
Health Survey of Catalonia

Health-related behaviours, health status and use of health services in Catalonia

Main results ESCA 2016. Executive summary

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Main results

1. Health status

1.1. Population aged 0 years and over

- Eight of ten people have a positive self-perceived health. This perception is worst among older people, especially from 45 years old, as well as among people from disadvantaged social classes (80.6% for class III) and among people with lower education levels (67.1% among people with primary education or no education). In general and for each one of these variables, women have worse self-perceived health than men. Only Girona Health Region has a good perceived health status percentage, statistically over Catalonia (87.1% and 83.4%, respectively). Since 1994, the percentage of people having a positive self-perceived health has increased in men and women.

1.2. Population aged 15 years and over

- **Pain or discomfort** is present in 28.0% of population, in one of five men and in one of three women. It is higher among women in all groups of age (especially from 65 years old), as well as among people from disadvantaged social classes (31.5% for class III) and among people with primary education or with no education (40.8%). Terres de l'Ebre (35.9%) and Catalunya Central (36.6%) Health Regions show a higher prevalence than Catalonia while Girona Health Region (24.0%) has lower prevalence than Catalonia. Since 2006, a slightly decreasing trend of prevalence of pain has been observed.
- 15.2% of people aged 15 and over suffer **anxiety or depression** problems, higher in women (19.8%) than men (10.3%), older people, people from disadvantaged social classes (17.2% for class III) and people with a low education level (26.3% people with primary education or no education). Camp de Tarragona (22.5%) and Catalunya Central (21.5%) Health Regions have prevalence above Catalonia. The prevalence of anxiety or depression has a decreasing trend from 2014 and now has reached 1994 values.
- Half of the population aged 18 to 74 years old has **excess body weight** (overweight and obesity), 35.3% of them has **overweight** and 14.6% has **obesity**. Overweight concerns more men (43.2%) than women (2.3%), increasing with age. In both men and women the prevalence of excess body weight, overweight and obesity is higher among people from the most disadvantaged social class as well as among people with primary education or no education. Terres de l'Ebre Health Region has a percentage of excess body weight higher than Catalonia. Since 2006, the trend of prevalence of obesity is growing and the prevalence of overweight has remained steady.
- Almost 40% of people suffer from a **long-term condition or chronic illness or health problem**. It is higher in women (42.3%) than in men (36.1%), it is enlarging according to age (reaching 59.5% of people aged 65 to 74 years and 72.2% of people over 74 years old), among people

from the most disadvantaged social class (40.6% for class III) as well as among people with primary education or no education (51.0%). Lleida Health Region has lower percentage of people with a long-term condition (33.0%) than Catalonia. Proportion of suffering a chronic condition has increased since 2010. The main long-term condition people have or have suffered have been those related to musk skeletal system (low back pain or dorsal pain or cervical pain, arthrosis, arthritis, and rheumatism), circulatory system (high blood pressure, high cholesterol and varicose vein), as well as migraine, depression or anxiety and chronic allergies.

- One of ten people are **limited to perform usual activities of daily living** due to a health problem, more in women than in men. This percentage is highest among people over 74 years old (36.1%), people from the most disadvantaged social class (12.9% for class III) and people with primary education or no education (21.1%), affecting more women than men. Girona (6.8%) and Catalunya Central (16.8%) Health Regions have their prevalence below and above Catalonia, respectively. Since 2010, a decreasing trend has been observed.
- 14.2% of the population over 15 years has a long-term **disability** or impairment and one of ten people **need help of others** to carry out usual activities of daily living due to a health problem. Both prevalences are higher in women than in men, increasing according to age, among people from the most disadvantaged social classes as well as among people with primary education or no education. Moreover, in Camp de Tarragona Health Region has a prevalence over Catalonia while in Girona Health Region is under Catalonia. In addition, Terres de l'Ebre and Catalunya Central Health Regions have a higher percentage of disability than Catalonia. Both prevalences have shown a decreasing trend.
- 2.4% of the population over 15 years have **no social support**, especially people with primary education or without education. An increasing trend has been observed since 2014.
- 7.7% are at **risk of developing a mental disorder**, 5.3% in men and 10.0% in women. Percentage of population at risk of developing a mental disorder is higher among people from the most disadvantaged social class (8.1%) as well as among people with primary education or no education (9.3%). Terres de l'Ebre Health Region shows a lower percentage than Catalonia and Catalunya Central and Alt Pirineu i Aran Health Regions show higher percentages than Catalonia. Throughout this period, this indicator has shown a decreasing trend. Additionally, **psychological well-being** or positive mental health measured by a scale scoring from 14 to 70 shows a mean of 58.1 (58.7 in men and 57,6 in women). Worst score has been obtained among women, older people, people from the most disadvantaged social class, and people with primary education or no education. Lleida, Camp de Tarragona, Terres de l'Ebre and Girona health regions have a mean score over Catalonia.

1.3. Population aged from 0 to 14 years

- 34.2% of the population aged 6 to 12 years has excess body weight, 37.9% in boys and 30.2% in girls, 22.2% having overweight and 12.1% obesity. Overweight affects equally boys and girls but obesity is higher among boys (15.4%) than girls (8.5%). Moreover, prevalence of obesity is higher among those from disadvantaged social classes and those whose mothers have primary education or no education. Differences according to Health Region have not been found. During last years, prevalence of overweight shows an increasing trend in both men and women, while prevalence of obesity remains steady and decreases among girls.
- 4.7% of the population aged 4 a 14 years is **at risk of suffering from a mental disorder**. This proportion is higher among those whose mothers have primary education or no education (9.5%) and those from the most disadvantaged social class (5.8%). Alt Pirineu i Aran Health Regions has a lower prevalence than Catalonia. In this population, the risk from suffering a mental disorder shows a decreasing trend between 2006 and 2016.
- Almost 3% of the population under 15 years suffer from a long-term **disability**, without differences according to sex. In those persons whose mothers have primary education or no education, this percentage rockets to 4%. This indicator shows one variability throughout period.
- 12.0% of the population under 15 years suffer a **long-term condition**. Most frequent problems are: repeated bronchitis (11.7%), repeated otitis (9.2%), chronic allergies (8.4%), and enuresis (7.1%).

2. Health-related behaviours

2.1. Population aged 15 years and over

- Prevalence of **tobacco consumption** (daily and occasional) is 24.7%. One out of ten people is exposed to **second-hand smoke at home**. Tobacco use is higher in men than women, among youngest people, men from disadvantage social class as well as among people with secondary education. Camp de Tarragona Health Region has a prevalence of tobacco use higher than Catalonia (29.7%) and Terres de l'Ebre has a higher percentage of people exposed to second-hand smoke at home (15.7%). In men, percentage of smokers has been decreasing from 1994 to 2016 meanwhile in women has remained steady since 2013. Percentage of people exposed to second-hand smoke at home has been declining since 2006.
- 82.0% of the population over 15 years **sleeps** between 6 and 8 hours daily (83.5% men and 80.6% women). This proportion decreases according to age (especially over 64 years old), among people from disadvantaged social class (78.4%) as well as among people with primary education or no education (72.5%). Differences according to Health Region have not been found. This indicator remains steady since 2002.

- Eight out of ten people between 15 and 69 years old has a **healthy physical activity level**, higher in men (83.6%) than in women (78.2%) and especially among men from the most advantaged social class (86.2%), and among people with university studies (88.0%). Barcelona Health Region has a proportion of healthy physical activity level over Catalonia. All other Health Regions – except Catalunya Central and Alt Pirineu i Aran – have a proportion below Catalonia. Prevalence of healthy physical activity level shows a continuum increase since 2014.
- Regarding **mobility**, most frequent type of transport used by men for their daily commuting is vehicle, car or motorcycle (50.0%) and by women is walking (41,8%). According to age groups, younger adults are using car or motorcycle, while people over 64 years old are walking.
- 72.4% of the population is doing a good follow-up of recommendations about **Mediterranean diet**, higher in women (76.4%) than in men (68.2%). Mediterranean diet adherence increases with age and it is higher among people from the most advantaged social class (79.6%) as well as among people with university studies (79.4%). Alt Pirineu i Aran Health Region has a higher percentage than Catalonia (76.7%).
- Prevalence of **high-risk alcohol use** is 4.5%, higher in men (6.9%) than in women (2.2%), and among people between 15 and 44 years old (6.4%). Both in men and women high-risk alcohol is most notable in people from the most advantaged social classes and in those having a high level of education. Alt Pirineu i Aran Health Region has a higher percentage than Catalonia, but it falls outside the boundaries of statistical significance. Since 1994 prevalence of high-risk alcohol use has not shown a clear trend.
- Nine out of ten women between 50 and 69 years old gets regular **mammograms** and three out of four women between 25 and 64 years old gets regular **smear test**. Both percentages are higher among women from the most advantaged social classes and among women with university studies. Differences according to Health Region have not been found. Mammograms and smear tests have increased between 1994 and 2010, and has stabilised this year.
- 34.8% of the population between 50 and 69 years old has carried out **faecal occult blood test** with preventive aim, without differences according to sex. This percentage is higher among people from the most disadvantage social class (44.2) as well as among people with university studies (39.9%). This percentage is higher in Lleida and Alt Pirineu i Aran Health Regions than Catalonia, and lower in Camp de Tarragona and Barcelona Health Regions. This percentage remains steady from 2012 to 2015, when it has experienced a strong growth due to the spread of the colorectal cancer early detection programme in the last trimester of 2015.
- 54.9% of the population over 15 years have their **pressure blood** checked regularly and 60.6% have their **level of cholesterol** checked regularly, without differences according to sex. Both preventive practices increase with age more frequent among people with primary education or no education. Differences according to Health Region have not been found in control blood pressure, however Terres de l'Ebre Health Region has a higher percentage of persons who have

their level of cholesterol regularly checked (66.6%). From 2010 to 2016, the trend remains steady for both preventive practices.

2.2. Population aged from 0 to 14 years

- 16.3% of this population is **exposed to second-hand smoke** at home, without differences according to sex. This exposure is higher among boys and girls from the most disadvantaged social class (19.9%) and among those whose mothers only have primary education or no education (21.8%). Differences according to Health Region have not been found. The trend in exposure to second-hand smoke at home is declining since 2010.
- 30.6% of the population aged 3 to 14 has an **active leisure**, e. g. doing sport during at least one hour per day or playing at the park or on the street (34.2% boys and 26.9% girls). Active leisure is more frequent among those boys and girls whose mothers have secondary education or university studies. Alt Pirineu i Aran Health Region has a highest prevalence than Catalonia (42.2%). The upward trend observed since 2010 has broken, decreasing over the last biennium in both boys and girls.
- The use of **car retentions systems** (car seat and seat belt) is 93.7%, without differences according to sex, age, social class, level of education or health region.
- Regarding **mobility**, most frequent type of transport to go to school used by population aged 3 to 14 years is walking (61.3%), followed by private car (29.1%), public transport (8.2%), and cycling (1.5%).
- A third part of the population **consumes frequently high-calorie products**. This percentage is higher among those from disadvantaged social class (36.6%) and those whose mothers have primary education or no education (47.1%). Terres de l'Ebre, Girona and Alt Pirineu i Aran Health Regions have a lower percentage of frequently high-calorie products consumption than in the whole of Catalonia. Since 2014 increasing trend has been observed.
- 53.7% of the population aged 5 to 14 years **brushes their teeth at least twice per day** (50.5% boys and 57.2% girls). It is higher among boys and girls whose mothers have secondary education or university studies. Differences according to Health Region have not been found. The upward trend observed since 2006 has broken, decreasing over the last biennium.
- 76.7% of children **sleep** at least 9 hours per day. This proportion is higher among boys and girls from the most advantaged social classes as well as among those whose mothers have a higher educational level.

3. Use of health services and satisfaction

- 26.6% of population over 0 years has **double health insurance coverage**, public and private. This percentage is higher among people with university studies (46.8%) as well as among people from the most advantage social class (47.1%). Camp de Tarragona, Terres de l'Ebre, Girona

and Catalunya Central have lower percentages than Catalonia. Double health insurance coverage reached its maximum in 2010, from which this percentage remains steady. Since 2012 differences according to sex have reversed and currently women have a higher percentage than men.

- 61.8% of the population over 15 years have **taken medication** during the last two days (53.9% men and 69.3% women). This percentage increases according to age, being more frequent among people from the most disadvantaged social class (63.5%) as well as among people with primary education or without education (75.9%). Differences according to Health Region have not been found. This trend remains steady.
- Almost three out of four people **have used more frequently public health services** during last year, 15.4% private services, and 12.2% have used none. The percentage of **satisfaction of people who have used more frequently public health** is 88.7%, without differences according to sex. Satisfaction is highest among people from the most advantaged social classes as well as among people with university studies (91.4%). Girona Health Region (92.1%) has a higher percentage of satisfaction than Catalonia. From 1994 to 2012 satisfaction with public health services has increased, remaining steady from this point.
- Nine out of ten people **have visited a health professional** during last year (88.2% men and 94.8% women). Younger people (0-14 years, 95.9%) and older people (65-74 years, 97.7% and ≥75 years, 99.1%) are those who have visited more frequently a health professional. Differences according to social class, level of education and health region have not been found. Since 1994 this percentage remains steady. Those people who visited more frequently public health services were attended by general practitioners or paediatricians (77.1%), specialists (39.2%), dental surgeons (38.8%) and nurses (29.0%). However, those people who visited more frequently private health services were attended by general practitioners or paediatricians (62.7%), dental surgeons (58.2%), specialists (53.0%) and optometrists (25.7%).
- Last year 6.9% of general population were **hospitalized** at least one night (6.4% men and 7.3% women). It is highest among older people (75 years and over 16.9%) as well as among people with primary studies or no studies (10.4%). Differences according to health region have not been found. Since 2010 a continuous decrease of this indicator has been observed.
- 32.3% of population has visited an **emergency department** last year, especially population aged 0 to 14 (38.0%) and those over 74 years (39.0%) as well as among the lowest socioeconomic groups and people with primary studies or without studies. Lleida (25.1%) and Alt Pirineu i Aran (26.9%) Health Regions have a percentage below Catalonia, and Camp de Tarragona Health Region (38.5%) is over it. From 1994 to 2016 there is not a clear trend in the percentage of population who have visited an emergency department.