

# THE HBSC-FWB SURVEY



The «Health and Well-being of Young People in the Federation of Wallonia-Brussels» survey is conducted every four years among pupils from the 5<sup>th</sup> year of primary school to the 6<sup>th</sup>-7<sup>th</sup> years of secondary school. It is the french-speaking Belgian component of the international study «Health Behaviour in School-aged Children» (HBSC), in which more than 40 countries or regions participate under the aegis of the WHO Regional Office for Europe.

The data collected in the survey concern the health and well-being of adolescents (life satisfaction, school-related stress, reported symptoms, etc.), their health behaviours (diet, physical activity, use of psychotropic agents, etc.) and psychosocial factors (socio-demographic characteristics, familial characteristics, perception of classroom environment, etc.).

The aims of this survey are to produce useful indicators for health promotion actors working with an audience of young people and to facilitate the implementation of health prevention and promotion policies and interventions. The regular repetition of the survey makes it possible to follow changes in health indicators and their determinants over time.

## METHODOLOGY

The study is based on the HBSC international protocol\*. The questionnaire, which is validated at both international and community levels, consists of basic modules adopted by all countries and optional modules allowing each country to adapt this questionnaire to its priority research themes.

In the Federation of Wallonia-Brussels (FWB), three versions of the questionnaire coexisted in 2014 according to academic level. Questions relating to illicit drugs were addressed only in secondary schools and those relating to emotional and sex life in upper secondary schools.

These different versions of the questionnaire mean that the numbers in the analysis of certain indicators are less than the total number (n=14,180), since only some of the pupils will have had to respond to these questions.

The questionnaires were self-administered in the classrooms under the supervision of a member of the school staff according to a standardised procedure: the questionnaires were anonymous and distributed together with an envelope, which was sealed by the pupil after he or she had inserted the completed questionnaire. This procedure ensures the anonymity and confidentiality of the data.

## SAMPLING

The survey is conducted on a random sample stratified proportionally to the distribution of the school population by province and school board. This sample is considered representative of school-aged children in ordinary full-time education in FWB.

In order to constitute the sample for 2014, 781 schools were invited to participate in the study (387 primary, 394 secondary). A total of 362 schools (169 primary, 193 secondary) responded favourably or unfavourably to this invitation. The number of schools participating in the survey was 168 (96 primary, 72 secondary), i.e. an participation rate of 46% among respondents.

The number of available questionnaires for the data analysis in 2014 was 14,180 <sup>1</sup>.

1 Samples of the HBSC-FWB studies by survey year and by age						
AGE	1994	1998	2002	2006	2010	2014
10 years or –	1,313	751	817	710	560	749
11 years	1,977	1,217	1,795	1,300	1,146	1,435
12 years	1,864	1,485	1,739	1,536	1,322	1,698
13 years	1,670	1,778	1,736	1,472	1,243	1,752
14 years	1,718	1,896	1,738	1,338	1,121	1,622
15 years	1,676	1,729	1,639	1,353	1,206	1,746
16 years	1,670	1,453	1,511	1,368	1,292	1,583
17 years	1,559	1,300	1,504	1,298	1,112	1,535
18 years	1,006	811	1,065	773	761	936
19 years or +	894	567	1,204	596	770	1,066
<b>TOTAL</b>	<b>15,347</b>	<b>12,987</b>	<b>14,748</b>	<b>11,744</b>	<b>10,533</b>	<b>14,122*</b>

\*58 missing data for age

## DEFINITION OF LEVEL OF AFFLUENCE

The level of family affluence is a score constructed on the basis of 6 indicators: (1) the number of cars or vans owned by the family, (2) having a room to oneself, (3) the number of times the family went on holiday abroad in the year prior to the survey, (4) the number of home computers, (5) the number of bathrooms in the house and (6) owning a dishwasher or not.

Score values range from 0 to 13. The low level corresponds to values from 0 to 6, the medium level, to values from 7 to 9 and the high level, to values from 10 to 13.

## 2014 SAMPLE

Table <sup>2</sup> describes the sample for the 2014 survey in terms of the main sociodemographic variables.

2 Description of the HBSC-FWB study sample in 2014					
	n	%		n	%
<b>Gender</b>	<b>14,180</b>		<b>Academic level</b>	<b>14,129</b>	
Boys	6,962	49	5th primary	1,554	11
Girls	7,218	51	6th primary	1,540	11
			1st secondary	2,035	14
<b>Level of affluence</b>	<b>13,135</b>		2nd secondary	2,063	15
High	4,243	32	3rd secondary	1,936	14
Medium	6,108	47	4th secondary	1,823	13
Low	2,785	21	5th secondary	1,469	10
			6th-7th secondary	1,710	12

\* For further information on the methodology, an abridged version of the international protocol is accessible by submitting a request to the HBSC site: [www.hbsc.org/methods](http://www.hbsc.org/methods)

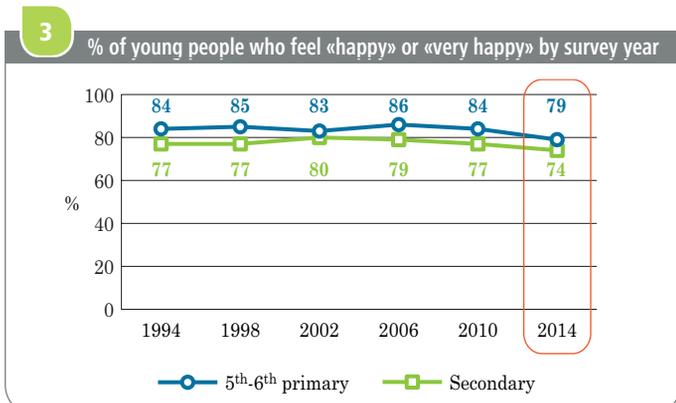
**METHODS OF ANALYSIS**

- The proportions presented in the figures illustrating the time courses are standardised for gender and age. The observed differences therefore are not due to differences in age or gender distribution between the different surveys.
- The proportions shown in the figures illustrating the distribution of an indicator according to one or two chosen characteristics are crude proportions, in other words proportions as estimated from the data available in 2014.
- Test statistics have been used to compare the differences between groups.

**HELP IN READING THE GRAPHS**

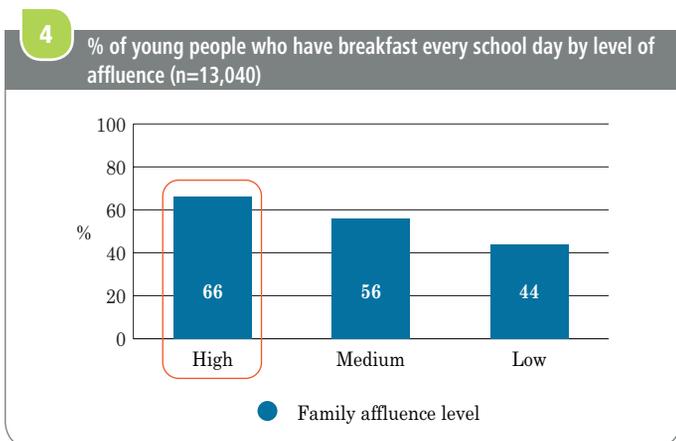
**Time course**

Figure 3 illustrates the time course of the feeling of happiness during the different survey years. For example, 79% of young people in the 5<sup>th</sup>-6<sup>th</sup> year of primary school and 74% of young people in secondary school feel «very happy» or «happy» in 2014.



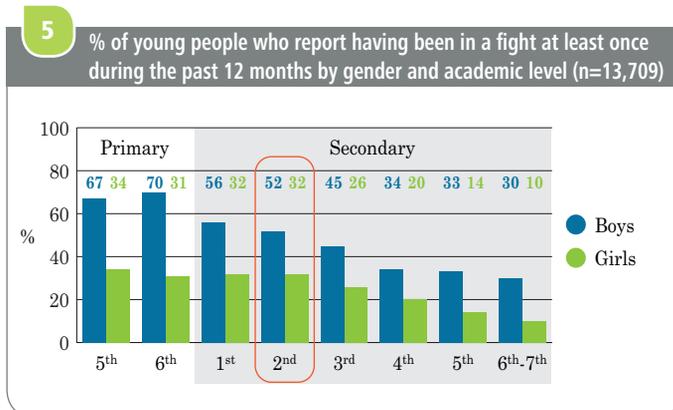
**Distribution of an indicator by a selected characteristic**

Figure 4 illustrates the frequency of daily consumption of breakfast during school days by level of family affluence. Thus, 66% of young people living in a family with a high level of affluence report having breakfast every school day.



**Distribution of an indicator by gender and academic level**

Some figures illustrate the distribution of an indicator by gender and academic level. Figure 5, for example, shows that in the 2<sup>nd</sup> year of secondary school, 52% of boys and 32% of girls report having been in a fight at least once during the past 12 months.



**Federation of Wallonia-Brussels relative to all countries participating in the HBSC study**

The HBSC study was conducted in some 40 countries or regions according to a standardised protocol. The results observed in FWB may therefore be compared with the results observed in the other countries.

Table 6 shows that the smallest proportion of 11-year-old boys reporting having been in a fight at least once during the past 12 months is 35%. The overall proportion across all countries is 53% and the highest proportion, 70%. The proportion observed in FWB (69%) ranks it second in descending order of the 42 countries participating in the study.

	HBSC International			FWB	
	% min	% overall	% max	%	Rank
Boys (11 years)	35	53	70	69	2/42
Boys (13 years)	33	48	71	57	6/42
Boys (15 years)	22	38	69	44	10/42
Girls (11 years)	9	19	33	33	1/42
Girls (13 years)	10	20	31	31	1/42
Girls (15 years)	9	16	25	25	1/42



The full results of the 2014 HBSC Survey conducted in the Federation of Wallonia-Brussels will be the subject of a publication that will be available later. For further information, see the website [sipes.ulb.ac.be](http://sipes.ulb.ac.be)

