

Myanmar

2007 Fact Sheet



The **2007 Myanmar GSHS** measured alcohol and other drug use; unintentional injuries and violence; hygiene; dietary behaviours and overweight; physical activity; tobacco use; mental health; and protective factors.

The 2007 Myanmar GSHS was a school-based survey of students in grades 8, 9, 10, and 11. A two-stage cluster sample design was used to produce data representative of all students in grades 8, 9, 10, and 11 in Myanmar. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 100%, the student response rate was 95%, and the overall response rate was 95%. A total of 2,806 students participated in the Myanmar GSHS. Students self-reported their responses to each question on a computer scannable answer sheet. For comparison purposes, only students aged 13-15 years are included in the analyses for this fact sheet.

Results for students aged 13-15 years	Total	Boys	Girls
Alcohol and Other Drug Use			
Percentage of students who had at least one drink containing alcohol on one or more days during the past 30 days	0.8 ± 0.5	1.1 ± 0.8	0.5 ± 0.6
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	1.4 ± 0.8	2.6 ± 1.4	0.3 ± 0.4
Percentage of students who had a hang-over, felt sick, got into trouble with family or friends, missed school, or got into fights one or more times as a result of drinking alcohol during their life	4.4 ± 0.8	5.5 ± 1.5	3.4 ± 1.4
Percentage of students who used drugs one or more times during their life	0.4 ± 0.5	0.4 ± 0.5	0.5 ± 0.8
Dietary Behaviours and Overweight			
Percentage of students who went hungry most of the time or always during the past 30 days because there was not enough food in their home	2.6 ± 1.6	2.3 ± 1.0	2.9 ± 2.7
Percentage of students who are overweight*	5.1 ± 1.9	4.0 ± 2.1	6.0 ± 2.4
Percentage of students who are obese**	0.7 ± 0.4	0.6 ± 0.6	0.7 ± 0.5
Hygiene			
Percentage of students who cleaned or brushed their teeth less than 1 time per day during the past 30 days	4.4 ± 1.3	5.8 ± 1.7	3.0 ± 1.3
Percentage of students who never or rarely washed their hands before eating during the past 30 days	2.8 ± 1.4	4.8 ± 2.5	0.8 ± 0.5
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	3.4 ± 1.2	4.9 ± 1.8	1.9 ± 0.9
Mental Health			
Percentage of students who felt lonely most of the time or always during the past 12 months	3.8 ± 1.7	3.9 ± 2.2	3.8 ± 1.5
Percentage of students who ever seriously considered attempting suicide during the past 12 months	0.7 ± 0.4	0.8 ± 0.5	0.7 ± 0.7
Percentage of students who have no close friends	3.5 ± 1.2	3.9 ± 1.9	3.1 ± 1.1
Physical Activity			
Percentage of students who were physically active for a total of at least 60 minutes per day on all 7 days during the past 7 days	15.9 ± 2.4	18.6 ± 2.9	13.2 ± 3.5
Percentage of students who spent three or more hours per day during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities	10.5 ± 2.0	12.8 ± 2.4	8.2 ± 2.3

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Protective Factors			
Percentage of students who missed classes or school without permission on one or more days during the past 30 days	19.9 ± 3.8	22.8 ± 4.9	17.0 ± 4.0
Percentage of students who reported that most of the students in their school were never or rarely kind and helpful during the past 30 days	23.8 ± 4.6	25.9 ± 5.0	21.8 ± 4.7
Percentage of students whose parents or guardians never or rarely really knew what they were doing with their free time during the past 30 days	11.2 ± 2.9	12.7 ± 2.9	9.8 ± 4.2
Tobacco Use			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	2.0 ± 0.8	3.4 ± 1.2	0.6 ± 0.6
Percentage of students who used any tobacco products other than cigarettes on one or more days during the past 30 days	3.6 ± 1.0	5.6 ± 1.7	1.6 ± 1.2
Percentage of students who reported people smoking in their presence on one or more days during the past 7 days	67.1 ± 4.2	71.6 ± 4.7	62.6 ± 5.0
Unintentional Injuries and Violence			
Percentage of students who were physically attacked one or more times during the past 12 months	20.8 ± 5.6	26.9 ± 6.4	14.6 ± 5.0
Percentage of students who were in a physical fight one or more times during the past 12 months	14.6 ± 4.2	21.0 ± 4.8	8.1 ± 3.6
Percentage of students who were seriously injured one or more times during the past 12 months	27.0 ± 4.9	31.4 ± 6.1	22.5 ± 4.5
Percentage of students who were bullied on one or more days during the past 30 days	19.4 ± 4.6	22.9 ± 5.7	16.0 ± 4.0

*According to the WHO growth reference for school-aged children and adolescents. For more information, please visit the following website - www.who.int/growthref.

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