

**Health  
Behaviour in  
School-aged  
Children:  
Healthy Settings  
for Young People  
in Canada  
(2006)**

Health Behaviour in School-aged Children (HBSC) is a World Health Organization survey examining the health behaviours of youth recently conducted in 41 countries. This fact sheet highlights information about the health of 9,672 Canadian youth in grades 6 through 10 in the HBSC study funded by the Public Health Agency of Canada.

For more information about the HBSC study and for Canada-specific data, please visit [www.publichealth.gc.ca](http://www.publichealth.gc.ca). For international data visit the HBSC global site at [www.hbsc.org](http://www.hbsc.org).

# Health-Risk Behaviours and Academic Achievement

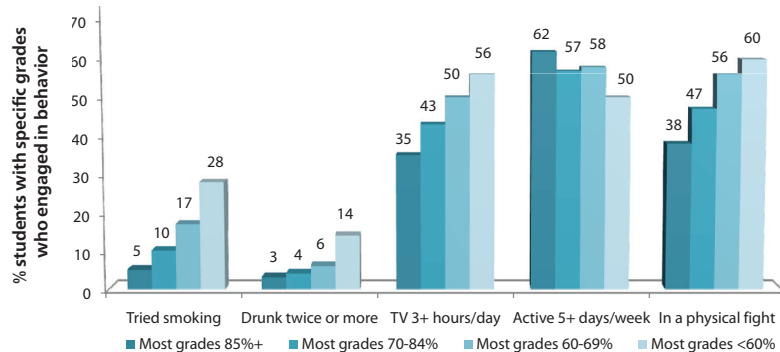
Students with higher grades are less likely to engage in health-risk behaviours than their classmates with lower grades. Further research is needed to determine whether low grades lead to health-risk behaviours, health-risk behaviours lead to low grades, or some other factors lead to both of these problems.

Students with higher grades are significantly less likely to have engaged in behaviours such as:

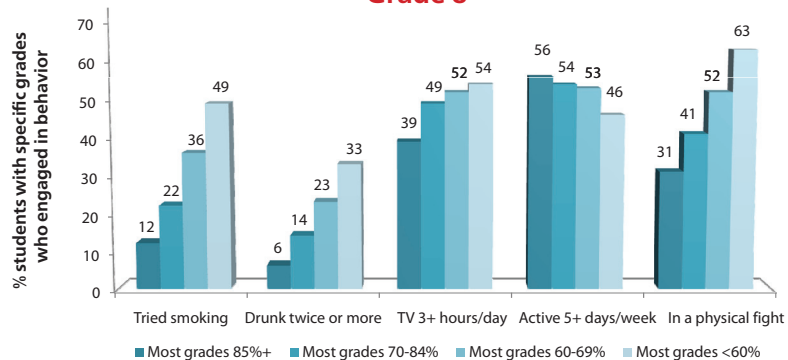
- **Regular tobacco use** (Smoke cigarettes once a week or more)
- **Binge drinking** (Been really drunk twice or more)
- **Watching television 3 or more hours per day** (on weekdays)
- **Fighting** (Been in a physical fight in last year)

## Academic Achievement and Selected Health Risk Behaviours

### Grades 6 & 7



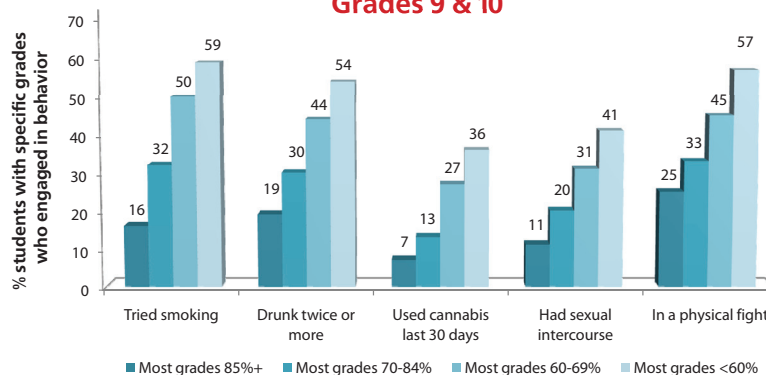
### Grade 8



# Health Behaviour in School-aged Children: Healthy Settings for Young People in Canada (2006)

This fact sheet was developed in collaboration with the Joint Consortium for School Health.

Grades 9 & 10



Health risk behaviours	Grade Level	Percentage of students with average marks of			
		85+	70-84	60-69	< 60
<b>Substance Use</b>					
Ever tried smoking (% yes)	6 and 7 <sup>1</sup>	5	10	17	28
	8 <sup>1</sup>	12	22	36	49
	9 and 10 <sup>1</sup>	16	32	50	59
Smoke cigarettes once a week or more	6 and 7 <sup>1</sup>	1	1	4	9
	8 <sup>1</sup>	2	4	8	18
	9 and 10 <sup>1</sup>	1	5	14	24
Drink beer once a week or more at present	6 and 7 <sup>8</sup>	1	2	3	4
	8 <sup>4</sup>	2	4	6	18
	9 and 10 <sup>1</sup>	6	8	14	19
Been really drunk twice or more	6 and 7 <sup>1</sup>	3	4	6	14
	8 <sup>1</sup>	6	14	23	33
	9 and 10 <sup>1</sup>	19	30	44	54
Used cannabis lifetime	9 and 10 <sup>1</sup>	17	31	49	56
Used cannabis last 30 days	9 and 10 <sup>1</sup>	7	13	27	36
Have used Ecstasy in lifetime	9 and 10 <sup>1</sup>	2	4	9	13
<b>Sexual Risk Behaviours</b>					
Have had sexual intercourse	9 and 10 <sup>1</sup>	11	20	31	41
<b>Diet and exercise</b>					
Drink soft drinks daily	6 and 7 <sup>1</sup>	10	12	17	29
	8 <sup>3</sup>	12	13	20	24
	9 and 10 <sup>1</sup>	8	16	23	28
Watch television 3 or more hours a day on weekdays	6 and 7 <sup>1</sup>	35	43	50	56
	8 <sup>2</sup>	39	49	52	54
	9 and 10 <sup>2</sup>	34	42	45	48
Physically active five or more days in a typical week for at least 60 minutes per day	6 and 7 <sup>3</sup>	62	57	58	50
	8 <sup>8</sup>	56	54	53	46
	9 and 10 <sup>7</sup>	54	52	47	42
<b>Bullying and violence</b>					
Been in a physical fight in last year	6 and 7 <sup>1</sup>	38	47	56	60
	8 <sup>1</sup>	31	41	52	63
	9 and 10 <sup>1</sup>	25	33	45	57
Bullied others in past couple of months	6 and 7 <sup>2</sup>	31	36	43	46
	8 <sup>8</sup>	36	42	43	52
	9 and 10 <sup>7</sup>	29	38	45	51
Carried a weapon in last 30 days	6 and 7 <sup>6</sup>	7	8	11	16
	8 <sup>5</sup>	5	10	18	22
	9 and 10 <sup>1</sup>	5	8	13	20

Significance levels based on chi-square analysis for boys and girls separately

<sup>1</sup> p<.001 for both girls and boys

<sup>2</sup> p<.01 for both girls and boys

<sup>3</sup> p<.01 for girls; not significant for boys

<sup>4</sup> p<.01 for girls; p<.001 for boys

<sup>5</sup> p<.05 for girls; p<.001 for boys

<sup>6</sup> p<.001 for girls; not significant for boys

<sup>7</sup> p<.001 for girls; p<.01 for boys

<sup>8</sup> not significant