



**THE RESULTS OF THE  
2005 ACT SECONDARY STUDENT  
DRUG AND HEALTH RISK  
SURVEY**

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## OVERVIEW OF RESULTS

This report presents results from the 2005 ACT Secondary Student Alcohol and Drug (ASSAD) survey. It builds on the analysis of previous surveys in 1996, 1999 and 2002 presented in *Substance use and other health-related behaviours among ACT secondary students: results of the 2002 ACT secondary student alcohol and drug survey*.

Similar to previous surveys, the 2005 survey included questions about tobacco, alcohol, illicit substance use and sun protective behaviours. In 2005, questions about weight and height were included for the first time and new questions were added on nutrition and physical activity.

The results presented in this section summarise the key findings of the survey and are organised by health risk behaviour.

### Alcohol consumption

- The 2005 survey shows a modest reduction in alcohol use and harmful use of alcohol amongst ACT secondary school students.
- In 2005, 89.6% of students surveyed reported that they had consumed at least a few sips of alcohol in their lifetime. More than a quarter (26.3%) reported consuming alcohol on at least one day in the last seven days (current drinkers) and 5.8% reported harmful drinking;
- There was a decrease in the proportion of students who reported current drinking and harmful drinking between 2002 and 2005;
- Current drinkers consumed an average of six alcoholic drinks in the week before the survey;
- In 2005, 13.3% of students reported drinking 11 or more drinks in a row, on at least one occasion in the last two weeks;
- The majority (85.6%) of students who were surveyed recalled receiving at least part of a lesson in class on alcohol during the previous year.

### Tobacco use

- The 2005 survey shows a large reduction in smoking amongst ACT secondary school students.
- In 2005, almost a third (32.0%) of all students surveyed reported having smoked at least once in their lifetime; 8.6% reported smoking cigarettes on at least one day in the last seven days (current smokers), and 2.9% reported smoking cigarettes every day in the last seven days (daily smokers);
- Between 1996 and 2005, there were decreases in the proportion of students who reported smoking cigarettes at least once in their lifetime, on at least one day in the last seven days (current smokers) and every day in the last seven days (daily smokers);
- Male and female current smokers reported smoking an average of 25 cigarettes in 2005;
- The majority (87.2%) of students who were surveyed recalled receiving at least part of a lesson in class on smoking during the previous year.

### Illicit substance use

- The 2005 survey shows a large reduction in cannabis use and poly-substance use amongst ACT secondary school students, but no significant change in amphetamine use.
- In 2005, one in five (20.3%) students reported having used at least one illicit substance in their lifetime and about one in twenty (4.8%) reported having used an illicit substance at least once in the last seven days;
- Inhalants were the most commonly used illicit substance reported in 2005, followed by cannabis, then tranquillisers;

- The injection of illicit drugs was not common among ACT secondary students, with 3.8% of all students surveyed reporting that they had ever used needles in this manner;
- There was a decrease in the proportion of students reporting the use of most illicit substances, between 1996 and 2005;
- In 2005, 2.3% of all students surveyed reported the use of tobacco, alcohol and at least one illicit substance, on at least one occasion, in the seven days prior to survey. In contrast, 9.5% of students reported never having used tobacco, alcohol or any illicit substance in their lifetime;
- The majority (81.9%) of students who were surveyed recalled receiving at least part of a lesson in class on illicit substance use during the previous year.
- Perceptions of the danger associated with illicit substance use varied according to student age and sex. Females and older students were more likely than males and younger students to perceive the use of illicit substances as 'very dangerous'. However, there was an exception to this, with younger students (74.1%) more likely than older students (63.8%) to report regular use of marijuana as 'very dangerous'.

### **Sun protection**

- The 2005 survey shows a reduction in sun protection by ACT secondary school students.
- More than three quarters (79.5%) of all students surveyed in 2005 reported getting sunburnt at least once over the previous summer;
- Almost three quarters (73.9%) of all students surveyed reported that they liked to get a suntan;
- The results of the 2005 survey suggest that there has been a decline in the proportion of students reporting 'usually' or 'always' using sun protection measures, since 1996;
- When asked about the type of hat they wore when outside on a sunny day in summer, more than half (58.3%) of all students surveyed in 2005 reported a preference for a 'cap' and one in five (20.0%) students reported that they did not 'usually' or 'always' wear any hat;
- Almost three quarters (71.5%) of all students surveyed in 2005 recalled having received at least part of an education session in class on sun protection during the previous year.

### **Healthy weight**

- The 2005 survey included questions about height and weight for the first time and introduced new nutrition and physical activity questions.
- Estimates from the 2005 survey, that are based on self-reported height and weight, suggest that 22.5% of all students surveyed were overweight or obese and more than three quarters (77.5%) were healthy weight;
- When asked about their diet, 41.7% of students reported consuming a fast food meal at least twice in the last week, 15.8% reported consuming seven or more snacks and three quarters (74.7%) reported consuming a soft drink/energy drink/fruit juice/cordial at least twice in the last week;
- In 2005, 41.7% of students reported consuming three or more serves of fruit each day; 22.0% reported consuming four or more serves of vegetables each day; and, 18.5% reported consuming five or more serves of cereals each day, in-line with guidelines for this age group;
- In 2005, 13.9% of students reported doing at least 60 minutes of physical activity each day in the last week and 29.9% of students reported spending two hours or less on the internet, playing computer games, watching TV or videos, on an average school day, in-line with the recommendations for this age group.

**Table 1: Overview of ACT results, 1996, 1999, 2002 & 2005.**

	1996	1999	2002	2005	Sig. <sup>(b)</sup>
<b>Tobacco</b>					
% Smoked at least part of a cigarette in lifetime	55.7	53.7	45.9	32.0	p<.05
% Smoked in last 12 months	38.7	39.2	31.8	19.2	p<.05
% Current smokers (smoked at least once in last 7 days)	20.4	20.5	15.3	8.6	p<.05
% Daily smokers (smoked each day in last 7 days)	9.3	8.2	6.1	2.9	p<.05
Mean number of cigarettes smoked in last 7 days by current smokers	31	29	29	25	ns
<b>Alcohol</b>					
% Drank at least a few sips of alcohol in lifetime	89.7	90.2	89.8	89.6	ns
% Current drinkers (drank at least once in last 7 days)	29.1	32.9	31.2	26.3	p<.05
% Harmful drinkers <sup>(a)</sup>	6.9	8.6	8.5	5.8	p<.05
Mean number of drinks consumed in last 7 days by current drinkers	7	7	8	6	ns
<b>Illicit substances</b>					
% Used at least one illicit substance in lifetime	37.5	35.0	29.6	20.3	p<.05
% Used at least one illicit substance in last week	11.6	9.7	7.8	4.8	p<.05
% Used cannabis at least once in lifetime	36.4	33.5	28.1	16.9	p<.05
% Used cannabis at least once in last week	10.7	8.8	7.6	3.7	p<.05
% Used inhalants at least once in lifetime	26.7	25.1	19.6	17.6	p<.05
% Used inhalants at least once in last week	6.5	6.4	6.2	5.2	ns
% Used tranquilisers at least once in lifetime	20.6	19.1	15.1	14.7	p<.05
% Used hallucinogens at least once in lifetime	8.0	7.1	4.0	4.1	p<.05
% Used amphetamines at least once in lifetime	6.1	7.7	6.1	5.8	ns
% Used steroids at least once in lifetime	2.5	3.7	4.1	2.8	p<.05
% Used opiates at least once in lifetime	4.6	4.0	2.5	2.3	p<.05
% Used cocaine at least once in lifetime	4.2	4.7	3.4	3.4	p<.05
% Used ecstasy at least once in lifetime	4.5	4.5	5.3	5.0	ns
% Injected drugs with needles in lifetime	4.8	4.2	4.1	3.8	ns
<b>% Used multiple substances in the last week<sup>(b)</sup></b>	6.7	5.2	4.4	2.3	p<.05
<b>% Non-users</b> (never tried tobacco, alcohol or any illicit substance in their lifetime)	9.0	8.8	8.1	9.5	ns
<b>Healthy weight<sup>(c)</sup></b>					
% Met the dietary guidelines for minimum daily serves of fruit (3 serves)	-	-	-	41.7	na
% Met the dietary guidelines for minimum daily serves of vegetables (4 serves)	-	-	-	22.0	na
% Met the dietary guidelines for minimum daily serves of cereals (5 serves)	-	-	-	18.5	na
% Met the physical activity guidelines for daily activity (60mins.+)	-	-	-	13.9	na
% Met the physical activity guidelines for daily TV/computer use (<=2hrs)	-	-	-	29.9	na
% Overweight	-	-	-	14.0	na
% Obese	-	-	-	8.2	na
<b>Sun protection<sup>(d)</sup></b>					
% usually or always wear a hat	53.1	45.8	43.6	40.2	p<.05
% usually or always wear clothes covering most of your body	27.3	22.4	19.8	22.4	p<.05
% usually or always deliberately wear less or briefer clothing	14.0	18.7	23.2	20.0	p<.05
% usually or always wear maximum protection sunscreen	67.1	61.6	48.1	40.3	p<.05
% usually or always wear sunglasses	32.9	34.5	28.3	25.9	p<.05
% usually or always stay mainly in the shade	28.8	29.0	26.1	22.2	p<.05
% usually or always most of time inside	17.8	20.6	22.4	20.2	p<.05

Source: 1996, 1999, 2002 & 2005 ASSAD, confidentialised unit record files, ACT Health.

(a) Five or more drinks on any one day in the last seven days for females and seven or more drinks on any one day in the last seven days for males.

(b) Used alcohol, tobacco and at least one illicit in the week prior to survey – not necessarily on the same occasion.

(c) Healthy weight questions changed between 2002 and 2005, so results are not comparable. No questions asked about healthy weight prior to 2002.

(d) Self care practices usually or always adopted when out in the sun on a sunny day between 11am and 3 pm.

(e) ns= not significant (p>0.05); na = not applicable; p<0.05 = significant change over time.

# 1 INTRODUCTION

In 2005, ACT Health and the Department of Education and Training conducted a survey of ACT secondary school students in Years 7 to 12. An external market research company (McNair Ingenuity Research) administered the ACT Secondary Student Alcohol and Drug (ASSAD) survey in schools.

The results presented in this report are derived from responses from 1,148 students aged between 12 and 17 years attending government, Catholic and independent secondary schools in the ACT in 2005. The survey included questions about tobacco, alcohol and illicit substance use, sun protective behaviours, dietary behaviours, weight and height, and physical activity levels.

Similar surveys were conducted in the ACT in 1996, 1999 and 2002. Many of the questions about alcohol, tobacco, other substance use and sun protection included in these earlier surveys were similar to questions in the 2005 survey, allowing for analysis of trends over time. However, earlier surveys did not include questions, or they included different questions, about nutrition, physical activity and height and weight. Therefore, the analysis of healthy weight-related behaviours is specific to the 2005 survey.

National results were not available at the time of writing, therefore there are no comparisons between the ACT and results for Australia in this report.

The methodology for the 2005 survey was similar to the methodology for the 2002 survey (ACT Health 2004). However, the survey sample obtained in 2005 was smaller than the sample obtained in previous surveys and this may have unduly influenced results. The small sample size and associated problems with the (statistical) reliability of results has limited the level of analytical detail possible from the survey data. Relative standard errors (RSEs) were calculated to provide an indication of estimated reliability. Results with RSEs <25 are considered reliable estimates and acceptable for general use, however, results with RSEs between 25 and 50 should be interpreted with caution and are identified in the report. There are no results with RSEs >50 presented in this report.

Logistic regression models were used to identify changes in the proportion of students reporting specific behaviours between survey years and chi-square statistics were calculated to determine associations between variables.

Note that probability levels below 0.05 ( $p < 0.05$ ) are reported as being statistically significant. Statistical significance provides an indication of how likely a result is due to chance. A probability level below 0.05 indicates that there is only a 5% chance the result (the trend or pattern in the data) is not true. Trends and patterns in the data with probability levels above 0.05 ( $p > 0.05$  -not statistically significant) are not discussed in this report.



## 2 ALCOHOL CONSUMPTION

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### **Key definitions:**

**Current drinkers:** include all students who reported consuming alcohol on at least one day in the last seven days.

**Harmful drinkers:** include all female students who reported consuming five or more alcoholic drinks on at least one day in the last seven days, and all male students who reported consuming seven or more alcoholic drinks on at least one day in the last seven days. Consumption of alcohol above these levels is thought to increase the short-term risk of health and social problems (NHMRC 2001).

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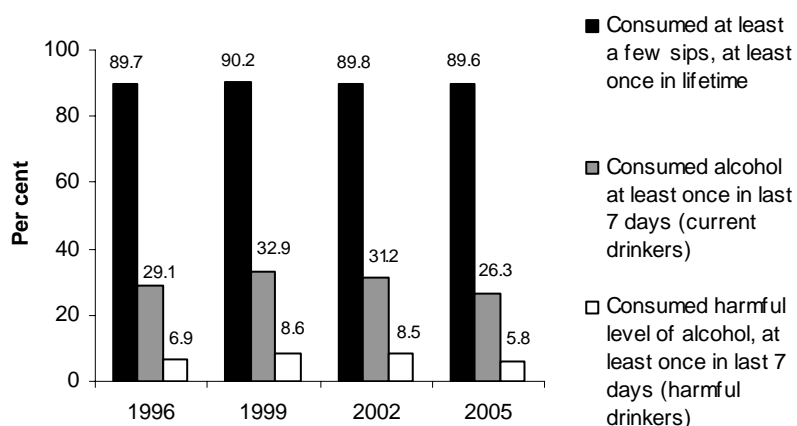
### **2.1 Prevalence of alcohol consumption**

In 2005, 89.6% of students surveyed reported that they had consumed at least a few sips of alcohol in their lifetime, which was a similar result to previous survey years (Figure 1). Based on this proportion, an estimated 23,570 ACT secondary students between 12 to 17 years of age had ever consumed alcohol (males: 12,166; females: 11,404).

More than a quarter (26.3%) of students surveyed in 2005 reported consuming alcohol on at least one day in the last seven days (current drinkers), and 5.8% reported harmful drinking. Significance testing of estimates between surveys suggests that there were decreases in the proportion of students who reported current drinking and harmful drinking between 2002 and 2005.

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**Figure 1: Percentage of 12-17 year-old ACT secondary school students who reported consuming alcohol at least once in their lifetime, current & harmful drinking, 1996, 1999, 2002 & 2005.**



Source: 1996, 1999, 2002 & 2005 ASSAD, confidentialised unit record files, ACT Health.

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Significance testing of estimates from the 2005 survey also suggests, that between the sexes, males were more likely than females to have reported current drinking, however, the difference between the sexes in reporting of use of alcohol in their lifetime, or harmful drinking, was not statistically significant (Table 2). Between age groups, older (16-17 years) students were more likely than younger (12-15 years) students to report use of alcohol in their lifetime, current drinking and harmful drinking.

**Table 2: Percentage of 12-17 year-old ACT secondary school students who reported consuming alcohol, current & harmful drinking, by age group & sex, ACT 2005.**

	<b>Sex</b>			<b>Age group</b>	
	<b>Males</b>	<b>Females</b>	<b>Persons</b>	<b>12-15 years</b>	<b>16-17 years</b>
<b>Consumed alcohol at least once in lifetime</b>	89.6	89.5	89.6	87.9 <sup>#</sup>	93.4 <sup>#</sup>
<b>Current drinkers</b>	29.5 <sup>#</sup>	23.0 <sup>#</sup>	26.3	21.6 <sup>#</sup>	37.3 <sup>#</sup>
<b>Harmful drinkers</b>	6.6	4.9	5.8	3.3 <sup>#</sup>	11.5 <sup>#</sup>

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

# Denotes statistically significant difference ( $p < 0.05$ ).

## 2.2 Quantity and type of alcohol consumed

When asked how many drinks they had consumed each day in the last seven days, in 2005, current drinkers reported consuming a weekly average of six drinks (males: seven drinks; females: five drinks). Older students reported an average of seven drinks and younger students reported an average of five drinks.

Students who had consumed alcohol at least once in their lifetime were also asked how often they had engaged in harmful levels of alcohol consumption in the last two weeks. In 2005, 13.3% of students reported drinking 11 or more drinks in a row, on at least one occasion in the last two weeks. Significance testing of estimates suggests that older students (20.8%) were more likely than younger students (9.4%) to report drinking 11 or more drinks in a row, however, the difference between the sexes (males: 16.5%; females: 10.0%) was not statistically significant.

When asked about their alcoholic drink preferences in 2005, the majority of males, who had ever consumed alcohol, expressed a preference for beer, followed by spirits, then premixed spirits, while the majority of females expressed a preference for premixed spirits, followed by spirits, then wine (Table 3). Younger students expressed a preference for beer, followed by premixed spirits, and then spirits, while older students expressed a preference for beer, followed by spirits, and then premixed spirits.

**Table 3: Alcoholic drink preferences among students who had ever consumed alcohol, by sex & age group,**

	<b>Sex</b>			<b>Age group</b>	
	<b>Males</b>	<b>Females</b>	<b>Persons</b>	<b>12-15 years</b>	<b>16-17 years</b>
<b>Premixed spirits</b>	17.4	39.7	28.2	24.1	35.4
<b>Spirits</b>	26.3	25.6	26.0	26.4	25.3
<b>Ordinary beer</b>	33.9	8.0	21.4	20.7	22.7
<b>Wine</b>	16.9	12.6	14.8	17.4	10.3

2005.

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

## 2.3 Places where alcohol was consumed

When asked where they consumed their last alcoholic drink, students were more likely to report 'at my home' (42.9%), followed by 'at a party' (28.3%), and 'at my friend's home' (13.8%). The rankings for males, females and younger students were very similar, however, older students were more likely to report having consumed their last drink 'at a party' (41.9%), followed by 'at my home' (26.3%) and 'at my friend's home' (14.8%).

More than a quarter (29.5%) of students who had ever consumed alcohol reported that there was no adult supervising when they consumed their last alcoholic drink. Significance testing of estimates suggests that older students (35.3%) were more likely than younger students (26.2%) to report that there was no adult supervising when they consumed their last alcoholic drink. However, the difference between the sexes (males: 30.5%; females: 28.2%) was not statistically significant.

## 2.4 Attitudes to alcohol

All students surveyed were asked about the level of danger associated with 'having five or more drinks of beer, wine or spirits in a row'. In 2005, 42.6% of all students surveyed reported that this level of drinking as 'very dangerous'.

Significance testing of estimates suggests that younger students (47.4%) were more likely than older students (32.0%) to report this level of drinking as 'very dangerous'. However, the difference between the sexes (males: 40.4%; females: 44.8%) was not statistically significant.

Students were also asked how strongly they agreed or disagreed with various statements about alcohol. Males and older students were more likely to express relaxed attitudes towards alcohol than females and younger students (Table 4).

**Table 4: Percentage of 12-17 year-old ACT secondary student 'agreeing/strongly agreeing' with statements about alcohol, by sex, 2005.**

	Sex			Age group	
	Males	Females	Persons	12-15 years	16-17 years
<b>Getting drunk every now and then is not a problem</b>	45.2	42.9	44.1	38.7 <sup>#</sup>	55.8 <sup>#</sup>
<b>Having a few drinks is one of the best ways of relaxing</b>	37.3 <sup>#</sup>	19.4 <sup>#</sup>	28.5	23.8 <sup>#</sup>	38.6 <sup>#</sup>
<b>Having a few drinks is one of the best ways of getting to know people</b>	37 <sup>#</sup>	21.9 <sup>#</sup>	29.3	24.4 <sup>#</sup>	40.2 <sup>#</sup>
<b>Having a few drinks makes you part of the group</b>	25.2 <sup>#</sup>	21.8 <sup>#</sup>	23.5	18.8 <sup>#</sup>	34.3 <sup>#</sup>
<b>You can have a good time at a party where there is no alcohol</b>	86.7 <sup>#</sup>	92.1 <sup>#</sup>	89.3	89.9	88.1
<b>People who drink alcohol are usually more popular than people who don't</b>	33.1 <sup>#</sup>	32.1 <sup>#</sup>	32.6	30.0	38.3

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

# Denotes statistically significant difference ( $p < 0.05$ ).

## 2.5 Education in class about alcohol

In 2005, 85.6% of all students surveyed recalled receiving at least part of a lesson in class on alcohol during the last year. There were differences between the sexes (males: 84.9%; females: 86.4%) and between younger (85.5%) and older students (85.8%), but these differences were not statistically significant.

### 3 TOBACCO USE

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#### **Key definitions:**

**Current smoker:** includes all students who reported smoking cigarettes on at least one day in the seven days before the survey.

**Daily smoker:** includes all students who reported smoking cigarettes every day in the seven days before the survey.

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#### **3.1 Prevalence of tobacco use**

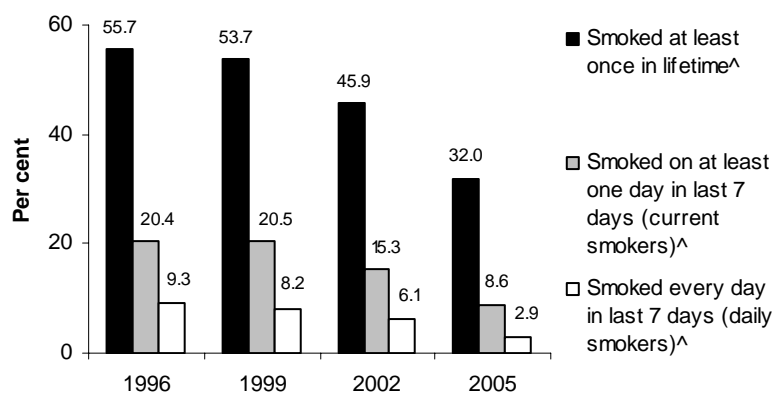
In 2005, almost a third (32.0%) of all students surveyed reported having smoked at least once in their lifetime (Figure 2). Based on this proportion, an estimated 8,437 ACT secondary students between 12 to 17 years of age had ever smoked (males: 4,491; females: 3,946).

Less than one in ten (8.6%) reported smoking cigarettes on at least one day in the last seven days (current smokers), and 2.9% reported smoking cigarettes every day in the last seven days (daily smokers).

Significance testing of estimates suggests that there were decreases in the proportion of students who reported smoking cigarettes at least once in their lifetime; current smoking and daily smoking, between 1996 and 2005.

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**Figure 2: Percentage of 12-17 year-old ACT secondary school students who reported smoking at least once in their lifetime, current & daily smoking, 1996, 1999, 2002 & 2005.**



Source: 1996, 1999, 2002 & 2005 ASSAD, confidentialised unit record files, ACT Health.

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Significance testing of estimates from the 2005 survey also suggests, that between the sexes, females were more likely than males to have reported current smoking, however, the difference between the sexes in having ever smoked and daily smoking, was not statistically significant (Table 5). Between age groups, older (16-17 years) students were more likely than younger (12-15 years) students to report having ever smoked, current smoking and daily smoking.

**Table 5: Percentage of 12-17 year-old ACT secondary school students who reported smoking at least once in their lifetime, current & daily smoking, by age group & sex, 2005.**

	Sex			Age group	
	Males	Females	Persons	12-15 years	16-17 years
<b>Smoked at least once in lifetime</b>	33.1	30.9	32.0	27.1 <sup>#</sup>	43.2 <sup>#</sup>
<b>Current smokers</b>	7.5 <sup>#</sup>	9.8 <sup>#</sup>	8.6	5.7 <sup>#</sup>	15.5 <sup>#</sup>
<b>Daily smokers</b>	2.6	3.2	2.9	1.5 <sup>#</sup>	5.9 <sup>#</sup>

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

# Denotes statistically significant difference ( $p < 0.05$ ).

### 3.2 Quantity and type of cigarettes preferred

When asked how many cigarettes they had smoked in the last seven days, in 2005, both male and female current smokers reported smoking an average of 25 cigarettes. Younger students reported smoking an average of 18 and older students reported an average of 31 cigarettes in the last seven days.

More than half (56.9%) of all current smokers reported a preference for a cigarette pack size of 25s, followed by packs of 20 (16.8%) and 30 (15.9%) cigarettes. Current smokers reported Winfield (42.7%) as their preferred brand of cigarette, followed by Peter Jackson (21.2%) and Benson & Hedges (15.9%).

### 3.3 Places where students smoked

When asked where they usually smoked, students who had smoked at least once in their lifetime were more likely to report that they usually smoked 'at a party' (18.4%), followed by 'at my friend's home' (11.1%), 'in a car' (9.4%), 'at my home' (8.5%), 'on school grounds during school hours' (8.4%) and 'at a park or recreation area' (8.4%). The results for females and older students were very similar to all students who had ever smoked, however, males and younger students yielded unreliable results because of a low number of responses to the question in the survey.

### 3.4 Attitudes to smoking

Students were asked about the level of danger associated with smoking different quantities of cigarettes. In 2005, a third (32.9%) of students who had smoked at least once in their lifetime perceived smoking less than 10 cigarettes as 'very dangerous' and 83.6% perceived smoking more than 20 cigarettes as 'very dangerous' (Table 6).

Although there were differences in the proportions of male and female and older and younger student perceptions of danger, these differences were not statistically significant.

**Table 6: Percentage of 12-17 year-old ACT secondary students who had ever smoked reporting cigarette smoking as 'very dangerous', by sex, age group and cigarette quantity, 2005.**

	<b>Sex</b>			<b>Age group</b>	
	<b>Males</b>	<b>Females</b>	<b>Persons</b>	<b>12-15 years</b>	<b>16-17 years</b>
<b>Smoking less than 10 cigarettes a day</b>	32.3	33.5	32.9	37.5	26.2
<b>Smoking more than 20 cigarettes a day</b>	86.4	80.4	83.6	85.7	80.7

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

Students were also asked how strongly they agreed or disagreed with statements about smokers.

In 2005, 12.5% of students who had smoked at least once in their lifetime 'agreed/strongly agreed' that 'kids who smoke seem more grown-up than non-smokers'; 14% 'agreed/strongly agreed' that 'smokers are usually more popular than non-smokers'; and, 88.8% 'agreed/strongly agreed' with the statement 'the health of non-smokers can be affected by breathing other people's cigarette smoke' (Table 7).

Although there were differences in the proportions of male and female and older and younger students agreeing/strongly agreeing with these statements, these differences were not statistically significant.

**Table 7: Percentage of 12-17 year-old ACT secondary students who had ever smoked 'agreeing/strongly agreeing' with statements about smoking, by sex and age group, 2005.**

	<b>Sex</b>			<b>Age group</b>	
	<b>Males</b>	<b>Females</b>	<b>Persons</b>	<b>12-15 years</b>	<b>16-17 years</b>
<b>Kids who smoke seem more grown-up than non-smokers.</b>	16.0	8.7	12.5	11.9	13.4
<b>Smokers are usually more popular than non-smokers.</b>	14.6	13.4	14.0	16.6	10.5
<b>The health of non-smokers can be affected by breathing other people's cigarette smoke.</b>	87.1	90.7	88.8	87.1	91.2

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

### **3.5 Education in class about smoking**

In 2005, 87.2% of all students surveyed recalled having received at least part of an education session in class on smoking during the previous year. Significance testing of estimates suggests younger students (89.1%) were more likely than older students (82.9%) to recall having had at least part of a lesson in the previous year. Although there were differences between the sexes (males: 86.1%; females: 88.4%), these differences were not statistically significant.

## 4 ILLICIT SUBSTANCE USE

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### **Key definitions:**

Illicit substance use: refers to the use of illicit and non-prescribed substances, including: cannabis; tranquillisers (sleeping tablets/sedatives); inhalants that were deliberately sniffed from spray cans, paint, petrol, glue or thinners – excludes sniffing whiteout, liquid paper, textas, markers and pens; amphetamines; ecstasy; cocaine; hallucinogens (LSD, magic mushrooms, datura, angel's trumpet); opiates (heroin, methadone, pethidine); and steroids.

Multi-substance use: refers to those students who reported the use of tobacco, alcohol and at least one illicit substance, on at least one occasion, in the seven days prior to survey.

Non-users: refers to those students who did not report any use of tobacco, alcohol or illicit substance in their lifetime.

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### **4.1 Prevalence of illicit substance use**

In 2005, one in five (20.3%) students reported having used at least one illicit substance in their lifetime and about one in twenty (4.8%) reported having used an illicit substance at least once in the last seven days (Table 8).

In 2005, 17.6% of secondary students reported the use of inhalants at least once in their lifetime and 5.2% reported the use of inhalants in the last seven days. This was the most commonly used illicit substance reported.

Cannabis was the second most commonly used illicit substance reported, with 16.9% of students reporting lifetime use and 3.7% reporting use in the last seven days. Illicit use of tranquillisers or sedatives followed, with 14.7% of students reporting use at least once in their lifetime. The use of other substances was not widely reported by students.

Significance testing suggests that there was a decrease in the proportion of students reporting the use of illicit substances between 1996 and 2002. Lifetime use of 'any illicit', inhalants, cannabis, tranquillisers, hallucinogens, opiates, cocaine and the use of 'any illicit' and cannabis in the last seven days, all decreased between survey years. However, the reported illicit use of steroids by secondary students increased between 1996 and 2002 but decreased in 2005.

The proportion of students reporting amphetamine use and ecstasy use varied between survey years, but significance testing suggests that these fluctuations were not statistically significant. In 2005, 5.8% of students reported having used amphetamines at least once in their lifetime and 5.0% reported having used ecstasy at least once in their lifetime.

**Table 8: Percentage of 12-17 year-old ACT secondary school students reporting use of illicit substances, by survey year, 1996,1999, 2002 & 2005.**

	1996	1999	2002	2005
Used at least one illicit substance in lifetime	37.5 <sup>#</sup>	35.0 <sup>#</sup>	29.6 <sup>#</sup>	20.3 <sup>#</sup>
Current (used in last 7 days) users of any illicit substance	11.6 <sup>#</sup>	9.7 <sup>#</sup>	7.8 <sup>#</sup>	4.8 <sup>#</sup>
Used cannabis at least once in lifetime	36.4 <sup>#</sup>	33.5 <sup>#</sup>	28.1 <sup>#</sup>	16.9 <sup>#</sup>
Current (used in last 7 days) cannabis users	10.7 <sup>#</sup>	8.8 <sup>#</sup>	7.6 <sup>#</sup>	3.7 <sup>#</sup>
Used inhalants at least once in lifetime	26.7 <sup>#</sup>	25.1 <sup>#</sup>	19.6 <sup>#</sup>	17.6 <sup>#</sup>
Used inhalants at least once in last week	6.5	6.4	6.2	5.2
Used tranquillisers at least once in lifetime	20.6 <sup>#</sup>	19.1 <sup>#</sup>	15.1 <sup>#</sup>	14.7 <sup>#</sup>
Used hallucinogens at least once in lifetime	8.0 <sup>#</sup>	7.1 <sup>#</sup>	4.0 <sup>#</sup>	4.1 <sup>#</sup>
Used amphetamines at least once in lifetime	6.1	7.7	6.1	5.8
Used steroids at least once in lifetime	2.5 <sup>#</sup>	3.7 <sup>#</sup>	4.1 <sup>#</sup>	2.8 <sup>#</sup>
Used opiates at least once in lifetime	4.6 <sup>#</sup>	4.0 <sup>#</sup>	2.5 <sup>#</sup>	2.3 <sup>#</sup>
Used cocaine at least once in lifetime	4.2 <sup>#</sup>	4.7 <sup>#</sup>	3.4 <sup>#</sup>	3.4 <sup>#</sup>
Used ecstasy at least once in lifetime	4.5	4.5	5.3	5.0

Source: 1996, 1999, 2002 & 2005 ASSAD, confidentialised unit record files, ACT Health

# Denotes statistically significant difference ( $p < 0.05$ ).

## 4.2 Needle use

In 2005, students were asked whether they had ever used any drug by injection or needles without a doctor's prescription. The question that was asked explicitly excluded injecting drugs for medical reasons, such as for treating diabetes. The injection of illicit drugs was not common among ACT secondary students, with 3.8% of all students surveyed reporting that they had ever used needles in this manner.

Students who reported use of drugs by injection or needles without a prescription were asked if they had ever shared a needle or syringe with someone else. In 2005, 21.7% of these students reported having shared a needle or syringe with someone else.

Students who reported use of drugs by injection or needles without a prescription were also asked if they had ever obtained equipment from a needle exchange. In 2005, 45.9% of these students reported having obtained clean injecting equipment from a needle exchange.

Finally, 62.3% of students who reported use of drugs by injection or needles without a prescription in 2005 reported having been informed about safe injecting practices.

## 4.3 Use of multiple substances

In 2005, 2.3% of all students surveyed reported the use of tobacco, alcohol and at least one illicit substance, on at least one occasion, in the seven days prior to survey. Significance testing of estimates suggests that between 1996 (6.7%) and 2005, there was a decrease in the proportion of students reporting the use of multiple substances (used tobacco, alcohol and at least one illicit substance) in the seven days prior to survey.

## 4.4 Non-users

In 2005, 9.5% of all students surveyed reported never having used tobacco, alcohol or any illicit substance in their lifetime. Significance testing of estimates suggests that the difference in the proportion of non-users between 1996 (9.0%) and 2005 was not statistically significant.



#### 4.5 Attitudes to the use of illicit substances

Students were asked to report on the level of danger associated with the use of various illicit substances. In 2005, more than 60% of students perceived most behaviour associated with illicit substance use as 'very dangerous'. However, only 56.1% of students reported regular inhalant use as 'very dangerous' and less than half (43.3%) reported trying LSD once or twice as 'very dangerous' (Table 9).

Significance testing of estimates suggests that perceptions of the danger associated with illicit substance use varied according to student age and sex. Females and older students were more likely than males and younger students to perceive the use of illicit substances as 'very dangerous'. However, there was an exception to this, with younger students (74.1%) more likely than older students (63.8%) to report regular use of marijuana as 'very dangerous'.

**Table 9: Percentage of 12-17 year-old ACT secondary students who perceived illicit drug use as 'very dangerous', by drug and frequency of use, age group and sex, 2005.**

	Sex			Age group	
	Males	Females	Persons	12-15 years	16-17 years
How dangerous is using LSD regularly?	65.0	68.2	66.6	60.6 <sup>#</sup>	80.2 <sup>#</sup>
How dangerous is using cocaine?	76.6 <sup>#</sup>	85.7 <sup>#</sup>	81.0	80.7	81.8
How dangerous is trying heroin or morphine once or twice?	61.2	59.0	60.2	57.1 <sup>#</sup>	67.1 <sup>#</sup>
How dangerous is using needles and syringes to inject drugs?	78.3 <sup>#</sup>	87.0 <sup>#</sup>	82.5	81.3	85.2
How dangerous is trying amphetamines occasionally?	59.3	64.2	61.7	60.6	64.3
How dangerous is taking heroin/morphine regularly?	80.1 <sup>#</sup>	84.8 <sup>#</sup>	82.4	80.7 <sup>#</sup>	86.2 <sup>#</sup>
How dangerous is sniffing glue, thinners or petrol regularly?	53.3	59.1	56.1	52.2 <sup>#</sup>	65.9 <sup>#</sup>
How dangerous is using ecstasy/designer drugs occasionally?	67.9	73.2	70.5	71.6 <sup>#</sup>	67.8 <sup>#</sup>
How dangerous is smoking marijuana regularly?	66.9 <sup>#</sup>	75.3 <sup>#</sup>	71.0	74.1 <sup>#</sup>	63.8 <sup>#</sup>
How dangerous is trying LSD once or twice?	44.3	42.3	43.3	42.2 <sup>#</sup>	45.9 <sup>#</sup>
How dangerous is using ecstasy/designer drugs regularly?	79.4 <sup>#</sup>	85.1 <sup>#</sup>	82.2	81.0	85.1
How dangerous is mixing a number of drugs (incl alcohol)?	77.2 <sup>#</sup>	85.9 <sup>#</sup>	81.4	81.6	80.9

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

# Denotes statistically significant difference ( $p < 0.05$ ).

#### 4.6 Education in class about illicit substance use

In 2005, 81.9% of all students surveyed recalled having received at least part of an education session in class on illicit substance use during the previous year.

Significance testing of estimates suggests that students (72.8%) who reported using at least one illicit drug in the last seven days were less likely to recall a lesson in the previous year compared to other students.

## 5 SUN PROTECTION

There have been changes over time to some of the sun protection questions asked in the survey. Therefore, time trends are only presented for questions that have not changed between survey years.

### 5.1 Sun exposure

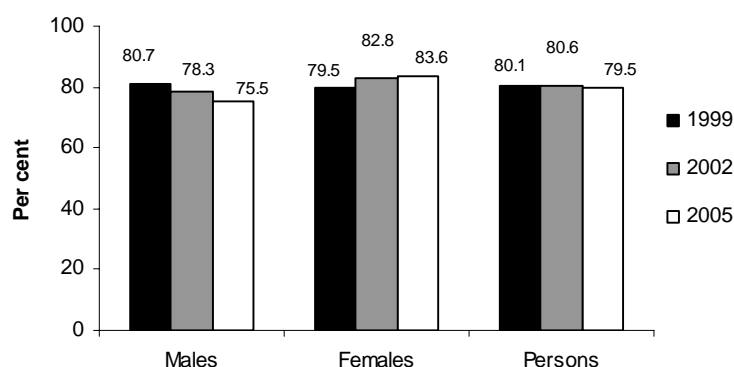
In 2005, the majority (79.5%) of all students surveyed reported getting sunburnt at least once over the previous summer, with 44.3% of all students reporting sunburn severe enough to blister.

Significance testing of estimates suggests that there was little difference between age groups in 2005, but females (83.6%) were more likely than males (75.5%) to report sunburn last summer.

Significance testing also suggests that between 2002 and 2005, there was a decrease in the proportion of students who reported sunburn last summer (Figure 3).

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**Figure 3: Percentage of 12-17 year-old ACT secondary school students who reported sunburn last summer, by sex, 1999, 2002 & 2005<sup>(a)</sup>.**



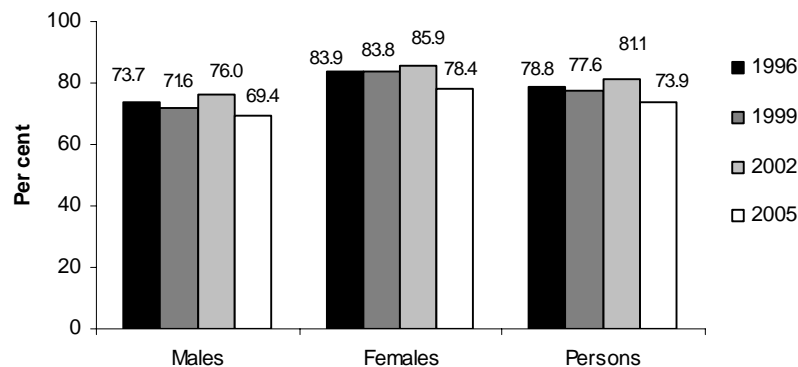
Source: 1999, 2002 & 2005 ASSAD, confidentialised unit record files, ACT Health.

(a) Students were not asked this question in 1996.

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Almost three quarters (73.9%) of all students surveyed in 2005 reported that they liked to get a suntan. Significance testing of estimates suggests that females (78.4%) were more likely than males (69.4%) and older students (78.1%) were more likely than younger students (72.1%) to report a preference for a suntan in 2005. Significance testing also suggests that between 2002 and 2005, there was a decrease in the proportion of students who reported a preference for a suntan (Figure 4).

**Figure 4: Percentage of 12-17 year-old ACT secondary school students who reported that they liked to get a tan, by sex, 1996, 1999, 2002 & 2005.**



Source: 1996, 1999, 2002 & 2005 ASSAD, confidentialised unit record files, ACT Health.

## 5.2 Sun protection

Students were asked about the types of sun protective behaviours, or self care practices they would use when outside for an hour or more on a sunny day in summer, between 11am and 3pm.

The results of the 2005 survey suggest that there has been a decline in the proportion of students reporting 'usually' or 'always' using sun protection measures, since 1996 (Table 10). The most popular practices were wearing a maximum protection sunscreen (40.3%) and wearing a hat (40.2%) in 2005.

**Table 10: Percentage of 12-17 year- old ACT secondary school students who reported that they 'usually' or 'always' participate in sun protection activities, by activity type, 1996, 1999, 2002 & 2005.**

	1996	1999	2002	2005
Wearing a hat	53.1 <sup>#</sup>	45.8 <sup>#</sup>	43.6 <sup>#</sup>	40.2 <sup>#</sup>
Wearing clothes covering most of your body (including arms and legs)	27.3 <sup>#</sup>	22.4 <sup>#</sup>	19.8 <sup>#</sup>	22.4 <sup>#</sup>
Deliberately wearing less or briefer clothing so as to get some sun on your skin	14.0 <sup>#</sup>	18.7 <sup>#</sup>	23.2 <sup>#</sup>	20.0 <sup>#</sup>
Wearing maximum protection sunscreen (SPF30)	67.1 <sup>#</sup>	61.6 <sup>#</sup>	48.1 <sup>#</sup>	40.3 <sup>#</sup>
Wearing sunglasses	32.9 <sup>#</sup>	34.5 <sup>#</sup>	28.3 <sup>#</sup>	25.9 <sup>#</sup>
Staying mainly in the shade	28.8 <sup>#</sup>	28.0 <sup>#</sup>	26.1 <sup>#</sup>	22.2 <sup>#</sup>
Staying most of the time inside	17.8 <sup>#</sup>	20.6 <sup>#</sup>	22.4 <sup>#</sup>	20.2 <sup>#</sup>

Source: 1996, 1999, 2002 & 2005 ASSAD, confidentialised unit record files, ACT Health.

# Denotes statistically significant difference ( $p < 0.05$ ).

Significance testing of estimates suggests that there were differences in sun care practices between the sexes, with males more likely than females to cover-up when outside on a sunny day in summer (Table 11). In contrast, females were more likely to wear less, or briefer clothing and were more likely to use a maximum protection sunscreen, wear sunglasses or to stay mainly in the shade. Significance testing also suggests that older students were less likely to wear a hat, but were more likely to wear less or briefer clothing and to wear sunglasses, than younger students.

**Table 11: Percentage of 12-17 year- old ACT secondary school students who reported that they 'usually' or 'always' participate in sun protection activities, by activity type, age group and sex, 2005.**

	Sex			Age group	
	Males	Females	Persons	12-15 years	16-17 years
Wearing a hat	54.2 <sup>#</sup>	26.0 <sup>#</sup>	40.2	45.2 <sup>#</sup>	28.0 <sup>#</sup>
Wearing clothes covering most of your body (including arms and legs)	31.3 <sup>#</sup>	13.5 <sup>#</sup>	22.4	23.6	19.6
Deliberately wearing less or briefer clothing so as to get some sun on your skin	14.7 <sup>#</sup>	25.3 <sup>#</sup>	20.0	17.2 <sup>#</sup>	26.6 <sup>#</sup>
Wearing maximum protection sunscreen (SPF30)	36.4 <sup>#</sup>	44.2 <sup>#</sup>	40.3	42.5	35.0
Wearing sunglasses	18.2 <sup>#</sup>	33.8 <sup>#</sup>	25.9	22.5 <sup>#</sup>	34.2 <sup>#</sup>
Staying mainly in the shade	19.5 <sup>#</sup>	24.9 <sup>#</sup>	22.2	20.9	25.5
Staying most of the time inside	21.4	19.0	20.2	20.5	19.4

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

# Denotes statistically significant difference ( $p < 0.05$ ).

Students were also asked about the type of hat they most often wore on a sunny day in summer. One in five (20.0%) students reported that they did not wear any hat (Table 12). Among those students who did report wearing a hat on a sunny day in summer, more than half (58.3%) reported a preference for wearing a 'cap'.

Significance testing of estimates suggests that males (65.9%) and younger students (59.7%) were more likely than females (50.4%) and older students (54.8%) to prefer wearing a 'cap'. Significance testing also suggests that females (10.4%) were more likely than males (5.3%) to report a preference for wearing a 'narrow-brimmed' hat.

**Table 12: Percentage of 12-17 year- old ACT secondary school students, by type of hat worn on a sunny day in summer, age group and sex, 2005.**

	Sex			Age group	
	Males	Females	Persons	12-15 years	16-17 years
Cap	65.9 <sup>#</sup>	50.4 <sup>#</sup>	58.3	59.7 <sup>#</sup>	54.8 <sup>#</sup>
Narrow-brimmed hat	5.3 <sup>#</sup>	10.4 <sup>#</sup>	7.8	7.6	8.3
Wide brimmed hat	8.6	6.2	7.4	8.2	5.5
Other	2.5*	10.6	6.5	7.6	4.1*
None	17.7	22.4	20.0	16.8	27.4

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

# Denotes statistically significant difference ( $p < 0.05$ ).

\* Estimate has a relative standard error between 25% and 50% and should be interpreted with caution.

Note: Percentages in the table have been rounded to one decimal point.

### 5.3 Education and knowledge about skin cancer

In 2005, the majority of students (71.5%) surveyed recalled having received at least part of an education session in class on sun protection during the previous year. Significance testing of estimates suggests that there was an increase in the proportion of students reporting at least part of a lesson between 1996 (60.1%) and 2005.

Younger students (75.0%) were more likely than older students (63.5%) to recall having had at least part of a lesson in the previous year. However, although there were differences between the sexes (males: 69.0%; females: 74.3%), these differences were not statistically significant.

Students were asked two questions about the causes of skin cancer. Both questions were worded as statements, requiring a true/false response. More than two thirds (69.2%) of all students surveyed in 2005 responded correctly to both questions. Significance testing of estimates suggests there was no change in the proportion of students responding correctly to both questions between 1996 and 2002. However, in 2005, males (66.8%) were less likely than females (71.8%) and younger students (68.0%) were less likely than older students (72.2%) to have responded correctly to both questions.

## 6 HEALTHY WEIGHT

Questions about physical activity and nutrition were asked for the first time in the 2002 survey, the questions asked in 2005 were changed to better reflect national guidelines. Therefore, the results from the 2002 survey are not comparable with the results from the 2005 survey and have not been presented.

### 6.1 Self-reported healthy weight

In 2005, students were asked to report their weight and height. This data was used to calculate a body mass index (BMI) for each student. The BMI provides a useful estimate of excess weight as it measures an individual's weight in relation to their height. It is calculated as weight in kilograms, divided by height in metres squared ( $\text{kg}/\text{m}^2$ ). Student BMIs have been categorised based on the adolescent thresholds endorsed by the Department of Health and Ageing (Cole 1990).

In 2005, based on self-reported height and weight, 22.5% of all students surveyed were overweight or obese and more than three quarters (77.5%) were healthy weight (Table 13).

Significance testing suggests that males were more likely than females to be overweight and less likely to be healthy weight. Younger students were less likely than older students to be obese.

Table 13: Percentage of 12-17 year-old ACT secondary school students by BMI<sup>(a)</sup>, age group and sex, 2005.

	Sex			Age group	
	Males	Females	Persons	12-15 years	16-17 years
Healthy weight	76.6 <sup>#</sup>	78.6 <sup>#</sup>	77.5	80.4	72.9
Overweight	18.5 <sup>#</sup>	9.1 <sup>#</sup>	14.0	16.4	10.2
Obese	4.9	11.9	8.2	3.2 <sup>#</sup>	16.3 <sup>#</sup>

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

# Denotes statistically significant difference ( $p < 0.05$ ).

(a) BMI categories for adolescents are defined in Cole TJ 1990, The LMS method for constructing normalised growth standards, *European journal of clinical nutrition*, 44:45-60.

Note: Percentages in the table have been rounded to one decimal point.

### 6.2 Nutrition

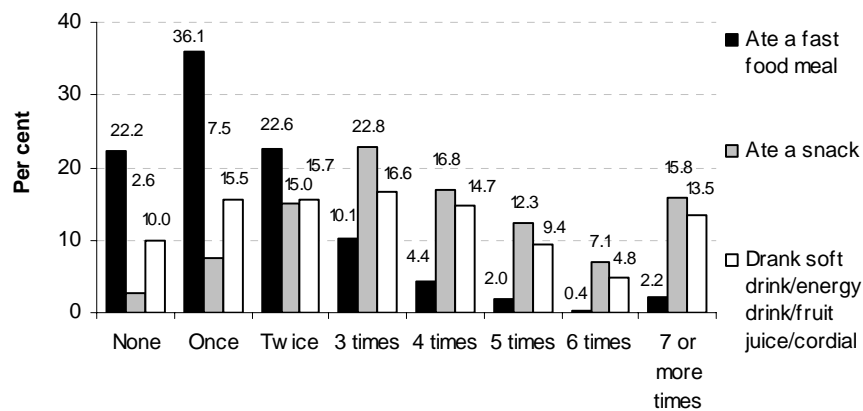
In 2005, students were asked a range of questions about their diet, including how many times in the last week they had consumed a fast food meal, snacks and soft drink, and how many serves of fruit, vegetables and cereals they usually consumed each day.

According to the results of the survey, about one in five (22.2%) reported that they did not consume any fast food, 36.1% reported consuming one fast food meal and 41.7% of students reported consuming a fast food meal at least twice in the last week (Figure 5).

There were very few students (2.6%) who reported that they did not consume any snacks and 15.8% reported consuming seven or more snacks in the last week.

Ten per cent of students reported that they did not consume any soft drink/energy drink/fruit juice/cordial, 15.5% reported consuming one drink and three quarters (74.7%) reported consuming at least one of these drinks at least twice in the last week.

**Figure 5: Percentage of 12-17 year-old ACT secondary students who ate a fast food meal<sup>(a)</sup>, snacks<sup>(b)</sup> or drank soft drink/energy drink/fruit juice/cordial<sup>(c)</sup> in the last week, by number of times these foods were consumed, 2005.**



Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

Note: Percentages in the figure have been rounded to one decimal point.

(a) 'Fast food' is defined in the questionnaire as 'a fast food meal like McDonald's, Hungry Jacks, pizzas, fish and chips, hamburgers, meat pies, pasties etc'.

(b) 'Snacks' are defined in the questionnaire as being 'like a chocolate bar, a piece of cake, a packet of chips/twisties/corn chips, ice cream, 3-4 sweet biscuits'.

(c) 'Soft drink/energy drink/fruit juice/cordial' is defined in the questionnaire as being 'like Coke, Pepsi lemonade, Fanta, an energy drink like Red Bull, V, Wild, fruit juice or having at least 2 glasses of cordial in a row'.

In 2005, 41.7% of students reported consuming at least three serves of fruit and more than one in five (22.0%) reported consuming at least four serves of vegetables each day. Significance testing of estimates suggests that differences between age groups were not statistically significant, but males were more likely than females to report consuming at least four serves of vegetables each day (Table 14).

Almost one in five (18.5%) of all students surveyed reported consuming at least five serves of cereals each day. Significance testing of estimates suggests that males and older students were more likely than females and younger students to report consuming at least five serves of cereals.

**Table 14: Percentage of 12-17 year-old ACT secondary school students who met the nutrition guidelines<sup>(a)</sup>, by food type, age group and sex, 2005.**

	Sex			Age group	
	Males	Females	Persons	12-15 years	16-17 years
Met guidelines for minimum daily serves of fruit	40.7	42.8	41.7	42.0	41.1
Met guidelines for minimum daily serves of vegetables	22.7 <sup>#</sup>	21.2 <sup>#</sup>	22.0	19.0	29.0
Met guidelines for minimum daily serves of cereals	24.0 <sup>#</sup>	12.6 <sup>#</sup>	18.5	15.9 <sup>#</sup>	24.4 <sup>#</sup>

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

# Denotes statistically significant difference ( $p < 0.05$ ).

(a) *The Dietary Guidelines for Children and Adolescents in Australia* (NHMRC 2003) recommend at least three serves of fruit, four serves of vegetables and a minimum of five serves of cereals per day for this age group.

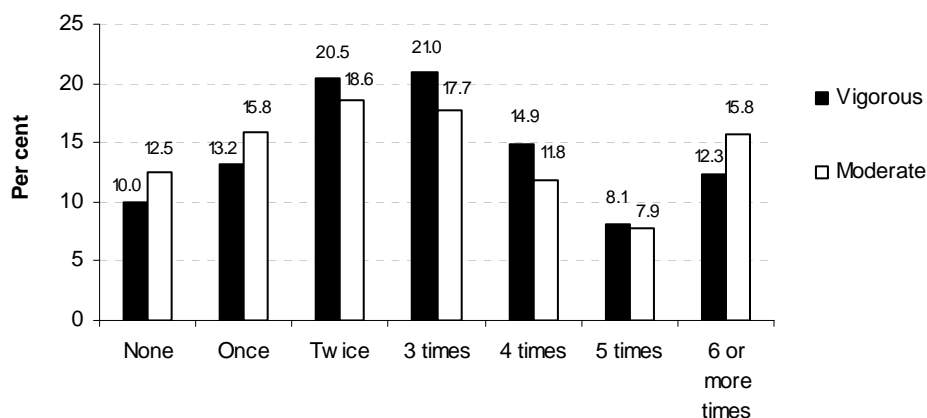
### 6.3 Physical activity

In 2005, students were asked a range of questions about their physical activity levels, including how many times in the last week they had undertaken at least 30 minutes of moderate and vigorous activity; how many days in the last week they had undertaken vigorous or moderate activity for at least 60 minutes; and, how many hours on an average school day they would watch TV or videos, use the internet or play computer games.

The results of the survey show that 10.0% of students reported they did not do 30 minutes of vigorous activity on any day in the last week, more than three quarters (77.7%) did at least 30 minutes of vigorous activity 1-5 times and 12.3% did at least 30 minutes of vigorous activity six or more times in the last week (Figure 6).

When asked about moderate activity, 12.5% of students reported they did not do 30 minutes of moderate activity on any day in the last week, 71.7% did at least 30 minutes of moderate activity 1-5 times and 15.8% did at least 30 minutes of moderate activity six or more times in the last week.

**Figure 6: Percentage of 12-17 year-old ACT secondary students who did vigorous or moderate activity for at least 30 minutes in the last week, by the number of times this level of activity was undertaken, 2005.**



Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

In 2005, 13.9% of students reported doing at least 60 minutes of physical activity each day in the last week. Significance testing of estimates suggests that males and younger students were more likely than females and older students to report this level of activity (Table 15).

When asked about the amount of time they spent on the internet, playing computer games, watching TV or videos, 29.9% of students surveyed reported spending two hours or less engaged in these activities on an average school day. Significance testing of estimates from the 2005 survey suggests, that older students were more likely than younger students to spend two hours or less engaged in these activities, however, the difference between the sexes was not statistically significant.



**Table 15: Percentage of 12-17 year-old ACT secondary school students that met the physical activity guidelines<sup>(a)</sup>, by age group and sex, 2005.**

	Sex			Age group	
	Males	Females	Persons	12-15 years	16-17 years
Did physical activity for at least 60 mins. each day in last week	18.6 <sup>#</sup>	8.9 <sup>#</sup>	13.9	14.8 <sup>#</sup>	11.8 <sup>#</sup>
Played computer games/internet or watched TV/video for 2 hours or less on average school day	28.4	31.6	29.9	28.8 <sup>#</sup>	32.5 <sup>#</sup>

Source: 2005 ASSAD, confidentialised unit record file, ACT Health.

# Denotes statistically significant difference (p<0.05).

(a) *Australia's Physical Activity Recommendations For 12-18 year Olds* (DoHA 2004) recommend at least 60 minutes of moderate to vigorous physical activity every day and no more than two hours a day on the internet or watching TV or playing video games.

## REFERENCES

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