



5th UNESCO Forum on Transformative Education

for Sustainable Development, Global Citizenship,

Health and Well-being

The implementation of transformative education
– where do we stand?

Recent Global and Regional Data: WHO Monitoring Surveys to support School Health Transformation

Plenary session 2

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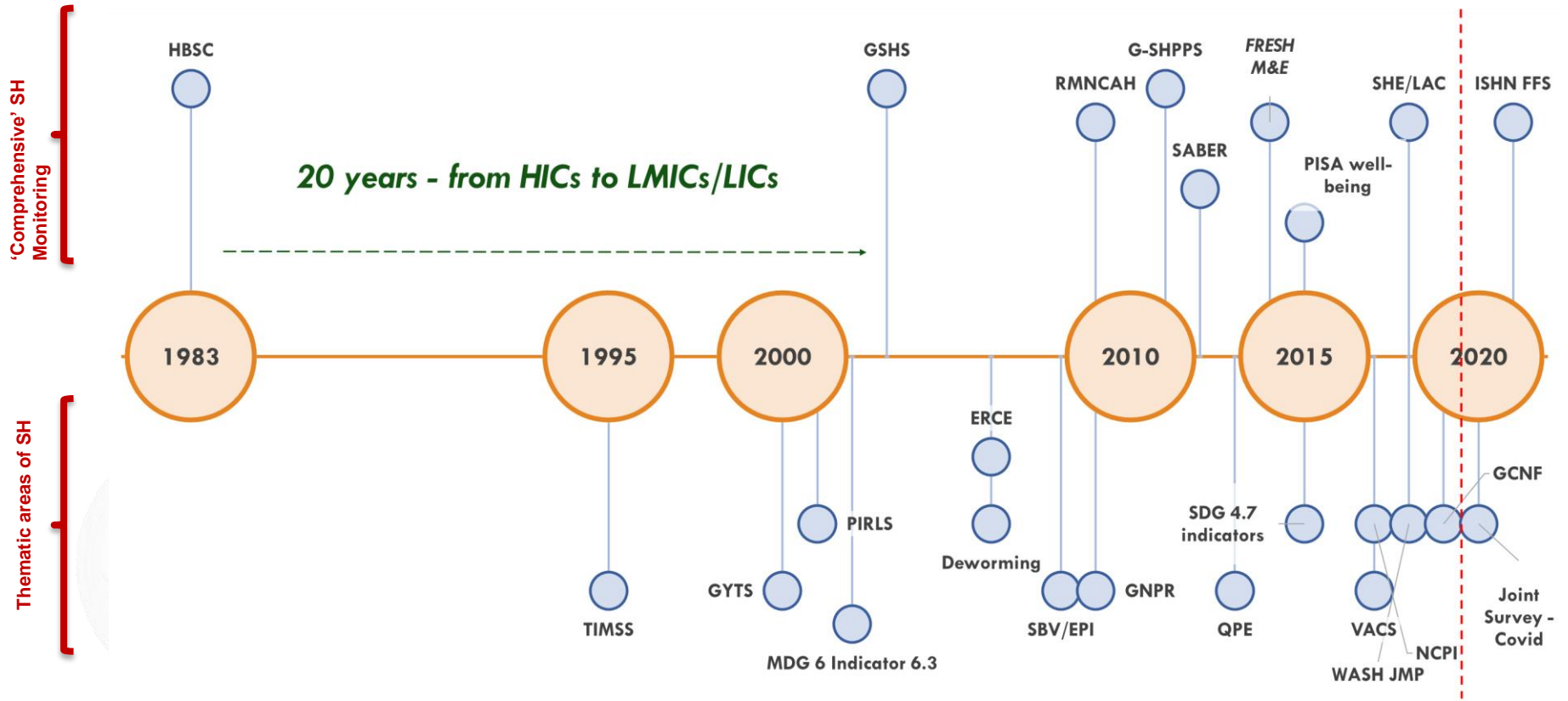


Recent Global and Regional Data: WHO Monitoring Surveys to support School Health Transformation



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Snapshot/Histogram of different data sources: What is out there?



Global School Based Student Health Survey (GSHS)

Overview & Objectives

- System for surveillance of behavioural risk factors and protective factors in school-aged children
- Help countries develop priorities, establish programmes, and advocate for resources
- Establish trends in the prevalence of health behaviors and protective factors by country
- Allow countries and international agencies to make comparisons across countries

Global School Based Student Health Survey (GSHS)

Methods

- Self-administered questionnaire
- Targets grades with students aged 13 – 17 years
- Completed by students during one classroom period
- Anonymous and confidential
- 10 Question Modules are available, from which countries select a minimum of 6:
 - Alcohol, diet, drugs, hygiene, mental health, physical activity, protective factors, sexual behaviours, tobacco, **violence** & injury

Questionnaire Module	Key Behavioral Health Indicators (as % of students)
Alcohol use	<ul style="list-style-type: none"> • tried alcohol for the first time before age 14 years • currently drank alcohol at least 1 day during the 30 days before the survey • were ever really drunk one or more times during their life • ever got into trouble as a result of drinking alcohol during their life
Dietary behaviors	<ul style="list-style-type: none"> • are underweight • are overweight or obese • went hungry most of the time or always because there was not enough food in their home during the 30 days before the survey • drank carbonated soft drinks one or more times per day during the 30 days before the survey • ate fast food from a restaurant one or more days during the 7 days before the survey
Drug use	<ul style="list-style-type: none"> • used drugs before age 14 years • ever used marijuana • currently used marijuana • ever used amphetamines
Hygiene	<ul style="list-style-type: none"> • usually cleaned or brushed their teeth one or more times per day during the 30 days before the survey • never or rarely washed their hands before eating during the 30 days before the survey • never or rarely washed their hands after using the toilet or latrine during the 30 days before the survey • never or rarely used soap when washing their hands during the 30 days before the survey
Mental health	<ul style="list-style-type: none"> • most of the time or always felt lonely during the 12 months before the survey • had no close friends • most of the time or always were so worried about something that they could not sleep at night during the 12 months before the survey • seriously considered attempting suicide during the 12 months before the survey • made a plan about how they would attempt suicide during the 12 months before the survey • attempted suicide one or more times during the 12 months before the survey
Physical activity	<ul style="list-style-type: none"> • were not physically active for at least 60 minutes per day on any day during the 7 days before the survey • did not walk or ride a bike to or from school during the 7 days before the survey • did not attend physical education classes each week during this school year • spent 3 or more hours per day doing sitting activities during a typical or usual day

Questionnaire Module	Key Behavioral Health Indicators (% of students)
Protective factors	<ul style="list-style-type: none"> missed classes or school without permission on one or more days during the 30 days before the survey had parents or guardians who checked to see if their homework was done most of the time or always during the 30 days before the survey had parents or guardians who most of the time or always understood their problems and worries during the 30 days before the survey had parents or guardians who really knew what they were doing with their free time most of the time or always during the 30 days before the survey had parents or guardians who never or rarely went through their things without their approval during the 30 days before the survey
Sexual behaviors HIV-Related Knowledge	<ul style="list-style-type: none"> ever had sexual intercourse had sexual intercourse for the first time before age 14 years used a condom the last time they had sexual intercourse used a method of birth control other than condoms had heard of HIV infection or the disease called AIDS were taught in school how to avoid HIV infection or AIDS
Tobacco use	<ul style="list-style-type: none"> tried a cigarette for the first time before age 14 years currently smoked cigarettes on at least 1 day during the 30 days before the survey currently used any tobacco products other than cigarettes on at least 1 day during the 30 days before the survey currently use any tobacco product on at least 1 day during the 30 days before the survey tried to stop smoking cigarettes during the 12 months before the survey reported people smoked in their presence during the 7 days before the survey had parents or guardians who used any form of tobacco
Violence & unintentional injury	<ul style="list-style-type: none"> were in a physical fight one or more times during the 12 months before the survey were physically attacked one or more times during the 12 months before the survey were seriously injured one or more times during the 12 months before the survey were bullied on one or more days during the 30 days before the survey

Selected results: Mental Health

Region median percentage and range of country prevalence within region – Global School-based Student Health Survey, 2003-2017

Mental Health	AFRICA REGION	REGION OF THE AMERICAS	EASTERN MEDITERRANEAN REGION	SOUTH EAST ASIA REGION	WESTERN PACIFIC REGION
Most of the time or always felt lonely during the 12 months before the survey	13.8 (6.9-23.9)	10.8 (6.1-17.3)	15.5 (7.9-28.9)	10.6 (3.8-15.9)	9.2 (3.0-23.1)
Did not have any close friends	11.6 (5.2-17.0)	7.8 (2.7-15.7)	6.7 (3.2-13.7)	6.9 (1.4-10.5)	5.9 (2.5-16.0)
Most of the time or always were so worried about something that they could not sleep at night during the 12 months before the survey	12.2 (6.1-26.2)	9.5 (3.7-18.3)	15.1 (3.6-21.8)	8.2 (1.8-14.8)	9.4 (3.4-27.6)
Seriously considered attempting suicide during the 12 months before the survey	19.4 (11.6-32.7)	17.5 (10.2-24.8)	15.7 (7.2-20.2)	12.4 (0.7-18.4)	16.1 (3.2-34.6)
Made a plan about how they would attempt suicide during the 12 months before the survey	22.2 (8.8-39.6)	16.8 (7.1-24.1)	14.1 (7.4-17.0)	14.0 (0.1-21.3)	11.4 (4.5-39.7)
Attempted suicide one or more times during the 12 months before the survey	17.4 (10.8-28.5)	14.2 (7.9-27.7)	13.5 (9.8-16.2)	11.3 (4.0-15.4)	10.0 (5.2-60.2)

Selected results: Dietary Behaviour

Region median percentage and range of country prevalence within region – Global School-based Student Health Survey, 2003-2017

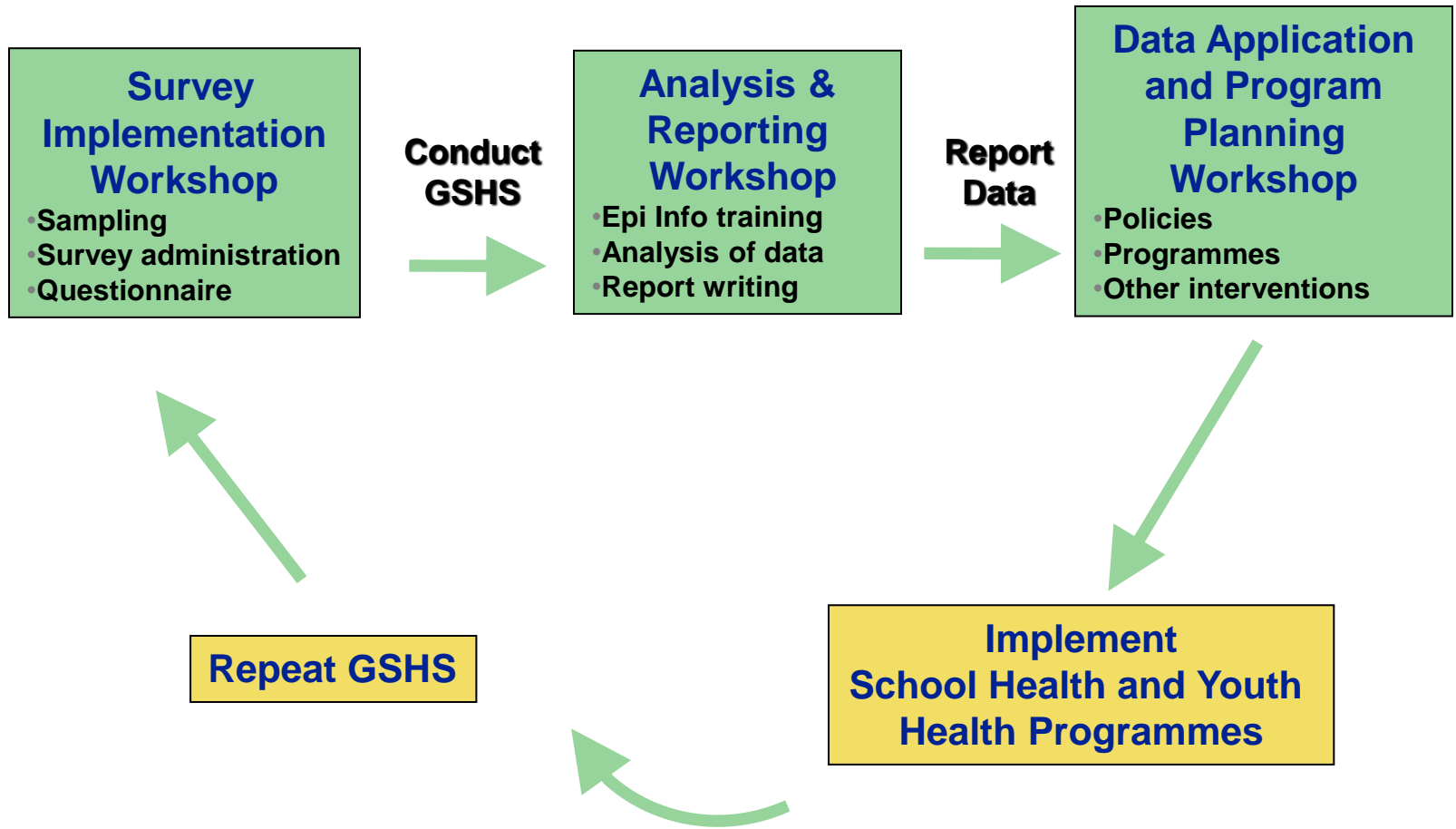
Dietary Behavior	AFRICA REGION	REGION OF THE AMERICAS	EASTERN MEDITERRANEAN REGION	SOUTHEAST ASIA REGION	WESTERN PACIFIC REGION
Are underweight	6.1 (2.6-14.2)	2.5 (0.7-8.0)	5.1 (2.5-20.8)	16.2 (2.1-32.1)	5.8 (0.0-18.6)
Are overweight	14.7 (6.0-28.6)	27.2 (15.3-44.8)	23.3 (6.5-51.4)	10.8 (4.5-23.1)	19.2 (3.7-59.6)
Are obese	3.0 (0.3-11.5)	7.6 (2.9-21.0)	5.8 (1.0-24.5)	2.1 (0.5-7.6)	5.9 (0.1-31.0)
Most of the time or always went hungry because there was not enough food in their home during the 30 days before the survey	11.1 (3.5-29.5)	4.6 (0.8-12.9)	8.9 (2.7-18.2)	5.8 (2.6-13.1)	6.5 (0.9-36.1)
Usually drank carbonated soft drinks one or more times per day during the 30 days before the survey	49.5 (29.5-76.8)	67.5 (53.0-80.9)	44.7 (30.8-74.3)	33.1 (27.0-57.7)	45.6 (22.3-77.3)
Ate from a fast food restaurant one or more days during the 7 days before the survey	53.4 (33.3-70.1)	57.0 (30.9-72.8)	63.6 (20.8-90.5)	53.1 (26.4-79.8)	54.2 (25.2-78.9)

Selected results: Physical Activity Behaviour

Region median percentage and range of country prevalence within region – Global School-based Student Health Survey, 2003-2017

Physical Activity Behavior	AFRICA REGION	REGION OF THE AMERICAS	EASTERN MEDITERRANEAN REGION	SOUTHEAST ASIA REGION	WESTERN PACIFIC REGION
Not physically active for at least 60 minutes per day on any day during the 7 days before the survey	28.5 (8.0-44.7)	30.0 (14.2-40.9)	29.7 (16.2-47.7)	30.0 (14.5-51.6)	27.7 (14.2-54.0)
Did not walk or ride a bicycle to or from school during the 7 days before the survey	50.4 (11.3-56.2)	45.7 (29.5-76.2)	59.8 (29.4-79.6)	47.7 (31.6-59.8)	47.1 (11.9-78.6)
Did not attend physical education classes each week during this school year	16.2 (7.6-42.4)	16.0 (6.4-59.4)	30.6 (9.3-59.2)	14.4 (10.9-33.6)	21.1 (2.7-48.2)
Spent 3 or more hours per day doing sitting activities during a typical or usual day	37.1 (18.1-54.7)	47.3 (20.4-64.9)	31.3 (8.2-62.9)	33.7 (10.4-52.2)	29.4 (10.5-54.5)

GSHS Capacity Building Plan



Global School Based Student Health Survey (GSHS) Current Implementation

- Worldwide, 112 countries across all six WHO regions have been trained and finished GSHS data collection (including 47 countries with repeat surveys).
 - 112 Countries have done GSHS to date
 - 65 countries have done it once
 - 35 countries with 2 rounds
 - 11 countries with 3 rounds
 - 1 country with 5 rounds



Global School Health Policies and Practices Survey (G-SHPPS)

Overview & Objectives

- Generate scientifically credible school-level data that describe characteristics of school health policies and practices nationwide
- Help countries develop priorities, establish programmes, and advocate for resources for school health policies and practices
- Establish trends in school health policies and practices
- Allow countries, international agencies, and others to make comparisons across countries regarding school health policies and practices

Global School Health Policies and Practices Survey (G-SHPPS) Methods

- Conducted among primary and secondary school principals and head teachers
- Using the following:
 - Standardized scientific sample selection process
 - Common methodology
 - Common self-administered questionnaire using a digital platform
- 8 areas of assessment:
 - School information, health services, physical environment, food and nutrition services, health education, physical education, governance and leadership, policies and resources

Reflections on progress, gaps and challenges

- Widespread uptake of GSHS, highlighting demand for good quality, comparable data
- Good alignment across questionnaires to harmonize indicators and questions (eg: HBSC, GAMA)
- Review process for measures and topics to be included (eg: cyber bullying)
- Complementary development to track school health policies and practices, but needs better uptake
- Alignment and review of G-SHPPS to reflect and track implementation of global standards for health promoting schools
- Challenges: COVID!, digital methods, developing capacity in countries, sustainability without external funding

Thank you

