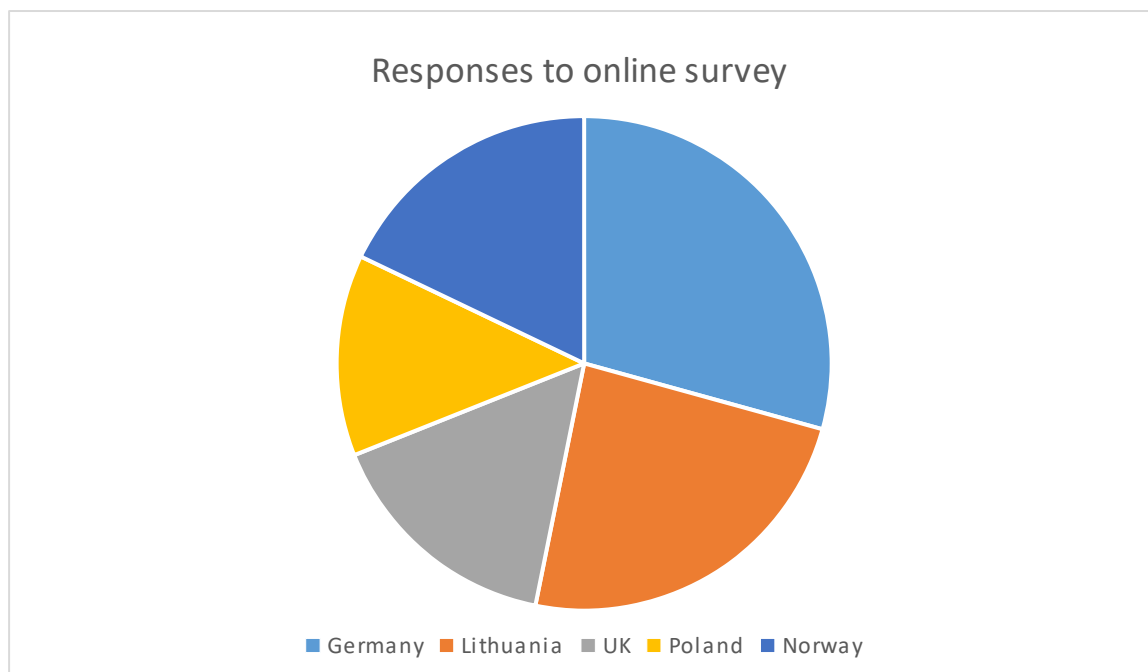


Results of the Healthy Living Survey

1. Background

The survey was designed by project students aged 13-19 from 6 countries during an LTT in Germany in January 2017. It consisted of 28 questions covering diet, stress, time spent online, relaxation techniques, image, fitness and sport participation, smoking and alcohol and substance consumption.

The survey was converted into Survey Monkey and carried out in each country, except Greece, with a total of 570 responses. The Greek survey was carried out manually.



2 Summary of the overall results

2.1 Stress, socialising and relaxation

- 36% said that stress doesn't affect how they eat but 26% said they ate less when stressed.
- 71% said they sometimes feel stressed each week.
- 74% cited school and homework as the thing that makes them most stressed.
- 36% said that stress made them feel nervous and 31%, angry.
- Students generally felt that stress affected them more physically than mentally although 36% said it affected them both ways.
- 65% stated 'at home' as their favourite place to relax.
- The most popular past times to relax were sleeping and meeting friends followed by video games and sport.

- 77% get more than 7 hours of sleep a night.
- 57% of students saw their friends 1-3 times a week or more.
- 41% of students spend more than 4 hours a day online.
- 55% said that exercise helped them to relax and be less stressed.

2.2 Diet

- 28% of students eat fruit and vegetables 3-4 times a week and 17% less than that.
- 74% of those surveyed said they sometimes eat processed food.
- The majority of those surveyed had never followed a diet.
- 28% estimated that they drink at least 7 glasses of water a day.

2.3 Physical fitness and image

- 56% are happy with the way they look.
- Physical fitness is important for 69% and 72% do sport, football being the most common answer.
- 61% exercise more than 3 times a week.
- Approximately half of those surveyed said they were an optimist.
- Half of those surveyed think they are healthy.

2.4 Smoking, alcohol and substances

- Only 13% of those surveyed said that they smoked.
- Of those 74% smoked less than 5 cigarettes a day.
- 43% said that they never drank alcohol and only 18% said that they did once a week or more.
- Only 8% said that they took drugs.

3. Summary of results by country

Country	Positive outcomes	Negative outcomes
Lithuania	<ul style="list-style-type: none"> • Are the most likely to cook every day • Walk the most when relaxing at home • Use social media the least • Are the most convinced that exercise helps stress • Are the least likely to get stressed • Are the most likely to go outside to relieve stress • Are the most optimistic • Do the widest range of sports 	<ul style="list-style-type: none"> • Are the most likely never to see their friends.
Poland	<ul style="list-style-type: none"> • Spend the least time online • Are most likely to do to sport to relax • Are the most convinced that they are healthy 	<ul style="list-style-type: none"> • Eat the most processed food • Eat the least fruit and vegetables • Are the most likely to follow a diet • Drink the most alcohol to relax

		<ul style="list-style-type: none"> • See physical fitness as the least important • Are the most likely to get less sleep • Do the least exercise • Are most stressed by family and friends • Smoke the most • Drink the most alcohol • Take the most drugs
Germany	<ul style="list-style-type: none"> • Are the largest eaters of fruit and vegetables • Spend the least time online • Chose the widest option of things to do to relax • Are the happiest about their appearance • Are the most likely to get 10+ hours sleep • Drink the most water • Do the most sport • Are the least likely to drink alcohol 	<ul style="list-style-type: none"> • Play the most video games to relax • Are the most likely only to see friends at the weekend • Are the second least optimistic
UK	<ul style="list-style-type: none"> • Are the most likely to see their friends every day • Are the least likely never to see their friends • Are most likely to meet friends when stressed. 	<ul style="list-style-type: none"> • Are the most likely to follow a diet • Spend the most time online • Do the least sport to relax • Do most drugs to relax • Are least happy about the way they look • Are the least optimistic • Drink the least water • Do least sport • Are the most stressed by family and friends • Are the angriest
Norway	<ul style="list-style-type: none"> • Eat the least processed food • Are the least likely to follow a diet • See physical fitness as the most important • Have the most normal sleep pattern • Do the most exercise a week • Are the least likely to smoke • Are the least likely to take drugs 	<ul style="list-style-type: none"> • Are most likely to relax at home • Sleep the most to relax • Do the least sport to relax • Do the most social media to relax • Are the least likely to see friends every day and the most likely never to see friends • Drink the least water • Are the highest number to be stressed all of the time • Are the most stressed about

		<p>school and homework</p> <ul style="list-style-type: none"> • Identified the most negative activities to relieve stress • Are the saddest and most tired when stressed.
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4. Benchmarking

4.1 OECD

It is difficult to find an exact set of data against which to compare our findings as the survey was created by the students themselves. However, we can draw general comparisons in some areas between our data and OECD data by reviewing the document 'Health at a Glance: Europe 2016- State of Health in the EU Cycle

<http://dx.doi.org/10.1787/9789264265592-en> as follows:

Category	Our findings	OECD data for children	OECD data for adults
Diet	Generally our students ate too much processed food, not enough fruit and vegetables and didn't drink enough water. Polish students appeared to have the worst diet.	Interestingly Germany (boys) and the UK (girls) showed the highest obesity rates (far outranked by Greece) and Poland has the lowest obesity rates of the whole EU among girls. The report does state that obesity is rising in Poland, however. German girls eat above the EU average for fruit and British girls for vegetables.	Self-reported obesity is highest in the UK. Both Norway and the UK are above EU average for women eating fruit daily and Norway, UK and Poland for men. For vegetable consumption, only Germany is below the EU average.
Smoking	Generally those surveyed were non-smokers or light smokers with Poland being the exception.	Lithuanian boys are among the highest smokers in Europe but in most countries rates are decreasing.	Poland is the only country above EU average for adult smoking. Lithuania has the biggest gender gap with 25% more men smoking compared to 2% in Norway.
Alcohol	Alcohol consumption is generally low with Poland again the highest consumers.	Lithuanian boys and British girls are among the highest consumers of alcohol and above the EU average for getting drunk. This is	Alcohol consumption amongst Lithuanians is the highest in the EU and has risen the most in the last 14 years. Germany records the

		falling in the UK.	highest binge drinking.
Physical Activity	Just under three quarters of our students do sport, with Norwegians being the most active and the Polish the least.	Norwegians and Poles are the only nationalities in our group to do above the EU average of sport. British and German girls are the least active.	Only Polish women were below the EU average for moderate physical weekly activity. Germany had the highest level for both genders (Norway was not represented.)
Drugs	Only 8% of our sample took drugs with the Polish being the most likely to do so.	The UK is the highest user of Cannabis, Cocaine and Ecstasy, whilst the Germans use the most Amphetamines. Cocaine usage in Poland has gone up in recent years.	The data for adults reflects the outcomes of those for young people aged under 16 (see previous column).

4.2 W.H.O & Eurostat

The OECD have not published statistics comparing attitudes to stress, therefore for this element we will benchmark against the World Health Organisation's document http://www.euro.who.int/_data/assets/pdf_file/0013/70114/E93036.pdf and Eurostat http://ec.europa.eu/eurostat/statistics-explained/index.php/Being_young_in_Europe_today_-_digital_world#Youth_online:_a_way_of_life.

Category	Our findings	W.H.O. and Eurostat findings
Stress & mental well-being	Norwegian students appeared to have the lowest mood when stressed reporting sadness and tiredness. They and the Lithuanians appear to be the most socially isolated.	Lithuania and Norway both show higher than average potential for suicide and self-harm among young males. It is not so extreme among females which reflects the general EU trend.
Social Media	Online games were a popular means of relaxing outside of Poland and Lithuania. The largest users of social media generally were the Norwegians.	According to the W.H.O., the use of online games increased dramatically between 2000 and 2006 but there is no breakdown by country or more up to date data available. The report recognises the impact this has on young people's mental health and isolation. Eurostat recognises that 82% of people aged 16-29 used social media in 2014. Lithuanians were among the highest users.

5. Conclusion

Area	Conclusion	Action
Diet	Our survey revealed that our students do not eat healthily. Although our data did not match that acquired by the OECD concerning the analysis by country, this must still be a key focus of our eBook and future training	The LTT in Lithuania should focus on diet predominantly and how to encourage students to eat healthy alternatives to processed food.
Physical fitness and image	Our data in this field was closer to the OECD results for adults. More than half of our students considered physical exercise important and participated, however we cannot be complacent, especially as some students surveyed were studying sport.	The LTT in Norway needs to investigate how we promote participation in sport more to young people by using student ambassadors.
Substance abuse	The results of our survey matched those of the OECD concerning smoking which is no longer the major health issue in the EU that it was. However, our data conflicted regarding alcohol consumption. Substance abuse appears to be a problem in the UK and Poland.	The LTT in Norway should investigate further what young people are using and why and how they can achieve a similar 'high' in a healthier way.
Stress and mental health	Our survey contradicted eurostat's findings and identified Germans and Norwegians as the greatest users of social media. However, it supported the W.H.O's findings on negative life attitude.	We live in a digital age and it will be difficult to wean young people away from social media and video games. We need to teach them alternative ways to relax, as we did at the LTT in Germany. We should continue introducing these alternatives and work with them to discover how we can make these attractive to young people living a sedentary lifestyle at future LTTs.