

How to live a healthy life?!

**Notions of health and happiness in Sweden,
Germany and The Netherlands**

Comenius project 2012-13

THG Radevormwald (Germany)

De Ring van Putten Spijkenisse (Holland)

Lerbäckskolan Lund (Sweden)

Results of the questionnaire

The questionnaire...

... was designed by a group of German students from class 8 (Comeniusclub)

... was distributed among about 950 students of the three schools in the three countries

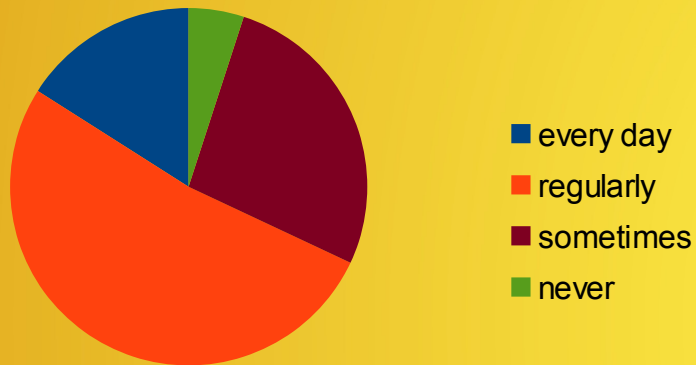
... was filled in by boys and girls aged 8-16

... results were counted by groups of students from all three countries during the project meeting in Radevormwald in Nov./Dec.2012

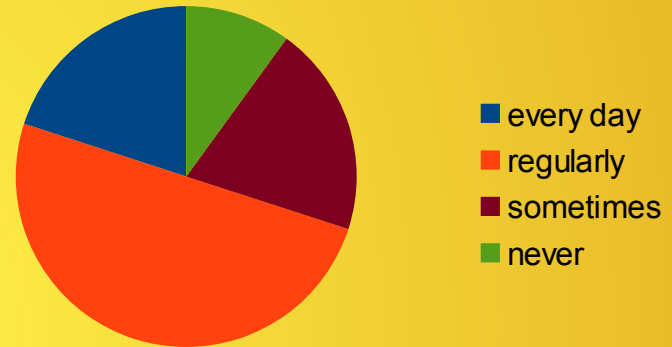
... results were calculated and visualised by Comeniusclub at THG Radevormwald

How often to you spend your time on doing sports?

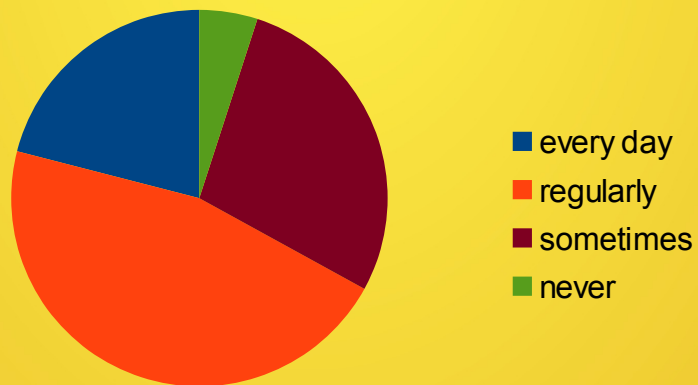
Sweden



Germany

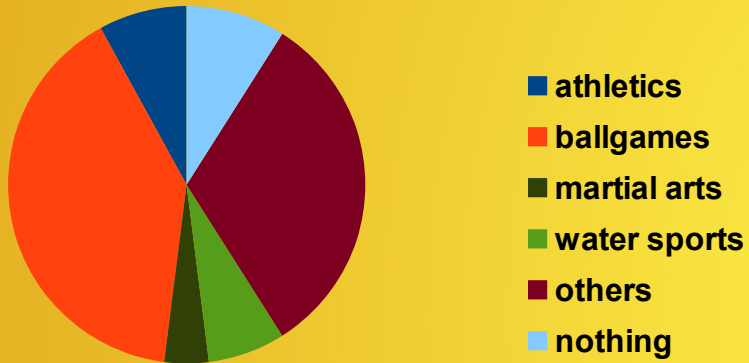


The Netherlands

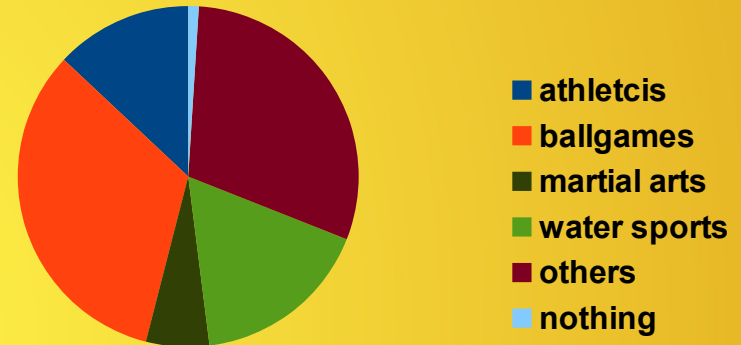


What types of sport do you do?

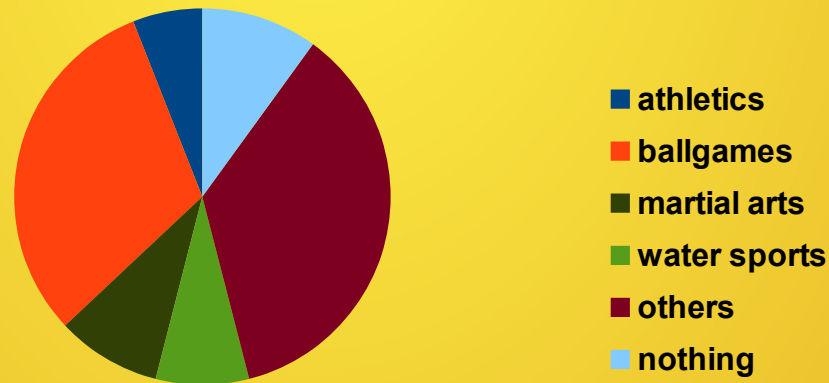
Sweden



Germany

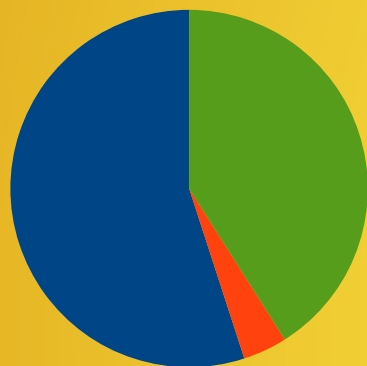


The Netherlands



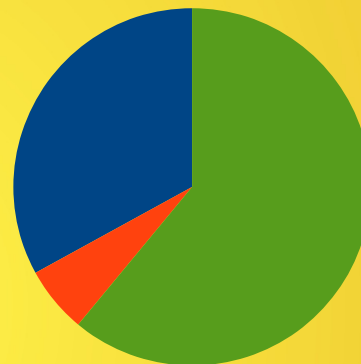
What do you eat in the school break?

Sweden



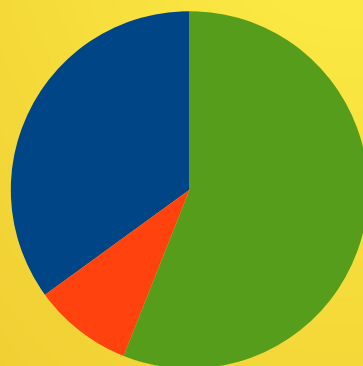
■ healthy food
■ unhealthy food
■ both

Germany



■ healthy food
■ unhealthy food
■ both

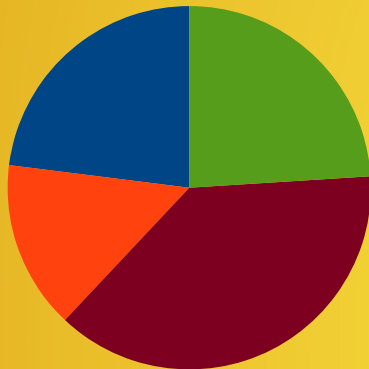
The Netherlands



■ healthy food
■ unhealthy food
■ both

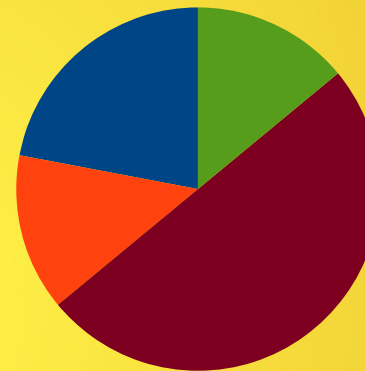
What do you do in your freetime?

Sweden



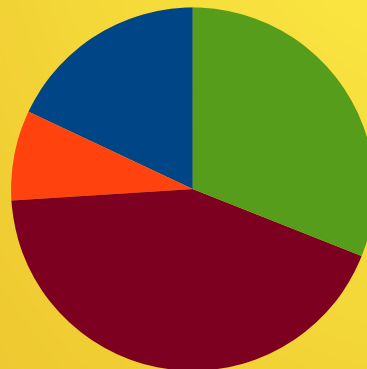
- couch potato
- bookworm
- sports / outdoor
- others

Germany



- couch potato
- bookworm
- sports / outdoor
- others

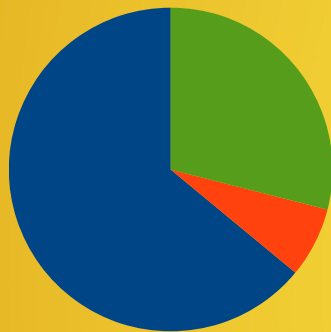
The Netherlands



- couch potato
- bookworm
- sports / outdoor
- others

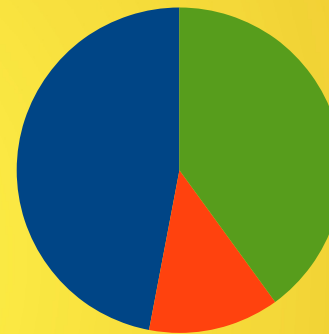
Are you happy with your body?

Sweden



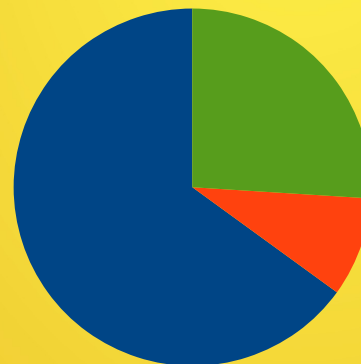
■ yes
■ no
■ maybe /
sometimes

Germany



■ yes
■ no
■ maybe /
sometimes

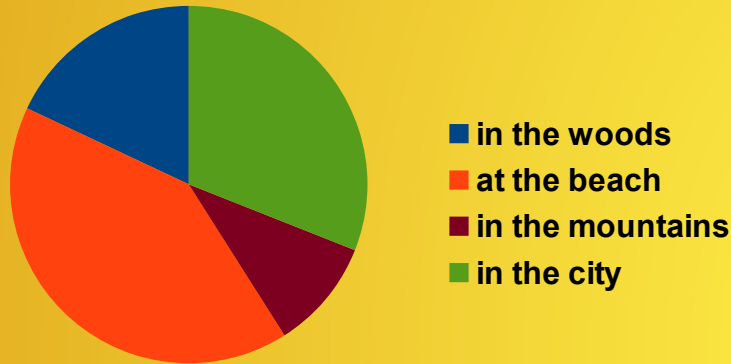
The Netherlands



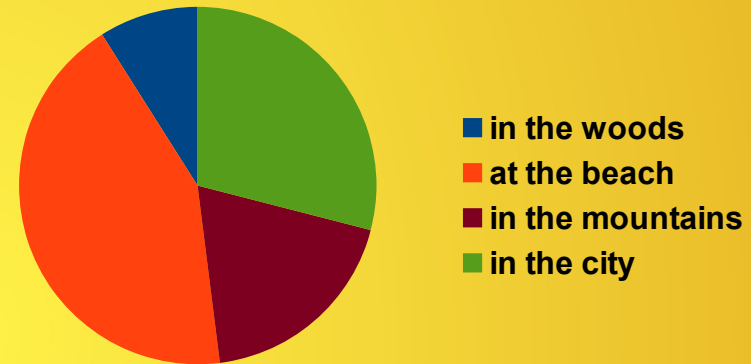
■ yes
■ no
■ maybe /
sometimes

Where do you prefer to spend your freetime or holidays?

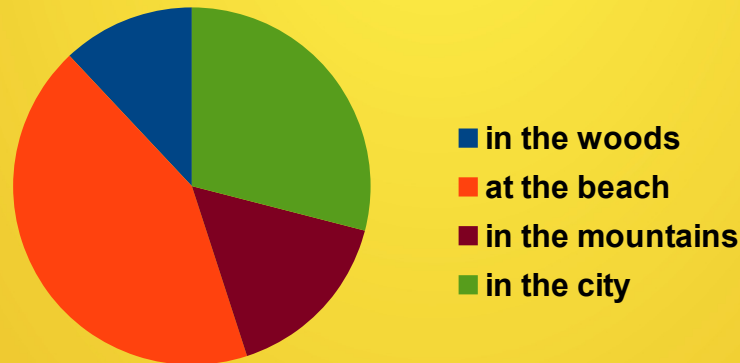
Sweden



Germany

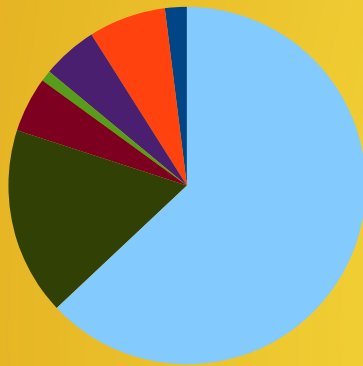


The Netherlands



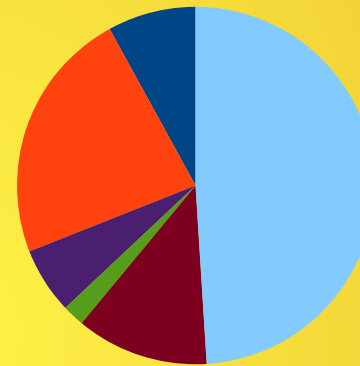
Have you got health problems / risk factors?

Sweden



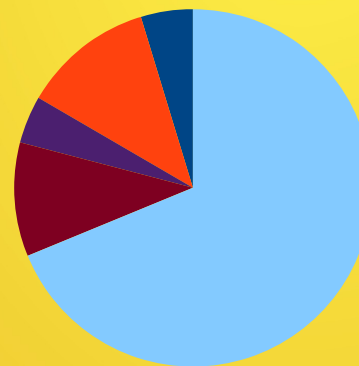
- addiction
- stress
- fears
- diabetes
- asthma
- others
- nothing

Germany



- addiction
- stress
- fears
- diabetes
- asthma
- nothing

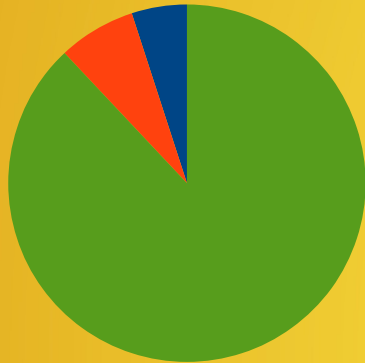
The Netherlands



- addiction
- stress
- fears
- diabetes
- asthma
- nothing

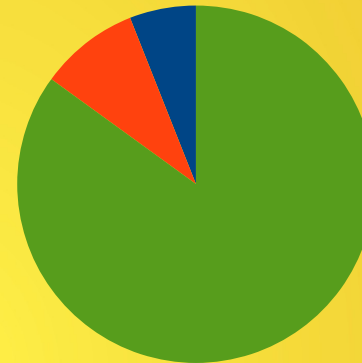
Are you ...?

Sweden



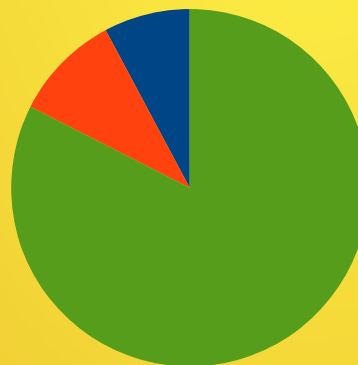
- ...overweight?
- ...very thin?
- ..."normal"?

Germany



- ...overweight?
- ...very thin?
- ..."normal"?

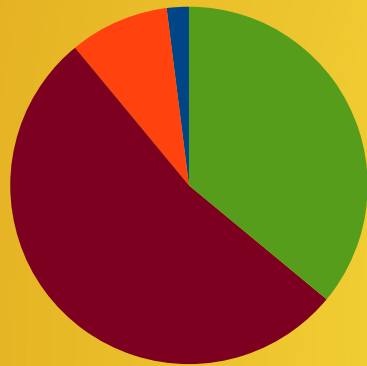
The Netherlands



- ...overweight?
- ...very thin?
- ..."normal"?

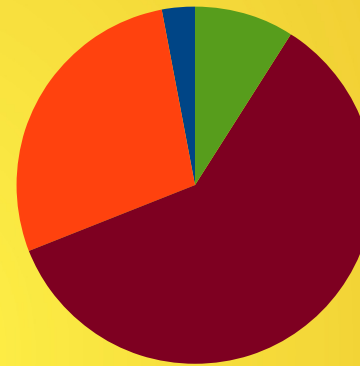
How often do you visit a doctor?

Sweden



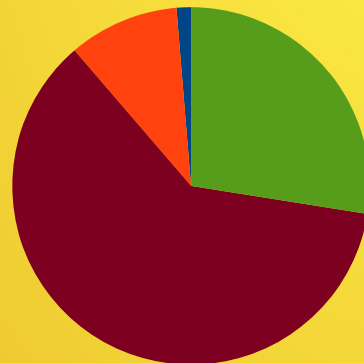
- weekly
- monthly
- two times a year
- never

Germany



- weekly
- monthly
| two times a year | purple | 55% |
| never | green | 17% |

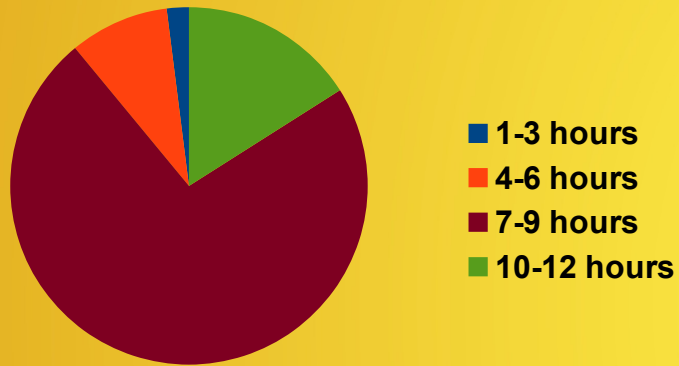
The Netherlands



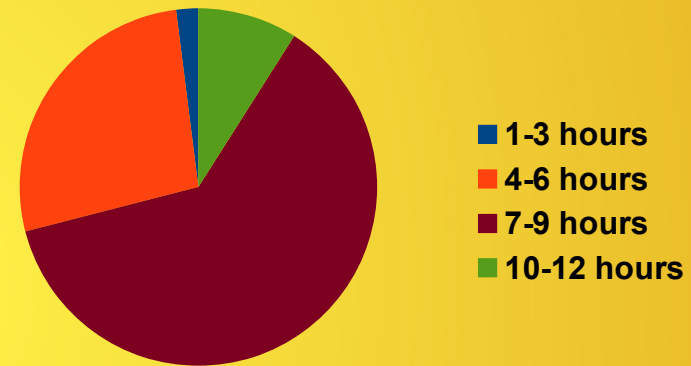
- weekly
- monthly
| two times a year | purple | 55% |
| never | green | 35% |

How many hours do you sleep per night (on average)?

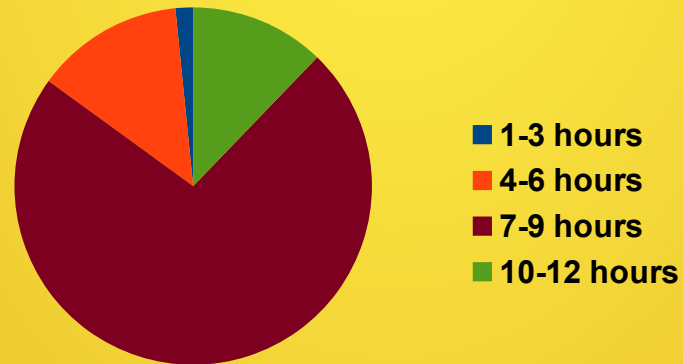
Sweden



Germany

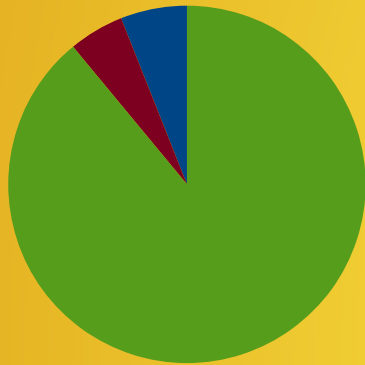


The Netherlands



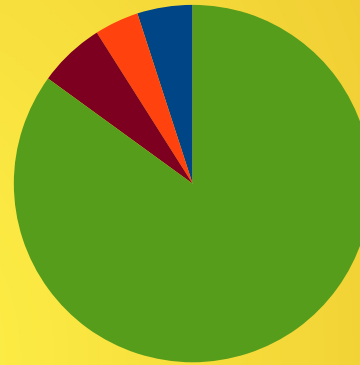
Are you...?

Sweden



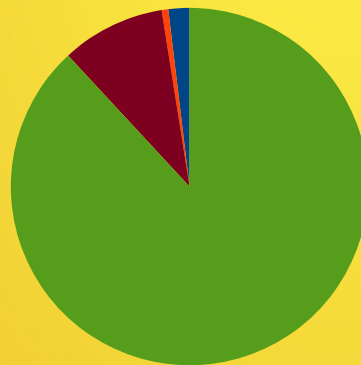
- ... a vegetarian?
- ... a vegan?
- ... a fast food eater?
- I eat everything!!

Germany



- ... a vegetarian?
- ... a vegan?
- ... a fast food eater?
- I eat everything!!

The Netherlands



- ... a vegetarian?
- ... a vegan?
- ... a fast food eater?
- I eat everything!!

What makes you happy?

Sweden	Germany	The Netherlands
my family	my family	my family
my friends	my friends	my friends
my pets	my pets	music

How could you live a healthier life?

Sweden	Germany	The Netherlands
do more sports	do more sports	do more sports
Be happy!	eat healthy food	eat less sweets, more vegetables

Thanks for your attention!! :-)

**This presentation was
made by the Comeniusclub
at THG Radevormwald!!**

**We would like to thank the more than 930 teenagers in our three countries
that filled in the questionnaires and the
many classmates who helped sorting and counting the results!!!
Special thanks to Eva, Katharina, Pia and Katharina who did the final
calculations and percentages!!**