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

2015 Report of the Health Survey of Catalonia

Main results

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ESCA

Enquesta de salut de Catalunya



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1. Presentation

Health Survey of Catalonia (ESCA) is an activity of an official nature under the Statistical Plan of Catalonia, ensuring the confidentiality of data, protected by the Law on statistics and the Statistical Plan of Catalonia¹. ESCA provides relevant information on population health status, health-related behaviours, lifestyles and use of health services. It is used to establish and assess the health policy included in the Health Plan of Catalonia.

This report contains the main results of the 2015 Report, which is the fifth in a series of reports presenting the most relevant results from the thematic set of ESCA. For the general population, analyses were performed with 2015 sample (n = 5,598). In the specific case of population under 15 years old, analyses were carried out by adding the corresponding sample of the years 2014 and 2015 (n = 1,873).

For further information, you can find the detailed tabulation of results by age group and sex, social class and sex, and level of education and sex (XLSX) at <http://salutweb.gencat.cat/esca>

2. Main results

Health-related behaviours

Population aged from 0 to 14 years

- Four out of ten people aged 3 to 14 years has a **sedentary leisure**, e. g. on average spends two or more hours each day staring at a screen. This proportion is more frequent among boys, among people from the most disadvantaged social classes and those whose mothers have not a college degree. However, 37.5 % of the population aged 3 to 14 years has an **active leisure**, e. g. doing sport during at least one hour per day or playing at the park or on the street. Active leisure is more common in boys and decreases with age. The trend since 2010 in sedentary leisure is increasing in boys and decreasing in girls, while the proportion of active leisure remains stable.
- Regarding **mobility**, most frequent type of transport to go to school used by population from 3 to 17 years is walking (57.7%), followed by private car (27.9%). 10.7% of the population uses public transport and 1.5% cycling.
- The use of **car retentions systems** (car seat, booster, seat belt) is very high in population below 15 years old, both in urban trips (96.6%) and intercity (96.8 %). The **cycle helmet use** in this group of age is 59.3 %.
- 4.9% of the population aged 6 to 14 years eats at least **5 portions of fruit and / or vegetables per day**. The recommended amount of fruit and / or vegetable intake has decreased between 2010 and 2015 .

¹ Law 23/1998, 30th december, on statistics.DOGC n.2801, 08.01.1999.
Law 13/2010, 21st may, Catalonia's statistical plan. DOGC n. 5638 , 05.28.2010.

- Nearly 90 % of the population aged 3 to 14 years **eats breakfast twice** (before leaving home and in mid-morning), but this habit decreases with age. More than a quarter of this population **consumes frequently high-calorie products** and it is more prevalent among population from disadvantaged social classes and whose mothers have primary education or no education.
- 16.6 % **lives with someone who smokes** at home.
- 56.7 % of the population aged 5 to 14 years **brushes their teeth at least twice per day**.

Population aged 15 years and over

- Nearly three in four people between 15 and 69 years old has a **healthy physical activity level**, especially men, people with highest educational level and those from the most advantaged social classes. In 2015, the prevalence of healthy physical activity level has increased and it is similar to 2011 levels.
- 20.9% of the population aged 18 to 74 years has a **sedentary behaviour** and this percentage increases with age for men and women. The proportion of sedentary behaviour is higher among the most advantaged social classes and among people with primary education or no education. From 2011 to 2014 the proportion of sedentary behaviour increased, but in 2015 starts to decline.
- **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 (37.5%). According to age groups, younger adults are using car or motorcycle, while people over 64 years old walking. The proportion of people who mainly uses public transport is those with more level of education. The proportion of people who mainly walking is those from most disadvantage social class.
- 70.8% of population is doing a good follow-up of recommendations about **Mediterranean diet**, higher in women than in men. This proportion increases up to 74 years and it is higher among people from the most advantaged social class as well as among people with university studies. 84.7% of adult population eats at least one piece of fruit every day, and this percentage increases with age.
- Prevalence of **tobacco use** (daily and occasional) is 25.7%. It is higher in men than in women, among youngest people, men from disadvantage social class as well as among people with secondary education. The percentage of smokers has been decreasing from 1990 to 2015, especially in men.
- Prevalence of **high-risk alcohol use** is 3.8%, higher in men than in women, and among people between 15 and 44 years old. This prevalence is higher among men from the most disadvantage social class and among men with primary education or no education, and among women from the most advantage social class and among women with university education. Since 1994, there is a weak decreasing of high-risk alcohol use.

- 29.6% of population aged 15 to 64 years has consumed **cannabis** once in their lives, 7.5% during last year, 4.4% during last month, and 1.6% consumes daily. Monthly and daily consumption are higher among men than in women and among people aged 20 to 24 years than other group of age.
- 54.6% of population over 15 years have their **pressure blood** checked regularly and 60.5% have their **level of cholesterol** checked regularly. These preventive practices increase with age more frequent among people with primary education or no education. Pressure blood checked regularly cholesterol and level of cholesterol checked regularly increase from 2010 to 2015.
- 56.0% of population over 60 years gets vaccinated against flu regularly. This proportion is higher among older age groups, among people from the most advantaged social classes and among people with primary education or no education. Since 2006, this prevalence is decreasing.
- 89.7% of women between 50 and 69 years old gets regular **mammograms** and 75.1% of 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. Mammograms and smear test have increased between 1994 and 2015.
- 12.5% of the population between 50 and 69 years old has carried out **faecal occult blood test** with preventive aim, and 7.6% has carried out a **colonoscopy**. Since 2012, both prevalences remain steady.

Health status

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 and among people with primary education or no education.
- One of three people suffer from a **long-term condition or chronic illness or health problem**. It is higher in women, enlarging according to age. Moreover is higher in people from disadvantaged social classes as well as among people with primary education or no education.
- 16.4% of the population **suffered one unintentional injury** or more during last year. This percentage is higher among people aged 75 and over. People get injured more frequently at home and the most frequent cause is a fall from ground level. The prevalence of unintentional injury remains steady between 2006 and 2015.
- 11.1% of the population is **limited to perform usual life activities of daily living** due to a health problem. The prevalence is higher in women than men, among people aged 75 and over, among people from disadvantaged social classes and among people with primary education or no education

Population aged from 0 to 14 years

- 31.8% of population aged 6 to 12 years has **excess body weight**, a higher proportion of boys (35.8%) than girls (27.5%), 19.1% having **overweight** and 12.6% **obesity**. Prevalence of obesity is higher among those from disadvantaged social classes and those whose mothers have primary education or no education. Prevalence of overweight has slightly decreased since 2006, prevalence of excess body weight has decreased and prevalence of obesity is steady.
- 77.1% of population under 14 years **sleeps** 9 or more hours every day. This proportion is higher among those from advantage social classes and those whose mothers have university studies. Four of ten people aged 14 and under suffer or have suffered a **long-term condition** from a 18-item list. Most frequent problems are: repeated bronchitis, allergies and repeated otitis.
- 4.2% of the population aged 4 to 14 years is **at risk from suffering a mental disorder**. The prevalence is higher among those whose mothers have primary education or no education. The risk from suffering a mental disorder is decreasing from 2006 to 2015. 4.3% of population aged 14 or under suffers behavior disorder, hyperactivity or attention deficit

Population aged 15 years and over

- **Pain or discomfort** is the health-related quality of life dimension that most frequently cause problems among the population aged 15 and over. One of five men and one of three women experiences pain. Prevalence of pain is higher among older age groups, among people in disadvantaged social classes and among those with lower levels of education. Prevalence of pain is slightly decreasing since 2006.
- Almost half of the population aged 18 to 74 has **excess body weight** (overweight and obesity). 34.6% of them has **overweight**, and 14.7% has **obesity**. Overweight concerns more men than women and obesity is higher in older age groups. Prevalence of excess body weight, overweight and obesity are higher among people in disadvantaged social classes and people with primary education or no education. Since 2006, the prevalence of obesity increases, the prevalence of overweight decreases and the prevalence of excess body weight is steady.
- Eight of ten people **sleep** from 6 to 8 hours daily. This prevalence is lower among people from disadvantaged social classes and among people with primary education or no education. 90,2% of people has healthy sleep.
- The main **long-term condition** people aged 15 and over have or have suffered 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 six people suffer **anxiety or depression** problems, more women (20.8%) than men (12.2%), older people, people from disadvantaged social classes and people with primary

education or no education. The prevalence of anxiety or depression problems decreases since 2006.

- 15.7% 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. Main causes of disability are related to mobility impairment.

Use of health services and satisfaction

Population aged 0 years and over

- Nine out of ten people **have visited a health professional** during last year. 97.0% among people aged 14 and under and 91.7% among people aged 15 and over. General practitioner or paediatrician are the most visited health professionals for both sexes, especially among people aged 14 and under and those aged 65 and over.
- 31.0% of population has visited an **emergency department** last year, especially population aged 0 to 14 (37.1%), women (32.7%) and people from disadvantaged social classes. The proportion of population who has visited an emergency department between 1994 and 2015 shows a decreasing trend.
- Last year, 7.1% of population were **hospitalized** at least one night in the last twelve months, more women than men and older age groups. The prevalence is higher among people from disadvantaged social classes and among people with primary education or no education.
- Six of ten people aged 15 and over have **taken medication** during the two days. This prevalence is higher among older age groups (especially in women), among people from disadvantaged social classes as well as among those with primary education or no education. 22.9% people aged 14 and under have taken medication, without social gradient.
- One of four people have **double health insurance coverage**, public and private, especially people from 15 to 44 years, people with university education and people from the most advantage social classes. The prevalence of double health insurance coverage peaked in 2010 and it reach the same level as 2006 .
- Three of four people **have used more frequently public health services** during last year, 13.9% private services and 10.9% have used none. Those people who visited more frequently public health services were attended by general practitioners or paediatricians while those who visited private health services were attended by other health professionals.
- The percentage of satisfaction with health services used most frequently over the last year was 91.2%, 98.6% for those who have used private health services and 89.7% for those who have used public ones. Satisfaction with public health services increased from 1994 to 2015.