

LEISURE BEHAVIOUR OF AUSTRIAN ADOLESCENTS AND ITS IMPACT ON HEALTH: A QUANTITATIVE STUDY TO IDENTIFY AREAS FOR ACTION

Barbara Szabo, Florian Schnabel

FH Burgenland.

Contact details: barbara.szabo@fh-pinkafeld.ac.at

Introduction: In the leisure sector our society is confronted with permanent changes. Actual challenges are forcing voluntary activities, handling with new types of media and using free time wisely. According to the Social Model of Health by Dahlgren and Whitehead (1991) leisure-time activities have an important influence on adolescent health.

Objectives: The aim of the empirical study was to quantitatively analyse leisure-time activities of youngsters comprehensively (e.g. influencing factors, motives, health consequences, satisfaction).

Methods: In 2012 the FH Burgenland carried out a standardized online survey concerning leisure behaviour of young Austrians between the age of 11 and 17 (n = 461). The questionnaire was distributed among adolescents by virtual social networks.

Results: Favourite activities of Austrian adolescents are listening to music, surfing the internet and meeting friends. Sex, age and relationship with parents strongly correlate with choice of hobbies. Some activities like doing sports have a positive influence while others like playing computer games have a negative influence on self-reported health. 32% of adolescents are dissatisfied with their leisure time. Reasons are little free time as well as missing sense of purpose and little social contacts.

Conclusions: Austrian adolescents wish to have more leisure opportunities, meeting-points and less school stress. Possible actions are establishing leisure-time facilities and youth clubs. The results of this study could be used for further research concerning developing political suggestions.

HEALTH BEHAVIOUR OF YOUNG CHILDREN (3-10) IN AUSTRIA: CLOSING DATA GAP BY CARRYING OUT A QUANTITATIVE STUDY

Florian Schnabel, Barbara Szabo, Magdalena Thaller

FH Burgenland.

Contact details: florian.schnabel@fh-pinkafeld.ac.at

Introduction: Childhood and adolescence are those phases of life that form health behaviour in later years. Although the HBSC-study analyses health-related activities of pupils at the age of 11, 13, 15 and 17 years there is a lack of data concerning health behaviour of younger children in Austria.

Objectives: The aim of this study was to investigate health status, behaviour and social activities of children in the district of Oberwart quantitatively in order to close data gaps.

Methods: Within public health reporting 2012 in the Austrian province Burgenland a quantitative survey according to the HBSC-study was created. Parents of children in ten kindergarden and 13 primary schools in the district of Oberwart were asked about health status and behaviour of their kids (n = 552). Because of external assessment (parents) methodical limitations have to be considered.

Results: Results concerning health behaviour show that only 35% of parents say that their children are at least 60 minutes physically active every day. Findings related to nutrition indicate that according to parents only 27% eat vegetables daily while nearly half of them consume sweets at least once a day. The results show that healthy eating patterns correlate positively with educational background.

Conclusions: This study closed data gap concerning health status and behaviour of children at the age of three to ten years and

enables restricted comparisons with results of the HBSC-study. In future further research concerning health behaviour of young children in whole Austria is needed to promote health effectively.

DRINKING HABITS AMONG YOUTH: A QUANTITATIVE STUDY TO ANALYSE PUPILS' (14-22 YEARS) DRINKING PATTERNS IN AUSTRIA

Barbara Szabo, Florian Schnabel, Erwin Gollner

FH Burgenland.

Contact details: barbara.szabo@fh-pinkafeld.ac.at

Introduction: Alcohol-free drinks are the basis of a healthy diet. Water stimulates metabolism and promotes blood circulation, while a lack of water can lead to circulatory failure. However drinking habits of young people are a neglected field of science in health promotion. In Austria till now there has been no empirical study which analyses drinking patterns among adolescents.

Objectives: The aim of the quantitative study was to investigate drinking habits of pupils of secondary schools in Burgenland (Austria) between the age of 14 and 22.

Methods: In 2011 the FH Burgenland carried out a quantitative online-survey. The ÖSES.aqa07, in which drinking habits of Austrian adults have been analysed, was chosen as reference study. National and international drinking guidelines were used to assess findings.

Results: 60% of participating pupils (n = 114) reach the recommended amount of liquid intake (1.2-1.5 litres of water per day) or drink even more. 35% cover more than 75% of their daily liquid intake with water. Favourite drinks of pupils and students are water (mineralwater, mains water) (73%), flavoured water (48%), fruit juice with water (33%), coffee (29%) and ice tea (29%).

Conclusions: Pupils have to be motivated to pay attention to healthy drinking habits. To ensure sustainability circumstance-oriented intersectoral health promotion actions like filling vending machines with low-carbohydrate drinks as well as awareness campaigns are necessary. First steps in this direction have already been taken by carrying out several projects in educational establishments.

BARRIERS TO RECEIVING HUMAN PAPILLOMAVIRUS (HPV) VACCINATION AMONG FEMALE UNIVERSITY STUDENTS IN HONG KONG

Judy Yuen-Man SIU

David C. Lam Institute for East-West Studies (Environment, Health and Sustainability Working Group). Hong Kong Baptist University, Hong Kong.

Contact details: judysiu@hkbu.edu.hk

Introduction: Cervical cancer is noted as the second most common cancer in women worldwide. In Hong Kong, cervical cancer was the tenth most common cancer among women in 2010. Receiving HPV vaccination has been clinically recognized as one of the effective preventive measures in decreasing the incidence of precursors of cervical cancer. However, in Asian countries like Hong Kong, the vaccination rate is low.

Objectives: This study investigates the barriers to receiving Human Papillomavirus (HPV) vaccine among female undergraduate students in a Hong Kong university.

Methods: This study adopts a qualitative approach by conducting individual semi-structured interviews with 35 young women aged 19 to 23.

Results: Seven intertwining perceptual, social and cultural, healthcare providers, and financial barriers were noted. These barriers include: perception as being low-risk due to an absence of sexual contact, lack of confidence in the safety of the vaccine,