Health Behaviours in School-aged Children in Russia: New Trends

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Leuven
8th September, 2017
Effective promotion of healthy life styles of children and adolescents should be based on in-depth knowledge of the real living patterns of children of a certain sex, age, and social group. It is necessary to obtain exact epidemiological data which reflect their current lifestyles, while also being of significant value to develop programmes and policy design. They can be used to monitor children and adolescents’ health and determine the effectiveness of health improvement interventions.
INTERNATIONAL REPORTS
HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN (HBSC) STUDY

http://www.hbsc.org
Amount of countries and regions included in the international data files

Years:
- 1983
- 1985
- 1989
- 1993
- 1997
- 2001
- 2005
- 2009
- 2013

Amount of countries and regions:
- 0
- 5
- 10
- 15
- 20
- 25
- 30
- 35
- 40
- 45

Russia
Growing up unequal: gender and socioeconomic differences in young people’s health and well-being

New topics included in the 2013/2014 report:
✓ peer and family support,
✓ serious injury,
✓ migration,
✓ cyberbullying.
**Aim.** Analysis and systematization of data in the dynamics of the prevalence of risk factors among Russian boys and girls aged 11, 13 and 15 and assessment of new challenges (peer and family support, serious injury, migration and cyberbullying).

Amount of adolescents who like school a lot, %

- 11-year-old boys
- 11-year-old girls
- 15-year-old boys
- 15-year-old girls

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Amount of adolescents who report at least one hour of moderate-to-vigorous daily physical activity, %
Amount of adolescents who are overweight or obese, %

- 11-year-old boys
- 11-year-old girls
- 15-year-old boys
- 15-year-old girls
Amount of adolescents using a computer for two or more hours on weekdays, %
Amount of adolescents who ever smoked tobacco, %
ALCOHOL USE

Amount of 15-year-olds who report first alcohol use at the age 13 or younger, %

Amount of 15-year-olds who report first drunkenness at the age 13 or younger, %
Amount of 15-year-olds who have had sexual intercourse, %

- **15-year-old boys**
- **15-year-old girls**
BULLYING

Amount of adolescents who have been bullied at school at least once in the past couple of months, %

Amount of adolescents who have bullied others at school at least once in the past couple of months, %