



HEALTH BEHAVIOUR IN
SCHOOL-AGED CHILDREN:
WORLD HEALTH ORGANIZATION
COLLABORATIVE
CROSS-NATIONAL STUDY (HBSC)
Country report of Azerbaijan

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PREFACE

The HBSC (Health Behavior in School-Aged Children) research network is an international alliance of researchers that collaborate on the cross-national survey of school students. The research venture dates back to 1982, when researchers from England, Finland and Norway agreed to develop and implement a shared research protocol to survey schoolchildren's health behavior. WHO Regional Office for Europe by 1983 adopted the study as a collaborative study.

This report provides information on the HBSC implemented in Azerbaijan in 2017. For the first time during the HBSC survey, such data was collected from children in Azerbaijan using internationally recognized methodologies. The HBSC survey aims to identify many medical, educational, social, and family aspects that affect adolescents' health and well-being. This study collected data on gender, age, geographic factors, health, risk factors, physical exercises, eating and drinking habits and family income aspects.

The world of our young girls and boys is a world of great opportunities for health, education, employment, social life - discovering and exploring of the world is an amazing experience.

The survey is a rich source to better understand the children's world-the world full of risks where they grow and develop. The information provides very important evidence that will help shape programs, events and policies for young people in the country.

The study identifies areas of concern that must be adequately addressed during programming future policies or developing and implementing targeted interventions to improve children's health and well-being.

FOREWORD

Azerbaijan has started to implement the HBSC survey in 2017 with the aim of studying schoolchildren's (11-, 13- and 15-year-old boys and girls) health, well-being, social environment and health behaviors in a collaborative way that now includes 49 countries and regions across Europe and North America. As the first step of Azerbaijan's accession to the HBSC network, the Public Health and Reforms (PHRC) of the Ministry of Health piloted a "Healthy habits among schoolchildren" survey, with participation of 11, 13- and 15 years old pupils in five schools from Baku, Khizi and Sumgayit in April 2017. The collected information analyzed and based on the results a report was developed/submitted to the Ministry of Health and Ministry of Education and the international partners from HBSC network. The report presented at the International Network for Study of Healthy Behaviors among children Conference in Bergen, Norway, on June 19, 2017 and after that, our country has been selected as a member of the Study of Healthy Behaviors among Schoolchildren international network and the right to conduct HBSC research on a large scale across the country. After that, the World Health Organization also has supported the country's membership.

The current survey implemented the first time in the country with close collaboration of national and international organizations such as the Public Health and Reforms Center of the Ministry of Health of the Republic of Azerbaijan, the Ministry of Education of the Republic of Azerbaijan, the Country Office of the World Health Organization and HBSC (Health Behavior in School-Aged Children) Collaborative Network.

ABBREVIATIONS

HBSC	Health Behavior in School-Aged Children.
MOH	Ministry of Health
PHRC	Public Health and Reforms
PPS	Probability Proportional to Size
UNICEF	United Nations Children's Fund
WHO	World Health Organization

ACKNOWLEDGMENTS

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We owe Dr. J. Atle who supported us by reviewing survey questionnaires and the statistical data interpretation of the survey data based on the HBSC methodology. We are extremely grateful him for the time and help they gave to this project.

Many thanks also go to our data coders who worked so hard to enter all the data: Samir Mehdiyev, Elnara Nuriyeva, Xanlar Hajiyev, Vusala Aghayeva.

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1. INTRODUCTION AND METHODS

INTRODUCTION

Since the collapse of the Soviet Union and gaining independence the Government of the Republic of Azerbaijan and particularly the Ministry of Health has been progressively transforming old health care system. Despite to many challenges, the health care system has been introducing new approaches and standards of developed countries with focus on vulnerable groups, such as children and women. As one of the main focuses is children and improving their well –being neccesates to have relabale data in hand collected through internationally rekognaized methodology and that is natural that the country has joined the international HBSC project. This report provides information on the results of the HBSC survey carried out in Azerbaijan in 2017. For the first time such information has been collected from Azerbaijani children using the internationally recognized methodology.

Aim

The purpose of the research is to gain new insight into, and increase understanding of health behaviors, health, well-being, lifestyles and social contexts of young people and to obtain necessary evidence on those aspects.

Objectives of the research

1. To initiate and sustain a national research on health behavior, health and well-being and social contexts of school-aged children.
2. To contribute to theoretical, conceptual, and methodological development in the identified areas of research.
3. To monitor and to compare health behavior, health, well-being and social contexts of school-aged children in the country through the collection of relevant data.
4. To disseminate findings to researchers, health and education policy makers, health promotion practitioners, school staff, parents, young people and other relevant audiences.
5. To develop partnerships with relevant external agencies and to support the development of health promotion with school-aged children.

6. To promote and support the development of national expertise on health behavior and the social context of health in school-aged children.
7. To establish and strengthen a multi-disciplinary international network of researchers in this field.
8. To provide an international source of expertise and intelligence on adolescent health for public health, health education and health promotion.

Target groups

Children and teenagers 11, 13- and 15 years old from 167 schools throughout the country.

METHODOLOGY

This study held at the national level and based on opinions of teenagers gathered through questionnaires in accordance with the international protocols and requirements set by the 49 member countries and regions of the Health Care Behavior Initiative (HBSC) for the Study of Healthy Behaviors and that determines the methodology of the research.

Selection units organized from all regions in the country. Selection of Schools based on the random selection methodology, taking into consideration number of pupils in PISAⁱ schools in the country. Based on the measurement ratio, called Probability Proportional to Size (PPS) the Ministry of Education has selected 167 schools from 52 districts in seven economic zones of Azerbaijan and all these schools have been included into the survey without exception.

ⁱ The Program for International Student Assessment (PISA) is a worldwide study by the Organization for Economic Co-operation and Development (OECD) in member and non-member nations intended to evaluate educational systems by measuring 15-year-old school pupils' scholastic performance on mathematics, science and reading.

Selection of survey participants

- ✓ In total, 8598 pupils answered to the questionnaires.
- ✓ Totally 167 schools from 52 districts covered.
- ✓ *Figure 1* shows the division of selected participants by age and sex based on two-stage probable choices.

Stratification criteria

- ✓ Age groups: 11, 13 and 15 years;
- ✓ Type of educational institution: lyceum, secondary / high schools;
- ✓ Place of schools: urban / rural;
- ✓ Language of teaching: Russian and Azerbaijani;
- ✓ Sample point: educational institution -randomly selected from the base Ministry of Education data;
- ✓ Sample unit (cluster) - 501 units / classes (5-6th, 7-8th and 9-10th classes at schools).

Representativeness

The number of students selected for each age group has been calculated so that to ensure representativeness with an error interval of $\pm 2.3\%$ (IC 95%).

Data collection

At the initial stage, school principals interviewed by project coordinators. After the interviews and mutual discussions, supervisors and interviewers selected, trained and provided with information on the research methodology. Survey booklets highlighting HBSC survey methodology were distributed. Following positive responses from the school administration and local authorities, planning and implementation of the data collection have taken place.

Focus group discussions combined with data collection instructions provided for the participants of survey (what is essence of each question and how to fill out the survey questionnaires ensuring anonymity etc.).

The survey conducted by trained and instructed interviewers who were well aware of social, cultural and ethical aspects of the population.

Place and time of the data collection

Data collected in selected 167 schools from 52 districts and 7 economic zones of Azerbaijan, in October-November 2017, with 15 groups that had two data collectors in each group.

Questionnaires

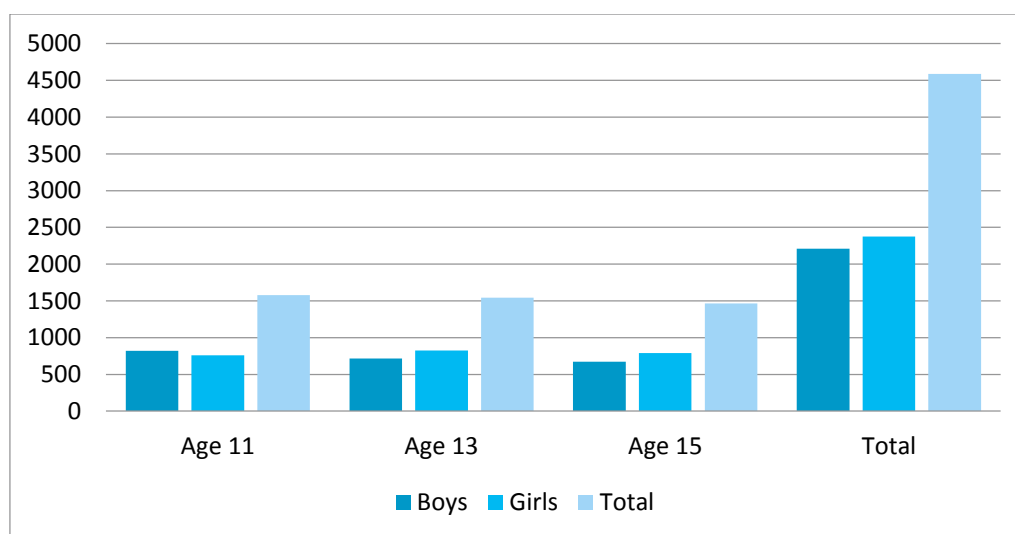
The questionnaires of the study consisted of (two) types of questions:

- ▶ Mandatory questions that each country is required to include to create the international data set.
- ▶ Country specific questions that related to issues of national interest
- ▶ Specific questions (questions that internationally considered as optional).

Based on the survey methodology the questionnaires had 85 questions (there added 5 questions for students aged 13-15, and 2 questions for 15-year-old students) adapted to the school environment of Azerbaijan. In total, 8598 pupils responded to the questionnaires printed in Azerbaijani and Russian languages.

In total, 8598 questionnaires collected from the respondents and 4012 questionnaires for different reasons have not been included into analytical tables and only 4586 questionnaires met required criteria. Out of the all respondents, 48.2% or 2209 were boys and 51.8% or 2377 were girls. Students of the 5th -6th grades compose- 35.5%, 7th-8th grades - 33.4% and 31.1% students were from 9th -10th grades.

Figure 1. Division of selected participants by age and sex



The questionnaires composed so that to provide information on the following important aspects of schoolchildren's health and health related social factors:

- ▶ social environment: interacting with family, friends and classmates;
- ▶ health indicators: health and wellbeing of children and adolescents;
- ▶ health-promoting behaviors: health-supporting activities;
- ▶ behavior-related risk factors: activities that can harm health.

Therefore, the survey questionnaires have nine different sections/parts that include:

- ▶ Part 1. Demographic factors and financial situation (total 11 questions, optional - 1 question)
- ▶ Part 2. Health and well-being (13 questions, optional -9 questions)
- ▶ Part 3. Health behaviors and BMI (17 questions, optional -10 questions)
- ▶ Part 4. School (5 questions, optional -1 question)
- ▶ Part 5. Rough behavior and injuries (23 questions, optional -17 questions)
- ▶ Part 6. Peer Relationships and Communication Culture (1 question)
- ▶ Part 7. Communication on Electronic Media - Special Issues (6 questions, optional 3 questions)
- ▶ Part 9. Family (9 questions, optional - 4 questions)
- ▶ Additional 5 questions for only 13- and 15 years old students, optional - 2 questions
- ▶ Additional questions for only 15-year-old pupils, optional - 1 question.

Data analysis and processing

Data processing carried out in compliance with international HBSC research protocols in collaboration with the HBSC general network data center. International coordinators have verified the collected database and SPSS program used for processing and analysis of the data.

2. SOCIAL

CONTEXT

- ▶ In Azerbaijan strong family relationships have the potential to encourage positive attitudes to health, develop and strengthen resilience in children and young people to adverse elements of the entire environment.
- ▶ Family affluence in one- or other-way affecting health and well-being of adolescents: as abundance of food basket, living conditions, accessibility of modern gadgets and etc. depends on family's wealth.
- ▶ More than half of the children (57.0%) have personal bedrooms, but, less than half of them (43.0%) do not have own bedrooms.
- ▶ Most young people find communication with their mothers easier than with their fathers. Girls and boys report ease in communicating with their mothers approximately equally. However, gender differences emerge in relation to communication with their fathers as 75% of 15-year-old boys reporting ease of communication with their fathers against 59% of 15-year-old girls.
- ▶ Children from highly-affluent families, particularly boys, are more likely to report feeling stronger family support, but this perception decreases with age, especially for girls, for whom a significant decrease is seen between ages 11 and 15.
- ▶ Students can discuss or share issues of their concern with mothers (67.5% of all cases) and with fathers (45.9% of all cases). The role of mothers is much higher and children can easily discuss personal problems with them.
- ▶ Role of computer games in the daily life of children undoubtedly is very important, as far as the majority of children want to allocate more time for computer games (68%) and three-thirds have serious conflicts with parents because of computer games or were lying to them.

FAMILY LIFE

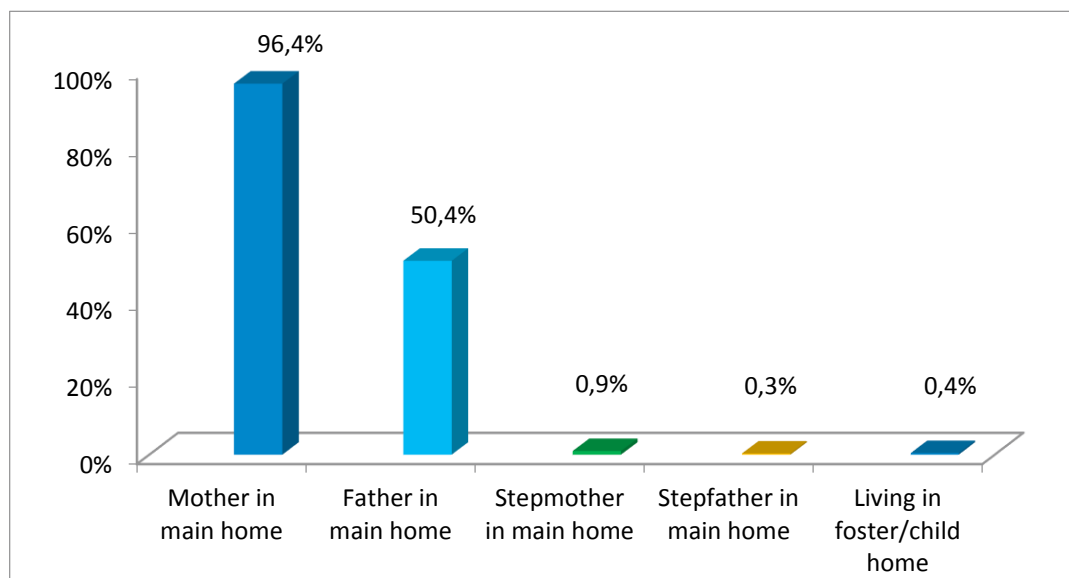
Azerbaijan is a multicultural and multiethnic country. Family traditions and ties play an important role in adolescent life and family origins, sometimes shaping up behavioral patterns of young people. The table 1 below shows origins of the respondents and their parents: 85.4% were born in Azerbaijan, 4.8% in the Russian Federation, 0.3% in Georgia, 0.2% in Ukraine, 0.1% in Belarus, 0.2% in Turkey and Kazakhstan. At the same time 97.6% of the parents were born in Azerbaijan, 0.9% in Russian Federation, 1% in Georgia, 0.2% in Ukraine, 0.2% in Turkey, 0.7% in Kazakhstan and 0.2% in Uzbekistan (*Table 1*).

Table 1. Country of birth (self/mother/father)

	Azerbaijan	Russian Federation	Georgia	Ukraine	Belarus	Turkey	Kazakhstan	Uzbekistan
Respondents	85.4%	4.8%	0.3%	0.2%	0.1%	0.2%	0.2%	
Parents	97.6%	0.9%	1%	0.2%		0.2%	0.7%	0.2%

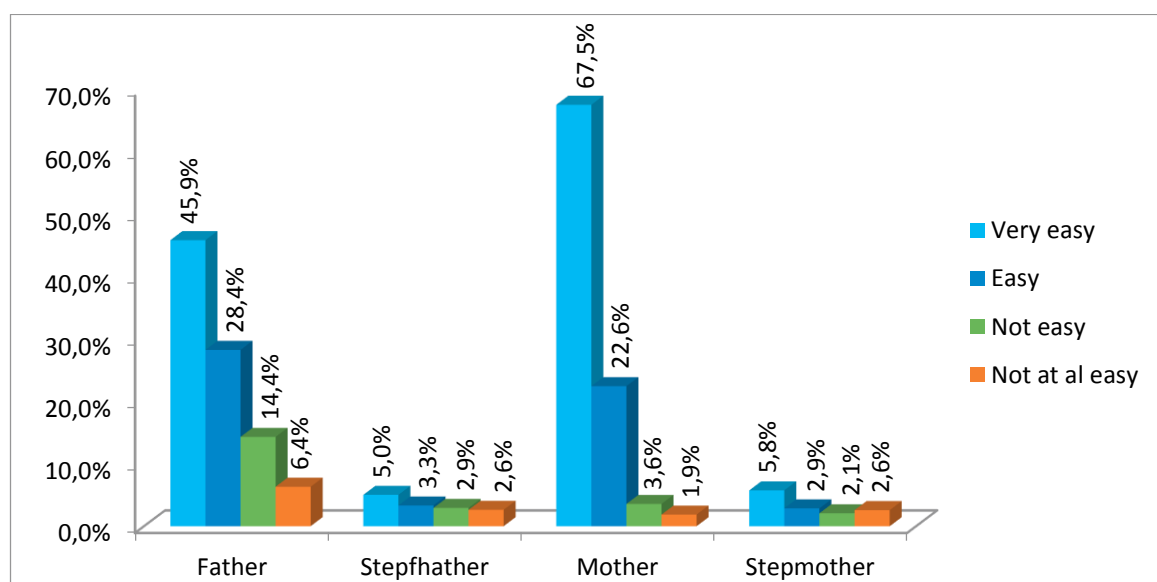
Information on family structure

Almost half of respondents (46.1%) are spending their time at home with both parents and 45% of them spending time with only mothers, however 1.5% stay with the fathers and 7.5% with other caretakers (*Figure 2*). Out of all 84.9% of fathers and 32.8% of mothers employed and therefore two third of mothers do not work are able to allocate more time to children and support them in daily life.

Figure 2. Family structure

Ease of Family communication

Students can discuss or share issues of their concern with mothers (67.5% of all cases) and with fathers (45.9% of all cases). The role of mothers in relation to children is much higher and children can easily discuss their personal problems with mams (*Figure 3*).

Figure 3. Ease of family communication

The majority of young people agree that if they had any problems at school (93.1%), their parents would be ready to help. Three-fourth of young people reported that their parents are enthusiastic to come to school and to talk to teachers. Overall 93.6% of young people (both boys and girls) reported that their parents encourage them to do

well at school. Most of young people or 87% reported that their parents are interested in what happens to them at school (Table 2).

Table 2. Perenatal support in school

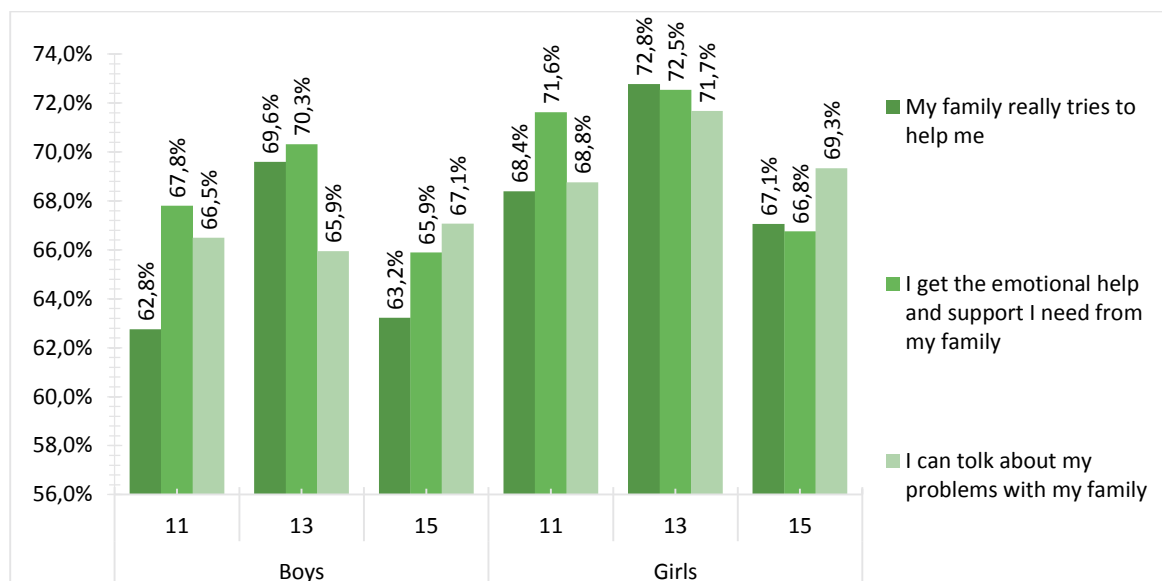
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
If there are any problems at school, my parents are ready to help	74.6%	18.5%	3.6%	1.2%	2.1%
My parents are enthusiastic about coming to school and to talk to teachers	52.3%	24.7%	12.9%	5.4%	4.7%
My parents are encouraging me to succeed at school	81.1%	12.5%	3.6%	1.4%	1.3%
My parents are interested in what's happening at school	64.6%	22.4%	8.2%	3.0%	1.8%
My parents are enthusiastic about assisting me in fulfilling my homework	56.5%	21.6%	12.5%	5.2%	4.3%

To the question – Is there someone at home (where the respondent lives) who has more than three months of physical and / or mental illness or disability like cancer, diabetes, heart disease, depression, drug addiction, autism, mental retardation? –the majority responded negatively. Nevertheless, part of respondents replied positively and the responses distributed as follows: 9.3% father or mother, 17.3% had a grandmother / grandfather, 5.8% -siblings and 6.1%-others.

As it shown in *Figure 4* almost two-third or 67.4% of the respondents are convinced that their family is trying to help him/her; 69.2% feels the family provides emotional support. That is 64.5% of students are convinced that they can speak with their family members about the issues that are worried about and 68.3% of them are sure that

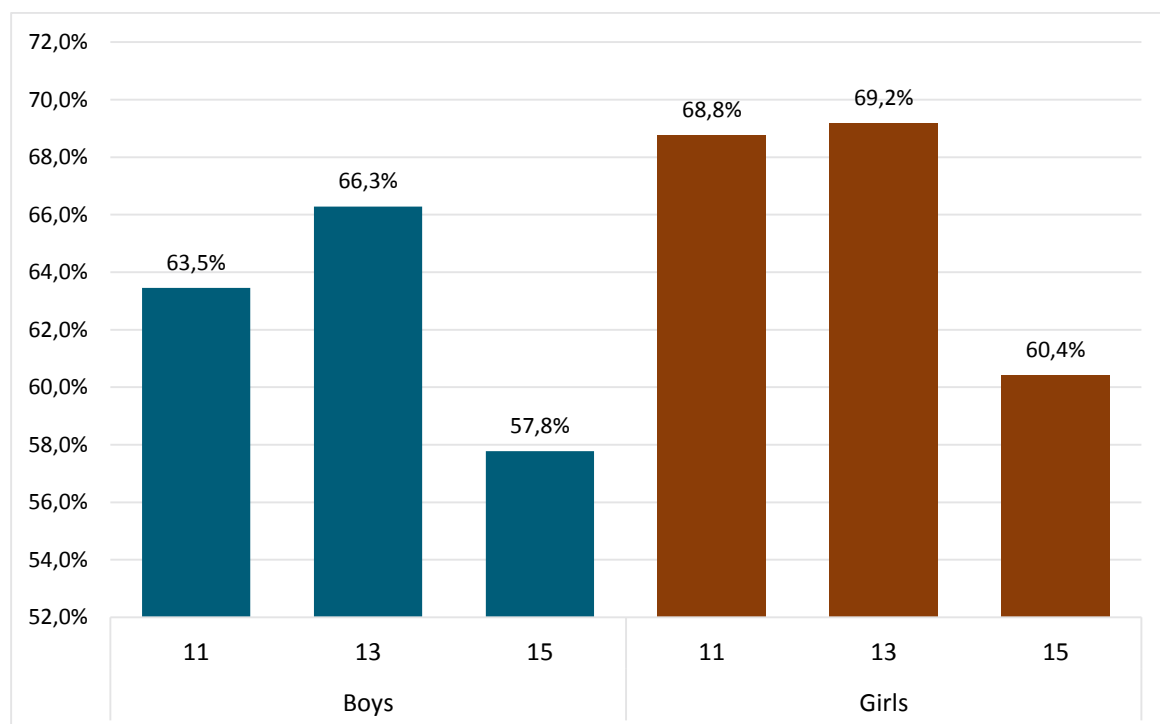
family will support them in making decisions.

Figure 4. Family support



More than half of the children have opportunities to talk about things that bother them. In general, girls are slightly more chances to talk about the things that bother them, than boys. However, the boys and girls aged 13 have more opportunities to do so, but at the age of 15, the chances are less: 57.8% among boys and 60.4% among girls.

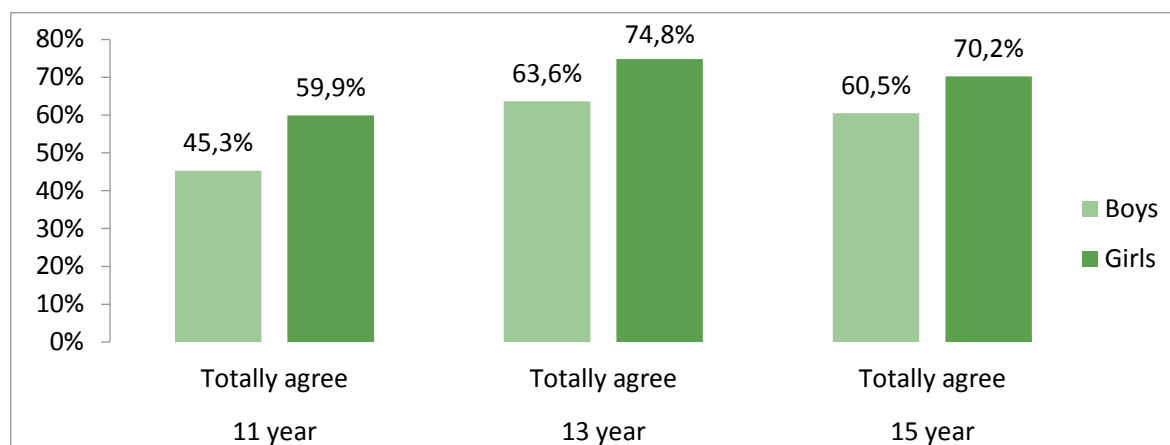
Figure 5. I can talk things that bother me



PEER RELATIONS

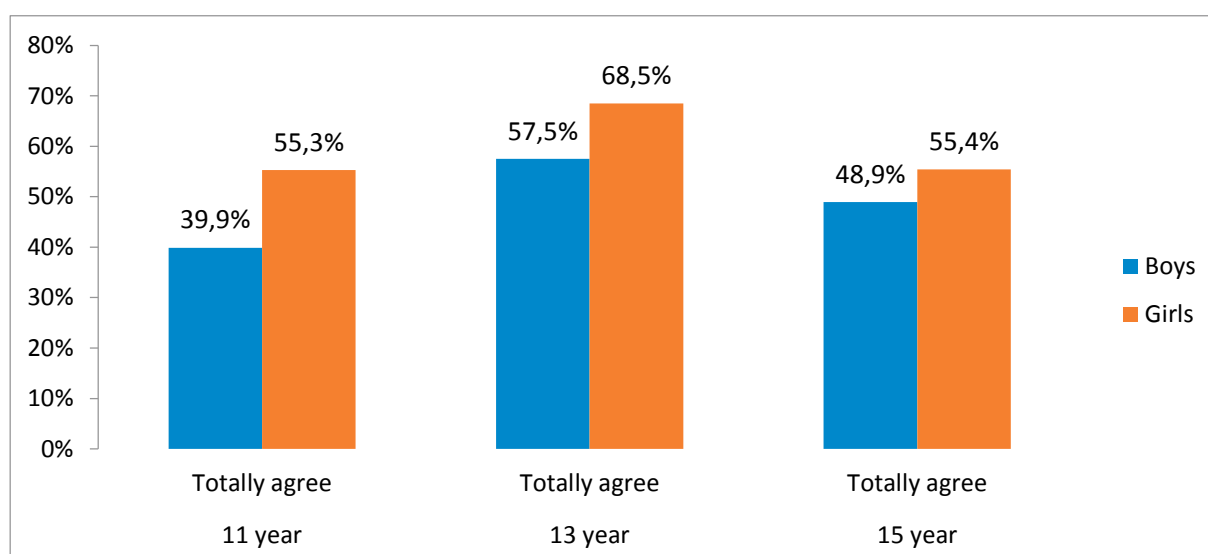
The proportion of children who can share their joy and grief with peers is the highest among girls of 13 years old (74.8%) and the lowest among boys of 11 years old (45.3%). In general, girls are having more opportunities to share problems at all age groups (see Figure 6).

Figure 6. I can share my joy and grief



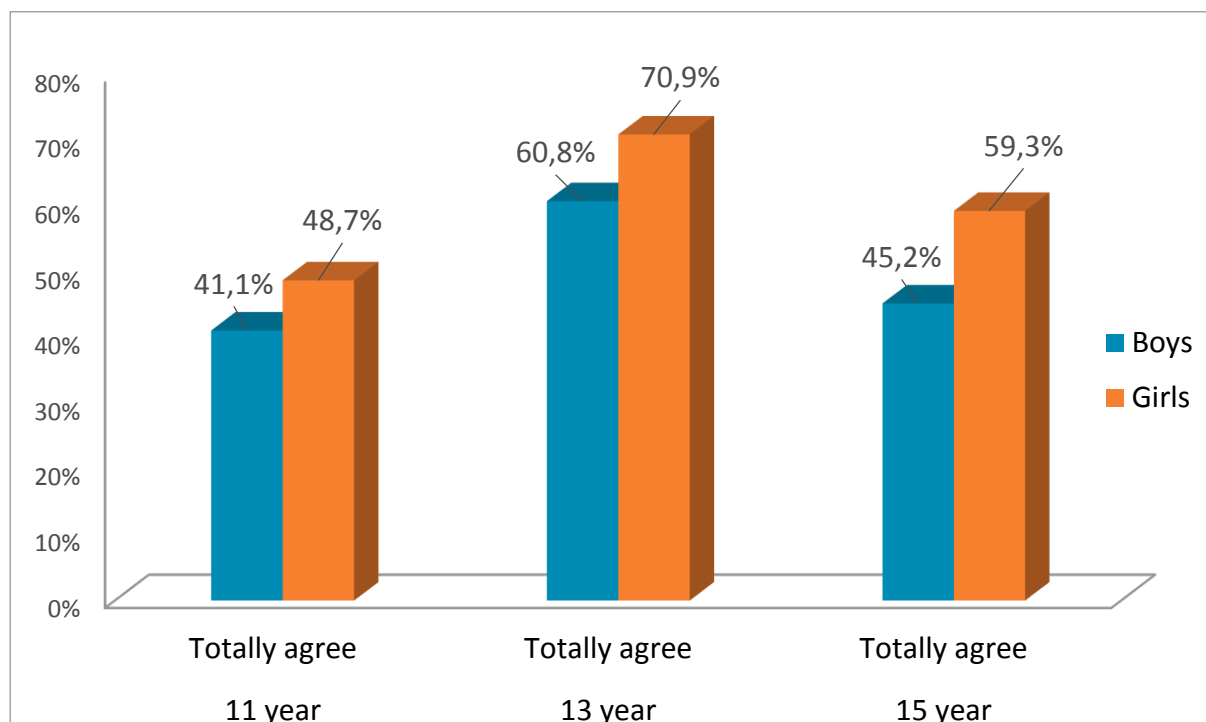
The proportion of children who can share their problems with peers is the highest among girls of 13 years old (68.5%) and the lowest among boys of 11 years old (39.9%). In general, girls are having more opportunities to share problems at all age groups. Distribution of children who I can talk about own problems with friends (*Figure 7*)

Figure 7. I can share my problems



Almost 72% of girls of 13 years of age are sure that their friends really will try to help if there is some problem. The lowest proportion of schoolchildren who have less opportunities of receiving peers' support is among 11 years old boys. In general, girls have more chances (59.9%) of receiving support than boys (48.7%) as in *Figure 8*.

Figure 8. My friends try to help me



Communication on electronic media – specific issues

The next questions are about 'online contact' and 'online communication'. When we use these terms, we mean 'sending and receiving text messages, emoticons, and photo, video or audio messages through instant messaging ([insert local examples e.g. Viber, WhatsApp]), social network sites (e.g. Facebook, [add local examples]) or e-mail (on a computer, laptop, tablet, or smartphone).

The survey results prove that, only one-fourth of children communicate with friends whom they have known through internet; it is still much less (21%) than those they had known in school and neighborhood (43.7%) (*Table 3*).

Table 3. Frequency of online contact with friends and others

	Don't know/ doesn't apply	Never or almost never	At least every week	Daily or almost daily	Several times each day	Almost all the time throughout the day
Close friend(s)	36.0%	20.4%	10.6%	11.4%	11.7%	10.0%
Friends from a larger friend group	32.8%	31.6%	11.2%	8.8%	8.7%	6.8%
Friends that I got to know through the internet but didn't know before	36.1%	43.1%	6.9%	4.4%	5.8%	3.9%
Other people than friends (e.g. parents, brothers / sisters, classmates, teachers)	31.7%	29.3%	8.6%	10.9%	9.8%	9.7%

While answering questions related to computer games, 44.0% of students responded that during the last one year they never used smart phones, tablets, laptops, computers for playing computer or network games (e.g. PlayStation, Wii, Xbox); 56.0% of them are using different types of electronic products. As it is presented in *Table 4* the majority of pupils, want to spend more time on computer games.

Table 4. Time allocation for playing computer games

	No	Yes
..regularly found that you can't think of anything else but the moment that you will be able to play computer games again?	28.9%	79.1%
..regularly felt dissatisfied because you wanted to spend more time on computer games?	32.0%	68.0%
..often felt bad when you could not play computer games?	30.3%	69.7%
..tried to spend less time on computer games, but failed?	33.4%	66.6%
..played computer games as wanted to avoid negative emotions?	33.9%	66.1%
..regularly had arguments with others because of your results on computer games?	28.6%	71.4%
..regularly lied to your parents or friends about the amount of time you spend on computer games?	24.2%	75.8%
..regularly neglected other activities (e.g. hobbies, sport) because you wanted to play computer games?	24.9%	75.1%
..had serious conflict with your parents, brother(s) or sister(s) because of your computer games?	25.5%	74.5%

As we can see from *Table 4* role of computer games in the daily life of children undoubtedly must be explored more in the future, as far as the majority of children want to allocate more time for computer games (68%) and three-thirds have serious conflicts with parents because of computer games or were lying them.

Preferences for online communication

Most pupils strongly disagree that they can speak easily about own secrets (59.8%), feelings (56.1%) and personal concerns (52.6%) on the internet (*Table 5*).

Table 5. Distribution of pupils who can easily talk about own secrets through internet

	Strongly disagree	Disagree	Neither agree nor disagree	Agree
On the internet, I talk more easily about secrets than in a face-to-face encounter	59.8%	21.3%	11.2%	7.7%
On the internet, I talk more easily about my inner feelings than in a face-to-face encounter	56.1%	22.7%	11.9%	9.4%
On the internet, I talk more easily about my concerns than in a face-to-face encounter	52.6%	23.1%	13.4%	10.9%

Obsession or addiction on social media

Role of social media in the modern life of high school students is undoubtedly irreplaceable and the majority of children eager to allocate more time for communication through social media (*Table 6*).

Table 6. Social media addiction

	No	Yes
..regularly found that you can't think of anything else but the moment that you will be able to use social media again?	76.4%	23.6%
..regularly felt dissatisfied because you wanted to spend more time on social media?	79.8%	20.2%
..often felt bad when you could not use social media?	81.5%	18.5%
..tried to spend less time on social media, but failed?	76.9%	23.1%
..regularly neglected other activities (e.g. hobbies, sport) because you wanted to use social media?	82.9%	17.1%
..regularly had arguments with others because of your social media use?	83.1%	16.9%
..regularly lied to your parents or friends about the amount of time you spend on social media?	85.4%	14.6%
..often used social media to escape from negative feelings?	79.1%	20.9%
had serious conflict with your parents, brother(s) or sister(s) because of your social media use?	84.2%	15.8%

The proportion of children who wants to use social media more frequently and because of that had conflicts with parents is even higher than who wanted to allocate more time for computer games (82.4% against 74.5%). That prompts another conclusion-what step must be taken to eliminate the conflicts between children and parents/caretakers because of computer games or the utilization of social media in the daily life of children. Simply, these are challenges of modern life and need to be adequately responded.

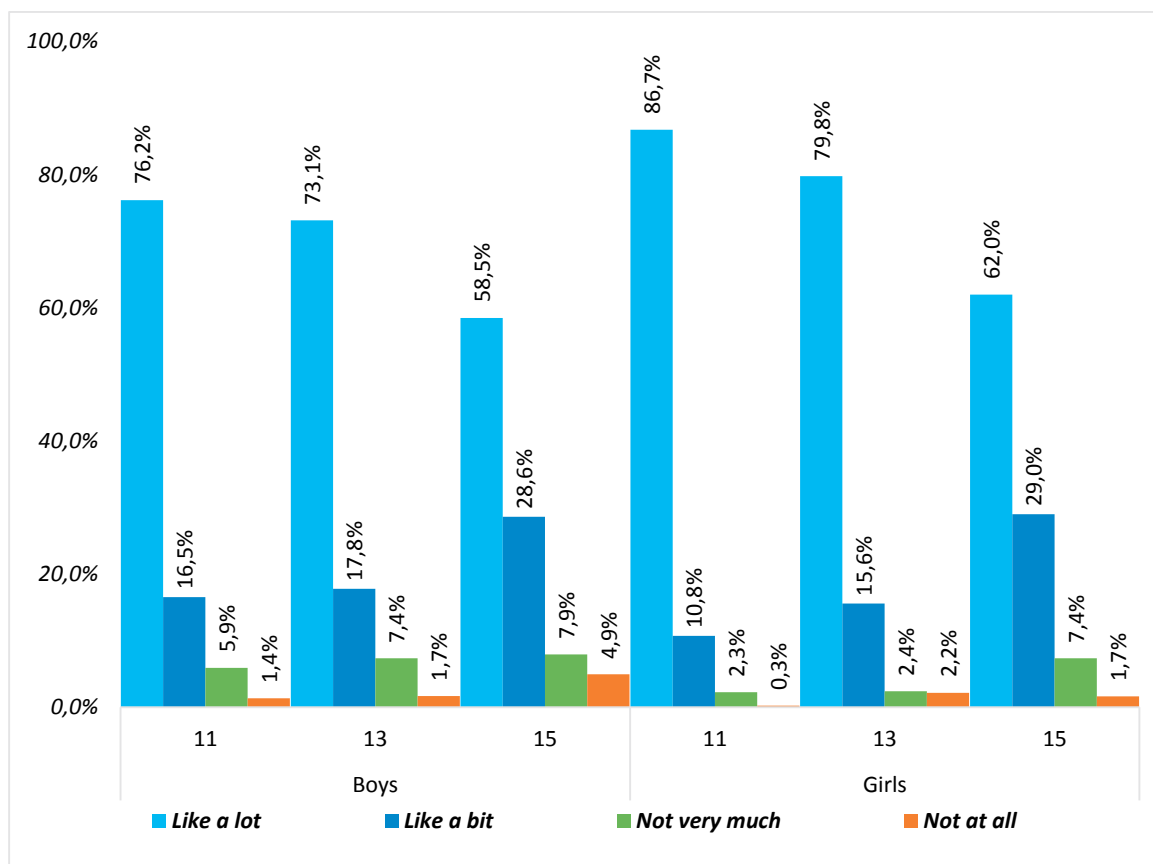
SCHOOL

For young people school is unarguably the most important place outside of their home. It is where they spend most of their time, where friendships are often formed, and where they learn the skills needed for employment and adulthood. At the same time school performance and homework can also be a source of stress, and many young people may be concerned about their academic achievements and seek for acknowledgements from their parents and teachers, as well as peers. The modern school environment is strongly focused on achievements and targets. Conversely, good perceived academic performance may be indicative of confidence and self-esteem.

How do you feel about school at present?

The proportion of respondents both groups (boys and girls) who like school decrease as they grow older. At all ages the proportion of girls, who like school, prevails over the proportion of boys almost 10% (Figure 9).

Figure 9. Liking school



The proportion of children who likes school a lot is very high among 11 years old girls and the proportion who don't like school not at all is highest among boys of 15 years old (4.9%).

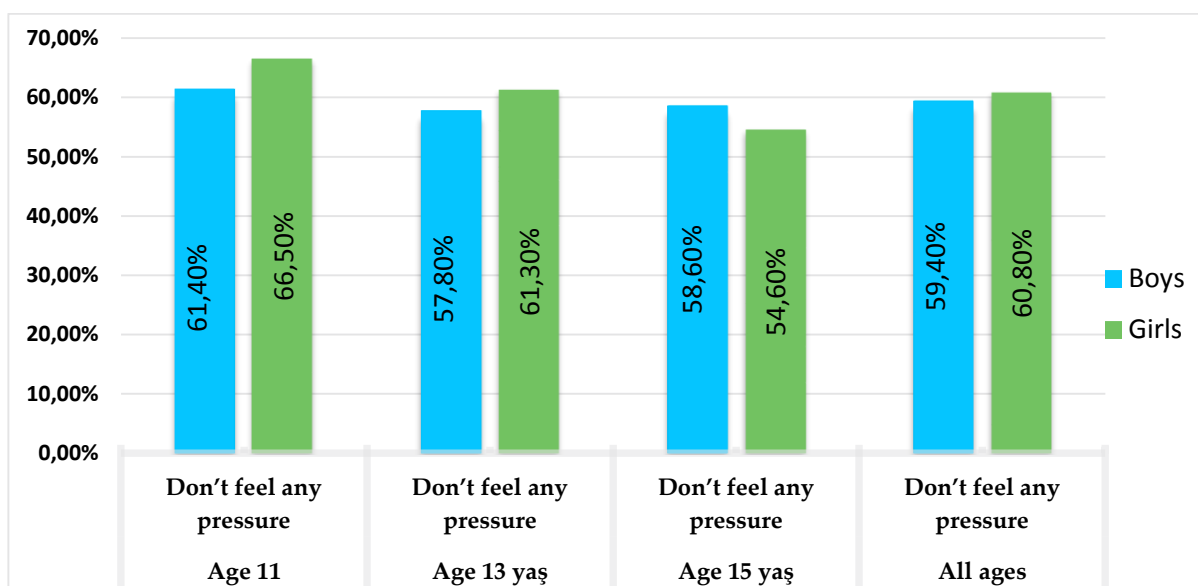
Almost three-quarters of schoolchildren (77.8%) agree that students have the right to participate in planning and organizing school activities and school events (project weeks or days, sports weekends or days, excursions, etc.). However, only half of the pupils think that their opinions have been taken into account in school life, and one third considers that there are many chances that students have to decide and plan their school projects (*Table 7*).

Table 7. Role of schoolchildren in school life

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
In our school, students have the right of planning and organizing school activities and school events (project weeks or days, sports weekends or days, excursions, etc.).	53.4%	24.4%	16.4%	3.9%	1.9%
Schoolchildren in my school have many opportunities to decide and plan school projects.	35.8%	33.8%	19.5%	8.2%	2.7%
The opinions of students in our school are taken into account.	47.7%	24.6%	16.2%	7.2%	4.3%

The proportion of pupils who do not experience severe difficulty, pressure or tension during their schoolwork (at home or in classes) decreases as the age increases and these cases are more frequent among girls. For instance, if this ratio is 66.5% among girls aged 11, it is only 60.8% among girls aged 15 years old. If aggregated this ratio is 59.4% among boys of all ages and 60.8% among girls of all ages (*Figure 10*).

Figure 10. Indicates how pressured schoolchildren feel by the schoolwork they have to do



Most pupils enjoy spending time with their classmates (83.3%). It should be noted that, only 4.2% of pupils do not want to spend time together with the peers of their classes, 84.5% of students think that their classmates are kind and helpful, and 86.3% of students say they have been accepted as they are. The opposite opinions of the last two statements are 5.0% and 3.8% respectively (*Table 8*).

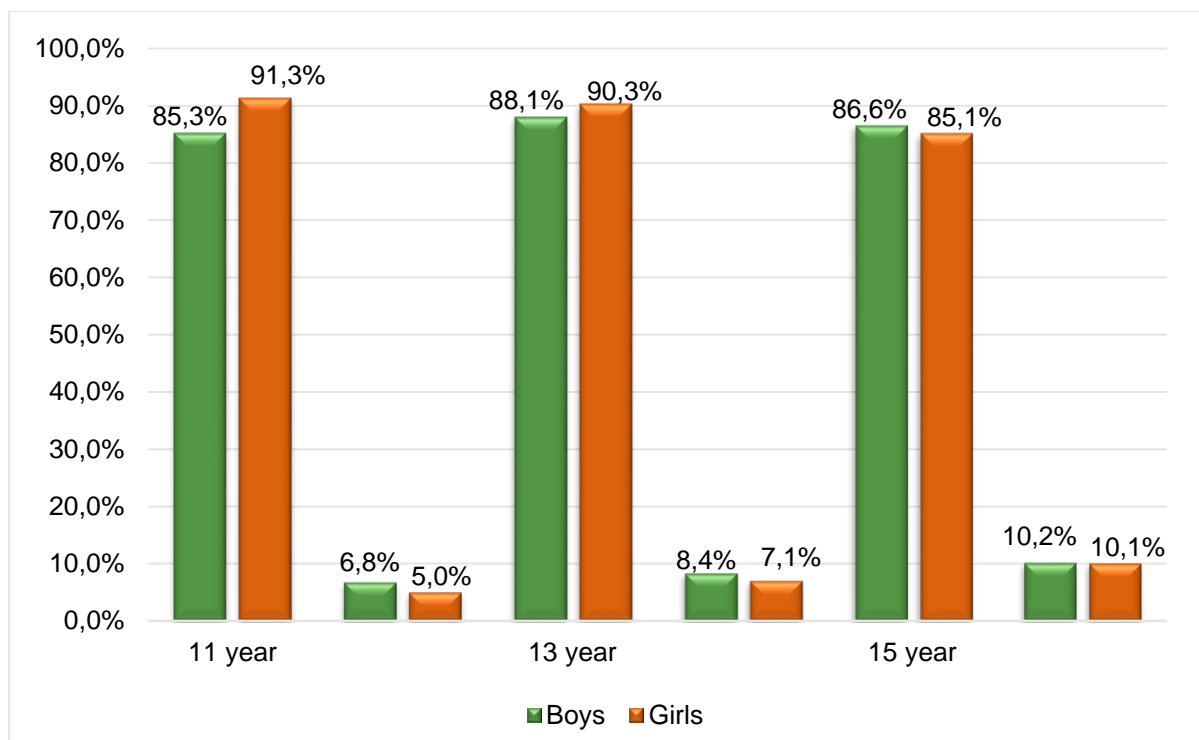
Table 8. Support of my classmates (support each other)

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
The students in my class enjoy being together	62.6%	23.7%	9.5%	3.1%	1.1%
Most of the students in my class(es) are kind and helpful	54.3%	30.2%	10.6%	3.4%	1.6%
Other students accept me as I am	54.2%	32.1%	9.9%	2.5%	1.3%

Support of teachers

The majority of students feel the support of their teachers. The ratio of students who agree or strongly agree is always over 85%. It should be noticed that with increasing ages the support is slightly decreasing among boys and girls, however among girls it is a little higher (11 and 15 years). Nevertheless, the boys of 13 years old felt more support than girls of the same age (see Figure 11).

Figure 11. Support of teachers



3.HEALTH

OUTCOMES

- ▶ The majority of respondents or 88.4% consider themselves healthy, but 11.6% visited doctors because of long-term diseases, disabilities or other health-related problems.
- ▶ Only a third of the students (31.5%) refuse to accept foods containing sweet ingredients, but most of them take (68.5%) food items containing carbohydrates (sweets). The collected information indicates that most students (62.3%) have plenty of oily dishes.
- ▶ The vast majority of children are satisfied with their weight, but 13.5% are those who want to reduce their weight without keeping diet; those who want to increase their weight is 8.8% and however, 5.8% of respondents is keeping diet.
- ▶ Two-tenth (22.9%) of the respondents miss lunch or dinner, and one-tenth (9.9%) do not take meals the whole day (fasting the whole day).

How do you assess your own health?

POSITIVE HEALTH

The majority of children (more than 90% at all age groups) think that they have excellent or good health (*Table 9*)

Table 9. Percent of children assessing own health excellent or good

	Age 11	Age 13	Age 15	Percent
Boys	93.3%	94.8%	94.0%	94.0%
Girls	95.1%	94.8%	91.9%	93.9%
Total	94.2%	94.8%	92.9%	94.0%

The survey questionnaires covering the health and wellbeing section were having questions with two options (positive and negative) and the results are as follows:

- 84.5% of those does not have any seeing and 88.3% hearing difficulty,
- 2.5% of those are unable to walk on a flat area 100 meters,
- 3.6% of those have minor difficulties in eating and wearing clothes, 1.3% have some difficulties and 1.6% answered that they cannot wear clothes without assistance,
- 1.6% of those has difficulty in being understood or unable to communicate with people from outside of his/her home.

Compared to their peers, those who are unable to learn or perceive knowledge is 1.4%. Compared with peers, those who are unable to remember everything composes only 1.2%.

Among those who have some difficulty in paying attention to favorite activities is 13.2%, with much difficulty is 1.8% and 1.2% is unable to do any activities (*Table 10*).

Table 10. Proportion of physical and mental well be deviation

	6_1 Do you have difficulty in seeing, even if wearing your glasses or contact lenses?	6_2 Do you have difficulty in hearing sounds like people's voices, even if using a hearing aid?	6_3 Do you have difficulty walking 100 yards/meters on level ground, even if you use any equipment or receive assistance or length of a football field?	6_4 Do you have difficulty with self-care such as feeding or dressing yourself?	6_5 When you speak, do you have difficulty in being understood by people outside of your home?	6_6 Compared with students of the same age, do you have difficulty in learning things?	6_7 Compared with students of the same age do you have difficulty in remembering things?	6_8 Do you have difficulty in concentrating on an activity that you enjoy doing?	6_9 Do you have difficulty accepting changes in your routine?	6_10 Compared with students of the same age do you have difficulty in controlling your behavior?	6_11 Do you have difficulty in making friends?
No difficulties	84,5	88,3	88,9	94,5	85,8	82,9	79,9	84,8	78,8	89,3	85,9
Some difficulty	8,3	5,7	7,9	3,6	11,7	14,9	18,1	13,2	17,6	8,3	11,0
A lot of difficulty	1,1	0,5	0,6	0,3	0,9	0,8	0,8	0,8	2,1	0,9	0,9
Cannot do at all	6,0	5,5	2,5	1,6	1,6	1,4	1,2	1,2	1,5	1,5	2,2

Those who are unable to make changes in their regimes are 1.5%. Compared to their peers, those who have failed to manage their behavior is 1.5%; children having some difficulties in establishing friendships constitute 11.0% and having many difficulties is 1.9%, and except of that 2.2 % of respondents are unable to establish any friendships (Table 10).

The majority of respondents or 88.4% consider themselves healthy, but 11.6% visited doctors because of long-term diseases, disabilities or other health-related problems. Among the respondents 31.0% were those who did not have any long-term diseases, disability or health problems, 9.1% have taken medicines because of diseases and 59.9% did not take medicines because of any health-related problems.

Among the respondents 6.1% said that they affected by the long-term illness, disability or health problems that affected their attendance and participation at school, while those who did not have any problems is 60.4%.

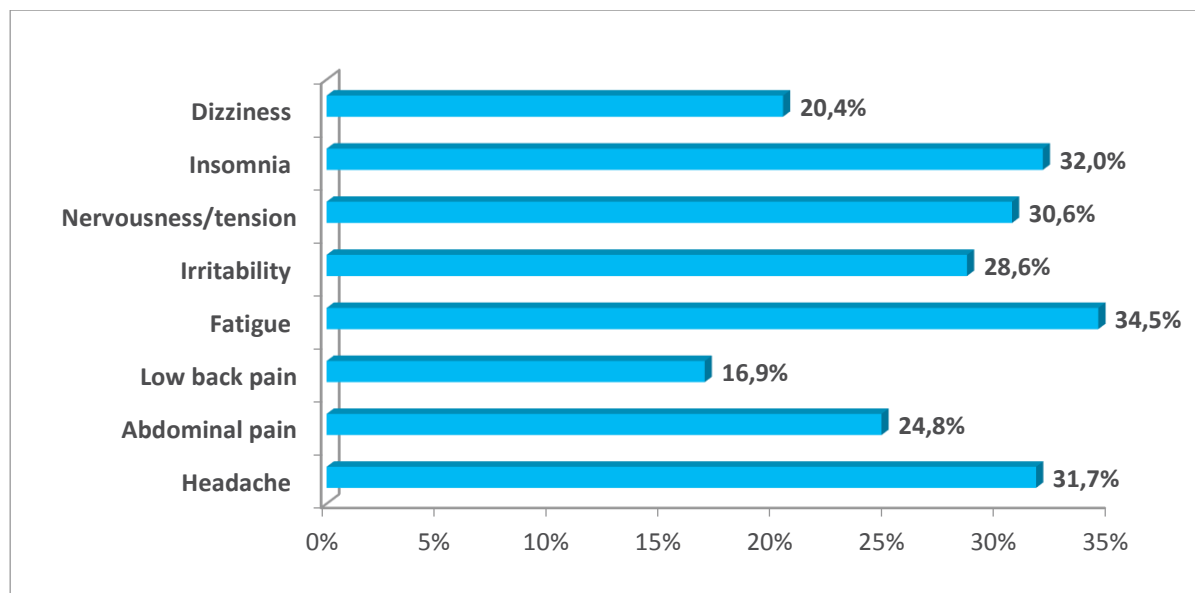
Below in the table 11 life satisfaction responses have been analyzed: in general, 43.9% of respondents think that their life is perfect, and 0.4% of students feel that they are miserable. When assessing their own life satisfaction, out of all respondents 88 % have indicated 6 and more points on 10-point scale.

Table 11. Life satisfaction: How do you rate your life satisfaction on a 10-point scale?

	Frequency	Valid percent
0 the worst possible life	20	0,4
1	13	0,3
2	18	0,4
3	37	0,8
4	75	1,7
5	375	8,3
6	250	5,5
7	428	9,4
8	695	15,3
9	632	13,9
10 the best possible life	1991	43,9

The graph below describes distribution of complaints among children over the last 6 months: headache 31.7%, abdominal pain 24.8%, low back pain 16.9%, fatigue 34.5%, irritability 28.6%, nervousness/tension 30.6%, insomnia 32.0%, dizziness 20.4% (Figure 12)

Figure 12. Distribution of complaints among children over the last 6 months

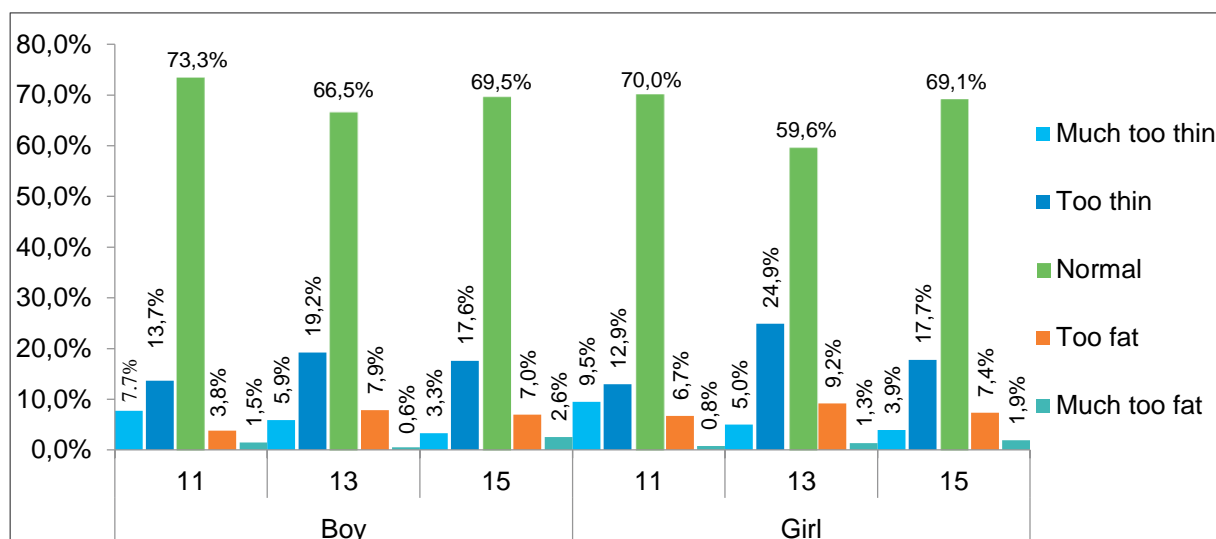


BODY WEIGHT

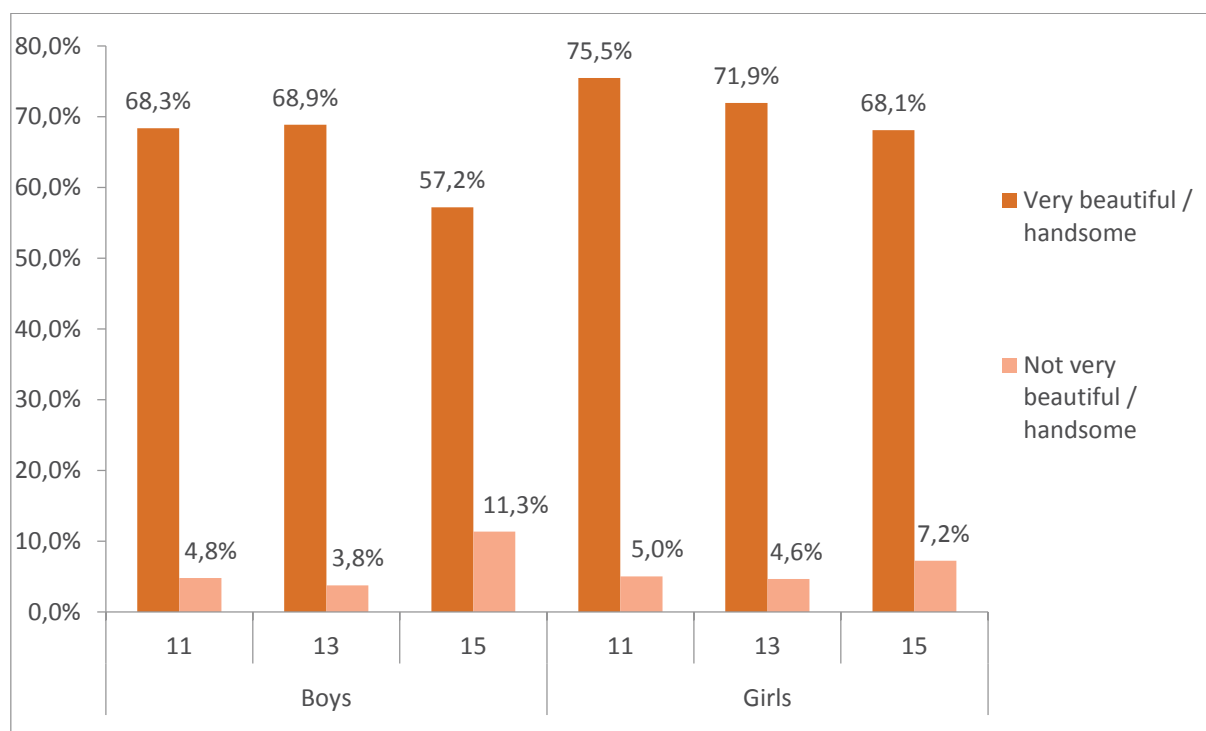
The majority of 11-year-old boys (73.3%) participating in the survey and girls (70.0%) consider their weight as normal, but in the age of 13, this percentage decreased up to 66.5% and 59.6% correspondingly and again in the age of 15 increased back up to 69.5% and 69.1% respectively.

Most 11-year-old girls and boys who took part in the survey consider themselves as having normal weight, at the age of 13 the rate decreased, but at 15, this rate reversed again, reaching nearly the same values as among 11 years olds.

The survey proves that only 1.5% and 0.8% of 11-year-old boys and girls respectively consider themselves excessively overweight/much too fat, but among 13-year-old boys and girls the rate dropped by 0.6% and 1.3% respectively. Interestingly, the same proportion has risen again by 2.6% and 1.9% of 15-year-old boys and girls respectively. In general, the rate of girls who consider themselves overweight is increasing as the age of girls is increasing (Figure 13).

Figure 13. Body image

Boys 11 and 13 years old almost do not change their mind whether they are handsome (68.3% and 68.9% respectively)-but among 15 years old boys those who consider themselves handsome are dropped down composing almost half of the teenagers. The situation among girls is not much different from the boys- those who consider themselves beautiful decreases as they grow older dropping down from 75.5% among 11 years olds to 68.1% among 15 years olds (*Figure 14*).

Figure 14. Beauty asesment

Almost three- fourth of respondents (72.0%) currently satisfied with their weight and do not use diet or other methods to reduce their weight; 79.8% did not keep diet during the last 12 months, 77.1% never kept diet to reduce weight in the last 12 months.

Thus, the vast majority of children are satisfied with their weight, but 13.5% are those who want to reduce their weight without keeping diet; those who want to increase their weight is 8.8%, however, 5.8% of respondents is keeping diet. Over the past 12 months, 5 out of every 10 children used physical exercises to control weight. Two-tenth (22.9%) of the respondents miss lunch or dinner, and one-tenth (9.9%) do not take meals the whole day (fasting the whole day).

Only a third of the students (31.5%) refuse to accept foods containing sweet ingredients, but most of them take (68.5%) food items containing carbohydrates (sweets). The collected information indicates that most students (62.3%) have plenty of oily dishes, and:

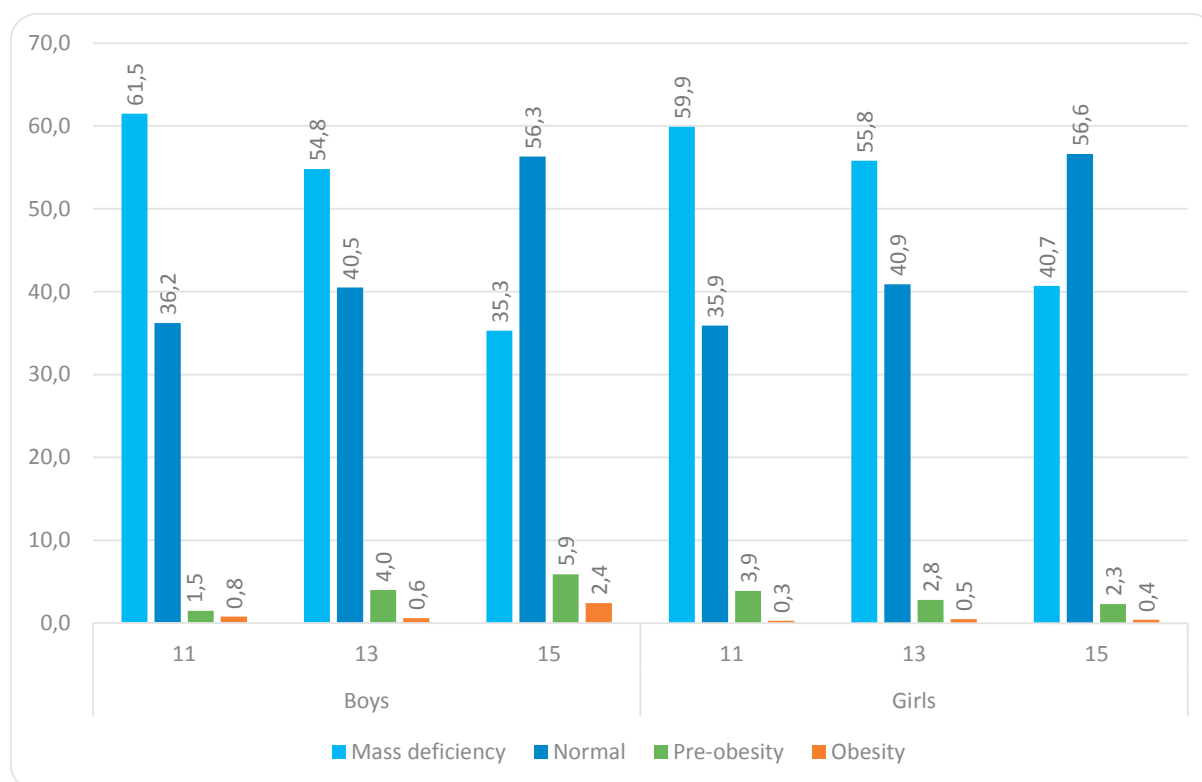
- 35.3% of those who enjoy a small number of soft drinks;
- 39.2% of those who eat small with portions;
- 61.8% of those who take fruits and vegetables;
- 45.9% of those who drink plenty of water;
- 16.75% of those who restrict their diet to one or more food items (for example, eat only fruit and vegetables, eat only bread and drink only water);
- 7.7% of those forcing themselves to vomit;
- 5.55% of those who use tablets to remove their constipation;
- 4.8% of those are smokers
- 9.1% of those are keeping diet under the supervision of specialists (*Table 12*).

Table 12. What did you do in order to control your weight gain over the last 12 months?

	Exercise	Skip meals the whole day	Fasting (i.e. to go without eating for 24 hours or more)	Eat less sweets	Eat less fat	Drink less soft drinks	Eating small portions	Eat more fruit and/or vegetables	Drink plenty of water	Restrict my diet to one or more food groups	Vomiting	Use diet pills or laxatives	Smoking	Keeping diet under supervision of specialists
Yes	52,7	22,9	9,9	31,5	37,7	35,3	39,2	61,8	45,9	16,7	7,7	5,5	4,8	9,1
No	47,3	77,1	90,1	68,5	62,3	64,7	60,8	38,2	54,1	83,3	92,3	94,5	95,2	90,9

According to verbal information from students, they often think that their weight is below normal. This indicator is the highest among 11-year-old boys and girls (61.5% and 59.9%, respectively). But as age grows, the number of people who think that body weight is higher than normal is growing as well (*Figure 15*)

Figure 15. Body mass index



4. HEALTH BEHAVIOURS

- ▶ Out of all 13.8% drink Coca-Cola every day or more than once a day, 30.2% eat candies (chocolate, candy) every day or more than once a day.
- ▶ Schoolchildren are using computers for improving their knowledge spending 19.8% of their time in weekdays and 30.3% on weekends for the activities
- ▶ Children in very few cases are using gadgets for measuring the level of physical activities: however, 79.5% of them have a smartphone without the necessary applications, 11.3% of teenagers have smartphone with application, but they are not actively using the applications, and finally, only 9.1% of the teenager's has a smartphone with software application and they are actively using the applications.
- ▶ The majority of students or 77.1% of children think that among all indicated factors roads for pedestrians and cyclists are important or very important and 79.6% of those would prefer having larger sidewalks or pedestrian paths; almost 76.9% of the respondents want the roads with less traffic.
- ▶ According to collecting data 79.6% of respondents consider it important or very important to have larger and safer sidewalks or pedestrian paths for reaching schools; 84.1% of respondents are worried about the safety of road crossings; Out of all respondents 82.9% wish to have cabinets for personal belongings in their schools.

EATING HABITS

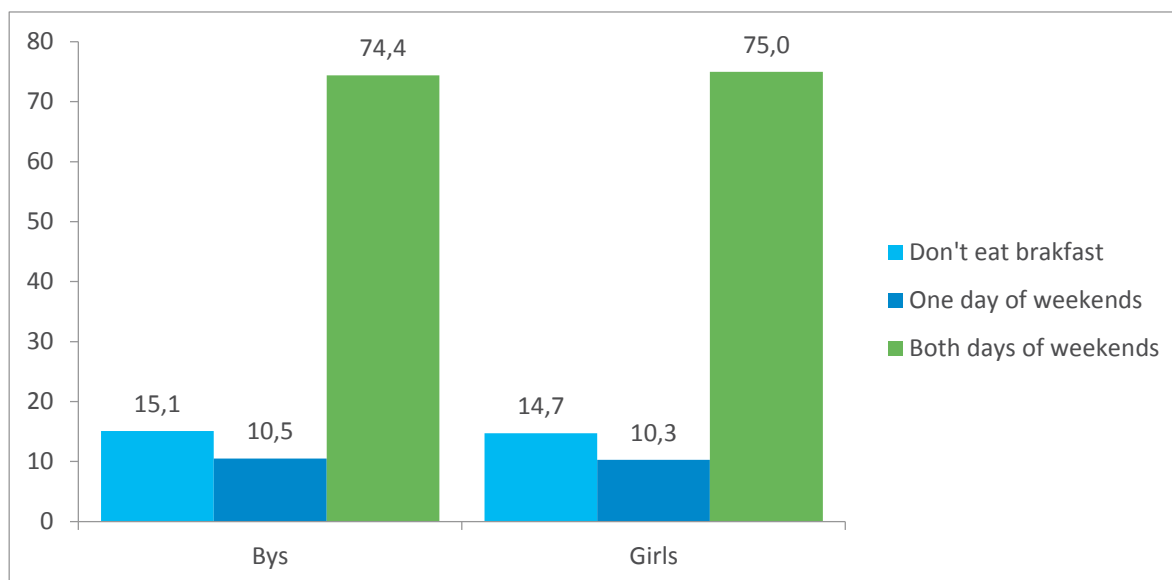
Healthy eating is important for the healthy development of children and youth and to reduce the risk of obesity later in lifeⁱ. Poor eating behaviours that begin during the teenaged years may continue into adulthood, creating negative conditions for a wide variety of eating-related concerns

Breakfast habits

Among the students participating in the survey and having breakfast during weekdays: 59% - those who eat breakfast for 5 days, 8.0% - those who eat breakfast 1 day, 5% - those who eat breakfast for 2 days, 3.6% - 3 days and 3.1% - those who eat breakfast for 4 days.

At the same time, 74.7% of pupils are having breakfasts during weekends (Saturday and Sunday), 10.4% eat only 1 day (Saturday or Sunday), and 14.9% do not eat breakfast these days at all (*Figure 16*).

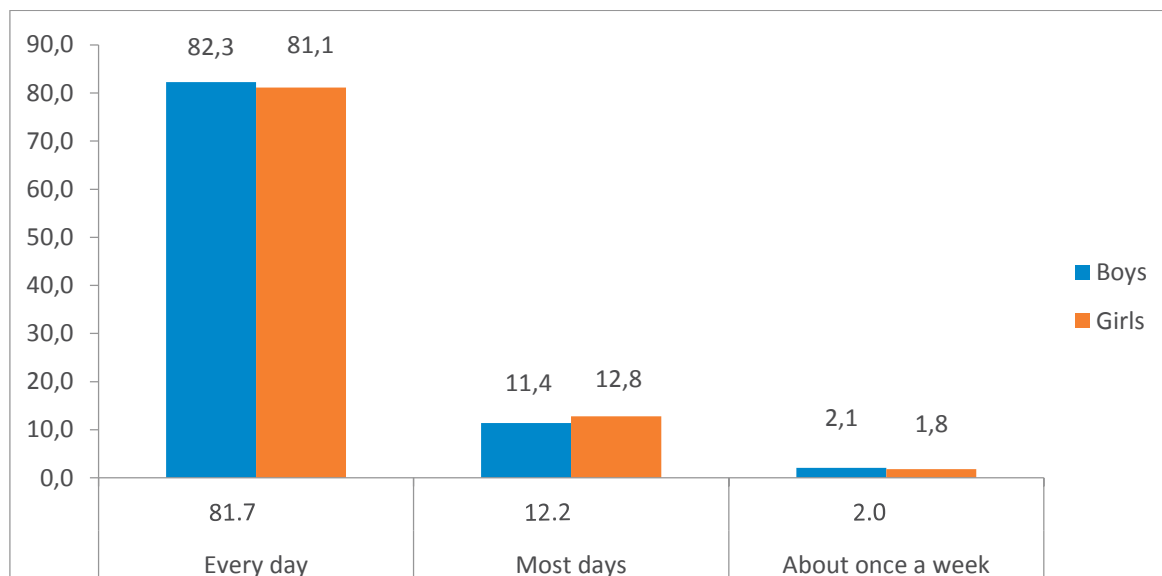
Figure 16. Breakfast habits of children on weekends



ⁱ (Lillico, Hammond, Manske, & Murnaghan, 2014; Public Health Agency of Canada [PHAC], 2012)

The majority of students are having meals with families (82, 3% boys, 81, 1% of girls) every day, only a very little percent of children are having meals with families once a week (2, 1% of boys, and 1, 8 %of girls) (*Figure 17*).

Figure 17. Family meals together



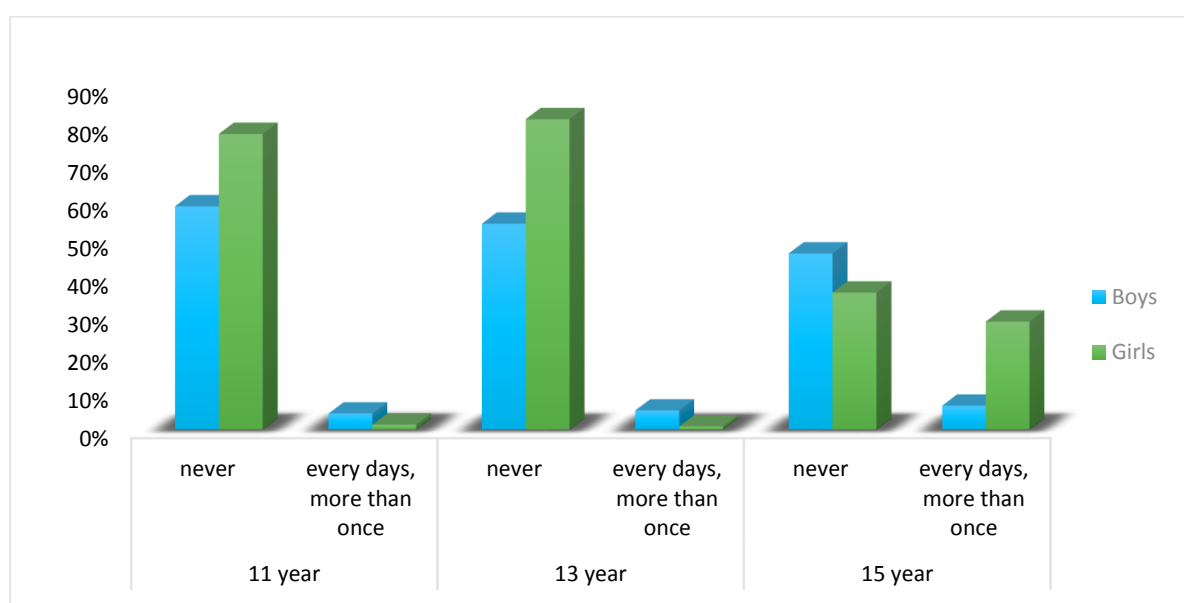
Among the boys taking part in the survey eating habits of fruits and vegetables distributed (during one week) as follows: 11-year-old boys who use vegetables - 38.0%, fruits 36.0% and correspondingly, 13-year-olds 41.7% fruits, 35.3% vegetables, 15 years olds 26.4% fruits and 26.4% vegetables. Among the girls taking part in the survey eating habits of fruits and vegetables during a week distributed: 11-years old girls who use vegetables 42.3%, fruits 44.9% and correspondingly, 13-year olds 47.6% fruits, 42.1% vegetables, 15 years olds 36.1% fruits and 28.5% vegetables (*Table 13*).

Table 13. Eating habits of fruits and vegetables

	Age 11		Age 13		Age15	
	<i>Fruits</i>	<i>Vegetables</i>	<i>Fruits</i>	<i>Vegetables</i>	<i>Fruits</i>	<i>Vegetables</i>
Boys	36.0%	38.0%	41.7%	35.3%	26.4%	26.4%
Girls	44.9%	42.3%	47.6%	42.1%	36.1%	28.5%
Total	40.4%	38.0%	44.9%	38.9%	31.7%	26.4%

During the week the students participating in the survey: 56.4% never drink dietary Coca-Cola and low-sugar refreshments, marked as zero sugar, 66.5% never drink energy drinks (e.g. Red Bull), 26% never drink Coca-Cola and 10.9% never eat sweets (chocolate, candy). At the same time 4.9% take dietary Coca-Cola and low-sugary soft drinks marked as zero sugar, 3.2% of drinks energy drinks (e.g. Red Bull) drink once a day, 13.8% drink Coca-Cola every day or more than once a day, 30.2% eat candies (chocolate, candy) every day or more than once a day. The responses collected during the survey among 11, 13- and 15-years old students concerning Energy Drinks (such as Red Bull) are summarized in the table 14.

Figure 18. Attitude to energy drinks



Family eating habits

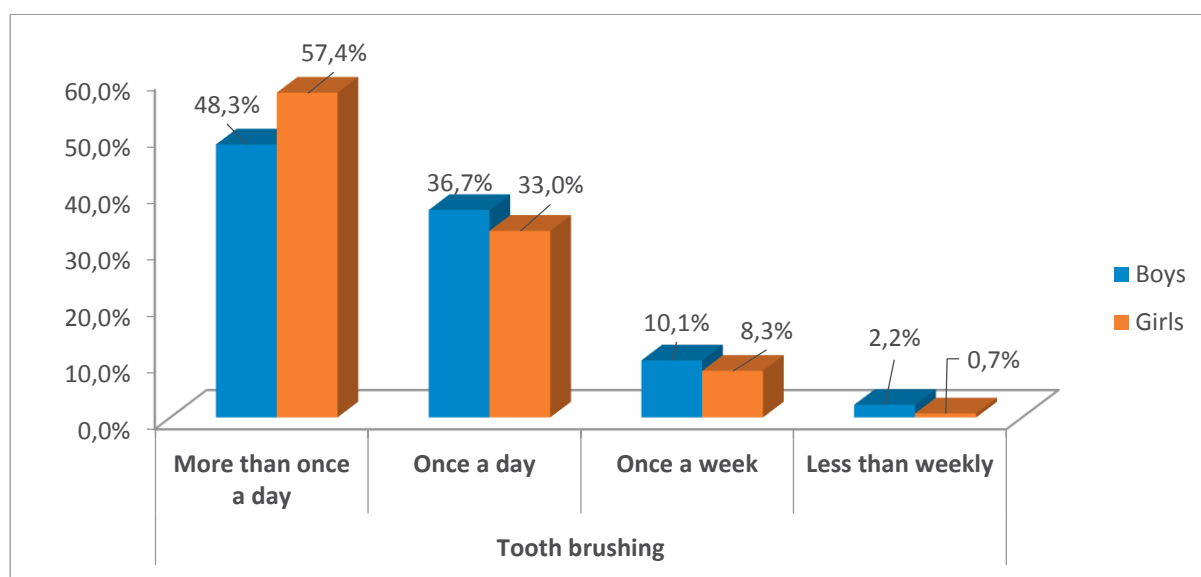
Among the respondents who eat daily with their families: 11-year-old boys is 84.2%, 13-year boys 86.1%, 15-year-old boys 75.8%, 11-year-old girls - 85.4%, 13 years olds 83.4% and 15-years old girls make up 74.6%. With the growth of ages, the number of girls, eating daily with their families is decreasing, but among boys, the proportion is fluctuating -elevated among 13 years and significantly dropping down among the 15-year-olds (*Table 14*).

Table 14. Family eating habits

	Boys			Girls		
	11	13	15	11	13	15
Every day	84.2	86.1	75.8	85.4	83.4	74.6
Several days in a week	11.2	7.4	16.1	9.7	10.0	18.8
Once a week	2.4	1.6	2.3	2.3	1.7	1.5
Very rarely	1.5	4.0	4.1	1.3	3.8	4.2
Never	8	9	1.7	1.3	1.0	8

Teeth brushing

Tooth brushing-the majority of children (53%) brushing teeth at more than once per day, one third do it once a day, but more than 10% do it very rarely (once a week and even less than that) (*Figure 19*).

Figure 19. Teeth brushing

PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Health behavior is defined as the activity undertaken by people for the purpose of maintaining or enhancing their health, preventing health problems, or achieving a positive body image.

Vigorous physical activity

According to the survey data, not many children engaged in vigorous physical activities outside school hours. Only one-third of children do physical exercises daily or 4-6 times per week, at the same time almost one third or 26.9% never do the activities and in addition to that another 8.2% do it very rarely (*Table 15*)

Table 15. Vigorous physical activities

Timeexe	Outside school hours: how often do you usually exercise in your free time so much that you get out of breath or sweat?	
1	Every day	18.6%
2	4 to 6 times a week-	12.1%
3	2 to 3 times a week	18.9%
4	Once a week	14%
5	Once a month	4.5%
6	Less than once a month	3.7%
7	Never	26.9%

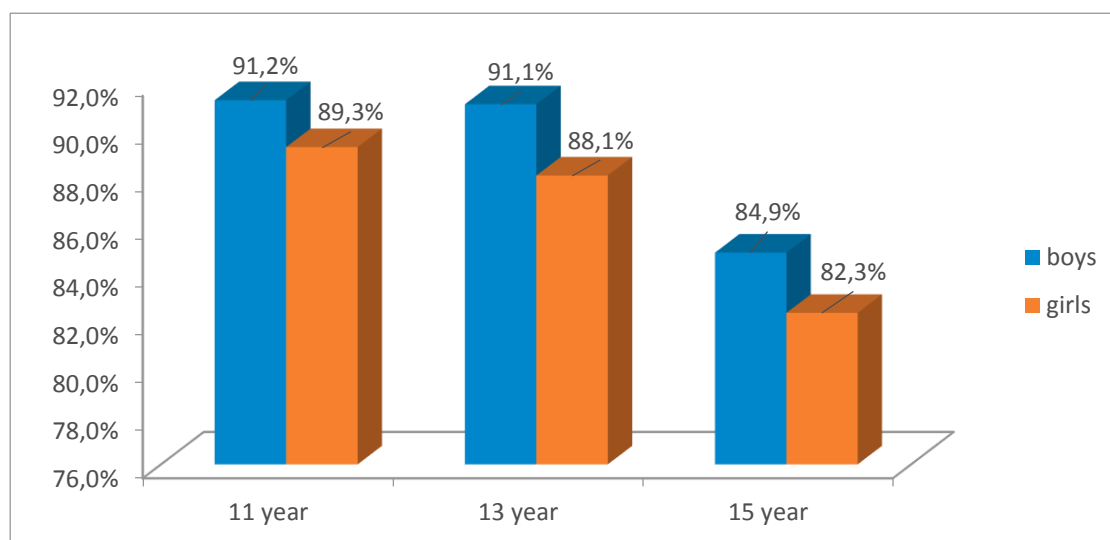
Among young people, routine participation in moderate to vigorous physical activity is associated with a variety of physical and mental health benefits. The physical health benefits include the regulation of body weight and chronic disease risk factors (e.g., blood pressure, blood cholesterol), improved fitness, and the development of healthy

and strong bonesⁱⁱ. The mental health benefits include a better mood, decreased risk of depression, and improved academic performance. Current recommendations are that children and youth participate in at least 60 minutes of moderate to vigorous physical activity daily for health benefitsⁱⁱⁱ.

Physical Activities - any activities that accelerate heartbeats and respiration rate and those include sports, various physical activities in the school, playing with friends, walking, running, jogging, rolling, biking or skateboarding, dancing, swimming in the pool, playing soccer and surfing.

According to the collected data, the majority of children were engaged in physical activities last week for at least 60 minutes: such as 91.2% of 11-year-old boys, 91.1% of 13-year-old boys and 84.9% of 15-year-old boys responded to the question positively. However, the rates are among girls are slightly lower than among boys: correspondingly 89.3% of girls aged 11, 88.1% of girls aged 13 and 82.3% of 15-year-old girls were engaged in physical activities for at least 60 minutes (*Figure 20*).

Figure 20. Children were engaged in physical activities last week for at least 60 minutes

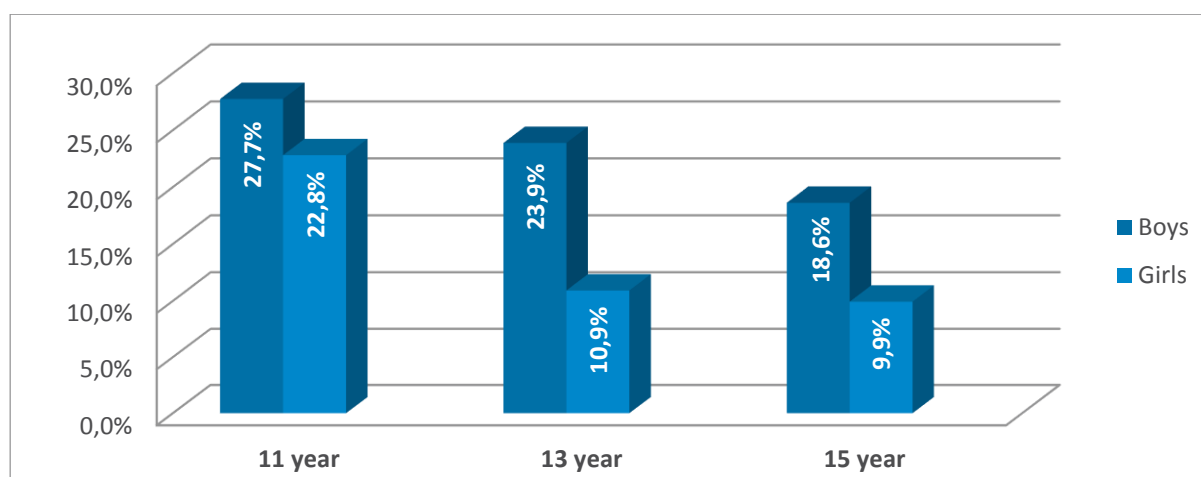


According to the survey data 27.7% of 11-year-old boys and 22.8% of girls are engaged in physical activity daily and correspondingly 23.9% boys and 10.9% girls of 13 years old as well as 18.9% of girls and 9.9% of 15-year-old boys are doing so (*Figure 21*).

ⁱⁱ (Janssen & LeBlanc, 2010; Strong et al., 2005)

ⁱⁱⁱ (Tremblay, Warburton, et al., 2011)

Figure 21. Percentage of adolescents who practice daily physical activity



Students who participated in the survey did not watch TV, DVD and video weekly- is 27.2%, viewers half an hour per week-is 19.8%, one hour 21.8%, two hours 14.9%, three hours 8.3%, four hours viewers 2.7%, five hours, six hours is 0.9%, seven and more than that constitute almost 1.7% (Table 16).

Table 16. Time allocated for TV/DVD and Video games during weekends and weekdays

	Week days		Week ends
27.2%	Don't watch	14.2%	Don't watch
19.8%	Approximately half an hour	15.9%	Approximately half an hour
21.8%	1 hour daily	16.2%	1 hour daily
14.9%	2 hours daily	23.1%	2 hours daily
8.3%	3 hours daily	12.1%	3 hours daily
2.7%	4 hours daily	8.3%	4 hours daily
2.6%	5 hours daily	3.7%	5 hours daily
0.9%	6 hours daily	1.8%	6 hours daily
1.7%	7 hours daily and more	4.6%	7 hours daily and more

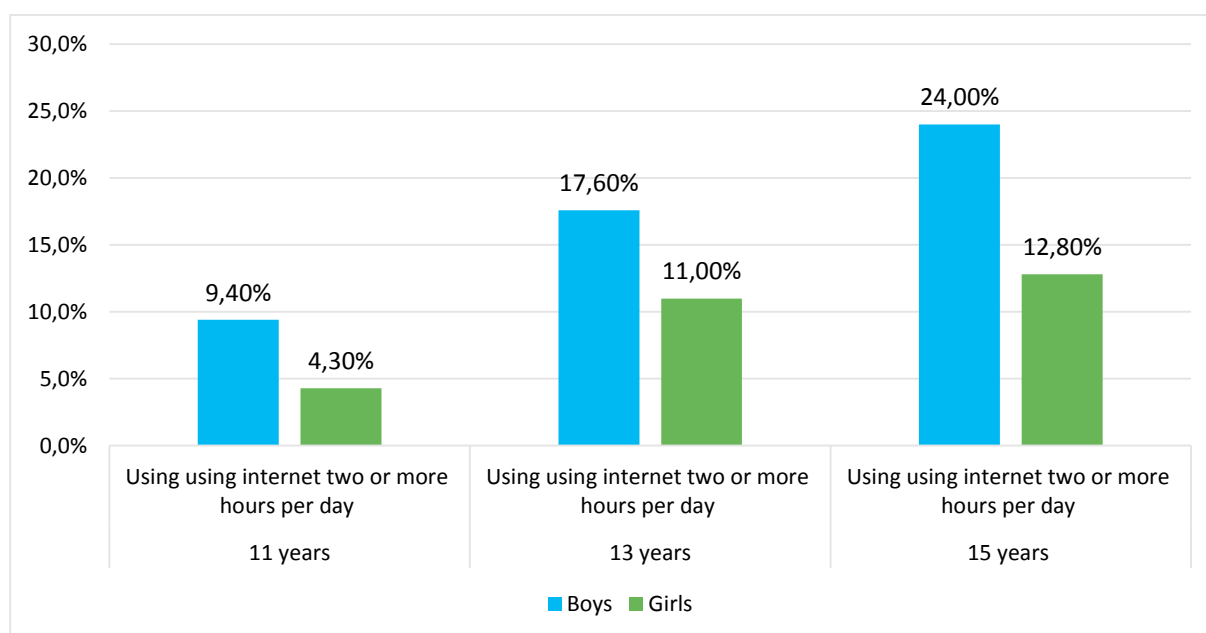
Those who are involved in virtual games over 2 hours a day by using computers, tablets or smartphones, spending 36.1% of their leisure time on weekends and 16.8% on weekdays for the games. Schoolchildren are using computers for improving their knowledge spending 19.8% of their time in weekdays and 30.3% on weekends for the activities (Table 17).

Table 17. Computer utilization: for games and for improving knowledge

	Computer games (week days)	games (weekends)	Use of Computer (week days)	Use of Computer (weekends)
More than 2 hours daily	16.8%	36.1%	19.8%	30.3%

Less than one-fourth of boys participating in the survey were using internet two or more hours per day (9.4% of 11-year, 17.6% of 13-year, 24% of 15-year-old boys); they were searching for homework tasks, emailing, social networking (Twitter, Facebook) and simply surfing on the web.

Around one-tenth of girls participating in the survey are using internet two or more hours per day (4.3% of 11-years, 11.0%, of 13-years, 12.8% of 15 years-old girls) who are engaged in searching for homework tasks, emailing, social networking (Twitter, Facebook), and simply surfing the web.

Figure 22. Using Internet

Children in very few cases are using gadgets for measuring the level of physical activities: however, 79.5% of them have a smartphone without the necessary applications, 11.3% of teenagers have smartphone with application, but they are not

actively using the applications, and finally, only 9.1% of the teenager's has a smartphone with software application and they are actively using the applications.

It is worth noticing that, 82.9% of participants do not have monitors/chronometers for controlling heartbeats, 9.2% have the gadgets-but they are not the active users of the gadgets and only 8.0% have those and are active users of the gadgets.

Among survey participants 20.9% spent less than 5 minutes to reach to school, 46.3% spent 5 to 15 minutes, 24.6% 15-30 minutes, 6.1%, 1 hour and 2.2% spent more than 1 hour for reaching schools. The majority of students or 75.6% participating in the survey arriving at school or returning home by foot, 1.2%- by bike, 7.6% -by bus, train, tram, subway, 14.6% by private cars, motorcycles or mopeds and 1% by other means of transportation.

The majority of students or 77.1% of children think that among all indicated factors roads for pedestrians and cyclists are important or very important and 79.6% of those would prefer having larger sidewalks or pedestrian paths; almost 76.9% of the respondents want the roads with less traffic. The important factors are indicated in the following *Table 18*:

Table 18. Factors that would make walking or cycling to school better and encourage a child to walk or cycle to school

	Very important	Important	Not important	I am not sure
Road to pedestrians or cyclists	46.7%	30.5%	12.0%	10.9%
Larger sidewalks or pedestrian paths	38.5%	41.1%	9.6%	10.8%
Roads with less traffic	43.4%	33.5%	13.7%	9.5%
Safe places at school to park bikes	40.3%	32.6%	15.0%	12.1%
Safe places to cross the road	59.1%	25.0%	9.5%	6.3%
People I can go along the road	41.4%	37.6%	10.7%	10.3%
Being convinced that I will not be subjected to violence or attack	50.2%	27.2%	9.7%	12.8%
Cabinets for putting personal belongings at school	52.1%	30.8%	8.7%	8.4%
Living in the proximity of school	42.6%	36.2%	14.4%	6.8%
Better lighting of the streets	54.9%	30.3%	8.1%	6.6%

According to collecting data 79.6% of respondents consider it important or very important to have larger and safer sidewalks or pedestrian paths for reaching schools; 84.1% of respondents are worried about the safety of road crossings; Out of all respondents 82.9% wish to have cabinets for personal belongings in their schools (*Table 18*).

The survey results prove that, 65.9% of respondents are indicating that their area is not safe to walk or play alone during the day. However, 62.9% of respondents believe that one of the family members has some opportunity to play with him/her (*Table 19*).

Table 19. Results related to physical activity environment

	Absolutely true	I am not sure	Absolutely wrong
It's safe to walk alone or play alone during the day	34.1%	33.7%	32.2%
There are other children to play with near the house	74.9%	16.0%	9.1%
There is someone in the family to play with in the yard	62.9%	13.7%	23.5%
In the area close to home there are playgrounds and parks where I can play	40.9%	17.6%	41.5%
There are playgrounds or areas at school where I can run	67.9%	14.1%	18.0%
When leaving home, I must always tell to my parents where I am	84.4%	11.5%	4.1%
When leaving home, I have to return home at specified times	78.1%	13.8%	8.2%

5. RISK BEHAVIOURS

- ▶ However, 72% of pupils taking part in the survey have not been bullied at school in the past couple of months; 16.6% responded that it happened to them once or twice, roughly 2-3 times per month is 7.6%, about once a week - 1.7% and 2.2% reported that it happened several times a week.
- ▶ According to the information collected, no alcoholic beverage is preferred. But the most commonly used alcohol is beer 4.8% of children has tried at least once beer .
- ▶ Among the respondents, 98.1% of their lives have never used marijuana in the last 30 days, and 1.9% has used marijuana and 1.1% has taken the last 30 days.
- ▶ The proportion of none smokers is 80,2%, but still around one- fifth of children or 19.8% has tried or is smoking; around 14% of children tried at list once alcohol, less than 5% of children get drunk at least once a week and less than 3% of children is cannabis users.
- ▶ The majority (91.9%) of students was not thinking seriously about committing suicide, but only 8.1% of them were thinking about it seriously.
- ▶ To the question – if a parent or other adult in the household sent swears at you, insulted you, humiliated you, threatened you or make you feel unwanted- more than 90.5% of responded negatively and 8.3% of them 1 or 2 times exposed to them and 1.2% experienced them repeatedly.

Tobacco Products, Alcohol and Drug Use

During lifetime, 7.2% of the boys and 3.8% of girls were smoking; but, the last 30 days the rate of smokers was lower (3.6% boys & 2.5% girls). The rate of smokers among 13 and 15 years shown in the table.

Table 20. Days smoked in lifetime

		Lifetime	
		Never	Use
Boys	Number	1077	83
	%	92.8%	7.2%
Girls	Number	1285	51
	%	96.2%	3.8%

Table 21. Days smoked at last 30 days

		Never	Use
Boys	Number	1112	42
	%	96.4%	3.6%
Girls	Number	1302	33
	%	97.5%	2.5%

Peer substance use

The proportion of none smokers is 80,2%, but still around one- fifth of children or 19.8% has tried or is smoking; around 14% of children tried at list once alcohol, less than 5% of children get drunk at least once a week and less than 3% of children is cannabis users.

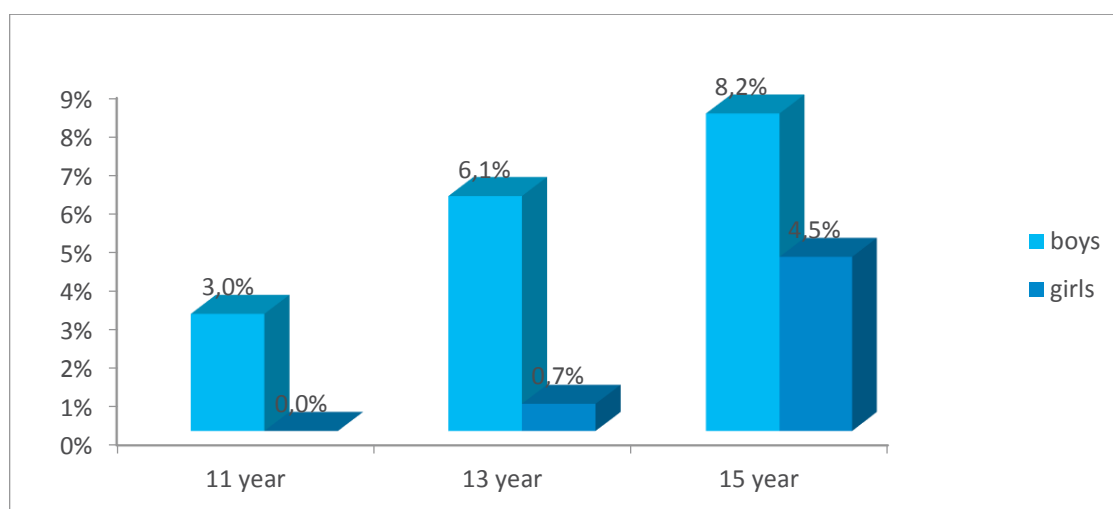
Table 22. Peer substance use

... How many of your friends would you estimate...					
	none	a few	some	most	all
smoke cigarettes	80.2%	10.5%	6.9%	1.2%	1.3%
drink alcohol	86.2%	5.8%	5.8%	0.9%	1.3%
get drunk at least once a week	94.9%	2.6%	1.0%	0.3%	1.2%
take cannabis (<i>insert street names</i>)	97.0%	1.0%	0.5%	0.2%	1.2%

Among the youngs 1.8% of 11-year-olds, 3.2% of 13-year-olds and 6.2% of 15-year-olds boys were truly drunkenness at least once during their lifetime. In boys and girls, this indicator increases proportionally with age. youngest (11 years old) students 3.0% have had alcoholic beverages throughout their lifetime.

At the age of 13 out of all 6.1% of of boys took alcohol, however only 3.2% of girls took them at least once in life time; 8.2% of 15-year-old boys tried alcoholic beverages, 4.5% of girls tried them at least once (Figure 23).

Figure 23. Drunkenness at least once throughout life



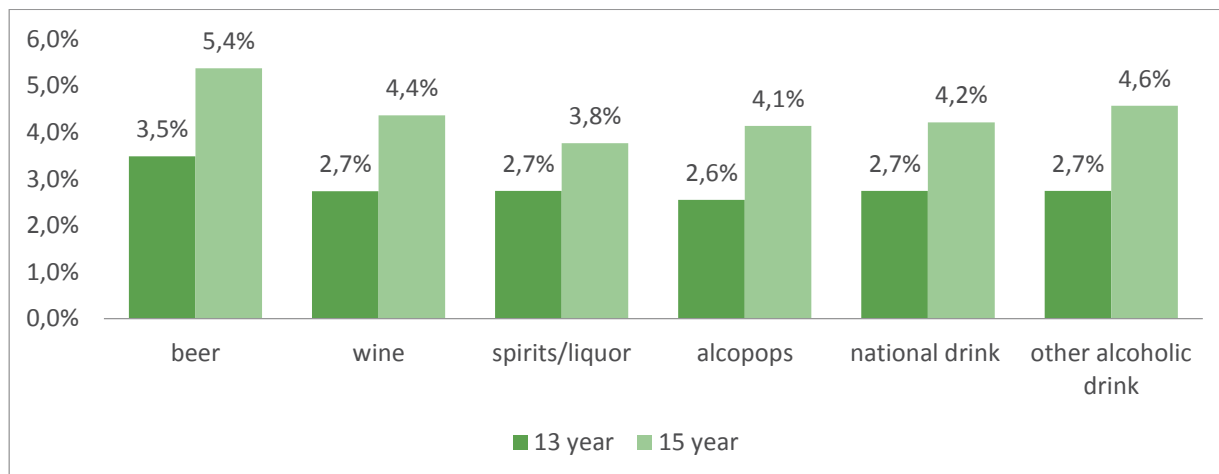
According to the information collected, no alcoholic beverage is preferred. But the most commonly used alcohol is beer 4.8%. Looking at the others (wine, Spirits / Liquor, vodka etc.) we see that they are distributed almost evenly (fluctuating between 3.6% and 4%) (Table 23).

Table 23. Beverage specific frequency of alcohol use

	Beer	Wine	Spirits / Liquor	Alcopops [e.g. Smirnoff Ice, Bacardi Breezer, Mike's Hard Lemonade]	National drinks (maximum categories of three)	Any other drink that contains alcohol
Every day	4.8%	3.8%	3.8%	3.6%	3.8%	4.0%
Every week	0.4%	0.4%	0.6%	0.6%	0.7%	0.5%
Every month	1%	0.6%	0.4%	0.5%	0.5%	0.4%

Among 13-15 year old teenagers who answered the question (n = 2410) how often do you drink certain alcoholic beverages, the proportion of alcoholic beverages increases with age. Boys are 2 times more likely to use alcohol every day than girls (Figure 20).

Figure 24. Preferred of alcoholic beverages among schoolchildren



QUESTIONS FOR ONLY 15 YEARS OLD STUDENTS

According to responses of 15-year-old students, 69.7% of them did not receive alcoholic beverages in the last 12 months, and 30.3% never have had any alcoholic beverages throughout their lives (*Table 24*).

Table 24. Drinking motives

	never	rarely	som etim es	most of the time	always
...because it helps me enjoy a party.	93.1%	3.0%	1.4%	0.8%	1.8%
...because it helps me when I feel depressed or nervous.	93.8%	3.1%	1.4%	0.7%	1.0%
...to cheer me up when I are in a bad mood.	93.8%	2.4%	1.9%	0.7%	1.4%
...because it gives me a pleasant feeling.	92.7%	3.3%	1.9%	0.8%	1.1%
...to get high.	94.1%	1.9%	2.1%	0.7%	1.4%
...because it makes social gatherings more fun.	93.5%	2.9%	1.9%	0.7%	1.1%
...to fit in with a group I like.	92.7%	2.4%	1.9%	0.7%	1.4%
...because it improves parties and celebrations.	91.3%	4.3%	2.2%	0.7%	1.5%
...to forget about my problems.	92.7%	3.9%	1.1%	1.0%	1.3%
...because it is fun.	93.1%	2.7%	2.1%	0.8%	1.3%
...to be liked.	94.4%	2.0%	1.5%	0.7%	1.4%
...so I won't feel left out.	94.2%	2.0%	2.1%	0.5%	1.2%
...because it helps me enjoy a party.	93.3%	3.7%	1.0%	0.5%	1.5%
...because it helps me when I feel depressed or nervous.	94.7%	3.3%	1.0%	0.3%	0.8%
...to cheer me up when I are in a bad mood.	94.2%	3.3%	1.5%	0.3%	0.8%
...because it gives me a pleasant feeling.	93.0%	3.3%	1.8%	0.5%	1.5%
...to get high.	93.7%	1.8%	3.3%	0.3%	1.0%
...because it makes social gatherings more fun.	94.2%	2.3%	2.0%	0.5%	1.0%
...to fit in with a group I like.	92.5%	2.3%	2.3%	2.0%	1.0%
...because it improves parties and celebrations.	93.0%	3.8%	1.8%	0.5%	1.0%
...to forget about my problems.	94.9%	2.5%	1.0%	0.8%	0.8%
...because it is fun.	94.2%	3.0%	1.5%	0.5%	0.8%
...to be liked.	95.5%	1.3%	1.3%	1.0%	1.0%
...so I won't feel left out.	94.7%	1.5%	2.5%	0.5%	0.8%

Among the respondents, 98.1% of their lives have never used marijuana in the last 30 days, and 1.9% has used marijuana and 1.1% has taken the last 30 days.

Table 25. Frequency of drug (cannabis/marijuana use)

	Marijuana Lifelong	How many times in the last 30 days?
	Never	
15 year	1229	1206
	98.5%	99.2%

BULLYING AND INJURIES

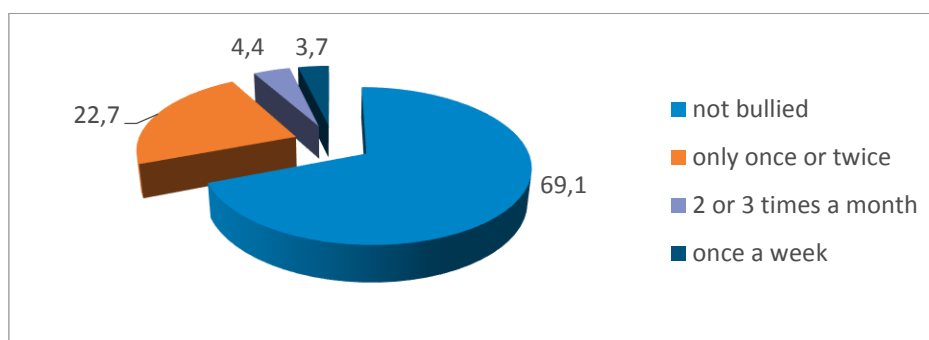
Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behavior that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behavior is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

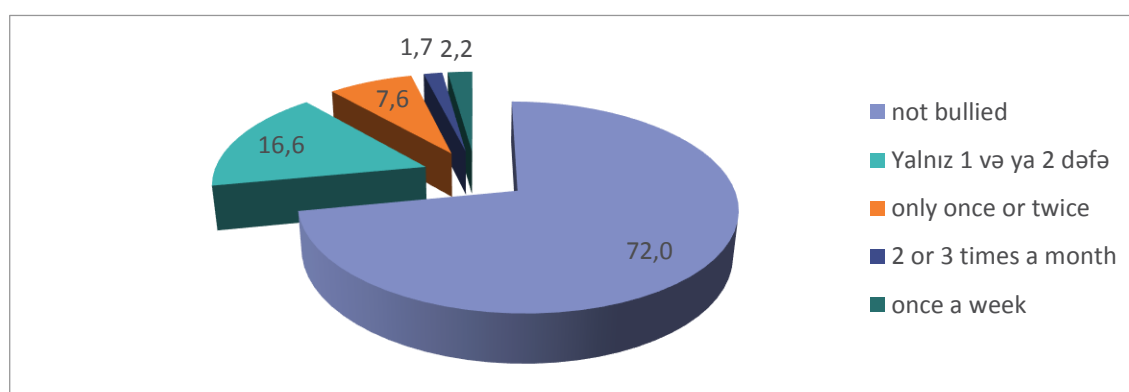
Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullyingⁱ.

The proportion of students who had not bullied another person (s) at school in the past couple of months is 69.1%, only once or twice is 22.7%, 2 or 3 times a month 4.4%, and about once a week is 3.7% (*Figure 24*).

ⁱ <https://bullyingnoway.gov.au/WhatIsBullying/DefinitionOfBullying>

Figure 25. Proportion of children have never bullied others

However, 72% of pupils taking part in the survey have not been bullied at school in the past couple of months; 16.6% responded that it happened to them once or twice, roughly 2-3 times per month is 7.6%, about once a week -1.7% and 2.2% reported that it happened several times a week (Figure 25).

Figure 26 Proportion of children who were bullied by another children

Over the past a couple of months 11-year-old boys who were exposed to bullying constitute 31.6%, 13-year-olds 32.5%, 15-years 40.7%. The proportion among girls is lesser than among boys: girls aged 11 years 18.8%, 13 years olds 27.8% and 15 years olds is 34.5% (Table 26).

Table 26. Rate of boys and girls being bullied in the school

	Age 11	Age 13	Age 15
Boys	31.6%	32.5%	40.7%
Girls	18.8%	27.8%	34.5%
Total	25.3%	30.0%	37.3%

Almost one - fourth of students (23.5%) was feeling very sad or hopeless (for about two weeks or more) almost every day because they had stopped some of their regular activities that was ongoing in the last 12 months, but 76.5% of the students did not feel like that.

The majority (91.9%) of students was not thinking seriously about committing suicide, but only 8.1% of them were thinking about it seriously.

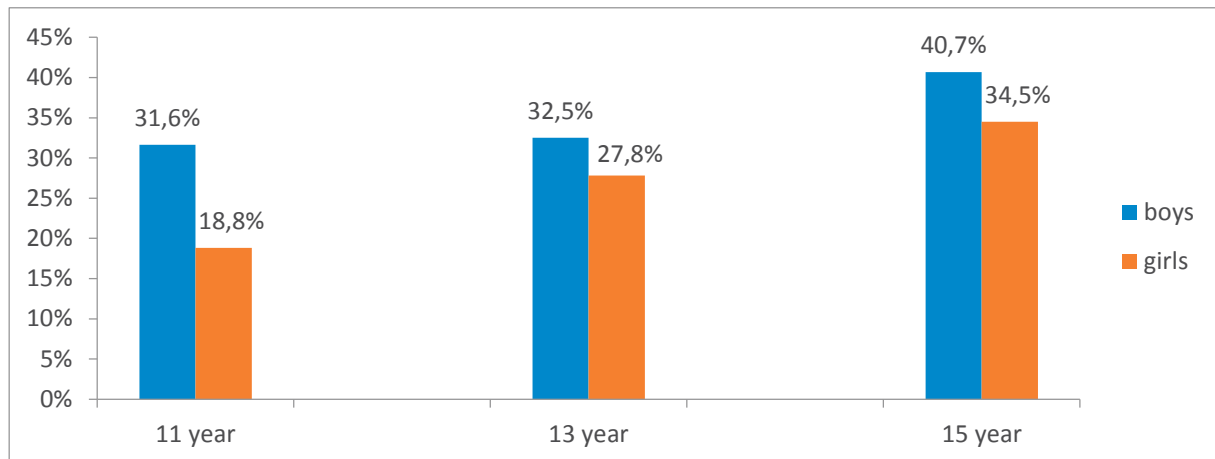
Those who had plans of committing a suicide for the last 12 months are 16.9%; 83.1% of students did not have any plans on this.

Among respondents 89.1% was never hit, beat, kick or physically try to hurt him/her in any way by parents or other adults in the households during her/his life time. Nevertheless, those, who exposed to physical abuse and experienced it during the last 12 months is 7.8% and 6.6% of them exposed once or twice and 1.2% several times. To the question – if a parent or other adult in the household sent swears at you, insulted you, humiliated you, threatened you or make you feel unwanted- more than 90.5% of responded negatively and 8.3% of them 1 or 2 times exposed to them and 1.2% experienced them repeatedly. The majority (88.1%) of the respondents did not see the neglected attitude towards them (physical neglect) and in the last 12 months 87.9% felt that they have not been neglected.

However, to the question of whether your parent or caregiver does not provide you with enough food or a clean, comfortable place to live or once or twice is 2,9%, in the last 12 months is 3.7%, repeatedly in my life is 9.0% and 8.5% in the last 12 months. To the question were there was an adult living with him/her who did not make her/him feel loved in their lifetime - 89% responded negatively, those who felt once or 2 times is 6.3%, who felt repeatedly is 4.8%. To the same question in the past 12 months 85.1% responded negatively, but, 10. 4 % felt 1 or 2 times; 4.5% is who felt that way repeatedly. The vast majority (94.2%) of students have never seen or heard witnessed one of their parents (by spouse / partner or previous spouse / partner) a slapping, pushing, hitting or deliberately injuring others; 1 or 2 times as many as 3.8% and 1.9% is those who repeatedly witnessed the abuses. In the last 12 months 94.5% of never did that 1 or 2 times as many as 3.4%and those families where those repeatedly happened is 2.2%.

Boys more often than girls try on the role of aggressor. However, the proportion of respondents who act as an aggressor grows with age, equally for both boys and girls, so that at the age of 15 every second boy and every third girl act as an aggressor (Figure 26)

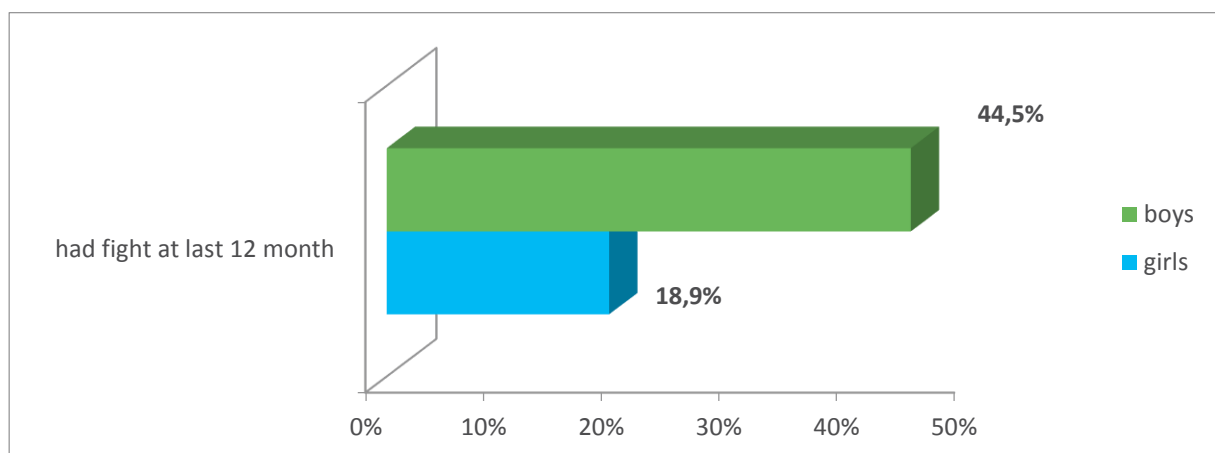
Figure 27 Proportion of children have never acted as an aggressor



Over the past few months out of all students 14.1% in all age groups have been using internet for sending rude messages to other people and have been treating them humiliatingly (humiliating, harassing, slandering, insulting messages and calling them by animal names). At the same time, 90.6% of pupils have not been harassed or humiliated on the internet over the past few months.

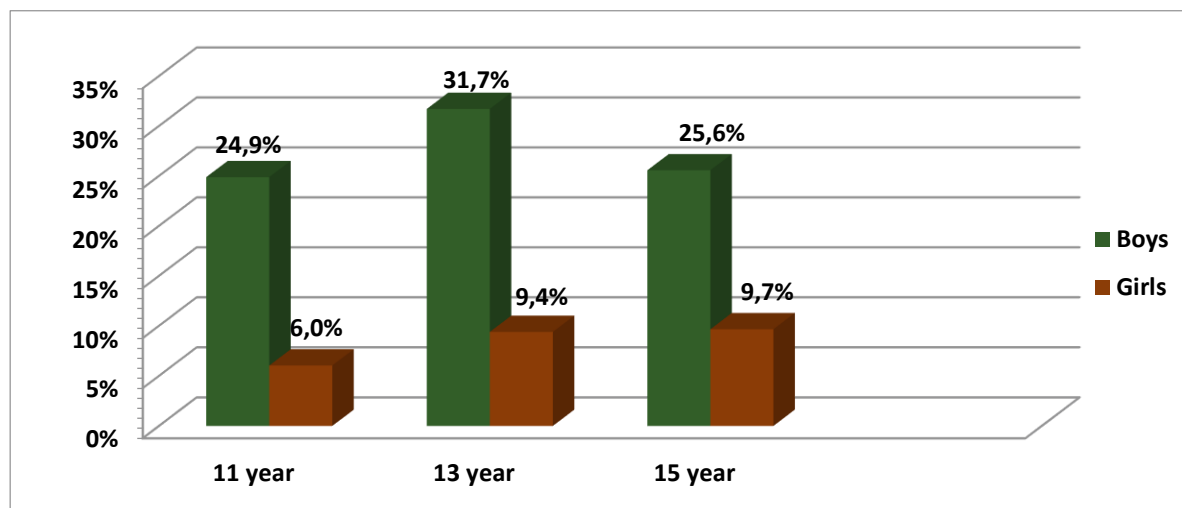
Out of all respondents 68.3% did not fight in the last 12 months, 14.2% had it once, 6.2% had it 2 times, 4.2% 3 times, 7.1% had it 4 times and more (Figure 27).

Figure 28. Had fight at last 12 month



With age, the percentage of adolescents involved in a fight 2 or more times increases both in boys (11 years old 24.9%; 13 years old-31.7%; 15 years old-25.6%) and in girls (11 years old 6.0% ; 13 years-9.4%; 15 years-9.7%) (*Figure 28*)

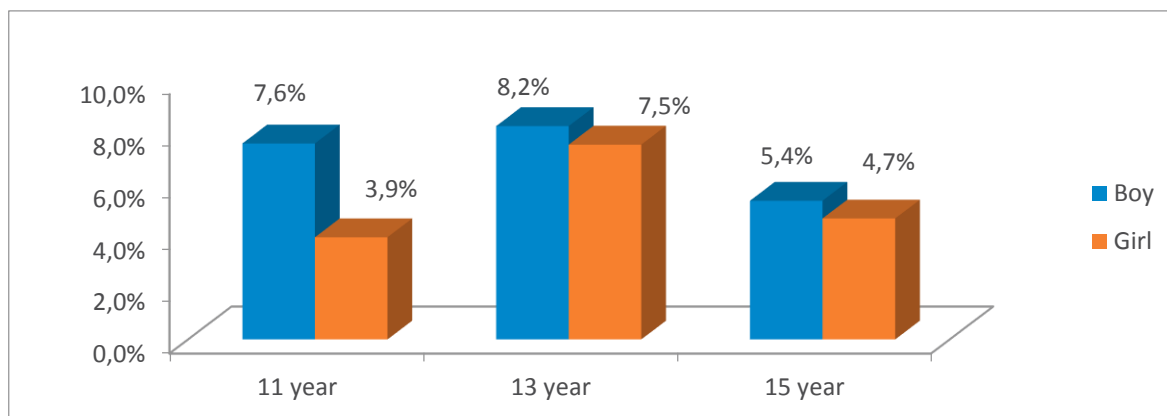
Figure 29. Percentage of adolescents involved in fights 2 or more times in the past 12 months



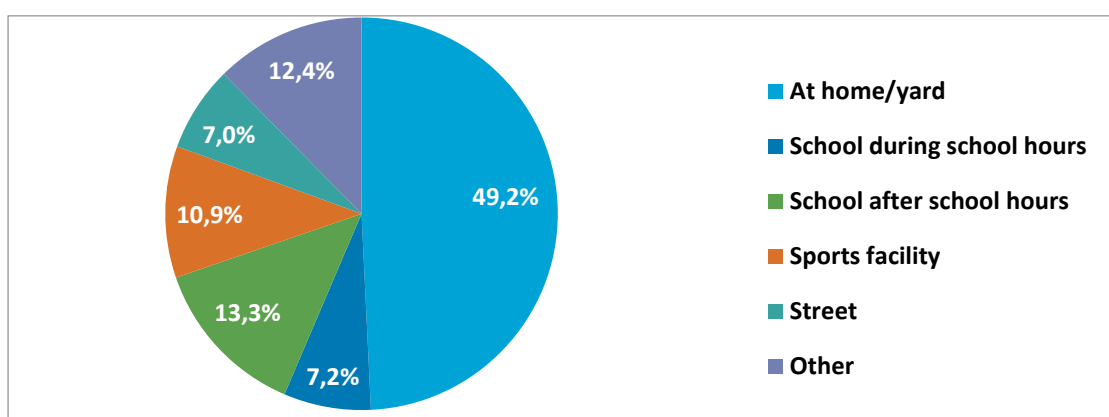
Injuries present a serious public health concern globally, and represent a significant health risk to young people. The majority of injuries are non-fatal but they still carry with them health and well-being consequences as well as imposing demands on health services. However, physical violence between peers during adolescences has been recognized as a major cause of injury among young people, especially among young malesⁱⁱ.

According to the survey results pupils, who did not receive any trauma or injury in the last 12 months constitute 71.2% of respondents, but 21.4% of the respondent reported once, 4.4% 2 times, 0.6% 3 times and 1.2% received them 4 times and that, they had to visit a doctors or medical workers, because of injuries or traumas they had been exposed (*Figure 26*).

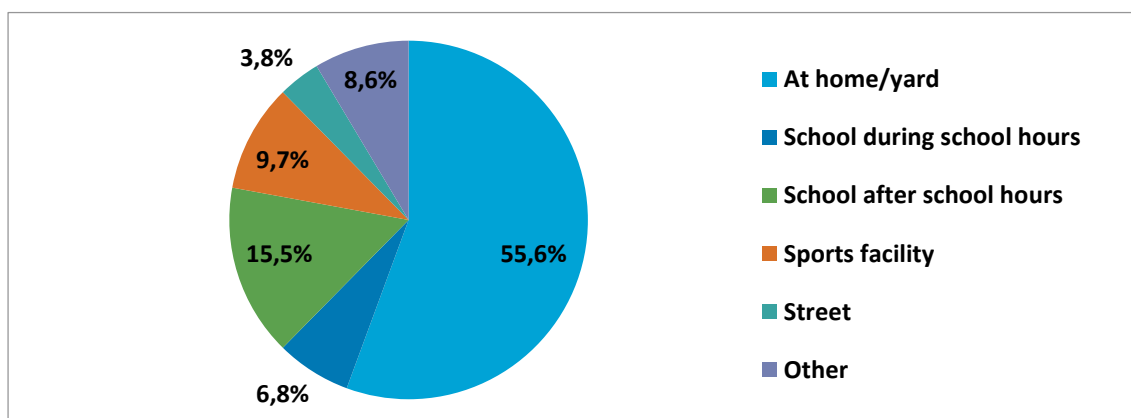
ⁱⁱ HBSC England National Report- Findings from the 2014 HBSC study for England

Figure 30. Distribution of injuries

During the last 12 months, 1037 people were not injured and 229 were injured. About half of injuries (49.2%) among boys have taken place at home or house yard. The other places of injuries indicated in the Figure 30.

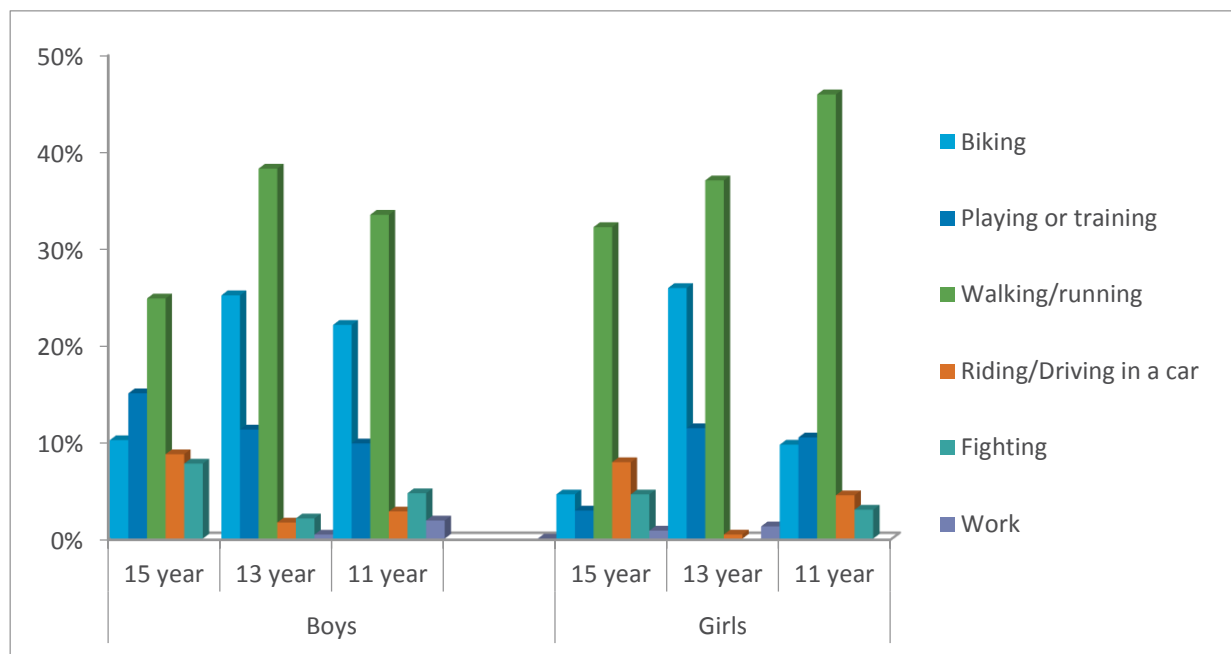
Figure 31. Place of injuries among boys

About half of injuries (55.6%) among have taken place at home or house yard. The other places of injuries indicated in the Figure 31.

Figure 32. Place of injuries among girls

Almost one- third of injuries / trauma received when the respondents were walking, jogging (not related to sports) and About one- fourth of injuries received when the pupils were cycling/biking (*Figure 32*).

Figure 33. What were you doing when you received the injury/traum



During last twelve months 71.2% never suffered from any injuries, 23.5% suffered but did not miss school, however 4.2% children spent on or more days in beds and missed school.

The majority of children who did not attend school because of injuries missed 73.3% missed 1-6 days.

Table 27. Distribution of injuries according to the number of missed school days

Day	Number of children	Percentage
1-6	140	73,3%
7-12	22	11,5%
13-20	12	6,3%
21-26	0	0,0%
27-32	9	4,7%
>33	8	4,2%
	191	100,0%

6. DISCUSSION

- ▶ Role of computer games in the daily life of children undoubtedly is very important, as far as the majority of children want to allocate more time for computer games (68%) and three-thirds have serious conflicts with parents because of computer games or were lying to them.
- ▶ The majority of students or 77.1% of children think that among all indicated factors roads for pedestrians and cyclists are important or very important and 79.6% of those would prefer having larger sidewalks or pedestrian paths; almost 76.9% of the respondents want the roads with less traffic.
- ▶ The majority (91.9%) of students was not thinking seriously about committing suicide, but only 8.1% of them were thinking about it seriously.
- ▶ To the question – if a parent or other adult in the household sent swears at you, insulted you, humiliated you, threatened you or make you feel unwanted- more than 90.5% of responded negatively and 8.3% of them 1 or 2 times exposed to them and 1.2% experienced them repeatedly.
- ▶ The majority of respondents or 88.4% consider themselves healthy, but 11.6% visited doctors because of long-term diseases, disabilities or other health-related problems.
- ▶ According to the information collected, no alcoholic beverage is preferred. But the most commonly used alcohol is beer 4.8% of children has tried at least once beer.
- ▶ Among the respondents, 98.1% of their lives have never used marijuana in the last 30 days, and 1.9% has used marijuana and 1.1% has taken the last 30 days.
- ▶ More than half of the children (57.0%) have personal bedrooms, but, less than half of them (43.0%) do not have own bedrooms.

Family affluence

Family affluence in one- or other- way affecting health and well- being of adolescents: as abundance of food basket, living conditions, accessibility of modern gadgets and etc. depends on family's wealth.

In general, cost may restrict families' opportunities to adopt healthy behaviours, such as eating fruits and vegetables and participating in fee-based physical activity. Young people living in low-affluence households are less likely to have adequate access to health resources and more likely to be exposed to psychosocial stress, which underpin health inequalities in self-rated health and well-being. Many of these inequalities have persisted or increased over time. A better understanding of the effects may enable the identification of the origins of socioeconomic differences in adult health and offer opportunities to define possible pathways through which adult health inequalities are produced and reproducedⁱ.

The questionnaires included questions to assess financial and socio-economic conditions/ situations of the families of the children.

Families owning one and more cars constitute 46.7% and 46.7% of families does not have a car.

More than half of the children (57.0%) have personal bedrooms and therefore less than half of them (43.0%) do not have own bedrooms.

Out of all respondents: 38.8% do not have computer at home, but 38.5% have 1 computer, 11.8% have 2 computers and 11.0% have more than 2 computers at their homes.

In the majority (72.0%) of the children's houses, there is 1 bathroom and 18.8% has 2 bathrooms. At the same time, 6.2% of the students do not have a bathroom in their homes. This means that 93.8% of the pupils participating in the survey have access to showers and bathing facilities. The majority of houses (78.6%) of the students participating in the survey do not have dishwashers installed and only 21.4% reported that they have dishwashers.

For the last 12 months, students travelling with families (domestic or out of the country), at least once, make up 20.8% and in addition to that, 41.6% of children have travelled

ⁱ Growing Up Unequal: Gender and Socioeconomic Differences In Young People's Health And Well-Being- Health Behaviour In School-Aged Children (Hbsc) Study: International Report From The 2013/2014 Survey

twice or more than twice, but those who did not travel at all constitute 37.6%. This means that 62.4% of the respondents have the opportunity to travel with their families.

To the question about educational level of parents: 52.4% indicated that their parents are having high school certificate and 43.0% university diploma, but some 4.6% of respondents reported that their parents did not finish high school education. Fathers with university education constitute 36.7% and proportion of mothers with that level of education is 31.3% out of all surveyed children.

7. CONCLUSION

Conclusion:

- ▶ In Azerbaijan strong family relationships have the potential to encourage positive attitudes to healthy life and develop and strengthen resilience in children and young people to adverse elements of the entire environment.
- ▶ Family affluence in one- or other- way affecting health and well-being of adolescents: as abundance of food basket, living conditions, accessibility of modern gadgets and etc. depends on family's wealth.
- ▶ More than half of the children (57.0%) have personal bedrooms, but, less than half of them (43.0%) do not have own bedrooms.
- ▶ Most young people find communication with their mothers easier than with their fathers. Girls and boys report ease in communicating with their mothers approximately equally. However, gender differences emerge in relation to communication with their fathers as 75% of 15- year-old boys reporting ease of communication with their fathers against 59% of 15-year-old girls.
- ▶ Children from highly-affluent families, particularly boys, are more likely to report feeling stronger family support, but this perception decreases with age, especially for girls, for whom a significant decrease is seen between ages 11 and 15.
- ▶ Students can discuss or share issues of their concern with mothers (67.5% of all cases) and with fathers (45.9% of all cases). The role of mothers is much higher and children can easily discuss personal problems with them.
- ▶ Role of computer games in the daily life of children undoubtedly is very important, as far as the majority of children want to allocate more time for computer games (68%) and three-thirds have serious conflicts with parents because of computer games or were lying to them.
- ▶ The majority of respondents or 88.4% consider themselves healthy, but 11.6% visited doctors because of long-term diseases, disabilities or other health-related problems.
- ▶ Only a third of the students (31.5%) refuse to accept foods containing sweet ingredients, but most of them take (68.5%) food items containing carbohydrates (sweets). The collected information indicates that most students (62.3%) have plenty of oily dishes.

- ▶ The vast majority of children are satisfied with their weight, but 13.5% are those who want to reduce their weight without keeping diet; those who want to increase their weight is 8.8% and however, 5.8% of respondents is keeping diet.
- ▶ Two-tenth (22.9%) of the respondents miss lunch or dinner, and one-tenth (9.9%) do not take meals the whole day (fasting the whole day).
- ▶ Out of all 13.8% drink Coca-Cola every day or more than once a day, 30.2% eat candies (chocolate, candy) every day or more than once a day.
- ▶ Schoolchildren are using computers for improving their knowledge spending 19.8% of their time in weekdays and 30.3% on weekends for the activities (see Table 14)
- ▶ Children in very few cases are using gadgets for measuring the level of physical activities: however, 79.5% of them have a smartphone without the necessary applications, 11.3% of teenagers have smartphone with application, but they are not actively using the applications, and finally, only 9.1% of the teenager's has a smartphone with software application and they are actively using the applications.
- ▶ The majority of students or 77.1% of children think that among all indicated factors roads for pedestrians and cyclists are important or very important and 79.6% of those would prefer having larger sidewalks or pedestrian paths; almost 76.9% of the respondents want the roads with less traffic.
- ▶ According to collecting data 79.6% of respondents consider it important or very important to have larger and safer sidewalks or pedestrian paths for reaching schools; 84.1% of respondents are worried about the safety of road crossings; Out of all respondents 82.9% wish to have cabinets for personal belongings in their schools.
- ▶ However, 72% of pupils taking part in the survey have not been bullied at school in the past couple of months; 16.6% responded that it happened to them once or twice, roughly 2-3 times per month is 7.6%, about once a week -1.7% and 2.2% reported that it happened several times a week.
- ▶ According to the information collected, no alcoholic beverage is preferred. But the most commonly used alcohol is beer 4.8% of children has tried at least once beer.
- ▶ Among the respondents, 98.1% of their lives have never used marijuana in the last 30 days, and 1.9% has used marijuana and 1.1% has taken the last 30 days.
- ▶ The proportion of none smokers is 80,2%, but still around one- fifth of children or

19.8% has tried or is smoking; around 14% of children tried at list once alcohol, less than 5% of children get drunk at least once a week and less than 3% of children is cannabis users.

- ▶ The majority (91.9%) of students was not thinking seriously about committing suicide, but only 8.1% of them were thinking about it seriously.
- ▶ To the question – if a parent or other adult in the household sent swears at you, insulted you, humiliated you, threatened you or make you feel unwanted- more than 90.5% of responded negatively and 8.3% of them 1 or 2 times exposed to them and 1.2% experienced them repeatedly.