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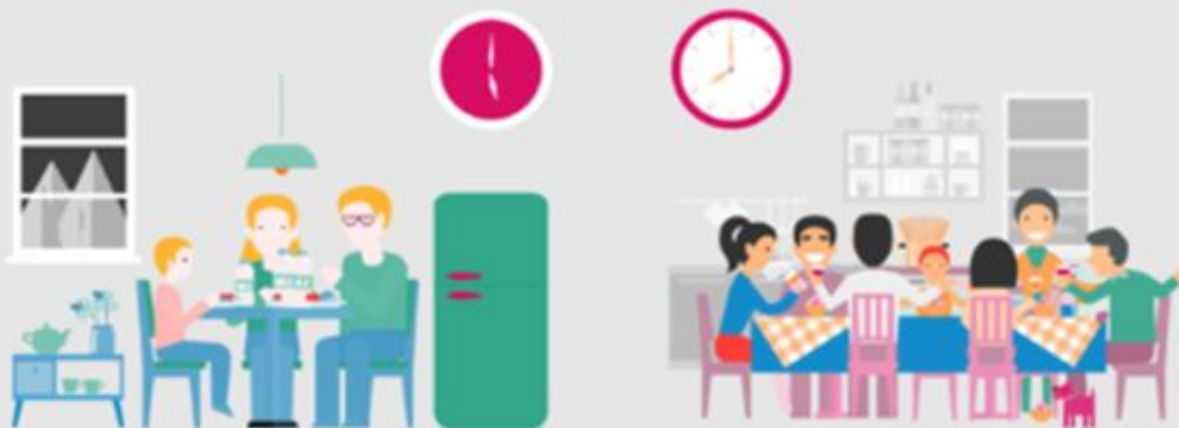


Istituto di istruzione superiore "E. Fermi"
Italy

Survey report on dietary habits in Europe

By f IPSO FACTO's High school partners

L'Europe : Une grande diversité d'habitudes alimentaires



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INTRODUCTION

According to a European health interview survey conducted in 2015, nearly 1 in 6 adults in the EU is considered obese. The rate of obesity increases with age. It tends to fall with the level of education: the more educated, the lower the risk of obesity.

Food has become a public health issue for about ten years. We know that nutrition and physical activity are factors of prevention or risk of diseases (cancer, cardiovascular disease, diabetes, obesity). The measures taken by the European Union (EU) aim to improve public health, prevent diseases and identify sources of danger to human health. The Union promotes cooperation and coordination among the Member States in these areas and focuses, in particular, on food and physical activity.

Thus, eating habits are a factor that can influence health in a positive or negative way. Are our habits also favorable to good health, according to whether one is Italian, French, Czech or Finnish? Can we eat better?

The focus of the study is on dietary habits in four European countries: Italy, the Czech Republic, Finland and France. The interviewees were not necessarily all of the nationality of the country. In this case, these people mentioned that they were of another nationality.

Several hypotheses were initially made by students from different countries. These hypotheses have been posted on the collaborative wall of the *eTwinning* internet platform used by the IPSO FACTO project. "*We believe that girls pay more attention to their weight than boys*" or "*Less than a quarter of the population read food labels*" wrote student on different padlets. "*The family meal is an important moment of socialization*" and "*A balanced diet makes exercise easier*" argued some students, adding that "*The French go to restaurants more often*" and "*Finns often go to fast food*". These questions made young investigators aware that the culture, gender or age of the people were determinants of eating habits.

Each country partner of the IPSO FACTO project took over one part of the questionnaire. The French students worked on questions about family habits during the meal and the consumption of alcohol. Czech students wrote questions about the food choices of the interviewees. Finns formulated questions about eating habits outside the family. Finally, the Italian partners prepared the questions on sports practices and food. More than 100 students took part in this study on food habits in four European countries. They exploited the data collected. They built graphs and commented on the results of the questionnaire.

Our challenge was to fill more than 1000 questionnaires. We succeeded, but only 785 questionnaires could be exploited. Indeed, several questionnaires have not been fully completed.

Selon une enquête européenne sur la santé menée en 2015, près d'un adulte sur six dans l'UE est considéré comme obèse. Le taux d'obésité augmente avec l'âge. Il a tendance à tomber avec le niveau d'éducation: plus on est éduqué, plus le risque d'obésité est faible.

L'alimentation est devenue un problème de santé publique depuis environ dix ans. Nous savons que la nutrition et l'activité physique sont des facteurs de prévention ou de risque de maladies (cancer, maladies cardiovasculaires, diabète, obésité). Les mesures prises par l'Union européenne (UE) visent à améliorer la santé publique, prévenir les maladies et identifier les sources de danger pour la santé. L'Union encourage la coopération et la coordination entre les États membres dans ces domaines et se concentre, en particulier, sur l'alimentation et l'activité physique.

Ainsi, les habitudes alimentaires sont un facteur qui peut influencer la santé de façon positive ou négative. Nos habitudes sont-elles aussi favorables à la santé, selon que l'on soit italien, français, tchèque ou finlandais? Pouvons-nous manger mieux?

L'étude porte sur les habitudes alimentaires dans quatre pays européens: l'Italie, la République tchèque, la Finlande et la France. Les personnes interrogées n'étaient pas nécessairement toutes de la nationalité du pays. Dans ce cas, ces personnes ont mentionné qu'elles étaient d'une autre nationalité.

Plusieurs hypothèses ont été initialement formulées par des étudiants de différents pays. Ces hypothèses ont été postées sur le mur collaboratif de la plateforme internet *eTwinning* utilisée par le projet IPSO FACTO. "*Nous croyons que les filles accordent plus d'attention à leur poids que les garçons*" ou "*Moins d'un quart de la population lisent les étiquettes des aliments*" écrit l'étudiant sur différentes tablettes. "*Le repas familial est un moment important de socialisation*" et "*Une alimentation équilibrée facilite l'exercice*", ont argumenté certains étudiants, ajoutant que "*les Français vont plus souvent au restaurant*" et les "*Finlandais vont souvent au fast-food*". Ces questions ont fait prendre conscience aux jeunes enquêteurs que la culture, le sexe ou l'âge des personnes étaient des déterminants des habitudes alimentaires.

Chaque pays partenaire du projet IPSO FACTO a repris une partie du questionnaire. Les élèves du lycée français ont travaillé sur des questions sur les habitudes familiales pendant le repas et la consommation d'alcool. Les étudiants tchèques ont écrit des questions sur les choix alimentaires des interviewés. Les Finlandais ont formulé des questions sur les habitudes alimentaires en dehors de la famille. Enfin, les partenaires italiens ont préparé les questions sur le thème des pratiques sportives et alimentaires. Au total, ce sont plus de 100 étudiants qui ont participé à ce projet d'étude sur les habitudes alimentaires dans 4 pays d'Europe. Ils ont exploité les données collectées, construit des graphiques et commenté les résultats.

Notre défi était d'avoir plus de 1000 questionnaires complétés. Nous avons réussi, mais seulement 785 questionnaires ont pu être exploités. En effet, plusieurs questionnaires n'ont pas été entièrement complétés.

Summary of the investigation process

Object	Dietary habits in four European countries
Goal	Better knowledge and comparison of eating habits in France, Italy, the Czech Republic and Finland
Context	Food has become a public health issue for about ten years. We know that nutrition and physical activity are factors of prevention or risk of diseases (cancer, cardiovascular disease, diabetes, obesity)
Date of the survey	From January to February 2018
Assumptions to check	There are differences between individuals in their eating habits according to: age, nationality, socio-professional category and sex
Targeted population	High school students and their parents, teachers.
Method used to form the sample	Randomly: respondents were randomly selected from high school students, varying age categories, volunteer teachers, parents of students in the project classes, and voluntary administrative and technical staff
Size and characteristics of the sample	785 people were interviewed. The sample is not very representative because girls are twice as numerous as boys
Way to collect data	By questionnaire according to 2 methods: manual entry of paper questionnaire or online entry on Niort high school website
Variables	Nationality, Age, Gender and socio-professional category
Field	Persons living in Niort (France), Catanzaro (Italy), Havlickuv Brod (CR), Mäntäslä (Finland) and their surroundings

Objet	Les habitudes alimentaires dans 4 pays d'Europe
Objectif	Mieux connaître et comparer les habitudes alimentaires en France, en Italie, en République-Tchèque et en Finlande
Contexte	L'alimentation est devenue depuis une dizaine d'année un enjeu de santé publique. On sait que la nutrition et l'activité physique sont des facteurs de prévention ou de risque de maladies (cancer, maladie cardio-vasculaire, diabète, obésité)
Date de l'enquête	De Janvier à Février 2018
Hypothèses à vérifier	Il y a des différences entre les individus dans leurs habitudes alimentaires selon : l'âge, la nationalité, la catégorie socioprofessionnelle et le sexe
Population ciblée	Les lycéens et leurs parents.
Méthode utilisée pour constituer l'échantillon	Aléatoirement : les personnes interrogées ont été choisies au hasard parmi les élèves des lycées, en variant les catégories d'âge, parmi les professeurs volontaires, les parents d'élèves des classes participant au projet et parmi le personnel administratif et technique volontaire.
Taille et caractéristiques de l'échantillon	785 personnes ont été interrogées. L'échantillon n'est pas très représentatif, car les filles sont 2 fois plus nombreuses que les garçons.
Mode de recueil des données	Par questionnaire selon 2 méthodes : la saisie manuelle de questionnaire papier ou la saisie en ligne sur le site internet du lycée de Niort
Variabiles utilisées	La nationalité, L'âge, Le genre et la catégorie socioprofessionnelle
Champs	Personnes habitant Niort, Catanzaro (Italie), Havlickuv Brod (RT), Mäntäslä (Finlande) et leurs environs.

Description of the sample

A young, high school and female population mostly represents our sample to study eating behaviors in the 4 European countries

Une population féminine, jeune et lycéenne représente en majorité l'échantillon pour étudier les habitudes alimentaires dans 4 pays d'Europe

1. In this sample, 4 nationalities are represented. In descending order, the French (280), the Finns (215), the Italians (177) and the Czechs (90). 23 people from another nationality also answered the questionnaire.

Nationalités	Nombre
Czech	90
Finnish	215
French	280
Italian	177
Other	23
Total général	785

Dans cet échantillon, 4 nationalités sont majoritairement représentées. Par ordre décroissant, les Français (280), les Finlandais (215), les Italiens (177) et les Tchèques (90). 23 personnes issues d'une autre nationalité ont également répondu au questionnaire.

2. People under 19 years of age are widely represented in this sample (626 in total). Then come the 40-49 year olds (68), then the 50-59 year olds (39), the 20-29 year olds (26), the 30-39 year olds (19) and the 60 years old and over are only 7 who participated. These differences between age groups are explained by the fact that the questionnaire was conducted in several high schools and that the pupils interviewed their parents. School staff also participated.

Tranches d'âge	Nombre
60 and more	7
From 15 to 19	604
From 20 to 29	26
From 30 to 39	19
From 40 to 49	68
From 50 to 59	39
Under 15	22
Total général	785

Les personnes de moins de 19 ans sont largement représentées dans cet échantillon (626 au total). Viennent ensuite les 40-49 ans (68), puis les 50-59 ans (39), les 20-29 ans (26) les 30-39 ans (19) et les 60 ans et plus ne sont que 7 à avoir participé. Ces écarts entre les tranches d'âge s'expliquent par le fait que le questionnaire a été réalisé dans plusieurs lycées et que les élèves ont interrogé leurs parents. Les personnels de l'école ont également participé.

3. Women (509) are overrepresented. They are nearly twice as numerous as men (260). The third category does not identify with gender. They represent 16 people.

Genre	Nombre
Female	509
Male	260
Other	16
Total général	785

Les femmes (509) sont surreprésentées. Elles sont près de deux fois plus nombreuses que les hommes (260). La troisième catégorie ne s'identifie pas au genre femme/homme. Ils représentent 16 personnes.

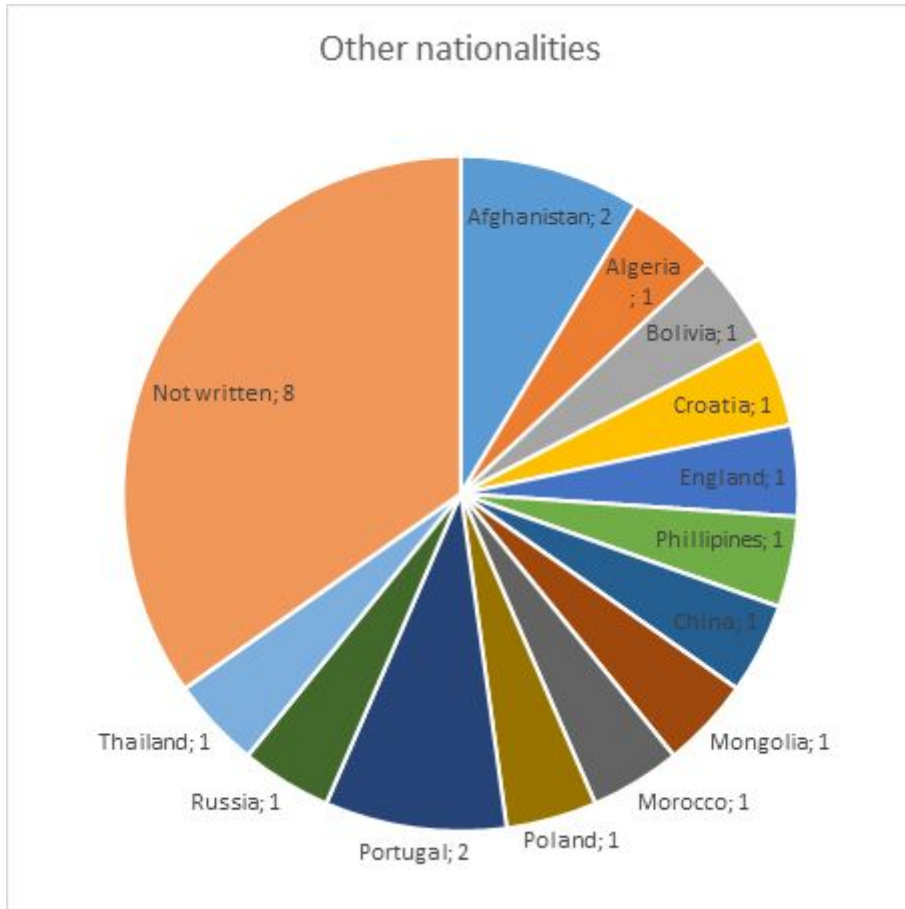
4. Students and high school students are over-represented in the socio-professional categories (63% of the sample); the other categories are "other" (9.5%), employees (8.6%) and skilled workers (5.2%). The executives who responded represent 4.4% of the sample.

Catégories socio-professionnelles (nomenclature de l'Union Européenne)	Nombre
Clerk or skilled service employee	41
Industrial skilled employee	21
Less skilled employee	16
Manager	35
Other	75
Other non-employed person aged < 66 (student, or high school pupil...)	491
Professionnal	68
Retired person or non-employed person	14
Small entrepreneur	8
Technician and associated professional	16
Total général	785

Les étudiants et lycéens sont surreprésentés dans les catégories socio professionnelles (63% de l'échantillon) ; les autres catégories sont les « autres » (9.5%), les employés (8.6 %) et les ouvriers qualifiés (5.2 %). Les cadres ayant répondu représentent 4,4% de l'échantillon.

Focus on “other nationalities”

Many of our students come from other countries. This statistic shows the diversity of origins that influence our eating habits. More than 13 nationalities participated to this survey.



- 1st Part -

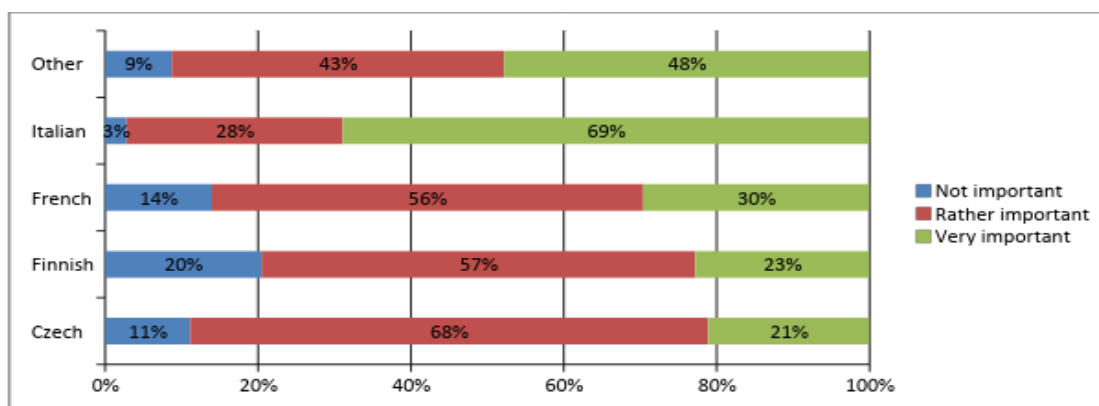
Eating habits and alcohol consumption with family or friends

Lycée de la Venise Verte

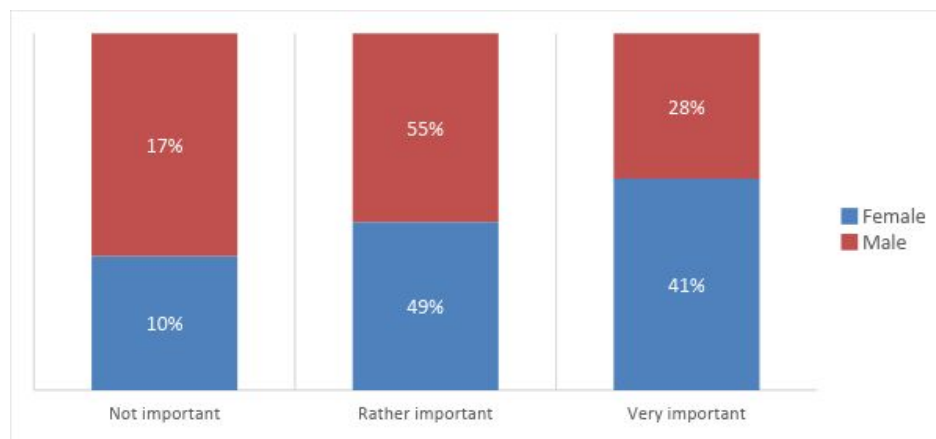
For you, is it important to

Q 1.1 Pay attention to your weight

On average, 36% of those surveyed think it is very important to pay attention to their weight. 13% think it's not important. Italians are clearly different from other countries, as more of them (69%) attach great importance to their weight. Conversely, Finns are 20% to consider that paying attention to its weight is not an important thing.



En moyenne, 36 % des personnes interrogées pensent qu'il est très important de faire attention à son poids. 13% pensent que ce n'est pas important. Les italiens se distinguent nettement des autres pays, car ils sont plus nombreux (69%) à accorder une très grande importance à leur ligne. A l'inverse, les Finlandais sont 20% à considérer que faire attention à son poids n'est pas une chose importante.

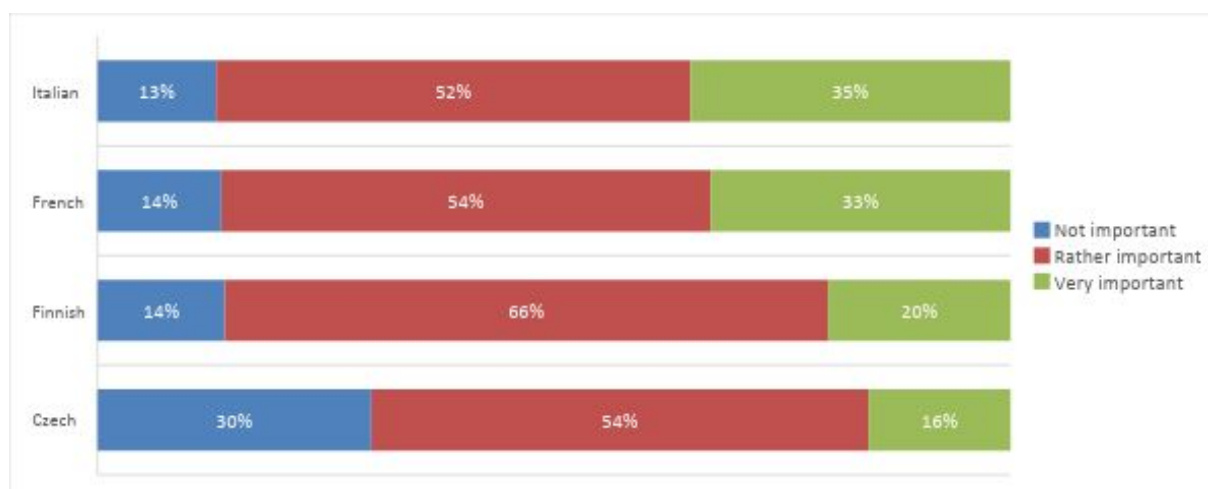


Pay attention to weight, seems to be a more feminine concern. 41% of women think it's very important compared to 28% for men.

Faire attention à sa ligne, est une préoccupation plus féminine. 41% des femmes pensent que c'est très important contre 28% pour les hommes.

Q 1.2 Know how to make a menu

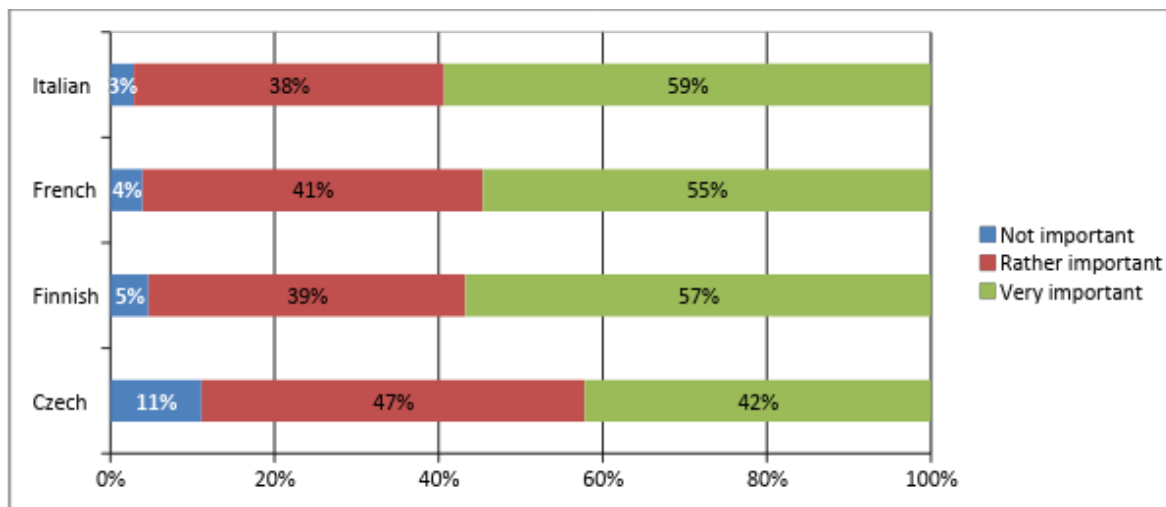
A person who knows how to make his menus knows how to choose his products and select them. He knows what he eats and what is on his plate so he can eat healthy and balanced. Whereas, on the other hand, a person who does not compose his menus is not necessarily aware of what he eats and therefore does not eat healthily. In this chart, we see that the Czechs (30%) are the most likely to think that knowing how to compose a menu is not important. Still, the majority of respondents think that knowing how to compose a menu is rather important. However, the French (33%) and Italians (35%) stand out and think that knowing how to make a menu is very important.



Une personne qui sait faire ses menus sait choisir ses produits et les sélectionnent. Il sait donc ce qu'il mange et ce qu'il y a dans son assiette il peut donc se nourrir de façon saine et équilibrée. Alors qu'au contraire une personne qui ne compose pas ses menus n'est pas forcément au courant de ce qu'il mange et ne mange donc pas forcément sainement ce qui peut engendrer des problèmes de santé. Dans ce graphique, on constate que les Tchèques (30%) sont les plus nombreux à penser que savoir composer un menu n'est pas important. Tout de même la majorité des personnes interrogées pensent que savoir composer un menu est plutôt important. Cependant les Français (33%) et les Italiens (35%) se distinguent et pensent que savoir faire un menu est très important.

Q 1.3 be able to purchase food

A person who knows how to purchase food knows how to choose his/her products in a healthy way. It can thus promote diet, health and well-being. A person who does not know how to shop tends to order industrial prepared meals (pizzas, or other ...). This food is neither balanced nor varied if the person in question consumes it daily. This eating habit can be the cause of various pathologies. The Czechs (11%) are the most likely to think that shopping is not important, while a majority of Italians (59%), Finns (57%) and French (55%) think that Knowing how to shop is very important.

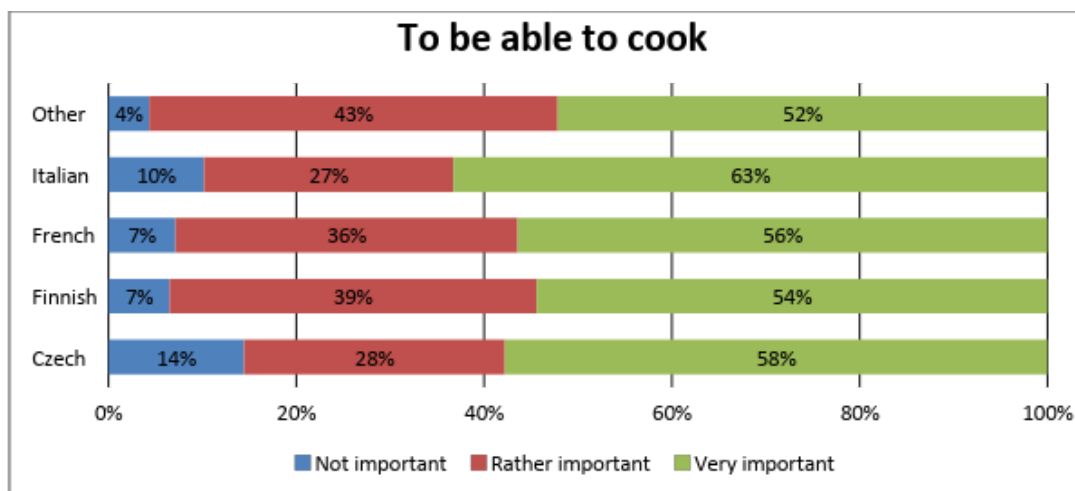


Une personne qui sait faire ses courses sait choisir ses produits de manière saine. Elle peut ainsi favoriser son alimentation et donc favoriser sa santé et son bien être. Alors qu'une personne ne sachant pas faire ses courses a tendance à commander des repas préparés industriels (pizzas, ou autres ...), ce qui n'est pas très équilibré et varié si la personne en question en consomme quotidiennement, ce qui peut être la cause de diverses pathologies. Les tchèques (11%) sont les plus nombreux à penser que savoir faire les courses n'est pas important alors qu'une majorité d'italiens (59%), de finlandais (57%) et de Français (55%) pensent que le fait de savoir faire les courses est très important.

Q 1.4 to be able to cook

Knowing how to cook helps to make balanced meals. Whoever does not know how to cook tends to choose fast-food and prepared dishes that contain a lot of sodium, fat, carbohydrates. These substances are necessary for the good functioning of the organism but when they are brought in too large quantity, can be at the origin of diabetes, obesity, hypertension etc ...

In this chart, Italy is the first country to judge very important cooking (63%), followed by the Czech Republic (58%), the French (56%), Finland (54%), and "Other" nationalities (52%). The "other nationalities" represented in the sample find it important to know how to cook (43%), Finland (39%), the French (36%), the Czech Republic (28%), and Italians (27%). For the Czech Republic, (14%) think it's not important to know how to cook, for Italy it's 10%, for France and Finland it's 7% and finally the "other" nationalities only 4% think it's not important to know how to cook.



Savoir cuisiner permet de faire des repas équilibrés. Celui qui ne sait pas cuisiner a tendance à s'orienter plus souvent vers les fast-food et les plats préparés qui contiennent énormément de sodium, lipides, glucides qui sont nécessaire au bon fonctionnement de l'organisme mais qui apportés en trop grande quantité peuvent être à l'origine de diabète, d'obésité, d'hypertension etc...

Dans ce graphique, l'Italie est le premier pays à juger très important de savoir cuisiner (63%), suivi de la République Tchèque (58%), les Français (56%), la Finlande (54%), et les "autres" pays (52%). Les "autres nationalités" représentées dans l'échantillon trouvent que c'est plutôt important de savoir cuisiner (43%), la Finlande (39%), les Français (36%), la République Tchèque (28%), et les Italiens (27%). Pour la République Tchèque, (14%) pensent que ce n'est pas important de savoir cuisiner, pour l'Italie c'est 10%, pour la France et la Finlande c'est 7% et enfin les "autres" pays seulement 4% pensent que ce n'est pas important de savoir cuisiner.

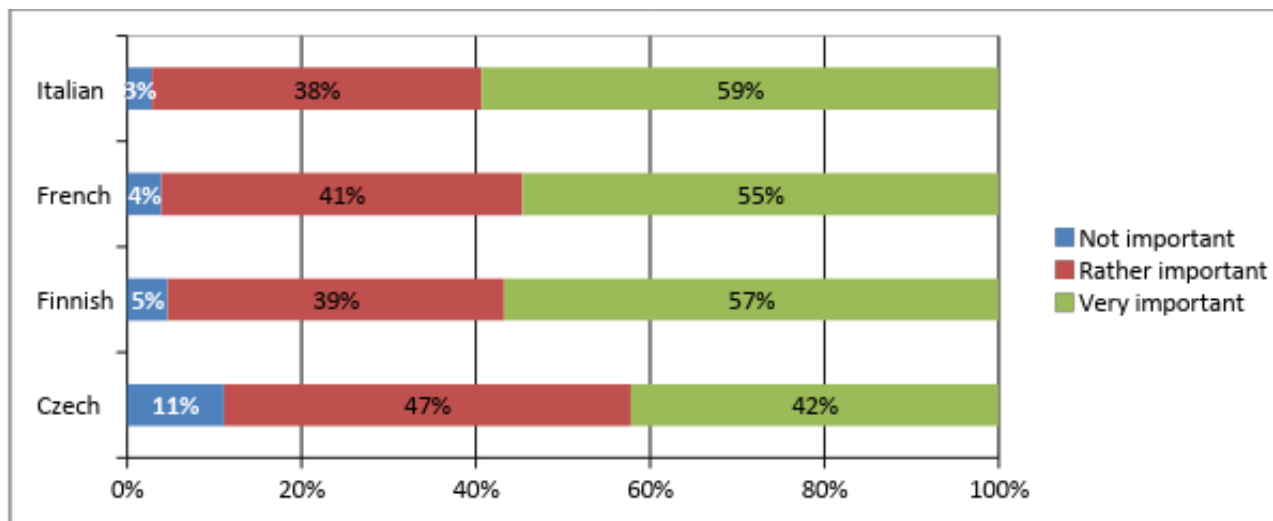
Q 1.5 to read food labels

The advantage of knowing how to read labels will allow people suffering from diabetes or cholesterol to pay attention

to their diet and know the composition of food (carbohydrates, fats, proteins). It also allows to know the geographical origin of the products and to be able to choose food produced locally.

For 59% of Italians it is very important to know how to read labels, followed by Finns (57%) and French (55%). Finally, in the Czech Republic, a majority think that this is rather important or not at all (58%).

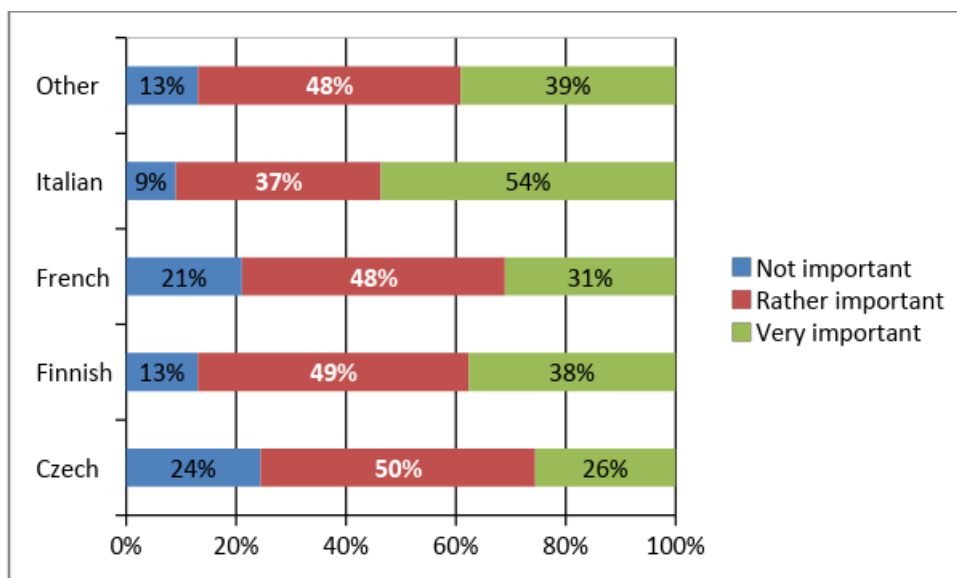
L'avantage de savoir lire les étiquettes va permettre aux personnes souffrant de pathologies (diabète, cholestérol..) de soigner leur alimentation et de savoir la composition des aliments (glucides, lipides, protéines). Cela permet également de connaître l'origine géographique des produits et de pouvoir choisir des aliments produits localement.



Pour 59% des Italiens c'est très important de savoir lire les étiquettes, suivi des Finlandais (57%) et des Français (55%). Enfin, en République Tchèque, une majorité pense que cela est plutôt important voire pas du tout (58%).

Q 1.6 to behave during the meal

Good behavior during the meal is important because it is an educational principle. This makes it possible to respect the meal as friendly moment and to consider it as an important moment of the day. Italians are more likely to give importance to table behavior. 54% of them say that "good behavior at the table" is very important, compared to 39% of other nationalities, 38% of Finns, 31% of French and 26% of Czechs.



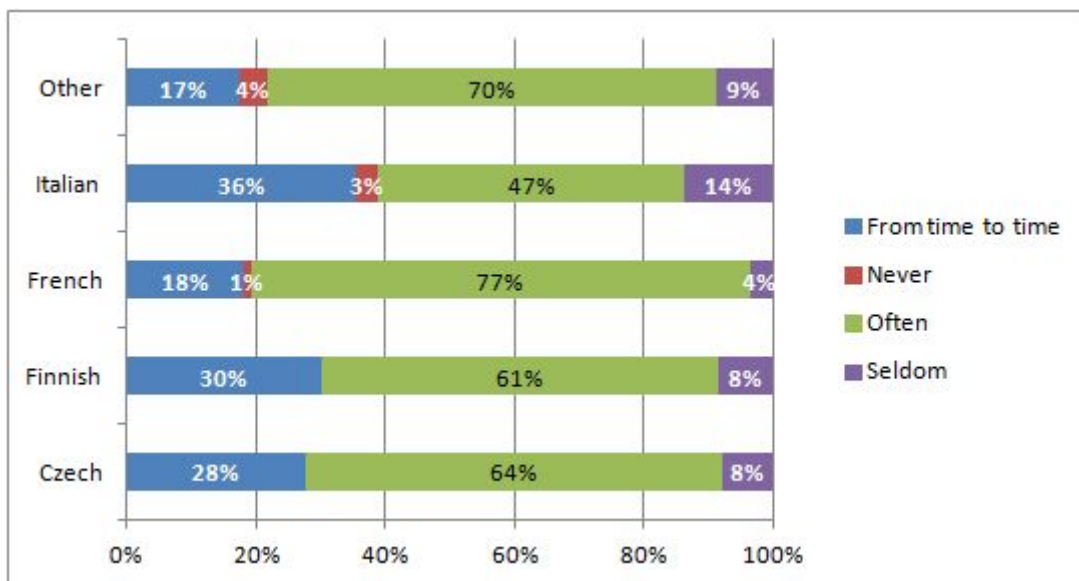
Bien se comporter à table est important car c'est un principe d'éducation donné par les parents. Cela permet de respecter le repas comme un moment de convivialité et de le considérer comme un moment important de la journée.

Les Italiens sont en proportion plus nombreux à accorder de l'importance au comportement à table. 54% d'entre eux déclarent que "bien se comporter à table" est très important, contre 39% des autres nationalités, 38% des Finlandais, 31% des Français et 26% des Tchèques.

What are your habits during the meal ?

Q 2.1 everybody has the same menu

We, French students, think it's better to have the same menu because it is strongly rooted. In a family or with friends, a person does not follow the same menu when following a diet. For the French, 81% of those questioned often or always have the same menu. Then come "the other nationalities (79%), the Czechs (72%), the Finns (69%). In contrast, 39% of Italians say never or only occasionally have the same menu for everyone. It should be noted that Italian students do not have school canteens and eat more often at home, unlike other countries.

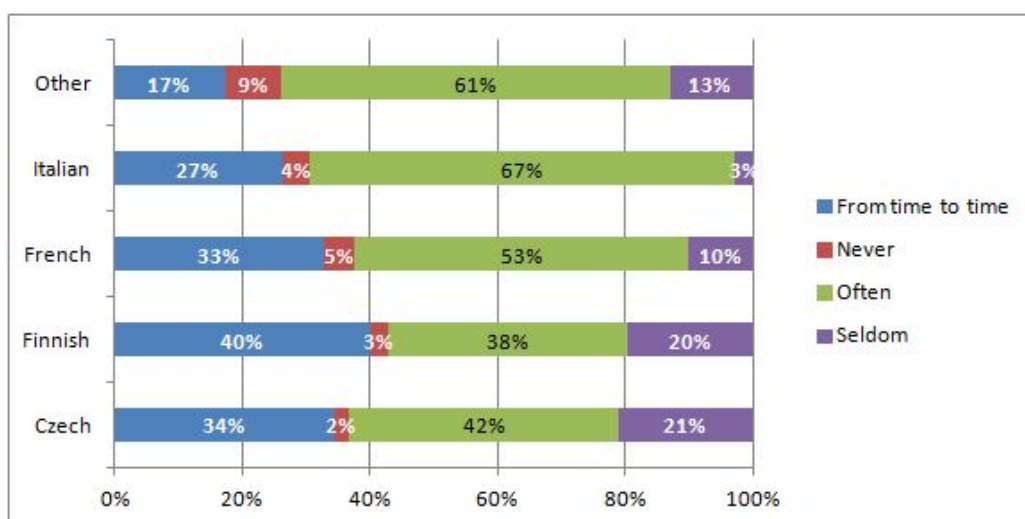


Nous pensons que c'est mieux d'avoir le même menu car pour nous, français, c'est une habitude alimentaire très ancrée. Dans une famille ou entre amis, une personnes ne suit pas le même menu lorsqu'elle suit un régime alimentaire. Pour les français, 81 % des personnes interrogés ont souvent ou toujours le même menu. Viennent ensuite "les autres nationalités (79%), les tchèques (72%), les Finlandais (69%). En revanche, 39% des italiens déclarent ne jamais ou seulement de temps en temps avoir le même menu pour tout le monde à table. Il faut noter que les élèves italiens ne disposent pas de cantine scolaire et mangent plus souvent à la maison, à la différence des autres pays.

Q 2.2 Eating at regular enough intervals

Eating at regular times is good for your health. it also avoids nibbling between meals. Not following one's internal clock makes us more vulnerable to diabetes and overweight. Eating at regular hours allows the body to be regulated and thus to have a good digestion.

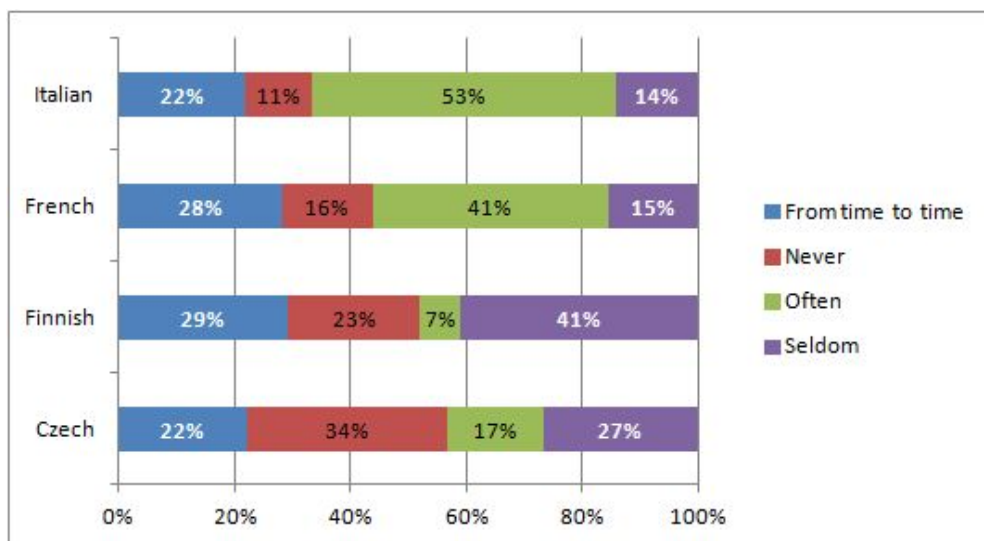
In this chart, we see that it is the Finns who are least likely to eat at regular hours. 43% of them never do so or from time to time against 26% of "other nationalities", 31% of Italians 38% of French and 36% of Czechs.



Manger à des heures régulières est bon pour la santé. cela évite également le grignotage entre les repas. Ne pas suivre son horloge interne nous rend plus vulnérable au diabète et au surpoids. Le fait de manger à des heures régulières permet au corps d'être régulé et ainsi d'avoir une bonne digestion. Dans ce graphique, on voit que ce sont les Finlandais qui ont le moins tendance à manger à des heures régulières. Ils sont en effet 43% à ne jamais le faire ou de temps en temps contre 26% des "autres nationalités", 31 % des italiens 38% des français et 36% des tchèques.

Q 2.3 Eating while watching TV

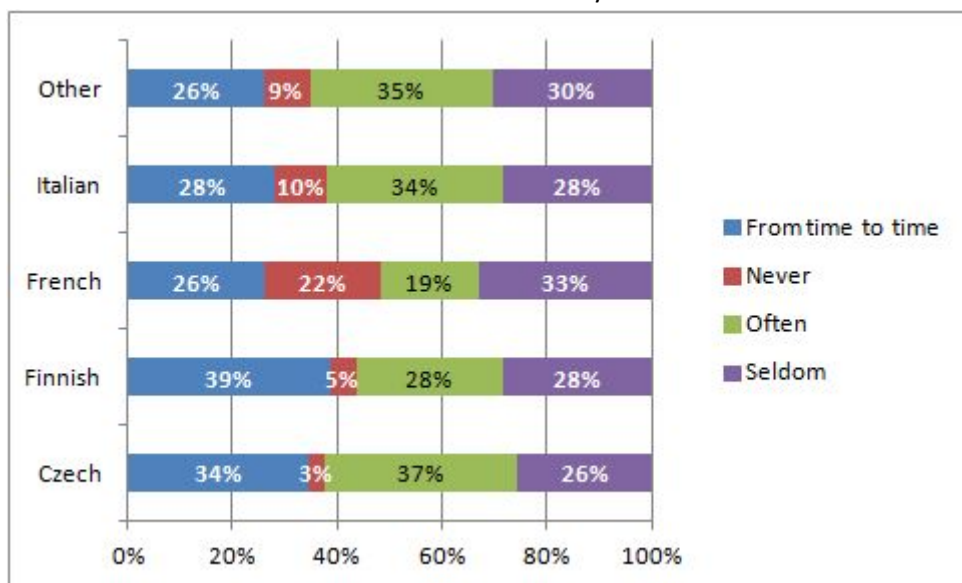
Eating while watching television can cause problems for our health. If we eat while watching television, we do not realise the quantities we eat. We risk eating more. We note that Italians mostly eat while watching TV (89%). 41% of Finns still report eating while watching TV. The Czechs are the ones who eat the least while watching TV, as 56% say they never eat in front of the TV or from time to time.



Manger devant la télé peut engendrer des problèmes pour notre santé. Si nous mangeons en regardant la télévision, nous ne nous rendons pas compte des quantités que nous ingérons. Nous risquons ainsi de manger plus. On remarque que ce sont les Italiens qui mangent le plus devant la télévision (89%). 41% des Finlandais déclarent toujours manger devant la télé. Les tchèques sont ceux qui mangent le moins devant la télé, puisque 56% déclarent ne jamais manger devant la télé ou de temps en temps.

Q 2.4 Everybody can eat what they want

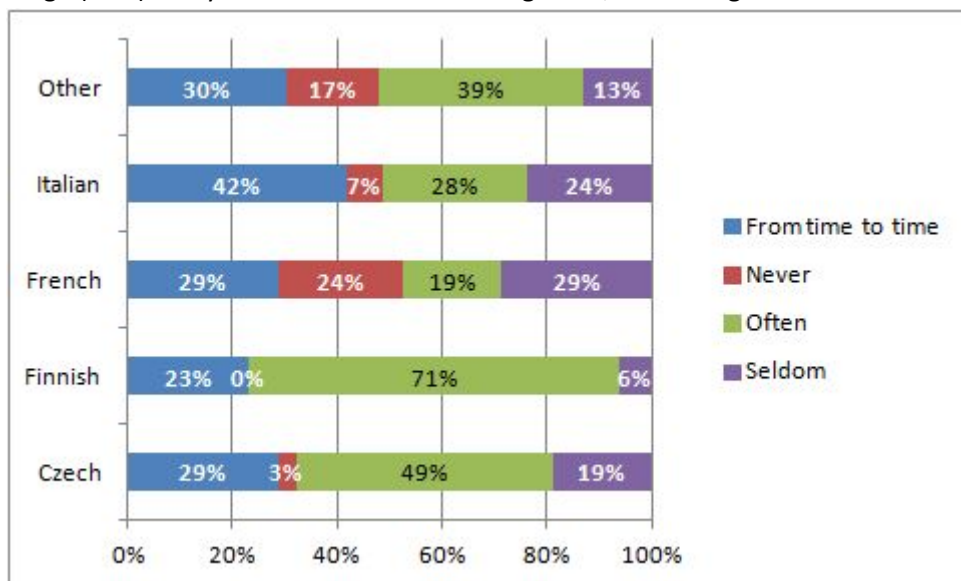
We can see that the French tend to rarely eat what they want compared to other countries. Finns, for example, choose their dishes more often than other countries. They have more freedom but is it better for health?



On peut voir que les Français ont tendance à manger rarement ce qu'ils veulent par rapport aux autres pays. Les Finlandais eux par exemple choisissent leurs plats plus souvent contrairement aux autres pays. Ils disposent d'une plus grande liberté mais est-ce meilleur pour la santé ?

Q 2.5 Everybody can help themselves in the fridge

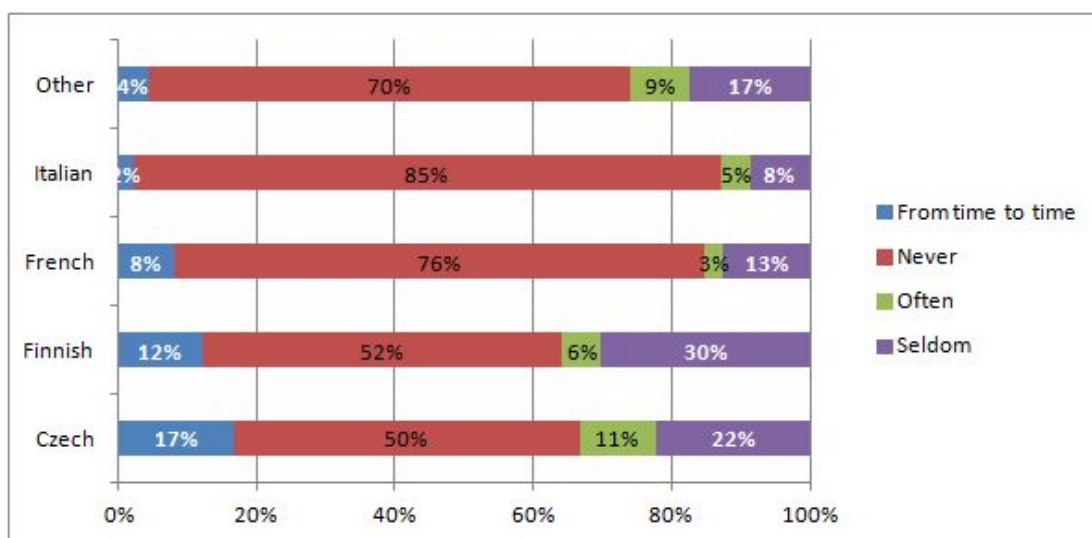
We notice that Finns often help themselves in the fridge (71%). It's part of their eating habits. From time to time, it is the Italians who go to the fridge for a snack (42%). On the other hand, the French hardly ever help themselves in the fridge (24%). They consider it as a bad eating habit, ie nibbling.



On peut voir que les Finlandais se servent souvent dans le frigo (71%). Cela fait partie de leurs habitudes alimentaires. De temps en temps, ce sont les Italiens qui se servent dans le frigo (42%). En revanche les Français ne se servent presque jamais. (24%)

Q 2.6 Eating while listening to the radio

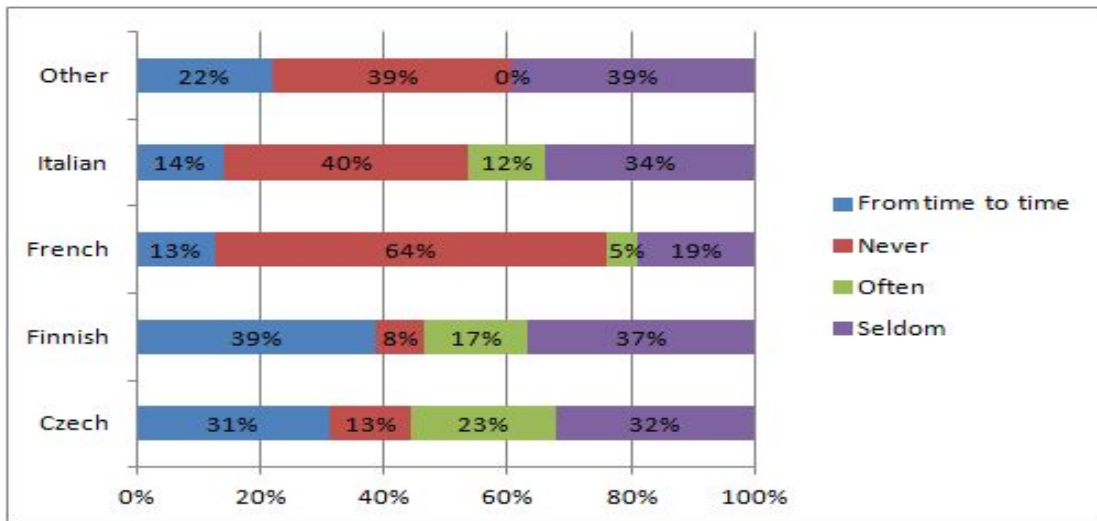
Eating while listening to the radio may affect communication with people around the table. It can be seen that eating while listening to radio is very rare in almost all countries. The Czechs are the most likely to do so : 50% do it from time to time, often or always.



Manger en écoutant la radio peut gêner la communication avec les personnes autour de la table. On peut constater que manger en écoutant la radio est très rare dans presque tous les pays. Les Tchèques sont les plus nombreux à le faire : 50% le font de temps en temps, souvent ou toujours.

Q 2.7 Everybody can choose their meal time

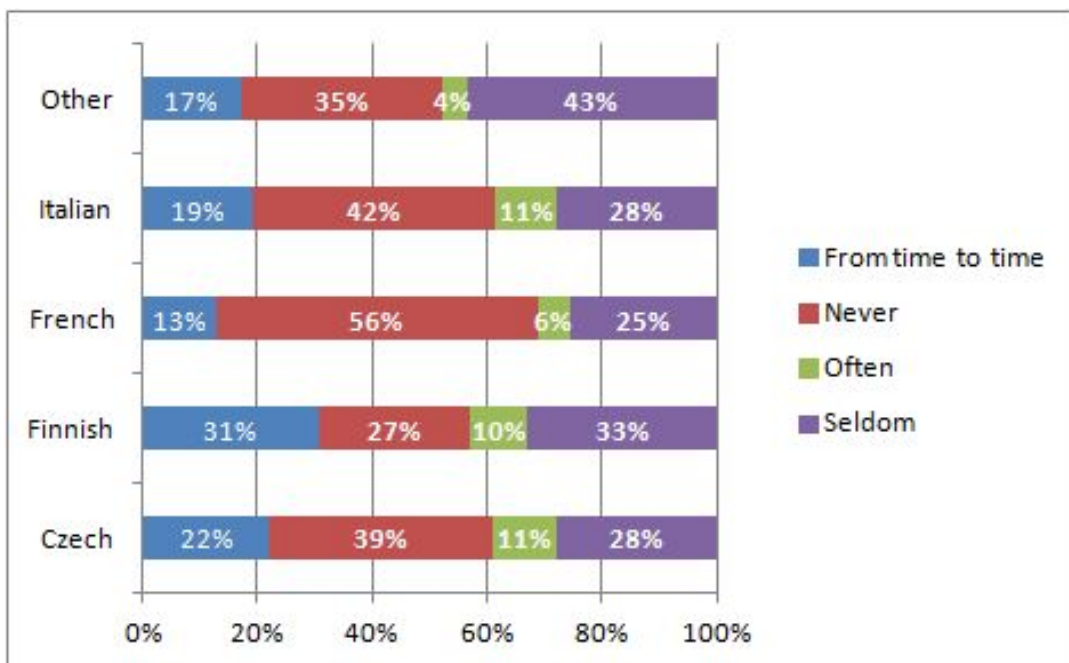
The French are the most likely to say they never choose their meal time alone (64%). In contrast, 92% of Finns choose their meal time alone.



Les français sont les plus nombreux à déclarer ne jamais choisir seul leur heure de repas (64%). A l’opposé, 92% des Finlandais choisissent tout seul leur heure de repas.

Q 2.8 Eating while using your smartphone

Finns are the largest users of smartphone during the meal : 73% use it sometimes, often or always, followed by "other nationalities" (65%). 56% of French people say they do not use their phone while eating, followed by Italians (42%) and Czechs (39%).

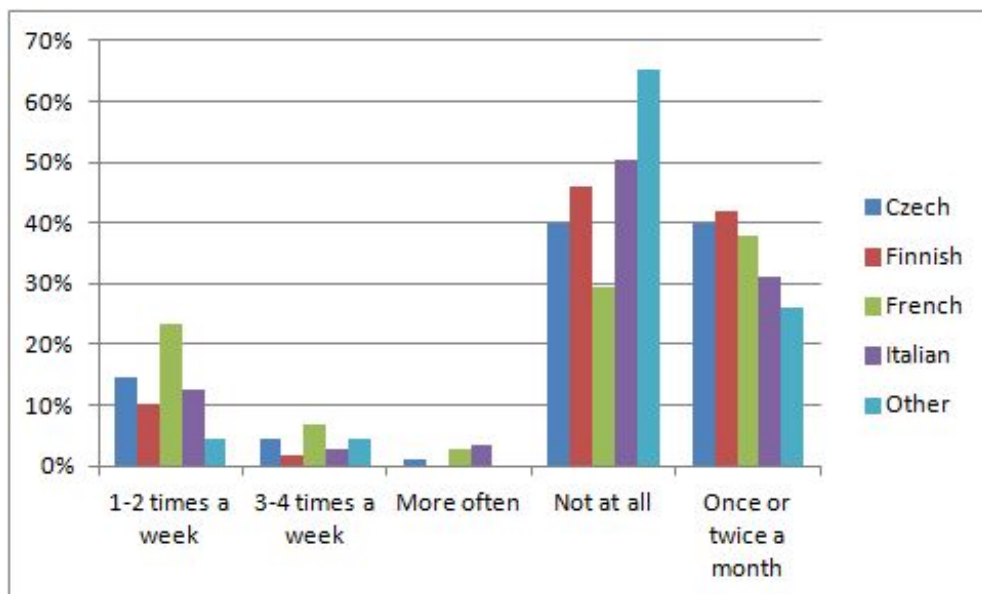


Les Finlandais sont les plus gros utilisateurs de smartphone à table : 73% l’utilisent quelquefois, souvent ou toujours, suivis des “autres nationalités” (65%). 56 % des Français déclarent ne pas utiliser leur téléphone à table, suivi des Italiens (42%) puis des Tchèques (39%).

Drinking alcohol

Q 3. In the past month, did you drink alcohol ?

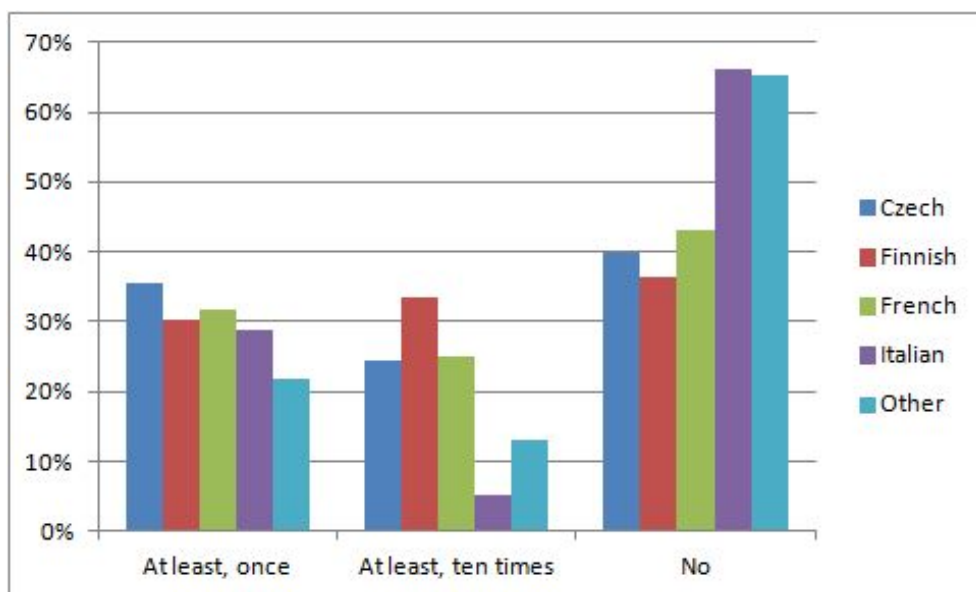
To analyze the results of this question, we targeted 15-19 year old students. We can see that young people who do not drink alcohol at all come from other nationalities (65%), followed by Italians (50%), Finns (45%), Czechs (40%) and finally French (29%). We can conclude that French students are more often in the habit of drinking regularly compared to other countries. France is a producer of wine and strong alcohol as well as Italy. The French have habits to consume a dose of wine during the meal. However, it affects public health when consumption becomes excessive



Pour analyser les résultats de cette question nous avons ciblé les 15-19 ans. Nous pouvons constater que les jeunes qui ne boivent pas du tout d'alcool proviennent des autres nationalités (65%), suivis des Italiens (50%), des Finlandais (45%), des Tchèques (40%) puis enfin les Français (29%). Nous pouvons en conclure que ce sont les Français qui ont plus souvent pour habitude de boire régulièrement de l'alcool par rapport aux autres pays. La France est un pays producteur de vin et d'alcool fort ainsi que l'Italie. Les Français ont pour habitudes de consommer une dose de vin à table, pour obtenir un bon repas, mais cela nuit à la santé de la population Française quand la consommation devient excessive.

Q 4.1 Have you ever been drunk in your life ?

To analyze the results of this question, we targeted 15-19 year old students. This graph shows that most Italians and other nationalities have never been drunk, unlike the Finns, who say they have mostly been drunk at least 10 times.

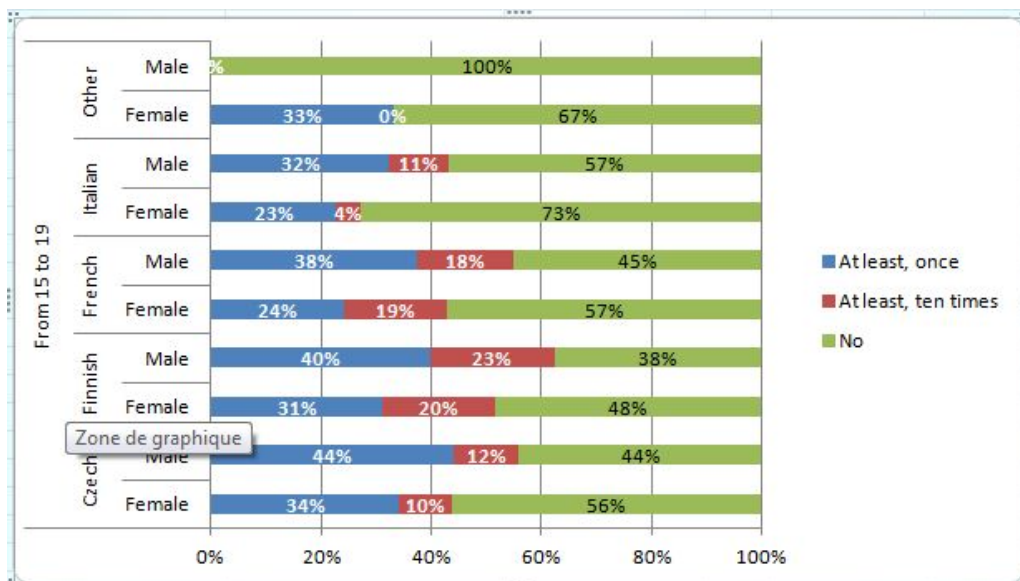


Pour analyser les résultats de cette question nous avons ciblé les 15-19 ans : A travers ce graphique on peut remarquer que les italien et les autres nationalités

pour la plupart n'ont jamais été ivres, contrairement au Finlandais qui eux disent avoir pour la plupart avoir été ivre au moins 10 fois.

Q 4.2 Have you ever been drunk in the past 12 months ?

Finnish, French and Czech male students have been the most drunk (at least ten times) in the last twelve months. French and Finnish female students more often report having been drunk at least 10 times in the last 12 months. These figures are alarming. The risk of becoming alcoholic in adulthood is higher if alcohol consumption begins excessively in adolescence.

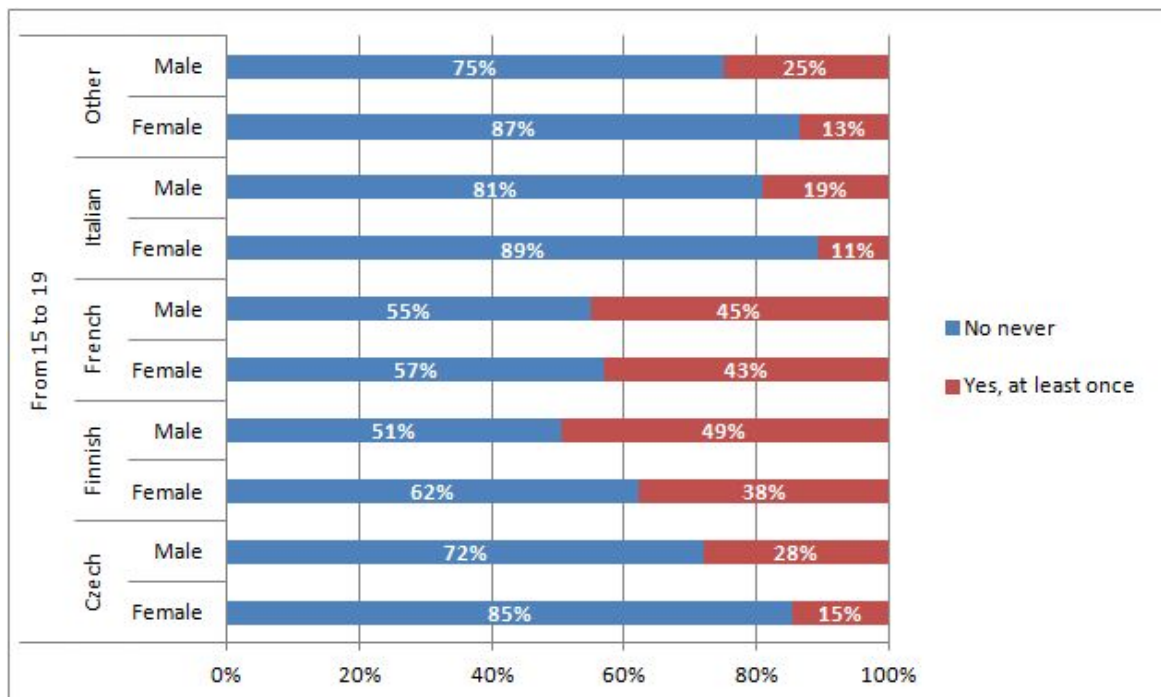


Les étudiants Finlandais, Français et les Tchèques ont été les plus ivres (au moins dix fois) au cours des douze derniers mois. Les étudiantes Françaises et Finlandaises déclarent plus souvent avoir été ivres au moins 10 fois au cours des 12 derniers mois. Ces chiffres sont alarmants. Le risque de devenir alcoolique à l'âge adulte est plus élevé si la consommation d'alcool commence excessivement à l'adolescence..

Q 5. In the past 30 days, did you drink at least 5 glasses of alcohol on one occasion ?

Drinking at least 5 glasses of alcohol on one occasion is considered as "binge drinking". This has an impact on our health. The excessive and regular consumption of alcohol from adolescence increases the risk of dependence in adulthood. This can destroy the liver and other chronic diseases.

The French and Finns are the two nationalities where more than 40% of the population drank at least 5 glasses of alcohol or during the last 30 days on one occasion, while the Italians (19% for boys, 11% for girls) and the Czech girls (15%) are few in number having drunk at least 5 glasses of alcohol in the last 30 days on one occasion. These figures are more worrying for the French and Finnish populations.



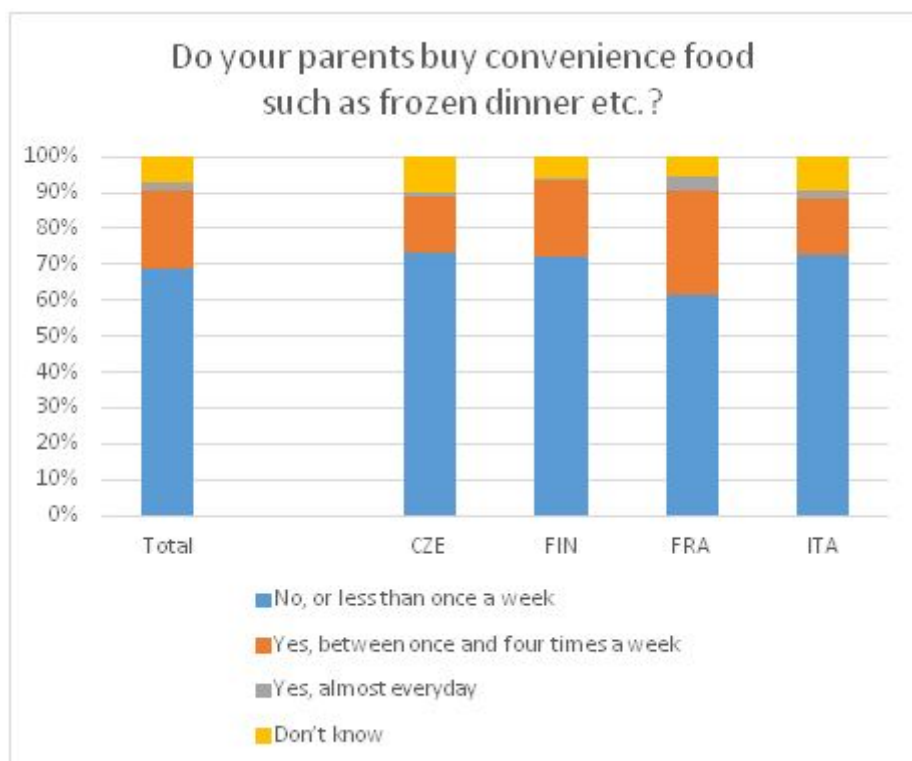
Boire au moins 5 verres d'alcool en une seule occasion est considérée comme une pratique excessive que les anglais appellent le "binge drinking". Cela a un impact sur notre santé. La consommation excessive et régulière d'alcool dès l'adolescence augmente le risque de dépendance à l'âge adulte. Cela peut notamment détruire le foie et entraîne d'autres maladies chroniques.

Les Français et les Finlandais sont les deux nationalités où plus de 40% de la population a bu au moins 5 verres d'alcool ou au cours des 30 derniers jours en une seule occasion, alors que les Italiens (19% pour les garçons, 11% pour les filles) et les filles Tchèques (15%) sont peu nombreuses à avoir bu au moins 5 verres d'alcool au cours des 30 derniers jours en une seule occasion. Ces chiffres sont plus inquiétants pour les populations françaises et finlandaises.

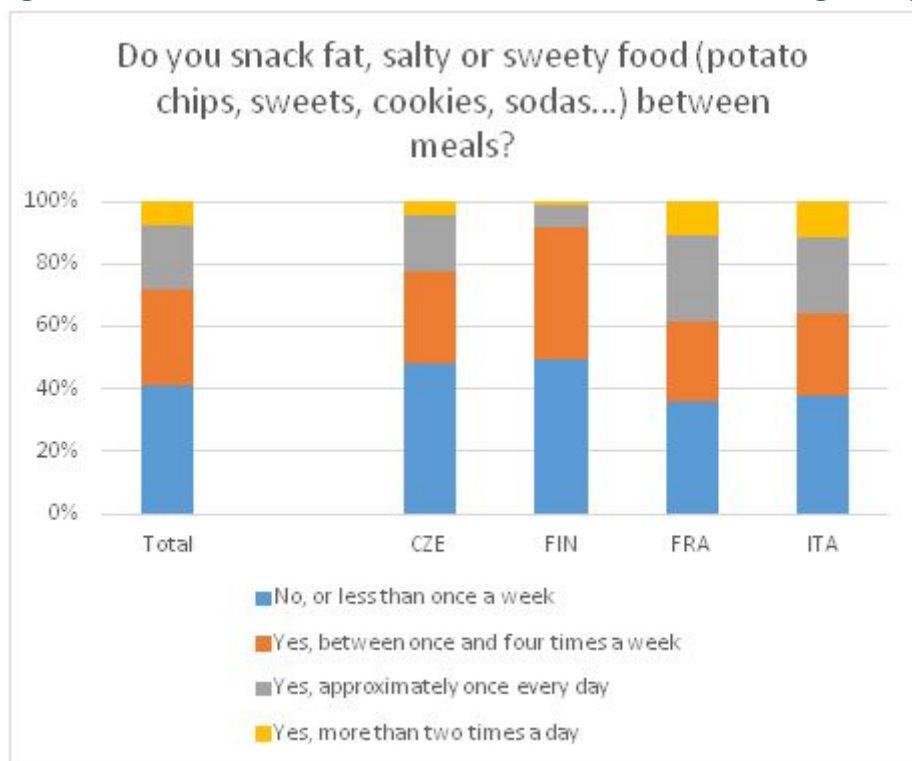
- 2nd Part - What do you eat ?

Gymnazium Havlickuv Brod

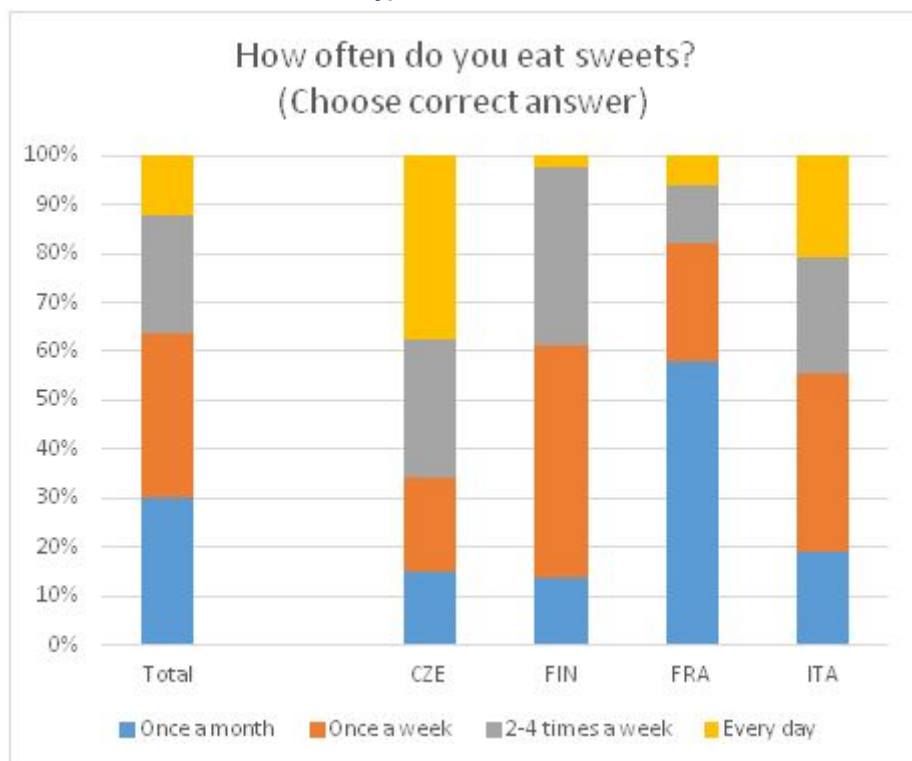
First question concerns convenience food. Most of the respondents (70%) replied that they eat them not very often. Only people from France have higher share of this kind of food than the other nationalities.



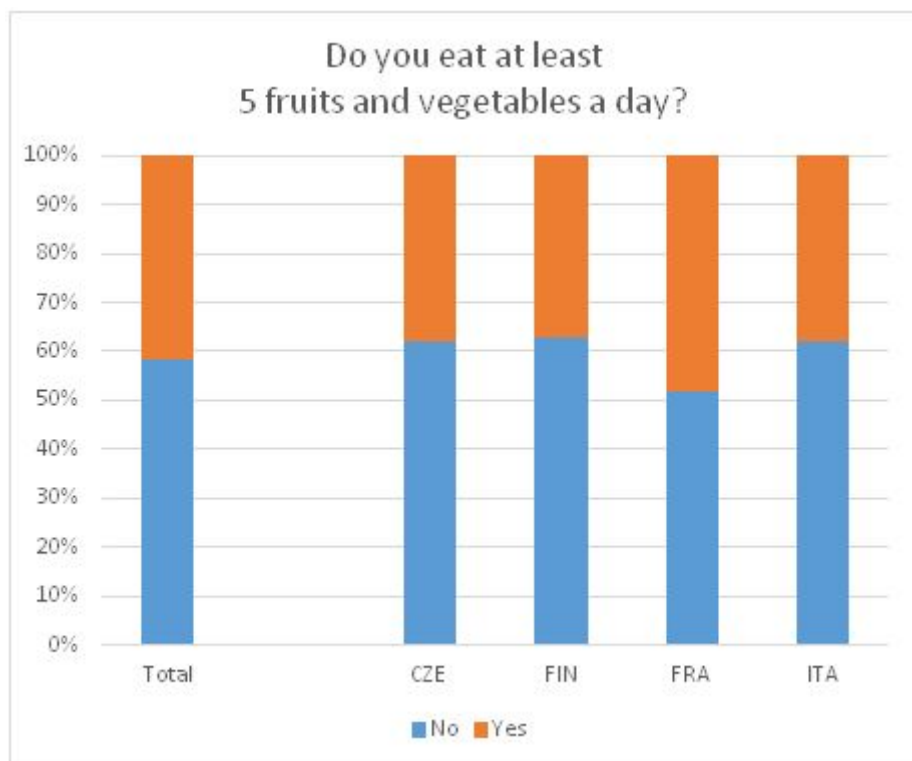
Next question concerns eating of fatty, salty and sweet food between meals. In the graph you can see some quite interesting differences. This kind of unhealthy food is least popular in Finland, Czech have a bit higher numbers. Meanwhile French and Italians have much higher representation of this kind of food.



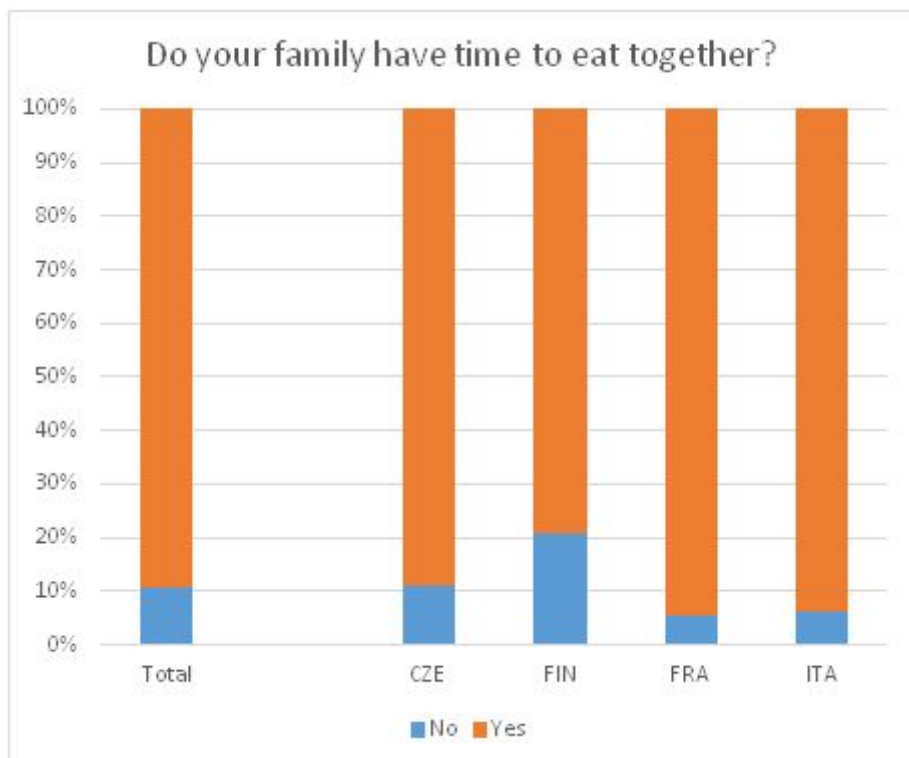
This graph concerns sweets. One third of respondents said that they eat sweets once a month, one third once a week and the rest more often (10% said that they eat sweets every day). The results show that French eat least sweets among surveyed nationalities. On the other side of the spectrum are Czechs (40% of them eat sweet once a day).



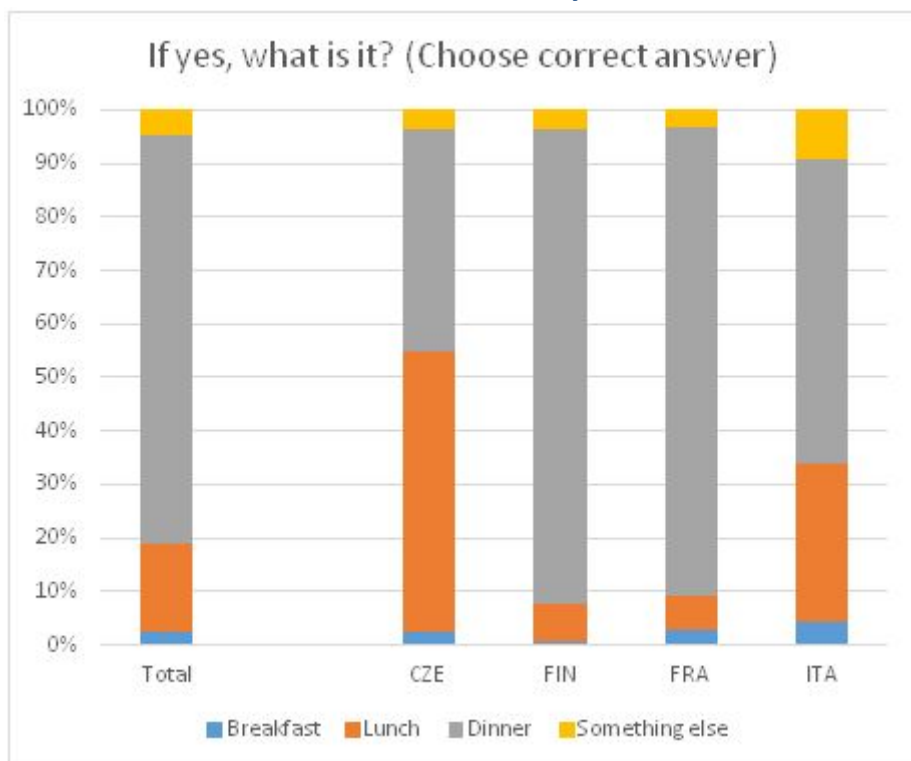
This question concerns consumption of fruits and vegetables. Graph shows that more than half of surveyed people don't eat more than 5 pieces a day. All nations have basically the same results, best stats show French.



Last groups concerns eating habits at home. Most of the respondents said that families find time to eat together. It is possible to say that French and Italians are leaders in this kind of activity.



Results also show that families eat together overwhelmingly during dinner time (75%). Czechs are very different: almost half of them said that they find time to have a lunch together.

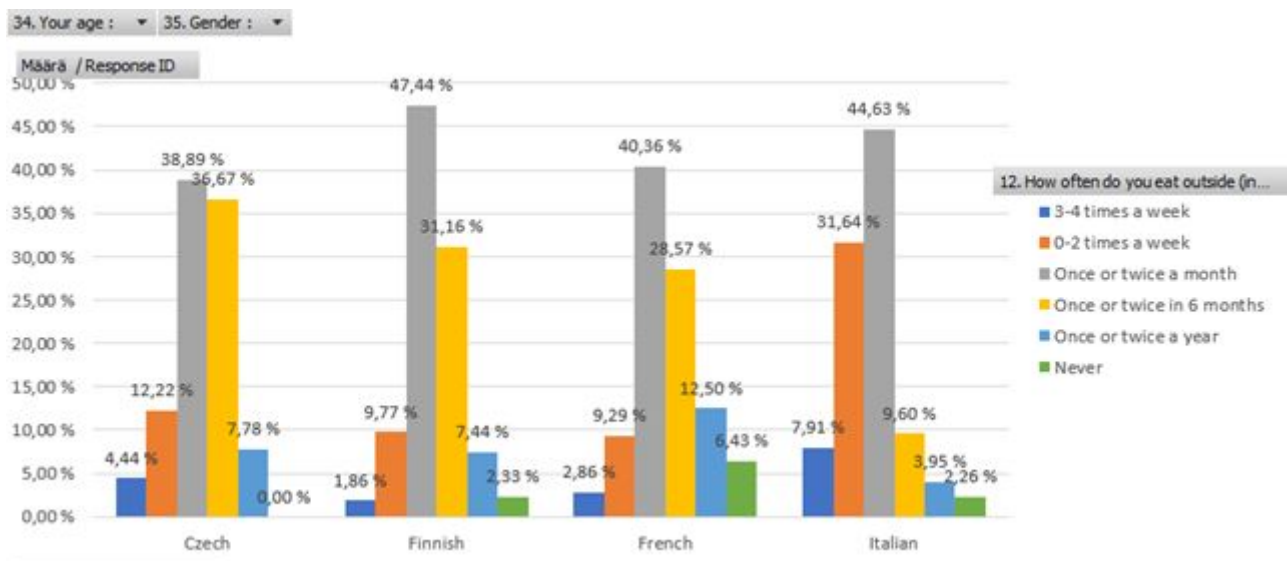


- 3rd Part -

What are your dietary habits outside?

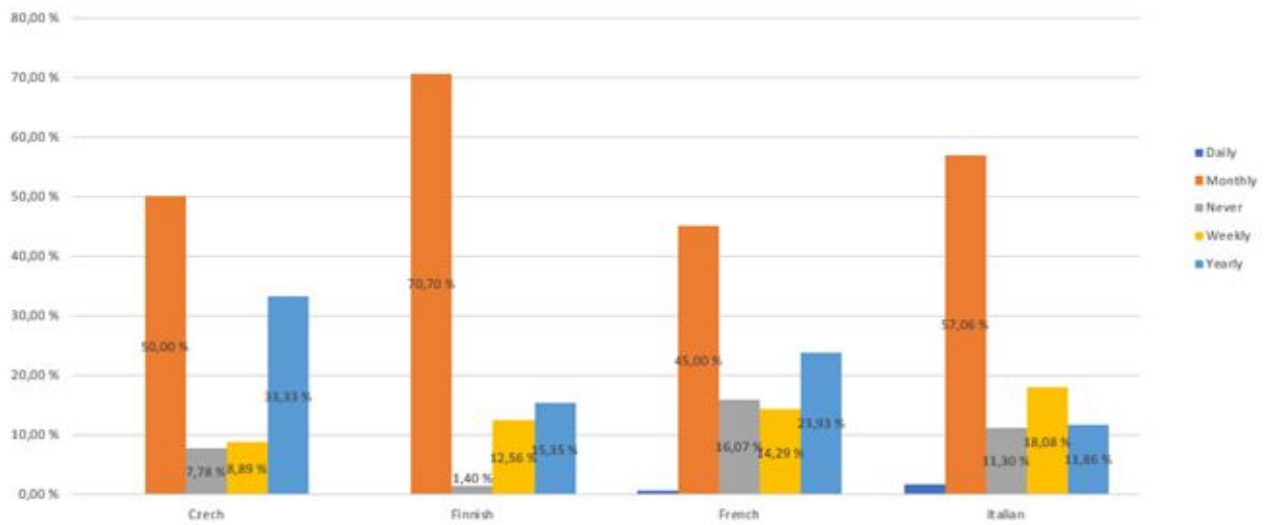
Mäntsälä Lukio

Q 12. How often do you eat outside (in a restaurant)?



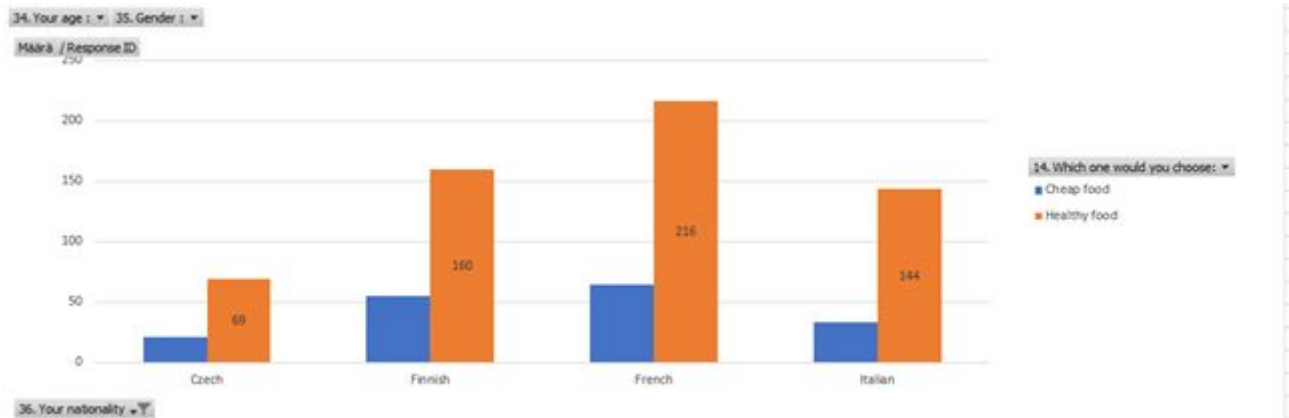
- People eat outside in a restaurant once or twice a month in every country.
- People in Czech Republic eat in a restaurant at least once or twice a year.
- Italian people eat outside the most often.
- Finnish people eat outside the least.
- Every country eats outside once or twice a month evenly.

Q 13. How often do you eat fast food?



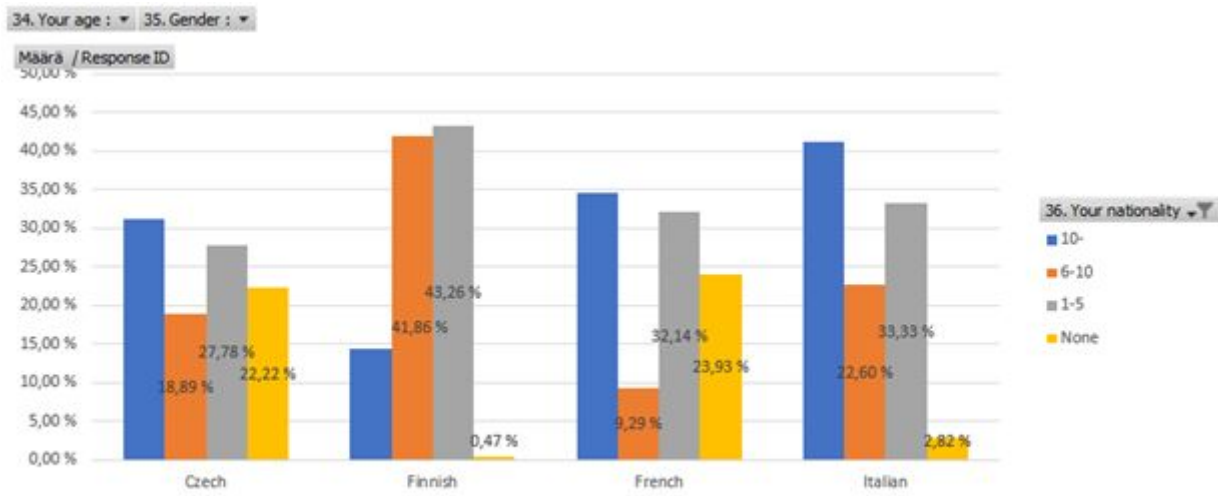
- Italian people eat fast food daily the most.
- French people eat the least fast food.
- Finnish people eat the most fast food in a month.
- People eat fast food monthly the most in every country.

Q14. Which one would you choose: healthy food or cheap food



We were surprised about that fact that most people answered that they would choose healthy food. It is surprising because usually healthy food is more expensive, and we assumed that especially teenagers would rather choose cheap food.

Q15. How many restaurants/cafes are there in your hometown?

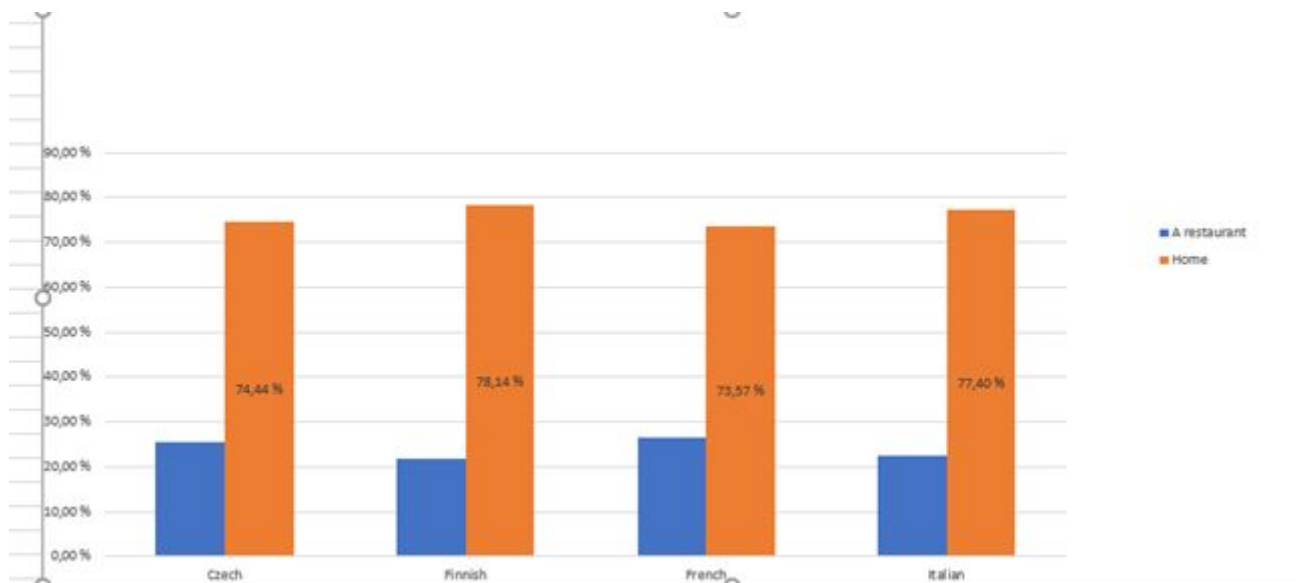


We assumed that there wouldn't be over 10 restaurants/cafes in many towns.

The quantity of the restaurants will affect to that how many times people eat outside: if there are not any restaurants/cafes in their home towns, they probably eat rarely outside.

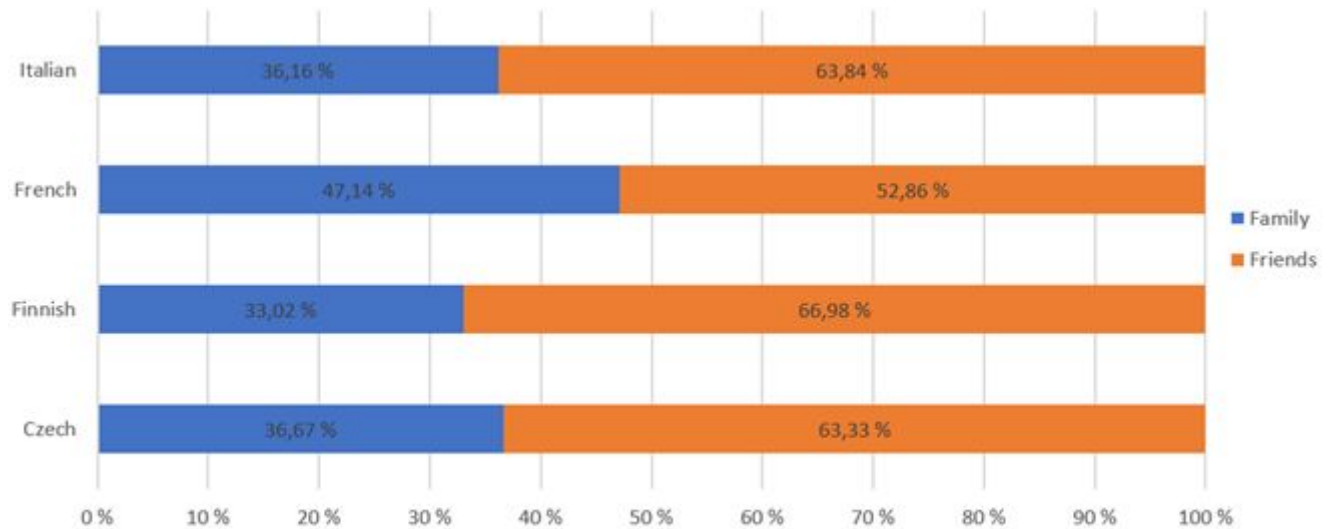
We are surprised about that fact that there are towns in Czech and French which don't have any restaurants/cafes.

Q 16. Would you rather eat at:



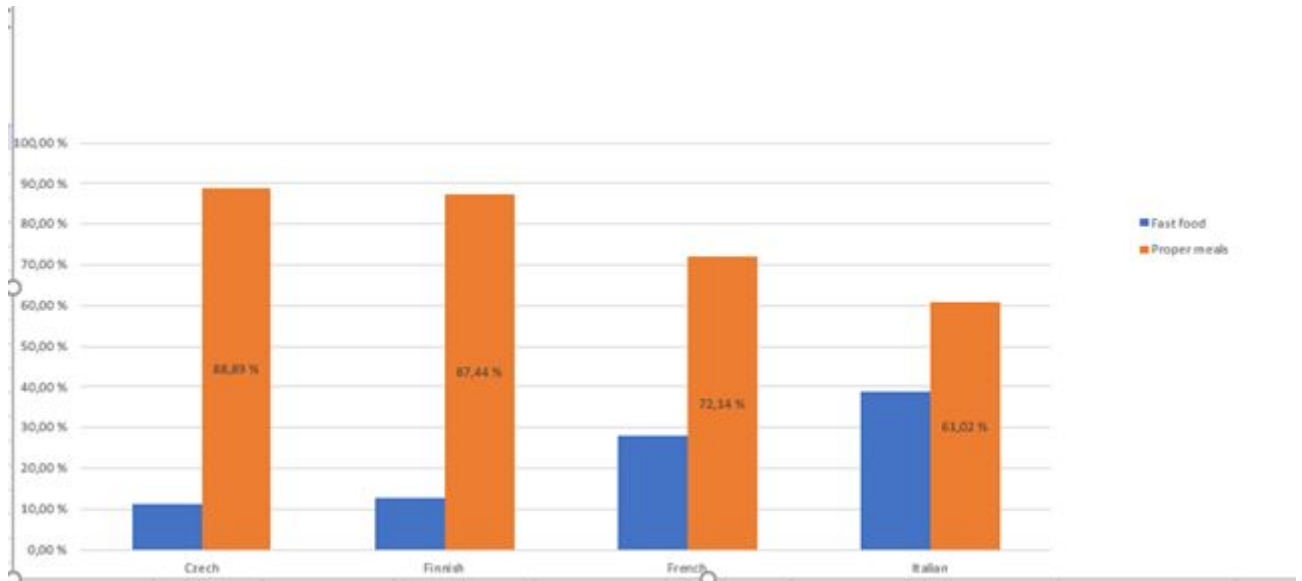
- Every country would rather eat at a restaurant and at home evenly.
- Finnish people would rather eat at a restaurant than at home the most.
- Czech people would rather eat at a restaurant than at home the most.

Q17. Do you prefer to eat outside either with your family or friends?



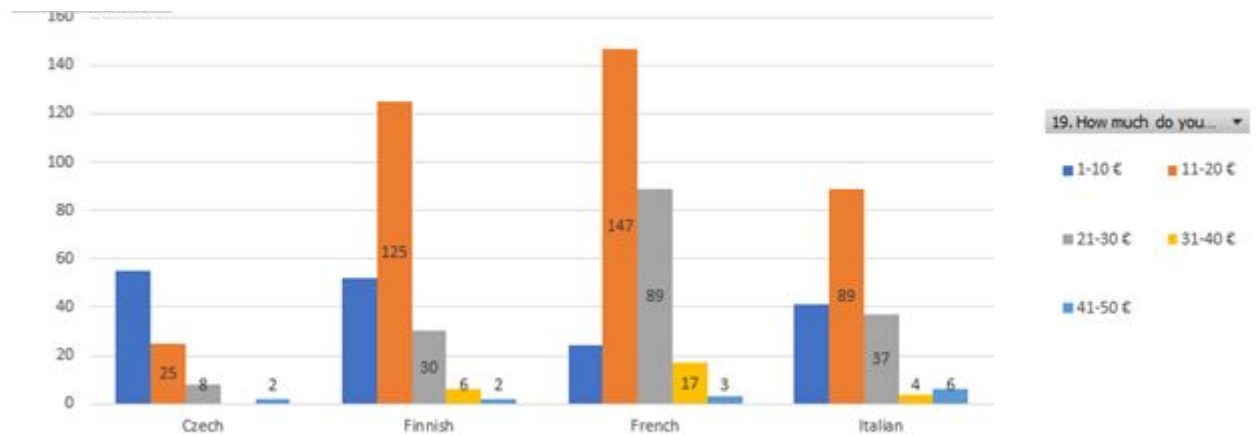
It isn't a surprise that students prefer eating with their friends. According to the survey, French eat with their families more than Finns, Czechs or Italians. On the other hand, Finns prefer eating with their friends the most. It was a surprise that so many Italians prefer to eat with their friends rather than their families, because it is a typical assumption that Italians enjoy big family dinners. The results of the Czechs and the Italians are quite similar.

Q 18. Do you prefer:



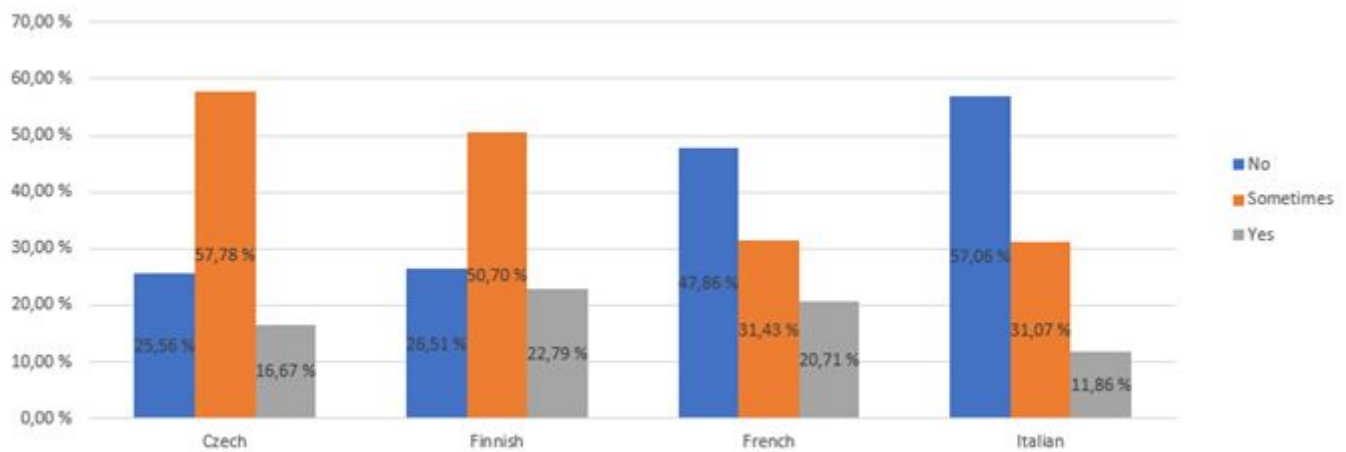
- Italians prefer fast food the most.
- Czech people prefer proper meals the most.
- Every country prefers proper meals over fast food.
- Czech people and Finnish people prefer fast food the least.

Q19. How much do you usually pay for a meal per person in restaurant?



Czech people don't use much money in restaurants. Many of them use only 1-10€ in restaurants for their meals. We assumed that restaurants in Czech Republic would have been more expensive. From this questionnaire we can figure out that French people use a lot of money in restaurants. But we must notice that the result isn't the most credible because there are many more answers from France than for example from Czech Republic.

Q 20. When my friends choose a fast food meal i feel obliged to do the same?

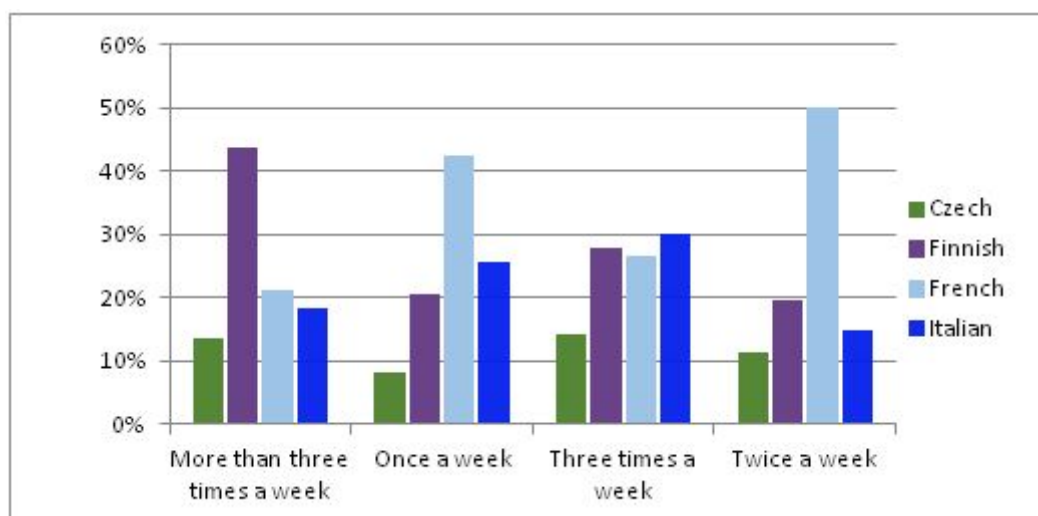


- Czech people most likely eat fast food when their friends do
- Finnish people eat fast food about half the time their friends do
- French and Italian people do not eat as much fast food as Czech and Finnish people when their friends do

4th Part - Food and sport

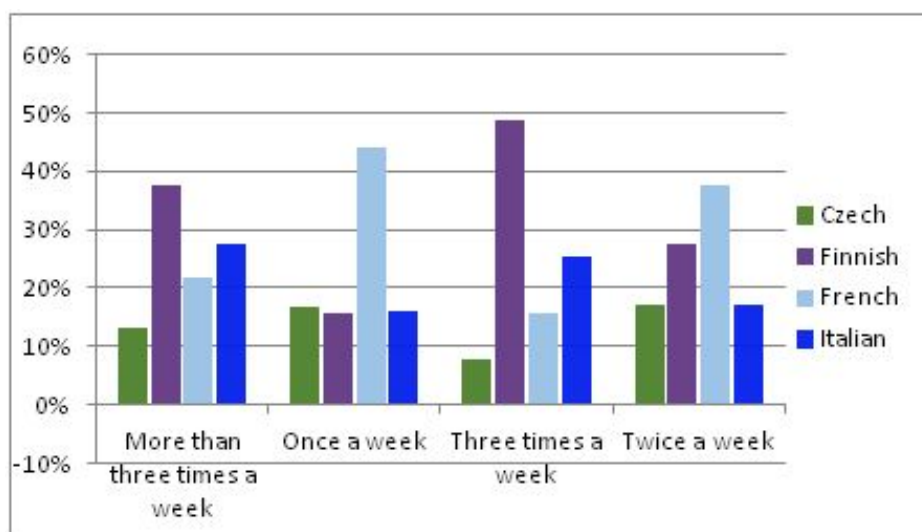
Istituto di istruzione superiore "E. Fermi"

How many times do you practice sports during the week?



The majority of French students practice sport once or twice a week. The majority of Italian students practice sport three times a week as well as Czechs students. Finnish students are the sportiest, in fact they practice sport more than three times a week.

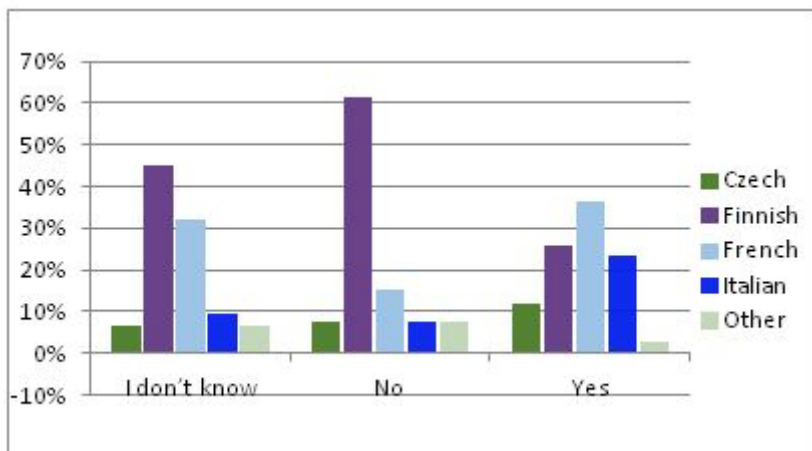
How many times do your parents practice sports during the week?



The majority of Czechs parents practice sport once a week as well as French parents. Finnish parents practice sport three times a week. The majority of Italian parents practice sport more than three times a week.

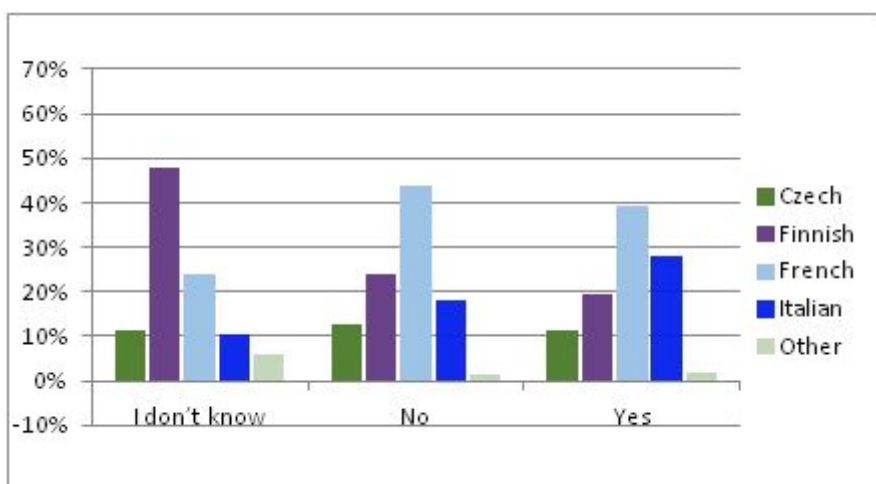
Do you believe that it is important for an

athlete to have breakfast?



A lot of Italian, French and Czechs students think that it is important to have breakfast for an athlete. Instead, the majority of Finnish students think that it is not important.

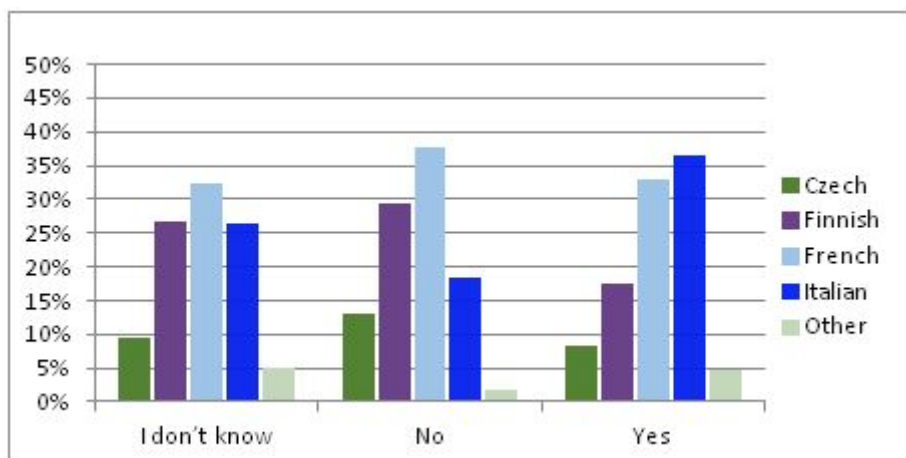
Do you believe that the excessive use of dietary supplement , not under medical control, can be dangerous for an athlete?



The majority of French and Czechs students believe that an excessive use of dietary supplement (not under medical control) cannot be dangerous for an athlete...Instead ,Italian students think that it can be very dangerous, while Finnish students do not know it.

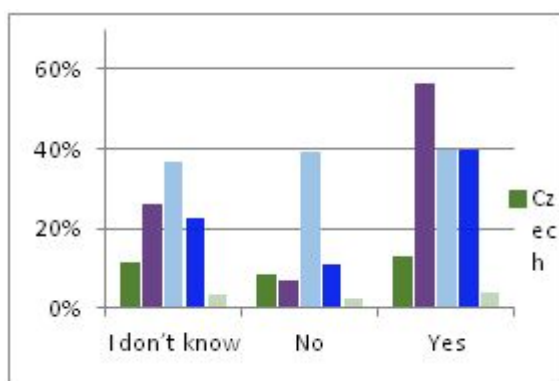


Do you believe that after any physical activity, it is necessary to use hormones to replace the glycogen consumed?



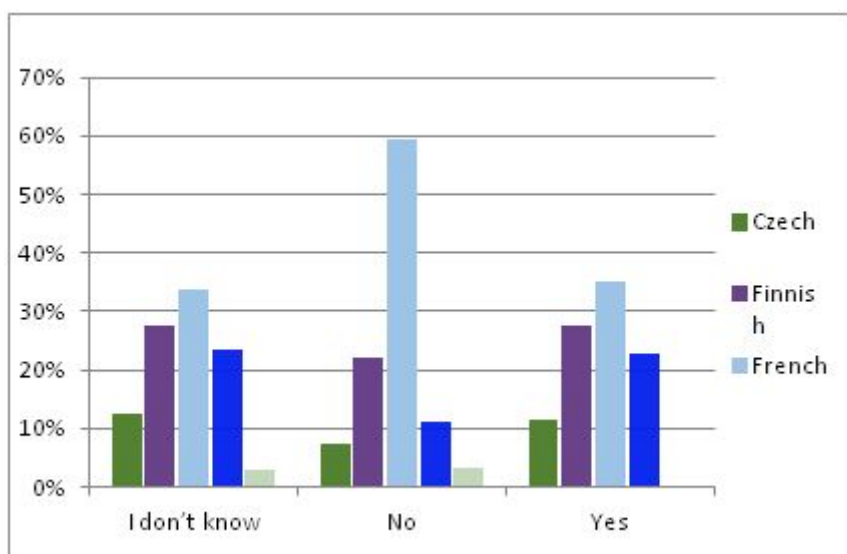
The majority of Czechs as well as French and also Finnish students think that it is not necessary, after any physical activity, to replace the glycogen consumed...Italian students, instead, think that it is necessary.

Do you believe that for those (parents and students) who practice physical/sports activities, it is advisable to spread meals over five different times during the day?



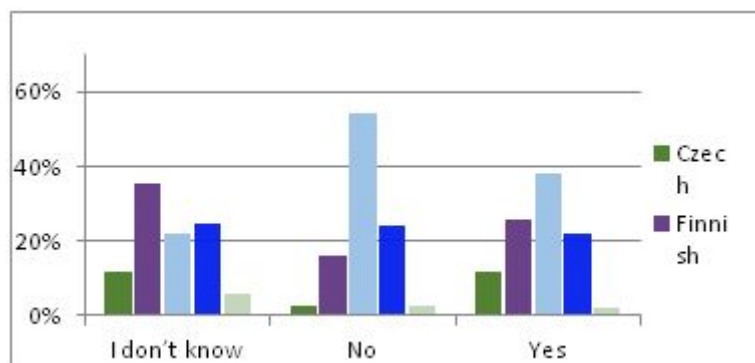
The majority of students (independently of nationality) believe that people who practice physical/sport activities should spread meals over five times during the day.

Do you believe that for those who practice sports water helps to maintain an athlete's thermal balance?



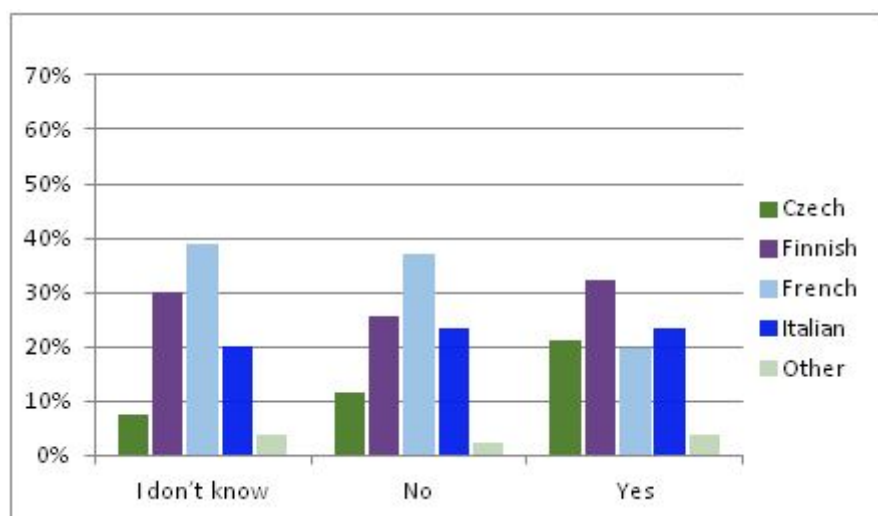
French students think that practicing water sports doesn't help the athlete to maintain his thermal balance while Finnish students think the opposite. Czechs and Italians do not know.

Do you believe that the daily calorie intake of an athlete varies, according to his/her sex, age, and the activity involved?



French students think that the daily calorie intake of an athlete does not vary according to the sex, age and other factors, whereas the Czechs believe the opposite. Finnish and Italian do not know it.

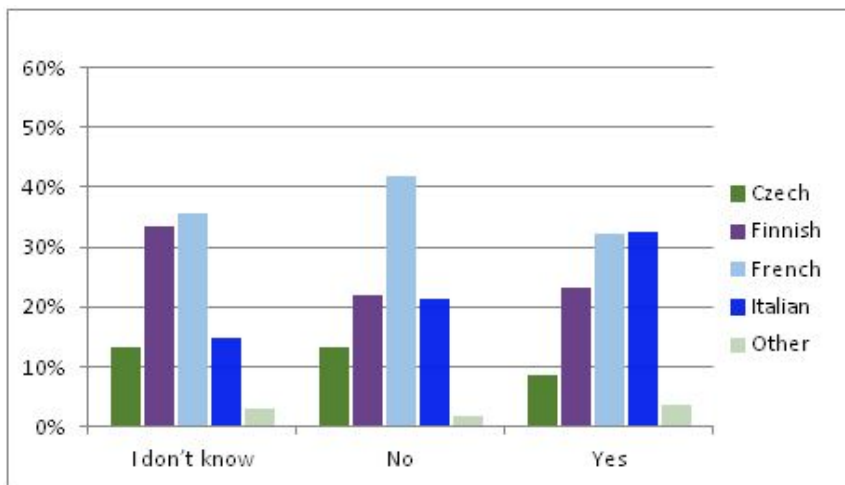
Do you believe that coffee helps to improve performance in sports?



French students do not know it...the other students believe that coffee helps to improve performance in sports.

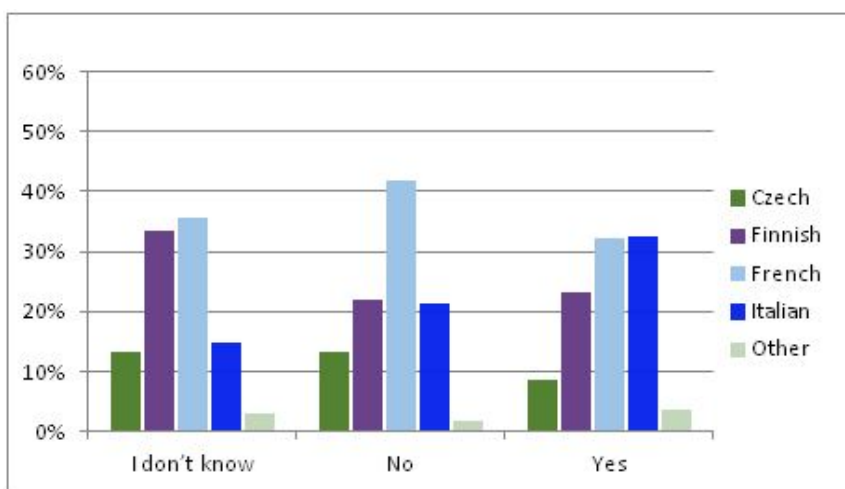


Do you believe that after heavy training it is useful to consume fats to rebuild muscle tissue damaged by over straining?



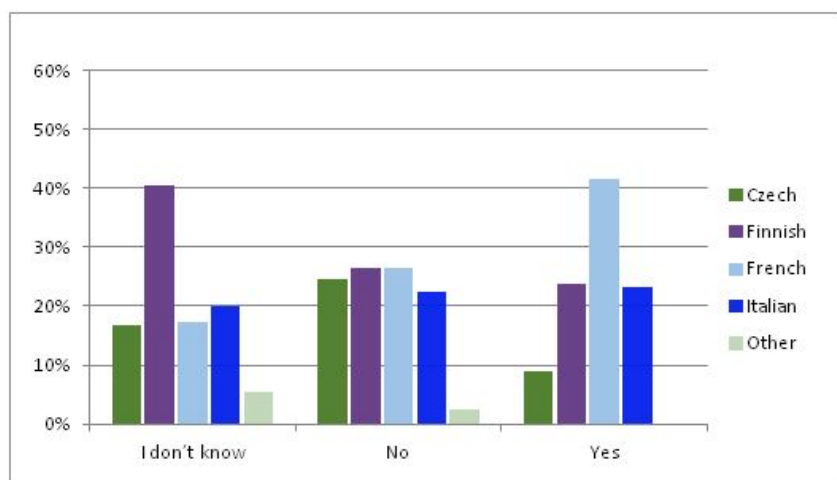
Finnish and Italian students do not know it...Czechs believe that it useful to consume fats after heavy training.The French do not consider it useful.

Do you believe that half of our daily intake of food should be composed of carbohydrates?



French and Czechs students believe that half of our daily intake of food should not be composed of carbohydrates, unlike the Italians who think the opposite. Finnish students do not know.

Do you believe that it is advisable to vary the choice of food as much as possible, in order to have a balanced diet?



French and Italian students believe that it is advisable to vary the choice of food as much as possible, in order to have a balanced diet...while the Czechs believe the opposite. The Finns do not know it.

ANNEXE : Le questionnaire

Projet financé par l'Union Européenne

Our survey aims at getting to know better food habits in several European countries so as to compare them. It is part of a European school project called IPSO FACTO. All data is confidential and anonymous. Thanks for taking the time to answer (8 to 15 minutes)

PART 1. Your eating and drinking habits

1. For you, is it important

	Very important		Rather important		Not important
a. To pay attention to your weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. To be able to compose a daily menu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. To be able to purchase food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. To be able to cook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. To be able to read food labels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. To behave yourself during the meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Family habits during home meals

	Often	From time to time	seldom	never
a. Everybody has the same menu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. We eat at regular hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. We eat while watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Everybody can eat what they want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. You can help yourself in the fridge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. We eat while listening to the radio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Everyone chooses their meal time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. During the meal mobile devices are used	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Your alcohol consumption :

During the previous month, have you had any alcohol

- NOt at all
- once or twice a month
- 1-2 times a week
- 3-4 times a week
- more often

4. Have you ever been drunk :

	NO	At least, once	At least, ten times
In your life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During the previous 12 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. During the last 30 days, have you ever drunk 5 portions of alcohol on only one occasion (one portion = one can of bear/cider, 12 cl wine, 4 cl spirits)

- No never
- Yes, at least once

6. Do your parents buy convenience food such as frozen dinner etc.?

- NO or less than once a week
- Yes, between once and four times a week
- Yes, almost everyday
- Don't know

7. Do you snack fat, salty or sweet food (potato chips, sweets, cookies, sodas...) between meals ?

- Yes, more than two times a day
- Yes, approximately once every day
- Yes, between once and four times a week
- No, or less than once a week

8. Do your family have time to eat together?

- YES
- NO

9. If yes, what is it? (Choose correct answer)

Breakfast – lunch – dinner – something else

10. How often do you eat sweets? (Choose correct answer)

Never - Once a month – once a week – 2-4 times a week - every day

11. Do you eat at least 5 fruits and vegetables a day ?

YES – NO

12. How often do you eat outside (in a restaurant)?

- 0-2 times a week
- 3-4 times a week
- once or twice a month
- once or twice in 6 months
- once or twice a year
- never

13. How often do you eat fast food?

- daily
- weekly
- monthly
- yearly
- never

14. Which one would you choose:

- healthy food
- cheap food

15. How many restaurants/cafes are there in your home town?

- none
- 1-5
- 6-10
- >10

16. Would you rather eat at:

- home
- a restaurant

17. Do you prefer eat outside with your family or friends?

- family
- friends

18. Do you prefer:

- fast food
- proper meals

19. How much do you usually pay for a meal per person in a restaurant?

- 1-10 €
- 11-20 €
- 21-30 €
- 31-40 €

- 41-50 €

20. When my friends choose a fast food meal I feel obliged to do the same

- yes
- no
- sometimes

PART 2 : Eating habits in sports and mobility activity :

21. How many times do you practice sports during the week?

- Once a week
- Twice a week
- Three times a week
- More than three times a week

22. A question *only for the students:* How many times do your parents practice sports during the week?

- Once a week
- Twice a week
- Three times a week
- More than three times a week

Do you believe that...

23 ...It is important for an athlete to have breakfast?

- YES NO I don't know

24...the excessive use of dietary supplement, not under medical control, can be dangerous for an athlete?

- YES NO I don't know

25...After any physical activity, it is necessary to use hormones to replace the glycogen consumed?

- YES NO I don't know

26 ... for those (parents and students) who practise physical/sports activities, it is advisable to spread meals over five different times during the day

- YES NO I don't know

27... For those who practice sports water helps to maintain an athlete's thermal balance

- YES NO I don't know

28 ...the daily calorie intake of an athlete varies, according to his/her sex, age, and the activity involved?

- YES NO I don't know

29... coffee helps to improve performance in sports?

- YES NO I don't know

30 ... after heavy training it is useful to consume fats to rebuild muscle tissue damaged by over – straining

- YES NO I don't know

31... half of our daily intake of food(s) should be composed of carbohydrates?

- YES NO I don't know

32 ...it is advisable to vary the choice of foods as much as possible, in order to have a balanced diet?

- YES NO I don't know

PART 3 : Background information

33. Your type of employment (European socio-economic groups) :

- manager
 professionnall
 Technician and associated professionnall
 small entrepreneur
 Clerk or skilled service employee
 Industrial skilled employee
 Less skilled employee
 retired person or non-employed person
 other non-employed person aged < 66 (**student**, or high school pupil...)

34. Your age :

- Under 15
 From 15 to 19
 From 20 to 29
 From 30 to 39
 From 40 to 49
 From 50 to 59
 60 and more

35. Gender :

- Male
 Female

36. Your nationality

Czech

Finnish

French

Italian

Other nationality

Thank you for answering to our questions !