

Ministry of Health – Brazil

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National School Children Health Survey - PeNSE

Ministério da Saúde do Brasil

Introduction

Adolescence is a stage of life marked by complex bio-psycho-social growth and development process. This phase is an important moment for the adoption of new practices and behaviors, gain autonomy, exposure to different situations and current and future health risks.

The exposure to behavior risk factors such as tobacco use, alcohol consumption and sedentariness have, frequently, their start in adolescence.

Introduction

Brazil has over **17.5 million adolescents** between **10 and 14** years of age and 17 million between 15 and 19 years of age and **most of them going to school, 97.9% 84.1%** respectively (PNAD, 2008). Thus, school is a privileged space to obtain information and public policy implementation, specially in health, for those individuals in those age groups.

Objective

PeNSE is an instrument for the obtaining of reliable information that allows knowing the **magnitude of risk factors and protection to health**, guide appropriate health interventions for adolescents and to evaluate their impacts contributing to the monitoring of health in school children.



Collecting tools and themes approached

- Student questionnaire answered directly on the PDA with the following theme modules:

General Information

Diet

Physical activity practice

Cigarettes, alcohol and others drugs

Sexual and reproductive health

Accidents, violence and safety

Oral Health

Body image perception

- Anthropometric Measurements
- Questionnaire on school environment answered by the Director or responsible person

Universe of the Survey

- School children from the 8th to the 9th year of **public** (federal, state and municipal) **and private schools**, selected from 26 state capitals and Federal District.
 - Number of schools – **1,453**
 - Number of classes – **2,175**
 - Number of students – **63,411**
- Two classes at the most were drawn per school.



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RESULTS - PeNSE

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Basic Characteristics

- Children attending 9th grade = 618,555;
 - 47.5% males;
 - 52.5% females;
 - 89.1% ages between 13 and 15 years, being 47.1% 14 years old;
 - 79.2% public school students and 20.8%, from private schools.

Family Context

- 58,3 % of the students lived with their father and mother;
- 59,7% of female students declared that their parents knew where they were in their free time;
- 18,5% of students skipped classes, in the last 30, without parent or responsible person's permission;

Diet

- Beans were the healthy habit marker consumed by most, 5 or more days a week (62.6%);
- 26.0% of the students informed not having had greens in the last seven days before the survey;
- 21.0% did not consume fresh fruit and 21.4% did not drink milk;

Percentual de escolares frequentando o 9º ano do ensino fundamental com consumo alimentar maior ou igual a cinco dias, nos últimos sete dias, por sexo e dependência administrativa da escola, segundo o alimento consumido - 2009

Feminino		Masculino	
Guloseimas	58,3	Feijão	68,3
Feijão	57,4	Leite	58,3
Leite	49,4	Guloseimas	42,6
Biscoitos salgados	38,2	Refrigerante	37,9
Refrigerante	36,6	Biscoitos salgados	34,1
Biscoitos doces	35,8	Frutas frescas	31,4
Frutas frescas	31,6	Hortaliças	31,2
Hortaliças cruas	31,4	Biscoitos doces	31,1
Hortaliças	31,3	Hortaliças cruas	27,7
Embutidos	18,8	Embutidos	17,0
Hortaliças cozidas	15,7	Hortaliças cozidas	14,3
Salgados fritos	12,6	Salgados fritos	12,3
Batata frita	4,8	Batata frita	4,6

Fonte: IBGE, Diretoria de Pesquisa, Coordenação de População e Indicadores Sociais, Pesquisa Nacional de Saúde do Escolar 2009.

Physical Activity

- **43.1%** of the students informed having performed 300 minutes or more of physical activity.
male = **56.2%** and females = **31.3%**;
- **4.8%** of the students reported being inactive in reference to physical activity.
- **79.5%** of the students watch TV for two or more hours a day.

Cigarettes

- **24.2%** of the students tried cigarettes and **6.3%** consumed tobacco at least once in the last 30 days;
- In all of the state capitals the proportion of students at public schools that already tried cigarettes was greater than those at private schools;
- Perception of the student on the families reaction = **95.5%** declared that the family would mind it very much if they knew they smoked.

Alcohol and other drugs

- 71.4% of the students tried alcoholic beverage;
- 27.3% consumed alcohol at least once in the 30 days before the survey;
- 22.1% of the students had been drunk;
- 36.6% had bought alcoholic beverages in parties;
- 93.8% declared that their families would seriously mind;
- 8.7% tried illicit drugs;

Sexual Health

- **30.5%** of the students reported having had sexual relations;
- Use of condom in the last sexual relation = **75.9%**;
- STD/AIDS information at school = **87.5%** of public schools and **89.4%** of private schools;
- Pregnancy prevention information at school = **81.1%** of public schools and **82.1%** of private schools;
- Free condom distribution information at school = **71.4%** of public schools and **65.6%** of private schools;

Accidents, violence and drugs:

6,4% of students stopped going to school due to lack of safety in the trajectory home-school and 5,5% did not feel safe in school, in the 30 days prior to the survey;

5,4% of students were victims of *bullying*, most of the time or always, in the past 30 days;

12,9% of students were involved in some kind of fight, in which they were physically assaulted. 6,1% were involved in some kind of fight with a non power weapon (edged weapon: knife or similar) and 4,0%, in fights with fire arms, in the 30 days prior to the survey;

9,5% suffered aggressions by an adult in the family;

26,3% reported not wearing a seatbelt, 18,5% drove a motor vehicle, 18,7% were driven by drivers that had consumed alcoholic beverages, in the 30 days prior to the survey.

Oral Health and Body Image

73.6% of students declared brushing their teeth 3 or more times a day;

16.2% had a toothache in the last 6 month before the survey;

23.0% of male students perceive themselves as thin or very thin. **17.9%** were trying to gain weight;

21.3% of female students perceived themselves as fat or very fat. **33.3%** were trying to lose weight;

6.9% of the students reported that they had vomited and/or ingested medicines or formulations to control weight.



Brazilian Government Actions in Health Promotion focused on adolescents

PSE: Interface between Health and Education

MINISTRY OF EDUCATION	➤ Mais Educação ➤ Programa Escola Aberta ➤ Educação Ambiental ➤ Direitos Humanos ➤ Escola que Protege ➤ Saúde e Prevenção na Escola
MINISTRY OF HEALTH	➤ Projeto Olhar Brasil ➤ Saúde e Prevenção na Escola ➤ Brasil Sorridente ➤ Rede de Promoção ➤ PeNSE

Health in School Program (Programa Saúde na Escola – PSE): five action components :

1. Evaluation of health conditions;
2. Actions in Health Promotion and Prevention of Diseases and Aggravations;
3. Permanent Education and Training of education and health professionals and youngsters for the Health in School Program (Programa Saúde na Escola);
4. Monitoring and Evaluation of Student's Health;
5. Monitoring and Evaluation of PSE.

VIGESCOLA

- OMS e CDC: “Global Youth Tobacco Survey” (GYTS) which in Brazil is known as VIGESCOLA;
- Objective: to monitor, by periodic surveys, the behavior, habits, attitudes and knowledge related to the use of tobacco among students in the 8th and 9th grade of Fundamental School and 1st year of High School
- Conducted in Brazil since 2002.

Education System in Brasil

Education Structure in Brazil

1. School days = 220 days
2. School year: February to June / August to December
3. Fundamental school = 9 years (7 to 15 years of age)
High School= 3 years (16 to 18 years of age)

OBS: The enrollments for fundamental school have been stable in the last years in Brazil. Between 2007/2008 the variations was - 0,1%.

Education Structure in Brazil

Establishments - basic education 2008 in Brazil

- Total Establishments - basic education in Brazil = 199.761
- Total Establishments - basic education - urban = 113.184
- Total Establishments - basic education - public = 164.623
- Total Establishments - basic education - private = 35.138

Enrolments - basic education 2008 in Brazil

- Public = 46.131.825
- Private = 7.101.043
- Total enrolments = 53.232.868

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