

Global School-based Student Health Survey

UNRWA (Gaza)

2022 Fact Sheet



The 2022 UNRWA (Gaza) GSHS was a school-based survey of students in Grade 7 - Grade 9 (typically attended by students aged 13 – 15 years). A two-stage cluster sample design was used to produce data representative of all students in Grade 7 - Grade 9 in UNRWA (Gaza). At the first stage, 25 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 UNRWA (Gaza) GSHS measured Dietary Behaviours; Hygiene; Mental Health; Physical Activity; Protective Factors; & Violence and Unintentional Injury. Students self-reported their responses to each question on a computer scannable answer sheet.

The school response rate was 100%, the student response rate was 83.9%, and the overall response rate was 83.9%. A total of 2522 students participated in the UNRWA (Gaza) GSHS. Weighted prevalence estimates (percentages) and 95% confidence intervals are presented below.

| Results for Students Aged 13-15 Years | Total | Boys | Girls |
|---|-----------------------|-----------------------|-----------------------|
| Dietary Behaviours | | | |
| Percentage of students who were underweight (<-2SD from median for BMI by age and sex) | 5.4 (4.4 - 6.7) | 7.9 (6.2 - 10.0) | 3.1 (2.0 - 4.9) |
| Percentage of students who were overweight (>+1SD from median for BMI by age and sex) | 22.5 (20.2 - 25.1) | 22.0 (20.1 - 24.1) | 23.0 (19.0 - 27.6) |
| Percentage of students who were obese (>+2SD from median for BMI by age and sex) | 5.7 (4.7 - 6.9) | 7.3 (6.1 - 8.8) | 4.1 (2.7 - 6.3) |
| Percentage of students who drank any sugar-sweetened drink one or more times per day (during the 7 days before the survey) | 50.1 (45.1 - 55.1) | 48.5 (41.2 - 55.9) | 51.6 (44.6 - 58.5) |
| Percentage of students whose main reason for not eating breakfast was there was not always food in their home (among students who did not always eat breakfast) | 17.8 (14.6 - 21.5) | 19.7 (14.1 - 26.9) | 16.3 (13.0 - 20.3) |
| Hygiene | | | |
| Percentage of students who did not clean or brush their teeth or usually cleaned or brushed their teeth less than 1 time per day (during the 30 days before the survey) | 30.3 (26.5 - 34.5) | 44.8 (37.8 - 52.0) | 17.4 (14.3 - 21.1) |
| Percentage of students who never or rarely washed their hands after using the toilet or latrine (during the 30 days before the survey) | 7.3 (3.4 - 14.9) | 12.9 (5.2 - 28.4) | 2.2 (1.2 - 4.0) |
| Mental Health | | | |
| Percentage of students who have no close friends | 7.9 (6.3 - 9.7) | 8.9 (6.1 - 13.0) | 6.9 (5.9 - 8.0) |
| Percentage of students who seriously considered attempting suicide (during the 12 months before the survey) | 18.9 (15.4 - 23.0) | 19.4 (15.2 - 24.5) | 18.4 (13.3 - 25.0) |
| Percentage of students who attempted suicide (one or more times during the 12 months before the survey) | 19.1 (16.2 - 22.4) | 21.7 (17.2 - 27.1) | 16.7 (13.3 - 20.8) |
| Physical Activity | | | |
| Percentage of students who were not physically active for a total of at least 60 minutes per day on all 7 days (during the 7 days before the survey) | 86.2 (83.7 - 88.4) | 80.3 (75.8 - 84.2) | 91.7 (90.1 - 93.1) |
| Percentage of students who were not physically active for a total of at least 60 minutes per day on any day (during the 7 days before the survey) | 36.0 (32.4 - 39.7) | 27.3 (24.2 - 30.6) | 44.1 (38.5 - 49.9) |
| Percentage of students who did not go to physical education class (each week during this school year) | 22.7 (14.0 - 34.6) | 16.3 (11.4 - 22.7) | 28.7 (13.8 - 50.2) |

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| Results for Students Aged 13-15 Years | Total | Boys | Girls |
|---|-----------------------|-----------------------|-----------------------|
| Percentage of students who spent three or more hours per day sitting or lying down (when they are not in school or doing homework or sleeping at night during a typical or usual day) | 32.3 (27.7 - 37.3) | 31.7 (24.5 - 39.9) | 32.9 (27.3 - 39.0) |
| Percentage of students who got less than eight hours of sleep on an average school night | 54.8 (51.3 - 58.2) | 55.3 (50.2 - 60.2) | 54.4 (49.6 - 59.1) |
| Protective Factors | | | |
| Percentage of students who missed classes or school without permission (on at least 1 day during the 30 days before the survey) | 35.8 (32.0 - 39.7) | 39.6 (33.5 - 46.0) | 32.3 (27.5 - 37.6) |
| Percentage of students who reported that their parents or guardians never or rarely understood their problems and worries (during the 30 days before the survey) | 45.2 (40.8 - 49.7) | 50.8 (43.3 - 58.3) | 40.0 (35.9 - 44.3) |
| Percentage of students who reported that their parents or guardians never or rarely really knew what they were doing with their free time (during the 30 days before the survey) | 32.3 (27.5 - 37.5) | 38.8 (29.7 - 48.7) | 26.4 (22.9 - 30.2) |
| Violence and Unintentional Injury | | | |
| Percentage of students who were seriously injured (one or more times during the 12 months before the survey) | 45.3 (40.8 - 49.8) | 57.6 (51.3 - 63.7) | 34.3 (30.0 - 39.0) |
| Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) | 41.6 (38.2 - 45.1) | 58.1 (56.1 - 60.1) | 26.3 (21.7 - 31.5) |
| Percentage of students who were bullied on school property (during the 12 months before the survey) | 33.9 (31.0 - 36.9) | 40.0 (35.7 - 44.6) | 28.5 (25.3 - 31.8) |
| Percentage of students who were cyber bullied (during the 12 months before the survey) | 14.3 (12.7 - 16.1) | 17.7 (15.1 - 20.8) | 11.2 (9.9 - 12.6) |

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| For additional information, please contact: Amal Arafah Head Health Communication Department of Health UNRWA Headquarters -Amman, Jordan a.arafah@unrwa.org | For general information about the GSHS, please visit: https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/global-school-based-student-health-survey |
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