

Short report

HBSC Ireland 2014: Physical Activity and Club Participation

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Introduction

The Health Behaviour in School-aged Children (HBSC) study is a cross-national research study conducted in collaboration with the World Health Organisation (WHO) Regional Office for Europe and runs on a four-year cycle. In 2014, Ireland participated for the fifth time in the HBSC study (www.nuigalway.ie/hbsc). The overall aims of the HBSC study are to gain new insight into, and increase our understanding of young people's health and well-being, health behaviours and their social context. HBSC collects data on key indicators of health, health attitudes, and health behaviours, as well as the context of health for young people. The study is a school-based survey with information collected from students through self-completion questionnaires in classrooms. HBSC Ireland 2014 was funded by the Department of Health. Further information on the HBSC Ireland can be found at www.nuigalway.ie/hbsc or at www.hbsc.org, the International HBSC website.

The most recent HBSC Ireland study was conducted in 2014 and included 13,611 schoolchildren from 3rd class in primary school to 5th year in post-primary school. Overall, 42.2% boys and 57.8% girls participated. Collectively, 230 primary and post-primary schools across Ireland participated in this study. The methods employed comply with the International HBSC protocol and are detailed in the national report from the 2014 survey, see http://www.nuigalway.ie/hbsc/hbsc_2014.html.

The HBSC Ireland 2010 dataset comprises of 16,060 schoolchildren from 3rd class in primary school to 5th year in post-primary school. In total 256 schools across Ireland participated in the HBSC 2010 study. The methods employed comply with the International HBSC protocol and are detailed in the national report from the 2010 survey, see

http://www.nuigalway.ie/hbsc/documents/nat_rep_hbsc_2010.pdf

Focus of this report

This short report provides a descriptive analysis of the 2010 and 2014 HBSC survey data regarding levels of physical activity and club participation. The analysis of the 2010 data file consists of 6,040 children aged 10 to 14 years old (50.9% boys; 49.1% girls). The analysis presented below for the 2014 data consists of 6,025 children aged 12 to 17 years old (42.5% boys; 57.5% girls).

The questions analysed for Irish school-aged children aged 12-17 years (2nd year to 5th year in post-primary school) in 2010 were:

- Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? Response options were 0, 1, 2, 3, 4, 5, 6, 7 days.
- How often are you involved in the following?...Sports club/team. Response options were never, less than once a week, 1-3 days, 4-7 days.

The questions analysed for Irish school-aged children aged 10-14 years (3rd class in primary school to 1st year in post-primary school) in 2014 were:

- Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? Response options were 0, 1, 2, 3, 4, 5, 6, 7 days.
- Do you play with a club? Response options were yes, no.

The findings are presented below in tables. Findings are unweighted and are broken down by age group. Findings are presented by survey year (2010 and 2014 separately).

Findings: HBSC 2010

Table 1 presents the percentage of 12-17 years olds reporting on how many days in the past 7 they were physically active for at least 60 minutes, by age group.

Table 1: Percentage of 12-17 year olds reporting on physical activity for at least 60 minutes per day over the past 7 days in 2010, by age group

	12-14 years	15-17 years
0 days	3.0	5.5
1 day	3.8	8.3
2 days	10.5	13.6
3 days	15.2	17.5
4 days	19.1	17.2
5 days	16.8	13.0
6 days	10.1	8.4
7 days	21.5	16.5
Chi ² : 111.07; p<0.001		

Table 2 presents the percentage of 12-17 years olds reporting on how many days in the past 7 they were physically active for at least 60 minutes, by gender.

Table 2: Percentage of 12-17 year olds reporting on physical activity for at least 60 minutes per day over the past 7 days in 2010, by gender

	Boys	Girls
0 days	3.6	5.7
1 day	3.9	9.8
2 days	8.4	16.7
3 days	14.2	19.4
4 days	17.5	18.3
5 days	16.4	12.2
6 days	11.2	6.7
7 days	24.9	11.2
Chi ² : 402.11; p<0.001		

Table 3 presents the percentage of 12-17 years olds reporting on how many days in the past 7 they were physically active for at least 60 minutes, by club participation.

Table 3: Percentage of 12-17 year olds reporting on physical activity for at least 60 minutes per day over the past 7 days in 2010, by club participation

MVPA	Club Participation	
	No	Yes
0 days	10.8	1.8
1 day	14.0	3.5
2 days	19.8	9.2
3 days	18.6	15.9
4 days	13.7	19.8
5 days	8.8	16.9
6 days	3.7	11.4
7 days	10.7	21.7
Chi ² : 809.05; p<0.001		

Table 4 presents the percentage of 12-17 years olds reporting on how many days in the past 7 they were physically active for at least 60 minutes, by gender and club participation.

Table 4: Percentage of 12-17 year olds reporting on physical activity for at least 60 minutes per day over the past 7 days in 2010, by gender and club participation

MVPA	Boys		Girls	
	Club Participation		Club Participation	
	No	Yes	No	Yes
0 days	9.8	1.5	11.5	2.1
1 day	9.0	2.2	17.3	5.1
2 days	15.9	6.0	22.1	13.3
3 days	18.0	12.9	19.0	19.7
4 days	14.6	18.5	13.2	21.5
5 days	10.6	18.3	7.7	15.0
6 days	5.6	13.0	2.4	9.5
7 days	16.6	27.6	6.7	14.0
Chi ² : 329.84; p<0.001			Chi ² : 383.33; p<0.001	

Findings: HBSC 2014

Table 5 presents the percentage of 10-14 years olds reporting on how many days in the past 7 they were physically active for at least 60 minutes, by age group.

Table 5: Percentage of 10-14 year olds reporting on physical activity for at least 60 minutes per day over the past 7 days in 2014, by age group

	10-11 years	12-14 years
0 days	1.9	2.1
1 day	2.3	3.9
2 days	5.8	6.3
3 days	8.7	11.2
4 days	13.5	15
5 days	15.5	18.2
6 days	15.8	14.4
7 days	36.6	28.9
Chi ² : 38.53; p<0.001		

Table 6 presents the percentage of 10-14 years olds reporting on how many days in the past 7 they were physically active for at least 60 minutes, by gender.

Table 6: Percentage of 10-14 year olds reporting on physical activity for at least 60 minutes per day over the past 7 days in 2014, by gender

	Boys	Girls
0 days	1.6	2.4
1 day	2.2	4.2
2 days	4.4	7.3
3 days	8.1	12.1
4 days	12.2	16.1
5 days	16.8	17.7
6 days	14.9	14.8
7 days	39.7	25.4
Chi ² : 125.24; p<0.001		

Table 7 presents the percentage of 10-14 years olds reporting on how many days in the past 7 they were physically active for at least 60 minutes, by club participation.

Table 7: Percentage of 10-14 year olds reporting on physical activity for at least 60 minutes per day over the past 7 days in 2014, by club participation

MVPA	Club Participation	
	No	Yes
0 days	10.8	1.8
1 day	14.0	3.5
2 days	19.8	9.2
3 days	18.6	15.9
4 days	13.7	19.8
5 days	8.8	16.9
6 days	3.7	11.4
7 days	10.7	21.7
Chi ² : 321.73; p<0.001		

Table 8 presents the percentage of 10-14 years olds reporting on how many days in the past 7 they were physically active for at least 60 minutes, by gender and club participation.

Table 8: Percentage of 10-14 year olds reporting on physical activity for at least 60 minutes per day over the past 7 days in 2014, by gender and club participation

MVPA	Boys		Girls	
	Club Participation		Club Participation	
	No	Yes	No	Yes
0 days	9.8	1.5	11.5	2.1
1 day	9.0	2.2	17.3	5.1
2 days	15.9	6.0	22.1	13.3
3 days	18.0	12.9	19.0	19.7
4 days	14.6	18.5	13.2	21.5
5 days	10.6	18.3	7.7	15.0
6 days	5.6	13.0	2.4	9.5
7 days	16.6	27.6	6.7	14.0
Chi ² : 120.94; p<0.001			Chi ² : 173.15; p<0.001	

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