2022

18%

38% 15% suffer from insomnia get drunk or have difficulty at least once falling asleep a month 45% have suffer from back pain psychological distress 16% 9% eat 5 portions of fruit drink alcohol and vegetables (min. 5 days a week) every day 15% 5% 20% have too high have high cholesterol have blood pressure levels diabetes 12% eat meat every day 24% 76% smoke are physically active 83% consulted a doctor in the course of a year 85% say they are 12% 36% in (very) suffer have a long-term good health from obesity health problem