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Executive Summary

Health-related behaviours

- ❖ 67.8% of people aged 15 to 69 undertakes what is considered a healthy level of physical activity. This proportion is slightly higher among men, among people with university degrees and among the wealthier social classes. 22.2% of the population aged 18 to 74 exhibits sedentary behaviour, more prevalent among women. In the population aged 3 to 14, 22.2% engages in a lifestyle of sedentary leisure, that is, at least 2 hours every day to watch TV, to play videogames, PC or the Internet.
- ❖ 25.9% of people aged 15 and over is a smoker (daily or occasional). There is a steady decrease in the percentage of smokers in the 1990-2014 period. There is a higher prevalence of smoking among men than among women for all age groups. Consumption is lower among men from wealthier social classes and among women with primary or no education.
- ❖ 4.5% of the population aged 15 and over partakes in hazardous alcohol consumption. It is much higher in men at all ages, and it is lower among the highest social class and among people with university degrees.
- ❖ With respect to eating habits, one out of ten people consumes five daily servings of fruit and/or vegetables, 43.4% of the population aged 3 and over has breakfast twice during the course of the morning and, in the 2013-2014 period, three out of four children between 3 and 14 years make a low consumption of high-calorie products.
- ❖ Regarding preventive practices, more than half of the population aged 15 and over has their blood pressure measured periodically, and six out of ten people have their blood cholesterol measured periodically. The highest frequencies are observed for regular mammography in women from 50 to 69 years of age (92.9%) and for vaginal cytology in women from 25 to 64 years of age (79.7%). 53.1% of the population aged 60 and over gets a flu vaccine regularly. Of the population aged 40 and over, 13.7% occasionally has their stool tested for hidden blood and 20.8% undergoes a colonoscopy.

Health status

- ❖ 83.2% of people positively assess their health status. It is worse among women, as well as among older age groups, lower socio-economic groups and people with primary education or no education.
- ❖ Among the population aged 15 and over, the health-related quality of life dimensions that most frequently cause problems are pain or discomfort (31.0%), anxiety and/or depression (18.2%) and mobility (13.6%). Women have a higher proportion of problems than men in all dimensions. There is a higher proportion of people with problems in older age groups, in lower socio-economic groups and among those with lower levels of education.
- ❖ Almost half of the people aged 18 to 74 carries excess body weight (they are either overweight or obese). 33.1% are overweight, and 15.0% are obese. Being overweight affects more men (40.4%) than women (25.7%), and obesity is similar for both sexes

(15.1% in men and 15.0% in women). A higher percentage of the population is overweight in the lower social class and among people with primary education or no education.

- ❖ 30.4% of the population aged 6 to 12 carries excess body weight (they are overweight or obese). Being overweight affects both sexes equally (18.7%), while obesity is more frequent among boys (13.5%) than girls (9.9%). The prevalence of obesity is higher among those under 15 from the poorer classes and when the mother only has a primary school level of education or no education.
- ❖ People aged 15 and over sleep an average of 7.3 hours, and 81.6% sleep from 6 to 8 hours. This percentage decreases as the groups get older and is lower among people from lower social classes and among those with primary education or no education.
- ❖ 38.0% of the population as a whole suffers a longstanding or chronic illness or health problem, and this percentage is higher among women, the higher age groups, and those with primary education or no education. The lowest percentage is found among the wealthiest social class.
- ❖ The main chronic conditions that the population aged 15 and over suffers or has suffered are those related to the musculoskeletal system and to the circulatory system, as well as migraine, depression or anxiety and chronic allergies. The main chronic conditions that the population aged 14 and under suffers or has suffered are repeated bronchitis, enuresis and repeated otitis.
- ❖ 8.5% of the population aged 15 and over is at risk of developing a mental disorder. The prevalence is higher among women in all age groups, among people belonging to the lower classes and among those with primary education or no education. Regarding mental well-being or positive mental health, the average level of mental wellbeing among the Catalan population aged 15 and over is 59.0 points on a scale of 14 to 70.
- ❖ 14.7% of the population as a whole has suffered one unintentional injury or more during the last year. Unintentional injuries are more prevalent among men in younger age groups, among women in older age groups and among people with primary education or no education. People get injured more frequently at home and the most frequent cause is a fall at ground level.
- ❖ 14.6% of people aged 15 and over have a disability and the prevalence is higher among women, among people aged 75 and over and among people with primary education or no education. 9.9% of people aged 15 and over need help or the company of others to carry out common everyday activities due to a health problem. This lack of personal autonomy or state of dependency is particularly evident among people aged 75 and over and is more common among women, as well as among the most disadvantaged social classes and among people with primary education or no education.

Use of health services and satisfaction

- ❖ 24.8% of the population of all ages has double health coverage. People with double health coverage are younger, are more often women, belong to higher socio-economic classes,

have a higher level of education, to a greater extent have a positive perception of their health and have visited a health professional in higher proportion.

- ❖ Nine out of ten people visited a health professional at least once last year. 78.0% of the general population has been visited by a professional in general medicine or paediatrics, and 65.7% by another medical professional. Almost three out of ten people visited an emergency department last year, and 7.4% of the population has stayed at least one night in hospital in the last twelve months.
- ❖ 5.4% of the general population had had a health problem requiring medical care in the past fortnight but did not ask for it. The main reasons for not asking for this care are that 'it was not serious enough' and that 'the visit was scheduled later on'.
- ❖ 60.7% of the population aged 15 and over and 25.5% of children from 0 to 14 years of age had used some type of medicine during the two days preceding the interview. The medicines most frequently consumed among that adult population consumed are aspirin or similar pain-relievers and/or anti-inflammatory drugs (25.0%), followed by hypertension drugs (19.3%) and cholesterol control drugs (13.5%). Among children, the medicines most consumed are aspirin or similar pain-relievers and/or anti-inflammatory drugs (9.4%) and drugs for cough and cold (6.3%).
- ❖ Satisfaction with the health services used most frequently over the last year was 91.4% for the general population, 97.6% for those who used private health services and 90.0% for those who used public ones.

Temporal evolution (2010-2014) of 23 indicators selected

- ❖ In relation to health-related behaviours, between 2010 and 2014, the percentage of tobacco consumption among the population aged 15 and over decreased, and the decline between 2011 and 2014 was significant. Hazardous alcohol consumption among women aged 15 and over decreased significantly between 2010 and 2014; among men there was no significant change, with it increasing from 2011 on. The percentage of healthy physical activity among the population aged 15 to 69 decreased during this period, significantly between 2011 and 2014. Sedentary behaviour among the population aged 18 to 74 increased significantly between 2012 and 2014 among women, and between 2011 and 2014 for both sexes.
- ❖ Regarding preventive practices, only blood cholesterol measurement in women increased significantly between 2010 and 2014 and between 2013 and 2014. Blood pressure measurement increased among women and decreased among men, blood cholesterol measurement decreased among men, and periodic vaginal cytology and mammography exams increased.
- ❖ Regarding health status, between 2010 and 2014 and between 2011 and 2014 the percentage of the general population with a positive self-perceived health status increased significantly. During the period 2010-2014 there were no significant changes in the population aged 18 to 74 with excess body weight, which has decreased since 2011, nor in the overweight population, which has decreased since 2010. Between 2010 and 2014 there was a significant increase in the percentage of obese population aged 18 to 74. From 2013

to 2014, the percentage of the population aged 15 and over at risk of developing a mental disorder decreased significantly for both sexes. The percentage of the population aged 15 and over with a disability decreased significantly between 2010 and 2014. Between 2010 and 2014, the percentage of the population aged 15 and over experiencing pain or discomfort and those experiencing anxiety or depression increased among men and decreased among women, but not significantly.

- ❖ In terms of the results on the use of healthcare services, there was a significant decrease between 2010 and 2014 and between 2011 and 2014 in the percentage of the population aged 15 and over using medication in the last two days, and in the percentage of people visiting emergency rooms between 2011 and 2014. Between 2010 and 2014, the percentage of the population as a whole with double health coverage decreased, but not significantly, as did the percentage of the population that had visited a health professional in the last year or been hospitalized. Satisfaction with public healthcare services used by the population increased significantly between 2010- and 2014 and between 2011 and 2014.