

Spotlight on adolescent health and well-being

Findings from the 2017/2018 HBSC survey

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**World Health
Organization**

REGIONAL OFFICE FOR **Europe**

AIMS OF THE HBSC STUDY

Raise awareness of adolescent health

Encourage use of data in policy and practice

Build network and international capacity

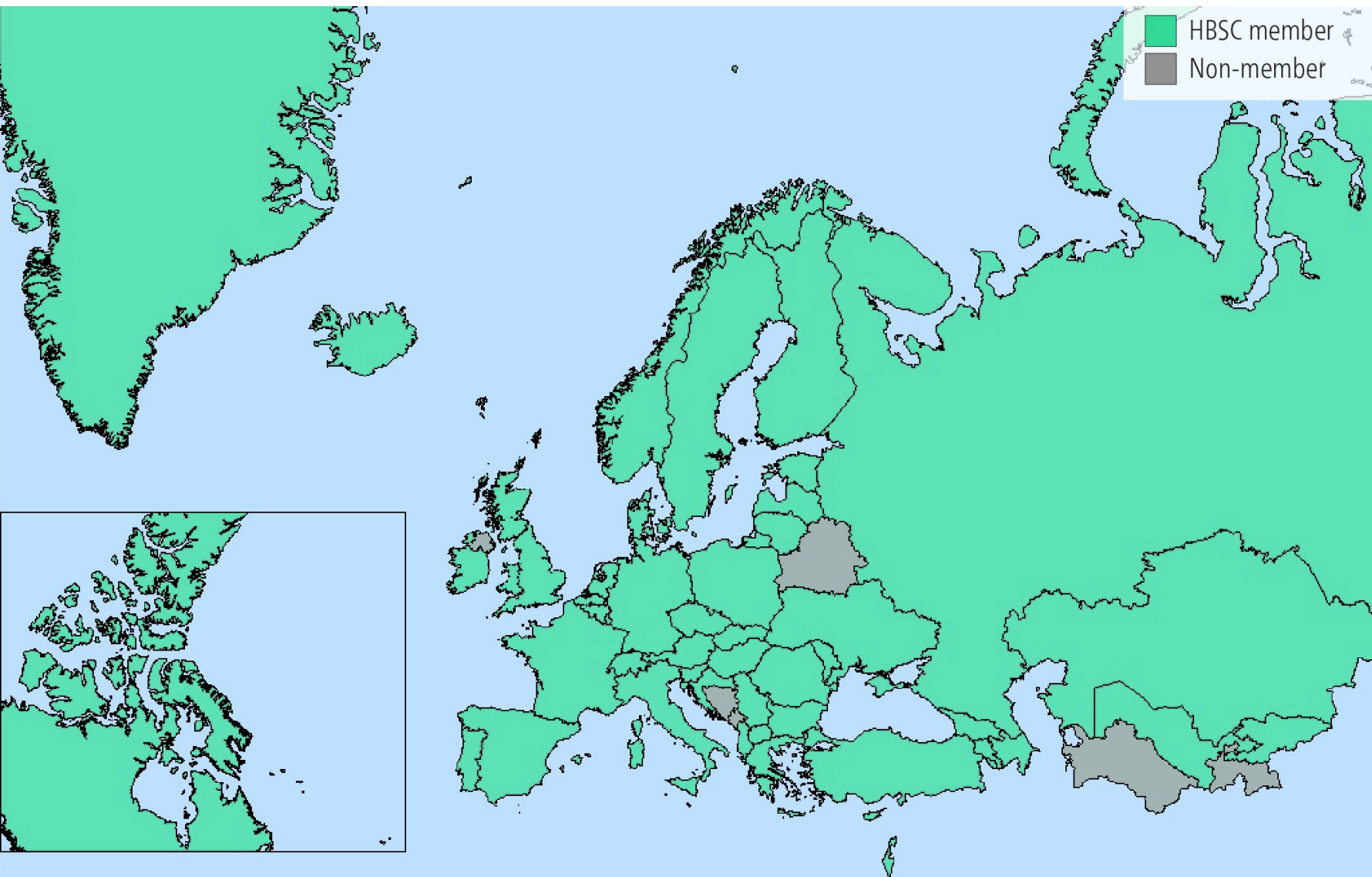
Gather cross-nationally comparable data

Advance scientific field of adolescent health

Collaborate with partners with advocacy role

GROWTH







The future of young people is uncertain today, and students are aware of it.

JRCE OF DATA THAT CAN BE TRANSLATED INTO ACTION

- to inform and guide policy and practice
- to improve the health of all young people
- to limit the impact of social inequalities
- and invest sufficiently to build on early years

NATIONAL KNOWLEDGE TRANSLATION

Vital information for
national policy makers
benchmarking on 60+
indicators

1. Social contexts of health
2. Health behaviours
3. Risk behaviours
4. Health and well-being



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FINDINGS FROM THE 2017/2018
HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN
(HBSC) SURVEY IN EUROPE AND CANADA
INTERNATIONAL REPORT
VOLUME 2. KEY DATA



hbsc

VALUE FOR POLICY

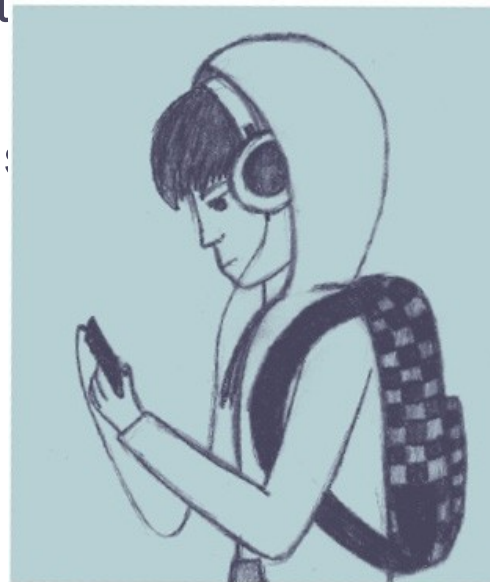
- Countries can see how they are doing on any particular issue.
- Ascertain whether issue is common to all countries or particular to theirs.
- Evidence of differences between countries, genders, social and economic groups and developmental stages (and their interactions).
- Track policy impact, and emerging inequities.

HOW INTERNATIONAL DATA CAN ENHANCE OUR UNDERSTANDING

- How do we rank compared with other countries?
- Has rank changed over time?
- How do national trends compare with international trends?
- How does prevalence compare across age and gender groups?
- Are age and gender differences the same as in other countries?
- What are the levels of relative socio-economic inequality?

Key findings online communications

- Thirty-five per cent of adolescents use electronic media to communicate with others almost all the time throughout the day (intensive use)
- One in 10 adolescents report intensive online communication with people they got to know through the Internet and did not know before.
- Seven per cent of adolescents report problematic social media use.
- Boys are more likely than girls to use electronic media for



You are able to express your feelings at a safe distance.

Annika, aged 15 (Estonia)

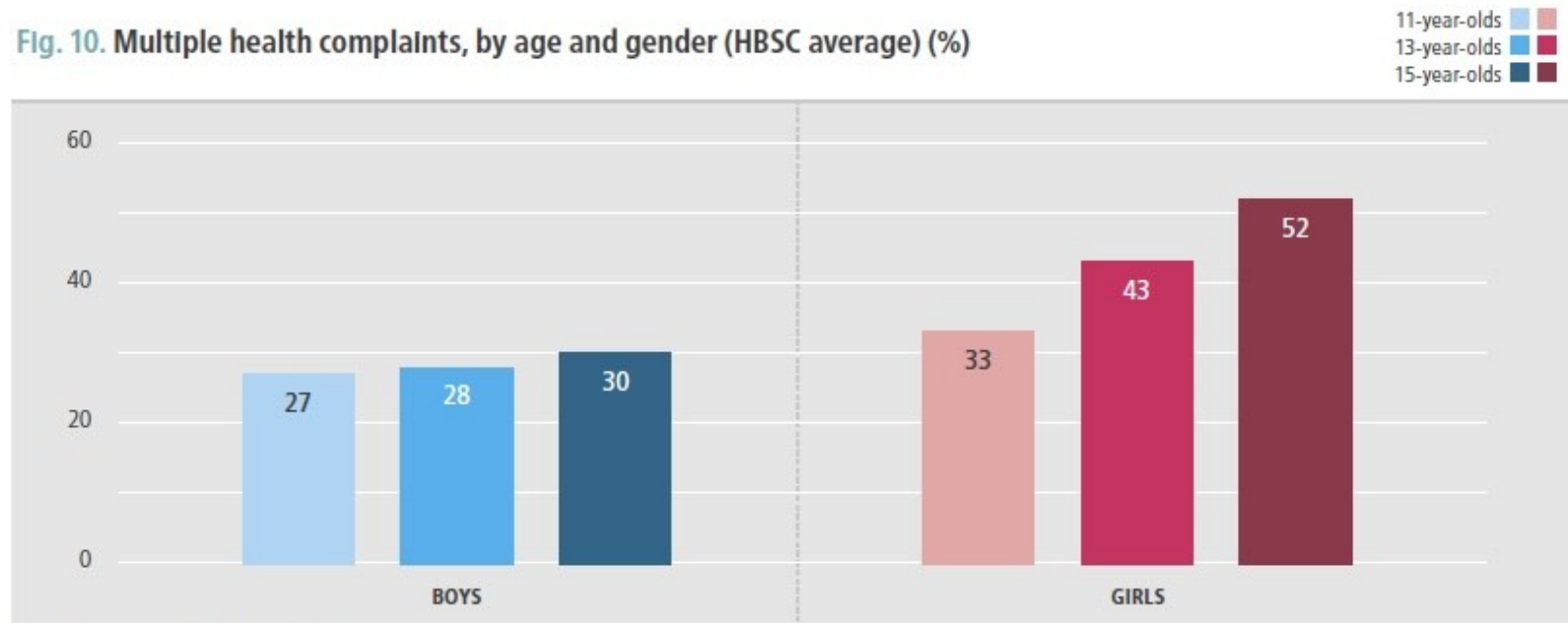
Key findings mental health

- Boys and younger adolescents report higher levels of life satisfaction and excellent health, and lower levels of multiple health complaints.
- There was a small increase in multiple health complaints across all age and gender groups between 2014 and 2018.



A lot of the time mental health in young people is overlooked and seen as 'just part of growing up'.

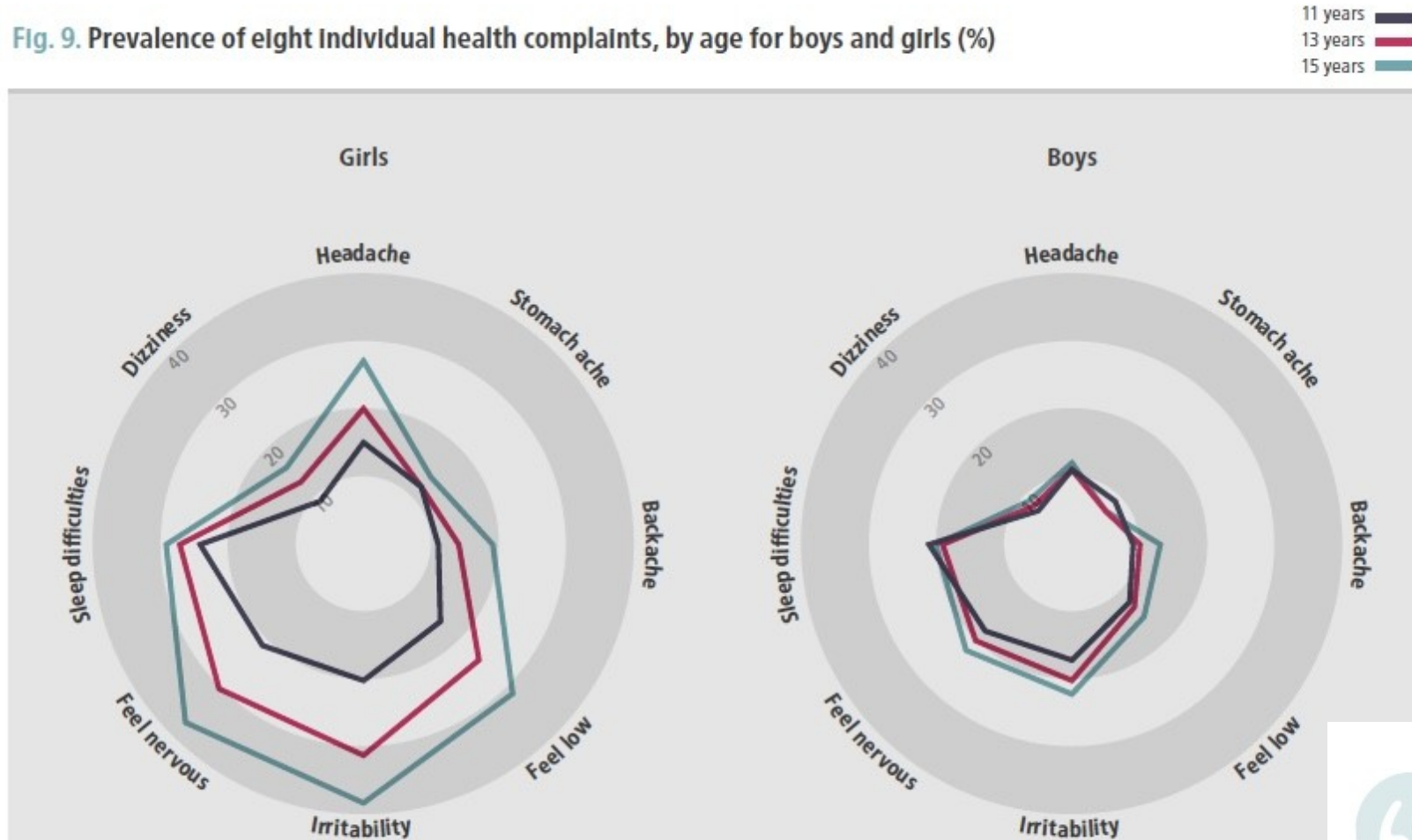
Fig. 10. Multiple health complaints, by age and gender (HBSC average) (%)



Note: no data were received from North Macedonia.

Prevalence of health complaints

Fig. 9. Prevalence of eight individual health complaints, by age for boys and girls (%)



- One in four adolescents reports feeling nervous, feeling irritable or having difficulties getting to sleep every week.

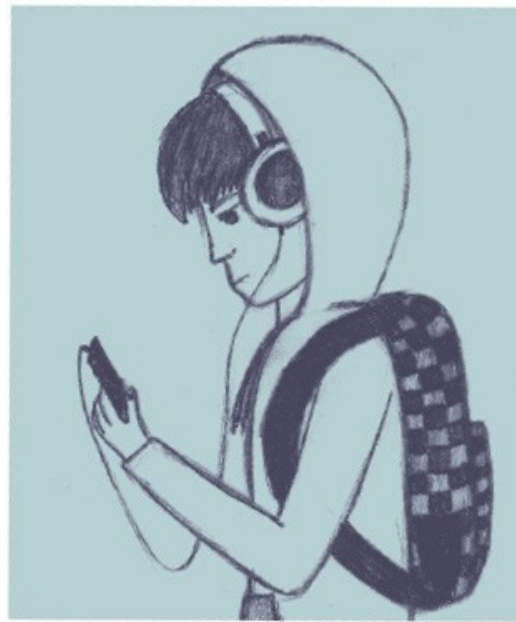
“Young people should be taught the tools to be able to deal with stress.”

Conclusions



You are able to
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at a safe distance.

Annika, aged 15 (Estonia)



- HBSC is now well established in Europe.
- It allows countries to compare themselves with others, and monitor developments over the years.
- National reports are an important source of information to address the problems found
- They are a source for policy decisions, and should be discussed in schools and with other stakeholders.