

Number of participants: 2.260 (1.087 boys and 1.173 girls) Survey administration cours: 2019-2020

GENERAL HEALTH

% of people who perceive their health as excellent or very good



Boys

61,7

Girls

% of people with a Body Mass Index (BMI) within normal range





CONSUMPTION OF ADDICTIVE SUBSTANCES

% of people who have a mood above the average mood of DESKcohort

adolescents'



The average age at which people start smoking

> Girls Boys 13,9

% of people who smoke every day

> Bovs Girls





The average age at which people start drinking alcohol

> Girls Boys 13,5 13,8

% of people who make a risky consumption of alcohol1

Boys Girls 21,8% 25,2%

1 Risky consumption of alcohol: score of 3 or more on **AUDIT** test

The average age at which people start smoking cannabis

> Boys Girls 14,8

% of people who make a risky consumption of cannabis²

Girls Bovs 3,4% 3.5%

² Riskv consumption of cannabis: score of 7 or more on CAST-F test

NUTRITION

% of people who eat fruit more than once a day



% of people who eat vegetables more than once a dav



% of people who do not eat pastries or eat occasionally



% of people who do not drink soft drinks or drink occasionally



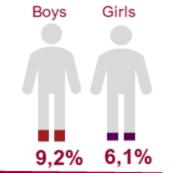
PERSONAL AND AFFECTIVE **RELATIONS**

% of people who have done bullying

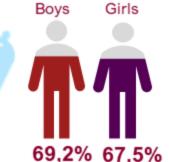
Girls Boys

7.2%

% of people who have suffered bullying



% of people who always use a condom when they have sexual relations (Boys= 198; Girls=231)





% of people who are satisfied with their sexual life

PHYSICAL ACTIVITY

% of people who do moderate or vigorous physical activity for at least 1 hour per day





Girls

Boys

Sub-direcció General de Drogodependències



Salut/Agència de Salut Pública de Catalunya











