

Health status, health-related behaviours and health service utilisation in Catalonia

ESCA 2019 main results. Executive summary

Directorate-General for Health Planning

May 2020

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Published by:

Directorate-General for Health Planning

Edition:

Barcelona, May 2020

Language consulting:

Language Planning Service of the Ministry of Health

URL: salutweb.gencat.cat/esca

1.03 accessible design template:

Communication Office. Corporate Identity

Contents

1.	Health status.....	5
2.	Health-related behaviours	9
3.	Health service utilisation and level of satisfaction	12
4.	Population aged 0 to 14 years (2018-2019)	14

This document is attached to another document that gathers the exhaustive analysis of a selection of indicators called “**Principals indicadors ESCA 2019:** estat de salut, comportaments relacionats amb la salut, utilització de serveis sanitaris, health region, mapes, evolució temporal, gràfics % estandarditzats, metodologia and resums executius”.

In that Excel file, you will find different sheet with the following information:

- A. Results of main indicators (total, men and women).
- B. Results of health status indicators by age group, social class, and educational level (total, men and women).
- C. Results of health-related behaviours indicators by age group, social class, and educational level (total, men and women).
- D. Results of health service utilisation indicators by age group, social class and educational level (total, men and women).
- E. Results of main indicators by health region (total, men and women).
- F. Maps of main results by health region (raw percentage and 95% confidence interval).
- G. Time evolution of main indicators (raw percentage).
- H. Evolution graphs of main indicators (standardised percentage).
- I. Methodology and population characterisation.

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http://salutweb.gencat.cat/ca/el_departament/estadistiques_sanitaries/enquestes/esca/resultats_enquesta_salut_catalunya/

1. Health status

- Almost eight out of ten **people aged 15 years and over** have a **positive self-perceived health** (women (76.5%) worse than men (83.6%)). This perception also is worse among older age groups (especially those aged over 65), as well as among people from the most disadvantaged social classes (75.6% in class III and 87.5% in class I) and people with lower levels of education (62.4% among those with no education or with primary education and 90.1% among people with university studies). In general and for each one of these variables, women have worse self-perceived health than men (reaching a difference of 18 percentage points between men and women with no education or primary education). No differences were found by health region. From 1994 to 2012, the percentage of people reporting a positive self-perceived health has an upward trend, from 2012 to 2017 remains stable and from last year has an upward trend among men and a downward trend among women. (Nevertheless, no statistically differences have been found between 2018 and 2019).
- 66.0% of **people aged 15 and over** have a **positive self-perceived oral hygiene**, with no differences between men and women. This percentage is lower in oldest age group (43.2%), among people from the most disadvantaged social classes (60.4%) and those with a lower level of education (48.6%). Neither health region results nor evolution results are available because 2019 is the first year that CHIS has included this question.
- 25.7% of **people aged 15 and over** have **high blood pressure**, with no differences between men and women. This proportion is higher in oldest age group (52.3% in those aged 65 to 74 and 61.3% in those aged 75 and over), among people from the most disadvantaged social classes (27.8% in class III and 19.7% in class I) and those with a lower level of education (45.7% among those with no education or with primary education and 17.1% among people with university studies). No differences were found by health region. The prevalence of high blood pressure shows an upward trend from 1994 to 2013, after which it has remained stable until 2018 which shows a light decreasing. Again, in 2019 an upward trend is observed, mainly among men, among whom statistically differences have been found between 2018 and 2019.
- Near of 8.0% of **people aged 15 and over** suffer **diabetes**, higher among men (9.2%) than among women (7.1%). This proportion is higher in eldest age groups (21.3% in those aged 65 to 74 and 20.5% in those aged 75 and over), among people from the most disadvantaged social classes (9.5% in class III and 4.3% in class I) and those with a lower level of education (17.2% among

those with no education or with primary education and 4.8% among people with university studies). No differences were found by health region. The prevalence of diabetes has remained stable since 2010.

- More than a half of **people aged 18 to 74** have **excess body weight** (overweight or obesity), 60.8% of men and 43.5% of women. 35.4% are **overweight** (42.6% men and 28.3% women) and 16.7% are **obese** (18.2% men and 15.2% women). All of these indicators increase with age as well as among people from the most disadvantaged social classes and those with lower levels of education, in both men and women but especially in women. No differences were found by health region. From 2010 to 2014, obesity shows an upward trend after which remains stable until 2018. In 2019, it seems that obesity grows again, mainly in men. (Nevertheless, no statistically differences have been found between 2018 and 2019). However, prevalence of overweight remains steady from 2006 to 2019.
- More than a quarter of **people aged 15 and over** have **emotional discomfort**, one out of five men (22.2%) and one out of three women (30.1%). This percentage increases with age (mainly aged 75 and over: 38.3%) and is higher among people from the most disadvantaged social class (30.5% in class III and 17.7% in class I) and those with lower levels of education (32.5% among those with no education or with primary education and 17.0% among people with university studies). In general and for each one of these variables, women have worse emotional discomfort than men (reaching a difference of 15 percentage points between men and women with no education or primary education). Catalunya Central (19.8%) and Girona (18.0%) health regions have both a lower percentage of people with emotional discomfort than Catalonia whereas Barcelona Metropolitana Sud Health Region (32.0%) has it higher. The percentage of people with emotional discomfort shows an upward trend until 2016 and seems to remain steady until 2019.
- 7.2% of **people aged 15 and over** suffer from **major depression or severe major depression** (4.7% men and 9.6% women). This percentage increases with age (mainly those aged 75 and over, reaching 12.1%) and is higher among people from the most disadvantaged social class (8.9% in class III and 3.7% in class I) and those with lower levels of education (12.0% among those with no education or with primary education and 2.6% among people with university studies). Barcelona Ciutat Health Region (5.3%) has lower percentage of people suffering from major depression or severe major depression than Catalonia whereas Barcelona Metropolitana Sud Health Region (10.1%) has

this percentage higher than Catalonia. The percentage of people with major depression or severe major depression remains stable since 2017. Even though a downward trend among women and an upward trend among men were observed last year, no statistically differences have been found between 2018 and 2019.

- Almost three quarters of **people aged 18 and over** have a **good health-related quality of life** (75.9% men and 71.4% women). This percentage decreases according to age (80.7% among people aged 15 to 44 and 63.4% among older age group), it is lower among people from the most disadvantaged social class (70.3% in class III and 82.1% in class I), and those with lower levels of education (58.6% among those with no education or with primary education and 80.7% among people with university studies). Results according to health region are not available because EuroQol instrument did not asked from 2017 to 2018. This percentage remains stable since 2012.
- One out of four of **people aged 15 and over** suffer **pain or discomfort**, one out of five men (19.5%) and one out of three women (31.5%). This percentage increases with age (mainly in people aged 65 and over, 39.5% those from 65 to 74 years, and 52.9% of those people aged 75 and over), among people from the most disadvantaged social class (28.0% in class III and 18.0% in class I), and those with lower levels of education (42.0% among those with no education or with primary education and 17.4% among people with university studies). In general and for each one of these variables, women have higher percentages than men (reaching a difference of 24 percentage points between men and women with no education or primary education). Results according to health region are not available because EuroQol instrument did not asked from 2017 to 2018. The percentage of people with pain or discomfort shows a downward trend, especially from 2015 to 2019.
- 41.3% of **people aged 15 and over** suffer from **long-term condition or chronic illness or health problem** (37.9% men and 44.4% women). This prevalence grows as age groups get older (mainly in people aged 65 and over, reaching over 65.0%), among people from the most disadvantaged social class (44.4% among class III), as well as those with lower a level of education (55.9% among those with primary or no education). In general and for each one of these variables, women have higher percentages than men (reaching a difference of 17 percentage points between men and women with no education or primary education). Lleida Health Region (33.7%) has lower percentage than Catalonia, especially among women. The proportion of people suffering from long-term condition or chronic illness or health problem rose from 2010 to 2013,

from 2014 to 2015 decreased slightly, from this point to 2018 remained stable and in 2019 shows an upward trend, even though no statistically differences have been found between 2018 and 2019. The **main health problems** reported are those related to the circulatory system (high blood pressure and high cholesterol) and the musculoskeletal system (rheumatic diseases, chronic lower back or dorsal pain and arthrosis), as well as migraine or frequent headaches, chronic allergies, and depression or anxiety. Morbidity in men is firstly related to the circulatory system (high blood pressure and high cholesterol), followed by the musculoskeletal system (rheumatic diseases, chronic lower back or dorsal pain and arthrosis) and, finally, migraines and diabetes; while morbidity in women is firstly related musculoskeletal system (rheumatic diseases, chronic lower back or dorsal pain and arthrosis) followed by the circulatory system (high blood pressure and high cholesterol) and finally migraine or frequent headaches. Moreover, a higher percentage of women than men suffer from depression or anxiety.

- The prevalence of **people aged 15 and over having limited ability to perform activities of daily living due to a health problem** is 15.2% (13.9% men and 16.4% women). This percentage is highest among people aged 75 and over (41.6%), people from the most disadvantaged social class (16.9% in class III and 9.6% in class I) and those with the lowest level of education (32.3% among those with no education or with primary education and 8.1% among people with university studies). In general and for each one of these variables, women have higher percentages than men (reaching a difference of 26 percentage points between men and women aged 75 and over). Lleida Health Region (10.3%) has lower percentage than Catalonia. From 2010 to 2014, the percentage of people having limited ability to perform activities health has a downward and from this point to 2016 remains stable. In 2017, this percentage rose and from this point to 2019 remains stable again.
- Around 15.0% of **people aged 15 and over have disability or impairment** (11.8% men and 17.5% women) and close to 8.0% have **lack personal autonomy**, that is, require the help of other people in order to perform activities of daily living due to a health problem (5.4% men and 10.7% women). Both prevalence increases with age group, being higher among people from the most disadvantaged social classes as well as people with a lower level of education. Regardless of age group, social class and level of education, women have a higher prevalence than men. For both indicators, Lleida Health Region (9.1%) has a prevalence below that of Catalonia. Disability and lack of personal

autonomy have a downward trend and no statistically differences have been found between 2018 and 2019.

- 15.7% of **people aged 15 and over** have **deficient or poor social support** (without differences between men and women), mainly people from the most disadvantaged social class (19.3%) and those with secondary studies (18.4%). Barcelona Ciutat (6.5%), Girona (7.5%), Lleida (10.3%) and Barcelona Metropolitana Nord (10.9%) health regions have their prevalence below that of Catalonia. This percentage have striking raised between 2018 and 2019 among men and among women and these differences are statically significant.
- 23.6% of **people aged 45 and over** have **difficulty remembering or concentrating** (20.2% men and 26.5% women). This percentage is highest among people aged 75 and over (45.4%), people from the most disadvantaged social class (25.1%), and those with the lowest level of education (36.7%). Neither health region results nor evolution results are available because 2019 is the first year that CHIS has included this question.

2. Health-related behaviours

- The prevalence of **tobacco consumption** (daily and occasional) in **people aged 15 and over** is 23.9% (29.2% men and 18.8% women) and 8.3% of people are exposed to **second-hand smoke at home** (7.0% non-smoking men and 9.5% non-smoking women). Tobacco consumption is higher in the youngest age groups, among people from disadvantaged social classes and those with secondary education. In general and by age group and level of education, men have a higher percentage than women (reaching a difference of 13 percentage between men and women aged 15 to 44 and a difference of 11 percentage points between men and women with secondary studies). No differences were found by health region in tobacco consumption nor second-hand smoke at home. The percentage of tobacco consumption shows a downward trend from 1994 to 2017. From 2017 to our days remains stable. The percentage of people exposed to second-hand smoke at home shows a continuously downward trend since 2006. In spite of that, no statistically differences have been found between 2018 and 2019 in both indicators.
- The prevalence of **at-risk alcohol consumption** among **people aged 15 and over** is 3.7% (5.9% men and 1.6% women) and is higher among people aged 15 to 44 (5.5%). Girona Health Region has a lower percentage (2.0%) than

Catalonia. Since 1994, the prevalence of high-risk alcohol consumption has not shown a clear trend, mainly among men. No statistically differences have been found between 2018 and 2019.

- 78.0% of **people aged 15 and over sleep between 6 and 8 hours daily**, without differences according to sex. This proportion decreases with age group (mainly aged 75 and over: 59.8%) and is higher among people from advantaged social classes (85.1%) and those with university education (87.4%). No differences were found by health region. The evolution of this indicator remains stable since and 2002 and no statistically differences have been found between 2018 and 2019.
- Eight out of ten **people aged between 15 and 69 maintain a healthy level of physical activity** (84.4% men and 79.8% women). Barcelona Ciutat Health Region (86.4%) has higher percentage than Catalonia whereas Terres de l'Ebre (74.6%), Girona (76.4%) and Catalunya Central (77.2%) health regions have lower proportion of people than Catalonia. The prevalence of healthy level of physical activity increases from 2010 to 2016 and from this point remains stable. No statistically differences have been found between 2018 and 2019.
- 54.6% of **people aged 15 and over** follow the recommendations regarding **Mediterranean diet** (49.6% men and 59.3% women). The prevalence of Mediterranean diet adherence increases with age group (mainly aged 65 and over, 67.1%) and it is higher among people from advantaged social classes (61.5%) and those with university education (60.5%). In general and for each one of these variables, women have higher prevalence than men (reaching a difference of 14 percentage points between men and women with advantaged social class. Barcelona Ciutat (64.2%), Terres de l'Ebre (62.2%), and Lleida (61.9%) health regions have a higher percentage of people follow the recommendations regarding Mediterranean diet than Catalonia. From 2015 to 2017, Mediterranean diet adherence shows a decrease trend and in 2018 seems to increase slightly but in 2019 decreases again. Moreover, statistically differences have been found between 2018 and 2019 in total and among men and among women.
- Nine out of ten **women aged 50 to 69 get regular mammograms** and almost seven out ten **women aged 25 to 64 have a regular smear test**. The percentage of women having regular smear tests is higher among women from the most advantaged social classes (83.1%) and lower among women with primary level or no studies (61.7%). No differences according to social class

group or level of education have been found in get regular mammograms (probably because the Breast Cancer Early Detection Programme has been universal for this age group for ten years now). Terres de l'Ebre Health Region (55.2%) has a percentage of women to get regular smear test below Catalonia meanwhile Barcelona Ciutat Health Region (85.5%) has it higher than Catalonia. The prevalence of mammograms and smear tests carried out on priority groups increased between 1994 and 2010, after which it has remained stable although, in last three years both indicators show a downward trend. No statistically differences have been found between 2018 and 2019.

- Almost 60.0% of **people aged between 50 and 69** have taken a **faecal occult blood test for prevention purposes**, without differences according to sex and level of education. The percentage of people aged between 50 and 69 who have taken a faecal occult blood test in Barcelona Metropolitana Sud (45.7%) and Camp de Tarragona (45.7%) health regions is lower than that of Catalonia. From 2012 to 2014, this percentage remains stable to sharply increase since then probably due to the launch of the Colorectal Cancer Early Detection Programme in the last quarter of 2015. Statistically differences have been found between 2018 and 2019 in total and among women.
- 55.2% of **people aged 15 and over** have **blood pressure checked regularly** and 53.8% have their **cholesterol level tested regularly**, bot indicators without differences according to sex. Both preventive practices increases with group age and are more frequent among people from the most disadvantaged social classes as well as people with a lower level of education. The percentage of population that regularly has their blood pressure checked is higher in Alt Pirineu i Aran (62.8%) Health Region than Catalonia whereas is lower in Barcelona Ciutat Health Region (49.3%). Regarding cholesterol testing, Alt Pirineu i Aran (61.2%) and Barcelona Ciutat (58.1%) health regions have higher percentages than Catalonia. From 2010 to 2018, prevalence of both preventive practice remain stable. In 2019, blood pressure checking remains stable too but cholesterol checking increases regarding 2018 and this difference is statistically significant.

3. Health service utilisation and level of satisfaction

- 28.8% of **general population** have **double health insurance coverage**, public and private (without differences by sex). This percentage decreases with age group (19.0% of people aged over 74) and is lower among the most disadvantaged social classes (50.5% in class I and 17.5% in class III) as well as people with the lower level of education (47.0% among those with university studies and 13.3% with primary or no studies). Terres de l'Ebre (20.5%), Catalunya Central (22.5%), Camp de Tarragona (23.3%) and Girona (23.6%) health regions have lower percentages than Catalonia while Barcelona Ciutat Health Region (38.1%) has it higher. Double health insurance coverage shows an upward trend from 1994 to 2010, a period of stabilisation between 2011 and 2016 and a slightly increase from 2017 to 2019. No statistically differences have been found between 2018 and 2019.
- 54.7% of **people aged 15 and over** have **taken prescribed medication in the last 15 days** (50.4% men and 58.7% women). This percentage increases according to age group (96.7% of people aged 75 and over) and is higher among the most disadvantaged social classes (44.7% in class I and 58.2% in class III) as well as people with the lower level of education (44.8% among those with university studies and 75.0% among those with primary or no studies). In general and by social class and level of education, women have a higher percentage than men (reaching a difference of 10 percentage between men and women in class III and a difference of 13 percentage points between men and women with primary studies or no education). No differences were found by health region. Only two figures corresponding to 2018 and 2019 are available and no statistically differences have been found between them.
- 95.2% of **general population** have **visited a health professional during last year** (93.7% men and 96.7% women). Younger people (aged 0-14, 97.5%) and older people 98.9% aged 75 and over) are the groups that have visited a health professional most frequently. No differences were found by social class nor level of education. Barcelona Ciutat Health Region (93.1%) has a lower percentage than Catalonia. From 1994 to 2019 this figure has remained stable. No statistically differences have been found between 2018 and 2019.
- Last year, 7.9% of **general population** were **hospitalised for at least one night**, without differences by sex. This percentage is higher among older people (19.5% those aged over 74), those from the most disadvantaged social classes (8.3% in class III), and people with a lower level of education (14.7%). No

differences were found by health region. This indicator does not present a clear trend. No statistically differences have been found between 2018 and 2019.

- 42.0% of **general population** have **visited an emergency department last year** (39.9% men and 44.0% women). This figure is higher in people aged 0 to 14 (50.1%) and those aged 75 years and over (44.3%), as well as those most disadvantaged social classes (46.4%), and those with primary or no studies (46.0%). Catalunya Central (34,8%) and Barcelona Ciutat (38,3%) health regions have a percentage below Catalonia. Since 2014, there has been a slight increase in this percentage. In particular, statistically differences have been found between 2018 and 2019 in total and among men.
- Almost three out of four people **general population** (74.0%) have **used public health services more frequently during the last year than private services** (used by 21.8%); 4.2% has used none. People who have used more frequently public health services have visited in higher percentage than those who used more frequently private services, the following specialities: general practice or paediatrics (90.2% public and 63.0% private), nursing (43.9% public, 32.6% private), social work (2.1% public and 0.8% private) and occupational therapy (only used as public service, 0.3%). People who have principally used private services, have firstly visited follow specialities: secondary care (62.0% private and 57.1% public), odontology and dental surgery (59.9% private and 41.9% public), optics/optometry (37.2% private and 25.7% public), physiotherapy (28.7% private and 15.9% public), pharmacy (21.0% private and 16.8% public), podiatry (16.4% private and 9.8% public), other specialities such as osteopathy, homeopathy, acupuncture, etc. (10.8% private and 3.7% public), and nutrition and/or dietetics (5.1% private and 2.6% public). 86.4% who used more frequently **public health services are satisfied**, with no differences by sex. Satisfaction levels are highest among the youngest (91.4% aged 0 to 14) and oldest groups (90.8% aged 75 and over). People in Catalunya Central (91.1%) and Barcelona Ciutat (89.8%) health regions have a higher percentage of with public health services than Catalonia. Satisfaction with public health services remained stable in the period analysed but, in spite of this, statistically differences have been found between 2018 and 2019 in total and among women.

4. Population aged 0 to 14 years (2018-2019)

- 97.8% of **people aged 0 to 14** have a **positive self-perceived health**, without differences by sex, social class, parent's level of education or health region. This figure remains stable from 1994 to nowadays. No statistically differences have been found between the period 2017-2018 and the period 2018-2019.
- Regarding **people aged 6 to 12**, 34.6% have **excess body weight**, with 24.4% being **overweight** and 10.1% **obese**. Overweight is equally common among boys and girls, but obesity is higher among boys (13.8%) than girls (6.4%). The prevalence of obesity is higher among those from the most disadvantaged social classes (11.6% in class III and 5.9% in class I), mainly among boys (16.2% those for class III and 8.0% those for class I). No differences were found by health region. From 2006 to period 2013-2014, the prevalence of overweight has and downward trend, from this point to period 2016-2017 shows an upward trend and after this period remains stable. In spite of that, this prevalence shows an upward trend among boys and a downward trends among girls. However, prevalence of obesity continues showing a downward trend, mainly among girls. In spite of everything, no statistically differences have been found between the period 2017-2018 and the period 2018-2019 in any indicator.
- Eight out of ten boys and girls **aged 8 to 14 years** (79.0%) have a **good health-related quality of life**, without differences by sex. This percentage is higher among those from the most advantaged social classes (85.4% in class I and 76.7% in class III) and among boys and girls whose parents have university studies (85.1%). Barcelona Ciutat (90.9%) and Catalunya Central (89.7%) health regions have a higher percentage of children with a good health-related quality of life than Catalonia whereas Camp de Tarragona (66.0%) and Terres de l'Ebre (59.1%) health regions have this percentage lower than Catalonia. This indicator remains steady from the period 2010-2011 to the period 2018-2019. No statistically differences have been found between the period 2017-2018 and the period 2018-2019.
- 7.5% of **people aged 4 to 14 years** are **at risk of developing a mental disorder**, without differences by sex. Children from the most disadvantage social class (9.2%) and those whose parents have secondary studies (9.4%) have higher prevalence of developing a mental disorder than children from the most advantage social class (4.6%) and those whose parents have university studies (3.6%). Terres de l'Ebre Health Region (15.8%) has a higher prevalence than Catalonia and Barcelona Ciutat Health Region (1.6%) has it lower than

Catalonia. The risk of developing a mental disorder shows an upward trend since 2014 and in the last period among both, boys and girls. However, no statistically differences have been found between period 2017-2018 and period 2018-2019.

- Among **people aged 0 to 14 years**, 12.6% suffer from **long-term or chronic condition or health problem**, without differences by sex, social class, and parent's level of education or health region. The most **frequent problems** are: recurrent bronchitis (11.6%), chronic skin problems (11.1%), recurrent otitis (7.8%), chronic allergies (7.7%), and enuresis (5.6%). Boys suffer more frequently from recurrent bronchitis than girls (12.9% and 10.2%, respectively) while girls suffer from chronic constipation (2.2% boys and 3.6% girls) and this problem is the fifth most frequent among girls. From the period 2010-2011 to the period 2013-2014, this indicator shows an upward trend, from this point to the period 2015-2016 a downward trend, and differences among boys and girls emphasise: while among girls continues decreasing among boys increases. In the period 2017-2018 an opposite effect occurs, decreasing among boys and increasing among girls. In the last period (2018-2019) remains stable. No statistically differences have been found between the period 2017-2018 and the period 2018-2019.
- Prevalence of **people aged 0 to 14 years** having **limited ability to perform activities of daily living due to a health problem** is 3.0%, without differences by sex, social class, and parent's level of education or health region. From the period 2010-2011 to the period 2013-2014 this indicator shows an upward trend, from this point to the period 2015-2016 decreases and after this an upward trend again till the period 2017-2018. In the period 2018-2019, it points to a decrease but no statistically differences have been found between the period 2017-2018 and the period 2018-2019.
- The percentage of **people aged 0 to 14 years** suffering from **disability or impairment** is 2.4%, without differences by sex, social class, and parent's level of education or health region. The evolution of this indicator shows considerable variability throughout the years studied. No statistically differences have been found between the period 2017-2018 and the period 2018-2019.
- 10.4% of **children aged 0 to 14 years** are **living with someone who smokes at home indoors**. This exposure is more frequent among boys and girls from the most disadvantages social class (7.2% in class I and 12.6% in class III) those whose parents have a low level of education (4.7% to parents with

university studies and 14.0% to parents with primary or no studies). Alt Pirineu i Aran (18.9%) and Terres de l'Ebre (18.5%) health regions have a percentage above Catalonia and Barcelona Ciutat (6.5%) health regions has it below. Since 2010-2011, the trend in exposure to second-hand smoke at home has been decreasing year by year. No statistically differences have been found between the period 2017-2018 and the period 2018-2019.

- 31.4% of **people aged 3 to 14 years** participate in **active leisure** activities, e.g. they spend at least one hour a day doing sport, or playing outside (35.1% of boys and 27.6% of girls). No differences were found by social class or parent's level of education. Alt Pirineu i Aran Health Region (45.1%) shows a percentage above Catalonia while Barcelona Ciutat Health Region (24.9%) has it below. The upward trend observed since 2010 break down during period 2015-2016 when there is a decrement. From the period 2016-2017 to the period 2017-2018 it remains stable and in last period it seems to decrease again. No statistically differences have been found between the period 2017-2018 and the period 2018-2019.
- The **use of car safety equipment** (car seats, booster seats and seat belts) is 97.3% among **people aged 0 to 14 years**, without differences by without differences by sex, social class, parent's level of education or health region. This percentage has increased slightly since 2015-2016. No statistically differences have been found between the period 2017-2018 and the period 2018-2019.
The most commonly used means of transport to go to school among people aged 3 to 14 years is walking (64.2%), followed by private car (25.8%), public transport (8.6%) and cycling (1.0%). It should be pointed out that 0.4% don't attend school. Walking is most frequent among children from the most disadvantaged social class (69.9%) and those whose parents with no formal education or primary studies (83.0%). Car or motorcycle use is most frequent among children from the most advantaged social class (32.6%) and those whose parents who have university studies (33.5%).
- Almost a third of **people aged 3 to 14 years frequently consumes high-calorie products** (29.7%), without differences by sex. This percentage is higher among those from the most disadvantaged social classes (22.0% in class I and 34.8% in class III) and those whose parents have a lower level of education (19.9% to parents with university studies and 35.9% to parents with no studies or primary studies). Girona (20.6%) and Barcelona Ciutat (19.9%) health regions have a lower percentage than Catalonia. However, Barcelona

Metropolitana Sud (39.7%) and Camp de Tarragona (44.0%) health regions have a higher percentage than Catalonia. From 2006 to the period 2011-2012, this indicator has a downward trend, from that time remains steady and it increases in the next two periods studied. Since the period 2016-2017, this figure remains steady. No statistically differences have been found between the period 2017-2018 and the period 2018-2019.

- 59.6% of **people aged 5 to 14 years brushes their teeth at least twice per day** (54.2% boys and 65.4% girls). No differences were found by social class or parent's level of education. Barcelona Ciutat Health Region (70.1%) has a higher percentage than Catalonia. From 2006 to the period 2013-2014, this indicator shows an upward trend, from this time to 2016-2017 it remains steady (but with an increase of differences among boys and girls). In the latest period studied, 2018-2019, these differences are still present. No statistically differences have been found between the period 2017-2018 and the period 2018-2019.