New South Wales School Students Health Behaviours Survey

2011 Report

NSW GOVERNMENT | Health

CENTRE FOR EPIDEMIOLOGY AND EVIDENCE

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Foreword

I am pleased to present the 2011 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, 2005 and 2008 as part of the triennial Australian Students' Smoking, 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 2011 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 Communities, 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 NSW Ministry of Health website. In the HTML version, the table below the chart presents further information, including a link to a downloadable CSV file.

Further information on the survey, including access to the dataset for research purposes, is available on the Ministry of Health website.

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.

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Executive summary

Introduction

In 2011, the NSW Ministry of Health conducted the third New South Wales School Students Health Behaviours (SSHB) Survey. Previous SSHB surveys were conducted in 2002, 2005 and 2008, as part of the triennial Australian Students' Smoking, Alcohol and Drugs (ASSAD) Survey, which began in 1984.

The survey was carried out using a self-administered questionnaire. The questionnaire and survey procedures were approved by the Human Research Ethics Committees of the Cancer Council Victoria, the NSW Population and Health Research Ethics Committee, and the NSW Department of Education and Communities. The survey was also endorsed by the Catholic Education Commission and the Association of Independent Schools of New South Wales.

Respondents were selected using a 2-stage probability sample: schools were selected during the first stage; students were selected during the second stage. The target school sample was 126 secondary schools. To try and achieve this target, 225 schools were approached and 115 schools agreed to participate, giving an overall school response rate of 51.1 per cent. The survey was conducted in the second half of the 2011 academic year.

Although students were selected by year (years 7 to 12) analysis was restricted to students aged 12-17 years. The final sample comprised 7,966 students aged 12-17 years; 66.6 per cent from Government schools, 20.0 per cent from Catholic schools, and 13.4 per cent from Independent schools.

Health Behaviours

The SSHB survey 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. Selected results are shown by topic below.

Nutrition and eating

In 2011, 45.5 per cent of students consumed the minimum recommended daily fruit intake (3 or more serves) each day, 25.7 per cent consumed the minimum recommended daily vegetable intake (4 or more serves), 23.4 per cent consumed an adequate amount of breads and cereals (5 or more serves per day), and 41.5 per cent usually consumed lower fat or reduced fat milk.

Trends over time show that the proportion of students meeting the minimum recommended intakes of fruit, vegetables, and bread and cereals has increased. Similarly, the proportion of students usually consuming lower fat or reduced fat milk has increased over time.

Population weight status

In 2011, the BMI categories derived from self-reported height and weight, indicated that 8.9 per cent of students were underweight, 70.7 per cent were healthy weight, 15.9 per cent were overweight, and 4.5 per cent were obese.

Trends over time show that overweight, obesity and overweight or obese are not changing.

Physical activity

In 2011, 13.1 per cent of students met the minimum recommended level of physical activity (a minimum of 60 minutes of moderate to vigorous physical activity each day) while most (91.8 per cent) students were engaging in sedentary activity (ie electronic media for entertainment) for 2 or more hours a day.

Trends over time show that the proportion of students meeting the recommended levels of physical activity has remained static while the proportion of students engaging sedentary activity has increased.

Injury

In 2011, during the 6 months prior to the survey, 36.5 per cent of students had an injury that required them to seek attention from a health professional. Trends over time show that the proportion of students being injured has been decreasing.

For the first time information on dental injuries were collected. In 2011, 25.1 per cent of students had ever had a dental injury with 5.9 per cent having a tooth completely knocked out.

Psychological distress

In 2011, 14.0 per cent of students experienced high psychological distress in the past 6 months was calculated using the 'more than I could take' category from the questions on: unhappiness, sadness or depression; nervousness, stress or under pressure; and being in trouble because of behaviour.

Trends over time show that although the proportion of students who are experiencing unhappiness, sadness or depression; nervousness, stress or under pressure; and being in trouble because of behaviour is decreasing the percentage with high psychological distress is remaining constant.

Sun protection

In 2011, on sunny summer days 78.2 per cent of students were outside for more than an hour between 11am and 3pm. When outside for an hour or more, 23.7 per cent of students usually or always wore a hat, 43.3 per cent usually or always applied maximum protection sunscreen, 19.8 per cent usually or always wore clothing that covered most of their body, 34.7 per cent usually or always wore sunglasses, and 34.8 per cent usually or always stayed mainly in the shade.

Trends over time show the proportion of students who are seeking shade is increasing while the proportion of students undertaking the other sun protection behaviours (hat, sunscreen, protective clothes, sunglasses) is generally decreasing.

In 2011, 73.7 per cent of students had been burnt at least once during the last summer, 48.5 per cent had tried to get a suntan at least once over the last summer, and 29.3 per cent wanted to get a moderate to dark tan.

Alcohol

In 2011, 68.8 per cent of students had consumed an alcoholic drink at some point in their lives, 47.0 per cent of students had consumed alcohol in the last 12 months, 26.9 per cent had consumed alcohol in the last 4 weeks, and 16.2 per cent had consumed alcohol in the last 7 days. Trends over time show that the proportion of students drinking alcohol is decreasing.

Of those students who had consumed alcohol in the last 7 days, 30.5 per cent had obtained the alcohol from their parents, 7.4 per cent obtained it from a brother or sister, 5.5 per cent took it from home without permission, 22.6 per cent were given it by a friend, 22.4 per cent got someone to buy it for them, 6.5 per cent bought it themselves and 5.1 per cent obtained it in other ways.

For the first time information on intention to get drunk, in a car with a drunken driver, and things that happen after drinking were collected. In 2011, 32.3 per cent of students intended to get drunk most or every time they went drinking and 20.4 per cent had been in a car with a driver who appeared to be under the influence of alcohol. The most common things that students had done after drinking alcohol were vomiting (33.5 per cent), had an argument (22.9 per cent), attended work or school (19.5 per cent), verbally abused someone (14.0 per cent) and tried drugs (12.7 per cent).

Tobacco

In 2011, 21.1 per cent of students had smoked tobacco at some point in their life, 15.5 per cent had smoked tobacco in the last 12 months, 8.7 per cent had smoked in the last 4 weeks and 6.4 per cent had smoked in the last 7 days and 7.5 per cent of students were current tobacco smokers (considered themselves to be heavy, light or occasional smokers). Trends over time show that there have been significant decreases in the prevalence of tobacco smoking by students.

Of those students who had smoked tobacco in the last 7 days, 45.1 per cent had obtained their last cigarette from a friend, 21.6 per cent had bought it themself, and 18.7 per cent got someone else to buy it for them.

For the first time information on smoking in the media was collected. In 2011, 71.1 per cent of students had sometimes or often seen people smoking cigarettes in movies they had watched in the last month, 64.1 per cent had sometimes or often seen people smoking in video games, and 36.8 per cent had sometimes or often seen people smoking on the Internet.

Substance use

In 2011, 96.7 per cent of students had ever used painkillers, 18.0 per cent had inhaled substances to get high, 13.6 per cent had used marijuana or cannabis, 16.0 per cent had used sleeping tablets or sedatives or tranquilisers other than for medical reasons, 3.1 per cent had used amphetamines, 3.3 per cent had used ecstasy, 3.0 per cent had used hallucinogens, 2.0 per cent had used cocaine, 2.0 per cent had used steroids without a doctor's prescription, and 4.2 per cent had used heroin or opiates for non medical reasons.

Trends over time show that there have been significant decreases in the prevalence of inhaling substances to get high, use of marijuana or cannabis, sleeping tablets or sedatives or tranquilisers other than for medical reasons, amphetamines, hallucinogens, and cocaine while painkillers, ecstasy, and steroids without a doctor's prescription and heroin or opiates for non medical reasons have remained steady with recent use of or opiates for non medical reasons increasing.

Summary of changes in health behaviours since the 2008 SSHB survey

In summary, since the last SSHB survey in 2008 there has been a significant increase in: usually consumes lower fat milk; perceived themselves as too fat; usually or always spends most of the time inside on sunny summer days; usually or always stays mainly in the shade when outside for an hour or more on sunny summer days; ever used painkillers or analgesics; ever used heroin or opiates; painkiller or analgesic use in the last year; heroin use in the last year; heroin use in the last 4 weeks; and heroin use in the last week.

Since the last SSHB survey in 2008 there has been a significant decrease in: adequate bread and cereal consumption; in trouble because of their behaviour in the last 6 months; agreement with the statement that you only get skin cancer if you get burnt often; used solarium or sunbed at least once in the last year; ever consumed alcohol; consumed alcohol in the last year; consumed alcohol in the last 4 weeks; consumed alcohol in the last 7 days; ever tried to buy alcohol; ever smoked tobacco; ever tried to buy cigarettes from a shop; ever used cocaine; ecstasy use in the last year; cocaine use in the last year; cocaine use in the last 4 weeks; painkiller or analgesic use in the last week; amphetamine use in the last week; ecstasy use in the last week; and cocaine use in the last week.

Methods

Introduction

In 2011, the NSW Ministry of Health conducted the fourth New South Wales School Students Health Behaviours (SSHB) Survey. Previous SSHB surveys were conducted in 2002, 2005 and 2008, 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 enrolled during the period February to December 2011 in New South Wales. Schools with fewer than 100 students were not included in the survey. Language schools were also excluded from the sampling frame.

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 (Year 7 to Year 10); and senior secondary (Years 11 and 12).

The target school sample was 126 secondary schools. To try and achieve this target, 225 schools were approached and 115 schools agreed to participate, giving an overall school response rate of 51.1 per cent. The survey was conducted in the second half of the 2011 academic year.

Table 1: Acceptances by sample type, school type, and student year, New South Wales 2011

Acceptances School Type & Year Level	Total number of acceptances	Total number of schools approached	Accepted %
Catholic			
7-10	13	27	48%
11-12	5	17	29%
Total Catholic Schools	18	44	41%
Government			
7-10	50	84	60%
11-12	28	50	56%
Total Government Schools	78	134	58%
Independent			
7-10	11	25	44%
11-12	8	22	36%
Total Independent Schools	19	47	40%
Total			
Total Secondary Schools	115	225	51.1%

Survey procedure

The questionnaire and survey procedures were approved by the Human Research Ethics Committees of the Cancer Council Victoria, the NSW Population and Health Research Ethics Committee, and the NSW Department of Education and Communities. The survey was also endorsed by the Catholic Education Commission and the Association of Independent Schools of New South Wales.

Principals of selected schools were contacted by the NSW Ministry of Health's Centre for Epidemiology and Evidence 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. Written consent was sought from students with parental consent before the survey.

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 written self-completion 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. Refer to the end of this report for a copy of the questionnaire.

Coding and data entry

Responses were coded and the data entered onto a database 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 whose questionnaires had a large amount of missing data or whose responses were extreme were removed from the dataset before analyses started. In the analysis, responses were excluded if the respondent gave contradictory or multiple responses or did not answer the question. However, these respondents remained in the analysis for the questions that they had 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 students response about personal use in the most recent time period was accurate.

Data analyses and reporting

School students aged 12-17 years were included in the analysis. 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 are 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 9.2.[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] Estimates are presented for each response or indicator and by age group, sex, Local Health District (LHD) and year where possible. Although figures are provided in every instance in the tables (in the HTML version) if the estimates are not reliable because of small sample sizes (relative standard errors greater than 25%) the estimate is marked with an asterisk in the table and n/a is shown in the graph. Where possible, indicators have been aligned with those collected previously, so that trends can be examined. Analysis of change over time is compared across two time periods, between the base survey year and current survey year, and between the previous survey year and the current survey year. The base survey year for particular indicators may vary, as the survey instrument has changed 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. For a pairwise comparison of subgroup estimates, the p value for a two-tailed test was calculated using the t-test for differences in means from independent samples and a modified form of t-test, which accounts for the dependence of the estimates, to test for differences between sub-group estimates and total estimates.[3]

The Local Health District (LHD) was derived from the student's residential postcode. Although not possible to report for each LHD because of unequal sampling, it was however possible to report on LHDs if some were grouped (ie Central Coast and Northern Sydney; South Eastern Sydney, Sydney and Illawarra Shoalhaven; Western Sydney and Nepean Blue Mountains; Mid North Coast and Northern NSW; Murrumbidgee and Southern NSW; and Western NSW and Far West). In this report, the term metropolitan means students who

lived in 1 of the 8 geographical LHDs designated greater metropolitan: Central Coast, Illawarra Shoalhaven, Nepean Blue Mountains, Northern Sydney, South Eastern Sydney, South Western Sydney, Sydney, and Western Sydney. The term rural-regional means students who lived in 1 of the 7 geographical LHDs designated rural or regional: Far West, Hunter New England, Mid North Coast, Murrumbidgee, Northern NSW, Southern NSW, and Western NSW.

Characteristics of final sample

A total of 8,179 students in Years 7-12 were surveyed during the second half of the 2011 academic year, 7,966 of whom were aged 12 to 17 years. Two thirds (66.6 per cent) were from Government schools, 20.0 per cent were from Catholic schools, and 13.4 per cent were from Independent schools. The final sample's sex distribution was 43.7 per cent male and 56.3 per cent female and the age distribution was 60.5 per cent aged 12 to 15 years and 39.5 per cent were aged 16-17 years. When the sample were weighted to the secondary school student population in NSW by age and sex, 50.8 per cent were male and 49.2 per cent were female, 70.4 per cent were aged 12-15 years and 29.6 per cent were aged 16-17 years.[1]

The sample also consisted of 4.4 per cent Aboriginal or Torres Strait Islander students (similar to the national distribution of Aboriginal or Torres Strait Islander students in 2011 of 5.0 per cent).[1] The main language spoken at home in the final sample were English (74.1 per cent), followed by English and another language (21.8 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: Chinese languages (28.3 per cent), Arabic languages (17.3 per cent), Indian languages (11.7 per cent) and Vietnamese (5.1 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. Dietary factors are linked with adult health and wellbeing including the development of diseases in adulthood. Children and adolescents have greater nutrient and energy requirements per kilo of bodyweight than adults. Dietary recommendations at the time of the survey were described in the *Dietary Guidelines for Children and Adolescents in Australia: Incorporating the Infant Feeding Guidelines for Health Workers*.[1-3]

Eating fruit, vegetables, legumes, breads and cereals has a protective influence on health. For adolescents aged 12-18 years, the minimum recommended daily consumption was 3 serves of fruit, 4 serves of vegetables and legumes, 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 children and adolescents consume, as well as their consumption of fast foods, snacks, soft drinks, cordial, energy drinks, and fruit juice.

A child's fluid needs are best met by water and milk. Water is an essential nutrient for life and is required to support all biochemical reactions and a range of functions.[4] In contrast, fluids such as fruit juice, cordial and soft drinks have high sugar content, which can contribute to excessive energy intake, displacement of other nutrients, and dental caries. Boys aged 12-18 years require about 6-8 metric cups of fluid (water, milk, or other drinks) per day and girls require about 5-6 cups of fluids (water, milk, or other drinks) per day. Children and adolescents in hot climates may require more fluids.[5]

The guidelines were updated in early 2013. [6]

Results

Graphs in this section include consumption of fruit, vegetables, breads and cereals, milk, foods high in fat, sugar or salt and water for students aged 12-17 years for each response or indicator and by age group, sex, LHD and year where possible.

Fruit and vegetables

- **Daily fruit consumption:** In 2011, 2.0 per cent of students aged 12-17 years did not usually consume any fruit on a daily basis, 20.8 per cent consumed 1 serve or less, 31.7 per cent consumed 2 serves, 23.8 per cent 3 serves, 12.2 per cent 4 serves, 5.2 per cent 5 serves, and 4.3 per cent 6 or more serves.

- **Adequate fruit consumption:** Less than half (45.5 per cent) of students aged 12-17 years consumed the minimum recommended daily fruit intake of 3 serves of fruit (47.2 per cent of 12-15 year olds and 41.3 per cent of 16-17 year olds; 45.0 per cent of male students and 46.0 per cent of female students; 47.6 per cent of those living in metropolitan LHDs and 41.6 per cent those living in rural-regional LHDs).

  Between 2002 and 2011, the proportion of students aged 12-17 years consuming the minimum recommended daily fruit intake increased significantly (24.8 per cent to 45.5 per cent). However between 2008 and 2011 the proportion did not change significantly.

- **Daily vegetable consumption:** In 2011, 2.1 per cent of students aged 12-17 years did not usually consume any vegetables on a daily basis, 17.0 per cent consumed 1 serve or less, 30.6 per cent consumed 2 serves, 24.6 per cent 3 serves, 14.8 per cent 4 serves, 6.4 per cent 5 serves, and 4.5 per cent 6 serves or more.

- **Adequate vegetable consumption:** A quarter (25.7 per cent) of students aged 12-17 years consumed the minimum recommended daily vegetable intake of 4 serves of vegetables (26.5 per cent of 12-15 year olds and 23.9 per cent of 16-17 year olds; 26.9 per cent of male students and 24.5 per cent of female students; 25.2 per cent of those living in metropolitan LHDs and 26.7 per cent of those living in rural-regional LHDs).

  Between 1996 and 2011, there was a significant increase in the proportion of students meeting the recommended daily vegetable intake (21.8 per cent to 25.7 per cent). However between 2008 and 2011 the proportion did not change significantly.

Breads and cereals

- **Daily bread and cereal consumption:** In 2011, 1.2 per cent of students aged 12-17 years did not usually consume any bread or cereals on a daily basis, 11.6 per cent consumed 1 serve or less, 25.6 per cent consumed 2 serves, 22.2 per cent 3 serves, 16.1 per cent 4 serves, 9.0 per cent 5 serves, 6.7 per cent 6 serves, 2.3 per cent 7 serves, and 5.4 per cent 8 serves or more.

- **Adequate bread and cereal consumption:** Slightly under a quarter (23.4 per cent) of students aged 12-17 years consumed the minimum recommended daily bread and cereal intake of 5 serves of bread and cereals (23.3 per cent of 12-15 year olds and 23.5 per cent of 16-17 year olds; 29.9 per cent of male students and 16.7 per cent of female students; 24.1 per cent of those living in metropolitan LHDs and 22.0 per cent of those living in rural-regional LHDs).

  Between 2005 and 2011, the proportion of students aged 12-17 years meeting the recommended daily bread and cereal intake increased significantly (15.3 per cent to 23.4 per cent). However between 2008 and 2011 there was a significant decrease (27.9 per cent to 23.4 per cent).

Type of milk

- **Type of milk usually consumed:** In 2011, 52.2 per cent of students aged 12-17 years usually consumed whole or full cream milk, 30.4 per cent usually consumed reduced fat milk, 11.1 per cent usually consumed skim milk and 6.3 per cent usually consumed evaporated, sweetened or other types of milk.

- **Lower fat milk:** In 2011, 41.5 per cent of students aged 12-17 years usually consumed reduced fat or skim milk (41.8 per cent of 12-15 year olds and 40.8 per cent of 16-17 year olds; 36.5 per cent of male students and 46.6 per cent of female students; 41.3 per cent of those living in metropolitan LHDs and 41.9 per cent of those living in rural-regional LHDs).

  Between 1996 and 2011, there was a significant increase in the proportion of students aged 12-17 years who usually consumed lower fat milk (37.1 per cent to 41.5 per cent). There was also a significant increase between 2008 and 2011 (37.8 per cent to 41.5 per cent).

Foods high in fat, sugar and salt

- **Fast food consumption in the last week:** In 2011, 19.4 per cent of students aged 12-17 years had not consumed a fast food meal in the last week, 34.4 per cent had consumed a fast food meal once in the last week, 24.5 per cent twice, 11.7 per cent 3 times, 4.8 per cent 4 times, 2.3 per cent 5 times, 0.8 per cent 6 times, and 2.0 per cent 7 or more times a week.

- **Snack food consumption in the last week:** In 2011, 2.8 per cent of students aged 12-17 years 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, 8.6 per cent had consumed snacks once, 16.9 per cent twice, 21.5 per cent 3 times, 15.6 per cent 4 times, 12.0 per cent 5 times, 6.3 per cent 6 times, and 16.3 per cent 7 or more times a week.

- **Soft drink, energy drink, fruit juice or cordial consumption:** In 2011, 11.4 per cent of students aged 12-17 years had not consumed a soft drink, energy drink, fruit juice or cordial in the last week, 16.4 per cent had consumed these once, 18.8 per cent twice, 16.1 per cent 3 times, 12.5 per cent 4 times, 7.9 per cent 5 times, 4.9 per cent 6 times, and 12.1 per cent 7 or more times a week.

Water consumption

- **Daily water consumption:** In 2011, 2.0 per cent of students aged 12-17 years did not usually consume water on a daily basis, 4.1 per cent usually consumed up to 1 cup a day, 14.0 per cent 2 cups, 19.1 per cent 3 cups, 16.4 per cent 4 cups, 14.9 per cent 5 cups, 10.1 per cent 6 cups, 4.6 per cent 7 cups, and 14.9 per cent 8 or more cups a day.

- **Five of more cups of water per day:** In 2011, 42.2 per cent of students aged 12-17 years usually drank 5 or more cups of water each day (40.7 per cent of 12-15 year olds and 45.6 per cent of 16-17 year olds; 46.2 per cent of male students and 38.2 per cent of female students; 41.8 per cent of those living in metropolitan LHDs and 43.2 per cent of those living in rural-regional LHDs).

Between 2005 and 2011 there was no significant change in the percentage of students aged 12-17 years who usually drank 5 or more cups of water each day. There was also no significant change between 2008 and 2011.

- **Normal source of drinking water:** In 2011, 41.0 per cent of students aged 12-17 years identified their normal source of drinking water as the public water supply, 28.9 per cent of students identified their normal source as bottled water, 8.0 per cent identified it as rainwater, 1.6 per cent identified it as a private bore, spring or well water, 16.3 per cent identified it as a combination of different water sources, and 4.2 per cent identified other sources as their normal source of drinking water.

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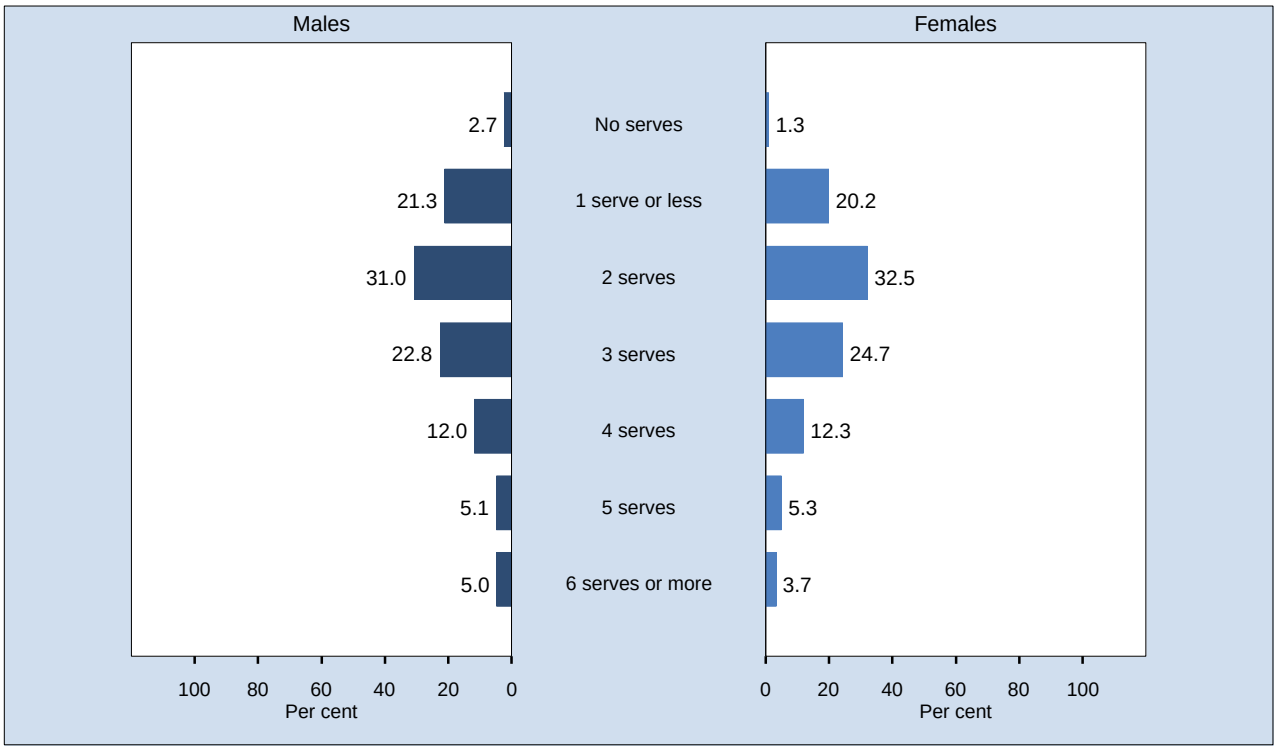
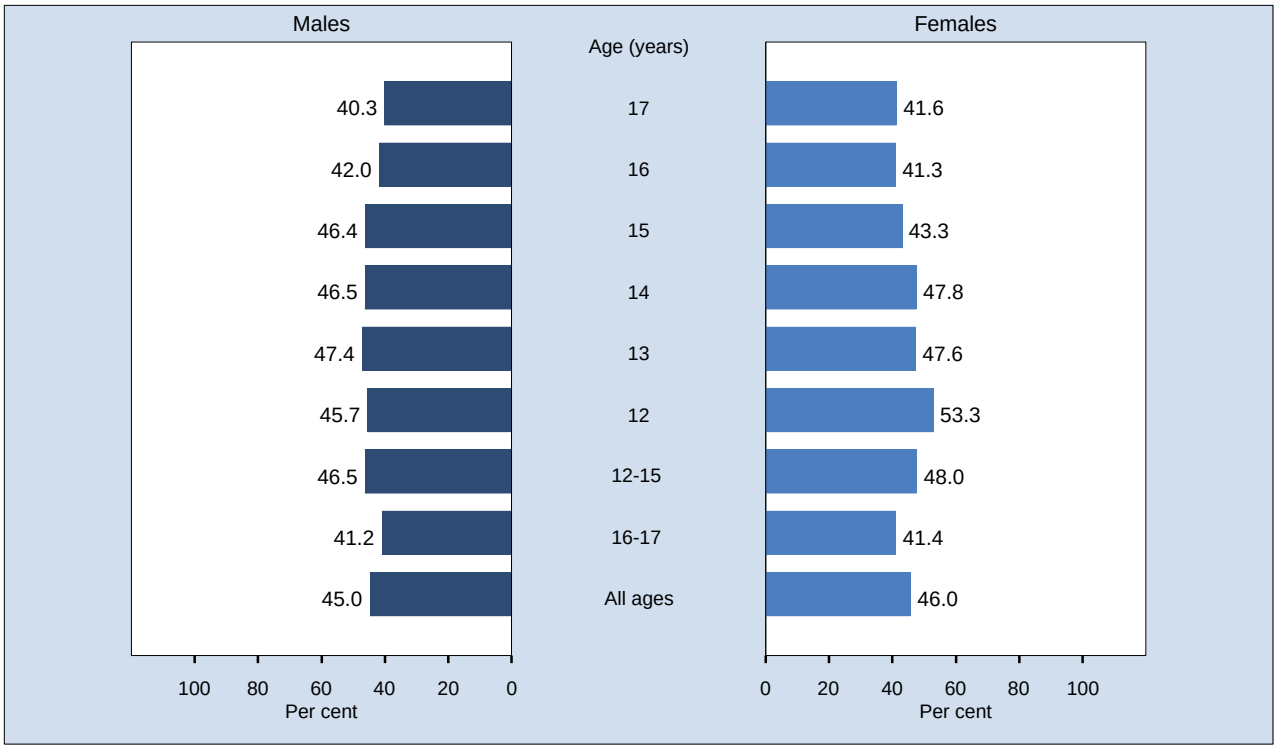
Number of serves of fruit a day, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,837 respondents in NSW. For this indicator 129 (1.62%) 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? (A 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

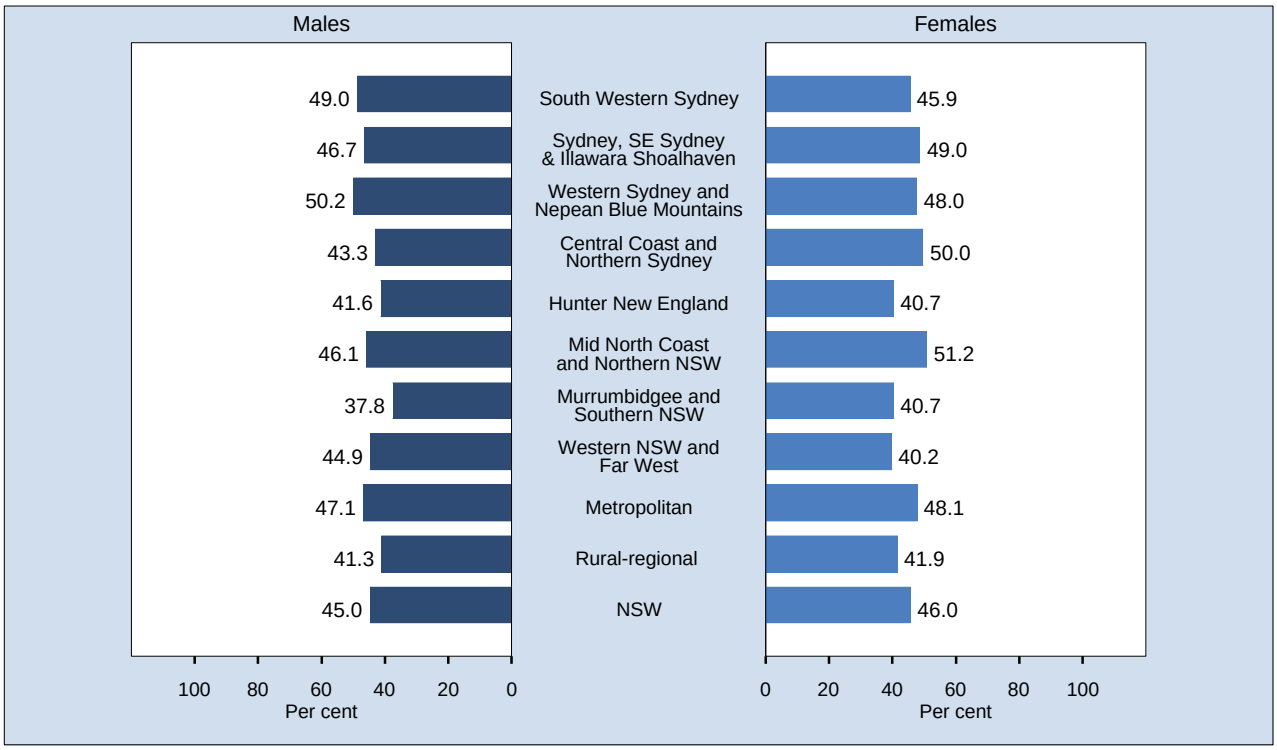
Adequate fruit consumption by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,837 respondents in NSW. For this indicator 129 (1.62%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually consumed 3 or more serves of fruit a day. The question used to define the indicator was: How many serves of fruit do you usually eat each day? (A 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

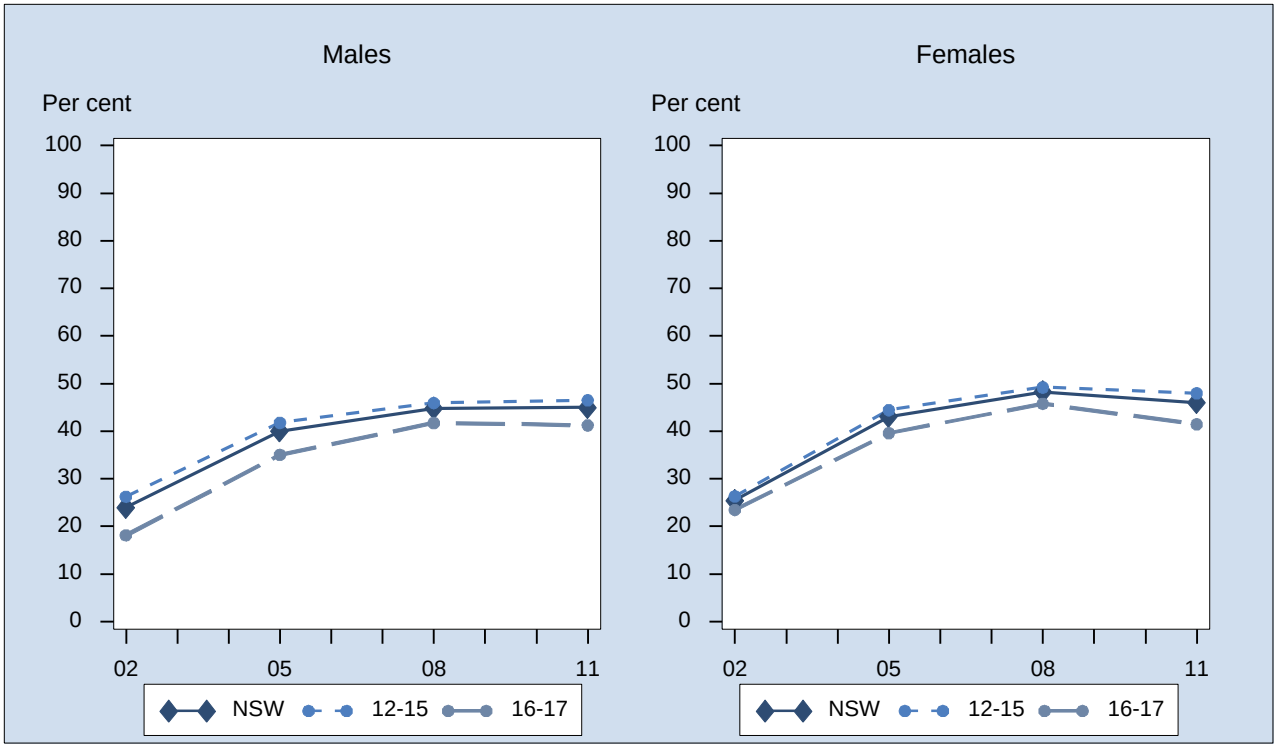
Adequate fruit consumption by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,837 respondents in NSW. For this indicator 129 (1.62%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually consumed 3 or more serves of fruit a day. The question used to define the indicator was: How many serves of fruit do you usually eat each day? (A 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

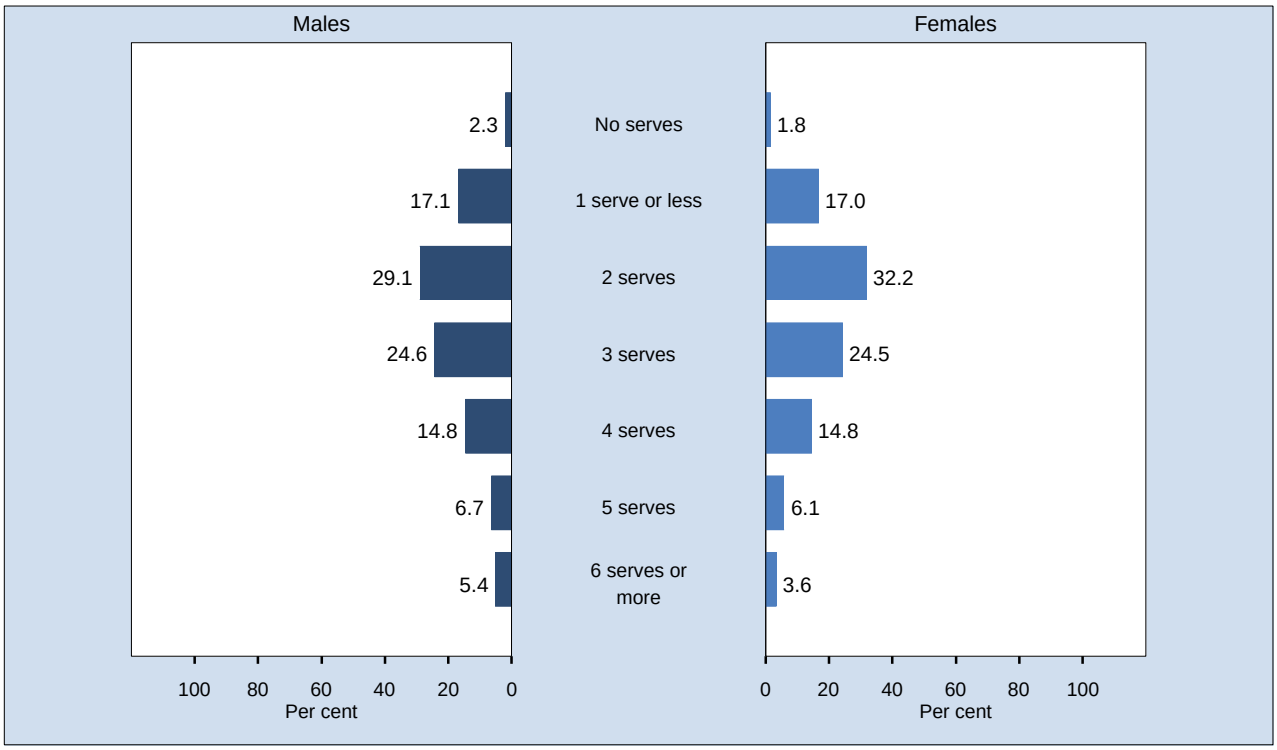
Adequate fruit consumption by year, students 12 to 17 years, NSW, 2002-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2002 (6,087), 2005 (5,461), 2008 (7,464), 2011 (7,837). The indicator includes those students who usually consumed 3 or more serves of fruit a day. The question used to define the indicator was: How many serves of fruit do you usually eat each day? (A 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

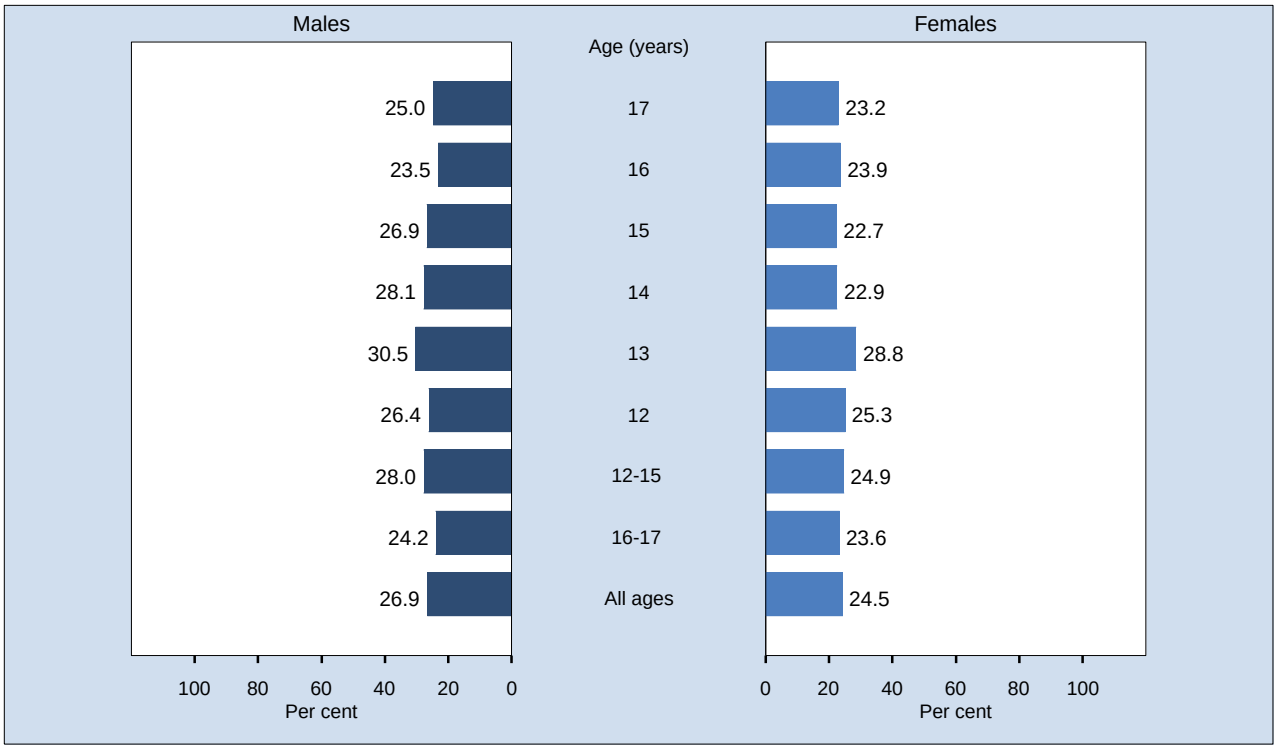
Number of serves of vegetables a day, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,822 respondents in NSW. For this indicator 144 (1.81%) 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

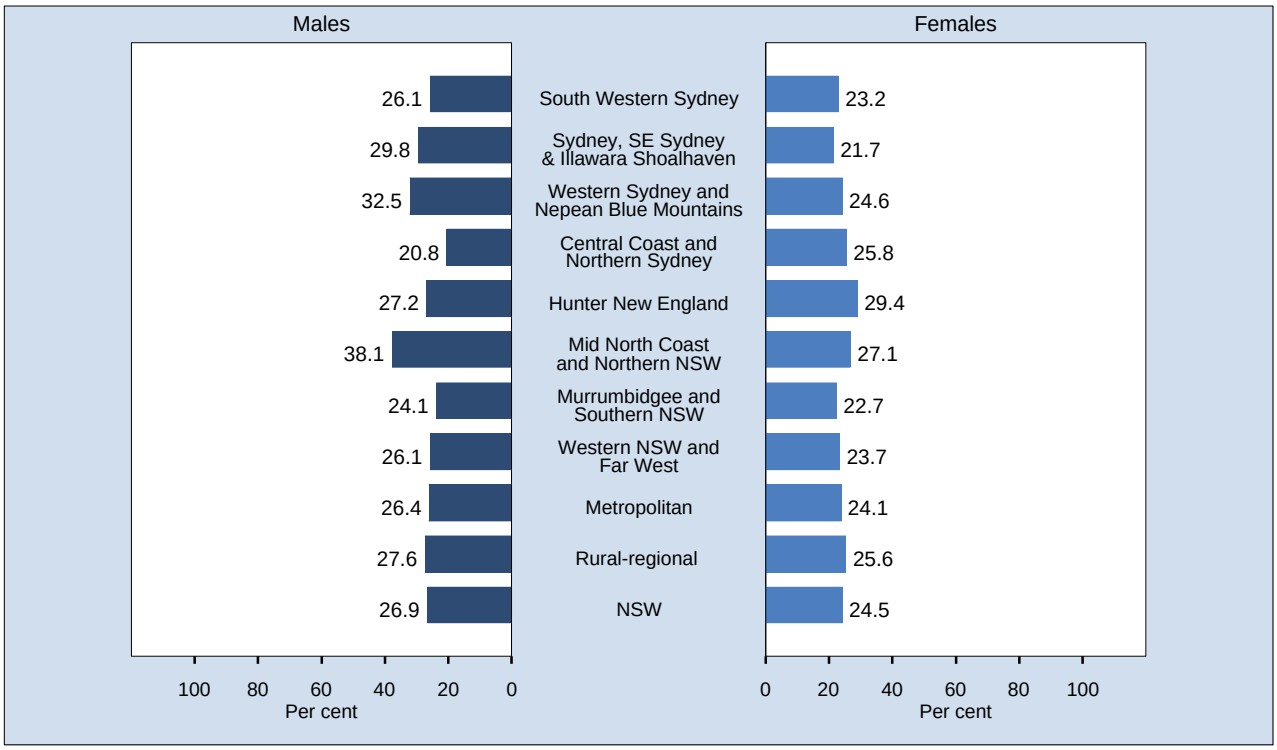
Adequate vegetable consumption by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,822 respondents in NSW. For this indicator 144 (1.81%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually consume 4 or more serves of vegetables a day. The question used to define the indicator was: How many serves of vegetables do you usually eat each day? (One 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

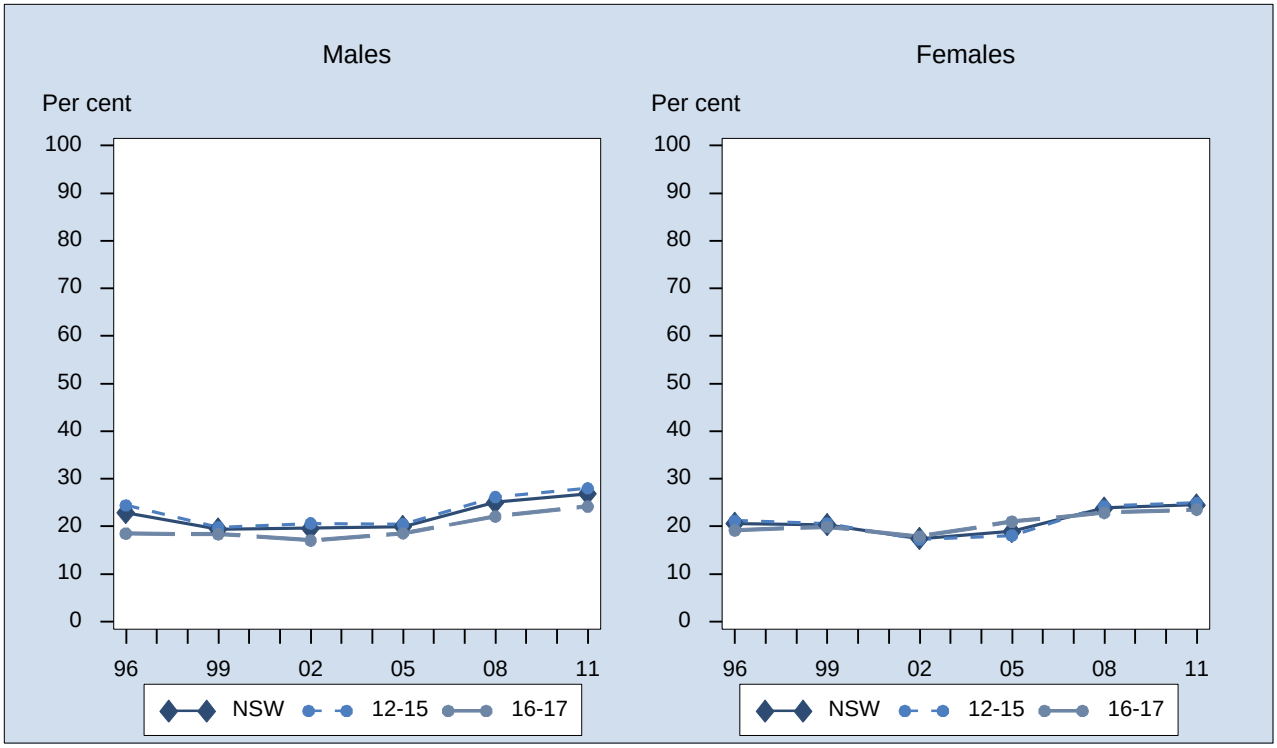
Adequate vegetable consumption by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,822 respondents in NSW. For this indicator 144 (1.81%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually consume 4 or more serves of vegetables a day. The question used to define the indicator was: How many serves of vegetables do you usually eat each day? (One 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

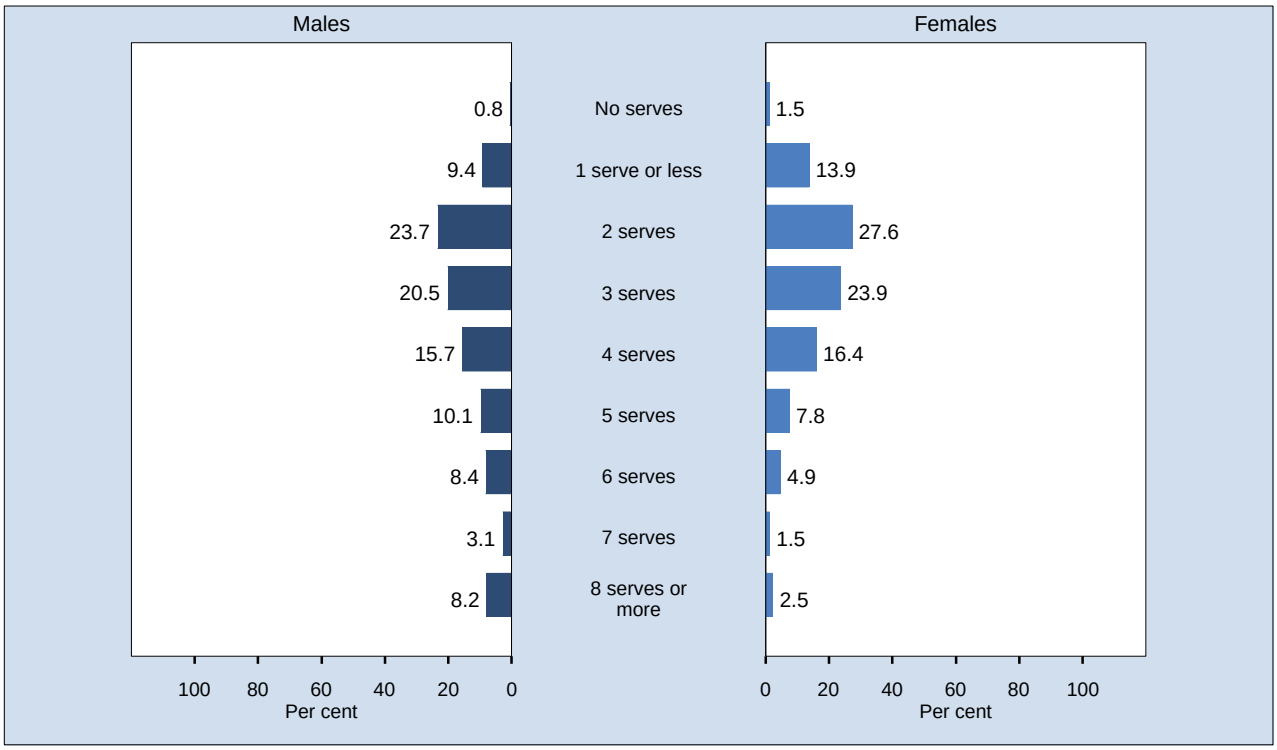
Adequate vegetable consumption by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,822). The indicator includes those students who usually consume 4 or more serves of vegetables a day. The question used to define the indicator was: How many serves of vegetables do you usually eat each day? (One 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

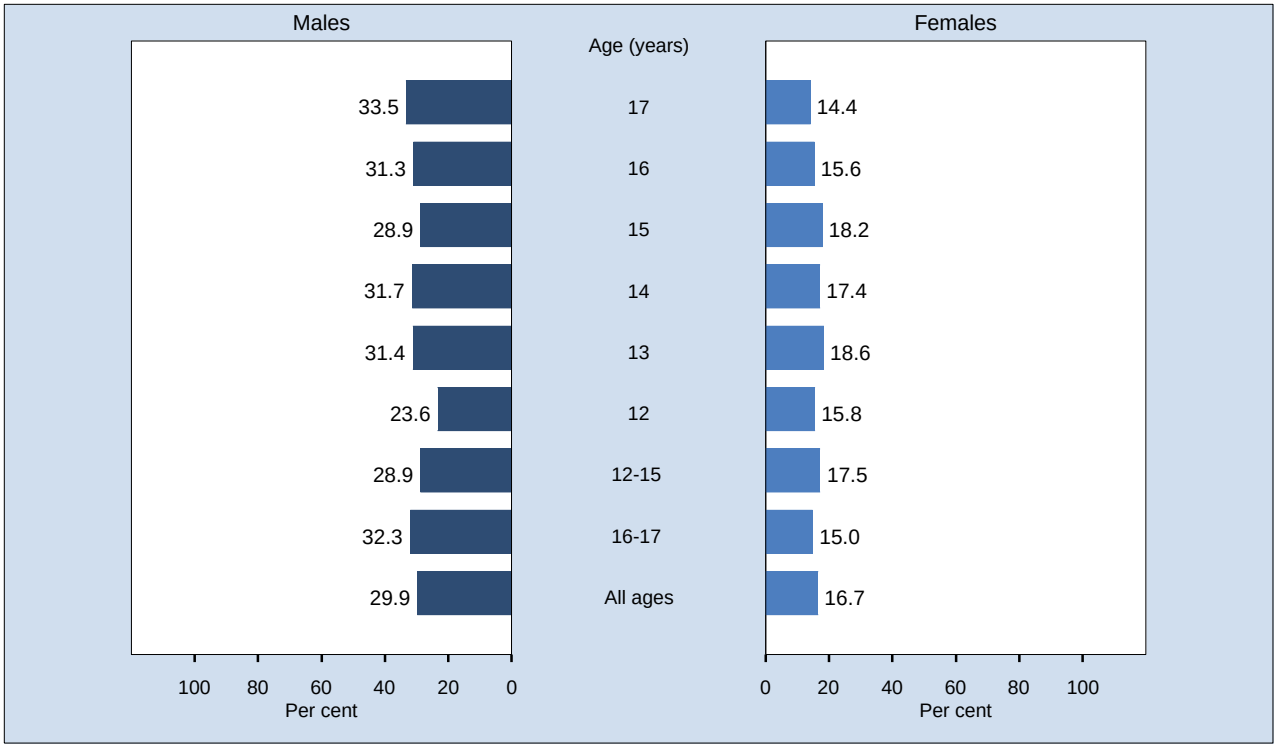
Number of serves of bread and cereal a day, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,822 respondents in NSW. For this indicator 144 (1.81%) 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

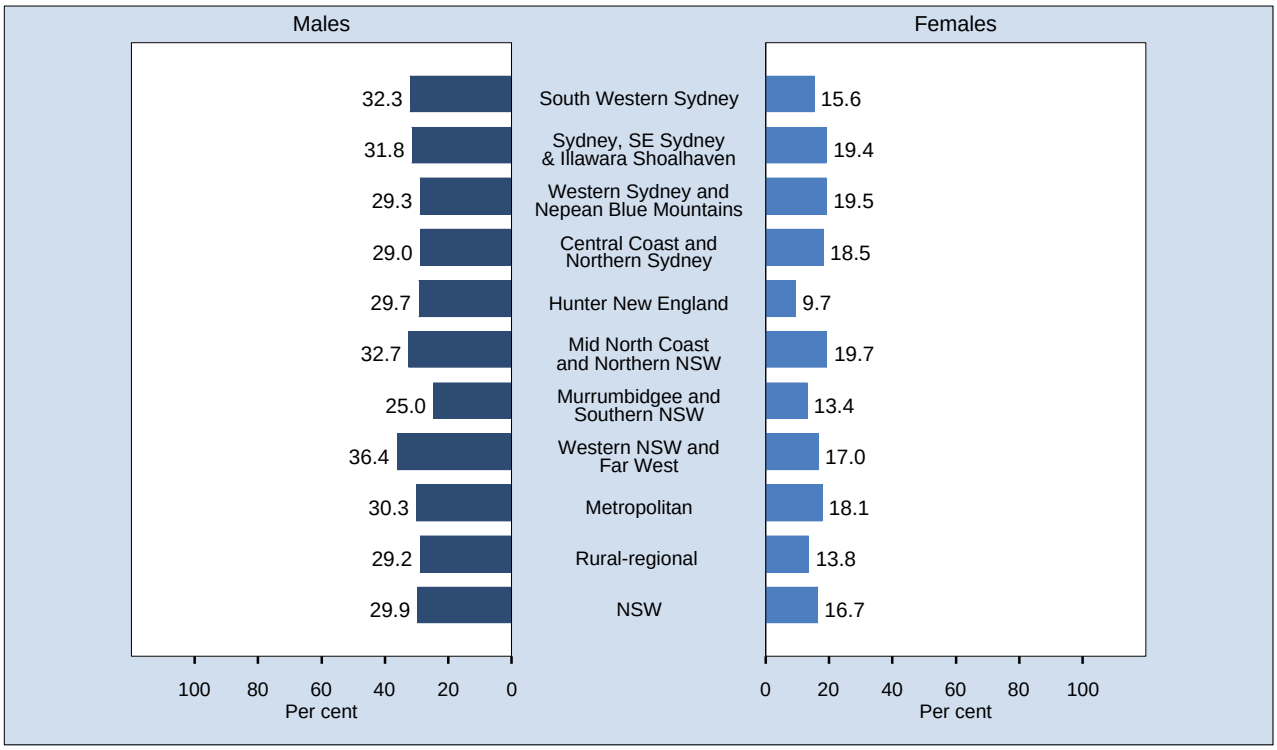
Adequate bread and cereal consumption by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,822 respondents in NSW. For this indicator 144 (1.81%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually consumed 5 or more serves a day. The question used to define the indicator was: How many serves of bread and/or cereal do you usually eat each day? (One 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

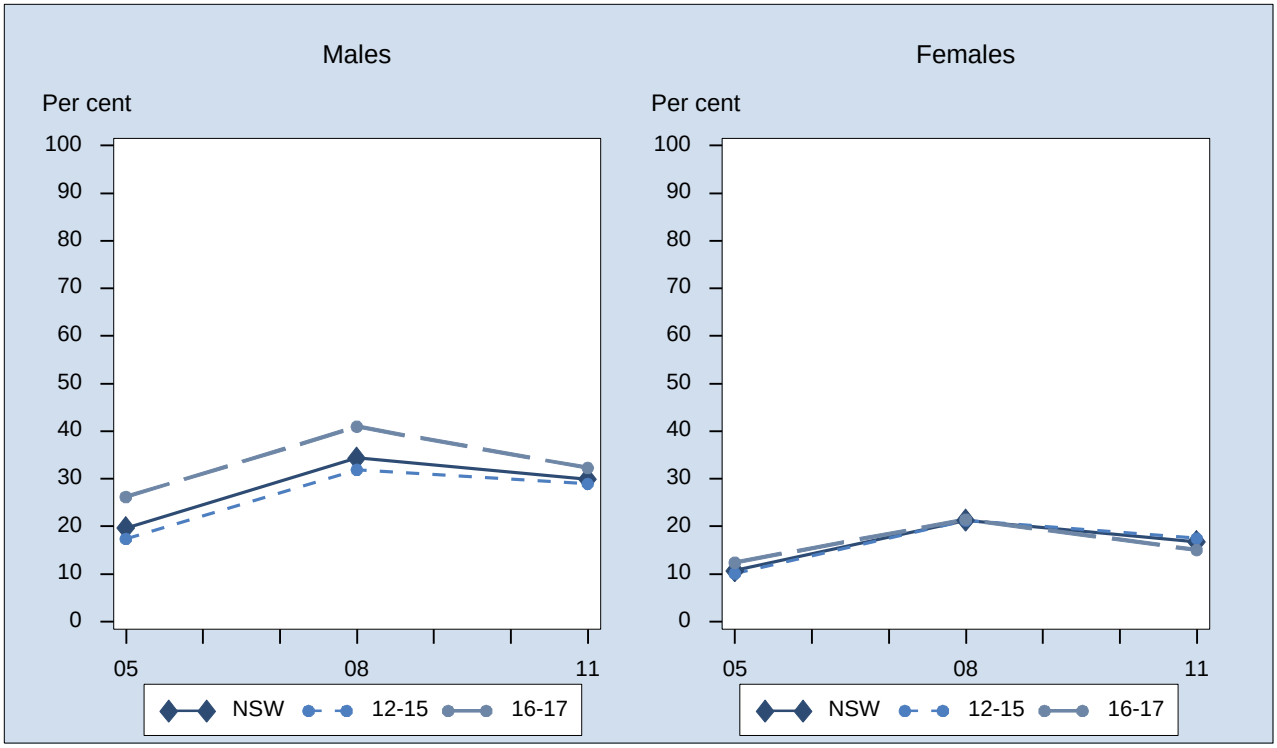
Adequate bread and cereal consumption by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,822 respondents in NSW. For this indicator 144 (1.81%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually consumed 5 or more serves a day. The question used to define the indicator was: How many serves of bread and/or cereal do you usually eat each day? (One 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

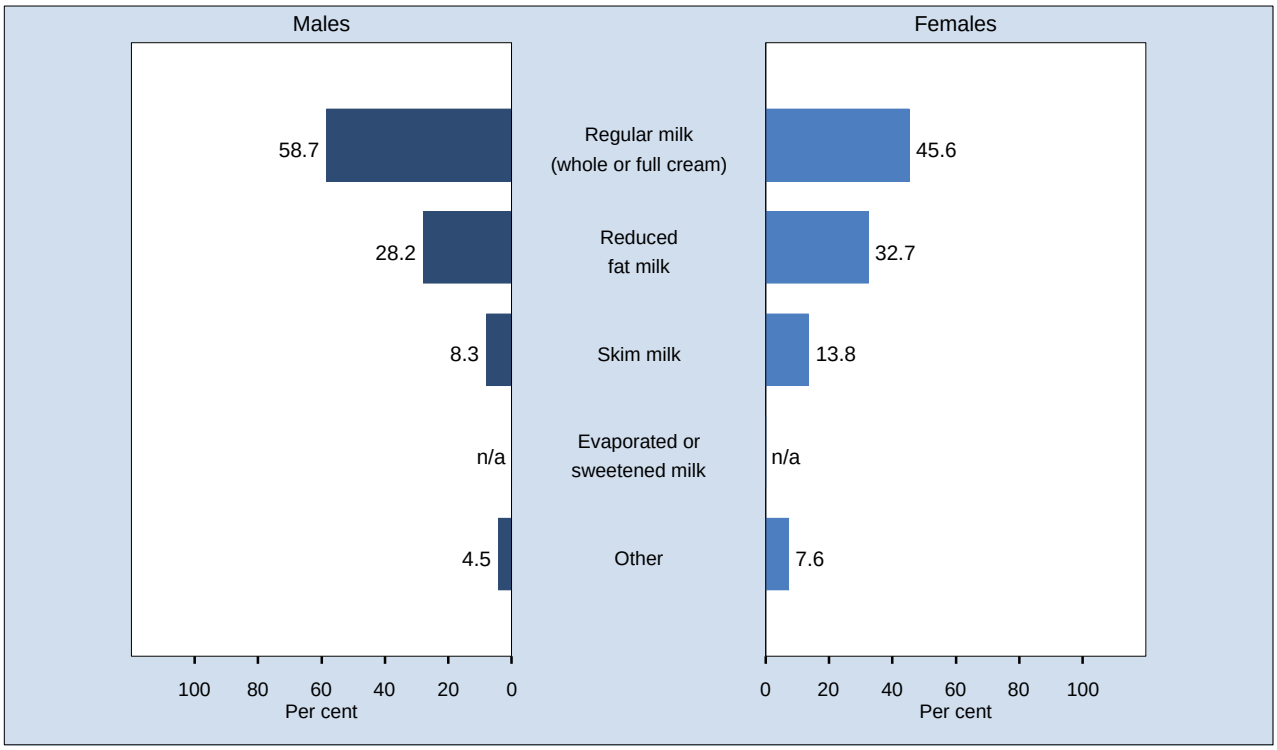
Adequate bread and cereal consumption by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,468), 2008 (7,464), 2011 (7,822). The indicator includes those students who usually consumed 5 or more serves a day. The question used to define the indicator was: How many serves of bread and/or cereal do you usually eat each day? (One 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

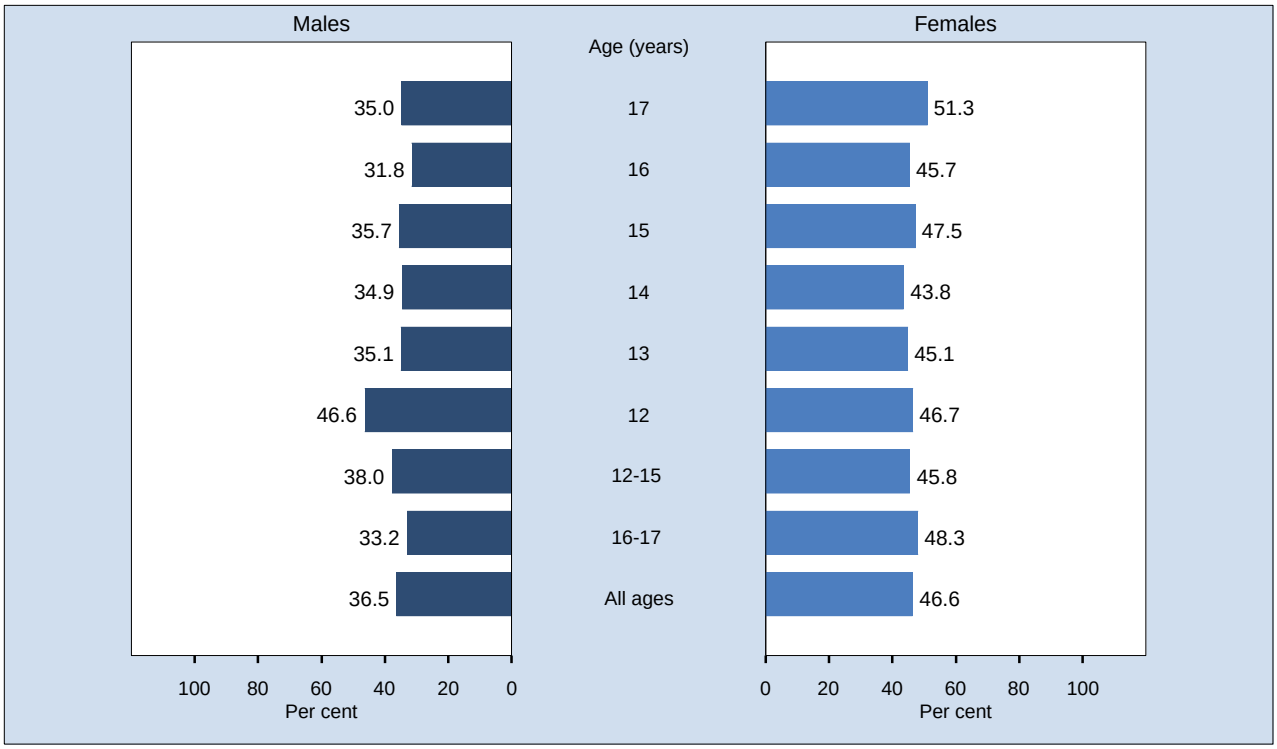
Type of milk usually consumed, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 6,992 respondents in NSW. For this indicator 974 (12.23%) 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

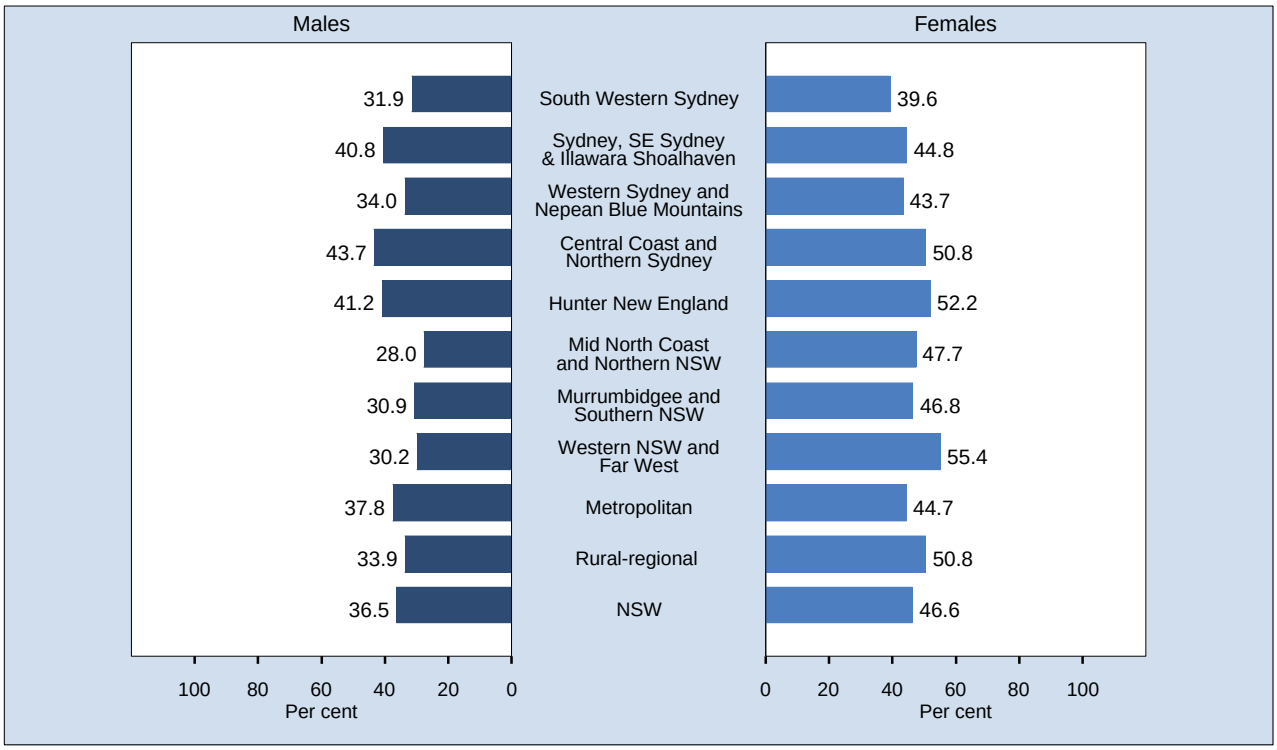
Usually consumes lower fat milk by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 6,992 respondents in NSW. For this indicator 974 (12.23%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually have 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

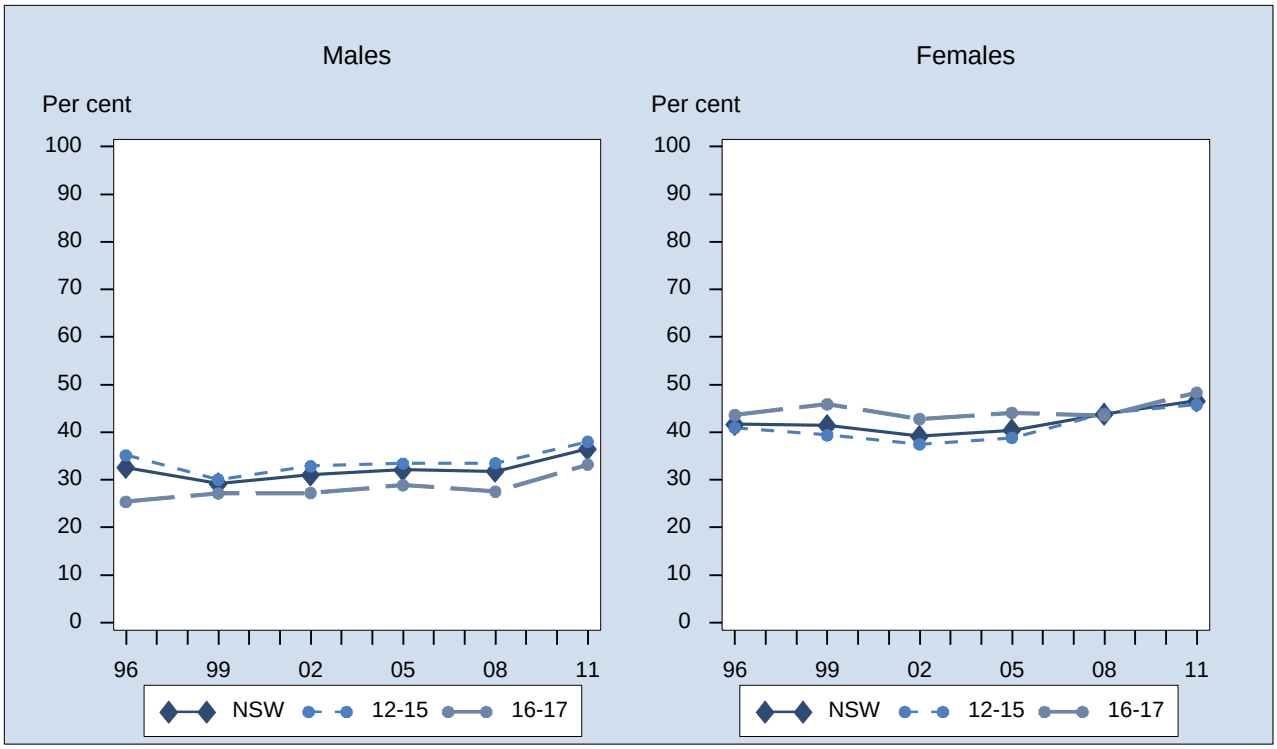
Usually consumes lower fat milk by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 6,992 respondents in NSW. For this indicator 974 (12.23%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually have 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

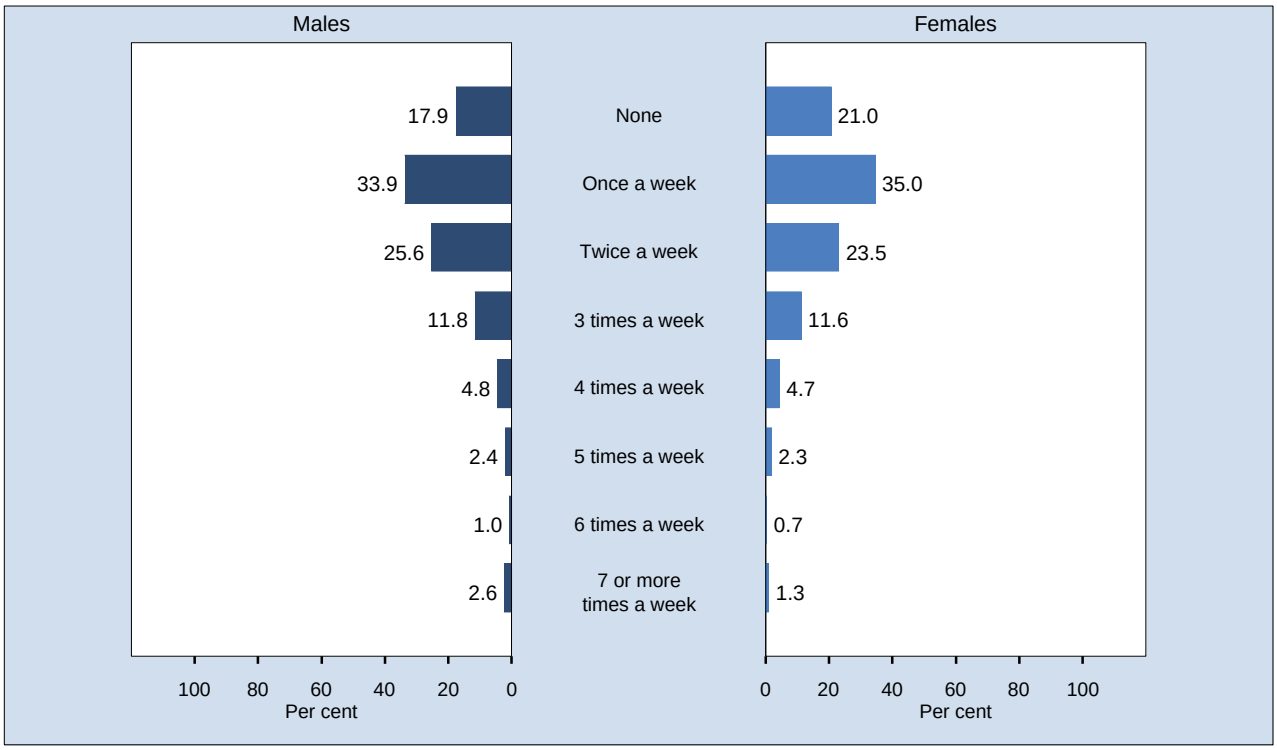
Usually consumes lower fat milk by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (6,992). The indicator includes those students who usually have 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

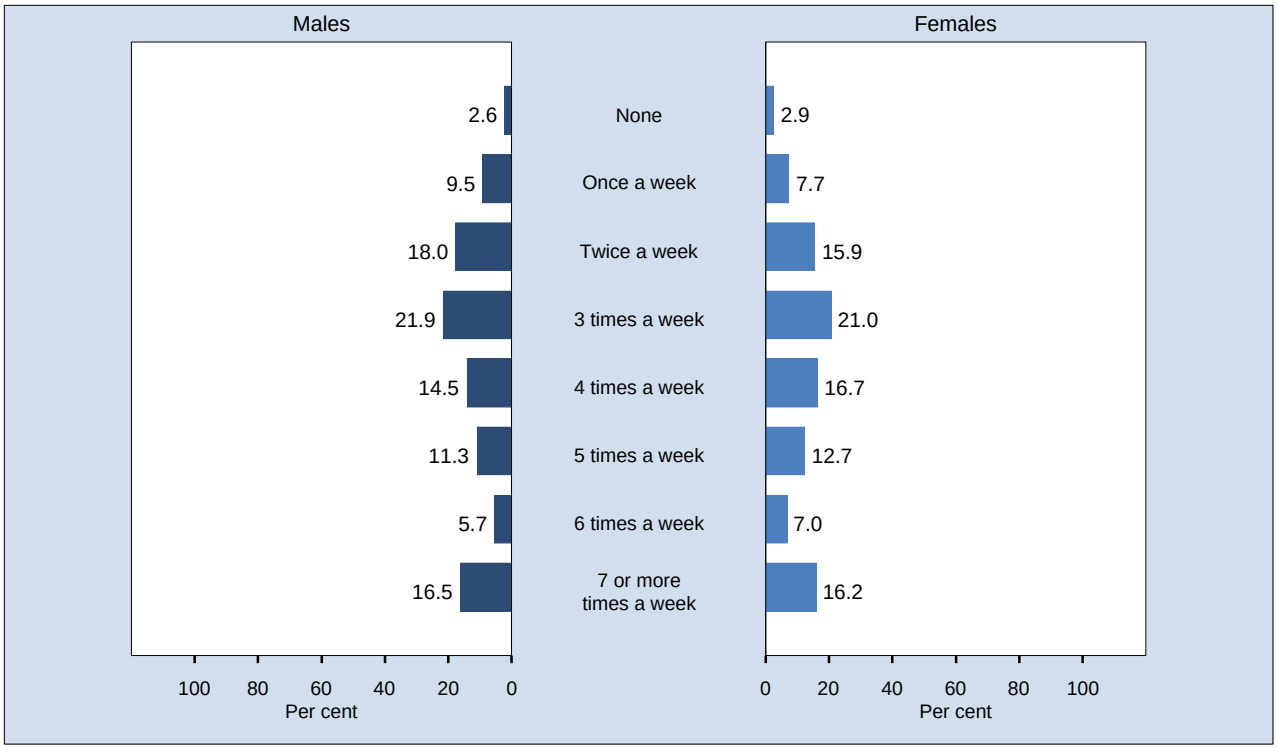
Frequency of eating fast food, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,839 respondents in NSW. For this indicator 127 (1.59%) 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

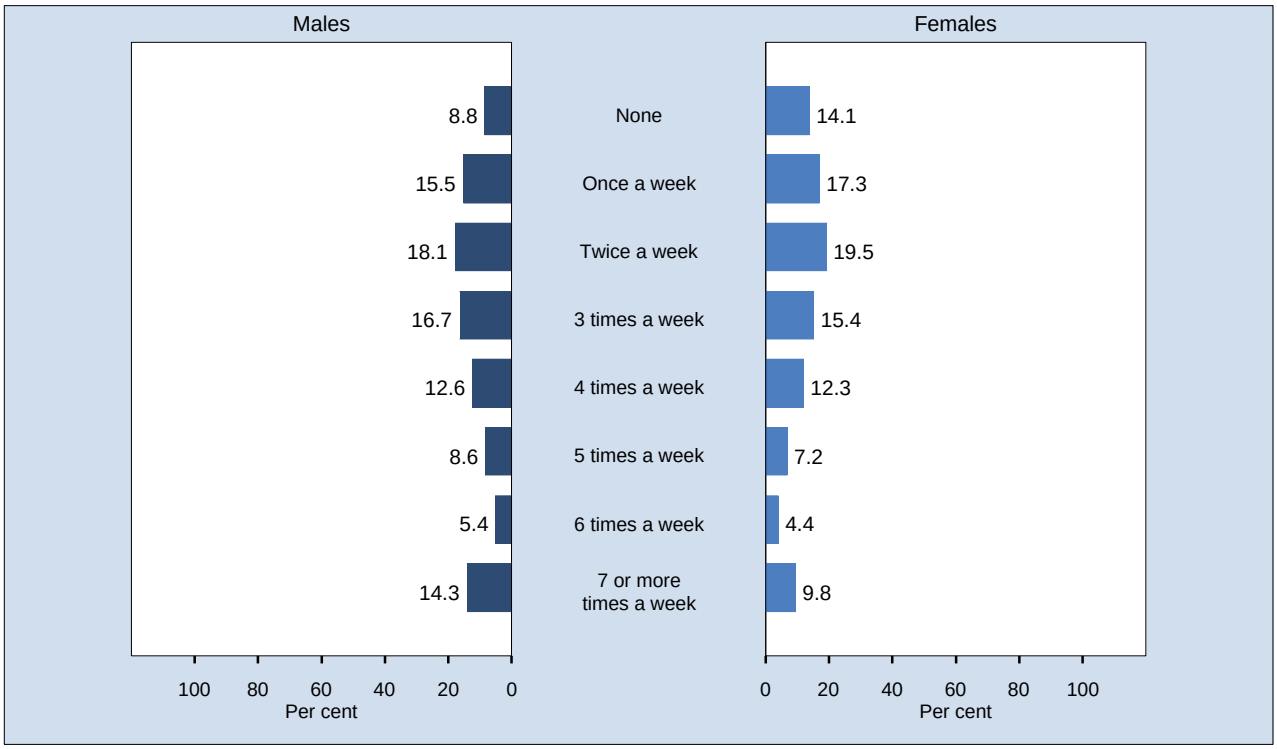
Frequency of eating snacks, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,828 respondents in NSW. For this indicator 138 (1.73%) 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

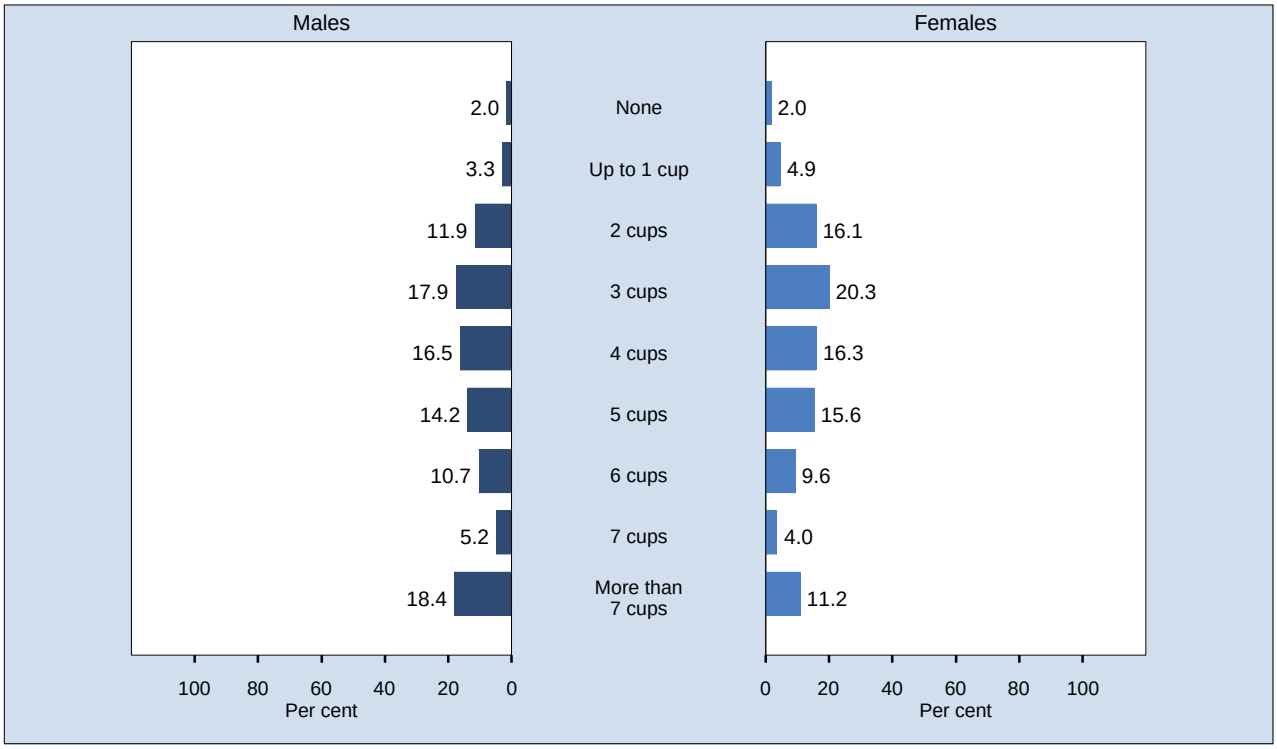
Frequency of drinking soft drink, energy drink, fruit juice or cordial, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,829 respondents in NSW. For this indicator 137 (1.72%) 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

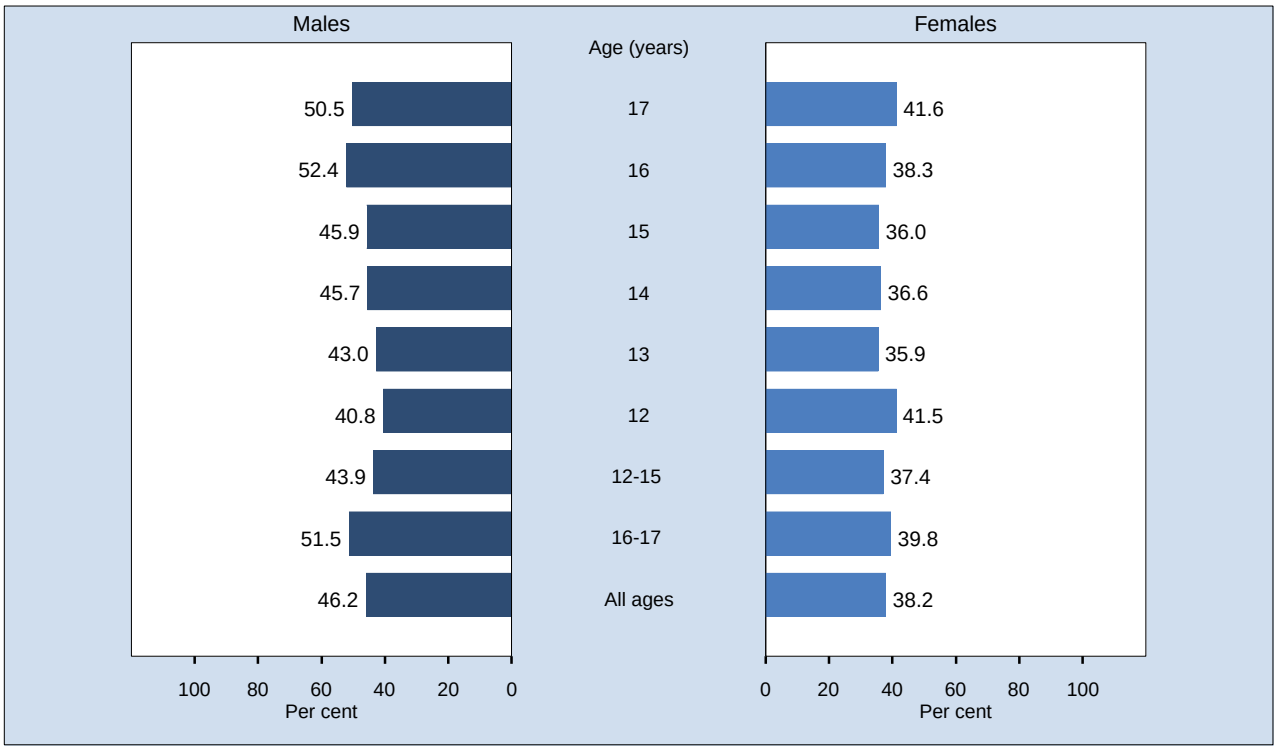
Cups of water usually drunk each day, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 6,793 respondents in NSW. For this indicator 1,173 (14.73%) 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

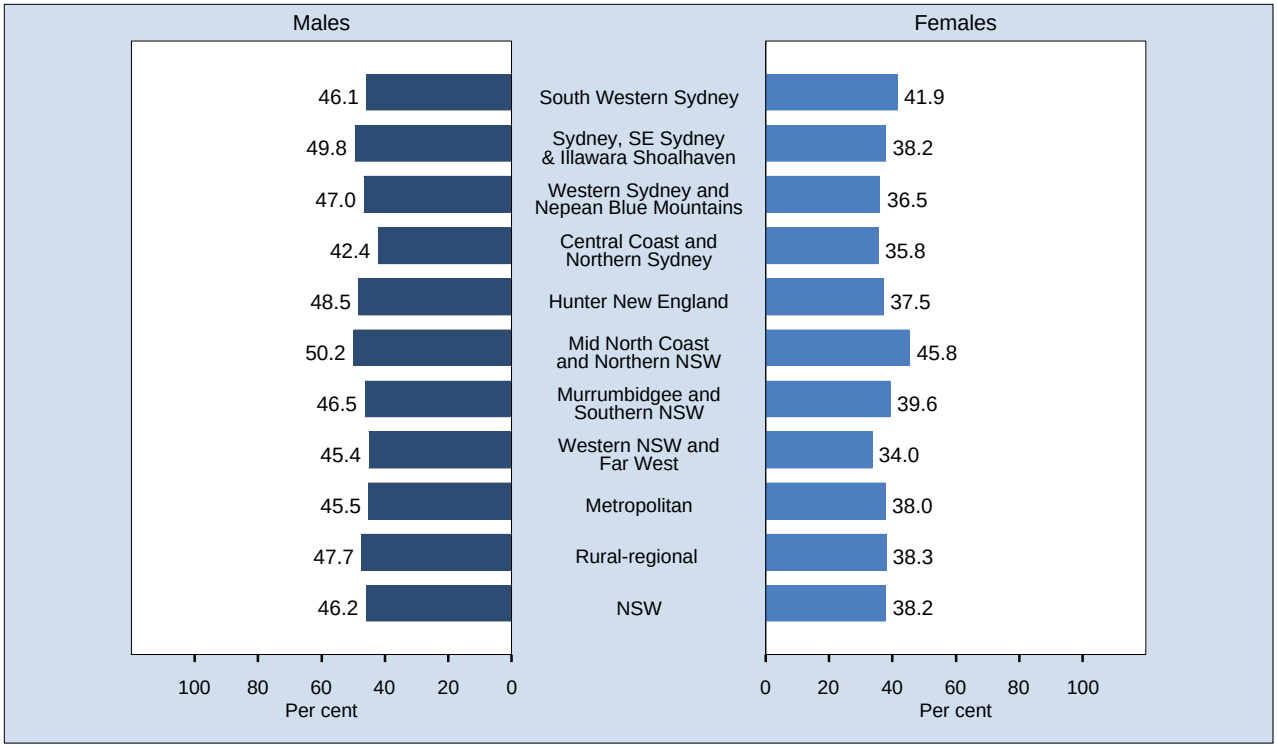
Drink 5 or more cups of water per day by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 6,793 respondents in NSW. For this indicator 1,173 (14.73%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually drink 5 or more cups of water per day. The question used to define the indicator 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

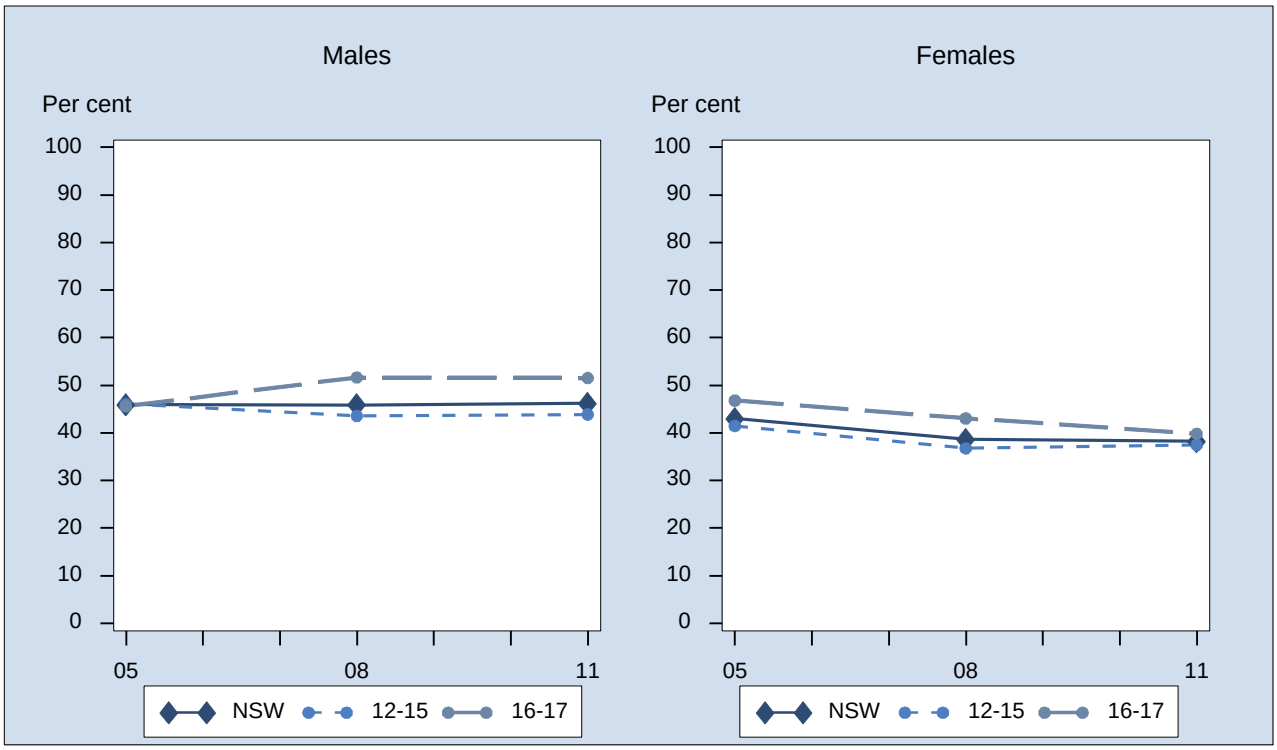
Drink 5 or more cups of water per day by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 6,793 respondents in NSW. For this indicator 1,173 (14.73%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who usually drink 5 or more cups of water per day. The question used to define the indicator 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

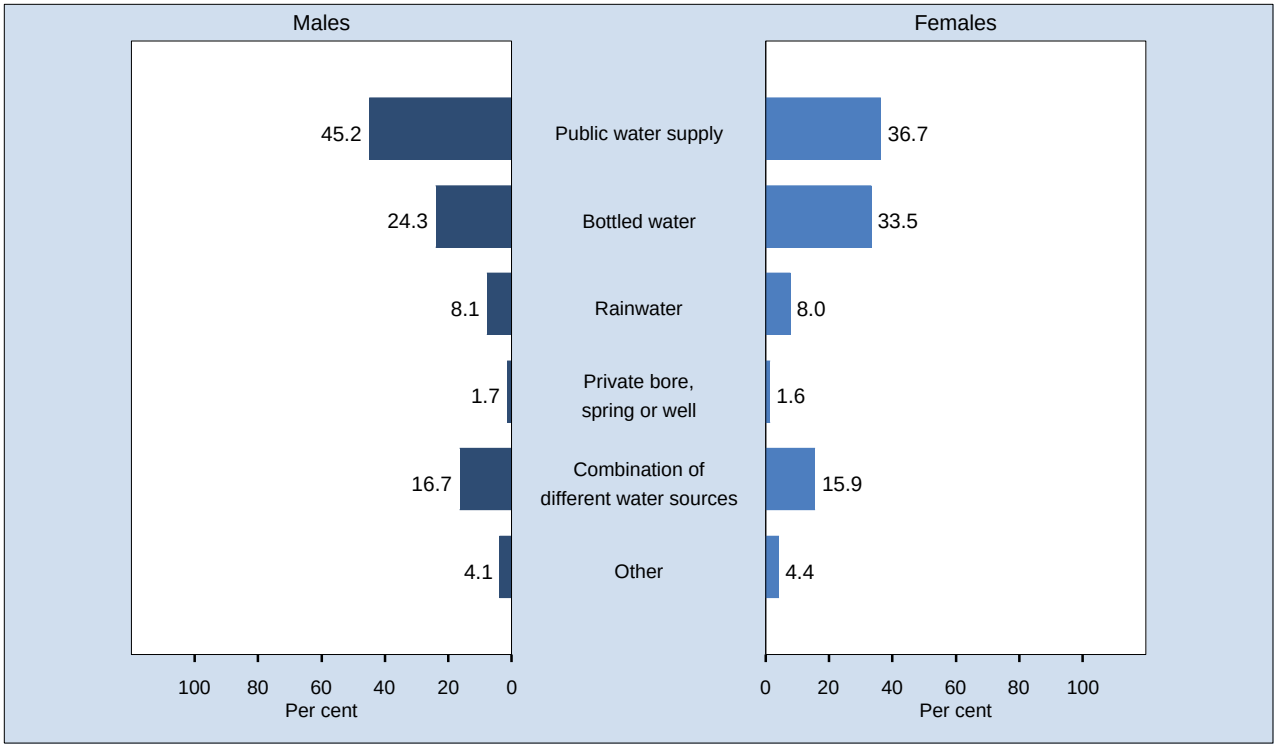
Drink 5 or more cups of water per day by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (2,426), 2008 (6,497), 2011 (6,793). The indicator includes those students who usually drink 5 or more cups of water per day. The question used to define the indicator 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Sources of drinking water, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,771 respondents in NSW. For this indicator 195 (2.45%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: What is your normal source of drinking water? (Public water supply; Bottled water; Rainwater; Private bore, spring or well; Other private supply (e.g.. creek or farm dam); Combination of different water sources; Other.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry 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. Therefore, this means a child's age and growth patterns need to be considered to determine whether his or her weight is healthy and it is difficult to specify weights which will be appropriate for individual children or adolescents at any one point in time.[1-2]

In reporting results of population surveys, two indicators of weight status are used to classify people into groups that indicate healthy or unhealthy weights.These indicators are Body Mass Index (BMI) and waist circumference, which have age and sex defined norms making it possible to quantify the prevalence of overweight and obesity in the population. In adults, BMI gives an estimate of total adiposity. It 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' for BMI scores less than 18.5; 'Healthy' or 'Normal weight' for BMI scores greater than or equal to 18.5 and less than 25; 'Overweight' for BMI scores greater than or equal to 25 and less than 30; and 'Obese' for BMI scores greater than or equal to 30.[1-2] For children and adolescents, the same categories of 'Underweight', 'Healthy weight', 'Overweight', and 'Obese' are used, but they are linked to international cut off points by sex, between 2 and 18 years of age, and defined to pass through a BMI of 16, 17, and 18.5 (for underweight), 25 (for overweight), and 30 (for obesity) at age 18 years.[3,4]

Obese adolescents have a high chance 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, compared with those obese adults who only became obese in adulthood.[5]

The validity of self-reported height and weight has been investigated and several studies have observed a high correlation between BMI calculated from self-reported and measured height and weight. However, BMI calculated from self-reported height and weight tends to underestimate the prevalence of 'Overweight' and 'Obese' in adolescent populations. Despite the underestimation, self-reported height and weight remains useful and adequate for ongoing monitoring of population health. However, for other purposes, caution should be used when interpreting BMI calculated from self-reported height and weight. [6-9]

Results

Graphs in this section include calculated Body Mass Index (BMI) categories, perceived body weight and perceived body weight compared with calculated body mass for students aged 12-17 years for each response or indicator and by age group, sex, LHD and year where possible.

Body Mass Index (BMI) categories

- **Calculated Body Mass Index (BMI):** In 2011, 8.9 per cent of students aged 12-17 years were categorised as 'Underweight', 70.7 per cent were categorised as 'Healthy' weight, 15.9 per cent were categorised as 'Overweight', and 4.5 per cent were categorised as 'Obese' using international cut-off points for children and adolescents.

- **Overweight:** In 2011, 15.9 per cent of students aged 12-17 years were categorised as 'Overweight' (15.3 per cent of 12-15 year olds and 17.2 per cent of 16-17 year olds; 20.0 per cent of male students and 11.0 per cent of female students; 15.0 per cent of those living in metropolitan LHDs and 17.7 per cent of those living in rural-regional LHDs).

  Between 2005 and 2011 there was no significant change in the proportion of students aged 12-17 years categorised as 'Overweight'. Similarly, there was no significant change between 2008 and 2011.

- **Obese:** In 2011, 4.5 per cent of students aged 12-17 years were categorised as 'Obese' (4.1 per cent of 12-15 year olds and 5.2 per cent of 16-17 year olds; 5.5 per cent of male students and 3.2 per cent of female students; 3.8 per cent of those living in metropolitan LHDs and 5.9 per cent of those living in rural-regional LHDs).

Between 2005 and 2011 there was no significant change in the proportion of students aged 12-17 years categorised as 'Obese'. Similarly, there was no significant change between 2008 and 2011.

- **Overweight or obese:** In 2011, 20.4 per cent of students aged 12-17 years were categorised as 'Overweight' or 'Obese' (19.4 per cent of 12-15 year olds and 22.4 per cent of 16-17 years; 25.5 per cent of male students and 14.2 per cent of female students; 18.9 per cent of those living in metropolitan LHDs and 23.6 per cent of those living in rural-regional LHDs).

  Between 2005 and 2011 there was no significant change in the proportion of students aged 12-17 years categorised as 'Overweight' or 'Obese' as was the case between 2008 and 2011.

Body weight perceptions

- **Perceived body weight:** In 2011, 9.7 per cent of students aged 12-17 years perceived themselves as too thin, 68.0 per cent perceived themselves as about the right weight, and 22.4 per cent perceived themselves as too fat.

  In 2011, the majority of students body weight perceptions were consistent with their calculated BMI category in that 69.5 per cent of students' perceived themselves about the right weight or too thin and their BMI category was calculated as 'Underweight' or 'Healthy weight' and 9.8 per cent of students perceived themselves as too fat and their BMI was calculated as 'Overweight' or 'Obese'.

References

1. Australian Government Department of Health and Ageing. The Healthy Weight Website. Available Online at www.health.gov.au/internet/healthyactive/publishing.nsf/Content/healthyweight (accessed 17 January 2013).
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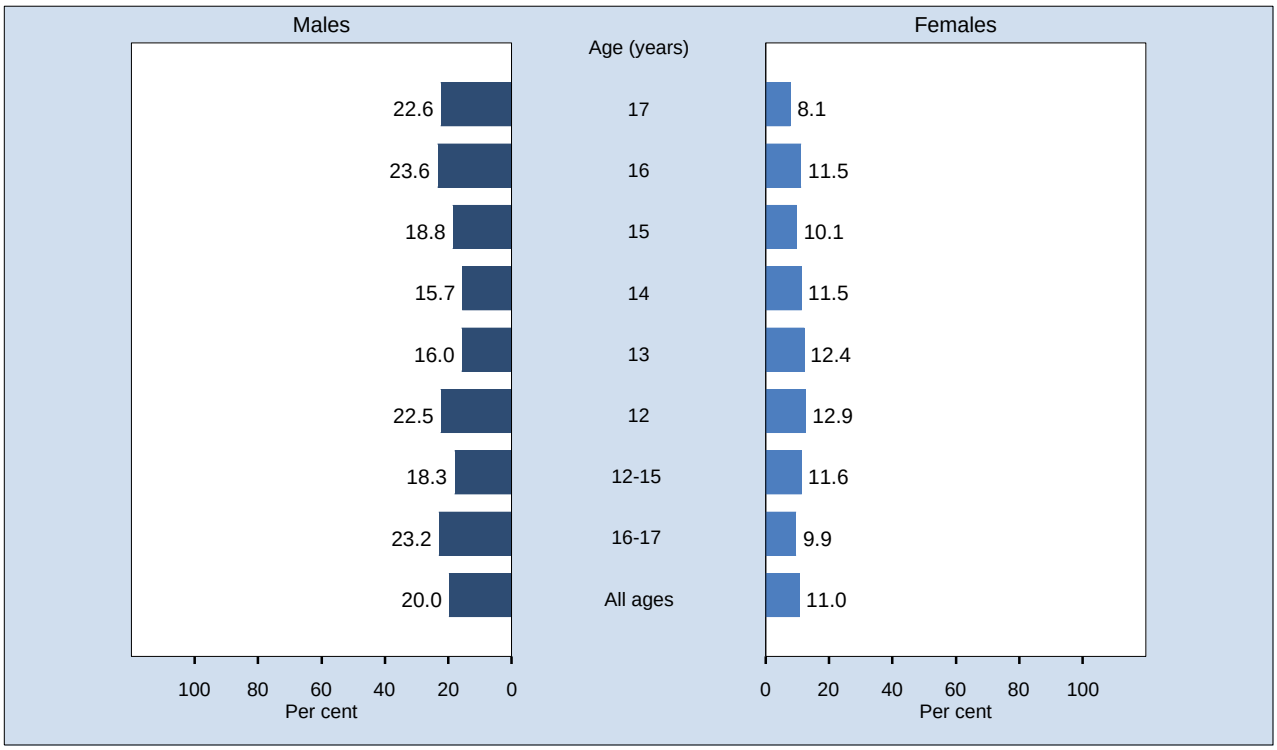
Body Mass Index categories, students 12 to 17 years, NSW, 2011

Note: Estimates are based on 4,424 respondents in NSW. For this indicator 3,542 (44.46%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: How tall are you without shoes? and How much do you weigh without clothes or shoes? In adults, BMI gives an 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' for BMI scores less than 18.5, 'Healthy' or 'Normal' weight for BMI scores greater than or equal to 18.5 and less than 25.0, 'Overweight' for BMI scores greater than or equal to 25.0 and less than 30.0, and 'Obese' for BMI scores greater than or equal to 30.0. For children and adolescents, the same categories are used, but they are linked to international cut off points by sex, between 2 and 18 years of age, defined to pass through a BMI of 16, 17, and 18.5 (for underweight), 25 (for overweight), and 30 (for obesity) at age 18 years [Cole et al. 2000; Cole et al. 2007].

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

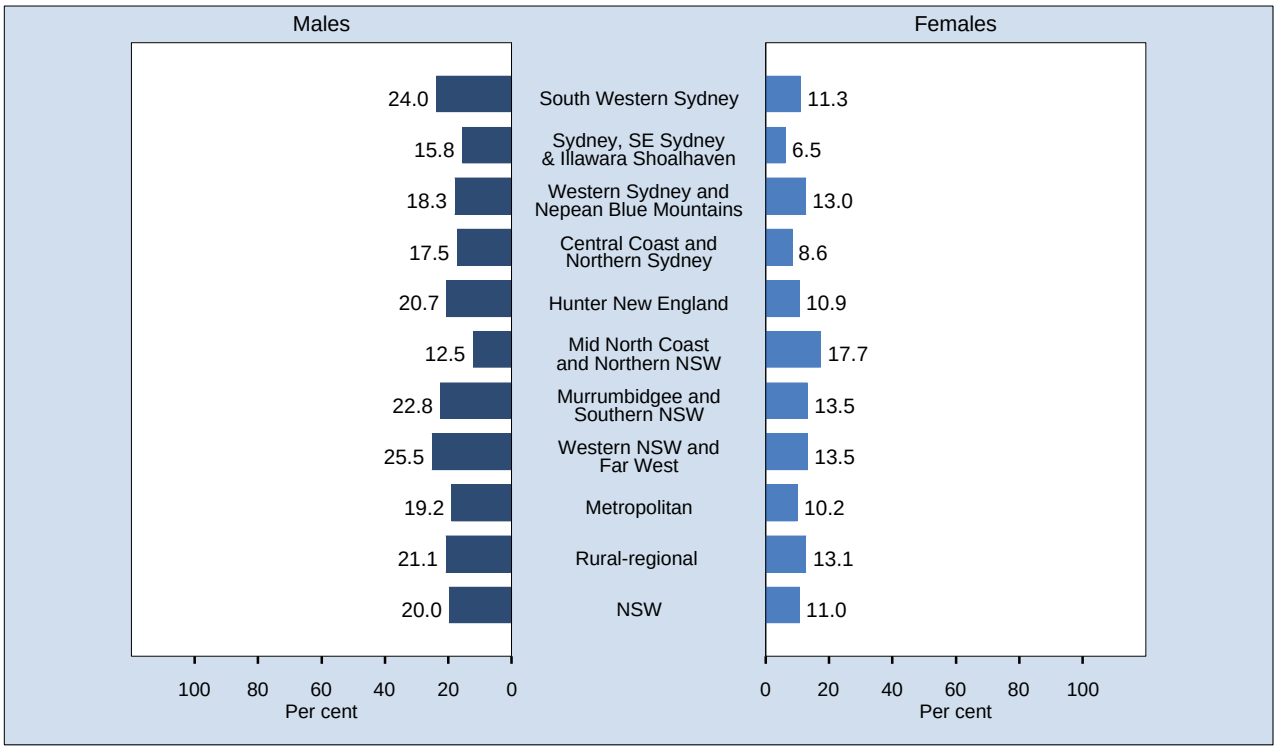
Overweight by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 4,424 respondents in NSW. For this indicator 3,542 (44.46%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who were overweight. The questions used to define the indicator were: How tall are you without shoes? and How much do you weigh without clothes or shoes? In adults, BMI gives an 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' for BMI scores less than 18.5, 'Healthy' or 'Normal' weight for BMI scores greater than or equal to 18.5 and less than 25.0, 'Overweight' for BMI scores greater than or equal to 25.0 and less than 30.0, and 'Obese' for BMI scores greater than or equal to 30.0. For children and adolescents, the same categories are used, but they are linked to international cut off points by sex, between 2 and 18 years of age, defined to pass through a BMI of 16, 17, and 18.5 (for underweight), 25 (for overweight), and 30 (for obesity) at age 18 years [Cole et al. 2000; Cole et al. 2007].

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Overweight by local health district, students 12 to 17 years, NSW, 2011



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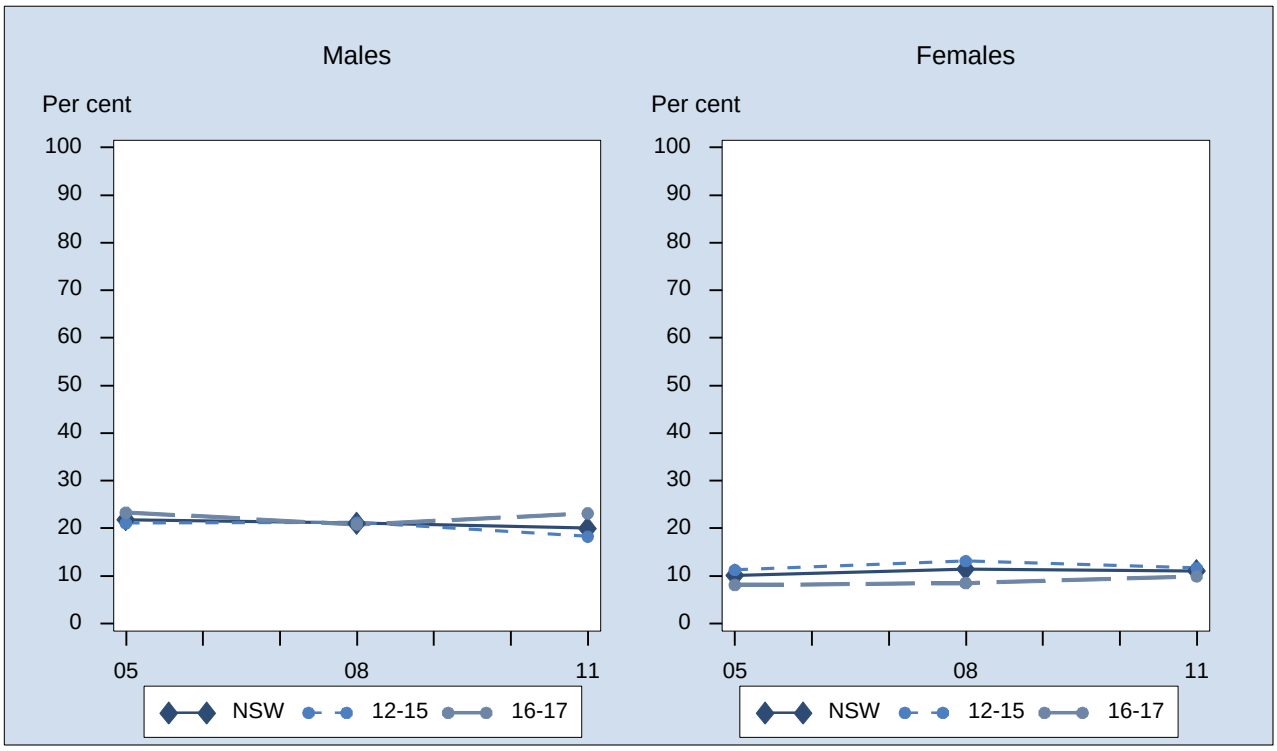
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

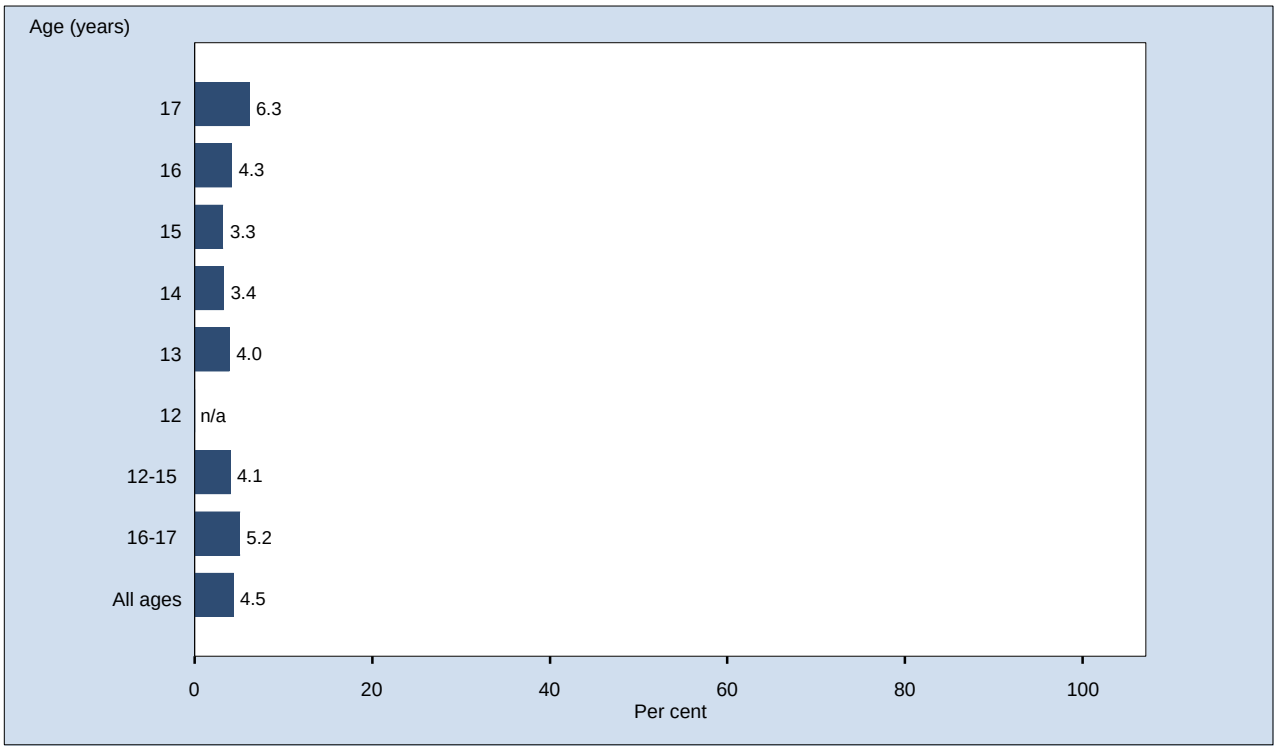
Overweight by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (1,538), 2008 (4,070), 2011 (4,424). The indicator includes those students who were overweight. The questions used to define the indicator were: How tall are you without shoes? and How much do you weigh without clothes or shoes? In adults, BMI gives an 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' for BMI scores less than 18.5, 'Healthy' or 'Normal' weight for BMI scores greater than or equal to 18.5 and less than 25.0, 'Overweight' for BMI scores greater than or equal to 25.0 and less than 30.0, and 'Obese' for BMI scores greater than or equal to 30.0. For children and adolescents, the same categories are used, but they are linked to international cut off points by sex, between 2 and 18 years of age, defined to pass through a BMI of 16, 17, and 18.5 (for underweight), 25 (for overweight), and 30 (for obesity) at age 18 years [Cole et al. 2000; Cole et al. 2007].

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

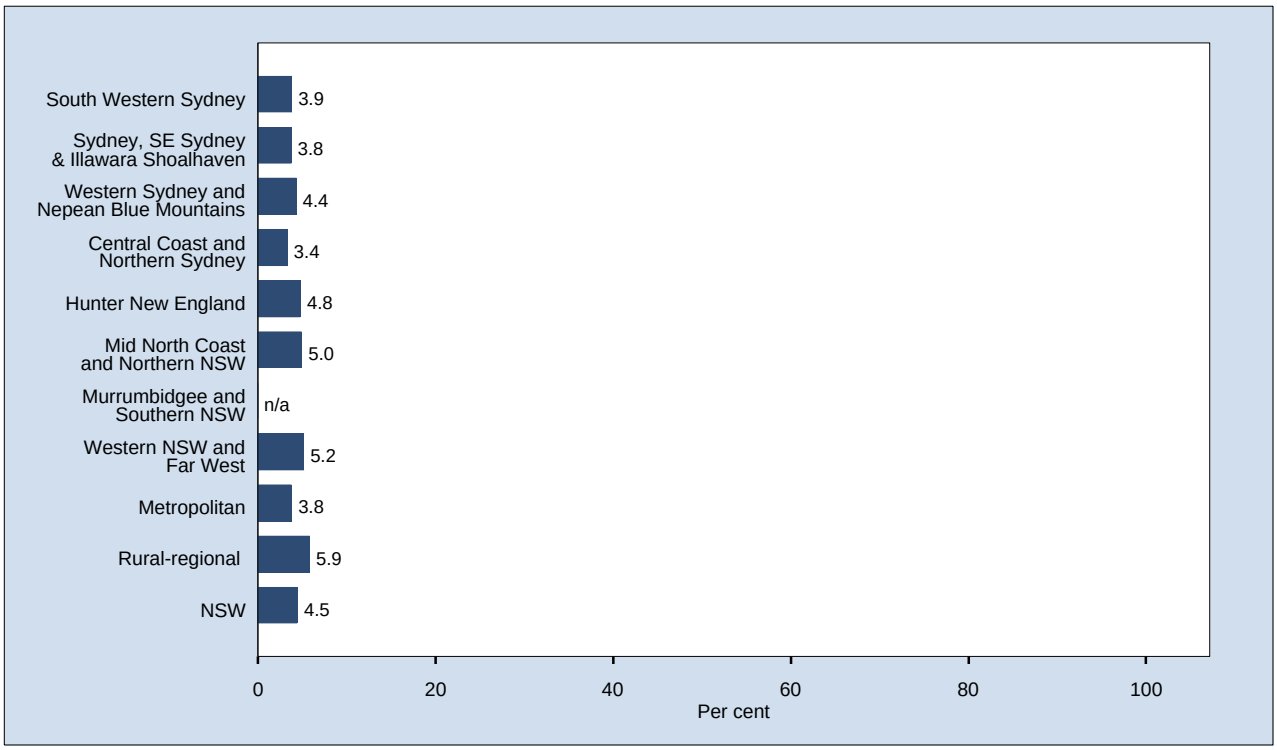
Obese by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 4,424 respondents in NSW. For this indicator 3,542 (44.46%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who were obese. The questions used to define the indicator were: How tall are you without shoes? and How much do you weigh without clothes or shoes? In adults, BMI gives an 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' for BMI scores less than 18.5, 'Healthy' or 'Normal' weight for BMI scores greater than or equal to 18.5 and less than 25.0, 'Overweight' for BMI scores greater than or equal to 25.0 and less than 30.0, and 'Obese' for BMI scores greater than or equal to 30.0. For children and adolescents, the same categories are used, but they are linked to international cut off points by sex, between 2 and 18 years of age, defined to pass through a BMI of 16, 17, and 18.5 (for underweight), 25 (for overweight), and 30 (for obesity) at age 18 years [Cole et al. 2000; Cole et al. 2007]. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Obese by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 4,424 respondents in NSW. For this indicator 3,542 (44.46%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who were obese. The questions used to define the indicator were: How tall are you without shoes? and How much do you weigh without clothes or shoes? In adults, BMI gives an 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' for BMI scores less than 18.5, 'Healthy' or 'Normal' weight for BMI scores greater than or equal to 18.5 and less than 25.0, 'Overweight' for BMI scores greater than or equal to 25.0 and less than 30.0, and 'Obese' for BMI scores greater than or equal to 30.0. For children and adolescents, the same categories are used, but they are linked to international cut off points by sex, between 2 and 18 years of age, defined to pass through a BMI of 16, 17, and 18.5 (for underweight), 25 (for overweight), and 30 (for obesity) at age 18 years [Cole et al. 2000; Cole et al. 2007]. n/a = prevalence estimates not presented due to unreliability.

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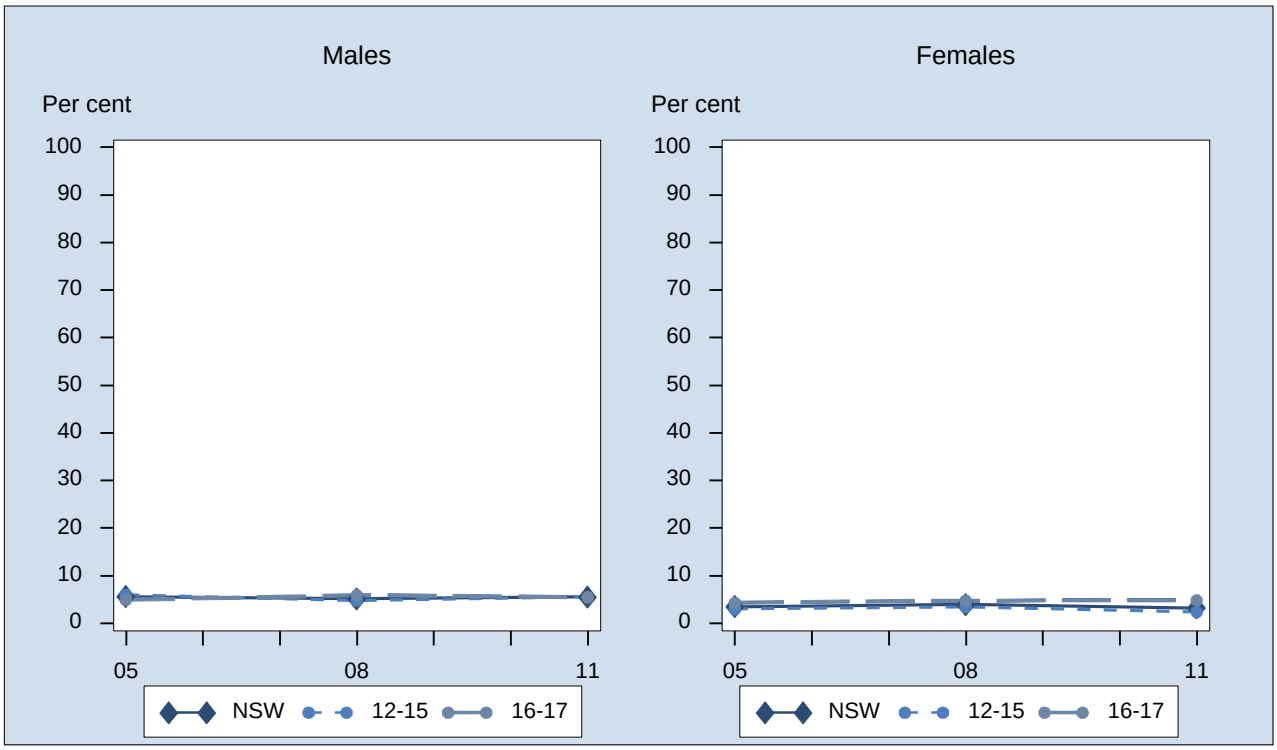
Obese by year, students 12 to 17 years, NSW, 2005-2011



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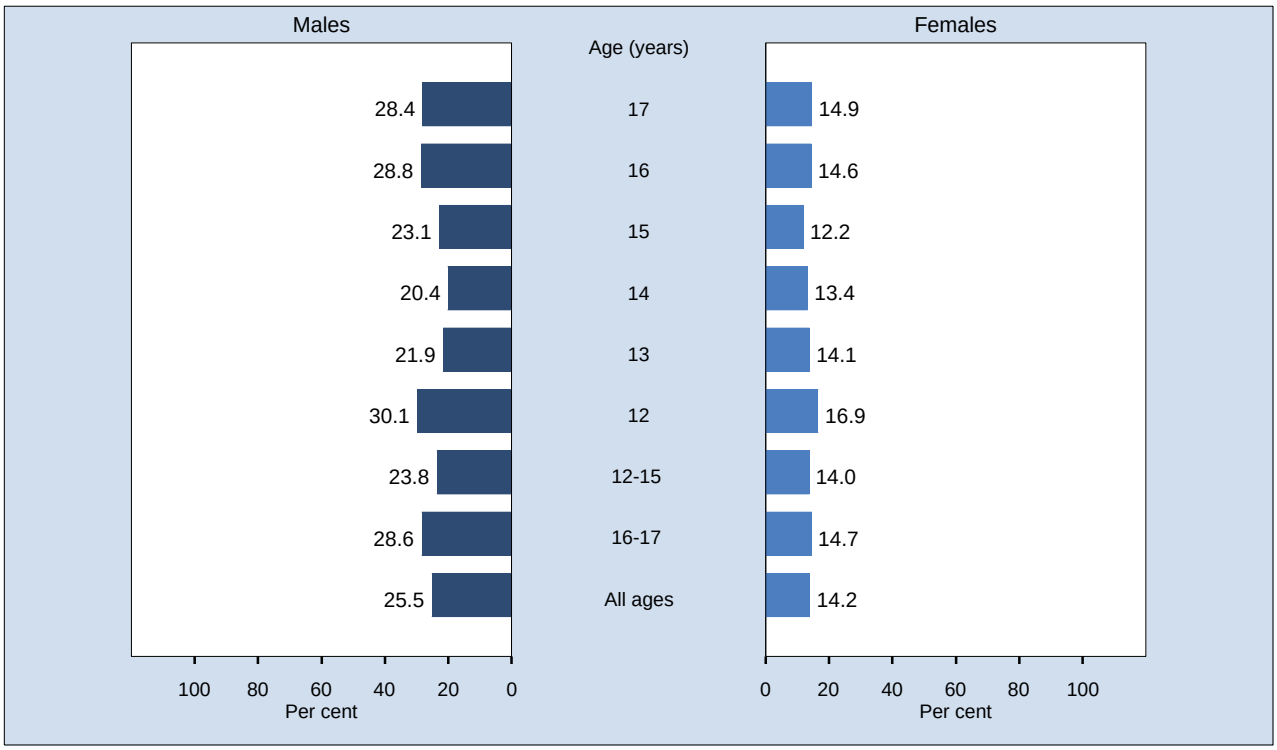
Overweight or obese by age, students 12 to 17 years, NSW, 2011



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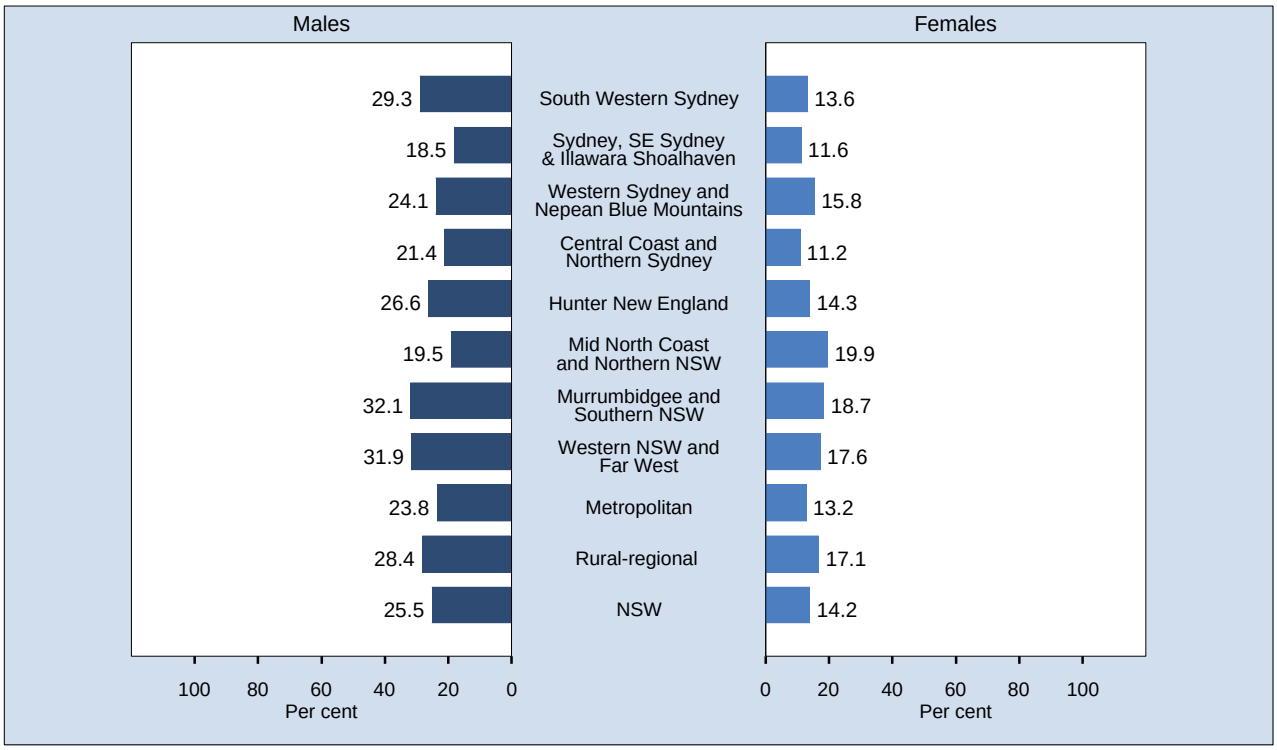
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Overweight or obese by local health district, students 12 to 17 years, NSW, 2011



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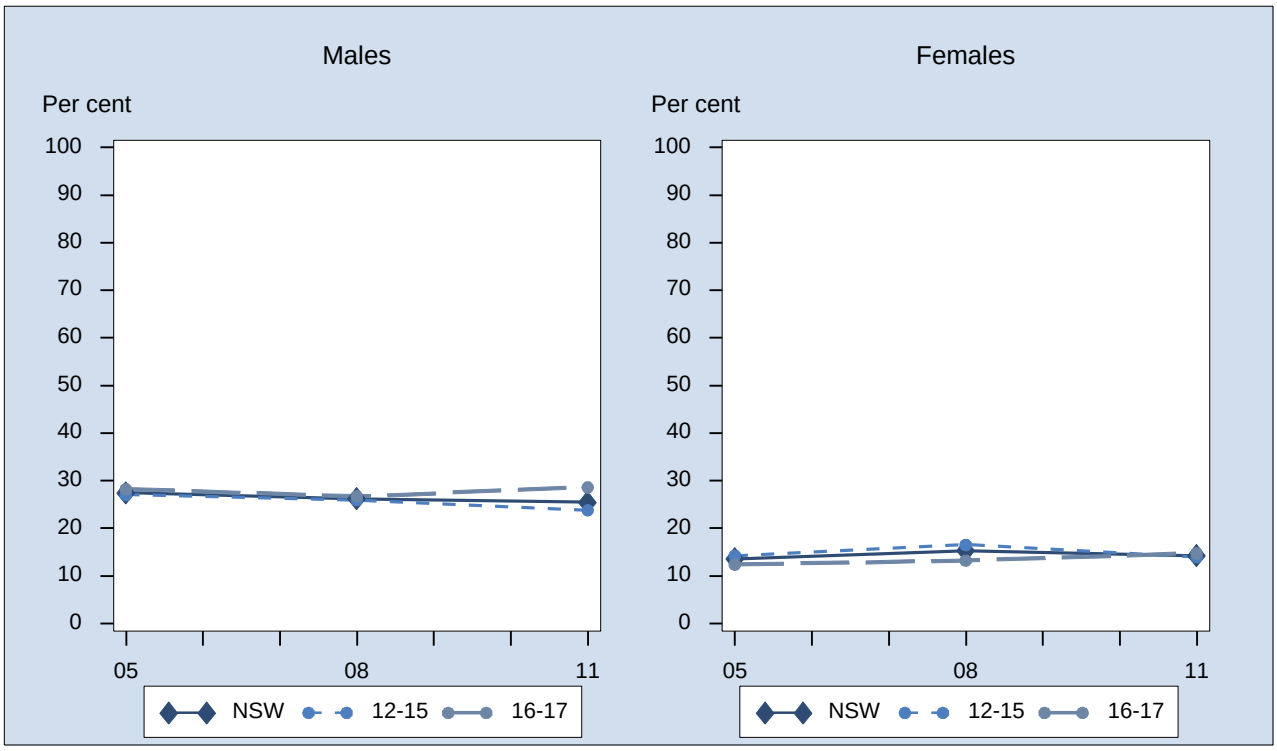
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Overweight or obese by year, students 12 to 17 years, NSW, 2005-2011



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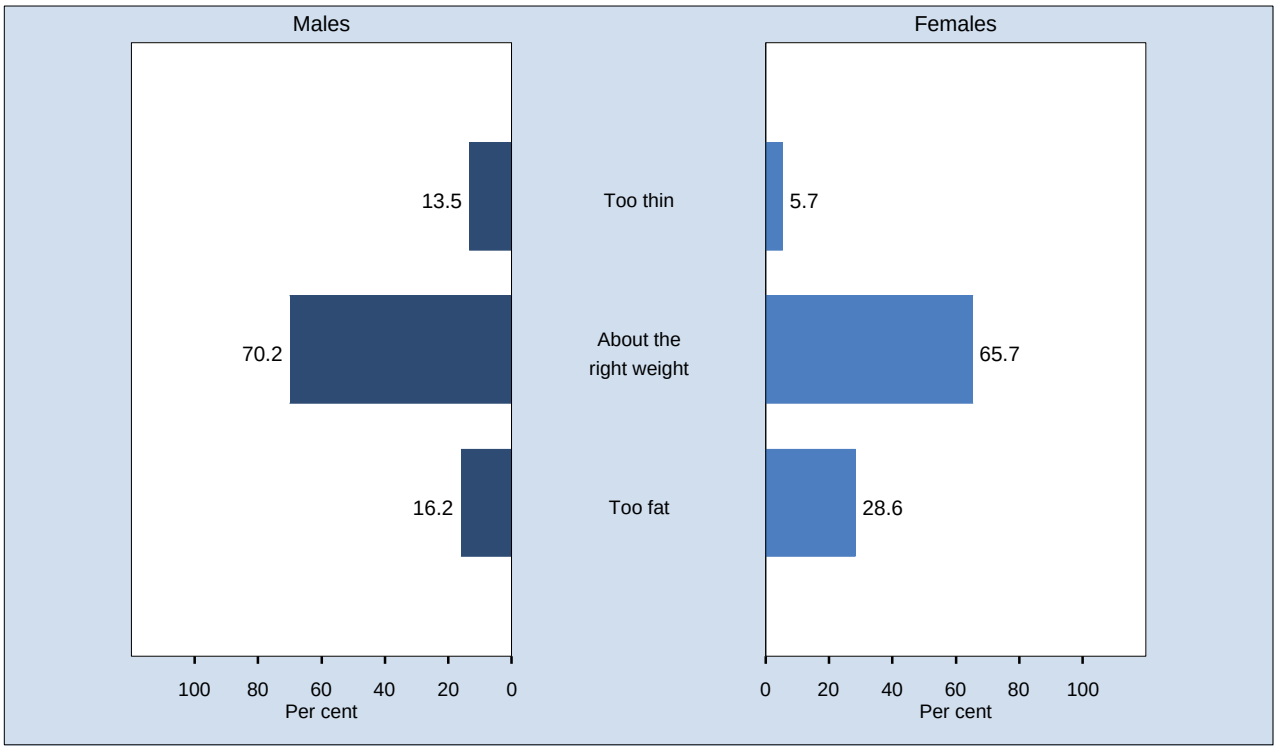
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

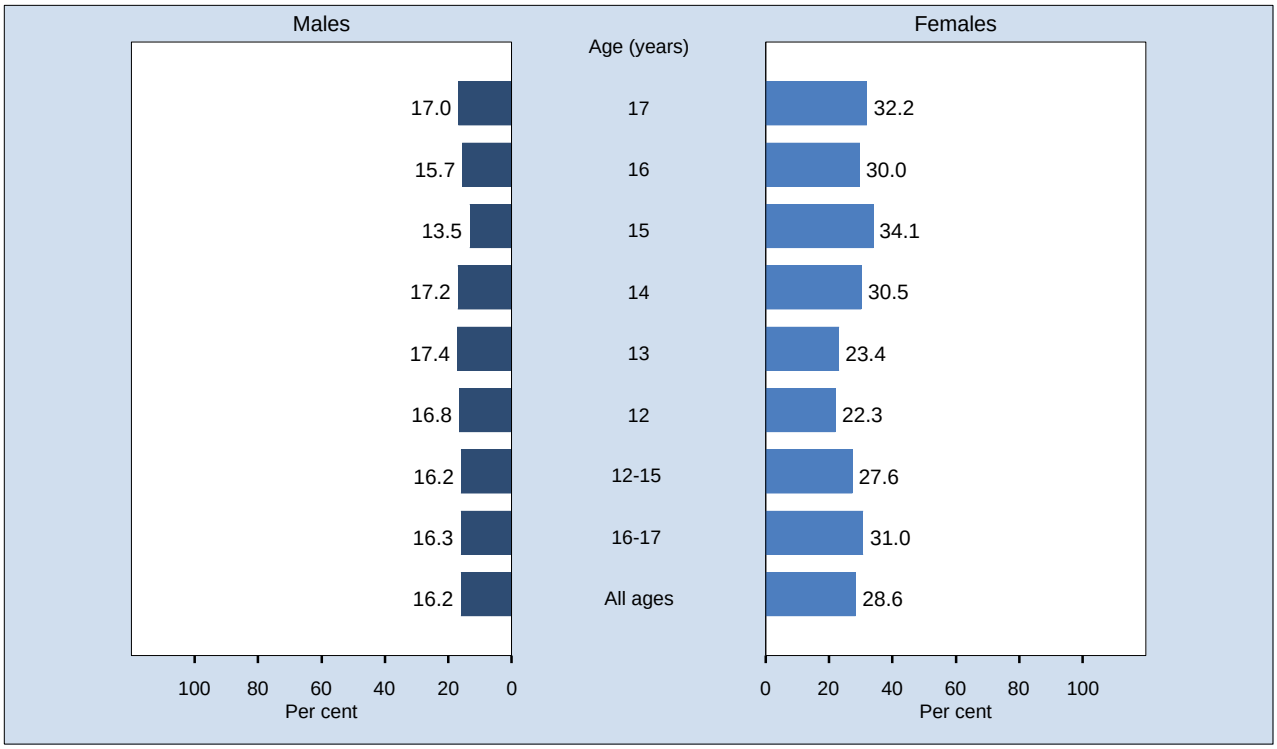
Self-perception of body weight, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,771 respondents in NSW. For this indicator 195 (2.45%) 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Perceived themselves as too fat by age, students 12 to 17 years, NSW, 2011



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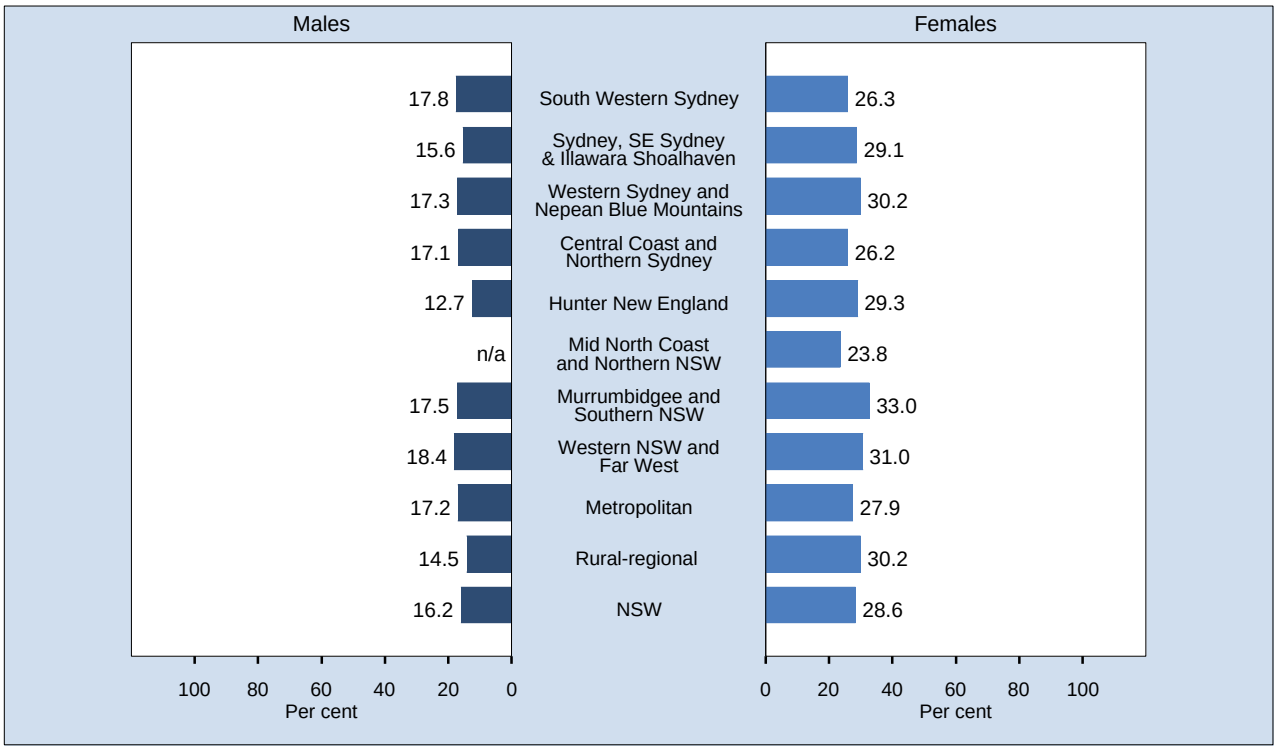
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

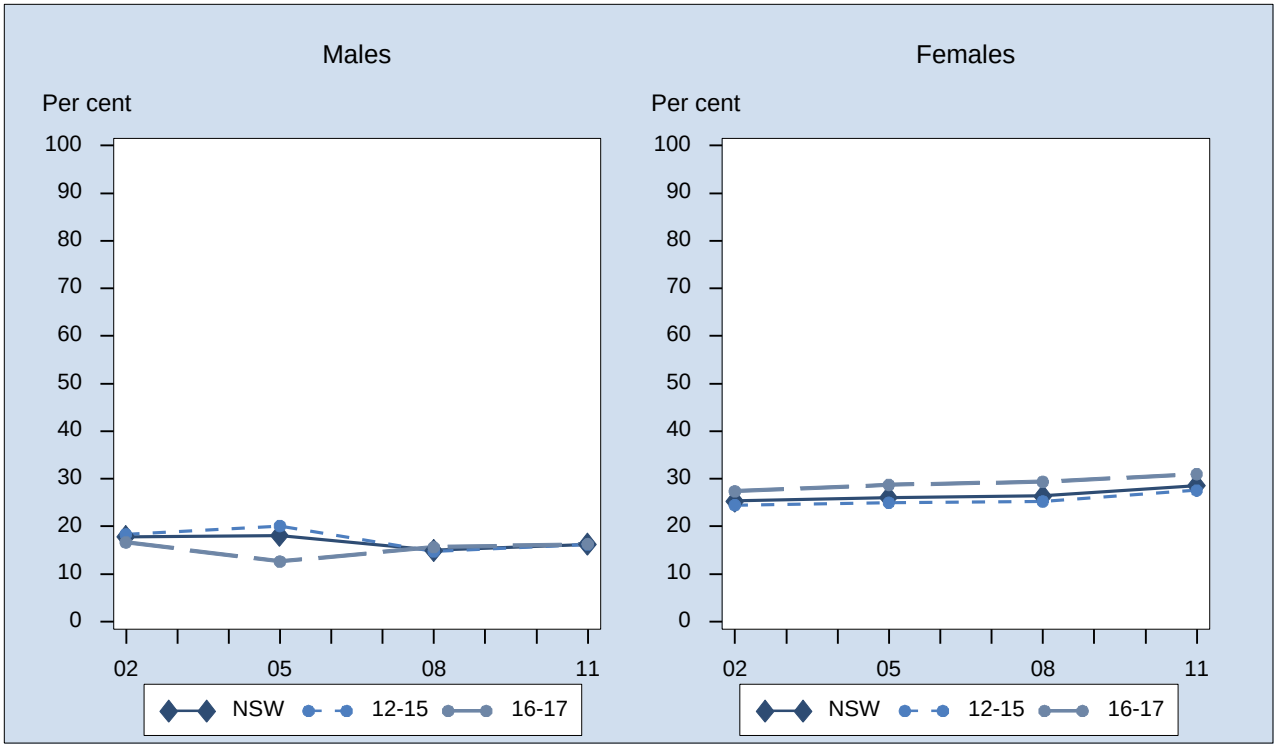
Perceived themselves as too fat by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,771 respondents in NSW. For this indicator 195 (2.45%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who perceived 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

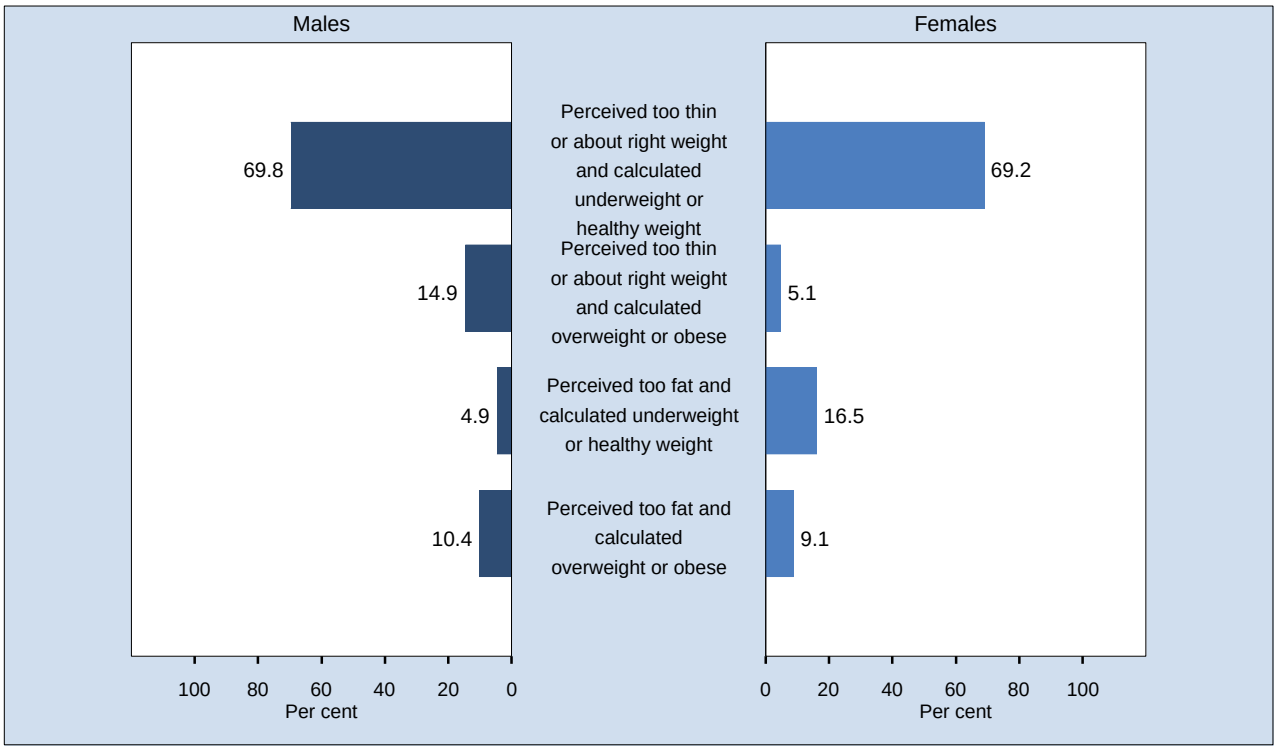
Perceived themselves as too fat by year, students 12 to 17 years, NSW, 2002-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2002 (2,552), 2005 (2,732), 2008 (7,437), 2011 (7,771). The indicator includes those students who perceived 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Perceived body weight versus calculated body mass, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 4,403 respondents in NSW. For this indicator 3,563 (44.73%) 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? and How much do you weigh without clothes or shoes? Body Mass Index (BMI) is calculated as follows: BMI = weight(kg)/height^2(m). The categories shown for BMI scores are underweight (BMI scores less than 18.5), 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Physical activity

Introduction

Physical activity provides fundamental health benefits for children and youth including increased physical fitness, reduced body fatness, favourable cardiovascular and metabolic disease profiles, enhanced bone health and reduced symptoms of depression.[1]

It is recommended that children and adolescents engage in 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'.[2,3]

Sedentary behaviour in childhood influences health in adulthood and, in children, it is associated with being overweight.[4,5] Evidence suggests that decreasing any type of sedentary time is associated with lower health risk in youth aged 5-17 years.[6] 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.[2,3]

Results

Graphs in this section include time students spent doing moderate to vigorous physical activity, sedentary activity and homework when not at school, for students aged 12-17 years for each response or indicator and by age group, sex, LHD and year where possible.

Physical activity

- **Moderate to vigorous physical activity:** In 2011, 13.1 per cent of students aged 12-17 years did at least 60 minutes of moderate to vigorous physical activity every day in the last 7 days, 8.4 per cent did moderate to vigorous activity for at least 60 minutes on 6 of the last 7 days, 13.8 per cent on 5 of the last 7 days, 13.9 per cent on 4 days, 17.7 per cent on 3 days, 15.2 per cent on 2 days, and 11.2 per cent on 1 day. 6.9 per cent of students did not engage in 60 minutes of moderate to vigorous physical activity on any day in the last 7 days.

- **Adequate levels of physical activity:** In 2011, 13.1 per cent of students aged 12-17 years met the minimum recommended levels of physical activity (14.2 per cent of 12-15 year olds and 10.4 per cent of 16-17 year olds; 15.8 per cent of male students and 10.3 per cent of female students; 13.4 per cent of those living in metropolitan LHDs and 12.1 per cent of those living in rural-regional LHDs).

  Between 2005 and 2011, the proportion of students aged 12-17 years who met the minimum recommended level of physical activity did not change significantly. This was also the case between 2008 and 2011.

Sedentary behaviour

- **Sedentary behaviour - when not at school, on an average school day:** In 2011, on an average school day, 2.2 per cent of students aged 12-17 years did not watch television or DVDs or videos, or use the internet, or play computer games (not including for homework) when not at school, 6.0 per cent did these things for 1 hour or less, 20.0 per cent for 2 hours, 20.1 per cent for 3 hours, 16.9 per cent for 4 hours, 12.6 per cent for 5 hours, 9.5 per cent for 6 hours, 5.3 per cent for 7 hours, 3.1 per cent for 8 hours, 1.6 per cent for 9 hours and 2.7 per cent for 10 or more hours.

- **Sedentary behaviour - two or more hours per day when not at school, on an average school day:** In 2011, when not at school on an average school day, 92.0 per cent of students aged 12-17 years watched television or DVDs or videos, or used the internet, or played computer games (not including for homework) for 2 or more hours a day (91.5 per cent of 12-15 year olds and 93.2 per cent of 16-17 year olds; 93.1 per cent of male students and 90.8 per cent of female students; 92.9 per cent of those living in metropolitan LHDs and 89.5 per cent living in rural-regional LHDs).

  Between 2002 and 2011, there was a significant increase in the proportion of students aged 12-17 years who watched television or DVDs or videos, or used the internet, or played computer games (not including for homework) for 2 or more hours a day when not at school (88.9 per cent to 92.0 per cent).

Between 2008 and 2011, the proportion did not change significantly.

- **Homework hours on an average school day:** In 2011, on an average school day when not at school, 11.4 per cent of students aged 12-17 years did not spend any time doing homework, 50.6 per cent spent one hour or less doing homework, 25.1 per cent did 2 hours, 8.4 per cent did 3 hours, 2.8 per cent did 4 hours and 1.7 per cent did 5 or more hours.

  In 2011, on an average school day when not at school, 12.9 per cent of students aged 12-17 years spent 3 or more hours doing homework (9.7 per cent of 12-15 year olds and 20.4 per cent of 16-17 year olds; 10.9 per cent of male students and 14.9 per cent of female students; 15.2 per cent of those living in metropolitan LHDs and 8.3 per cent of those living in rural-regional LHDs).

  Between 2002 and 2011, the proportion of students aged 12-17 years who spent 3 or more hours doing homework on a school day when not at school did not change significantly. However between 2005 and 2011, the proportion of students who spent 3 or more hours doing homework on a school day when not at school increased (9.8 per cent to 12.9 per cent).

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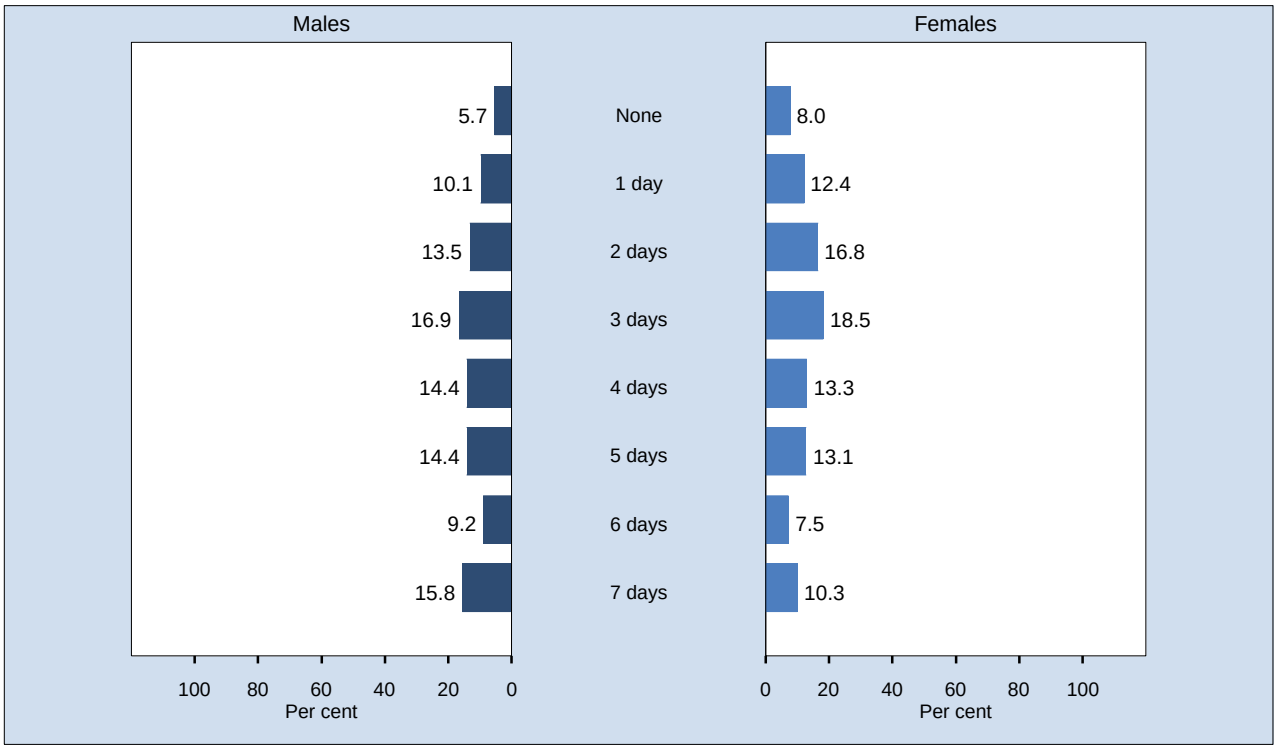
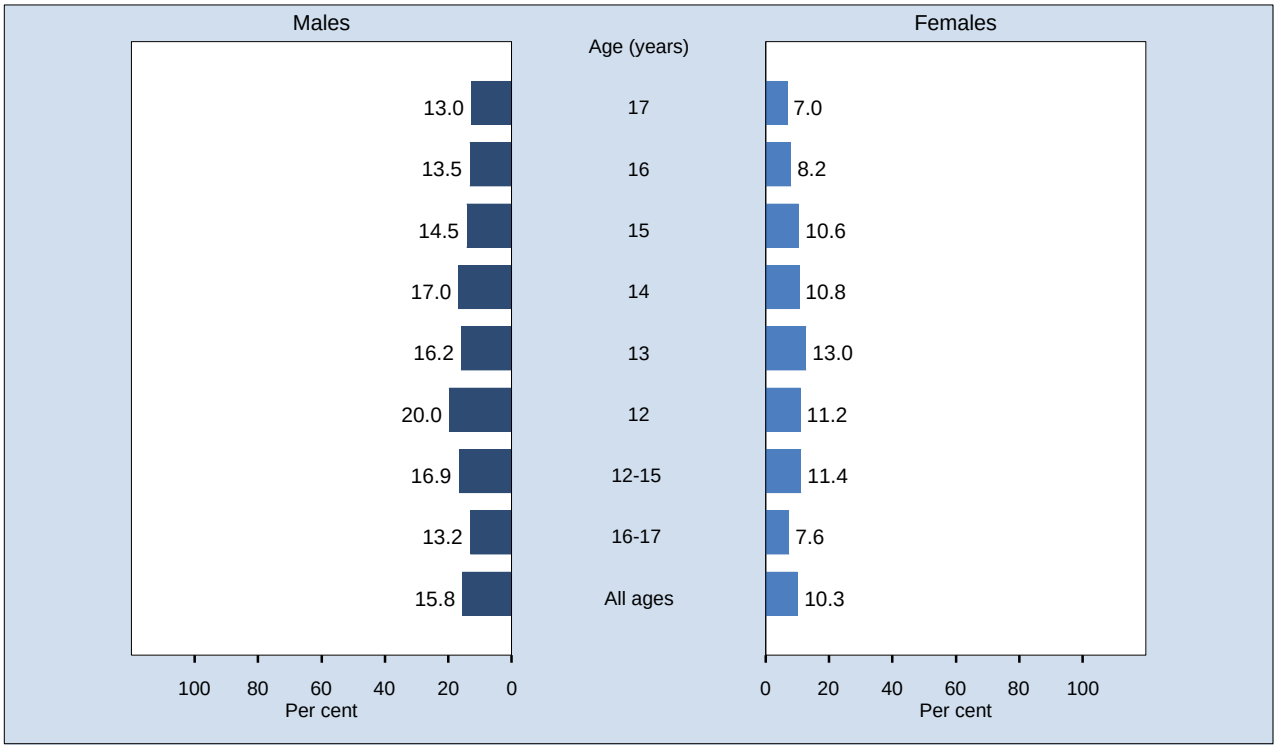
Number of days of moderate or vigorous physical activities in the last 7 days, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,691 respondents in NSW. For this indicator 275 (3.45%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: 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.)

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

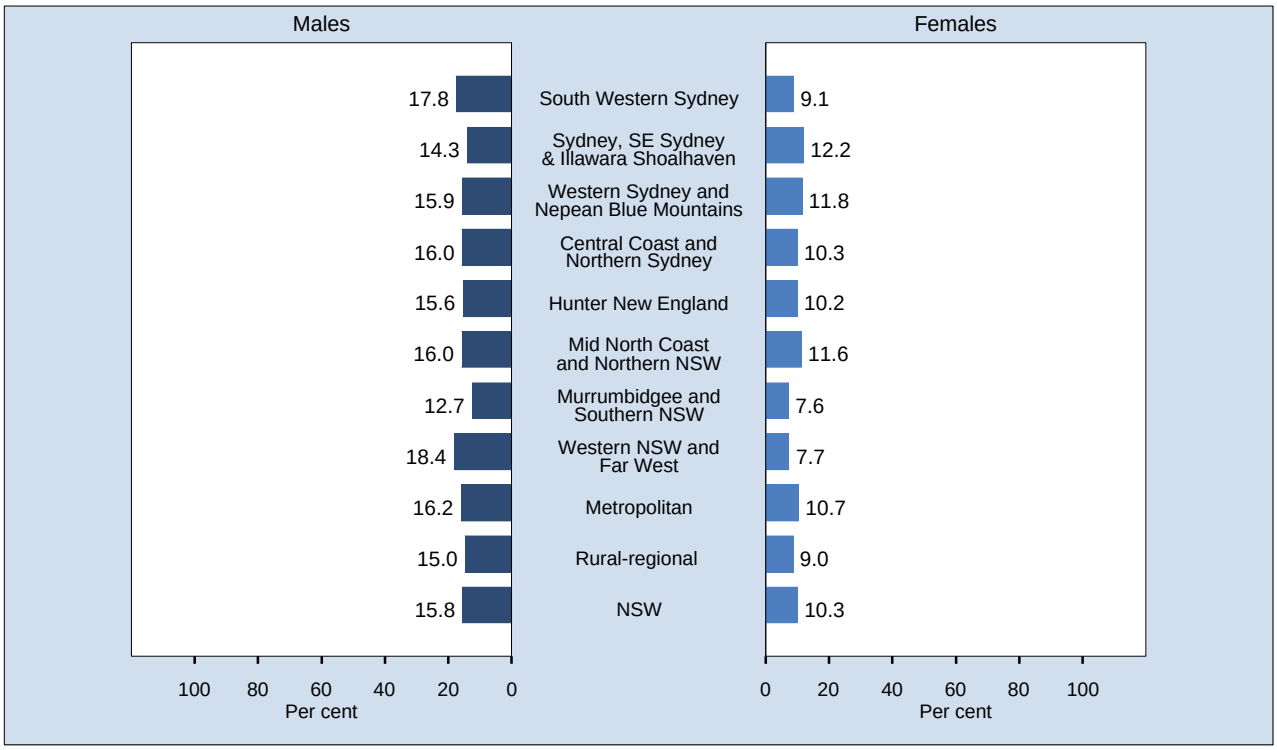
Adequate physical activity by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,691 respondents in NSW. For this indicator 275 (3.45%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who did at least 60 minutes of moderate physical activity every day. The question used to define the indicator was: 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 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

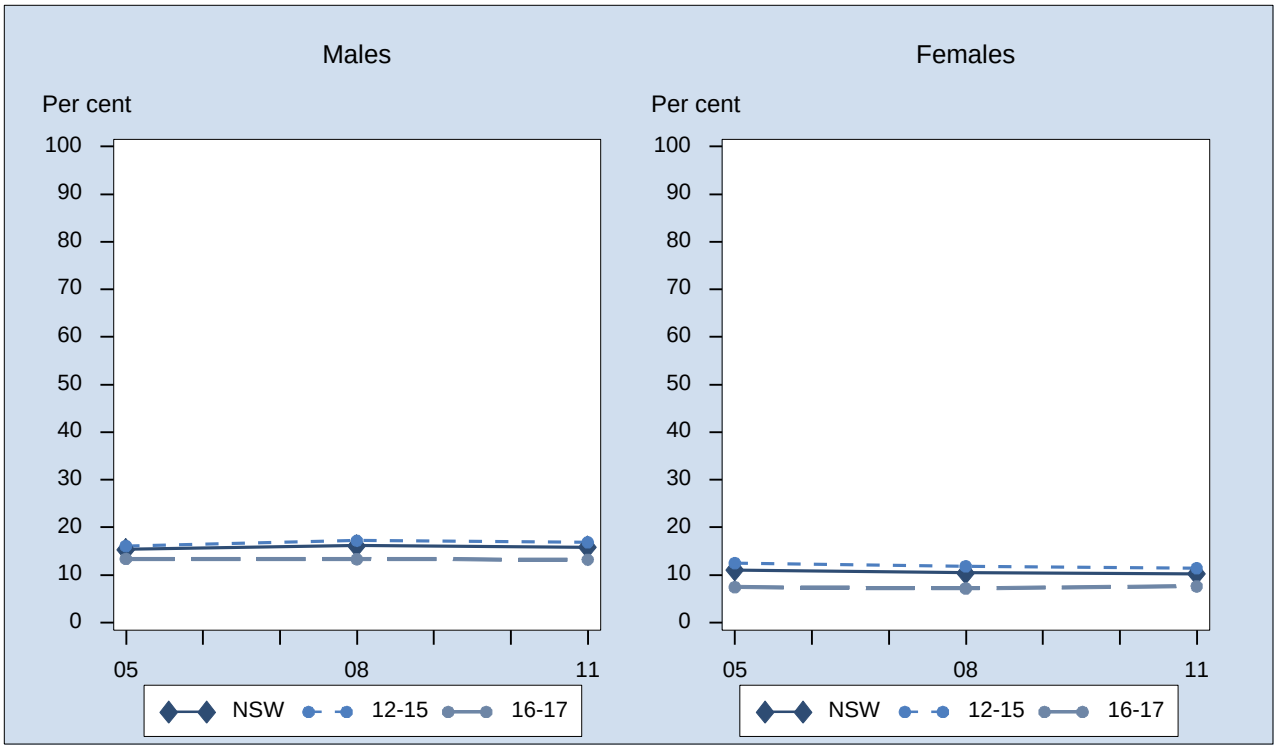
Adequate physical activity by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,691 respondents in NSW. For this indicator 275 (3.45%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who did at least 60 minutes of moderate physical activity every day. The question used to define the indicator was: 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 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

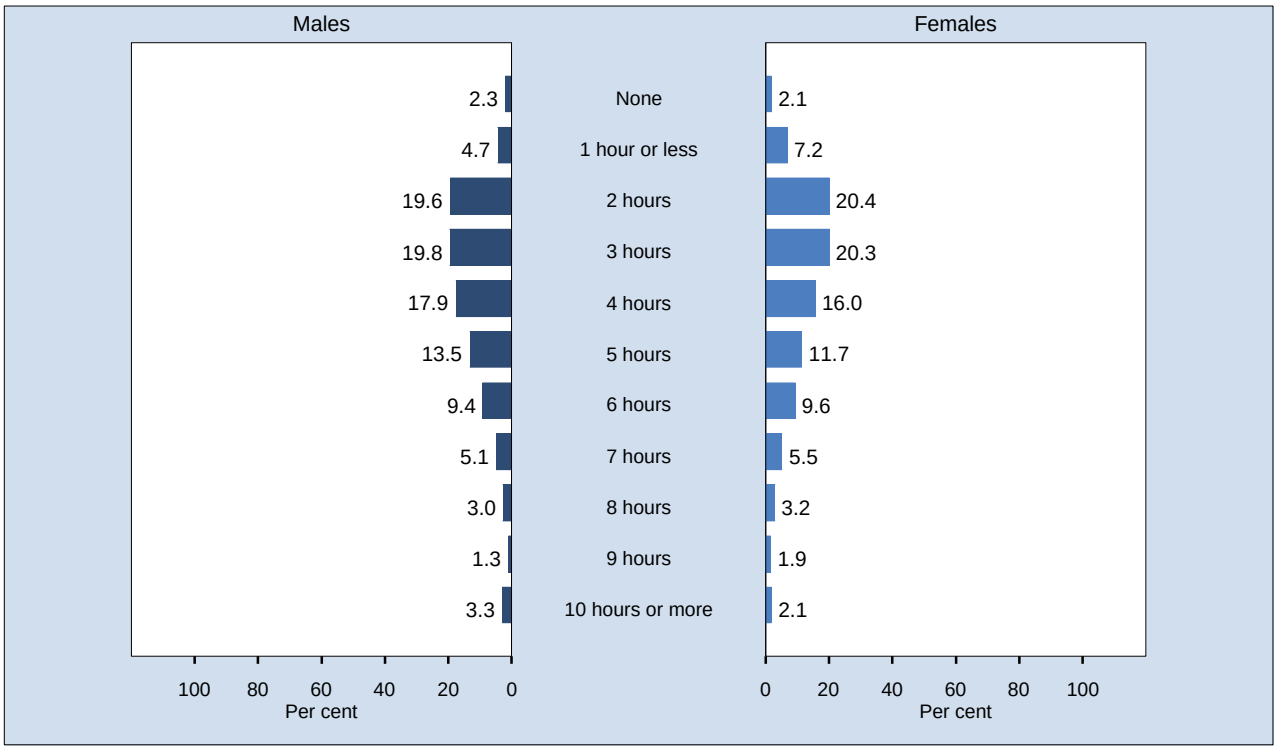
Adequate physical activity by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,463), 2008 (7,437), 2011 (7,691). The indicator includes those students who did at least 60 minutes of moderate physical activity every day. The question used to define the indicator was: 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 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

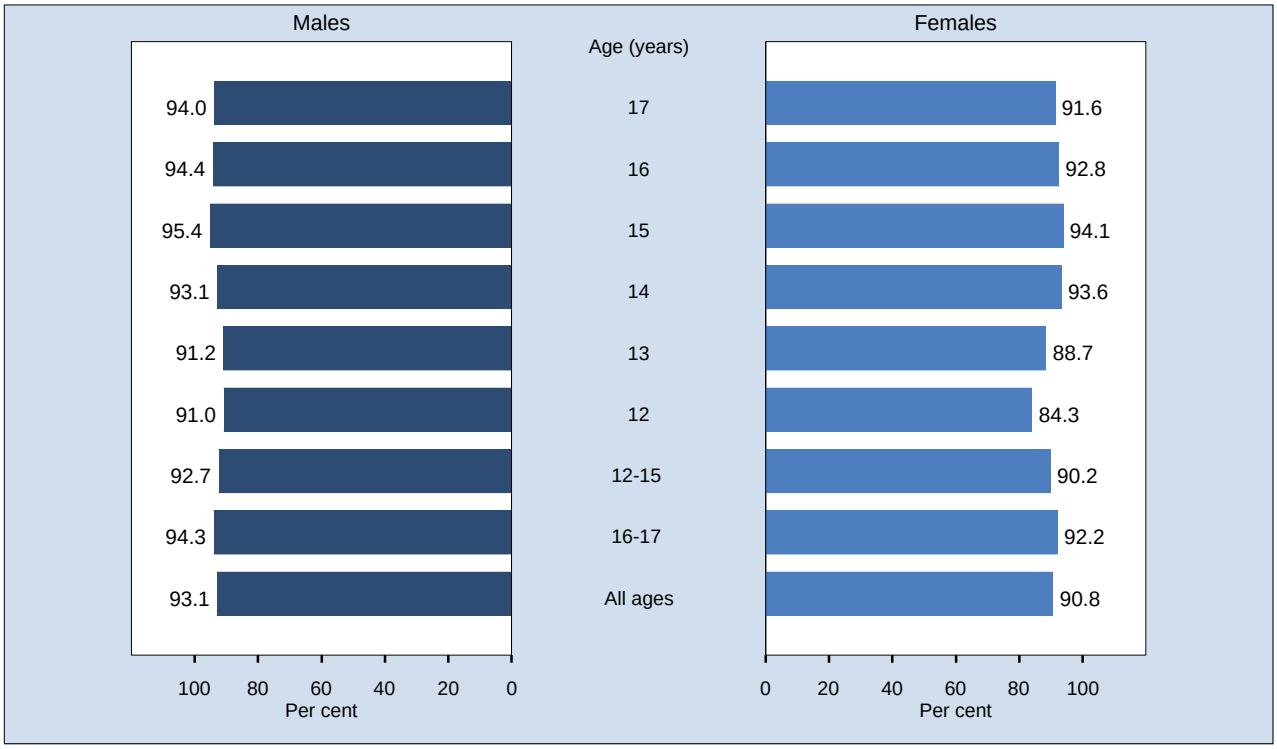
Sedentary behaviour when not at school (excluding homework), students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,491 respondents in NSW. For this indicator 475 (5.96%) 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 TV/Videos/DVDs; use the Internet/play computer games (not including for homework)?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

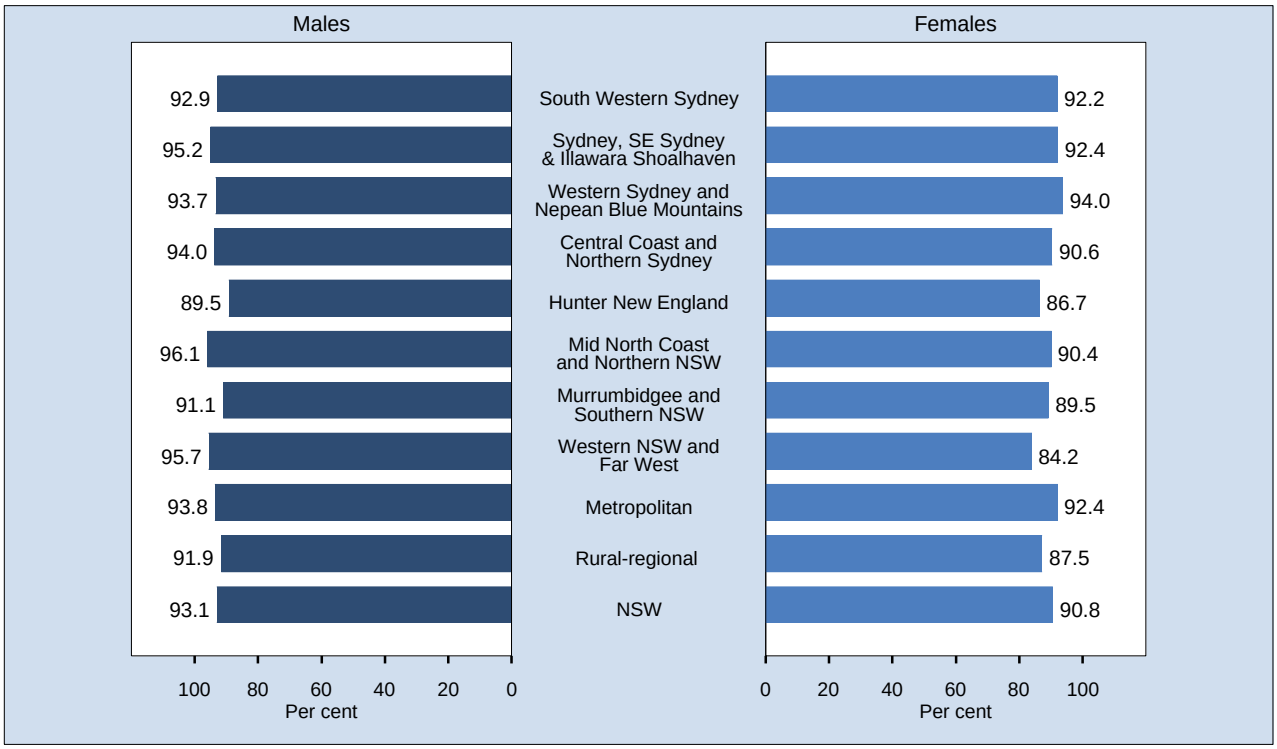
Two or more hours of sedentary behaviour when not at school by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,658 respondents in NSW. For this indicator 308 (3.87%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who spent 2 or more hours a day watching television, DVDs, videos, 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 TV/Videos/DVDs; use the Internet/play computer games (not including for homework)?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

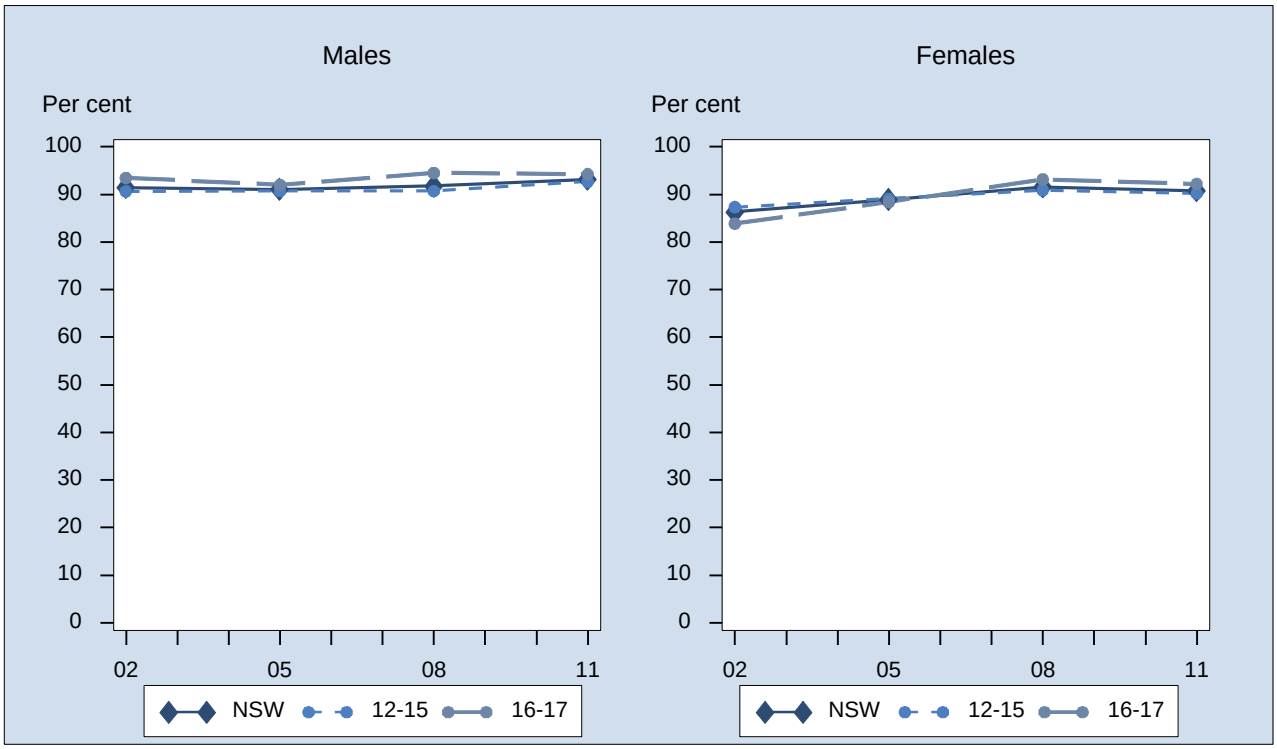
Two or more hours of sedentary behaviour when not at school by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,658 respondents in NSW. For this indicator 308 (3.87%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who spent 2 or more hours a day watching television, DVDs, videos, 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 TV/Videos/DVDs; use the Internet/play computer games (not including for homework)?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

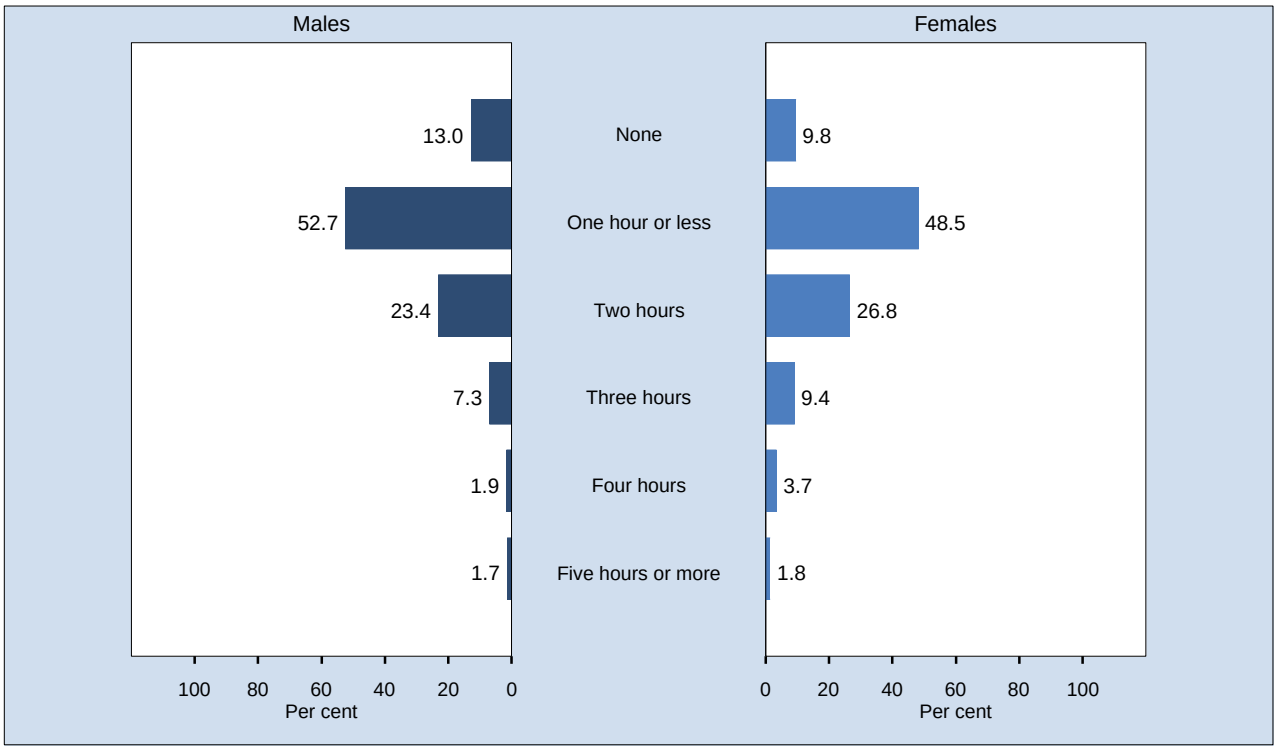
Two or more hours of sedentary behaviour when not at school by year, students 12 to 17 years, NSW, 2002-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2002 (5,934), 2005 (5,312), 2008 (7,251), 2011 (7,658). The indicator includes those students who spent 2 or more hours a day watching television, DVDs, videos, 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 TV/Videos/DVDs; use the Internet/play computer games (not including for homework)?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

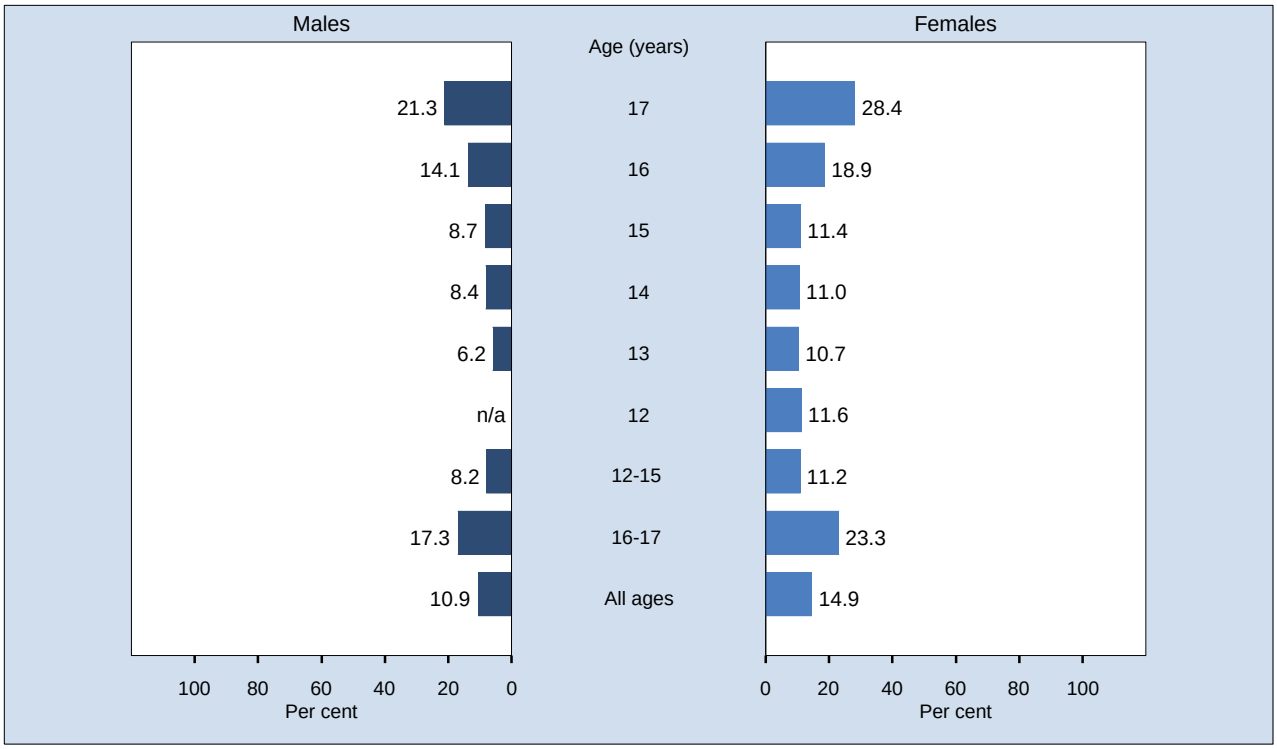
Hours spent doing homework on a school day, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,594 respondents in NSW. For this indicator 372 (4.67%) 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 spend doing homework when you are not at school?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

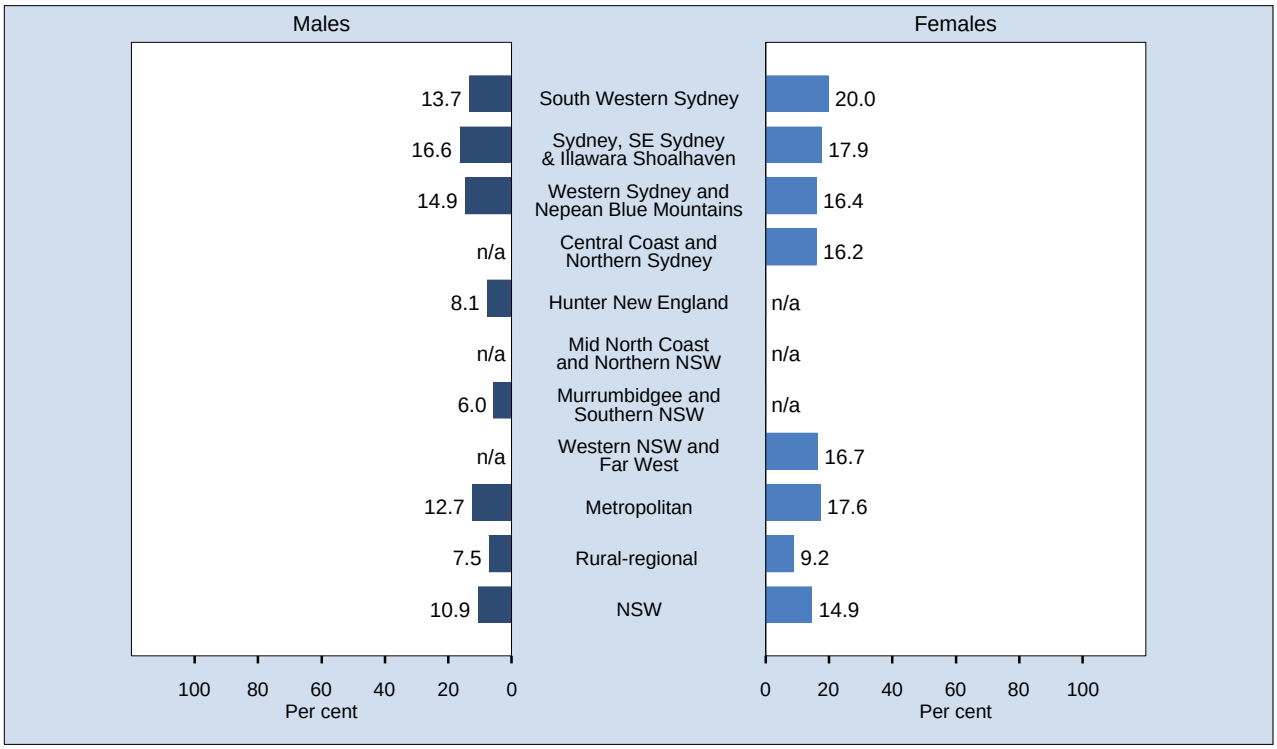
Three or more hours of homework on a school day by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,594 respondents in NSW. For this indicator 372 (4.67%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who spent 3 or more hours doing homework on a school day when not at school. The question used to define the indicator was: On an average school day, about how many hours a day do you spend doing homework when you are not at school? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

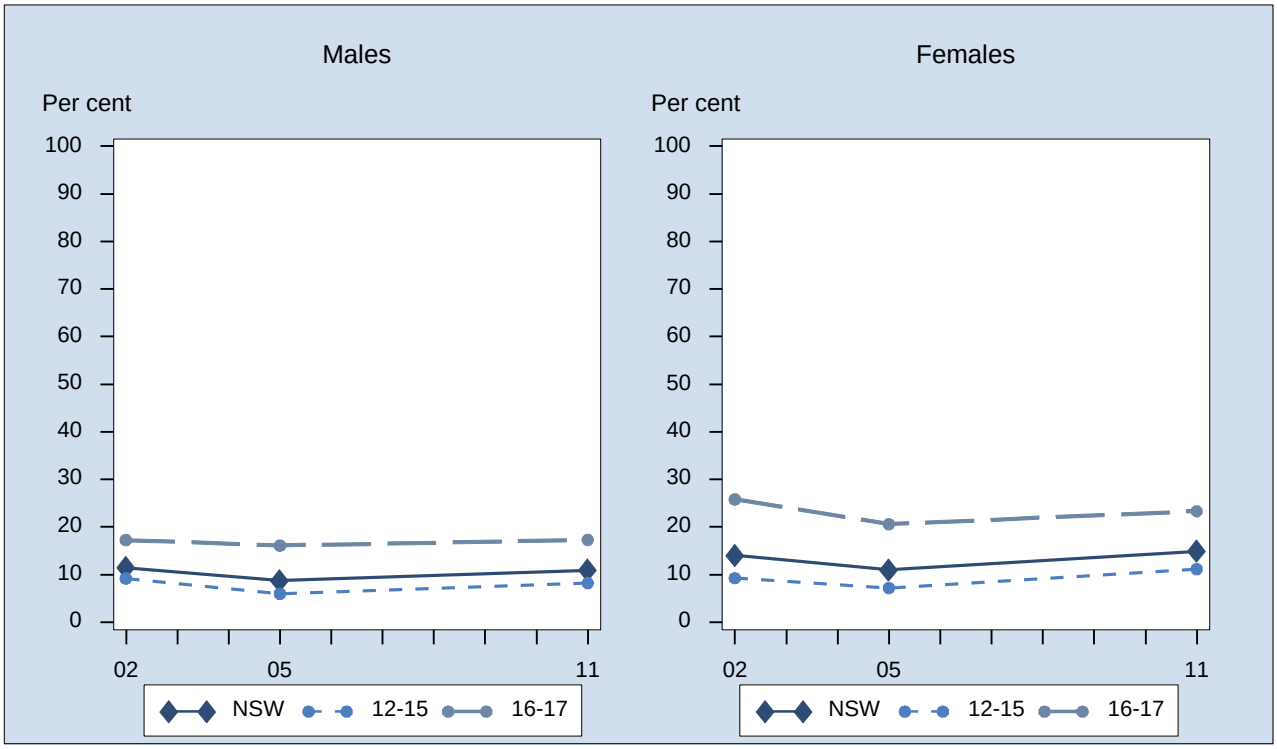
Three or more hours of homework on a school day by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,594 respondents in NSW. For this indicator 372 (4.67%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who spent 3 or more hours doing homework on a school day when not at school. The question used to define the indicator was: On an average school day, about how many hours a day do you spend doing homework when you are not at school? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Three or more hours of homework on a school day by year, students 12 to 17 years, NSW, 2002-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2002 (6,001), 2005 (5,376), 2011 (7,594). The indicator includes those students who spent 3 or more hours doing homework on a school day when not at school. The question used to define the indicator was: On an average school day, about how many hours a day do you spend doing homework when you are not at school?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Injury

Introduction

Injury is a major cause of preventable death and disability. It is the leading cause of death among young people aged 12-24 years and can result in ongoing disability and long term conditions. Injury was first recognised as a national health priority in 1986 and, since 1996, injury prevention and safety promotion has been a National Health Priority Area.[1,2]

Leading causes of injury in young people are being cut with a knife, tool or other implement, followed by a low fall of one metre or less, and hitting, or being hit by, something. The most commonly sustained injuries are open wounds, bruising, and dislocations, sprains, strains or torn muscles/ligaments.[2]

The severity of injuries varies. In this survey, young people were asked if they had had an injury which required attention from a health professional.

Results

Graphs in this section include injury in the last 6 months, type of activity undertaking when student last injured, dental injuries, for students aged 12-17 years for each response or indicator and by age group, sex, LHD and year where possible.

- **Injured in the last 6 months requiring attention from a health professional:** In the last 6 months, 36.5 per cent of students aged 12-17 years had an injury that required them to seek attention from a health professional (37.0 per cent of 12-15 year olds and 35.1 per cent of 16-17 year olds; 39.3 per cent of male students and 33.5 per cent of female students; 35.2 per cent living in metropolitan LHDs and 38.8 per cent living in rural-regional LHDs).

  Between 1996 and 2011 there was a significant decrease in the proportion of students aged 12-17 years injured in the last 6 months (44.4 per cent to 36.5 per cent), although, between 2008 and 2011, there was no significant change.

- **Type of activity when injured:** In 2011, for their most recent injury, 62.2 per cent of students aged 12-17 years were injured when they were participating in sport (excluding school sport); 21.1 per cent were injured when at leisure or play; 26.1 per cent were injured doing school activities (including school sport); 9.0 were travelling on foot or on wheels; 2.8 per cent were injured while working; and 2.5 per cent were injured while doing other activities; and 1.9 were travelling in a vehicle.

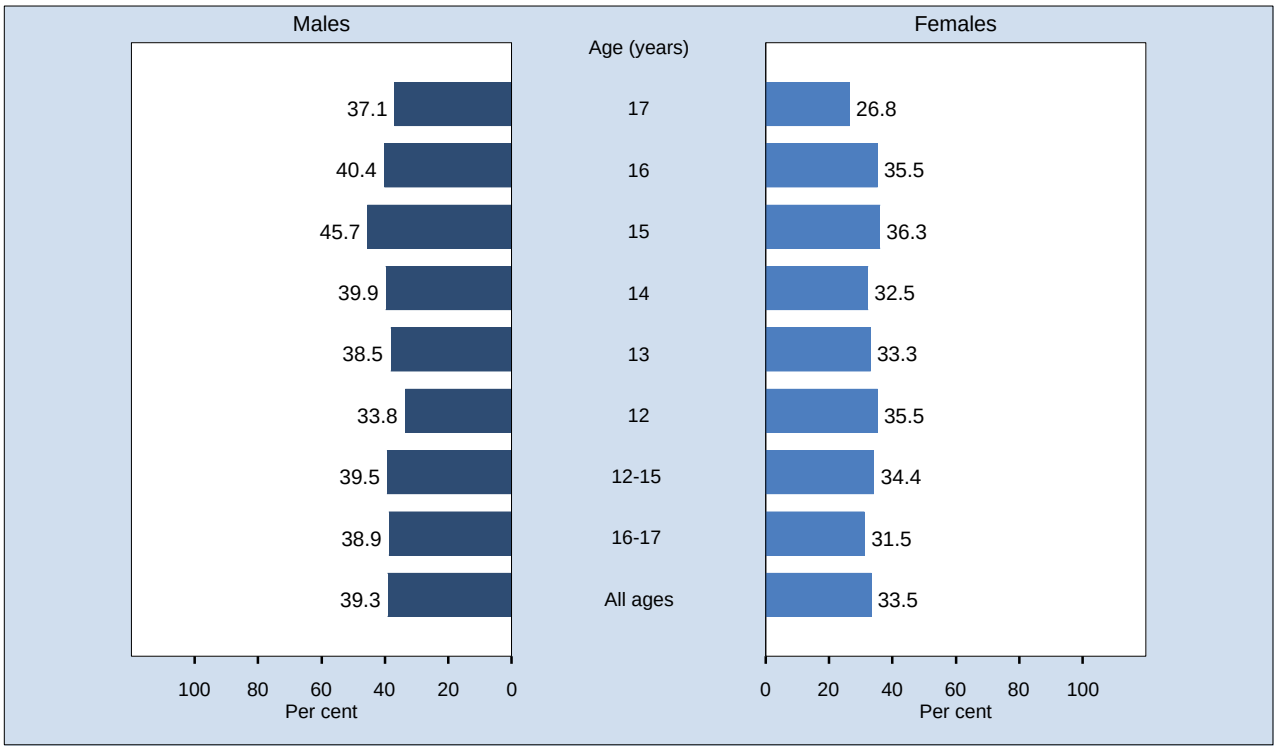
- **Ever had dental injuries:** In 2011, 25.1 per cent of students aged 12-17 years had had dental injuries at some time (26.2 per cent of 12-15 year olds and 22.6 per cent of 16-17 year olds; 29.3 per cent of male students and 20.8 per cent of female students; 23.7 per cent of those living in metropolitan LHDs and 27.8 per cent of those living in rural-regional LHDs).

- **Type of dental injuries:** In 2011, 75.0 per cent of students aged 12-17 years had never had a dental injury, 5.9 had a tooth being completely knocked out; 10.9 had a tooth being loosened but not completely knocked out; 12.5 had a fractured tooth and 0.2 per cent had other dental injuries.

References

1. National Health and Medical Research Council. *Paradigm Shift, Injury, From problem to solution.* Canberra: Commonwealth of Australia, 1999. Available online at http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/r10.pdf (accessed 21 January 2013).
2. Australian Institute of Health and Welfare. *Injury among young Australians* Bulletin 60 May 2008 . Available online at http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=6442452801 (accessed 21 November 2012).

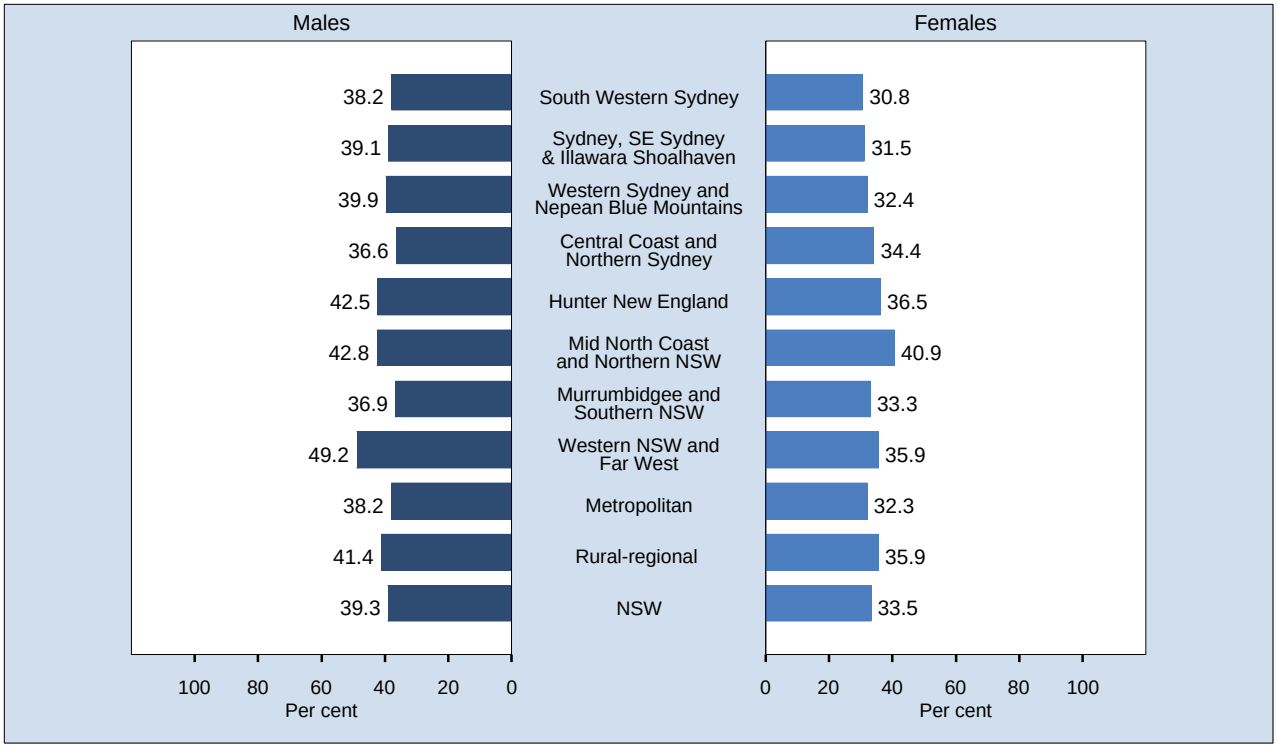
Injured in the last 6 months by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,593 respondents in NSW. For this indicator 373 (4.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had been injured in the past 6 months: The question used to define the indicator was: In the past 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

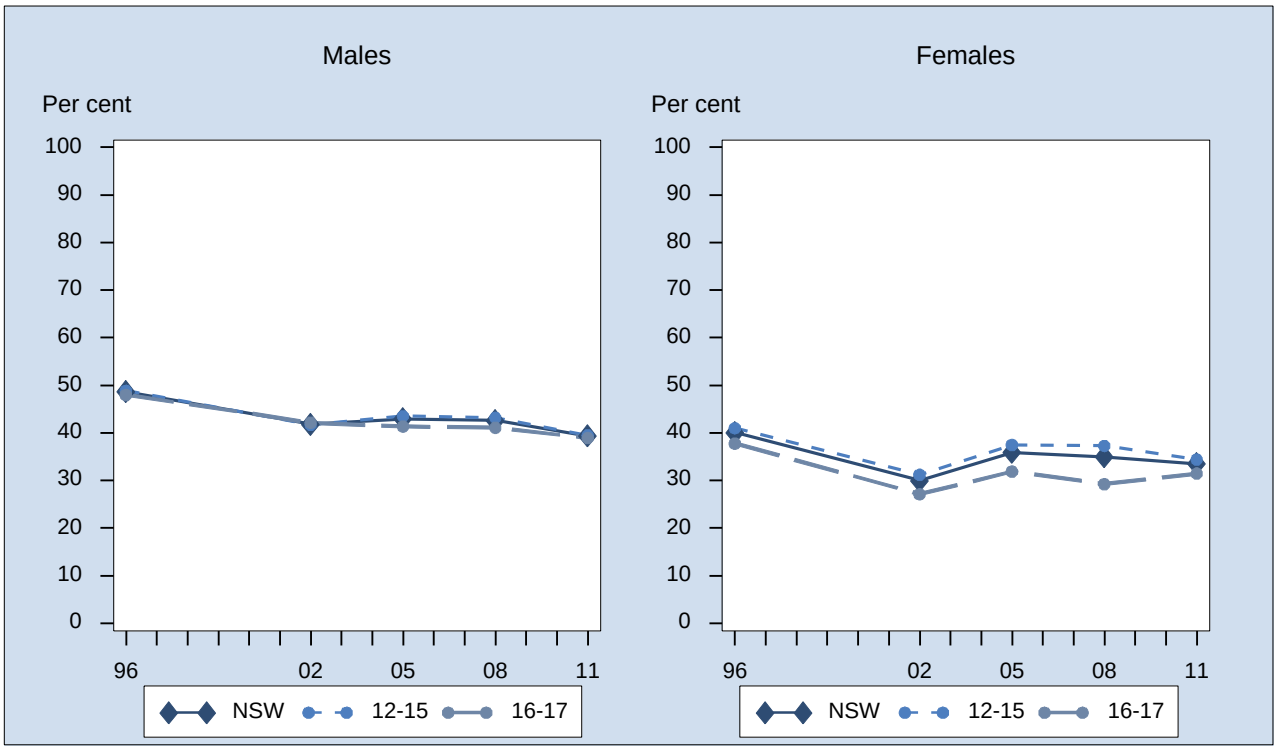
Injured in the last 6 months by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,593 respondents in NSW. For this indicator 373 (4.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had been injured in the past 6 months: The question used to define the indicator was: In the past 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

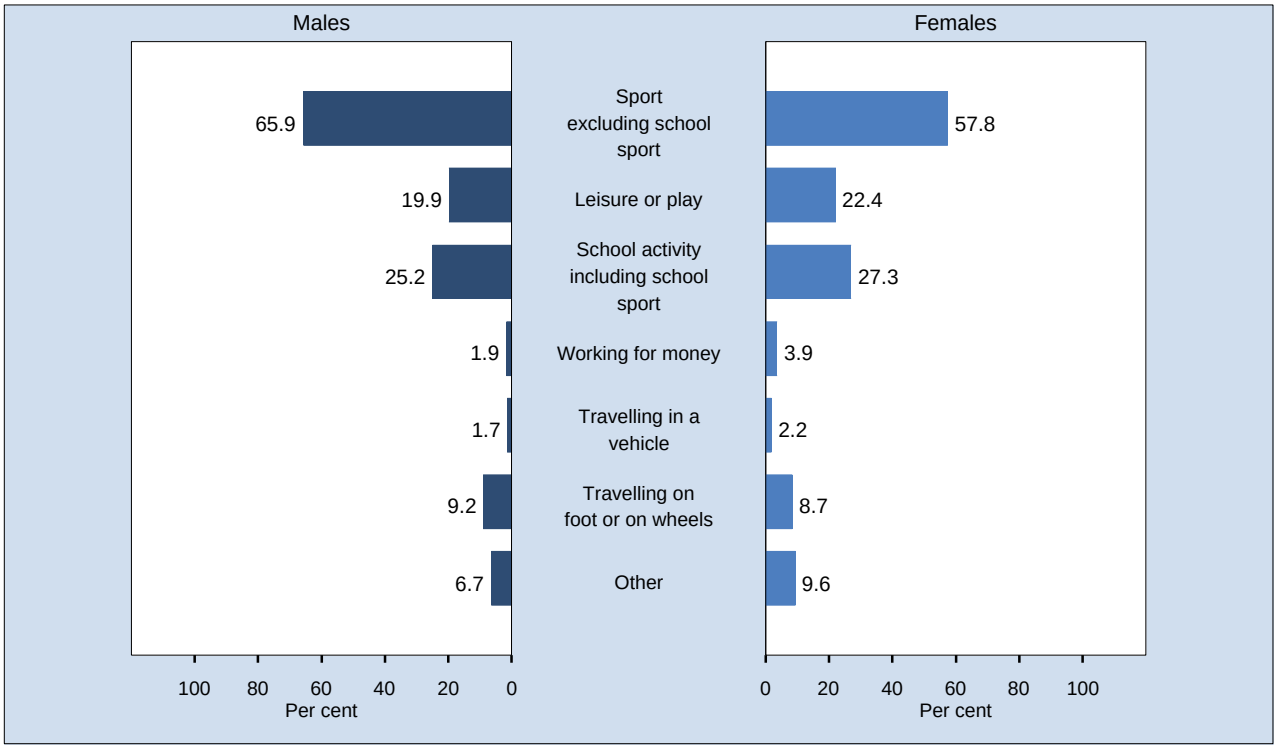
Injured in the last 6 months by year, students 12 to 17 years, NSW, 1996-2011



Note: Estimates are based on the following numbers of respondents for NSW: 1996 (4,788), 2002 (2,481), 2005 (2,683), 2008 (7,380), 2011 (7,593). The indicator includes those students who had been injured in the past 6 months: The question used to define the indicator was: In the past 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

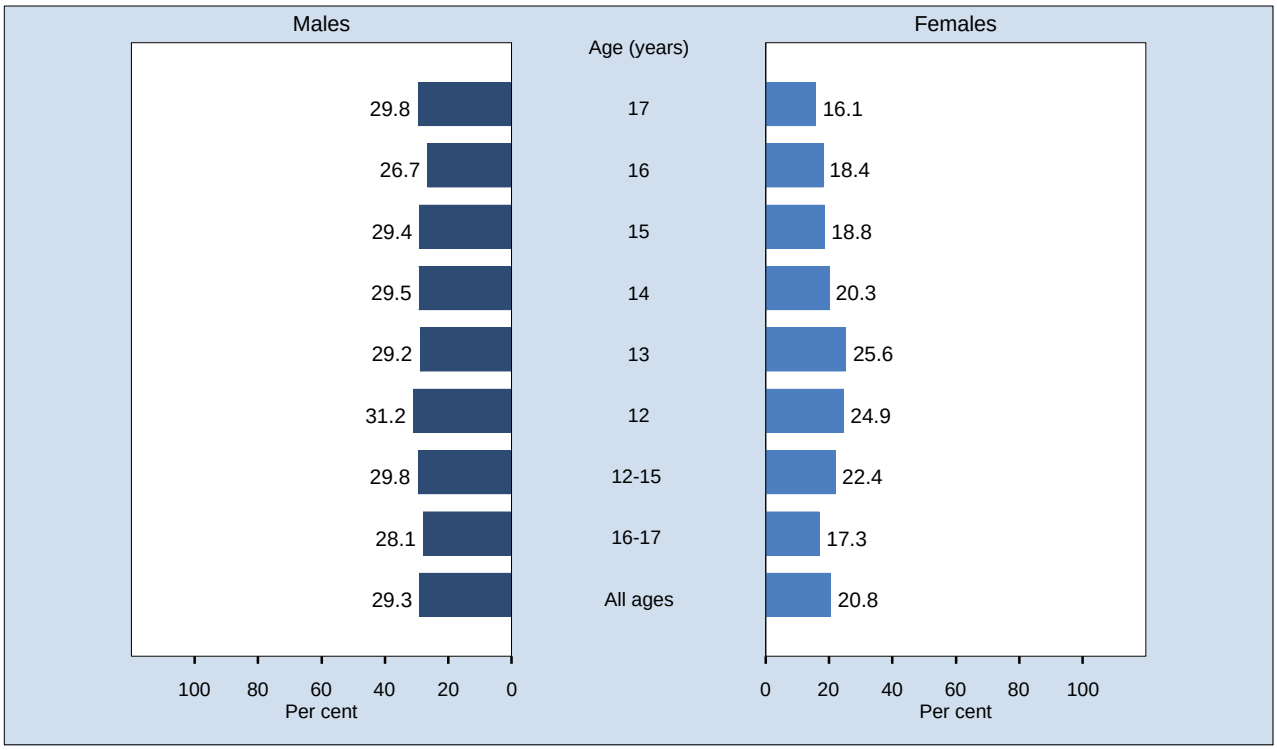
Type of activity when injured, students aged 12 to 17 years who were injured in the last 6 months, NSW, 2011



Note: Estimates are based on 2,671 respondents in NSW. For this indicator 47 (1.73%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: In the past 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 the most recent time you were hurt or injured and required medical attention from a doctor, physiotherapist or another health professional: School activity (including school sport), Sport (playing or training, excludes school sport), Leisure or play, Working for money, Travelling in a vehicle, Travelling on foot or on wheels, Doing any other activity (specify)? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

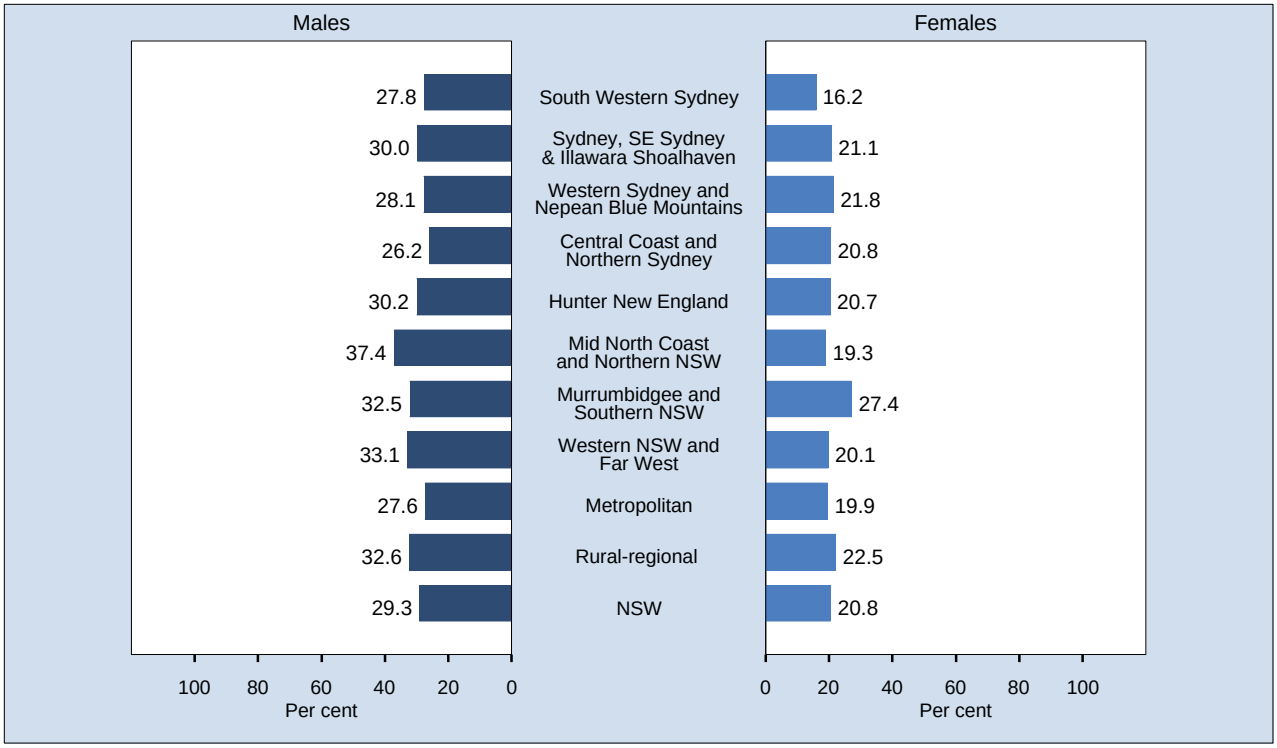
Ever had dental injuries by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,445 respondents in NSW. For this indicator 521 (6.54%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had ever had a dental injury. The question used to define the indicator was: Which of the following dental injuries have you ever had? None; A tooth was completely knocked out; A tooth was loosened but not completely knocked out; A fractured tooth; Other (please specify))

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

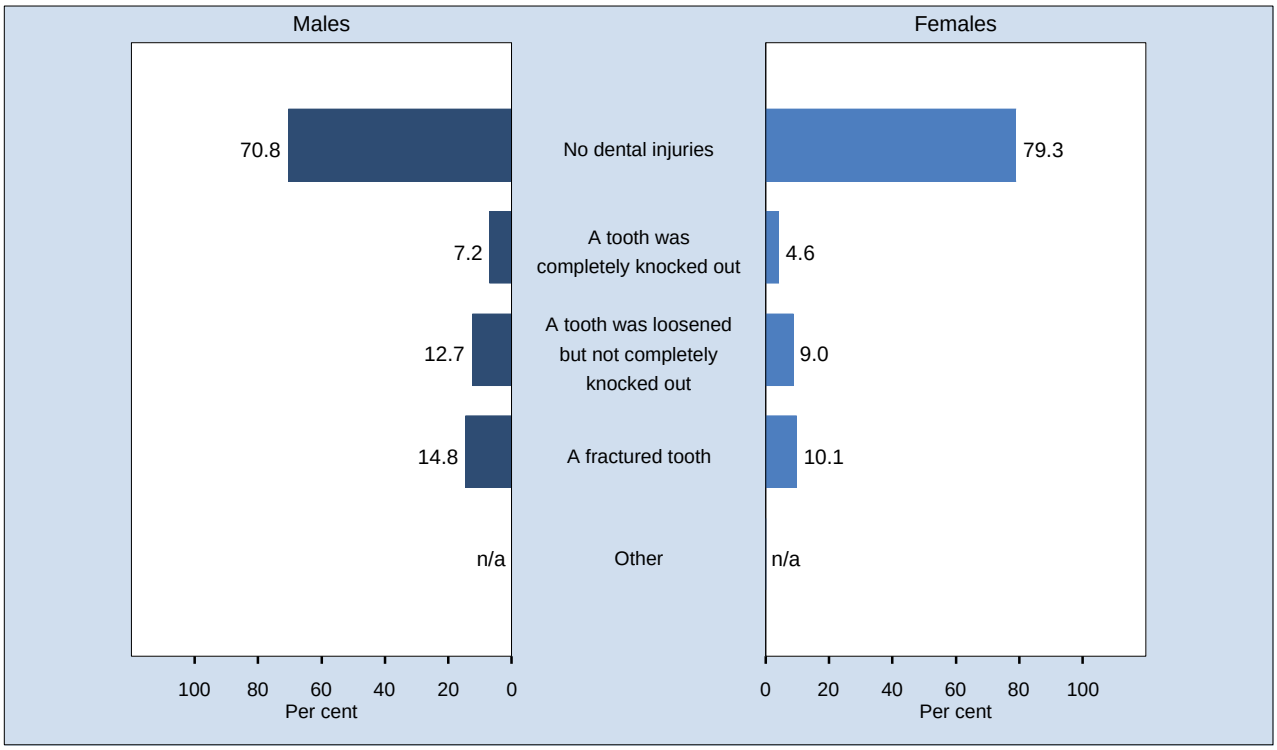
Ever had dental injuries by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,445 respondents in NSW. For this indicator 521 (6.54%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had ever had a dental injury. The question used to define the indicator was: Which of the following dental injuries have you ever had? None; A tooth was completely knocked out; A tooth was loosened but not completely knocked out; A fractured tooth; Other (please specify))

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Dental injuries, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,436 respondents in NSW. For this indicator 521 (6.55%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: Which of the following dental injuries have you ever had? None; A tooth was completely knocked out; A tooth was loosened but not completely knocked out; A fractured tooth; Other (please specify) Respondents could mention more than 1 response. Percentages may total more than 100%. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry 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.[1-3]

Since 1996 psychological distress in students has been identified by 3 components: 1 - feeling unhappy or sad or depressed during the last 6 months; 2 - feeling nervous or stressed or under pressure during the last 6 months; and 3 - 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 question 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 question asked about the severity of the episode. A student who responded 'almost more than I can take' to this question within 1 or more components is described as experiencing high psychological distress. The third question asked about any actions taken to solve the problem or people talked to about the problem.[1-2]

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 also presented.

Results

Graphs in this section include unhappiness, sadness, or depression, nervousness, stress, or pressure, in trouble because of behaviour, high psychological distress, and problems that affected school performance, for students aged 12-17 years for each response or indicator and by age group, sex, LHD, and year where possible.

Unhappiness, sadness or depression

- **Unhappiness, sadness, or depression in the last 6 months:** In 2011, 39.3 per cent of students aged 12-17 years had not felt unhappy, sad or depressed in the last 6 months, 23.8 per cent had felt unhappy, sad or depressed at 'about usual' levels, 13.5 per cent had felt unhappy, sad or depressed at 'worse than usual' levels, 14.7 per cent had felt unhappy, sad or depressed at 'quite bad' levels, and 8.7 per cent had felt unhappy, sad or depressed at 'almost more than I could take' levels.

  Between 1996 and 2011, the proportion of students ages 12-17 years, who were unhappy, sad, or depressed (worse than usual or above) in the last 6 months significantly decreased (45.0 per cent to 36.9 per cent). However between 2008 and 2011 the proportion did not change significantly.

- **Person spoken with about unhappiness, sadness, or depression:** Of those students who had felt unhappiness, sadness or depression in the last 6 months, 38.8 per cent had not talked with anyone about their unhappiness, sadness or depression, 30.3 per cent had talked with their family, 44.5 per cent had talked with friends, 6.3 per cent had talked with a teacher or school counsellor, 3.6 per cent had talked with a doctor or other health professional, 1.8 per cent had talked with a religious advisor or group, 1.2 had talked with Helpline or on the internet, and 0.8 per cent had talked with another person or group.

Nervousness, stress or pressure

- **Nervousness, stress, or pressure in the last 6 months:** In 2011, 29.9 per cent of students aged 12-17 years had not felt nervous, stressed or under pressure in the last 6 months, 32.6 per cent had felt nervousness, stress or pressure at 'about usual' levels, 14.0 per cent had felt nervousness, stress or pressure at 'worse than usual' levels, 16.5 per cent had felt nervousness, stress or pressure at 'quite bad' levels, and 7.1 per cent had felt nervousness, stress or pressure at 'almost more than I could take' levels.

Between 1996 and 2011, the proportion of students ages 12-17 years, who were nervous, stressed, or pressured (worse than usual or above) in the last 6 months significantly decreased (40.3 per cent to 37.6 per cent). However between 2008 and 2011 the proportion did not change significantly.

- **Person spoken with about nervousness, stress or pressure:** Of those students who had felt nervousness, stress or pressure in the last 6 months, 42.0 per cent had not talked with anyone about their nervousness, stress or pressure, 36.4 per cent had talked with their family, 40.6 per cent had talked with friends, 6.5 per cent had talked with a teacher or school counsellor, 2.1 per cent had talked with a doctor or other health professional, 1.1 per cent had talked with a religious advisor or group, 0.5 per cent had talked with Helpline or on the internet, and 0.8 per cent had talked with another person or group.

In trouble because of behaviour

- **In trouble because of behaviour in the last 6 months:** In 2011, 47.9 per cent of students aged 12-17 years had not been in trouble because of behaviour in the last 6 months, 33.5 per cent had been in trouble because of their behaviour and the effect on them had been 'about usual, 7.0 per cent had been in trouble because of their behaviour and the effect on them had been 'worse than usual', 8.8 per cent had been in trouble because of their behaviour and the effect on them had been 'quite bad', and 2.8 per cent had been in trouble because of their behaviour and the effect on them had been 'almost more than I could take'.

  Between 1996 and 2011, the proportion of students ages 12-17 years, who were in trouble because of behaviour (worse than usual or above) in the last 6 months significantly decreased (27.1 per cent to 18.5 per cent) as well as between 2008 and 2011 (21.0 per cent to 18.5 per cent).

- **Person spoken with about being in trouble because of behaviour:** Of those students who had been in trouble because of their behaviour in the last 6 months, 50.4 per cent had not talked with anyone about them being in trouble, 27.4 per cent had talked with their family, 30.5 per cent had talked with friends, 6.4 per cent had talked with a teacher or school counsellor, 0.9 per cent had talked with a doctor or other health professional, and 1.2 per cent had talked with a religious advisor, religious group, Helpline, on the internet, another person or group.

High psychological distress

- **High psychological distress in the last 6 months:** In 2011, 14.0 per cent of students aged 12-17 years experienced high psychological distress in the last 6 months (13.0 per cent of 12-15 year olds and 16.2 per cent of 16-17 years; 11.0 per cent of male students and 17.0 per cent of female students; 14.7 per cent of those living in metropolitan LHDs and 12.4 per cent living in rural-regional LHDs).

  Between 1996 and 2011, the proportion of students ages 12-17 years, who experienced high psychological distress in the last six months, did not change significantly. Similarly, between 2008 and 2011, the proportion did not change significantly.

Problems that affected school performance

- **Problems that affected school performance in the last 6 months:** In 2011, 60.2 per cent of students did not have any problems that affected their school performance in the last 6 months, 17.6 per cent of students had problems that affected their school performance at 'about usual' levels, 9.4 per cent at 'worse than usual' levels, 9.6 per cent at 'quite bad' levels and 3.1 per cent at 'almost more than I could take' levels.

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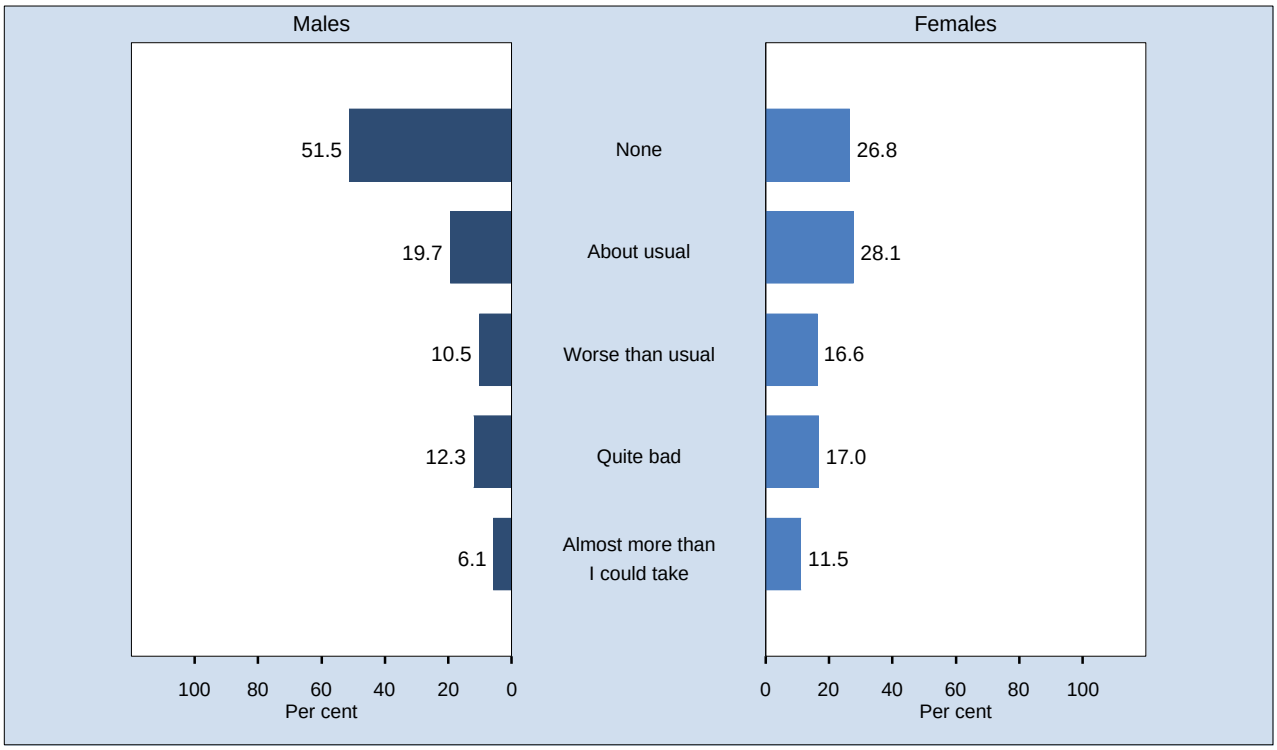
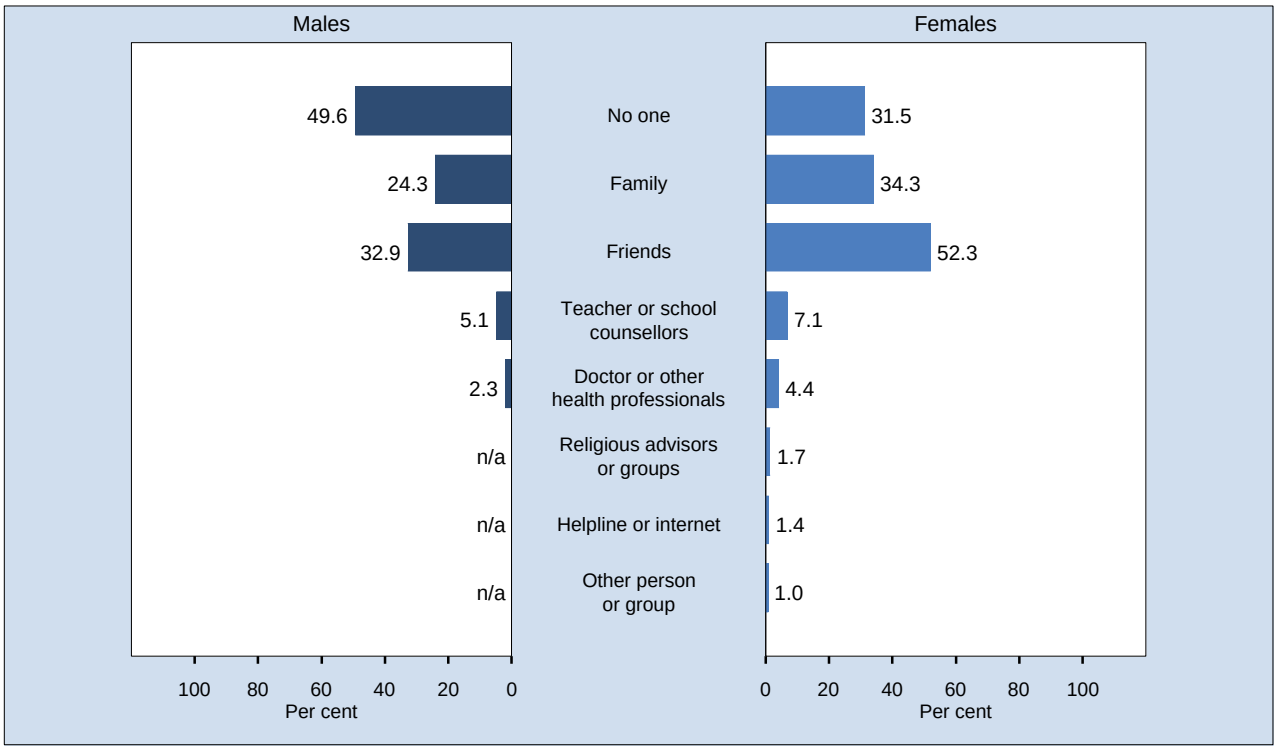
Unhappiness, sadness, or depression in the last 6 months, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,599 respondents in NSW. For this indicator 367 (4.61%) 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, sad or depressed? and When you were feeling unhappy, sad or depressed how bad was it for you?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

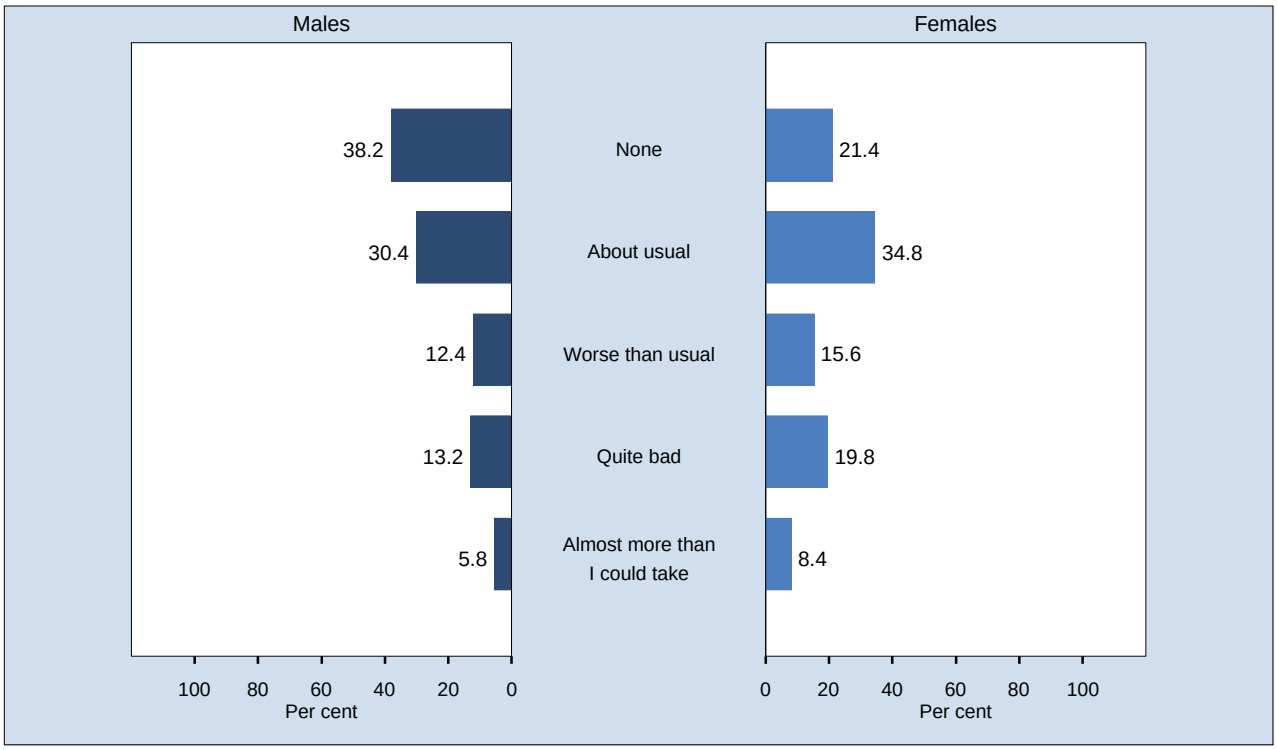
Person(s) spoken to about unhappiness, sadness, or depression, students aged 12 to 17 years who felt unhappy or sad or depressed in the last 6 months, NSW, 2011



Note: Estimates are based on 4,837 respondents in NSW. For this indicator 50 (1.02%) 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, sad or depressed? When you were feeling unhappy, sad or depressed who did you talk to? Respondents could mention more than 1 response. Percentages may total more than 100%. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

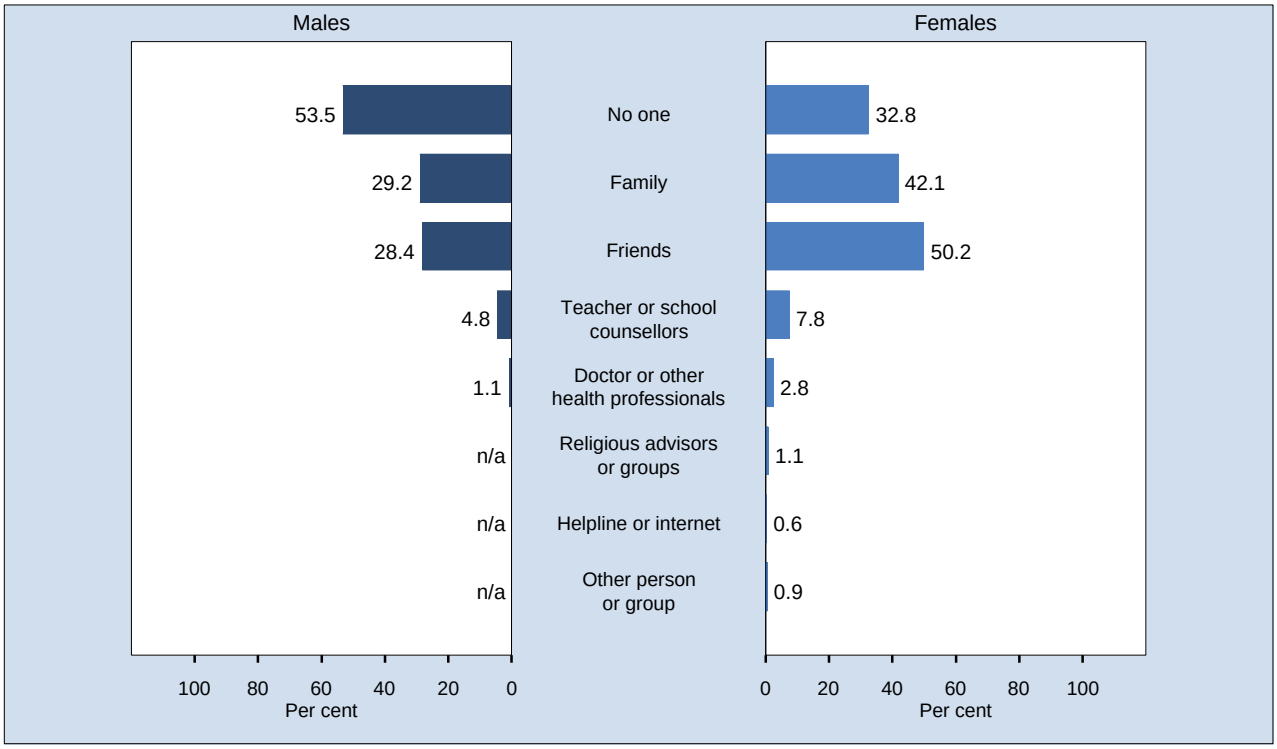
Nervousness, stress, or pressure in the last 6 months, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,605 respondents in NSW. For this indicator 361 (4.53%) 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 nervous, stressed or under pressure? When you were feeling nervous, stressed or under pressure how bad was it for you?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

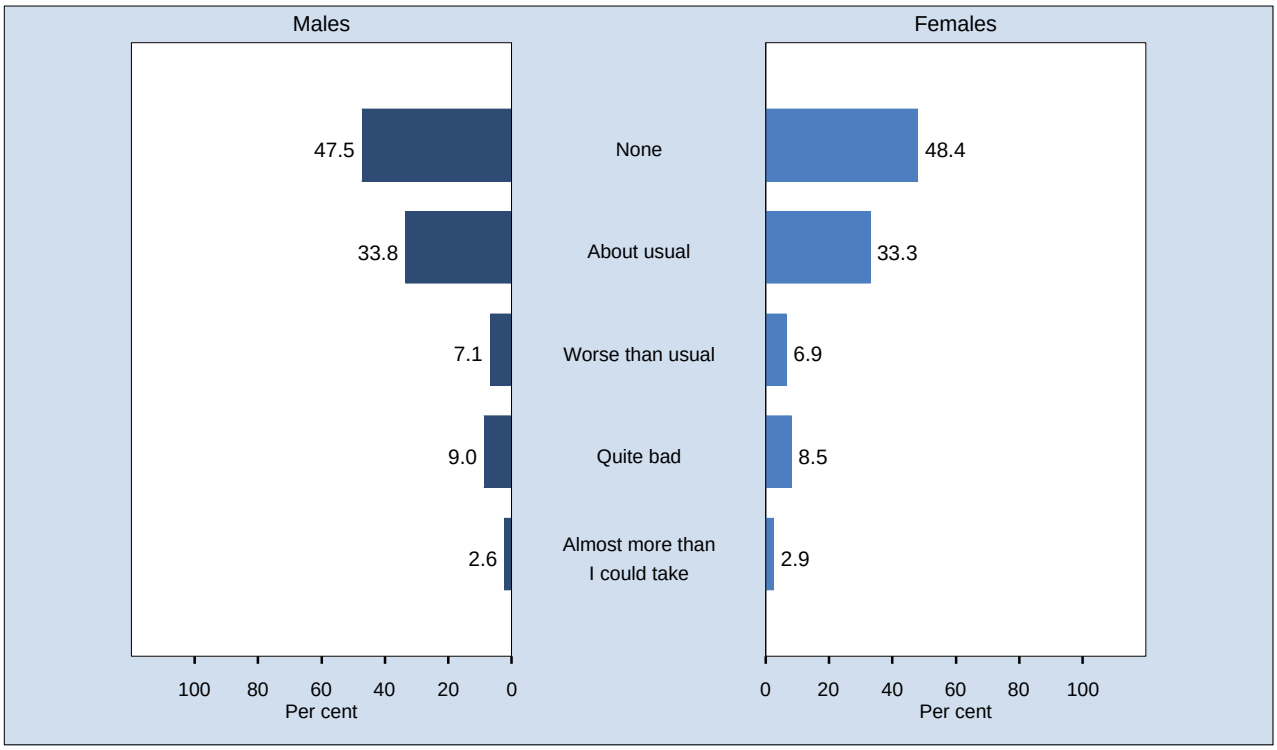
Person(s) spoken to about nervousness, stress, or pressure, students aged 12 to 17 years who felt nervous or stressed or under pressure in the last 6 months, NSW, 2011



Note: Estimates are based on 5,558 respondents in NSW. For this indicator 50 (0.89%) 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, stressed or under pressure? When you were feeling nervous, stressed or under pressure who did you talk to? Respondents could mention more than 1 response. Percentages may total more than 100%. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

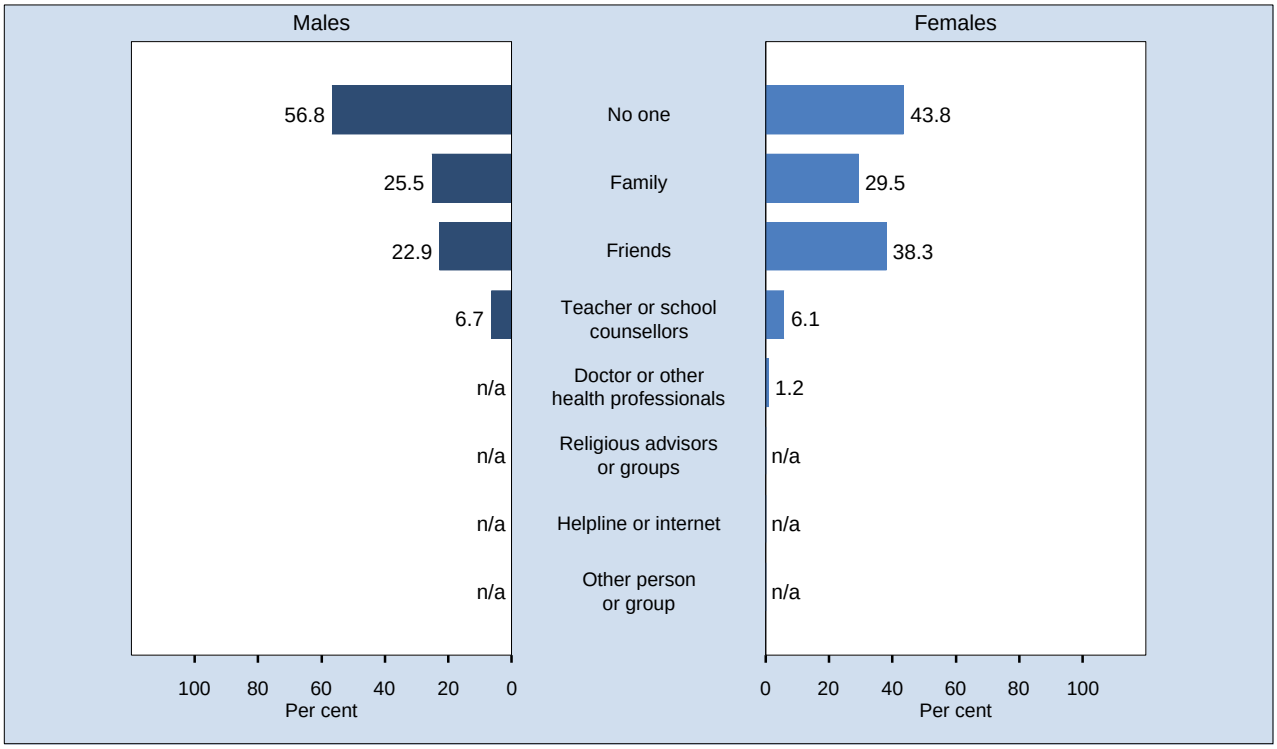
In trouble because of behaviour, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,607 respondents in NSW. For this indicator 359 (4.51%) 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?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

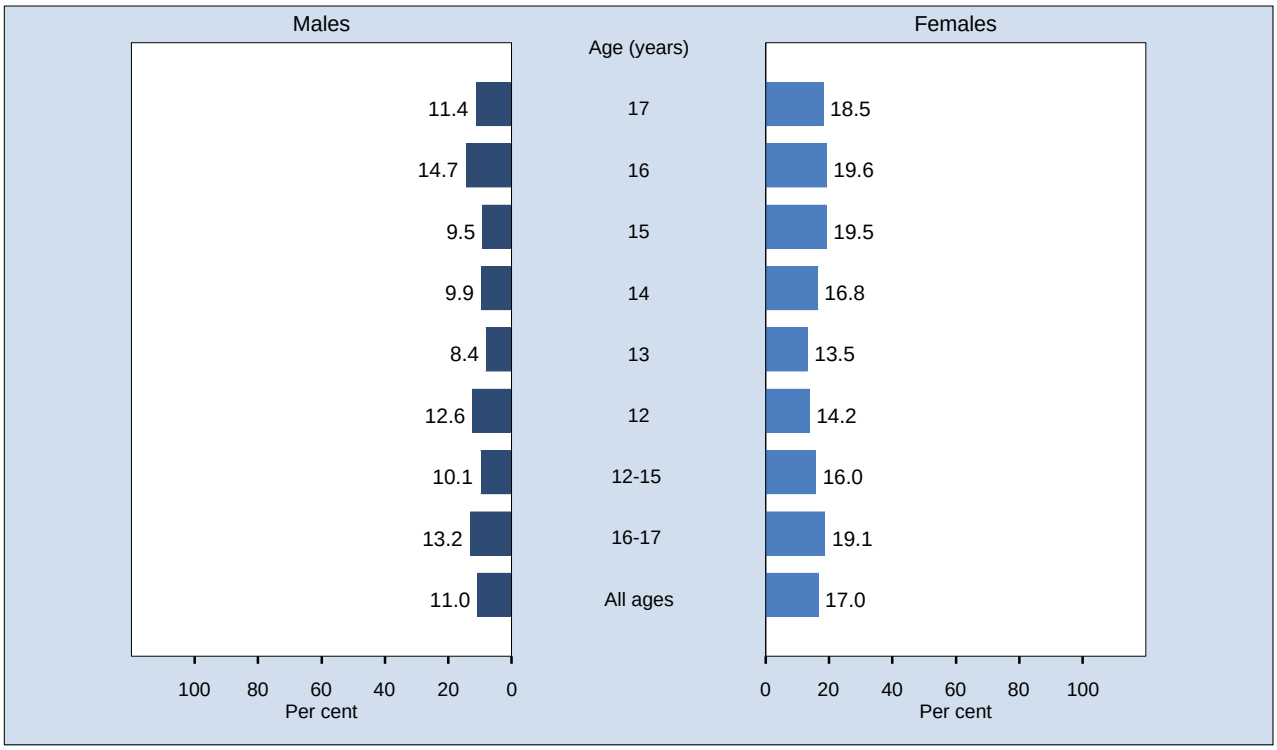
Person(s) spoken to about being in trouble, students aged 12 to 17 years who were in trouble because of behaviour in the last 6 months, NSW, 2011



Note: Estimates are based on 3,877 respondents in NSW. For this indicator 29 (0.74%) 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? Respondents could mention more than 1 response. Percentages may total more than 100%. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

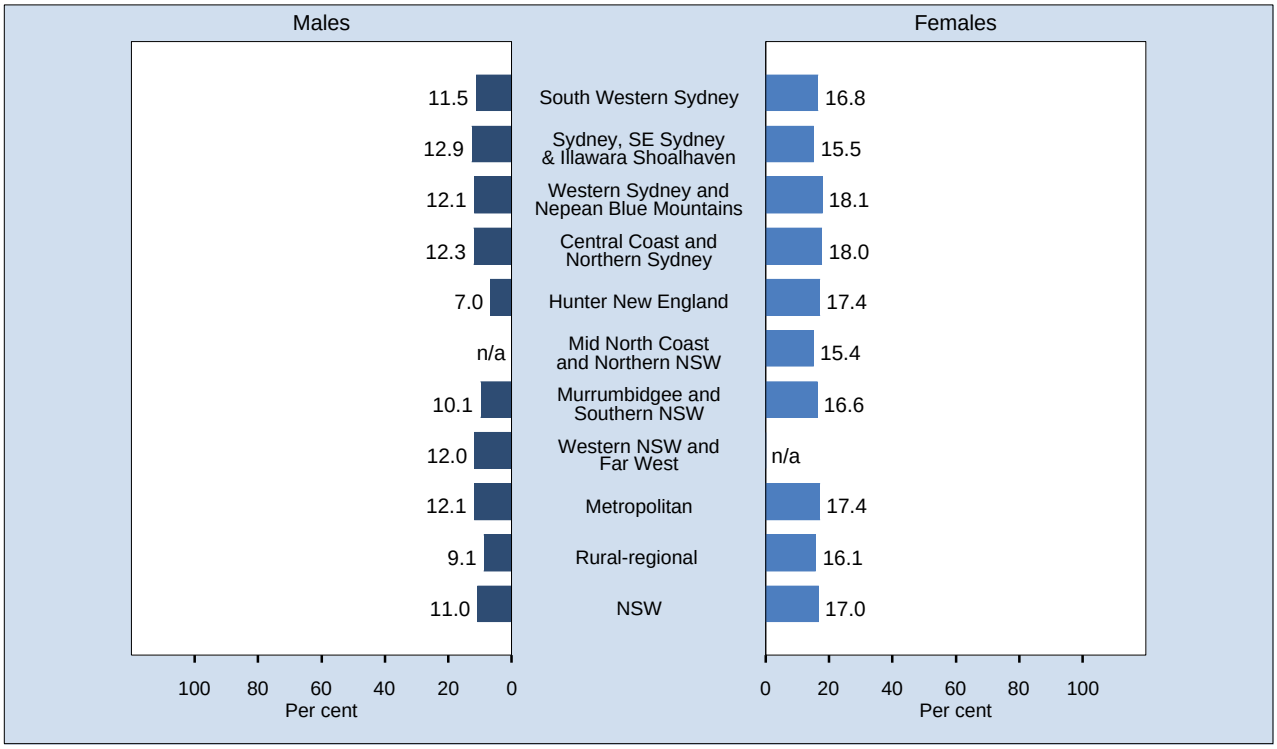
High psychological distress in the last 6 months by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,518 respondents in NSW. For this indicator 448 (5.62%) 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, sadness or depression, nervousness, 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, sad or depressed how bad was it for you? When you were feeling nervous, stressed or under pressure how bad was it for you? When you were in trouble because of your behaviour how bad was it for you?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

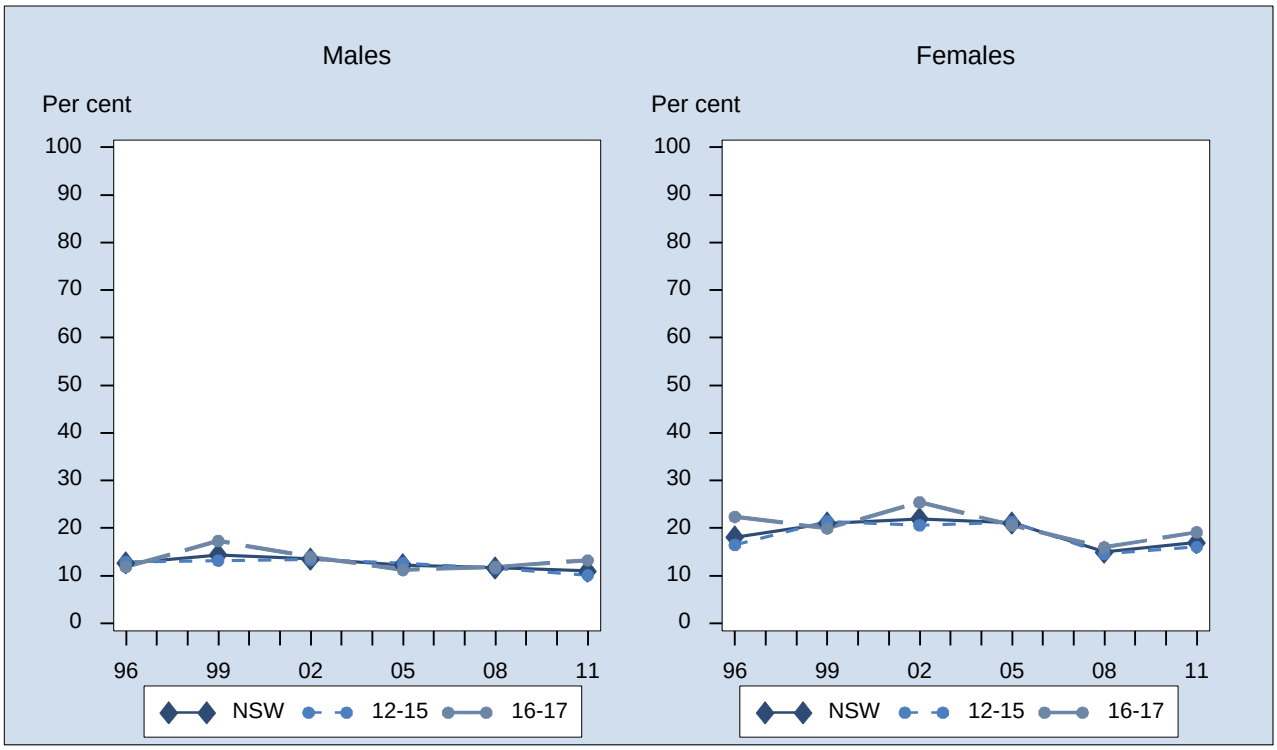
High psychological distress in the last 6 months by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,518 respondents in NSW. For this indicator 448 (5.62%) 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, sadness or depression, nervousness, 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, sad or depressed how bad was it for you? When you were feeling nervous, stressed or under pressure how bad was it for you? When you were in trouble because of your behaviour how bad was it for you? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

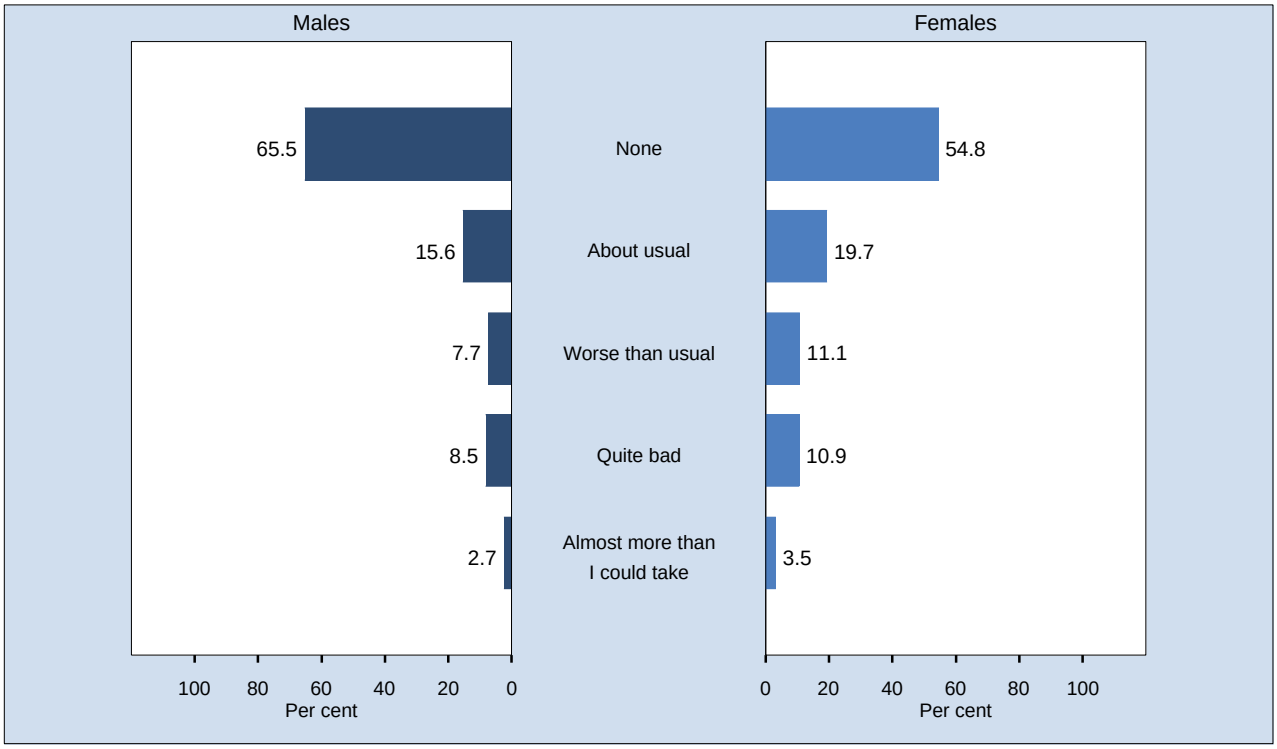
High psychological distress in the last 6 months by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,518). The indicator includes those students who answered, almost more than I could take, to questions about feelings of unhappiness, sadness or depression, nervousness, 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, sad or depressed how bad was it for you? When you were feeling nervous, stressed or under pressure how bad was it for you? When you were in trouble because of your behaviour how bad was it for you?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Problems that affected school performance in the last six months, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,600 respondents in NSW. For this indicator 366 (4.59%) 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?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Sun protection

Introduction

Sunlight contains ultraviolet radiation. While some sun exposure benefits health, for example by helping the body produce vitamin D, 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 over exposure to the sun and other sources of ultraviolet light such as sunlamps and solaria. 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 over-exposure to ultraviolet radiation, precautions are required. The best advice is to look for or provide some form of shade, as it is an effective form of sun protection, and to always wear suitable clothing, hat, sunglasses and apply sunscreen to exposed skin when outdoors especially during summer.[2,5]

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] In 2009, the International Agency for Research on Cancer classified solariums as being carcinogenic [4] and in NSW, commercial ultraviolet (UV) tanning unit services for cosmetic purposes are to be banned from 31 December 2014.[7]

Results

Graphs in this section include students' sun exposure, sun protection behaviours usually or always undertaken on sunny summer days between 11am and 3pm (ie wears a hat, applies maximum protection sunscreen, wears clothes covering most of the body, wears sunglasses, stays mainly in the shade), frequency of sunburns over the last summer, suntan preferences, sun exposure beliefs, frequency of solaria use, for students aged 12-17 years for each response or indicator by age group, sex, LHD, and year where possible.

Sun exposure on sunny summer days

- **Sun exposure (between 11am and 3pm) on sunny summer days:** In 2011, 21.8 per cent of students aged 12-17 years usually or always spent most of the time inside (22.6 per cent of 12-15 year olds and 19.8 per cent of 16-17 year olds; 23.6 per cent of male students and 20.0 per cent of female students; 24.2 per cent of those living in metropolitan LHDs and 16.8 per cent of those living in rural-regional LHDs) and 78.2 were outside for an hour or more between 11am and 3pm (77.4 per cent of 12-15 year olds and 80.2 per cent of 16-17 year olds; 76.4 per cent of male students and 80.0 per cent of female students; 75.8 per cent of those living in metropolitan LHDs and 83.2 per cent of those living in rural-regional LHDs).

  Between 1993 and 2011 there was a significant increase in the proportion of students who usually or always spent most of the time inside between 11.00am and 3.00pm (18.3 per cent to 21.8 per cent). This was also the case between 2008 and 2011 (17.4 per cent to 21.8 per cent).

Sun protection behaviours on sunny summer days

- **Sun protection behaviours on sunny summer days between 11am and 3pm:** In 2011 on sunny summer days between 11am and 3pm, 23.7 per cent of students aged 12-17 years usually or always wore a hat, 43.3 per cent usually or always applied maximum protection sunscreen, 19.8 per cent usually or always wore clothing that covered most of their body, 34.7 per cent usually or always wore sunglasses, and 34.8 per cent usually or always stayed mainly in the shade.

  Since sun protection behaviours began being collected in 1993 there has been: a significant decrease in the proportion of students ages 12-17 years who usually or always wore a hat (49.2 per cent to 23.7 per cent), who usually or always applied maximum protection sunscreen (63.1 per cent to 43.3 per cent), who usually or always wore clothes covering most of their body (23.2 per cent to 19.8 per cent), who usually or always wore sunglasses (41.1 per cent to 34.7 per cent); and a significant increase in the

proportion of students ages 12-17 years who usually or always stayed mainly in the shade (22.2 per cent to 34.8 per cent). Between the last survey in 2008 and 2011 there has been: no significant change in the proportion of students ages 12-17 years who usually or always wore a hat, who usually or always applied maximum protection sunscreen, who usually or always wore clothes covering most of their body, who usually or always wore sunglasses; and a significant increase in the proportion of students ages 12-17 years who usually or always stayed mainly in the shade (28.8 per cent to 34.8 per cent).

Sunburn and suntanning

- **Skin type - response if exposed to strong sunshine for 30 minutes:** In 2011, 31.9 per cent of students aged 12-17 years indicated that their skin would 'just burn and not tan afterwards' if exposed to strong sunshine at the beginning of summer without protection for 30 minutes, 48.1 per cent of students indicated their skin would 'burn first and then tan afterwards', and 20.0 per cent indicated that their skin would 'not burn at all'.

- **Frequency of sunburn over the last summer:** In 2011, over the last summer, 26.3 per cent of students were not sunburnt at all, 29.5 per cent were sunburnt once, 29.4 per cent were sunburnt 2 or 3 times, and 14.8 per cent were sunburnt 4 or more times.

- **Sunburnt at least once during the last summer:** In 2011, 73.7 per cent of students aged 12-17 years had been sunburnt at least once during the last summer (71.1 per cent of 12-15 year olds and 79.7 per cent of 16-17 year olds; 71.3 per cent of male students and 76.1 per cent of female students; 68.7 per cent of those living in metropolitan LHDs and 83.7 per cent of those living in rural-regional LHDs).

  Between 1999 and 2011 the proportion of students aged 12-17 years who had been sunburnt at least once during the last summer decreased significantly (79.9 per cent to 73.7 per cent). However between 2008 and 2011, the proportion of students who had been sunburnt at least once did not change.

- **Suntan preferences:** In 2011, 41.4 per cent of students aged 12-17 years did not want a suntan, 29.4 per cent wanted a light suntan, 20.5 per cent wanted a moderate suntan, 6.2 per cent wanted a dark suntan, and 2.6 per cent wanted a very dark suntan.

- **Tried to get a suntan:** In 2011, 48.5 per cent of students aged 12-17 years had tried to get a suntan at least once over the last summer (43.3 per cent of students aged 12-15 years and 60.7 per cent of students aged 16-17 years; 34.8 per cent of male students and 62.5 per cent of female students; 45.5 per cent of students living in metropolitan LHDs and 53.8 per cent of students living in rural-regional LHDs).

Agreement with sun exposure statements

- **Little chance that I will get skin cancer:** In 2011, 25.9 per cent of students aged 12-17 years agreed with the statement that there is little chance that I will get skin cancer (28.3 per cent of 12-15 year olds and 20.5 per cent of 16-17 year olds; 29.3 per cent of male students and 22.4 per cent of female students; 27.1 per cent of those living in metropolitan LHDs and 23.6 per cent of those living in rural-regional LHDs).

- **Skin cancer can be easily treated:** In 2011, 7.8 per cent of students aged 12-17 years agreed with the statement that skin cancer can be easily treated because it can be cut out (8.6 per cent of 12-15 year olds and 6.0 per cent of 16-17 year olds; 7.9 per cent of male students and 7.7 per cent of female students; 6.8 per cent of those living in metropolitan LHDs and 9.9 per cent of those living in rural-regional LHDs).

- **Get skin cancer if you get burnt often:** In 2011, 19.9 per cent of students aged 12-17 years agreed with the statement that you only get skin cancer if you get burnt often (22.9 per cent of 12-15 year olds and 13.2 per cent of 16-17 year olds; 22.4 per cent of male students and 17.3 per cent of female students; 19.6 per cent of those living in metropolitan LHDs and 20.1 per cent of those living in rural-regional LHDs).

  Between 1993 and 2011 the proportion of students, who believed you only get skin cancer if you get burnt often, decreased significantly (21.0 per cent to 19.9 per cent). Between 2008 and 2011, the proportion of students who agreed with the statement that you only get skin cancer if you get burnt often did not change.

- **Suntan protects you against skin cancer:** In 2011, 5.1 per cent of students aged 12-17 years agreed with the statement that a suntan protects you against skin cancer (5.3 per cent of 12-15 year olds and 4.7 per cent of 16-17 year olds; 6.5 per cent of male students and 3.7 per cent of female students; 5.4 per cent of those living in metropolitan LHDs and 4.7 per cent of those living in rural-regional LHDs).

Solarium use

- **Frequency of solarium (sunbed) use:** In 2011, 94.4 per cent of students aged 12-17 years had not used a solarium in the last 12 months, 2.2 per cent had used a solarium once, 2.1 per cent had used a solarium 2 to 5 times, and 1.3 per cent had used a solarium 6 or more times. Therefore 5.6 per cent of students aged 12-17 years had used solarium at least once in the last 12 months (5.8 per cent of 12-15 year olds and 4.9 per cent of 16-17 year olds; 5.8 per cent of male students and 5.3 per cent of female students; 5.2 per cent of those living in metropolitan LHDs and 6.3 per cent of those living in rural-regional LHDs).

  Between 2005 and 2011 there was a significant decrease in the proportion of students 12-17 years who had used a solarium (12.4 per cent to 5.6 per cent). Between 2008 and 2011, there was also a significant decrease in the proportion of students who had used a solarium (7.2 per cent to 5.6 per cent).

References

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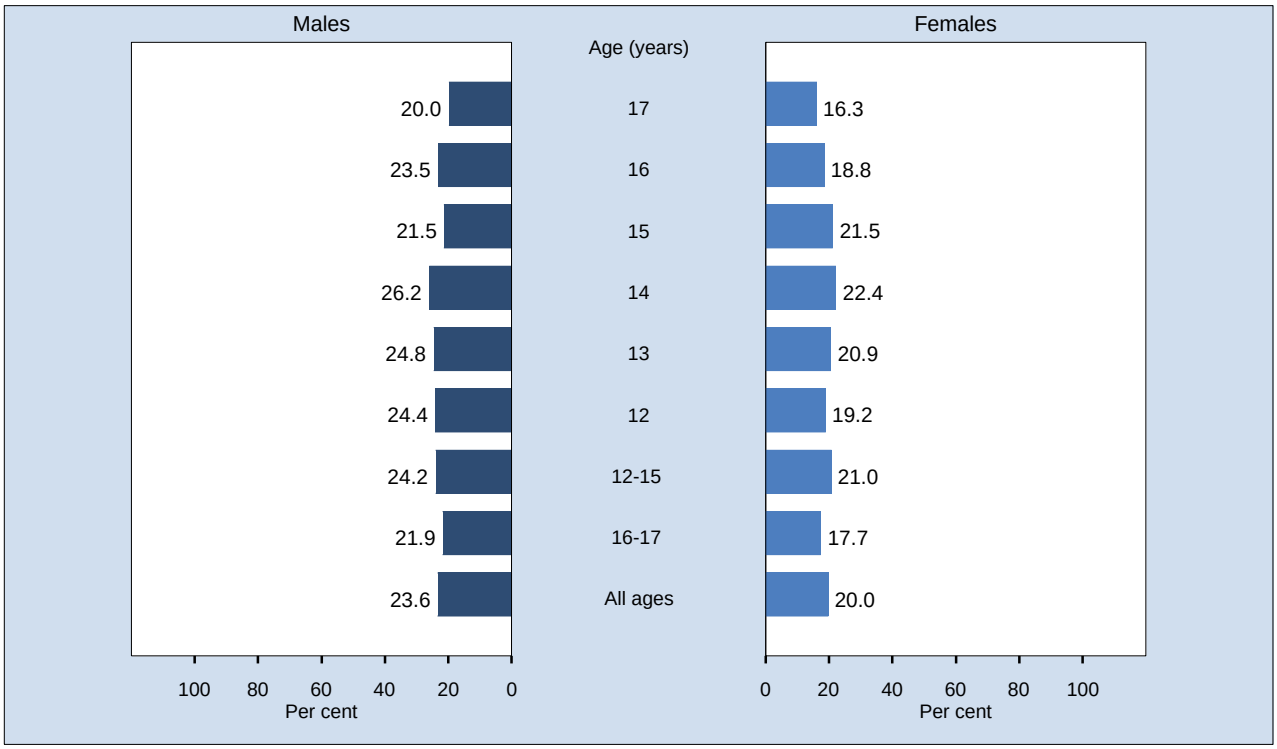
6. Cancer Institute NSW. *The facts Solariums Safety*. Available online at http://www.darksideoftanning.com.au/pdf/facts-sheet_solariums.html (accessed 21 January 2013).
7. NSW Environment and Heritage. Solaria (Tanning Units). Available online at http://www.environment.nsw.gov.au/radiation/solaria.htm (accessed 28 November 2012).

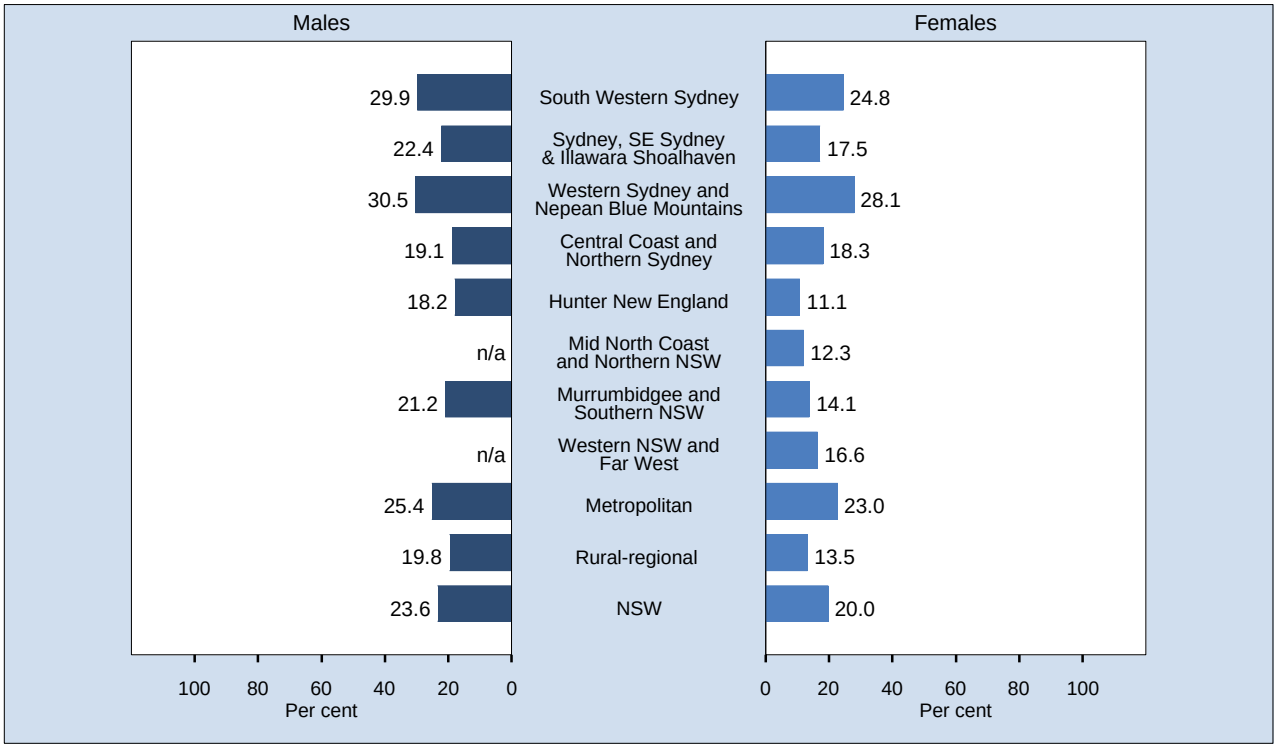
Usually or always spends most of the time inside on sunny summer days by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,832 respondents in NSW. For this indicator 134 (1.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 when you are outside for an hour or more, 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

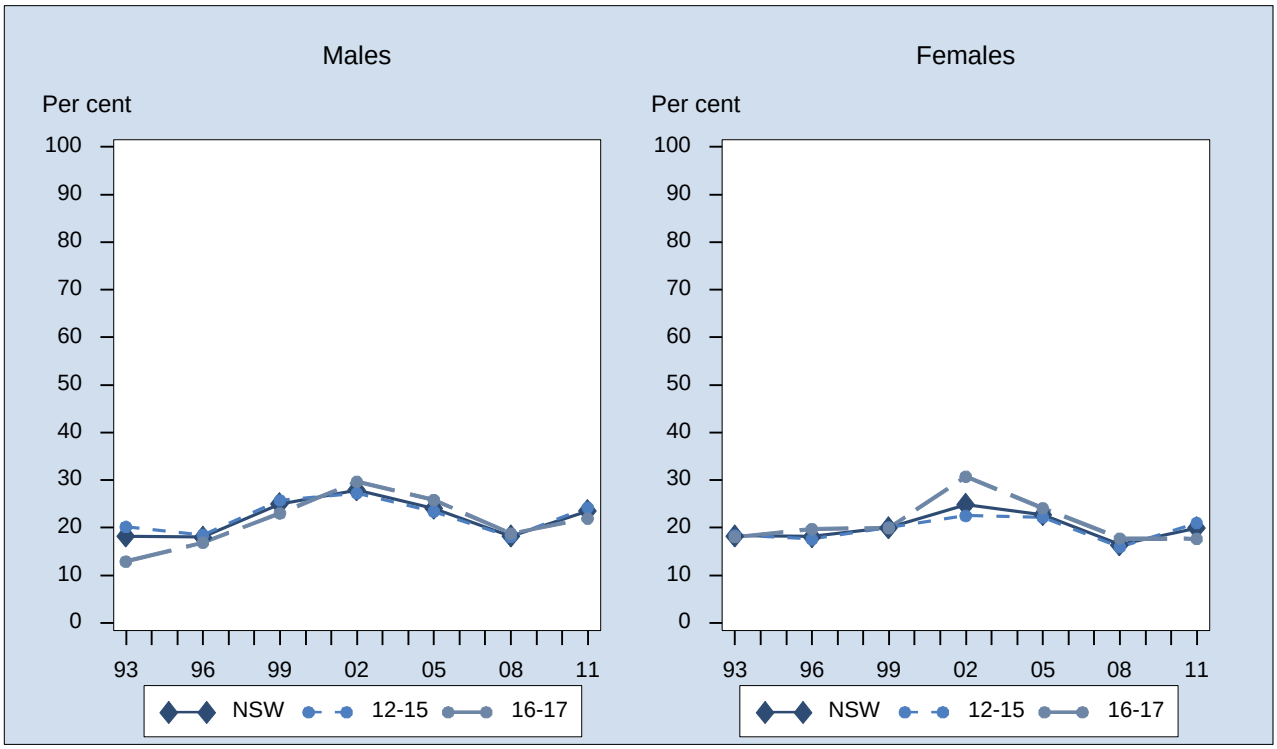
Usually or always spends most of the time inside on sunny summer days by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,832 respondents in NSW. For this indicator 134 (1.68%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 when you are outside for an hour or more, between 11.00 a.m. and 3.00 p.m. how often would you spend most of the time inside? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

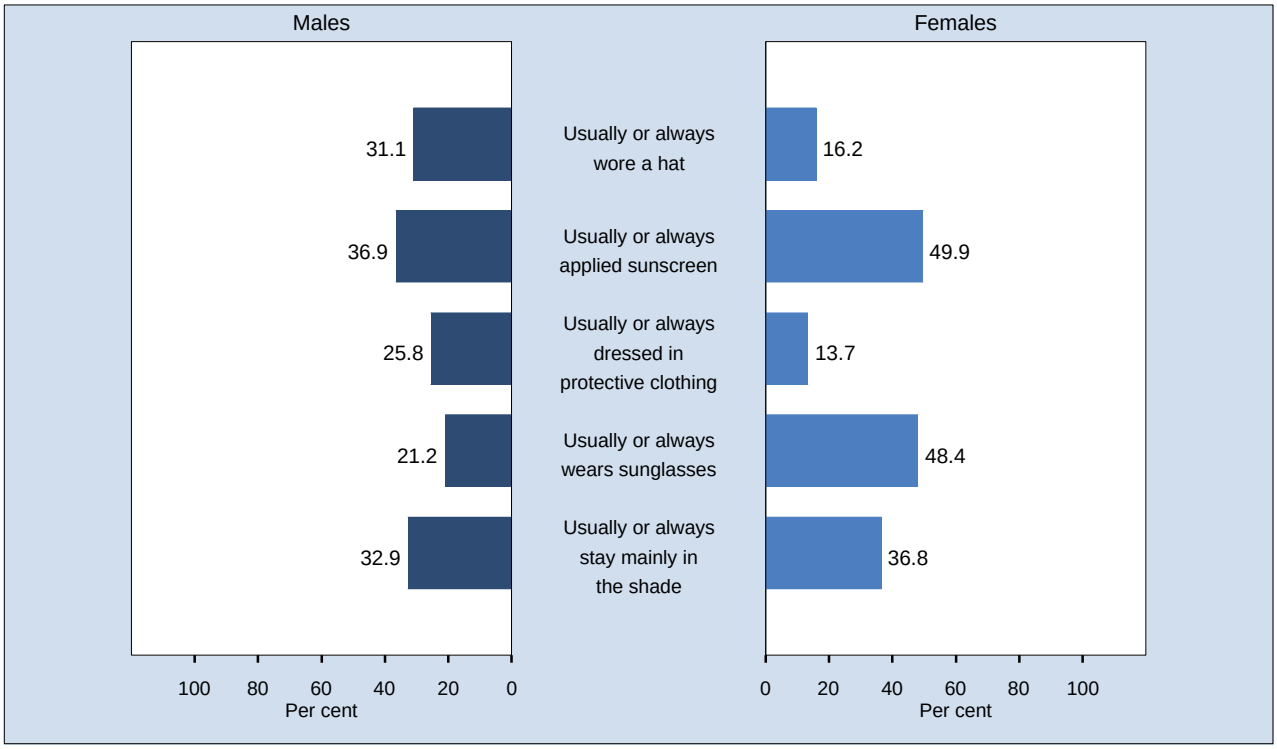
Usually or always spends most of the time inside on sunny summer days by year, students 12 to 17 years, NSW, 1993-2011



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), 2011 (7,832). The indicator includes those students 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 when you are outside for an hour or more, 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

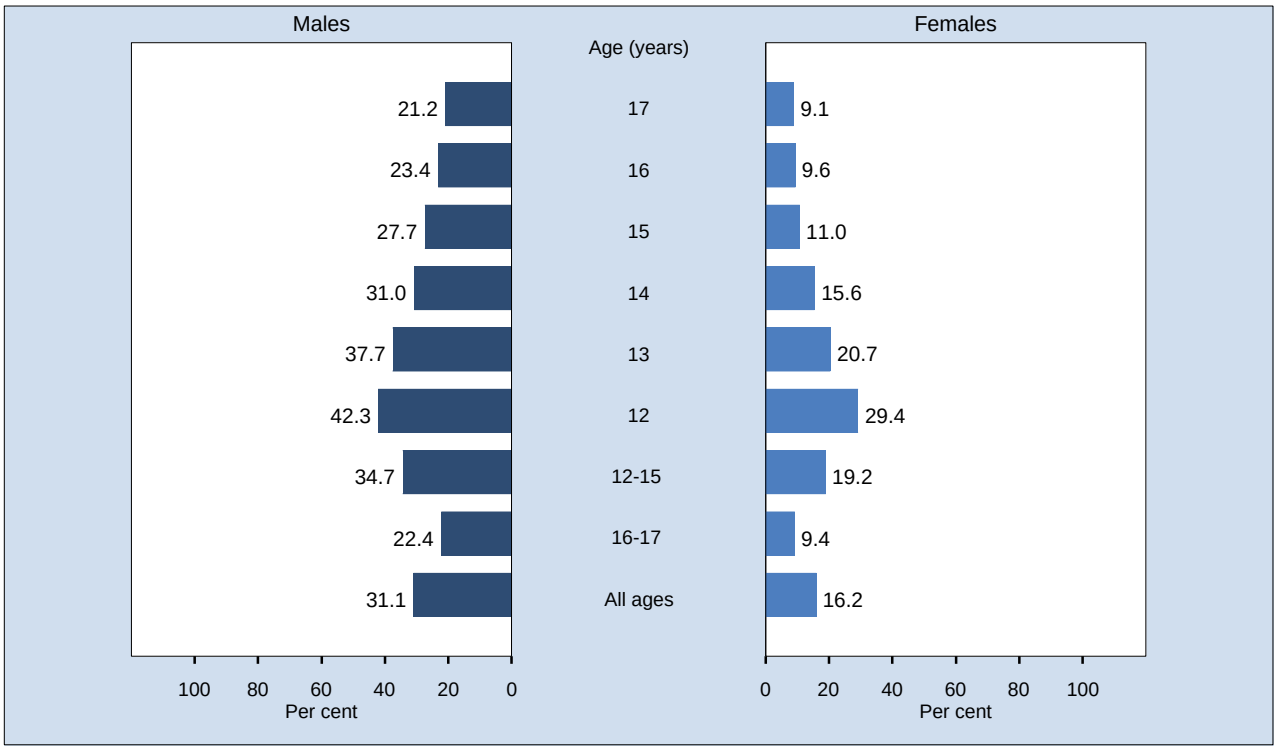
Sun protection on sunny summer days, students 12 to 17 years, NSW, 2011



Note: Estimates are based on the following numbers for NSW: Usually or always wore a hat - 7,864 responders and 102 (1.28%) were not stated (Don't know, invalid or no response given), Usually or always applied sunscreen - 7,850 responders and 116 (1.46%) were not stated (Don't know, invalid or no response given), Usually or always dressed in protective clothing - 7,849 responders and 117 (1.47%) were not stated (Don't know, invalid or no response given), Usually or always wears sunglasses - 7,804 responders and 162 (2.03%) were not stated (Don't know, invalid or no response given), Usually or always stay mainly in the shade - 7,791 responders and 175 (2.20%) were not stated (Don't know, invalid or no response given). The indicators used were: 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 (usually or always); wear clothes covering most of your body (usually or always); wear maximum protection sunscreen SPF30+ (usually or always); wears sunglasses (usually or always); stay mainly in the shade (usually or always)? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

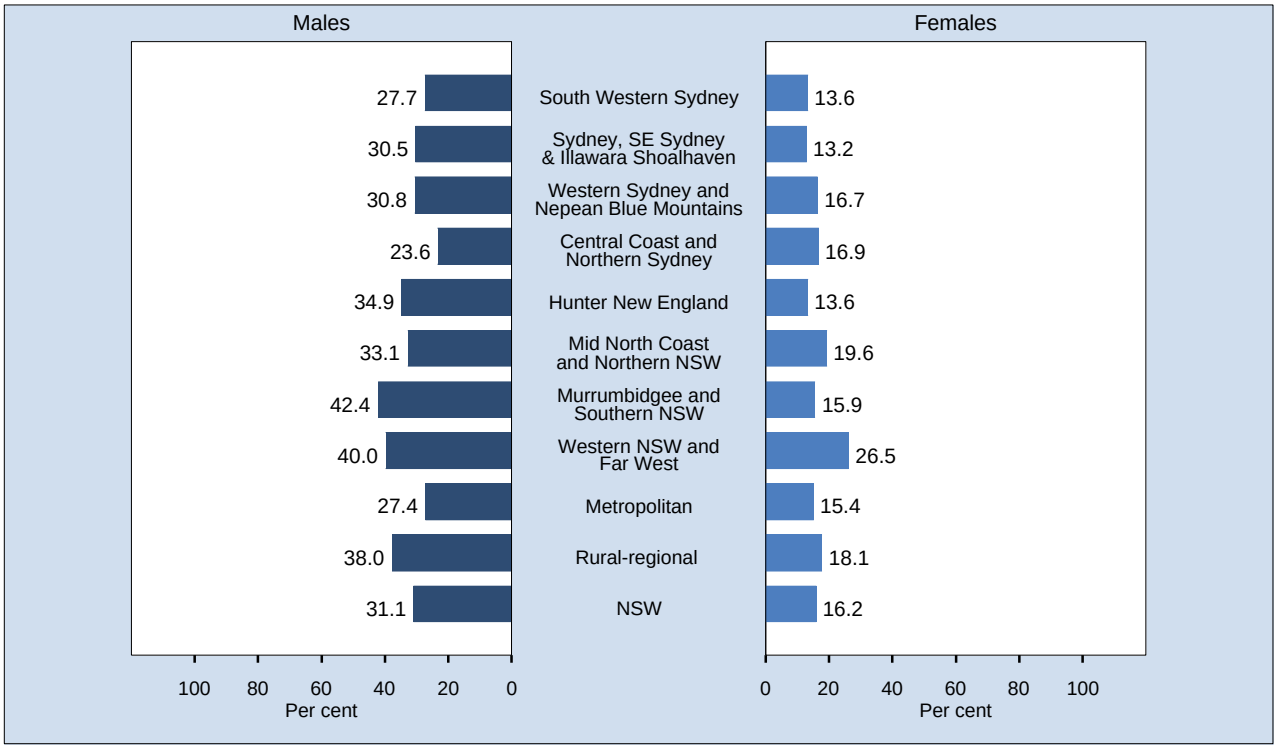
Usually or always wears a hat on sunny summer days by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,864 respondents in NSW. For this indicator 102 (1.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

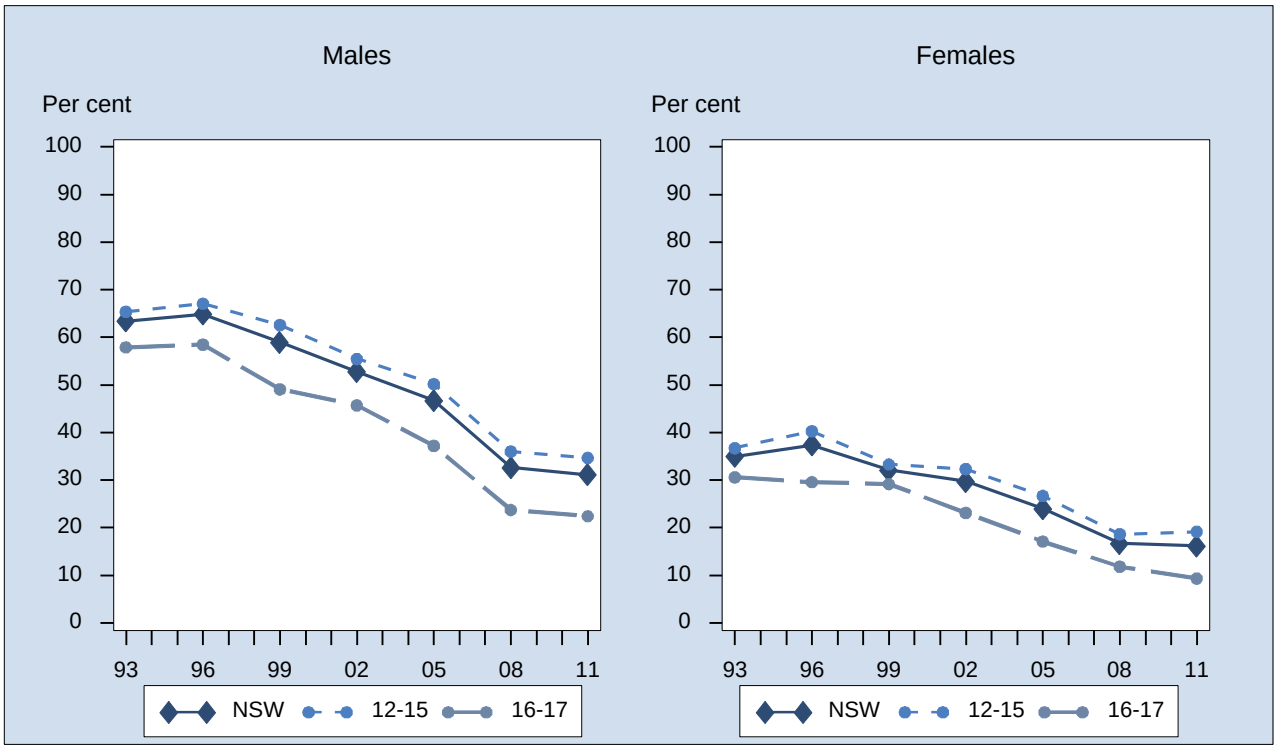
Usually or always wears a hat on sunny summer days by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,864 respondents in NSW. For this indicator 102 (1.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

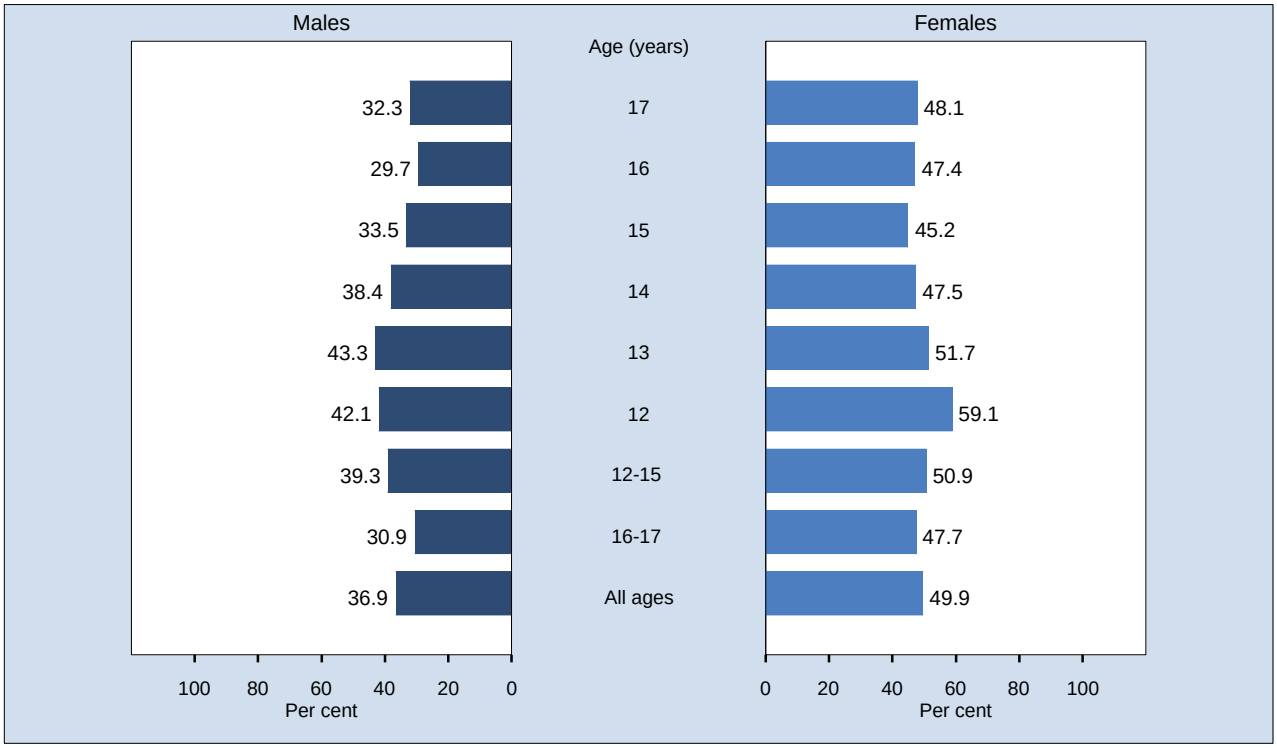
Usually or always wears a hat on sunny summer days by year, students 12 to 17 years, NSW, 1993-2011



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), 2011 (7,864). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

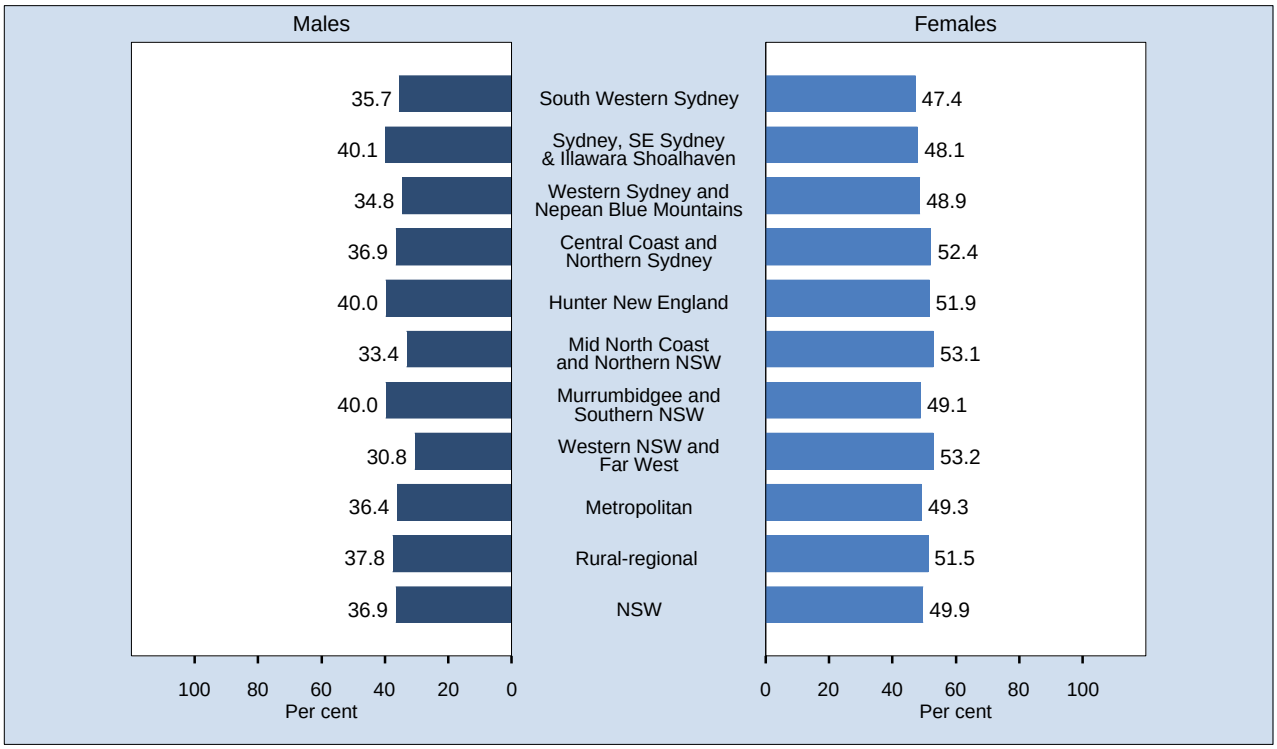
Usually or always wears maximum protection sunscreen when outside for an hour or more on sunny summer days by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,850 respondents in NSW. For this indicator 116 (1.46%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SPF30+)?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

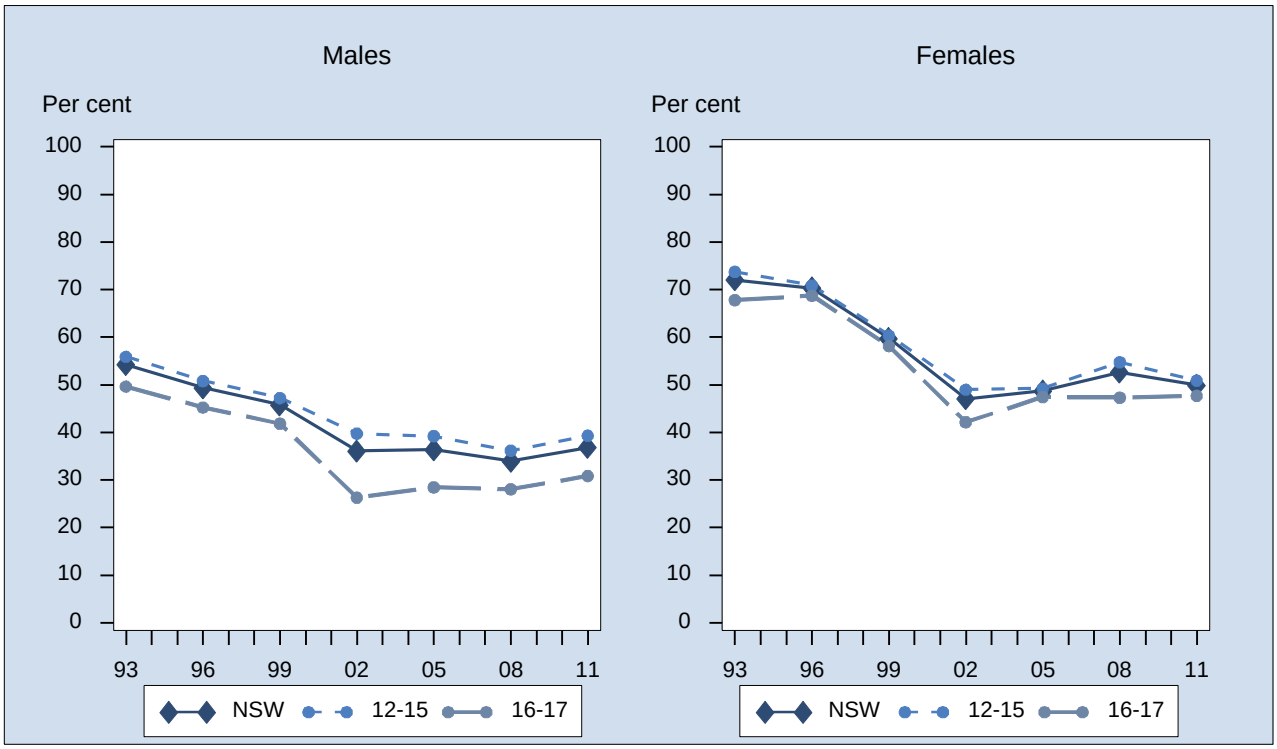
Usually or always wears maximum protection sunscreen when outside for an hour or more on sunny summer days by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,850 respondents in NSW. For this indicator 116 (1.46%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SPF30+)?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

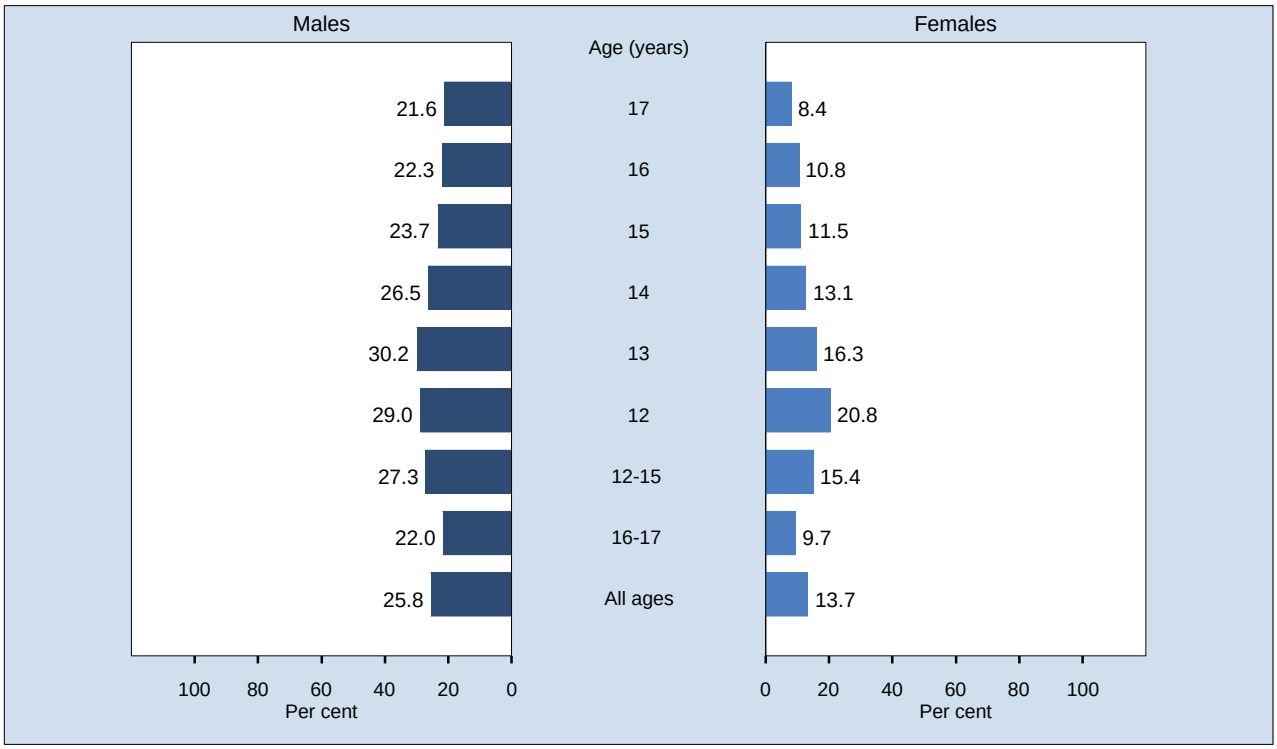
Usually or always wears maximum protection sunscreen when outside for an hour or more on sunny summer days by year, students 12 to 17 years, NSW, 1993-2011



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), 2011 (7,850). The indicator includes those students 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 (SPF30+)?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

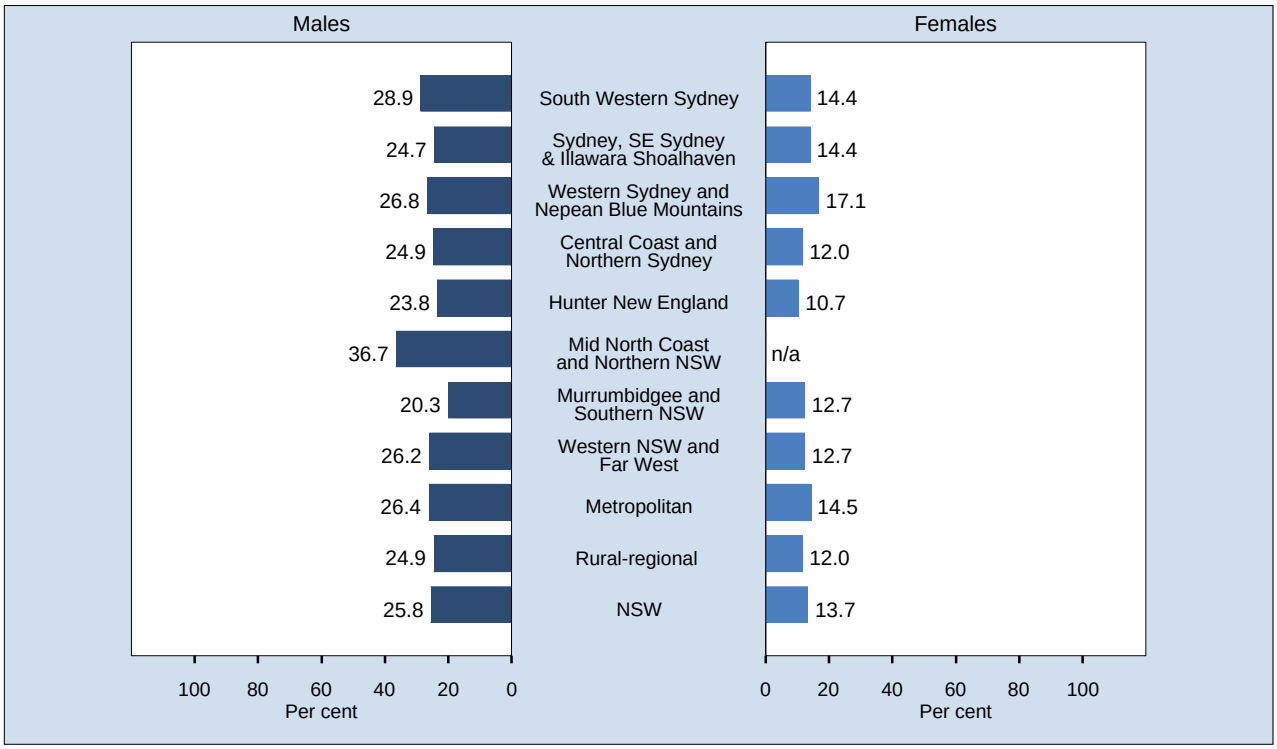
Usually or always wears clothes covering most of body when outside for an hour or more on sunny summer days by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,849 respondents in NSW. For this indicator 117 (1.47%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

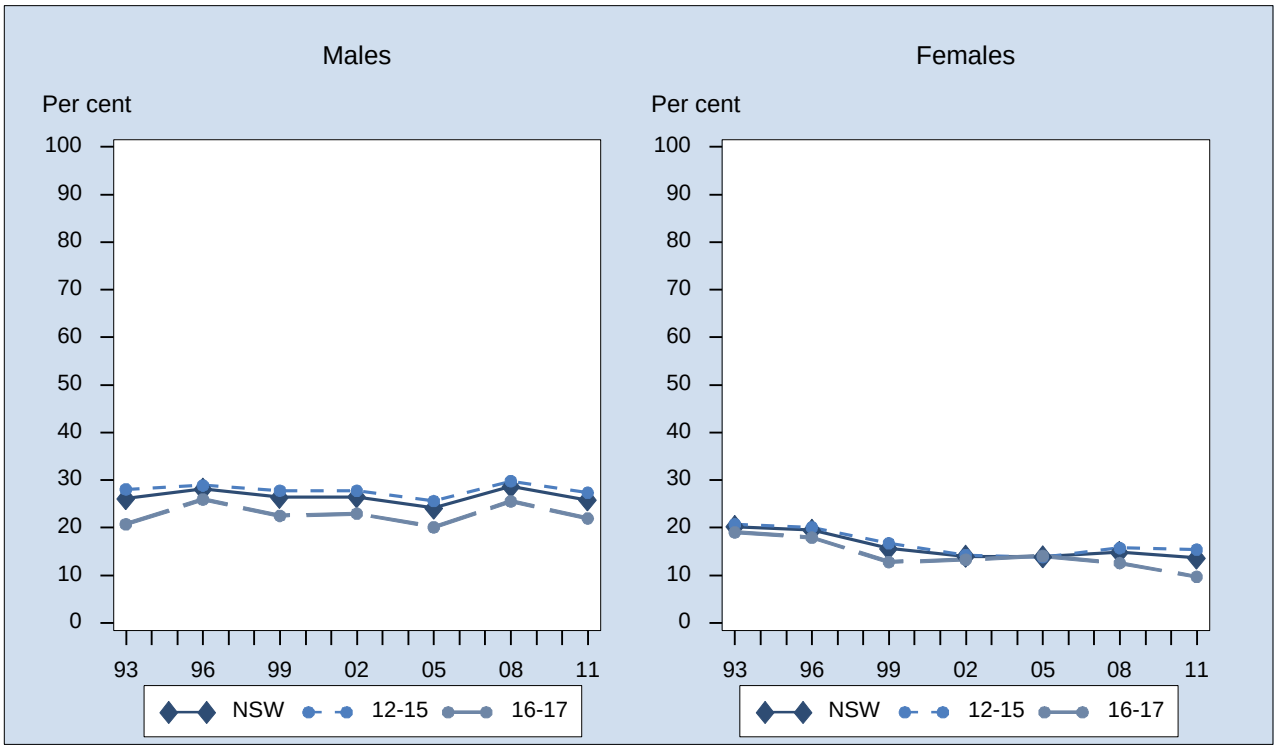
Usually or always wears clothes covering most of body when outside for an hour or more on sunny summer days by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,849 respondents in NSW. For this indicator 117 (1.47%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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)? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

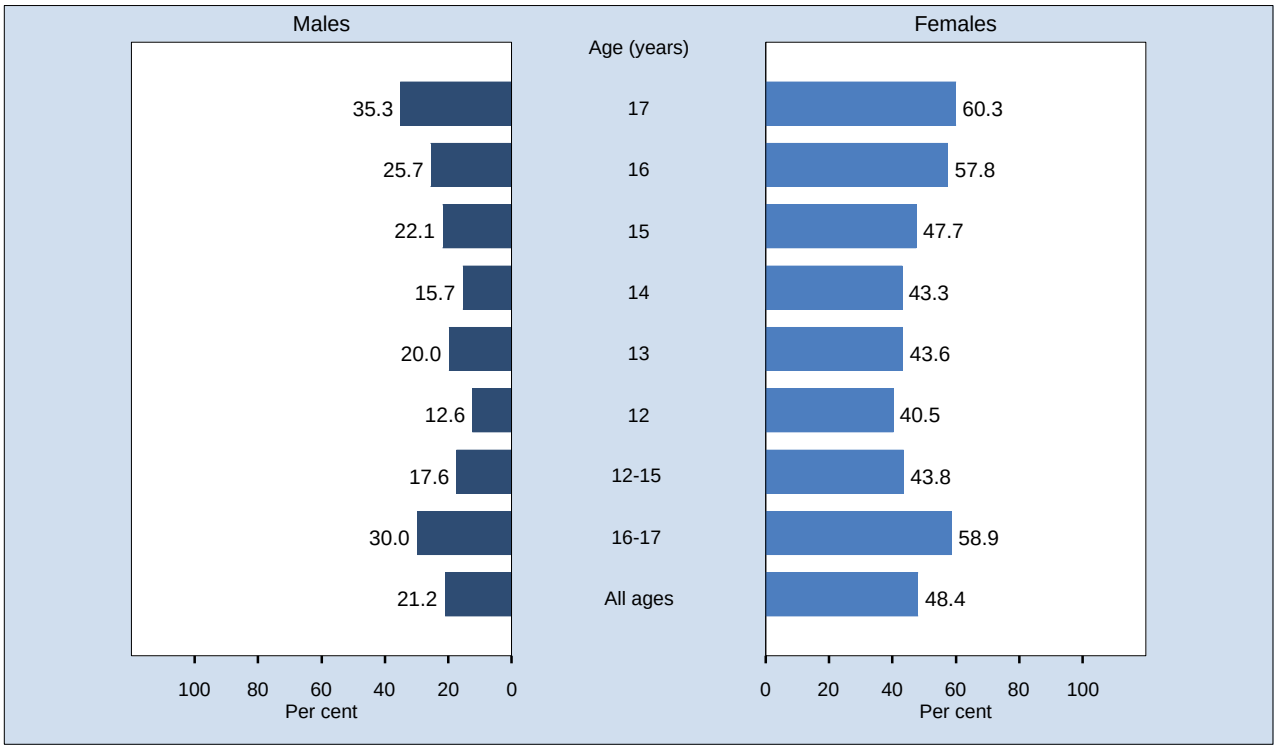
Usually or always wears clothes covering most of body when outside for an hour or more on sunny summer days by year, students 12 to 17 years, NSW, 1993-2011



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), 2011 (7,849). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

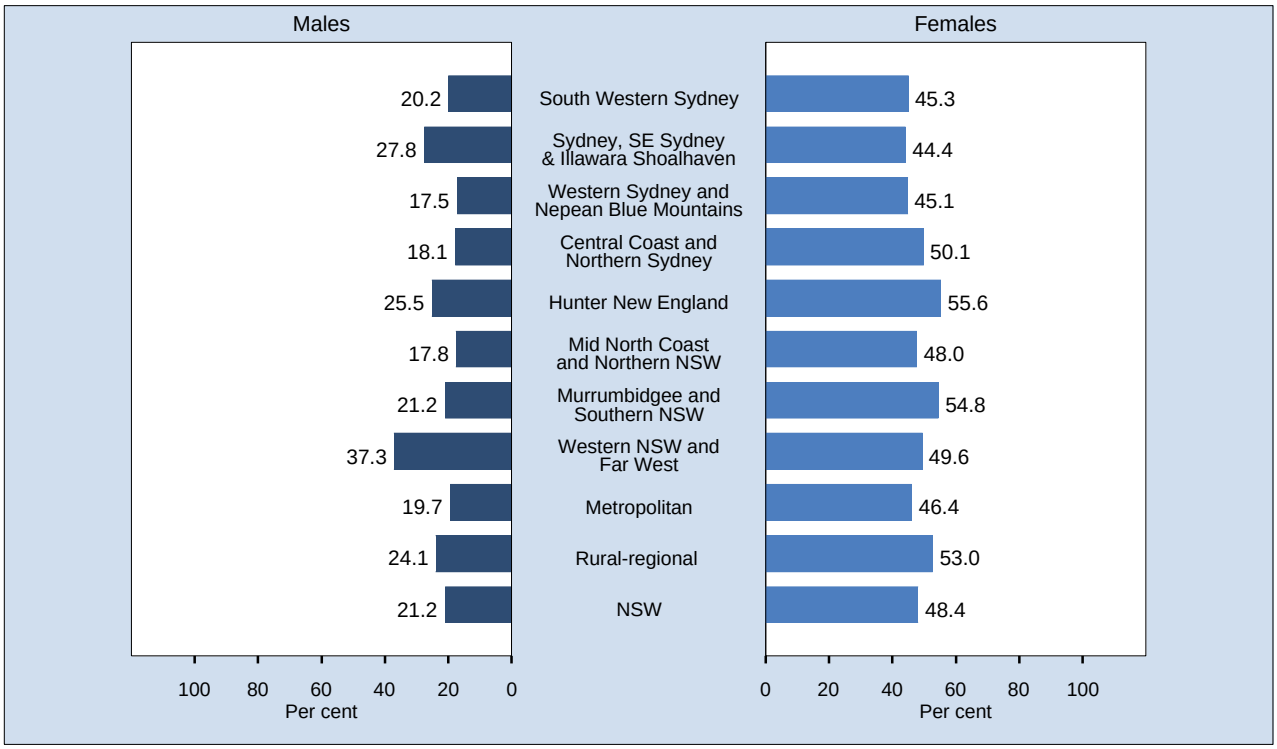
Usually or always wears sunglasses when outside for an hour or more on sunny summer days by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,804 respondents in NSW. For this indicator 162 (2.03%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

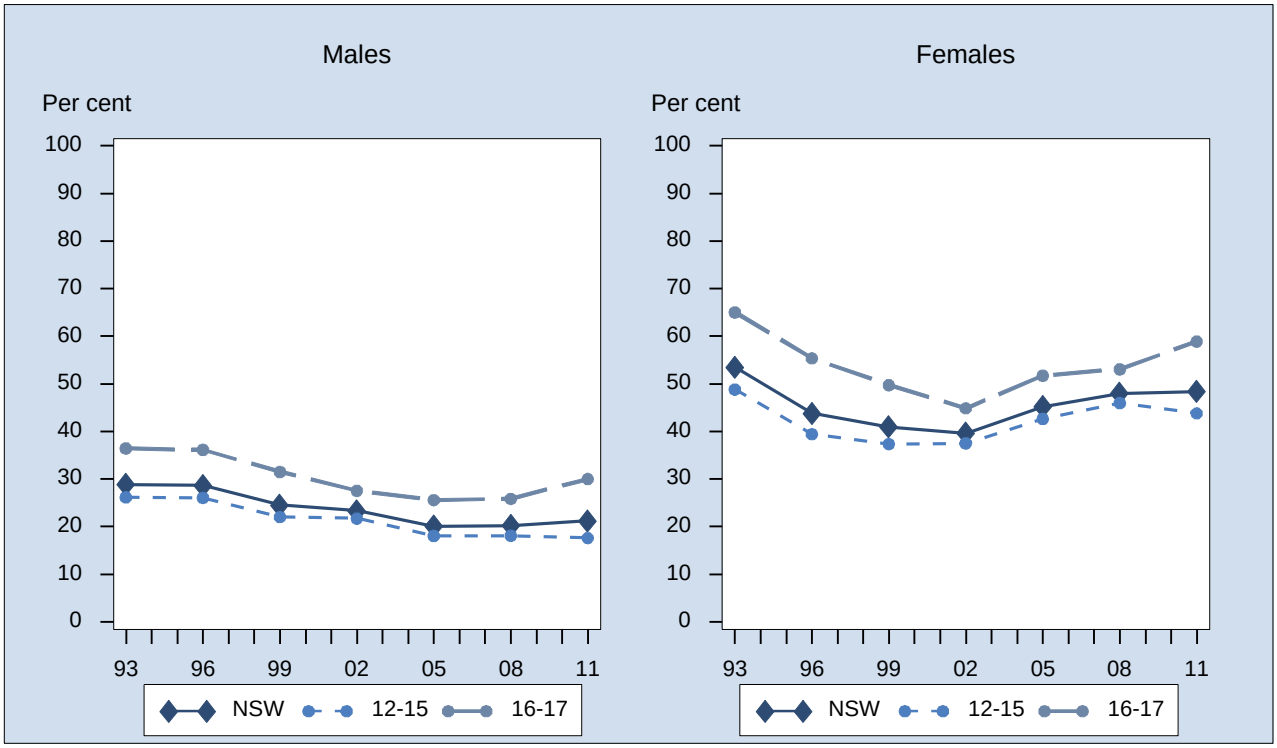
Usually or always wears sunglasses when outside for an hour or more on sunny summer days by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,804 respondents in NSW. For this indicator 162 (2.03%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

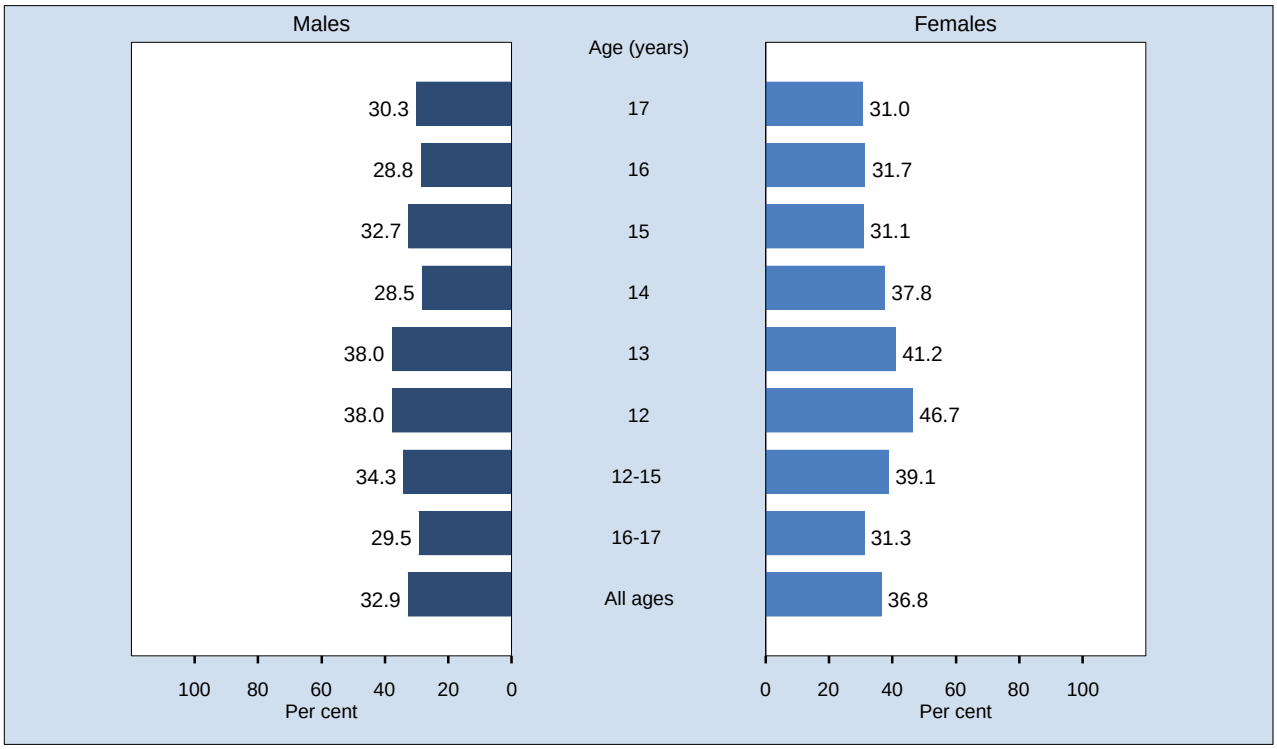
Usually or always wears sunglasses when outside for an hour or more on sunny summer days by year, students 12 to 17 years, NSW, 1993-2011



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), 2011 (7,804). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

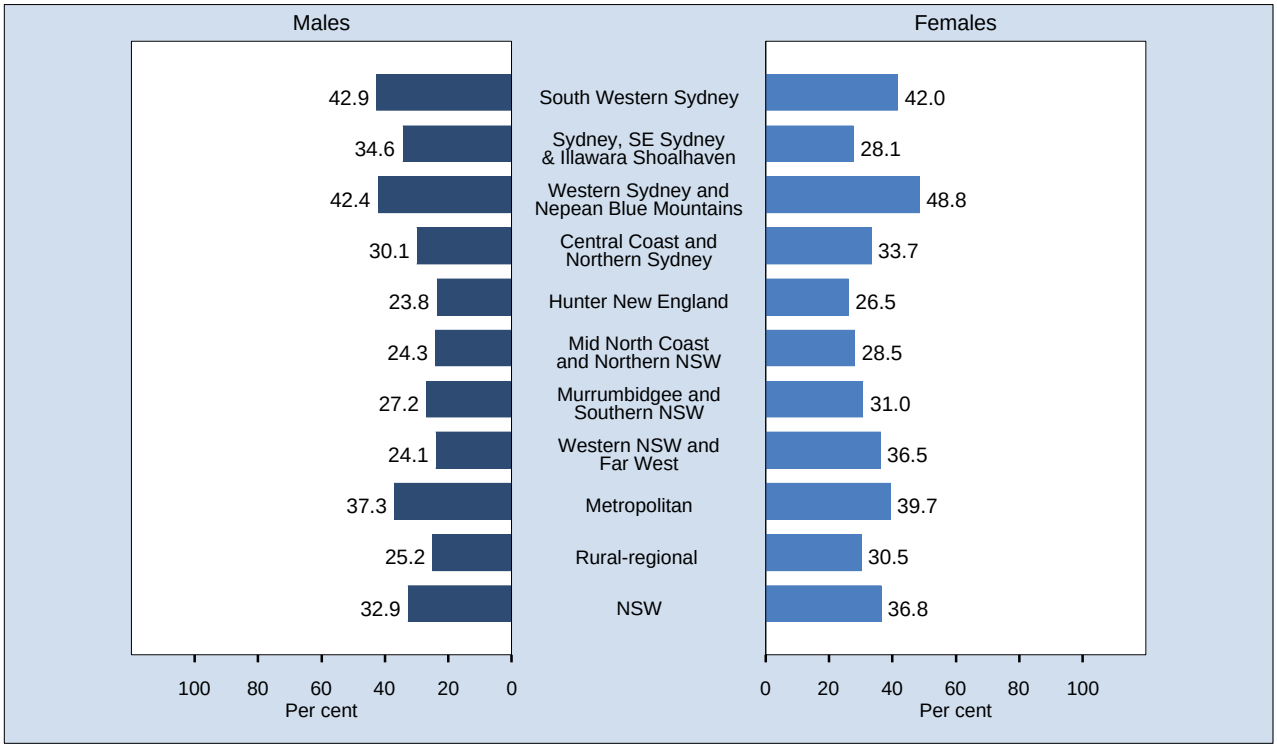
Usually or always stays mainly in the shade when outside for an hour or more on sunny summer days by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,791 respondents in NSW. For this indicator 175 (2.20%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

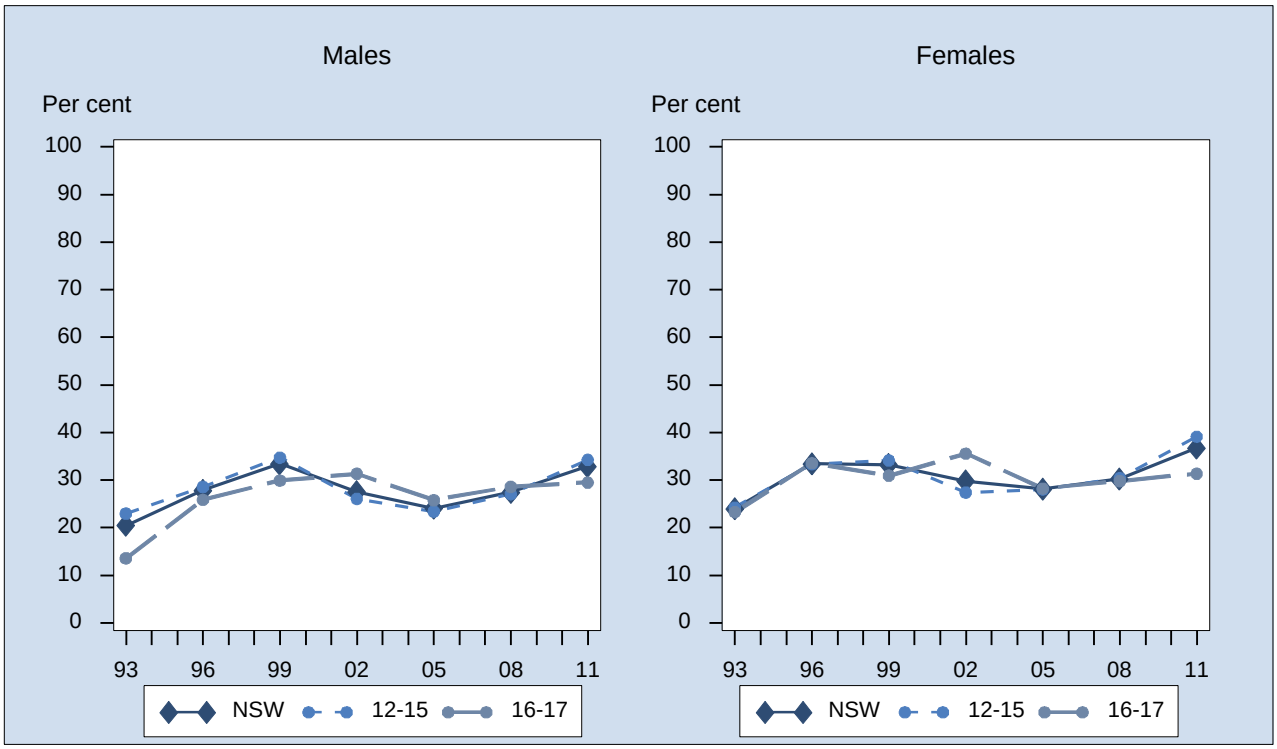
Usually or always stays mainly in the shade when outside for an hour or more on sunny summer days by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,791 respondents in NSW. For this indicator 175 (2.20%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

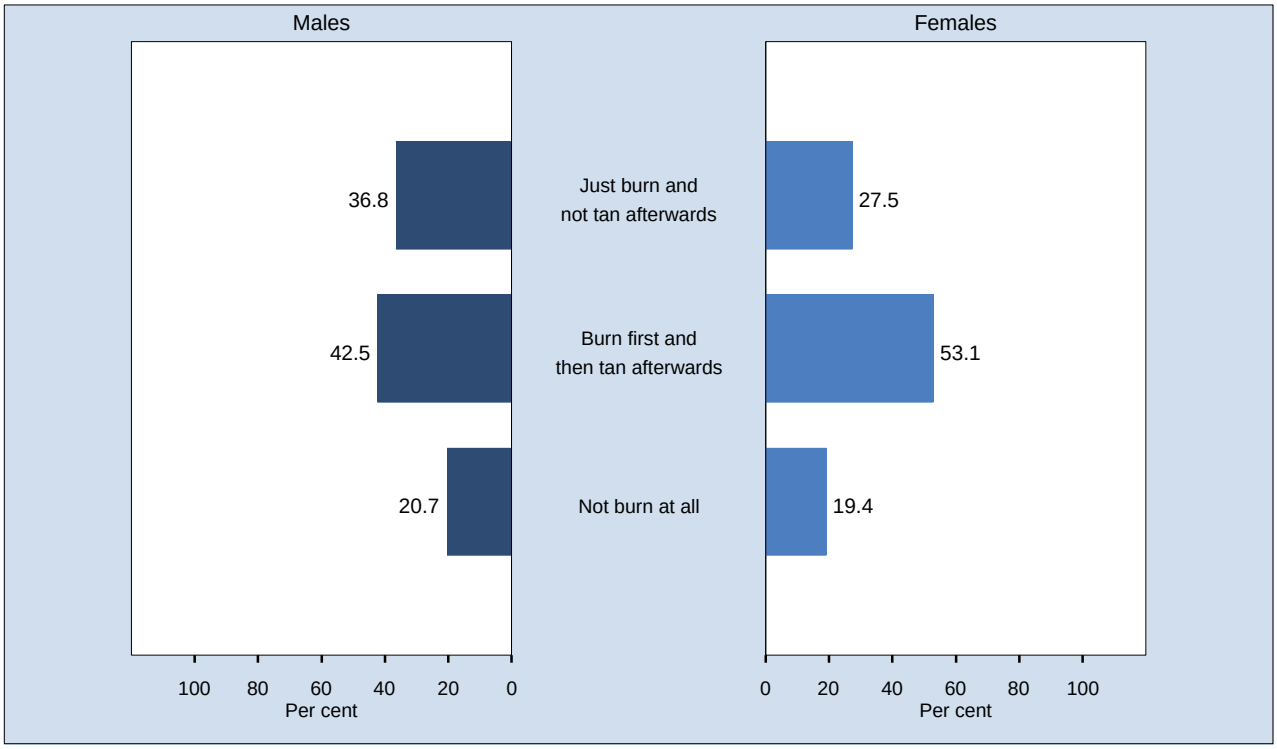
Usually or always stays mainly in the shade when outside for an hour or more on sunny summer days by year, students 12 to 17 years, NSW, 1993-2011



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), 2011 (7,791). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

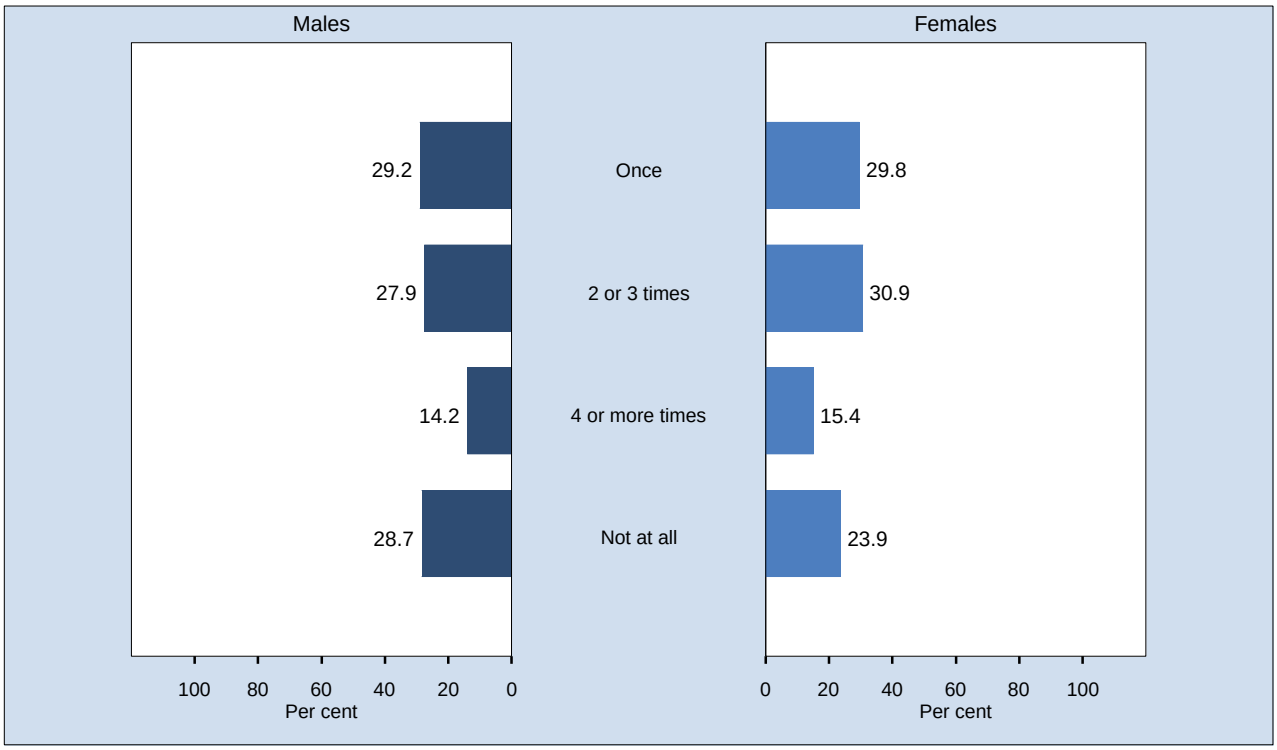
Skin reaction if exposed to strong sunshine without protection, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 6,130 respondents in NSW. For this indicator 1,836 (23.05%) were not stated (Don't know, invalid or no response given) in NSW. The question used to define the indicator was: Suppose your skin was exposed to strong sunshine at the beginning of summer with no protection at all. If you stayed in the sun for 30 minutes, would your skin (Just burn and not tan afterwards; Burn first and then tan afterwards; Not burn at all; Don't know.)

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

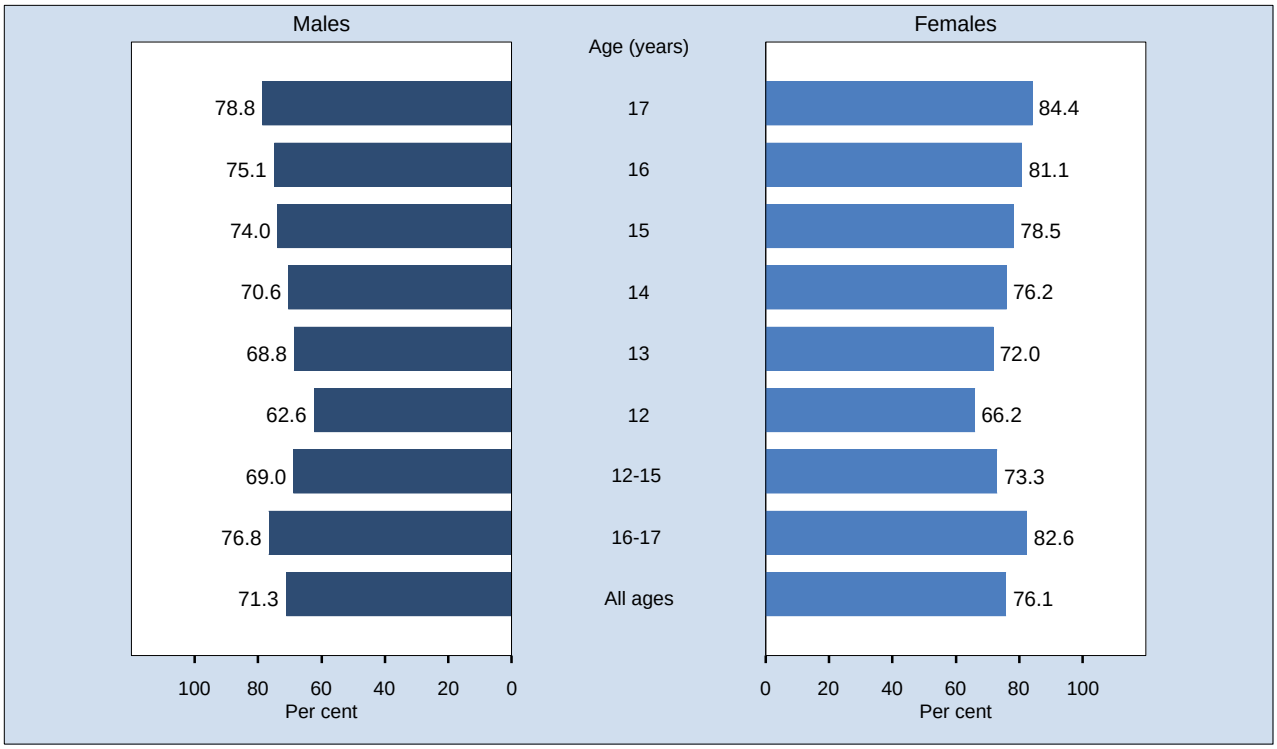
Frequency of sunburn last summer, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,763 respondents in NSW. For this indicator 203 (2.55%) 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: yes just once, yes 2 or 3 times, yes 4 or more times, no not at all?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

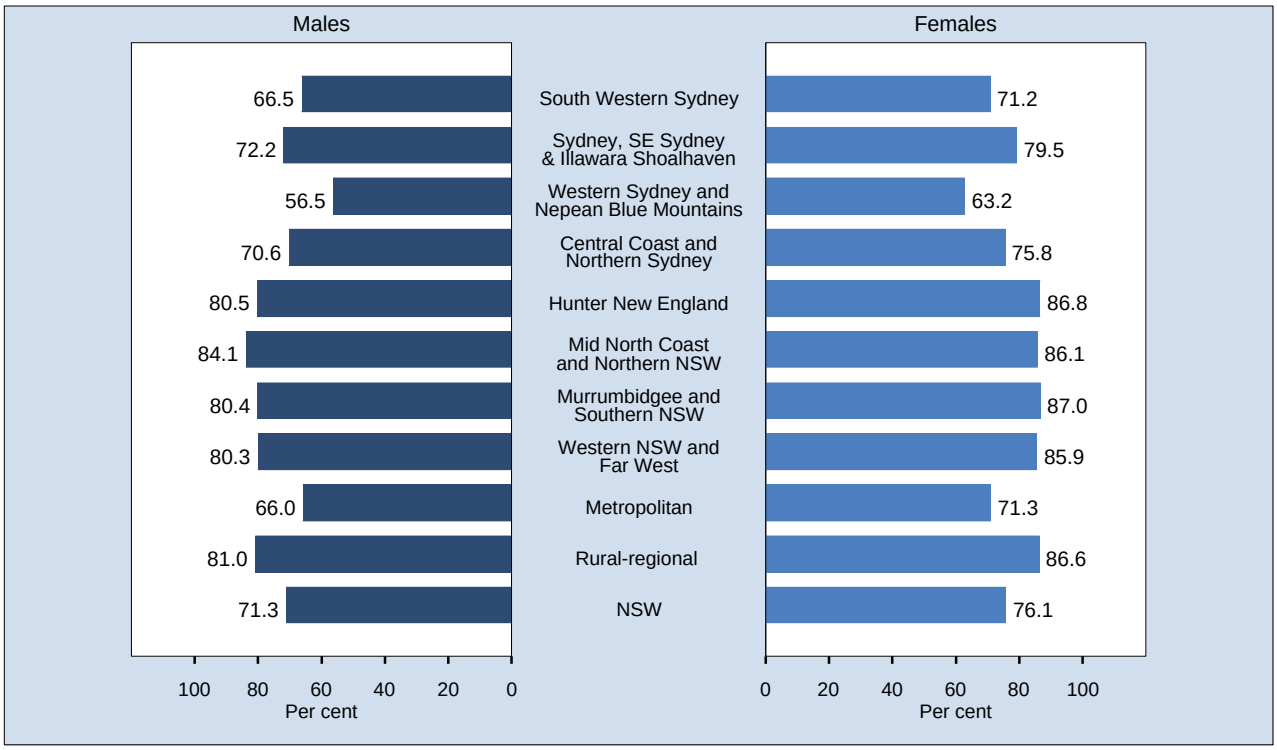
Sunburnt at least once last summer by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,763 respondents in NSW. For this indicator 203 (2.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

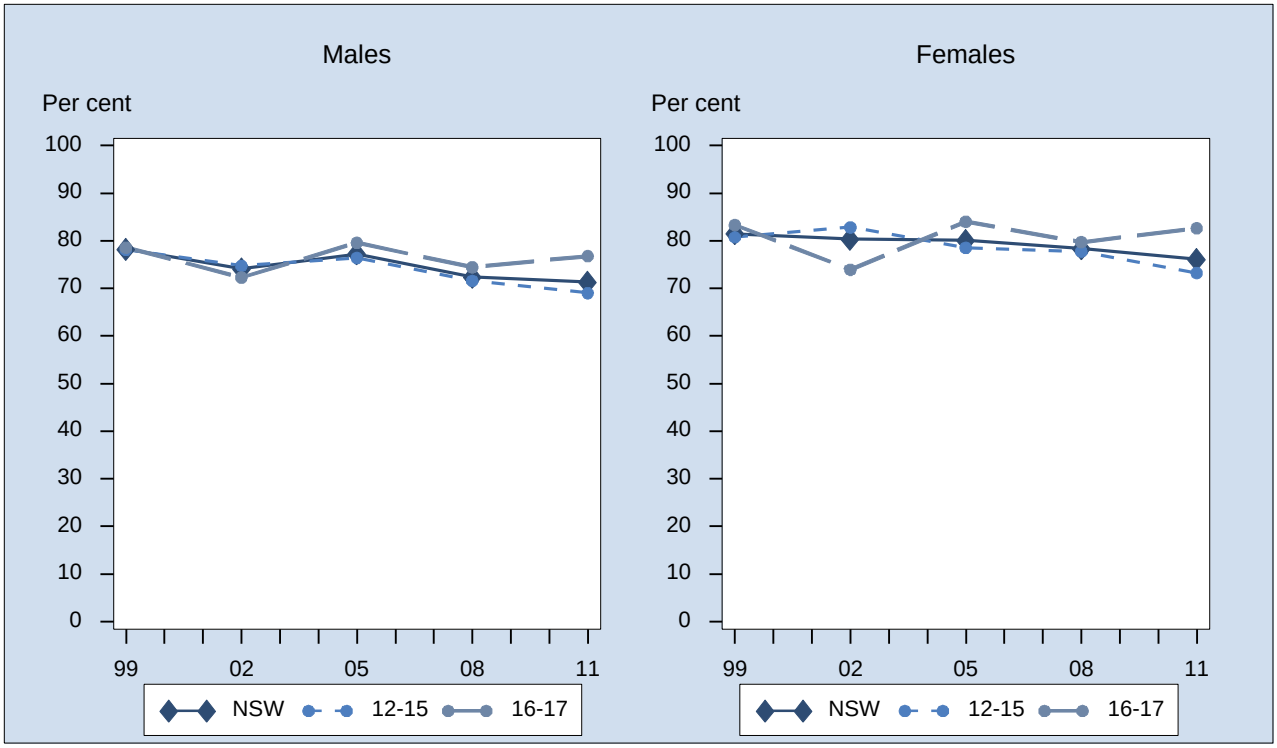
Sunburnt at least once last summer by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,763 respondents in NSW. For this indicator 203 (2.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

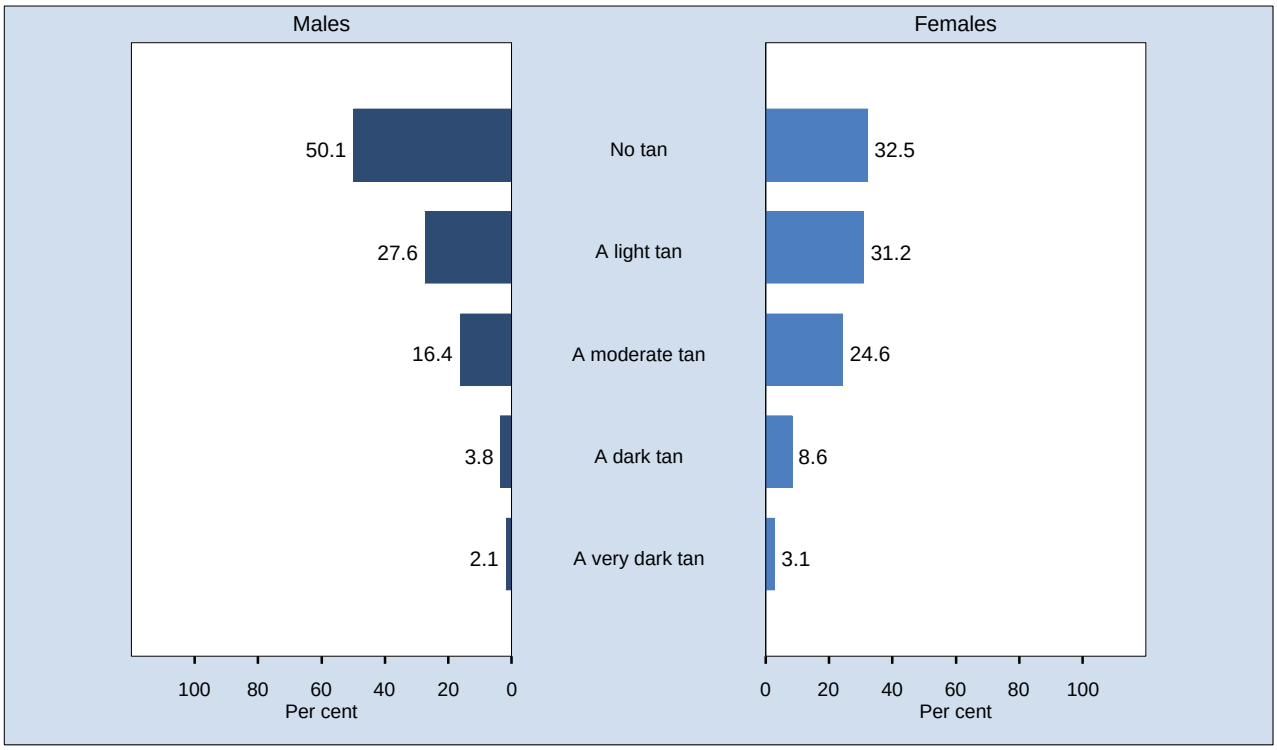
Sunburnt at least once last summer by year, students 12 to 17 years, NSW, 1999-2011



Note: Estimates are based on the following numbers of respondents for NSW: 1999 (7,306), 2002 (6,137), 2005 (5,506), 2008 (7,498), 2011 (7,763). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

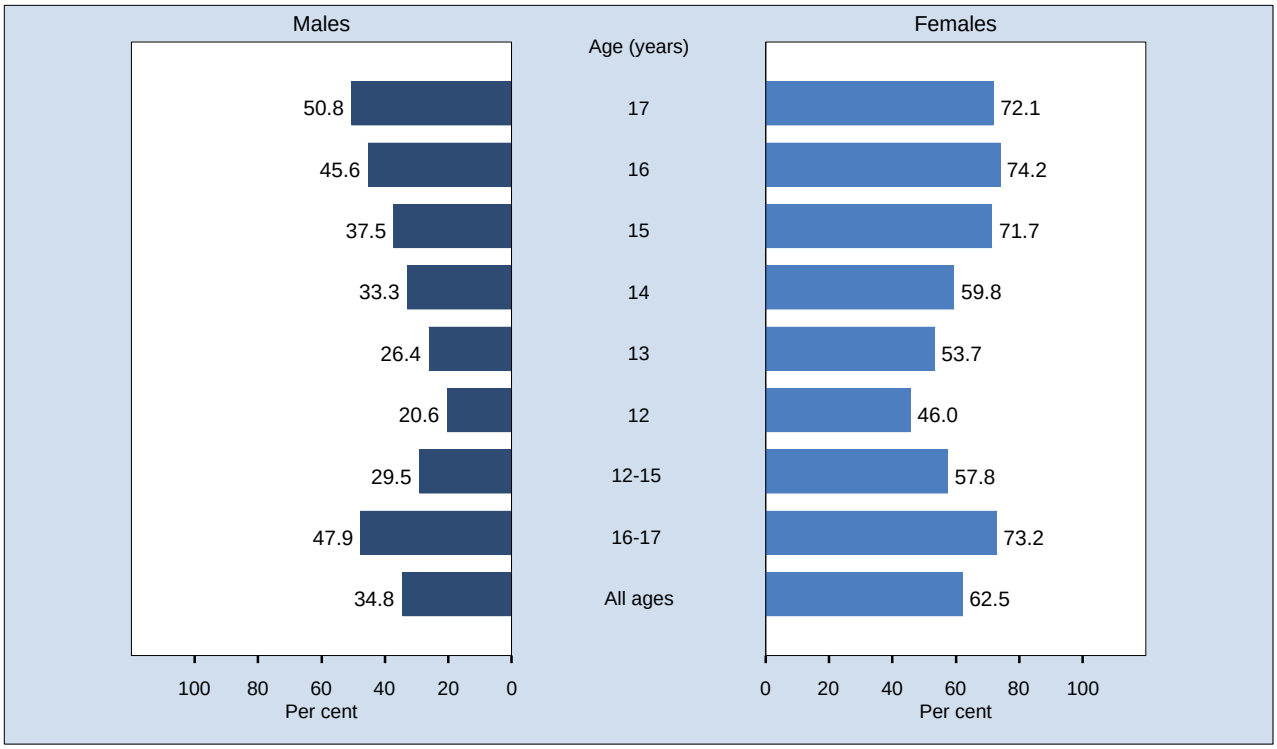
Suntan preference, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,882 respondents in NSW. For this indicator 84 (1.05%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: Do you like to get a suntan: no, yes a light tan, yes a moderate tan, yes a dark tan, yes a very dark tan?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

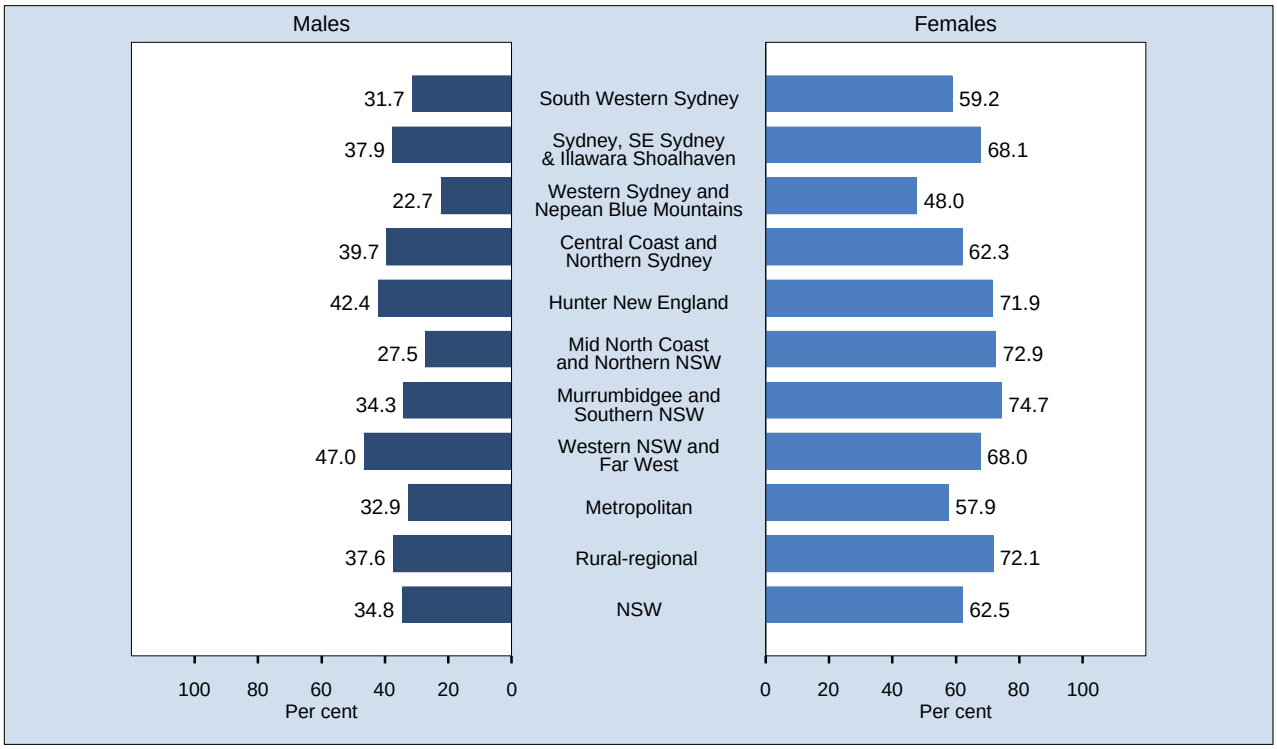
Last summer tried to get a suntan at least once by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,888 respondents in NSW. For this indicator 78 (0.98%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who tried to get a suntan at least once last summer. The question used to define the indicator was: Over the last summer, did you try to get a suntan?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

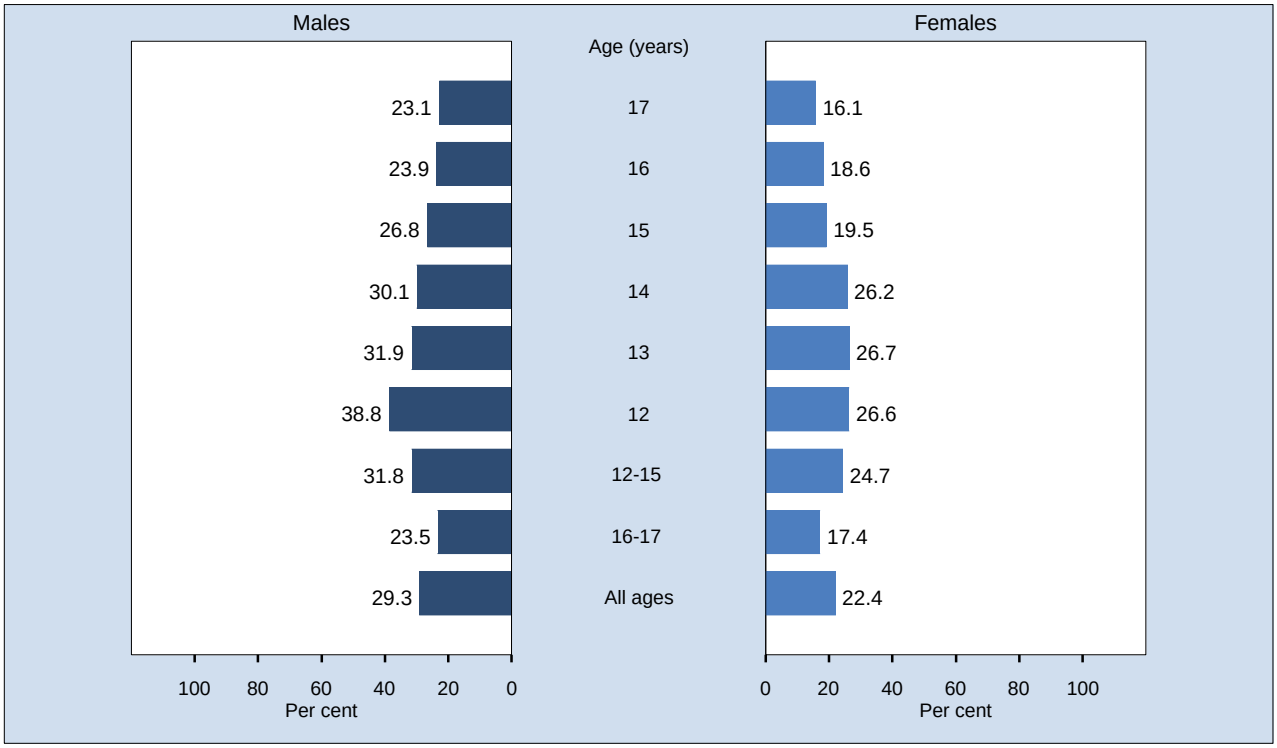
Last summer tried to get a suntan at least once by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,888 respondents in NSW. For this indicator 78 (0.98%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who tried to get a suntan at least once last summer. The question used to define the indicator was: Over the last summer, did you try to get a suntan?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

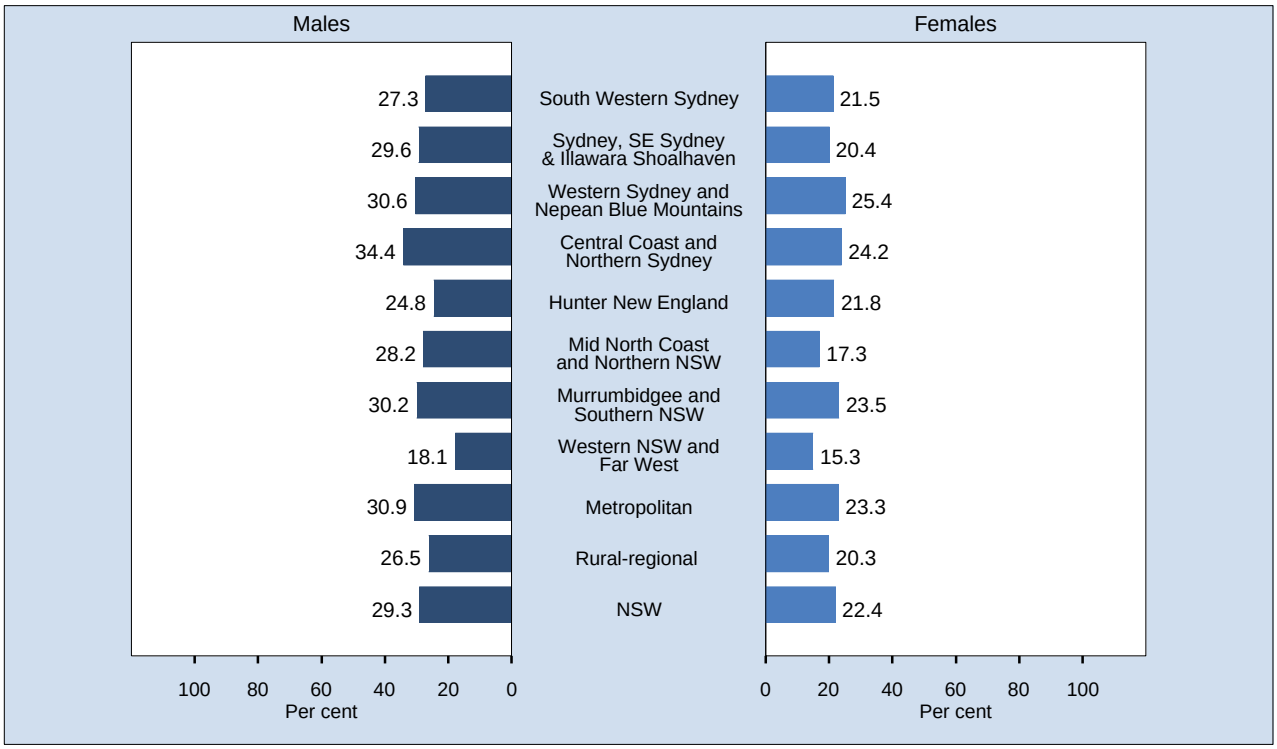
Agree with the statement there is little chance that I will get skin cancers by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,333 respondents in NSW. For this indicator 633 (7.95%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who strongly agree or agree with the statement that you only get skin cancer if you get burnt often. The question used to define the indicator was: Please read the following statement and indicate your agreement on the scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree). There is little chance that I will get skin cancers.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

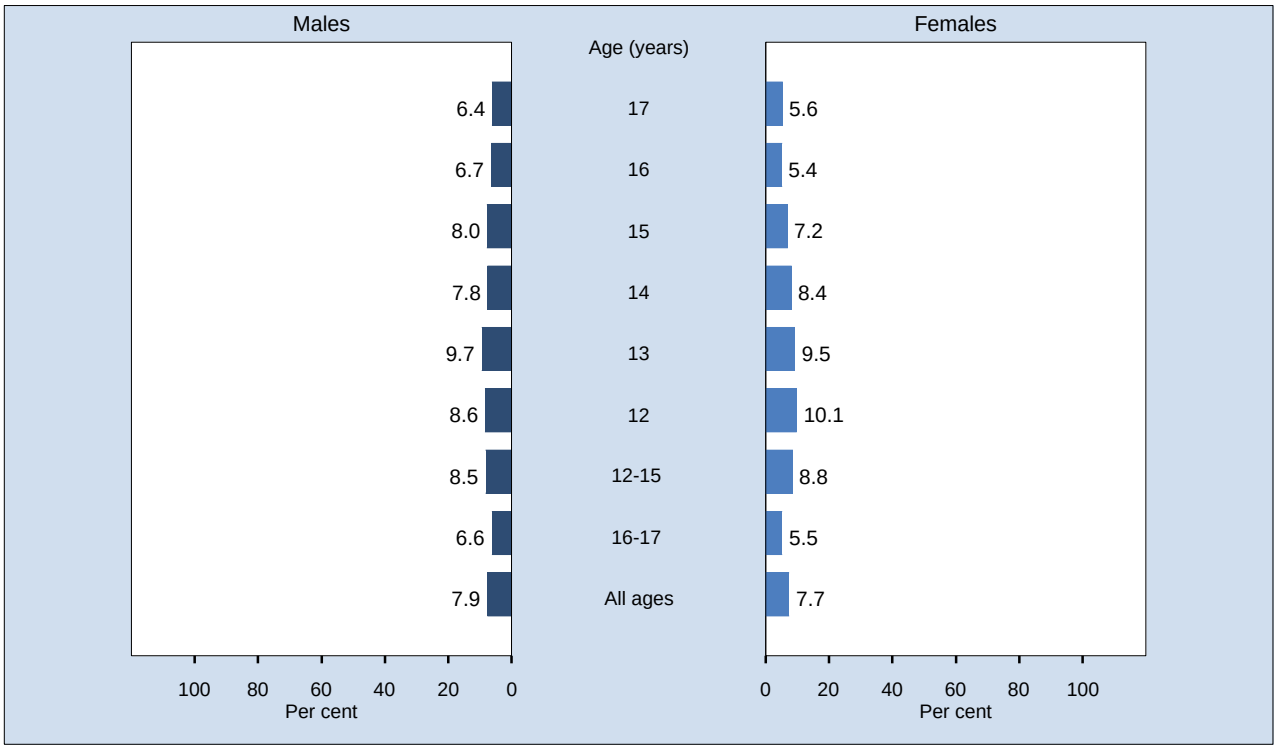
Agree with the statement there is little chance that I will get skin cancers by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,333 respondents in NSW. For this indicator 633 (7.95%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who strongly agree or agree with the statement that you only get skin cancer if you get burnt often. The question used to define the indicator was: Please read the following statement and indicate your agreement on the scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree). There is little chance that I will get skin cancers.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

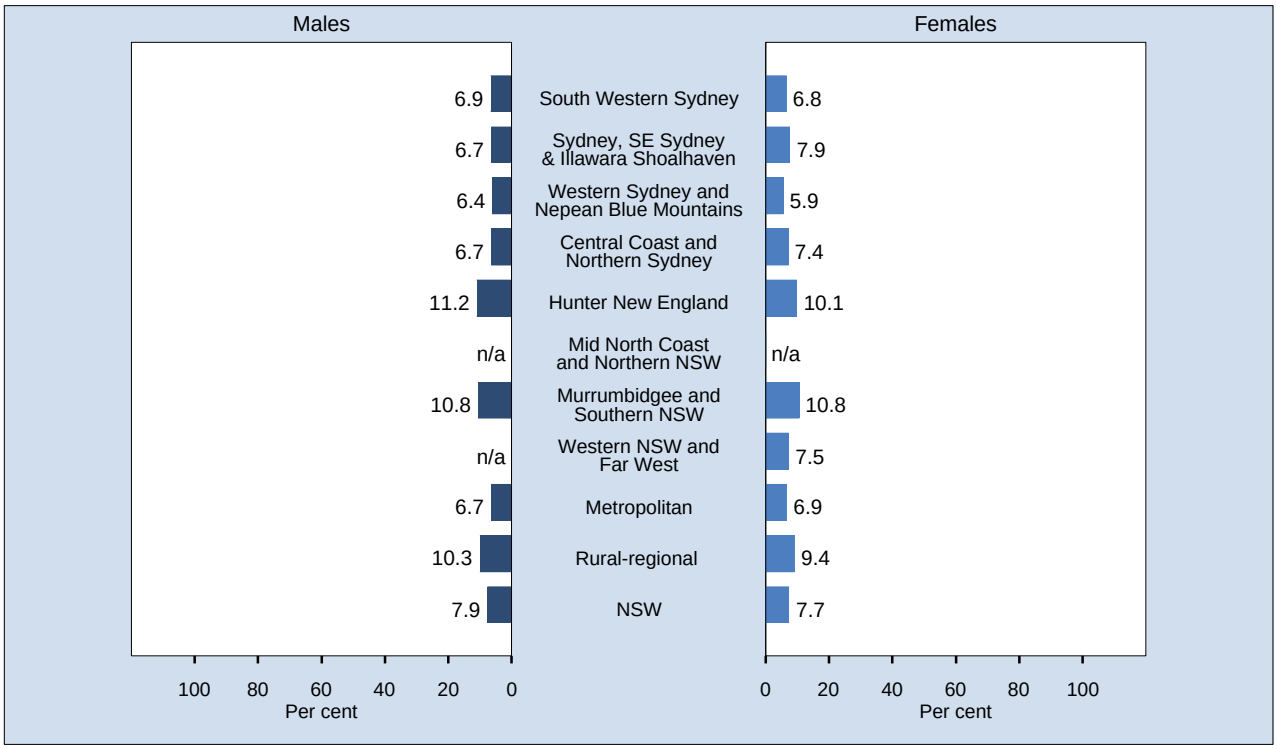
Agree with the statement skin cancer can be easily treated because it can be cut out by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,403 respondents in NSW. For this indicator 563 (7.07%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who strongly agree or agree with the statement that skin cancer can be easily treated because it can be cut out. The question used to define the indicator was: Please read the following statement and indicate your agreement on the scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree). Skin cancer can be easily treated because it can be cut out.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

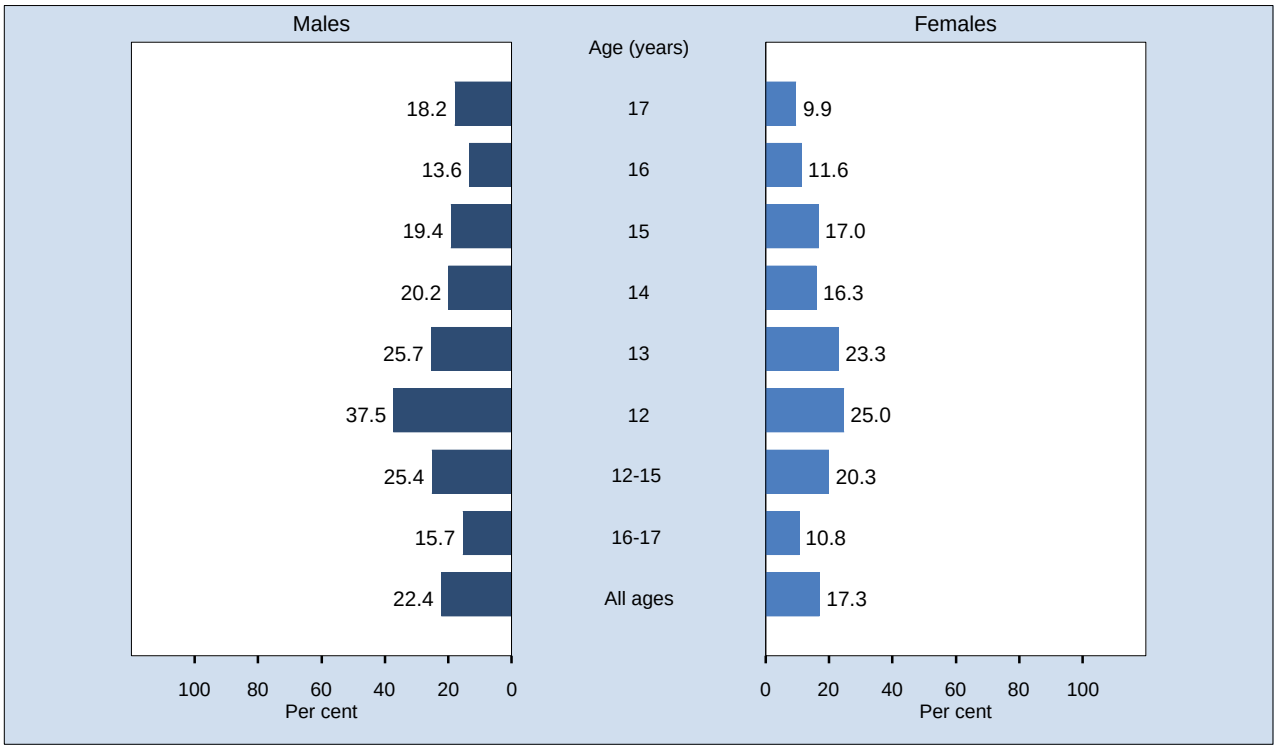
Agree with the statement skin cancer can be easily treated because it can be cut out by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,403 respondents in NSW. For this indicator 563 (7.07%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who strongly agree or agree with the statement that skin cancer can be easily treated because it can be cut out. The question used to define the indicator was: Please read the following statement and indicate your agreement on the scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree). Skin cancer can be easily treated because it can be cut out. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

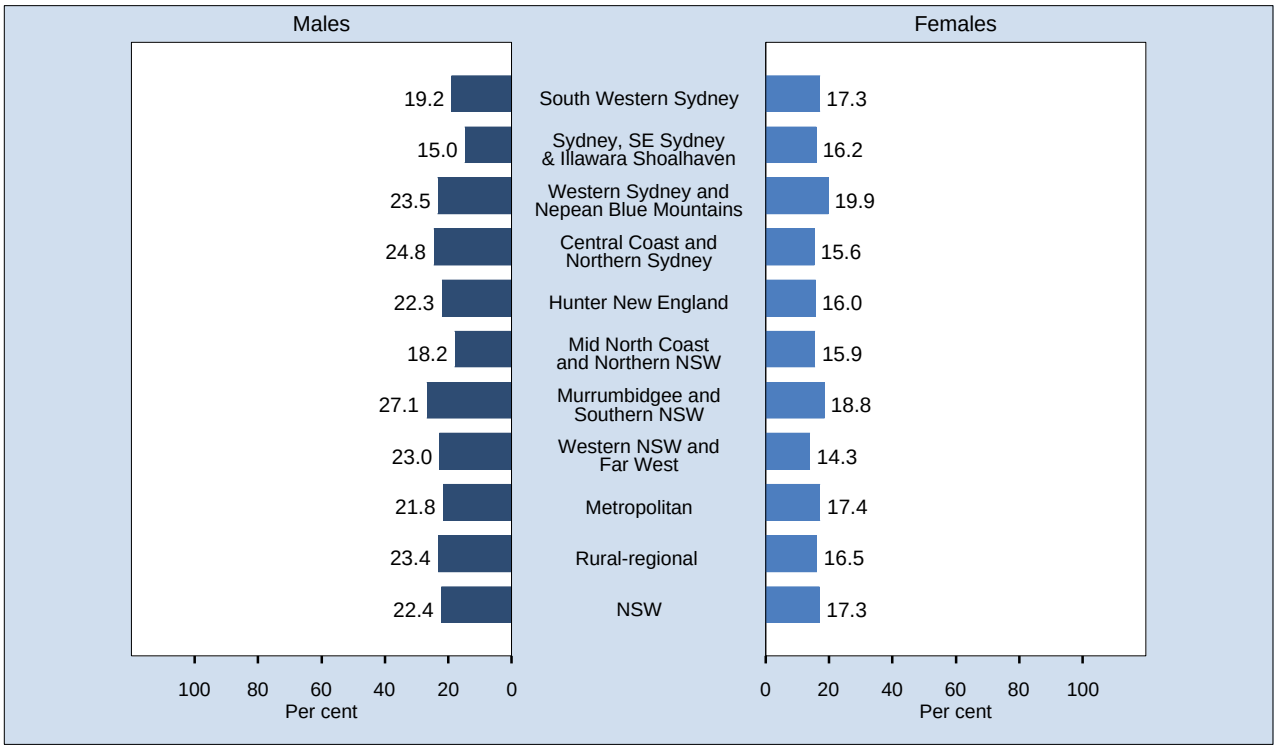
Agree with the statement that you only get skin cancer if you get burnt often by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,419 respondents in NSW. For this indicator 547 (6.87%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who strongly agree or agree with the statement that you only get skin cancer if you get burnt often. The question used to define the indicator: Please read the following statement and indicate your agreement on the scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree). You only get skin cancer if you get burnt often.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

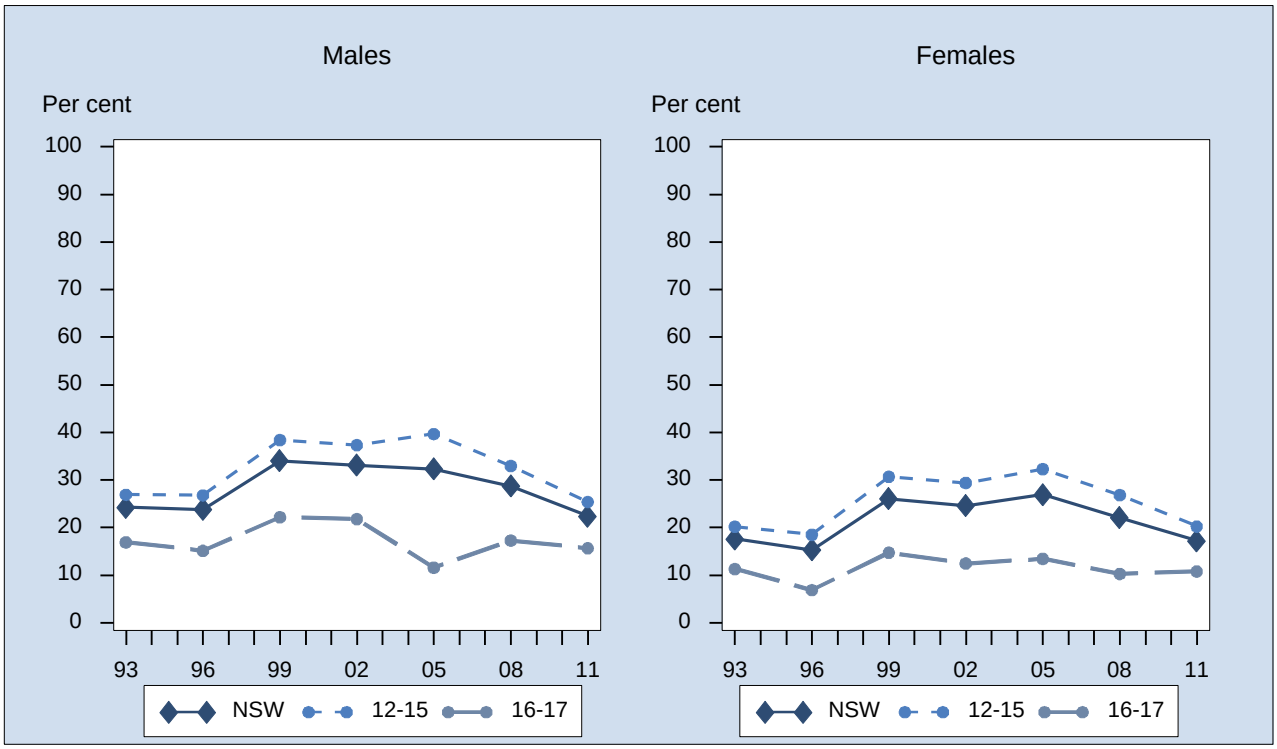
Agree with the statement that you only get skin cancer if you get burnt often by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,419 respondents in NSW. For this indicator 547 (6.87%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who strongly agree or agree with the statement that you only get skin cancer if you get burnt often. The question used to define the indicator: Please read the following statement and indicate your agreement on the scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree). You only get skin cancer if you get burnt often.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

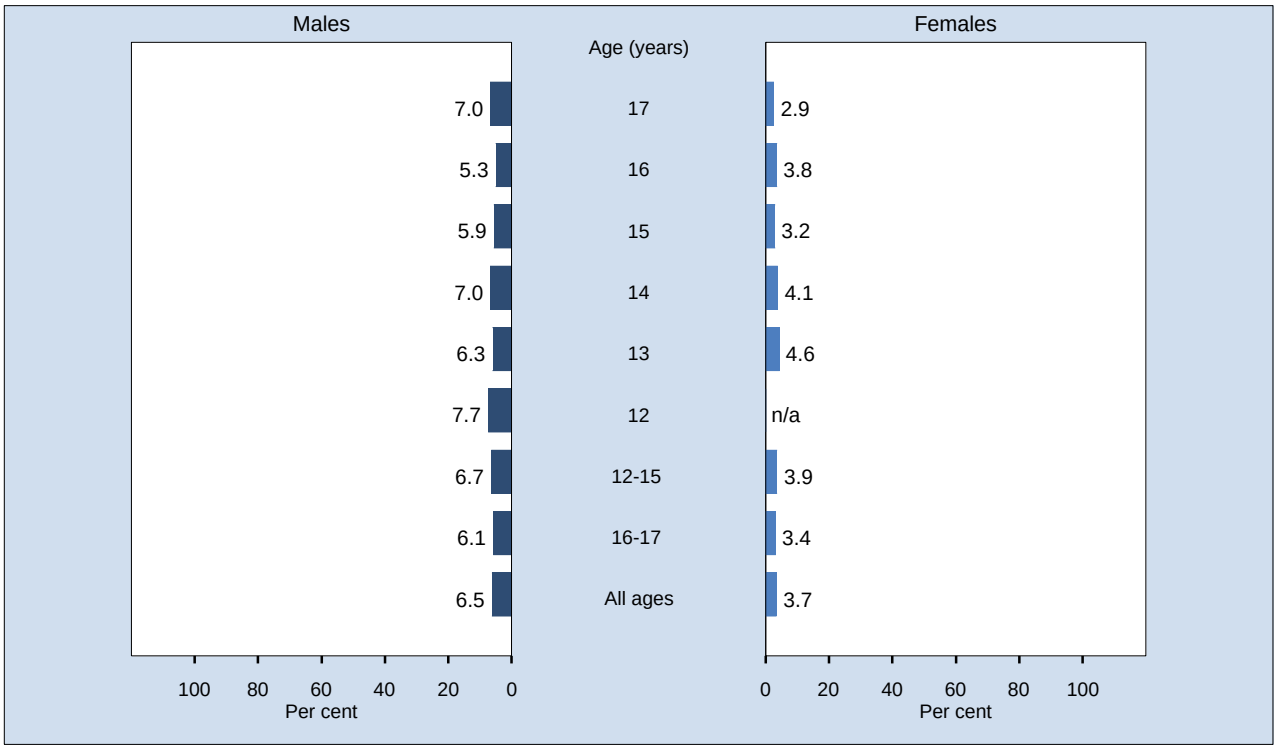
Agree with the statement that you only get skin cancer if you get burnt often by year, students 12 to 17 years, NSW, 1993-2011



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), 2011 (7,419). The indicator includes those students who strongly agree or agree with the statement that you only get skin cancer if you get burnt often. The question used to define the indicator: Please read the following statement and indicate your agreement on the scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree). You only get skin cancer if you get burnt often.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

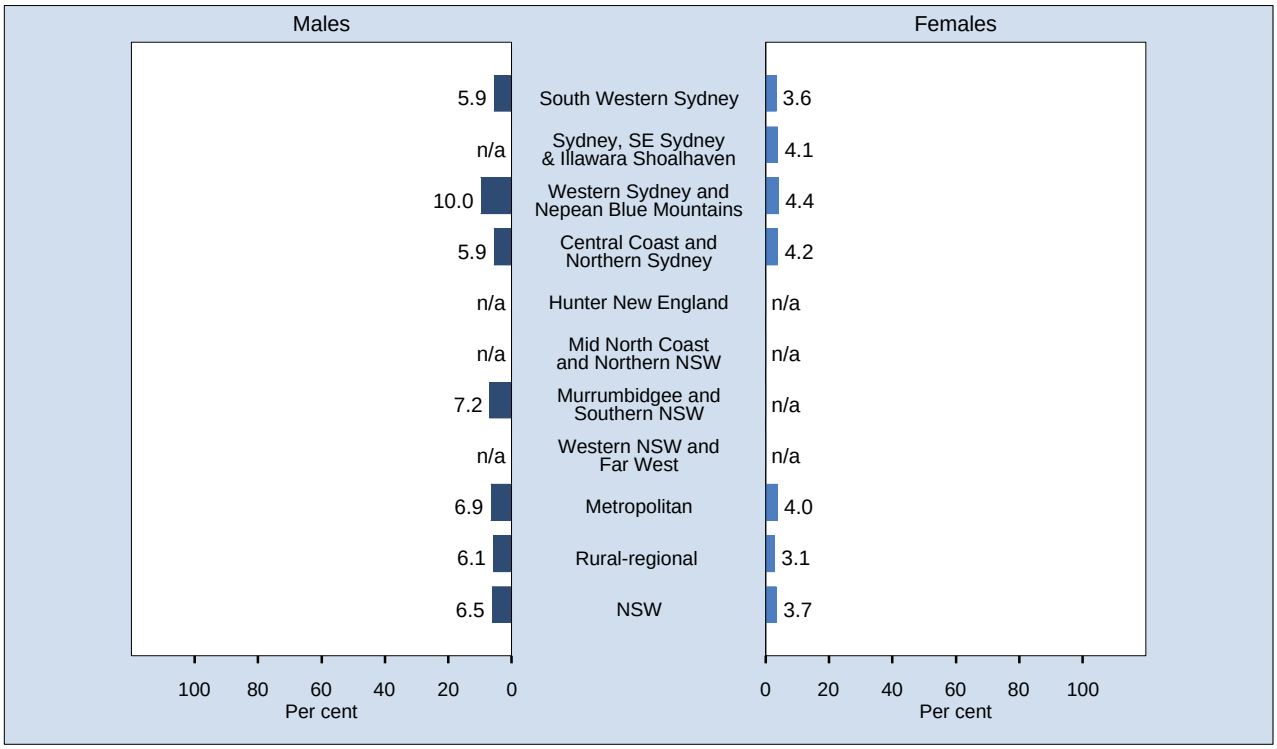
Agree with the statement a suntan protects you against skin cancers by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,501 respondents in NSW. For this indicator 465 (5.84%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who strongly agree or agree with the statement that a suntan protects you against skin cancers. The question used to define the indicators was: Please read the following statement and indicate your agreement on the scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree). A suntan protects you against skin cancers. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

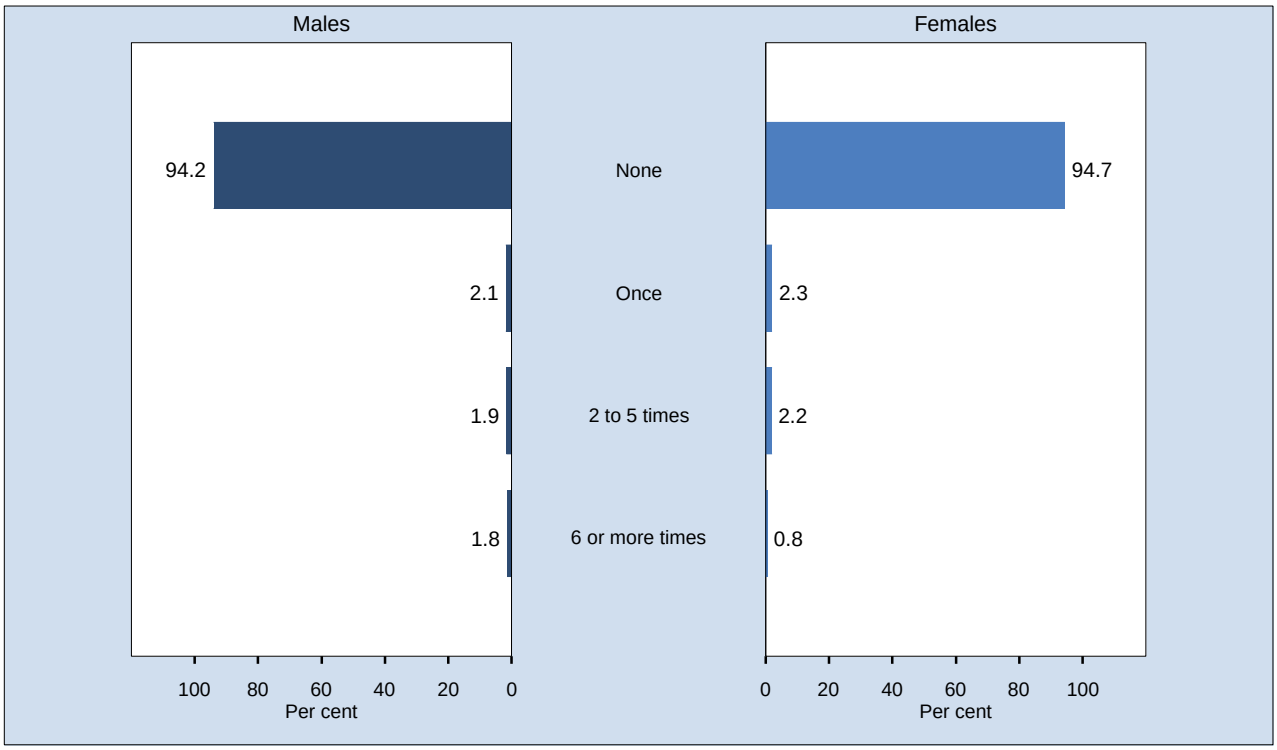
Agree with the statement a suntan protects you against skin cancers by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,501 respondents in NSW. For this indicator 465 (5.84%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who strongly agree or agree with the statement that a suntan protects you against skin cancers. The question used to define the indicators was: Please read the following statement and indicate your agreement on the scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree). A suntan protects you against skin cancers. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

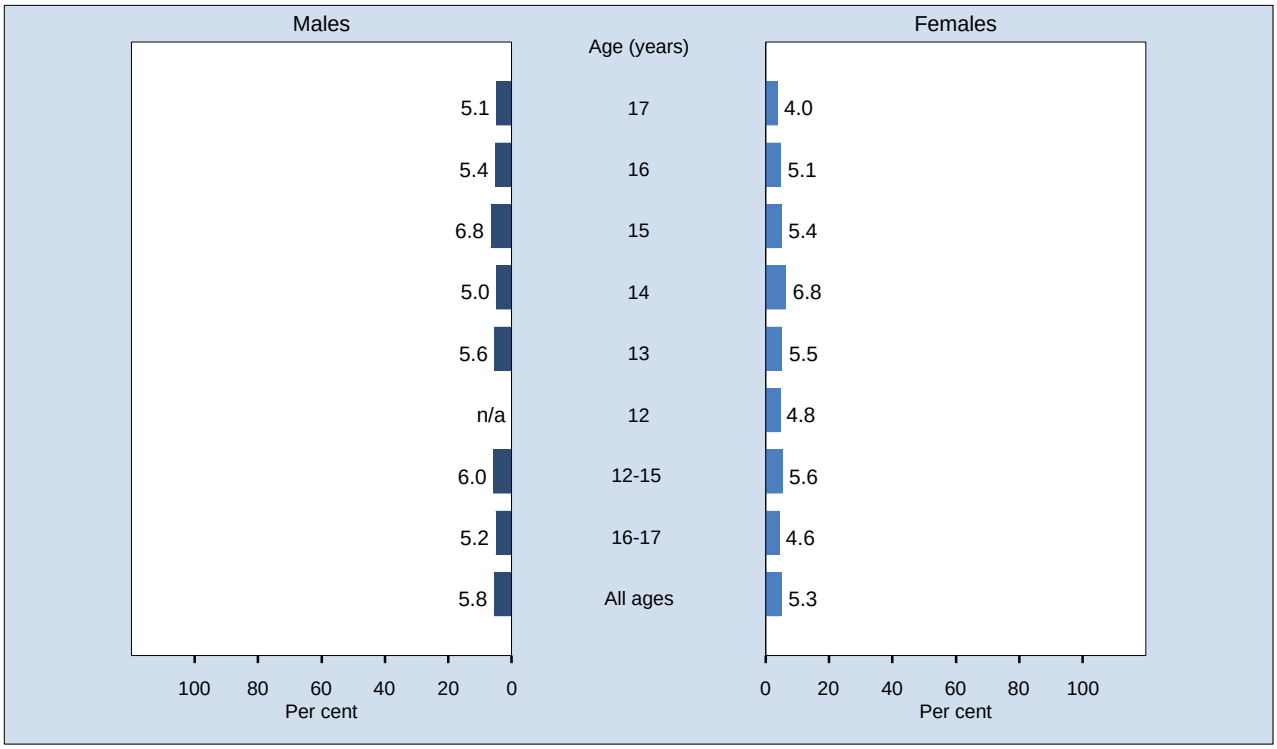
Frequency of solarium or sunbed use, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,869 respondents in NSW. For this indicator 97 (1.22%) 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 year: none, once, 2 to 5 times, 6 or more times?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

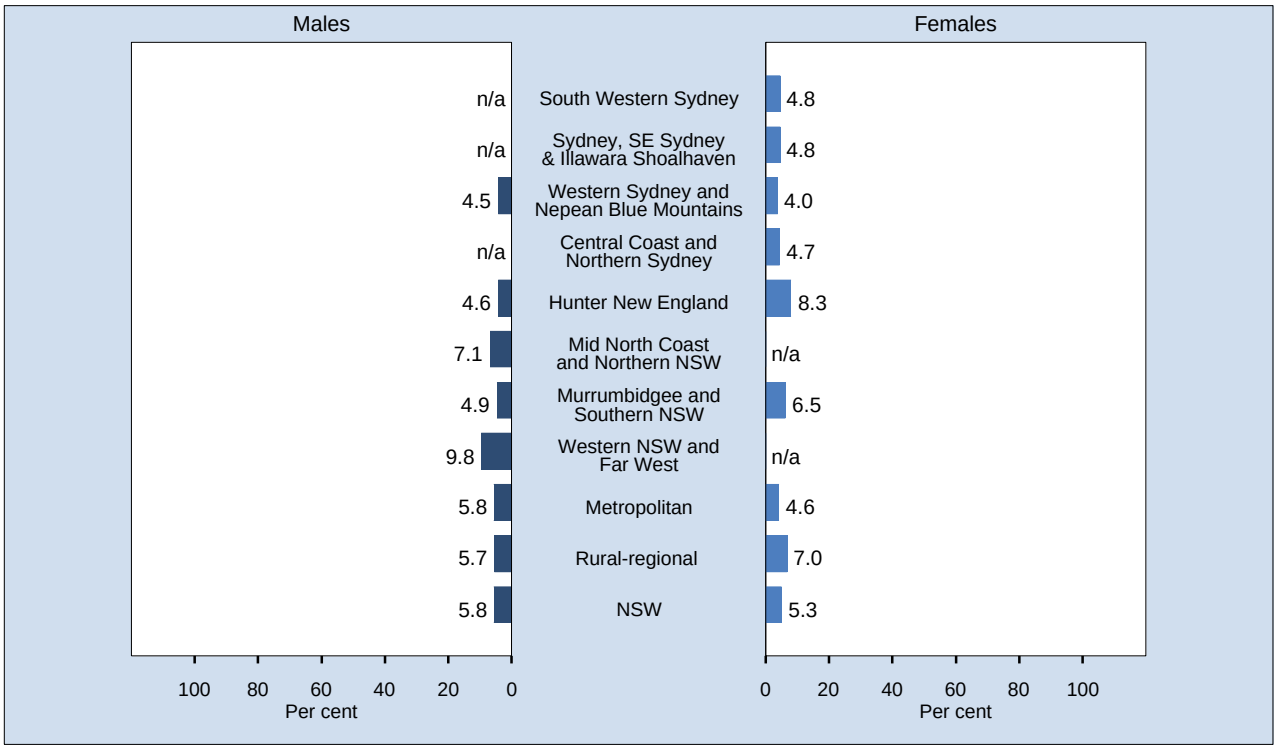
Used solarium or sunbed at least once in the last year by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,869 respondents in NSW. For this indicator 97 (1.22%) were not stated (Don't know, invalid or no response given) in NSW. This indicator includes those students who used a solarium or sun bed at least once in the past 12 months. The question used to define the indicator was: How many times have you used a solarium (sun bed) in the past 12 months? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

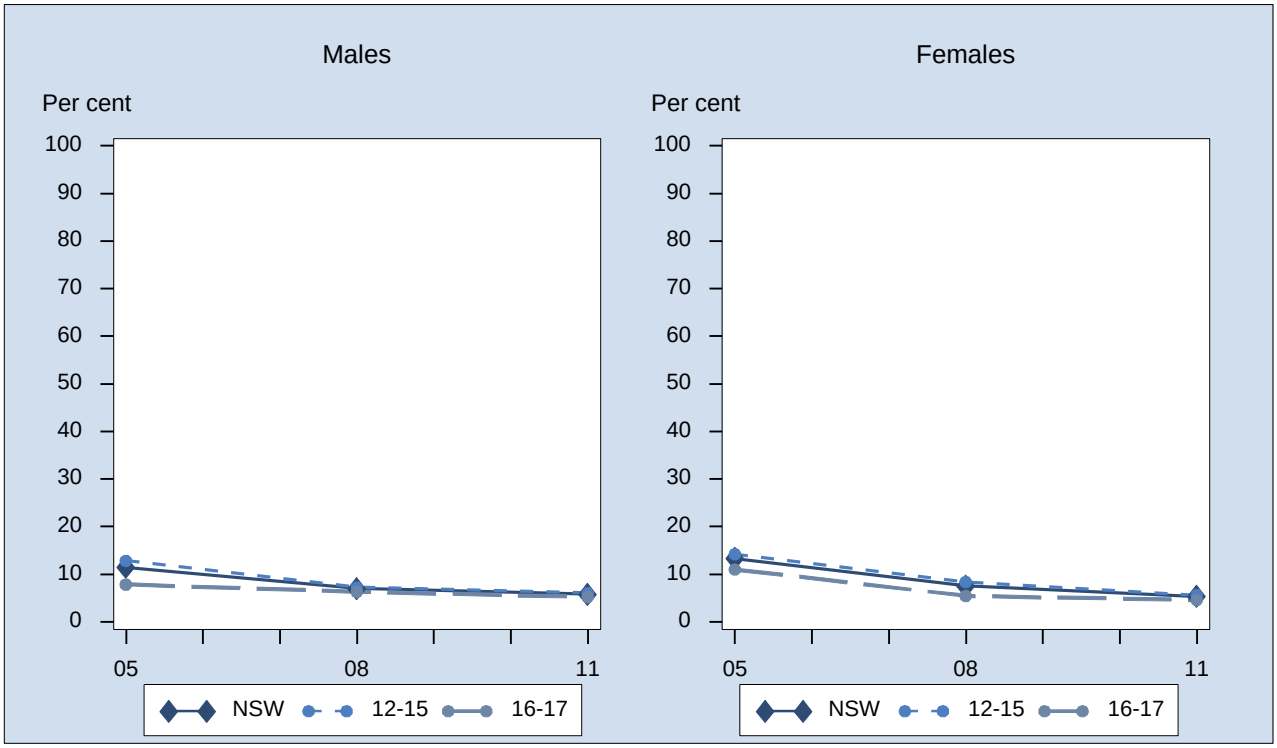
Used solarium or sunbed at least once in the last year by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,869 respondents in NSW. For this indicator 97 (1.22%) were not stated (Don't know, invalid or no response given) in NSW. This indicator includes those students who used a solarium or sun bed at least once in the past 12 months. The question used to define the indicator was: How many times have you used a solarium (sun bed) in the past 12 months? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Used solarium or sunbed at least once in the last year by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (2,618), 2008 (7,448), 2011 (7,869). This indicator includes those students who used a solarium or sun bed at least once in the past 12 months. The question used to define the indicator was: How many times have you used a solarium (sun bed) in the past 12 months?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry 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.[1-2]

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.[1-2]

Results

Graphs in this section include the proportion of students who have ever consumed alcohol, consumed alcohol in the last 12 months, consumed alcohol in the last 4 weeks, consumed alcohol in the last 7 days, details about recent alcohol consumption (total number of drinks consumend, consumed 4 or more drinks in a day, where alcohol consumed and sources of alcohol), attempts to buy alcohol, alcohol drinking behaviours (intention to get drunk, thing that have happened after drinking, and in a car when the driver appeared to be under the influence of alcohol), and lessons at school about alcohol, for students aged 12-17 years for each response or indicator by age group, sex, LHD and year where possible.

Alcohol consumption

- **Ever consumed alcohol:** In 2011, 68.8 per cent of students aged 12-17 years had consumed an alcoholic drink at some point in their lives (60.9 per cent of 12-15 year olds and 87.5 per cent of 16-17 year olds; 70.3 per cent of male students and 67.2 per cent of female students; 64.2 per cent of those living in metropolitan LHDs and 77.7 per cent of those living in rural-regional LHDs).

  Between 1987 and 2011 the proportion of students aged 12-17 years who had ever consumed an alcoholic drink decreased significantly (90.2 per cent to 68.8 per cent). Between 2008 and 2011, the proportion of students who had ever consumed an alcoholic drink also decreased significantly (77.2 per cent to 68.8 per cent).

- **Consumed alcohol in the last 12 months:** In 2011, 47.0 per cent of students aged 12-17 years had consumed alcohol in the last 12 months (35.4 per cent of 12-15 year olds and 74.6 per cent of 16-17 year olds; 47.2 per cent of male students and 46.9 per cent of female students; 42.5 per cent of those living in metropolitan LHDs and 56.0 per cent of those living in rural-regional LHDs).

  Between 1984 and 2011 the proportion of students aged 12-17 years who had consumed alcohol in the last 12 months decreased significantly (72.4 per cent to 47.0 per cent). Between 2008 and 2011, there was also a significant decrease in the proportion of students who had consumed alcohol in the last 12 months (56.1 per cent to 47.0 per cent).

- **Consumed alcohol in the last 4 weeks:** In 2011, 26.9 per cent of students aged 12-17 years had consumed alcohol in the last 4 weeks (17.0 per cent of students aged 12-15 years and 50.3 per cent of students aged 16-17 years; 27.2 per cent of male students and 26.5 per cent of female students; 23.5 per cent of those living in metropolitan LHDs and 33.7 per cent of those living in rural-regional LHDs).

  Between 1984 and 2011, the proportion of students aged 12-17 years who had consumed alcohol in the last 4 weeks decreased significantly (44.2 per cent to 26.9 per cent). Between 2008 and 2011, there was also a significant decrease in the proportion of students who had consumed alcohol in the last 4 weeks (32.7 per cent to 26.9 per cent).

- **Consumed alcohol in the last 7 days:** In 2011, 16.2 per cent of students aged 12-17 years had consumed alcohol in the last 7 days (10.0 per cent of students aged 12-15 years and 31.1 per cent of students aged 16-17 years; 17.3 per cent of male students and 15.1 per cent of female students; 14.1 per cent of those living in metropolitan LHDs and 20.4 per cent of those living in rural-regional LHDs).

Between 1984 and 2011, the proportion of students aged 12-17 years who had consumed alcohol in the last 7 days decreased significantly (32.5 per cent to 16.2 per cent). Between 2008 and 2011, there was also a significant decrease in the proportion of students who had consumed alcohol in the last 7 days (20.4 per cent to 16.2 per cent).

Details about recent alcohol consumption

- **Total number of alcoholic drinks consumed in the last 7 days:** Of those students aged 12-17 years who had consumed alcohol in the last 7 days, 61.8 per cent consumed 1 to 5 drinks, 17.7 per cent consumed 6 to 10 drinks, 8.6 per cent consumed 11 to 15 drinks, 4.2 per cent consumed 16 to 20 drinks, and 7.6 per cent consumed 21 drinks or more.

- **Consumed 4 or more alcoholic drinks in a day:** Of those students aged 12-17 years who had consumed alcohol in the last 7 days, 7.2 per cent had consumed 4 or more drinks in a day in the last week (3.0 per cent of students aged 12 to 15 years and 17.3 per cent of students aged 16 to 17 years; 6.0 per cent of those living in metropolitan LHDs and 9.8 per cent of those living in rural-regional LHDs).

  Between 1984 and 2011, the proportion of students aged 12-17 years who had consumed 4 or more drinks in a day decreased significantly (10.5 per cent to 7.2 per cent). Between 2008 and 2011, there was also a significant decrease in the proportion of students who had consumed 4 or more drinks in a day (10.4 per cent to 7.2 per cent).

- **Where alcohol consumed:** Of those students who had consumed alcohol in the last 7 days, 33.5 per cent had consumed alcohol at a party, 26.8 per cent had consumed alcohol at home, 14.3 per cent had consumed alcohol at a friend's home, and 8.4 per cent had consumed alcohol at a beach, park or recreation area, 3.3 per cent had consumed alcohol at a dance venue or at a nightclub, 3.3 per cent had consumed alcohol at a hotel, pub, bar, taven, RSL club or sports club, and 10.8 per cent had consumed alcohol at another location.

- **Sources of alcohol:** Of those students who had consumed alcohol in the last 7 days, 30.5 per cent had obtained the alcohol from their parents, 7.4 per cent obtained it from a brother or sister, 5.5 per cent took it from home without permission, 22.6 per cent were given it by a friend, 22.4 per cent got someone to buy it for them, 6.5 per cent bought it themselves and 5.1 per cent obtained it in other ways.

Attempts to buy alcohol

- **Ever attempted to buy alcohol:** In 2011, 7.2 per cent of students aged 12-17 years had attempted to buy alcohol at some point (2.7 per cent of students aged 12-15 years and 17.8 per cent of students aged 16-17 years; 8.3 per cent of male students and 6.1 per cent of female students; 7.0 per cent of those living in metropolitan LHDs and 7.5 per cent living in rural-regional LHDs).

  Between 2005 and 2011, the proportion of students aged 12-17 years who had ever attempted to buy alcohol decreased significantly (10.4 per cent to 7.2 per cent). The decrease was also significant between 2008 and 2011 (10.9 per cent to 7.2 per cent).

- **Outcomes of attempts to buy alcohol:** In 2011, of those students aged 12-17 years who had tried to buy alcohol, less than half (42.5 per cent) were refused from a hotel or pub, 35.9 per cent from a restaurant, 30.0 per cent from a nightclub or dance venue, and 46.7 per cent from a bottleshop.

  In 2011, of those students aged 12-17 years who had tried to buy alcohol, over half (54.7 per cent) had been asked for proof of age at a hotel, pub or club, 36.8 per cent at a restaurant, 43.1 per cent at a nightclub or dance venue, and 52.6 per cent at a bottleshop.

Alcohol drinking behaviours

- **Intended to get drunk when drinking alcohol:** In 2011, 32.3 per cent of students aged 12-17 years intended to get drunk most times or every time, on an ocassoion when they were drinking alcohol in the last 12 months (19.9 per cent of 12-15 year olds and 47.7 per cent of 16-17 year olds; 33.5 per cent of male students and 31.1 per cent of female students; 29.2 per cent of those living in metropolitan LHDs and 37.4 per cent of those living in rural-regional LHDs).

- **Most common things done after drinking alcohol:** In 2011, in those students who had consumed one or more alcoholic drinks in the past 12 months, 33.5 per cent had been sick (vomited); 22.9 per cent had an argument; 19.5 per cent attended work or school; 14.0 per cent verbally abused someone; 12.7 per cent tried drugs; 11.3 per cent created a public nucience of disturbance; 9.7 per cent hit someone or fought; 9.8 per cent caused damage to property; 6.9 per cent missed school; 6.6 per cent had been in trouble with police; 6.2 per cent physically threatened someone; 6.1 per cent stole something; and 5.5% drove a motor vehicle.

- **In a car when the driver appeared to be under the influence of alcohol:** In 2011, 20.4 per cent of students aged 12-17 years had been in a car in the last 12 months when the driver appeared to be under the influence of alcohol (18.5 per cent of 12-15 year olds and 25.0 per cent of 16-17 year olds; 20.9 per cent of male students and 20.0 per cent of female students; 18.9 per cent of those living in metropolitan LHDs and 23.4 per cent of those living in rural-regional LHDs).

School lessons about drinking alcohol

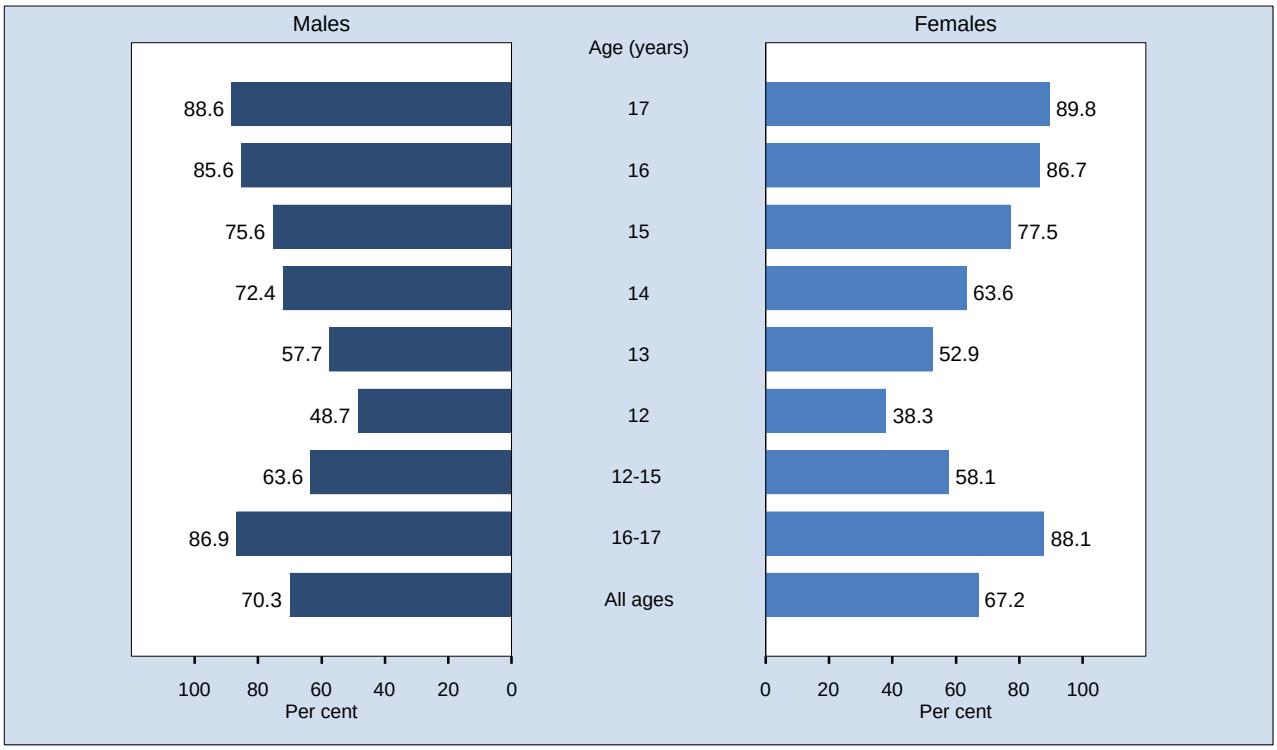
- **School lesson about drinking alcohol:** In 2011, 92.9 per cent of students aged 12-17 years had a lesson or part of a lesson about drinking alcohol (93.0 per cent of 12-15 year old students and 92.5 per cent of 16-17 year old students; 92.1 per cent of male students and 93.7 per cent of female students; 92.8 per cent of those living in metropolitan LHDs and 93.4 per cent of those living in rural-regional LHDs).

  Between 2005 and 2011 and between 2008 and 2011, the proportion of students aged 12-17 years receiving lessons at school about drinking alcohol did not change significantly.

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 17 January 2013).
2. Ministerial Council on Drug Strategy.*National Drug Strategy 2010-2015*. Commonwealth of Australia, 2011. Available online at www.nationaldrugstrategy.gov.au/internet/drugstrategy/publishing.nsf/Content/nds2015(accessed 30 November 2012).

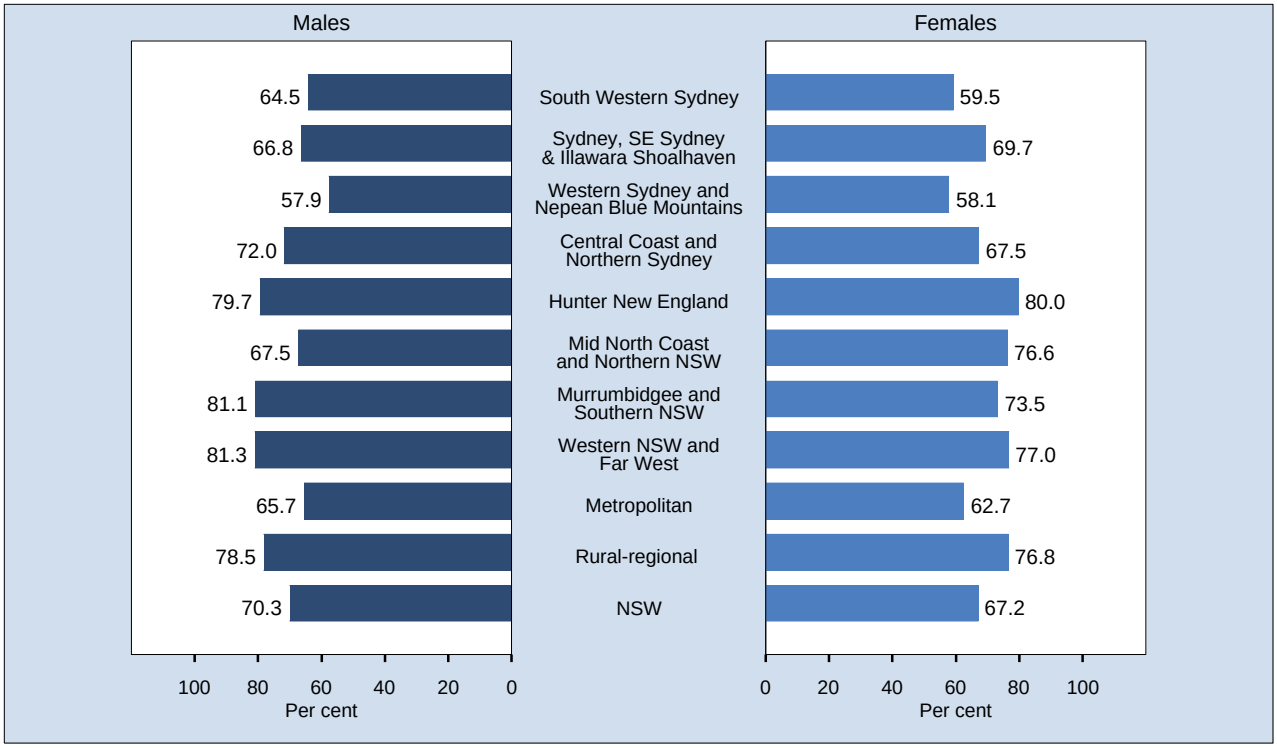
Ever consumed alcohol by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,910 respondents in NSW. For this indicator 56 (0.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have ever had even part of an alcoholic drink, including beer, wine, wine coolers, alcoholic sodas, spirits, premixed spirit drinks, liqueurs, alcoholic 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

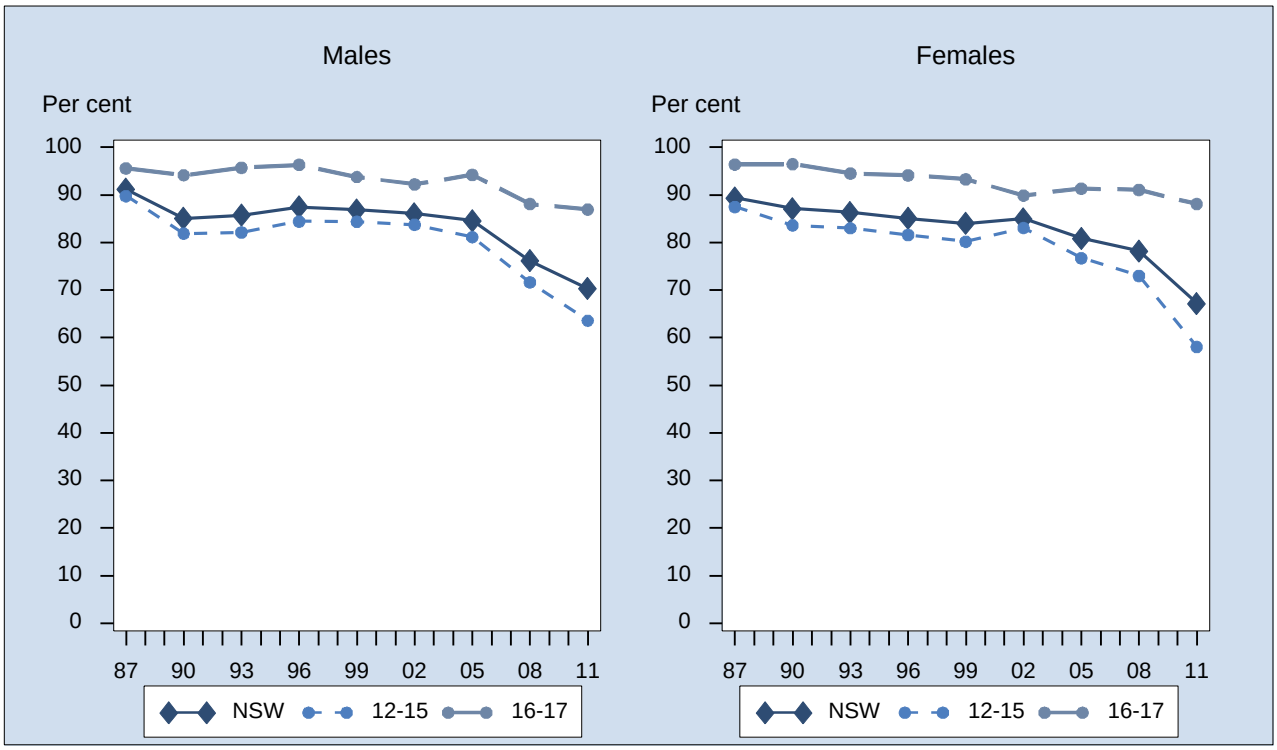
Ever consumed alcohol by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,910 respondents in NSW. For this indicator 56 (0.70%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have ever had even part of an alcoholic drink, including beer, wine, wine coolers, alcoholic sodas, spirits, premixed spirit drinks, liqueurs, alcoholic 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

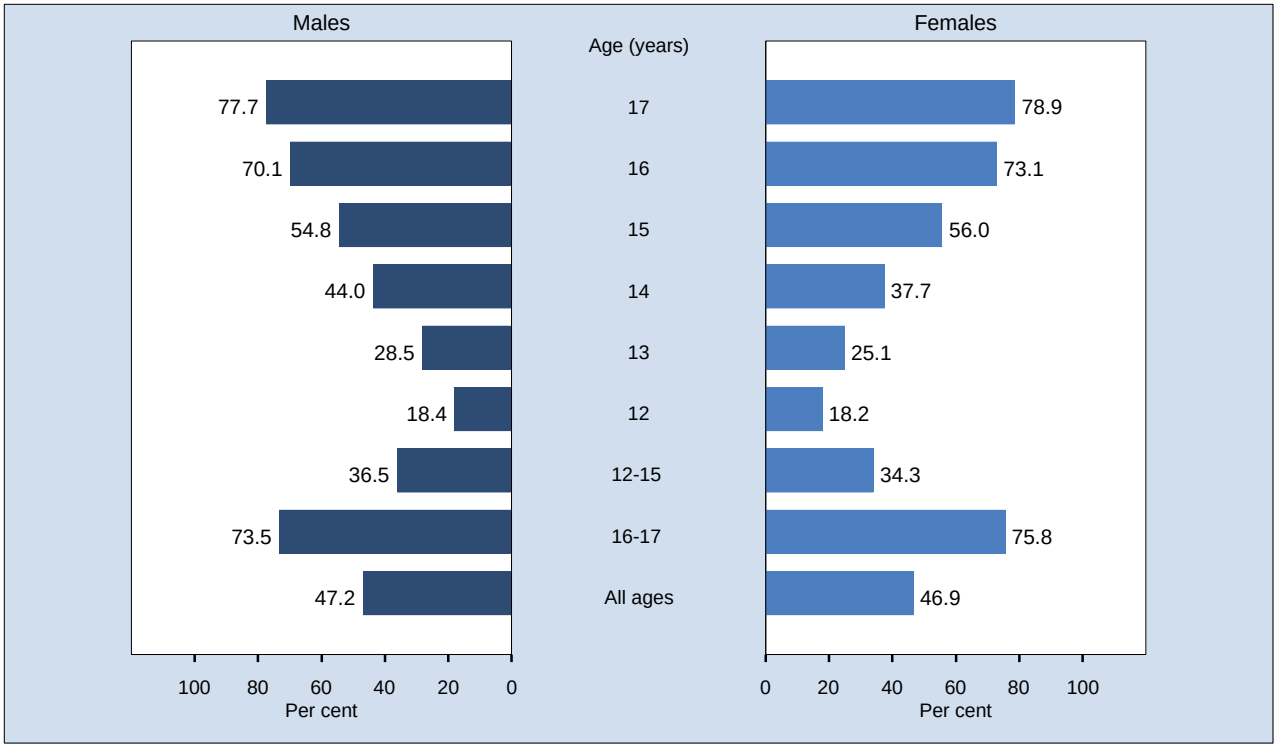
Ever consumed alcohol by year, students 12 to 17 years, NSW, 1987-2011



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), 2011 (7,910). The indicator includes those students who have ever had even part of an alcoholic drink, including beer, wine, wine coolers, alcoholic sodas, spirits, premixed spirit drinks, liqueurs, alcoholic 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

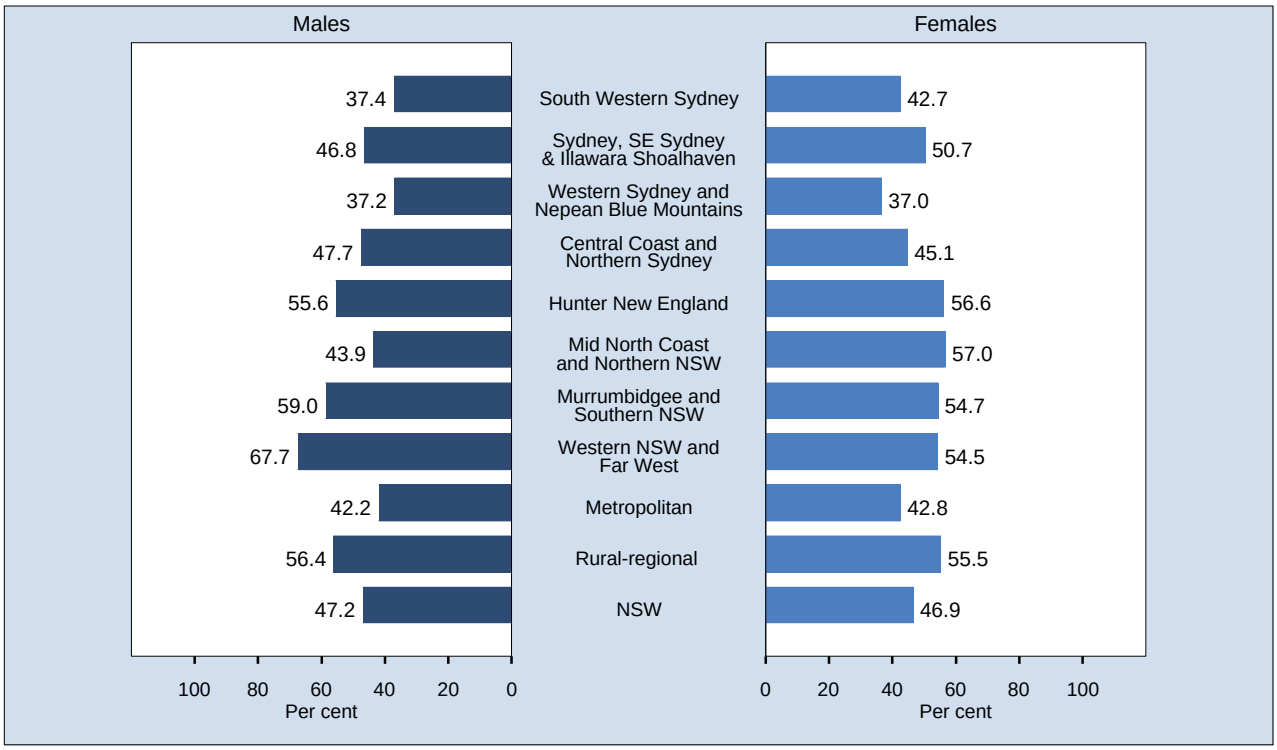
Consumed alcohol in the last year by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,944 respondents in NSW. For this indicator 22 (0.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

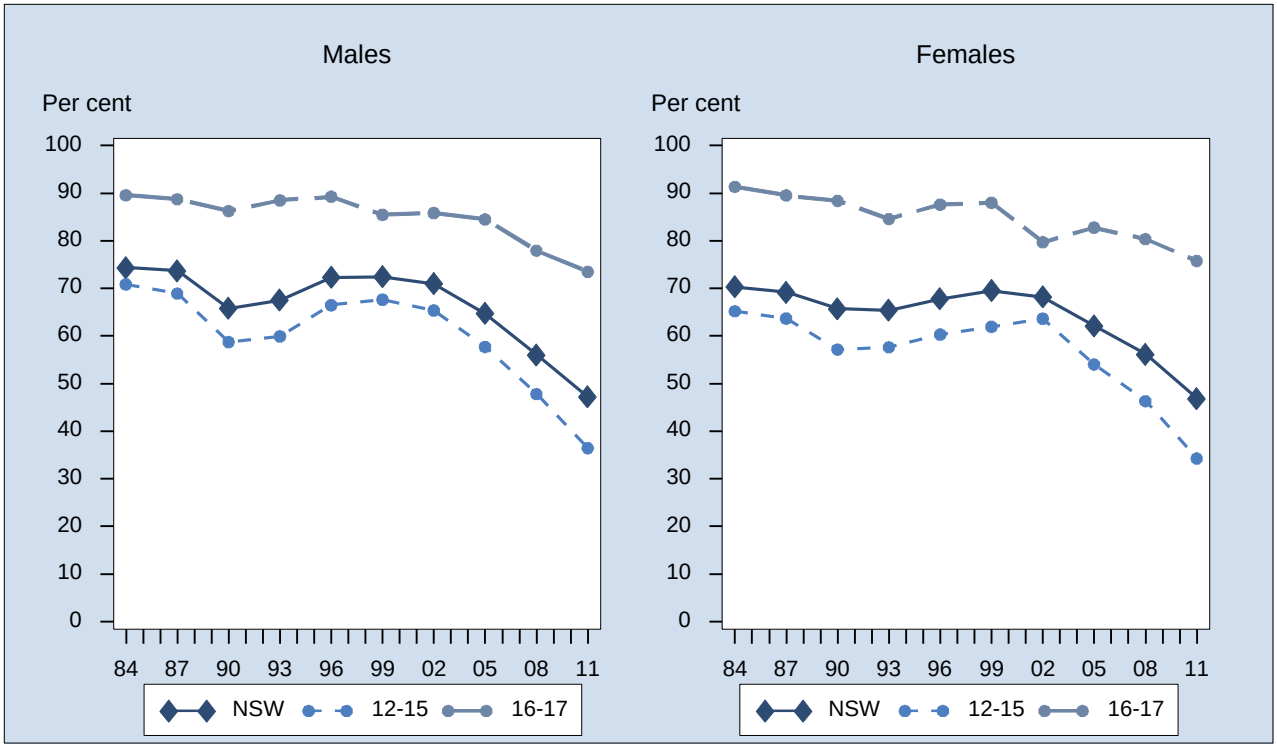
Consumed alcohol in the last year by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,944 respondents in NSW. For this indicator 22 (0.28%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

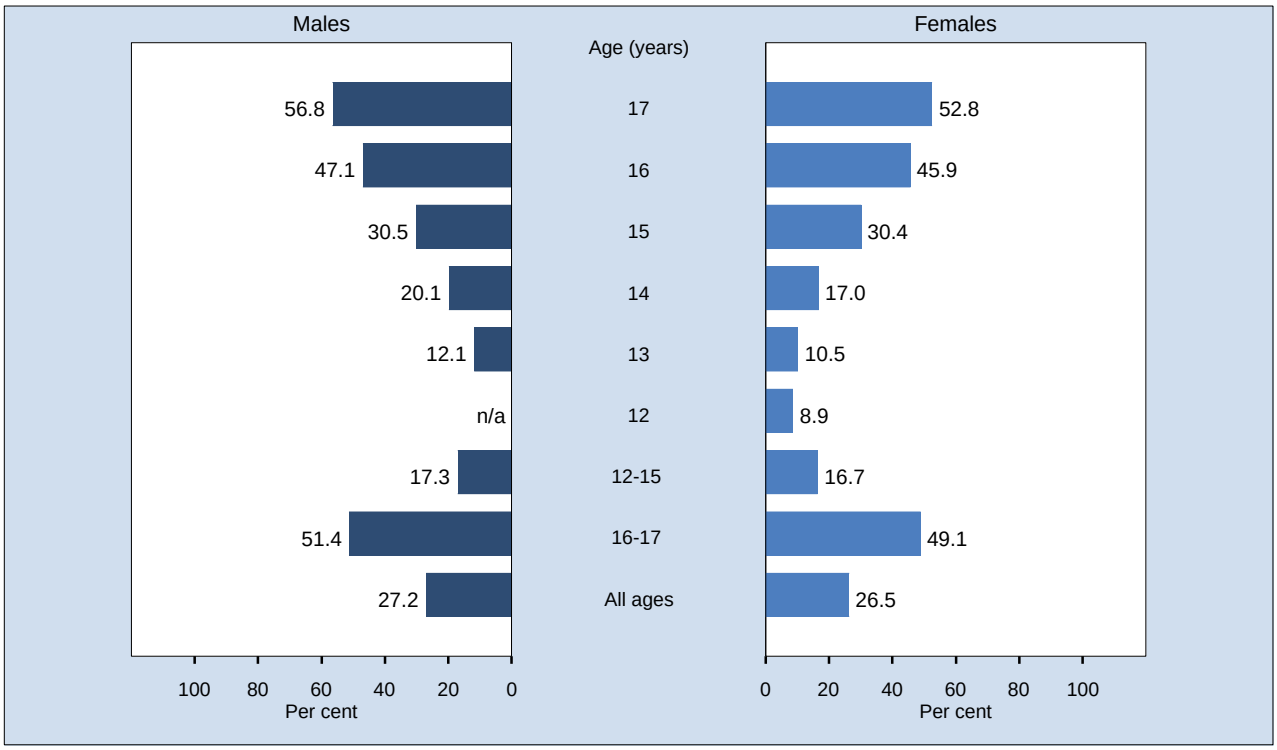
Consumed alcohol in the last year by year, students 12 to 17 years, NSW, 1984-2011



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), 2011 (7,944). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

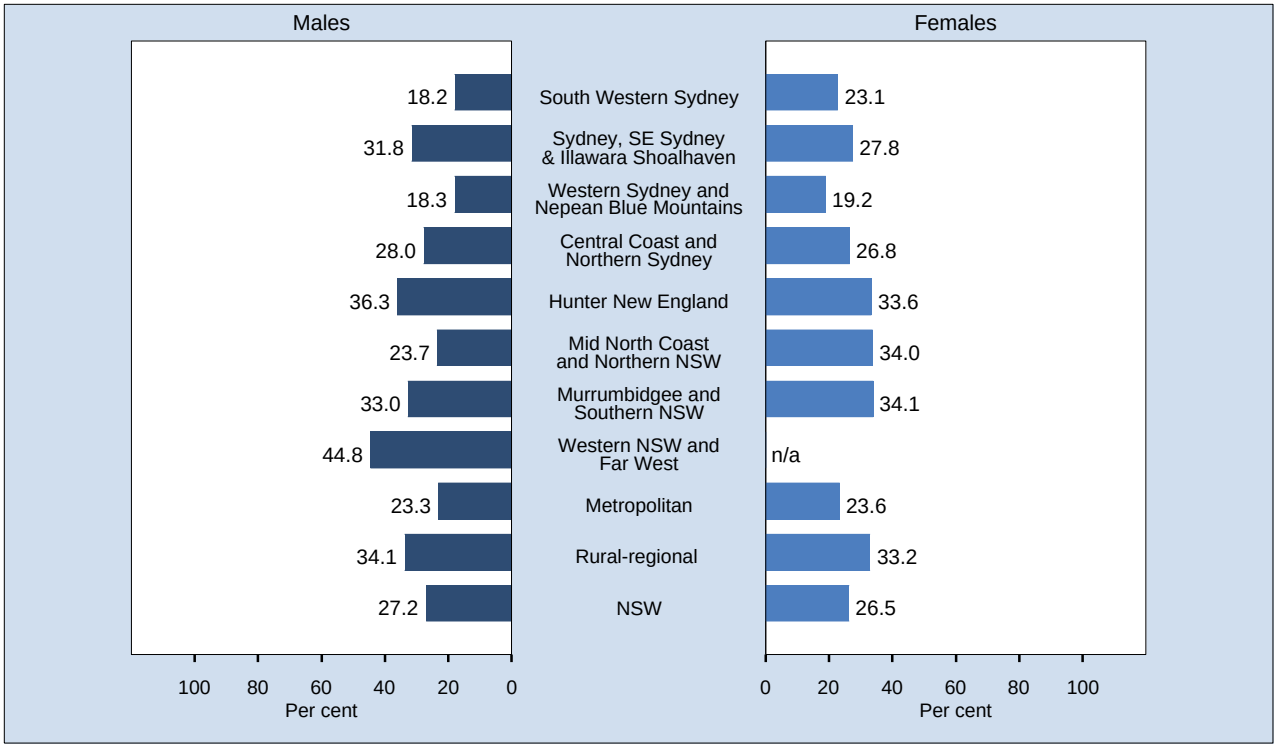
Consumed alcohol in the last 4 weeks by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,940 respondents in NSW. For this indicator 26 (0.33%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

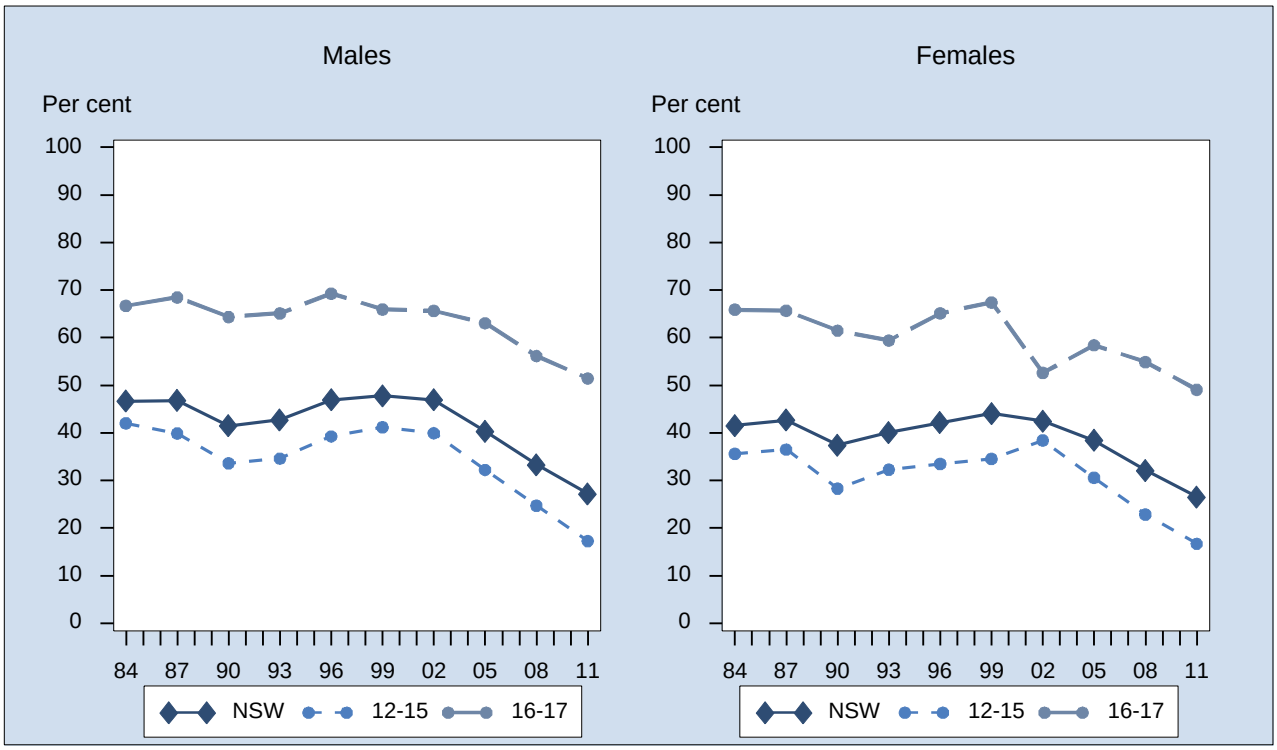
Consumed alcohol in the last 4 weeks by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,940 respondents in NSW. For this indicator 26 (0.33%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

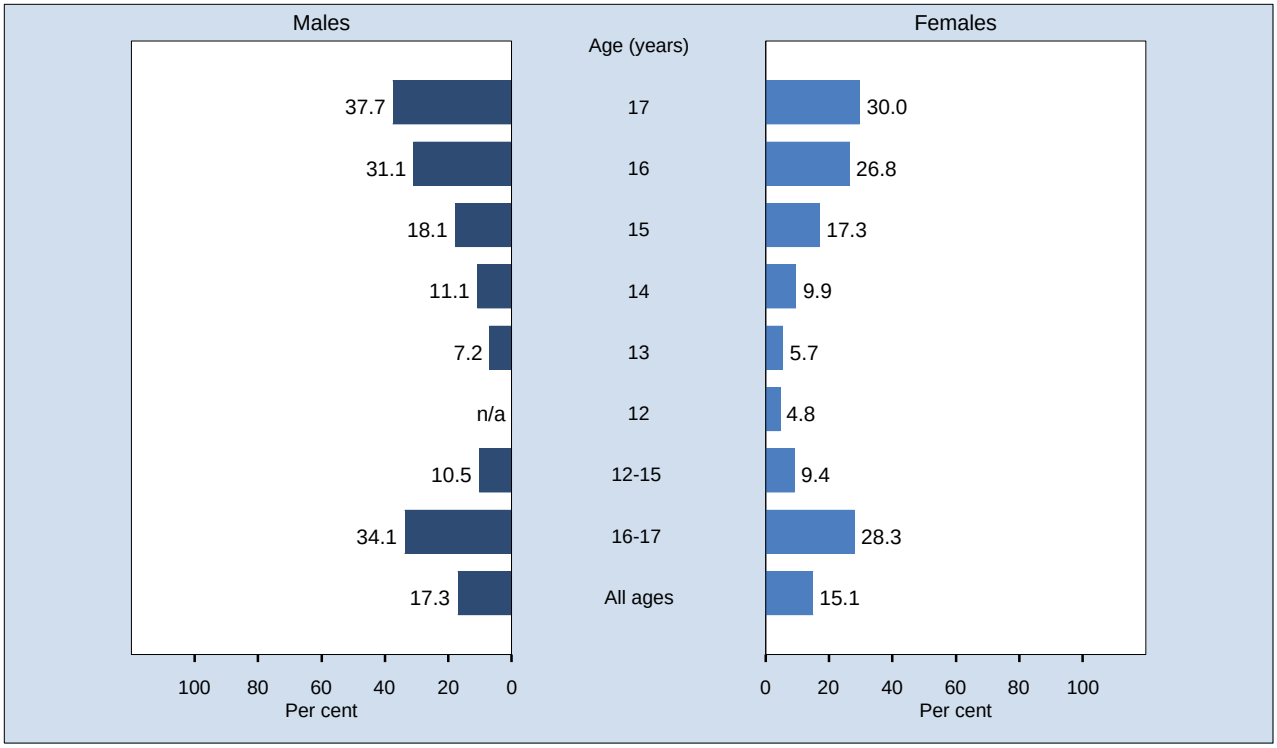
Consumed alcohol in the last 4 weeks by year, students 12 to 17 years, NSW, 1984-2011



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), 2011 (7,940). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

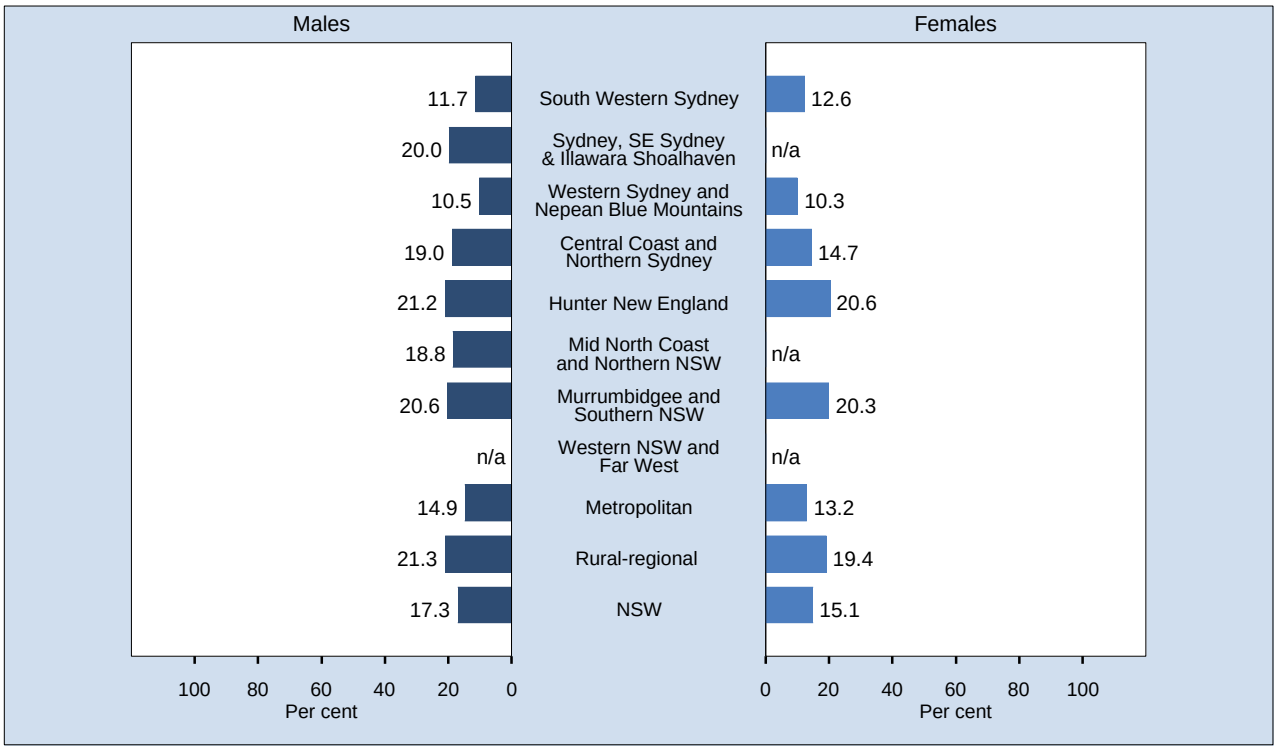
Consumed alcohol in the last 7 days by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,922 respondents in NSW. For this indicator 44 (0.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

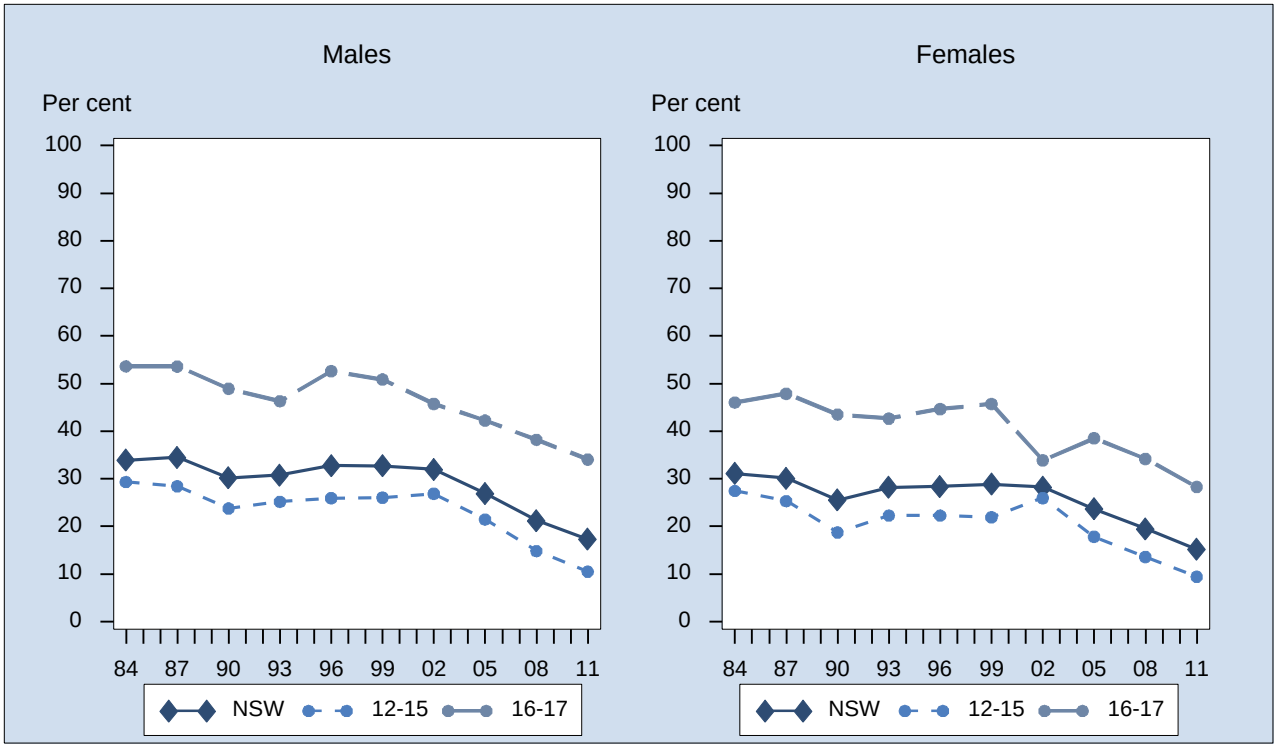
Consumed alcohol in the last 7 days by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,922 respondents in NSW. For this indicator 44 (0.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

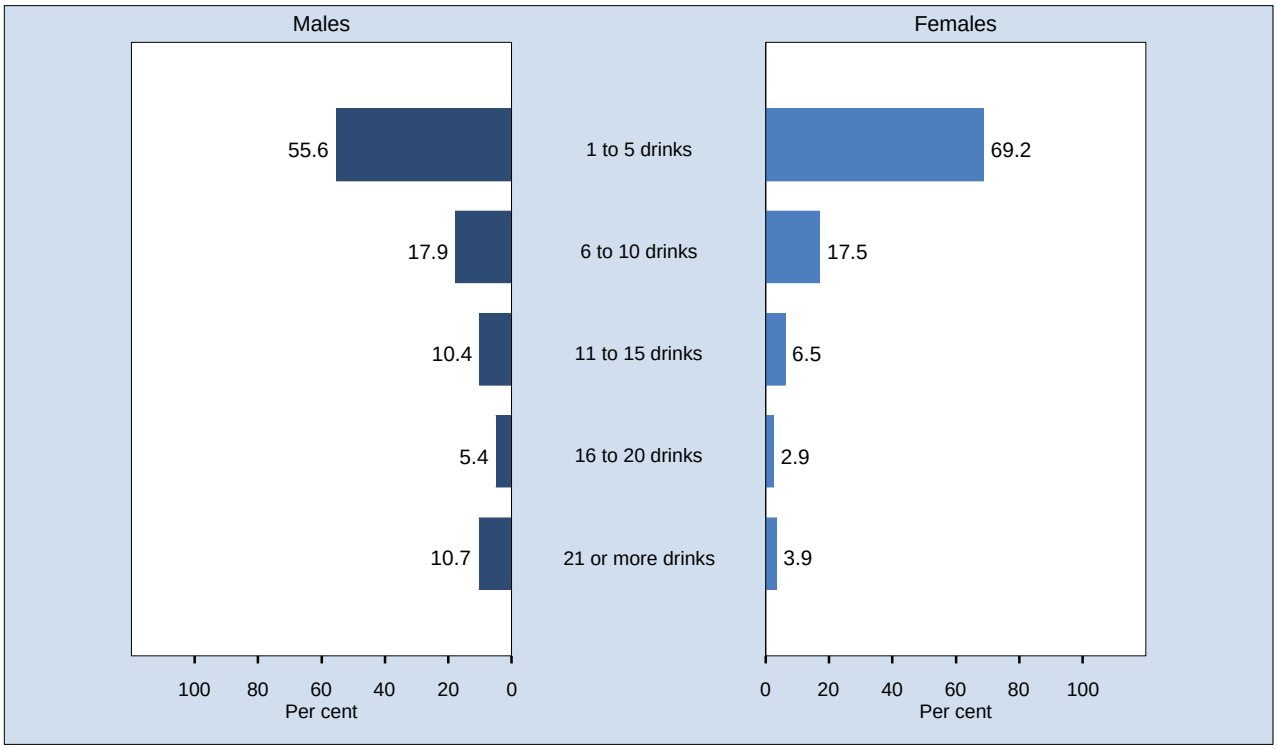
Consumed alcohol in the last 7 days by year, students 12 to 17 years, NSW, 1984-2011



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), 2011 (7,922). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

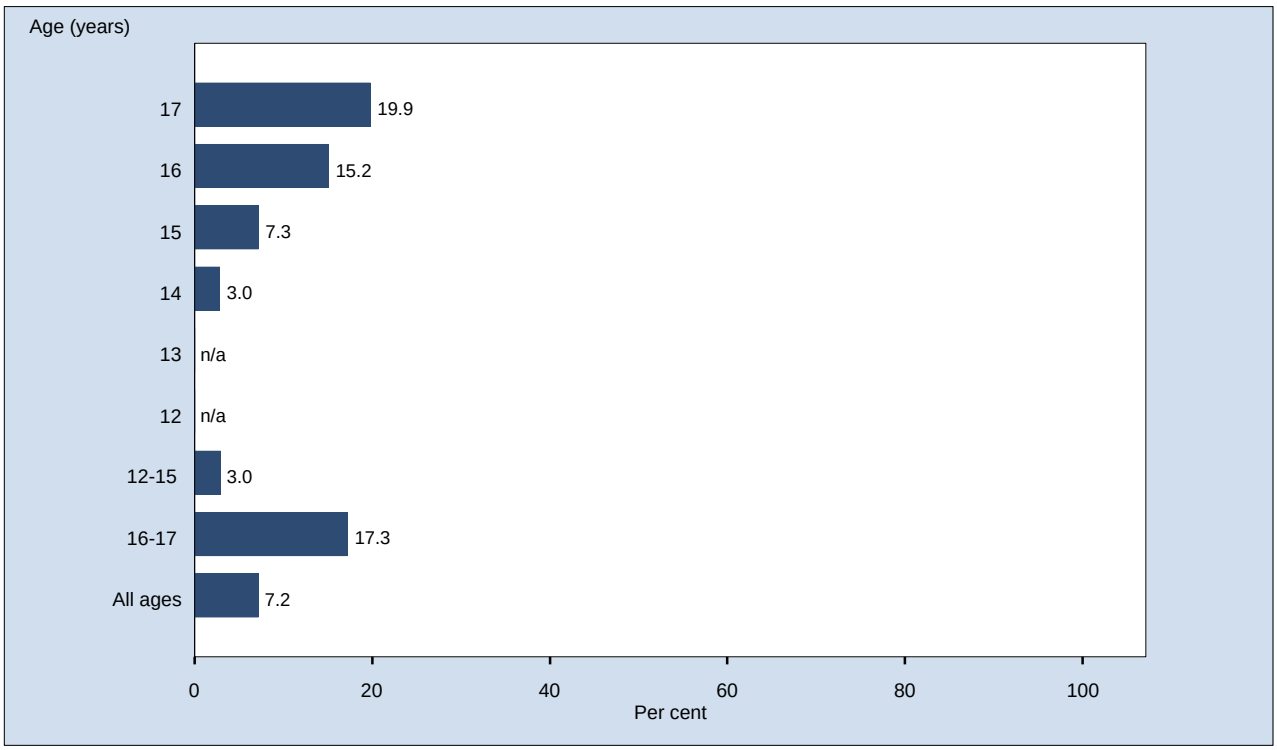
Total number of drinks consumed in the last 7 days, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2011



Note: Estimates are based on 1,469 respondents in NSW. For this indicator 44 (2.91%) 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

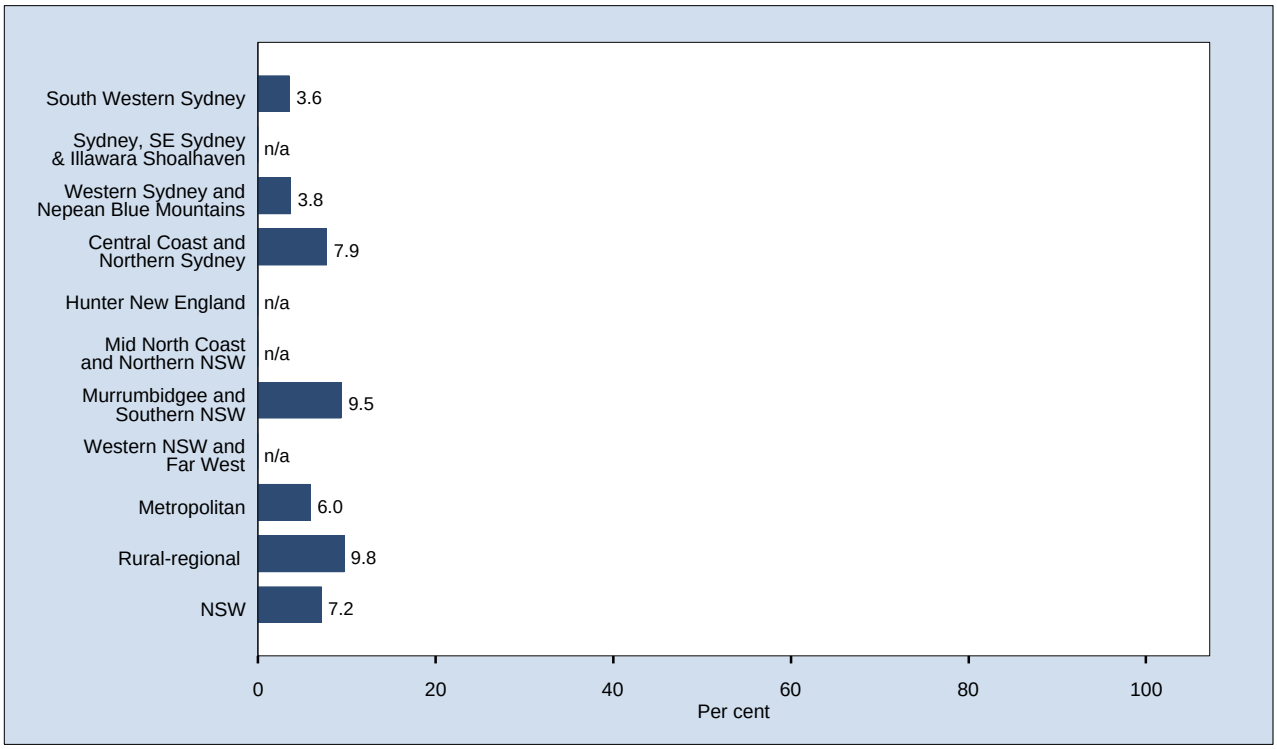
Consumed 4 or more drinks in a day in the last 7 days by age, students aged 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,909 respondents in NSW. For this indicator 44 (0.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had 4 or more alcoholic drinks in a day during 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. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

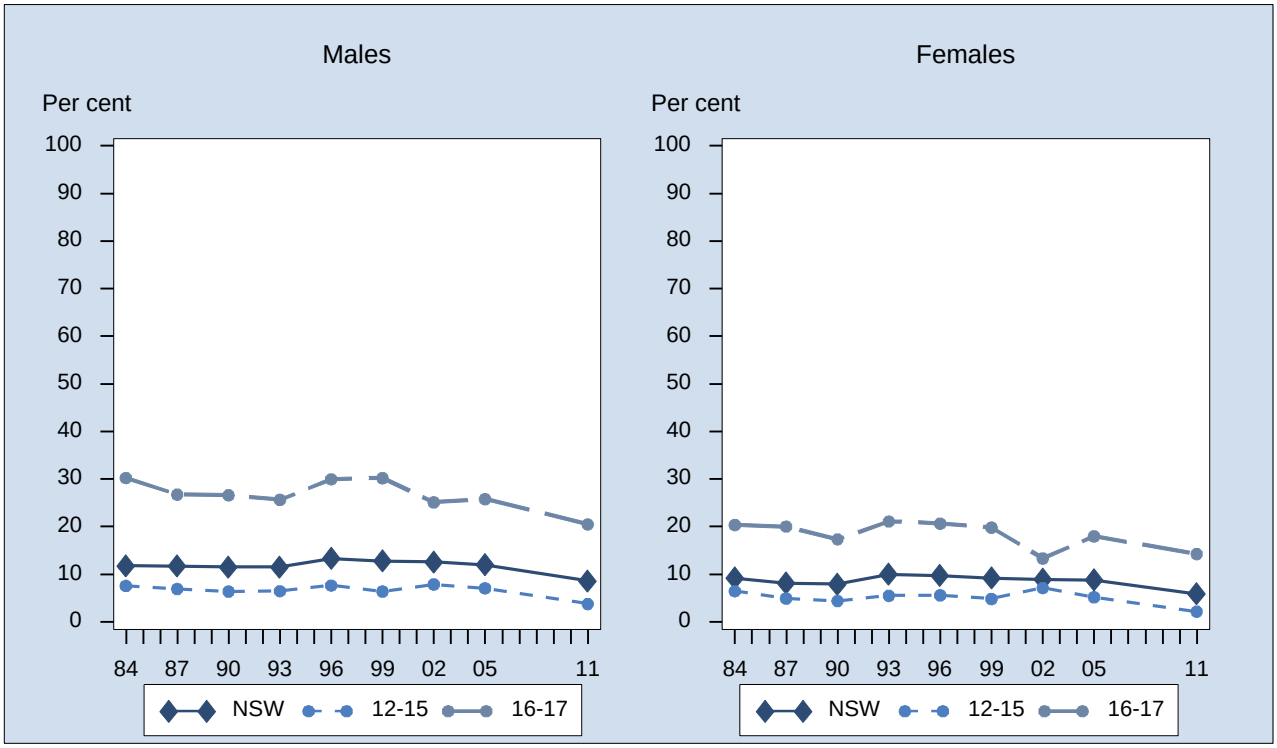
Consumed 4 or more drinks in a day in the last 7 days by local health district, students aged 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,909 respondents in NSW. For this indicator 44 (0.55%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had 4 or more alcoholic drinks in a day during 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. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

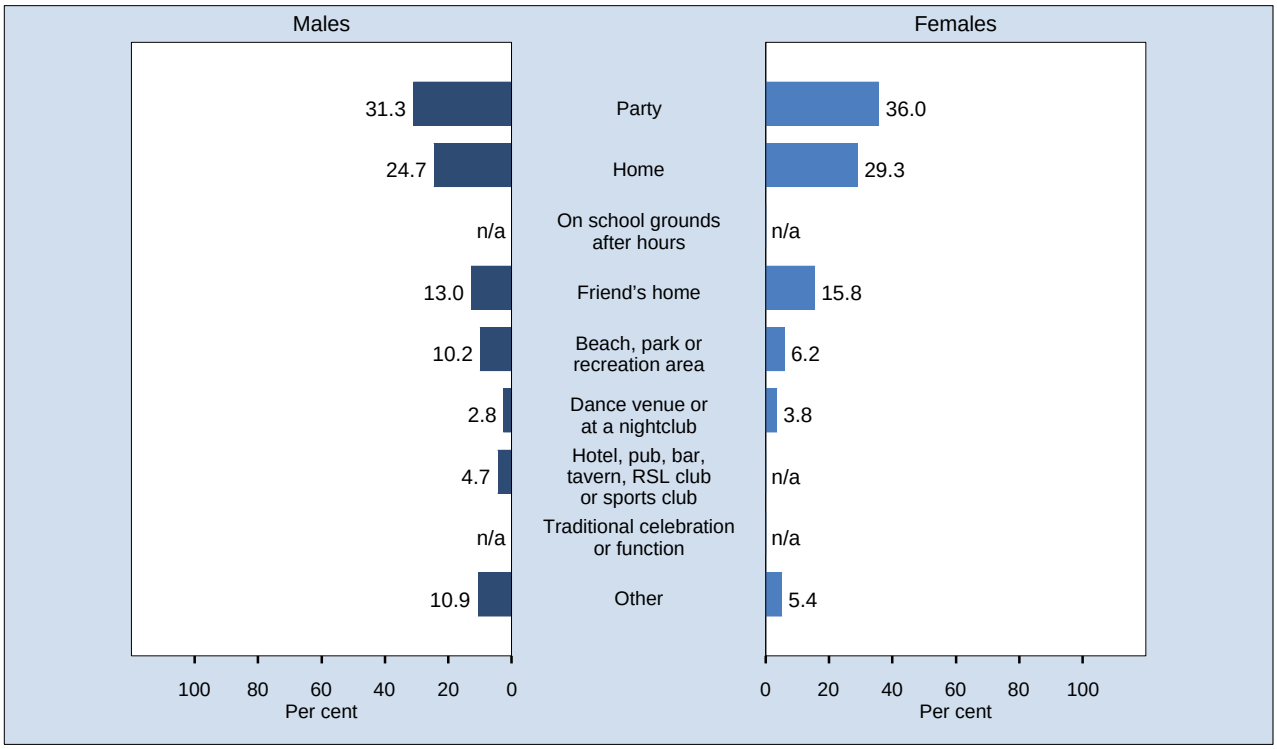
Consumed 4 or more drinks in a day in the last 7 days by year, students aged 12 to 17 years, NSW, 1984-2011



Note: Estimates are based on the following numbers of respondents for NSW: 1984 (4,811), 1987 (4,602), 1990 (5,152), 1993 (4,812), 1996 (9,930), 1999 (7,252), 2002 (6,087), 2005 (5,509), 2011 (7,909). The indicator includes those students who had 4 or more alcoholic drinks in a day during 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

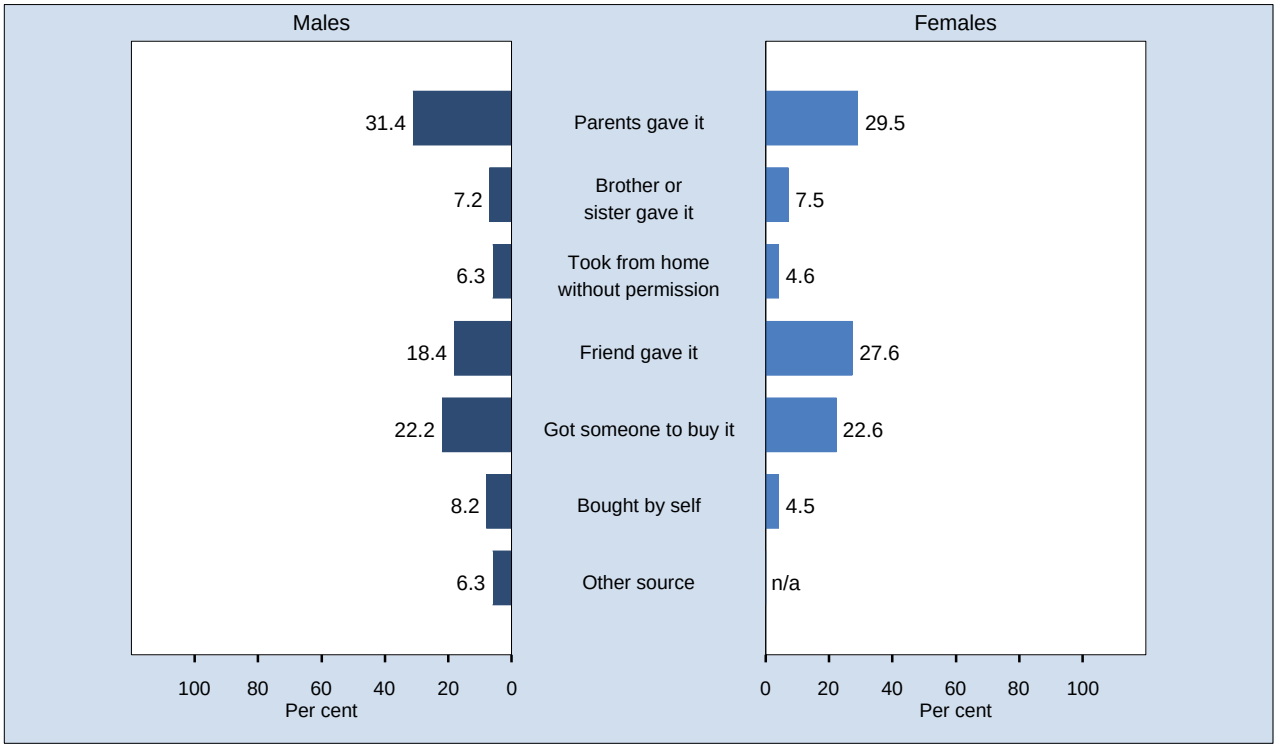
Places where last alcoholic drink consumed, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2011



Note: Estimates are based on 1,444 respondents in NSW. For this indicator 25 (1.70%) 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

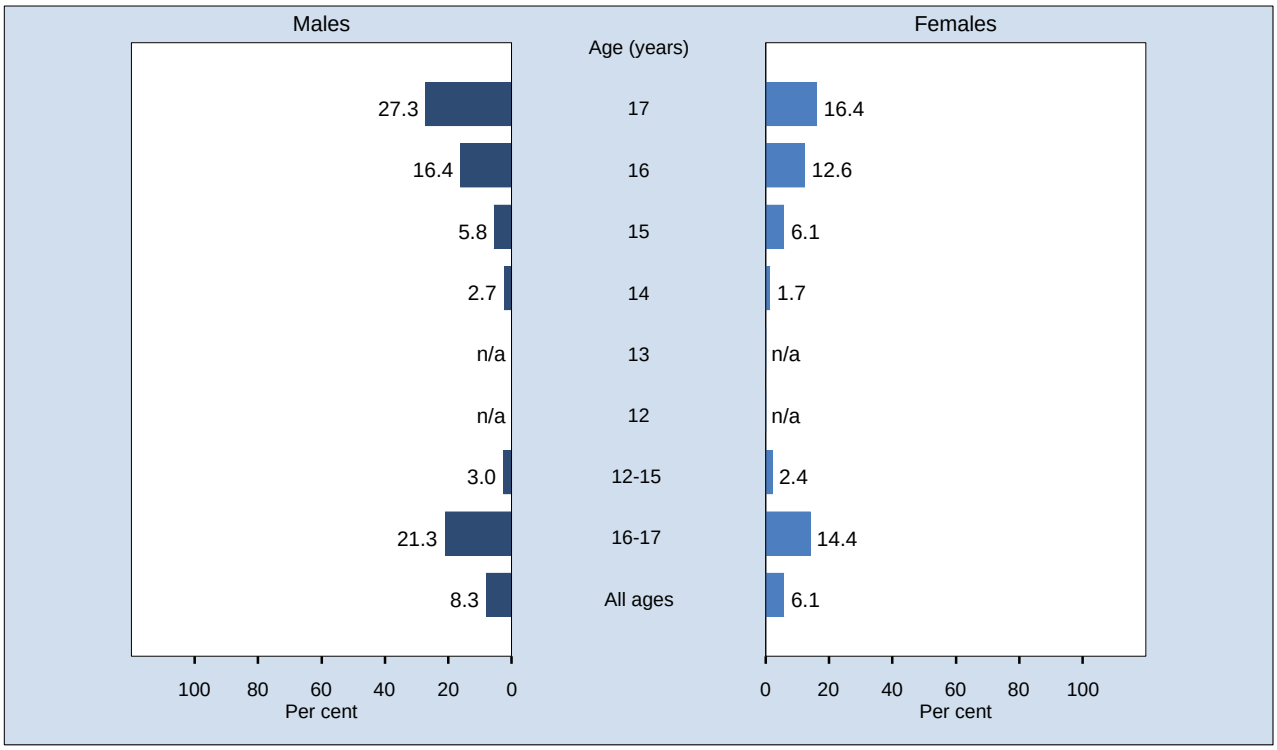
Source of last alcoholic drink, students aged 12 to 17 years who consumed alcohol in the last 7 days, NSW, 2011



Note: Estimates are based on 1,438 respondents in NSW. For this indicator 31 (2.11%) 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

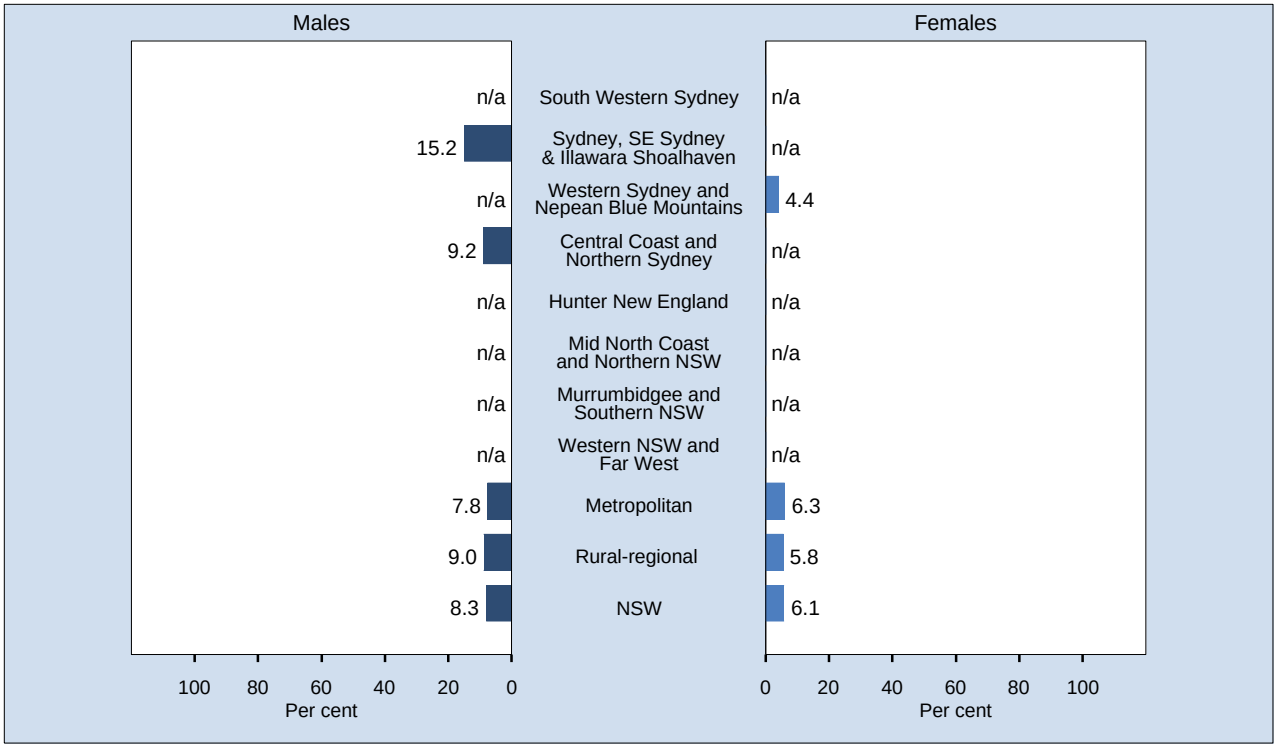
Ever tried to buy alcohol by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,812 respondents in NSW. For this indicator 154 (1.93%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 bottle shop? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

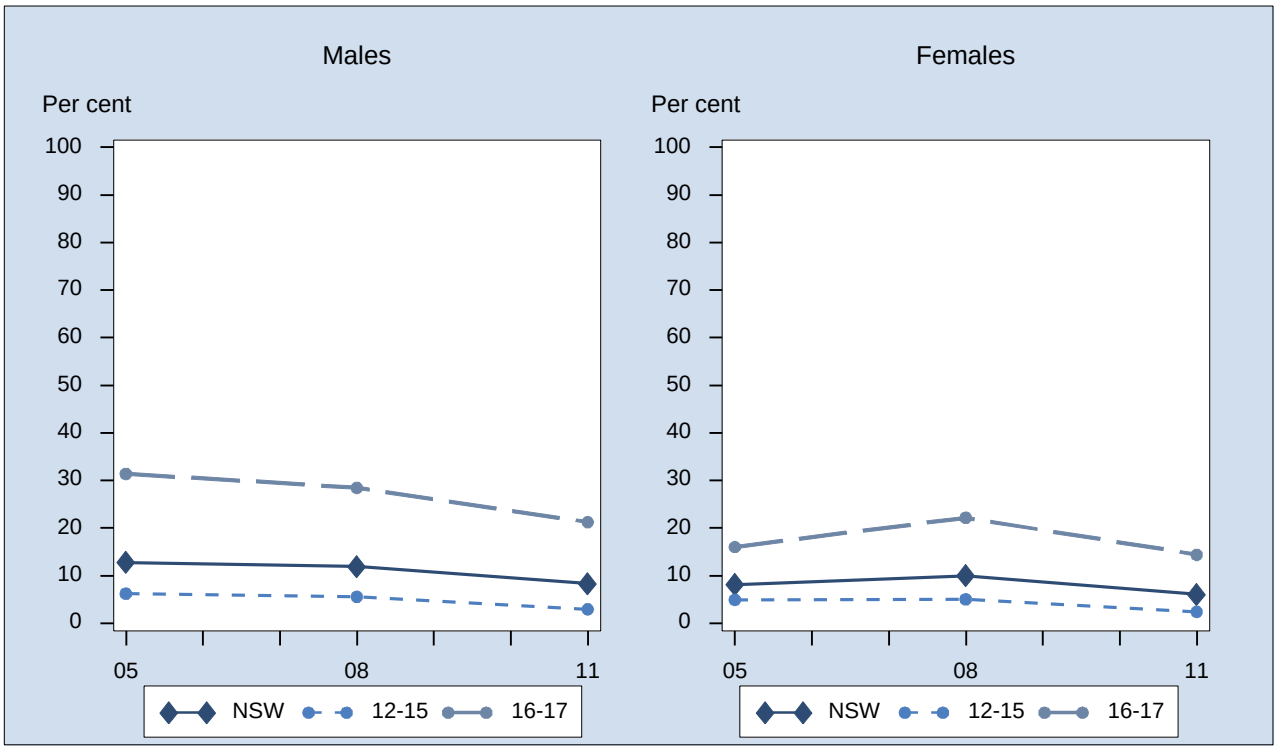
Ever tried to buy alcohol by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,812 respondents in NSW. For this indicator 154 (1.93%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 bottle shop? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

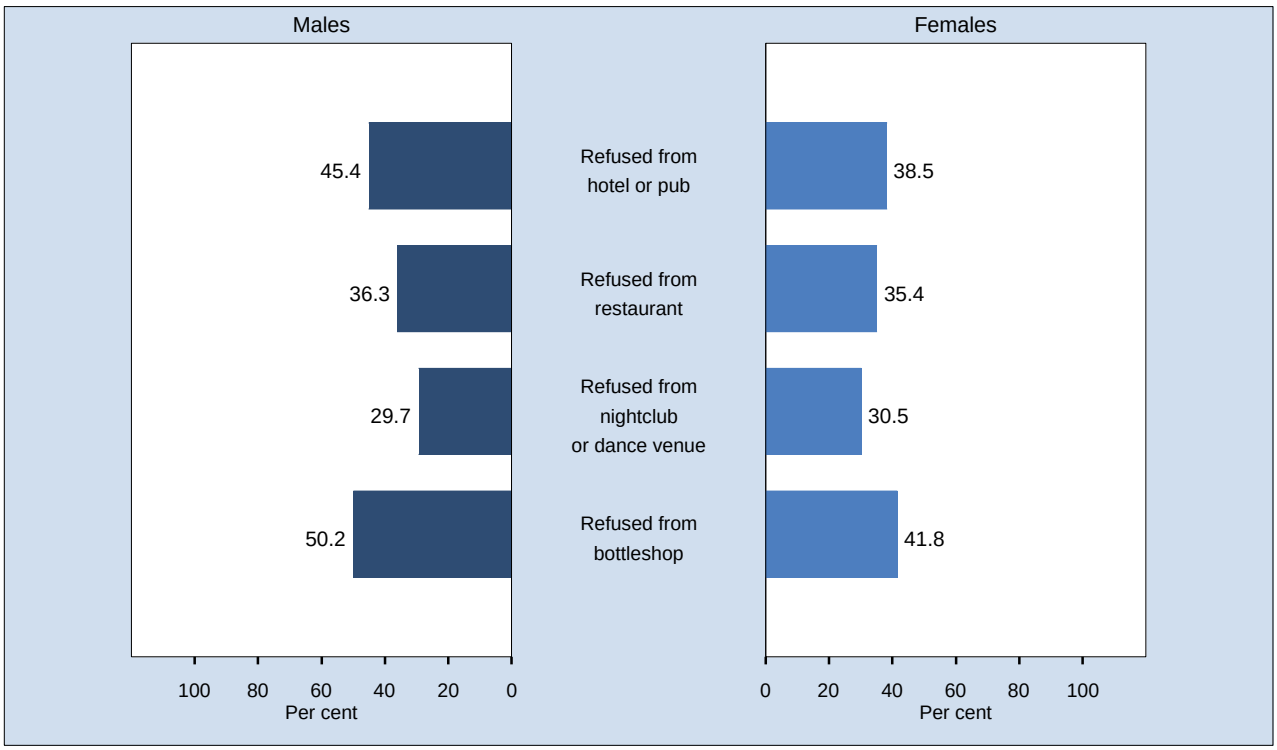
Ever tried to buy alcohol by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (2,673), 2008 (7,461), 2011 (7,812). The indicator includes those students 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 bottle shop?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

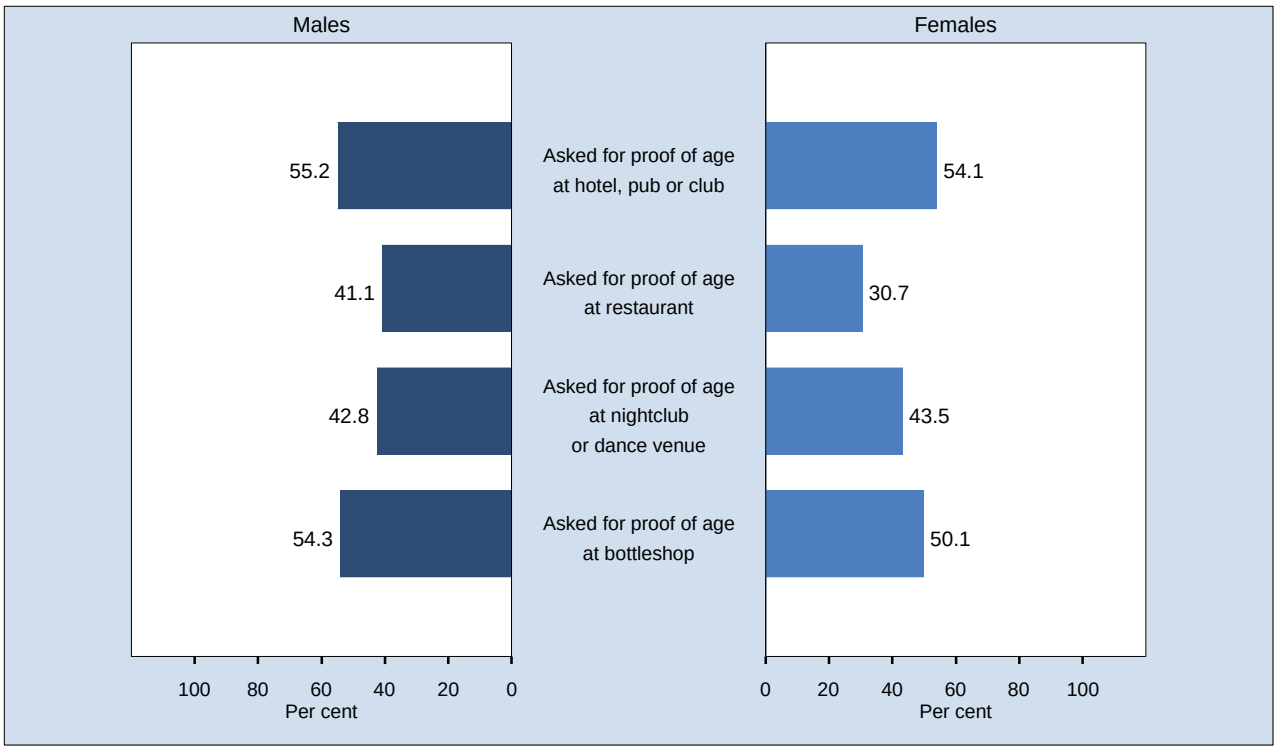
Refused service in a hotel, club, pub, restaurant, nightclub or bottleshop, students aged 12 to 17 years who have ever tried to buy alcohol in a hotel, club, pub, restaurant, nightclub or bottleshop, NSW, 2011



Note: Estimates are based on 605 respondents in NSW. For this indicator 66 (9.84%) 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? How often have you been refused service in a hotel, club, pub, restaurant, nightclub or bottleshop? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

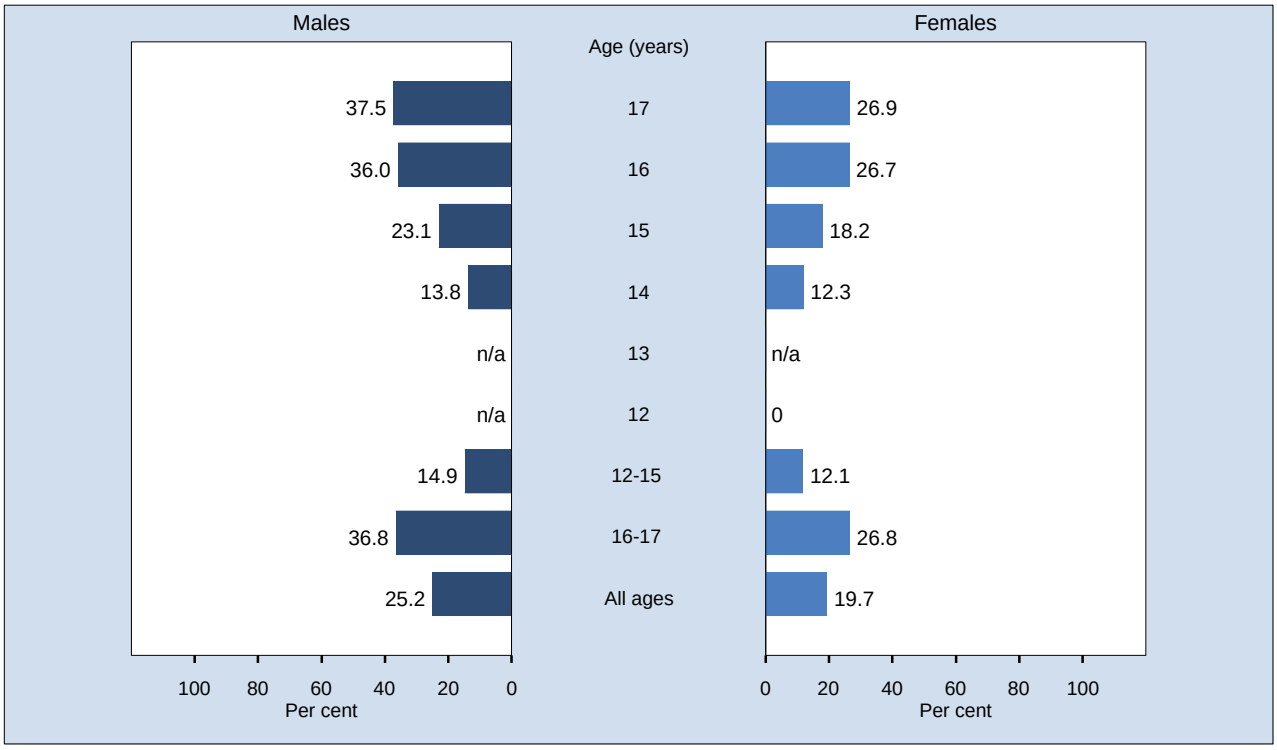
Asked for proof of age in a hotel, club, pub, restaurant, nightclub or bottleshop, students aged 12 to 17 years who have ever tried to buy alcohol in a hotel, club, pub, restaurant, nightclub or bottleshop, NSW, 2011



Note: Estimates are based on 609 respondents in NSW. For this indicator 62 (9.24%) 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? 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? Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

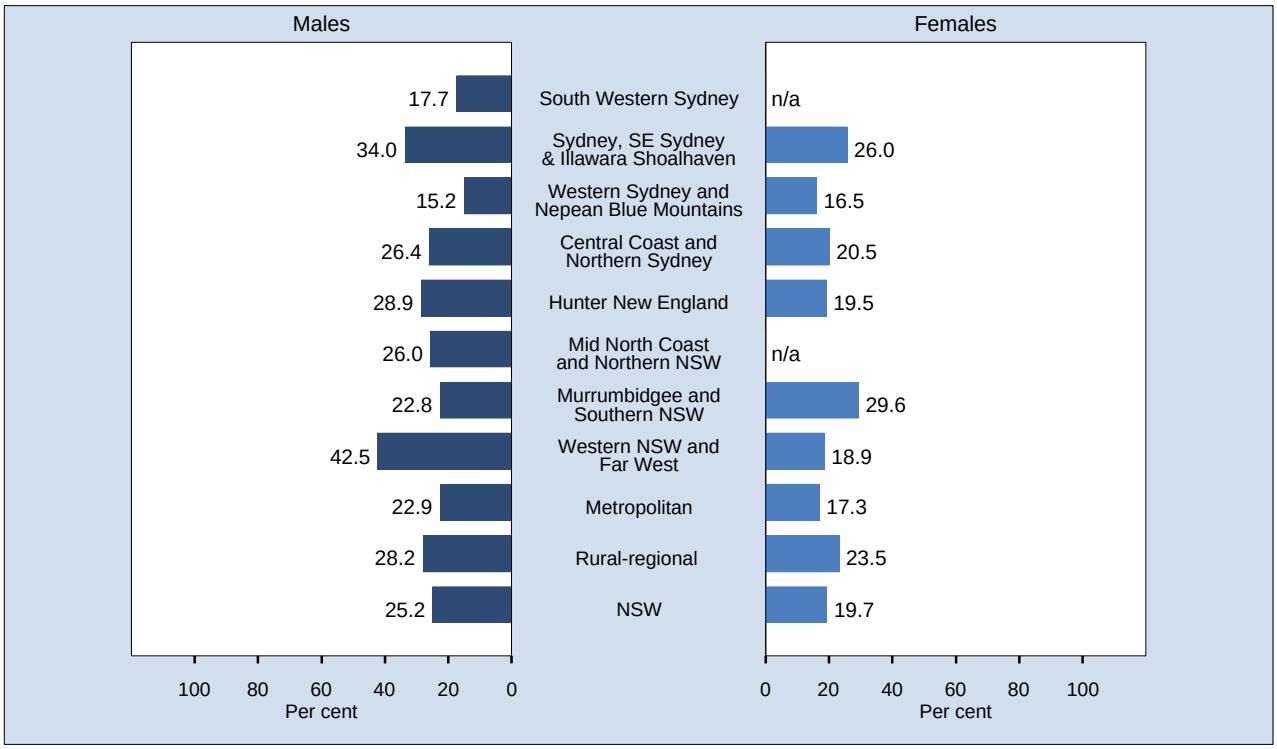
Intended to get drunk when drinking alcohol by age, students aged 12 to 17 years who consumed alcohol in the last year, NSW, 2011



Note: Estimates are based on 3,728 respondents in NSW. For this indicator 397 (9.62%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had an alcoholic drink in the last year and intended to get drunk most times or every time. The questions used to define the indicator were: Have you had an alcoholic drink in the last 12 months? and How often on an occasion that you drink alcohol, do you intend to get drunk? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

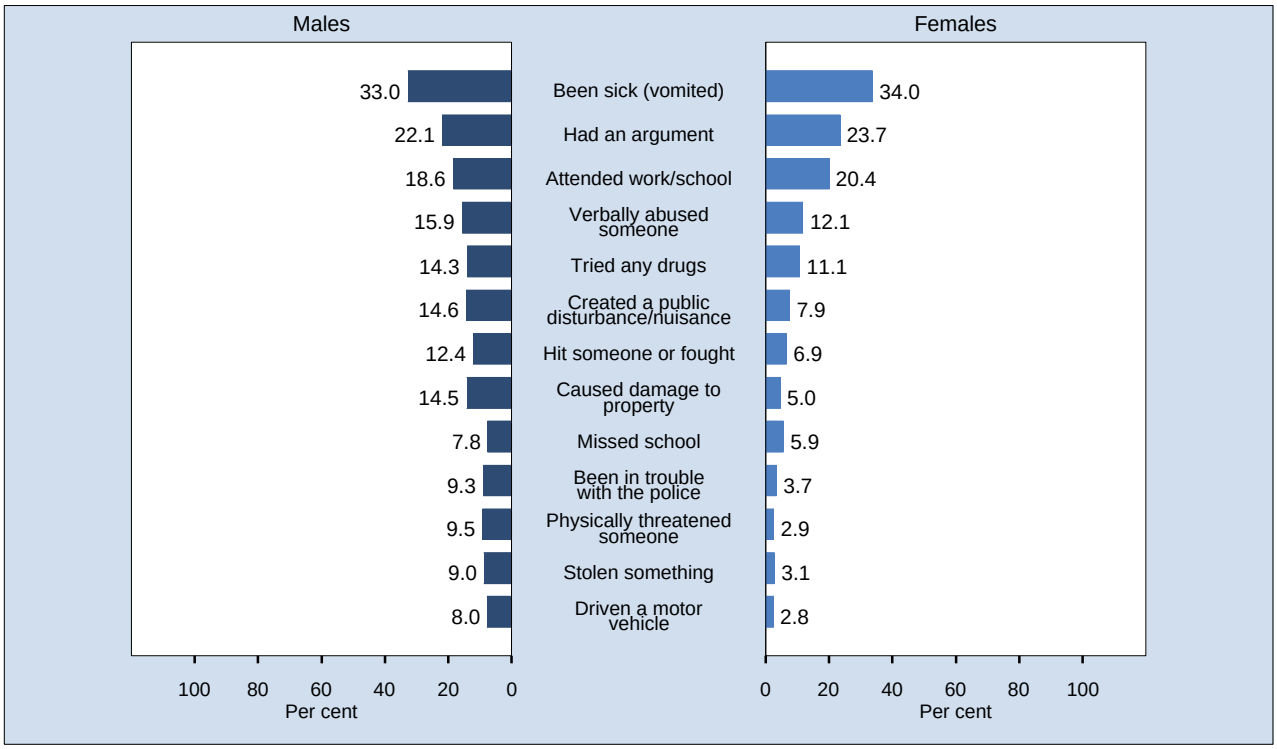
Intended to get drunk when drinking alcohol by local health district, students aged 12 to 17 years who consumed alcohol in the last year, NSW, 2011



Note: Estimates are based on 3,728 respondents in NSW. For this indicator 397 (9.62%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had an alcoholic drink in the last year and intended to get drunk most times or every time. The questions used to define the indicator were: Have you had an alcoholic drink in the last 12 months? and How often on an occasion that you drink alcohol, do you intend to get drunk? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

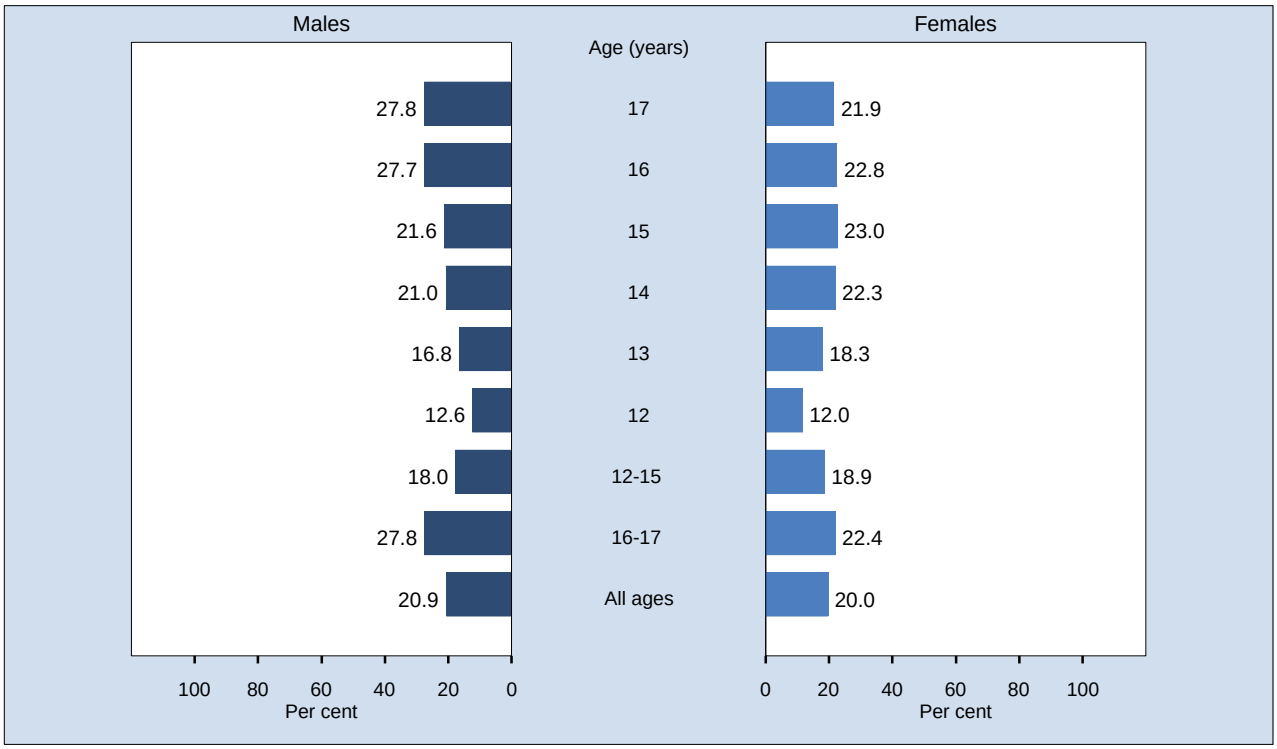
Most common things done after drinking alcohol, students aged 12 to 17 who consumed alcohol in last year, NSW, 2011



Note: Estimates are based on 2,843 respondents in NSW. For this indicator 135 (4.53%) were not stated (Don't know, invalid or no response given) in NSW. The question used to define the indicator was: In the past year, after drinking alcohol, have you: Created a public disturbance or nuisance; Stolen something; Driven a motor vehicle; Verbally abused someone; Physically threatened someone; Hit someone or had a fight; Attended work or school; Had an injury that needed to be seen by a Doctor; Caused damage to property; Had an argument; Been admitted to hospital overnight; Been taken home by police; Missed school; Been sick (vomited); Tried any drugs; Been in trouble with the police; Had to go to a Hospital Emergency Department, Other (specify), None of the above. Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

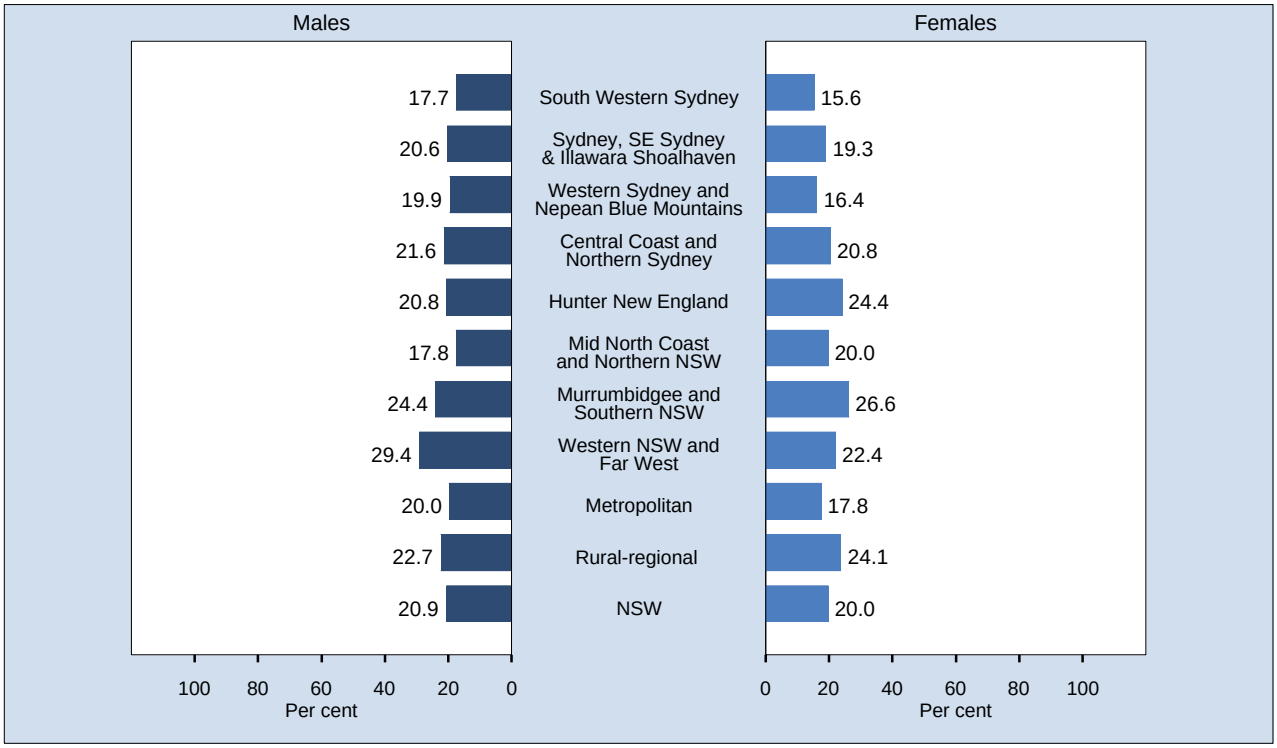
In a car when driver appeared under the influence of alcohol by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,810 respondents in NSW. For this indicator 156 (1.96%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have been in a car when the driver appeared to be under the influence of alcohol in the last 12 months. The question used to define the indicator was:In the last 12 months, have you been in a car when the driver appeared to be under the influence of alcohol?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

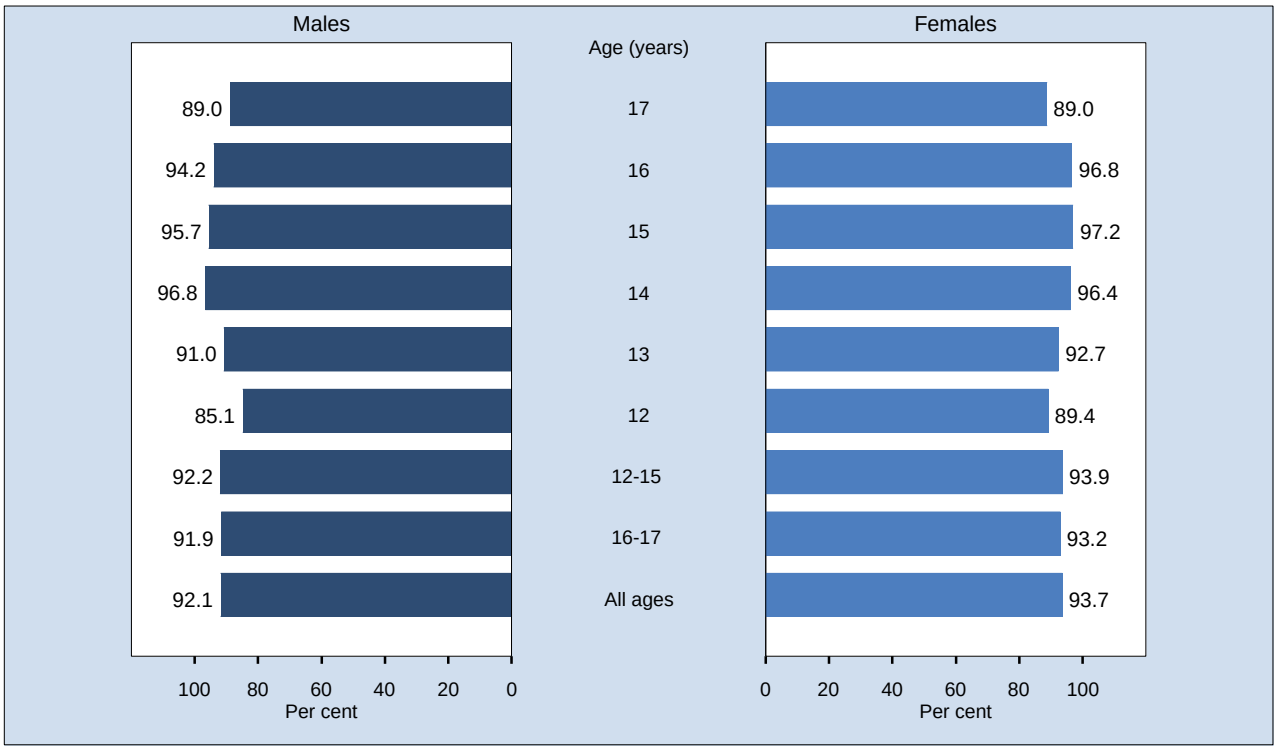
In a car when driver appeared under the influence of alcohol by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,810 respondents in NSW. For this indicator 156 (1.96%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have been in a car when the driver appeared to be under the influence of alcohol in the last 12 months. The question used to define the indicator was:In the last 12 months, have you been in a car when the driver appeared to be under the influence of alcohol?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

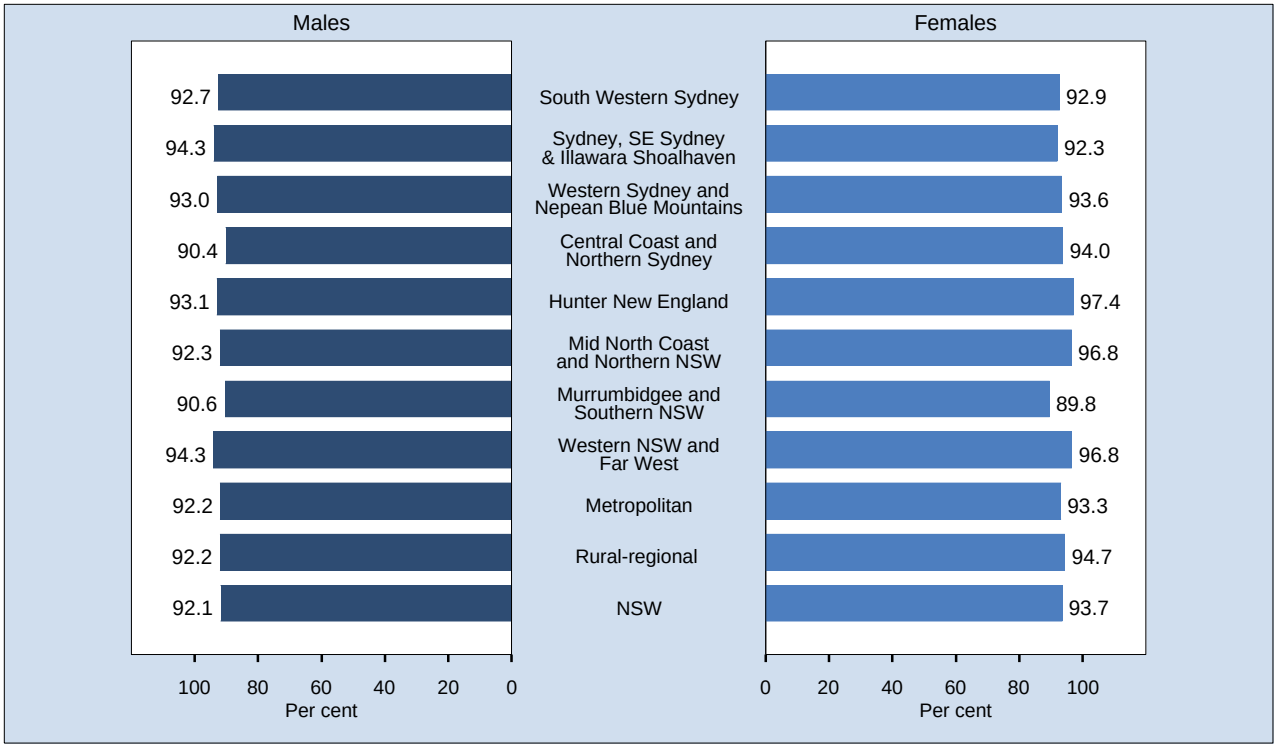
Lesson at school about alcohol by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,891 respondents in NSW. For this indicator 75 (0.94%) 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 alcohol. The question used to define the indicator was: During 2010 (last year), did you have any lessons or parts of lessons at school that were about drinking?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

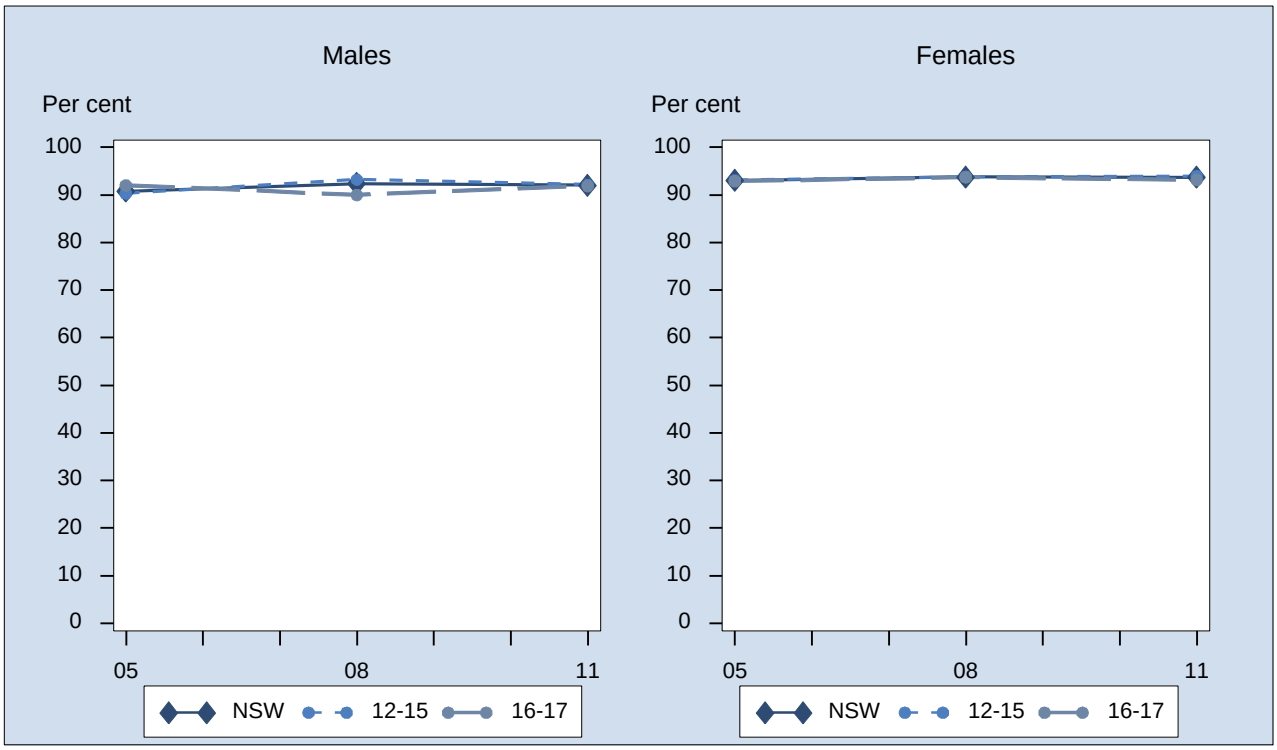
Lesson at school about alcohol by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,891 respondents in NSW. For this indicator 75 (0.94%) 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 alcohol. The question used to define the indicator was: During 2010 (last year), did you have any lessons or parts of lessons at school that were about drinking?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Lesson at school about alcohol by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,495), 2008 (7,502), 2011 (7,891). The indicator includes those had at least part of a lesson at school about alcohol. The question used to define the indicator was: During 2010 (last year), did you have any lessons or parts of lessons at school that were about drinking?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry 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.[1-3] Preventing adolescents from becoming regular users of tobacco is an important goal of tobacco control programs in Australia. The NSW Ministry 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 Strategy 2012-2017; the Tobacco Legislation Amendment Act 2012; and previous tobacco strategies.[4] Tobacco is included in the National Drug Strategy 2010-2015 and the National Tobacco Strategy 2012-2018 has recently been released.[5-6]

The objective 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 objective 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.[7] Amendments to the Smokefree Environment Act 2000 have made a range of outdoor public places smokefree.[4]

Results

Graphs in this section include the proportion of students who had ever smoked tobacco, smoked more than 100 cigarettes in their life, smoked tobacco in the last 12 months, smoked tobacco in the last 4 weeks, smoked tobacco in the last 7 days, smoking status, ever tried to buy cigarettes from a shop, probability of smoking cigarettes sometime in the next 6 months, would like to quit smoking, seen people smoking in media, and lessons about smoking cigarettes for students aged 12-17 years for each response or indictor and by age group, sex, LHD, and year where possible.

Smoking prevalence

- **Ever smoked tobacco:** In 2011, 21.1 per cent of students aged 12-17 years had smoked tobacco at some point in their life (13.8 per cent of 12-15 year olds and 38.4 per cent of 16-17 year olds; 21.8 per cent of male students and 20.5 per cent of female students; 19.3 per cent of those living in metropolitan LHDs and 24.7 per cent of those living in rural-regional LHDs).

  Between 1984 and 2011 the proportion of students aged 12-17 years who had ever smoked tobacco decreased significantly (67.9 per cent to 21.1 per cent). Between 2008 and 2011 there was also a significant decrease (25.3 per cent to 21.1 per cent).

- **Smoked more than 100 cigarettes in their life:** In 2011, 3.6 per cent of students aged 12-17 years had smoked more than 100 cigarettes in their life (1.6 per cent of 12-15 year olds and 8.2 per cent of 16-17 year olds; 4.5 per cent of male students and 2.6 per cent of female students; 3.6 per cent of those living in metropolitan LHDs and 3.4 per cent of those living in rural-regional LHDs).

  Between 1999 and 2011 the proportion of students who had smoked more than 100 cigarettes in their life decreased significantly (from 10.8 per cent to 3.6 per cent). However there was no significant change between 2008 and 2011.

- **Smoked tobacco in the last 12 months:** In 2011, 15.5 per cent of students aged 12-17 years had smoked tobacco in the last 12 months (9.5 per cent of 12-15 year olds and 29.8 per cent of 16-17 year olds; 15.9 per cent of male students and 15.1 per cent of female students; 14.4 per cent of those living in metropolitan LHDs and 17.8 per cent of those living in rural-regional LHDs).

  Between 1984 and 2011 there was a significant decrease in the proportion of students aged 12-17 years who had smoked tobacco in the last 12 months (42.6 per cent to 15.5 per cent). However there was no significant change between 2008 and 2011.

- **Smoked tobacco in the last 4 weeks:** In 2011, 8.7 per cent of students aged 12-17 years had smoked tobacco in the last 4 weeks (5.1 per cent of 12-15 year olds and 17.4 per cent of 16-17 year olds; 9.8 per cent of male students and 7.6 per cent of female students; 8.4 per cent of those living in metropolitan LHDs and 9.2 per cent of those living in rural-regional LHDs).

  Between 1984 and 2011 the proportion of students aged 12-17 years who had smoked tobacco in the last 4 weeks decreased significantly (27.4 per cent to 8.7 per cent). However there was no significant change between 2008 and 2011.

- **Smoked tobacco in the last 7 days:** In 2011, 6.4 per cent of students aged 12-17 years had smoked tobacco in the last 7 days (3.7 per cent of 12-15 year olds and 12.9 per cent of 16-17 year olds; 7.7 per cent of male students and 5.1 per cent of female students; 6.3 per cent of those living in metropolitan LHDs and 6.7 per cent of those living in rural-regional LHDs).

  Between 1984 and 2011 there was a significant decrease in the proportion of students aged 12-17 years who had smoked tobacco in the last 7 days (22.4 per cent to 6.4 per cent). However there was no significant change between 2008 and 2011.

- **Total number of cigarettes smoked in the last 7 days:** In 2011, in students who smoked tobacco in the last 7 days 54.2 per cent had smoked 1-10 cigarettes, 11.4 per cent smoked 11-20 cigarettes, 8.5 per cent 21-30 cigarettes, 7.4 per cent 31-40 cigarettes 4.7 per cent 41-50 cigarettes, and 13.8 per cent 51 plus cigarettes.

- **Smoking status:** In 2011, 1.5 per cent of students aged 12-17 years considered themselves to be a heavy smoker, 1.7 per cent considered themselves to be a light smoker, 4.4 per cent considered themselves to be an occasional smoker, 2.1 per cent considered themselves to be an ex-smoker, and 90.3 per cent considered themselves to be a non-smoker.

  Students aged 12-17 years who considered themselves to be heavy, light or occasional smokers were grouped to form current smokers. Therefore in 2011, 7.5 per cent of students were current tobacco smokers (4.2 per cent of 12-15 year olds and 15.4 per cent of 16-17 year olds; 7.9 per cent of male students and 7.1 per cent of female students; 7.2 per cent of those living in metropolitan LHDs and 8.1 per cent of those living in rural-regional LHDs).

  Between 1984 and 2011 the proportion of students aged 12-17 years who were current tobacco smokers decreased significantly (27.3 per cent to 7.5 per cent). However there was no significant change between 2008 and 2011.

Sources of tobacco

- **Ever tried to buy cigarettes from a shop:** In 2011, 6.1 per cent of students aged 12-17 years had tried to buy cigarettes from a shop at some point (2.7 per cent of 12-15 year olds and 14.0 per cent of 16-17 year olds; 7.4 per cent of male students and 4.7 per cent of female students; 6.8 per cent of those living in metropolitan LHDs and 4.6 per cent of those living in rural-regional LHDs).

  Between 2005 and 2011 the proportion of students aged 12-17 years who had ever tried to buy cigarettes from a shop decreased significantly (9.5 per cent to 6.1 per cent). Between 2008 and 2011, there was also a significant decrease (8.7 per cent to 6.1 per cent).

- **Source of last cigarette smoked:** In 2011, of the students who had smoked cigarettes in the last 7 days 45.1 per cent obtained their last cigarette from a friend, 21.6 per cent had bought it themselves, and 18.7 per cent got someone else to buy it for them, 5.6 per cent took it from home without their parents permission, 3.8 per cent were given it by their parents, and 5.3 per cent got it from their siblings or some other source.

Smoking intentions

- **Probably smoke cigarettes sometime in the next 6 month:** In 2011, 9.5 per cent of students aged 12-17 years thought that they would probably smoke cigarettes sometime in the next 6 months (5.6 per cent of students aged 12-15 years and 18.7 per cent of students aged 16-17 years; 9.6 per cent of male students and 9.4 per cent of female students; 8.8 per cent of those living in metropolitan LHDs and 10.8 per cent of those living in rural-regional LHDs).

- **Would like to quit smoking:** In 2011, 37.2 per cent of students aged 12-17 years who were current smokers would like to quit smoking (34.3 per cent of 12-15 year olds and 38.9 per cent of 16-17 year olds; 33.9 per cent of male students and 41.1 per cent of female students; 37.3 per cent of those living in metropolitan LHDs and 36.8 per cent of those living in rural-regional LHDs).

  Between 2002 and 2011 the proportion of current smoking students aged 12-17 years who would like to quit smoking decreased significantly (from 45.5 per cent to 37.2 per cent). However there was no significant change between 2008 and 2011.

- **Number of times tried to quit smoking:** In 2011, 60.8 per cent of students aged 12-17 years who were current smokers had not tried to quit smoking, 9.0 per cent have tried to quit smoking once, 12.6 per cent have tried to quit twice, 8.7 per cent 3 times, and 8.9 per cent 4 or more times.

Exposure to people smoking cigarettes in media

- **Smoking in movies:** In 2011, 10.2 per cent of students aged 12-17 years had not seen people smoking cigarettes in movies they had watched during the past month (at the cinema, on DVDs or on TV), 18.7 per cent had rarely seen people smoking, 40.4 per cent sometimes seen people smoking and 30.7 per cent often seen people smoking.

- **Smoking in TV shows:** In 2011, 7.7 per cent of students aged 12-17 years had not seen people smoking cigarettes in TV shows during the past month, 28.1 per cent had rarely seen people smoking, 40.7 per cent had sometimes seen people smoking and 23.4 per cent had often seen people smoking.

- **Smoking in video games:** In 2011, 37.2 per cent of students aged 12-17 years had not seen people smoking in video games during the past month, 32.5 per cent had rarely seen people smoking, 19.0 per cent had sometimes seen people smoking and 11.4 per cent had often seen people smoking.

- **Smoking on the internet:** In 2011, 28.7 per cent of students aged 12-17 years had not seen people smoking on the internet during the past month, 34.4 per cent had rarely seen people smoking, 24.1 per cent had sometimes seen people smoking and 12.7 per cent had often seen people smoking.

School lesson about smoking cigarettes

- **School lesson about smoking cigarettes:** In 2011, 90.9 per cent of students aged 12-17 years had participated in at least part of a lesson at school about smoking cigarettes. (92.5 per cent of 12-15 year olds and 87.0 per cent of 16-17 year olds; 89.4 per cent of male students and 92.4 per cent of female students; 90.5 per cent of those living in metropolitan LHDs and 92.0 per cent of those living in rural-regional LHDs).

  Between 2005 and 2011 the proportion of students aged 12-17 years who had participated in at least part of a lesson at school about smoking cigarettes did not change. Similarly, between 2008 and 2011, the proportion of students who had participated in lessons or parts of lessons at school about smoking cigarettes did not change.

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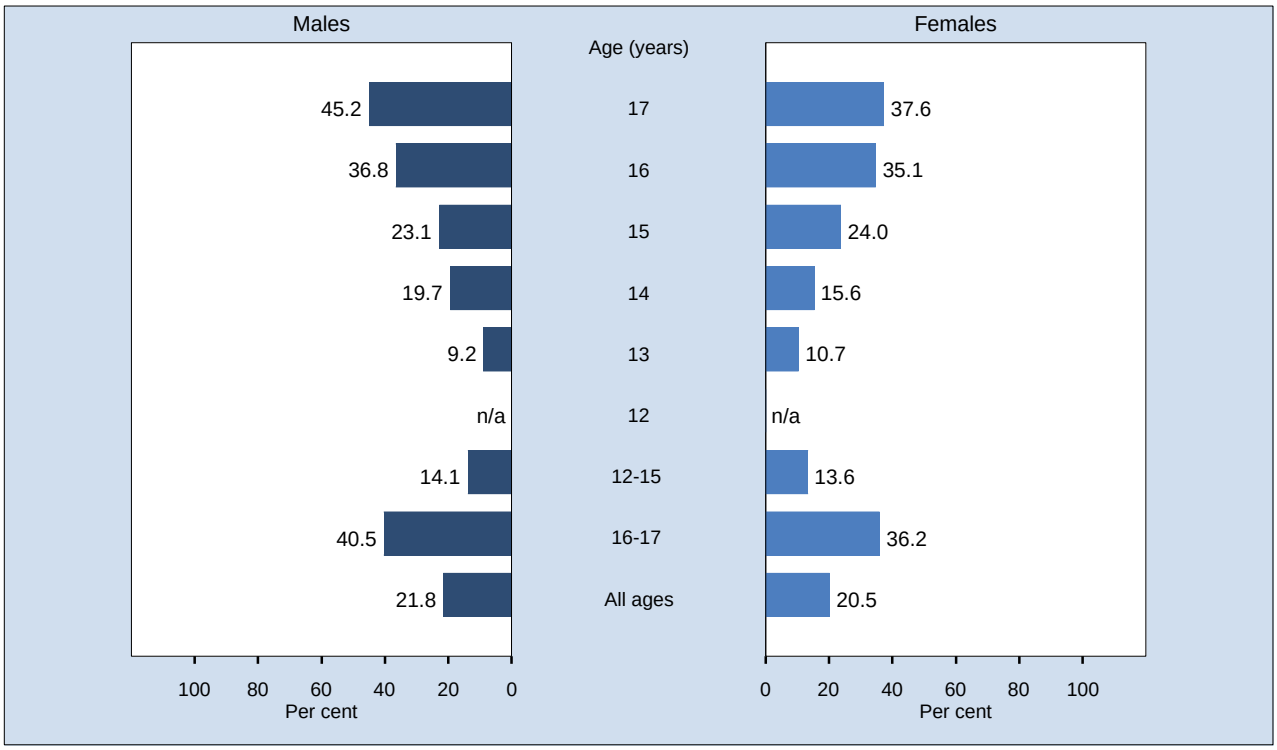
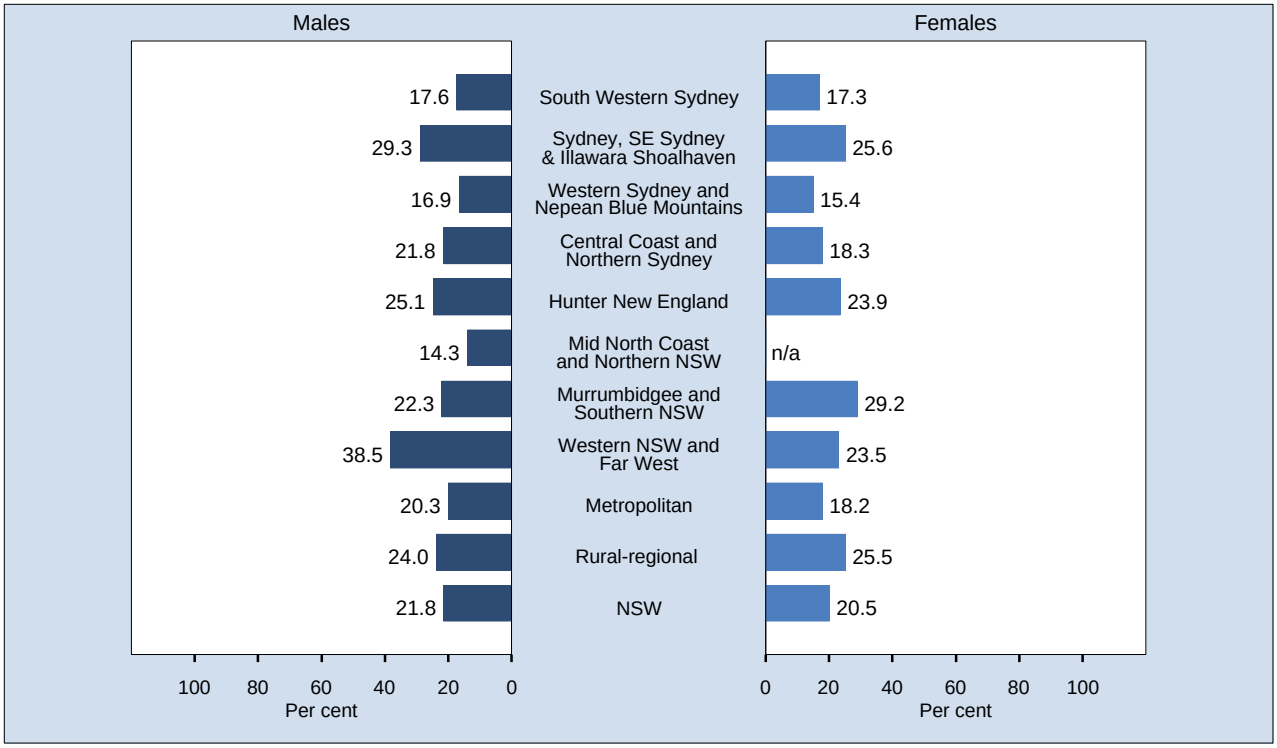
Ever smoked tobacco by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,893 respondents in NSW. For this indicator 73 (0.92%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have ever smoked tobacco. The question used to define the indicator was: Have you ever smoked even part of a cigarette? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Ever smoked tobacco by local health district, students 12 to 17 years, NSW, 2011



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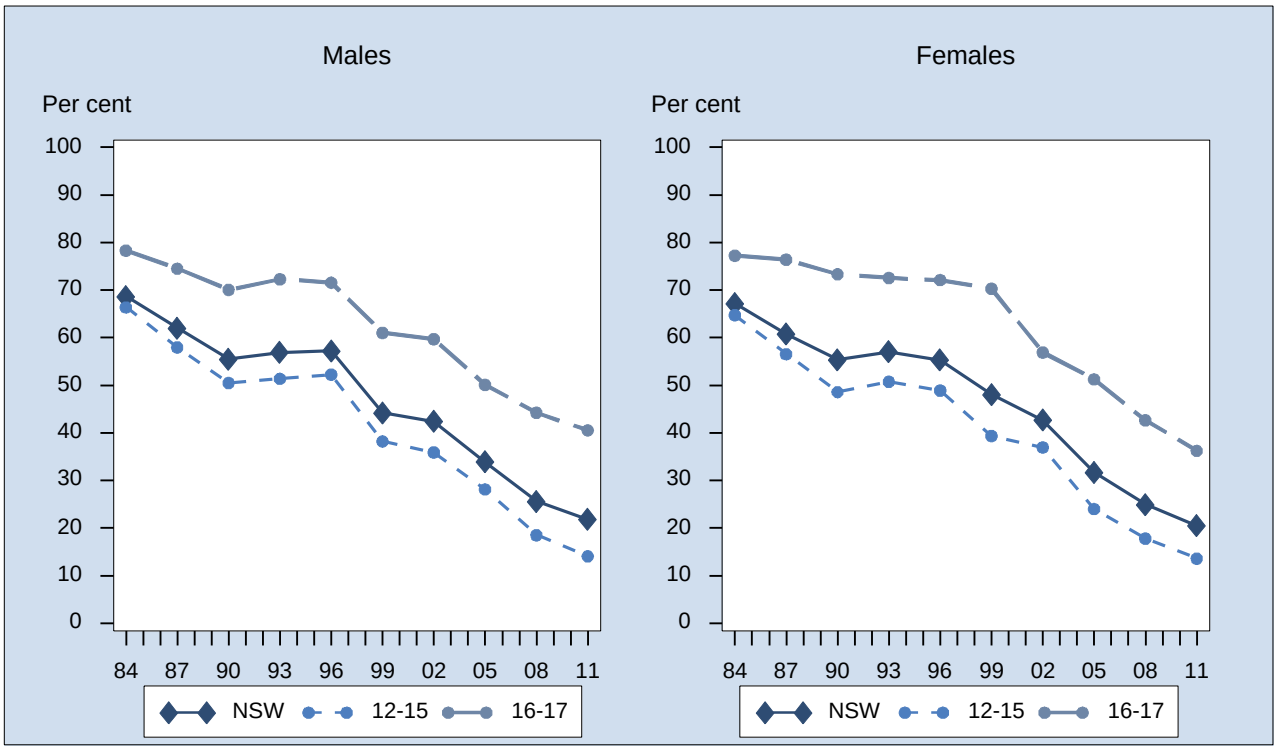
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

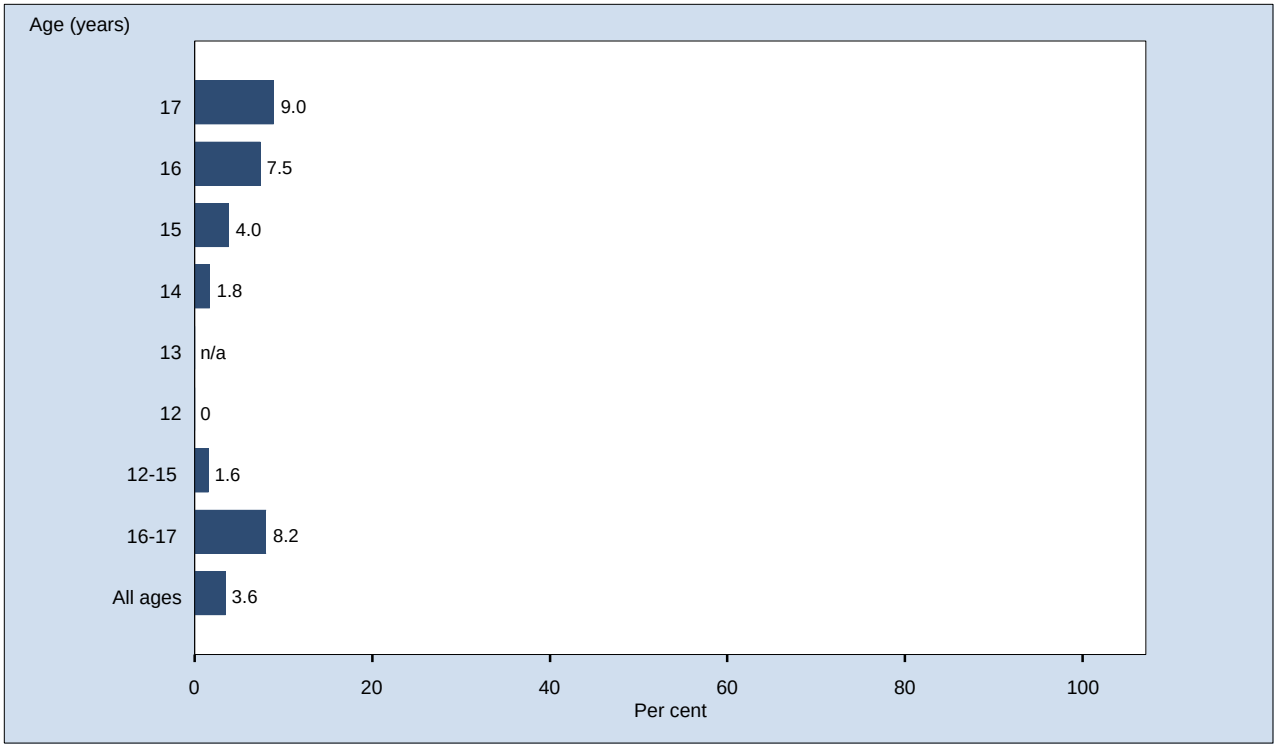
Ever smoked tobacco by year, students 12 to 17 years, NSW, 1984-2011



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), 2011 (7,893). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

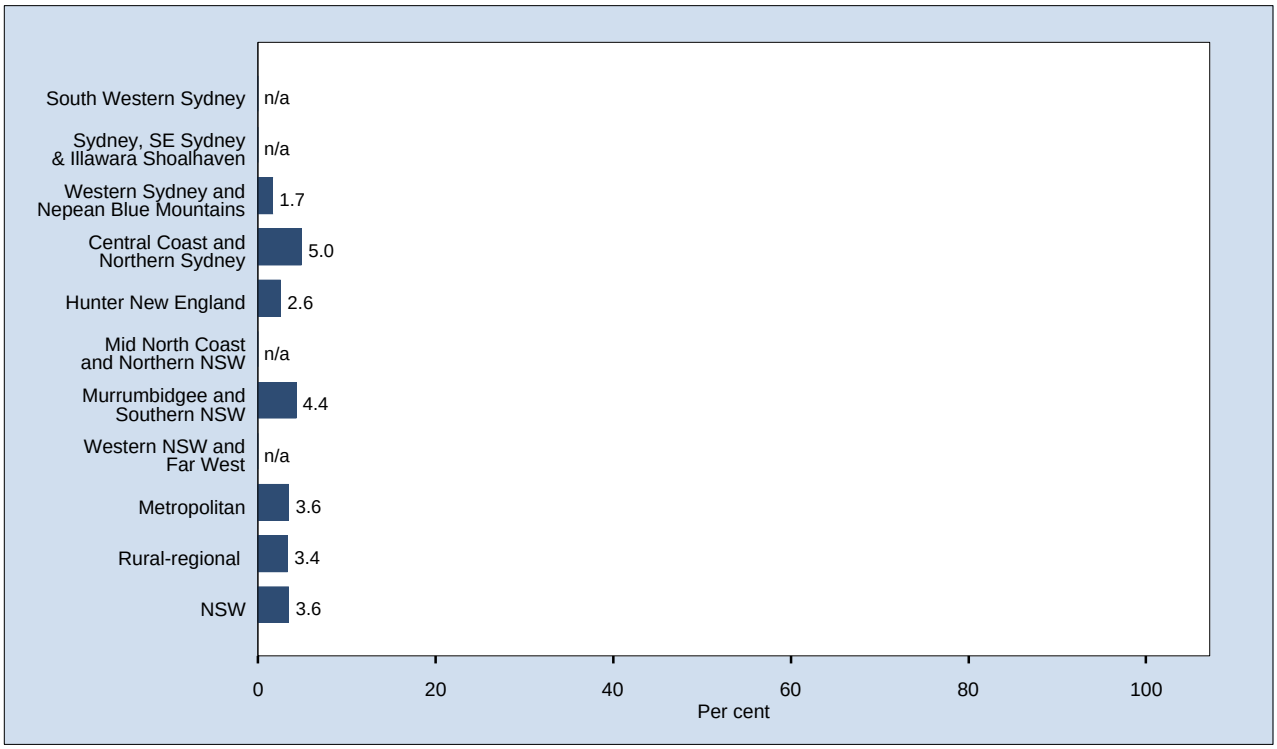
Smoked more than 100 cigarettes in their life by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,893 respondents in NSW. For this indicator 73 (0.92%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have smoked more than 100 cigarettes in their life. The question used to define the indicator was: Have you ever smoked even part of a cigarette? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

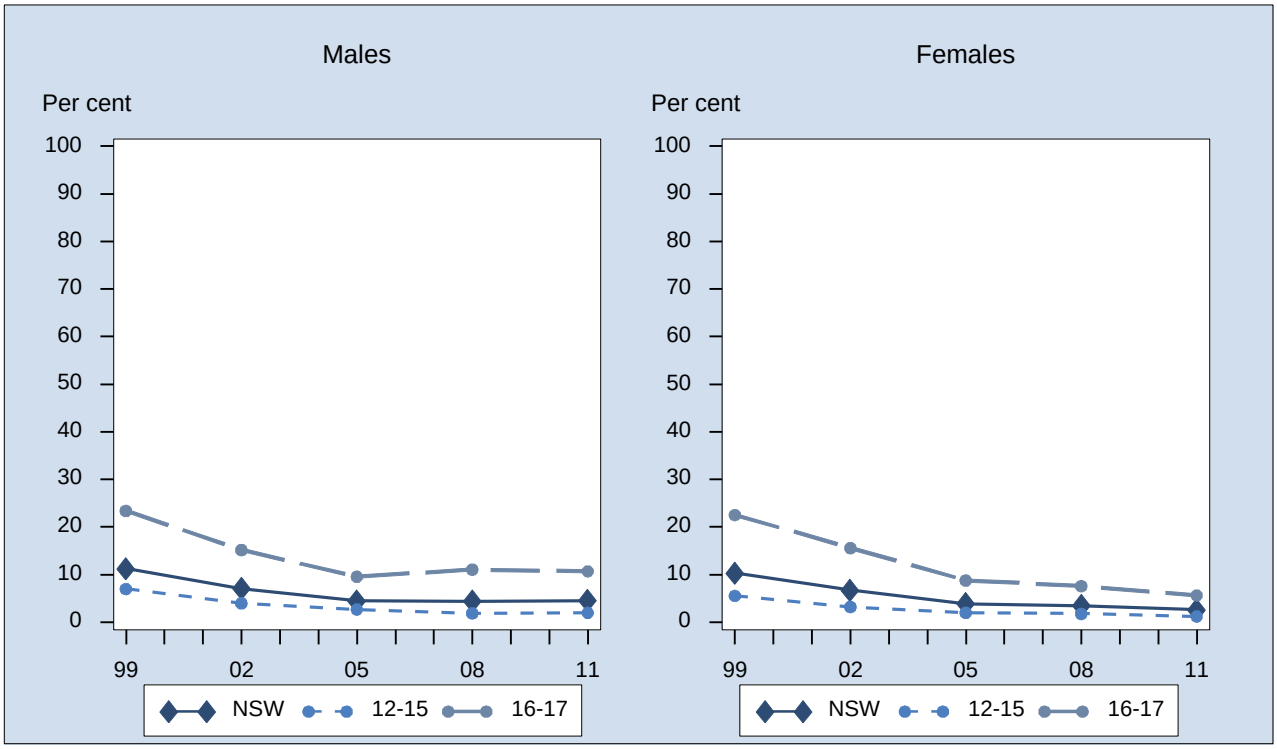
Smoked more than 100 cigarettes in their life by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,893 respondents in NSW. For this indicator 73 (0.92%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have smoked more than 100 cigarettes in their life. The question used to define the indicator was: Have you ever smoked even part of a cigarette? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

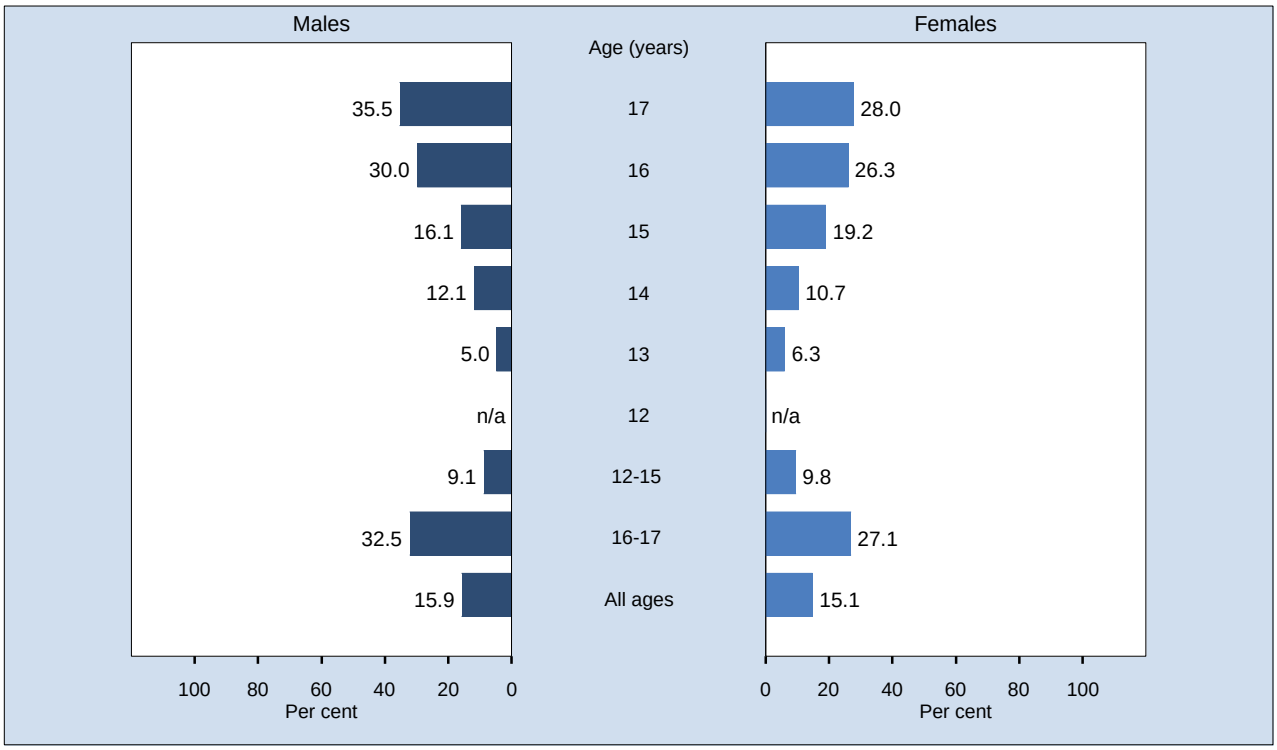
Smoked more than 100 cigarettes in their life by year, students 12 to 17 years, NSW, 1999-2011



Note: Estimates are based on the following numbers of respondents for NSW: 1999 (6,592), 2002 (6,108), 2005 (5,508), 2008 (7,503), 2011 (7,893). The indicator includes those students who have smoked more than 100 cigarettes in their life. 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

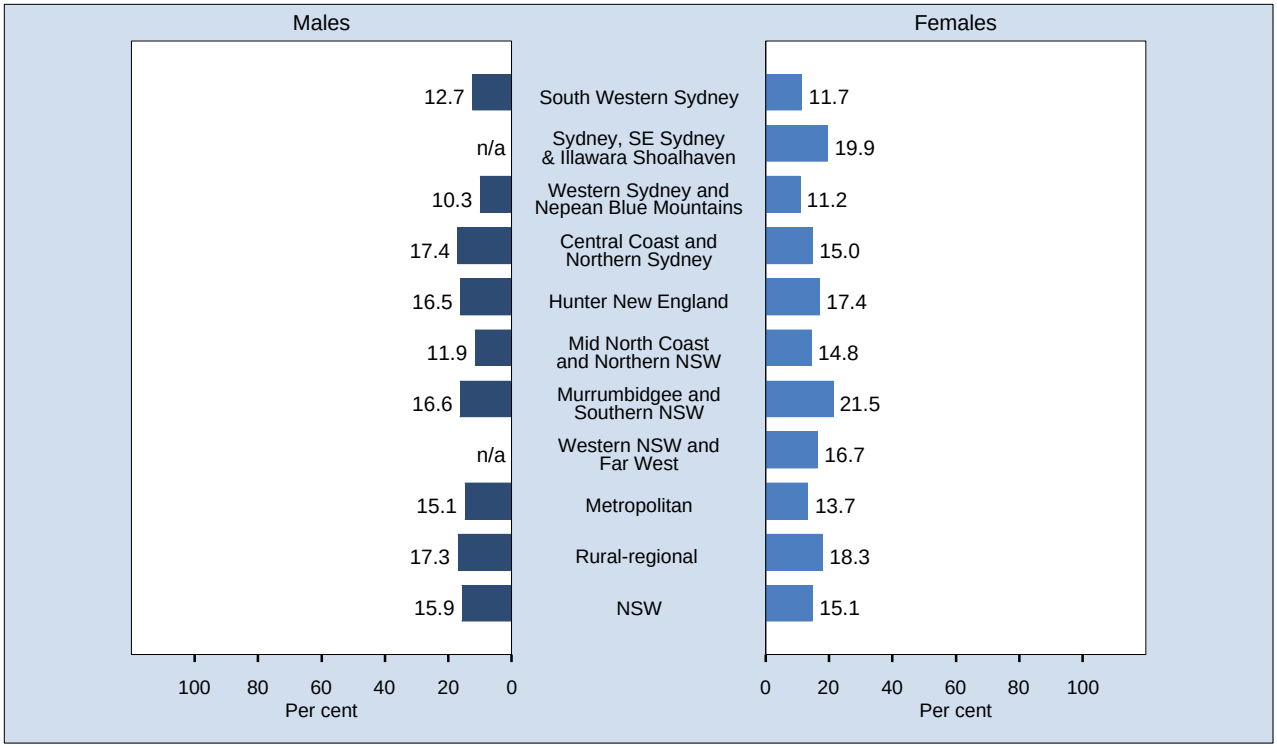
Smoked tobacco in the last year by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,839 respondents in NSW. For this indicator 127 (1.59%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who smoked in the last year. The question used to define the indicator was: Have you smoked cigarettes in the 12 months? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Smoked tobacco in the last year by local health district, students 12 to 17 years, NSW, 2011



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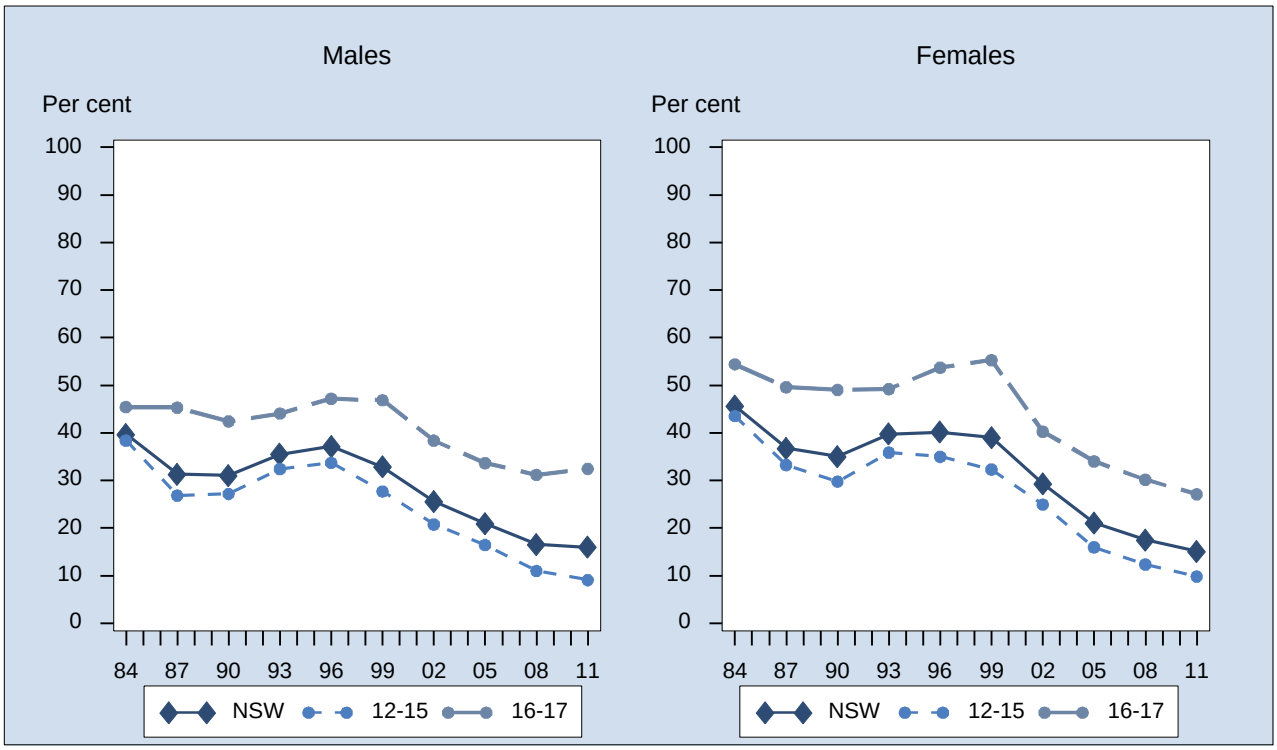
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

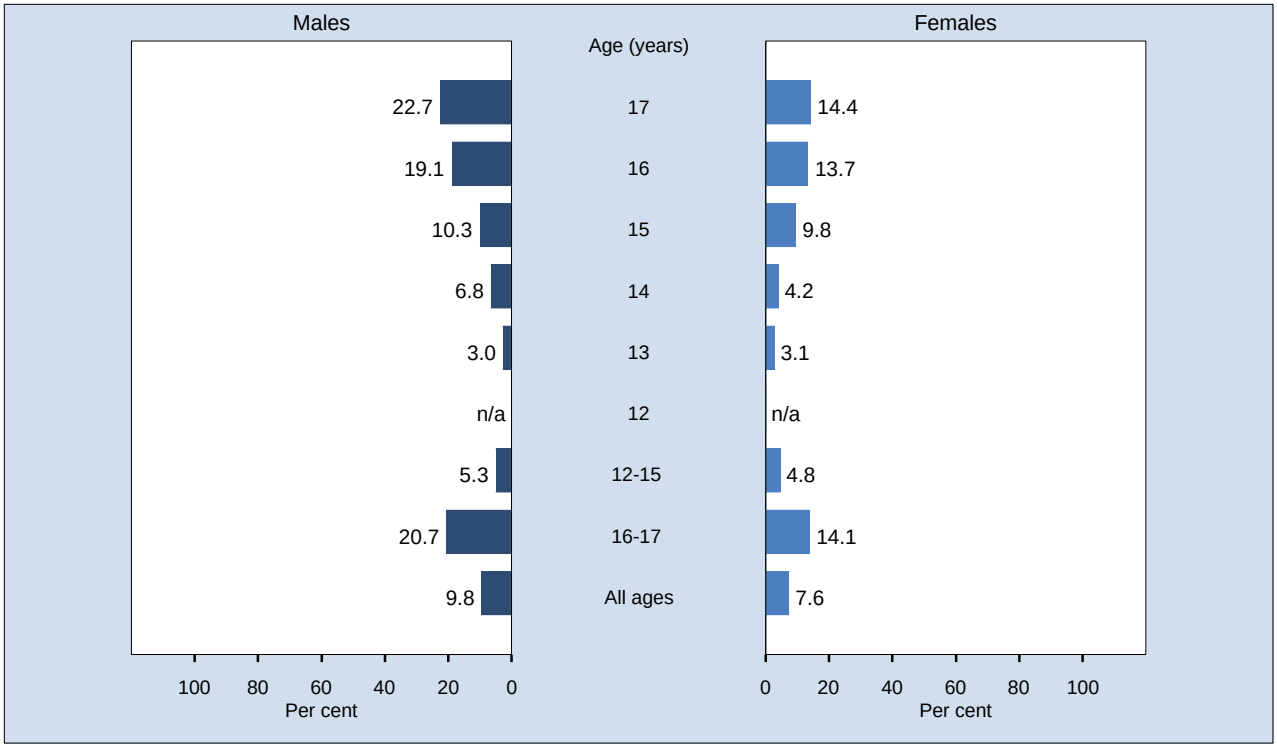
Smoked tobacco in the last year by year, students 12 to 17 years, NSW, 1984-2011



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), 2011 (7,839). The indicator includes those students who smoked in the last year. The question used to define the indicator was: Have you smoked cigarettes in the 12 months?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

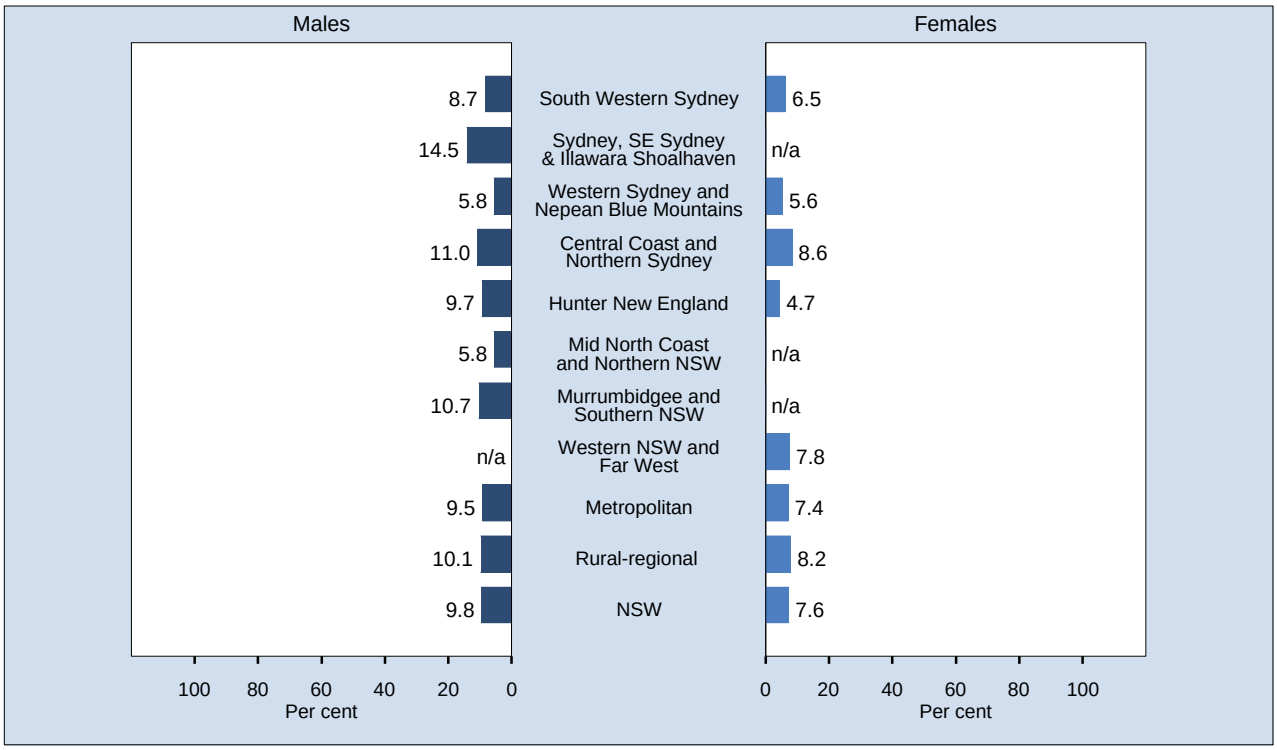
Smoked tobacco in the last 4 weeks by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,930 respondents in NSW. For this indicator 36 (0.45%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who smoked in the last 4 weeks. The question used to define the indicator was: Have you smoked cigarettes in the last 4 weeks? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Smoked tobacco in the last 4 weeks by local health district, students 12 to 17 years, NSW, 2011



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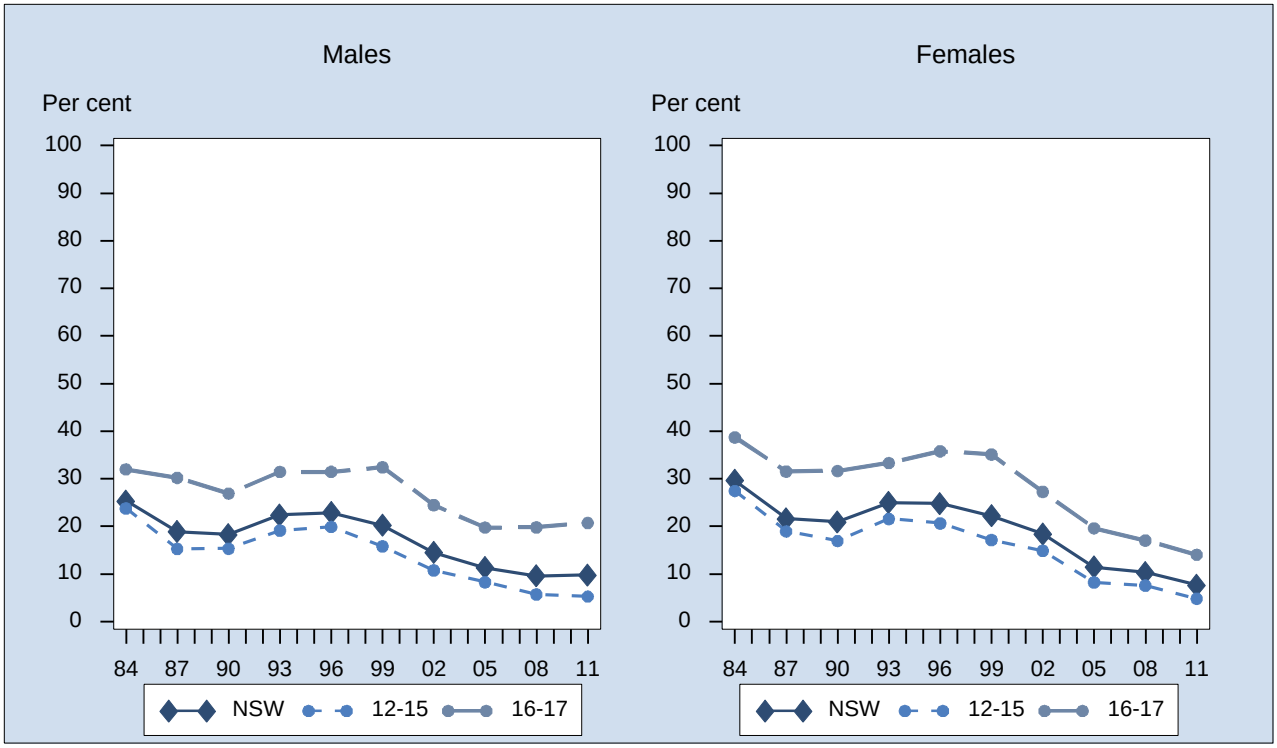
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

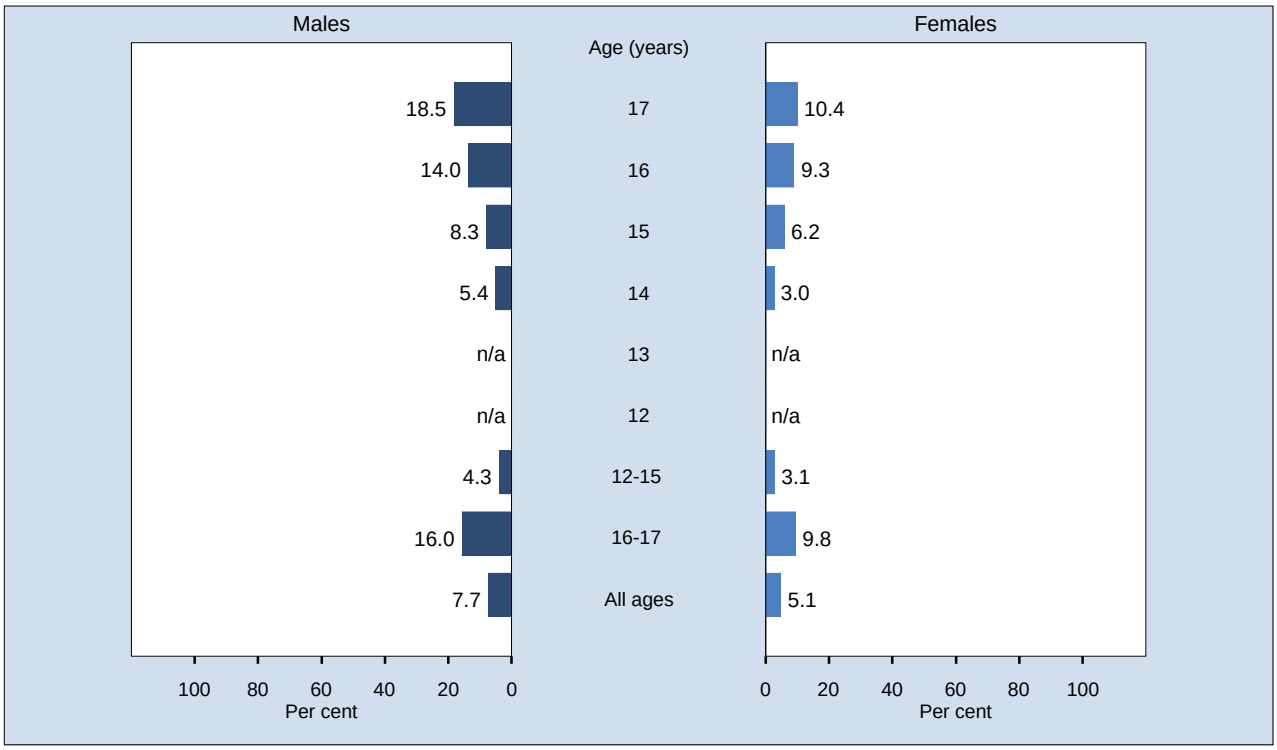
Smoked tobacco in the last 4 weeks by year, students 12 to 17 years, NSW, 1984-2011



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), 2011 (7,930). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

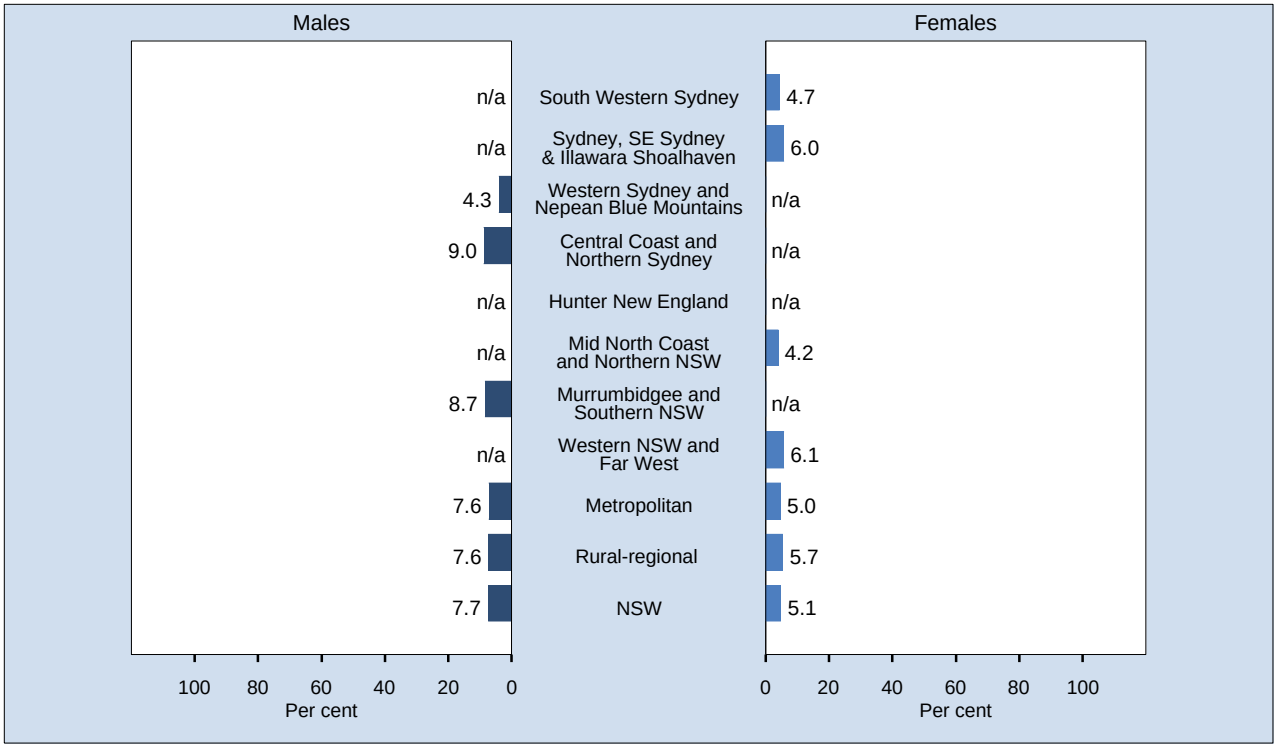
Smoked tobacco in the last 7 days by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,924 respondents in NSW. For this indicator 42 (0.53%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Smoked tobacco in the last 7 days by local health district, students 12 to 17 years, NSW, 2011



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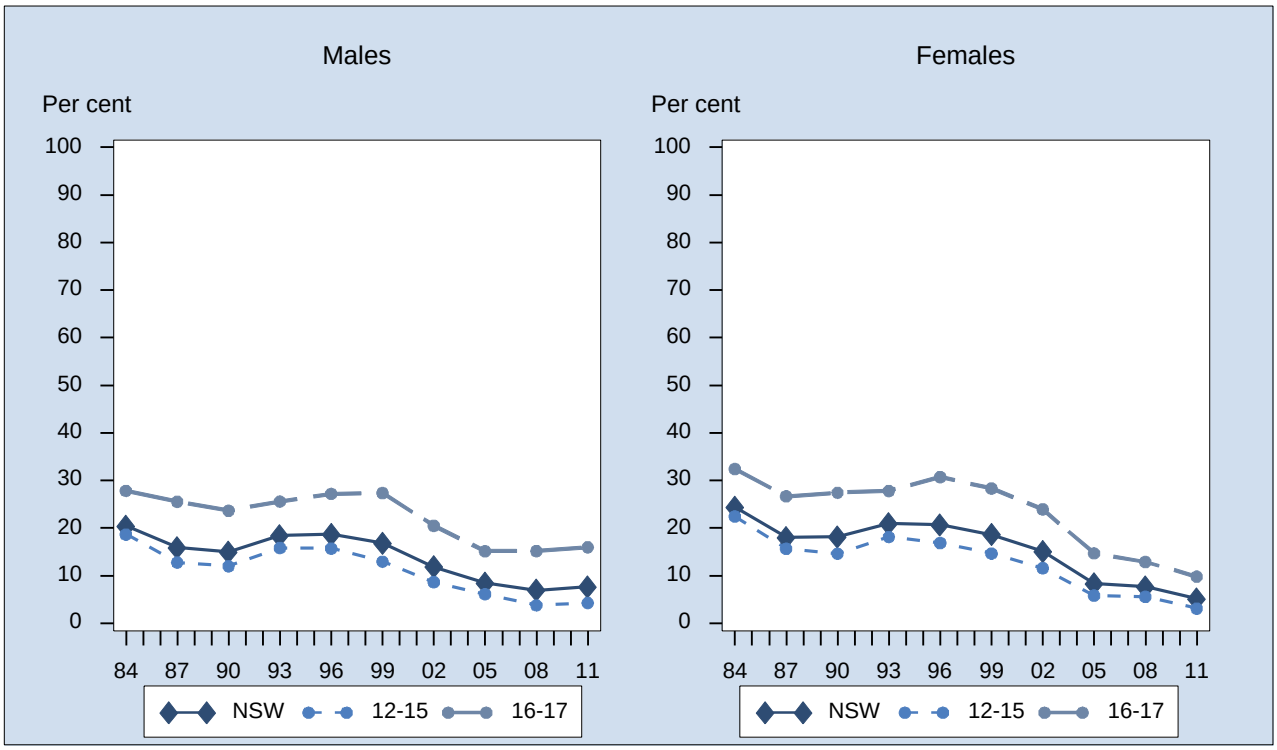
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

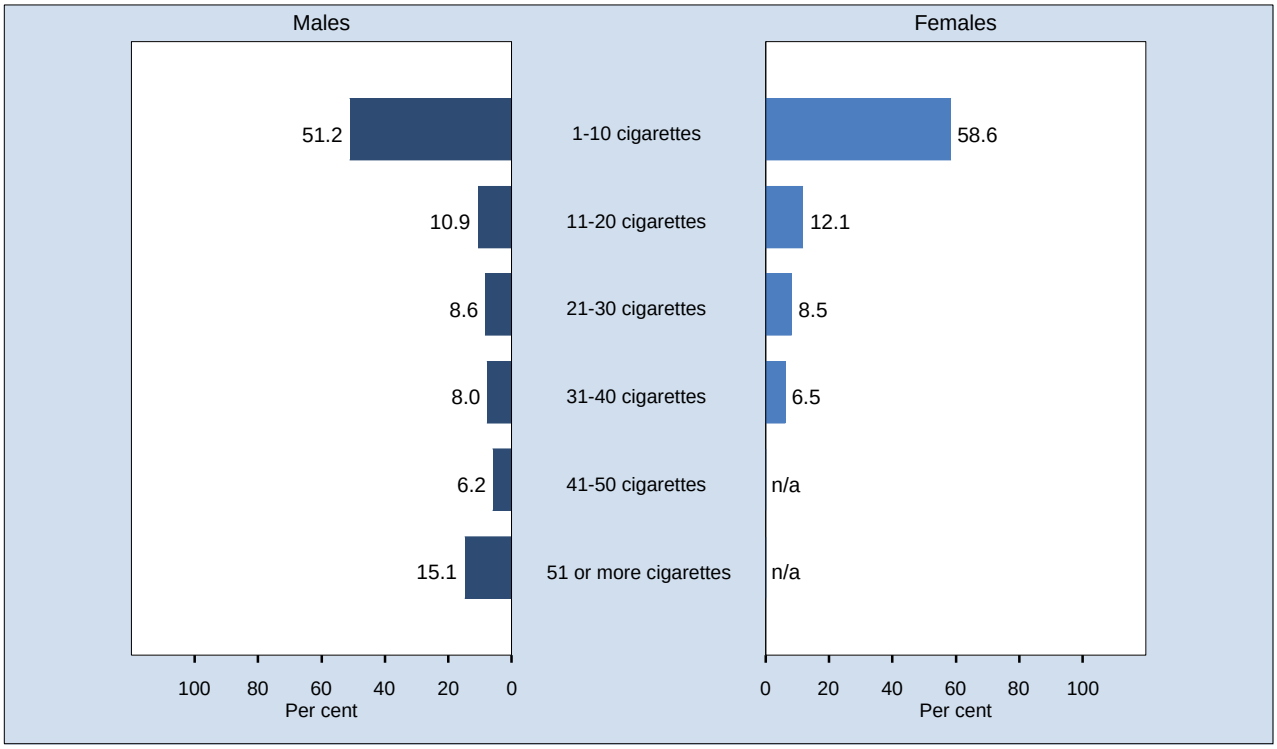
Smoked tobacco in the last 7 days by year, students 12 to 17 years, NSW, 1984-2011



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), 2011 (7,924). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

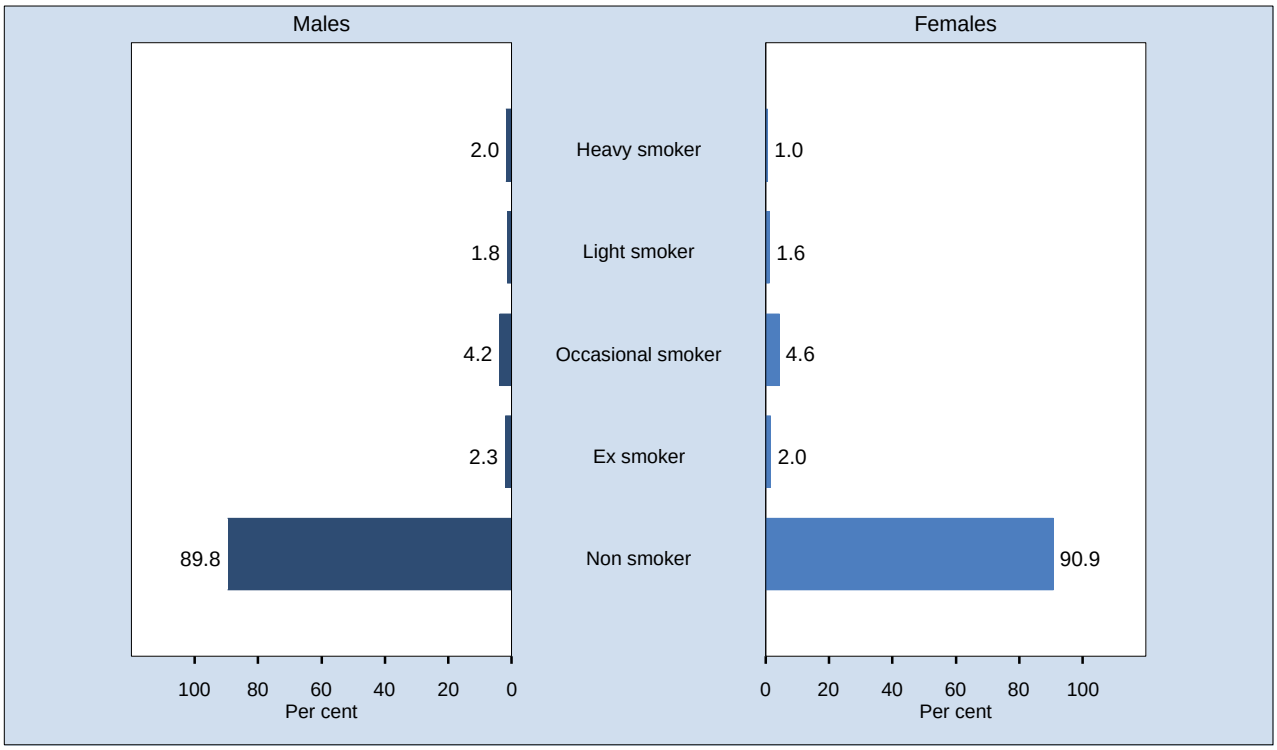
Total number of cigarettes smoked in the last 7 days, students aged 12 to 17 years who smoked cigarettes in the last 7 days, NSW, 2011



Note: Estimates are based on 585 respondents in NSW. For this indicator 0 (0.00%) 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. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

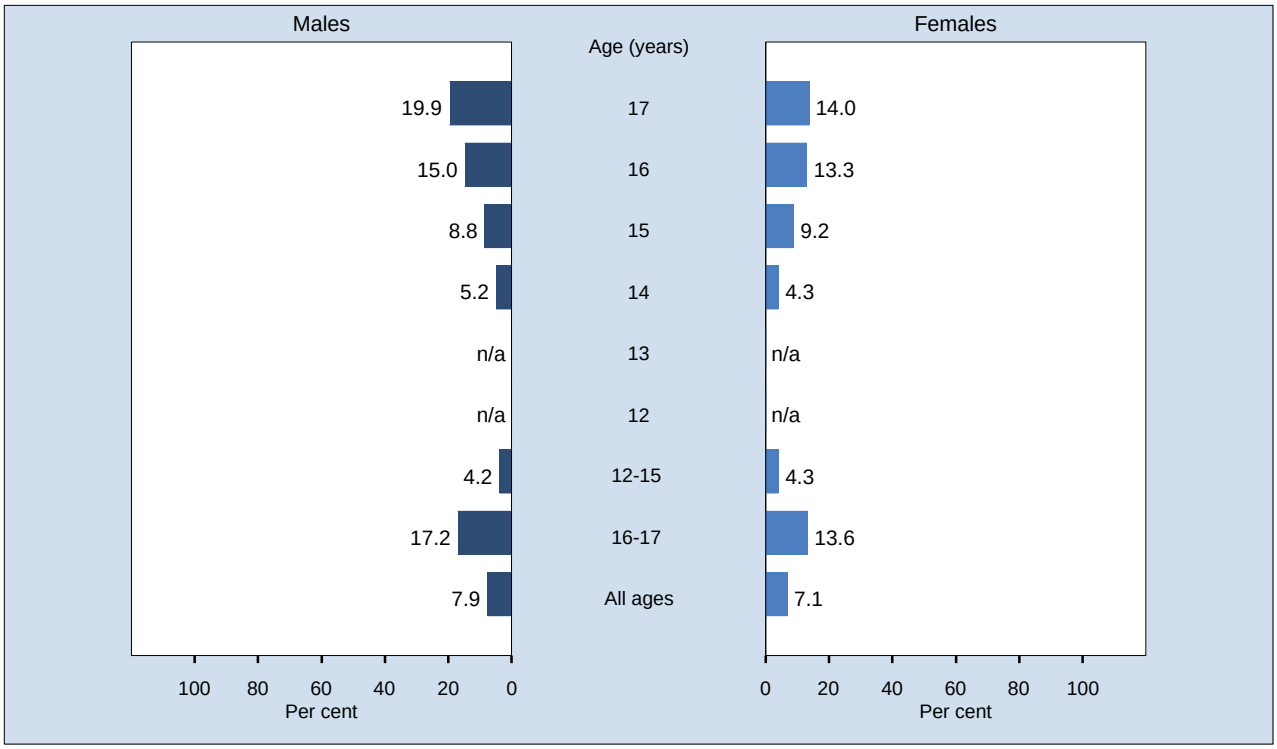
Smoking status, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,926 respondents in NSW. For this indicator 40 (0.50%) 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

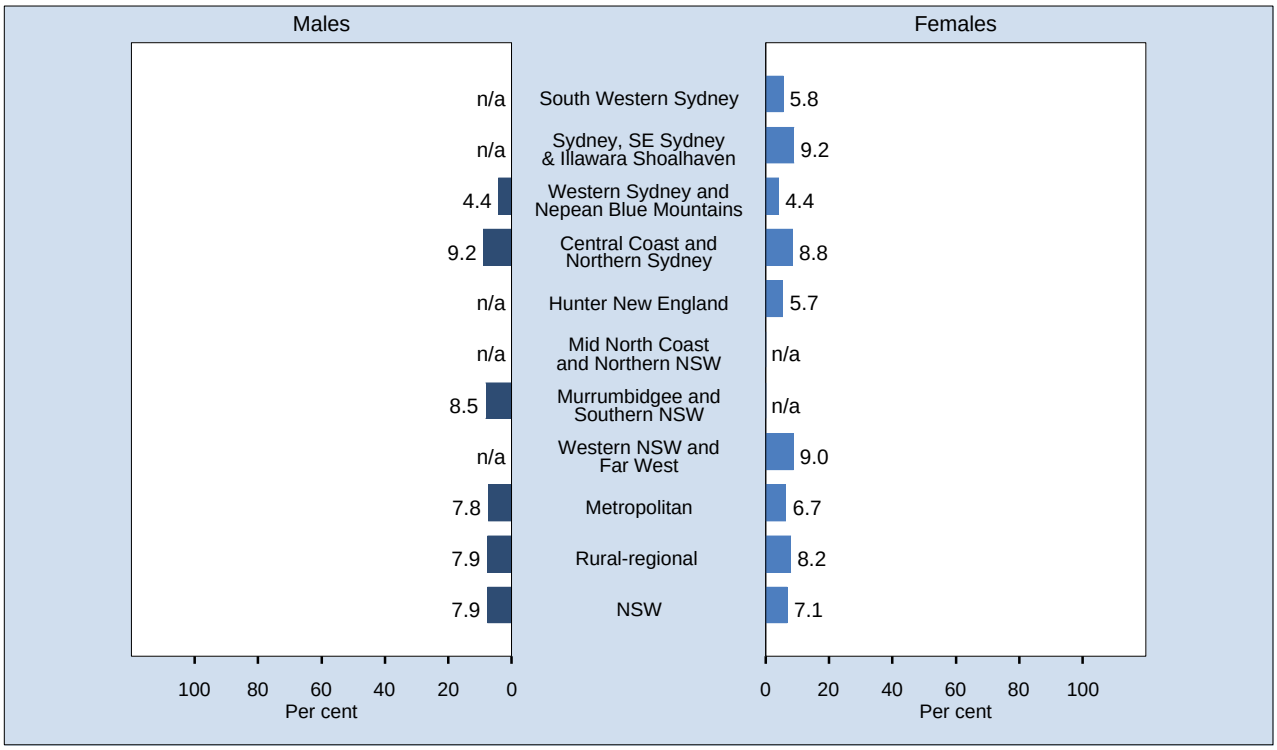
Current tobacco smoker by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,926 respondents in NSW. For this indicator 40 (0.50%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

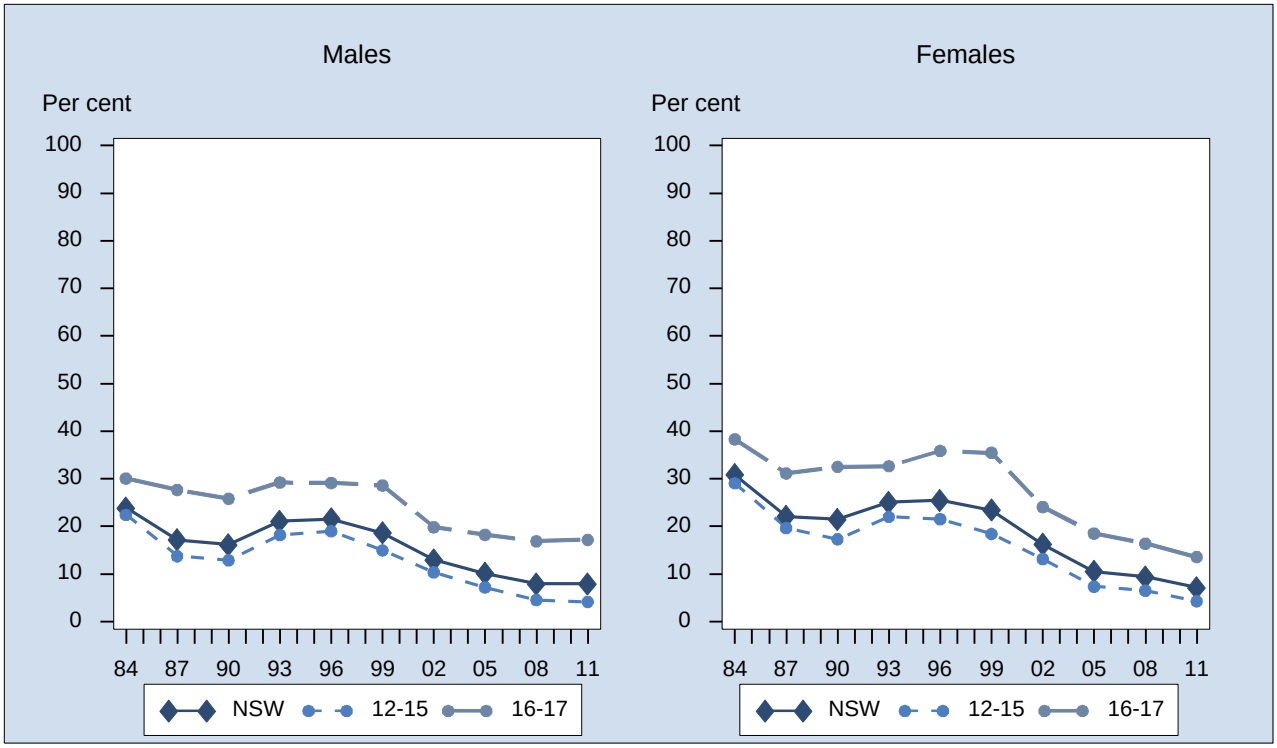
Current tobacco smoker by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,926 respondents in NSW. For this indicator 40 (0.50%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

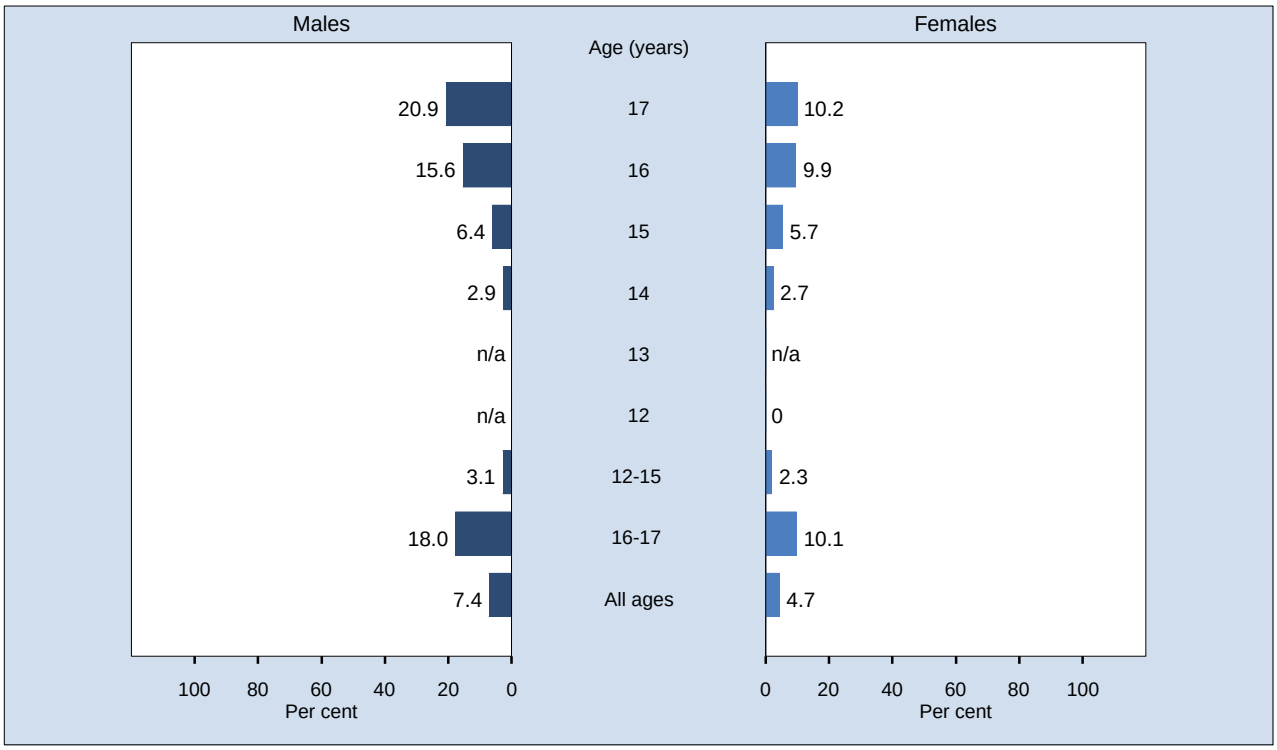
Current tobacco smoker by year, students 12 to 17 years, NSW, 1984-2011



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), 2011 (7,926). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

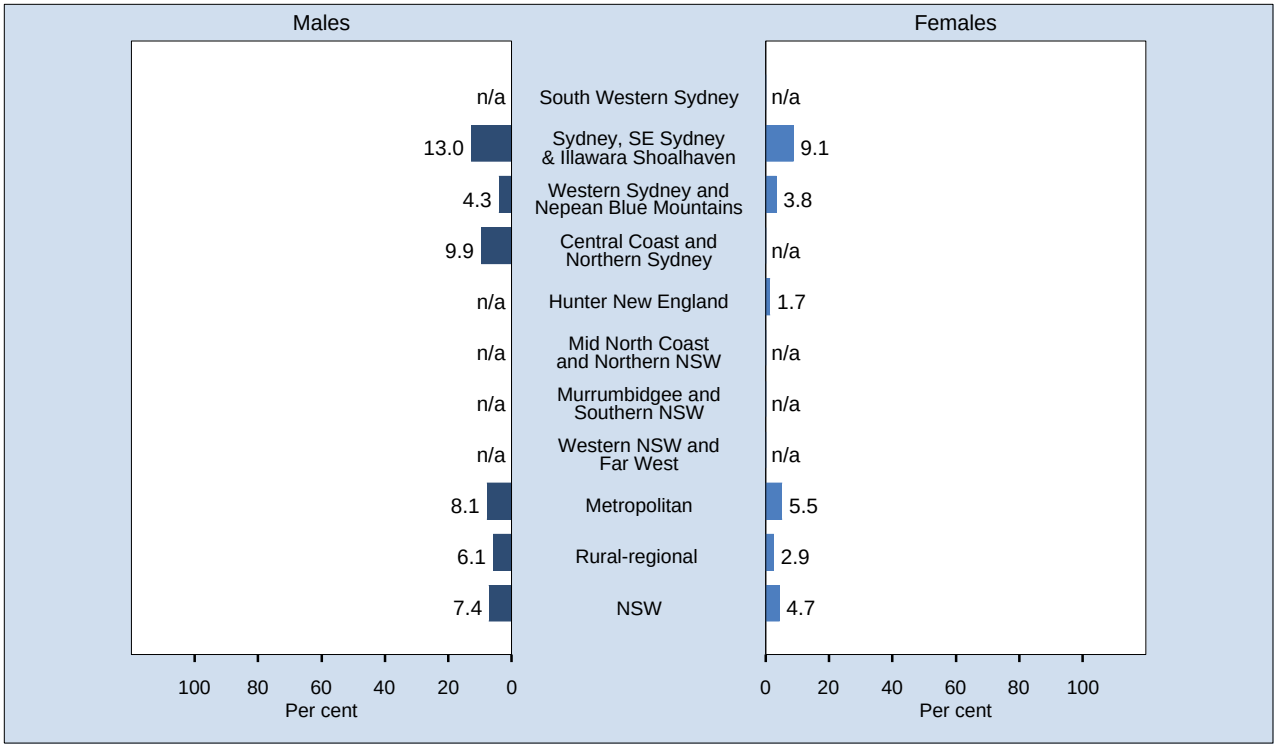
Ever tried to buy cigarettes from a shop by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,793 respondents in NSW. For this indicator 173 (2.17%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have tried to buy cigarettes. The question used to define the indicator was: Have you ever tried to buy cigarettes from a shop? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

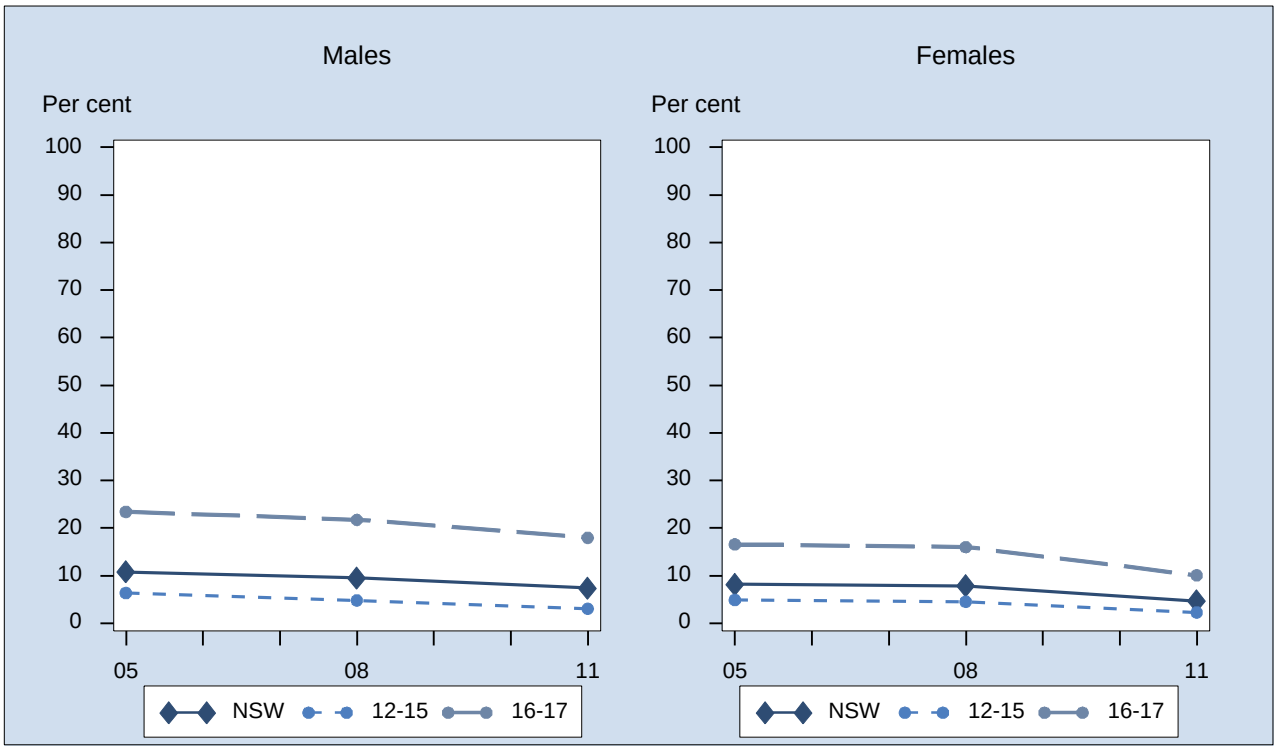
Ever tried to buy cigarettes from a shop by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,793 respondents in NSW. For this indicator 173 (2.17%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have tried to buy cigarettes. The question used to define the indicator was: Have you ever tried to buy cigarettes from a shop? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

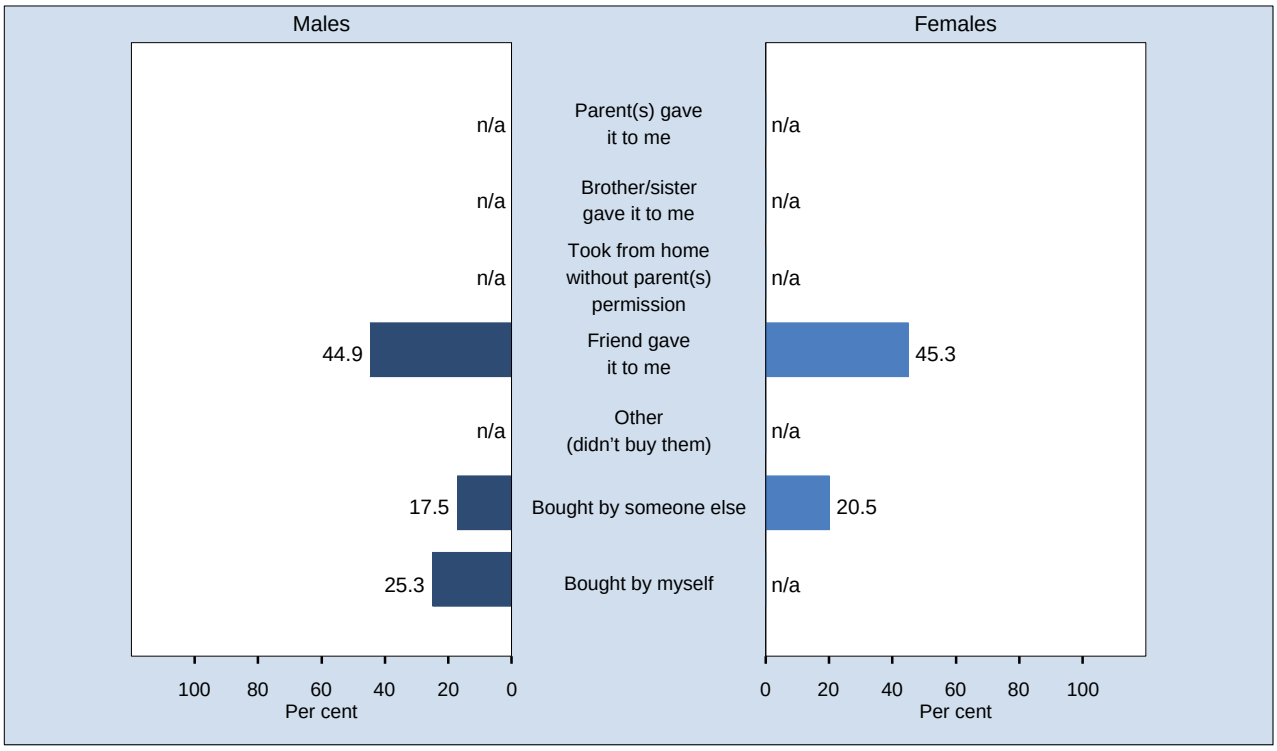
Ever tried to buy cigarettes from a shop by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (2,676), 2008 (7,433), 2011 (7,793). The indicator includes those students who 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

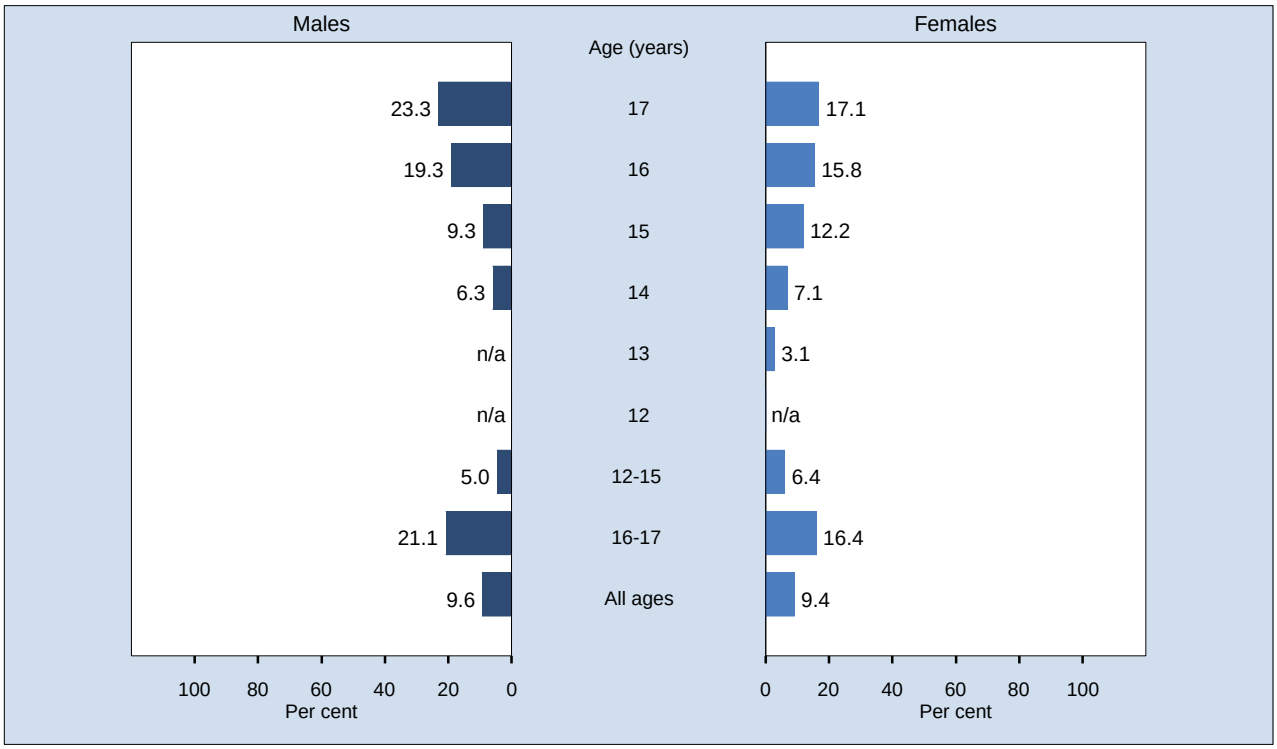
Source of last cigarette smoked, students aged 12 to 17 years who smoked cigarettes in the last 7 days, NSW, 2011



Note: Estimates are based on 536 respondents in NSW. For this indicator 49 (8.38%) 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

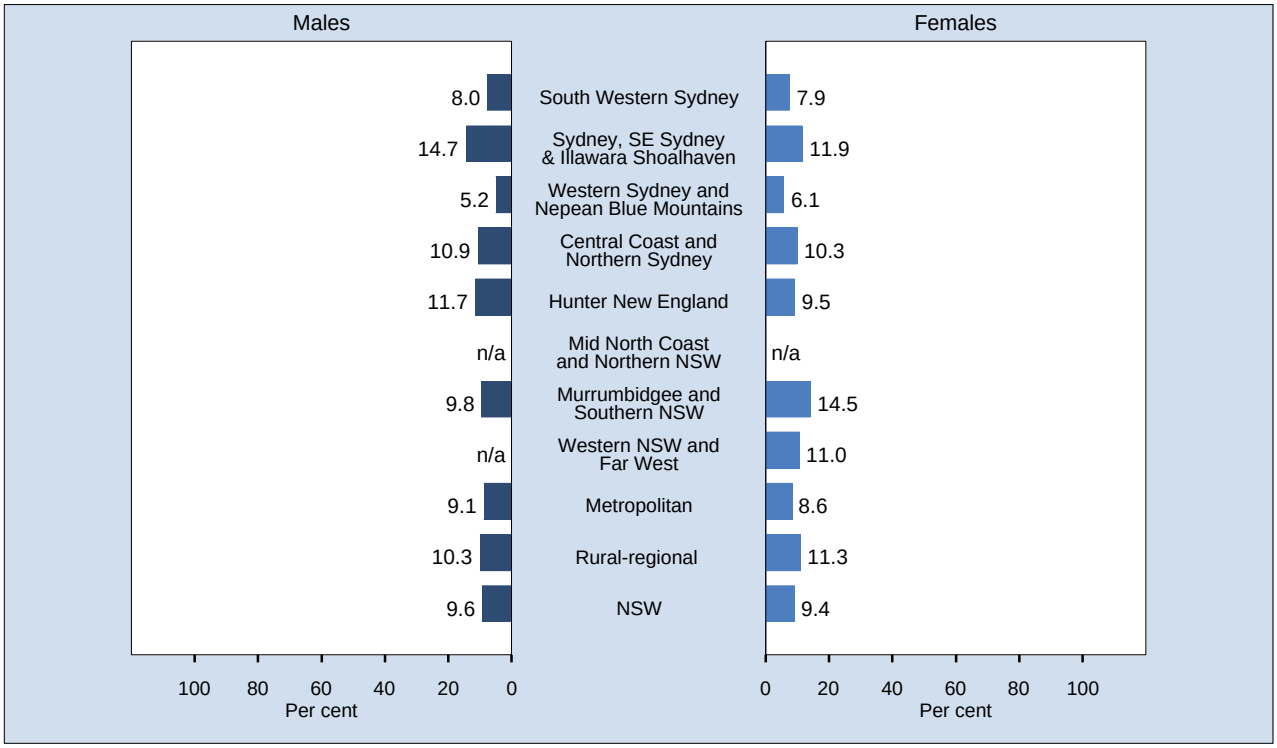
Probably smoke cigarettes sometime in the next 6 months by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,895 respondents in NSW. For this indicator 71 (0.89%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who thought they would probably or definitely smoke in the next 6 months. The question used to define the indicator was: Do you think you will smoke cigarettes sometime in the next 6 months? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

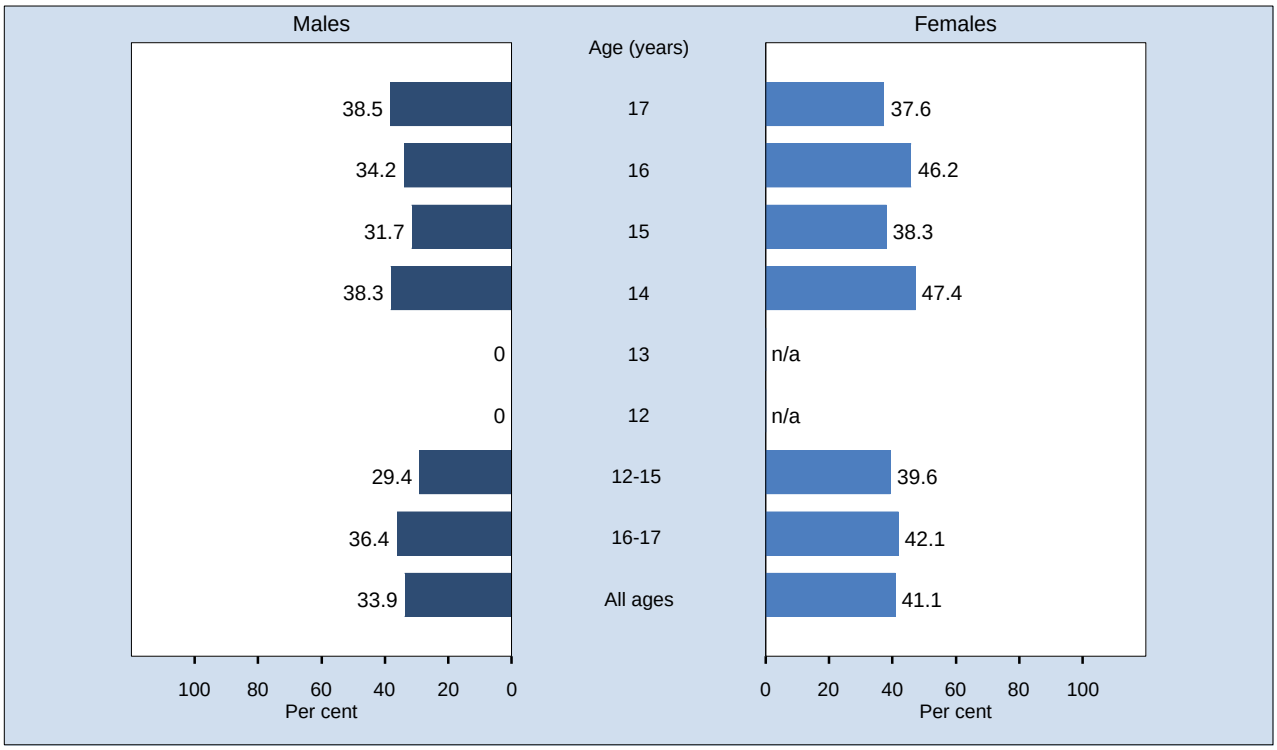
Probably smoke cigarettes sometime in the next 6 months by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,895 respondents in NSW. For this indicator 71 (0.89%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who thought they would probably or definitely smoke in the next 6 months. The question used to define the indicator was: Do you think you will smoke cigarettes sometime in the next 6 months? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

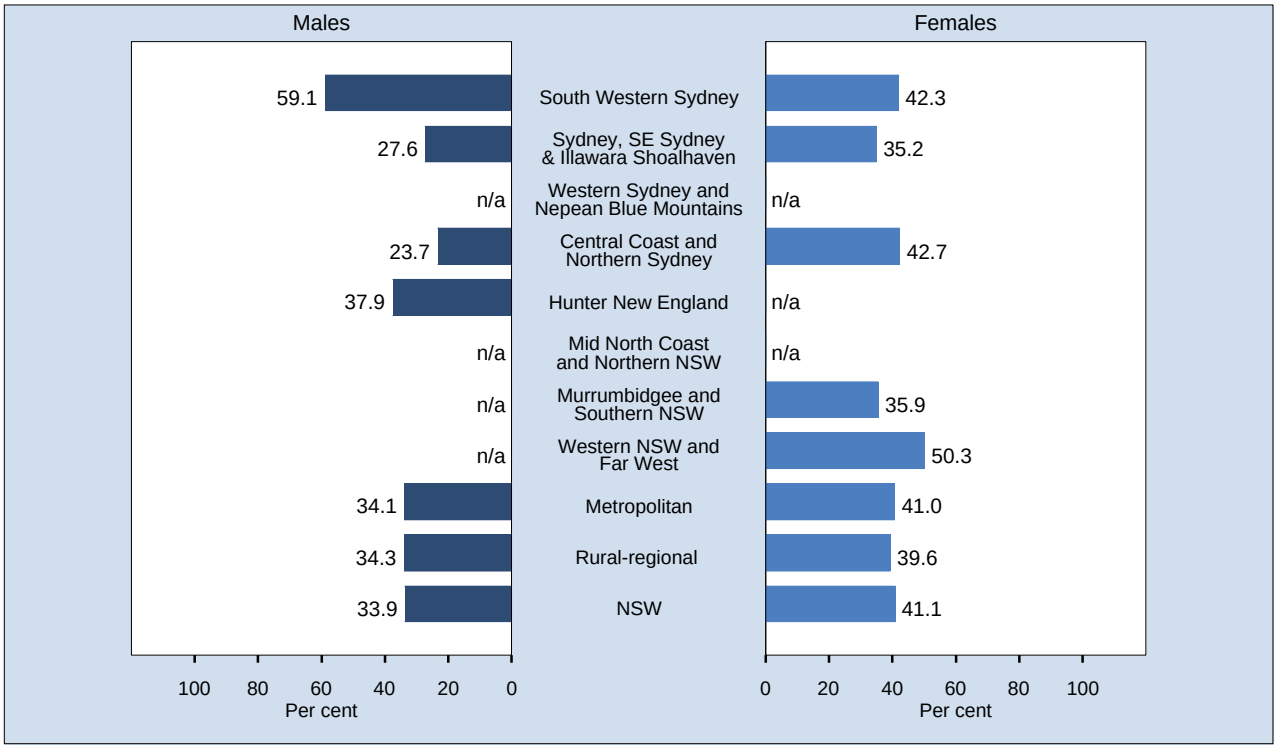
Would like to quit smoking by age, students aged 12 to 17 years who currently smoke, NSW, 2011



Note: Estimates are based on 586 respondents in NSW. For this indicator 112 (16.05%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

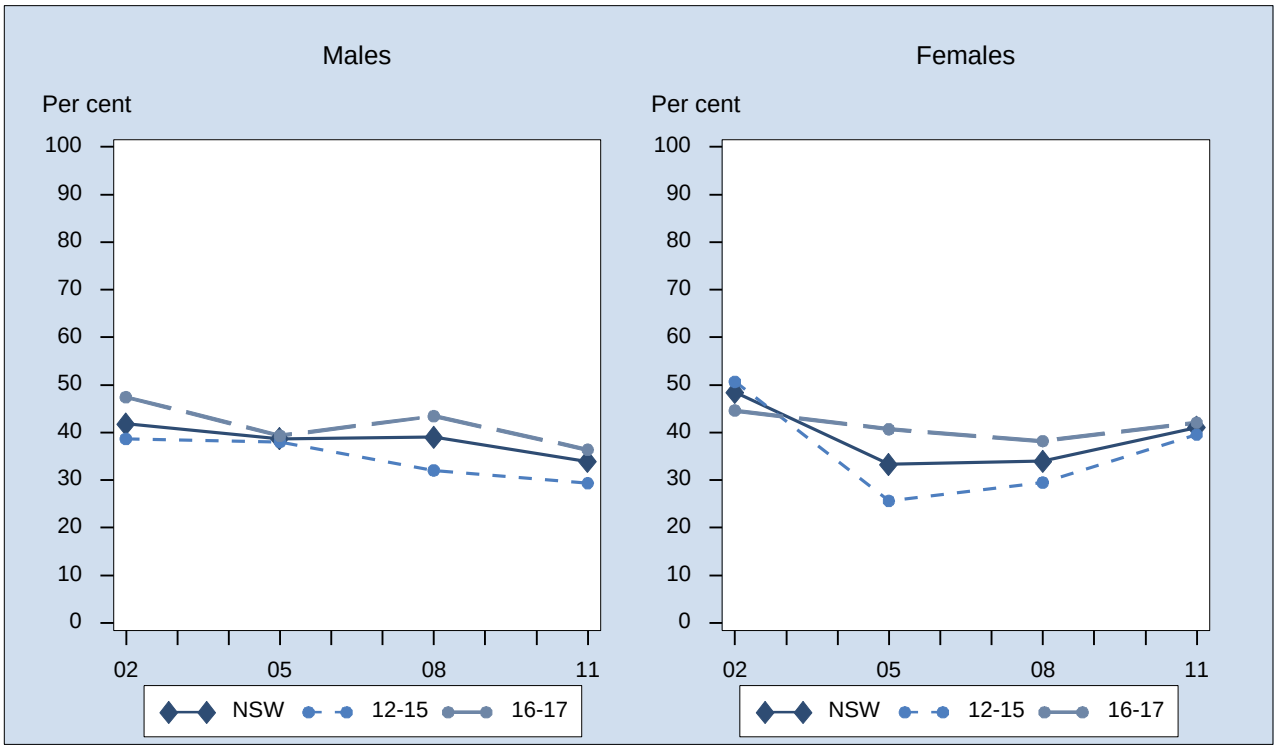
Would like to quit smoking by local health district, students aged 12 to 17 years who currently smoke, NSW, 2011



Note: Estimates are based on 586 respondents in NSW. For this indicator 112 (16.05%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

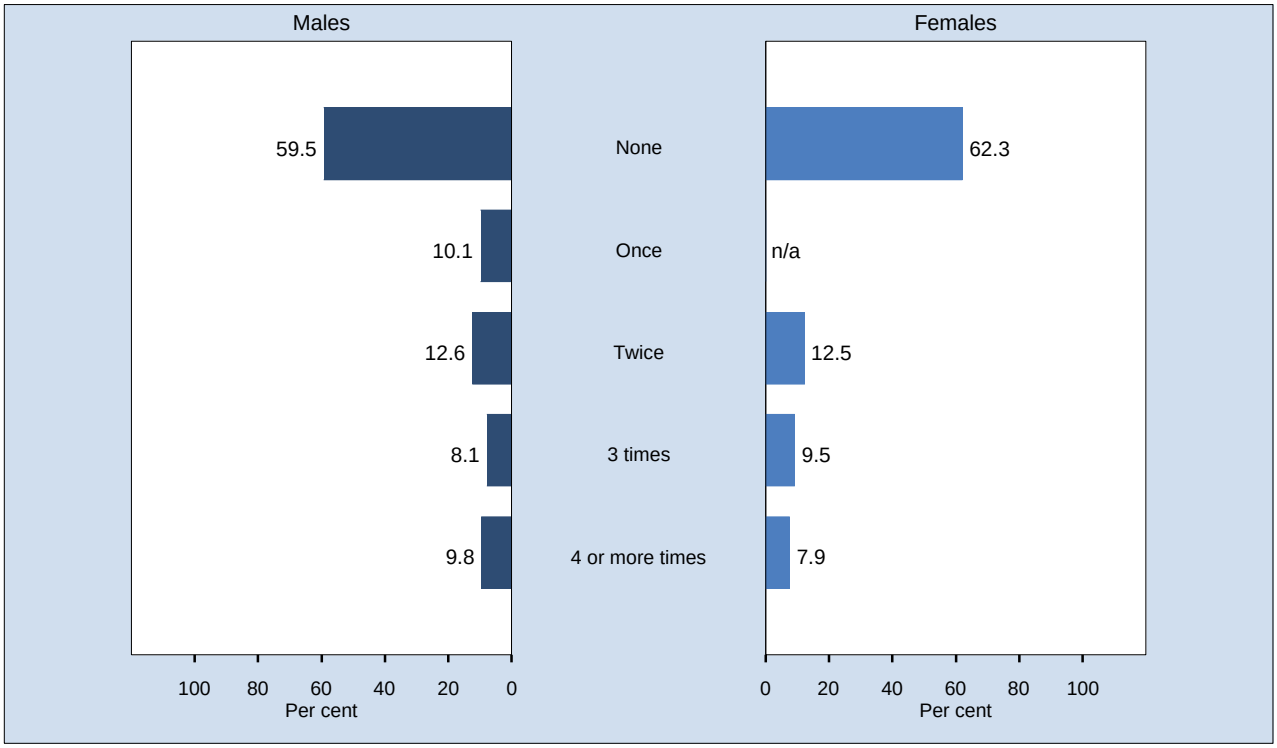
Would like to quit smoking by year, students aged 12 to 17 years who currently smoke, NSW, 2002-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2002 (649), 2005 (296), 2008 (607), 2011 (586). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

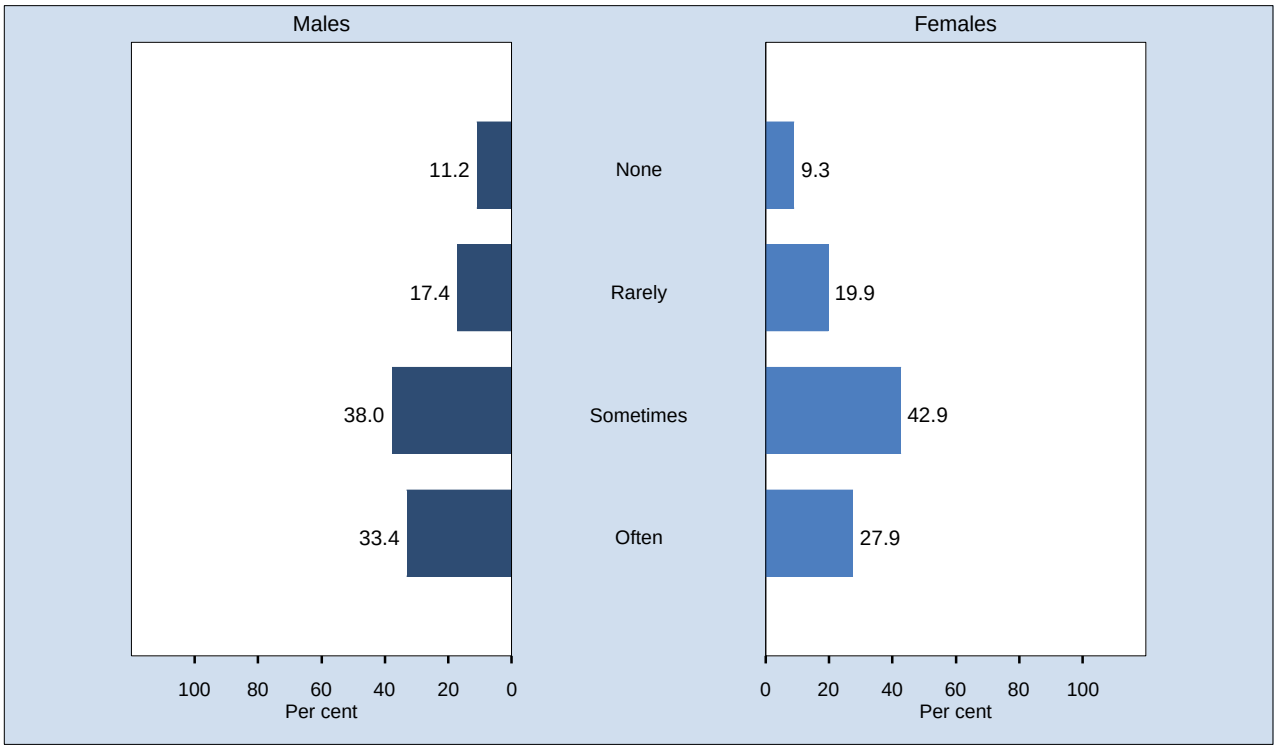
Number of times tried to quit smoking in last year, students aged 12 to 17 years who currently smoke, NSW, 2011



Note: Estimates are based on 538 respondents in NSW. For this indicator 160 (22.92%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: 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 year? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

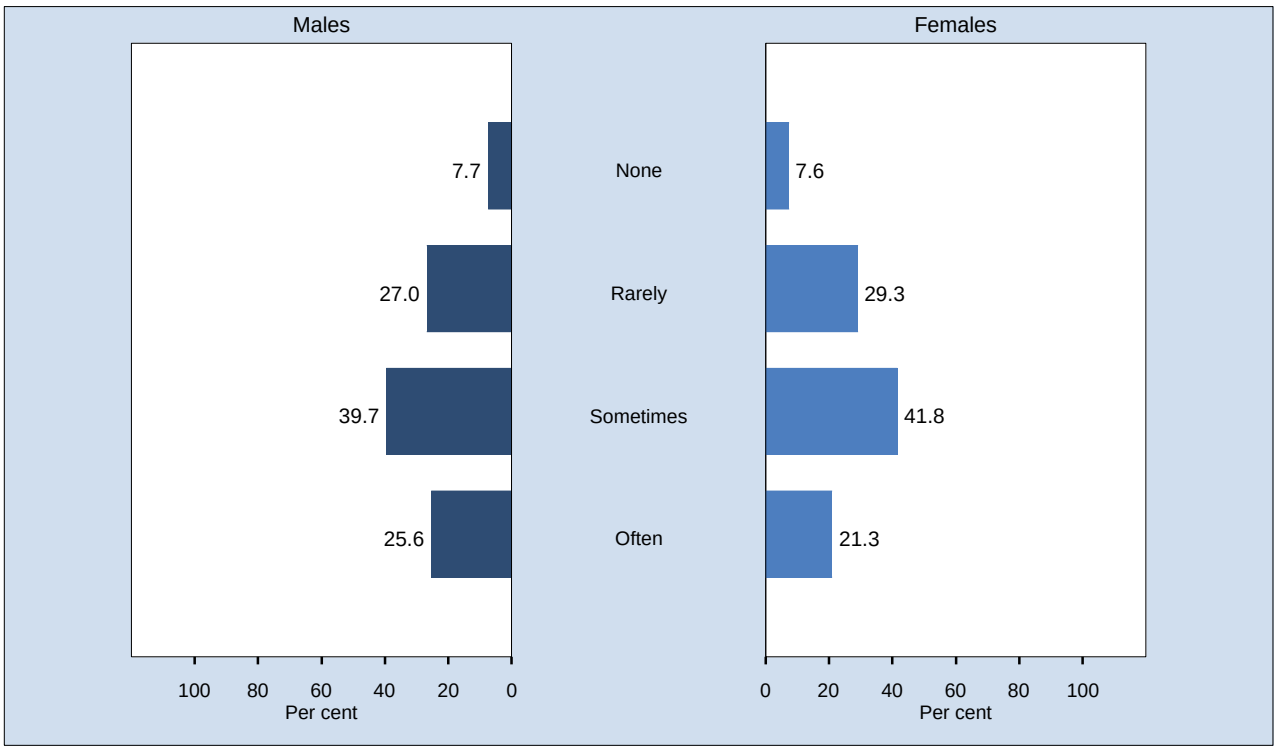
Frequency of seeing people smoking cigarettes in movies in the last month, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,824 respondents in NSW. For this indicator 142 (1.78%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: In the past month, how often have you seen people smoking cigarettes in movies (includes cinema or DVD or on TV)?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

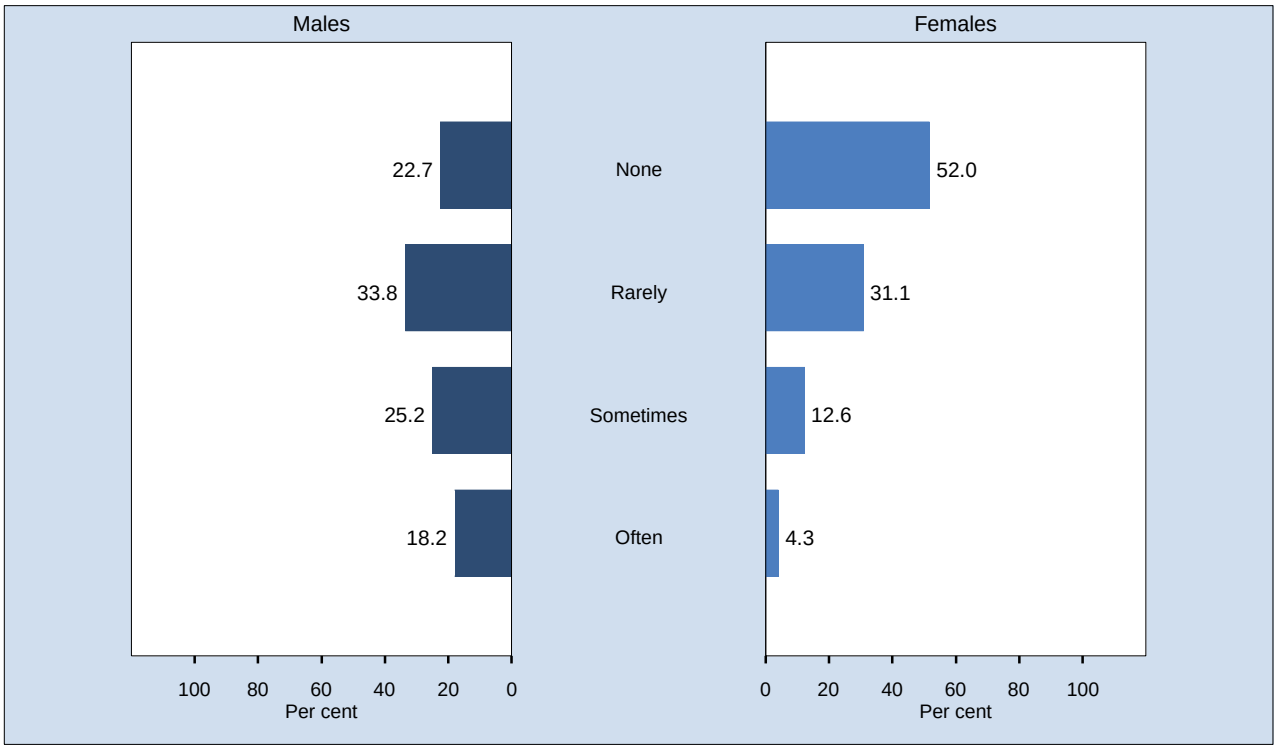
Frequency of seeing people smoking cigarettes in TV shows in the last month, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,792 respondents in NSW. For this indicator 174 (2.18%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: In the past month, how often have you seen people smoking cigarettes in TV Shows?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

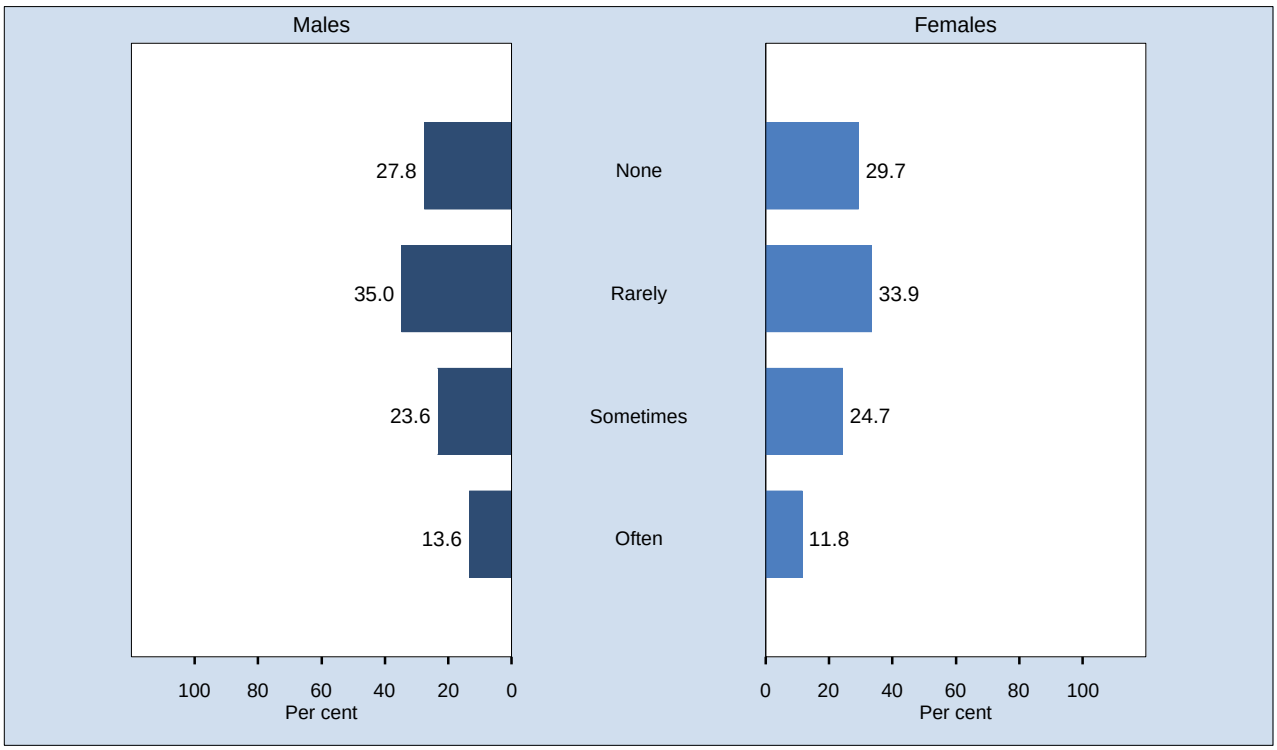
Frequency of seeing people smoking cigarettes in video games in the last month, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,740 respondents in NSW. For this indicator 226 (2.84%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: In the past month, how often have you seen people smoking cigarettes in video games?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

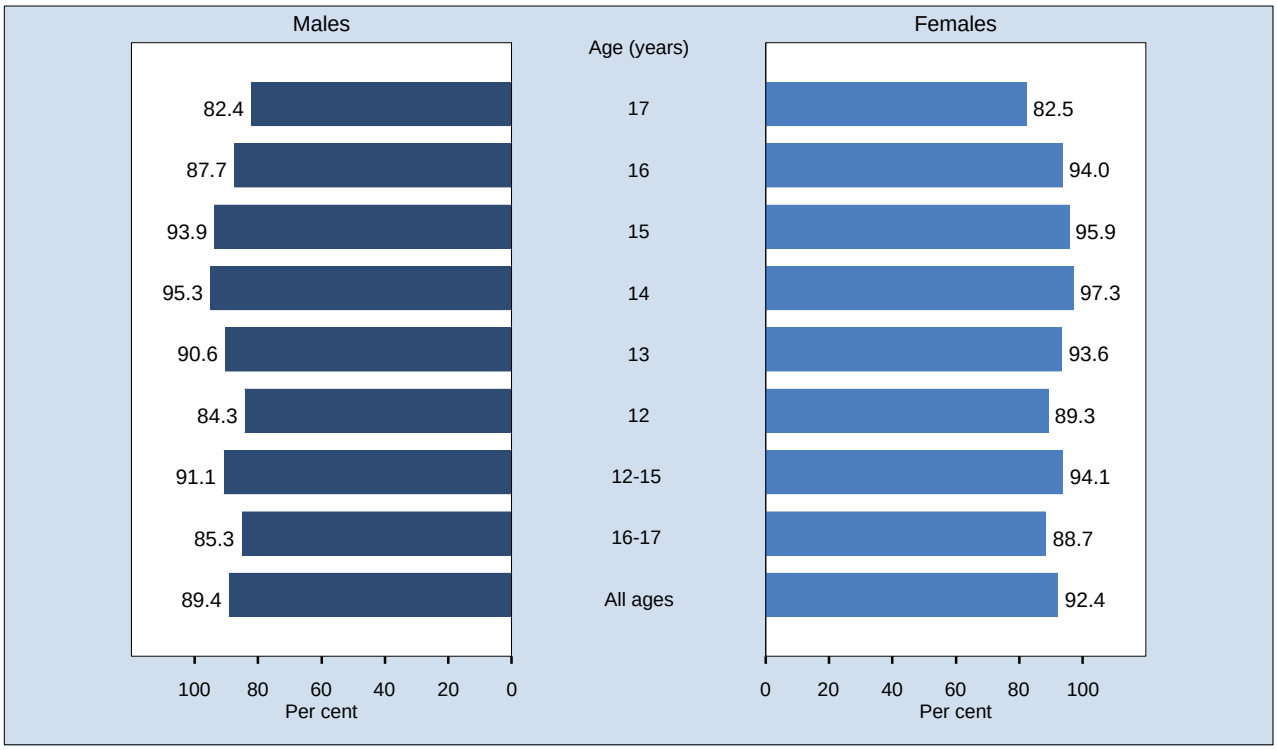
Frequency of seeing people smoking cigarettes on the Internet in the last month, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,761 respondents in NSW. For this indicator 205 (2.57%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: In the past month, how often have you seen people smoking cigarettes on the Internet?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

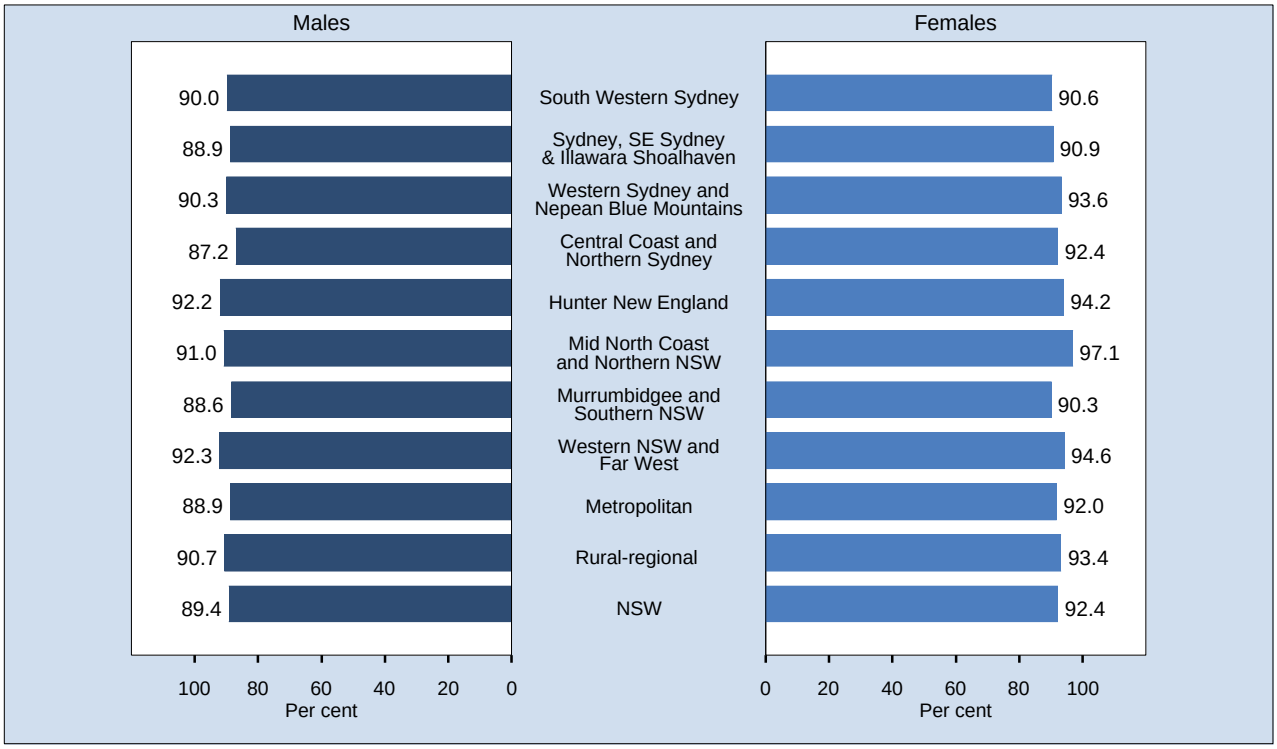
Lesson at school about smoking cigarettes by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,872 respondents in NSW. For this indicator 94 (1.18%) 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 cigarettes. The question used to define the indicator was: During 2010 (last year), did you have any lessons or parts of lessons at school that were about smoking cigarettes?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

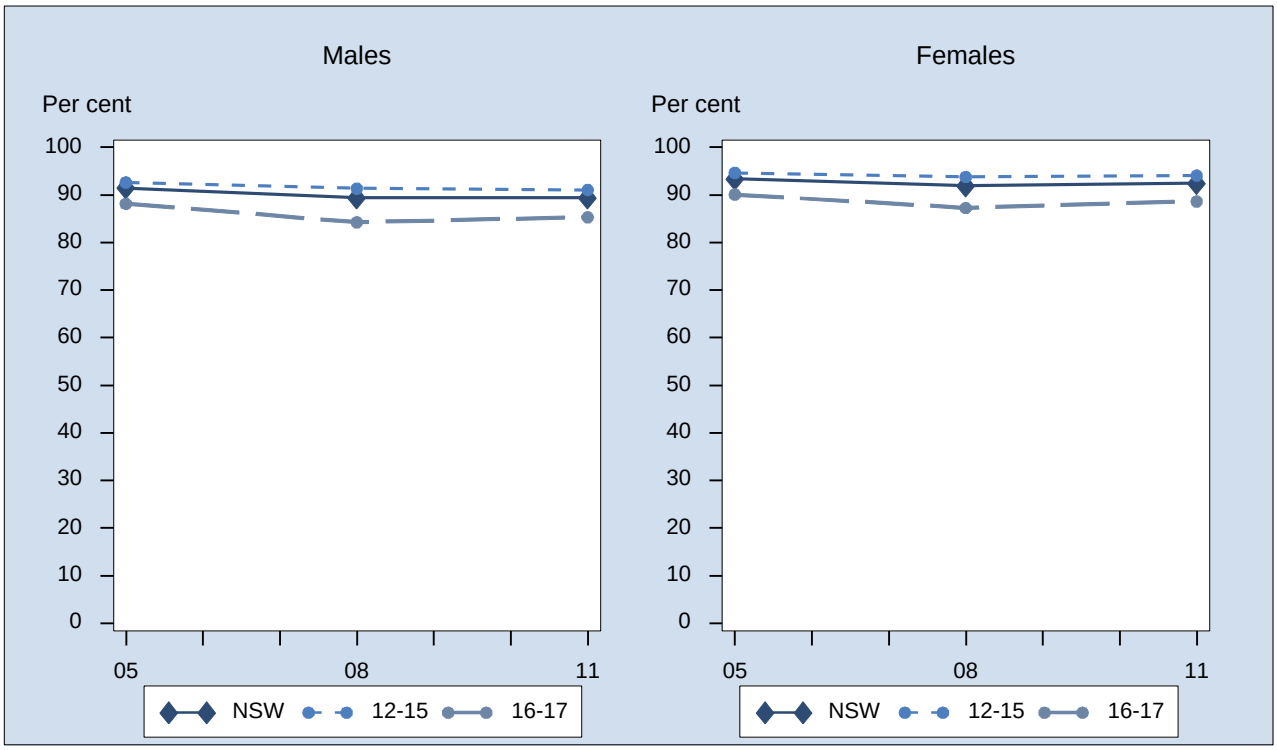
Lesson at school about smoking cigarettes by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,872 respondents in NSW. For this indicator 94 (1.18%) 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 cigarettes. The question used to define the indicator was: During 2010 (last year), did you have any lessons or parts of lessons at school that were about smoking cigarettes?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Lesson at school about smoking cigarettes by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,490), 2008 (7,487), 2011 (7,872). The indicator includes those had at least part of a lesson at school about smoking cigarettes. The question used to define the indicator was: During 2010 (last year), did you have any lessons or parts of lessons at school that were about smoking cigarettes?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Substance use

Introduction

In New South Wales it is illegal to sell or supply illicit substances. Problems with substance use, whether they are 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.[3,4,5]

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

Graphs for this section include ever used substances, ever used painkillers or analgesics, ever inhaled substances, ever used marijuana or cannabis, ever used sleeping tablets or sedatives or tranquilisers, ever used amphetamines, ever used ecstasy, ever used hallucinogens, ever used cocaine, ever used steroids, ever used heroin or opiates, substances use in the last 12 months, substance use in the last 4 weeks, substance use in the last 7 days, multiple substance use on the same occasion, illicit substance use, lessons about illicit substances, for students aged 12-17 years for each response or indicator and by age group, sex, LHD, and year where possible.

Prevalence of substance use

- **Ever used substances:** In 2011, 96.7 per cent of students aged 12-17 years had ever used painkillers, 18.0 per cent had ever inhaled substances to get high, 13.6 per cent had used marijuana or cannabis, 16.0 per cent had ever used sleeping tablets or sedatives or tranquilisers other than for medical reasons, 3.1 per cent had ever used amphetamines, 3.3 per cent had ever used ecstasy, 3.0 per cent had ever used hallucinogens, 2.0 per cent had ever used cocaine, 2.0 per cent had ever used steroids without a doctor's prescription, and 4.2 per cent had ever used heroin or opiates other than for medical reasons.

  Since substance use began being collected in the survey in 1996 there has been: a significant decrease in the proportion of students aged 12-17 years who have ever used inhalants to get high (27.3 per cent to 18.0 per cent), ever used marijuana or cannabis (34.1 per cent to 13.6 per cent), ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines other than for medical reasons (19.3 per cent to 16.0 per cent), ever used amphetamines (6.7 per cent to 3.1 per cent), ever used hallucinogens (8.7 per cent to 3.0 per cent), or ever used cocaine (4.1 per cent to 2.0 per cent); and no significant change in the proportion of students who have ever used painkillers or analgesics, ever used ecstasy, or ever used steroids or heroin or opiates other than for medical reasons.

  Between the last survey in 2008 and 2011, there has been: a significant decrease in the proportion of students aged 12-17 years who have ever used cocaine (2.8 per cent to 2.0 per cent); no significant change in the proportion of students who have ever inhaled substances to get high, ever used marijuana or cannabis, ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines other than for medical reasons, ever used amphetamines, ever used ecstasy, ever used hallucinogens, or ever used steroids; and a significant increase in the proportion of students who have ever used painkillers or analgesics (94.9 per cent to 96.7 per cent), or ever used heroin or opiates other than for medical reasons (2.1 per cent to 4.2 per cent).

- **Substances use in the last 12 months:** In 2011, 93.7 per cent of students aged 12-17 years had used painkillers in the last 12 months, 13.8 per cent had inhaled substances, 11.8 per cent had used marijuana or cannabis, 10.1 per cent had used sleeping tablets or sedatives or tranquilisers other than for medical reasons, 2.5 per cent had used amphetamines other than for medical reasons, 2.8 per cent had used ecstasy, 2.4 per cent had used hallucinogens, 1.5 per cent had used cocaine, 1.4 per cent had used steroids without a doctor's prescription, and 3.5 per cent had used heroin or opiates other than for medical reasons.

Since substance use began being collected in the survey in 1996 there has been: a significant decrease in the proportion of students aged 12-17 years who have, in the last 12 months, used painkiller or analgesics (94.8 per cent to 93.7 per cent), inhaled substances (20.4 per cent to 13.8 per cent), used marijuana or cannabis (30.3 per cent to 11.8 per cent), used sedatives or tranquillisers (12.1 per cent to 10.1 per cent), used amphetamine (5.2 per cent to 2.5 per cent), used hallucinogens (6.8 per cent to 2.4 per cent), used cocaine (2.9 per cent to 1.5 per cent); and no significant change in the proportion of students who have, in the last 12 months, used ecstasy, steroids or heroin or opiates other than for medical reasons.

Between the last survey in 2008 and 2011, there has been: a significant decrease in the proportion of students aged 12-17 years who have, in the last 12 months, used ecstasy (4.1 per cent to 2.8 per cent) and used cocaine (2.5 per cent to 1.5 per cent); no significant change in the proportion of students who have, in the last 12 months, inhaled substances to get high, used marijuana or cannabis, sedatives or tranquillisers for other than medical reasons, amphetamines, hallucinogens, or steroids; a significant increase in the proportion of students who have, in the last 12 months, used painkillers or analgesics (92.3 per cent to 93.7 per cent) and used heroin or opiates other than for medical reasons (1.7 per cent to 3.5 per cent).

- **Substance use in the last 4 weeks:** In 2011, 67.0 per cent of students aged 12-17 years had used painkillers in the last 4 weeks, 8.1 per cent had inhaled substances, 6.3 per cent had used marijuana or cannabis, 3.7 per cent had used sleeping tablets or sedatives or tranquilisers other than for medical reasons, 1.3 per cent had used amphetamines other than for medical reasons, 1.4 per cent had used ecstasy, 1.1 per cent had used hallucinogens, 0.8 per cent had used cocaine, 0.9 per cent had used steroids without a doctor's prescription, and 3.0 per cent had used heroin or opiates other than for medical reasons.

  Since substance use began being collected in the survey in 1996 there has been: a significant decrease in the proportion of students aged 12-17 years who have, in the last 4 weeks, used painkillers or analgesics (72 per cent to 67 per cent), inhaled substances (11.8 per cent to 8.1 per cent), used marijuana or cannabis (17.7 per cent to 6.3 per cent), used sedatives or tranquillisers other than for medical reasons (4.6 per cent to 3.7 per cent), used amphetamines (2.5 per cent to 1.3 per cent), used hallucinogens (3.3 per cent to 1.1 per cent), used cocaine (1.6 per cent to 0.8 per cent); no significant change in the proportion of students who have, in the last 4 weeks, used ecstasy, steroids or heroin; and a significant increase in the proportion of students who have, in the last 4 weeks, used heroin or opiates other than for medical reasons (1.6 per cent to 3.0 per cent).

  Between the last survey in 2008 and 2011, there has been: a significant decrease in the proportion of students aged 12-17 years who have, in the last 4 weeks, used cocaine (1.5 per cent to 0.8 per cent); no significant change in the proportion of students who have, in the last 4 weeks, used painkillers or analgesics, inhaled substances, used marijuana or cannabis, used sedatives or tranquillisers for other than medical reasons, used amphetamines, used ecstasy, used hallucinogens, or used steroids; a significant increase in the proportion of students who have, in the last 4 weeks, used heroin or opiates other than for medical reasons (1.0 per cent to 3.0 per cent).

- **Substance use in the last 7 days:** In 2011, 36.7 per cent of students aged 12-17 years had used painkillers in the last 7 days, 4.9 per cent had inhaled substances, 3.3 per cent had used marijuana or cannabis, 2.2 per cent had used sleeping tablets or sedatives or tranquilisers other than for medical reasons, 0.8 per cent had used amphetamines other than for medical reasons, 0.6 per cent had used ecstasy, 0.7 per cent had used hallucinogens, 0.5 per cent had used cocaine, 0.6 per cent had used steroids without a doctor's prescription, and 2.8 per cent had used heroin or opiates other than for medical reasons.

  Between the last survey in 2008 and 2011, there has been: a significant decrease in the proportion of students aged 12-17 years who have, in the last week, used painkillers or analgesics (39.5 per cent to 36.7 per cent), used amphetamines (1.6 per cent to 0.8 per cent), used ecstasy (2.1 per cent to 0.6 per cent), used cocaine (1.1 per cent to 0.5 per cent); no significant change in the proportion of students who have, in the last week, inhaled substances, used marijuana or cannabis, used sedatives or tranquillisers for other than medical reasons, used hallucinogens, or used steroids; a significant increase in the proportion of students who have, in the last week, used heroin or opiates other than for medical reasons (0.9 per cent to 2.8 per cent).

Details about substance use in the last 12 months

- **Reason for painkillers or analgesics use in the last 12 months:** Among students aged 12-17 years who had used painkillers or analgesics in the last 12 months, 0.7 per cent last used it for non medical reasons, 53.7 per cent for headache or migraine, 22.7 per cent for a cold or flu, 4.4 per cent for a toothache or pains associated with dental procedures, 8.9 per cent for pains associated with playing sport and 9.9 per cent for other types of pain.

- **Location and mode of marijuana or cannabis use in the last 12 months:** Among students aged 12-17 years who had used marijuana or cannabis in the last 12 months, 39.3 per cent last used it at a friend's home, 20.2 per cent at a party, 15.0 per cent at a park, 10.8 per cent at home, and 14.7 per cent at another location.

  Among students aged 12-17 years who had used marijuana or cannabis in the last 12 months, 2.9 per cent usually used it alone, 86.4 per cent usually used it with others, and 10.7 per cent usually used it both alone and with others.

  Among students aged 12-17 years who had used marijuana or cannabis in the last 12 months, 39.0 per cent usually smoked it as a joint, 57.4 per cent usually smoked it from a bong or pipe, and 2.8 per cent ate it (ie in hash cookies) or used it in other ways.

- **Source of most recent painkillers or analgesics in the last 12 months:** Among students aged 12-17 years who had used painkillers or analgesics in the last 12 months, 60.8 per cent were given it by their parent, 20.8 per cent were prescribed it by their doctor or paediatrician, 5.3 per cent took from home without their parents permission, 3.9 per cent it was bought by someone else, 6.6 per cent were given it by someone, and 2.6 per cent from other source.

- **Multiple substances use on the same ocassion in the last 12 months:** Among students aged 12-17 years who had used marijuana or cannabis in the last 12 months 71.1 per cent had used other substances on the same occasion (64.5 per cent of 12-15 year olds and 75.7 per cent of 16-17 year olds; 71.4 per cent of male students and 70.7 per cent of female students; 70.0 per cent of those living in metropolitan LHDs and 73.7 per cent of those living in rural-regional LHDs). The most common substance used in combination was tobacco (46.6 per cent) followed by alcohol (58.4 per cent), hallucinogens (9.1 per cent), and ecstacy (9.1 per cent).

  Among students aged 12-17 years who had used sleeping tablets in the last 12 months, 37.0 per cent had used other substances on the same occasion (34.8 per cent of 12-15 year olds and 40.4 per cent of 16-17 year olds; 36.5 per cent of male students and 37.5 per cent of female students; 36.5 per cent of those living in metropolitan LHDs and 38.6 per cent of those living in rural-regional LHDs). The most common substance used in combination was painkillers (19.9 per cent) followed by alcohol (16.4 per cent), tobacco (12.6 per cent), and marijuana or cannabis (12.3 per cent).

Illicit substances

- **Illicit substance use:** In 2011, 84.6 per cent of students aged 12-17 years had never used an illicit substance, 10.2 had ever used 1 illicit substance, 2.0 per cent had ever used 2 illicit substances, and 3.2 per cent had ever used 3 or more illicit substances. Therefore 5.2 per cent of students had ever used more than one illicit substance (3.1 per cent of students aged 12-15 years and 8.9 per cent aged 16-17 years; 5.7 per cent of male students and 3.9 per cent of female students; 4.8 per cent of those living in metropolitan LHDs and 4.7 per cent of those living in rural-regional LHDs).

  Between 1996 and 2011 the proportion of students aged 12-17 years who had ever used more than one illicit substance did not change significantly as was the case between 2008 and 2011.

  In 2011, 85.9 per cent of students aged 12-17 years had not used an illicit substance in the last 12 months, 10.2 per cent had used 1 illicit substance, 1.6 per cent had used 2 illicit substances, and 2.3 per cent had used 3 or more illicit substances. Therefore 3.9 per cent of students had used more than one illicit substance in the last 12 months (2.5 per cent of students aged 12-15 years and 7.3 per cent aged 16-17 years; 4.7 per cent of male students and 3.1 per cent of female students; 4.0 per cent of those living in metropolitan LHDs and 3.7 per cent of those living in rural-regional LHDs).

  Between 1996 and 2011 the proportion of students aged 12-17 years who had used more than one illicit substance in the last 12 months decreased significantly (8.7 per cent to 3.9 per cent) however it did not change significantly between 2008 and 2011.

- **School lesson about illicit substances:** In 2011, 86.9 per cent of students aged 12-17 years had participated in at least part of a school lesson about illicit drugs (85.1 per cent of 12-15 year olds and 91.1 per cent of 16-17 years olds; 87.1 per cent of male students and 86.7 per cent of female students; 86.4 per cent of those living in metropolitan LHDs and 88.2 per cent of those living in rural-regional LHDs).

Between 2005 and 2011 the proportion of students aged 12-17 years who had participated in at least part of a lesson at school about illicit drugs did not change. This was also the case between 2008 and 2011.

References

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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 21 January 2013).
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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. http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/publishing.nsf/Content/DB31984A46E05D8BCA257225001137F5/$File/mono60.pdf (accessed 21 January 2013).
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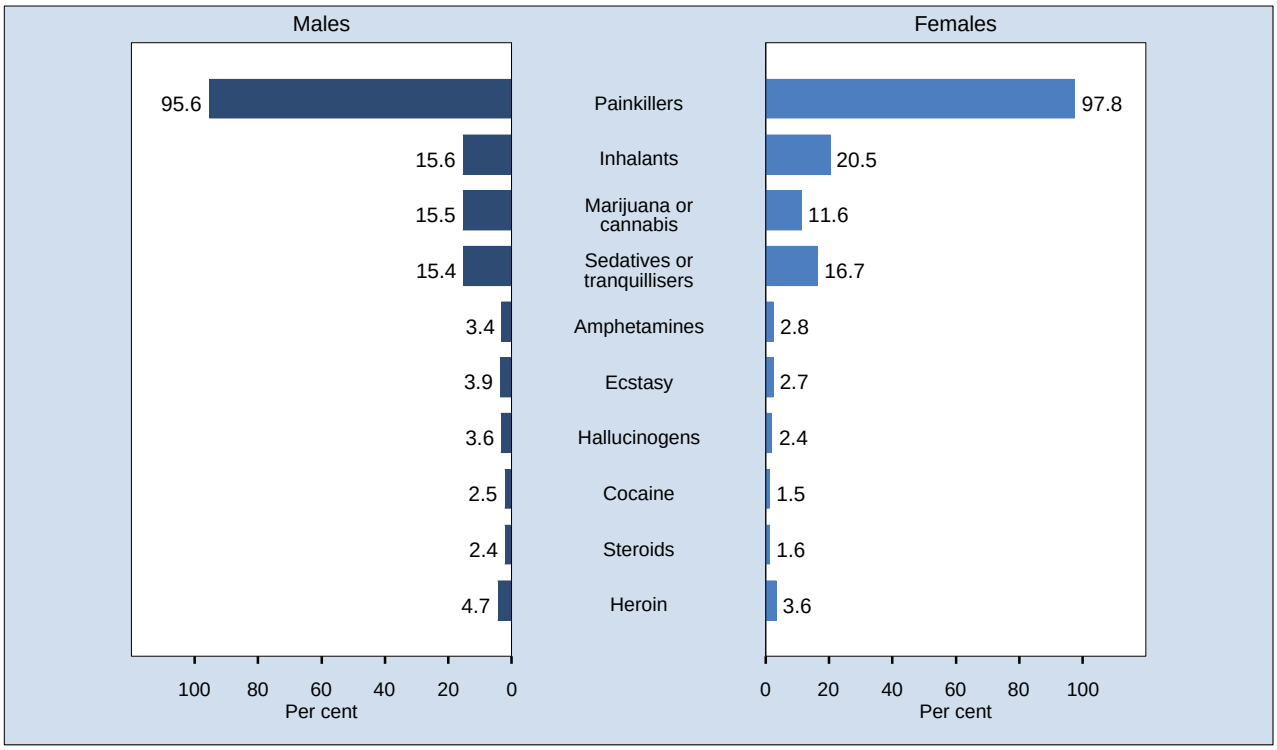
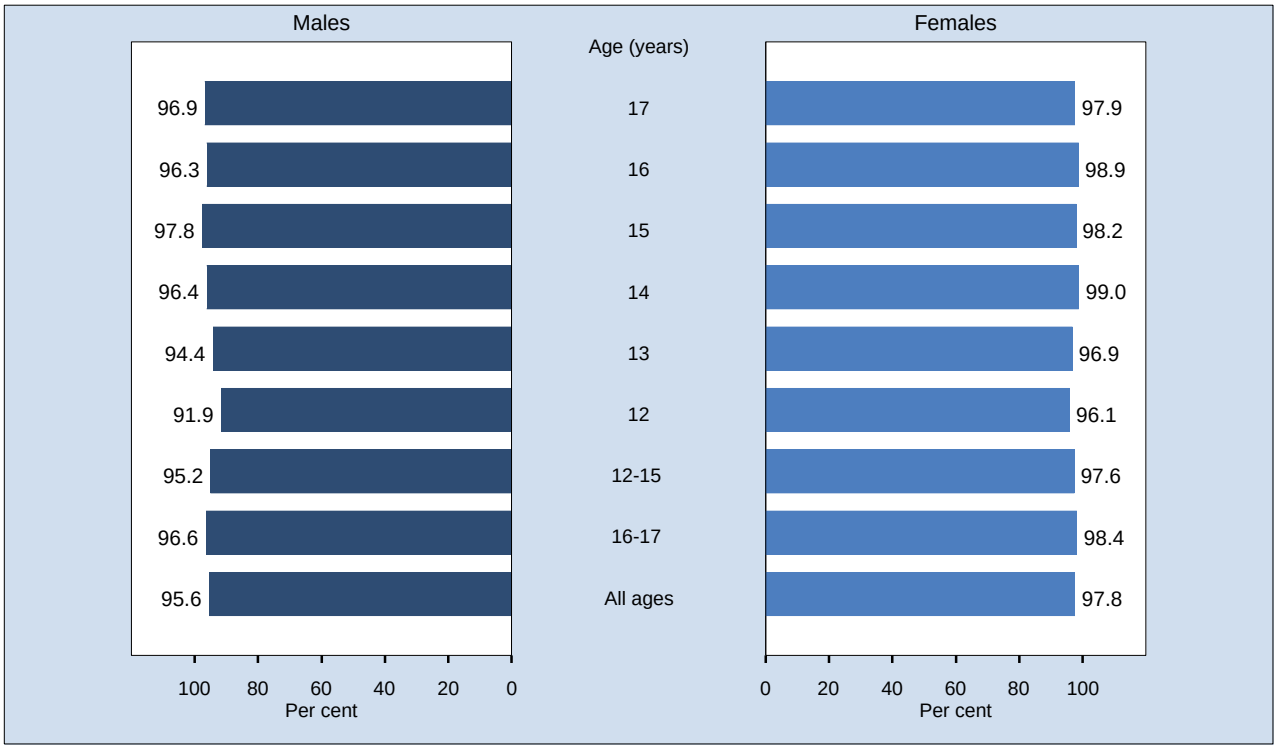
Ever used substances, students 12 to 17 years, NSW, 2011



Note: Estimates are based on the following numbers for NSW: Painkillers - 7,618 responders and 348 (4.37%) were not stated (Don't know, invalid or no response given), Inhalants - 7,733 responders and 233 (2.92%) were not stated (Don't know, invalid or no response given), Marijuana or cannabis - 7,267 responders and 699 (8.77%) were not stated (Don't know, invalid or no response given), Sedatives or tranquillisers - 7,568 responders and 398 (5.00%) were not stated (Don't know, invalid or no response given), Amphetamines - 7,518 responders and 448 (5.62%) were not stated (Don't know, invalid or no response given), Ecstasy - 7,250 responders and 716 (8.99%) were not stated (Don't know, invalid or no response given), Hallucinogens - 7,534 responders and 432 (5.42%) were not stated (Don't know, invalid or no response given), Cocaine - 7,657 responders and 309 (3.88%) were not stated (Don't know, invalid or no response given), Steroids - 7,706 responders and 260 (3.26%) were not stated (Don't know, invalid or no response given), Heroin - 7,777 responders and 189 (2.37%) were not stated (Don't know, invalid or no response given). Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

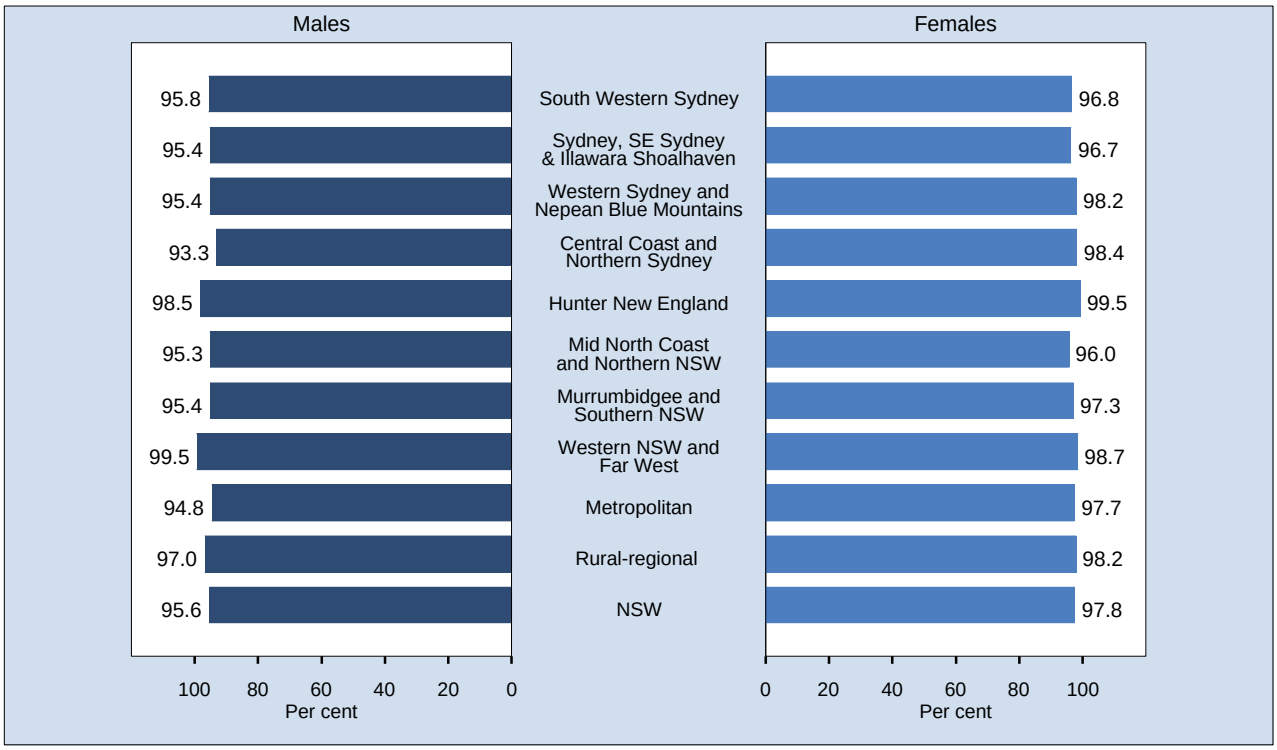
Ever used painkillers or analgesics by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,618 respondents in NSW. For this indicator 348 (4.37%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 Nurofen, for any reason, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

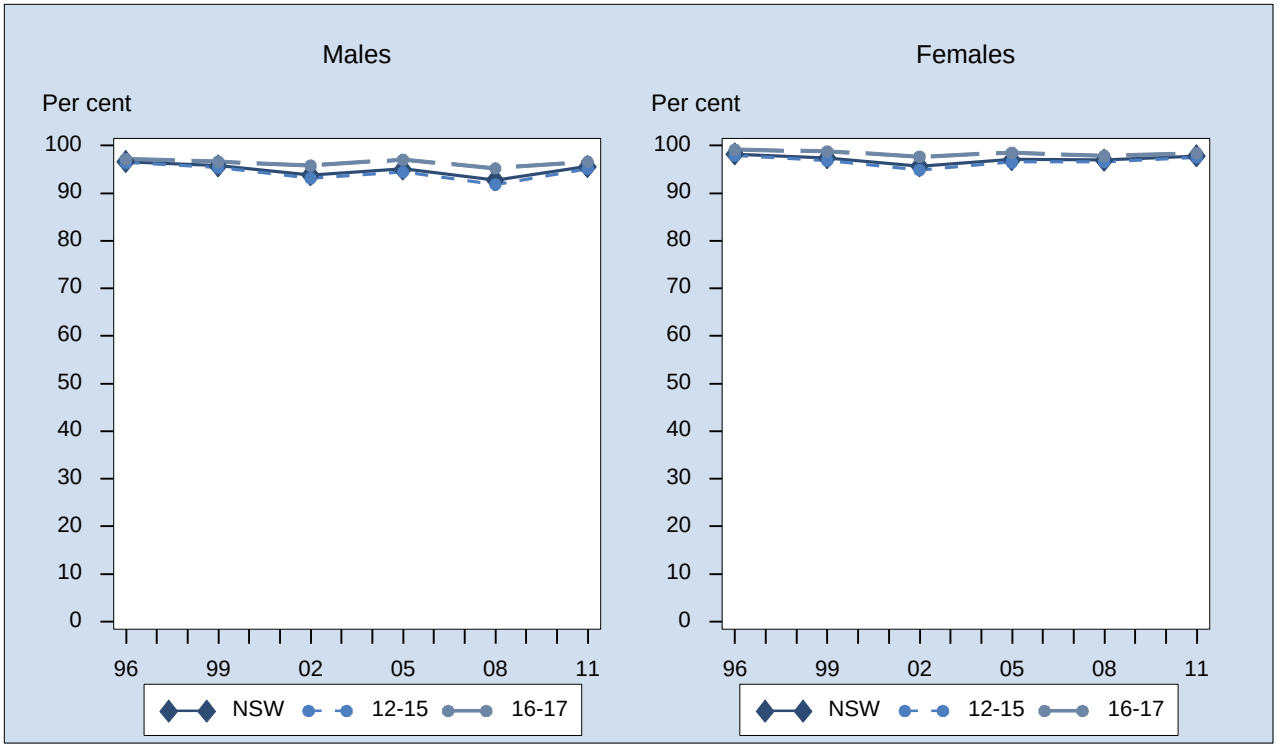
Ever used painkillers or analgesics by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,618 respondents in NSW. For this indicator 348 (4.37%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 Nurofen, for any reason, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

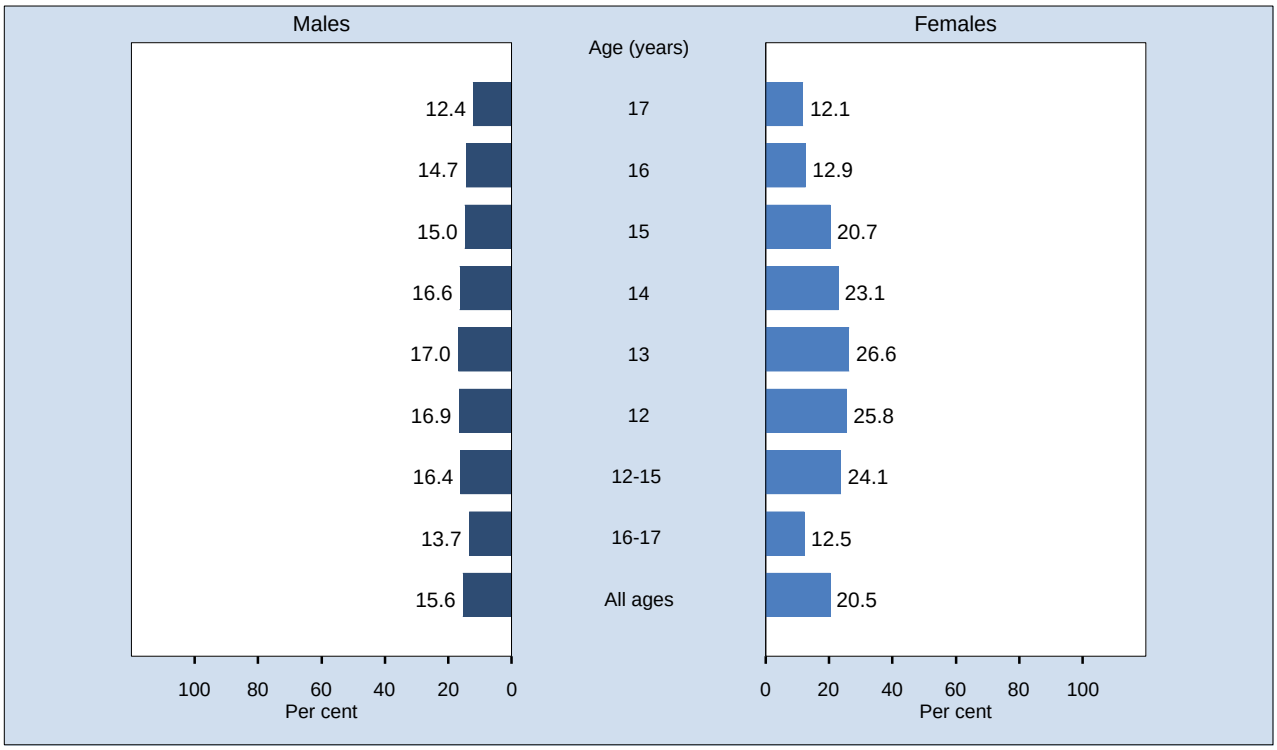
Ever used painkillers or analgesics by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,618). The indicator includes those students 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 Nurofen, for any reason, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

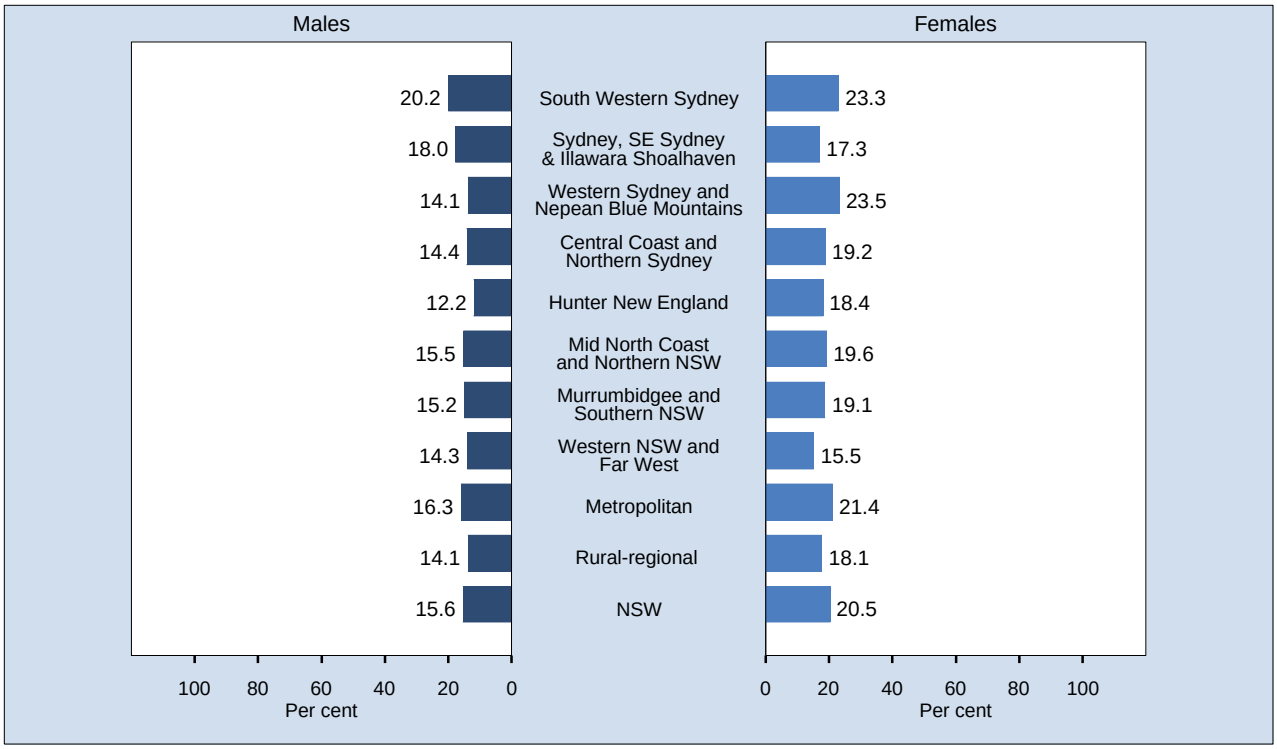
Ever inhaled substances by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,733 respondents in NSW. For this indicator 233 (2.92%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 deliberately 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Ever inhaled substances by local health district, students 12 to 17 years, NSW, 2011



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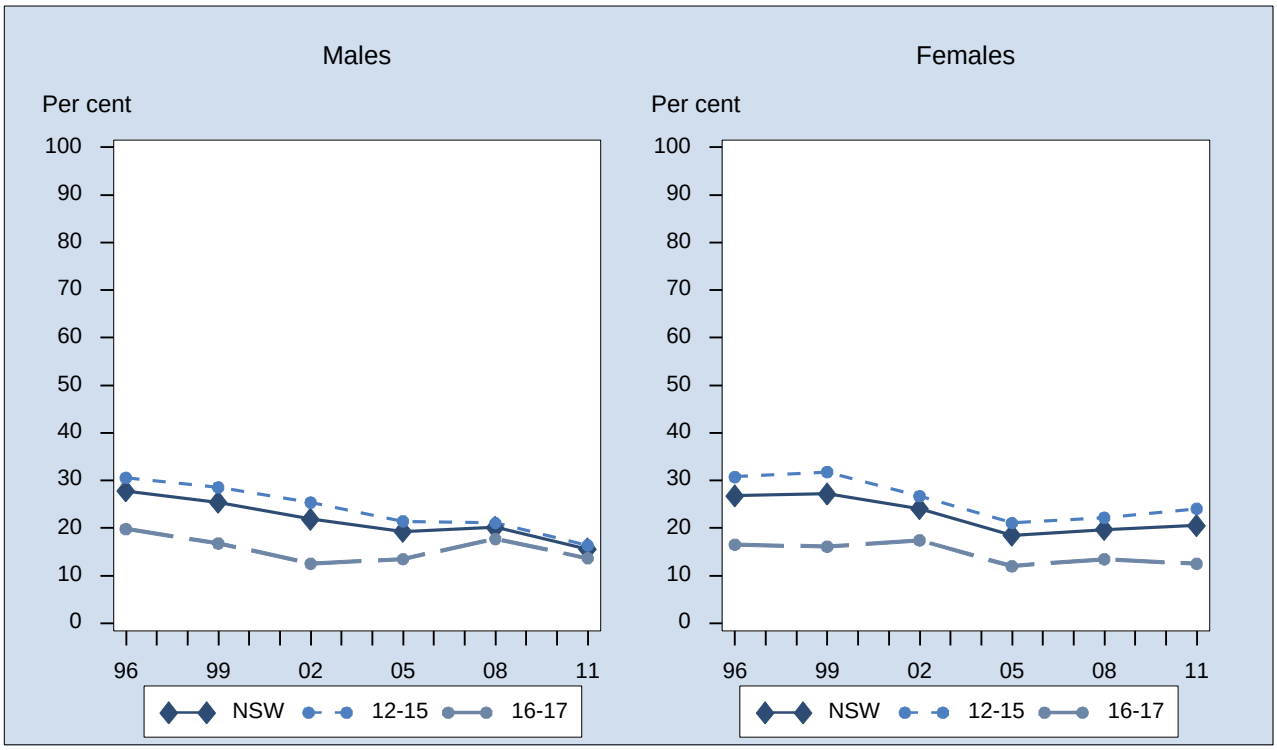
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

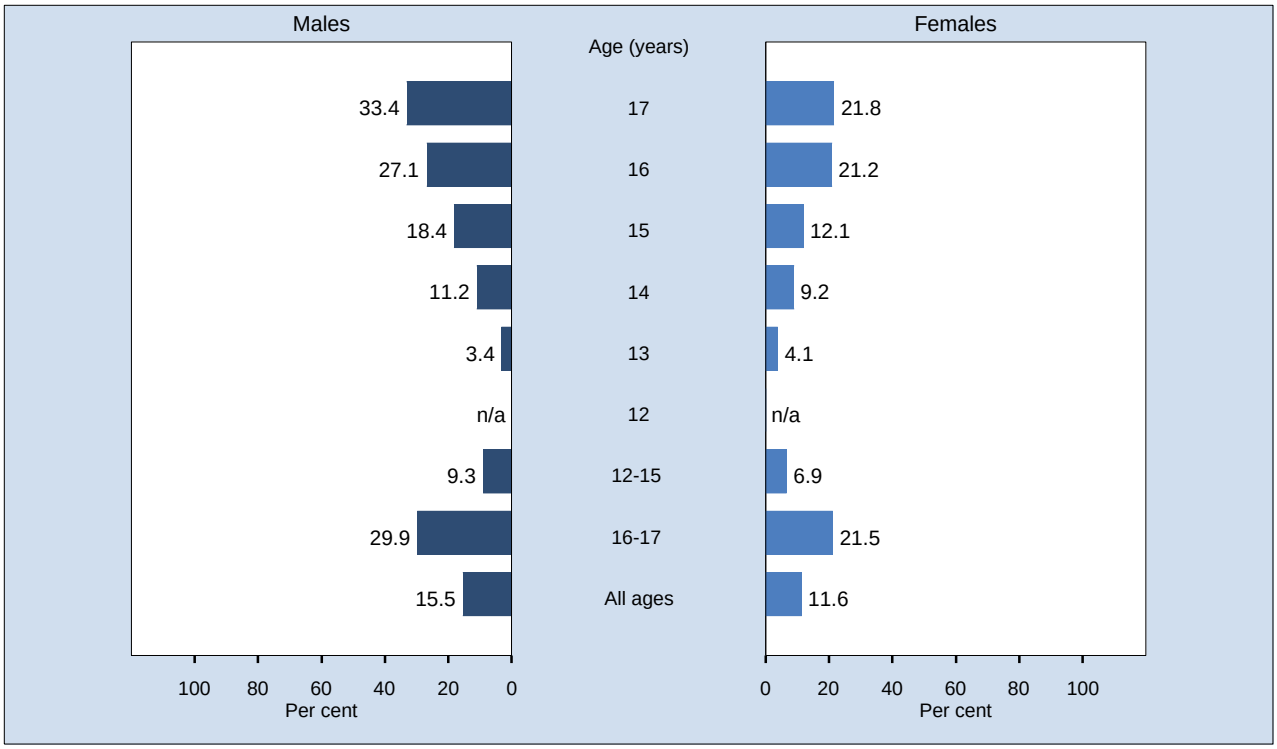
Ever inhaled substances by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,733). The indicator includes those students 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 deliberately 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

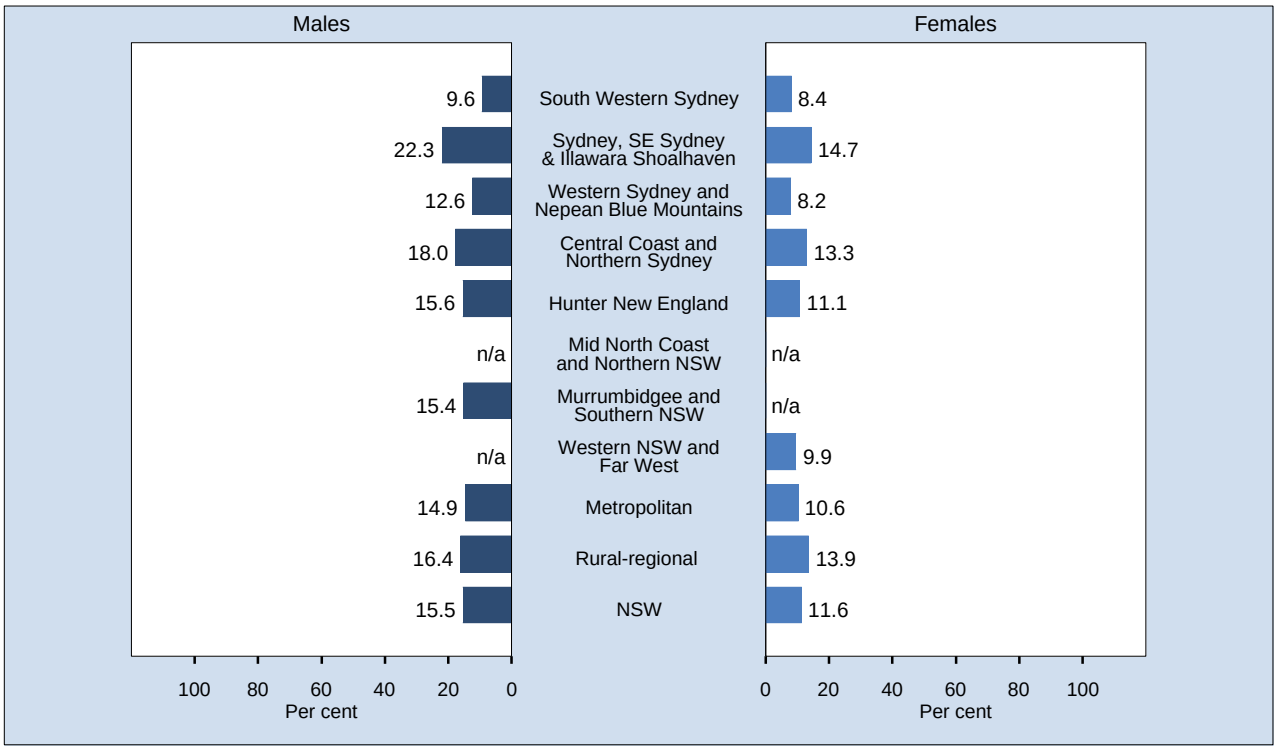
Ever used marijuana or cannabis by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,267 respondents in NSW. For this indicator 699 (8.77%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

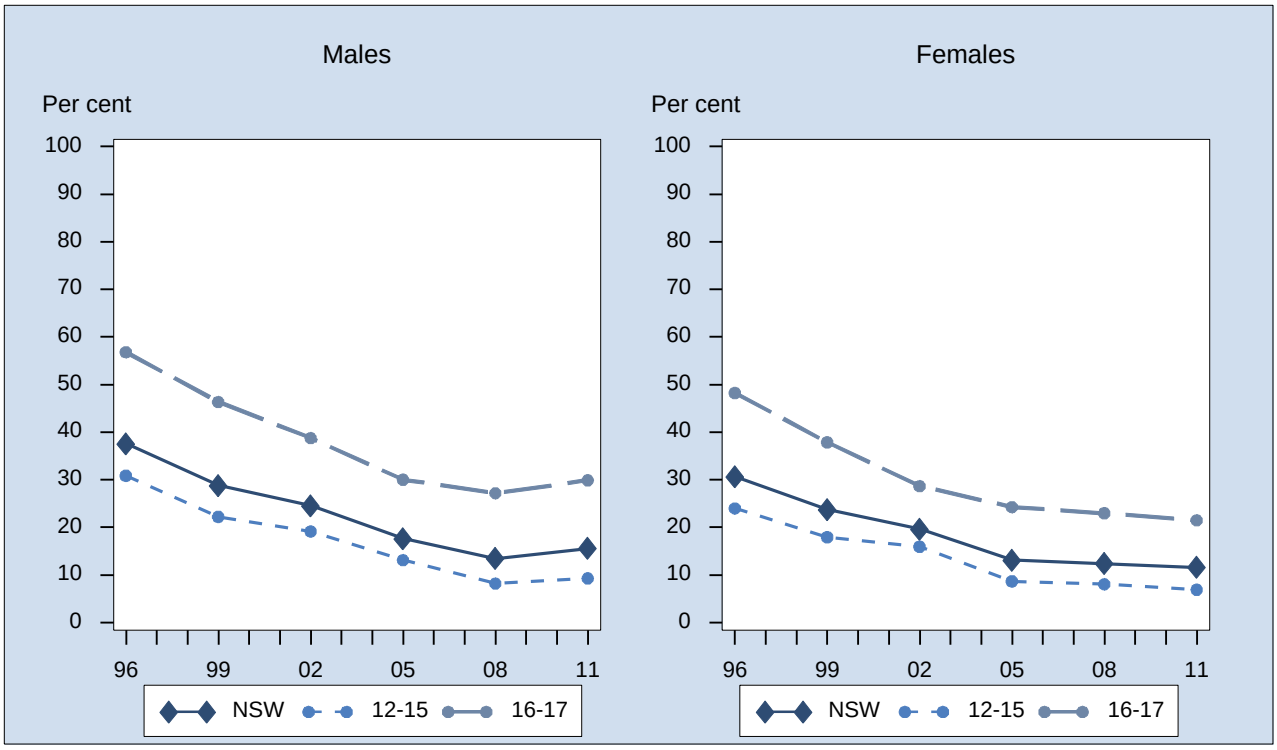
Ever used marijuana or cannabis by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,267 respondents in NSW. For this indicator 699 (8.77%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

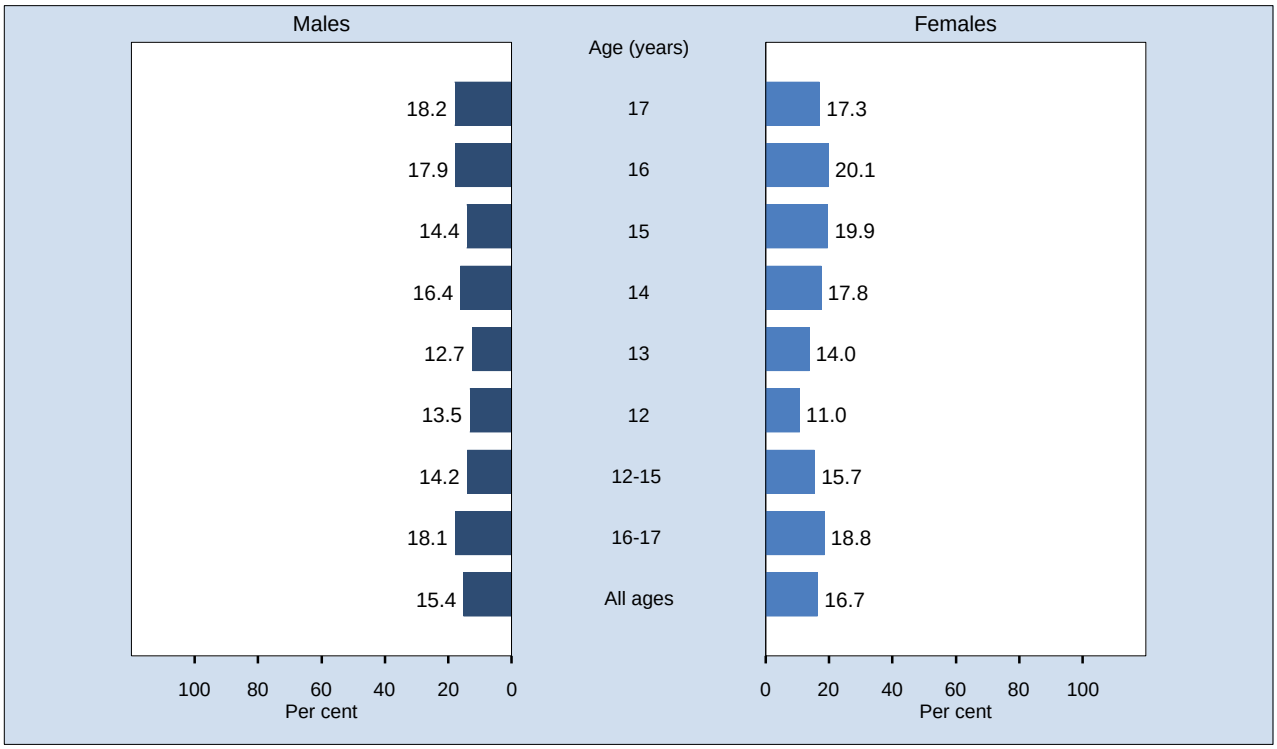
Ever used marijuana or cannabis by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,267). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

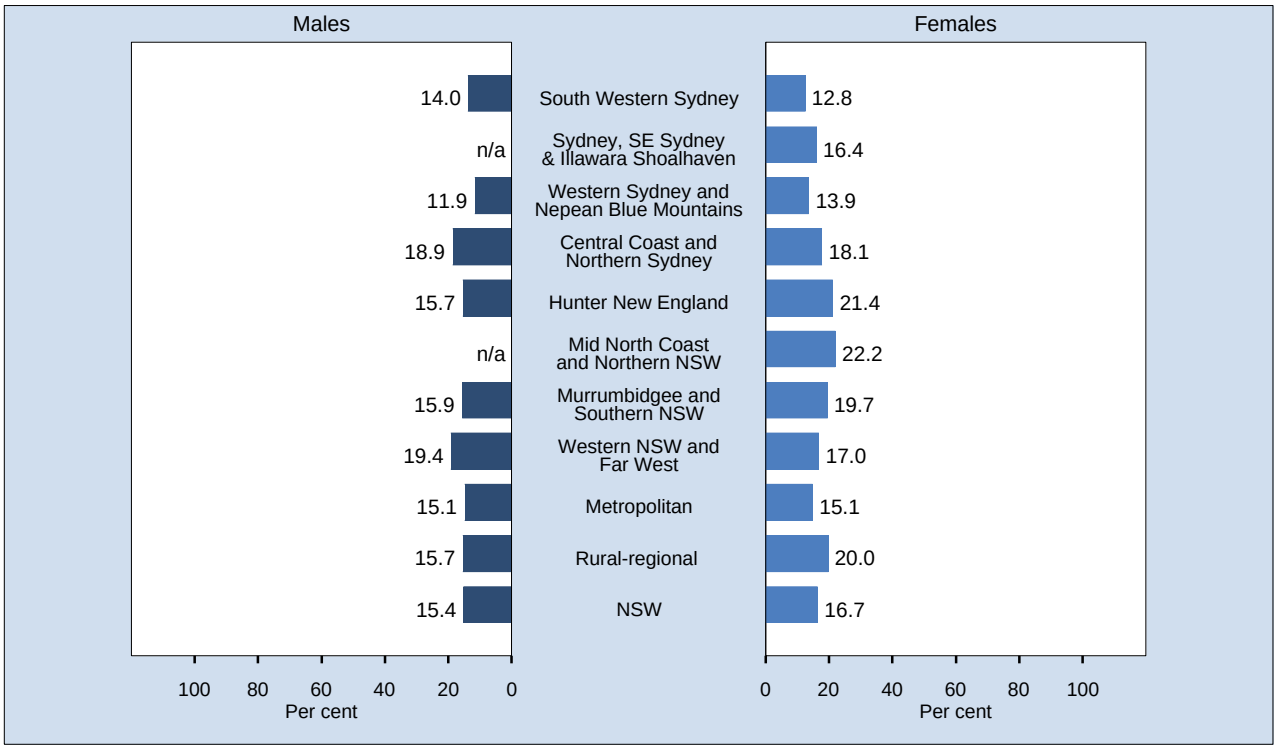
Ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines other than for medical reasons by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,568 respondents in NSW. For this indicator 398 (5.00%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines 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, sedatives or benzodiazepines, such as Valium, Mogadon, Diazepam, Temzepam (Mazzies, Vallies, Moggies, Jellie), Serepax (Serries) or Rohypnol (Rohies, Barbs), other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

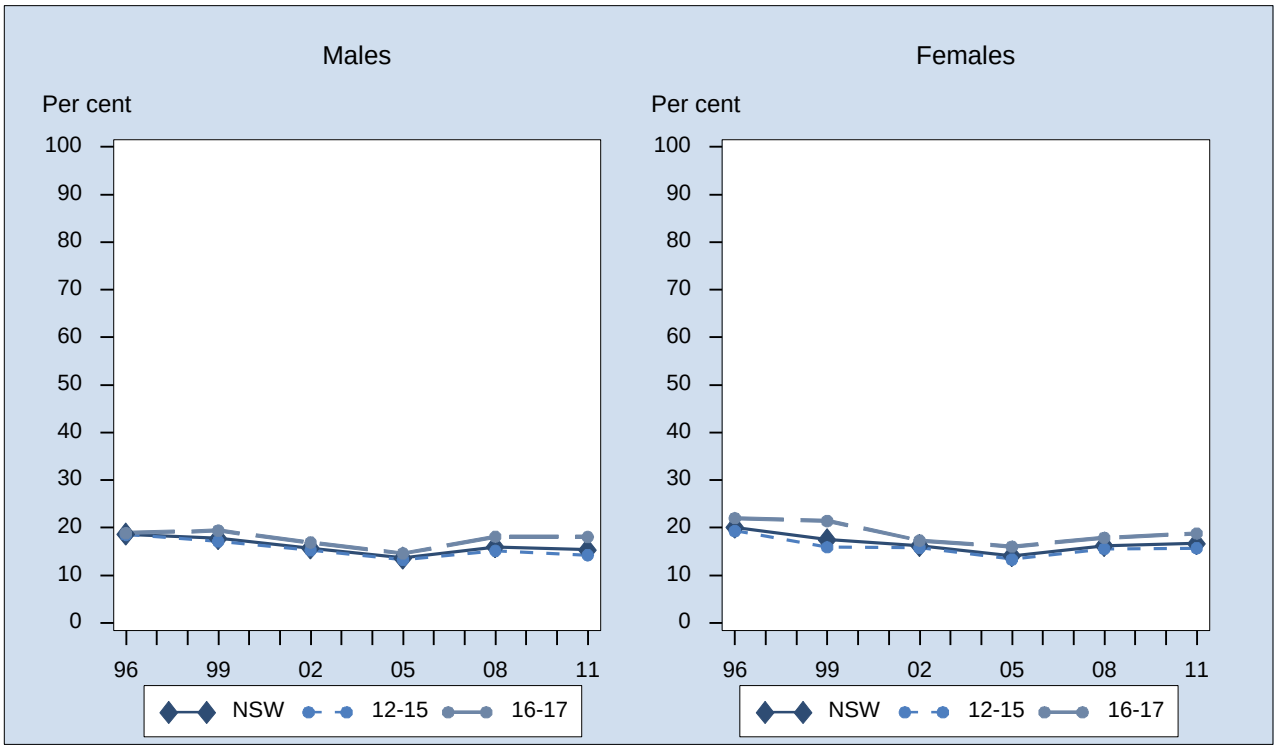
Ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines other than for medical reasons by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,568 respondents in NSW. For this indicator 398 (5.00%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines 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, sedatives or benzodiazepines, such as Valium, Mogadon, Diazepam, Temzepam (Mazzies, Vallies, Moggies, Jellie), Serepax (Serries) or Rohypnol (Rohies, Barbs), other than for medical reasons, in your lifetime? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

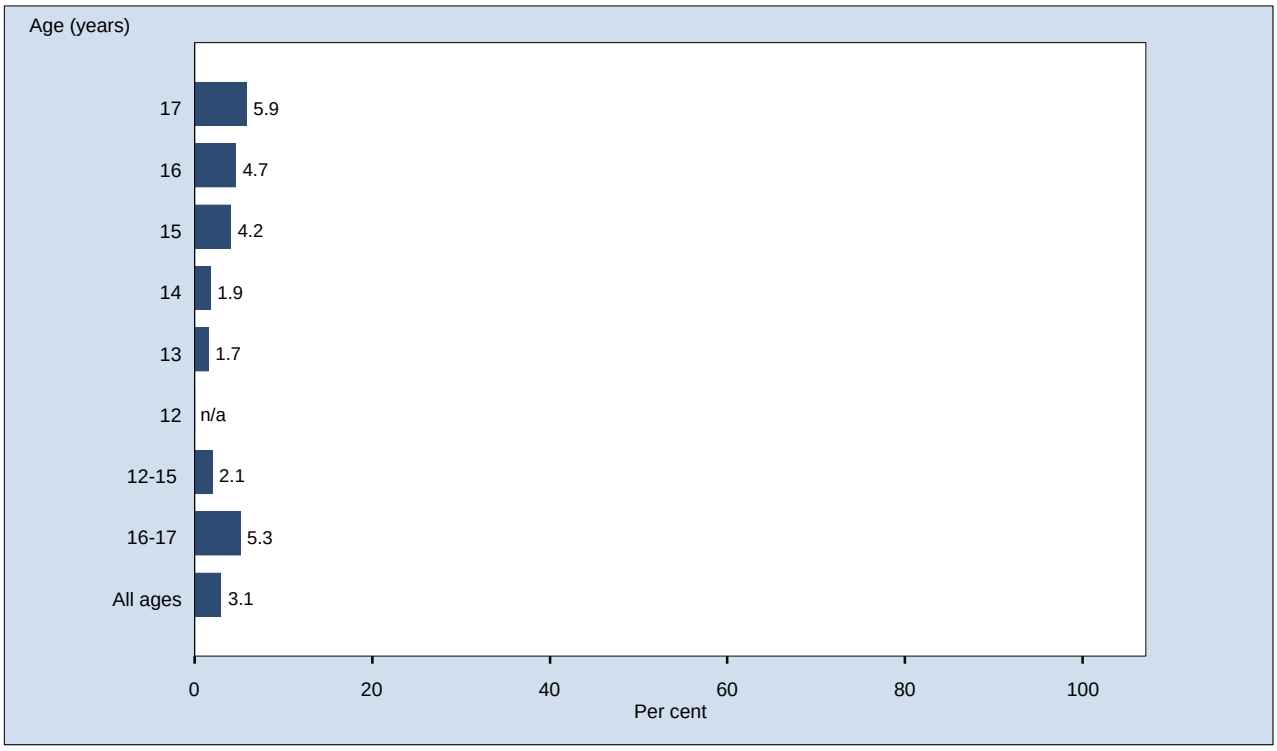
Ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines other than for medical reasons by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,568). The indicator includes those students who ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines 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, sedatives or benzodiazepines, such as Valium, Mogadon, Diazepam, Temzepam (Mazzies, Vallies, Moggies, Jellie), Serepax (Serries) or Rohypnol (Rohies, Barbs), other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

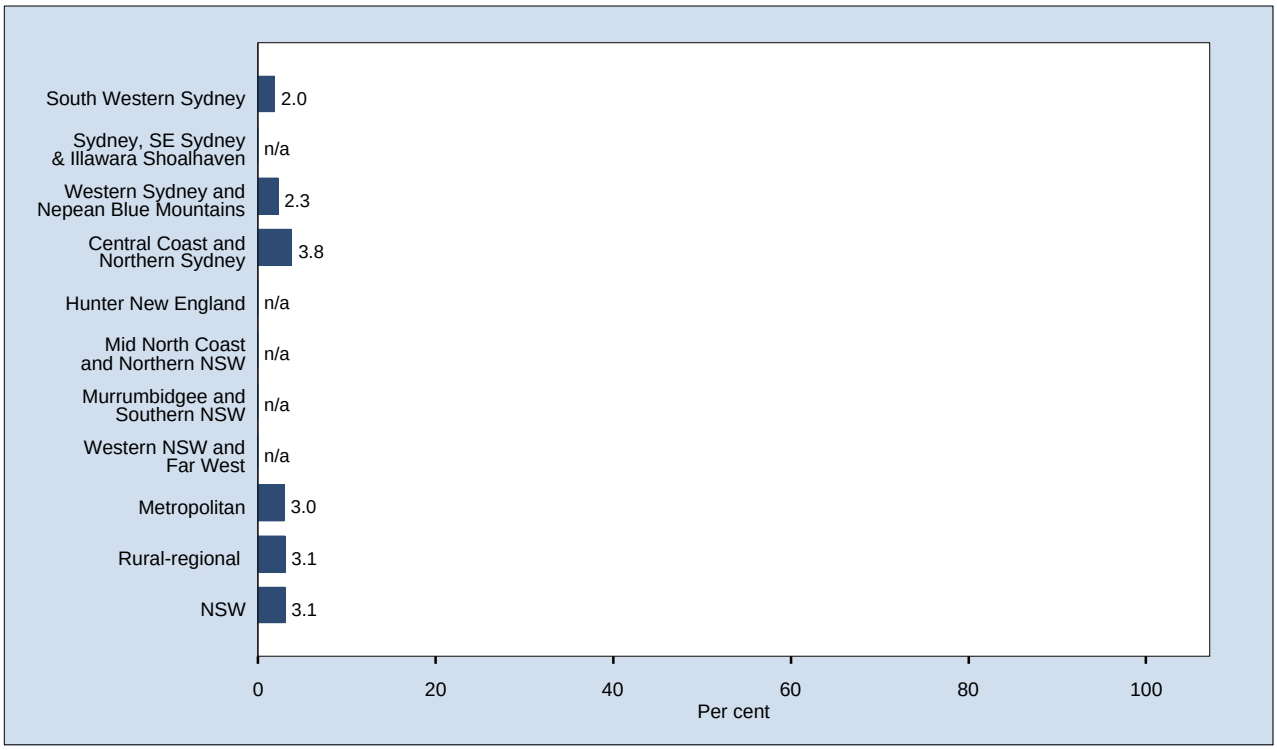
Ever used amphetamines by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,518 respondents in NSW. For this indicator 448 (5.62%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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, goey, crystal meth, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice) other than for medical reasons, in your lifetime? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

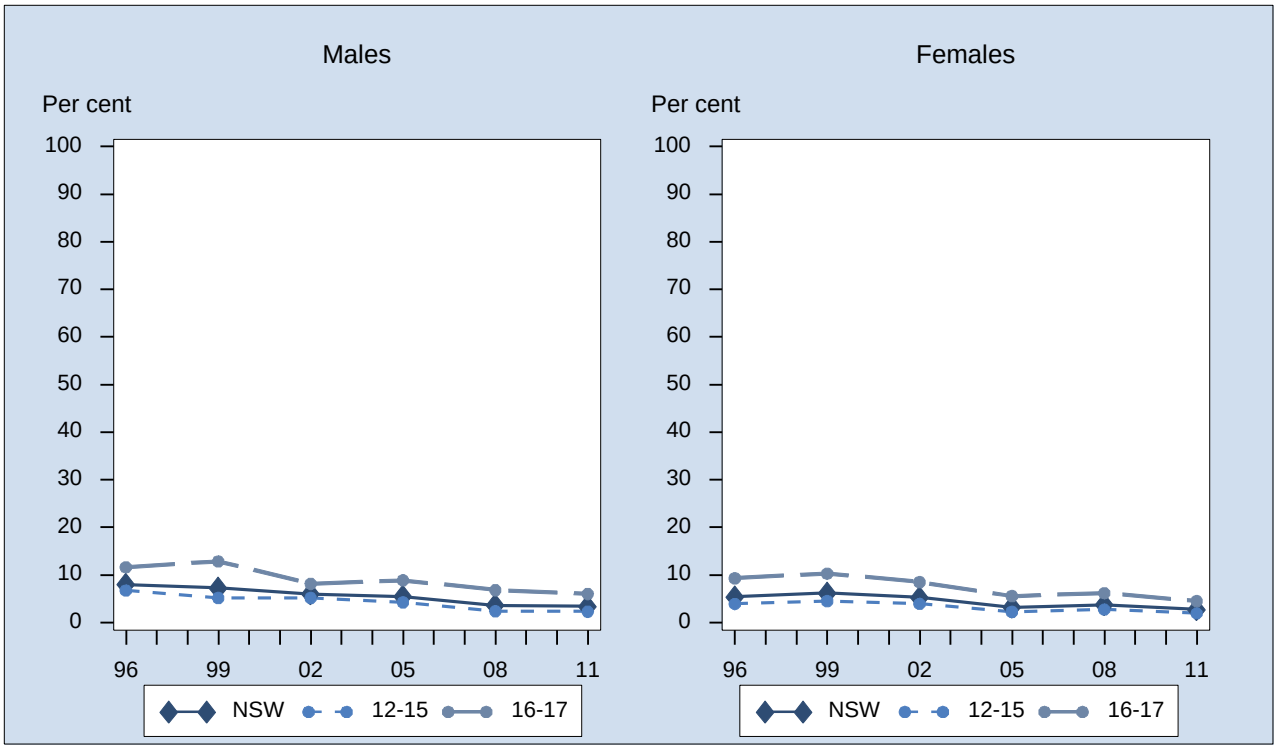
Ever used amphetamines by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,518 respondents in NSW. For this indicator 448 (5.62%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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, goey, crystal meth, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice) other than for medical reasons, in your lifetime? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

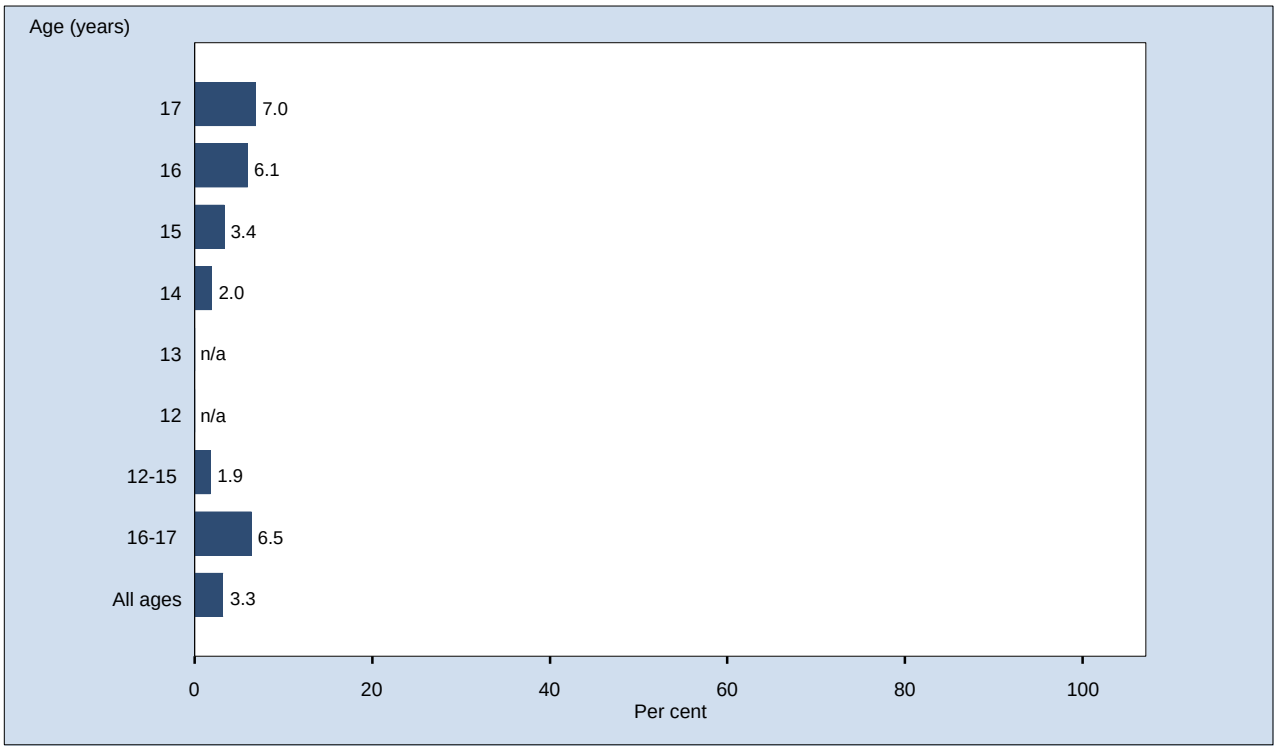
Ever used amphetamines by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,518). The indicator includes those students 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, goey, crystal meth, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice) other than for medical reasons, in your lifetime?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

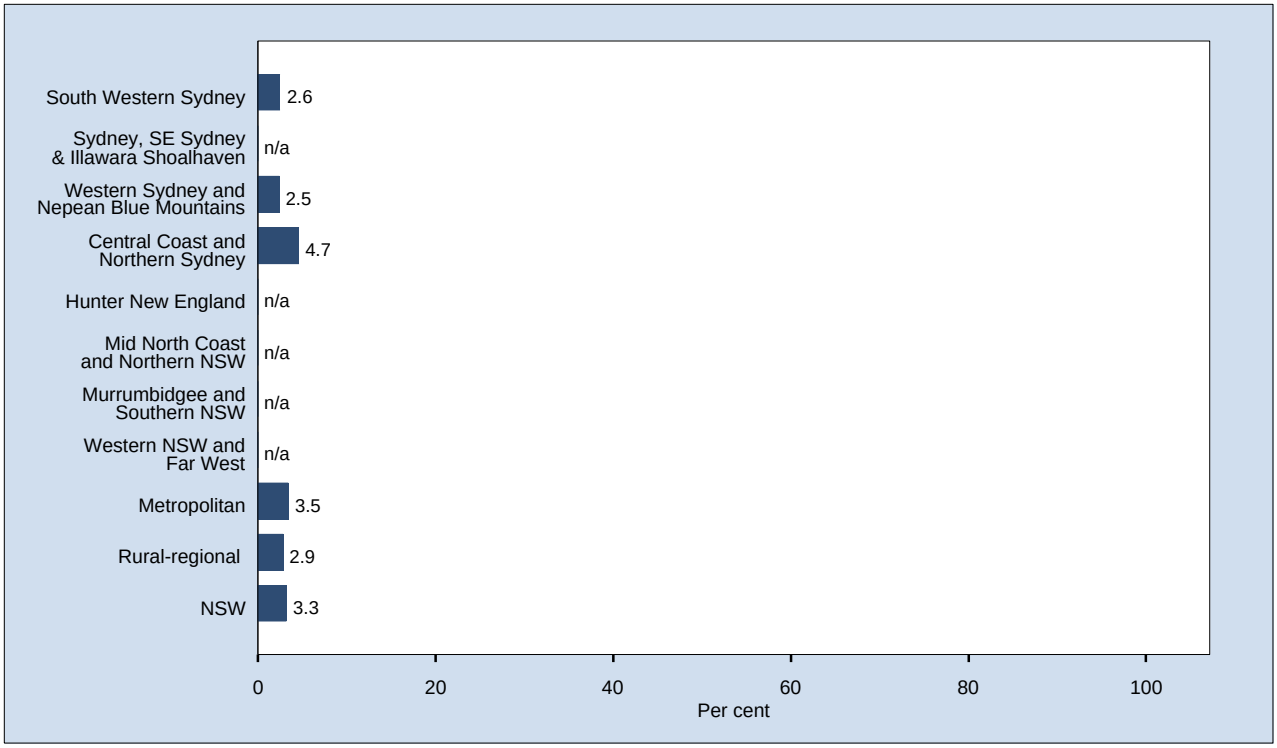
Ever used ecstasy by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,250 respondents in NSW. For this indicator 716 (8.99%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 or XTC (E, MDMA, eccy, X, bickies) in your lifetime? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Ever used ecstasy by local health district, students 12 to 17 years, NSW, 2011



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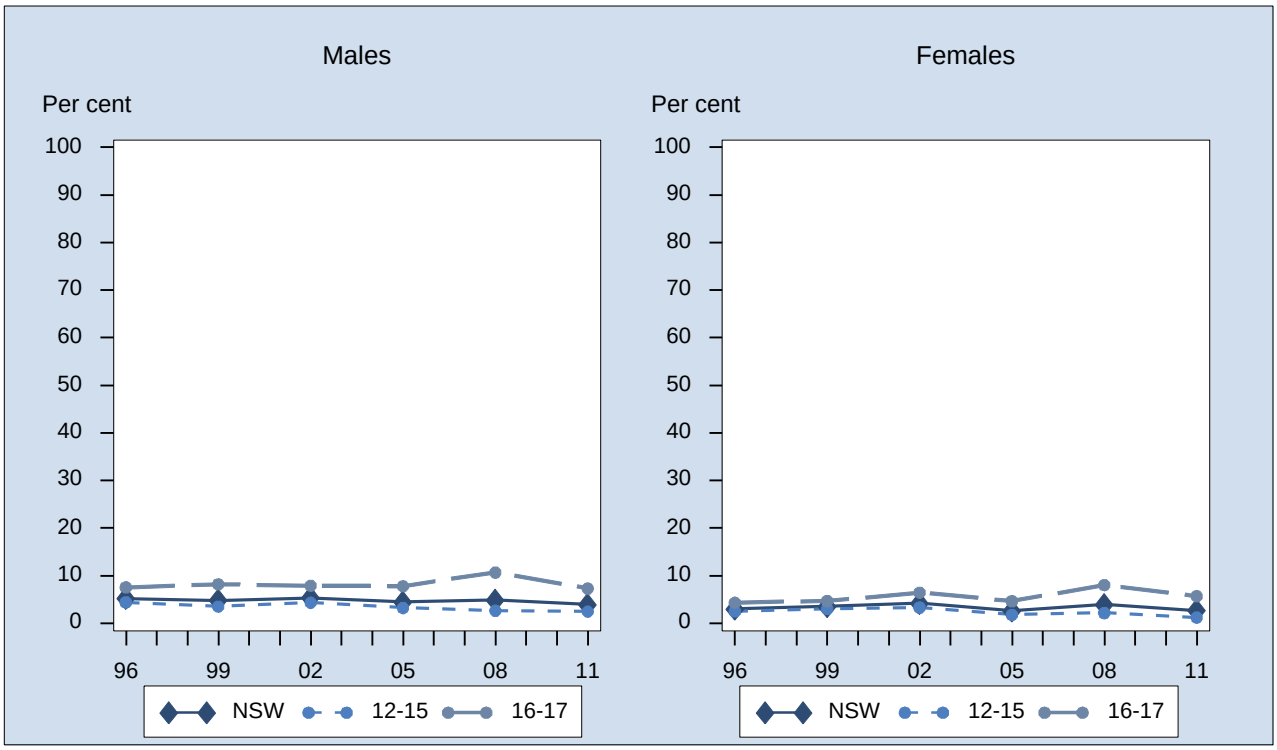
Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

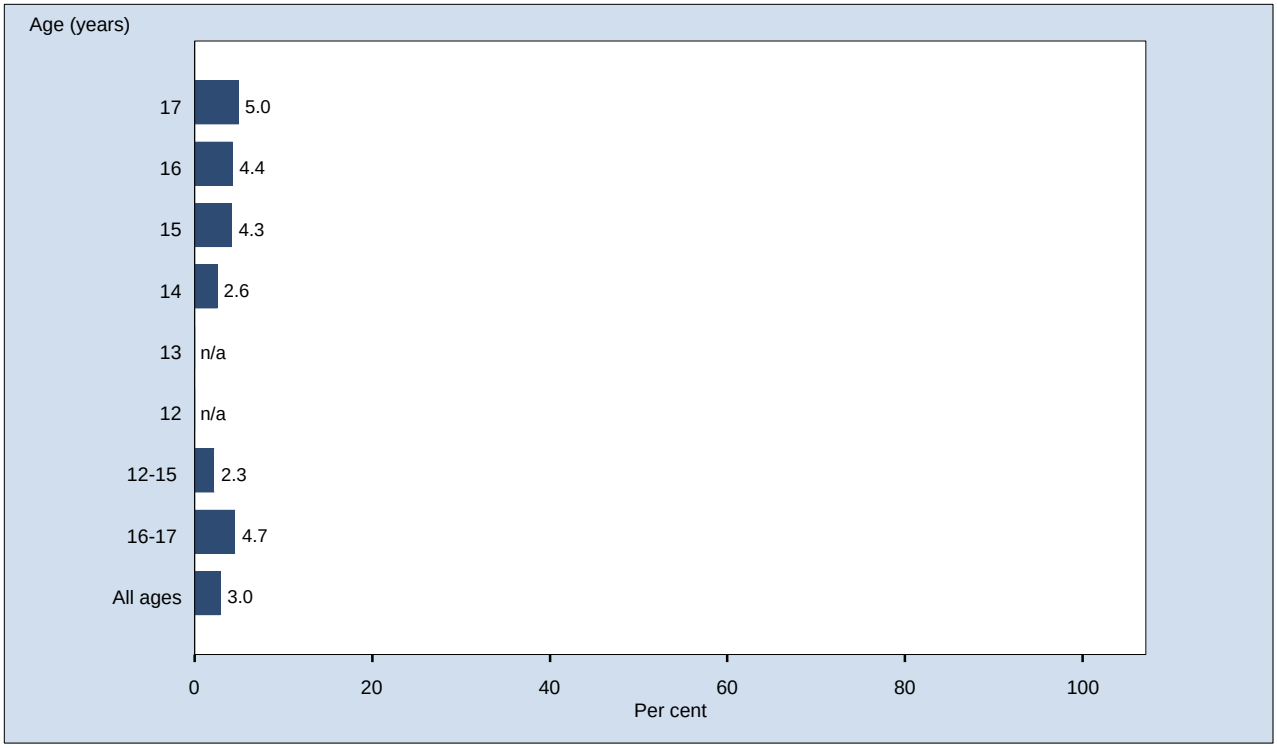
Ever used ecstasy by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,250). The indicator includes those students 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 or XTC (E, MDMA, eccy, X, bickies) in your lifetime?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

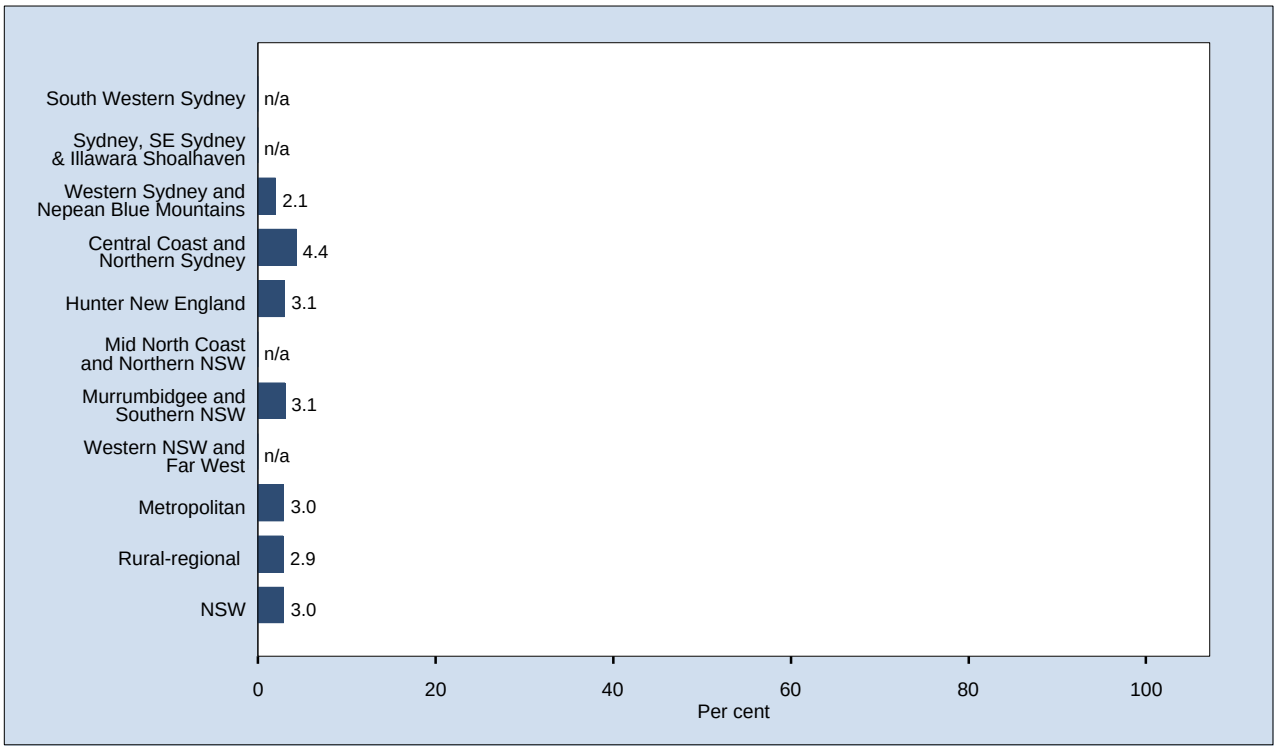
Ever used hallucinogens by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,534 respondents in NSW. For this indicator 432 (5.42%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have ever used or taken hallucinogens in their lifetime. The question used to define the indicator 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

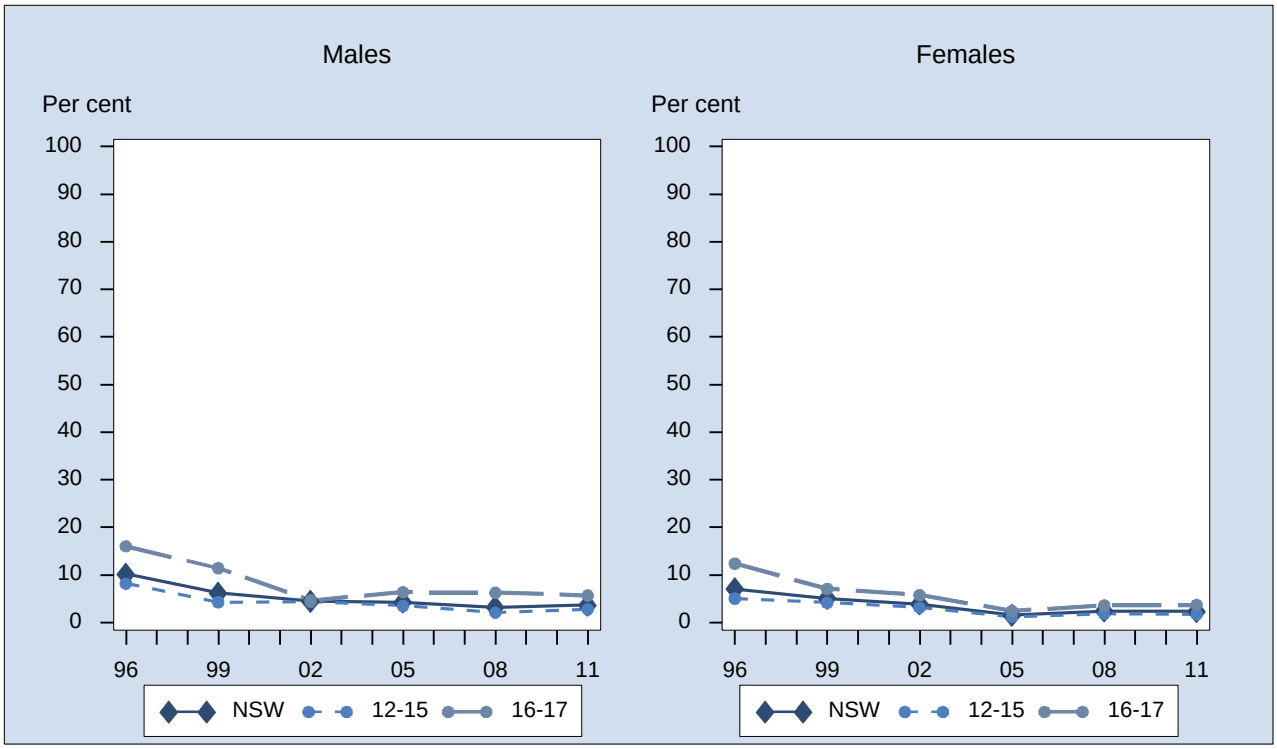
Ever used hallucinogens by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,534 respondents in NSW. For this indicator 432 (5.42%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have ever used or taken hallucinogens in their lifetime. The question used to define the indicator 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

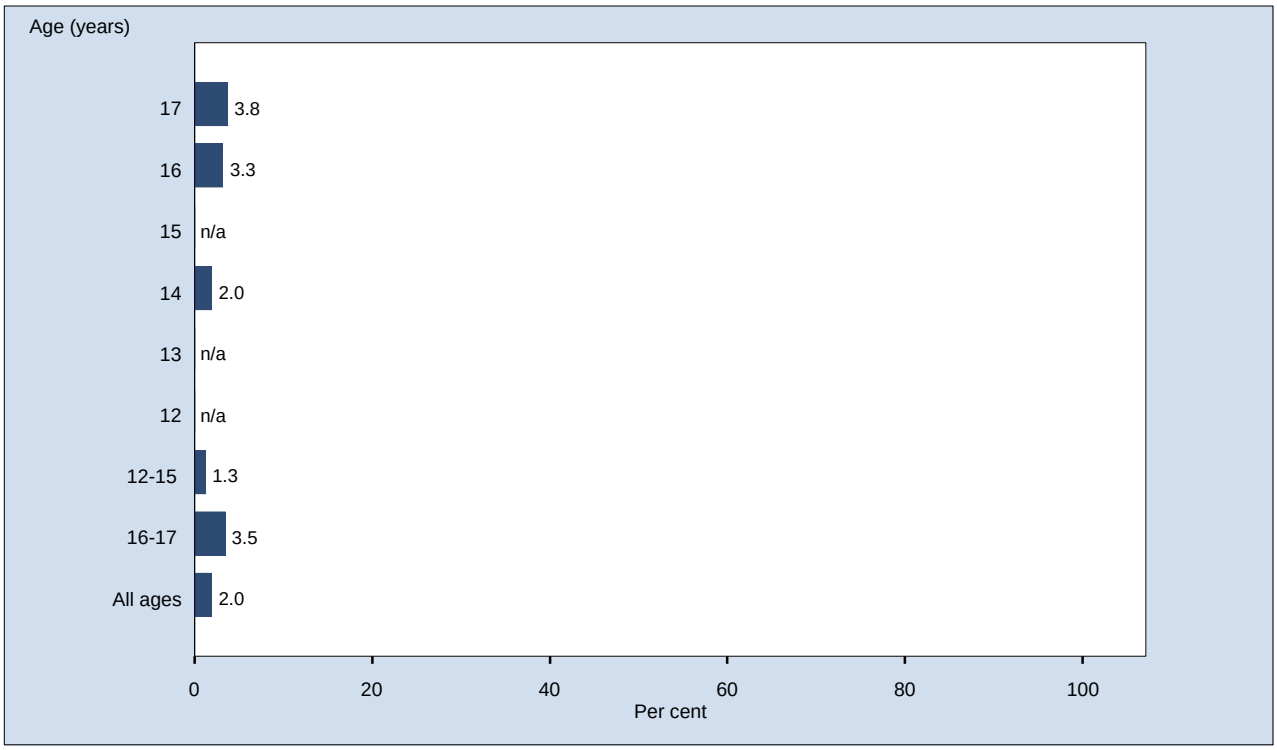
Ever used hallucinogens by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,534). The indicator includes those students who have ever used or taken hallucinogens in their lifetime. The question used to define the indicator 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

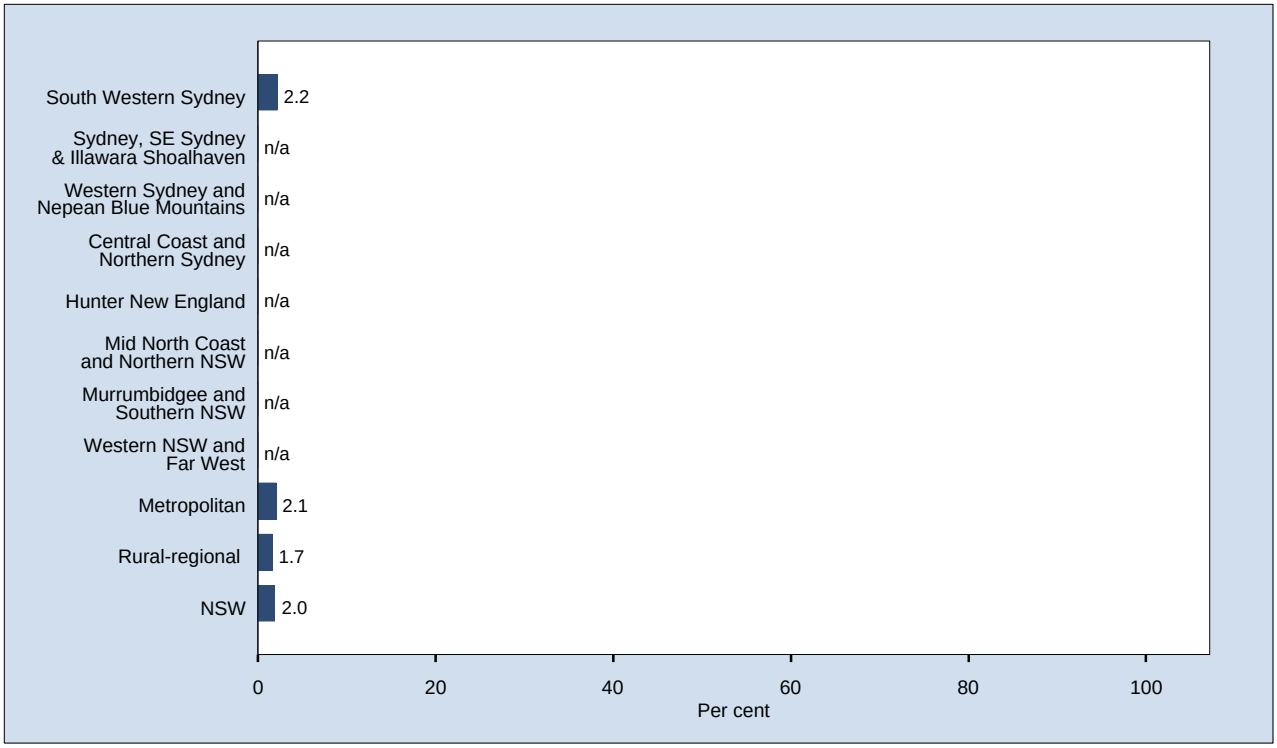
Ever used cocaine by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,657 respondents in NSW. For this indicator 309 (3.88%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

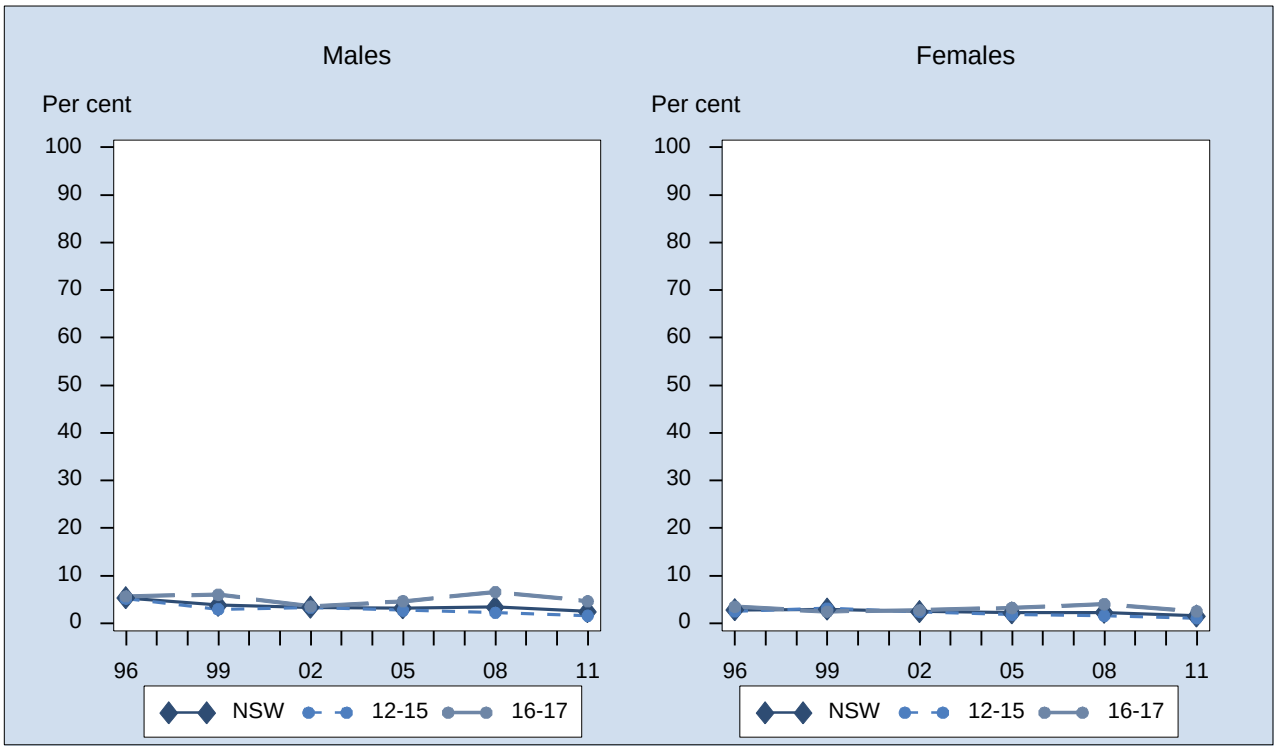
Ever used cocaine by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,657 respondents in NSW. For this indicator 309 (3.88%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

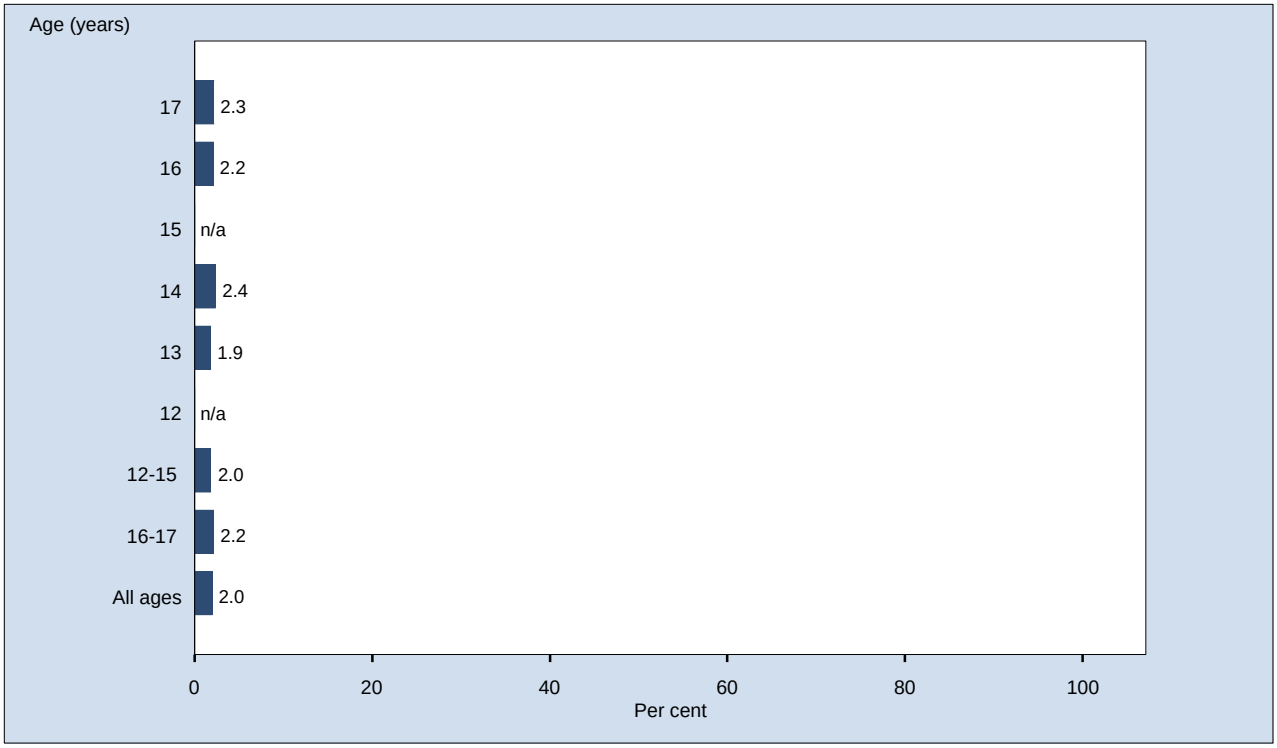
Ever used cocaine by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,657). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

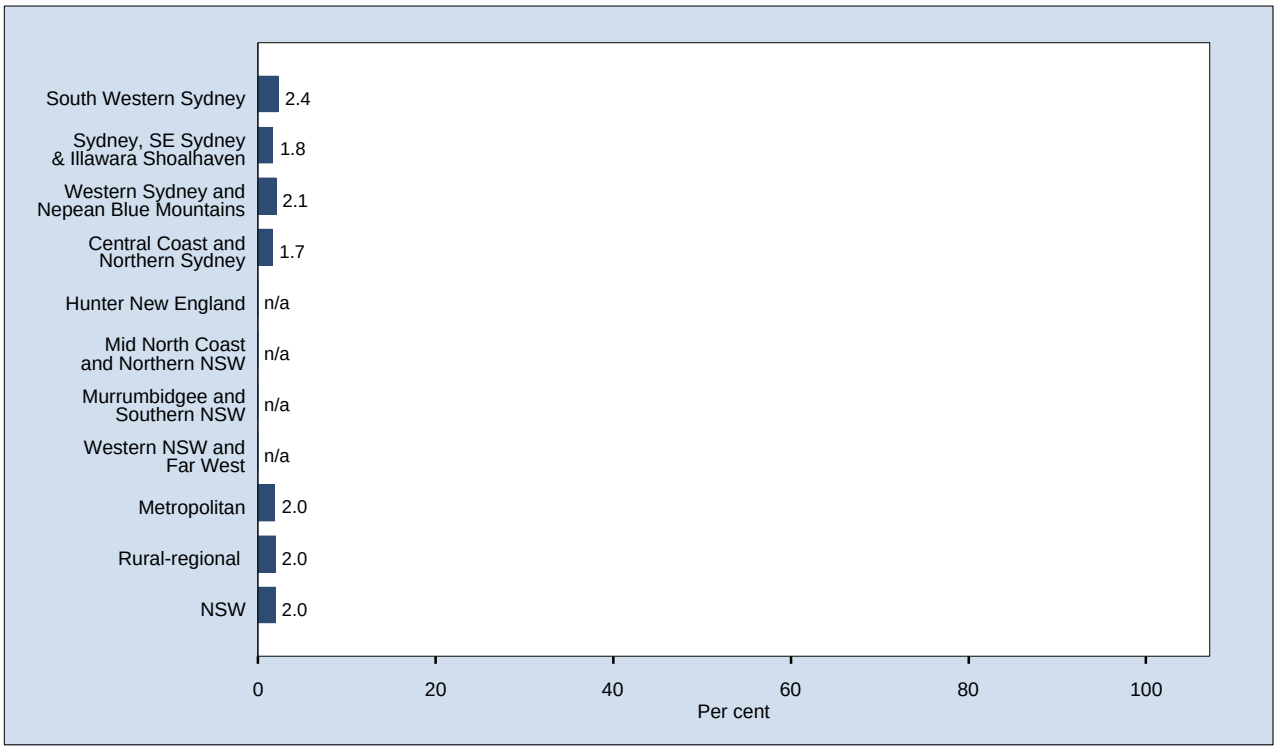
Ever used steroids by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,706 respondents in NSW. For this indicator 260 (3.26%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 a 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

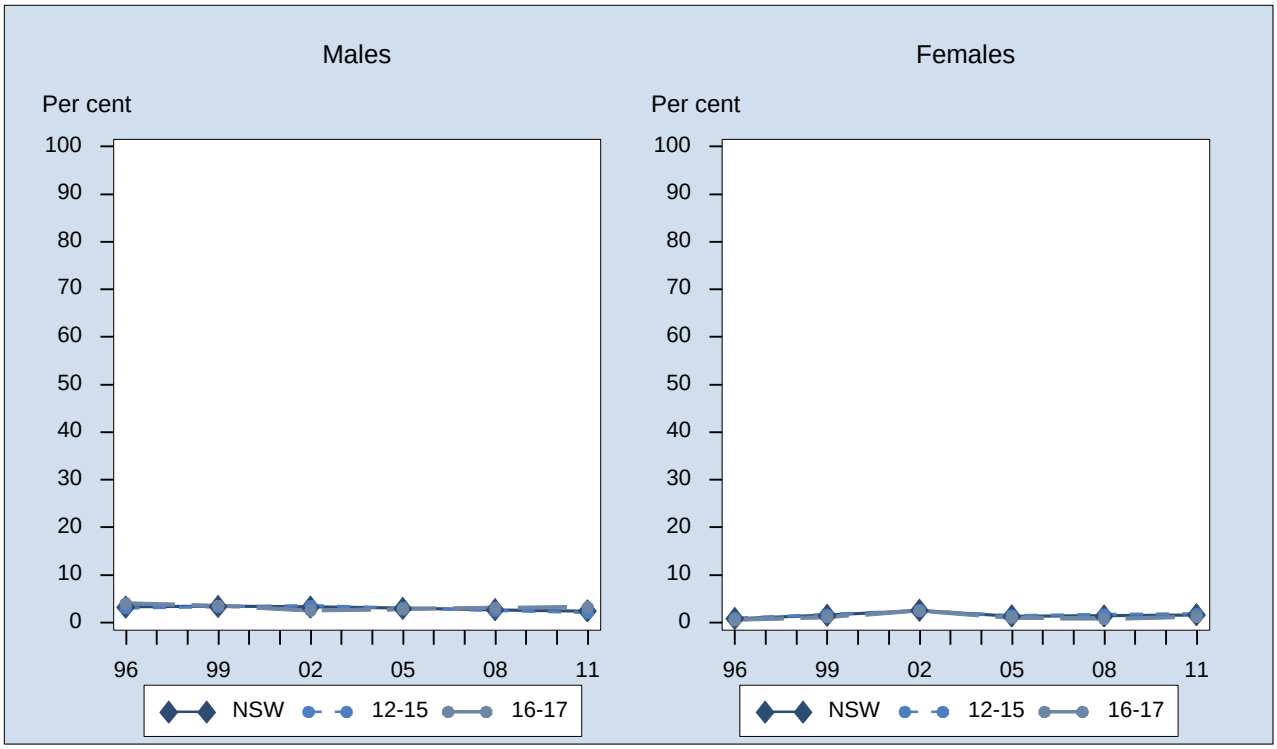
Ever used steroids by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,706 respondents in NSW. For this indicator 260 (3.26%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 a 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

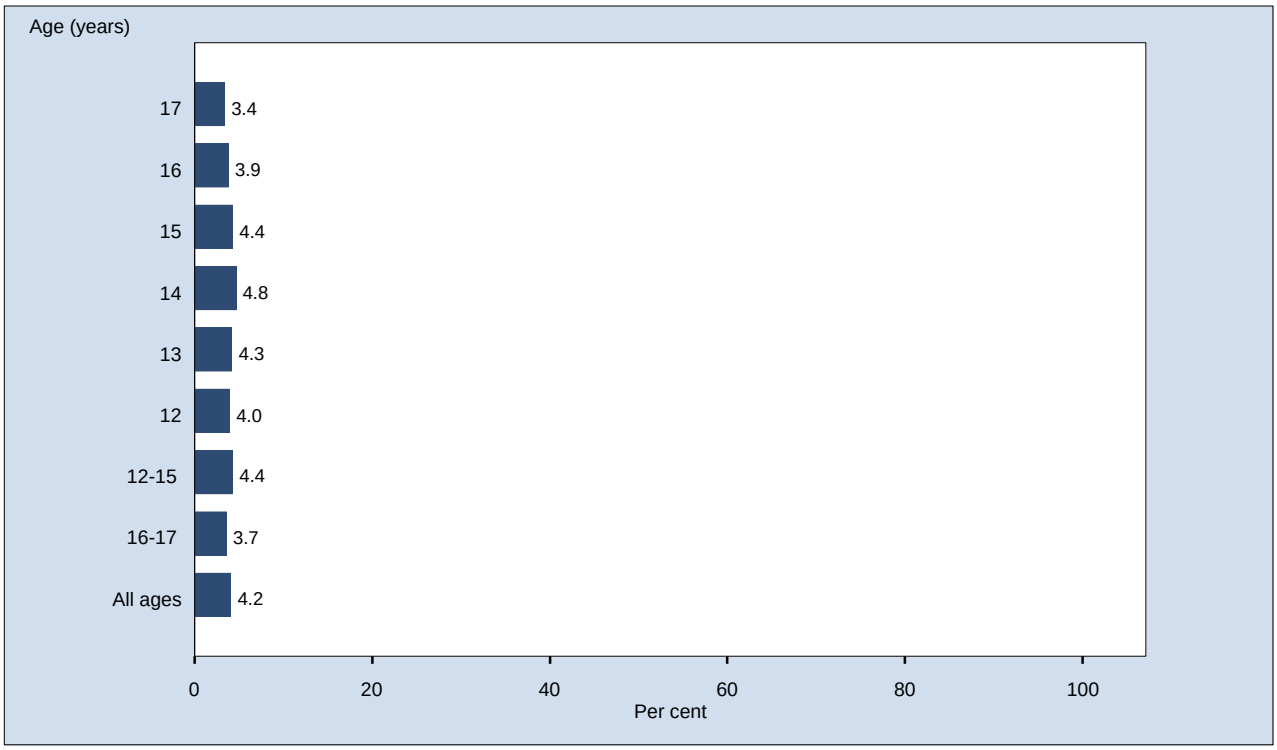
Ever used steroids by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,706). The indicator includes those students 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 a 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

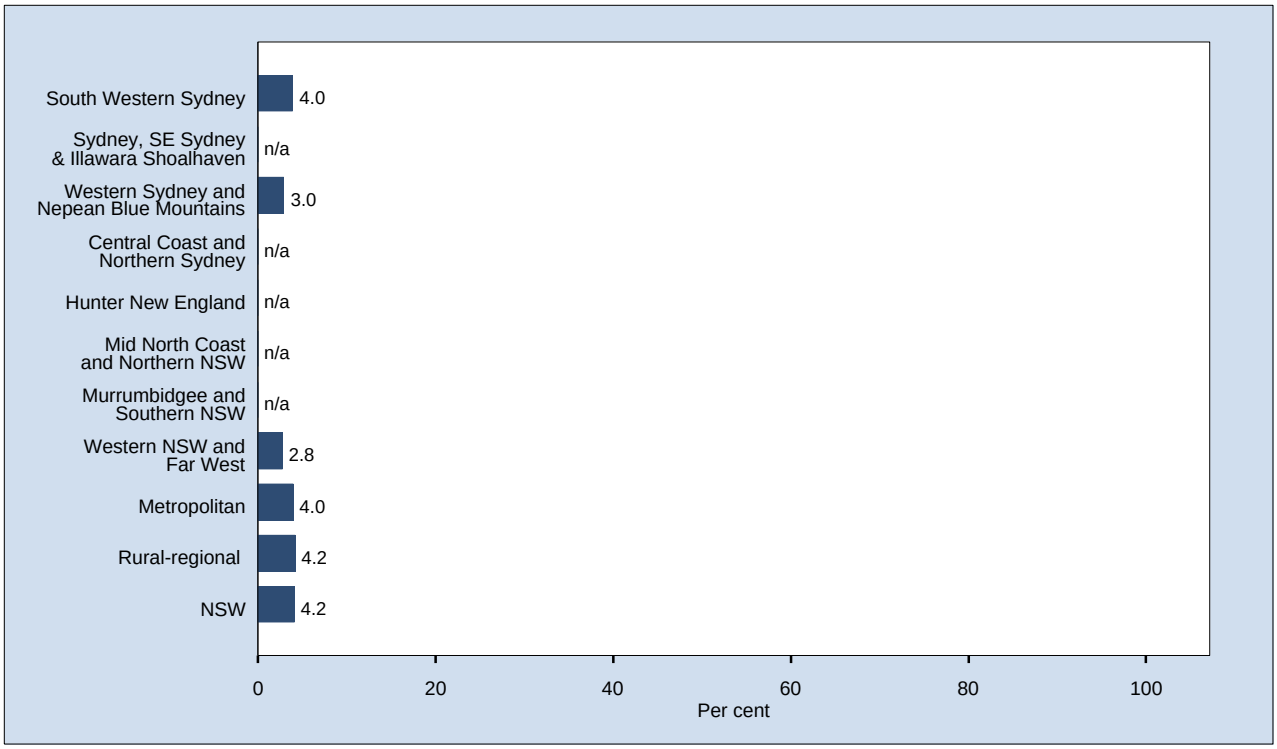
Ever used heroin or opiates by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,777 respondents in NSW. For this indicator 189 (2.37%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

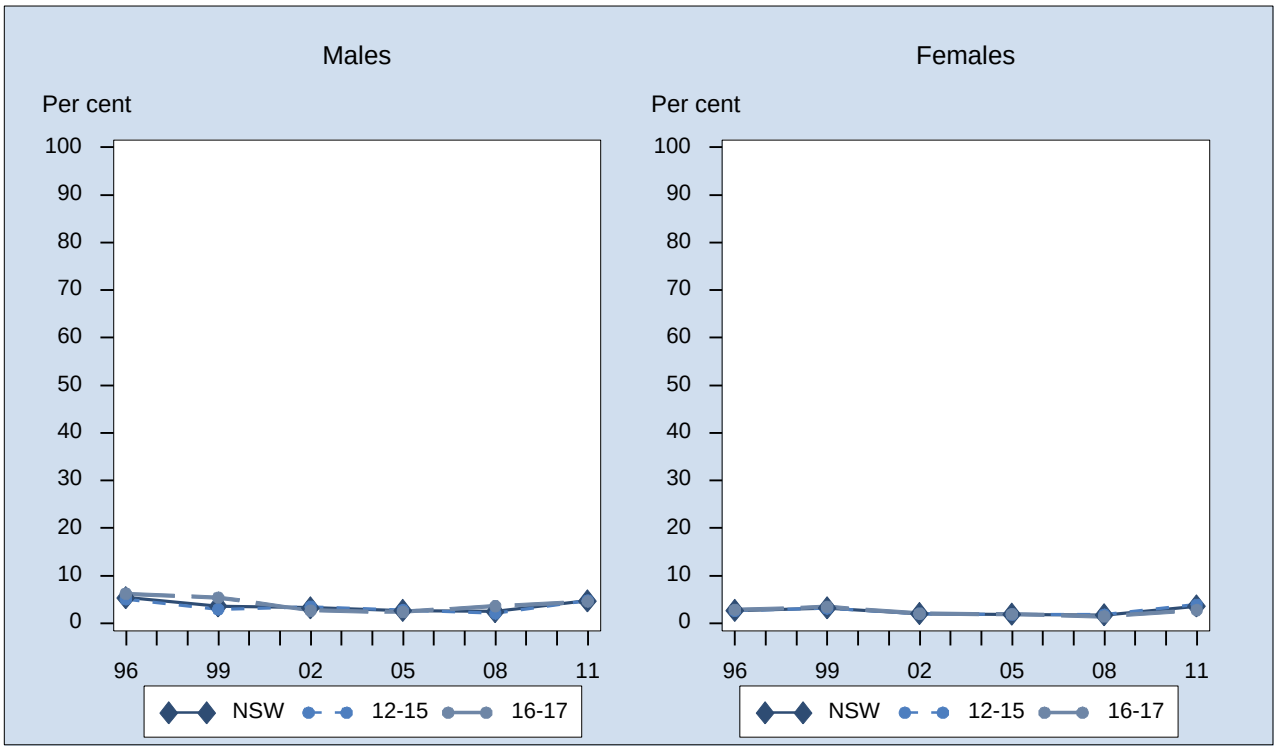
Ever used heroin or opiates by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,777 respondents in NSW. For this indicator 189 (2.37%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students 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? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

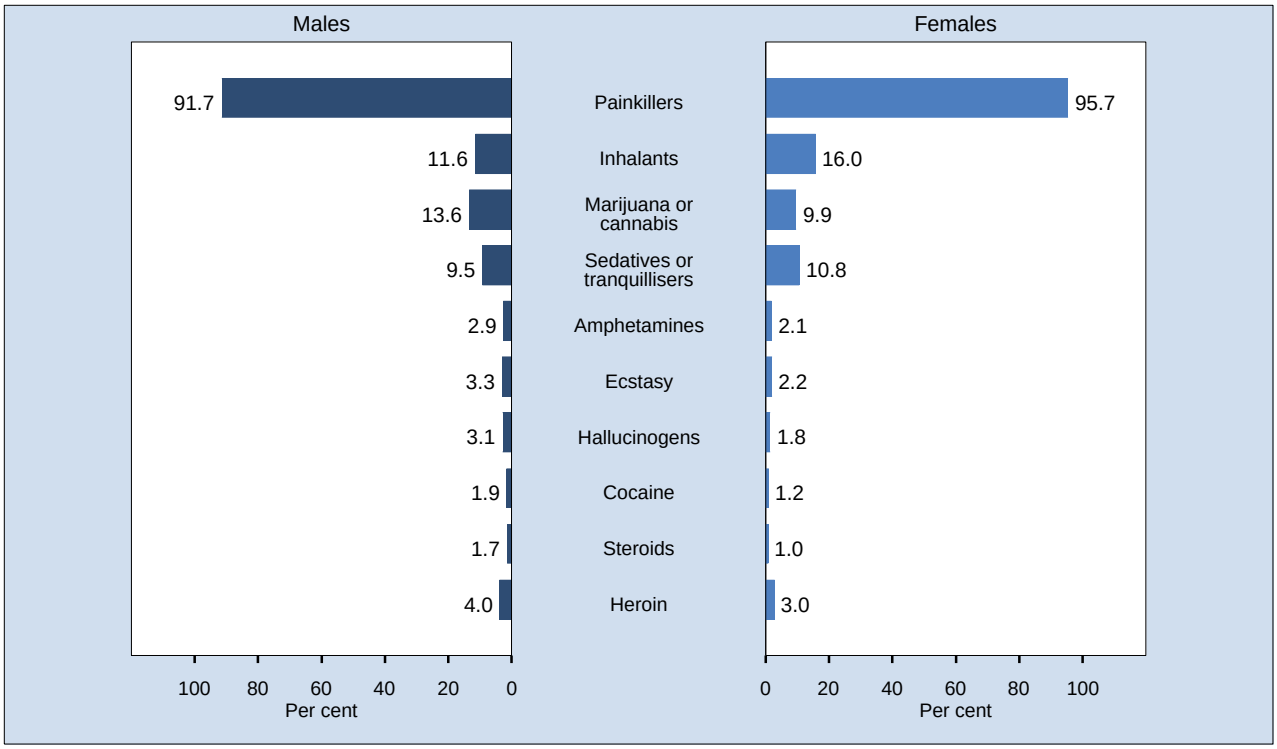
Ever used heroin or opiates by year, students 12 to 17 years, NSW, 1996-2011



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), 2011 (7,777). The indicator includes those students 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

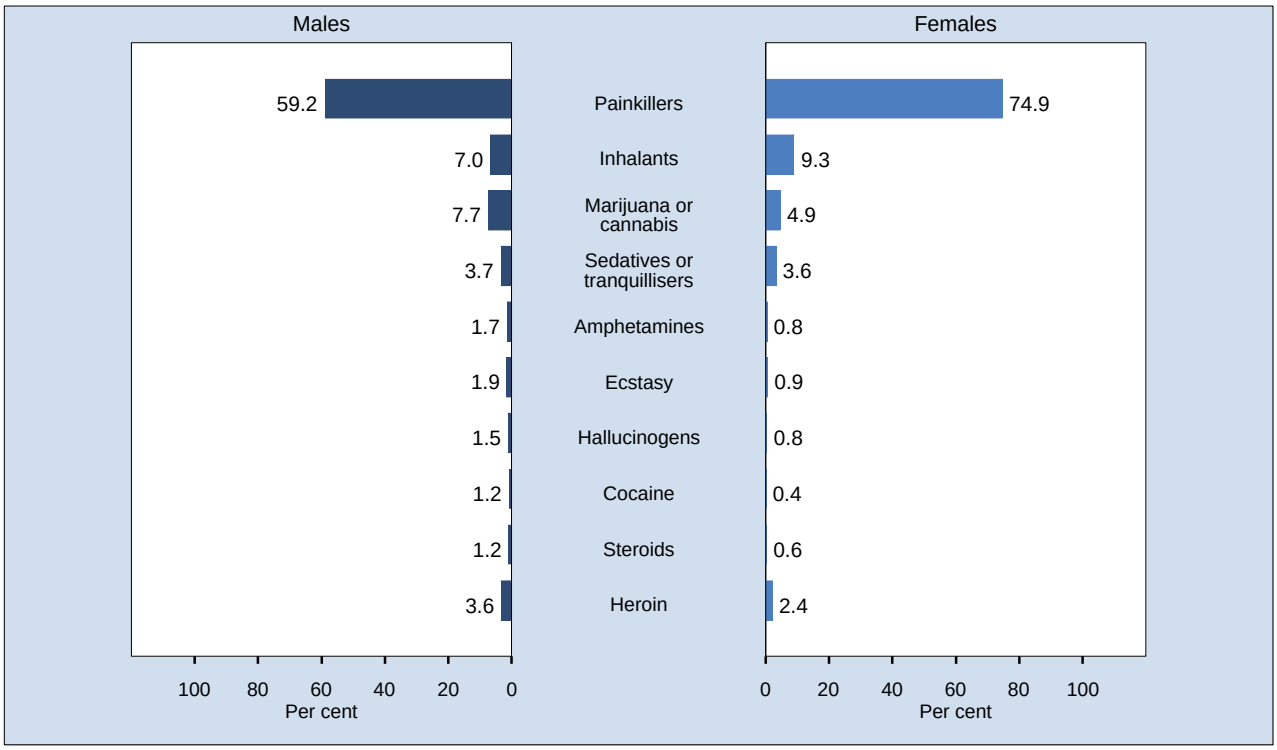
Substances used in the last year, students 12 to 17 years, NSW, 2011



Note: Estimates are based on the following numbers for NSW: Painkillers - 7,580 responders and 386 (4.85%) were not stated (Don't know, invalid or no response given), Inhalants - 7,725 responders and 241 (3.03%) were not stated (Don't know, invalid or no response given), Marijuana or cannabis - 7,261 responders and 705 (8.85%) were not stated (Don't know, invalid or no response given), Sedatives or tranquillisers - 7,572 responders and 394 (4.95%) were not stated (Don't know, invalid or no response given), Amphetamines - 7,527 responders and 439 (5.51%) were not stated (Don't know, invalid or no response given), Ecstasy - 7,257 responders and 709 (8.90%) were not stated (Don't know, invalid or no response given), Hallucinogens - 7,536 responders and 430 (5.40%) were not stated (Don't know, invalid or no response given), Cocaine - 7,668 responders and 298 (3.74%) were not stated (Don't know, invalid or no response given), Steroids - 7,713 responders and 253 (3.18%) were not stated (Don't know, invalid or no response given), Heroin - 7,787 responders and 179 (2.25%) were not stated (Don't know, invalid or no response given). Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

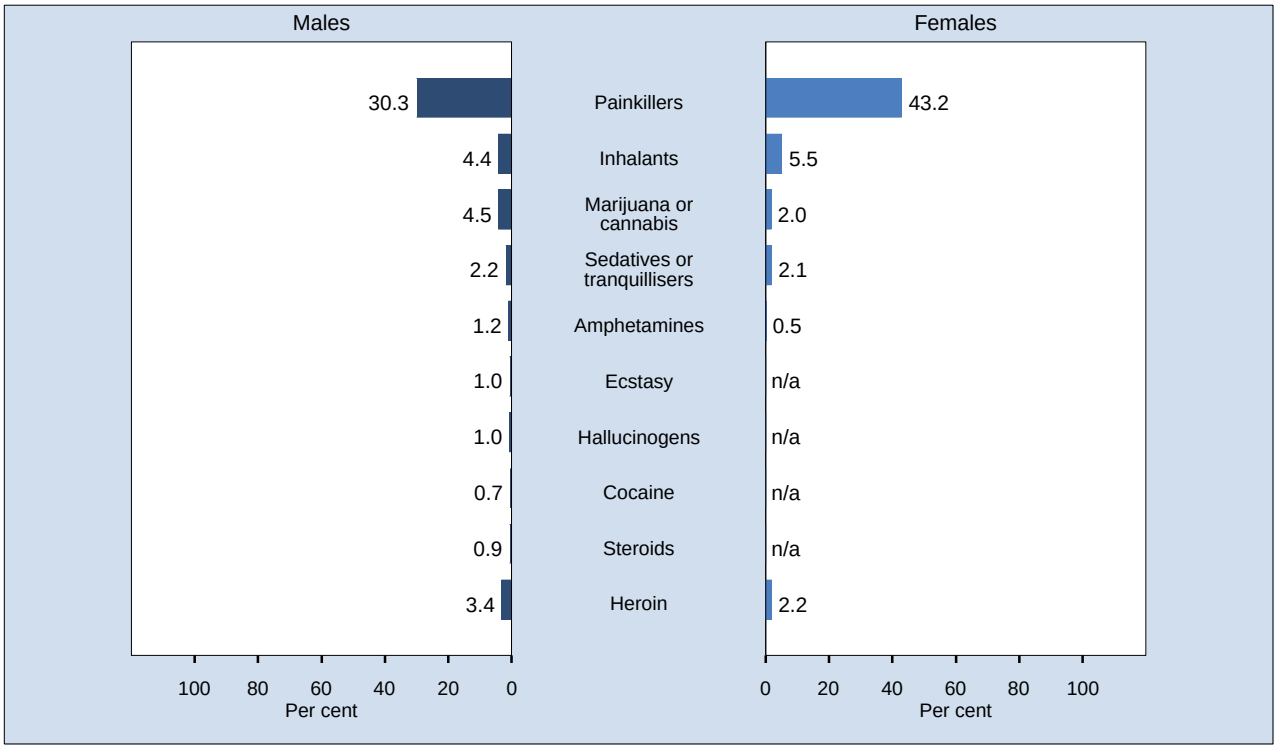
Substances use in the last 4 weeks, students 12 to 17 years, NSW, 2011



Note: Estimates are based on the following numbers for NSW: Painkillers - 7,547 responders and 419 (5.26%) were not stated (Don't know, invalid or no response given), Inhalants - 7,720 responders and 246 (3.09%) were not stated (Don't know, invalid or no response given), Marijuana or cannabis - 7,251 responders and 715 (8.98%) were not stated (Don't know, invalid or no response given), Sedatives or tranquillisers - 7,569 responders and 397 (4.98%) were not stated (Don't know, invalid or no response given), Amphetamines - 7,522 responders and 444 (5.57%) were not stated (Don't know, invalid or no response given), Ecstasy - 7,255 responders and 711 (8.93%) were not stated (Don't know, invalid or no response given), Hallucinogens - 7,537 responders and 429 (5.39%) were not stated (Don't know, invalid or no response given), Cocaine - 7,667 responders and 299 (3.75%) were not stated (Don't know, invalid or no response given), Steroids - 7,713 responders and 253 (3.18%) were not stated (Don't know, invalid or no response given), Heroin - 7,787 responders and 179 (2.25%) were not stated (Don't know, invalid or no response given). Respondents could mention more than 1 response. Percentages may total more than 100%.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

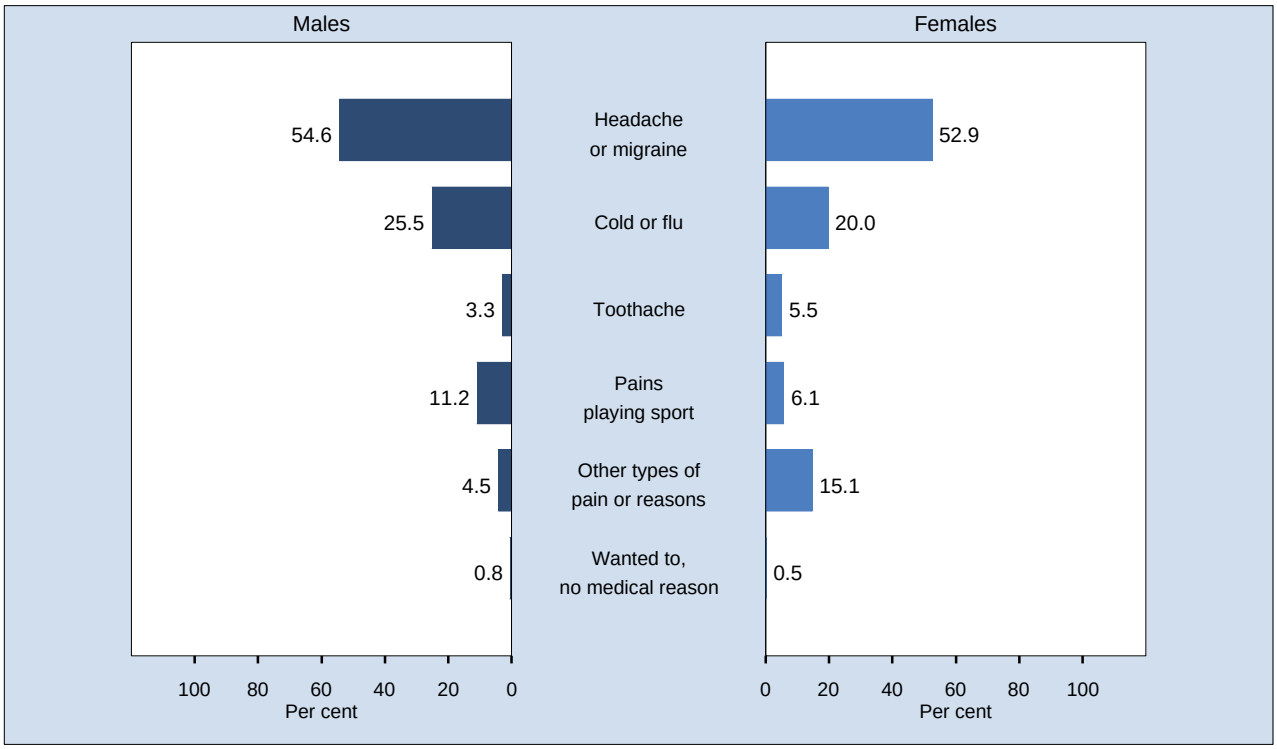
Substances used in the last week, students 12 to 17 years, NSW, 2011



Note: Estimates are based on the following numbers for NSW: Painkillers - 7,493 responders and 473 (5.94%) were not stated (Don't know, invalid or no response given), Inhalants - 7,723 responders and 243 (3.05%) were not stated (Don't know, invalid or no response given), Marijuana or cannabis - 7,255 responders and 711 (8.93%) were not stated (Don't know, invalid or no response given), Sedatives or tranquillisers - 7,583 responders and 383 (4.81%) were not stated (Don't know, invalid or no response given), Amphetamines - 7,535 responders and 431 (5.41%) were not stated (Don't know, invalid or no response given), Ecstasy - 7,264 responders and 702 (8.81%) were not stated (Don't know, invalid or no response given), Hallucinogens - 7,544 responders and 422 (5.30%) were not stated (Don't know, invalid or no response given), Cocaine - 7,671 responders and 295 (3.70%) were not stated (Don't know, invalid or no response given), Steroids - 7,722 responders and 244 (3.06%) were not stated (Don't know, invalid or no response given), Heroin - 7,789 responders and 177 (2.22%) were not stated (Don't know, invalid or no response given). Respondents could mention more than 1 response. Percentages may total more than 100%. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

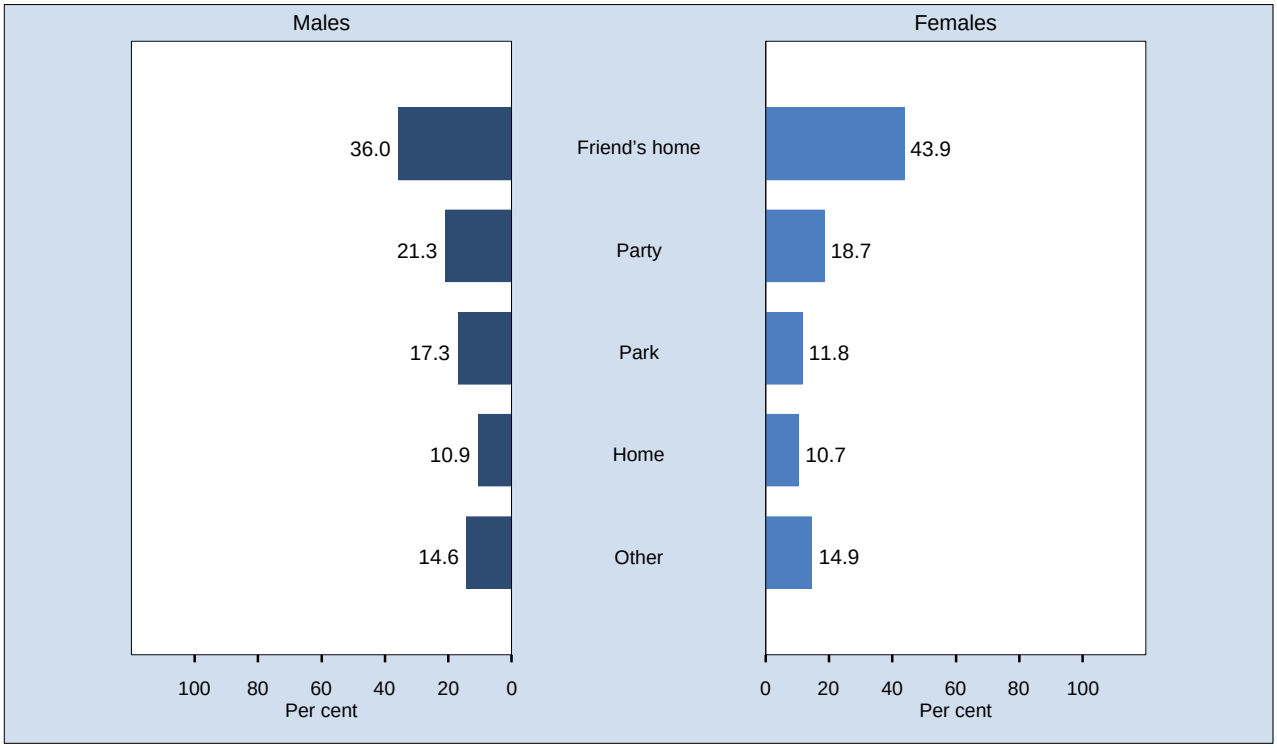
Reasons for taking painkillers or analgesics, students aged 12 to 17 years who used painkillers or analgesics in the last year, NSW, 2011



Note: Estimates are based on 6,985 respondents in NSW. For this indicator 107 (1.51%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: Last time you used a painkiller or analgesic did you use it because you: Had a headache or migraine; Had a cold or flu; Had toothache or pains associated with dental procedures; Had pains associated with playing sport (eg, injury, strain); Had other types of pain; Wanted to - there was no medical reason for using it; or Other.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

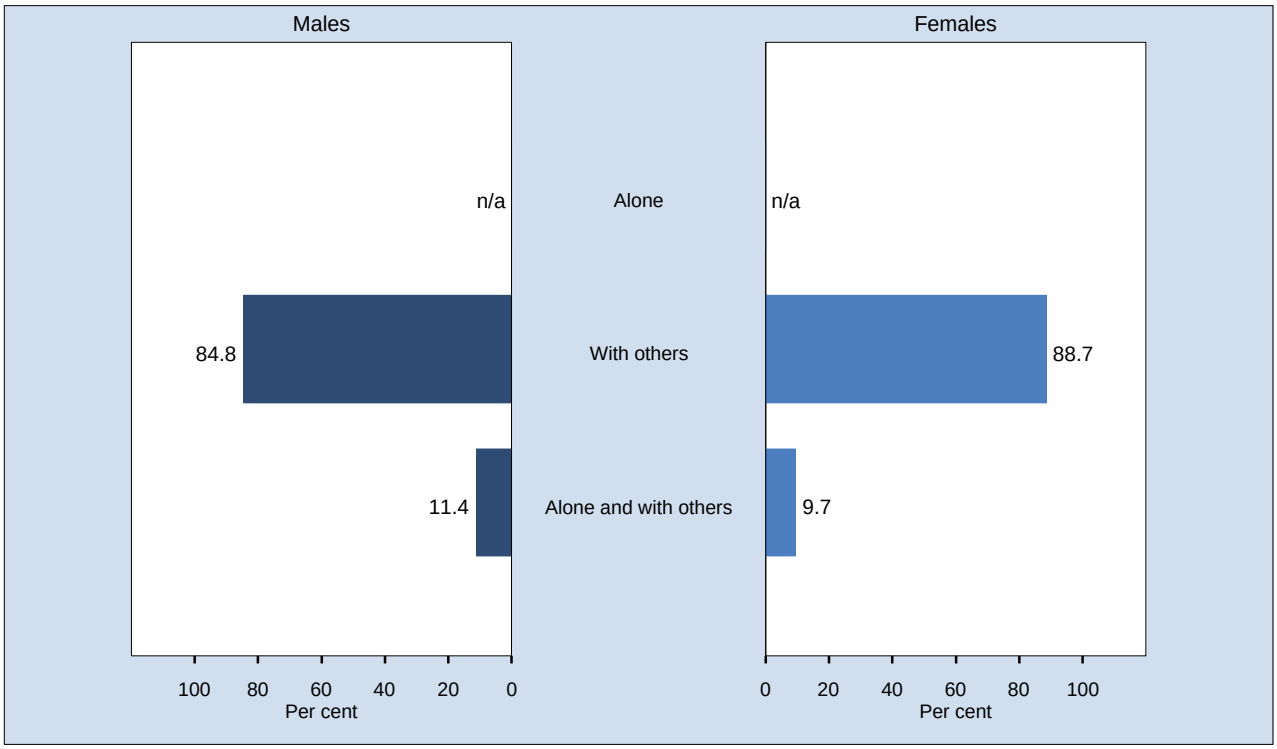
Places where marijuana or cannabis used, students aged 12 to 17 years who used marijuana or cannabis in the last year, NSW, 2011



Note: Estimates are based on 878 respondents in NSW. For this indicator 97 (9.95%) 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 the last year? Where did you last use marijuana or cannabis?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

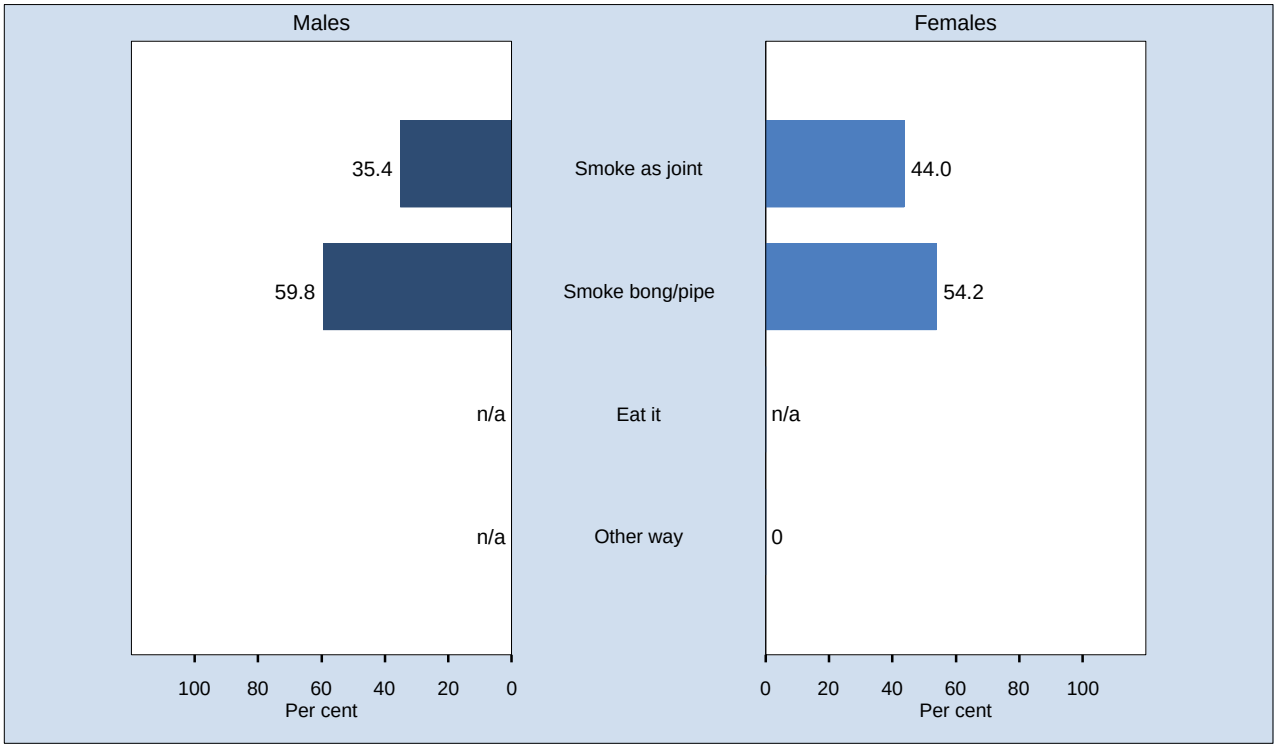
Usually uses marijuana or cannabis alone or with others, students aged 12 to 17 years who used marijuana or cannabis in the last year, NSW, 2011



Note: Estimates are based on 923 respondents in NSW. For this indicator 54 (5.53%) 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 the last year? Do you usually use marijuana or cannabis by yourself or with others? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

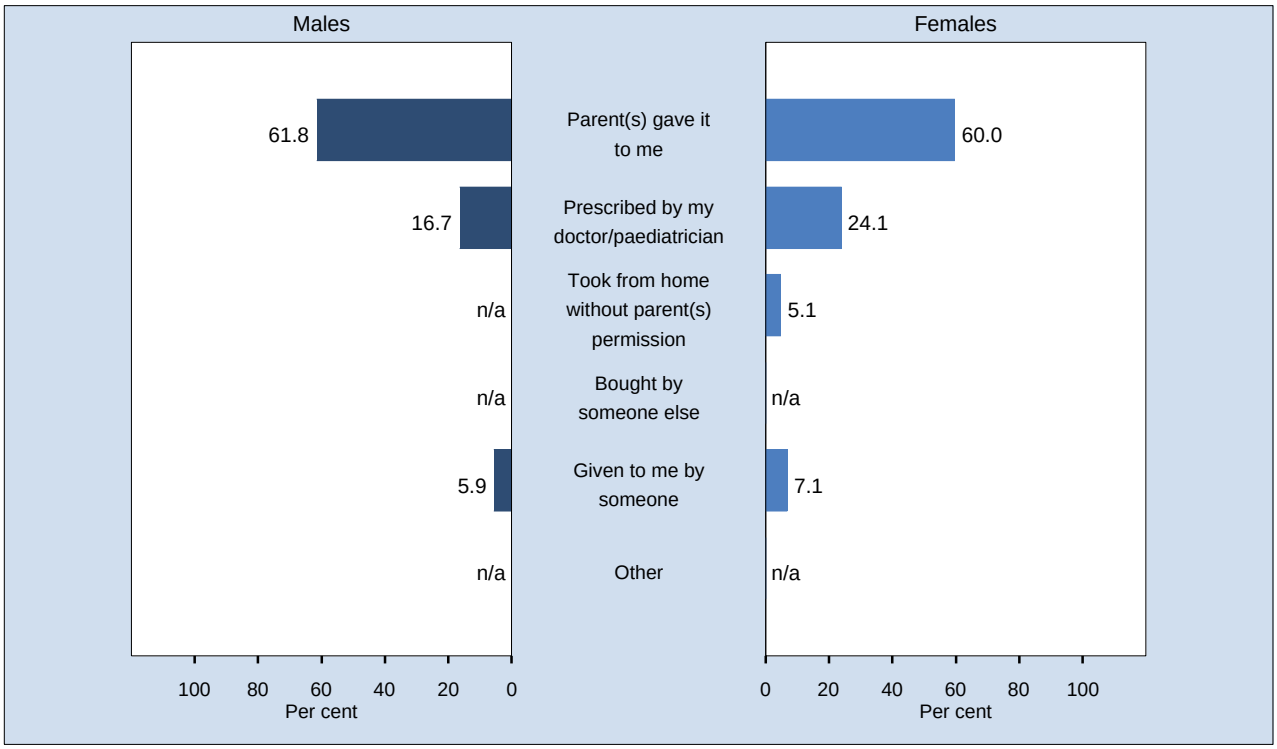
Usual method of using marijuana or cannabis, students aged 12 to 17 years who used marijuana or cannabis in the last year, NSW, 2011



Note: Estimates are based on 887 respondents in NSW. For this indicator 87 (8.93%) were not stated (Don't know, invalid or no response given) in NSW. The question used to define the indicator was: When you use marijuana / cannabis do you usually: Smoke it as a joint (reefer, spliff); Smoke it from a bong or pipe; Eat it (eg in hash cookies); Other. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

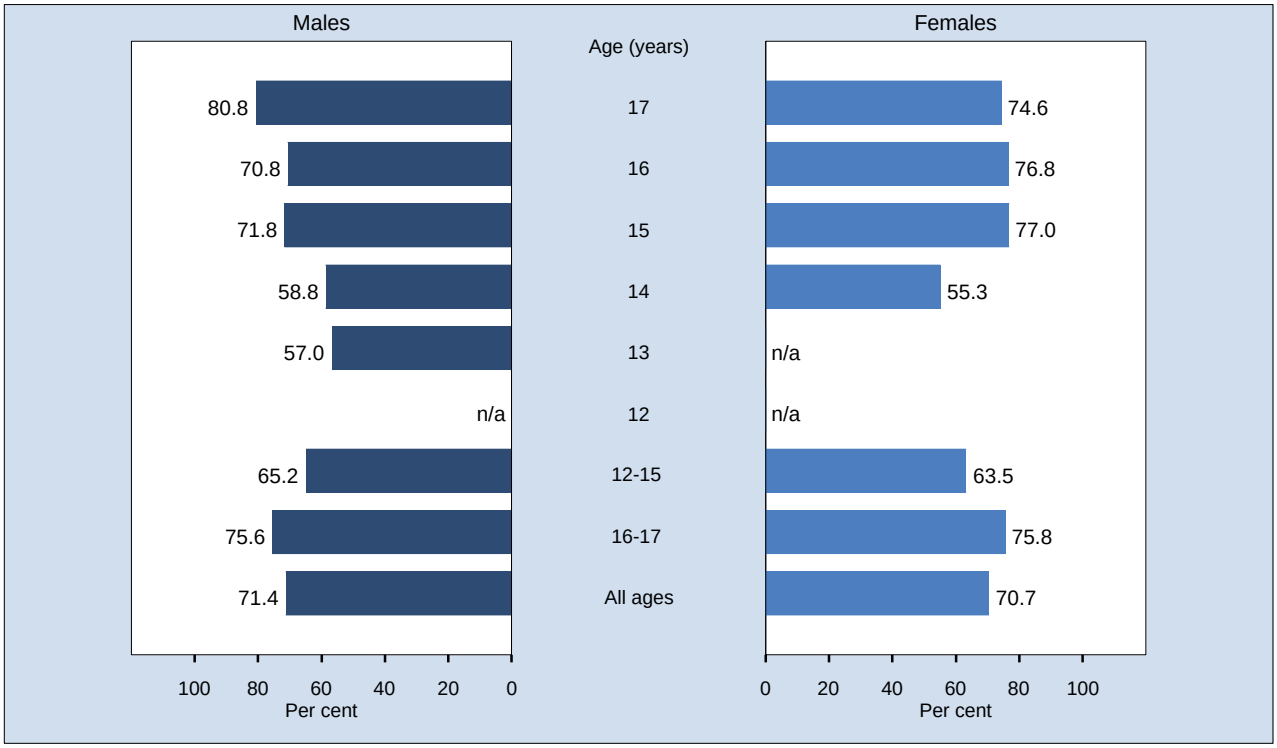
Source of last sleeping tablet, tranquiliser, sedative or benzodiazepine, students aged 12 to 17 years who used sleeping tablet, tranquiliser, sedative or benzodiazepine in the last year, NSW, 2011



Note: Estimates are based on 721 respondents in NSW. For this indicator 88 (10.88%) were not stated (Don't know, invalid or no response given) in NSW. The question used was: Where, or from whom, did you get your last sleeping tablet, tranquiliser, sedative or benzodiazepine from? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

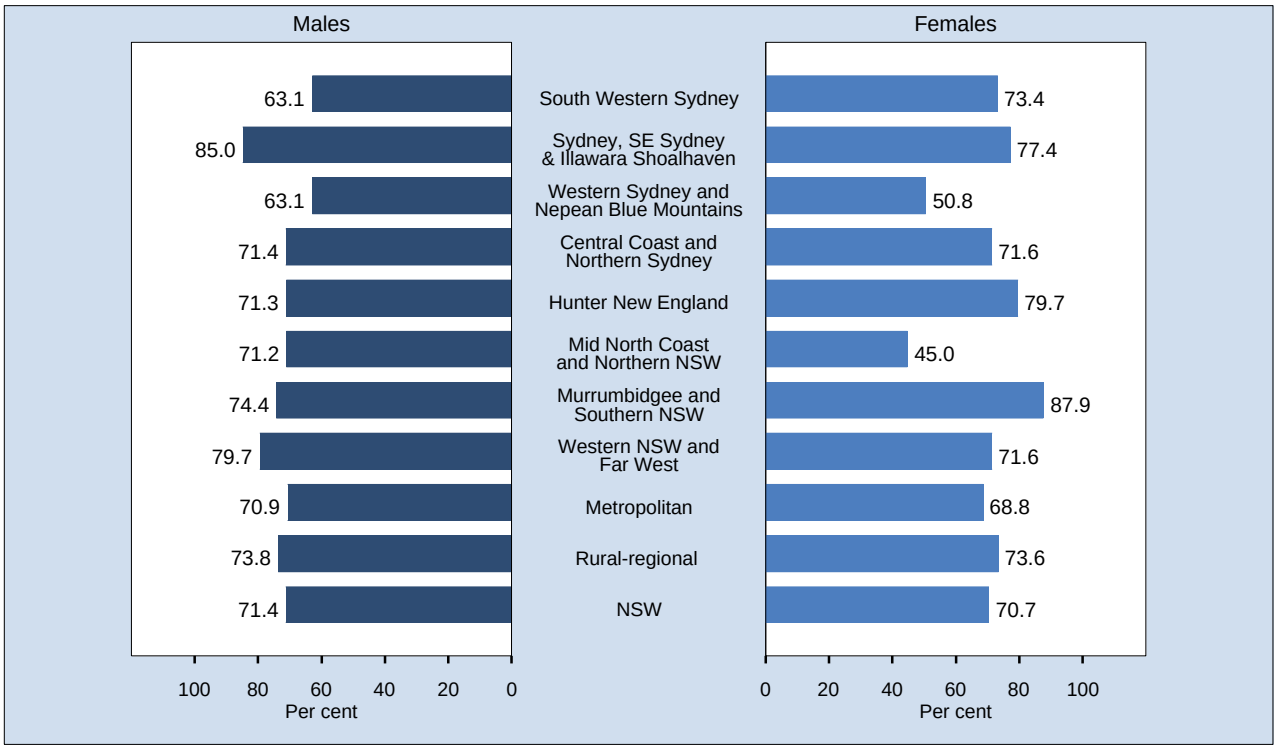
Used substances on the same occasion as using marijuana or cannabis by age, students aged 12 to 17 years who used marijuana or cannabis in the last year, NSW, 2011



Note: Estimates are based on 920 respondents in NSW. For this indicator 57 (5.83%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have used any other substance or substances on the same occasion that they used marijuana / cannabis in the last year. The question used to define the indicator was: In the last year, did you use any other substance or substances on the same occasion that you used marijuana / cannabis? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

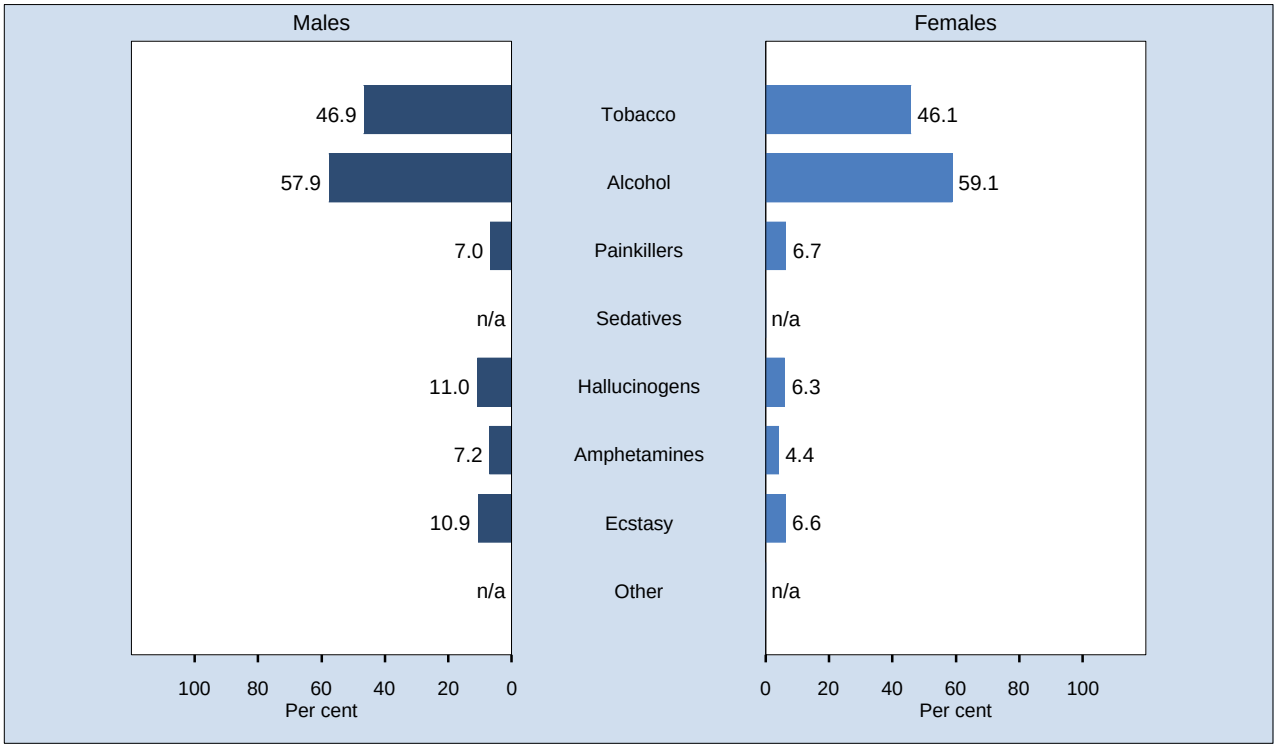
Used substances on the same occasion as using marijuana or cannabis by local health district, students aged 12 to 17 years who used marijuana or cannabis in the last year, NSW, 2011



Note: Estimates are based on 920 respondents in NSW. For this indicator 57 (5.83%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have used any other substance or substances on the same occasion that they used marijuana / cannabis in the last year. The question used to define the indicator was: In the last year, did you use any other substance or substances on the same occasion that you used marijuana / cannabis?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

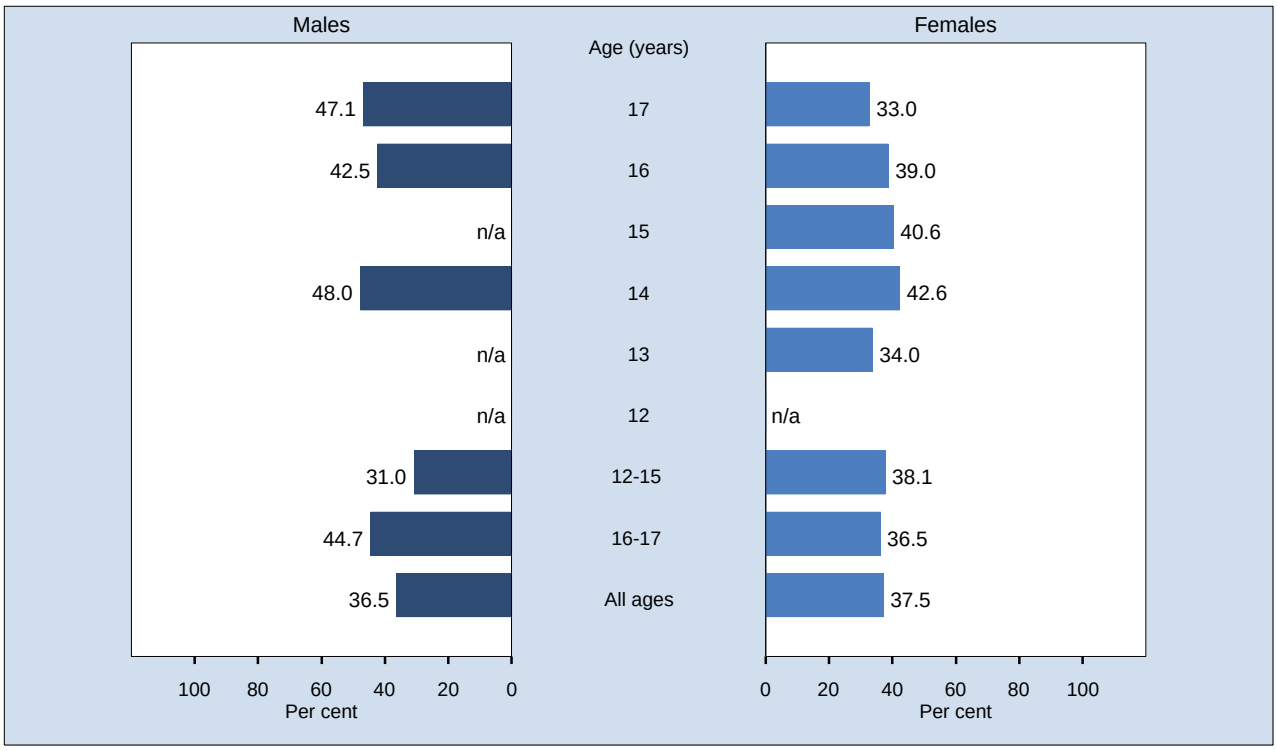
Substance used on the same occasion as using marijuana or cannabis, students aged 12 to 17 years who used marijuana or cannabis in the last year, NSW, 2011



Note: Estimates are based on 920 respondents in NSW. For this indicator 57 (5.83%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have used any other substance or substances on the same occasion that they used marijuana/cannabis in the last year. The question used to define the indicator was: In the last year, did you use any other substance or substances on the same occasion that you used marijuana/cannabis: Tobacco/cigarettes; Alcohol; Painkillers/analgesics; Sedatives/tranquilisers/sleeping tablets/benzodiazepines; Hallucinogens (eg LSD, acid, trips, magic mushrooms); Amphetamines (eg speed, uppers, goey, crystal meth, base, dex, dexies, dexamphetamines, ox blood, methamphetamines, ice); Ecstasy (XTC, E, MDMA, eccy, X, bickies); Other (Specify)? Respondents could mention more than 1 response. Percentages may total more than 100%. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

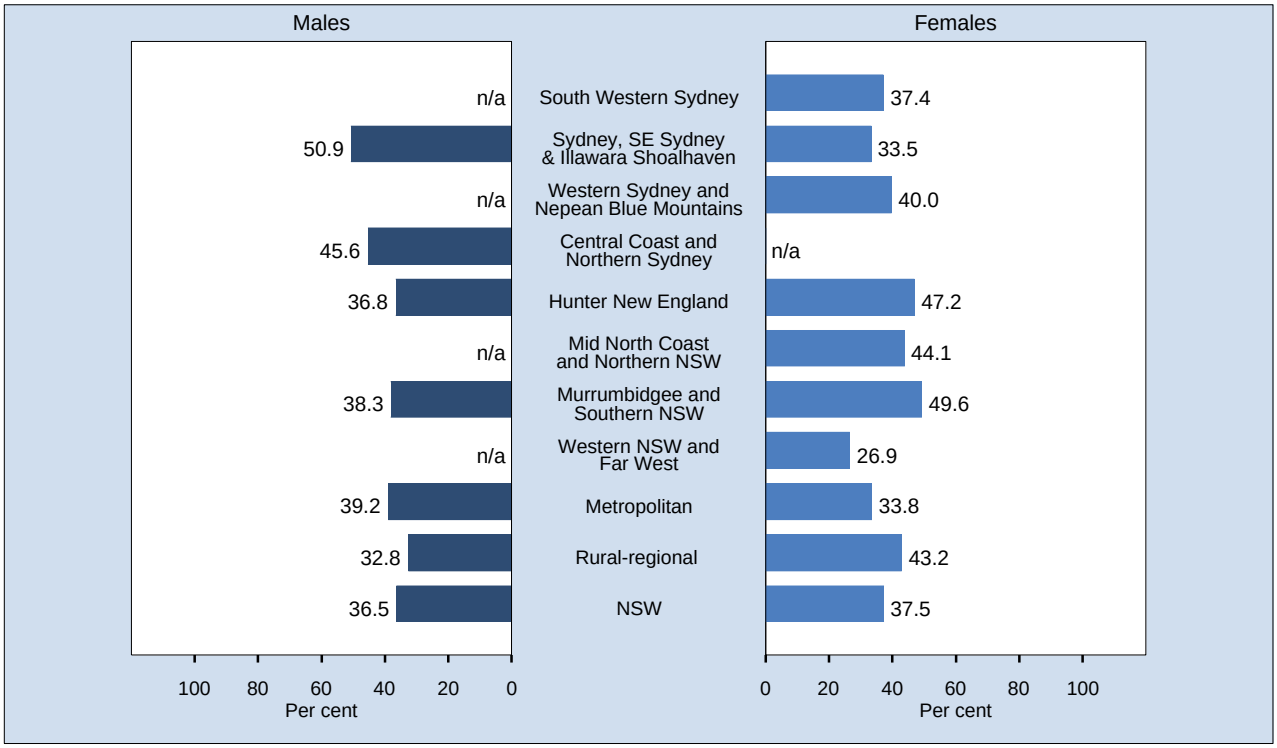
Used substances on the same occasion as using sleeping tablets, tranquiliser, sedative or benzodiazepine by age, students aged 12 to 17 years who used sleeping tablet, tranquiliser, sedative or benzodiazepine in the last year, NSW, 2011



Note: Estimates are based on 730 respondents in NSW. For this indicator 79 (9.77%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have used any other substance or substances on the same occasion that they used sleeping tablets, tranquilisers, sedatives or benzodiazepines in the last year. The question used to define the indicator was: In the last year, did you use any other substance or substances on the same occasion that you used sleeping tablets, tranquilisers, sedatives or benzodiazepines, such as Valium, Mogadon, Diazepam, Temazepam (Mazzies, Vallies, Moggies, Jellies), Serepax(Serries) or Rohypnol(Rohies, Barbs)? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

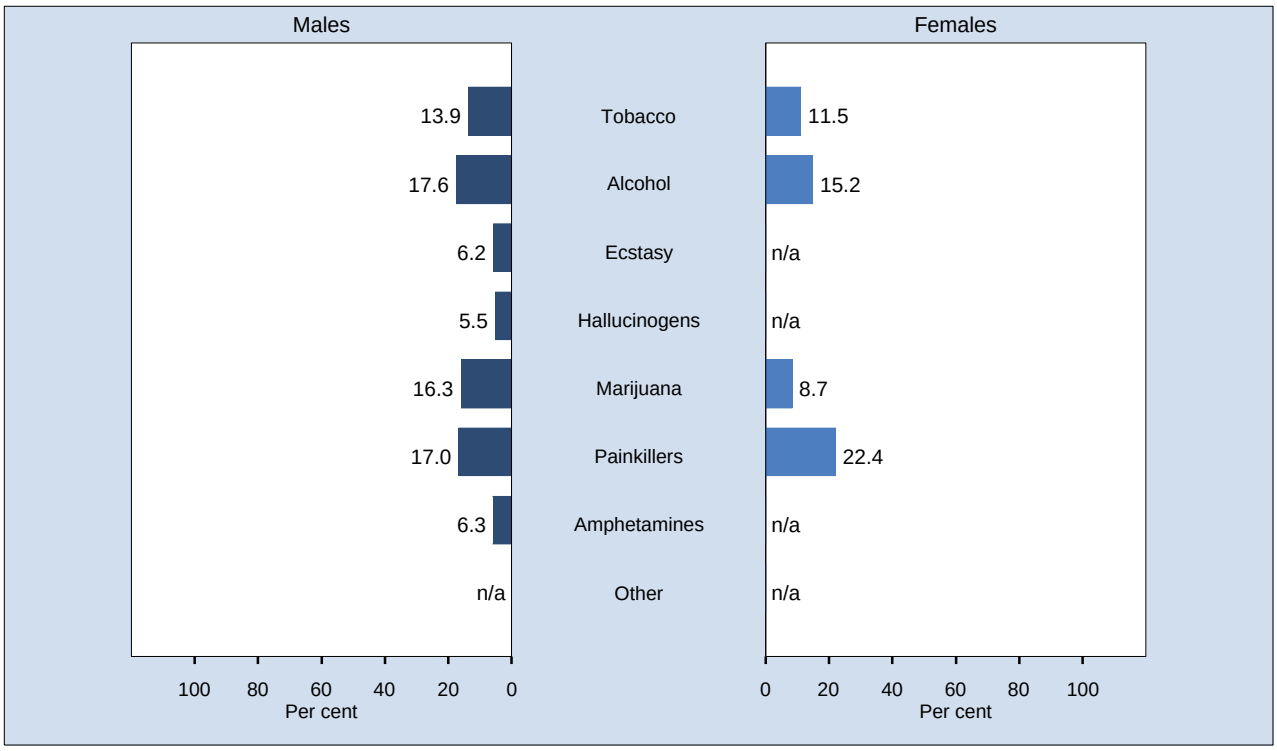
Used substances on the same occasion as using sleeping tablets, tranquiliser, sedative or benzodiazepine by local health district, students aged 12 to 17 years who used sleeping tablet, tranquiliser, sedative or benzodiazepine in the last year, NSW, 2011



Note: Estimates are based on 730 respondents in NSW. For this indicator 79 (9.77%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have used any other substance or substances on the same occasion that they used sleeping tablets, tranquilisers, sedatives or benzodiazepines in the last year. The question used to define the indicator was: In the last year, did you use any other substance or substances on the same occasion that you used sleeping tablets, tranquilisers, sedatives or benzodiazepines, such as Valium, Mogadon, Diazepam, Temazepam (Mazzies, Vallies, Moggies, Jellies), Serepax(Serries) or Rohypnol(Rohies, Barbs)? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

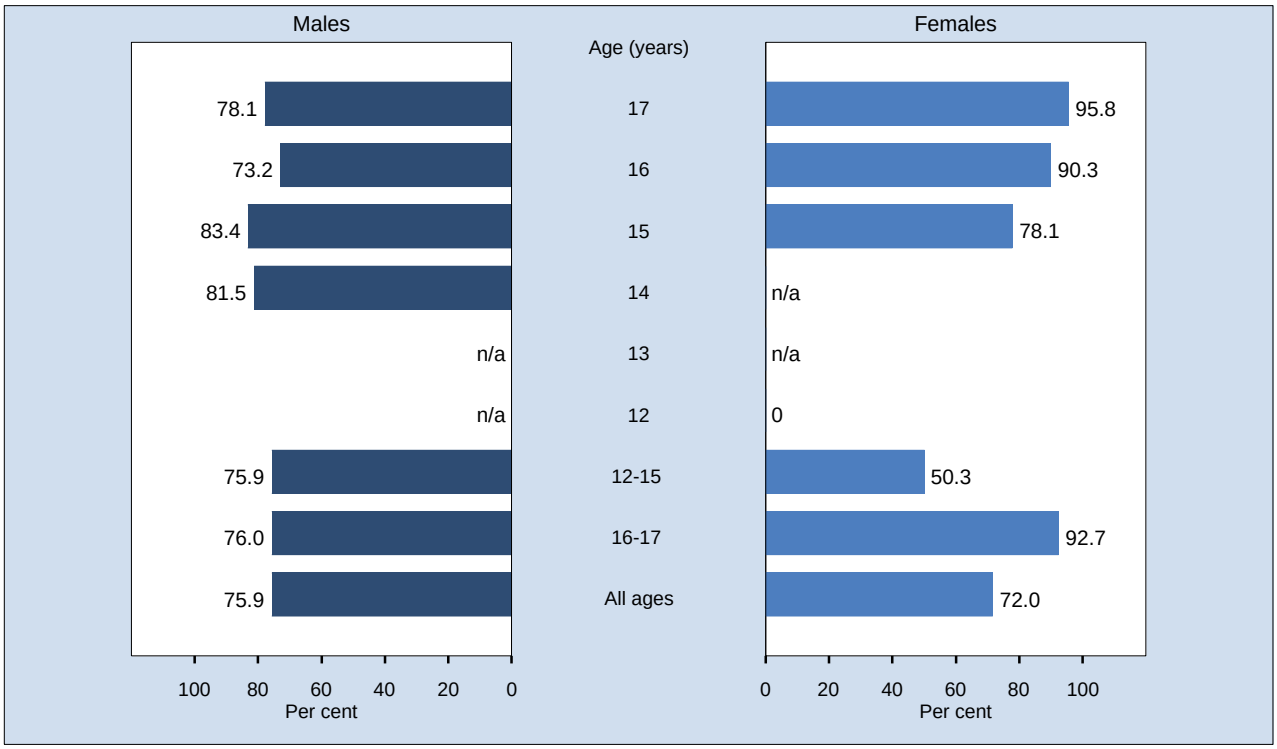
Substance used on the same occasion as using sleeping tablets, tranquiliser, sedative or benzodiazepine, students aged 12 to 17 years who used sleeping tablet, tranquiliser, sedative or benzodiazepine in the last year, NSW, 2011



Note: Estimates are based on 730 respondents in NSW. For this indicator 79 (9.77%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have used any other substance or substances on the same occasion that they used sleeping tablets, tranquilisers, sedatives or benzodiazepines in the last year. The question used to define the indicator was: In the last year, did you use any other substance or substances on the same occasion that you used sleeping tablets, tranquilisers, sedatives or benzodiazepines, such as Valium, Mogadon, Diazepam, Temazepam (Mazzies, Vallies, Moggies, Jellies), Serepax(Serries) or Rohypnol(Rohies, Barbs): Tobacco/cigarettes; Alcohol; Ecstasy (XTC, E, MDMA, eccy, X, bickies); Hallucinogens (eg LSD, acid, trips, magic mushrooms); Marijuana/cannabis (grass, hash, dope, weed, mull, yardi, ganga, pot, a bong, a joint); Painkillers/analgesics; Amphetamines (eg speed, uppers, goey, crystal meth, base, dex, dexies, dexamphetamines, ox blood, methamphetamines, ice); Other (Specify)? Respondents could mention more than 1 response. Percentages may total more than 100%. n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

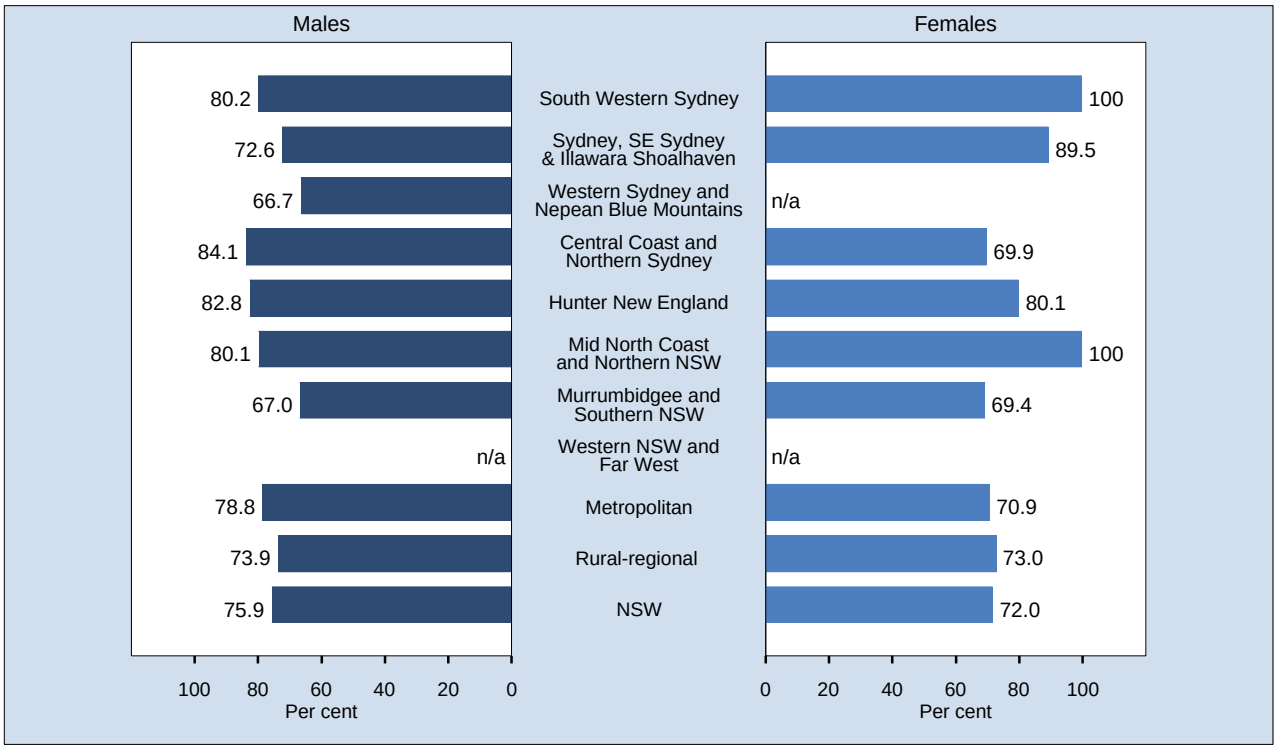
Used substances on the same occasion as using amphetamines by age, students aged 12 to 17 years who used amphetamines in the last year, NSW, 2011



Note: Estimates are based on 202 respondents in NSW. For this indicator 11 (5.16%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have used any other substance or substances on the same occasion that they used amphetamines in the last year. The question used to define the indicator was: In the last year, did you use any other substance or substances on the same occasion that you used amphetamines (eg, speed, uppers, goey, crystal meth, base,dex, dexies,dexamphetamines, ox blood, methamphetamine, ice)? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

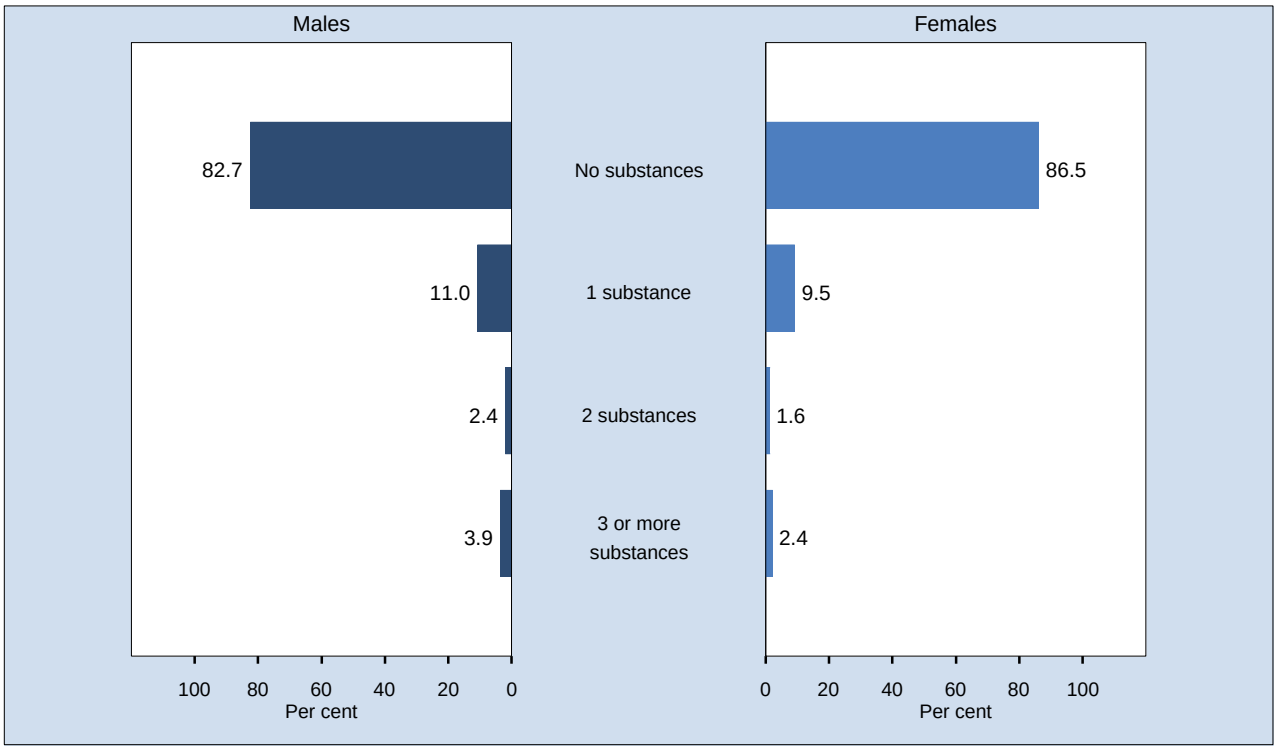
Used substances on the same occasion as using amphetamines by local health district, students aged 12 to 17 years who used amphetamines in the last year, NSW, 2011



Note: Estimates are based on 202 respondents in NSW. For this indicator 11 (5.16%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have used any other substance or substances on the same occasion that they used amphetamines in the last year. The question used to define the indicator was: In the last year, did you use any other substance or substances on the same occasion that you used amphetamines (eg, speed, uppers, goey, crystal meth, base,dex, dexies,dexamphetamines, ox blood, methamphetamine, ice)? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

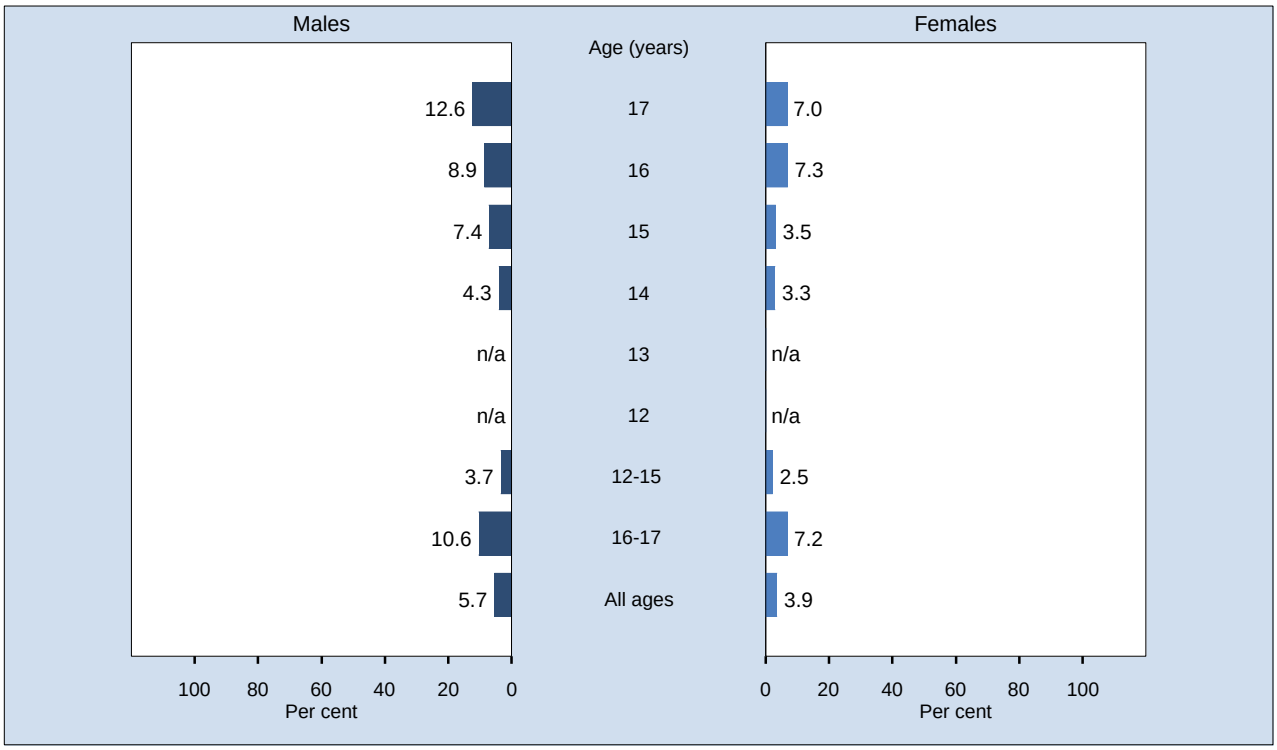
Number of illicit substances ever used, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 6,739 respondents in NSW. For this indicator 86 (1.26%) 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 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

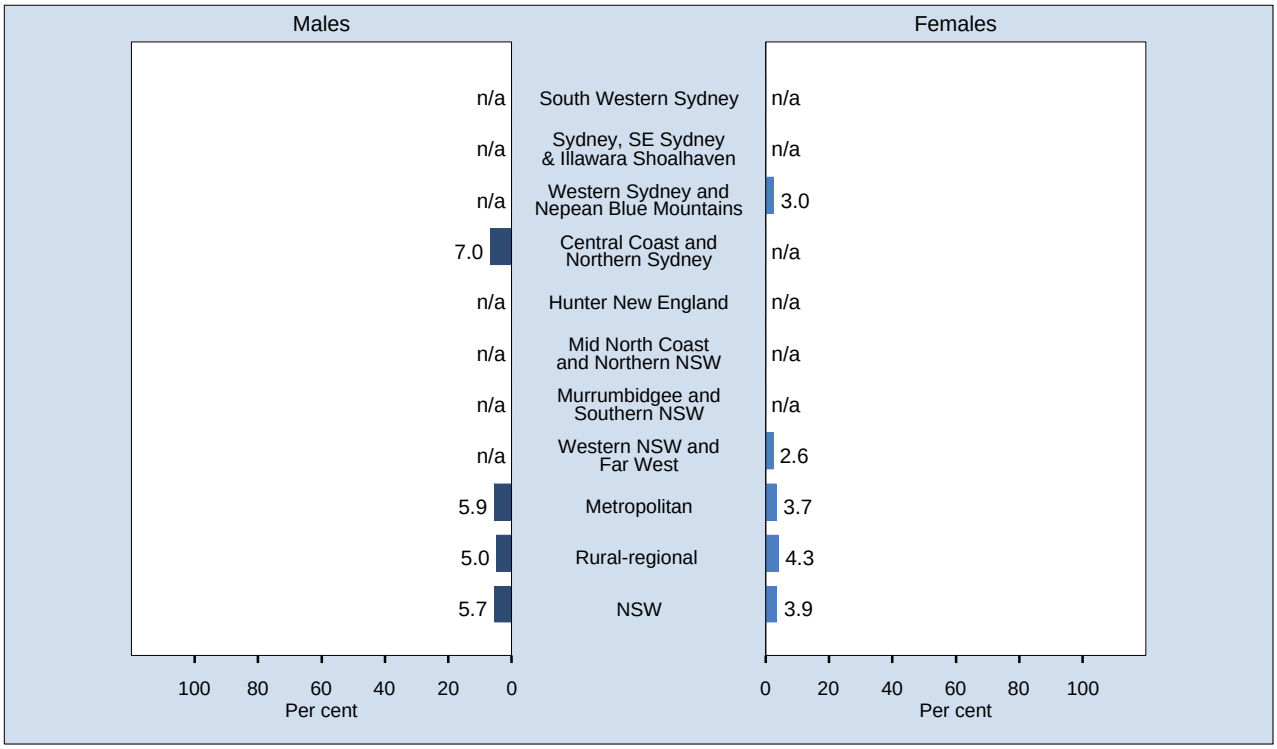
Ever used more than one illicit substance by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,880 respondents in NSW. For this indicator 86 (1.08%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have ever used more than one illicit substance . The questions used to define the indicator 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 your lifetime? How many times, if ever, have you used or taken hallucinogens in your lifetime? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

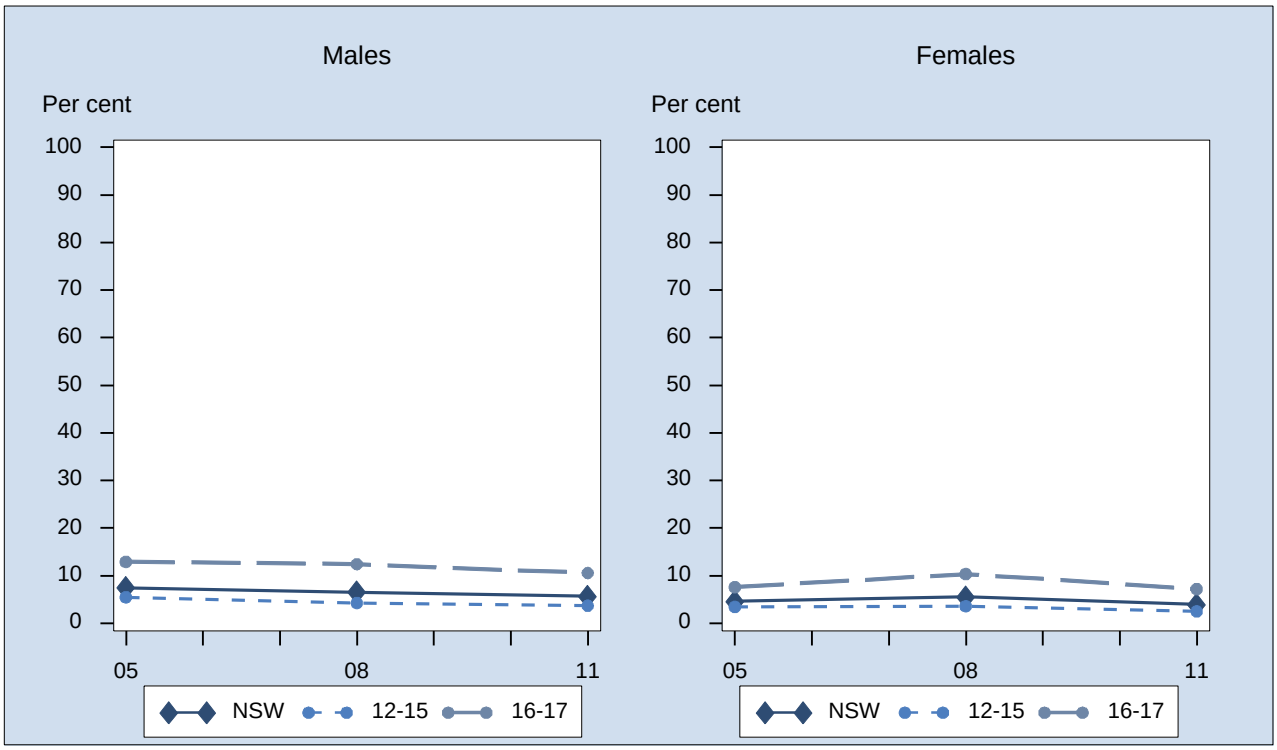
Ever used more than one illicit substance by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,880 respondents in NSW. For this indicator 86 (1.08%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who have ever used more than one illicit substance . The questions used to define the indicator 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 your lifetime? How many times, if ever, have you used or taken hallucinogens in your lifetime? n/a = prevalence estimates not presented due to unreliability.

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

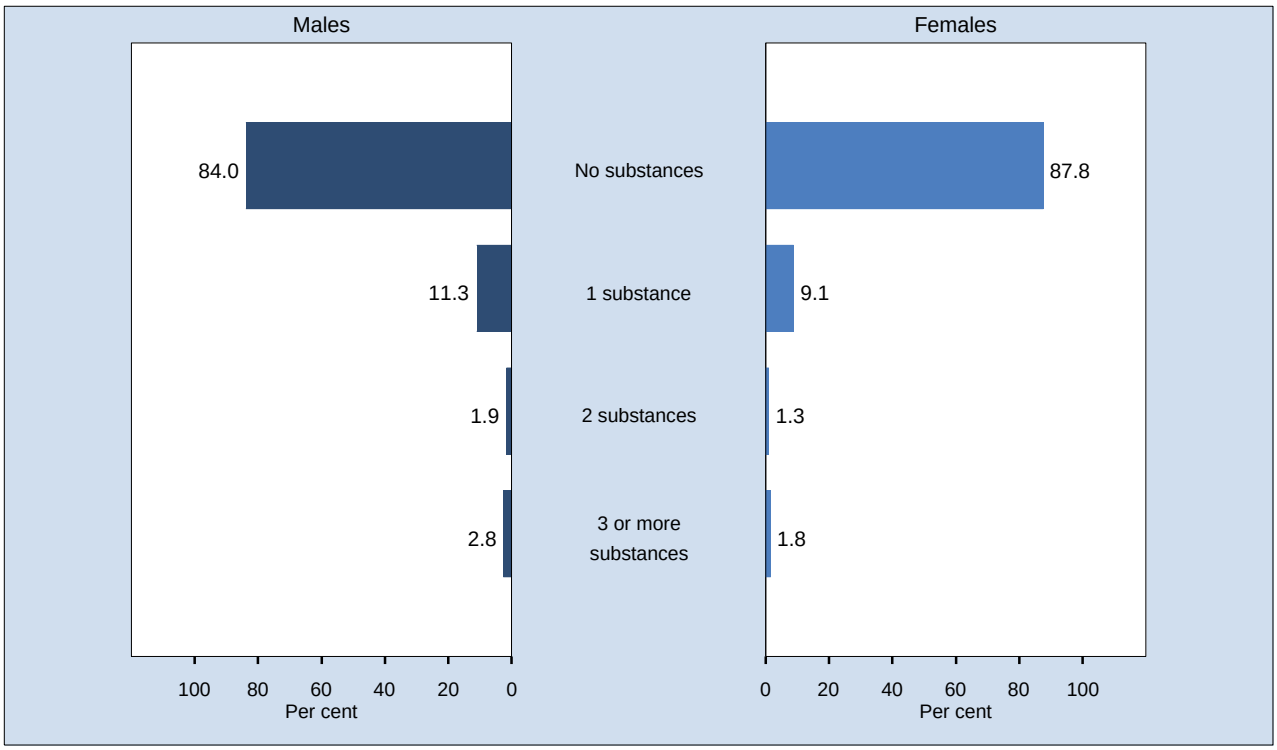
Ever used more than one illicit substance by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,464), 2008 (7,457), 2011 (7,880). The indicator includes those students who have ever used more than one illicit substance . The questions used to define the indicator 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 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 (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

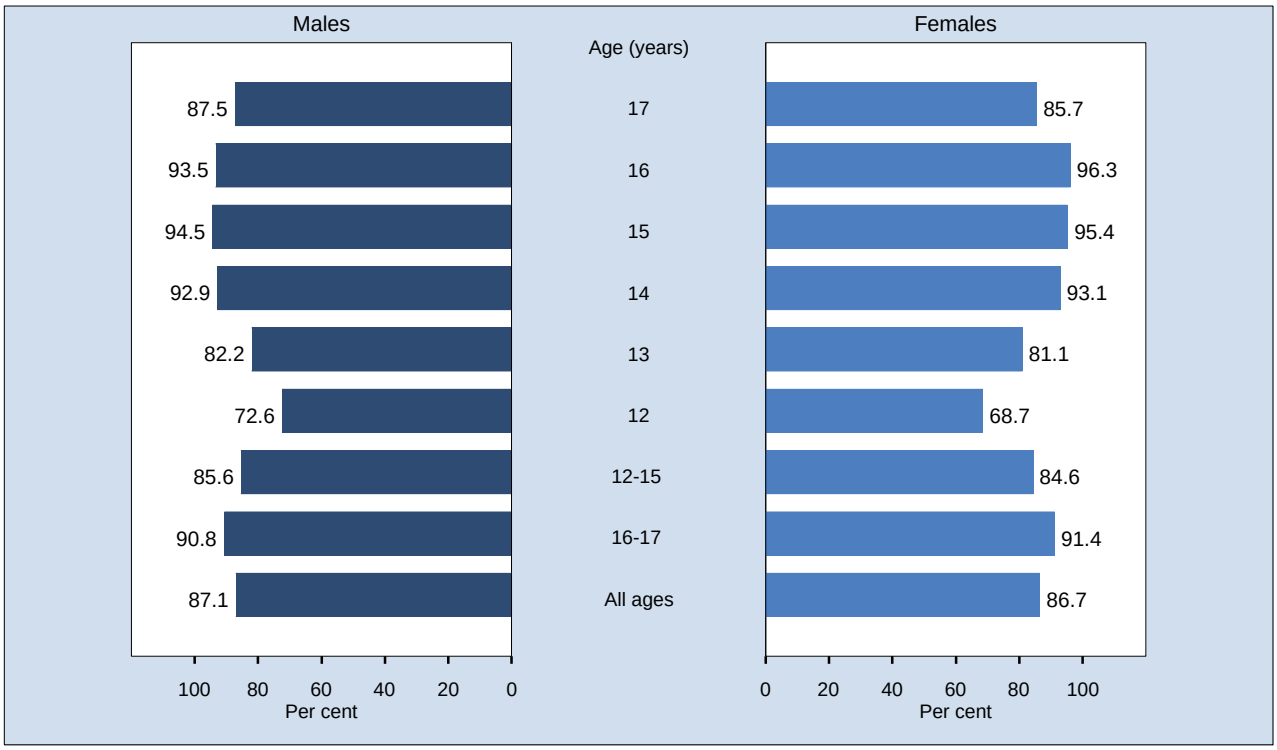
Number of illicit substances used in the last year, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,879 respondents in NSW. For this indicator 87 (1.09%) were not stated (Don't know, invalid or no response given) in NSW. The questions used were: The questions used were: How many times have you smoked or used marijuana or cannabis in the last year? How many times have you used or taken amphetamines other than for medical reasons 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 cocaine in the last year? How many times, if ever, have you used or taken heroin in the last year? How many times, if ever, have you used or taken hallucinogens in the last year?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

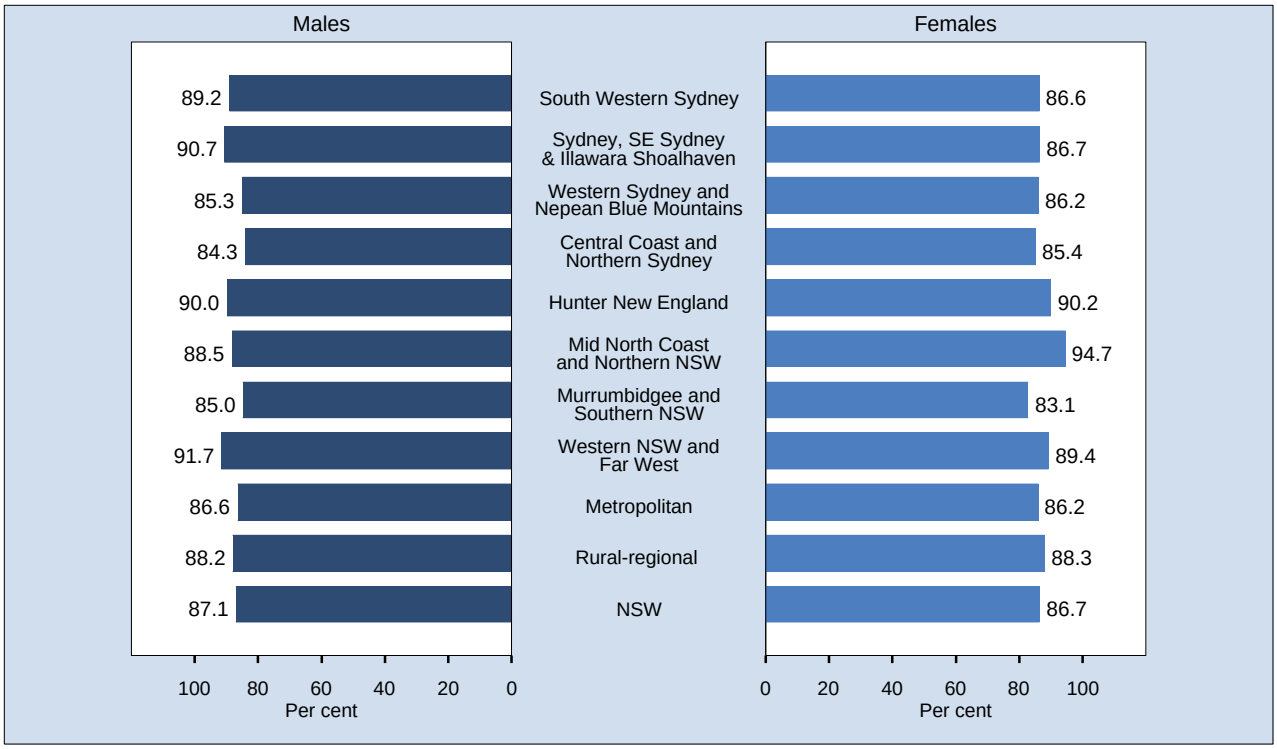
Lesson at school about illicit substances by age, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,895 respondents in NSW. For this indicator 71 (0.89%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had at least part of a lesson at school that was about illicit drugs. The question used to define the indicator was: During 2010 (last year), did you have any lessons or parts of lessons at school that were about illicit drugs such as marijuana / cannabis, ecstasy, heroin, amphetamines (speed, uppers, goey, crystal meth, dexies, dexamphetamines, methamphetamine, ice), hallucinogens, or cocaine?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

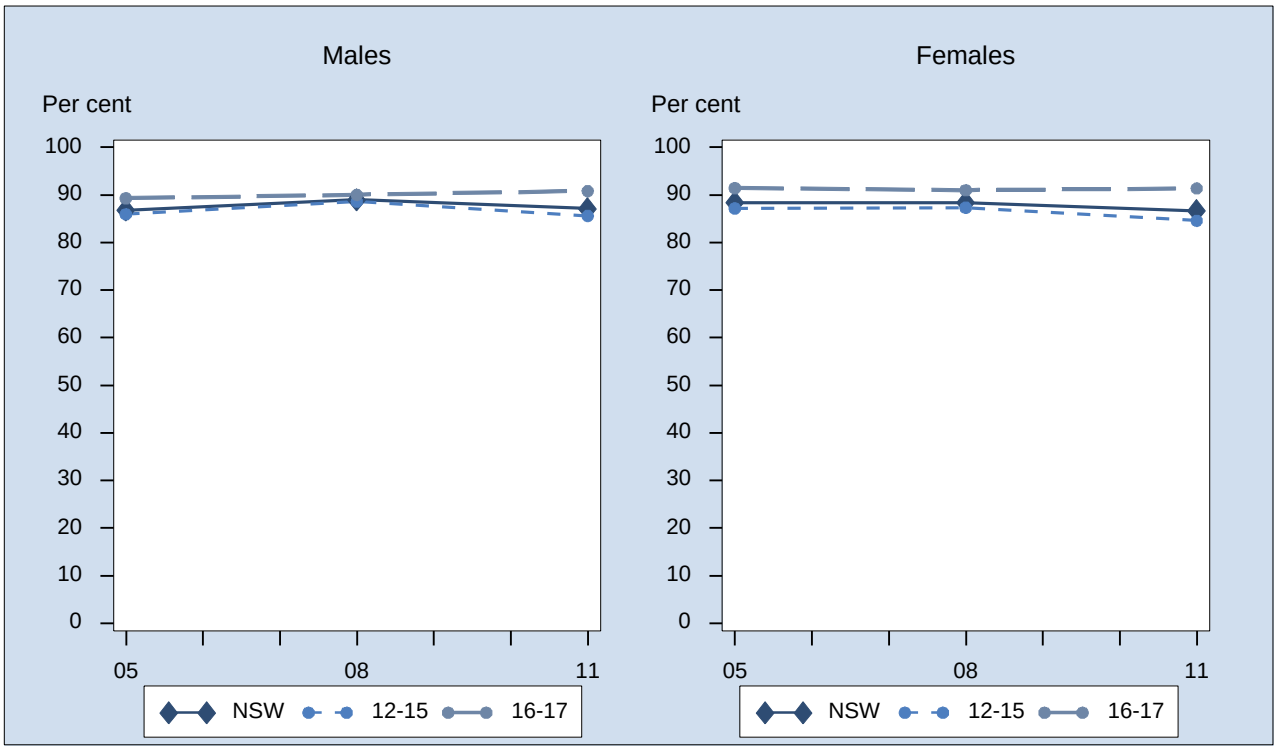
Lesson at school about illicit substances by local health district, students 12 to 17 years, NSW, 2011



Note: Estimates are based on 7,895 respondents in NSW. For this indicator 71 (0.89%) were not stated (Don't know, invalid or no response given) in NSW. The indicator includes those students who had at least part of a lesson at school that was about illicit drugs. The question used to define the indicator was: During 2010 (last year), did you have any lessons or parts of lessons at school that were about illicit drugs such as marijuana / cannabis, ecstasy, heroin, amphetamines (speed, uppers, goey, crystal meth, dexies, dexamphetamines, methamphetamine, ice), hallucinogens, or cocaine?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Lesson at school about illicit substances by year, students 12 to 17 years, NSW, 2005-2011



Note: Estimates are based on the following numbers of respondents for NSW: 2005 (5,496), 2008 (7,500), 2011 (7,895). The indicator includes those students who had at least part of a lesson at school that was about illicit drugs. The question used to define the indicator was: During 2010 (last year), did you have any lessons or parts of lessons at school that were about illicit drugs such as marijuana / cannabis, ecstasy, heroin, amphetamines (speed, uppers, goey, crystal meth, dexies, dexamphetamines, methamphetamine, ice), hallucinogens, or cocaine?

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Conclusion

In 2011, the NSW Department of Health conducted the fourth New South Wales School Students Health Behaviours (SSHB) Survey. Previous SSHB surveys were conducted in 2002, 2005, and 2008 as part of the triennial Australian Students' Smoking, 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.

Conclusion

Overall trends

Increases

Since the data collection began on each topic there has been a significant increase in: adequate fruit consumption; adequate vegetable consumption; adequate bread and cereal consumption; usually consumes lower fat milk; two or more hours of sedentary behaviour when not at school; usually or always spends most of the time inside on sunny summer days; usually or always stays mainly in the shade when outside for an hour or more on sunny summer days; and heroin use in the last 4 weeks.

Decreases

Since the data collection began on each topic there has been a significant decrease in: injured in the last 6 months; unhappiness, sadness, or depression in the last six months; nervousness, stress, or pressure in the last six months; in trouble because of their behaviour in the last 6 months; usually or always wears a hat on sunny summer days; usually or always wears maximum protection sunscreen when outside for an hour or more on sunny summer days; usually or always wears clothes covering most of body when outside for an hour or more on sunny summer days; usually or always wears sunglasses when outside for an hour or more on sunny summer days; sunburnt at least once last summer; used solarium or sunbed at least once in the last year; ever consumed alcohol; consumed alcohol in the last year; consumed alcohol in the last 4 weeks; consumed alcohol in the last 7 days; consumed 4 or more drinks in a day in the last 7 days; ever tried to buy alcohol; ever smoked tobacco; smoked more than 100 cigarettes in their life; smoked tobacco in the last year; smoked tobacco in the last 4 weeks; smoked tobacco in the last 7 days; current tobacco smoker; ever tried to buy cigarettes from a shop; would like to quit smoking; ever inhaled substances; ever used marijuana or cannabis; ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines other than for medical reasons; ever used amphetamines; ever used hallucinogens; ever used cocaine; painkiller or analgesic use in the last year; inhaled substances in the last year; marijuana or cannabis use in the last year; sedative or tranquilliser use in the last year; amphetamine use in the last year; hallucinogens use in the last year; cocaine use in the last year; painkiller or analgesic use in the last 4 weeks; inhaled substances in the last 4 weeks; marijuana or cannabis use in the last 4 weeks; sedative or tranquilliser use in the last 4 weeks; amphetamine use in the last 4 weeks; hallucinogens use in the last 4 weeks; cocaine use in the last 4 weeks; and used more than one illicit substance in the last year.

No change

Since the data collection began on each topic there has been a no significant change in: drink 5 or more cups of water per day; overweight; obese; overweight or obese; perceived themselves as too fat; adequate physical activity; three or more hours of homework on a school day; high psychological distress in the last 6 months; agreement with the statement that you only get skin cancer if you get burnt often; lesson at school about alcohol; lesson at school about smoking cigarettes; ever used painkillers or analgesics; ever used ecstasy; ever used steroids; ever used heroin or opiates; ecstasy use in the last year; steroid use in the last year; heroin use in the last year; ecstasy use in the last 4 weeks; steroid use in the last 4 weeks; ever used more than one illicit substance; and lesson at school about illicit substances.

Changes since last SSHB survey in 2008

Increases

Since the last SSHB survey in 2008 there has been a significant increase in: usually consumes lower fat milk; perceived themselves as too fat; usually or always spends most of the time inside on sunny summer days; usually or always stays mainly in the shade when outside for an hour or more on sunny summer days; ever used painkillers or analgesics; ever used heroin or opiates; painkiller or analgesic use in the last year; heroin use in the last year; heroin use in the last 4 weeks; and heroin use in the last week.

Decreases

Since the last SSHB survey in 2008 there has been a significant decrease in: adequate bread and cereal consumption; in trouble because of their behaviour in the last 6 months; agreement with the statement that you only get skin cancer if you get burnt often; used solarium or sunbed at least once in the last year; ever consumed alcohol; consumed alcohol in the last year; consumed alcohol in the last 4 weeks; consumed alcohol in the last 7 days; ever tried to buy alcohol; ever smoked tobacco; ever tried to buy cigarettes from a shop; ever used cocaine; ecstasy use in the last year; cocaine use in the last year; cocaine use in the last 4 weeks; painkiller or analgesic use in the last week; painkiller or analgesic use in the last week; amphetamine use in the last week; amphetamine use in the last week; ecstasy use in the last week; ecstasy use in the last week; cocaine use in the last week; and cocaine use in the last week.

No change

Since the last SSHB survey in 2008 there has been no significant change in: adequate fruit consumption; adequate vegetable consumption; drink 5 or more cups of water per day; overweight; obese; overweight or obese; adequate physical activity; two or more hours of sedentary behaviour when not at school; injured in the last 6 months; unhappiness, sadness, or depression in the last six months; nervousness, stress, or pressure in the last six months; high psychological distress in the last 6 months; problems that affected school performance in the last six months; usually or always wears a hat on sunny summer days; usually or always wears maximum protection sunscreen when outside for an hour or more on sunny summer days; usually or always wears clothes covering most of body when outside for an hour or more on sunny summer days; usually or always wears sunglasses when outside for an hour or more on sunny summer days; sunburnt at least once last summer; lesson at school about alcohol; smoked more than 100 cigarettes in their life; smoked tobacco in the last year; smoked tobacco in the last 4 weeks; smoked tobacco in the last 7 days; current tobacco smoker; would like to quit smoking; lesson at school about smoking cigarettes; ever inhaled substances; ever used marijuana or cannabis; ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines other than for medical reasons; ever used amphetamines; ever used ecstasy; ever used hallucinogens; ever used steroids; inhaled substances in the last year; marijuana or cannabis use in the last year; sedative or tranquilliser use in the last year; amphetamine use in the last year; hallucinogens use in the last year; steroid use in the last year; painkiller or analgesic use in the last 4 weeks; inhaled substances in the last 4 weeks; marijuana or cannabis use in the last 4 weeks; sedative or tranquilliser use in the last 4 weeks; amphetamine use in the last 4 weeks; ecstasy use in the last 4 weeks; hallucinogens use in the last 4 weeks; steroid use in the last 4 weeks; inhaled substances in the last week; marijuana or cannabis use in the last week; sedative or tranquilliser use in the last week; hallucinogens use in the last week; steroid use in the last week; ever used more than one illicit substance; used more than one illicit substance in the last year; lesson at school about illicit substances.

New questions in 2011 SSHB survey

The following questions were collected for the first time in the 2011 SSHB:

How often on an occasion that you drink alcohol, do you intend to get drunk? Never; A few times; Sometimes; Most times; Every time.

In the past 12 months, after drinking alcohol, have you? Had to go to a Hospital Emergency Department; Been in trouble with the police; Tried any drugs; Been taken home by police; Been admitted to hospital overnight; Had an argument; Caused damage to property; Had an injury that needed to be seen by a doctor; Hit someone or had a fight; Physically threatened someone; Verbally abused someone; Driven a motor vehicle; Stolen something; Created a public disturbance or nuisance; Other (please specify); None of the above.

In the last year, did you use any other substance or substances on the same occasion that you used sleeping tablets, tranquilisers, sedatives or benzodiazepines, such as Valium, Mogadon, Diazepam, Temazepam (Mazzies, Vallies, Moggies, Jellies), Serepax(Serries) or Rohypnol(Rohies, Barbs)? Yes; No.

Where, or from whom, did you get your last sleeping tablet, tranquiliser, sedative or benzodiazepine from? My parent(s) gave it to me; I am prescribed sedatives/tranquillisers by my doctor/paediatrician, or psychiatrist; My brother or sister gave it to me; I took it from home without my parent(s) permission; I bought it from someone; It was given to me by someone; I traded or swapped something for it with someone; Other (please specify).

Do you think you will smoke cigarettes sometime in the next 6 months? Definitely no; Probably no; Probably yes; Definitely yes.

In the past month, how often have you seen people smoking cigarettes? In movies (includes cinema or DVD or on TV); In TV shows; In video games; On the Internet.

Out of every 100 people your age, how many do you think do the following regularly (that is at least once a week)? Smoke cigarettes; Drink alcohol; Use marijuana(cannabis);Use amphetamines; Use ecstasy.

In the last 12 months, have you been in a car when the driver appeared to be under the influence of alcohol? Yes; No.

Please read the following statements and indicate your agreement on the scale Strongly disagree, disagree, neither agree nor disagree, agree and strongly agree: There is little chance that I will get skin cancers; Skin cancer can be easily treated because it can be cut out; You only get skin cancer if you get sun burnt often; A suntan protects you against skin cancers.

Over the last summer, did you try to get a suntan? Yes, just once; Yes, 2 or 3 times; Yes, 4 or more times; No, not at all.

Suppose your skin was exposed to strong sunshine at the beginning of summer with no protection at all. If you stayed in the sun for 30 minutes, would your skin: Just burn and not tan afterwards; Burn first and then tan afterwards; Not burn at all.

What is your normal source of drinking water? Public water supply; Bottled water; Rainwater; Private bore; spring or well; Other private supply (eg. creek or farm dam); Combination of different water sources; Other (please specify).

Which of the following dental injuries have you ever had? None; A tooth was completely knocked out; A tooth was loosened but not completely knocked out; A fractured tooth; Other (please specify).

Trends in health behaviours, NSW, 2011

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
Adequate fruit consumption	2002	24.0 (21.7-26.4)	25.5 (23.3-27.7)	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 (41.2-46.3)	46.5 (44.8-48.2)
	2011	45.0 (42.4-47.5)	46.0 (43.6-48.4)	47.2 (44.8-49.6)	41.3 (38.8-43.9)	45.5 (43.5-47.4)
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 (22.3-25.4)	25.2 (23.6-26.8)	22.5 (20.3-24.6)	24.5 (23.2-25.7)
	2011	26.9 (24.5-29.3)	24.5 (23.1-26.0)	26.5 (24.6-28.4)	23.9 (22.0-25.7)	25.7 (24.2-27.2)
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 (16.0-22.3)	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)
	2011	29.9 (27.5-32.3)	16.7 (15.2-18.3)	23.3 (21.2-25.4)	23.5 (21.4-25.7)	23.4 (21.7-25.1)
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 (36.4-41.0)	35.8 (32.7-38.8)	37.8 (35.9-39.7)
	2011	36.5 (33.5-39.5)	46.6 (43.8-49.4)	41.8 (39.0-44.6)	40.8 (37.8-43.8)	41.5 (39.3-43.7)
Drink 5 or more cups of water per day	2005	45.9 (42.8-49.1)	43.0 (39.6-46.5)	43.8 (41.0-46.6)	46.2 (42.7-49.7)	44.5 (42.2-46.7)
	2008	45.9 (43.5-48.2)	38.6 (36.5-40.7)	40.3 (38.3-42.2)	47.3 (44.4-50.2)	42.3 (40.6-44.0)
	2011	46.2 (43.7-48.6)	38.2 (36.3-40.0)	40.7 (38.7-42.8)	45.6 (43.2-48.1)	42.2 (40.6-43.9)
Overweight	2005	21.8 (18.4-25.2)	10.1 (7.7-12.5)	16.8 (13.7-19.8)	16.2 (12.9-19.6)	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 (13.5-16.8)	16.8 (15.4-18.2)
	2011	20.0 (17.8-22.2)	11.0 (9.5-12.5)	15.3 (13.5-17.0)	17.2 (14.9-19.5)	15.9 (14.5-17.4)
Obese	2005			4.6 (2.8-6.5)	4.7 (2.9-6.4)	4.6 (3.3-6.0)
	2008			4.2 (3.2-5.2)	5.4 (4.0-6.7)	4.6 (3.8-5.4)
	2011			4.1 (2.9-5.3)	5.2 (4.2-6.2)	4.5 (3.6-5.4)
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 (18.2-22.9)	21.4 (19.6-23.1)
	2011	25.5 (22.7-28.3)	14.2 (12.5-16.0)	19.4 (17.1-21.7)	22.4 (19.6-25.1)	20.4 (18.6-22.3)
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 (17.5-26.6)	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 (18.5-21.2)	22.6 (20.9-24.3)	20.6 (19.5-21.8)
	2011	16.2 (14.7-17.8)	28.6 (27.1-30.1)	21.8 (20.2-23.4)	23.7 (21.9-25.5)	22.4 (21.1-23.7)
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 (8.5-11.9)	13.3 (12.3-14.4)
	2011	15.8 (14.1-17.5)	10.3 (9.2-11.4)	14.2 (12.8-15.6)	10.4 (9.0-11.8)	13.1 (11.9-14.2)
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 (86.3-90.8)	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 (87.8-92.6)	90.0 (88.8-91.2)
	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)
	2011	93.1 (91.8-94.5)	90.8 (89.6-92.1)	91.5 (90.2-92.8)	93.2 (91.9-94.6)	92.0 (91.0-93.0)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
Three or more hours of homework on a school day	2002	11.4 (9.3-13.5)	14.0 (10.9-17.1)	9.2 (7.8-10.7)	21.6 (16.8-26.5)	12.7 (10.9-14.6)
	2005	8.7 (6.6-10.8)	11.0 (8.7-13.2)	6.6 (5.3-7.8)	18.4 (14.4-22.4)	9.8 (8.1-11.6)
	2011	10.9 (8.2-13.5)	14.9 (12.3-17.4)	9.7 (7.3-12.1)	20.4 (16.8-23.9)	12.9 (10.7-15.1)
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 (33.5-39.1)	34.7 (29.5-39.9)	35.8 (33.2-38.4)
	2005	42.9 (39.6-46.2)	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)
	2011	39.3 (36.9-41.7)	33.5 (31.6-35.4)	37.0 (34.9-39.1)	35.1 (32.7-37.6)	36.5 (34.8-38.1)
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 (10.0-14.5)	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)
	2011	11.0 (9.4-12.6)	17.0 (15.3-18.6)	13.0 (11.6-14.4)	16.2 (14.7-17.7)	14.0 (12.8-15.1)
Usually or always spends most of the time inside 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 (21.5-28.4)	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 (15.8-20.7)	17.4 (15.8-19.0)
	2011	23.6 (21.0-26.1)	20.0 (17.8-22.1)	22.6 (20.2-25.0)	19.8 (16.8-22.8)	21.8 (19.8-23.8)
Usually or always wears a hat 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 (43.4-50.2)	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 (25.5-29.5)	17.7 (15.5-19.8)	24.7 (23.0-26.5)
	2011	31.1 (28.0-34.2)	16.2 (14.2-18.2)	27.1 (24.6-29.6)	15.8 (13.5-18.1)	23.7 (21.7-25.8)
Usually or always wears maximum protection sunscreen when outside for an hour or more 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 (42.7-47.9)	37.9 (34.8-41.0)	43.2 (41.0-45.4)
	2011	36.9 (34.6-39.1)	49.9 (47.6-52.3)	45.0 (42.7-47.3)	39.4 (36.5-42.2)	43.3 (41.4-45.2)
Usually or always wears clothes covering most of body when outside for an hour or more 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 (16.7-21.2)	21.8 (20.3-23.3)
	2011	25.8 (23.8-27.8)	13.7 (12.3-15.0)	21.5 (19.5-23.4)	15.7 (14.1-17.4)	19.8 (18.2-21.4)
Usually or always wears sunglasses when outside for an hour or more on sunny summer days	1993	28.9 (26.5-31.2)	53.5 (50.2-56.8)	37.3 (34.3-40.2)	51.3 (47.0-55.5)	41.1 (38.4-43.9)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
	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 (34.4-38.0)
	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 (42.4-48.0)	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)
	2011	21.2 (19.2-23.3)	48.4 (45.7-51.1)	30.5 (28.1-32.9)	44.6 (40.9-48.4)	34.7 (32.4-37.0)
Usually or always stays mainly in the shade when outside for an hour or more 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 (24.4-30.5)	30.2 (27.7-32.8)	28.7 (26.1-31.3)	29.2 (25.6-32.9)	28.8 (26.6-31.1)
	2011	32.9 (29.9-35.9)	36.8 (33.8-39.8)	36.7 (33.4-39.9)	30.4 (27.5-33.4)	34.8 (32.2-37.4)
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 (75.7-81.0)	74.6 (71.8-77.5)	77.1 (73.0-81.3)	75.3 (72.9-77.8)
	2011	71.3 (67.8-74.8)	76.1 (72.7-79.4)	71.1 (67.6-74.6)	79.7 (76.2-83.3)	73.7 (70.8-76.5)
Last summer tried to get a suntan at least once	2011	34.8 (31.1-38.4)	62.5 (58.6-66.3)	43.3 (39.4-47.2)	60.7 (55.6-65.8)	48.5 (45.1-51.8)
Agree with the statement that 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 (29.2-35.5)	27.0 (24.5-29.4)	36.1 (33.9-38.2)	12.5 (10.2-14.9)	29.7 (27.4-32.0)
	2008	28.7 (26.3-31.1)	22.1 (19.5-24.7)	30.0 (28.0-31.9)	13.7 (10.9-16.6)	25.4 (23.4-27.5)
	2011	22.4 (20.4-24.4)	17.3 (15.7-18.8)	22.9 (21.3-24.5)	13.2 (11.8-14.6)	19.9 (18.5-21.2)
Used solarium or sunbed at least once in the last year	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)
	2011	5.8 (4.4-7.2)	5.3 (4.5-6.1)	5.8 (4.7-6.9)	4.9 (4.0-5.8)	5.6 (4.7-6.4)
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 (84.8-89.4)	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 (90.6-94.9)	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 (87.1-92.1)	77.2 (74.2-80.2)
	2011	70.3 (67.0-73.7)	67.2 (63.7-70.7)	60.9 (58.0-63.8)	87.5 (85.4-89.6)	68.8 (66.0-71.6)
Consumed alcohol in the last year	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 (70.4-77.1)	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 (61.9-69.6)	58.0 (55.1-60.9)	87.4 (84.9-89.8)	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 (65.7-73.3)	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 (77.8-87.6)	69.6 (66.4-72.8)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
	2005	64.8 (60.9-68.6)	62.1 (57.7-66.6)	55.9 (52.5-59.4)	83.6 (80.4-86.9)	63.5 (60.0-66.9)
	2008	56.1 (51.7-60.4)	56.2 (52.4-59.9)	47.1 (44.0-50.2)	79.2 (75.3-83.0)	56.1 (52.7-59.5)
	2011	47.2 (43.1-51.3)	46.9 (42.8-51.0)	35.4 (32.7-38.0)	74.6 (71.1-78.2)	47.0 (43.6-50.5)
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 (37.4-45.6)	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 (38.0-47.5)	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 (43.5-50.4)	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 (40.4-47.8)	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 (36.4-44.3)	38.5 (34.4-42.5)	31.4 (28.7-34.2)	60.7 (56.0-65.3)	39.4 (36.1-42.7)
	2008	33.3 (29.5-37.1)	32.1 (28.5-35.7)	23.8 (21.5-26.1)	55.5 (50.2-60.8)	32.7 (29.6-35.9)
	2011	27.2 (23.7-30.6)	26.5 (23.0-30.0)	17.0 (15.0-19.0)	50.3 (46.0-54.5)	26.9 (23.9-29.9)
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 (22.5-28.5)	21.3 (19.3-23.3)	46.2 (43.0-49.4)	27.9 (25.3-30.5)
	1993	30.8 (27.0-34.5)	28.2 (25.1-31.2)	23.8 (21.6-25.9)	44.4 (39.1-49.8)	29.5 (26.7-32.3)
	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 (26.1-31.5)	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 (24.0-29.8)	23.7 (20.8-26.6)	19.7 (17.7-21.7)	40.3 (36.1-44.6)	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)
	2011	17.3 (14.9-19.7)	15.1 (13.0-17.3)	10.0 (8.6-11.3)	31.1 (27.8-34.5)	16.2 (14.2-18.3)
Consumed 4 or more drinks in a day in the last 7 days	1984			7.0 (5.7-8.3)	25.3 (22.3-28.3)	10.5 (9.2-11.8)
	1987			5.8 (4.8-6.9)	23.4 (20.7-26.1)	9.8 (8.5-11.1)
	1990			5.4 (4.4-6.4)	21.8 (18.4-25.3)	9.8 (8.1-11.4)
	1993			6.0 (4.9-7.1)	23.3 (18.5-28.1)	10.8 (8.7-12.9)
	1996			6.6 (5.8-7.5)	25.2 (21.7-28.6)	11.5 (9.9-13.1)
	1999			5.6 (4.7-6.6)	24.8 (20.5-29.1)	11.0 (9.1-12.8)
	2002			7.5 (6.2-8.8)	19.0 (14.9-23.2)	10.7 (8.9-12.6)
	2005			6.1 (5.0-7.3)	21.8 (18.2-25.4)	10.4 (8.6-12.2)
	2011			3.0 (2.2-3.7)	17.3 (14.5-20.2)	7.2 (5.8-8.6)
Ever tried to buy alcohol	2005	12.8 (9.7-15.8)	8.1 (6.2-10.0)	5.6 (4.6-6.6)	23.4 (18.8-28.0)	10.4 (8.5-12.4)
	2008	11.9 (9.5-14.3)	10.0 (8.0-12.0)	5.3 (4.4-6.2)	25.3 (21.4-29.2)	10.9 (9.1-12.8)
	2011	8.3 (6.5-10.1)	6.1 (4.8-7.4)	2.7 (2.1-3.3)	17.8 (15.2-20.4)	7.2 (5.9-8.5)
Intended to get drunk when drinking alcohol	2011	25.2 (21.9-28.5)	19.7 (16.7-22.6)	13.6 (11.4-15.8)	31.6 (27.7-35.5)	22.4 (20.0-24.9)
Lesson at school 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 (89.9-93.8)	93.1 (92.1-94.1)
	2011	92.1 (90.8-93.4)	93.7 (92.6-94.8)	93.0 (92.0-94.1)	92.5 (91.1-93.9)	92.9 (92.0-93.7)
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)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
	1999	44.2 (40.7-47.7)	48.1 (44.6-51.6)	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 (31.0-36.8)	31.7 (28.3-35.1)	26.1 (24.0-28.3)	50.7 (47.4-54.0)	32.8 (30.2-35.5)
	2008	25.6 (22.5-28.6)	24.9 (21.9-28.0)	18.2 (16.3-20.0)	43.4 (38.9-48.0)	25.3 (22.7-27.8)
	2011	21.8 (18.9-24.6)	20.5 (17.6-23.3)	13.8 (12.0-15.7)	38.4 (34.4-42.3)	21.1 (18.7-23.6)
Smoked more than 100 cigarettes in their life	1999			6.3 (5.3-7.2)	22.9 (19.5-26.4)	10.8 (9.3-12.3)
	2002			3.6 (2.9-4.3)	15.4 (12.6-18.1)	6.9 (5.4-8.4)
	2005			2.4 (1.8-2.9)	9.1 (7.1-11.2)	4.2 (3.3-5.1)
	2008			1.8 (1.3-2.3)	9.3 (6.4-12.2)	3.9 (2.9-5.0)
	2011			1.6 (1.1-2.1)	8.2 (6.1-10.2)	3.6 (2.7-4.4)
Smoked tobacco in the last year	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)	42.6 (40.1-45.1)
	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 (47.9-53.2)	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 (35.3-43.3)	27.5 (24.8-30.2)
	2005	21.0 (18.2-23.7)	21.1 (18.5-23.7)	16.2 (14.5-17.9)	33.9 (30.4-37.3)	21.0 (18.9-23.1)
	2008	16.5 (14.0-19.1)	17.5 (15.0-20.0)	11.7 (10.1-13.2)	30.7 (26.4-34.9)	17.0 (14.9-19.1)
	2011	15.9 (13.5-18.4)	15.1 (12.8-17.4)	9.5 (8.1-10.8)	29.8 (26.1-33.5)	15.5 (13.5-17.6)
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)	27.4 (25.2-29.7)
	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 (31.2-36.1)	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 (9.3-13.2)	11.5 (9.6-13.3)	8.3 (7.1-9.5)	19.7 (17.0-22.4)	11.4 (9.9-12.9)
	2008	9.6 (7.7-11.4)	10.3 (8.4-12.2)	6.6 (5.5-7.7)	18.4 (14.7-22.1)	9.9 (8.3-11.5)
	2011	9.8 (8.1-11.4)	7.6 (6.1-9.2)	5.1 (4.2-5.9)	17.4 (14.5-20.2)	8.7 (7.4-10.1)
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)	22.4 (20.4-24.3)
	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)
	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 (16.2-20.6)	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 (10.0-13.7)	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 (5.3-8.6)	7.7 (6.0-9.3)	4.7 (3.7-5.6)	14.0 (10.6-17.4)	7.3 (5.9-8.7)
	2011	7.7 (6.2-9.1)	5.1 (3.9-6.4)	3.7 (2.9-4.5)	12.9 (10.4-15.4)	6.4 (5.3-7.6)
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)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
	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 (8.9-11.6)
	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 (7.2-10.0)
	2011	7.9 (6.5-9.4)	7.1 (5.7-8.5)	4.2 (3.5-4.9)	15.4 (12.9-17.8)	7.5 (6.3-8.7)
Ever tried to buy cigarettes from a shop	2005	10.8 (8.3-13.3)	8.2 (6.2-10.3)	5.6 (4.4-6.9)	19.9 (16.3-23.5)	9.5 (7.8-11.2)
	2008	9.5 (7.4-11.6)	7.9 (6.0-9.7)	4.7 (3.8-5.6)	18.8 (14.8-22.9)	8.7 (7.0-10.4)
	2011	7.4 (5.8-9.0)	4.7 (3.4-5.9)	2.7 (2.0-3.3)	14.0 (11.2-16.7)	6.1 (4.8-7.3)
Probably smoke cigarettes sometime in the next 6 months	2011	9.6 (8.2-11.1)	9.4 (7.9-10.9)	5.6 (4.7-6.5)	18.7 (15.8-21.7)	9.5 (8.3-10.7)
Would like to quit smoking	2002	41.8 (34.5-49.1)	48.4 (42.8-54.1)	45.4 (40.1-50.6)	45.8 (36.5-55.2)	45.5 (40.6-50.4)
	2005	38.7 (29.1-48.3)	33.3 (23.8-42.7)	31.6 (23.7-39.6)	40.0 (27.9-52.1)	35.9 (28.4-43.5)
	2008	39.0 (32.4-45.6)	33.9 (28.7-39.2)	30.6 (25.3-35.9)	41.0 (35.1-46.8)	36.4 (32.2-40.5)
	2011	33.9 (27.6-40.2)	41.1 (34.5-47.7)	34.3 (25.5-43.1)	38.9 (32.8-45.0)	37.2 (32.1-42.3)
Lesson at school about smoking cigarettes	2005	91.4 (89.7-93.1)	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 (87.5-91.3)	91.9 (90.5-93.3)	92.5 (91.2-93.8)	85.8 (83.1-88.5)	90.6 (89.3-92.0)
	2011	89.4 (87.9-90.9)	92.4 (91.1-93.8)	92.5 (91.4-93.6)	87.0 (84.9-89.1)	90.9 (89.8-92.0)
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 (93.9-96.4)	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 (95.5-97.6)	94.9 (93.9-95.8)
	2011	95.6 (94.6-96.6)	97.8 (97.3-98.3)	96.4 (95.6-97.1)	97.5 (96.9-98.2)	96.7 (96.1-97.3)
Ever inhaled substances	1996	27.8 (25.8-29.8)	26.8 (24.9-28.7)	30.7 (29.0-32.3)	18.1 (16.2-20.1)	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 (13.7-17.5)	19.9 (18.3-21.6)
	2011	15.6 (14.0-17.2)	20.5 (18.2-22.8)	20.1 (18.1-22.2)	13.1 (11.5-14.7)	18.0 (16.5-19.6)
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 (24.0-28.6)
	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 (14.9-20.3)	13.1 (10.7-15.5)	11.0 (9.3-12.6)	27.1 (22.8-31.4)	15.4 (13.2-17.5)
	2008	13.4 (10.9-16.0)	12.4 (10.1-14.7)	8.1 (6.8-9.5)	25.0 (20.4-29.6)	12.9 (10.8-15.0)
	2011	15.5 (13.1-18.0)	11.6 (9.4-13.7)	8.1 (6.8-9.5)	25.6 (21.8-29.4)	13.6 (11.6-15.6)
Ever used sleeping tablets, tranquilisers, sedatives or benzodiazepines other than for medical reasons	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)
	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 (12.7-15.1)
	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)
	2011	15.4 (13.6-17.2)	16.7 (15.1-18.2)	15.0 (13.6-16.4)	18.4 (16.1-20.8)	16.0 (14.7-17.3)
Ever used amphetamines	1996			5.4 (4.7-6.0)	10.4 (8.8-12.0)	6.7 (6.0-7.4)
	1999			4.9 (4.2-5.5)	11.5 (9.3-13.8)	6.7 (5.8-7.6)
	2002			4.6 (3.8-5.4)	8.3 (5.7-10.9)	5.6 (4.6-6.6)
	2005			3.3 (2.7-3.9)	7.2 (5.4-8.9)	4.4 (3.6-5.1)
	2008			2.6 (1.9-3.2)	6.5 (4.0-9.0)	3.7 (2.8-4.6)
	2011			2.1 (1.6-2.6)	5.3 (3.7-6.8)	3.1 (2.5-3.7)
Ever used ecstasy	1996			3.5 (3.0-4.0)	5.9 (4.7-7.1)	4.1 (3.6-4.6)

Indicator	Year	Males % (95% CI)	Females % (95% CI)	12-15 % (95% CI)	16-17 % (95% CI)	All % (95% CI)
	1999			3.3 (2.8-3.8)	6.4 (5.1-7.7)	4.2 (3.6-4.7)
	2002			3.8 (3.2-4.5)	7.2 (4.6-9.7)	4.8 (3.8-5.7)
	2005			2.5 (1.9-3.2)	6.2 (4.3-8.1)	3.5 (2.8-4.3)
	2008			2.4 (1.8-3.0)	9.3 (6.4-12.3)	4.4 (3.3-5.5)
	2011			1.9 (1.4-2.3)	6.5 (4.7-8.2)	3.3 (2.6-4.0)
Ever used hallucinogens	1996			6.7 (5.9-7.4)	14.2 (12.3-16.0)	8.7 (7.8-9.5)
	1999			4.2 (3.6-4.8)	9.2 (7.2-11.1)	5.6 (4.9-6.4)
	2002			3.8 (3.2-4.4)	5.2 (2.8-7.6)	4.2 (3.4-5.0)
	2005			2.4 (1.7-3.1)	4.4 (2.5-6.2)	2.9 (2.2-3.7)
	2008			2.0 (1.4-2.6)	4.9 (3.3-6.5)	2.8 (2.2-3.5)
	2011			2.3 (1.7-2.8)	4.7 (3.2-6.1)	3.0 (2.4-3.6)
Ever used cocaine	1996			3.9 (3.3-4.5)	4.5 (3.4-5.7)	4.1 (3.5-4.6)
	1999			3.0 (2.4-3.6)	4.2 (3.1-5.2)	3.3 (2.9-3.8)
	2002			2.8 (2.2-3.4)	3.1 (2.2-4.1)	2.9 (2.4-3.4)
	2005			2.3 (1.6-2.9)	3.9 (2.7-5.1)	2.7 (2.1-3.3)
	2008			1.9 (1.4-2.4)	5.3 (3.3-7.2)	2.8 (2.2-3.5)
	2011			1.3 (0.9-1.7)	3.5 (2.6-4.5)	2.0 (1.6-2.4)
Ever used steroids	1996			2.0 (1.6-2.4)	2.2 (1.6-2.8)	2.1 (1.7-2.4)
	1999			2.5 (2.0-3.0)	2.3 (1.4-3.2)	2.4 (2.0-2.9)
	2002			3.0 (2.5-3.6)	2.5 (1.5-3.5)	2.9 (2.4-3.4)
	2005			2.3 (1.7-2.9)	* 1.9 (0.9-2.8)	2.2 (1.7-2.7)
	2008			2.1 (1.6-2.6)	1.9 (1.4-2.5)	2.0 (1.6-2.5)
	2011			2.0 (1.4-2.5)	2.2 (1.6-2.8)	2.0 (1.6-2.4)
Ever used heroin or opiates	1996			3.9 (3.4-4.4)	4.5 (3.6-5.4)	4.0 (3.6-4.5)
	1999			3.0 (2.5-3.6)	4.4 (3.1-5.6)	3.4 (2.9-4.0)
	2002			2.8 (2.2-3.3)	2.3 (1.3-3.4)	2.6 (2.2-3.1)
	2005			2.3 (1.7-2.9)	2.2 (1.4-2.9)	2.3 (1.8-2.8)
	2008			2.0 (1.5-2.4)	2.5 (1.6-3.4)	2.1 (1.7-2.5)
	2011			4.4 (3.1-5.6)	3.7 (2.9-4.5)	4.2 (3.2-5.1)
Ever used more than one illicit substance	2005	7.5 (6.0-8.9)	4.6 (3.6-5.6)	4.5 (3.6-5.4)	10.2 (7.9-12.5)	6.1 (5.0-7.1)
	2008	6.5 (5.2-7.9)	5.5 (4.1-7.0)	3.9 (3.2-4.7)	11.4 (8.3-14.4)	6.0 (4.9-7.2)
	2011	5.7 (4.6-6.8)	3.9 (3.0-4.8)	3.1 (2.5-3.7)	8.9 (6.8-10.9)	4.8 (4.0-5.7)
Lesson at school 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)
	2011	87.1 (85.6-88.7)	86.7 (85.1-88.2)	85.1 (83.4-86.8)	91.1 (89.6-92.7)	86.9 (85.6-88.2)

Source: New South Wales School Students Health Behaviours Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health.

Survey instrument

In 2011, the New South Wales School 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 researchers.
- 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: [X] YES

Please cross ONE Box only unless otherwise indicated

If you make a mistake simply scribble it out and mark the correct answer with a cross like this: [///] No [X] 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 1	SCHOOL	ID	PCODE	LEVEL	CAMPUS
PATTERN	SCHSEX	STRATA	TEACH	DAY	
ORDER 1	INITIALS		DATE	MONTH	YEAR 2011

1. (a) What suburb or town do you live in? _____

   (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 year were you born? __ __ __ __

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❒ $81 – $100 10❒ $131 – $140
   2❒ Less than $10 5❒ $41 – $60 8❒ $101 – $120 11❒ $141 – $150
   3❒ $11 – $20 6❒ $61 – $80 9❒ $121 – $130 12❒ Over $150

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 only

2 ❒ Another language only *(specify which language)* _____

3 ❒ English and another language
(specify the other language) _____

THE NEXT FEW QUESTIONS ARE ABOUT DRINKING <u>ALCOHOL</u> – 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.

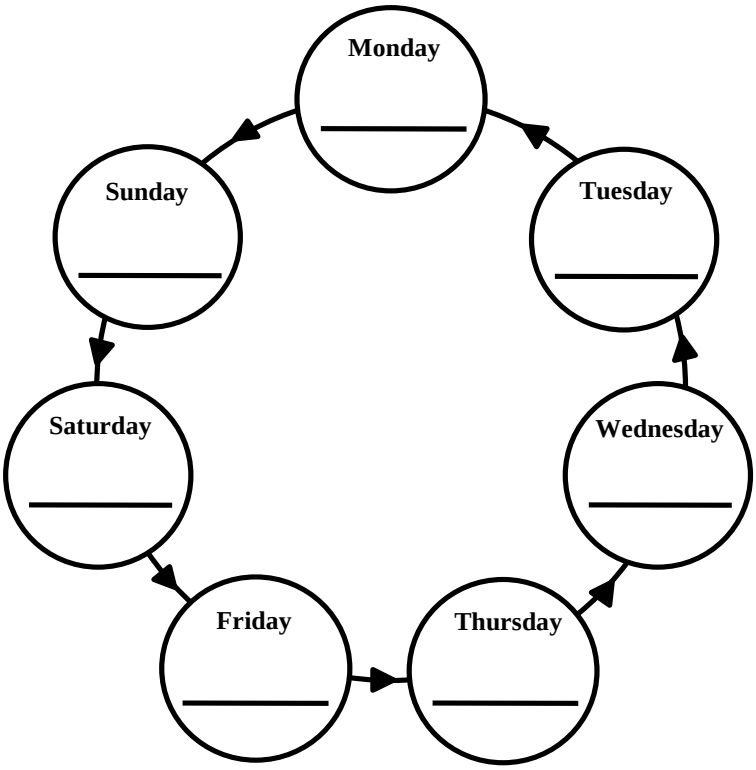
*Put a cross next to **yesterday.** Then in the space provided, write the number of alcoholic drinks you had yesterday. If you didn't have any alcoholic drinks, put in '0'.*

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 TO 20 ARE FOR ANYONE WHO HAS HAD AN ALCOHOLIC DRINK.
IF YOU HAVE NEVER HAD AN ALCOHOLIC DRINK, GO TO QUESTION 21.

16. What alcoholic drink do you usually have?

*Cross the box next to 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 (Goon)

04 ☐ Wine Cooler (eg West Coast Coolers)

05 ☐ Champagne or sparkling wine (eg Spumante, Passion Pop)

06 ☐ Alcoholic Cider (eg Apple, Pear, Strongbow, Magners, Woodchuk)

07 ☐ Alcoholic Sodas (eg Elevate Alcoholic Soda/Cola)

08 ☐ Premixed spirits (eg Bacardi Breezer, Lemon Ruski, Vodka Mudshake, Jim Beam and Cola, Wild Turkey and Cola, Bundaberg Rum and Cola, etc)

09 ☐ Spirits (eg rum, brandy, whisky, gin, vodka)

10 ☐ Liqueurs including premixed liqueurs (eg Tia Maria, Kahlua, Midori, Glide, Illusion etc)

** ☐ Other *(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 ...**

01 ❒ My parent(s) gave it to me

02 ❒ My brother or sister gave it to me

03 ❒ I took it from home without my parent(s) permission

04 ❒ Friends gave it to me

05 ❒ I got someone to buy it for me → ***Go to Question 17(b)***

** ❒ Other *(specify)*

_____

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

** ❒ Other *(specify)*_____

*You should have crossed only **one** box.*

(b) If <u>someone else bought alcohol for you</u>, who was this person?

1 ❒ Friend who is 18 or over

2 ❒ Brother/sister or other relative who is 18 or over

3 ❒ Friend who is not yet aged 18

4 ❒ Brother/sister or other relative who is not yet 18

5 ❒ Stranger who was able to buy alcohol

6 ❒ Other *(please specify)*

_____

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 ❒ At a beach, park or recreation area
02 ❒ At a hotel, pub, bar, tavern or RSL club
03 ❒ At a dance venue/dance party
04 ❒ At a nightclub
05 ❒ At a party
06 ❒ At a restaurant
07 ❒ At a sporting event
08 ❒ At a sports club (eg Leagues, surfing, football)
09 ❒ At my school
10 ❒ At my home
11 ❒ At my friend's home
12 ❒ In a car
** ❒ Other *(specify)*

_____

*You should have crossed only **one** box.*

(b) Was an adult supervising you and/or your friends when you had this drink?

1 ❒ Yes 2 ❒ No

19. How often on an occasion that you drink alcohol, do you intend to get drunk?

1 ❒ Never
2 ❒ A few times
3 ❒ Sometimes
4 ❒ Most times
5 ❒ Every time
6 ❒ Don't know

20. In the past 12 months, after drinking alcohol have you?

01 ❒ Created a public disturbance or nuisance

02 ❒ Stolen something

03 ❒ Caused damage to property

04 ❒ Driven a motor vehicle

05 ❒ Verbally abused someone

06 ❒ Physically threatened someone

07 ❒ Hit someone or had a fight

08 ❒ Attended work or school

09 ❒ Had an argument

10 ❒ Had to go to a Hospital Emergency department

11 ❒ Been admitted to hospital overnight

12 ❒ Had an injury that needed to be seen by a Doctor

13 ❒ Been taken home by police

14 ❒ Missed school

15 ❒ Been sick (vomited)

16 ❒ Tried any drugs

17 ❒ Been in trouble with the police

OR

18 ❒ Other (please specify) _____

OR

19 ❒ None of the above

*You should have **crossed** all that apply.*

THE NEXT QUESTIONS ARE FOR EVERYONE AND ARE ABOUT SMOKING CIGARETTES.

21. 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?

22. 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

23. Have you smoked cigarettes in the last **twelve months**?

1❒ Yes

2❒ No

24. Have you smoked cigarettes in the last **four weeks**?

1❒ Yes

2❒ No

25. This question is about the number of cigarettes you had during the last **seven days**, including yesterday.

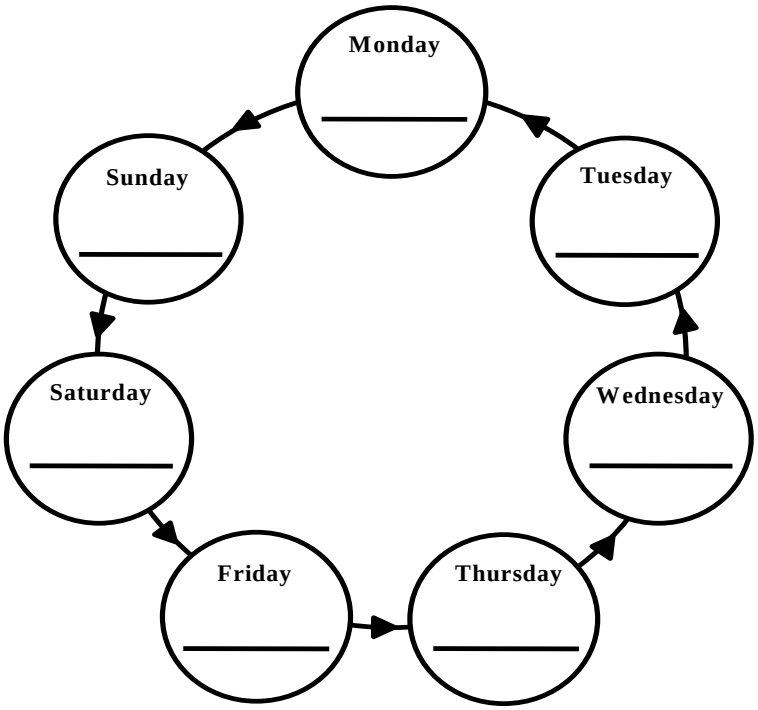
*Put a cross next to **yesterday.** Then in the space provided, write the number of cigarettes you had yesterday. If you didn't smoke any cigarettes, put in '0'.*

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.



26. 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

27. 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 ❒	2 ❒	3 ❒	4 ❒	5 ❒
(ii) for you to get someone else to buy cigarettes for you?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒

QUESTIONS 28, 29 AND 30 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 31.

28. (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
** ❒ Other *(specify)*

_____

*You should have crossed only **one** box.*

(b) Do the cigarettes you usually smoke come from packets of ...?

1 ❒ 20s?
2 ❒ 25s?
3 ❒ 30s?
4 ❒ 35s?
5 ❒ 40s?
6 ❒ 50s?

*Remember: you should have crossed only **one** box.*

29. (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 ...

01 ❒ My parent(s) gave it to me
02 ❒ My brother or sister gave it to me
03 ❒ I took it from home without my parent(s) permission
04 ❒ Friends gave it to me
05 ❒ I got someone to buy it for me → ***Go to Question 27(b)***
** ❒ Other *(specify)*

_____

OR

I bought it ...

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 or 7 eleven)
56 ❒ At a tobacconist/tobacco shop
57 ❒ At a take-away food shop
58 ❒ At a petrol station
59 ❒ Through the Internet
** ❒ Other *(specify)*_____

*You should have crossed only **one** box.*

(b) If <u>someone else bought cigarettes</u> for you, who was this person?

1 ❒ Friend who is 18 or over
2 ❒ Brother/sister or other relative who is 18 or over
3 ❒ Friend who is not yet aged 18
4 ❒ Brother/sister or other relative who is not yet 18
5 ❒ Stranger who was able to buy cigarettes
6 ❒ Other *(please specify)*

_____

30. 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.

31. (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❒	2❒	3❒	4❒	5❒	6❒	7❒
(ii) In the **last four weeks**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iii) In the **last year**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iv) In your **lifetime**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒

If you have NEVER used or taken painkiller/analgesics, go to QUESTION 32.

(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)* _____

(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

* ❒ Other *(please specify)* _____

32.(a) How many times, if ever, have you used or taken sleeping tablets, tranquillisers or sedatives, such as Valium, Mogadon, Diazepam, Temazepam (Vallies, Moggies, Jellies), 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 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒
(ii) In the **last four weeks**?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒
(iii) In the **last year**?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒
(iv) In your **lifetime**?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒

If you have NEVER used or taken benzodiazepines sleeping tablets/sedatives, go to QUESTION 33.

(b) In the last year, did you use any other substance or substances on the same occasion that you used benzodiazepines sleeping tablets, tranquillisers or sedatives, such as Valium, Mogadon, Diazepam, Temazepam (Vallies, Moggies, Jellies), Serepax or Rohypnol (rohies, barbs)?

*Cross **all** that apply.*

1 ❐ I did not use any other substance on the same occasion

2 ❐ Ecstasy (XTC, E, MDMA, ecci, X, bickies)

3 ❐ Hallucinogens (eg LSD, acid, trips, magic mushrooms)

4 ❐ Painkillers/analgesics

5 ❐ Tobacco

6 ❐ Alcohol

7 ❐ Amphetamines (eg speed, uppers,

goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice)

8 ❐ Marijuana/cannabis

9 ❐ Other (what substance?)

_____

*You should have crossed **all** that apply.*

(c) Where, or from whom, do you usually get sedatives/ tranquilisers from?
Fill in the space beside other if you can't find your answer

*Cross only **one** box.*

1 ❐ My parent(s) gave it to me

2 ❐ I am prescribed sedatives/tranquillisers by my doctor/paediatrician, or psychiatrist

3 ❐ My brother or sister gave it to me

4 ❐ I took it from home without parent(s) permission

5 ❐ I buy them from someone

6 ❐ I am given them by someone

7 ❐ I trade or swap something for them with someone

8 ❐ Other (please specify)_____

33. (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❒	2❒	3❒	4❒	5❒	6❒	7❒
(ii) In the **last four weeks**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iii) In the **last year**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iv) In your **lifetime**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒

If you have NOT used marijuana/cannabis in the last year, go to QUESTION 34.

(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❒ Tobacco

2❒ Alcohol

3❒ Painkillers/analgesics

4❒ Sedatives/tranquillisers/sleeping tablets

5❒ Hallucinogens (eg LSD, acid, trips, magic mushrooms)

6❒ Amphetamines (eg speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice)

7❒ Ecstasy (XTC, E, MDMA, ecci, X, bickies)

**❒ Other *(what substance?)* _____

8❒ I did not use any other substance on the same occasion

*You should have crossed **all** that apply.*

(c) When you use cannabis (marijuana) 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 *(specify)* _____

*You should have crossed only **one** box.*

(d) Do you usually use cannabis (marijuana) by yourself or with others?

1❒ By myself

2❒ With others

3❒ By myself and with others about equally often

(e) **Where** did you last use 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, rave

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❒ At my school

**❒ Other *(specify)* _____

*You should have crossed only **one** box.*

34. 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❒	2❒	3❒	4❒	5❒	6❒	7❒
(ii) In the **last four weeks**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iii) In the **last year**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iv) In your **lifetime**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒

35. 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 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒
(ii) In the **last four weeks**?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒
(iii) In the **last year**?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒
(iv) In your **lifetime**?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒

36. (a) How many times, if ever, have you used or taken amphetamines (eg 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 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒
(ii) In the **last four weeks**?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒
(iii) In the **last year**?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒
(iv) In your **lifetime**?	1 ❒	2 ❒	3 ❒	4 ❒	5 ❒	6 ❒	7 ❒

If you have NOT used amphetamines in the last year, go to QUESTION 37 (a).

(b) In the **last year**, did you use any other substance or substances **on the same occasion that you used** amphetamines (eg speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice)?

*Cross **all** that apply.*

1❒ Tobacco

2❒ Alcohol

3❒ Painkillers/analgesics

4❒ Sedatives/tranquillisers/sleeping tablets

5❒ Hallucinogens (eg LSD, acid, trips, magic mushrooms)

6❒ Marijuana/cannabis

7❒ Ecstasy (XTC, E, MDMA, ecci, X, bickies)

*❒ Other *(what substance?)* _____

8❒ I did not use any other substance on the same occasion

*You should have crossed **all** that apply.*

37. (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❒	2❒	3❒	4❒	5❒	6❒	7❒
(ii) In the **last four weeks**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iii) In the **last year**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iv) In your **lifetime**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒

If you have NOT used ecstasy in the last year, go to QUESTION 38.

(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❒ Tobacco

2❒ Alcohol

3❒ Painkillers/analgesics

4❒ Sedatives/tranquillisers/sleeping tablets

5❒ Hallucinogens (eg LSD, acid, trips, magic mushrooms)

6❒ Amphetamines (eg speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice)

7❒ Marijuana/cannabis

**❒ Other *(what substance?)* _____

8❒ I did not use any other substance on the same occasion

*You should have crossed **all** that apply.*

38. 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❒	2❒	3❒	4❒	5❒	6❒	7❒
(ii) In the **last four weeks**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iii) In the **last year**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iv) In your **lifetime**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒

39. 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❒	2❒	3❒	4❒	5❒	6❒	7❒
(ii) In the **last four weeks**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iii) In the **last year**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iv) In your **lifetime**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒

40. (a) How many times, if ever, have you used or taken hallucinogens (eg 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❒	2❒	3❒	4❒	5❒	6❒	7❒
(ii) In the **last four weeks**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iii) In the **last year**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒
(iv) In your **lifetime**?	1❒	2❒	3❒	4❒	5❒	6❒	7❒

If you have NOT used hallucinogens in the last year, go to QUESTION 41.

(b) In the **last year**, did you use any other substance or substances **on the same occasion that you used** hallucinogens (eg LSD, acid, trips, magic mushrooms, datura, angel's trumpet)?

*Cross **all** that apply.*

1❒ Tobacco

2❒ Alcohol

3❒ Painkillers/analgesics

4❒ Sedatives/tranquillisers/sleeping tablets

5❒ Marijuana/cannabis

6❒ Amphetamines (eg speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice)

7❒ Ecstasy (XTC, E, MDMA, ecci, X, bickies)

**❒ Other *(what substance?)* _____

8❒ I did not use any other substance on the same occasion

*You should have crossed **all** that apply.*

THESE QUESTIONS ARE FOR EVERYONE.

41. **During 2010** (last year), did you have any lessons or parts of lessons at school that were about **smoking cigarettes**?

1❒ No, not even part of a lesson

2❒ Yes, part of a lesson

3❒ Yes, one lesson

4❒ Yes, more than one lesson

42. **During 2010** (last year), did you have any lessons or parts of lessons at school that were about **drinking alcohol**?

1 ❒ No, not even part of a lesson

2 ❒ Yes, part of a lesson

3 ❒ Yes, one lesson

4 ❒ Yes, more than one lesson

43. **During 2010** (last year), did you have any lessons or parts of lessons at school that were about **illicit drugs** such as marijuana, ecstasy, heroin, amphetamines (speed, uppers, goey, crystal methamphetamine, base, dex, dexies, dexamphetamines, ox blood, methamphetamine, ice), hallucinogens, cocaine?

1 ❒ No, not even part of a lesson

2 ❒ Yes, part of a lesson

3 ❒ Yes, one lesson

4 ❒ Yes, more than one lesson

*Remember: **last** year was 2010.*

These questions are for everyone and are additional questions about SMOKING

44. 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❒

45. Do you think you will smoke cigarettes sometime in the next 6 months?

1❒ Definitely no
2❒ Probably no
3❒ Probably yes
4❒ Definitely yes

46. Would you like to quit smoking?

1❒ Yes
2❒ No
3❒ I am not sure
4❒ I don't smoke

→ **GO to Question 48**

47. Have you tried to quit smoking in the last 12 months?

1❒ Yes have tried to give up [ ] times
2❒ I smoke but have not tried to quit in the last 12 months

48. Have you seen any cigarette advertising in the last 6 months?

*(You may cross **more than one** box)*

1❒ No
2❒ Yes, in magazines or newspapers
3❒ Yes, on the Internet
4❒ Yes, in shops or tobacconists
5❒ Yes, on billboards
6❒ Yes, at a sports event
7❒ Yes, while watching TV coverage of a sports event
8❒ Yes, at a festival or other event

49 In the past month, how often have you seen people smoking cigarettes:

	None	Rarely	Sometime	Often
In movies (includes cinema or DVD or on TV)	1❒	2❒	3❒	4❒
In TV shows	1❒	2❒	3❒	4❒
In video games	1❒	2❒	3❒	4❒
On the Internet	1❒	2❒	3❒	4❒

50. Out of every 100 people your age, how many do you think do the following regularly *(that is at least once a week)*?

Please write your answer in the space provided for ***each*** *item.*

(i) Smoke cigarettes _____ out of 100
(ii) Drink alcohol _____ out of 100
(iii) Use marijuana/cannabis _____ out of 100
(iv) Use amphetamines _____ out of 100
(iv) Use ecstasy _____ out of 100

51. Have you ever tried to buy cigarettes from a shop?

1❒ No → **Go to QUESTION 53**

2❒ Yes → **Go to QUESTION 52**

52. The last time you tried to buy cigarettes, did the shopkeeper refuse you service?

1❒ No 2❒ Yes

53. 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

54. Have you seen any advertisements about quitting smoking in the last 6 months? *(You may cross **more than one** box)*

1 ❐ No
2 ❐ Yes, in magazines or newspapers
3 ❐ Yes, on the Internet
4 ❐ Yes, in shops or tobacconists
5 ❐ Yes, on billboards
6 ❐ Yes, at a sports event
7 ❐ Yes, on TV
8 ❐ Unsure

These questions are for everyone and are additional questions about ALCOHOL

55. Have you ever tried to buy alcohol at a hotel, pub, club, restaurant, and nightclub or bottle shop?

1 ❐ No → **Go to QUESTION 60**
2 ❐ Yes → **Go to QUESTION 56**

56. 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 ❐	2 ❐	3 ❐
Restaurant	1 ❐	2 ❐	3 ❐
Nightclub or dance venue	1 ❐	2 ❐	3 ❐
Bottle shop	1 ❐	2 ❐	3 ❐

57. 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 ❐	2 ❐	3 ❐
Restaurant	1 ❐	2 ❐	3 ❐
Nightclub or dance venue	1 ❐	2 ❐	3 ❐
Bottle shop	1 ❐	2 ❐	3 ❐

58. 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?

Go to QUESTION 60	**Go to QUESTION 59**	**Go to QUESTION 59**
1❒ No	2❒ Yes, Once or twice	3❒ Yes, Frequently

59. 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❒ Someone else's proof of age card or driver's licence

2❒ A fake proof of age card

3❒ A fake learner's or driver's licence

4❒ A genuine learner's or driver's licence that has been altered (eg date of birth)

5❒ A stolen proof of age card

6❒ A stolen learner's or driver's licence

7❒ Other document (please specify)_____

60. 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

61. In the last 12 months, have you been in a car when the driver appeared to be under the influence of alcohol?

1❒ Yes 2❒ No

These questions are for everyone and are questions about SUN PROTECTION

62. Please read the following statements and indicate your agreement on the scale.

	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Don't Know
There is little chance that I will get skin cancers	1❒	2❒	3❒	4❒	5❒	6❒
Skin cancer can be easily treated because it can be cut out	1❒	2❒	3❒	4❒	5❒	6❒
You only get skin cancer if you get sun burnt often	1❒	2❒	3❒	4❒	5❒	6❒
A suntan protects you against skin cancers	1❒	2❒	3❒	4❒	5❒	6❒

63. Over the last summer, did you get sunburn that was sore or tender the next day?

1❒ Yes, just once
2❒ Yes, 2 or 3 times
3❒ Yes, 4 or more times
4❒ No, not at all

64. How many times have you used a solarium (sun bed) in the past 12 months?

1❒ None
2❒ Once
3❒ 2-5 times
4❒ 6 or more times

65. Do you like to get a suntan?

1❒ No
2❒ Yes, a light tan
3❒ Yes, a moderate tan
4❒ Yes, a dark tan
5❒ Yes, a very dark tan

66. Over the last summer, did you try to get a suntan?

1❒ Yes, just once
2❒ Yes, 2 or 3 times
3❒ Yes, 4 or more times
4❒ No, not at all

67. Thinking about sunny days in summer, when you are outside for an hour or more between 11 am and 3 pm, how often would you:

	Never	Rarely	Sometimes	Usually	Always
Wear a hat	1❒	2❒	3❒	4❒	5❒
Wear clothes covering most of your body (including arms and legs)	1❒	2❒	3❒	4❒	5❒
Deliberately wear less or briefer clothing so as to get some sun on your skin	1❒	2❒	3❒	4❒	5❒
Wear maximum protection sunscreen (SPF 30+)	1❒	2❒	3❒	4❒	5❒
Wear sunglasses	1❒	2❒	3❒	4❒	5❒
Stay mainly in the shade	1❒	2❒	3❒	4❒	5❒
Spend most of the time inside	1❒	2❒	3❒	4❒	5❒

68. Suppose your skin was exposed to strong sunshine at the beginning of summer with no protection at all. If you stayed in the sun for 30 minutes, would your skin:

1❒ Just burn and not tan afterwards

2❒ Burn first and then tan afterwards

3❒ Not burn at all

4❒ Don't know

These questions are for everyone and are questions about NUTRITION

69. How many serves of vegetables do you usually eat each day?

(A serve is equal to ½ cup of cooked vegetables or 1 cup of salad vegetables)

1❒ 1 serve or less

2❒ 2 serves

3❒ 3 serves

4❒ 4 serves

5❒ 5 serves

6❒ 6 serves or more

7❒ I do not eat vegetables

70. How many serves of fruit do you usually eat each day? (A serve is equal to 1 medium piece or 2 small pieces of fruit, or 1 cup of diced pieces of fruit)

❒ 1 serve or less

2❒ 2 serves

3❒ 3 serves

4❒ 4 serves

5❒ 5 serves

6❒ 6 serves or more

7❒ I do not eat fruit

71. How many serves of bread and/or cereal do you usually eat each day? (A serve is 1 slice of bread, ½ bread roll, ½ cup breakfast cereal, or ½ cup pasta, rice, or noodles)

1❒ 1 serve or less
2❒ 2 serves
3❒ 3 serves
4❒ 4 serves
5❒ 5 serves
6❒ 6 serves
7❒ 7 serves
8❒ 8 serves
9❒ 9 serves
10❒ 10 serves or more
11❒ I do not eat bread and/or cereal

72. 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❒ One
2❒ Twice
3❒ 3 times
4❒ 4 times
5❒ 5 times
6❒ 6 times
7❒ 7 or more times
8❒ None

73. 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❒ One
2❒ Twice
3❒ 3 times
4❒ 4 times
5❒ 5 times
6❒ 6 times
7❒ 7 or more times
8❒ None

74. How many times in the last week did you drink a can 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❒ One
2❒ Twice
3❒ 3 times
4❒ 4 times
5❒ 5 times
6❒ 6 times
7❒ 7 or more times
8❒ None

75. What type of milk do you usually have? *(Cross one box only)*

1 ❒ Whole milk (including flavoured milk and full-cream soy milk)

2 ❒ Reduced fat milk (eg. Lite White, Farmer's Best, Hi-Lite, So Good Lite, Oak and reduced fat flavoured milk)

3 ❒ Skim milk (including Shape)

4 ❒ Evaporated or sweetened condensed milk

5 ❒ None of the above

6 ❒ I don't know

76. How many cups of water do you usually drink? (One cup=250ml or a household teacup; 1 average bottle of water=1.5 cups)

1 ❒ Number of cups per day [ ] cups

2 ❒ I don't drink water

3 ❒ I don't know

77. What is your normal source of drinking water? *(Cross one box only)*

1 ❒ Public water supply

2 ❒ Bottled water

3 ❒ Rainwater

4 ❒ Private bore, spring or well

5 ❒ Other private supply (eg. creek or farm dam)

6 ❒ Combination of different water sources

7 ❒ Other [SPECIFY] [ ]

78. How tall are you without shoes:

[ ] Centimetres or [ ] Feet or [ ] Inches 1 ❒ I don't know

79. How much do you weight without clothes or shoes?

[ ] Kilograms or [ ] Stones or [ ] Lbs 1 ❒ I don't know

80. 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)

81. Which of the following are you trying to do about your weight?

1 ❐ Lose weight
2 ❐ Gain weight
3 ❐ Stay the same weight
4 ❐ I am not trying to do anything about my weight

These questions are for everyone and are questions about PHYSICAL ACTIVITY

82. How many times in the last week did you:

	None	Once	Twice	3 times	4 times	5 times	6 or more times
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)	1 ❐	2 ❐	3 ❐	4 ❐	5 ❐	6 ❐	7 ❐
Do any moderate physical activity for at least 30 minutes that did not make you sweat or breathe hard? (eg slow bike riding, housework, brisk walking, pushing a lawnmower)	1 ❐	2 ❐	3 ❐	4 ❐	5 ❐	6 ❐	7 ❐

83. 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 ❐ 1 day
2 ❐ 2 days
3 ❐ 3 days
4 ❐ 4 days
5 ❐ 5 days
6 ❐ 6 days
7 ❐ 7 days
8 ❐ No days in the last week

84. 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
Homework	1❒	2❒	3❒	4❒	5❒	6❒
Watch TV/videos/DVDs	1❒	2❒	3❒	4❒	5❒	6❒
Use the Internet/playing computer games? (Don't include computer use for homework)	1❒	2❒	3❒	4❒	5❒	6❒

85. 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

86. 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

87. 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.

88. 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 92**
2 ❒ Yes, at home and at school
3 ❒ Yes, but only at home
4 ❒ Yes, but only at school

89. 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

90. 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 92**
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) _____

91. If you talked to someone about feeling unhappy, sad or depressed, how helpful were they? *(Cross **one** box only)*

1 ❒ Not at all helpful
2 ❒ Somewhat helpful
3 ❒ Quite helpful
4 ❒ Very helpful

92. During the last six months, was there a time when you felt nervous, stressed, or under pressure? *(Cross **one** box only)*

1 ❒ No → **Please go to QUESTION 96**
2 ❒ Yes, at home and at school
3 ❒ Yes, but only at home
4 ❒ Yes, but only at school

93. When you were feeling nervous, stressed, or under pressure, how bad was it for you? *(Cross **one** box only)*

1 ❒ Almost more than I could take
2 ❒ Quite bad
3 ❒ Worse than usual
4 ❒ About usual

94. When you were feeling nervous, stressed, or under pressure, who did you talk to about it? *(You may cross **more than one** box)*

1 ❒ No one → **Please go to QUESTION 96**
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) [ ]

95. If you talked to someone about feeling nervous, stressed, or under pressure, how helpful were they? *(Cross **one** box only)*

1 ❒ Not at all helpful
2 ❒ Somewhat helpful
3 ❒ Quite helpful
4 ❒ Very helpful

96. During the last six months, was there a time when you were in trouble because of your behaviour? *(Cross **one** box only)*

1 ❒ No → **Please go to QUESTION 100**
2 ❒ Yes, at home and at school
3 ❒ Yes, but only at home
4 ❒ Yes, but only at school

97. When you were in trouble because of your behaviour, how bad was it for you? *(Cross **one** box only)*

1 ❒ Almost more than I could take
2 ❒ Quite bad `
3 ❒ Worse than usual
4 ❒ About usual

98. When you were in trouble because of your behaviour, who did you talk to about it? *(You may cross **more than one** box)*

1 ❒ No one → **Please go to QUESTION 100**
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) [ ]

99. If you talked to someone about being in trouble because of your behaviour, how helpful were they? *(Cross **one** box only)*

1 ❒ Not at all helpful
2 ❒ Somewhat helpful
3 ❒ Quite helpful
4 ❒ Very helpful

These questions are for everyone and are questions about problems that may have impact on school performance.

100. 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? *(Cross **one** box only)*

1 ❒ No → **Please go to QUESTION 104**
2 ❒ Yes, at home and at school
3 ❒ Yes, but only at home
4 ❒ Yes, but only at school

101. When you were having those study problems, how bad was it for you? *(Cross **one** box only)*

1 ❒ Almost more than I could take
2 ❒ Quite bad `
3 ❒ Worse than usual
4 ❒ About usual

102. When you were having those study problems, who did you talk to about it? *(You may cross **more than one** box)*

1 ❒ No one → **Please go to QUESTION 104**
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) [ ]

103. If you talked to someone about having those study problems, how helpful were they? *(Cross **one** box only)*

1 ❒ Not at all helpful
2 ❒ Somewhat helpful
3 ❒ Quite helpful
4 ❒ Very helpful

These questions are for everyone and are questions about INJURY

104. In the past 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional?

1 ❒ No → **Go to QUESTION 106**
2 ❒ Yes → **Go to QUESTION 105**

105. 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 ❒ School activity (including school sport)

2 ❒ Sport (playing or training; excludes school sport)

3 ❒ Leisure or play

4 ❒ Working for money

5 ❒ Travelling in a vehicle

6 ❒ Travelling on foot or on wheels

7 ❒ Doing any other activity

106. Which of the following dental injuries have you ever had? *(You may cross **more than one** box)*

1 ❒ None

2 ❒ A tooth was completely knocked out

3 ❒ A tooth was loosened but not completely knocked out

4 ❒ A fractured tooth

5 ❒ Other (specify)

Thank you very much for your help

You have completed the survey!