

# **Health status, health-related behaviours and health service utilisation in Catalonia, 2020**

**ESCA 2020 main results. Executive summary**

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## 1 Presentation

This document is attached to the exhaustive analysis of the selected main indicators included in the document ***Principals indicadors ESCA 2020: estat de salut, comportaments relacionats amb la salut, utilització de serveis sanitaris, regió sanitària, mapes, evolució temporal, gràfics % estandarditzats, metodologia i resums executius***, in Excel format.

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.

Please consult our website for further information at:

[http://salutweb.gencat.cat/ca/el\\_departament/estadistiques\\_sanitaries/enquestes/e\\_sca/Results\\_enquesta\\_salut\\_catalunya/](http://salutweb.gencat.cat/ca/el_departament/estadistiques_sanitaries/enquestes/e_sca/Results_enquesta_salut_catalunya/)

## 2 Health status

- Eight out of ten **people aged 15 years and over** have a **positive self-perceived health** (women (77.2%) worse than men (83.6%)). This perception is also worse among older age groups (especially those aged over 65), as well as among people from the most disadvantaged social classes (77.4% in class III and 87.2% in class I) and people with lower levels of education (62.1% among those with no education or with primary education, and 86.6% 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 13 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 shown an upward trend year by year, from 2012 to 2017 remains stable and from 2018 undergoes an upward trend among men and a downward trend among women. In 2020 it is again stabilised among men, while in women a statistically increase has been found with respect to 2019.
- 66.3% 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 (40.0%), among people from the most disadvantaged social classes (62.1%), and those with a lower level of education (50.6%). No differences were found by health region. Only two evolution figures are available because 2019 is the first year this question has been included in ESCA. No statistically significant differences have been found between 2019 and 2020.
- 24.7% of **people aged 15 and over** have **high blood pressure**, with no differences between men and women. This proportion is higher in older age groups (61.0% in those aged 65 to 74 and 57.1% in those aged 75 and over), among people from the most disadvantaged social classes (25.9% in class III and 20.6% in class I) and those with a lower level of education (43.6% among those with no education or with primary education and 17.0% 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, remaining stable until 2018, and then lightly decreasing. In 2019 an upward trend is observed, mainly among men, and in 2020 it has once again showed a downward trend, but no statistically significant differences have been found between 2019 and 2020.
- Around 8.0% of **people aged 15 and over** suffers **diabetes**, with no differences between men and women. This proportion is higher in older age groups (15.8% in those aged 65 to 74 and 22.5% in those aged 75 and over), among people from the most disadvantaged social classes (9.1% in class III and 4.3% in class I) and those with a lower level of education (16.2% among those with no education or with primary education and 3.0% among people

with university studies). No differences were found by health region. The prevalence of diabetes has remained stable since 2010.

- One out of two of **people aged 18 to 74** have **excess body weight** (overweight or obesity), 58.8% of men and 42.4% of women. 33.7% are **overweight** (42.0% men and 25.2% women) and 17.0% are **obese** (no differences between men and women). All indicators increase with age, and excess body weight and obesity increase 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. Overweight remains steady from 2006 to 2019, showing a backward trend in 2020. From 2010 to 2014, obesity shows an upward trend remaining stable until 2018 and growing up again in 2019, more sustainedly in women. No statistically significant differences have been found between 2019 and 2020.
- Almost a quarter of **people aged 15 and over** have **emotional discomfort**, around one out of five men (17.3%) and one out of three women (32.0%). This percentage increases with age (mainly aged 75 and over: 42.2%) and is higher among people from the most disadvantaged social class (27.3% in class III and 17.3% in class I) and those with lower levels of education (38.0% among those with no education or with primary education and 16.7% 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 31 percentage points between men and women with no education or primary education). Catalunya Central Health Region (18.6%) has a lower percentage of people with emotional discomfort than Catalonia whereas Barcelona Metropolitana Sud Health Region (33.5%) has it higher. The percentage of people with emotional discomfort shows an upward trend until 2016 and seems to remain steady until 2019. In 2020 this proportion increases in women and decreases in men (statistically significant differences have been found between 2019 and 2020 in men).
- 10.6% of **people aged 15 and over** suffers from **major depression or severe major depression** (7.4% men and 13.7% women). This percentage increases with age (mainly those aged 75 and over, reaching 18.8%) and is higher among people from the most disadvantaged social class (14.0% in class III and 4.2% in class I) and those with lower levels of education (15.2% among those with no education or with primary education and 5.2% among people with university studies). Girona (6.3%) and Barcelona Ciutat (6.5%) health regions have both lower percentage of people suffering from major depression or severe major depression than Catalonia, whereas Barcelona Metropolitana Sud Health Region (14.7%) has this percentage higher than Catalonia. From 2017 to 2019, the percentage of people with major depression or severe major depression remains stable. In 2020, there is an increase, especially among

women. Statistically significant differences have been found between 2019 and 2020 in total and among women.

- Almost three quarters (73.1%) of **people aged 18 and over** have **good health-related quality of life** (no differences between men and women). This percentage decreases according to age (79.1% among people aged 15 to 44 and 64.4% among older age group), it is lower among people from the most disadvantaged social class (70.4% in class III and 85.2% in class I), and those with lower levels of education (59.4% among those with no education or with primary education and 78.8% among people with university studies). No differences were found by health region. 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 (20.0%) and one out of three women (29.5%). This percentage increases with age (mainly in people aged 65 and over, 37.2% those from 65 to 74 years, and 52.1% of those people aged 75 and over), among people from the most disadvantaged social class (28.6% in class III and 15.6% in class I), and those with lower levels of education (43.9% among those with no education or with primary education and 19.5% among people with university studies). In general and for each one of these variables, women have higher percentages than men (reaching a difference of 29 percentage points between men and women with no education or primary education). Barcelona Ciutat Health Region (20.9%) has lower percentage of people suffering pain or discomfort than Catalonia This percentage shows a downward trend, especially from 2015 to 2020 but no statistically significant differences have been found between 2019 and 2020.
- 37.8% of **people aged 15 and over** suffers from **long-term conditions or chronic illnesses or health problems** (34.7% men and 40.8% women). This prevalence grows as age groups get older (mainly in people aged 65 and over, reaching over 65.0%) and among people with lower a level of education (55.5% 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 14 percentage points between men and women with no education or primary education). No differences were found by health region. The proportion of people suffering from long-term conditions or chronic illnesses or health problems rose from 2010 to 2013, decreased slightly from 2014 to 2015, stabilising from that point to nowadays. The **main health problems reported**, ordered by frequency, 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, chronic cervical pain and arthrosis), as well as migraine or frequent headaches, anxiety, chronic allergies and depression. Morbidity in men is first related to the circulatory system (high blood pressure and high cholesterol), followed by the musculoskeletal system (chronic lower back or dorsal pain, chronic cervical pain, and rheumatic diseases), and finally chronic allergies, anxiety and migraines; while morbidity

in women is first related musculoskeletal system (chronic lower back or dorsal pain, rheumatic diseases, chronic cervical pain), followed by the circulatory system (especially high blood pressure), and finally anxiety, chronic allergies and depression. Moreover, a higher percentage of women than men suffers from these health problems except from high blood pressure.

- The prevalence of **people aged 15 and over** having **limited ability to perform activities of daily living due to a health problem** is 16.8% (no differences between men and women). This percentage is highest among people aged 75 and over (41.2%), people from the most disadvantaged social class (18.4% in class III and 12.0% in class I) and those with the lowest level of education (29.0% among those with no education or with primary education and 9.3% among people with university studies). Lleida Health Region (11.6%) has lower percentage than Catalonia. From 2010 to 2014, the percentage of people having limited ability to perform activities health has a downward trend, remaining stable from this point to 2016. In 2017, that percentage increased stabilising again until 2019. In 2020 it shows an upward trend, despite no statistically significant differences have been found between 2019 and 2020.
- 17.4% of **people aged 15 and over** have **disability or impairment** (14.5% men and 20.2% women) and 8.5% **lack personal autonomy**, that is require other people's help to perform activities of daily living due to a health problem (5.9% men and 10.9% women). Both prevalences increase 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 has a lower prevalence than Catalonia. From 2010 to 2019, the trend of disability is backward. In 2020, there is an increase in men and in women. Statistically significant differences have been found between 2019 and 2020. Lack of personal autonomy has experienced a backward trend from 2015 to 2018, remaining steady since then. No statistically significant differences have been found between 2019 and 2020.
- 9.4% 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 (12.3%) and those with secondary studies (11.8%). Barcelona Metropolitana Sud (20.0%), Camp de Tarragona (18.0%), Barcelona Metropolitana Nord (16.4%), Alt Pirineu i Aran (16.3%), and Lleida (16.1%) health regions have their prevalence above that of Catalonia. This percentage has strikingly raised in 2019 among men and women but in 2020 has decreased reaching similar figures as in 2018. Statistically significant differences have been found between 2019 and 2020.
- 26.2% of **people aged 45 and over** have **difficulty remembering or concentrating** (22.1% men and 29.8% women). This percentage is highest among people aged 75 and over (58.8%), people from the most disadvantaged



social class (32.3%), and those with the lowest level of education (50.6%). Barcelona Ciutat Health Region (17.3%) has a lower percentage than Catalonia. In 2020, there is an increase compared to 2019 (statistically significant differences have been found between 2019 and 2020).

- 4.4% of **people aged 15 and over** have **grave material privation** (without differences between men and women). This percentage is highest among people aged 45 to 64 years (4.9%), people from the most disadvantaged social class (6.7%) and those with the lowest level of education (7.0% among those with no education or with primary education). Barcelona Metropolitana Sud (2.1%), Terres de l'Ebre (1.7%), and Alt Pirineu i Aran (1.6%) health regions have lower percentage than Catalonia. From 2015 to 2017, the percentage of people having grave material privation remains stable and from this point to 2019 has a downward trend. In 2020 shows an upward trend, despite no statistically significant differences have been found between 2019 and 2020.

### 3 Health-related behaviours

- The prevalence of **tobacco consumption** (daily and occasional) in **people aged 15 and over** is 24.6% (27.8% men and 21.3% women) and 7.7% of people are **exposed to second-hand smoke at home** (5.6% non-smoking men and 9.6% non-smoking women). Tobacco consumption is higher in the youngest age groups and among people with secondary education. 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. It should be noted that this backward trend only affect men whereas in women remains stable since 2018. In spite of that, no statistically significant differences have been found between 2019 and 2020 in both indicators.
- The prevalence of **at-risk alcohol consumption** among **people aged 15 and over** is 5.7% (7.8% men and 3.7% women) and is higher among people aged 15 to 44 (7.1%). Girona Health Region has a lower percentage (2.6%) than Catalonia. Since 1994, the prevalence of high-risk alcohol consumption has not shown a clear trend, mainly among men. In spite of that, in 2020 it has undergone an upward trend, especially among women. Statistically significant differences have been found between 2019 and 2020 among women and total.
- 78.3% 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: 55.9%) and is higher among people from advantaged social classes (86.1%) and those with university education (87.2%). No differences were found by health region. The evolution of this

indicator remains stable since and 2002 and no statistically significant differences have been found between 2019 and 2020.

- Eight out of ten **people aged between 15 and 69** maintain a **healthy level of physical activity** without differences according to sex and social class. Girona (76.5%), Catalunya Central (75.9%), and Terres de l'Ebre (72.7%) health regions have lower proportions than Catalonia. The prevalence of healthy level of physical activity increases from 2010 to 2016, remaining stable since then. No statistically significant differences have been found between 2019 and 2020.
- 57.6% of **people aged 15 and over** follows the recommendations regarding **Mediterranean diet** (53.8% men and 60.9% women). The prevalence of Mediterranean diet adherence increases with age group (mainly aged 65 and over) and it is higher among people from advantaged social classes (69.2%) and those with university education (68.8%). In general and for each one of these variables, women have higher prevalence than men (reaching a difference of 19 percentage points between men and women with advantaged social class). Barcelona Ciutat Health Region (65.0%) has a higher percentage of people follow the recommendations regarding Mediterranean diet than Catalonia whereas Barcelona Metropolitana Sud (47.8%) and Camp de Tarragona (48.4%) health regions have lower proportions than Catalonia. From 2015 to 2017, Mediterranean diet adherence shows a decrease trend, stabilising in 2018 and decreasing again in 2019. No statistically significant differences have been found between 2019 and 2020.
- 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 getting regular mammograms or having regular smear test carried out on priority groups is lower among women from the most disadvantaged social classes (83.5% get regular mammograms and 64.0% have a regular smear test) and those with primary level or no studies (77.9% get regular mammograms and 66.1% have a regular smear test). No differences were found in getting regular mammograms by health region. However, Barcelona Metropolitana Sud (55.8%) has a percentage of women to get regular smear test below Catalonia whereas Barcelona Ciutat Health Region's (81.9%) percentage is higher than Catalonia. The prevalence of mammograms and smear tests carried out on priority groups shows an upward trend between 1994 and 2010, stabilising since then although, in last years regular smear test shows a downward trend. No statistically significant differences have been found between 2019 and 2020.
- 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, social class and level of education. The percentage of people aged between 50 and 69 having faecal occult blood tests in Barcelona Metropolitana

Sud Health Region (48.3%) 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. In 2020, the rise has stopped, yet no statistically significant differences have been found between 2019 and 2020.

- 47.2% of **people aged 15 and over** have **blood pressure checked regularly** (44.6% men and 49.6% women) and 53.1% have their **cholesterol level tested regularly** (50.1% men and 55.9% women). 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 Lleida (57.3%), Camp de Tarragona (57.0%), Girona (55.1%), and Barcelona Metropolitana Sud (54.8%) health regions than Catalonia. Regarding cholesterol testing, Barcelona Ciutat Health Region (57.9%) has a higher percentage than Catalonia. The prevalence blood pressure checked regularly remains stable from 2010 to 2018, in 2019 increases compared to the previous year and in 2020 drastically decreases (statistically significant differences have been found between 2019 and 2020 among men, among women and tota). However, the prevalence of cholesterol level tested regularly from 1994 to 2010 shows an upward trend, stabilising from 2010 to 2016 and sustainedly decreases from 2016 to 2018. From this point to ourdays it remains stable again. No statistically significant differences have been found between 2019 and 2020.

#### 4 Health services utilisation and satisfaction

- 32.3% of **general population** have **double health insurance coverage**, public and private (34.5% men and 30.2% women). This percentage decreases with age group (15.8% of people aged over 74) and is lower among the most disadvantaged social classes (54.7% in class I and 18.3% in class III) as well as people with a lower level of education (55.8% among those with university studies and 14.8% with primary or no studies). Camp de Tarragona (21.3%), Catalunya Central (21.5%), Alt Pirineu i Aran (22.7%), Terres de l'Ebre (25.0%), and Barcelona Metropolitana Sud (26.2%) health regions have lower percentages than Catalonia while Barcelona Ciutat Health Region (39.8%) 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. This increase strengthes in 2020, especially among men, where statistically significant differences have been found regarding to 2019.
- 52.9% of **people aged 15 and over** have taken **prescribed medication in the last 15 days** (46.7% men and 58.9% women). This percentage increases according to age group (95.3% of people aged 75 and over) and is higher

among the most disadvantaged social classes (49.1% in class I and 55.5% in class III) as well as people with the lower level of education (44.5% among those with university studies and 68.4% 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 14 percentage points between men and women with primary studies or no education). No differences were found by health region. From 2018 to ourdays, this percentage remains stable. No statistically significant differences have been found between 2019 and 2020.

- 94.0% of general population **have visited a health professional during last year** (92.0% men and 96.0% women). Younger people (aged 0 to 14, 96.0%) and older people (97.9% aged 75 and over) are the groups who have visited a health professional most frequently. This percentage is higher among the most advantaged social classes (96.2% in class I and 92.3% in class III) as well as people with higher level of education (95.1% among those with university studies and 93.9% with primary or no studies). Barcelona Metropolitana Nord Health Region (97.9%) has a higher percentage than Catalonia. From 1994 to 2019 this figure has remained stable. No statistically significant differences have been found between 2019 and 2020.
- Last year 8.7% of **general population** were **hospitalised for at least one night**, without differences by sex. This percentage is higher among older people (14.6% those aged over 74), those from the most disadvantaged social classes (9.9% in class III), and people with a lower level of education (17.8%). No differences were found by health region. This indicator does not present a clear trend. No statistically significant differences have been found between 2019 and 2020.
- 38.0% of **general population** have **visited an emergency department last year** (34.4% men and 41.5% women). This figure is higher in people aged 0 to 14 (50.1%) and those most disadvantaged socioeconomic groups (40.1%), and those with primary or no studies (46.0%). Catalunya Central Health Region (30.9%) has a percentage below Catalonia whereas Barcelona Metropolitana Sud Health Region (44.0%) has it higher than Catalonia. From 2014 to 2017, there has been a slight increase in this percentage year by year. From this point to 2019 this upward is noticeable. In 2020 it decreases reaching similar figures as in 2018. Statistically significant differences have been found between 2019 and 2020 in total and among men.
- Almost seven out of ten **people general population** (74.0%) have **used public health services more frequently during the last year than private services** (used by 25.8%); 5.5% 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 (86.5% public and 55.7% private), nursing (42.5% public, 24.6% private), psychology/psychotherapy (7.0% public, 3.2% private), and occupational therapy (1.7% public, 0.1% private). People who have principally used private services, have firstly visited follow specialities: odontology and dental surgery (64.4% private and 35.7% public), secondary care (58.9% private and 50.1% public), pharmacy (38.8% private and 35.1% public), optics/optometry (31.9% private and 24.7% public), physiotherapy (30.8% private and 13.3% public), podiatry (7.0% private and 3.2% public), other specialities such as osteopathy, homeopathy, acupuncture, etc. (8.5% private and 3.3% public), and nutrition and/or dietetics (6.2% private and 3.2% public).

- **87.9% who have used more frequently public health services are satisfied** (89.7% men and 86.3% women). Satisfaction levels are highest among the youngest (93.8% aged 0 to 14). No differences were found by social class or level of education. Barcelona Metropolitana Nord Health Region (82.0%) has a percentage below Catalonia. From 2010 to 2012, this percentage shows a continuous upward trend, remaining stable from that point to 2018. In 2019 it decreases, especially among women and in 2020 it remains steady again.

## 5 Population aged 0 to 14 years (2019-2020)

- 97.6% of **people aged 0 to 14** have a **positive self-perceived health** (96.2% boys and 99.0% girls), without differences by social class, parent's level of education or health region. This figure remains stable from 1994 to nowadays. No statistically significant differences have been found between the period 2018-2019 and the period 2019-2020
- 86.0% of **people aged 0 to 14** have a **positive self-perceived oral hygiene**, with no differences between boys and girls. This percentage is lower among children from the most disadvantaged social classes (84.2%) and among boys and girls whose parents have university no studies or primary studies (75.3%). Barcelona Metropolitana Nord Health Region (91.1%) has a percentage above Catalonia. Evolution results are not available because 2019 is the first year this question is included in ESCA.
- Regarding **people aged 6 to 12**, 35.9% have **excess body weight** (24.2% have **overweight** and 11.7% **obesity**). The three prevalences are higher among boys than girls (overweight: 30.5% boys and 17.8% girls; obesity: 14.1% boys and 9.3% girls). The prevalence of overweight is higher among those from the most disadvantaged social classes (27.4% in class III and 21.7% in class I). No differences were found neither parent's level of education nor health region. From 2006 to period 2013-2014, the prevalence of overweight has a downward trend, showing an upward trend from this point to period 2016-2017 and after stalling since 2017-2018. In period 2018-2019, an

upward trend is observed among boys and a backward trend among girls. This pattern is noticeable in the last period studied (2019-2020). The prevalence of obesity shows a backward trend from period 2013-2014 to 2018-2019, especially among girls; but in the last period studied, this trend increases, also among girls. In spite of everything, no statistically significant differences have been found between periods 2018-2019 and 2019-2020 in any indicator.

- Three out of four boys and girls **aged 8 to 14 years** (76.7%) have a **good health-related quality of life**, without differences by sex. This percentage is higher among those from the most advantaged social classes (83.3% in class I and 73.5% in class III) and among boys and girls whose parents have university studies (82.0%). Barcelona Ciutat (92.7%) and Girona (92.2%) health regions have a higher percentage of children with good health-related quality of life than Catalonia whereas Barcelona Metropolitana Sud Health Region (57.3%) has this percentage lower than Catalonia. This indicator remains steady from the period 2010-2011 to 2019-2020. No statistically significant differences have been found between periods 2018-2019 and 2019-2020.
- 10.6% 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 (13.5%) and those whose parents have secondary studies (12.4%) have higher prevalence of developing a mental disorder than children from the most advantage social class (6.0%) and those whose parents have university studies (7.6%). Barcelona Metropolitana Sud (19.3%) has a higher prevalence than Catalonia and Barcelona Ciutat (2.9%) and Girona (5.4%) health regions have it lower than Catalonia. The risk of developing a mental disorder shows an upward trend since period 2014-2015, becoming increasingly clearer in period 2018-2019 and more remarkable in period 2019-2020, where statistically significant differences have been found between in relation to 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. Barcelona Metropolitana Sud Health Region (7.9%) has a lower prevalence than Catalonia. The most frequent problems among boys and girls are: recurrent bronchitis (12.6%), chronic skin problems (11.6%), chronic allergies (9.1%), recurrent otitis (8.9%), enuresis (4.9%), and conduct disorders (4.6%). However, boys suffer more frequently from recurrent bronchitis than girls (14.5% and 10.7%, respectively), chronic allergies (10.8% and 7.2%, respectively) and enuresis (6.8% and 3.1%, respectively) while girls suffer from recurrent urinary infection (1.0% boys and 2.3% girls), this problem being the fifth most frequent among girls. From period 2010-2011 to period 2013-2014, this indicator shows an upward trend, from this point to period 2015-2016 a downward trend, emphasising differences among boys and girls; whereas among girls it continues decreasing it increases among boys. In period 2017-2018 an opposite effect occurs, decreasing among boys and

increasing among girls. From this point to the last period studied (2019-2020) remains stable. No statistically significant differences have been found between periods 2018-2019 and 2019-2020.

- Prevalence of **people aged 0 to 14 years having limited ability to perform activities of daily living due to a health problem** is 2.9%, without differences by sex, social class, and parent's level of education. Alt Pirineu i Aran Health Region (0.5%) has a lower prevalence than Catalonia. From the period 2010-2011 to period 2013-2014 this indicator shows an upward trend, from this point to period 2015-2016 it decreases and after this an upward trend again until period 2017-2018. In period 2018-2019, it points to a decrease again and period 2019-2020 an upward trend among girls but no statistically significant differences have been found between periods 2018-2019 and 2019-2020.
- The percentage of **people aged 0 to 14 years suffering from disability or impairment** is 2.6%, without differences by sex, social class, and parent's level of education. Camp de Tarragona Health Region (0.5%) has a lower prevalence than Catalonia. The evolution of this indicator shows considerable variability throughout the years studied. No statistically significant differences have been found between periods 2018-2019 and 2019-2020.
- 10.9% 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 whose parents have a low level of education (6.7% to parents with university studies and 14.9% to parents with primary or no studies). Barcelona Ciutat Health Region (6.2%) has a lower prevalence than Catalonia. Since 2010-2011, the trend in exposure to second-hand smoke at home has been decreasing year by year since 2018-2019. From this point it remains stable. No statistically significant differences have been found between periods 2018-2019 and 2019-2020.
- 27.2% 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 without differences by sex, social class, and parent's level of education. Alt Pirineu i Aran Health Region (47.6%) shows a percentage above Catalonia while Barcelona Metropolitana Sud Health Region (19.6%) has it below. The upward trend observed since 2010 breaks down during period 2015-2016 when it declines. From period 2016-2017 to period 2017-2018 it remains stable and from this point to our days it shows a backward trend. No statistically significant differences have been found between periods 2018-2019 and 2019-2020.
- The **use of car safety equipment** (car seats, booster seats and seat belts) is 97.8% 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

significant differences have been found between periods 2018-2019 and 2019-2020.

- The **most commonly used means of transport to go to school** among **people aged 3 to 14 years** is walking (63.7%), followed by private car (26.3%), public transport (8.5%) and cycling (1.3%). It should be pointed out that 0.2% does not attend school. Walking is most frequent among children from the most disadvantaged social class (71.3%) and those whose parents with no formal education or primary studies (88.1%). Car or motorcycle use is most frequent among children from the most advantaged social class (35.8%) and those whose parents who have university studies (32.6%).
- A third of **people aged 3 to 14 years frequently consumes high-calorie products** (30.2%), more frequently among boys (32.7%) than among girls (27.4%). This percentage is higher among those from the most disadvantaged social classes (20.1% in class I and 35.3% in class III) and those whose parents have a lower level of education (22.0% to parents with university studies and 40.0% to parents with no studies or primary studies). Girona (19.2%) and Barcelona Ciutat (21.7%) health regions have a lower percentage than Catalonia. However, Barcelona Metropolitana Sud Health Region (38.9%) has a higher percentage than Catalonia. From 2006 to the period 2011-2012, this indicator has undergone a downward trend, from that time to period 2013-2014 it remains steady and increases in the next two periods studied. Since period 2016-2017, this figure remains steady. No statistically significant differences have been found between periods 2018-2019 and 2019-2020
- 57.2% of **people aged 5 to 14 years brushes their teeth at least twice per day** (51.6% boys and 63.1% girls). This percentage is higher among those from the most disadvantaged social classes (51.2%) and those whose parents have a lower level of education (54.3%). Barcelona Ciutat Health Region (72.7%) 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). From this point to our days, these differences are still present. No statistically significant differences have been found between periods 2018-2019 and 2019-2020.