

Health and Lifestyle Survey 2012 Adventist Schools Report

A report of the 2012 survey of health and lifestyle behaviours and attitudes of students attending Seventh-day Adventist High Schools in Australia and New Zealand



Australian and New Zealand Schools

Adventist Health (South Pacific)
March 2014



What's in the Report?

Synopsis

This report presents highlights of the 2012 Health & Lifestyle Survey conducted in Seventh-day Adventist High Schools in Australia and New Zealand. The questionnaire was very similar to the surveys conducted in 1989 and 2001. So where possible, comparative trends are presented for health behaviours and beliefs covering the 23 year period.

Note: Unless specified the report results are only of Adventist participants.

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Acknowledgements

Terry Butler: Chief Investigator (research, analysis and report author)

Kevin Price: Co-investigator (coordination, advisory and funding arrangements)

Adventist Health, South Pacific Division, AUC and NZPUC for funding support

Avondale College

Union and Conference administrations, Education Directors and Health Directors

High School Principals

High School students

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Survey Description

Background

- This is the third health survey conducted by Adventist Health (South Pacific) during the last 23 years.
- The 1989 and 2001 surveys were comprehensive snapshots of health behaviours and lifestyle beliefs of students attending Seventh-day Adventist High Schools in Australia and New Zealand.
- The 2012 survey uses similar methods and questions and thus allows trend comparisons.

Objectives

- Determine the current prevalence of health behaviours and substance use of Seventh-day Adventists, aged 12-17 years, in Australia and New Zealand.
- Compare findings to the 1989 and 2001 surveys and other national health surveys.
- Identify factors and attitudes associated with healthy behaviours and risky behaviours.

Design

- A cross-sectional quantitative survey to examine the prevalence of healthy and health-risk behaviours among students attending Adventist High Schools in Australia and New Zealand.
- Participation was voluntary and the survey was completely anonymous.
- Standard instruction and information protocols ensured consistency in survey administration.

Sample

- All 26 Adventist High Schools in Australia and New Zealand were invited to participate.
- Principals were asked to include at least one class of students from each school year.

Questions

- The 20-page questionnaire included questions on health beliefs, eating, drinking, alcohol, tobacco and substance use, exercise, weight, childhood, lifestyle and religious activities.
- The non-identified, self-administered paper questionnaire took 20-45 minutes to complete.

Method

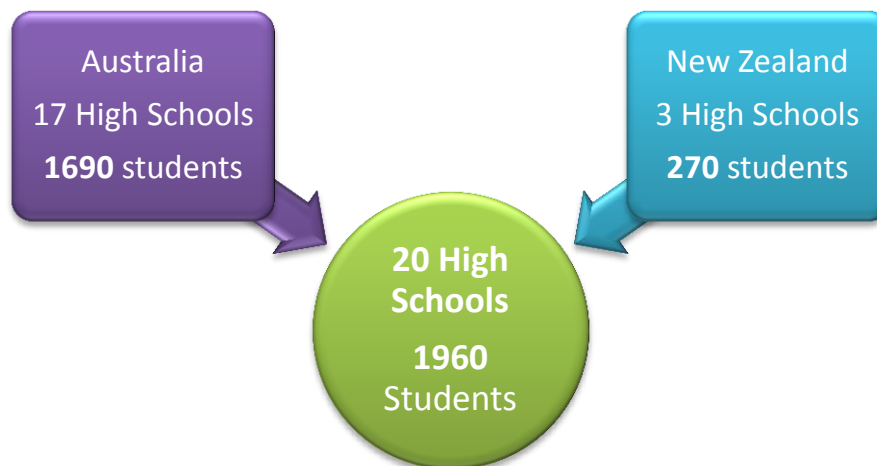
- All levels of church and school administration in Australia and New Zealand supported the study.
- Avondale College Human Research Ethics Committee gave ethics approval.
- High School Principals organized informed consent and the administration of the survey in class settings.
- All completed survey forms were returned to the Adventist Health (SPD) office, checked and then electronically scanned by Educational Assessment Australia.
- Analysis was conducted using SPSS software.

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Participants

Key Points

- Six high schools in Australia elected not to participate.
- Ninety nine of the 2,162 returned school questionnaires were considered invalid and thus excluded from analyses.
- Of the 2,063 valid student surveys, 837 (42%) were from non-Adventist students. **Unless otherwise indicated the findings in this report are for Seventh-day Adventist students only.**
- 54% of respondents were female.
- Ethnic representation: 53% Caucasian, 14% Pacific Islander, 11% Asian, 5% Aboriginal/TI, 4% Maori (Table 4.2).



**Table 4.1: Student Participation by High School
% Gender and SDA Status, Valid Returns, 2012**

School	Students #	Gender		Adventist Status		
		Female	Male	Unknown	SDA	Non-SDA
Auckland	73	74%	26%	11%	66%	23%
Avondale	186	60%	40%	2%	62%	36%
Blue Hills	85	58%	42%	8%	60%	32%
Brisbane	190	47%	53%	3%	76%	22%
Carlisle	1	100%	0%	0%	100%	0%
Carmel	58	52%	48%	5%	67%	28%
Central Coast	86	58%	42%	8%	31%	61%
Christchurch	74	51%	49%	3%	73%	24%
Darling Downs	47	47%	53%	2%	66%	32%
Gilson	279	52%	48%	6%	29%	65%
Henderson	18	61%	39%	11%	39%	50%
Heritage	8	50%	50%	0%	63%	38%
Hills	90	51%	49%	6%	59%	36%
Lilydale	162	49%	51%	3%	41%	56%
Longburn	123	57%	43%	3%	49%	48%
Mountain View	104	57%	43%	10%	70%	20%
Noosa	61	56%	44%	2%	46%	53%
Northpine	200	55%	45%	10%	40%	51%
Prescott	16	38%	63%	0%	63%	38%
Tweed Valley	94	54%	46%	1%	68%	31%
Total	1955	54%	46%	5%	53%	42%

**Table 4.2: Ethnicity
% of Students, 2012**

Ethnicity	%
Caucasian	53%
Pacific Islander	14%
Asian / Indian	11%
Aboriginal / TI	5%
Maori	4%
Hispanic	1%
Other	12%

**Table 4.3: # of Schools and Students
and % Adventist by Year of Survey**

Year	# Schools	# Students	% SDA
1989	20	1989	85%
2001	25	2330	61%
2012	20	1960	53%

Key Points

- 90% of all students classified themselves in the categories of good to excellent health (Figures 5.1 and 5.2).
- Males tended to assess their health better than females.
- About 10% of students had only 6 hours or less of sleep per night (Figure 5.3).
- Two frequently used measures of health are Body Mass Index (using height and weight) and waist measurement. Figure 5.4 shows the proportion of students who did not respond or did not know these measures when completing the questionnaire.
- Females of all age groups appear to experience more stress than males (Table 5.1) although there is an almost equal proportion of happy females and males (Table 5.2).

Figure 5.1: Self-assessed Health Status % Females by Age, 2012

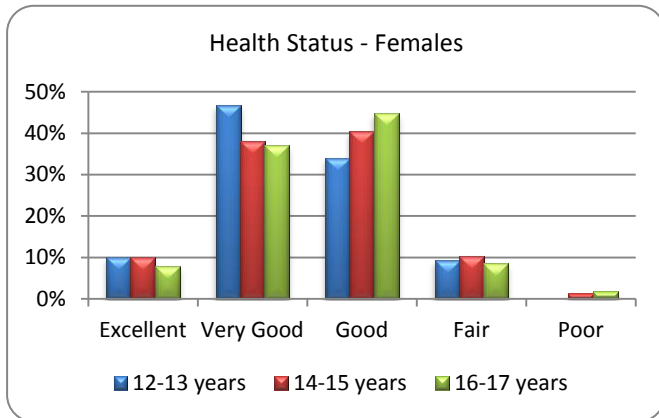


Figure 5.2: Self-assessed Health Status % Males by Gender, 2012

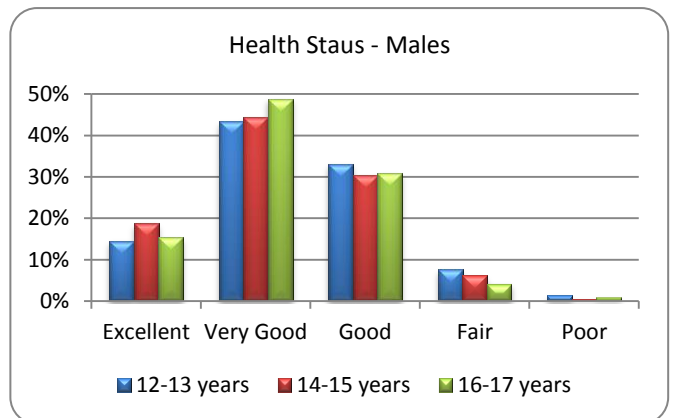


Figure 5.3: Hours of Sleep % Adventist Students by Age, 2012

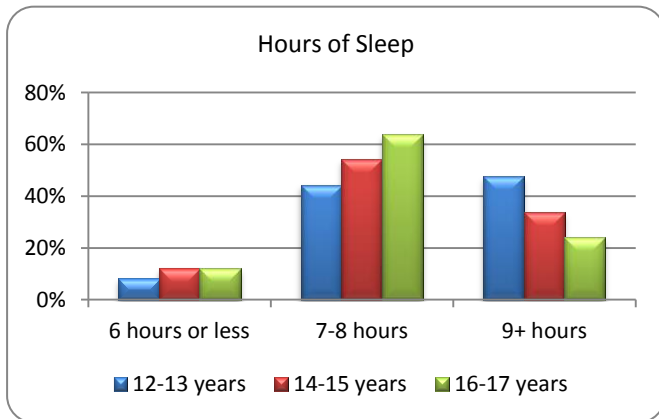


Figure 5.4: Don't Know Body Measurements % Adventist Students by Age, 2012

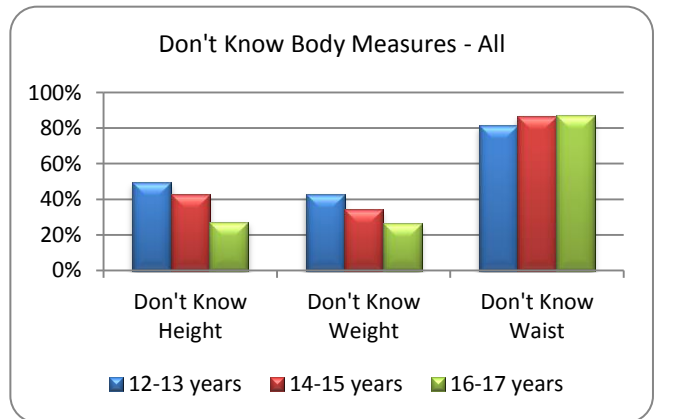


Table 5.1: Have you felt stressed? Frequency % by Gender and Age, 2012

Gender	Age Group	All of the time	Most of the time	Some of the time	None of the time
Female	12-13 years	9%	30%	45%	15%
	14-15 years	13%	41%	40%	5%
	16-17 years	13%	41%	41%	6%
Male	12-13 years	6%	23%	47%	24%
	14-15 years	5%	30%	50%	16%
	16-17 years	5%	38%	44%	13%

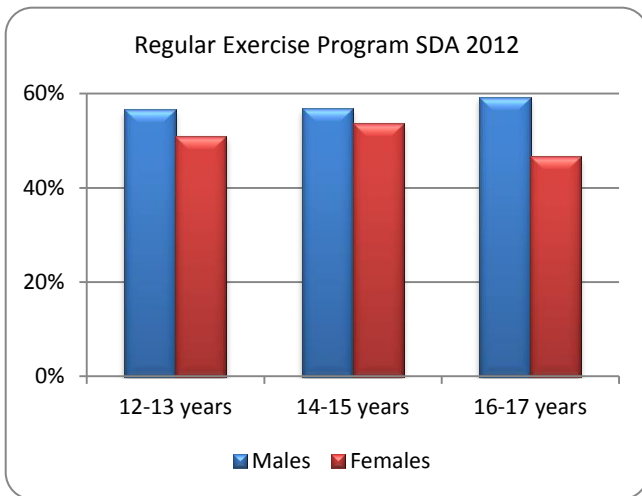
Table 5.2: Are you a happy person? Frequency % by Gender and Age, 2012

Gender	Age Group	All of the time	Most of the time	Some of the time	None of the time
Female	12-13 years	25%	61%	11%	3%
	14-15 years	21%	56%	22%	2%
	16-17 years	15%	69%	14%	2%
Male	12-13 years	21%	66%	11%	1%
	14-15 years	22%	65%	12%	1%
	16-17 years	15%	73%	12%	1%

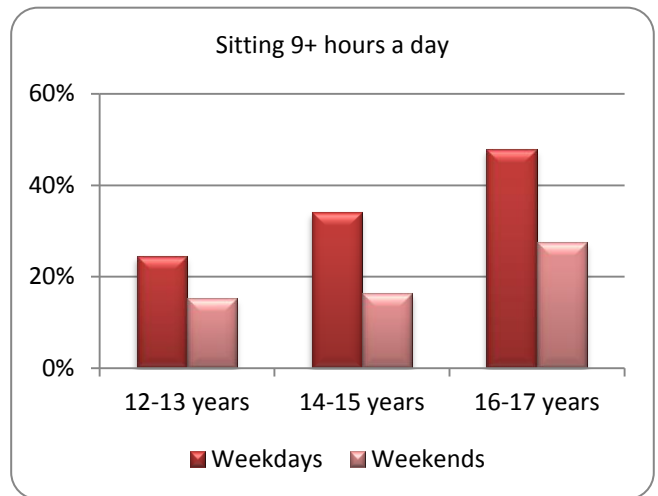
Key Points

- Over 50% of students have a regular exercise program (Figure 6.1).
- Males of all ages are more active than females.
- More high school students (16-17 years) than other age groups sit nine or more hours a day on both week days and weekend days (Figure 6.2).

**Figure 6.1: Regular Exercise Program
% Adventist Students by Gender and Age, 2012**



**Figure 6.2: Hours Spent Sitting
% Adventist Students by Age, 2012**



**Table 6.1: Times of Moderate or Vigorous Exercise in a Week
% Students by Gender and Age, 2012**

Gender and Age	None	Once	Twice	3 times	4 + times
Female					
12-13 years	9%	11%	18%	22%	40%
14-15 years	6%	10%	28%	19%	32%
16-17 years	10%	18%	15%	24%	41%
Male					
12-13 years	6%	8%	15%	22%	49%
14-15 years	4%	7%	12%	19%	58%
16-17 years	4%	12%	8%	24%	53%

**Table 6.1: Average Exercise Minutes per Session
% Students by Gender and Age, 2012**

Gender and Age	None	≤ 10 minutes	11-30 minutes	31-60 minutes	1 hour +
Female					
12-13 years	3%	6%	36%	42%	13%
14-15 years	2%	4%	24%	44%	11%
16-17 years	4%	3%	34%	43%	8%
Male					
12-13 years	1%	5%	35%	37%	23%
14-15 years	1%	5%	25%	46%	24%
16-17 years	3%	4%	27%	45%	21%

**Table 6.2: Times Active in Team Sports
% Students by Gender and Age, 2012**

Gender and Age	Never	1+ times per month
Female		
12-13 years	14%	60%
14-15 years	19%	56%
16-17 years	18%	51%
Male		
12-13 years	18%	62%
14-15 years	20%	63%
16-17 years	18%	62%

Weight and Body Mass Index

Key Points

- Body Mass Index (BMI) is calculated by (Weight in kg/Height in m²). Normal range is 18.5-24.9, overweight range 25-29.9 and obese range 30+.
- The calculation of BMI for those younger than 18 years is likely to be unreliable because BMI was originally developed for adults.
- Of the students who reported self-assessed height and weight, more males were overweight and obese (Figures 7.1 and 7.2).
- The trend of overweight and obese females and males (except those males aged 16-17 years) has decreased significantly from 2001 to 2012 (Figures 7.3 and 7.4). Data was not available from the 1989 survey.

Figure 7.1: Body Mass Index, % Females by Age, 2012

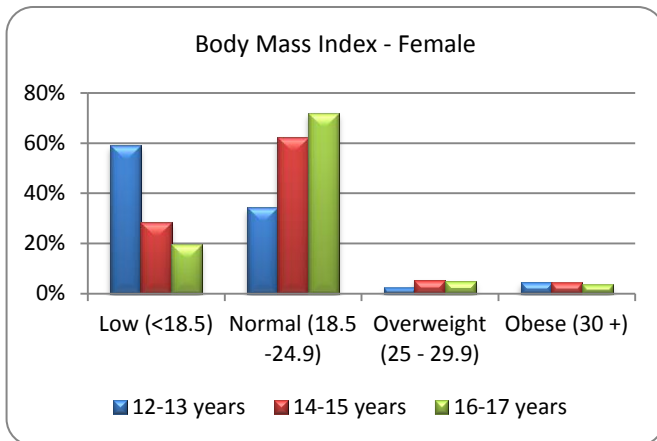


Figure 7.2: Body Mass Index, % Males by Age, 2012

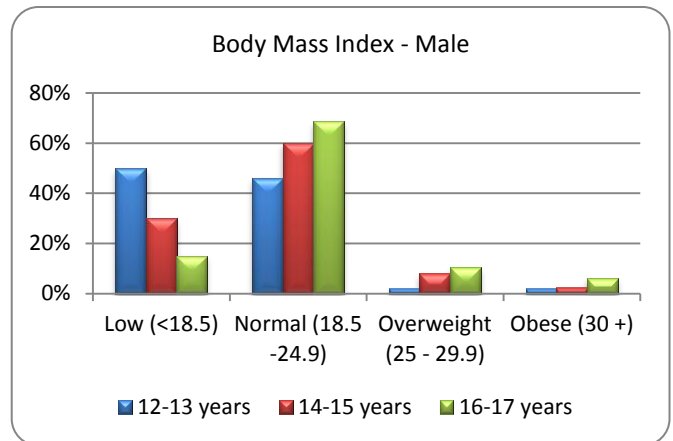


Figure 7.3: Trend of Overweight and Obesity % Females by Age and Survey Year

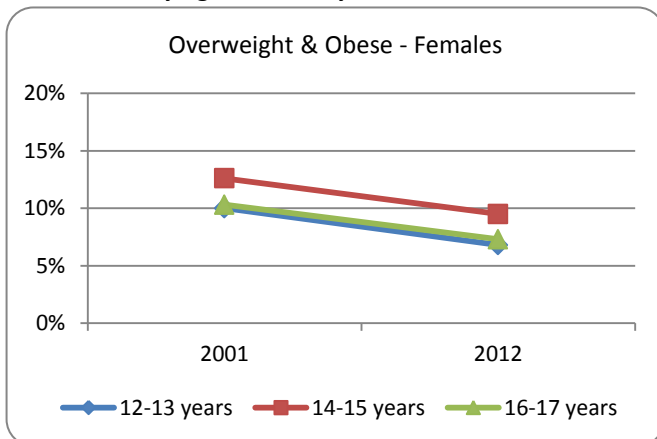
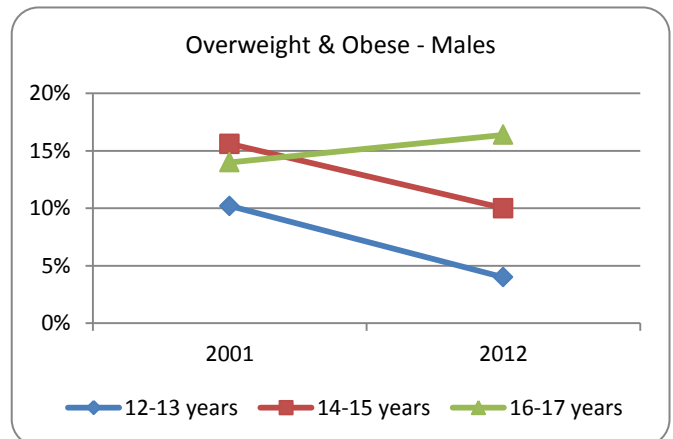


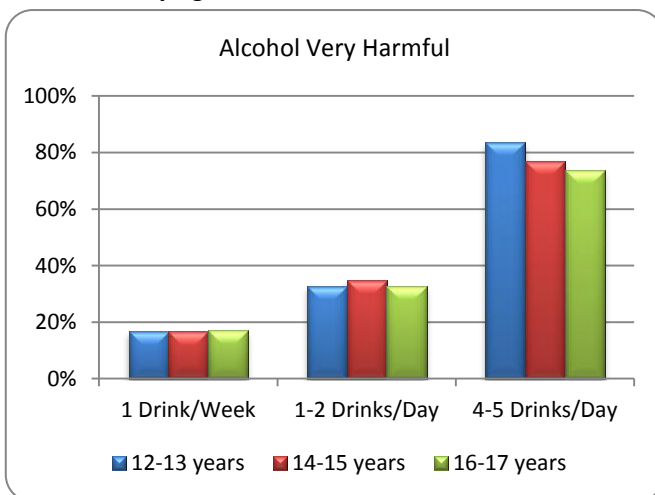
Figure 7.4: Trend of Overweight and Obesity % Males by Age and Survey Year



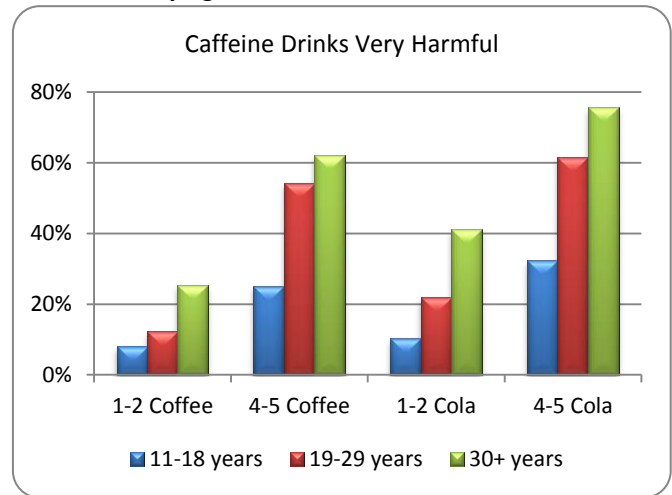
Key Points

- In the three surveys conducted in 1989, 2001 and 2012 participants were asked to rate their belief of the harm of various substances in one of four categories (Very harmful, Somewhat harmful, Not very harmful and Not harmful).
- A higher percentage of all age groups rated increasing levels of alcohol as very harmful (Figure 8.1).
- A similar pattern was observed for caffeine drinks. But significantly more of each age group rated 4-5 cola drinks/day more harmful than 4-5 coffee drinks/day (Figure 8.2).
- The belief that marijuana is very harmful is higher among females (Figure 8.3).
- The trend of belief of harm over the years has increased for tobacco, alcohol and marijuana, although note the dip for marijuana in 2001 (Figure 8.4).

**Figure 8.1: Belief - Alcohol Drinks are Very Harmful
% Students by Age, 2012**



**Figure 8.2: Belief - Caffeine Drinks are Very Harmful
% Students by Age, 2012**



**Figure 8.3: Belief - Marijuana is Very Harmful
% Gender by Age, 2012**

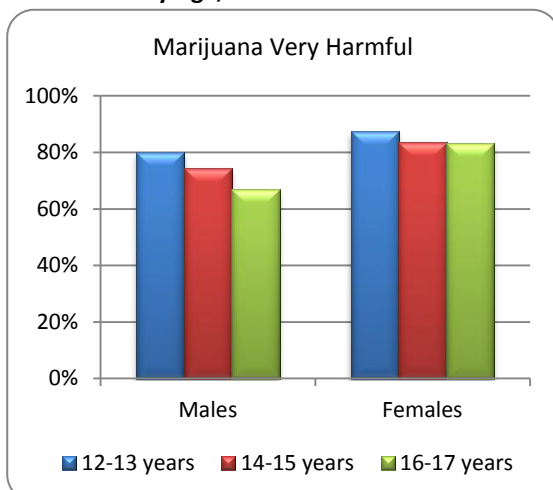
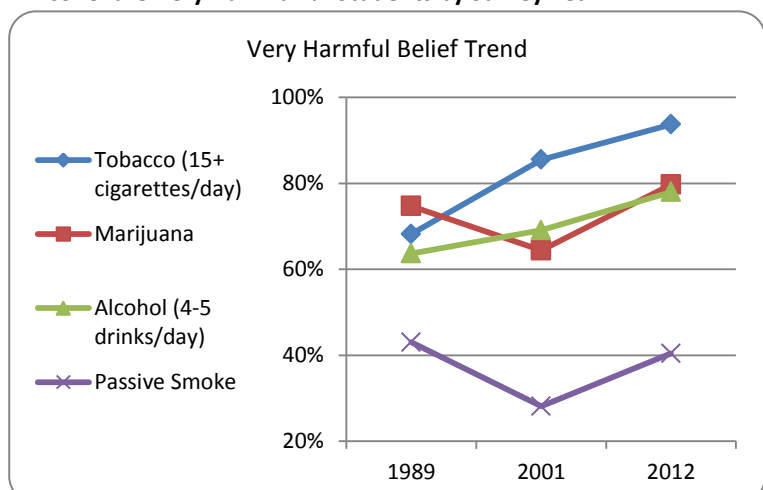


Figure 8.4: Trend of Belief - Tobacco, Marijuana and Alcohol are Very Harmful. % Students by Survey Year



Key Points

- Analgesic and sleeping tablet use in past month, past year and lifetime was asked in each survey.
- Lifetime and past month use of sleeping tablets and anti-depressants is low (Figures 9.1 and 9.2).
- Lifetime analgesic use is similar to the general population use but the past month use is lower for Adventist students - 51.6% compared to Australian secondary school students 69.1% (see page 21).
- Among the other reasons given for analgesic use (Table 9.1) is menstrual pain by females.
- Males have a much lower use of analgesics than females (Figures 9.3 and 9.4) but there is a decreasing trend of use for all age groups.

Figure 9.1: Medications Ever Used in Lifetime % Students by Age, 2012

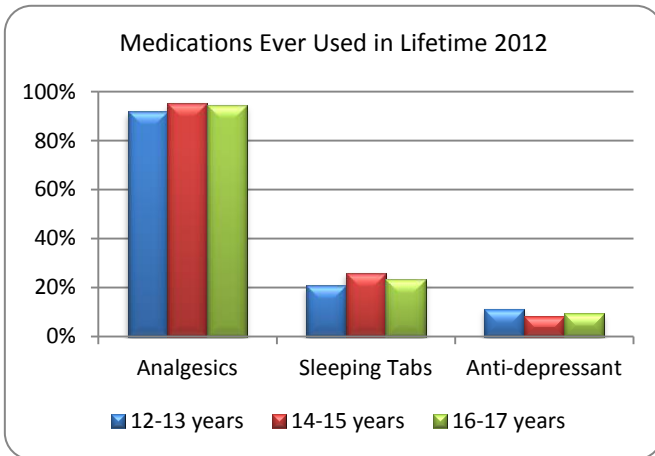


Figure 9.1: Medications Used in Past Month % Students by Age, 2012

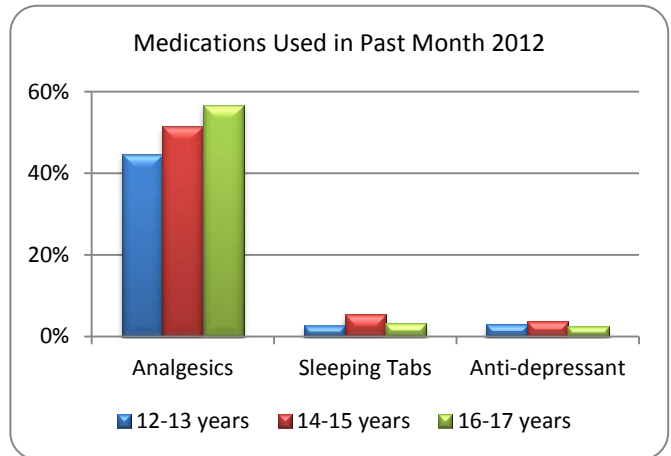


Table 9.1: Reason for Use of Analgesics, % Students by Gender and Age, 2012

Gender	Age	Headache	Cold or Flu	Dental	Injury	Other	No reason
Female	12-13 years	43%	25%	8%	6%	16%	2%
	14-15 years	47%	21%	6%	5%	20%	2%
	16-17 years	45%	18%	8%	3%	25%	2%
Male	12-13 years	54%	21%	2%	12%	9%	2%
	14-15 years	43%	26%	6%	17%	9%	0%
	16-17 years	52%	26%	6%	7%	9%	0%

Figure 9.3: Trend of Analgesic Use in Past Month % Females by Age and Survey Year

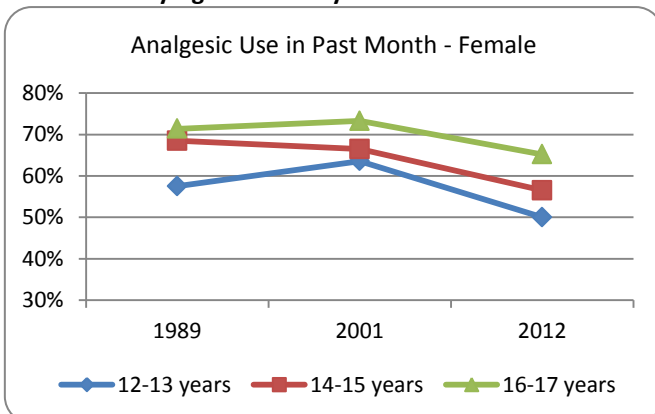
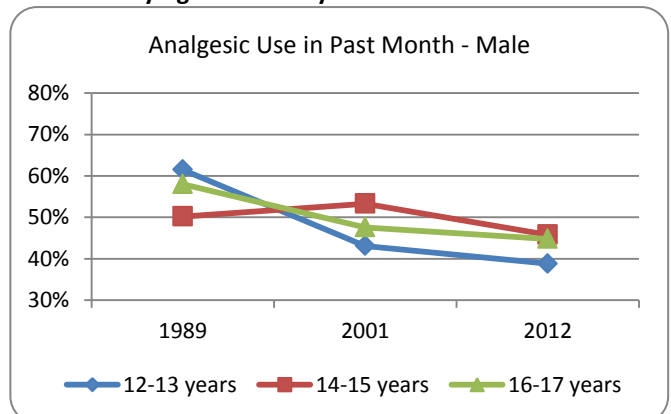


Figure 9.4: Trend of Analgesic Use in Past Month % Males by Age and Survey Year



10 Tobacco

Key Points

- Smoking rates are very low among Adventists. Table 10.1 shows the numbers and percentages for each category of self-assessed smoking status.
- The Figures 10.1 shows that among all students **non-smoking** has increased significantly since 2001. Those “ever trying” a cigarette have correspondingly decreased (Figure 10.2).
- Likewise Figure 10.3 shows a marked decrease in those smoking three or more cigarettes in the past month.

Table 10.1: Smoking Status - Self-assessed, Number and % Adventist Students by Age, 2012

Age	Non-smoker	Ex-smoker	Occasion smoker	Light smoker	Heavy smoker
12-13 years	287	3	0	1	0
	98.6%	1.0%	0.0%	0.3%	0.0%
14-15 years	397	7	10	4	1
	94.7%	1.7%	2.4%	1.0%	0.2%
16-17 years	257	8	13	1	1
	91.8%	2.9%	4.6%	0.4%	0.4%

Figure 10.1: Trend of Never Smoked Cigarettes % Adventist Students by Age and Survey Year

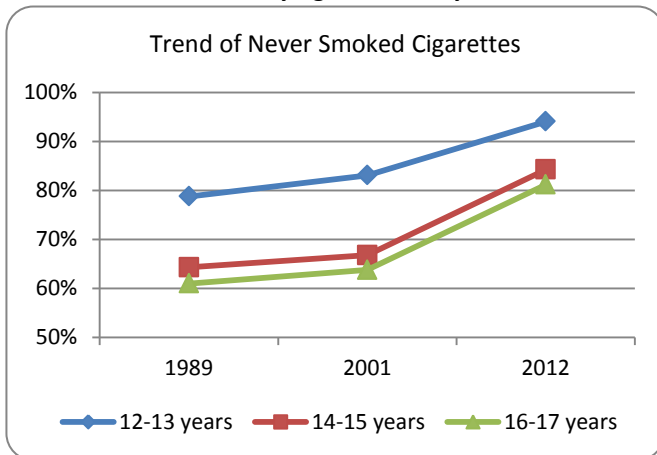


Figure 10.2: Trend of Ever Smoked Cigarettes % Adventist Students by Age and Survey Year

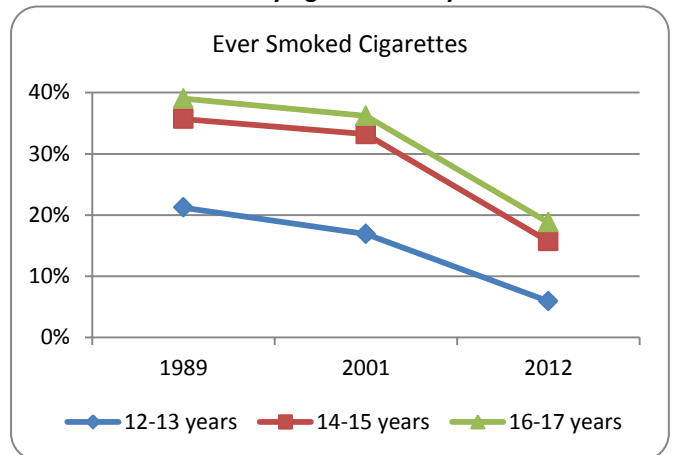


Figure 10.3: Trend of Smoked 3+ Cigarettes in Past Month % Adventist Students by Age and Survey Year

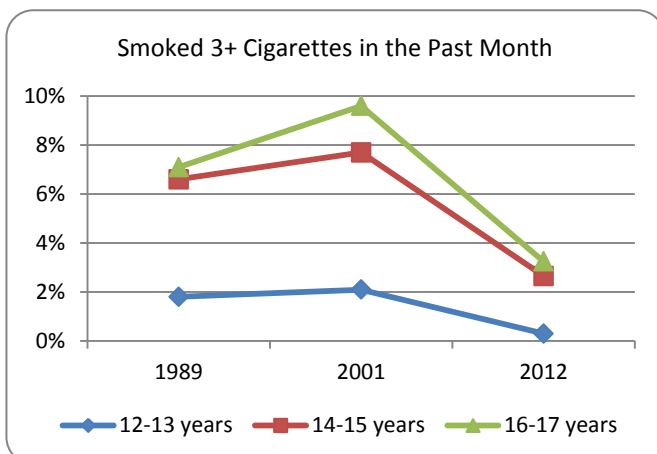


Table 10.2: Reason for Starting Smoking % of Persons Who First Encouraged Use

First Suggested	%
Friend	32%
Peer group	16%
Myself	15%
Family member	12%
Non-family member	8%
Brother or sister	8%
Parent	6%
Advertising	3%

Key Points

- The trends of ever trying alcohol have increased significantly for all females and males since 2001 (Figures 11.1 and 11.2).
- 13% of males and 10% of females aged 16-17 years had used alcohol in the past month. In the 14-15 year age group females reported higher use than males (Figures 11.3 and 11.4).
- Friends and peer groups as well as personal choice most influence the uptake of drinking (Table 11.1).
- The most popular choice of beverage appears to be spirits, followed by beer and wine (Table 11.2).

Figure 11.1: Trend of Ever Used Alcohol % Females by Age and Survey Year

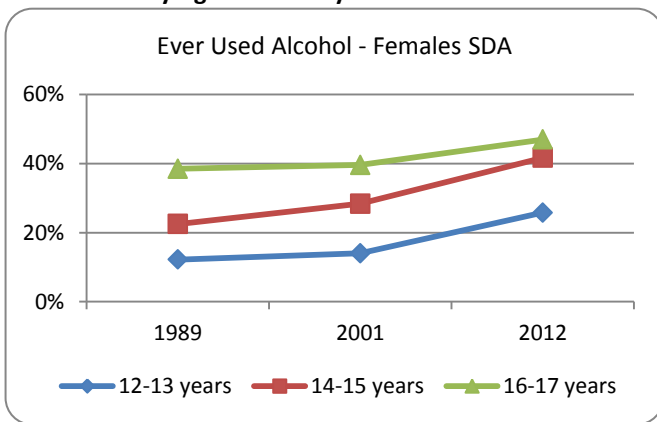


Figure 11.2: Trend of Ever Used Alcohol % Males by Age and Survey Year

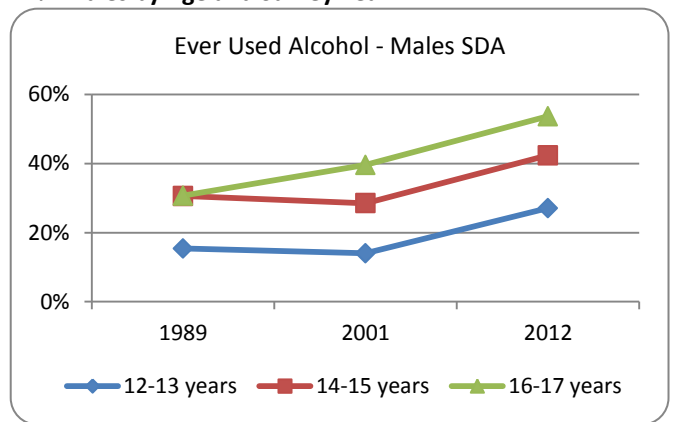


Figure 11.3: Alcohol Use in the Past Month % by Age and Gender, 2012

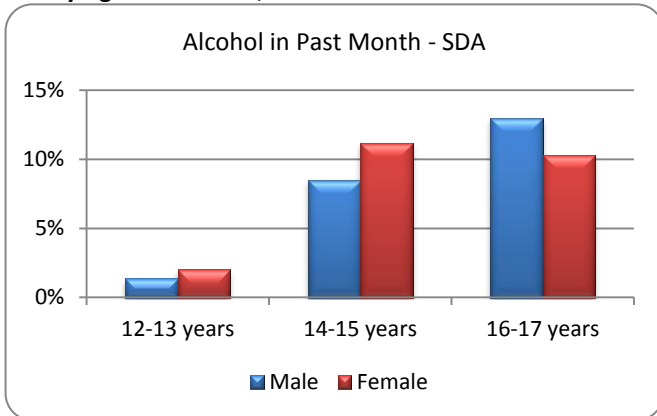


Figure 11.4: Alcohol Use in the Past Year % by Age and Gender, 2012



Table 11.1: Reason Started Alcohol % Who First Encouraged Use

First Suggested	%
Friend	23%
Self	21%
Peer group	14%
Family member	12%
Parent	12%
Brother or sister	10%
Non-family member	6%
Advertising	2%

Table 11.2: Usual Alcohol Drink (2 responses allowed)

Type of Alcohol	Female %	Male %
Spirits	37%	40%
Beer	12%	32%
Wine	13%	9%
Low beer	5%	7%
Sodas	10%	4%
Liqueurs	7%	4%
Apple cider	5%	2%
Wine cooler	1%	1%
Champagne	11%	1%
Port	1%	0%

Table 11.3: Places Alcohol Drank In Past Month, % of Drinkers

Place	%
Party	23%
My home	23%
Friend's home	18%
Park	8%
Beach	7%
Car	6%
Alone	5%
Restaurant	5%
Club/disco	3%
Hotel	3%

Key Points

- Rates of current and recent marijuana use are very low (Tables 12.1 and 12.2 and Figure 12.1). The number of students using marijuana 10 or more times is also shown in Table 12.2.
- A higher % of males of all age groups tend to use marijuana compared to females.
- The trend of marijuana use has significantly decreased since 2001 following a rise after 1989 for both females and males (Figures 12.2 and 12.3).

Table 12.1: Marijuana Use in Time Periods, % Students by Age, 2012

Age	Past Week	Past Month	Past Year	Lifetime
11-18 years	0.5%	1.6%	4.9%	7.8%
19-29 years	0.6%	1.3%	3.9%	14.3%
30+ years	0.6%	0.6%	1.0%	11.7%

Figure 12.1: Marijuana Use in Various Time Periods % Adventist Students by Age, 2012

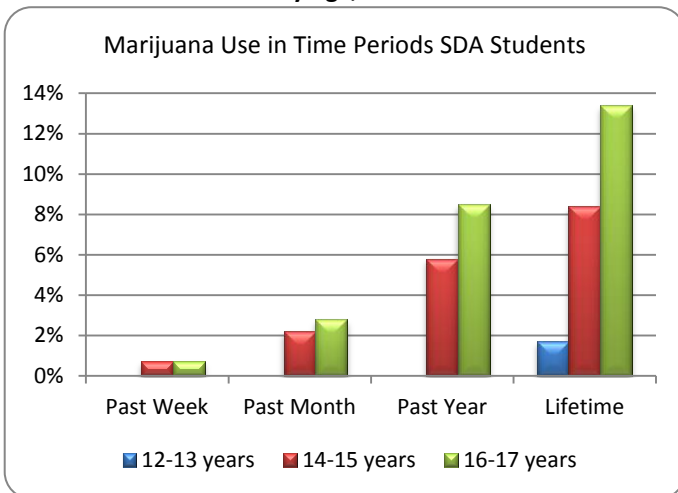


Table 12.2: Marijuana Used 10+ Times in Past Year, % Students by Age, 2012

Age	Number Students	%
12-13 years	0	0.0%
14-15 years	5	1.2%
16-17 years	5	1.8%

Figure 12.2: Trend of Ever Used Marijuana % Females by Age and Survey Year

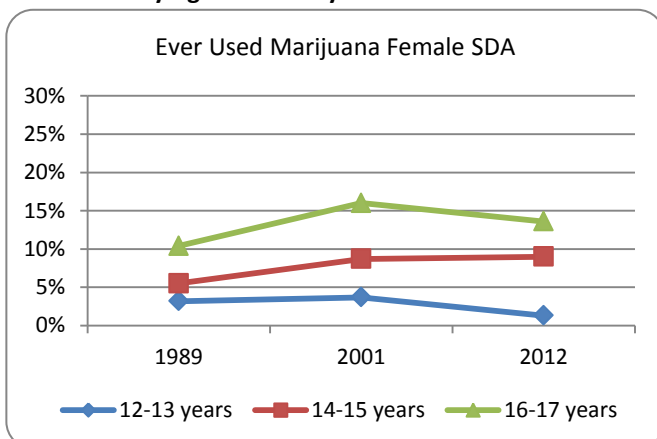
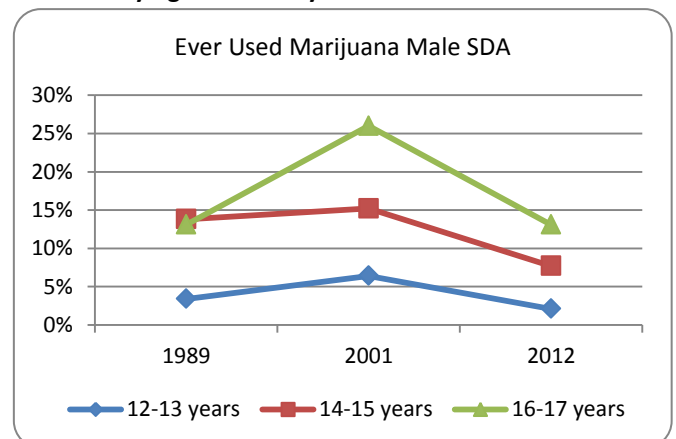


Figure 12.3: Trend of Ever Used Marijuana % Males by Age and Survey Year



Key Points

- Use of most substances is very low but in comparison inhalant use is much higher (Table 13.1 and Figure 13.1). This is possibly an artefact but needs to be investigated further.
- The inhalant question in the 1989 and 2001 surveys was more general but the 2012 question was: “How many times, if ever, have you deliberately sniffed (inhaled) from spray cans or deliberately sniffed things like glue, paint, petrol or thinners in order to get high or for the way it makes you feel?”
- The Secondary Schools Survey 2011 (see page 21) had the same question but with a qualifier: “This does not include sniffing white-out, liquid paper, textas, markers or pens.” They added this in their 1999 survey, prior to which the rates for sniffing were higher.
- Among 12-17 year olds inhalant use appears to be experimental or incidental (Table 13.2) but the trend for this group has significantly increased over time (Figure 13.2).

Table 13.1: Substances Ever Used in Past Month, % Adventist Students Using by Age, 2012

Age	Inhalants	Steroids	Amphetamines	Cocaine	Heroin	Hallucinogens	Ecstasy
12-13 years	13.4%	0.7%	0.7%	0.0%	0.0%	0.0%	0.0%
14-15 years	15.0%	0.0%	0.2%	0.0%	0.2%	0.2%	0.0%
16-17 years	7.8%	1.1%	0.4%	0.0%	0.0%	0.0%	0.0%

Figure 13.1: Substances Ever Used in Lifetime % Students Using by Age, 2012

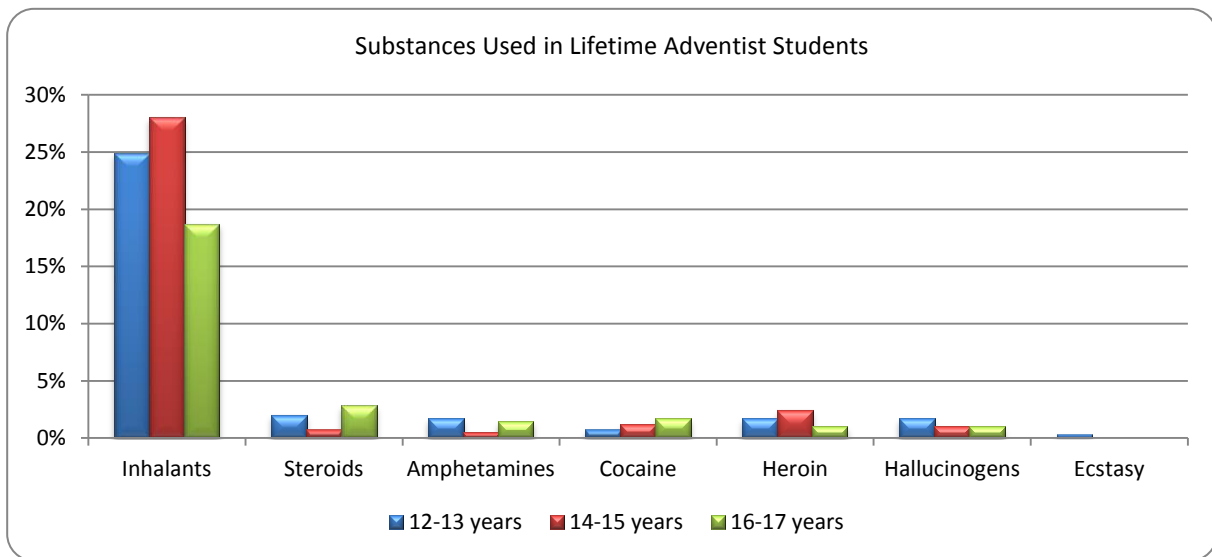


Figure 13.2: Trend of Inhalant Use in Lifetime % Adventist Students Using by Age and Survey Year

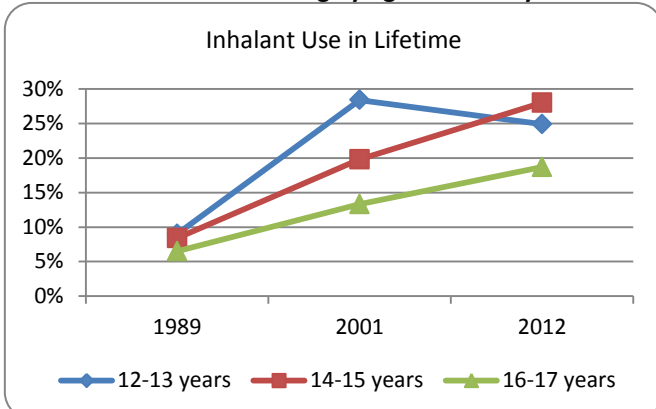


Table 13.2: Inhalant Use by Adventist Students % 12-17 Year Age Group by Time Period, 2012

Time Period	Never	1-2 times	3-5 times	6+ times
Past Week	91.9%	5.5%	1.6%	1.0%
Past Month	88.0%	7.4%	2.5%	2.1%
Past Year	80.9%	6.7%	5.3%	7.0%
Lifetime	76.2%	6.9%	3.5%	13.3%

Key Points

- Several key questions explored dietary practices and food frequency. One question asked "How would you describe your USUAL diet? (i.e. what you eat at least weekly or more often)." In 2012 participants marked one of four responses (Total vegetarian (Vegan), Lacto-ovo vegetarian, Pesco-vegetarian (includes fish but no red meat) and Non-vegetarian). (Figure 14.1 shows that most students classified themselves as non-vegetarian).
- In 1989 and 2001 this diet question had just 3 categories (pesco-vegetarian was not included). Hence, two diet models present vegetarian dietary trends over 23 years. Model 1 (Figure 14.3) combines all three vegetarian groups (vegan, lacto-ovo and pesco-veg). Except for the 14-15 year olds the trend is downward.
- Figure 14.4 (Model 2) excludes the pesco-vegetarians from the vegetarian group and adds them to the non-vegetarian group, thus the trend is downward for all age groups.
- In Tables 14.1 and 14.2 the trend for vegan diet only is shown. For the 16-17 year old females there appears to be an increasing trend toward a vegan diet.

Figure 14.1: Usual Diet, % Adventist Students by Age, 2012

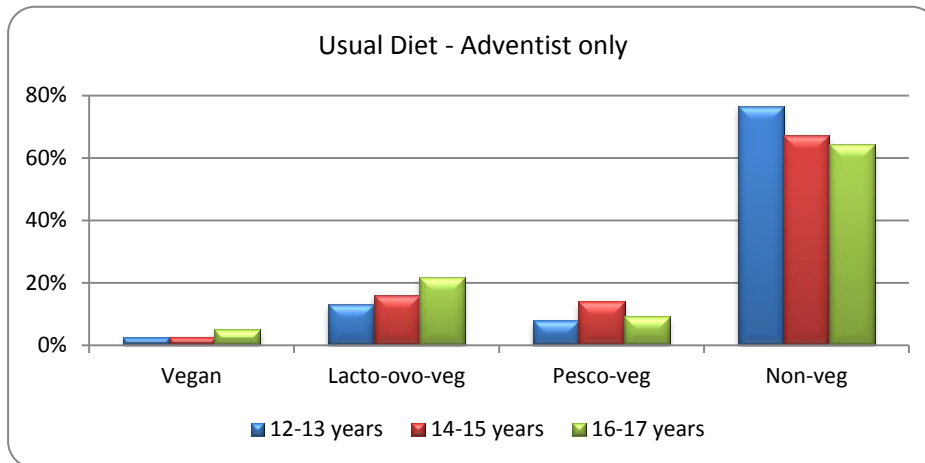


Figure 14.3: Trend of Vegetarian Diet (Model 1) % Adventist Students by Age, 2012

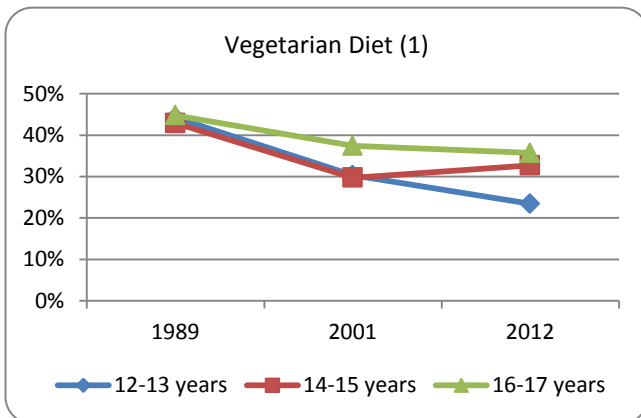


Figure 14.4: Trend of Vegetarian Diet (Model 2) % Adventist Students by Age, 2012

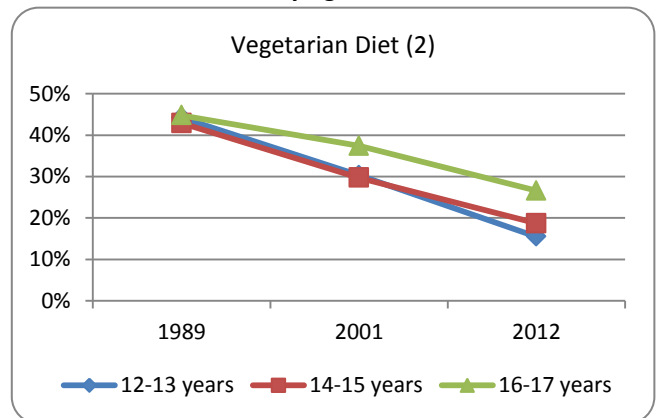


Table 14.1: Trend of Vegan Diet - Males % by Age and Survey Year

Year	12-13 years	14-15 years	16-17 years
1989	2.7%	2.2%	2.0%
2001	5.3%	2.0%	2.1%
2012	2.8%	3.2%	2.5%

Table 14.2: Trend of Vegan Diet - Females % by Age and Survey Year

Year	12-13 years	14-15 years	16-17 years
1989	2.6%	2.5%	1.2%
2001	6.1%	3.1%	3.0%
2012	2.0%	2.3%	6.7%

Key Points

- Trend for proportion of students eating fast food 2+ times/week is increasing (Figure 15.1).
- Trend for consumption of fruit has increased, vegetables dropped slightly and breads/cereals decreased by 20% for all groups (Figure 15.2).
- Trend for the eating of beef, chicken and fish is increasing among all age groups (Figure 15.3).

Figure 15.1: Trend of Eating Fast Food % Adventist Students by Age and Survey Year

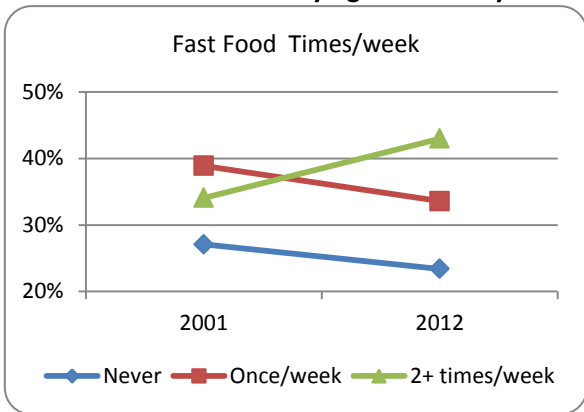


Table 15.1: Eating of Various Foods - % Students by Age, 2012

Food (Frequency of consumption)	12-13 years	14-15 years	16-18 years
Vegetables (<1 serve/day)	23%	20%	20%
Fruit (<1 serve/day)	18%	22%	24%
Cereals (<1 serve/day)	22%	16%	19%
Vegetarian foods (Never or rarely)	29%	25%	22%
Nuts (Never or rarely)	25%	20%	17%
Beans (Never or rarely)	30%	20%	15%
Red meat (≥1 time/week)	75%	68%	66%
Fish (≥1 time/week)	69%	71%	68%
Chicken (≥1 time/week)	81%	75%	77%
Pork (≥1 time/week)	34%	26%	28%

Figure 15.2: Trend of Eating Fruit, Vegetables and Breads/Cereals, % Students by Age and Survey Year

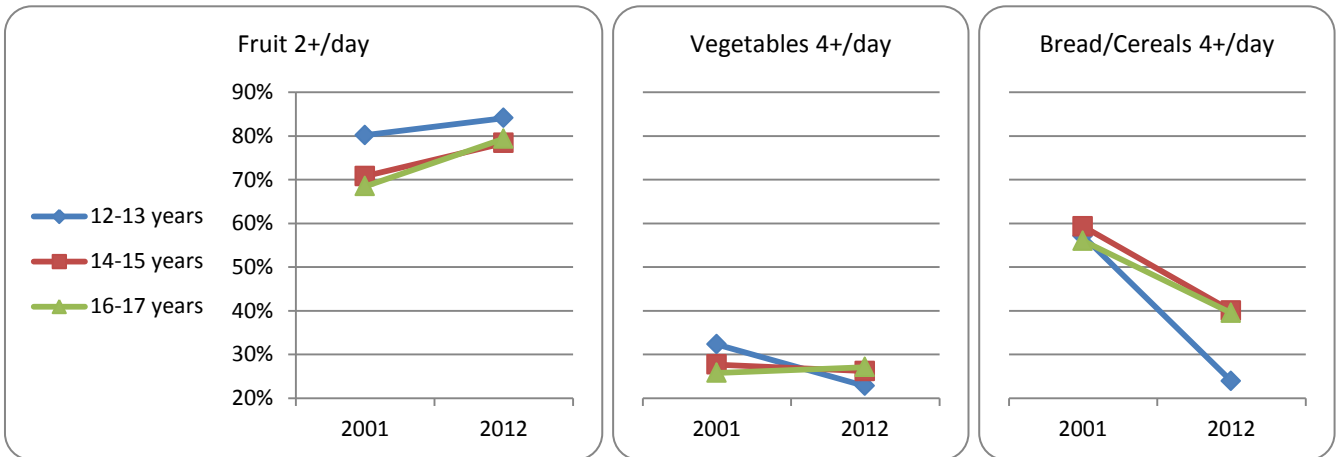


Figure 15.3: Trend of Eating Beef, Chicken and Fish

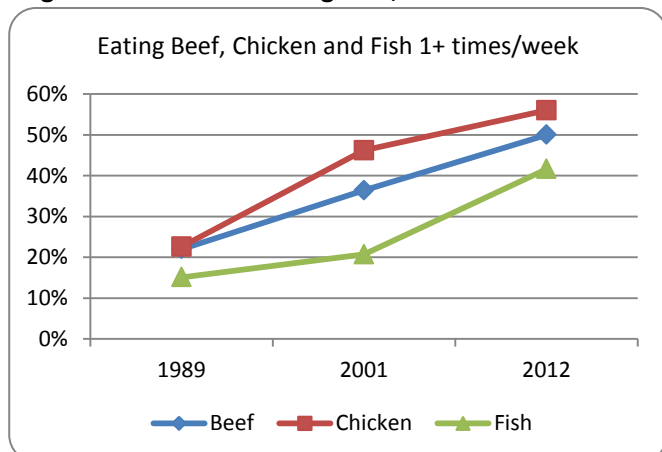
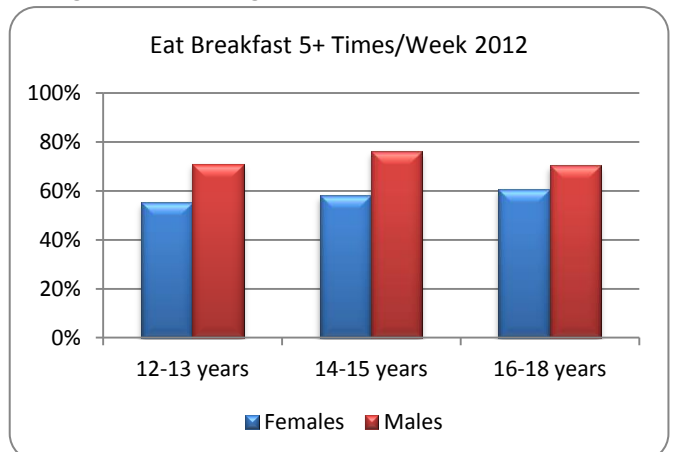


Figure 15.4: Eating Breakfast 5+ times/week, 2012



Key Points

- More than 60% of students report drinking less than six glasses of water per day, 29% of 12-13 year olds report drinking one or less per day (Table 16.1).
- 90% of teenagers drink one or more glasses of fruit juice per day (Table 16.2).
- Consumption of soy milks is over 20% across the age groups (Table 16.2).
- The trend of tea drinking has increased and that for cola drinks appears to have decreased since 2001 (Figure 16, 2).

Table 16.1: Drinks of Water per Day
% Students by Age, 2012

Frequency	12-13 years	14-15 years	16-18 years
≤1 time/day	29%	22%	14%
2-3 times/day	17%	23%	22%
4-5 times/day	20%	25%	29%
6+ times/day	34%	30%	36%

Table 16.2: Beverages Consumed 1+ times/day
% Students by Age, 2012

Beverage (1+ times/day)	12-13 years	14-15 years	16-18 years
Milk - All types	88%	88%	90%
Tea	41%	43%	46%
Coffee	19%	32%	31%
Fruit juice	93%	94%	90%
Cola drinks	63%	70%	63%
High energy drinks	24%	36%	32%
Other soft drinks	85%	85%	83%

Figure 16.1: Total Caffeine Drinks Consumed
% Adventist Students by Age, 2012

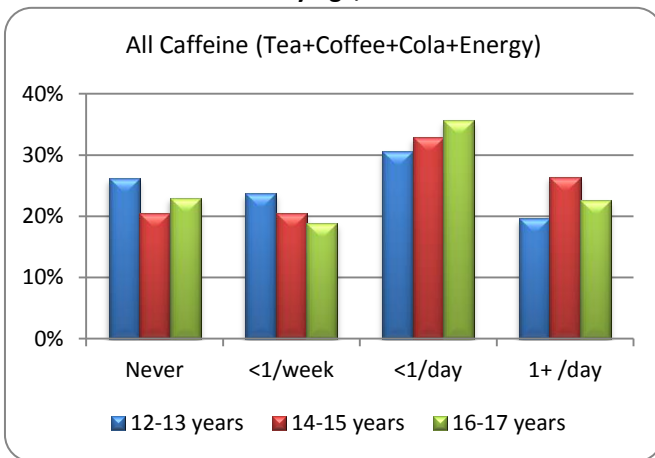
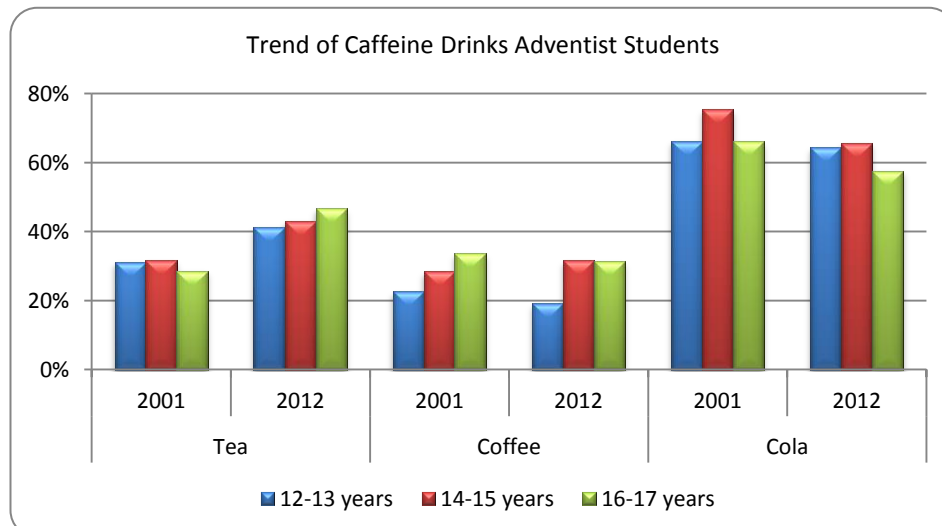


Table 16.2: Type of Milk Usually Consumed
% Students by Age, 2012

Milk Type	12-13 years	14-15 years	16-18 years
Whole full cream	44%	42%	38%
Reduced fat	15%	16%	15%
Skim	10%	10%	10%
Soy regular	17%	18%	21%
Soy lite	4%	4%	3%
Evaporated	1%	0%	0%
Other (rice, oat)	4%	2%	4%
Do not drink milk	4%	8%	8%

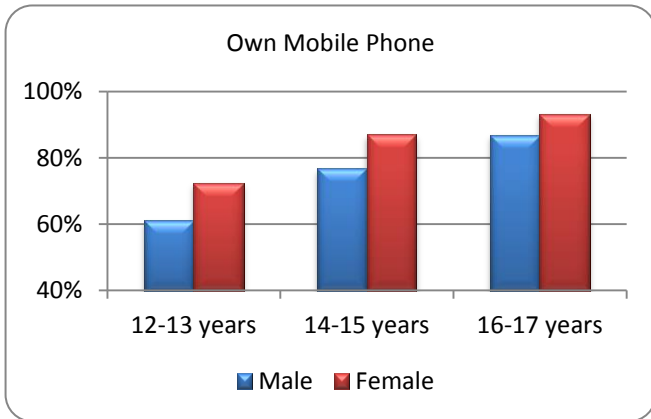
Figure 16.2: Trend of Caffeine Drinks 1+/day, % Adventist Students by Age 2001 and 2012



Key Points

- More females than males have their own mobile phones and their own social network account such as Facebook or Twitter (Figures 17.1 and 17.2).
- About 50% of students watch 1+ hours of TV (Figure 17.3 and Figure 17.4).
- Females have a higher use of mobile phones and males a higher use of computer games (Figure 17.4 and 5).

**Figure 17.1: Have Own Mobile Phone
% Adventist Students by Age, 2012**



**Figure 17.2: Have Own Social Network Account
% Adventist Students by Age, 2012**

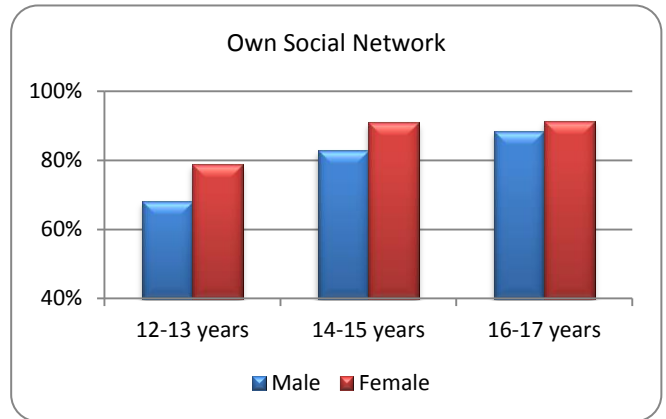


Figure 17.3: % Male Adventist Students Engaged in Activities 1+ hours/day by Age, 2012

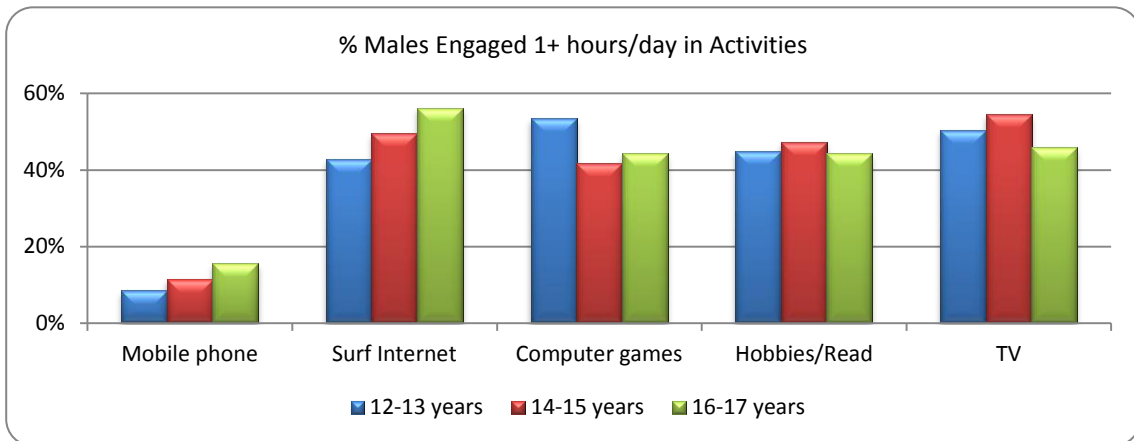
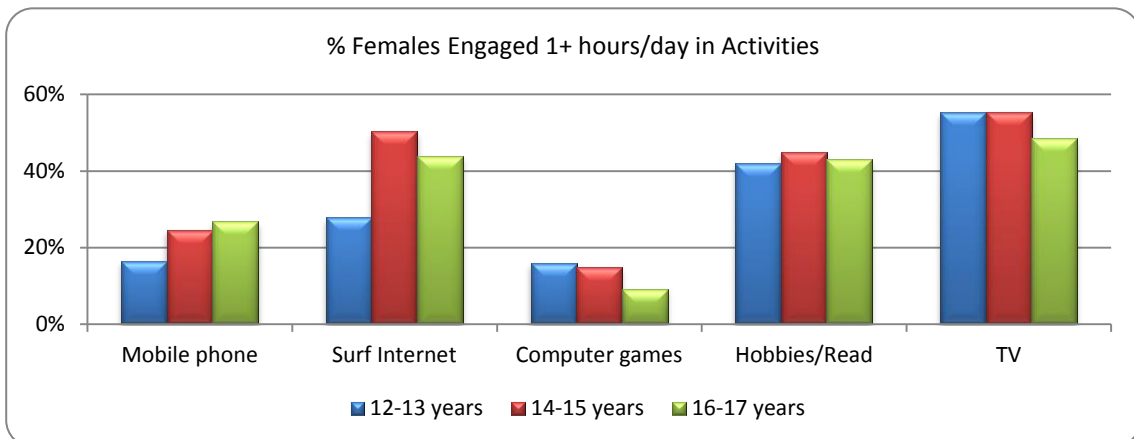


Figure 17.4: % Female Adventist Students Engaged in Activities 1+ hours/day by Age, 2012



18 Faith and Religion

Key Points

- Respondents were classified as Seventh-day Adventist if they had been baptised and for an unbaptised young person who was living with a Seventh-day Adventist parent.
- 19% of students were baptized by age 13. And in the 16-17 year olds 53% females and 36% males had been baptised (Table 18.1).
- Frequency of church attendance has decreased over time except for the 16-17 year olds (Figure 18.2).
- Trends for faith experiences are mostly positive (Figures 18.4 and 18.5).

Table 18.1: % of Age Group Baptised % Students by Gender, 2012 Survey

Gender	12-13 years	14-15 years	16-17 years
Female	19%	32%	53%
Male	19%	25%	36%

Figure 18.1: Times Attend Church % Students by Age, 2012

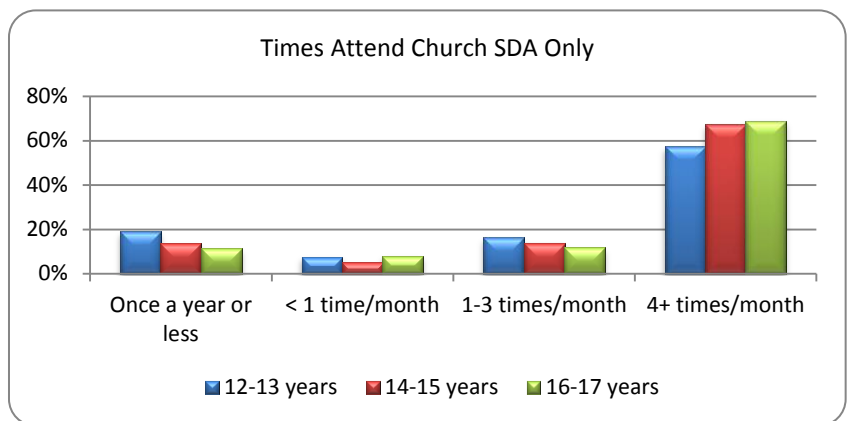


Figure 18.2: Trend of Church Attendance % Students by Age and Survey Year

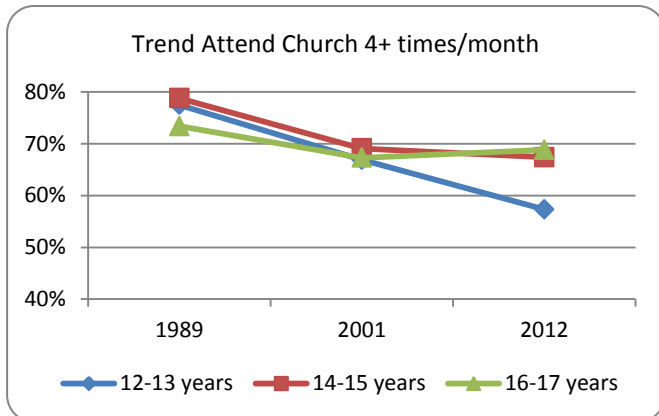


Figure 18.3: Trend of Weekly Family Worship % Students by Age and Survey Year

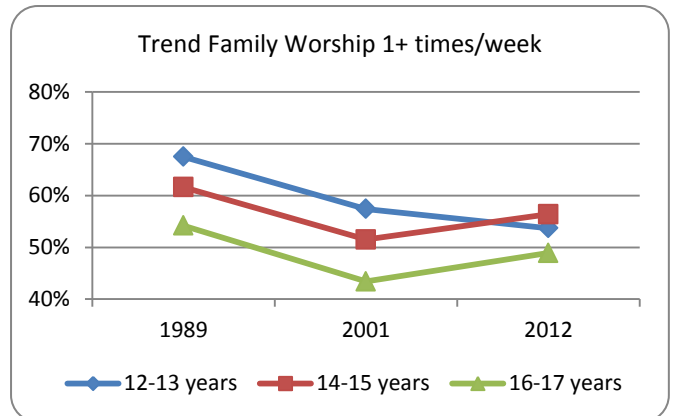


Figure 18.4: Trend of Enjoy Going to Church % Students by Age and Survey Year

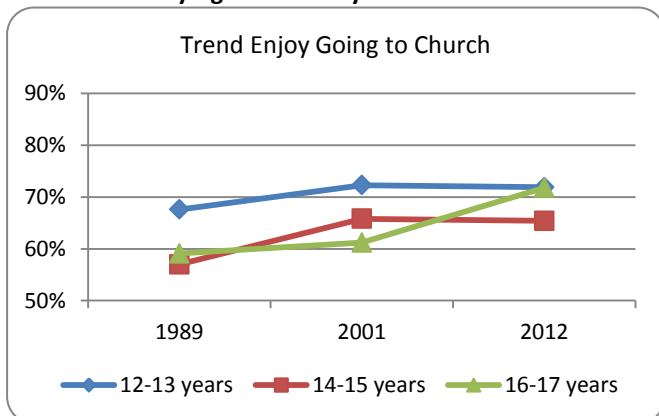
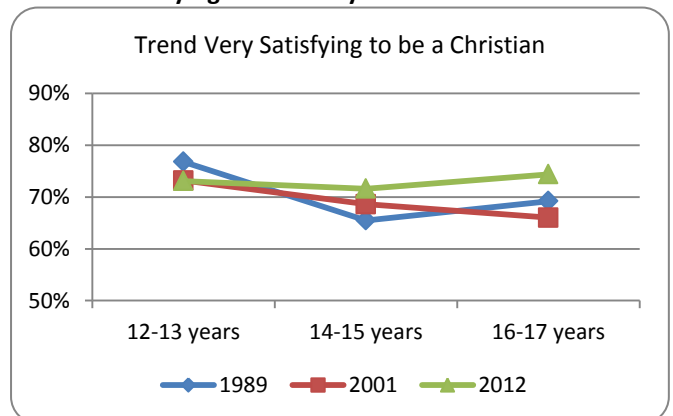


Figure 18.5: Trend of Satisfying to be Christian % Students by Age and Survey Year



Key Points

- Less students now live in a rural environment compared to earlier childhood (Figures 19.1 and 19.2).
- More than 10% of students had some of their childhood in a non-Adventist home (Figure 19.1).
- 10% of students describe their own childhood family as strict and very rigid Figure 19.4)
- A number of childhood conditions experienced are of concern (parents drinking, parents separating/divorce, violence and abuse) (Table 19.1)

Figure 19.1: Place Where Lived as a Child
% Students by Age, 2012

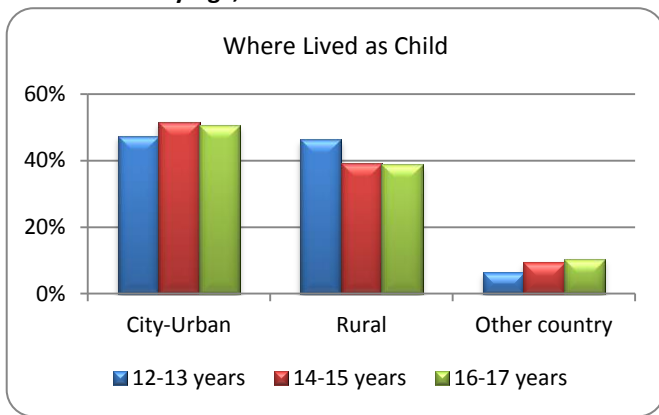


Figure 19.2: Place Where Now Live
% Students by Age, 2012

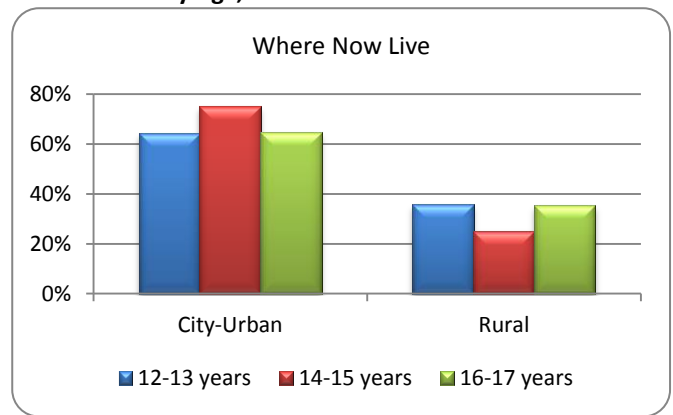


Figure 19.3: Parent SDA in Your Childhood
% Students by Age, 2012

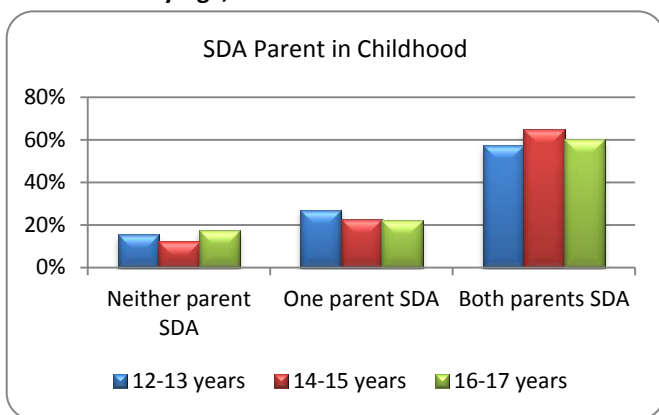


Figure 19.4: Family Description in Childhood
% Students by Age, 2012

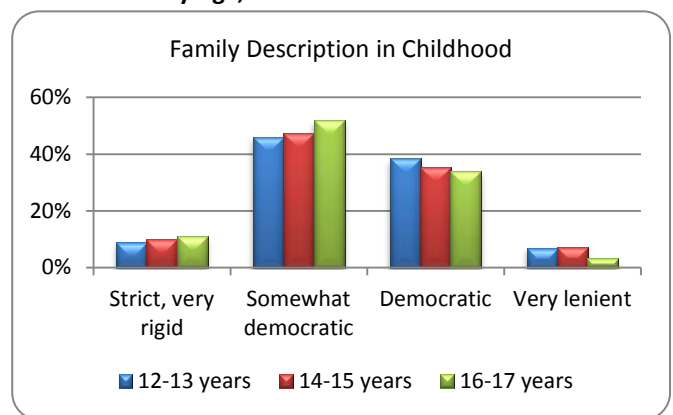


Table 19.1: Childhood Conditions Experienced, % Students by Age, 2012

Condition	12-13 years	14-15 years	16-17 years
Parents smoked tobacco	15%	18%	16%
Parents drank alcohol	27%	25%	23%
Parents in trouble with law	9%	10%	11%
Parents separated/divorced	18%	26%	24%
Parent died	4%	4%	4%
Parent absent from home	18%	20%	20%
Family violence occurred	17%	21%	18%
I was physically abused	12%	13%	14%
I was sexually abused	2%	3%	4%
I felt like misfit	11%	19%	17%
Compulsive behaviour	6%	10%	10%

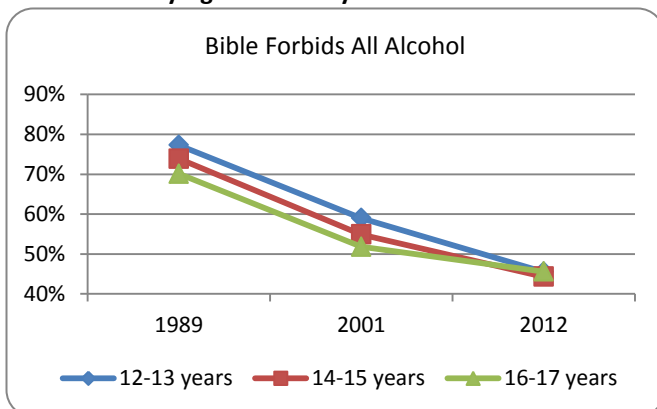
Key Points

- In each survey (1989, 2001, 2012) there were belief statements to which participants indicated their level of agreement (Strongly disagree, Disagree, Undecided, Agree, Strongly agree).
- For statements of faith and religious practice more than 60% were in agreement (Table 20.1).
- All groups had high expectations for the church to help members with drug and alcohol problems.
- There is a decreasing trend in all groups that "the Bible forbids clearly forbids all use of alcoholic beverages" (Figure 20.1).
- Less young Adventists believe they will remain a church member for the rest of their lives (Figure 20.2).

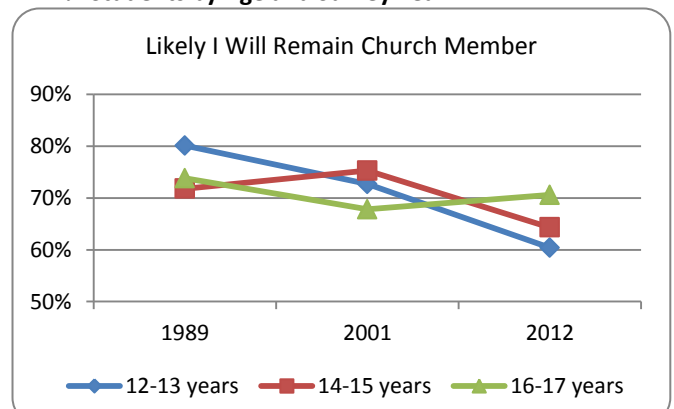
Table 20.1: Agree or Strongly Agree with Statement, % Students by Age Group, 2012

Statement	12-13 years	14-15 years	16-17 years
Very satisfying to be a Christian	73%	72%	74%
Likely to remain a church member for rest of my life	60%	64%	71%
My religion/spirituality is very important in my life	75%	71%	76%
My life is filled with meaning and purpose	68%	65%	66%
I enjoy going to church	72%	65%	72%
Parents showed me love	86%	85%	83%
Parents understood me	72%	69%	68%
Family had lots of fun	75%	78%	75%
Parents didn't trust me	16%	15%	19%
Parents didn't like what I did	5%	5%	6%
Enjoyed being at home with family	75%	74%	70%
Father was very strict with me	29%	35%	36%
Bible forbids all alcohol	46%	44%	46%
Bible forbids excess alcohol (drunkenness)	64%	70%	77%
Preferable to eat a vegetarian diet	37%	41%	45%
Church should help members with drug problems	71%	79%	81%
I am concerned youth are drinking	17%	21%	28%
Alcohol in moderation prevents heart disease	27%	18%	16%
Church is doing enough to combat drugs	23%	18%	18%
Church is doing enough to combat alcohol problems	25%	20%	19%
Church should actively promote care of the environment	57%	56%	61%

**Figure 20.1: Trend of Belief - Bible Forbids all Alcohol
% Students by Age and Survey Year**



**Figure 20.2: Trend of Belief - Likely I will remain SDA
% Students by Age and Survey Year**



Key Points

- A large survey of Australian secondary school students was conducted by the Cancer Council Victoria in 2011 (Australian secondary school students' use of tobacco, alcohol, and over-the-counter and illicit substances in 2011).
- Tables 21.1, 21.2 and 21.3 compare the Australian student rates to Adventist schools for smoking, alcohol use and other substance use. Tables 21.1 and 21.3 show rates separately for SDA students only and all students at Adventist schools.
- Except for inhalants, all substance use is much lower in Adventist schools compared to Australian schools.

**Table 21.1: Smoking Status of Students 12-18 Years
% by Gender, Adventist 2012 and Australia 2011**

Smoking Status	Adventist SDA only (%)	Adventist ALL Students (%)	Australian 2011 (%)
Occasional Smoker			
Males	2.0%	2.7%	4.3%
Females	2.6%	2.6%	4.9%
Total	2.3%	2.7%	4.6%
Ex-smoker			
Males	2.6%	2.2%	2.8%
Females	1.1%	1.5%	2.2%
Total	1.8%	1.8%	2.5%
Non-smoker			
Males	94.4%	93.5%	89.4%
Females	95.7%	94.2%	89.5%
Total	95.1%	93.9%	89.5%

**Table 21.2: Past Month Use of Substances
Students 12-18 Years, Adventist 2012 and Australia 2011**

Substance	Adventist ALL female (%)	Adventists ALL male (%)	Aust. 2011 ALL female (%)	Aust. 2011 ALL male (%)
	Marijuana	2.5%	3.6%	5.7%
Steroids	0.3%	0.9%	0.5%	1.1%
Inhalants	11.0%	11.1%	7.8%	6.3%
Amphetamines	0.7%	0.5%	0.8%	1.4%
Cocaine	0.0%	0.6%	0.4%	0.8%
Heroin	0.2%	0.1%	0.4%	0.7%
Hallucinogens	0.0%	0.8%	0.7%	1.3%
Ecstasy	0.0%	0.2%	0.6%	1.2%
Analgesics	62.9%	47.2%	76.5%	61.7%
Sleeping tabs	4.8%	3.2%	4.3%	4.1%

**Table 21.3: Alcohol Status of Students
Adventist 2012 and Australia 2011**

Use	Adventist SDA only (%)	Adventist ALL Students (%)	Australia 2011 (%)
Never used			
Males	59.3%	53.8%	24.8%
Females	61.2%	53.7%	27.2%
Total	60.3%	53.8%	26.0%
Past month			
Males	7.5%	10.3%	29.6%
Females	8.3%	11.8%	28.7%
Total	7.9%	11.1%	29.1%
Past year			
Males	19.7%	25.2%	51.3%
Females	22.6%	29.4%	50.1%
Total	21.2%	27.5%	50.7%

Key Points

- Years 11 and 12 followed by Year 7 were more likely than other years to report no lessons on tobacco, alcohol and drugs in the year prior to the survey. For Year 7 this would be referenced to Year 6 (Table 22.2).
- There was no statistically significant relationship with reported substance use and lessons on substances.
- South Australia is not represented because of very small student numbers in each school year.

**Table 22.1: One or more lessons in past year
% students in each year reporting, 2012**

Year	Tobacco Lesson	Alcohol Lesson	Drugs Lesson
Year 7	41.3%	40.4%	37.9%
Year 8	41.4%	51.1%	55.5%
Year 9	43.6%	50.9%	52.5%
Year 10	36.8%	45.8%	43.1%
Year 11	22.2%	31.8%	31.6%
Year 12	15.0%	16.9%	18.8%

**Table 22.2: No lessons in past year
% students in each year reporting, 2012**

Year	Tobacco	Alcohol	Drugs
Year 7	38.1%	36.6%	42.2%
Year 8	26.5%	21.7%	23.9%
Year 9	27.6%	18.8%	25.6%
Year 10	36.8%	29.2%	30.5%
Year 11	56.3%	41.4%	46.8%
Year 12	67.9%	56.6%	62.3%

Table 22.3: No Smoking Lesson in Prior Year, % Students by Year and Conference, 2012

Conference	Years 7-8	Years 9-10	Years 11-12	All Years
Greater Sydney	28%	17%	71%	25%
North NSW	23%	26%	48%	30%
New Zealand	36%	25%	59%	46%
South Queensland	29%	43%	60%	41%
Victoria	46%	40%	65%	47%
Western Australia	33%	4%	60%	22%
Total	34%	32%	57%	38%

Table 22.3: No Alcohol Lesson in Prior Year, % Students by Year and Conference, 2012

Conference	Years 7-8	Years 9-10	Years 11-12	All Years
Greater Sydney	24%	13%	57%	20%
North NSW	17%	17%	30%	20%
New Zealand	41%	23%	48%	40%
South Queensland	26%	29%	47%	31%
Victoria	40%	33%	46%	39%
Western Australia	28%	4%	20%	15%
Total	29%	23%	43%	30%

Table 22.4: No Drug Lesson in Prior Year, % Students by Year and Conference, 2012

Conference	Years 7-8	Years 9-10	Years 11-12	All Years
Greater Sydney	27%	13%	71%	22%
North NSW	18%	21%	36%	24%
New Zealand	45%	28%	55%	45%
South Queensland	34%	31%	52%	36%
Victoria	46%	40%	58%	46%
Western Australia	28%	9%	40%	20%
Total	34%	27%	50%	35%

Key Points

- In this research significant associations were found between various factors (conditions, beliefs and behaviours) and risky health behaviours and conversely healthy behaviours.
- However, since this is a cross-sectional study, these relationships cannot be determined as cause and effect and need to be interpreted cautiously.
- The tables below illustrate the magnitude of some of these associations and correlations with other risk behaviours. The associations are not adjusted for age or other factors.

Factors associated with Smoking

- Smokers compared to non-smokers are more likely to have negative factors from childhood; believe cigarettes are not very harmful; drink alcohol and have used marijuana.
- Smokers tend to believe their religion is less important and attend church less often.

Table 23.1: Factors Associated with Smoking, % by Smokers Status, 2012

Smoking Status	Parent Smoked	Parent Drank Alcohol	Cigarettes Not Harmful	Drink Alcohol	Use Marijuana 3+ times/year	My Religion Important	Attend Church 4+ time/month	Compulsive Behaviour
Non-smoker	15%	23%	4%	10%	1%	76%	66%	8%
Ex-smoker	68%	58%	19%	68%	24%	45%	57%	17%
Smoker	39%	48%	24%	85%	47%	46%	39%	29%

Factors associated with Alcohol Use

- Alcohol drinking is significantly associated with other lifestyle behaviours such as smoking, a non-vegetarian diet and parents alcohol use.
- Drinkers have less agreement with "the Bible forbids all alcohol" and that "alcohol is harmful".

Table 23.1: Factors Associated with Drinking Alcohol, % by Alcohol Status, 2012

Alcohol Status	Parent Drank Alcohol	Vegetarian Diet	Family worship	Bible forbids all alcohol	I'll Drink in future	Alcohol is Harmful	Smoker
Non-drinker	21%	21%	37%	48%	11%	45%	1%
Drinker	49%	11%	23%	28%	63%	12%	21%

Factors associated with Marijuana Use

- Marijuana use is significantly associated with parents drinking and smoking behaviours, violence in childhood and own smoking and drinking behaviour.
- Users have less agreement with the belief that "marijuana is very harmful".

Table 23.1: Factors Associated with Marijuana Use 3+ times in Past Year, % by Marijuana Use, 2012

Marijuana Use	Parent Smoked	Parent Drank Alcohol	Marijuana is Harmful	Drink Alcohol	Smoker	My Religion Important	Family Violence in Childhood
Never Use	15%	23%	95%	10%	1%	75%	17%
Use 3+ times	42%	54%	56%	83%	57%	82%	58%

Participants

- 20 Adventist high schools participated
- 1690 students were from Australia and 270 students were from New Zealand
- 53% were Adventist and most of the results reported pertain to Adventist students

Diet

- ✗ Trend for vegetarian diet is lower for all age groups
- ✗ More than 40% of students eat fast food 2+ times/week
- ✗ Over time more eating beef, chicken and fish

Alcohol

- ✗ Trend of “ever used” alcohol has increased for all ages since 2001
- ✗ 30% of females and 36% males aged 16-17 years used alcohol in past year

Drugs

- ✓ Prevalence of illicit drugs is very low
- ✓ Use of marijuana has decreased since 2001
- ✗ Inhalant use among 14 -15 and 16 -17 year olds has increased since 2001

Faith

- Among 16-17 year olds, 53% of females and 36% of males are baptised
- ✓ Positive trend of 16-17 year olds enjoying church and finding the Christian life satisfying
- 60% report attending church 4+ times/month

Physical Activity

- Over 50% of students have a regular exercise program
- Males of all ages are more active than females
- ✗ 16-17 year olds sit more hours than others

Health and BMI

- ✓ Males assess their health status better than females
- Females report more stress than males
- ✓ Except for 16-17 year old males, prevalence of BMI has decreased since 2001

Tobacco

- ✓ Smoking rates are very low
- ✓ Among young people **non-smoking** has increased significantly since 2001
- ✓ 98.6% of 12-13 year olds report as having never smoked

Lifestyle

- Over 80% of females have their own mobile phone and own social network account
- Male students spend more time on internet and playing computer games than females

Beliefs

- Only 20% of students agree that the church is doing enough to combat drugs
- 71% of 16-17 year olds believe they would remain a church member for life
- Lower trend for “Bible forbids all alcohol”