

India (CBSE)

2007 Fact Sheet



The **2007 India (CBSE) GSHS** measured hygiene; dietary behaviours and overweight; physical activity; tobacco use; mental health; and protective factors.

The 2007 India (CBSE) GSHS was a school-based survey of students in classes 8, 9, and 10. A two-stage cluster sample design was used to produce data representative of all students in classes 8, 9, and 10 in India (CBSE). 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 99%, the student response rate was 85%, and the overall response rate was 83%. A total of 8,130 students participated in the India (CBSE) 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
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	3.5 ± 0.7	3.3 ± 0.8	3.8 ± 0.9
Percentage of students who are overweight*	10.8 ± 2.1	11.6 ± 2.6	9.7 ± 2.0
Percentage of students who are obese**	2.1 ± 0.6	2.5 ± 0.9	1.5 ± 0.6
Hygiene			
Percentage of students who cleaned or brushed their teeth less than 1 time per day during the past 30 days	4.4 ± 0.9	4.7 ± 1.1	4.0 ± 1.1
Percentage of students who never or rarely washed their hands before eating during the past 30 days	6.1 ± 1.1	6.8 ± 1.3	5.1 ± 1.3
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	3.3 ± 0.7	3.2 ± 0.8	3.3 ± 0.9
Mental Health			
Percentage of students who felt lonely most of the time or always during the past 12 months	8.4 ± 1.0	7.4 ± 1.1	9.8 ± 1.7
Percentage of students who have no close friends	10.1 ± 0.9	10.2 ± 1.1	10.0 ± 1.3
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	30.2 ± 3.0	31.0 ± 3.1	29.1 ± 4.3
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	23.2 ± 2.3	24.5 ± 2.4	21.2 ± 3.0
Protective Factors			
Percentage of students who missed classes or school without permission on one or more days during the past 30 days	26.8 ± 1.8	27.7 ± 1.9	25.6 ± 2.5
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	41.0 ± 4.6	43.5 ± 4.9	37.3 ± 6.0
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	27.9 ± 2.7	29.1 ± 2.8	26.3 ± 3.5

India (CBSE)

2007 Fact Sheet



Results for students aged 13-15 years	Total	Boys	Girls
Tobacco Use			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	1.2 ± 0.4	1.9 ± 0.7	0.2 ± 0.2
Percentage of students who used any tobacco products other than cigarettes on one or more days during the past 30 days	3.7 ± 0.8	4.3 ± 1.0	2.7 ± 1.0
Percentage of students who reported people smoking in their presence on one or more days during the past 7 days	37.1 ± 3.6	40.1 ± 3.8	32.9 ± 4.2

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

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

For additional information, please contact:

Dr. Sadhana Parashar, Education Officer
Central Board of Secondary Education, New Delhi, India, parasharsadhana@yahoo.com