

## **Risk Situations for Health in Children's and Young people of Douro Region (Portugal): A comparative study about addictive behaviours and sexual behaviour**

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### **Abstract:**

It is intended with this study to know and to characterize the habits of health of children and juvenile population (6-18 years) of the Douro region, relating to tobacco consumption, alcoholic drinking, illicit drugs and sexual behaviour. This is a descriptive and transversal study. The data was collected by a questionnaire self-conducted on line, drew to the effect and the anonymity guaranteed. To data treatment we turned to a statistical package (SPSS).

The sample was constituted by students of a school of basic teaching - School **A**, and for students of a professional school - School **B**, both placed in rural zone and in the area of the Douro. School **A**: School **A**: sex = 55.0%(22) feminine; 45.0%(18) masculine; average of ages:  $11.50 \pm 1.34$  years; School **B**: sex = 56.4%(31) feminine; 43.6%(24) masculine; average of ages:  $17.76 \pm 1.83$  years.

**RESULTS:** In *School A*: - 15% of the and 5,0% of the already consumed alcoholic drinks; - the medium age of initiation was  $10.5 \pm 1.60$  years; - in the last 30 days they consumed once a month, being wine the consumed drink; - 10,0% of the already consumed tobacco; - the medium age of initiation was  $13 \pm 1.15$  years; - in the last 30 days they smoked once a month; - they never consumed illicit drugs and they never had sexual relationships. In *School B*: 43,6% of the and 54,5% of the already consumed alcoholic drinks; - the medium age of initiation was  $14.54 \pm 1.41$  years; - in the last 30 days 38.9% consumed once a month, 22.2% once a weekend, 14.8% twice a month and 11.1% twice a week, and the most consumed drink was beer (67.3%), followed by white drinks (25.0%) and wine (7.7%); - 77,8% of the youths were already drunk; 30,9% of the and 40,0% of the already consumed tobacco; - - the medium age of initiation was  $14.54 \pm 1.60$  years; - in the last 30 days, 25.7% smoked everyday, 10.3% at the weekend, and 7.7% twice a month; - 14,5% of the and 12,7% of the already consumed illicit drugs; - the medium age of initiation was  $15.47 \pm 1.68$  years; - in the last 30 days, 42.9% consumed once a month, 14.3% twice a month and 7.1% at the weekend, being cannabis the consumed substance; 27,3% of the and 21,8% of the already had sexual relationships; 33.2% of the youth didn't use measures of protection in the sexual relationships.

### **CONCLUSIONS**

This study is the necessary starting point, so that a community intervention in terms of promotion/education for health can have success, and in order that the students can increase their literacy for health.