

Overall Results

Number of participants: 9.265 (4.558 boys and 4.707 girls)
 Course: 2nd and 4th year of ESO, 2nd of Baccaulaureate and
 2nd year of CFGM
 Survey administration course: 2021-2022

DesK COHORT

GENERAL HEALTH

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



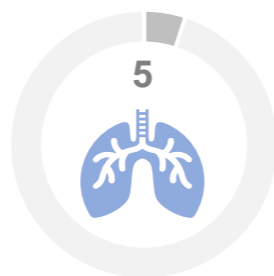
% of people that have emotional distress ¹



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



% of people suffering of asthma

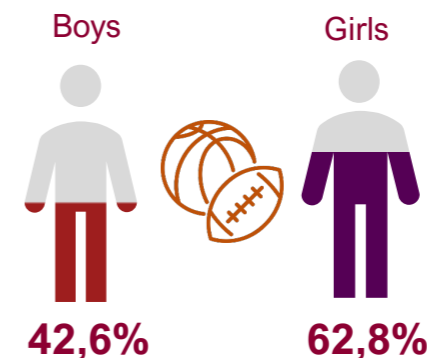


% of people with obesity according to BMI



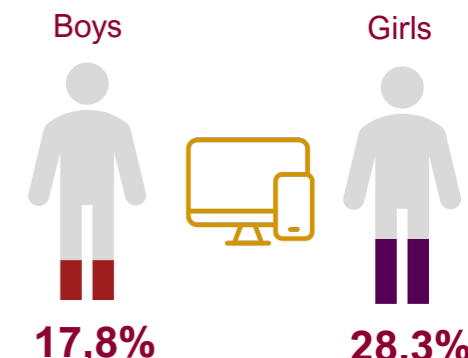
PHYSICAL ACTIVITY

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



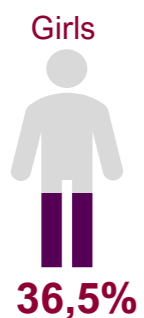
USE OF DISPLAYS

% of people who make problematic use of digital entertainment ³

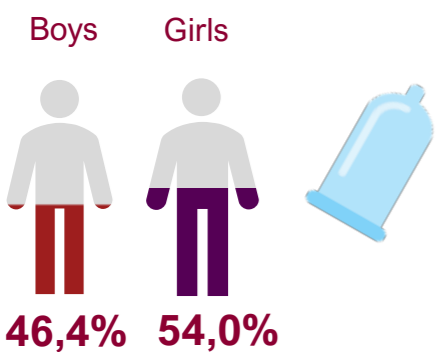


SEXUAL AND REPRODUCTIVE HEALTH

% of girls who suffer form menstrual cramps on a regular basis (n=4.333)

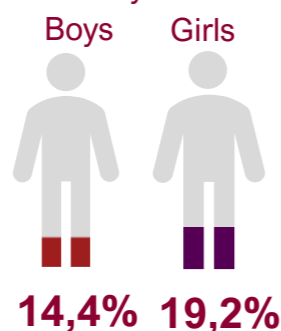


% of people that do not always use a condom when having anal or vaginal penetrating sex (Boys=768; Girls= 996)



INTERPERSONAL RELATIONS

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

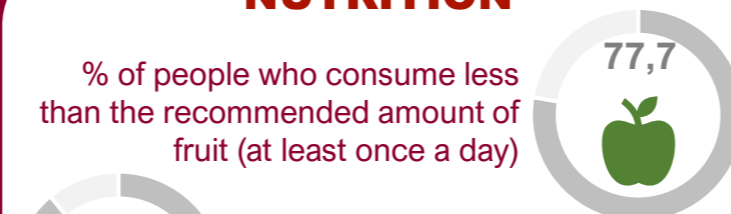


% of people who report having suffered sexual violence (116 boys and 144 girls prefer no to answer)



NUTRITION

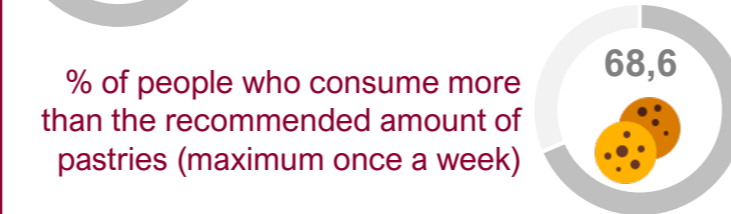
% of people who consume less than the recommended amount of fruit (at least once a day)



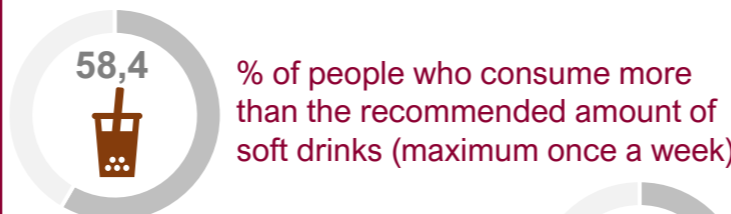
% of people who consume less than the recommended amount of vegetables (at least once a day)



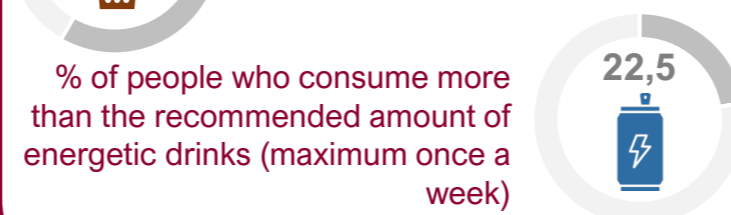
% of people who consume more than the recommended amount of pastries (maximum once a week)



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

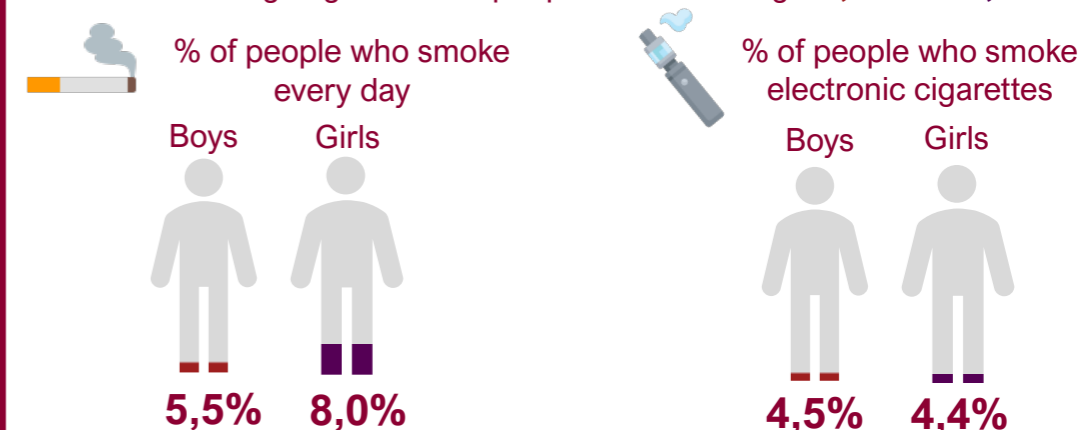


% of people who consume more than the recommended amount of energetic drinks (maximum once a week)

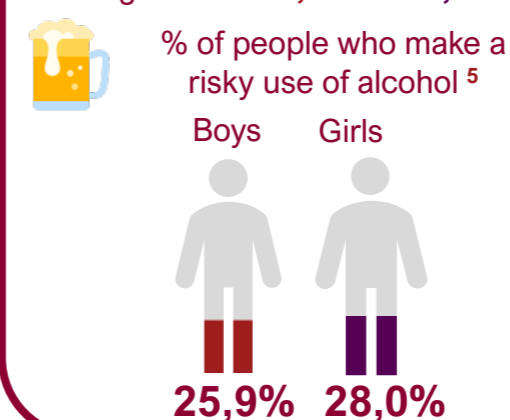


USE OF ADDICTIVE SUBSTANCES

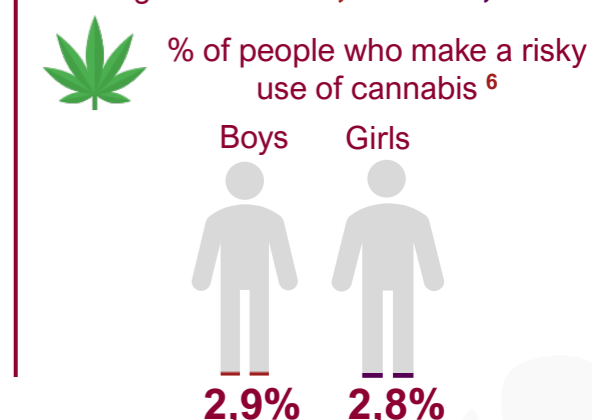
Average age at which people start smoking **14,1** and **14,0**



Average age at which people start drinking alcohol **13,9** and **13,9**



Average age at which people start smoking cannabis **14,9** and **14,9**



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