Recent Global and Regional Data: WHO Monitoring Surveys to support School Health Transformation

Plenary session 2

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Recent Global and Regional Data: 
WHO Monitoring Surveys to support School Health Transformation

Leanne Riley
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Department of Noncommunicable Diseases
Snapshot/Histogram of different data sources: What is out there?

20 years - from HICs to LMICs/LICs
Global School Based Student Health Survey (GSHS)
Overview & Objectives

• System for surveillance of behavioural risk factors and protective factors in school-aged children
• Help countries develop priorities, establish programmes, and advocate for resources
• Establish trends in the prevalence of health behaviors and protective factors by country
• Allow countries and international agencies to make comparisons across countries
Global School Based Student Health Survey (GSHS)  

**Methods**

- Self-administered questionnaire
- Targets grades with students aged 13 – 17 years
- Completed by students during one classroom period
- Anonymous and confidential
- 10 Question Modules are available, from which countries select a minimum of 6:
  - Alcohol, diet, drugs, hygiene, mental health, physical activity, protective factors, sexual behaviours, tobacco, **violence** & injury
<table>
<thead>
<tr>
<th>Questionnaire Module</th>
<th>Key Behavioral Health Indicators (as % of students)</th>
</tr>
</thead>
</table>
| Alcohol use                  | • tried alcohol for the first time before age 14 years  
• currently drank alcohol at least 1 day during the 30 days before the survey  
• were ever really drunk one or more times during their life  
• ever got into trouble as a result of drinking alcohol during their life |
| Dietary behaviors            | • are underweight  
• are overweight or obese  
• went hungry most of the time or always because there was not enough food in their home during the 30 days before the survey  
• drank carbonated soft drinks one or more times per day during the 30 days before the survey  
• ate fast food from a restaurant one or more days during the 7 days before the survey |
| Drug use                     | • used drugs before age 14 years  
• ever used marijuana  
• currently used marijuana  
• ever used amphetamines |
| Hygiene                      | • usually cleaned or brushed their teeth one or more times per day during the 30 days before the survey  
• never or rarely washed their hands before eating during the 30 days before the survey  
• never or rarely washed their hands after using the toilet or latrine during the 30 days before the survey  
• never or rarely used soap when washing their hands during the 30 days before the survey |
| Mental health                | • most of the time or always felt lonely during the 12 months before the survey  
• had no close friends  
• most of the time or always were so worried about something that they could not sleep at night during the 12 months before the survey  
• seriously considered attempting suicide during the 12 months before the survey  
• made a plan about how they would attempt suicide during the 12 months before the survey  
• attempted suicide one or more times during the 12 months before the survey |
| Physical activity            | • were not physically active for at least 60 minutes per day on any day during the 7 days before the survey  
• did not walk or ride a bike to or from school during the 7 days before the survey  
• did not attend physical education classes each week during this school year  
• spent 3 or more hours per day doing sitting activities during a typical or usual day |
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<th>Questionnaire Module</th>
<th>Key Behavioral Health Indicators (% of students)</th>
</tr>
</thead>
</table>
| **Protective factors** |  missed classes or school without permission on one or more days during the 30 days before the survey  
• had parents or guardians who checked to see if their homework was done most of the time or always during the 30 days before the survey  
• had parents or guardians who most of the time or always understood their problems and worries during the 30 days before the survey  
• had parents or guardians who really knew what they were doing with their free time most of the time or always during the 30 days before the survey  
• had parents or guardians who never or rarely went through their things without their approval during the 30 days before the survey |
| **Sexual behaviors** |  ever had sexual intercourse  
• had sexual intercourse for the first time before age 14 years  
• used a condom the last time they had sexual intercourse  
• used a method of birth control other than condoms  
• had heard of HIV infection or the disease called AIDS  
• were taught in school how to avoid HIV infection or AIDS |
| **HIV-Related Knowledge** |  tried a cigarette for the first time before age 14 years  
• currently smoked cigarettes on at least 1 day during the 30 days before the survey  
• currently used any tobacco products other than cigarettes on at least 1 day during the 30 days before the survey  
• currently use any tobacco product on at least 1 day during the 30 days before the survey  
• tried to stop smoking cigarettes during the 12 months before the survey  
• reported people smoked in their presence during the 7 days before the survey  
• had parents or guardians who used any form of tobacco |
| **Tobacco use** |  wasted a physical fight one or more times during the 12 months before the survey  
• were physically attacked one or more times during the 12 months before the survey  
• were seriously injured one or more times during the 12 months before the survey  
• were bullied on one or more days during the 30 days before the survey |
## Selected results: Mental Health
Region median percentage and range of country prevalence within region – Global School-based Student Health Survey, 2003-2017

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>AFRICA REGION</th>
<th>REGION OF THE AMERICAS</th>
<th>EASTERN MEDITERRANEAN REGION</th>
<th>SOUTH EAST ASIA REGION</th>
<th>WESTERN PACIFIC REGION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most of the time or always felt lonely during the 12 months before the survey</td>
<td>13.8 (6.9-23.9)</td>
<td>10.8 (6.1-17.3)</td>
<td>15.5 (7.9-28.9)</td>
<td>10.6 (3.8-15.9)</td>
<td>9.2 (3.0-23.1)</td>
</tr>
<tr>
<td>Did not have any close friends</td>
<td>11.6 (5.2-17.0)</td>
<td>7.8 (2.7-15.7)</td>
<td>6.7 (3.2-13.7)</td>
<td>6.9 (1.4-10.5)</td>
<td>5.9 (2.5-16.0)</td>
</tr>
<tr>
<td>Most of the time or always were so worried about something that they could not sleep at night during the 12 months before the survey</td>
<td>12.2 (6.1-26.2)</td>
<td>9.5 (3.7-18.3)</td>
<td>15.1 (3.6-21.8)</td>
<td>8.2 (1.8-14.8)</td>
<td>9.4 (3.4-27.6)</td>
</tr>
<tr>
<td>Seriously considered attempting suicide during the 12 months before the survey</td>
<td>19.4 (11.6-32.7)</td>
<td>17.5 (10.2-24.8)</td>
<td>15.7 (7.2-20.2)</td>
<td>12.4 (0.7-18.4)</td>
<td>16.1 (3.2-34.6)</td>
</tr>
<tr>
<td>Made a plan about how they would attempt suicide during the 12 months before the survey</td>
<td>22.2 (8.8-39.6)</td>
<td>16.8 (7.1-24.1)</td>
<td>14.1 (7.4-17.0)</td>
<td>14.0 (0.1-21.3)</td>
<td>11.4 (4.5-39.7)</td>
</tr>
<tr>
<td>Attempted suicide one or more times during the 12 months before the survey</td>
<td>17.4 (10.8-28.5)</td>
<td>14.2 (7.9-27.7)</td>
<td>13.5 (9.8-16.2)</td>
<td>11.3 (4.0-15.4)</td>
<td>10.0 (5.2-60.2)</td>
</tr>
</tbody>
</table>
# Selected results: Dietary Behaviour

Region median percentage and range of country prevalence within region – Global School-based Student Health Survey, 2003-2017

<table>
<thead>
<tr>
<th>Dietary Behavior</th>
<th>AFRICA REGION</th>
<th>REGION OF THE AMERICAS</th>
<th>EASTERN MEDITERRANEAN REGION</th>
<th>SOUTHEAST ASIA REGION</th>
<th>WESTERN PACIFIC REGION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are underweight</td>
<td>6.1 (2.6-14.2)</td>
<td>2.5 (0.7-8.0)</td>
<td>5.1 (2.5-20.8)</td>
<td>16.2 (2.1-32.1)</td>
<td>5.8 (0.0-18.6)</td>
</tr>
<tr>
<td>Are overweight</td>
<td>14.7 (6.0-28.6)</td>
<td>27.2 (15.3-44.8)</td>
<td>23.3 (6.5-51.4)</td>
<td>10.8 (4.5-23.1)</td>
<td>19.2 (3.7-59.6)</td>
</tr>
<tr>
<td>Are obese</td>
<td>3.0 (0.3-11.5)</td>
<td>7.6 (2.9-21.0)</td>
<td>5.8 (1.0-24.5)</td>
<td>2.1 (0.5-7.6)</td>
<td>5.9 (0.1-31.0)</td>
</tr>
<tr>
<td>Most of the time or always went hungry because there was not enough food in their home during the 30 days before the survey</td>
<td>11.1 (3.5-29.5)</td>
<td>4.6 (0.8-12.9)</td>
<td>8.9 (2.7-18.2)</td>
<td>5.8 (2.6-13.1)</td>
<td>6.5 (0.9-36.1)</td>
</tr>
<tr>
<td>Usually drank carbonated soft drinks one or more times per day during the 30 days before the survey</td>
<td>49.5 (29.5-76.8)</td>
<td>67.5 (53.0-80.9)</td>
<td>44.7 (30.8-74.3)</td>
<td>33.1 (27.0-57.7)</td>
<td>45.6 (22.3-77.3)</td>
</tr>
<tr>
<td>Ate from a fast food restaurant one or more days during the 7 days before the survey</td>
<td>53.4 (33.3-70.1)</td>
<td>57.0 (30.9-72.8)</td>
<td>63.6 (20.8-90.5)</td>
<td>53.1 (26.4-79.8)</td>
<td>54.2 (25.2-78.9)</td>
</tr>
</tbody>
</table>
Selected results: Physical Activity Behaviour
Region median percentage and range of country prevalence within region – Global School-based Student Health Survey, 2003-2017

<table>
<thead>
<tr>
<th>Physical Activity Behavior</th>
<th>AFRICA REGION</th>
<th>REGION OF THE AMERICAS</th>
<th>EASTERN MEDITERRANEAN REGION</th>
<th>SOUTHEAST ASIA REGION</th>
<th>WESTERN PACIFIC REGION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not physically active for at least 60 minutes per day on any day during the 7 days before the survey</td>
<td>28.5 (8.0-44.7)</td>
<td>30.0 (14.2-40.9)</td>
<td>29.7 (16.2-47.7)</td>
<td>30.0 (14.5-51.6)</td>
<td>27.7 (14.2-54.0)</td>
</tr>
<tr>
<td>Did not walk or ride a bicycle to or from school during the 7 days before the survey</td>
<td>50.4 (11.3-56.2)</td>
<td>45.7 (29.5-76.2)</td>
<td>59.8 (29.4-79.6)</td>
<td>47.7 (31.6-59.8)</td>
<td>47.1 (11.9-78.6)</td>
</tr>
<tr>
<td>Did not attend physical education classes each week during this school year</td>
<td>16.2 (7.6-42.4)</td>
<td>16.0 (6.4-59.4)</td>
<td>30.6 (9.3-59.2)</td>
<td>14.4 (10.9-33.6)</td>
<td>21.1 (2.7-48.2)</td>
</tr>
<tr>
<td>Spent 3 or more hours per day doing sitting activities during a typical or usual day</td>
<td>37.1 (18.1-54.7)</td>
<td>47.3 (20.4-64.9)</td>
<td>31.3 (8.2-62.9)</td>
<td>33.7 (10.4-52.2)</td>
<td>29.4 (10.5-54.5)</td>
</tr>
</tbody>
</table>
GSHS Capacity Building Plan

- **Survey Implementation Workshop**
  - Sampling
  - Survey administration
  - Questionnaire

- **Conduct GSHS**

- **Analysis & Reporting Workshop**
  - Epi Info training
  - Analysis of data
  - Report writing

- **Data Application and Program Planning Workshop**
  - Policies
  - Programmes
  - Other interventions

- **Repeat GSHS**

- **Implement School Health and Youth Health Programmes**
Global School Based Student Health Survey (GSHS) Current Implementation

- Worldwide, 112 countries across all six WHO regions have been trained and finished GSHS data collection (including 47 countries with repeat surveys).
  - 112 Countries have done GSHS to date
  - 65 countries have done it once
  - 35 countries with 2 rounds
  - 11 countries with 3 rounds
  - 1 country with 5 rounds
Global School Health Policies and Practices Survey (G-SHPPS)

Overview & Objectives

• Generate scientifically credible school-level data that describe characteristics of school health policies and practices nationwide

• Help countries develop priorities, establish programmes, and advocate for resources for school health policies and practices

• Establish trends in school health policies and practices

• Allow countries, international agencies, and others to make comparisons across countries regarding school health policies and practices
Global School Health Policies and Practices Survey (G-SHPPS)

Methods

- Conducted among primary and secondary school principals and head teachers

- Using the following:
  - Standardized scientific sample selection process
  - Common methodology
    - Common self-administered questionnaire using a digital platform

- 8 areas of assessment:
  - School information, health services, physical environment, food and nutrition services, health education, physical education, governance and leadership, policies and resources
Reflections on progress, gaps and challenges

• Widespread uptake of GSHS, highlighting demand for good quality, comparable data

• Good alignment across questionnaires to harmonize indicators and questions (eg: HBSC, GAMA)

• Review process for measures and topics to be included (eg: cyber bullying)

• Complementary development to track school health policies and practices, but needs better uptake

• Alignment and review of G-SHPPS to reflect and track implementation of global standards for health promoting schools

• Challenges: COVID!, digital methods, developing capacity in countries, sustainability without external funding
Thank you