



hbosc
**HEALTH BEHAVIOUR IN
SCHOOL-AGED CHILDREN**
WORLD HEALTH ORGANIZATION
COLLABORATIVE CROSS-NATIONAL STUDY

Health Behaviour in School-aged Children (HBSC) is a crossnational research study conducted in collaboration with the World Health Organization Regional Office for Europe.

Every four years HBSC collects data on 11, 13, and 15 year olds' health and well-being, social environments and health behaviours. HBSC uses the findings at both a national and international level to:

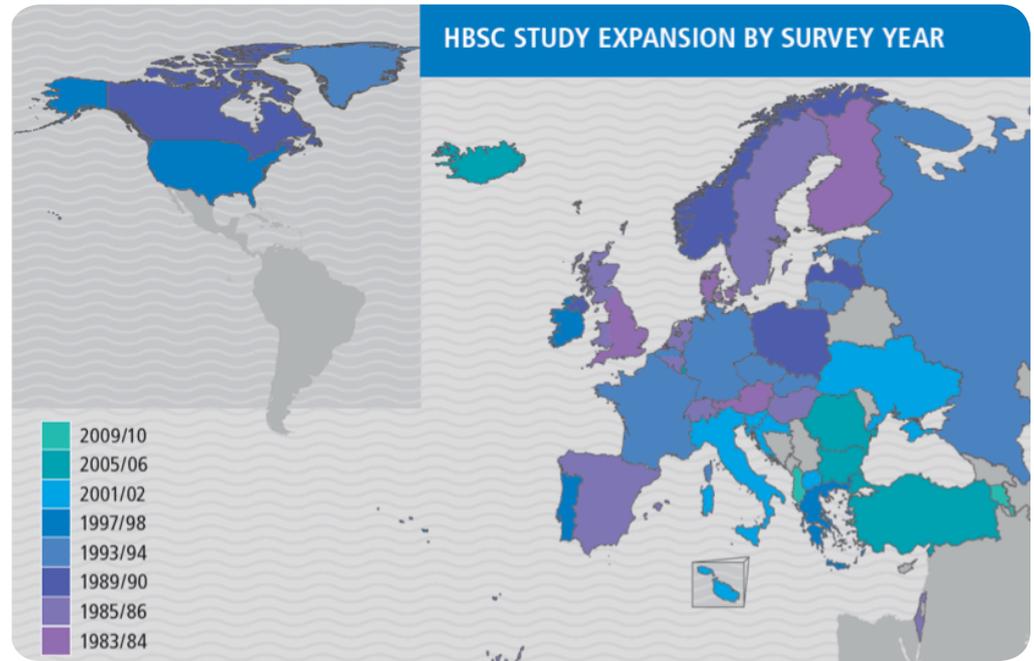
- gain new insight into young people's health and well-being,
- understand the social determinants of health,
- and inform policy and practice to improve young people's lives.

1983/1984

The first HBSC survey was conducted in five countries.

2009/2010

The study has now grown to include 43 countries and regions across Europe and North America.



OUR RESEARCH APPROACH

HBSC focuses on understanding young people's health in their social context – where they live, at school, with family and friends. Researchers within the HBSC Network are therefore interested in understanding how these factors both individually and together help to maintain young people's health as they move from adolescence into adulthood.

Each country uses a scientific method called 'random sampling' to select a proportion of 11, 13 and 15 year olds to study. This method ensures that this sample is representative of all the young people living in that country within this age group.



WHY IS RESEARCH ON YOUNG PEOPLE'S HEALTH IMPORTANT?

There are many new pressures and challenges for young people particularly in early to mid adolescence. They need to deal with considerable change at this time, such as growing academic expectations, changing social relationships with family and peers and the physical and emotional changes associated with maturation. These years mark a period of increased autonomy, and with that comes independent decision making that may influence their health and health related behaviour thus making it both an interesting and important period to study.

Behaviours established during this transition period can follow through into adulthood, particularly in relation to issues such as tobacco use, diet, physical activity level and alcohol use. HBSC's findings demonstrate how young people's health changes as they travel through adolescence and into adulthood. These findings can therefore be used to determine effective health improvement interventions.

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HOW DO WE SHARE OUR FINDINGS?

The HBSC Network promotes its evidence base through a wide range of scientific journals and reports. It also promotes the development and implementation of evidence based policy by working with National and International decision makers in structured 'evidence into practice' Forums, Seminars and Meetings.

Every four years, HBSC, in conjunction with the World Health Organization, publishes an international report comparing the data from all participating HBSC countries. This is widely used by International policy makers and lobbyists, including UNICEF, the European Commission and the OECD: this demonstrates the study's impact.

Each HBSC member country produces a national report, which is disseminated to national policy makers and stakeholders. HBSC members also publish scientific articles in a wide range of public health and social science journals.

RESEARCH AREAS

- Body image
- Bullying and fighting
- Eating behaviours
- Health complaints
- Injuries
- Life satisfaction
- Obesity
- Oral health
- Physical activity and sedentary behaviour
- Relationships: Family and Peers
- School environment
- Self-rated health
- Sexual behaviour
- Socioeconomic environment
- Substance use: Alcohol, Tobacco and Cannabis
- Weight reduction behaviour



RECENT PUBLICATIONS

Publications can be downloaded from www.hbsc.org
Currie C et al. eds. Social determinants of health and well-being among young people. Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey. Copenhagen, WHO Regional

- For examples of our collaborations with organisations such as UNICEF and OECD follow [this link](#)
- For journal articles that utilise our data follow [this link](#)
- For linked projects follow [this link](#)
- For data access follow [this link](#)

THE HBSC RESEARCH NETWORK

The number of researchers working on HBSC across the 43 countries and regions now exceeds 300. Information regarding each National team is available on the HBSC website.

The study is supported by the International Coordinating Centre, based at the University of St Andrews. It is led by the study's International Coordinator, Professor Candace Currie.

The HBSC study is funded at the national level in each of its member countries and the International Coordinating Centre is funded by NHS Health Scotland and member country subscriptions.

CONTACT US

If you would like any further information on the HBSC study please visit our website: www.hbsc.org

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