

Global school-based student health survey results

2024 FACT SHEET

The 2024 Lebanon GSHS was a school-based survey of students in Grade 7 - Grade 12 (typically attended by students aged 13 – 17 years). A two-stage cluster sample design was used to produce data representative of all students in Grade 7 - Grade 12 across Lebanon. In the first stage, 62 schools were selected with probability proportional to enrolment size. At the second stage, classes were randomly selected and all the students in the selected classes were eligible to participate.

The Lebanon GSHS measured Alcohol Use; Dietary Behaviours; Drug Use; Hygiene; Mental Health; Physical Activity; Protective Factors; Tobacco Use; and Violence and Unintentional Injury. Students self-reported their responses to each question on a computer-scannable answer sheet.

The school response rate was 82.3%, the student response rate was 69.0%, and the overall response rate was 56.7%. A total of 3,745 students participated in the Lebanon GSHS. Because of the low overall response rate, the data is unweighted.

Results for Students Aged 13-17 Years	Total	Boys	Girls
Alcohol Use			
Percentage of students who currently drank alcohol (at least one drink containing alcohol on at least 1 day during the 30 days before the survey)	10.5	14.7	6.9
Percentage of students who drank so much alcohol that they were drunk (one or more times during their life)	5.7	8.6	3.3
Dietary Behaviours			
Percentage of students who were underweight (<-2SD from median for BMI by age and sex)	3.5	5.1	2.2
Percentage of students who were overweight (>+1SD from median for BMI by age and sex)	27.6	33.1	22.8
Percentage of students who were obese (>+2SD from median for BMI by age and sex)	7.6	10.9	4.7
Percentage of students who drank any sugar-sweetened drink one or more times per day (during the 7 days before the survey)	42.3	44.4	40.4
Drug Use			
Percentage of students who had used cannabis (one or more times during their life)	3.0	4.7	1.7
Percentage of students who had used amphetamines or methamphetamines for non-medical purposes (one or more times during their life)	3.2	5.0	1.6
Hygiene			
Percentage of students who did not clean or brush their teeth or usually cleaned or brushed their teeth less than 1 time per day (during the 30 days before the survey)	10.6	14.1	7.6
Percentage of students who never or rarely washed their hands after using the toilet or latrine (during the 30 days before the survey)	2.1	2.9	1.3

Results for Students Aged 13-17 Years	Total	Boys	Girls
Mental Health			
Percentage of students who have no close friends	4.4	4.1	4.8
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)	18.2	14.2	21.6
Percentage of students who attempted suicide (one or more times during the 12 months before the survey)	14.1	11.7	16.2
Physical Activity			
Percentage of students who were not physically active for a total of at least 60 minutes per day on all 7 days (during the 7 days before the survey)	79.8	73.0	85.6
Percentage of students who spent three or more hours per day sitting or lying down (when they are not in school or doing homework or sleeping at night during a typical or usual day)	63.0	58.3	67.0
Percentage of students who got less than eight hours of sleep on an average school night	62.7	59.2	65.6
Protective Factors			
Percentage of students who reported that their parents or guardians never or rarely understood their problems and worries (during the 30 days before the survey)	35.6	36.6	34.8
Tobacco Use			
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	16.3	20.9	12.5
Percentage of students who currently used a tobacco product (on at least 1 day during the 30 days before the survey)	28.6	30.8	26.7
Percentage of students who currently used electronic cigarettes (on at least 1 day during the 30 days before the survey)	24.4	29.5	20.0
Violence and Unintentional Injury			
Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)	46.7	62.4	33.0
Percentage of students who were bullied on school property (during the 12 months before the survey)	27.4	27.4	27.5
Percentage of students who were cyber bullied (during the 12 months before the survey)	13.8	13.6	14.1

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For general information about the GSHS, please visit:

<https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/global-school-based-student-health-survey>