



World Health
Organization

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Europe

Growing up unequal: gender and socioeconomic differences in young people's health and well-being

Eating behaviours among adolescents in the Russian Federation

Fact sheet based on the results of Health Behaviour in School-aged Children (HBSC) survey 2013/2014



This fact sheet summarizes the main findings on eating behaviours among adolescents from the 2013/2014 Health Behaviour in School-Aged Children (HBSC) survey in the Russian Federation.

HBSC, a WHO collaborative cross-national study, is conducted every four years and provides information about the health and well-being, social conditions and behaviour of 11-, 13- and 15-year-old boys and girls in 42 countries and regions across the WHO European Region and North America. More than 4700 young people from the Russian Federation took part in the survey, the sixth to have been held in the country.

Graphs in this fact sheet show differences between the 2013/2014 survey and the previous HBSC survey from 2009/2010.

Summary of results

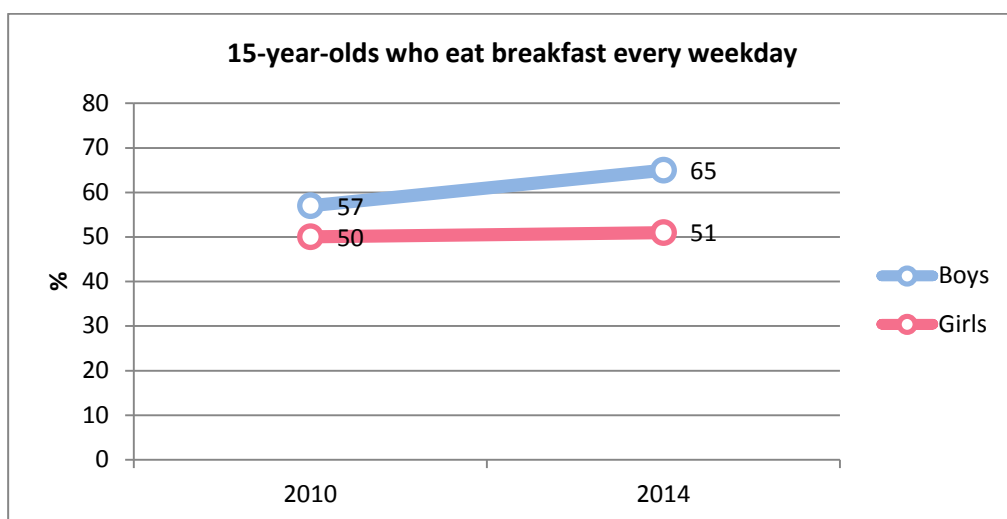
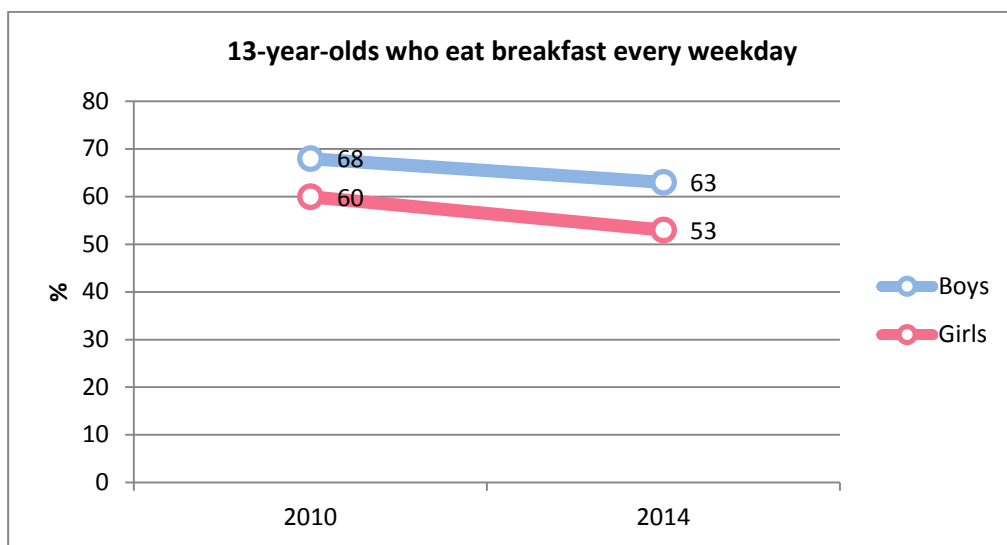
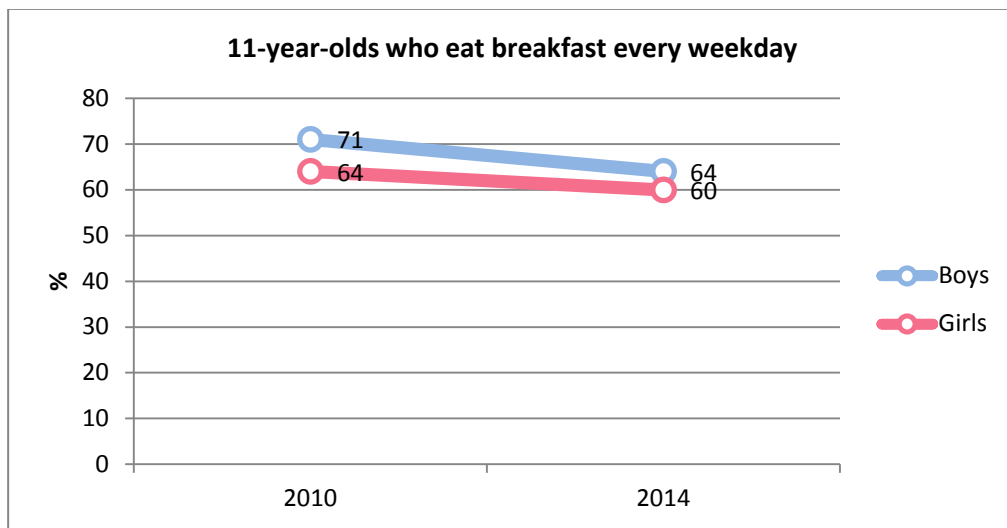
- Healthy behaviours – taking breakfast on weekdays, eating fruit and having an evening meal with the family – become less frequent with age.
- Around 41% of young people in the Russian Federation skip breakfast. This negative tendency is more common among girls and increases with age.
- Family affluence has a direct influence on eating breakfast and fruit consumption.
- Fruit consumption has increased compared to the 2009/2010 HBSC survey, but the change does not achieve significance.
- Prevalence of soft-drink consumption has decreased significantly from 23% in 2009/2010 to 11%. Boys are more likely to report soft-drink consumption.
- Having evening meals with one or both parents is significantly more common for boys and girls from high-affluence families, although frequency is lower than the HBSC average of around 49% for boys and girls.

Age differences

Prevalence of taking breakfast on weekdays in 11-year-old girls is 60%, but reduces by nine percentage points to 51% by age 15. Thirty-seven per cent of 11-year-old boys eat fruit daily, but only 28% of those at 15 do so.

Contrary to the trend seen in many countries and regions in the HBSC survey, young people in the Russian Federation consume less sugar-containing soft drinks as they age. Fifteen per cent of 11-year-old boys, for example, take sugar-containing soft drinks daily, against only 10% at 15.

Frequency of having a daily evening meal with the family reduces with age for boys and girls.



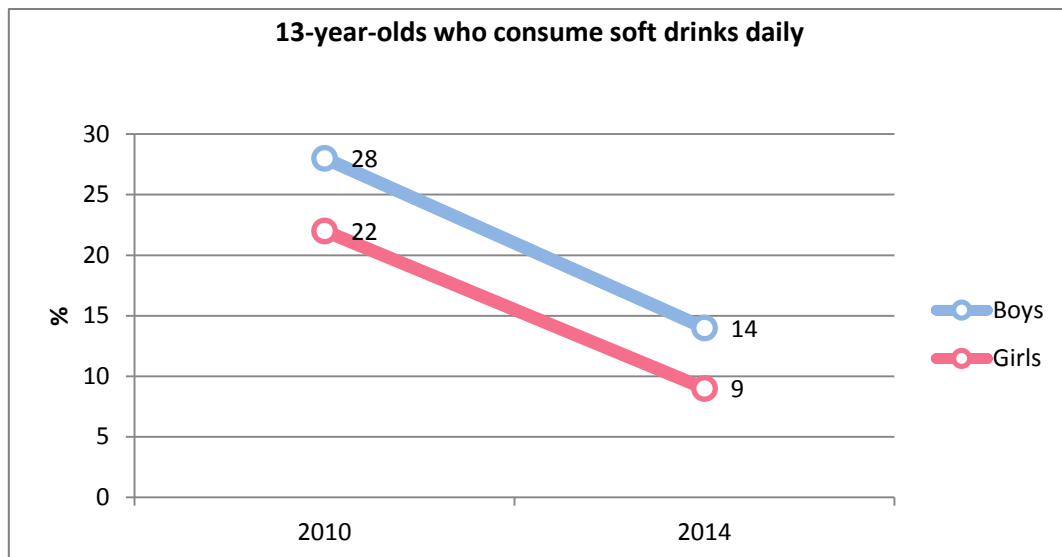
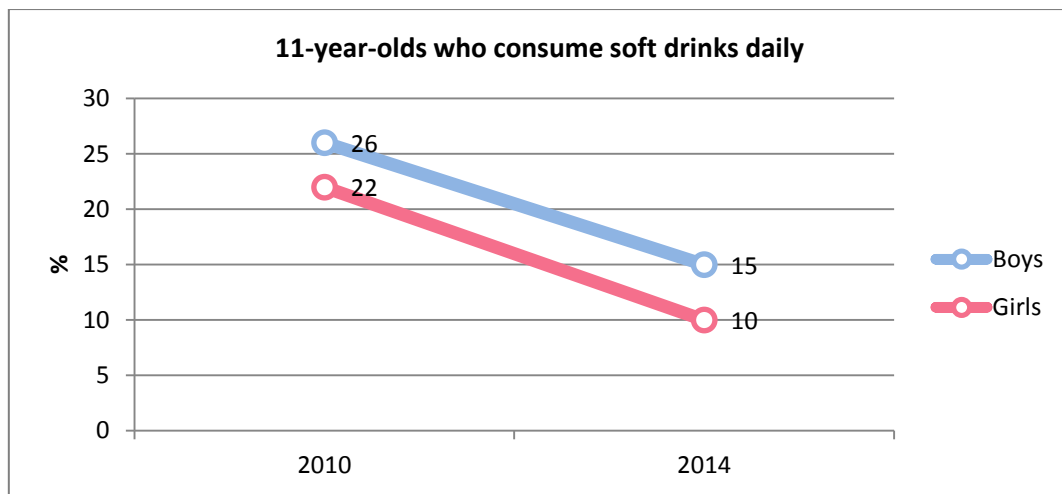
Gender differences

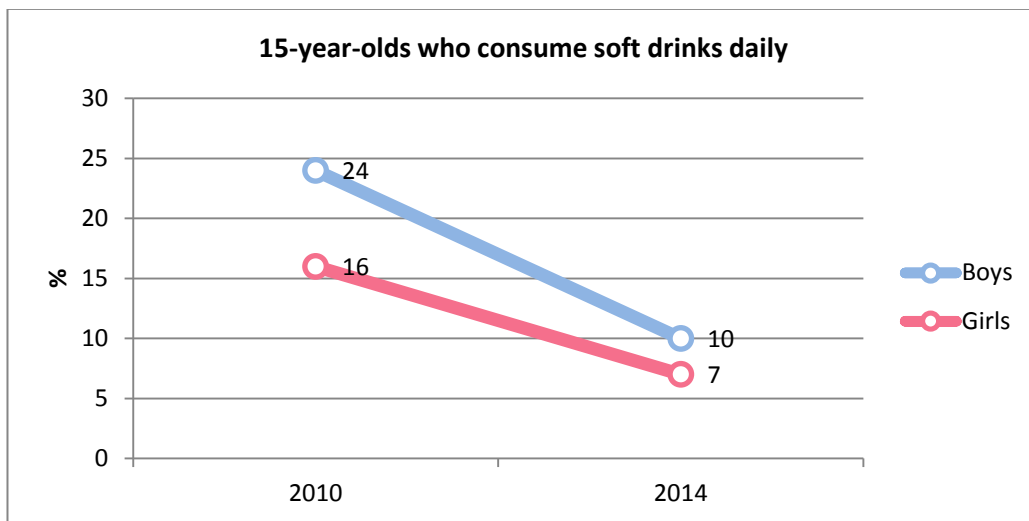
Boys in all age groups have breakfast on weekdays more often than girls. The difference at age 15 is 14 percentage points (51% for girls and 65% in boys).

Girls eat fruit more often, with the difference increasing with age from four percentage points at ages 11 and 13 to six percentage points at 15.

Boys consume sugar-containing soft drinks more often, but gender differences decrease with age.

No substantial gender differences on having a daily evening meal with the family emerged.





Family affluence

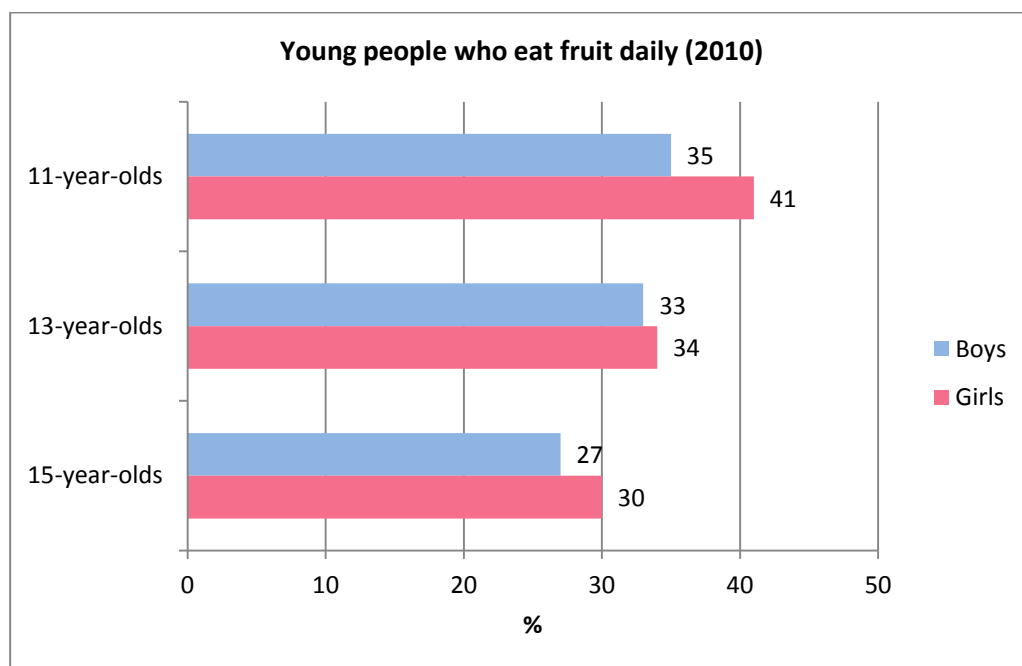
All positive eating behaviours (having breakfast, fruit and evening meal with the family daily) are related to family affluence. Drinking sugar-containing soft drinks is directly related to higher affluence in boys and lower affluence in girls.

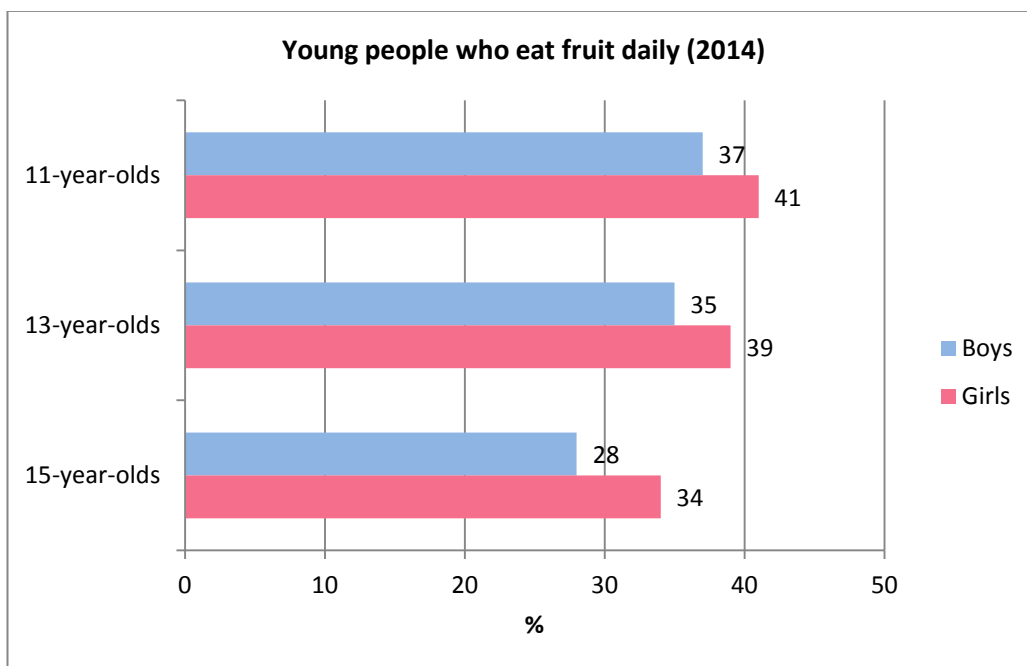
Differences from the previous HBSC study

Daily breakfast consumption reduced marginally for 11- and 13-year-olds but grew slightly for 15-year-olds, especially boys (by eight percentage points).

Eating fruit increased in all age groups in boys and girls, except for 11-year-old girls, where it was unchanged.

Consumption of sugar-containing soft drinks decreased substantially, by nine percentage points (to 7%) in 15-year-old girls and 14 percentage points in boys of 15 (to 10%).





How can policy help?

A federal programme to develop young people's ability to lead a healthy lifestyle and understand food culture is needed, supported by measures to promote consumption of fruit and vegetables, milk and dairy products and protein-rich food, and reduce intake of sweets and other products that increase the risk of diabetes, obesity and other diseases.

Healthy eating classes in schools have been introduced by the Government of the Russian Federation, but are not yet mandatory. A draft federal programme focusing on food culture for children and adolescents is expected to be implemented soon.

The European child and adolescent health strategy 2015–2020 emphasizes the need for intersectoral cooperation to promote healthy eating at all life stages. It recognizes that overweight and obesity present serious risks to the health of children and adolescents now and in the future and impose severe economic pressures on societies and health systems.

The global action plan for prevention and control of noncommunicable diseases for 2013–2020 draws public attention to unhealthy eating as a risk factor for diseases like diabetes, heart disease and cancer, and points to the need for healthy and adequate nutrition of mothers, babies, children and adolescents to promote health and prevent obesity.

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Report findings available as app:

The latest HBSC report is available as a smartphone application,¹ presenting data on 11-, 13- and 15-year-old boys' and girls' health and well-being, social environments and health behaviours, as well as the health inequalities many of them face. It is searchable by country and a wide range of health topics and connects to the WHO European Health Information Gateway.

¹ The smartphone application can be accessed at: <http://www.euro.who.int/euro-healthstats>