

# Eat right, move right, feel right!

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Research work

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Ādaži secondary school



Līdzfinansē  
Eiropas Savienība

# Objective and characteristics of the research

## Objective

to determine the eating habits, well-being and leisure activities of students at Adazi Secondary School

## Research topic

**Eat right, move right, feel right!**

## Questions

- How many hours of sleep do you get on an average night?
- How many hours of physical activity do you get per week?
- What are your dietary preferences?
- How many meals do you eat on an average day?
- When do you usually have your last meal of the day?
- How many hours a day do you spend with digital devices?
- How do you manage stress?
- Do you communicate any of your mental struggles with your parents?
- What would you prefer to do on weekends/holidays?

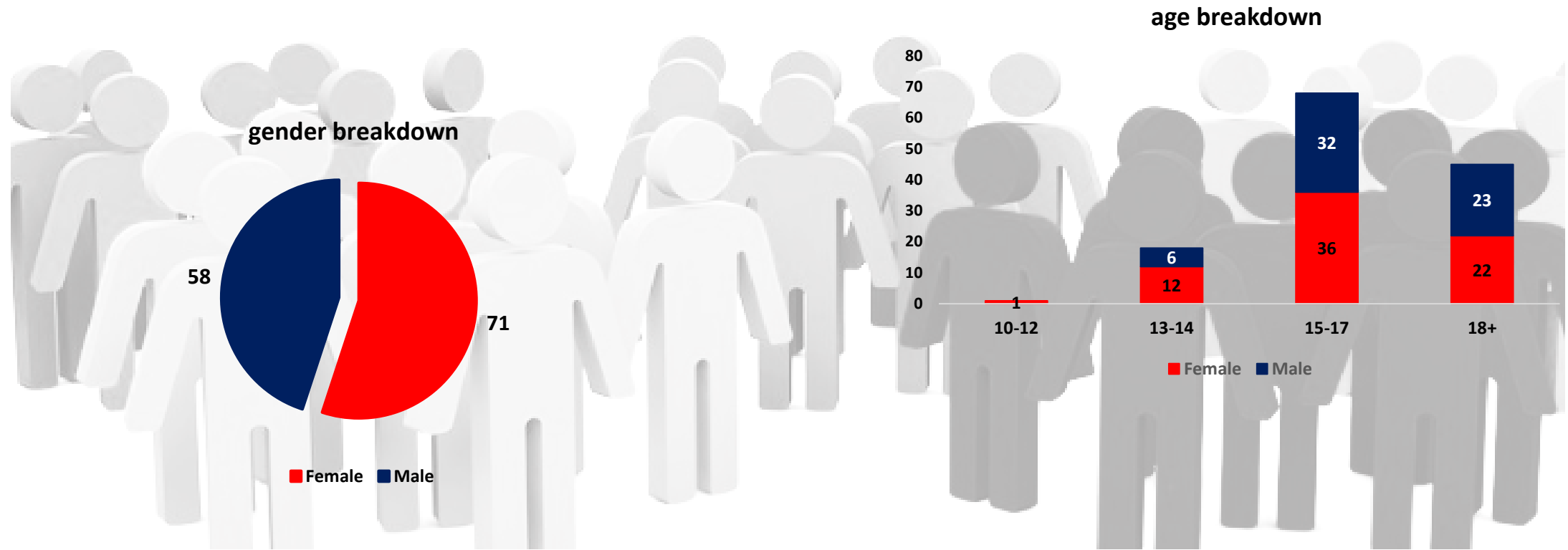
## Research period

March

April

May

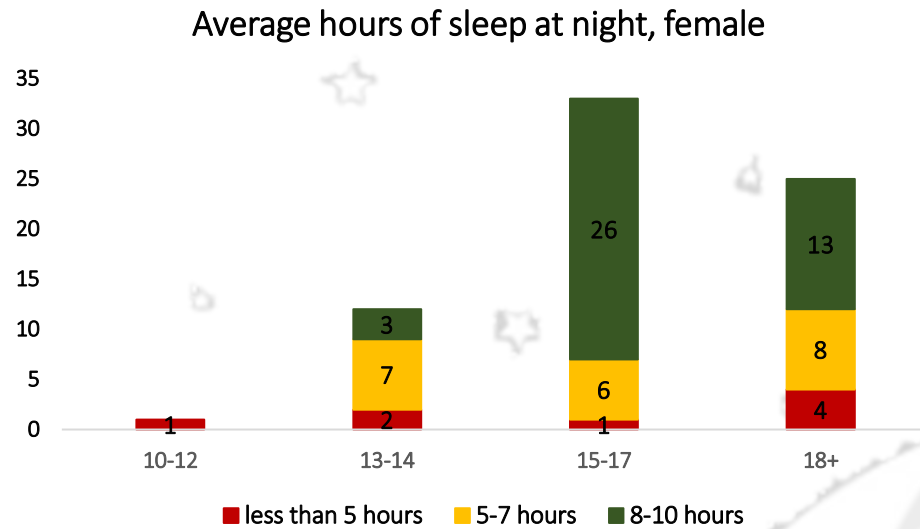
# Sample population and its characteristics



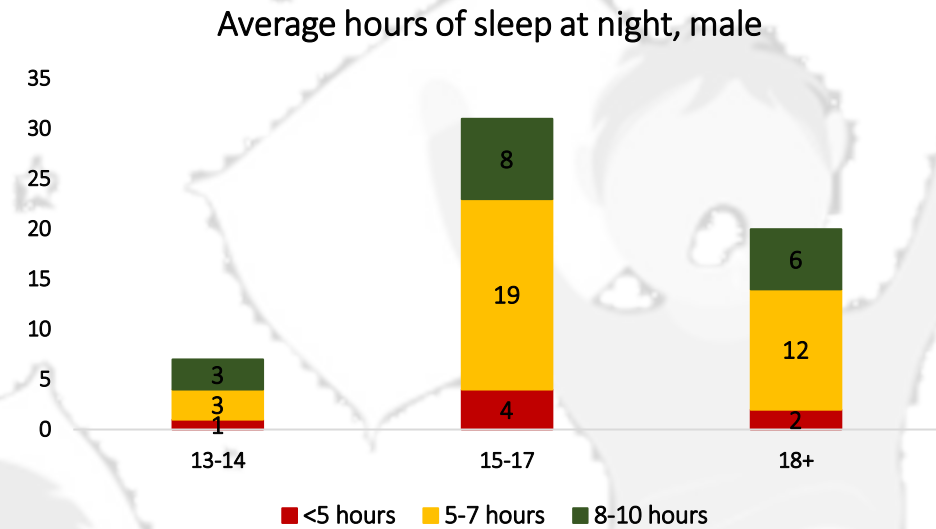
Sample of the research consisted of 129 students from Adazu Secondary School; The majority of them (56%) were girls and 44% - boys.

Students aged 15-17 were the most active, followed by students aged 18+, with an even gender split between age groups

# How many hours of sleep do you get on an average night?

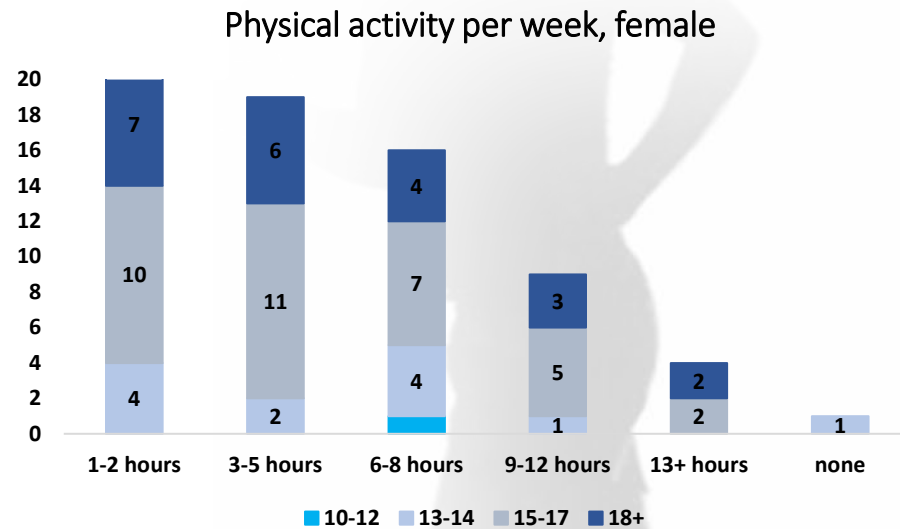


**60%** of girls sleep **8-10 hours** a day; most of them (36%) are girls aged 15-17.  
**11%** of girls sleep less than **5 hours** a day.

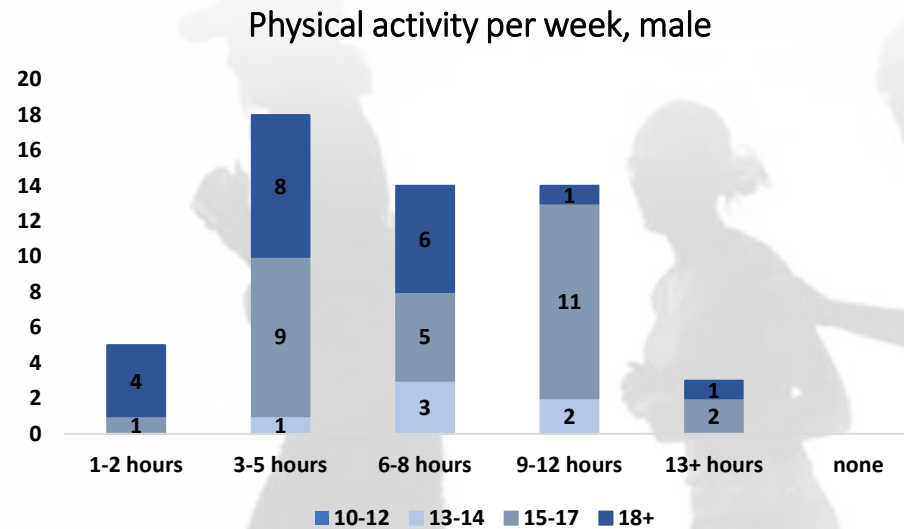


**60%** of boys sleep **5-7 hours** a day; third of them (33%) are boys aged 15-17.  
**12%** of boys sleep less than **5 hours** a day.

# How many hours of physical activity do you get per week?

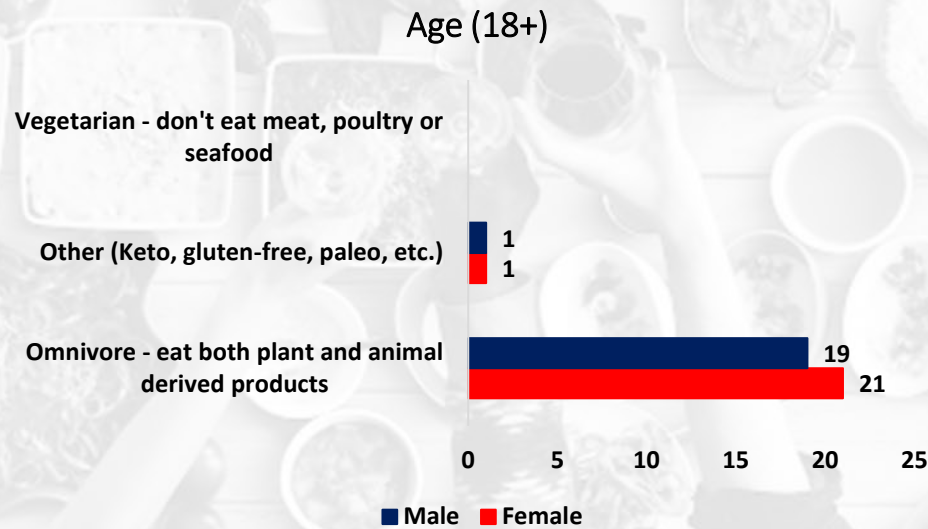
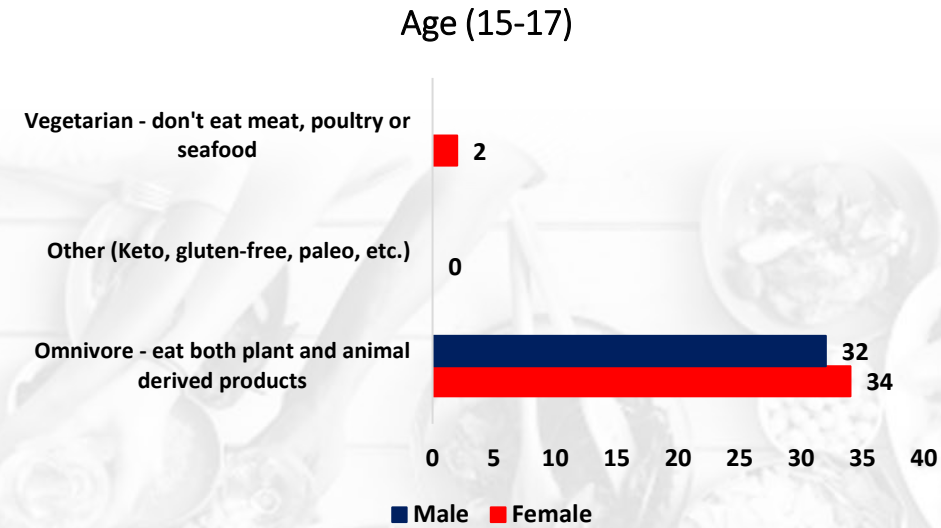
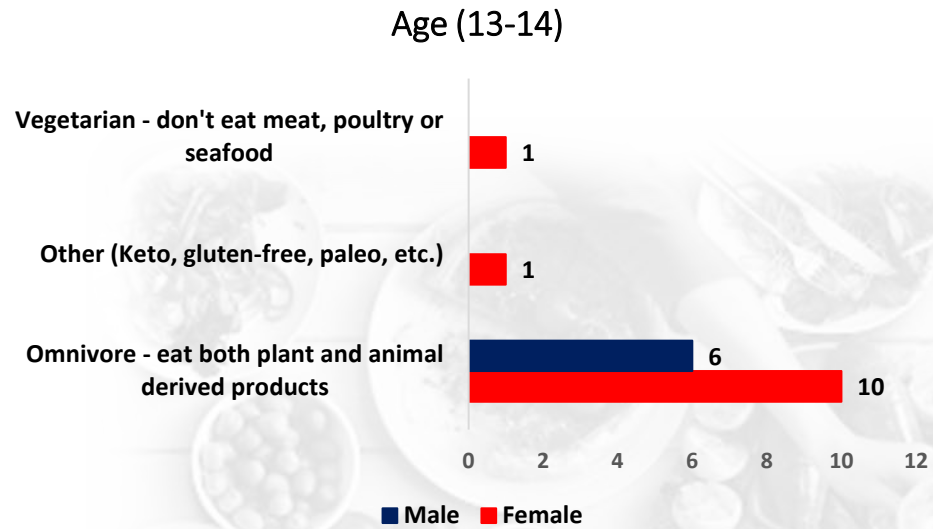


**40% of girls** do between **1 and 5 hours** of physical activity per week.  
The vast majority (77%) of girls do sport for up to 8 hours a week, it is about **1 hour a day**



**40% of boys** do **1 to 5 hours** of physical activity per week  
The vast majority (79%) do up to 12h per week, it is about **1.4h a day**

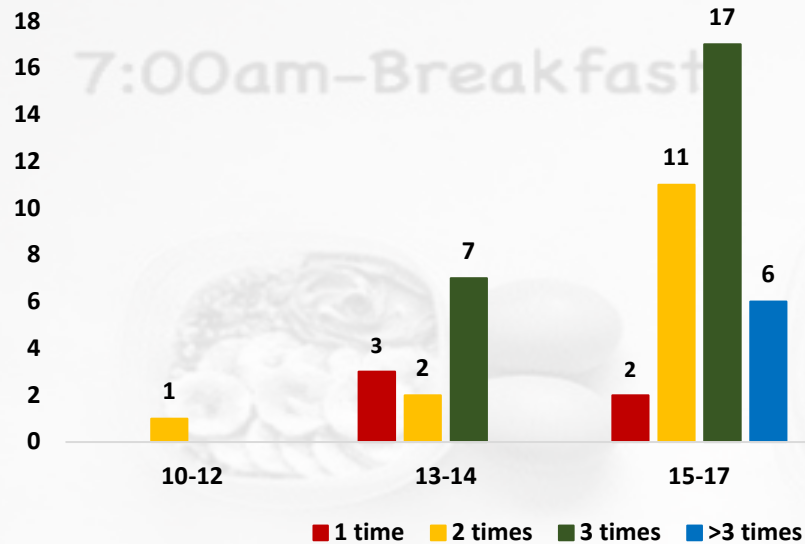
# What are your dietary preferences?



Most girls (91%) and most boys (98%) **eat both plant and animal derived products**

# How many meals do you eat on an average day?

Meals on a day, female



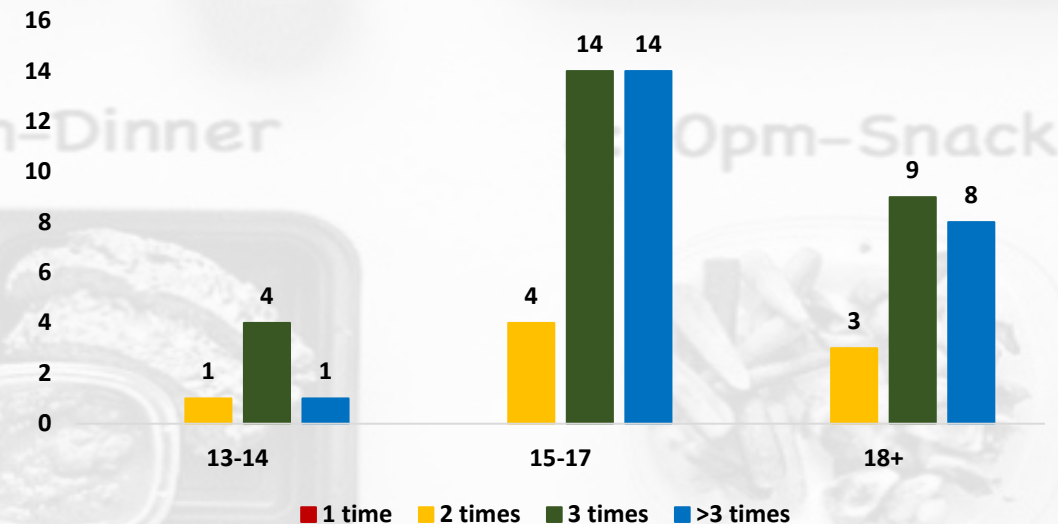
7:00am-Breakfast

9:00am-Snack

12:00pm-Lunch

The **majority** of girls (62%), eat **3 times a day**, while only 42% of boys eat 3 times a day or more.

Meals on a day, male



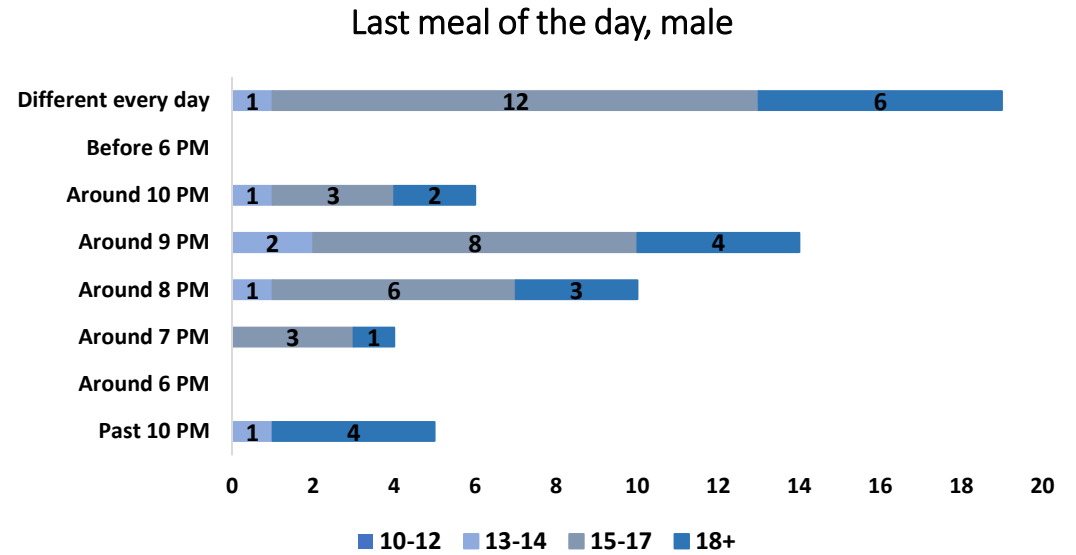
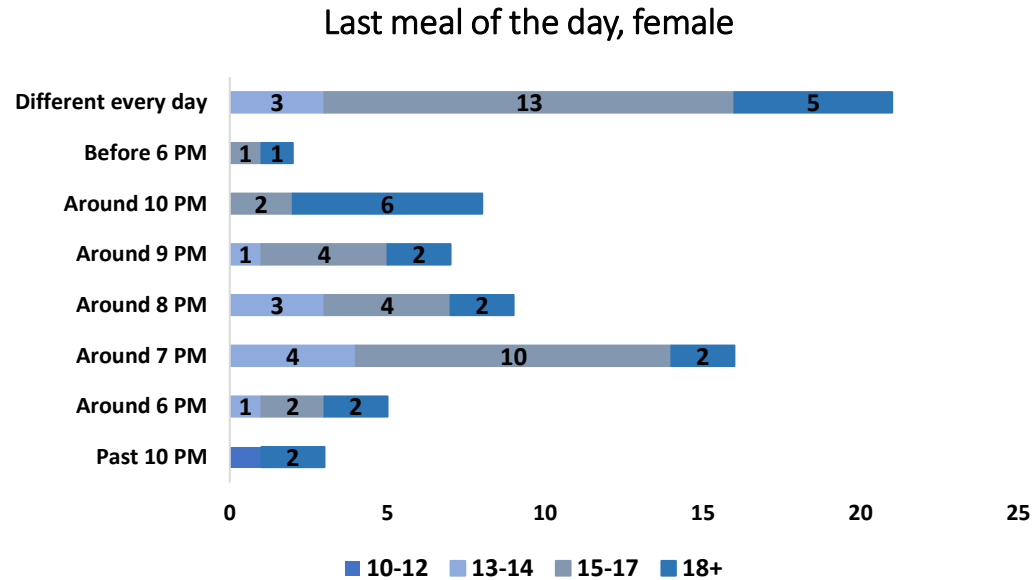
Post workout snack

6:00pm-Dinner

8:00pm-Snack

there are girls who eat **only once a day**

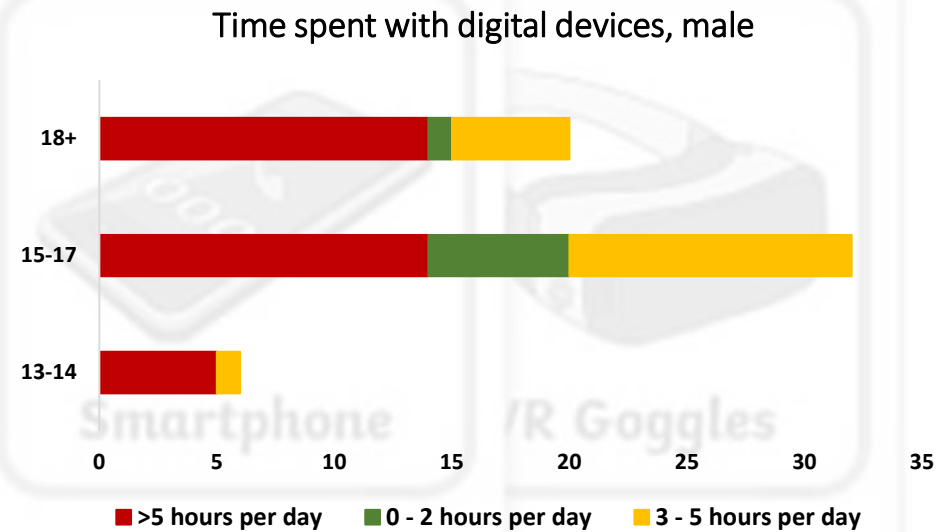
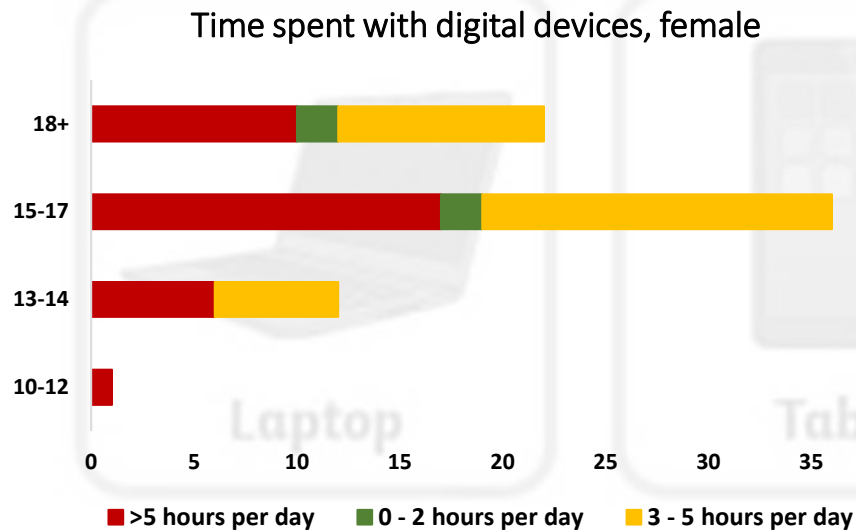
# When do you usually have your last meal of the day?



One third of students (31%) have their last meal at different time;  
Half of girls (51%) eat around 7 pm last time;  
55% of boys - around 9 pm

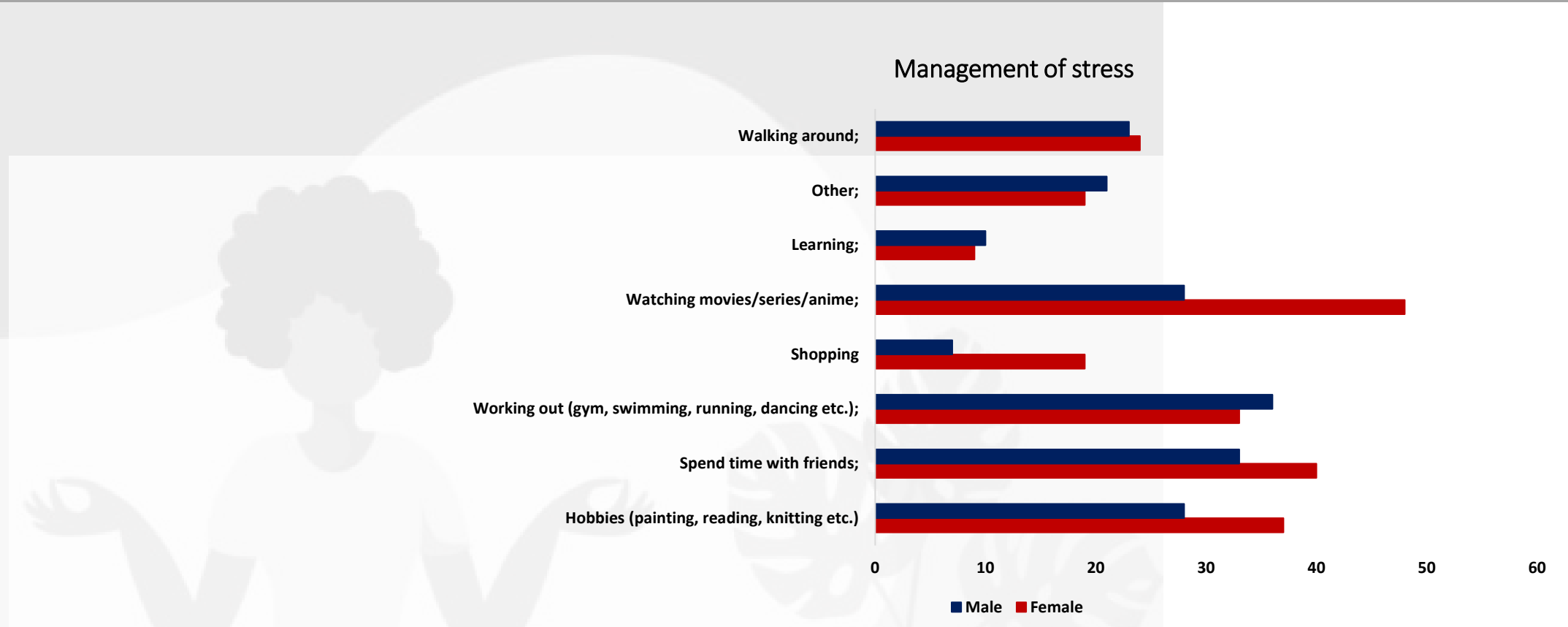


# How many hours a day do you spend with digital devices?



47% of girls and 56% of boys use digital devices for more than 5 hours a day

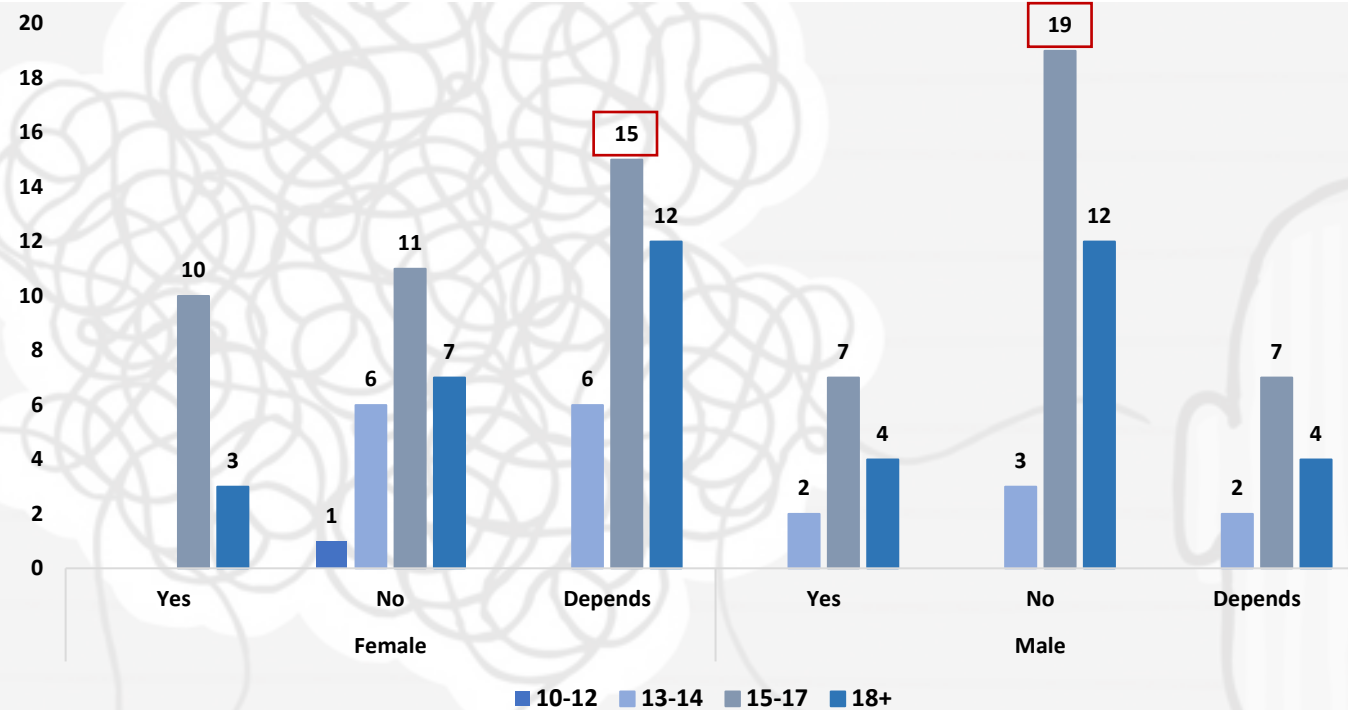
# How do you manage stress?



- 20% of all responses from girls of all ages indicate that stress is best managed by **watching films**
- 19% of responses from boys of all ages indicate that the best way to manage stress is to do **physical activity**
- 17% of responses (both girls and boys) indicate that it is better to do this by spending **time with friends**

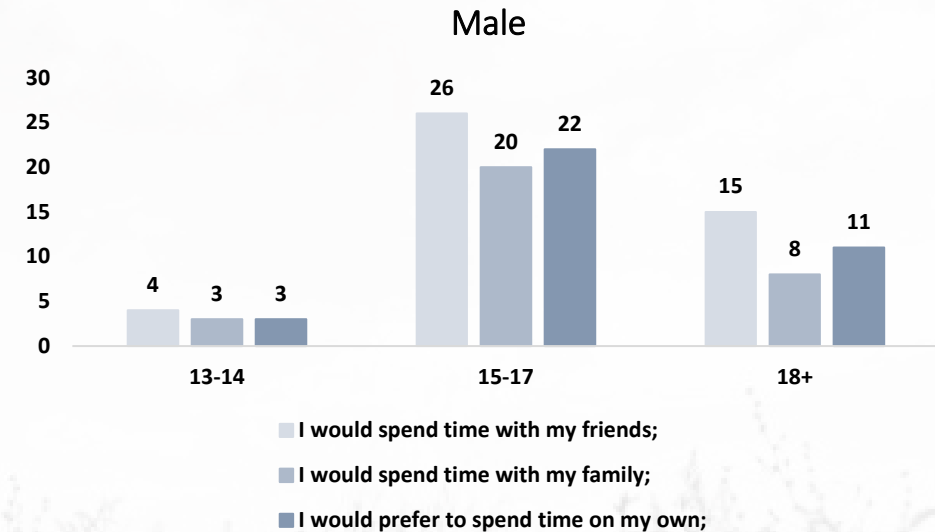
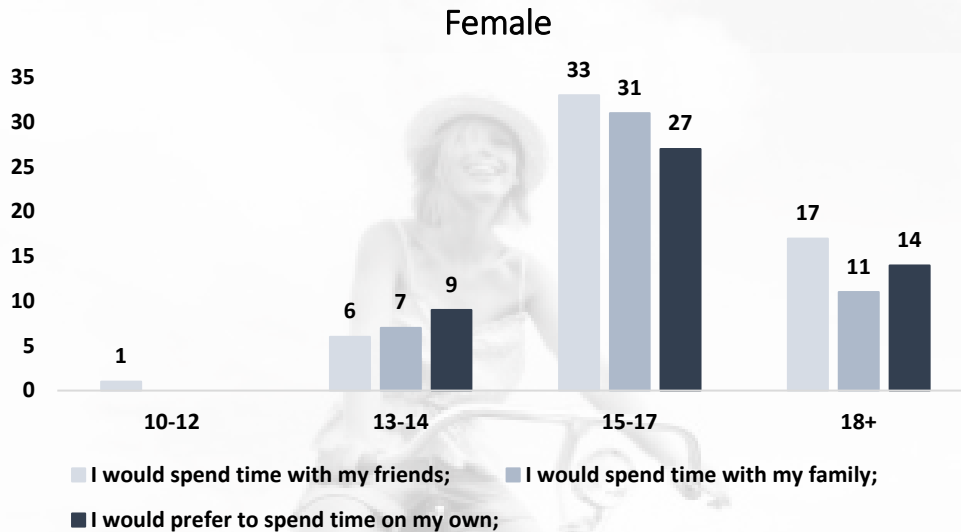
# Do you communicate any of your mental struggles with your parents?

Communication of mental struggles



42% of girls and 57% of boys aged 15-17 don't always or don't discuss their problems with their parents

# What would you prefer to do on weekends/holidays?

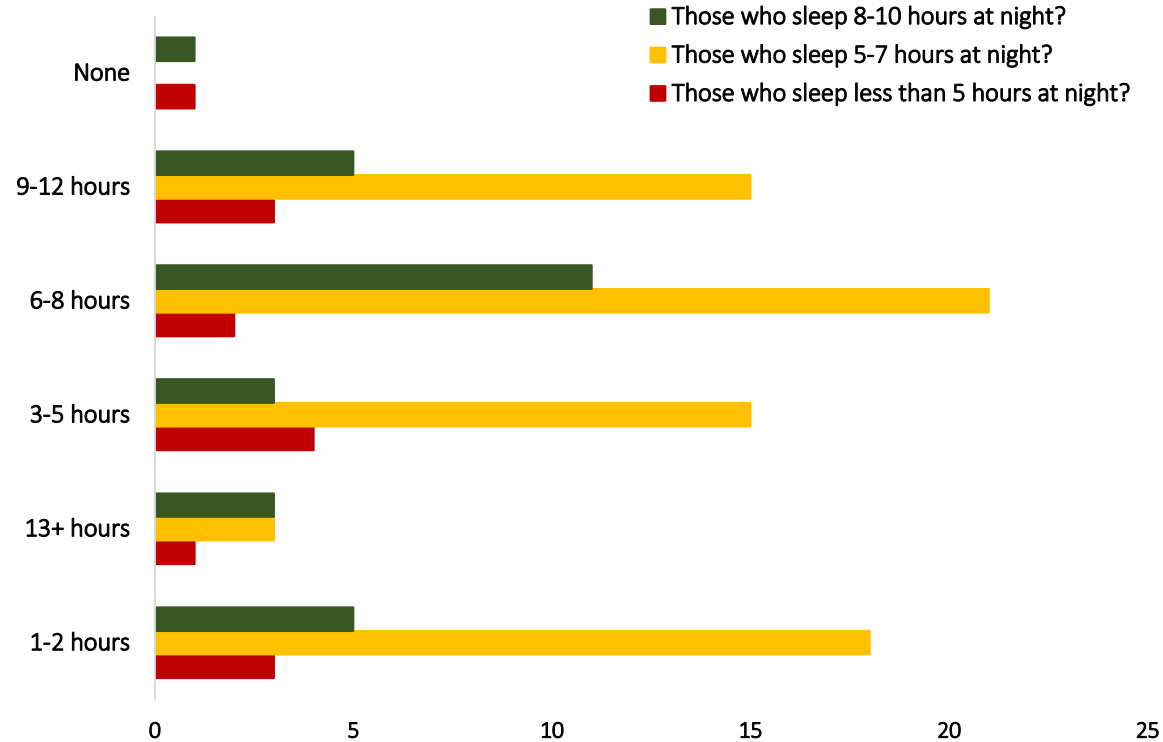


36.5 % of answers given by girls and 40% - by boys indicate that students likely spend their free time with friends.

32% of the answers given by all students indicate that they prefer to spend their free time on their own

# Physical activity and hours of sleep at night

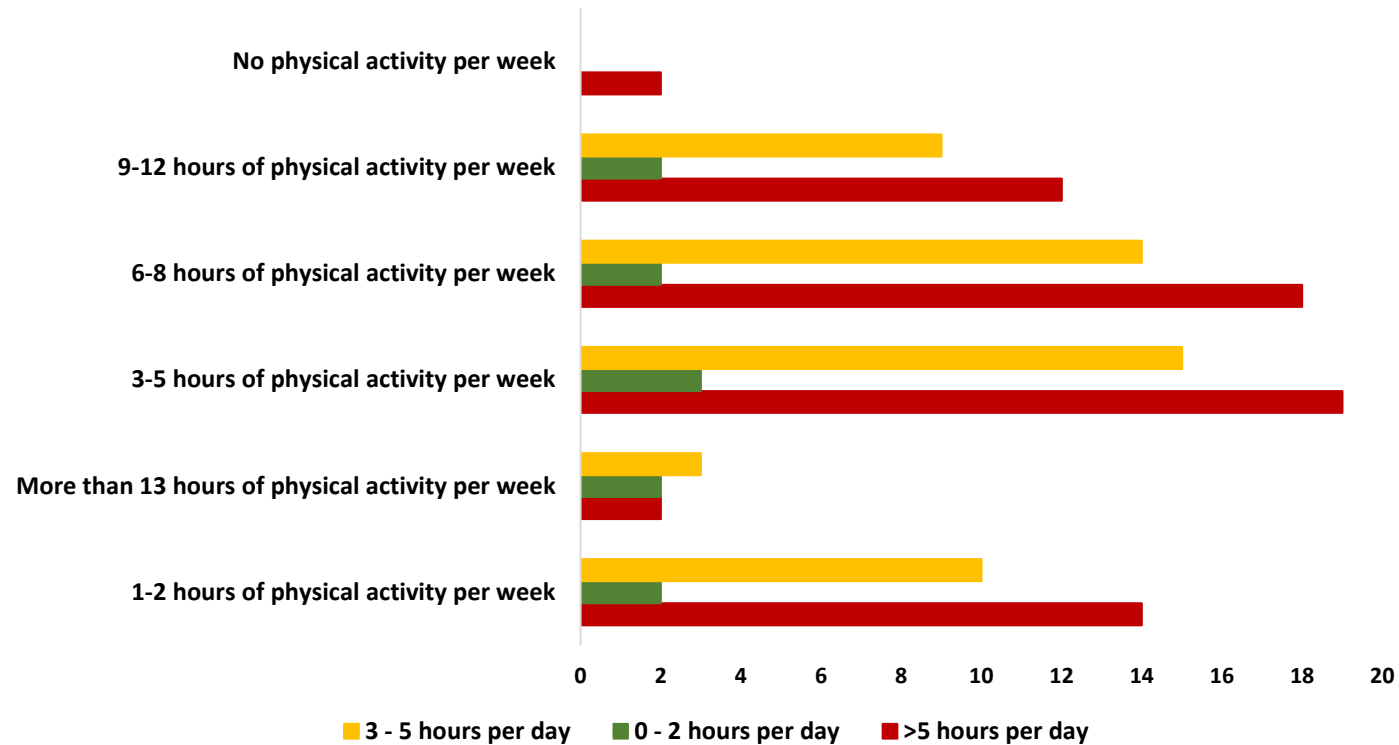
of physical activity



Among students who sleep less than 5 hours a day, there are those who do more than 13 hours of sport and none at all

The average sleep duration for students is 5-7 hours, regardless of the number of hours spent on physical activities

# Physical activity and time spent with digital devices



Here's a comparison of how much teenagers spend time on digital devices and how much they are doing sport in a day length. The majority of teenagers, respectively 51 %, spend 4 hours a day using digital devices and are active in sport for at least an hour a day

# Conclusions

How many hours of sleep do students get on an average night?

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# Conclusions

How many meals do students eat on an average day?

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There are girls who eat **only once a day**

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