

New South Wales School Students Health Behaviours Survey

2008 Report



CENTRE FOR EPIDEMIOLOGY AND RESEARCH

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Foreword

I am pleased to present the 2008 Report from the New South Wales School Students Health Behaviours (SSHB) Survey, which provides an overview of the main health behaviours of secondary students in this state. Previous SSHB surveys were conducted in 2002 and 2005, as part of the triennial Australian School Students Alcohol and Drugs (ASSAD) Survey, which began in 1984.

I would like to thank students, teachers, and schools for their assistance in carrying out the 2008 survey. This report would not have been possible without their patience and support. I would also like to thank The Cancer Council Victoria for coordinating the ASSAD Survey, an integral part of the SSHB Survey; the NSW Department of Education and Training, for permission to conduct the survey in Government schools; and the Catholic Education Office and Association of Independent Schools, for their support.

Behaviours that affect health are often established in adolescence. This report provides information on nutrition and eating, population weight status, physical activity, injury, psychological distress, sun protection, alcohol, tobacco, and substance use.

Families, communities, and governments are making substantial efforts to encourage adolescents to take up healthy lifestyles. The information in this report will assist our efforts to protect and promote their health and wellbeing.

The report is available in PDF and HTML versions both of which can be obtained from the New South Wales Population Health Survey website at www.health.nsw.gov.au/publichealth/surveys/index.asp.

This is a descriptive report and there is other information in the survey dataset that may be of specific interest. For these reasons we encourage as many people as possible to analyse the data further. For further analysis, a data request needs to be lodged with the Chief Health Officer.

Comments on the SSHB Survey are welcome.

I thank all the organisations and individuals who contributed their time and expertise to the development and conduct of the survey and the preparation of this report.



Kerry Chant

Chief Health Officer and Deputy Director-General, Population Health
November 2009

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Executive summary

Introduction

In 2008, the NSW Department of Health conducted the third New South Wales Secondary Schools Health Behaviours (SSHB) Survey. Previous SSHB surveys were conducted in 2002 and 2005, as part of the triennial Australian School Students Alcohol and Drugs (ASSAD) Survey, which began in 1984.

The survey was carried out using a self-administered questionnaire, which included questions on: nutrition and eating, height and weight (including perception of body mass), physical activity, injury, psychological distress, sun protection, alcohol, tobacco, and substance use.

Respondents were selected using a 2-stage probability sample: schools were selected during the first stage; students were selected during the second stage. Analysis was restricted to students aged 12-17 years. The final sample comprised 7,553 students aged 12-17 years; 65.4 per cent from Government schools, 16.7 per cent from Catholic schools, and 17.8 per cent from Independent schools.

Nutrition and eating

In 2008, 46.5 per cent of students consumed an adequate amount of fruit (3 or more serves) each day, 24.5 per cent consumed an adequate amount of vegetables (4 serves or more) each day, 27.9 per cent consumed an adequate amount of breads and cereals (5 serves or more) each day, and 37.8 per cent usually consumed low fat or reduced fat or skim milk.

Population weight status

In 2008, when scaled BMI categories were allocated according to self-reported height and weight, 8.4 per cent of students were underweight, 70.2 per cent were healthy weight, 16.8 per cent were overweight, and 4.6 per cent were obese. In 2008, 8.2 per cent of students perceived themselves as too thin, 71.2 per cent perceived themselves as about the right weight, and 20.6 per cent perceived themselves as too fat. When perceived body weight was compared with calculated body mass, 69.3 per cent of students perceived themselves as too thin or about the right weight and were calculated as underweight or healthy weight, 10.8 per cent perceived themselves as too thin or about the right weight and were calculated as overweight or obese, 9.3 per cent perceived themselves as too fat and were calculated as underweight or healthy weight, and 10.5 per cent perceived themselves as too fat but were calculated as overweight or obese.

Physical activity

In 2008, 13.3 per cent of students met the recommended level of physical activity (a minimum of 60 minutes of moderate to vigorous physical activity each day), and 91.7 per cent were sedentary for at least 2 hours a day when not at school, not including when doing homework.

Injury

In 2008, 38.8 per cent of students had an injury in the last 6 months for which they had to see a doctor or physiotherapist or health professional. Of these, 18.6 per cent were injured at school, 23.9 per cent were injured at home, and 43.3 per cent were injured at a sports facility. Among those students injured in the last 6 months, 8.0 per cent had consumed alcohol, and 5.5 per cent had consumed a drug other than alcohol, in the 6 hours before being injured.

Psychological distress

In this survey, psychological distress is identified by 3 components: feeling unhappy or sad or depressed during the last 6 months, feeling nervous or stressed or under pressure during the last 6 months, and being in trouble because of your behaviour during the last 6 months. Students who responded 'almost more than I can take' to 1 or more of these components was considered to experience high psychological distress. In 2008, 13.3 per cent of students experienced high psychological distress in the last 6 months.

Sun protection

In 2008, when outside for an hour or more between 11.00 a.m. and 3.00 p.m. on sunny days last summer, 17.4 per cent of students usually or always spent most time inside, 24.7 per cent usually or always wore a hat, 43.2 per cent usually or always applied maximum protection sunscreen, 21.8 per cent usually or always dressed in protective clothing, 34.0 per cent usually or always wore sunglasses, and 28.8 per cent usually or always stayed mainly in the shade.

In 2008, among students aged 12-17 years, 75.3 per cent had been sunburnt at least once during the last summer, 25.4 per cent believed you only got skin cancer if you got sunburnt often, and 7.2 per cent used a solarium or sunbed at least once in the last 12 months.

Alcohol

In 2008, 77.2 per cent of students had ever had an alcoholic drink, 56.1 per cent had an alcoholic drink in the last 12 months, 32.7 per cent had an alcoholic drink in the last 4 weeks, 20.4 per cent had an alcoholic drink in the last 7 days, 10.9 per cent had ever attempted to buy alcohol, and 93.1 per cent had a lesson or part of a lesson about drinking.

Smoking

In 2008, 25.3 per cent of students had ever smoked tobacco, 17.0 per cent had smoked tobacco in the last 12 months, 9.9 per cent had smoked tobacco in the last 4 weeks, 7.3 per cent had smoked tobacco in the last 7 days, 8.7 per cent had ever tried to buy cigarettes from a shop, 51.1 per cent thought smoking by celebrities encourages young people to take up smoking, 90.6 per cent had a lesson or part of a lesson about tobacco smoking, and 77.0 per cent were certain they would not be smoking this time next year. Among those who were current smokers, 36.4 per cent wanted to quit smoking, 37.4 per cent were influenced by Quit advertisements, and 58.3 per cent had not tried to give up smoking in the last 12 months.

Substance use

In 2008, 94.9 per cent of students had ever used painkillers, 19.9 per cent had ever used inhalants, 12.9 per cent had ever used marijuana or cannabis, 16.1 per cent had ever used sleeping tablets or sedatives or tranquillisers other than for medical reasons, 3.7 per cent had ever used amphetamines, 4.4 per cent had ever used ecstasy, 2.8 per cent had ever used hallucinogens, 2.8 per cent had ever used cocaine, 2.0 per cent had ever used steroids without a doctor's prescription, 2.1 per cent had ever used heroin or opiates, and 88.7 per cent had a lesson or part of a lesson about illicit substance use.

In 2008, 91.4 per cent of students had used painkillers in the last 12 months, 14.6 per cent had used inhalants, 10.9 per cent had used marijuana or cannabis, 9.1 per cent had used sleeping tablets or sedatives or tranquillisers other than for medical reasons, 3.1 per cent had used amphetamines other than for medical reasons, 3.9 per cent had used ecstasy, 2.3 per cent had used hallucinogens, 2.4 per cent had used cocaine, 1.4 per cent had used steroids without a doctor's prescription, and 1.5 per cent had used heroin or opiates other than for medical reasons in the last 12 months.

In 2008, 67.1 per cent of students had used painkillers in the last 4 weeks, 8.7 per cent had used inhalants, 6.2 per cent had used marijuana or cannabis, 3.8 per cent had used sleeping tablets or sedatives or tranquillisers other than for medical reasons, 1.6 per cent had used amphetamines other than for medical reasons, 2.1 per cent had used ecstasy, 1.4 per cent had used hallucinogens, 1.5 per cent had used cocaine, 1.1 per cent had used steroids without a doctor's prescription, and 1.0 per cent had used heroin or opiates other than for medical reasons in the last 4 weeks.

In 2008, 39.5 per cent of students had used painkillers in the last 7 days, 5.9 per cent had used inhalants, 3.5 per cent had used marijuana or cannabis, 2.5 per cent had used sleeping tablets or sedatives or tranquillisers other than for medical reasons, 1.6 per cent had used amphetamines other than for medical reasons, 2.1 per cent had used ecstasy, 1.1 per cent had used hallucinogens, 1.1 per cent had used cocaine, 1.0 per cent had used steroids without a doctor's prescription, and 0.9 per cent had used heroin or opiates other than for medical reasons in the last 7 days.

Methods

Introduction

In 2008, the NSW Department of Health conducted the third New South Wales Secondary Schools Health Behaviours (SSHB) Survey. Previous SSHB surveys were conducted in 2002 and 2005, as part of the triennial Australian School Students Alcohol and Drugs (ASSAD) Survey, which began in 1984. This section describes the methods of data collection and analysis.

Sample selection

The target population was all students in Years 7-12 in New South Wales. Schools with fewer than 100 students were not included in the survey.

The survey used a 2-stage probability sampling procedure: schools were selected first; students within schools were selected second. Schools were stratified by the 3 sectors (Government, Catholic, and Independent) and randomly selected within each sector. The sampling procedure ensured the distribution of schools among the 3 sectors was reflected in the sample. Two samples were drawn: junior secondary (to Year 10); senior secondary (Years 11 and 12).

The target school sample was 126 secondary schools. To achieve this target, 190 schools were approached and 118 schools participated, giving an overall response rate of 62.1 per cent. This was similar to the overall response rate in 2005 of 62.3 per cent. The survey was conducted in the 2008 academic year.

Table 1: Acceptances by sample type, school type, and student year, New South Wales 2008

Acceptances	Total number of acceptances	Total number of schools approached	Accepted %
School Type & Student Year			
Government			
7-10	55	78	71%
11-12	22	34	65%
Total Government Schools	77	112	69%
Catholic			
7-10	13	24	54%
11-12	6	11	55%
Total Catholic Schools	19	35	54%
Independent			
7-10	13	28	46%
11-12	9	15	60%
Total Independent Schools	22	43	51%
Total			
Total Secondary Schools	118	190	62%

Survey procedure

The questionnaire and survey procedures were approved by the ethics committees of the Cancer Council Victoria, the NSW Department of Health and Cancer Institute NSW, and the NSW Department of Education. Letters of support were also obtained from the Catholic Education Office and the Association of Independent Schools of New South Wales.

Principals of selected schools were contacted by the Centre for Epidemiology and Research to obtain permission to conduct the survey at their schools. If a school refused, they were replaced by the school nearest to them within the same sector. The aim was to survey 80 students from each participating school. For junior secondary, 1 class of 20 students (and 20 replacements) were randomly selected from each of Years 7-10; for senior secondary, 2 classes of 20 students (or 40 students and 40 replacements) were randomly selected from each of Years 11-12. A brochure and consent form was sent to the parents of each selected student and replacement. Consent forms were returned to the school and the school held the list of students who had parental consent.

McNair Ingenuity Research Pty Ltd was contracted to administer the pencil-and-paper questionnaire on the school premises. If a student from the sample list was not present at the time of the survey, a student from the replacement list for that year was surveyed. Students from different years were surveyed together. Students answered the questionnaire anonymously.

Survey instrument

The survey instrument was a self-administered questionnaire, which included questions on alcohol, demographics, height and weight (including perception of body mass), injury, nutrition, physical activity, psychological distress, sedentary behaviour, substance use, sun protection (including sunburn experience and solarium use), and tobacco. The questionnaire is shown at the end of this report.

Coding and data entry

Questionnaires were coded and entered by the Centre for Behavioural Research in Cancer at The Cancer Council Victoria. After data entry, the data were cleaned and prepared for data analysis. Students with a large amount of missing data or whose responses were wildly exaggerated were removed from the data set before analyses started.

During analysis, respondents were not included for particular questions if they gave contradictory or multiple responses or did not answer the question. However, these respondents were included in the analysis of other questions if these had been validly completed. Cleaning of data relating to questions about the use of alcohol, tobacco, or other substances involved checking for inconsistencies in reported use across time periods (lifetime, year, month, and week). This cleaning procedure ensured maximum use of data and operated on the principle that the student's response about personal use in the most recent time period was accurate.

Data analyses and reporting

Analyses covered school students aged 12-17 years. To ensure that disproportionate sampling of any school type, age level, and gender grouping, did not bias the prevalence estimates, data were weighted to bring the achieved sample into line with the population distribution. In this report, prevalence estimates were based on these weighted data. Information about the enrolment details of male and female students in each age group at Government, Catholic and Independent schools was obtained from the Australian Bureau of Statistics.[1]

Data were analysed using SAS version 8.02.[2] The SURVEYFREQ procedure in SAS was used to analyse the data and calculate point estimates and 95 per cent confidence intervals for the estimates. The SURVEYFREQ procedure calculates standard errors adjusted for the design effect factor or DEFF (the variance for a non-random sample divided by the variance for a simple random sample). It uses the Taylor expansion method to estimate sampling errors of estimators based on the stratified random sample.[2]

In this report, analysis of change over time is compared in two ways, between base year and current year, and between previous year and current year. The base year for particular indicators may vary, as the survey instrument changes over time.

The 95 per cent confidence interval provides a range of values that should contain the actual value 95 per cent of the time. In general, a wider confidence interval reflects less certainty in the estimate for that indicator. The width of the confidence interval relates to the differing sample size for each indicator. A wider confidence interval reflects less certainty in the estimate. If confidence intervals do not overlap then the observed estimates are significantly different. If confidence intervals overlap slightly the observed estimates may be significantly different but further testing needs to be done to establish that significance.[2]

The Socio-Economic Indexes for Areas (SEIFA) describe the socioeconomic aspects of geographical areas in Australia, using a number of underlying demographic variables.[3,4] The SEIFA used for SSHB Survey data is the Index of Relative Socio-Economic Disadvantage, which groups values into 5 quintiles with quintile one being the least disadvantaged and quintile 5 being the most disadvantaged. The SEIFA was assigned using the student's postcode of residence.

The area health service was derived from the postcode of the student's residence.

Characteristics of final sample

A total of 7,874 students in Years 7-12 were surveyed during the academic year, of which 7,553 were aged 12-17 years; 65.4 per cent were from Government schools, 16.7 per cent were from Catholic schools, and 17.8 per cent were from Independent schools. The sex distribution of the final sample was 43.7 per cent male and 56.3 per cent female, which when weighted corresponds with the actual distribution of secondary school students in 2008 of 50.7 per cent male and 49.3 per cent female. Sixty-four per cent of respondents

were aged 12-15 years and 46.0 per cent were aged 16-17 years, which when weighted corresponds with an actual distribution of secondary school students in 2008 of 71.9 per cent aged 12-15 years and 28.1 per cent aged 16-17 years. Four per cent of respondents reported they were Aboriginal or Torres Strait Islander, which is similar to the actual national distribution of Aboriginal or Torres Strait Islander students in 2008 of 3.8 per cent.[5]

The main language spoken at home in the final sample was English (76.8 per cent), followed by English and another language (19.3 per cent), and another language only (3.9 per cent). Among respondents who spoke a language other than English at home, the most common languages were: Arabic languages (22.0 per cent), Chinese languages (16.0 per cent), Vietnamese (8.3 per cent), Indian languages (7.4 per cent), and Polynesian or other Oceanic languages (6.5 per cent).

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Health behaviours

This section reports on nutrition and eating, population weight status, physical activity, injury, psychological distress, sun protection, alcohol, tobacco, and substance use.

Nutrition and eating

Introduction

Healthy eating promotes physical growth and cognitive development during childhood and adolescence. Children and adolescents are nutritionally vulnerable and their nutrient and energy requirements per kilo of bodyweight are greater than adults. Dietary factors are linked to health and wellbeing, and there is a relationship between nutrition in childhood and adolescence and the development of diseases in adulthood. Current dietary recommendations are fully described in the *Dietary Guidelines for Children and Adolescents in Australia: Incorporating the Infant Feeding Guidelines for Health Workers*.^[1-3]

An adequate intake of fruit and vegetables, and breads and cereals, has a protective influence on health. For adolescents aged 12-18 years, the minimum recommended daily consumption is 3 serves of fruit, 4 serves of vegetables, and 5 serves of breads and cereals, depending on their overall diet.^[1-3]

A diet high in fat and sugar is associated with increased health risk, which is why it is important to monitor the type of milk consumed, as well as the consumption of fast foods, snacks, soft drinks, cordial, energy drinks, and fruit juice.

Water is an essential nutrient for life. All biochemical reactions occur in water. It fills the spaces in and between cells and helps form structures of large molecules such as protein and glycogen. Water is also required for digestion, absorption and transportation and as a solvent for nutrients, and for elimination of waste products and thermo-regulation.^[4] A child's fluid needs are best met by water and milk. Common alternatives to water, such as fruit juice and cordial and soft drinks, have high sugar content, which can contribute to excessive energy intake, displacement of other nutrients, and dental caries. For students aged 12-18 years, boys require about 6-8 metric cups, and girls require about 5-6 cups of fluids (water, milk, or other drinks) per day. Students in hot climates may require more fluids.^[5]

Results

Fruit consumption

In 2008, among students aged 12-17 years, daily consumption of fruit was: no serves (2.2 per cent), 1 serve or less (19.3 per cent), 2 serves (32.1 per cent), 3 serves (22.9 per cent), 4 serves (13.1 per cent), 5 serves (5.4 per cent), and 6 or more serves (5.0 per cent).

Overall, 46.5 per cent of students consumed an adequate amount of fruit (3 serves or more) each day. Students aged 12-15 years (47.5 per cent) were significantly more likely than students aged 16-17 years (43.8 per cent) to consume an adequate amount of fruit each day. Males (44.8 per cent) were significantly less likely than females (48.2 per cent) to consume an adequate amount of fruit each day.

Students in the first or least disadvantaged quintile (50.7 per cent) were significantly more likely to consume an adequate amount of fruit each day, compared with the overall student population 12-17 years of age. Students in rural health areas (42.6 per cent) were significantly less likely than students in urban health areas (48.2 per cent) to consume an adequate amount of fruit each day. Students in the Sydney West Area Health Service (52.5 per cent) were significantly more likely, and students in the Hunter & New England (39.9 per cent) and Greater Southern (36.9 per cent) Area Health Services were significantly less likely, to consume an adequate amount of fruit each day, compared with the overall student population 12-17 years of age.

The proportion of students consuming an adequate amount of fruit each day increased significantly between 2002 (24.8 per cent) and 2008 (46.5 per cent). The increase has been significant in students aged 12-15 years (26.3 per cent to 47.5 per cent) and students aged 16-17 years (20.9 per cent to 43.8 per cent).

The proportion of students consuming an adequate amount of fruit each day increased significantly between 2005 (41.5 per cent) and 2008 (46.5 per cent). The increase has been significant in students aged 12-15 years (43.1 per cent to 47.5 per cent) and students aged 16-17 years (37.4 per cent to 43.8 per cent).

Vegetable consumption

In 2008, among students aged 12-17 years, daily consumption of vegetables was: no serves (2.3 per cent), 1 serve or less (19.1 per cent), 2 serves (29.8 per cent), 3 serves (24.3 per cent), 4 serves (12.9 per cent), 5 serves (7.0 per cent), and 6 serves or more (4.5 per cent).

Overall, 24.5 per cent of students consumed an adequate amount of vegetables (4 serves or more) each day. Students aged 12-15 years (25.2 per cent) were significantly more likely than students aged 16-17 years (22.5 per cent) to consume an adequate amount of vegetables each day. There was no significant difference between males and females, among quintiles of disadvantage, between urban and rural health areas, or among area health services.

The proportion of students consuming an adequate amount of vegetables each day increased significantly between 1996 (21.8 per cent) and 2008 (24.5 per cent). The increase has been significant in students aged 12-15 years (22.8 per cent to 25.2 per cent) and students aged 16-17 years (18.9 per cent to 22.5 per cent).

The proportion of students consuming an adequate amount of vegetables each day increased significantly between 2005 (19.4 per cent) and 2008 (24.5 per cent). The increase has been significant in students aged 12-15 years (19.3 per cent to 25.2 per cent).

Bread and cereal consumption

In 2008, among students aged 12-17 years, daily consumption of bread and cereal was: no serves (0.8 per cent), 1 serve or less (9.1 per cent), 2 serves (22.4 per cent), 3 serves (21.5 per cent), 4 serves (18.3 per cent), 5 serves (11.2 per cent), and 6 serves or more (16.6 per cent).

Overall, 27.9 per cent of students consumed an adequate amount of bread and cereal (5 serves or more) each day. Students aged 12-15 years (26.7 per cent) were significantly less likely than students aged 16-17 years (31.0 per cent) to consume an adequate amount of bread and cereal each day. Males (34.3 per cent) were significantly more likely than females (21.3 per cent) to consume an adequate amount of bread and cereal each day.

Students in the first or least disadvantaged quintile (33.1 per cent) were significantly more likely, and students in the fourth quintile (25.0 per cent) were significantly less likely, to consume an adequate amount of bread and cereal each day, compared with the overall student population 12-17 years of age. There was no significant difference between urban and rural health areas, or among area health services.

The proportion of students consuming an adequate amount of bread and cereal each day increased significantly between 2005 (15.3 per cent) and 2008 (27.9 per cent). The increase has been significant in students aged 12-15 years (13.8 per cent to 26.7 per cent) and students aged 16-17 years (19.1 per cent to 31.0 per cent).

Type of milk usually consumed

In 2008, among students aged 12-17 years, 55.4 per cent usually consumed whole or full cream milk, 27.5 per cent usually consumed low or reduced fat milk, and 10.2 per cent usually consumed skim milk.

Overall, 37.8 per cent of students usually consumed lower fat or skim milk. There was no significant difference between age groups. Males (31.7 per cent) were significantly less likely than females (43.8 per cent) to usually consume lower fat or skim milk.

Students in the first or least disadvantaged quintile (47.1 per cent) and second quintile (42.7 per cent) were significantly more likely, and students in the fifth or most disadvantaged quintile (30.1 per cent) were significantly less likely, to usually consume lower fat or skim milk, compared with the overall student population 12-17 years of age. There was no significant difference between urban and rural health areas. Students in the Sydney South West (33.2 per cent), Sydney West (31.6 per cent) and North Coast (31.9 per cent) Area Health Services were significantly less likely, and students in the South Eastern Sydney & Illawarra (44.5 per cent), Northern Sydney & Central Coast (44.0 per cent), and Greater Western (43.4 per cent) Area Health Services were significantly more likely, to usually consume lower fat or skim milk, compared with the overall student population 12-17 years of age.

There has been no significant change in the proportion of students who usually consume lower fat or skim milk between 1996 and 2008.

Fat and sugar consumption in the last week

In 2008, among students aged 12-17 years, 19.0 per cent had not consumed a fast food meal in the last week, 34.7 per cent had consumed a fast food meal once in the last week, 24.4 per cent twice, 12.2 per cent 3 times, 4.3 per cent 4 times, 2.2 per cent 5 times, 1.1 per cent 6 times, and 2.1 per cent 7 or more times a week.

In 2008, among students aged 12-17 years, 2.9 per cent had not consumed snacks (a chocolate bar, a piece of cake, a packet of chips or twisties or corn chips, ice-cream, or 3 or 4 sweet biscuits) in the last week, 8.1 per cent had consumed snacks once, 16.0 per cent twice, 20.1 per cent 3 times, 15.3 per cent 4 times, 12.3 per cent 5 times, 8.0 per cent 6 times, and 17.4 per cent 7 or more times a week.

In 2008, among students aged 12-17 years, 9.3 per cent had not consumed a soft drink, energy drink, fruit juice or cordial in the last week, 13.5 per cent had consumed them once, 17.1 per cent twice, 16.7 per cent 3 times, 12.6 per cent 4 times, 9.2 per cent 5 times, 6.8 per cent 6 times, and 14.8 per cent 7 or more times a week.

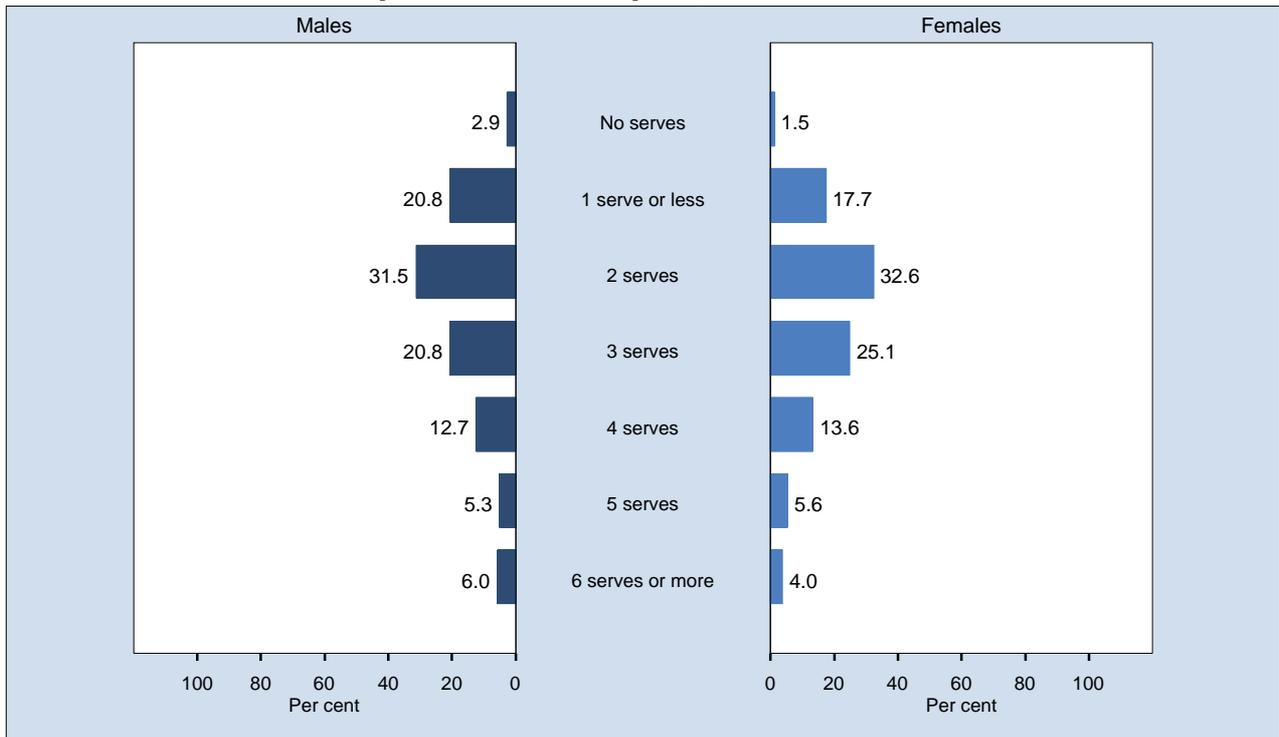
Water consumption

In 2008, among students aged 12-17 years, 8.1 per cent did not usually consume water in a day, 4.6 per cent usually consumed 1 cup a day, 11.6 per cent 2 cups, 18.3 per cent 3 cups, 15.6 per cent 4 cups, 13.4 per cent 5 cups, 9.5 per cent 6 cups, 4.4 per cent 7 cups, and 14.6 per cent 8 or more cups a day.

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5. Australian Government Department of Health and Ageing. *Nutrient Reference Values for Australia and New Zealand: Executive Summary*. Canberra: National Health and Medical Research Council, 2006. Available online at www.nhmrc.gov.au/_files_nhmrc/file/publications/synopses/n36.pdf (accessed 14 September 2009).

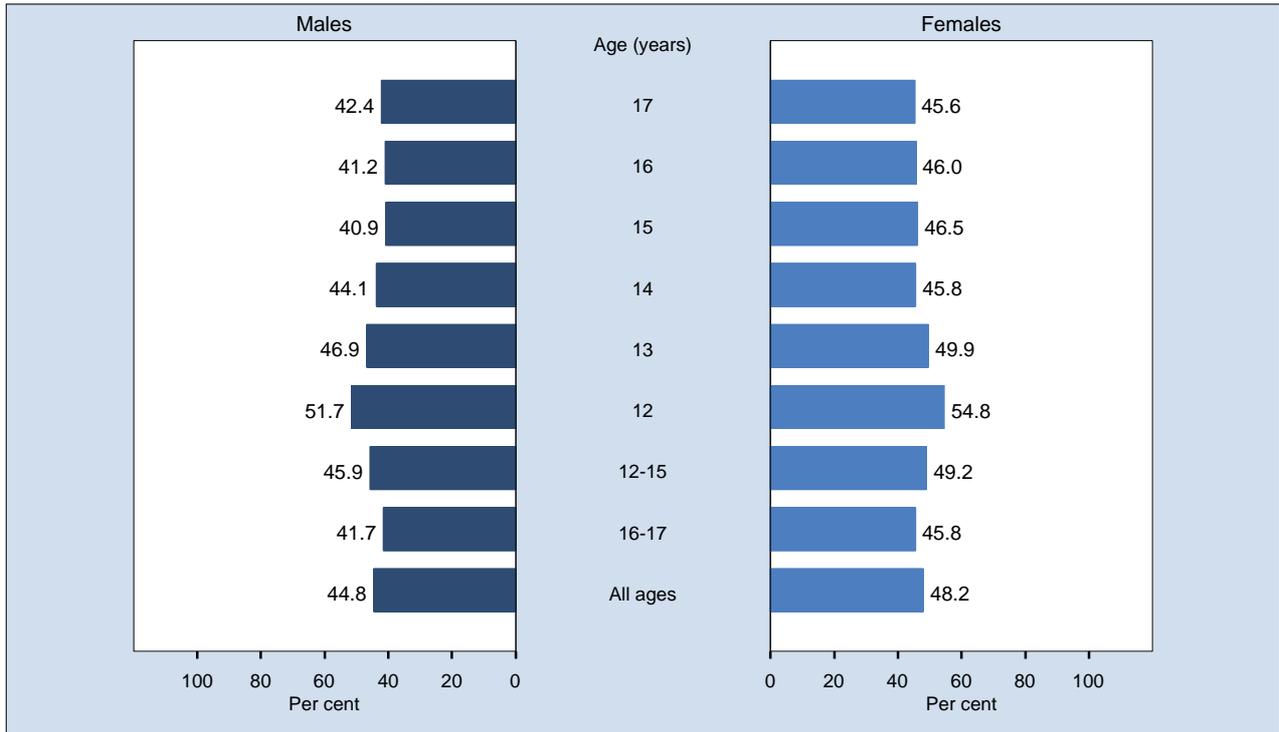
Number of serves of fruit a day, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,464 respondents in NSW. For this indicator 89 (1.18%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: How many serves of fruit do you usually eat each day? (One serve is equivalent to 1 medium piece or 2 small pieces of fruit, or 1 cup of diced pieces of fruit.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

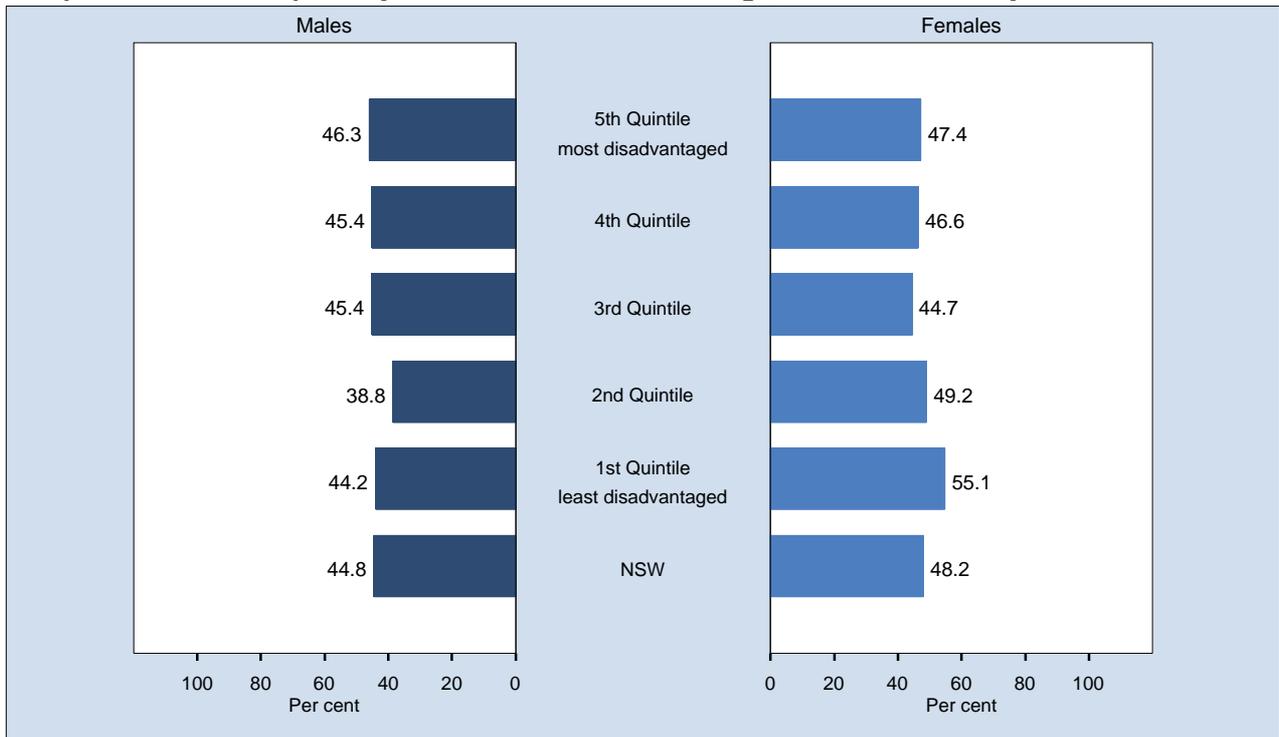
Adequate fruit consumption by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,464 respondents in NSW. For this indicator 89 (1.18%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who met the minimum recommended fruit consumption of 3 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of fruit do you usually eat each day? (One serve is equivalent to 1 medium piece or 2 small pieces of fruit, or 1 cup of diced pieces of fruit.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

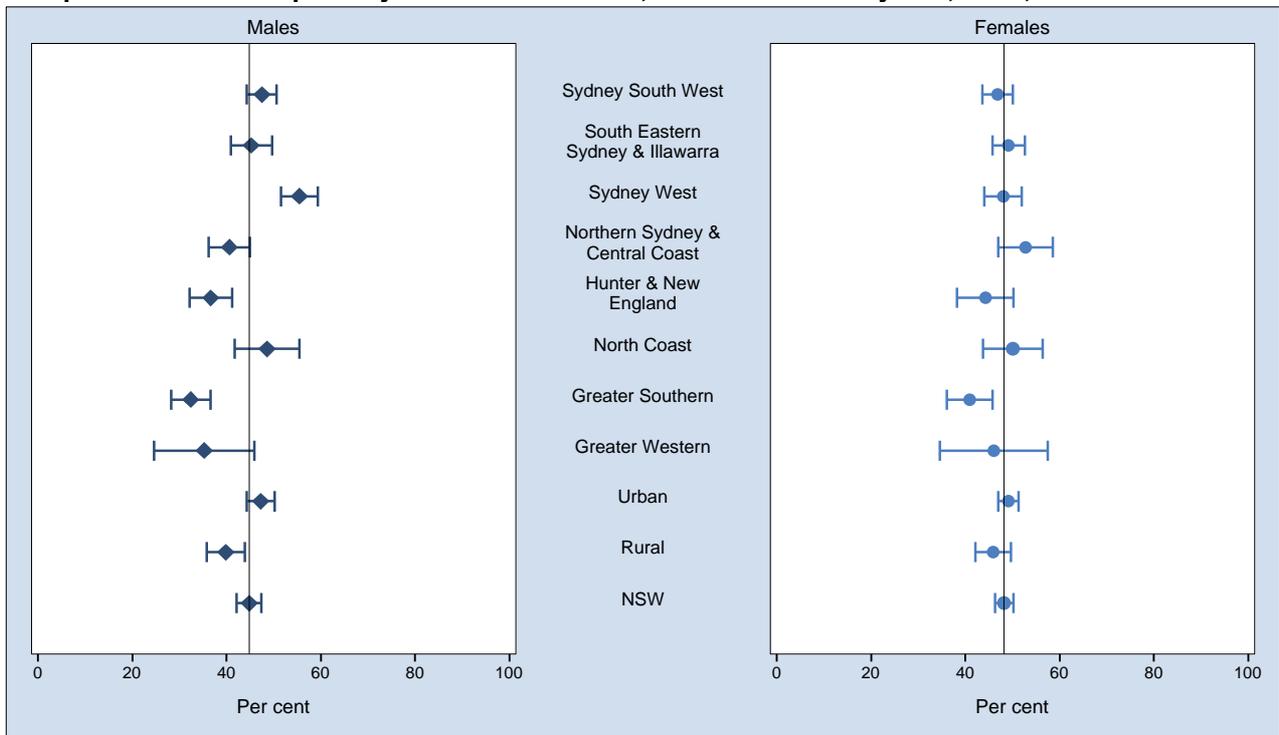
Adequate fruit consumption by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,464 respondents in NSW. For this indicator 89 (1.18%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who met the minimum recommended fruit consumption of 3 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of fruit do you usually eat each day? (One serve is equivalent to 1 medium piece or 2 small pieces of fruit, or 1 cup of diced pieces of fruit.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

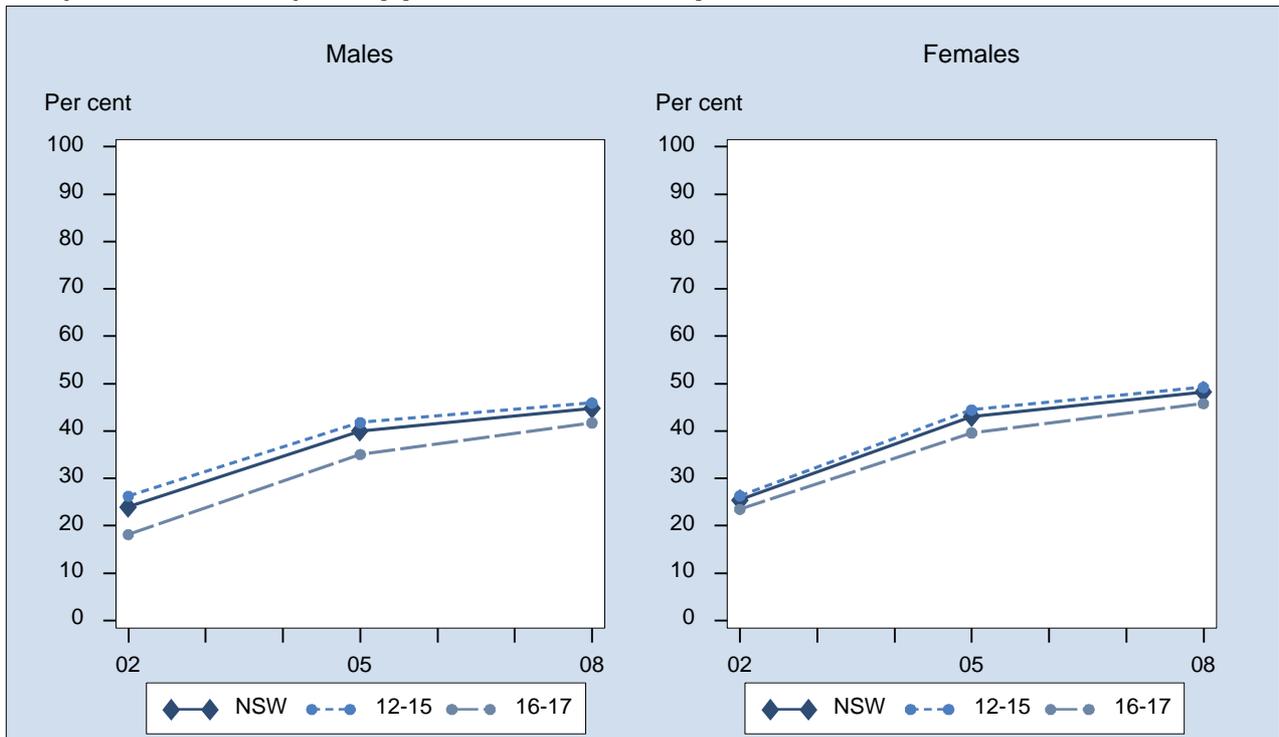
Adequate fruit consumption by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,464 respondents in NSW. For this indicator 89 (1.18%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who met the minimum recommended fruit consumption of 3 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of fruit do you usually eat each day? (One serve is equivalent to 1 medium piece or 2 small pieces of fruit, or 1 cup of diced pieces of fruit.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

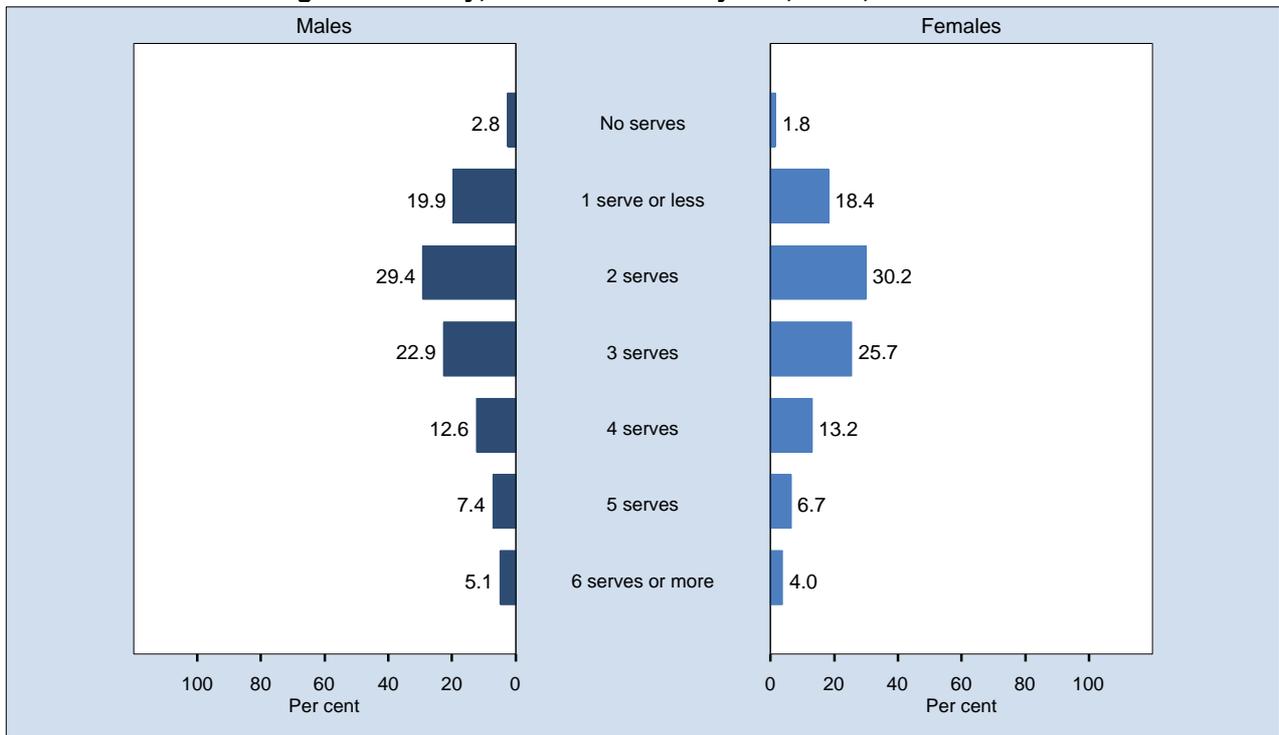
Adequate fruit consumption by year, students 12 to 17 years, NSW, 2002-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2002 (6,087), 2005 (5,461), 2008 (7,464). The indicator includes those who met the minimum recommended fruit consumption of 3 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of fruit do you usually eat each day? (One serve is equivalent to 1 medium piece or 2 small pieces of fruit, or 1 cup of diced pieces of fruit.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

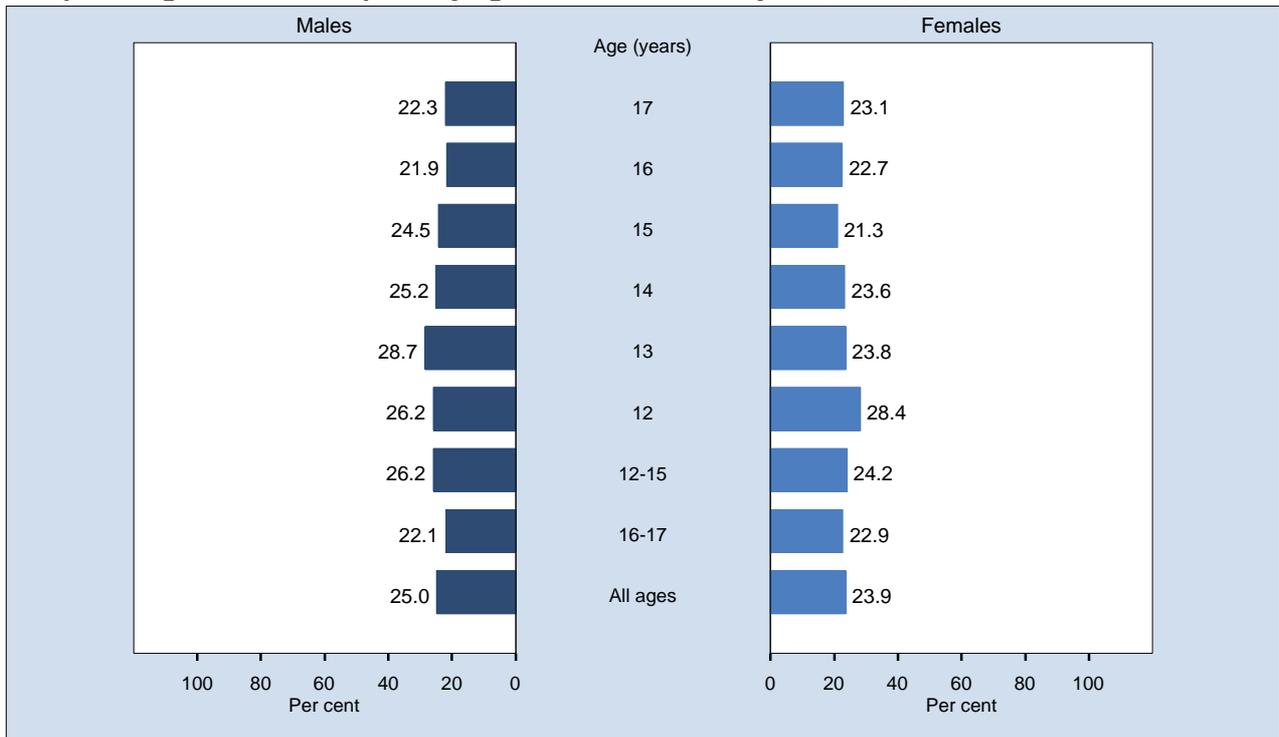
Number of serves of vegetables a day, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,456 respondents in NSW. For this indicator 97 (1.28%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: How many serves of vegetables do you usually eat each day? (A serve is equal to 1/2 cup of cooked vegetables or 1 cup of salad vegetables.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

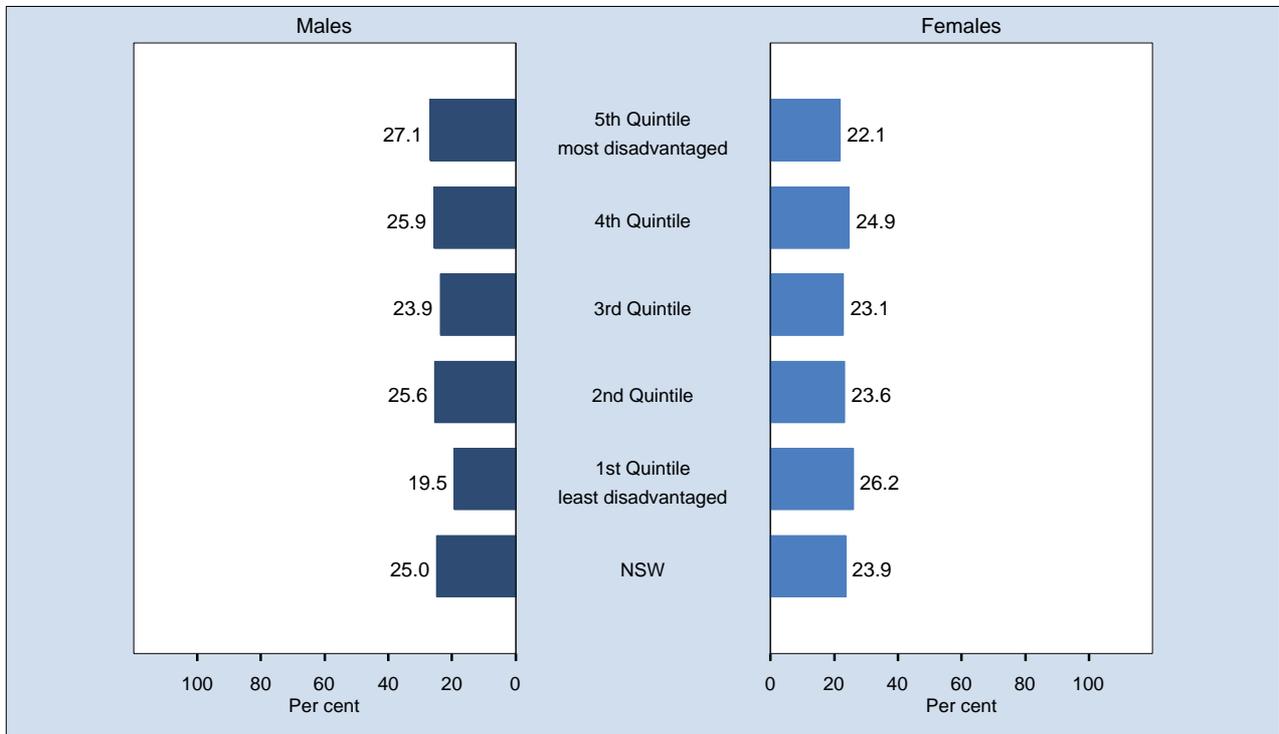
Adequate vegetable consumption by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,456 respondents in NSW. For this indicator 97 (1.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who met the minimum recommended vegetable consumption of 4 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of vegetables do you usually eat each day? (A serve is equal to 1/2 cup of cooked vegetables or 1 cup of salad vegetables.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

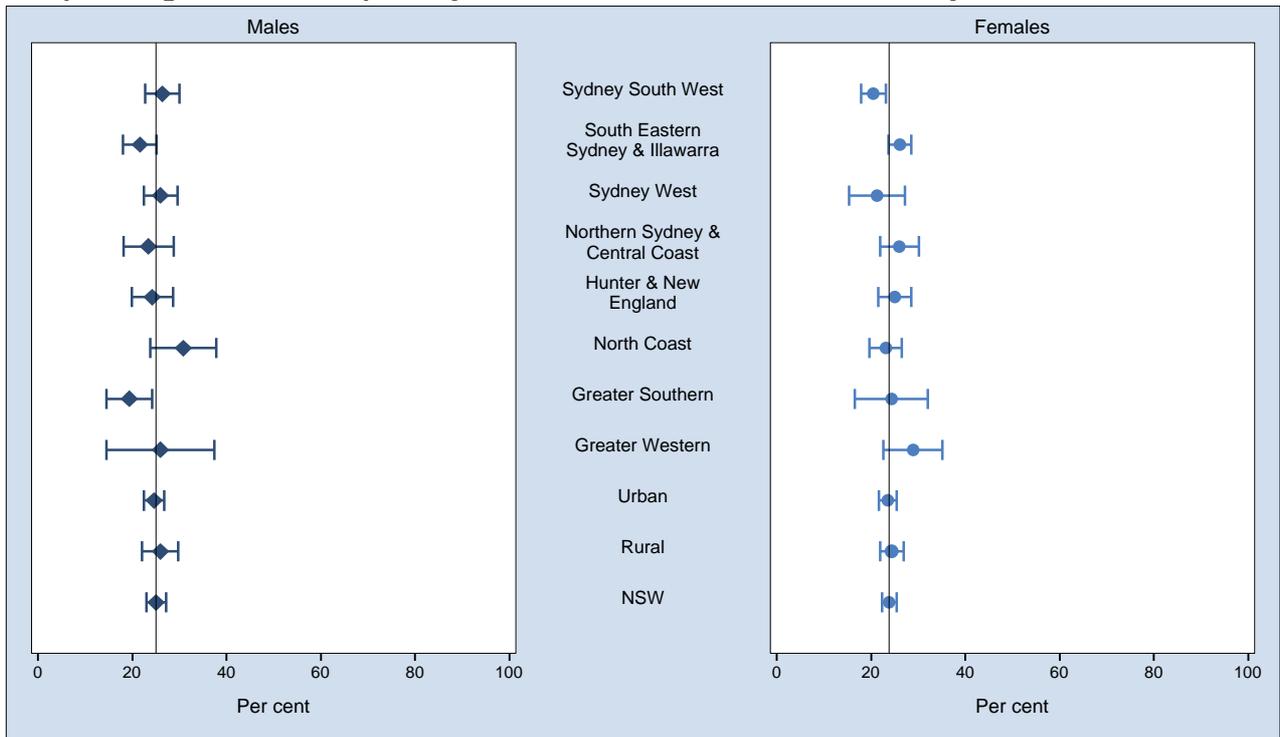
Adequate vegetable consumption by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,456 respondents in NSW. For this indicator 97 (1.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who met the minimum recommended vegetable consumption of 4 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of vegetables do you usually eat each day? (A serve is equal to 1/2 cup of cooked vegetables or 1 cup of salad vegetables.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

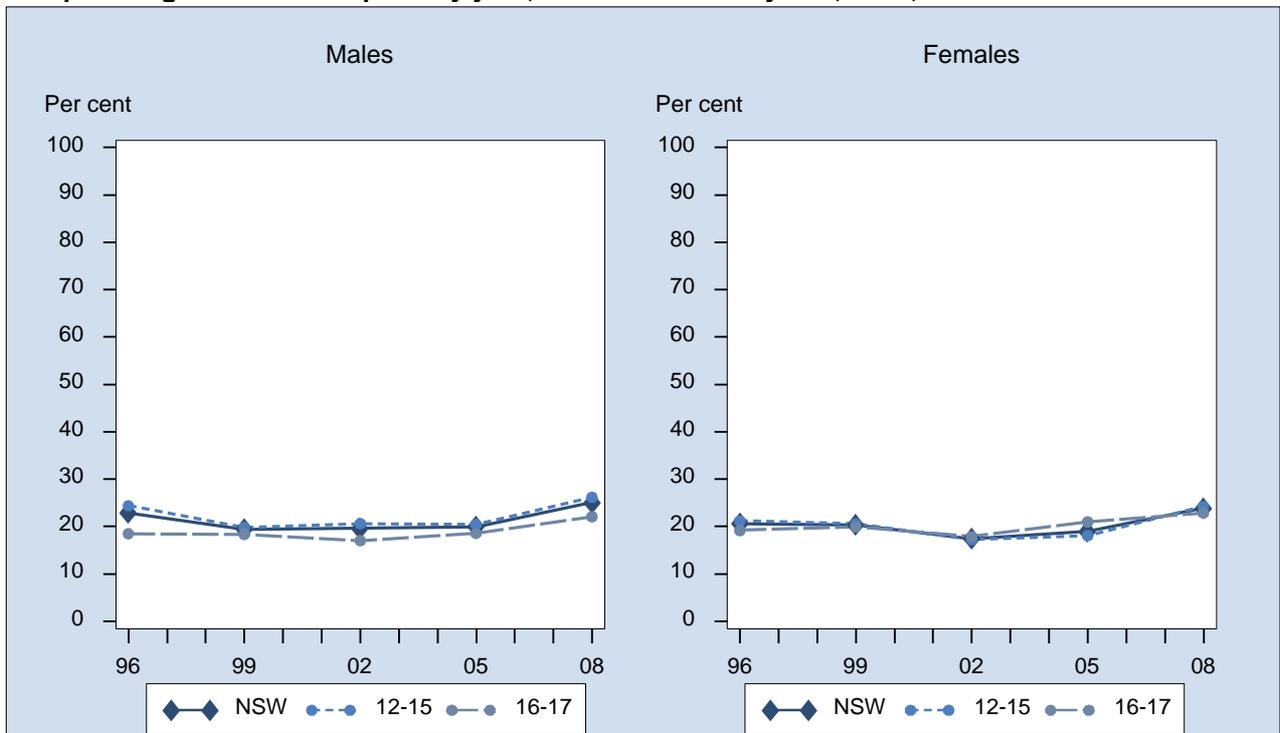
Adequate vegetable consumption by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,456 respondents in NSW. For this indicator 97 (1.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who met the minimum recommended vegetable consumption of 4 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of vegetables do you usually eat each day? (A serve is equal to 1/2 cup of cooked vegetables or 1 cup of salad vegetables.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

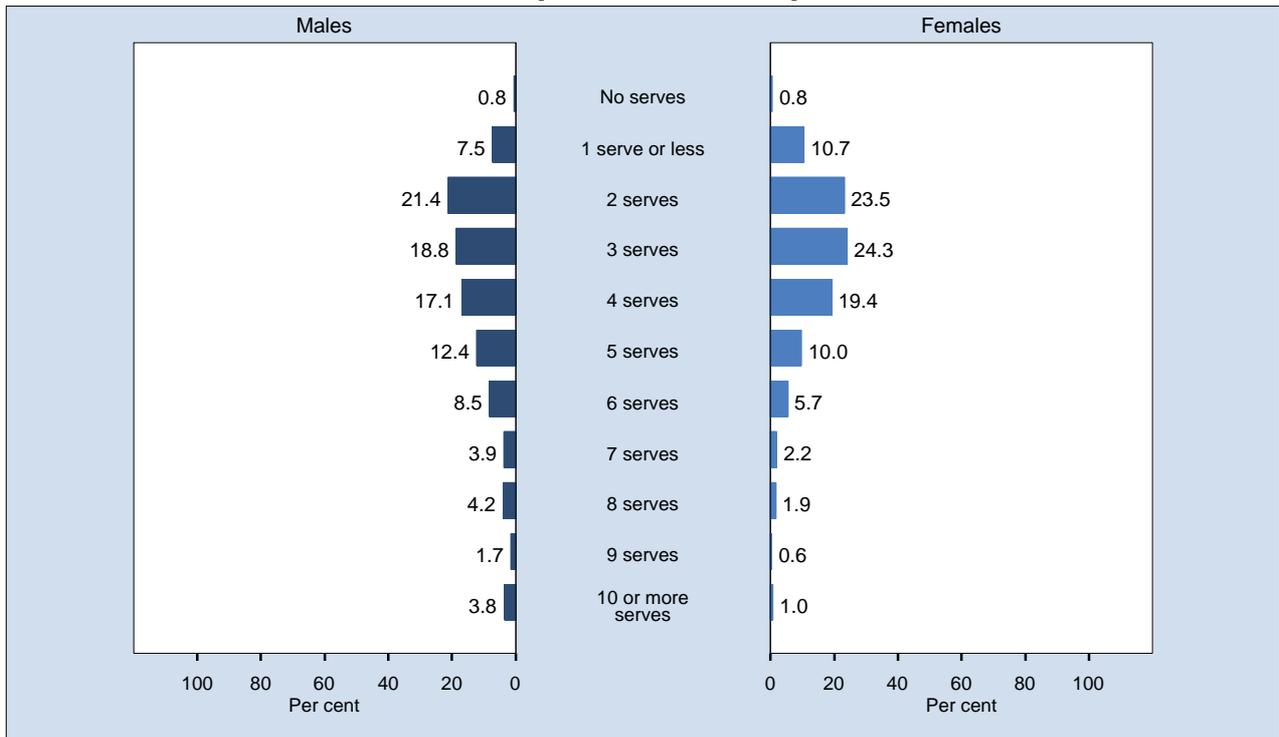
Adequate vegetable consumption by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (4,830), 1999 (3,582), 2002 (6,074), 2005 (5,448), 2008 (7,456). The indicator includes those who met the minimum recommended vegetable consumption of 4 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of vegetables do you usually eat each day? (A serve is equal to 1/2 cup of cooked vegetables or 1 cup of salad vegetables.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

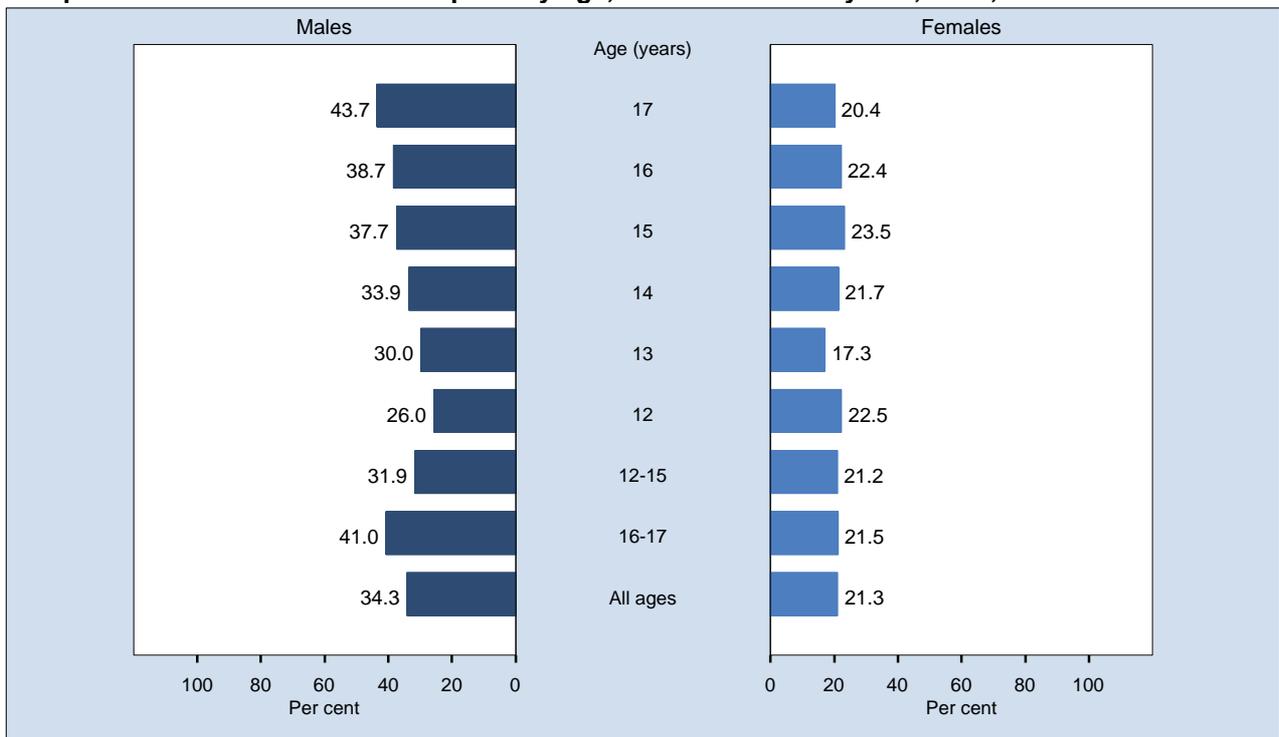
Number of serves of bread and cereal a day, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,464 respondents in NSW. For this indicator 89 (1.18%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: How many serves of bread and/or cereal do you usually eat each day? (A serve of bread or cereal is 1 slice of bread, 1/2 bread roll, 1/2 cup breakfast cereal or 1/2 cup pasta or rice or noodles.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

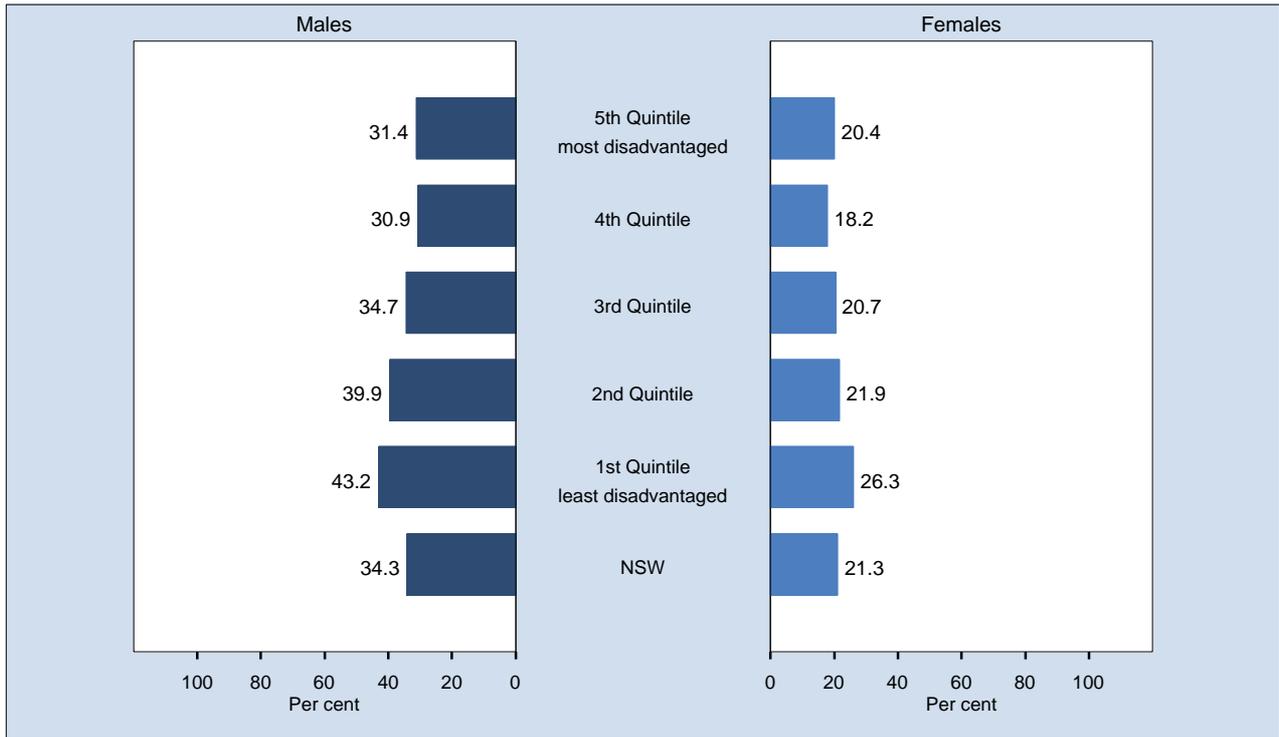
Adequate bread and cereal consumption by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,464 respondents in NSW. For this indicator 89 (1.18%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who met the minimum recommended bread and/or cereal consumption of 5 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of bread and/or cereal do you usually eat each day? (A serve of bread or cereal is 1 slice of bread, 1/2 bread roll, 1/2 cup breakfast cereal or 1/2 cup pasta or rice or noodles.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

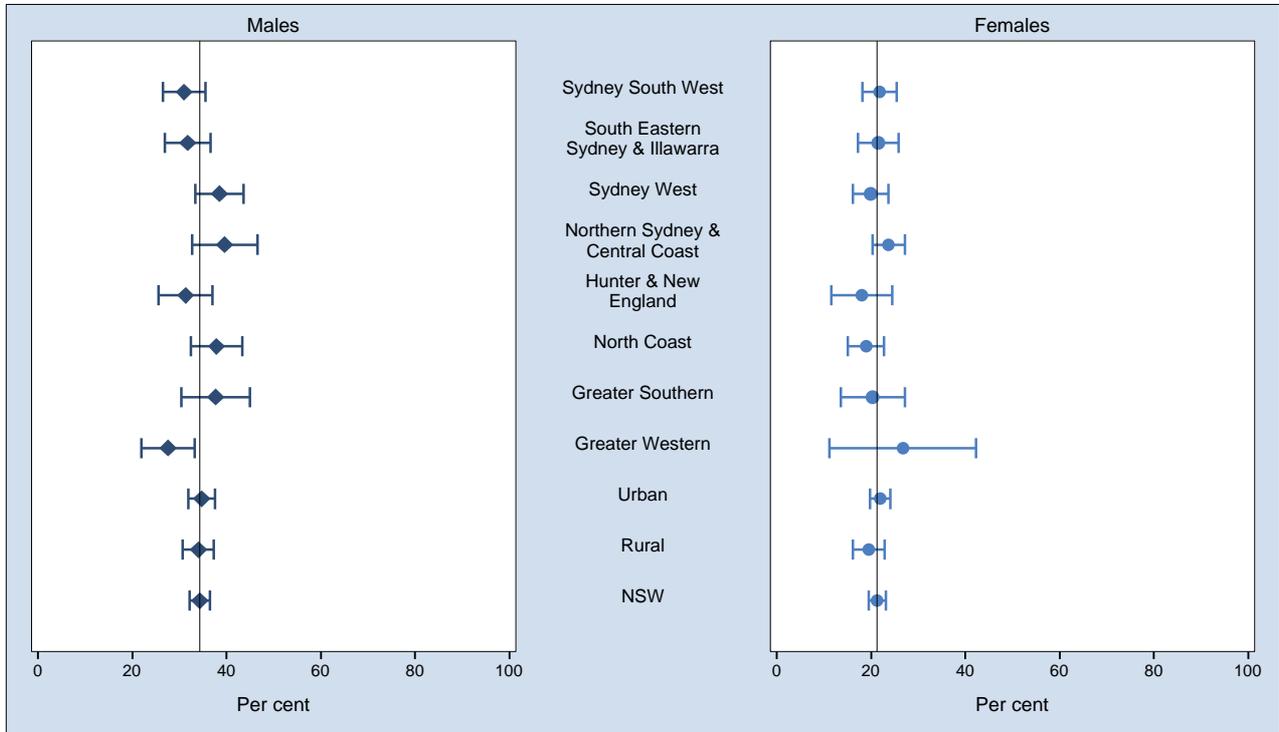
Adequate bread and cereal consumption by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,464 respondents in NSW. For this indicator 89 (1.18%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who met the minimum recommended bread and/or cereal consumption of 5 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of bread and/or cereal do you usually eat each day? (A serve of bread or cereal is 1 slice of bread, 1/2 bread roll, 1/2 cup breakfast cereal or 1/2 cup pasta or rice or noodles.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

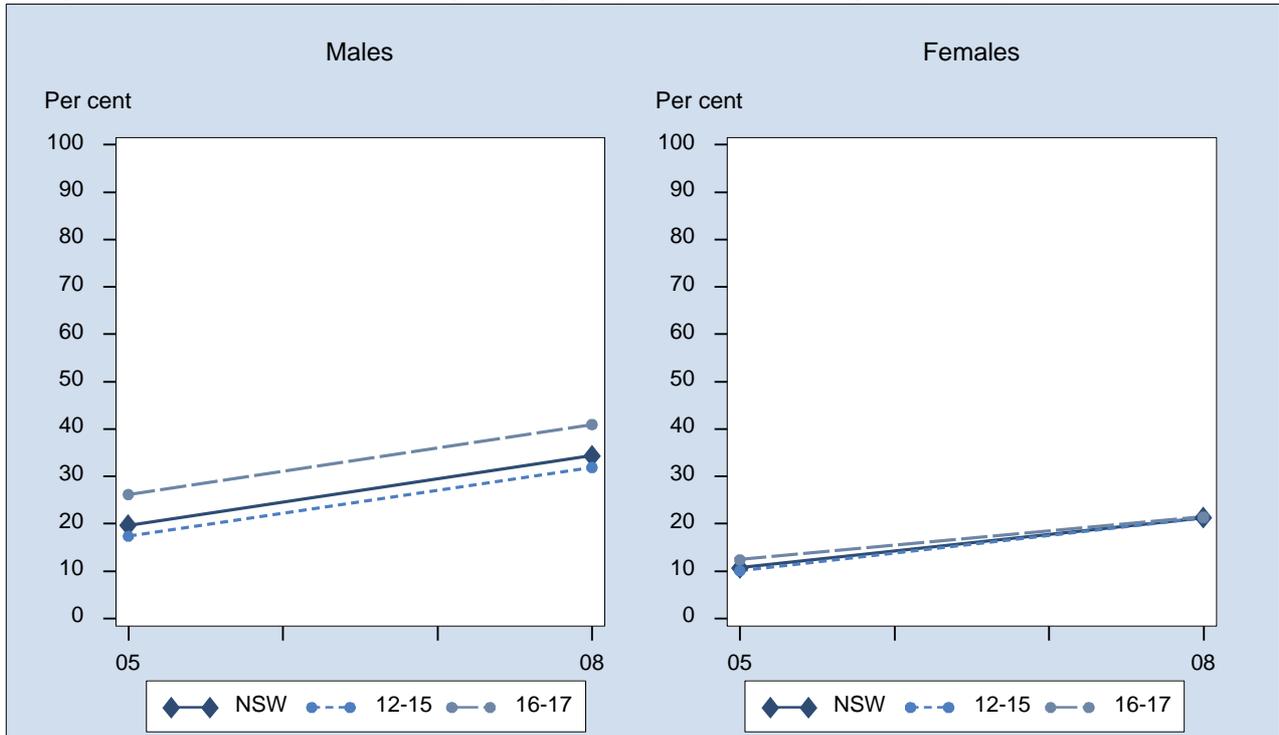
Adequate bread and cereal consumption by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,464 respondents in NSW. For this indicator 89 (1.18%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who met the minimum recommended bread and/or cereal consumption of 5 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of bread and/or cereal do you usually eat each day? (A serve of bread or cereal is 1 slice of bread, 1/2 bread roll, 1/2 cup breakfast cereal or 1/2 cup pasta or rice or noodles.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

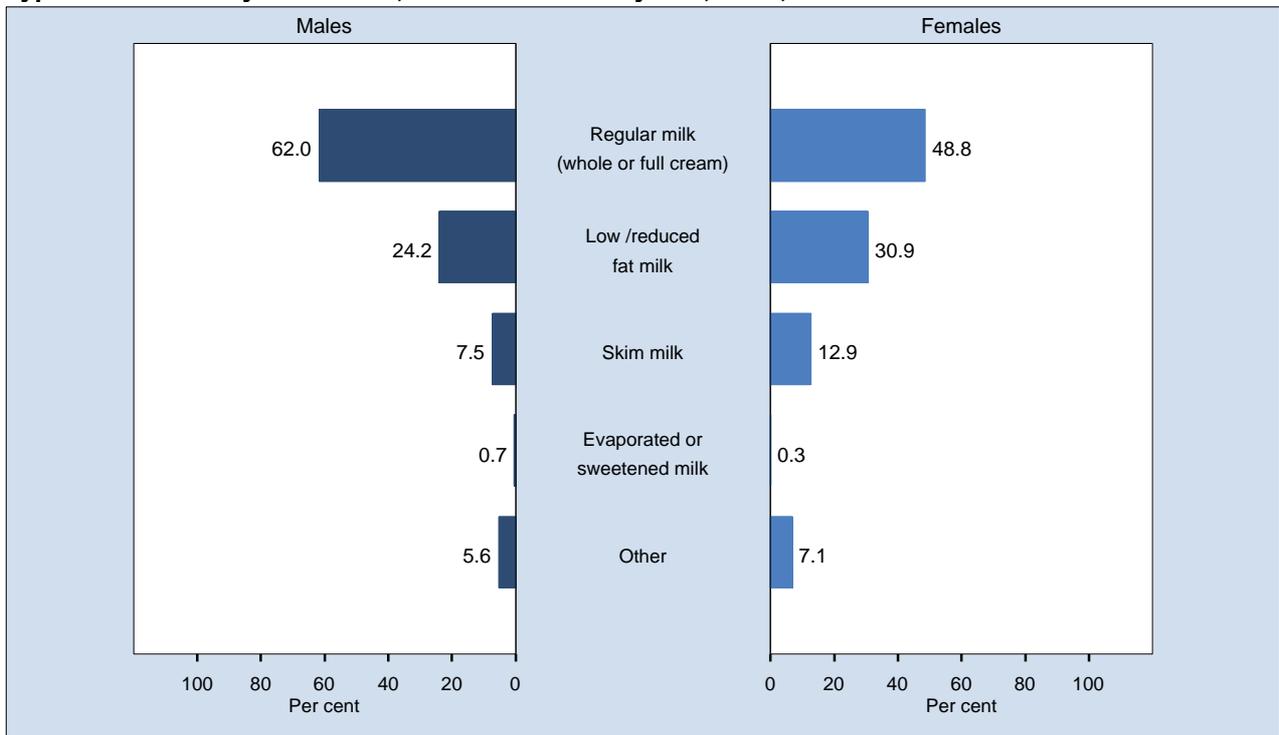
Adequate bread and cereal consumption by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,468), 2008 (7,464). The indicator includes those who met the minimum recommended bread and/or cereal consumption of 5 serves a day, depending on the overall diet, according to the Dietary Guidelines for Children and Adolescents in Australia. The question used to define the indicator was: How many serves of bread and/or cereal do you usually eat each day? (A serve of bread or cereal is 1 slice of bread, 1/2 bread roll, 1/2 cup breakfast cereal or 1/2 cup pasta or rice or noodles.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

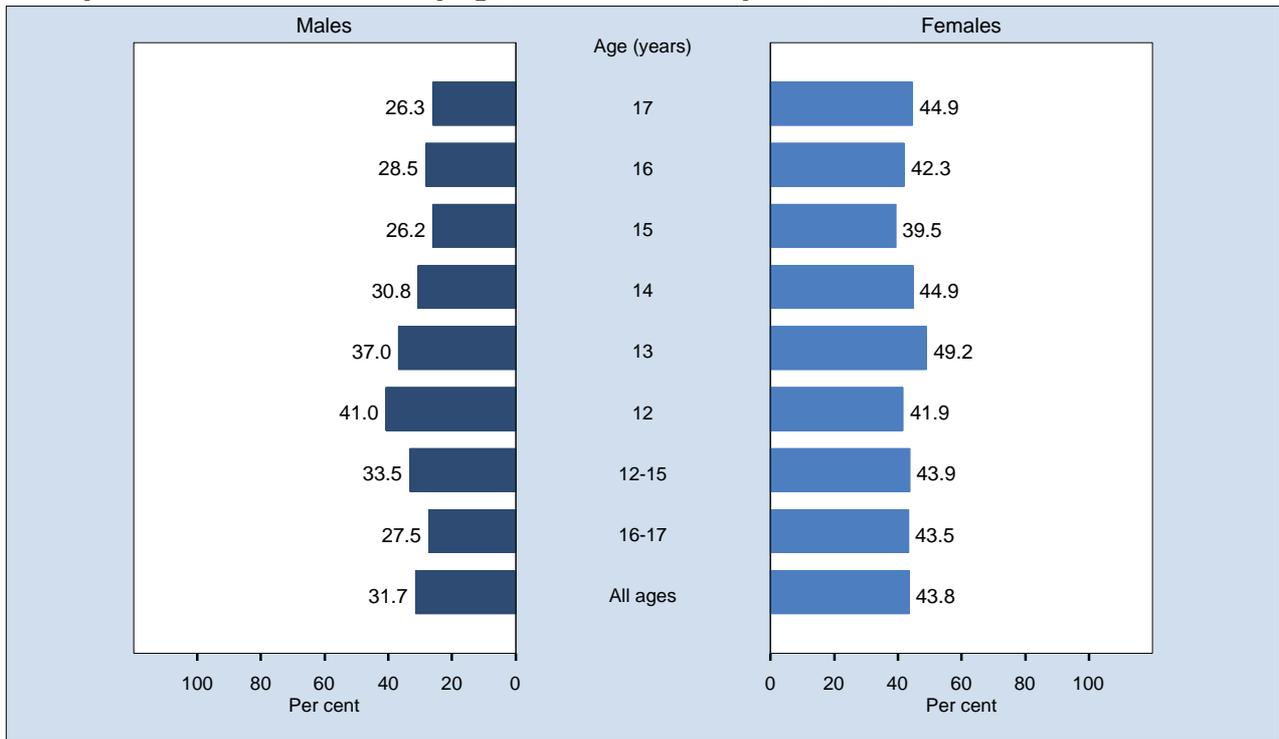
Type of milk usually consumed, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 6,493 respondents in NSW. For this indicator 1,060 (14.03%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: What type of milk do you usually have?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

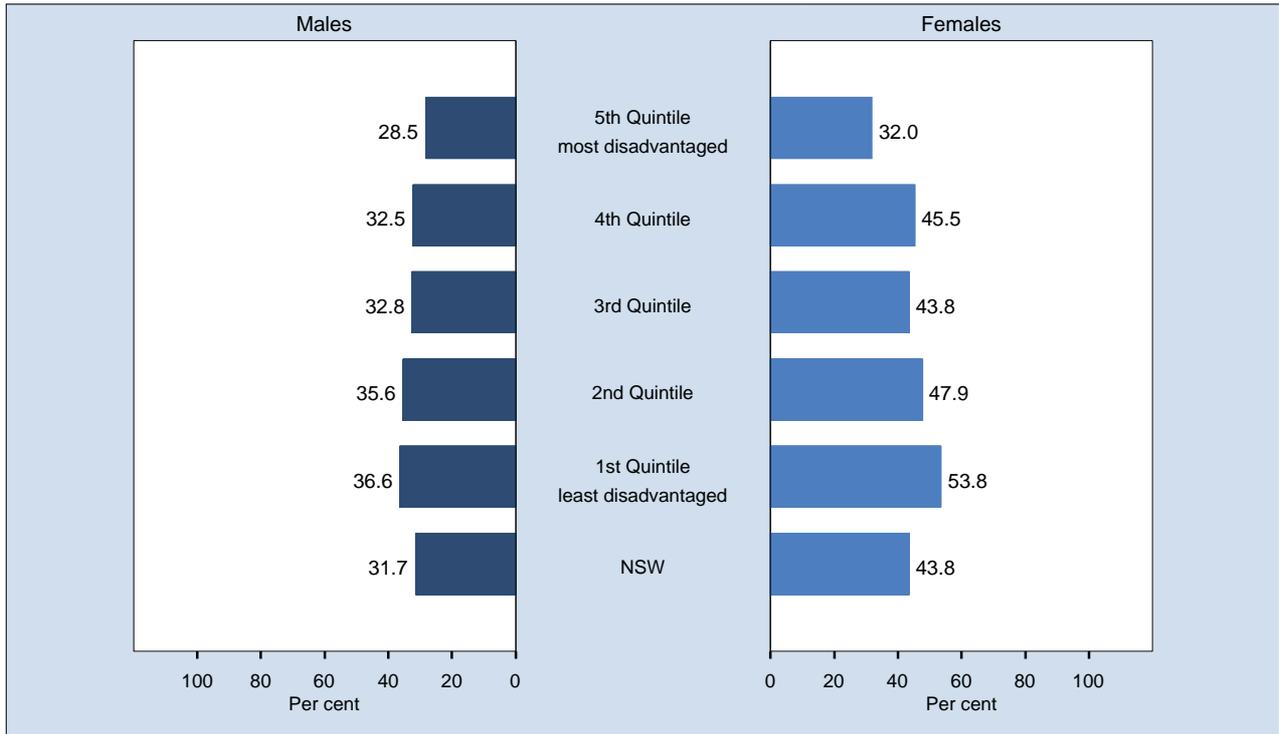
Usually consumes lower fat milk by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 6,493 respondents in NSW. For this indicator 1,060 (14.03%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually have low fat, reduced fat or skim milk. The question used to define the indicator was: What type of milk do you usually have?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

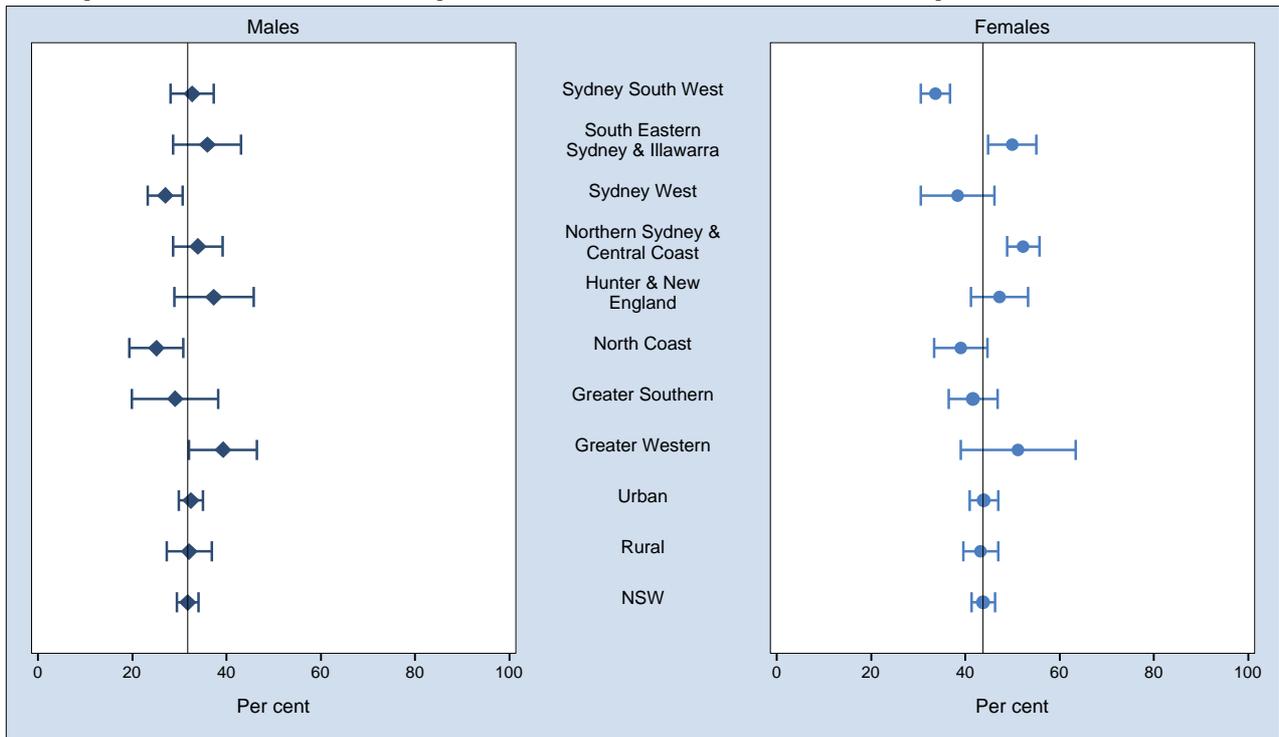
Usually consumes lower fat milk by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 6,493 respondents in NSW. For this indicator 1,060 (14.03%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually have low fat, reduced fat or skim milk. The question used to define the indicator was: What type of milk do you usually have?

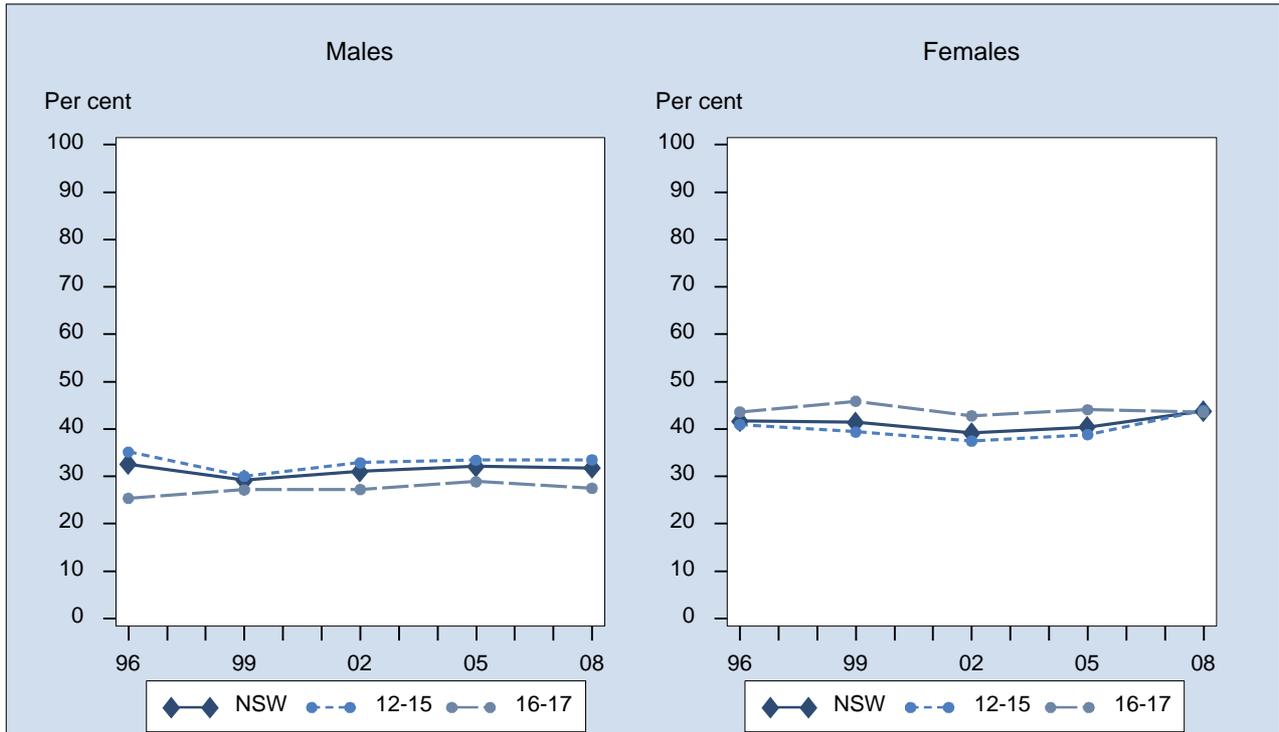
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Usually consumes lower fat milk by area health service, students 12 to 17 years, NSW, 2008



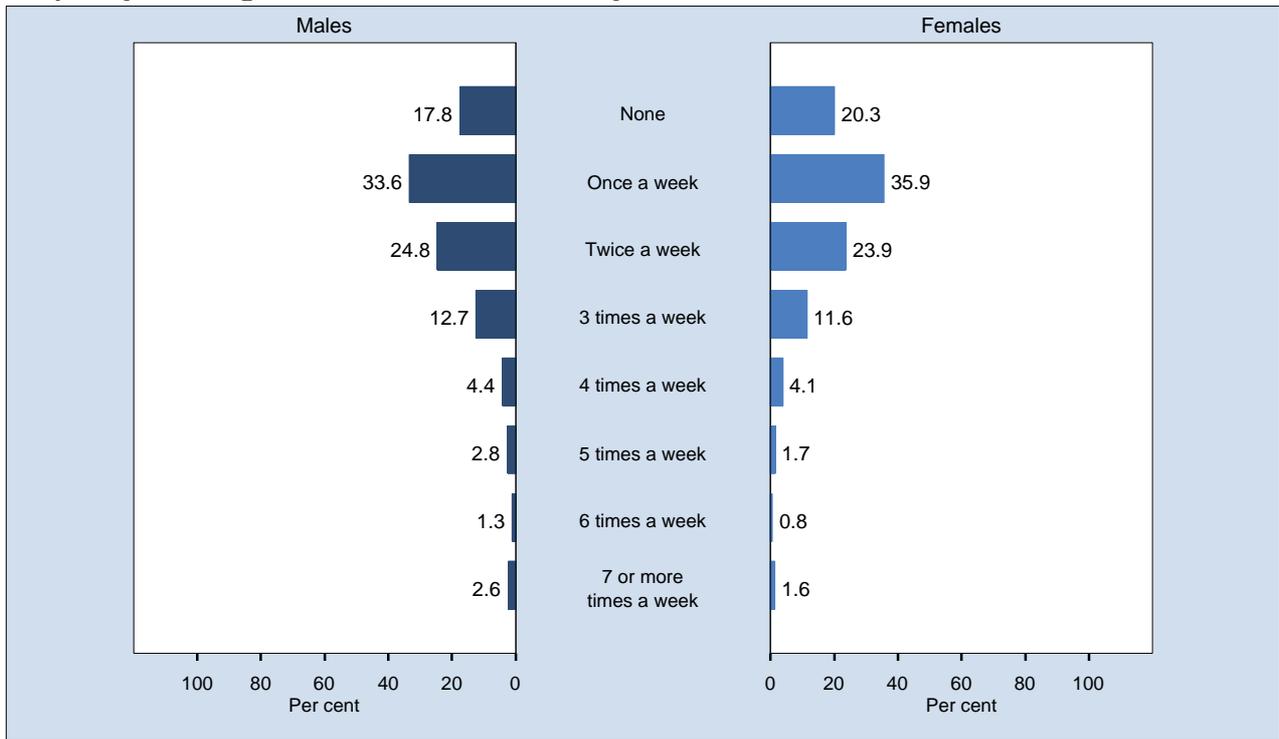
Note: Estimates are based on 6,493 respondents in NSW. For this indicator 1,060 (14.03%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually have low fat, reduced fat or skim milk. The question used to define the indicator was: What type of milk do you usually have?
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Usually consumes lower fat milk by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (4,500), 1999 (3,293), 2002 (2,291), 2005 (2,454), 2008 (6,493). The indicator includes those who usually have low fat, reduced fat or skim milk. The question used to define the indicator was: What type of milk do you usually have?
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

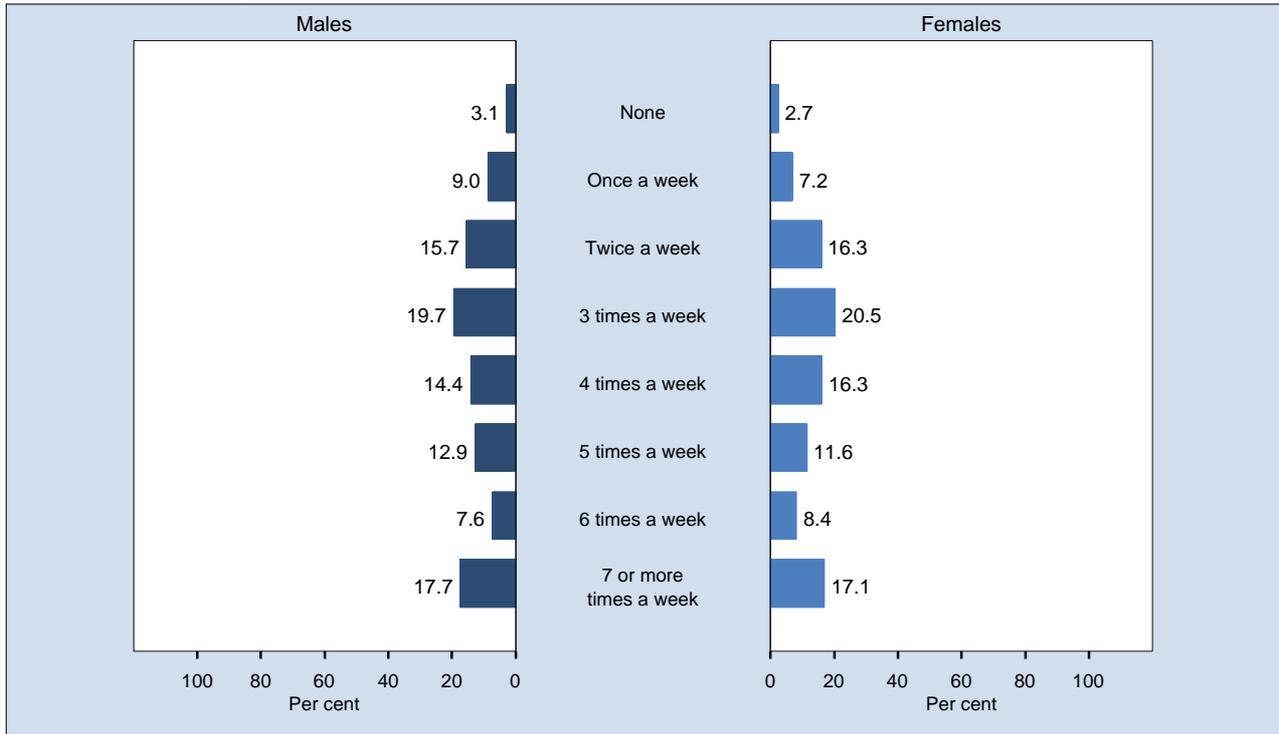
Frequency of eating fast food, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,465 respondents in NSW. For this indicator 88 (1.17%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: How many times in the last week did you eat a fast food meal like McDonalds, Hungry Jacks, pizzas, fish and chips, hamburgers, meat pies, pasties etc?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

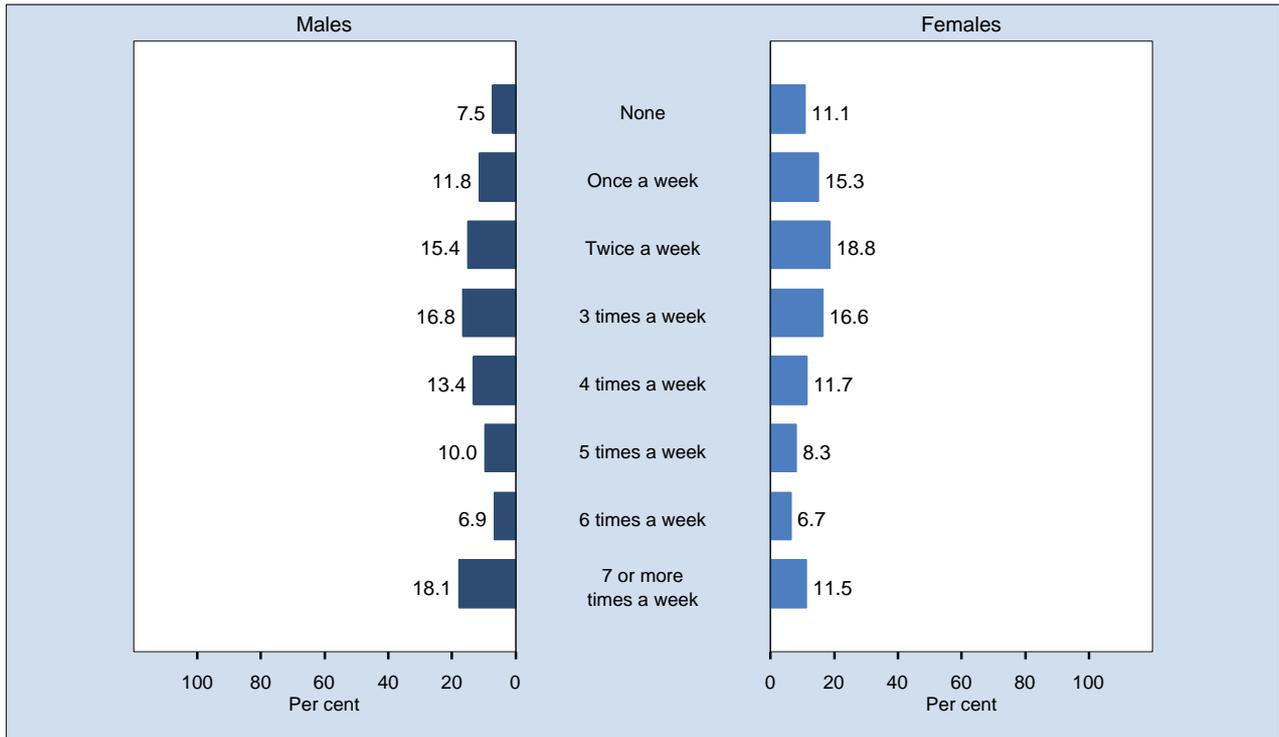
Frequency of eating snacks, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,469 respondents in NSW. For this indicator 84 (1.11%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: How many times in the last week did you eat snacks like a chocolate bar, a piece of cake, a packet of chips or twisties or corn chips, ice cream, 3 or 4 sweet biscuits?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

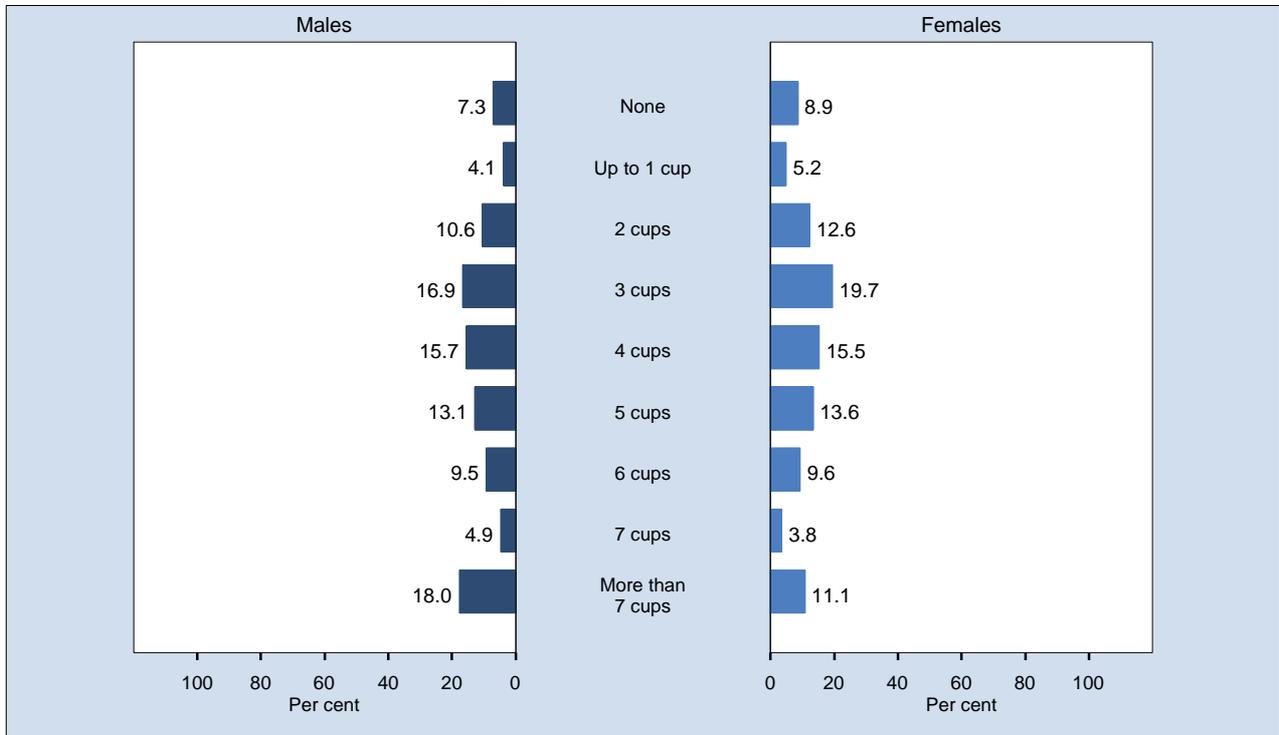
Frequency of drinking soft drink, energy drink, fruit juice or cordial, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,470 respondents in NSW. For this indicator 83 (1.10%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: How many times in the last week did you drink a can of soft drink (like Coke, Pepsi, Lemonade, Fanta), an energy drink (like Redbull, V, Wild), fruit juice, or have at least 2 glasses of cordial in a row? This does not include diet or low joule drinks.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Cups of water a day, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 6,497 respondents in NSW. For this indicator 1,056 (13.98%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: How many cups of water do you usually drink per day? (One cup equals 250 ml or a household teacup; 1 average bottle of water equals 1.5 cups).

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Population weight status

Introduction

In its broadest sense, healthy weight can be defined as weight associated with a high level of physical, social and emotional health, linked with a low risk of future chronic illness and premature death. There is no ideal weight that suits everyone. Each person is different and healthy weight is determined by different factors. In children and adolescents, the definition of healthy weight is complicated by the fact that height is still increasing and body composition and adiposity changes over time. Identifying the weight most appropriate to the overall health of individual children and adolescents at a set point in time is difficult.[1-3]

The two most useful measures for characterising excessive fat are Body Mass Index (BMI) and waist circumference. In adults, BMI is calculated from a person's weight and height and gives a reasonable estimate of total adiposity. BMI is calculated by dividing a person's weight (in kilograms) by their height (in metres squared). The resulting BMI is then classified into 4 categories: underweight when the BMI is less than 18.5, acceptable or ideal weight when the BMI is greater than or equal to 18.5 and less than 25.0, overweight when the BMI is greater than or equal to 25.0 and less than 30.0, and obese when the BMI is greater than or equal to 30.0.[1-3]

In children and adolescents, the same categories for overweight and obesity are used but they are linked to BMI centiles for children and adolescents aged 2-18 to provide child and adolescent cutoff points.[4,5].

Obese adolescents have a greatly increased likelihood of becoming obese adults. Obese adults who were overweight as adolescents also have higher levels of weight-related morbidity, and a higher risk of preventable mortality, than those obese adults who only became obese in adulthood.[6]

The New South Wales School Students Health Behaviours Survey calculates BMI from self-reported height and weight. Any student who did not know their height or weight was excluded from the analysis and no scaling to account for the differences between self-reported and measured height and weight was undertaken.

The validity of self-reported height and weight have been investigated in adult, adolescent, and young adult populations. While many studies have observed a high correlation (96 per cent agreement) between BMI calculated from self-reported and measured height and weight, there is ample evidence that self-reported height and weight is not perfect, but is adequate for conducting epidemiological research. Therefore, while caution should be used when interpreting BMI calculated from self-reported height and weight, it is still useful for ongoing surveillance of population health.[7-12]

Results

Calculated Body Mass Index

In 2008, among students aged 12-17 years, when scaled BMI categories were allocated according to self-reported height and weight, 8.4 per cent were underweight (scaled BMI less than 18.5), 70.2 per cent were healthy weight (scaled BMI between 18.5 and 24.9), 16.8 per cent were overweight (scaled BMI between 25.0 and 29.9), and 4.6 per cent were obese (scaled BMI greater than or equal to 30.0).

Overweight: BMI between 25.0 and 29.9

In 2008, among students aged 12-17 years, 16.8 per cent were overweight: that is, had a BMI between 25.0 and 29.9. Students aged 12-15 years (17.7 per cent) were significantly more likely than students aged 16-17 years (15.1 per cent) to be overweight. Males (21.1 per cent) were significantly more likely than females (11.4 per cent) to be overweight.

Students in the first or least disadvantaged quintile (13.1 per cent) were significantly less likely, and students in the fifth or most disadvantaged quintile (19.3 per cent) were significantly more likely, to be overweight, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas, or among area health services.

There has been no significant change in the proportion of students who were overweight between 2005 and 2008.

Obese: BMI of 30.0 or over

In 2008, among students aged 12-17 years, 4.6 per cent were obese: that is, had a BMI of 30.0 or over. There was no significant difference between age groups, or between males and females.

Students in the first or least disadvantaged quintile (2.8 per cent) were significantly less likely to be obese, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Sydney South West Area Health Service (6.8 per cent) were significantly more likely, and students in the South Eastern Sydney & Illawarra (3.1 per cent) and Northern Sydney & Central Coast (2.5 per cent) Area Health Services were significantly less likely, to be obese, compared with the overall student population aged 12-17 years.

There has been no significant change in the proportion of students who were obese between 2005 and 2008.

Overweight or obese: BMI of 25.0 or over

In 2008, among students aged 12-17 years, 21.4 per cent were overweight or obese: that is, had a BMI of 25.0 or over. There was no significant difference between age groups. Males (26.2 per cent) were significantly more likely than females (15.3 per cent) to be overweight or obese.

Students in the first or least disadvantaged quintile (15.8 per cent) were significantly less likely, and students in the fifth or most disadvantaged quintile (24.9 per cent) were significantly more likely, to be overweight or obese, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Northern Sydney & Central Coast Area Health Service (16.8 per cent) were significantly less likely, and students in the Greater Western Area Health Service (29.3 per cent) were significantly more likely, to be overweight or obese, compared with the overall student population aged 12-17 years.

There has been no significant change in the proportion of students who were overweight or obese between 2005 and 2008.

Perceived body weight

In 2008, among students aged 12-17 years, 8.2 per cent perceived themselves as too thin, 71.2 per cent perceived themselves as about the right weight, and 20.6 per cent perceived themselves as too fat.

Students aged 12-15 years (19.9 per cent) were significantly less likely than students aged 16-17 years (22.6 per cent) to perceive themselves as too fat. Males (15.0 per cent) were significantly less likely than females (26.4 per cent) to perceive themselves as too fat.

There was no significant difference among quintiles of disadvantage, between urban and rural health areas, or among area health services.

There has been no significant change in the proportion of students who perceived themselves as too fat between 2002 and 2008.

Comparison of perceived body weight and calculated body mass

In 2008, among students aged 12-17 years, when perceived body weight was compared with calculated body mass, 69.3 per cent perceived themselves as too thin or about the right weight and were calculated as underweight or healthy weight, 10.8 per cent perceived themselves as too thin or about the right weight and were calculated as overweight or obese, 9.3 per cent perceived themselves as too fat and were calculated as underweight or healthy weight, and 10.5 per cent perceived themselves as too fat but were calculated as overweight or obese.

Intention towards weight

In 2008, among students aged 12-17 years, 39.0 per cent were trying to lose weight, 10.9 per cent were trying to gain weight, 23.5 per cent were trying to stay the same weight, and 26.5 per cent were not trying to do anything about their weight.

Calculated as overweight or obese and trying to lose weight

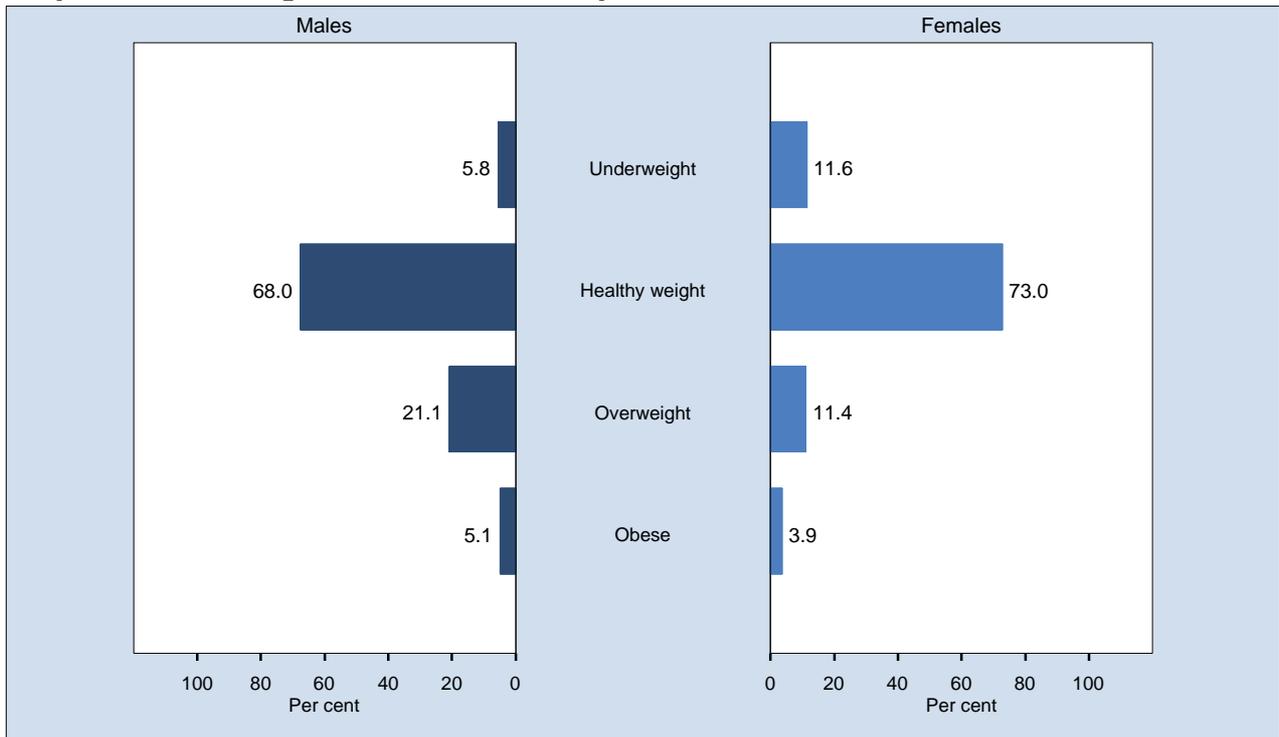
In 2008, among students aged 12-17 years who were overweight or obese, 63.6 per cent were trying to lose weight. There was no significant difference between age groups. Overweight or obese males (55.5 per cent) were significantly less likely than overweight or obese females (80.8 per cent) to be trying to lose weight.

There was no significant difference among quintiles of disadvantage, or between urban and rural health areas. Overweight or obese students in the Northern Sydney & Central Coast (53.3 per cent) and Greatern Western (44.3 per cent) Area Health Services were significantly less likely to be trying to lose weight, compared with the overall student population aged 12-17 years who were overweight or obese.

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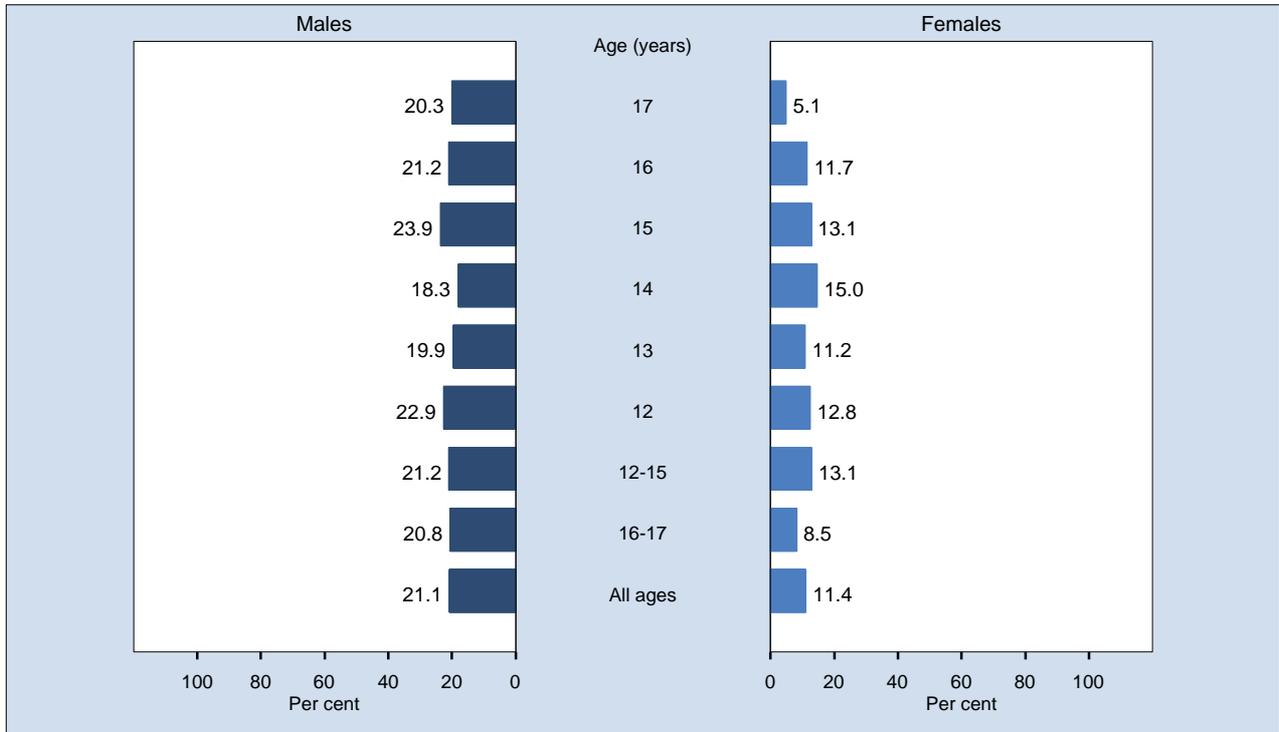
Body Mass Index categories, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: How tall are you without shoes? How much do you weigh without clothes or shoes?. BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include The categories shown for BMI scores are: underweight (BMI under 18.5), healthy weight (BMI from 18.5 to 24.9), overweight (BMI between 25.0 and 29.9) and obese (BMI of 30.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

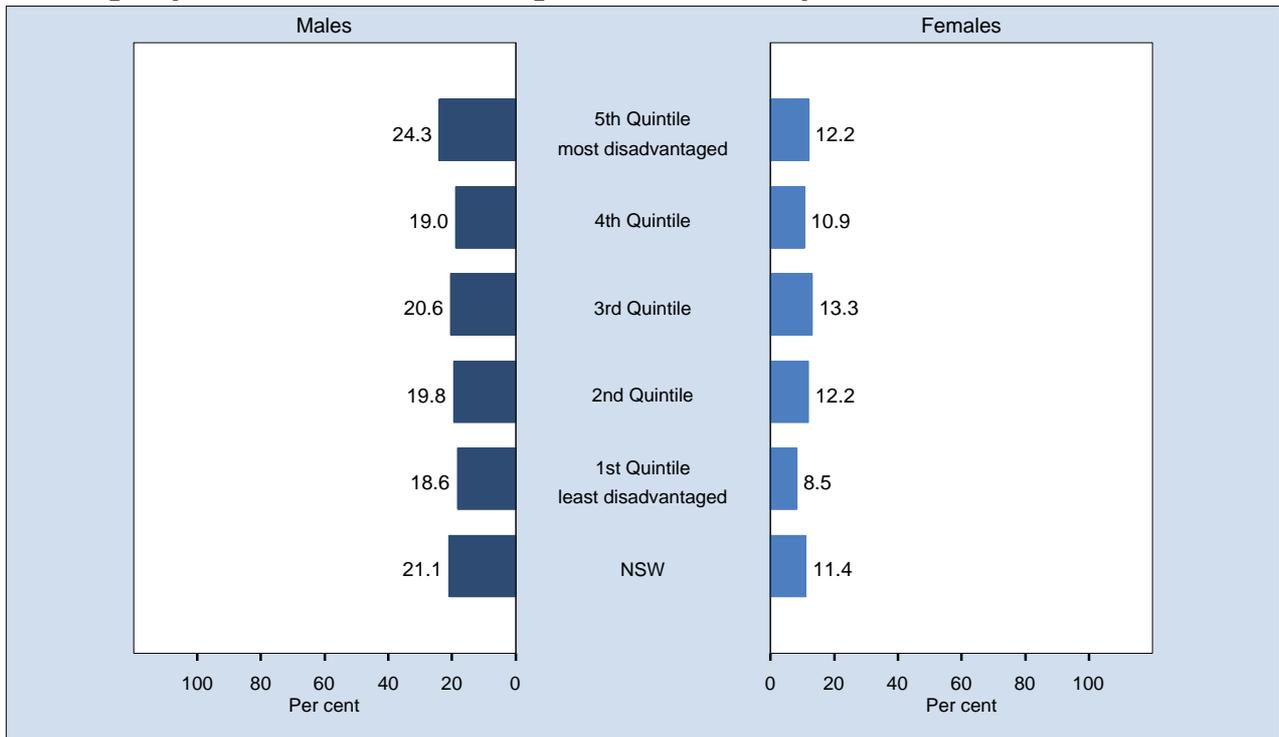
Overweight by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) from 25.0 to 29.9. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include overweight (BMI between 25.0 and 29.9). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

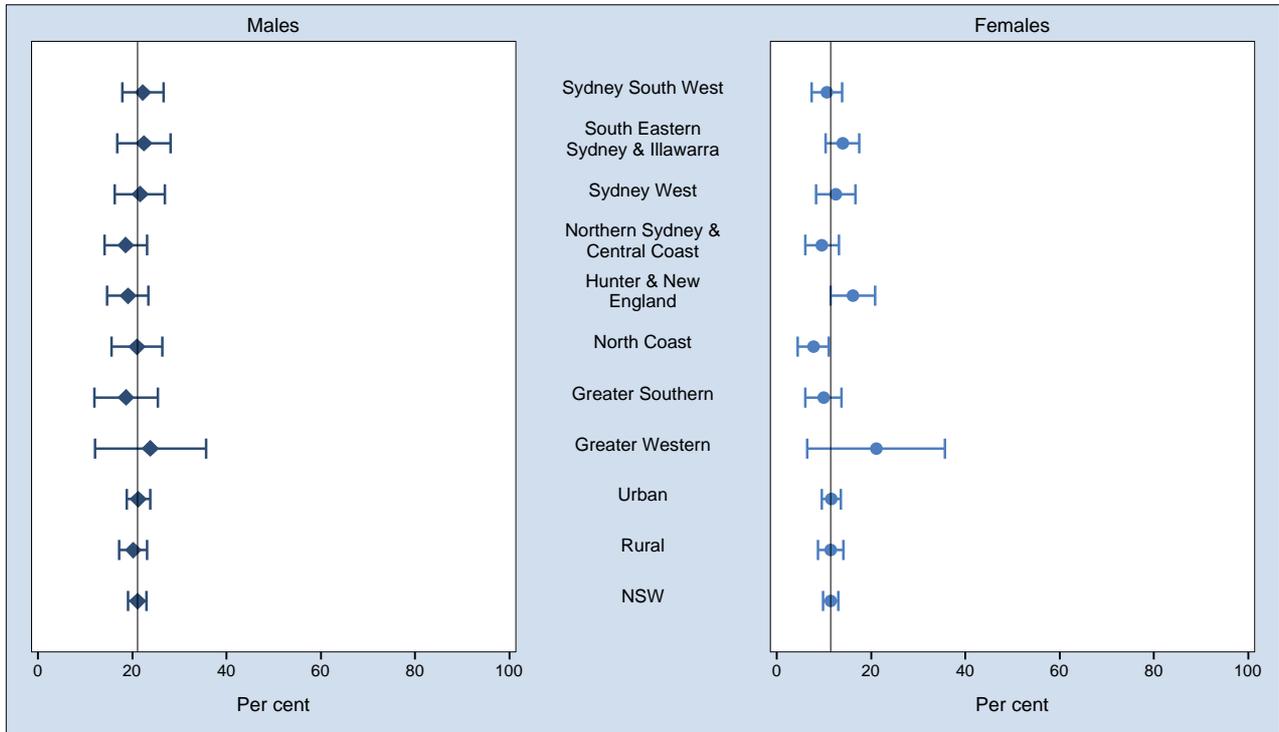
Overweight by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) from 25.0 to 29.9. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include overweight (BMI between 25.0 and 29.9). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

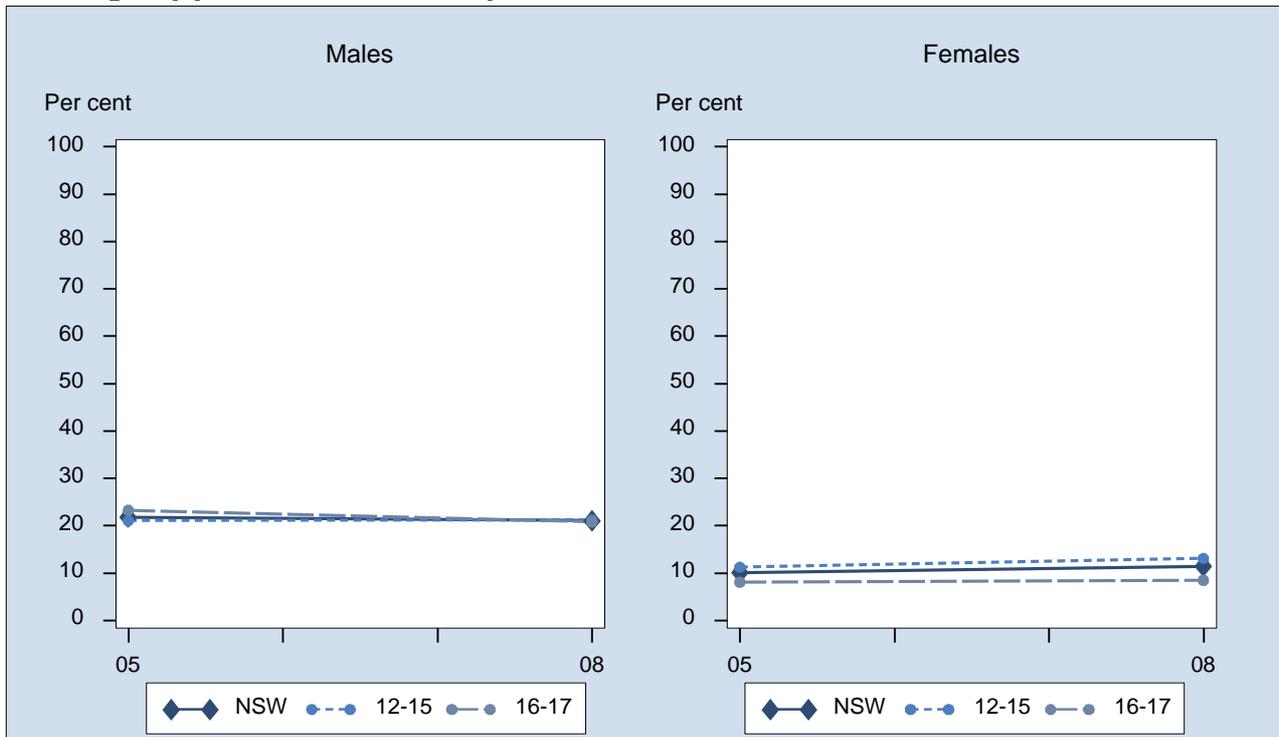
Overweight by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) from 25.0 to 29.9. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include overweight (BMI between 25.0 and 29.9). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

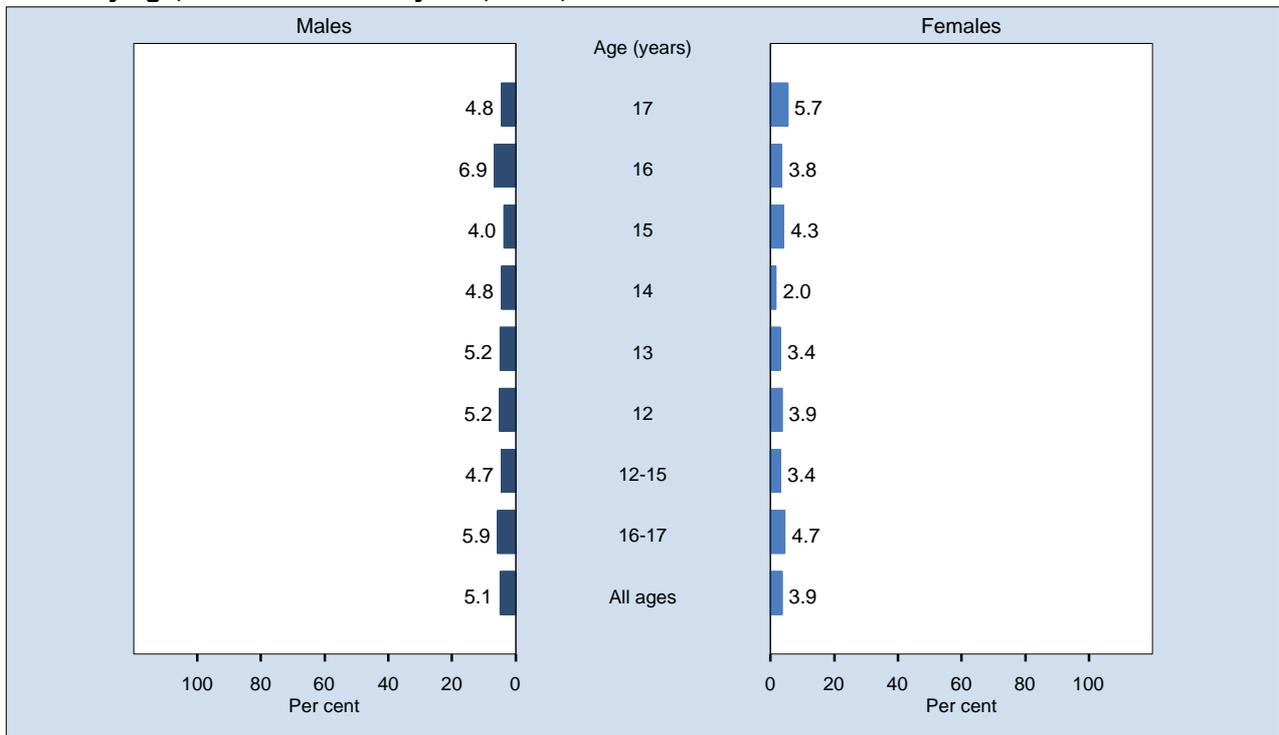
Overweight by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (1,538), 2008 (4,070). The indicator includes those with a scaled Body Mass Index (BMI) from 25.0 to 29.9. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include overweight (BMI between 25.0 and 29.9). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

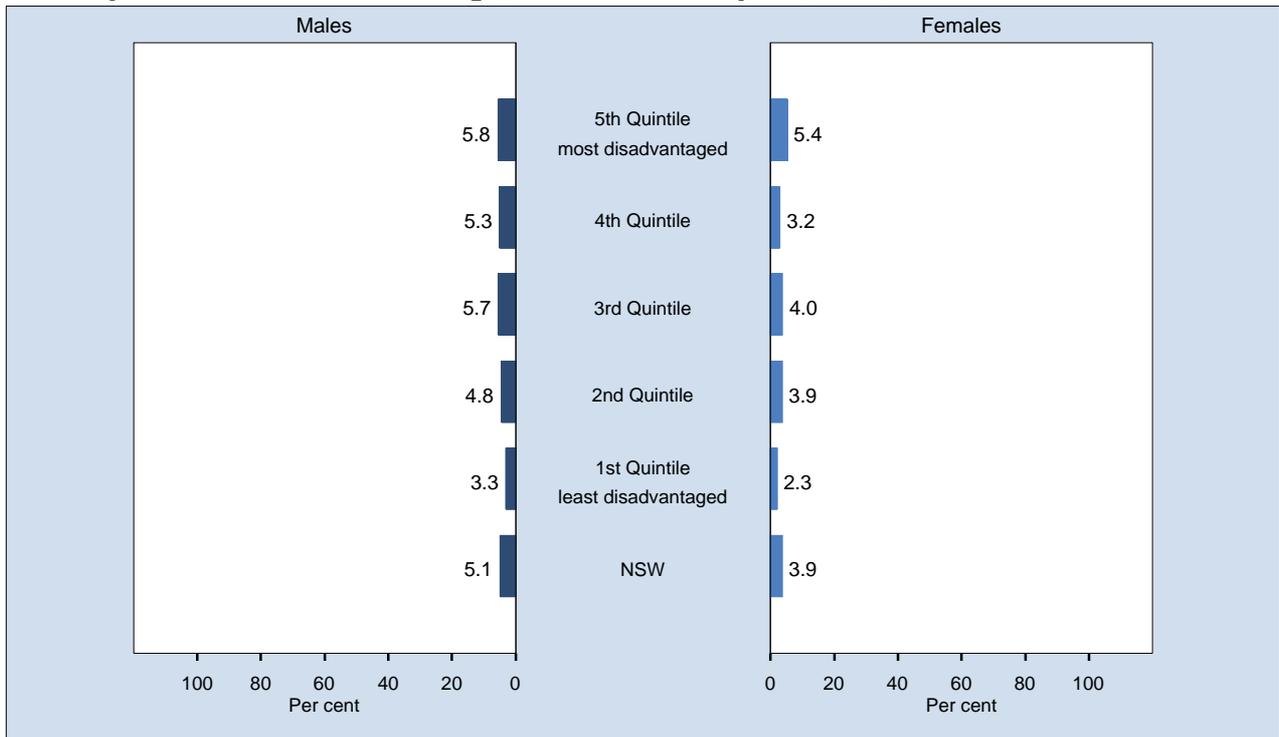
Obese by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) of 30.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include obese (BMI of 30.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

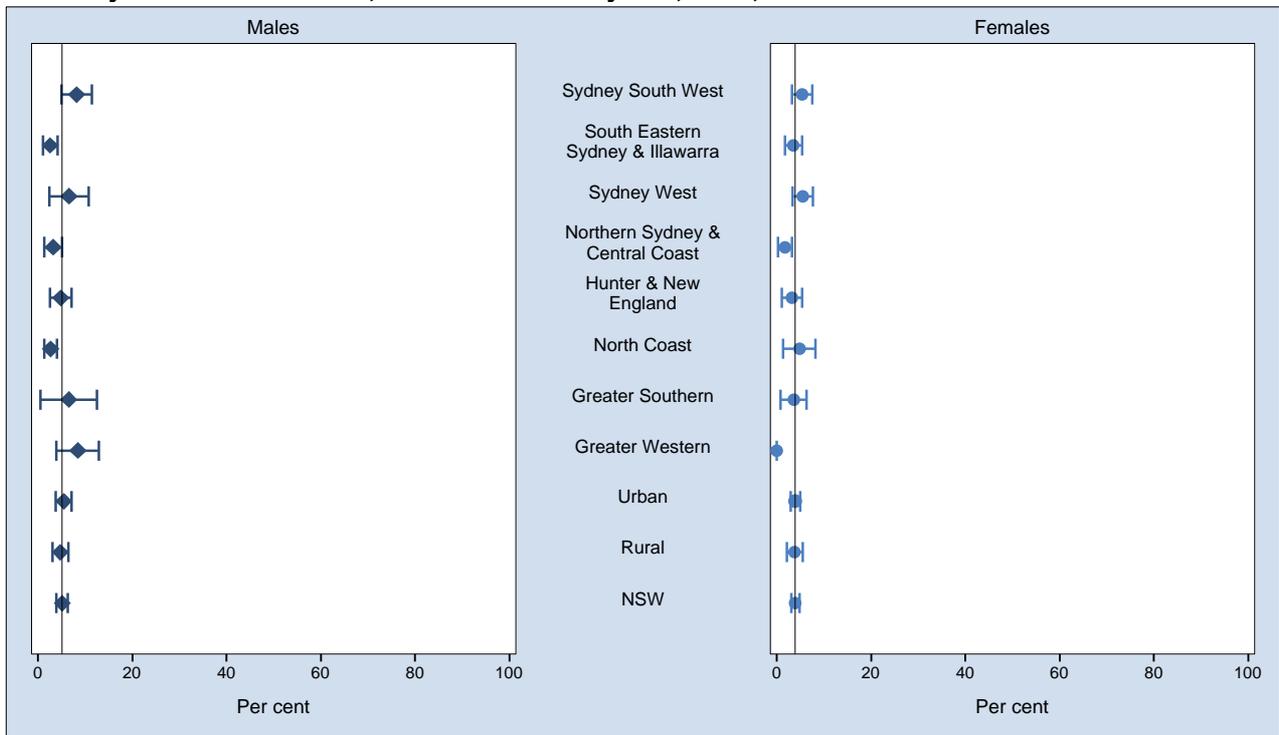
Obese by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) of 30.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include obese (BMI of 30.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

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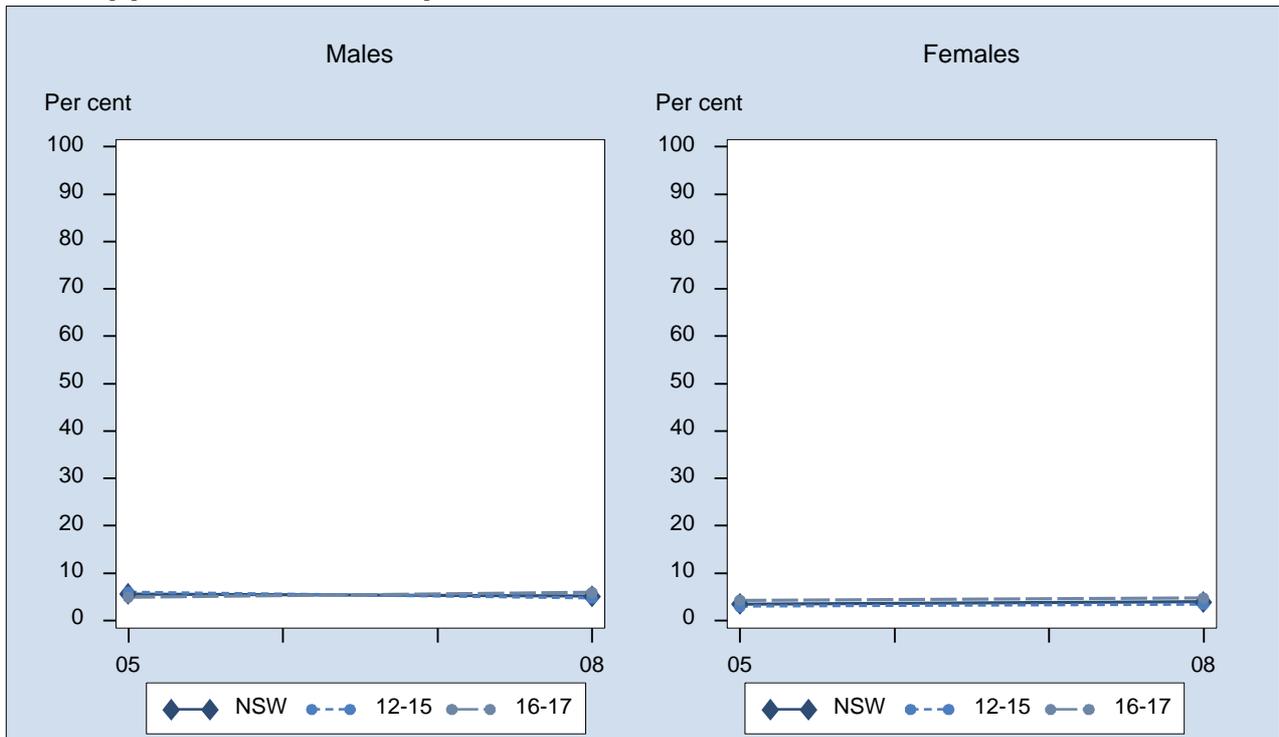
Obese by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) of 30.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include obese (BMI of 30.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

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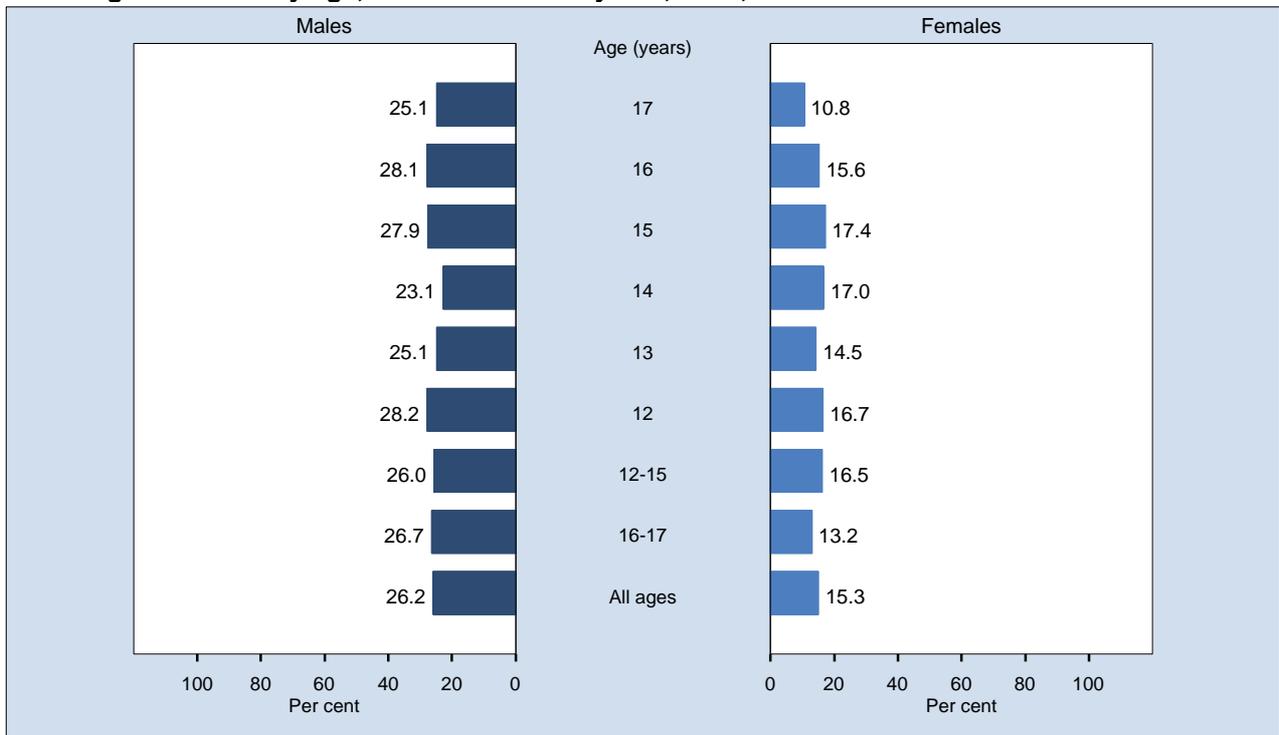
Obese by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (1,538), 2008 (4,070). The indicator includes those with a scaled Body Mass Index (BMI) of 30.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: BMI = weight (kg)/height²(m). Categories for this indicator include obese (BMI of 30.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

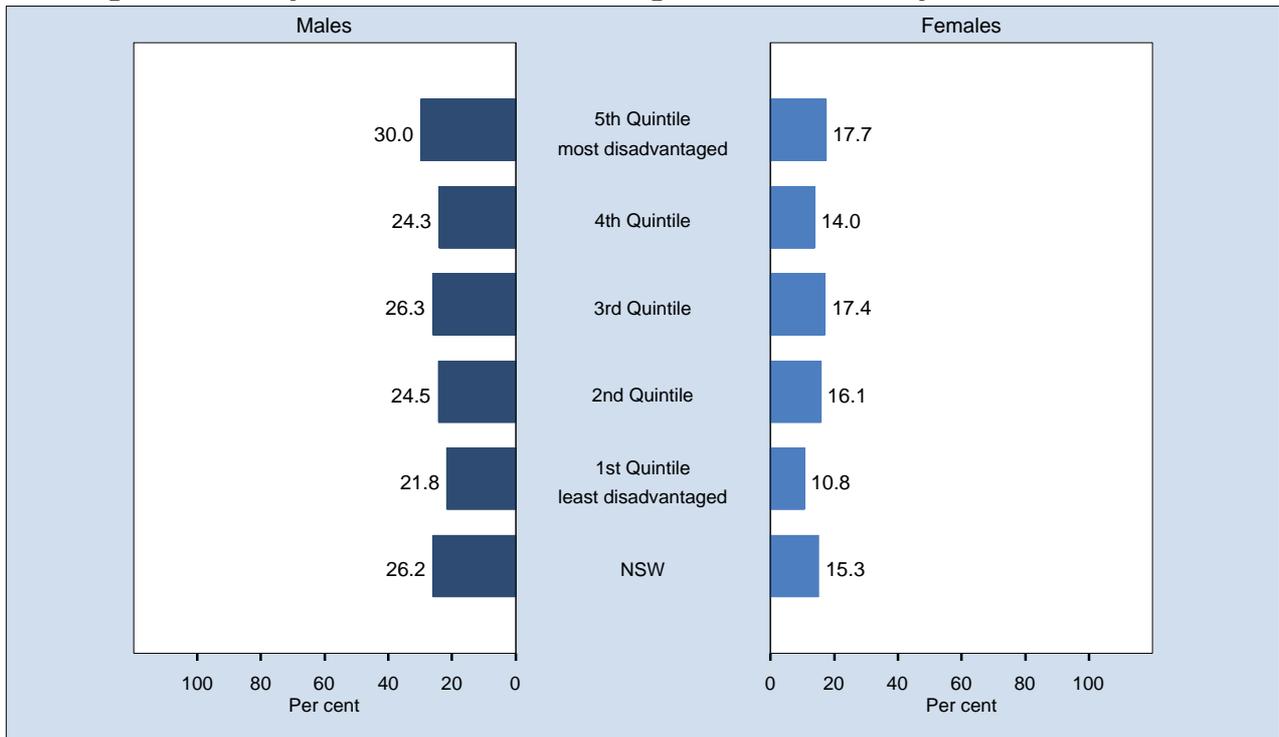
Overweight or obese by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) of 25.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: BMI = weight (kg)/height²(m). Categories for this indicator include overweight (BMI between 25.0 and 29.9) and obese (BMI of 30.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

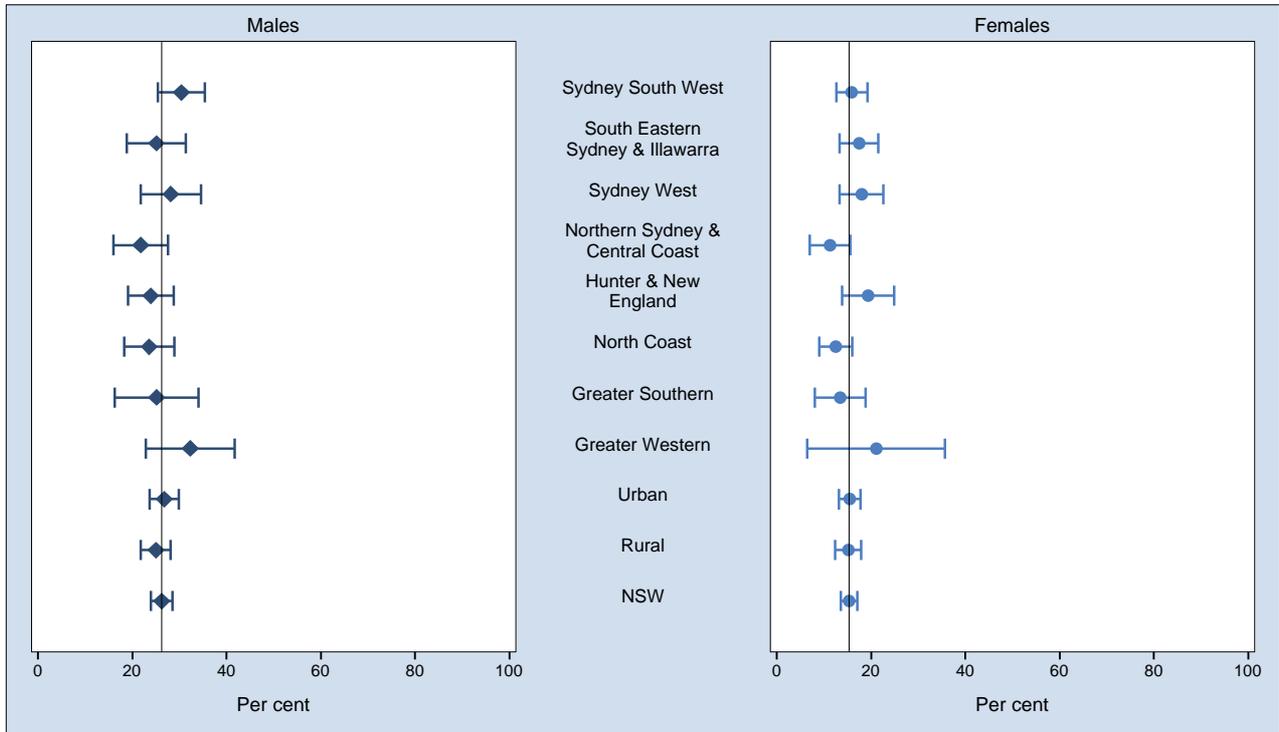
Overweight or obese by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) of 25.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include overweight (BMI between 25.0 and 29.9) and obese (BMI of 30.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

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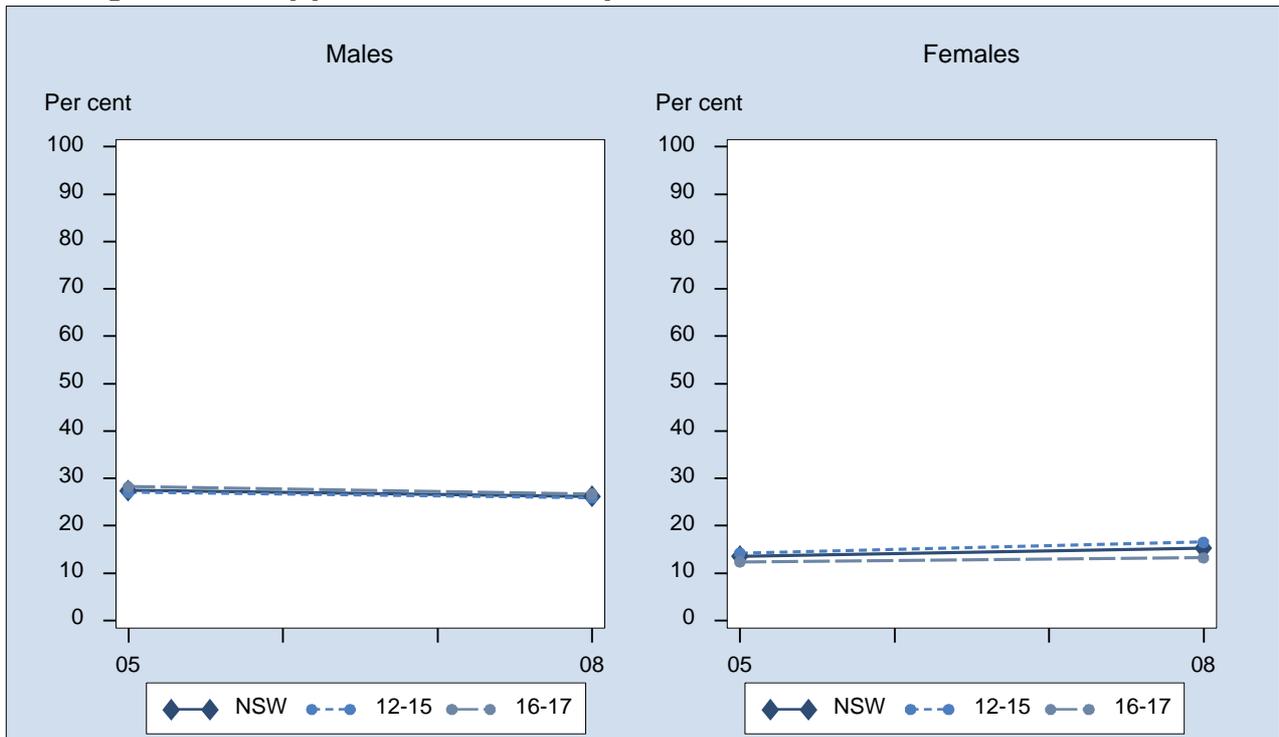
Overweight or obese by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,070 respondents in NSW. For this indicator 3,483 (46.11%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) of 25.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: $BMI = \text{weight (kg)} / \text{height}^2(\text{m})$. Categories for this indicator include overweight (BMI between 25.0 and 29.9) and obese (BMI of 30.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

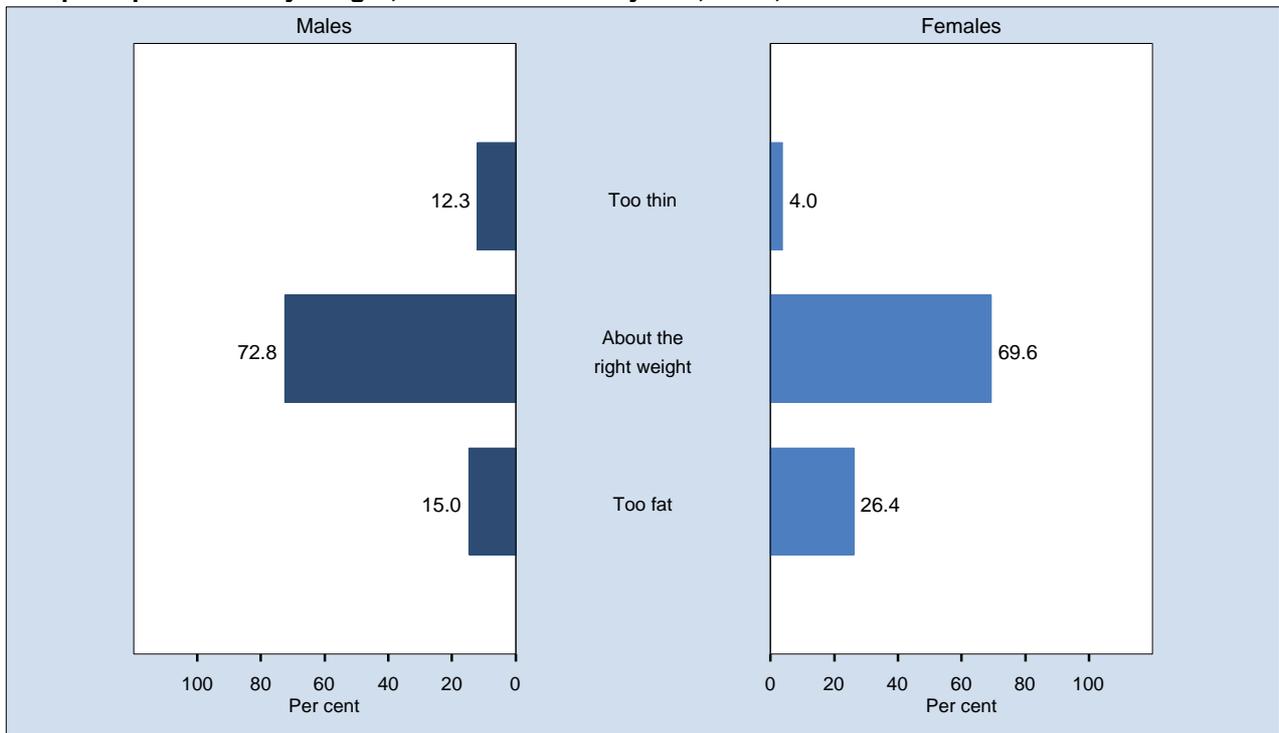
Overweight or obese by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (1,538), 2008 (4,070). The indicator includes those with a scaled Body Mass Index (BMI) of 25.0 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows: BMI = weight (kg)/height²(m). Categories for this indicator include overweight (BMI between 25.0 and 29.9) and obese (BMI of 30.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

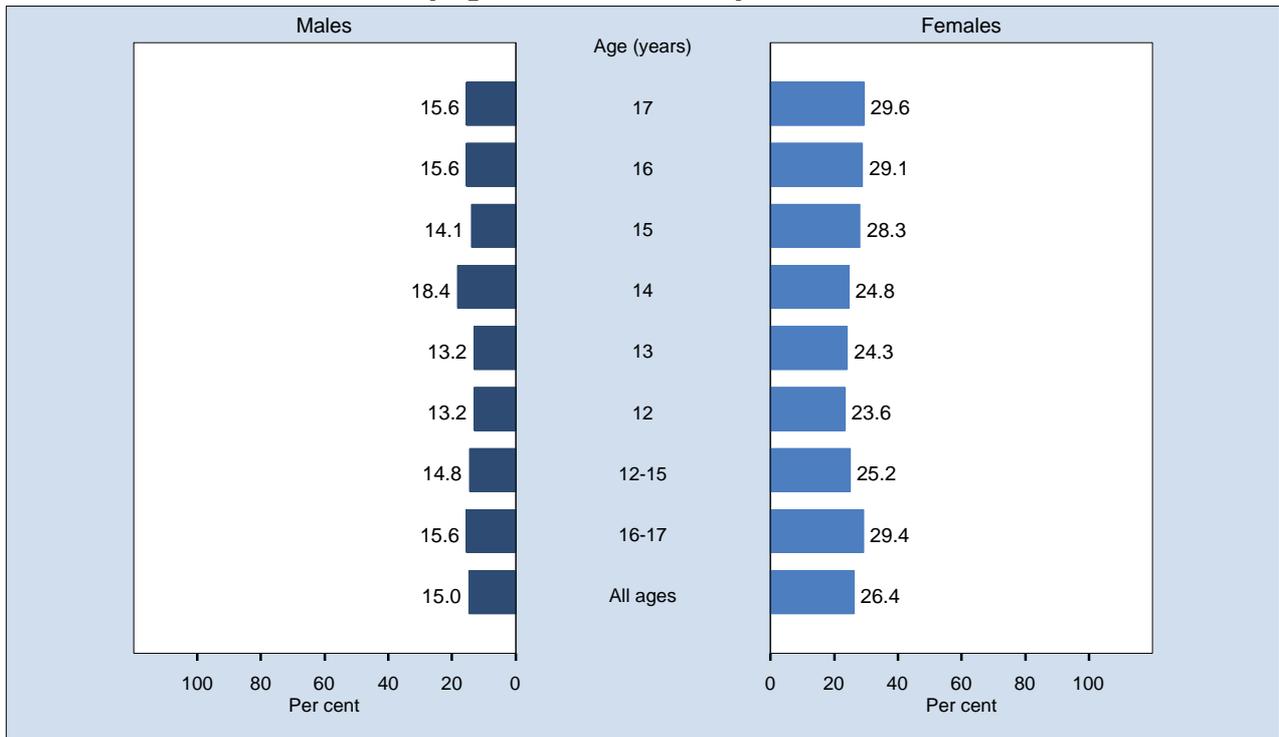
Self-perception of body weight, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,437 respondents in NSW. For this indicator 116 (1.54%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: Do you think of yourself as being too thin, about the right weight, or too fat?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

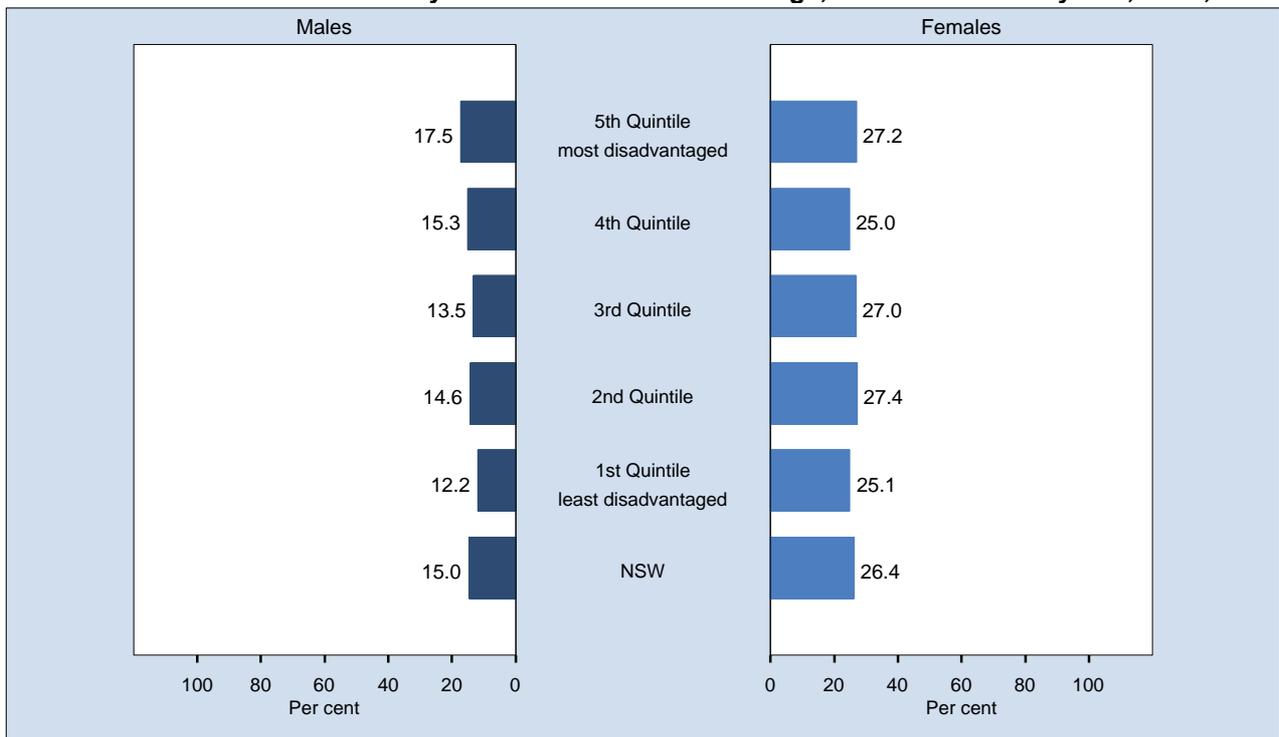
Perceived themselves as too fat by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,437 respondents in NSW. For this indicator 116 (1.54%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who perceive themselves as being too fat. The question used to define the indicator was: Do you think of yourself as being too thin, about the right weight, or too fat?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

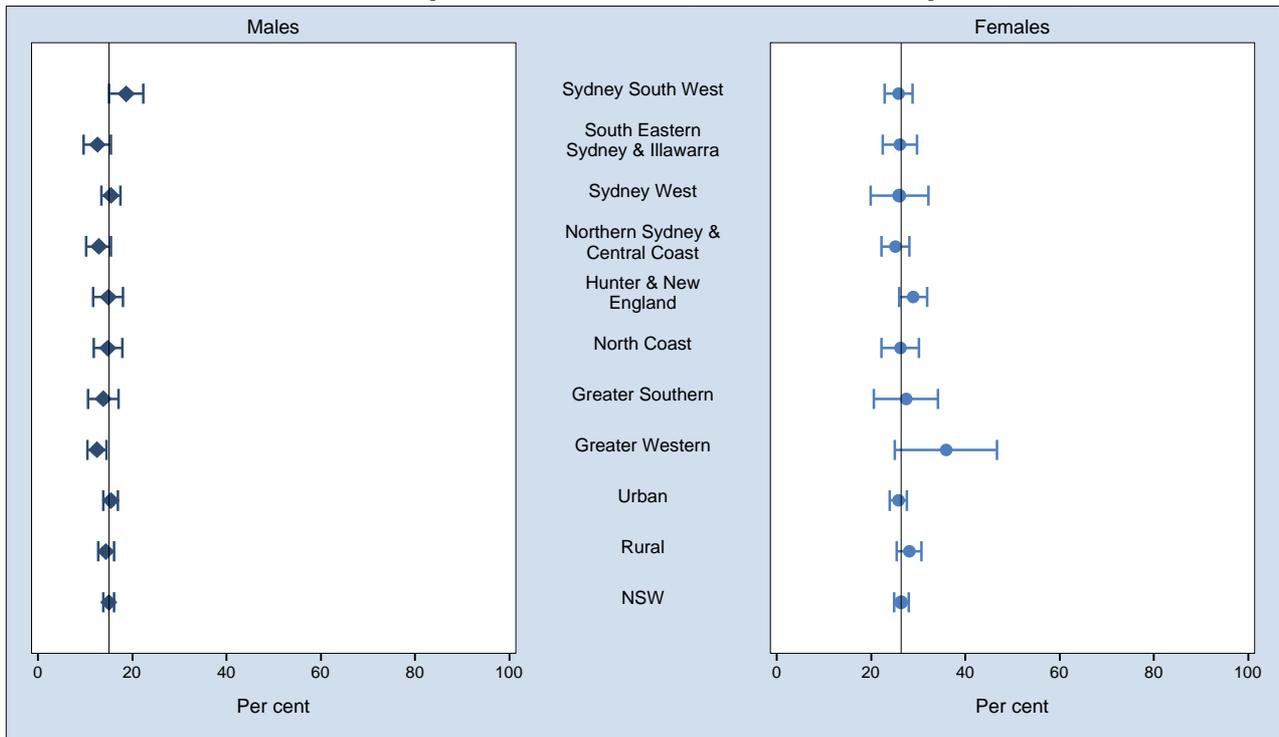
Perceived themselves as too fat by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,437 respondents in NSW. For this indicator 116 (1.54%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who perceive themselves as being too fat. The question used to define the indicator was: Do you think of yourself as being too thin, about the right weight, or too fat?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

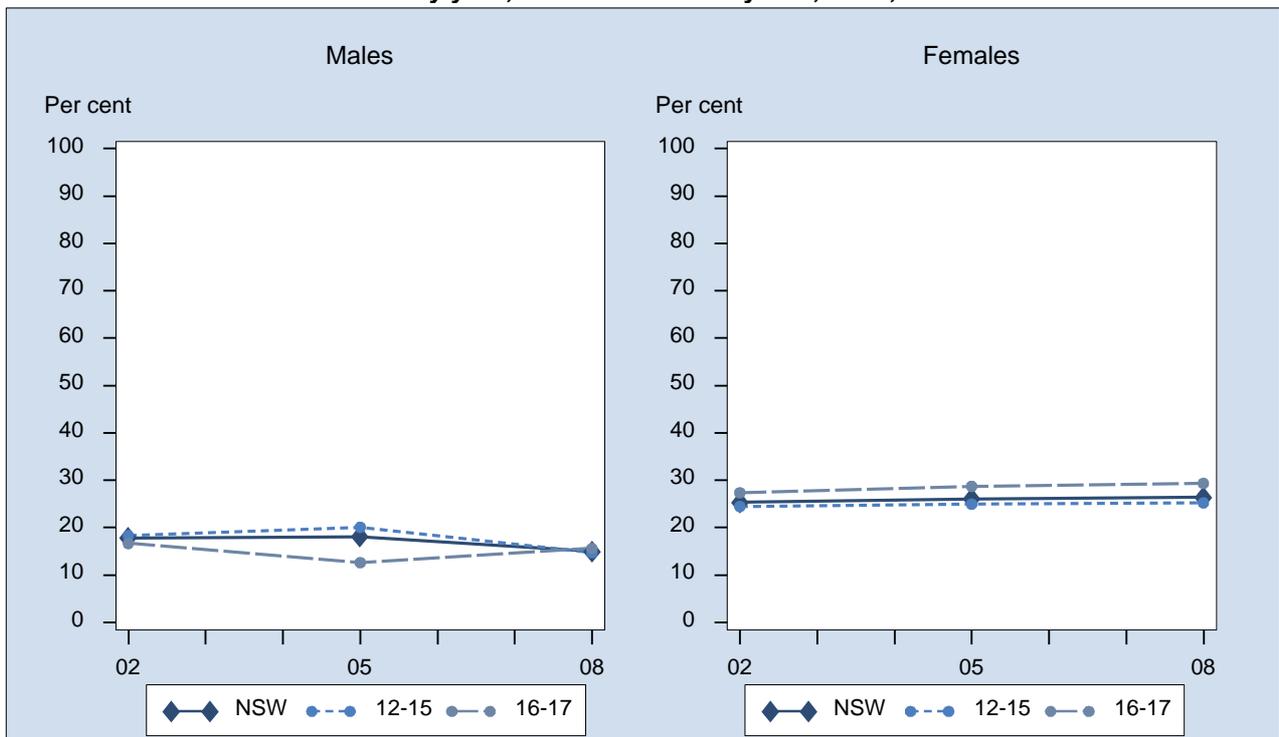
Perceived themselves as too fat by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,437 respondents in NSW. For this indicator 116 (1.54%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who perceive themselves as being too fat. The question used to define the indicator was: Do you think of yourself as being too thin, about the right weight, or too fat?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

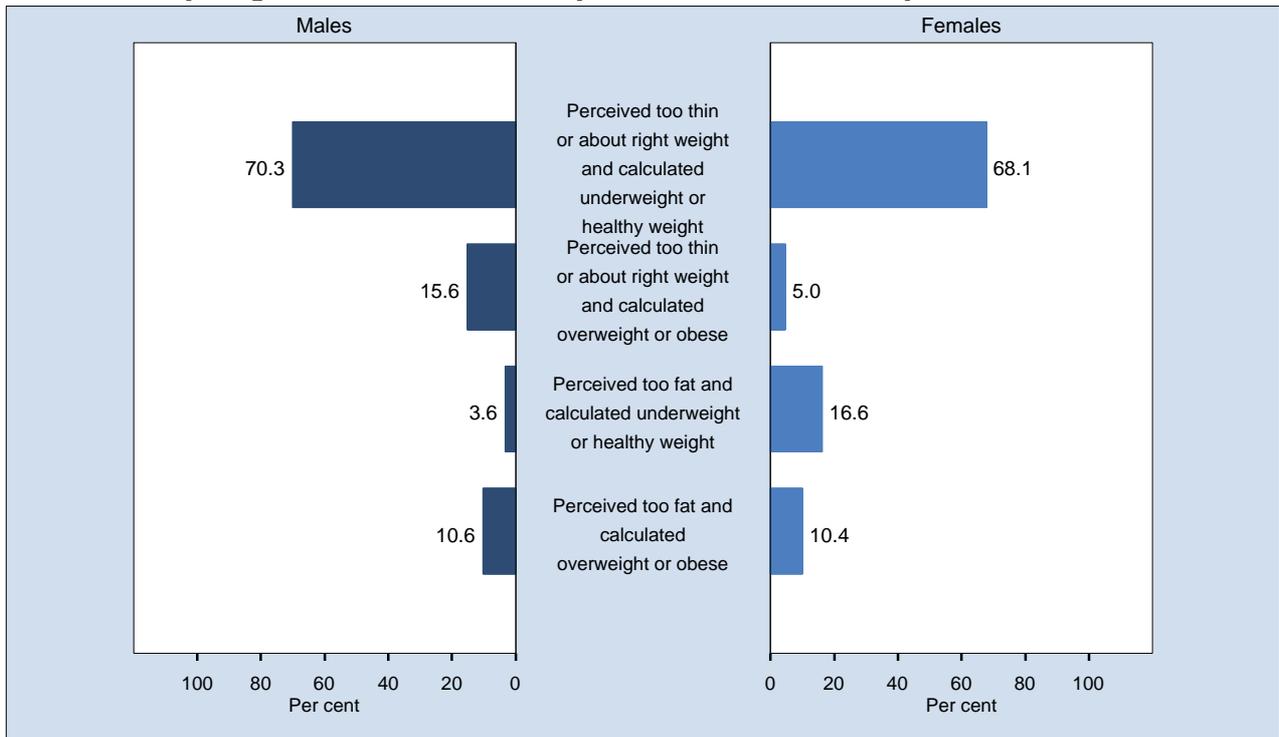
Perceived themselves as too fat by year, students 12 to 17 years, NSW, 2002-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2002 (2,552), 2005 (2,732), 2008 (7,437). The indicator includes those who perceive themselves as being too fat. The question used to define the indicator was: Do you think of yourself as being too thin, about the right weight, or too fat?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

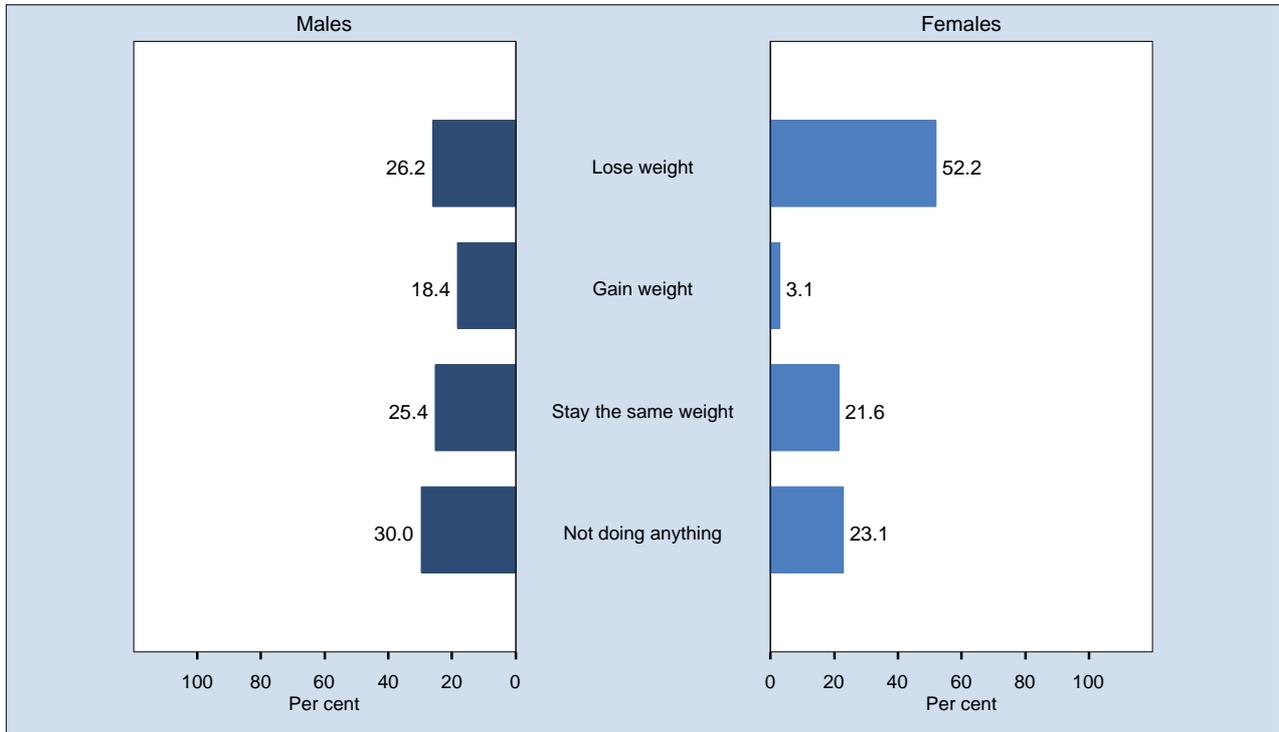
Perceived body weight versus calculated body mass, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 4,048 respondents in NSW. For this indicator 3,505 (46.41%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: Do you think of yourself as being too thin, about the right weight, or too fat? How tall are you without shoes? How much do you weigh without clothes or shoes? Body Mass Index (BMI) is calculated as follows: $BMI = \frac{\text{weight(kg)}}{\text{height}^2(\text{m})}$. The categories shown for BMI scores are healthy weight (BMI between 18.5 and 25.0) and overweight or obese (BMI of 25.0 and over). These are the same BMI categories as adults, which have been linked to BMI centiles for children and adolescents aged 2 to 17.5 to provide child and adolescent cutoff points.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

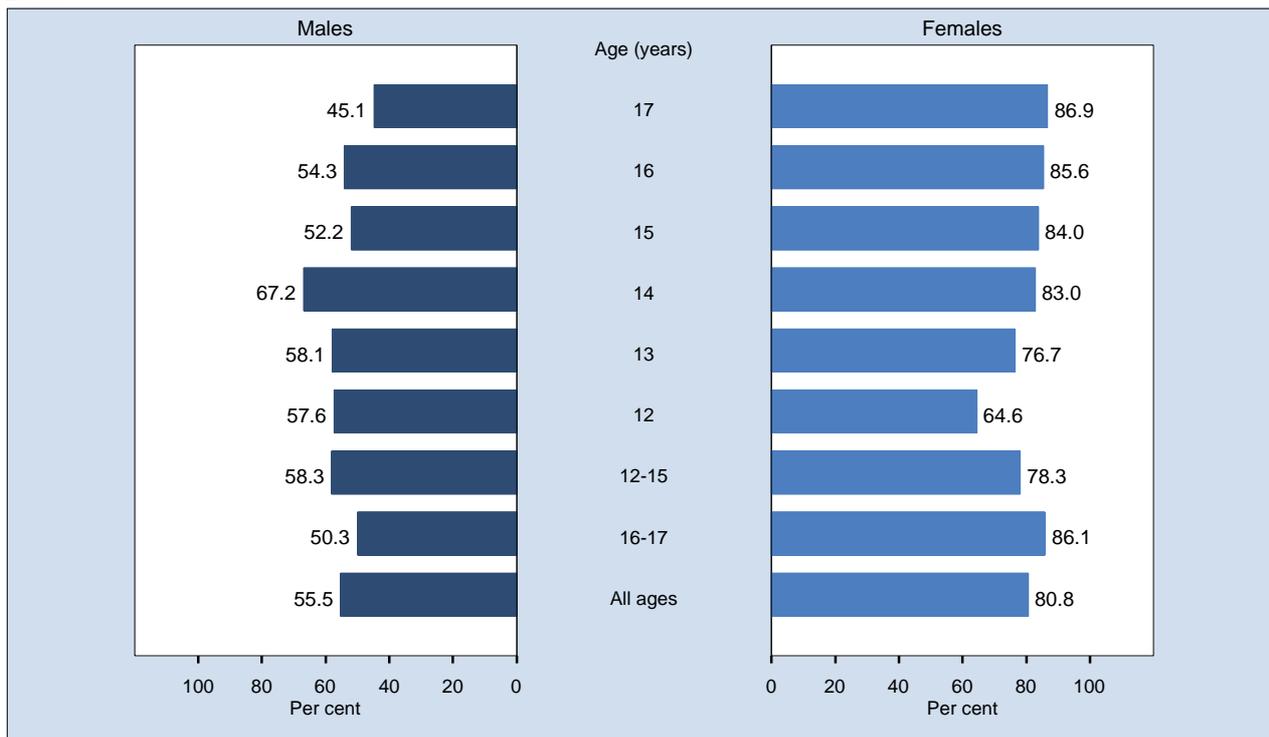
Intentions towards weight, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,452 respondents in NSW. For this indicator 101 (1.34%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: Which of the following are you trying to do about your weight: lose weight, gain weight, stay the same weight, I'm not trying to do anything about my weight.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

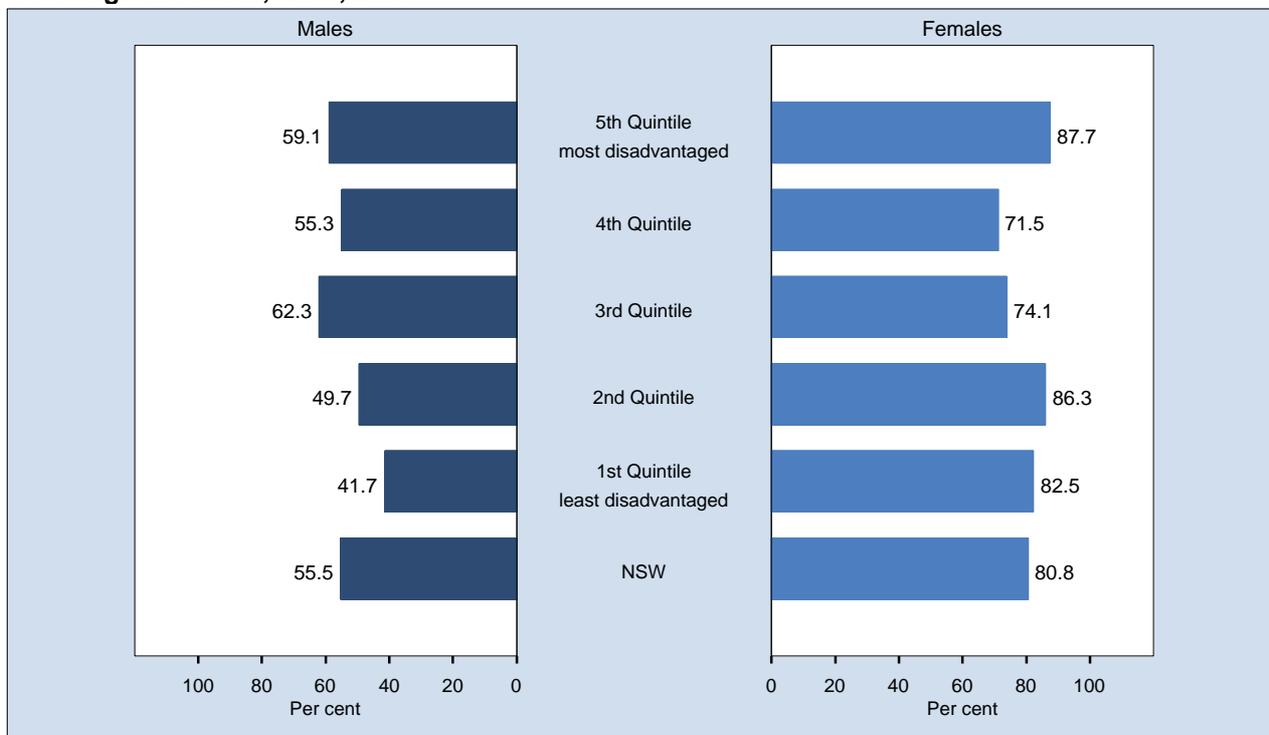
Trying to lose weight by age, students aged 12 to 17 years calculated as overweight or obese, NSW, 2008



Note: Estimates are based on 836 respondents in NSW. For this indicator 4 (0.48%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) of 25.0 or higher who are trying to loose weight. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? Which of the following are you trying to do about your weight: lose weight, gain weight, stay the same weight, I'm not trying to do anything about my weight?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

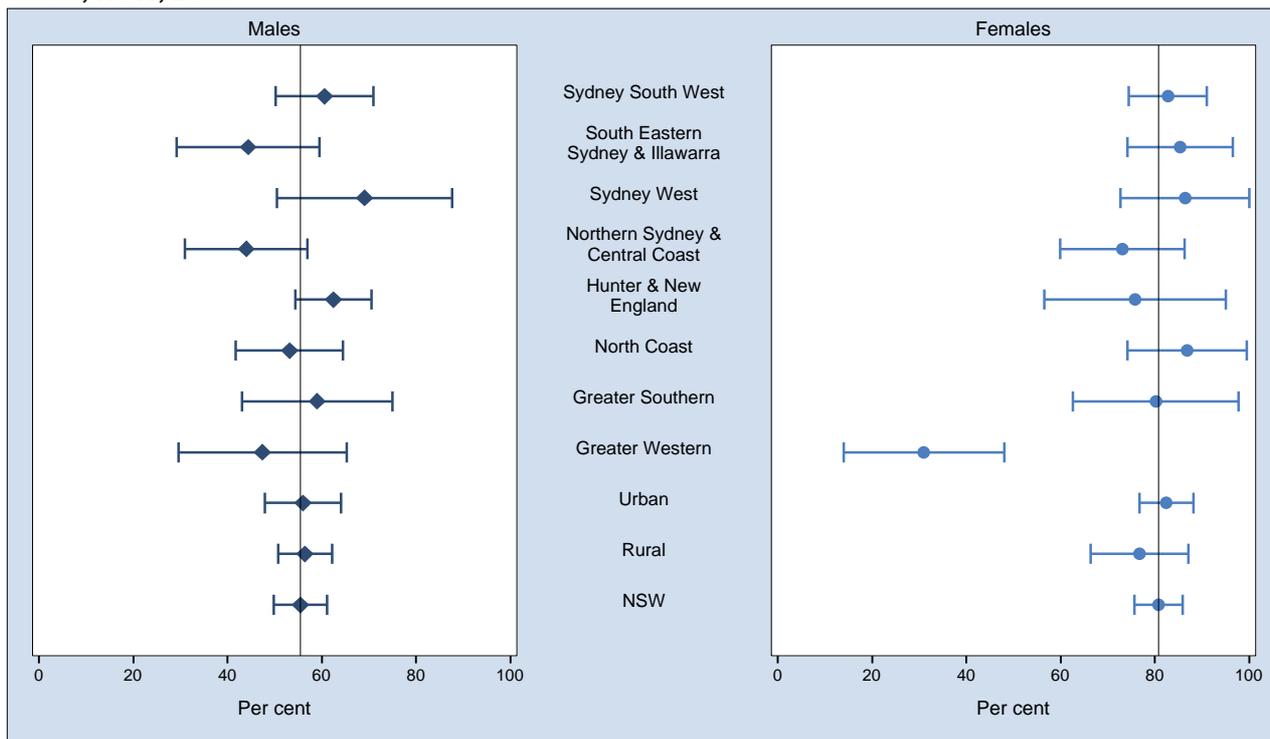
Trying to lose weight by socioeconomic disadvantage, students aged 12 to 17 years calculated as overweight or obese, NSW, 2008



Note: Estimates are based on 836 respondents in NSW. For this indicator 4 (0.48%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) of 25.0 or higher who are trying to loose weight. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? Which of the following are you trying to do about your weight: lose weight, gain weight, stay the same weight, I'm not trying to do anything about my weight?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Trying to lose weight by area health service, students aged 12 to 17 years calculated as overweight or obese, NSW, 2008



Note: Estimates are based on 836 respondents in NSW. For this indicator 4 (0.48%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those with a scaled Body Mass Index (BMI) of 25.0 or higher who are trying to loose weight. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? Which of the following are you trying to do about your weight: lose weight, gain weight, stay the same weight, I'm not trying to do anything about my weight?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Physical activity

Introduction

Physical activity is an important factor in health and wellbeing. Those who are physically active have lower rates of preventable mortality and lower incidence of preventable morbidity.

Children and adolescents need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day. Moderate activities include brisk walking, bike riding, skateboarding, and dancing. Vigorous activities include football, netball, soccer, running, swimming laps, or training for sport, and are those activities that make you 'huff and puff'.^[1,2] In this report, adequate physical activity is measured as 60 minutes or more of physical activity outside of school hours each day.

Sedentary behaviour in childhood influences health in adulthood and is a predictor of body mass index and being overweight in children.^[3,4] It is recommended that during leisure time children and adolescents should not spend more than 2 hours a day using electronic media for entertainment (for example, computer games, television, or the internet), particularly during daylight hours.^[1,2]

Results

Physical activity

In 2008, among students aged 12-17 years, 13.3 per cent did a minimum of 60 minutes of moderate to vigorous physical activity each day in the last 7 days, 7.5 per cent on 6 days, 13.2 per cent on 5 days, 13.9 per cent on 4 days, 17.6 per cent on 3 days, 15.5 per cent on 2 days, 11.6 per cent on 1 day, and 7.4 per cent on no days.

In 2008, among students aged 12-17 years, 13.3 per cent met the minimum recommended level of physical activity of 60 minutes of moderate to vigorous physical activity each day. Students aged 12-15 years (14.6 per cent) were significantly more likely than students aged 16-17 years (10.2 per cent) to meet the minimum recommended level of physical activity each day. Males (16.2 per cent) were significantly more likely than females (10.5 per cent) to meet the minimum recommended level of physical activity each day.

Students in the first or least disadvantaged quintile (10.9 per cent) were significantly less likely to meet the minimum recommended level of physical activity each day, compared with the overall student population 12-17 years of age. There was no significant difference between rural and urban health areas, or among area health services.

There has been no significant change in the proportion of students who met the minimum recommended level of physical activity each day between 2005 and 2008.

Sedentary behaviour

In 2008, among students aged 12-17 years, when not at school, 2.1 per cent did not watch television or DVDs or videos, or use the internet, or play computer games (not including for homework), 6.3 per cent did these things for 1 hour or less, 18.2 per cent for 2 hours, 20.9 per cent for 3 hours, 17.3 per cent for 4 hours, 13.5 per cent for 5 hours, 9.1 per cent for 6 hours, 5.5 per cent for 7 hours, 3.1 per cent for 8 hours, 1.7 for 9 hours, and 2.4 per cent for 10 hours or more.

In 2008, among students aged 12-17 years, 91.7 per cent were sedentary for at least 2 hours a day when not at school, not including when doing homework. Students aged 12-15 years (90.8 per cent) were significantly less likely than students aged 16-17 years (93.8 per cent) to be sedentary for at least 2 hours a day when not at school. There was no significant difference between males and females.

There was no significant difference among quintiles of disadvantage, or between urban and rural health areas. Students in the Sydney South West Area Health Service (93.0 per cent) were significantly more likely to be sedentary for at least 2 hours a day when not at school, compared with the overall student population 12-17 years of age.

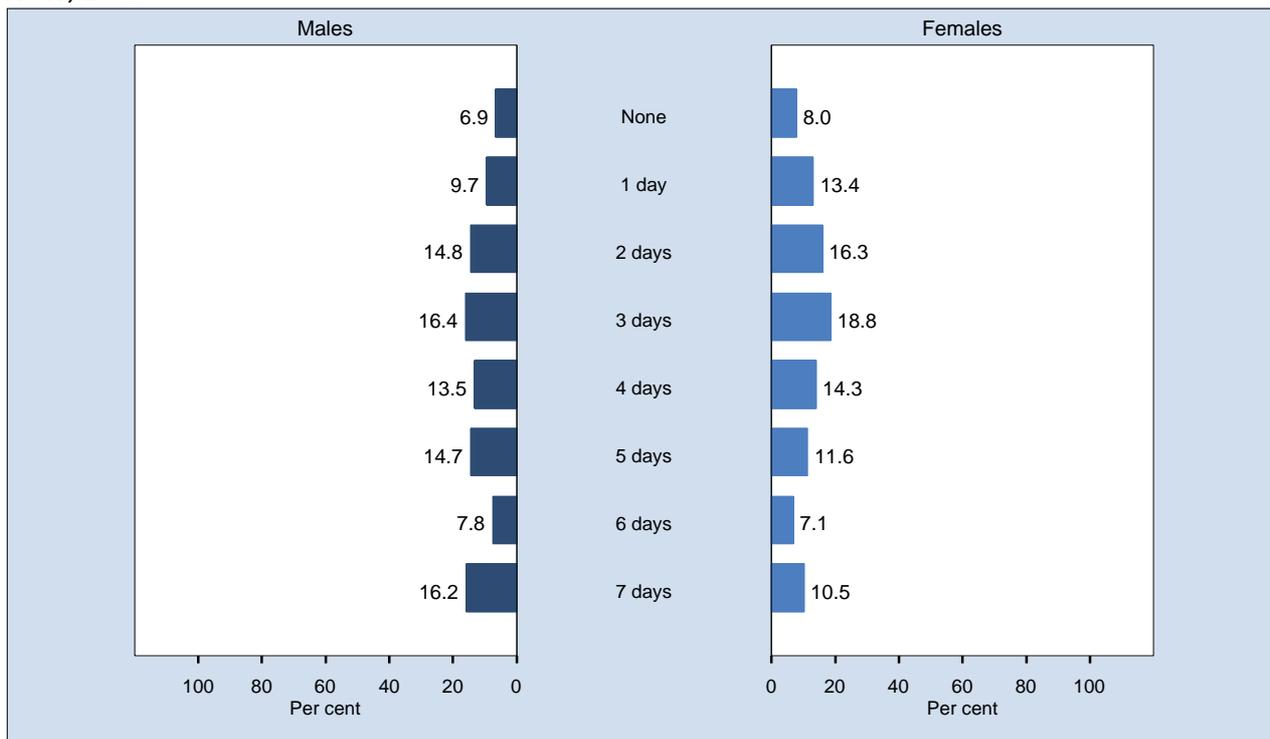
There has been a significant increase in the proportion of students who were sedentary for at least 2 hours a day when not at school, not including when doing homework, between 2002 (88.9 per cent) and 2008 (91.7 per cent). The increase has been significant in students aged 16-17 years (88.6 per cent to 93.8 per cent).

There has been a significant increase in the proportion of students who were sedentary for at least 2 hours a day when not at school, not including when doing homework, between between 2005 (90.0 per cent) and 2008 (91.7 per cent). The increase has been significant in students aged 16-17 years (90.2 per cent to 93.8 per cent).

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3. Hancox R, Milne B, Poulton R. Association between child and adolescent television viewing and adult health: a longitudinal birth cohort study. *The Lancet* 2004; 364: 257-262. Abstract available online at www.ncbi.nlm.nih.gov/pubmed/15262103 (accessed 14 September 2007).
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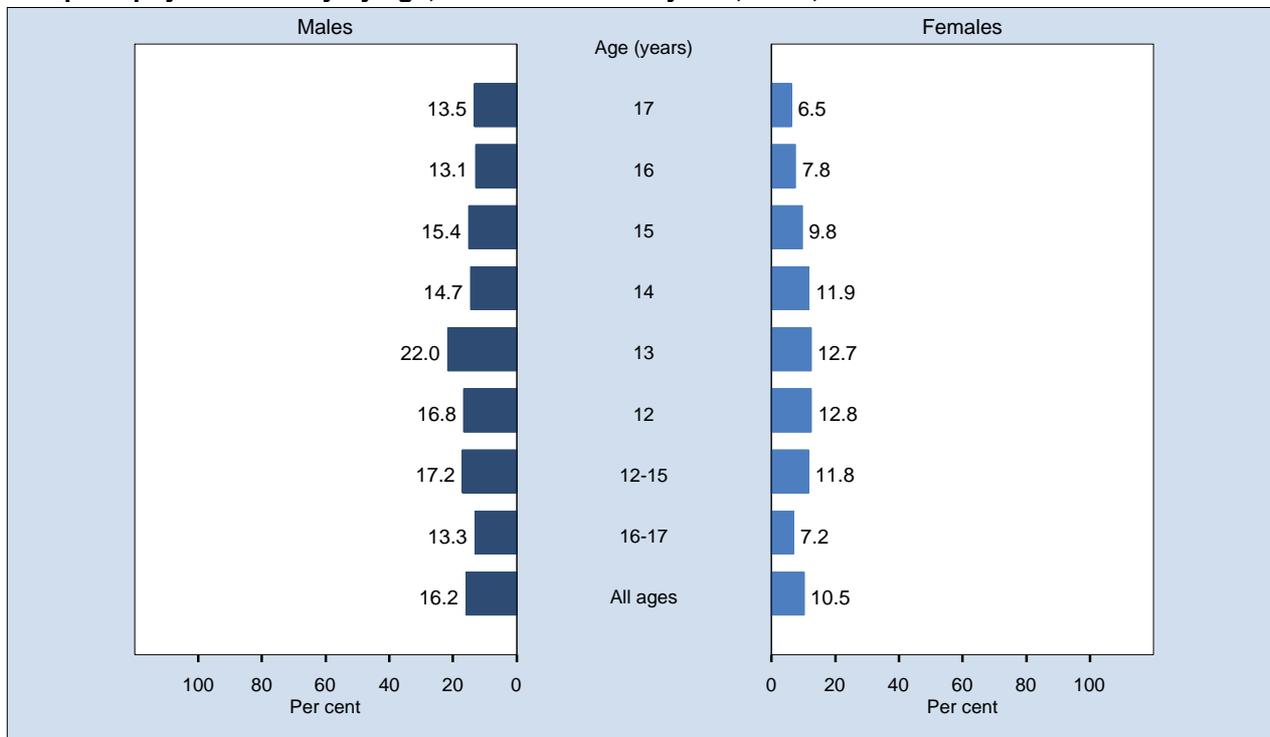
Number of days of moderate or vigorous physical activities in the last 7 days, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,437 respondents in NSW. For this indicator 116 (1.54%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: How many days in the last week did you do any vigorous or moderate physical activity for a total of at least 60 minutes? (This could be made up of different activities during the day like cycling or walking to and from school, playing sport at lunchtime or after school, doing an exercise class, doing housework, etc.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

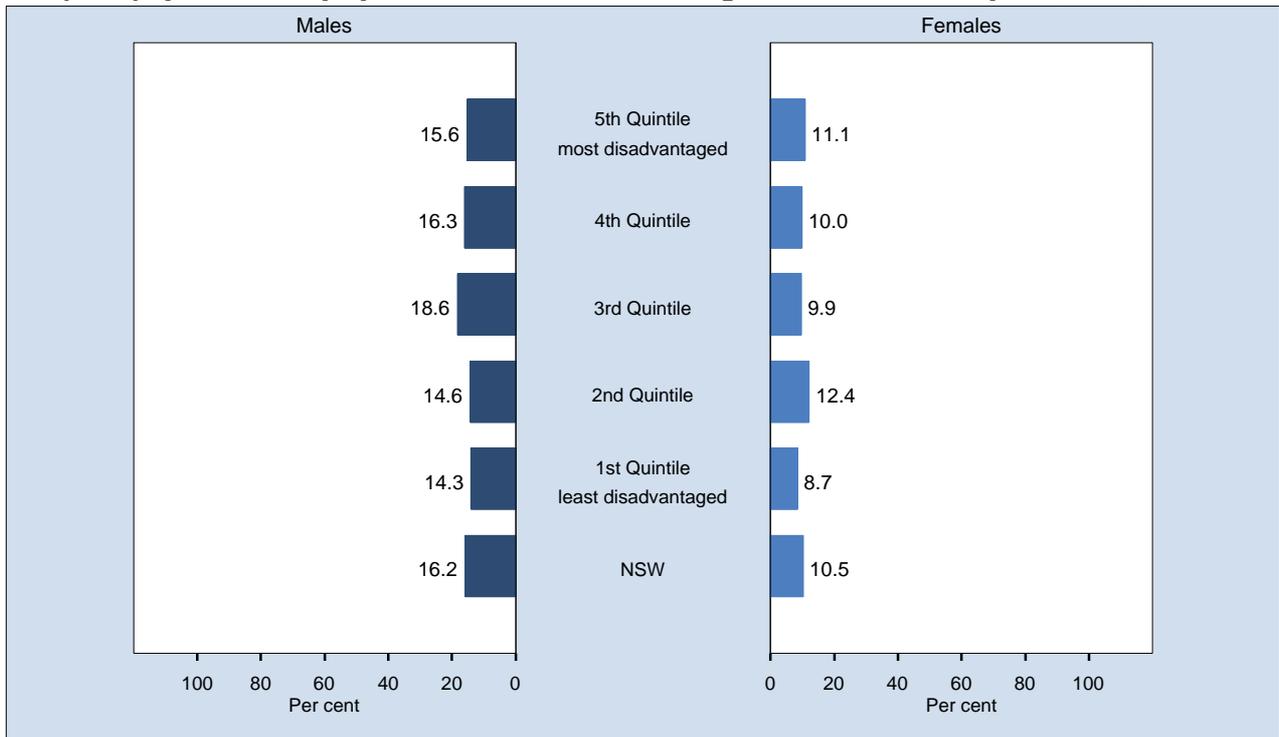
Adequate physical activity by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,437 respondents in NSW. For this indicator 116 (1.54%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had adequate physical activity. Adequate physical activity for children and adolescents is at least 60 minutes of moderate physical activity everyday. The question used to define the indicator was: How many days in the last week have you done any moderate or vigorous physical activity for a total of at least 60 minutes? (This can be made up of different activities during the day like: cycling or walking to and from school, playing sport at lunchtime or after school, doing an exercise class, doing housework etc.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

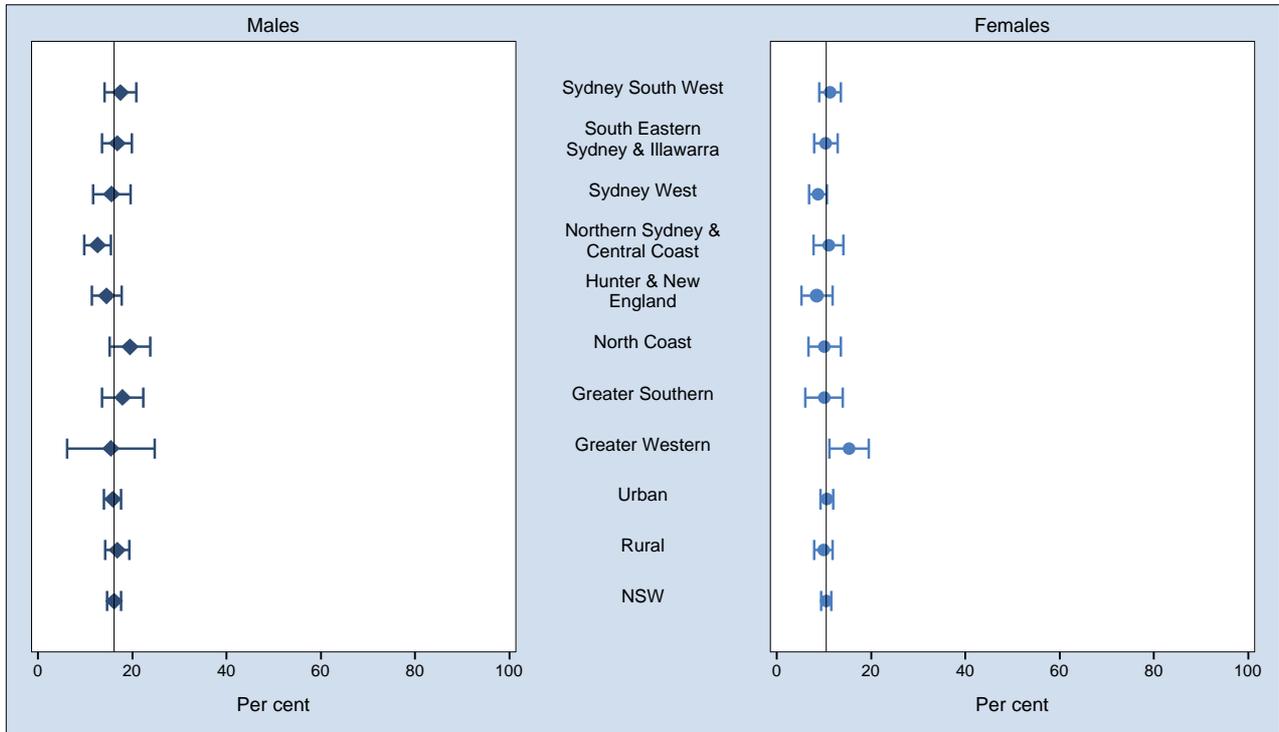
Adequate physical activity by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,437 respondents in NSW. For this indicator 116 (1.54%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had adequate physical activity. Adequate physical activity for children and adolescents is at least 60 minutes of moderate physical activity everyday. The question used to define the indicator was: How many days in the last week have you done any moderate or vigorous physical activity for a total of at least 60 minutes? (This can be made up of different activities during the day like: cycling or walking to and from school, playing sport at lunchtime or after school, doing an exercise class, doing housework etc.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

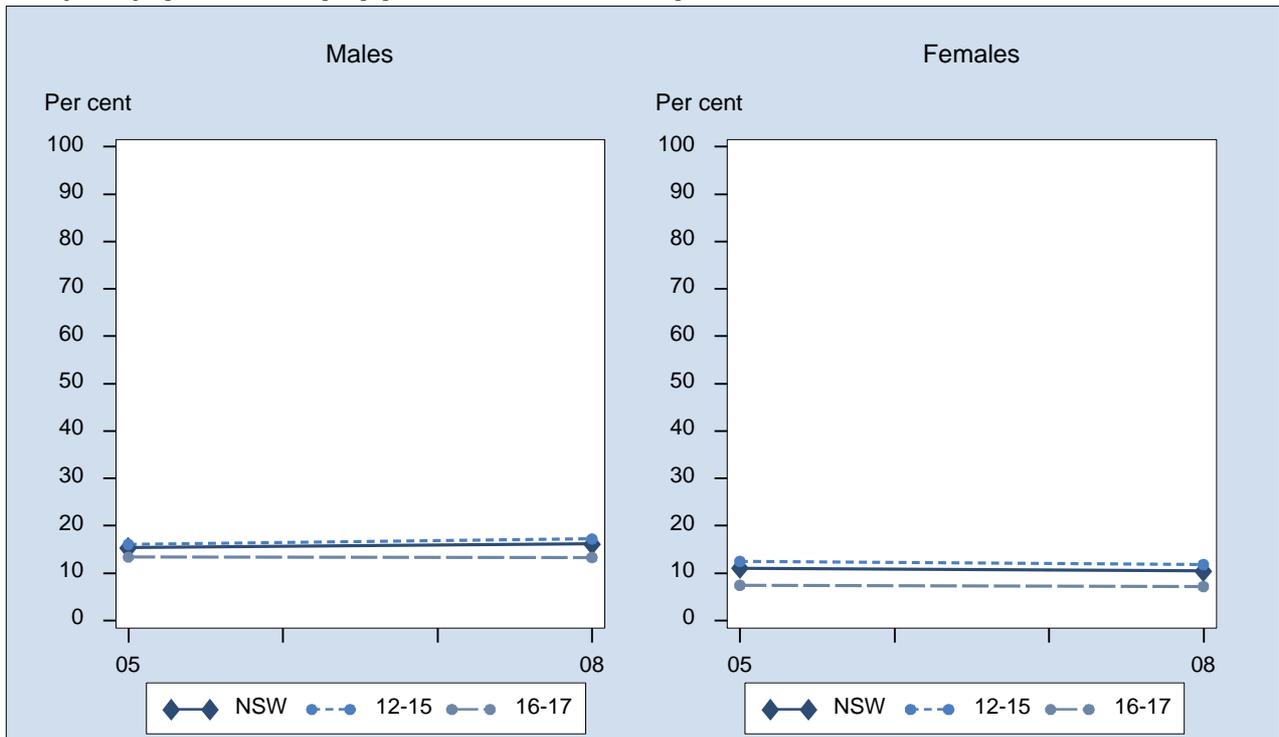
Adequate physical activity by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,437 respondents in NSW. For this indicator 116 (1.54%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had adequate physical activity. Adequate physical activity for children and adolescents is at least 60 minutes of moderate physical activity everyday. The question used to define the indicator was: How many days in the last week have you done any moderate or vigorous physical activity for a total of at least 60 minutes? (This can be made up of different activities during the day like: cycling or walking to and from school, playing sport at lunchtime or after school, doing an exercise class, doing housework etc.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

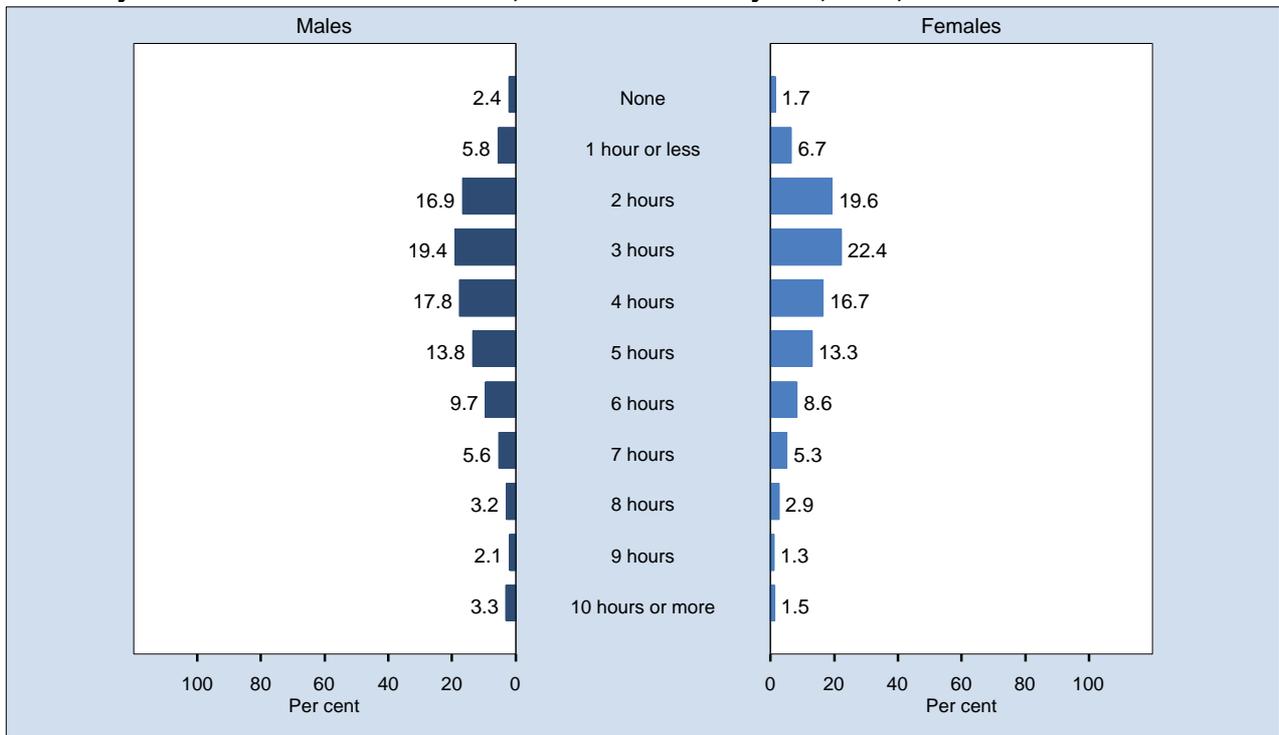
Adequate physical activity by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,463), 2008 (7,437). The indicator includes those who had adequate physical activity. Adequate physical activity for children and adolescents is at least 60 minutes of moderate physical activity everyday. The question used to define the indicator was: How many days in the last week have you done any moderate or vigorous physical activity for a total of at least 60 minutes? (This can be made up of different activities during the day like: cycling or walking to and from school, playing sport at lunchtime or after school, doing an exercise class, doing housework etc.)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

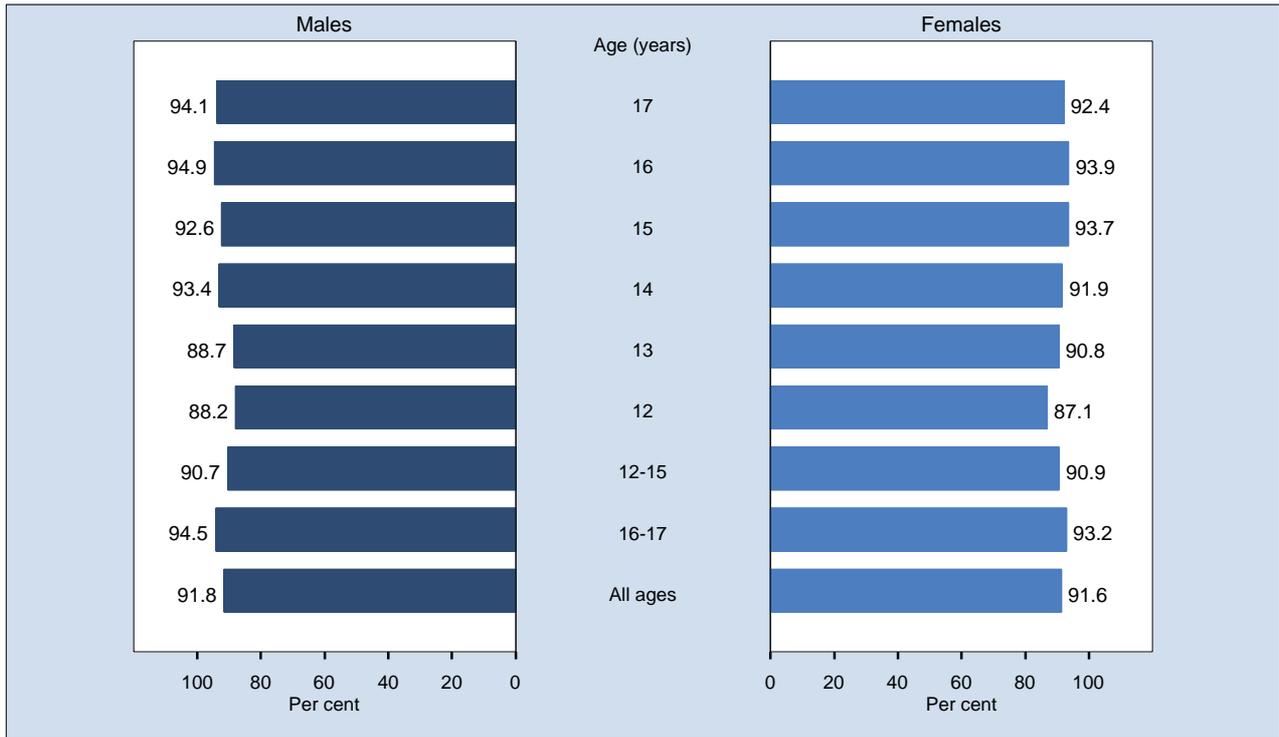
Sedentary behaviour when not at school, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,251 respondents in NSW. For this indicator 302 (4.00%) were not stated (Don't know, invalid or no response given) in NSW. The question was: On an average school day, about how many hours a day do you do the following when you are not at school: watch television or DVDs or videos; use the internet or play computer games (not including for homework)?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

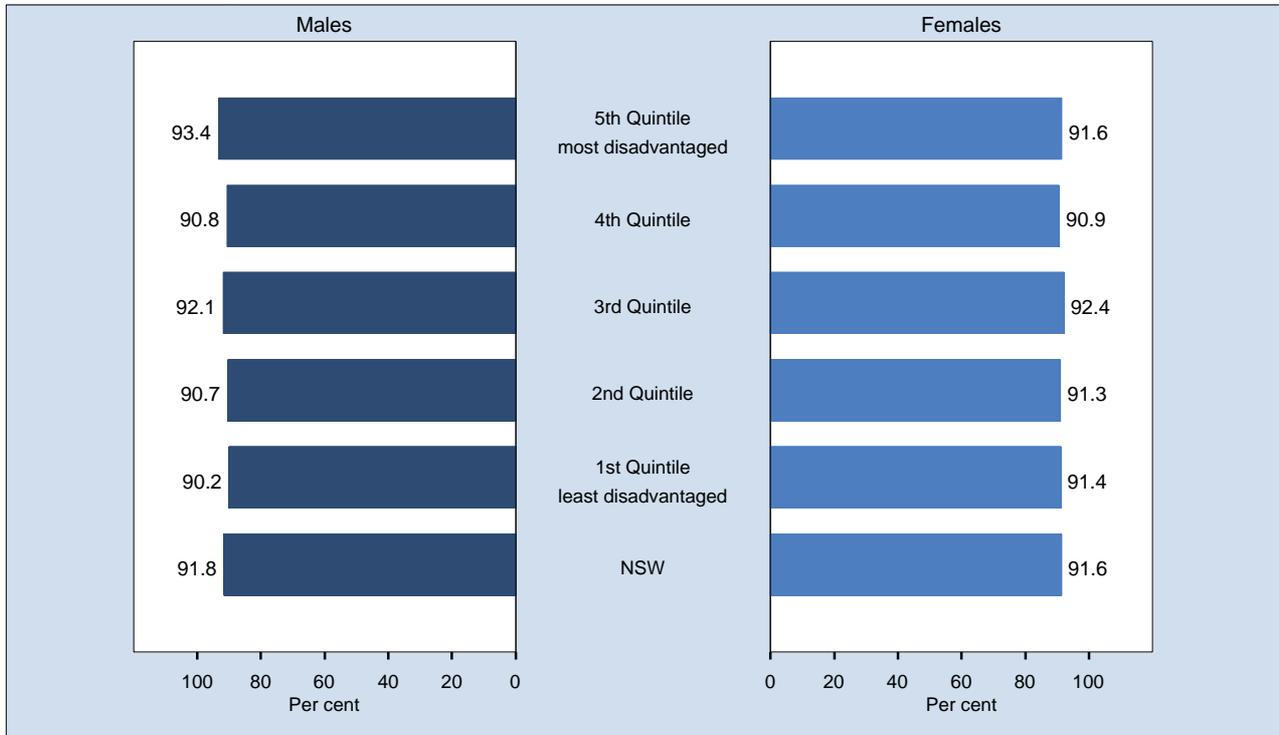
Two or more hours of sedentary behaviour when not at school by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,251 respondents in NSW. For this indicator 302 (4.00%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who spent at least 2 hours a day watching television or DVDs or videos and using the internet or playing computer games. The question used to define the indicator was: On an average school day, about how many hours a day do you do the following when you are not at school: watch television or DVDs or videos; use the internet or play computer games (not including for homework)?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

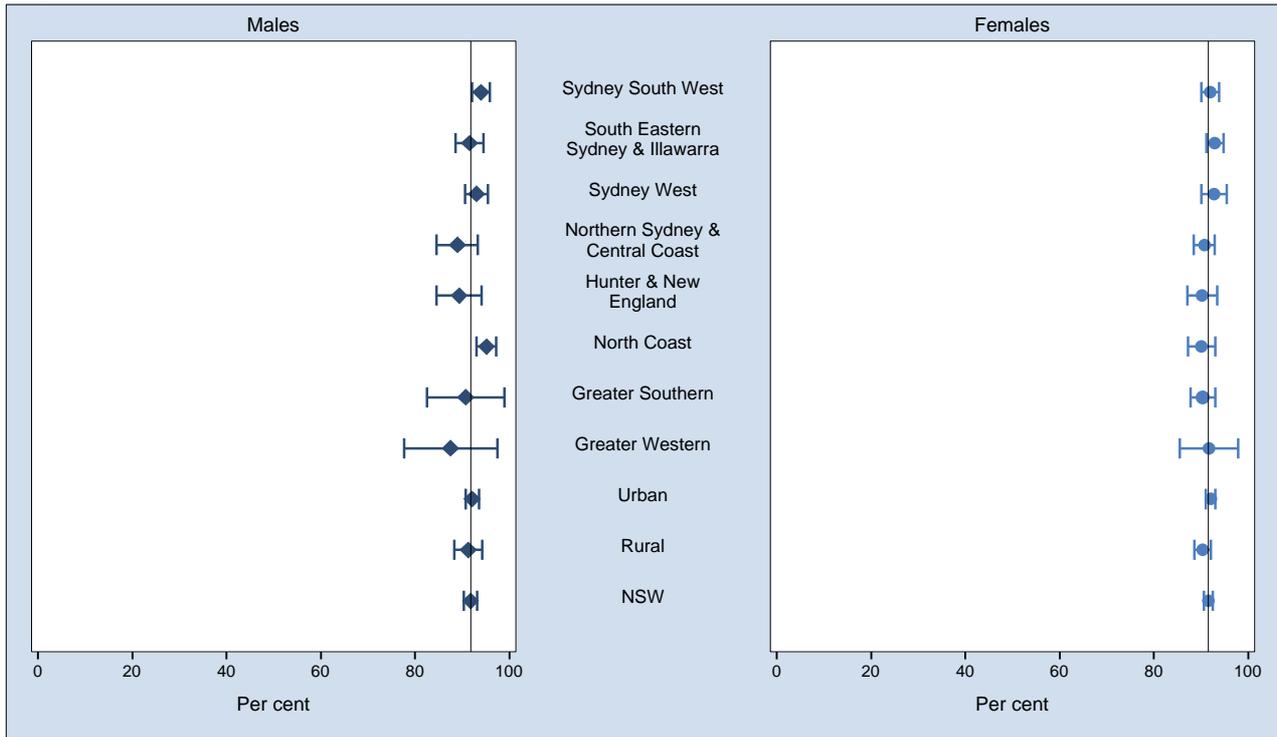
Two or more hours of sedentary behaviour when not at school by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,251 respondents in NSW. For this indicator 302 (4.00%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who spent at least 2 hours a day watching television or DVDs or videos and using the internet or playing computer games. The question used to define the indicator was: On an average school day, about how many hours a day do you do the following when you are not at school: watch television or DVDs or videos; use the internet or play computer games (not including for homework)?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

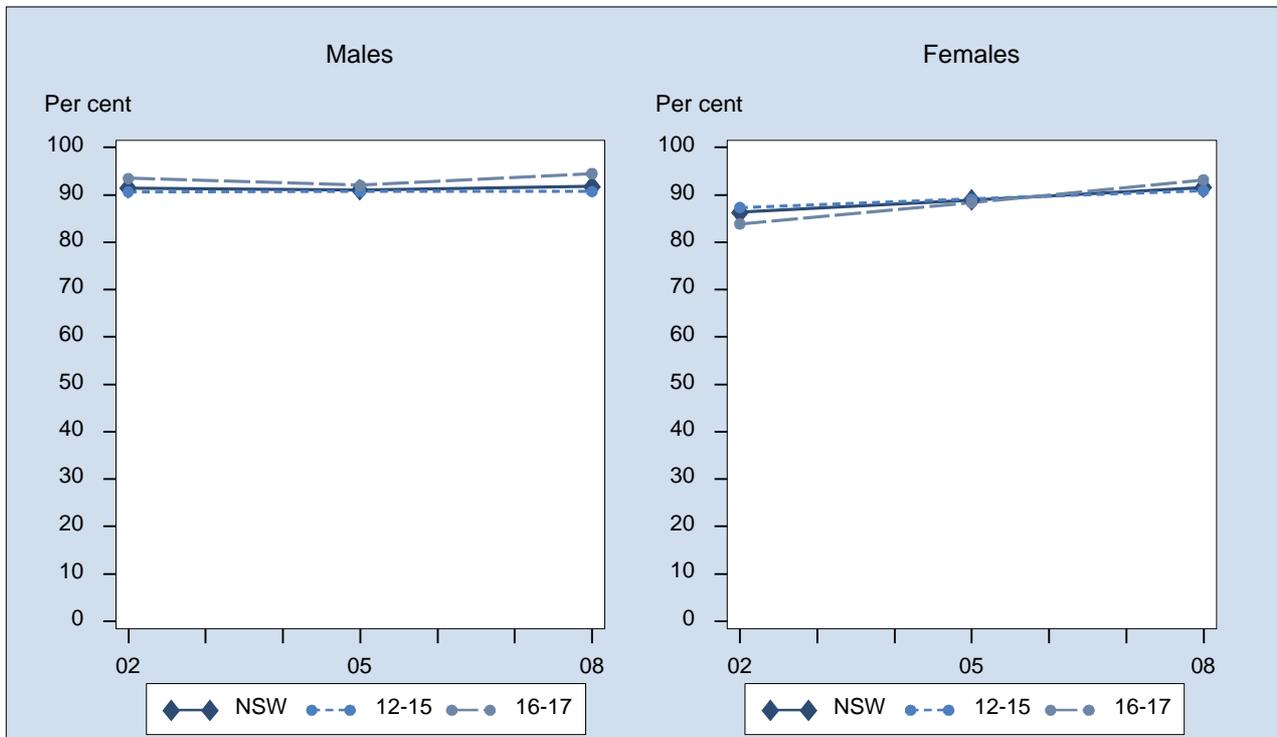
Two or more hours of sedentary behaviour when not at school by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,251 respondents in NSW. For this indicator 302 (4.00%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who spent at least 2 hours a day watching television or DVDs or videos and using the internet or playing computer games. The question used to define the indicator was: On an average school day, about how many hours a day do you do the following when you are not at school: watch television or DVDs or videos; use the internet or play computer games (not including for homework)?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Two or more hours of sedentary behaviour when not at school by year, students 12 to 17 years, NSW, 2002-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2002 (5,934), 2005 (5,312), 2008 (7,251). The indicator includes those who spent at least 2 hours a day watching television or DVDs or videos and using the internet or playing computer games. The question used to define the indicator was: On an average school day, about how many hours a day do you do the following when you are not at school: watch television or DVDs or videos; use the internet or play computer games (not including for homework)?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Injury

Introduction

Injury is a major cause of preventable mortality and morbidity, first recognised as a national health priority in 1986. When compared with other health interventions, the lead-time between an intervention for injury prevention and a result from that intervention is shorter. Injury is therefore an important demonstration area for population health and ongoing monitoring of injury among the population is needed to support intervention strategies.[1]

In recent years, increasing numbers of young people have been heeding advice to exercise, to achieve the health benefits exercise provides. For some, however, these benefits come at a price: sports injuries. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, lack of conditioning, or insufficient warmup and stretching. The term 'sports injury' is usually reserved for injuries involving the musculoskeletal system. The most common sports injuries include: muscle sprains and strains; tears of the ligaments holding joints together; tears of the tendons that support joints and allow them to move; dislocated joints; and fractured bones, including vertebrae.[2]

Results

Injured in the last 6 months

In 2008, among students aged 12-17 years, 38.8 per cent had an injury in the last 6 months for which they had to see a doctor or physiotherapist or health professional. Students aged 12-15 years (40.3 per cent) were significantly more likely than students aged 16-17 years (35.0 per cent) to have had an injury in the last 6 months for which they had to see a doctor or physiotherapist or health professional. Males (42.6 per cent) were significantly more likely than females (34.9 per cent) to have had an injury in the last 6 months for which they had to see a doctor or physiotherapist or health professional.

There was no significant difference among quintiles of disadvantage, or between urban and rural health area. Students in the Greater Western Area Health Service (48.7 per cent) were significantly more likely, and students in the Greater Southern Area Health Service (33.9 per cent) were significantly less likely, to have had an injury in the last 6 months, compared with the overall student population aged 12-17 years.

There has been a significant decrease in the proportion of students who had an injury in the last 6 months between 1996 (44.4 per cent) and 2008 (38.8 per cent). The decrease has been significant in students aged 12-15 years (45.0 per cent to 40.3 per cent) and students aged 16-17 years (42.7 per cent to 35.0 per cent).

However, there has been no significant change in the proportion of students who had an injury in the last 6 months between 2005 and 2008.

Among those students aged 12-17 years injured in the last 6 months, 51.6 per cent were injured during sport (excluding school sport), 17.7 per cent at leisure or play, 17.7 per cent at a school activity (including school sport), and 2.7 per cent while working for money. The places of injury were: school (18.6 per cent), home (23.9 per cent), sports facility (43.3 per cent), street or road (5.7 per cent), place of shopping or leisure (4.5 per cent), or workplace (2.2 per cent).

Injured at school in the last 6 months

In 2008, among students aged 12-17 years injured in the last 6 months, 18.6 per cent were injured at school. Students aged 12-15 years (20.7 per cent) were significantly more likely than students aged 16-17 years (12.4 per cent) to be injured at school. There was no significant difference between males and females, among quintiles of disadvantage, between urban and rural health areas, or among area health services.

There has been no significant change in the proportion of students injured in the last 6 months who were injured at school between 1996 and 2008.

Injured at home in the last 6 months

In 2008, among students aged 12-17 years injured in the last 6 months, 23.9 per cent were injured at home. Students aged 12-15 years (25.0 per cent) were significantly more likely than students aged 16-17 years (20.6 per cent) to be injured at home. Males (21.2 per cent) were significantly less likely than females (27.3 per cent) to be injured at home. Students in the first or least disadvantaged quintile (19.2 per cent) were significantly less likely to be injured at home, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Sydney West Area Health Service (19.7 per cent) were significantly less likely to be injured at home, compared with the overall student population aged 12-17 years.

There has been no significant change in the proportion of students injured in the last 6 months who were injured at home between 1996 and 2008. However, there has been a significant increase in students aged 16-17 years (15.9 per cent to 20.6 per cent)

There has been no significant change in the proportion of students injured in the last 6 months who were injured at home between 2005 and 2008.

Injured at a sports facility in the last 6 months

In 2008, among students aged 12-17 years injured in the last 6 months, 43.3 per cent were injured at a sports facility. Students aged 12-15 years (41.0 per cent) were significantly less likely than students aged 16-17 years (50.2 per cent) to be injured at a sports facility. There was no significant difference between males and females, among quintiles of disadvantage, between urban and rural health areas, or among area health services.

There has been no significant change in the proportion of students injured in the last 6 months who were injured at a sports facility between 1996 and 2008.

Consumed alcohol before being injured

In 2008, among students aged 12-17 years injured in the last 6 months, 8.0 per cent had consumed alcohol in the 6 hours before being injured. Students aged 12-15 years (6.4 per cent) were significantly less likely than students aged 16-17 years (12.6 per cent) to have consumed alcohol in the 6 hours before being injured. There was no significant difference between males and females, among quintiles of disadvantage, or between urban and rural health areas. Students in the Hunter & New England Area Health Service (4.6 per cent) were significantly less likely to have consumed alcohol in the 6 hours before being injured, compared with the overall student population aged 12-17 years.

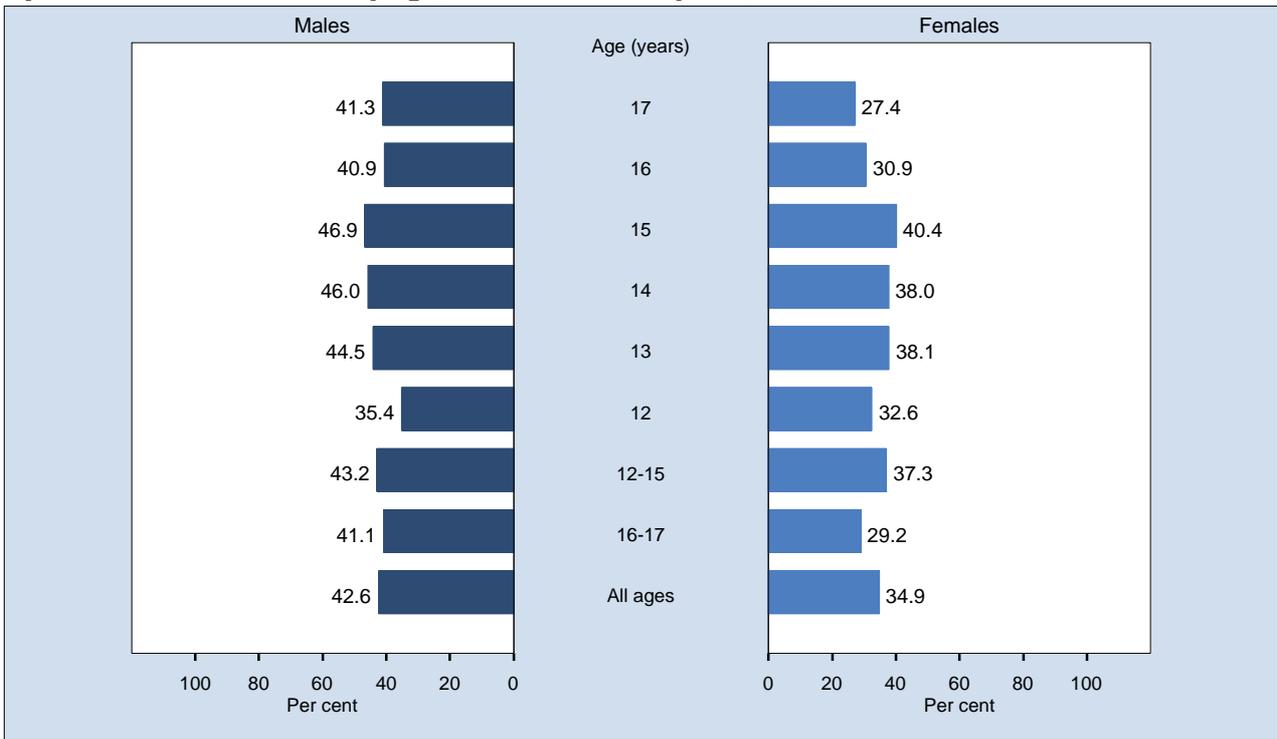
Consumed drugs before being injured

In 2008, among students aged 12-17 years injured in the last 6 months, 5.5 per cent had consumed a drug other than alcohol in the 6 hours before being injured. Students aged 12-15 years (4.6 per cent) were significantly less likely than students aged 16-17 years (8.0 per cent) to have consumed a drug other than alcohol in the 6 hours before being injured. There was no significant difference between males and females, among quintiles of disadvantage, or between urban and rural health areas. Students in the Hunter & New England Area Health Service (2.6 per cent) were significantly less likely to have consumed a drug other than alcohol in the 6 hours before being injured, compared with the overall student population aged 12-17 years.

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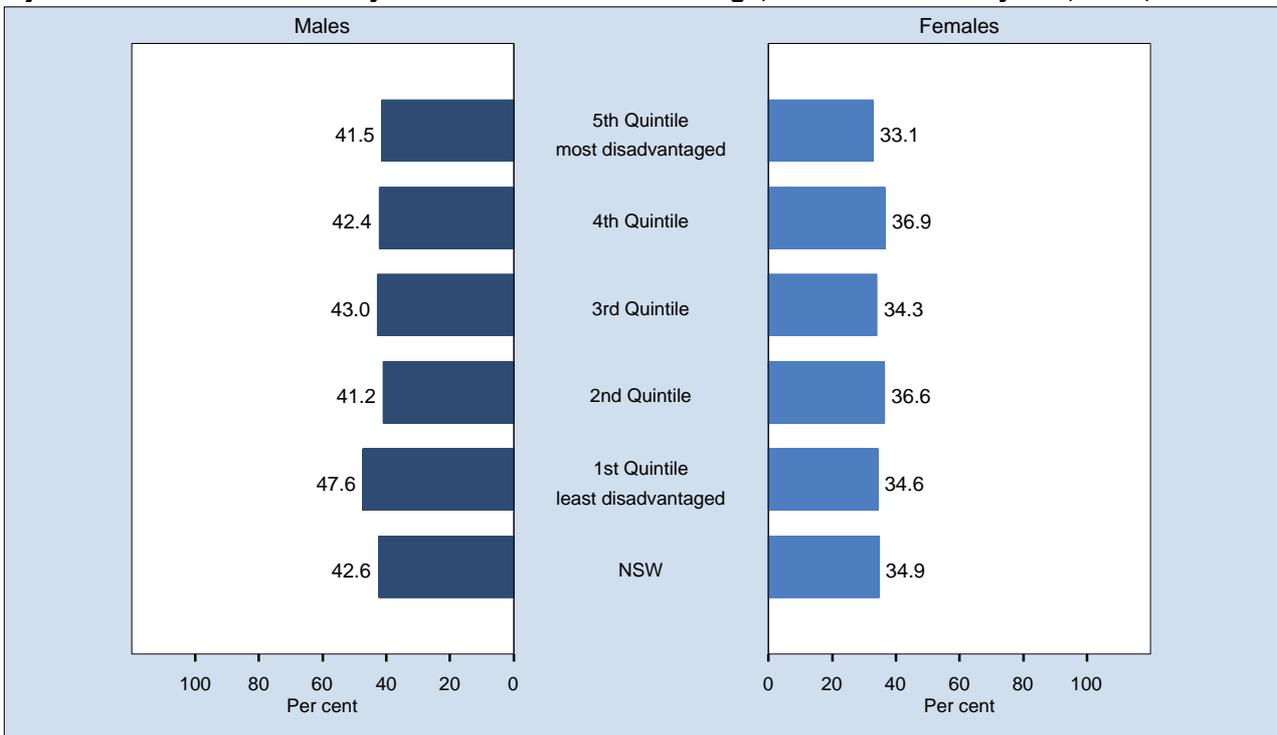
Injured in the last 6 months by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,380 respondents in NSW. For this indicator 173 (2.29%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had been injured in the last 6 months: The question used to define the indicator in 1996, 2002 and 2005 was: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? The question used to define the indicator in 2008 was: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

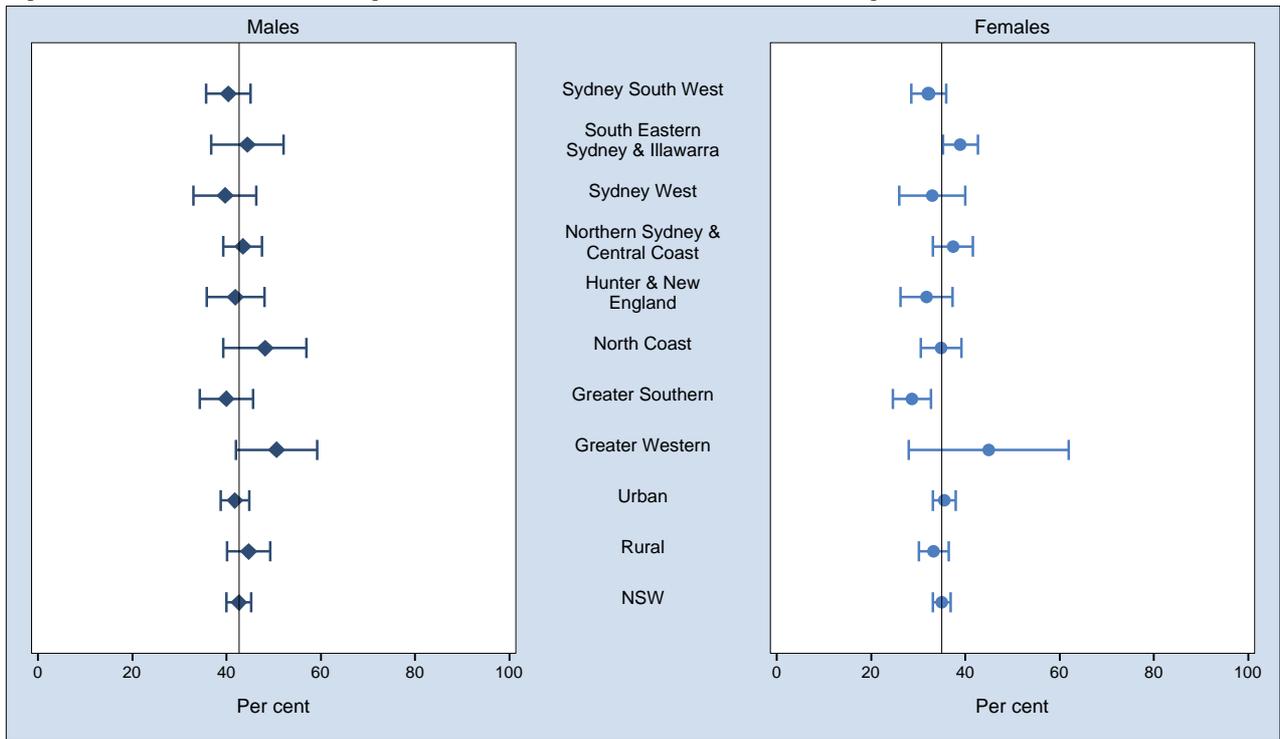
Injured in the last 6 months by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,380 respondents in NSW. For this indicator 173 (2.29%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had been injured in the last 6 months: The question used to define the indicator in 1996, 2002 and 2005 was: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? The question used to define the indicator in 2008 was: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

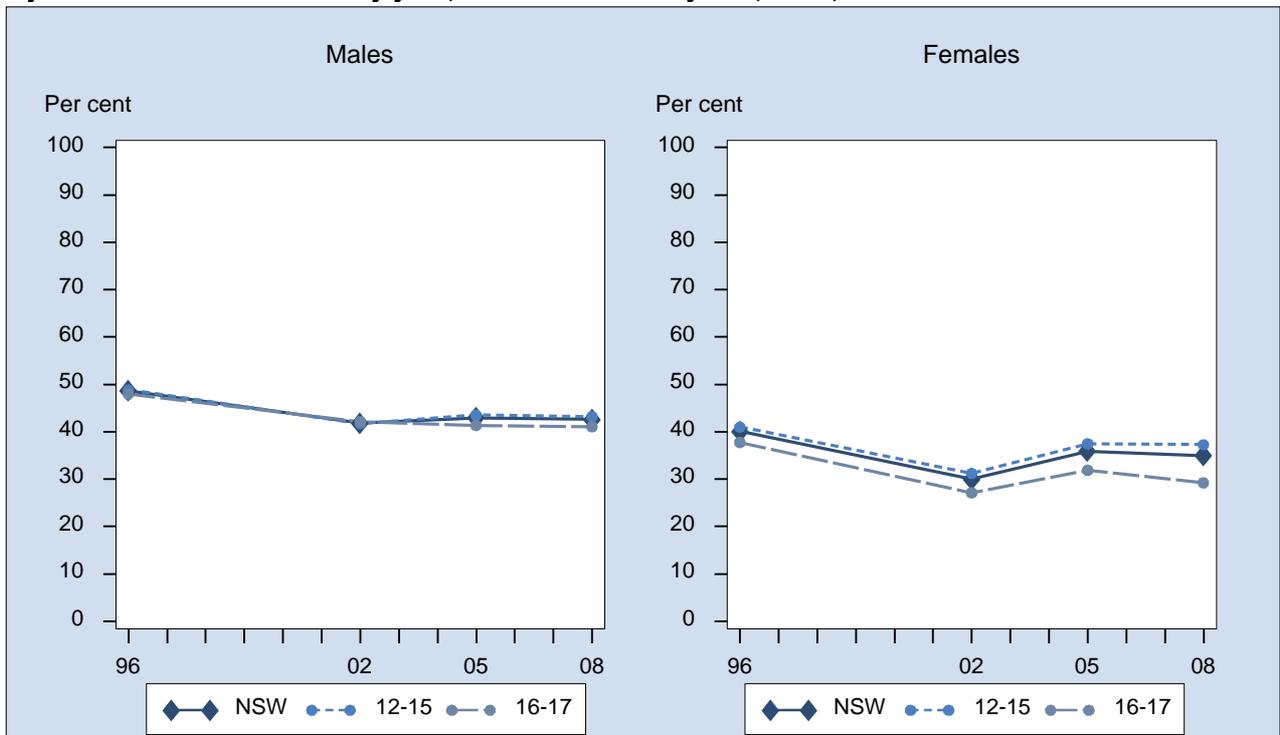
Injured in the last 6 months by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,380 respondents in NSW. For this indicator 173 (2.29%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had been injured in the last 6 months: The question used to define the indicator in 1996, 2002 and 2005 was: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? The question used to define the indicator in 2008 was: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

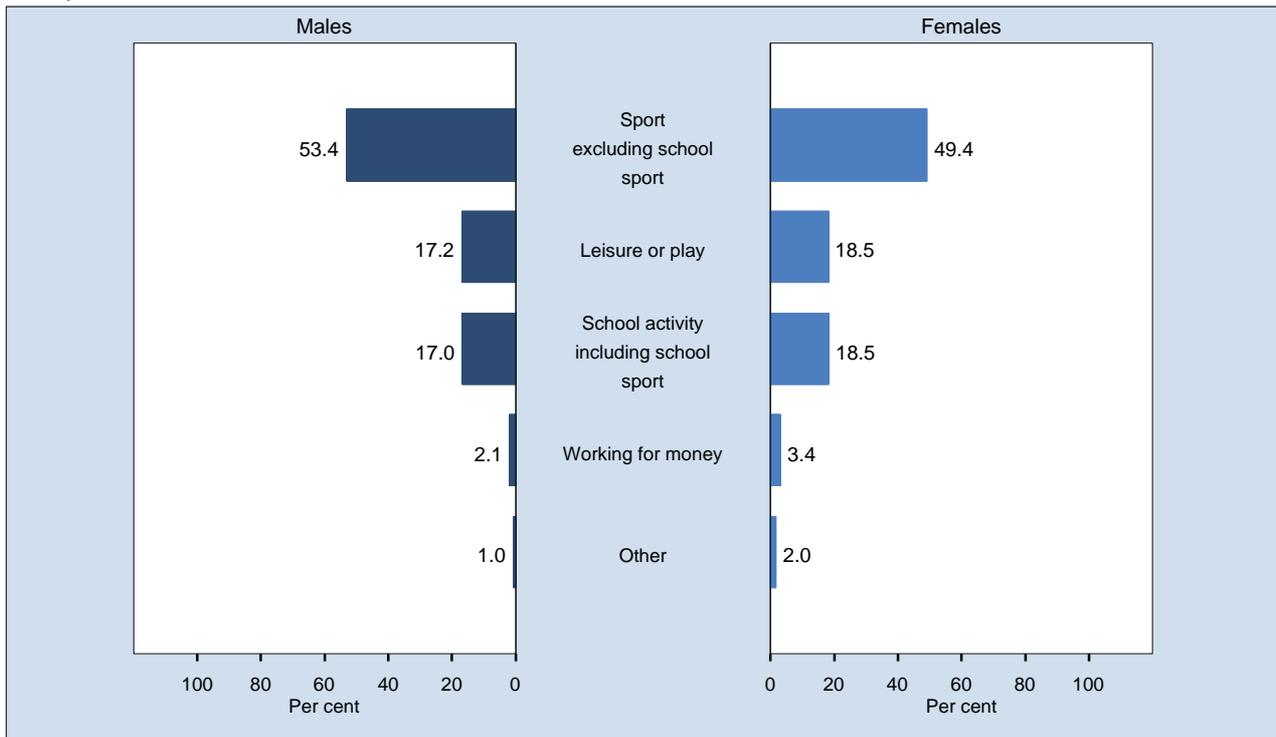
Injured in the last 6 months by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (4,788), 2002 (2,481), 2005 (2,683), 2008 (7,380). The indicator includes those who had been injured in the last 6 months: The question used to define the indicator in 1996, 2002 and 2005 was: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? The question used to define the indicator in 2008 was: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

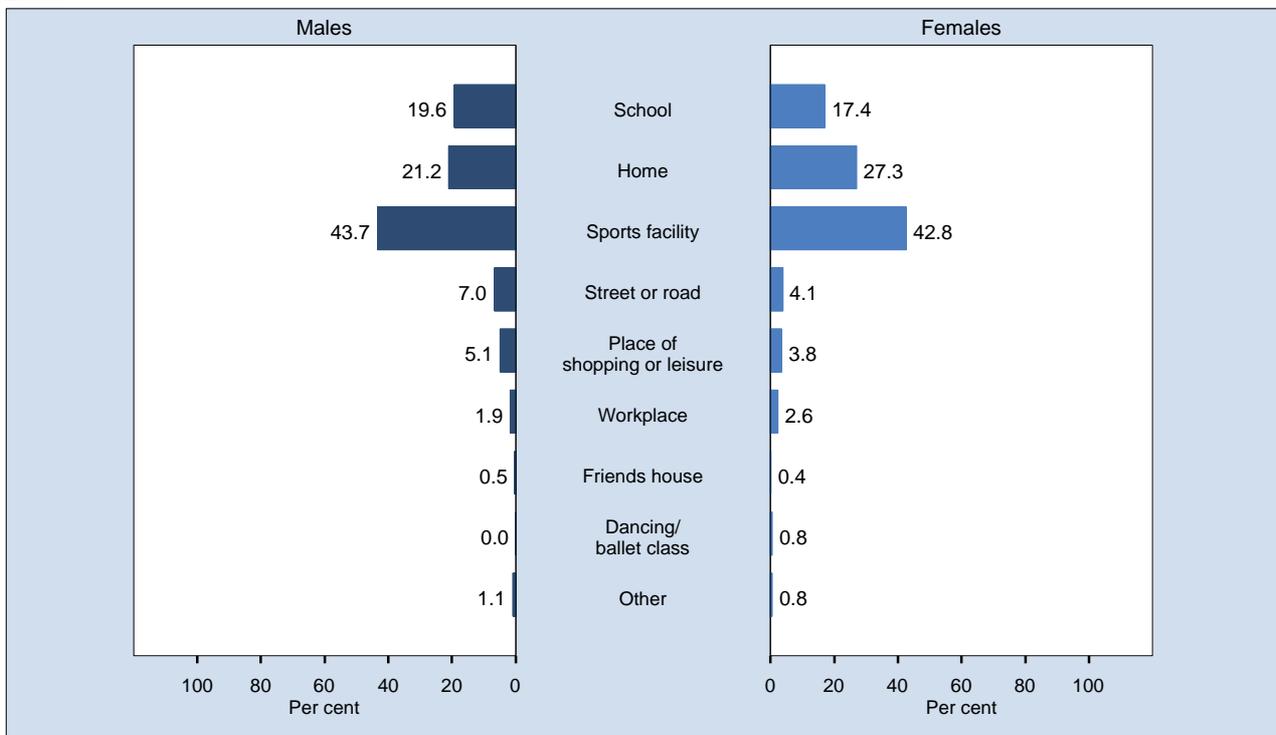
Type of activity when injured, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,842 respondents in NSW. For this indicator 157 (5.24%) were not stated (Don't know, invalid or no response given) in NSW. The questions used in 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? What were you doing when the most recent injury requiring you to seek attention from a health professional occurred? The questions used in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? What were you doing the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

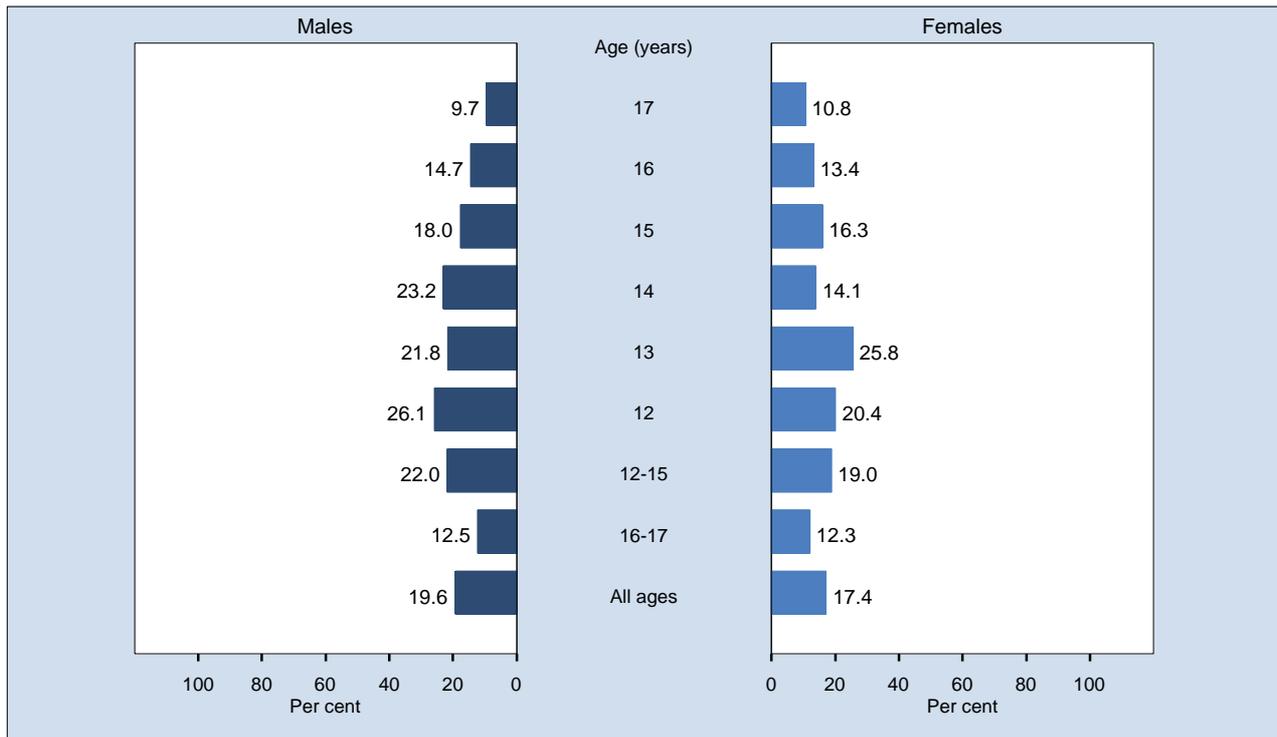
Place of most recent injury, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The questions used in 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

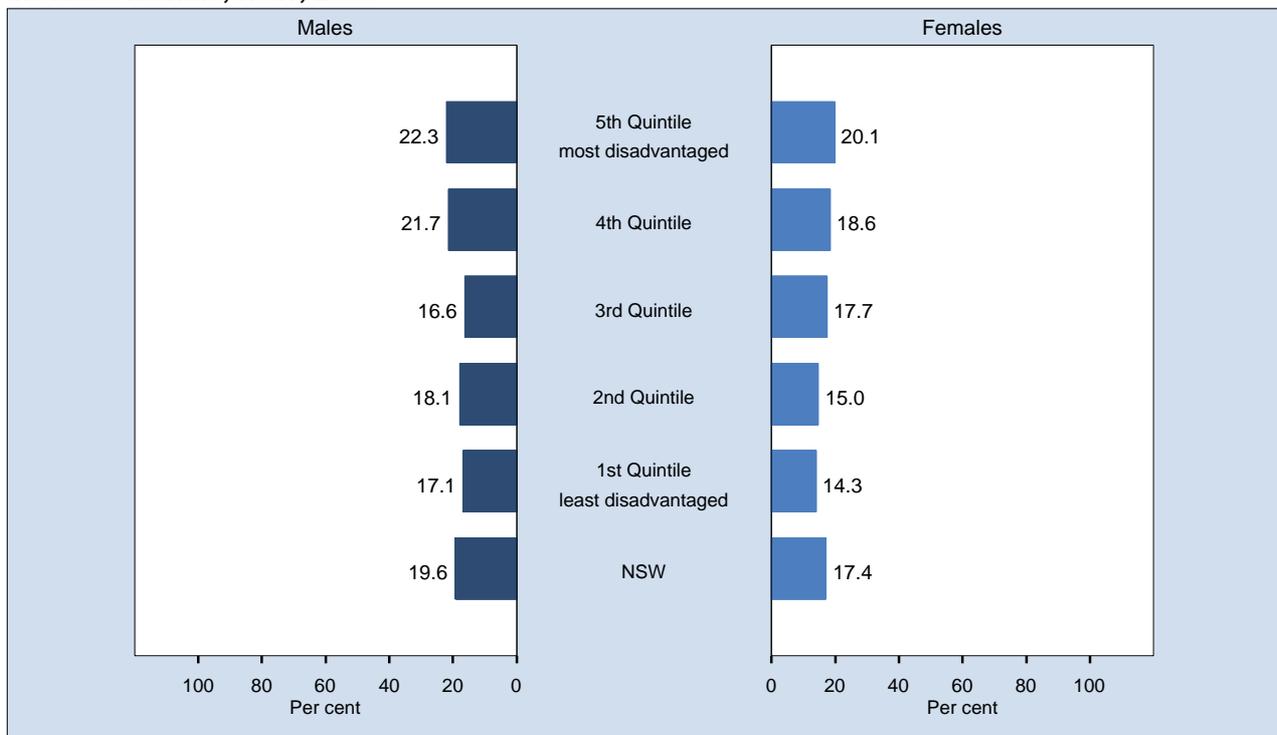
Injured at school by age, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury at school in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

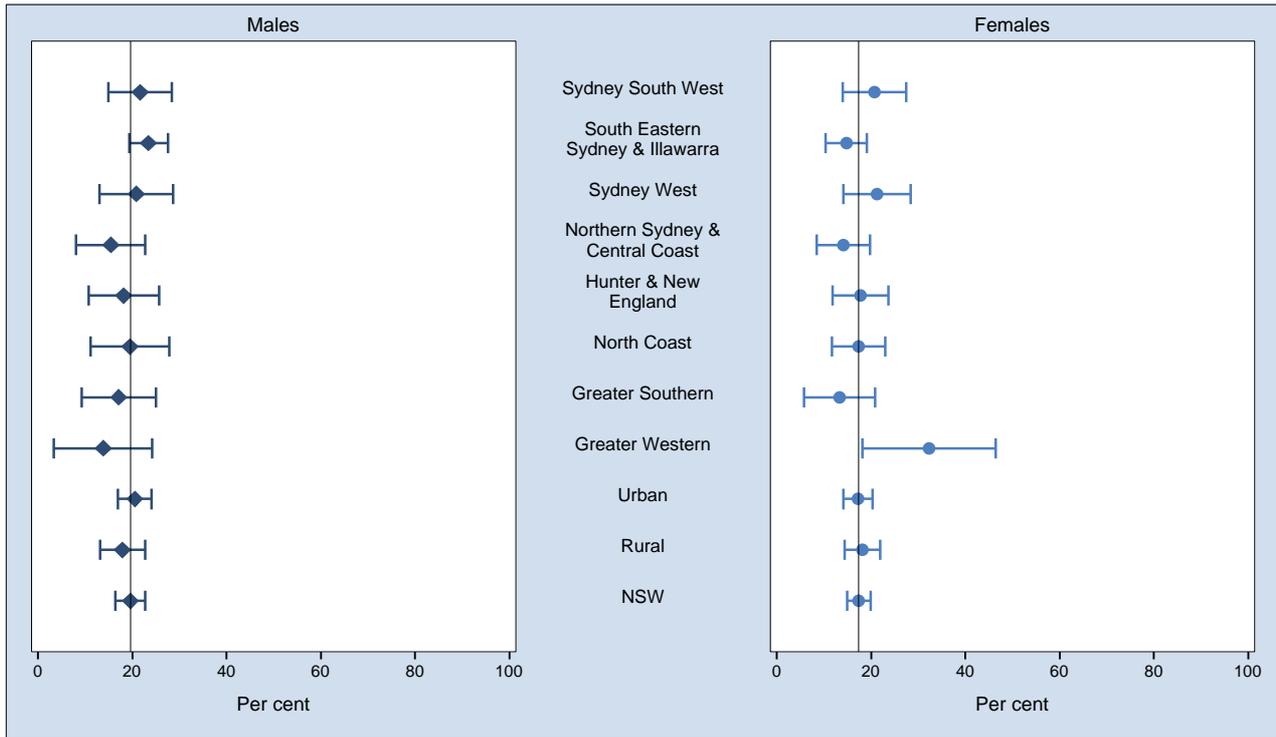
Injured at school by socioeconomic disadvantage, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury at school in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

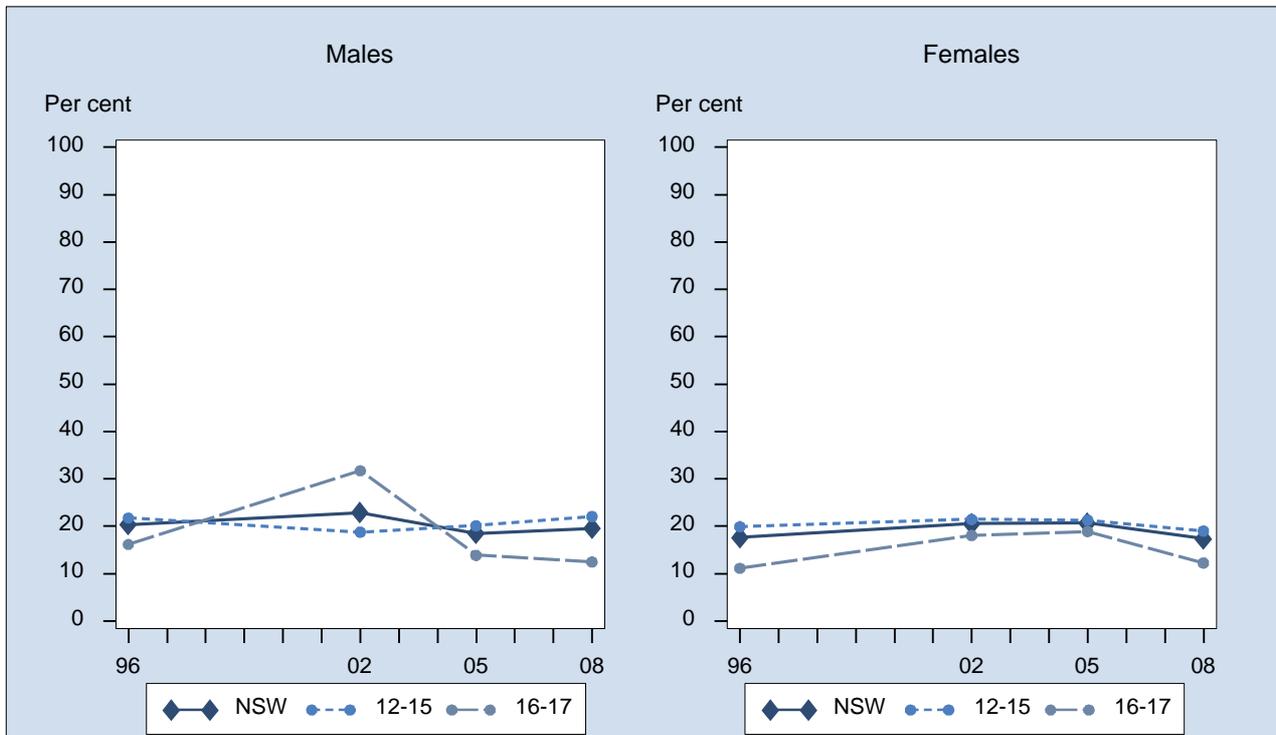
Injured at school by area health service, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury at school in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

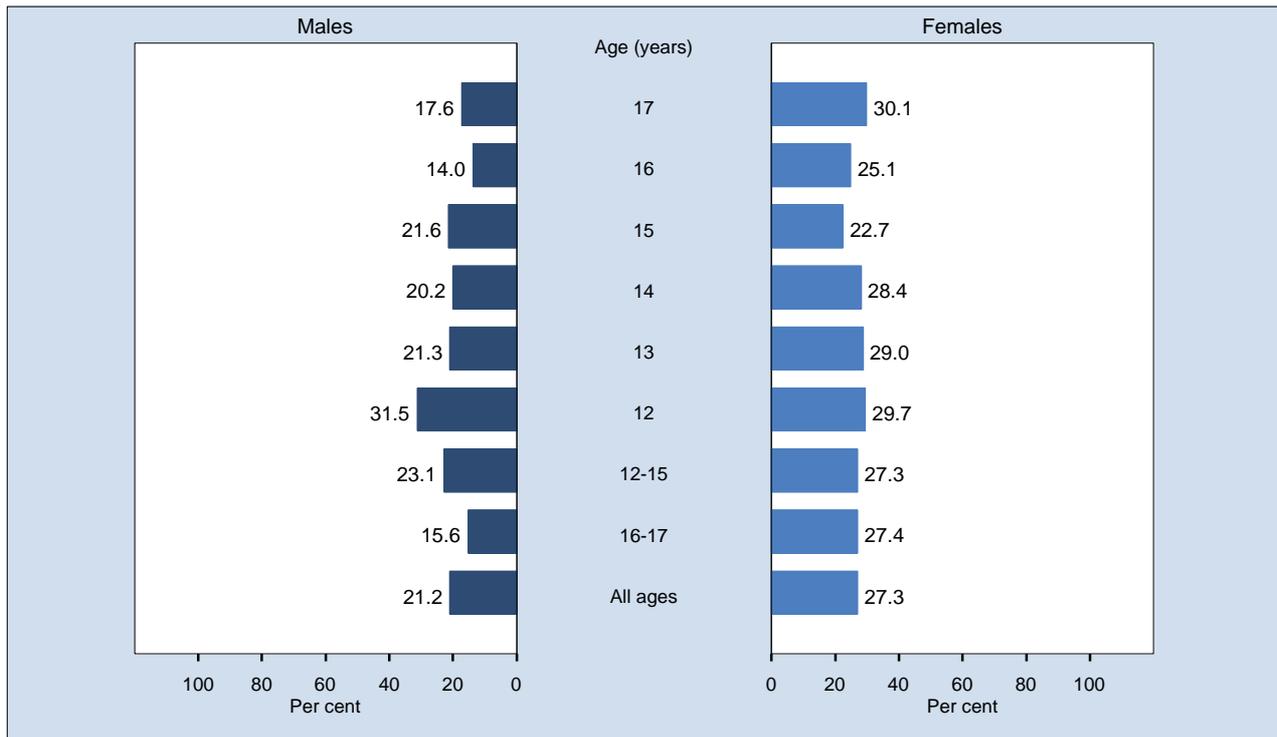
Injured at school by year, students aged 12 to 17 years who were injured in the last 6 months, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (2,087), 2002 (880), 2005 (1,013), 2008 (2,611). The indicator includes those who had an injury at school in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

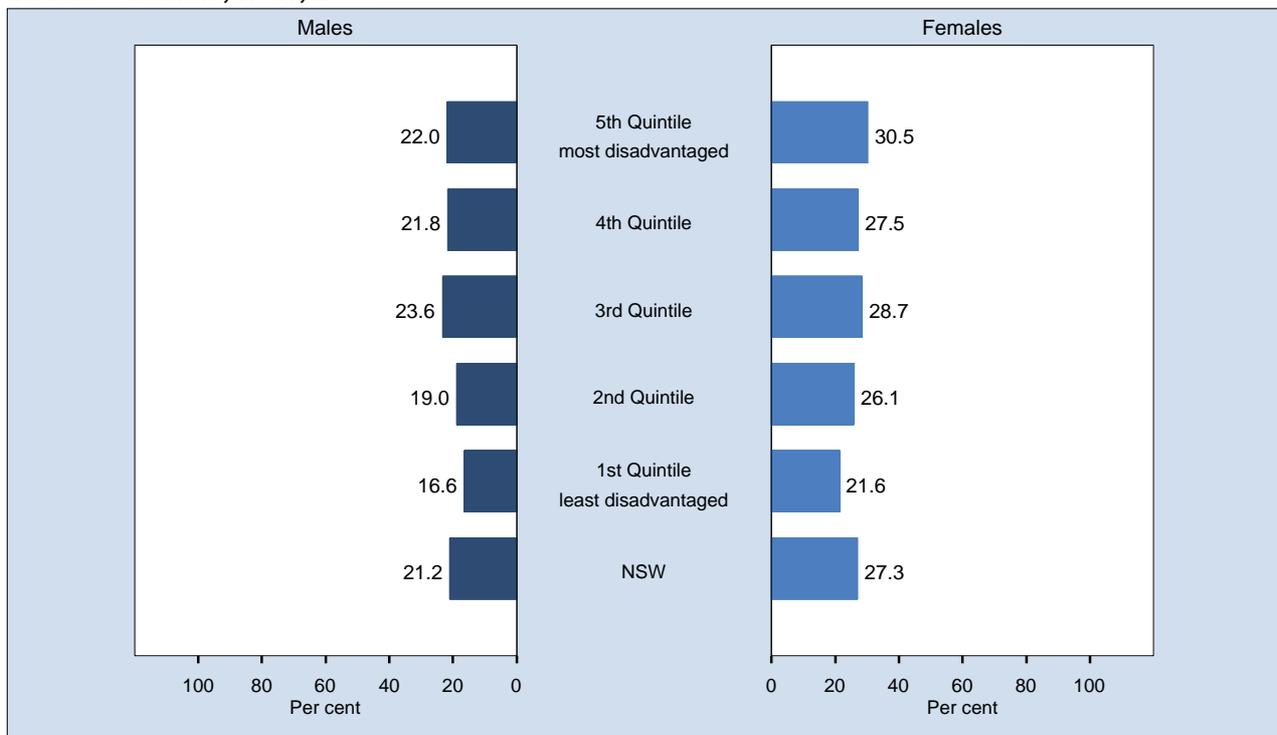
Injured at home by age, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury at home in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

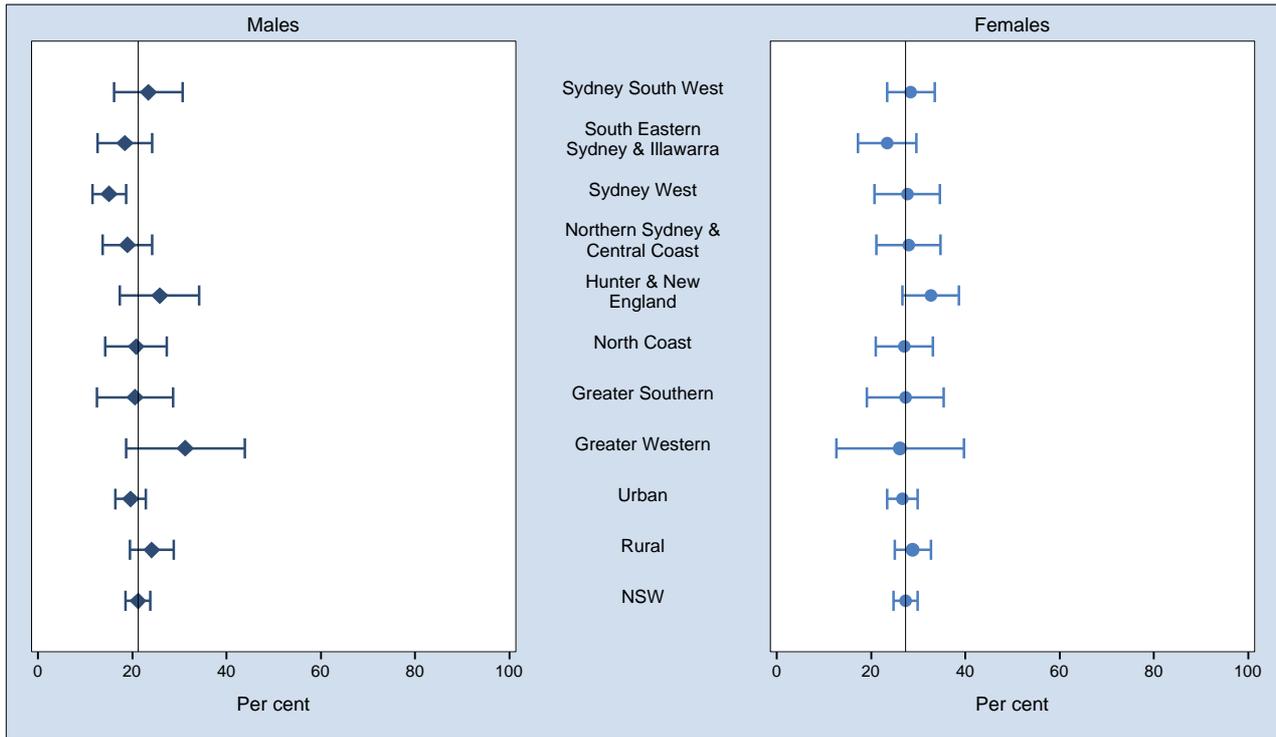
Injured at home by socioeconomic disadvantage, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury at home in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

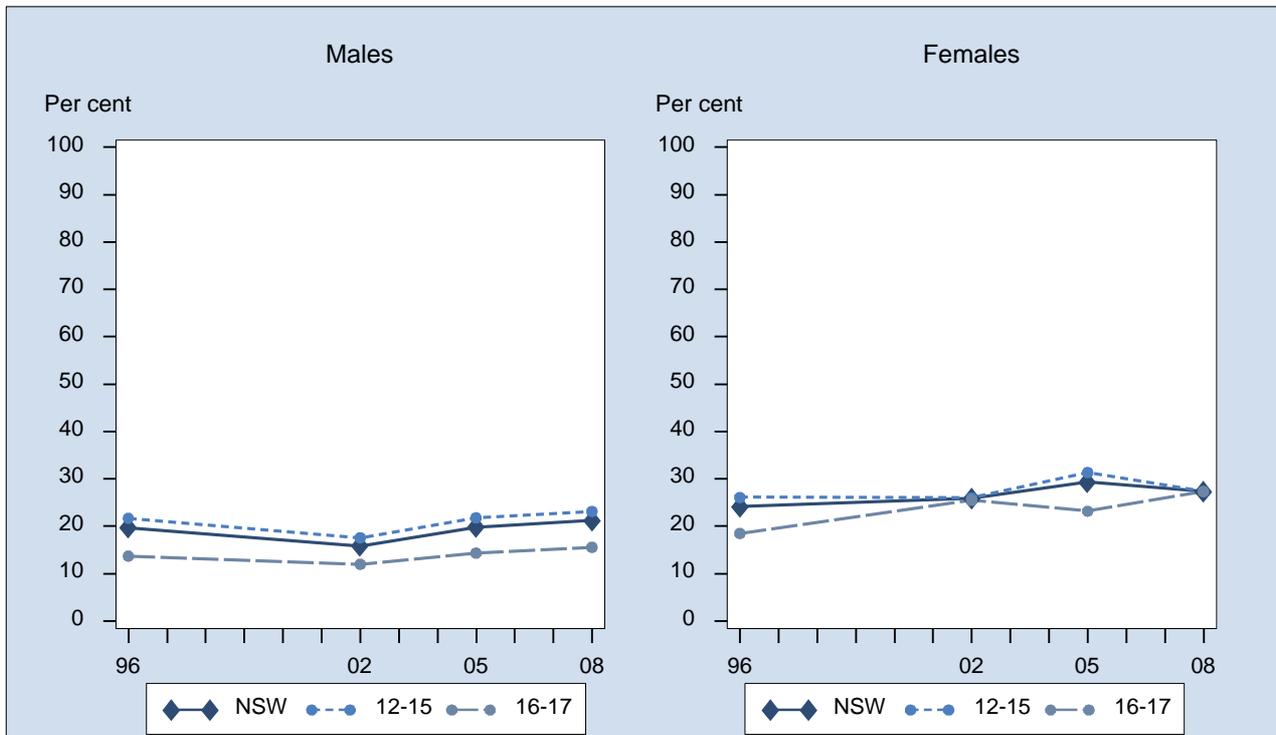
Injured at home by area health service, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury at home in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

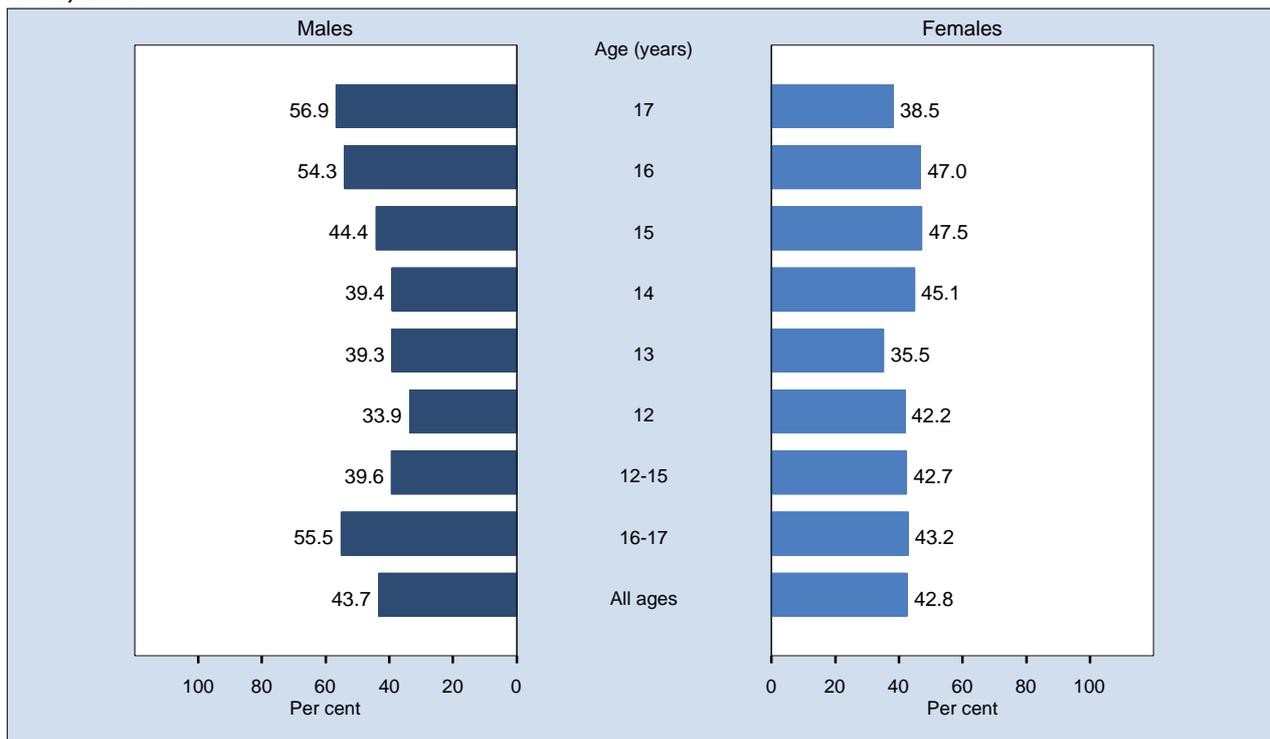
Injured at home by year, students aged 12 to 17 years who were injured in the last 6 months, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (2,087), 2002 (880), 2005 (1,013), 2008 (2,611). The indicator includes those who had an injury at home in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

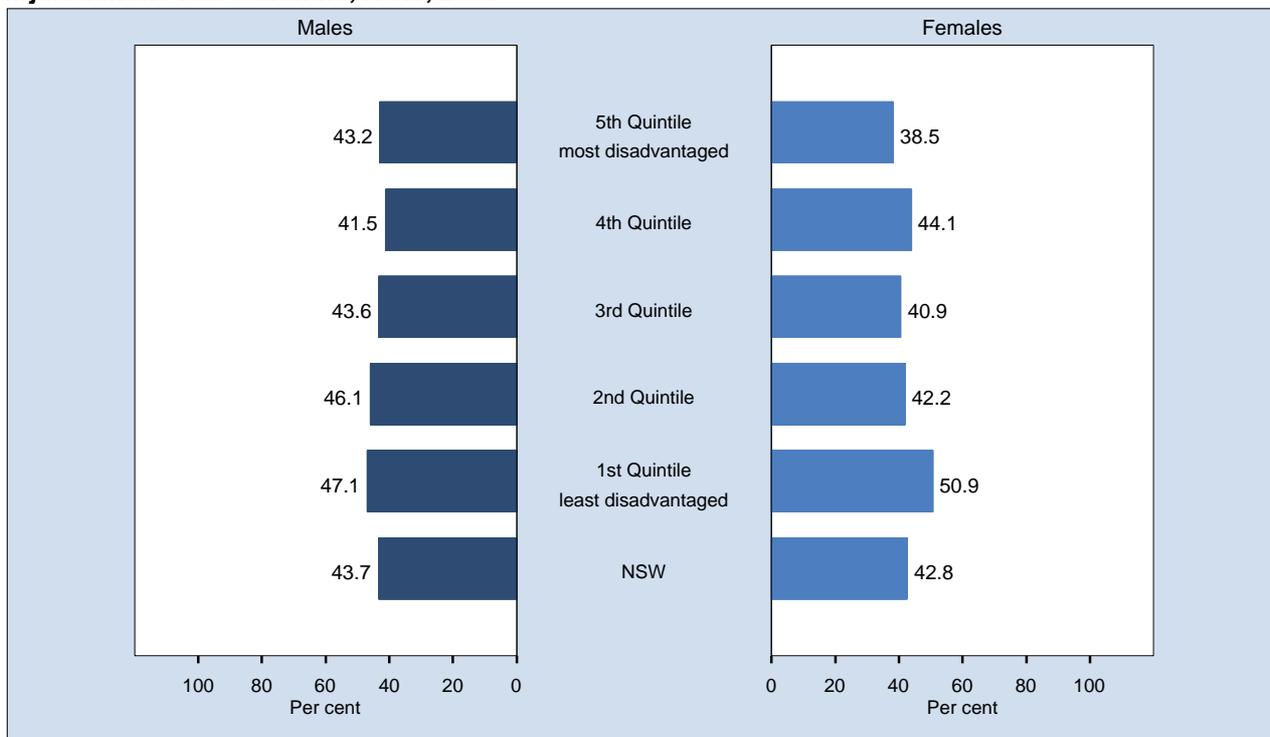
Injured at sports facility by age, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury at a sports facility in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

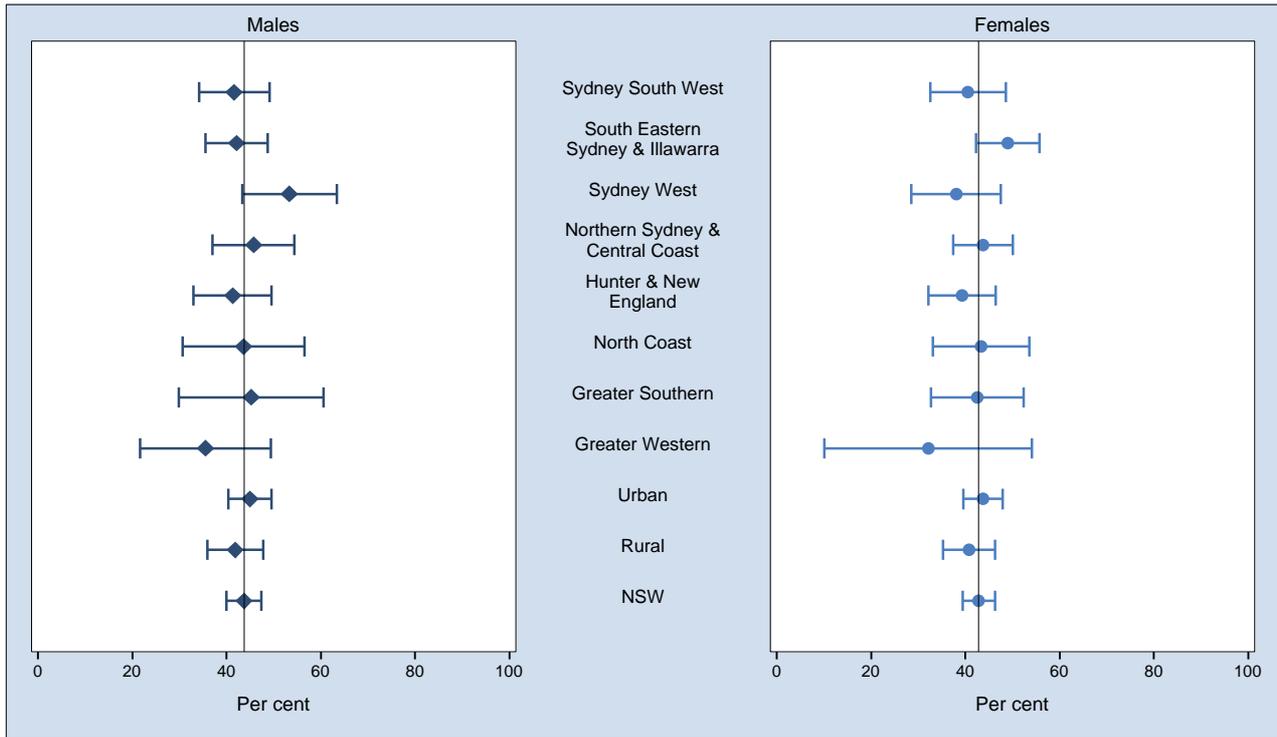
Injured at sports facility by socioeconomic disadvantage, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury at a sports facility in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

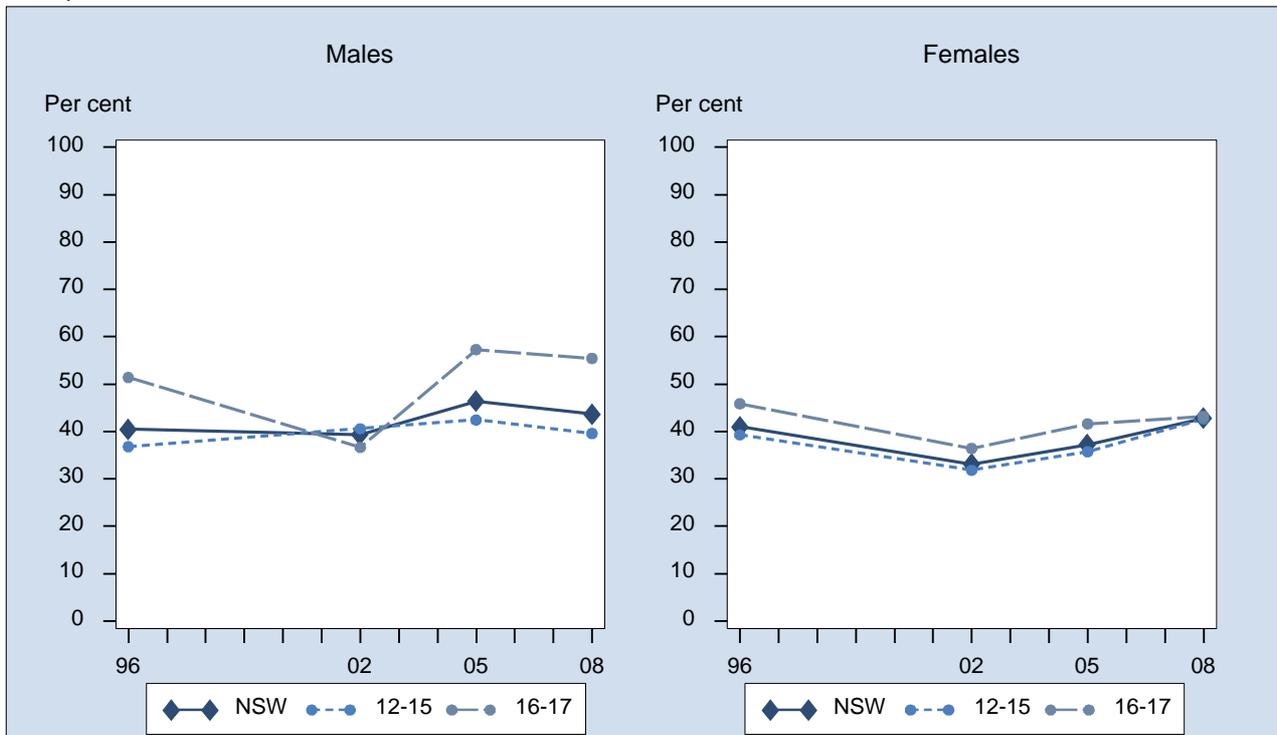
Injured at sports facility by area health service, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,611 respondents in NSW. For this indicator 231 (8.13%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury at a sports facility in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

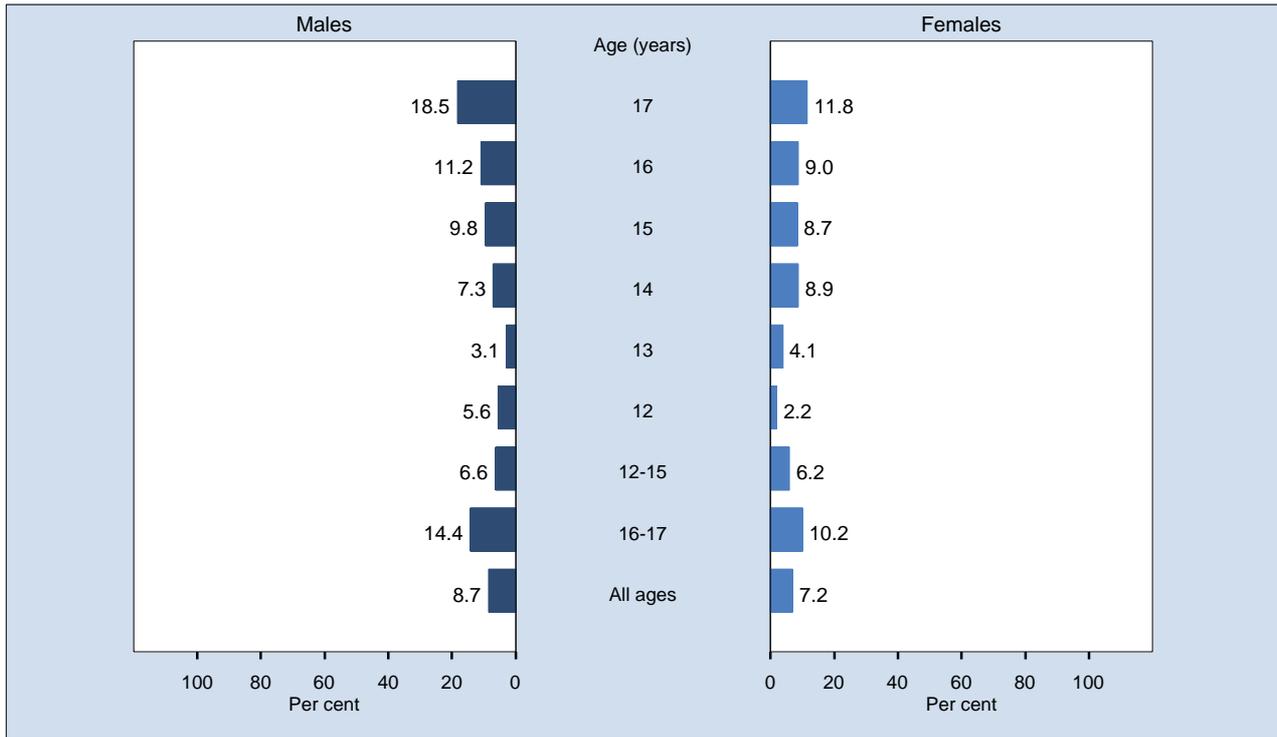
Injured at sports facility by year, students aged 12 to 17 years who were injured in the last 6 months, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (2,087), 2002 (880), 2005 (1,013), 2008 (2,611). The indicator includes those who had an injury at a sports facility in the last 6 months. The questions used to define the indicator in 1996, 2002 and 2005 were: In the last 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional? Where were you when the most recent injury requiring medical attention happened? The questions used to define the indicator in 2008 were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

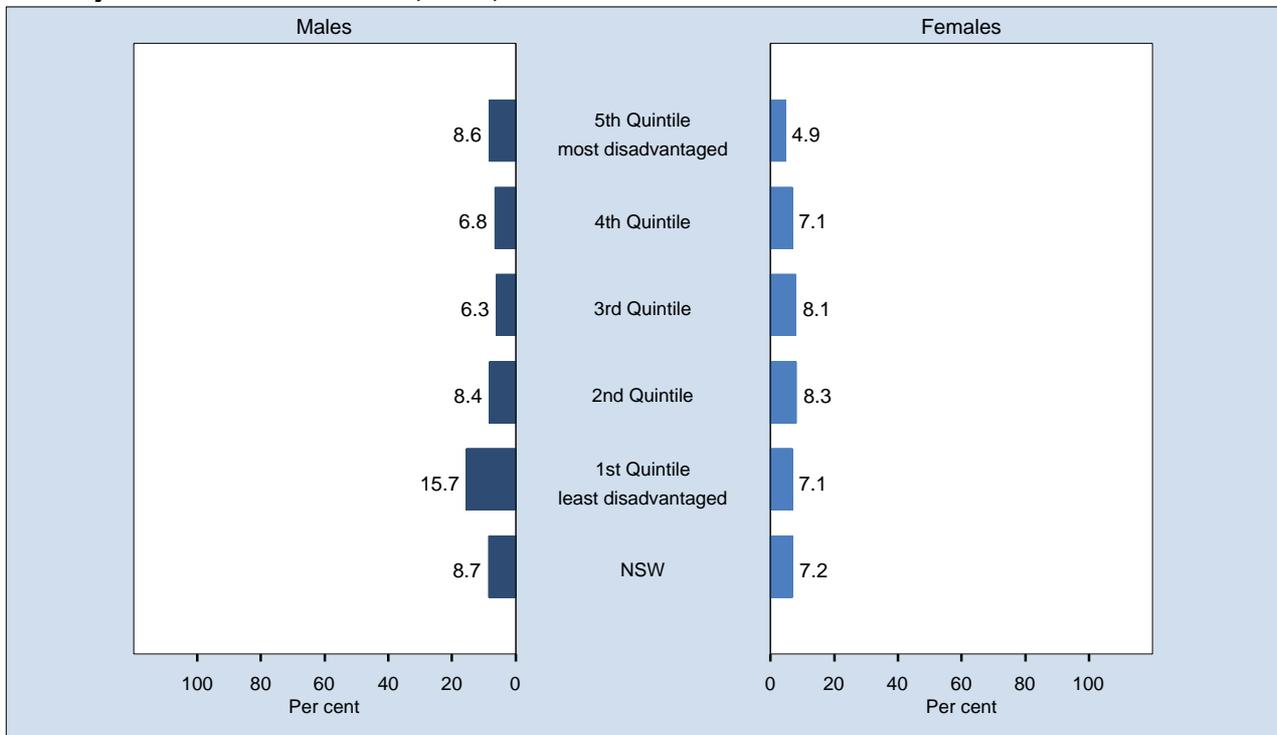
Consumed alcohol before injured by age, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,578 respondents in NSW. For this indicator 264 (9.29%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury in the last 6 months and had consumed alcohol in the 6 hours prior. The questions used to define the indicator were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Had you consumed alcohol in the 6 hours before you were hurt or injured?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

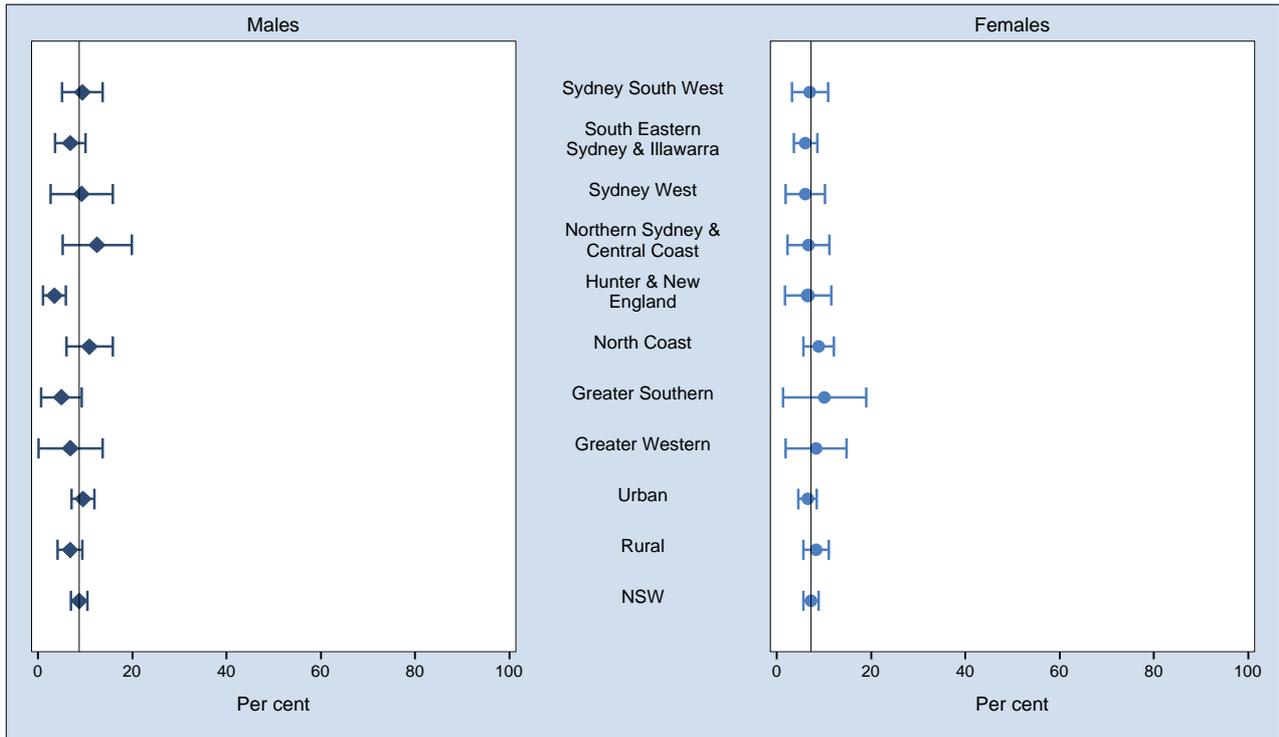
Consumed alcohol before injured by socioeconomic disadvantage, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,578 respondents in NSW. For this indicator 264 (9.29%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury in the last 6 months and had consumed alcohol in the 6 hours prior. The questions used to define the indicator were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Had you consumed alcohol in the 6 hours before you were hurt or injured?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

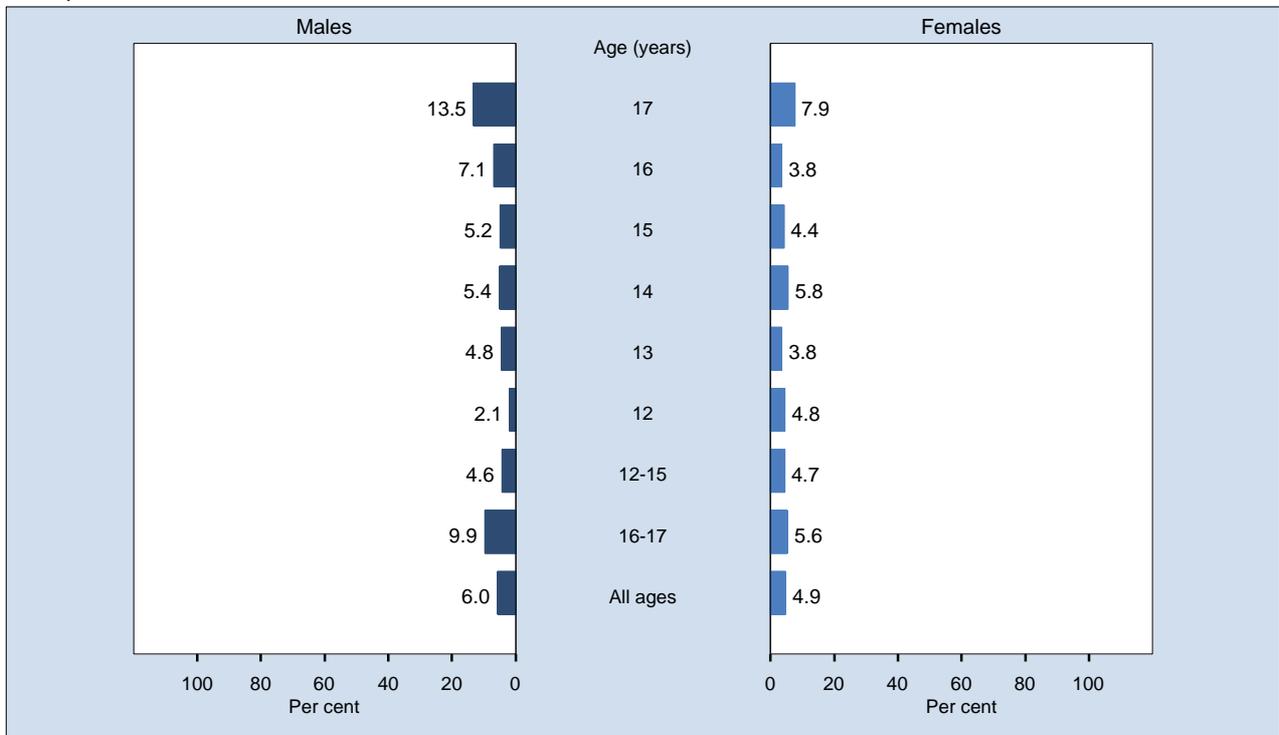
Consumed alcohol before injured by area health service, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,578 respondents in NSW. For this indicator 264 (9.29%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury in the last 6 months and had consumed alcohol in the 6 hours prior. The questions used to define the indicator were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Had you consumed alcohol in the 6 hours before you were hurt or injured?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

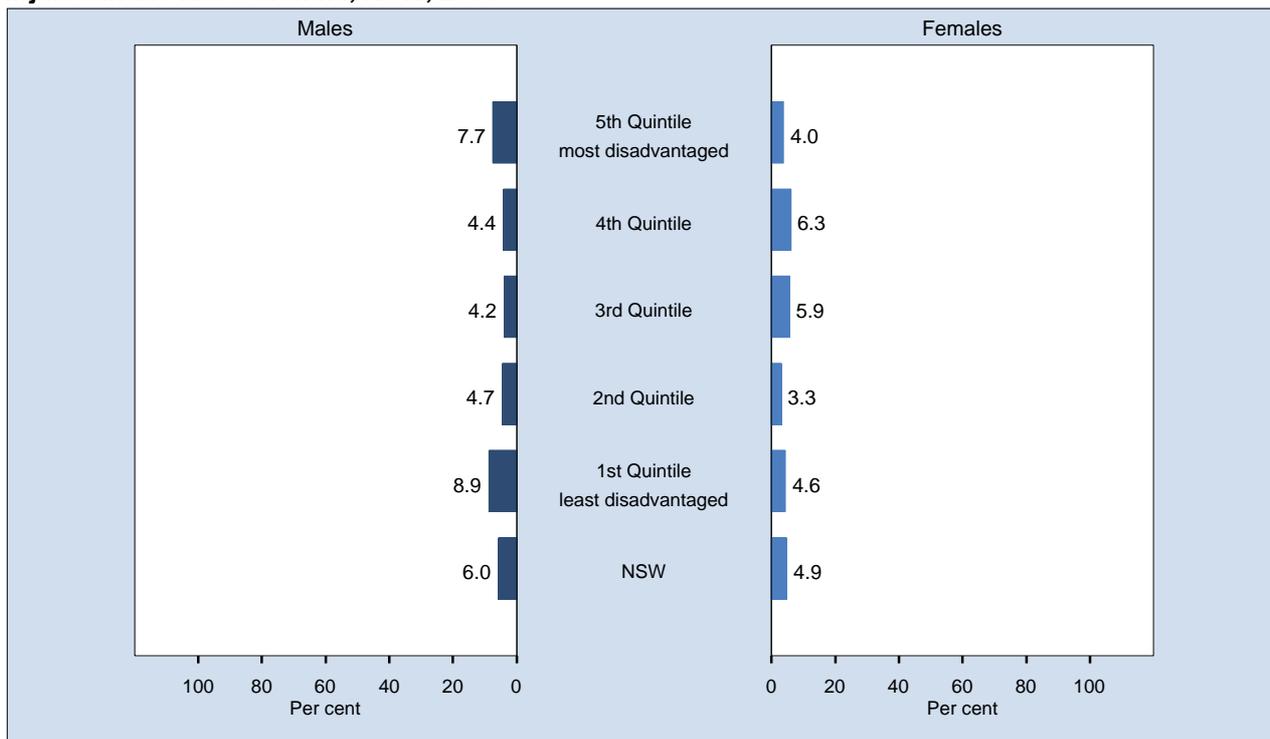
Took drugs before injured by age, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,580 respondents in NSW. For this indicator 262 (9.22%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury in the last 6 months and taken any drugs other than alcohol in the 6 hours prior. The questions used to define the indicator were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Had you taken any drugs other than alcohol in the 6 hours before you were hurt or injured?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

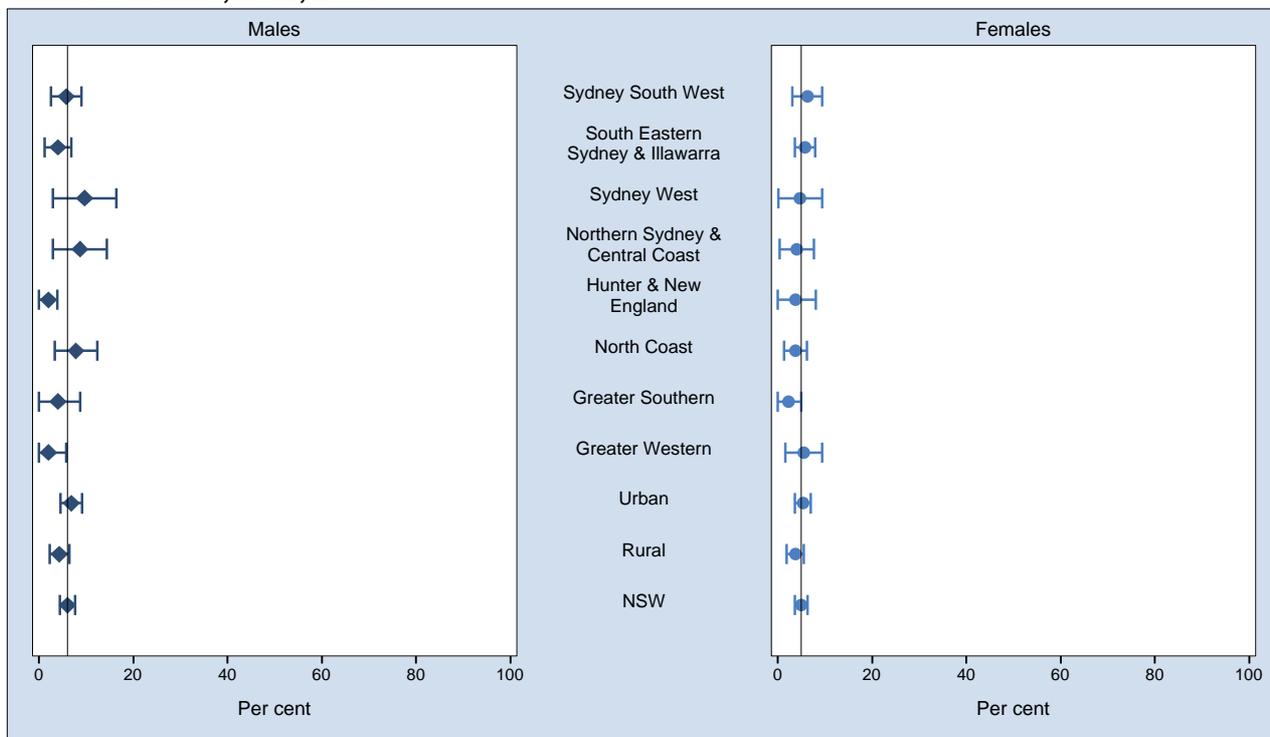
Took drugs before injured by socioeconomic disadvantage, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,580 respondents in NSW. For this indicator 262 (9.22%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury in the last 6 months and taken any drugs other than alcohol in the 6 hours prior. The questions used to define the indicator were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Had you taken any drugs other than alcohol in the 6 hours before you were hurt or injured?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Took drugs before injured by area health service, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2008



Note: Estimates are based on 2,580 respondents in NSW. For this indicator 262 (9.22%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an injury in the last 6 months and taken any drugs other than alcohol in the 6 hours prior. The questions used to define the indicator were: In the last 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional? Had you taken any drugs other than alcohol in the 6 hours before you were hurt or injured?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Psychological distress

Introduction

Psychological distress covers a range of feelings experienced by people who may have identifiable mental health problems such as anxiety or mood disorders, or who may be highly stressed for situational reasons. High psychological distress may be associated with poor performance, behavioural problems, and increased rates of alcohol, tobacco, and substance use.[1-7]

Since 1996 psychological distress in students has been identified by 3 components: feeling unhappy or sad or depressed during the last 6 months; feeling nervous or stressed or under pressure during the last 6 months; and being in trouble because of your behaviour during the last 6 months.

These 3 components were developed in New South Wales from a single question on stress nominated from the Western Australian Child Health Survey. Each component consists of 3 questions. The first was designed to obtain information about any episodes that occurred in the 6 months prior to the survey and whether they happened at home or school. The second asked about the severity of the episode. The third asked about either any actions taken to solve the problem or people talked to about the problem.[1-2] A student who responded 'almost more than I can take' to 1 or more components was considered to experience high psychological distress.

In 1996, 2002, 2005, and 2008 additional questions were asked about study problems that affected school performance in the last 6 months. The results for these questions are presented in this report for the first time.

Results

Felt unhappy or sad or depressed

In 2008, among students aged 12-17 years, 36.4 per cent had not experienced feelings of unhappiness or sadness or depression in the last 6 months, 28.3 per cent experienced 'about usual' feelings, 14.6 per cent experienced 'worse than usual' feelings, 12.5 per cent experienced 'quite bad' feelings, and 8.2 per cent experienced levels of feelings that were 'almost more than I could take'.

Among those students aged 12-17 years who had experienced feelings of unhappiness or sadness or depression in the last 6 months, 36.9 per cent spoke to no one about their feelings, 30.8 per cent spoke to family, 45.6 per cent spoke to friends, 5.6 per cent spoke to a teacher or school counsellor, 2.6 per cent spoke to a doctor or other health professionals, 1.5 per cent spoke to a religious advisor or group, and 1.2 per cent spoke to a helpline or the internet.

Felt nervous or stressed or under pressure

In 2008, among students aged 12-17 years, 29.8 per cent had not experienced feelings of nervousness or stress or pressure in the last 6 months, 34.5 per cent experienced 'about usual' feelings, 15.4 per cent experienced 'worse than usual' feelings, 14.0 per cent experienced 'quite bad' feelings, and 6.2 per cent experienced levels of feelings that were 'almost more than I could take'.

Among those students aged 12-17 years who had experienced feelings of nervousness or stress or pressure in the last 6 months, 39.3 per cent spoke to no one about their feelings, 37.2 per cent spoke to family, 41.1 per cent spoke to friends, 6.0 per cent spoke to a teacher or school counsellor, 1.4 per cent spoke to a doctor or other health professionals, 1.1 per cent spoke to a religious advisor or group, and 0.6 per cent spoke to a helpline or the internet.

Was in trouble because of behaviour

In 2008, among students aged 12-17 years, 43.0 per cent had not been in trouble because of their behaviour in the last 6 months, 35.9 per cent experienced 'about usual' levels of being in trouble, 9.2 per cent experienced 'worse than usual' levels, 8.7 per cent experienced 'quite bad' levels, and 3.2 per cent experienced levels that were 'almost more than I could take'.

Among those students aged 12-17 years who had been in trouble because of their behaviour in the last 6 months, 45.6 per cent spoke to no one about being in trouble, 26.8 per cent spoke to family, 32.2 per cent spoke to friends, 6.7 per cent spoke to a teacher or school counsellor, 0.7 per cent spoke to a doctor or other health professionals, 0.7 per cent spoke to a religious advisor or group, and 0.7 per cent spoke to a helpline or the internet.

High psychological distress

A student who responded 'almost more than I can take' to 1 or more of the above 3 components was considered to experience high psychological distress.

In 2008, 13.3 per cent of students aged 12-17 years experienced high psychological distress in the last 6 months. There was no significant difference between age groups. Males (11.6 per cent) were significantly less likely than females (15.0 per cent) to experience high psychological distress in the last 6 months.

Students in the first or least disadvantaged quintile (11.2 per cent) were significantly less likely, and students in the fifth or most disadvantaged quintile (14.9 per cent) were significantly more likely, to experience high psychological distress in the last 6 months, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas, or among area health services.

The proportion of students who experienced high psychological distress in the last 6 months decreased significantly between 1996 (15.4 per cent) and 2008 (13.3 per cent). The decrease has been significant in students aged 16-17 years (17.3 per cent to 14.0 per cent).

The proportion of students who experienced high psychological distress in the last 6 months decreased significantly between 2005 (16.6 per cent) and 2008 (13.3 per cent). The decrease has been significant in students aged 12-15 years (16.9 per cent to 13.0 per cent).

Had study problems in the last 6 months

In 2008, among students aged 12-17 years, 59.3 per cent had no study problems that affected their performance in the last 6 months, 19.7 per cent experienced 'about usual' levels of study problems, 9.7 per cent experienced 'worse than usual' levels, 8.4 per cent experienced 'quite bad' levels, and 2.9 per cent experienced levels that were 'almost more than I could take'.

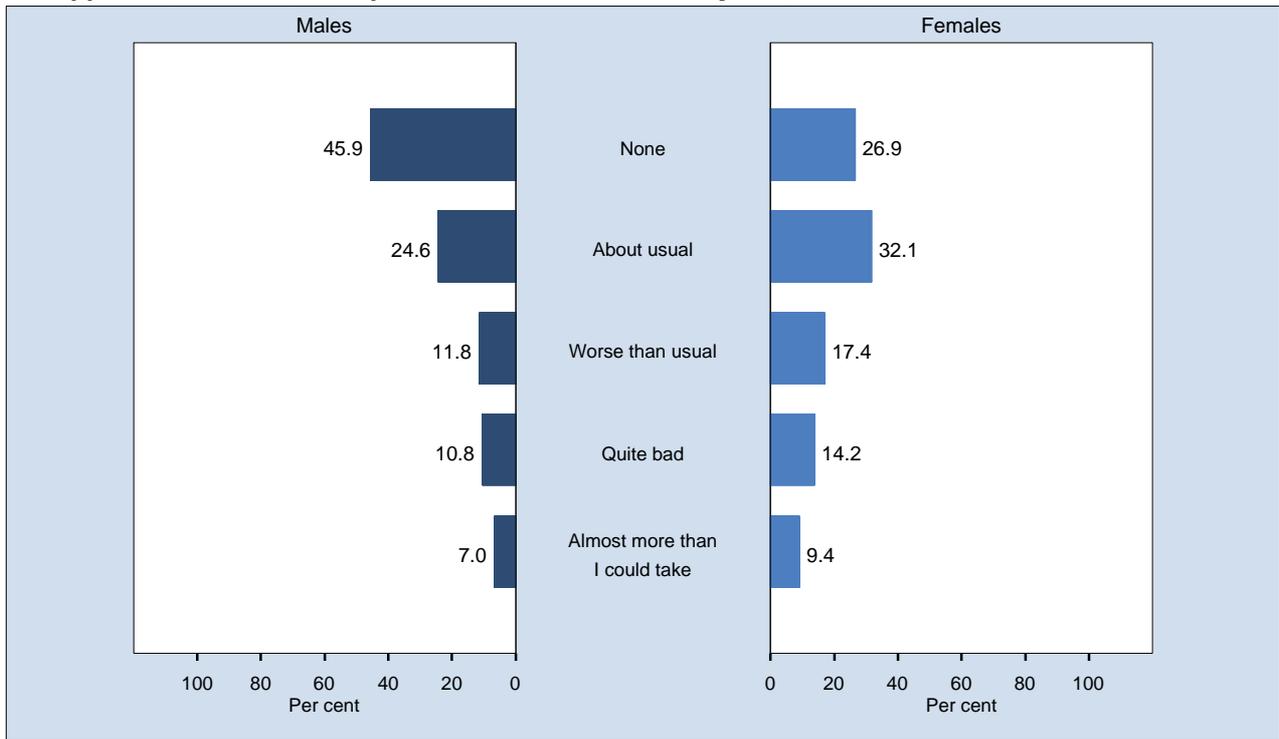
Among those students aged 12-17 years who had experienced study problems that affected their performance in the last 6 months, 43.1 per cent spoke to no one about their study problems, 38.6 per cent spoke to family, 29.0 per cent spoke to friends, 10.9 per cent spoke to a teacher or school counsellor, 1.4 per cent spoke to a doctor or other health professionals, 0.7 per cent spoke to a religious advisor or group, 0.4 per cent spoke to a helpline or used the internet, and 0.1 per cent spoke to a counsellor or psychiatrist or therapist.

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7. Kessler R, Andrews G, Colpe L, Hiripi E, Mroczek D, Normand S-L, Walters E, Zaslavsky A. Short screening scales to monitor population prevalences and trends in nonspecific psychological distress. *Psychological Medicine* 2002, 32(6): 959-976.

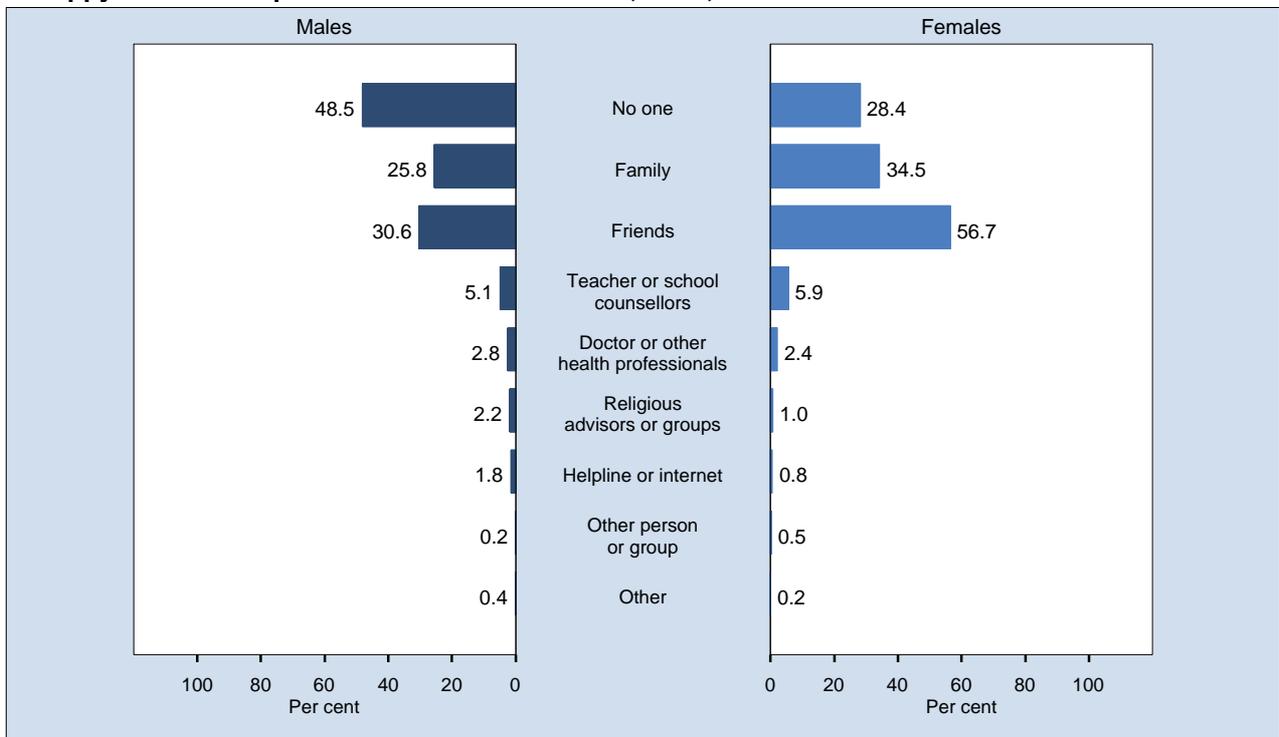
Unhappiness, sadness, or depression, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,355 respondents in NSW. For this indicator 198 (2.62%) were not stated (Don't know, invalid or no response given) in NSW. The questions were: During the last 6 months was there a time when you felt unhappy or sad or depressed? When you were feeling unhappy or sad or depressed how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

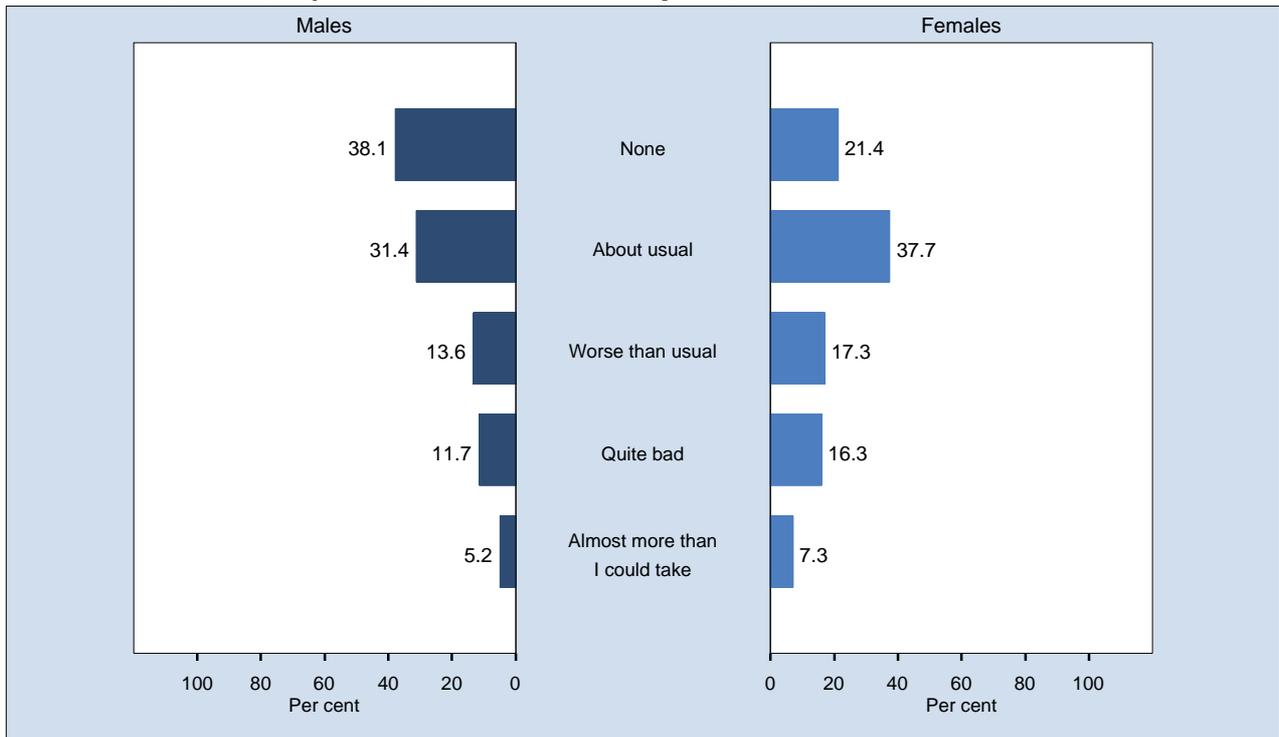
Person spoken to about unhappiness, sadness, or depression, students aged 12 to 17 years who felt unhappy or sad or depressed in the last 6 months, NSW, 2008



Note: Estimates are based on 4,769 respondents in NSW. For this indicator 279 (5.53%) were not stated (Don't know, invalid or no response given) in NSW. The questions were: During the last 6 months was there a time when you felt unhappy or sad or depressed? When you were feeling unhappy or sad or depressed who did you talk to: no one, my family, my friend(s), teachers or school counsellors, doctors or other health professionals, religious advisors or groups, helpline or internet, other person or group (specify)? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

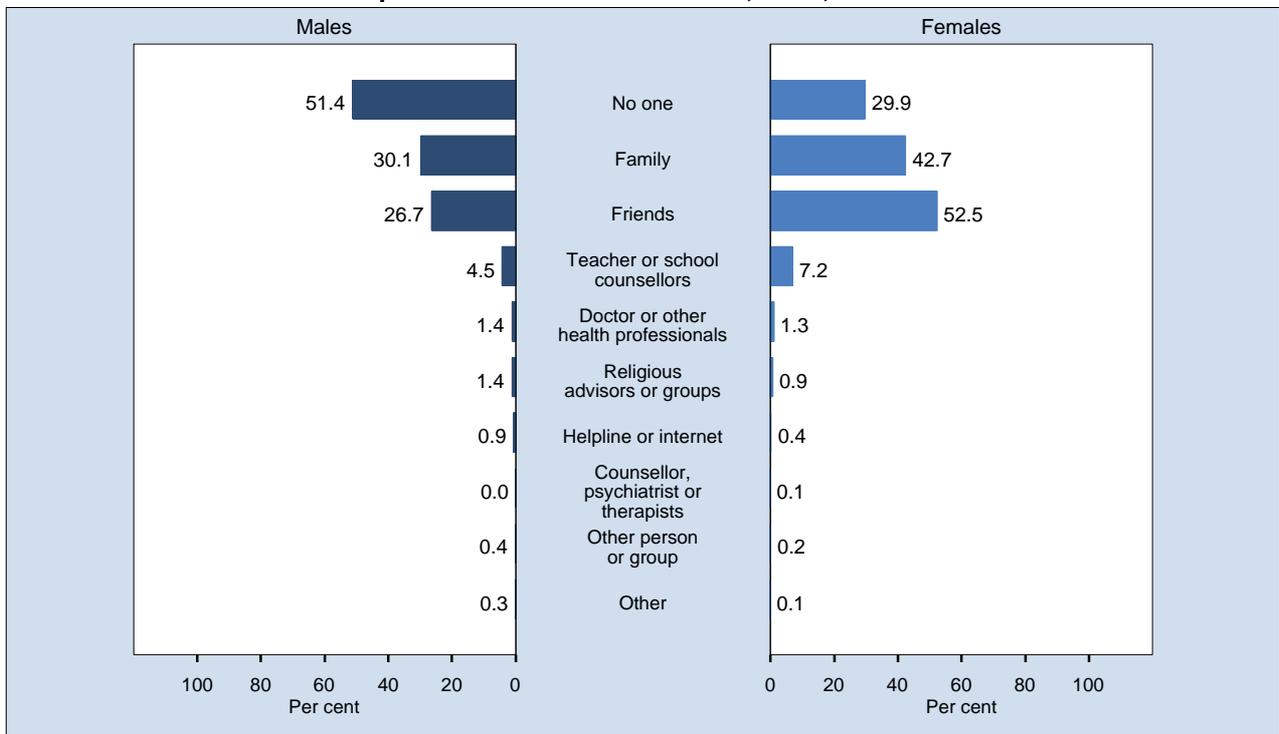
Nervousness, stress, or pressure, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,348 respondents in NSW. For this indicator 205 (2.71%) were not stated (Don't know, invalid or no response given) in NSW. The questions were: During the last 6 months was there a time when you felt nervous or stressed or under pressure? When you were feeling nervous or stressed or under pressure how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

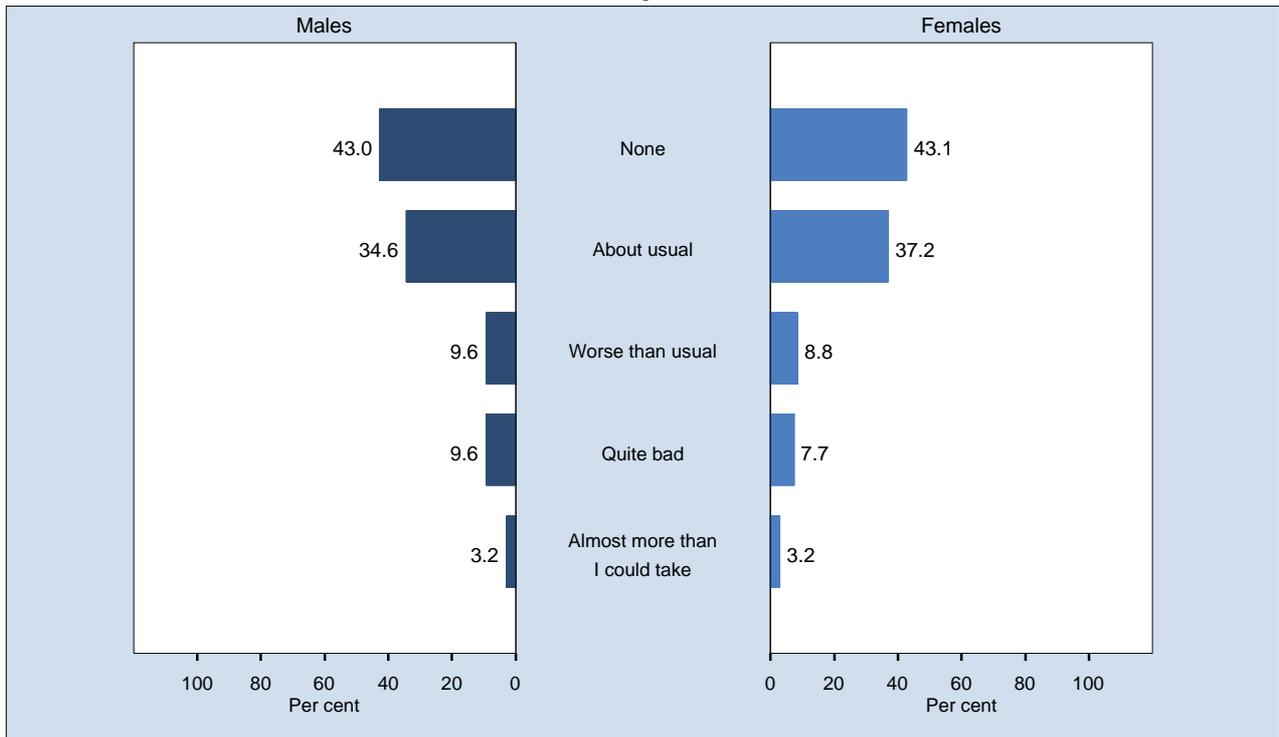
Person spoken to about nervousness, stress, or pressure, students aged 12 to 17 years who felt nervous or stressed or under pressure in the last 6 months, NSW, 2008



Note: Estimates are based on 5,290 respondents in NSW. For this indicator 264 (4.75%) were not stated (Don't know, invalid or no response given) in NSW. The questions were: During the last 6 months was there a time when you felt nervous or stressed or under pressure? When you were feeling nervous or stressed or under pressure who did you talk to: no one, my family, my friend(s), teachers or school counsellors, doctors or other health professionals, religious advisors or groups, helpline or internet, other person or group (specify)? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

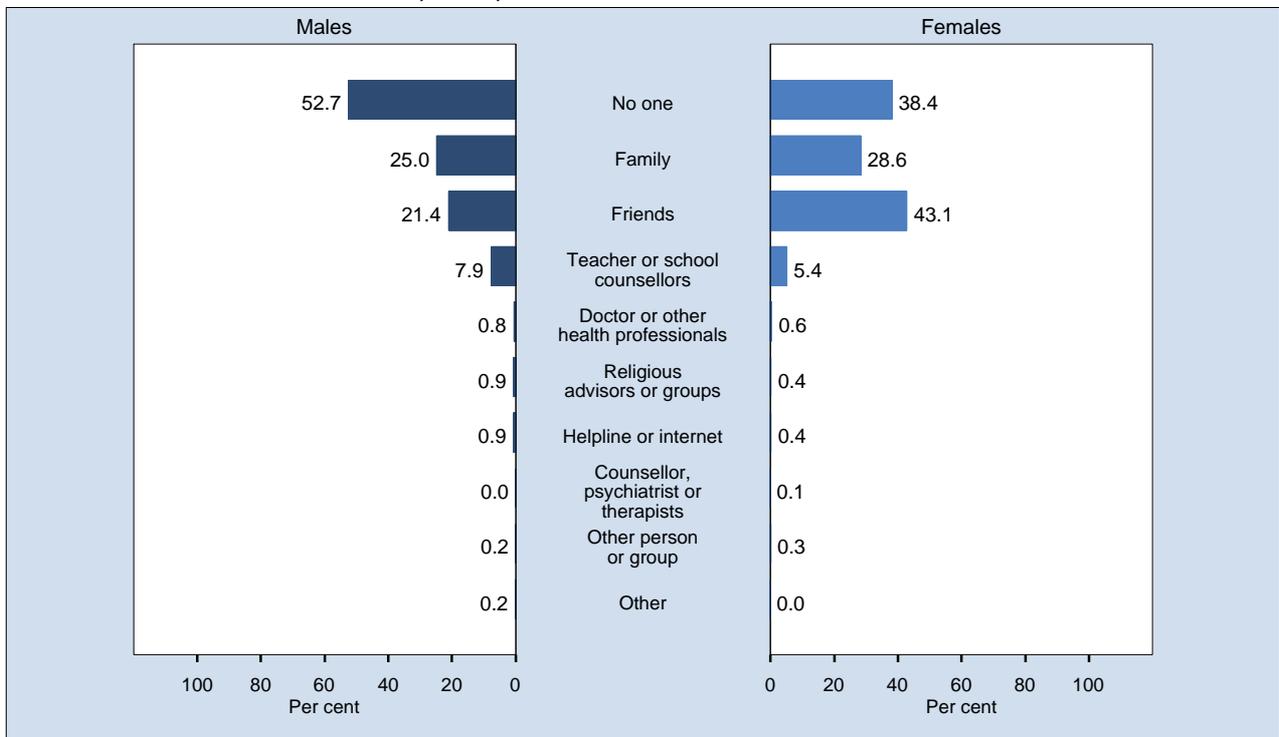
In trouble because of behaviour, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,315 respondents in NSW. For this indicator 238 (3.15%) were not stated (Don't know, invalid or no response given) in NSW. The questions were: During the last 6 months was there a time when you were in trouble because of your behaviour? When you were in trouble because of your behaviour how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

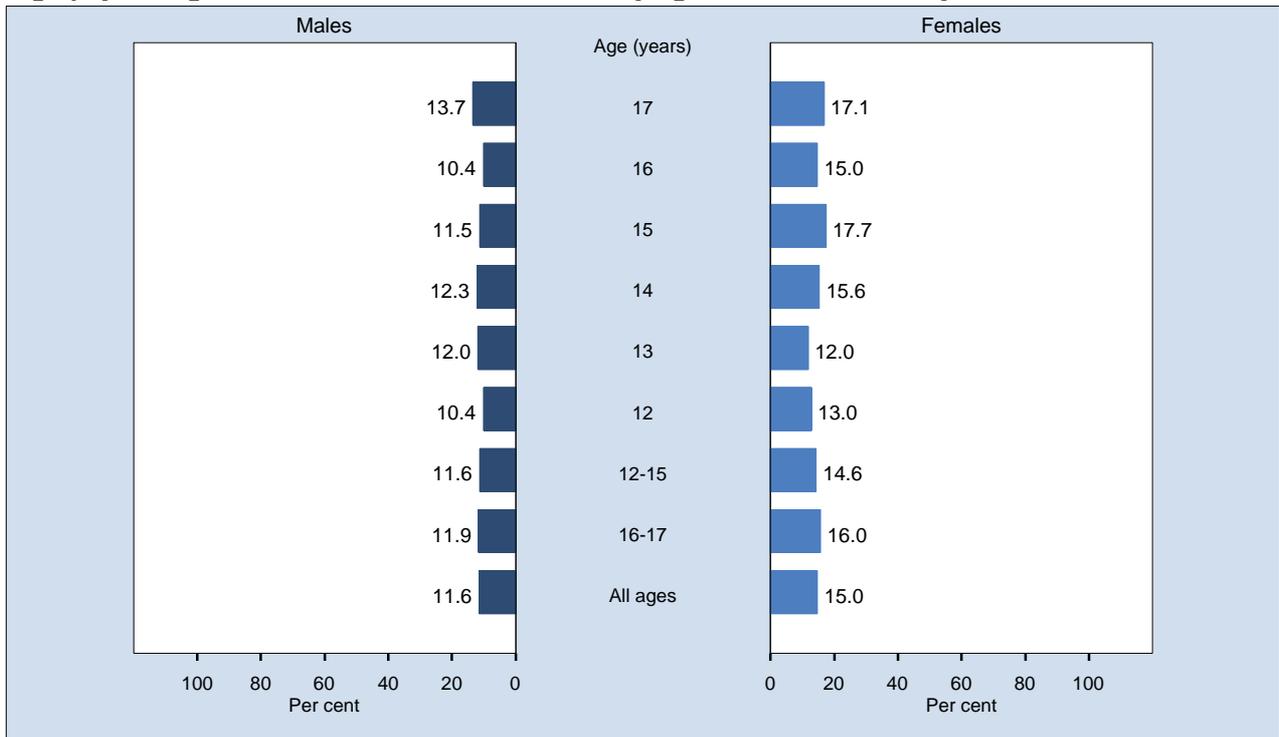
Person spoken to about being in trouble, students aged 12 to 17 years who were in trouble because of behaviour in the last 6 months, NSW, 2008



Note: Estimates are based on 4,167 respondents in NSW. For this indicator 140 (3.25%) were not stated (Don't know, invalid or no response given) in NSW. The questions were: During the last 6 months was there a time when you were in trouble because of your behaviour? When you were in trouble because of your behaviour who did you talk to: no one, my family, my friend(s), teachers or school counsellors, doctors or other health professionals, religious advisors or groups, helpline or internet, other person or group (specify)? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

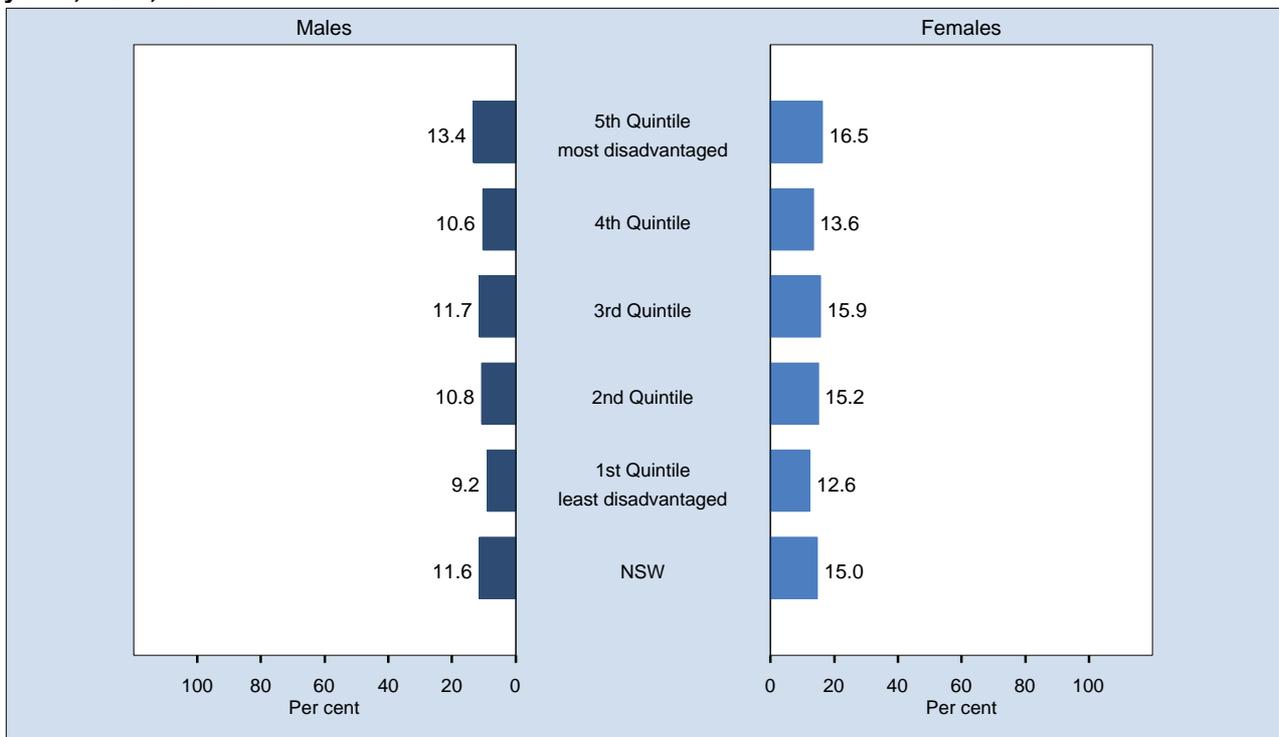
High psychological distress in the last 6 months by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,285 respondents in NSW. For this indicator 268 (3.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who answered "almost more than I could take" to questions about feelings of unhappiness or sadness or depression, nervousness or stress or pressure, or being in trouble because of their behaviour in the last 6 months. The questions used to define the indicator were: When you were feeling unhappy or sad or depressed how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual? When you were feeling nervous or stressed or under pressure how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual? When you were in trouble because of your behaviour how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

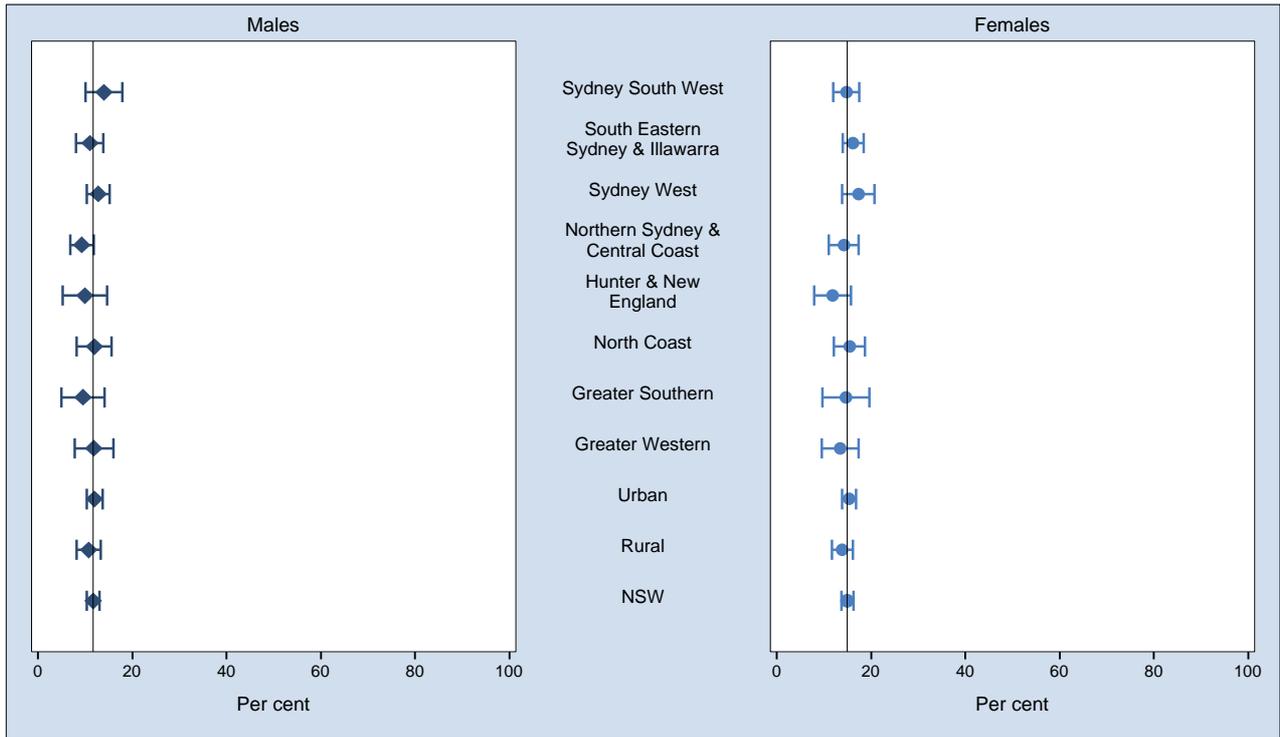
High psychological distress in the last 6 months by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,285 respondents in NSW. For this indicator 268 (3.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who answered "almost more than I could take" to questions about feelings of unhappiness or sadness or depression, nervousness or stress or pressure, or being in trouble because of their behaviour in the last 6 months. The questions used to define the indicator were: When you were feeling unhappy or sad or depressed how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual? When you were feeling nervous or stressed or under pressure how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual? When you were in trouble because of your behaviour how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

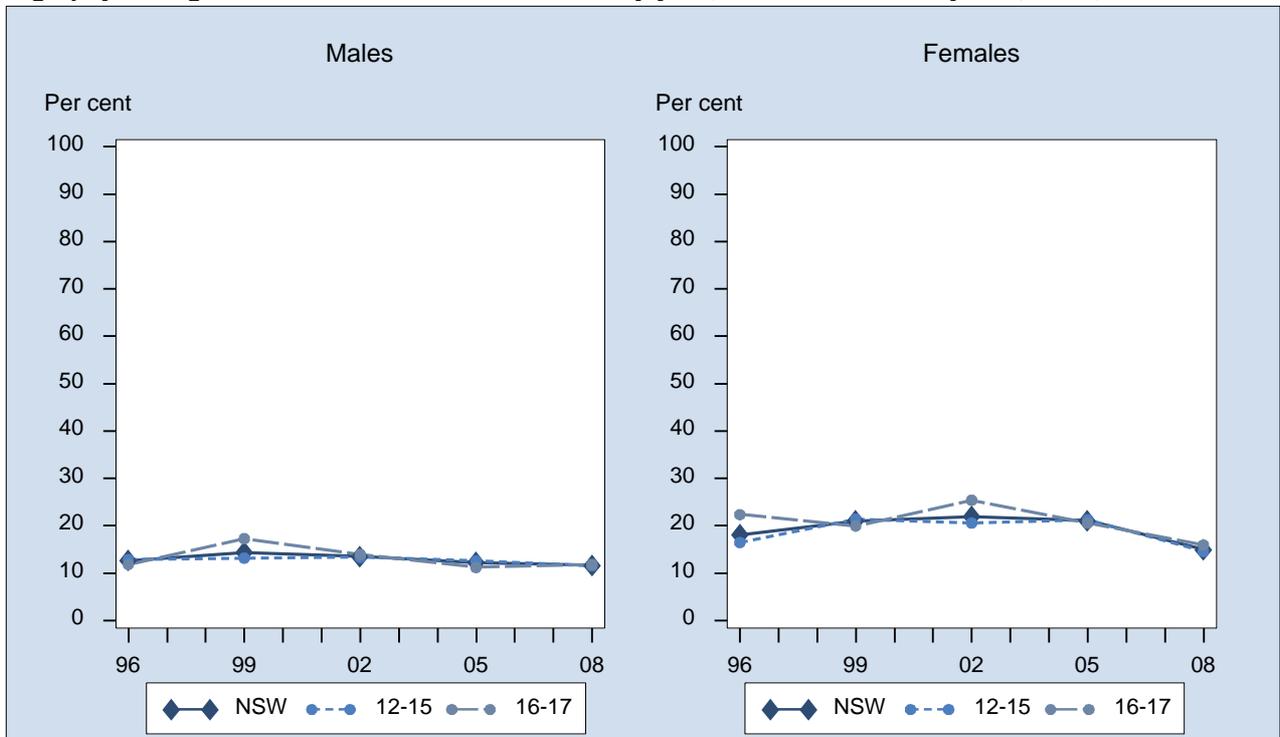
High psychological distress in the last 6 months by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,285 respondents in NSW. For this indicator 268 (3.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who answered "almost more than I could take" to questions about feelings of unhappiness or sadness or depression, nervousness or stress or pressure, or being in trouble because of their behaviour in the last 6 months. The questions used to define the indicator were: When you were feeling unhappy or sad or depressed how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual? When you were feeling nervous or stressed or under pressure how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual? When you were in trouble because of your behaviour how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

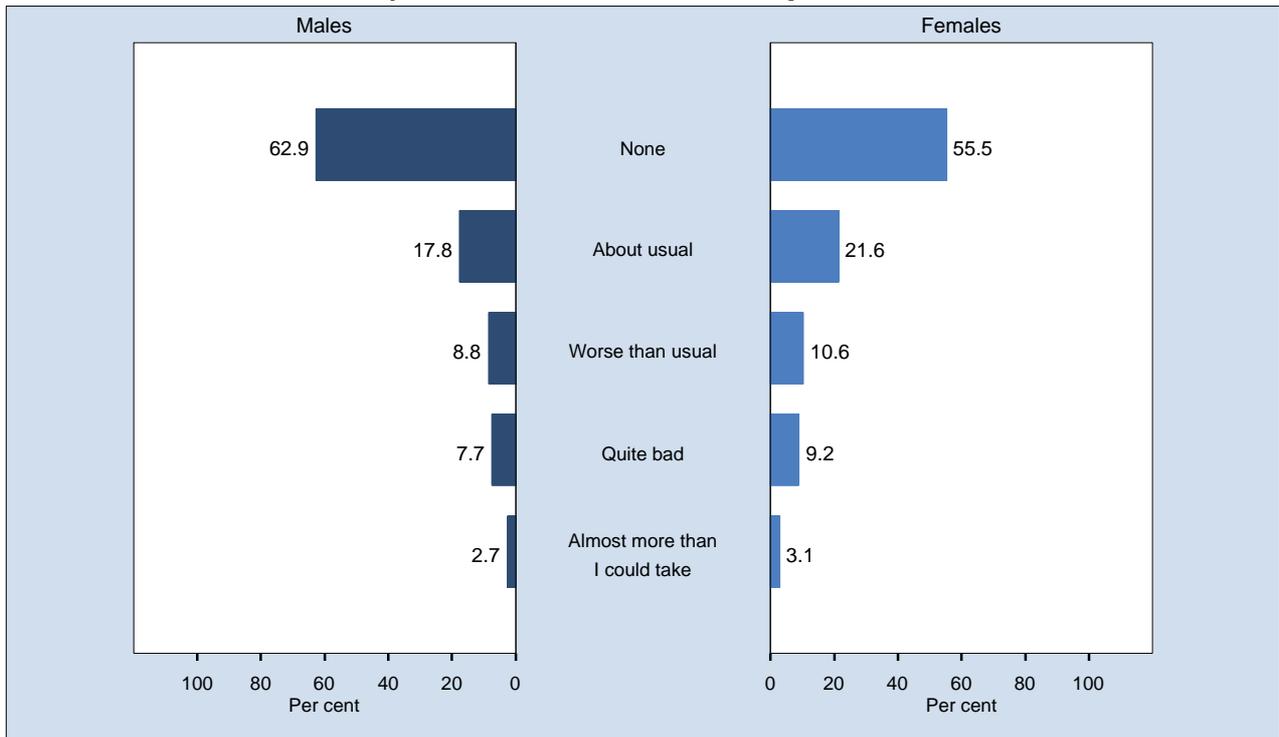
High psychological distress in the last 6 months by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (4,712), 1999 (3,419), 2002 (3,254), 2005 (2,644), 2008 (7,285). The indicator includes those students who answered "almost more than I could take" to questions about feelings of unhappiness or sadness or depression, nervousness or stress or pressure, or being in trouble because of their behaviour in the last 6 months. The questions used to define the indicator were: When you were feeling unhappy or sad or depressed how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual? When you were feeling nervous or stressed or under pressure how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual? When you were in trouble because of your behaviour how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

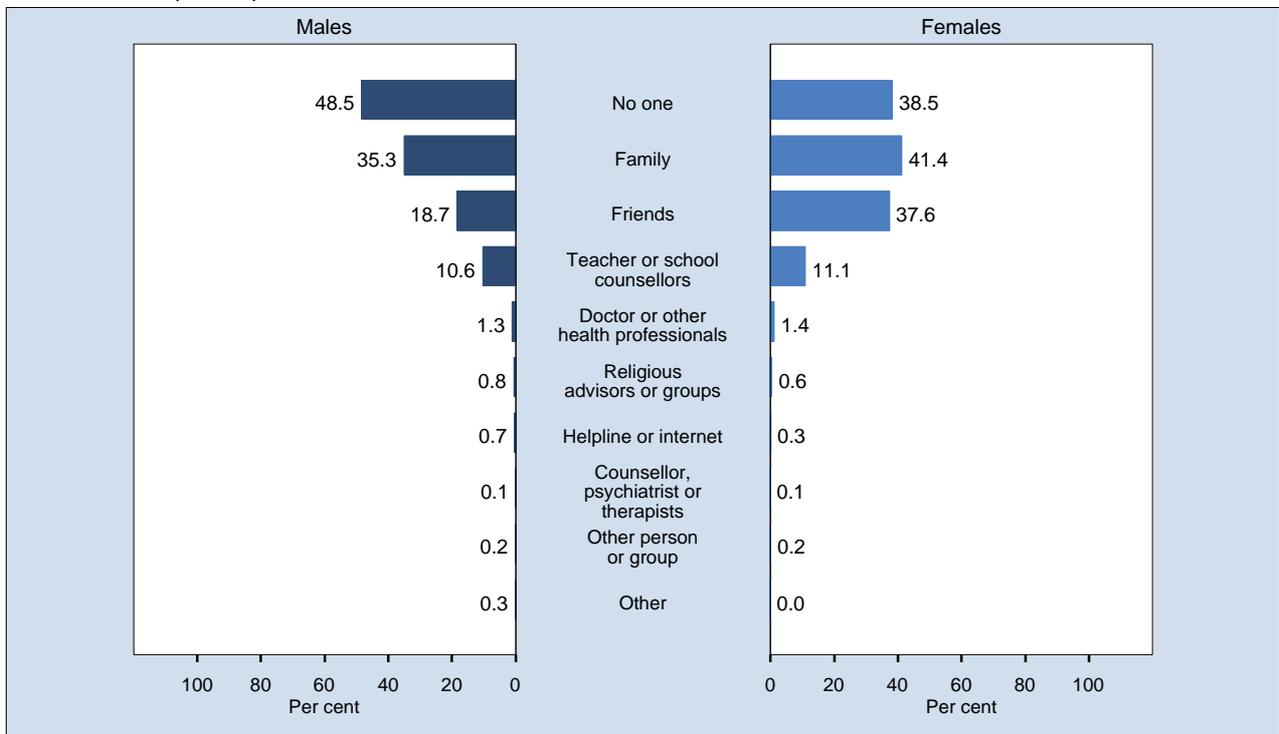
Problems that affected school performance, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,358 respondents in NSW. For this indicator 195 (2.58%) were not stated (Don't know, invalid or no response given) in NSW. The questions were: During the last 6 months was there a time when you had problems studying at home or school that affected your performance in school tests and other work? When you were having these study problems, how bad was it for you: almost more than I could take, quite bad, worse than usual, about usual?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Person spoken to about study problems, students aged 12 to 17 years who had study problems in the last 6 months, NSW, 2008



Note: Estimates are based on 3,105 respondents in NSW. For this indicator 218 (6.56%) were not stated (Don't know, invalid or no response given) in NSW. The questions were: During the last 6 months was there a time when you had problems studying at home or school that affected your performance in school tests and other work? When you were having those study problems whom did you talk to about it: no one, my family, my friend(s), teachers or school counsellors, doctors or other health professionals, religious advisors or groups, helpline or internet, other person or group (specify)? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Sun protection

Introduction

Sunlight contains ultraviolet radiation. While some sun exposure benefits health, for example by helping the body to produce the vitamin D essential for healthy bones, excessive sun exposure can lead to several forms of skin cancer, eye disease, and premature ageing.[1-5] Most people can prevent skin cancer by avoiding exposure to the sun and other sources of ultraviolet light such as sunlamps and solariums or sunbeds. Precautions are especially important for children and teenagers, since they spend more time outdoors than adults. Evidence also suggests sun exposure in childhood and adolescence contributes more to lifetime risk of skin cancer than a similar level of sun exposure in later life.[5]

To reduce exposure to ultraviolet radiation, precautions are required. The best advice is to always wear suitable clothing, hat, sunglasses, and apply sunscreen to exposed skin when outdoors. Shade is also an effective form of sun protection.[2]

Using a solarium or sunbed is not a safe way to tan and will not protect against skin cancer. National operating guidelines for solariums and sunbeds restrict operators from advertising their product as being safe or healthy, ban their use by young people under the age of 15, and requires written parental permission for under 18-year-olds. The guidelines also warn customers to avoid the use of unsupervised solariums and sunbeds. Operators are required to provide correct information about the risks and ask customers to sign a consent form before use.[6]

Results

Sun exposure behaviours

In 2008, among students aged 12-17 years, sun protection behaviours between 11.00 a.m. and 3.00 p.m. on sunny days last summer were: usually or always spend most of the time inside (17.4 per cent), usually or always wear a hat (24.7 per cent), usually or always apply maximum protection sunscreen (43.2 per cent), usually or always dress in protective clothing (21.8 per cent), usually or always wear sunglasses (34.0 per cent), usually or always stay mainly in the shade (28.8 per cent).

Stays inside

In 2008, among students aged 12-17 years, 17.4 per cent usually or always spent most of the time inside between 11.00 a.m. and 3.00 p.m. on sunny days last summer. There was no significant difference between age groups, or between males and females.

Students in the fifth or most disadvantaged quintile (20.6 per cent) were significantly more likely, and students in the fourth quintile (14.3 per cent) were significantly less likely, to usually or always spend most of the time inside, compared with the overall student population aged 12-17 years. Students in rural health areas (14.4 per cent) were significantly less likely than students in urban health areas (18.7 per cent) to usually or always spend most of the time inside. Students in the Sydney South West (21.7 per cent) and Sydney West (21.5 per cent) Area Health Services were significantly more likely, and students in the Northern Sydney & Central Coast (13.9 per cent) and North Coast (11.5 per cent) Area Health Services were significantly less likely, to usually or always spend most of the time inside, compared with the overall student population aged 12-17 years.

There has been no significant change in the proportion of students who usually or always spent most of the time inside between 11.00 a.m. and 3.00 p.m. on sunny days last summer between 1993 and 2008.

However, the proportion of students who usually or always spent most of the time inside between 11.00 a.m. and 3.00 p.m. on sunny days last summer decreased significantly between 2005 (23.4 per cent) and 2008 (17.4 per cent). The decrease has been significant in students aged 12-15 years (22.8 per cent to 17.0 per cent) and students aged 16-17 years (25.0 per cent to 18.3 per cent).

Wears a hat

In 2008, among students aged 12-17 years, 24.7 per cent usually or always wore a hat between 11.00 a.m. and 3.00 p.m. on sunny days last summer. Students aged 12-15 years (27.5 per cent) were significantly more likely than students aged 16-17 years (17.7 per cent) to usually or always wear a hat. Males (32.7 per cent) were significantly more likely than females (16.7 per cent) to usually or always wear a hat.

Students in the first or least disadvantaged quintile (19.2 per cent) were significantly less likely to usually or always wear a hat, compared with the overall student population aged 12-17 years. Students in rural health areas (29.4 per cent) were significantly more likely than students in urban health areas (22.7 per cent) to usually or always wear a hat. Students in the Greater Western Area Health Service (47.6 per cent) were significantly more likely, and students in the Northern Sydney & Central Coast Area Health Service (20.2 per cent) were significantly less likely, to usually or always wear a hat, compared with the overall student population aged 12-17 years.

The proportion of students who usually or always wore a hat between 11.00 a.m. and 3.00 p.m. on sunny days last summer decreased significantly between 1993 (49.2 per cent) and 2008 (24.7 per cent). The decrease has been significant in students aged 12-15 years (51.3 per cent to 27.5 per cent) and students aged 16-17 years (43.8 per cent to 17.7 per cent).

The proportion of students who usually or always wore a hat between 11.00 a.m. and 3.00 p.m. on sunny days last summer decreased significantly between 2005 (35.5 per cent) and 2008 (24.7 per cent). The decrease has been significant in students aged 12-15 years (38.7 per cent to 27.5 per cent) and students aged 16-17 years (26.9 per cent to 17.7 per cent).

Applies maximum protection sunscreen

In 2008, among students aged 12-17 years, 43.2 per cent usually or always applied maximum protection sunscreen between 11.00 a.m. and 3.00 p.m. on sunny days last summer. Students aged 12-15 years (45.3 per cent) were significantly more likely than students aged 16-17 years (37.9 per cent) to usually or always apply maximum protection sunscreen. Males (34.0 per cent) were significantly less likely than females (52.6 per cent) to usually or always apply maximum protection sunscreen.

Students in the first or least disadvantaged quintile (52.1 per cent) were significantly more likely, and students in the fifth or most disadvantaged quintile (38.4 per cent) were significantly less likely, to usually or always apply maximum protection sunscreen, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in South Eastern Sydney & Illawarra Area Health Service (51.2 per cent) were significantly more likely, and students in the Sydney South West (39.0 per cent) and Sydney West (36.0 per cent) Area Health Services were significantly less likely, to usually or always apply maximum protection sunscreen, compared with the overall student population aged 12-17 years.

The proportion of students who usually or always applied maximum protection sunscreen between 11.00 a.m. and 3.00 p.m. on sunny days last summer decreased significantly between 1993 (63.1 per cent) and 2008 (43.2 per cent). The decrease has been significant in students aged 12-15 years (64.6 per cent to 45.3 per cent) and students aged 16-17 years (59.1 per cent to 37.9 per cent).

However, there has been no significant change in the proportion of students who usually or always applied maximum protection sunscreen between 11.00 a.m. and 3.00 p.m. on sunny days last summer between 2005 and 2008.

Wears clothes covering most of the body

In 2008, among students aged 12-17 years, 21.8 per cent usually or always wore clothes covering most of the body between 11.00 a.m. and 3.00 p.m. on sunny days last summer. Students aged 12-15 years (22.9 per cent) were significantly more likely than students aged 16-17 years (18.9 per cent) to usually or always wear clothes covering most of the body. Males (28.6 per cent) were significantly more likely than females (14.8 per cent) to usually or always wear clothes covering most of the body.

Students in the first or least disadvantaged quintile (17.2 per cent) were significantly less likely, and students in the fifth or most disadvantaged quintile (24.7 per cent) were significantly more likely, to wear clothes covering most of the body, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Sydney South West Area Health

Service (25.4 per cent) were significantly more likely to usually or always wear clothes covering most of the body, compared with the overall student population aged 12-17 years.

There has been no significant change in the proportion of students who usually or always wore clothes covering most of the body between 11.00 a.m. and 3.00 p.m. on sunny days last summer between 1993 and 2008.

However, the proportion of students who usually or always wore clothes covering most of the body between 11.00 a.m. and 3.00 p.m. on sunny days last summer increased significantly between 2005 (19.1 per cent) and 2008 (21.8 per cent). The increase has been significant in students aged 12-15 years (19.9 per cent to 22.9 per cent).

Wears sunglasses

In 2008, among students aged 12-17 years, 34.0 per cent usually or always wore sunglasses between 11.00 a.m. and 3.00 p.m. on sunny days last summer. Students aged 12-15 years (31.8 per cent) were significantly less likely than students aged 16-17 years (39.7 per cent) to usually or always wear sunglasses. Males (20.2 per cent) were significantly less likely than females (48.0 per cent) to usually or always wear sunglasses.

Students in the fifth or most disadvantaged quintile (30.6 per cent) were significantly less likely to wear sunglasses, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas, or among area health services.

The proportion of students who usually or always wore sunglasses between 11.00 a.m. and 3.00 p.m. on sunny days last summer decreased significantly between 1993 (41.1 per cent) and 2008 (34.0 per cent). The decrease has been significant in students aged 12-15 years (37.3 per cent to 31.8 per cent) and students aged 16-17 years (51.3 per cent to 39.7 per cent).

However, there has been no significant change in the proportion of students who usually or always wore sunglasses between 11.00 a.m. and 3.00 p.m. on sunny days last summer between 2005 and 2008.

Stays mainly in the shade

In 2008, among students aged 12-17 years, 28.8 per cent usually or always stayed mainly in the shade between 11.00 a.m. and 3.00 p.m. on sunny days last summer. There was no significant difference between age groups, or between males and females.

Students in the fourth quintile (24.8 per cent) were significantly less likely, and students in the fifth or most disadvantaged quintile (34.1 per cent) were significantly more likely, to usually or always stay mainly in the shade, compared with the overall student population aged 12-17 years. Students in rural health areas (24.7 per cent) were significantly less likely than students in urban health areas (31.0 per cent) to usually or always stay mainly in the shade. Students in the Sydney South West (36.1 per cent), Sydney West (35.1 per cent), and Greater Western (35.6 per cent) Area Health Services were significantly more likely, and students in the Northern Sydney & Central Coast (23.0 per cent), Hunter & New England (23.7 per cent), and North Coast (23.9 per cent) Area Health Services were significantly less likely, to usually or always stay mainly in the shade, compared with the overall student population aged 12-17 years.

The proportion of students who usually or always stayed mainly in the shade between 11.00 a.m. and 3.00 p.m. on sunny days last summer increased significantly between 1993 (22.2 per cent) and 2008 (28.8 per cent). The increase has been significant in students aged 12-15 years (23.6 per cent to 28.7 per cent) and students aged 16-17 years (18.6 per cent to 29.2 per cent).

However, there has been no significant change in the proportion of students who usually or always stayed mainly in the shade between 11.00 a.m. and 3.00 p.m. on sunny days last summer between 2005 and 2008.

Prevalence of sunburn

In 2008, among students aged 12-17 years, 24.7 per cent were not sunburnt during the last summer, 30.1 per cent were sunburnt once, 31.2 per cent were sunburnt 2 or 3 times, and 14.1 per cent were sunburnt 4 or more times.

Overall, among students aged 12-17 years, 75.3 per cent had been sunburnt at least once during the last summer. There was no significant difference between age groups. Males (72.4 per cent) were significantly less likely than females (78.3 per cent) to have been sunburnt at least once during the last summer.

Students in the fifth or most disadvantaged quintile (67.4 per cent) were significantly less likely, and students in the third quintile (78.7 per cent) and fourth quintile (79.4 per cent) were significantly more likely, to have been sunburnt at least once during the last summer, compared with the overall student population aged 12-17 years. Students in rural health areas (84.2 per cent) were significantly more likely than students in urban health areas (71.6 per cent) to have been sunburnt at least once during the last summer. Students in the Northern Sydney & Central Coast (80.3 per cent), Hunter & New England (84.1 per cent), North Coast (84.2 per cent), and Greater Southern (86.3 per cent) Area Health Services were significantly more likely, and students in the Sydney South West (63.5 per cent) and Sydney West (68.1 per cent) were significantly less likely, to have been sunburnt at least once in the last summer, compared with the overall student population ages 12-17 years.

The proportion of students who had been sunburnt at least once during the last summer decreased significantly between 1999 (79.9 per cent) and 2008 (75.3 per cent). The decrease has been significant in students aged 12-15 years (79.4 per cent to 74.6 per cent).

However, there has been no significant change in the proportion of students who had been sunburnt at least once during the last summer between 2005 and 2008.

Sun exposure preferences

In 2008, among students aged 12-17 years, 35.0 per cent did not want a suntan, 31.2 per cent wanted a light suntan, 23.2 per cent wanted a moderate suntan, 7.4 per cent wanted a dark suntan, and 3.2 per cent wanted a very dark suntan.

Sun exposure beliefs

In 2008, among students aged 12-17 years, 25.4 per cent believed you only get skin cancer if you get burnt often. Students aged 12-15 years (30.0 per cent) were significantly more likely than students aged 16-17 years (13.7 per cent) to believe you only get skin cancer if you get burnt often. Males (28.7 per cent) were significantly more likely than females (22.1 per cent) to believe you only get skin cancer if you get burnt often.

Students in the first or least disadvantaged quintile (18.9 per cent) and second quintile (21.6 per cent) were significantly less likely, and students in the fifth or most disadvantaged quintile (33.0 per cent) were significantly more likely, to believe you only get skin cancer if you get burnt often, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Sydney South West (31.2 per cent) and Hunter & New England (31.2 per cent) Area Health Services were significantly more likely, and students in the Northern Sydney & Central Coast (18.8 per cent) and Greater Southern (18.5 per cent) Area Health Services were significantly less likely, to believe you only get skin cancer if you get burnt often, compared with the overall student population aged 12-17 years.

The proportion of students who believed you only get skin cancer if you get burnt often increased significantly between 1993 (21.0 per cent) and 2008 (25.4 per cent). The increase has been significant in students aged 12-15 years (23.6 per cent to 30.0 per cent).

The proportion of students who believed you only get skin cancer if you get burnt often decreased significantly between 2005 (29.7 per cent) and 2008 (25.4 per cent). The decrease has been significant in students aged 12-15 years (36.1 per cent to 30.0 per cent).

Solarium or sunbed use

In 2008, among students aged 12-17 years, 92.8 per cent did not use a solarium or sunbed, 2.8 per cent used a solarium or sunbed once, 2.9 per cent used a solarium or sunbed 2 to 5 times, and 1.5 per cent used a solarium 6 or more times.

In 2008, among students aged 12-17 years, 7.2 per cent used a solarium or sunbed at least once in the last 12 months. Students aged 12-15 years (7.8 per cent) were significantly more likely than students aged 16-17 (5.9 per cent) to have used a solarium or sunbed at least once in the last 12 months. There was no significant difference between males and females.

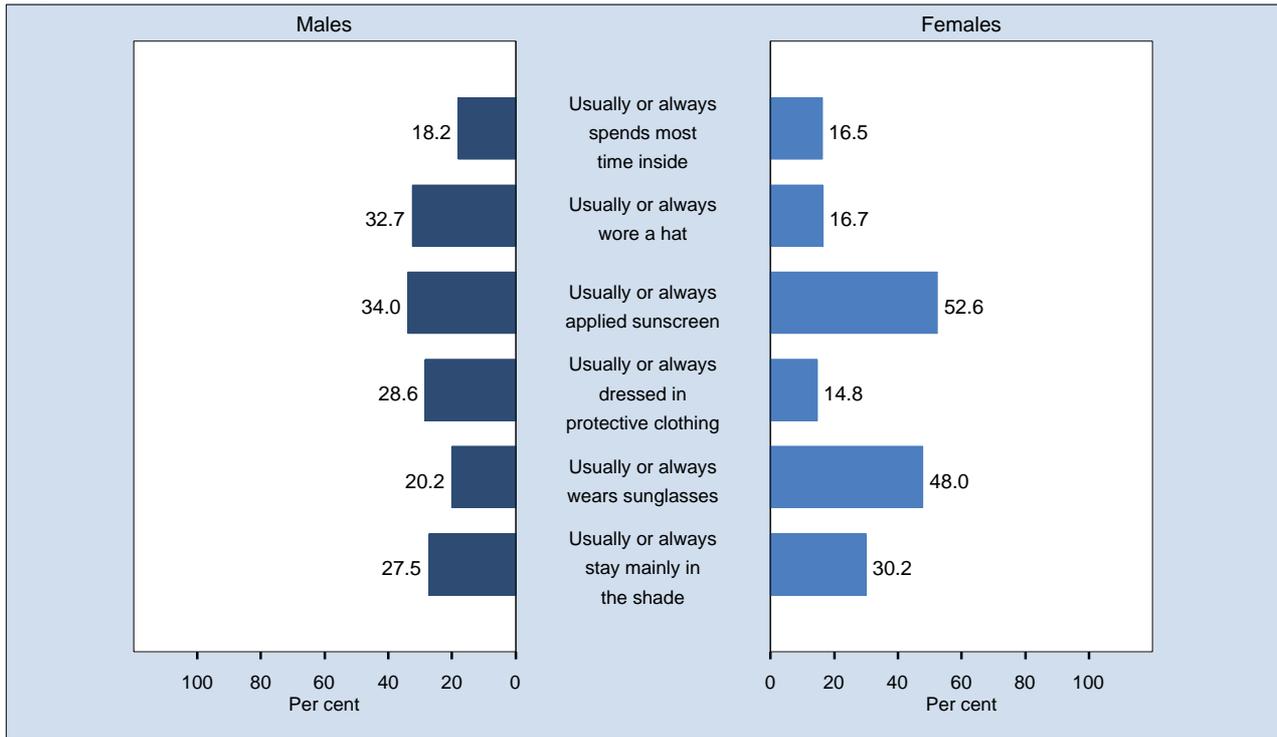
Students in the first or least disadvantaged quintile (4.4 per cent) were significantly less likely to have used a solarium or sunbed at least once in the last 12 months, compared with the overall student population aged 12-17 years. There was no significant difference between rural and urban health areas. Students in the Sydney West (5.0 per cent) and Northern Sydney & Central Coast (5.7 per cent) Area Health Services were significantly less likely to have used a solarium or sunbed at least once in the last 12 months, compared with the overall student population aged 12-17 years.

The proportion of students who used a solarium or sunbed at least once in the last 12 months decreased significantly between 2005 (12.4 per cent) and 2008 (7.2 per cent). The decrease has been significant in students aged 12-15 years (13.5 per cent to 7.8 per cent) and students aged 16-17 years (9.5 per cent to 5.9 per cent).

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6. NSW Department of Health. *NSW Health Solarium Safety fact sheet*. Available online at www.health.nsw.gov.au/factsheets/general/solarium.html (accessed 15 September 2009).

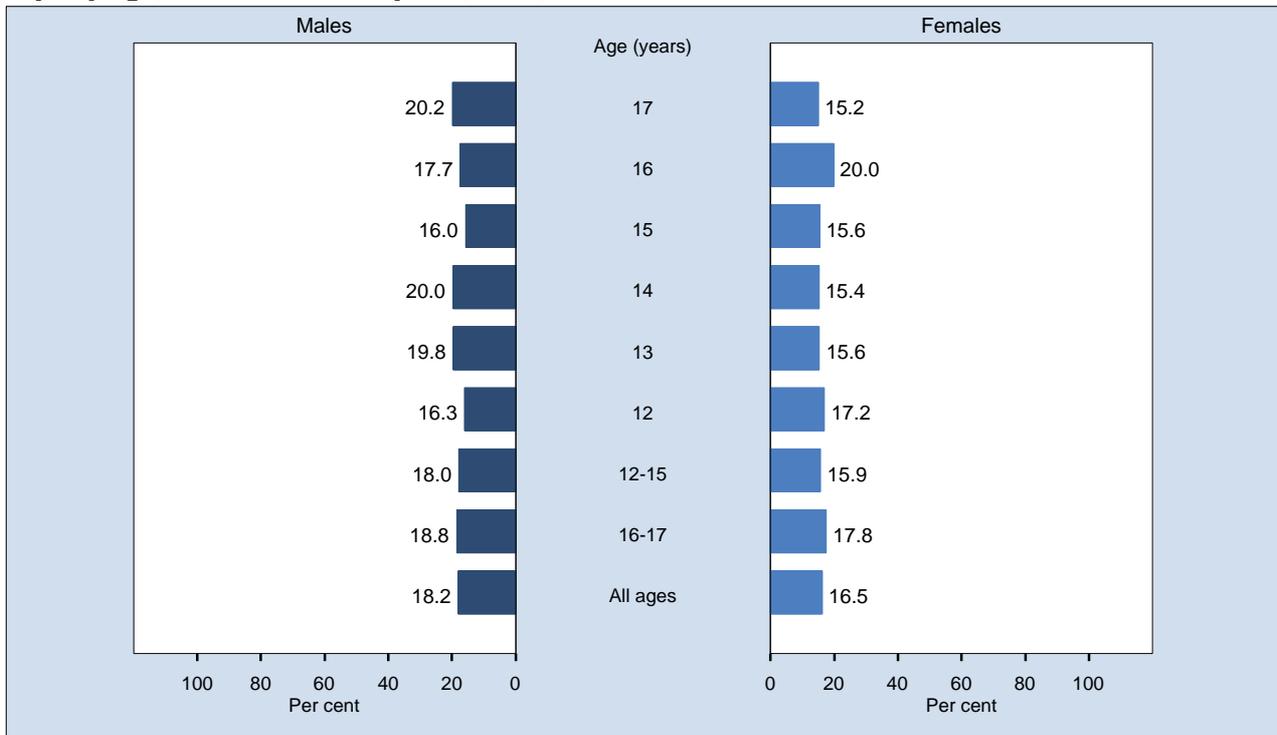
Sun protection behaviours between 11.00 a.m. and 3.00 p.m. on sunny summer days, students 12 to 17 years, NSW, 2008



Note: Estimates are based on the following numbers for NSW: Usually or always spends most time inside - 7,436 responders and 117 (1.55%) were not stated (Don't know, invalid or no response given), Usually or always wore a hat - 7,458 responders and 95 (1.26%) were not stated (Don't know, invalid or no response given), Usually or always applied sunscreen - 7,429 responders and 124 (1.64%) were not stated (Don't know, invalid or no response given), Usually or always dressed in protective clothing - 7,439 responders and 114 (1.51%) were not stated (Don't know, invalid or no response given), Usually or always wears sunglasses - 7,413 responders and 140 (1.85%) were not stated (Don't know, invalid or no response given), Usually or always stay mainly in the shade - 7,399 responders and 154 (2.04%) were not stated (Don't know, invalid or no response given). The questions used were: Thinking about sunny days in summer, between 11.00 a.m. and 3.00 p.m. how often would you spend most of the time inside?, Thinking about sunny days in summer, when you are outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you: wear a hat; wear clothes covering most of your body (including arms and legs); wear maximum protection sunscreen (SPF30+); wears sunglasses; stay mainly in the shade?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

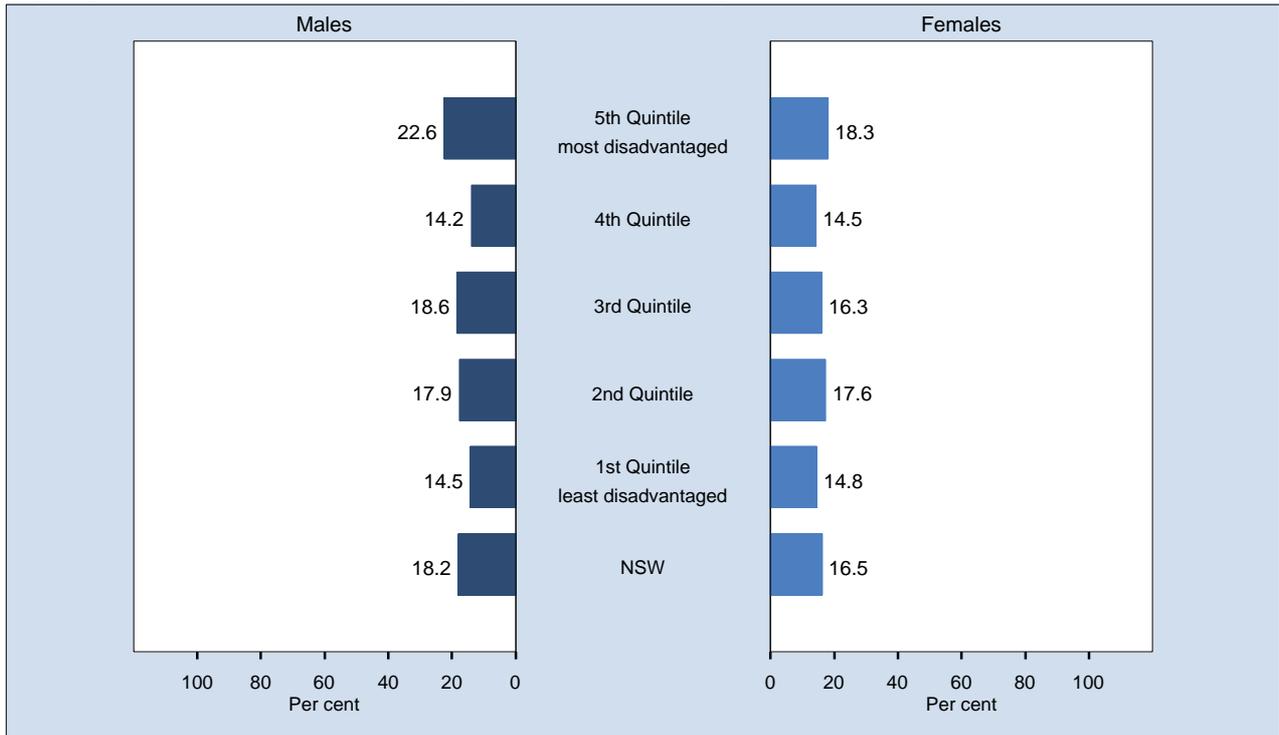
Usually or always spends most of the time inside between 11.00 a.m. and 3.00 p.m. on sunny summer days by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,436 respondents in NSW. For this indicator 117 (1.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always spend most of the time inside on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, between 11.00 a.m. and 3.00 p.m. how often would you spend most of the time inside?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

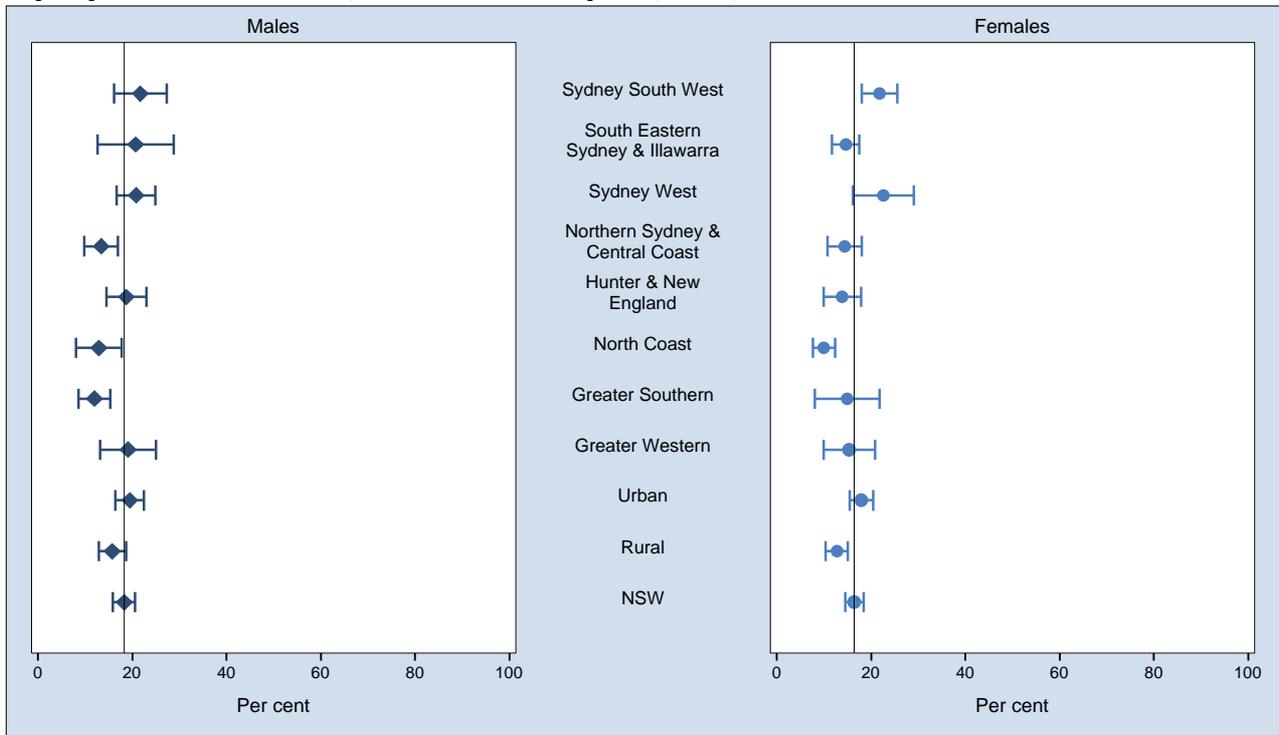
Usually or always spends most of the time inside between 11.00 a.m. and 3.00 p.m. on sunny summer days by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,436 respondents in NSW. For this indicator 117 (1.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always spend most of the time inside on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, between 11.00 a.m. and 3.00 p.m. how often would you spend most of the time inside?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

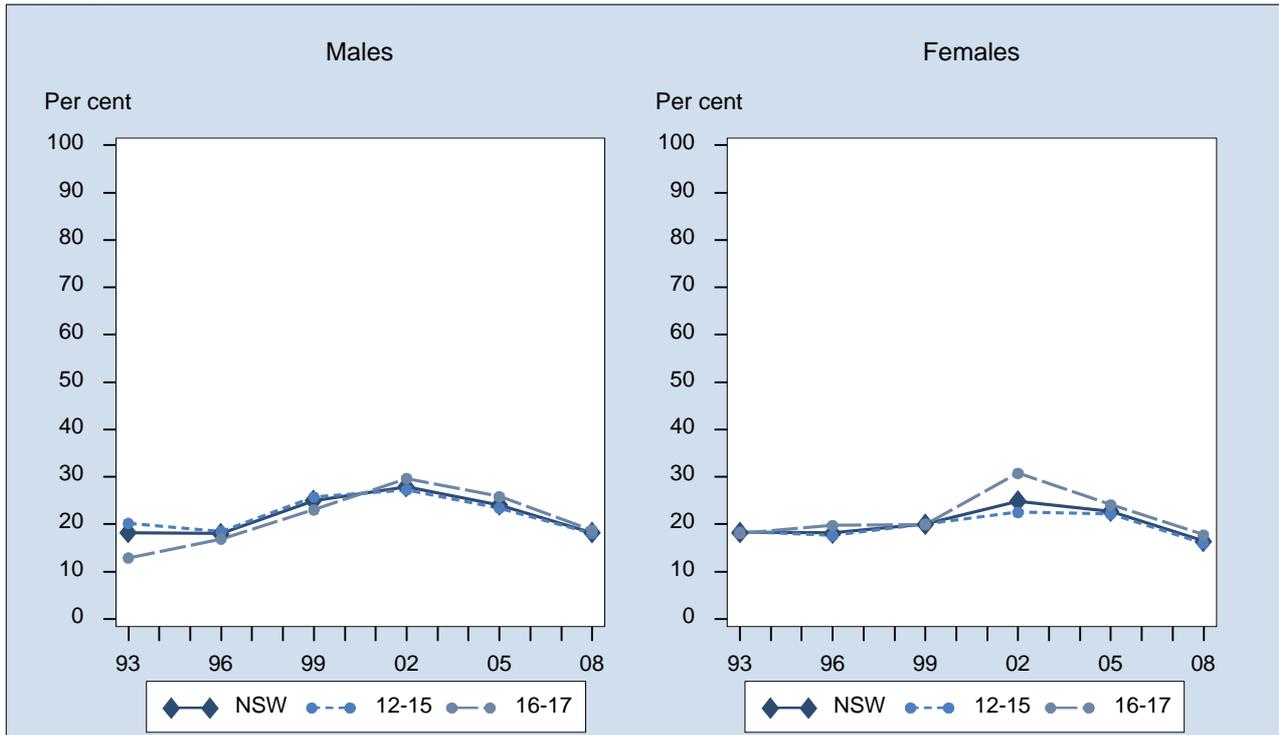
Usually or always spends most of the time inside between 11.00 a.m. and 3.00 p.m. on sunny summer days by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,436 respondents in NSW. For this indicator 117 (1.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always spend most of the time inside on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, between 11.00 a.m. and 3.00 p.m. how often would you spend most of the time inside?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

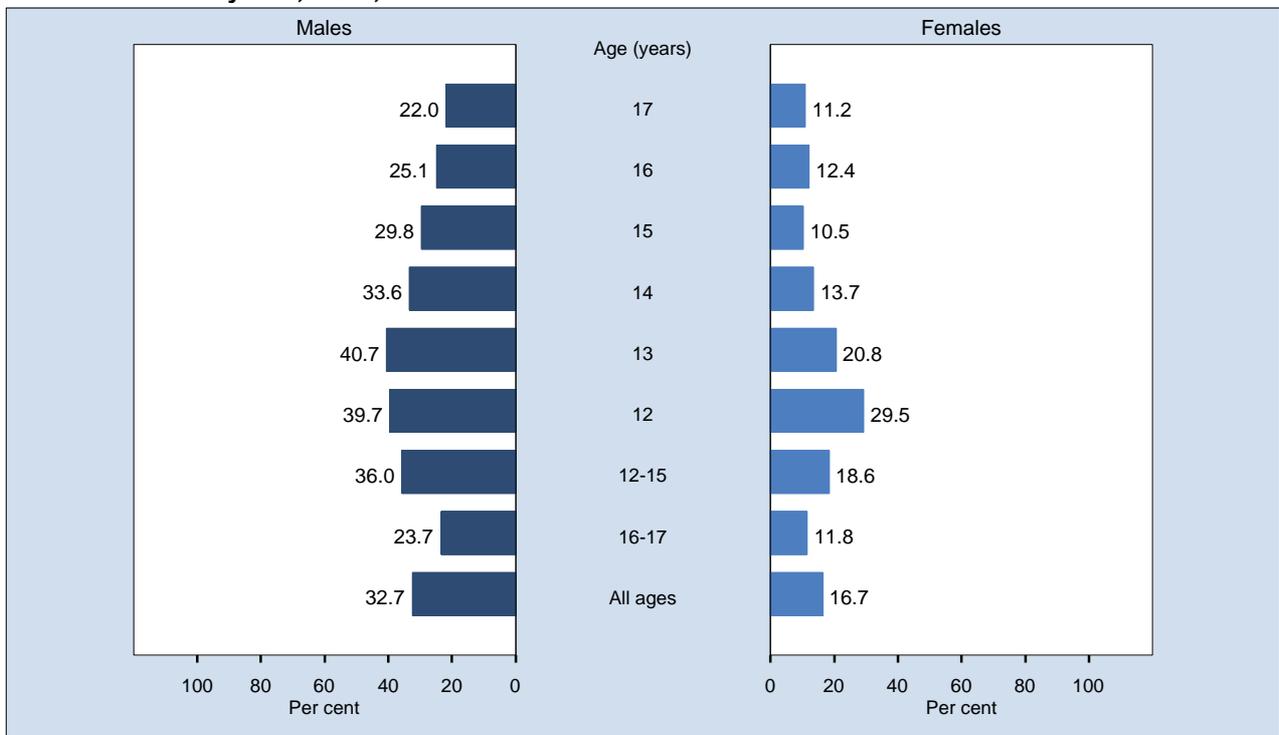
Usually or always spends most of the time inside between 11.00 a.m. and 3.00 p.m. on sunny summer days by year, students 12 to 17 years, NSW, 1993-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1993 (4,794), 1996 (9,922), 1999 (7,294), 2002 (6,073), 2005 (5,457), 2008 (7,436). The indicator includes those who usually or always spend most of the time inside on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, between 11.00 a.m. and 3.00 p.m. how often would you spend most of the time inside?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

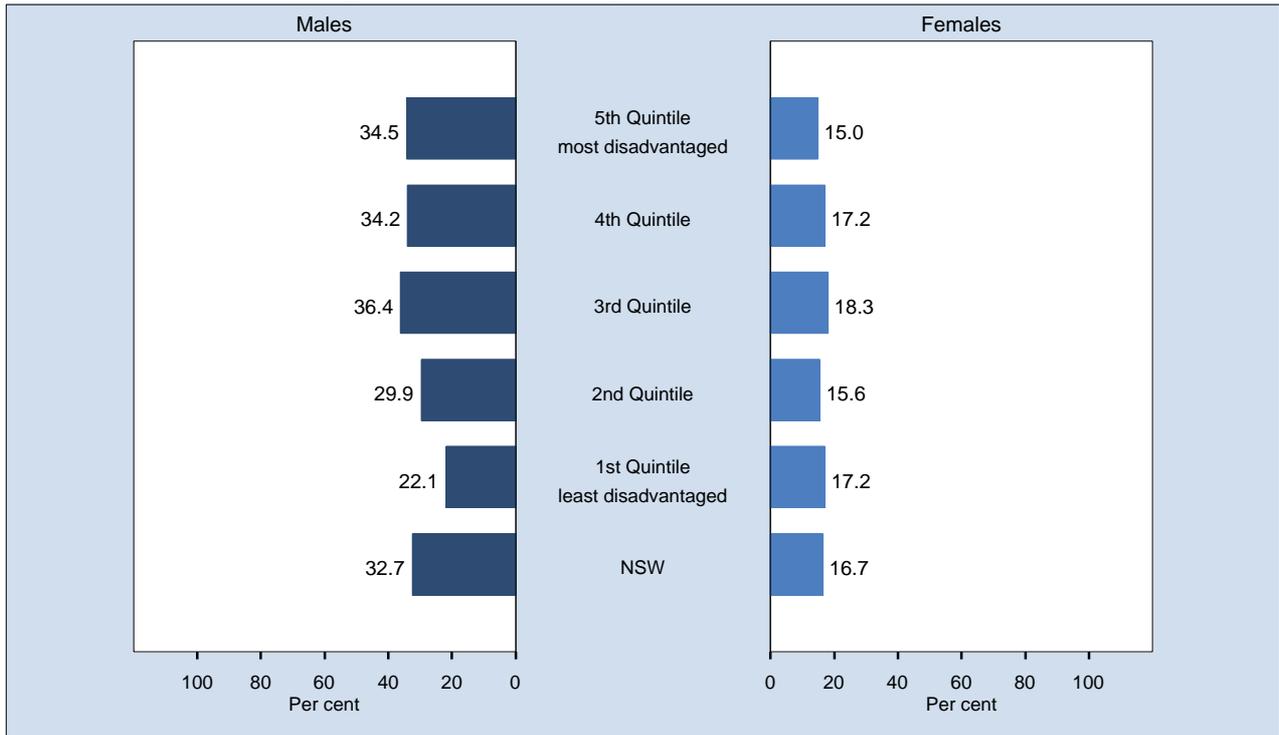
Usually or always wears a hat between 11.00 a.m. and 3.00 p.m. on sunny summer days by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,458 respondents in NSW. For this indicator 95 (1.26%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wore a hat on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear a hat?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

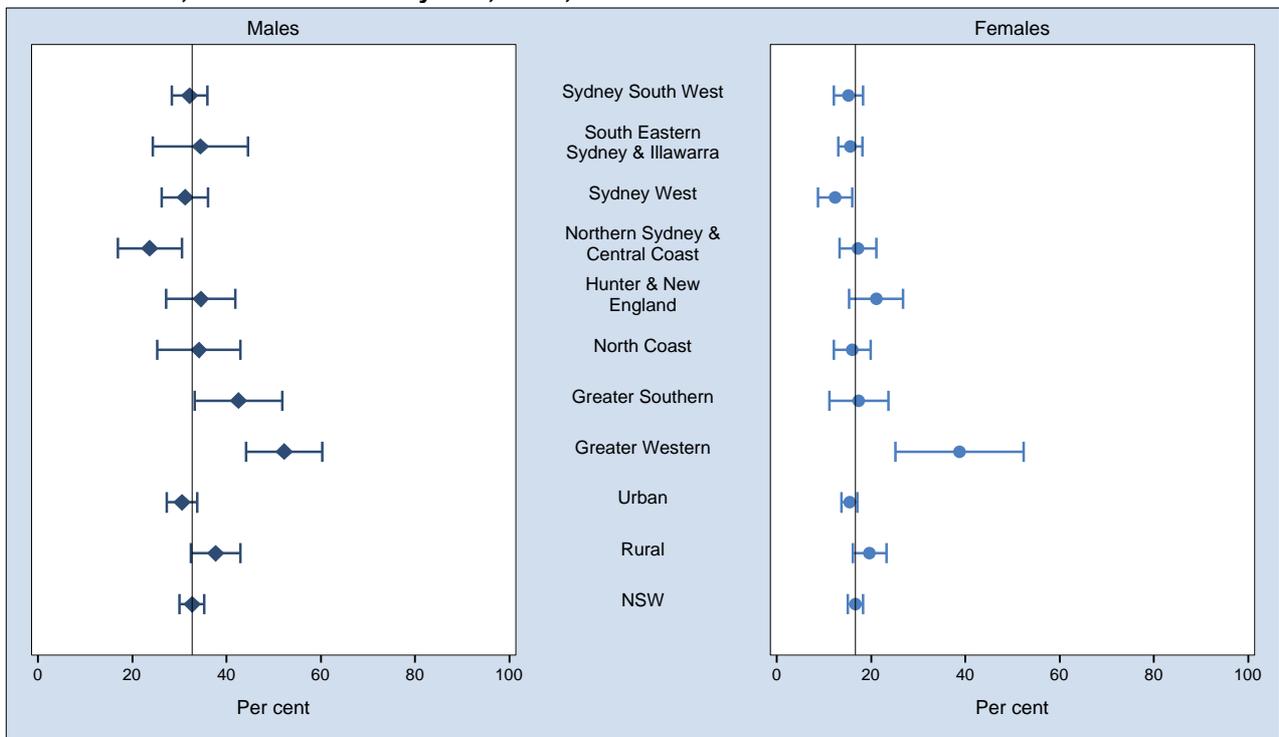
Usually or always wears a hat between 11.00 a.m. and 3.00 p.m. on sunny summer days by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,458 respondents in NSW. For this indicator 95 (1.26%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wore a hat on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear a hat?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

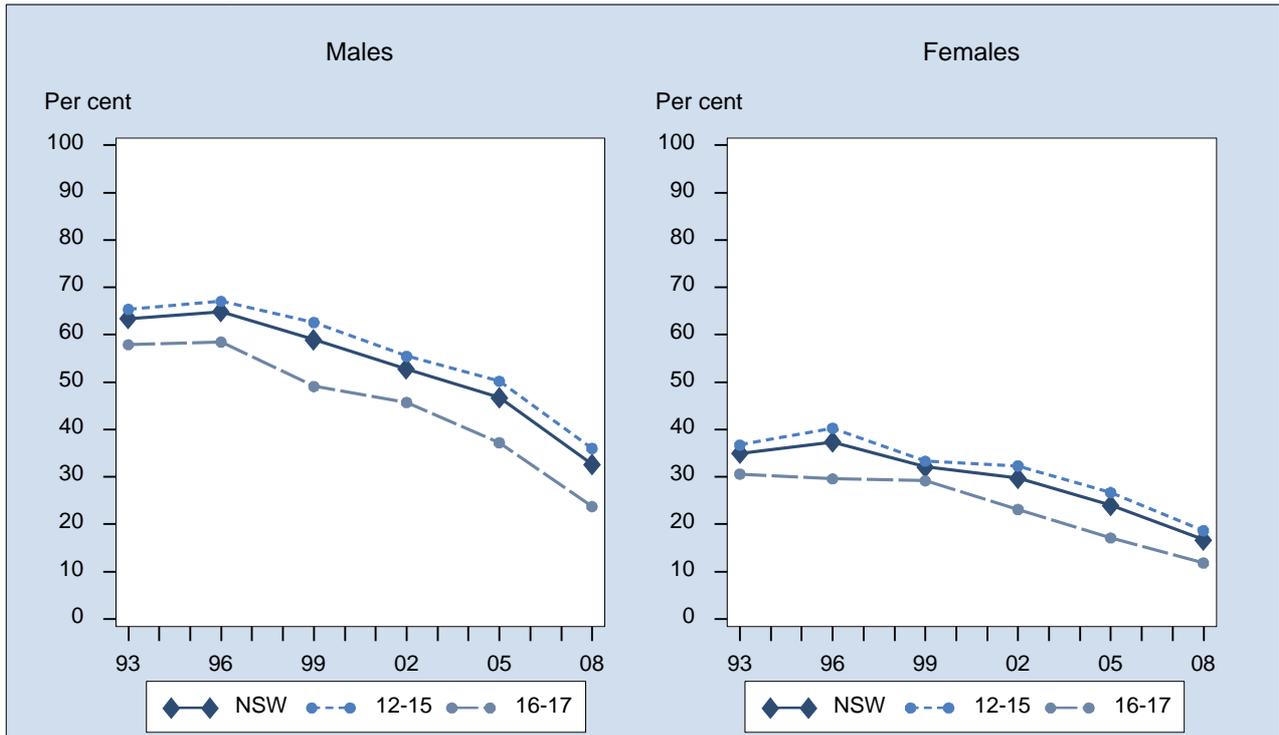
Usually or always wears a hat between 11.00 a.m. and 3.00 p.m. on sunny summer days by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,458 respondents in NSW. For this indicator 95 (1.26%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wore a hat on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear a hat?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

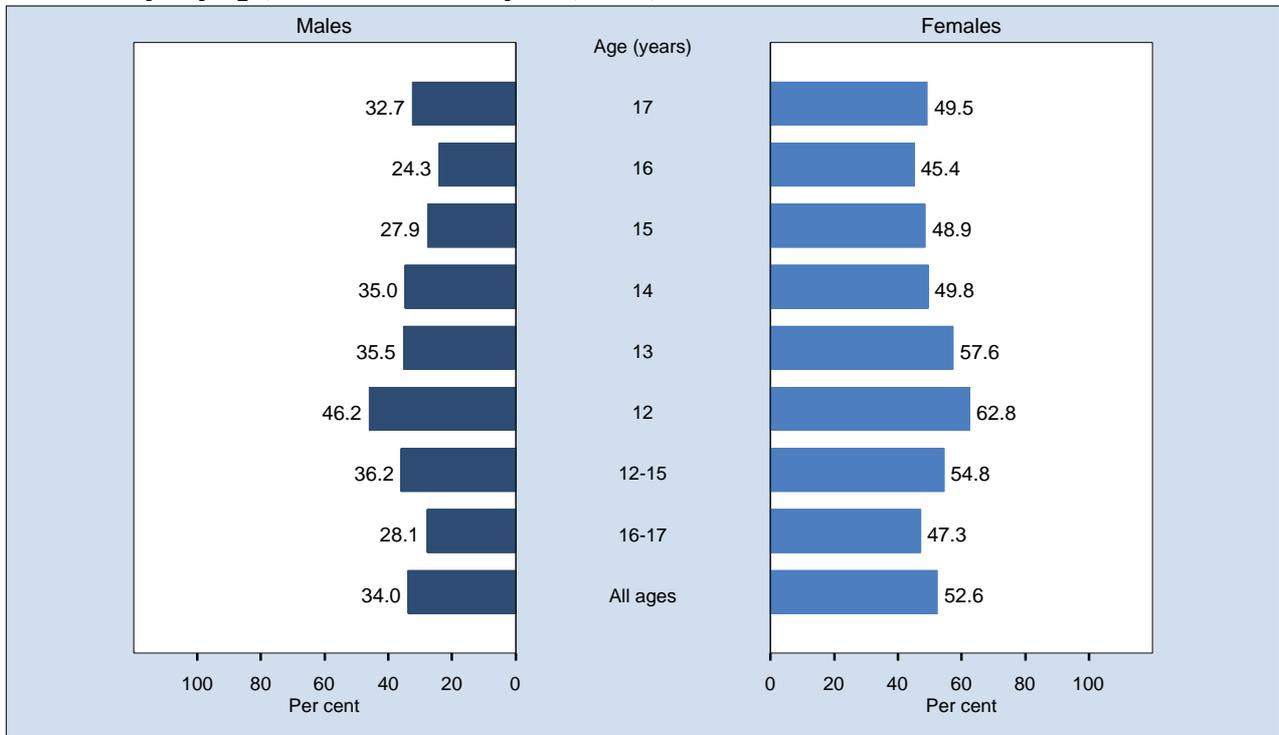
Usually or always wears a hat between 11.00 a.m. and 3.00 p.m. on sunny summer days by year, students 12 to 17 years, NSW, 1993-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1993 (4,797), 1996 (9,910), 1999 (7,297), 2002 (6,091), 2005 (5,482), 2008 (7,458). The indicator includes those who usually or always wore a hat on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear a hat?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

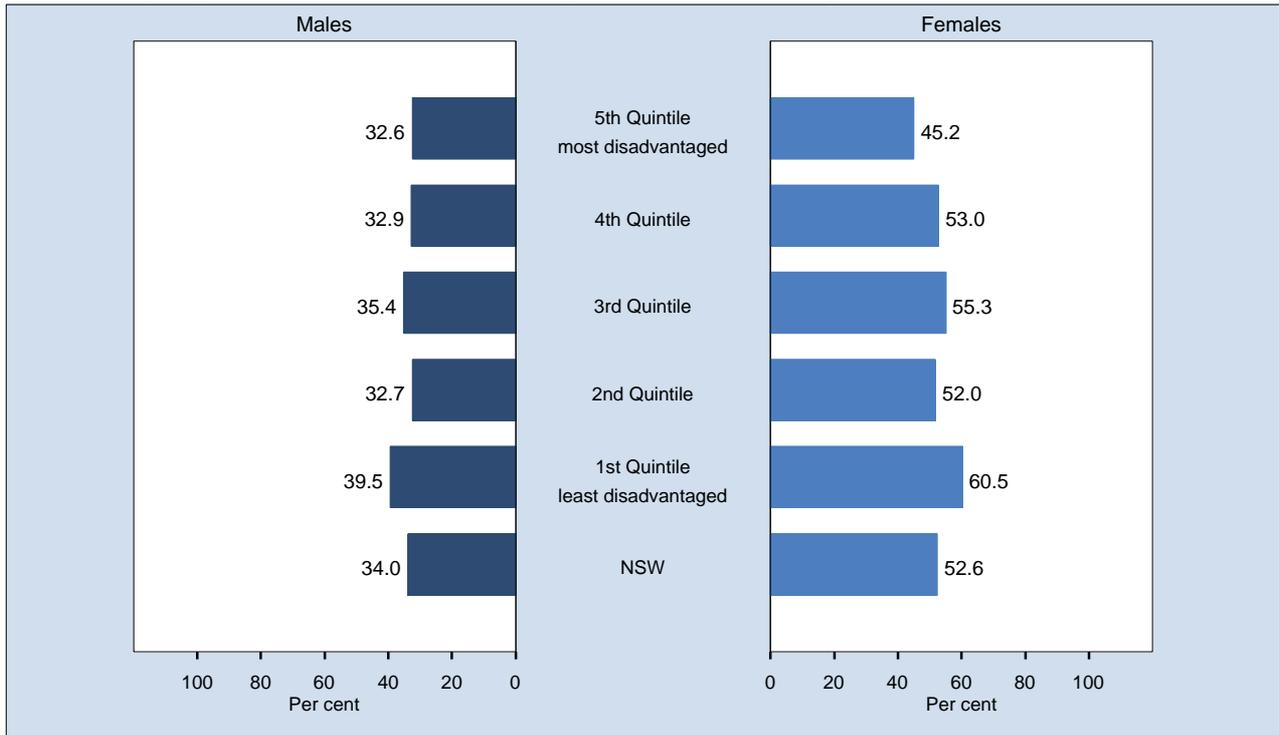
Usually or always wears maximum protection sunscreen between 11.00 a.m. and 3.00 p.m. on sunny summer days by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,429 respondents in NSW. For this indicator 124 (1.64%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wore maximum protection sunscreen on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear maximum protection sunscreen?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

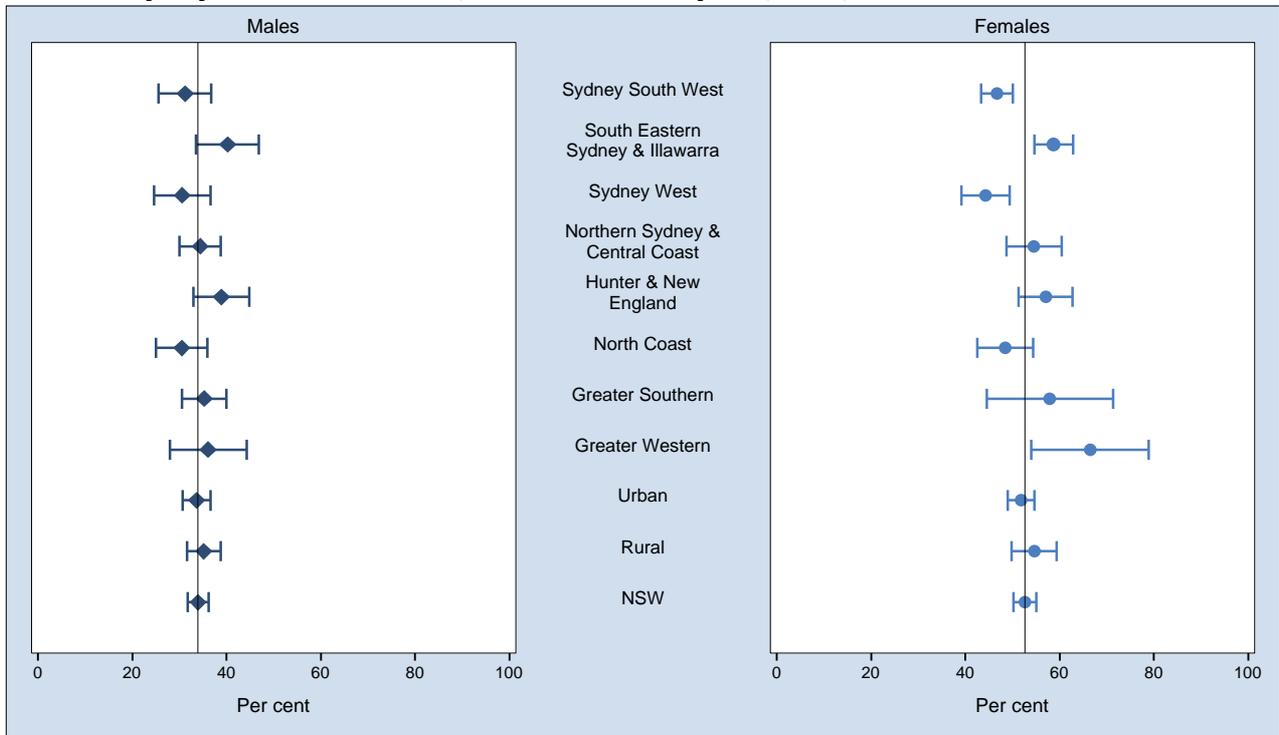
Usually or always wears maximum protection sunscreen between 11.00 a.m. and 3.00 p.m. on sunny summer days by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,429 respondents in NSW. For this indicator 124 (1.64%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wore maximum protection sunscreen on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear maximum protection sunscreen?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

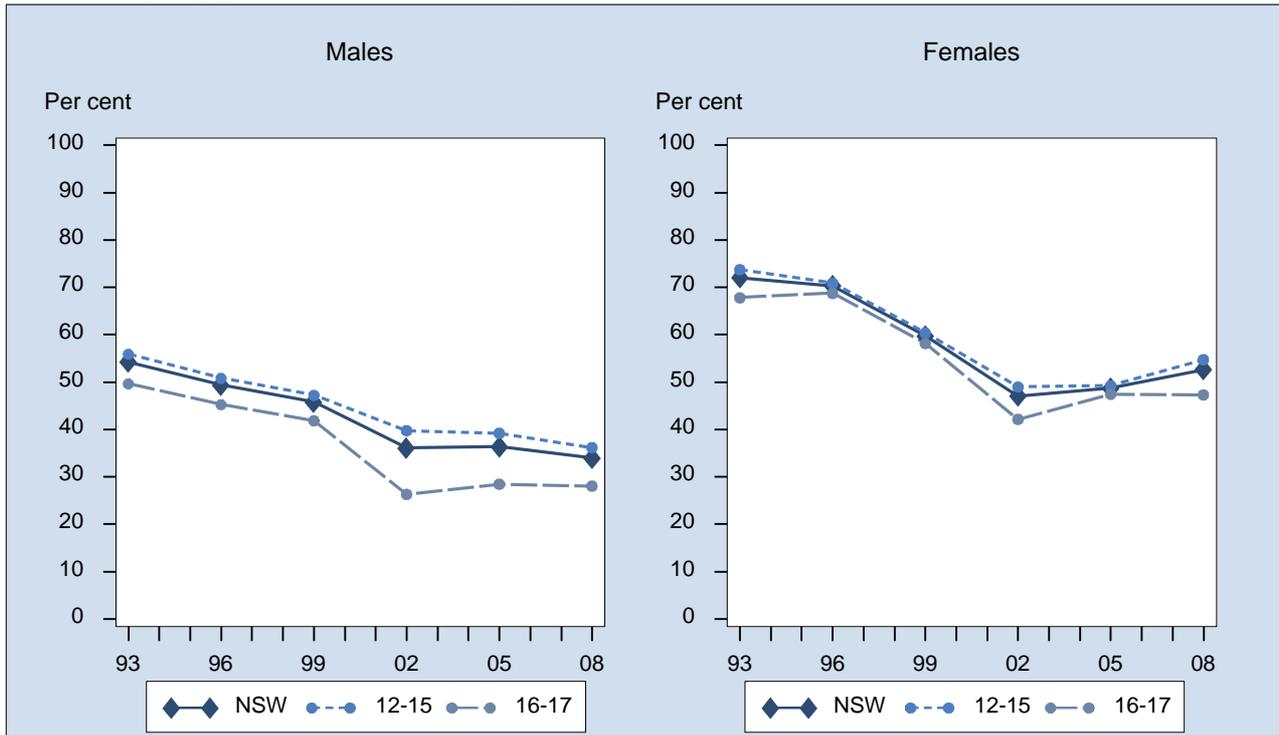
Usually or always wears maximum protection sunscreen between 11.00 a.m. and 3.00 p.m. on sunny summer days by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,429 respondents in NSW. For this indicator 124 (1.64%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wore maximum protection sunscreen on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear maximum protection sunscreen?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

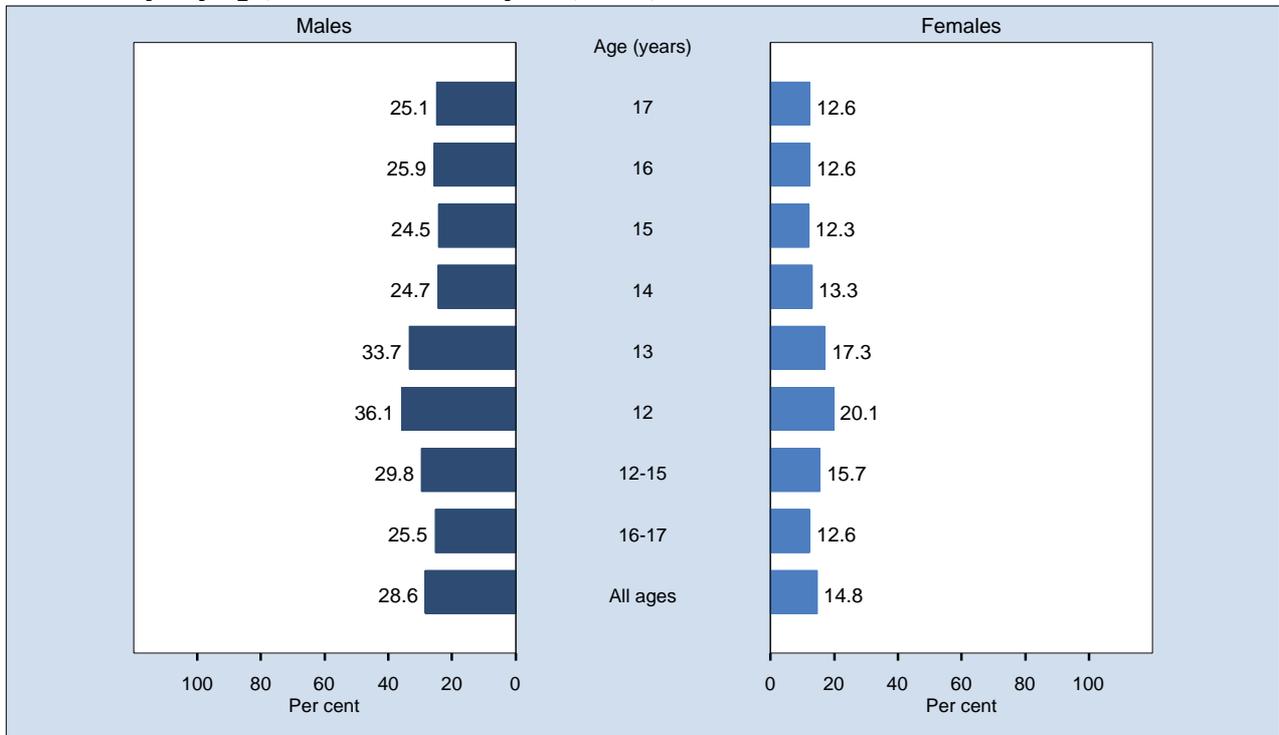
Usually or always wears maximum protection sunscreen between 11.00 a.m. and 3.00 p.m. on sunny summer days by year, students 12 to 17 years, NSW, 1993-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1993 (4,781), 1996 (9,890), 1999 (7,268), 2002 (6,044), 2005 (5,457), 2008 (7,429). The indicator includes those who usually or always wore maximum protection sunscreen on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear maximum protection sunscreen?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

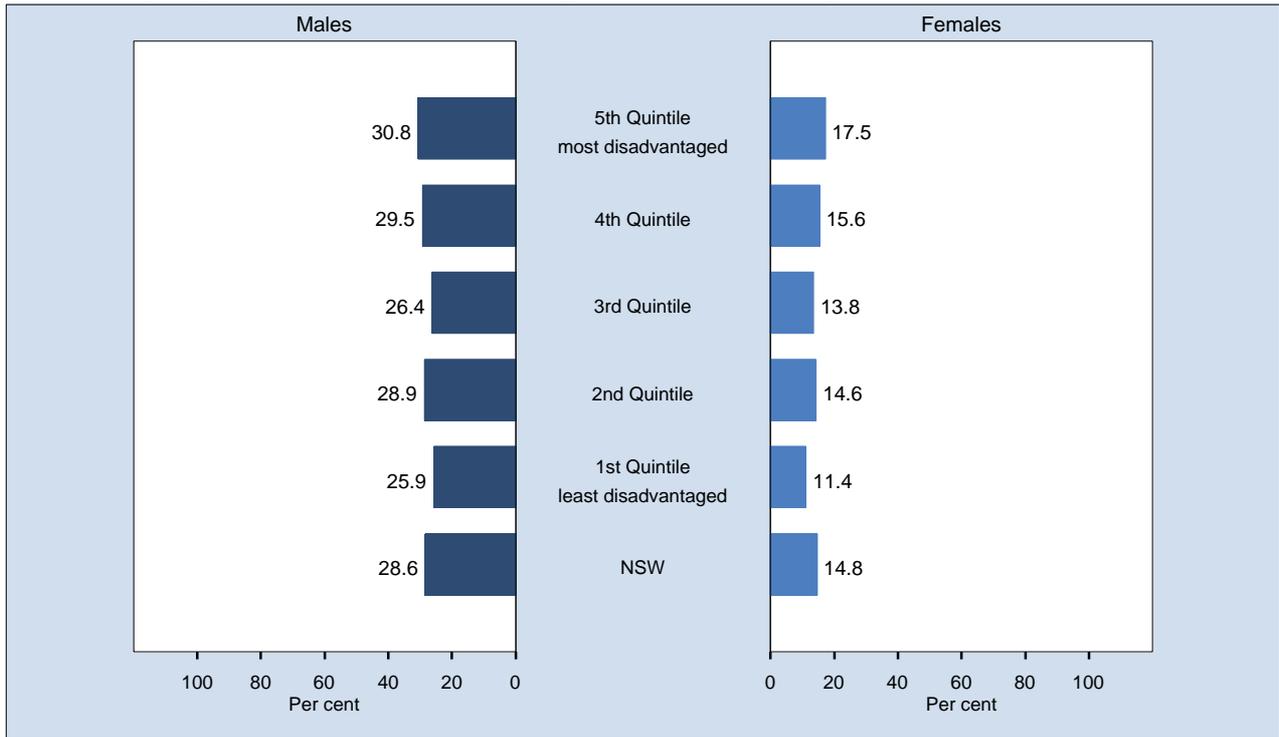
Usually or always wears clothes covering most of body between 11.00 a.m. and 3.00 p.m. on sunny summer days by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,439 respondents in NSW. For this indicator 114 (1.51%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wear clothes covering most of the body on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear clothes covering most of your body (including arms and legs)?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

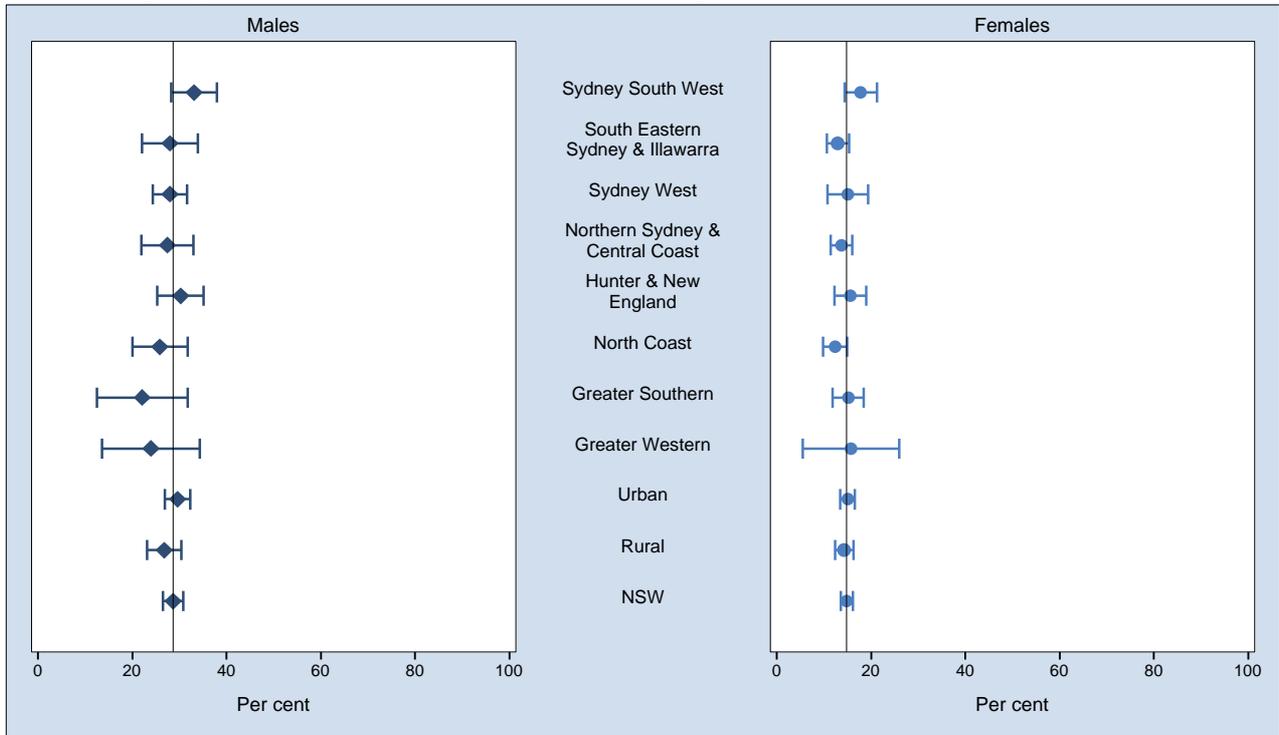
Usually or always wears clothes covering most of body between 11.00 a.m. and 3.00 p.m. on sunny summer days by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,439 respondents in NSW. For this indicator 114 (1.51%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wear clothes covering most of the body on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear clothes covering most of your body (including arms and legs)?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

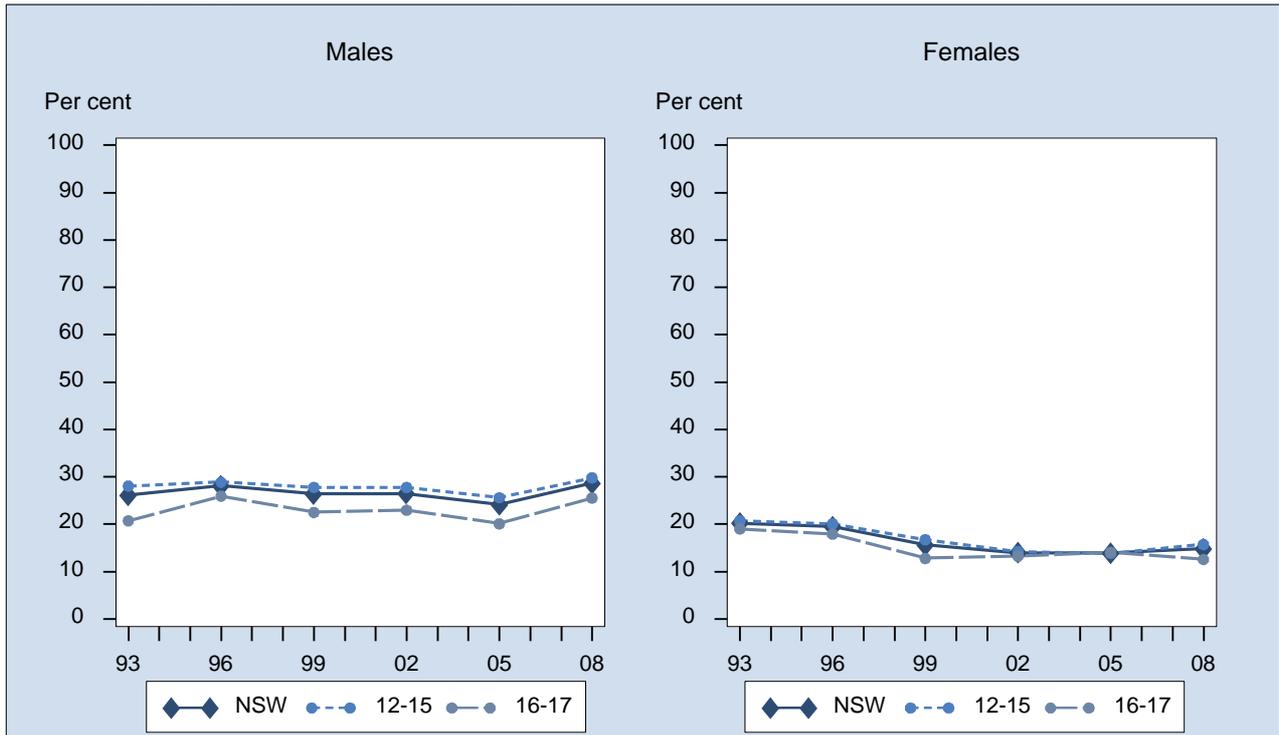
Usually or always wears clothes covering most of body between 11.00 a.m. and 3.00 p.m. on sunny summer days by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,439 respondents in NSW. For this indicator 114 (1.51%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wear clothes covering most of the body on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear clothes covering most of your body (including arms and legs)?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

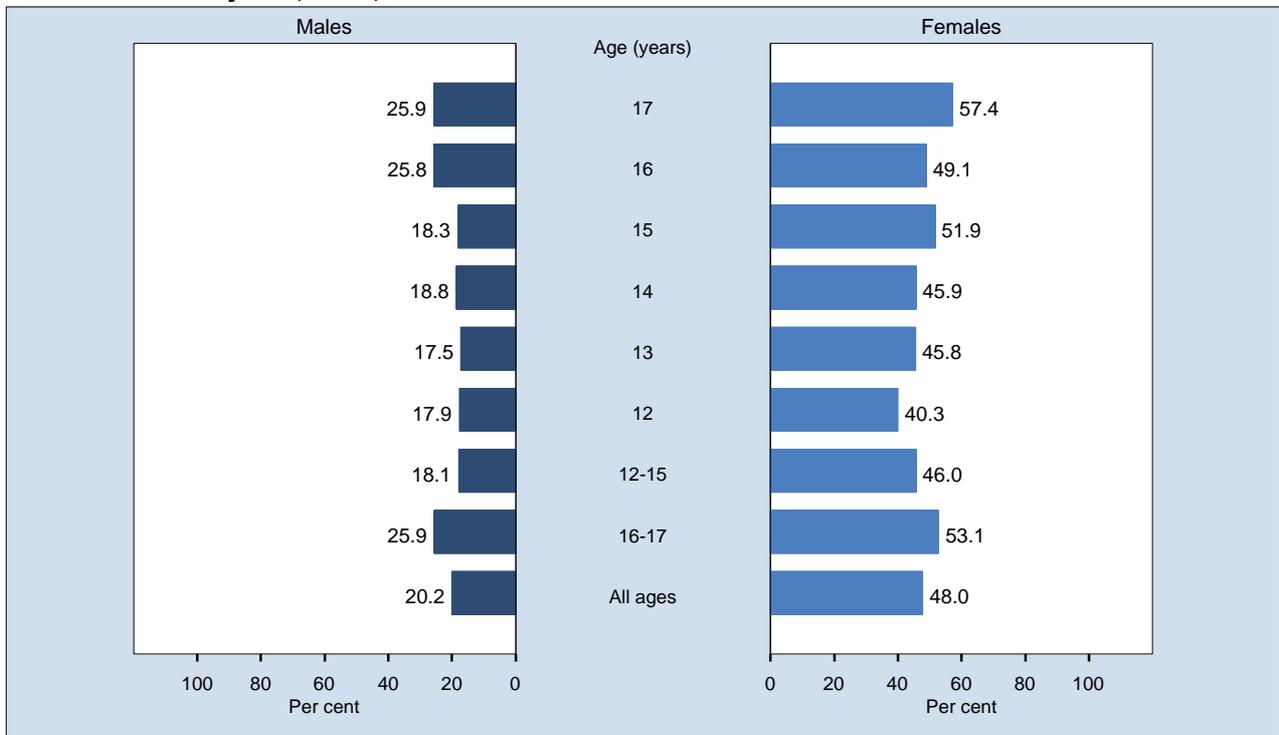
Usually or always wears clothes covering most of body between 11.00 a.m. and 3.00 p.m. on sunny summer days by year, students 12 to 17 years, NSW, 1993-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1993 (4,794), 1996 (9,833), 1999 (7,288), 2002 (6,049), 2005 (5,472), 2008 (7,439). The indicator includes those who usually or always wear clothes covering most of the body on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear clothes covering most of your body (including arms and legs)?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

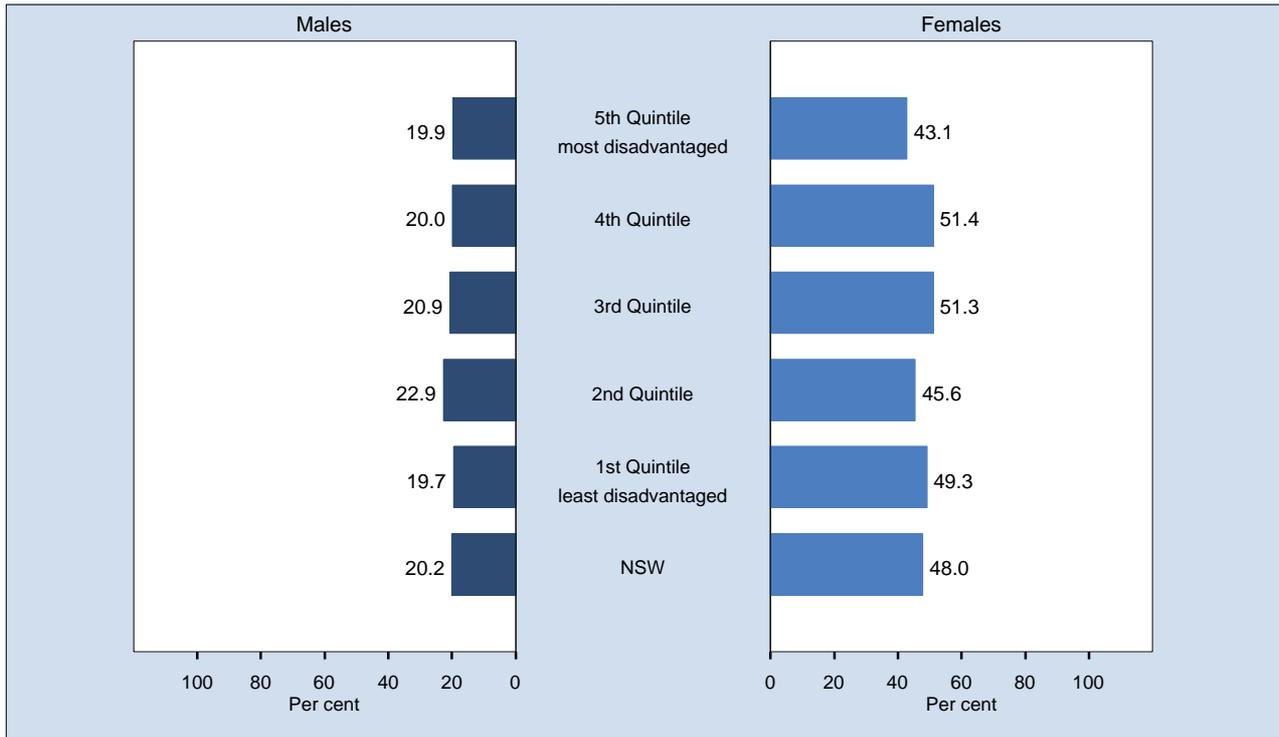
Usually or always wears sunglasses between 11.00 a.m. and 3.00 p.m. on sunny summer days by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,413 respondents in NSW. For this indicator 140 (1.85%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wear sunglasses on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear sunglasses?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

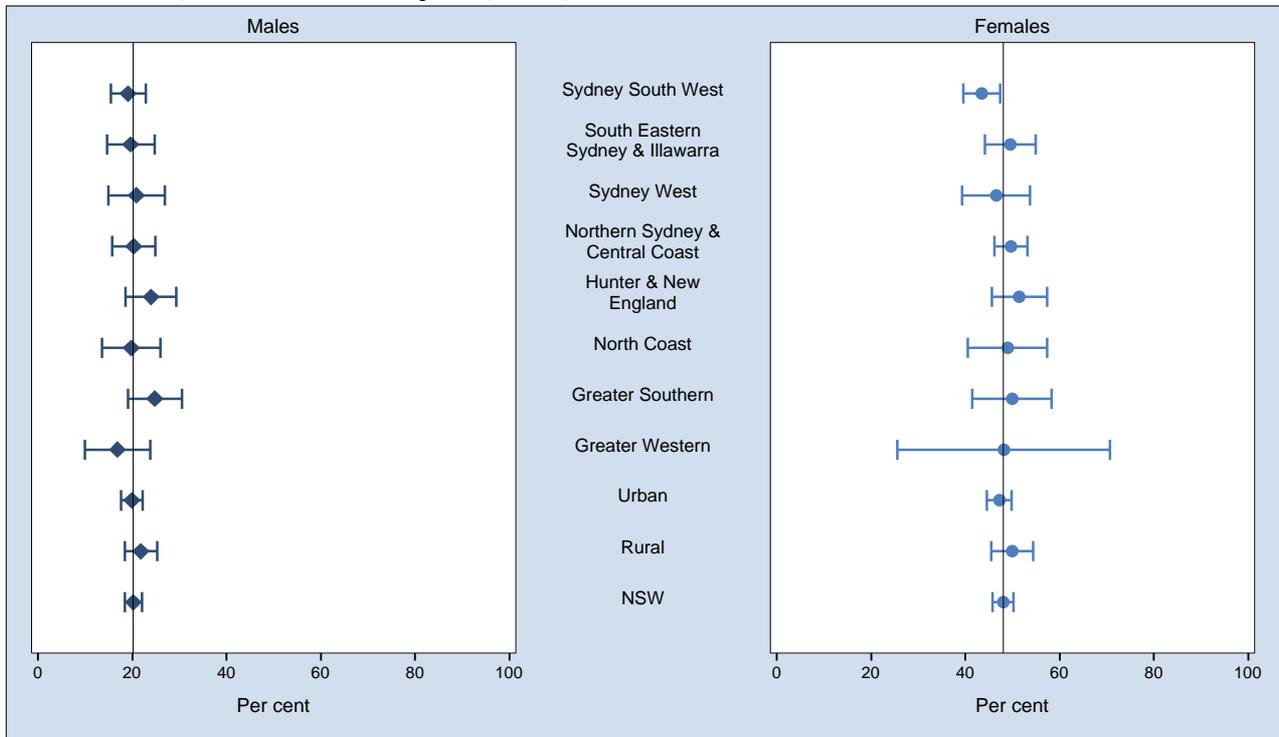
Usually or always wears sunglasses between 11.00 a.m. and 3.00 p.m. on sunny summer days by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,413 respondents in NSW. For this indicator 140 (1.85%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wear sunglasses on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear sunglasses?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

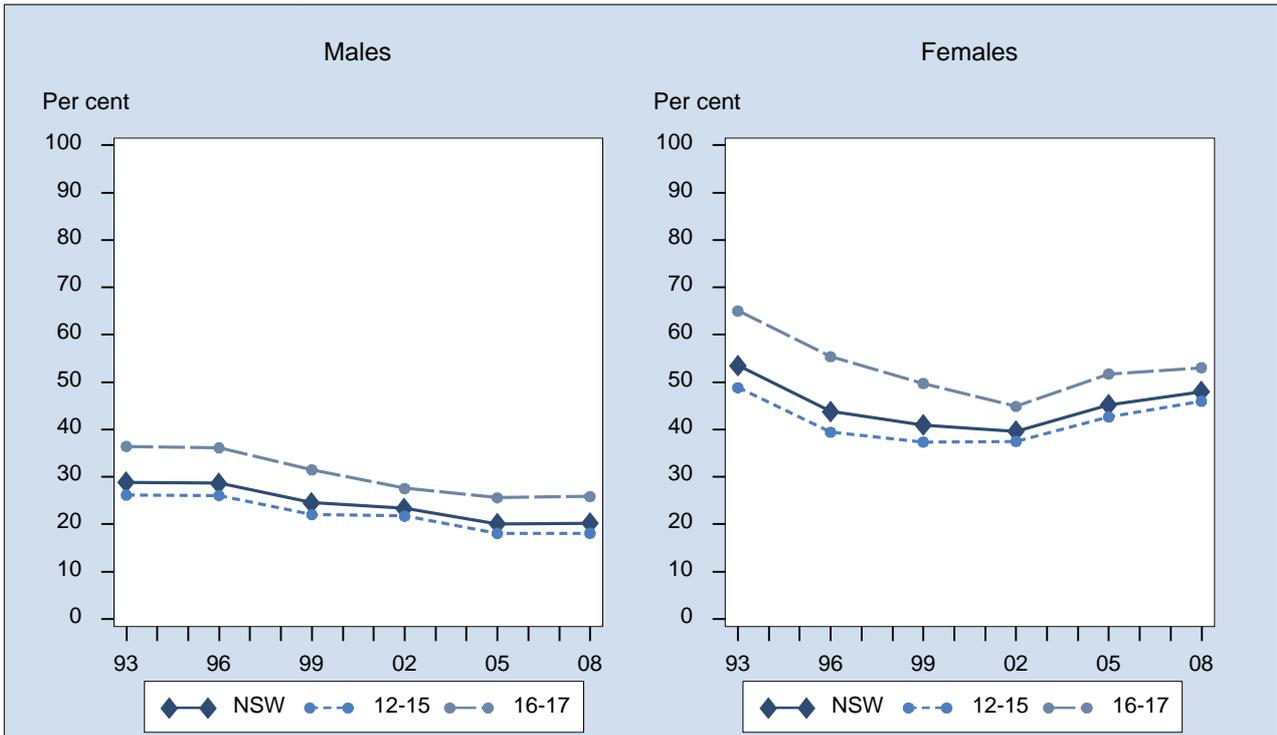
Usually or always wears sunglasses between 11.00 a.m. and 3.00 p.m. on sunny summer days by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,413 respondents in NSW. For this indicator 140 (1.85%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always wear sunglasses on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear sunglasses?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

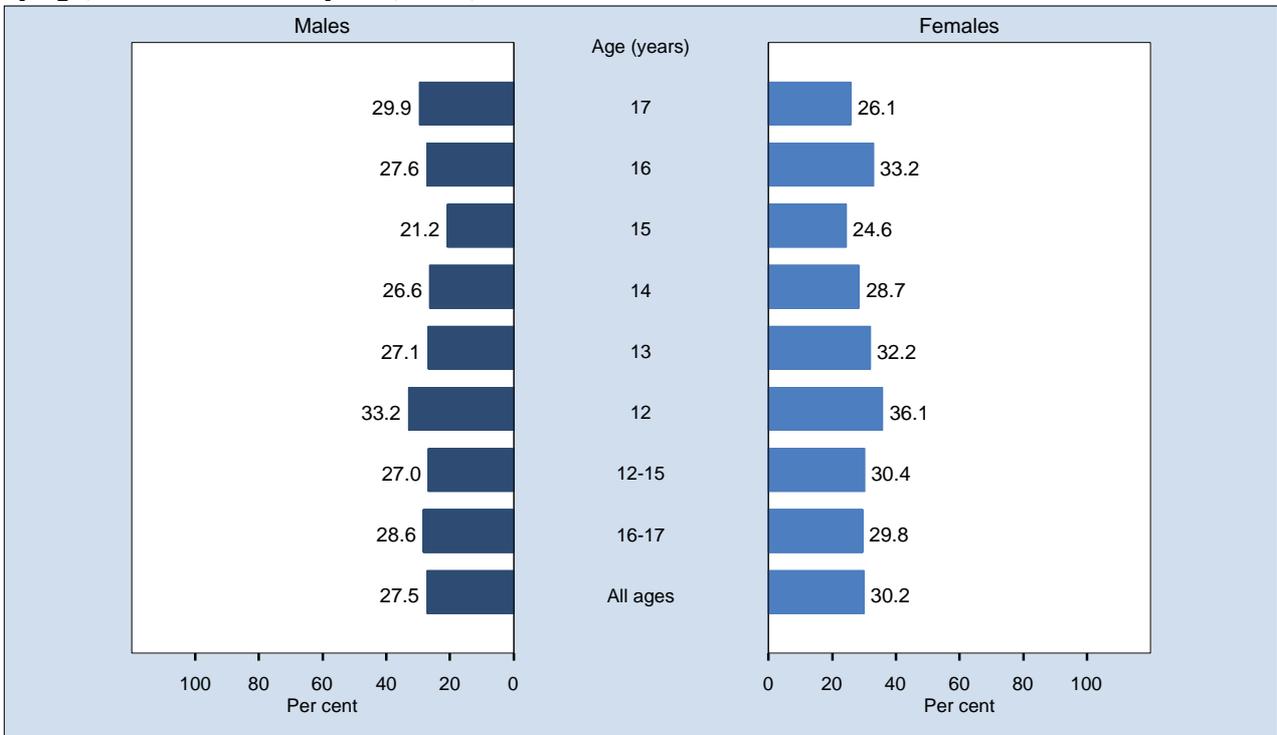
Usually or always wears sunglasses between 11.00 a.m. and 3.00 p.m. on sunny summer days by year, students 12 to 17 years, NSW, 1993-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1993 (4,789), 1996 (9,900), 1999 (7,281), 2002 (6,039), 2005 (5,438), 2008 (7,413). The indicator includes those who usually or always wear sunglasses on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you wear sunglasses?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

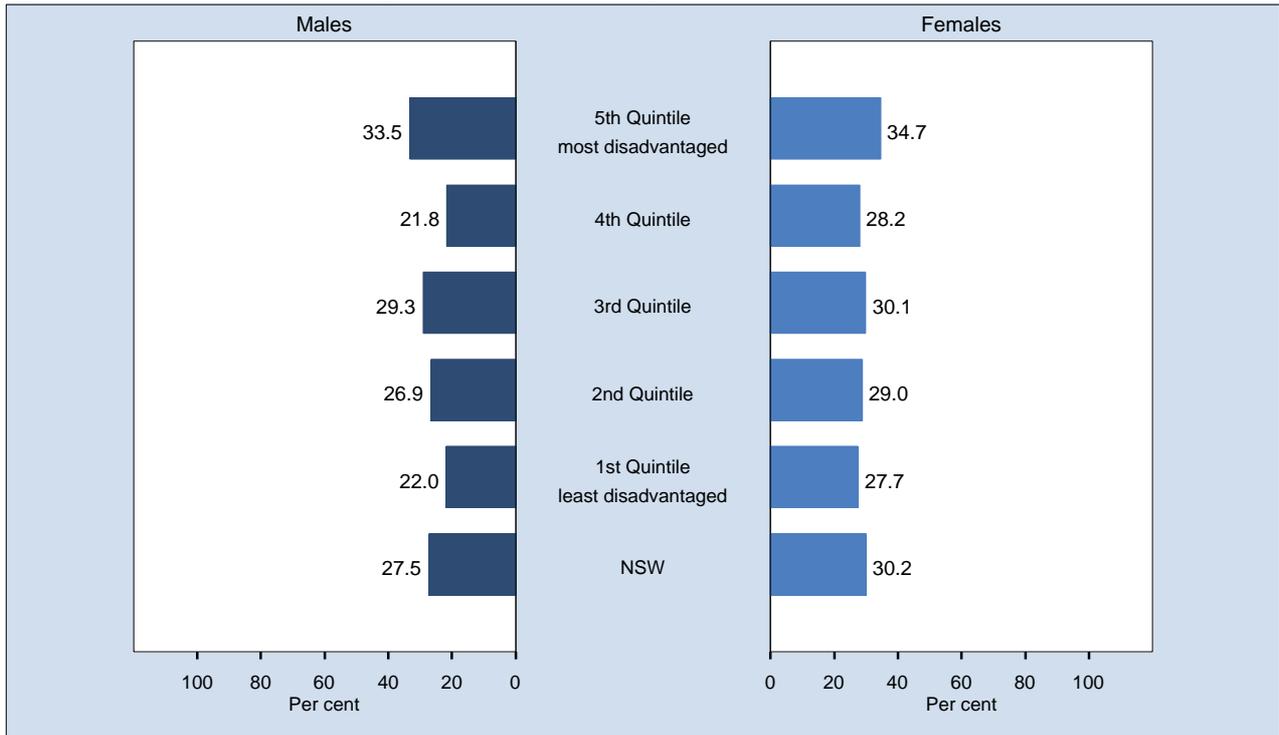
Usually or always stays mainly in the shade between 11.00 a.m. and 3.00 p.m. on sunny summer days by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,399 respondents in NSW. For this indicator 154 (2.04%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always stay mainly in shade on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you stay mainly in the shade?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

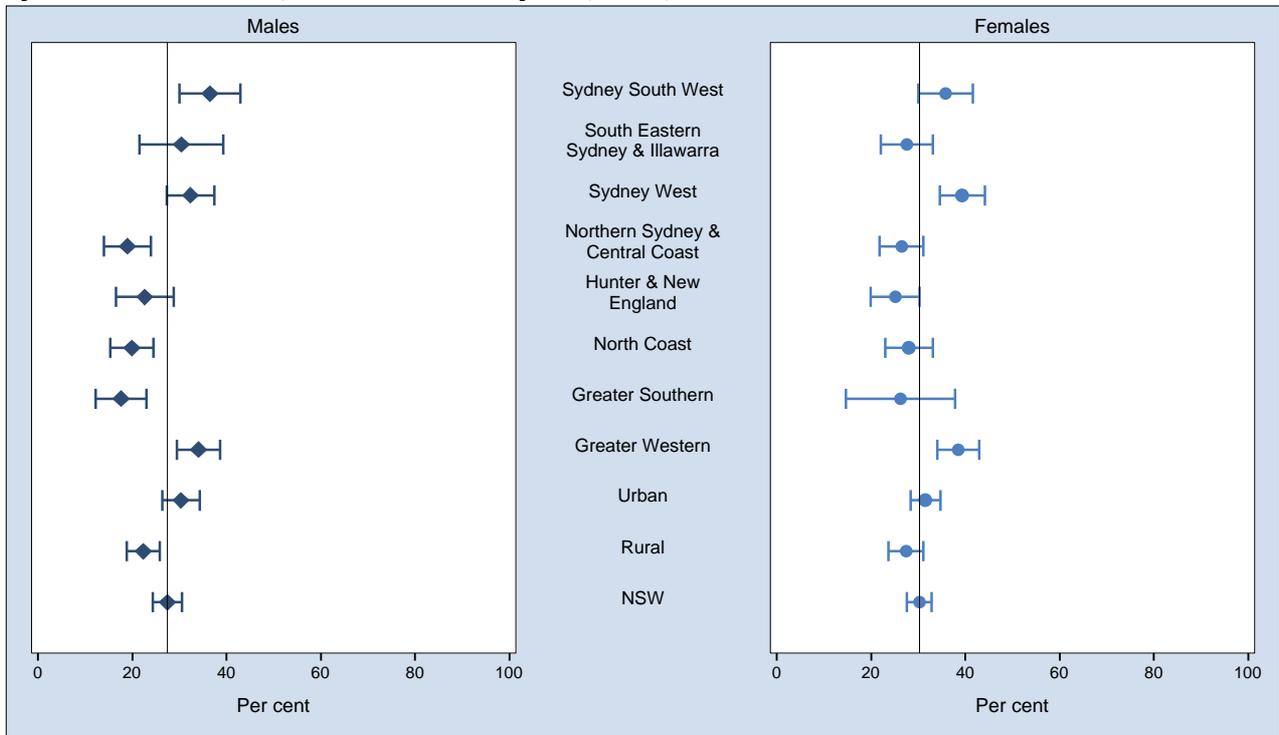
Usually or always stays mainly in the shade between 11.00 a.m. and 3.00 p.m. on sunny summer days by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,399 respondents in NSW. For this indicator 154 (2.04%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always stay mainly in shade on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you stay mainly in the shade?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

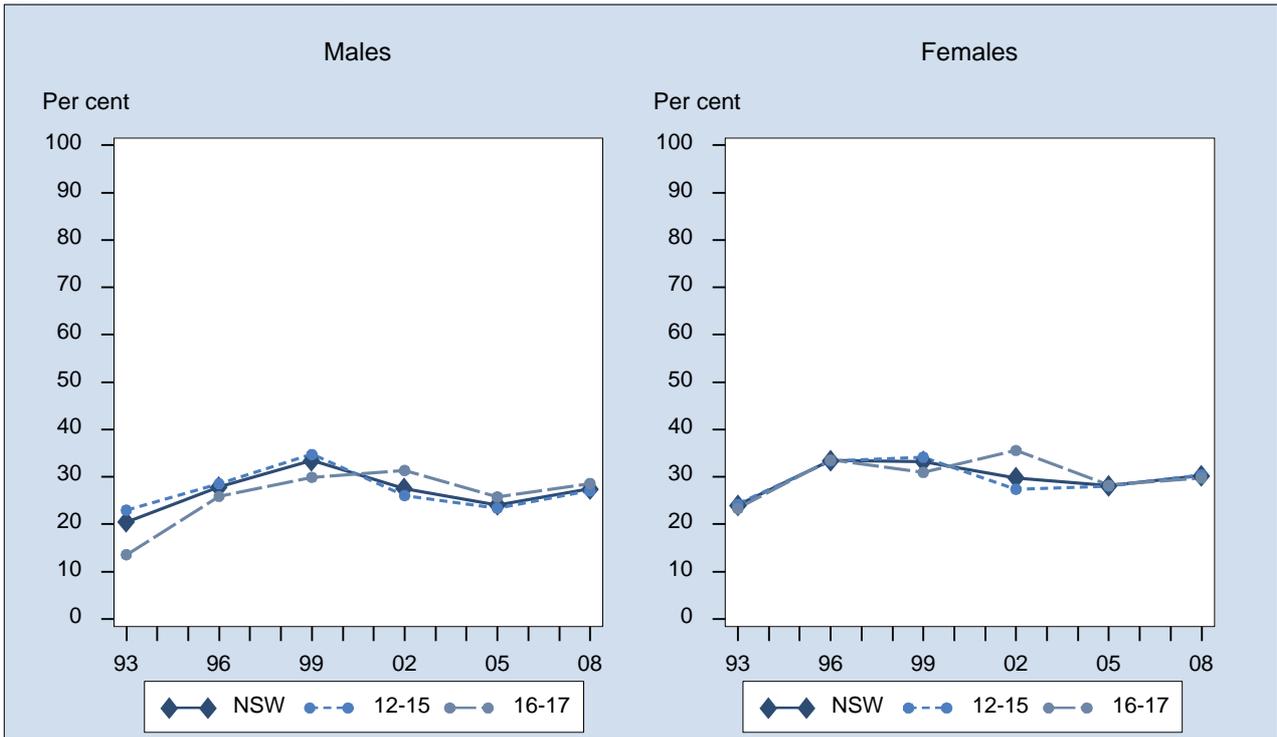
Usually or always stays mainly in the shade between 11.00 a.m. and 3.00 p.m. on sunny summer days by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,399 respondents in NSW. For this indicator 154 (2.04%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who usually or always stay mainly in shade on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you stay mainly in the shade?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

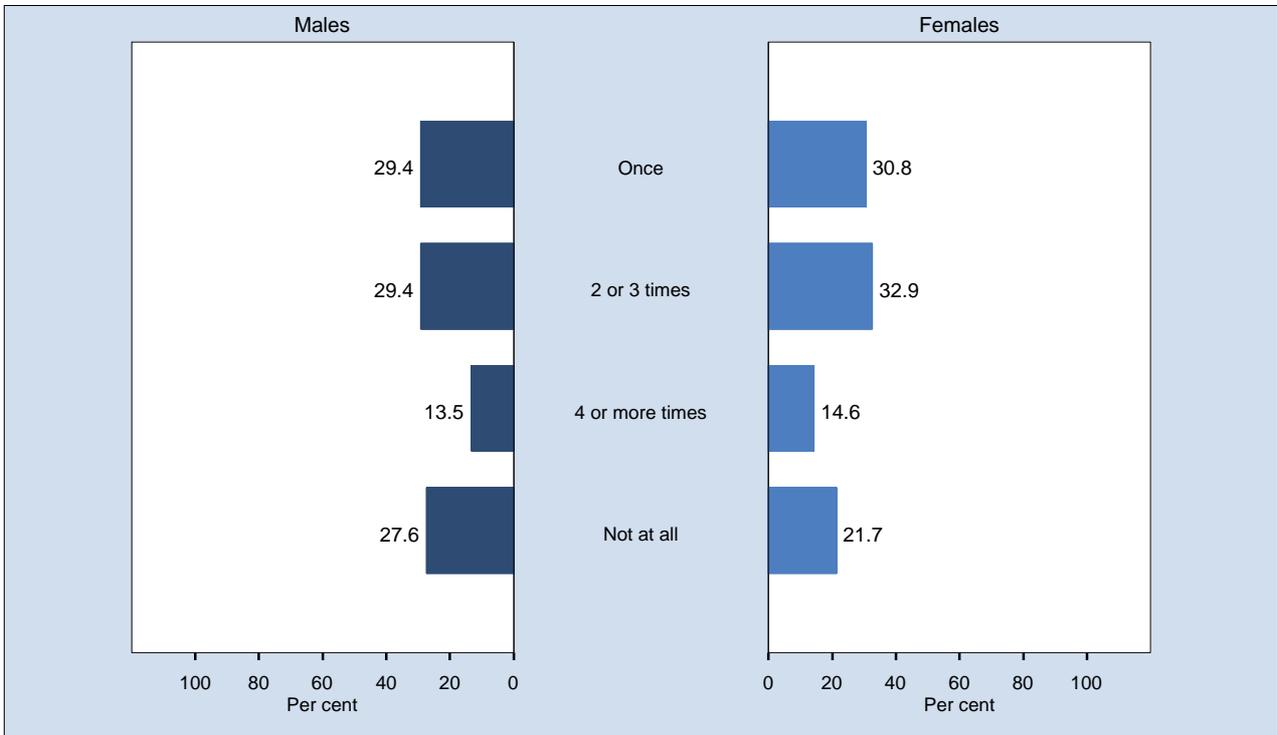
Usually or always stays mainly in the shade between 11.00 a.m. and 3.00 p.m. on sunny summer days by year, students 12 to 17 years, NSW, 1993-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1993 (4,789), 1996 (9,945), 1999 (7,294), 2002 (6,053), 2005 (5,449), 2008 (7,399). The indicator includes those who usually or always stay mainly in shade on sunny days in summer. The question used to define the indicator was: Thinking about sunny days in summer, when you were outside for an hour or more between 11.00 a.m. and 3.00 p.m. how often would you stay mainly in the shade?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

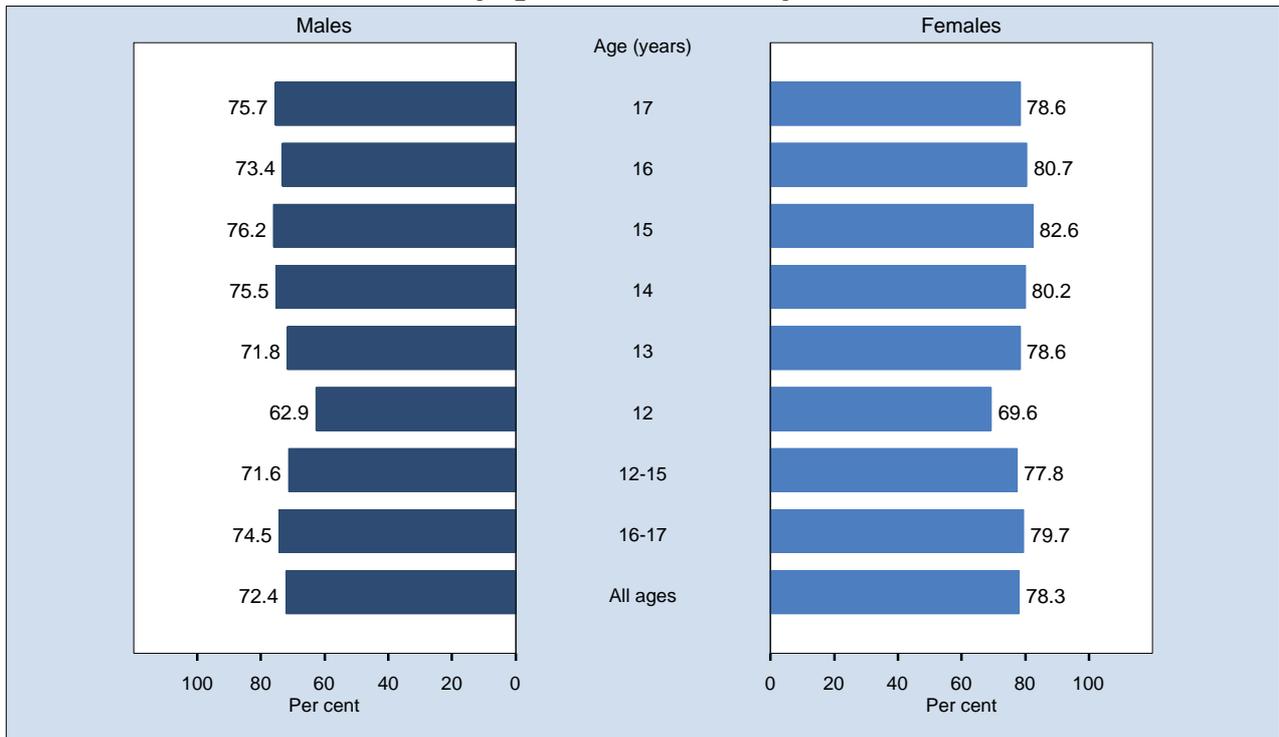
Frequency of sunburn last summer, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,498 respondents in NSW. For this indicator 55 (0.73%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: Over the last summer, did you get sunburn that was sore or tender the next day?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

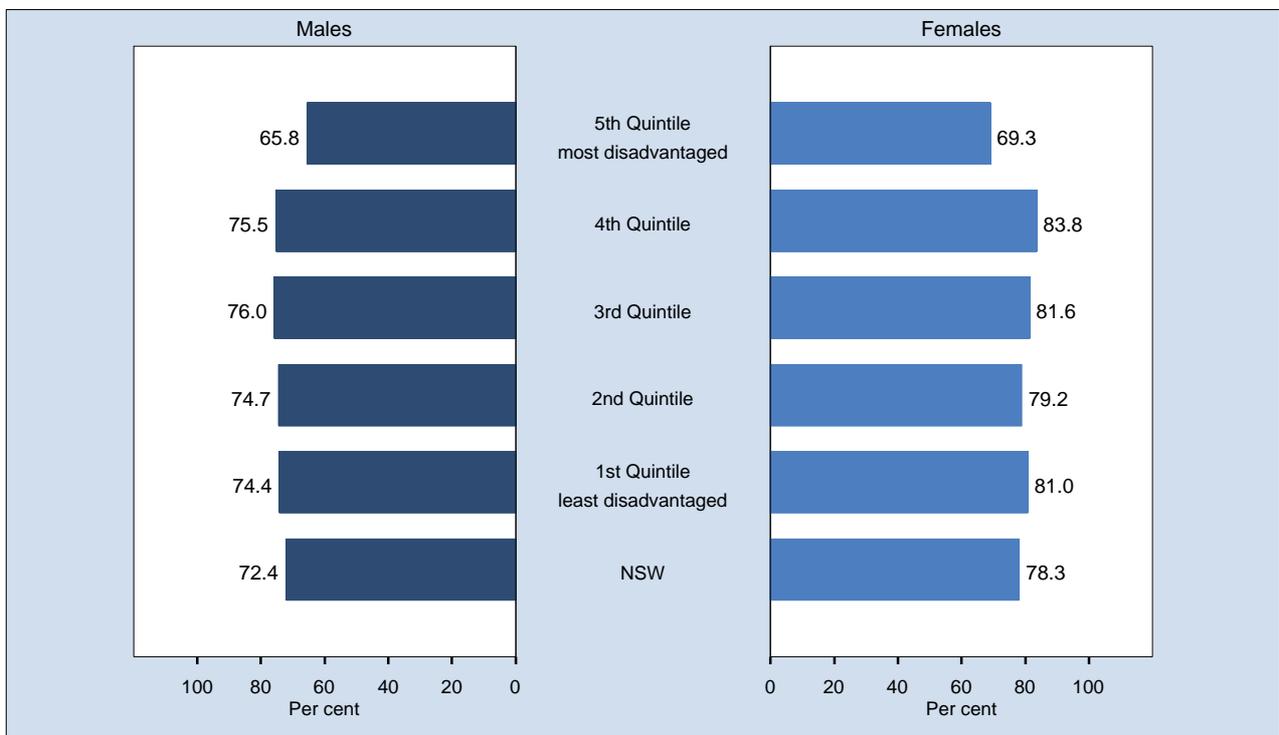
Sunburnt at least once last summer by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,498 respondents in NSW. For this indicator 55 (0.73%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who got sunburnt last summer. The question used to define the indicator was: Over the last summer, did you get sunburn that was sore or tender the next day?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

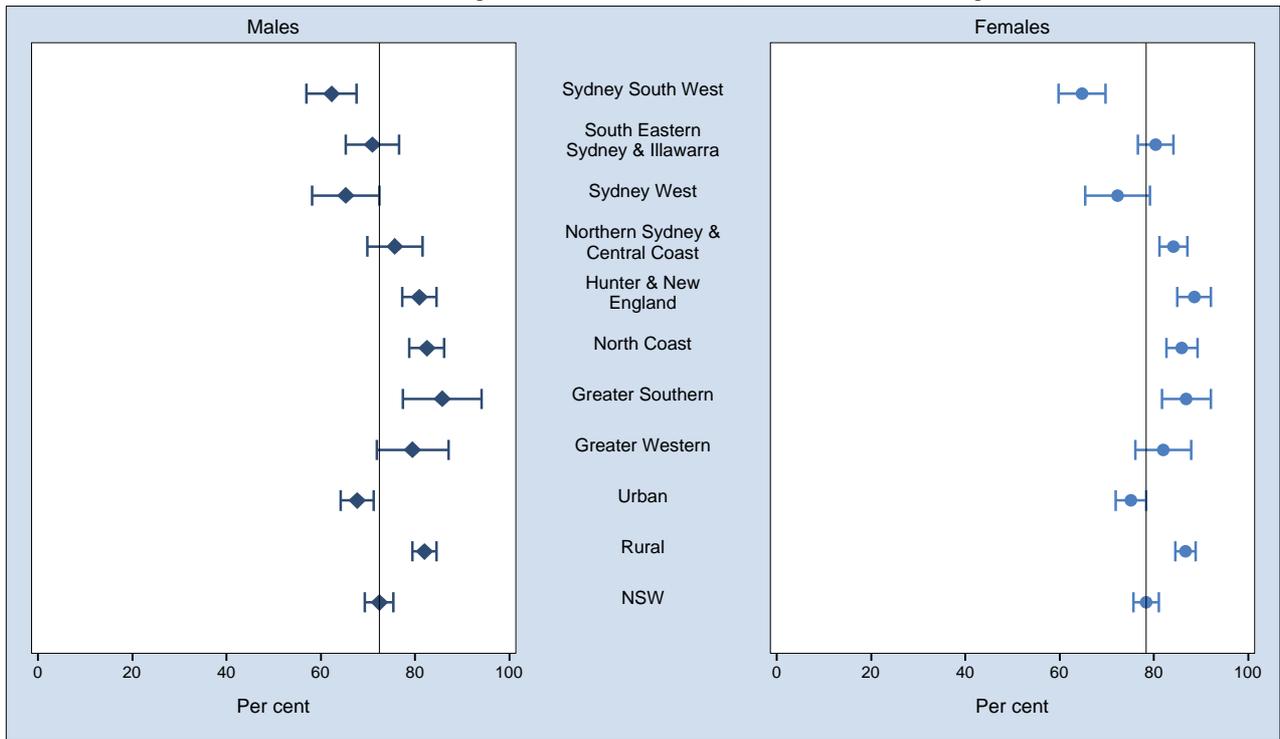
Sunburnt at least once last summer by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,498 respondents in NSW. For this indicator 55 (0.73%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who got sunburnt last summer. The question used to define the indicator was: Over the last summer, did you get sunburn that was sore or tender the next day?

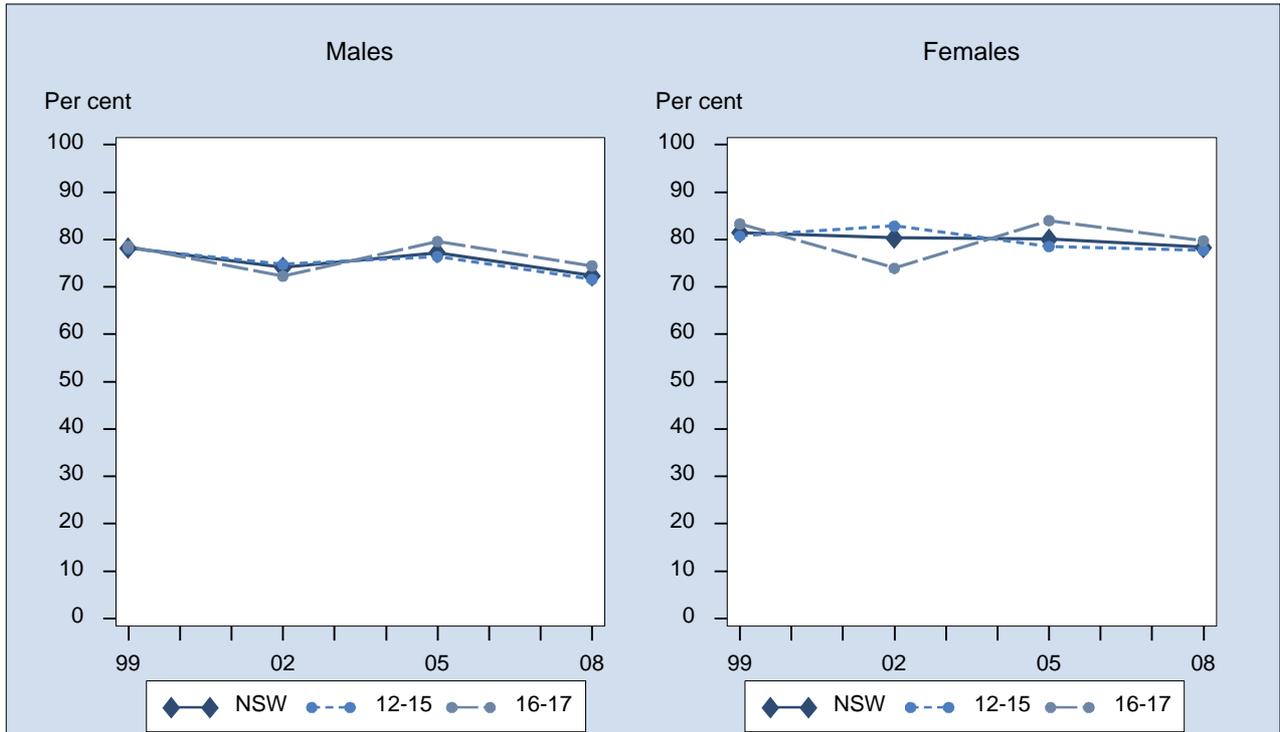
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Sunburnt at least once last summer by area health service, students 12 to 17 years, NSW, 2008



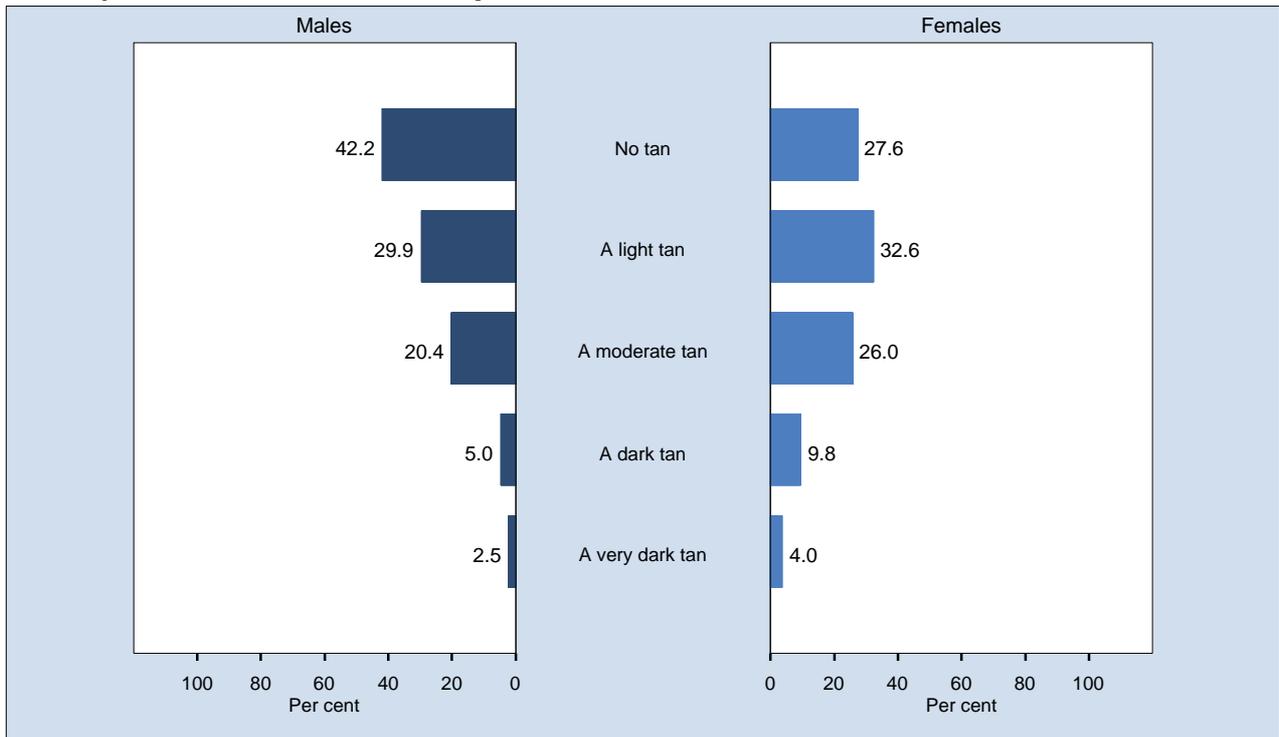
Note: Estimates are based on 7,498 respondents in NSW. For this indicator 55 (0.73%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who got sunburnt last summer. The question used to define the indicator was: Over the last summer, did you get sunburn that was sore or tender the next day?
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Sunburnt at least once last summer by year, students 12 to 17 years, NSW, 1999-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1999 (7,306), 2002 (6,137), 2005 (5,506), 2008 (7,498). The indicator includes those who got sunburnt last summer. The question used to define the indicator was: Over the last summer, did you get sunburn that was sore or tender the next day?
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

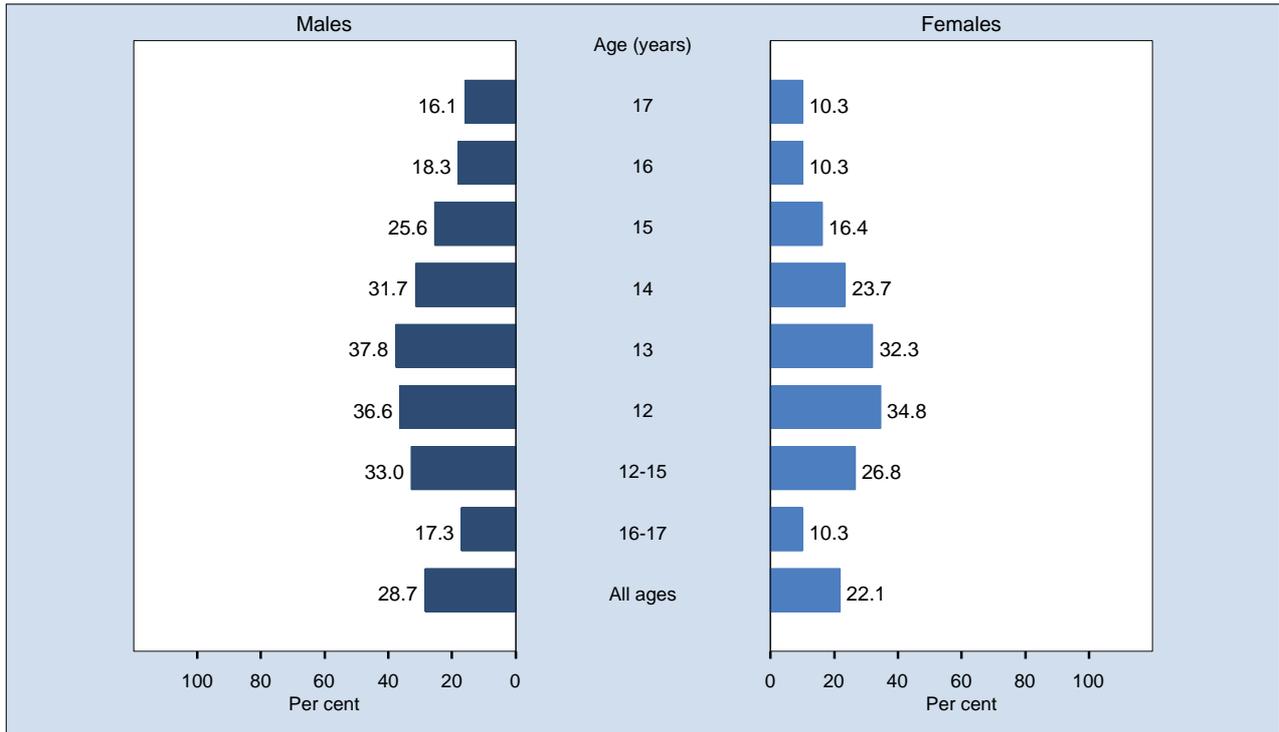
Suntan preference, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,480 respondents in NSW. For this indicator 73 (0.97%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: Do you like to get a suntan?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

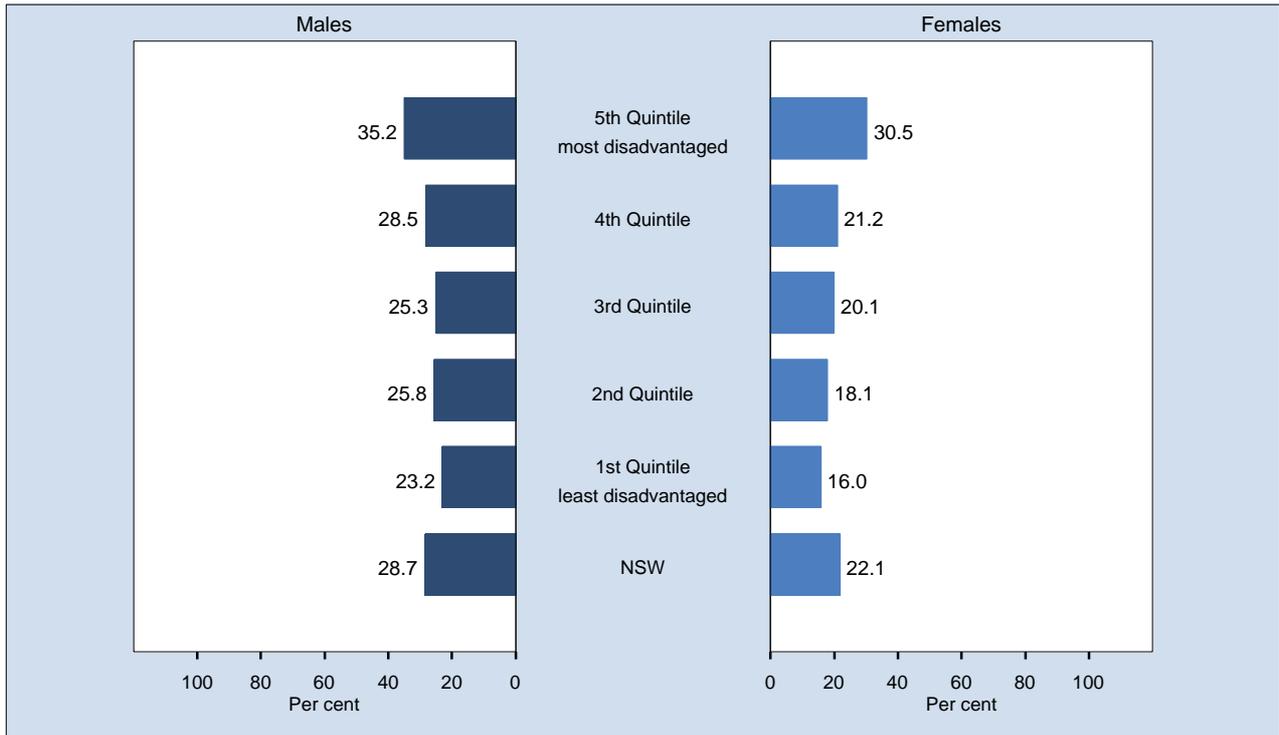
Believes you only get skin cancer if you get burnt often by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,500 respondents in NSW. For this indicator 53 (0.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who believe you only get skin cancer if you get burnt often. The question used to define the indicator: You only get skin cancer if you get burnt often [true or false].

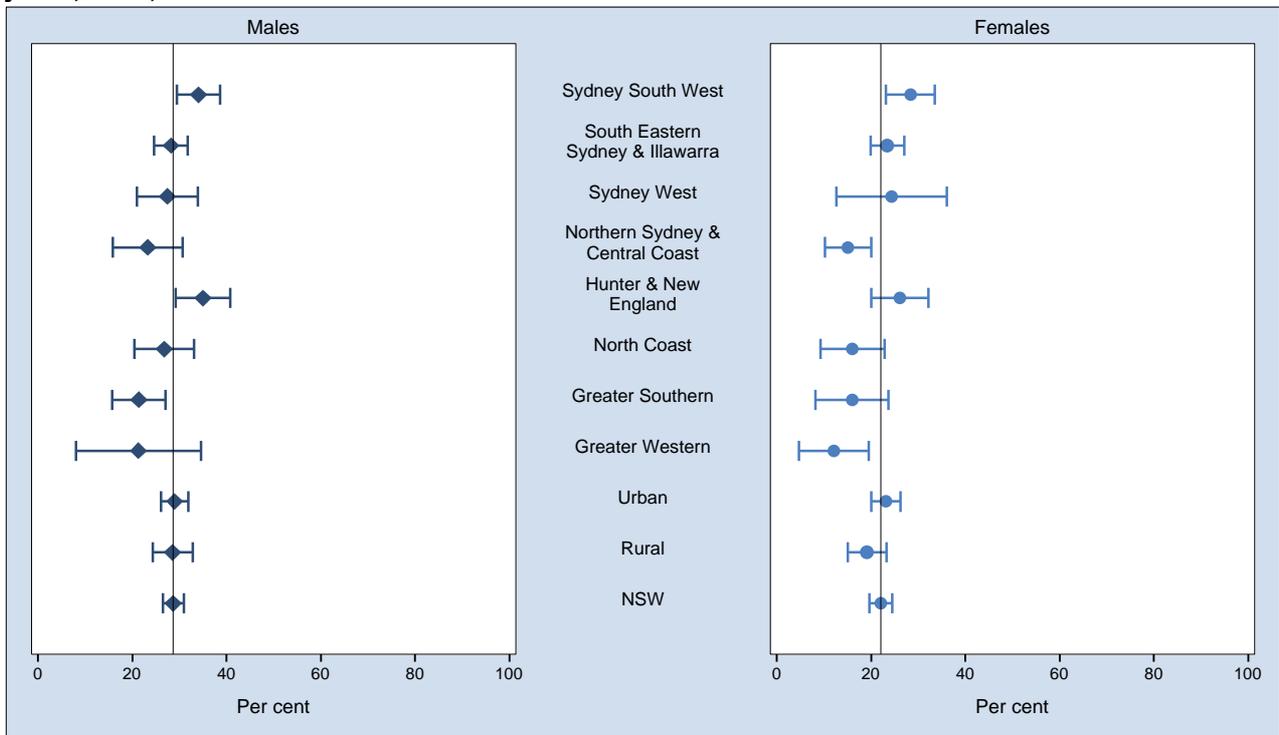
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Believes you only get skin cancer if you get burnt often by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



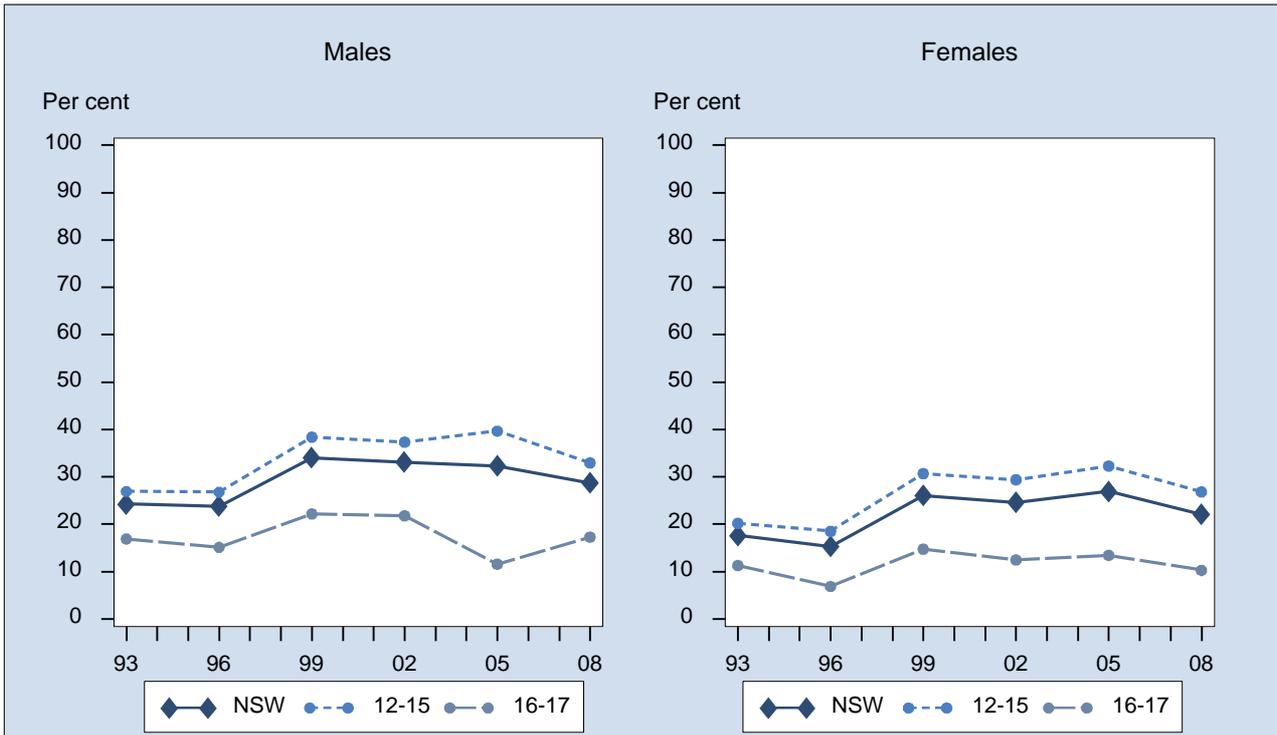
Note: Estimates are based on 7,500 respondents in NSW. For this indicator 53 (0.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who believe you only get skin cancer if you get burnt often. The question used to define the indicator: You only get skin cancer if you get burnt often [true or false].
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Believes you only get skin cancer if you get burnt often by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,500 respondents in NSW. For this indicator 53 (0.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who believe you only get skin cancer if you get burnt often. The question used to define the indicator: You only get skin cancer if you get burnt often [true or false].
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

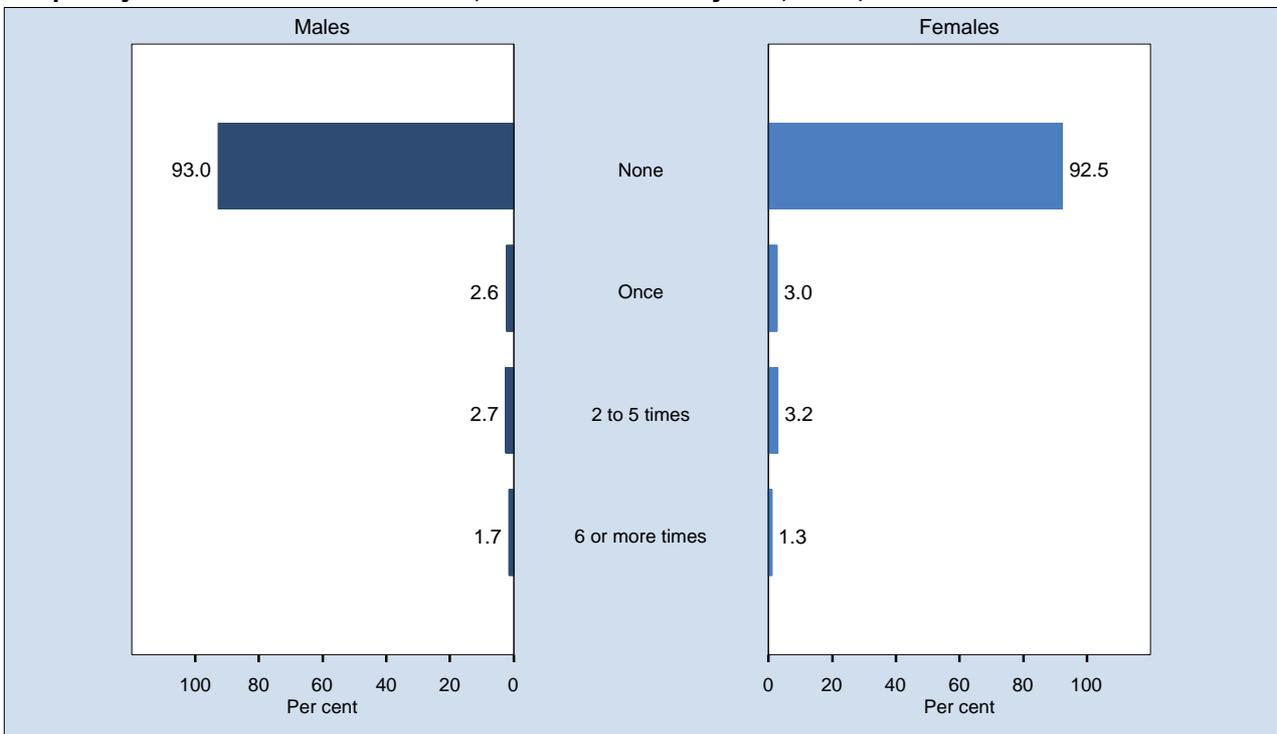
Believes you only get skin cancer if you get burnt often by year, students 12 to 17 years, NSW, 1993-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1993 (4,792), 1996 (9,943), 1999 (7,292), 2002 (6,139), 2005 (5,492), 2008 (7,500). The indicator includes those who believe you only get skin cancer if you get burnt often. The question used to define the indicator: You only get skin cancer if you get burnt often [true or false].

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

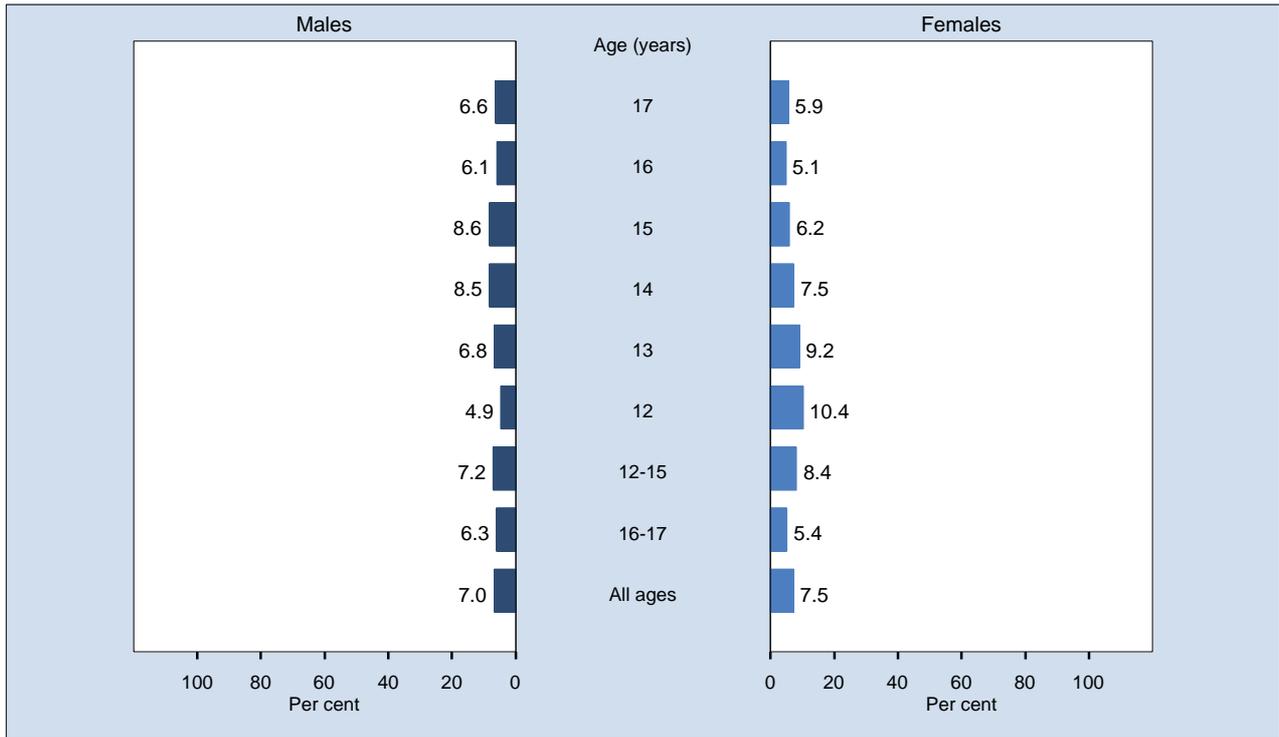
Frequency of solarium or sunbed use, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,448 respondents in NSW. For this indicator 105 (1.39%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: How many times have you used a solarium or sunbed in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

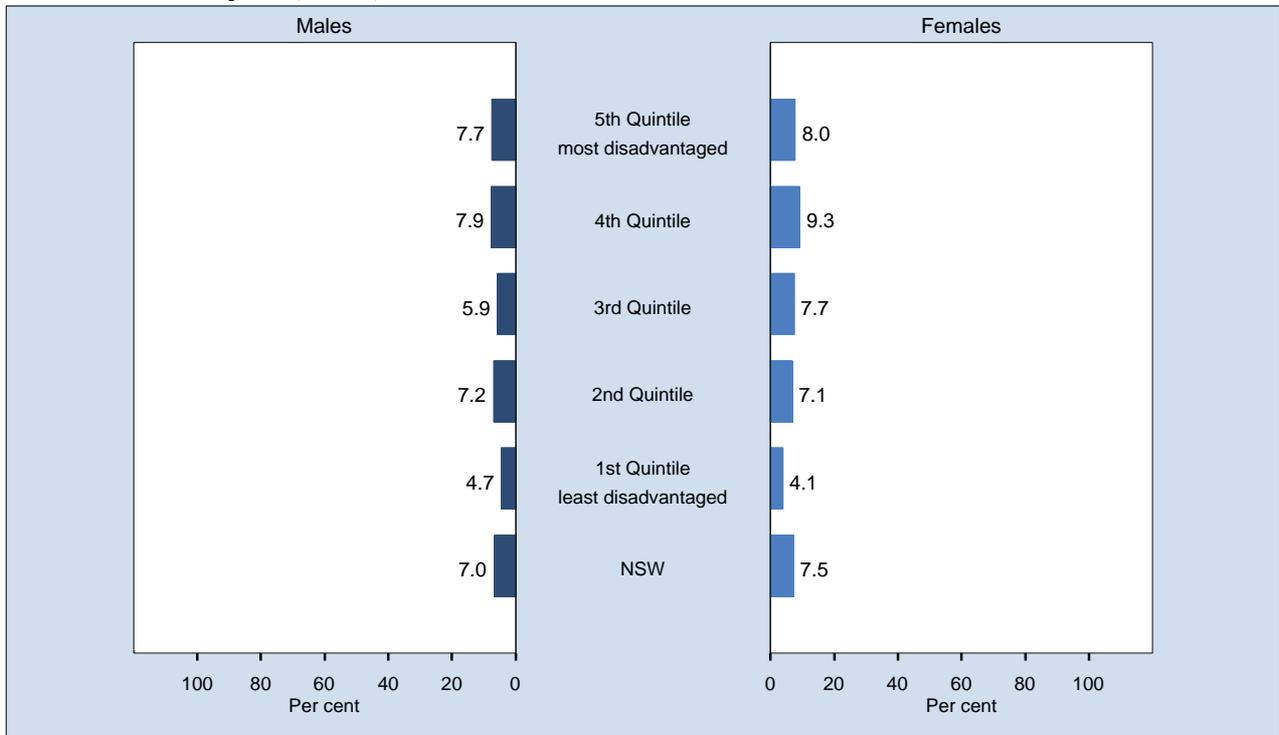
Used solarium or sunbed at least once in the last 12 months by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,448 respondents in NSW. For this indicator 105 (1.39%) were not stated (Don't know, invalid or no response given) in NSW. This indicator includes those who used a solarium or sunbed at least once in the last 12 months. The question used to define the indicator was: How many times have you used a solarium or sunbed in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

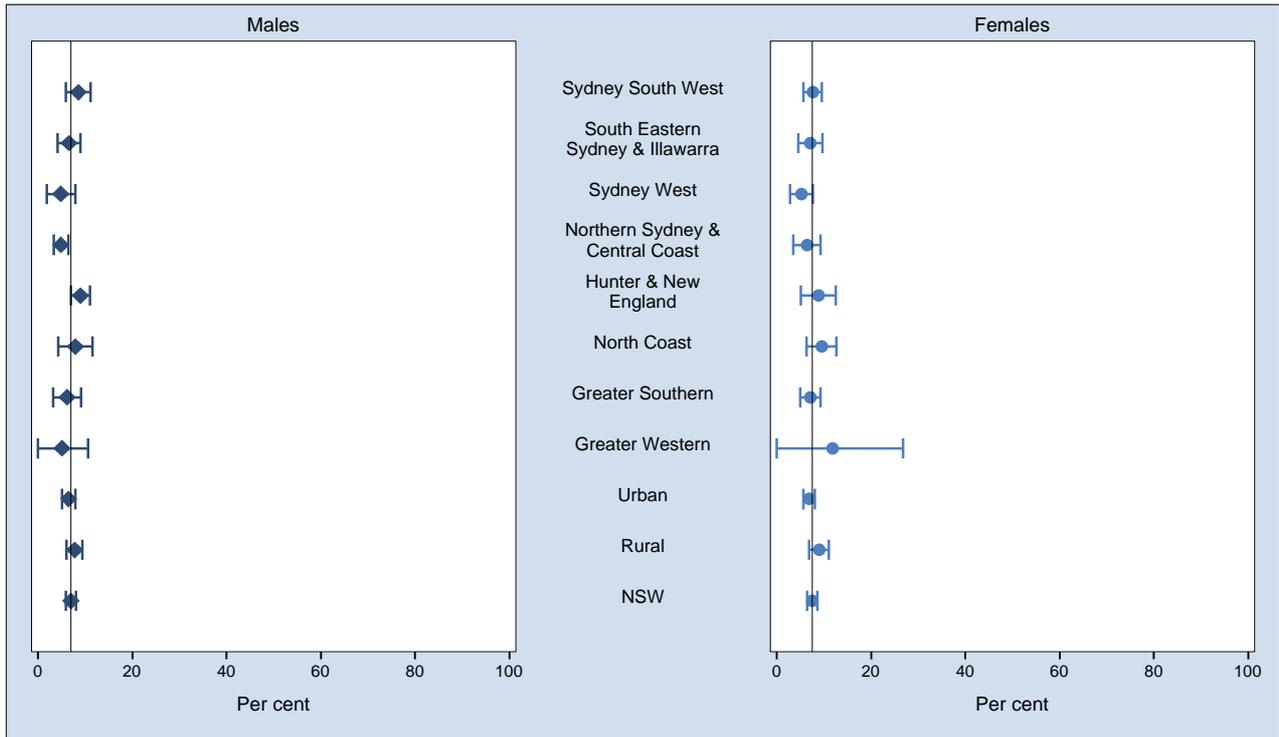
Used solarium or sunbed at least once in the last 12 months by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,448 respondents in NSW. For this indicator 105 (1.39%) were not stated (Don't know, invalid or no response given) in NSW. This indicator includes those who used a solarium or sunbed at least once in the last 12 months. The question used to define the indicator was: How many times have you used a solarium or sunbed in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

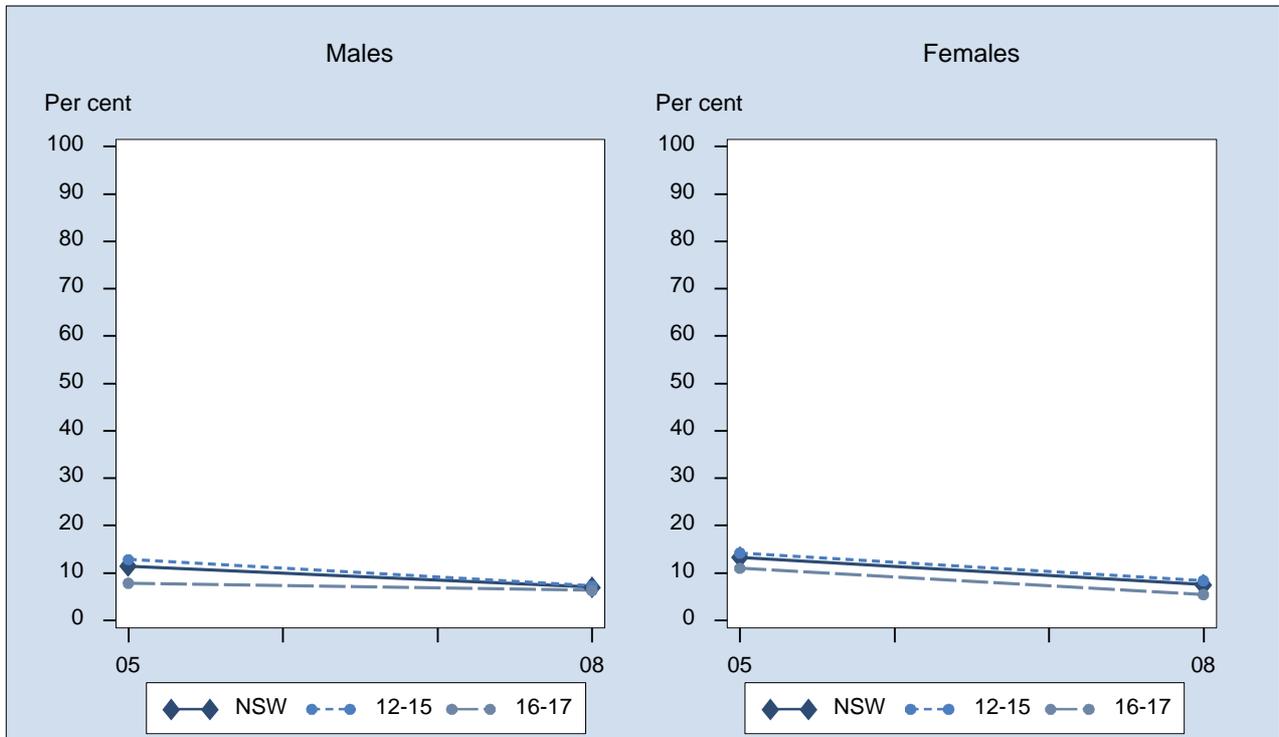
Used solarium or sunbed at least once in the last 12 months by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,448 respondents in NSW. For this indicator 105 (1.39%) were not stated (Don't know, invalid or no response given) in NSW. This indicator includes those who used a solarium or sunbed at least once in the last 12 months. The question used to define the indicator was: How many times have you used a solarium or sunbed in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Used solarium or sunbed at least once in the last 12 months by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (2,618), 2008 (7,448). This indicator includes those who used a solarium or sunbed at least once in the last 12 months. The question used to define the indicator was: How many times have you used a solarium or sunbed in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Alcohol

Introduction

In New South Wales it is illegal to sell or supply alcohol to a person under 18 years of age. Once young people begin drinking, they are likely to become regular consumers of alcohol. Alcohol consumption is associated with a variety of adverse health consequences including cirrhosis of the liver, mental illness, several types of cancer, pancreatitis, and fetal growth retardation. Adverse social effects include aggressive behaviour, family disruption, and reduced productivity. In general, higher levels of consumption are associated with higher levels of harm; however, high rates of harm have been found among low-to-moderate drinkers on the occasions they drink to intoxication.[1-3]

Results

Ever consumed alcohol

In 2008, among students aged 12-17 years, 77.2 per cent had ever had an alcoholic drink. Students aged 12-15 years (72.3 per cent) were significantly less likely than students aged 16-17 years (89.6 per cent) to have ever had an alcoholic drink. There was no significant difference between males and females.

Students in the least disadvantaged quintile (84.9 per cent) and third quintile (81.5 per cent) were significantly more likely, and students in the fifth or most disadvantaged quintile (68.6 per cent) were significantly less likely, to have ever had an alcoholic drink, compared with the overall student population aged 12-17 years. Students in rural health areas (84.3 per cent) were significantly more likely than students in urban health areas (74.0 per cent) to ever have had an alcoholic drink. Students in the North Coast (86.8 per cent) and Greater Southern (88.9 per cent) Area Health Services were significantly more likely, and students in the Sydney South West Area Health Service (68.4 per cent) were significantly less likely, to have ever had an alcoholic drink, compared with the overall student population aged 12-17 years.

The proportion of students who had ever had an alcoholic drink decreased significantly between 1987 (90.2 per cent) and 2008 (77.2 per cent). The decrease has been significant in students aged 12-15 years (88.5 per cent to 72.3 per cent) and students aged 16-17 years (96.0 per cent to 89.6 per cent).

The proportion of students who had ever had an alcoholic drink decreased significantly between 2005 (82.7 per cent) and 2008 (77.2 per cent). The decrease has been significant in students aged 12-15 years (79.0 per cent to 72.3 per cent).

Consumed alcohol in the last 12 months

In 2008, among students aged 12-17 years, 56.1 per cent had consumed alcohol in the last 12 months. Students aged 12-15 years (47.1 per cent) were significantly less likely than students aged 16-17 years (79.2 per cent) to have consumed alcohol in the last 12 months. There was no significant difference between males and females.

Students in the third quintile (61.1 per cent) were significantly more likely, and students in the fifth or most disadvantaged quintile (49.9 per cent) were significantly less likely, to have consumed alcohol in the last 12 months, compared with the overall student population aged 12-17 years. Students in rural health areas (62.3 per cent) were significantly more likely than students in urban health areas (53.2 per cent) to have consumed alcohol in the last 12 months. Students in the North Coast (69.3 per cent) and Greater Southern (71.2 per cent) Area Health Services were significantly more likely, and students in the Sydney South West Area Health Service (48.5 per cent) were significantly less likely, to have consumed alcohol in the last 12 months, compared with the overall student population aged 12-17 years.

The proportion of students who had consumed alcohol in the last 12 months decreased significantly between 1984 (72.4 per cent) and 2008 (56.1 per cent). The decrease has been significant in students aged 12-15 years (68.1 per cent to 47.1 per cent) and students aged 16-17 years (90.5 per cent to 79.2 per cent).

The proportion of students who had consumed alcohol in the last 12 months decreased significantly between 2005 (63.5 per cent) and 2008 (56.1 per cent). The decrease has been significant in students aged 12-15 years (55.9 per cent to 47.1 per cent).

Consumed alcohol in the last 4 weeks

In 2008, among students aged 12-17 years, 32.7 per cent had consumed alcohol in the last 4 weeks. Students aged 12-15 years (23.8 per cent) were significantly less likely than students aged 16-17 years (55.5 per cent) to have consumed alcohol in the last 4 weeks. There was no significant difference between males and females.

Students in the fifth or most disadvantaged quintile (27.2 per cent) were significantly less likely to have consumed alcohol in the last 4 weeks, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Greater Southern Area Health Service (47.6 per cent) were significantly more likely, and students in the Sydney South West Area Health Service (27.6 per cent) were significantly less likely, to have consumed alcohol in the last 4 weeks, compared with the overall student population aged 12-17 years.

The proportion of students who had consumed alcohol in the last 4 weeks decreased significantly between 1984 (44.2 per cent) and 2008 (32.7 per cent). The decrease has been significant in students aged 12-15 years (38.9 per cent to 23.8 per cent) and students aged 16-17 years (66.3 per cent to 55.5 per cent).

The proportion of students who had consumed alcohol in the last 4 weeks decreased significantly between 2005 (39.4 per cent) and 2008 (32.7 per cent). The decrease has been significant in students aged 12-15 years (31.4 per cent to 23.8 per cent).

Consumed alcohol in the last 7 days

In 2008, among students aged 12-17 years, 20.4 per cent had consumed alcohol in the last 7 days. Students aged 12-15 years (14.2 per cent) were significantly less likely than students aged 16-17 years (36.2 per cent) to have consumed alcohol in the last 7 days. There was no significant difference between males and females.

Students in the fifth or most disadvantaged quintile (17.1 per cent) were significantly less likely to have consumed alcohol in the last 7 days, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Greater Southern Area Health Service (30.5 per cent) were significantly more likely, and students in the Greater Western Area Health Service (11.9 per cent) were significantly less likely, to have consumed alcohol in the last 7 days, compared with the overall student population aged 12-17 years.

The proportion of students who had consumed alcohol in the last 7 days decreased significantly between 1984 (32.5 per cent) and 2008 (20.4 per cent). The decrease has been significant in students aged 12-15 years (28.4 per cent to 14.2 per cent) and students aged 16-17 years (49.8 per cent to 36.2 per cent).

The proportion of students who had consumed alcohol in the last 7 days decreased significantly between 2005 (25.3 per cent) and 2008 (20.4 per cent). The decrease has been significant in students aged 12-15 years (19.7 per cent to 14.2 per cent).

In 2008, among students aged 12-17 years who consumed alcohol in the last 7 days, 60.9 per cent consumed 1-5 drinks, 18.6 per cent consumed 6-10 drinks, 8.2 per cent consumed 11-15 drinks, 4.5 per cent consumed 16-20 drinks, and 7.8 per cent consumed 21 or more drinks.

In 2008, among students aged 12-17 years who consumed alcohol in the last 7 days, 56.1 per cent were supervised by an adult while drinking. There was no significant difference between age groups, or between males and females.

Students in the second quintile (47.5 per cent) who consumed alcohol in the last 7 days were significantly less likely to have been supervised by an adult while drinking, compared with the overall student population aged 12-17 years who consumed alcohol in the last 7 days. There was no significant difference between urban and rural health areas, or among area health services.

Among those students aged 12-17 years who consumed alcohol in the last 7 days, 27.8 per cent usually drank ordinary beer, 3.7 per cent low alcohol beer, 12.5 per cent wine, 2.7 per cent wine coolers, 8.7 per cent champagne or sparkling wine, 1.9 per cent alcoholic cider, 3.5 per cent alcoholic soda, 43.6 per cent pre-mixed spirits, 39.9 per cent spirits, and 10.9 per cent liqueurs.

Among those students aged 12-17 years who consumed alcohol in the last 7 days, 30.3 per cent consumed alcohol at a party, 27.9 per cent at home, 0.3 per cent on school grounds after hours, 19.5 per cent at a friend's home, 6.6 per cent at a beach or park or recreation area, 2.3 per cent at a dance venue or nightclub, 2.0 per cent at hotel or pub or tavern or club, and 1.5 per cent at a traditional celebration or other function.

Among those students aged 12-17 years who consumed alcohol in the last 7 days, 28.7 per cent were given alcohol by their parents, 22.9 per cent got someone else to buy alcohol for them, 22.5 per cent were given alcohol by their friends, 7.4 per cent bought alcohol themselves, 8.1 per cent were given alcohol by their brother or sister, and 6.3 per cent took alcohol from home without permission.

Ever attempted to buy alcohol

In 2008, among students aged 12-17 years, 10.9 per cent had ever attempted to buy alcohol. Students aged 12-15 years (5.3 per cent) were significantly less likely than students aged 16-17 years (25.3 per cent) to have ever attempted to buy alcohol. There was no significant difference between males and females.

Students in the first or least disadvantaged quintile (17.4 per cent) were significantly more likely to have ever attempted to buy alcohol, and students in the fourth quintile (7.4 per cent) were significantly less likely, to have ever attempted to buy alcohol, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Hunter & New England (6.3 per cent) and Greater Western (5.9 per cent) Area Health Services were significantly less likely to have ever attempted to buy alcohol, compared with the overall student population aged 12-17 years.

There has been no significant change in the proportion of students who had ever attempted to buy alcohol between 2005 and 2008.

Among those students aged 12-17 years who have ever attempted to buy alcohol, 44.7 per cent were refused service at a hotel or pub, 31.6 per cent at a restaurant, 30.2 per cent at a nightclub or dance venue, and 53.9 per cent at a bottleshop.

Among those students aged 12-17 years who have ever attempted to buy alcohol, 52.7 per cent were asked for proof of age at a hotel or pub or club, 31.7 per cent at a restaurant, 42.8 per cent at a nightclub or dance venue, 58.4 per cent at a bottleshop, and 47.4 per cent had used a friend's or fake identification.

School messages about alcohol

In 2008, among students aged 12-17 years, 93.1 per cent had a lesson or part of a lesson about drinking. There was no significant difference between age groups, between males and females, among quintiles of disadvantage, or between urban and rural health areas.

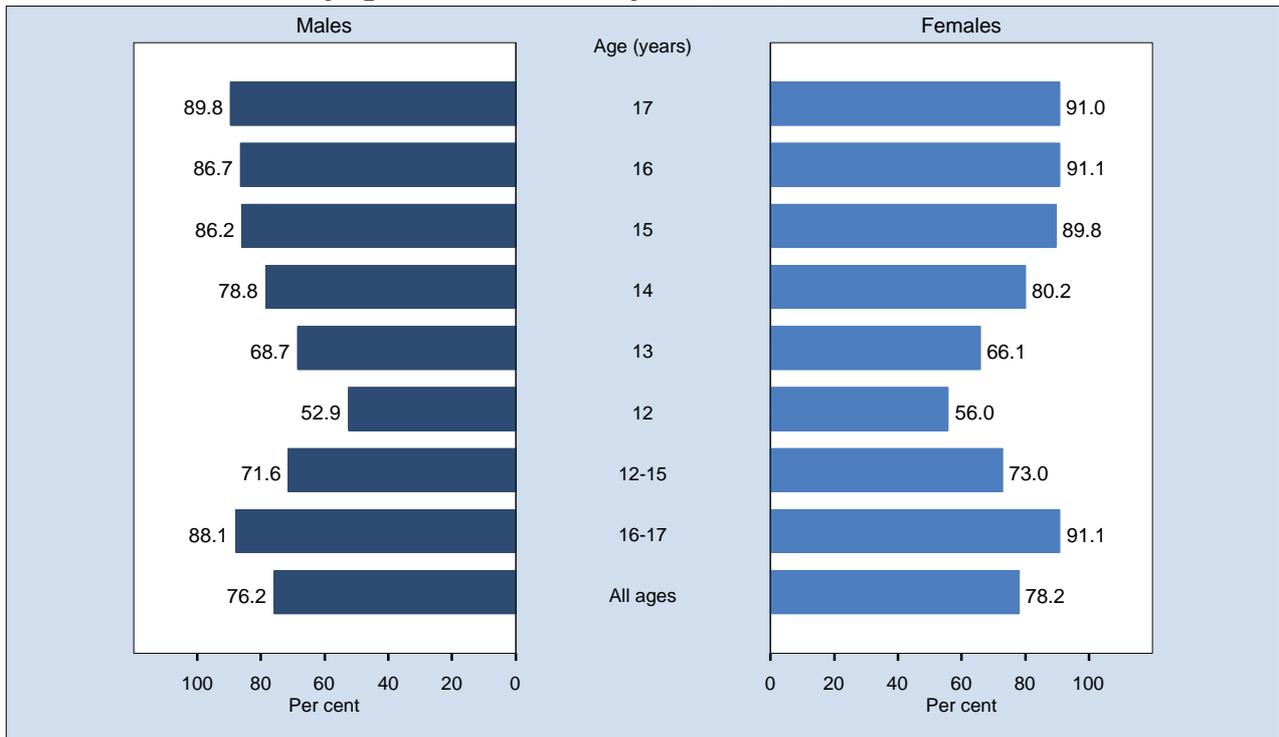
Students in the North Coast (95.7 per cent) and Greater Western (98.0 per cent) Area Health Services were significantly more likely to have had a lesson or part of a lesson about drinking, compared with the overall student population aged 12-17 years.

There has been no significant change in the proportion of students aged 12-17 years who had a lesson or part of a lesson about drinking between 2005 and 2008; however, there has been a significant increase in the 12-15 year age group (91.7 per cent to 93.5 per cent).

References

1. National Alcohol Strategy. *Alcohol in Australia: Issues and Strategies*. Canberra: Australian Government Department of Health and Aged Care, 2001. Available online at www.alcohol.gov.au (accessed 16 September 2009).
2. Drug Strategy Branch. *Australian secondary school students' use of alcohol in 2002. Monograph Series No. 55*. Canberra: Australian Government Department of Health and Ageing, 2004.
3. Centre for Behavioural Research in Cancer. *Australian secondary school students' use of alcohol in 2005*. Melbourne: The Cancer Council Victoria, 2006.

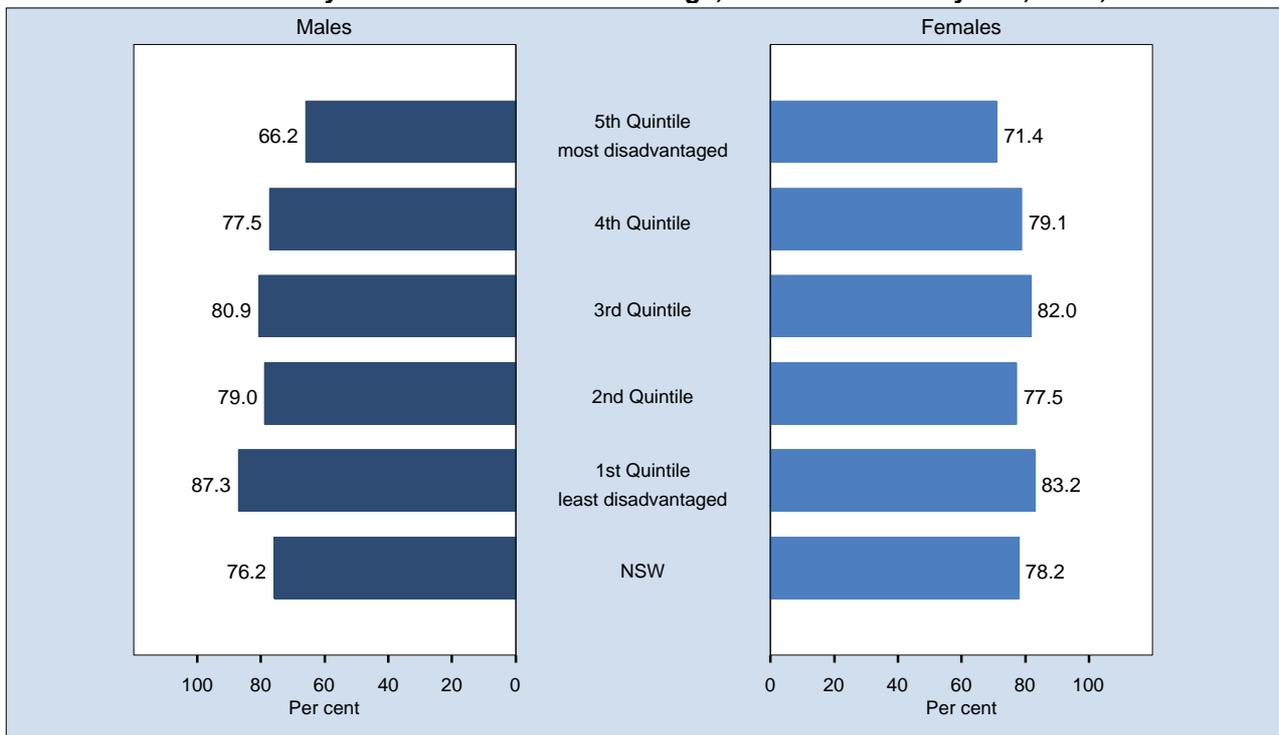
Ever consumed alcohol by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,502 respondents in NSW. For this indicator 51 (0.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever had even part of an alcoholic drink, including beer, wine, wine coolers, alcoholic sodas, spirits, premixed drinks, liqueurs, alcoholic apple cider, sherry or port. The question used to define the indicator was: Have you ever had even part of an alcoholic drink?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

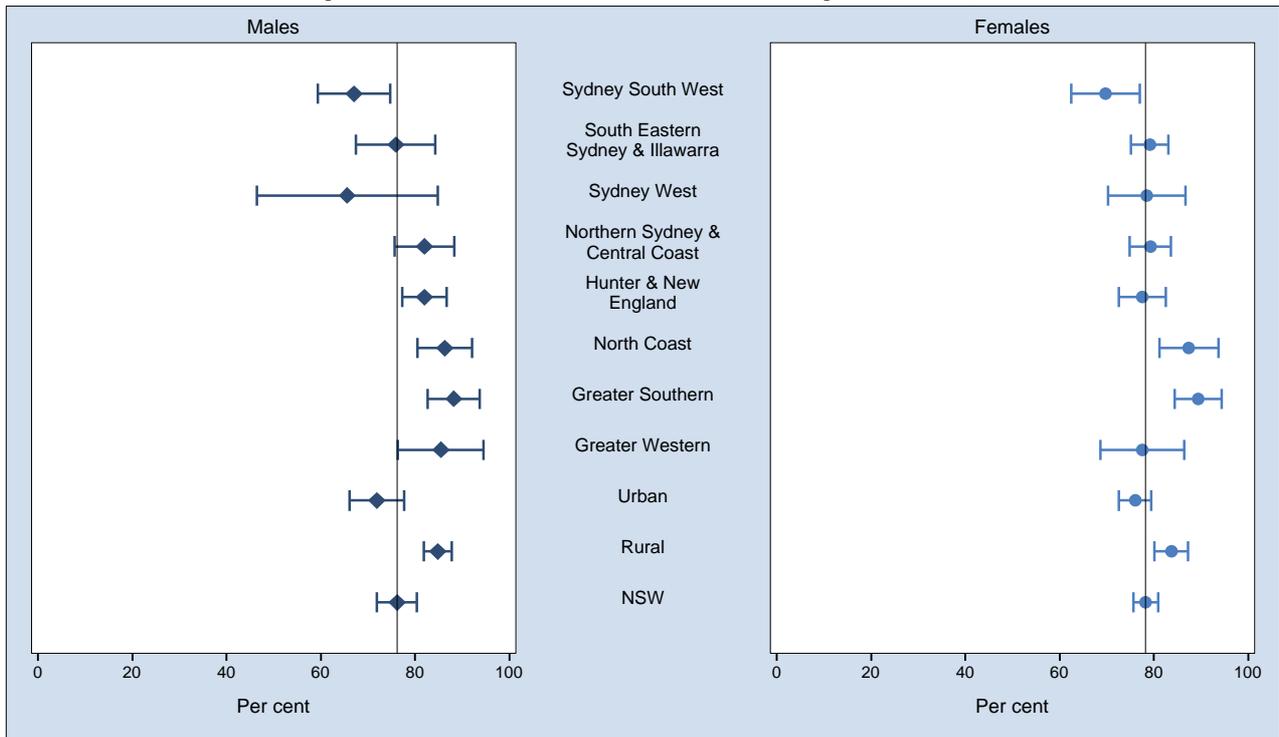
Ever consumed alcohol by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,502 respondents in NSW. For this indicator 51 (0.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever had even part of an alcoholic drink, including beer, wine, wine coolers, alcoholic sodas, spirits, premixed drinks, liqueurs, alcoholic apple cider, sherry or port. The question used to define the indicator was: Have you ever had even part of an alcoholic drink?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

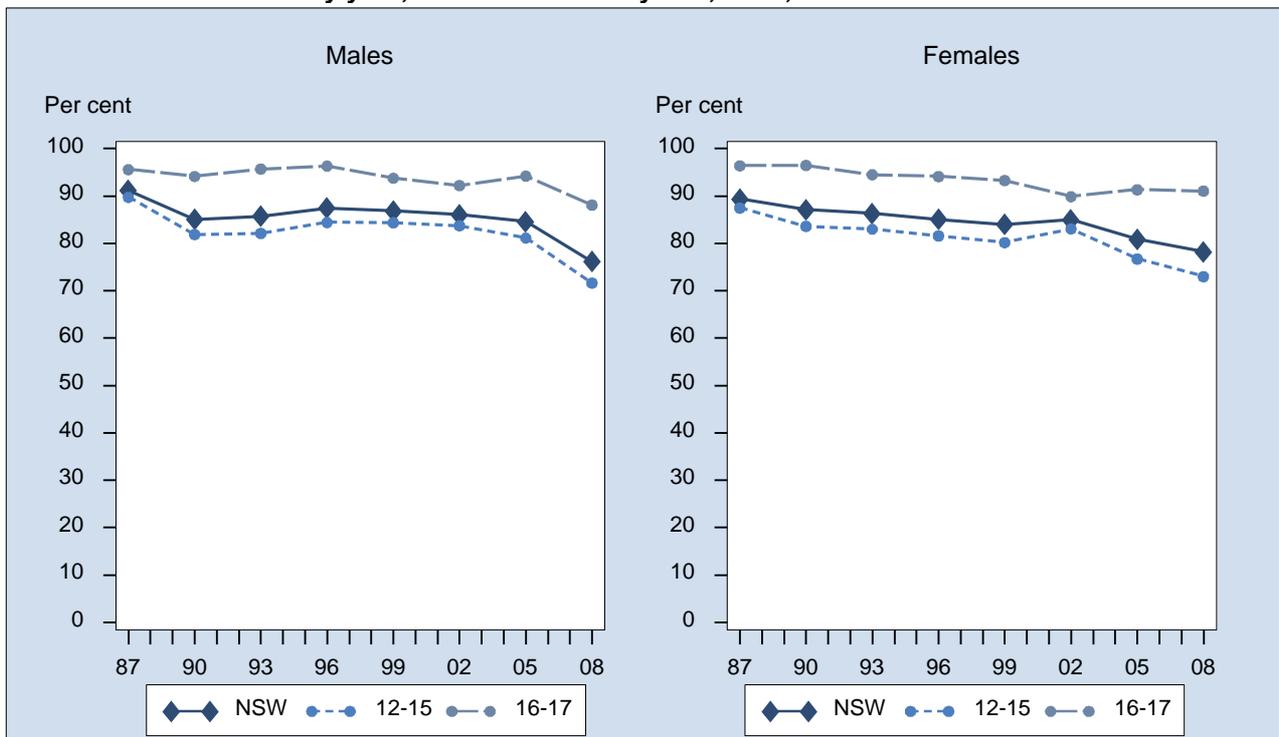
Ever consumed alcohol by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,502 respondents in NSW. For this indicator 51 (0.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever had even part of an alcoholic drink, including beer, wine, wine coolers, alcoholic sodas, spirits, premixed drinks, liqueurs, alcoholic apple cider, sherry or port. The question used to define the indicator was: Have you ever had even part of an alcoholic drink?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

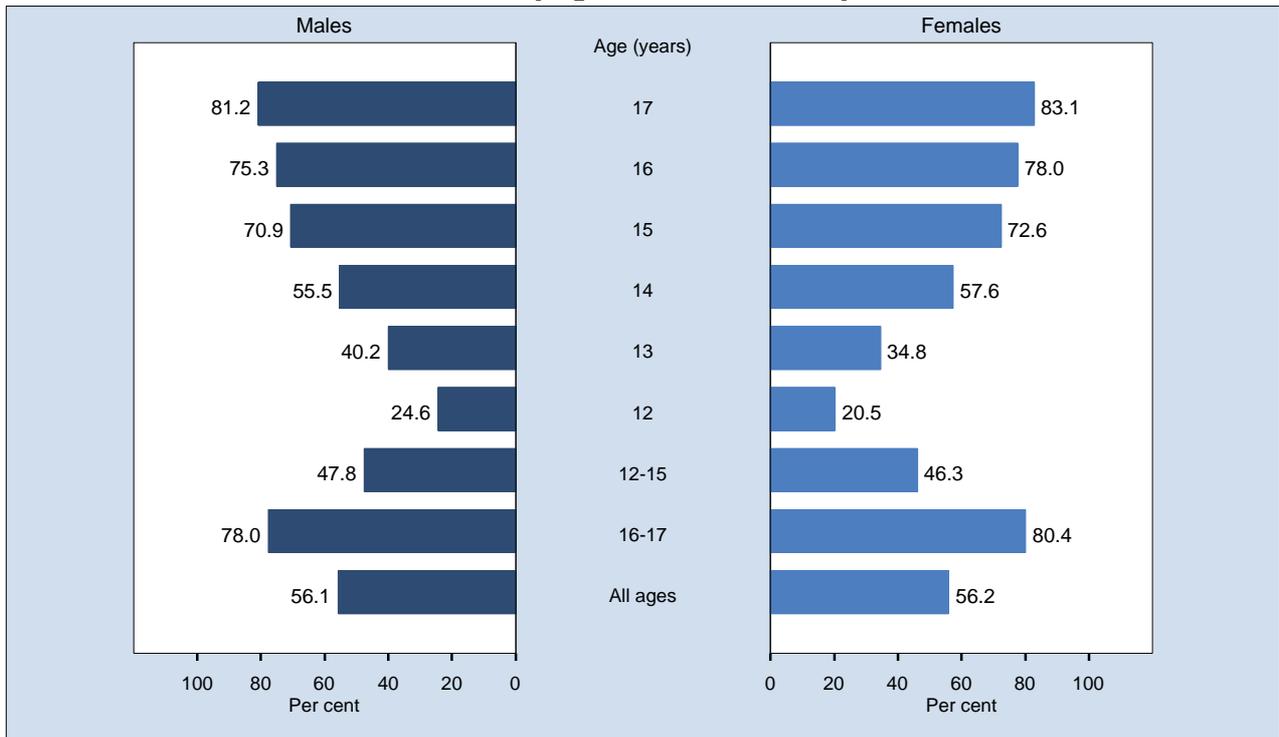
Ever consumed alcohol by year, students 12 to 17 years, NSW, 1987-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1987 (4,602), 1990 (5,136), 1993 (4,801), 1996 (9,968), 1999 (7,309), 2002 (6,106), 2005 (5,488), 2008 (7,502). The indicator includes those who have ever had even part of an alcoholic drink, including beer, wine, wine coolers, alcoholic sodas, spirits, premixed drinks, liqueurs, alcoholic apple cider, sherry or port. The question used to define the indicator was: Have you ever had even part of an alcoholic drink?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

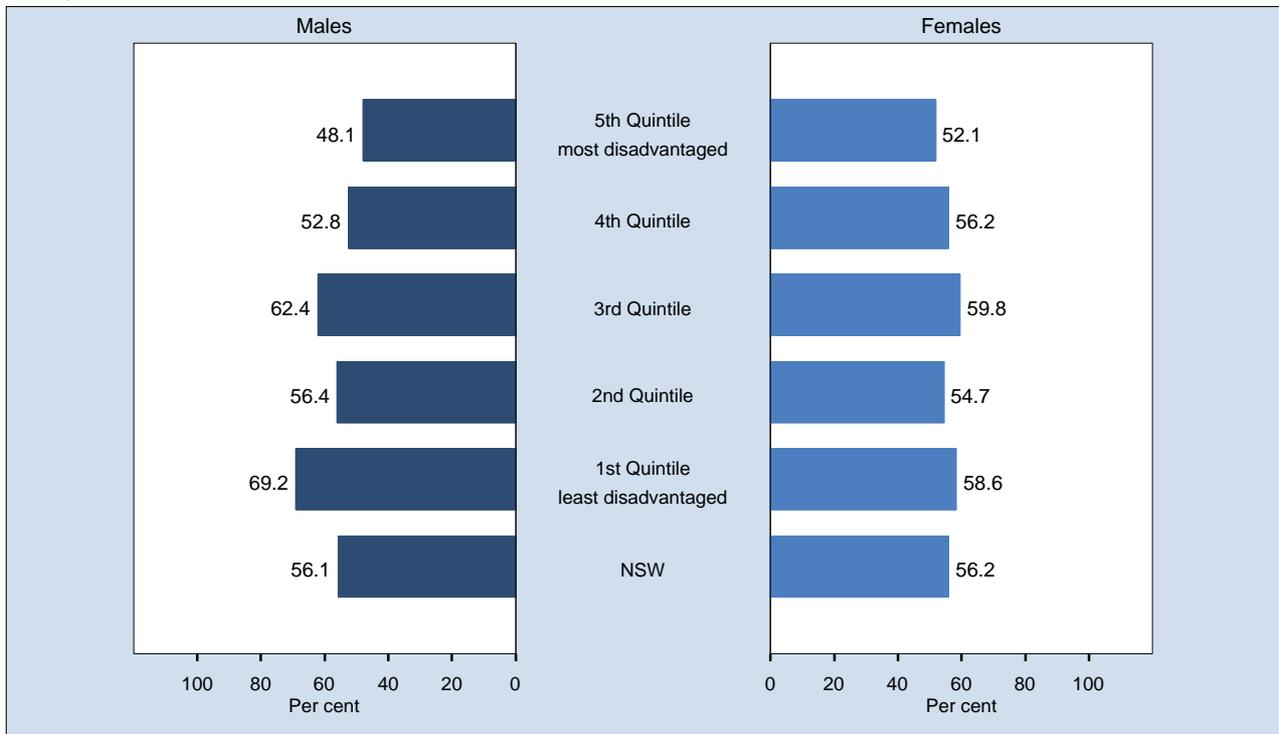
Consumed alcohol in the last 12 months by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,531 respondents in NSW. For this indicator 22 (0.29%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 12 months. The question used to define the indicator was: Have you had an alcoholic drink in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

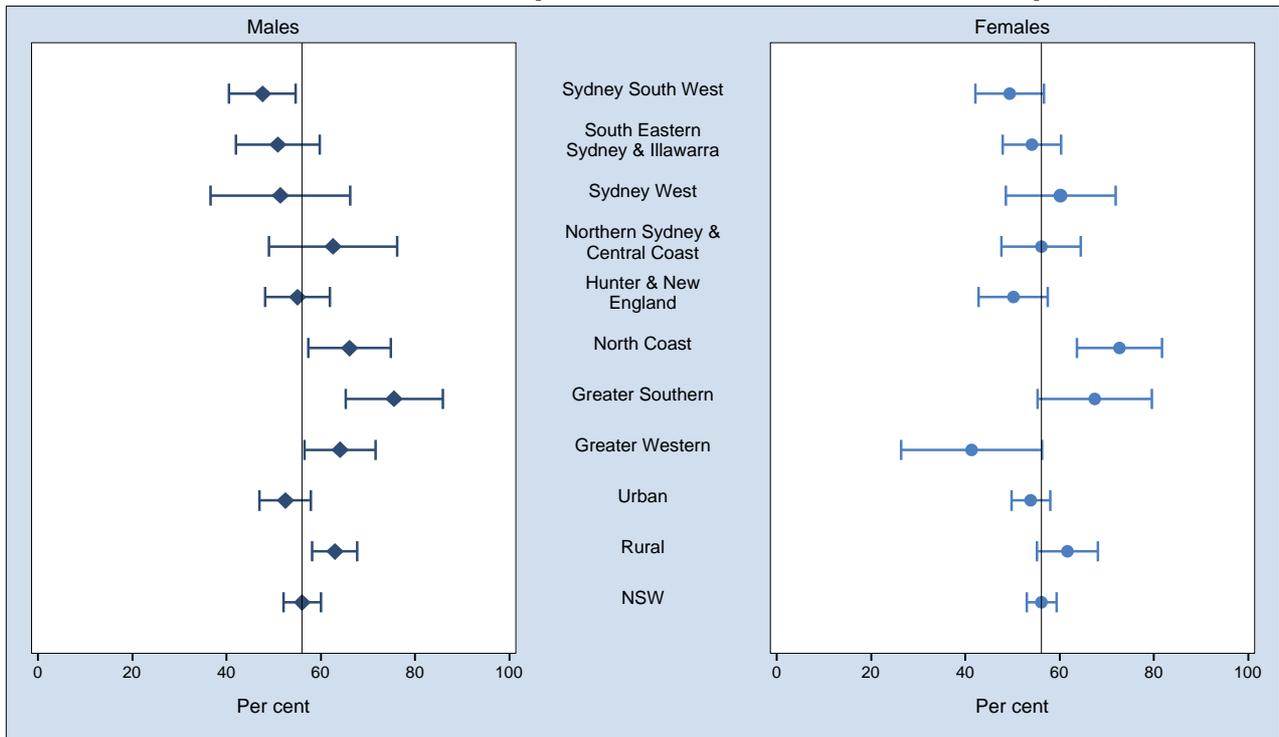
Consumed alcohol in the last 12 months by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,531 respondents in NSW. For this indicator 22 (0.29%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 12 months. The question used to define the indicator was: Have you had an alcoholic drink in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

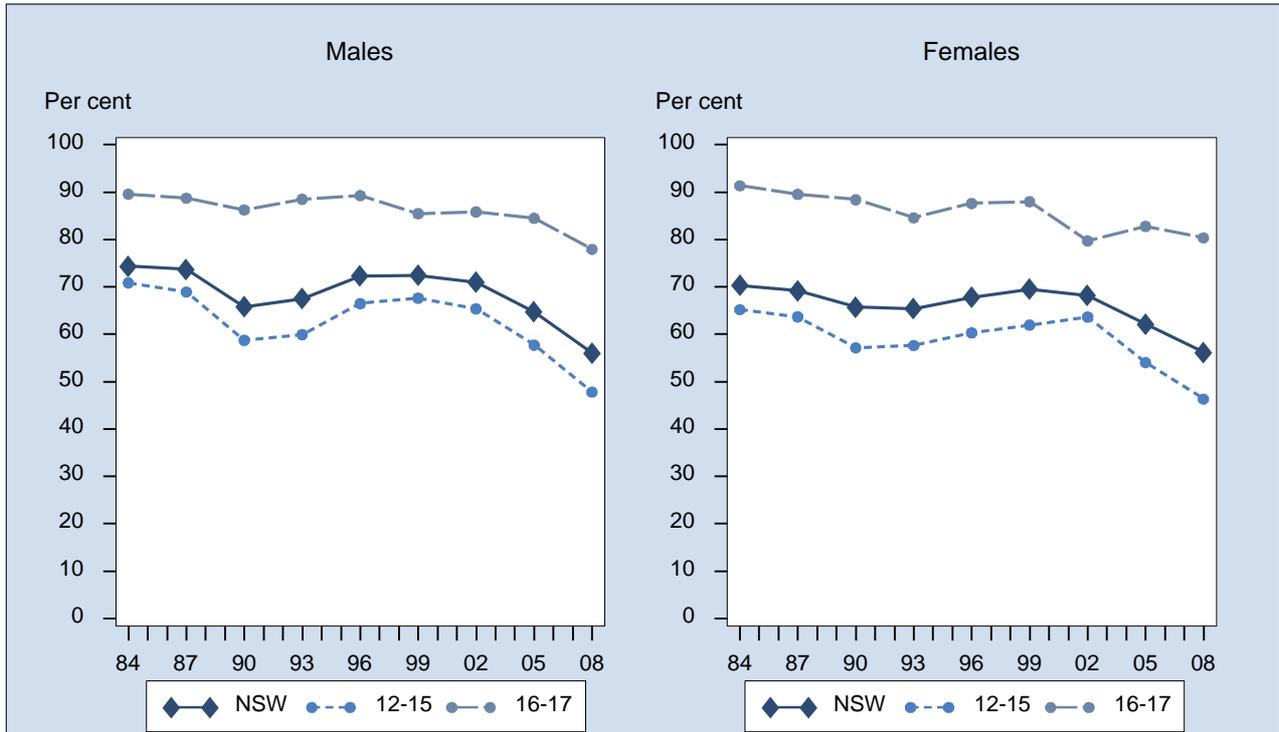
Consumed alcohol in the last 12 months by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,531 respondents in NSW. For this indicator 22 (0.29%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 12 months. The question used to define the indicator was: Have you had an alcoholic drink in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

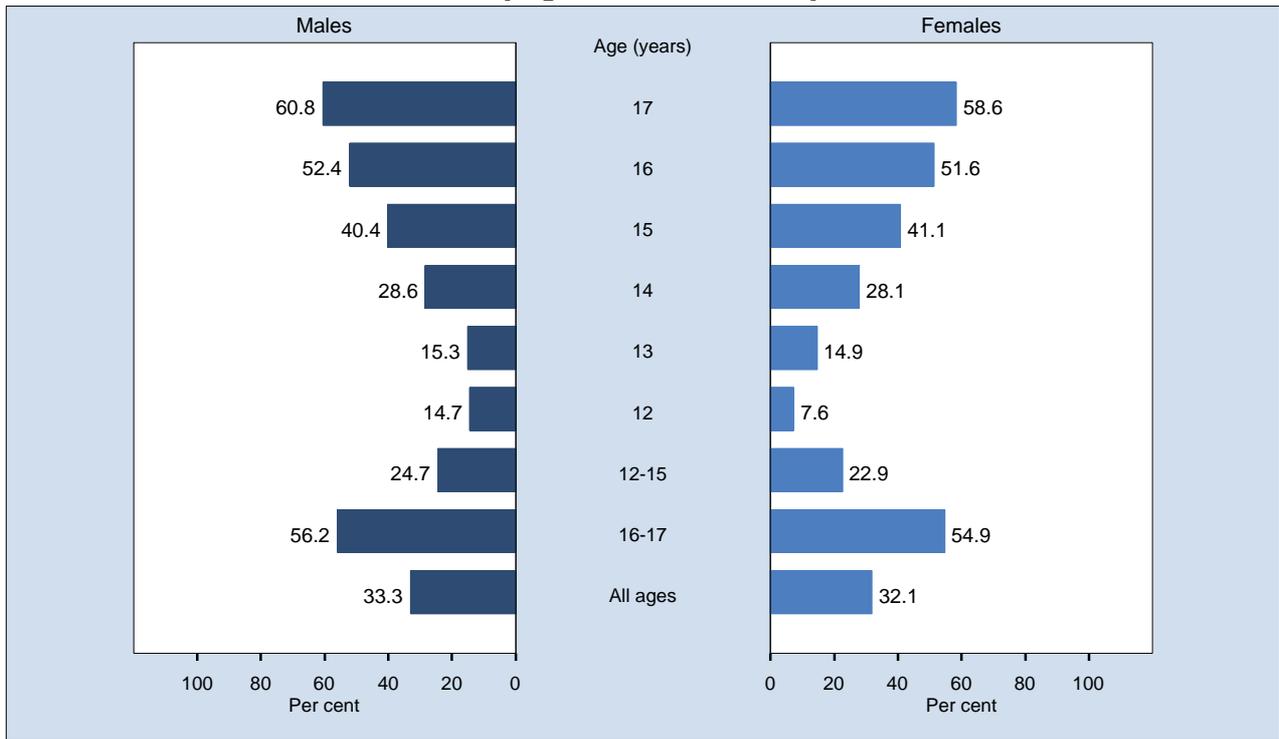
Consumed alcohol in the last 12 months by year, students 12 to 17 years, NSW, 1984-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1984 (4,851), 1987 (4,611), 1990 (5,158), 1993 (4,810), 1996 (9,997), 1999 (7,333), 2002 (6,160), 2005 (5,507), 2008 (7,531). The indicator includes those who had an alcoholic drink in the last 12 months. The question used to define the indicator was: Have you had an alcoholic drink in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

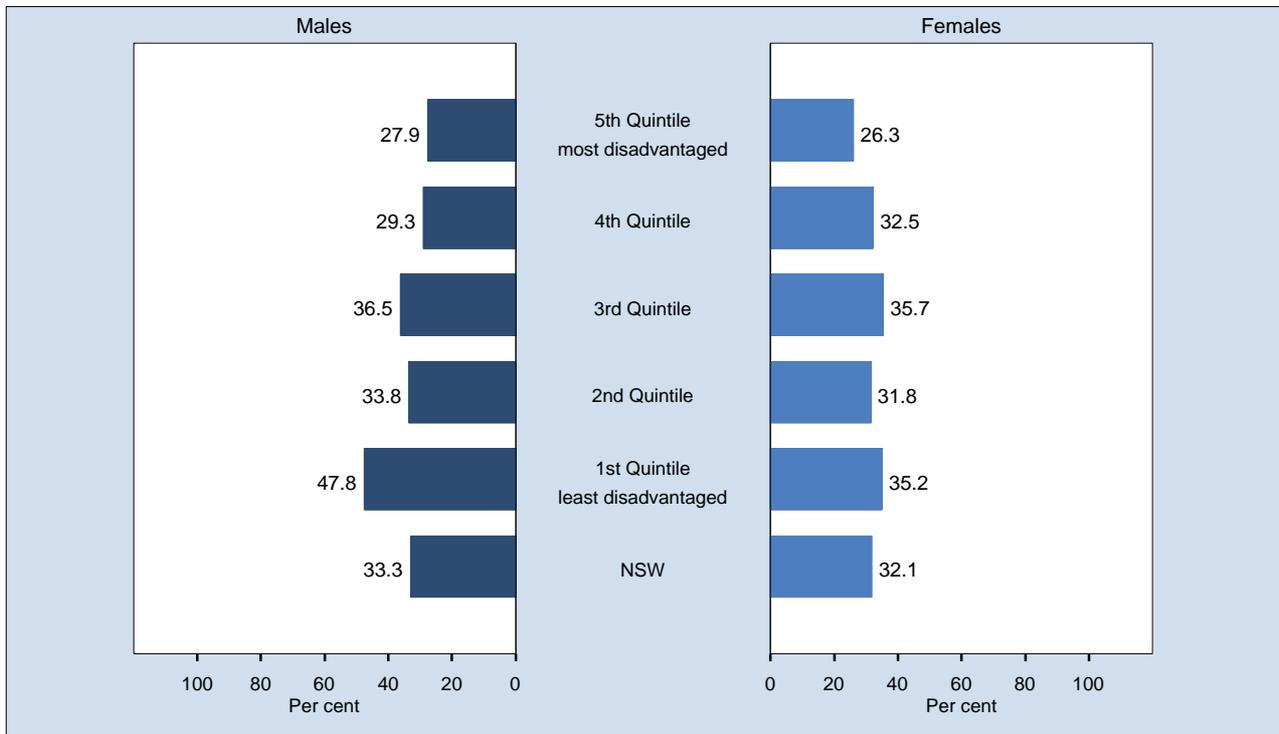
Consumed alcohol in the last 4 weeks by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,539 respondents in NSW. For this indicator 14 (0.19%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 4 weeks. The question used to define the indicator was: 'Have you had an alcoholic drink in the last 4 weeks?'

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

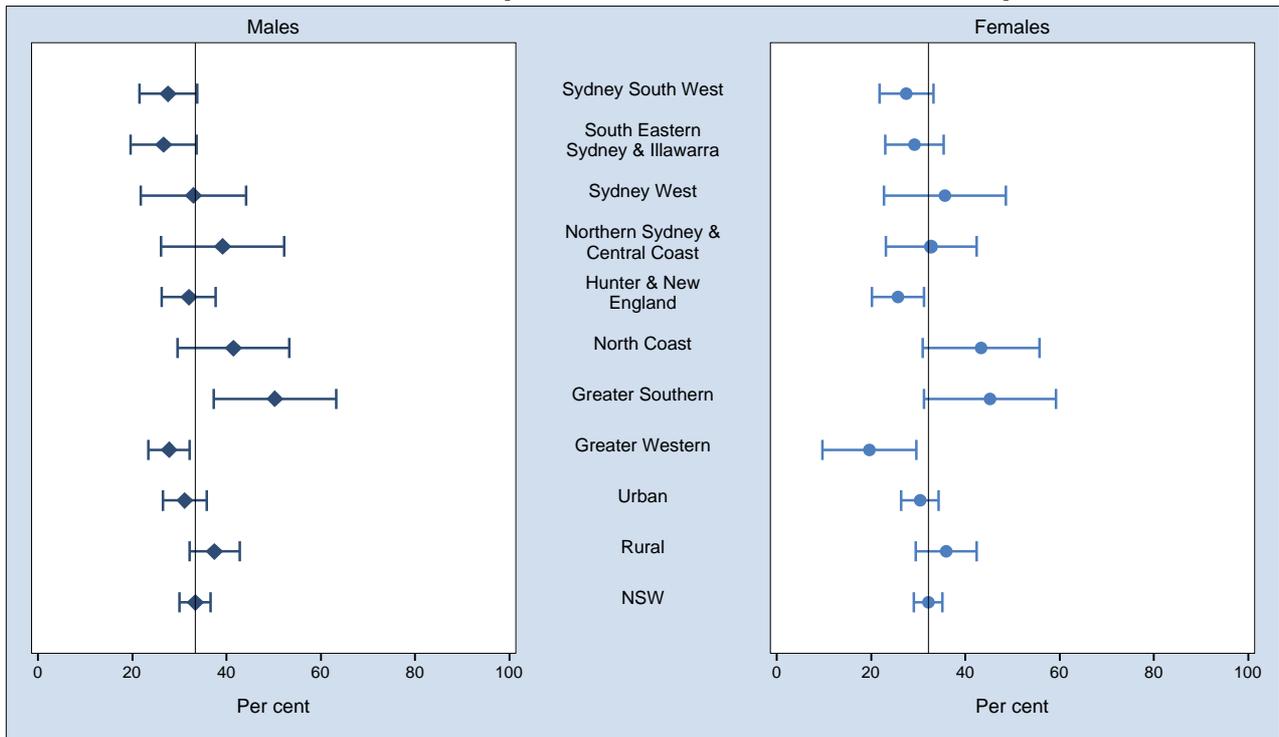
Consumed alcohol in the last 4 weeks by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,539 respondents in NSW. For this indicator 14 (0.19%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 4 weeks. The question used to define the indicator was: 'Have you had an alcoholic drink in the last 4 weeks?'

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

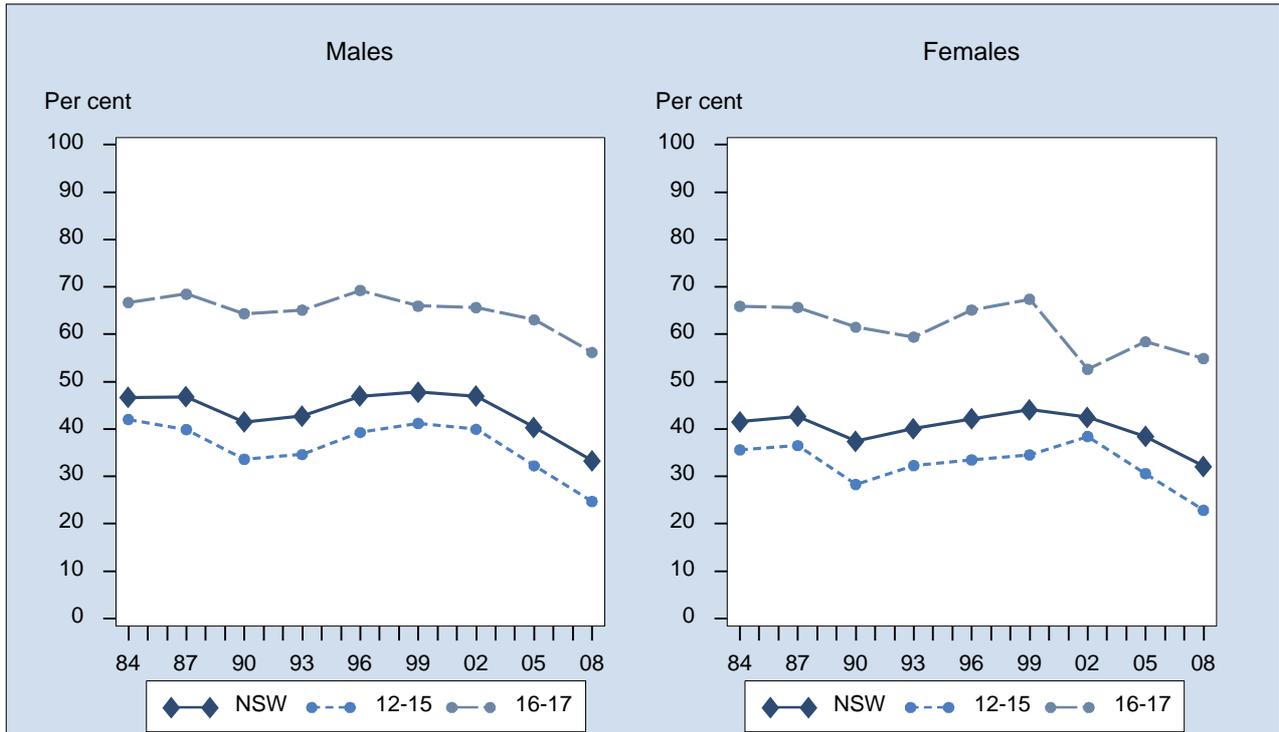
Consumed alcohol in the last 4 weeks by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,539 respondents in NSW. For this indicator 14 (0.19%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 4 weeks. The question used to define the indicator was: Have you had an alcoholic drink in the last 4 weeks?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

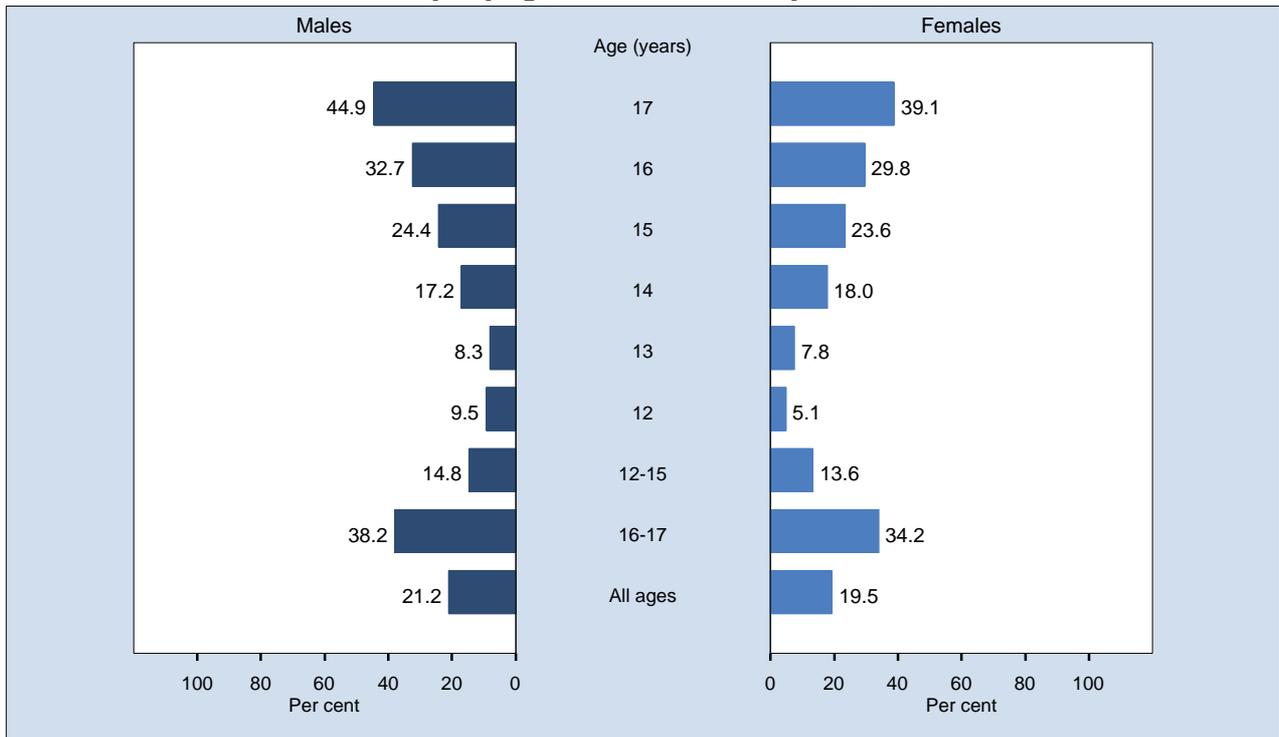
Consumed alcohol in the last 4 weeks by year, students 12 to 17 years, NSW, 1984-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1984 (4,852), 1987 (4,611), 1990 (5,161), 1993 (4,811), 1996 (9,998), 1999 (7,331), 2002 (6,156), 2005 (5,503), 2008 (7,539). The indicator includes those who had an alcoholic drink in the last 4 weeks. The question used to define the indicator was: Have you had an alcoholic drink in the last 4 weeks?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

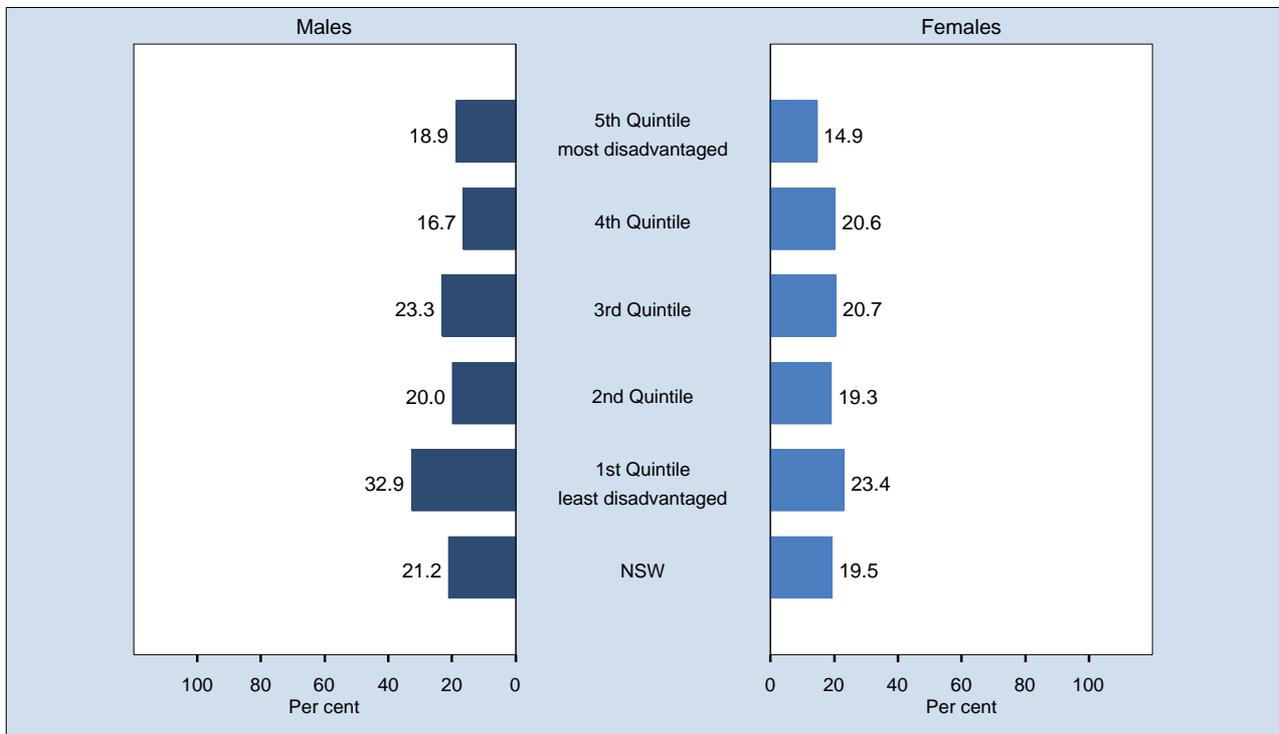
Consumed alcohol in the last 7 days by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,510 respondents in NSW. For this indicator 43 (0.57%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 7 days. The question used to define the indicator was: During the last 7 days, including yesterday, write the number of alcoholic drinks you had each day of the week.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

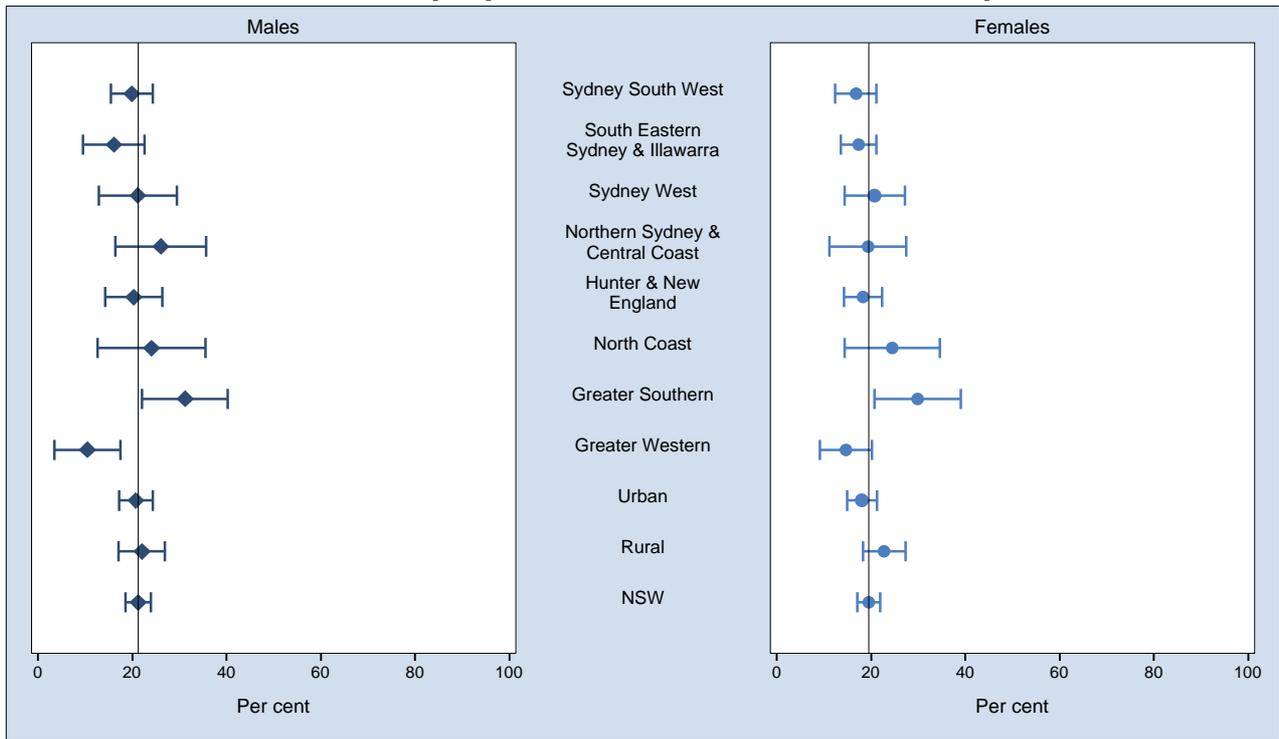
Consumed alcohol in the last 7 days by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,510 respondents in NSW. For this indicator 43 (0.57%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 7 days. The question used to define the indicator was: During the last 7 days, including yesterday, write the number of alcoholic drinks you had each day of the week.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

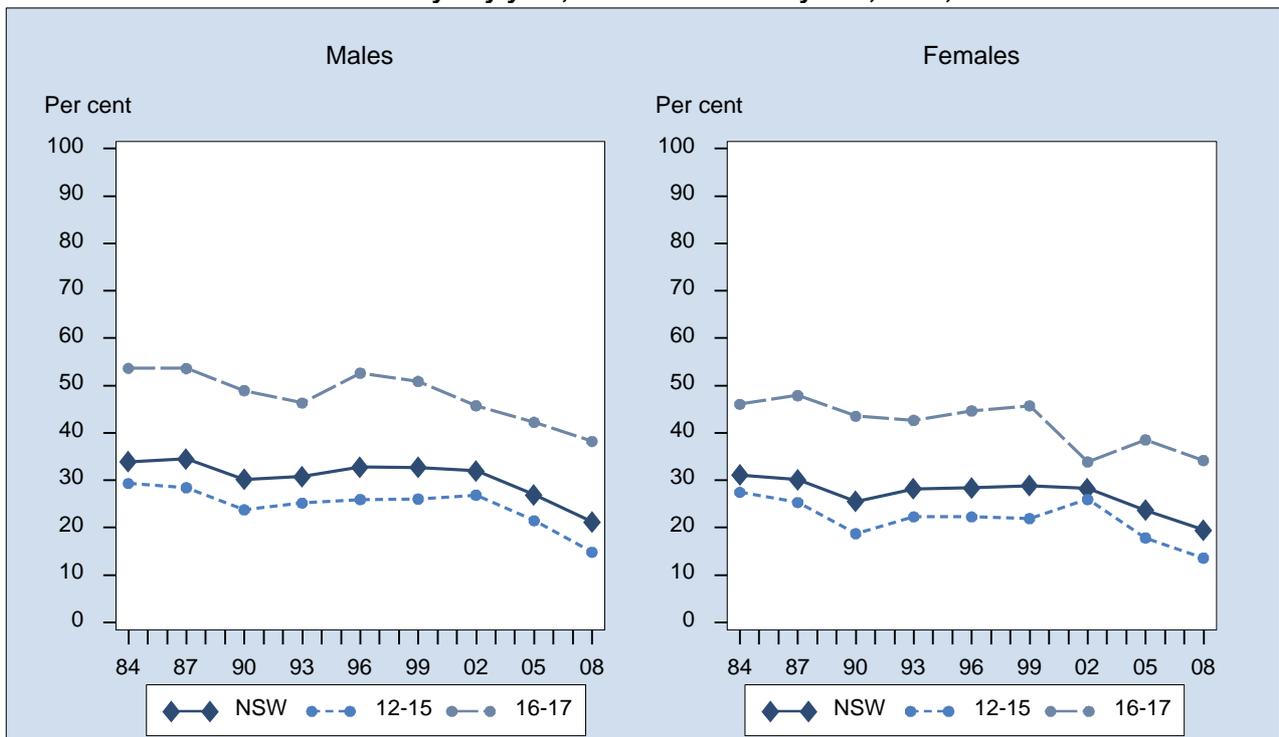
Consumed alcohol in the last 7 days by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,510 respondents in NSW. For this indicator 43 (0.57%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 7 days. The question used to define the indicator was: During the last 7 days, including yesterday, write the number of alcoholic drinks you had each day of the week.

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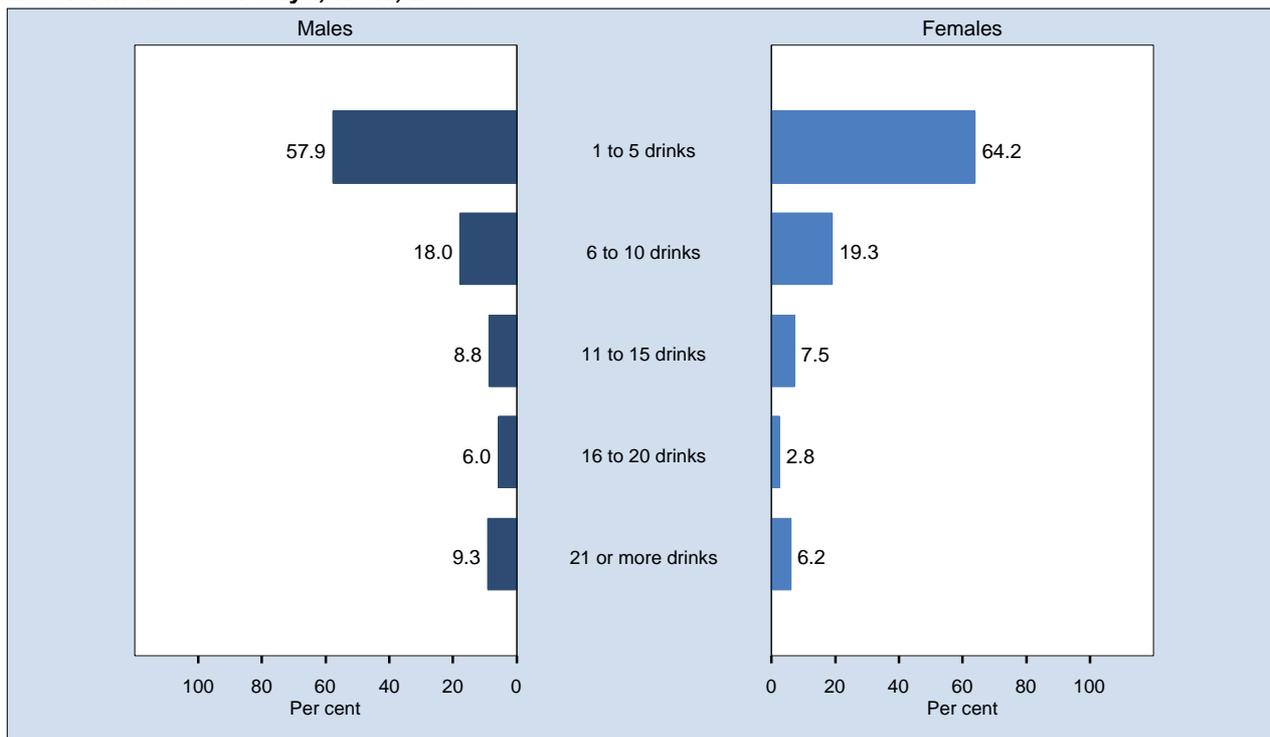
Consumed alcohol in the last 7 days by year, students 12 to 17 years, NSW, 1984-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1984 (4,841), 1987 (4,613), 1990 (5,158), 1993 (4,816), 1996 (9,968), 1999 (7,304), 2002 (6,103), 2005 (5,509), 2008 (7,510). The indicator includes those who had an alcoholic drink in the last 7 days. The question used to define the indicator was: During the last 7 days, including yesterday, write the number of alcoholic drinks you had each day of the week.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

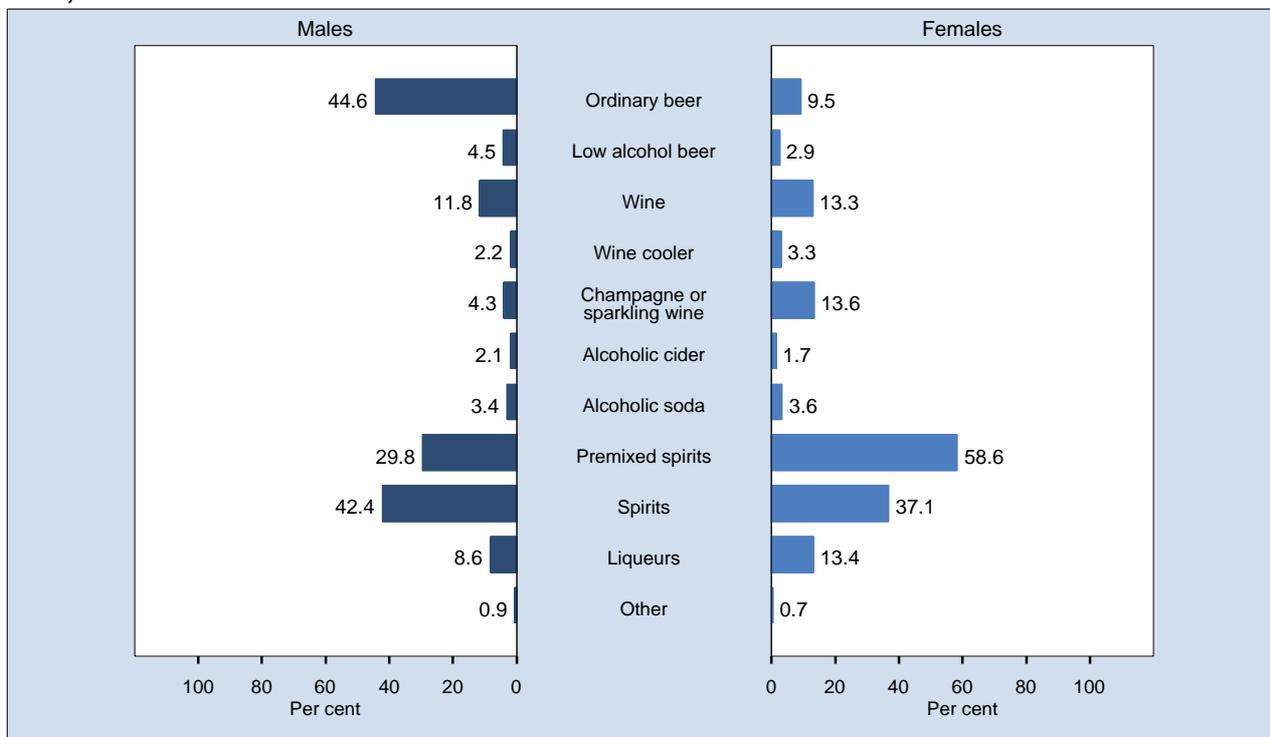
Total number of drinks consumed in the last 7 days, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2008



Note: Estimates are based on 1,644 respondents in NSW. For this indicator 45 (2.66%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: During the last 7 days, including yesterday, write the number of alcoholic drinks you had each day of the week.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

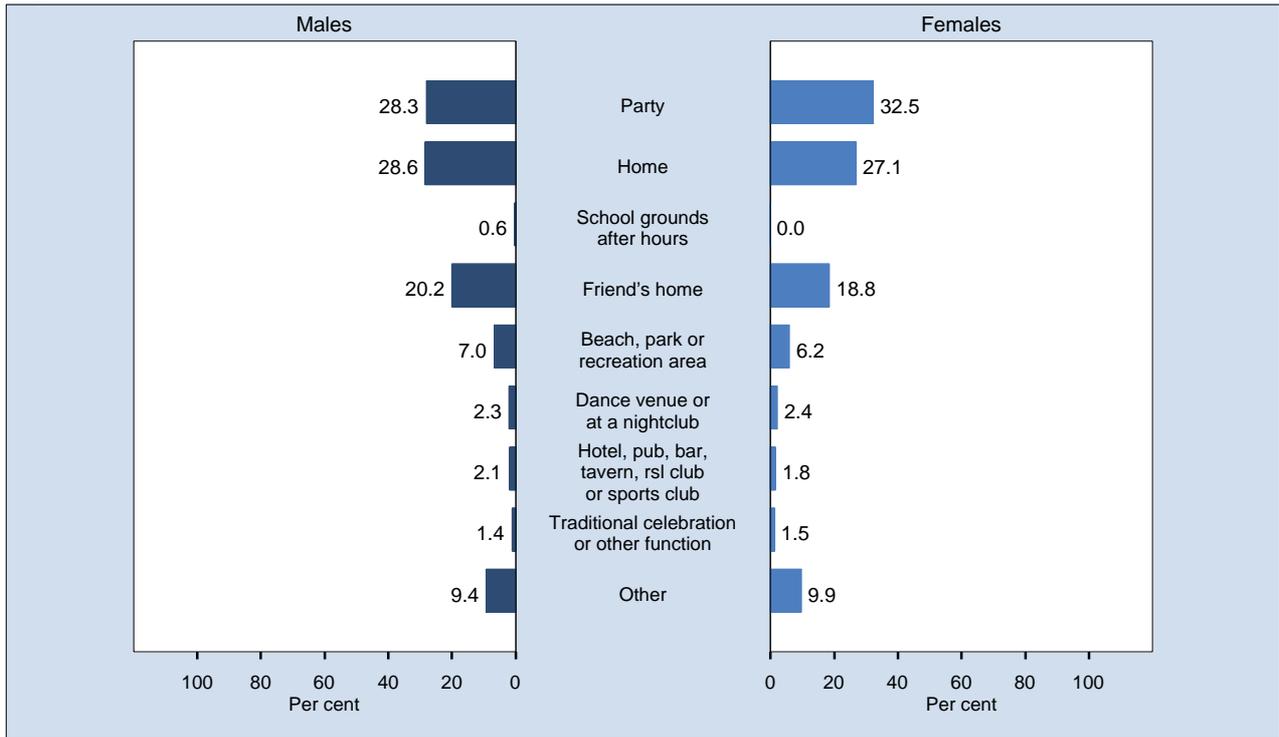
Types of alcohol consumed, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2008



Note: Estimates are based on 1,599 respondents in NSW. For this indicator 45 (2.74%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: How many alcoholic drinks have you had each day in the last 7 days? and What alcoholic drink do you usually have? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

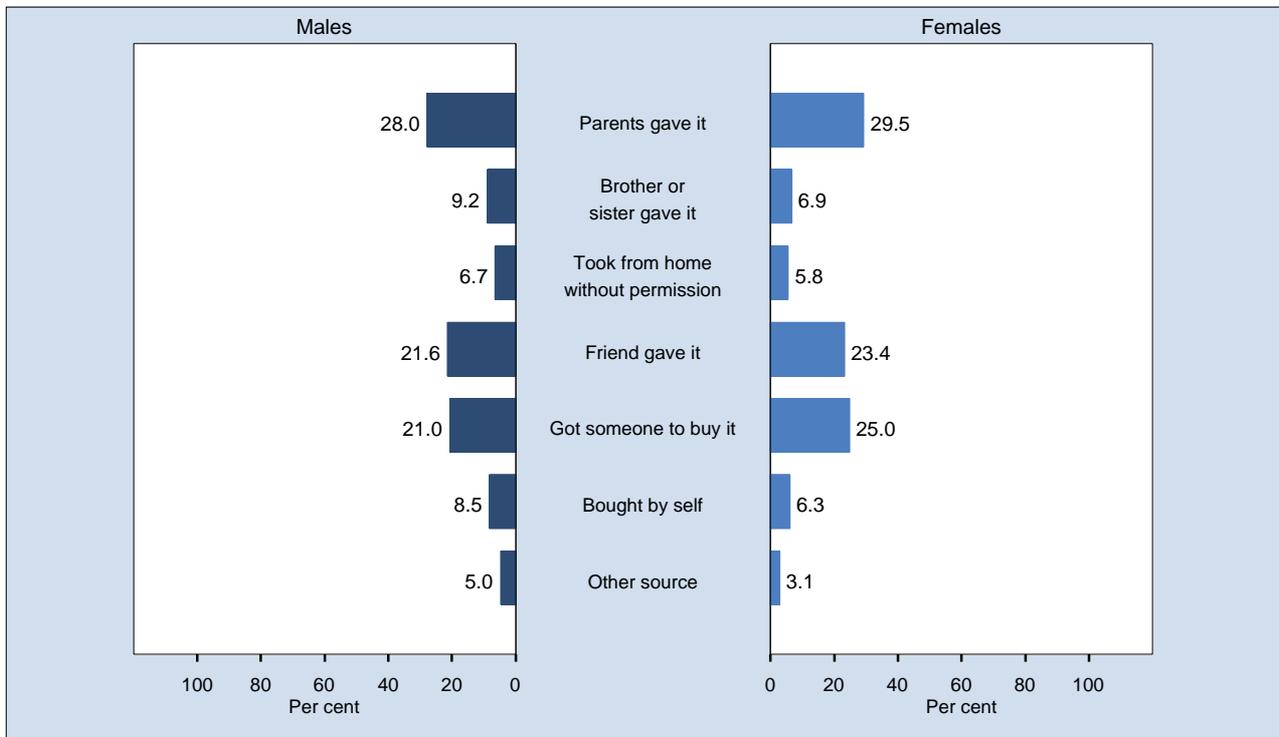
Places where alcohol consumed, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2008



Note: Estimates are based on 1,540 respondents in NSW. For this indicator 104 (6.33%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: How many alcoholic drinks have you had each day in the last 7 days? and Where did you drink your last alcoholic drink?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

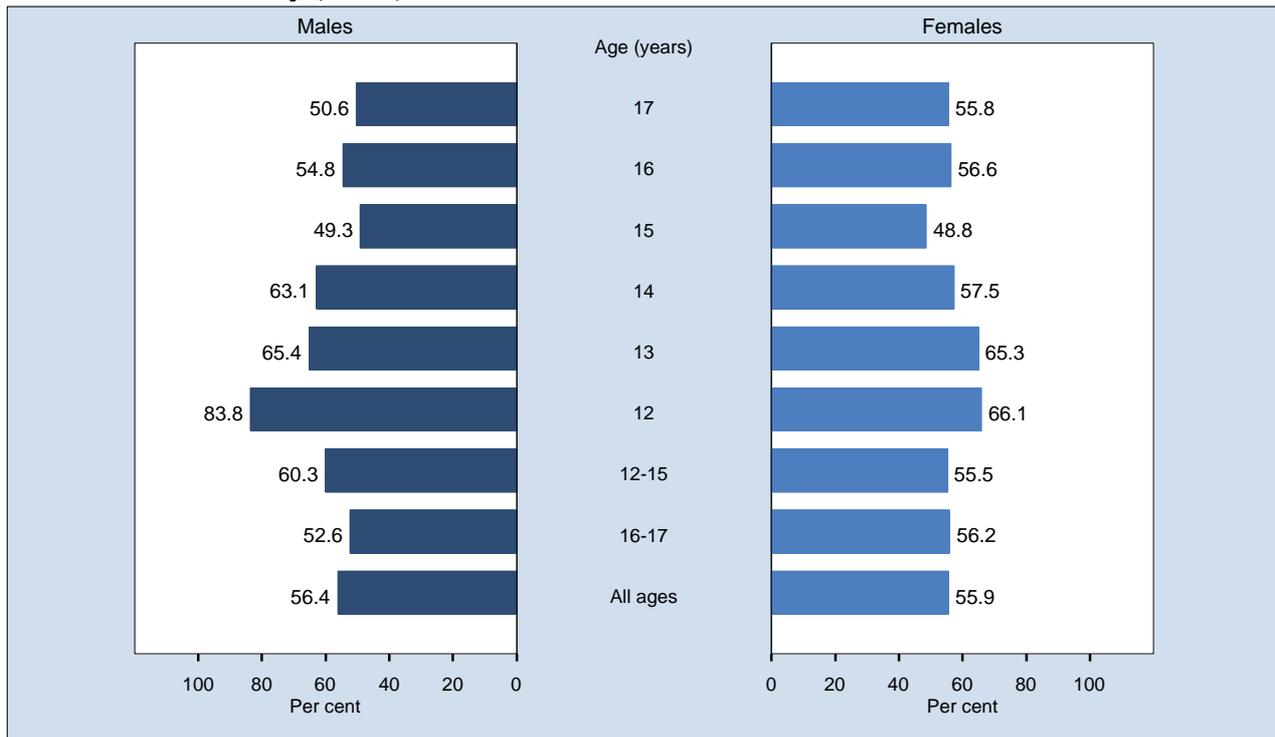
Sources of alcohol, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2008



Note: Estimates are based on 1,520 respondents in NSW. For this indicator 124 (7.54%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: How many alcoholic drinks have you had each day in the last 7 days? and Where, or from whom, did you get your last alcoholic drink?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

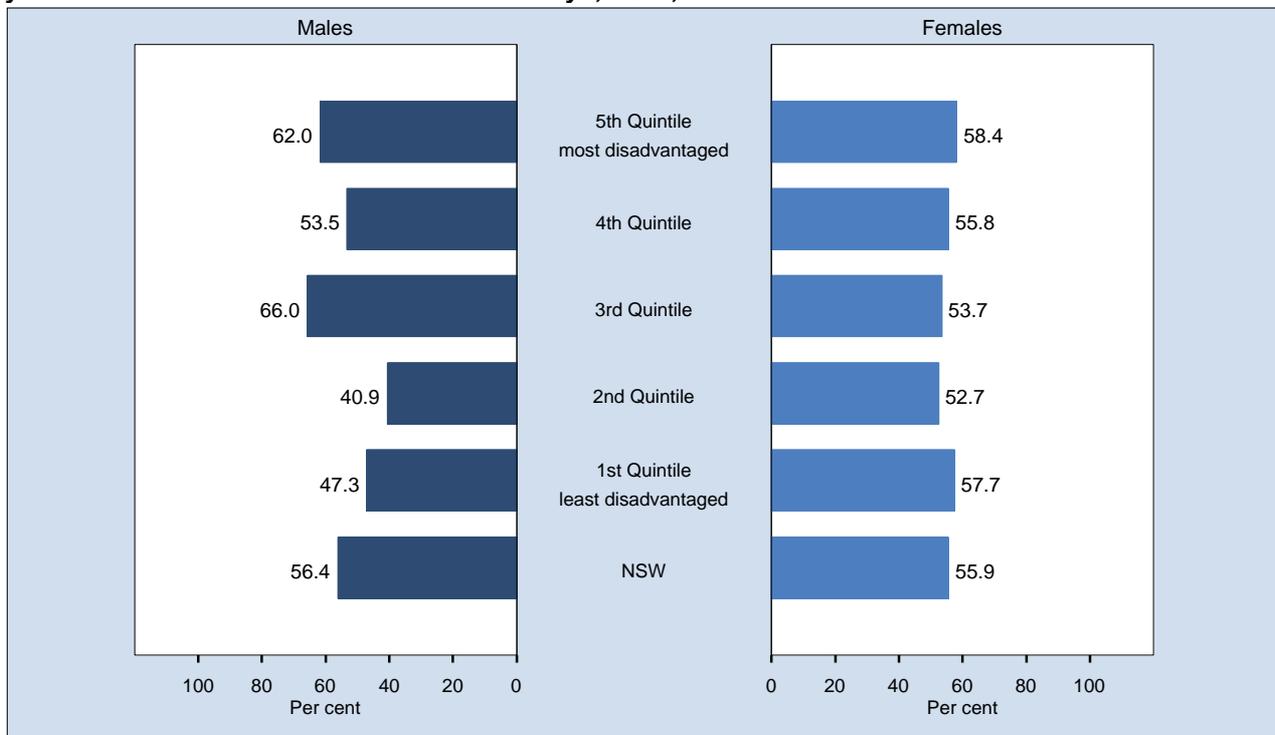
Alcohol consumption supervised by an adult by age, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2008



Note: Estimates are based on 1,610 respondents in NSW. For this indicator 34 (2.07%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 7 days under adult supervision. The questions used to define the indicator were: How many alcoholic drinks have you had each day in the last 7 days? and Was an adult supervising you and/or your friends when you had this drink?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

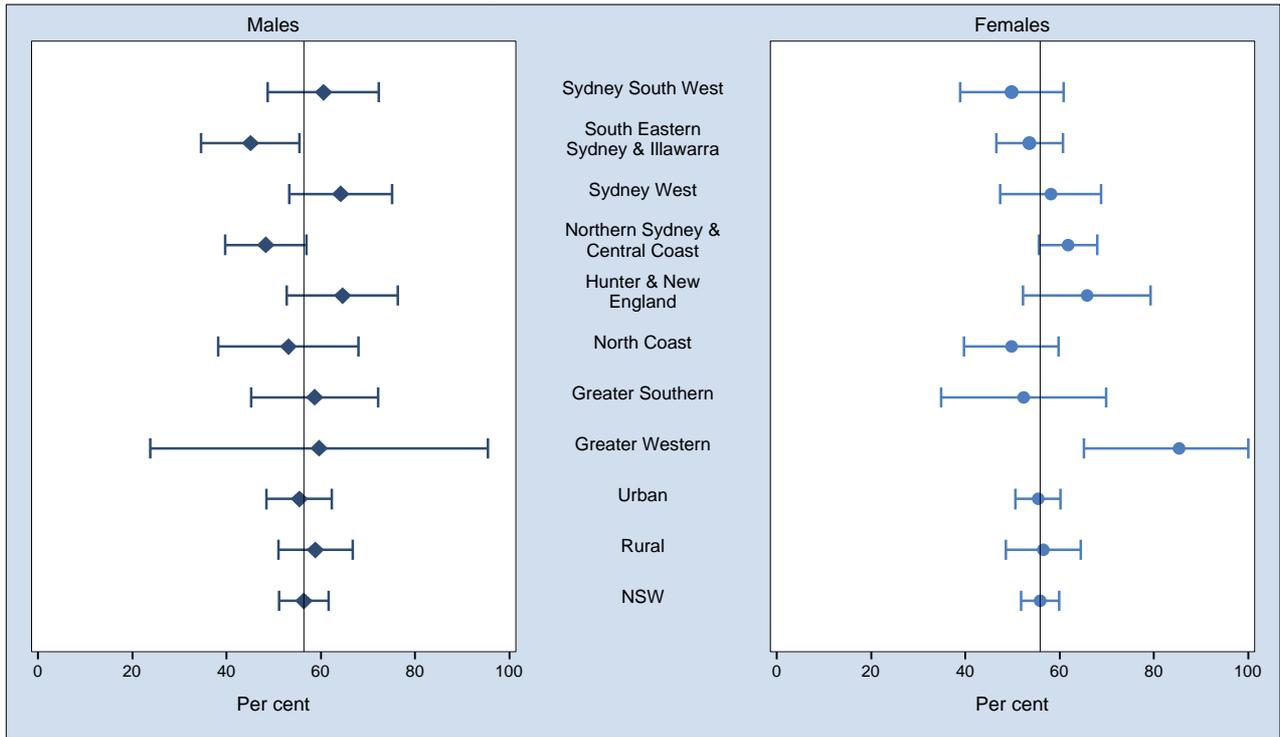
Alcohol consumption supervised by an adult by socioeconomic disadvantage, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2008



Note: Estimates are based on 1,610 respondents in NSW. For this indicator 34 (2.07%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 7 days under adult supervision. The questions used to define the indicator were: How many alcoholic drinks have you had each day in the last 7 days? and Was an adult supervising you and/or your friends when you had this drink?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

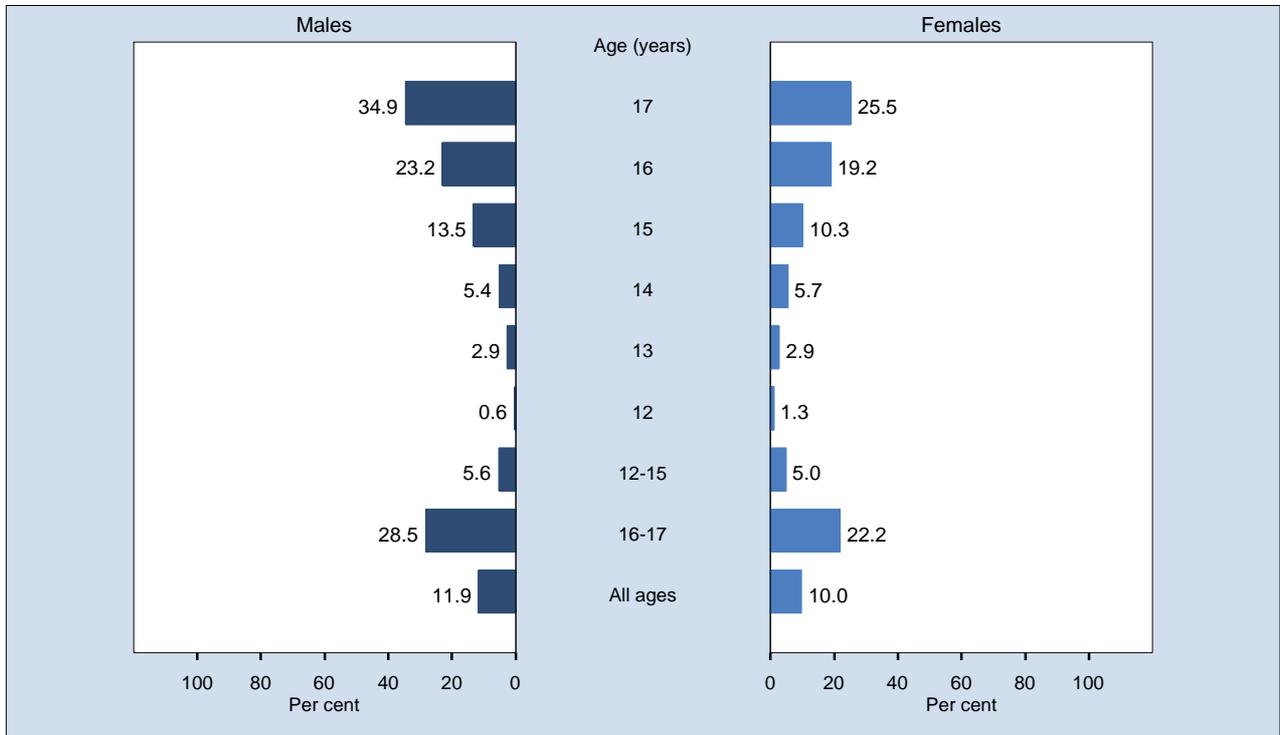
Alcohol consumption supervised by an adult by area health service, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2008



Note: Estimates are based on 1,610 respondents in NSW. For this indicator 34 (2.07%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had an alcoholic drink in the last 7 days under adult supervision. The questions used to define the indicator were: How many alcoholic drinks have you had each day in the last 7 days? and Was an adult supervising you and/or your friends when you had this drink?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

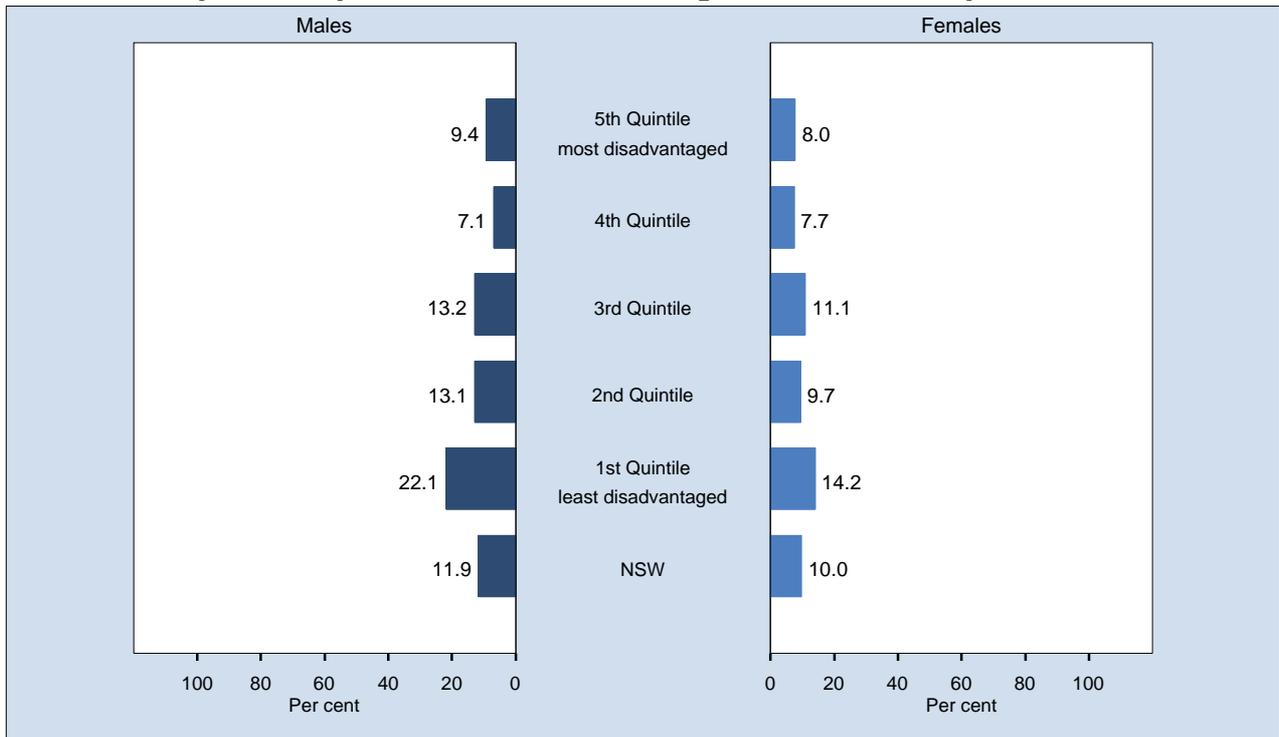
Ever tried to buy alcohol by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,461 respondents in NSW. For this indicator 92 (1.22%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had ever tried to buy alcohol. The question used to define the indicator was: Have you ever tried to buy alcohol at a hotel, pub, club, restaurant, nightclub, or bottleshop?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

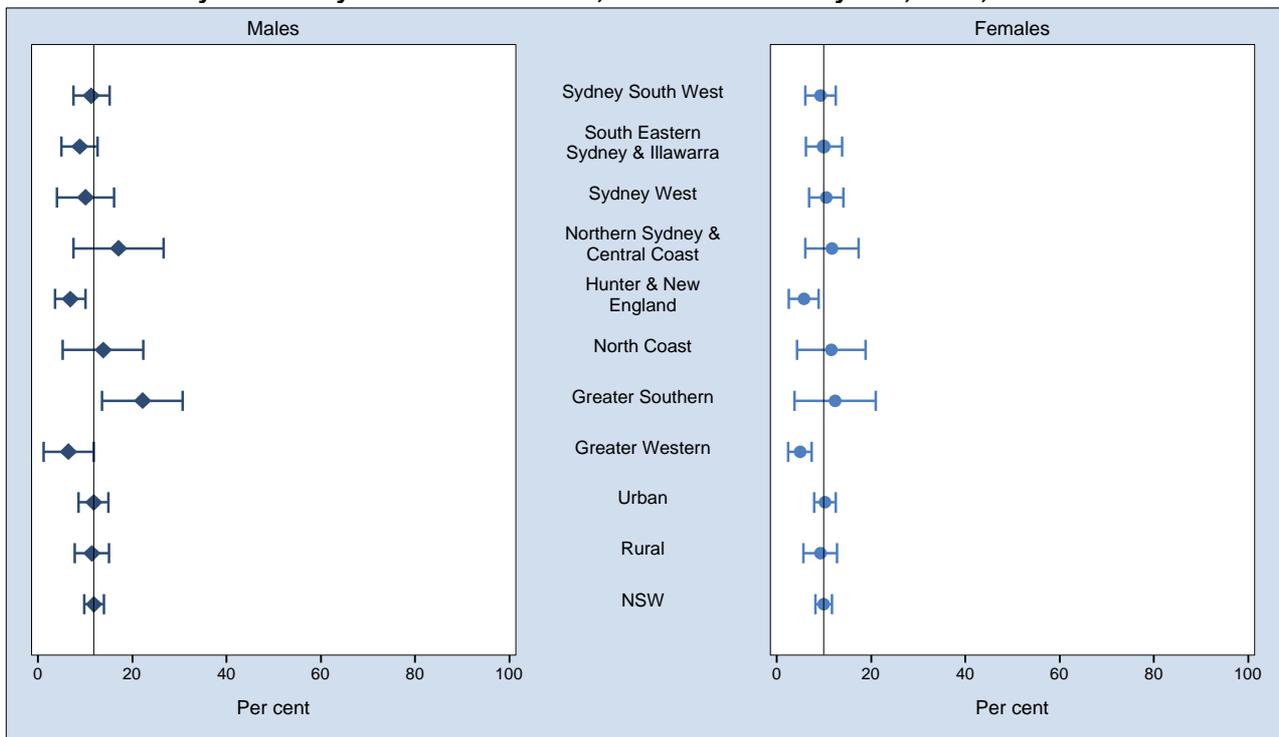
Ever tried to buy alcohol by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,461 respondents in NSW. For this indicator 92 (1.22%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had have tried to buy alcohol. The question used to define the indicator was: Have you ever tried to buy alcohol at a hotel, pub, club, restaurant, nightclub, or bottleshop?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

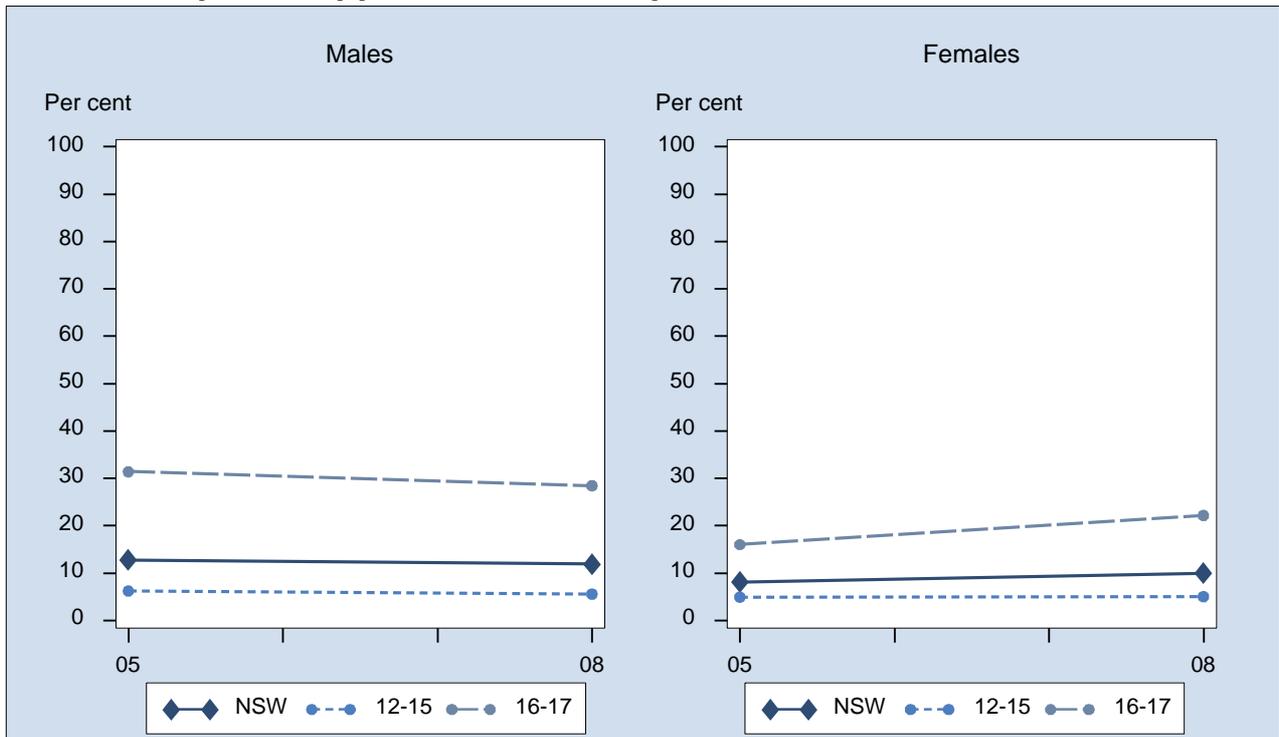
Ever tried to buy alcohol by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,461 respondents in NSW. For this indicator 92 (1.22%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had have tried to buy alcohol. The question used to define the indicator was: Have you ever tried to buy alcohol at a hotel, pub, club, restaurant, nightclub, or bottleshop?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

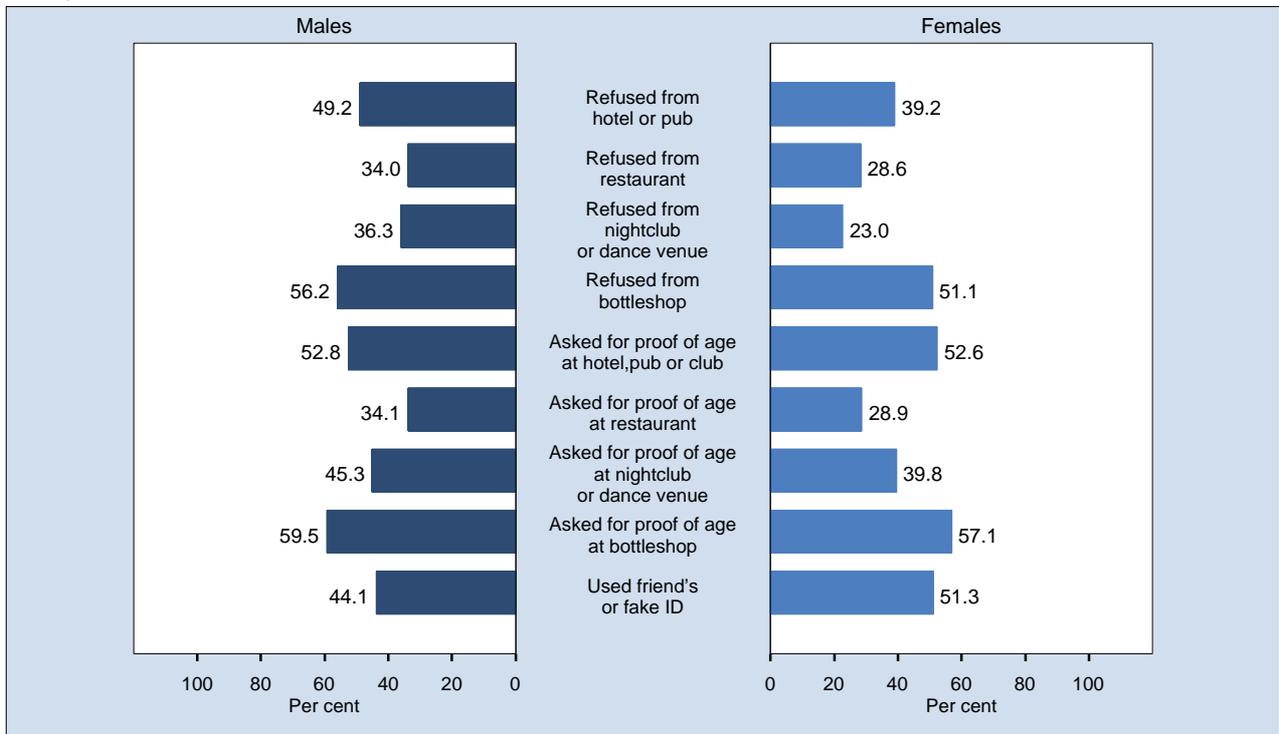
Ever tried to buy alcohol by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (2,673), 2008 (7,461). The indicator includes those who had have tried to buy alcohol. The question used to define the indicator was: Have you ever tried to buy alcohol at a hotel, pub, club, restaurant, nightclub, or bottleshop?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

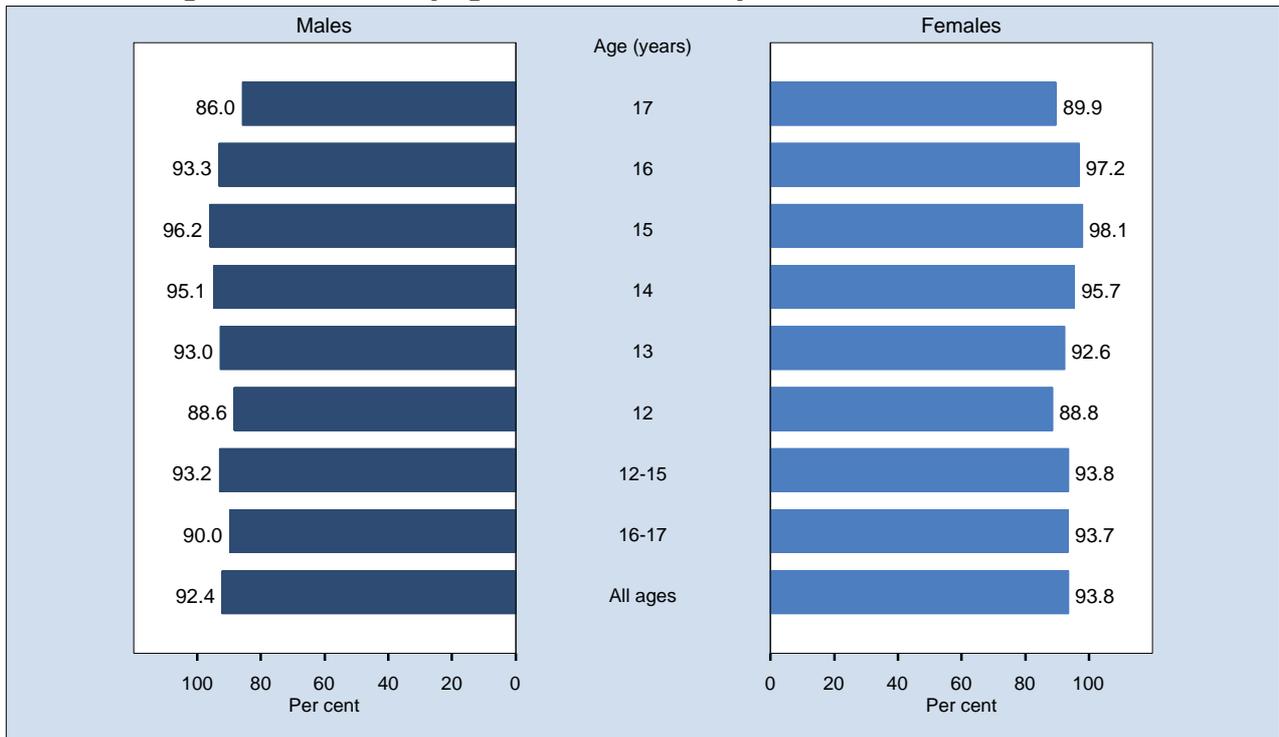
Outcome of attempts to buy alcohol, students aged 12 to 17 years who have ever tried to buy alcohol, NSW, 2008



Note: Estimates are based on 811 respondents in NSW. For this indicator 125 (13.35%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: Have you ever tried to buy alcohol at a hotel, pub, club, restaurant, nightclub or bottleshop? and How often have you been refused service in a hotel, club, pub, restaurant, nightclub or bottleshop? and How often have you been asked for proof of your age or identification when entering and/or asking for alcohol at a hotel, pub, club, restaurant, nightclub or bottleshop? and How often have you used someone else's identification or fake identification to enter and/or ask for alcohol at a hotel, pub, club, restaurant, nightclub or bottleshop? and Have you ever bought alcohol over the internet or by phone, fax or mail order? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

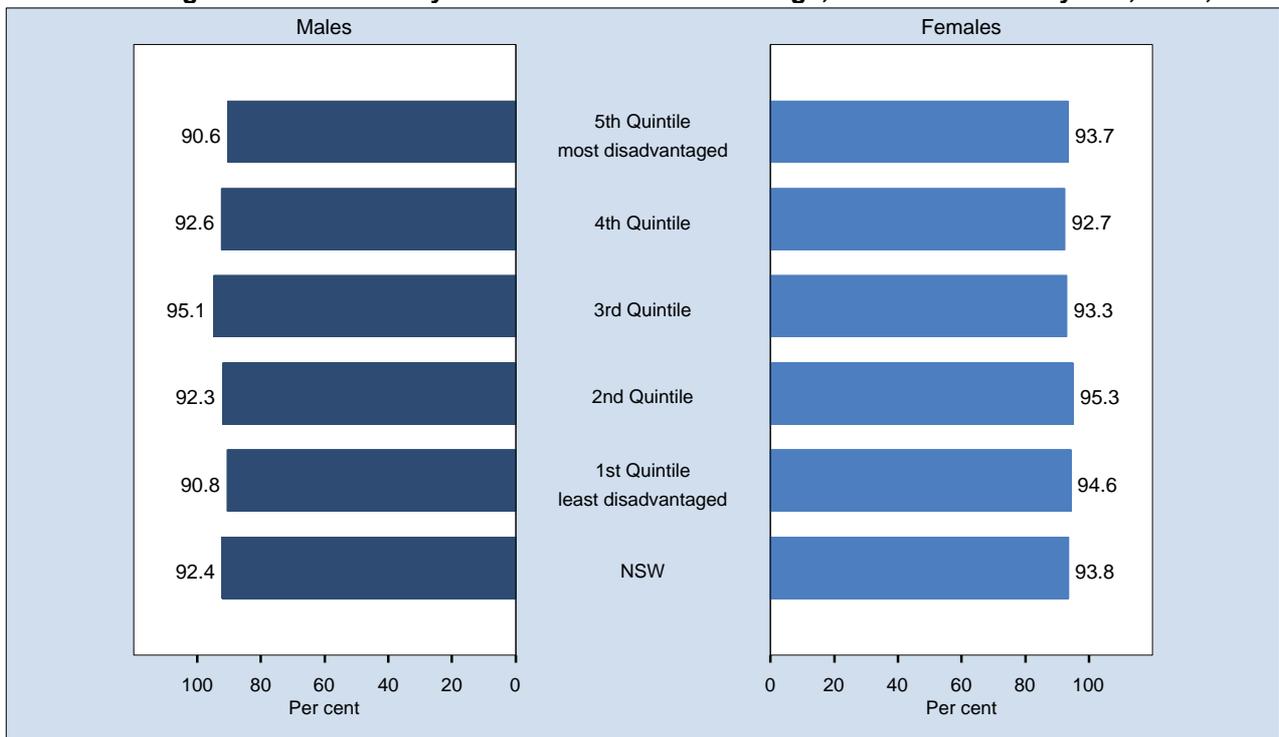
School messages about alcohol by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,502 respondents in NSW. For this indicator 51 (0.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had at least part of a lesson at school that was about drinking alcohol. The question used to define the indicator was: During 2007 (last year) did you have any lessons or parts of lessons at school about drinking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

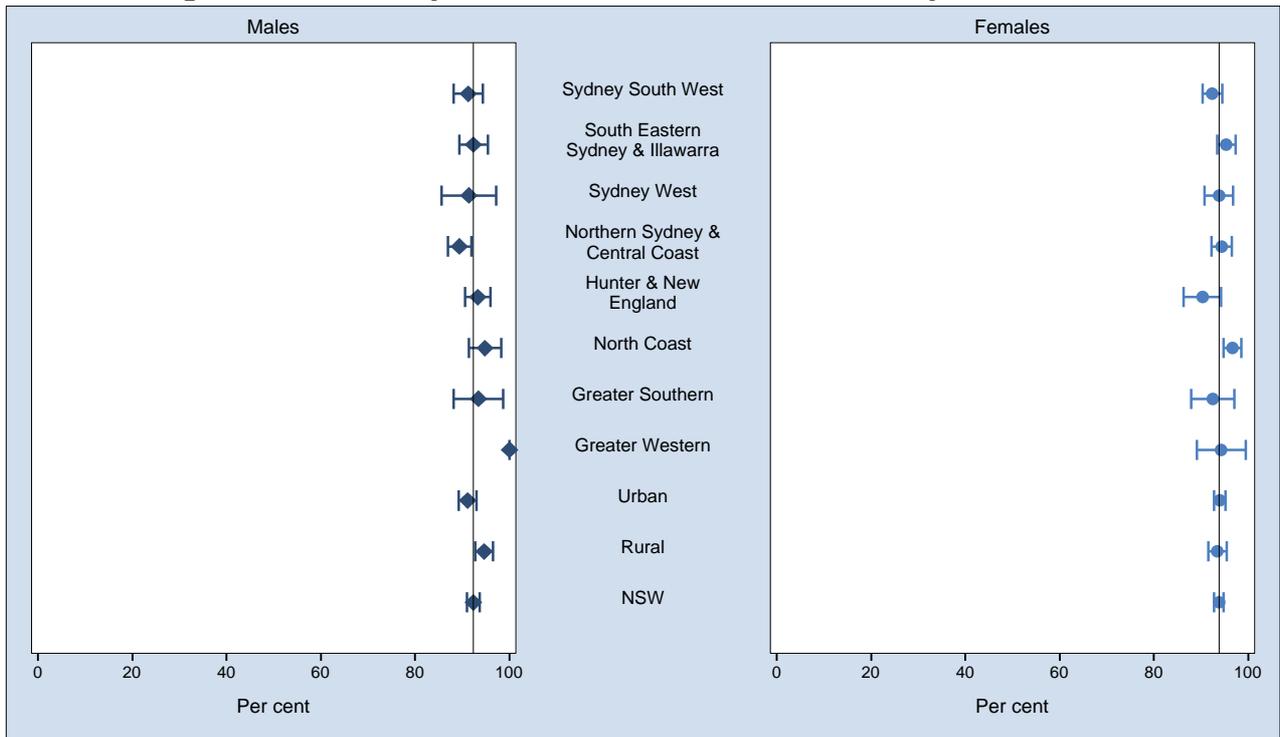
School messages about alcohol by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,502 respondents in NSW. For this indicator 51 (0.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had at least part of a lesson at school that was about drinking alcohol. The question used to define the indicator was: During 2007 (last year) did you have any lessons or parts of lessons at school about drinking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

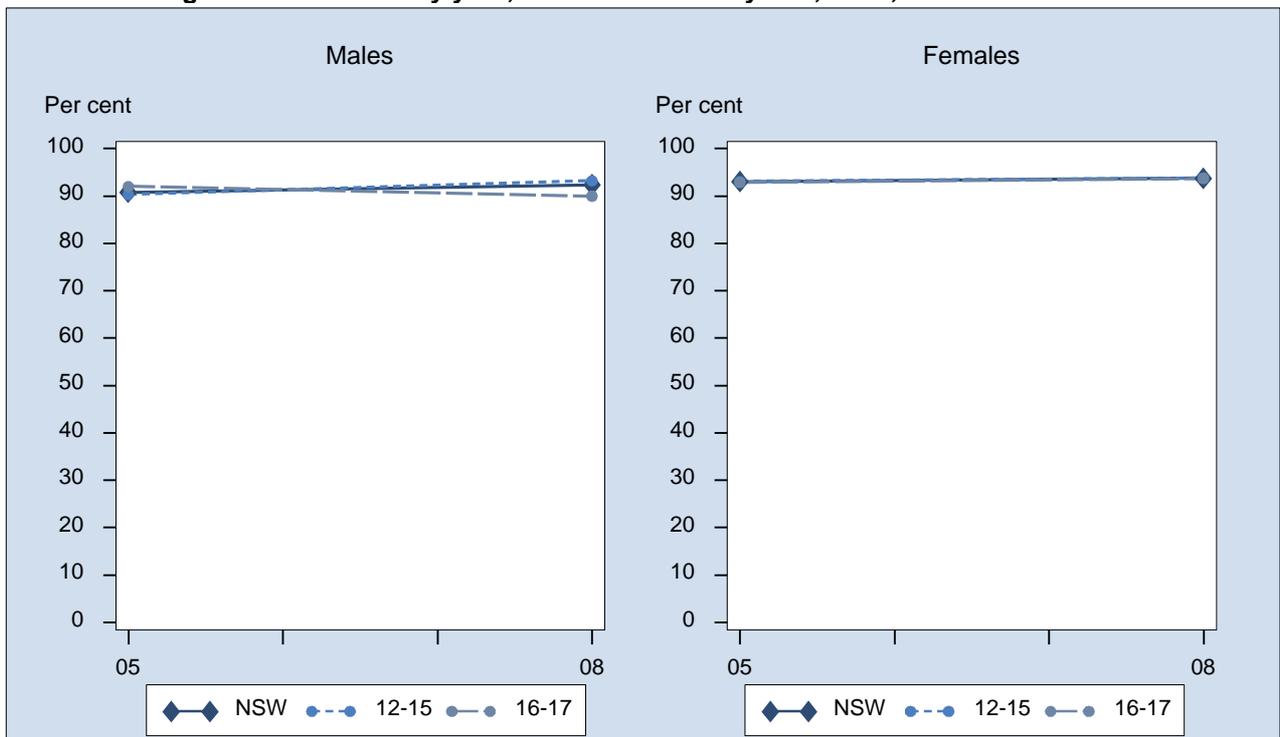
School messages about alcohol by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,502 respondents in NSW. For this indicator 51 (0.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had at least part of a lesson at school that was about drinking alcohol. The question used to define the indicator was: During 2007 (last year) did you have any lessons or parts of lessons at school about drinking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

School messages about alcohol by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,495), 2008 (7,502). The indicator includes those who had at least part of a lesson at school that was about drinking alcohol. The question used to define the indicator was: During 2007 (last year) did you have any lessons or parts of lessons at school about drinking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Tobacco

Introduction

In New South Wales it is illegal to sell or supply tobacco to a person under 18 years of age. Most people who become long-term smokers start smoking in their teenage years, and early uptake is associated with heavier smoking and greater difficulty in quitting. Preventing adolescents from becoming regular users of tobacco is an important goal of tobacco control programs in Australia. The NSW Department of Health's tobacco website provides information on: NSW Health's policy development on tobacco control; enforcement of legislation relating to the control of tobacco advertising, sale of tobacco, and environmental tobacco smoke; the NSW Tobacco Action Plan 2005-2009; and the National Tobacco Strategy 2004-2009.[1-3]

The object of the *Public Health (Tobacco) Act 2008* is to reduce the incidence of tobacco consumption, particularly by young people, in recognition that the consumption of tobacco products adversely affects the health of the people of New South Wales and places a substantial burden on the State's health and financial resources. This Act aims to achieve that object by: regulating the packaging, advertising and display of tobacco products and non-tobacco smoking products; prohibiting the supply of those products to young people; and reducing the exposure of young people to environmental tobacco smoke.[4]

Results

Ever smoked tobacco

In 2008, among students aged 12-17 years, 25.3 per cent had ever smoked tobacco. Students aged 12-15 years (18.2 per cent) were significantly less likely than students aged 16-17 years (43.4 per cent) to have ever smoked tobacco. There was no significant difference between males and females.

Students in the fourth quintile (21.9 per cent) were significantly less likely to have ever smoked tobacco, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Greater Southern Area Health Service (36.7 per cent) were significantly more likely, and students in the Hunter & New England Area Health Service (16.5 per cent) were significantly less likely, to have ever smoked tobacco, compared with the overall student population aged 12-17 years.

The proportion of students who had ever smoked tobacco decreased significantly between 1984 (67.9 per cent) and 2008 (25.3 per cent). The decrease has been significant in students aged 12-15 years (65.6 per cent to 18.2 per cent) and students aged 16-17 years (77.8 per cent to 43.4 per cent).

The proportion of students who had ever smoked tobacco decreased significantly between 2005 (32.8 per cent) and 2008 (25.3 per cent). The decrease has been significant in students aged 12-15 years (26.1 per cent to 18.2 per cent) and students aged 16-17 years (50.7 per cent to 43.4 per cent).

Smoked tobacco in the last 12 months

In 2008, among students aged 12-17 years, 17.0 per cent had smoked tobacco in the last 12 months. Students aged 12-15 years (11.7 per cent) were significantly less likely than students aged 16-17 years (30.7 per cent) to have smoked tobacco in the last 12 months. There was no significant difference between males and females.

There was no significant difference among quintiles of disadvantage, or between urban and rural health areas. Students in the Hunter & New England Area Health Service (8.8 per cent) were significantly less likely to have smoked tobacco in the last 12 months, compared with the overall student population aged 12-17 years.

The proportion of students who had smoked tobacco in the last 12 months decreased significantly between 1984 (42.6 per cent) and 2008 (17.0 per cent). The decrease has been significant in students aged 12-15 years (40.9 per cent to 11.7 per cent) and students aged 16-17 years (49.9 per cent to 30.7 per cent).

The proportion of students who had smoked tobacco in the last 12 months decreased significantly between 2005 (21.0 per cent) and 2008 (17.0 per cent). The decrease has been significant in students aged 12-15 years (16.2 per cent to 11.7 per cent).

Smoked tobacco in the last 4 weeks

In 2008, among students aged 12-17 years, 9.9 per cent had smoked tobacco in the last 4 weeks. Students aged 12-15 years (6.6 per cent) were significantly less likely than students aged 16-17 years (18.4 per cent) to have smoked tobacco in the last 4 weeks. There was no significant difference between males and females.

There was no significant difference among quintiles of disadvantage, or between urban and rural health areas. Students in the Hunter & New England (5.7 per cent) and Greater Western (5.8 per cent) Area Health Services were significantly less likely to have smoked tobacco in the last 4 weeks, compared with the overall student population aged 12-17 years.

The proportion of students who had smoked tobacco in the last 4 weeks decreased significantly between 1984 (27.4 per cent) and 2008 (9.9 per cent). The decrease has been significant in students aged 12-15 years (25.6 per cent to 6.6 per cent) and students aged 16-17 years (35.4 per cent to 18.4 per cent).

However, there has been no significant change in the proportion of students aged 12-17 years who had smoked tobacco in the last 4 weeks between 2005 and 2008; however, there has been a significant decrease in the 12-15 year age group (8.3 per cent to 6.6 per cent).

Smoked tobacco in the last 7 days

In 2008, among students aged 12-17 years, 7.3 per cent had smoked tobacco in the last 7 days. Students aged 12-15 years (4.7 per cent) were significantly less likely than students aged 16-17 years (14.0 per cent) to have smoked tobacco in the last 7 days. There was no significant difference between males and females.

There was no significant difference among quintiles of disadvantage, or between urban and rural health areas. Students in the Hunter & New England (4.0 per cent) and Greater Western (3.9 per cent) Area Health Services were significantly less likely to have smoked tobacco in the last 7 days, compared with the overall student population aged 12-17 years.

The proportion of students who had smoked tobacco in the last 7 days decreased significantly between 1984 (22.4 per cent) and 2008 (7.3 per cent). The decrease has been significant in students aged 12-15 years (20.5 per cent to 4.7 per cent) and students aged 16-17 years (30.1 per cent to 14.0 per cent).

However, there has been no significant change in the proportion of students aged 12-17 years who had smoked tobacco in the last 7 days between 2005 and 2008.

In 2008, among students aged 12-17 years who had smoked tobacco in the last 7 days, 53.2 per cent smoked 1-10 cigarettes, 13.2 per cent smoked 11-20 cigarettes, 9.7 per cent smoked 21-30 cigarettes, 6.2 per cent smoked 31-40 cigarettes, 3.2 per cent smoked 41-50 cigarettes, and 14.6 per cent smoked 51 or more cigarettes.

In 2008, among students aged 12-17 years who had smoked tobacco in the last 7 days, the source of the last cigarette smoked was: 44.7 per cent from friends, 23.0 per cent bought by self, 14.1 per cent bought by someone else, 5.9 per cent from parents, 5.0 per cent from brother or sister, and 3.9 per cent took from home without parental permission.

Ever tried to buy cigarettes from a shop

In 2008, among students aged 12-17 years, 8.7 per cent had ever tried to buy cigarettes from a shop. Students aged 12-15 years (4.7 per cent) were significantly less likely than students aged 16-17 years (18.8 per cent) to have ever tried to buy cigarettes from a shop. There was no significant difference between males and females.

Students in the fourth quintile (4.7 per cent) were significantly less likely to have ever tried to buy cigarettes from a shop, compared with the overall student population aged 12-17 years. Students in rural health areas (4.9 per cent) were significantly less likely than students in urban health areas (10.2 per cent) to have ever tried to buy cigarettes from a shop. Students in the Hunter & New England (2.6 per cent) and Greater Western (4.0 per cent) Area Health Services were significantly less likely to have ever tried to buy cigarettes from a shop, compared with the overall student population aged 12-17 years.

There has been no significant change in the proportion of students aged 12-17 years who had ever tried to buy cigarettes from a shop between 2005 and 2008.

Smoking status

In 2008, among students aged 12-17 years, 1.7 per cent considered themselves to be a heavy smoker, 2.4 per cent considered themselves to be a light smoker, 4.5 per cent considered themselves to be an occasional smoker, 2.2 per cent considered themselves to be an ex-smoker, and 89.2 per cent considered themselves to be a non-smoker. Students aged 12-17 years who considered themselves to be heavy or light or occasional smokers were grouped to form current smokers.

In 2008, among students aged 12-17 years, 8.6 per cent were current (heavy or light or occasional) smokers. Students aged 12-15 years (5.5 per cent) were significantly less likely than students aged 16-17 years (16.6 per cent) to be current smokers. There was no significant difference between males and females.

There was no significant difference among quintiles of disadvantage, or between urban and rural health areas. Students in the Hunter & New England (4.4 per cent) and Greater Western (3.9 per cent) Area Health Services were significantly less likely to be current smokers, compared with the overall student population aged 12-17 years.

The proportion of students who were current smokers decreased significantly between 1984 (27.3 per cent) and 2008 (8.6 per cent). The decrease has been significant in students aged 12-15 years (25.7 per cent to 5.5 per cent) and students aged 16-17 years (34.2 per cent to 16.6 per cent).

However, there has been no significant change in the proportion of students aged 12-17 years who were current smokers between 2005 and 2008; however, there has been a significant decrease in the 12-15 year age group (7.3 per cent to 5.5 per cent).

Wants to quit smoking

In 2008, among students aged 12-17 years who currently smoke, 36.4 per cent want to quit smoking. Students aged 12-15 years (30.6 per cent) were significantly less likely than students aged 16-17 years (41.0 per cent) to want to quit smoking. There was no significant difference between males and females.

There was no significant difference among quintiles of disadvantage, or between urban and rural health areas. Students in the Sydney West Area Health Service (46.8 per cent) were significantly more likely to want to quit smoking, compared with the overall student population aged 12-17 years who currently smoke.

The proportion of students who were current smokers who want to quit smoking decreased significantly between 2002 (45.5 per cent) and 2008 (36.4 per cent). The decrease has been significant in students aged 12-15 years (45.4 per cent) to 30.6 per cent).

In 2008, among students aged 12-17 years who were current tobacco smokers, 58.3 per cent had never tried to give up smoking in the last 12 months, 14.1 per cent tried to give up once, 9.9 per cent tried to give up twice, 7.3 per cent tried to give up 3 times, 5.8 per cent tried to give up 4-6 times, and 4.7 per cent tried to give up 7 or more times.

Influenced by Quit advertisements

In 2008, among students aged 12-17 years who currently smoke, 37.4 per cent have been encouraged to quit smoking by Quit advertisements. There was no significant difference between age groups, or between males and females.

Students in the third quintile (29.8 per cent) were significantly less likely to have been encouraged to quit smoking by Quit advertisements, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the Sydney West Area Health Service (49.1 per cent) were significantly more likely to have been encouraged to quit smoking by Quit advertisements, compared with the overall student population aged 12-17 years who currently smoke.

Believes celebrity smoking encourages the young to smoke

In 2008, among students aged 12-17 years, 51.1 per cent believe celebrity smoking encourages the young to smoke. There was no significant difference between age groups. Males (49.4 per cent) were significantly less likely than females (52.8 per cent) to believe celebrity smoking encourages the young to smoke.

Students in the first or least disadvantaged quintile (48.0 per cent) were significantly less likely to believe celebrity smoking encourages the young to smoke, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas, or among area health services.

The proportion of students who believe celebrity smoking encourages the young to smoke decreased significantly between 2005 (56.9 per cent) and 2008 (51.1 per cent). The decrease has been significant in students aged 12-15 years (57.6 per cent to 51.3 per cent).

School messages about tobacco smoking

In 2008, among students aged 12-17 years, 90.6 per cent had at least part of a lesson at school about smoking tobacco. Students aged 12-15 years (92.5 per cent) were significantly more likely than students aged 16-17 years (85.8 per cent) to have had at least part of a lesson at school about smoking tobacco. Males (89.4 per cent) were significantly less likely than females (91.9 per cent) to have had at least part of a lesson at school about smoking tobacco.

Students in the second quintile (92.6 per cent) and third quintile (92.7 per cent) were significantly more likely to have had at least part of a lesson at school about smoking tobacco, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas. Students in the South Eastern Sydney & Illawarra (94.4 per cent) and Greater Western (95.1 per cent) Area Health Services were significantly more likely to have had at least part of a lesson at school about smoking tobacco, compared with the overall student population aged 12-17 years.

There has been no significant change in the proportion of students aged 12-17 years who have had at least part of a lesson at school about smoking tobacco between 2005 and 2008.

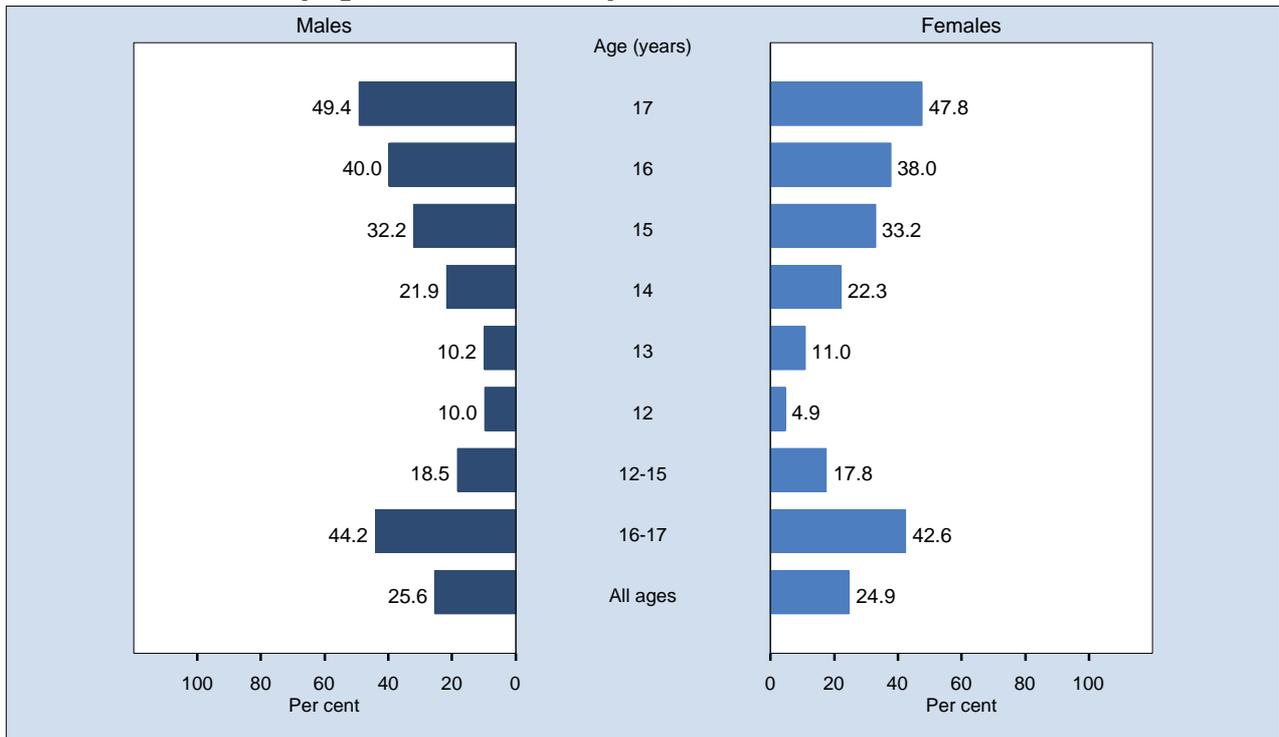
Intention towards smoking in the next 12 months

In 2008, among students aged 12-17 years, 77.0 per cent were certain they would not be smoking this time next year, 10.7 per cent thought it very unlikely, 3.5 per cent thought it unlikely, 4.8 per cent couldn't decide how likely it would be, 1.9 per cent thought it likely, 0.8 per cent thought it very likely, and 1.3 per cent thought it certain they would be smoking this time next year.

References

1. Drug Strategy Branch. *Smoking behaviours of Australian secondary school students in 2002. Monograph Series No. 54.* Canberra: Australian Government Department of Health and Ageing, 2004.
2. Centre for Behavioural Research in Cancer. *Smoking behaviours of Australian secondary school students in 2005.* Melbourne: The Cancer Council Victoria, 2006.
3. NSW Department of Health's Tobacco Website. Sydney: NSW Department of Health, 2009. Available online at www.health.nsw.gov.au/publichealth/healthpromotion/tobacco/index.asp (accessed 17 September 2009).
4. New South Wales Legislation. *Public Health (Tobacco) Act 2008.* Sydney: NSW Government, November 2008. Available online at www.health.nsw.gov.au/publichealth/healthpromotion/tobacco/legislation.asp (accessed 17 September 2009).

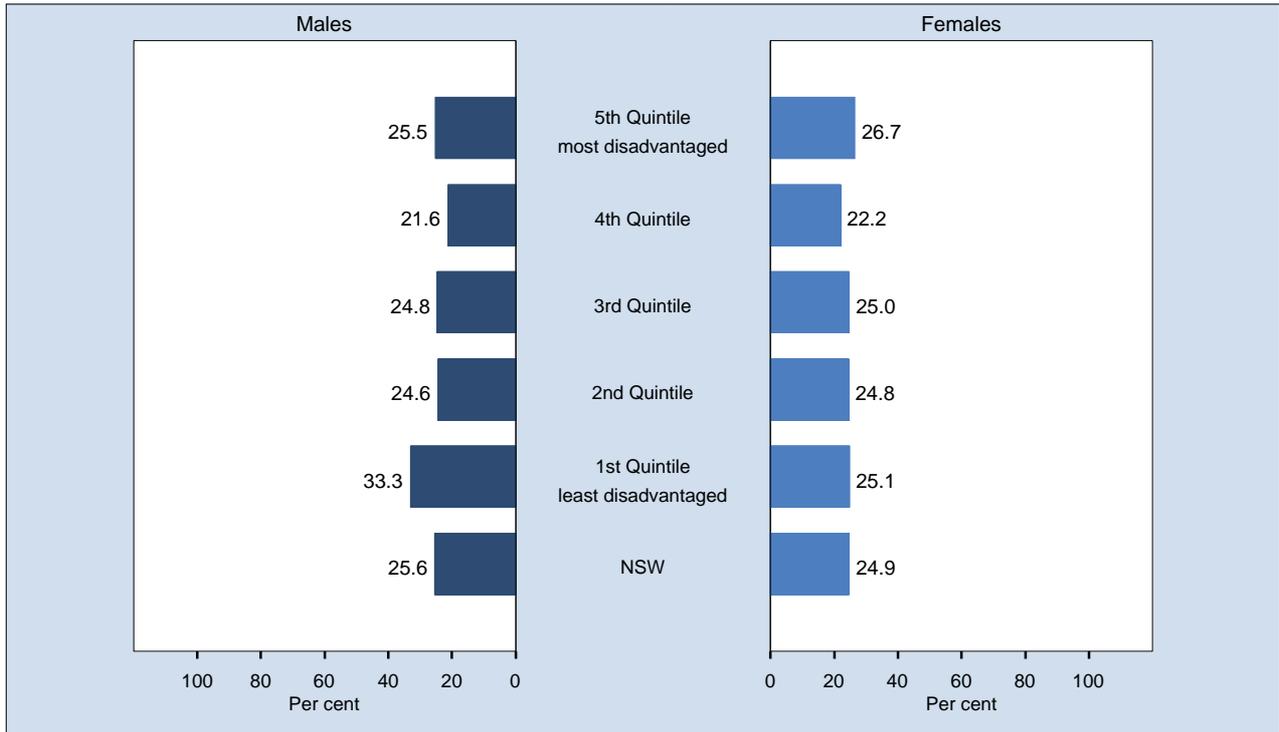
Ever smoked tobacco by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,503 respondents in NSW. For this indicator 50 (0.66%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever smoked tobacco. The question used to define the indicator was: Have you ever smoked even part of a cigarette?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

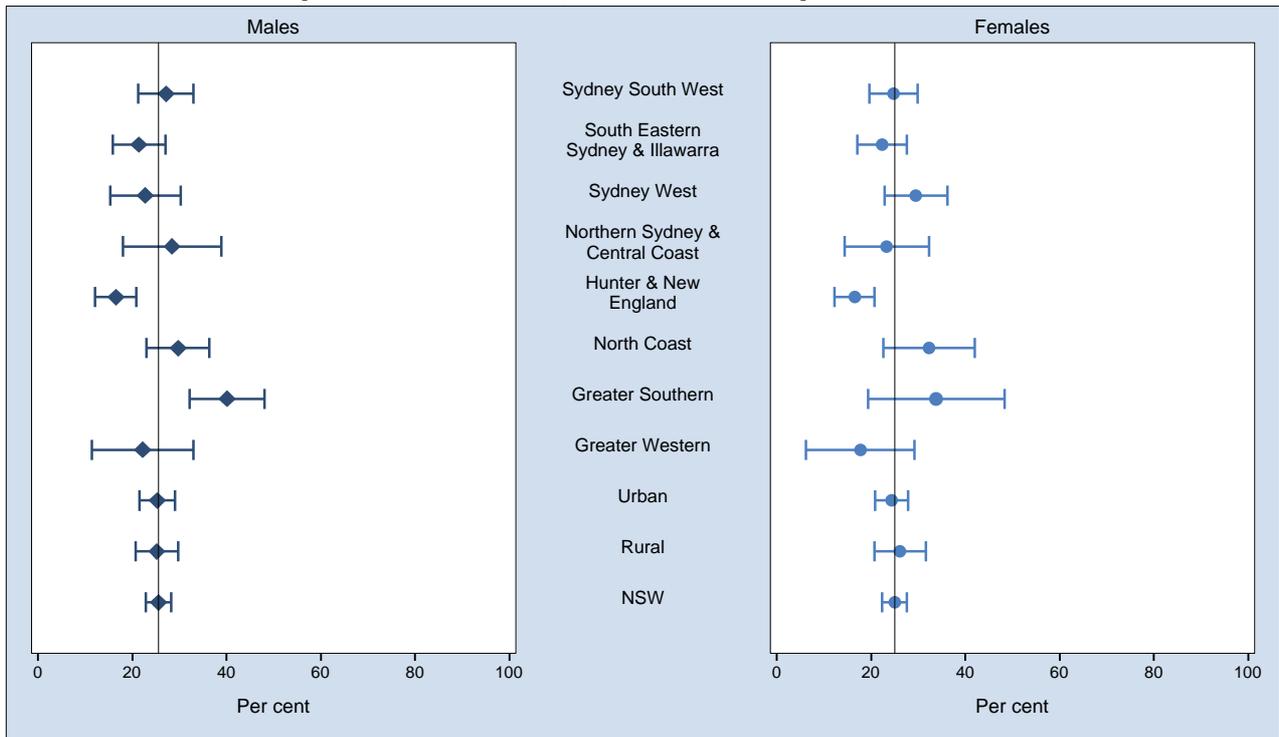
Ever smoked tobacco by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,503 respondents in NSW. For this indicator 50 (0.66%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever smoked tobacco. The question used to define the indicator was: Have you ever smoked even part of a cigarette?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

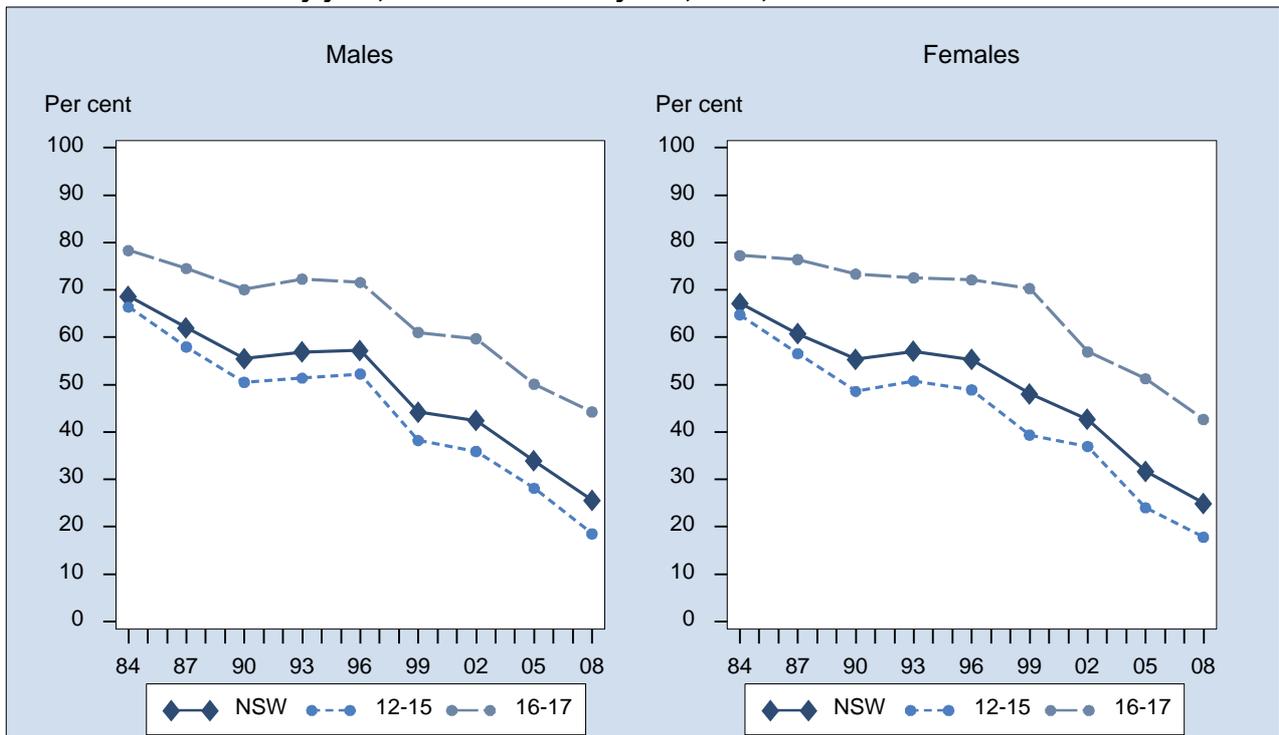
Ever smoked tobacco by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,503 respondents in NSW. For this indicator 50 (0.66%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever smoked tobacco. The question used to define the indicator was: Have you ever smoked even part of a cigarette?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

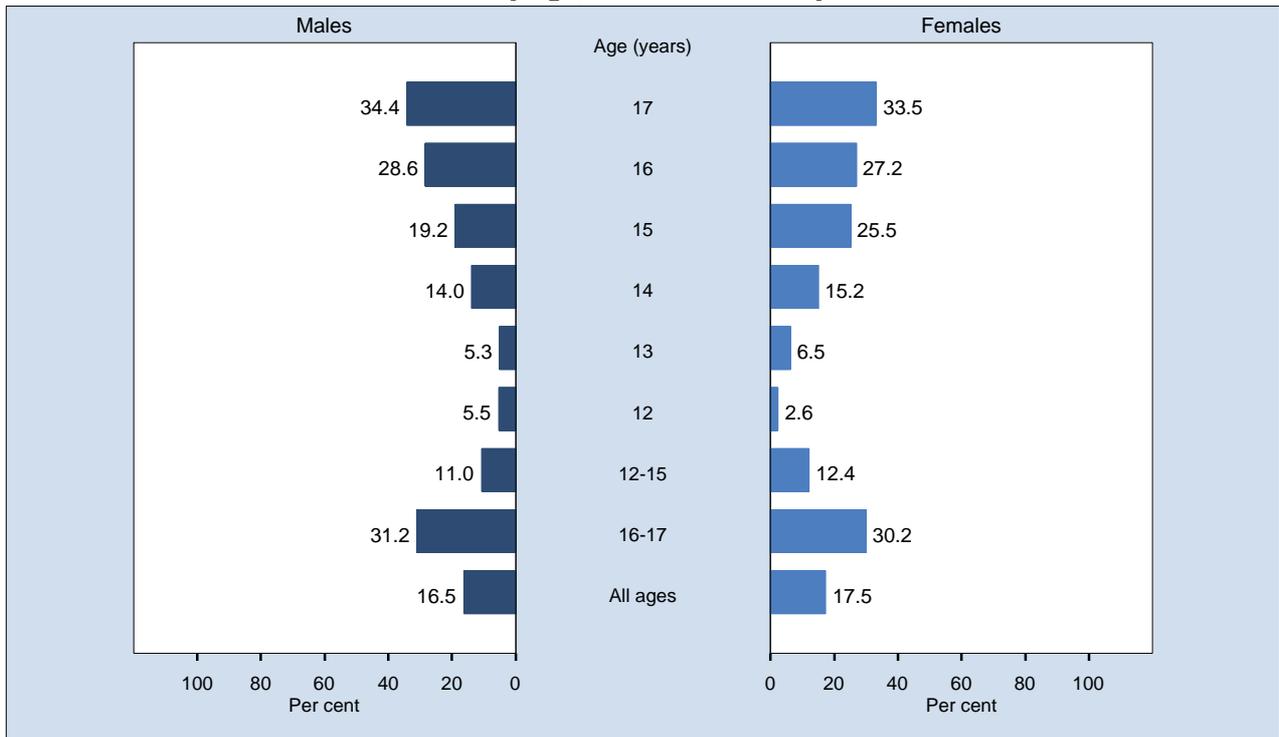
Ever smoked tobacco by year, students 12 to 17 years, NSW, 1984-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1984 (4,820), 1987 (4,611), 1990 (5,153), 1993 (4,798), 1996 (9,986), 1999 (6,592), 2002 (6,108), 2005 (5,508), 2008 (7,503). The indicator includes those who have ever smoked tobacco. The question used to define the indicator was: Have you ever smoked even part of a cigarette?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

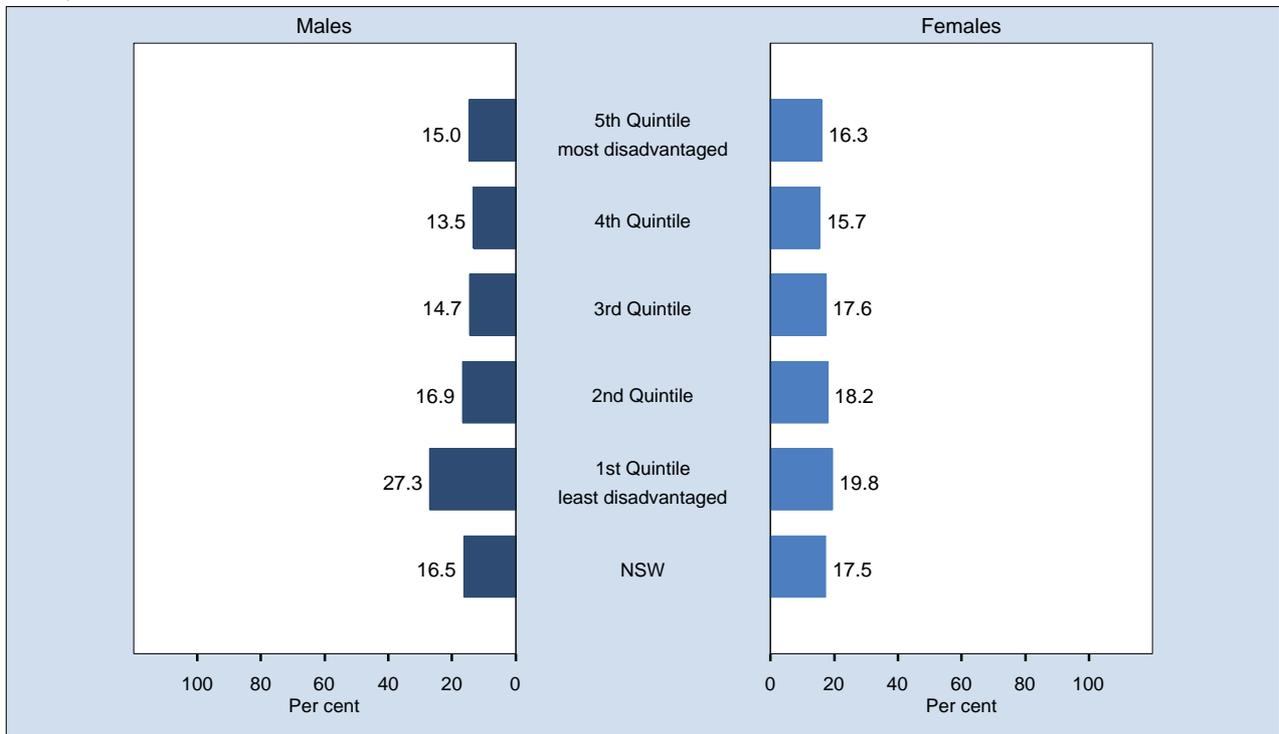
Smoked tobacco in the last 12 months by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,525 respondents in NSW. For this indicator 28 (0.37%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who smoked in the last 12 months. The question used to define the indicator was: Have you smoked cigarettes in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

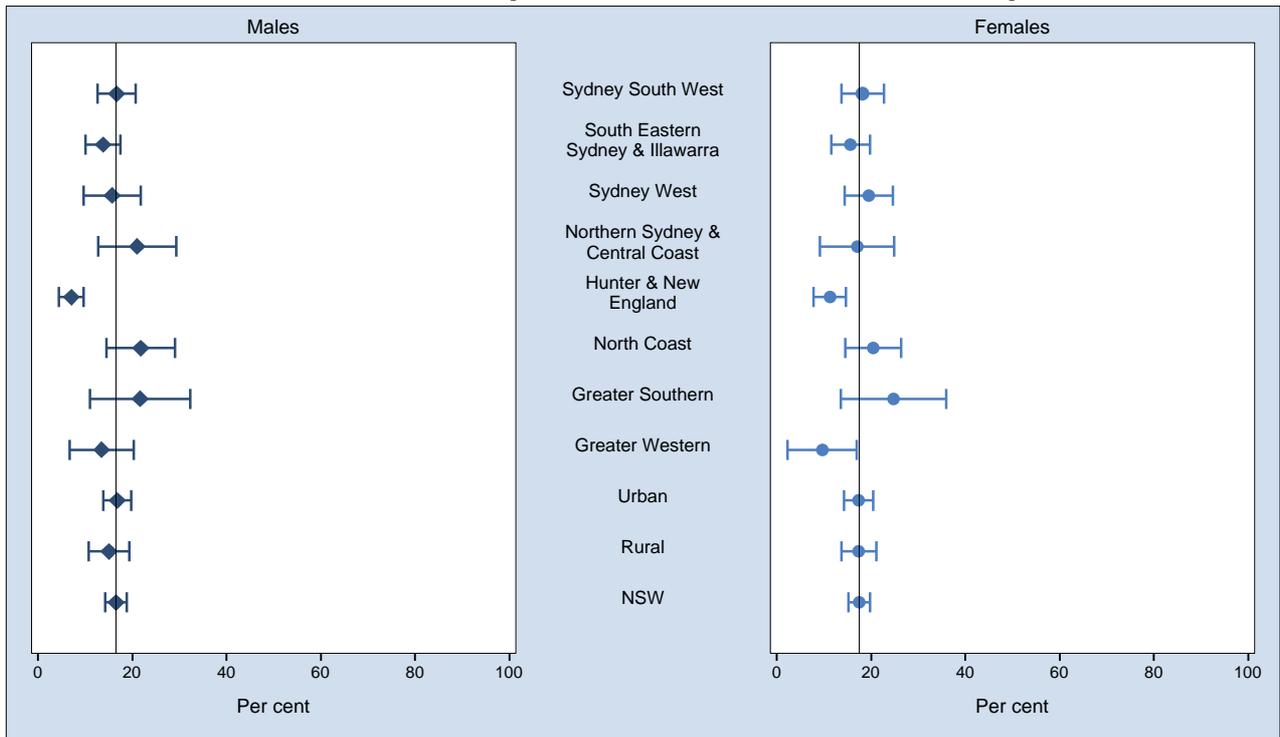
Smoked tobacco in the last 12 months by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,525 respondents in NSW. For this indicator 28 (0.37%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who smoked in the last 12 months. The question used to define the indicator was: Have you smoked cigarettes in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

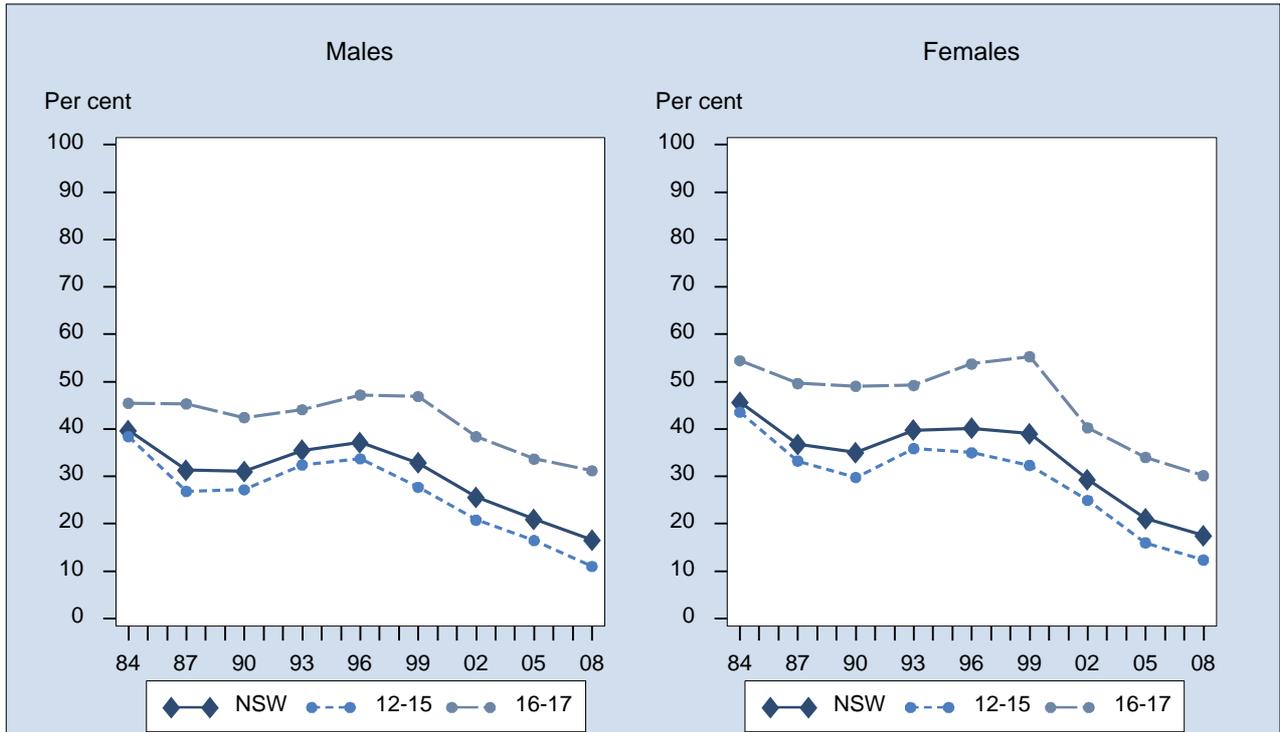
Smoked tobacco in the last 12 months by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,525 respondents in NSW. For this indicator 28 (0.37%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who smoked in the last 12 months. The question used to define the indicator was: Have you smoked cigarettes in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

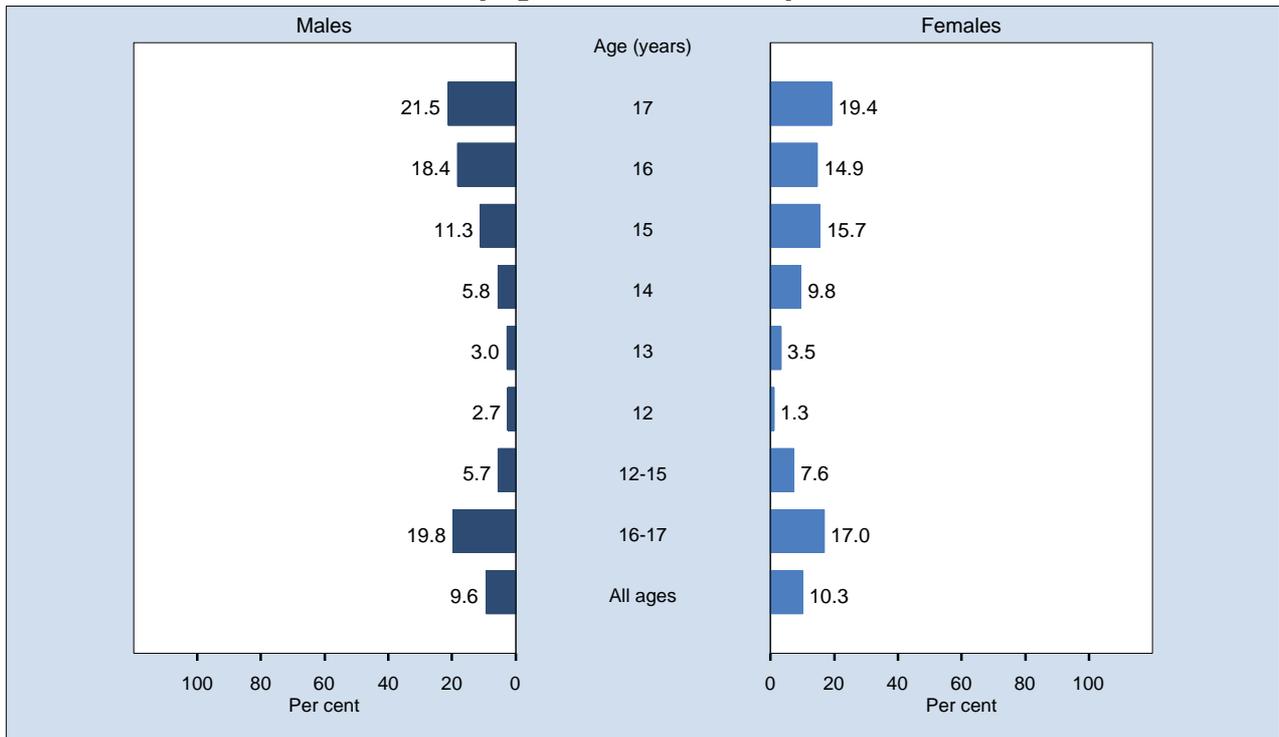
Smoked tobacco in the last 12 months by year, students 12 to 17 years, NSW, 1984-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1984 (4,866), 1987 (4,615), 1990 (5,160), 1993 (4,814), 1996 (10,006), 1999 (7,322), 2002 (6,158), 2005 (5,517), 2008 (7,525). The indicator includes those who smoked in the last 12 months. The question used to define the indicator was: Have you smoked cigarettes in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

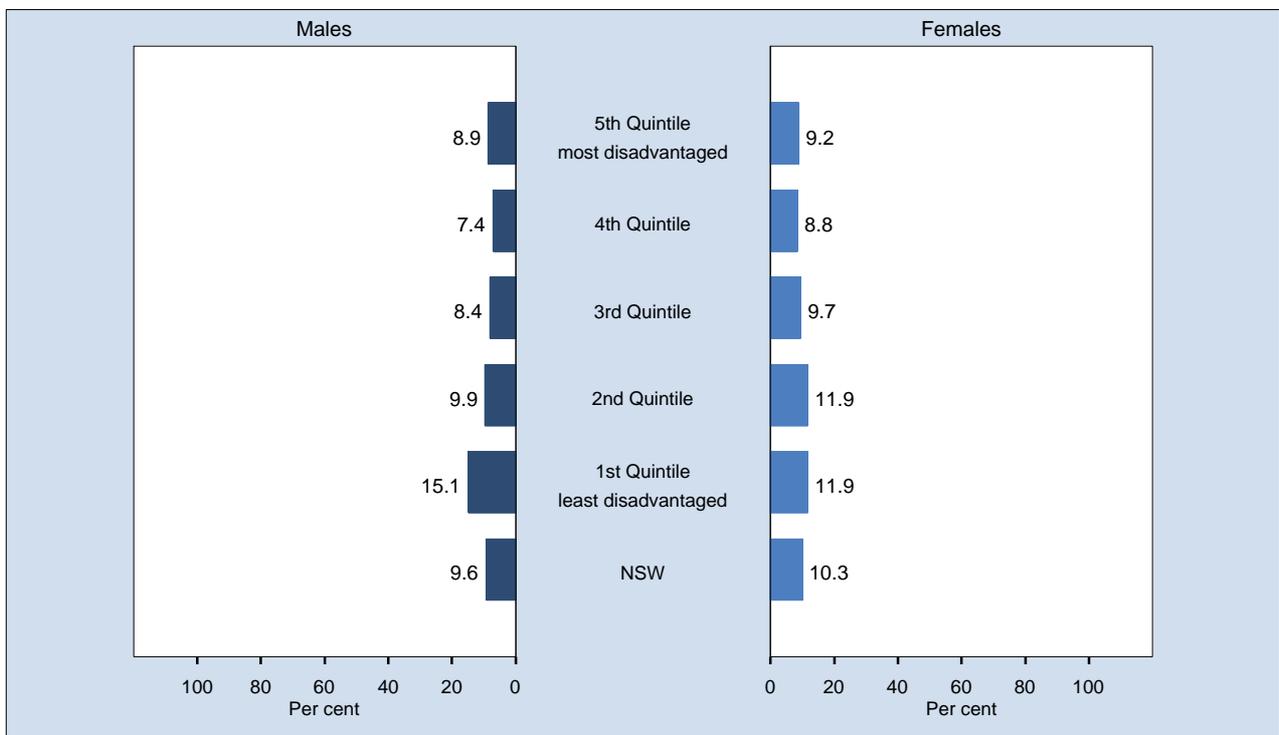
Smoked tobacco in the last 4 weeks by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,529 respondents in NSW. For this indicator 24 (0.32%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who smoked in the last 4 weeks. The question used to define the indicator was: Have you smoked cigarettes in the last 4 weeks?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

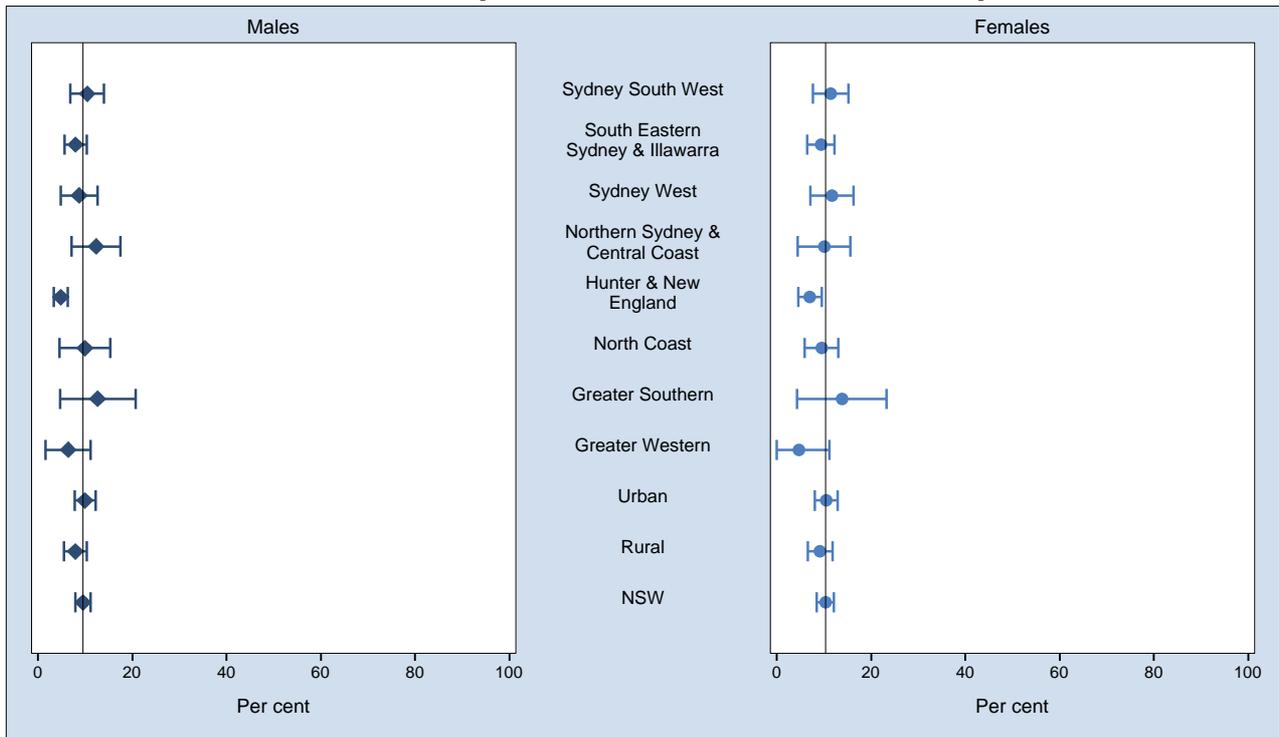
Smoked tobacco in the last 4 weeks by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,529 respondents in NSW. For this indicator 24 (0.32%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who smoked in the last 4 weeks. The question used to define the indicator was: Have you smoked cigarettes in the last 4 weeks?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

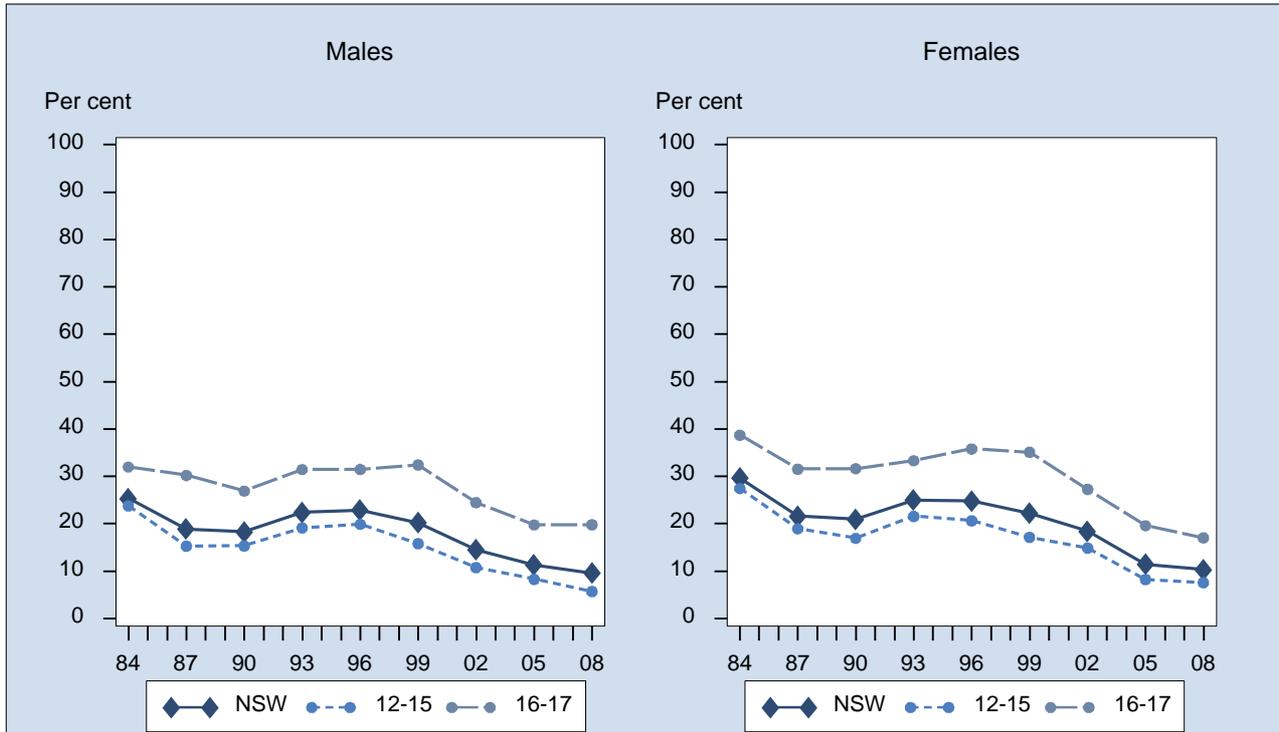
Smoked tobacco in the last 4 weeks by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,529 respondents in NSW. For this indicator 24 (0.32%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who smoked in the last 4 weeks. The question used to define the indicator was: Have you smoked cigarettes in the last 4 weeks?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

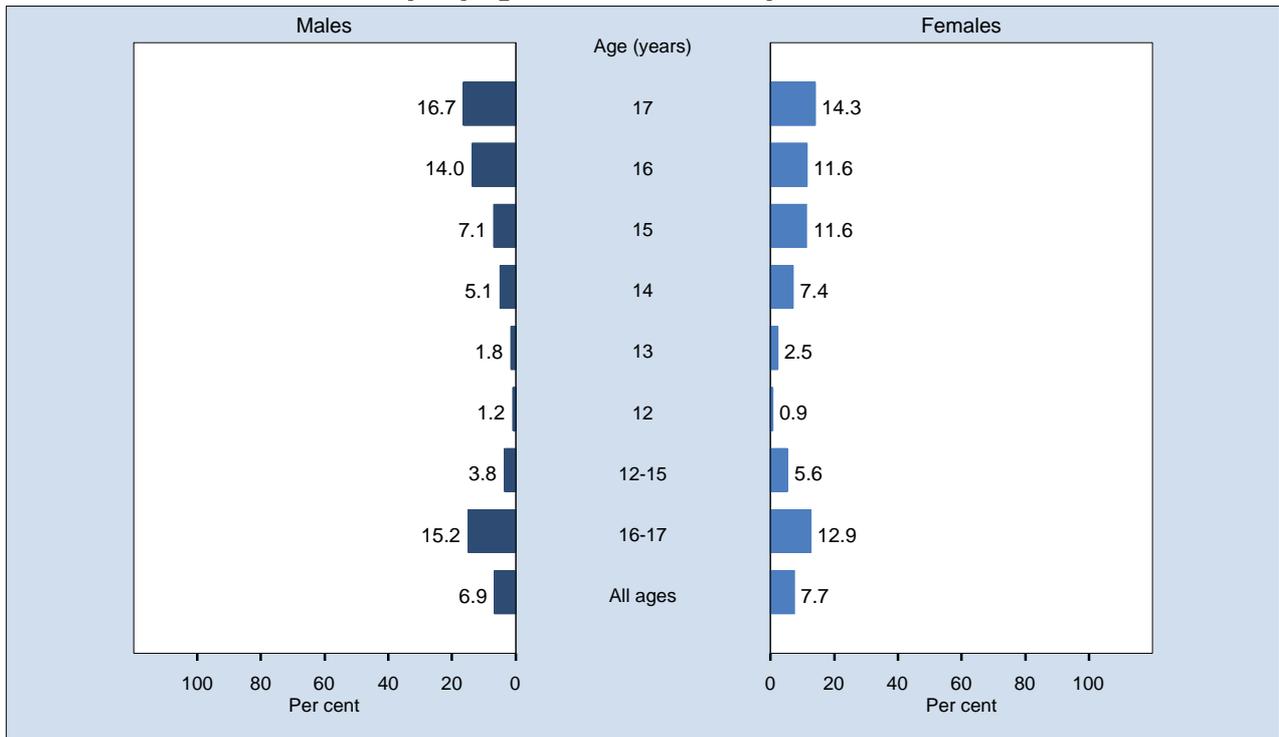
Smoked tobacco in the last 4 weeks by year, students 12 to 17 years, NSW, 1984-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1984 (4,866), 1987 (4,613), 1990 (5,165), 1993 (4,812), 1996 (10,003), 1999 (6,978), 2002 (6,120), 2005 (5,512), 2008 (7,529). The indicator includes those who smoked in the last 4 weeks. The question used to define the indicator was: Have you smoked cigarettes in the last 4 weeks?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

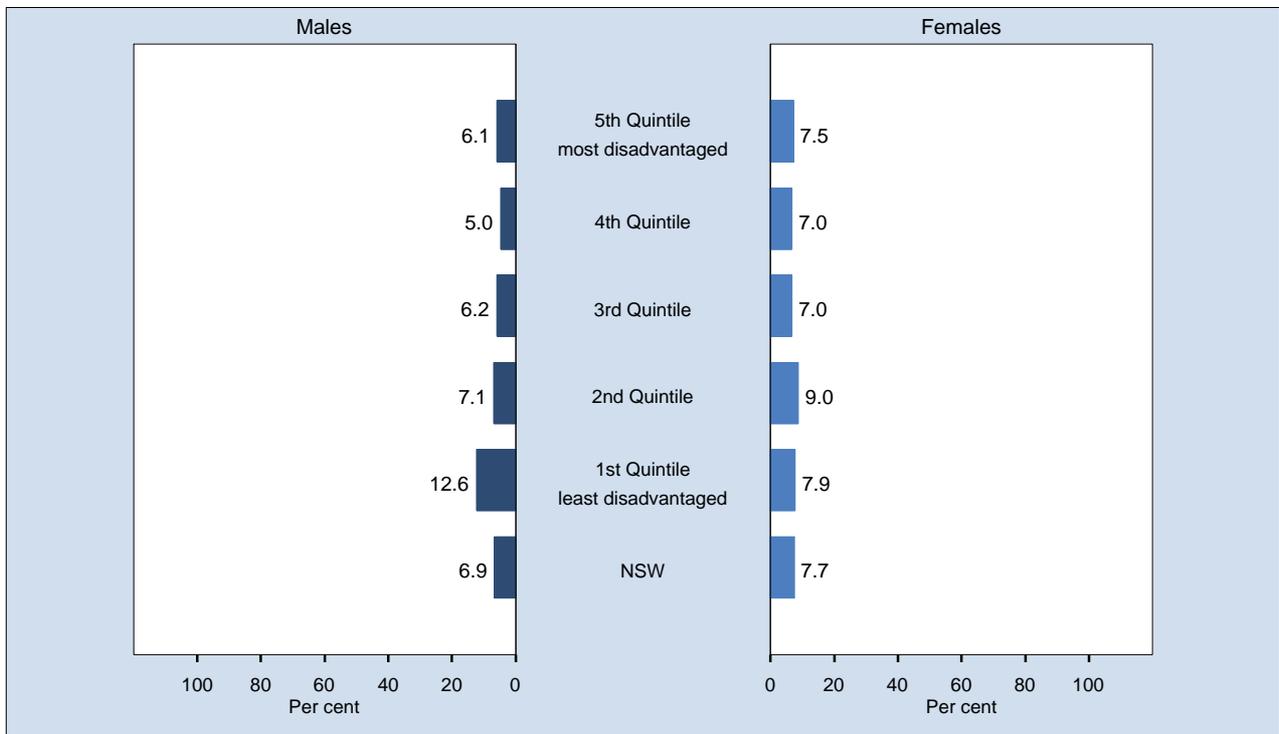
Smoked tobacco in the last 7 days by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,527 respondents in NSW. For this indicator 26 (0.34%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have smoked tobacco in the last 7 days. The question used to define the indicator was: During the last 7 days, including yesterday, write the number of cigarettes you smoked each day of the week.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

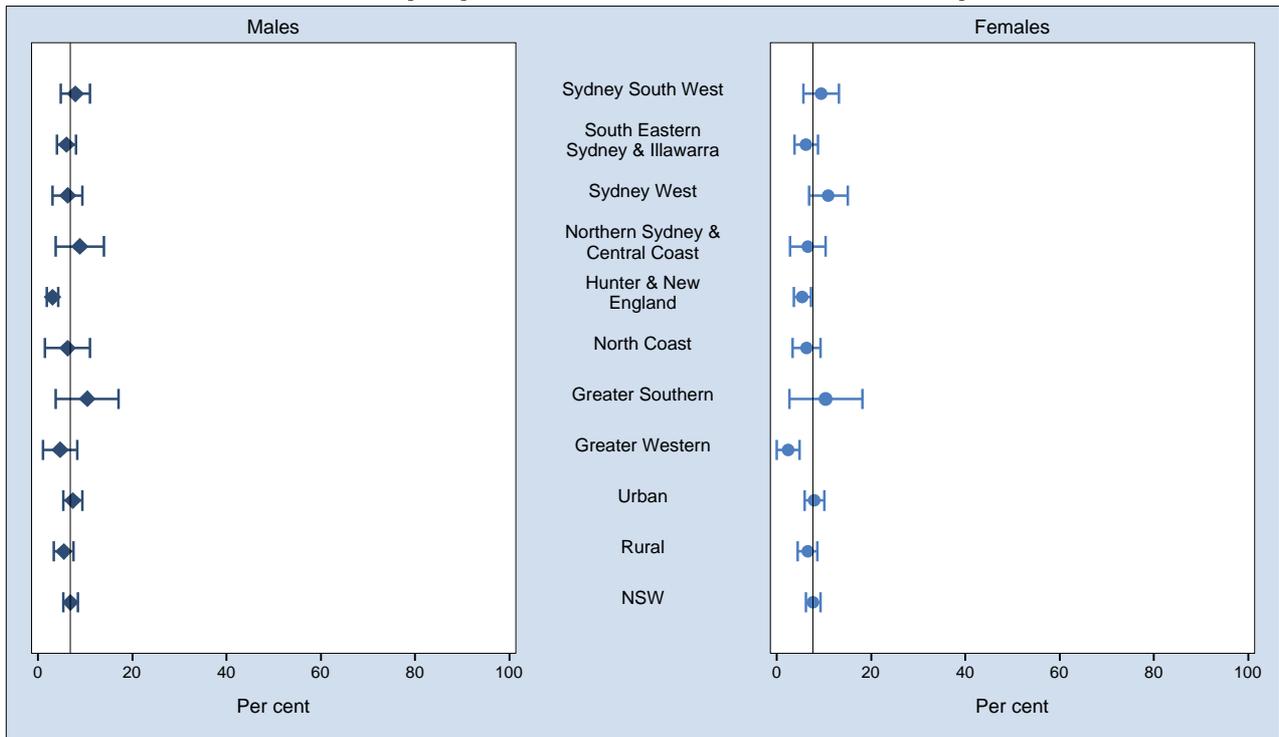
Smoked tobacco in the last 7 days by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,527 respondents in NSW. For this indicator 26 (0.34%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have smoked tobacco in the last 7 days. The question used to define the indicator was: During the last 7 days, including yesterday, write the number of cigarettes you smoked each day of the week.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

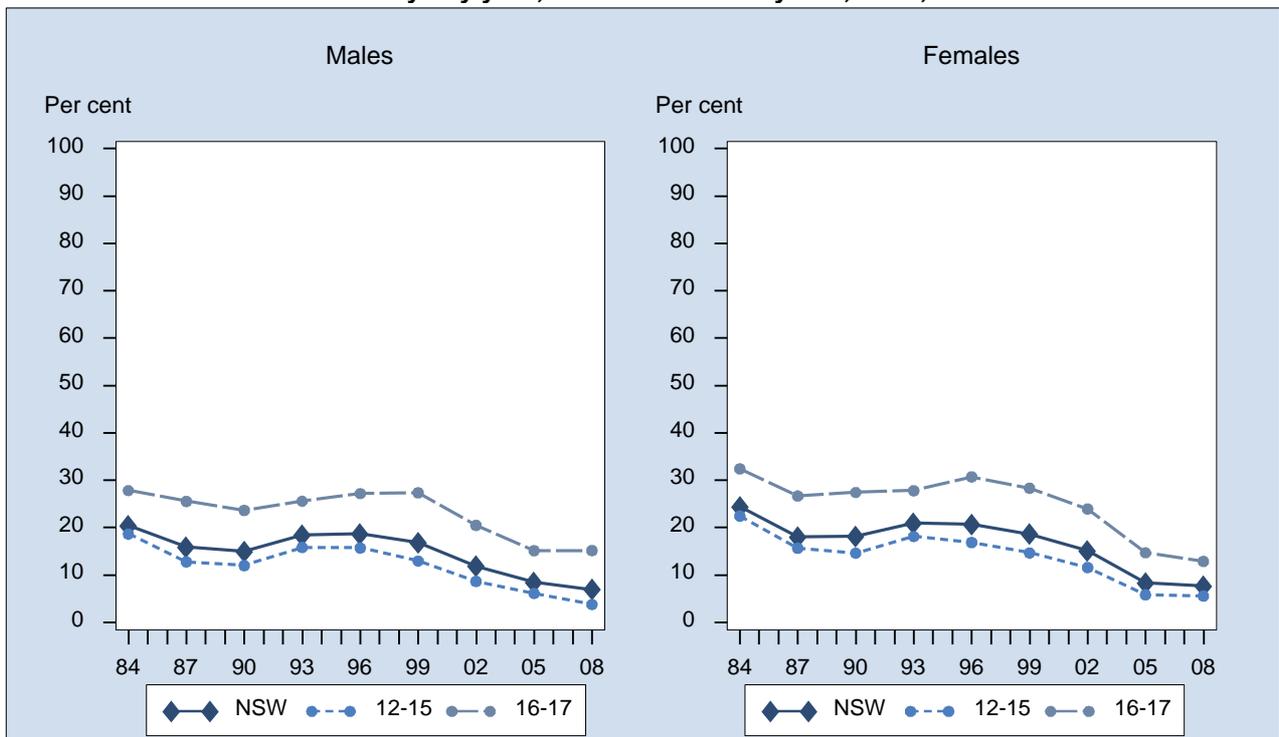
Smoked tobacco in the last 7 days by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,527 respondents in NSW. For this indicator 26 (0.34%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have smoked tobacco in the last 7 days. The question used to define the indicator was: During the last 7 days, including yesterday, write the number of cigarettes you smoked each day of the week.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

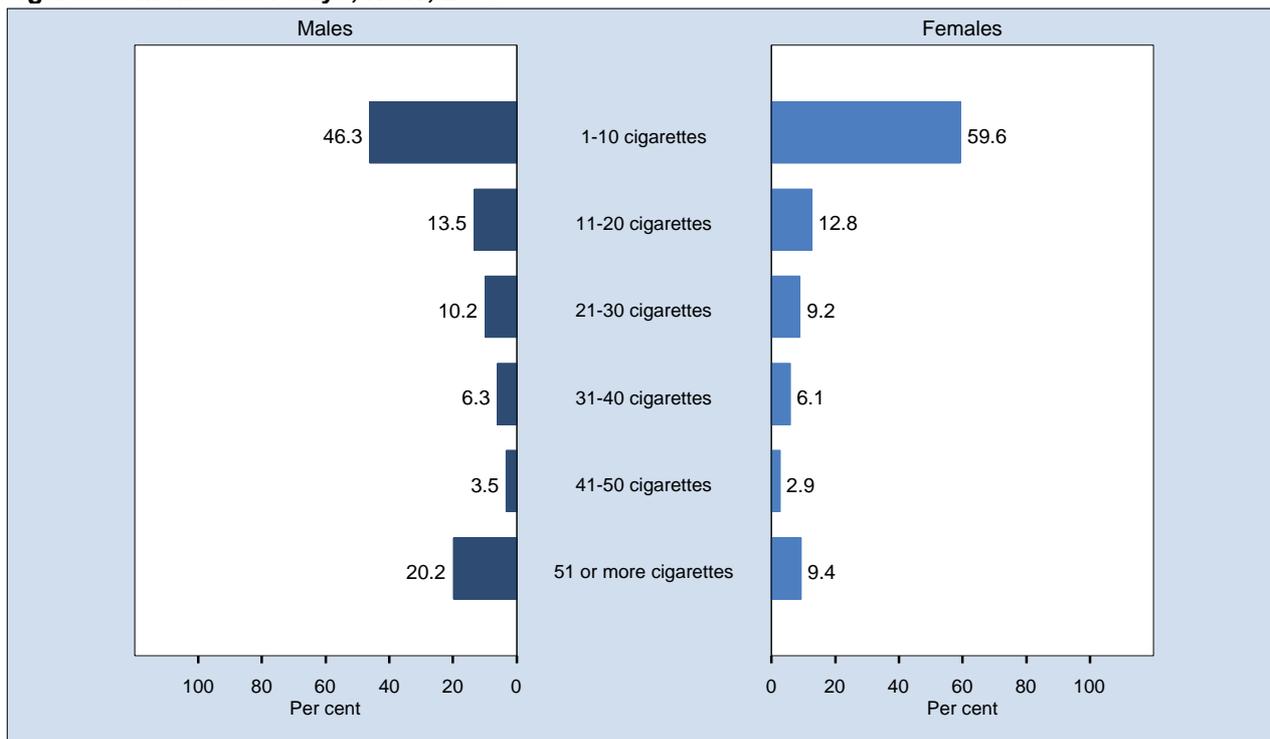
Smoked tobacco in the last 7 days by year, students 12 to 17 years, NSW, 1984-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1984 (4,860), 1987 (4,614), 1990 (5,157), 1993 (4,815), 1996 (9,994), 1999 (7,314), 2002 (6,080), 2005 (5,517), 2008 (7,527). The indicator includes those who have smoked tobacco in the last 7 days. The question used to define the indicator was: During the last 7 days, including yesterday, write the number of cigarettes you smoked each day of the week.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

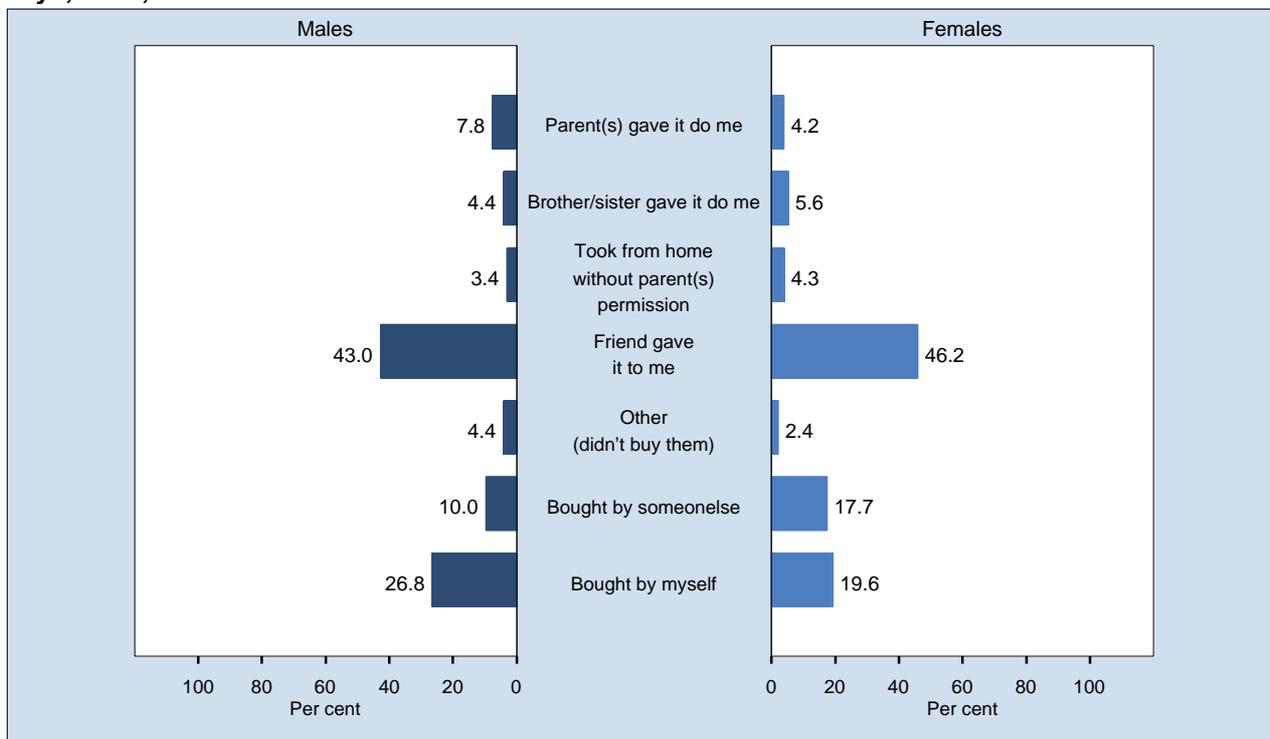
Total number of cigarettes smoked in the last 7 days, students aged 12 to 17 years who smoked cigarettes in the last 7 days, NSW, 2008



Note: Estimates are based on 620 respondents in NSW. For this indicator 2 (0.32%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: During the last 7 days, including yesterday, write the number of cigarettes you smoked each day of the week.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

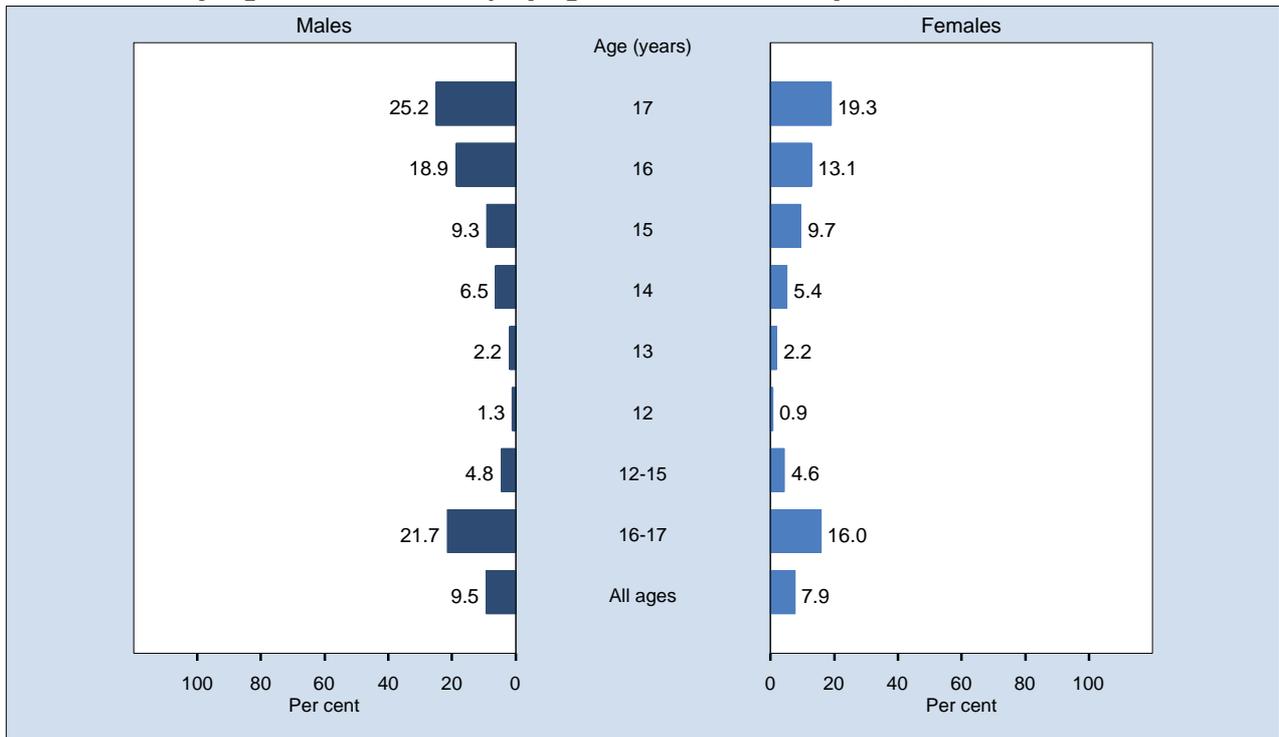
Source of last cigarette smoked, students aged 12 to 17 years who smoked cigarettes in the last 7 days, NSW, 2008



Note: Estimates are based on 575 respondents in NSW. For this indicator 47 (7.56%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: During the last 7 days, including yesterday, write the number of cigarettes you smoked each day of the week. Where, or from whom, did you get the last cigarette you smoked?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

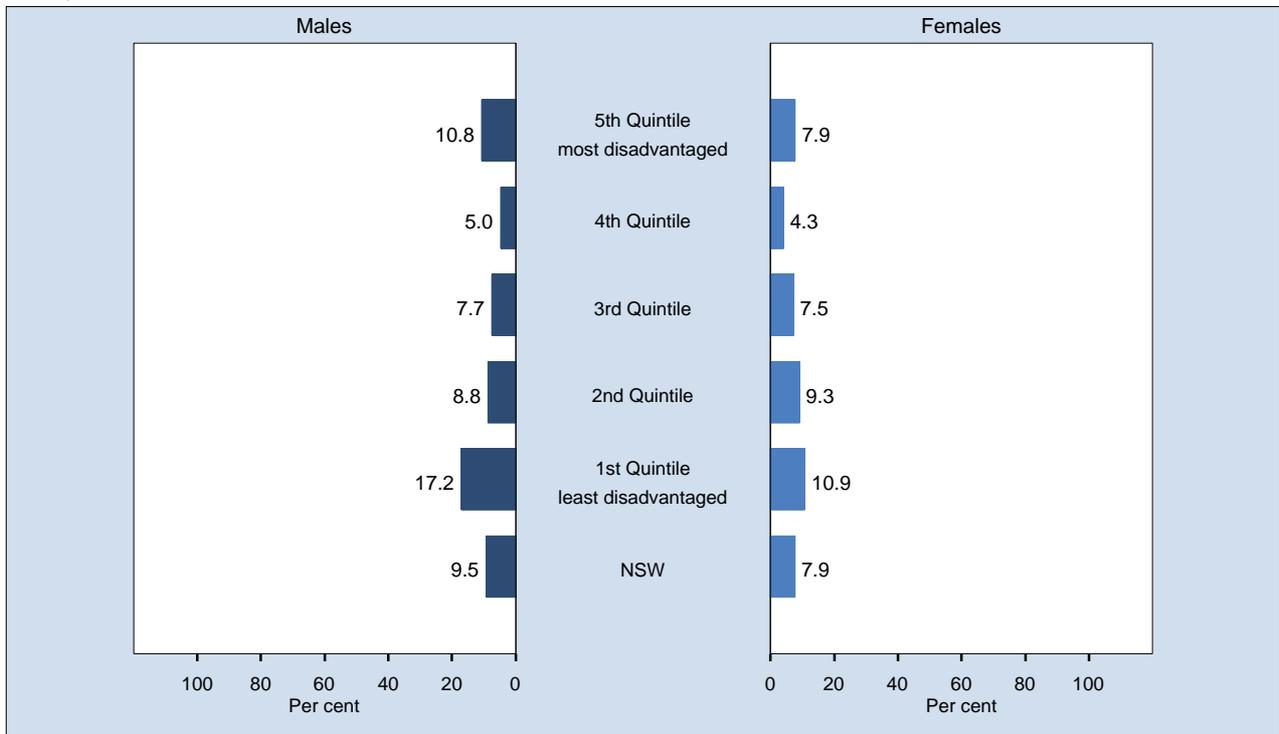
Ever tried to buy cigarettes from a shop by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,433 respondents in NSW. For this indicator 120 (1.59%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had have tried to buy cigarettes. The question used to define the indicator was: Have you ever tried to buy cigarettes from a shop?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

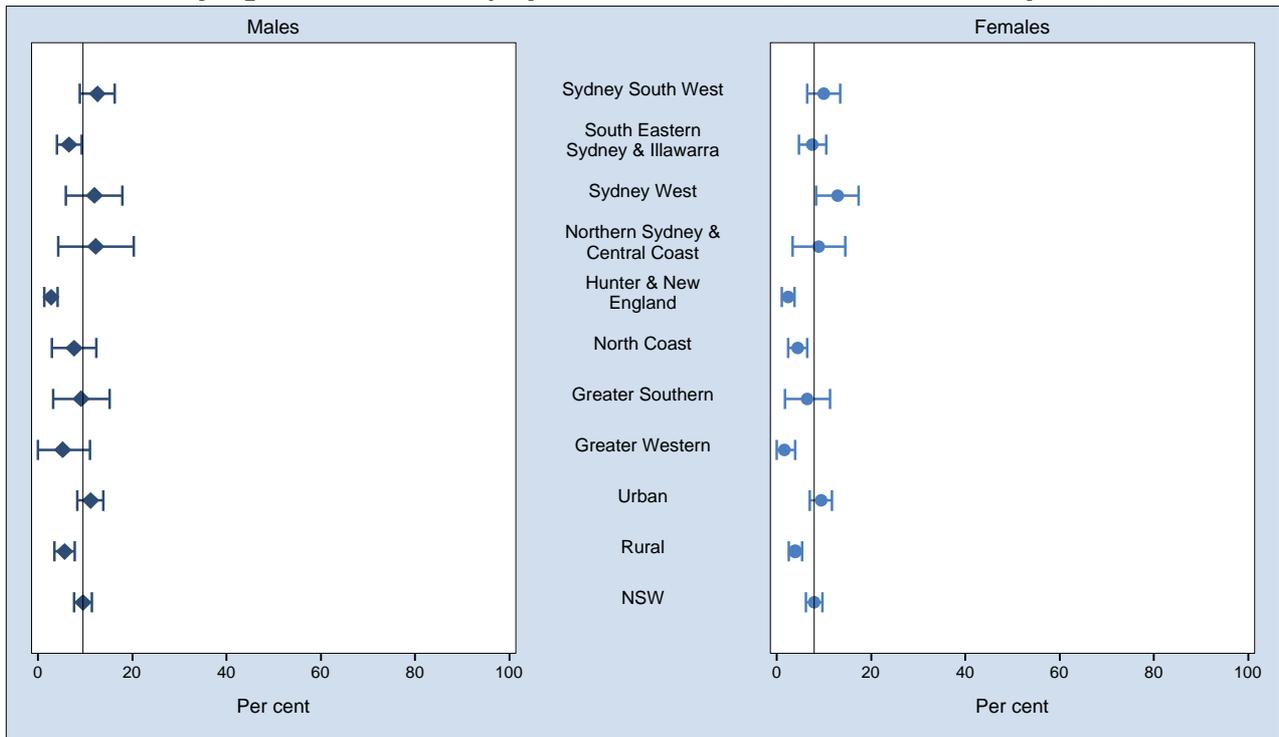
Ever tried to buy cigarettes from a shop by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,433 respondents in NSW. For this indicator 120 (1.59%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had have tried to buy cigarettes. The question used to define the indicator was: Have you ever tried to buy cigarettes from a shop?

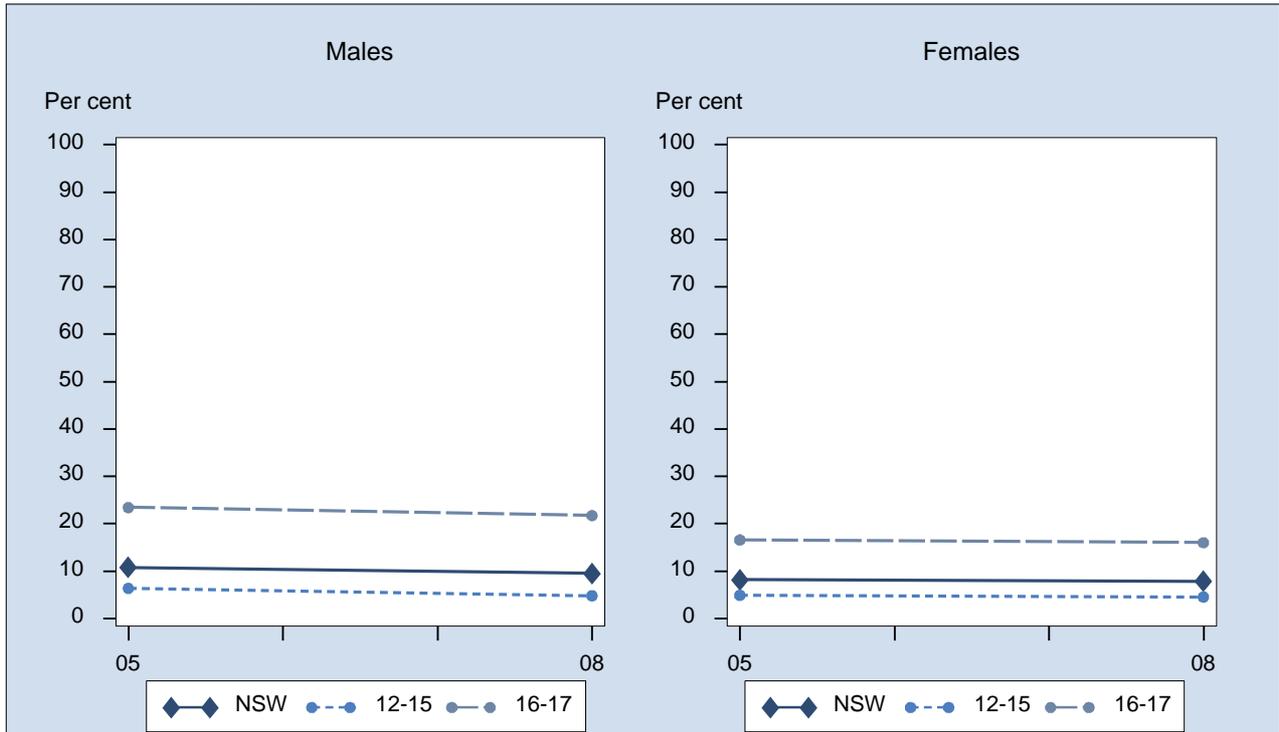
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Ever tried to buy cigarettes from a shop by area health service, students 12 to 17 years, NSW, 2008



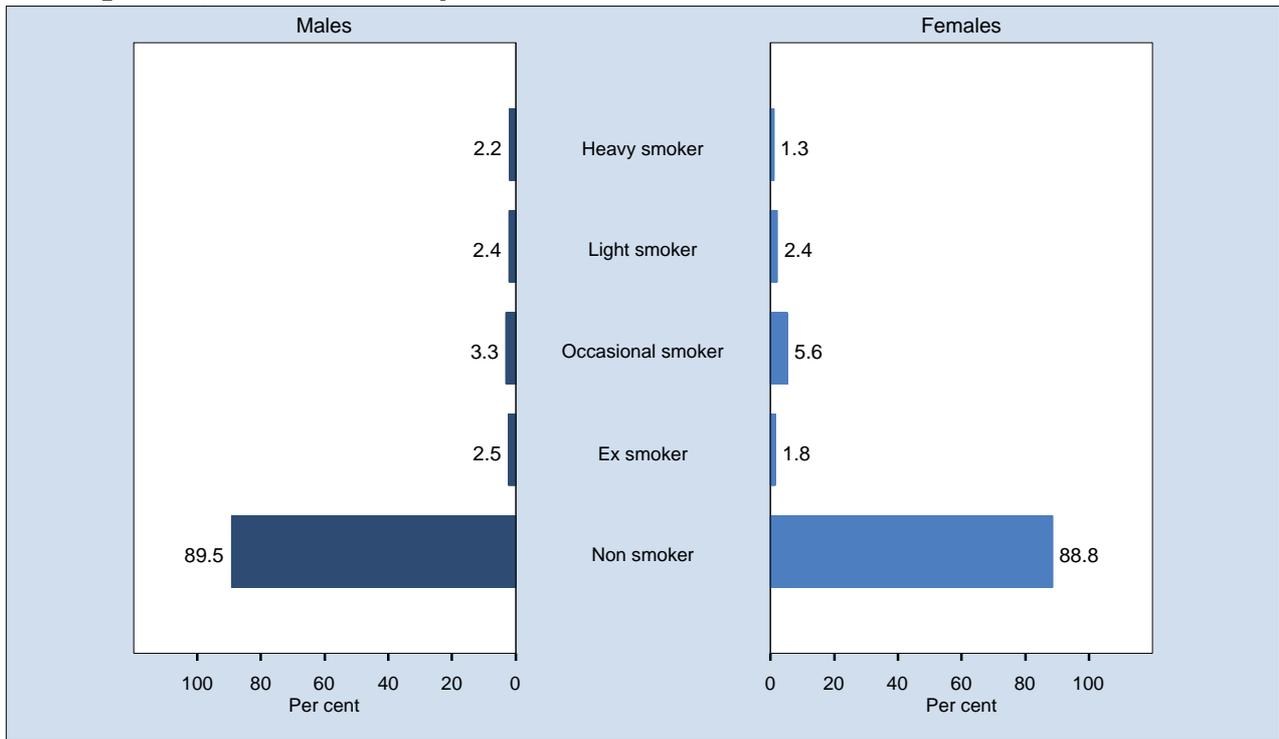
Note: Estimates are based on 7,433 respondents in NSW. For this indicator 120 (1.59%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had have tried to buy cigarettes. The question used to define the indicator was: Have you ever tried to buy cigarettes from a shop?
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Ever tried to buy cigarettes from a shop by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (2,676), 2008 (7,433). The indicator includes those who had have tried to buy cigarettes. The question used to define the indicator was: Have you ever tried to buy cigarettes from a shop?
Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

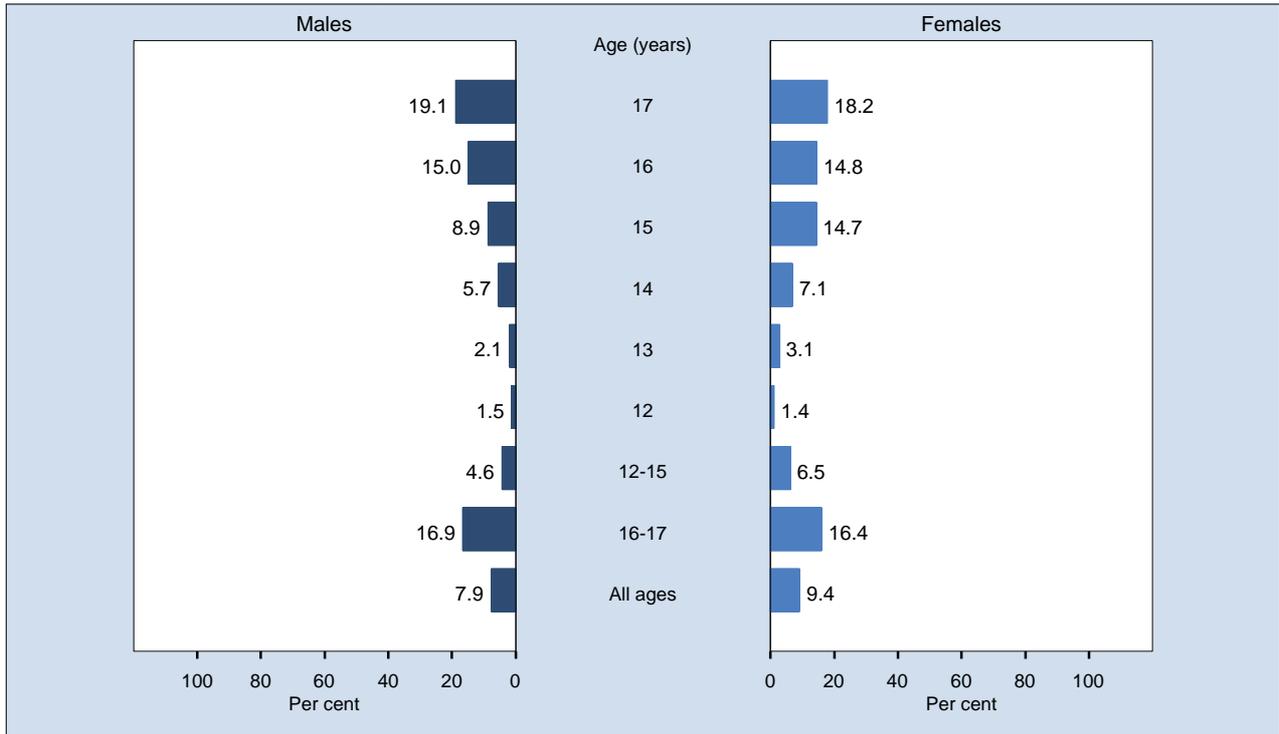
Smoking status, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,493 respondents in NSW. For this indicator 60 (0.79%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: At the present time, do you consider yourself: a heavy smoker, a light smoker, an occasional smoker, an ex-smoker, a non-smoker?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

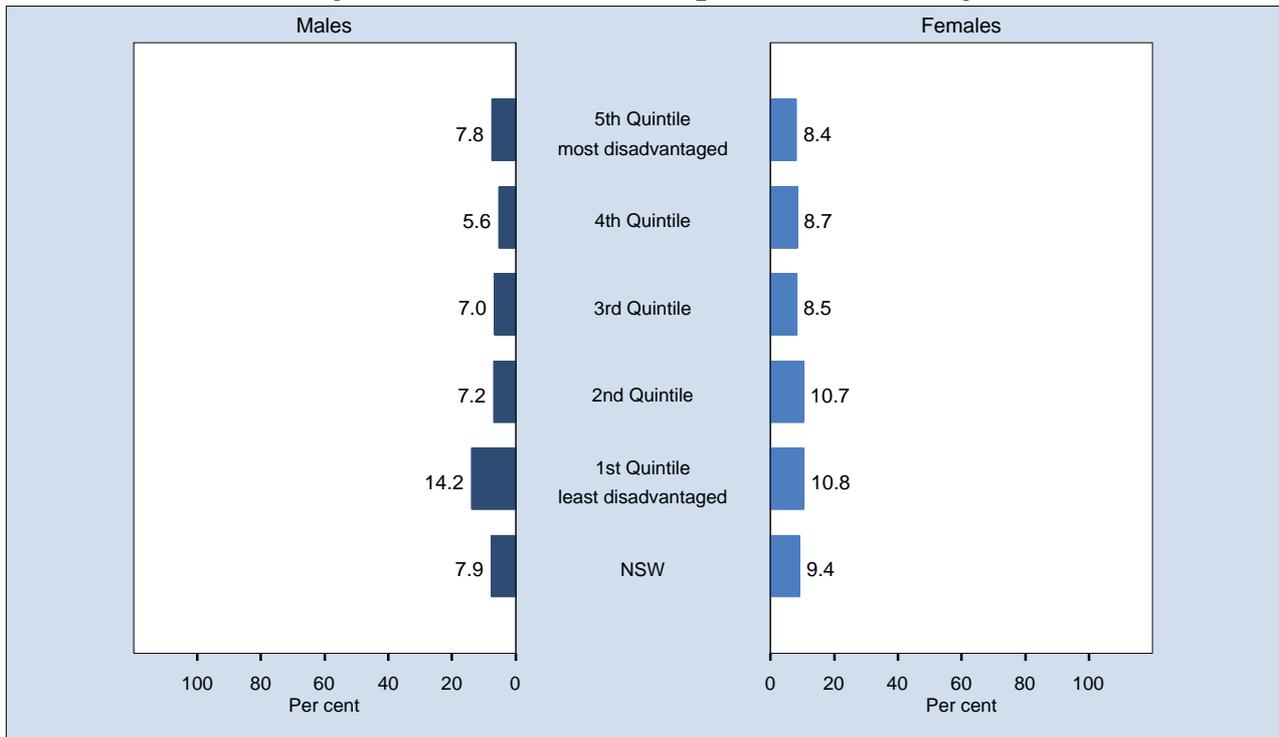
Current tobacco smoker by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,493 respondents in NSW. For this indicator 60 (0.79%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who consider themselves to be heavy, light or occasional smokers. The question used to define the indicator was: At the present time, do you consider yourself: a heavy smoker, a light smoker, an occasional smoker, an ex-smoker, a non-smoker?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

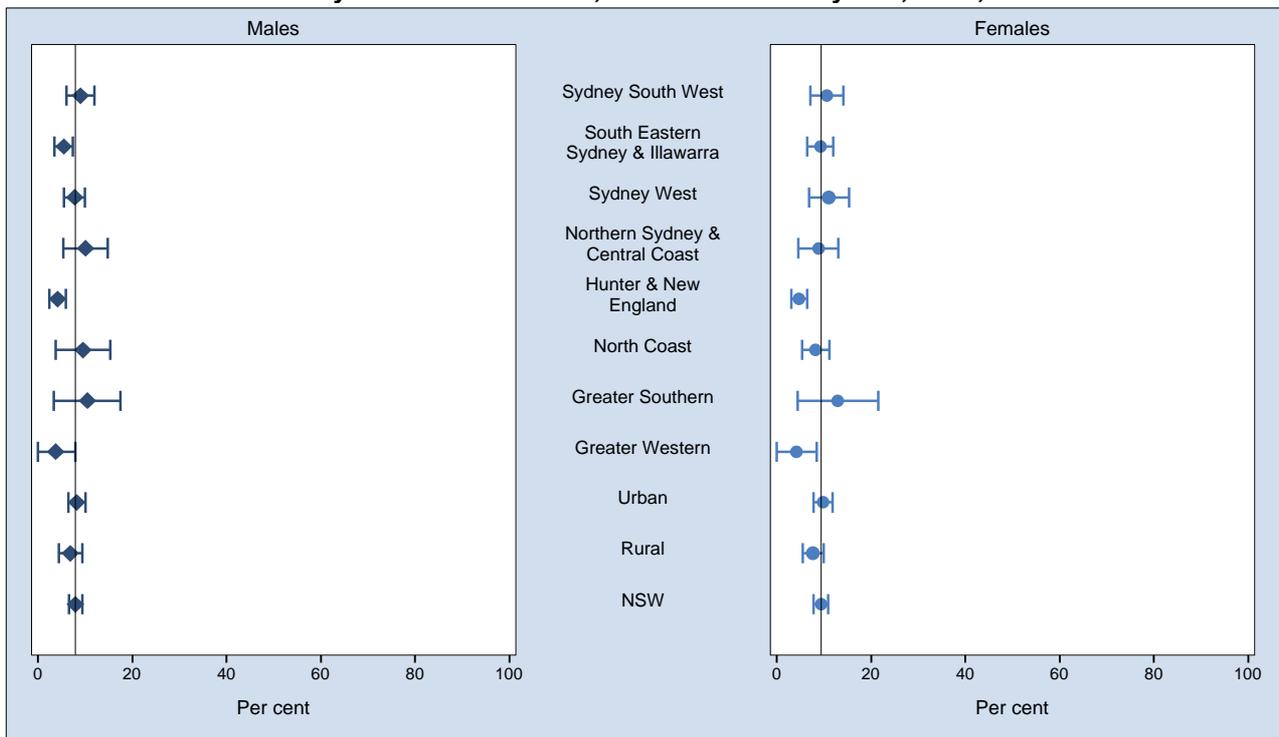
Current tobacco smoker by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,493 respondents in NSW. For this indicator 60 (0.79%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who consider themselves to be heavy, light or occasional smokers. The question used to define the indicator was: At the present time, do you consider yourself: a heavy smoker, a light smoker, an occasional smoker, an ex-smoker, a non-smoker?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

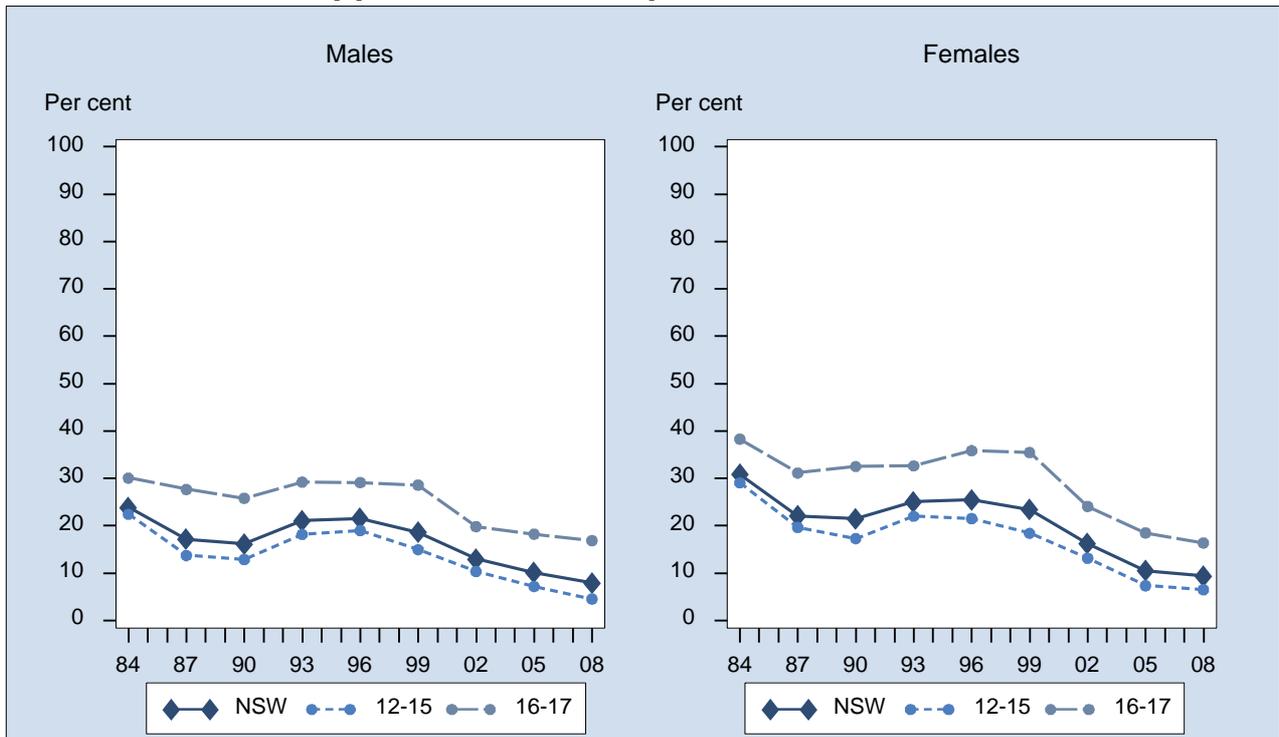
Current tobacco smoker by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,493 respondents in NSW. For this indicator 60 (0.79%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who consider themselves to be heavy, light or occasional smokers. The question used to define the indicator was: At the present time, do you consider yourself: a heavy smoker, a light smoker, an occasional smoker, an ex-smoker, a non-smoker?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

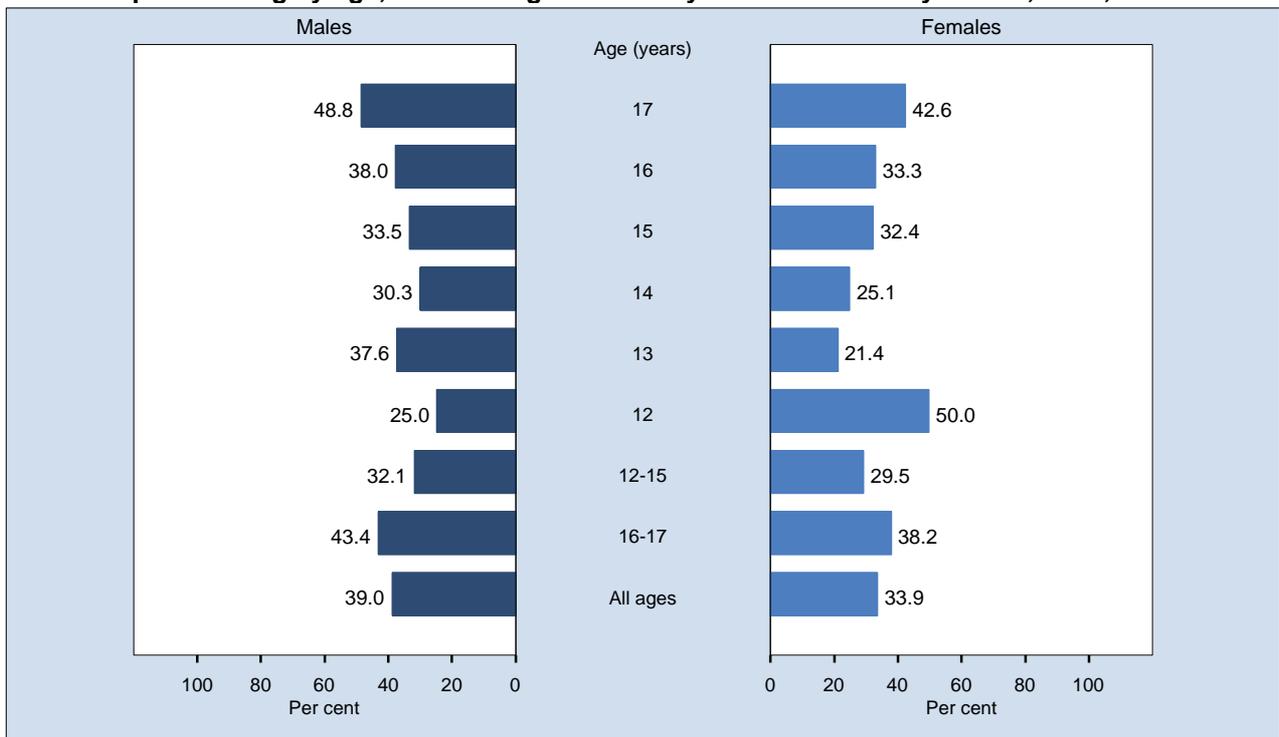
Current tobacco smoker by year, students 12 to 17 years, NSW, 1984-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1984 (4,860), 1987 (4,611), 1990 (5,160), 1993 (4,811), 1996 (9,998), 1999 (7,319), 2002 (6,140), 2005 (5,511), 2008 (7,493). The indicator includes those who consider themselves to be heavy, light or occasional smokers. The question used to define the indicator was: At the present time, do you consider yourself: a heavy smoker, a light smoker, an occasional smoker, an ex-smoker, a non-smoker?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

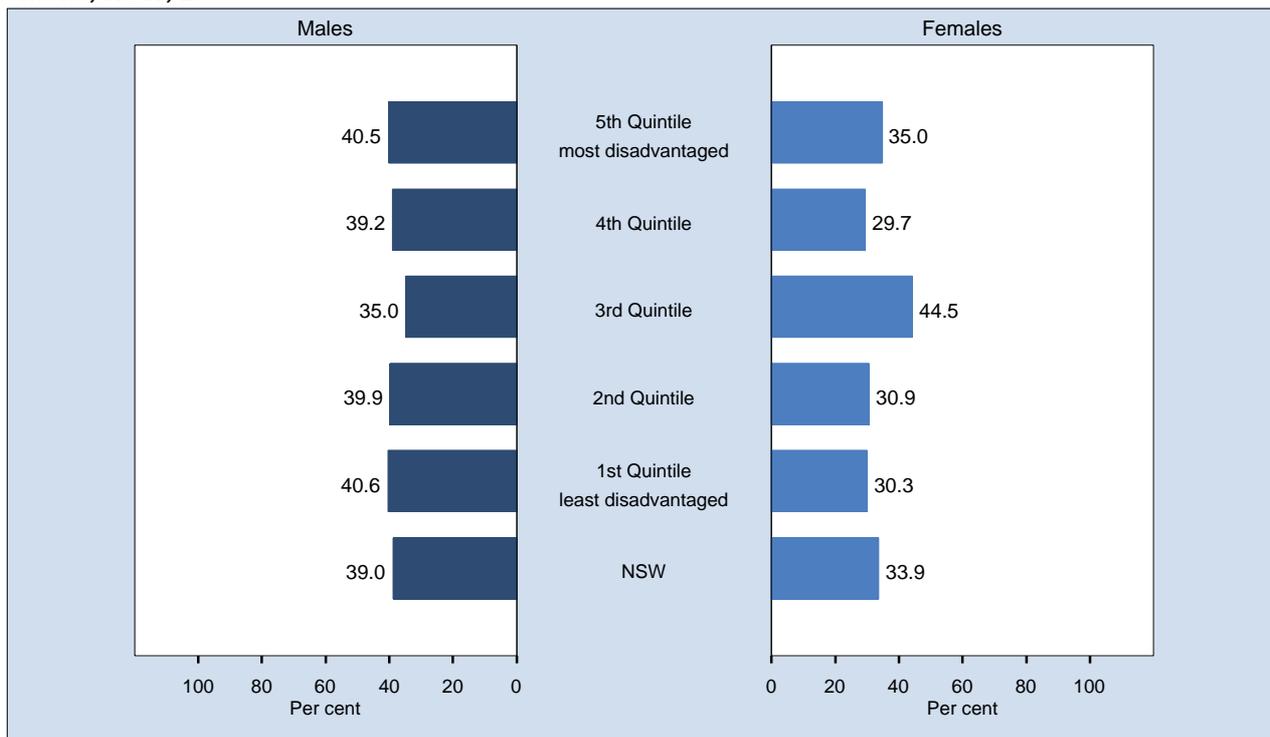
Wants to quit smoking by age, students aged 12 to 17 years who currently smoke, NSW, 2008



Note: Estimates are based on 607 respondents in NSW. For this indicator 133 (17.97%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who would like to quit smoking. The questions used to define the indicator were: At the present time do you consider yourself a heavy or light or occasional smoker? and Would you like to quit smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

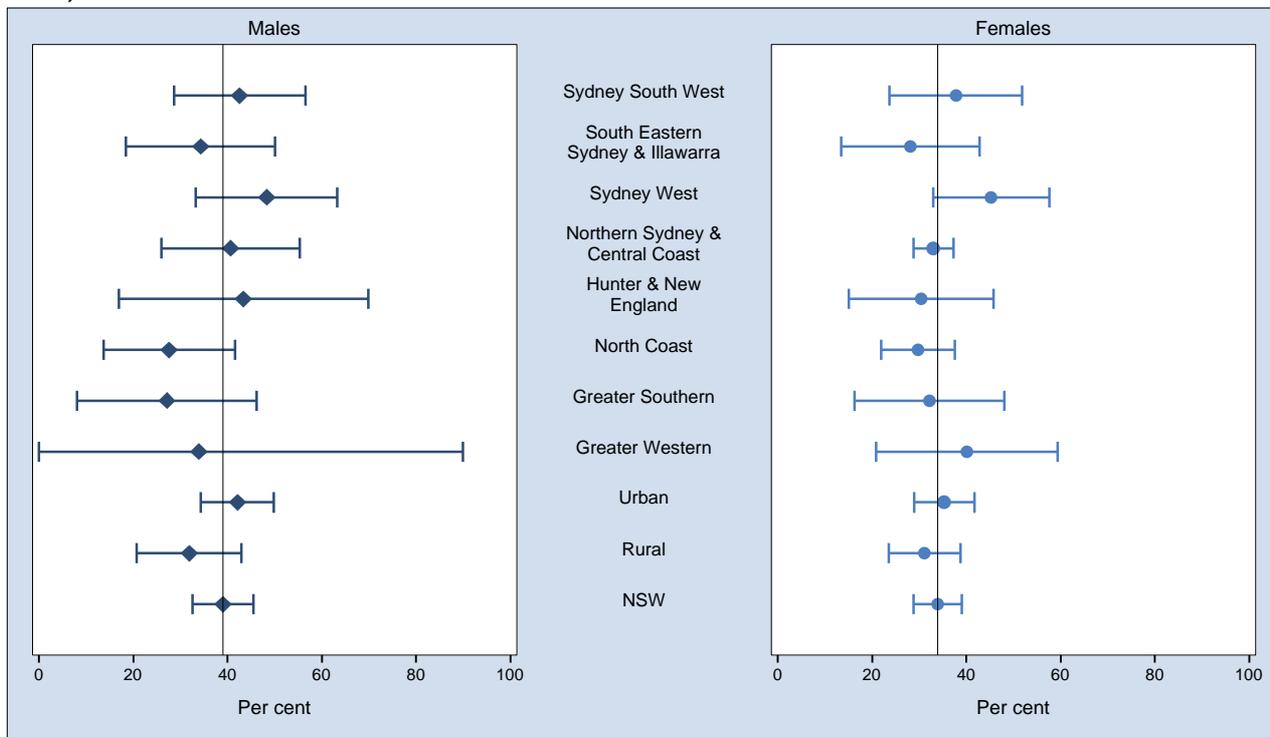
Wants to quit smoking by socioeconomic disadvantage, students aged 12 to 17 years who currently smoke, NSW, 2008



Note: Estimates are based on 607 respondents in NSW. For this indicator 133 (17.97%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who would like to quit smoking. The questions used to define the indicator were: At the present time do you consider yourself a heavy or light or occasional smoker? and Would you like to quit smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

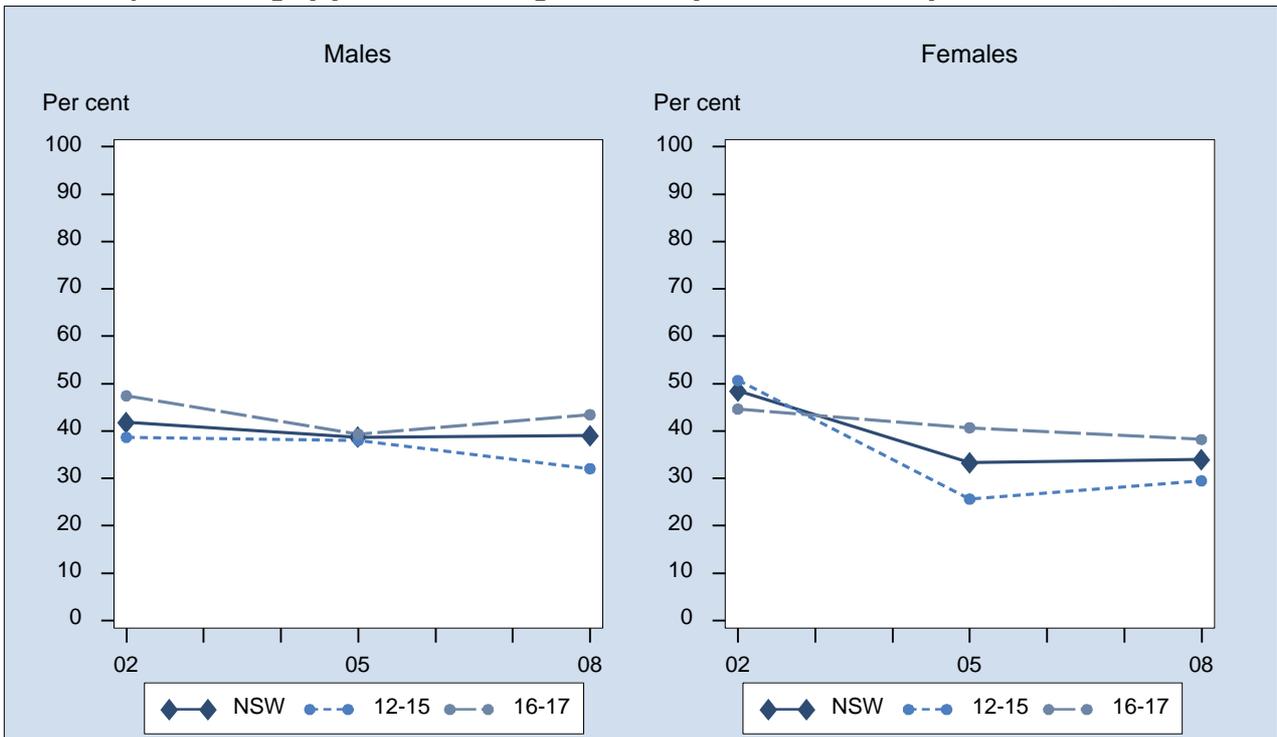
Wants to quit smoking by area health service, students aged 12 to 17 years who currently smoke, NSW, 2008



Note: Estimates are based on 607 respondents in NSW. For this indicator 133 (17.97%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who would like to quit smoking. The questions used to define the indicator were: At the present time do you consider yourself a heavy or light or occasional smoker? and Would you like to quit smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

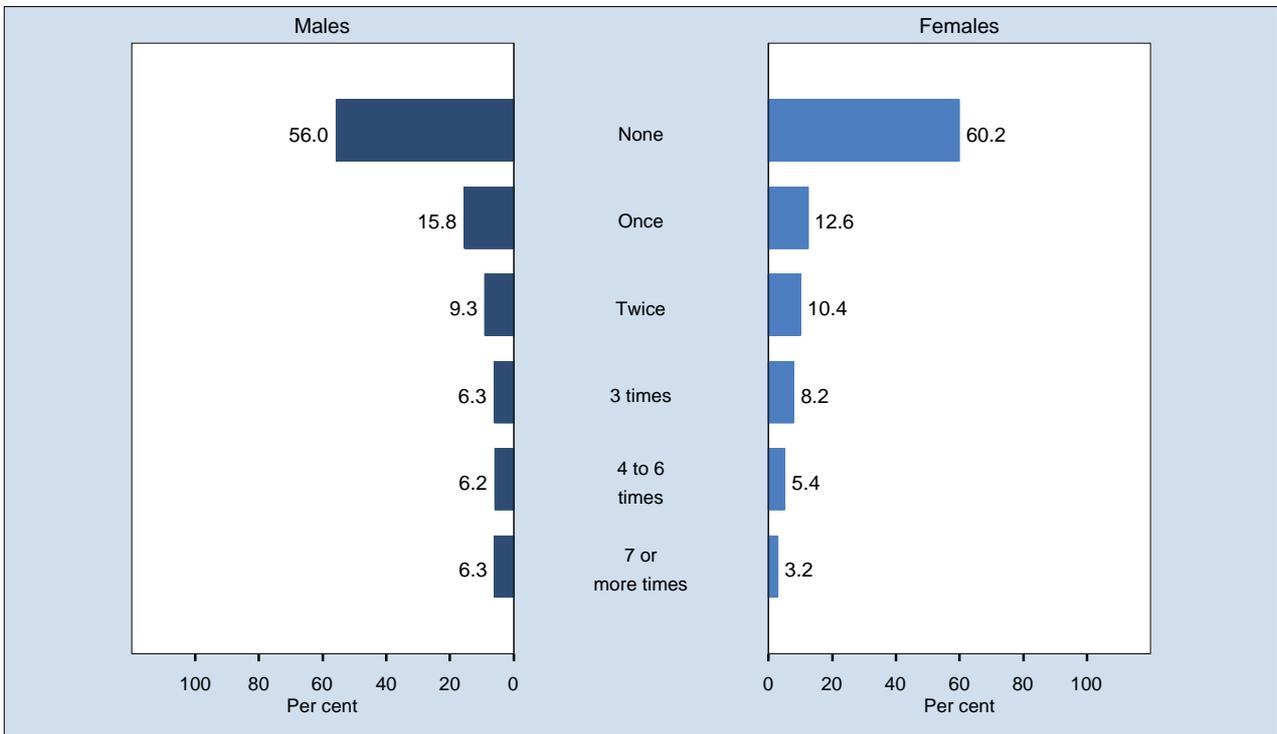
Wants to quit smoking by year, students aged 12 to 17 years who currently smoke, NSW, 2002-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2002 (649), 2005 (296), 2008 (607). The indicator includes those who would like to quit smoking. The questions used to define the indicator were: At the present time do you consider yourself a heavy or light or occasional smoker? and Would you like to quit smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

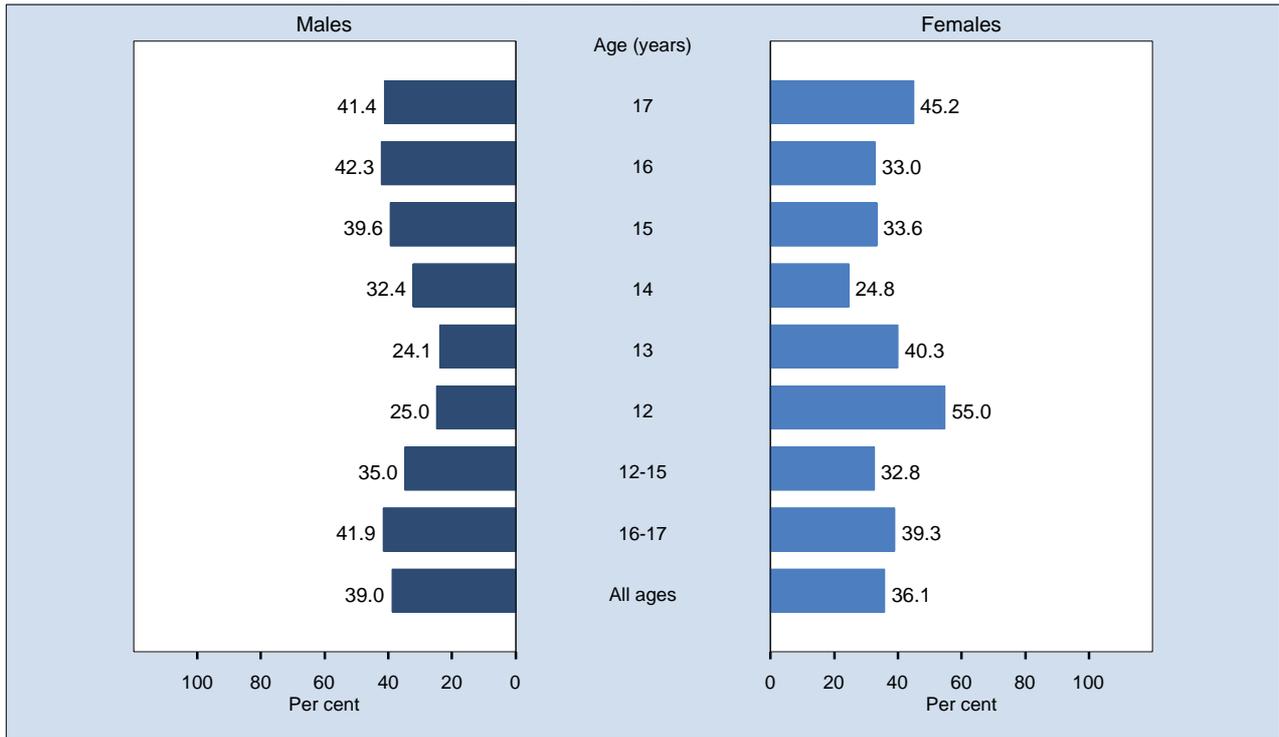
Number of times tried to give up smoking, students aged 12 to 17 years who currently smoke, NSW, 2008



Note: Estimates are based on 558 respondents in NSW. For this indicator 182 (24.59%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: At the present time do you consider yourself a heavy or light or occasional smoker? and Have you tried to quit smoking in the last 12 months?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

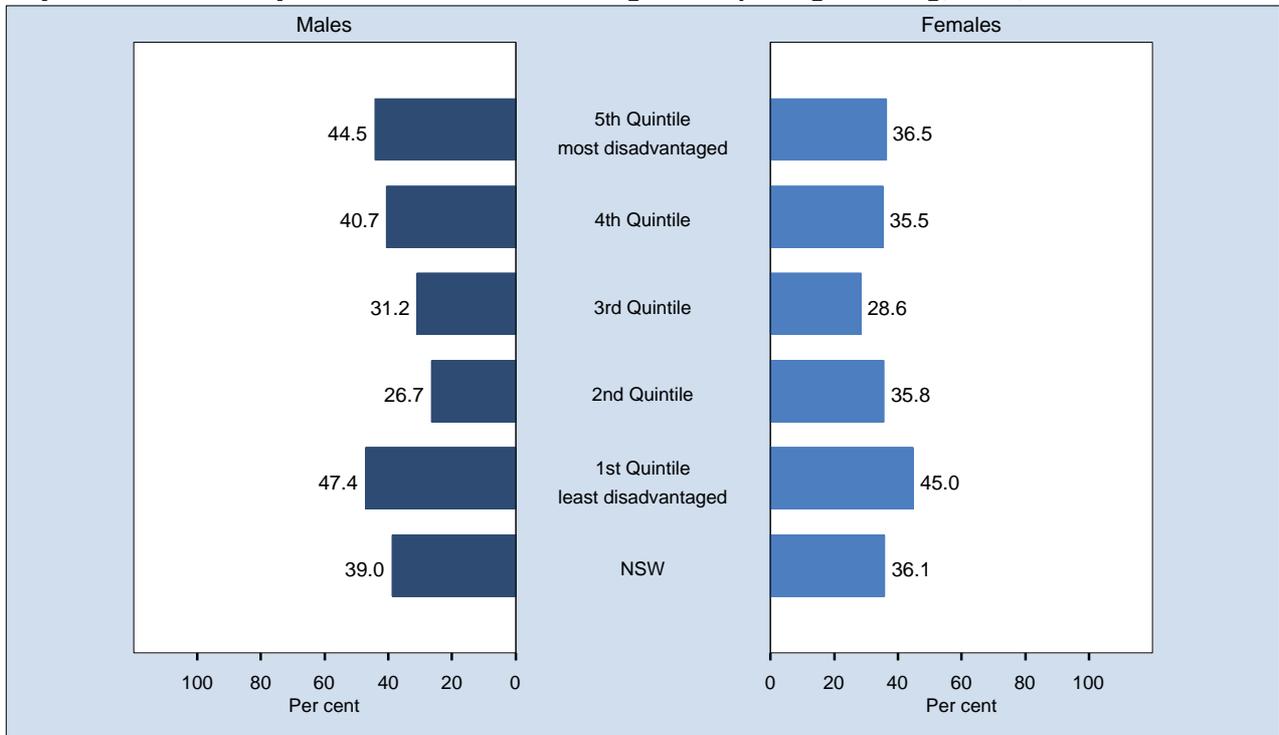
Influenced by advertisements to quit smoking by age, students aged 12 to 17 years who currently smoke and saw advertising about quitting smoking, NSW, 2008



Note: Estimates are based on 668 respondents in NSW. For this indicator 38 (5.38%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who currently smoke tobacco, have seen advertisements about quitting smoking and have been encouraged to quit smoking. The questions used to define the indicator were: At the present time, do you consider yourself: a heavy smoker, a light smoker, an occasional smoker, an ex-smoker, a non-smoker?, Have you seen any advertisements about quitting smoking in the last 6 months? and Do these Quit smoking advertisements encourage you: to not to take up smoking, to quit smoking, have no effect for me?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

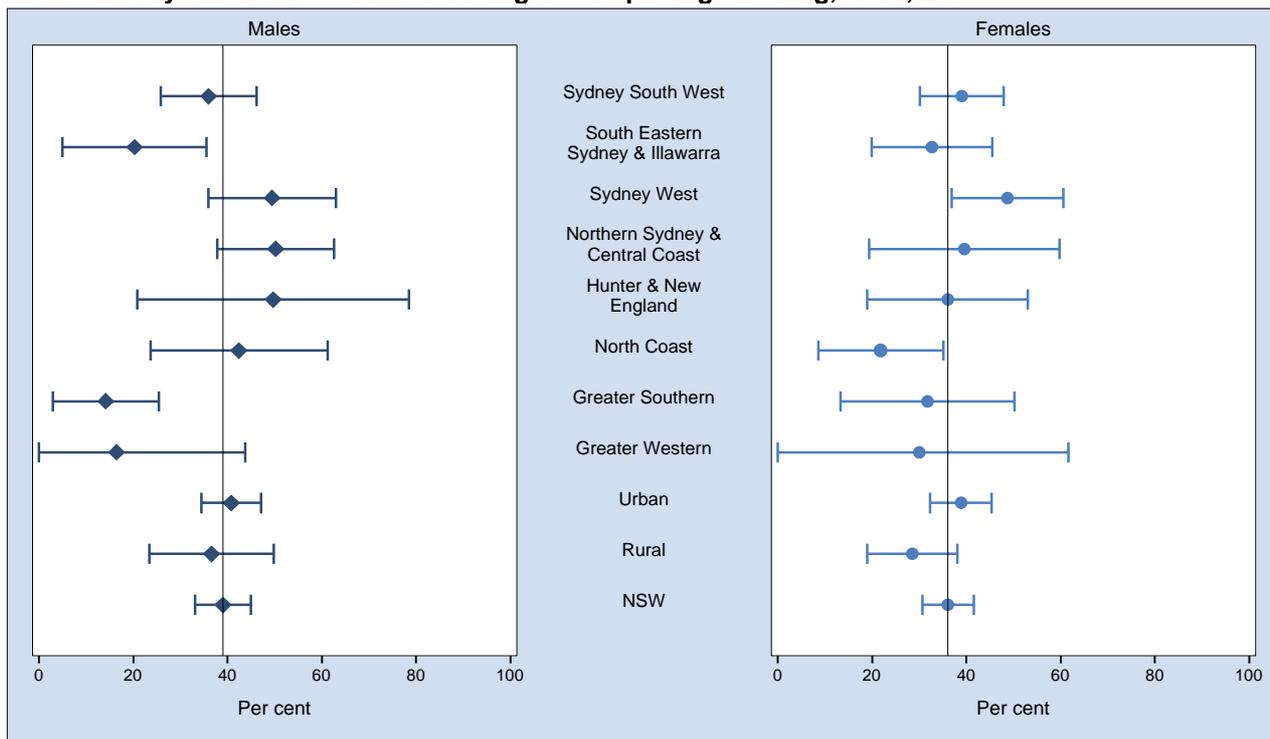
Influenced by advertisements to quit smoking by socioeconomic disadvantage, students aged 12 to 17 years who currently smoke and saw advertising about quitting smoking, NSW, 2008



Note: Estimates are based on 668 respondents in NSW. For this indicator 38 (5.38%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who currently smoke tobacco, have seen advertisements about quitting smoking and have been encouraged to quit smoking. The questions used to define the indicator were: At the present time, do you consider yourself: a heavy smoker, a light smoker, an occasional smoker, an ex-smoker, a non-smoker?, Have you seen any advertisements about quitting smoking in the last 6 months? and Do these Quit smoking advertisements encourage you: to not to take up smoking, to quit smoking, have no effect for me?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

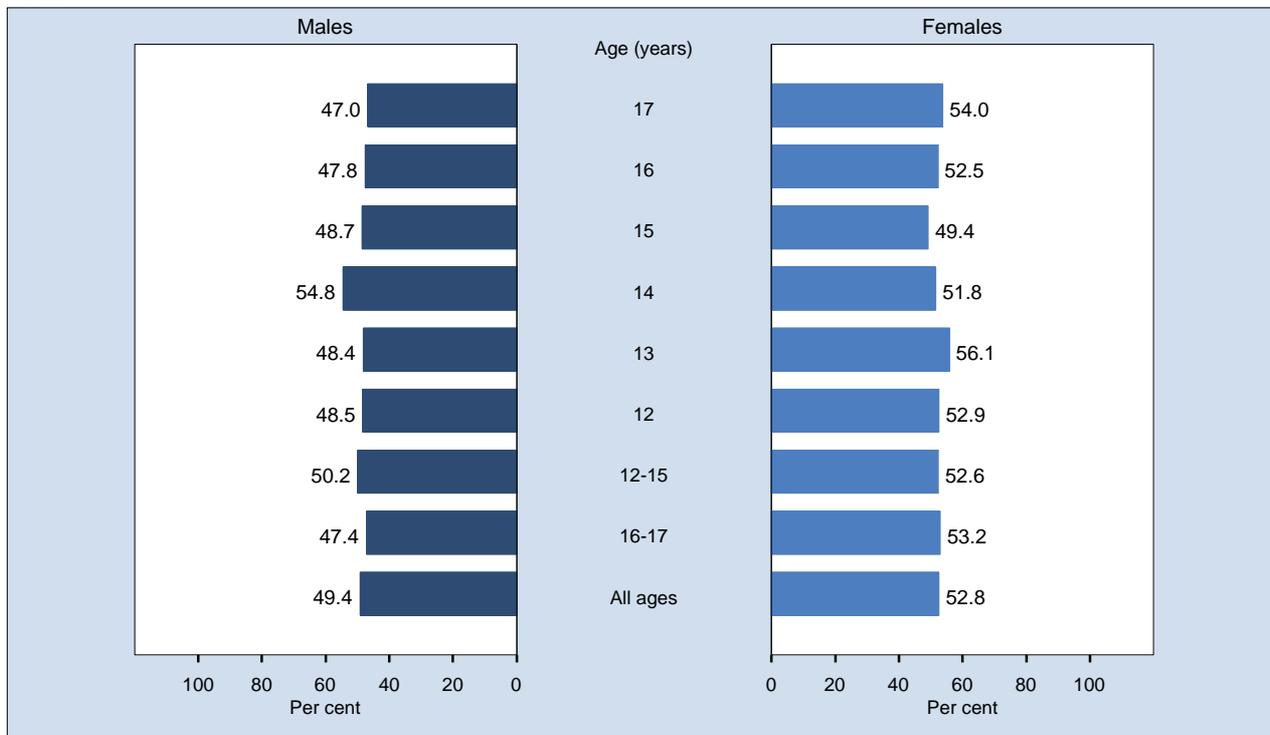
Influenced by advertisements to quit smoking by area health service, students aged 12 to 17 years who currently smoke and saw advertising about quitting smoking, NSW, 2008



Note: Estimates are based on 668 respondents in NSW. For this indicator 38 (5.38%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who currently smoke tobacco, have seen advertisements about quitting smoking and have been encouraged to quit smoking. The questions used to define the indicator were: At the present time, do you consider yourself: a heavy smoker, a light smoker, an occasional smoker, an ex-smoker, a non-smoker?, Have you seen any advertisements about quitting smoking in the last 6 months? and Do these Quit smoking advertisements encourage you: to not to take up smoking, to quit smoking, have no effect for me?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

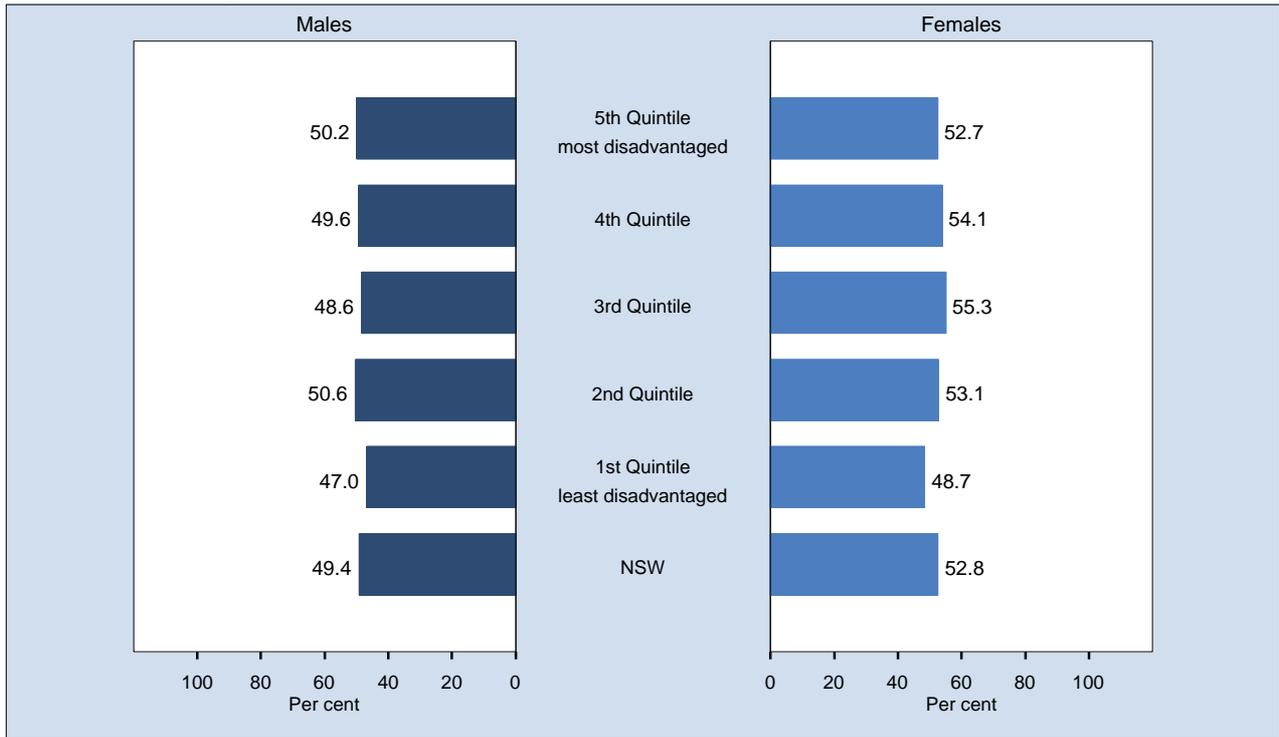
Believes celebrity smoking encourages the young to smoke by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,460 respondents in NSW. For this indicator 93 (1.23%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who think smoking by celebrities encourages young people to take up smoking. The question used to define the indicator was: Do you think smoking by celebrities (for example, movie stars, television personalities, models, and sports stars) encourages young people to take up smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

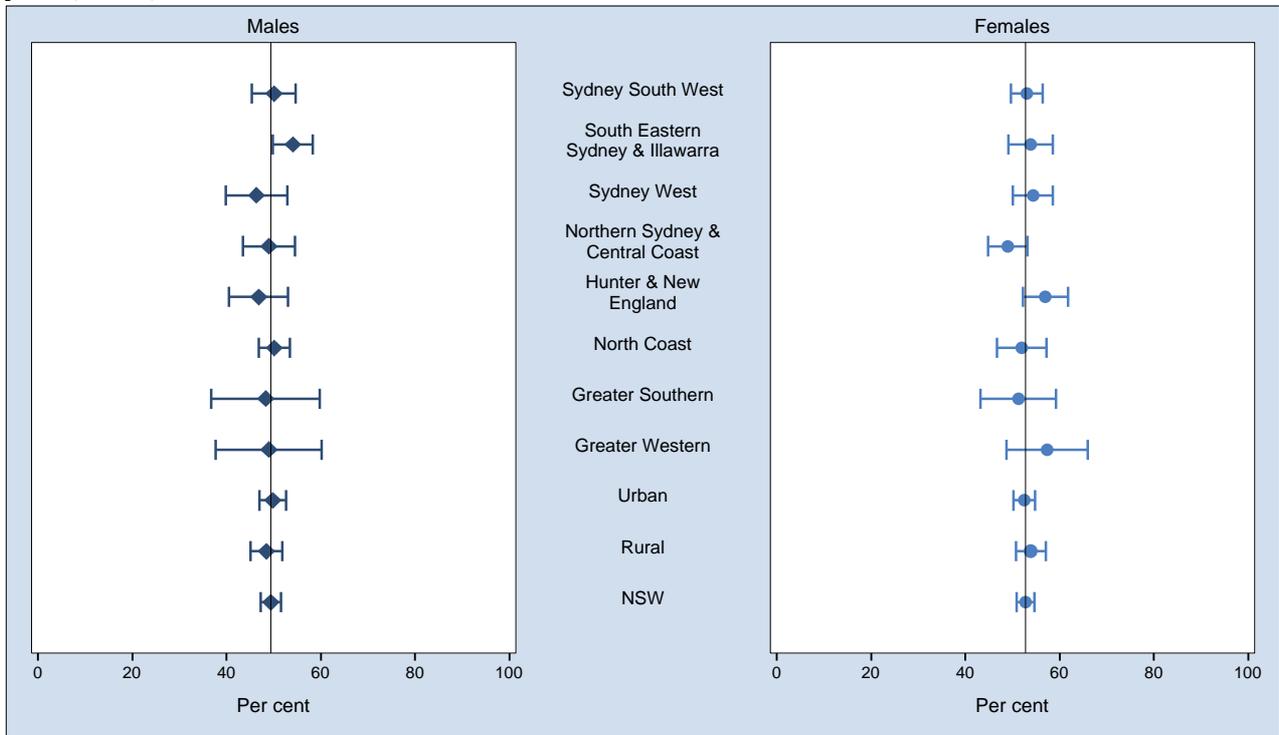
Believes celebrity smoking encourages the young to smoke by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,460 respondents in NSW. For this indicator 93 (1.23%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who think smoking by celebrities encourages young people to take up smoking. The question used to define the indicator was: Do you think smoking by celebrities (for example, movie stars, television personalities, models, and sports stars) encourages young people to take up smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

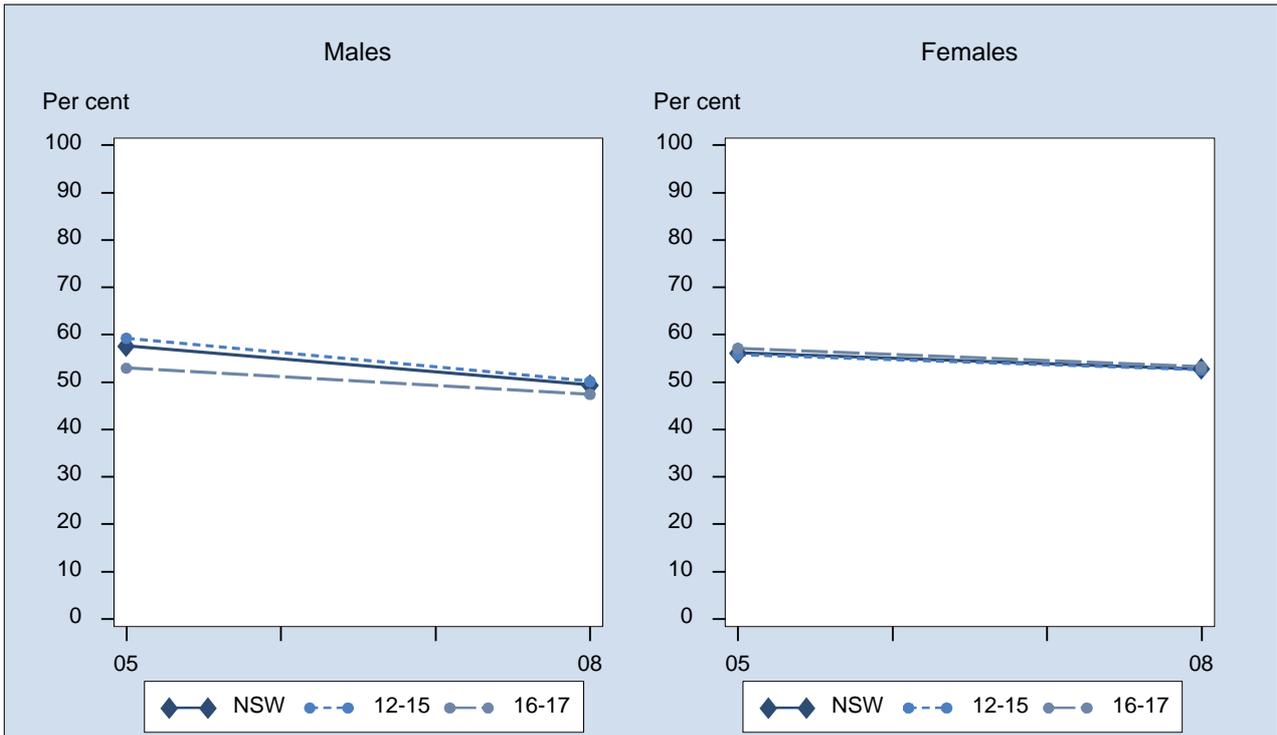
Believes celebrity smoking encourages the young to smoke by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,460 respondents in NSW. For this indicator 93 (1.23%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who think smoking by celebrities encourages young people to take up smoking. The question used to define the indicator was: Do you think smoking by celebrities (for example, movie stars, television personalities, models, and sports stars) encourages young people to take up smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

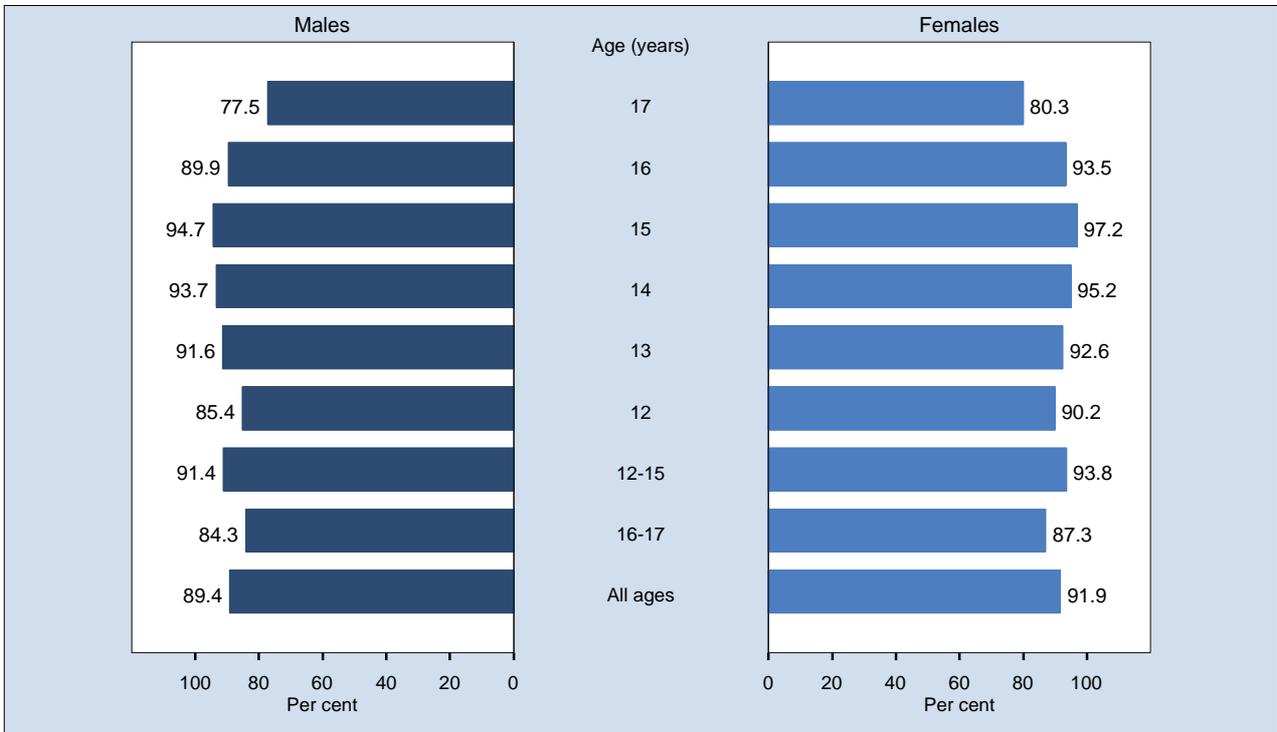
Believes celebrity smoking encourages the young to smoke by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (2,671), 2008 (7,460). The indicator includes those who think smoking by celebrities encourages young people to take up smoking. The question used to define the indicator was: Do you think smoking by celebrities (for example, movie stars, television personalities, models, and sports stars) encourages young people to take up smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

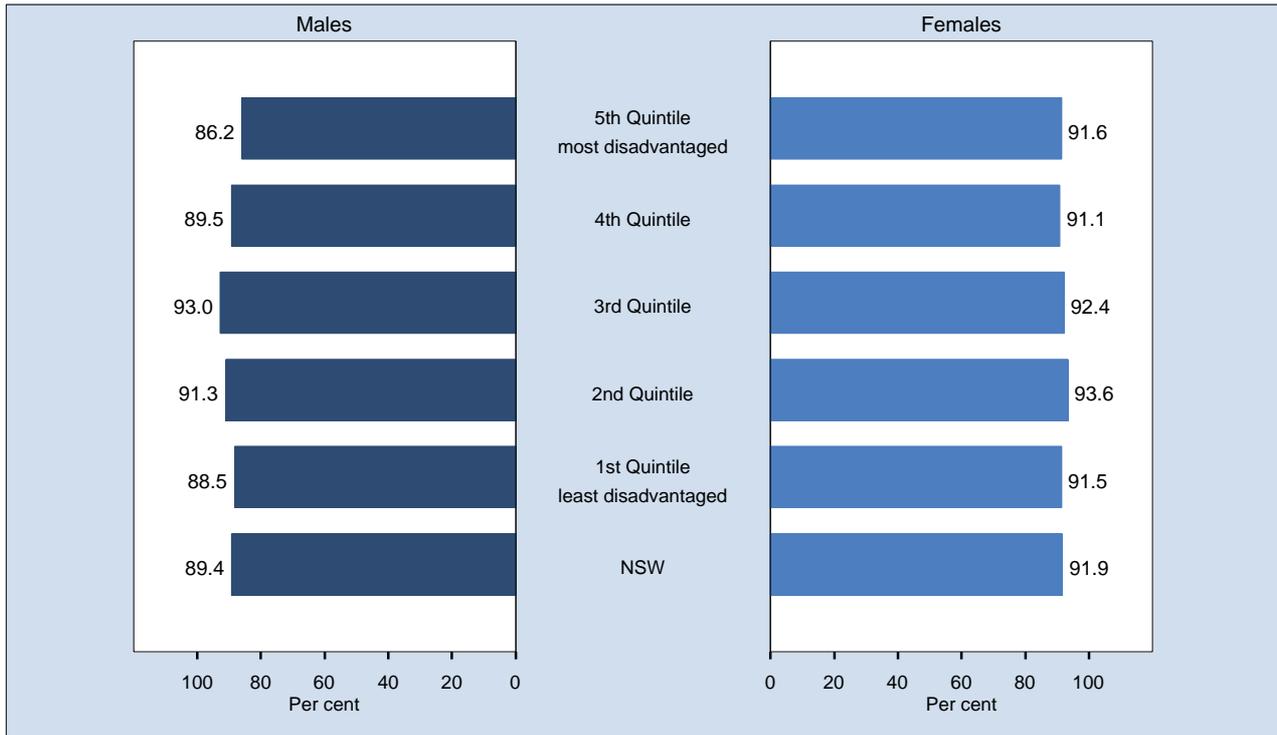
School messages about tobacco smoking by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,487 respondents in NSW. For this indicator 66 (0.87%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those had at least part of a lesson at school about smoking tobacco. The question used to define the indicator was: During 2007 (last year), did you have any lessons or parts of lessons at school about smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

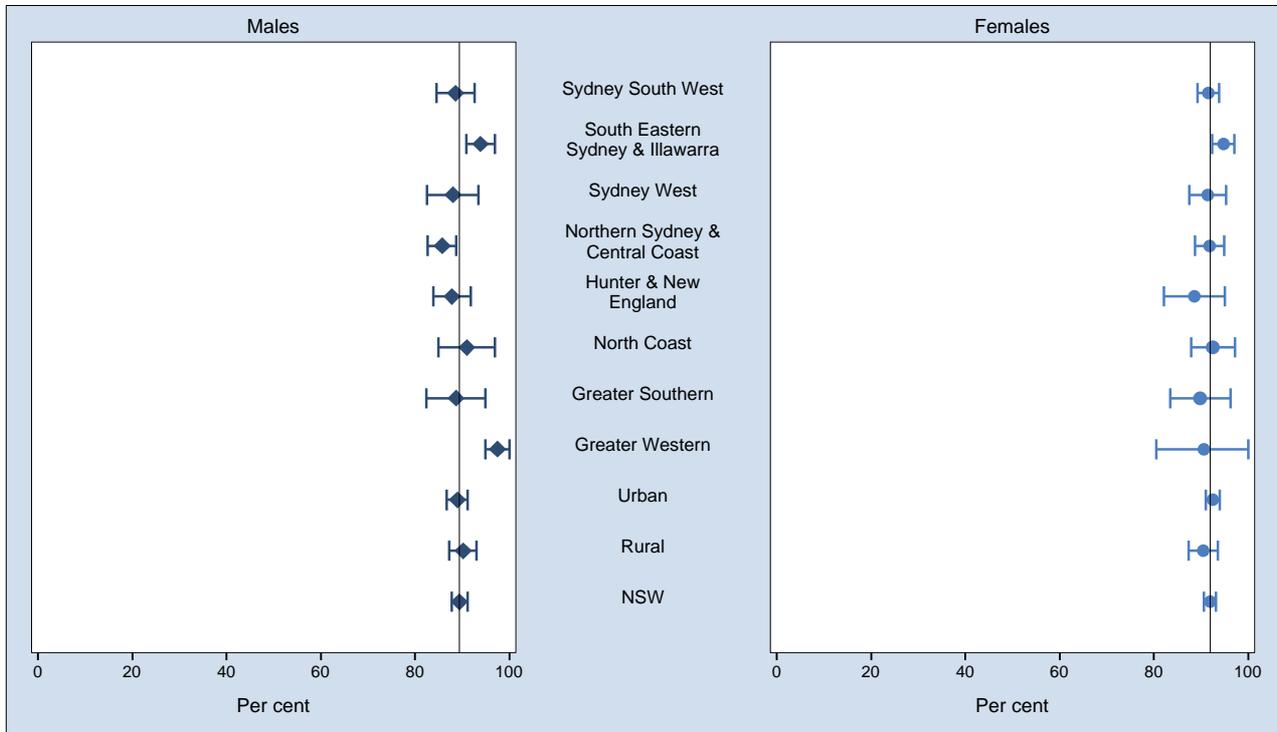
School messages about tobacco smoking by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,487 respondents in NSW. For this indicator 66 (0.87%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those had at least part of a lesson at school about smoking tobacco. The question used to define the indicator was: During 2007 (last year), did you have any lessons or parts of lessons at school about smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

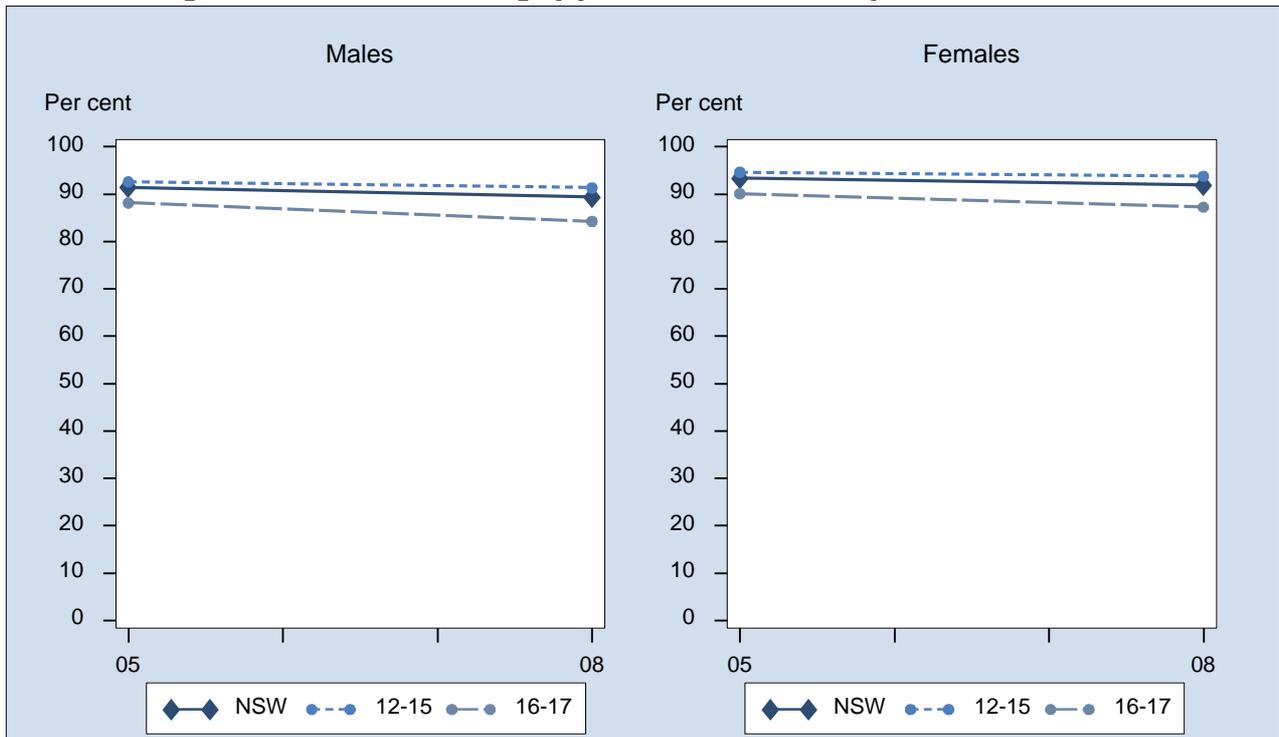
School messages about tobacco smoking by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,487 respondents in NSW. For this indicator 66 (0.87%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those had at least part of a lesson at school about smoking tobacco. The question used to define the indicator was: During 2007 (last year), did you have any lessons or parts of lessons at school about smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

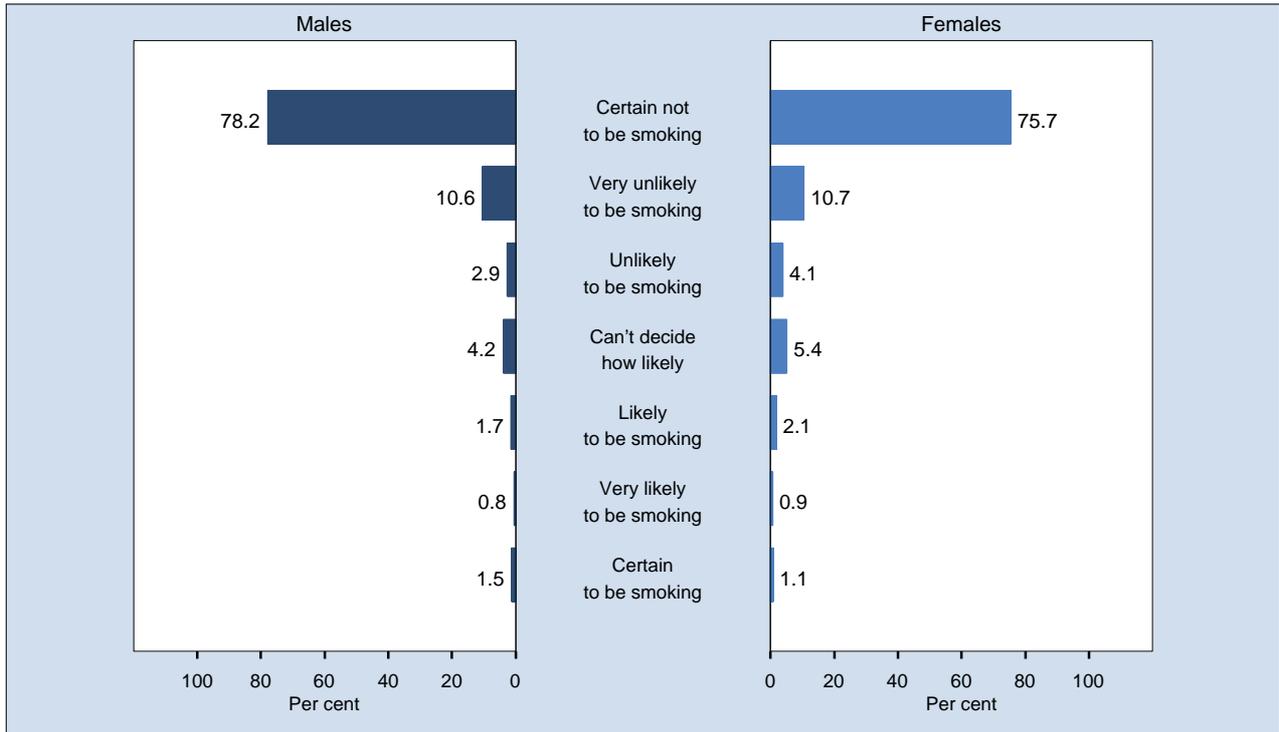
School messages about tobacco smoking by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,490), 2008 (7,487). The indicator includes those had at least part of a lesson at school about smoking tobacco. The question used to define the indicator was: During 2007 (last year), did you have any lessons or parts of lessons at school about smoking?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Intention towards smoking in the next 12 months, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,487 respondents in NSW. For this indicator 66 (0.87%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: Do you think you will be smoking cigarettes this time next year?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Substance use

Introduction

In New South Wales it is illegal to sell or supply illicit substances. Problems with substance use, whether they be over-the-counter or prescription or illicit substances, often co-exist with mental health problems including mood, personality, post traumatic stress, eating, and conduct disorders. People with a substance use disorder are more likely to have or develop a psychiatric disorder than people without a substance use disorder.[1,2] Preventing substance use among adolescents has been identified as one way of reducing substance use in adults.[3,4] The drug categories used in this report include over-the-counter and prescription substances as well as illicit substances. Illicit substances include marijuana or cannabis, amphetamines, ecstasy, hallucinogens, cocaine, and heroin or opiates.

Results

Ever used substances

In 2008, among students aged 12-17 years, 94.9 per cent had ever used painkillers, 19.9 per cent had ever used inhalants, 12.9 per cent had ever used marijuana or cannabis, 16.1 per cent had ever used sleeping tablets or sedatives or tranquillisers other than for medical reasons, 3.7 per cent had ever used amphetamines, 4.4 per cent had ever used ecstasy, 2.8 per cent had ever used hallucinogens, 2.8 per cent had ever used cocaine, 2.0 per cent had ever used steroids without a doctor's prescription, and 2.1 per cent had ever used heroin or opiates.

In 2008, among students aged 12-17 years, 85.3 per cent had never used an illicit substance, 8.8 had ever used 1 illicit substance, 2.2 per cent had ever used 2 illicit substances, and 3.6 per cent had ever used 3 or more illicit substances.

Ever used painkillers or analgesics

In 2008, among students aged 12-17 years, 94.9 per cent had ever used painkillers or analgesics. Students aged 12-15 years (94.2 per cent) were significantly less likely than students aged 16-17 years (96.6 per cent) to have ever used painkillers or analgesics. Males (92.8 per cent) were significantly less likely than females (97.0 per cent) to have ever used painkillers or analgesics.

The proportion of students who had ever used painkillers or analgesics decreased significantly between 1996 (97.4 per cent) and 2008 (94.9 per cent). The decrease has been significant in students aged 12-15 years (97.2 per cent to 94.2 per cent) and students aged 16-17 years (98.2 per cent to 96.6 per cent).

The proportion of students who had ever used painkillers or analgesics decreased significantly between 2005 (96.1 per cent) and 2008 (94.9 per cent). The decrease has been significant in students aged 16-17 years (97.8 per cent to 96.6 per cent).

Ever used inhalants

In 2008, among students aged 12-17 years, 19.9 per cent had ever used inhalants. Students aged 12-15 years (21.6 per cent) were significantly more likely than students aged 16-17 years (15.6 per cent) to have ever used inhalants. There was no significant difference between males and females.

The proportion of students who had ever used inhalants decreased significantly between 1996 (27.3 per cent) and 2008 (19.9 per cent). The decrease has been significant in students aged 12-15 years (30.7 per cent to 21.6 per cent).

However, there has been no significant change in the proportion of students aged 12-17 years who had ever used inhalants between 2005 and 2008.

Ever used marijuana or cannabis

In 2008, among students aged 12-17 years, 12.9 per cent had ever used marijuana or cannabis. Students aged 12-15 years (8.1 per cent) were significantly less likely than students aged 16-17 years (25.0 per cent) to have ever used marijuana or cannabis. There was no significant difference between males and females.

The proportion of students who had ever used marijuana or cannabis decreased significantly between 1996 (34.1 per cent) and 2008 (12.9 per cent). The decrease has been significant in students aged 12-15 years (27.5 per cent to 8.1 per cent) and students aged 16-17 years (52.4 per cent to 25.0 per cent).

However, there has been no significant change in the proportion of students aged 12-17 years had ever used marijuana or cannabis between 2005 and 2008; however, there has been a significant decrease in the 12-15 year age group (11.0 per cent to 8.1 per cent).

Ever used sleeping tablets or sedatives or tranquillisers

In 2008, among students aged 12-17 years, 16.1 per cent had ever used sleeping tablets or sedatives or tranquillisers other than for medical reasons. Students aged 12-15 years (15.3 per cent) were significantly less likely than students aged 16-17 years (18.0 per cent) to have ever used sleeping tablets or sedatives or tranquillisers other than for medical reasons. There was no significant difference between males and females.

The proportion of students who had ever used sleeping tablets or sedatives or tranquillisers other than for medical reasons decreased significantly between 1996 (19.3 per cent) and 2008 (16.1 per cent). The decrease has been significant in students aged 12-15 years (18.9 per cent to 15.3 per cent).

The proportion of students who had ever used sleeping tablets or sedatives or tranquillisers other than for medical reasons increased significantly between 2005 (13.9 per cent) and 2008 (16.1 per cent). The increase has been significant in students aged 12-15 years (13.3 per cent to 15.3 per cent).

Ever used amphetamines

In 2008, among students aged 12-17 years, 3.7 per cent had ever used amphetamines other than for medical reasons. Students aged 12-15 years (2.6 per cent) were significantly less likely than students aged 16-17 years (6.5 per cent) to have ever used amphetamines other than for medical reasons. There was no significant difference between males and females.

The proportion of students who had ever used amphetamines other than for medical reasons decreased significantly between 1996 (6.7 per cent) and 2008 (3.7 per cent). The decrease has been significant in students aged 12-15 years (5.4 per cent to 2.6 per cent) and students aged 16-17 years (10.4 per cent to 6.5 per cent).

However, there has been no significant change in the proportion of students aged 12-17 years who had ever used amphetamines other than for medical reasons between 2005 and 2008.

Ever used ecstasy

In 2008, among students aged 12-17 years, 4.4 per cent had ever used ecstasy. Students aged 12-15 years (2.4 per cent) were significantly less likely than students aged 16-17 years (9.3 per cent) to have ever used ecstasy. There was no significant difference between males and females.

There has been no significant change in the proportion of students aged 12-17 years who had ever used ecstasy between 1996 and 2008; however, there has been a significant decrease in the 12-15 year age group (3.5 per cent to 2.4 per cent) and a significant increase in the 16-17 year age group (5.9 per cent to 9.3 per cent).

Ever used hallucinogens

In 2008, among students aged 12-17 years, 2.8 per cent had ever used hallucinogens. Students aged 12-15 years (2.0 per cent) were significantly less likely than students aged 16-17 years (4.9 per cent) to have ever used hallucinogens. There was no significant difference between males and females.

The proportion of students who had ever used hallucinogens decreased significantly between 1996 (8.7 per cent) and 2008 (2.8 per cent). The decrease has been significant in students aged 12-15 years (6.7 per cent to 2.0 per cent) and students aged 16-17 years (14.2 per cent to 4.9 per cent).

However, there has been no significant change in the proportion of students aged 12-17 years who had ever used hallucinogens between 2005 and 2008.

Ever used cocaine

In 2008, among students aged 12-17 years, 2.8 per cent had ever used cocaine. Students aged 12-15 years (1.9 per cent) were significantly less likely than students aged 16-17 years (5.3 per cent) to have ever used cocaine. Males (3.4 per cent) were significantly more likely than females (2.3 per cent) to have ever used cocaine.

The proportion of students who had ever used cocaine decreased significantly between 1996 (4.1 per cent) and 2008 (2.8 per cent). The decrease has been significant in students aged 12-15 years (3.9 per cent to 1.9 per cent).

However, there has been no significant change in the proportion of students aged 12-17 years who had ever used cocaine between 2005 and 2008.

Ever used steroids

In 2008, among students aged 12-17 years, 2.0 per cent had ever used steroids without a doctor's prescription. There was no significant difference between age groups. Males (2.6 per cent) were significantly more likely than females (1.4 per cent) to have ever used steroids without a doctor's prescription.

There has been no significant change in the proportion of students aged 12-17 years who had ever used steroids without a doctor's prescription between 1996 and 2008.

Ever used heroin or opiates

In 2008, among students aged 12-17 years, 2.1 per cent had ever used heroin or opiates other than for medical reasons. There was no significant difference between age groups, or between males and females.

The proportion of students who had ever used heroin or opiates other than for medical reasons decreased significantly between 1996 (4.0 per cent) and 2008 (2.1 per cent). The decrease has been significant in students aged 12-15 years (3.9 per cent to 2.0 per cent) and students aged 16-17 years (4.5 per cent to 2.5 per cent).

However, there has been no significant change in the proportion of students aged 12-17 years who had ever used heroin or opiates other than for medical reasons between 2005 and 2008.

Substances use in the last 12 months

In 2008, among students aged 12-17 years, 91.4 per cent had used painkillers in the last 12 months, 14.6 per cent had used inhalants, 10.9 per cent had used marijuana or cannabis, 9.1 per cent had used sleeping tablets or sedatives or tranquillisers other than for medical reasons, 3.1 per cent had used amphetamines other than for medical reasons, 3.9 per cent had used ecstasy, 2.3 per cent had used hallucinogens, 2.4 per cent had used cocaine, 1.4 per cent had used steroids without a doctor's prescription, and 1.5 per cent had used heroin or opiates other than for medical reasons in the last 12 months.

Substance use in the last 4 weeks

In 2008, among students aged 12-17 years, 67.1 per cent had used painkillers in the last 4 weeks, 8.7 per cent had used inhalants, 6.2 per cent had used marijuana or cannabis, 3.8 per cent had used sleeping tablets or sedatives or tranquillisers other than for medical reasons, 1.6 per cent had used amphetamines other than for medical reasons, 2.1 per cent had used ecstasy, 1.4 per cent had used hallucinogens, 1.5 per cent had used cocaine, 1.1 per cent had used steroids without a doctor's prescription, and 1.0 per cent had used heroin or opiates other than for medical reasons in the last 4 weeks.

Substances use in the last 7 days

In 2008, among students aged 12-17 years, 39.5 per cent had used painkillers in the last 7 days, 5.9 per cent had used inhalants, 3.5 per cent had used marijuana or cannabis, 2.5 per cent had used sleeping tablets or sedatives or tranquillisers other than for medical reasons, 1.6 per cent had used amphetamines other than for medical reasons, 2.1 per cent had used ecstasy, 1.1 per cent had used hallucinogens, 1.1 per cent had used cocaine, 1.0 per cent had used steroids without a doctor's prescription, and 0.9 per cent had used heroin or opiates other than for medical reasons in the last 7 days.

School messages about illicit substances

In 2008, among students aged 12-17 years, 88.7 per cent have ever had a lesson or part of a lesson about illicit substance use. There was no significant difference between age groups, or between males and females.

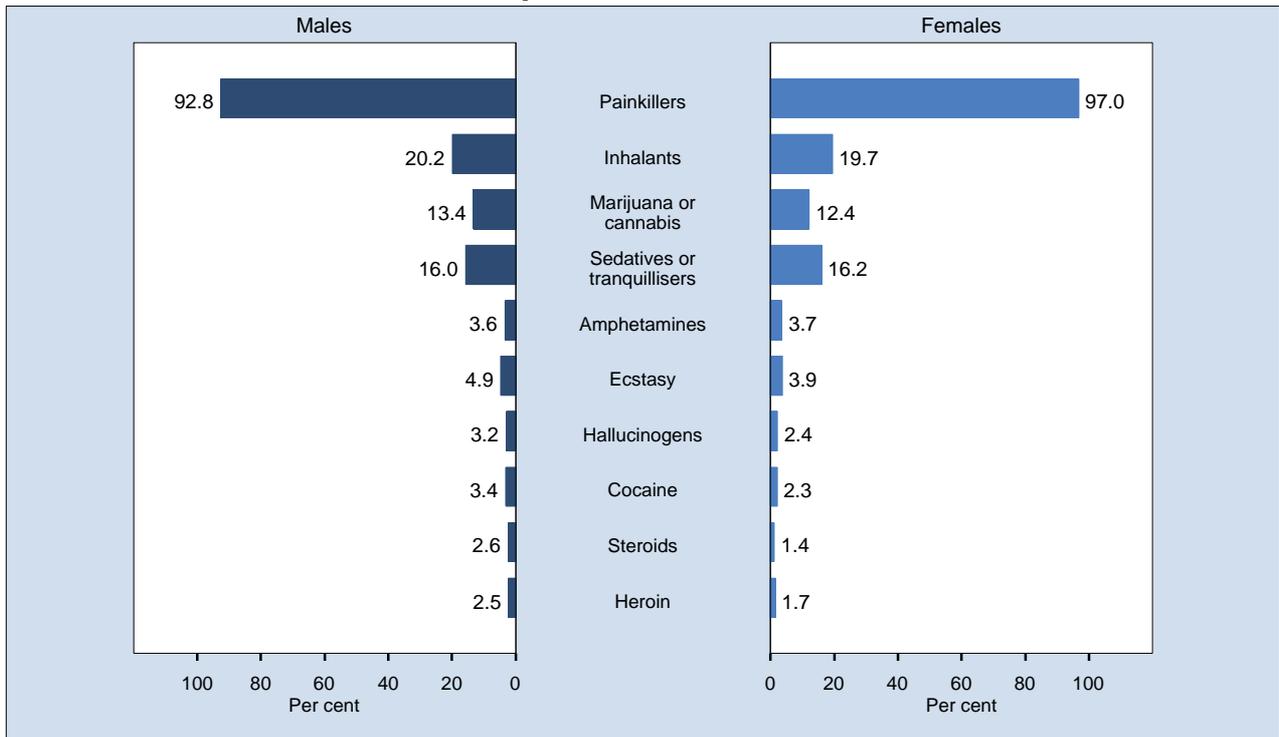
Students in the second quintile (90.8 per cent) and third quintile (91.0 per cent) were significantly more likely, and students in the fifth or most disadvantaged quintile (86.6 per cent) were significantly less likely, to have ever had a lesson or part of a lesson about illicit substance use, compared with the overall student population aged 12-17 years. There was no significant difference between urban and rural health areas, or among area health services.

There has been no significant change in the proportion of students aged 12-17 years who had ever had a lesson or part of a lesson about illicit substance use between 2005 and 2008.

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1. Frank E, Boland E, Novick D, Bizzari J, and Rucci P. Association between illicit drug and alcohol use and first manic episode. *Pharmacol Biochem Behav* 2007; 86(2): 395400. Available online at www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1876823 (accessed 18 September 2009).
2. Mental Health and Drug & Alcohol Office. *Mental health reference resource for drug and alcohol workers*. Sydney: NSW Department of Health, 2007. Available online at www.health.nsw.gov.au/pubs/2007/mh_resource.html (accessed 18 September 2009).
3. White V and Hayman J. *Australian secondary school students' use of over-the-counter and illicit substances in 2002*. Melbourne: The Cancer Council Victoria, 2004. Available online at www.health.gov.au (accessed 18 September 2009).
4. White V and Hayman J. *Australian secondary school students' use of over-the-counter and illicit substances in 2005*. Melbourne: The Cancer Council Victoria, 2006. Available online at www.health.gov.au (accessed 18 September 2009).

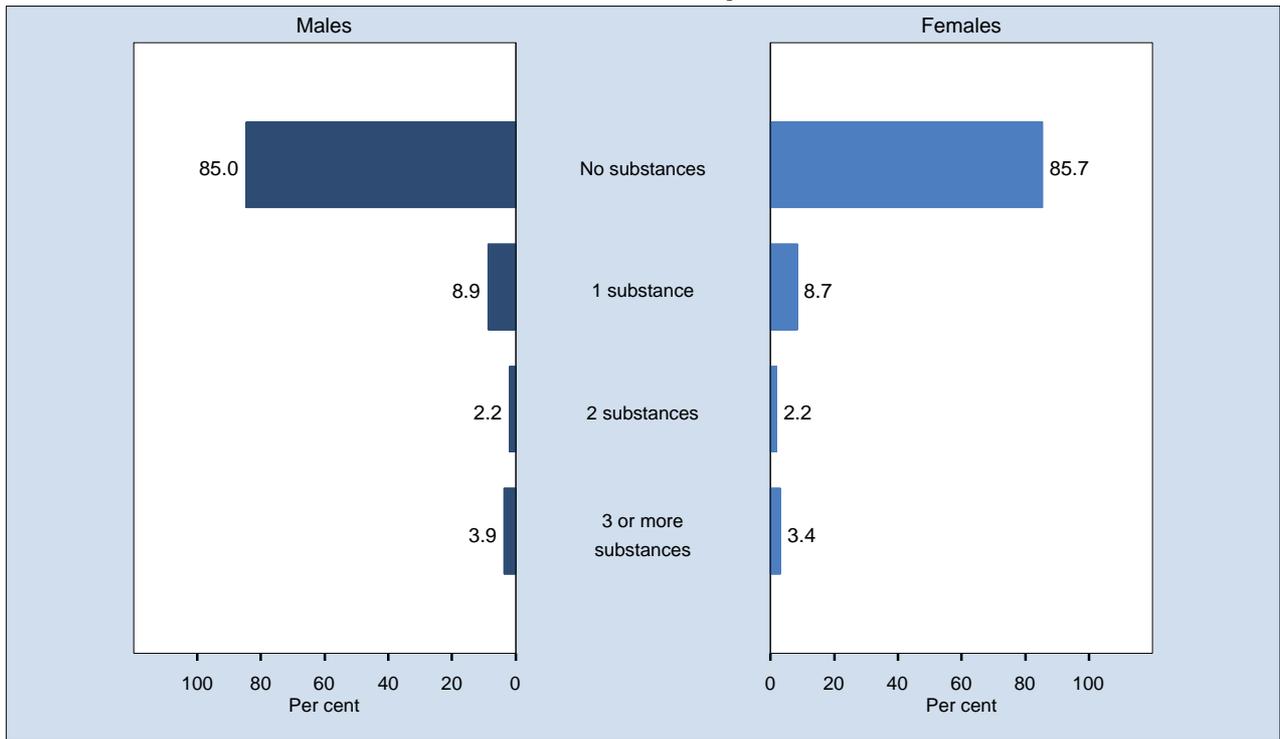
Ever used substances, students 12 to 17 years, NSW, 2008



Note: Estimates are based on the following numbers for NSW: Painkillers - 7,190 responders and 363 (4.81%) were not stated (Don't know, invalid or no response given), Inhalants - 7,390 responders and 163 (2.16%) were not stated (Don't know, invalid or no response given), Marijuana or cannabis - 7,397 responders and 156 (2.07%) were not stated (Don't know, invalid or no response given), Sedatives or tranquillisers - 7,429 responders and 124 (1.64%) were not stated (Don't know, invalid or no response given), Amphetamines - 7,305 responders and 248 (3.28%) were not stated (Don't know, invalid or no response given), Ecstasy - 6,738 responders and 815 (10.79%) were not stated (Don't know, invalid or no response given), Hallucinogens - 7,230 responders and 323 (4.28%) were not stated (Don't know, invalid or no response given), Cocaine - 7,360 responders and 193 (2.56%) were not stated (Don't know, invalid or no response given), Steroids - 7,400 responders and 153 (2.03%) were not stated (Don't know, invalid or no response given), Heroin - 7,349 responders and 204 (2.70%) were not stated (Don't know, invalid or no response given). The questions used were: How many times, if ever, have you used or taken painkillers or analgesics such as Disprin, Panadol or Aspro, for any reason, in your lifetime? How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel in your lifetime? How many times, if ever, have you smoked or used marijuana or cannabis in your lifetime? How many times, if ever, have you used or taken sleeping tablets, tranquillisers or sedatives, such as Valium, Serepax or Rohypnol, other than for medical reasons, in your lifetime? How many times, if ever, have you used or taken amphetamines in your lifetime? How many times, if ever, have you used or taken ecstasy in your lifetime? How many times, if ever, have you used or taken hallucinogens in your lifetime? How many times, if ever, have you used or taken cocaine in your lifetime? How many times, if ever, have you used or taken steroids, without doctor's prescription in an attempt to make you better at sport, to increase muscle size, or to improve your general appearance, in your lifetime? How many times, if ever, have you used or taken heroin in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

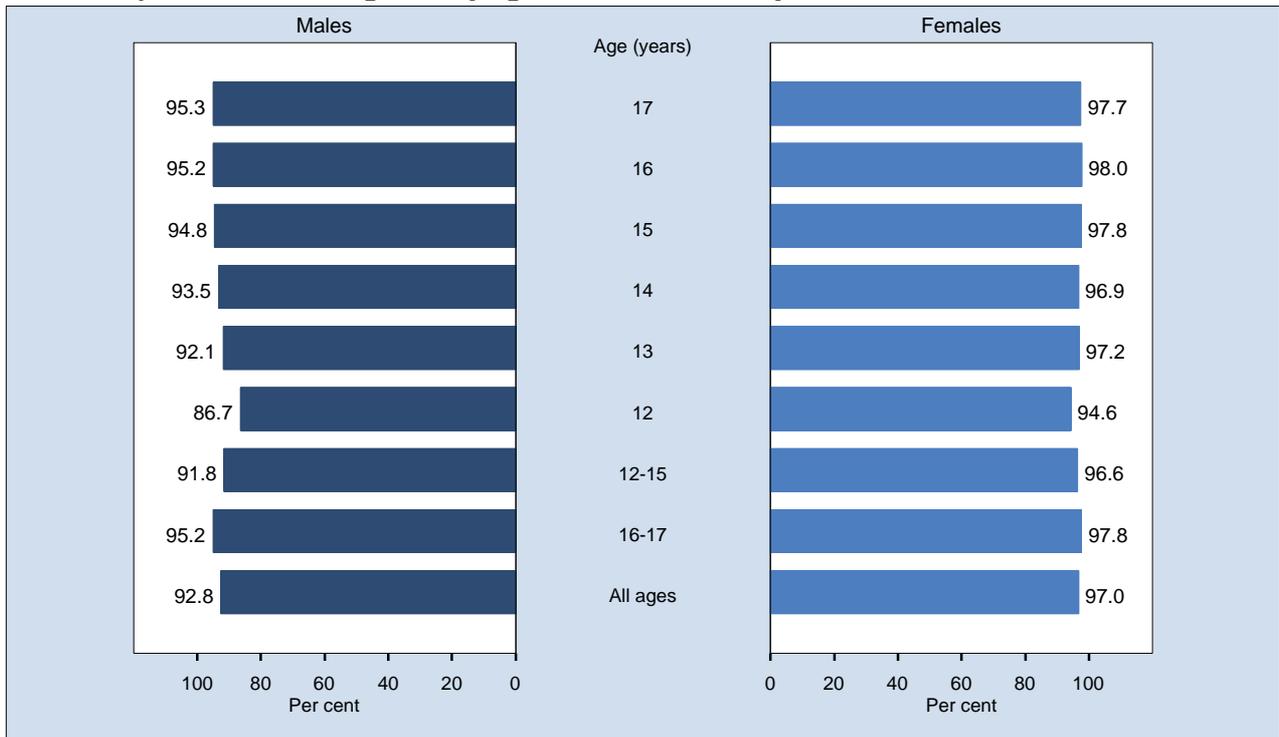
Number of illicit substances ever used, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 6,487 respondents in NSW. For this indicator 1,066 (14.11%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: How many times, if ever, have you smoked or used marijuana or cannabis in your lifetime? How many times, if ever, have you used or taken amphetamines other than for medical reasons in your lifetime? How many times, if ever, have you used or taken ecstasy in your lifetime? How many times, if ever, have you used or taken cocaine in your lifetime? How many times, if ever, have you used or taken heroin in your lifetime? How many times, if ever, have you used or taken hallucinogens in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

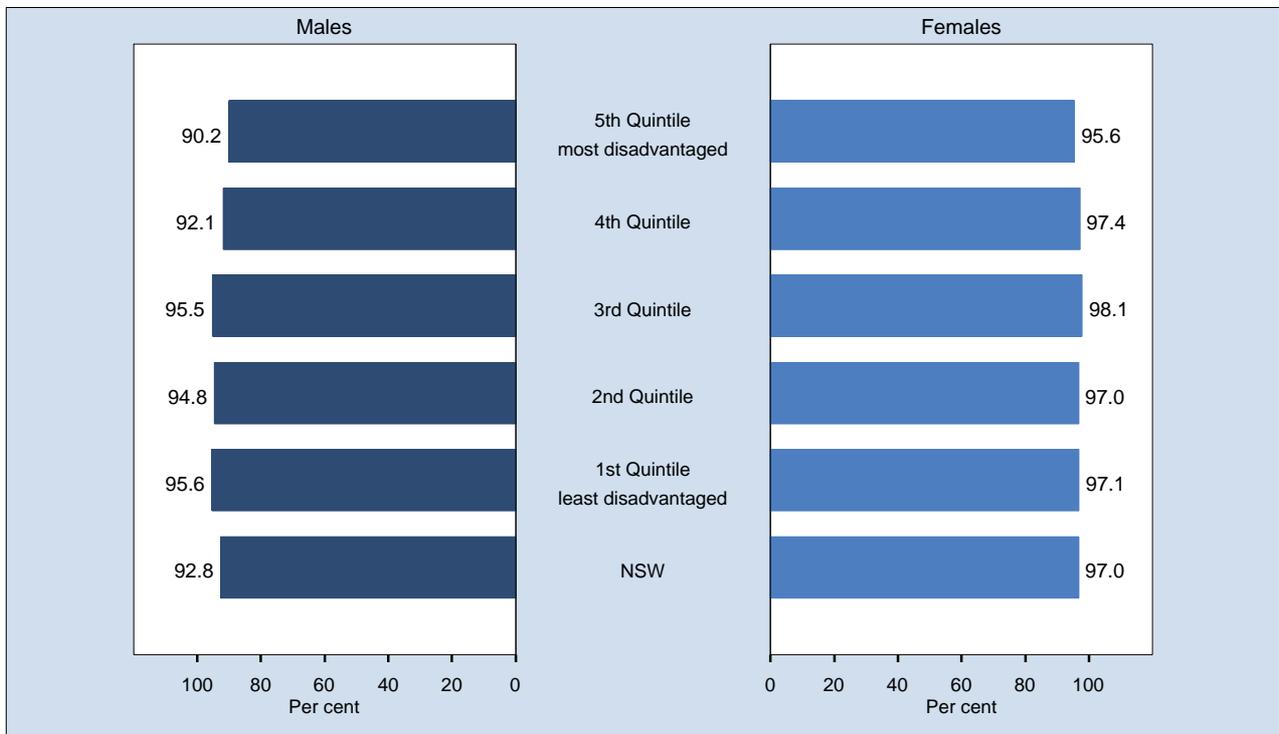
Ever used painkillers or analgesics by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,190 respondents in NSW. For this indicator 363 (4.81%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken painkillers or analgesics. The question used to define the indicator was: How many times, if ever, have you used or taken painkillers or analgesics such as Disprin, Panadol or Aspro, for any reason, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

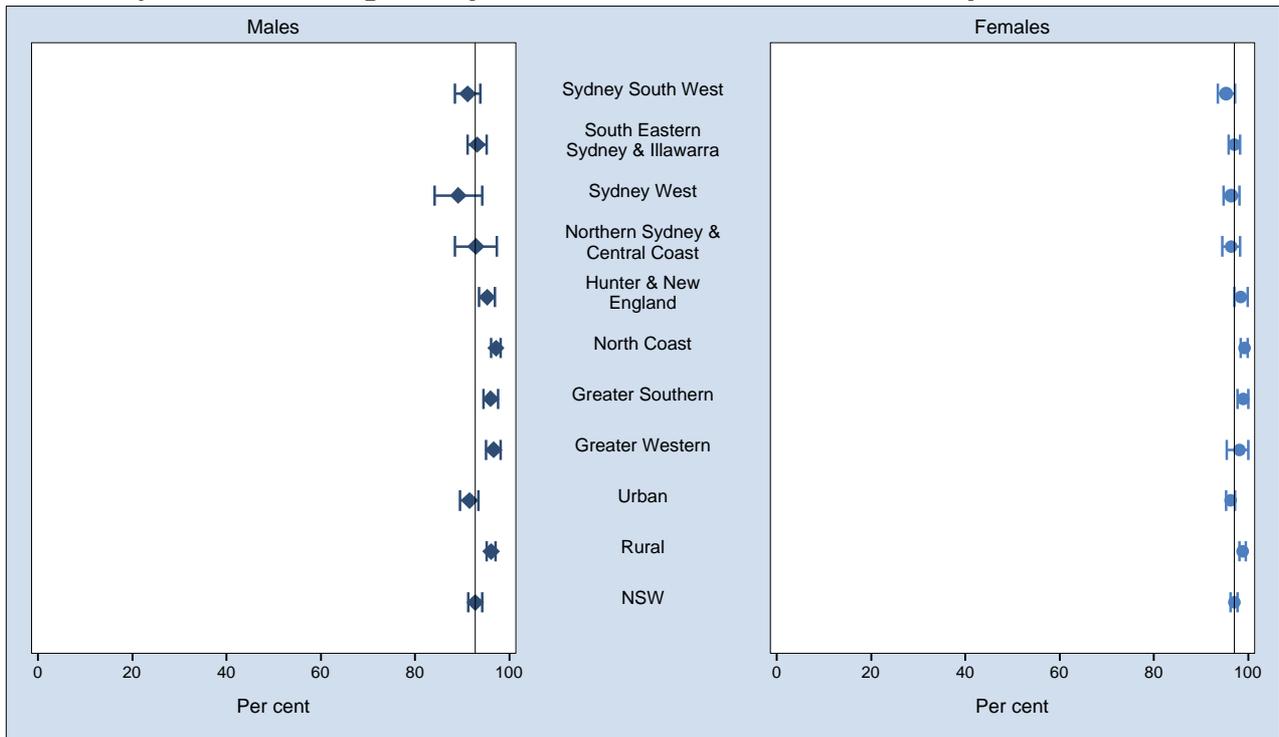
Ever used painkillers or analgesics by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,190 respondents in NSW. For this indicator 363 (4.81%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken painkillers or analgesics. The question used to define the indicator was: How many times, if ever, have you used or taken painkillers or analgesics such as Disprin, Panadol or Aspro, for any reason, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

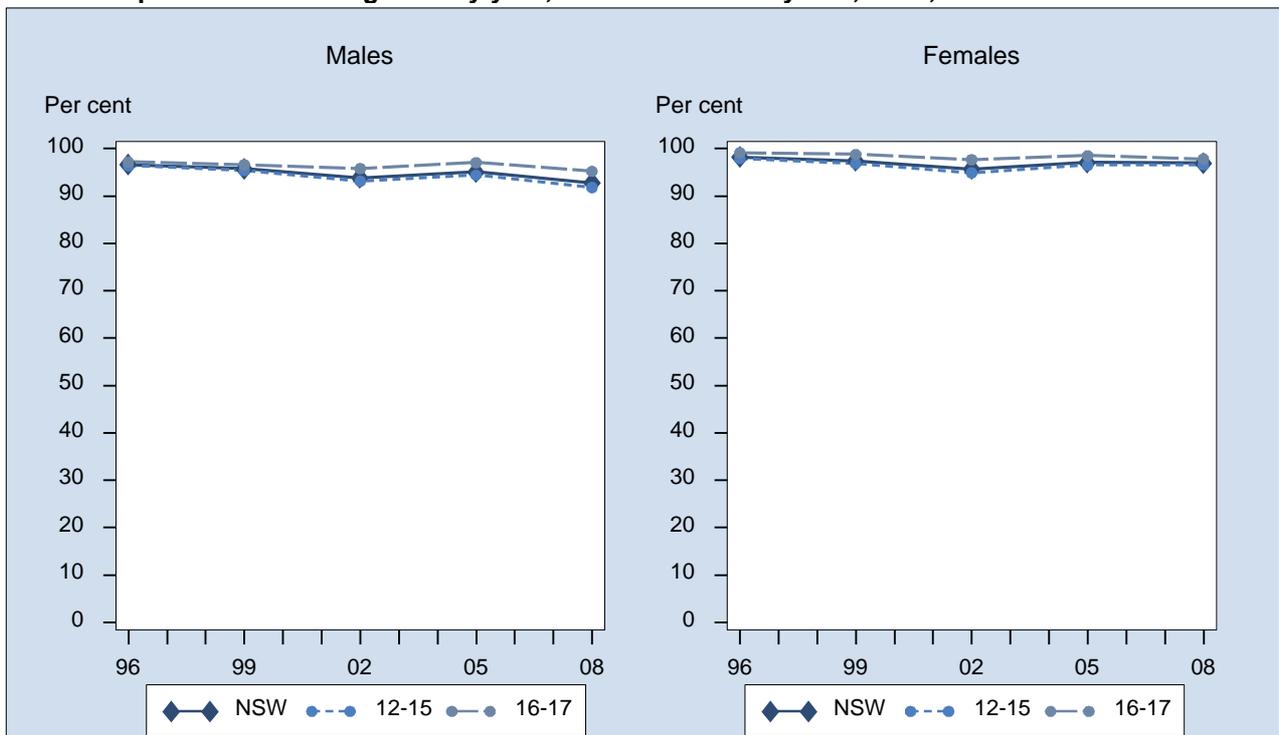
Ever used painkillers or analgesics by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,190 respondents in NSW. For this indicator 363 (4.81%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken painkillers or analgesics. The question used to define the indicator was: How many times, if ever, have you used or taken painkillers or analgesics such as Disprin, Panadol or Aspro, for any reason, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

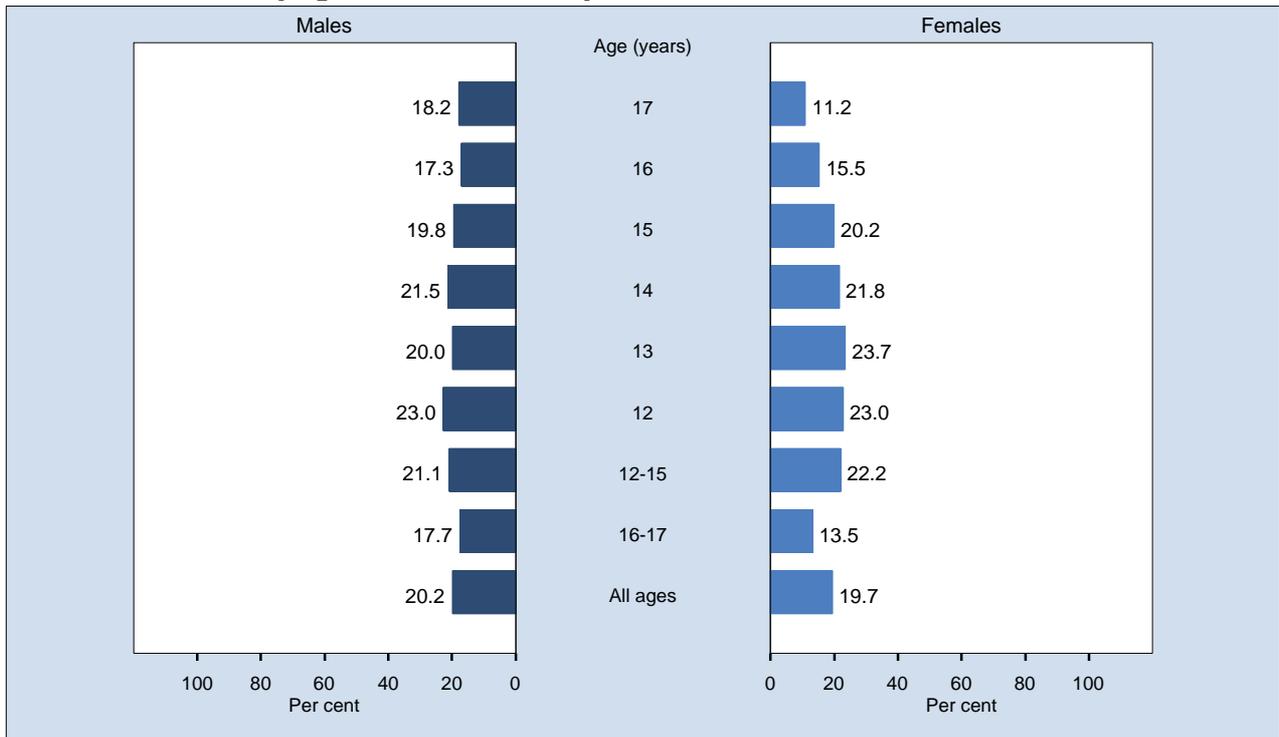
Ever used painkillers or analgesics by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,719), 1999 (7,088), 2002 (5,941), 2005 (5,382), 2008 (7,190). The indicator includes those who have ever used or taken painkillers or analgesics. The question used to define the indicator was: How many times, if ever, have you used or taken painkillers or analgesics such as Disprin, Panadol or Aspro, for any reason, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Ever used inhalants by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,390 respondents in NSW. For this indicator 163 (2.16%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever deliberately sniffed (inhaled) substances to get high. The question used to define the indicator was: How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel, in your lifetime? This does not include sniffing white-out, liquid paper, textas, markers or pens.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

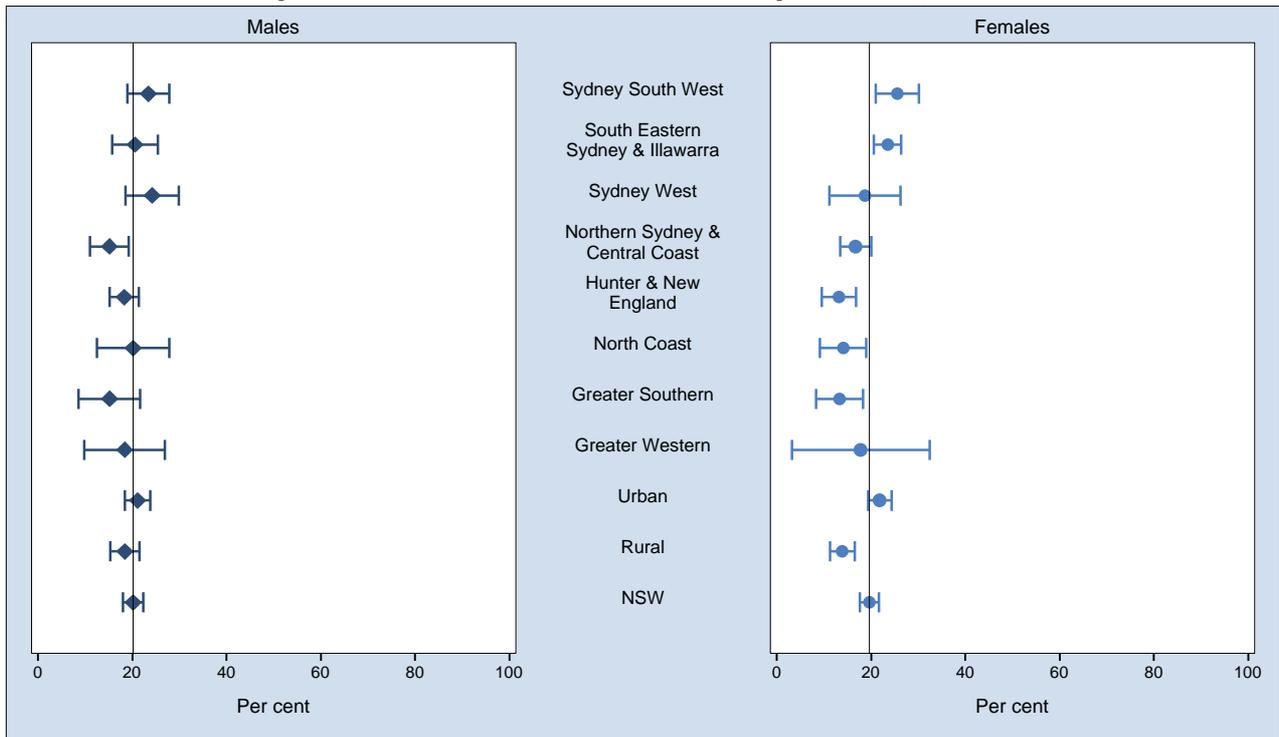
Ever used inhalants by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,390 respondents in NSW. For this indicator 163 (2.16%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever deliberately sniffed (inhaled) substances to get high. The question used to define the indicator was: How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel, in your lifetime? This does not include sniffing white-out, liquid paper, textas, markers or pens.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

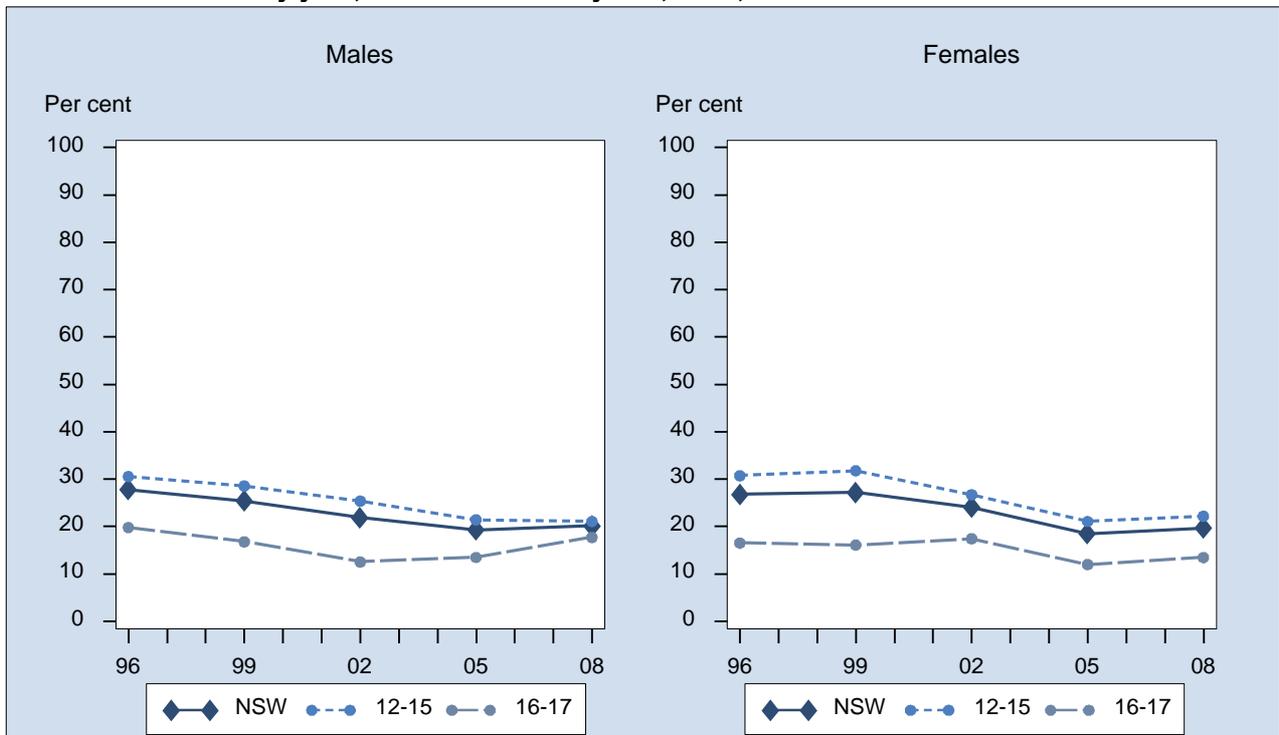
Ever used inhalants by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,390 respondents in NSW. For this indicator 163 (2.16%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever deliberately sniffed (inhaled) substances to get high. The question used to define the indicator was: How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel, in your lifetime? This does not include sniffing white-out, liquid paper, textas, markers or pens.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

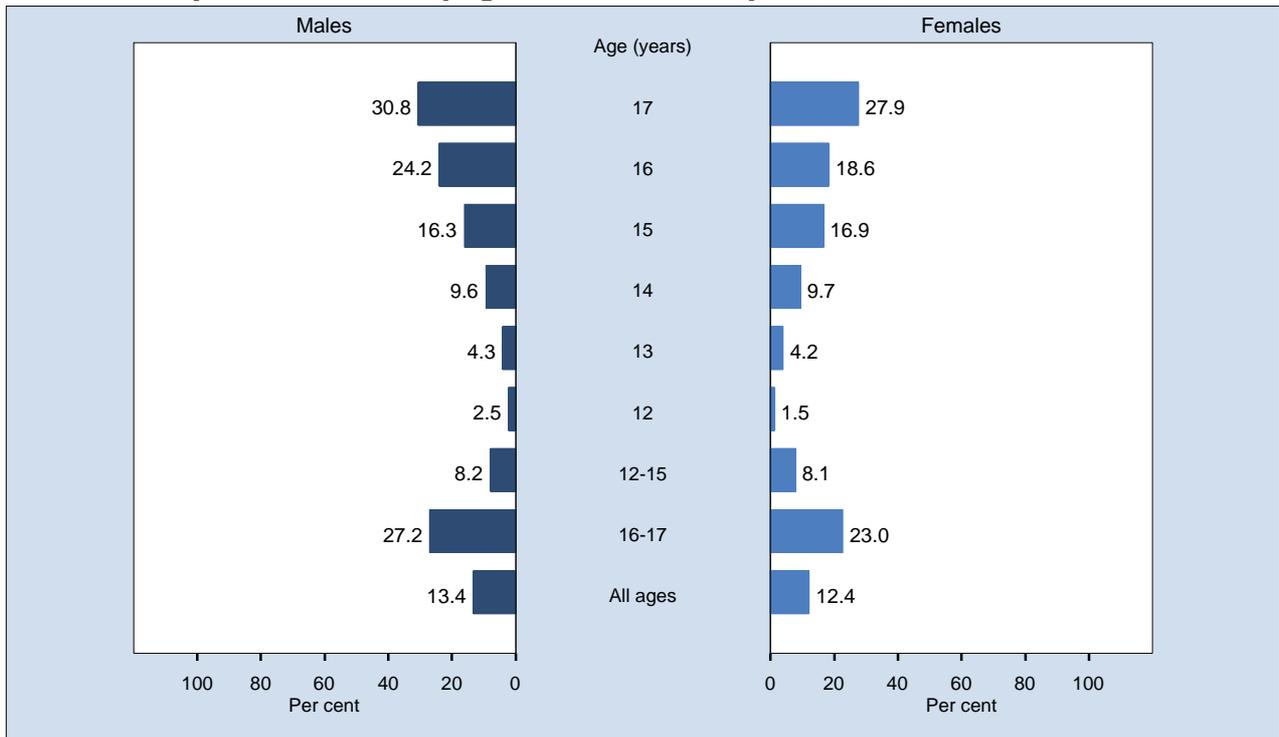
Ever used inhalants by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,801), 1999 (7,168), 2002 (6,041), 2005 (5,355), 2008 (7,390). The indicator includes those who have ever deliberately sniffed (inhaled) substances to get high. The question used to define the indicator was: How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel, in your lifetime? This does not include sniffing white-out, liquid paper, textas, markers or pens.

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

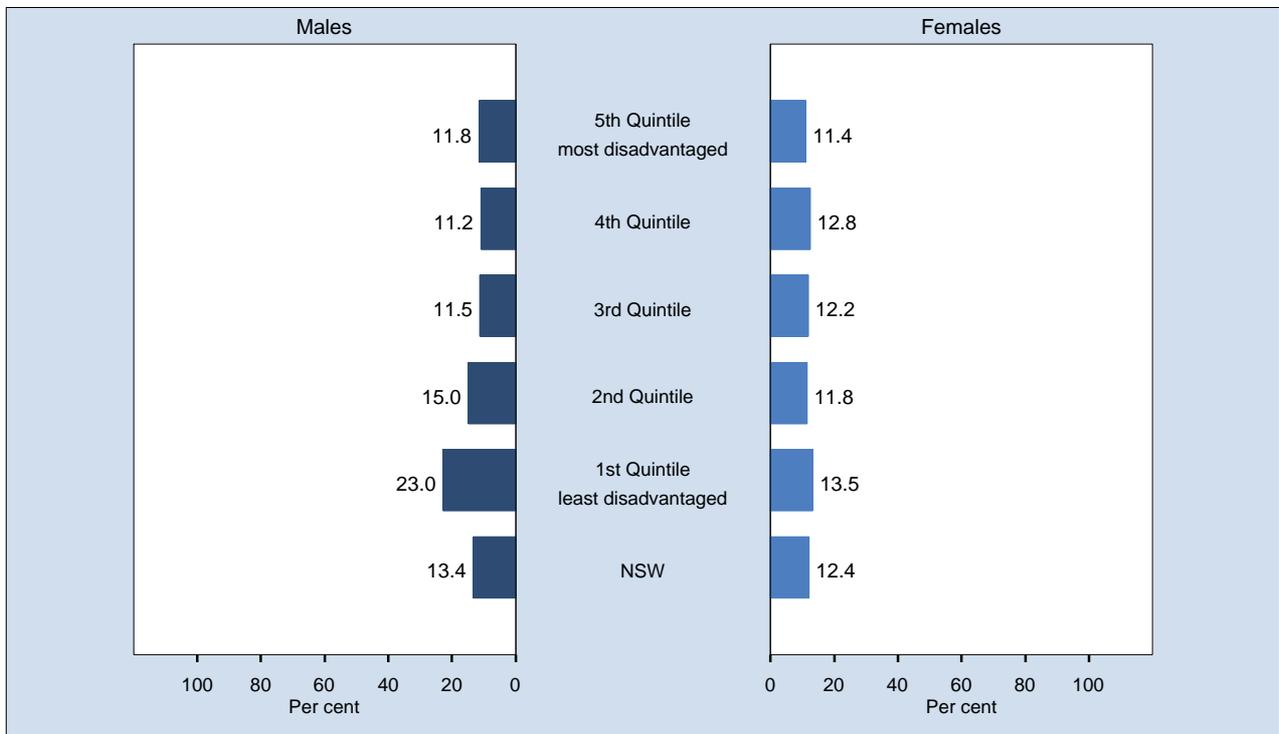
Ever used marijuana or cannabis by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,397 respondents in NSW. For this indicator 156 (2.07%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever smoked or used marijuana or cannabis in their lifetime. The question used to define the indicator was: How many times, if ever, have you smoked or used marijuana or cannabis (grass, hash, dope, weed, mull, yarndi, ganga, pot, a bong, a joint) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

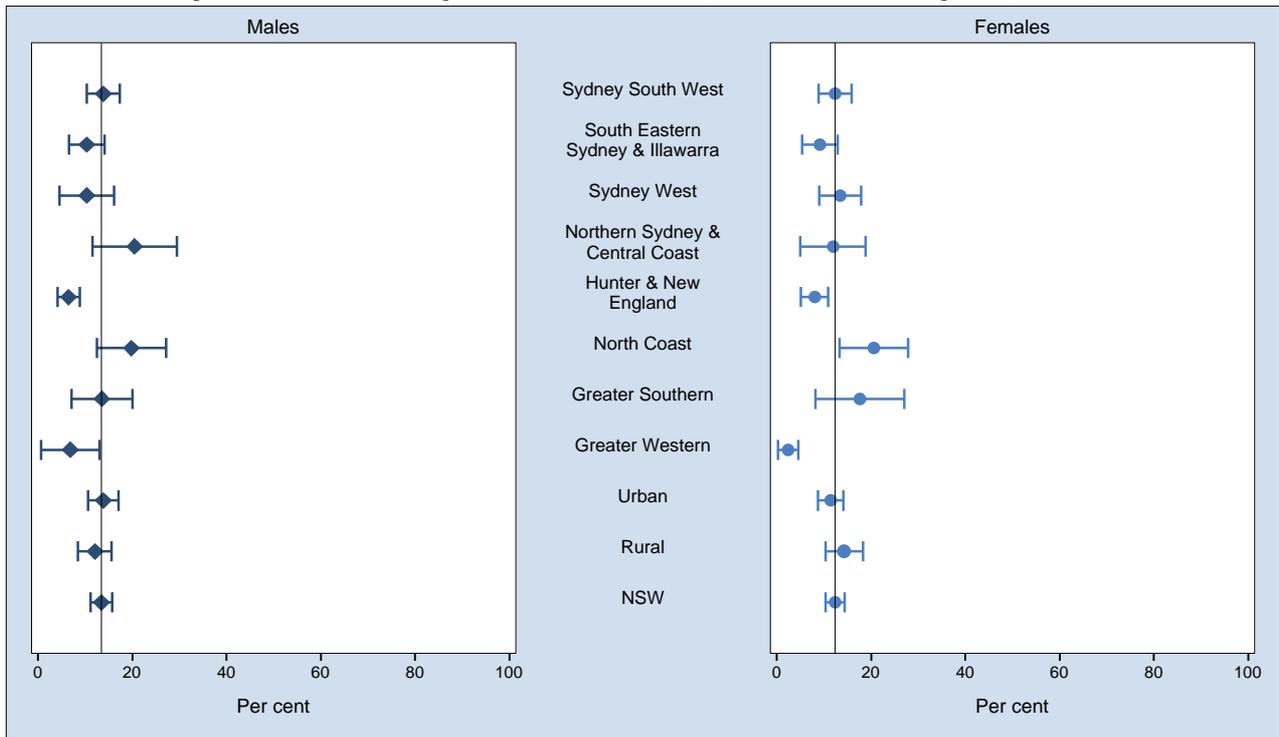
Ever used marijuana or cannabis by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,397 respondents in NSW. For this indicator 156 (2.07%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever smoked or used marijuana or cannabis in their lifetime. The question used to define the indicator was: How many times, if ever, have you smoked or used marijuana or cannabis (grass, hash, dope, weed, mull, yarndi, ganga, pot, a bong, a joint) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

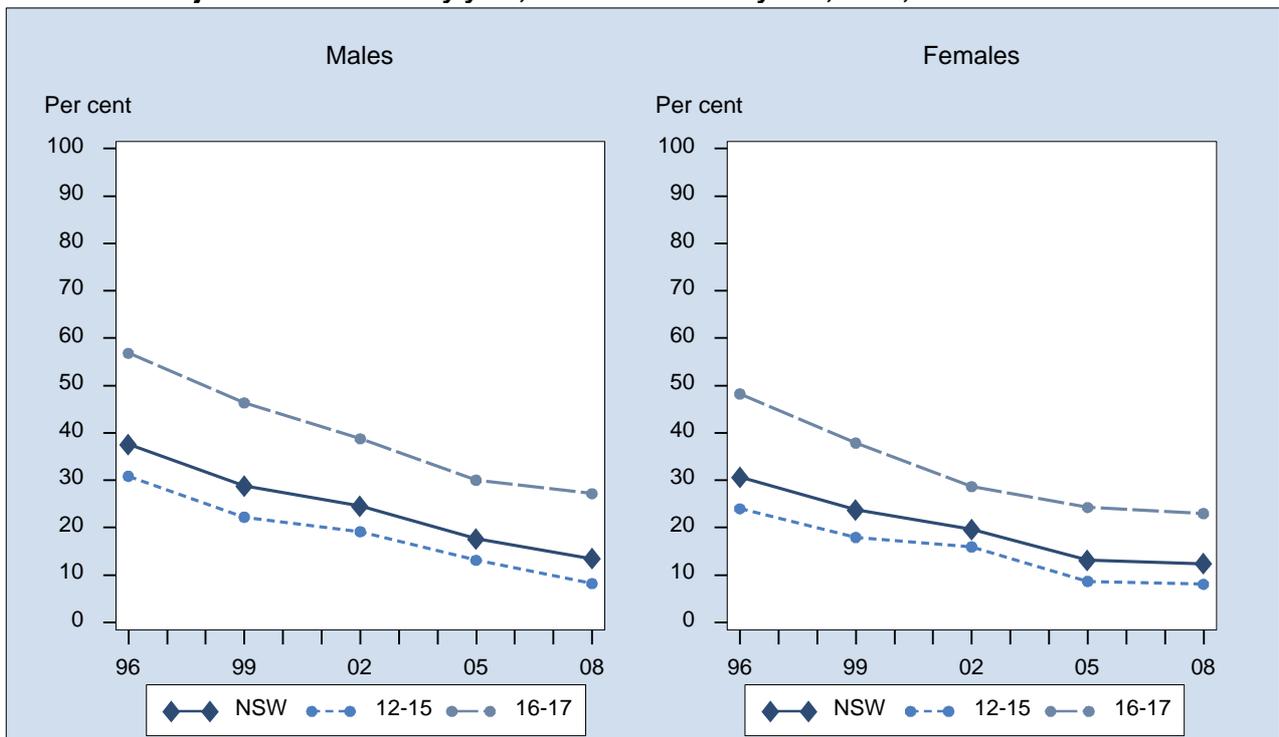
Ever used marijuana or cannabis by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,397 respondents in NSW. For this indicator 156 (2.07%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever smoked or used marijuana or cannabis in their lifetime. The question used to define the indicator was: How many times, if ever, have you smoked or used marijuana or cannabis (grass, hash, dope, weed, mull, yarndi, ganga, pot, a bong, a joint) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

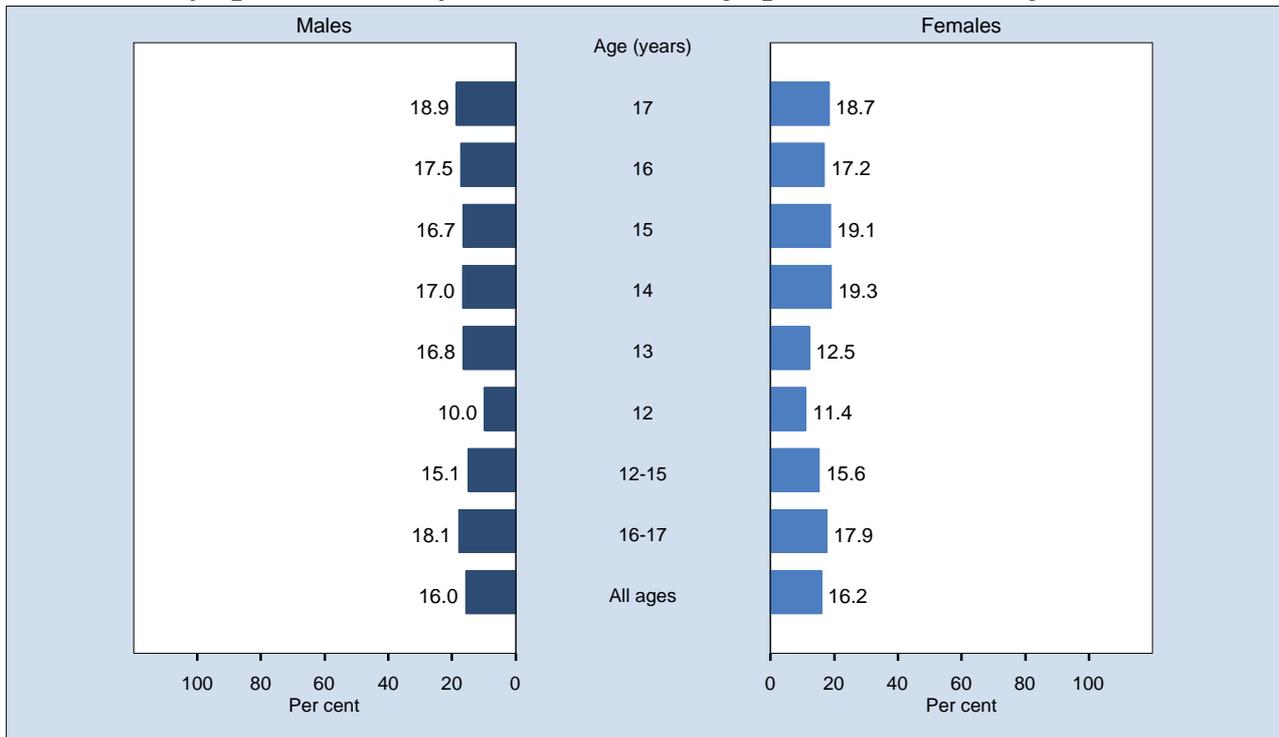
Ever used marijuana or cannabis by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,795), 1999 (7,128), 2002 (6,024), 2005 (5,409), 2008 (7,397). The indicator includes those who have ever smoked or used marijuana or cannabis in their lifetime. The question used to define the indicator was: How many times, if ever, have you smoked or used marijuana or cannabis (grass, hash, dope, weed, mull, yarndi, ganga, pot, a bong, a joint) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

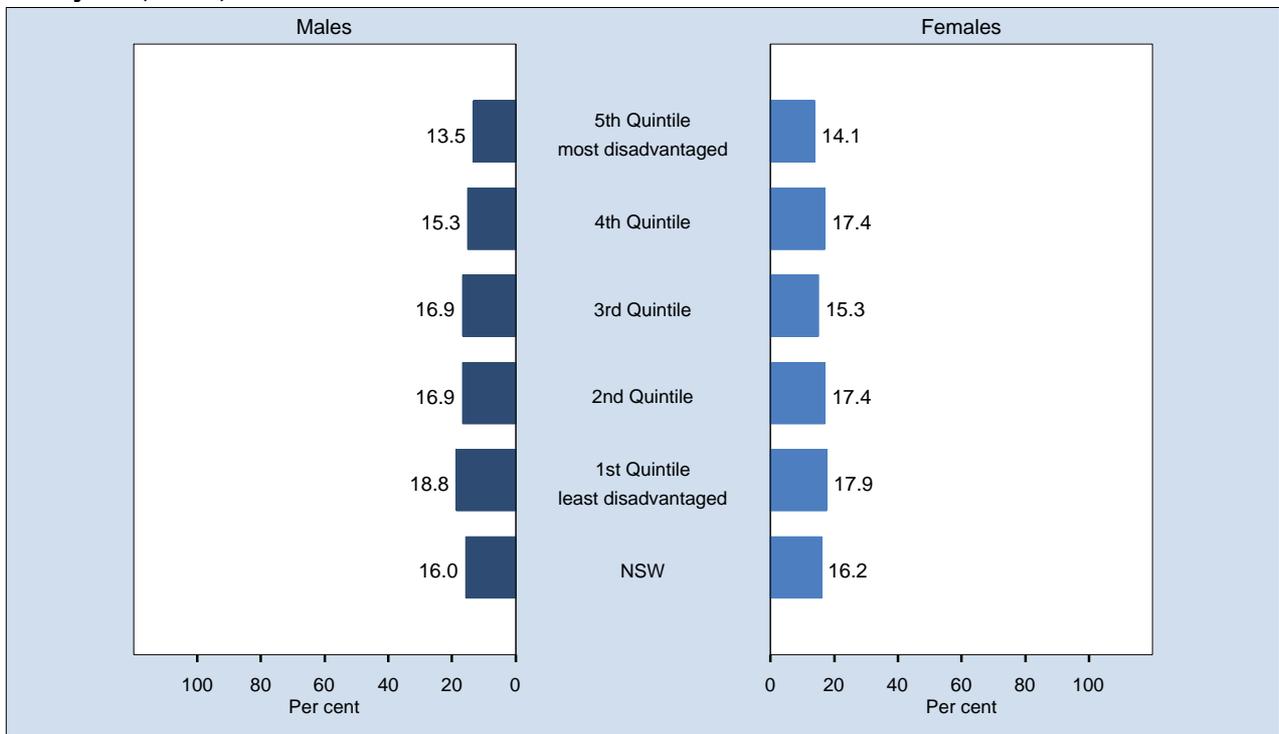
Ever used sleeping tablets or tranquilisers or sedatives by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,429 respondents in NSW. For this indicator 124 (1.64%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who ever used sedatives or tranquilisers for other than medical reasons. The question used to define the indicator was: How many times, if ever, have you used or taken sleeping tablets, tranquilisers or sedatives, such as Valium, Serepax or Rohypnol (rohies, barbs) other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

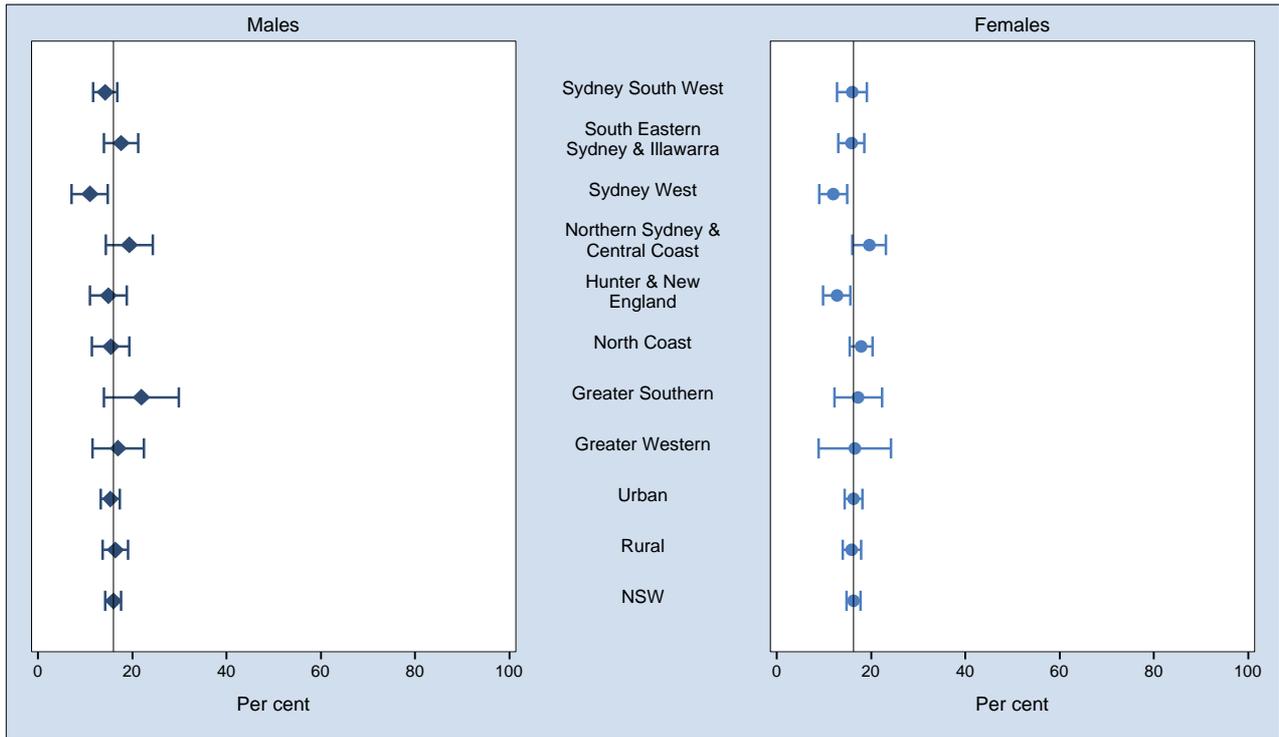
Ever used sleeping tablets or tranquilisers or sedatives by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,429 respondents in NSW. For this indicator 124 (1.64%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who ever used sedatives or tranquilisers for other than medical reasons. The question used to define the indicator was: How many times, if ever, have you used or taken sleeping tablets, tranquilisers or sedatives, such as Valium, Serepax or Rohypnol (rohies, barbs) other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

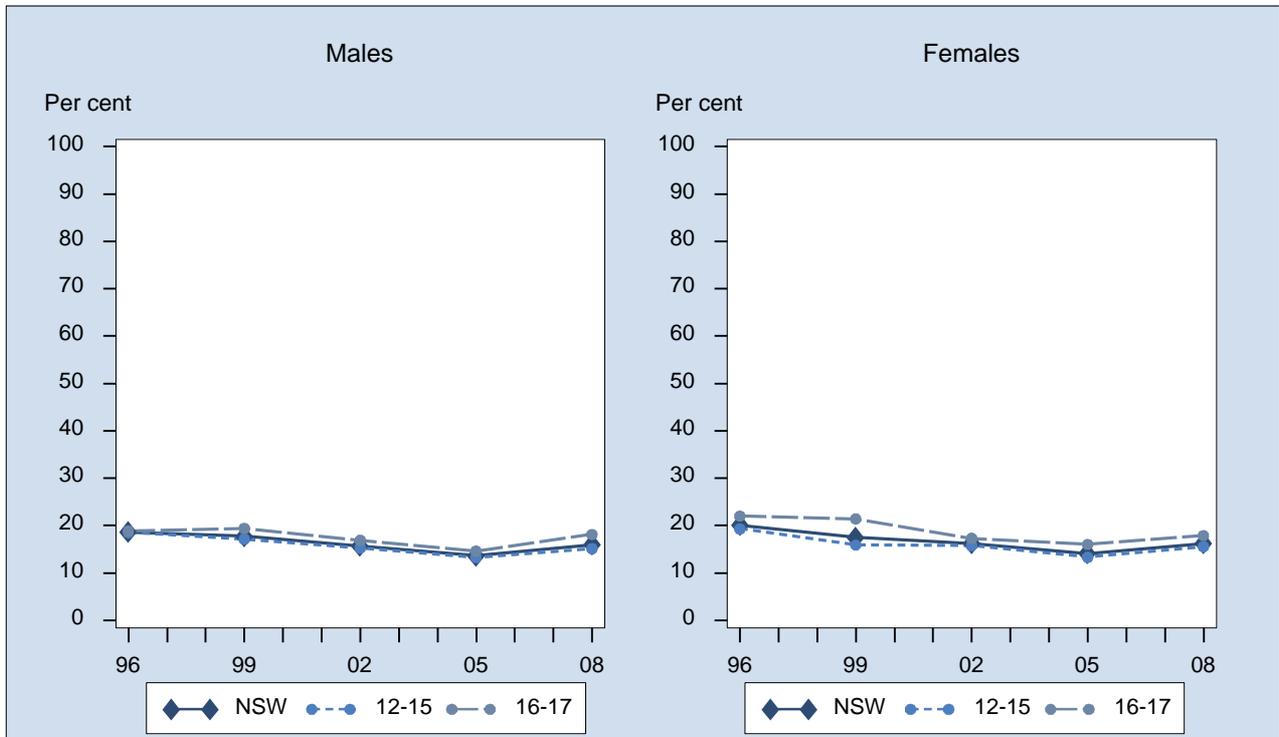
Ever used sleeping tablets or tranquilisers or sedatives by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,429 respondents in NSW. For this indicator 124 (1.64%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who ever used sedatives or tranquilisers for other than medical reasons. The question used to define the indicator was: How many times, if ever, have you used or taken sleeping tablets, tranquilisers or sedatives, such as Valium, Serepax or Rohypnol (rohies, barbs) other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

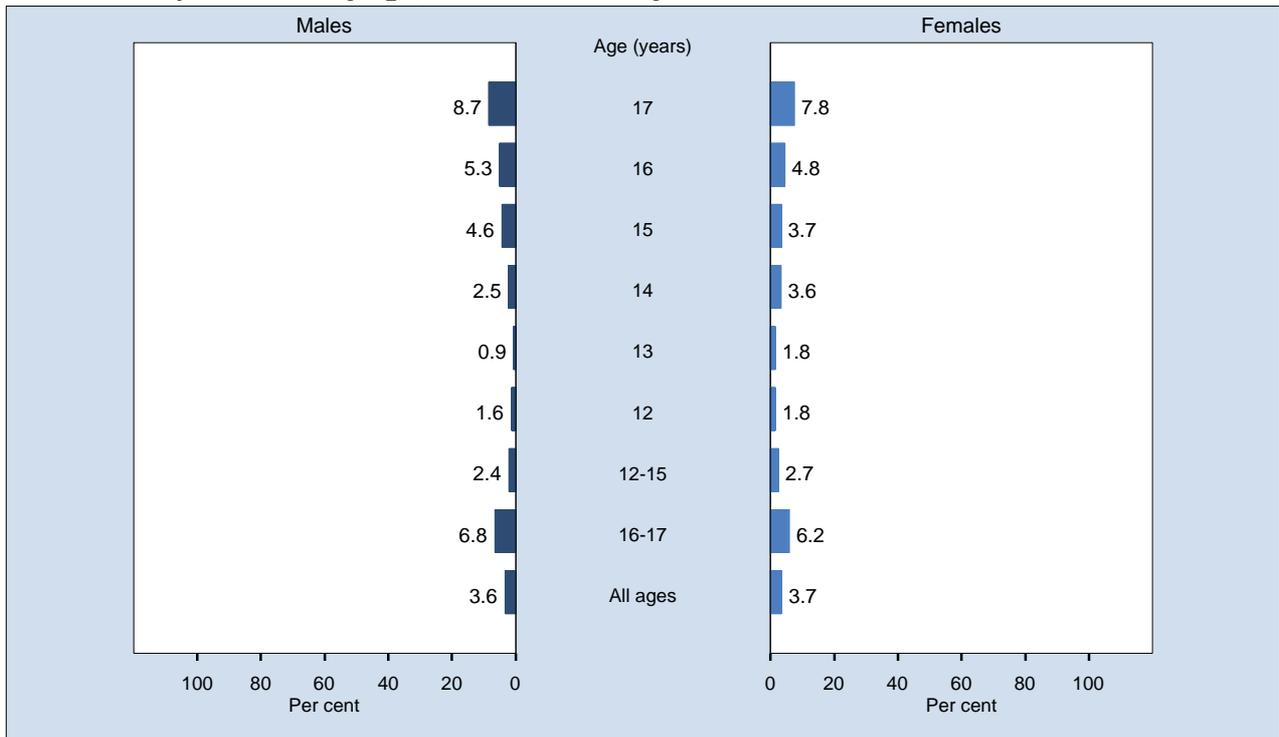
Ever used sleeping tablets or tranquilisers or sedatives by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,821), 1999 (7,184), 2002 (6,049), 2005 (5,436), 2008 (7,429). The indicator includes those who ever used sedatives or tranquilisers for other than medical reasons. The question used to define the indicator was: How many times, if ever, have you used or taken sleeping tablets, tranquilisers or sedatives, such as Valium, Serepax or Rohypnol (rohies, barbs) other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

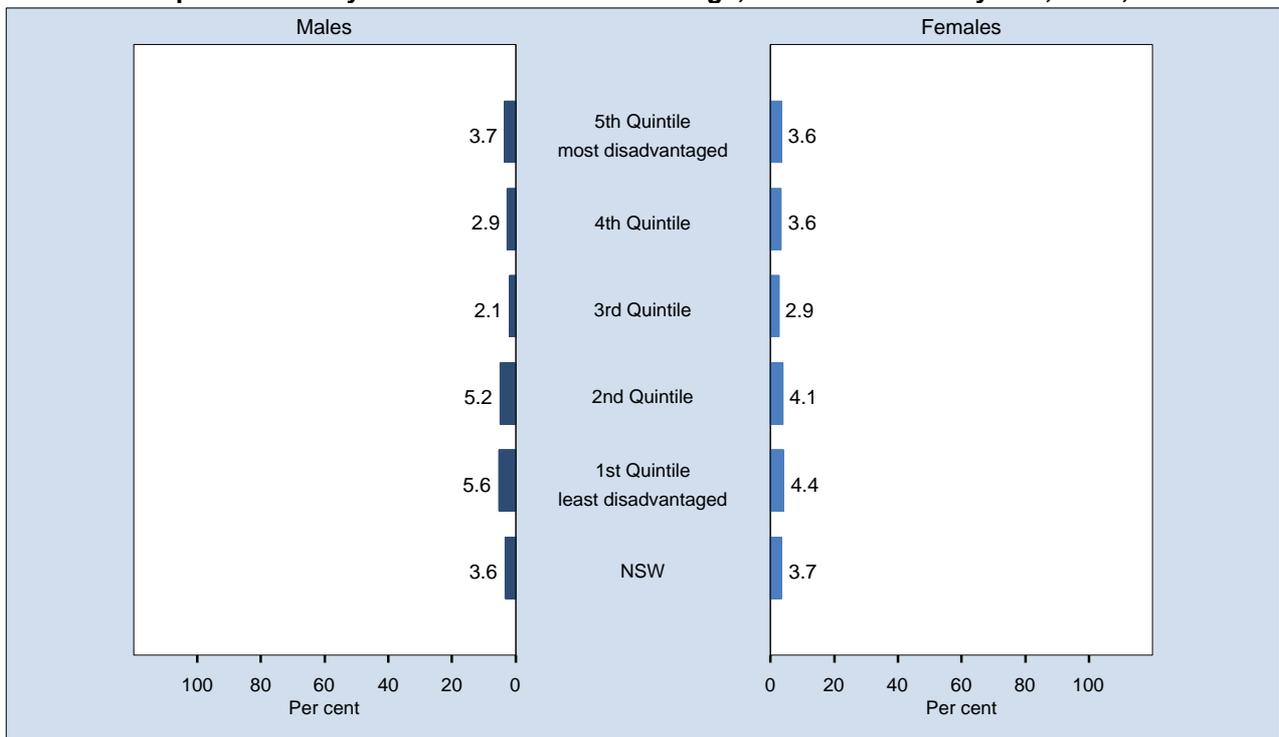
Ever used amphetamines by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,305 respondents in NSW. For this indicator 248 (3.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken amphetamines. The question used to define the indicator was: How many times, if ever, have you used or taken amphetamines (for example, speed, uppers, MDA, goey, dex, dexies, dexamphetamine, ox blood, methamphetamine, ice) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

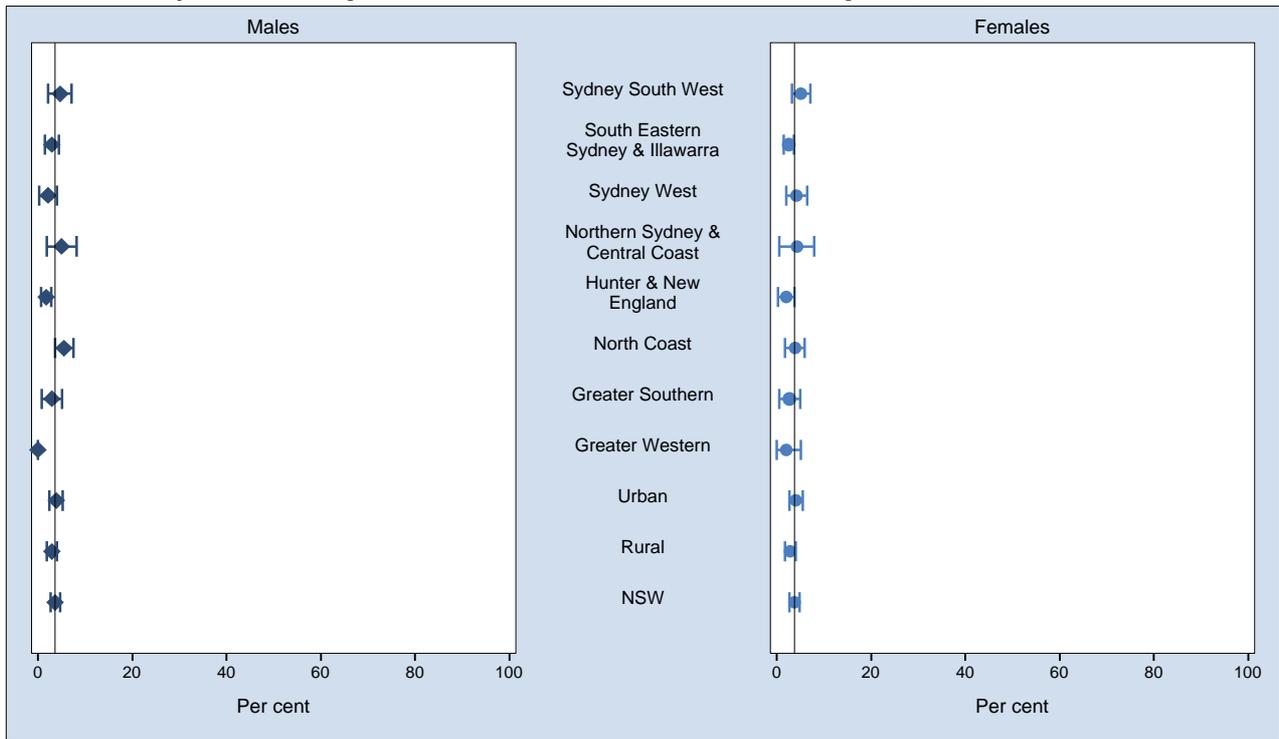
Ever used amphetamines by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,305 respondents in NSW. For this indicator 248 (3.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken amphetamines. The question used to define the indicator was: How many times, if ever, have you used or taken amphetamines (for example, speed, uppers, MDA, goey, dex, dexies, dexamphetamine, ox blood, methamphetamine, ice) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

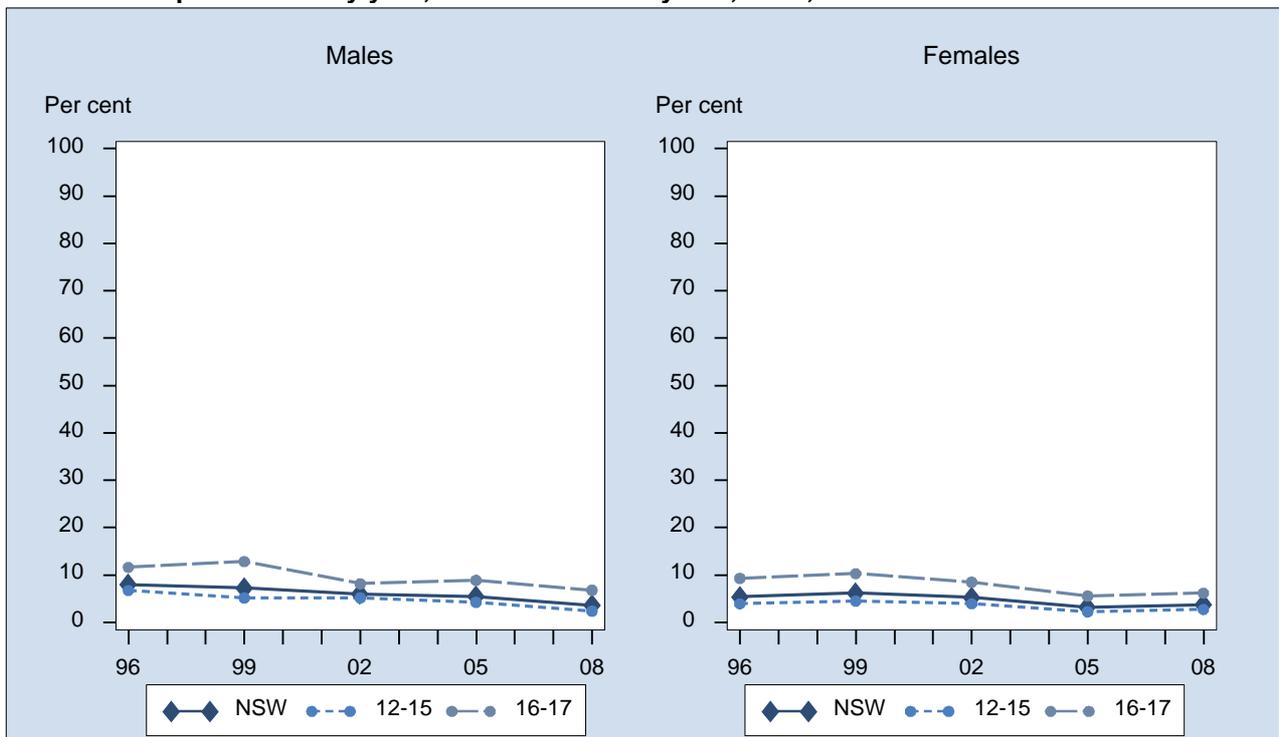
Ever used amphetamines by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,305 respondents in NSW. For this indicator 248 (3.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken amphetamines. The question used to define the indicator was: How many times, if ever, have you used or taken amphetamines (for example, speed, uppers, MDA, goey, dex, dexies, dexamphetamine, ox blood, methamphetamine, ice) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

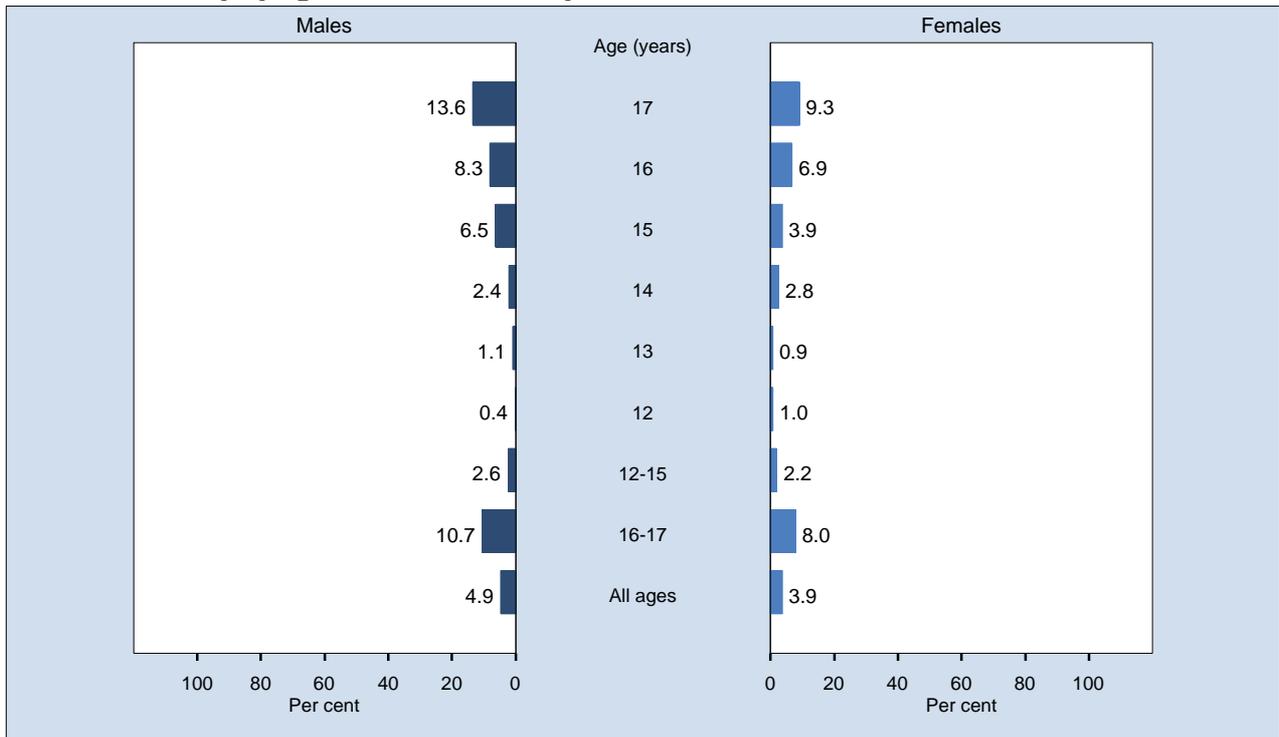
Ever used amphetamines by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,875), 1999 (7,120), 2002 (6,006), 2005 (5,339), 2008 (7,305). The indicator includes those who have ever used or taken amphetamines. The question used to define the indicator was: How many times, if ever, have you used or taken amphetamines (for example, speed, uppers, MDA, goey, dex, dexies, dexamphetamine, ox blood, methamphetamine, ice) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

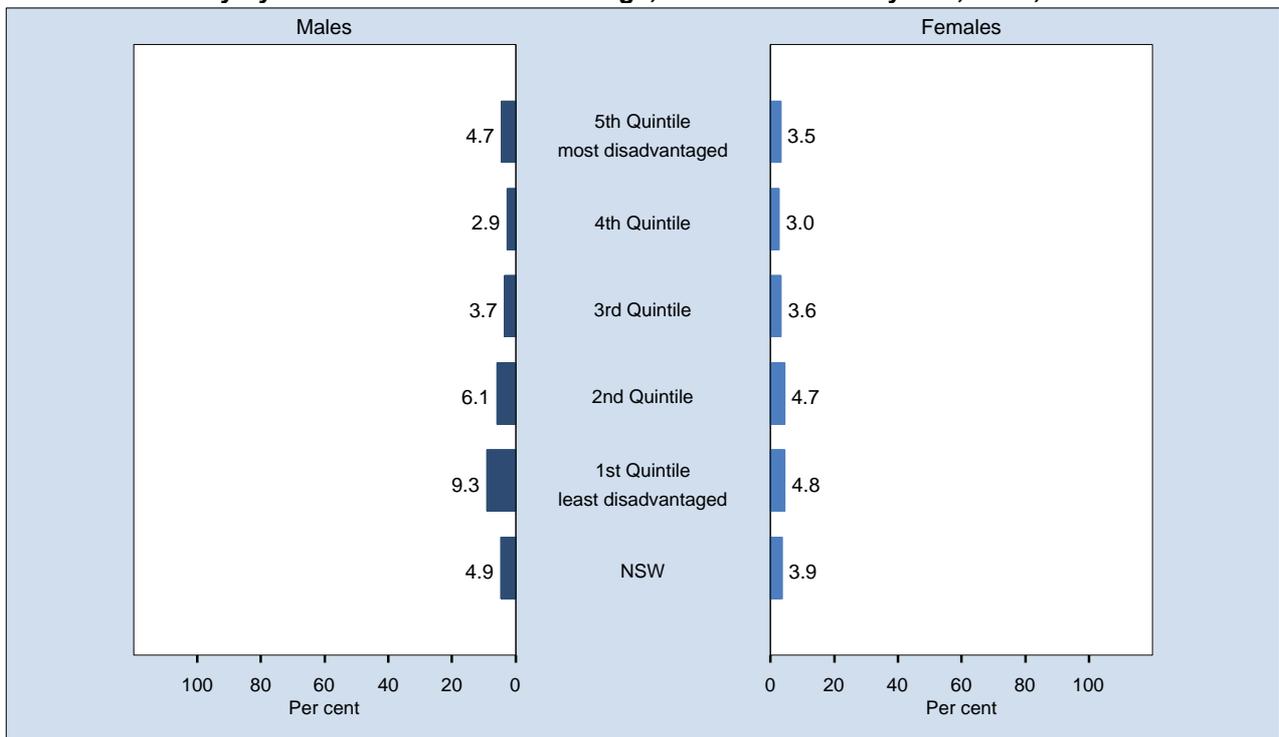
Ever used ecstasy by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 6,738 respondents in NSW. For this indicator 815 (10.79%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken ecstasy. The question used to define the indicator was: How many times, if ever, have you used or taken ecstasy in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

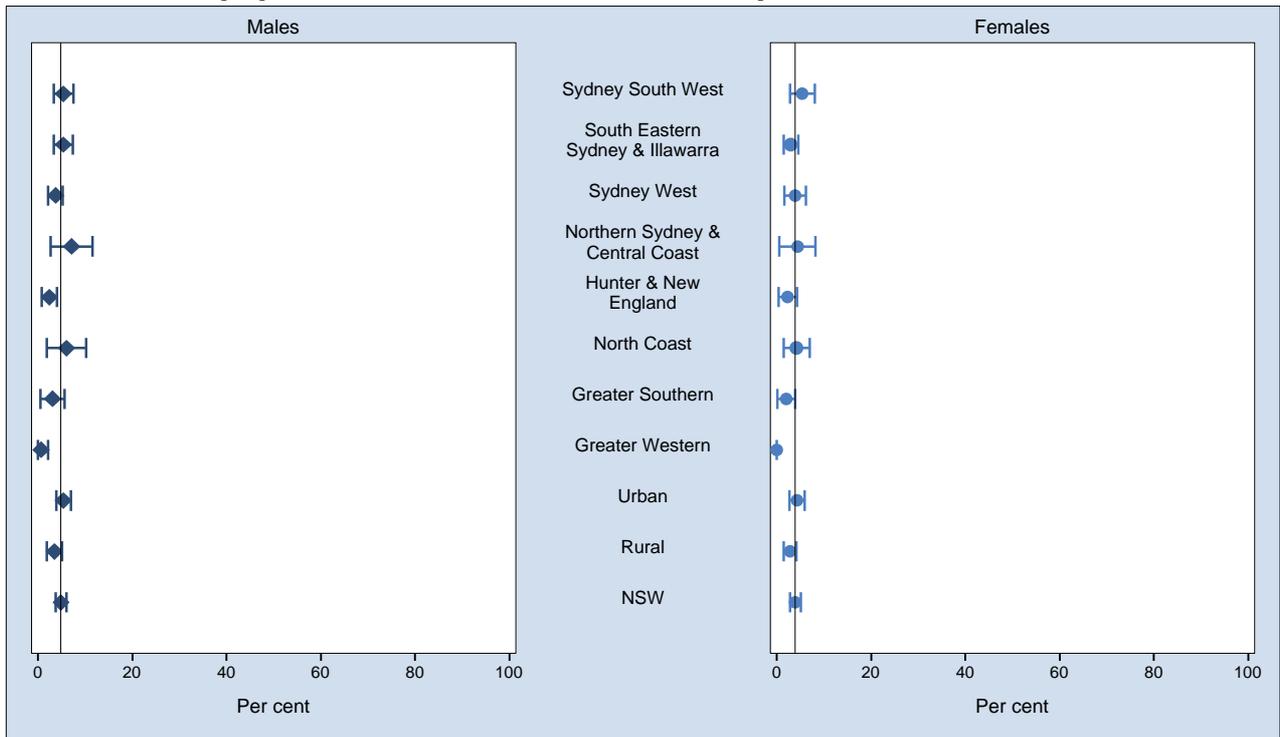
Ever used ecstasy by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 6,738 respondents in NSW. For this indicator 815 (10.79%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken ecstasy. The question used to define the indicator was: How many times, if ever, have you used or taken ecstasy in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

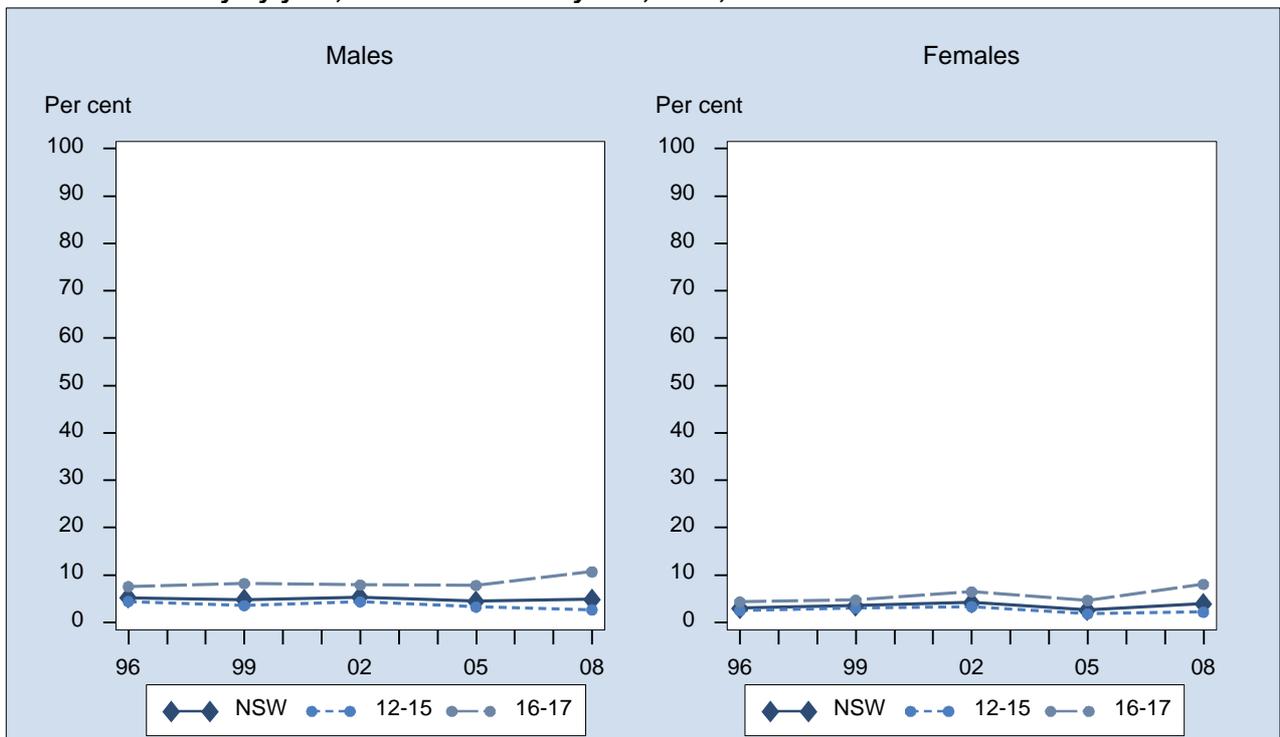
Ever used ecstasy by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 6,738 respondents in NSW. For this indicator 815 (10.79%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken ecstasy. The question used to define the indicator was: How many times, if ever, have you used or taken ecstasy in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

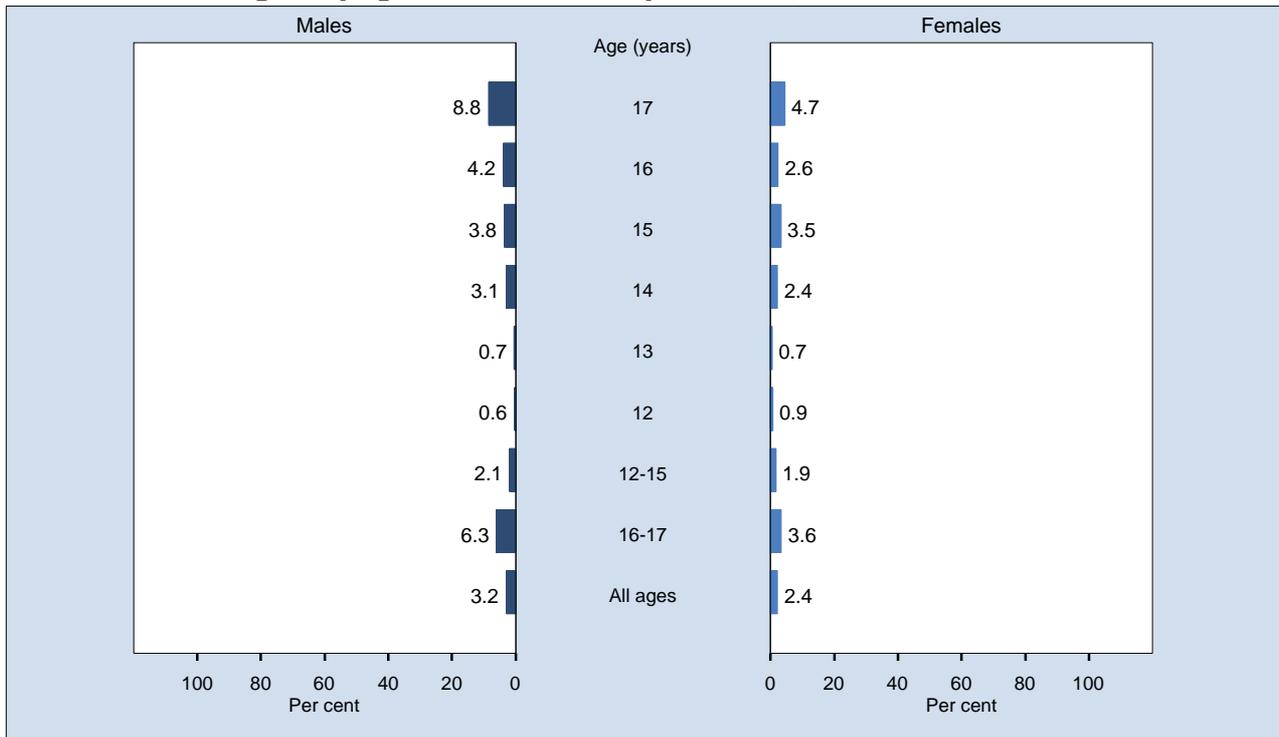
Ever used ecstasy by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,889), 1999 (7,010), 2002 (5,863), 2005 (5,332), 2008 (6,738). The indicator includes those who have ever used or taken ecstasy. The question used to define the indicator was: How many times, if ever, have you used or taken ecstasy in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

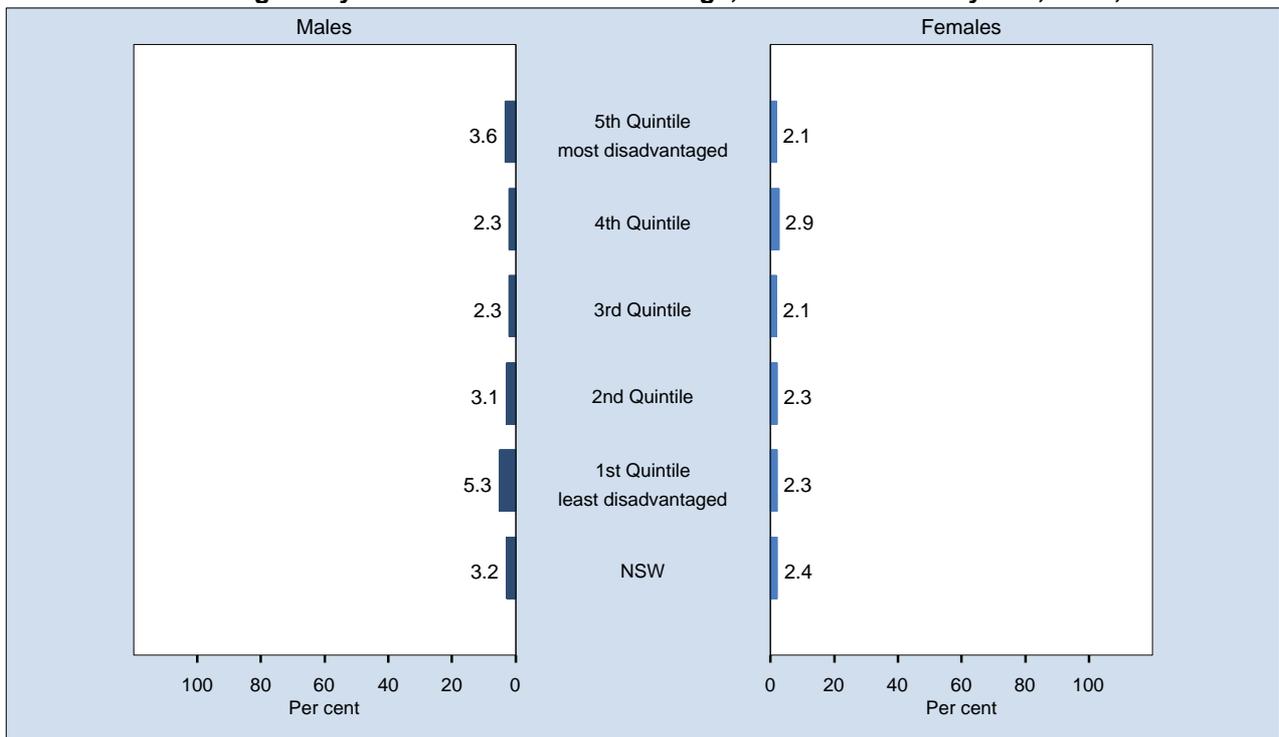
Ever used hallucinogens by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,230 respondents in NSW. For this indicator 323 (4.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken hallucinogens in their lifetime. The question used was: How many times, if ever, have you used or taken hallucinogens (for example, LSD, acid, trips, magic mushrooms, datura, angel's trumpet) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

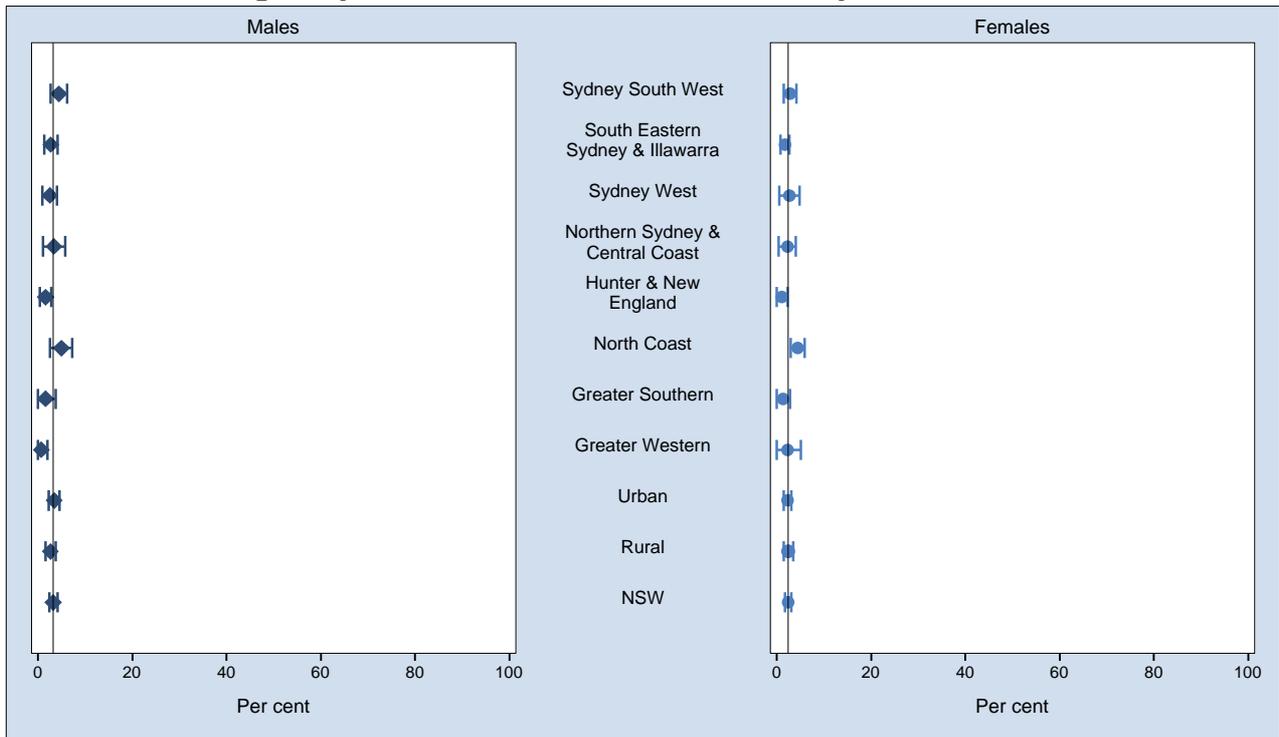
Ever used hallucinogens by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,230 respondents in NSW. For this indicator 323 (4.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken hallucinogens in their lifetime. The question used was: How many times, if ever, have you used or taken hallucinogens (for example, LSD, acid, trips, magic mushrooms, datura, angel's trumpet) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

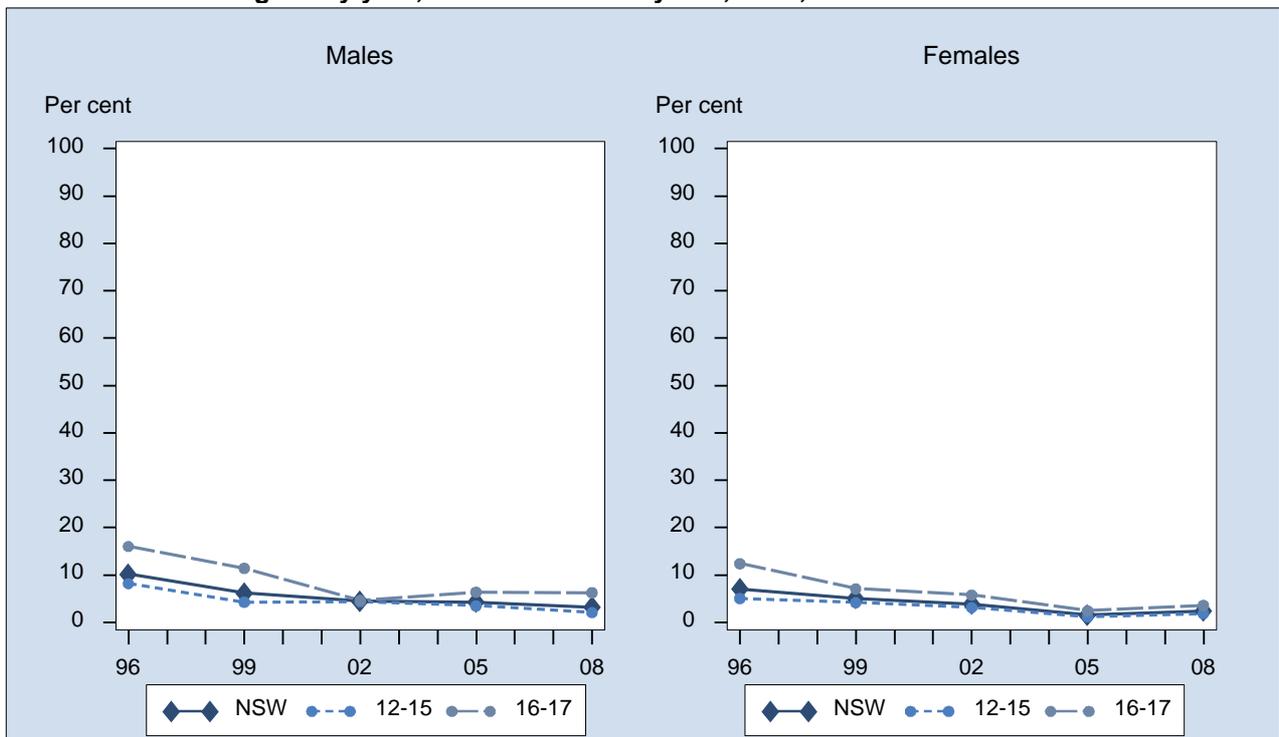
Ever used hallucinogens by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,230 respondents in NSW. For this indicator 323 (4.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken hallucinogens in their lifetime. The question used was: How many times, if ever, have you used or taken hallucinogens (for example, LSD, acid, trips, magic mushrooms, datura, angel's trumpet) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

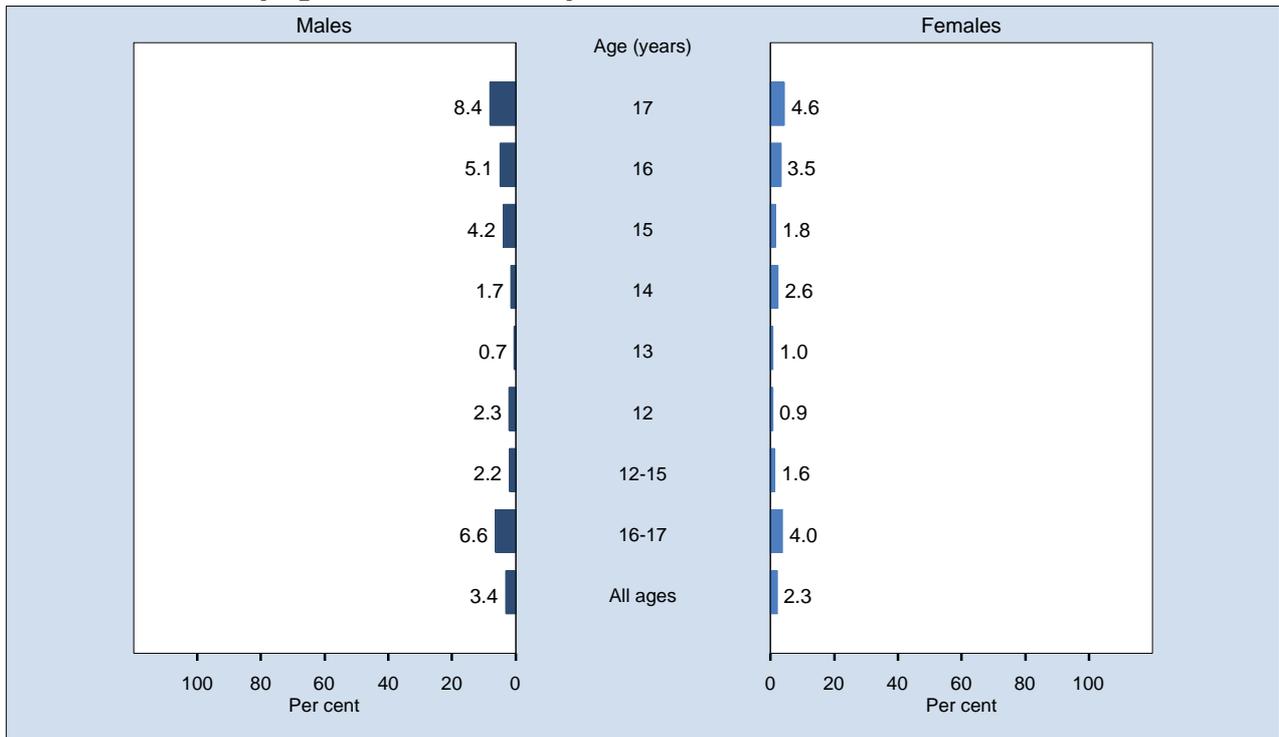
Ever used hallucinogens by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,870), 1999 (7,065), 2002 (5,978), 2005 (5,370), 2008 (7,230). The indicator includes those who have ever used or taken hallucinogens in their lifetime. The question used was: How many times, if ever, have you used or taken hallucinogens (for example, LSD, acid, trips, magic mushrooms, datura, angel's trumpet) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

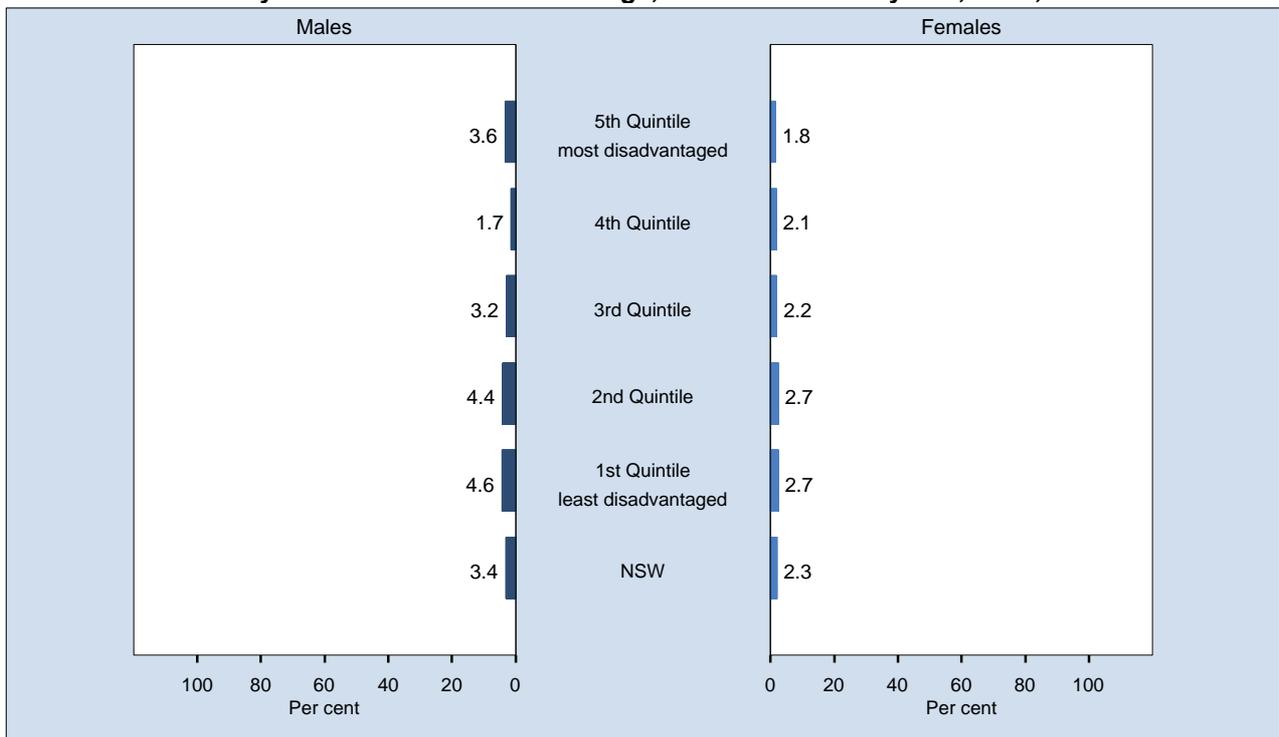
Ever used cocaine by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,360 respondents in NSW. For this indicator 193 (2.56%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken cocaine in their lifetime. The question used to define the indicator was: How many times, if ever, have you used or taken cocaine in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

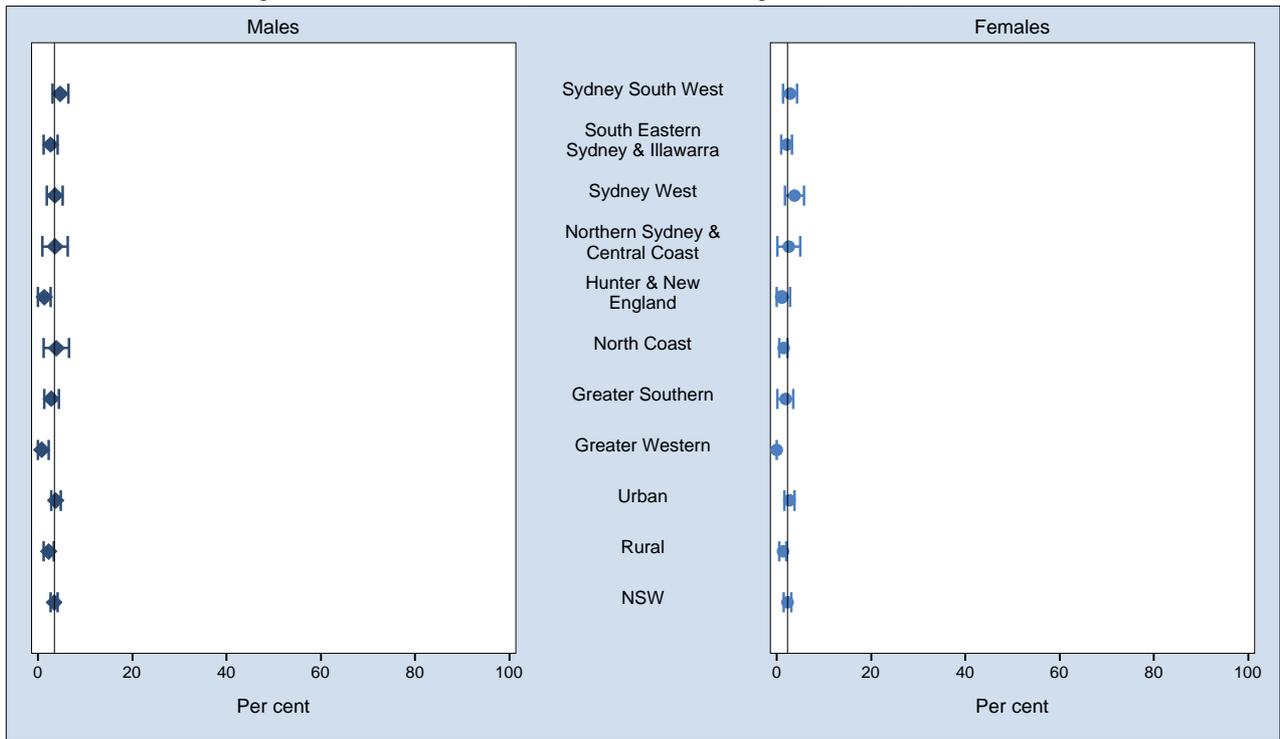
Ever used cocaine by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,360 respondents in NSW. For this indicator 193 (2.56%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken cocaine in their lifetime. The question used to define the indicator was: How many times, if ever, have you used or taken cocaine in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

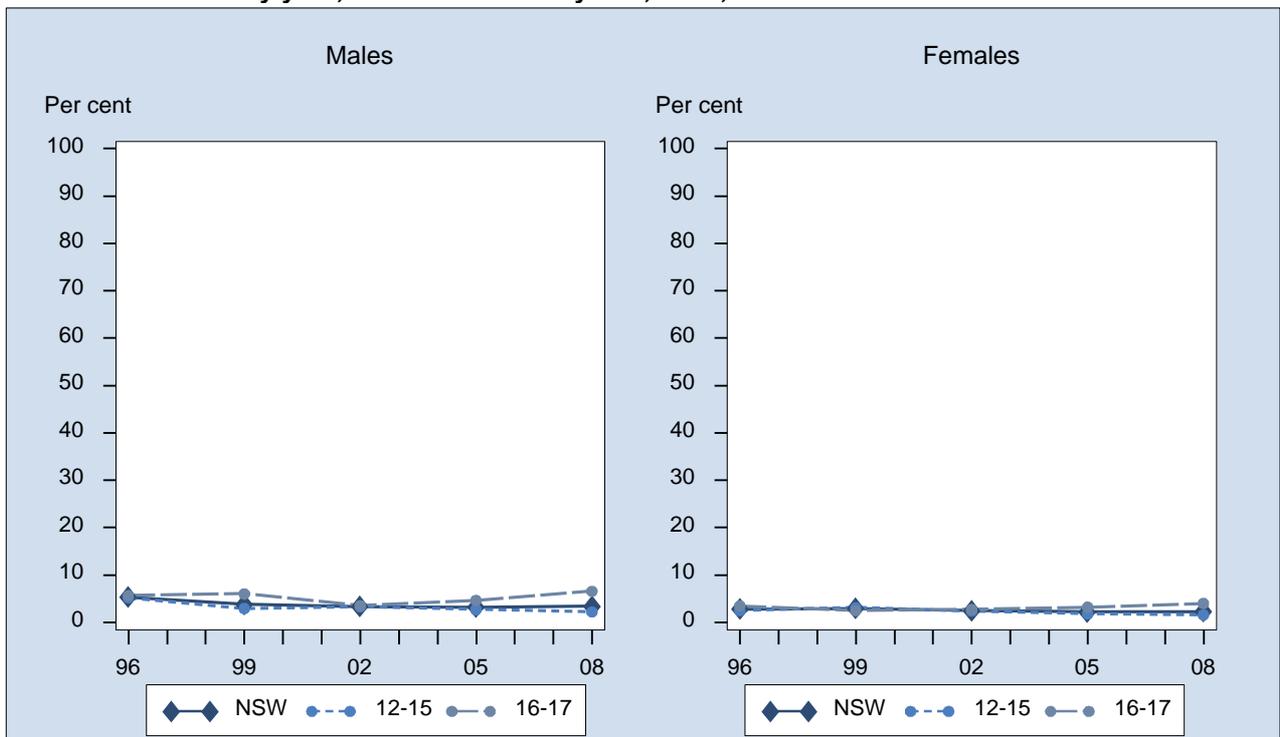
Ever used cocaine by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,360 respondents in NSW. For this indicator 193 (2.56%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken cocaine in their lifetime. The question used to define the indicator was: How many times, if ever, have you used or taken cocaine in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

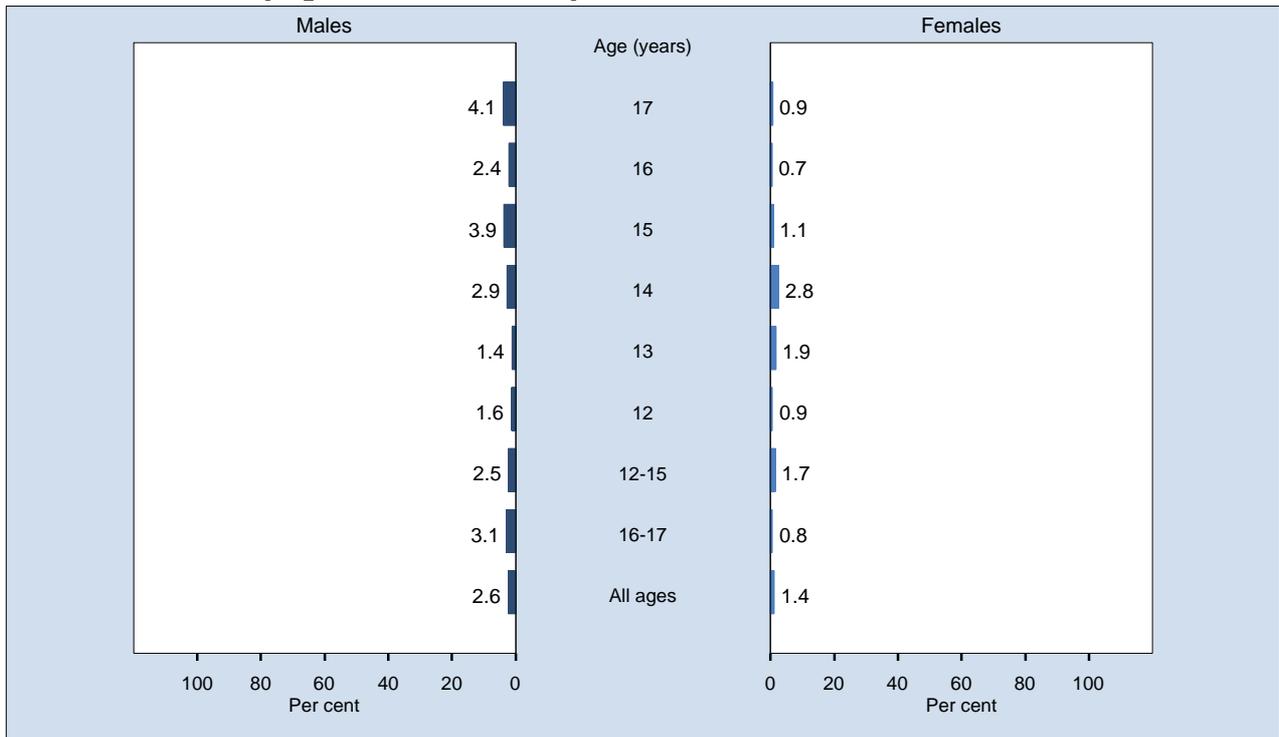
Ever used cocaine by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,888), 1999 (7,189), 2002 (5,985), 2005 (5,417), 2008 (7,360). The indicator includes those who have ever used or taken cocaine in their lifetime. The question used to define the indicator was: How many times, if ever, have you used or taken cocaine in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

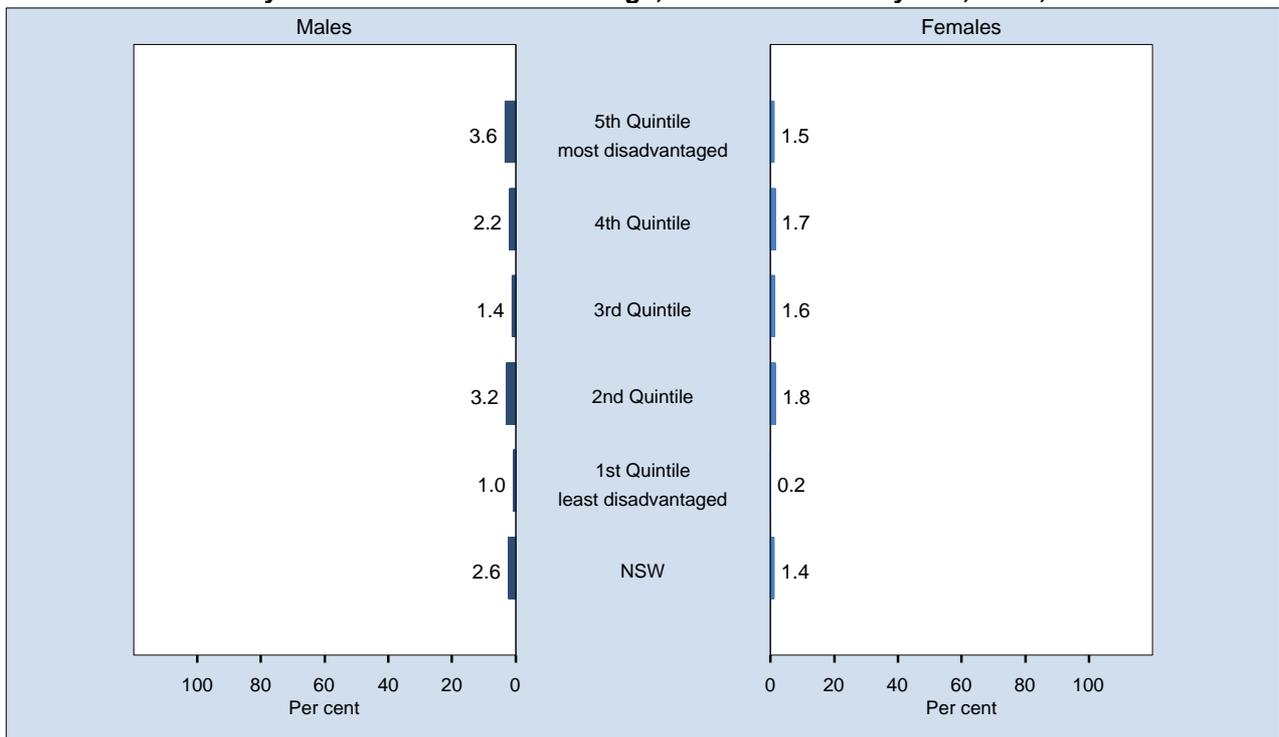
Ever used steroids by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,400 respondents in NSW. For this indicator 153 (2.03%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken steroids. The question used to define the indicator was: How many times, if ever, have you used or taken steroids (muscle, roids, or gear) without doctor's prescription, in an attempt to make you better at sport, to increase muscle size, or to improve your general appearance, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

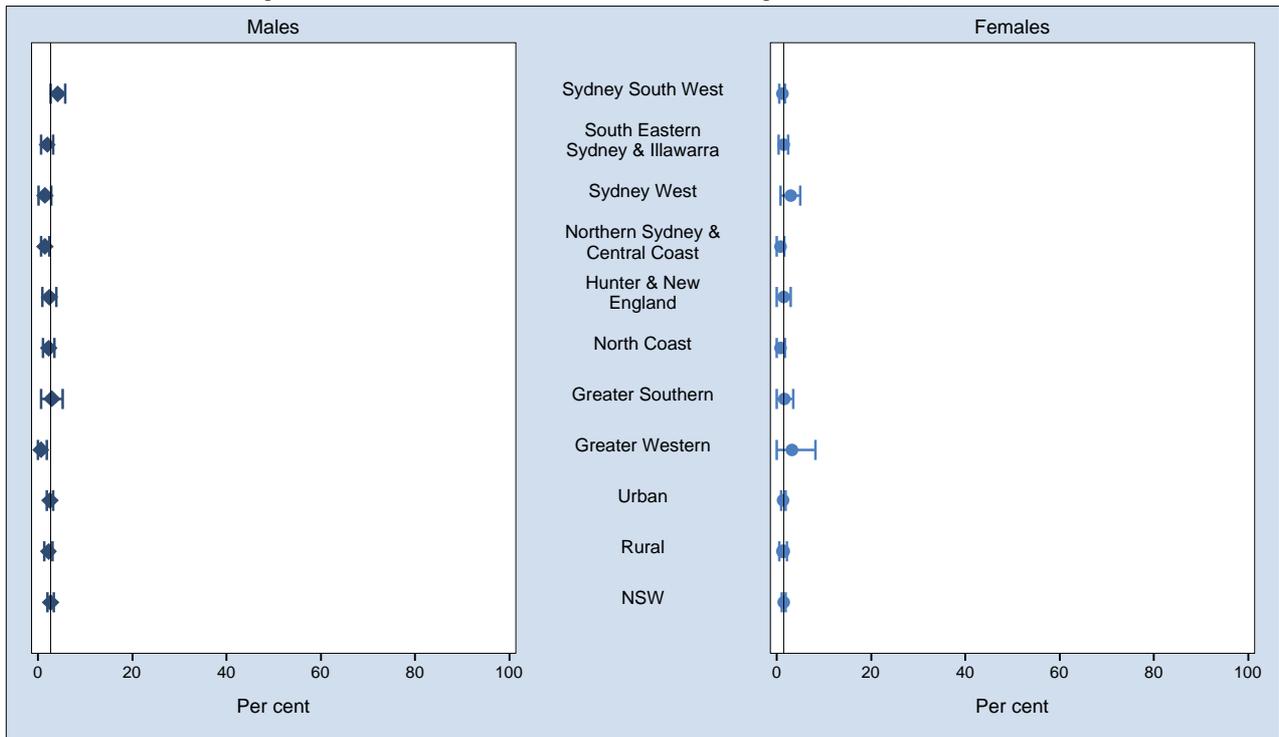
Ever used steroids by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,400 respondents in NSW. For this indicator 153 (2.03%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken steroids. The question used to define the indicator was: How many times, if ever, have you used or taken steroids (muscle, roids, or gear) without doctor's prescription, in an attempt to make you better at sport, to increase muscle size, or to improve your general appearance, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

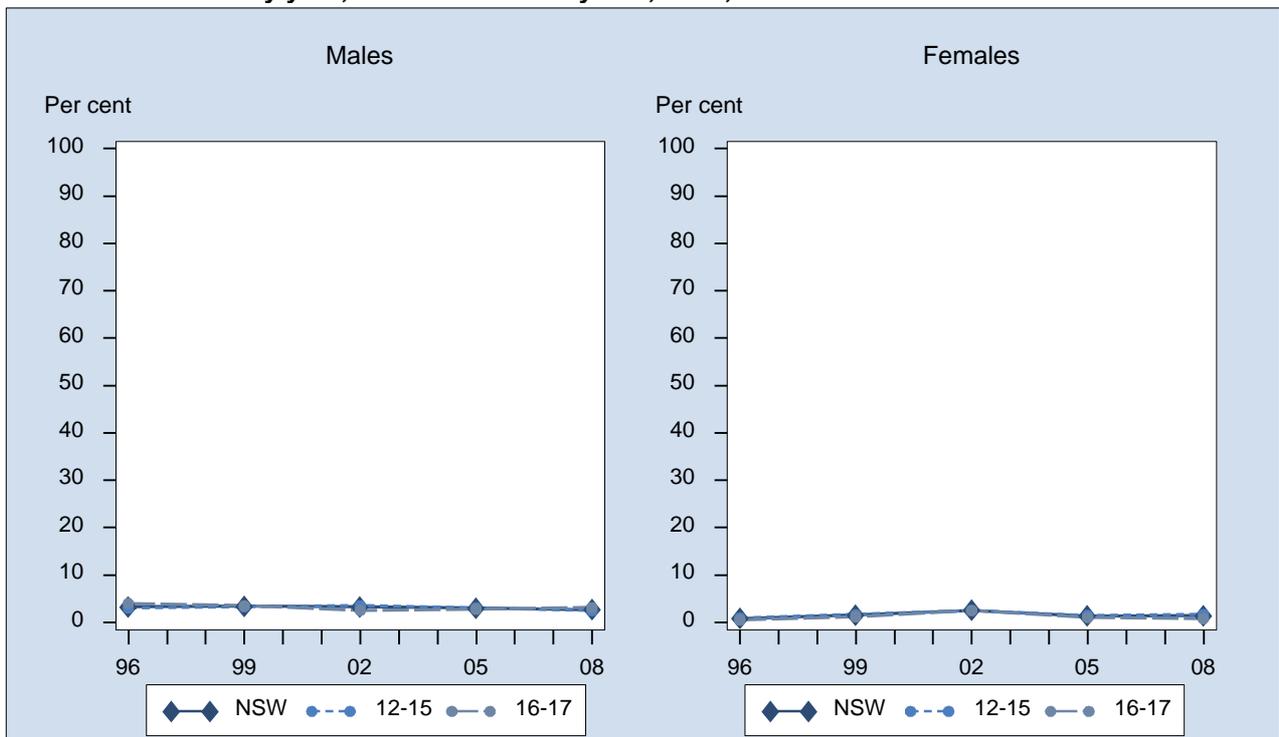
Ever used steroids by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,400 respondents in NSW. For this indicator 153 (2.03%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken steroids. The question used to define the indicator was: How many times, if ever, have you used or taken steroids (muscle, roids, or gear) without doctor's prescription, in an attempt to make you better at sport, to increase muscle size, or to improve your general appearance, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

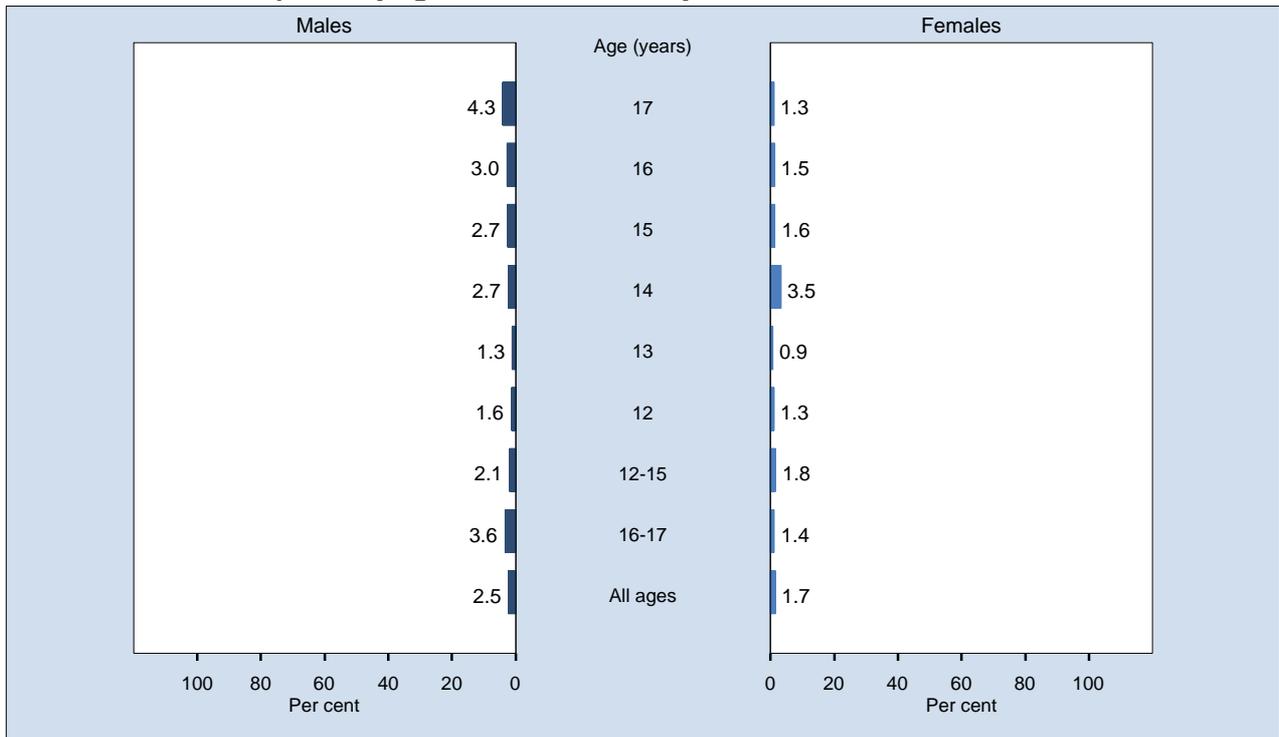
Ever used steroids by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,876), 1999 (7,210), 2002 (6,033), 2005 (5,423), 2008 (7,400). The indicator includes those who have ever used or taken steroids. The question used to define the indicator was: How many times, if ever, have you used or taken steroids (muscle, roids, or gear) without doctor's prescription, in an attempt to make you better at sport, to increase muscle size, or to improve your general appearance, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

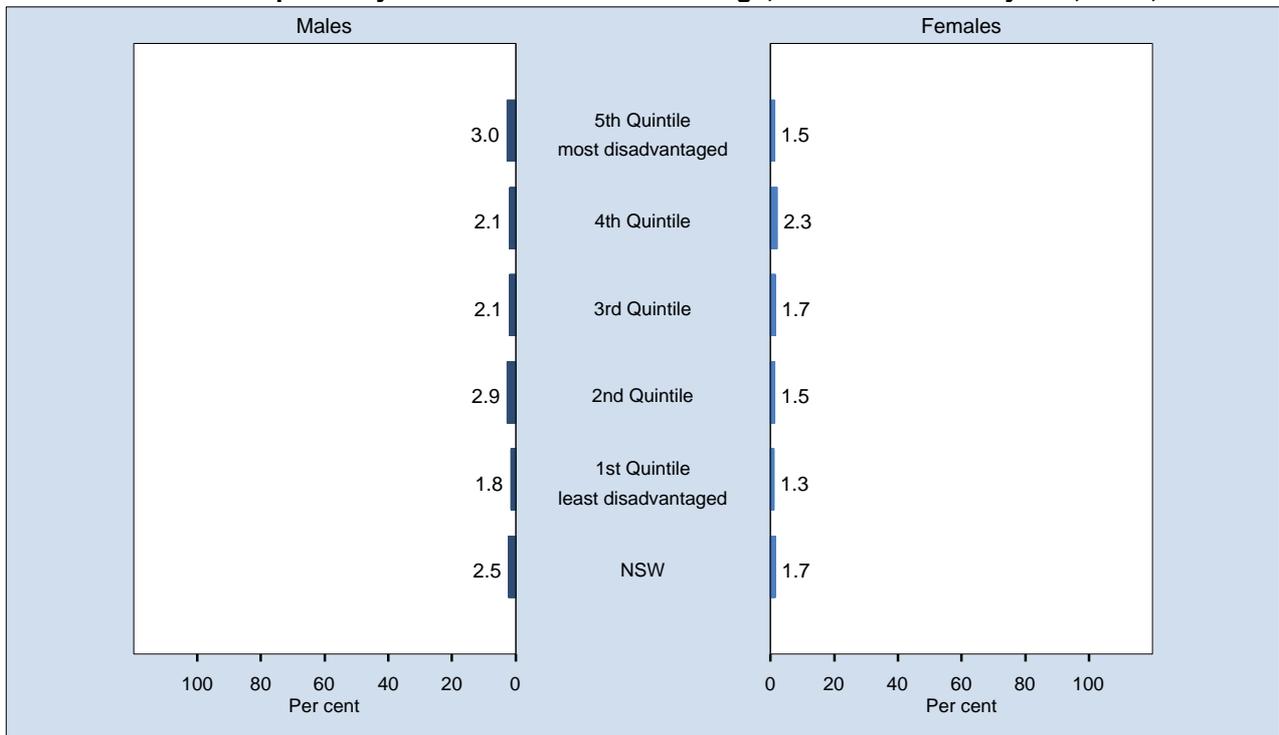
Ever used heroin or opiates by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,349 respondents in NSW. For this indicator 204 (2.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken narcotics other than for medical reasons. The question used to define the indicator was: How many times, if ever, have you used or taken heroin (smack, horse, skag, hammer, H), or other opiates (narcotics) such as methadone, morphine or pethidine, other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

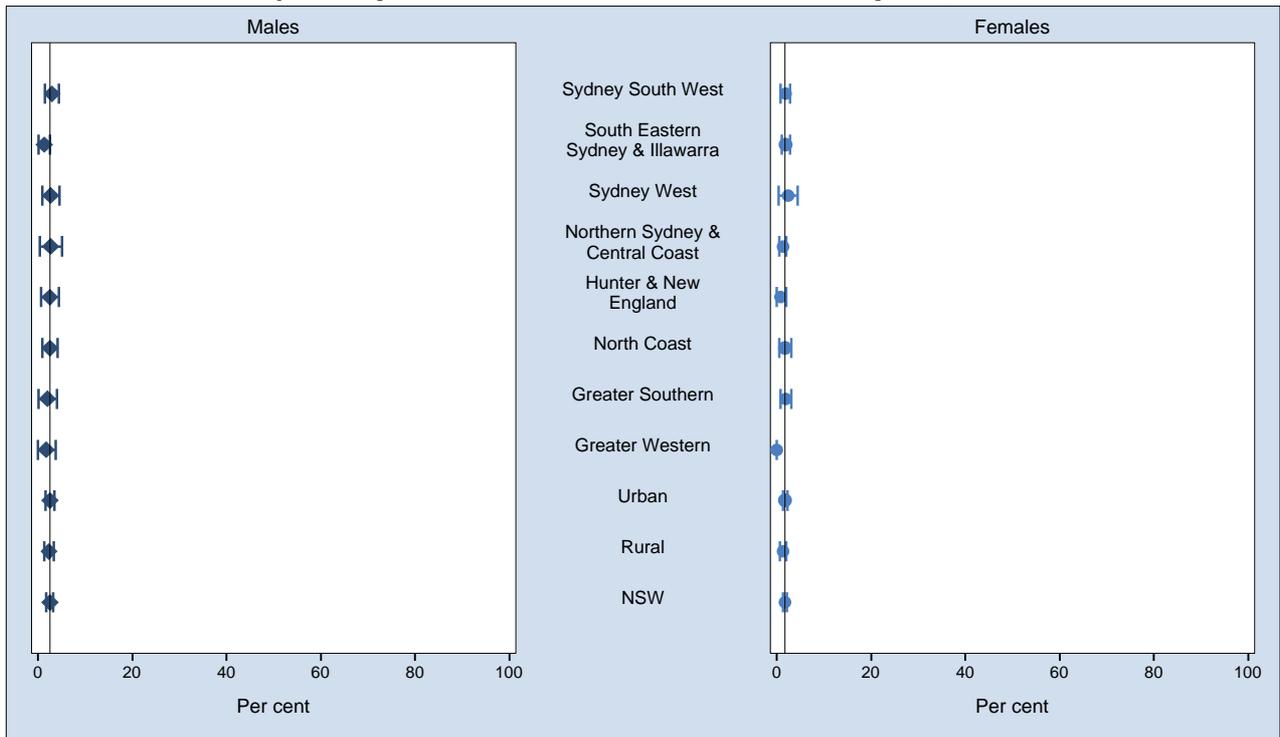
Ever used heroin or opiates by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,349 respondents in NSW. For this indicator 204 (2.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken narcotics other than for medical reasons. The question used to define the indicator was: How many times, if ever, have you used or taken heroin (smack, horse, skag, hammer, H), or other opiates (narcotics) such as methadone, morphine or pethidine, other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

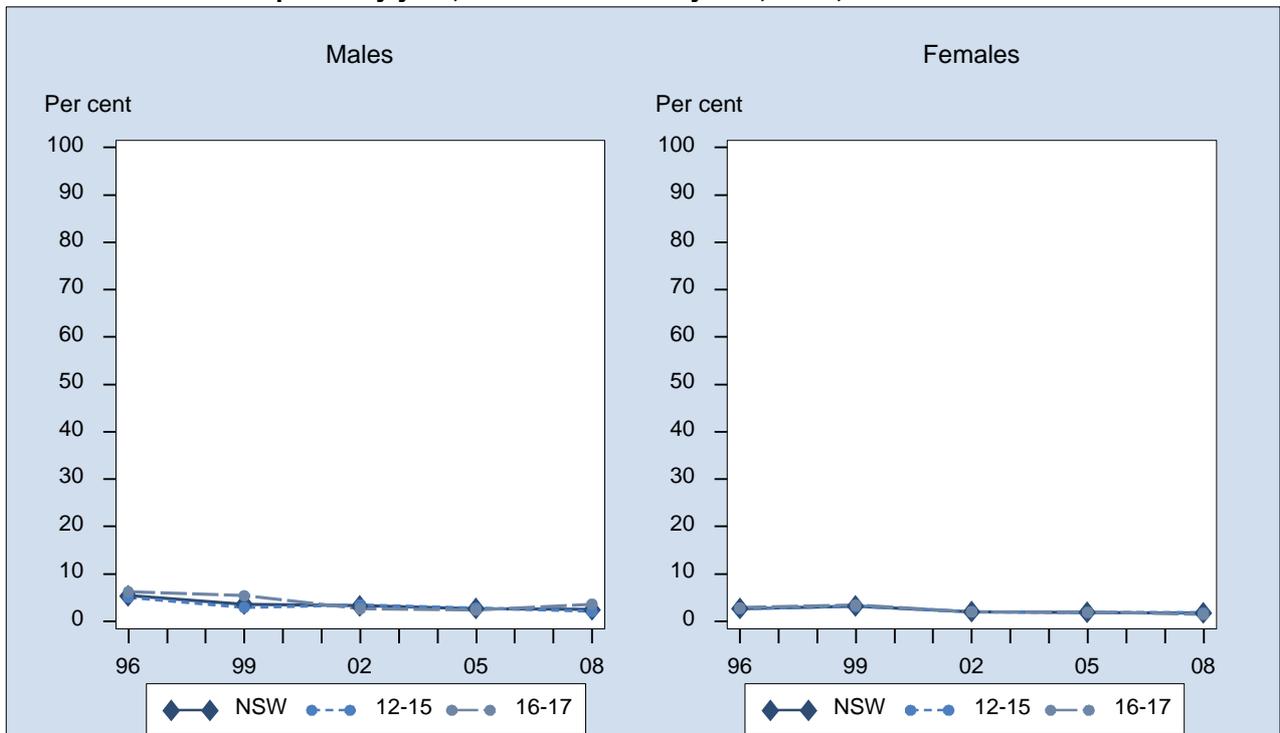
Ever used heroin or opiates by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,349 respondents in NSW. For this indicator 204 (2.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who have ever used or taken narcotics other than for medical reasons. The question used to define the indicator was: How many times, if ever, have you used or taken heroin (smack, horse, skag, hammer, H), or other opiates (narcotics) such as methadone, morphine or pethidine, other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

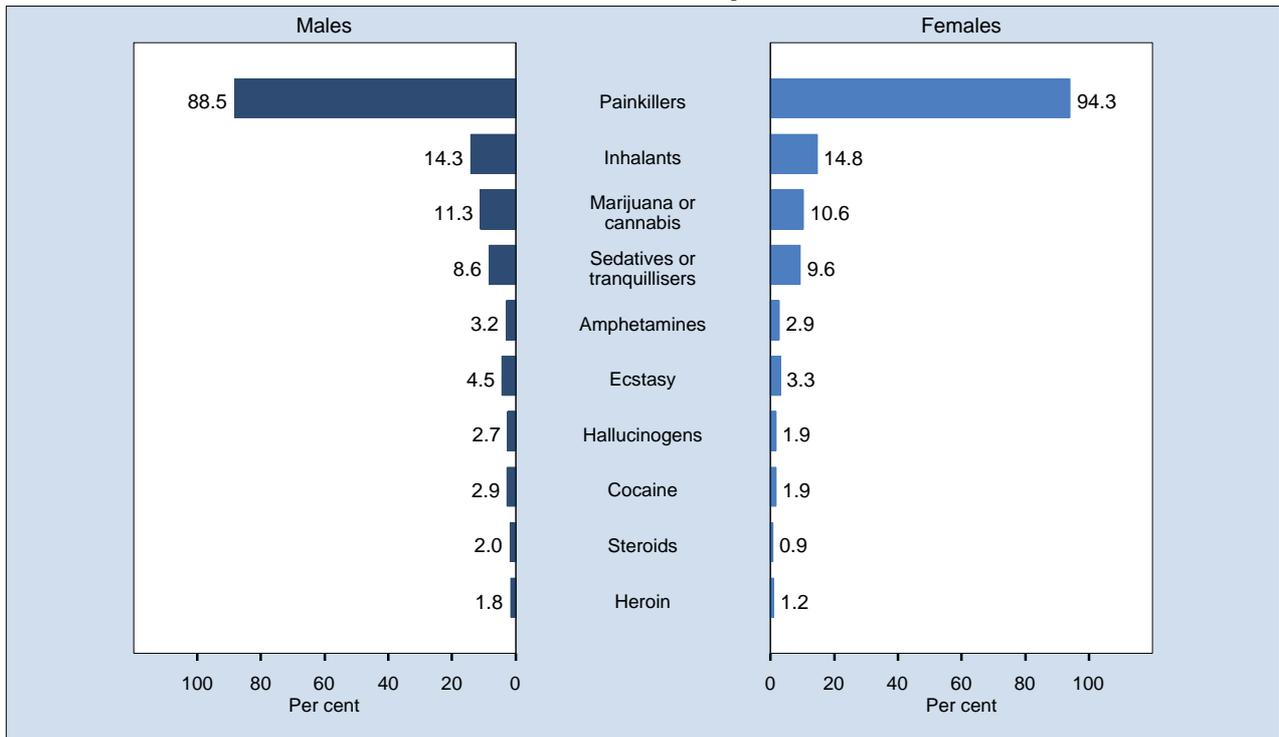
Ever used heroin or opiates by year, students 12 to 17 years, NSW, 1996-2008



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (9,898), 1999 (7,152), 2002 (6,004), 2005 (5,410), 2008 (7,349). The indicator includes those who have ever used or taken narcotics other than for medical reasons. The question used to define the indicator was: How many times, if ever, have you used or taken heroin (smack, horse, skag, hammer, H), or other opiates (narcotics) such as methadone, morphine or pethidine, other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

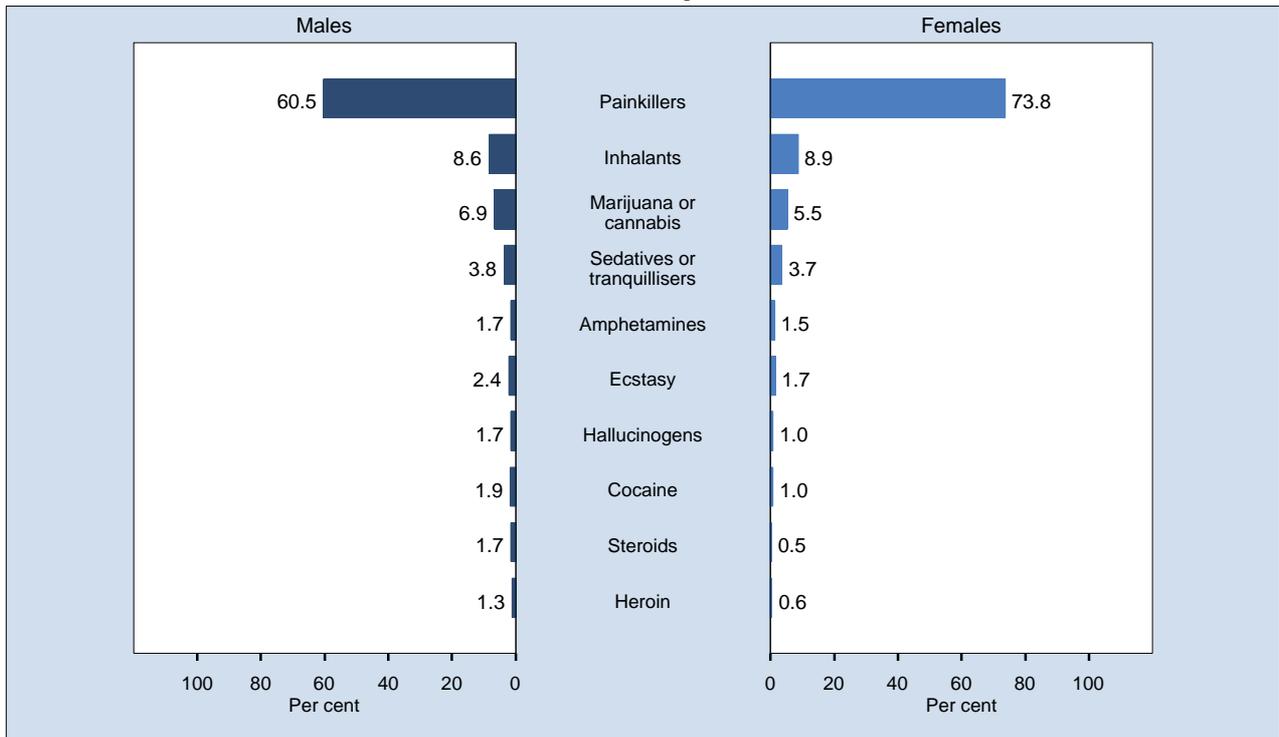
Substances used in the last 12 months, students 12 to 17 years, NSW, 2008



Note: Estimates are based on the following numbers for NSW: Painkillers - 7,181 responders and 372 (4.93%) were not stated (Don't know, invalid or no response given), Inhalants - 7,359 responders and 194 (2.57%) were not stated (Don't know, invalid or no response given), Marijuana or cannabis - 7,363 responders and 190 (2.52%) were not stated (Don't know, invalid or no response given), Sedatives or tranquillisers - 7,392 responders and 161 (2.13%) were not stated (Don't know, invalid or no response given), Amphetamines - 7,264 responders and 289 (3.83%) were not stated (Don't know, invalid or no response given), Ecstasy - 6,701 responders and 852 (11.28%) were not stated (Don't know, invalid or no response given), Hallucinogens - 7,199 responders and 354 (4.69%) were not stated (Don't know, invalid or no response given), Cocaine - 7,318 responders and 235 (3.11%) were not stated (Don't know, invalid or no response given), Steroids - 7,366 responders and 187 (2.48%) were not stated (Don't know, invalid or no response given), Heroin - 7,299 responders and 254 (3.36%) were not stated (Don't know, invalid or no response given). The questions used were: How many times, if ever, have you used or taken painkillers or analgesics such as Disprin, Panadol or Aspro, for any reason, in the last year? How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel in the last year? How many times, if ever, have you smoked or used marijuana or cannabis in the last year? How many times, if ever, have you used or taken sleeping tablets, tranquillisers or sedatives, such as Valium, Serepax or Rohypnol other than for medical reasons, in the last year? How many times, if ever, have you used or taken amphetamines in the last year? How many times, if ever, have you used or taken ecstasy in the last year? How many times, if ever, have you used or taken hallucinogens in the last year? How many times, if ever, have you used or taken cocaine in the last year? How many times, if ever, have you taken steroids, without doctor's prescription in an attempt to make you better at sport, to increase muscle size or to improve your general appearance, in the last year? How many times, if ever, have you used or taken heroin in the last year?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

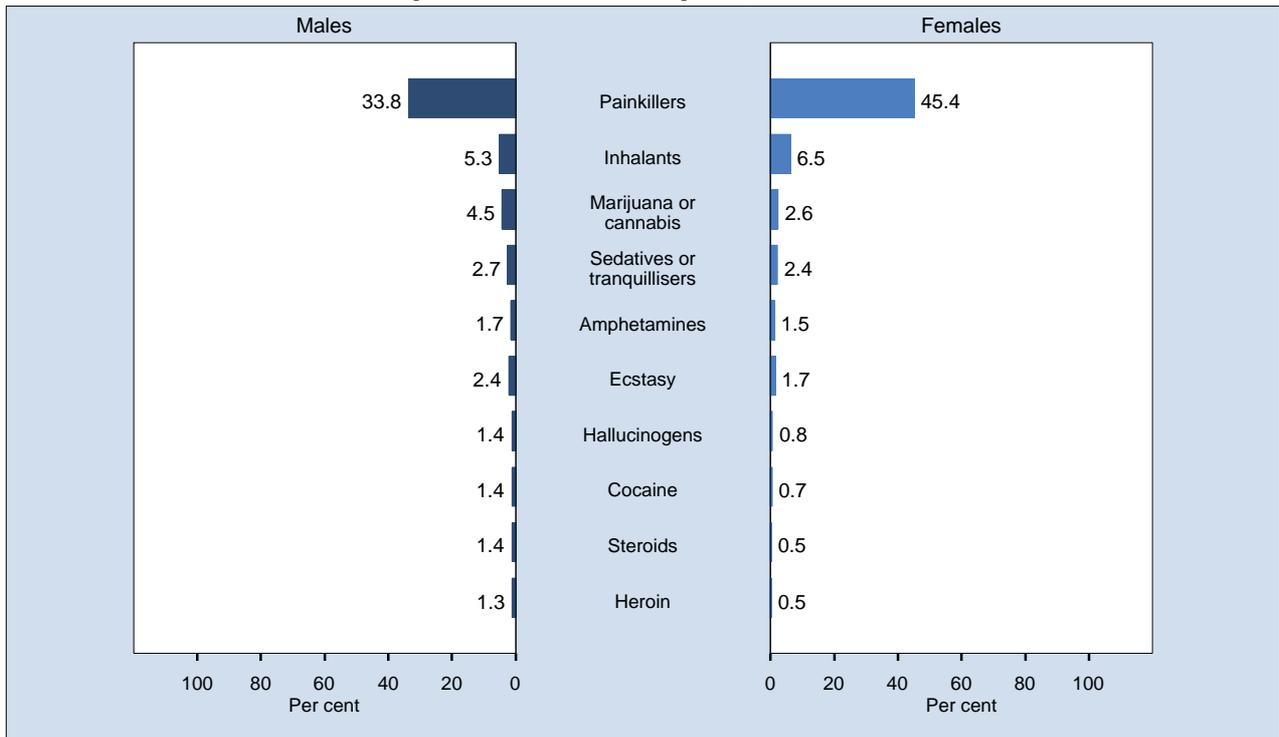
Substances use in the last 4 weeks, students 12 to 17 years, NSW, 2008



Note: Estimates are based on the following numbers for NSW: Painkillers - 7,183 responders and 370 (4.90%) were not stated (Don't know, invalid or no response given), Inhalants - 7,350 responders and 203 (2.69%) were not stated (Don't know, invalid or no response given), Marijuana or cannabis - 7,360 responders and 193 (2.56%) were not stated (Don't know, invalid or no response given), Sedatives or tranquillisers - 7,384 responders and 169 (2.24%) were not stated (Don't know, invalid or no response given), Amphetamines - 7,270 responders and 283 (3.75%) were not stated (Don't know, invalid or no response given), Ecstasy - 6,700 responders and 853 (11.29%) were not stated (Don't know, invalid or no response given), Hallucinogens - 7,196 responders and 357 (4.73%) were not stated (Don't know, invalid or no response given), Cocaine - 7,318 responders and 235 (3.11%) were not stated (Don't know, invalid or no response given), Steroids - 7,371 responders and 182 (2.41%) were not stated (Don't know, invalid or no response given), Heroin - 7,298 responders and 255 (3.38%) were not stated (Don't know, invalid or no response given). The questions used were: How many times, if ever, have you used or taken painkillers or analgesics such as Disprin, Panadol or Aspro, for any reason, in the last 4 weeks? How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel in the last 4 weeks? How many times, if ever, have you smoked or used marijuana or cannabis in the last 4 weeks? How many times, if ever, have you used or taken sleeping tablets, tranquillisers or sedatives, such as Valium, Serepax or Rohypnol other than for medical reasons, in the last 4 weeks? How many times, if ever, have you used or taken amphetamines in the last 4 weeks? How many times, if ever, have you used or taken ecstasy in the last 4 weeks? How many times, if ever, have you used or taken hallucinogens in the last 4 weeks? How many times, if ever, have you used or taken cocaine in the last 4 weeks? How many times, if ever, have you taken steroids, without doctor's prescription in an attempt to make you better at sport, to increase muscle size, or to improve your general appearance, in the last 4 weeks? How many times, if ever, have you used or taken heroin in the last 4 weeks?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

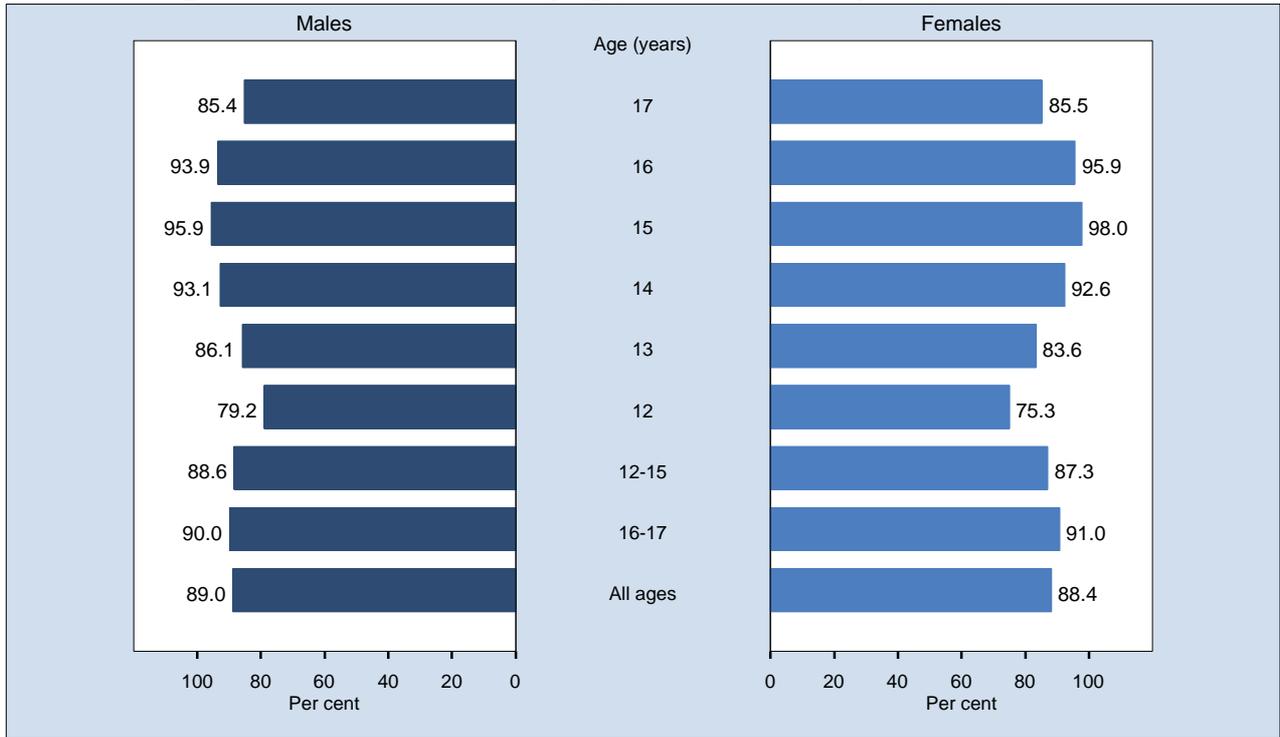
Substances used in the last 7 days, students 12 to 17 years, NSW, 2008



Note: Estimates are based on the following numbers for NSW: Painkillers - 7,211 responders and 342 (4.53%) were not stated (Don't know, invalid or no response given), Inhalants - 7,373 responders and 180 (2.38%) were not stated (Don't know, invalid or no response given), Marijuana or cannabis - 7,377 responders and 176 (2.33%) were not stated (Don't know, invalid or no response given), Sedatives or tranquillisers - 7,408 responders and 145 (1.92%) were not stated (Don't know, invalid or no response given), Amphetamines - 7,270 responders and 283 (3.75%) were not stated (Don't know, invalid or no response given), Ecstasy - 6,700 responders and 853 (11.29%) were not stated (Don't know, invalid or no response given), Hallucinogens - 7,204 responders and 349 (4.62%) were not stated (Don't know, invalid or no response given), Cocaine - 7,341 responders and 212 (2.81%) were not stated (Don't know, invalid or no response given), Steroids - 7,389 responders and 164 (2.17%) were not stated (Don't know, invalid or no response given), Heroin - 7,324 responders and 229 (3.03%) were not stated (Don't know, invalid or no response given). The questions used were: How many times, if ever, have you used or taken painkillers or analgesics such as Disprin, Panadol or Aspro, for any reason, in the last week? How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel in the last last week? How many times, if ever, have you smoked or used marijuana or cannabis in the last week? How many times, if ever, have you used or taken sleeping tablets, tranquillisers or sedatives, such as Valium, Serepax or Rohypnol other than for medical reasons, in the last week? How many times, if ever, have you used or taken amphetamines in the last week? How many times, if ever, have you used or taken ecstasy in the last week? How many times, if ever, have you used or taken hallucinogens in the last week? How many times, if ever, have you used or taken cocaine in the last week? How many times, if ever, have you taken steroids, without doctor's prescription in an attempt to make you better at sport, to increase muscle size or to improve your general appearance, in the last week? How many times, if ever, have you used or taken heroin in the last week?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

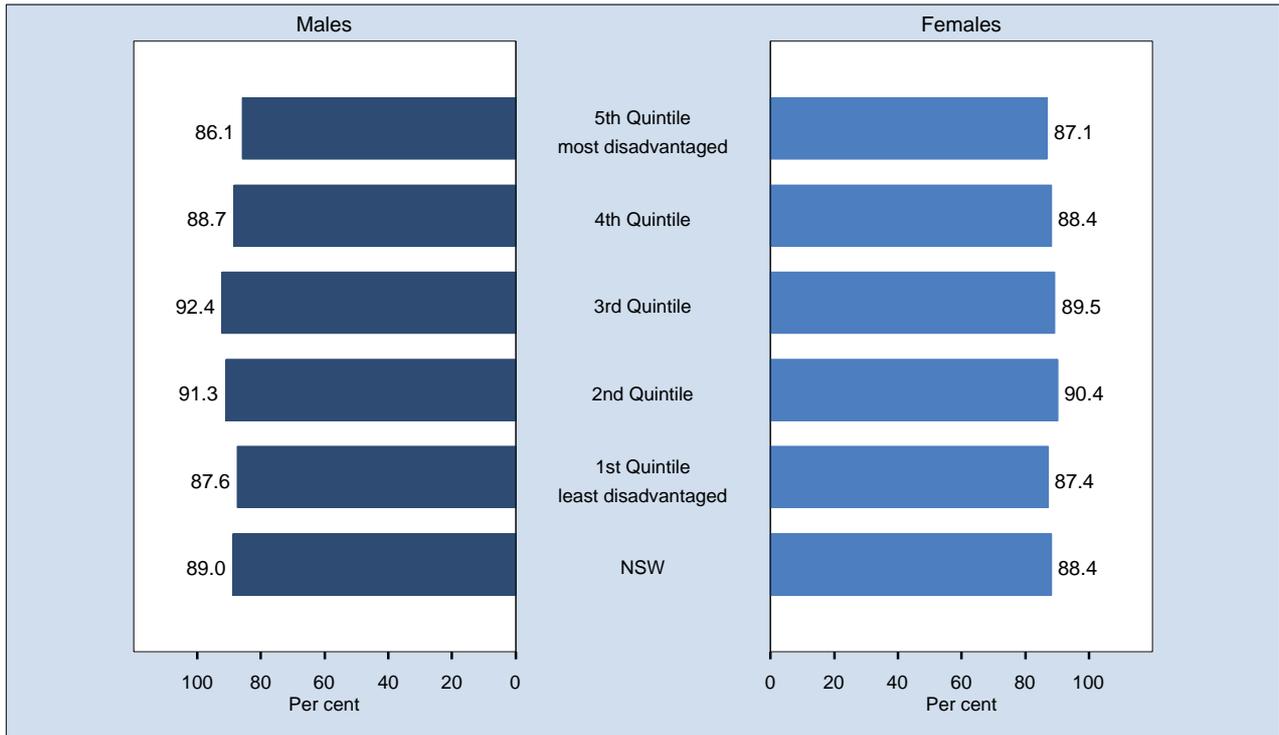
School messages about illicit substances by age, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,500 respondents in NSW. For this indicator 53 (0.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had at least part of a lesson at school that was about illicit drugs. The question used to define the indicator was: During 2007 (last year), did you have any lessons or parts of lessons at school about illicit drugs such as marijuana or cannabis, ecstasy, heroin, amphetamines, hallucinogens, or cocaine?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

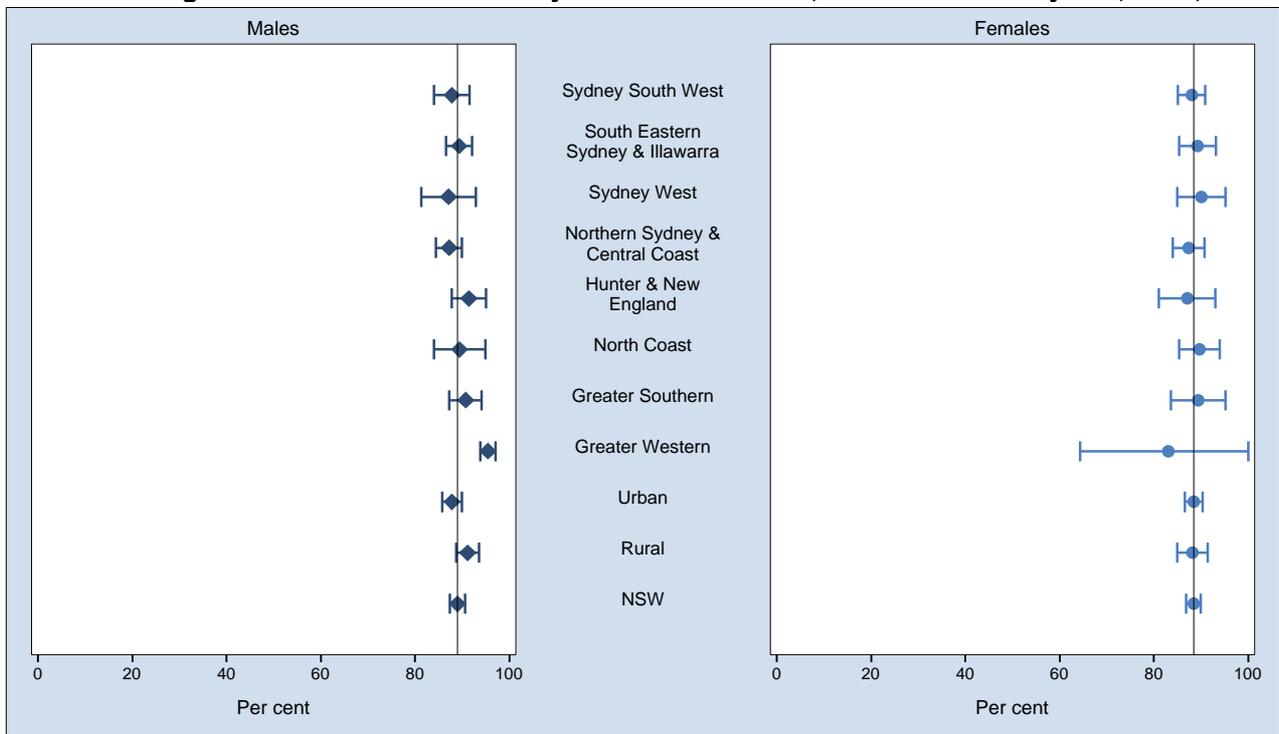
School messages about illicit substances by socioeconomic disadvantage, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,500 respondents in NSW. For this indicator 53 (0.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had at least part of a lesson at school that was about illicit drugs. The question used to define the indicator was: During 2007 (last year), did you have any lessons or parts of lessons at school about illicit drugs such as marijuana or cannabis, ecstasy, heroin, amphetamines, hallucinogens, or cocaine?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

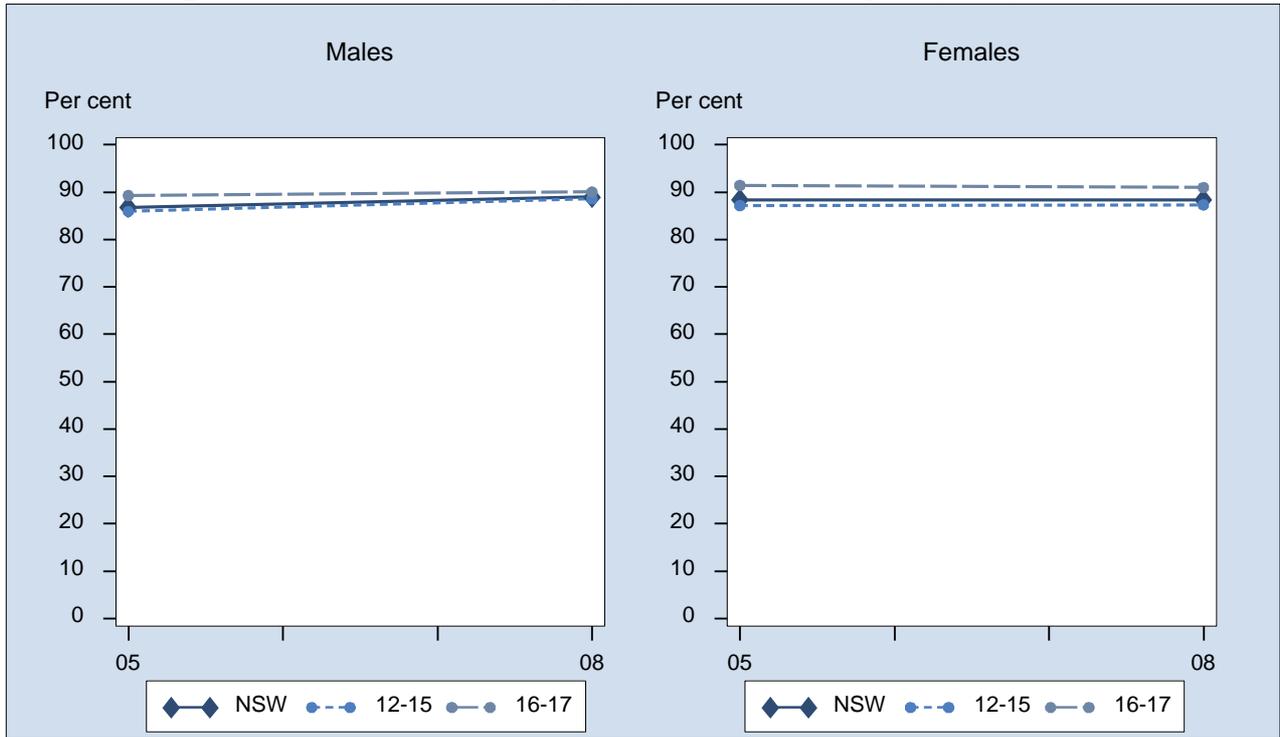
School messages about illicit substances by area health service, students 12 to 17 years, NSW, 2008



Note: Estimates are based on 7,500 respondents in NSW. For this indicator 53 (0.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those who had at least part of a lesson at school that was about illicit drugs. The question used to define the indicator was: During 2007 (last year), did you have any lessons or parts of lessons at school about illicit drugs such as marijuana or cannabis, ecstasy, heroin, amphetamines, hallucinogens, or cocaine?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

School messages about illicit substances by year, students 12 to 17 years, NSW, 2005-2008



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,496), 2008 (7,500). The indicator includes those who had at least part of a lesson at school that was about illicit drugs. The question used to define the indicator was: During 2007 (last year), did you have any lessons or parts of lessons at school about illicit drugs such as marijuana or cannabis, ecstasy, heroin, amphetamines, hallucinogens, or cocaine?

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Conclusion

In 2008, the NSW Department of Health conducted the third New South Wales Secondary Schools Health Behaviours (SSHB) Survey. Previous SSHB surveys were conducted in 2002 and 2005, as part of the triennial Australian School Students Alcohol and Drugs (ASSAD) Survey, which began in 1984. Where possible, indicators have been aligned with those collected previously, so that trends can be examined.

Trends in student health

Nutrition and eating

Between 2002 and 2008, there has been a significant increase in the proportion of students consuming an adequate amount of fruit each day. The increase has been significant in students aged 12-15 years and 16-17 years.

Between 1996 and 2008, there has been a significant increase in the proportion of students consuming an adequate amount of vegetables each day. The increase has been significant in students aged 12-15 years and 16-17 years.

Between 2005 and 2008, there has been a significant increase in the proportion of students consuming an adequate amount of bread and cereal each day. The increase has been significant in students aged 12-15 years and 16-17 years.

Between 1996 and 2008, there has been no significant change in the proportion of students who usually consume lower fat or skim milk.

Population weight status

Between 2005 and 2008, there has been no significant change in the proportion of students who were overweight, or obese, or overweight or obese.

Between 2002 and 2008, there has been no significant change in the proportion of students who perceived themselves as too fat.

Physical activity

Between 2005 and 2008, there has been no significant change in the proportion of students who met the minimum recommended level of physical activity each day.

Between 2002 and 2008, there has been a significant increase in the proportion of students sedentary for at least 2 hours a day when not at school, not including when doing homework. The increase has been significant in students aged 16-17 years.

Injury

Between 1996 and 2008, there has been a significant decrease in the proportion of students who had an injury in the last 6 months. The decrease has been significant in students aged 12-15 years and 16-17 years.

Between 1996 and 2008, among students who had an injury in the last 6 months, there has been no significant change in the proportion injured at school.

Between 1996 and 2008, among students who had an injury in the last 6 months, there has been no significant change in the proportion injured at home; however, there has been a significant increase in students aged 16-17 years.

Between 1996 and 2008, among students who had an injury in the last 6 months, there has been no significant change in the proportion injured at a sports facility.

Psychological distress

Between 1996 and 2008, there has been a significant decrease in the proportion of students who experienced high psychological distress in the last 6 months. The decrease has been significant in students 16-17 years.

Sun protection

Between 1993 and 2008, there has been no significant change in the proportion of students who usually or always spent most of the time inside between 11.00 a.m. and 3.00 p.m. on sunny days last summer.

Between 1993 and 2008, there has been a significant decrease in the proportion of students who usually or always wore a hat between 11.00 a.m. and 3.00 p.m. on sunny days last summer. The decrease has been significant in students aged 12-15 years and 16-17 years.

Between 1993 and 2008, there has been a significant decrease in the proportion of students who usually or always applied maximum protection sunscreen between 11.00 a.m. and 3.00 p.m. on sunny days last summer. The decrease has been significant in students aged 12-15 years and 16-17 years.

Between 1993 and 2008, there has been no significant change in the proportion of students who usually or always wore clothes covering most of the body between 11.00 a.m. and 3.00 p.m. on sunny days last summer.

Between 1993 and 2008, there has been a significant decrease in the proportion of students who usually or always wore sunglasses between 11.00 a.m. and 3.00 p.m. on sunny days last summer. The decrease has been significant in students aged 12-15 years and 16-17 years.

Between 1993 and 2008, there has been a significant increase in the proportion of students who usually or always stayed mainly in the shade between 11.00 a.m. and 3.00 p.m. on sunny days last summer. The increase has been significant in students aged 12-15 years and 16-17 years.

Between 1999 and 2008, there has been a significant decrease in the proportion of students who had been sunburnt at least once during the last summer. The decrease has been significant in students aged 12-15 years.

Between 1993 and 2008, there has been a significant increase in the proportion of students who believed you only get skin cancer if you get burnt often. The increase has been significant in students aged 12-15 years.

Between 2005 and 2008, there has been a significant decrease in the proportion of students who used a solarium or sunbed at least once in the last 12 months. The decrease has been significant in students aged 12-15 years and 16-17 years.

Alcohol

Between 1987 and 2008, there has been a significant decrease in the proportion of students aged 12-17 years who have ever had an alcoholic drink. The decrease has been significant in students aged 12-15 years and 16-17 years.

Between 1984 and 2008, there has been a significant decrease in the proportion of students aged 12-17 years who had an alcoholic drink in the last 12 months, had an alcoholic drink in the last 4 weeks, and had an alcoholic drink in the last 7 days.

Between 2005 and 2008, there has been no significant change in the proportion of students who had ever attempted to buy alcohol.

Between 2005 and 2008, there has been no significant change in the proportion of students aged 12-17 years who had a lesson or part of a lesson about drinking; however, there has been a significant increase in the 12-15 year age group.

Tobacco smoking

Between 1984 and 2008, there has been a significant decrease in the proportion of students aged 12-17 years who have ever smoked tobacco, who have smoked tobacco in the last 12 months, who have smoked tobacco in the last 4 weeks, and who have smoked tobacco in the last 7 days.

Between 1984 and 2008, there has been a significant decrease in the proportion of students who were current smokers. The decrease has been significant in students aged 12-15 years and 16-17 years.

Between 2005 and 2008, there has been no significant change in the proportion of students aged 12-17 years who had ever tried to buy cigarettes from a shop.

Between 2005 and 2008, there has been a significant decrease in the proportion of students aged 12-17 years who currently smoke who want to quit smoking. The decrease has been significant in the 12-15 year age group.

Between 2005 and 2008, there has been a significant decrease in the proportion of students who believe celebrity smoking encourages the young to smoke. The decrease has been significant in students aged 12-15 years.

Between 2005 and 2008, there has been no significant change in the proportion of students aged 12-17 years who have had at least part of a lesson at school about smoking tobacco.

Substance use

Between 1996 and 2008, there has been a significant decrease in the proportion of students aged 12-17 years who have ever used painkillers or analgesics, inhalants, marijuana or cannabis, sleeping tablets or sedatives or tranquillisers other than for medical reasons, amphetamines other than for medical reasons, hallucinogens, cocaine, and heroin or opiates.

Between 1996 and 2008, there has been no significant change in the proportion of students aged 12-17 years who have ever used ecstasy; however, there has been a significant decrease in the 12-15 year age group and a significant increase in the 16-17 year age group.

Between 1996 and 2008, there has been no significant change in the proportion of students aged 12-17 years who have ever used steroids without a doctor's prescription.

Between 2005 and 2008, there has been no significant change in the proportion of students aged 12-17 years who have ever had a lesson or part of a lesson about illicit substance use.

Trends in health behaviours, NSW, 2008

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
NUTRITION AND EATING						
Adequate fruit consumption	2002	24.0 (21.7-26.4)	25.5 (23.2-27.7)	26.3 (24.6-27.9)	20.9 (16.8-24.9)	24.8 (23.0-26.5)
	2005	40.0 (37.5-42.5)	43.1 (40.6-45.5)	43.1 (41.0-45.2)	37.4 (34.0-40.7)	41.5 (39.6-43.5)
	2008	44.8 (42.2-47.4)	48.2 (46.3-50.2)	47.5 (45.5-49.6)	43.8 (41.1-46.5)	46.5 (44.8-48.2)
Adequate vegetable consumption	1996	22.9 (21.0-24.8)	20.6 (19.0-22.3)	22.8 (21.4-24.3)	18.9 (16.3-21.4)	21.8 (20.5-23.1)
	1999	19.4 (17.0-21.8)	20.4 (18.3-22.4)	20.2 (18.4-21.9)	19.2 (16.4-21.9)	19.9 (18.4-21.4)
	2002	19.6 (17.4-21.9)	17.5 (15.6-19.3)	19.0 (17.2-20.8)	17.5 (14.6-20.4)	18.5 (17.0-20.1)
	2005	20.0 (18.0-21.9)	18.9 (17.2-20.6)	19.3 (17.9-20.7)	19.8 (17.0-22.6)	19.4 (18.2-20.7)
	2008	25.0 (23.0-27.1)	23.9 (22.4-25.3)	25.2 (23.6-26.8)	22.5 (20.3-24.6)	24.5 (23.2-25.7)
Adequate bread and cereal consumption	2005	19.7 (17.8-21.6)	10.7 (9.4-12.1)	13.8 (12.5-15.1)	19.1 (15.9-22.3)	15.3 (13.9-16.6)
	2008	34.3 (32.2-36.5)	21.3 (19.5-23.1)	26.7 (24.8-28.5)	31.0 (28.5-33.6)	27.9 (26.3-29.4)
Usually consumes lower fat milk	1996	32.6 (30.2-34.9)	41.7 (39.6-43.8)	38.0 (36.0-40.0)	34.8 (31.2-38.4)	37.1 (35.3-39.0)
	1999	29.2 (26.6-31.8)	41.4 (38.3-44.5)	34.7 (32.2-37.1)	36.9 (32.3-41.4)	35.3 (33.1-37.6)
	2002	31.0 (27.7-34.4)	39.2 (35.6-42.7)	35.2 (32.6-37.8)	34.9 (30.0-39.8)	35.1 (32.7-37.5)
	2005	32.1 (29.1-35.1)	40.4 (37.0-43.9)	36.1 (33.2-39.0)	36.6 (32.6-40.6)	36.2 (33.8-38.7)
	2008	31.7 (29.4-34.1)	43.8 (41.3-46.3)	38.7 (36.3-41.0)	35.8 (32.9-38.6)	37.8 (35.9-39.6)
POPULATION WEIGHT STATUS						
Overweight	2005	21.8 (18.4-25.2)	10.1 (7.7-12.6)	16.8 (13.7-19.8)	16.2 (12.8-19.7)	16.6 (14.3-18.8)
	2008	21.1 (19.1-23.0)	11.4 (9.8-13.0)	17.7 (15.8-19.6)	15.1 (13.4-16.8)	16.8 (15.4-18.2)
Obese	2005	5.6 (3.5-7.7)	3.5 (2.1-4.8)	4.6 (2.8-6.5)	4.7 (2.9-6.4)	4.6 (3.3-6.0)
	2008	5.1 (3.9-6.3)	3.9 (3.0-4.8)	4.2 (3.2-5.2)	5.4 (4.0-6.7)	4.6 (3.8-5.4)
Overweight or obese	2005	27.4 (23.4-31.5)	13.6 (10.6-16.6)	21.4 (17.5-25.3)	20.9 (17.1-24.7)	21.2 (18.4-24.1)
	2008	26.2 (23.9-28.5)	15.3 (13.5-17.1)	21.8 (19.6-24.1)	20.5 (18.1-22.9)	21.4 (19.6-23.1)
Perceived themselves as too fat	2002	17.8 (15.3-20.3)	25.4 (22.4-28.3)	21.4 (19.5-23.4)	22.0 (17.4-26.6)	21.6 (19.7-23.5)
	2005	18.1 (15.2-21.0)	26.0 (23.2-28.9)	22.5 (19.9-25.1)	20.9 (17.8-23.9)	22.1 (19.9-24.2)
	2008	15.0 (13.8-16.2)	26.4 (24.9-28.0)	19.9 (18.6-21.2)	22.6 (21.0-24.3)	20.6 (19.6-21.7)
Trying to lose weight	2008	55.5 (49.9-61.1)	80.8 (75.7-85.9)	65.0 (59.4-70.5)	61.0 (55.0-67.0)	63.6 (59.4-67.8)
PHYSICAL ACTIVITY						
Adequate physical activity	2005	15.4 (13.7-17.0)	11.1 (9.7-12.4)	14.3 (13.0-15.6)	10.3 (8.7-12.0)	13.2 (12.1-14.4)
	2008	16.2 (14.6-17.7)	10.5 (9.3-11.6)	14.6 (13.4-15.7)	10.2 (8.5-11.8)	13.3 (12.3-14.3)
Two or more hours of sedentary behaviour when not at school	2002	91.4 (90.0-92.9)	86.4 (84.8-88.0)	89.0 (87.7-90.3)	88.6 (86.3-90.9)	88.9 (87.8-90.0)
	2005	91.1 (89.5-92.7)	88.9 (87.3-90.5)	89.9 (88.6-91.2)	90.2 (87.8-92.5)	90.0 (88.8-91.1)
	2008	91.8 (90.3-93.2)	91.6 (90.6-92.5)	90.8 (89.6-92.0)	93.8 (92.8-94.9)	91.7 (90.7-92.6)
INJURY						
Injured in the last 6 months	1996	48.6 (46.0-51.2)	40.1 (38.1-42.1)	45.0 (43.0-47.1)	42.7 (39.6-45.8)	44.4 (42.6-46.2)
	2002	41.8 (38.0-45.7)	30.0 (26.5-33.5)	36.3 (33.5-39.2)	34.7 (29.5-39.9)	35.8 (33.2-38.4)
	2005	42.9 (39.6-46.3)	35.9 (33.0-38.8)	40.5 (37.9-43.1)	36.5 (32.0-41.0)	39.4 (37.1-41.7)
	2008	42.6 (40.0-45.2)	34.9 (33.0-36.9)	40.3 (38.1-42.5)	35.0 (32.7-37.3)	38.8 (37.0-40.6)
Injured at school	1996	20.4 (16.5-24.2)	17.6 (14.9-20.4)	20.9 (18.2-23.7)	13.9 (9.4-18.3)	19.1 (16.7-21.6)
	2002	22.9 (18.5-27.2)	20.5 (15.6-25.4)	20.0 (16.4-23.5)	26.4 (18.8-34.0)	21.9 (18.4-25.4)
	2005	18.5 (14.6-22.3)	20.7 (16.4-25.1)	20.7 (17.2-24.1)	16.1 (11.4-20.8)	19.5 (16.6-22.4)
	2008	19.6 (16.4-22.7)	17.4 (14.9-19.8)	20.7 (18.0-23.3)	12.4 (9.7-15.1)	18.6 (16.4-20.8)
Injured at home	1996	19.7 (17.1-22.3)	24.1 (21.2-27.0)	23.7 (21.2-26.1)	15.9 (12.6-19.2)	21.7 (19.7-23.7)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
	2002	15.8 (12.3-19.3)	25.9 (21.3-30.4)	21.3 (17.9-24.7)	17.3 (12.8-21.8)	20.1 (17.2-22.9)
	2005	19.8 (15.7-23.9)	29.3 (23.9-34.7)	26.2 (22.0-30.4)	18.3 (12.5-24.1)	24.2 (20.8-27.6)
	2008	21.2 (18.6-23.8)	27.3 (24.8-29.9)	25.0 (22.6-27.5)	20.6 (17.8-23.5)	23.9 (22.0-25.9)
Injured at sports facility	1996	40.5 (37.1-43.9)	41.0 (37.7-44.3)	37.9 (35.2-40.6)	48.9 (44.5-53.2)	40.7 (38.2-43.2)
	2002	39.3 (34.7-44.0)	33.1 (26.9-39.3)	36.7 (32.2-41.3)	36.6 (29.1-44.0)	36.7 (32.6-40.8)
	2005	46.4 (41.8-51.0)	37.2 (32.5-41.9)	39.3 (35.4-43.3)	50.3 (45.1-55.5)	42.2 (39.0-45.4)
	2008	43.7 (40.0-47.3)	42.8 (39.4-46.2)	41.0 (37.7-44.3)	50.2 (46.2-54.1)	43.3 (40.6-46.0)
Consumed alcohol before injured	2008	8.7 (6.9-10.5)	7.2 (5.6-8.8)	6.4 (5.1-7.7)	12.6 (9.4-15.7)	8.0 (6.7-9.4)
Took drugs before injured	2008	6.0 (4.4-7.7)	4.9 (3.6-6.3)	4.6 (3.6-5.7)	8.0 (5.0-11.1)	5.5 (4.4-6.7)
PSYCHOLOGICAL DISTRESS						
High psychological distress in the last 6 months	1996	12.6 (11.1-14.1)	18.1 (16.5-19.7)	14.6 (13.3-16.0)	17.3 (15.0-19.6)	15.4 (14.2-16.5)
	1999	14.4 (12.5-16.2)	21.0 (18.7-23.3)	17.3 (15.5-19.2)	18.7 (16.0-21.3)	17.7 (16.2-19.3)
	2002	13.5 (11.4-15.6)	21.9 (19.5-24.4)	17.0 (15.1-18.8)	20.1 (16.5-23.7)	17.8 (16.1-19.5)
	2005	12.2 (9.9-14.5)	21.1 (18.5-23.6)	16.9 (14.7-19.0)	16.1 (12.8-19.4)	16.6 (14.8-18.5)
	2008	11.6 (10.3-13.0)	15.0 (13.7-16.2)	13.0 (11.8-14.3)	14.0 (12.3-15.6)	13.3 (12.3-14.3)
SUN PROTECTION						
Usually or always spends most of the time inside between 11.00 a.m. and 3.00 p.m. on sunny summer days	1993	18.2 (15.2-21.3)	18.3 (16.2-20.4)	19.3 (16.9-21.7)	15.6 (12.7-18.4)	18.3 (16.3-20.2)
	1996	18.0 (16.5-19.5)	18.2 (16.4-19.9)	18.0 (16.6-19.4)	18.3 (16.2-20.5)	18.1 (16.8-19.4)
	1999	25.0 (22.5-27.5)	20.0 (17.7-22.3)	23.0 (20.7-25.2)	21.4 (18.0-24.8)	22.5 (20.6-24.5)
	2002	27.9 (25.2-30.7)	24.9 (22.0-27.8)	24.9 (22.7-27.1)	30.2 (24.8-35.7)	26.4 (24.1-28.7)
	2005	24.1 (21.8-26.3)	22.7 (20.0-25.5)	22.8 (20.7-25.0)	25.0 (21.6-28.4)	23.4 (21.5-25.3)
	2008	18.2 (15.9-20.6)	16.5 (14.6-18.4)	17.0 (15.1-18.9)	18.3 (15.8-20.8)	17.4 (15.7-19.0)
Usually or always wears a hat between 11.00 a.m. and 3.00 p.m. on sunny summer days	1993	63.4 (60.3-66.5)	35.0 (32.0-37.9)	51.3 (48.5-54.2)	43.8 (38.2-49.3)	49.2 (46.5-52.0)
	1996	64.9 (62.7-67.1)	37.3 (35.3-39.4)	53.9 (52.0-55.9)	43.7 (40.5-46.8)	51.2 (49.4-53.0)
	1999	59.0 (55.6-62.3)	32.1 (29.6-34.6)	48.2 (45.4-51.0)	38.7 (34.7-42.7)	45.5 (43.0-48.1)
	2002	52.8 (49.6-56.0)	29.7 (27.3-32.2)	43.9 (41.6-46.2)	34.2 (30.4-38.0)	41.2 (39.0-43.4)
	2005	46.8 (43.4-50.1)	24.0 (21.5-26.4)	38.7 (35.5-41.9)	26.9 (24.5-29.3)	35.5 (32.9-38.1)
	2008	32.7 (29.9-35.4)	16.7 (15.0-18.3)	27.5 (25.4-29.6)	17.7 (15.5-19.8)	24.7 (23.0-26.5)
Usually or always wears maximum protection sunscreen between 11.00 a.m. and 3.00 p.m. on sunny summer days	1993	54.2 (51.4-57.1)	72.0 (69.4-74.7)	64.6 (61.8-67.5)	59.1 (55.4-62.8)	63.1 (60.7-65.5)
	1996	49.4 (47.4-51.4)	70.3 (68.1-72.5)	60.7 (58.5-62.8)	57.3 (54.9-59.8)	59.8 (57.9-61.6)
	1999	45.8 (43.2-48.4)	59.7 (57.1-62.3)	53.7 (51.2-56.3)	50.3 (46.8-53.9)	52.8 (50.6-55.0)
	2002	36.1 (33.2-38.9)	47.0 (43.7-50.4)	44.4 (41.9-46.8)	34.4 (29.8-39.1)	41.6 (39.2-44.0)
	2005	36.4 (33.8-39.0)	48.7 (46.1-51.3)	44.1 (41.8-46.4)	38.2 (35.0-41.3)	42.5 (40.5-44.5)
	2008	34.0 (31.7-36.3)	52.6 (50.1-55.1)	45.3 (42.8-47.9)	37.9 (34.8-41.0)	43.2 (41.0-45.4)
Usually or always wears clothes covering most of body between 11.00 a.m. and 3.00 p.m. on sunny summer days	1993	26.1 (23.9-28.3)	20.2 (18.3-22.2)	24.5 (22.7-26.3)	19.9 (17.3-22.4)	23.2 (21.6-24.8)
	1996	28.1 (26.5-29.8)	19.5 (18.0-20.9)	24.5 (23.2-25.9)	21.8 (19.8-23.8)	23.8 (22.6-25.0)
	1999	26.4 (24.4-28.3)	15.6 (13.8-17.4)	22.3 (20.7-24.0)	17.5 (15.1-19.9)	21.0 (19.5-22.5)
	2002	26.4 (24.4-28.4)	14.0 (12.0-16.0)	21.0 (19.3-22.7)	18.0 (14.7-21.2)	20.2 (18.6-21.8)
	2005	24.2 (22.3-26.0)	13.9 (12.0-15.8)	19.9 (18.1-21.6)	17.0 (14.6-19.5)	19.1 (17.6-20.5)
	2008	28.6 (26.5-30.8)	14.8 (13.6-16.1)	22.9 (21.0-24.8)	18.9 (16.6-21.3)	21.8 (20.2-23.3)
Usually or always wears sunglasses between 11.00 a.m. and 3.00 p.m. on sunny summer days	1993	28.9 (26.5-31.2)	53.5 (50.3-56.8)	37.3 (34.3-40.2)	51.3 (47.0-55.5)	41.1 (38.4-43.9)
	1996	28.7 (27.0-30.3)	43.8 (41.5-46.1)	32.6 (30.9-34.3)	46.0 (43.2-48.9)	36.2 (34.4-37.9)
	1999	24.6 (22.7-26.4)	41.0 (38.6-43.3)	29.6 (27.9-31.3)	41.0 (37.5-44.5)	32.8 (31.0-34.6)
	2002	23.3 (21.1-25.5)	39.6 (36.4-42.9)	29.6 (27.3-31.9)	36.5 (31.2-41.7)	31.5 (29.1-34.0)
	2005	20.1 (18.0-22.1)	45.2 (42.5-48.0)	30.1 (27.4-32.8)	39.0 (34.7-43.2)	32.6 (30.1-35.0)
	2008	20.2 (18.3-22.1)	48.0 (45.8-50.2)	31.8 (29.3-34.3)	39.7 (36.3-43.1)	34.0 (31.8-36.2)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
Usually or always stays mainly in the shade between 11.00 a.m. and 3.00 p.m. on sunny summer days	1993	20.5 (17.3-23.6)	24.0 (21.1-26.9)	23.6 (20.9-26.3)	18.6 (15.5-21.7)	22.2 (20.0-24.5)
	1996	27.9 (26.0-29.7)	33.4 (31.6-35.3)	30.9 (29.4-32.4)	29.8 (27.0-32.7)	30.6 (29.2-32.1)
	1999	33.4 (30.7-36.2)	33.2 (30.4-36.0)	34.5 (32.0-36.9)	30.4 (26.4-34.5)	33.3 (31.1-35.6)
	2002	27.5 (24.8-30.3)	29.8 (27.0-32.5)	26.8 (24.3-29.2)	33.5 (29.3-37.8)	28.6 (26.4-30.9)
	2005	24.1 (21.8-26.3)	28.1 (25.0-31.3)	25.7 (23.2-28.2)	27.1 (23.5-30.6)	26.1 (23.9-28.3)
	2008	27.5 (24.4-30.6)	30.2 (27.7-32.8)	28.7 (26.2-31.2)	29.2 (25.5-33.0)	28.8 (26.7-31.0)
Sunburnt at least once last summer	1999	78.2 (75.4-81.1)	81.5 (79.1-83.9)	79.4 (77.1-81.8)	81.0 (77.4-84.7)	79.9 (77.8-81.9)
	2002	74.1 (71.0-77.2)	80.3 (77.7-83.0)	78.8 (76.1-81.4)	73.1 (68.4-77.8)	77.2 (74.8-79.6)
	2005	77.2 (74.7-79.8)	80.1 (77.0-83.1)	77.4 (74.9-80.0)	81.8 (78.3-85.4)	78.6 (76.3-80.9)
	2008	72.4 (69.3-75.4)	78.3 (75.7-80.9)	74.6 (71.8-77.4)	77.1 (73.0-81.3)	75.3 (72.9-77.8)
Believes you only get skin cancer if you get burnt often	1993	24.3 (20.7-27.8)	17.6 (15.3-19.9)	23.6 (20.9-26.3)	14.0 (11.6-16.4)	21.0 (18.6-23.3)
	1996	23.8 (21.9-25.7)	15.3 (13.6-17.0)	22.8 (21.2-24.3)	10.9 (9.3-12.5)	19.6 (18.2-21.1)
	1999	34.1 (31.1-37.0)	26.0 (23.9-28.2)	34.6 (32.6-36.7)	18.3 (15.7-20.9)	30.1 (28.0-32.1)
	2002	33.1 (30.1-36.1)	24.6 (21.4-27.7)	33.4 (31.2-35.5)	17.0 (13.3-20.8)	28.8 (26.2-31.4)
	2005	32.3 (29.2-35.4)	27.0 (24.6-29.3)	36.1 (33.9-38.2)	12.5 (10.2-14.9)	29.7 (27.4-31.9)
	2008	28.7 (26.3-31.1)	22.1 (19.4-24.7)	30.0 (28.0-31.9)	13.7 (10.9-16.6)	25.4 (23.4-27.5)
Used solarium or sunbed at least once in the last 12 months	2005	11.5 (9.3-13.6)	13.3 (10.9-15.7)	13.5 (11.5-15.5)	9.5 (7.3-11.6)	12.4 (10.7-14.1)
	2008	7.0 (5.9-8.1)	7.5 (6.4-8.6)	7.8 (6.7-8.9)	5.9 (4.9-6.8)	7.2 (6.4-8.1)
ALCOHOL						
Ever consumed alcohol	1987	91.2 (89.3-93.0)	89.4 (87.8-91.0)	88.5 (87.1-90.0)	96.0 (94.6-97.4)	90.2 (89.0-91.5)
	1990	85.0 (81.4-88.7)	87.1 (84.9-89.4)	82.7 (79.9-85.6)	95.3 (93.9-96.8)	86.1 (83.6-88.5)
	1993	85.7 (81.5-90.0)	86.3 (83.3-89.3)	82.6 (79.2-86.0)	95.1 (93.2-97.0)	86.0 (83.2-88.9)
	1996	87.5 (85.4-89.6)	85.0 (82.5-87.6)	83.0 (80.9-85.2)	95.2 (93.9-96.5)	86.3 (84.5-88.1)
	1999	86.9 (84.1-89.7)	84.0 (80.9-87.1)	82.3 (79.6-85.1)	93.5 (91.9-95.2)	85.5 (83.2-87.7)
	2002	86.0 (83.3-88.7)	85.0 (81.5-88.5)	83.4 (80.8-86.1)	91.0 (86.8-95.3)	85.5 (83.0-88.0)
	2005	84.6 (81.6-87.6)	80.9 (77.0-84.7)	79.0 (75.6-82.4)	92.7 (90.6-94.8)	82.7 (79.8-85.7)
	2008	76.2 (71.8-80.5)	78.2 (75.5-81.0)	72.3 (68.8-75.8)	89.6 (87.0-92.2)	77.2 (74.2-80.2)
Consumed alcohol in the last 12 months	1984	74.4 (72.2-76.6)	70.3 (67.2-73.5)	68.1 (65.9-70.4)	90.5 (89.1-91.8)	72.4 (70.4-74.4)
	1987	73.7 (70.3-77.1)	69.2 (66.4-72.0)	66.1 (63.7-68.5)	89.1 (87.1-91.2)	71.3 (69.2-73.4)
	1990	65.8 (61.5-70.1)	65.7 (61.9-69.5)	58.0 (55.1-60.9)	87.4 (84.9-89.9)	65.7 (62.4-69.1)
	1993	67.5 (62.3-72.7)	65.4 (61.5-69.4)	58.8 (55.6-62.0)	86.5 (82.9-90.1)	66.5 (62.8-70.1)
	1996	72.3 (69.2-75.4)	67.8 (64.8-70.8)	63.5 (61.0-65.9)	88.4 (86.3-90.5)	70.1 (67.7-72.5)
	1999	72.4 (68.8-76.0)	69.5 (65.8-73.3)	64.9 (61.7-68.0)	86.8 (84.0-89.6)	71.0 (68.1-73.8)
	2002	71.0 (67.3-74.6)	68.2 (64.2-72.2)	64.5 (61.7-67.3)	82.7 (77.7-87.7)	69.6 (66.4-72.8)
	2005	64.8 (61.0-68.5)	62.1 (57.7-66.6)	55.9 (52.5-59.4)	83.6 (80.4-86.8)	63.5 (60.1-66.8)
2008	56.1 (51.7-60.4)	56.2 (52.4-59.9)	47.1 (44.0-50.2)	79.2 (75.3-83.1)	56.1 (52.8-59.4)	
Consumed alcohol in the last 4 weeks	1984	46.7 (44.4-48.9)	41.5 (38.3-44.8)	38.9 (36.4-41.4)	66.3 (63.6-69.0)	44.2 (42.0-46.3)
	1987	46.8 (43.3-50.4)	42.7 (39.4-46.0)	38.1 (35.5-40.6)	67.1 (63.9-70.2)	44.6 (42.1-47.1)
	1990	41.5 (37.4-45.5)	37.4 (33.7-41.1)	31.0 (28.7-33.3)	62.9 (59.3-66.5)	39.5 (36.3-42.7)
	1993	42.7 (38.0-47.4)	40.1 (36.1-44.2)	33.5 (30.5-36.4)	62.2 (57.1-67.2)	41.4 (37.8-45.1)
	1996	47.0 (43.6-50.4)	42.2 (39.0-45.4)	36.5 (34.4-38.5)	67.2 (63.9-70.4)	44.6 (42.0-47.2)
	1999	47.8 (43.8-51.8)	44.1 (40.4-47.7)	37.9 (35.2-40.6)	66.7 (62.6-70.9)	46.0 (42.9-49.0)
	2002	46.9 (42.5-51.4)	42.5 (38.8-46.1)	39.2 (36.5-41.9)	59.0 (53.2-64.8)	44.7 (41.3-48.1)
	2005	40.3 (36.4-44.2)	38.5 (34.5-42.4)	31.4 (28.6-34.2)	60.7 (56.1-65.3)	39.4 (36.1-42.7)
2008	33.3 (29.6-37.1)	32.1 (28.5-35.7)	23.8 (21.6-26.1)	55.5 (50.2-60.9)	32.7 (29.6-35.8)	

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
Consumed alcohol in the last 7 days	1984	33.9 (31.5-36.3)	31.1 (28.0-34.2)	28.4 (26.1-30.8)	49.8 (46.8-52.9)	32.5 (30.4-34.7)
	1987	34.5 (31.2-37.8)	30.1 (27.4-32.8)	26.7 (24.6-28.9)	50.8 (47.3-54.2)	32.2 (30.0-34.4)
	1990	30.2 (26.8-33.6)	25.5 (22.6-28.5)	21.3 (19.3-23.3)	46.2 (43.0-49.4)	27.9 (25.3-30.4)
	1993	30.8 (27.0-34.5)	28.2 (25.2-31.2)	23.8 (21.6-25.9)	44.4 (39.1-49.8)	29.5 (26.7-32.2)
	1996	32.8 (29.9-35.6)	28.4 (25.8-31.0)	24.2 (22.5-25.8)	48.5 (44.9-52.2)	30.6 (28.4-32.8)
	1999	32.7 (29.2-36.2)	28.8 (26.2-31.5)	24.0 (21.8-26.2)	48.2 (44.0-52.4)	30.8 (28.2-33.3)
	2002	32.0 (28.6-35.4)	28.2 (25.3-31.1)	26.4 (24.2-28.6)	39.6 (34.0-45.3)	30.1 (27.4-32.8)
	2005	26.9 (24.1-29.7)	23.7 (20.8-26.5)	19.7 (17.7-21.7)	40.3 (36.1-44.5)	25.3 (22.9-27.7)
	2008	21.2 (18.2-24.2)	19.5 (16.8-22.2)	14.2 (12.5-15.9)	36.2 (31.4-41.0)	20.4 (18.0-22.8)
	Alcohol consumption supervised by an adult	2008	56.4 (51.1-61.7)	55.9 (51.5-60.2)	58.0 (53.1-63.0)	54.3 (48.9-59.7)
Ever tried to buy alcohol	2005	12.8 (9.8-15.7)	8.1 (6.2-10.0)	5.6 (4.6-6.6)	23.4 (18.8-28.0)	10.4 (8.6-12.3)
	2008	11.9 (9.5-14.3)	10.0 (8.0-11.9)	5.3 (4.4-6.2)	25.3 (21.3-29.2)	10.9 (9.1-12.8)
School messages about alcohol	2005	90.8 (89.1-92.5)	93.0 (91.7-94.4)	91.7 (90.3-93.0)	92.5 (89.7-95.2)	91.9 (90.7-93.1)
	2008	92.4 (90.8-93.9)	93.8 (92.8-94.8)	93.5 (92.4-94.6)	91.9 (90.0-93.8)	93.1 (92.1-94.0)
TOBACCO						
Ever smoked tobacco	1984	68.6 (66.2-71.1)	67.2 (64.1-70.4)	65.6 (63.2-68.0)	77.8 (75.4-80.2)	67.9 (65.9-70.0)
	1987	62.0 (58.6-65.4)	60.8 (58.0-63.5)	57.2 (54.7-59.7)	75.5 (72.6-78.3)	61.3 (59.1-63.6)
	1990	55.5 (52.2-58.8)	55.3 (51.9-58.8)	49.6 (46.9-52.2)	71.7 (69.2-74.3)	55.4 (52.7-58.1)
	1993	56.9 (52.6-61.3)	57.1 (53.1-61.0)	51.1 (48.0-54.1)	72.4 (69.4-75.4)	57.0 (53.9-60.1)
	1996	57.2 (54.4-60.0)	55.3 (52.4-58.1)	50.6 (48.4-52.9)	71.9 (69.2-74.5)	56.3 (54.1-58.4)
	1999	44.2 (40.7-47.7)	48.1 (44.6-51.5)	38.8 (36.2-41.4)	65.9 (61.9-69.8)	46.1 (43.4-48.9)
	2002	42.4 (38.8-46.1)	42.7 (38.6-46.7)	36.4 (33.7-39.1)	58.3 (54.0-62.6)	42.5 (39.3-45.8)
	2005	33.9 (31.0-36.7)	31.7 (28.3-35.0)	26.1 (24.0-28.3)	50.7 (47.4-54.0)	32.8 (30.2-35.4)
	2008	25.6 (22.6-28.6)	24.9 (21.9-28.0)	18.2 (16.3-20.0)	43.4 (38.9-48.0)	25.3 (22.7-27.8)
	Smoked tobacco in the last 12 months	1984	39.7 (37.2-42.2)	45.7 (41.2-50.2)	40.9 (38.0-43.8)	49.9 (46.9-53.0)
1987		31.3 (28.0-34.6)	36.7 (33.6-39.8)	30.3 (27.7-32.9)	47.5 (44.2-50.7)	34.2 (31.8-36.6)
1990		31.1 (28.0-34.1)	35.1 (32.0-38.1)	28.5 (25.8-31.2)	45.8 (42.9-48.7)	33.0 (30.5-35.6)
1993		35.5 (32.1-38.9)	39.7 (36.5-42.9)	34.1 (31.4-36.8)	46.8 (43.0-50.6)	37.6 (35.0-40.2)
1996		37.2 (34.5-39.8)	40.1 (37.8-42.5)	34.3 (32.3-36.4)	50.5 (47.9-53.1)	38.6 (36.7-40.5)
1999		32.8 (29.9-35.8)	39.0 (36.0-42.0)	30.0 (27.7-32.2)	51.2 (47.3-55.2)	35.9 (33.5-38.3)
2002		25.6 (22.4-28.7)	29.3 (26.0-32.7)	22.9 (20.5-25.2)	39.3 (35.3-43.4)	27.5 (24.8-30.1)
2005		21.0 (18.3-23.7)	21.1 (18.5-23.6)	16.2 (14.5-17.9)	33.9 (30.4-37.3)	21.0 (18.9-23.1)
2008		16.5 (14.0-19.0)	17.5 (15.0-20.0)	11.7 (10.1-13.2)	30.7 (26.4-34.9)	17.0 (14.9-19.1)
Smoked tobacco in the last 4 weeks		1984	25.3 (22.8-27.8)	29.7 (26.0-33.3)	25.6 (23.1-28.1)	35.4 (32.6-38.1)
	1987	18.9 (16.4-21.4)	21.6 (19.2-24.1)	17.3 (15.3-19.2)	30.9 (28.0-33.8)	20.3 (18.6-22.1)
	1990	18.3 (16.0-20.6)	21.0 (18.7-23.2)	16.1 (14.3-18.0)	29.3 (26.6-32.1)	19.6 (17.8-21.4)
	1993	22.4 (19.9-24.9)	25.0 (22.0-27.9)	20.3 (18.1-22.5)	32.4 (29.2-35.6)	23.7 (21.5-25.8)
	1996	22.9 (20.6-25.1)	24.8 (23.0-26.7)	20.3 (18.7-21.8)	33.7 (31.3-36.1)	23.8 (22.3-25.3)
	1999	20.2 (17.8-22.6)	22.2 (19.9-24.5)	16.5 (14.8-18.1)	33.8 (30.1-37.5)	21.2 (19.3-23.1)
	2002	14.5 (12.4-16.5)	18.4 (15.8-21.1)	12.8 (11.2-14.4)	25.9 (22.1-29.7)	16.4 (14.4-18.5)
	2005	11.3 (9.3-13.3)	11.5 (9.6-13.3)	8.3 (7.0-9.5)	19.7 (17.0-22.3)	11.4 (9.9-12.9)
	2008	9.6 (7.8-11.4)	10.3 (8.4-12.2)	6.6 (5.5-7.7)	18.4 (14.8-22.0)	9.9 (8.3-11.5)
	Smoked tobacco in the last 7 days	1984	20.4 (18.2-22.5)	24.4 (21.3-27.5)	20.5 (18.4-22.6)	30.1 (27.5-32.8)
1987		15.9 (13.7-18.1)	18.0 (15.7-20.4)	14.4 (12.6-16.1)	26.1 (23.6-28.6)	17.0 (15.4-18.7)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
	1990	15.0 (13.0-16.9)	18.1 (16.1-20.2)	13.3 (11.7-14.9)	25.6 (22.9-28.3)	16.5 (14.9-18.2)
	1993	18.4 (16.3-20.6)	20.9 (18.5-23.4)	17.0 (15.1-18.9)	26.8 (23.4-30.1)	19.7 (17.8-21.6)
	1996	18.7 (16.6-20.8)	20.7 (18.9-22.5)	16.3 (14.9-17.7)	29.0 (26.7-31.4)	19.7 (18.2-21.1)
	1999	16.8 (14.7-19.0)	18.7 (16.6-20.7)	13.8 (12.3-15.3)	27.9 (24.4-31.3)	17.7 (16.0-19.4)
	2002	11.9 (10.1-13.7)	15.1 (12.7-17.5)	10.1 (8.7-11.5)	22.3 (19.1-25.4)	13.5 (11.7-15.3)
	2005	8.5 (6.9-10.1)	8.3 (6.8-9.8)	6.0 (5.0-7.0)	14.9 (12.7-17.2)	8.4 (7.2-9.6)
	2008	6.9 (5.3-8.5)	7.7 (6.1-9.3)	4.7 (3.7-5.6)	14.0 (10.7-17.3)	7.3 (5.9-8.7)
Ever tried to buy cigarettes from a shop	2005	10.8 (8.4-13.2)	8.2 (6.2-10.2)	5.6 (4.4-6.9)	19.9 (16.3-23.5)	9.5 (7.9-11.2)
	2008	9.5 (7.5-11.5)	7.9 (6.1-9.7)	4.7 (3.8-5.6)	18.8 (14.7-22.9)	8.7 (7.1-10.3)
Current tobacco smoker	1984	23.9 (21.7-26.1)	30.9 (27.5-34.2)	25.7 (23.4-27.9)	34.2 (31.7-36.7)	27.3 (25.2-29.3)
	1987	17.1 (14.8-19.4)	22.1 (19.7-24.4)	16.9 (15.1-18.8)	29.4 (26.7-32.1)	19.8 (18.1-21.4)
	1990	16.2 (13.8-18.5)	21.5 (19.3-23.6)	15.0 (13.2-16.9)	29.2 (26.3-32.2)	18.8 (16.9-20.7)
	1993	21.1 (18.9-23.3)	25.1 (22.5-27.6)	20.0 (18.0-22.1)	31.0 (28.2-33.8)	23.1 (21.2-25.0)
	1996	21.6 (19.3-23.9)	25.5 (23.5-27.4)	20.2 (18.5-22.0)	32.6 (30.2-35.0)	23.5 (21.9-25.1)
	1999	18.6 (16.3-21.0)	23.4 (21.0-25.7)	16.7 (15.1-18.3)	32.2 (28.5-35.8)	21.0 (19.1-22.9)
	2002	13.0 (11.2-14.7)	16.3 (14.1-18.5)	11.8 (10.2-13.3)	22.0 (19.7-24.3)	14.6 (12.9-16.3)
	2005	10.1 (8.4-11.8)	10.5 (8.8-12.2)	7.3 (6.2-8.3)	18.4 (15.9-20.9)	10.3 (9.0-11.6)
	2008	7.9 (6.3-9.5)	9.4 (7.7-11.0)	5.5 (4.6-6.4)	16.6 (13.5-19.7)	8.6 (7.3-10.0)
Wants to quit smoking	2002	41.8 (34.5-49.2)	48.4 (42.7-54.1)	45.4 (40.1-50.6)	45.8 (36.4-55.2)	45.5 (40.6-50.4)
	2005	38.7 (29.1-48.3)	33.3 (23.9-42.7)	31.6 (23.6-39.6)	40.0 (28.0-52.1)	35.9 (28.4-43.5)
	2008	39.0 (32.4-45.6)	33.9 (28.8-39.0)	30.6 (25.2-36.0)	41.0 (35.1-46.8)	36.4 (32.3-40.5)
Influenced by advertisements to quit smoking	2008	39.0 (33.0-45.1)	36.1 (30.6-41.6)	33.7 (27.3-40.1)	40.5 (33.9-47.2)	37.4 (32.9-42.0)
Believes celebrity smoking encourages the young to smoke	2005	57.6 (54.2-61.1)	56.2 (53.3-59.1)	57.6 (55.0-60.2)	55.1 (50.8-59.5)	56.9 (54.7-59.2)
	2008	49.4 (47.2-51.6)	52.8 (50.9-54.7)	51.3 (49.5-53.2)	50.4 (47.5-53.2)	51.1 (49.5-52.6)
School messages about tobacco smoking	2005	91.4 (89.7-93.2)	93.4 (91.8-95.0)	93.6 (92.4-94.8)	89.1 (86.0-92.3)	92.4 (91.0-93.7)
	2008	89.4 (87.6-91.3)	91.9 (90.5-93.3)	92.5 (91.2-93.8)	85.8 (83.2-88.4)	90.6 (89.3-92.0)
SUBSTANCE USE						
Ever used painkillers or analgesics	1996	96.6 (95.9-97.3)	98.3 (97.8-98.7)	97.2 (96.6-97.7)	98.2 (97.6-98.7)	97.4 (97.0-97.9)
	1999	95.7 (94.8-96.7)	97.4 (96.8-98.0)	96.1 (95.4-96.9)	97.8 (97.0-98.5)	96.6 (96.0-97.2)
	2002	93.9 (92.7-95.0)	95.7 (94.6-96.8)	94.0 (93.0-95.0)	96.8 (95.4-98.1)	94.8 (93.9-95.7)
	2005	95.1 (93.8-96.4)	97.1 (96.4-97.8)	95.5 (94.4-96.5)	97.8 (97.1-98.6)	96.1 (95.3-96.9)
	2008	92.8 (91.3-94.3)	97.0 (96.3-97.7)	94.2 (93.0-95.3)	96.6 (95.6-97.6)	94.9 (93.9-95.8)
Ever used inhalants	1996	27.8 (25.8-29.8)	26.8 (24.9-28.7)	30.7 (29.0-32.3)	18.1 (16.2-20.0)	27.3 (25.8-28.8)
	1999	25.4 (23.1-27.6)	27.2 (25.0-29.4)	30.1 (28.3-32.0)	16.4 (14.3-18.5)	26.3 (24.5-28.0)
	2002	21.9 (19.6-24.1)	24.1 (21.9-26.2)	26.1 (24.2-27.9)	15.0 (12.9-17.2)	23.0 (21.1-24.8)
	2005	19.3 (16.8-21.8)	18.5 (16.4-20.5)	21.3 (19.2-23.3)	12.7 (10.4-15.1)	18.9 (17.1-20.7)
	2008	20.2 (18.1-22.2)	19.7 (17.6-21.7)	21.6 (19.6-23.7)	15.6 (13.7-17.4)	19.9 (18.3-21.6)
Ever used marijuana or cannabis	1996	37.5 (34.5-40.6)	30.7 (28.1-33.2)	27.5 (25.5-29.5)	52.4 (48.9-55.9)	34.1 (31.8-36.4)
	1999	28.8 (25.7-31.9)	23.8 (21.3-26.2)	20.1 (18.0-22.2)	41.9 (38.1-45.8)	26.3 (24.0-28.5)
	2002	24.5 (21.2-27.9)	19.6 (16.8-22.4)	17.6 (16.0-19.1)	33.6 (27.5-39.7)	22.1 (19.4-24.7)
	2005	17.6 (15.0-20.2)	13.1 (10.8-15.4)	11.0 (9.4-12.6)	27.1 (22.8-31.4)	15.4 (13.3-17.5)
	2008	13.4 (10.9-15.9)	12.4 (10.1-14.7)	8.1 (6.8-9.5)	25.0 (20.4-29.7)	12.9 (10.9-15.0)
Ever used sleeping tablets or tranquilisers or sedatives	1996	18.6 (17.3-19.9)	20.1 (18.8-21.3)	18.9 (17.9-20.0)	20.5 (18.7-22.2)	19.3 (18.4-20.2)
	1999	17.8 (16.3-19.2)	17.5 (16.0-19.0)	16.5 (15.3-17.8)	20.5 (18.1-22.8)	17.6 (16.5-18.7)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
	2002	15.7 (14.3-17.1)	16.2 (14.4-18.1)	15.5 (14.2-16.9)	17.1 (14.6-19.6)	16.0 (14.8-17.2)
	2005	13.6 (12.0-15.3)	14.1 (12.7-15.5)	13.3 (11.9-14.8)	15.3 (13.2-17.5)	13.9 (12.7-15.0)
	2008	16.0 (14.3-17.7)	16.2 (14.8-17.7)	15.3 (14.1-16.6)	18.0 (16.0-20.0)	16.1 (15.0-17.2)
Ever used amphetamines	1996	8.0 (7.0-9.0)	5.4 (4.5-6.3)	5.4 (4.7-6.0)	10.4 (8.8-12.0)	6.7 (6.0-7.4)
	1999	7.3 (6.0-8.5)	6.2 (5.1-7.3)	4.9 (4.2-5.5)	11.5 (9.3-13.8)	6.7 (5.9-7.6)
	2002	6.0 (4.8-7.2)	5.2 (4.0-6.5)	4.6 (3.8-5.4)	8.3 (5.7-10.9)	5.6 (4.6-6.6)
	2005	5.5 (4.4-6.5)	3.2 (2.4-4.0)	3.3 (2.7-3.9)	7.2 (5.4-8.9)	4.4 (3.6-5.1)
	2008	3.6 (2.6-4.6)	3.7 (2.6-4.9)	2.6 (1.9-3.2)	6.5 (4.0-9.0)	3.7 (2.8-4.6)
Ever used ecstasy	1996	5.2 (4.4-6.0)	3.0 (2.4-3.6)	3.5 (3.0-4.0)	5.9 (4.7-7.1)	4.1 (3.6-4.6)
	1999	4.8 (3.9-5.7)	3.5 (2.9-4.1)	3.3 (2.8-3.8)	6.4 (5.1-7.7)	4.2 (3.6-4.7)
	2002	5.3 (4.1-6.5)	4.2 (3.2-5.3)	3.8 (3.2-4.5)	7.2 (4.6-9.7)	4.8 (3.8-5.7)
	2005	4.5 (3.3-5.6)	2.6 (2.0-3.2)	2.5 (1.9-3.2)	6.2 (4.3-8.1)	3.5 (2.8-4.3)
	2008	4.9 (3.7-6.1)	3.9 (2.7-5.2)	2.4 (1.8-3.0)	9.3 (6.4-12.3)	4.4 (3.3-5.5)
Ever used hallucinogens	1996	10.2 (9.0-11.4)	7.1 (6.0-8.1)	6.7 (5.9-7.4)	14.2 (12.3-16.0)	8.7 (7.8-9.5)
	1999	6.2 (5.1-7.4)	5.0 (4.2-5.9)	4.2 (3.6-4.8)	9.2 (7.2-11.1)	5.6 (4.9-6.4)
	2002	4.5 (3.6-5.3)	3.9 (2.8-5.0)	3.8 (3.2-4.4)	5.2 (2.8-7.6)	4.2 (3.4-5.0)
	2005	4.3 (3.2-5.4)	1.6 (0.9-2.2)	2.4 (1.7-3.1)	4.4 (2.5-6.2)	2.9 (2.2-3.7)
	2008	3.2 (2.4-4.1)	2.4 (1.7-3.0)	2.0 (1.4-2.6)	4.9 (3.4-6.5)	2.8 (2.2-3.5)
Ever used cocaine	1996	5.3 (4.5-6.2)	2.8 (2.2-3.4)	3.9 (3.3-4.5)	4.5 (3.4-5.7)	4.1 (3.5-4.6)
	1999	3.8 (3.0-4.5)	2.9 (2.3-3.5)	3.0 (2.4-3.6)	4.2 (3.1-5.2)	3.3 (2.9-3.8)
	2002	3.4 (2.6-4.1)	2.5 (1.7-3.3)	2.8 (2.2-3.4)	3.1 (2.2-4.1)	2.9 (2.4-3.4)
	2005	3.2 (2.3-4.1)	2.2 (1.5-2.9)	2.3 (1.6-2.9)	3.9 (2.7-5.1)	2.7 (2.1-3.3)
	2008	3.4 (2.6-4.2)	2.3 (1.5-3.1)	1.9 (1.4-2.4)	5.3 (3.3-7.2)	2.8 (2.2-3.5)
Ever used steroids	1996	3.3 (2.7-3.9)	0.8 (0.6-1.1)	2.0 (1.6-2.4)	2.2 (1.6-2.8)	2.1 (1.7-2.4)
	1999	3.4 (2.6-4.1)	1.5 (1.1-2.0)	2.5 (2.0-3.0)	2.3 (1.4-3.2)	2.4 (2.0-2.9)
	2002	3.3 (2.5-4.0)	2.5 (1.9-3.2)	3.0 (2.5-3.6)	2.5 (1.5-3.5)	2.9 (2.4-3.4)
	2005	3.0 (2.2-3.8)	1.4 (0.8-1.9)	2.3 (1.7-2.9)	1.9 (0.9-2.8)	2.2 (1.7-2.7)
	2008	2.6 (2.0-3.3)	1.4 (1.0-1.8)	2.1 (1.6-2.6)	1.9 (1.4-2.5)	2.0 (1.6-2.5)
Ever used heroin or opiates	1996	5.4 (4.6-6.1)	2.7 (2.2-3.1)	3.9 (3.4-4.4)	4.5 (3.6-5.4)	4.0 (3.6-4.5)
	1999	3.6 (2.8-4.5)	3.2 (2.6-3.9)	3.0 (2.5-3.6)	4.4 (3.1-5.6)	3.4 (2.9-4.0)
	2002	3.3 (2.5-4.1)	2.0 (1.4-2.7)	2.8 (2.2-3.3)	2.3 (1.3-3.4)	2.6 (2.2-3.1)
	2005	2.7 (2.0-3.4)	1.9 (1.2-2.5)	2.3 (1.7-2.9)	2.2 (1.4-2.9)	2.3 (1.8-2.8)
	2008	2.5 (1.8-3.2)	1.7 (1.3-2.1)	2.0 (1.5-2.4)	2.5 (1.6-3.4)	2.1 (1.7-2.6)
School messages about illicit substances	2005	86.8 (84.7-88.9)	88.4 (86.7-90.0)	86.5 (84.9-88.2)	90.4 (87.0-93.8)	87.6 (86.1-89.1)
	2008	89.0 (87.3-90.7)	88.4 (86.8-90.0)	88.0 (86.4-89.5)	90.5 (88.2-92.9)	88.7 (87.4-90.0)

Source: New South Wales School Students Health Behaviours Survey 2008 (HOIST). Centre for Epidemiology and Research, NSW Department of Health.

Survey instrument

In 2008 the New South Wales Secondary Students Health Behaviours Survey was carried out using a self-administered questionnaire, which included questions on: nutrition and eating, height and weight, physical activity, injury, psychological distress, sun protection, alcohol, tobacco, and substance use. The questionnaire is attached to this report.

Survey

- Please do not write your name on this paper.
- The information you give is private and will only be seen by the people putting all the answers together.
- Answer **every** question you can.
- If you can't answer a question or if you do not want to answer a question, leave it out and go on to the next one.
- You may withdraw from the survey at any time.
- **HOW TO ANSWER QUESTIONS:**

For most questions, there is a choice of answers.

Pick the one that's true for you and cross the box next to it like this: Yes

Please cross ONE box only unless otherwise requested.

If you make a mistake, simply scribble it out and mark the correct answer with a cross: like this: No Yes

Some questions ask you to write a short answer in the space provided.

Use a ballpoint blue or black pen (do **NOT** use a felt tipped pen).

Office use only

STATE <input type="text" value="2"/>	SCHOOL <input type="text"/> <input type="text"/> <input type="text"/>	ID <input type="text"/> <input type="text"/> <input type="text"/>	POSTCODE <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	LEVEL <input type="text"/>	CAMPUS <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/>
PATTERN <input type="text"/>	SCHSEX <input type="text"/>	STRATA <input type="text"/>	TEACH <input type="text"/>	DAY <input type="text"/>	
ORDER <input type="text" value="1"/>	INITIALS <input type="text"/> <input type="text"/> <input type="text"/>		DATE <input type="text"/> <input type="text"/>	MONTH <input type="text"/> <input type="text"/>	YEAR <input type="text" value="2"/> <input type="text" value="0"/> <input type="text" value="0"/> <input type="text" value="8"/>

1. (a) What suburb or town do you live in?

1. (b) What is the postcode of your address?

2. What year level are you in?

1 Year 7

3 Year 9

5 Year 11

2 Year 8

4 Year 10

6 Year 12

3. How old are you now?

10 10

14 14

18 18

11 11

15 15

19 19 and over

12 12

16 16

13 13

17 17

4. What sex are you?

1 Male

2 Female

5. What is your date of birth?

<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	19	<input type="text"/> <input type="text"/>
Day	Month		Year

6. During a normal week, how much money do you have available to spend on yourself (eg from pocket money, part-time job)?

1 None

4 \$21 – \$40

7 Over \$80

2 \$10 or less

5 \$41 – \$60

3 \$11 – \$20

6 \$61 – \$80

7. At school work, do you consider yourself:

1 A lot above average?

2 Above average?

3 Average?

4 Below average?

5 A lot below average?

8. Were you at school on the last school day?

1 Yes

2 No

9. Are you of Aboriginal or Torres Strait Islander descent?

1 No

2 Yes – Aboriginal descent

3 Yes – Torres Strait Islander descent

4 Yes – both Aboriginal and Torres Strait Islander descent

10. What is the main language spoken at home? *Cross only one box.*

1 English

2 Another language only (*please specify which language*)

3 English and another language (*please specify the other language*)

THE NEXT FEW QUESTIONS ARE ABOUT DRINKING ALCOHOL — BEER, WINE, WINE COOLERS, ALCOHOLIC SODAS, SPIRITS, PREMIXED SPIRIT DRINKS, LIQUEURS, ALCOHOLIC APPLE CIDER, SHERRY OR PORT.

11. At the present time, do you consider yourself:

1 A non-drinker?

2 An occasional drinker?

3 A light drinker?

4 A party drinker?

5 A heavy drinker?

12. Have you **ever had even part of an alcoholic drink?**

1 No

2 Yes, just a few sips

3 Yes, I have had fewer than 10 alcoholic drinks in my life

4 Yes, I have had more than 10 alcoholic drinks in my life

13. Have you had an alcoholic drink in the last twelve months?

1 Yes

2 No

14. Have you had an alcoholic drink in the last four weeks?

1 Yes

2 No

15. This question is about the number of alcoholic drinks you had during the last seven days, including yesterday.

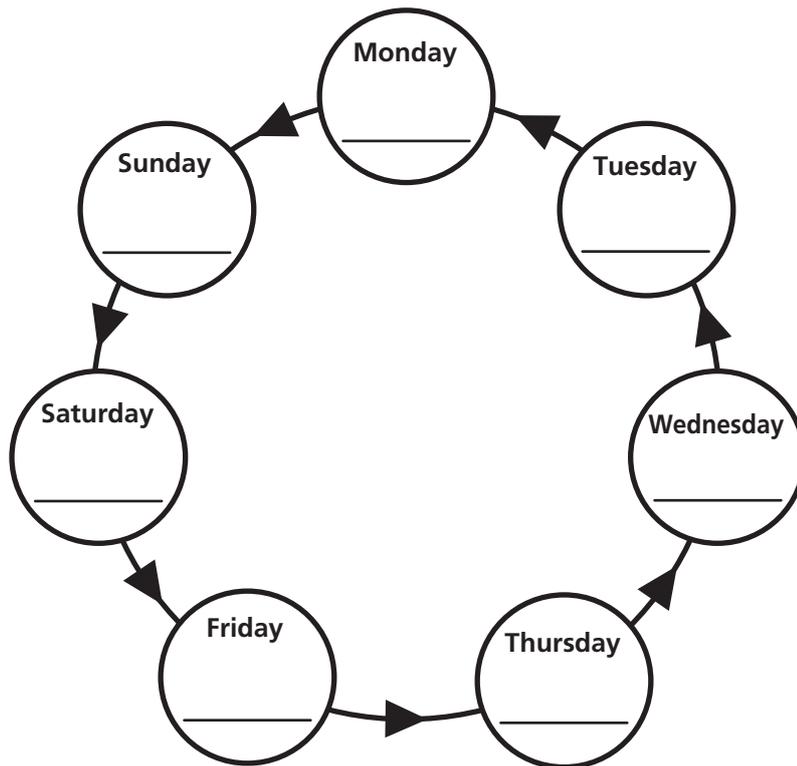
Put a cross near **yesterday**. Then in the space provided, write the number of alcoholic drinks you had yesterday. If you didn't have any alcoholic drinks, put in '0'.

Start filling in the spaces beginning with yesterday, and follow the arrows.

Answer for every day of the week.

Write the number of alcoholic drinks you had each day in the circle.

Put '0' for each day you didn't drink any alcoholic drinks.



QUESTIONS 16, 17 AND 18 ARE FOR ANYONE WHO HAS HAD AN ALCOHOLIC DRINK. IF YOU HAVE NEVER HAD AN ALCOHOLIC DRINK, GO TO QUESTION 19.

16. What alcoholic drink do you usually have?

Cross the box near the drink you **usually** have. If that drink is not listed here, cross the box next to 'Other' and write the name of the drink in the space provided.

- 01 Ordinary beer
- 02 Low alcohol beer
- 03 Wine
- 04 Wine Cooler (eg West Coast Coolers)
- 05 Champagne or sparkling wine (eg Spumante, Passion Pop)
- 06 Alcoholic Apple Cider (eg Strongbow)
- 07 Alcoholic sodas (eg Two Dogs)
- 08 Premixed spirits (eg Bacardi Breezer, Lemon Ruski, Vodka Mudshake, UDL Drinks, Sub Zero)
- 09 Spirits (eg rum, brandy, whisky, gin, vodka)
- 10 Liqueurs (eg Tia Maria, Kahlua, Midori, Glide, Archers, Illusion etc)
- 11 Other (*please specify*)

You should have crossed only **one** box.

17. (a) Where, or from whom, did you get your last alcoholic drink?

Fill in the space beside 'Other' if you can't find your answer.

Cross only **one** box.

I didn't buy it.....

OR

I bought it.....

- 1 My parent(s) gave it to me
- 2 My brother or sister gave it to me
- 3 I took it from home without my parent(s) permission
- 4 Friends gave it to me
- 5 I got someone to buy it for me
- 6 Other (*please specify*)

↳ **Go to QUESTION 17(b)**

- 51 At a hotel, pub, bar, tavern, RSL Club
- 52 At a licensed liquor store or supermarket
- 53 At a walk-in bottle-shop at a pub or hotel
- 54 At a drive-in bottle-shop
- 55 At a restaurant
- 56 At a dance venue / dance party
- 57 At a nightclub
- 58 At a sporting event
- 59 At a sports club (eg Leagues, surfing, football)
- 60 Through the Internet
- 61 By phone, fax, mail order
- 62 Other (*please specify*)

You should have crossed only **one** box.

17. (b) If someone else bought alcohol for you, who was this person?

- | | |
|---|---|
| 1 <input type="checkbox"/> Friend who is 18 or over | 4 <input type="checkbox"/> Brother / sister or other relative who is not yet 18 |
| 2 <input type="checkbox"/> Brother / sister or other relative who is 18 or over | 5 <input type="checkbox"/> Stranger who was able to buy alcohol |
| 3 <input type="checkbox"/> Friend who is not yet aged 18 | 6 <input type="checkbox"/> Other (<i>please specify</i>) |
-

18. (a) Where did you drink your last alcoholic drink?

Fill in the space beside 'Other' if you can't find your answer.

Cross only **one** box.

I drank it.....

- | | |
|--|--|
| 01 <input type="checkbox"/> At a beach, park or recreation area | 08 <input type="checkbox"/> At a sports club (eg Leagues, surfing, football) |
| 02 <input type="checkbox"/> At a hotel, pub, bar, tavern or RSL club | 09 <input type="checkbox"/> On school grounds during school hours |
| 03 <input type="checkbox"/> At a dance venue / dance party | 10 <input type="checkbox"/> On school grounds after hours |
| 04 <input type="checkbox"/> At a nightclub | 11 <input type="checkbox"/> At my home |
| 05 <input type="checkbox"/> At a party | 12 <input type="checkbox"/> At my friend's home |
| 06 <input type="checkbox"/> At a restaurant | 13 <input type="checkbox"/> In a car |
| 07 <input type="checkbox"/> At a sporting event | 14 <input type="checkbox"/> Other (<i>please specify</i>) |
-

You should have crossed only **one** box.

18. (b) Was an adult supervising you and/or your friends when you had this drink?

- 1 Yes 2 No

THE NEXT QUESTIONS ARE FOR EVERYONE AND ARE ABOUT SMOKING CIGARETTES.

19. At the present time, do you consider yourself:

- 1 A heavy smoker?
2 A light smoker?
3 An occasional smoker?
4 An ex-smoker?
5 A non-smoker?

20. Have you ever smoked even part of a cigarette?

- 1 No
- 2 Yes, just a few puffs
- 3 Yes, I have smoked fewer than 10 cigarettes in my life
- 4 Yes, I have smoked more than 10 but fewer than 100 cigarettes in my life
- 5 Yes, I have smoked more than 100 cigarettes in my life

21. Have you smoked cigarettes in the last twelve months?

- 1 Yes
- 2 No

22. Have you smoked cigarettes in the last four weeks?

- 1 Yes
- 2 No

23. This question is about the number of cigarettes you had during the last seven days, including yesterday.

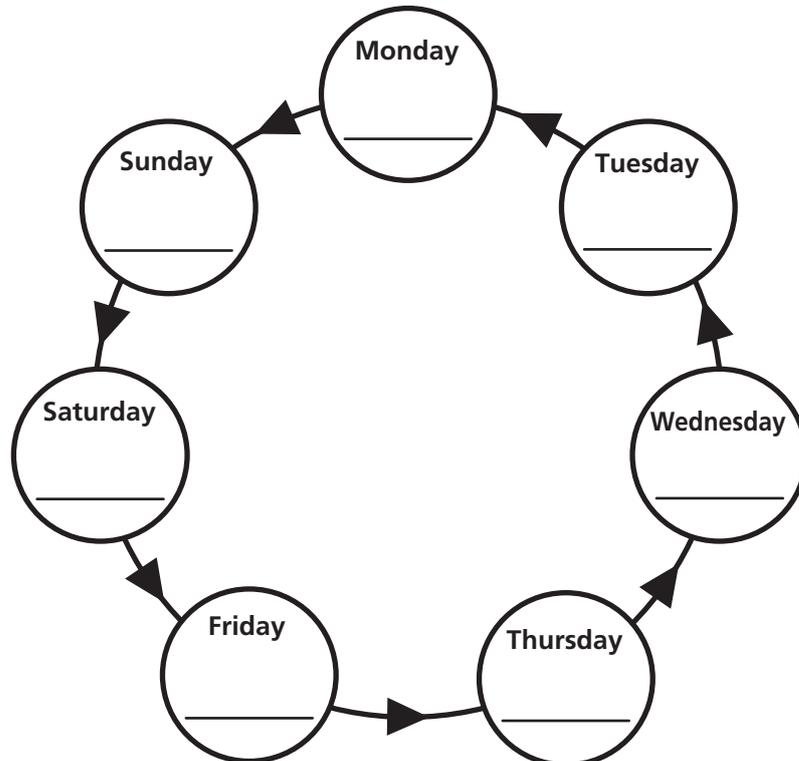
Put a cross near **yesterday**. Then in the space provided, write the number of cigarettes you had yesterday. If you didn't smoke any cigarettes, put in '0'.

Start filling in the spaces beginning with yesterday, and follow the arrows.

Answer for every day of the week.

Write the number of cigarettes you smoked each day in the circle.

Put '0' for each day you didn't smoke any cigarettes.



24. Do you think you will be smoking cigarettes this time next year?

- 1 Certain **not** to be smoking
- 2 Very **un**likely to be smoking
- 3 **Un**likely to be smoking
- 4 Can't decide how likely
- 5 Likely to be smoking
- 6 Very likely to be smoking
- 7 Certain to be smoking

**25. At most shops in the area where you live and go to school, how easy or difficult would it be:
(Cross only **one** box for **each** question)**

	Very easy	Easy	Neither easy nor difficult	Difficult	Very difficult
(i) for you to buy cigarettes?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
(ii) for you to get someone else to buy cigarettes for you?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

QUESTIONS 26, 27 AND 28 ARE ONLY FOR THOSE WHO HAVE SMOKED A CIGARETTE IN THE PAST WEEK.

IF YOU HAVE NOT SMOKED A CIGARETTE IN THE PAST WEEK, GO TO QUESTION 29.

26. (a) What brand of cigarettes do you usually smoke?

Cross the box near the brand you **usually** smoke. If that brand is not listed here, cross the box next to 'Other' and write the name of the brand in the space provided.

- 01 Alpine
- 02 Benson & Hedges
- 03 Dunhill
- 04 Escort
- 05 Fortune
- 06 Holiday
- 07 Horizon
- 08 Longbeach
- 09 Marlboro
- 10 Peter Jackson
- 11 Sterling
- 12 Stradbroke
- 13 Vogue
- 14 Wills Super Mild
- 15 Winfield
- 16 Freedom
- 17 Other (*please specify*)

You should have crossed only **one box.**

26. (b) Do the cigarettes you usually smoke come from packets of ...?

- | | |
|---------------------------------|---------------------------------|
| 1 <input type="checkbox"/> 20's | 4 <input type="checkbox"/> 35's |
| 2 <input type="checkbox"/> 25's | 5 <input type="checkbox"/> 40's |
| 3 <input type="checkbox"/> 30's | 6 <input type="checkbox"/> 50's |

Remember: you should have crossed only **one** box.

27. (a) Where, or from whom, did you get the last cigarette that you smoked?

Fill in the space beside 'Other' if you can't find your answer.

Cross only **one** box.

I didn't buy it.....

OR

I bought it.....

- 1 My parent(s) gave it to me
- 2 My brother or sister gave it to me
- 3 I took it from home without my parent(s) permission
- 4 Friends gave it to me
- 5 I got someone to buy it for me
- 6 Other (*please specify*)

↳ **Go to QUESTION 27(b)**

- 51 At a hotel, pub, bar, tavern, RSL Club
- 52 At a supermarket
- 53 At a newsagency
- 54 At a milk bar or delicatessen
- 55 At a convenience store (eg Food Plus, 7/11)
- 56 At a tobacconist / tobacco shop
- 57 At a take-away food shop
- 58 At a petrol station
- 59 Through the Internet
- 60 Other (*please specify*)

You should have crossed only **one** box.

27. (b) If someone else bought cigarettes for you, who was this person?

- | | |
|---|---|
| 1 <input type="checkbox"/> Friend who is 18 or over | 4 <input type="checkbox"/> Brother / sister or other relative who is not yet 18 |
| 2 <input type="checkbox"/> Brother / sister or other relative who is 18 or over | 5 <input type="checkbox"/> Stranger who was able to buy cigarettes |
| 3 <input type="checkbox"/> Friend who is not yet aged 18 | 6 <input type="checkbox"/> Other (<i>please specify</i>) |

28. Sometimes people break open a packet of cigarettes and sell single cigarettes.

In the last **four weeks**, have you **bought** cigarettes that were **not in a full packet** (for example, buying one or more cigarette(s) at a time)?

- 1 Yes 2 No

THE NEXT QUESTIONS ARE FOR EVERYONE AND ARE ABOUT OTHER THINGS YOU MIGHT USE.

For each substance, cross the box which shows how many times you have used the substance during the specified time period. There should only be one cross for each line of boxes.

29. (a) How many times, if ever, have you used or taken painkillers/analgesics such as Disprin, Panadol or Aspro, for any reason:

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

If you have NEVER used or taken painkillers / analgesics, go to QUESTION 30

29. (b) Last time you used a painkiller/analgesic, did you use it because you...?

Cross only one box.

- 1 Had a headache or migraine
- 2 Had a cold or 'flu
- 3 Had a toothache or pains associated with dental procedure
- 4 Had pains associated with playing sport (eg, injury, strain)
- 5 Had other types of pain (*please specify*)

- 6 Wanted to – there was no medical reason for using it
- 7 Other (*please specify*)

29. (c) Where, or from whom, did you get your last painkiller / analgesic?

- 1 My parent(s) gave it to me
- 2 My brother or sister gave it to me
- 3 I took it from home without my parent(s) permission
- 4 Friends gave it to me
- 5 A member of staff at my school gave it to me
- 6 A member of staff at my sporting club gave it to me
- 7 I bought it
- 8 Other (*please specify*)

30. How many times, if ever, have you used or taken sleeping tablets, tranquillisers or sedatives, such as Valium, Serepax or Rohypnol (rohies, barbs) **other than for medical reasons:**

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

31. (a) How many times, if ever, have you smoked or used marijuana / cannabis (grass, hash, dope, weed, mull, yarndi, ganga, pot, a bong, a joint):

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

If you have **NOT** used marijuana/cannabis in the last year, go to **QUESTION 32**

31. (b) In the **last year**, did you use any other substance or substances **on the same occasion that you used** marijuana / cannabis?

Cross **all** that apply.

- | | |
|---|--|
| 1 <input type="checkbox"/> Tobacco | 6 <input type="checkbox"/> Amphetamines (speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice) |
| 2 <input type="checkbox"/> Alcohol | 7 <input type="checkbox"/> Ecstasy (XTC, E, MDMA, ecci, X, bickies) |
| 3 <input type="checkbox"/> Painkillers / analgesics | 8 <input type="checkbox"/> Other (<i>what substance?</i>) |
| 4 <input type="checkbox"/> Sedatives / tranquillisers / sleeping tablets | <input style="width: 100%; height: 20px;" type="text"/> |
| 5 <input type="checkbox"/> Hallucinogens
(LSD, acid, trips, magic mushrooms) | 9 <input type="checkbox"/> I did not use any other substance on the same occasion |

You should have crossed **all** that apply

31. (c) When you use marijuana / cannabis do you usually:

Cross only one box.

- 1 Smoke it as a joint (reefer, spliff)?
2 Smoke it from a bong or a pipe?
3 Eat it (eg in hash cookies)?

- 4 Other (*please specify*)

You should have crossed only one box

31. (d) Do you usually use marijuana / cannabis by yourself or with others?

- 1 By myself
2 With others

- 3 By myself and with others about equally often

31. (e) Where did you last use marijuana / cannabis?

Fill in the space beside 'Other' if you can't find your answer.

I used it.....

- 01 At a hotel, pub, bar, tavern or RSL club
02 At a dance venue / dance party
03 At a nightclub
04 At a party
05 At my home
06 At my friend's home
07 At a sports club (eg Leagues, surfing, football)

- 08 At the beach
09 In a park
10 In a car
11 On school grounds during school hours
12 On school grounds after hours
13 Other (*please specify*)

You should have crossed only one box

32. How many times, if ever, have you used or taken steroids (muscle, roids, or gear) **without a doctor's prescription** in an attempt to make you better at sport, to increase muscle size or to improve your general appearance:

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

33. How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or deliberately sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel: **This does not include sniffing white-out, liquid paper, textas, markers or pens.**

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

34. (a) How many times, if ever, have you used or taken amphetamines (speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice) **other than for medical reasons:**

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

If you have **NOT** used amphetamines in the last year, go to **QUESTION 35 (a)**

34. (b) In the **last year**, did you use any other substance or substances **on the same occasion that you used** amphetamines (speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice)?

Cross **all** that apply.

- | | |
|---|---|
| 1 <input type="checkbox"/> Tobacco | 6 <input type="checkbox"/> Marijuana / cannabis |
| 2 <input type="checkbox"/> Alcohol | 7 <input type="checkbox"/> Ecstasy (XTC, E, MDMA, ecci, X, bickies) |
| 3 <input type="checkbox"/> Painkillers / analgesics | 8 <input type="checkbox"/> Other (<i>what substance?</i>) |
| 4 <input type="checkbox"/> Sedatives / tranquillisers / sleeping tablets | <input style="width: 100%; height: 20px;" type="text"/> |
| 5 <input type="checkbox"/> Hallucinogens
(LSD, acid, trips, magic mushrooms) | 9 <input type="checkbox"/> I did not use any other substance on the same occasion |

You should have crossed **all** that apply

35. (a) How many times, if ever, have you used or taken ecstasy or XTC (E, MDMA, ecci, X, bickies):

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

If you have **NOT** used ecstasy in the last year, go to **QUESTION 36**

35. (b) In the last year, did you use any other substance or substances on the same occasion that you used ecstasy (XTC, E, MDMA, ecci, X, bickies)?

Cross all that apply.

- | | |
|--|---|
| 1 <input type="checkbox"/> Tobacco | 7 <input type="checkbox"/> Marijuana / cannabis |
| 2 <input type="checkbox"/> Alcohol | 8 <input type="checkbox"/> Other (<i>what substance?</i>) |
| 3 <input type="checkbox"/> Painkillers / analgesics | <input style="width: 100%; height: 20px;" type="text"/> |
| 4 <input type="checkbox"/> Sedatives / tranquillisers / sleeping tablets | 9 <input type="checkbox"/> I did not use any other substance on the same occasion |
| 5 <input type="checkbox"/> Hallucinogens
(LSD, acid, trips, magic mushrooms) | |
| 6 <input type="checkbox"/> Amphetamines (speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice) | |

You should have crossed **all** that apply

36. How many times, if ever, have you used or taken cocaine:

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

37. How many times, if ever, have you used or taken heroin (smack, horse, skag, hammer, H), or other opiates (narcotics) such as methadone, morphine or pethidine other than for medical reasons:

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

38. (a) How many times, if ever, have you used or taken hallucinogens (LSD, acid, trips, magic mushrooms, datura, angel's trumpet):

	None	Once or twice	3-5 times	6-9 times	10-19 times	20-39 times	40 or more times
(i) In the last week?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(ii) In the last four weeks?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iii) In the last year?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
(iv) In your lifetime?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

If you have **NOT** used hallucinogens in the last year, go to **QUESTION 39**

38. (b) In the **last year**, did you use any other substance or substances **on the same occasion that you used** hallucinogens (LSD, acid, trips, magic mushrooms, datura, angel's trumpet)?

Cross **all** that apply.

- | | |
|--|---|
| 1 <input type="checkbox"/> Tobacco | 7 <input type="checkbox"/> Ecstasy (XTC, E, MDMA, ecci, X, bickies) |
| 2 <input type="checkbox"/> Alcohol | 8 <input type="checkbox"/> Other (<i>what substance?</i>) |
| 3 <input type="checkbox"/> Painkillers / analgesics | <input style="width: 300px; height: 20px;" type="text"/> |
| 4 <input type="checkbox"/> Sedatives / tranquillisers / sleeping tablets | |
| 5 <input type="checkbox"/> Marijuana / cannabis | 9 <input type="checkbox"/> I did not use any other substance on the same occasion |
| 6 <input type="checkbox"/> Amphetamines (speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice) | |

You should have crossed **all** that apply

THESE QUESTIONS ARE FOR EVERYONE.

39. During 2007 (last year), did you have any lessons or parts of lessons at school that were about smoking cigarettes?

- | | |
|--|--|
| 1 <input type="checkbox"/> No, not even part of a lesson | 3 <input type="checkbox"/> Yes, one lesson |
| 2 <input type="checkbox"/> Yes, part of a lesson | 4 <input type="checkbox"/> Yes, more than one lesson |

40. During 2007 (last year), did you have any lessons or parts of lessons at school that were about drinking alcohol?

- | | |
|--|--|
| 1 <input type="checkbox"/> No, not even part of a lesson | 3 <input type="checkbox"/> Yes, one lesson |
| 2 <input type="checkbox"/> Yes, part of a lesson | 4 <input type="checkbox"/> Yes, more than one lesson |

41. During 2007 (last year), did you have any lessons or parts of lessons at school that were about illicit drugs such as cannabis/marijuana, ecstasy, heroin, amphetamines, crystal methamphetamine, hallucinogens, cocaine?

- | | |
|--|--|
| 1 <input type="checkbox"/> No, not even part of a lesson | 3 <input type="checkbox"/> Yes, one lesson |
| 2 <input type="checkbox"/> Yes, part of a lesson | 4 <input type="checkbox"/> Yes, more than one lesson |

Remember: **last** year was 2007

**THESE QUESTIONS ARE FOR EVERYONE AND ARE
ADDITIONAL QUESTIONS ABOUT SMOKING.**

42. How hard do you think it would be for someone to give up smoking?
(Cross one box only)

- Impossible Very hard Fairly hard Not too hard Easy
- 1 2 3 4 5

43. Would you like to quit smoking?

- 1 Yes 2 No 3 I am not sure 4 I don't smoke

↳ [Go to QUESTION 45](#)

44. Have you tried to quit smoking in the last 12 months?

- 1 Yes, have tried to give up 2 I smoke but have not tried to quit in the last 12 months
- times

45. Have you seen any cigarette advertising in the last 6 months?
(You may cross more than one box)

- 1 No 5 Yes, on billboards
- 2 Yes, in magazines or newspapers 6 Yes, at a sports event
- 3 Yes, on the Internet 7 Yes, while watching TV coverage of a sports event
- 4 Yes, in shops or tobacconists

46. Do you think smoking by celebrities (eg, movie stars, TV personalities, models, sports stars) encourages young people to take up smoking?

- 1 Yes 2 No 3 Not sure

47. What percentage of people do you think are smokers?

- Percentage % 999 Not sure

48. Have you ever tried to buy cigarettes from a shop?

1 No → Go to QUESTION 50

2 Yes → Go to QUESTION 49

49. Has a shopkeeper ever refused you service when you tried to buy cigarettes?

(Cross one box only)

1 No

2 Yes, once or twice

3 Yes, frequently

50. Have you ever bought cigarettes over the Internet or by phone/fax or mail order?

(You may cross more than one box)

1 No

2 Yes, over the Internet

3 Yes, by phone/fax or mail order

51. Have you seen any advertisements about quitting smoking in the last 6 months?

(You may cross more than one box)

1 No

3 Yes, on the Internet

6 Yes, at a sports event

2 Yes, in magazines or
newspapers

4 Yes, in shops or tobacconists

7 Yes, on TV

5 Yes, on billboards

8 Unsure

52. Do these Quit smoking advertisements encourage you: *(Cross one box only)*

1 Not to take up smoking

2 To quit smoking

3 Have no effect for me

**THESE QUESTIONS ARE FOR EVERYONE AND ARE
ADDITIONAL QUESTIONS ABOUT ALCOHOL.**

53. Have you ever tried to buy alcohol at a hotel, pub, club, restaurant, nightclub or bottle shop?

1 No → **Go to QUESTION 58**

2 Yes → **Go to QUESTION 54**

54. How often have you been refused service in a hotel, club, pub, restaurant, nightclub or bottle shop?
(Please cross **one** box in each line)

	Never	1-4 times	5 or more times
Hotel, pub or club	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
Restaurant	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
Nightclub or dance venue	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
Bottle shop	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

55. How often have you been asked for proof of your age or identification (ID) when entering and/or asking for alcohol at a hotel, pub, club, restaurant, nightclub or bottle shop?
(Please cross **one** box in each line)

	Never	1-4 times	5 or more times
Hotel, pub or club	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
Restaurant	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
Nightclub or dance venue	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
Bottle shop	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

56. How often have you used someone else's identification (ID) or fake identification (ID) to enter and/or ask for alcohol at a hotel, club, restaurant, nightclub or bottle shop?

1 Never
↳ **Go to QUESTION 58**

2 Yes, once or twice
↳ **Go to QUESTION 57**

3 Yes, frequently
↳ **Go to QUESTION 57**

57. If you have used someone else's identification (ID) or fake identification (ID), what type of document was it?

(You may cross more than one box)

- | | |
|---|---|
| 1 <input type="checkbox"/> Someone else's proof of age card or driver's licence | 4 <input type="checkbox"/> A stolen proof of age card |
| 2 <input type="checkbox"/> A fake proof of age card | 5 <input type="checkbox"/> A stolen learner's or driver's licence |
| 3 <input type="checkbox"/> A fake learner's or driver's licence | 6 <input type="checkbox"/> Other document <i>(please specify)</i> |
-

58. Have you ever bought alcohol over the Internet or by phone/fax or mail order?

(You may cross more than one box)

- 1 No 2 Yes, over the Internet 3 Yes, by phone/fax or mail order

THESE QUESTIONS ARE FOR EVERYONE AND ARE QUESTIONS ABOUT SUN PROTECTION.

59. You only get skin cancer if you get burnt often.

- 1 True 2 False

60. Over the last summer, did you get sunburn that was sore or tender the next day?

- 1 Yes, just once 3 Yes, 4 or more times
2 Yes, 2 or 3 times 4 No, not at all

61. Do you like to get a suntan?

- 1 No 4 Yes, a dark tan
2 Yes, a light tan 5 Yes, a very dark tan
3 Yes, a moderate tan

67. How many times **in the last week** did you eat a **fast food meal** like *McDonalds, Hungry Jacks, pizzas, fish and chips, hamburgers, meat pies, pasties etc?*

- | | | |
|------------------------------------|------------------------------------|--|
| 1 <input type="checkbox"/> Once | 4 <input type="checkbox"/> 4 times | 7 <input type="checkbox"/> 7 or more times |
| 2 <input type="checkbox"/> Twice | 5 <input type="checkbox"/> 5 times | 8 <input type="checkbox"/> None |
| 3 <input type="checkbox"/> 3 times | 6 <input type="checkbox"/> 6 times | |

68. How many times **in the last week** did you eat **snacks** like a *chocolate bar, a piece of cake, a packet of chips/twisties/corn chips, ice cream, 3-4 sweet biscuits?*

- | | | |
|------------------------------------|------------------------------------|--|
| 1 <input type="checkbox"/> Once | 4 <input type="checkbox"/> 4 times | 7 <input type="checkbox"/> 7 or more times |
| 2 <input type="checkbox"/> Twice | 5 <input type="checkbox"/> 5 times | 8 <input type="checkbox"/> None |
| 3 <input type="checkbox"/> 3 times | 6 <input type="checkbox"/> 6 times | |

69. How many times **in the last week** did you drink a can of **soft drink** (*like coke, Pepsi lemonade, Fanta*), an **energy drink** (*like Redbull, V, Wild*), **fruit juice** or **have at least 2 glasses of cordial in a row?** This does not include diet or low joule drinks.

- | | | |
|------------------------------------|------------------------------------|--|
| 1 <input type="checkbox"/> Once | 4 <input type="checkbox"/> 4 times | 7 <input type="checkbox"/> 7 or more times |
| 2 <input type="checkbox"/> Twice | 5 <input type="checkbox"/> 5 times | 8 <input type="checkbox"/> None |
| 3 <input type="checkbox"/> 3 times | 6 <input type="checkbox"/> 6 times | |

70. What type of milk do you usually have?
(*Cross one box only*)

- | | |
|---|---|
| 1 <input type="checkbox"/> Whole milk (including flavoured milk and full-cream soy milk) | 3 <input type="checkbox"/> Skim milk (including Shape) |
| 2 <input type="checkbox"/> Reduced fat milk (eg Lite White, Farmer's Best, Hi-Lite, So Good Lite, Oak and reduced fat flavoured milk) | 4 <input type="checkbox"/> Evaporated or sweetened condensed milk |
| | 5 <input type="checkbox"/> None of the above |
| | 6 <input type="checkbox"/> I don't know |

71. How many cups of water do you usually drink per day?
(*One cup = 250ml or a household teacup; 1 average bottle of water = 1.5 cups*)

- | | | |
|--|--|---|
| 1 <input type="checkbox"/> Number of cups per day: <input type="text"/> cups | 2 <input type="checkbox"/> I don't drink water | 3 <input type="checkbox"/> I don't know |
|--|--|---|

72. How tall are you without shoes?

centimetres **or** feet inches 1 I don't know

73. How much do you weigh without clothes or shoes?

kilograms **or** stones pounds 1 I don't know

74. Do you think of yourself as being too thin, about the right weight, or too fat?

1 Too thin (underweight) 2 About the right weight 3 Too fat (overweight)

75. Which of the following are you trying to do about your weight?

(Cross one box only)

1 Lose weight 3 Stay the same weight
2 Gain weight 4 I am not trying to do anything about my weight

THESE QUESTIONS ARE FOR EVERYONE AND ARE QUESTIONS ABOUT PHYSICAL ACTIVITY.

76. How many times in the last week did you:

(i) do any **vigorous** physical activity for **at least 30 minutes** that made you **sweat and breathe hard?**
(eg basketball, netball, soccer, football, running, fast bike riding, aerobics)

	None	Once	Twice	3 times	4 times	5 times	6 or more times
1	<input type="checkbox"/>						

(ii) do any **moderate** physical activity for **at least 30 minutes** that did **not** make you **sweat and breathe hard?**
(eg slow bike riding, housework, brisk walking, pushing a lawnmower)

1	<input type="checkbox"/>						
---	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

77. How many days **in the past week** have you done any **vigorous or moderate** physical activity for a **total of at least 60 minutes?** (This could be made up of different activities during the day like cycling or walking to and from school, playing sport at lunchtime or after school, doing an exercise class, doing housework etc.)

- | | | |
|-----------------------------------|-----------------------------------|---|
| 1 <input type="checkbox"/> 1 day | 4 <input type="checkbox"/> 4 days | 7 <input type="checkbox"/> 7 days |
| 2 <input type="checkbox"/> 2 days | 5 <input type="checkbox"/> 5 days | 8 <input type="checkbox"/> No days in the last week |
| 3 <input type="checkbox"/> 3 days | 6 <input type="checkbox"/> 6 days | |

78. On an average **school day**, about how many **hours a day** do you do the following when you are not at school:

	None	1 hour or less	2 hours	3 hours	4 hours	5 or more hours
(i) homework	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
(ii) watch TV / Videos / DVDs	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
(iii) use the Internet / play computer games? (Don't include computer use for homework)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>

79. Outside school time, how many **hours a day** on average do you usually watch TV, videos or DVDs?

(a) **On Monday to Friday**
(Cross only **one** box)

- 1 Not at all
 2 1 hour or less a day
 3 2 hours a day
 4 3 hours a day
 5 4 hours a day
 6 5 hours or more a day

(b) **On Saturday and Sunday**
(Cross only **one** box)

- 1 Not at all
 2 1 hour or less a day
 3 2 hours a day
 4 3 hours a day
 5 4 hours a day
 6 5 hours or more a day

80. Outside school time, how many **hours a day** on average do you usually use computers for entertainment or to play video games (eg *surfing the net, Playstation, Nintendo*)?

(a) **On Monday to Friday**
(Cross only **one** box)

- 1 Not at all
 2 1 hour or less a day
 3 2 hours a day
 4 3 hours a day
 5 4 hours a day
 6 5 hours or more a day

(b) **On Saturday and Sunday**
(Cross only **one** box)

- 1 Not at all
 2 1 hour or less a day
 3 2 hours a day
 4 3 hours a day
 5 4 hours a day
 6 5 hours or more a day

81. Outside school time, how many **hours a day** on average do you usually use computers for study or school work?

(a) On Monday to Friday
(Cross only one box)

- 1 Not at all
- 2 1 hour or less a day
- 3 2 hours a day
- 4 3 hours a day
- 5 4 hours a day
- 6 5 hours or more a day

(b) On Saturday and Sunday
(Cross only one box)

- 1 Not at all
- 2 1 hour or less a day
- 3 2 hours a day
- 4 3 hours a day
- 5 4 hours a day
- 6 5 hours or more a day

THESE QUESTIONS ARE FOR EVERYONE AND ARE QUESTIONS ABOUT HOW YOU HAVE BEEN FEELING IN THE PAST 6 MONTHS.

82. During the last six months, was there a time when you felt unhappy, sad or depressed?
(Please cross one box only)

- 1 No ———> **Please go to QUESTION 86**
- 2 Yes, at home and at school
- 3 Yes, but only at home
- 4 Yes, but only at school

83. When you were feeling unhappy, sad or depressed, how bad was it for you?
(Please cross one box only)

- 1 Almost more than I could take
- 2 Quite bad
- 3 Worse than usual
- 4 About usual

84. When you were feeling unhappy, sad or depressed, who did you talk to about it?
(You may cross more than one box)

- 1 No one ———> **Please go to QUESTION 86**
- 2 My family
- 3 My friend/s
- 4 Teachers or school counsellors
- 5 Doctors or other health professionals
- 6 Religious advisors or groups
- 7 Helpline / Internet etc
- 8 Other person or group (please describe)

85. If you talked to someone about feeling unhappy, sad or depressed, how helpful were they?
(Please cross one box only)

- | | |
|---|--|
| 1 <input type="checkbox"/> Not at all helpful | 3 <input type="checkbox"/> Quite helpful |
| 2 <input type="checkbox"/> Somewhat helpful | 4 <input type="checkbox"/> Very helpful |

86. During the last six months, was there a time when you felt nervous, stressed, or under pressure?
(Please cross one box only)

- | | |
|--|--|
| 1 <input type="checkbox"/> No —————> Please go to QUESTION 90 | 3 <input type="checkbox"/> Yes, but only at home |
| 2 <input type="checkbox"/> Yes, at home and at school | 4 <input type="checkbox"/> Yes, but only at school |

87. When you were feeling nervous, stressed, or under pressure, how bad was it for you?
(Please cross one box only)

- | | |
|--|---|
| 1 <input type="checkbox"/> Almost more than I could take | 3 <input type="checkbox"/> Worse than usual |
| 2 <input type="checkbox"/> Quite bad | 4 <input type="checkbox"/> About usual |

88. When you were feeling nervous, stressed, or under pressure, who did you talk to about it?
(You may cross more than one box)

- | | |
|--|--|
| 1 <input type="checkbox"/> No one —————> Please go to QUESTION 90 | 5 <input type="checkbox"/> Doctors or other health professionals |
| 2 <input type="checkbox"/> My family | 6 <input type="checkbox"/> Religious advisors or groups |
| 3 <input type="checkbox"/> My friend/s | 7 <input type="checkbox"/> Helpline/Internet etc |
| 4 <input type="checkbox"/> Teachers or school counsellors | 8 <input type="checkbox"/> Other person or group (please describe) |

89. If you talked to someone about feeling nervous, stressed, or under pressure, how helpful were they? (Please cross one box only)

- | | |
|---|--|
| 1 <input type="checkbox"/> Not at all helpful | 3 <input type="checkbox"/> Quite helpful |
| 2 <input type="checkbox"/> Somewhat helpful | 4 <input type="checkbox"/> Very helpful |

90. During the last six months, was there a time when you were in trouble because of your behaviour?
(Please cross one box only)

- | | |
|--|--|
| 1 <input type="checkbox"/> No —————> Please go to QUESTION 94 | 3 <input type="checkbox"/> Yes, but only at home |
| 2 <input type="checkbox"/> Yes, at home and at school | 4 <input type="checkbox"/> Yes, but only at school |

91. When you were in trouble because of your behaviour, how bad was it for you?

(Please cross one box only)

- | | |
|--|---|
| 1 <input type="checkbox"/> Almost more than I could take | 3 <input type="checkbox"/> Worse than usual |
| 2 <input type="checkbox"/> Quite bad | 4 <input type="checkbox"/> About usual |

92. When you were in trouble because of your behaviour, who did you talk to about it?

(You may cross more than one box)

- | | |
|--|---|
| 1 <input type="checkbox"/> No one —→ Please go to QUESTION 94 | 5 <input type="checkbox"/> Doctors or other health professionals |
| 2 <input type="checkbox"/> My family | 6 <input type="checkbox"/> Religious advisors or groups |
| 3 <input type="checkbox"/> My friend/s | 7 <input type="checkbox"/> Helpline/Internet etc |
| 4 <input type="checkbox"/> Teachers or school counsellors | 8 <input type="checkbox"/> Other person or group <i>(please describe)</i> |

93. If you talked to someone about being in trouble because of your behaviour, how helpful were they? *(Please cross one box only)*

- | | |
|---|--|
| 1 <input type="checkbox"/> Not at all helpful | 3 <input type="checkbox"/> Quite helpful |
| 2 <input type="checkbox"/> Somewhat helpful | 4 <input type="checkbox"/> Very helpful |

THESE QUESTIONS ARE FOR EVERYONE AND ARE QUESTIONS ABOUT PROBLEMS THAT MAY IMPACT ON SCHOOL PERFORMANCE.

94. During the last six months, was there a time when you had problems studying at home or school that affected your performance in school tests and other work? *(Please cross one box only)*

- | | |
|--|--|
| 1 <input type="checkbox"/> No —→ Please go to QUESTION 98 | 3 <input type="checkbox"/> Yes, but only at home |
| 2 <input type="checkbox"/> Yes, at home and at school | 4 <input type="checkbox"/> Yes, but only at school |

95. When you were having those study problems, how bad was it for you? *(Please cross one box only)*

- | | |
|--|---|
| 1 <input type="checkbox"/> Almost more than I could take | 3 <input type="checkbox"/> Worse than usual |
| 2 <input type="checkbox"/> Quite bad | 4 <input type="checkbox"/> About usual |

96. When you were having those study problems, whom did you talk to about it?

(You may cross more than one box)

- | | |
|--|---|
| 1 <input type="checkbox"/> No one —→ Please go to QUESTION 98 | 5 <input type="checkbox"/> Doctors or other health professionals |
| 2 <input type="checkbox"/> My family | 6 <input type="checkbox"/> Religious advisors or groups |
| 3 <input type="checkbox"/> My friend/s | 7 <input type="checkbox"/> Helpline/Internet etc |
| 4 <input type="checkbox"/> Teachers or school counsellors | 8 <input type="checkbox"/> Other person or group <i>(please describe)</i> |

97. If you talked to someone about having those study problems, how helpful were they?

(Please cross one box only)

- | | |
|---|--|
| 1 <input type="checkbox"/> Not at all helpful | 3 <input type="checkbox"/> Quite helpful |
| 2 <input type="checkbox"/> Somewhat helpful | 4 <input type="checkbox"/> Very helpful |

THESE QUESTIONS ARE FOR EVERYONE AND ARE QUESTIONS ABOUT INJURY.

98. In the past 6 months have you hurt yourself or had an injury which required medical attention from a doctor, physiotherapist or another health professional?

- | | |
|--|---|
| 1 <input type="checkbox"/> No —→ Completed – no further questions | 2 <input type="checkbox"/> Yes —→ Please go to QUESTION 99 |
|--|---|

99. Where were you the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

- | | |
|---|--|
| 1 <input type="checkbox"/> At school | 5 <input type="checkbox"/> At a place for shopping or leisure |
| 2 <input type="checkbox"/> At home | 6 <input type="checkbox"/> At work |
| 3 <input type="checkbox"/> At a sports facility | 7 <input type="checkbox"/> Any other type of place <i>(please specify)</i> |
| 4 <input type="checkbox"/> On a street or road | |

100. What were you doing the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional?

(You may cross more than one box)

- | | |
|---|---|
| 1 <input type="checkbox"/> School activity (including school sport) | 5 <input type="checkbox"/> Travelling in a vehicle |
| 2 <input type="checkbox"/> Sport (playing or training; excludes school sport) | 6 <input type="checkbox"/> Travelling on foot or on wheels |
| 3 <input type="checkbox"/> Leisure or play | 7 <input type="checkbox"/> Doing any other activity <i>(please specify)</i> |
| 4 <input type="checkbox"/> Working for money | |

101. Had you consumed alcohol in the **6 hours before** you were hurt or injured?

1 Yes

2 No

102. Had you taken any drugs other than alcohol in the **6 hours before** you were hurt or injured?

1 Yes

2 No

**Thank you very much for your help.
You have completed the survey!**