

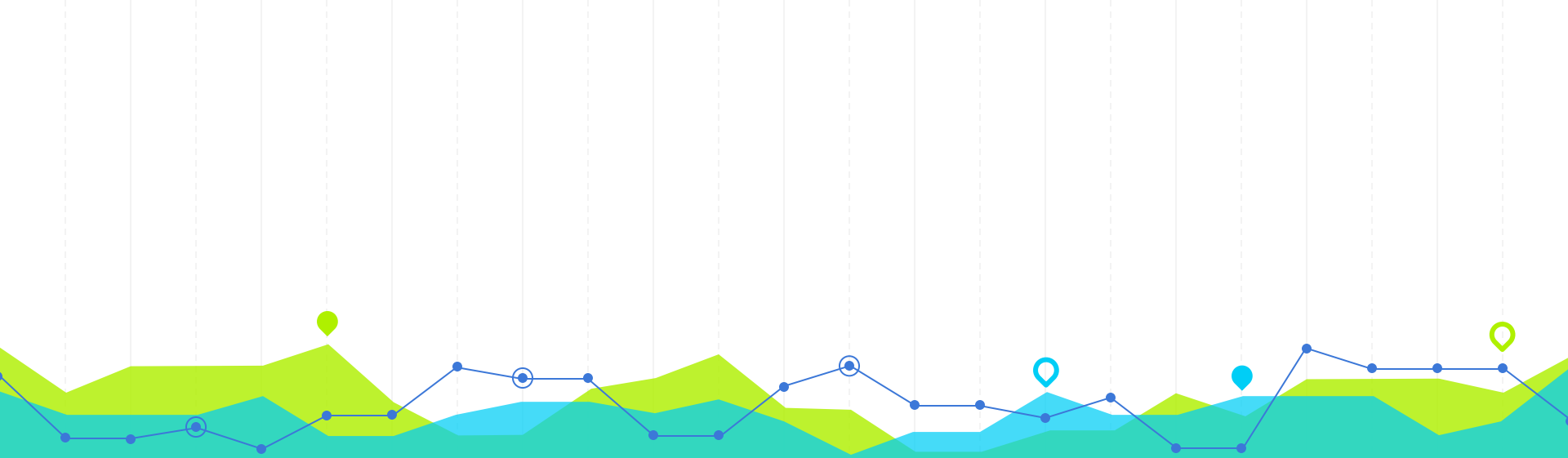


# Health Survey

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Haskovo **Bulgaria**

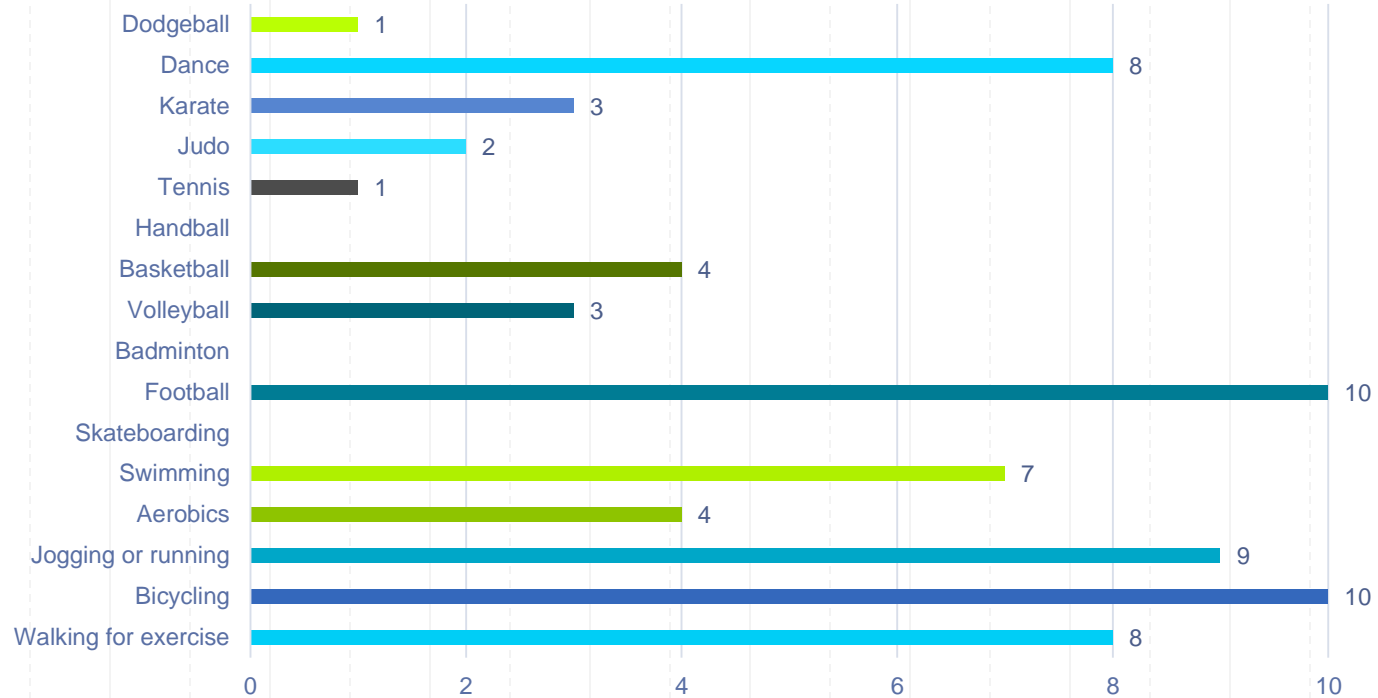
November 2020



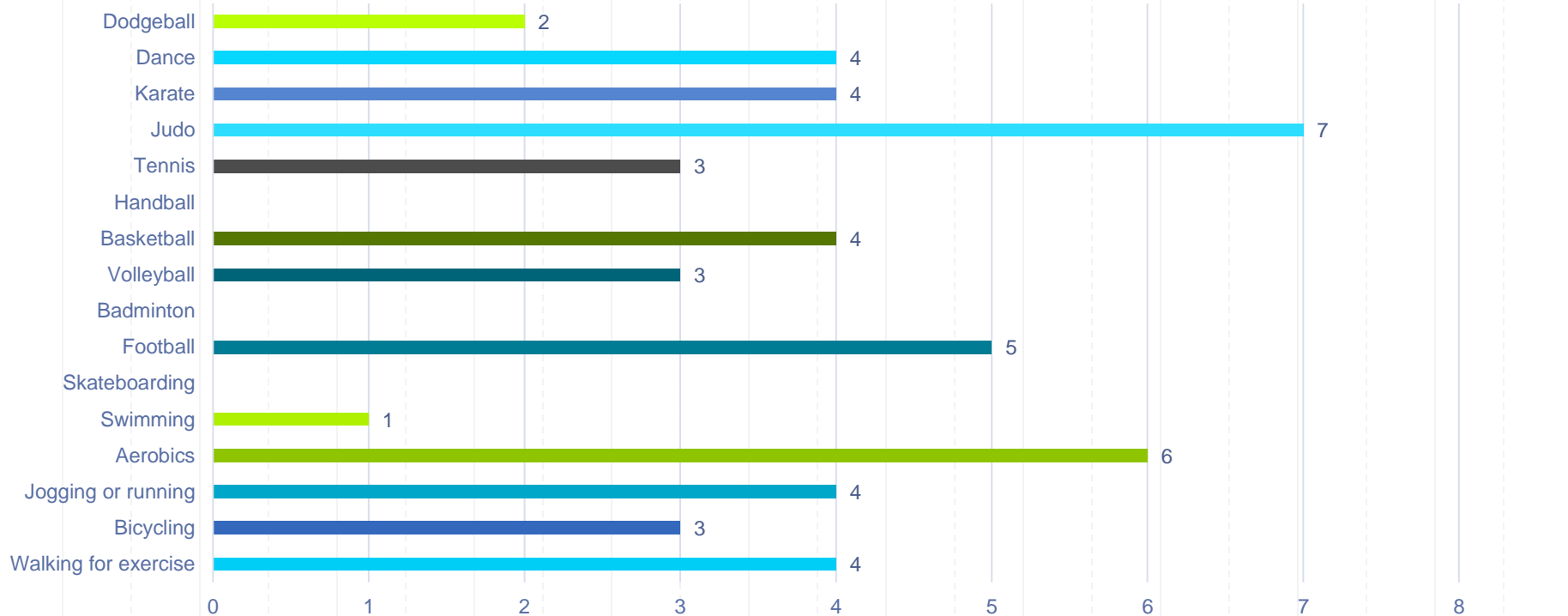
# Section 1: Physical Activity

1

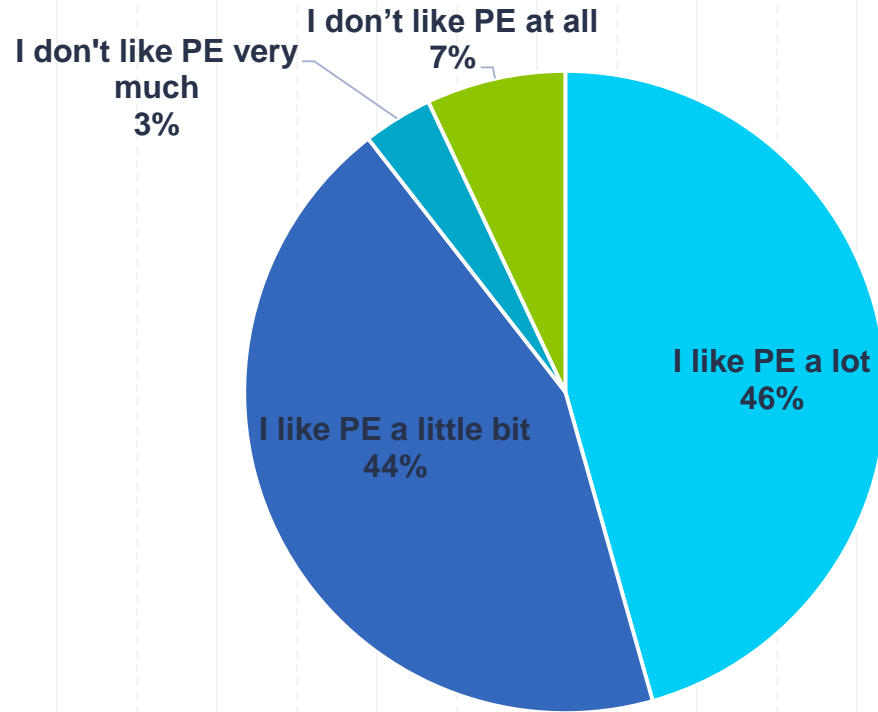
# Do you do any of these physical activities?



# How many days per week?



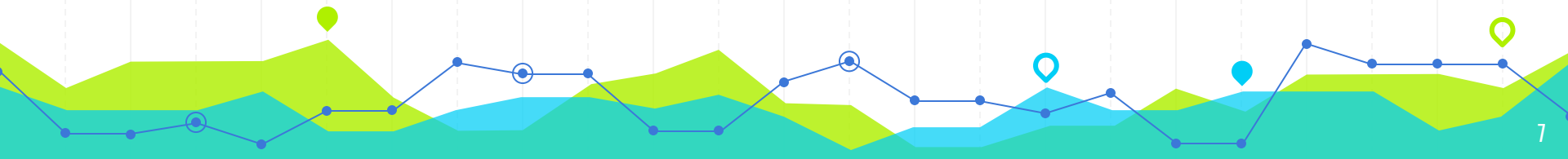
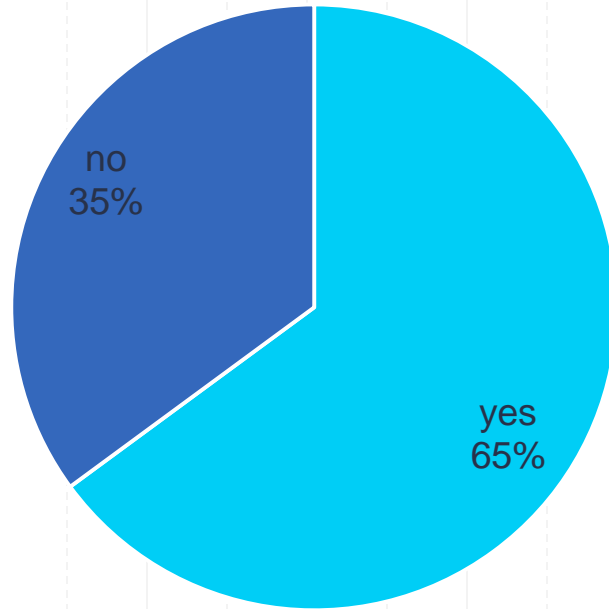
# How much do you like your PE classes at school?



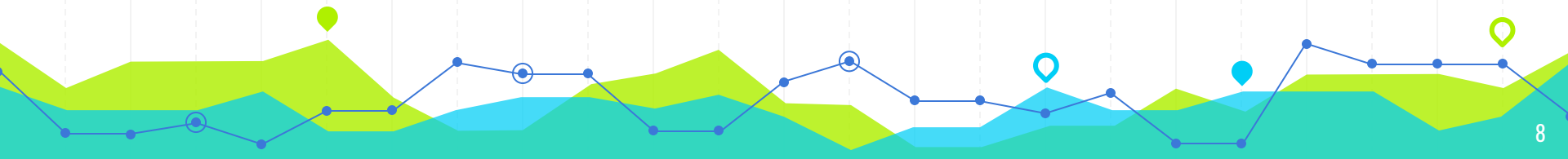
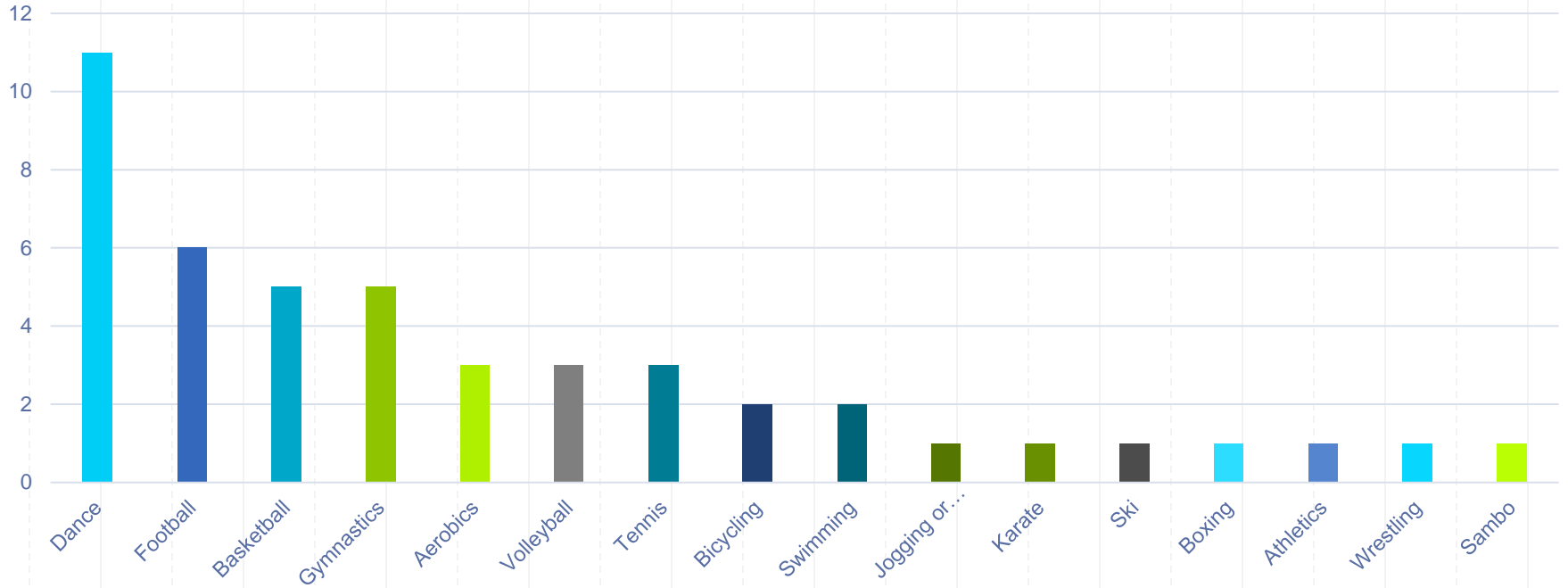
How many hours of sport do you have in school per week?

2

# Is this enough?

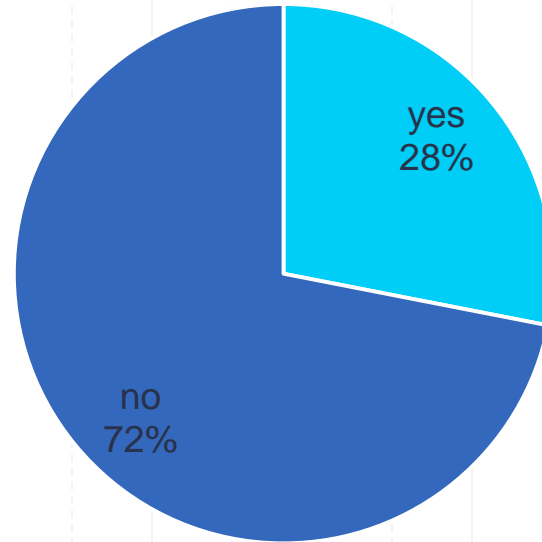


# Which sport would you like to try?

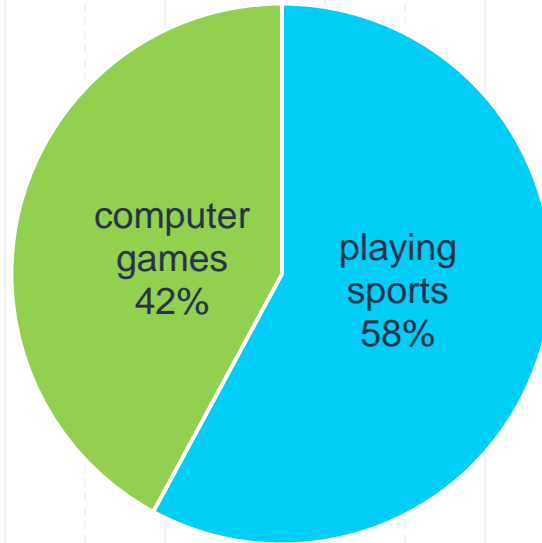




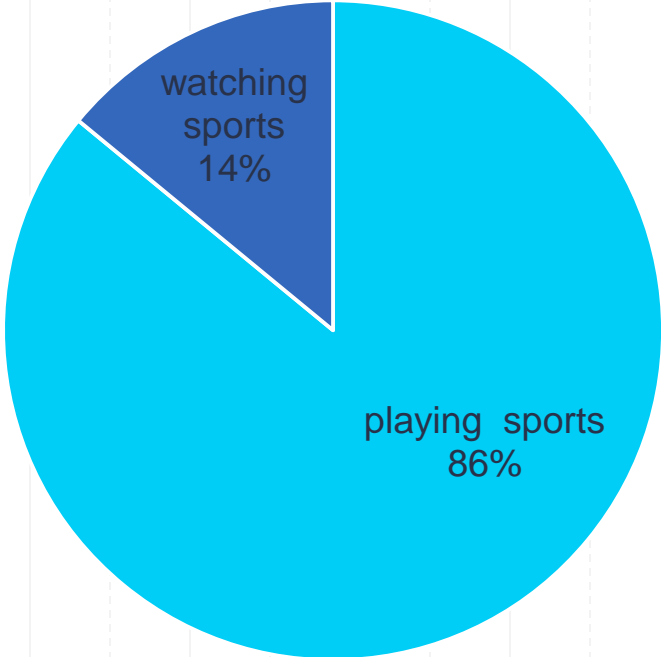
## Is there a sports center near your home?



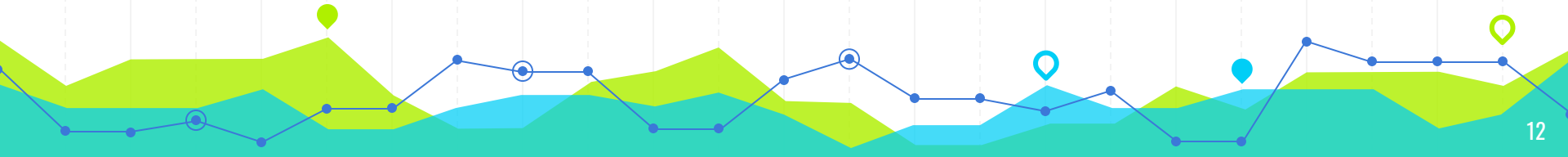
# Which do you prefer?



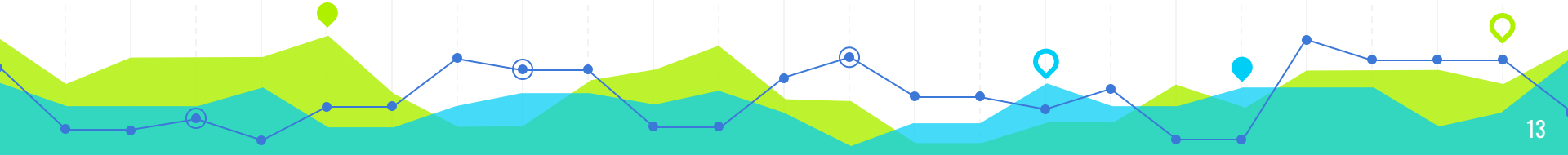
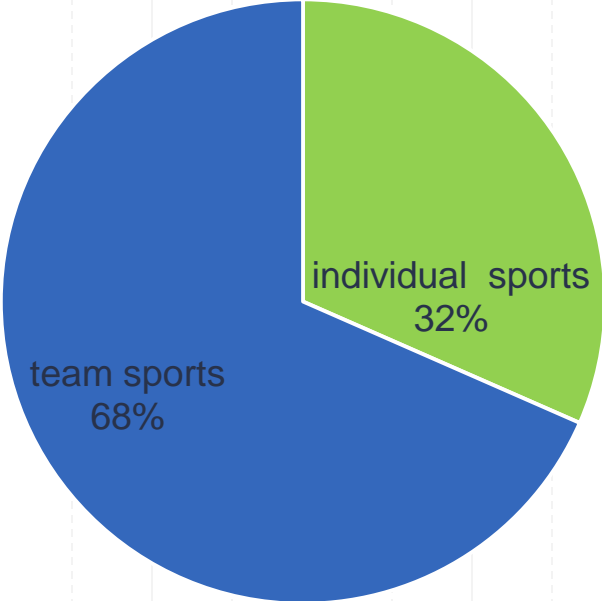
# Do you prefer playing or watching sports?



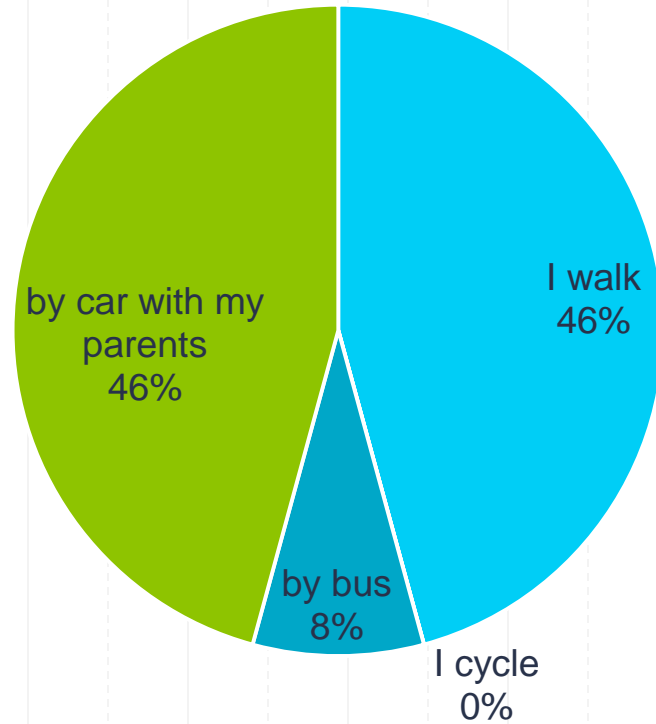
Have you ever won an award or a medal in a sports competition? Describe.



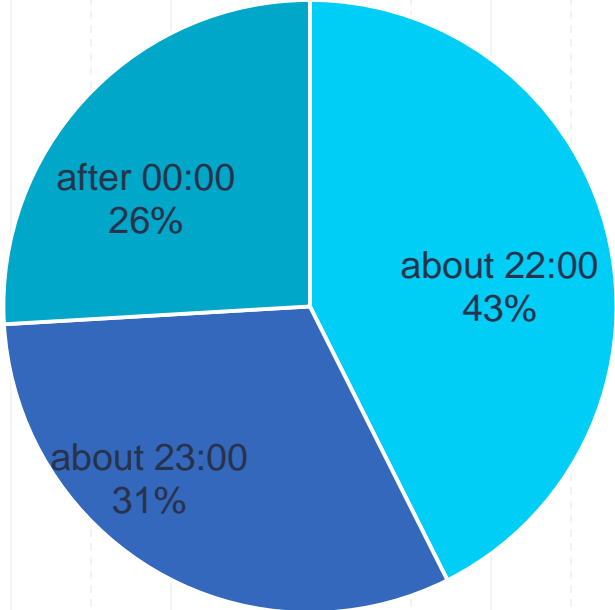
# Which one do you prefer?



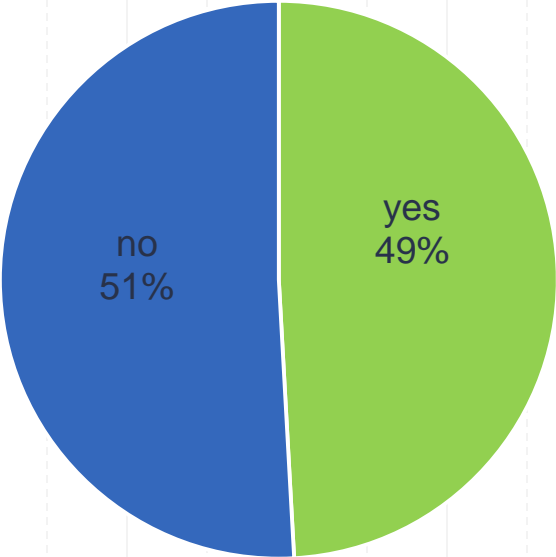
# How do you usually go to school?



# What time do you usually go to bed when there's school the next day?

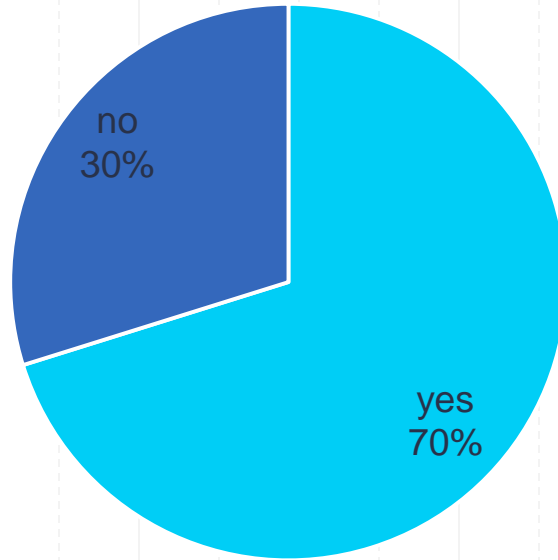


# Do you stay late when there's no school the next day?

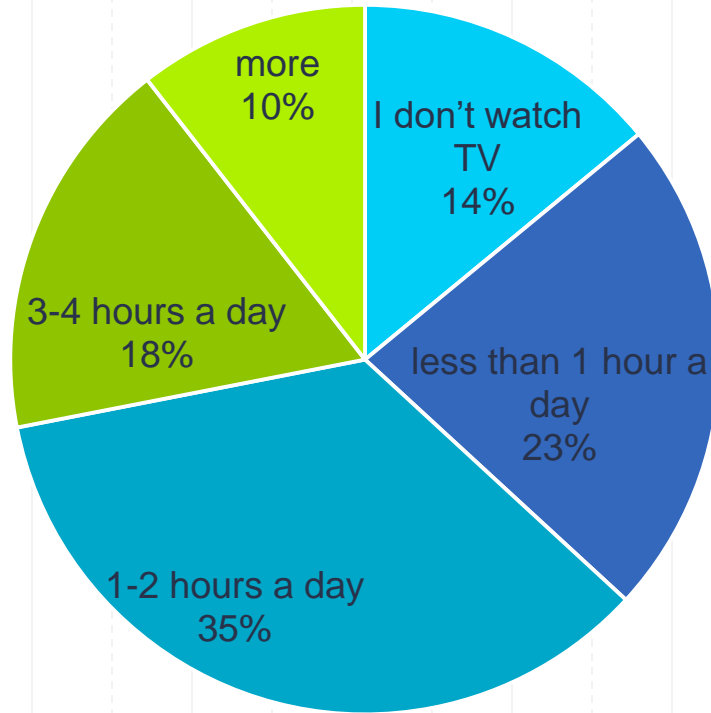




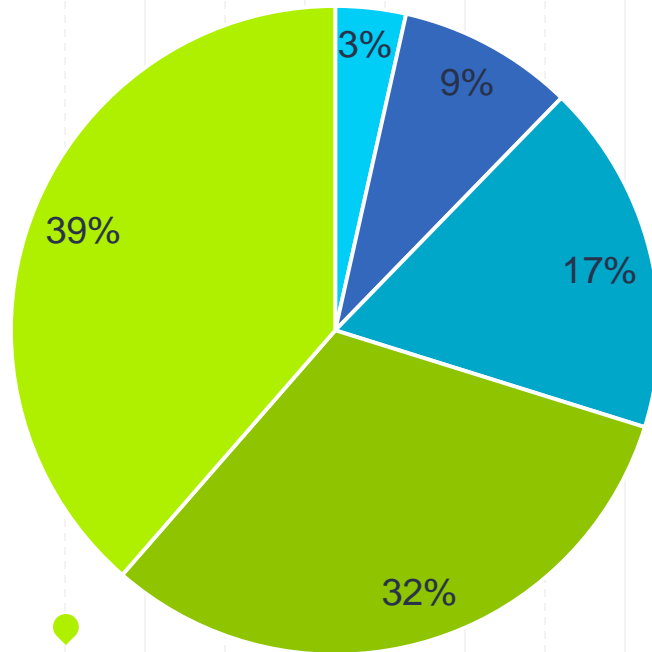
# Do you make your bed every morning?



# How many hours per day do you usually spend watching TV?

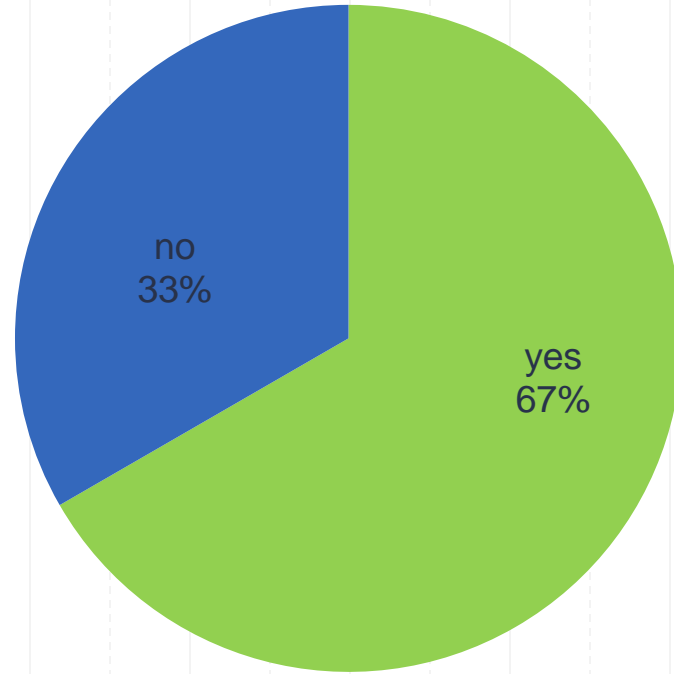


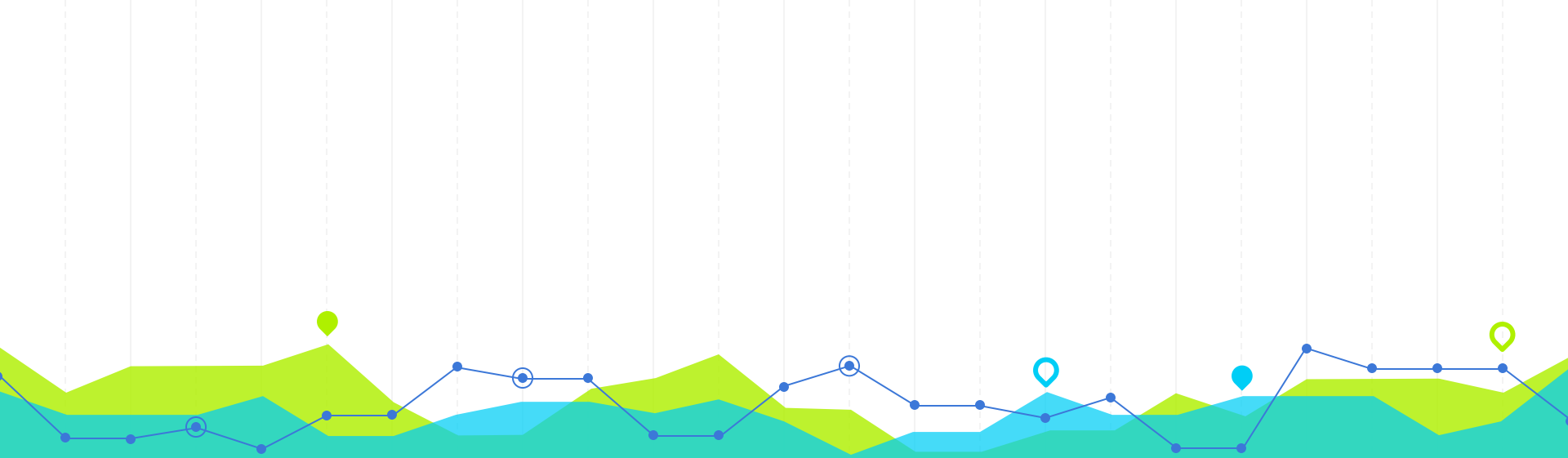
# How many hours per day do you usually play computer games or use it to surf the Internet?



- I don't play computer games
- less than 1 hour a day
- 1-2 hours a day
- 3-4 hours a day
- more than 4 hours a day

# Do your parents have rules about how much time you can watch TV?

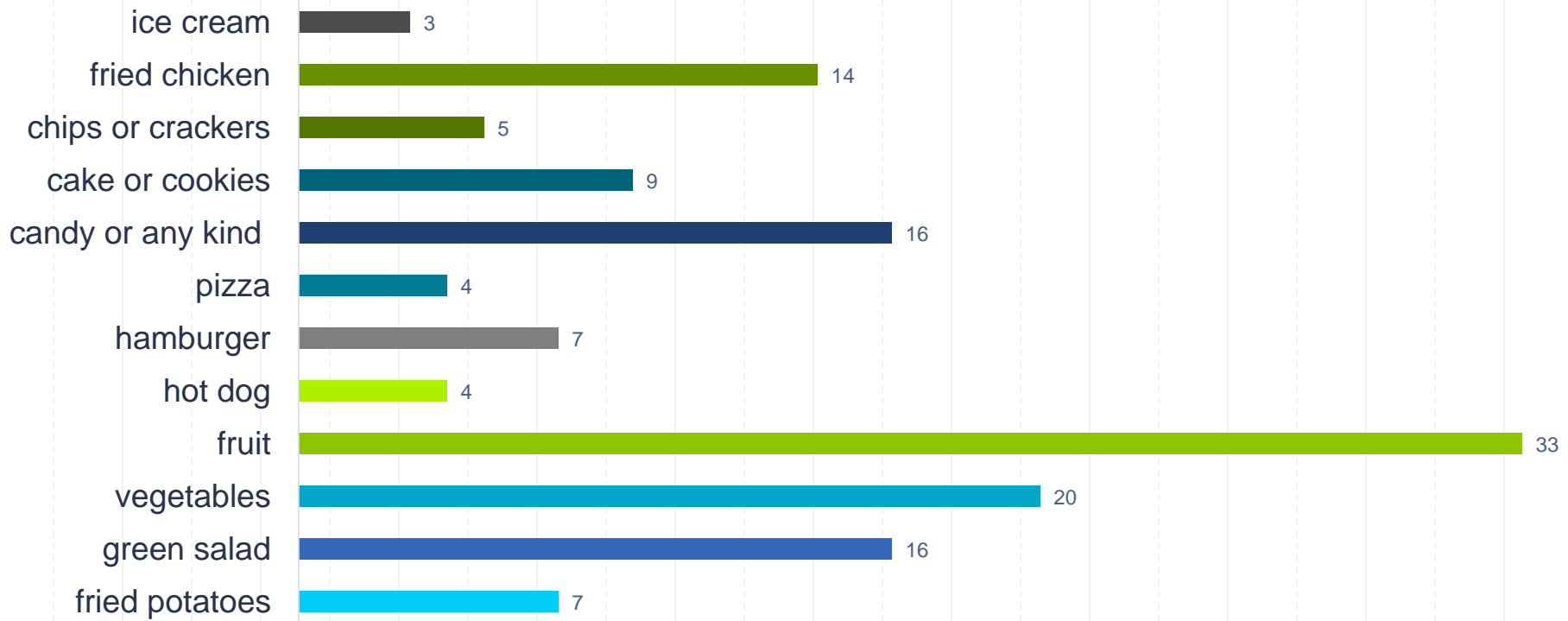




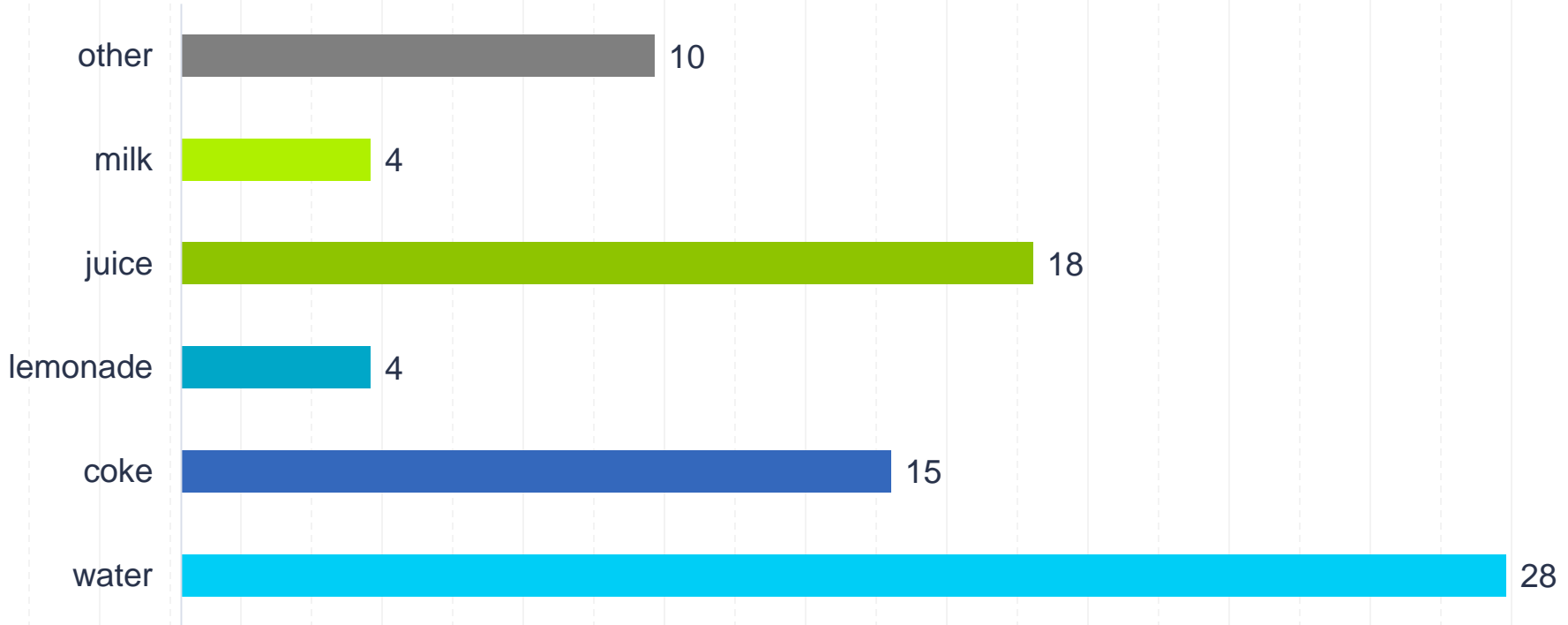
# Section 2: Nutrition

# 2

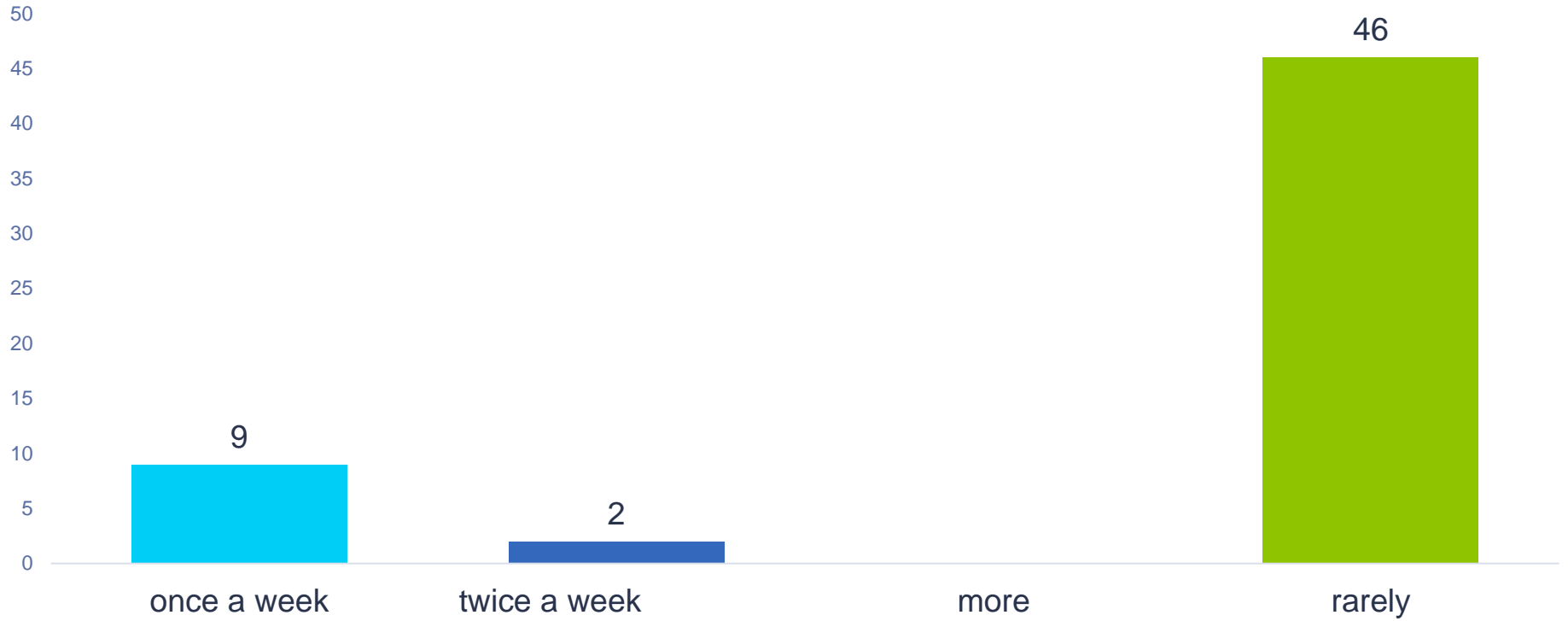
# Did you eat yesterday.....?



# What is your favourite drink?

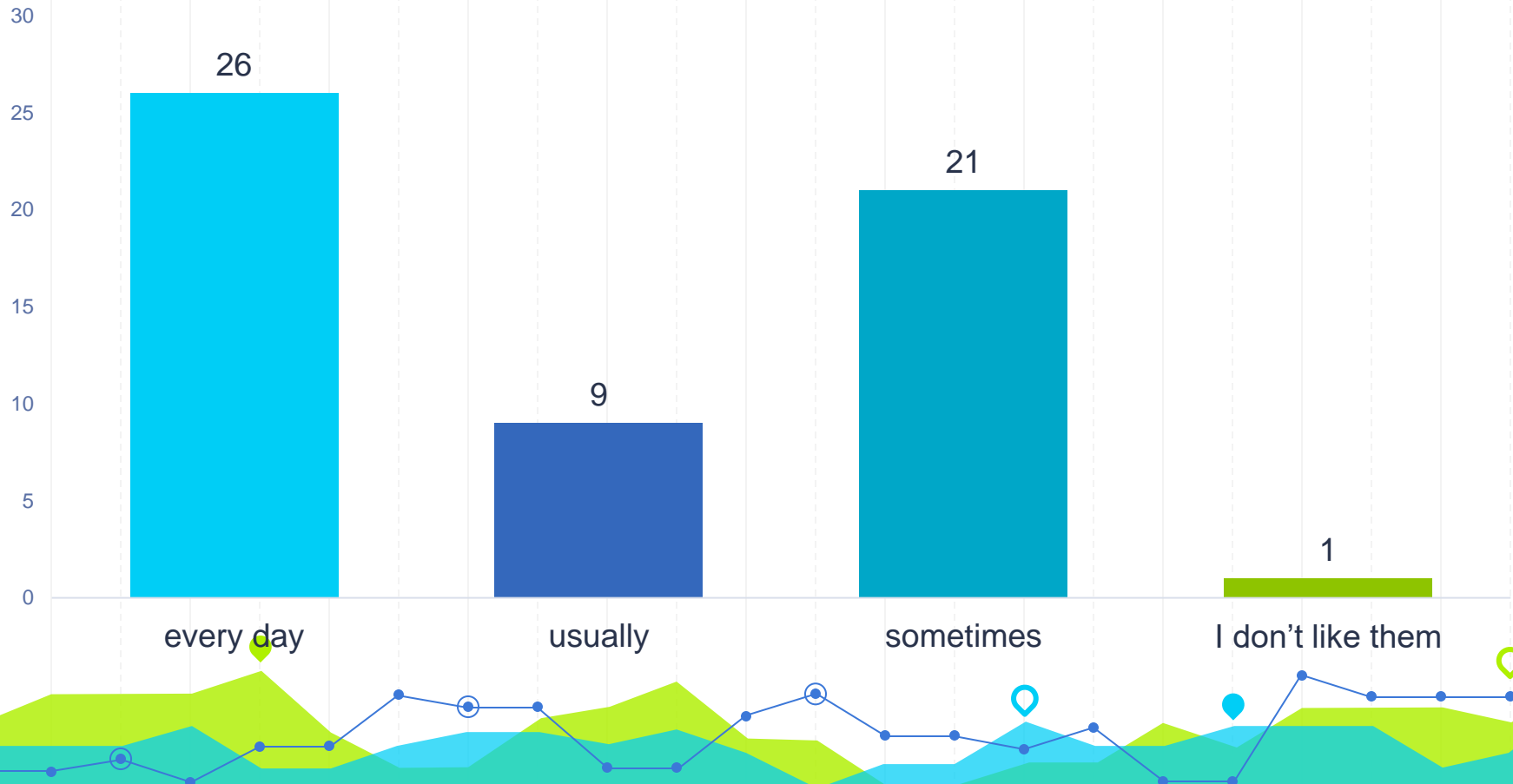


# How often do you eat fish per week?

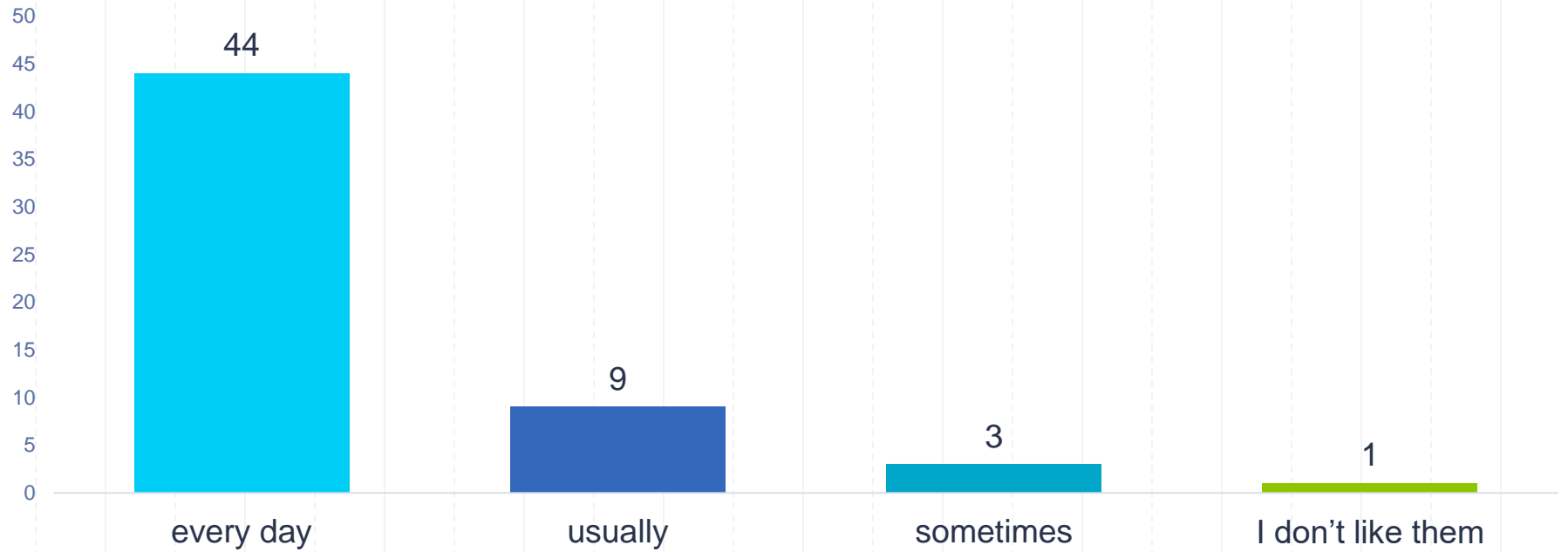




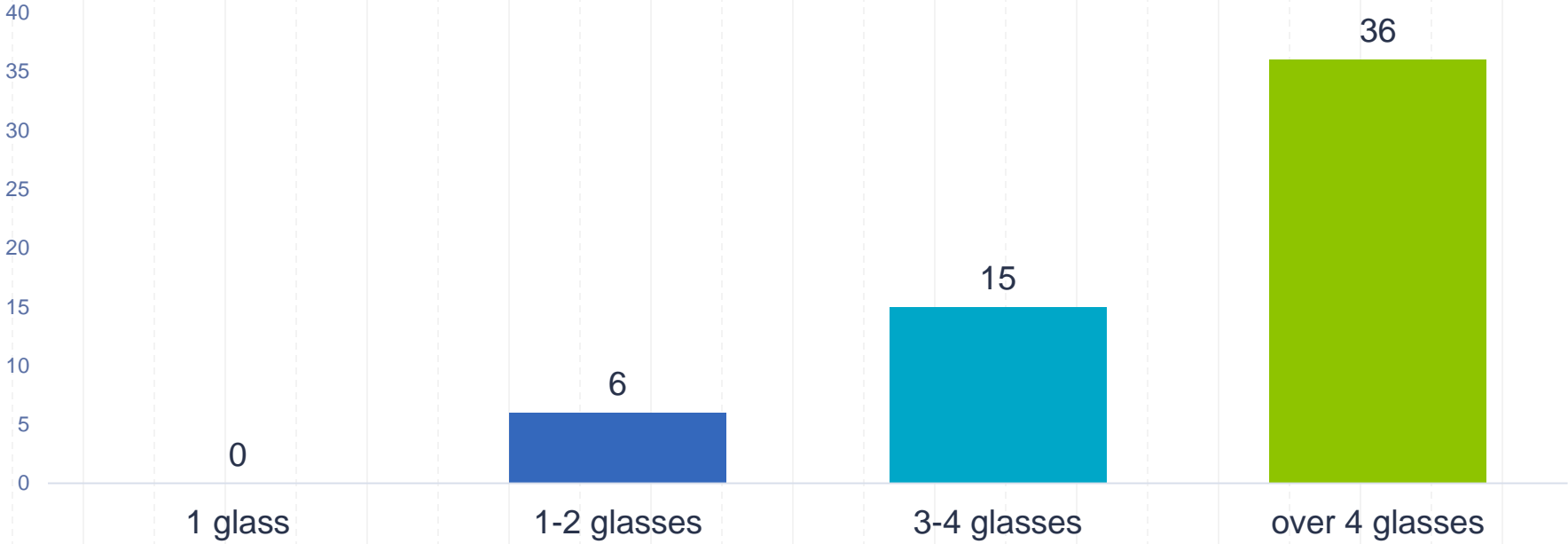
# How often do you eat sweets?

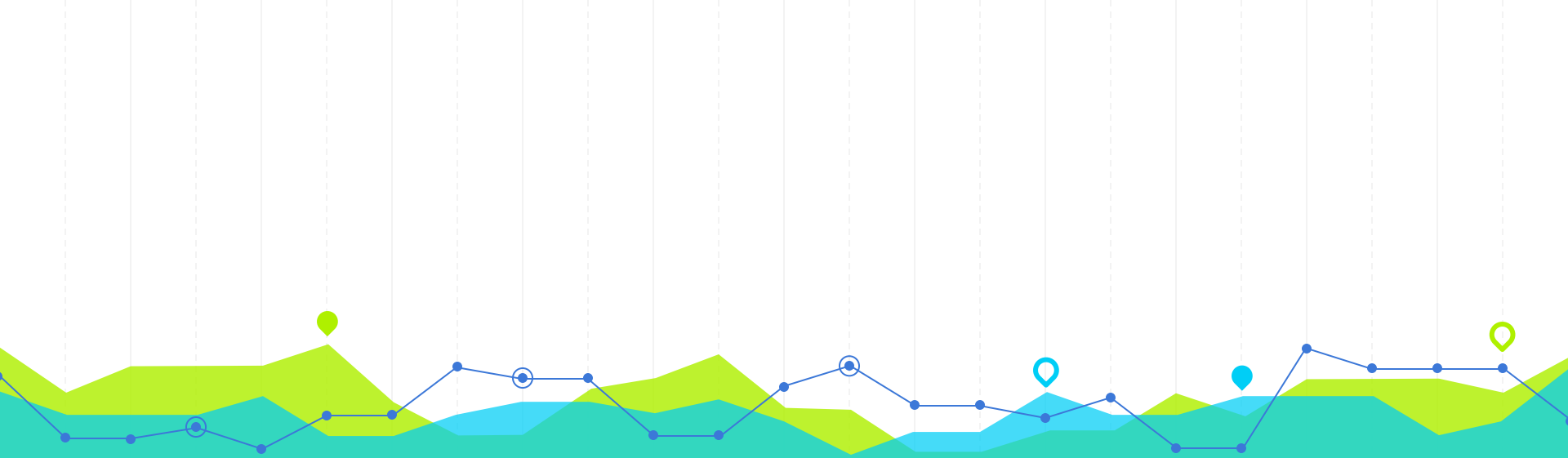


# How often do you eat vegetables and fruit?



# How many glasses of water do you drink per day?

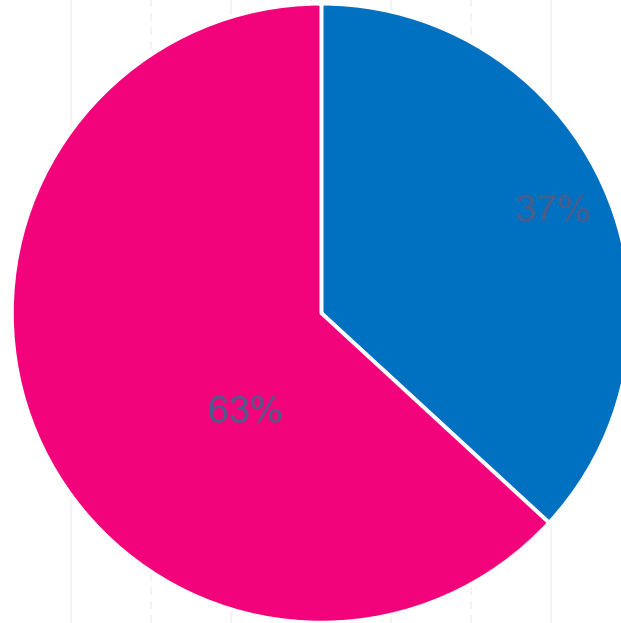




# Section 3: About you

# 3

# Are you a boy or a girl?



■ boy ■ girl



# You are a girl?

How old are you? 12

Height 160

Weight 50

BMI =  $19.5 \text{ kg/m}^2$  (73%, **Healthy weight**)



- Weight-for-age percentile: 82%
- Height-for-age percentile: 92%
- Healthy BMI range:  $15 - 21 \text{ kg/m}^2$
- Healthy weight for the height:  
38.4 kgs - 53.8 kgs
- Ponderal Index:  $12.2 \text{ kg/m}^3$

# You are a boy?

How old are you? 12

Height 165

Weight 55

**BMI = 20.2 kg/m<sup>2</sup>** (72%, **Healthy weight**)

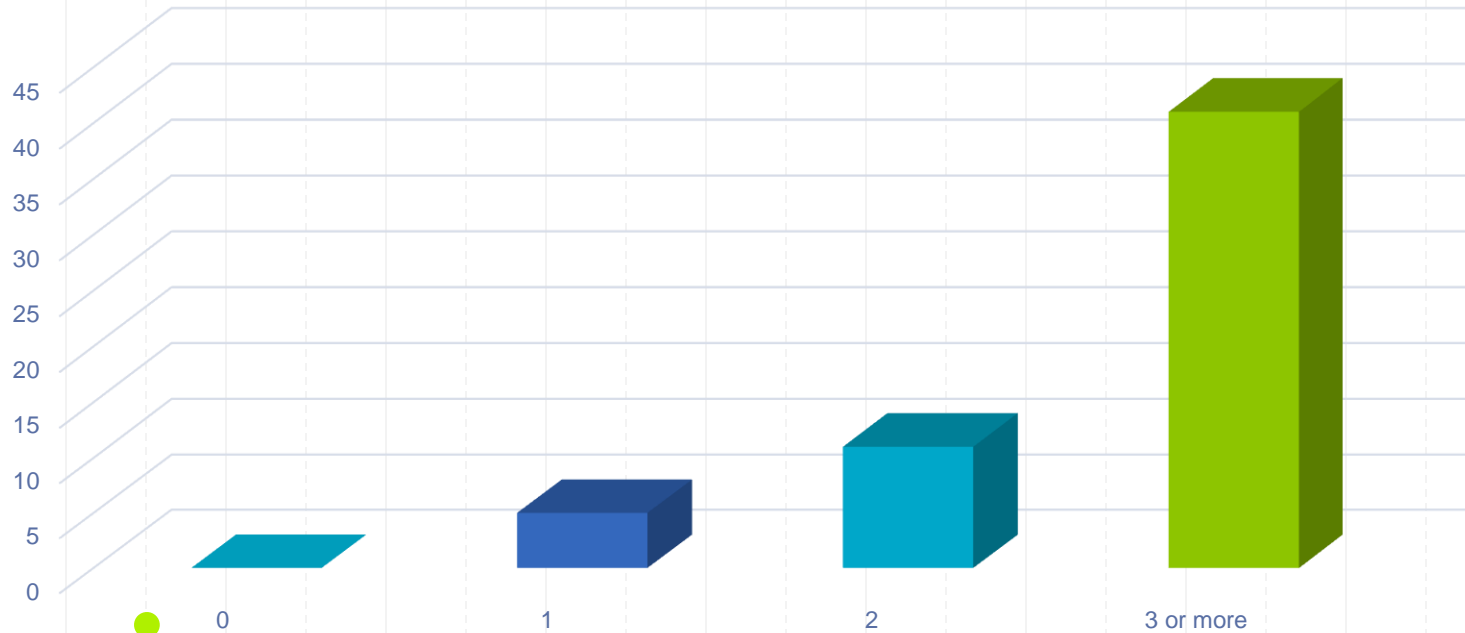


- Weight-for-age percentile: 80%
- Height-for-age percentile: 86%
- Healthy BMI range: 15.4 - 21.8 kg/m<sup>2</sup>
- Healthy weight for the height:  
41.9 kgs - 59.4 kgs
- Ponderal Index: 12.2 kg/m<sup>3</sup>





# How many close friends do you have?



## What do you love doing the most?

fishing  
sport  
listening to music  
walking with friends  
playing computer  
playing computer games  
dancing  
drawing  
reading books

walking with the dog  
playing on the phone  
watching movies  
cycling  
aerobics  
training  
learning  
travel

# What is your favourite subject at school?

