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600 YEARS
1413 – 2013

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child and adolescent health research unit

Risk, wellbeing and assets for health:

findings from Health Behaviour in School-Aged Children: WHO Collaborative Cross-National Study

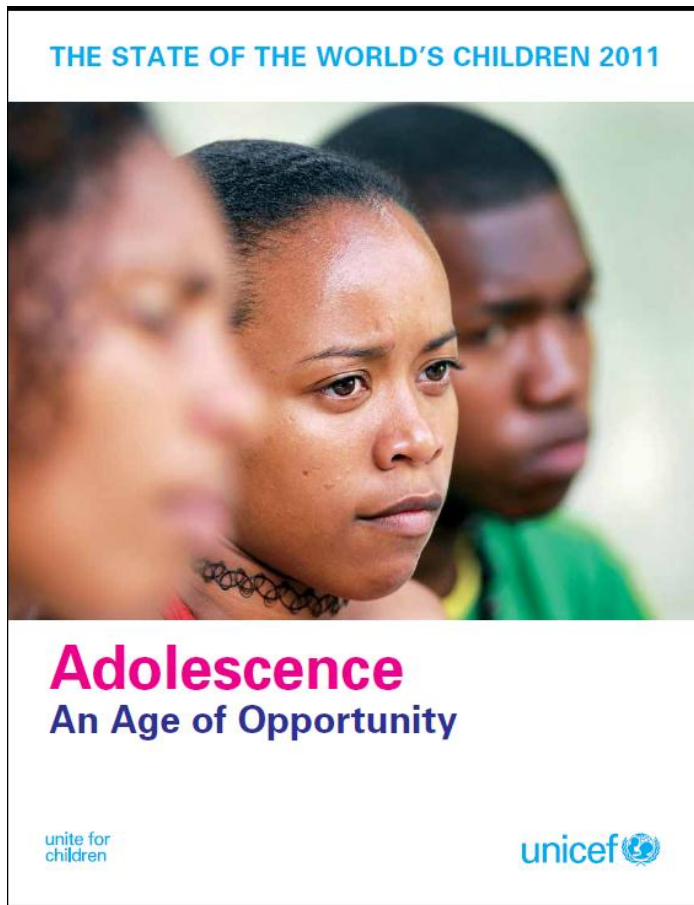
Adolescent Health and Risk Behaviour Symposium
29th February 2012

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**Director and Senior Research Fellow,
Child and Adolescent Health Research Unit (CAHRU)
School of Medicine
University of St Andrews**



Investing in health of young people



‘In the global effort to save children’s lives, we hear too little about adolescence’

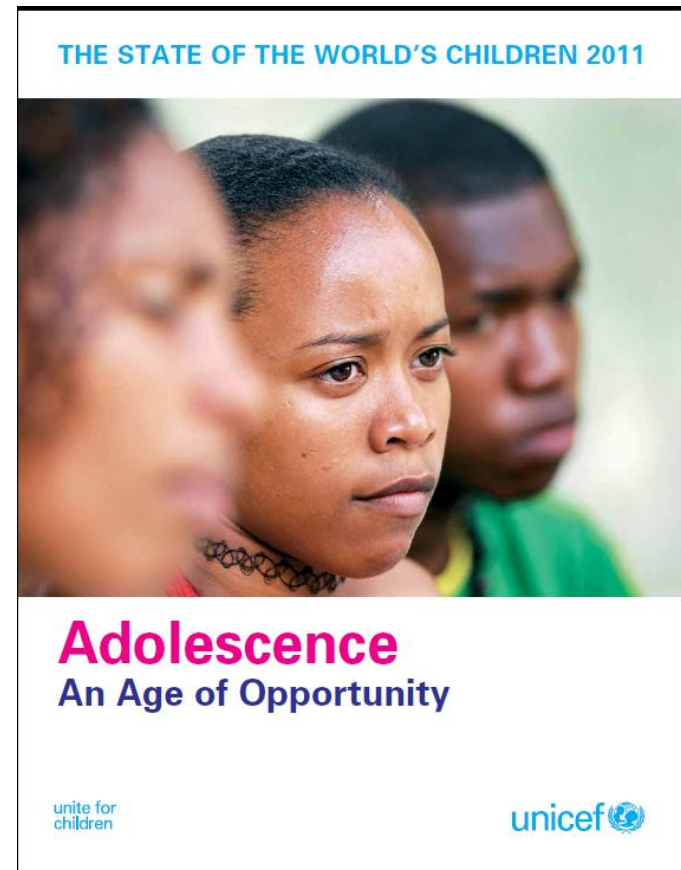
‘Surely, we do not want to save children in their first decade of life only to lose them in the second’

‘



UNICEF 'State of the World's Children' Report (2011)

'Where health data on adolescence are available, it is often not disaggregated by sex, age cohort or other factors that could give much-needed details on the situation of adolescents'.





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HBSC National Report: Findings from the 2010 HBSC Survey in Scotland





HBSC National Report:

Findings from the 2010 HBSC Survey in Scotland



- Disaggregated data by age and sex
- Social and health trends over time
- Reports on different aspects of health and well-being
- Looks at health in social context



Aim of presentation:

- Present key trends in adolescent health and risk behaviour in context of social trends
- Examine these trends in relation to Scottish Government's strategic objectives
- Identify assets that support adolescent health and reduce risk
- Consider implications for policy and practice



Investing in young people to achieve a

- **Healthier**
.....best start in life, reduced inequalities, improved chances for young people
- **Greener**
.....local environment that makes us feel good and improves our health and well-being
- **Safer and stronger**
.....better places to live, safer neighbourhoods, excellent quality of life
- **Smarter**
.....higher achievement, nurturing learning, supporting well-being
- **Wealthier and fairer**
.....supporting young people to realise their future potential

.....**SCOTLAND**



‘Healthier Scotland’

...best start in life, reduced inequalities,
improved chances for young people...

Evidence from latest HBSC National Report of:

- positive trends in health and well-being, health behaviour, social determinants of health
- reduction in gender inequalities
- stabilising of previous positive trends



'Healthier'

Decline in substance use since 1998

- Steep decline in girls current smoking since 2004
- Closure of gender gap
- Levels now equivalent to 1990

Figure 12.5:

CURRENT SMOKING: 15-YEAR OLDS 1990 – 2010

HBSC Scotland
1990 – 2010 Surveys





'Healthier'

Continuing decline in substance use

- Steady decline in weekly drinking since peak in 1998
- Levels now equivalent to 1990

Figure 12.8:

WEEKLY DRINKING: 15-YEAR OLDS 1990 – 2010

HBSC Scotland
1990 – 2010 Surveys

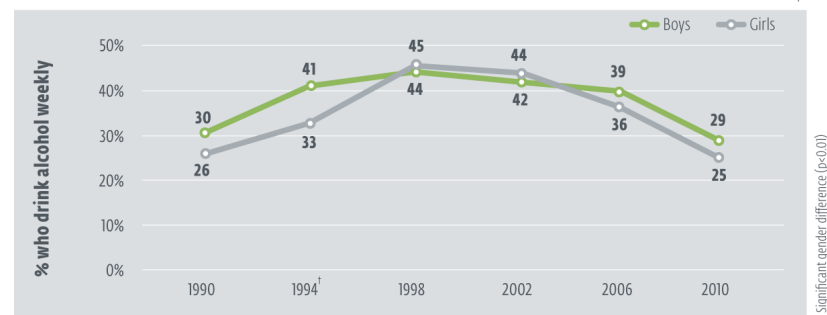
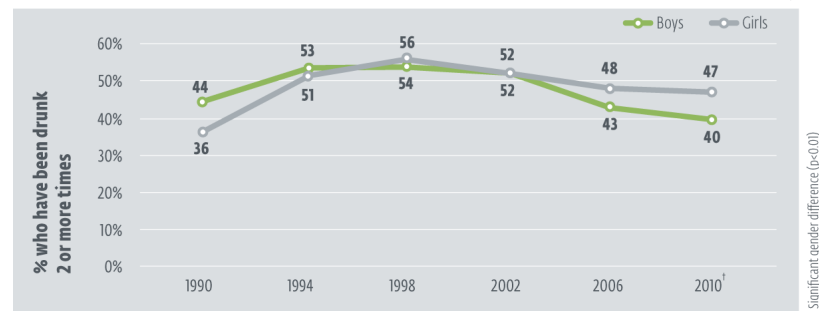


Figure 12.11:

BEEN DRUNK 2 OR MORE TIMES: 15-YEAR OLDS 1990 – 2010

HBSC Scotland
1990 – 2010 Surveys





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‘Healthier’?

15 year olds who ‘drink at least once a week’

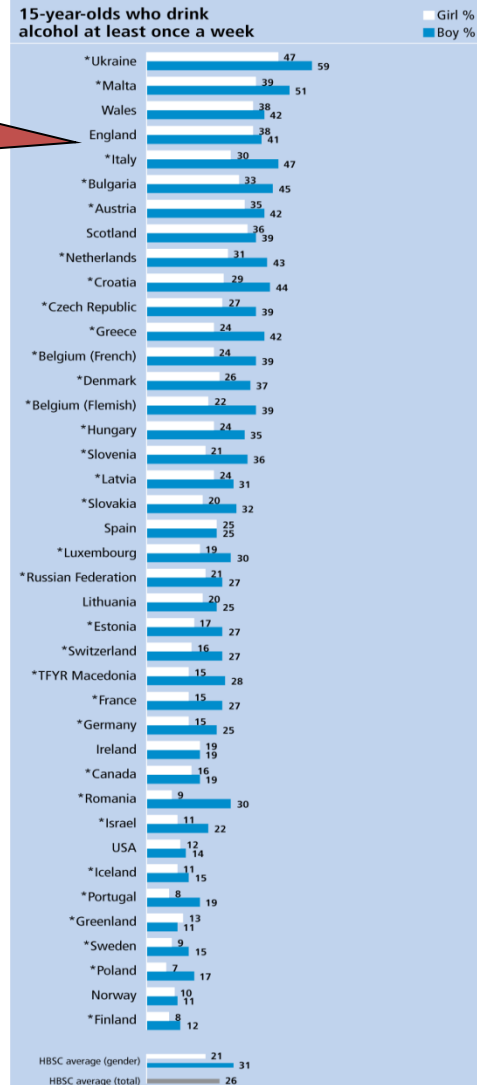
2006 HBSC Cross-National Survey

Scotland ranked 6th in prevalence among 40 countries in Europe and North America

Forthcoming HBSC International Report (from 2010 survey) will reveal Scotland's new ranking



15-year-olds who drink alcohol at least once a week





'Healthier'

Continuing decline in substance use

- Steep and steady decline in 'ever used' cannabis and 'used in last 12 months' since 1998

Figure 12.14:

EVER USED CANNABIS: 15-YEAR OLDS 2002 – 2010

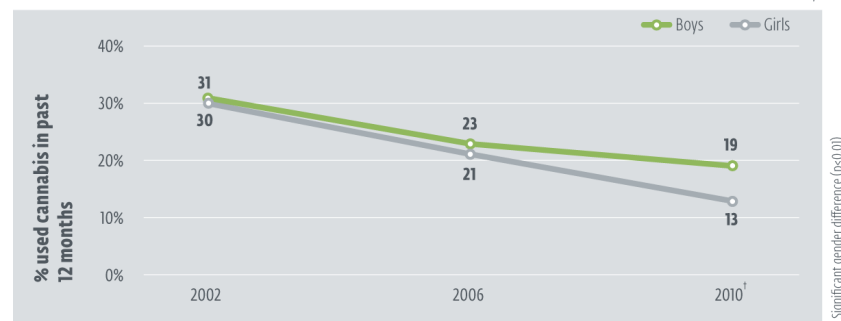
HBSC Scotland
2002 – 2010 Surveys



Figure 12.15:

USED CANNABIS IN PAST 12 MONTHS: 15-YEAR OLDS 2002 – 2010

HBSC Scotland
2002 – 2010 Surveys





'Healthier'

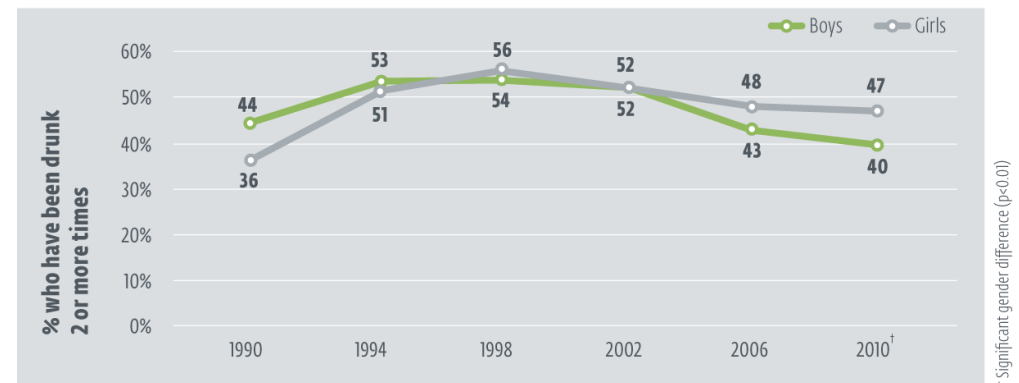
Areas of concern

- Drunkenness declining among boys but not girls

Figure 12.11:

BEEN DRUNK 2 OR MORE TIMES: 15-YEAR OLDS 1990 – 2010

HBSC Scotland
1990 – 2010 Surveys





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'Healthier'?

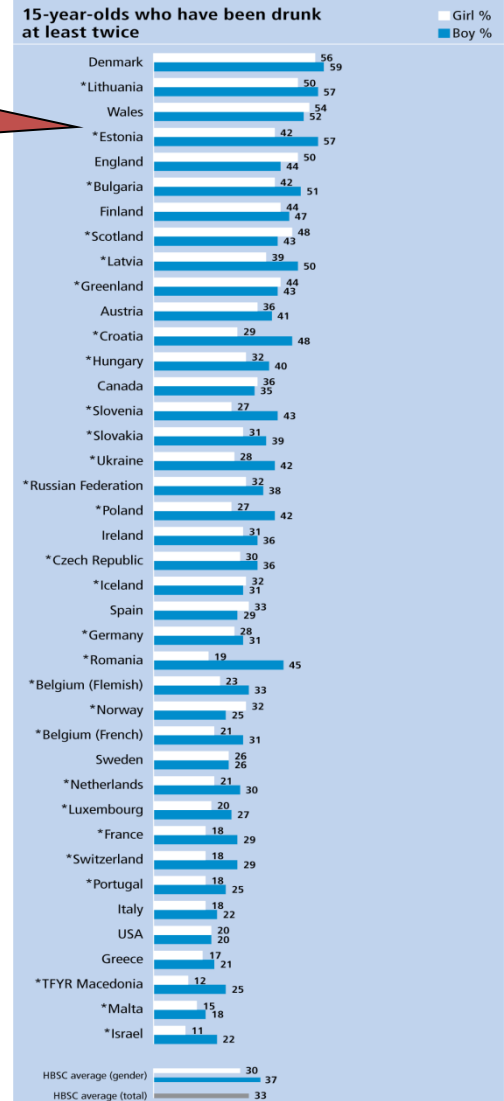
15 year olds 'been drunk at least twice'

2006 HBSC Cross-National Survey
Scotland overall ranked 8th (but girls 4th)

Forthcoming HBSC International Report (from 2010 survey) will reveal Scotland's new ranking



15-year-olds who have been drunk at least twice





'Healthier'

- Among 11 year olds, virtually no current smoking but steep increase from 13 to 15yrs
- Same pattern for weekly drinking and drunkenness
- Emerging gender gap in drunkenness contrary to weekly drinking gender pattern



Figure 12.2:
CURRENT SMOKING

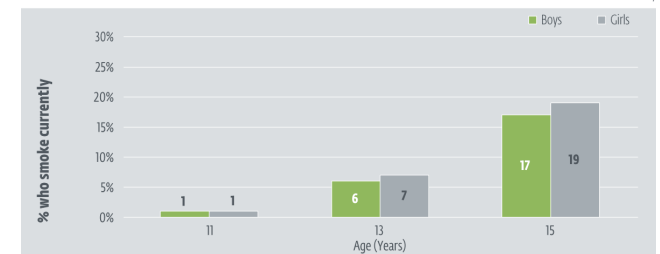


Figure 12.7:
DRINK ALCOHOL WEEKLY

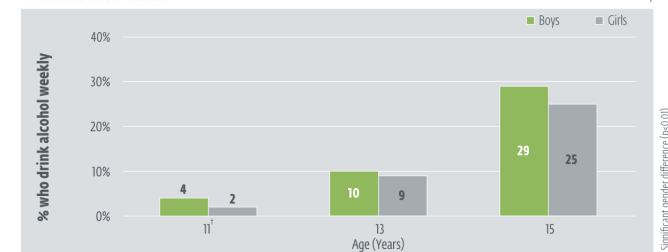
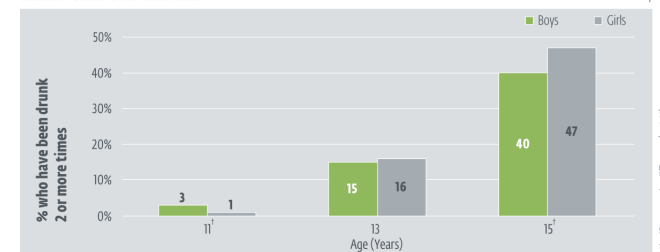


Figure 12.10:
BEEN DRUNK 2 OR MORE TIMES





'Safer and stronger'

...better places to live, safer neighbourhoods and
excellent quality of life...





'Safer and stronger'

Perceptions of local area

- Decrease with age in reporting 'good places to spend free time' – fewer than 45% of 15 year olds agree
- Only a minority of young people consider all aspects of their local area to be favourable

Figure 5.6:

GOOD PLACES TO SPEND FREE TIME

HBSC Scotland
2010 Survey

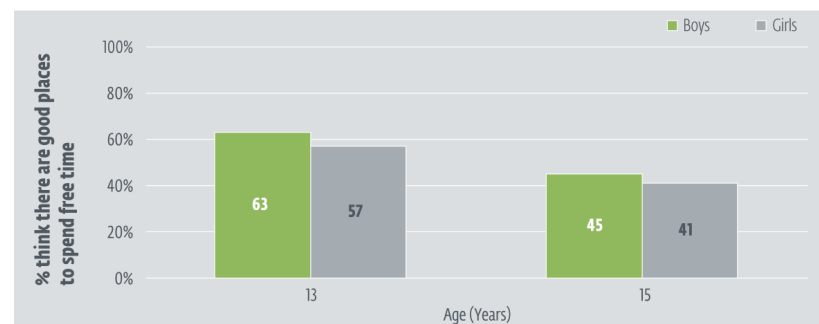
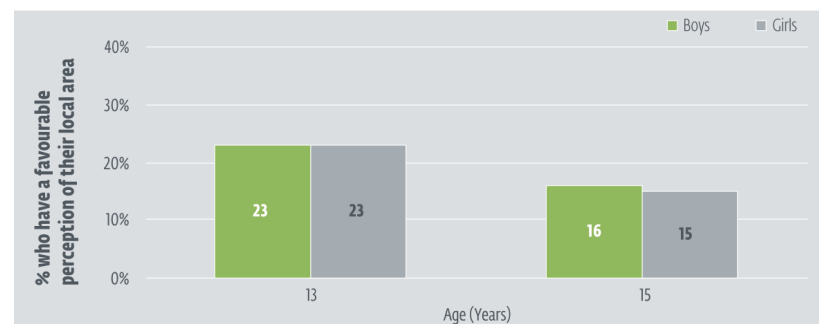


Figure 5.9:

FAVOURABLE PERCEPTION OF LOCAL AREA

HBSC Scotland
2010 Survey





'Smarter'

...higher achievement, nurturing learning,
supporting well-being...





'Smarter'

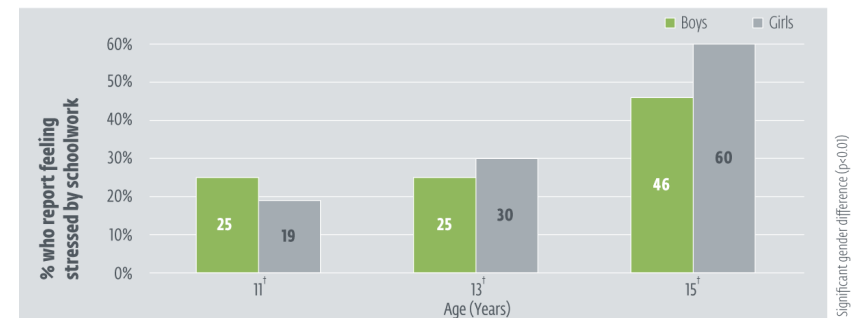
Nurturing learning?

- Feeling pressured by schoolwork increases sharply between 13 and 15
- Gender difference reverses between primary and secondary school and now pressure greater for girls

Figure 3.5:

FEEL PRESSURED BY SCHOOLWORK

HBSC Scotland
2010 Survey





'Smarter'

Supportive social environment that nurtures learning?

- Steep decrease in liking school with age and gender gap disappears
- Drop in classmate support between primary & secondary
- Since 2002 general decline in classmate support

Figure 3.1:
LIKE SCHOOL A LOT

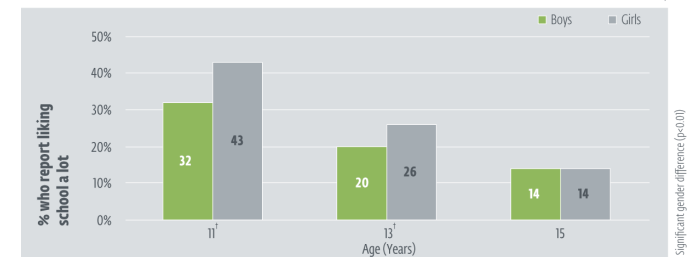


Figure 3.7:
CLASSMATES KIND AND HELPFUL

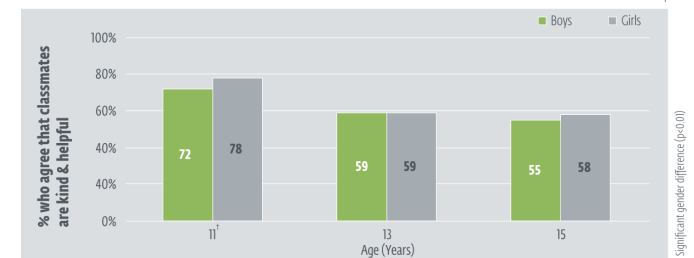


Figure 3.8:
CLASSMATES KIND AND HELPFUL 2002 – 2010





‘Wealthier and fairer’

.....supporting young people to realise their
future potential...

- How does the distribution of wealth in society affect adolescent well-being?
- How can we build social capital and assets for health among young people?



‘Wealthier and fairer’

.....supporting young people to realise their future potential...

- Challenges for young people from workless and low SES households (14%)
- Support from father and mother crucial at this age yet paternal communication becomes more difficult through the teenage years

Figure 2.4:
FAMILY SES

HBSC Scotland
2010 Survey

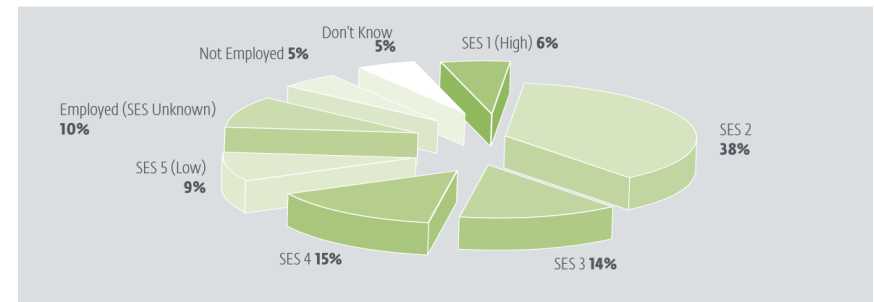
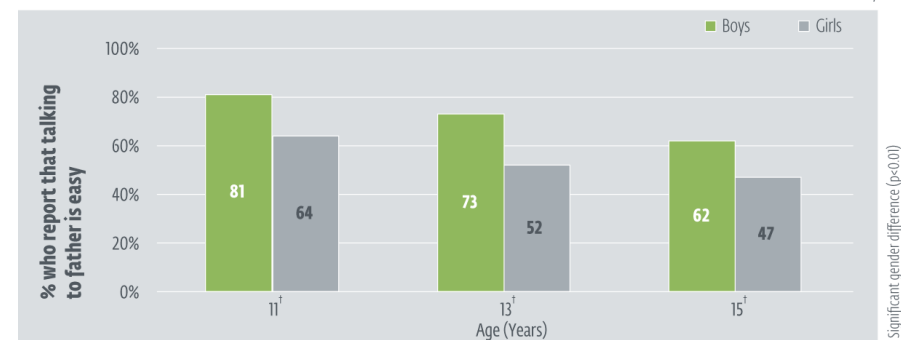


Figure 2.8:
EASY TO TALK TO FATHER

HBSC Scotland
2010 Survey

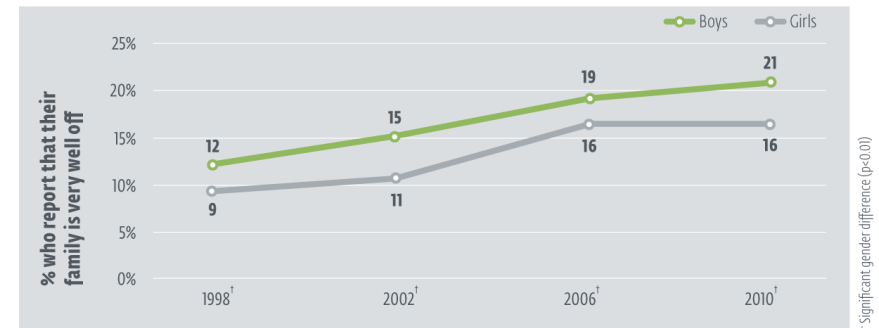




‘Wealthier and fairer’

- Perceptions of family wealth have increased in last 12 years
- Economic crisis was just emerging at most recent survey
- Future trends may be quite different
- Economic impact only now being felt by families as cuts begin to have effect

Figure 2.7:
PERCEIVED FAMILY WEALTH 1998 – 2010





'Wealthier and fairer'

- HBSC 2006 survey found large differences in levels of family affluence within and between countries
- Scotland above average in prevalence of high affluence families

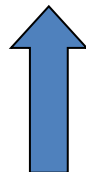




Family affluence
associated with life
satisfaction in every
country in 2006 HBSC
Survey

Family affluence

Life satisfaction



Associations between family affluence and
indicators of health, by country/region and gender:
HIGH LIFE SATISFACTION

NORTH	Boys	Girls	SOUTH	Boys	Girls
Canada	+	+	Croatia	+	+
Denmark	+	+	Greece	+	+
England	+	+	Israel	+	+
Estonia	+	+	Italy	+	+
Finland	+	+	Portugal	+	+
Greenland			Slovenia	+	+
Iceland	+	+	Spain	+	+
Ireland	+	+	TFYR Macedonia [†]	+	+
Latvia	+	+	Turkey	+	+
Lithuania	+	+			
Norway	+	+			
Scotland	+	+			
Sweden	+	+			
USA	+	+			
Wales	+	+			
WEST	Boys	Girls	EAST	Boys	Girls
Austria	+	+	Bulgaria	+	+
Belgium (Flemish)	+	+	Czech Republic	+	+
France	+	+	Hungary	+	+
Germany	+	+	Poland	+	+
Luxembourg	+	+	Romania	+	+
Netherlands	+	+	Russian Federation	+	+
Switzerland	+	+	Slovakia	+	+
			Ukraine	+	+

Where family affluence is statistically significant at $p < 0.05$, countries are identified with +/—

+ Indicates that higher levels of life satisfaction are significantly associated with higher family affluence;

— Indicates that higher levels of life satisfaction are significantly associated with lower family affluence.



Supporting positive adolescent development

Social trends in family life

- Family structure
- Parent – adolescent relationships
- Family behaviour





Social trends in family life

Changing family structure

- Decrease in two-parent family (79% to 66%)
- Increasing single (14% to 21%) and step family (5% to 11%)
- Improved relationship between fathers and their adolescent children in last two decades

Figure 2.2:

FAMILY STRUCTURE 1990 – 2010

HBSC Scotland
1990 – 2010 Surveys

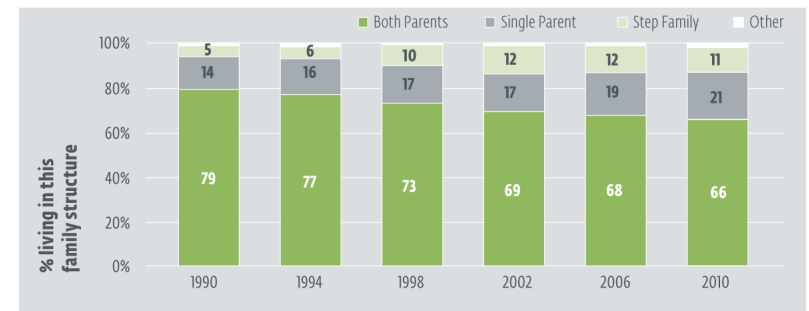


Figure 2.10:

EASY TO TALK TO FATHER 1990 – 2010

HBSC Scotland
1990 – 2010 Surveys





Social trends

More time with family?

- Young people spending fewer evenings out with friends
- Stabilisation of downward trend in family meals

Figure 4.4:

SPEND TIME WITH FRIENDS AFTER SCHOOL 4+ DAYS/WEEK: 2002 – 2010

HBSC Scotland
2002 – 2010 Surveys

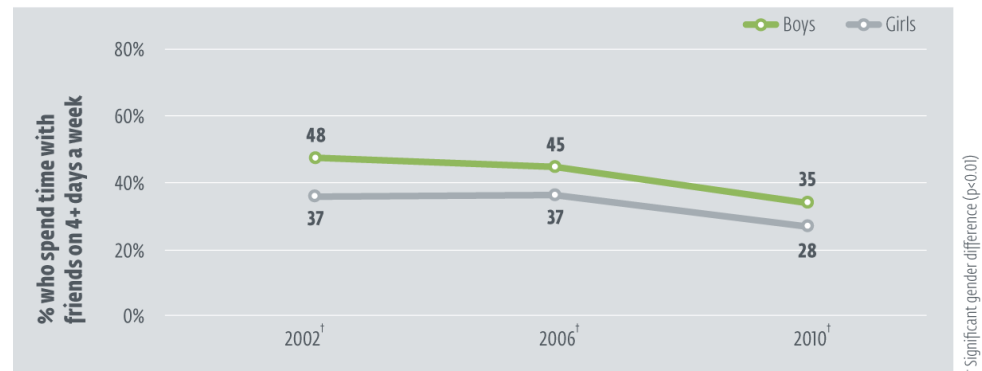


Figure 6.2:

DAILY FAMILY MEALS 1994 – 2010

HBSC Scotland
1994 – 2010 Surveys





Key findings

- Family quality of life showing tentative improvements – needs nurturing - to create confident parents of adolescents
- School life could be more conducive to well-being and achievement – more social support/ less pressure?
- Young people need to feel more part of their local areas to use them with confidence
- Economic downturn not yet visible in adolescent perceptions of family affluence but next survey will show this



Key findings

- Encouraging improvements in substance use
- Age trends show vital need for continuing investment during adolescent years to build on early childhood investment
- Gender issues remain of crucial importance as there are signs that girls' health has become more compromised in recent decades



Risk behaviour and risk reduction: role of the family

- Some young people are more likely to carry out risk behaviours than others
- Several papers and reports have shown SES differences in risk behaviours
- Differences have also been seen between family structures with those from 'both parent families' less likely to carry out risk behaviours
- In a recently published paper we looked at family structure differences in risk behaviours and the mediating effect of the family meal



New publication

- Levin KA, Kirby J, Currie C (2012) Adolescent risk behaviours and mealtime routines: Does family meal frequency alter the association between family structure and risk behaviour? **Health Education Research**, 27(1)24-35



Family structure in Scotland

- In Scotland, in 2010 66% of young people lived with both their parents, 11% lived in a step family, 19% lived only with their mother, 2% lived only with their father
- The effect of family structure on adolescent health and well-being has been shown for many outcomes
- Could be due to: economic stress, chaotic/complex living arrangements, stress of transition, marital discord

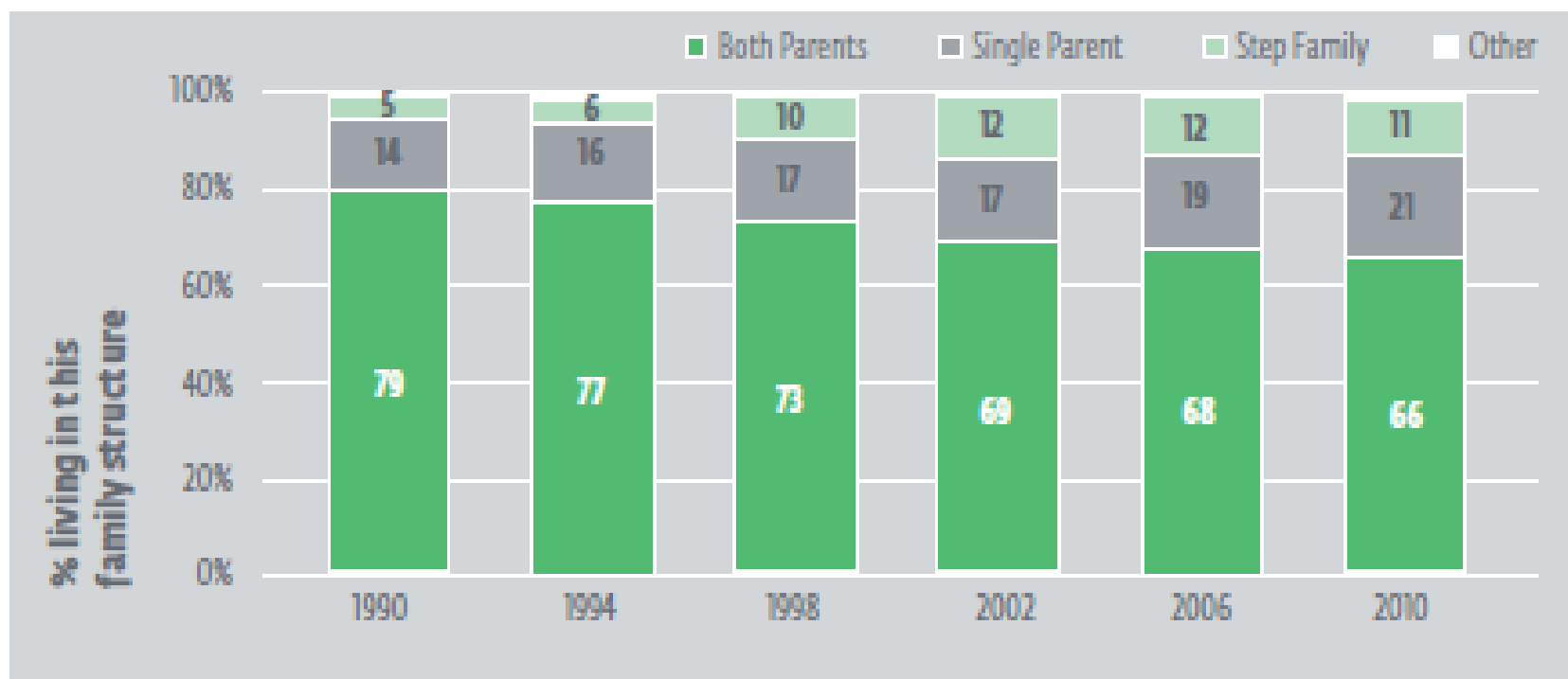


Family structure in Scotland

Figure 2.2:

FAMILY STRUCTURE 1990 – 2010

HBS Scotland
1990 – 2010 Surveys





The family meal

- Known adolescent health benefits of eating a family meal together:
- Improves nutrition, reduces snacking
- Helps family relationships, opens up communication and promotes a family identity and connectedness
- Creates household routine and organisation, reinforcing structure and parental roles



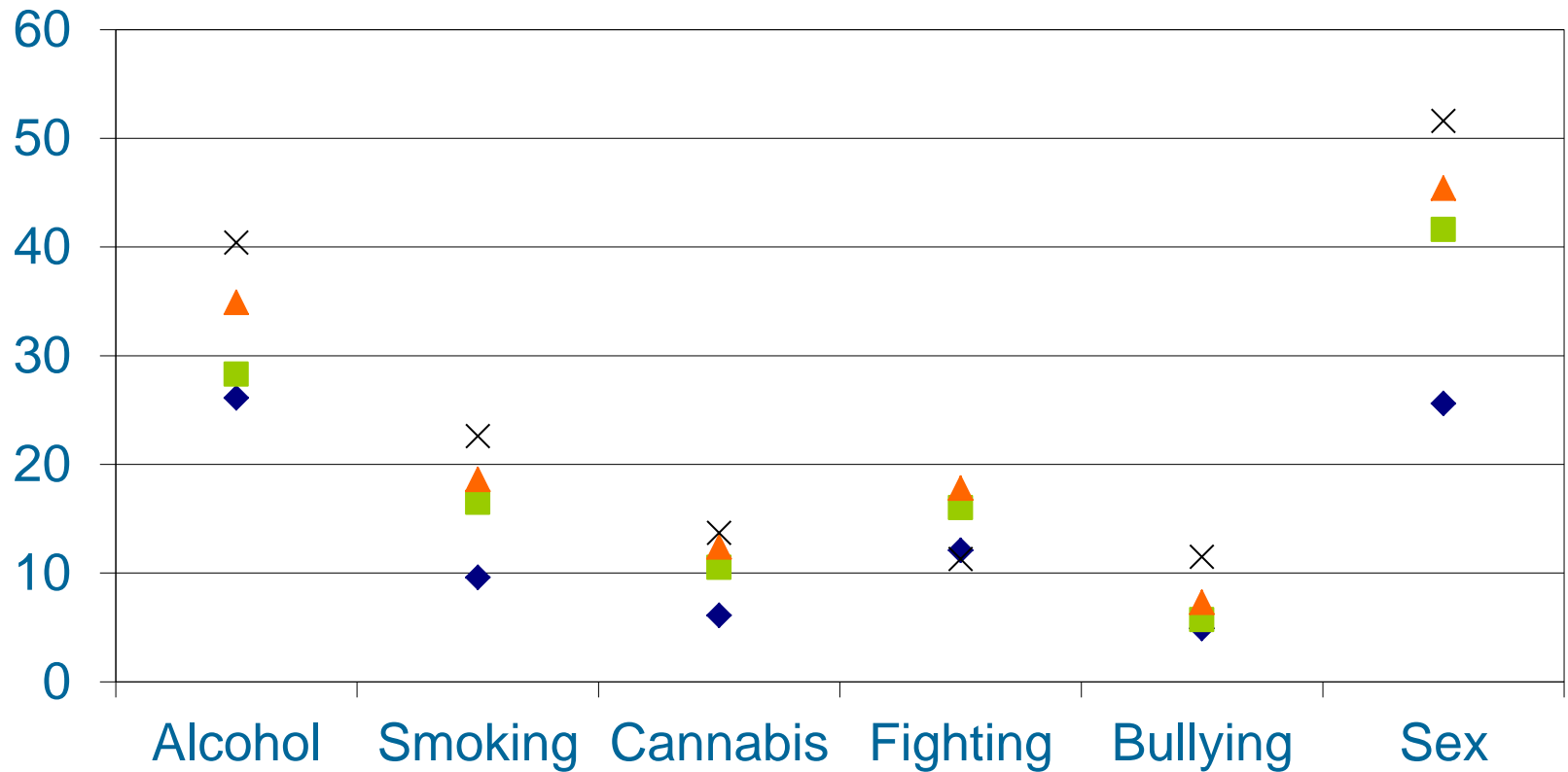
Aims of the paper

- To examine the association between family structure and risk behaviours of young people
- To examine the impact of the family meal on this association
 - » Does having a regular family meal reduce the negative effect of living in an alternative family structure?
 - » What are the relative independent and combined effects of family structure and family meals on adolescent risk behaviours



Data: Risk Behaviours

- Smoking tobacco: weekly/<weekly smoker
- Drinking alcohol: weekly/<weekly drinker
- Using cannabis: recreational user/never uses or have experimented
- Bullying: is/is not a bully
- Fighting: frequently/infrequently or never involved in fights
- Having sex: have had/have not had sex

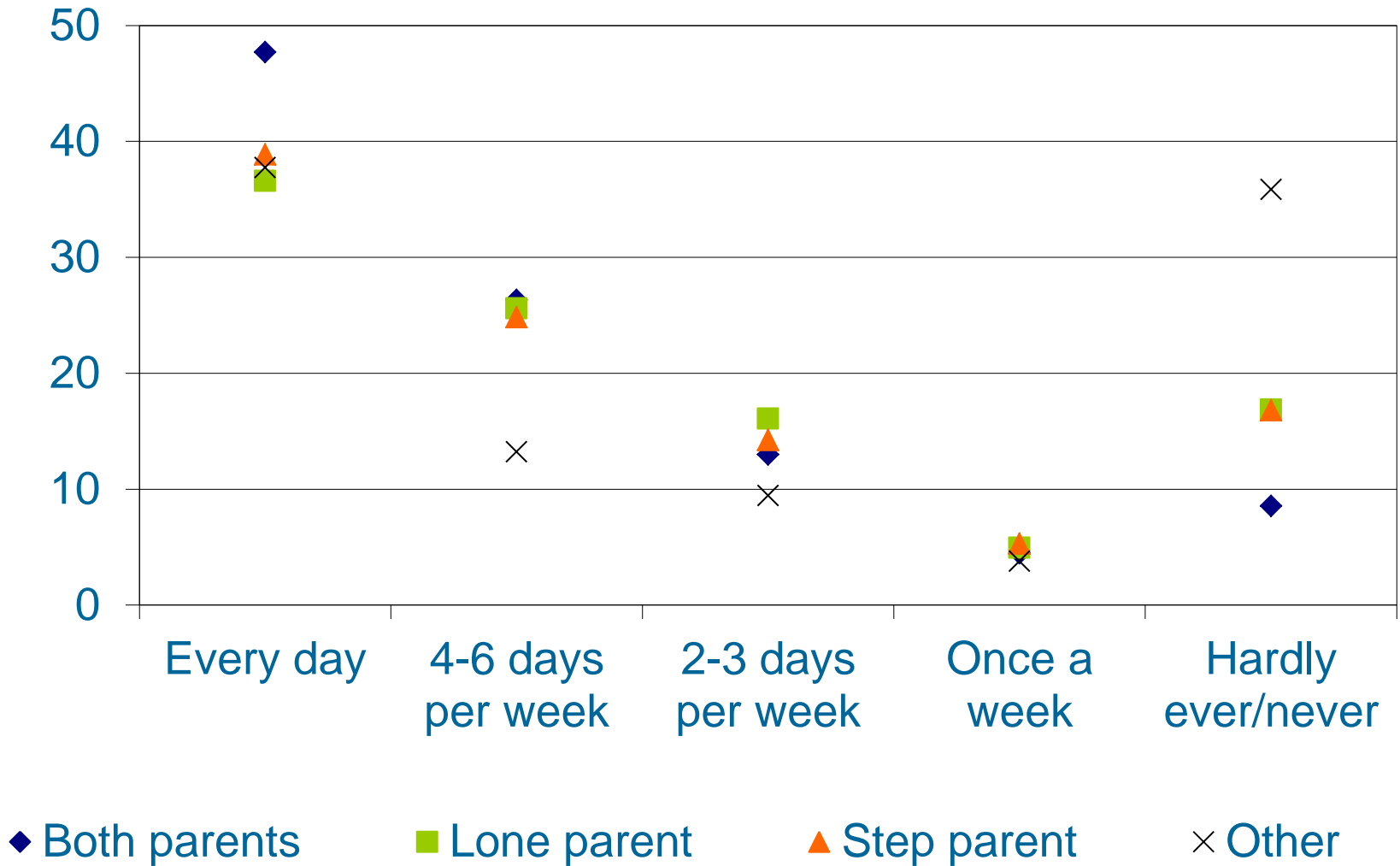


◆ Both parents

■ Lone parent

▲ Step family

× Other





Conclusions of the paper

- Family structure is associated with all risk behaviour outcomes, apart from bullying
- Although the strength of association differed by behaviour, poorer results were consistently seen for children not living in a 'both parent' family
- Frequent family meals are associated with a reduced likelihood of all risk behaviours among girls and all but fighting and having sex among boys.



Conclusions of the paper

- Frequent family meals eliminate the negative effect of alternative family structures on boys' cannabis use and boys' and girls' drinking, and reduce the effects for other outcomes, particularly boys' smoking and having sex.
- Eating a family meal is of equal importance in all family structures, emphasising the importance of the family meal above and beyond its structure.



Summary

- HBSC contributes to monitoring progress towards fulfilment of Scottish Government's Strategic Objectives
- Embedding of indicators in international study enable cross-national comparisons and benchmarking
- Builds picture of social and environmental factors that support healthy development i.e. assets for health
- HBSC provides evidence to support development of appropriate policies and interventions tailored to the needs of young people in Scotland and aimed at building a sustainable future and economic growth



Coming soon.....

New HBSC International Report on Social Determinants of Young People's Health

- Includes data from Scotland and 38 other countries in Europe and North America
- To be published by WHO in May 2012 and launched in Scotland



Acknowledgments

- HBSC National team in Scotland
- HBSC International Research Network
- WHO Regional Office for Europe
- NHS Health Scotland – supporter of HBSC for over 20 years
- Young people in Scotland sharing their views and providing data
- Schools and Education Authorities in Scotland – for their cooperation and support