

CHILDREN, PARENTS AND WELL- BEING: LEARNING FROM THE HEALTH BEHAVIOUR IN SCHOOL AGED CHILDREN (HBSC) STUDY

Michal Molcho, PhD
Children's Studies
NUI Galway, Ireland

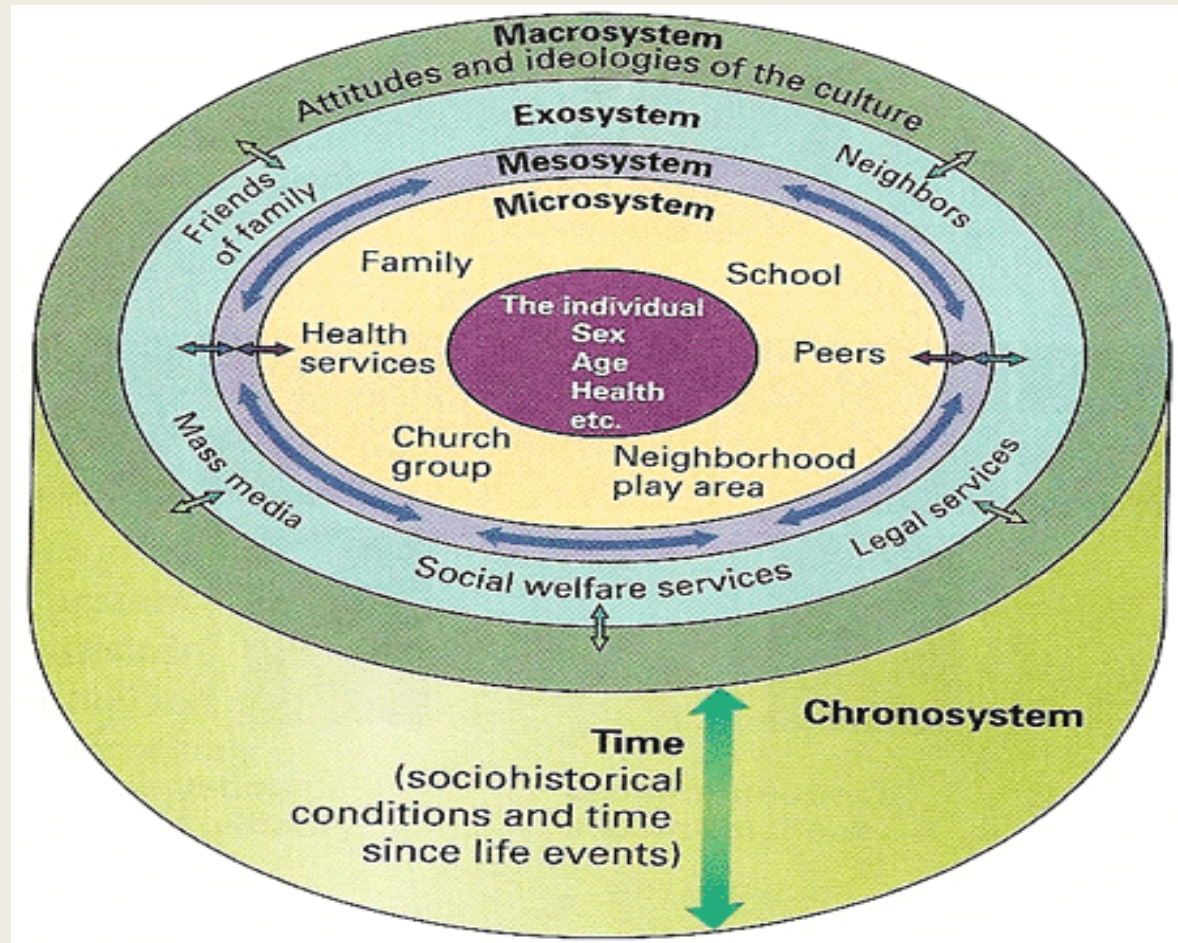
Outline

- Background
- Context
- Definition
- HBSC Study
- Well-being
 - *Demographic*
 - *Geographic*
 - *Time trends*
 - *Predictors*

Background

- Sociology of Health
- Health Behaviour in School-aged Children
- Health Promotion
- Children's Studies
 - *Director of a new programme at NUI Galway*
 - *Inter-disciplinary*
 - *Focused on experiential learning*

Models of children lives



Models of children lives



Childhood

- Sin vs innocence
- Small adult
- Responsibility of the state
- The creator of family
- A citizen with rights
 - *The right to be heard*
 - *The right for health*

Well-being

- health as a state of complete physical, mental and social wellbeing and not only the mere absence of illness and disability
 - *Self-rated Health*
 - *Life Satisfaction*
- Important predictor of physical and mental health, behaviour, relationships and academic success

Communication with parents

- Good relationships with parents is important throughout childhood and adolescents
- A strong predictor of good health, wellbeing and healthy behaviours
- A strong predictor of healthy relationships

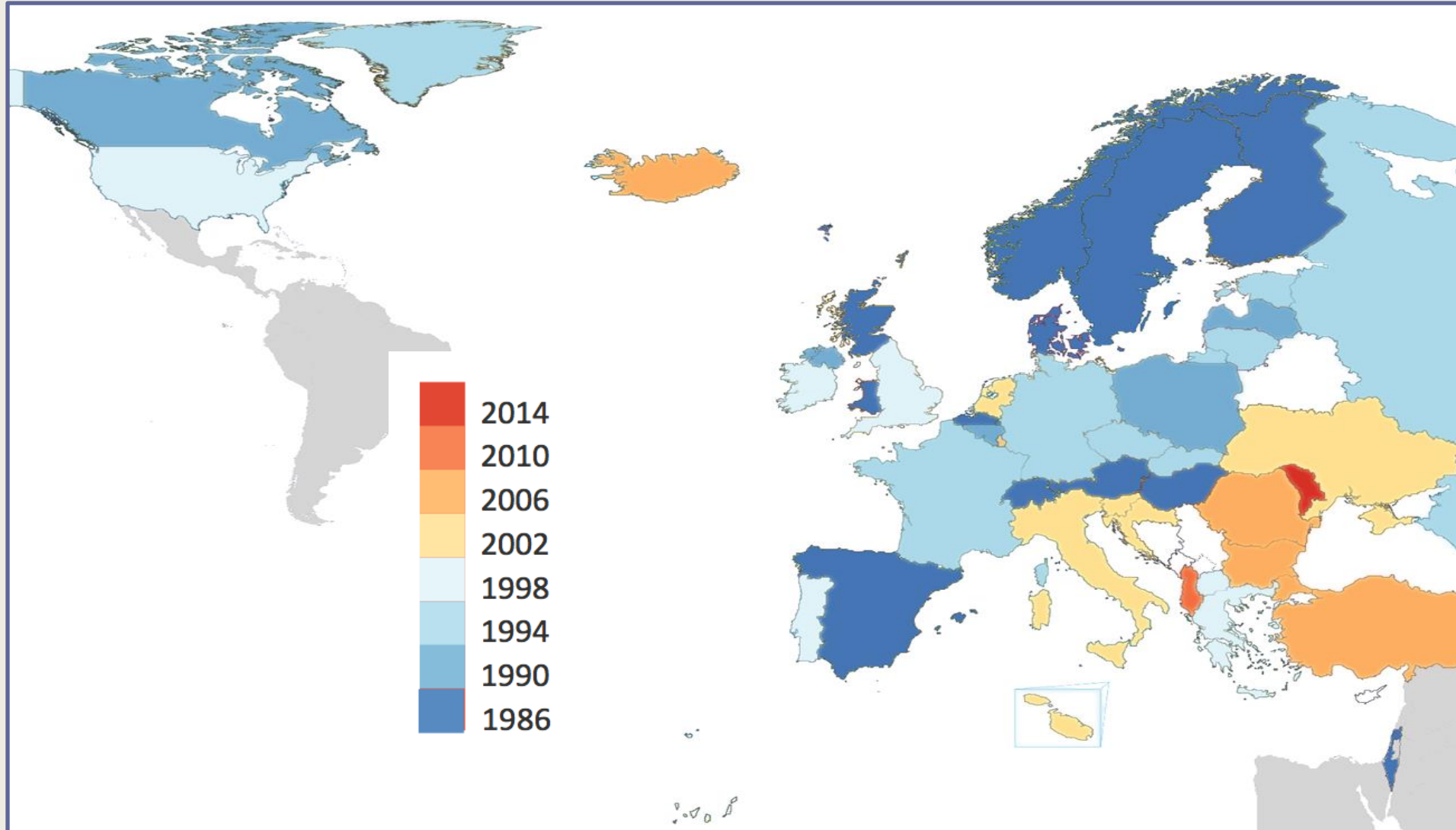
Methods

- Data collected every four years from 11-, 13- and 15-year olds
- Self administered questionnaire
- 1st round of data collection was in 1986
- Most recent data collection 2017/18
- Nationally representative samples
- Standard sampling procedures
- Standard questionnaire across countries

HBSC methods

- Research protocol developed by the network
- Class as the sampling unit
- Nationally representative samples
- Self-report, self-completion questionnaires
- Testing for significance
- Same methods used in all five cycles

Study growth over time



HBSC SURVEYS: COUNTRIES AND REGIONS INCLUDED IN THE INTERNATIONAL DATA FILES

						1 Finland	1 Finland	1 Finland
						2 Norway	2 Norway	2 Norway
						3 Austria	3 Austria	3 Austria
						4 Belgium (French)	4 Belgium (French)	4 Belgium (French)
						5 Hungary	5 Hungary	5 Hungary
						6 Israel	6 Israel	6 Israel
						7 Scotland	7 Scotland	7 Scotland
						8 Spain	8 Spain	8 Spain
						9 Sweden	9 Sweden	9 Sweden
						10 Switzerland	10 Switzerland	10 Switzerland
						11 Wales	11 Wales	11 Wales
						12 Denmark	12 Denmark	12 Denmark
						13 Canada	13 Canada	13 Canada
						14 Latvia	14 Latvia	14 Latvia
						15 Poland	15 Poland	15 Poland
						16 Belgium (Flemish)	16 Belgium (Flemish)	16 Belgium (Flemish)
						17 Czech Republic	17 Czech Republic	17 Czech Republic
						18 Estonia	18 Estonia	18 Estonia
						19 France	19 France	19 France
						20 Germany	20 Germany	20 Germany
						21 Greenland	21 Greenland	21 Greenland
						22 Lithuania	22 Lithuania	22 Lithuania
						23 Russian Federation	23 Russian Federation	23 Russian Federation
						24 Slovakia	24 Slovakia	24 Slovakia
						25 England	25 England	25 England
						26 Greece	26 Greece	26 Greece
						27 Portugal	27 Portugal	27 Portugal
						28 Ireland	28 Ireland	28 Ireland
						29 United States	29 United States	29 United States
						30 MKD ^c	30 MKD ^c	30 MKD ^c
						31 Netherlands	31 Netherlands	31 Netherlands
						32 Italy	32 Italy	32 Italy
						33 Croatia	33 Croatia	33 Croatia
						34 Malta	34 Malta	34 Malta
						35 Slovenia	35 Slovenia	35 Slovenia
						36 Ukraine	36 Ukraine	36 Ukraine
						37 Bulgaria	37 Bulgaria	37 Bulgaria
						38 Iceland	38 Luxembourg	38 Iceland
						39 Luxembourg	39 Romania	39 Romania
						40 Romania	40 Turkey	40 Bulgaria
						41 Turkey	41 Armenia	41 Albania
								42 Republic of Moldova
1 England	1 Finland	1 Finland	1 Finland	1 Finland	1 Finland	1 Finland	1 Finland	1 Finland
2 Finland	2 Norway	2 Norway	2 Norway	2 Norway	2 Norway	2 Norway	2 Norway	2 Norway
3 Norway	3 Austria	3 Austria	3 Austria	3 Austria	3 Austria	3 Austria	3 Austria	3 Austria
4 Austria	4 Belgium (French)	4 Belgium (French)	4 Belgium (French)	4 Belgium (French)	4 Belgium (French)	4 Belgium (French)	4 Belgium (French)	4 Belgium (French)
5 Denmark*	5 Hungary	5 Hungary	5 Hungary	5 Hungary	5 Hungary	5 Hungary	5 Hungary	5 Hungary
	6 Israel	6 Israel	6 Israel	6 Israel	6 Israel	6 Israel	6 Israel	6 Israel
	7 Scotland	7 Scotland	7 Scotland	7 Scotland	7 Scotland	7 Scotland	7 Scotland	7 Scotland
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	10 Switzerland	10 Switzerland	10 Switzerland	10 Switzerland	10 Switzerland	10 Switzerland	10 Switzerland	10 Switzerland
	11 Wales	11 Wales	11 Wales	11 Wales	11 Wales	11 Wales	11 Wales	11 Wales
	12 Denmark*	12 Denmark	12 Denmark	12 Denmark	12 Denmark	12 Denmark	12 Denmark	12 Denmark
	13 Netherlands*	13 Canada	13 Canada	13 Canada	13 Canada	13 Canada	13 Canada	13 Canada
1983/1984	14 Latvia*	14 Latvia	14 Latvia	14 Latvia	14 Latvia	14 Latvia	14 Latvia	14 Latvia
	15 Northern Ireland*	15 Northern Ireland	15 Northern Ireland	15 Northern Ireland	15 Northern Ireland	15 Northern Ireland	15 Northern Ireland	15 Northern Ireland
	16 Poland	16 Poland	16 Poland	16 Poland	16 Poland	16 Poland	16 Poland	16 Poland
	17 Belgium (Flemish) ^b	17 Belgium (Flemish)	17 Belgium (Flemish)	17 Belgium (Flemish)	17 Belgium (Flemish)	17 Belgium (Flemish)	17 Belgium (Flemish)	17 Belgium (Flemish)
	18 Czech Republic	18 Czech Republic	18 Czech Republic	18 Czech Republic	18 Czech Republic	18 Czech Republic	18 Czech Republic	18 Czech Republic
	19 Estonia	19 Estonia	19 Estonia	19 Estonia	19 Estonia	19 Estonia	19 Estonia	19 Estonia
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	21 Germany	21 Germany	21 Germany	21 Germany	21 Germany	21 Germany	21 Germany	21 Germany
	22 Greenland	22 Greenland	22 Greenland	22 Greenland	22 Greenland	22 Greenland	22 Greenland	22 Greenland
	23 Lithuania	23 Lithuania	23 Lithuania	23 Lithuania	23 Lithuania	23 Lithuania	23 Lithuania	23 Lithuania
	24 Russian Federation	24 Russian Federation	24 Russian Federation	24 Russian Federation	24 Russian Federation	24 Russian Federation	24 Russian Federation	24 Russian Federation
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	26 England	26 England	26 England	26 England	26 England	26 England	26 England	26 England
	27 Greece	27 Greece	27 Greece	27 Greece	27 Greece	27 Greece	27 Greece	27 Greece
	28 Portugal	28 Portugal	28 Portugal	28 Portugal	28 Portugal	28 Portugal	28 Portugal	28 Portugal
	29 Ireland	29 Ireland	29 Ireland	29 Ireland	29 Ireland	29 Ireland	29 Ireland	29 Ireland
	30 United States	30 United States	30 United States	30 United States	30 United States	30 United States	30 United States	30 United States
1985/1986	31 Netherlands ^a	31 Netherlands	31 Netherlands	31 Netherlands	31 Netherlands	31 Netherlands	31 Netherlands	31 Netherlands
	32 Italy	32 Italy	32 Italy	32 Italy	32 Italy	32 Italy	32 Italy	32 Italy
	33 Croatia	33 Croatia	33 Croatia	33 Croatia	33 Croatia	33 Croatia	33 Croatia	33 Croatia
	34 Malta	34 Malta	34 Malta	34 Malta	34 Malta	34 Malta	34 Malta	34 Malta
	35 Slovenia	35 Slovenia	35 Slovenia	35 Slovenia	35 Slovenia	35 Slovenia	35 Slovenia	35 Slovenia
	36 Ukraine	36 Ukraine	36 Ukraine	36 Ukraine	36 Ukraine	36 Ukraine	36 Ukraine	36 Ukraine
	37 Bulgaria	37 Bulgaria	37 Bulgaria	37 Bulgaria	37 Bulgaria	37 Bulgaria	37 Bulgaria	37 Bulgaria
	38 Iceland	38 Luxembourg	38 Luxembourg	38 Iceland	38 Iceland	38 Luxembourg	38 Romania	38 Romania
	39 Luxembourg	39 Romania	39 Romania	39 Luxembourg	39 Luxembourg	39 Romania	39 Armenia	39 Armenia
	40 Romania	40 Turkey	40 Turkey	40 Romania	40 Romania	40 Turkey	40 Bulgaria	40 Bulgaria
	41 Turkey	41 Armenia	41 Armenia	41 Turkey	41 Turkey	41 Armenia	41 Albania	41 Albania
	42 Republic of Moldova	42 Republic of Moldova	42 Republic of Moldova	42 Republic of Moldova	42 Republic of Moldova	42 Republic of Moldova	42 Republic of Moldova	42 Republic of Moldova
1989/1990								
1993/1994								
1997/1998								
2001/2002								
2005/2006								
2009/2010								
2013/2014								

* Carried out survey after scheduled fieldwork date. ^a National data file. ^b The former Yugoslav Republic of Macedonia (MKD) is an abbreviation of the International Organization for Standardization (ISO).
 Note: although Albania and Bulgaria participated in the 2009/2010 survey, they are not listed because the national data were not submitted to the international data centre by the deadline.

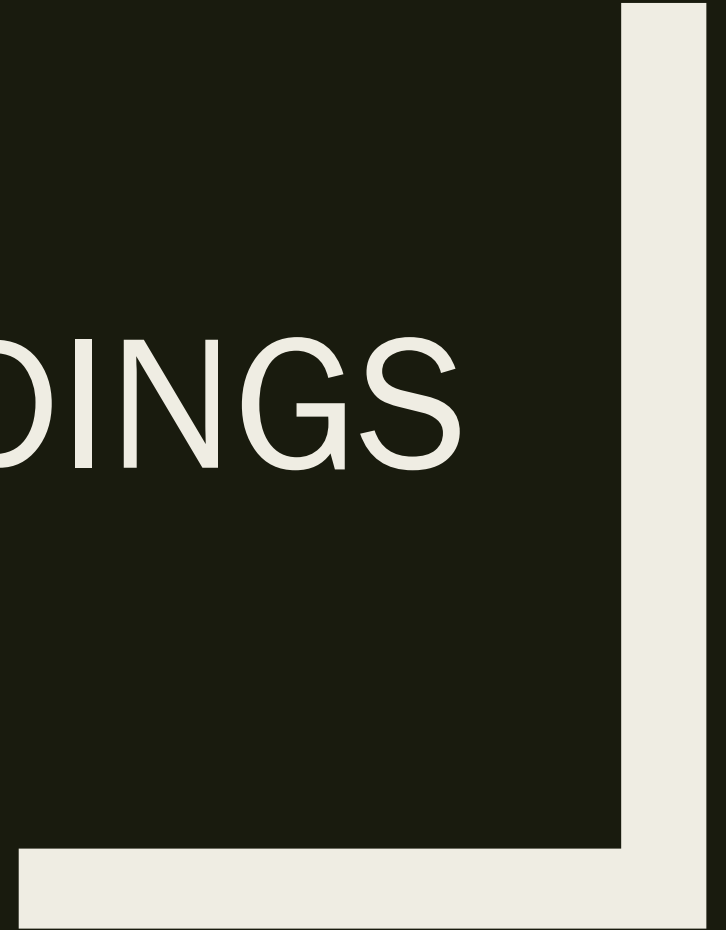
HBSC objectives

- To contribute to theoretical and methodological developments
- To compare health of school-aged children in member countries
- **To monitor health of school-aged children over time**
- To develop partnerships with relevant external agencies
- To establish and strengthen a multi-disciplinary network
- To provide an international source of expertise and intelligence
- To disseminate findings, contribute to practice and policy

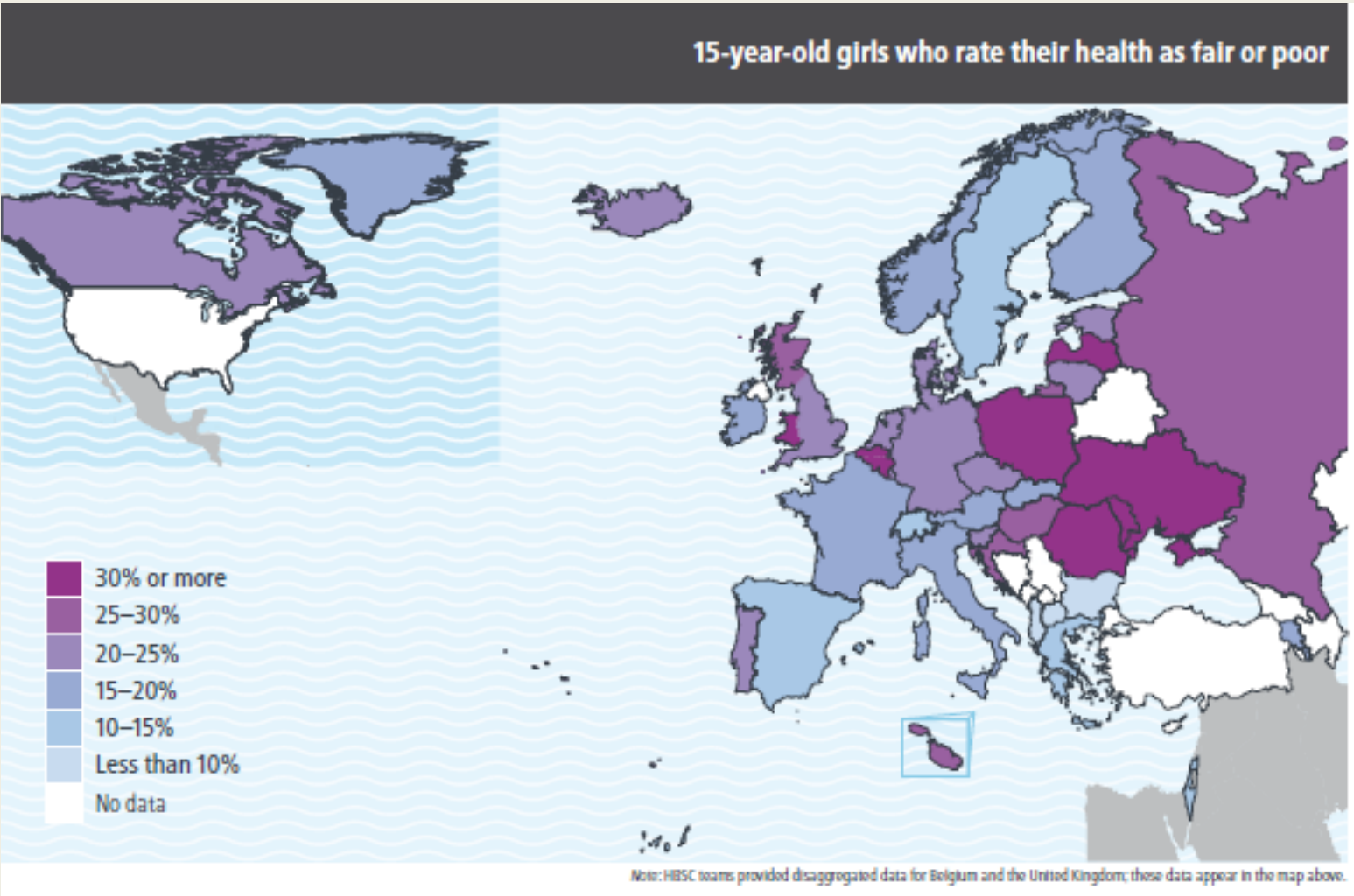
Measures

- Self-rated health
 - *'Would you say your health is...?'*
 - 'excellent', 'good', 'fair', and 'poor'.
- Life satisfaction
- Communication with parents

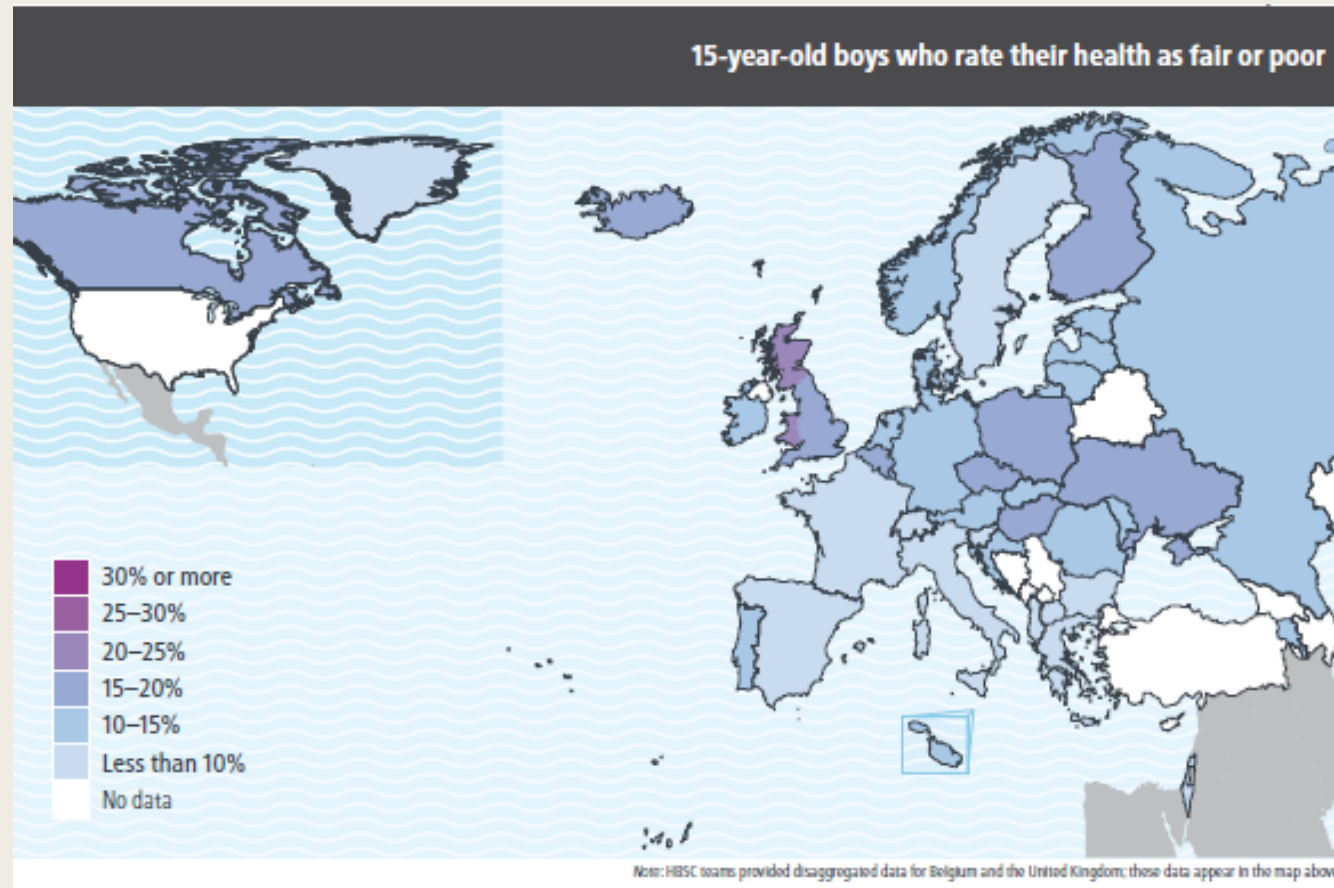
FINDINGS



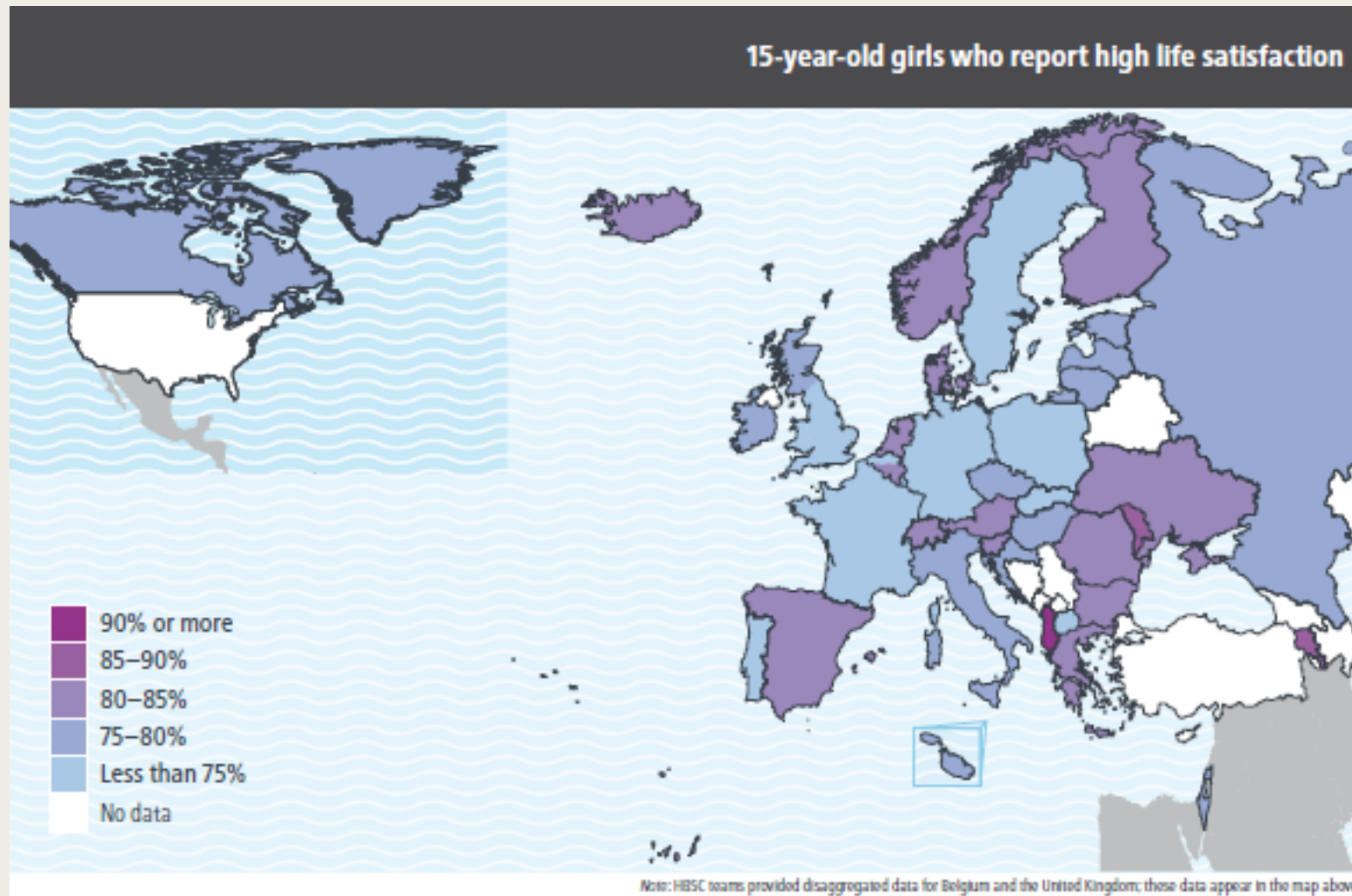
Self Rated Health – Girls



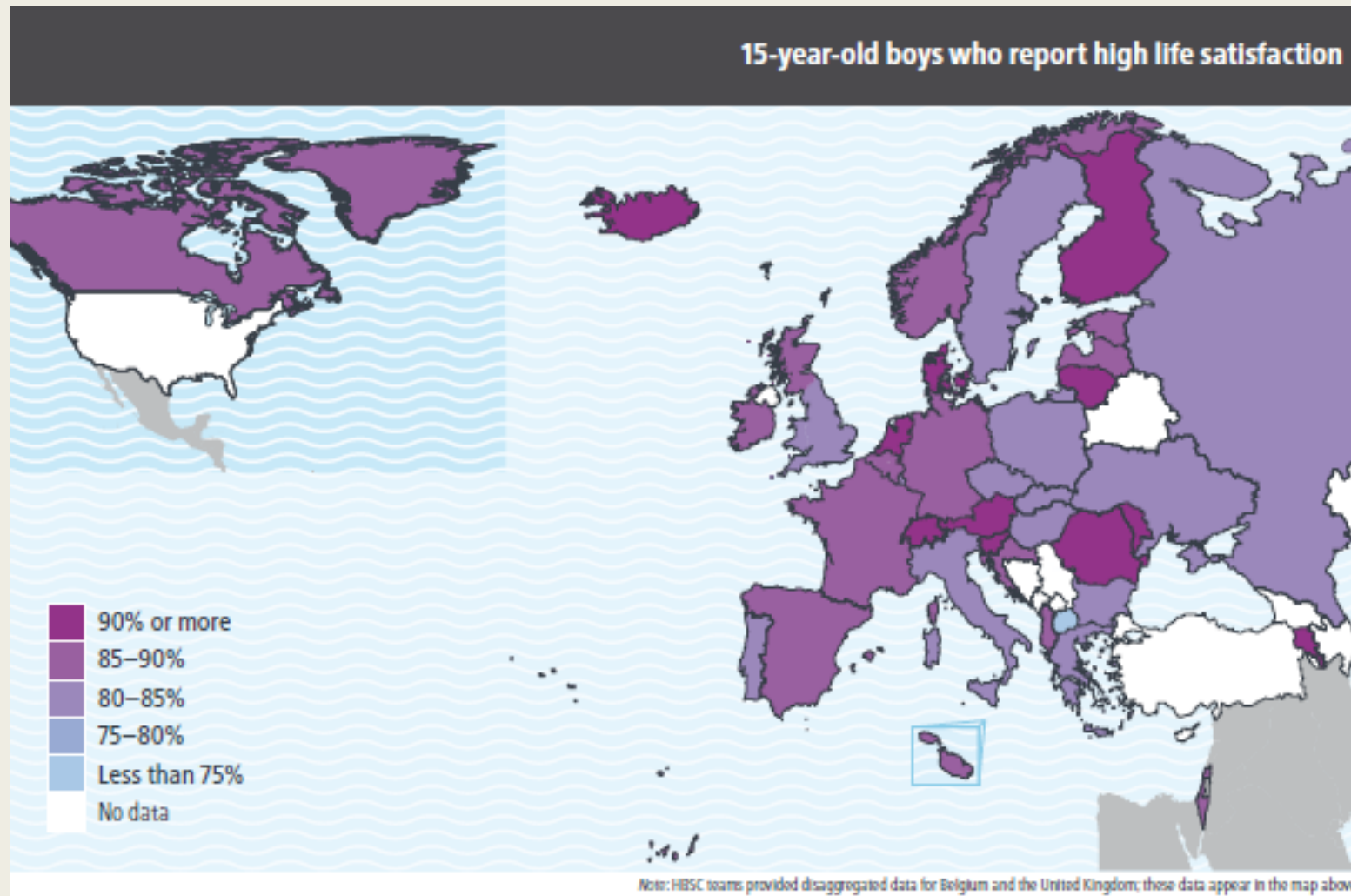
Self Rated Health – Boys



Life satisfaction - Girls



Life satisfaction - Boys



Trends in Wellbeing

- Girls and older children report poorer health and lower life satisfaction
- Overall, between 2002 and 2010, reporting excellent health decreased in eleven countries (Belgium-Flemish, Finland, Greenland, Hungary, Poland, USA, Ukraine, Sweden, Scotland, Denmark and French-Belgium) demonstrated a significant decrease in reporting excellent health, while all other countries adolescents reported an increase in reporting excellent health
- Overall, between 2002 and 2010, reporting high life satisfaction decreased in eleven countries eight countries (Austria, Canada, Switzerland, Denmark, Finland and Greenland, Hungary and Macedonia), and increased in ten (Estonia, Croatia, Lithuania, Latvia, Russia, Ukraine, Spain, Norway, Portugal and Belgium).

Predictors of wellbeing

- Socio-economic status
- Communication with parents
- School environment
- Healthy and risky behaviour

Summary

- Trends are mixed, but girls and older children consistently report lower levels of wellbeing
- Family matters – throughout childhood and adolescence
- Social contexts and behaviours play an important role in perceived wellbeing
- Wellbeing matters