

K229 Fit4Life Erasmus+Project



HEALTH SURVEY RESULTS FROM NORTH MACEDONIA

WHY?

- This survey aims to measure the “health temperature” of our school and collect information about our students’ habits prior to implementation of **Fit4Life** project. The survey is organized in three sections:

1. Physical activity 2. Eating habits 3. Information about students



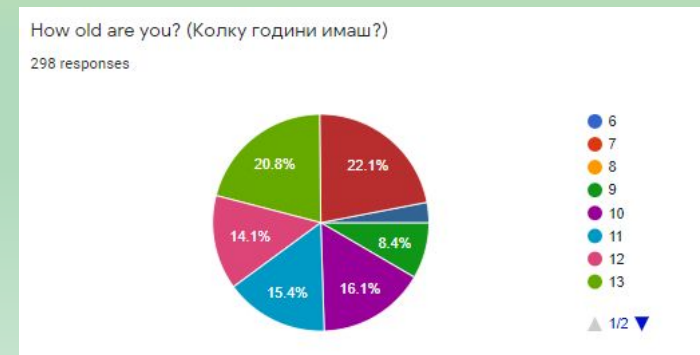
HOW AND WHO?

298 out of 400 students from higher grades (6th to 9th grade) have taken the survey. It has been equally distributed among boys and girls as shown in the pie chart below.



The student who took the survey are between the ages of 10 and 14 years old, as shown in this pie chart.

The survey was created in Google forms in English and Macedonian, and taken during the English classes. This enabled the teachers to discuss their students' everyday habits and help them identify the unhealthy habits which they should all try to get rid of. Both topics, Physical activity and Eating habits were covered in two consecutive classes.

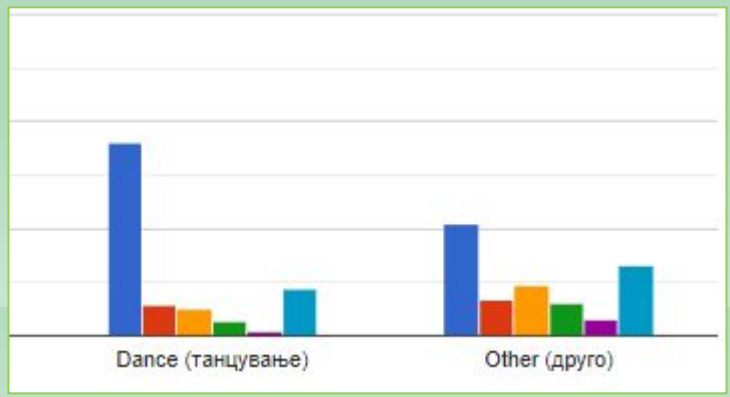
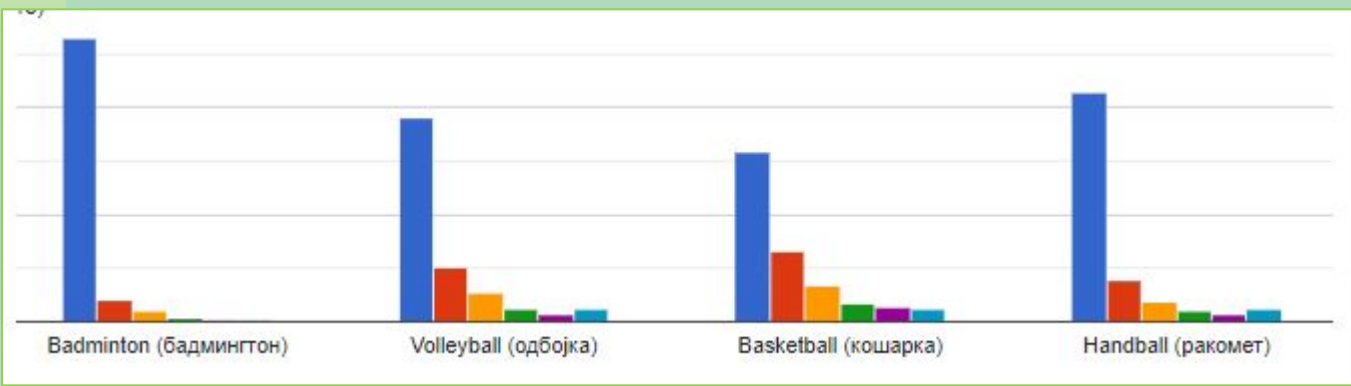
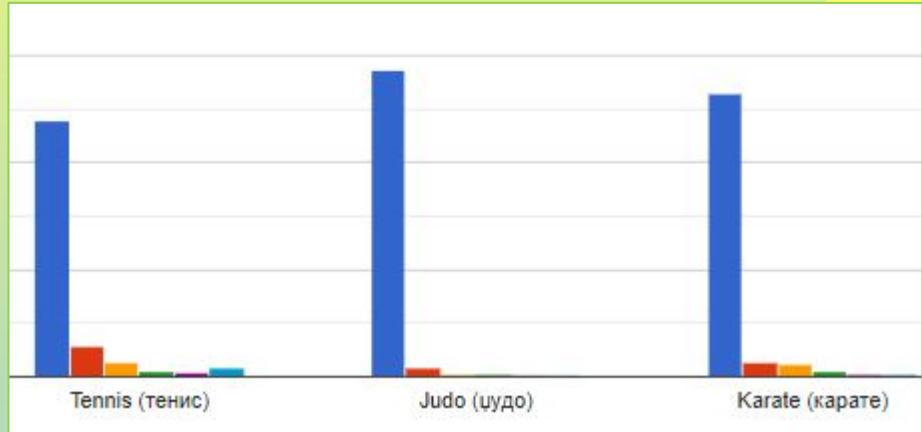
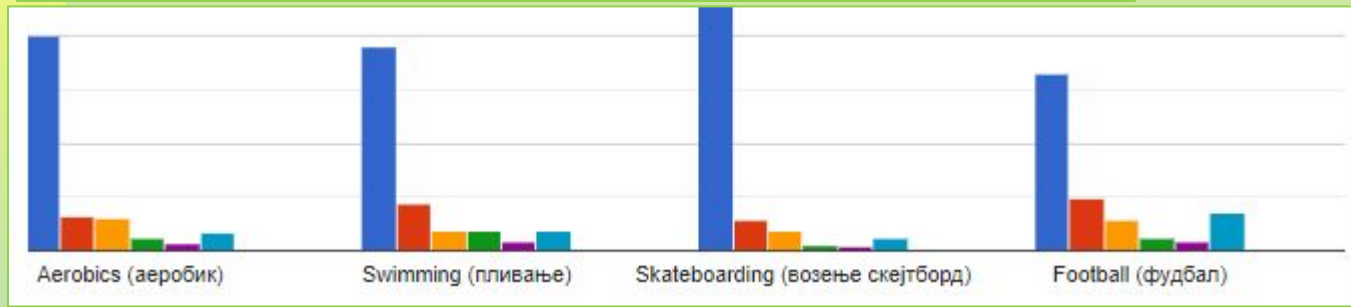
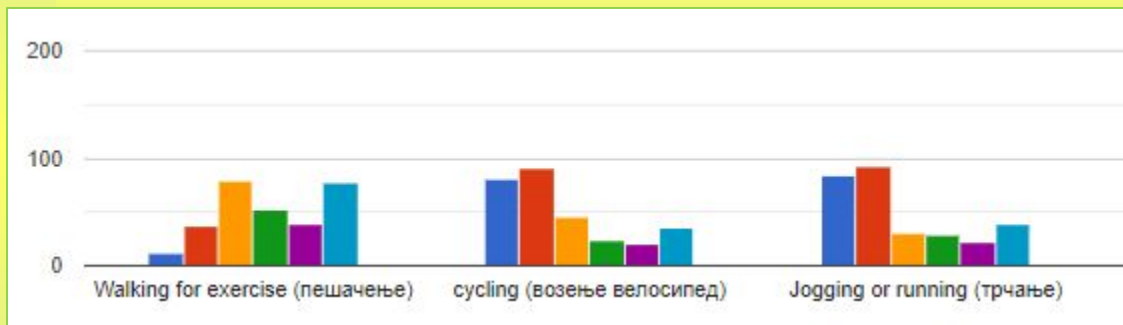
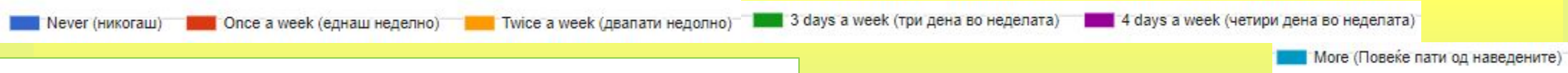


1. PHYSICAL ACTIVITY

- Questions about students' everyday habits and lifestyle.

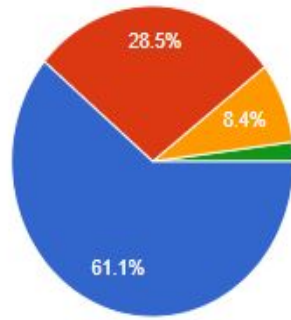


1.-How often do you do any of these physical activities? (Колку често ги правиш следниве физички активности?)



2. How much do you like your PE classes at school? (Колку ти се допаѓаат часовите по Физичко образование во училиште?)

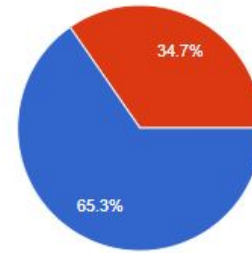
298 responses



- I like PE a lot (Многу ми се допаѓаат)
- I like PE a little bit (Малку ми се допаѓаат)
- I don't like PE very much (Не ми се допаѓаат многу)
- I don't like PE at all (Воопшто не ми се допаѓаат)

4. Is this enough? (Дали тоа е доволно?)

297 responses

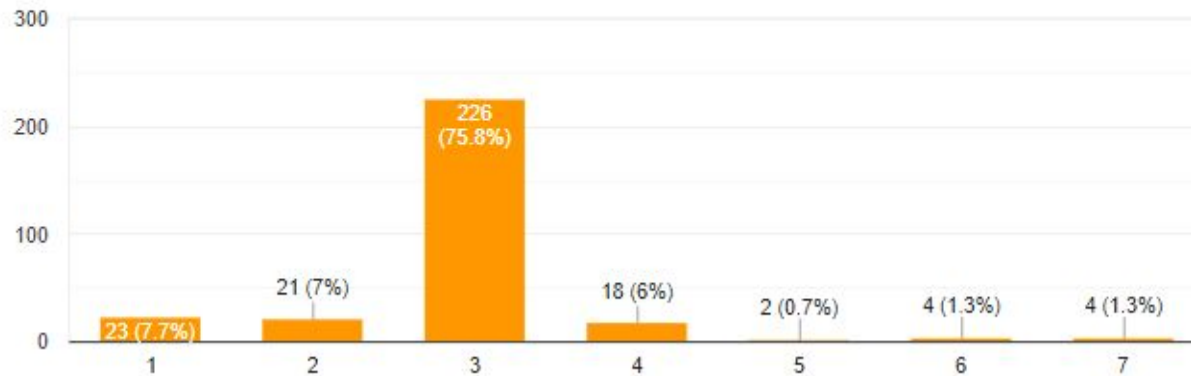


- YES (да)
- NO (не)

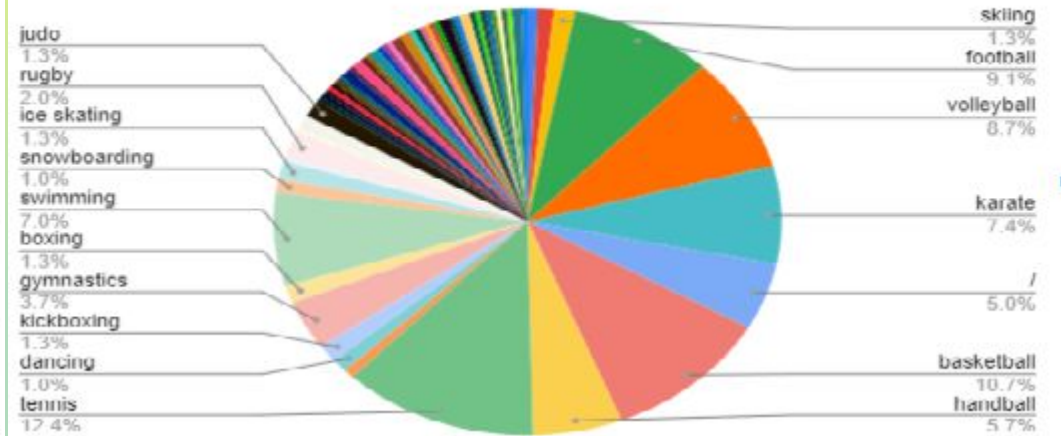
5. When asked which sport they would like to try they all had different preferences as shown in the pie chart below. Amongst the sports are: snowboarding, ice skating, gymnastics and rugby as sports that are not developed in our country.

3. How many hours of sport do you have in school per week? (Колку часа неделно имате Физичко образование во училиште?)

298 responses

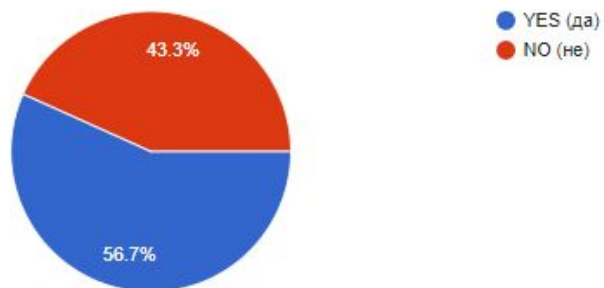


Count of 5. Which sport would you like to try? (Кoj спорт би сакал да пробаш да го вежбаш?)



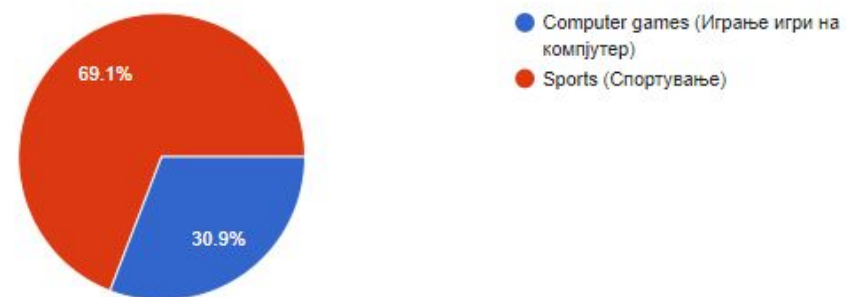
6. Is there a sports center near your home? (Дали има спортски центар во близина на твојот дом?)

298 responses



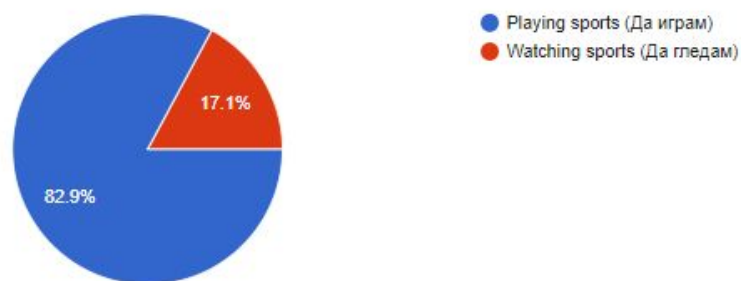
7. Playing sports or computer games? Which do you prefer? (Спортување или играње на компјутер? Што повеќе ти се допаѓа?)

298 responses



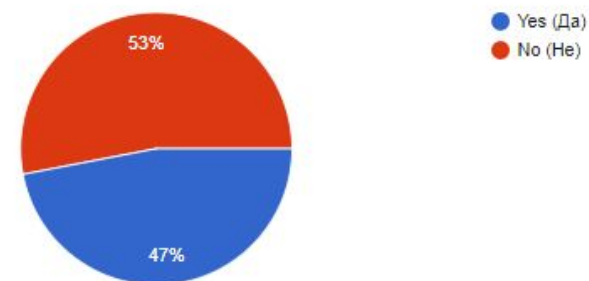
8. Do you prefer playing or watching sports? (Дали повеќе сакаш да играш или гледаш спорт на телевизија?)

298 responses



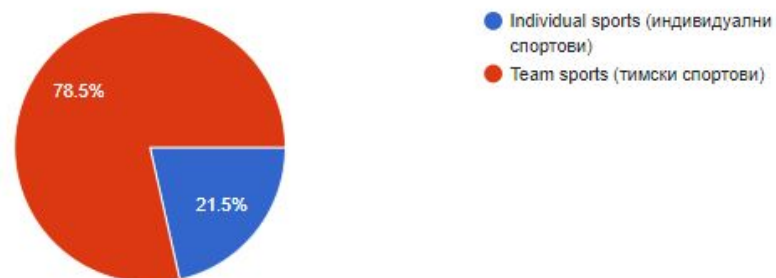
9. Have you ever won an award or a medal in a sports competition? (Дали на некој спортски натпревар си освоил награда/медал?)

298 responses



10. Do you prefer individual or team sports? (Дали повеќе ти се допаѓаат тимски или индивидуални спортови?)

298 responses



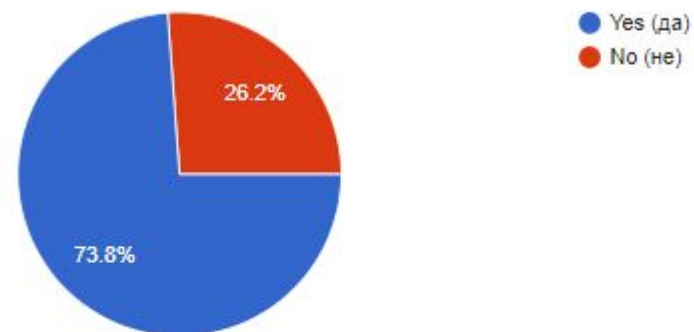
11. How do you usually go to school? (Коко обично патуваш до училиште?)

298 responses

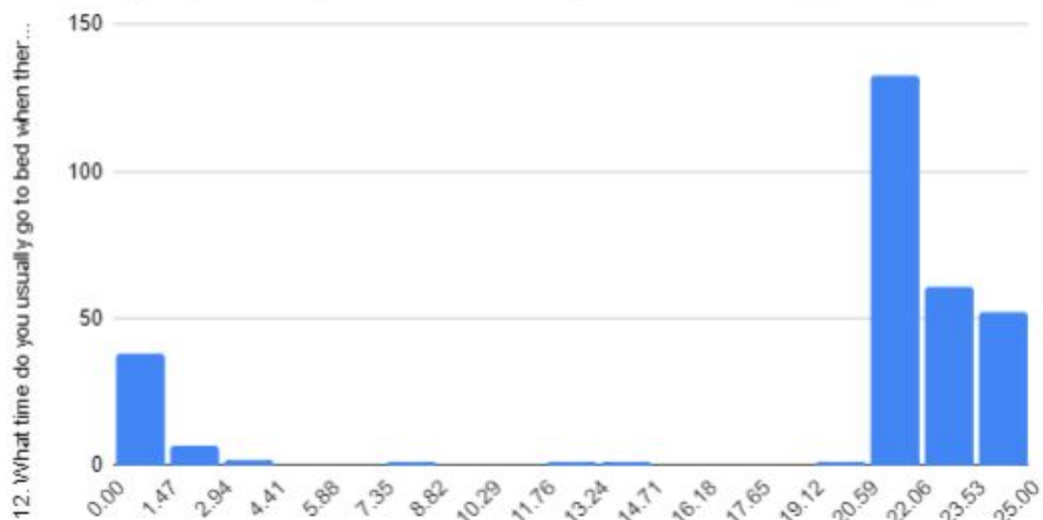


13. Do you stay late when there's no school the next day? (Дали остануваш до доцна навечер кога не си на училиште следниот ден?)

298 responses

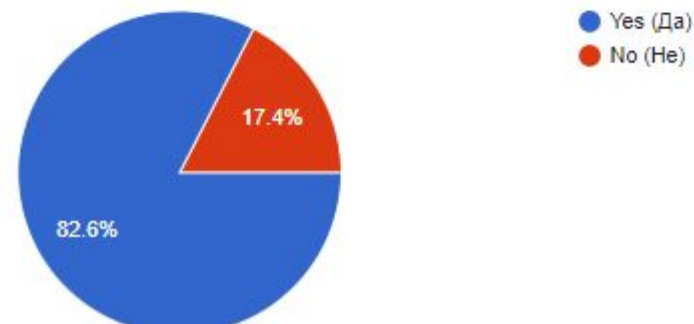


12. What time do you usually go to bed when there's school the next day? (Во колку часот си легнуваш кога следниот ден...)



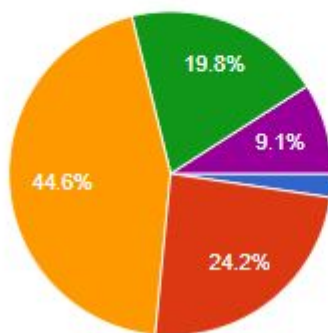
14. Do you make your bed every morning? (Дали си го раскреваш креветот секое утро?)

298 responses



15. How many hours per day do you usually spend watching TV shows or videos? (Колку часови на ден гледаш ТВ или видеа?)

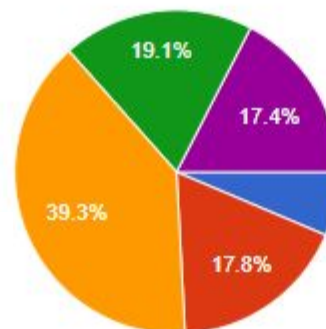
298 responses



- I don't watch TV or videos (Не гледам видеа)
- Less than 1 hour a day (Помалку од еден час)
- 1-2 hours a day (1-2 часа дневно)
- 3-4 hours a day (3-4 часа дневно)
- More (Повеќе од наведеното)

16. How many hours per day do you usually play video games or use the computer to surf the Internet? (Колку часа дневно играш игри на компјутер или пребаруваш на интернет?)

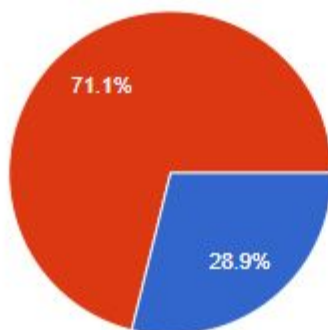
298 responses



- I don't play video games or use the computer (Јас не играм видео игри ниту употребувам компјутер)
- Less than 1 hour a day (Помалку од еден час дневно)
- 1-2 hours a day (1-2 часа дневно)
- 3-4 hours a day (3-4 часа дневно)
- More than 4 hours a day (Повеќе од 4 часа дневно)

17. Do your parents have rules about how much time you can watch TV? (Дали родителите ти имаат поставено ограничување на времето кое смееш да го поминеш пред ТВ?)

298 responses



- Yes (Да)
- No (Не)

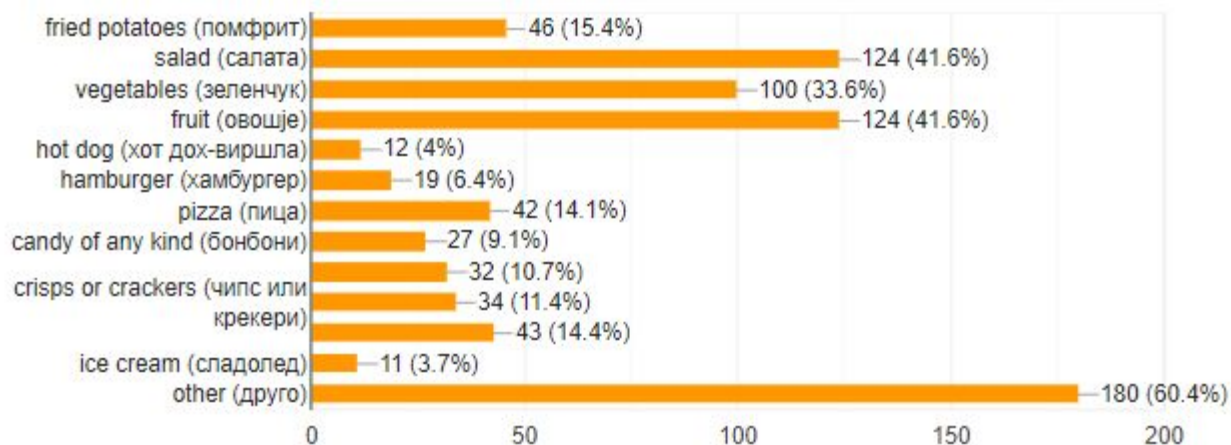
2.EATING HABITS

Questions about students' eating habits and food preferences.



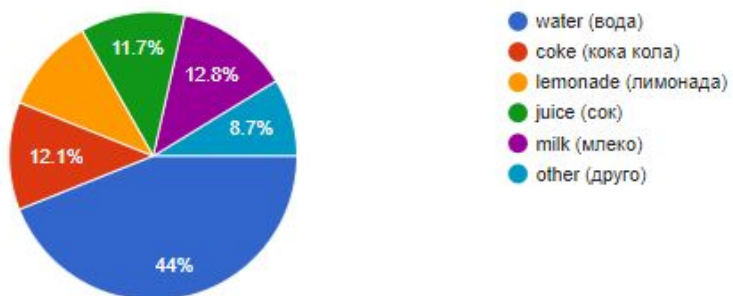
1. What did you eat yesterday? Select from the list (Што јадеше вчера? Избери од листата.)

298 responses



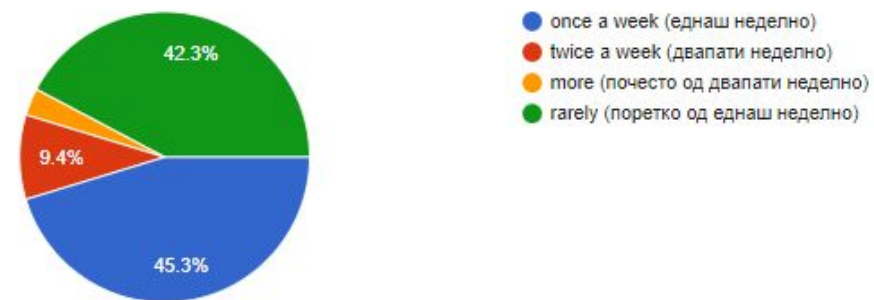
2. What is your favourite drink? (Што најмногу сакаш да пиеш?)

298 responses



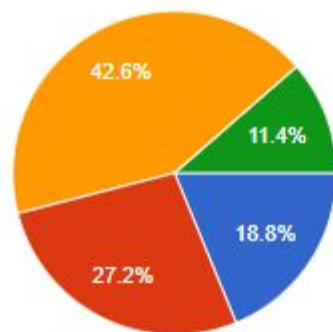
3. How often do you eat fish per week? (Колку пати неделно јадеш риба?)

298 responses



4. How often do you eat sweets? (Колку често јадеш слатки работи?)

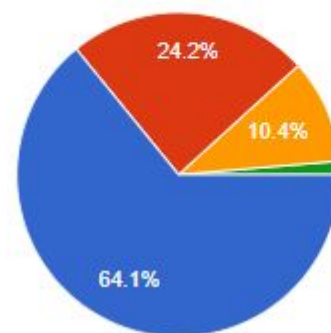
298 responses



- every day (секој ден)
- often (често)
- sometimes (понекогаш)
- I don't like sweets (не сакам слатки)

5. How often do you eat vegetables and fruit? (Колку често јадеш овошје и зеленчук?)

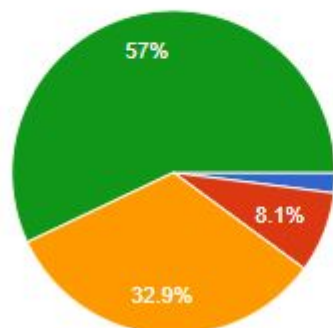
298 responses



- every day (секој ден)
- often (често)
- sometimes (понекогаш)
- I don't like vegetables and fruit (не сакам овошје и зеленчук)

6. How many glasses of water do you drink per day? (Колку чаши вода пиеш во еден ден?)

298 responses



- 1 glass (1 чаша)
- 1-2 glasses (1-2 чаши)
- 3-4 glasses (3-4 чаши)
- over 4 glasses (повеќе од 4 чаши)

3.THIS IS ME

- Questions about students' age, height and weight, as well as their personality and social life.



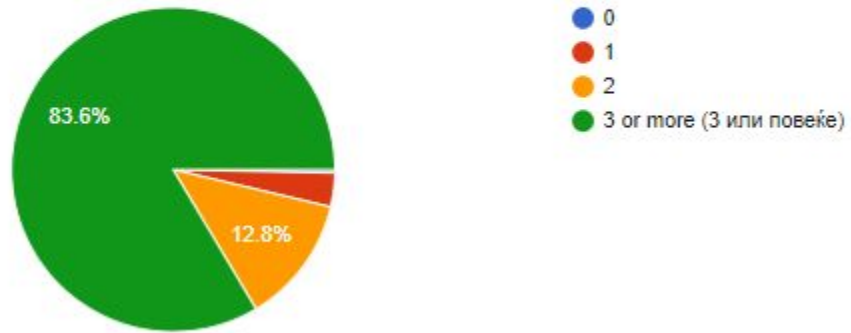
What three words describe you best? (e.g. smart, active, etc)(Кои три збора те опишуваат најдобро-на пр. добар, активен, паметен, вреден...)

Below are some of the most frequent answers given.

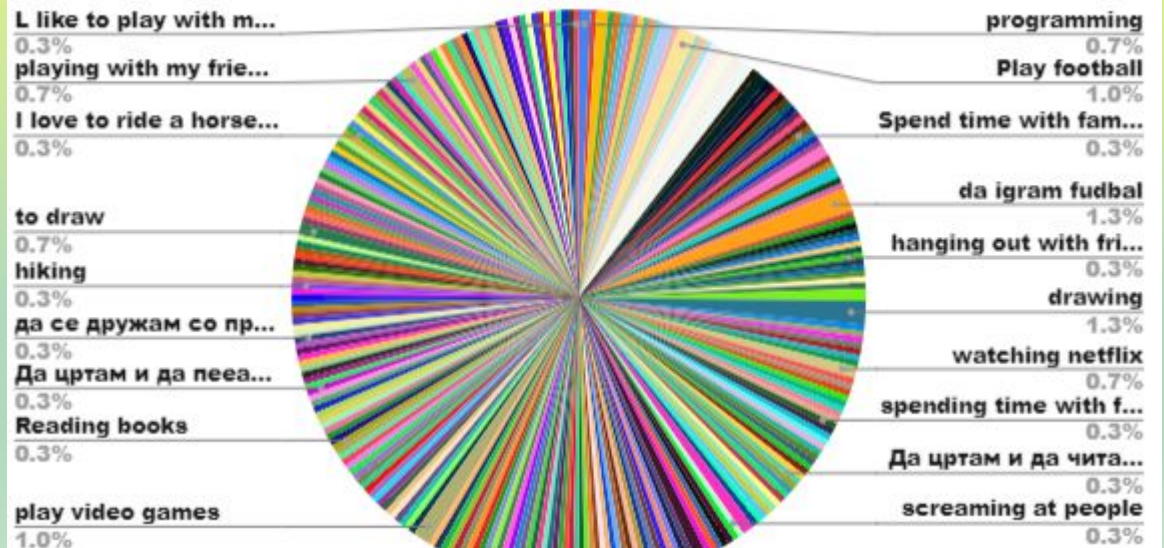
smart, active, healthy	shy, quiet, secretive	smart, brave, sensitive
smart, kind, bilingual	smart, friendly,	adventures, softhearted, ambitious
Sporty,nice,helpfull	sports,chocolate and video games	Athletic, goofy, smart
gamer, sporty, funny	kind,friendly,funny	sarcastic, active, sporty
Dumb,Active,Sometimes useful	activ , good , smart	smart,calm,passionate
tall, smart, lazy	fun, sarcastic, outgoing	active, creative, smart
Active, smart, hard worker	Hardworking, smart, kind or flamey	shy, kind and hardworking
Smart, friendly, kind	nice, smart, shy	friendly, active, happy
Intelligent	sports,fun,friendly	Smart, active,good
Smart,active and helpful	Smart, sociable, active	active, smart, creative
smart, witty, organized	active, funny, protective and smart	Active, smart, , kind
hardworking, good friend, smart	active,smart,healthy life	Organized, friendly, smart
Good and active	hard working, smart, nice	Intelligent, kind, friendly
smart, friendly, loyal	active, pessimistic, pretty	Gentle, friendly and shy
Friendly, honest and smart	funny, good person, friendly	smart, funny, productive
smart,funny,crazy	confident, hard working, ambitious	Athletic, smart and funny
friendly, kind, impatient	hard-working, active, kind	Hard working and confident
nice, sensitive, smart	perfectionist, active, sleepy	timid, brave, indecisive

2. How many close friends do you have? (Колку пријатели имаш)

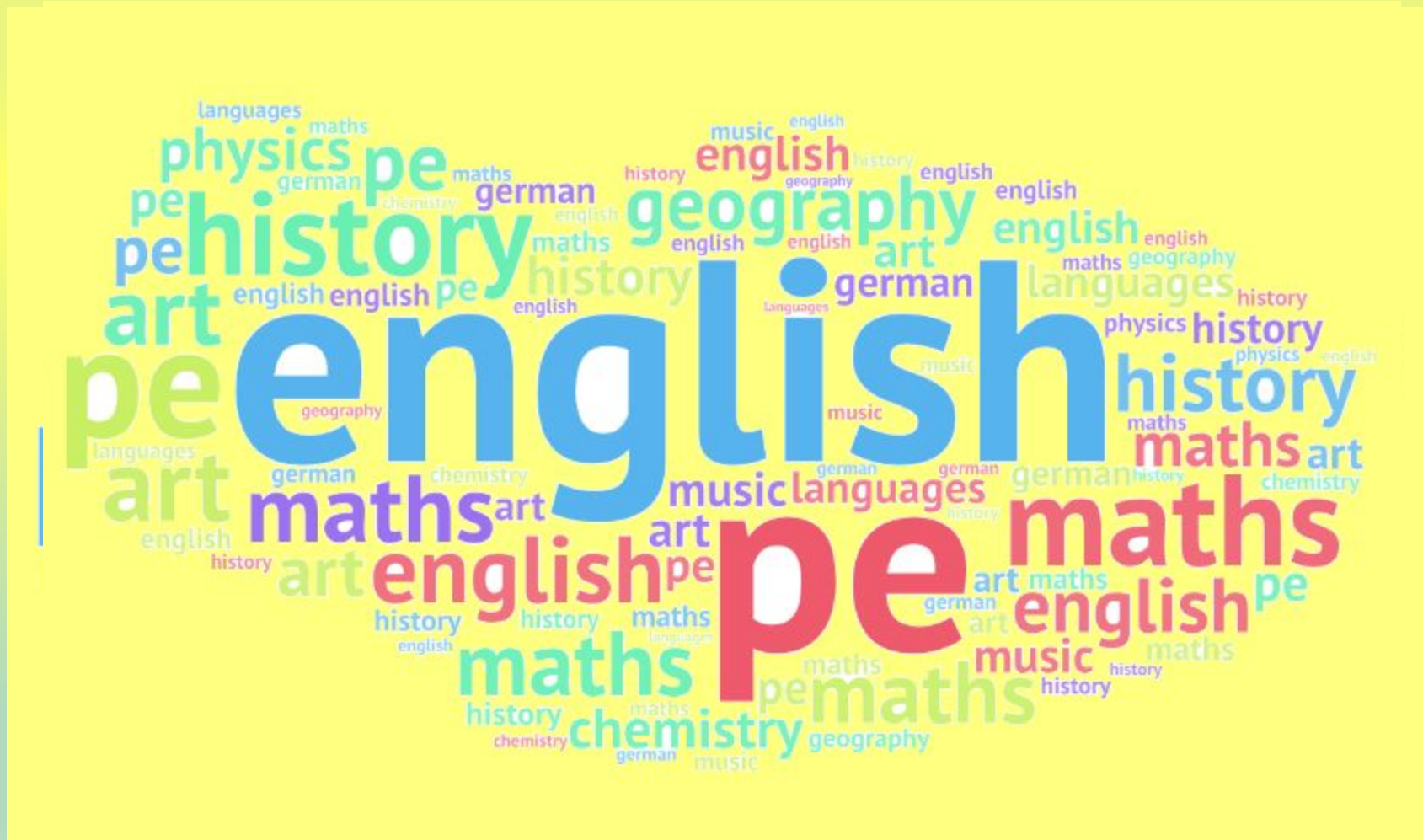
298 responses



What do you love doing the most? (Што најмногу сакаш да правиш?)



What is your favourite subject at school? (Кој ти е омилен предмет на училиште?)



What do you want to be in the future? (Што сакаш да бидеш кога ќе пораснеш?)

fashion designer	Doctor	programmer	A pharmacist	Doctor or teacher	scientist	
i want to be programmer	driver	Notary	lawyer	actor	model	
hairdresser	footballer	teacher	psychologist	lawyer	pharmacist	
makeup artist	doctor	vet	footballer	Handball player	ballet dancer	
astronaut	Famous football player	dentist	journalist	spaceman	Book writer	
doctor	Football player	a programmer or a female chef	a football player	doctor	pianist	
teacher	Graphic designer	doctor	Hairdresser for dogs	dancer	Detective	
doctor	programmer	vet	a therapist	Ballerina	Pilot	
astronomer	biorobotics engineer	programmer	doctor	Tennis player	I want to be a model.	
pilot	firefighter	footballer	actress singer	vet	Professional singer	
computer programmer	teacher	a rocker	I want to be a vet.	computer scientist	Sportsman	
policeman	footballer	engineer	doctor	To work in a bank	Nurse	
A vet or a professional swimmer.	programmer	sportsman	Lawyer	policeman	Pharmacist	
Doctor	dentist.	Civil engineer	doctor	doctor	youtuber	
Handball player	vet	therapist	SoccerPlayer	artist	Translator doctor	

CONCLUSION

- The survey has shown that at present most of the students lead sedentary life, playing computer games and watching YouTube videos, partially as a consequence of the Covid19 pandemic which not only closed the schools, but the sports centers, too. Although almost all of the students have a sports center nearby and are willing to try doing certain sport, they spend most of their time at home, in front of mobile phone or computer screens.
- Students have 3 classes of PE a week and they mostly like the subject.
- The eating habits of the students are healthy, with a daily intake of fruit and vegetables, as well as home cooked dishes. They understand the importance of water intake, although some of them prefer soda or coke to water. Most of the students have at least one sweet or fast food treat a day.
- The last section showed that most of the students have a healthy BMI. They do not lack self-confidence, nor social life, with about 84% having 3 or more close friends that they hang out with. Most of them have a certain ambition about their future career.

K229 Fit4Life Erasmus+ Project



THE END

Primary School "Kiril Pejcinovik"-Skopje,
North Macedonia