



The 2010 Tonga GSHS measured alcohol use; dietary behaviors; drug use; hygiene; mental health; physical activity; protective factors; tobacco use; and violence and unintentional injury.

The Tonga GSHS was a school-based survey of students in Forms 2, 3, and 4. A two-stage cluster sample design was used to produce data representative of all students in Forms 2, 3, and 4 in Tonga. 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 80%, and the overall response rate was 80%. A total of 2211 students participated in the Tonga 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 Use			
Percentage of students who drank at least one drink containing alcohol on one or more of the past 30 days	16.4 (13.9-19.2)	14.9 (11.8-18.6)	17.9 (14.6-21.7)
Among students who ever had a drink of alcohol (other than a few sips), the percentage who had their first drink of alcohol before age 14 years	70.5 (65.6-75.0)	71.4 (64.3-77.6)	69.6 (61.8-76.4)
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	14.4 (11.9-17.4)	13.7 (10.6-17.5)	15.1 (12.0-19.0)
Dietary Behaviours			
Percentage of students who were underweight (< -2SD from median for BMI for age and sex)	0.2 (0.1-0.6)	0.4 (0.1-1.1)	0.0 (---)
Percentage of students who were overweight (> +1SD from median for BMI for age and sex)	59.6 (56.7-62.5)	61.2 (57.7-64.6)	58.0 (53.8-62.0)
Percentage of students who were obese (> +2SD from median for BMI for age and sex)	21.9 (19.6-24.4)	24.7 (21.9-27.7)	19.1 (15.8-22.8)
Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days	57.0 (54.3-59.6)	56.2 (52.0-60.3)	57.8 (54.3-61.1)
Drug Use			
Among students who ever used drugs, the percentage who first used drugs before age 14 years	70.1 (63.3-76.2)	*	67.8 (57.4-76.6)
Percentage of students who used marijuana one or more times during their life	6.5 (5.2-8.0)	4.8 (3.3-7.1)	8.0 (6.0-10.5)
Hygiene			
Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days	8.8 (7.3-10.6)	11.1 (8.5-14.3)	6.4 (5.0-8.1)
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	6.3 (5.1-7.8)	6.3 (4.6-8.6)	6.4 (5.0-8.2)
Mental Health			
Percentage of students who had no close friends	9.3 (7.9-10.9)	9.7 (7.8-12.1)	8.7 (6.8-11.1)



Results for students aged 13-15 years	Total	Boys	Girls
Physical Activity			
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more days during the past seven days	25.6 (22.7-28.8)	25.6 (21.0-30.9)	25.7 (22.7-29.0)
Percentage of students who went to physical education (PE) class on three or more days each week during the school year	24.4 (22.1-26.8)	23.5 (20.2-27.2)	25.1 (22.1-28.4)
Percentage of students who spent three or more hours per day during a typical or usual day doing sitting activities	29.4 (26.8-32.2)	28.8 (25.4-32.4)	30.1 (26.5-34.0)
Protective Factors			
Percentage of students who missed classes or school without permission on one or more of the past 30 days	39.7 (36.9-42.7)	37.1 (32.7-41.8)	42.3 (38.6-46.1)
Percentage of students whose parents or guardians understood their problems and worries most of the time or always during the past 30 days	27.9 (25.0-30.9)	26.6 (22.9-30.7)	29.1 (25.7-32.8)
Percentage of students whose parents or guardians really knew what they were doing with their free time most of the time or always during the past 30 days	30.9 (28.4-33.4)	32.5 (28.6-36.7)	29.3 (26.2-32.6)
Tobacco Use			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	21.6 (18.8-24.6)	19.2 (15.8-23.0)	23.8 (20.3-27.7)
Among students who ever smoked cigarettes, the percentage who first tried a cigarette before age 14 years	81.2 (77.7-84.2)	82.1 (77.4-86.0)	80.5 (75.5-84.7)
Percentage of students who reported people smoked in their presence on one or more days during the past seven days	65.4 (61.5-69.2)	64.9 (59.1-70.3)	66.1 (61.6-70.4)
Violence and Unintentional Injury			
Percentage of students who were in a physical fight one or more times during the past 12 months	49.1 (45.9-52.3)	47.9 (43.1-52.7)	50.2 (46.2-54.2)
Percentage of students who were seriously injured one or more times during the past 12 months	61.8 (58.1-65.4)	59.3 (53.4-64.9)	64.2 (59.7-68.5)
Percentage of students who were bullied on one or more days during the past 30 days	50.3 (46.2-54.4)	48.3 (41.9-54.9)	52.1 (47.8-56.4)

* Indicates less than 100 students.

For additional information, please contact:

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