

# Overall Results

Number of participants 768 (465 boys and 303 girls)

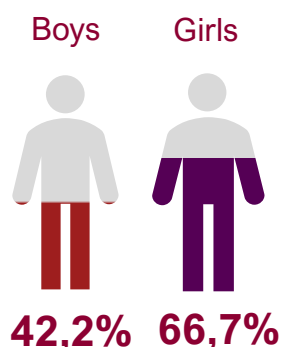
Curs: 2nd year of CFGM

Survey administration course: 2021-2022

# DeSK COHORT

## SALUT EN GENERAL

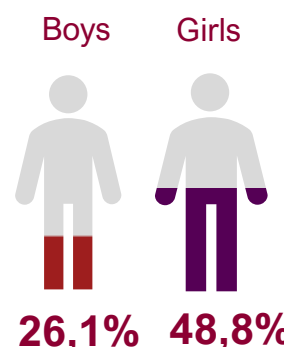
% of people that do not perceive their health as excellent or very good



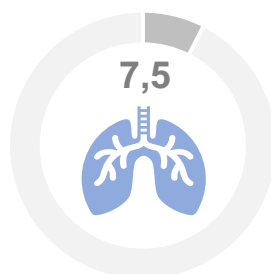
% of people that have emotional distress <sup>1</sup>



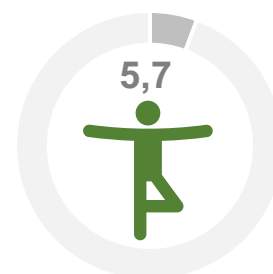
% of people that believe that their mental health has worsened since COVID -19



% of people suffering of asthma

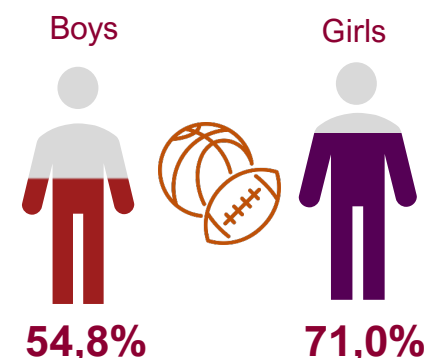


% of people with obesity according to BMI



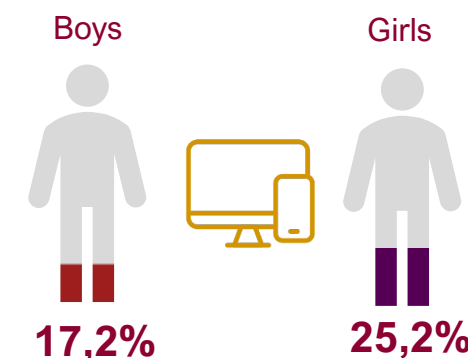
## PHYSICAL ACTIVITY

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



## USE OF DISPLAYS

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

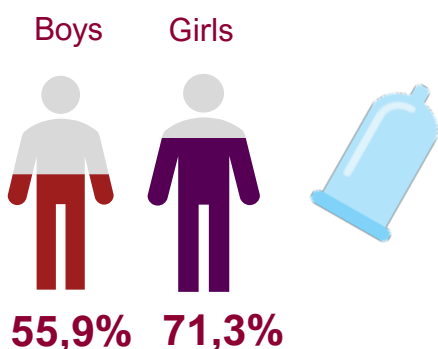


## SEXUAL AND REPRODUCTIVE HEALTH

% of girls who suffer from menstrual cramps on a regular basis (n=282)

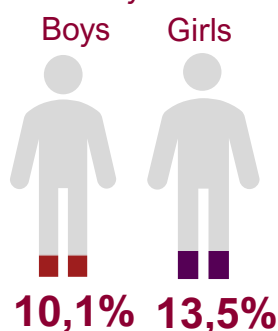


% of people that do not always use a condom when having anal or vaginal penetrating sex (Boys= 211; Girls= 164)

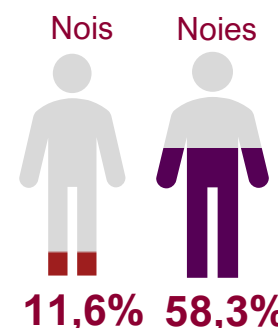


## RELACIONS INTERPERSONALS

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

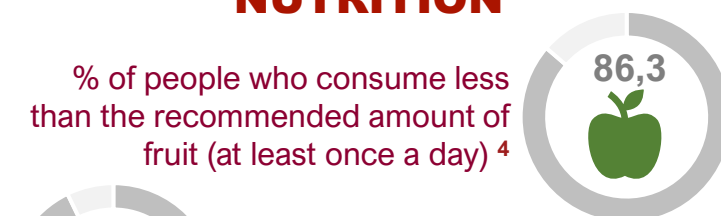


% of people who report having suffered sexual violence (12 boys and 9 girls prefer no to answer)



## NUTRITION

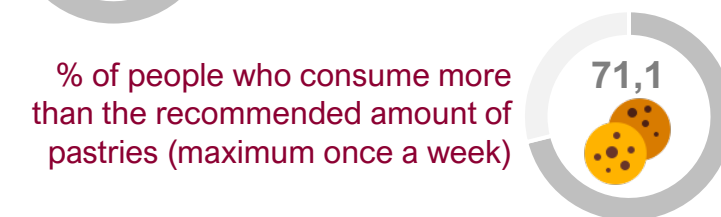
% of people who consume less than the recommended amount of fruit (at least once a day) <sup>4</sup>



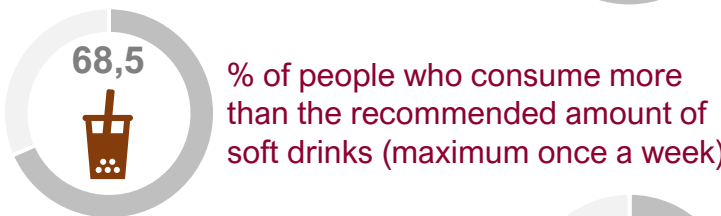
% of people who consume less than the recommended amount of vegetables (at least once a day)



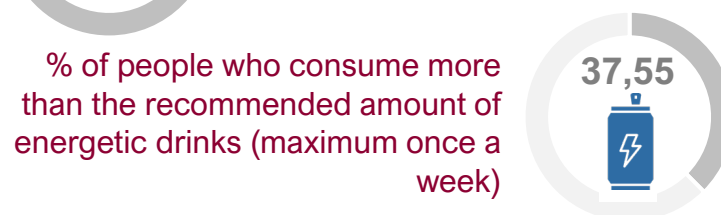
% of people who consume more than the recommended amount of pastries (maximum once a week)



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

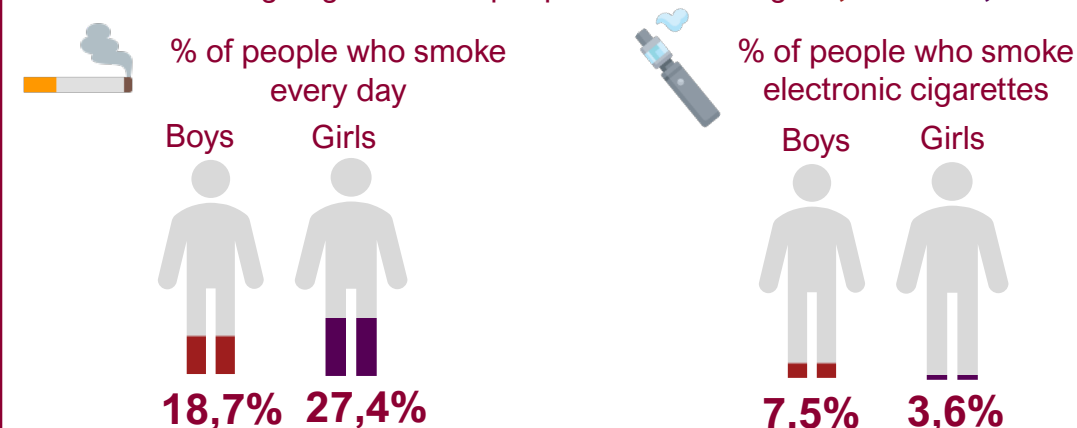


% of people who consume more than the recommended amount of energetic drinks (maximum once a week)

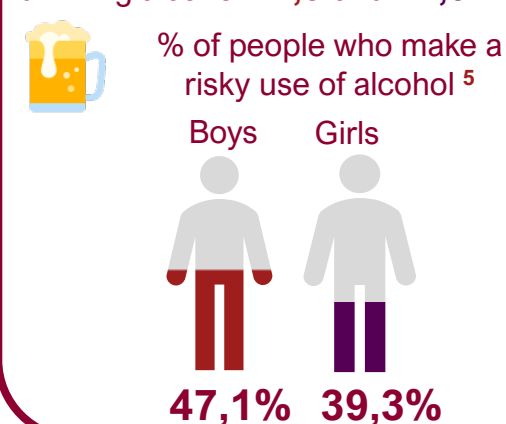


## USE OF ADDICTIVE SUBSTANCES

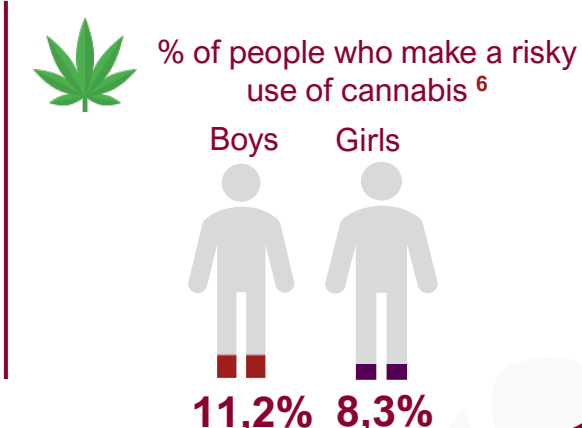
Average age at which people start smoking **14,7** and **14,5**



Average age at which people start drinking alcohol **14,9** and **14,9**



Average age at which people start smoking cannabis **15,4** and **15,6**



<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.