

DIET

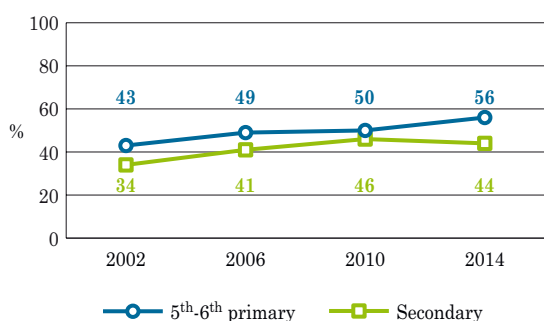
In FWB, 53% of young people ate fruit every day, 56% ate vegetable and 56% ate breakfast every morning. While the proportion of young people eating fruit and/or vegetable daily increased recently, the proportion of those eating breakfast on school days declined.

FRUIT AND VEGETABLE

It is essential to promote fruit and vegetable consumption from the earliest age. Indeed, eating fruit and vegetable during adolescence is associated with consuming them in adulthood. In adults, fruit and vegetable consumption plays a protective role against many chronic diseases (certain cancers, diabetes, cardiovascular diseases, etc.).

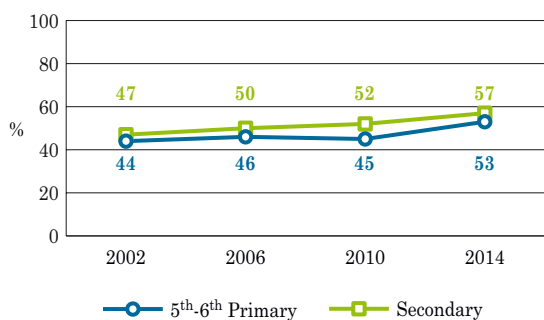
In 2014, 44% of students in secondary schools and 56% of pupils in 5th-6th years of primary school consumed fruit daily. After increasing between 2002 and 2010, the proportion of secondary school students consuming fruit every day stabilised at around 45% since 2010. Among pupils in 5th-6th year of primary school, it has increased since 2002. **1**

1 % of young people who consumed fruit daily, by survey year



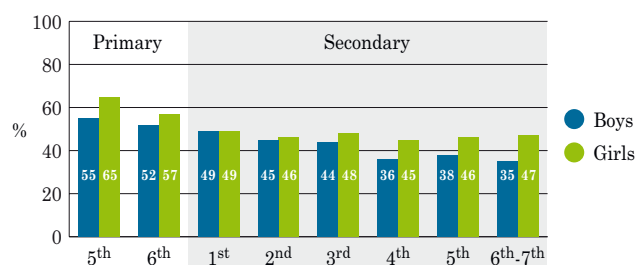
In 2014, 57% of secondary school students and 53% of pupils in 5th-6th years of primary school consumed vegetable daily. Stable between 2002 and 2010, these proportions increased in 2014. **2**

2 % of young people who consumed vegetable daily, by survey year



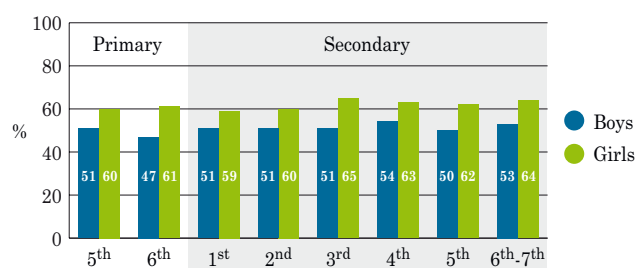
The proportions of adolescents consuming fruit daily did not differ by gender between the 6th year of primary school and the 3rd year of secondary school. Subsequently, they were higher among girls than boys. The proportions of young people eating fruit daily decreased between the 5th year of primary school and the 1st year of secondary school among girls, and between the 5th year of primary and the 4th year of secondary among boys. **3**

3 % of young people who consumed fruit daily by gender and academic level (n=13,961)



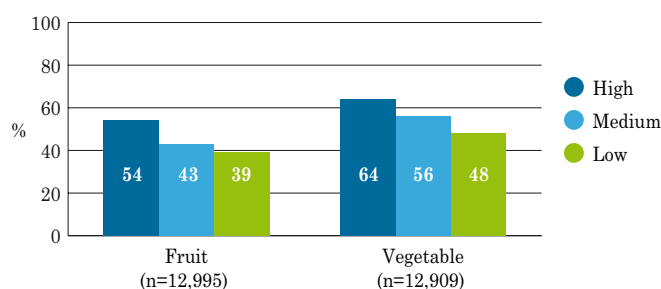
The proportions of young people eating vegetable daily were higher among girls than boys and they did not vary with the academic level. **4**

4 % of young people who consumed vegetable daily by gender and academic level (n=13,848)



The proportions of young people eating fruit and those eating vegetable daily increased with the family affluence level. **5**

5 % of young people who consumed fruit and/or vegetable daily, by family affluence level



Regardless of age, the proportions of boys consuming fruit daily in FWB were among the highest internationally. Thus, boys appeared in the top three positions across all countries taking part in the 2014 HBSC survey. That was also the case for girls aged 11. Among adolescent girls aged 13 and 15 years, these proportions remained higher than the global proportions across all countries taking part in the 2014 HBSC survey. **6**

6 % of young people who ate fruit daily, internationally and in FWB

	HBSC International			FWB	
	% min	% global	% max	%	Rank
Boys (11 years)	15	41	53	53	1/42
Boys (13 years)	10	34	53	46	3/42
Boys (15 years)	9	29	52	40	3/42
Girls (11 years)	14	47	62	61	2/42
Girls (13 years)	16	40	61	49	8/42
Girls (15 years)	13	37	65	46	6/42

The proportions of daily vegetable consumption were similar to the highest proportions internationally. Thus, young French-speaking Belgians were in the top three positions. **7**

7 % of young people who ate vegetable daily, internationally and in FWB

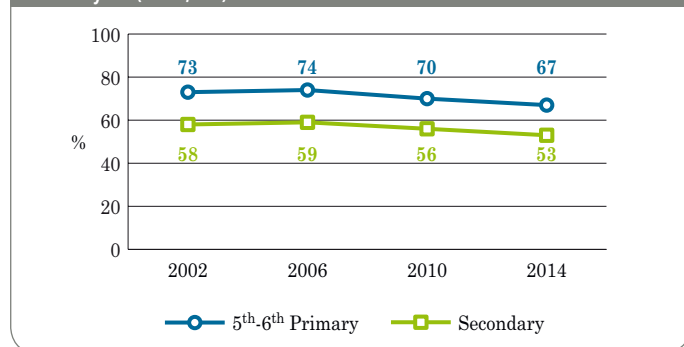
	HBSC International			FWB	
	% min	% global	% max	%	Rank
Boys (11 years)	23	35	52	49	3/42
Boys (13 years)	18	31	50	50	1/42
Boys (15 years)	15	30	53	53	1/42
Girls (11 years)	18	42	62	61	2/42
Girls (13 years)	22	38	60	60	1/42
Girls (15 years)	22	38	65	65	1/42

BREAKFAST

Eating breakfast daily is associated with other healthy behaviours, such as more frequent fruit, vegetable and milk consumptions, and less frequent soft-drink and chips consumptions. Breakfast could also improve the cognitive functions that are associated with memorising and paying attention in class.

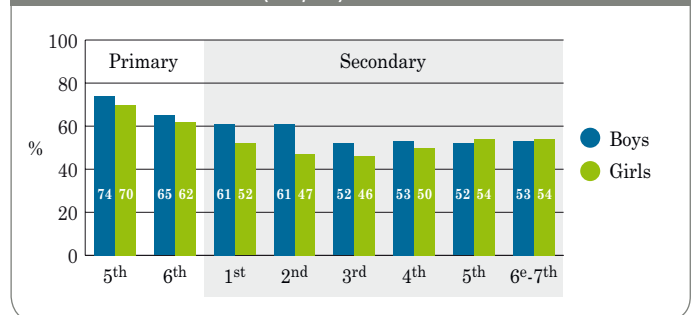
In 2014, 67% of pupils in 5th-6th years of primary school and 53% of students in secondary school ate breakfast every morning before going to school. These proportions have declined since 2006. **8**

8 % of young people who ate breakfast every school day, by survey year (n=13,040)



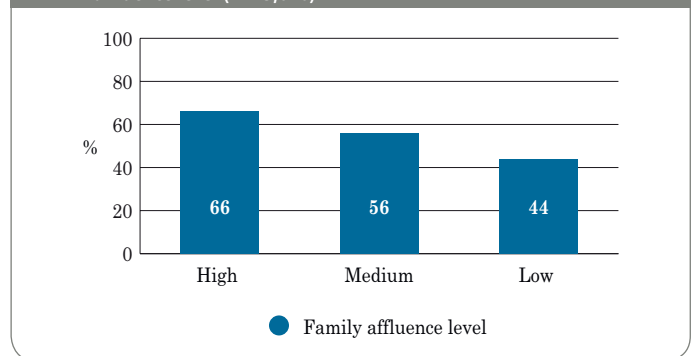
The proportions of young people who ate breakfast every school day were higher among boys than among girls only in 1st, 2nd and 3rd years of secondary school. They decreased between the 5th year of primary school and the 3rd year of secondary school. **9**

9 % of young people who ate breakfast every school day, by gender and academic level (n=3,848)



The proportions of young people eating breakfast every school day increased with family affluence level. **10**

10 % of young people who ate breakfast every school day, by family affluence level (n=13,040)



Regardless of gender and age, the proportions of young people who ate breakfast every morning before going to school in FWB, were close to the global proportions in 42 countries taking part in the 2014 HBSC survey. **11**

11 % of young people who ate breakfast every school day, internationally and in FWB

	HBSC International			FWB	
	% min	% global	% max	%	Rank
Boys (11 years)	46	72	92	73	16/42
Boys (13 years)	42	67	90	62	27/42
Boys (15 years)	40	62	86	59	22/42
Girls (11 years)	42	70	90	65	25/42
Girls (13 years)	39	58	84	53	24/42
Girls (15 years)	34	52	73	50	22/42



The full results of the HBSC Survey 2014 conducted in Federation Wallonia-Brussels will be the subject of a publication that will be available later. For further information, see the website sipes.ulb.ac.be

