

# Overall Results

Number of participants 2.086 (883 boys and 1.203 girls)

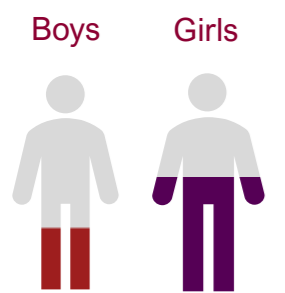
Course: 2nd of Baccalaureate

Survey administration course: 2021-2022

# DeSK COHORT

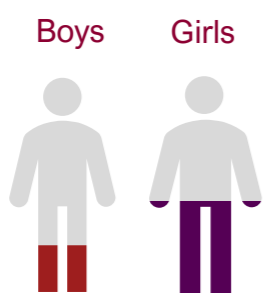
## GENERAL HEALTH

% of people that do not perceive their health as excellent or very good



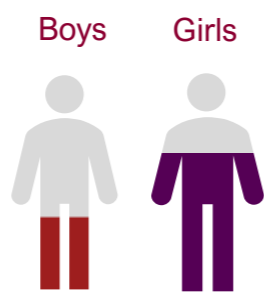
28,3% 53,1%

% of people that have emotional distress <sup>1</sup>



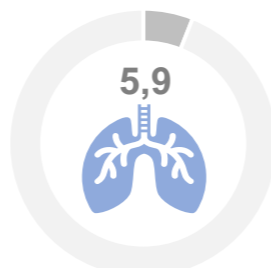
22,3% 43,1%

% of people that believe that their mental health has worsened since COVID -19



32,3% 60,4%

% of people suffering of asthma

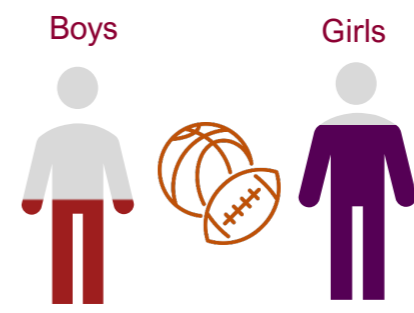


% of people with obesity according to BMI



## PHYSICAL ACTIVITY

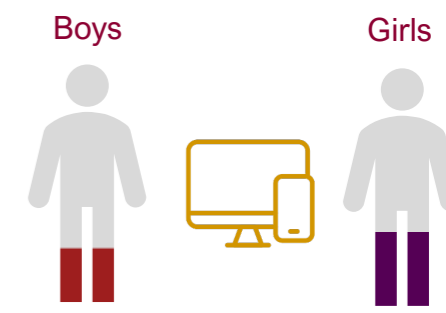
% of people who do not follow the WHO physical activity recommendations



43,9% 71,7%

## USE OF DISPLAYS

% of people who make problematic use of digital entertainment <sup>3</sup>



23,1% 31,0%

## SEXUAL AND REPRODUCTIVE HEALTH

Noies

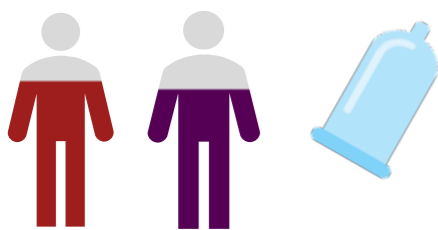
% of girls who suffer from menstrual cramps on a regular basis (n=1.164)



41,6%

% of people that do not always use a condom when having anal or vaginal penetrating sex (Boys=306; Girls=508)

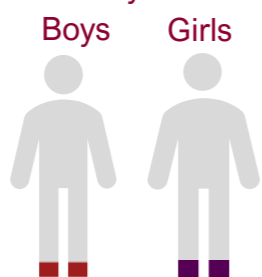
Boys Girls



44,1% 54,1%

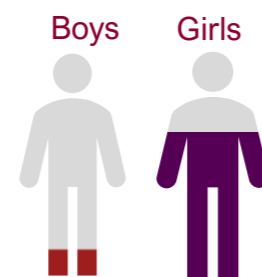
## INTERPERSONAL RELATIONS

% of people who report having suffered from bullying in the last year



7,0% 8,4%

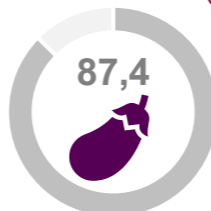
% of people who report having suffered sexual violence (12 boys and 13 girls prefer no to answer)



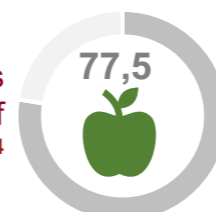
11,4% 69,0%

## NUTRITION

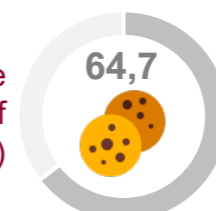
% of people who consume less than the recommended amount of fruit (at least once a day) <sup>4</sup>



% of people who consume less than the recommended amount of vegetables (at least once a day)



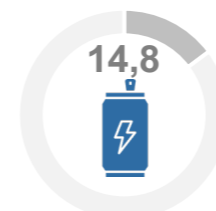
% of people who consume more than the recommended amount of pastries (maximum once a week)



% of people who consume more than the recommended amount of soft drinks (maximum once a week)

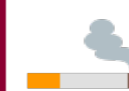


% of people who consume more than the recommended amount of energetic drinks (maximum once a week)

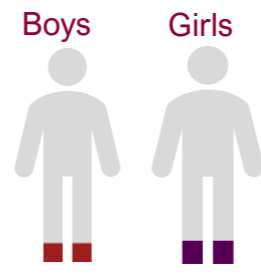


## USE OF ADDICTIVE SUBSTANCES

Average age at which people start smoking **14,8** and **14,7**



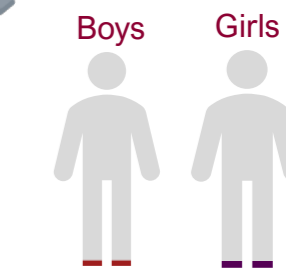
% of people who smoke every day



8,8% 11,7%



% of people who smoke electronic cigarettes

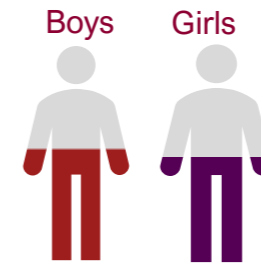


3,0% 3,3%

Average age at which people start drinking alcohol **14,7** and **14,5**



% of people who make a risky use of alcohol <sup>5</sup>

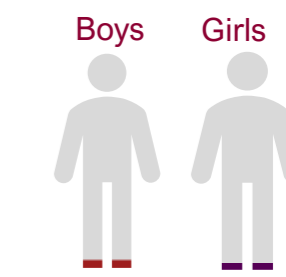


52,2% 48,3%

Average age at which people start smoking cannabis **15,4** and **15,5**



% of people who make a risky use of cannabis <sup>6</sup>



3,4% 3,3%

<sup>1</sup> Emotional Distress: Score of 44 or less on the WEMWBS test. <sup>2</sup> World Health Organization criteria: strenuous or moderate physical activity at least one hour a day. <sup>3</sup> Problematic use of digital entertainment displays: Score of 28 or more on the CIUS test. <sup>4</sup> According to Healthy Eating Index for the Spanish population. <sup>5</sup> Risky use of alcohol: Score of 3 or more on the AUDIT-C test. <sup>6</sup> Risky use of cannabis: Score of 7 or more on the CAST-F test.