

HBSC provides a comprehensive measure of...

young people's health and wellbeing, health behaviours and their social context

- to gain new insights into young people's health and well-being
- to understand the social determinants of health
- to inform policy and practice to improve young people's lives



Background to HBSC

- The adolescent years are a **critical transitional period** for young people with rapid physical, emotional, cognitive, and social development, as well as increased autonomy. Their developing health-related behaviours and decision-making may influence their current and future health. This period provides a vital **opportunity to support young people's health and development and their future health and well-being in adulthood.**
- HBSC is a World Health Organisation cross-national collaborative study
 - informed by young people as critical stakeholders <https://hbsec.org/youth-engagement/>
 - surveying young people across the WHO European region, every four years using validated scales & approved questions <https://hbsec.org/network/>
 - delivering national and international reports, analysis of key interest areas, as well as policy and academic papers <https://hbsec.org/publications/>
 - providing open access to raw data & data visualisations of the previous cycles <https://hbsec.org/data/>
- HBSC started in the 1980s with five countries. There are currently **51 participating countries and regions.**
- England has been an active HBSC member since 1997 <https://hbsecengland.org/reports/>

HBSC

Health Behaviour of School-aged Children

England study



Current England survey



- Data collected from a **representative sample**, stratified by England's geographical regions and school types
- Self-completion, anonymous **paper or online surveys**, delivered with consent in schools with **11-, 13- and 15-year-old students**
- Current status: **data analysed; report writing in progress**
- Report due for publication: November 2023.

2022 data: 37 schools involved 5377 student responses

Young people's involvement



- Young people from the **Sussex Partnership Trust's Youth Café and beyond** have provided valuable feedback on the relevance of survey items, the appropriateness of language used and early input into examining the findings.
- They have also **codeveloped aspects** of a research learning tool for schools and created short videos on their key health concerns.
- The final report will include a **youth foreword and young people's commentary on the findings.**

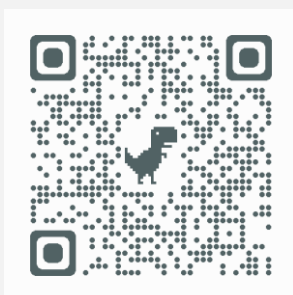


Contribution & resources

- HBSC data informs policy makers and practitioners by contributing to the evidence base on the state of child health and wellbeing over time, and critical factors for successful intervention programmes.
- In addition to the HBSC reports packages, HBSC data contributes to national and international papers, recently including:
 - Organization for Economic Cooperation and Development (OECD)'s report Starting Unequal: How's Life for Disadvantaged Children? <https://tinyurl.com/OECD22>
 - WHO European Regional Obesity report 2022 <https://tinyurl.com/WHOob22>
 - RCPCH's 2018 State of Child Health short report series: Child health in 2030 in England: comparisons with other wealthy countries <https://tinyurl.com/RCPCH2018>



We recently coproduced a **free recorded teaching resource** for schools exploring how live research into young people's lives works in practice, as well as how it connects to their learning. **Curriculum linked.**



This poster and more study details on our website:



Each survey cycle is guided by a study protocol with information on HBSC's scientific rationale and methodology, mandatory and optional survey questions of the HBSC survey packages, as well as technical appendices on data collection and management.

In the UK, Scotland and Wales also deliver HBSC surveys. Northern Ireland is not currently an HBSC member.

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