

## Cognitive social capital in school and neighborhood, health and well-being among youth: regional differences across three prefectures in Japan

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Social capital has been discussed as a potential social determinant of health. Although most studies on social capital and health relate to adults, there are a few studies in this area focused on young people. Most previous studies on social capital and youth health have been limited to social capital in family and communities, and may have thought little of that in schools. This study examines the extent to which cognitive social capital in school and neighborhood is associated with adolescents' perceived health and well-being and the extent to which the patterns of relationship are similar across three prefectures in Japan.

Self-administered questionnaires were distributed to 1,362 students in grades 10-12 at 6 public high schools across I, S, and O prefectures in 2011. Cognitive social capital at individual level was conceptualized as trust and reciprocity among students and teachers in school as well as neighbors in neighborhood. As for questionnaire items of social capital, we selected 7 items of cognitive social capital in school and 5 items of cognitive social capital in neighborhood. To assess students' health status and well-being, we used self-rated health and happiness.

The results showed that, after taking account of the covariates, cognitive social capital in school was positively associated with self-rated health and happiness across the all three prefectures. On the other hand, cognitive social capital in neighborhood was not associated with self-rated health but positively associated with happiness except O prefecture. Although the levels of health and well-being differed by region, after region was simultaneously entered with social capital variables and covariates into the regression model, regional differences in health and well-being were eliminated.

This study shows that there are similar cross-regional patterns in relationships with more consistent links between school social capital and health outcomes than between neighborhood social capital and health outcomes.

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