



# Noncommunicable diseases risk behaviours among youth

in the South-East Asia Region | Findings from GSHS and GYTS

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Noncommunicable diseases risk behaviours among youth in the South-East Asia Region:  
findings from GSHS and GYTS.

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# Acknowledgements

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Naveen Agarwal coordinated overall publication work, conceptualization and reporting the survey results and performed all data management; Arpita Mehta led the data collection and validation of results.

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# Message from the Regional Director

## WHO South-East Asia Region

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In WHO South-East Asia Region, noncommunicable diseases (NCDs) are a major killer. NCDs claim the lives of an estimated 8.5 million people every year, many of whom die prematurely. Given that NCDs result from long-term exposure to risk, increasing awareness among young people is especially important.

Youth exposure to NCD risks compromises our shared future. It also compromises our present. Globally, over 150 million young people smoke; 81% of adolescents do not engage in adequate physical activity; 11.7% of adolescents indulge in heavy episodic drinking; and 41 million children under the age of five years are overweight or obese. These behaviours are leading to adolescent deaths caused by early disease onset, and are also contributing to road injuries, suicide and interpersonal violence, which are among the top five causes of death among adolescents.

All this is of immense concern; the well-being of youths is vitally important for its own sake as well as for the wider social fabric. In the South-East Asia Region, there are approximately 350 million adolescents and youths who comprise 22% of the population. From an early age they are being exposed to NCD risk factors. Children and adolescents across the Region, for example, are consuming significant amounts of micronutrient-poor foods that are putting them at risk of diabetes. Similarly, the tobacco and alcohol industries are targeting youth via advertising that seeks to secure a new generation of consumers. This is putting them at risk of developing habits that lead to cancer and other NCDs later in life.

With an understanding of the challenges that adolescents and youths face, WHO has been monitoring the situation closely. This publication, *'Noncommunicable diseases risk behaviours among youth in the South-East Asia Region: Findings from GSHS and GYTS'*, was developed based on the results of the Global School-based Student Health Survey (GSHS) and the Global Youth Tobacco Survey (GYTS). GSHS is a school-based survey conducted primarily among students aged 13–17. It measures risk behaviours as well as protective factors related to the leading causes of mortality and morbidity among youth. GYTS is a nationally representative school-based survey of students from 13–15 years of age and is designed to produce cross-sectional estimates of tobacco use for each country.

The evidence contained in this publication, which includes data on adolescent behaviours and other NCD-related hazards, will help inform governments, policy-makers and other stakeholders working to combat youth exposure to NCD risk factors. Alongside renewing political commitment and strengthening alliances, we must increase public awareness on issues related to adolescent health and the avoidance of behaviours that enhance the likelihood of contracting NCDs later in life. Not only will this ensure physical, mental and social well-being among youth, but will also lead to a more productive workforce and a healthier South-East Asia Region.

A handwritten signature in black ink, which appears to read 'Poonam Khetrपाल Singh'.

Dr Poonam Khetrपाल Singh  
Regional Director  
WHO South-East Asia Region



# Introduction

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The publication, *Noncommunicable diseases risk behaviours among youth in the South-East Asia Region: Findings from GSHS and GYTS*, conveys the quantitative surveillance results focusing on tobacco use and noncommunicable disease (NCD) related behaviours among youth (13–15 years) in Member States of the WHO South-East Asia Region, namely, the Global School-based Student Health Survey (GSHS) and the Global Youth Tobacco Survey (GYTS).

GSHS is developed and conducted to obtain systematic information from students to support school health and youth health programmes. GSHS is the global reference for school-based student health surveys conducted primarily among students aged 13–17 years. GSHS provides accurate and comprehensive data on health behaviours and protective factors among students to help countries develop priorities, and establish and strengthen school health and youth health programmes and policies. When conducted regularly, GSHS can demonstrate trends in the prevalence of health behaviours and protective factors by country for use in evaluation and in strengthening relevant health programmes.

GYTS, a component of the Global Tobacco Surveillance System (GTSS), is a global standard protocol for systematically monitoring youth tobacco use, covering both smoking and smokeless tobacco products, and tracking key tobacco control indicators. GYTS is a nationally representative school-based survey of students, 13–15 years of age, and is designed to produce cross-sectional estimates for each country with the aim of supporting countries for the development, implementation and evaluation of tobacco control policies. It is also an important tool to assist countries in supporting WHO MPOWER, a package of six evidence-based demand reduction measures contained in the WHO Framework Convention on Tobacco Control (WHO FCTC).

GSHS uses a self-administered questionnaire comprising core questionnaire modules, core-expanded questions and country-specific questions. The core modules include alcohol use, dietary behaviours, drug use, hygiene, mental health, physical activity, protective factors, sexual behaviours leading to increased vulnerability to HIV infection, other sexually transmitted infections, unintended pregnancy, tobacco use, and violence and unintentional injury.

GYTS also uses a standard self-administered core questionnaire with a set of optional questions that permits adaptation to meet the needs of the country, on tobacco use and key tobacco control indicators. The questionnaire captures data on tobacco use (smoking and smokeless), cessation, exposure to second-hand smoke, pro- and anti-tobacco media coverage and advertising, access to tobacco products, and knowledge and attitudes regarding tobacco

This publication contains selected indicators relating to tobacco use and other related risk behaviours of youth (aged 13–15 years) in Member States of the WHO South-East Asia Region. The tobacco indicators are mainly taken from GYTS and other indicators relating to risk behaviours (dietary behaviours, physical activity, alcohol use, drug use, mental health, violence and unintentional injury, sexual behaviours, protective factors and hygiene) are taken from GSHS. The latest findings from surveys conducted in Member States are presented in the publication.

The targeted audiences include governments, policy-makers, development partners, civil society and nongovernmental organizations, academics, researchers, and other stakeholders who are contributing to health and other related policies and programmes concerning youth.



## GYTS

- 01 Current tobacco users (smoked and smokeless)
- 02 Current and early cigarette smokers
- 03 Current smokeless tobacco users
- 04 Cessation
- 05 Parents smoking tobacco
- 06 Exposure to second-hand smoke
- 07 Access and availability of cigarettes
- 08 Tobacco advertisements or promotions, and anti-tobacco messages
- 09 Attitudes and beliefs on tobacco use

## GSHS

- 01 Tobacco use
  - Current tobacco users (smoked and smokeless)
  - Current and early cigarette smokers
  - Attempt to quit smoking
  - Parents using tobacco
  - Exposure to second-hand smoke
- 02 Alcohol and drug use
  - Current alcohol users
  - Current and lifetime drug users
- 03 Physical activity
  - Physical activity and sedentary behaviours
- 04 Diet
  - Unhealthy dietary behaviours
  - Nutrition status
- 05 Hygiene
  - Handwashing and brushing habits
- 06 Violence
  - Physical violence, bullying, motor vehicle accidents
- 07 Mental health
  - Suicide attempts, anxiety, loneliness
- 09 Protective behaviours
- 10 Sexual behaviours and awareness about HIV/AIDS
- 11 Other detailed information relating to the above risk and healthy behaviours

Note: Indicators are presented depending on the availability for each Member State.

- Indicators presented with infographics
- Indicators presented with data tables
- Indicators collected in GYTS and GSHS but not presented in this publication

Total Population<sup>a</sup> **160.4 million**

Boys<sup>a</sup> **5 million**

Girls<sup>a</sup> **4.8 million**

Aged 13-15 years

Aged 13-15 years

## Tobacco use



**9%**  
Overall

**Current tobacco users**  
(smoking or/and smokeless)



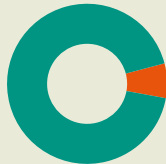
**13%**  
Boys



**2%**  
Girls



**Current cigarette smokers**



**7%**



**10%**



**2%**



**Current smokeless tobacco users**



**5%**



**6%**



**2%**

## Early cigarette smokers

**9 in 10** students  
tried smoking before  
the age of 14

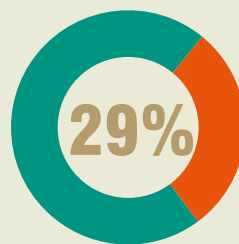


**Attempt to quit**  
(among cigarette smokers)



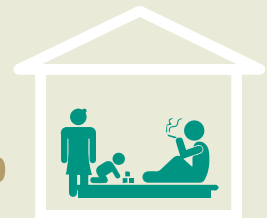
**3 in 5** students  
tried to quit smoking

## Parents using tobacco

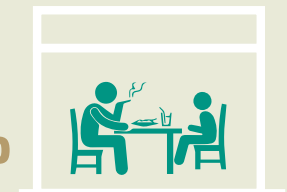


## Exposure to second-hand smoke

...at home  
**31%**



...at public  
places  
(enclosed)  
**59%**



## Alcohol and drug use



**Current alcohol users**



**2.1%**



**0.1%**

**Current marijuana users**



**2.1%**



**0.5%**

**Lifetime amphetamines users**



**2.2%**



**0.6%**

# BANGLADESH

## Physical activity

### Being active

(engaged in some form of physical activity for at least 60 minutes daily)



42%



41%

### Sedentary behaviour (sitting more than 3 hours per day)



17%



11%

## Nutrition status

### Thinness



16%



11%

## Diet

### Frequent fast food consumers

(3 or more days per week)

26%



### Carbonated beverage drinkers

(one or more times per day)

48%



### Overweight or Obese



11%



9%

## Hygiene

### Not washed hands



...before meal



3%

...after using toilet



2%

### Not cleaned their teeth



15%



8%

## Violence

### Victims of physical violence

(one or more times in a year)



67%



55%

### Victims of bullying

(one or more days in a month)



27%



17%

## Mental health

### Attempted suicide

(one or more times in a year)

7%








### Difficulty in sleeping due to stress

5%



## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Nutrition status</b>			
 Underweight (<-2SD from median for BMI by age and sex)**	<b>14.3</b> (10.1–19.8)	<b>16.4</b> (10.9–24.1)	<b>10.7</b> (6.8–16.3)
Overweight (>+1SD from median for BMI by age and sex)**	<b>9.1</b> (4.9–16.2)	<b>10.3</b> (4.8–20.9)	<b>6.9</b> (4.1–11.5)
Obese (>+2SD from median for BMI by age and sex)**	<b>1.2</b> (0.5–2.8)	<b>0.9</b> (0.3–2.6)	<b>1.6</b> (0.6–4.6)
<b>Dietary behaviours</b>			
 Drink carbonated soft drinks one or more times per day <sup>1</sup>	<b>48.0</b> (43.9–52.1)	<b>48.3</b> (42.9–53.8)	<b>47.2</b> (41.2–53.2)
Eat food from a fast food restaurant three or more days <sup>2</sup>	<b>26.0</b> (21.1–31.5)	<b>28.4</b> (21.2–36.9)	<b>21.8</b> (15.9–29.1)
Eat fruit three or more times per day <sup>1</sup>	<b>11.9</b> (8.7–16.0)	<b>11.6</b> (7.6–17.3)	<b>12.4</b> (7.6–19.6)
Eat vegetables three or more times per day <sup>1</sup>	<b>32.5</b> (27.7–37.7)	<b>32.5</b> (26.6–38.9)	<b>32.8</b> (26.2–40.1)
Went hungry most of the time or always because there was not enough food in their home <sup>1</sup>	<b>13.1</b> (9.7–17.6)	<b>12.0</b> (7.9–18.0)	<b>15.2</b> (11.0–20.6)
<b>Hygiene</b>			
 Cleaned or brushed teeth one or more times per day <sup>1</sup>	<b>87.6</b> (85.5–89.5)	<b>85.4</b> (82.5–87.9)	<b>91.6</b> (88.7–93.9)
Washed hands never or rarely after using the toilet or latrine <sup>1</sup>	<b>1.9</b> (0.8–4.6)	<b>2.1</b> (0.5–7.7)	<b>1.6</b> (0.7–3.4)
Washed hands never or rarely before eating <sup>1</sup>	<b>3.2</b> (1.8–5.5)	<b>3.1</b> (1.2–7.4)	<b>3.3</b> (2.1–5.2)
Used soap never or rarely when washing their hands <sup>1</sup>	<b>5.0</b> (2.7–8.9)	<b>6.1</b> (2.8–12.8)	<b>3.0</b> (1.5–6.0)
<b>Violence and unintentional injury</b>			
 Physically attacked one or more times <sup>3</sup>	<b>62.5</b> (57.8–67.1)	<b>66.5</b> (59.4–72.9)	<b>55.1</b> (49.2–60.9)
Physical fight one or more times <sup>3</sup>	<b>21.1</b> (16.9–26.0)	<b>27.1</b> (21.8–33.1)	<b>10.2</b> (7.7–13.4)
Seriously injured one or more times <sup>3</sup>	<b>43.5</b> (37.4–49.7)	<b>47.4</b> (38.8–56.2)	<b>35.7</b> (30.3–41.5)
Reported their most serious injury as broken bone or dislocated joint (among students who were seriously injured) <sup>3</sup>	<b>11.3</b> (8.5–15.0)	<b>14.2</b> (10.5–18.9)	<b>4.2</b> (2.5–7.0)
Bullied on one or more days <sup>1</sup>	<b>23.6</b> (20.5–27.1)	<b>27.1</b> (23.0–31.5)	<b>17.3</b> (14.1–21.1)
<b>Mental health</b>			
 Planned how they would attempt suicide <sup>3</sup>	<b>7.7</b> (5.5–10.6)	<b>7.6</b> (4.7–12.1)	<b>7.5</b> (5.9–9.4)
Attempted suicide one or more times <sup>3</sup>	<b>7.0</b> (5.4–9.0)	<b>7.2</b> (5.2–9.9)	<b>6.1</b> (4.2–8.8)
Did not have any close friends	<b>8.6</b> (6.7–10.8)	<b>7.0</b> (4.6–10.4)	<b>11.5</b> (9.0–14.6)
Felt lonely most of the time or always <sup>3</sup>	<b>10.9</b> (8.5–14.0)	<b>11.7</b> (8.6–15.7)	<b>9.4</b> (7.0–12.6)
Worried about something that they could not sleep at night most of the time or always <sup>3</sup>	<b>4.5</b> (3.4–5.8)	<b>4.1</b> (2.6–6.3)	<b>4.9</b> (3.8–6.3)

## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years



	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Protective factors</b>			
Missed classes or school without permission on one or more days <sup>1</sup>	<b>30.7</b> (26.3–35.5)	<b>31.5</b> (25.4–38.3)	<b>29.2</b> (22.8–36.4)
Reported that their parents or guardians most of the time or always understood their problems and worries <sup>1</sup>	<b>47.2</b> (41.6–52.8)	<b>42.7</b> (34.7–51.1)	<b>55.0</b> (48.6–61.3)
Reported that most students in their school were most of the time or always kind and helpful <sup>1</sup>	<b>55.4</b> (50.6–60.1)	<b>54.2</b> (47.9–60.4)	<b>57.5</b> (50.3–64.3)
Reported that their parents or guardians most of the time or always checked to see if their homework was done <sup>1</sup>	<b>53.6</b> (48.2–58.9)	<b>52.0</b> (45.7–58.2)	<b>56.2</b> (49.7–62.5)
Reported that their parents or guardians most of the time or always really knew what they were doing with their free time <sup>1</sup>	<b>43.1</b> (38.7–47.7)	<b>40.1</b> (34.2–46.3)	<b>48.4</b> (42.3–54.5)
Reported that their parents or guardians never or rarely went through their things without their approval <sup>1</sup>	<b>85.6</b> (82.3–88.4)	<b>83.9</b> (79.3–87.7)	<b>88.7</b> (84.5–91.9)



<b>Tobacco use</b>			
Currently used any tobacco product <sup>1</sup>	<b>9.2</b> (6.0–13.8)	<b>13.2</b> (8.0–20.8)	<b>2.1</b> (1.2–3.7)
Currently smoked cigarettes <sup>1</sup>	<b>7.0</b> (4.1–11.8)	<b>10.1</b> (5.5–18.0)	<b>1.5</b> (0.7–3.2)
Currently used any tobacco product other than cigarettes <sup>1</sup>	<b>6.3</b> (4.2–9.4)	<b>8.9</b> (5.8–13.5)	<b>1.6</b> (0.9–2.9)
Currently used any smokeless tobacco product <sup>1,c</sup>	<b>4.5</b> (2.9–7.0)	<b>5.9</b> (3.5–9.7)	<b>2.0</b> (1.2–3.5)
Tried a cigarette before age 14 years (for the first time among students who ever smoked cigarette)	<b>89.4</b> (78.8–95.0)	<b>90.4</b> (78.0–96.2)	*
Tried to quit smoking cigarette (among students who smoked cigarette) <sup>3</sup>	<b>63.0</b> (43.4–79.1)	<b>64.5</b> (40.9–82.7)	*
Reported that people smoked in their presence one or more days <sup>2</sup>	<b>32.9</b> (27.8–38.5)	<b>37.6</b> (30.3–45.5)	<b>24.4</b> (19.7–29.9)
Parents or guardians who used any form of tobacco	<b>29.3</b> (24.5–34.6)	<b>34.3</b> (27.2–42.1)	<b>20.3</b> (16.8–24.3)
Exposed to tobacco smoke at home <sup>1,c</sup>	<b>31.1</b> (24.8–38.2)	<b>33.0</b> (24.9–42.2)	<b>27.7</b> (19.7–37.5)
Exposed to tobacco smoke inside any enclosed public place <sup>1,c</sup>	<b>59.0</b> (53.1–64.7)	<b>61.3</b> (55.6–66.7)	<b>54.8</b> (42.1–66.9)



<b>Alcohol use</b>			
Currently drink alcohol <sup>1</sup>	<b>1.4</b> (0.7–2.7)	<b>2.1</b> (1.1–4.0)	<b>0.1</b> (0.0–0.5)
Ever drank so much alcohol that they were really drunk one or more times during their lifetime	<b>1.2</b> (0.4–3.4)	<b>1.8</b> (0.6–5.1)	<b>0</b>
As a result of drinking alcohol got into trouble with family or friends, missed school, or got into fights (one or more times during lifetime)	<b>1.2</b> (0.5–3.1)	<b>1.9</b> (0.7–4.8)	<b>0</b>



<b>Drug use</b>			
Currently use marijuana <sup>1</sup>	<b>1.6</b> (0.8–3.3)	<b>2.1</b> (0.9–5.1)	<b>0.5</b> (0.2–1.5)
Ever used amphetamines or metamphetamines (one or more times during lifetime)	<b>1.7</b> (0.9–3.2)	<b>2.2</b> (1.1–4.4)	<b>0.6</b> (0.2–1.6)

## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Physical activity</b>			
Physically not active (for at least 60 minutes per day on any day) <sup>2</sup>	<b>25.2</b> (21.4–29.5)	<b>22.0</b> (16.6–28.5)	<b>31.1</b> (25.2–37.8)
Physically active (for at least 60 minutes per day on all 7 days) <sup>2</sup>	<b>41.2</b> (36.2–46.4)	<b>41.6</b> (35.1–48.4)	<b>40.7</b> (33.8–48.0)
Spent three or more hours per day sitting and watching television, playing computer games, or talking with friends when not in school or doing homework during a typical or usual day	<b>15.0</b> (11.3–19.5)	<b>16.8</b> (11.5–24.1)	<b>11.4</b> (8.6–14.8)
Did not walk or ride a bicycle to or from school <sup>2</sup>	<b>31.6</b> (27.4–36.2)	<b>27.5</b> (21.3–34.7)	<b>39.2</b> (34.0–44.6)
Did stretching exercises (such as toe touching, knee bending, or leg stretching, on three or more days) <sup>2</sup>	<b>18.1</b> (15.0–21.7)	<b>20.0</b> (15.8–24.8)	<b>14.6</b> (11.2–18.8)
Attended physical education classes on three or more days (each week during the school year)	<b>48.4</b> (43.1–53.7)	<b>49.8</b> (43.7–55.8)	<b>46.3</b> (39.3–53.4)
Did not attend physical education classes (each week during the school year)	<b>10.9</b> (8.0–14.5)	<b>10.9</b> (6.9–17.0)	<b>10.4</b> (7.1–15.1)
<b>Sexual behaviours</b>			
Ever had sexual intercourse	<b>10.0</b> (7.6–13.0)	<b>13.7</b> (10.0–18.5)	<b>3.6</b> (2.3–5.8)
Had sexual intercourse before age 14 years for the first time (among students who ever had sexual intercourse)	<b>46.8</b> (31.7–62.6)	<b>42.4</b> (25.8–61.0)	*
Used a condom during last sexual intercourse (among students who ever had sexual intercourse)	<b>59.4</b> (39.8–76.4)	<b>61.3</b> (40.2–78.9)	*
Used a method of birth control such as condoms, withdrawal, rhythm or birth control pills to prevent pregnancy, during last sexual intercourse (among students who ever had sexual intercourse)	<b>86.5</b> (73.5–93.7)	<b>88.0</b> (74.8–94.8)	*
Heard of HIV infection or AIDS	<b>77.1</b> (72.8–81.0)	<b>73.8</b> (68.3–78.7)	<b>83.1</b> (78.9–86.6)
Taught in any of their classes how to avoid HIV infection or AIDS (during the school year)	<b>64.5</b> (58.7–70.0)	<b>61.0</b> (54.1–67.5)	<b>71.2</b> (62.1–78.9)

#### Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. Bangladesh Global School-based Student Health Survey (GSHS) 2014; c. World Health Organization, Regional Office for South East Asia. Monitoring tobacco control among youth in countries of the South-East Asia Region: 2014 - findings from the Global Youth Tobacco Survey, 2003–2014. New Delhi, 2014. [http://www.searo.who.int/tobacco/documents/gyts\\_regional\\_brochure\\_2014\\_a4\\_size.pdf](http://www.searo.who.int/tobacco/documents/gyts_regional_brochure_2014_a4_size.pdf) - accessed 10 August 2016.

1. during the 30 days before the survey; 2. during the 7 days before the survey; 3. during the 12 months before the survey; \* There were fewer than 100 respondents; CI refers to 95% confidence interval; \*\* According to the WHO growth reference for school-aged children and adolescent. For more information, please visit [www.who.int/growthref](http://www.who.int/growthref)

• For more information on Global School-based Health Survey (GSHS), please visit [www.who.int/chp/gshs](http://www.who.int/chp/gshs); • For more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>



Total Population<sup>a</sup> **776 thousand**

Boys<sup>a</sup> **22 thousand**  
Aged 13-15 years

Girls<sup>a</sup> **21 thousand**  
Aged 13-15 years

## Tobacco use



**30%**  
Overall

## Current tobacco users (smoking or/and smokeless)



**39%**  
Boys



**23%**  
Girls

## Current cigarette smokers



**14%**



**23%**



**7%**

## Current smokeless tobacco users



**22%**



**25%**



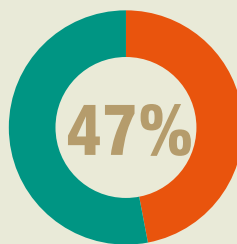
**19%**

## Early cigarette smokers

**1 in 5** students  
tried smoking before  
the age of 10



## Parents smoking tobacco

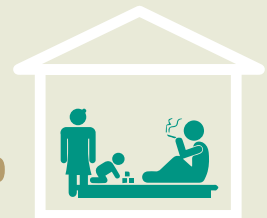


**47%**



## Exposure to second-hand smoke

...at home  
**15%**

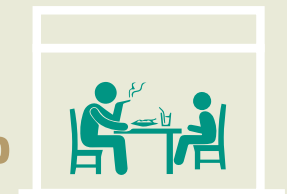


**Attempt to quit**  
(among cigarette smokers)



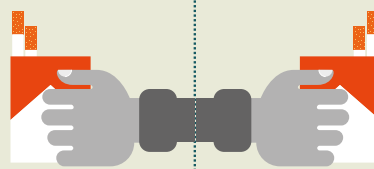
**4 in 5** students  
tried to quit smoking

...at public  
places  
(enclosed)  
**43%**



## Access and availability

**55%** of current cigarette  
smokers bought cigarettes from  
a store, shop, or street vendor



Nearly **Half** of cigarette buyers below  
the permitted age were sold tobacco products





## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years



Tobacco use <sup>b</sup>	Overall % (CI)	Boys % (CI)	Girls % (CI)
Currently used any tobacco product <sup>1</sup>	<b>30.3</b> (26.2–34.7)	<b>39.0</b> (33.7–44.5)	<b>23.2</b> (19.0–28.0)
Currently smoked any tobacco product <sup>1</sup>	<b>16.5</b> (13.9–19.5)	<b>26.3</b> (21.6–31.6)	<b>8.6</b> (7.0–10.6)
Currently smoked cigarettes <sup>1</sup>	<b>14.0</b> (11.8–16.4)	<b>23.1</b> (19.0–27.6)	<b>6.6</b> (4.8–9.0)
Currently used any smokeless tobacco product <sup>1</sup>	<b>21.6</b> (18.5–25.2)	<b>25.0</b> (21.7–28.6)	<b>18.9</b> (14.6–24.1)
Ever smokers who first tried smoking at less than 10 years of age	<b>21.4</b> (17.5–25.8)	<b>23.4</b> (18.4–29.2)	<b>16.3</b> (11.1–23.3)
Current smokers who tried to stop smoking <sup>3</sup>	<b>83.1</b> (72.3–90.2)	<b>82.1</b> (71.4–89.3)	*
Reported one or more parent who smoke <sup>c</sup>	<b>17.5</b> (14.2–21.4)	<b>17.8</b> (14.4–21.8)	<b>17.0</b> (12.9–20.0)
Exposed to tobacco smoke at home <sup>2</sup>	<b>15.3</b> (13.0–17.9)	<b>16.3</b> (11.5–22.5)	<b>14.4</b> (12.2–17.0)
Exposed to tobacco smoke inside any enclosed public place <sup>2</sup>	<b>42.8</b> (39.1–46.6)	<b>43.0</b> (37.9–48.3)	<b>42.7</b> (38.4–47.1)
Current cigarette smokers who obtained cigarettes by buying them from a store, shop, or street vendor <sup>1</sup>	<b>54.5</b> (46.5–62.4)	<b>58.0</b> (49.9–65.6)	<b>45.3</b> (29.5–62.1)
Current cigarette smokers who were not prevented from buying cigarettes because of their age <sup>1</sup>	<b>47.8</b> (39.4–56.3)	<b>47.4</b> (36.5–58.6)	<b>48.7</b> (32.2–65.6)

#### Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. World Health Organization, Regional Office for South East Asia. Monitoring tobacco control among youth in countries of the South-East Asia Region: 2014 - findings from the Global Youth Tobacco Survey, 2003–2014. New Delhi, 2014. [http://www.searo.who.int/tobacco/documents/gyts\\_regional\\_brochure\\_2014\\_a4\\_size.pdf](http://www.searo.who.int/tobacco/documents/gyts_regional_brochure_2014_a4_size.pdf) - accessed 10 August 2016; c. Bhutan Global Youth Tobacco Survey (GYTS) 2009;

1. during the 30 days before the survey; 2. during the 7 days before the survey; 3. during the 12 months before the survey; \* There were fewer than 35 respondents; CI refers to 95% confidence interval; • For more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>

Total Population<sup>a</sup> **1282.4 million**

Boys<sup>a</sup> **38.3 million**

Girls<sup>a</sup> **34.5 million**

Aged 13-15 years

Aged 13-15 years

## Tobacco use



## Current tobacco users

(smoking or/and smokeless)



**15%**  
Overall



**19%**  
Boys



**8%**  
Girls



## Current cigarette smokers



**4%**



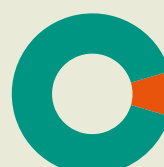
**6%**



**2%**



## Current smokeless tobacco users



**9%**



**11%**



**6%**

## Early cigarette smokers

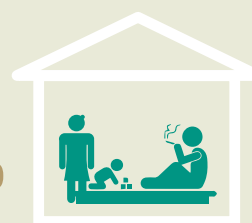
**3 in 10** students  
tried smoking before  
the age of 10



## Exposure to second-hand smoke

...at home

**22%**



## Attempt to quit

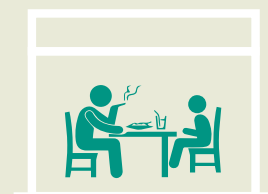
(among cigarette smokers)



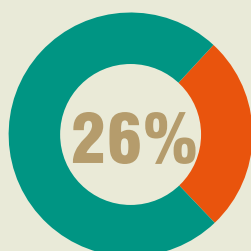
**7 in 10** students  
tried to quit smoking

...at public places  
(enclosed)

**37%**



## Parents smoking tobacco



**26%**



## Drug use



## Current drug users



**3%**

# INDIA

## Physical activity

### Being active

(engaged in some form of physical activity for at least 60 minutes daily)



31% 29%

### Sedentary behaviour (sitting more than 3 hours per day)



25%



21%

## Diet

### Frequent fast food consumers

(3 or more days per week)

22%



### Carbonated beverage drinkers

(one or more times per day)

8%



## Nutrition status

### Thinness



12%



10%

### Obese



3%



2%

## Hygiene

### Not washed hands



...before meal



7%



5%

...after using toilet



3%



3%

### Not cleaned their teeth



5%



4%

## Awareness of HIV/AIDS

### Heard of HIV/AIDS



100%

### Taught in classes how to avoid HIV/AIDS



47%



54%

## Mental health

### Felt lonely



7%



10%






### Difficulty in sleeping due to stress

8%




**Risk behaviours<sup>b</sup>**

Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Nutrition status</b>			
 Overweight**	<b>10.8</b> (8.7–12.9)	<b>11.6</b> (9.0–14.2)	<b>9.7</b> (7.7–11.7)
Obese**	<b>2.1</b> (1.5–2.7)	<b>2.5</b> (1.6–3.4)	<b>1.5</b> (0.9–2.1)
<b>Dietary behaviors</b>			
 Drink carbonated soft drinks two or more times per day <sup>1</sup>	<b>8.0</b> (6.7–9.4)	<b>8.4</b> (6.7–10.0)	<b>7.5</b> (6.1–8.8)
Eat food from a fast food restaurant three or more days <sup>2</sup>	<b>21.5</b> (19.4–23.5)	<b>23.5</b> (21.1–25.8)	<b>18.6</b> (15.9–21.4)
Eat fruits and vegetables five or more times per day <sup>1</sup>	<b>14.9</b> (13.0–16.8)	<b>14.6</b> (12.3–17.0)	<b>15.3</b> (12.9–17.6)
Hungry most of the time or always because there was no enough food in their home <sup>1</sup>	<b>3.5</b> (2.8–4.2)	<b>3.3</b> (2.5–4.1)	<b>3.8</b> (2.9–4.7)
<b>Hygiene</b>			
 Cleaned or brushed teeth less than one time per day <sup>1</sup>	<b>4.4</b> (3.5–5.4)	<b>4.7</b> (3.7–5.8)	<b>4.0</b> (2.8–5.1)
Washed hands never or rarely after using the toilet or latrine <sup>1</sup>	<b>3.3</b> (2.6–3.9)	<b>3.2</b> (2.4–4.0)	<b>3.3</b> (2.5–4.2)
Washed hands never or rarely before eating <sup>1</sup>	<b>6.1</b> (5.0–7.1)	<b>6.8</b> (5.5–8.1)	<b>5.1</b> (3.8–6.3)
Used soap never or rarely when washing their hands <sup>1</sup>	<b>13.3</b> (11.5–15.0)	<b>13.8</b> (11.9–15.7)	<b>12.3</b> (10.2–14.5)
<b>Mental health</b>			
 Did not have any close friends	<b>10.1</b> (9.2–11.1)	<b>10.2</b> (9.1–11.4)	<b>10.0</b> (8.6–11.3)
Felt lonely most of the time or always <sup>3</sup>	<b>8.4</b> (7.4–9.4)	<b>7.4</b> (6.3–8.5)	<b>9.8</b> (8.1–11.5)
Worried about something that they could not sleep at night most of the time or always <sup>3</sup>	<b>7.8</b> (7.0–8.5)	<b>7.2</b> (6.1–8.3)	<b>8.5</b> (7.1–9.8)
<b>Protective factors</b>			
 Missed classes or school without permission on one or more days <sup>1</sup>	<b>26.8</b> (25.0–28.6)	<b>27.7</b> (25.9–29.6)	<b>25.6</b> (23.1–28.1)
Reported that their parents or guardians most of the time or always really knew what they were doing with their free time <sup>1</sup>	<b>27.9</b> (25.2–30.6)	<b>29.1</b> (26.3–32.0)	<b>26.3</b> (22.8–29.8)
Reported that their parents or guardians most of the time or always understood their problems and worries <sup>1</sup>	<b>24.9</b> (22.7–27.1)	<b>25.3</b> (23.0–27.7)	<b>24.3</b> (21.4–27.2)
Reported that most students in their school were most of the time or always kind and helpful <sup>1</sup>	<b>41.0</b> (36.4–45.6)	<b>43.5</b> (38.6–48.3)	<b>37.3</b> (31.3–43.3)
Reported that their parents or guardians most of the time or always checked to see if their homework was done <sup>1</sup>	<b>39.5</b> (37.1–42.0)	<b>39.8</b> (37.3–42.3)	<b>39.1</b> (35.8–42.5)

## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Tobacco use<sup>c</sup></b>			
 Currently used any tobacco product <sup>1</sup>	<b>14.6</b> (13.0–16.3)	<b>19.0</b> (16.8–21.4)	<b>8.3</b> (7.0–9.9)
Currently smoked any tobacco product <sup>1</sup>	<b>8.1</b> (7.0–9.3)	<b>11.2</b> (9.7–12.9)	<b>3.7</b> (3.0–4.6)
Currently smoked cigarettes <sup>1</sup>	<b>4.4</b> (3.6–5.3)	<b>5.8</b> (4.6–7.3)	<b>2.4</b> (1.8–3.1)
Currently used any smokeless tobacco product <sup>1</sup>	<b>9.0</b> (7.7–10.4)	<b>11.1</b> (9.3–13.1)	<b>6.0</b> (5.0–7.1)
Ever smokers who first tried smoking at less than 10 years of age	<b>35.3</b> (28.4–43.0)	<b>35.0</b> (26.7–44.2)	<b>36.1</b> (25.7–48.0)
Current smokers who tried to stop smoking <sup>3</sup>	<b>67.2</b> (54.0–78.1)	<b>69.1</b> (54.6–80.6)	<b>60.2</b> (45.6–73.2)
Reported one or more parents who smoke	<b>26.4</b> (23.6–29.4)	<b>29.3</b> (25.4–33.5)	<b>22.4</b> (19.5–25.6)
Exposed to tobacco smoke at home	<b>21.9</b> (19.9–24.2)	<b>24.1</b> (21.4–26.9)	<b>18.8</b> (15.7–22.4)
Exposed to tobacco smoke inside any enclosed public space	<b>36.6</b> (33.6–39.6)	<b>39.0</b> (35.7–42.4)	<b>33.1</b> (28.9–37.6)
<b>Drug use</b>			
Used drugs such as inhaling any fluid, using Charas, or Ganja one or more times <sup>3</sup>	<b>2.8</b> (2.1–3.5)	<b>2.7</b> (1.9–3.4)	<b>3.0</b> (1.9–4.0)
<b>Physical activity</b>			
Physically NOT active (for at least 60 minutes per day on any day) <sup>2</sup>	<b>69.8</b> (66.8–72.7)	<b>69.0</b> (65.9–72.1)	<b>70.9</b> (66.5–75.2)
Physically active (for at least 60 minutes per day on all 7 days) <sup>2</sup>	<b>30.2</b> (27.3–33.2)	<b>31.0</b> (27.9–34.1)	<b>29.1</b> (24.8–33.5)
Spent three or more hours per day sitting and watching television, playing computer games, or talking with friends, when not in school or doing homework during a typical or usual day	<b>23.2</b> (20.9–25.5)	<b>24.5</b> (22.1–27.0)	<b>21.2</b> (18.3–24.2)
Did not walk or ride a bicycle to or from school <sup>2</sup>	<b>42.8</b> (36.7–48.9)	<b>39.2</b> (32.8–45.7)	<b>48.0</b> (41.0–54.9)
Did stretching exercises such as toe touches, knee bends, or push ups on three or more days <sup>2</sup>	<b>42.1</b> (39.2–45.1)	<b>47.4</b> (43.8–50.9)	<b>35.1</b> (31.3–38.8)
<b>HIV awareness</b>			
Ever heard of HIV infection or AIDS	<b>99.5</b> (99.2–99.8)	<b>99.4</b> (99.0–99.8)	<b>99.7</b> (99.4–99.9)
Taught in any of their classes how to avoid HIV infection or AIDS (during the school year)	<b>49.8</b> (43.2–56.5)	<b>46.8</b> (40.7–52.9)	<b>54.0</b> (45.7–62.3)

#### Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. India Global School-based Student Health Survey (GSHS) 2007; c. World Health Organization, Regional Office for South East Asia. Monitoring tobacco control among youth in countries of the South-East Asia Region: 2014 - findings from the Global Youth Tobacco Survey, 2003–2014. New Delhi, 2014. [http://www.searo.who.int/tobacco/documents/gyts\\_regional\\_brochure\\_2014\\_a4\\_size.pdf](http://www.searo.who.int/tobacco/documents/gyts_regional_brochure_2014_a4_size.pdf) - accessed 10 August 2016.

1. during the 30 days before the survey; 2. during the 7 days before the survey; 3. during the 12 months before the survey; \* There were fewer than 100 respondents; CI refers to 95% confidence interval; \*\* According to the WHO growth reference for school-aged children and adolescent. For more information, please visit [www.who.int/growthref](http://www.who.int/growthref)

• For more information on Global School-based Health Survey (GSHS), please visit [www.who.int/chp/gshs](http://www.who.int/chp/gshs); • for more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>

Total Population<sup>a</sup> **255.7 million**

Boys<sup>a</sup> **7.2 million**  
Aged 13-15 years

Girls<sup>a</sup> **6.8 million**  
Aged 13-15 years

## Tobacco use



**13%**  
Overall

## Current tobacco users (smoking or/and smokeless)

**23%**  
Boys

**2%**  
Girls

## Current cigarette smokers



**12%**



**21%**



**2%**

## Current smokeless tobacco users



**2%**



**3%**



**1%**

## Early cigarette smokers

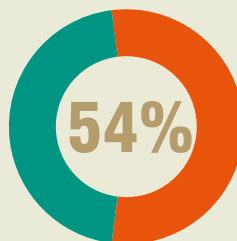
**9 in 10** students  
tried smoking before  
the age of 14



**Attempt to quit**  
(among cigarette smokers)

**9 in 10** students  
tried to quit smoking

## Parents using tobacco

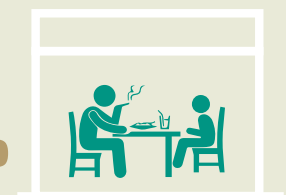


## Exposure to second-hand smoke

...at home  
**57%**



...at public places  
(enclosed)  
**60%**



## Alcohol and drug use



**Early starters**  
(tried before 14 years  
for the first time among  
ever users)

**Alcohol**      **Drugs**

**74%**      **95%**

**Current alcohol users**



**6.1%**



**1.4%**

**Current marijuana users**

**1.1%**

**Lifetime amphetamines users**

**1.5%**

# INDONESIA

## Physical activity

### Being active

(engaged in some form of physical activity for at least 60 minutes daily)



13% 12%

### Sedentary behaviour (sitting more than 3 hours per day)



27%



26%

## Diet

### Frequent fast food consumers

(3 or more days per week)

13%



### Carbonated beverage drinkers

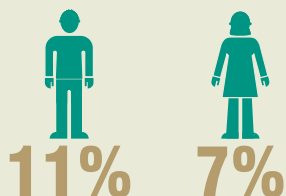
(one or more times per day)

29%

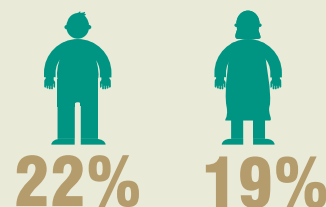


## Nutrition status

### Thinness



### Overweight or Obese

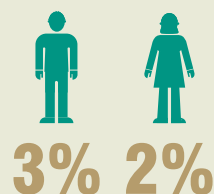


## Hygiene

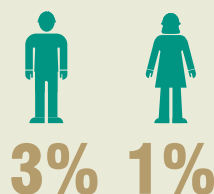
### Not washed hands



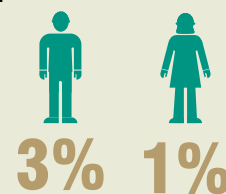
...before meal



...after using toilet



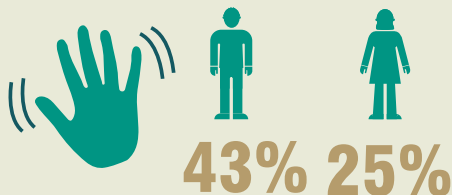
### Not cleaned their teeth



## Violence and unintentional injury

### Victims of physical violence

(one or more times in a year)



### Victims of bullying

(one or more days in a month)



### Victims of motor vehicle accident injury



## Mental health

### Attempted suicide

(one or more times in a year)

4%



### Difficulty in sleeping due to stress

5%



## Risk behaviours<sup>b</sup>




### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Nutrition status</b>			
 Underweight (<-2SD from median for BMI by age and sex)**	<b>8.9</b> (7.7–10.2)	<b>11.0</b> (9.4–12.9)	<b>6.7</b> (5.6–8.0)
Overweight (>+1SD from median for BMI by age and sex)**	<b>15.3</b> (13.6–17.2)	<b>15.7</b> (13.5–18.3)	<b>14.9</b> (13.3–16.7)
Obese (>+2SD from median for BMI by age and sex)**	<b>4.8</b> (3.8–5.9)	<b>5.6</b> (4.3–7.4)	<b>3.9</b> (3.1–4.9)
<b>Dietary behaviours</b>			
 Drink carbonated soft drinks one or more times per day <sup>1</sup>	<b>28.8</b> (26.5–31.3)	<b>31.7</b> (28.8–34.9)	<b>25.8</b> (23.4–28.4)
Eat food from a fast food restaurant three or more days <sup>2</sup>	<b>12.7</b> (11.5–14.0)	<b>12.8</b> (11.2–14.6)	<b>12.6</b> (11.2–14.2)
Eat fruit three or more times per day <sup>1</sup>	<b>16.3</b> (14.7–18.1)	<b>17.7</b> (15.7–20.0)	<b>14.9</b> (13.0–17.2)
Eat vegetables three or more times per day <sup>1</sup>	<b>29.8</b> (27.3–32.4)	<b>30.1</b> (27.2–33.2)	<b>29.4</b> (26.7–32.2)
Went hungry most of the time or always because there was not enough food in their home <sup>1</sup>	<b>4.2</b> (3.5–5.0)	<b>4.5</b> (3.5–5.7)	<b>3.9</b> (3.2–4.8)
<b>Hygiene</b>			
 Cleaned or brushed teeth one or more times per day <sup>1</sup>	<b>97.7</b> (97.2–98.2)	<b>96.7</b> (95.9–97.3)	<b>98.8</b> (98.2–99.2)
Washed hands never or rarely after using the toilet or latrine <sup>1</sup>	<b>2.2</b> (1.8–2.7)	<b>3.1</b> (2.4–4.1)	<b>1.3</b> (1.0–1.7)
Washed hands never or rarely before eating <sup>1</sup>	<b>2.4</b> (1.9–3.0)	<b>3.1</b> (2.3–4.1)	<b>1.8</b> (1.3–2.5)
Used soap never or rarely when washing their hands <sup>1</sup>	<b>4.0</b> (3.3–4.9)	<b>5.9</b> (4.7–7.3)	<b>2.1</b> (1.7–2.7)
<b>Violence and unintentional injury</b>			
 Physically attacked one or more times <sup>3</sup>	<b>33.9</b> (31.4–36.6)	<b>43.2</b> (39.4–47.1)	<b>24.5</b> (22.5–26.6)
Physical fight one or more times <sup>3</sup>	<b>24.6</b> (22.5–26.8)	<b>35.9</b> (32.9–39.0)	<b>13.1</b> (11.2–15.3)
Seriously injured one or more times <sup>3</sup>	<b>30.3</b> (27.9–32.9)	<b>39.6</b> (36.0–43.4)	<b>21.2</b> (19.0–23.6)
Reported their most serious injury as a broken bone or dislocated joint (among students who were seriously injured) <sup>3</sup>	<b>39.5</b> (36.7–42.4)	<b>42.2</b> (39.2–45.2)	<b>34.2</b> (30.3–38.4)
Reported their most serious injury was caused by a motor vehicle accident or being hit by a motor vehicle (among students who were seriously injured) <sup>3</sup>	<b>21.1</b> (18.6–23.7)	<b>22.0</b> (19.0–25.4)	<b>19.3</b> (16.3–22.7)
Bullied on one or more days <sup>1</sup>	<b>21.3</b> (19.2–23.6)	<b>23.7</b> (21.0–26.6)	<b>19.0</b> (16.7–21.4)
Bullied most often by being hit, kicked, pushed, shoved around or locked indoors (among students who were bullied) <sup>1</sup>	<b>11.7</b> (9.9–13.8)	<b>16.2</b> (13.3–19.6)	<b>6.6</b> (4.9–8.9)







## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Mental health</b>			
 Planned how they would attempt suicide <sup>2</sup>	<b>5.6</b> (5.0–6.4)	<b>4.9</b> (4.0–6.1)	<b>6.3</b> (5.5–7.3)
Seriously considered attempting suicide <sup>1</sup>	<b>5.1</b> (4.3–6.0)	<b>4.0</b> (3.1–5.1)	<b>6.2</b> (5.3–7.2)
Attempted suicide one or more times <sup>1</sup>	<b>4.0</b> (3.3–4.9)	<b>4.4</b> (3.4–5.7)	<b>3.6</b> (2.9–4.5)
Did not have any close friends	<b>3.1</b> (2.4–4.0)	<b>3.8</b> (2.9–4.9)	<b>2.4</b> (1.7–3.3)
Felt lonely most of the time or always <sup>3</sup>	<b>6.6</b> (5.9–7.3)	<b>5.7</b> (4.9–6.7)	<b>7.4</b> (6.5–8.5)
Worried about something that they could not sleep at night most of the time or always <sup>3</sup>	<b>4.5</b> (3.8–5.4)	<b>4.7</b> (3.8–5.8)	<b>4.3</b> (3.5–5.3)
Did not go to school as they felt unsafe one or more days <sup>1</sup>	<b>11.0</b> (9.1–13.1)	<b>14.1</b> (11.7–16.9)	<b>7.7</b> (6.1–9.7)
<b>Protective factors</b>			
 Missed classes or school without permission on one or more days <sup>1</sup>	<b>20.3</b> (17.8–23.0)	<b>23.5</b> (20.8–26.6)	<b>16.9</b> (14.3–19.9)
Reported that their parents or guardians most of the time or always understood their problems and worries <sup>1</sup>	<b>34.0</b> (32.6–35.4)	<b>31.8</b> (30.1–33.5)	<b>36.2</b> (34.3–38.2)
Reported that most students in their school were most of the time or always kind and helpful <sup>1</sup>	<b>38.4</b> (36.0–40.9)	<b>32.8</b> (30.1–35.6)	<b>44.1</b> (41.2–47.1)
Reported that their parents or guardians most of the time or always checked to see if their homework was done <sup>1</sup>	<b>36.1</b> (33.9–38.3)	<b>36.5</b> (34.0–39.0)	<b>35.7</b> (32.6–38.9)
Reported that their parents or guardians most of the time or always really knew what they were doing with their free time <sup>1</sup>	<b>38.4</b> (36.0–40.9)	<b>29.5</b> (27.1–32.0)	<b>47.4</b> (44.5–50.2)
Reported that their parents or guardians never or rarely went through their things without their approval <sup>1</sup>	<b>56.2</b> (54.1–58.2)	<b>56.5</b> (54.1–58.8)	<b>55.9</b> (53.0–58.6)
<b>Tobacco use</b>			
 Currently used any tobacco product <sup>1</sup>	<b>12.7</b> (10.9–14.7)	<b>23.0</b> (19.8–26.5)	<b>2.4</b> (1.6–3.4)
Currently smoked any tobacco product <sup>c</sup>	<b>19.4</b> (15.0–24.8)	<b>35.3</b> (27.4–44.0)	<b>3.4</b> (2.2–5.3)
Currently smoked cigarettes <sup>1</sup>	<b>11.5</b> (9.9–13.3)	<b>21.4</b> (18.5–24.7)	<b>1.5</b> (0.9–2.4)
Currently used any tobacco product other than cigarettes <sup>1</sup>	<b>3.5</b> (2.6–4.6)	<b>5.4</b> (4.0–7.3)	<b>1.5</b> (0.9–2.4)
Currently used any smokeless tobacco product <sup>1,c</sup>	<b>2.1</b> (1.5–2.9)	<b>3.0</b> (2.2–4.2)	<b>1.1</b> (0.7–1.8)
Tried a cigarette before age 14 years (for the first time among students who ever smoked cigarette)	<b>85.4</b> (82.2–88.1)	<b>85.8</b> (82.4–88.6)	<b>81.1</b> (72.5–87.5)
Tried to quit smoking cigarette (among students who smoked cigarette) <sup>3</sup>	<b>91.9</b> (89.1–94.0)	<b>92.0</b> (89.0–94.3)	*
Reported that people smoked in their presence on one or more days <sup>2</sup>	<b>78.4</b> (76.8–79.9)	<b>81.4</b> (79.3–83.4)	<b>75.4</b> (73.2–77.4)
Parents or guardians who used any form of tobacco	<b>54.3</b> (52.5–56.0)	<b>51.8</b> (48.8–54.7)	<b>56.7</b> (54.3–59.1)
Exposed to tobacco smoke at home <sup>1,c</sup>	<b>57.3</b> (50.3–64.1)	<b>61.7</b> (53.9–69.0)	<b>52.7</b> (45.9–59.3)
Exposed to tobacco smoke inside any enclosed public place <sup>1,c</sup>	<b>60.1</b> (54.6–65.3)	<b>62.1</b> (55.2–68.6)	<b>57.8</b> (52.8–62.7)

## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Alcohol use</b>			
 Currently drink alcohol <sup>1</sup>	<b>3.7</b> (3.1–4.5)	<b>6.1</b> (4.9–7.5)	<b>1.4</b> (0.9–2.1)
Ever drank so much alcohol that they were really drunk one or more times during their life	<b>3.0</b> (2.4–3.7)	<b>5.1</b> (4.2–6.2)	<b>0.8</b> (0.5–1.3)
Drank alcohol before age 14 years for the first time (among students who ever had a drink of alcohol other than a few sips)	<b>73.7</b> (67.3–79.2)	<b>70.9</b> (63.7–77.1)	<b>84.8</b> (71.5–92.6)
Usually drank two or more drinks per day <sup>3</sup>	<b>28.0</b> (22.3–34.5)	<b>31.1</b> (25.1–37.9)	*
Usually obtained the alcohol they drank from friends <sup>3</sup>	<b>38.6</b> (29.1–49.1)	<b>42.3</b> (32.6–52.5)	*
As a result of drinking alcohol got into trouble with family or friends, missed school, or got into fights (one or more times during their lifetime)	<b>2.4</b> (1.8–3.2)	<b>4.1</b> (3.1–5.5)	<b>0.7</b> (0.4–1.2)
Usually drank alcohol with friends (among students who drank alcohol)	<b>68.2</b> (59.5–75.7)	<b>73.5</b> (65.9–80.0)	<b>46.0</b> (33.7–58.7)
<b>Drug use</b>			
 Currently use marijuana <sup>1</sup>	<b>1.1</b> (0.7–1.7)	<b>1.5</b> (1.0–2.4)	<b>0.6</b> (0.3–1.3)
Ever used marijuana/drugs (one or more times during their lifetime)	<b>1.4</b> (0.9–2.2)	<b>2.1</b> (1.3–3.3)	<b>0.7</b> (0.3–1.6)
Ever used amphetamines or metamphetamines (one or more times during their lifetime)	<b>1.5</b> (0.9–2.5)	<b>2.3</b> (1.4–3.6)	<b>0.7</b> (0.2–2.0)
First used drugs before 14 years of age (among students who ever used drugs)	<b>94.7</b> (89.2–97.5)	<b>94.2</b> (88.3–97.2)	*
<b>Physical activity</b>			
 Physically not active (for at least 60 minutes per day on any day) <sup>2</sup>	<b>31.3</b> (28.6–34.0)	<b>31.0</b> (28.5–33.5)	<b>31.5</b> (28.0–35.2)
Physically active (for at least 60 minutes per day on all 7 days) <sup>2</sup>	<b>12.8</b> (11.4–14.4)	<b>13.4</b> (11.5–15.5)	<b>12.2</b> (10.5–14.3)
Spent three or more hours per day sitting and watching television, playing computer games, or talking with friends when not in school or doing homework during a typical or usual day	<b>26.5</b> (24.6–28.5)	<b>26.7</b> (24.4–29.1)	<b>26.2</b> (23.9–28.5)
Did not walk or ride a bicycle to or from school <sup>2</sup>	<b>55.9</b> (50.6–61.1)	<b>55.1</b> (49.9–60.2)	<b>56.7</b> (51.0–62.2)
Attended physical education classes on three or more days (each week during school year)	<b>12.2</b> (10.8–13.9)	<b>15.1</b> (13.4–17.0)	<b>9.3</b> (7.7–11.2)
Did not attend physical education classes (each week during school year)	<b>12.6</b> (11.0–14.4)	<b>14.4</b> (12.5–16.5)	<b>10.7</b> (9.1–12.6)
<b>Sexual behaviours &amp; HIV awareness</b>			
 Ever had sexual intercourse	<b>5.4</b> (4.3–6.7)	<b>6.9</b> (5.3–8.9)	<b>4.0</b> (3.1–5.1)
Had sexual intercourse with two or more persons (during their lifetime)	<b>1.2</b> (0.8–1.7)	<b>2.0</b> (1.4–2.8)	<b>0.4</b> (0.2–0.9)
Had sexual intercourse before age 14 years for the first time (among students who ever had sexual intercourse)	<b>83.0</b> (72.1–90.2)	*	*
Used a condom during last sexual intercourse (among students who ever had sexual intercourse)	<b>34.3</b> (16.7–57.5)	*	*
Used a method of birth control other than condoms such as withdrawal, rhythm, or birth control pills to prevent pregnancy, during the last sexual intercourse (among students who ever had sexual intercourse)	<b>31.9</b> (25.3–39.4)	*	*



## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Sexual behaviours &amp; HIV awareness</b>			
Ever had sexual intercourse among students who had drunk so much alcohol that they were really drunk (one or more times during their lifetime)	<b>23.3</b> (15.8–33.1)	<b>20.8</b> (13.3–30.9)	*
Heard of HIV infection or AIDS	<b>76.7</b> (73.5–79.6)	<b>72.8</b> (69.3–76.1)	<b>80.5</b> (77.0–83.6)
Taught in any of their classes how to avoid HIV infection or AIDS (during this school year)	<b>55.3</b> (51.7–58.8)	<b>51.7</b> (48.2–55.1)	<b>58.9</b> (54.1–63.5)

#### Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. Indonesia Global School-based Student Health Survey (GSHS) 2015; c. World Health Organization, Regional Office for South East Asia. Monitoring tobacco control among youth in countries of the South-East Asia Region: 2014 - findings from the Global Youth Tobacco Survey, 2003–2014. New Delhi, 2014. [http://www.searo.who.int/tobacco/documents/gyts\\_regional\\_brochure\\_2014\\_a4\\_size.pdf](http://www.searo.who.int/tobacco/documents/gyts_regional_brochure_2014_a4_size.pdf) - accessed 10 August 2016.

1. during the 30 days before the survey; 2. during the 7 days before the survey; 3. during the 12 months before the survey; \* There were fewer than 100 respondents; CI refers to 95% confidence interval; \*\* According to the WHO growth reference for school-aged children and adolescent. For more information, please visit [www.who.int/growthref](http://www.who.int/growthref)

• For more information on Global School-based Health Survey (GSHS), please visit [www.who.int/chp/gshs](http://www.who.int/chp/gshs); • For more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>

Total Population<sup>a</sup> **358 thousand**

Boys<sup>a</sup> **10 thousand**

Girls<sup>a</sup> **9 thousand**

Aged 13-15 years

Aged 13-15 years

## Tobacco use



**Current tobacco users**  
(smoking or/and smokeless)



**11%**  
Overall



**16%**  
Boys



**7%**  
Girls



**Current cigarette smokers**



**9%**



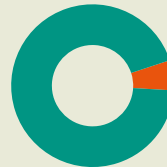
**12%**



**5%**



**Current smokeless tobacco users**



**6%**



**9%**



**3%**

## Early cigarette smokers

**7 in 10** students  
tried smoking before  
the age of 14



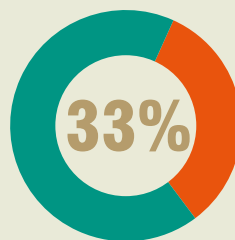
**Attempt to quit**

(among cigarette smokers)



**3 in 5** students  
tried to quit smoking

## Parents using tobacco



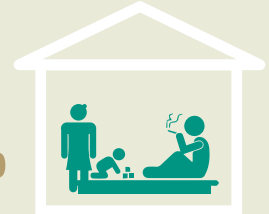
**33%**



## Exposure to second-hand smoke

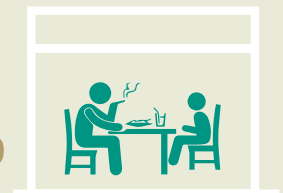
...at home

**35%**



...at public  
places  
(enclosed)

**43%**



## Alcohol and drug use



**Early starters**  
(tried before 14 years  
for the first time among ever users)

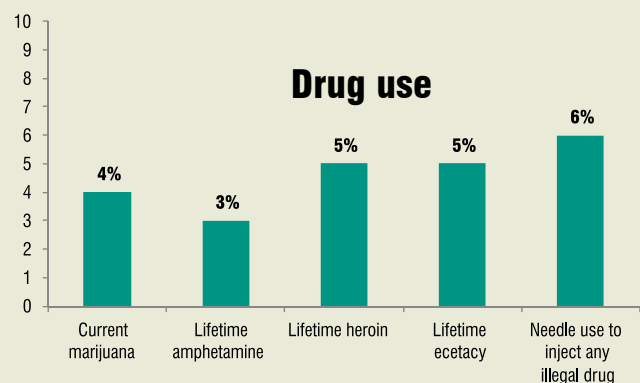
**Alcohol**

**87%**

**Drugs**

**77%**

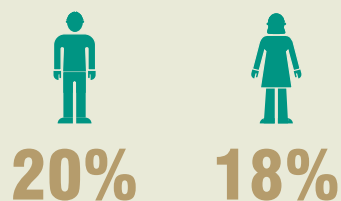
## Drug use



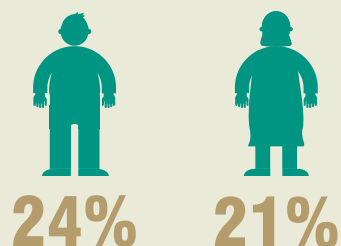
# MALDIVES

## Nutrition status

Thinness



Overweight or Obese



## Diet

Frequent fast food consumers  
(3 or more days per week)

11%



Carbonated beverage drinkers  
(one or more times per day)

33%



## Awareness of HIV/AIDS

Heard of HIV/AIDS

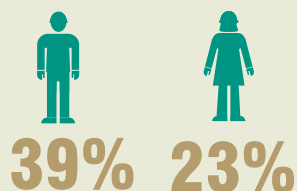


Taught in classes how to avoid HIV/AIDS

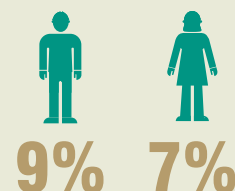


## Violence and unintentional injury

Victims of physical violence  
(one or more times in a year)



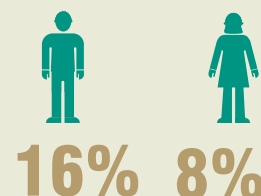
Victims of motor vehicle accident injury



Victims of bullying  
(one or more days in a month)

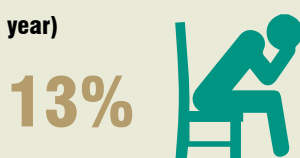


Carried a weapon on school property

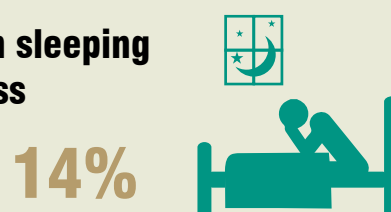


## Mental health

Attempted suicide  
(one or more times in a year)







Difficulty in sleeping due to stress






## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Nutrition status</b>			
 Underweight (<-2SD from median for BMI by age and sex)**	<b>18.8</b> (15.8–22.1)	<b>19.8</b> (15.7–24.6)	<b>17.7</b> (14.4–21.6)
Overweight (>+1SD from median for BMI by age and sex)**	<b>17.6</b> (15.5–20.0)	<b>19.3</b> (15.8–23.4)	<b>16.0</b> (13.6–18.6)
Obese (>+2SD from median for BMI by age and sex)**	<b>4.5</b> (3.5–5.9)	<b>4.6</b> (3.1–6.8)	<b>4.5</b> (3.1–6.3)
<b>Dietary behaviours</b>			
 Drink carbonated soft drinks one or more times per day <sup>1</sup>	<b>33.1</b> (30.1–36.1)	<b>36.3</b> (31.8–41.1)	<b>29.7</b> (26.6–33.0)
Eat food from a fast food restaurant three or more days <sup>2</sup>	<b>10.6</b> (9.1–12.4)	<b>12.2</b> (10.4–14.3)	<b>8.9</b> (6.9–11.5)
Eat fruit three or more times per day <sup>1</sup>	<b>10.0</b> (8.2–12.2)	<b>12.9</b> (10.1–16.3)	<b>7.4</b> (5.3–10.1)
Eat vegetables three or more time per day <sup>1</sup>	<b>9.8</b> (8.2–11.8)	<b>13.6</b> (10.8–17.0)	<b>6.2</b> (4.7–8.2)
Went hungry most of the time or always because there was not enough food in their home <sup>1</sup>	<b>6.0</b> (4.8–7.6)	<b>7.1</b> (5.2–9.6)	<b>4.8</b> (3.5–6.6)
<b>Violence and unintentional injury</b>			
 Physically attacked one or more times <sup>3</sup>	<b>31.1</b> (28.0–34.5)	<b>38.9</b> (35.0–42.9)	<b>23.4</b> (20.2–26.9)
Physical fight one or more times <sup>3</sup>	<b>31.7</b> (28.3–35.4)	<b>41.1</b> (36.3–46.1)	<b>22.8</b> (19.3–26.6)
Seriously injured one or more times <sup>3</sup>	<b>51.2</b> (46.7–55.7)	<b>58.5</b> (53.0–63.7)	<b>43.8</b> (38.5–49.2)
Reported their most serious injury as a broken bone or dislocated joint (among students who were seriously injured) <sup>3</sup>	<b>17.6</b> (14.5–21.2)	<b>20.5</b> (15.6–26.5)	<b>13.7</b> (10.0–18.4)
Reported their most serious injury was caused by a motor vehicle accident or being hit by a motor vehicle (among students who were seriously injured) <sup>3</sup>	<b>7.8</b> (5.6–10.9)	<b>9.0</b> (6.2–12.9)	<b>6.5</b> (3.9–10.6)
Bullied on one or more days <sup>1</sup>	<b>30.1</b> (27.2–33.1)	<b>30.4</b> (26.8–34.2)	<b>29.5</b> (26.2–33.1)
Bullied most often by being hit, kicked, pushed, shoved around or locked indoors (among students who were bullied) <sup>1</sup>	<b>6.3</b> (4.2–9.2)	<b>9.2</b> (5.4–15.3)	<b>3.9</b> (2.0–7.3)
Carried a weapon on school property (such as a gun, knife, club, stick, or iron rod) on one or more days <sup>1</sup>	<b>12.2</b> (10.4–14.3)	<b>16.2</b> (13.5–19.4)	<b>8.1</b> (6.1–10.8)
<b>Mental health</b>			
 Planned how they would attempt suicide <sup>3</sup>	<b>18.7</b> (16.4–21.3)	<b>16.3</b> (13.2–20.1)	<b>20.2</b> (17.7–23.1)
Seriously considered attempting suicide <sup>3</sup>	<b>13.7</b> (11.9–15.7)	<b>12.5</b> (10.1–15.3)	<b>14.5</b> (11.9–17.7)
Attempted suicide one or more times <sup>3</sup>	<b>13.3</b> (11.4–15.6)	<b>14.9</b> (12.2–18.1)	<b>11.5</b> (9.4–13.8)
Did not have any close friends	<b>9.2</b> (7.5–11.2)	<b>10.4</b> (7.7–13.8)	<b>7.8</b> (6.3–9.7)
Felt lonely most of the times or always <sup>3</sup>	<b>15.8</b> (14.3–17.4)	<b>11.3</b> (8.8–14.4)	<b>19.6</b> (17.2–22.3)
Worried about something that they could not sleep at night most of the time or always <sup>3</sup>	<b>13.9</b> (12.2–15.9)	<b>10.2</b> (8.0–12.9)	<b>17.4</b> (14.4–20.8)
Did not go to school as they felt unsafe on one or more days <sup>1</sup>	<b>16.3</b> (14.1–18.8)	<b>17.7</b> (14.2–21.9)	<b>14.7</b> (12.5–17.3)

## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Protective factors</b>			
 Missed classes or school without permission on one or more days <sup>1</sup>	<b>29.0</b> (26.8–31.3)	<b>32.0</b> (28.0–36.3)	<b>25.9</b> (21.9–30.4)
Reported that their parents or guardians most of the time or always understood their problems and worries <sup>1</sup>	<b>33.8</b> (31.0–36.7)	<b>35.0</b> (31.6–38.6)	<b>33.2</b> (29.3–37.4)
Reported that most of the students in their school were most of the time or always kind and helpful <sup>1</sup>	<b>56.8</b> (53.7–59.9)	<b>54.2</b> (49.6–58.8)	<b>59.6</b> (55.8–63.4)
Reported that their parents or guardians most of the time or always checked to see if their homework was done <sup>1</sup>	<b>31.6</b> (28.3–35.0)	<b>35.9</b> (31.0–41.1)	<b>27.4</b> (24.0–31.1)
Reported that their parents or guardians most of the time or always really knew what they were doing with their free time <sup>1</sup>	<b>48.4</b> (45.0–51.8)	<b>49.5</b> (44.4–54.6)	<b>47.9</b> (43.1–52.8)
Reported that their parents or guardians never or rarely went through their things without their approval <sup>1</sup>	<b>63.9</b> (60.8–66.9)	<b>64.8</b> (59.7–69.6)	<b>63.2</b> (60.1–66.3)
<b>Tobacco use</b>			
 Currently used any tobacco product <sup>1</sup>	<b>11.2</b> (9.2–13.5)	<b>15.8</b> (12.8–19.4)	<b>6.8</b> (5.0–9.2)
Currently smoked cigarettes <sup>1</sup>	<b>8.7</b> (7.0–10.8)	<b>12.3</b> (9.6–15.6)	<b>5.4</b> (3.8–7.6)
Currently used any tobacco product other than cigarettes <sup>1</sup>	<b>6.5</b> (5.1–8.1)	<b>9.5</b> (7.4–12.3)	<b>3.5</b> (2.4–5.1)
Currently used any smokeless tobacco product <sup>1c</sup>	<b>6.2</b> (4.8–7.9)	<b>9.2</b> (6.7–12.6)	<b>2.9</b> (2.1–4.1)
Tried a cigarette before age 14 years (for the first time among students who ever smoked cigarette)	<b>73.1</b> (66.5–78.8)	<b>81</b> (74.2–86.4)	<b>56.3</b> (43.6–68.2)
Tried to quit smoking cigarette (among students who smoked cigarette) <sup>3</sup>	<b>59.4</b> (50.3–67.8)	*	*
Reported that people smoked in their presence on one or more days <sup>2</sup>	<b>62.5</b> (59.0–65.8)	<b>63.2</b> (58.6–67.5)	<b>62.9</b> (59.1–66.6)
Parents or guardians who used any form of tobacco	<b>33.3</b> (30.3–36.5)	<b>33.6</b> (30.1–37.4)	<b>33.5</b> (29.6–37.6)
Exposed to tobacco smoke at home <sup>1c</sup>	<b>34.5</b> (30.2–39.0)	<b>35.1</b> (30.3–40.3)	<b>33.1</b> (27.6–39.1)
Exposed to tobacco smoke inside any enclosed public place <sup>1c</sup>	<b>43.0</b> (38.0–48.0)	<b>50.7</b> (47.2–54.3)	<b>34.8</b> (27.2–43.2)
<b>Alcohol use</b>			
 Drank alcohol before age 14 years for the first time (among students who ever had a drink of alcohol other than a few sips)	<b>86.8</b> (77.8–92.5)	*	*

**Risk behaviours<sup>b</sup>****Results for students aged 13–15 years**

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Drug use and availability</b>			
First used drugs before 14 years of age (among students who ever used drugs)	<b>77.3</b> (66.8–85.2)	*	*
Ever used marijuana/drugs (one or more times during their lifetime)	<b>3.8</b> (2.7–5.3)	<b>5.8</b> (4.1–8.2)	<b>1.8</b> (0.9–3.4)
Currently use marijuana <sup>1</sup>	<b>4.2</b> (3.2–5.6)	<b>6.6</b> (4.8–9.1)	<b>1.8</b> (1.1–2.9)
Ever used amphetamines or metamphetamines (one or more times during their lifetime)	<b>3.3</b> (2.4–4.5)	<b>5.4</b> (3.8–7.5)	<b>1.2</b> (0.6–2.4)
Ever used heroin (one or more times during their lifetime) <sup>1</sup>	<b>5.2</b> (4.0–6.9)	<b>6.5</b> (4.7–8.9)	<b>3.8</b> (2.6–5.5)
Ever used ecstasy (one or more times during their lifetime) <sup>1</sup>	<b>5.0</b> (3.6–6.9)	<b>7.3</b> (5.2–10.2)	<b>2.7</b> (1.6–4.6)
Used a needle to inject any illegal drugs into their body	<b>6.1</b> (4.7–8.0)	<b>8.4</b> (6.3–11.1)	<b>3.5</b> (2.4–5.1)
Thought it would be very easy to get marijuana	<b>12.4</b> (10.2–14.9)	<b>15.1</b> (11.8–19.1)	<b>10.1</b> (8.1–12.6)
Thought it would be very easy to get amphetamines or metamphetamines	<b>6.8</b> (5.4–8.4)	<b>8.3</b> (6.0–11.4)	<b>5.3</b> (4.0–7.0)
Thought it would be very easy to get cocaine	<b>8.5</b> (6.6–10.7)	<b>10.5</b> (7.6–14.3)	<b>6.7</b> (5.2–8.7)
Thought it would be very easy to get ecstasy	<b>7.1</b> (5.8–8.6)	<b>8.8</b> (6.7–11.5)	<b>5.5</b> (4.0–7.5)
Thought it would be very easy to get heroin	<b>10.9</b> (9.1–13.1)	<b>11.9</b> (9.3–15.1)	<b>10.2</b> (8.2–12.6)
<b>HIV awareness</b>			
Heard of HIV infection or AIDS	<b>79.3</b> (76.6–81.9)	<b>78.1</b> (74.1–81.6)	<b>81.1</b> (78.0–83.9)
Taught in any of their classes how to avoid HIV infection or AIDS (during this school year)	<b>45.4</b> (41.1–49.9)	<b>45.7</b> (40.5–51.0)	<b>45.6</b> (40.7–50.5)

**Technical Notes:**

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. Maldives Global School-based Student Health Survey (GSHS) 2014; c. World Health Organization, Regional Office for South East Asia. Monitoring tobacco control among youth in countries of the South-East Asia Region: 2014 - findings from the Global Youth Tobacco Survey, 2003–2014. New Delhi, 2014. [http://www.searo.who.int/tobacco/documents/gyts\\_regional\\_brochure\\_2014\\_a4\\_size.pdf](http://www.searo.who.int/tobacco/documents/gyts_regional_brochure_2014_a4_size.pdf) - accessed 10 August 2016.

1. during the 30 days before the survey; 2. during the 7 days before the survey; 3. during the 12 months before the survey; \* There were fewer than 100 respondents; CI refers to 95% confidence interval; \*\* According to the WHO growth reference for school-aged children and adolescent. For more information, please visit [www.who.int/growthref](http://www.who.int/growthref)

• For more information on Global School-based Health Survey (GSHS), please visit [www.who.int/chp/gshs](http://www.who.int/chp/gshs); • For more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>





Total Population<sup>a</sup> **54.2 million**

Boys<sup>a</sup> **1.4 million**

Girls<sup>a</sup> **1.3 million**

Aged 13-15 years

Aged 13-15 years

## Tobacco use



**19%**  
Overall

## Current tobacco users (smoking or/and smokeless)



**30%**  
Boys



**7%**  
Girls



## Current cigarette smokers



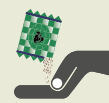
**7%**



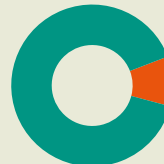
**13%**



**1%**



## Current smokeless tobacco users



**10%**



**15%**



**4%**

## Early cigarette smokers

**1 in 5** students  
tried smoking before  
the age of 10

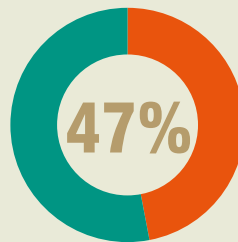


**Attempt to quit**  
(among cigarette smokers)



**9 in 10** students  
tried to quit smoking

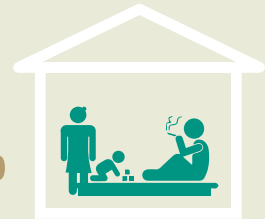
## Parents smoking tobacco



## Exposure to second-hand smoke

...at home

**32%**



...at public places  
(enclosed)

**38%**



## Alcohol and drug use



## Current alcohol users



**1.1%**



**0.5%**

## Lifetime drug users



**0.4%**



**0.5%**

# MYANMAR

## Physical activity

### Being active

(engaged in some form of physical activity for at least 60 minutes daily)

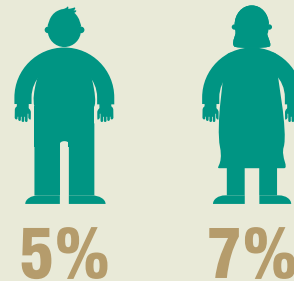


### Sedentary behaviour (sitting more than 3 hours per day)



## Nutrition status

### Overweight or Obese



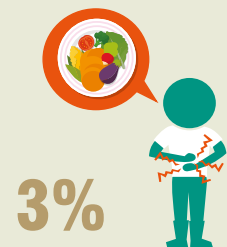
## Diet

### Frequent consumers of fruits and vegetables

(5 or more times per day)

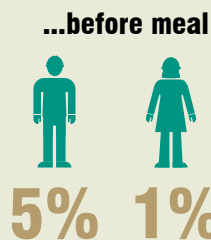


### Went hungry as there was not enough food at home

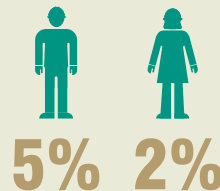


## Hygiene

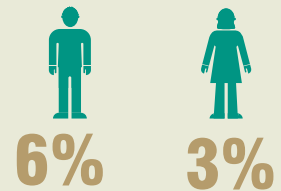
### Not washed hands



### ...after using toilet



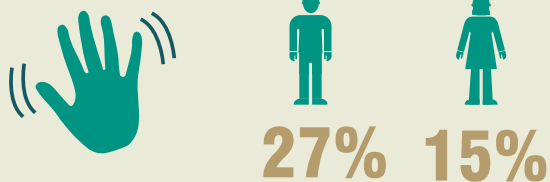
### Not cleaned their teeth



## Violence

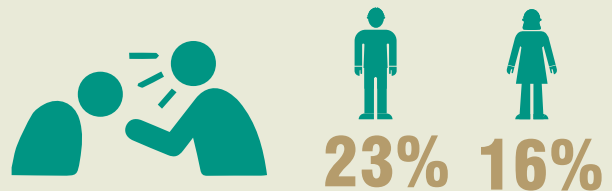
### Victims of physical violence

(one or more times in a year)



### Victims of bullying

(one or more days in a month)



## Mental health

### Considered attempting suicide

1%









### Difficulty in sleeping due to stress

2%



## Risk behaviours<sup>b</sup>

Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Nutrition status</b>			
 Overweight**	5.1 (3.2–7.0)	4.0 (1.9–6.1)	6.0 (3.6–8.4)
Obese**	0.7 (0.3–1.1)	0.6 (0.0–1.2)	0.7 (0.2–1.2)
<b>Dietary behaviours</b>			
 Eat fruits and vegetables five or more times per day <sup>1</sup>	16.7 (13.5–19.8)	16.7 (13.7–19.7)	16.6 (11.6–21.6)
Went hungry most of the time or always because there was not enough food in their home <sup>1</sup>	2.6 (1.0–4.2)	2.3 (1.3–3.4)	2.9 (0.2–5.6)
<b>Hygiene</b>			
 Cleaned or brushed teeth less than one time per day <sup>1</sup>	4.4 (3.1–5.7)	5.8 (4.1–7.5)	3.0 (1.7–4.3)
Washed hands never or rarely after using the toilet or latrine <sup>1</sup>	3.4 (2.3–4.6)	4.9 (3.2–6.7)	1.9 (1.0–2.8)
Washed hands never or rarely before eating <sup>1</sup>	2.8 (1.4–4.2)	4.8 (2.3–7.4)	0.8 (0.3–1.3)
Used soap never or rarely when washing their hands <sup>1</sup>	3.3 (2.2–4.5)	3.6 (2.1–5.1)	3.0 (1.7–4.4)
<b>Violence &amp; unintentional injury</b>			
 Physically attacked one or more times <sup>3</sup>	20.8 (15.2–26.3)	26.9 (20.5–33.4)	14.6 (9.6–19.6)
Physical fight one or more times <sup>3</sup>	14.6 (10.4–18.7)	21.0 (16.2–25.8)	8.1 (4.6–11.7)
Seriously injured one or more times <sup>3</sup>	27.0 (22.0–31.9)	31.4 (25.2–37.5)	22.5 (18.1–27.0)
Reported their most serious injury as a broken bone or dislocated joint among students who were seriously injured <sup>3</sup>	21.3 (16.2–26.5)	25.1 (18.9–31.2)	16.1 (8.9–23.3)
Bullied on one or more days <sup>1</sup>	19.4 (14.8–24.0)	22.9 (17.2–28.6)	16.0 (12.0–20.1)
Bullied most often by being hit, kicked, pushed, shoved around or locked indoors (among students who were bullied) <sup>1</sup>	28.6 (19.6–37.5)	33.6 (23.2–44.0)	21.6 (11.2–31.9)
<b>Mental health</b>			
 Seriously considered attempting suicide <sup>3</sup>	0.7 (0.3–1.2)	0.8 (0.3–1.3)	0.7 (0.0–1.3)
Did not have any close friends	3.5 (2.3–4.7)	3.9 (2.0–5.8)	3.1 (2.0–4.2)
Felt lonely most of the times or always <sup>3</sup>	3.8 (2.1–5.5)	3.9 (1.7–6.0)	3.8 (2.3–5.3)
Worried about something that they could not sleep at night most of the time or always <sup>3</sup>	1.8 (1.1–2.5)	2.3 (1.3–3.2)	1.4 (0.5–2.3)
<b>Protective factors</b>			
 Missed classes or school without permission on one or more days <sup>1</sup>	19.9 (16.1–23.8)	22.8 (17.9–27.7)	17.0 (13.0–21.0)
Reported that their parents or guardians most of the time or always did not understand their problems and worries <sup>1</sup>	14.6 (11.4–17.9)	16.6 (13.0–20.3)	12.6 (8.9–16.4)
Reported that most of the students in their school were most of the time or always not kind and helpful <sup>1</sup>	23.8 (19.2–28.5)	25.9 (20.9–30.9)	21.8 (17.0–26.5)
Reported that their parents or guardians most of the time or always did not check to see if their homework was done <sup>1</sup>	16.8 (13.7–19.9)	19.4 (15.7–23.1)	14.3 (10.4–18.2)
Reported that their parents or guardians most of the time or always really did not know what they were doing with their free time <sup>1</sup>	11.2 (8.4–14.1)	12.7 (9.8–15.5)	9.8 (5.6–14.0)

## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Tobacco use<sup>c</sup></b>			
Currently used any tobacco product <sup>1</sup>	<b>18.6</b> (15.2–22.7)	<b>30.0</b> (24.1–36.7)	<b>6.8</b> (4.8–9.6)
Currently smoke tobacco product <sup>1</sup>	<b>13.8</b> (11.0–17.1)	<b>23.5</b> (18.2–29.7)	<b>3.6</b> (2.5–5.4)
Currently smoked cigarette <sup>1</sup>	<b>6.8</b> (4.8–9.5)	<b>13.0</b> (8.8–18.8)	<b>0.5</b> (0.2–1.5)
Currently used any smokeless tobacco product <sup>1</sup>	<b>9.8</b> (7.5–12.6)	<b>15.2</b> (11.3–20.2)	<b>4.0</b> (2.8–5.6)
Ever smokers who first tried smoking at less than 10 years of age <sup>d</sup>	<b>19.0</b> (12.6–27.7)	<b>14.0</b> (7.6–24.4)	<b>47.1</b> (33.3–61.3)
Current smokers who tried to stop smoking <sup>3</sup>	<b>89.1</b> (76.2–95.5)	<b>88.6</b> (75.7–95.1)	*
Reported one or more parent who smoke	<b>47.0</b> (42.2–52.0)	<b>49.7</b> (43.8–55.5)	<b>44.5</b> (39.1–50.1)
Exposed to tobacco smoke at home <sup>2</sup>	<b>32.2</b> (27.5–37.3)	<b>37.6</b> (31.3–44.4)	<b>26.8</b> (21.3–33.2)
Exposed to tobacco smoke inside any enclosed public place <sup>2</sup>	<b>38.4</b> (34.1–42.9)	<b>41.9</b> (35.4–48.6)	<b>35.1</b> (30.7–39.7)
<b>Alcohol use</b>			
Had at least one drink containing alcohol on one or more days <sup>1</sup>	<b>0.8</b> (0.3–1.3)	<b>1.1</b> (0.3–1.9)	<b>0.5</b> (0.0–1.1)
Ever drank so much alcohol that they were really drunk one or more times during their lifetime	<b>1.4</b> (0.7–2.2)	<b>2.6</b> (1.2–3.9)	<b>0.3</b> (0.0–0.7)
Had a hangover, felt sick, got into trouble with their family or friends, missed school, or got into fights as a result of drinking alcohol (one or more times during their life)	<b>4.4</b> (3.7–5.2)	<b>5.5</b> (3.9–7.0)	<b>3.4</b> (2.0–4.8)
<b>Drug use</b>			
Used drugs, such as, marijuana, ecstasy, heroine, metamphetamines, tranquilisers, or sedatives one or more times during their life	<b>0.4</b> (0.0–0.9)	<b>0.4</b> (0.0–0.9)	<b>0.5</b> (0.0–1.3)
<b>Physical activity</b>			
Physically active (for at least 60 minutes per day on all 7 days) <sup>2</sup>	<b>15.9</b> (13.5–18.3)	<b>18.6</b> (15.6–21.5)	<b>13.2</b> (9.8–16.7)
Spent three or more hours per day sitting and watching television, playing computer games, or talking with friends, when not in school or doing homework during a typical or usual day	<b>10.5</b> (8.4–12.5)	<b>12.8</b> (10.3–15.2)	<b>8.2</b> (5.9–10.4)
Did not walk or ride a bicycle to or from school <sup>2</sup>	<b>18.8</b> (14.6–23.0)	<b>19.2</b> (14.9–23.5)	<b>18.4</b> (13.1–23.7)
Did not attend physical education classes (each week during school year)	<b>19.9</b> (16.1–23.8)	<b>22.8</b> (17.9–27.7)	<b>17.0</b> (13.0–21.0)
<b>HIV awareness</b>			
Heard of HIV infection or AIDS	<b>98.6</b> (97.8–99.4)	<b>98.5</b> (97.7–99.3)	<b>98.7</b> (97.6–99.8)
Taught in any of their classes during school year about HIV infection or AIDS	<b>80.2</b> (75.7–84.7)	<b>82.0</b> (77.7–86.3)	<b>78.4</b> (73.3–83.6)
Ever talked about HIV infection or AIDS with their parents or guardians	<b>59.4</b> (54.1–64.7)	<b>60.0</b> (54.0–66.0)	<b>58.9</b> (52.3–65.4)

#### Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. Myanmar Global School-based Student Health Survey (GSHS) 2007; c. World Health Organization, Regional Office for South East Asia. Monitoring tobacco control among youth in countries of the South-East Asia Region: 2014 - findings from the Global Youth Tobacco Survey, 2003–2014. New Delhi, 2014. [http://www.searo.who.int/tobacco/documents/gyts\\_regional\\_brochure\\_2014\\_a4\\_size.pdf](http://www.searo.who.int/tobacco/documents/gyts_regional_brochure_2014_a4_size.pdf) - accessed 10 August 2016. d. Myanmar Global Youth Tobacco Survey (GYTS) 2007.

1. during the 30 days before the survey; 2. during the 7 days before the survey; 3. during the 12 months before the survey; \* There were fewer than 35 respondents; CI refers to 95% confidence interval; \*\* According to the WHO growth reference for school-aged children and adolescent. For more information, please visit [www.who.int/growthref](http://www.who.int/growthref)

• For more information on Global School-based Health Survey (GSHS), please visit [www.who.int/chp/gshs](http://www.who.int/chp/gshs); • For more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>

Total Population<sup>a</sup> **28.4 million**

Boys<sup>a</sup> **1 million**

Girls<sup>a</sup> **1 million**

Aged 13-15 years

Aged 13-15 years

## Tobacco use



**20%**  
Overall

## Current tobacco users (smoking or/and smokeless)



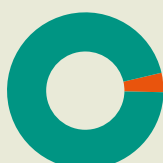
**25%**  
Boys



**16%**  
Girls



## Current cigarette smokers



**3%**



**6%**



**1%**



## Current smokeless tobacco users



**16%**



**20%**



**13%**

## Early cigarette smokers

**2 in 5** students  
tried smoking before  
the age of 10

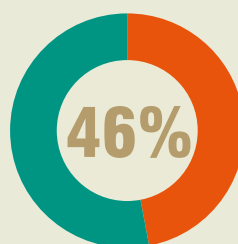


**Attempt to quit**  
(among cigarette smokers)



**4 in 5** students  
received help to  
stop smoking

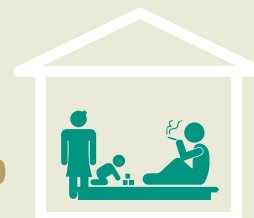
## Parents smoking tobacco



## Exposure to second-hand smoke

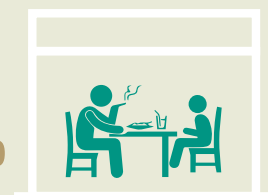
...at home

**38%**



...at public places  
(enclosed)

**49%**



## Access and availability

**27%** of current cigarette smokers bought cigarettes from a store, shop, or street vendor



## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years



<b>Tobacco Use<sup>b</sup></b>	<b>Overall % (CI)</b>	<b>Boys(%) (CI)</b>	<b>Girls(%) (CI)</b>
Currently used any tobacco products <sup>1</sup>	<b>20.4</b> (16.8–24.6)	<b>24.6</b> (19.6–30.3)	<b>16.4</b> (13.2–20.1)
Currently smoked any tobacco product <sup>1</sup>	<b>9.0</b> (6.8–11.7)	<b>11.4</b> (8.2–15.6)	<b>6.5</b> (4.9–8.7)
Currently smoked cigarettes <sup>1</sup>	<b>3.1</b> (2.0–4.7)	<b>5.5</b> (3.3–9.2)	<b>0.8</b> (0.3–1.8)
Currently used any smokeless tobacco products <sup>1</sup>	<b>16.2</b> (13.2–19.6)	<b>19.7</b> (15.7–24.5)	<b>12.9</b> (10.2–16.1)
Ever smokers who first tried smoking at less than 10 years of age <sup>c</sup>	<b>37.1</b> (27.5–47.9)	<b>31.8</b> (21.9–43.8)	*
Current smokers who have received help to stop smoking <sup>3,d</sup>	<b>77.5</b> (58.0–89.5)	*	*
Reported one or more parent who smoke	<b>46.1</b> (40.4–51.8)	<b>47.1</b> (41.2–53.1)	<b>44.9</b> (38.2–51.7)
Exposed to tobacco smoke at home <sup>2</sup>	<b>38.4</b> (32.8–44.3)	<b>40.4</b> (32.4–48.8)	<b>36.3</b> (31.1–41.9)
Exposed to tobacco smoke inside any enclosed public place <sup>2</sup>	<b>48.6</b> (43.8–53.4)	<b>51.8</b> (45.1–58.4)	<b>45.5</b> (39.7–51.5)
Current cigarette smokers who obtained cigarettes by buying them from a store,shop, or street vendor <sup>1</sup>	<b>27.1</b> (12.8–48.6)	*	*

#### Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. World Health Organization, Regional Office for South East Asia. Monitoring tobacco control among youth in countries of the South-East Asia Region: 2014 - findings from the Global Youth Tobacco Survey, 2003–2014. New Delhi, 2014. [http://www.searo.who.int/tobacco/documents/gyts\\_regional\\_brochure\\_2014\\_a4\\_size.pdf](http://www.searo.who.int/tobacco/documents/gyts_regional_brochure_2014_a4_size.pdf) - accessed 10 August 2016; c. Nepal Global Youth Tobacco Survey (GYTS) 2007; d. Nepal Global Youth Tobacco Survey (GYTS) 2011

1. during the 30 days before the survey; 2. during the 7 days before the survey; 3. during the 12 months before the survey; \* There were fewer than 35 respondents; CI refers to 95% confidence interval; • For more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>

Total Population<sup>a</sup> **21.6 million**

Boys<sup>a</sup> **0.5 million**  
Aged 13-15 years

Girls<sup>a</sup> **0.5 million**  
Aged 13-15 years

## Tobacco use



**Current tobacco users**  
(smoking or/and smokeless)



**4%**  
Overall



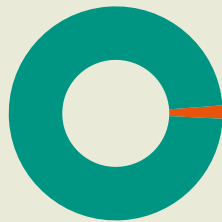
**7%**  
Boys



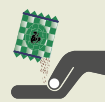
**1%**  
Girls



**Current cigarette smokers**



**2%**



**Current smokeless tobacco users**



**2%**



**4%**



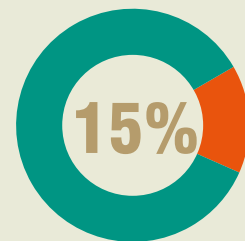
**<1%**

## Early cigarette smokers

**3 in 10** students  
tried smoking before  
the age of 10



## Parents smoking tobacco

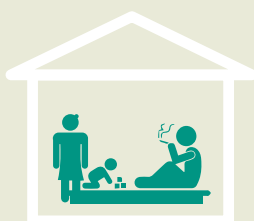


**15%**

## Exposure to second-hand smoke

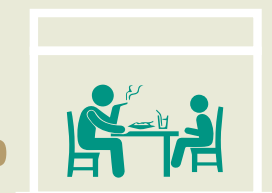
...at home

**13%**



...at public  
places  
(enclosed)

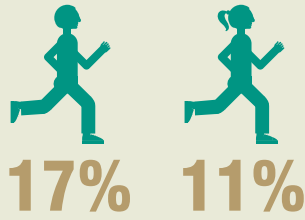
**36%**





## Physical activity

**Being active**  
(engaged in some form of physical activity for at least 60 minutes daily)



**Sedentary behaviour** (sitting more than 3 hours per day)



## Diet

**Frequent processed food consumers**  
(2 or more times per day)



**Carbonated beverage drinkers**  
(two or more times per day)



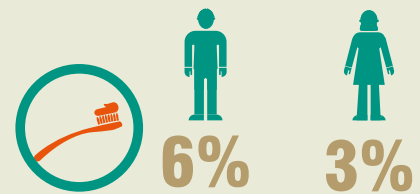
## Nutrition status

**Overweight or obese**



## Hygiene

**Not cleaned their teeth**

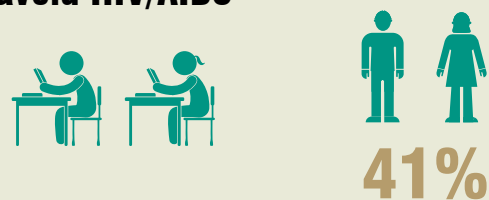


## Awareness of HIV/AIDS

**Heard of HIV/AIDS**

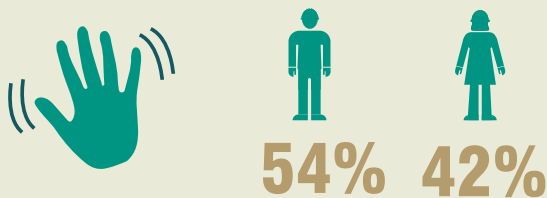


**Taught in classes how to avoid HIV/AIDS**

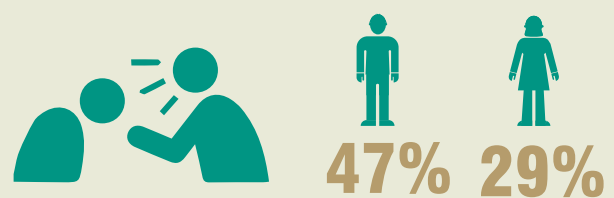


## Violence

**Victims of physical violence**  
(one or more times in a year)



**Victims of bullying**  
(one or more days in a month)

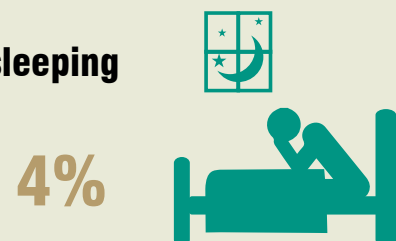


## Mental health

**Considered attempting suicide**








**Difficulty in sleeping due to stress**







## Risk behaviours<sup>b</sup>

Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Nutrition status</b>			
 Overweight**	<b>4.5</b> (3.4–5.6)	<b>4.8</b> (2.8–6.8)	<b>4.2</b> (3.1–5.3)
Obese**	<b>(0.5±0.4)</b>	<b>(0.4±0.5)</b>	<b>(0.6±0.6)</b>
<b>Dietary behaviors</b>			
 Drink carbonated soft drinks with high sugar, two or more times per day <sup>1</sup>	<b>17.8</b> (15.9–19.8)	<b>19.6</b> (16.8–22.4)	<b>15.6</b> (13.3–18.0)
Eat processed foods, such as pastries, rolls, cutlets, patties, sausage buns, pizza, or potato chips, two or more times per day <sup>1</sup>	<b>11.0</b> (9.0–13.1)	<b>11.5</b> (8.8–14.2)	<b>10.1</b> (7.6–12.5)
Eat fruits and vegetables five or more times per day <sup>1</sup>	<b>22.9</b> (20.2–25.6)	<b>20.8</b> (16.9–24.8)	<b>24.9</b> (21.4–28.5)
Eat food with animal proteins, such as fish, meat, eggs, dried fish, or sprats, two or more times <sup>1</sup>	<b>45.6</b> (38.3–52.8)	<b>42.6</b> (34.7–50.6)	<b>48.5</b> (40.8–56.3)
Eat high starch foods, such as buns, pastries, or biscuits and high sugar foods such as toffee or chocolate in between their three main meals, two or more times per day <sup>1</sup>	<b>27.1</b> (24.5–29.6)	<b>25.9</b> (22.4–29.3)	<b>28.4</b> (26.2–30.6)
Eat pulses, such as dhal, mung, soya, or cowpea, two or more times per day <sup>1</sup>	<b>39.4</b> (34.7–44.2)	<b>36.1</b> (29.8–42.5)	<b>42.8</b> (37.2–48.4)
Went hungry most of the time or always because there was not enough food in their home <sup>1</sup>	<b>6.5</b> (5.6–7.5)	<b>7.3</b> (6.2–8.3)	<b>5.6</b> (4.0–7.1)
<b>Hygiene</b>			
 Cleaned or brushed teeth less than one time per day <sup>1</sup>	<b>4.6</b> (3.1–6.1)	<b>6.1</b> (3.8–8.4)	<b>3.0</b> (1.7–4.3)
<b>Violence and unintentional Injury</b>			
 Physically attacked one or more times <sup>3</sup>	<b>48.0</b> (44.2–51.8)	<b>54.2</b> (49.0–59.4)	<b>41.5</b> (38.0–45.0)
Physical fight one or more times <sup>3</sup>	<b>47.1</b> (43.2–51.1)	<b>60.1</b> (56.4–63.8)	<b>33.5</b> (30.1–37.0)
Seriously injured one or more times <sup>3</sup>	<b>37.2</b> (32.1–42.4)	<b>45.3</b> (39.2–51.4)	<b>28.9</b> (24.4–33.4)
Reported their most serious injury as a broken bone or dislocated joint among students who were seriously injured <sup>3</sup>	<b>18.6</b> (15.4–21.9)	<b>20.5</b> (16.0–25.0)	<b>15.2</b> (10.5–20.0)
Bullied on one or more days <sup>1</sup>	<b>37.9</b> (33.6–42.2)	<b>46.9</b> (42.0–51.9)	<b>28.6</b> (25.1–32.1)
Bullied most often by being hit, kicked, pushed, shoved around or locked indoors among students who were bullied <sup>1</sup>	<b>12.2</b> (9.0–15.3)	<b>14.4</b> (9.7–19.1)	<b>8.8</b> (5.6–12.0)
<b>Mental health</b>			
 Seriously considered attempting suicide <sup>3</sup>	<b>9.9</b> (8.2–11.5)	<b>10.6</b> (7.7–13.5)	<b>9.0</b> (7.1–11.0)
Did not have close friends	<b>5.6</b> (4.6–6.5)	<b>5.3</b> (3.5–7.1)	<b>5.7</b> (4.4–7.1)
Felt lonely most of the time or always <sup>3</sup>	<b>7.6</b> (6.5–8.7)	<b>8.2</b> (6.6–9.8)	<b>6.9</b> (5.0–8.7)
Worried about something that they could not sleep at night most of the time or always <sup>3</sup>	<b>4.4</b> (3.5–5.3)	<b>4.3</b> (2.8–5.7)	<b>4.4</b> (3.0–5.8)

## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Protective factors</b>			
 Reported that their parents or guardians never or rarely understood their problems and worries <sup>1</sup>	<b>28.1</b> (25.6–30.6)	<b>30.0</b> (26.1–33.8)	<b>26.2</b> (22.8–29.5)
Reported that most of the students in their school were never or rarely kind and helpful <sup>1</sup>	<b>15.0</b> (13.8–16.3)	<b>17.7</b> (15.6–19.8)	<b>12.2</b> (10.2–14.2)
Reported that their parents or guardians never or rarely checked to see if their homework was done <sup>1</sup>	<b>17.9</b> (16.2–19.5)	<b>18.9</b> (16.2–21.6)	<b>16.9</b> (15.4–18.5)
Reported that their parents or guardians never or rarely really knew what they were doing with their free time <sup>1</sup>	<b>19.6</b> (17.5–21.7)	<b>22.4</b> (19.0–25.8)	<b>16.8</b> (15.3–18.3)
<b>Tobacco use<sup>c</sup></b>			
 Currently used any tobacco product <sup>1</sup>	<b>3.7</b> (2.1–6.4)	<b>6.7</b> (3.6–12.0)	<b>0.7</b> (0.3–1.4)
Currently smoked any tobacco product <sup>1</sup>	<b>1.7</b> (0.9–3.2)	<b>3.2</b> (1.6–6.2)	<b>0.2</b> (0.0–1.4)
Currently smoked cigarettes <sup>1</sup>	<b>1.5</b> (0.8–2.7)	<b>2.9</b> (1.5–5.5)	<b>0</b>
Currently used any smokeless tobacco product <sup>1</sup>	<b>2.4</b> (1.2–4.7)	<b>4.2</b> (2.0–8.9)	<b>0.5</b> (0.3–1.0)
Ever smokers who first tried a cigarette at less than 10 years of age	<b>27.4</b> (17.9–39.4)	<b>25.8</b> (15.1–40.7)	<b>*</b>
Reported one or more parent who smoke	<b>15.3</b> (12.2–18.9)	<b>14.1</b> (10.3–19.1)	<b>16.5</b> (13.6–19.8)
Exposed to tobacco smoke at home <sup>2</sup>	<b>13.4</b> (9.6–18.5)	<b>13.9</b> (9.3–20.1)	<b>13.0</b> (9.3–18.0)
Exposed to tobacco smoke inside any enclosed public place <sup>2</sup>	<b>35.7</b> (32.8–38.7)	<b>39.6</b> (34.7–44.7)	<b>31.7</b> (27.5–36.2)
<b>Physical activity</b>			
 Physically active (for at least 60 minutes per day on all 7 days) <sup>2</sup>	<b>14.2</b> (11.9–16.5)	<b>17.4</b> (14.3–20.4)	<b>11.1</b> (8.8–13.4)
Spent three or more hours per day sitting and watching television, playing computer games, or talking with friends, when not in school or doing homework during a typical or usual day	<b>34.0</b> (31.8–36.3)	<b>34.6</b> (31.0–38.3)	<b>33.5</b> (31.1–36.0)
Did not walk or ride a bicycle to or from school <sup>2</sup>	<b>35.0</b> (31.5–38.5)	<b>32.1</b> (27.4–36.8)	<b>38.3</b> (33.3–43.4)
<b>HIV awareness</b>			
 Heard of HIV infection or the disease called AIDS	<b>81.3</b> (76.7–85.9)	<b>81.5</b> (76.8–86.2)	<b>81.2</b> (76.4–85.9)
Taught in any of their classes during this school year how to avoid HIV infection or AIDS	<b>40.8</b> (34.8–46.8)	<b>39.8</b> (33.9–45.8)	<b>41.9</b> (35.1–48.7)

#### Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. Sri Lanka Global School-based Student Health Survey (GSHS) 2007; c. Sri Lanka Global Youth Tobacco Survey (GYTS) 2015;

1. during the 30 days before the survey; 2. during the 7 days before the survey; 3. during the 12 months before the survey; \* There were fewer than 35 respondents; CI refers to 95% confidence interval

\*\* According to the WHO growth reference for school-aged children and adolescent. For more information, please visit [www.who.int/growthref](http://www.who.int/growthref)

• For more information on Global School-based Health Survey (GSHS), please visit [www.who.int/chp/gshs](http://www.who.int/chp/gshs); • for more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>

Total Population<sup>a</sup> **67.4 million**

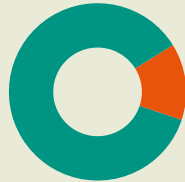
Boys<sup>a</sup> **1.3 million**  
Aged 13-15 years

Girls<sup>a</sup> **1.3 million**  
Aged 13-15 years

## Tobacco use



**Current tobacco users**  
(smoking or/and smokeless)



**15%**  
Overall



**22%**  
Boys



**8%**  
Girls



**Current cigarette smokers**



**11%**



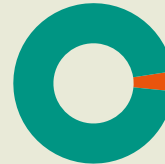
**17%**



**5%**



**Current smokeless tobacco users**



**3%**



**4%**



**1%**

## Early cigarette smokers

**1 in 5** students  
tried smoking before  
the age of 10

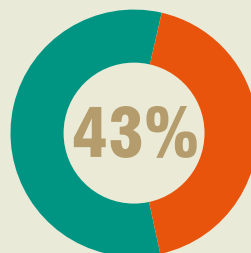


**Attempt to quit**  
(among cigarette smokers)



**4 in 5** students  
tried to quit smoking

## Parents smoking tobacco



**43%**

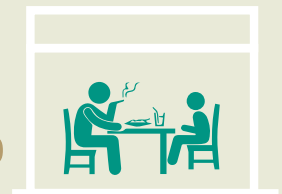


## Exposure to second-hand smoke

...at home  
**34%**



...at public  
places  
(enclosed)  
**39%**



## Alcohol and drug use



**Early starters**  
(tried before 14 years  
for the first time among ever users)

**Alcohol**

**70%**

**Drugs**

**87%**

**Current  
alcohol users**



**21%**



**17%**

**Current  
marijuana users**



**8%**



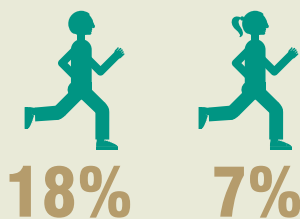
**3%**

# THAILAND

## Physical activity

### Being active

(engaged in some form of physical activity for at least 60 minutes daily)



### Sedentary behaviour (sitting more than 3 hours per day)



## Diet

### Frequent fast food consumers

(3 or more days per week)

53%



### Carbonated beverage drinkers

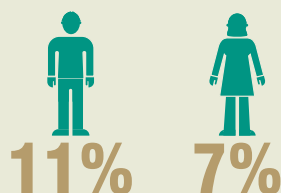
(one or more times per day)

58%



## Nutrition status

### Thinness



### Overweight or Obese

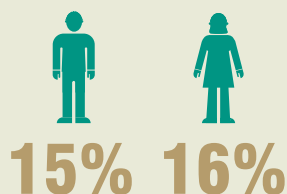


## Hygiene

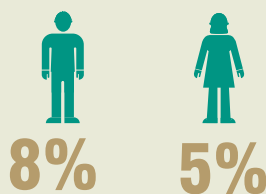
### Not washed hands



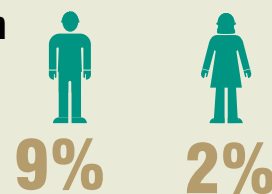
...before meal



...after using toilet



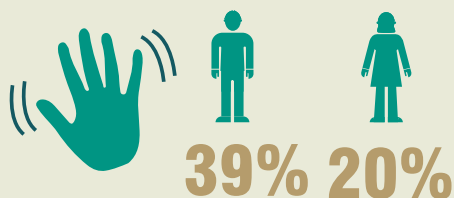
### Not cleaned their teeth



## Violence and unintentional injury

### Victims of physical violence

(one or more times in a year)



### Victims of bullying

(one or more days in a month)



### Victims of motor vehicle accident injury



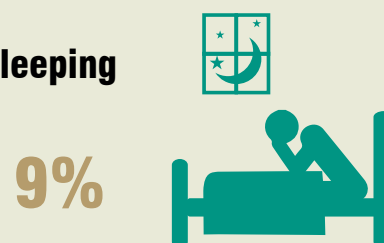
## Mental health

### Attempted suicide

(one or more times in a year)








### Difficulty in sleeping due to stress




## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Nutrition status</b>			
 Underweight (<-2SD from median for BMI by age and sex)**	<b>8.8</b> (6.9–11.0)	<b>11.0</b> (8.5–14.0)	<b>6.5</b> (4.8–8.8)
Overweight (>+1SD from median for BMI by age and sex)**	<b>18.5</b> (16.3–21.0)	<b>24.2</b> (21.1–27.5)	<b>12.9</b> (10.9–15.3)
Obese (>+2SD from median for BMI by age and sex)**	<b>6.1</b> (5.0–7.4)	<b>9.1</b> (7.3–11.3)	<b>3.0</b> (1.9–4.6)
<b>Dietary behaviours</b>			
 Drink carbonated soft drinks one or more times per day <sup>1</sup>	<b>57.7</b> (52.0–63.3)	<b>59.3</b> (53.3–65.0)	<b>55.9</b> (49.3–62.3)
Eat food from a fast food restaurant three or more days <sup>2</sup>	<b>53.2</b> (50.4–56.1)	<b>49.6</b> (45.1–54.2)	<b>57.0</b> (53.5–60.4)
Eat vegetables three or more times per day <sup>1</sup>	<b>33.6</b> (31.4–36.0)	<b>34.1</b> (31.5–36.8)	<b>33.1</b> (29.5–37.0)
Eat fruits three or more times per day <sup>1</sup>	<b>19.5</b> (17.1–22.1)	<b>21.5</b> (18.6–24.6)	<b>17.5</b> (14.8–20.6)
Went hungry because there was not enough food in their home <sup>1</sup>	<b>4.2</b> (3.3–5.2)	<b>5.0</b> (3.8–6.5)	<b>3.2</b> (2.2–4.8)
<b>Hygiene</b>			
 Cleaned or brushed teeth one or more times per day <sup>1</sup>	<b>94.5</b> (93.2–95.5)	<b>91.3</b> (88.7–93.3)	<b>97.8</b> (96.6–98.6)
Washed hands never or rarely after using the toilet or latrine <sup>1</sup>	<b>6.8</b> (5.5–8.2)	<b>8.4</b> (6.2–11.1)	<b>5.0</b> (3.4–7.2)
Washed hands never or rarely before eating <sup>1</sup>	<b>15.4</b> (12.6–18.6)	<b>14.8</b> (12.7–17.3)	<b>16.0</b> (11.9–21.0)
Used soap never or rarely when washing their hands <sup>1</sup>	<b>14.9</b> (12.6–17.4)	<b>16.8</b> (13.7–20.3)	<b>12.9</b> (10.5–15.8)
<b>Violence and unintentional injury</b>			
 Physically attacked one or more times <sup>3</sup>	<b>29.8</b> (26.0–33.8)	<b>39.2</b> (34.5–44.1)	<b>19.7</b> (16.0–23.8)
Physical fight one or more times <sup>3</sup>	<b>29.0</b> (25.0–33.3)	<b>37.0</b> (32.2–42.1)	<b>20.5</b> (17.0–24.4)
Seriously injured one or more times <sup>3</sup>	<b>41.6</b> (37.9–45.4)	<b>48.0</b> (42.5–53.6)	<b>34.8</b> (30.1–39.8)
Reported their most serious injury as a broken bone or dislocated joint among students who were seriously injured <sup>3</sup>	<b>12.7</b> (9.2–17.2)	<b>17.2</b> (12.1–23.8)	<b>6.1</b> (3.8–9.6)
Reported their most serious injury was caused by a motor vehicle accident or being hit by a motor vehicle among students who were seriously injured <sup>3</sup>	<b>25.2</b> (21.7–29.0)	<b>24.4</b> (19.8–29.7)	<b>25.9</b> (21.3–31.0)
Bullied on one or more days <sup>1</sup>	<b>33.2</b> (28.9–37.9)	<b>38.3</b> (32.3–44.6)	<b>27.8</b> (24.2–31.6)
Bullied most often by being hit, kicked, pushed, shoved around or locked indoors among students who were bullied <sup>1</sup>	<b>22.6</b> (17.8–28.4)	<b>26.2</b> (22.4–30.4)	<b>17.8</b> (10.1–29.2)
<b>Mental health</b>			
 Plan how they would attempt suicide <sup>3</sup>	<b>14.7</b> (12.0–17.9)	<b>15.6</b> (12.3–19.5)	<b>13.8</b> (10.9–17.3)
Attempted suicide one or more times <sup>3</sup>	<b>14.4</b> (11.3–18.3)	<b>16.0</b> (11.6–21.6)	<b>12.8</b> (10.3–15.7)
Did not have any close friends	<b>6.0</b> (5.0–7.1)	<b>6.9</b> (5.1–9.1)	<b>5.0</b> (3.8–6.5)
Felt lonely most of the time or always <sup>3</sup>	<b>10.3</b> (8.7–12.1)	<b>11.0</b> (9.2–13.2)	<b>9.4</b> (7.4–11.9)
Worried about something that they could not sleep at night most of the time or always <sup>3</sup>	<b>8.9</b> (6.9–11.3)	<b>8.9</b> (6.3–12.4)	<b>8.9</b> (6.5–12.0)
Did not go to school as they felt unsafe on one or more days <sup>1</sup>	<b>18.0</b> (15.5–20.8)	<b>21.7</b> (18.6–25.1)	<b>14.1</b> (11.4–17.2)




## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Protective factors</b>			
 Missed classes or school without permission on one or more days <sup>1</sup>	<b>19.2</b> (16.8–21.8)	<b>21.8</b> (18.3–25.7)	<b>16.5</b> (14.7–18.4)
Reported that their parents or guardians most of the time or always understood their problems and worries <sup>1</sup>	<b>26.7</b> (23.1–30.6)	<b>23.9</b> (20.0–28.3)	<b>29.7</b> (25.7–34.1)
Reported that most of the students in their school were most of the time kind and helpful <sup>1</sup>	<b>37.0</b> (33.1–41.1)	<b>29.6</b> (25.9–33.6)	<b>44.7</b> (39.5–49.9)
Reported that their parents or guardians most of the time or always checked to see if their homework was done <sup>1</sup>	<b>31.3</b> (28.7–33.9)	<b>30.7</b> (27.6–33.9)	<b>31.9</b> (28.9–35.1)
Reported that their parents or guardians most of the time or always really knew what they were doing with their free time <sup>1</sup>	<b>40.3</b> (37.0–43.7)	<b>33.7</b> (29.9–37.8)	<b>46.9</b> (43.2–50.7)
Reported that their parents or guardians never or rarely went through their things without their approval <sup>1</sup>	<b>64.5</b> (61.6–67.2)	<b>67.2</b> (62.3–71.7)	<b>61.8</b> (58.9–64.6)
<b>Tobacco use<sup>c</sup></b>			
 Currently used any tobacco product <sup>1</sup>	<b>15.0</b> (11.2–19.8)	<b>21.8</b> (16.8–27.8)	<b>8.1</b> (5.1–12.5)
Currently smoked any tobacco product <sup>1</sup>	<b>14.0</b> (10.4–18.6)	<b>20.7</b> (16.0–26.3)	<b>7.1</b> (4.4–11.2)
Currently smoked cigarettes <sup>1</sup>	<b>11.3</b> (8.2–15.3)	<b>17.2</b> (12.9–22.5)	<b>5.2</b> (3.1–8.6)
Currently used any tobacco products other than cigarette <sup>1</sup>	<b>6.3</b> (4.3–9.2)	<b>8.9</b> (6.0–13.1)	<b>3.6</b> (2.3–5.6)
Currently used any smokeless tobacco product	<b>2.7</b> (2.0–3.6)	<b>4.1</b> (2.8–5.9)	<b>1.3</b> (0.6–2.6)
Tried a cigarette before age 10 years (for the first time among students who ever smoked cigarette)	<b>14.5</b> (9.3–21.8)	<b>16.8</b> (11.1–24.4)	<b>9.2</b> (4.1–18.4)
Tried to quit smoking cigarettes (among students who smoked cigarette) <sup>3</sup>	<b>79.4</b> (70.0–86.3)	<b>80.4</b> (65.9–89.7)	*
Parents or guardians who smoked any form of tobacco	<b>42.7</b> (37.9–47.6)	<b>38.0</b> (33.1–43.1)	<b>47.8</b> (43.0–52.7)
Reported that people smoked in their presence on one or more days <sup>2, b</sup>	<b>39.2</b> (35.5–43.0)	<b>40.3</b> (36.0–44.8)	<b>37.9</b> (33.8–42.3)
Exposed to tobacco smoke at home <sup>1</sup>	<b>33.8</b> (29.6–38.3)	<b>31.3</b> (26.1–37.0)	<b>36.6</b> (32.1–41.4)
Exposed to tobacco smoke inside any enclosed public place <sup>1</sup>	<b>38.6</b> (33.5–44.0)	<b>31.3</b> (26.2–36.9)	<b>46.5</b> (39.6–53.4)
<b>Alcohol use</b>			
 Currently drink alcohol <sup>1</sup>	<b>19.2</b> (16.4–22.3)	<b>20.7</b> (17.7–24.1)	<b>17.4</b> (14.0–21.5)
Usually drank two or more drinks per day (among students who drank alcohol) <sup>3</sup>	<b>44.0</b> (38.3–49.9)	<b>40.3</b> (33.6–47.3)	<b>48.5</b> (41.1–56.0)
Ever drank so much alcohol that they were really drunk one or more times during their lifetime	<b>18.8</b> (15.9–22.0)	<b>19.2</b> (15.9–22.9)	<b>18.2</b> (15.2–21.8)
As a result of drinking alcohol got into trouble with family or friends, missed school, or got into fights (one or more times during their lifetime)	<b>8.6</b> (6.6–11.2)	<b>10.4</b> (7.6–14.1)	<b>6.7</b> (4.9–9.1)
Drank alcohol before age 14 years for the first time (among students who ever had a drink of alcohol other than a few sips)	<b>70.1</b> (63.8–75.7)	<b>73.5</b> (66.4–79.6)	<b>65.9</b> (59.2–72.1)
Usually obtained the alcohol they drank from friends <sup>3</sup>	<b>17.0</b> (13.7–21.0)	<b>16.8</b> (11.7–23.7)	<b>17.3</b> (11.8–24.7)

## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Drug use</b>			
 Currently use marijuana <sup>1</sup>	<b>5.6</b> (4.0–7.6)	<b>8.0</b> (5.9–10.9)	<b>3.0</b> (1.7–5.3)
Ever used marijuana/drugs (one or more times during their life)	<b>6.6</b> (4.8–9.1)	<b>9.5</b> (6.9–12.9)	<b>3.6</b> (2.0–6.5)
Ever used amphetamines or metamphetamines (one or more times during their life)	<b>4.5</b> (3.2–6.4)	<b>6.5</b> (4.8–8.9)	<b>2.4</b> (1.2–5.0)
First used drugs before 14 years of age (among students who ever used drugs)	<b>86.6</b> (78.4–92.0)	<b>87.8</b> (78.8–93.4)	*
<b>Physical activity</b>			
 Physically not active (for at least 60 minutes per day on any day) <sup>2</sup>	<b>23.1</b> (20.7–25.7)	<b>24.8</b> (21.1–28.9)	<b>21.4</b> (19.1–23.9)
Physically active (for at least 60 minutes per day on all 7 days) <sup>2</sup>	<b>12.6</b> (10.5–14.9)	<b>17.9</b> (14.5–21.9)	<b>7.0</b> (5.3–9.2)
Spent three or more hours per day sitting and watching television, playing computer games, or talking with friends, when not in school or doing homework during a typical or usual day	<b>52.2</b> (49.1–55.4)	<b>51.4</b> (46.5–56.2)	<b>52.9</b> (48.6–57.2)
Did not walk or ride a bicycle to or from school <sup>2</sup>	<b>47.9</b> (43.6–52.1)	<b>49.6</b> (44.8–54.4)	<b>46.0</b> (40.9–51.3)
Attended physical education classes on three or more days (each week during this school year)	<b>11.4</b> (9.5–13.5)	<b>13.7</b> (11.1–16.7)	<b>9.0</b> (7.1–11.4)
Did not attend physical education classes (each week during this school year)	<b>14.4</b> (11.9–17.4)	<b>19.5</b> (15.9–23.6)	<b>9.3</b> (6.9–12.4)
<b>Sexual behaviours &amp; HIV awareness</b>			
 Ever had sexual intercourse	<b>14.9</b> (12.5–17.7)	<b>18.8</b> (14.9–23.5)	<b>11.0</b> (9.5–12.8)
Had sexual intercourse with two or more persons (during their life)	<b>4.9</b> (3.8–6.3)	<b>7.1</b> (5.4–9.4)	<b>2.4</b> (1.7–3.5)
Had sexual intercourse before age 14 years for the first time (among students who ever had sexual intercourse)	<b>62.1</b> (55.8–68.1)	<b>69.0</b> (60.6–76.3)	<b>50.5</b> (36.5–64.4)
Used a condom during last sexual intercourse (among students who ever had sexual intercourse)	<b>62.4</b> (54.7–69.6)	<b>68.3</b> (59.1–76.2)	<b>55.6</b> (44.9–65.7)
Used a method of birth control such as condoms, withdrawal, rhythm, or birth control pills to prevent pregnancy, during last sexual intercourse (among students who ever had sexual intercourse)	<b>82.8</b> (73.5–89.3)	<b>90.8</b> (78.7–96.3)	*
Used a method of birth control other than condoms such as withdrawal, rhythm, or birth control pills to prevent pregnancy, during last sexual intercourse (among students who ever had sexual intercourse)	<b>55.8</b> (47.7–63.6)	<b>56.9</b> (46.0–67.2)	<b>53.5</b> (41.7–64.9)
Ever had sexual intercourse among students who were really drunk (one or more times during their lifetime)	<b>28.8</b> (23.7–34.6)	<b>31.2</b> (23.0–40.7)	<b>25.9</b> (19.5–33.6)
Taught in any of their classes how to avoid HIV infection or AIDS (during this school year)	<b>70.1</b> (66.8–73.2)	<b>67.8</b> (62.9–72.3)	<b>72.3</b> (68.0–76.2)

#### Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. Thailand Global School-based Student Health Survey (GSHS) 2015; c. Thailand Global Youth Tobacco Survey (GYTS) 2015;

1. during the 30 days before the survey; 2. during the 7 days before the survey; 3. during the 12 months before the survey; \* There were fewer than 100 respondents; CI refers to 95% confidence interval; \*\* According to the WHO growth reference for school-aged children and adolescent. For more information, please visit [www.who.int/growthref](http://www.who.int/growthref)

• For more information on Global School-based Health Survey (GSHS), please visit [www.who.int/chp/gshs](http://www.who.int/chp/gshs); • For more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>





Total Population<sup>a</sup> **1173 thousand**

Boys<sup>a</sup> **49 thousand**

Girls<sup>a</sup> **47 thousand**

Aged 13-15 years

Aged 13-15 years

## Tobacco use



**23%**  
Overall

## Current tobacco users (smoking or/and smokeless)



**32%**  
Boys



**14%**  
Girls



## Current cigarette smokers



**16%**



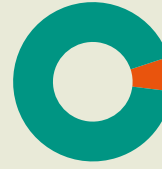
**26%**



**6%**



## Current smokeless tobacco users



**8%**



**8%**



**9%**

## Early cigarette smokers

**7 in 10** students  
tried smoking before  
the age of 14



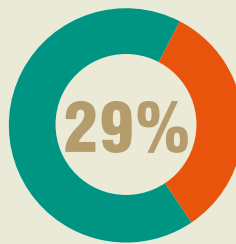
## Attempt to quit

(among cigarette smokers)



**4 in 5** students  
tried to quit smoking

## Parents using tobacco



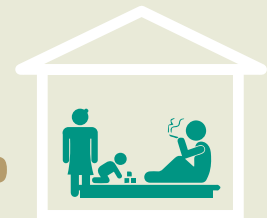
**29%**



## Exposure to second-hand smoke

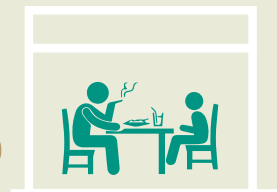
...at home

**66%**



...at public places  
(enclosed)

**70%**



## Alcohol and drug use



### Current alcohol users



**14%**



**8%**

### Current marijuana users



**5%**



### Lifetime amphetamines users



**6%**



**5%**

# TIMOR-LESTE

## Physical activity

### Being active

(engaged in some form of physical activity for at least 60 minutes daily)



11% 6%

### Sedentary behaviour (sitting more than 3 hours per day)



17%



15%

## Diet

### Frequent fast food consumers

(3 or more days per week)

18%



### Carbonated beverage drinkers

(one or more times per day)

44%



## Nutrition status

### Thinness



27%



21%

### Overweight or Obese



5%



7%

## Hygiene

### Not washed hands



...before meal



24%



17%

...after using toilet



29%



24%

### Not cleaned their teeth



19%



15%

## Violence and unintentional injury

### Victims of physical violence

(one or more times in a year)



44%



39%

### Victims of bullying

(one or more days in a month)



39%



25%

### Victims of motor vehicle accident injury

(one or more times in a year)



18%



11%

## Mental health

### Attempted suicide

(one or more times in a year)

10%








### Difficulty in sleeping due to stress

9%






## Risk behaviours<sup>b</sup>




### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Nutrition status</b>			
 Underweight (<-2SD from median for BMI by age and sex)**	<b>23.5</b> (17.0–31.6)	<b>27.1</b> (18.1–38.5)	<b>20.7</b> (15.2–27.4)
Overweight (>+1SD from median for BMI by age and sex)**	<b>4.9</b> (3.4–6.9)	<b>3.8</b> (2.1–6.7)	<b>5.7</b> (3.4–9.5)
Obese (>+2SD from median for BMI by age and sex)**	<b>0.8</b> (0.4–1.8)	<b>0.6</b> (0.2–1.8)	<b>1.0</b> (0.4–2.7)
<b>Dietary behaviours</b>			
 Drink carbonated soft drinks one or more times per day <sup>1</sup>	<b>44.3</b> (39.7–49.0)	<b>44.8</b> (38.8–51.0)	<b>43.8</b> (38.8–48.9)
Eat food from a fast food restaurant three or more days <sup>2</sup>	<b>18.4</b> (14.7–22.8)	<b>15.8</b> (11.2–21.6)	<b>19.5</b> (15.5–24.1)
Eat vegetables three or more times per day <sup>1</sup>	<b>17.9</b> (14.3–22.2)	<b>17.1</b> (13.0–22.1)	<b>19.5</b> (15.5–24.4)
Eat fruits three or more times per day <sup>1</sup>	<b>12.8</b> (10.1–16.0)	<b>12.2</b> (9.2–16.2)	<b>13.1</b> (10.3–16.6)
Went hungry most of the time or always because there was not enough food in their home <sup>1</sup>	<b>11.2</b> (8.9–14.1)	<b>11.9</b> (9.3–15.3)	<b>9.8</b> (7.2–13.3)
<b>Hygiene</b>			
 Cleaned or brushed their teeth one or more times per day <sup>1</sup>	<b>82.3</b> (78.7–85.4)	<b>80.9</b> (76.0–84.9)	<b>84.7</b> (81.5–87.4)
Washed hands never or rarely after using the toilet or latrine <sup>1</sup>	<b>27.0</b> (24.1–30.2)	<b>28.8</b> (24.5–33.6)	<b>24.3</b> (20.3–28.8)
Washed hands never or rarely before eating <sup>1</sup>	<b>20.5</b> (18.0–23.1)	<b>24.4</b> (20.5–28.8)	<b>16.6</b> (13.8–19.8)
Used soap never or rarely when washing their hands <sup>1</sup>	<b>18.7</b> (16.1–21.6)	<b>22.5</b> (17.8–27.9)	<b>14.7</b> (12.4–17.3)
<b>Violence and unintentional injury</b>			
 Physically attacked one or more times <sup>3</sup>	<b>41.6</b> (37.6–45.7)	<b>44.0</b> (38.9–49.1)	<b>38.6</b> (33.9–43.4)
Physical fight one or more times <sup>3</sup>	<b>33.7</b> (29.3–38.4)	<b>39.8</b> (33.8–46.1)	<b>26.9</b> (21.8–32.8)
Seriously injured one or more times <sup>3</sup>	<b>71.7</b> (65.8–77.0)	<b>71.1</b> (63.4–77.7)	<b>72.3</b> (64.8–78.8)
Reported their most serious injury as a broken bone or dislocated joint among students who were seriously injured <sup>3</sup>	<b>25.8</b> (20.5–31.9)	<b>32.5</b> (24.3–42.0)	<b>19.8</b> (14.5–26.5)
Reported their most serious injury was caused by a motor vehicle accident or being hit by a motor vehicle among students who were seriously injured <sup>3</sup>	<b>15.2</b> (11.9–19.2)	<b>17.8</b> (12.3–24.9)	<b>10.7</b> (7.5–14.9)
Bullied on one or more days <sup>1</sup>	<b>31.3</b> (27.4–35.4)	<b>38.5</b> (32.6–44.9)	<b>24.7</b> (20.5–29.4)
Bullied most often by being hit, kicked, pushed, shoved around or locked indoors among students who were bullied <sup>1</sup>	<b>27.9</b> (23.1–33.3)	<b>32.7</b> (23.8–43.2)	<b>23.5</b> (17.6–30.7)
<b>Mental health</b>			
 Attempted suicide one or more times <sup>3</sup>	<b>10.1</b> (7.1–14.0)	<b>9.6</b> (6.2–14.5)	<b>8.2</b> (5.5–12.1)
Did not have any close friends	<b>4.5</b> (3.2–6.3)	<b>4.3</b> (2.4–7.6)	<b>4.6</b> (3.3–6.4)
Felt lonely most of the time or always <sup>3</sup>	<b>11.9</b> (9.6–14.7)	<b>12.9</b> (9.6–17.2)	<b>10.5</b> (8.5–12.9)
Worried about something that they could not sleep at night most of the time or always <sup>3</sup>	<b>8.6</b> (6.3–11.8)	<b>7.9</b> (5.4–11.4)	<b>7.8</b> (5.6–10.8)

## Risk behaviours<sup>b</sup>

### Results for students aged 13–15 years

	Overall % (CI)	Boys % (CI)	Girls % (CI)
<b>Protective factors</b>			
 Missed classes or school without permission on one or more days <sup>1</sup>	<b>32.5</b> (27.9–37.5)	<b>36.9</b> (31.7–42.4)	<b>28.0</b> (23.0–33.5)
Reported that their parents or guardians most of the time or always understood their problems and worries <sup>1</sup>	<b>9.3</b> (7.7–11.2)	<b>9.1</b> (6.5–12.7)	<b>9.0</b> (7.8–10.4)
Reported that their parents or guardians most of the time or always really knew what they were doing with their free time <sup>1</sup>	<b>20.0</b> (17.2–23.1)	<b>18.4</b> (14.7–22.9)	<b>20.3</b> (16.9–24.2)
Reported that most of the students in their school were most of the time or always kind and helpful <sup>1</sup>	<b>25.7</b> (22.0–29.9)	<b>22.3</b> (17.9–27.4)	<b>29.0</b> (24.1–34.5)
Reported that their parents or guardians most of the time or always checked to see if their homework was done <sup>1</sup>	<b>29.8</b> (26.7–33.1)	<b>30.7</b> (25.9–35.9)	<b>29.2</b> (26.3–32.4)
Reported that their parents or guardians never or rarely went through their things without their approval <sup>1</sup>	<b>77.2</b> (73.6–80.5)	<b>76.8</b> (72.6–80.6)	<b>77.9</b> (73.2–81.9)
<b>Tobacco use</b>			
 Currently used any tobacco product <sup>1</sup>	<b>23.4</b> (20.6–26.4)	<b>31.8</b> (27.0–37.1)	<b>14.1</b> (11.4–17.3)
Currently smoke any tobacco product <sup>c</sup>	<b>35.0</b> (28.9–41.6)	<b>61.4</b> (48.1–73.2)	<b>15.4</b> (12.0–19.5)
Currently smoked cigarettes <sup>1</sup>	<b>15.7</b> (13.3–18.4)	<b>25.9</b> (21.7–30.5)	<b>5.8</b> (4.1–8.3)
Tried to quit smoking cigarette (among students who smoked cigarette) <sup>3</sup>	<b>76.4</b> (66.5–84.1)	<b>82.6</b> (72.5–89.6)	*
Currently used any smokeless tobacco product <sup>1,c</sup>	<b>8.4</b> (6.6–10.7)	<b>7.7</b> (5.0–11.5)	<b>9.3</b> (6.8–12.5)
Tried a cigarette before age 14 years (for the first time among students who ever smoked cigarettes)	<b>66.2</b> (58.4–73.3)	<b>60.6</b> (53.8–67.0)	*
Reported that people smoked in their presence on one or more days <sup>2</sup>	<b>77.1</b> (72.6–81.0)	<b>78.8</b> (72.8–83.9)	<b>76.7</b> (72.3–80.6)
Parents or guardians who used any form of tobacco	<b>29.2</b> (25.5–33.3)	<b>27.8</b> (23.7–32.4)	<b>28.5</b> (23.8–33.8)
Exposed to tobacco smoke at home <sup>1,c</sup>	<b>66.0</b> (57.7–73.4)	<b>69.6</b> (58.6–78.8)	<b>62.1</b> (52.0–71.2)
Exposed to tobacco smoke inside any enclosed public place <sup>1,c</sup>	<b>69.9</b> (61.8–76.9)	<b>72.3</b> (62.7–80.3)	<b>67.3</b> (58.9–74.8)
<b>Alcohol use</b>			
 Currently drink alcohol <sup>1</sup>	<b>12.0</b> (10.0–14.3)	<b>14.1</b> (11.5–17.3)	<b>8.3</b> (5.6–12.1)
Ever drank so much alcohol that they were really drunk one or more times during their life	<b>7.9</b> (6.5–9.7)	<b>10.1</b> (7.7–13.0)	<b>4.9</b> (3.2–7.5)
Drank alcohol before age 14 years for the first time (among students who ever had a drink of alcohol other than a few sips)	<b>78.7</b> (71.6–84.3)	<b>73.1</b> (62.9–81.3)	*
Usually drank two or more drinks per day (among students who drank alcohol) <sup>1</sup>	<b>14.2</b> (9.8–20.3)	<b>8.9</b> (4.9–15.7)	<b>17.5</b> (11.7–25.3)
As a result of drinking alcohol got into trouble with family or friends, missed school, or got into fights (one or more times during their lifetime)	<b>7.9</b> (5.9–10.4)	<b>10.7</b> (8.0–14.1)	<b>4.6</b> (3.0–7.0)
Usually obtained the alcohol they drank from friends <sup>3</sup>	<b>20.7</b> (13.7–30.0)	*	*

<b>Risk behaviours<sup>b</sup></b>				
<b>Results for students aged 13–15 years</b>		<b>Overall % (CI)</b>	<b>Boys % (CI)</b>	<b>Girls % (CI)</b>
<b>Drug use</b>				
	Currently use marijuana <sup>1</sup>	<b>5.7</b> (4.0–8.2)	<b>5.4</b> (3.5–8.1)	<b>5.3</b> (3.4–8.2)
	Ever used marijuana/drugs (one or more times during their life)	<b>6.7</b> (4.9–9.1)	<b>6.2</b> (4.3–8.9)	<b>5.8</b> (3.9–8.5)
	Ever used amphetamines or metamphetamines (one or more times during their life)	<b>6.0</b> (4.1–8.6)	<b>5.5</b> (3.8–7.9)	<b>5.0</b> (2.9–8.4)
	First used drugs before 14 years of age (among students who ever used drugs)	<b>90.9</b> (84.6–94.7)	*	*
<b>Physical activity</b>				
	Physically not active (for at least 60 minutes per day on any day) <sup>2</sup>	<b>30.0</b> (26.9–33.4)	<b>26.8</b> (23.6–30.3)	<b>33.1</b> (28.4–38.3)
	Physically active (for at least 60 minutes per day on all 7 days) <sup>2</sup>	<b>8.4</b> (6.6–10.6)	<b>11.3</b> (8.5–14.8)	<b>5.6</b> (4.0–7.8)
	Spent three or more hours per day sitting and watching television, playing computer games, or talking with friends, when not in school or doing homework during a typical or usual day	<b>15.9</b> (13.3–18.9)	<b>16.5</b> (13.1–20.5)	<b>15.3</b> (12.1–19.1)
	Did not walk or ride a bicycle to or from school <sup>2</sup>	<b>59.8</b> (55.3–64.3)	<b>54.0</b> (47.7–60.2)	<b>66.6</b> (62.4–70.6)
	Attended physical education classes on three or more days (each week during this school year)	<b>26.4</b> (22.7–30.4)	<b>26.0</b> (22.0–30.4)	<b>26.4</b> (21.8–31.6)
	Did not attend physical education classes (each week during this school year)	<b>17.5</b> (15.3–20.1)	<b>18.9</b> (15.5–23.0)	<b>16.1</b> (13.3–19.4)
<b>Sexual behaviours &amp; HIV awareness</b>				
	Ever had sexual intercourse	<b>19.2</b> (15.0–24.3)	<b>21.7</b> (16.3–28.4)	<b>16.0</b> (11.5–21.7)
	Had sexual intercourse with two or more persons (during their life)	<b>4.4</b> (3.3–5.8)	<b>5.2</b> (3.1–8.6)	<b>3.0</b> (1.7–5.3)
	Had sexual intercourse before age 14 years for the first time (among students who ever had sexual intercourse)	<b>71.9</b> (58.5–82.2)	*	*
	Used a condom during last sexual intercourse (among students who ever had sexual intercourse)	<b>54.8</b> (45.7–63.7)	*	*
	Ever heard of HIV infection or AIDS	<b>56.8</b> (52.1–61.4)	<b>61.9</b> (56.1–67.3)	<b>52.7</b> (47.3–58.1)
	Taught in any of their classes how to avoid HIV infection or AIDS (during this school year)	<b>45.3</b> (42.0–48.6)	<b>51.0</b> (46.3–55.7)	<b>40.6</b> (37.0–44.2)

**Technical Notes:**

**a.** Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; **b.** Timor-Leste Global School-based Student Health Survey (GSHS) 2015; **c.** World Health Organization, Regional Office for South East Asia. Monitoring tobacco control among youth in countries of the South-East Asia Region: 2014 - findings from the Global Youth Tobacco Survey, 2003–2014. New Delhi, 2014. [http://www.searo.who.int/tobacco/documents/gyts\\_regional\\_brochure\\_2014\\_a4\\_size.pdf](http://www.searo.who.int/tobacco/documents/gyts_regional_brochure_2014_a4_size.pdf) - accessed 10 August 2016.

**1.** during the 30 days before the survey; **2.** during the 7 days before the survey; **3.** during the 12 months before the survey; \* There were fewer than 100 respondents; CI refers to 95% confidence interval; \*\* According to the WHO growth reference for school-aged children and adolescent. For more information, please visit [www.who.int/growthref](http://www.who.int/growthref)

• For more information on Global School-based Health Survey (GSHS), please visit [www.who.int/chp/gshs](http://www.who.int/chp/gshs); • For more information on Global Youth Tobacco Survey (GYTS), please visit <http://nccd.cdc.gov/GTSSData/Ancillary/Documentation.aspx>



The publication, Noncommunicable diseases risk behaviours among youth in the South-East Asia Region: Findings from GSHS and GYTS, conveys the quantitative surveillance results focusing on tobacco use and noncommunicable disease (NCD) related behaviours among youth (13–15 years) in Member States of the WHO South-East Asia Region, namely, the Global School-based Student Health Survey (GSHS) and the Global Youth Tobacco Survey (GYTS).

This publication contains selected indicators relating to tobacco use and other related risk behaviours of youth (aged 13–15 years) in Member States of the WHO South-East Asia Region. The tobacco indicators are mainly taken from GYTS and other indicators relating to risk behaviours (dietary behaviours, physical activity, alcohol use, drug use, mental health, violence and unintentional injury, sexual behaviours, protective factors and hygiene) are taken from GSHS. The latest findings from surveys conducted in Member States are presented in the publication.



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