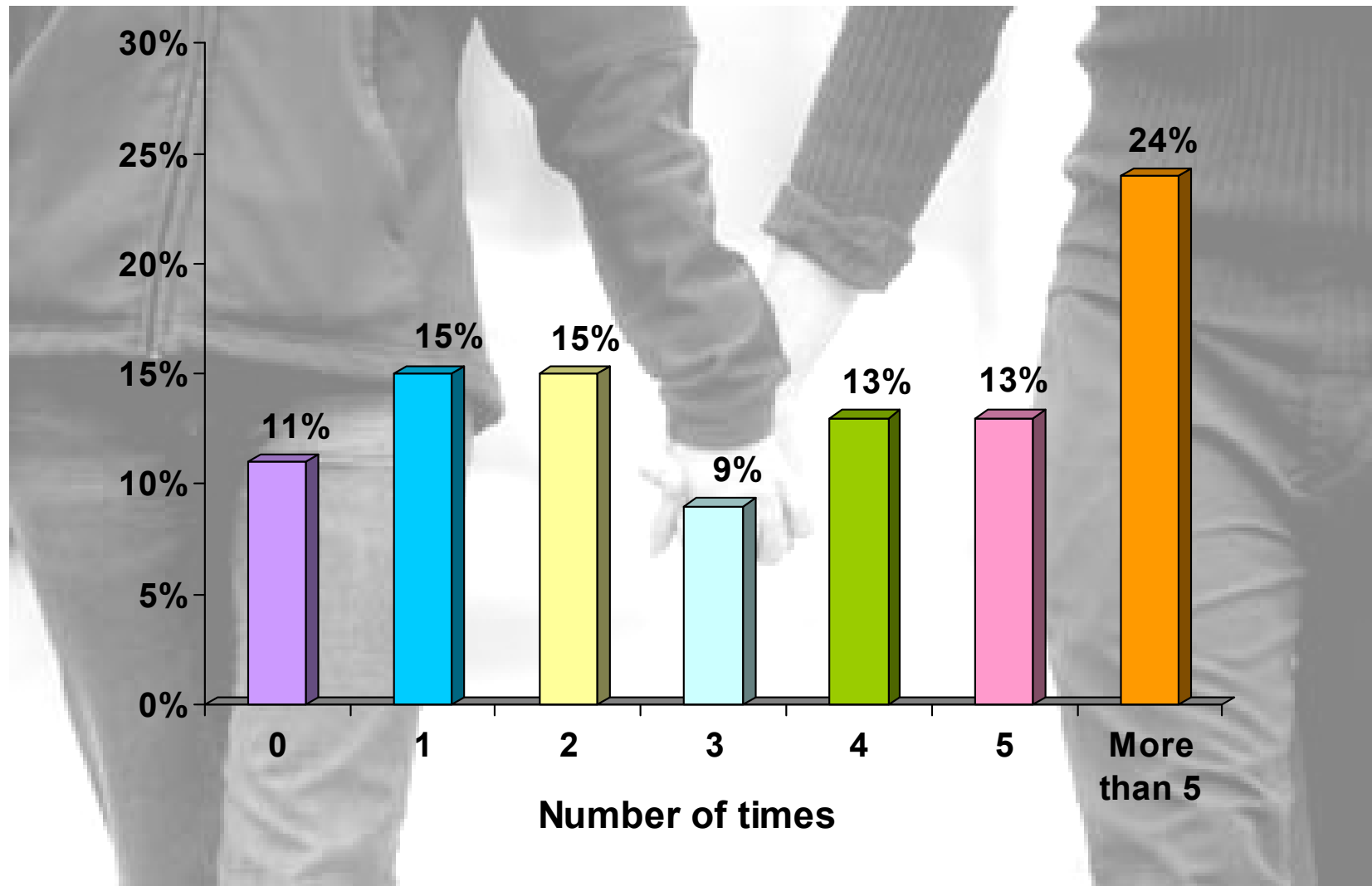
## Among Sec 3-4 students

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Prevalence of sexual intercourse	4%
Median age of initiation	15 years

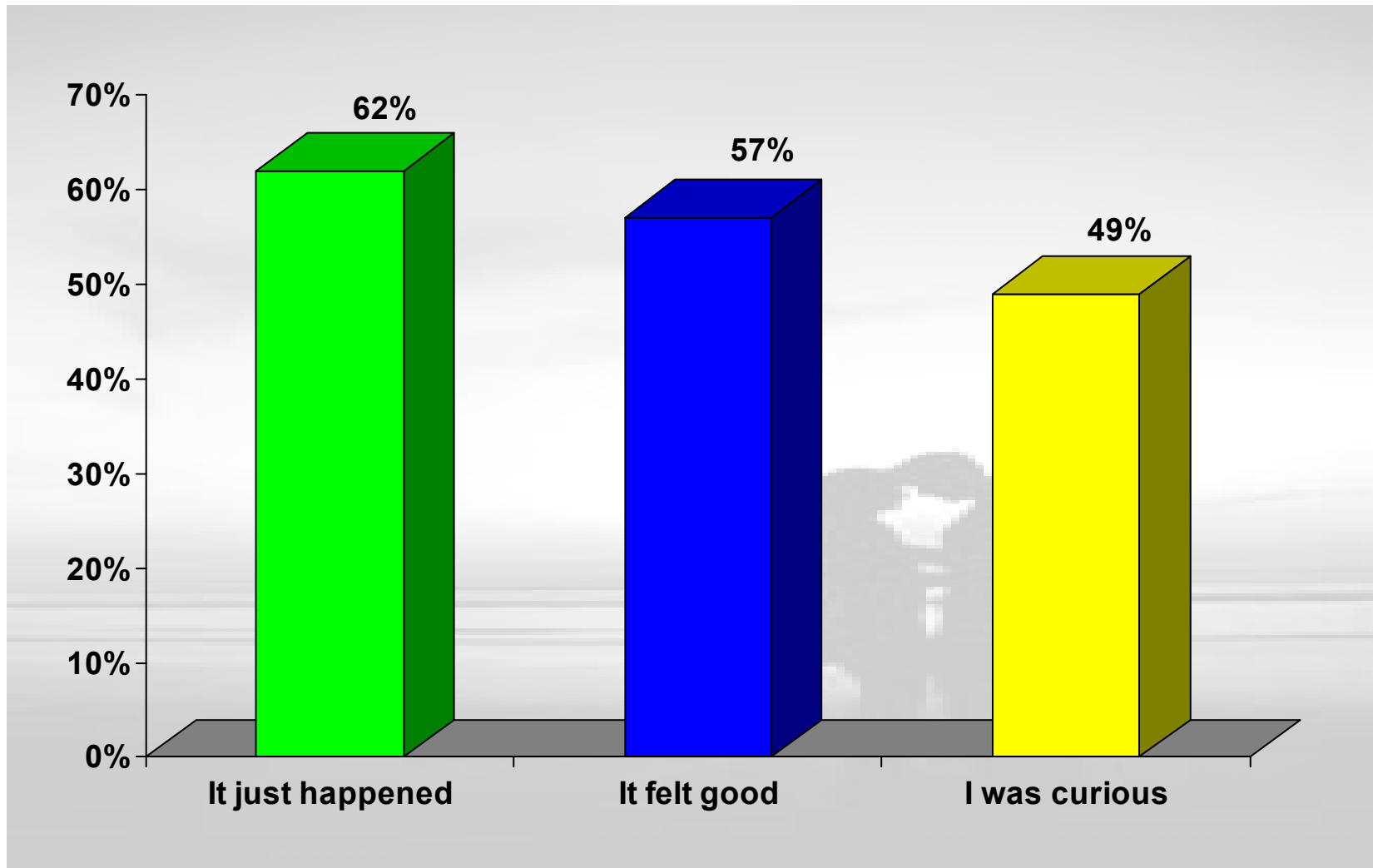
- No gender differences in sexual intercourse

# Frequency of sexual intercourse in the past 12 months *Among Sec 3 - 4 students*

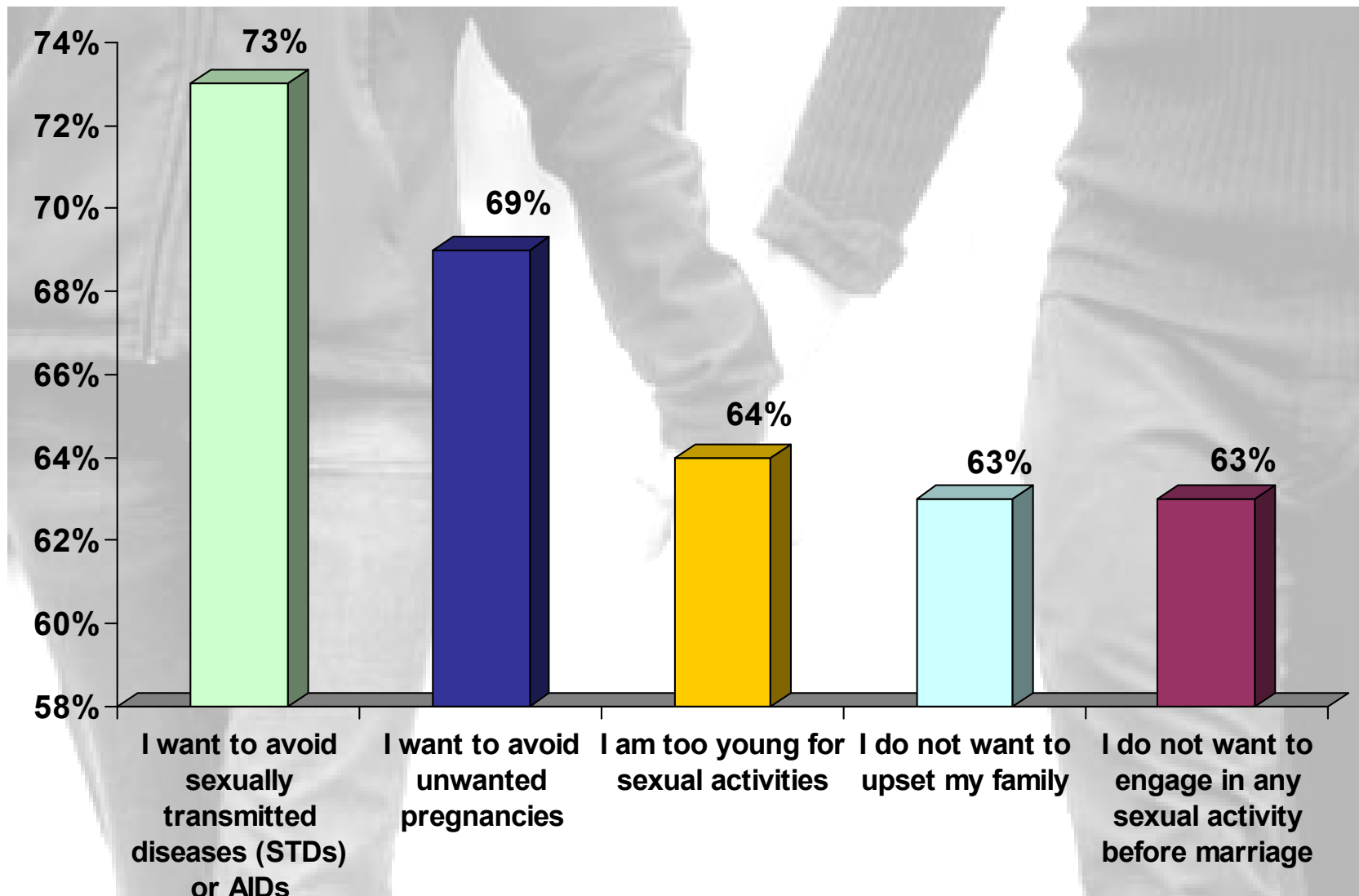


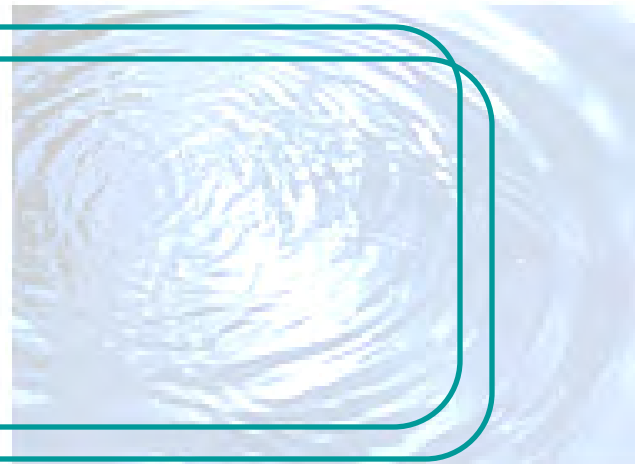
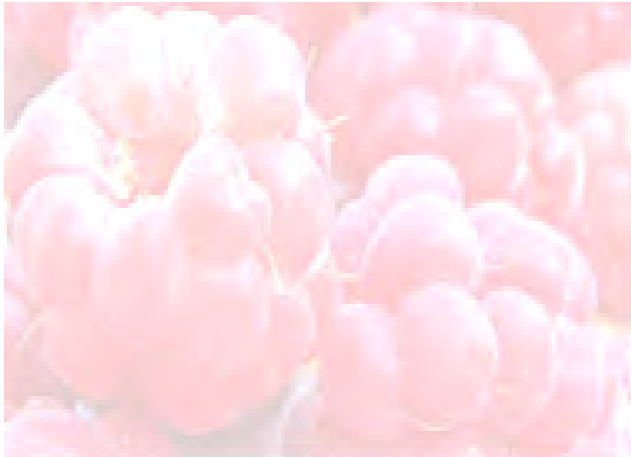
\*p<0.001

# Top 3 reasons for Engaging in Sexual Intercourse Among Sec 3-4 Students

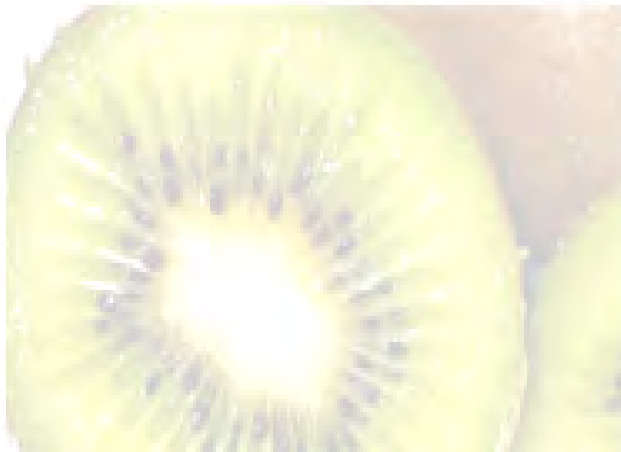


# Main reasons for Not Engaging in Sexual Behaviour Among Sec 3-4 Students



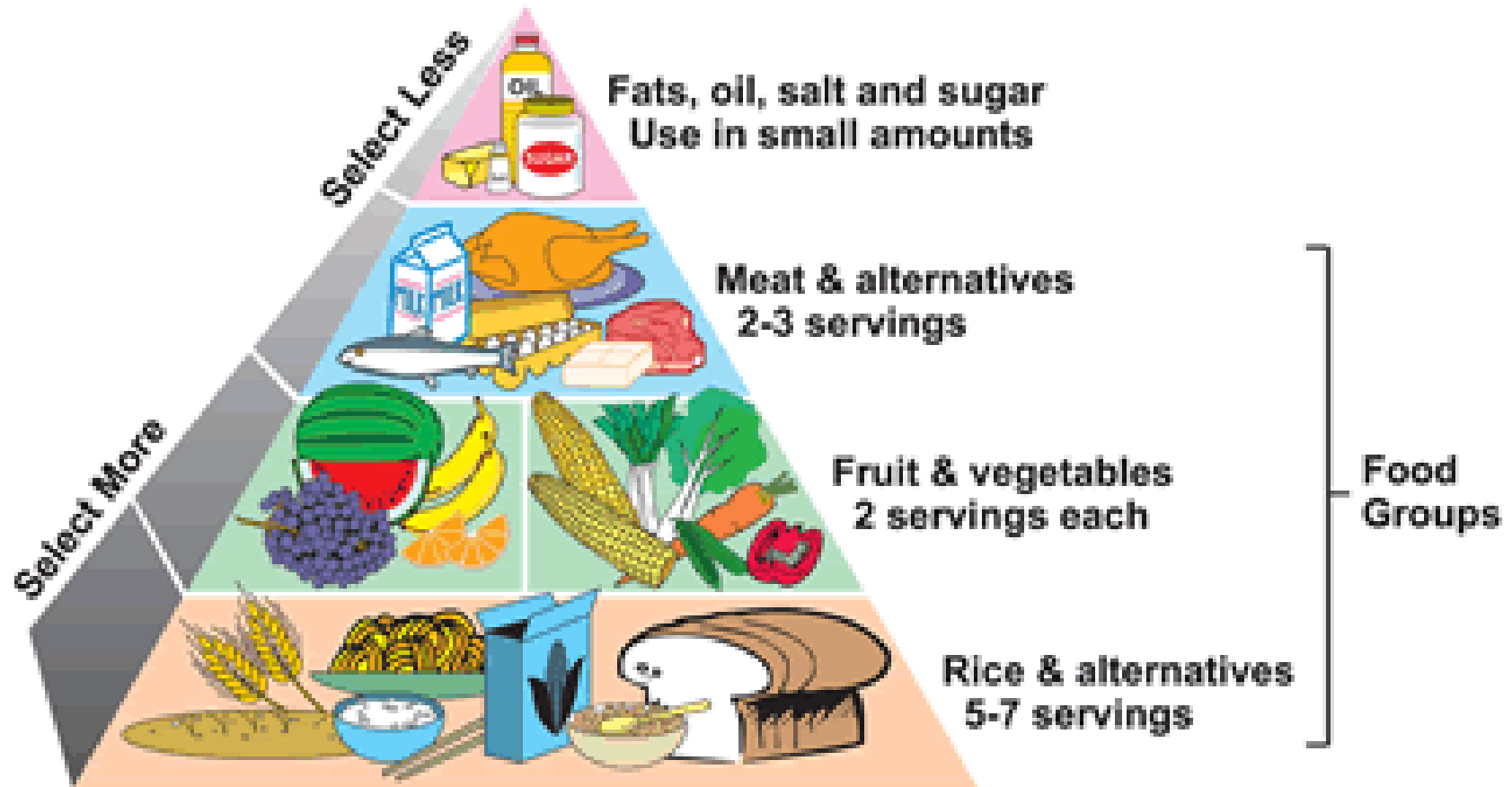


# Nutrition



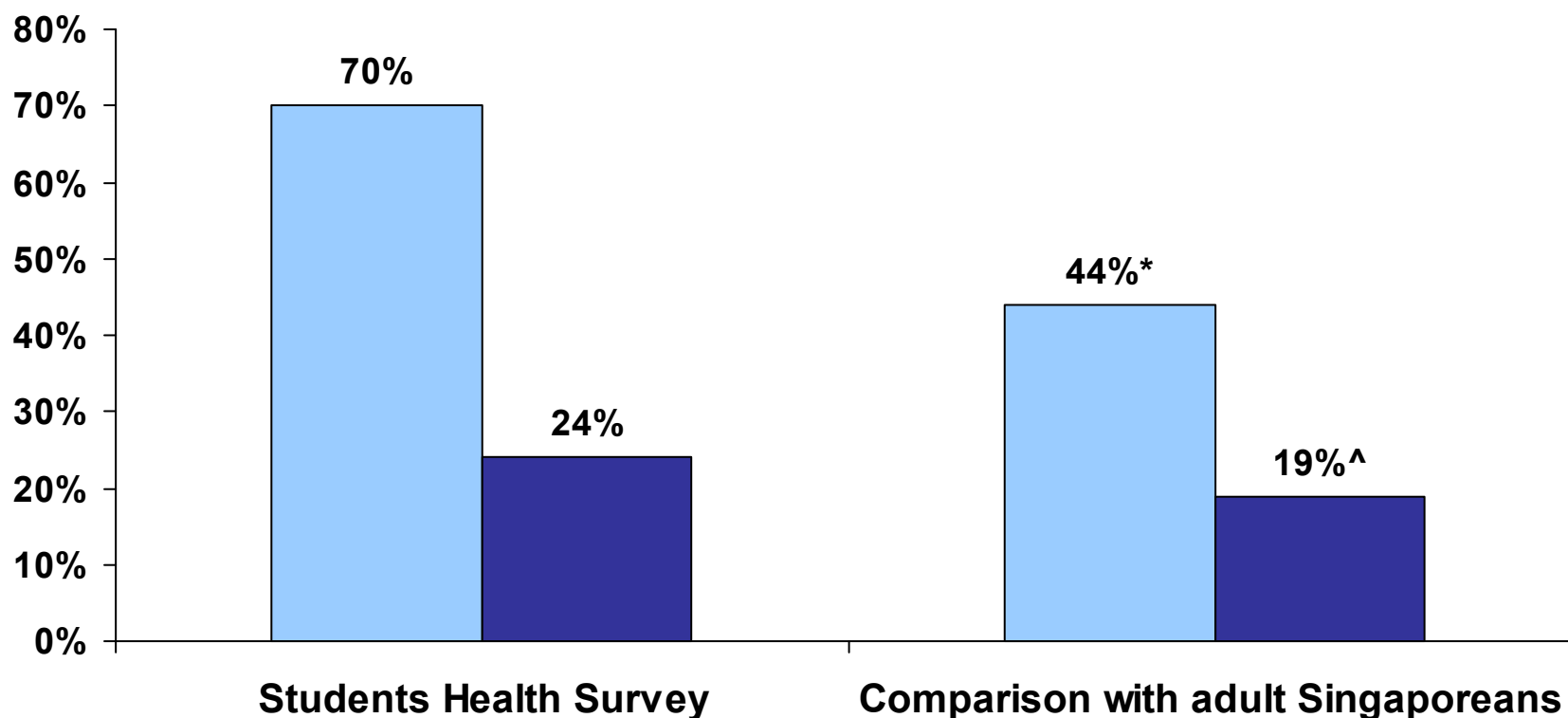
# Important Food Groups

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# Comparison of Knowledge and intake of Fruit and Vegetables

Sec 1-4 Students (SHS) vs Adult Singaporeans



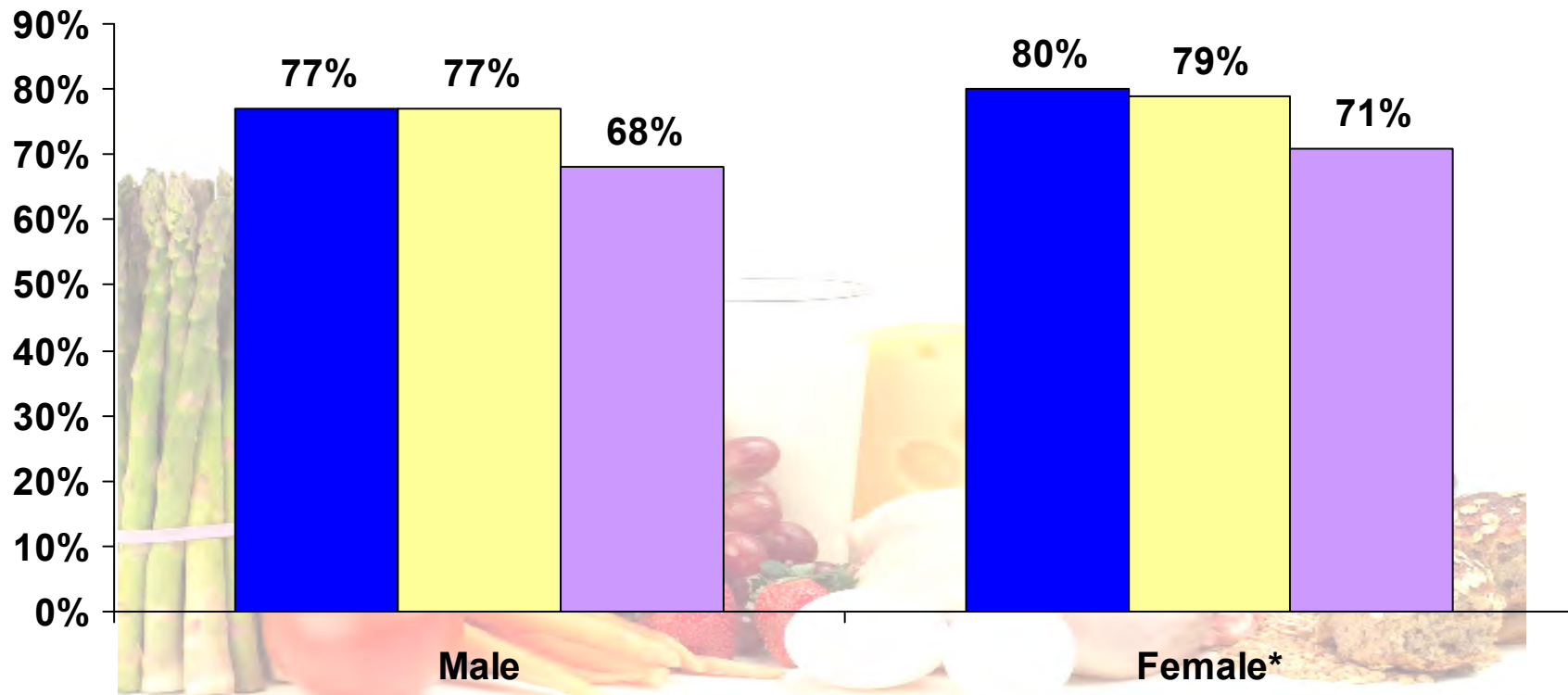
- Aware of recommended intake of 2 servings of fruit and 2 servings of vegetables daily
- Eat 2 servings of fruit and 2 servings of vegetables daily

\*Evaluation of National Healthy Lifestyle Campaign 2004, 30-70 yrs old

^National Nutrition Survey 2004; 18-29 yrs

# Awareness of the Healthy Pyramid Guidelines for Fruit and Vegetables Consumption

By Gender (Student Health Survey)

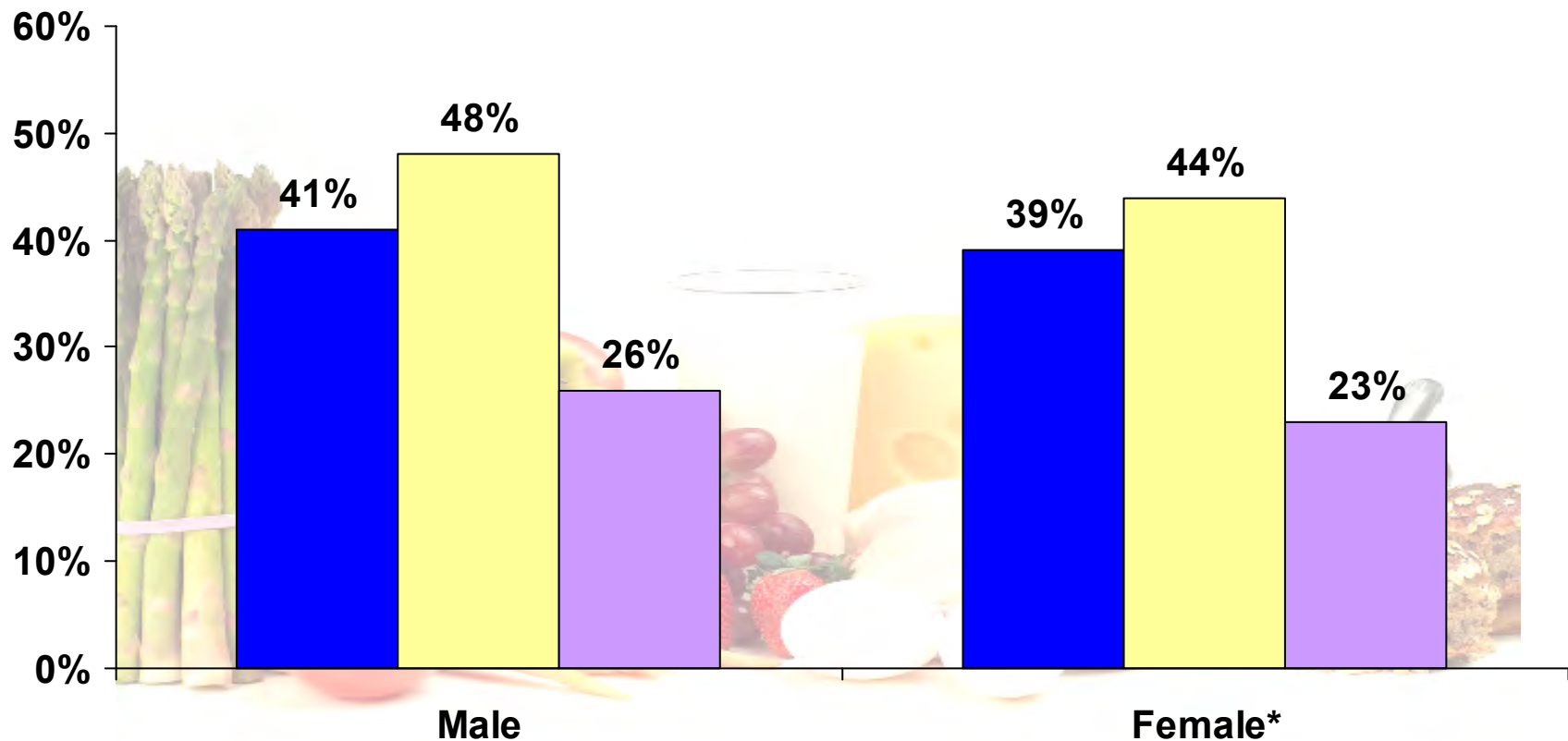


- Aware that a person should consume at least 2 servings of fruit a day
- Aware that a person should consume at least 2 servings of vegetables a day
- Aware that a person should consume at least 2 servings of fruit and 2 servings of vegetables a day

\*p<0.001

# Self-reported Consumption of Recommended Amounts of Fruit and Vegetables

By Gender

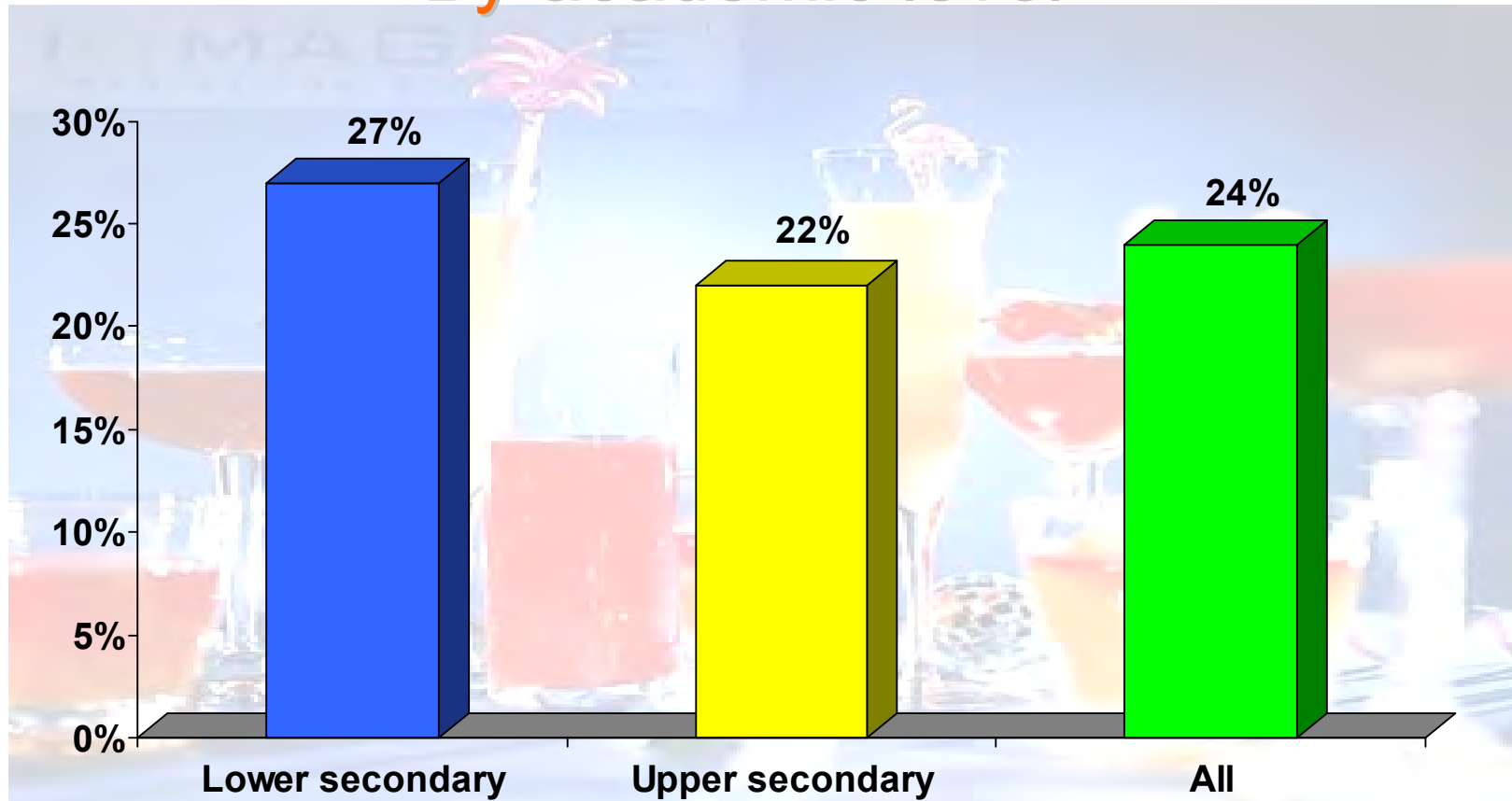


- Eat at least 2 servings of fruit a day
- Eat at least 2 servings of vegetables a day
- Eat at least 2 servings of fruit and 2 servings of vegetables a day

\*p<0.001

# Meet the 2 +2 Fruits and Veggies Guideline

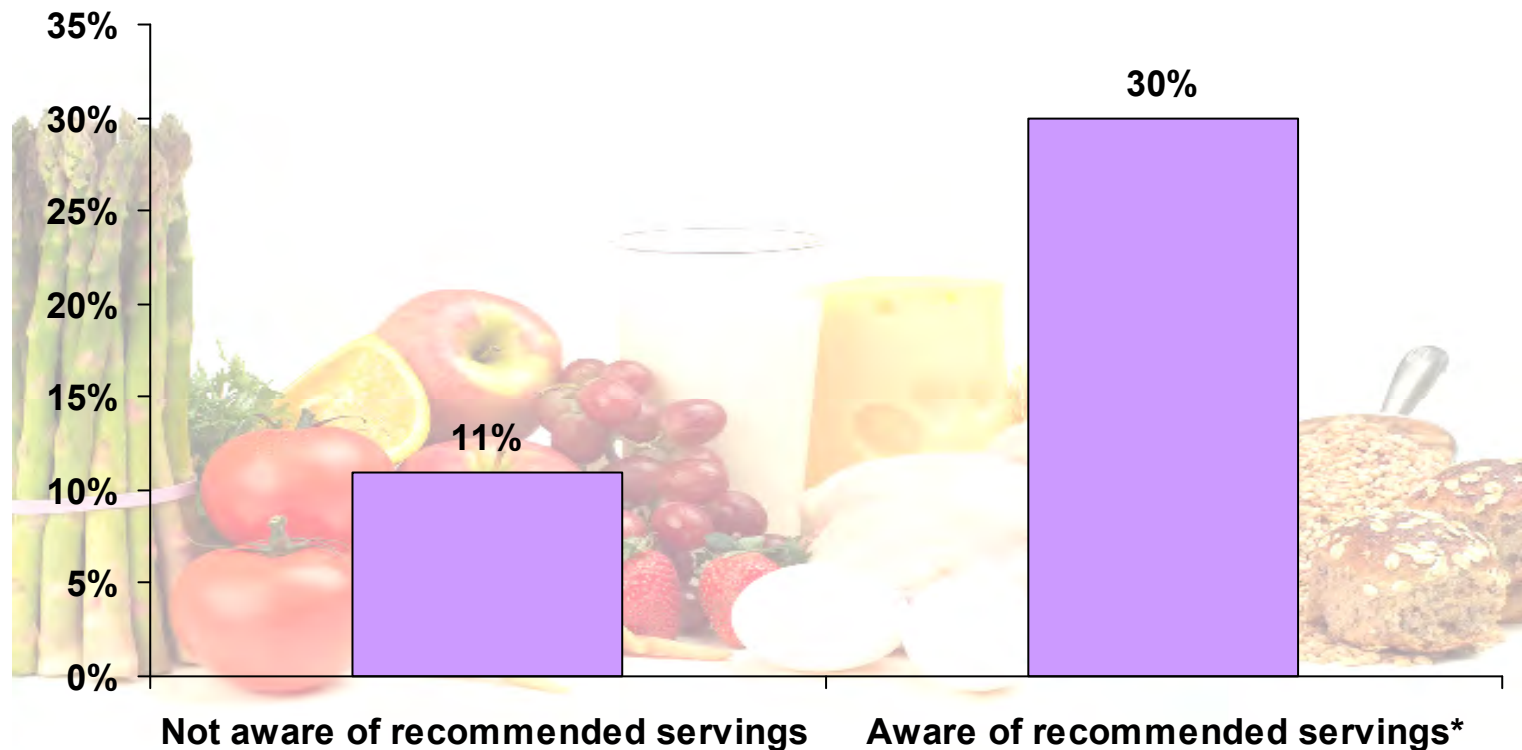
By academic level



\* $p < 0.001$

# Consumption of the Recommended Amounts of Fruit and Vegetables

By Awareness of the Recommended Intake Guidelines

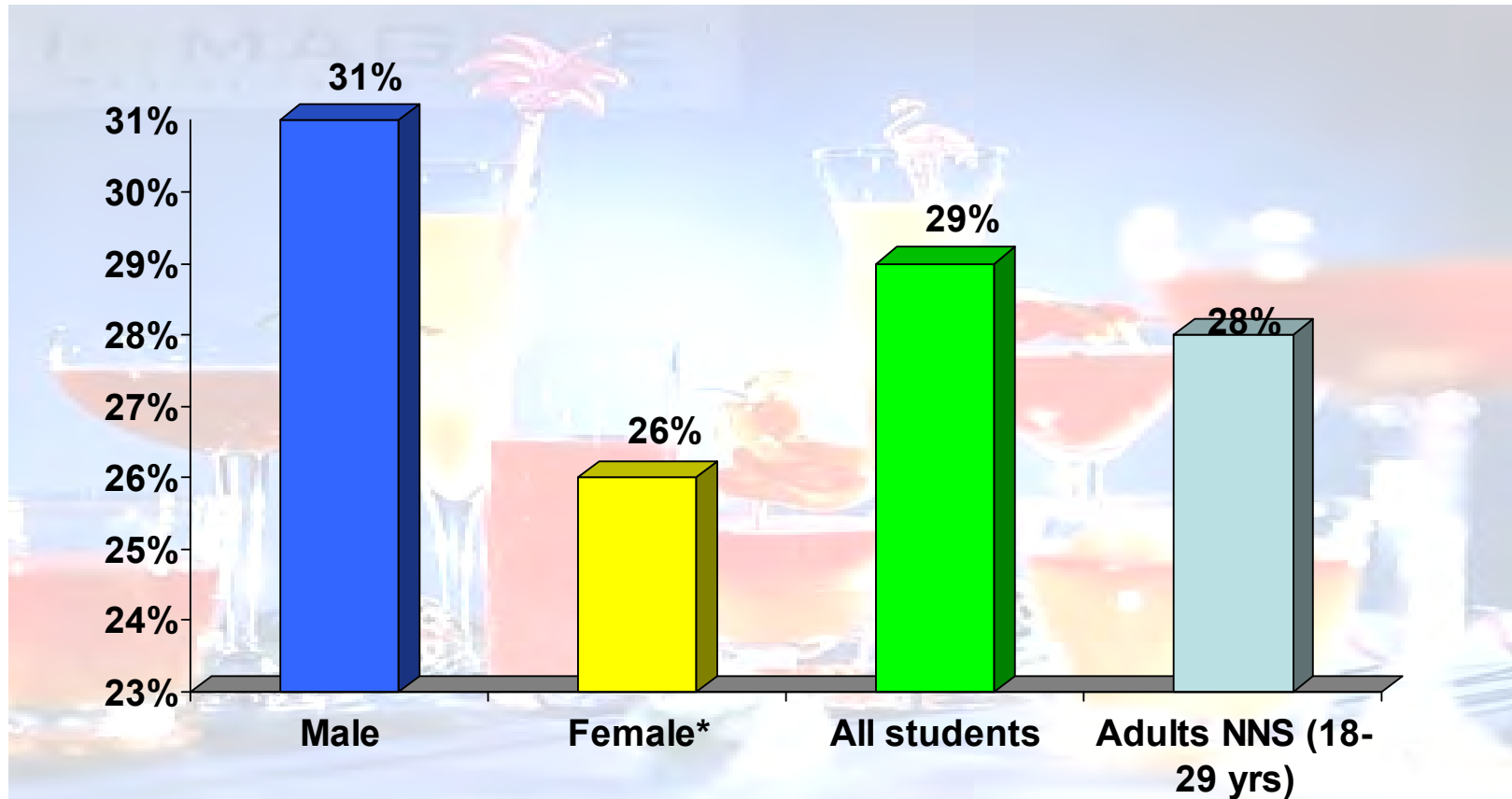


■ Eats at least 2 servings of fruit and 2 servings of vegetables a day

\*p<0.001

# Consumption of Sweetened Drinks

More than once a day

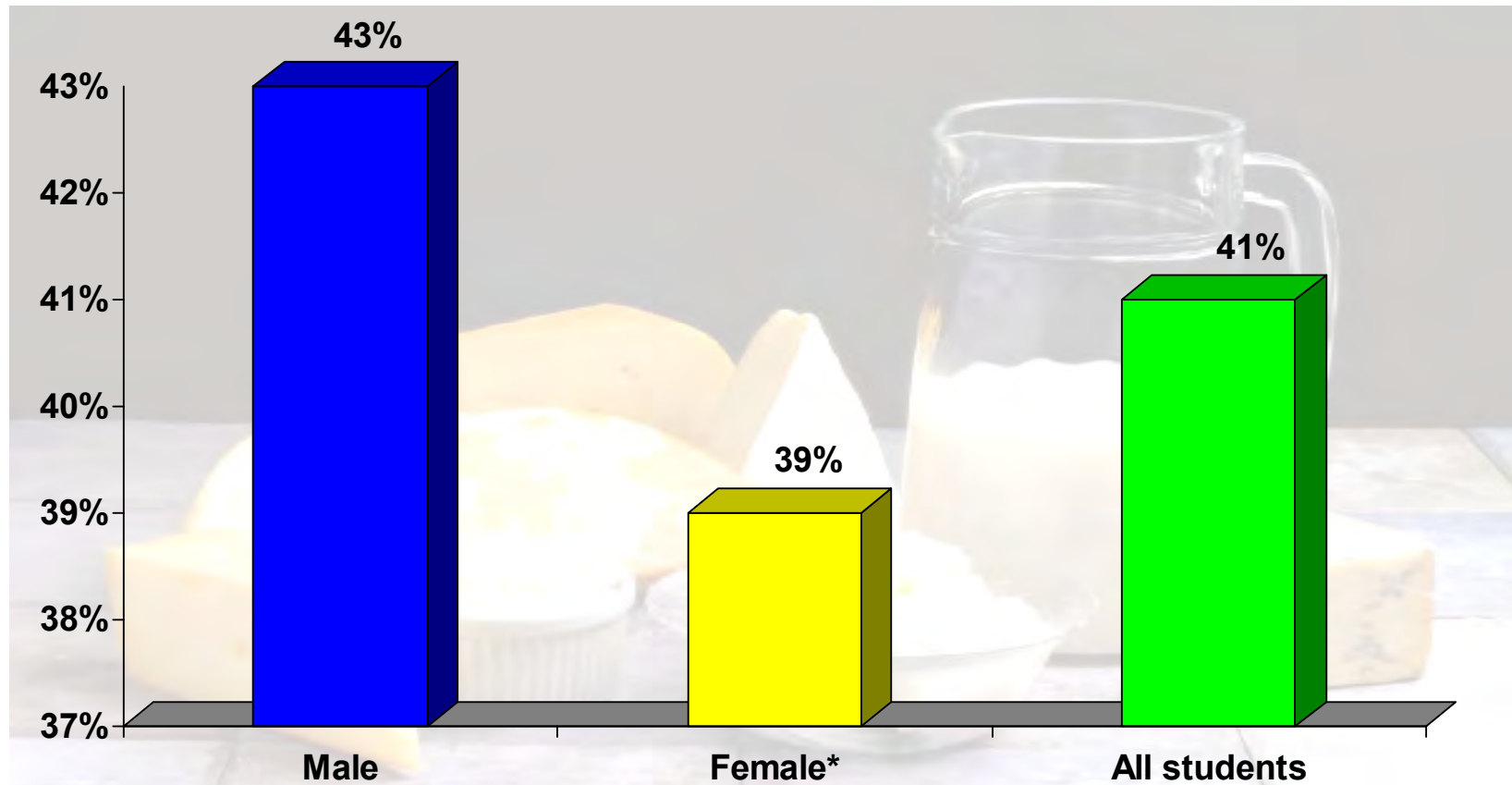


NNS National Nutrition Survey (2004)

\* $p < 0.001$

# Consumption of Milk / Milk Products

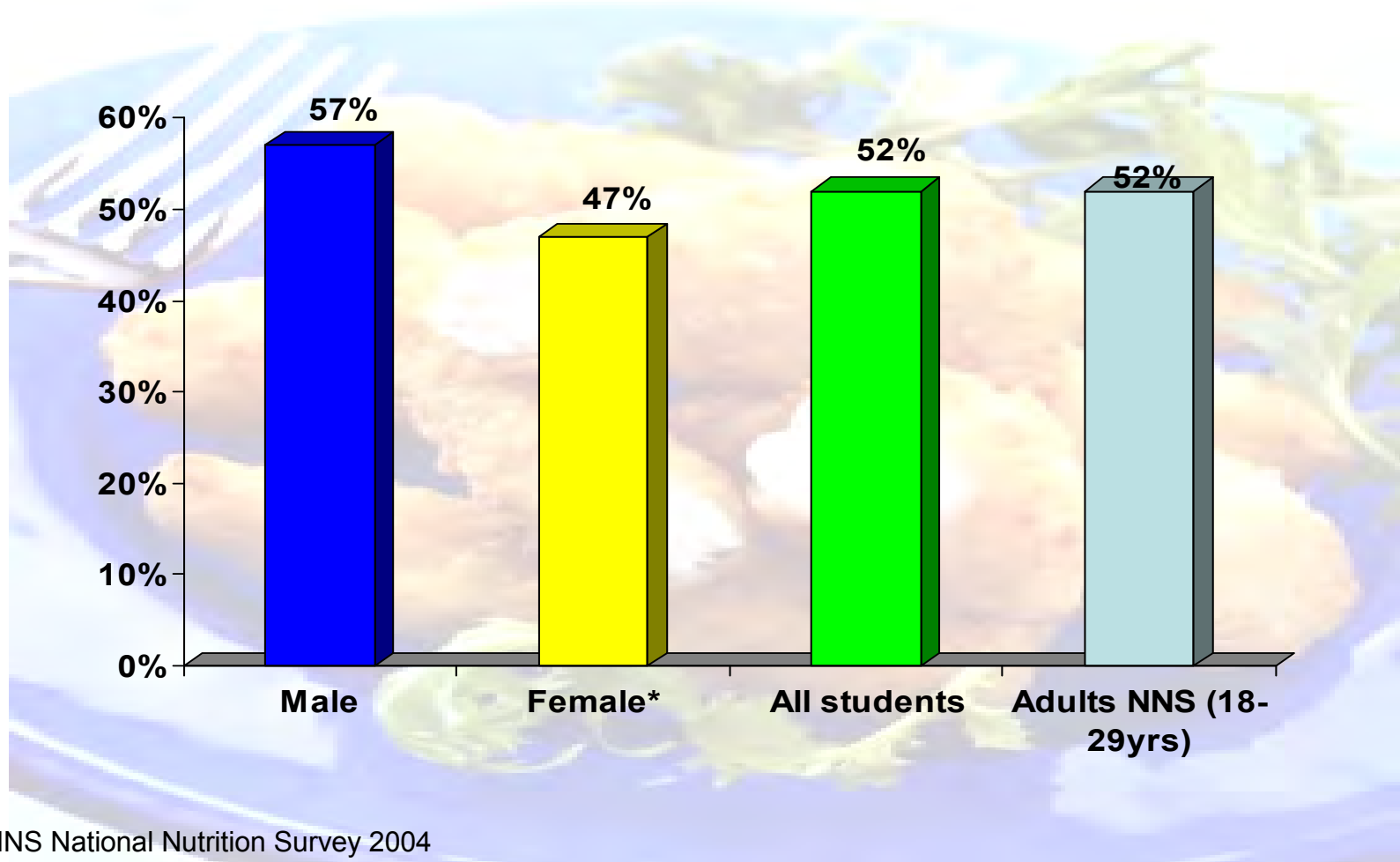
At least once a day



\* $p < 0.001$

# Consumption of Deep Fried Food

## More than twice a week



\*p<0.001



# Physical Activity

# Physical Activity Level

## Vigorous Physical Activity

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- † Vigorous physical activity is defined as any activity that take hard physical effort and make a person breathe much harder than normal.
- Examples of vigorous physical activities listed in this questionnaire include heavy lifting, aerobics, running, fast bicycling, taekwondo, judo, football, basketball, squash, skipping, moving and pushing heavy furniture.



# Physical Activity Level

## Moderate Physical Activity

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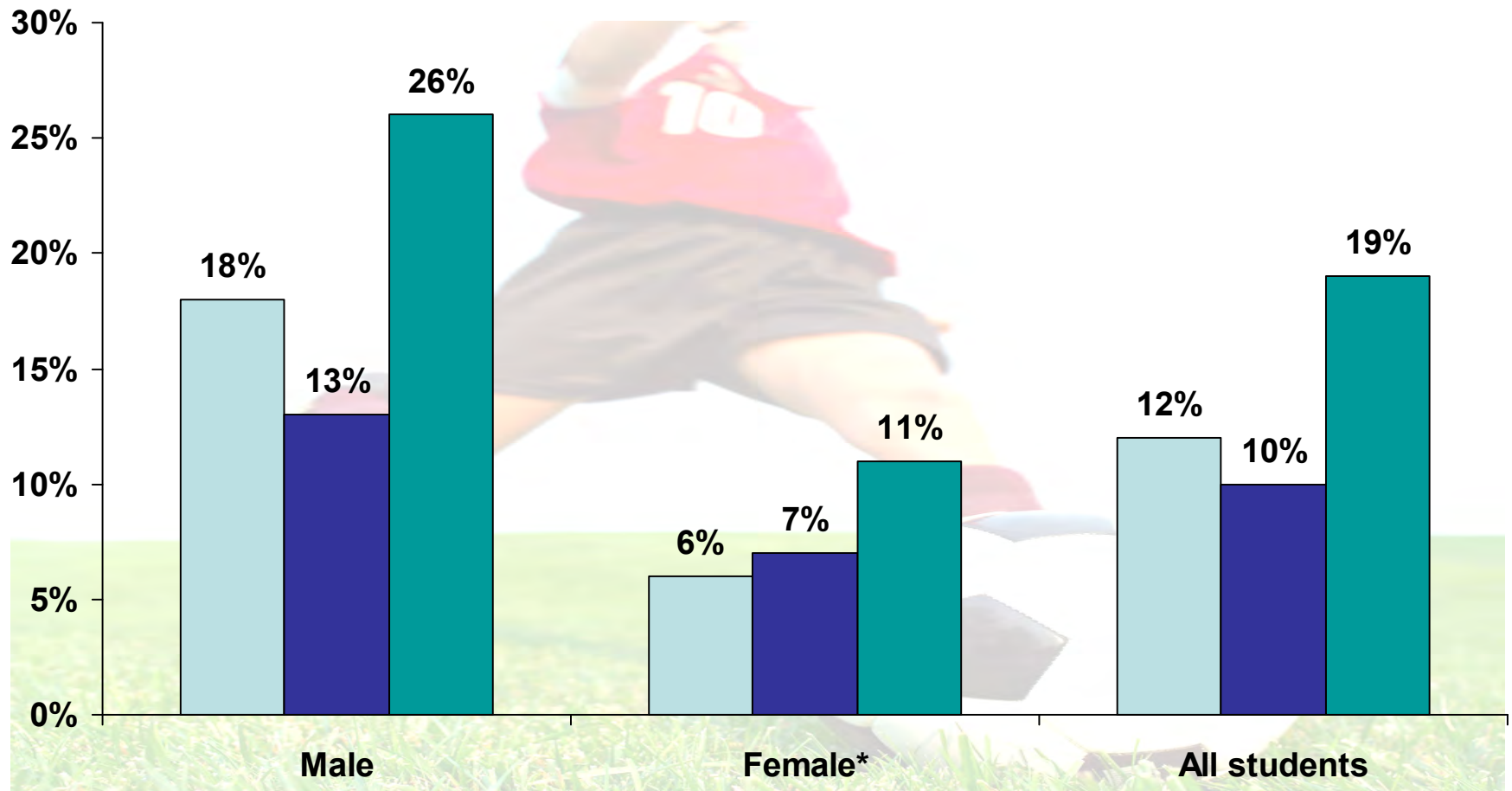
- †† Moderate physical activity is defined as activities those that take moderate physical effort and make a person breathe somewhat harder than normal.
- Examples of moderate physical activities include carrying light loads, bicycling at a regular pace, doubles tennis, gymnastics, badminton, table tennis, skateboarding, inline skating at a leisure pace, and moving light furniture.



Question adapted from the US Youth Risk Behavioural Surveillance Survey

# Physical Activity Level

By gender

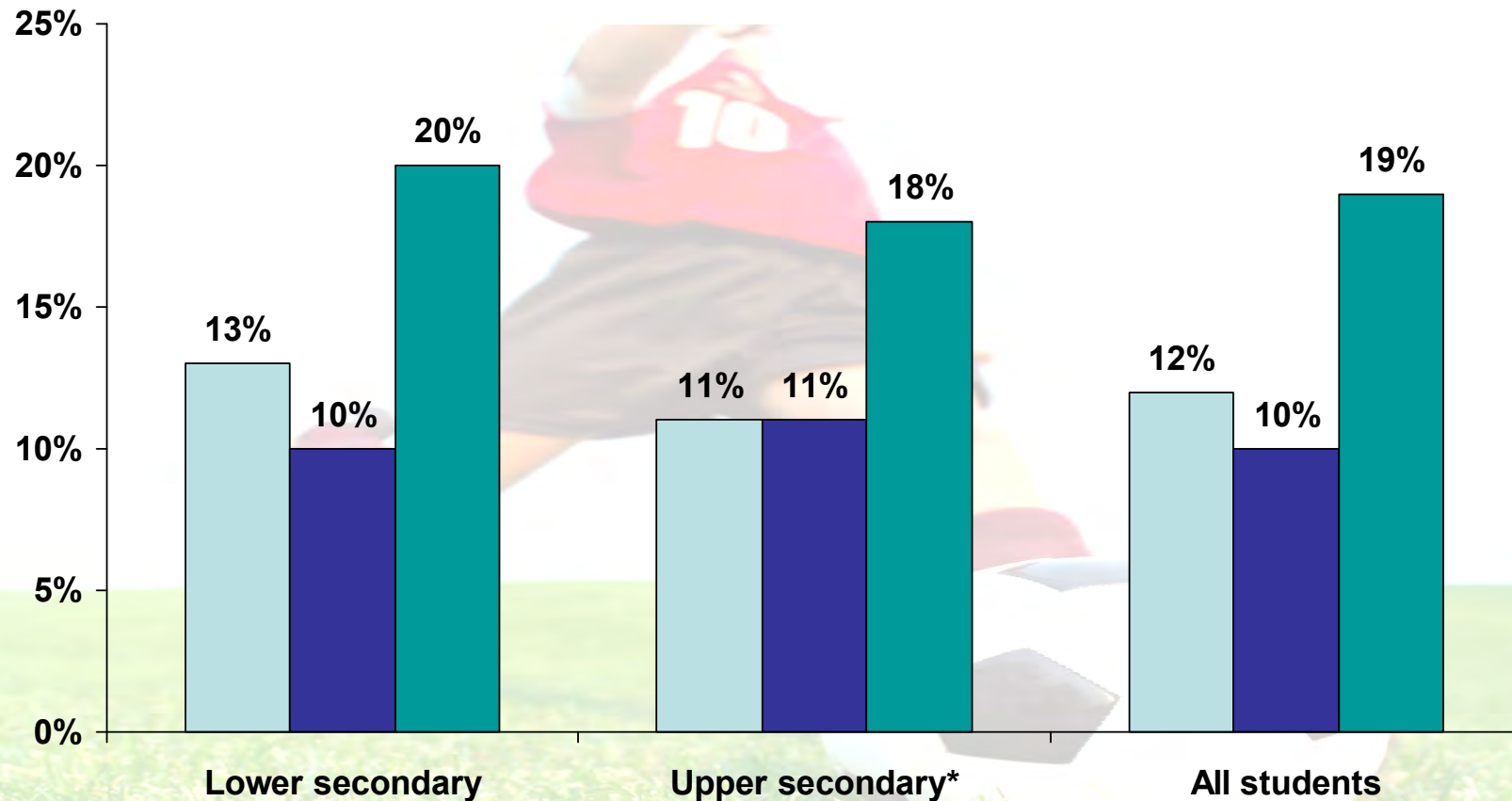


- Engage in †vigorous activity for at least 30 mins/day for 5 or more days per week
- Engage in ††moderate activity for at least 30 mins/day for 5 or more days per week
- Engage in †vigorous or ††moderate activity for 30 mins/ day for 5 or more days per week

\*p<0.001

# Physical Activity Level

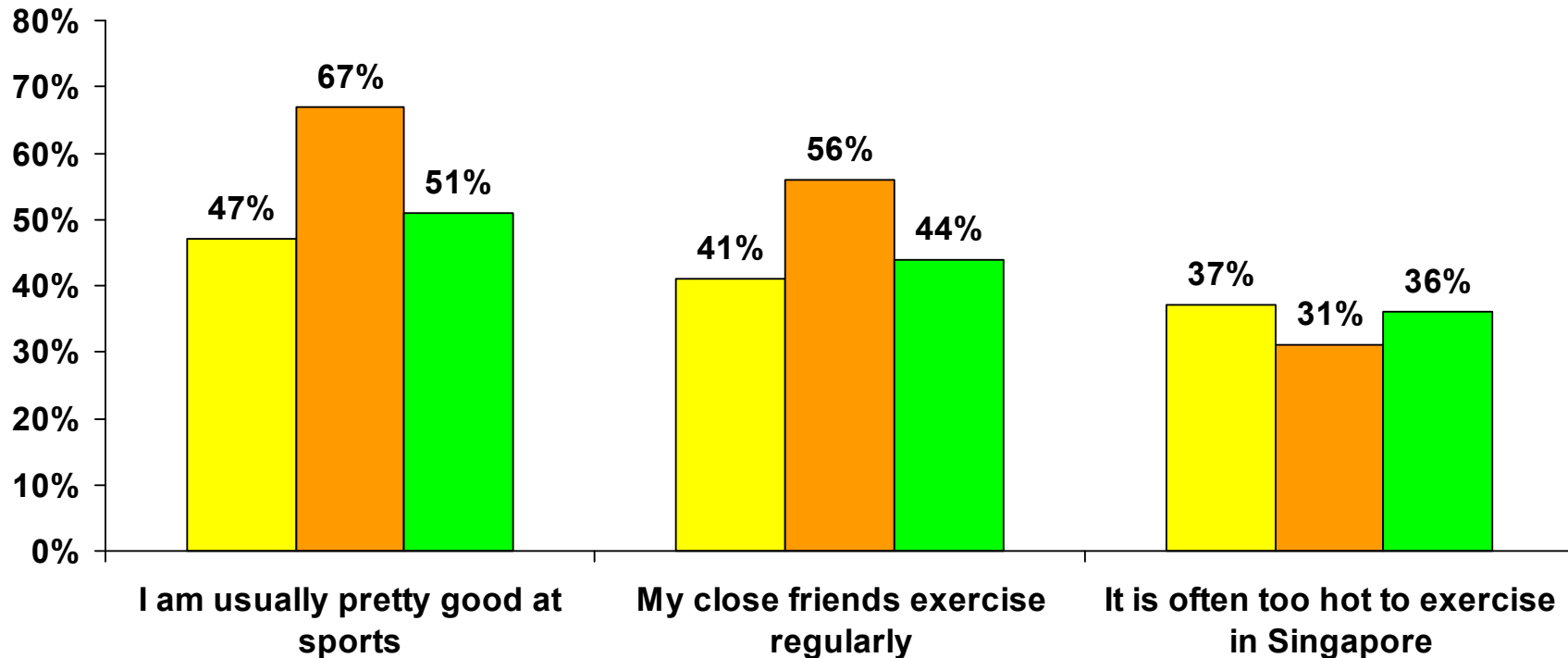
## By academic level



□ Engage in †vigorous activity for 30 mins each, 5 or more days per week  
■ Engage in ††moderate activity for 30 mins each, 5 or more days per week  
■ Engage in †vigorous or ††moderate activity for 30 mins each, 5 or more days per week

\*p<0.001

# Factors associated with Engaging in Physical Activity

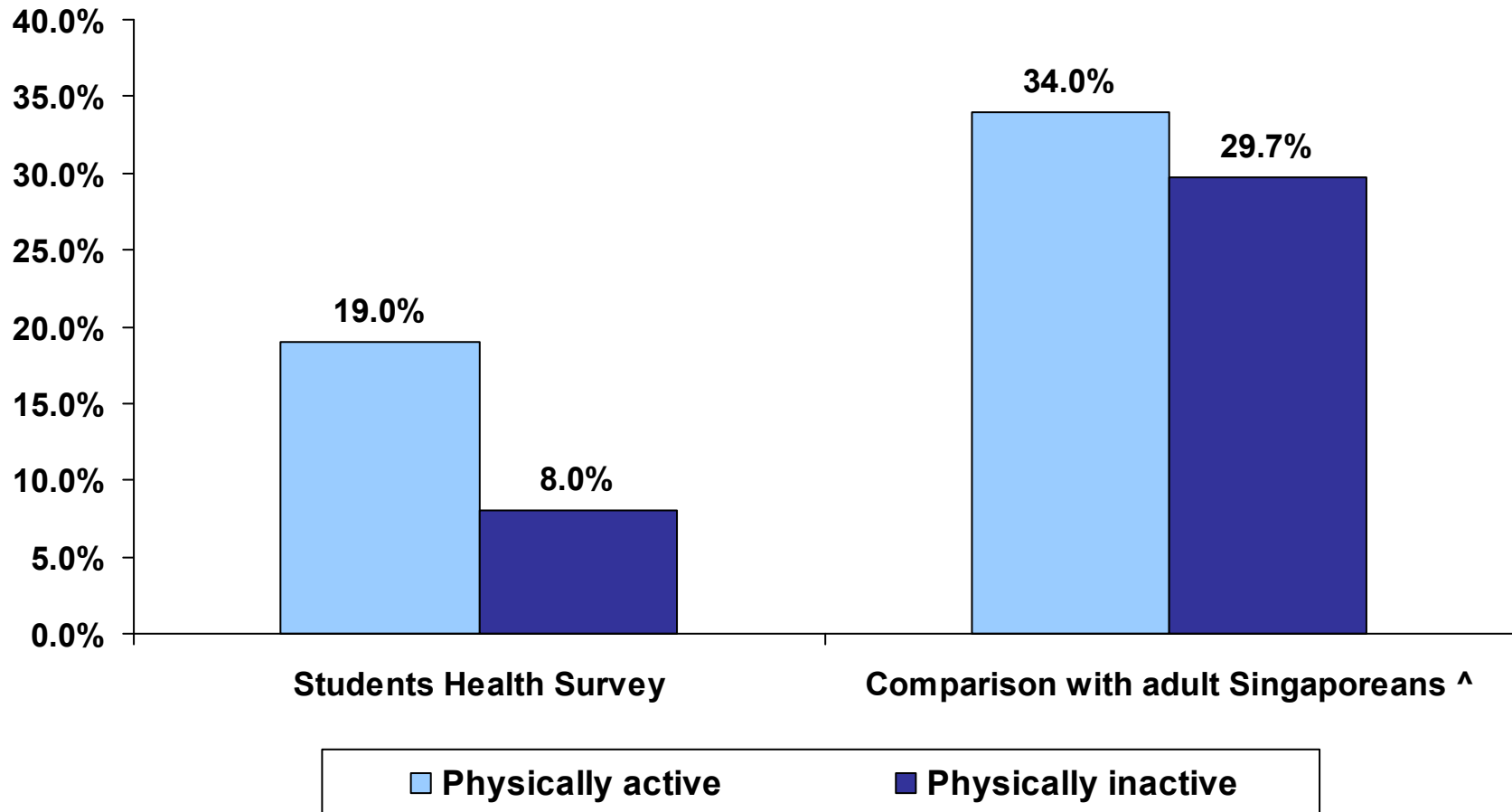


■ Did not engage in moderate† or vigorous†† activity for 30 minutes each, 5 or more days per week  
■ Engaged in moderate† or vigorous†† activity for 30 minutes each, 5 or more days per week\*  
■ All Students

\*p<0.001

# Comparison of proportion of students engaging in Physical Activity

Sec 1-4 Students (SHS) vs Adult Singaporeans



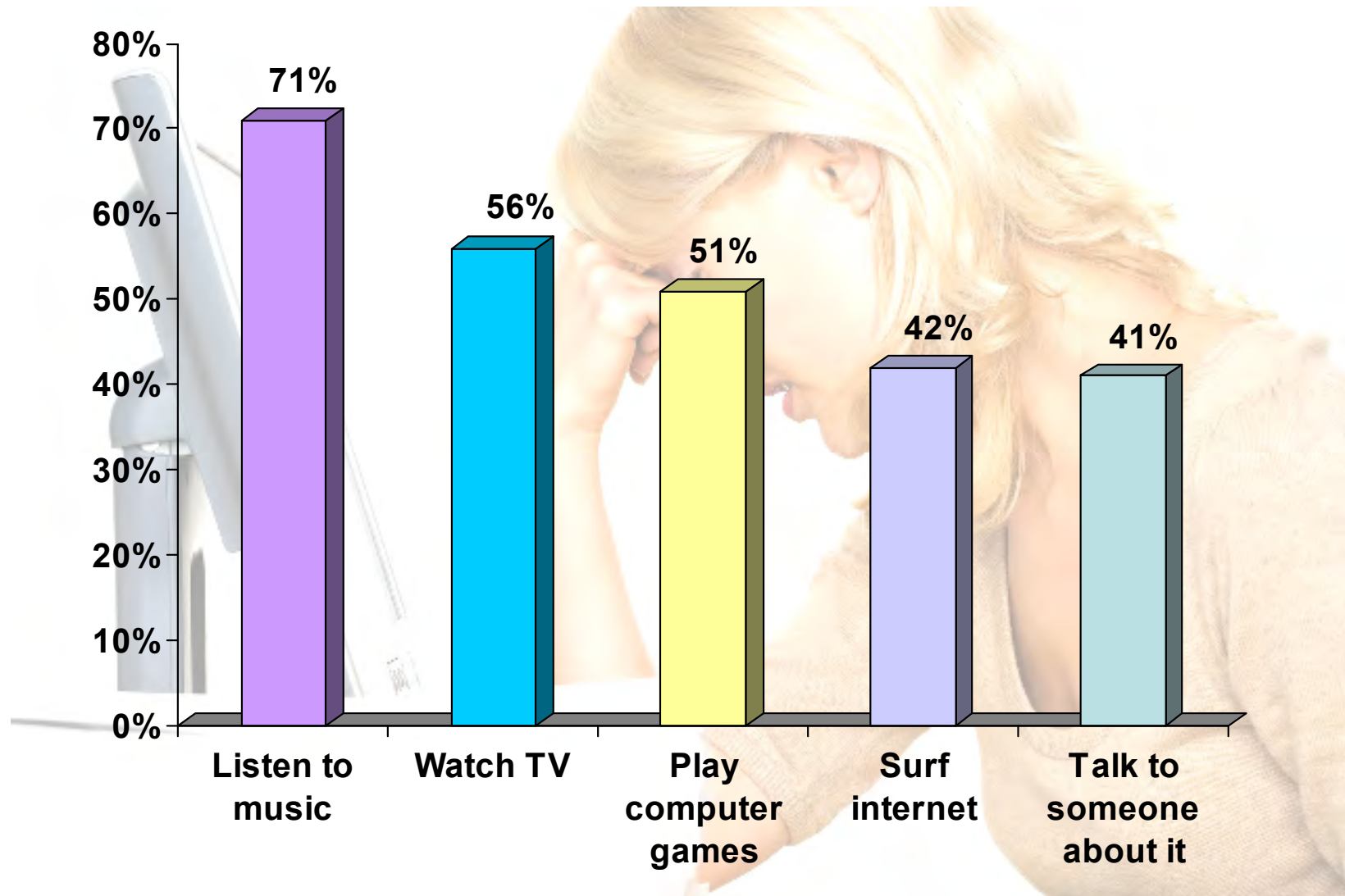
^National Health Survey 2004;18-69 yrs

The image features a background collage of vertical strips, each showing a close-up of a person's face. The individuals are diverse in age and ethnicity, and all are smiling warmly. The strips are arranged in a grid-like pattern. Overlaid on this collage is a light blue, rounded rectangular frame. Inside this frame, the words "Mental Health" are written in a bold, dark blue, sans-serif font, centered horizontally and vertically.

# Mental Health

# Coping Strategies with Stress

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# Summary

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- Importance of social influences and misconceptions in smoking behaviour
- Teaching lifeskills with regard to sexual practices
- Translation of awareness of healthy diet (eg 2+2 fruits and vegs etc) into consumption behaviour
- Building skills in physical activity and promoting a supportive environment for physical activity