

Health status, health-related behaviours and health service utilisation in **Catalonia,** **2021**

ESCA 2021 main results. Executive summary



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Directorate-General for Health Planning

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Contents

1	Introduction	5
2	Characteristics of the population and the sampling	6
3	Health status	8
3.1	Positive self-perceived health.....	8
3.2	Positive assessment of oral hygiene health	9
3.3	High blood pressure	10
3.4	Diabetes	11
3.5	Excess body weight.....	12
3.6	Overweight	13
3.7	Obesity	14
3.8	Emotional discomfort.....	15
3.9	Moderate or severe depression.....	16
3.10	Good health-related quality of life.....	17
3.11	Pain or discomfort.....	18
3.12	Chronic diseases	19
3.13	Limited ability to perform daily activities due to a health condition.....	21
3.14	Disability	22
3.15	Lack of personal autonomy	23
3.16	Social support.....	24
3.17	Difficulties remembering or concentrating	25
3.18	Material deprivation	26
4	Health-related behaviours	27
4.1	Tobacco use	27
4.2	Exposure to second-hand smoke at home.....	28
4.3	At-risk alcohol consumption	29
4.4	Sleeping hours.....	30
4.5	Healthy level of physical activity	31
4.6	Regular moving around	32
4.7	Mediterranean diet.....	34
4.8	Daily consumption of five servings of fruit and/or vegetables	35
4.9	Daily consumption of sugary drinks.....	36
4.10	Regular mammograms.....	37
4.11	Regular smear tests	38
4.12	Faecal occult blood test.....	39
4.13	Blood pressure checked regularly	40
4.14	Cholesterol level tested regularly	41
5	Health services utilisation and satisfaction	42
5.1	Double health insurance coverage.....	42
5.2	Consumption of prescribed medication in the last 15 days.....	43
5.3	Visiting a health professional.....	44
5.4	Hospitalisation	45
5.5	Visiting an emergency department.....	46
5.6	Satisfaction with public health services	47

6	Child population. Health status	48
6.1	Positive self-perceived health.....	48
6.2	Positive assessment of oral hygiene health	49
6.3	Excess body weight.....	50
6.4	Overweight	51
6.5	Obesity	52
6.6	Good health-related quality of life.....	53
6.7	Risk of developing a mental disorder	54
6.8	Chronic diseases	55
6.9	Limited ability due to a health condition	57
6.10	Disability	58
7	Child population. Health-related behaviours	59
7.1	Exposure to second-hand smoke at home.....	59
7.2	Active leisure activities	60
7.3	Sedentary leisure activities.....	61
7.4	Regular school-going.....	62
7.5	Daily consumption of five servings of fruit and/or vegetables	64
7.6	Daily consumption of sugary drinks.....	65
7.7	Frequent consumption of high-calorie products	66
7.8	Teeth-brushing	67
8	Summary of time-evolution results	68

1 Introduction

This document accompanies the analysis of a selection of 58 indicators, included in the document ***Principals indicadors ESCA 2021***, in Excel format. Of these, 39 describe adult population (people aged 15 years and over) and 19, child population (people aged 0 to 14 years).

For each of these 58 indicators, a summary of the results for 2021 is shown according to axes of inequality (sex, age group, social class, educational level and territory) as well as a time evolution. For all these axes, statistical significant differences are highlighted, as well as a contrast between 2020 and 2021 and between 2019 and 2021.

In the Excel file you will find different sheets with the following information:

- Results for the 58 indicators (total, men and women).
- Results for health status indicators by age group, social class, and educational level (total, men, and women).
- Results for health-related behaviours indicators by age group, social class, and educational level (total, men, and women).
- Results for health service utilization indicators by age group, social class, and educational level (total, men, and women).
- Results for the 58 indicators by health region (total, men, and women).
- Maps for the 58 indicators by health region (raw percentage and 95% confidence interval).
- Time evolution for the 58 indicators (raw percentage).
- Evolution graphs of the 58 indicators (standardised percentage).
- Methodology and population characterisation.
- Abstract in Catalan (resum executiu), Spanish (resumen ejecutivo) and English (Summary).

Please consult our website for further information at [resultats de l'any 2021](#).

2 Characteristics of the population and the sampling

The Catalan Health Interview Survey is an official activity included in the that guarantees the confidentiality of the data, protected by the Statistics Law and the Programme itself. The Catalan Health Interview Survey provides relevant information of the population about health status, health-related behaviours and health service utilization, which are substantial to establish and to assess the Catalan health policy as specified in the Health Planning of Catalonia.

The main characteristics of the Catalan Health Interview Survey 2021 are detailed below.

Technical requirements	Contents
Responsible Units	Directorate-General for Health Planning. Statistical Institute of Catalonia.
Universe	Non-institutionalized resident population in Catalonia.
Sample Size	4,827 persons: 2,388 men and 2,439 women.
Type of interview	Computer-Assisted Personal Interview (CAPI), using three questionnaires: direct for adults, indirect for adults and indirect for underage (14 years and below). Random, stratified multistage sampling wave (semester)
Sampling method and selection of the sampling units	First stage (functional health sector): deterministic Second stage (municipality): random without replacement, stratified according to municipality size with inclusion probability proportional to its size. Third stage (persons): random without replacement, stratified according to age groups and sex.
Sample extraction	Based on the most recent Register of Population, with 10 substitutes for each person, randomly chosen among those of the same age group, sex and place of origin living in the same municipality or nearby municipalities.

The present edition (2021), as well as the previous one (2020), has been affected by the COVID-19 pandemic. During 2021, even though the fieldwork had to be suspended twice, the total number of surveys required by the sample design has been reached. This guarantee the representativeness of the results for Catalonia.

The sampling is not proportional to non-institutionalized resident population in Catalonia according to age group and sex, since less populated municipalities are over-represented. In order to reverse this non-proportional distribution, weights have been used.

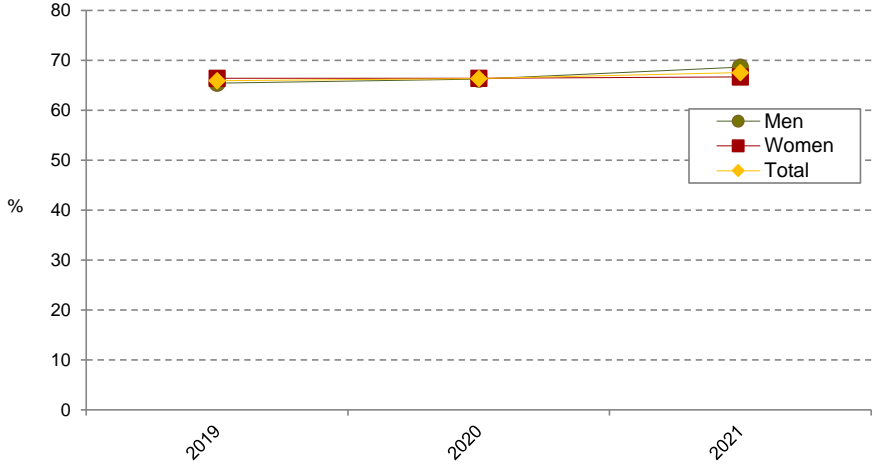
The calculation of maximum error is based under maximum uncertainty ($p = q = 0.5$) for simple random sampling and infinite population, at a 95.45% confidence interval. The sample size determines the maximum error of indicators. The sampling error according to age and sex are detailed below.

AGE	Reference population			Sampling			Maximum sampling error		
	Men	Women	Total	Men	Women	Total	Men	Women	Total
0-14	600,199	565,666	1,165,865	639	619	1,258	4.0%	4.0%	2.8%
15-44	1,507,236	1,451,757	2,958,993	701	675	1,376	3.8%	3.8%	2.7%
45-64	1,089,225	1,098,035	2,187,260	575	601	1,176	4.2%	4.1%	2.9%
65-74	344,438	398,576	743,014	175	202	377	7.6%	7.0%	5.2%
75 and over	285,866	439,481	725,347	298	342	640	5.8%	5.4%	4.0%
<i>15 and over</i>	<i>3,226,765</i>	<i>3,387,849</i>	<i>6,614,614</i>	<i>1,749</i>	<i>1,820</i>	<i>3,569</i>	<i>2.4%</i>	<i>2.3%</i>	<i>1.7%</i>
<i>65 and over</i>	<i>630,304</i>	<i>838,057</i>	<i>1,468,361</i>	<i>473</i>	<i>544</i>	<i>1,017</i>	<i>4.6%</i>	<i>4.3%</i>	<i>3.1%</i>
Total	3,826,964	3,953,515	7,780,479	2,388	2,439	4,827	2.0%	2.0%	1.4%

Source: Municipality Census (01/01/2020). Statistical Institute of Catalonia.

3 Health status

Axes of inequality	<h3>3.1 Positive self-perceived health</h3> <p>Eight out of ten people aged 15 years and over (79.0%) have a positive self-perceived health</p>
Sex	This perception is better among men (83.1%) than women (75.1%).
Age group	This perception is worse among older age groups , especially those aged over 65: 60.3% in those aged 65 to 74 and 45.9% in those aged 75 and over, compared to 93.0% among those aged 15 to 44.
Social class	Positive self-perceived health is higher among people from the most advantaged social classes (89.6% class I) compared to people from the most disadvantaged social classes (74.4% class III).
Educational level	Positive self-perceived health is higher among those with university education (90.3%) compared to those with lower educational level (56.9%).
Age group, social class and educational level according to sex	For each one of these axes of inequality, women have lower self-perceived health than men , reaching a difference of 12 percentage points between men and women with no education or with primary education.
Territory	<p>Alt Pirineu i Aran (87.1%) and Lleida (84.9%) health regions have both percentages above Catalonia overall.</p> <p>From 1994 to 2012, the percentage of people reporting a positive self-perceived health has shown an upward trend year to year, from 2012 to 2017 it remains stable and from 2018 on it undergoes an upward trend among men and a downward trend among women. From 2020 to the present it has stabilised again. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>
Evolution	<p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">3.2 Positive assessment of oral hygiene health</h3> <p style="text-align: center;">67.5% of people aged 15 and over make a positive assessment of their oral hygiene health</p>																
Sex	This percentage is higher in men (69.3%) than in women (65.8%).																
Age group	There is a gradient according to age group. The percentage is higher in the youngest age group : 81.8% among those aged 15 to 44 and 43.9% among those aged 75 and over.																
Social class	It is higher among people from the most advantaged social class (80.4% class I) compared to those from the most disadvantaged social class (61.0% class III).																
Educational level	It is higher among people with university education (80.6%) than among those with lower educational level (48.0%).																
Territory	No differences were found according to health region.																
Evolution	<p>The indicator remains steady, even if only three evolution figures are available because 2019 was the first year this question was included in the ESCA. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>  <table border="1" data-bbox="491 1115 1366 1579"> <caption>Evolution of oral hygiene health assessment (%)</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2019</td> <td>69.3</td> <td>65.8</td> <td>67.5</td> </tr> <tr> <td>2020</td> <td>69.3</td> <td>65.8</td> <td>67.5</td> </tr> <tr> <td>2021</td> <td>69.3</td> <td>65.8</td> <td>67.5</td> </tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2019	69.3	65.8	67.5	2020	69.3	65.8	67.5	2021	69.3	65.8	67.5
Year	Men (%)	Women (%)	Total (%)														
2019	69.3	65.8	67.5														
2020	69.3	65.8	67.5														
2021	69.3	65.8	67.5														

Axes of inequality	<h3 style="text-align: center;">3.3 High blood pressure</h3> <p style="text-align: center;">23.4% of people aged 15 and over have high blood pressure</p>																																																																
Sex	No differences were found according to sex.																																																																
Age group	<p>Older age groups have the highest percentage of high blood pressure, especially those aged 65 and over: 48.2%, those aged 65 to 74, and 60.4% those aged 75 and over, compared to 6.7% those aged 15 to 44.</p>																																																																
Social class	The highest percentage of high blood pressure falls to people from disadvantaged social classes (25.1% class II and class III) compared to the most advantaged social class (15.5% class I).																																																																
Educational level	It is higher among people with primary education or no education (40.8%) compared to those with university education (15.9%).																																																																
Territory	No differences were found according to health region.																																																																
Evolution	<p>The prevalence of high blood pressure shows an upward trend from 1994 to 2010, remaining stable until 2018, and then slightly decreasing. In 2019 an upward trend is observed, mainly among men, and in 2021 it remains steady. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the High Blood Pressure Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>1994</td><td>15.0</td><td>20.0</td><td>18.0</td></tr> <tr><td>2002</td><td>18.0</td><td>18.0</td><td>18.0</td></tr> <tr><td>2006</td><td>22.0</td><td>22.0</td><td>22.0</td></tr> <tr><td>2010</td><td>25.0</td><td>23.0</td><td>24.0</td></tr> <tr><td>2011</td><td>27.0</td><td>26.0</td><td>26.5</td></tr> <tr><td>2012</td><td>26.0</td><td>24.0</td><td>25.0</td></tr> <tr><td>2013</td><td>28.0</td><td>26.0</td><td>27.0</td></tr> <tr><td>2014</td><td>26.0</td><td>23.0</td><td>24.5</td></tr> <tr><td>2015</td><td>27.0</td><td>23.0</td><td>25.0</td></tr> <tr><td>2016</td><td>26.0</td><td>23.0</td><td>24.5</td></tr> <tr><td>2017</td><td>26.0</td><td>23.0</td><td>24.5</td></tr> <tr><td>2018</td><td>24.0</td><td>22.0</td><td>23.0</td></tr> <tr><td>2019</td><td>28.0</td><td>24.0</td><td>26.0</td></tr> <tr><td>2020</td><td>26.0</td><td>23.0</td><td>24.5</td></tr> <tr><td>2021</td><td>25.0</td><td>22.0</td><td>23.5</td></tr> </tbody> </table> <p style="text-align: center; font-size: small;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center; font-size: x-small;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	1994	15.0	20.0	18.0	2002	18.0	18.0	18.0	2006	22.0	22.0	22.0	2010	25.0	23.0	24.0	2011	27.0	26.0	26.5	2012	26.0	24.0	25.0	2013	28.0	26.0	27.0	2014	26.0	23.0	24.5	2015	27.0	23.0	25.0	2016	26.0	23.0	24.5	2017	26.0	23.0	24.5	2018	24.0	22.0	23.0	2019	28.0	24.0	26.0	2020	26.0	23.0	24.5	2021	25.0	22.0	23.5
Year	Men (%)	Women (%)	Total (%)																																																														
1994	15.0	20.0	18.0																																																														
2002	18.0	18.0	18.0																																																														
2006	22.0	22.0	22.0																																																														
2010	25.0	23.0	24.0																																																														
2011	27.0	26.0	26.5																																																														
2012	26.0	24.0	25.0																																																														
2013	28.0	26.0	27.0																																																														
2014	26.0	23.0	24.5																																																														
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2017	26.0	23.0	24.5																																																														
2018	24.0	22.0	23.0																																																														
2019	28.0	24.0	26.0																																																														
2020	26.0	23.0	24.5																																																														
2021	25.0	22.0	23.5																																																														

Axes of inequality	<h3 style="text-align: center;">3.4 Diabetes</h3> <p style="text-align: center;">Around 8% of people aged 15 and over suffer from diabetes</p>
Sex	No differences were found between men and women.
Age group	The percentage of diabetes is higher in older age groups , especially among those aged 65 and over: 19.9% among those aged 65 to 74 and 23.8% among those 75 and over, compared to 1.4% for the aged between 15 to 44.
Social class	It is higher among people from the most disadvantaged social class (9.4% class III) compared to the most advantaged social class (3.4% class I).
Educational level	People with a lower educational level have the highest percentage (18.0%) compared to those with university education (3.1%).
Territory	No differences were found according to health region.
Evolution	<p>The prevalence of diabetes has remained stable since 2011. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">3.5 Excess body weight</h3> <p style="text-align: center;">Half people aged 18 to 74 (50.1%) have excess body weight (overweight or obesity)</p>																																																								
Sex	Men have a higher percentage (57.4%) than women (42.9%).																																																								
Age group	This indicator increases with age: from 39.4% among those aged 15 to 44 to 66.4% among those aged 65 to 74.																																																								
Social class	It is higher among people from the most disadvantaged social class (55.2% class III) than among those from the most advantaged social class (39.1% class I).																																																								
Educational level	Excess body weight is more frequent among people with lower educational levels (66.9%) than among those with university education (40.4%).																																																								
Age group, social class and educational level according to sex	Men have a higher percentage than women across all axes of inequality. It reaches a difference of 20 percentage points between men and women from the most advantaged social class.																																																								
Territory	Barcelona Ciutat Health Region has a percentage (43.4%) lower than Catalonia overall.																																																								
Evolution	<p>It remains steady since 2006. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2006</td><td>60</td><td>43</td><td>51</td></tr> <tr><td>2010</td><td>58</td><td>40</td><td>49</td></tr> <tr><td>2011</td><td>59</td><td>43</td><td>51</td></tr> <tr><td>2012</td><td>60</td><td>42</td><td>51</td></tr> <tr><td>2013</td><td>58</td><td>42</td><td>50</td></tr> <tr><td>2014</td><td>57</td><td>42</td><td>50</td></tr> <tr><td>2015</td><td>57</td><td>44</td><td>50</td></tr> <tr><td>2016</td><td>59</td><td>42</td><td>50</td></tr> <tr><td>2017</td><td>59</td><td>41</td><td>50</td></tr> <tr><td>2018</td><td>60</td><td>44</td><td>52</td></tr> <tr><td>2019</td><td>61</td><td>44</td><td>53</td></tr> <tr><td>2020</td><td>59</td><td>43</td><td>51</td></tr> <tr><td>2021</td><td>58</td><td>43</td><td>50</td></tr> </tbody> </table> <p style="text-align: center; font-size: small;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="font-size: x-small;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2006	60	43	51	2010	58	40	49	2011	59	43	51	2012	60	42	51	2013	58	42	50	2014	57	42	50	2015	57	44	50	2016	59	42	50	2017	59	41	50	2018	60	44	52	2019	61	44	53	2020	59	43	51	2021	58	43	50
Year	Men (%)	Women (%)	Total (%)																																																						
2006	60	43	51																																																						
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2017	59	41	50																																																						
2018	60	44	52																																																						
2019	61	44	53																																																						
2020	59	43	51																																																						
2021	58	43	50																																																						

Axes of inequality	<h3 style="text-align: center;">3.6 Overweight</h3> <p style="text-align: center;">35.3% of people aged 18 to 74 are overweight</p>
Sex	The percentage of overweight is higher in men (42.4%) than in women (28.2%).
Age group	This percentage increases with age : from 28.8% among those aged 15 to 44 to 47.0% among those aged 65 to 74.
Social class	It is higher among people from more disadvantaged social classes (37.0 and 37.3% classes II and III) than among those from the most advantaged social class (29.8% class I).
Educational level	There is a higher percentage of overweight among people with primary education or no education (43.8%) than among those with university education (29.9%).
Age group, social class and educational level according to sex	Men have a higher percentage than women across all axes of inequality. It reaches a difference of 18 percentage points between men and women from social class II.
Territory	Barcelona Ciutat Health Region has a percentage (29.9%) below Catalonia overall.
Evolution	<p>Overweight remains steady from 2006 to 2021. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">3.7 Obesity</h3> <p style="text-align: center;">14.8% people aged 18 to 74 are obese</p>																																																								
Sex	No differences were found between men and women.																																																								
Age group	The percentage of obesity increases with age , especially among those aged 45 and over (near 20%).																																																								
Social class	It is higher among people from the most disadvantaged social class (17.8 class III) than among those from the most advantaged social class (9.3% class I).																																																								
Educational level	There is a higher percentage of obesity among people with the lowest educational level (23.0%) than among those with university education (10.5%).																																																								
Territory	No differences were found according to health region.																																																								
Evolution	<p>From 2010 to 2014, obesity shows an upward trend, remaining then stable until 2018, rising up again in 2019. In 2020 it shows again a downward trend. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <table border="1"> <caption>Estimated data from the Obesity Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2006</td><td>14.5</td><td>13.5</td><td>14.0</td></tr> <tr><td>2010</td><td>13.0</td><td>11.5</td><td>12.5</td></tr> <tr><td>2011</td><td>15.0</td><td>14.0</td><td>14.5</td></tr> <tr><td>2012</td><td>15.5</td><td>13.0</td><td>14.5</td></tr> <tr><td>2013</td><td>14.5</td><td>14.5</td><td>14.5</td></tr> <tr><td>2014</td><td>15.5</td><td>15.5</td><td>15.5</td></tr> <tr><td>2015</td><td>15.0</td><td>15.5</td><td>15.5</td></tr> <tr><td>2016</td><td>15.0</td><td>14.5</td><td>15.0</td></tr> <tr><td>2017</td><td>16.0</td><td>14.0</td><td>15.0</td></tr> <tr><td>2018</td><td>16.0</td><td>14.5</td><td>15.0</td></tr> <tr><td>2019</td><td>18.5</td><td>15.5</td><td>17.0</td></tr> <tr><td>2020</td><td>17.0</td><td>17.0</td><td>17.0</td></tr> <tr><td>2021</td><td>15.0</td><td>14.5</td><td>14.8</td></tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2006	14.5	13.5	14.0	2010	13.0	11.5	12.5	2011	15.0	14.0	14.5	2012	15.5	13.0	14.5	2013	14.5	14.5	14.5	2014	15.5	15.5	15.5	2015	15.0	15.5	15.5	2016	15.0	14.5	15.0	2017	16.0	14.0	15.0	2018	16.0	14.5	15.0	2019	18.5	15.5	17.0	2020	17.0	17.0	17.0	2021	15.0	14.5	14.8
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2019	18.5	15.5	17.0																																																						
2020	17.0	17.0	17.0																																																						
2021	15.0	14.5	14.8																																																						

Axes of inequality	<h3 style="text-align: center;">3.8 Emotional discomfort</h3> <p style="text-align: center;">22.5% people aged 15 and over have emotional discomfort</p>																																				
Sex	Almost one out of three women (27.9%) and one out of five men (17.0%) have emotional discomfort.																																				
Age group	This percentage increases with age : 20.6% among those aged 15 to 44 and 34.7% among those aged 75 and over.																																				
Social class	It is higher among people from the most disadvantaged social class (23.2 class III) than among those from the most advantaged social class (18.4% class I).																																				
Educational level Age group, social class and educational level according to sex Territory	<p>People with no education or with primary education have a higher percentage of emotional discomfort (36.9%) than those with university education (18.7%).</p> <p>Women have a higher percentage than men across all axes of inequality. It reaches a difference of 18 percentage points between women and men among those with no education or primary education.</p> <p>Girona Health Region (16.2%) has a percentage of people with emotional discomfort below Catalonia overall whereas Barcelona Metropolitana Sud Health Region (27.5%) has it above.</p>																																				
Evolution	<p>The percentage of people with emotional discomfort shows an upward trend until 2016 and then it seems to remain steady until 2019. In 2020 this proportion increases in women and decreases in men whereas in 2021 it shows a downward trend in women while it remains steady in men. The fall between 2019 and 2021 is statistically significant for total and for men. No statistically significant differences have been found between 2020 and 2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2014</td><td>18.0</td><td>26.0</td><td>22.0</td></tr> <tr><td>2015</td><td>20.0</td><td>27.0</td><td>24.0</td></tr> <tr><td>2016</td><td>24.0</td><td>29.0</td><td>26.0</td></tr> <tr><td>2017</td><td>21.5</td><td>30.5</td><td>26.0</td></tr> <tr><td>2018</td><td>21.0</td><td>32.0</td><td>26.5</td></tr> <tr><td>2019</td><td>22.5</td><td>30.0</td><td>26.5</td></tr> <tr><td>2020</td><td>17.5</td><td>32.0</td><td>25.0</td></tr> <tr><td>2021</td><td>17.5</td><td>28.0</td><td>23.0</td></tr> </tbody> </table> <p style="font-size: small;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2014	18.0	26.0	22.0	2015	20.0	27.0	24.0	2016	24.0	29.0	26.0	2017	21.5	30.5	26.0	2018	21.0	32.0	26.5	2019	22.5	30.0	26.5	2020	17.5	32.0	25.0	2021	17.5	28.0	23.0
Year	Men (%)	Women (%)	Total (%)																																		
2014	18.0	26.0	22.0																																		
2015	20.0	27.0	24.0																																		
2016	24.0	29.0	26.0																																		
2017	21.5	30.5	26.0																																		
2018	21.0	32.0	26.5																																		
2019	22.5	30.0	26.5																																		
2020	17.5	32.0	25.0																																		
2021	17.5	28.0	23.0																																		

Axes of inequality	<h3 style="text-align: center;">3.9 Moderate or severe depression</h3> <p style="text-align: center;">9.0% of people aged 15 and over suffer from depression</p>																								
Sex	It is higher among women (12.2%) than among men (5.7%).																								
Age group	It increases with age : 7.4% among people aged 15 to 44 and 13.1% among those aged 75 and over.																								
Social class	It is higher among people from the most disadvantaged social class (10.8 class III) than among those from the most advantaged social class (4.8% class I).																								
Educational level	People with no education or with primary education have a higher percentage of depression (14.6%) than those with university education (5.5%).																								
Age group, social class and educational level according to sex	Women have a higher percentage than men across all axes of inequality. It reaches a difference of 15 percentage points between women and men among those with no education or with primary education.																								
Territory	Girona Health Region (4.4%) has a percentage of people suffering from depression below Catalonia overall, whereas Terres de l'Ebre (16.2%), Barcelona Metropolitana Sud (16.0%) and Lleida (14.3%) health regions have them above.																								
Evolution	<p>From 2017 to 2019, the percentage of people with depression remains stable. In 2020, there is a rise, especially in women, and in 2021 it goes down for both sexes. The rise in the percentage between 2019 and 2021 is statistically significant for women. No statistically significant differences have been found between 2020 and 2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Evolution of depression percentage (2017-2021)</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2017</td> <td>3.5</td> <td>8.8</td> <td>6.2</td> </tr> <tr> <td>2018</td> <td>4.0</td> <td>11.2</td> <td>7.8</td> </tr> <tr> <td>2019</td> <td>4.8</td> <td>9.5</td> <td>7.2</td> </tr> <tr> <td>2020</td> <td>7.5</td> <td>13.5</td> <td>10.8</td> </tr> <tr> <td>2021</td> <td>5.7</td> <td>12.2</td> <td>9.0</td> </tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2020 and 2021 Statistically significant differences between 2019 and 2021 for women.</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2017	3.5	8.8	6.2	2018	4.0	11.2	7.8	2019	4.8	9.5	7.2	2020	7.5	13.5	10.8	2021	5.7	12.2	9.0
Year	Men (%)	Women (%)	Total (%)																						
2017	3.5	8.8	6.2																						
2018	4.0	11.2	7.8																						
2019	4.8	9.5	7.2																						
2020	7.5	13.5	10.8																						
2021	5.7	12.2	9.0																						

Axes of inequality	<h3 style="text-align: center;">3.10 Good health-related quality of life</h3> <p style="text-align: center;">Almost three quarters (73.0%) of people aged 18 and over have a good health-related quality of life</p>
Sex	<p>Men have a higher percentage of good health-related quality of life (75.3%) than women do (70.8%).</p>
Age group	<p>There is a gradient according to age group. The percentage is higher in the youngest age group: 78.1% among those aged 15 to 44 and 62.1% among those aged 75 and over.</p>
Social class	<p>There is a difference of 10 percentage points between people from the most advantaged social class (79.7% class I) and those from the most disadvantaged social class social (69.5% class III).</p>
Educational level	<p>People with no education or with primary education have a lower percentage (63.1%) than those with university education (78.7%).</p>
Territory	<p>Alt Pirineu i Aran (80.7%) and Barcelona Ciutat (77.4%) health regions have percentages of good health-related quality of life above Catalonia overall.</p>
Evolution	<p>This percentage remains stable since 2012. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">3.11 Pain or discomfort</h3> <p style="text-align: center;">One out of four (24.8%) people aged 15 and over suffer from pain or discomfort</p>																																																								
Sex	There are more women (30.2%) than men (19.2%) suffering from pain or discomfort.																																																								
Age group	This percentage increases with age and reaches half the people aged 75 and over: 14.8% among those aged 15 to 44, 26.7% among those aged 45 to 64, 34.7% among those aged 65 to 74 and 50.0% among those aged 75 and over.																																																								
Social class	There is a difference of 10 percentage points between people from the most disadvantaged social class (28.2% class III) and those from the most advantaged social class social (18.0% class I).																																																								
Educational level	People with no education or with primary education have a higher percentage (38.2%) than those with university education (16.9%).																																																								
Age group, social class and educational level according to sex	Women have a higher percentage than men across all axes of inequality. It reaches a difference of 21 percentage points between women and men among those with no education or with primary education.																																																								
Territory	Barcelona Ciutat (19.1%) and Lleida (16.8%) health regions have both percentages of people suffering from pain or discomfort below than Catalonia overall, whereas Camp de Tarragona Health Region (30.8%) has it above.																																																								
Evolution	<p>This percentage shows a downward trend, especially from 2015 to 2019, when it remains steady. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <table border="1" style="display: none;"> <caption>Evolution of Pain or Discomfort (%)</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>1994</td><td>20.5</td><td>34.5</td><td>28.5</td></tr> <tr><td>2002</td><td>28.5</td><td>41.5</td><td>35.5</td></tr> <tr><td>2006</td><td>28.0</td><td>43.0</td><td>36.0</td></tr> <tr><td>2011</td><td>24.5</td><td>41.5</td><td>33.5</td></tr> <tr><td>2012</td><td>20.5</td><td>37.0</td><td>29.0</td></tr> <tr><td>2013</td><td>25.0</td><td>37.5</td><td>31.0</td></tr> <tr><td>2014</td><td>25.5</td><td>38.0</td><td>31.5</td></tr> <tr><td>2015</td><td>23.0</td><td>34.5</td><td>29.0</td></tr> <tr><td>2016</td><td>23.5</td><td>33.5</td><td>28.5</td></tr> <tr><td>2017</td><td>23.5</td><td>33.5</td><td>28.5</td></tr> <tr><td>2019</td><td>20.0</td><td>31.0</td><td>25.5</td></tr> <tr><td>2020</td><td>20.5</td><td>29.5</td><td>25.0</td></tr> <tr><td>2021</td><td>20.0</td><td>29.5</td><td>25.0</td></tr> </tbody> </table> <p style="text-align: center;">The EuroQol 5D-5L tool is not included in questionnaire during this two years</p> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p>	Year	Men (%)	Women (%)	Total (%)	1994	20.5	34.5	28.5	2002	28.5	41.5	35.5	2006	28.0	43.0	36.0	2011	24.5	41.5	33.5	2012	20.5	37.0	29.0	2013	25.0	37.5	31.0	2014	25.5	38.0	31.5	2015	23.0	34.5	29.0	2016	23.5	33.5	28.5	2017	23.5	33.5	28.5	2019	20.0	31.0	25.5	2020	20.5	29.5	25.0	2021	20.0	29.5	25.0
Year	Men (%)	Women (%)	Total (%)																																																						
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Standardised proportions. Direct method using European Standard Population 2013.

Axes of inequality	<h3 style="text-align: center;">3.12 Chronic diseases</h3> <p style="text-align: center;">37.9% of people aged 15 and over suffer from long-term conditions or chronic diseases or health problems</p>																																																				
Sex	The percentage is lower among men (32.6%) than among women (43.0%).																																																				
Age group	The prevalence grows as age groups get older , mainly in people aged 65 and over, then reaching over 70.0%.																																																				
Social class	The percentage is lower among people from the most advantaged social class (31.7 class I) than among the most disadvantaged social class (39.7% class III).																																																				
Educational level	There is a difference of 26 percentage points between people with university education (31.2%) and people with lower educational level (56.7%).																																																				
Age group, social class and educational level according to sex	Women have a higher percentage than men across all axes of inequality. It reaches a difference of 12 percentage points between women and men among those from the most disadvantaged social class.																																																				
Territory	Lleida Health Region (31.7%) has a percentage of people with long-term conditions or chronic diseases or health problems below Catalonia overall, whereas Barcelona Ciutat Health Region (41.4%) has it above.																																																				
Evolution	<p>The proportion of people suffering from long-term conditions or chronic diseases or health problems rose from 2010 to 2013, decreased slightly from 2014 to 2015 and stabilising from that point onwards. In spite of that, 2021 shows upward trend among women. Still, no statistically significant differences have been found between 2020 and 2021. Statistically significant differences have been found between 2019 and 2021 for total and for men.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2010</td><td>34.5</td><td>39.0</td><td>37.5</td></tr> <tr><td>2011</td><td>37.5</td><td>44.0</td><td>40.5</td></tr> <tr><td>2012</td><td>40.5</td><td>45.5</td><td>43.0</td></tr> <tr><td>2013</td><td>42.0</td><td>46.0</td><td>44.0</td></tr> <tr><td>2014</td><td>41.5</td><td>45.0</td><td>43.5</td></tr> <tr><td>2015</td><td>38.0</td><td>41.5</td><td>39.5</td></tr> <tr><td>2016</td><td>38.0</td><td>42.0</td><td>40.0</td></tr> <tr><td>2017</td><td>36.5</td><td>40.5</td><td>38.5</td></tr> <tr><td>2018</td><td>36.5</td><td>41.0</td><td>38.5</td></tr> <tr><td>2019</td><td>39.0</td><td>44.0</td><td>41.5</td></tr> <tr><td>2020</td><td>36.0</td><td>40.0</td><td>38.0</td></tr> <tr><td>2021</td><td>34.0</td><td>42.0</td><td>38.0</td></tr> </tbody> </table> <p style="text-align: center; font-size: small;">No statistically significant differences between 2020 and 2021. and 2021 Statistically significant differences between 2019 and 2021 for total and men Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2010	34.5	39.0	37.5	2011	37.5	44.0	40.5	2012	40.5	45.5	43.0	2013	42.0	46.0	44.0	2014	41.5	45.0	43.5	2015	38.0	41.5	39.5	2016	38.0	42.0	40.0	2017	36.5	40.5	38.5	2018	36.5	41.0	38.5	2019	39.0	44.0	41.5	2020	36.0	40.0	38.0	2021	34.0	42.0	38.0
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The **main health problems reported**, ordered by frequency and according to sex, are:

Total	Men	Women
1. Diseases of the circulatory system: high blood pressure and high cholesterol	1. Diseases of the circulatory system: high blood pressure and high cholesterol	1. Diseases of the musculoskeletal system: chronic lumbar or dorsal back pain, chronic cervical back pain and osteoarthritis
2. Diseases of the musculoskeletal system: chronic lumbar or dorsal back pain, chronic cervical back pain and osteoarthritis	2. Diseases of the musculoskeletal system: chronic lumbar or dorsal back pain, chronic cervical back pain and osteoarthritis	2. Diseases of the circulatory system (especially, high blood pressure)
3. Anxiety	3. Chronic allergies	3. Anxiety
4. Chronic allergies	4. Anxiety	4. Migraine or frequent headaches
5. Migraine or headaches	5. Diabetes	5. Depression
6. Depression	6. Depression	6. Chronic allergies

A higher percentage of women than men suffer from these health conditions except for high blood pressure.

<p>Axes of inequality</p>	<p>3.13 Limited ability to perform daily activities due to a health condition</p> <p>The prevalence of people aged 15 and over having limited ability to perform daily activities due to a health condition is 17.0%</p>																																																				
<p>Sex</p>	<p>The prevalence is lower in men (13.7%) than in women (20.1%).</p>																																																				
<p>Age group</p>	<p>This prevalence grows as age groups get older, mainly in people aged 75 and over, where almost half people are limited (49.5%).</p>																																																				
<p>Social class</p>	<p>It is higher among people from the most disadvantaged social class (19.5 class III) than among those from the most advantaged social class (9.4% class I).</p>																																																				
<p>Educational level</p>	<p>People with no education or with primary education have a higher percentage (32.4%) than those with university education (9.9%).</p>																																																				
<p>Territory</p>	<p>Alt Pirineu i Aran Health Region (9.8%) has a percentage below Catalonia overall.</p>																																																				
<p>Evolution</p>	<p>From 2010 to 2014, the percentage of people having limited ability to perform daily activities shows a downward trend, remaining stable from this point up to 2016. In 2017, it rise and stabilises again until 2019. In 2020 it shows an upward trend, which remains in 2021 among women. The rise between 2019 and 2021 is statistically significant for women. No statistically significant differences have been found between 2020 and 2021.</p> <table border="1"> <caption>Evolution of limited ability to perform daily activities (2010-2021)</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2010</td><td>14.0</td><td>20.5</td><td>17.0</td></tr> <tr><td>2011</td><td>14.0</td><td>18.5</td><td>16.0</td></tr> <tr><td>2012</td><td>11.0</td><td>17.0</td><td>14.0</td></tr> <tr><td>2013</td><td>13.0</td><td>18.5</td><td>15.5</td></tr> <tr><td>2014</td><td>12.0</td><td>13.5</td><td>13.5</td></tr> <tr><td>2015</td><td>12.0</td><td>13.5</td><td>13.5</td></tr> <tr><td>2016</td><td>12.0</td><td>13.5</td><td>13.5</td></tr> <tr><td>2017</td><td>14.0</td><td>16.5</td><td>15.5</td></tr> <tr><td>2018</td><td>12.5</td><td>16.0</td><td>14.5</td></tr> <tr><td>2019</td><td>14.5</td><td>15.5</td><td>15.5</td></tr> <tr><td>2020</td><td>16.0</td><td>17.5</td><td>16.5</td></tr> <tr><td>2021</td><td>14.5</td><td>19.0</td><td>16.5</td></tr> </tbody> </table> <p>No statistically significant differences between 2020 and 2021 Statistically significant differences between 2019 and 2021 for women.</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2010	14.0	20.5	17.0	2011	14.0	18.5	16.0	2012	11.0	17.0	14.0	2013	13.0	18.5	15.5	2014	12.0	13.5	13.5	2015	12.0	13.5	13.5	2016	12.0	13.5	13.5	2017	14.0	16.5	15.5	2018	12.5	16.0	14.5	2019	14.5	15.5	15.5	2020	16.0	17.5	16.5	2021	14.5	19.0	16.5
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2020	16.0	17.5	16.5																																																		
2021	14.5	19.0	16.5																																																		

Axes of inequality	<h3 style="text-align: center;">3.14 Disability</h3> <p style="text-align: center;">16.0% of people aged 15 and over are disabled or impaired</p>																																																																
Sex	The percentage of disability is higher among women (19.1%) than among men (12.8%).																																																																
Age group	The prevalence increases with age , especially among people aged 75 and over: 4.5% among those aged 15 to 44, 12.5% among those aged 45 to 64, 26.3% among those aged 65 to 74 and 62.9% among those aged 75 and over.																																																																
Social class	It is higher among people from the most disadvantaged social class (19.0 class III) than among those from the most advantaged social class (7.3% class I).																																																																
Educational level	There is a difference of 31 percentage points between people with university education (6.4%) and people with the lowest educational level (37.4%).																																																																
Territory	<p>Terres de l'Ebre Health Region (23.4%) has a percentage above Catalonia overall.</p> <p>From 2010 to 2019, the trend of disability goes down. In 2020 and from then on it has been rising. In 2021 it comes down. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <div data-bbox="459 1115 1375 1653"> <table border="1"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>1994</td><td>13.5</td><td>17.5</td><td>16.0</td></tr> <tr><td>2002</td><td>14.5</td><td>17.5</td><td>16.5</td></tr> <tr><td>2006</td><td>17.5</td><td>22.5</td><td>20.0</td></tr> <tr><td>2010</td><td>18.5</td><td>19.5</td><td>18.5</td></tr> <tr><td>2011</td><td>16.5</td><td>18.5</td><td>17.5</td></tr> <tr><td>2012</td><td>13.5</td><td>17.5</td><td>15.5</td></tr> <tr><td>2013</td><td>14.5</td><td>18.5</td><td>16.5</td></tr> <tr><td>2014</td><td>15.5</td><td>15.5</td><td>15.5</td></tr> <tr><td>2015</td><td>15.5</td><td>17.5</td><td>16.5</td></tr> <tr><td>2016</td><td>14.5</td><td>15.5</td><td>15.0</td></tr> <tr><td>2017</td><td>14.5</td><td>15.5</td><td>15.0</td></tr> <tr><td>2018</td><td>12.5</td><td>15.5</td><td>14.0</td></tr> <tr><td>2019</td><td>13.5</td><td>16.5</td><td>15.0</td></tr> <tr><td>2020</td><td>16.5</td><td>19.5</td><td>18.0</td></tr> <tr><td>2021</td><td>13.5</td><td>18.5</td><td>16.0</td></tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p> </div>	Year	Men (%)	Women (%)	Total (%)	1994	13.5	17.5	16.0	2002	14.5	17.5	16.5	2006	17.5	22.5	20.0	2010	18.5	19.5	18.5	2011	16.5	18.5	17.5	2012	13.5	17.5	15.5	2013	14.5	18.5	16.5	2014	15.5	15.5	15.5	2015	15.5	17.5	16.5	2016	14.5	15.5	15.0	2017	14.5	15.5	15.0	2018	12.5	15.5	14.0	2019	13.5	16.5	15.0	2020	16.5	19.5	18.0	2021	13.5	18.5	16.0
Year	Men (%)	Women (%)	Total (%)																																																														
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2021	13.5	18.5	16.0																																																														
Evolution																																																																	

Axes of inequality	<h3 style="text-align: center;">3.15 Lack of personal autonomy</h3> <p style="text-align: center;">8.8% of people aged 15 and over lack personal autonomy, that is, they require other people’s help to perform activities of their daily life due to a health condition</p>
Sex	Lack of personal autonomy is higher among women (11.7%) than among men (5.8%).
Age group	It increases with age: 2.7% among those aged 15 to 44 and 38.5% among those aged 75 and over.
Social class	It is higher among people from the most disadvantaged social class (10.1 class III) than among those from the most advantaged social class (4.5% class I).
Educational level	There is a difference of 21 percentage points between people with university education (3.5%) and people with the lowest educational level (24.5%).
Territory	<p>No differences were found according to health region.</p> <p>Lack of personal autonomy experiences a downward trend from 2015 to 2019. From then on it shows an upward trend mainly among women. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>
Evolution	<p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">3.16 Social support</h3> <p style="text-align: center;">7.6% of people aged 15 and over have deficient or poor social support</p>																								
Sex	No differences were found between men and women.																								
Age group	No differences were found according to age group.																								
Social class	People from the most disadvantaged social class (8.8% class III) get less social support than people from the most advantaged social class (4.7% class I).																								
Educational level	People with no education or with primary education (10.1%) have less social support than those with university education (5.1%).																								
Territory	Terres de l'Ebre (14.4%), Lleida (14.3%) and Barcelona Metropolitana Sud (12.4%) health regions have prevalences of deficient or poor social support above Catalonia overall, whereas Barcelona Metropolitana Nord (4.2%) and Girona (4.4%) health regions have them below.																								
Evolution	<p>This percentage has strikingly risen in 2019 compared to the two previous years. In 2020 it has decreased, reaching similar figures as in 2018, and in 2021 it continues to fall. The shrink between 2019 and 2021 is statistically significant for total, men and women. No statistically significant differences have been found between 2020 and 2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Evolution of deficient or poor social support (2017-2021)</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2017</td> <td>5.0</td> <td>6.0</td> <td>5.5</td> </tr> <tr> <td>2018</td> <td>6.5</td> <td>9.5</td> <td>8.0</td> </tr> <tr> <td>2019</td> <td>15.0</td> <td>16.5</td> <td>15.5</td> </tr> <tr> <td>2020</td> <td>10.0</td> <td>9.0</td> <td>9.5</td> </tr> <tr> <td>2021</td> <td>7.0</td> <td>8.0</td> <td>7.5</td> </tr> </tbody> </table> <p style="text-align: center; font-size: small;">No statistically significant differences between 2020 and 2021 Statistically significant differences between 2019 and 2021 for total, men and women.</p> <p style="font-size: x-small;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2017	5.0	6.0	5.5	2018	6.5	9.5	8.0	2019	15.0	16.5	15.5	2020	10.0	9.0	9.5	2021	7.0	8.0	7.5
Year	Men (%)	Women (%)	Total (%)																						
2017	5.0	6.0	5.5																						
2018	6.5	9.5	8.0																						
2019	15.0	16.5	15.5																						
2020	10.0	9.0	9.5																						
2021	7.0	8.0	7.5																						

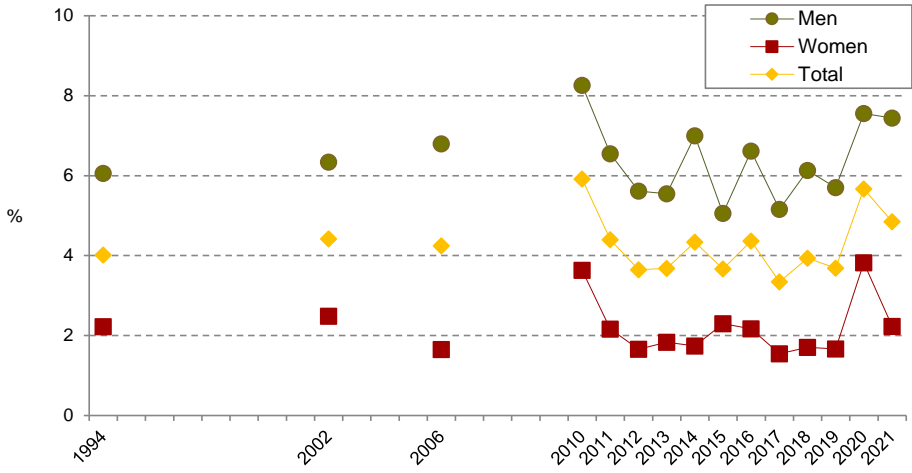
<p>Axes of inequality</p>	<p>3.17 Difficulties remembering or concentrating 21.7% of people aged 45 and over have difficulties remembering or concentrating</p>																
<p>Sex</p>	<p>Women show a higher percentage (25.3%) than men (17.7%).</p>																
<p>Age group</p>	<p>This indicator increases with age: 13.1% among those aged 45 to 64, 26.6% among those aged 65 to 74 and 42.7% among those aged 75 and over.</p>																
<p>Social class</p>	<p>People from the most disadvantaged social class (25.8% class III) have a higher percentage than people from the most advantaged social class (12.9% class I).</p>																
<p>Educational level</p>	<p>There is a difference of 28 percentage points between people with university education (10.2%) and people with the lowest educational level (38.6%).</p>																
<p>Territory</p>	<p>Catalunya Central (29.7%) and Terres de l'Ebre (34.6%) health regions have percentages of people aged 45 and over having difficulties remembering or concentrating above Catalonia overall, whereas Barcelona Ciutat Health Region (17.1%) has it below.</p>																
<p>Evolution</p>	<p>In 2020, there is a rise compared to 2019. In 2021, this indicator comes back to 2019 levels. Statistically significant differences have been found between 2020 and 2021 for total men and women. No statistically significant differences have been found between 2019 and 2021.</p> <table border="1"> <caption>Evolution of difficulties remembering or concentrating (2019-2021)</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2019</td> <td>21.1</td> <td>25.3</td> <td>23.7</td> </tr> <tr> <td>2020</td> <td>23.1</td> <td>28.6</td> <td>26.4</td> </tr> <tr> <td>2021</td> <td>18.1</td> <td>24.3</td> <td>21.2</td> </tr> </tbody> </table> <p>Statistically significant differences between 2020 and 2021 for total, men and women. No statistically significant differences between 2019 and 2021</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2019	21.1	25.3	23.7	2020	23.1	28.6	26.4	2021	18.1	24.3	21.2
Year	Men (%)	Women (%)	Total (%)														
2019	21.1	25.3	23.7														
2020	23.1	28.6	26.4														
2021	18.1	24.3	21.2														

Axes of inequality	<h3 style="text-align: center;">3.18 Material deprivation</h3> <p style="text-align: center;">3.8% people aged 15 and over have severe material deprivation</p>
Sex	No differences were found between men and women.
Age group	People aged 45 to 64 have the highest percentage of material deprivation (4.9%).
Social class	People from the most disadvantaged social class (5.6% class III) have a higher percentage than people from the most advantaged social class (0.5% class I).
Educational level	People with no education or with primary education have a higher percentage (6.7%) than those with secondary education (3.9%) or those with university education (1.0%).
Territory	<p>Barcelona Metropolitana Sud Health Region (2.0%) has a percentage of material deprivation below Catalonia overall.</p> <p>From 2015 to 2017 the percentage of people having severe material deprivation remains stable. From then to 2019 it goes down. In 2020 it shows an upward trend and in 2021 it comes back to be steady. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>
Evolution	<p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

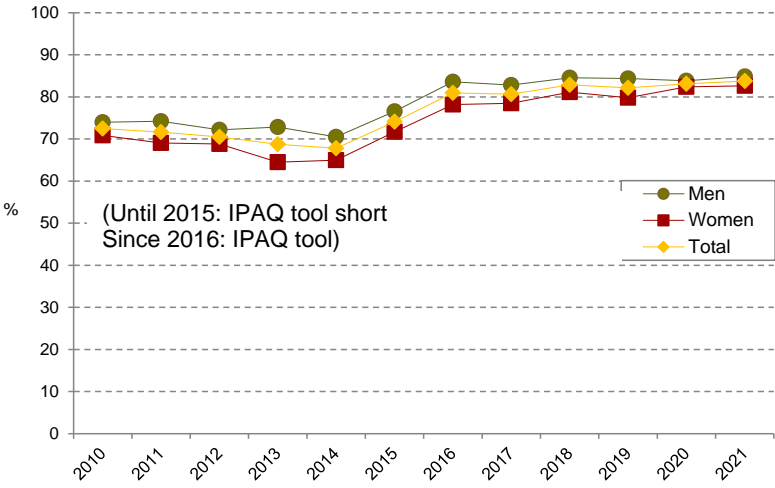
4 Health-related behaviours

Axes of inequality	<h3 style="text-align: center;">4.1 Tobacco use</h3> <p style="text-align: center;">The prevalence of tobacco use (daily and occasional) in people aged 15 and over is 22.6%</p>																																																																
Sex	The percentage is higher in men (26.6%) than in women (18.8%).																																																																
Age group	Tobacco use is higher in the youngest age groups (26.6% among those aged 15 to 44). Prevalence decreases with age.																																																																
Social class	No differences were found according to social class.																																																																
Educational level	People with secondary studies have the highest percentage of tobacco use (25.5%).																																																																
Territory	No differences were found according to health region.																																																																
Evolution	<p>The percentage of tobacco use shows a downward trend from 1994 to the present. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the tobacco use evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>1994</td><td>40</td><td>19</td><td>29</td></tr> <tr><td>2002</td><td>35</td><td>24</td><td>29</td></tr> <tr><td>2006</td><td>32</td><td>23</td><td>27</td></tr> <tr><td>2010</td><td>32</td><td>24</td><td>28</td></tr> <tr><td>2011</td><td>34</td><td>22</td><td>28</td></tr> <tr><td>2012</td><td>32</td><td>22</td><td>27</td></tr> <tr><td>2013</td><td>31</td><td>21</td><td>26</td></tr> <tr><td>2014</td><td>30</td><td>20</td><td>25</td></tr> <tr><td>2015</td><td>30</td><td>20</td><td>25</td></tr> <tr><td>2016</td><td>29</td><td>20</td><td>24</td></tr> <tr><td>2017</td><td>28</td><td>19</td><td>24</td></tr> <tr><td>2018</td><td>29</td><td>20</td><td>24</td></tr> <tr><td>2019</td><td>28</td><td>19</td><td>23</td></tr> <tr><td>2020</td><td>27</td><td>21</td><td>23</td></tr> <tr><td>2021</td><td>26.6</td><td>18.8</td><td>22.6</td></tr> </tbody> </table> <p style="text-align: center; font-size: small;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021.</p> <p style="text-align: center; font-size: x-small;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	1994	40	19	29	2002	35	24	29	2006	32	23	27	2010	32	24	28	2011	34	22	28	2012	32	22	27	2013	31	21	26	2014	30	20	25	2015	30	20	25	2016	29	20	24	2017	28	19	24	2018	29	20	24	2019	28	19	23	2020	27	21	23	2021	26.6	18.8	22.6
Year	Men (%)	Women (%)	Total (%)																																																														
1994	40	19	29																																																														
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2020	27	21	23																																																														
2021	26.6	18.8	22.6																																																														

<p>Axes of inequality</p>	<p>4.2 Exposure to second-hand smoke at home</p> <p>6.4% people aged 15 and over are exposed to second-hand smoke at home</p>																																																								
<p>Sex</p>	<p>Women are exposed with a higher percentage (7.3%) than men are (5.4%).</p>																																																								
<p>Age group</p>	<p>Exposition to second-hand smoke at home decreases with age: 8.4% among those aged 15 to 44 and 3.4% among those aged 75 and over.</p>																																																								
<p>Social class</p>	<p>People from disadvantaged social classes have the highest percentage of exposition to second-hand smoke at home (8.5% class II and 7.0% class III).</p>																																																								
<p>Educational level</p>	<p>No differences were found according to educational level.</p>																																																								
<p>Territory</p>	<p>No differences were found according to health region.</p>																																																								
<p>Evolution</p>	<p>The percentage of people exposed to second-hand smoke at home shows a continuously downward trend since 2006. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <table border="1"> <caption>Estimated data from the evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>18</td> <td>25</td> <td>22</td> </tr> <tr> <td>2010</td> <td>14</td> <td>21</td> <td>18</td> </tr> <tr> <td>2011</td> <td>15</td> <td>21</td> <td>19</td> </tr> <tr> <td>2012</td> <td>12</td> <td>15</td> <td>14</td> </tr> <tr> <td>2013</td> <td>12</td> <td>17</td> <td>15</td> </tr> <tr> <td>2014</td> <td>11</td> <td>15</td> <td>13</td> </tr> <tr> <td>2015</td> <td>11</td> <td>13</td> <td>12</td> </tr> <tr> <td>2016</td> <td>10</td> <td>12</td> <td>11</td> </tr> <tr> <td>2017</td> <td>9</td> <td>10</td> <td>10</td> </tr> <tr> <td>2018</td> <td>8</td> <td>10</td> <td>9</td> </tr> <tr> <td>2019</td> <td>7</td> <td>10</td> <td>8</td> </tr> <tr> <td>2020</td> <td>6</td> <td>10</td> <td>8</td> </tr> <tr> <td>2021</td> <td>5</td> <td>7</td> <td>8</td> </tr> </tbody> </table> <p>No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2006	18	25	22	2010	14	21	18	2011	15	21	19	2012	12	15	14	2013	12	17	15	2014	11	15	13	2015	11	13	12	2016	10	12	11	2017	9	10	10	2018	8	10	9	2019	7	10	8	2020	6	10	8	2021	5	7	8
Year	Men (%)	Women (%)	Total (%)																																																						
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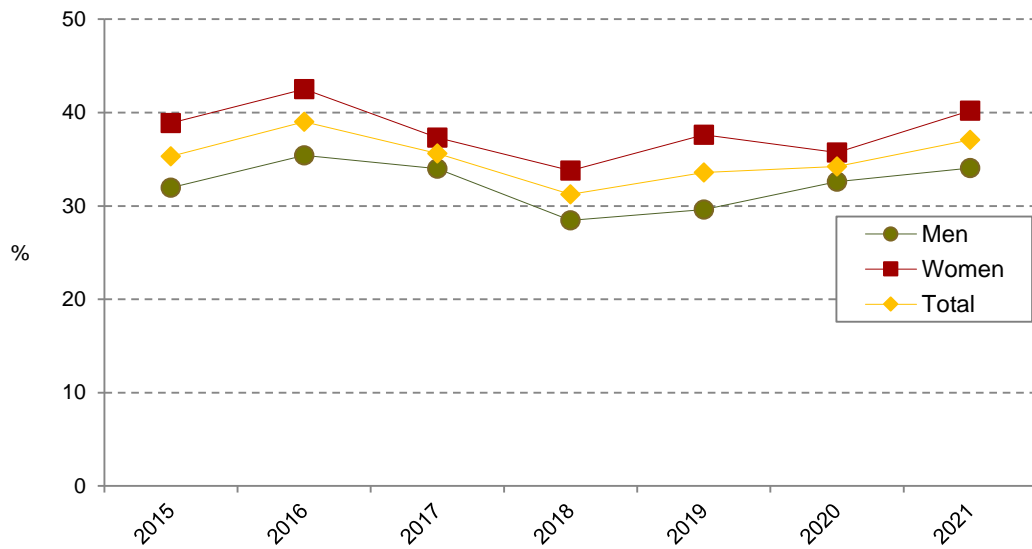
Axes of inequality	<h3 style="text-align: center;">4.3 At-risk alcohol consumption</h3> <p style="text-align: center;">The prevalence of at-risk alcohol consumption among people aged 15 and over is 4.9%</p>																																																																
Sex	Men have the percentage of at-risk alcohol consumption (7.7%) higher than women (2.2%).																																																																
Age group	The youngest group have the highest percentage of at-risk alcohol consumption (7.2% among those aged 15 to 44). Prevalence decreases with age.																																																																
Social class	People from the most disadvantaged social class have the highest percentage of at-risk alcohol consumption (5.8% class III).																																																																
Educational level	No differences were found according to educational level.																																																																
Territory	Camp de Tarragona Health Region has a percentage (9.2%) above Catalonia overall.																																																																
Evolution	<p>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 shows an upward trend, especially among women. In 2021 it falls, coming back to previous levels, but not quickly among men. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>  <table border="1" data-bbox="454 1097 1369 1568"> <caption>Estimated data from the evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>1994</td><td>6.0</td><td>2.2</td><td>4.0</td></tr> <tr><td>2002</td><td>6.3</td><td>2.5</td><td>4.4</td></tr> <tr><td>2006</td><td>6.8</td><td>1.6</td><td>4.2</td></tr> <tr><td>2010</td><td>8.2</td><td>3.6</td><td>5.9</td></tr> <tr><td>2011</td><td>6.5</td><td>2.1</td><td>4.3</td></tr> <tr><td>2012</td><td>5.5</td><td>1.6</td><td>3.6</td></tr> <tr><td>2013</td><td>5.5</td><td>1.8</td><td>3.6</td></tr> <tr><td>2014</td><td>6.9</td><td>1.7</td><td>4.3</td></tr> <tr><td>2015</td><td>5.0</td><td>2.3</td><td>3.7</td></tr> <tr><td>2016</td><td>6.6</td><td>2.1</td><td>4.3</td></tr> <tr><td>2017</td><td>5.1</td><td>1.5</td><td>3.3</td></tr> <tr><td>2018</td><td>6.1</td><td>1.6</td><td>3.9</td></tr> <tr><td>2019</td><td>5.6</td><td>1.6</td><td>3.6</td></tr> <tr><td>2020</td><td>7.5</td><td>3.8</td><td>5.6</td></tr> <tr><td>2021</td><td>7.3</td><td>2.2</td><td>4.8</td></tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	1994	6.0	2.2	4.0	2002	6.3	2.5	4.4	2006	6.8	1.6	4.2	2010	8.2	3.6	5.9	2011	6.5	2.1	4.3	2012	5.5	1.6	3.6	2013	5.5	1.8	3.6	2014	6.9	1.7	4.3	2015	5.0	2.3	3.7	2016	6.6	2.1	4.3	2017	5.1	1.5	3.3	2018	6.1	1.6	3.9	2019	5.6	1.6	3.6	2020	7.5	3.8	5.6	2021	7.3	2.2	4.8
Year	Men (%)	Women (%)	Total (%)																																																														
1994	6.0	2.2	4.0																																																														
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2012	5.5	1.6	3.6																																																														
2013	5.5	1.8	3.6																																																														
2014	6.9	1.7	4.3																																																														
2015	5.0	2.3	3.7																																																														
2016	6.6	2.1	4.3																																																														
2017	5.1	1.5	3.3																																																														
2018	6.1	1.6	3.9																																																														
2019	5.6	1.6	3.6																																																														
2020	7.5	3.8	5.6																																																														
2021	7.3	2.2	4.8																																																														

Axes of inequality	<h3 style="text-align: center;">4.4 Sleeping hours</h3> <p style="text-align: center;">78.5% people aged 15 and over sleep, on average, between six to eight hours daily</p>																																																				
Sex	Men sleep between six and eight hours in a higher percentage (80.3%) than women (76.8%).																																																				
Age group	80.7% of people aged 15 to 44 sleep between six to eight hours daily, but this percentage falls when people get older down to 61.5% among those aged 75 and over.																																																				
Social class	People from disadvantaged social classes have the lowest percentage of sleeping between six to eight hours (74.8% class III).																																																				
Educational level	People with no education or with primary studies have the lowest percentage of sleeping between six to eight hours (65.1%).																																																				
Territory	Terres de l'Ebre Health Region (69.8%) has a percentage below Catalonia overall, whereas Barcelona Ciutat Health Region has it above (82.9%).																																																				
Evolution	<p>The evolution of this indicator remains stable. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>1994</td><td>70</td><td>69</td><td>69.5</td></tr> <tr><td>2002</td><td>80</td><td>78</td><td>79</td></tr> <tr><td>2006</td><td>81</td><td>79</td><td>80</td></tr> <tr><td>2013</td><td>82</td><td>79</td><td>80.5</td></tr> <tr><td>2014</td><td>81</td><td>79</td><td>80</td></tr> <tr><td>2015</td><td>83</td><td>81</td><td>82</td></tr> <tr><td>2016</td><td>82</td><td>80</td><td>81</td></tr> <tr><td>2017</td><td>80</td><td>78</td><td>79</td></tr> <tr><td>2018</td><td>79</td><td>78</td><td>78.5</td></tr> <tr><td>2019</td><td>78</td><td>77</td><td>77.5</td></tr> <tr><td>2020</td><td>78</td><td>77</td><td>77.5</td></tr> <tr><td>2021</td><td>78</td><td>77</td><td>77.5</td></tr> </tbody> </table> <p style="text-align: center; font-size: small;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="font-size: x-small;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	1994	70	69	69.5	2002	80	78	79	2006	81	79	80	2013	82	79	80.5	2014	81	79	80	2015	83	81	82	2016	82	80	81	2017	80	78	79	2018	79	78	78.5	2019	78	77	77.5	2020	78	77	77.5	2021	78	77	77.5
Year	Men (%)	Women (%)	Total (%)																																																		
1994	70	69	69.5																																																		
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2018	79	78	78.5																																																		
2019	78	77	77.5																																																		
2020	78	77	77.5																																																		
2021	78	77	77.5																																																		

Axes of inequality	<h3 style="text-align: center;">4.5 Healthy level of physical activity</h3> <p style="text-align: center;">Eight out of ten (83.7%) people aged between 15 and 69 maintain a healthy level of physical activity</p>
Sex	No differences were found between men and women.
Age group	People aged 45 to 64 have a higher percentage of healthy level of physical activity (86.0%) than the other age groups.
Social class	People from disadvantaged social classes have the lowest percentage of healthy level of physical activity (81.4% class III).
Educational level	No differences were found according to educational level.
Territory	<p>Girona Health Region (73.9%) has a percentage below Catalonia overall, whereas Barcelona Ciutat Health Region has it above (88.4%).</p> <p>The prevalence of a healthy level of physical activity rises from 2010 to 2016, remaining stable since then. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>
Evolution	 <p style="text-align: center;">(Until 2015: IPAQ tool short Since 2016: IPAQ tool)</p> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">4.6 Regular moving around</h3> <p style="text-align: center;">36.6% people aged 15 and over get around regularly on foot or cycling and 17.1% using public means of transport</p>
Sex	<p>Women get around regularly on foot or cycling (40.2%) as well as using public transportation (19.8%) in a higher percentage than men (32.9% and 14.4%, respectively).</p>
Age group	<p>Half the people older than 64 years old get around regularly on foot or cycling whereas only one third of people younger than 65 do so. However, people aged 15 to 44 have a higher percentage of using public transportation (20.5%) than the other age groups.</p>
Social class	<p>Around 37% people from disadvantaged social classes get around regularly on foot or cycling compared to 32.8% of the most advantaged social class. Using public transportation does not show differences across social class.</p>
Educational level	<p>Almost half of people (46.4%) with no education or with primary education get around regularly on foot or cycling. This percentage is 30.3% among people with university education. Using public transportation does not show differences across educational level.</p>
Territory	<p>Catalunya Central Health Region has a percentage of people getting around regularly on foot or cycling (30.1%) lower than Catalonia overall. People from all health regions, except Barcelona Ciutat, Barcelona Metropolitana Sud and Barcelona Metropolitana nord health regions, get around using public transportation in a percentage below Catalonia overall.</p>
Evolution	<p>From 2016 to 2018 walking and cycling shows a downward trend and, from then on, the trend inverts. However, using public transportation shows a steady trend from 2015 to the present. The rise between 2019 and 2021 in walking and cycling is statistically significant for total and for men. No statistically significant differences have been found between 2020 and 2021 for any of both indicators.</p>

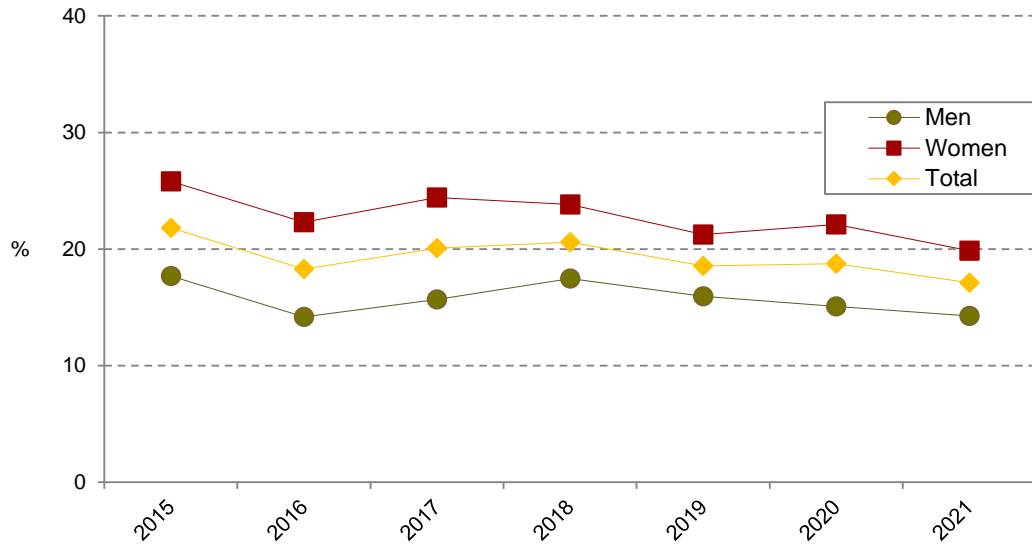
People getting around regularly on foot or cycling



No statistically significant differences between 2020 and 2021.
 Statistically significant differences between 2019 and 2021 in total amb among men

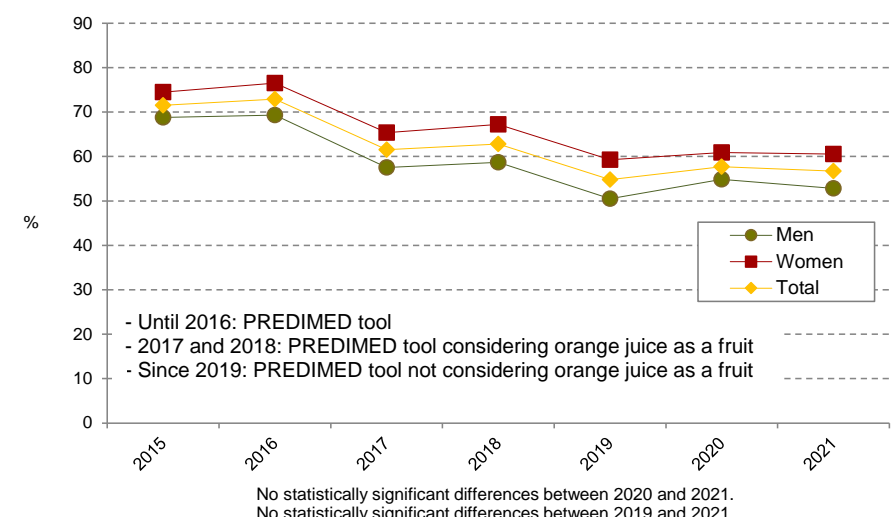
Standardised proportions. Direct method using European Standard Population 2013.

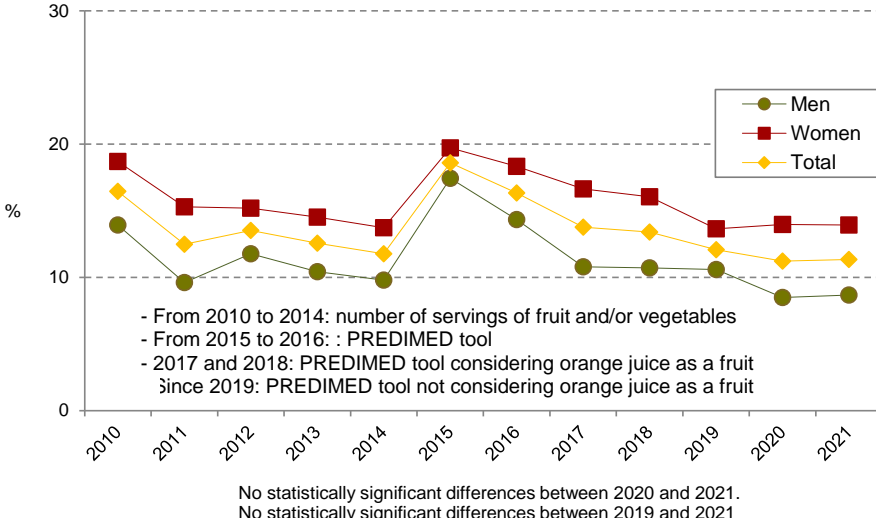
People using regularly public transportation



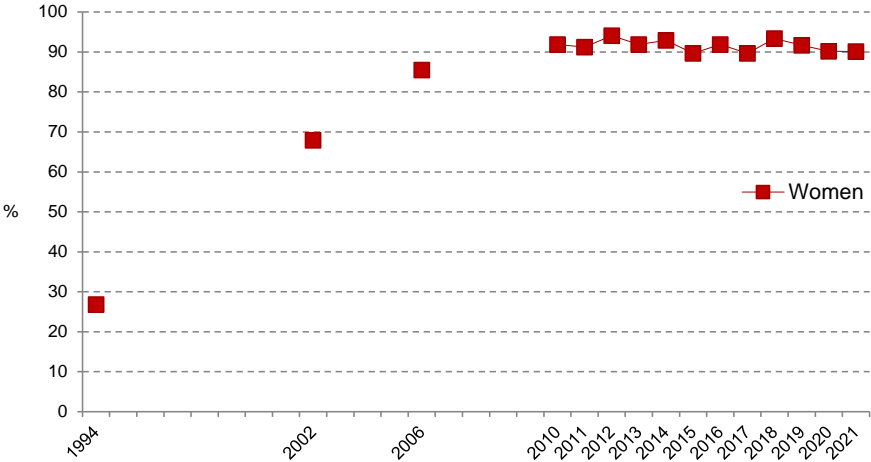
No statistically significant differences between 2020 and 2021.
 No statistically significant differences between 2019 and 2021.

Standardised proportions. Direct method using European Standard Population 2013.

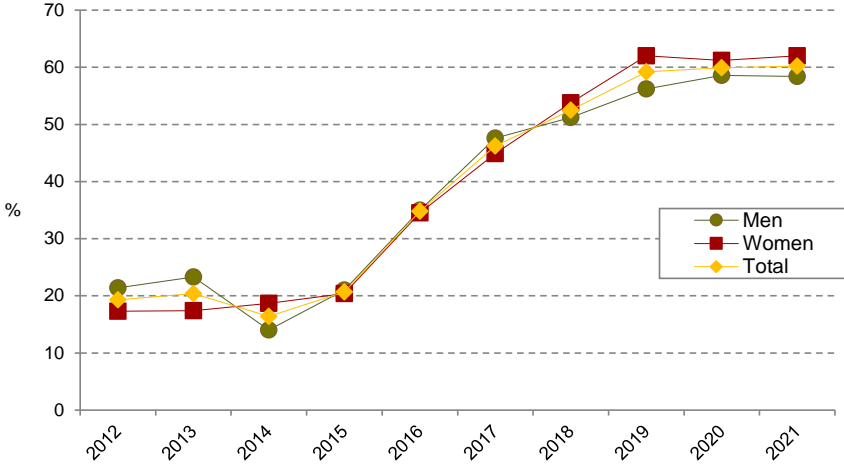
Axes of inequality	<h3 style="text-align: center;">4.7 Mediterranean diet</h3> <p style="text-align: center;">56.6% of people aged 15 and over follow the recommendations regarding the Mediterranean diet</p>
Sex	60.7% of women follow the recommendations regarding the Mediterranean diet, as do 52.5% of men.
Age group	Adherence to the Mediterranean diet is higher among people aged 45 and over .
Social class	The prevalence is higher among people from the most advantaged social class (64.7% class I) than among those from the most disadvantaged social class (52.9 class III).
Educational level	67.0% people with university education follow the recommendations regarding the Mediterranean diet, which is far higher than for people with lower educational levels.
Age group, social class and educational level according to sex	Women have a higher percentage than men across all axes of inequality. It reaches a difference of 10 percentage points between women and men among those with no education or with primary education.
Territory	Barcelona Ciutat Health Region (65.0%) has a percentage above Catalonia overall, whereas Lleida Health Region (48.0%) has it below.
Evolution	<p>From 2015 to 2017, adherence to the Mediterranean diet falls, stabilising in 2018 and falling again in 2019. From this point onwards it remains steady. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>  <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">4.8 Daily consumption of five servings of fruit and/or vegetables</h3> <p style="text-align: center;">11.3% of people aged 15 and over daily consume five servings of fruit and/or vegetables</p>
Sex	Consumption is higher among women (14.0%) than among men (8.6%).
Age group	Daily consumption of five servings of fruit and/or vegetables is highest among people aged 44 and over .
Social class	It is more frequent among people from the most advantaged social class (13.9 class I) than among those from the most disadvantaged social class (10.2% class III).
Educational level	People with secondary education have the lowest percentage of daily consumption of five servings of fruit and/or vegetables (10.0%).
Age group, social class and educational level according to sex	Women have a higher percentage than men across all axes of inequality. It reaches a difference of 11 percentage points between women and men among those with no education or primary education.
Territory	<p>Barcelona Ciutat Health Region (15.2%) has a percentage above Catalonia overall, whereas Barcelona Metropolitana Sud Health Region (8.4%) has it below.</p> <p>From 2011 to 2014 it remains steady. From 2015 to 2019 this indicator shows a slight downward trend and from this point onwards it has remains steady. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>
Evolution	 <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

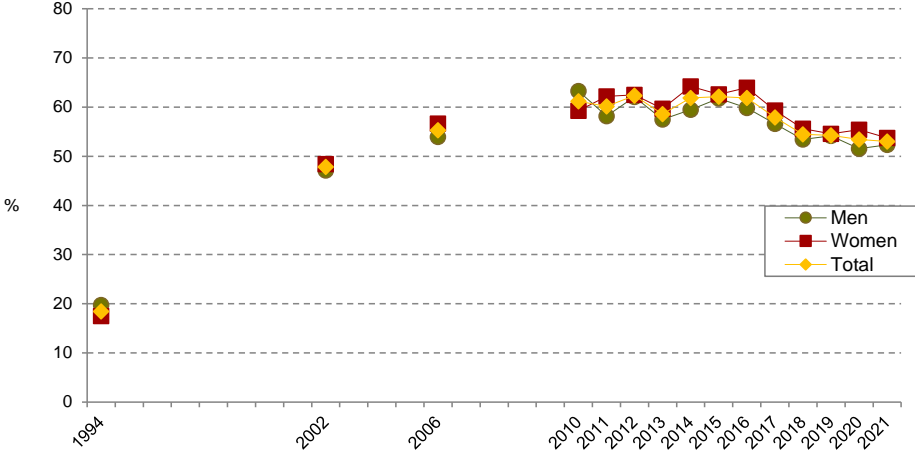
Axes of inequality	4.9 Daily consumption of sugary drinks																																
	16.8% of people aged 15 and over daily consume sugary drinks																																
Sex	Consumption is higher among men (19.7%) than among women (13.9%).																																
Age group	People aged 15 to 44 have the highest percentage of daily consumption of sugary drinks (22.5%).																																
Social class	People from the most disadvantaged social class (21.6% class III) have a higher percentage than people from the most advantaged social class (9.4% class I).																																
Educational level	21.1% of people with no education or with primary education and 19.6 of people with secondary education daily consume sugary drinks, whereas this percentage is 7.4 among those with university education.																																
Territory	Terres de l'Ebre (30.6%), Lleida (24.9%) and Barcelona Metropolitana Sud (22.8%) health regions have percentages above Catalonia overall.																																
Evolution	<p>From 2015 to nowadays, this indicator has shown a slight downward trend. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <table border="1"> <caption>Evolution of daily consumption of sugary drinks (%)</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2015</td> <td>31.1</td> <td>23.8</td> <td>27.2</td> </tr> <tr> <td>2016</td> <td>24.8</td> <td>18.1</td> <td>21.4</td> </tr> <tr> <td>2017</td> <td>24.5</td> <td>15.2</td> <td>20.0</td> </tr> <tr> <td>2018</td> <td>23.1</td> <td>16.5</td> <td>19.8</td> </tr> <tr> <td>2019</td> <td>22.1</td> <td>16.1</td> <td>19.1</td> </tr> <tr> <td>2020</td> <td>19.7</td> <td>18.4</td> <td>19.1</td> </tr> <tr> <td>2021</td> <td>19.7</td> <td>13.9</td> <td>16.8</td> </tr> </tbody> </table> <p>No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2015	31.1	23.8	27.2	2016	24.8	18.1	21.4	2017	24.5	15.2	20.0	2018	23.1	16.5	19.8	2019	22.1	16.1	19.1	2020	19.7	18.4	19.1	2021	19.7	13.9	16.8
Year	Men (%)	Women (%)	Total (%)																														
2015	31.1	23.8	27.2																														
2016	24.8	18.1	21.4																														
2017	24.5	15.2	20.0																														
2018	23.1	16.5	19.8																														
2019	22.1	16.1	19.1																														
2020	19.7	18.4	19.1																														
2021	19.7	13.9	16.8																														

Axes of inequality	<h3 style="text-align: center;">4.10 Regular mammograms</h3> <p style="text-align: center;">Nine out of ten women aged 50 to 69 have regular mammograms taken (90.1%)</p>																																
Age group	No differences were found according to age group.																																
Social class	95.6% of women from the most advantaged social class get regular mammograms carried out on priority age groups. This percentage diminishes to 87.9% among women from the most disadvantaged social class.																																
Educational level	There is a difference of 10 percentage points between women with university studies (97.0%) and those with the lowest educational level (87.5%).																																
Territory	No differences were found according to health region.																																
Evolution	<p>The prevalence of regular mammograms carried out on priority groups shows an upward trend between 1994 and 2010, stabilising since then. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>  <table border="1" style="display: none;"> <caption>Estimated data from the 'Evolution' graph</caption> <thead> <tr> <th>Year</th> <th>Percentage (%)</th> </tr> </thead> <tbody> <tr><td>1994</td><td>27</td></tr> <tr><td>2002</td><td>68</td></tr> <tr><td>2006</td><td>85</td></tr> <tr><td>2010</td><td>92</td></tr> <tr><td>2011</td><td>91</td></tr> <tr><td>2012</td><td>94</td></tr> <tr><td>2013</td><td>92</td></tr> <tr><td>2014</td><td>93</td></tr> <tr><td>2015</td><td>90</td></tr> <tr><td>2016</td><td>92</td></tr> <tr><td>2017</td><td>89</td></tr> <tr><td>2018</td><td>93</td></tr> <tr><td>2019</td><td>91</td></tr> <tr><td>2020</td><td>90</td></tr> <tr><td>2021</td><td>90</td></tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Percentage (%)	1994	27	2002	68	2006	85	2010	92	2011	91	2012	94	2013	92	2014	93	2015	90	2016	92	2017	89	2018	93	2019	91	2020	90	2021	90
Year	Percentage (%)																																
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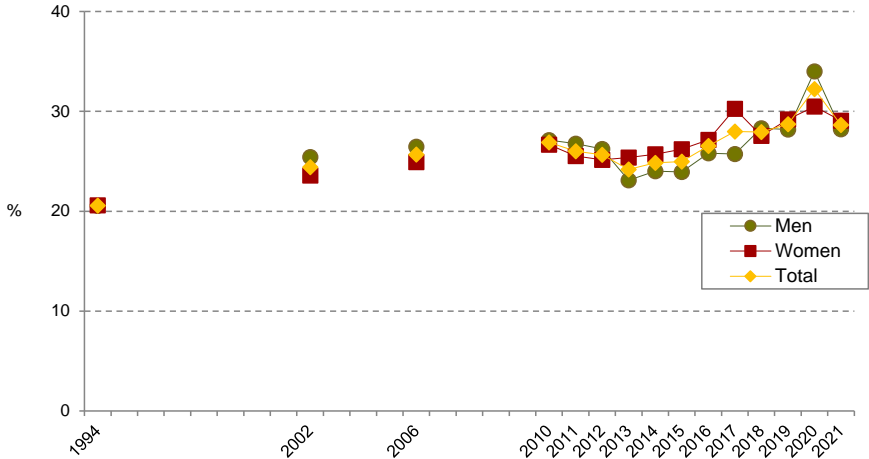
Axes of inequality	<h3 style="text-align: center;">4.11 Regular smear tests</h3> <p style="text-align: center;">Seven out of ten women aged 25 to 64 have a regular smear test taken (71.4%)</p>
Age group	No differences were found according to age group.
Social class	78.5% of women from the most advantaged social class get regular smear tests carried out on priority age groups. This percentage diminishes to 66.1% among women from the most disadvantaged social class.
Educational level	Just barely half of women with no education or with primary education carry out this preventive practice (54.4%) against 74.6% of women with university education.
Territory	<p>Terres de l'Ebre (50.4%) and Barcelona Metropolitana Sud (62.7%) health regions have percentages below Catalonia overall whereas Barcelona Ciutat Health Region (78.8%) has it above.</p> <p>Getting regular smear tests carried out on priority age groups shows an upward trend from 1994 to 2010, remains steady until 2017 and decreases until 2020. In 2021 it shows again an upward trend in spite of no statistically significant differences having been found between 2020 and 2021. No statistically significant differences have been found between 2019 and 2021 either.</p>
Evolution	<p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">4.12 Faecal occult blood test</h3> <p style="text-align: center;">60.2% of people aged between 50 and 69 have taken a faecal occult blood test for preventive purposes</p>																																												
Sex	No differences were found between men and women.																																												
Age group	No differences were found according to age group.																																												
Social class	No differences were found according to social class.																																												
Educational level	No differences were found according to educational level.																																												
Territory	No differences were found according to health region.																																												
Evolution	<p>From 2012 to 2015, the percentage remains stable to sharply increases then until 2018, probably due to the launch of the Colorectal Cancer Early Detection Programme in the last quarter of 2015. From 2019 onwards, it remains stabilised. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>  <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2012</td><td>21</td><td>18</td><td>19</td></tr> <tr><td>2013</td><td>23</td><td>18</td><td>20</td></tr> <tr><td>2014</td><td>14</td><td>19</td><td>16</td></tr> <tr><td>2015</td><td>20</td><td>20</td><td>20</td></tr> <tr><td>2016</td><td>34</td><td>34</td><td>34</td></tr> <tr><td>2017</td><td>47</td><td>45</td><td>46</td></tr> <tr><td>2018</td><td>51</td><td>53</td><td>52</td></tr> <tr><td>2019</td><td>56</td><td>62</td><td>59</td></tr> <tr><td>2020</td><td>58</td><td>61</td><td>59</td></tr> <tr><td>2021</td><td>58</td><td>62</td><td>60</td></tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2012	21	18	19	2013	23	18	20	2014	14	19	16	2015	20	20	20	2016	34	34	34	2017	47	45	46	2018	51	53	52	2019	56	62	59	2020	58	61	59	2021	58	62	60
Year	Men (%)	Women (%)	Total (%)																																										
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2018	51	53	52																																										
2019	56	62	59																																										
2020	58	61	59																																										
2021	58	62	60																																										

Axes of inequality	<h3 style="text-align: center;">4.13 Blood pressure checked regularly</h3> <p style="text-align: center;">45.5% of people aged 15 and over have their blood pressure checked regularly</p>																																																																
Sex	No differences were found between men and women.																																																																
Age group	The eldest age group of people have the highest percentage of carrying out this preventive practice (above 80%).																																																																
Social class	It is higher among people from disadvantaged social classes (near 47% among people from class II or class III) than among those from the most advantaged social class (40.5% class I).																																																																
Educational level	People with no education or with primary education have the highest percentage of having their blood pressure checked regularly (63.7%).																																																																
Territory	No differences were found according to health region.																																																																
Evolution	<p>This indicator remains stable from 2010 to 2018, in 2019 it increases compared to the previous year, in 2020 it dramatically falls and in 2021 it remains steady compared to 2020. The fall between 2019 and 2021 is statistically significant for total, men and women. No statistically significant differences have been found between 2020 and 2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Evolution chart</caption> <thead> <tr> <th>Year</th> <th>Hones (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>1994</td><td>25</td><td>25</td><td>25</td></tr> <tr><td>2002</td><td>52</td><td>52</td><td>52</td></tr> <tr><td>2006</td><td>50</td><td>52</td><td>51</td></tr> <tr><td>2010</td><td>53</td><td>53</td><td>53</td></tr> <tr><td>2011</td><td>53</td><td>54</td><td>53</td></tr> <tr><td>2012</td><td>54</td><td>55</td><td>54</td></tr> <tr><td>2013</td><td>51</td><td>52</td><td>51</td></tr> <tr><td>2014</td><td>52</td><td>53</td><td>52</td></tr> <tr><td>2015</td><td>55</td><td>56</td><td>55</td></tr> <tr><td>2016</td><td>56</td><td>57</td><td>56</td></tr> <tr><td>2017</td><td>54</td><td>55</td><td>54</td></tr> <tr><td>2018</td><td>53</td><td>54</td><td>53</td></tr> <tr><td>2019</td><td>56</td><td>57</td><td>56</td></tr> <tr><td>2020</td><td>47</td><td>48</td><td>47</td></tr> <tr><td>2021</td><td>47</td><td>47</td><td>47</td></tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. Statistically significant differences between 2019 and 2021 for total, men and women</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Hones (%)	Women (%)	Total (%)	1994	25	25	25	2002	52	52	52	2006	50	52	51	2010	53	53	53	2011	53	54	53	2012	54	55	54	2013	51	52	51	2014	52	53	52	2015	55	56	55	2016	56	57	56	2017	54	55	54	2018	53	54	53	2019	56	57	56	2020	47	48	47	2021	47	47	47
Year	Hones (%)	Women (%)	Total (%)																																																														
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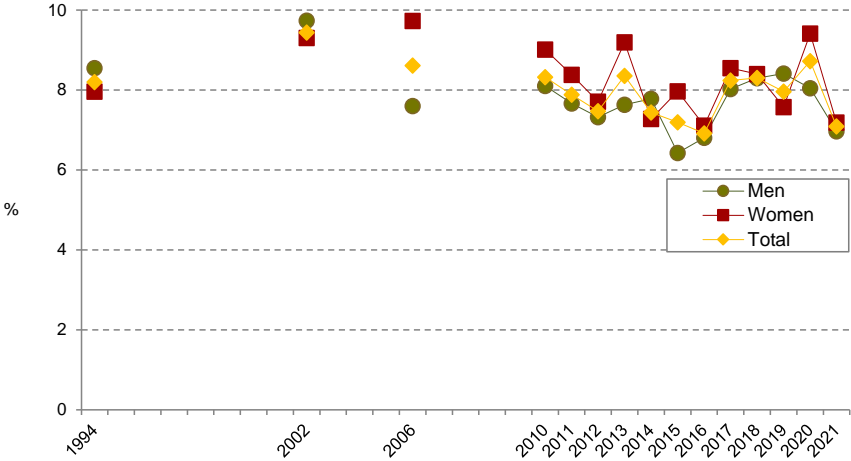
Axes of inequality	<h3 style="text-align: center;">4.14 Cholesterol level tested regularly</h3> <p style="text-align: center;">52,6% of people have their cholesterol level tested regularly</p>
Sex	This preventive practice is more frequent among women (54.2%) than among men (50.9%).
Age group	The percentage of people having their cholesterol level tested regularly increases with age until reaching 79.7% among people aged 75 and over.
Social class	No differences were found according to social class.
Educational level	67.5% of people with no education or with primary education have their cholesterol level tested regularly. This percentage is higher than among those with secondary education or with university education.
Territory	Lleida (45.0%) and Terres de l'Ebre (43.1%) health regions have their percentages below Catalonia overall.
Evolution	<p>The prevalence of cholesterol level tested shows an upward trend regularly from 1994 to 2010, stabilising from 2010 to 2016 and it sustainedly decreases from 2016 to 2018. From this point onwards it remains stable again. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>  <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

5 Health services utilisation and satisfaction

Axes of inequality	<h3>5.1 Double health insurance coverage</h3> <p>28.7% of the general population have double health insurance coverage, public and private</p>
Sex	No differences were found between men and women.
Age group	The smallest percentage belong to people aged 75 and over (16.5%).
Social class	Double coverage is higher among people from the most advantaged social class (50.7 class I) than among those from the most disadvantaged social class (16.3% class III).
Educational level	Almost half of people with university education (47.5%) have double health insurance coverage.
Territory	<p>Terres de l'Ebre (18.3%), Camp de Tarragona (21.4%) and Catalonia Central (21.7%) health regions have their percentages lower than Catalonia overall, whereas Barcelona Ciutat Health Region (38.2%) has it above.</p> <p>Double health insurance coverage shows an upward trend from 1994 to 2010, a period of stabilisation between 2011 and 2016, and it slightly rises from 2017 to 2019. This increase strengthens in 2020, especially among men. Nowadays this indicator comes back to 2019 levels. Statistically significant differences have been found between 2020 and 2021 for total and men. No statistically significant differences have been found between 2019 and 2021.</p>
Evolution	 <p>Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h2 style="text-align: center;">5.2 Consumption of prescribed medication</h2> <p style="text-align: center;">52.9% of people aged 15 and over have taken prescribed medication in the last 15 days</p>																				
Sex	Women consume more prescribed medications (59.4%) than men (46.2%).																				
Age group	This percentage increases with age (94.0% among people aged 75 and over).																				
Social class	It is highest among people from the most disadvantaged social class (44.7% class I and 55.6% class III).																				
Educational level	71.0% of people with no education or with primary education have taken prescribed medication in the last 15 days. This percentage is 44.5% among those with university education.																				
Age group, social class and educational level according to sex	Women have a higher percentage than men across social class and educational level. It reaches a difference of 15 percentage points between women and men among those from the most disadvantaged social class.																				
Territory	No differences were found according to health region.																				
Evolution	<p>From 2018 to our days, this percentage remains stable, although the fall between 2019 and 2021 is statistically significant for men. No statistically significant differences have been found between 2020 and 2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2018</td> <td>50.0</td> <td>58.0</td> <td>54.0</td> </tr> <tr> <td>2019</td> <td>52.0</td> <td>56.0</td> <td>52.0</td> </tr> <tr> <td>2020</td> <td>48.0</td> <td>59.0</td> <td>54.0</td> </tr> <tr> <td>2021</td> <td>48.0</td> <td>59.0</td> <td>54.0</td> </tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2020 and 2021. Statistically significant differences between 2019 and 2021 for men.</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2018	50.0	58.0	54.0	2019	52.0	56.0	52.0	2020	48.0	59.0	54.0	2021	48.0	59.0	54.0
Year	Men (%)	Women (%)	Total (%)																		
2018	50.0	58.0	54.0																		
2019	52.0	56.0	52.0																		
2020	48.0	59.0	54.0																		
2021	48.0	59.0	54.0																		

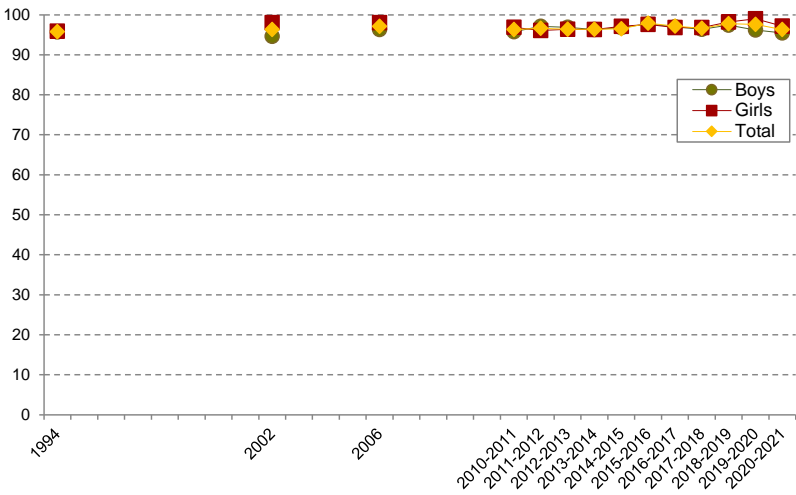
Axes of inequality	<h3 style="text-align: center;">5.3 Visiting a health professional</h3> <p style="text-align: center;">93.2% of the general population have visited a health professional during the last year</p>																																																																
Sex	Women have a higher percentage (95.5%) than men (90.8%).																																																																
Age group	The highest percentage occurs among the youngest age group (94.3% among people aged 0 to 14) and the eldest (97.6% among people aged 75 and over).																																																																
Social class	People from the most advantaged social class (95.0% class I) have a higher percentage than people from the most disadvantaged social class (12.9% class III).																																																																
Educational level	95.3% of people with no education or with primary education have consulted a health professional during the last year. This percentage is 92.0% among those with secondary education.																																																																
Territory	No differences were found according to health region.																																																																
Evolution	<p>From 1994 to 2019 this figure has remained stable with a light drop from 2019 to our days. The fall between 2019 and 2021 is statistically significant for total and men. No statistically significant differences have been found between 2020 and 2021.</p> <table border="1"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>1994</td><td>85</td><td>92</td><td>88</td></tr> <tr><td>2002</td><td>86</td><td>93</td><td>89</td></tr> <tr><td>2006</td><td>86</td><td>93</td><td>89</td></tr> <tr><td>2010</td><td>90</td><td>95</td><td>92</td></tr> <tr><td>2011</td><td>90</td><td>96</td><td>93</td></tr> <tr><td>2012</td><td>89</td><td>95</td><td>92</td></tr> <tr><td>2013</td><td>88</td><td>94</td><td>91</td></tr> <tr><td>2014</td><td>88</td><td>94</td><td>91</td></tr> <tr><td>2015</td><td>89</td><td>95</td><td>92</td></tr> <tr><td>2016</td><td>89</td><td>95</td><td>92</td></tr> <tr><td>2017</td><td>89</td><td>95</td><td>92</td></tr> <tr><td>2018</td><td>90</td><td>96</td><td>93</td></tr> <tr><td>2019</td><td>91</td><td>97</td><td>94</td></tr> <tr><td>2020</td><td>90</td><td>95</td><td>92</td></tr> <tr><td>2021</td><td>90</td><td>95</td><td>92</td></tr> </tbody> </table> <p>Until 2017: based on 22 professionals list From 2018: The question has changed and it is based on 16 professionals list</p> <p>No statistically significant differences between 2020 and 2021. Statistically significant differences between 2019 and 2021 for total and men</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	1994	85	92	88	2002	86	93	89	2006	86	93	89	2010	90	95	92	2011	90	96	93	2012	89	95	92	2013	88	94	91	2014	88	94	91	2015	89	95	92	2016	89	95	92	2017	89	95	92	2018	90	96	93	2019	91	97	94	2020	90	95	92	2021	90	95	92
Year	Men (%)	Women (%)	Total (%)																																																														
1994	85	92	88																																																														
2002	86	93	89																																																														
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2018	90	96	93																																																														
2019	91	97	94																																																														
2020	90	95	92																																																														
2021	90	95	92																																																														

Axes of inequality	<h3 style="text-align: center;">5.4 Hospitalisation</h3> <p style="text-align: center;">Last year, 7.1% of the general population were admitted to hospital for at least one night</p>
Sex	No differences were found between men and women.
Age group	This percentage is highest in eldest people , especially those aged 65 and over (near 15%).
Social class	No differences were found according to social class.
Educational level	12.1% of people with no education or with primary education were hospitalised for at least one night.
Territory	No differences were found according to health region.
Evolution	<p>This indicator does not present a clear trend. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p>  <p style="text-align: center;">No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">5.5 Visiting an emergency department</h3> <p style="text-align: center;">34.0% of the general population visited an emergency department last year</p>																																																								
Sex	37.4% of women visited an emergency department last year in front of 30.6% of men.																																																								
Age group	The youngest have the highest percentage (37.2%).																																																								
Social class	People from the most disadvantaged social class (36.2% class III) have a higher percentage than people from the most advantaged social class (nearly 31% of people from class I and class II).																																																								
Educational level	There is a difference of 10 percentage points between people with university studies (29.7%) and people with the lowest educational level (39.5%).																																																								
Territory	Barcelona Metropolitana Sud Health Region (38.7%) has a percentage above Catalonia overall.																																																								
Evolution	<p>From 2006 to 2015 this indicator remains steady. For the next years up to 2017, there is a slight increase year to year and from that point up to 2019, the upward trend is noticeable. In 2020 it falls, reaching similar levels as in 2018, and 2021 confirms that fall. Statistically significant differences have been found between 2020 and 2021 for total. Statistically significant differences have been found between 2019 and 2021 for total, men and women.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Year</th> <th>Men (%)</th> <th>Women (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2006</td><td>30.6</td><td>34.0</td><td>32.3</td></tr> <tr><td>2010</td><td>30.6</td><td>34.0</td><td>32.3</td></tr> <tr><td>2011</td><td>32.0</td><td>37.0</td><td>34.5</td></tr> <tr><td>2012</td><td>30.0</td><td>33.0</td><td>31.5</td></tr> <tr><td>2013</td><td>30.0</td><td>33.0</td><td>31.5</td></tr> <tr><td>2014</td><td>29.0</td><td>30.0</td><td>29.5</td></tr> <tr><td>2015</td><td>29.0</td><td>32.0</td><td>30.5</td></tr> <tr><td>2016</td><td>31.0</td><td>33.0</td><td>32.0</td></tr> <tr><td>2017</td><td>32.0</td><td>36.0</td><td>34.0</td></tr> <tr><td>2018</td><td>35.0</td><td>41.0</td><td>38.0</td></tr> <tr><td>2019</td><td>40.0</td><td>44.0</td><td>42.0</td></tr> <tr><td>2020</td><td>34.0</td><td>41.0</td><td>37.5</td></tr> <tr><td>2021</td><td>30.6</td><td>37.4</td><td>34.0</td></tr> </tbody> </table> <p style="text-align: center; font-size: small;">Statistically significant differences between 2020 and 2021 for total Statistically significant differences between 2019 and 2021 for total, men and women</p> <p style="text-align: center; font-size: x-small;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Year	Men (%)	Women (%)	Total (%)	2006	30.6	34.0	32.3	2010	30.6	34.0	32.3	2011	32.0	37.0	34.5	2012	30.0	33.0	31.5	2013	30.0	33.0	31.5	2014	29.0	30.0	29.5	2015	29.0	32.0	30.5	2016	31.0	33.0	32.0	2017	32.0	36.0	34.0	2018	35.0	41.0	38.0	2019	40.0	44.0	42.0	2020	34.0	41.0	37.5	2021	30.6	37.4	34.0
Year	Men (%)	Women (%)	Total (%)																																																						
2006	30.6	34.0	32.3																																																						
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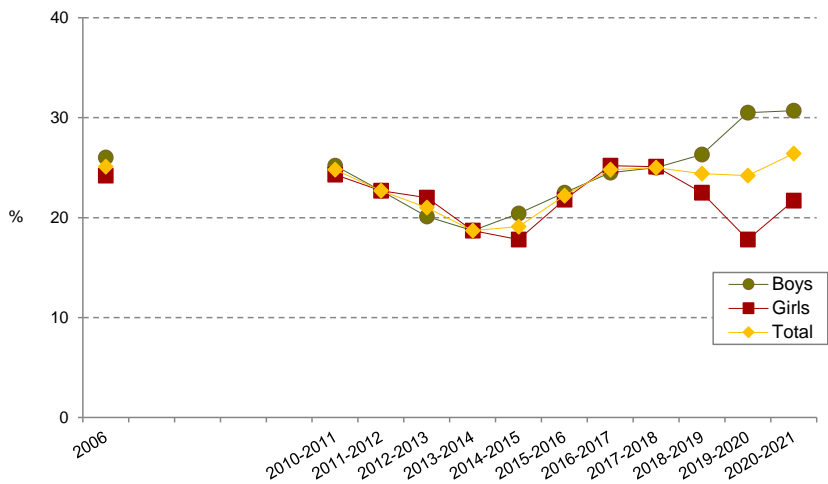
<p>Axes of inequality</p>	<p>5.6 Satisfaction with public health services</p> <p>70.3% of the general population used public health services more frequently during the last year than private services, whereas 23.6% used private services more frequently than public services; 6.1% used none.</p> <p>86.4% of those who used more frequently public health services are satisfied.</p>
<p>Sex</p>	<p>Among those who used more frequently public health services, a higher percentage of men (88.6%) than women (84.3%) are satisfied.</p>
<p>Age group</p>	<p>The youngest are the most satisfied (91.5% people aged 0 to 14).</p>
<p>Social class</p> <p>Educational level</p>	<p>People from the most advantaged social class (89.3% class I) have higher percentages of satisfaction than people from more disadvantaged social classes (82.9% class II and 86.3% class III).</p> <p>No differences were found according to educational level.</p>
<p>Territory</p>	<p>Barcelona Metropolitana Nord Health Region (81.0%) has the percentage of satisfaction from those who used more frequently public health services below Catalonia overall. However, Lleida (91.2%) and Barcelona Ciutat (91.1%) have them above.</p>
<p>Evolution</p>	<p>From 2010 to 2012, this percentage shows a continuous upward trend, remaining stable from that point up to 2018. In 2019 it falls, especially among women and in 2020 and in 2021 it remains steady again. No statistically significant differences have been found between 2020 and 2021, and neither between 2019 and 2021.</p> <p>No statistically significant differences between 2020 and 2021. No statistically significant differences between 2019 and 2021</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>

6 Child population. Health status

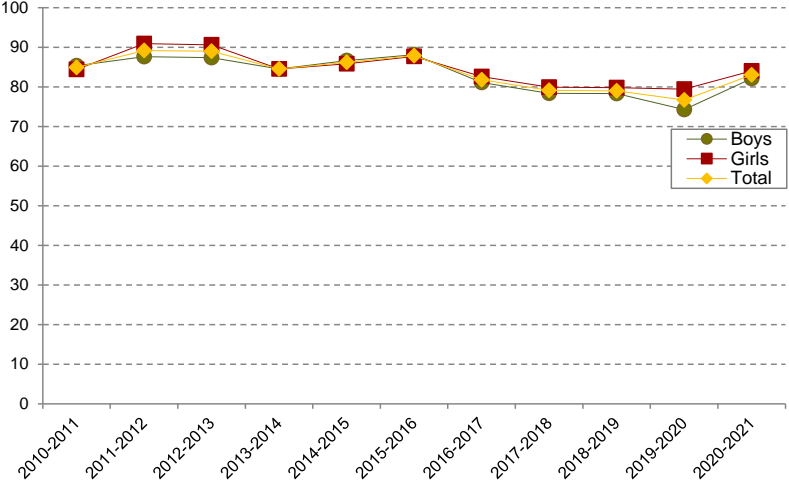
Axes of inequality	<h3>6.1 Positive self-perceived health</h3> <p>96,3% of people aged 0 to 14 have a positive self-perceived health</p>																																																												
Sex	No differences were found between boys and girls.																																																												
Social class	No differences were found according to social class.																																																												
Educational level	This percentage is lower among children whose parents have primary education or no education (91.9%) .																																																												
Territory	No differences were found according to health region.																																																												
Evolution	<p>This percentage has remains stable from 1994 onwards. No statistically significant differences have been found between period 2019-2020 and period 2020-2021.</p>  <table border="1" data-bbox="571 913 1369 1406"> <caption>Estimated data from the line graph</caption> <thead> <tr> <th>Year/Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>1994</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2002</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2006</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2010-2011</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2011-2012</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2012-2013</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2013-2014</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2014-2015</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2015-2016</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2016-2017</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2017-2018</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2018-2019</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2019-2020</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> <tr> <td>2020-2021</td> <td>96.3</td> <td>96.3</td> <td>96.3</td> </tr> </tbody> </table> <p>No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Year/Period	Boys (%)	Girls (%)	Total (%)	1994	96.3	96.3	96.3	2002	96.3	96.3	96.3	2006	96.3	96.3	96.3	2010-2011	96.3	96.3	96.3	2011-2012	96.3	96.3	96.3	2012-2013	96.3	96.3	96.3	2013-2014	96.3	96.3	96.3	2014-2015	96.3	96.3	96.3	2015-2016	96.3	96.3	96.3	2016-2017	96.3	96.3	96.3	2017-2018	96.3	96.3	96.3	2018-2019	96.3	96.3	96.3	2019-2020	96.3	96.3	96.3	2020-2021	96.3	96.3	96.3
Year/Period	Boys (%)	Girls (%)	Total (%)																																																										
1994	96.3	96.3	96.3																																																										
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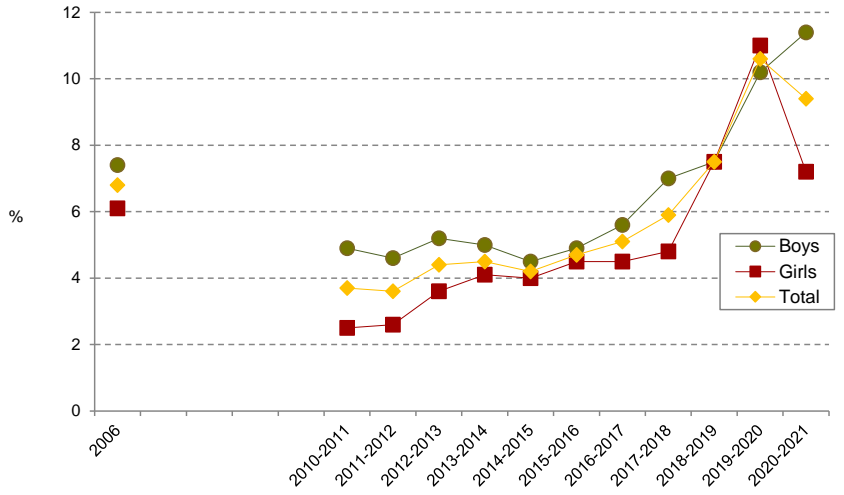
<p>Axes of inequality</p>	<p>6.2 Positive assessment of oral hygiene health 86.2% of people aged 0 to 14 have a positive self-perceived oral hygiene</p>
<p>Sex</p>	<p>The percentage showing a positive self-perceived oral hygiene is higher among girls (88.6%) than among boys (83.8%).</p>
<p>Social class</p>	<p>No differences were found according to social class.</p>
<p>Educational level</p>	<p>This percentage is lower among children whose parents have no education or primary education (78.1%).</p>
<p>Territory</p>	<p>No differences were found according to health region.</p>
<p>Evolution</p>	<p>Only two figures of evolution are available because 2019 is the first year this question is included in the ESCA survey. No statistically significant differences have been found between period 2019-2020 and period 2020-2021.</p> <p>No statistically significant differences between 2019-2020 and 2020-2021</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">6.3 Excess body weight</h3> <p style="text-align: center;">Four out of ten boys and girls aged 6 to 12 (40.4%) have excess body weight (overweight or obesity)</p>																																																				
Sex	Boys have a higher percentage of excess body weight (46.7%) than girls (33.4%).																																																				
Social class	The prevalence is higher among those from the most disadvantaged social classes (48.4% class III) than among those from class I (31.1%).																																																				
Educational level	It is highest among children with parents with secondary education (44.8%).																																																				
Social class and educational level according to sex	Boys have a higher percentage than girls across all axes of inequality. It reaches a difference of 15 percentage points between boys and girls among those from disadvantaged social classes.																																																				
Territory	No differences were found according to health region.																																																				
Evolution	<p>From 2006 to period 2012-2013 the prevalence shows a downward trend (among girls it continues to fall until period 2014-2015); from this point on to period 2016-2017 it shows an upward trend and in 2017-2018 it reaches stability. In periods 2018-2019 and 2019-2020, an upward trend is observed among boys and a downward trend among girls. In the last period studied (2020-2021) the figures rise for both sexes but no statistically significant differences have been found between period 2019-2020 and period 2020-2021 and neither between period 2018-2019 and period 2020-2021.</p> <table border="1" style="display: none;"> <caption>Evolution of Excess Body Weight Prevalence (%)</caption> <thead> <tr> <th>Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>46.7</td> <td>37.0</td> <td>42.0</td> </tr> <tr> <td>2010-2011</td> <td>43.0</td> <td>35.0</td> <td>39.0</td> </tr> <tr> <td>2011-2012</td> <td>37.0</td> <td>34.0</td> <td>35.0</td> </tr> <tr> <td>2012-2013</td> <td>30.0</td> <td>31.0</td> <td>30.0</td> </tr> <tr> <td>2013-2014</td> <td>32.0</td> <td>29.0</td> <td>30.0</td> </tr> <tr> <td>2014-2015</td> <td>36.0</td> <td>28.0</td> <td>32.0</td> </tr> <tr> <td>2015-2016</td> <td>38.0</td> <td>30.0</td> <td>34.0</td> </tr> <tr> <td>2016-2017</td> <td>39.0</td> <td>33.0</td> <td>36.0</td> </tr> <tr> <td>2017-2018</td> <td>39.0</td> <td>32.0</td> <td>35.0</td> </tr> <tr> <td>2018-2019</td> <td>40.0</td> <td>29.0</td> <td>34.0</td> </tr> <tr> <td>2019-2020</td> <td>44.0</td> <td>27.0</td> <td>35.0</td> </tr> <tr> <td>2020-2021</td> <td>46.7</td> <td>33.4</td> <td>40.4</td> </tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Period	Boys (%)	Girls (%)	Total (%)	2006	46.7	37.0	42.0	2010-2011	43.0	35.0	39.0	2011-2012	37.0	34.0	35.0	2012-2013	30.0	31.0	30.0	2013-2014	32.0	29.0	30.0	2014-2015	36.0	28.0	32.0	2015-2016	38.0	30.0	34.0	2016-2017	39.0	33.0	36.0	2017-2018	39.0	32.0	35.0	2018-2019	40.0	29.0	34.0	2019-2020	44.0	27.0	35.0	2020-2021	46.7	33.4	40.4
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2020-2021	46.7	33.4	40.4																																																		

Axes of inequality	<h2 style="text-align: center;">6.4 Overweight</h2> <p style="text-align: center;">26.4% of people aged 6 to 12 are overweight</p>
Sex	This percentage is higher among boys (30.7%) than girls (21.7%).
Social class	It is higher among children from the most disadvantaged social class (31.3 class III) than among those from the most advantaged social class (18.3% class I).
Educational level	No differences were found according to parents' educational level.
Social class and educational level according to sex	Boys have higher percentage than girls across all axes of inequality. It reaches a difference of 13 percentage points between boys and girls whose parents have been through university education.
Territory	Terres de l'Ebre Health Region (44.3%) has a percentage above Catalonia overall.
Evolution	<p>From 2006 to period 2013-2014, the prevalence of overweight shows a downward trend, and then shows an upward trend from this point on to period 2016-2017. Then stabilises in 2017-2018. In periods 2018-2019 and 2019-2020 an upward trend is observed among boys and a downward trend among girls. In the last period studied (2020-2021) a stabilization is observed among boys and an upward trend among girls. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p>  <p style="text-align: center;">No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h2 style="text-align: center;">6.5 Obesity</h2> <p style="text-align: center;">14.0% of people aged 6 to 12 suffer from obesity</p>																																																				
Sex	No differences were found between boys and girls.																																																				
Social class	It is higher among children from the most disadvantaged social class (17.1 class III) than among those from the most advantaged social class (8.5% class I).																																																				
Educational level	Obesity shows a higher percentage among children with parents with no education or with primary education (22.3%) than among those whose parents have been through university (10.3%).																																																				
Territory	No differences were found according to health region.																																																				
Evolution	<p>The prevalence of obesity shows a backward trend from period 2013-2014 to 2014-2015 among boys and a steady trend among girls. From this point up to period 2018-2019 it falls, especially among girls; but in the two last periods studied, the trend goes upwards, also among girls. The rise between period 2018-2019 and period 2020-2021 is statistically significant for girls. No statistically significant differences have been found between period 2019-2020 and period 2020-2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Obesity Evolution graph</caption> <thead> <tr> <th>Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>20.0</td> <td>13.0</td> <td>17.0</td> </tr> <tr> <td>2010-2011</td> <td>18.0</td> <td>10.0</td> <td>14.0</td> </tr> <tr> <td>2011-2012</td> <td>14.0</td> <td>11.0</td> <td>12.5</td> </tr> <tr> <td>2012-2013</td> <td>10.0</td> <td>10.0</td> <td>10.0</td> </tr> <tr> <td>2013-2014</td> <td>10.0</td> <td>10.0</td> <td>10.0</td> </tr> <tr> <td>2014-2015</td> <td>13.0</td> <td>10.0</td> <td>11.5</td> </tr> <tr> <td>2015-2016</td> <td>15.0</td> <td>9.0</td> <td>12.0</td> </tr> <tr> <td>2016-2017</td> <td>15.0</td> <td>8.0</td> <td>11.5</td> </tr> <tr> <td>2017-2018</td> <td>14.0</td> <td>7.5</td> <td>11.0</td> </tr> <tr> <td>2018-2019</td> <td>13.0</td> <td>6.0</td> <td>10.0</td> </tr> <tr> <td>2019-2020</td> <td>13.0</td> <td>9.0</td> <td>11.0</td> </tr> <tr> <td>2020-2021</td> <td>16.0</td> <td>12.0</td> <td>14.0</td> </tr> </tbody> </table> <p style="text-align: center; font-size: small;">No statistically significant differences between 2019-2020 and 2020-2021. Statistically significant differences between 2018-2019 and 2020-2021 for girls. Standardised proportions. Direct method using European Standard Population 2013.</p>	Period	Boys (%)	Girls (%)	Total (%)	2006	20.0	13.0	17.0	2010-2011	18.0	10.0	14.0	2011-2012	14.0	11.0	12.5	2012-2013	10.0	10.0	10.0	2013-2014	10.0	10.0	10.0	2014-2015	13.0	10.0	11.5	2015-2016	15.0	9.0	12.0	2016-2017	15.0	8.0	11.5	2017-2018	14.0	7.5	11.0	2018-2019	13.0	6.0	10.0	2019-2020	13.0	9.0	11.0	2020-2021	16.0	12.0	14.0
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Axes of inequality	<h3 style="text-align: center;">6.6 Good health-related quality of life</h3> <p style="text-align: center;">Eight out of ten boys and girls aged 8 to 14 years (83.0%) have a good health-related quality of life</p>																																																
Sex	No differences were found between boys and girls.																																																
Social class	No differences were found according to social class.																																																
Educational level	This percentage is higher among children with parents with no education or with primary education (92.3%) .																																																
Territory	Terres de l'Ebre (63.3%) and Barcelona Metropolitana Sud (68.8%) health regions have the percentage of children aged 8 to 14 with good health-related quality of life below Catalonia overall. Girona (91.4%) and Barcelona Ciutat (90.2%) health regions are both above.																																																
Evolution	<p>The indicator remains steady from periods 2010-2011 to 2019-2020. In period 2020-2021 it rises, especially among boys. Statistically significant differences have been found between periods 2019-2020 and 2020-2021. No statistically significant differences have been found between periods 2018-2019 and 2020-2021.</p>  <table border="1" data-bbox="571 1061 1362 1545"> <caption>Estimated data from the evolution graph</caption> <thead> <tr> <th>Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2010-2011</td><td>84</td><td>85</td><td>84.5</td></tr> <tr><td>2011-2012</td><td>88</td><td>90</td><td>89</td></tr> <tr><td>2012-2013</td><td>88</td><td>90</td><td>89</td></tr> <tr><td>2013-2014</td><td>84</td><td>85</td><td>84.5</td></tr> <tr><td>2014-2015</td><td>86</td><td>87</td><td>86.5</td></tr> <tr><td>2015-2016</td><td>88</td><td>89</td><td>88.5</td></tr> <tr><td>2016-2017</td><td>82</td><td>83</td><td>82.5</td></tr> <tr><td>2017-2018</td><td>80</td><td>81</td><td>80.5</td></tr> <tr><td>2018-2019</td><td>80</td><td>81</td><td>80.5</td></tr> <tr><td>2019-2020</td><td>76</td><td>78</td><td>77</td></tr> <tr><td>2020-2021</td><td>84</td><td>85</td><td>84.5</td></tr> </tbody> </table> <p style="text-align: center;">Statistically significant differences between 2019-2020 and 2020-2021 for total. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Period	Boys (%)	Girls (%)	Total (%)	2010-2011	84	85	84.5	2011-2012	88	90	89	2012-2013	88	90	89	2013-2014	84	85	84.5	2014-2015	86	87	86.5	2015-2016	88	89	88.5	2016-2017	82	83	82.5	2017-2018	80	81	80.5	2018-2019	80	81	80.5	2019-2020	76	78	77	2020-2021	84	85	84.5
Period	Boys (%)	Girls (%)	Total (%)																																														
2010-2011	84	85	84.5																																														
2011-2012	88	90	89																																														
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2013-2014	84	85	84.5																																														
2014-2015	86	87	86.5																																														
2015-2016	88	89	88.5																																														
2016-2017	82	83	82.5																																														
2017-2018	80	81	80.5																																														
2018-2019	80	81	80.5																																														
2019-2020	76	78	77																																														
2020-2021	84	85	84.5																																														

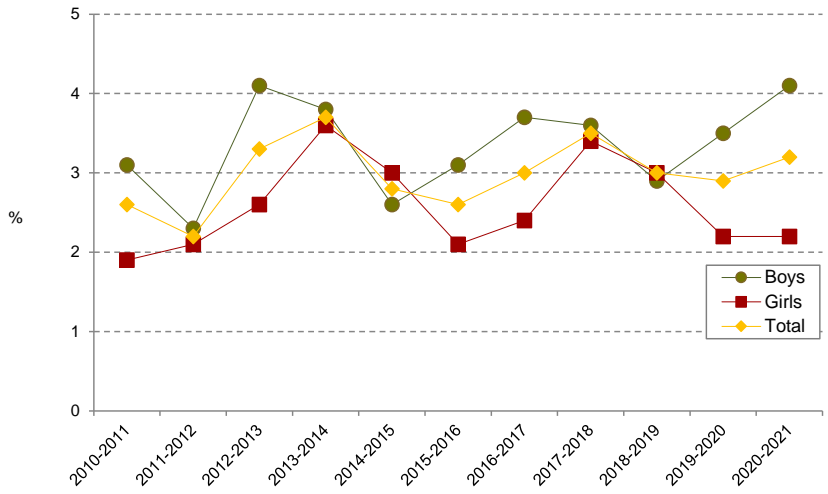
Axes of inequality	<h3 style="text-align: center;">6.7 Risk of developing a mental disorder</h3> <p style="text-align: center;">9.4% of people aged 4 to 14 years are at risk of developing a mental disorder</p>
Sex	<p>More boys (11.4%) than girls (7.2%) are at risk of developing a mental disorder.</p>
Social class	<p>There is a difference of seven percentage points between children from the most disadvantaged social class (12.0%) and those from the most advantaged social class (5.4%).</p>
Educational level	<p>Children whose parents have secondary studies have a higher percentage (12.1%) than those whose parents have been through university (6.4%) or those whose parents have no education or primary education (6.7%).</p>
Territory	<p>Terres de l'Ebre (23.5%) and Barcelona Metropolitana Sud (18.1%) health regions have percentages above Catalonia overall.</p> <p>The risk of developing a mental disorder shows an upward trend since period 2014-2015, becoming increasingly clearer in period 2018-2019 and even more remarkably so in period 2019-2020. In period 2020-2021 it shows an upward trend among boys and a downward trend among girls. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p>
Evolution	 <p style="text-align: center;">No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

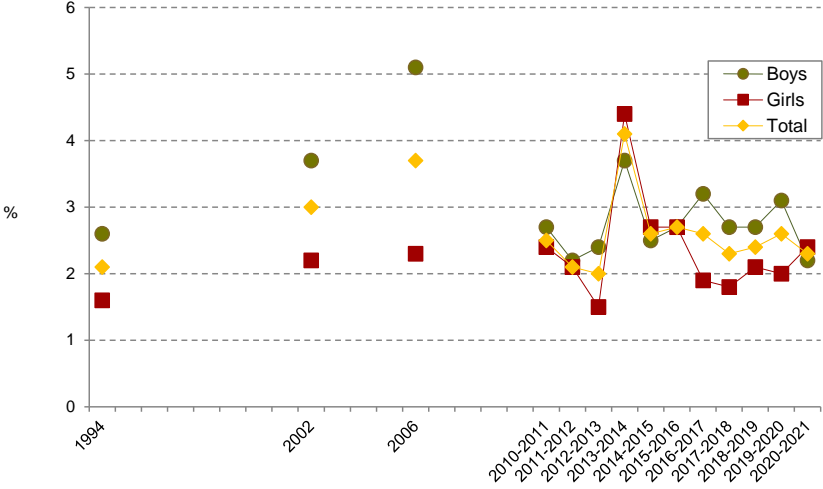
Axes of inequality	<h3 style="text-align: center;">6.8 Chronic diseases</h3> <p style="text-align: center;">Among people aged 0 to 14 years, 13.6% suffer from long-term or chronic conditions or health problems</p>																																																
Sex	No differences were found between boys and girls.																																																
Social class	No differences were found according to social class.																																																
Educational level	There is a difference of ten percentage points between children whose parents have been through university (10.0%) and those whose parents have no education or primary education (19.5%).																																																
Territory	No differences were found according to health region.																																																
Evolution	<p>From period 2010-2011 to period 2013-2014 this indicator shows an upward trend. From then to period 2015-2016 it shows a downward trend, underlying differences among boys and girls; whereas among girls it continues to fall, it rises among boys. In period 2017-2018 an opposite effect occurs, falling among boys and rising among girls. From period 2018-2019 to the last period studied (2020-2021) it shows an upward trend. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2010-2011</td><td>13.0</td><td>10.5</td><td>12.0</td></tr> <tr><td>2011-2012</td><td>15.0</td><td>10.8</td><td>13.0</td></tr> <tr><td>2012-2013</td><td>16.5</td><td>14.0</td><td>15.5</td></tr> <tr><td>2013-2014</td><td>15.0</td><td>16.0</td><td>15.5</td></tr> <tr><td>2014-2015</td><td>13.0</td><td>14.0</td><td>13.0</td></tr> <tr><td>2015-2016</td><td>13.5</td><td>10.2</td><td>12.0</td></tr> <tr><td>2016-2017</td><td>15.0</td><td>10.0</td><td>12.5</td></tr> <tr><td>2017-2018</td><td>14.2</td><td>11.8</td><td>13.0</td></tr> <tr><td>2018-2019</td><td>13.5</td><td>11.5</td><td>12.5</td></tr> <tr><td>2019-2020</td><td>14.2</td><td>11.0</td><td>12.5</td></tr> <tr><td>2020-2021</td><td>15.5</td><td>12.0</td><td>14.0</td></tr> </tbody> </table> <p style="font-size: small; margin-top: 10px;">No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p style="font-size: x-small; margin-top: 5px;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Period	Boys (%)	Girls (%)	Total (%)	2010-2011	13.0	10.5	12.0	2011-2012	15.0	10.8	13.0	2012-2013	16.5	14.0	15.5	2013-2014	15.0	16.0	15.5	2014-2015	13.0	14.0	13.0	2015-2016	13.5	10.2	12.0	2016-2017	15.0	10.0	12.5	2017-2018	14.2	11.8	13.0	2018-2019	13.5	11.5	12.5	2019-2020	14.2	11.0	12.5	2020-2021	15.5	12.0	14.0
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The most frequent health conditions among boys and girls aged 0 to 14 are:

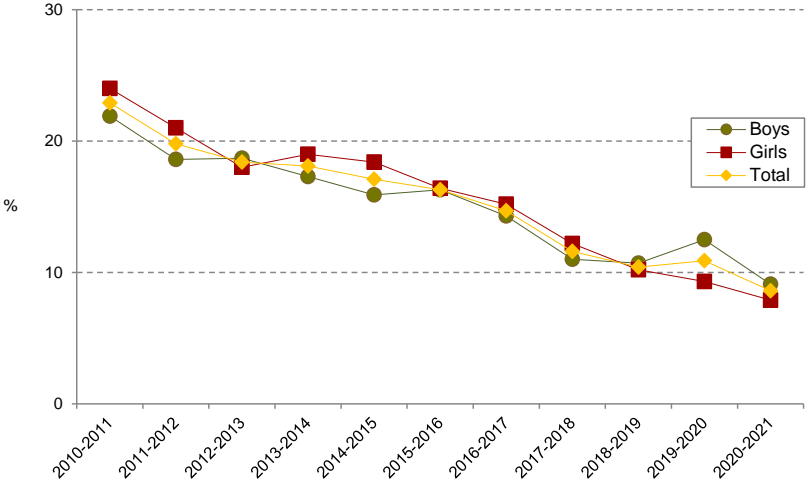
- Recurrent bronchitis (13.1%)
- Chronic skin problems (9.7%)
- Chronic allergies (9.3%)
- Recurrent otitis (7.4%)
- Asthma (4.7%)
- Conduct disorders (4.0%).

Boys suffer more frequently than girls from recurrent bronchitis (15.4% and 10.6%, respectively), asthma (5.7% and 3.8%, respectively) and conduct disorders (4.7% and 3.1%, respectively), while **girls suffer more frequently** from recurrent urinary infections (0.8% vs. 3.0%).

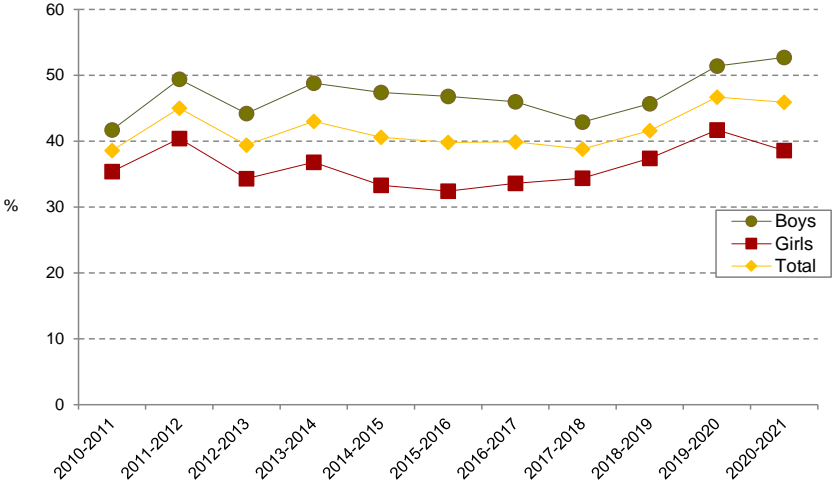
Axes of inequality	<h3 style="text-align: center;">6.9 Limited ability due to a health condition</h3> <p style="text-align: center;">Prevalence of people aged 0 to 14 years having limited ability to perform activities of daily life due to a health problem is 3.2%</p>																																																
Sex	No differences were found between boys and girls.																																																
Social class	No differences were found according to social class.																																																
Educational level	<p>Children whose parents have been through university show a lower prevalence of limited ability to perform activities of daily life due to a health condition (1.6%) than those with parents with no education or with primary education (6.1%).</p>																																																
Territory	No differences were found according to health region.																																																
Evolution	<p>From period 2010-2011 to period 2013-2014 this indicator shows an upward trend. From then up to period 2015-2016 it falls and afterwards an upward trend is again observed until period 2017-2018. Period 2018-2019 points to a decrease and period 2019-2020 shows an upward trend among boys and a downward trend among girls. In the last period studied (2020-2021) there remains an upward trend among boys. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p>  <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2010-2011</td><td>3.1</td><td>1.9</td><td>2.6</td></tr> <tr><td>2011-2012</td><td>2.3</td><td>2.1</td><td>2.2</td></tr> <tr><td>2012-2013</td><td>4.1</td><td>2.6</td><td>3.3</td></tr> <tr><td>2013-2014</td><td>3.8</td><td>3.6</td><td>3.7</td></tr> <tr><td>2014-2015</td><td>2.6</td><td>3.0</td><td>2.8</td></tr> <tr><td>2015-2016</td><td>3.1</td><td>2.1</td><td>2.6</td></tr> <tr><td>2016-2017</td><td>3.7</td><td>2.4</td><td>3.0</td></tr> <tr><td>2017-2018</td><td>3.6</td><td>3.4</td><td>3.5</td></tr> <tr><td>2018-2019</td><td>2.9</td><td>3.0</td><td>3.0</td></tr> <tr><td>2019-2020</td><td>3.5</td><td>2.2</td><td>2.9</td></tr> <tr><td>2020-2021</td><td>4.1</td><td>2.2</td><td>3.2</td></tr> </tbody> </table> <p style="text-align: center; font-size: small;">No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p style="text-align: center; font-size: x-small;">Standardised proportions. Direct method using European Standard Population 2013.</p>	Period	Boys (%)	Girls (%)	Total (%)	2010-2011	3.1	1.9	2.6	2011-2012	2.3	2.1	2.2	2012-2013	4.1	2.6	3.3	2013-2014	3.8	3.6	3.7	2014-2015	2.6	3.0	2.8	2015-2016	3.1	2.1	2.6	2016-2017	3.7	2.4	3.0	2017-2018	3.6	3.4	3.5	2018-2019	2.9	3.0	3.0	2019-2020	3.5	2.2	2.9	2020-2021	4.1	2.2	3.2
Period	Boys (%)	Girls (%)	Total (%)																																														
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2019-2020	3.5	2.2	2.9																																														
2020-2021	4.1	2.2	3.2																																														

Axes of inequality	<h3 style="text-align: center;">6.10 Disability</h3> <p style="text-align: center;">The percentage of people aged 0 to 14 years suffering from disability or impairment is 2.3%</p>
Sex	No differences were found between boys and girls.
Social class	No differences were found according to social class.
Educational level	No differences were found according to parents' educational level.
Territory	Terres de l'Ebre (8.6%) Health Region has a percentage above Catalonia overall.
Evolution	<p>The evolution of this indicator shows considerable variability throughout the years studied. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p>  <p style="text-align: center;">No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

7 Child population. Health-related behaviours

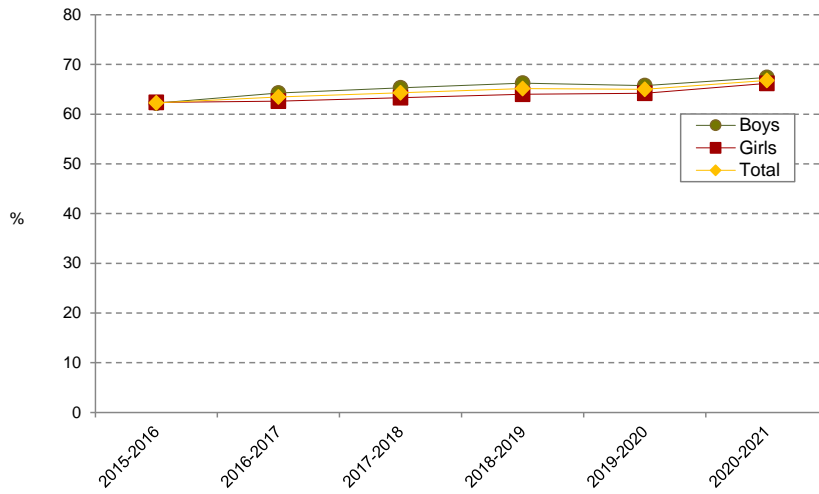
<p>Axes of inequality</p>	<p>7.1 Exposure to second-hand smoke at home</p> <p>8.6% of children aged 0 to 14 are living with someone who smokes at home indoors</p>																																																
<p>Sex</p>	<p>No differences were found between boys and girls.</p>																																																
<p>Social class</p>	<p>Children from the more disadvantaged social classes (11.9% class II and 9.7% class III) have the highest percentage of living with someone who smokes in their home indoors.</p>																																																
<p>Educational level</p>	<p>This exposure is more frequent among boys and girls whose parents have a low educational level (5.8% with university education, 10.5% with secondary education and 10.0% with no education or with primary education).</p>																																																
<p>Territory</p>	<p>Barcelona Ciutat Health Region (5.0%) has a percentage below Catalonia overall.</p>																																																
<p>Evolution</p>	<p>Since 2010-2011, the trend in exposure to second-hand smoke at home has been decreasing year to year. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p>  <table border="1" data-bbox="523 1122 1331 1601"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2010-2011</td> <td>22.5</td> <td>24.0</td> <td>23.0</td> </tr> <tr> <td>2011-2012</td> <td>19.0</td> <td>21.0</td> <td>20.0</td> </tr> <tr> <td>2012-2013</td> <td>18.5</td> <td>18.5</td> <td>18.5</td> </tr> <tr> <td>2013-2014</td> <td>17.5</td> <td>19.0</td> <td>18.0</td> </tr> <tr> <td>2014-2015</td> <td>16.0</td> <td>18.5</td> <td>17.5</td> </tr> <tr> <td>2015-2016</td> <td>16.5</td> <td>16.5</td> <td>16.5</td> </tr> <tr> <td>2016-2017</td> <td>14.5</td> <td>15.0</td> <td>15.0</td> </tr> <tr> <td>2017-2018</td> <td>11.0</td> <td>12.0</td> <td>11.5</td> </tr> <tr> <td>2018-2019</td> <td>10.5</td> <td>10.5</td> <td>10.5</td> </tr> <tr> <td>2019-2020</td> <td>12.5</td> <td>9.5</td> <td>11.0</td> </tr> <tr> <td>2020-2021</td> <td>9.0</td> <td>8.0</td> <td>8.5</td> </tr> </tbody> </table> <p>No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Period	Boys (%)	Girls (%)	Total (%)	2010-2011	22.5	24.0	23.0	2011-2012	19.0	21.0	20.0	2012-2013	18.5	18.5	18.5	2013-2014	17.5	19.0	18.0	2014-2015	16.0	18.5	17.5	2015-2016	16.5	16.5	16.5	2016-2017	14.5	15.0	15.0	2017-2018	11.0	12.0	11.5	2018-2019	10.5	10.5	10.5	2019-2020	12.5	9.5	11.0	2020-2021	9.0	8.0	8.5
Period	Boys (%)	Girls (%)	Total (%)																																														
2010-2011	22.5	24.0	23.0																																														
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2018-2019	10.5	10.5	10.5																																														
2019-2020	12.5	9.5	11.0																																														
2020-2021	9.0	8.0	8.5																																														

7.2 Active leisure activities																																																	
Axes of inequality	31.7% of people aged 3 to 14 participate in active leisure activities, e.g. they spend at least one hour per day doing sports or playing outside																																																
Sex	No differences were found between boys and girls.																																																
Social class	No differences were found according to social class.																																																
Educational level	No differences were found according to parents' educational level.																																																
Territory	<p>Alt Pirineu i Aran Health Region (50.8%) has a percentage above Catalonia overall, whereas Barcelona Metropolitana Sud (23.9%) and Lleida (22.2%) health regions have them below.</p> <p>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 up to 2019-2020 it shows a downward trend. In the last period studied (2020-2021) it rises again. Statistically significant differences have been found between period 2019-2020 and period 2020-2021. No statistically significant differences have been found between period 2019-2020 and period 2020-2021.</p>																																																
Evolution	<table border="1"> <caption>Evolution of active leisure activities (%)</caption> <thead> <tr> <th>Period</th> <th>Boys</th> <th>Girls</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>2010-2011</td><td>39</td><td>35</td><td>37</td></tr> <tr><td>2011-2012</td><td>44</td><td>37</td><td>40</td></tr> <tr><td>2012-2013</td><td>44</td><td>31</td><td>38</td></tr> <tr><td>2013-2014</td><td>44</td><td>31</td><td>38</td></tr> <tr><td>2014-2015</td><td>43</td><td>32</td><td>37</td></tr> <tr><td>2015-2016</td><td>34</td><td>27</td><td>30</td></tr> <tr><td>2016-2017</td><td>33</td><td>29</td><td>31</td></tr> <tr><td>2017-2018</td><td>38</td><td>32</td><td>35</td></tr> <tr><td>2018-2019</td><td>35</td><td>28</td><td>31</td></tr> <tr><td>2019-2020</td><td>30</td><td>25</td><td>27</td></tr> <tr><td>2020-2021</td><td>32</td><td>31</td><td>32</td></tr> </tbody> </table> <p>Statistically significant differences between 2019-2020 and 2020-2021 for total. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Period	Boys	Girls	Total	2010-2011	39	35	37	2011-2012	44	37	40	2012-2013	44	31	38	2013-2014	44	31	38	2014-2015	43	32	37	2015-2016	34	27	30	2016-2017	33	29	31	2017-2018	38	32	35	2018-2019	35	28	31	2019-2020	30	25	27	2020-2021	32	31	32
Period	Boys	Girls	Total																																														
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2011-2012	44	37	40																																														
2012-2013	44	31	38																																														
2013-2014	44	31	38																																														
2014-2015	43	32	37																																														
2015-2016	34	27	30																																														
2016-2017	33	29	31																																														
2017-2018	38	32	35																																														
2018-2019	35	28	31																																														
2019-2020	30	25	27																																														
2020-2021	32	31	32																																														

Axes of inequality	<h3 style="text-align: center;">7.3 Sedentary leisure activities</h3> <p style="text-align: center;">45,9% of people aged 3 to 14 practice sedentary leisure activities, e.g. they spend at least two hours per day in front of a screen (cell, TV, computer, videogame, etc.)</p>																																																
Sex	Boys have a higher percentage (52.7%) than girls (38.6%).																																																
Social class	More than half the children from the most disadvantaged social class (51.4% class III) practice sedentary leisure activities.																																																
Educational level	More than half of children whose parents have secondary education (52.4%) and those whose parents have primary education or no education (52.8%) spend at least two hours per day in front of a screen.																																																
Territory	Barcelona Ciutat Health Region (33.6%) has a percentage below Catalonia overall.																																																
Evolution	<p>From period 2013-2014 to period 2017-2018 the trend is to remain steady. From this point on to period 2019-2020 it shows an upward trend. This increase is statistically significant between period 2018-2019 and period 2020-2021 for boys. In period 2020-2021 there is an upward trend among boys and a downward trend among girls. No statistically significant differences have been found between period 2019-2020 and period 2020-2021.</p>  <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Estimated data from the Evolution graph</caption> <thead> <tr> <th>Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr><td>2010-2011</td><td>42</td><td>35</td><td>38</td></tr> <tr><td>2011-2012</td><td>49</td><td>40</td><td>45</td></tr> <tr><td>2012-2013</td><td>44</td><td>34</td><td>39</td></tr> <tr><td>2013-2014</td><td>48</td><td>37</td><td>43</td></tr> <tr><td>2014-2015</td><td>47</td><td>33</td><td>40</td></tr> <tr><td>2015-2016</td><td>46</td><td>32</td><td>39</td></tr> <tr><td>2016-2017</td><td>45</td><td>33</td><td>39</td></tr> <tr><td>2017-2018</td><td>43</td><td>34</td><td>38</td></tr> <tr><td>2018-2019</td><td>45</td><td>37</td><td>41</td></tr> <tr><td>2019-2020</td><td>51</td><td>41</td><td>46</td></tr> <tr><td>2020-2021</td><td>53</td><td>38</td><td>45</td></tr> </tbody> </table> <p style="text-align: center;">No statistically significant differences between 2019-2020 and 2020-2021. Statistically significant differences between 2018-2019 and 2020-2021 for boys.</p> <p>Standardised proportions. Direct method using European Standard Population 2013.</p>	Period	Boys (%)	Girls (%)	Total (%)	2010-2011	42	35	38	2011-2012	49	40	45	2012-2013	44	34	39	2013-2014	48	37	43	2014-2015	47	33	40	2015-2016	46	32	39	2016-2017	45	33	39	2017-2018	43	34	38	2018-2019	45	37	41	2019-2020	51	41	46	2020-2021	53	38	45
Period	Boys (%)	Girls (%)	Total (%)																																														
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2016-2017	45	33	39																																														
2017-2018	43	34	38																																														
2018-2019	45	37	41																																														
2019-2020	51	41	46																																														
2020-2021	53	38	45																																														

Axes of inequality	<h3 style="text-align: center;">7.4 Regular school-going</h3> <p style="text-align: center;">66.8% of people aged 3 to 14 get regularly to school on foot or cycling and 7.8% use public transportation</p>
Sex	No differences were found between boys and girls.
Social class	70.6% of children from the most disadvantaged social class get around regularly on foot or cycling against 57.7% among those from class II. The use of public transportation does not show differences according to social class.
Educational level	Eight out of ten boys and girls (80.9%) with parents with no education or with primary education get to school regularly on foot or cycling. This percentage is 60.0% among children whose parents have been to university. The use of public transportation does not show differences according to educational level.
Territory	Barcelona Ciutat Health Region has a percentage above Catalonia overall for both indicators: 75.2% get to school regularly on foot or cycling and 14.8% use public transportation.
Evolution	The percentage of children who regularly get to school on foot or cycling remains steady from period 2015-2016 to the present. However, the percentage of children who get around using public transportation shows a downward trend in period 2020-2021, especially among boys. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.

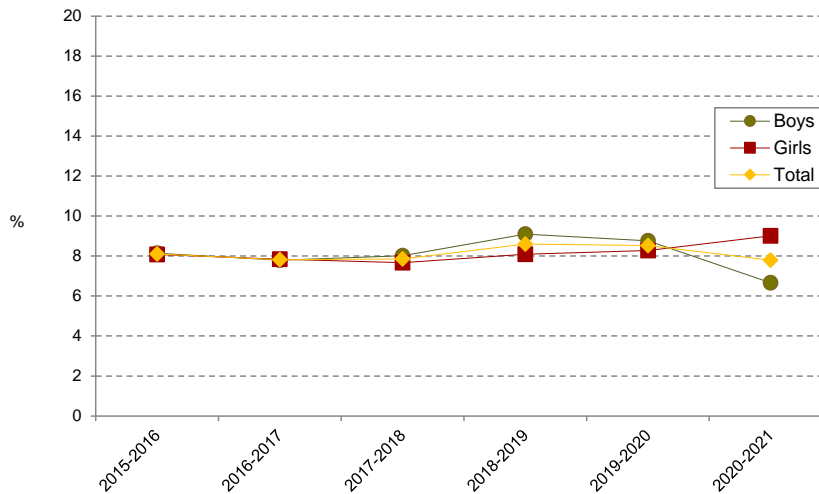
Children going regularly to school on foot or cycling



No statistically significant differences between 2019-2020 and 2020-2021.
 No statistically significant differences between 2018-2019 and 2020-2021.

Standardised proportions. Direct method using European Standard Population 2013.

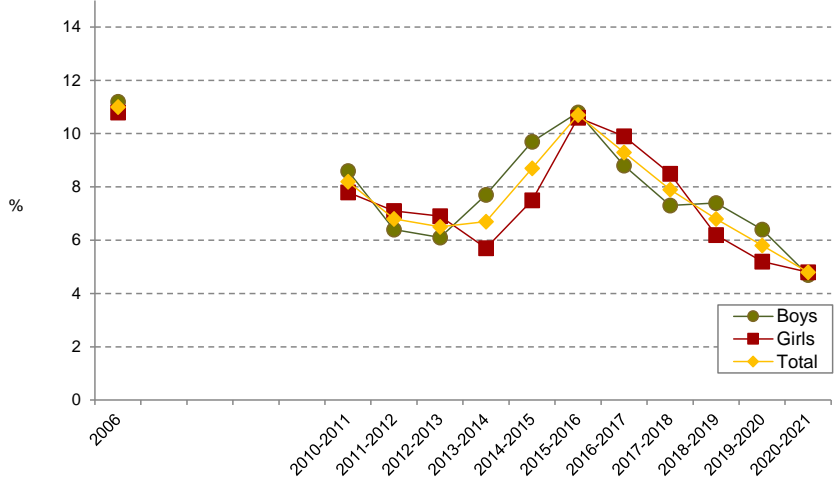
Children going regularly to school on public transport



No statistically significant differences between 2019-2020 and 2020-2021.
 No statistically significant differences between 2018-2019 and 2020-2021.

Standardised proportions. Direct method using European Standard Population 2013.

Axes of inequality	<h3 style="text-align: center;">7.5 Daily consumption of five servings of fruit and/or vegetables</h3> <p style="text-align: center;">9.0% of people aged 3 to 14 consumes daily five servings of fruit and/or vegetables</p>
Sex	No differences were found between boys and girls.
Social class	Consumption is higher among children from the most advantaged social class (12.7% class I) than among children from social class II (6.4%).
Educational level	Children with parents with no education or with primary education have lowest percentages of daily consumption of five servings of fruit and/or vegetables (5.7%).
Territory	Terres de l'Ebre Health Region (1.2%) has a percentage below Catalonia overall.
Evolution	<p>From period 2011-2012 to 2013-14 there is an upward trend and it stops at 2014-2015. From 2015-2016 to 2017-2018 there is again an upward trend and it remains steady since 2018-2019. From 2019-2020 there is an upward trend again. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p> <p style="text-align: center;">No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h2 style="text-align: center;">7.6 Daily consumption of sugary drinks</h2> <p style="text-align: center;">4.8% of people aged 3 to 14 daily consume sugary drinks</p>
Sex	No differences were found between boys and girls.
Social class	Consumption is higher among children from the most disadvantaged social class (7.4% class III) than among children from the most advantaged social class (1.6% class I).
Educational level	Children whose parents have the lowest educational level have the highest percentage of daily consumption of sugary drinks (13.0%).
Territory	Alt Pirineu i Aran (1.0%) and Girona (1.7%) health regions have their percentages below Catalonia overall.
Evolution	<p>From 2006 to period 2013-2014, this indicator shows a downward trend; from this point up to period 2015-2016 it rises, and after that it shows again a downward trend up to 2020-2021. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p>  <p style="text-align: center;">No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021.</p> <p style="text-align: center;">Standardised proportions. Direct method using European Standard Population 2013.</p>

Axes of inequality	<h3 style="text-align: center;">7.7 Frequent consumption of high-calorie products</h3> <p style="text-align: center;">Almost one third of people aged 3 to 14 frequently consumes high-calorie products (28.3%)</p>																																																				
Sex	Boys have a higher percentage (31.0%) than girls (25.5%).																																																				
Social class	The percentage is highest among boys and girls from the most disadvantaged social class (33.6% class III) .																																																				
Educational level	43,6% of children whose parents have the lowest educational level frequently consume high-calorie products, versus 29.8% of children whose parents have secondary education and 21.9% among those whose parents have been to university.																																																				
Territory	Terres de l'Ebre (42.6%) and Camp de Tarragona (43.0%) health regions show percentages above Catalonia overall.																																																				
Evolution	<p>From 2006 to period 2011-2012, this indicator undergoes a downward trend. From that time on to period 2013-2014 it remains steady and then it rises in the next two periods studied. Since period 2016-2017, this figure remains steady. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Approximate data from the Evolution graph</caption> <thead> <tr> <th>Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>40.0</td> <td>40.0</td> <td>40.0</td> </tr> <tr> <td>2010-2011</td> <td>30.0</td> <td>25.0</td> <td>27.5</td> </tr> <tr> <td>2011-2012</td> <td>25.0</td> <td>24.0</td> <td>24.5</td> </tr> <tr> <td>2012-2013</td> <td>25.0</td> <td>24.0</td> <td>24.5</td> </tr> <tr> <td>2013-2014</td> <td>25.0</td> <td>24.0</td> <td>24.5</td> </tr> <tr> <td>2014-2015</td> <td>28.0</td> <td>26.0</td> <td>27.0</td> </tr> <tr> <td>2015-2016</td> <td>33.0</td> <td>33.0</td> <td>33.0</td> </tr> <tr> <td>2016-2017</td> <td>30.0</td> <td>35.0</td> <td>32.5</td> </tr> <tr> <td>2017-2018</td> <td>27.0</td> <td>33.0</td> <td>30.0</td> </tr> <tr> <td>2018-2019</td> <td>30.0</td> <td>30.0</td> <td>30.0</td> </tr> <tr> <td>2019-2020</td> <td>33.0</td> <td>27.0</td> <td>30.0</td> </tr> <tr> <td>2020-2021</td> <td>31.0</td> <td>25.5</td> <td>28.3</td> </tr> </tbody> </table> <p style="font-size: small; text-align: center;">No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021. Standardised proportions. Direct method using European Standard Population 2013.</p>	Period	Boys (%)	Girls (%)	Total (%)	2006	40.0	40.0	40.0	2010-2011	30.0	25.0	27.5	2011-2012	25.0	24.0	24.5	2012-2013	25.0	24.0	24.5	2013-2014	25.0	24.0	24.5	2014-2015	28.0	26.0	27.0	2015-2016	33.0	33.0	33.0	2016-2017	30.0	35.0	32.5	2017-2018	27.0	33.0	30.0	2018-2019	30.0	30.0	30.0	2019-2020	33.0	27.0	30.0	2020-2021	31.0	25.5	28.3
Period	Boys (%)	Girls (%)	Total (%)																																																		
2006	40.0	40.0	40.0																																																		
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2020-2021	31.0	25.5	28.3																																																		

Axes of inequality	<h3 style="text-align: center;">7.8 Teeth-brushing</h3> <p style="text-align: center;">59.9% of people aged 5 to 14 years brush their teeth at least twice per day</p>																																																				
Sex	Girls have a higher percentage (64.6%) than boys (55.5%).																																																				
Social class	No differences were found according to social class.																																																				
Educational level	No differences were found according to parents' educational level.																																																				
Territory	Barcelona Ciutat (72.4%) Health Region has a percentage of boys and girls brushing their teeth at least twice per day above Catalonia overall. Barcelona Metropolitana Sud (48.2%), Lleida (46.0%) and Terres de l'Ebre (28.8%) health regions have them below.																																																				
Evolution	<p>From 2006 to period 2013-2014 this indicator shows an upward trend. From this time to 2016-2017 it remains steady and in period 2017-2018 there is an overall rise (as well as a growing gap between boys and girls). From this point up to the present, these differences are still apparent. No statistically significant differences have been found between period 2019-2020 and period 2020-2021, and neither between period 2018-2019 and period 2020-2021.</p> <table border="1" style="margin-top: 10px;"> <caption>Estimated data from the Teeth-brushing Evolution graph</caption> <thead> <tr> <th>Period</th> <th>Boys (%)</th> <th>Girls (%)</th> <th>Total (%)</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>46</td> <td>42</td> <td>44</td> </tr> <tr> <td>2010-2011</td> <td>48</td> <td>55</td> <td>51</td> </tr> <tr> <td>2011-2012</td> <td>46</td> <td>53</td> <td>49</td> </tr> <tr> <td>2012-2013</td> <td>49</td> <td>56</td> <td>52</td> </tr> <tr> <td>2013-2014</td> <td>56</td> <td>60</td> <td>58</td> </tr> <tr> <td>2014-2015</td> <td>54</td> <td>60</td> <td>57</td> </tr> <tr> <td>2015-2016</td> <td>50</td> <td>58</td> <td>54</td> </tr> <tr> <td>2016-2017</td> <td>52</td> <td>58</td> <td>55</td> </tr> <tr> <td>2017-2018</td> <td>54</td> <td>65</td> <td>59</td> </tr> <tr> <td>2018-2019</td> <td>54</td> <td>65</td> <td>59</td> </tr> <tr> <td>2019-2020</td> <td>52</td> <td>63</td> <td>57</td> </tr> <tr> <td>2020-2021</td> <td>55</td> <td>64</td> <td>60</td> </tr> </tbody> </table> <p style="font-size: small; margin-top: 10px;"> No statistically significant differences between 2019-2020 and 2020-2021. No statistically significant differences between 2018-2019 and 2020-2021. Standardised proportions. Direct method using European Standard Population 2013. </p>	Period	Boys (%)	Girls (%)	Total (%)	2006	46	42	44	2010-2011	48	55	51	2011-2012	46	53	49	2012-2013	49	56	52	2013-2014	56	60	58	2014-2015	54	60	57	2015-2016	50	58	54	2016-2017	52	58	55	2017-2018	54	65	59	2018-2019	54	65	59	2019-2020	52	63	57	2020-2021	55	64	60
Period	Boys (%)	Girls (%)	Total (%)																																																		
2006	46	42	44																																																		
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2012-2013	49	56	52																																																		
2013-2014	56	60	58																																																		
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2017-2018	54	65	59																																																		
2018-2019	54	65	59																																																		
2019-2020	52	63	57																																																		
2020-2021	55	64	60																																																		

8 Summary of time-evolution results

In the table below you will find a selection, out of the 58 indicators, of those with statistically significant differences between 2019 and 2021 or between 2020 and 2021 (people aged 15 years and over) and between periods 2018-2019 and 2020-2021 or periods 2019-2020 and 2020-2021 (people aged 0 to 14 years). The direction of each difference (that is, whether the percentage rises or falls between years or periods) is also specified.

Indicator	Difference between 2019 and 2020	Direction of the difference between 2019 and 2020	Difference between 2020 and 2021	Direction of the difference between 2020 and 2021	Difference between 2019 and 2021	Direction of the difference between 2019 and 2021
8. People suffering from emotional discomfort (≥15 years)	Yes	Fall (men)	No		Yes	Fall (total and men)
9. People suffering from moderate or severe depression (≥15 years)	Yes	Rise (total and women)	No		Yes	Rise (women)
12. People suffering from long-term health conditions or chronic diseases (≥15 years)	No		No		Yes	Fall (total and men)
13. People having limited ability to perform activities of daily life due to a health condition (≥15 years)	No		No		Yes	Rise (women)
14. People suffering from disability (≥15 years)	Yes	Rise (total)	No		No	
16. People having deficient social support (≥ 15 years)	Yes	Fall (total, men and women)	No		Yes	Fall (total, men and women)
17. People having difficulties remembering or concentrating (≥ 45 years)	Yes	Rise (total)	Yes	Rise (total, men and women)	No	
21. At-risk alcohol consumption (≥15 years)	Yes	Rise (total and women)	No		No	

Health status, health-related behaviours and health service utilisation in Catalonia, 2021

Indicator	Difference between 2019 and 2020	Direction of the difference between 2019 and 2020	Difference between 2020 and 2021	Direction of the difference between 2020 and 2021	Difference between 2019 and 2021	Direction of the difference between 2019 and 2021
24. People moving around regularly on foot or cycling (≥15 years)	No		No		Yes	Rise (total and men)
32. People checking blood pressure regularly (≥15 years)	Yes	Fall (total, men and women)	No		Yes	Fall (total, men and women)
34. People having double health insurance coverage	Yes	Rise (total and men)	Yes	Fall (total and men)	No	
35. People taking prescribed medication in the last fifteen days (≥15 years)	No		No		Yes	Fall (men)
36. People who visited a health professional during the last year	No		No		Yes	Fall (total and men)
38. People who visited an emergency department during the last year	Yes	Fall (total and men)	Yes	Fall (total)	Yes	Fall (total, men and women)

Health status, health-related behaviours and health service utilisation in Catalonia, 2021

Indicator	Difference between 2018-2019 and 2019-2020	Direction of the difference between 2018-2019 and 2019-2020	Difference between 2019-2020 and 2020-2021	Direction of the difference between 2019-2020 and 2020-2021	Difference between 2018-2019 and 2020-2021	Direction of the difference between 2018-2019 and 2020-2021
44. People with obesity (6-12 years)	No		No		Yes	Rise (girls)
45. People having good health-related quality of life (8-14 years)	No		Yes	Rise (total)	No	
46. People at risk of developing a mental disorder (4-14 years)	Yes	Rise (total)	No		No	
51. People participating in active leisure activities (3-14 years)	No		Yes	Rise (total)	No	
52. People practicing sedentary leisure activities (3-14 years)	No		No		Yes	Rise (boys)