

SURVEY NO 1. REPORT

Project details	
Project	Erasmus+ KA2 (2022), "Plant based nutrition and sports. Is that a key for a sustainable future and well-being?"
Project No.	2021-2-LV01-KA210-SCH-000049347
Lead partner	Ventspils Vocational Technical School (Latvia)
Partners	Sports Institute of Barcelona (Spain)
	Alfa-college (Netherlands)
Survey details	
Survey topics	Nutrition, Sports, Well-being
Respondent count	1206 (Latvia - 423; Spain - 366; Netherlands - 416)
Surveying period	From September 20th until October 25th, 2022
Development of report	From November 9 th , 2022 until January 10th, 2023
Topics & Partners	
Nutrition	Ventspils Vocational Technical School (Latvia)
Sports	Institute of Barcelona (Spain)
Well-being	Alfa-college (Netherlands)
Conclusions	
1. Most of the students (around 80%) acknowledge that nutrition has an impact on their well-being and every day feeling. 2. Results on nutrition show lack of knowledge and even more concerning - lack of willingness to learn. 3. More than 60% of the students are open to changing their nutrition to a more sustainable, healthier and animal friendlier diet. 4. Students should be provided with more education on nutrition and how it affects themselves and everything around them.	

5. Students from Latvia admit they have the unhealthiest eating habits out of all three countries which directly correlates with Latvia being unhappier than partner countries. Latvia also shows that they are the least active, laziest and most unmotivated.
6. Overall, Dutch students show that they are the most educated on health's aspects and also are the most energetic, self-reliant and inquisitive.
7. Regarding the well-being topic of the survey, there is a positive correlation between wealth and overall happiness.
8. The level of respondents' perception of their physical condition is between moderate and very good, with very few people (less than 10% in each country) perceiving themselves to be in poor or very poor physical condition.
9. Main reasons for avoiding sports are lack of time and motivation, laziness and no partner to do sports with. This could be changed by again - education about health and also time-management and organizing group training with the aim of finding friends to do sports with.
10. Survey raised a lot of interest and made students reflect on their own personal health habits and how to improve their physical and mental condition by implementing better habits and choices in their nutrition, sports and well-being.

Attachments

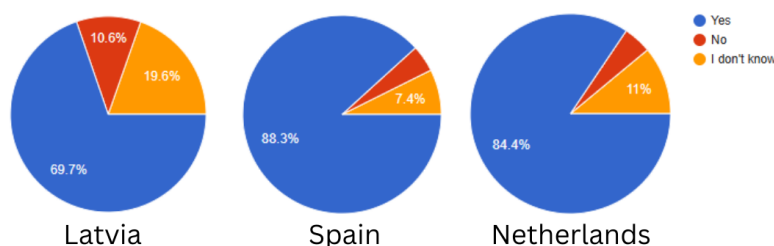
Attachment No.1	Pages 3 – 13	Ventspils Vocational Technical School report about Nutrition
Attachment No.2	Pages 14 – 23	Institute of Barcelona report about Sports
Attachment No.3	Pages 24 - 27	Alfa-college report about Well-being

Attachment No.1

Document type	Report
Organization	Ventspils Vocational Technical School (Latvia)
Survey topic:	Nutrition

1. Do you think your nutrition choices have an impact on your well-being?

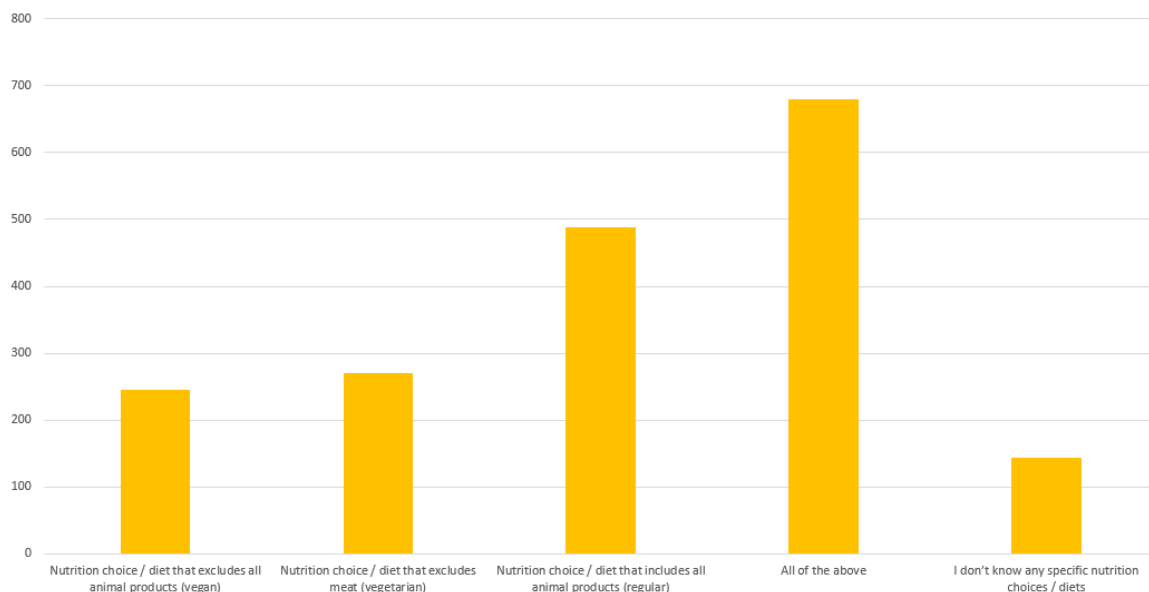
An increasing number of studies are revealing that diet and nutrition are critical not only for physiology and body composition, but also have significant effects on mood and mental well-being.¹ To start off the Nutrition segment of the survey, we asked school's students opinions about nutrition's impact on their day-to-day well-being. The results show that 80% of participating school's students think their nutrition leaves a mark on their well-being, 7% think there are no significant impacts and 13% of them are not certain and/or don't know about nutrition's impact on well-being.



As seen in the graphics above, students from Spain (88.3%) and Netherlands (84.4%) are more certain that nutrition affects their well-being. Results of the survey done in Latvia show a weaker result where 69.7% know that their nutrition makes an impact on their well-being. This may suggest that students of Ventspils Vocational Technical School might need more education on this subject since the option "I don't know" is frequently submitted (19.6%).

2. What type of nutrition choices / diets do you know?

As shown in the table below, total results show that the majority of the students (679) know all of the stated diets - regular, vegetarian and vegan. 245 responses state that they know about vegan diet, 270 responses for vegetarian, 488 for regular diet and 144 responses state that they don't know any of the specified diets.



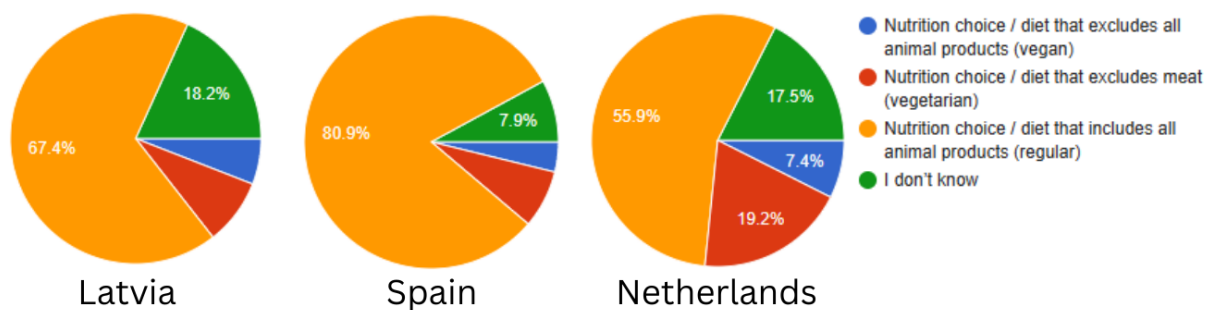
Individual results show similar results between all schools and submitted responses. This may mean that 'popularity' on these diets and coverage/exposure of the diet topic may be similar in Latvia, Netherlands and Spain.

3. How do you think which nutrition choice / diet is better for your health?

The gathered results of this question show that the majority of students (814 out of 1206 = 67.5%) considers a regular diet (all animal products included) to be the healthiest.

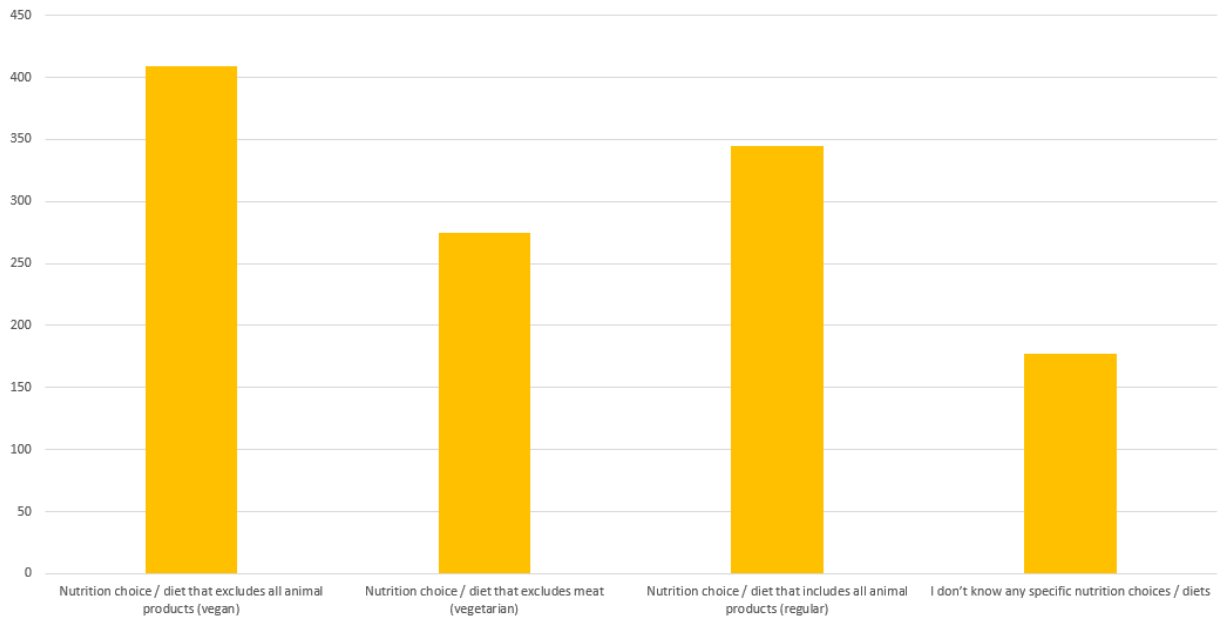
An outstanding outcome can be observed in results by Alfa-college (Netherlands) pupils. 19.2% of students believe that vegetarian choice is the healthiest option, 7.4% percent went for the vegan option, both of these diets combined make up for 26.6% as plant based diets. On the other hand Sports institute of Barcelona results show that the overwhelming majority (80,9%) considers a regular diet as the healthiest diet.

Alfa-college and also Ventspils Vocational Technical School shows a large percentage for the 'I don't know' option, which means that there is high uncertainty and more education may provide clearer responses/results.



4. How do you think which nutrition choice / diet is better for the environment?

According to this article “one-third of the global greenhouse gas emission caused by human activities (carbon footprint) is associated with food systems. Animal-based foods are responsible for double the emissions of plant-based foods.” that in some parts aligns also with students’⁵ opinions who state that vegan diet is the most friendly nutrition choice for the environment (this option takes the leading position with 409 responses from 1206), which is followed by the regular diet option with 345 responses. Vegetarian diet comes in last with a combined result of 177 responses.

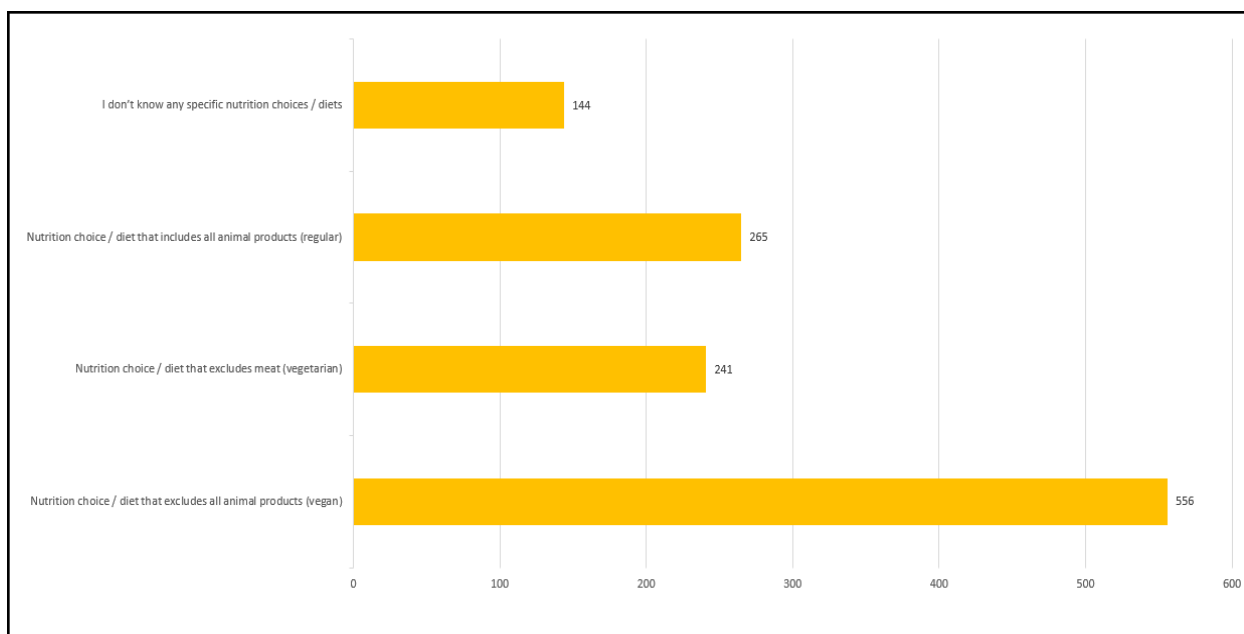


Individual responses from each school show similar results with only slight deviation between participating students across all schools.

5. How do you think which nutrition choice / diet is better for animal well-being?

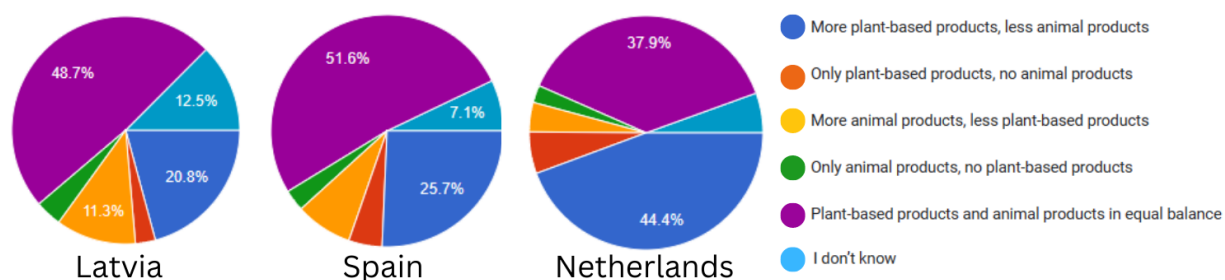
Regarding nutrition’s impact on animal well-being, as seen in the chart below, it is a clear and positive outcome that vegan diet is the number one option (556) out of all 1206 responses. Interesting to observe that a regular diet that includes all animal products has more submissions (265) than vegetarian diet (241).

In addition, 144 students (12%) do not know or are uncertain about the answer, which means that taking these 2 aspects into account, more education is needed about the nutrition's exact impact on animal well-being.



6. What do you think is a healthy nutrition choice / diet?

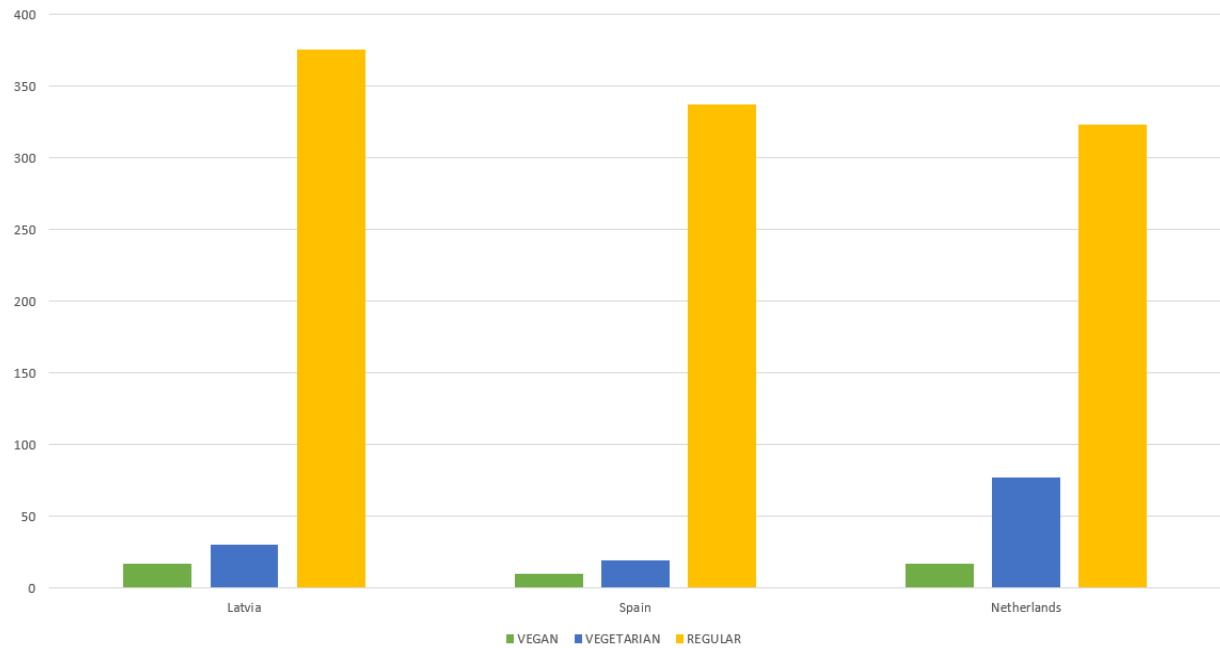
According to this article plant-based options are considered prerequisite for a healthy diet, “adequate consumption of fruit, vegetables, legumes, nuts, and whole grains is considered a key element of a healthy diet”², while other report highlines the health risks that are associated with animal product consumption “The consumption of animal products exposes humans to saturated fat, cholesterol, lactose, estrogens, and pathogenic microorganisms, while displacing fiber, complex carbohydrates, antioxidants, and other components needed for health.”³ Regarding student personal opinions on health, the majority of students believe that a diet with equal balance of animal and plant-based products is the healthiest option, however it is positive that a ‘More plant-based products, less animal products’ comes in second as it aligns with Stanford University article that states “focusing on whole foods from plant sources can reduce body weight, blood pressure and risk of heart disease, cancer and diabetes — and it can make your environmental impact more sustainable.”⁴ All students agree that the only animal product diet is the unhealthiest.



As shown in the pie chart above, the results differ a lot, mainly by the Netherlands - 44.4% in ‘More plant-based products, less animal products’. Alfa-college is also the only partner with a different leading result which is ‘More plant-based products, less animal products’.

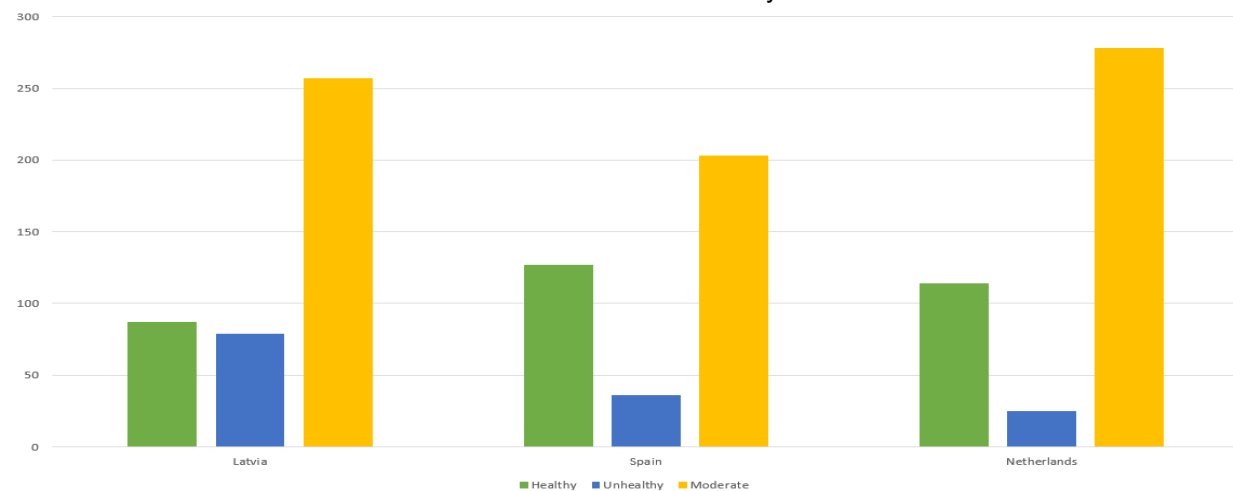
7. What type of nutrition choice / diet do you choose daily?

To address the daily choice of diet in students' lives, it is clear that the vast majority of students choose a regular diet. As shown in the chart below, individual results do not differ much which means that the collective results have the same tendency with the regular diet taking the first place, vegetarian diet comes in second and vegan choice is the least picked option. The outstanding aspect is the increase in vegetarian option picked by Netherlands (77) students compared to Latvia (30) and Spain (17).



8. How do you describe your daily nutrition choice / diet?

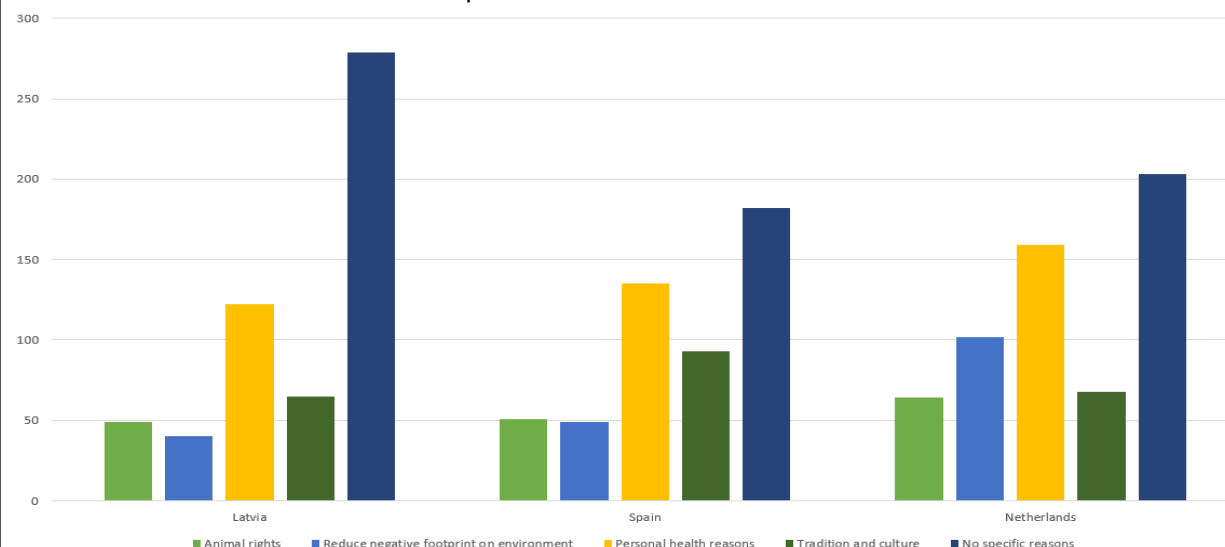
Results show a similar trend between all schools. Majority of all students believe their diet is moderate, which is followed by healthy nutrition, with unhealthy diet coming in last. The responses of this question lead to a conclusion that there is a room for transitioning (with knowledge) those students who believe that their nutrition choice is moderate and/or unhealthy to more healthier diet choices.



As seen in the graph above, students from Latvia have the highest result in unhealthy diet. This may mean that more education is required on this aspect. There is also a correlation between this question and question 6 - where students from Latvia showed a high percentage in uncertainty and low percentage in plant-based or more plant-based diets. There is a difference between Latvia and partners, where Spain and Netherlands students believe that their nutrition is healthier. In addition, these results are based purely on students' opinions and therefore do not mean that their nutrition in fact might be healthy, unhealthy or moderate.

9. Why have you chosen this type of nutrition choice / diet?

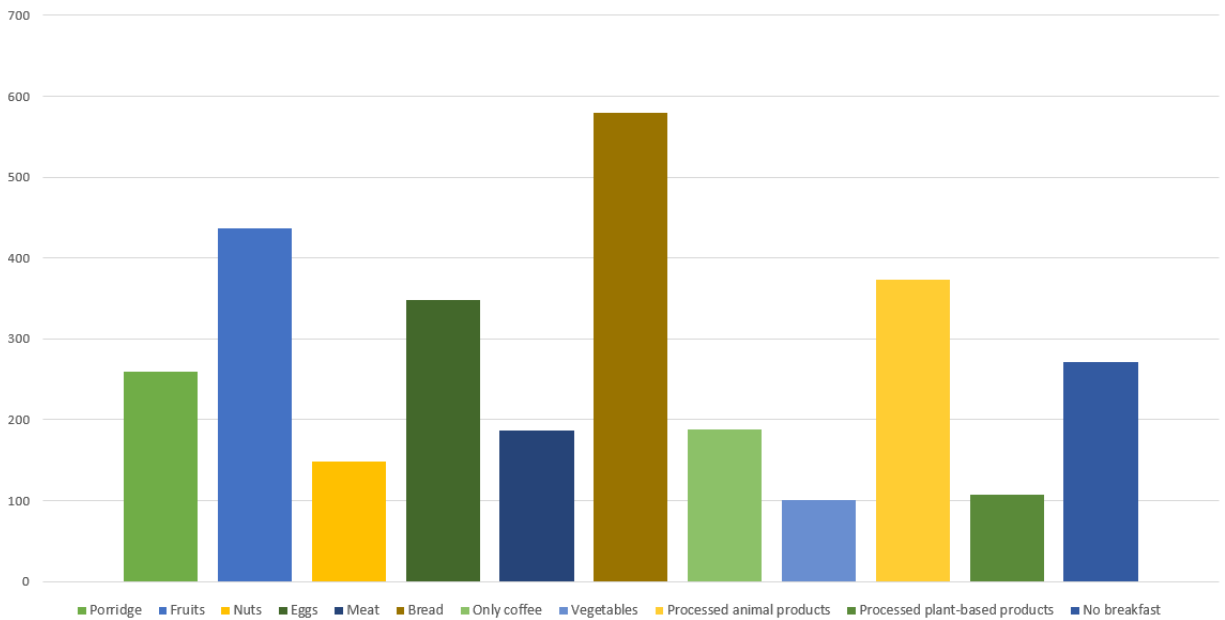
Majority of students from all 3 countries show that there is no specific reasoning behind their diet choices. There is also no difference in personal health reasons as the second most common answer.



Major difference is between the Netherlands and partner countries in the 'Reduce negative footprint on environment' option. Netherlands students are the only ones that have it in number 3 and also show a higher compassion for animal rights and show a better reasoning behind their choices. Spain relies on culture the most amongst other two countries.

10. What do you usually eat for breakfast?

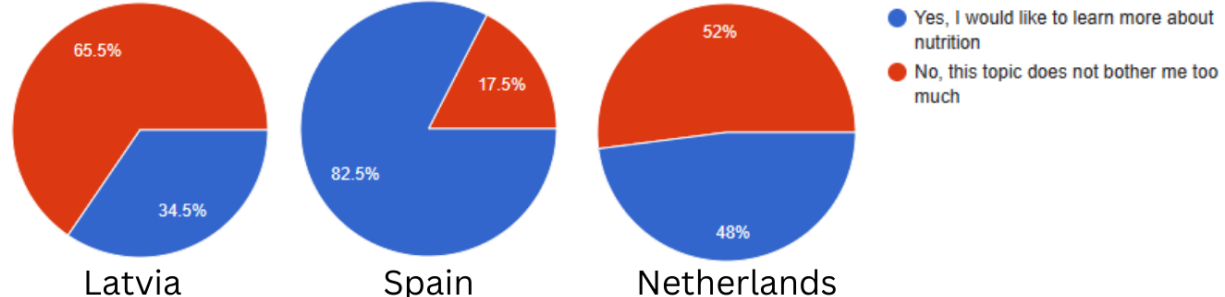
Responses on this question vary, however, as seen in the chart below, bread, fruits, processed animal products and eggs are the leading responses and are a part of classic long-lasting breakfast. A positive aspect is the high frequency of picking fruit for breakfast, however the 'No breakfast' option is disappointingly high too.



Sports Institute of Barcelona only a small portion (48 out of 366) didn't eat breakfast and also the most picked choice for breakfast was fruit. The knowledge of breakfast importance and picking fruit as breakfast might be because students study at sports school and know the basics of nutrition more than others. Fruit for breakfast may be also due to warmer climate and more accessibility to fruit than Netherlands and Latvia.

11. Would you like to educate yourself about nutrition?

Below are three pie charts that resemble responses to this question. The answers are disappointing since the students are young people and one of their priorities at any age should be their nutrition since it is the basis of your well-being, day to day life and so on. The exemption is Spanish students who are eager to learn more about nutrition, this may be due to attending a Sports Institute since sports goes hand in hand with nutrition. Latvia and Netherlands should be reminded and educated how important it is to know the basics of nutrition and daily implementation of them.

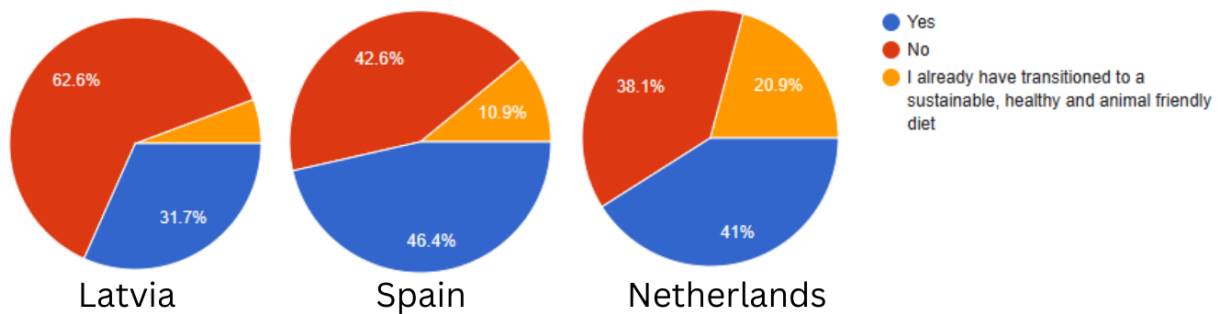


Students of Latvia respond that they do not want to learn more about nutrition yet admit through the results that they have the unhealthiest eating habits out of all 3 countries and often/always don't have breakfast.

12. Have you ever considered changing your nutrition choice / diet to a sustainable, healthy and friendly to the animals?

Regarding student consideration ever making the switch to a diet which is sustainable, healthy and

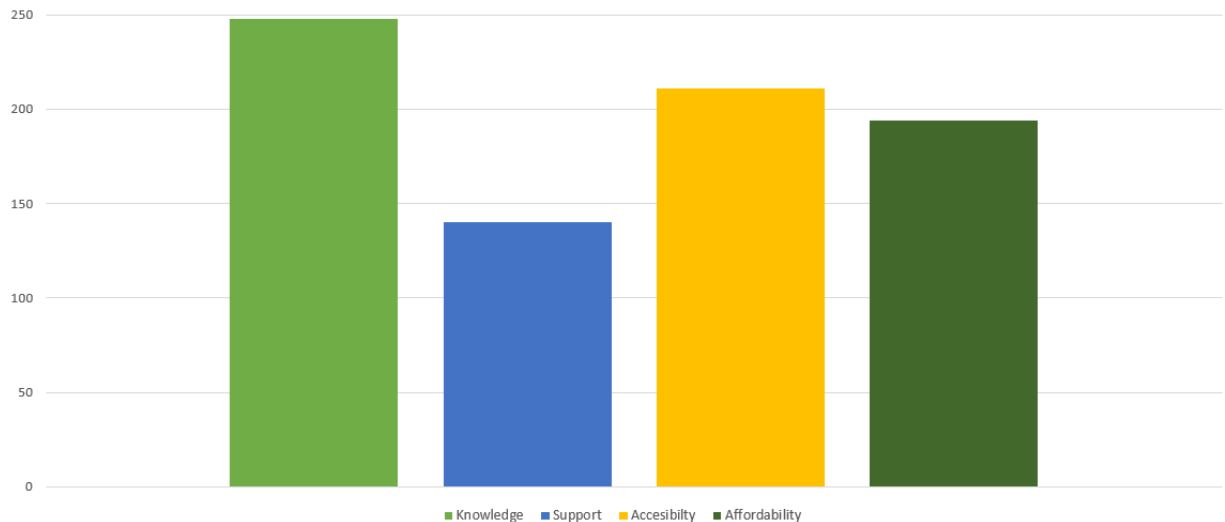
animal friendly, the answers are very different between the partnering institutions, but the general outline is that there is a lack of interest in even considering switching to a diet that could cause positive effects on their own, animals and planets well-being.



Spain and Netherlands show a more positive result compared to Latvia. Responses submitted by Latvia show the same nonsensical trend like before - low interest in personal health and well-being which lead to the disappointing results.

13. What could be the reasons (motivation) for you to change your nutrition to a more sustainable, healthier and friendlier to the animals?

Total results show that the main motivation to transition to a plant-based diet would be more knowledge about nutrition, which is followed by accessibility and affordability of plant-based products. Support from friends, family and the surrounding society comes in last, but is still relevant.



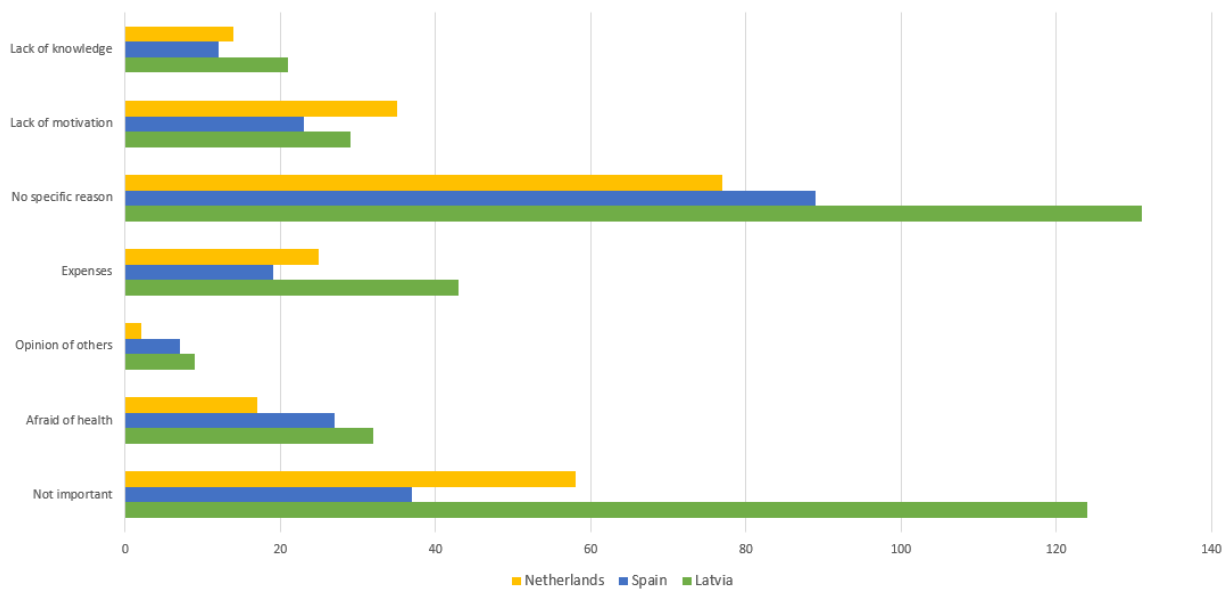
The responses of this question have some negative and impolite answers, but there are more positive answers than the negative such as students being already transitioned to a plant-based diet, living sustainably and caring about animal rights/well-being and leaving a positive footprint on the environment.

Again, it comes down to the educating aspect since the students themselves admit that the number 1 reason to make the switch is the missing knowledge.

14. Why you wouldn't consider changing your nutrition?

The summary of results show that it's very common to not have any specific reasons behind not changing nutrition. This may mean that the students haven't even thought about it but may do it after

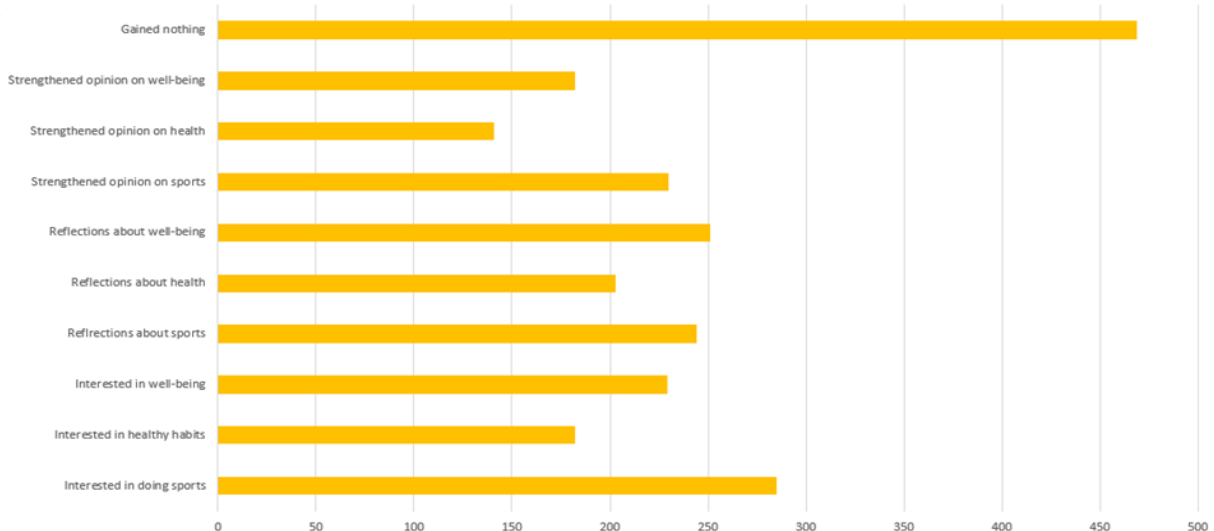
completing the survey. Opinion of others has the lowest rating amongst all students.



Regarding the previous questions, Latvia again shows a similar trend with poor knowledge about nutrition, thinking that the switch is not important.

15. What are your take-aways after completing this survey?

Regarding the last question of the entire survey which covers all three topics - nutrition, sports and well-being, the majority of all students claimed that they gained nothing which may be partly explained with a reason that most of the students have not been involved with project activities that raised awareness about these topics. However, by the data we can still say that the survey raised a lot of interest and made students reflect on their own personal health habits and how to improve their physical and mental condition by implementing better habits and choices in their nutrition, sports and

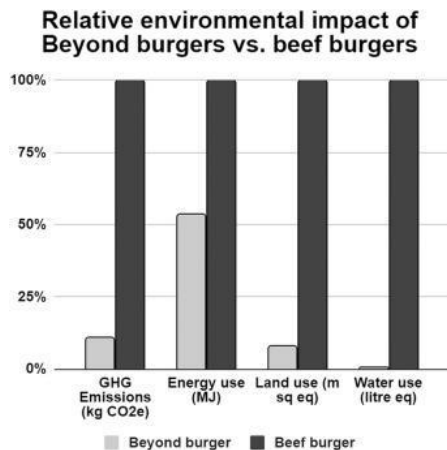


Summary and conclusions

On one hand, results show some very positive indicators, for example, that most of the students

(around 80%) acknowledge that nutrition has an impact on their well-being and every day feeling, while only a little of 5% thinks that nutrition is not associated with how they feel. This gives opportunity and open space for education as scientific knowledge is a key factor of making any choices in life⁶, including diet and nutrition choices.

Results of the data related to nutrition choice impact on environment show that ½ of the students are also well aware of the reality in context of environment and sustainability as they state that diets that exclude animal products are better for the environment rather than ones that include animal products. This opinion is supported by scientific data show



This data from [Heller and Keoleian's \(2018\)](#) analysis of Beyond meat (made from plants) compared to conventional beef burger (made from animal) shows the huge difference between the environmental impact of plant-based products and the impact of animal products, but such magnitudes of disparity are typical across other similar analyses (see [Section 5](#)). As shown, the environmental impact of plant-based alternatives relative to their animal-based counterparts is close to zero. That is to say, even if whole plant foods had no environmental impact whatsoever (which is not the case), their benefits over plant-based alternatives relative to animal products would be minimal.⁷ Another study supports it and even goes far beyond “Beyond burger case” findings stating that “plant-based burgers are associated with up to 98% less greenhouse gas emissions compared to beef (animal) burger.”⁹

There is a gap between scientific information about nutrition suggestions that the implementation of healthy plant based diets over diets that include animal products are the healthiest choice⁹, and students' comprehension that a regular diet (includes animal products) is the healthiest option. This can be explained by a lack of knowledge, as well as by an ambiguous attitude among the public and nutrition professionals which despite the fact that the latest scientific data increasingly shows the beneficial health effects of a plant-based diet and the correlation of animal products with serious health problems⁷, is still controversial⁸ as various nutritional advisors may have completely different opinions.

On the other hand, results still show also a lack of knowledge in most of the topics for an essential part of young people and what is more concerning a lack of willingness to learn anything.

For example, students were asked if they would like to educate themselves about nutrition, to which around 40% of all students did not show interest in the topic. But here it is important to highlight the differences between organizations - in Latvia 65,5%, in Netherlands 52% and in Spain 17% are not interested in this topic.

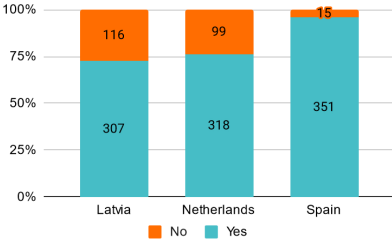
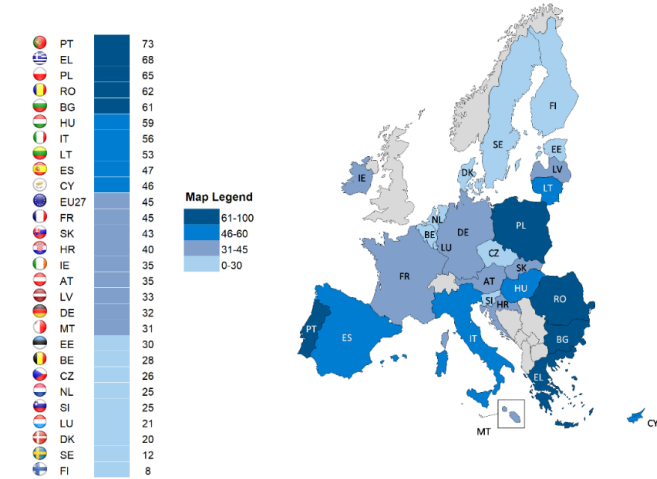
But there is a bright side of this when students answered about their willingness to change their nutrition - more than 60% are open to change if some circumstances (knowledge, support from others, accessibility, affordability) that are important to them are included in the context.

The major finding after analyzing the results of the nutrition part of the survey is that students should be receiving more education about nutrition and how it affects not only the daily life of us - humans, but also animals and everything around us - the environment. This could be done not only in the classroom by traditional teaching methods but also by various activities or events that would spark the student interest in all three personal health aspects - nutrition, sports and well-being.

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Document type	Survey report
Organization	Sports Institute of Barcelona (Spain)
Covered survey topic	Sports
1. Do you do any sport? We asked pupils in three schools in different European countries about their participation or non-participation in sport and physical activities, and here are the results of the first question. • Yes: 80,9% (overall); Latvia 72,5% (307); Netherlands 76,3% (318); Spain 95,9% (351). • No: 19,1% (overall); Latvia 27,5% (116); Netherlands 23,7% (99); Spain 4,1% (15). In relation to people who practice sport, the data obtained by country is consistent with the obtained in the Eurobarometer on sport, as can be seen in the attached image below. In this report, they also point out that Europeans who continued education up to the age of 20 or beyond (42%) are much more likely than those who left school at age 15 or earlier (13%) to exercise or play sport with some regularity. QB1R How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, running in the park. (% - Never)  Map Legend  Base: All Respondents (N=26,578) In the case of the Netherlands and Spain, we can easily link the results obtained in this question with the fact that they are people who are studying a degree linked to sport and, consequently, that they are likely to maintain an active lifestyle by practicing some kind of physical activity or sport.	

2. Approximately how many hours a week do you do sports? (Including sports' classes in school)

	Less than 7h		7-11h		12-14h		More than 14h	
Latvia (LV)	140	45.8%	105	34.3%	39	12.7%	22	7.2%
Netherlands (NL)	179	56.3%	102	32.1%	23	7.2%	14	4.4%
Spain (ES)	53	15.1%	104	29.6%	88	25.1%	106	30.2%

Among the people who do practice sport, in relation to the number of hours they dedicate to this practice, the answers show a great variety, with similar trends among students from Latvia and the Netherlands.

A higher percentage of people who spend less than 7 hours doing sport can therefore be observed, while among students in Spain there is a more homogeneous distribution between the different options. It is worth highlighting the high percentage of people who practice sport intensively, accounting for almost a third of the Spanish students surveyed.

In order to analyse these results, it would be interesting to be able to differentiate how many teaching hours are allocated to each country in order to know how many hours students spend autonomously in their free time to do physical activity.

3. At what age did you start doing sport activities?

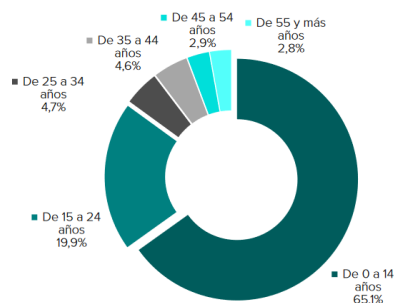
In relation to the age in which they start practicing physical activity, we can see that the trend in all countries is similar, with most of those surveyed starting at an early age and that this sporting initiation progressively decreases with age.

	Between 3-5 years		Between 6-8 years		Between 9-11 years		Between 12-14 years		Between 15-17 years		From 18 years old or older	
LV	59	19,2%	109	35,5%	59	19,2%	32	10,4%	43	14%	5	1,6%
NL	126	39,6%	119	37,4%	34	10,7%	12	3,8%	13	4,1%	14	4,4%
ES	178	50,7%	109	31,1%	24	6,8%	18	5,1%	17	4,3%	7	2%

We can link this fact to the cultural and social importance of sport for the acquisition of healthy habits, which, if it occurs at an early age, can lead to a more active lifestyle over time due to its benefits.

This statement can be supported by the results obtained in the survey on sporting habits in Spain in 2020, shown in the attached graph. The survey provides indicators relating to the age at which sport is first practiced, which show that 65.1% of the population that practices sport began this activity before the age of 15.

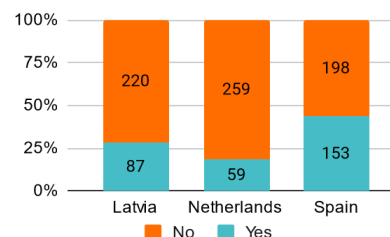
Gráfico 22. Personas que practican deporte según la edad en la que se comenzó esta práctica. 2020
(En porcentaje de la población que practicó deporte en el último año)



The gender factor is also a determining factor, with a lower percentage of women taking up sport.

4. Do you follow any type of diet related to your sport activities?

	Yes		No	
Latvia	87	28,3%	220	71,7%
Netherlands	59	18,6%	259	81,4%
Spain	153	43,6%	198	56,4%



The main trend is that respondents do not follow any diet linked to their sports practice, although in the results for Spain this difference is not so widely marked.

It would be interesting to see if there is a direct relationship between respondents who practice sport more intensively or with a focus on performance and those who have some kind of diet associated with it.

There is a close relationship with optimal performance and the acquisition of specific nutritional guidelines to address athlete-specific issues based on health, nutrient requirements, performance goals, physical characteristics, practical challenges and dietary preferences (Travis et al., 2016).

5. What kind of sport do you practice?

	Individual		Collective		Adversary		Outdoor		Gym		A mix of various	
LV	47	15,3%	52	16,9%	13	4,2%	34	11,1%	81	26,4%	80	26,1%
NL	54	17%	29	9,1%	13	4,1%	33	10,4%	63	19,8%	126	39,6%
ES	50	14,2%	130	37%	13	3,7%	10	2,8%	71	20,2%	77	21,9%

The data obtained show that there is a high percentage of respondents who have a diversified practice in terms of the type of activities, with a very low level of participation in adversarial sports in the three countries studied.

We would also highlight the high percentage of people who practice sport in the gym. It is also interesting to note the notable difference between countries in terms of participation in collective sports, being very significant in the case of Spanish respondents in relation to the other countries. Whereas in outdoor sports the dynamic is the other way around. That fact can be linked to a deep-rooted culture around sports clubs in Spain.

Linking it with the results obtained in the Eurobarometer, nearly three in ten Europeans are members of a club where they participate in sport or recreational physical activity. In detail, more than one in ten respondents answered that they are members of a health or fitness center (12%) or of a sport club (12%), while 6% belong to a socio-cultural club that includes sport in its activities and just 1% to another type of club.

6. The sport you practice is...

	Competitive		Recreational	
Latvia	89	29%	278	71%
Netherlands	63	19,8%	255	80,2%
Spain	199	56,7%	152	43,3%

A similar trend appears between Latvia and the Netherlands in terms of the nature of the sport that respondents do, with a significant majority doing it for leisure rather than competitively. In contrast, Spanish respondents show more equal results, with more than half of the respondents playing sport competitively.

The French sociologist Pierre Parlebas (1988 cited in Mata, 2003) pointed out the importance of the study of sport phenomena in relation to the culture and social environment in which they are developed, designating with the term *ethnomotricity* the field and nature of motor practices. In this sense, the work of Erik Allardt (1970 cited in Mata, 2003) aimed to show how the popularity of sports is dependent on the division of labour, education in obedience and political pressures, exemplified by American football in the USA (a society with a high degree of division of labour, weak socio-political pressure and a high degree of obedience education).

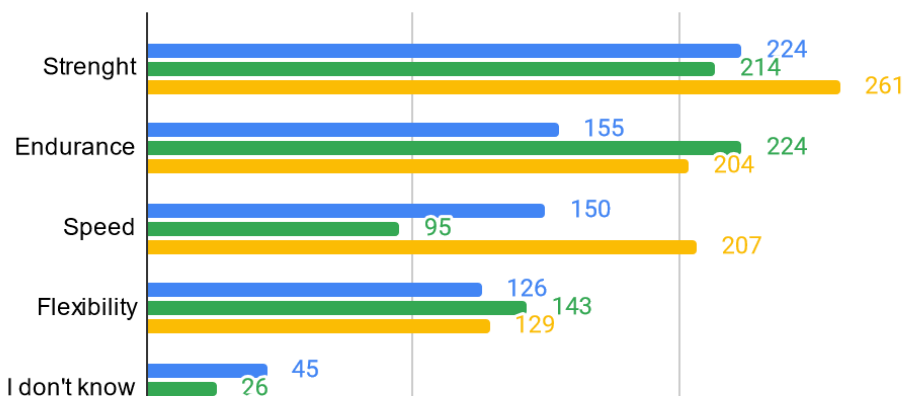
In this line, it is essential to know the political, social and cultural structure of each country in order to be able to locate its sporting trajectory. In Europe, we can highlight the case of Finland where professional sport is relatively marginal compared to other countries and its physical culture has acquired a differentiated character by encouraging recreational sport practices.

7. What is the physical capacity that you train?

The results obtained show an increased participation in physical activities to enhance strength and endurance work. As for speed, there are important differences between the three countries surveyed, with more training in Spain. Of the four basic physical capacities, flexibility is the least trained, although with relevant percentages.

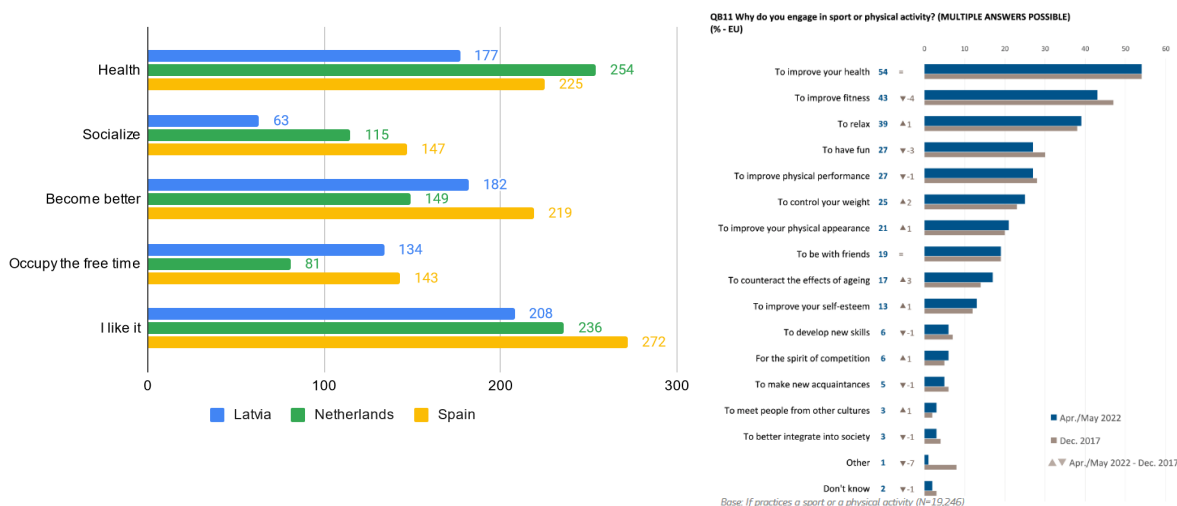
We can launch as a possible hypothesis to read these results, the relationship between sport and the cult of the body and what meaning it acquires in adolescence and youth as an identity-building agent. As for flexibility, we can attribute the results to a gender bias, since it has been culturally and socially linked to femininity, while the other physical abilities are a representation of masculinity that sport supports.

Sport and physical activities respond to the requirements and imperatives of the patriarchal and heteronormative system, contributing to perpetuate from its social dimension the inequalities and oppressions by establishing itself as a privileged means of manifesting, reproducing and configuring the predominant values of the socio-cultural context in which they are produced.



8. Why do you play sports?

Respondents who exercise, play sport or engage in other physical activity were asked to choose from a list of 5 items their reasons for doing so, more than two thirds in the three countries surveyed say they engage in sport or physical activity to improve their health and because they like it, far ahead of any other reason.



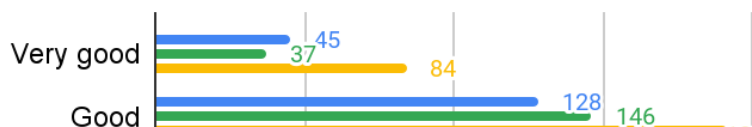
These results present a very similar distribution to that obtained in the Eurobarometer, as can be seen in the following graph.

The same survey also shows differences in motivational factors according to gender. Men are slightly more likely than women to say that they engage in sport or physical activity to improve physical performance, to have fun and to be with friends.

9. What do you think your physical condition level is?

The level of respondents' perception of their physical condition is between moderate and very good, with very few people (less than 10% in each country) perceiving themselves to be in poor or very poor physical condition.

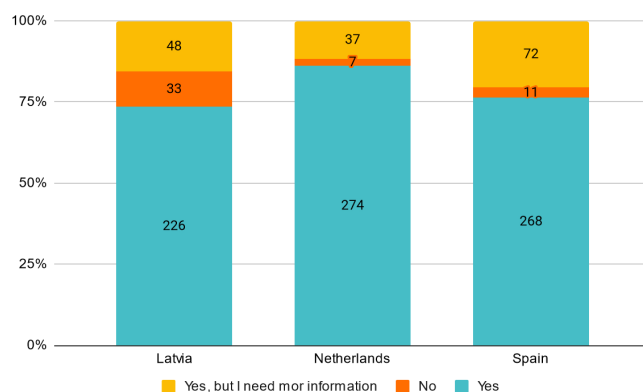
These results are to be expected, taking into account the sample to which the survey was carried out, as they are people linked to sport from different approaches and intensities. Sport also favours and improves self-concept and self-esteem, which are necessary to understand ourselves and to situate our degree of satisfaction.



10. Do you know the general benefits of doing sports activities?

Around 75% of respondents say they are aware of the benefits of sport, although a minority also recognised that they are aware of them but need more information about its benefits.

Results that can be further linked to the type of degree that respondents are taking and therefore the fact that they are aware of its benefits.

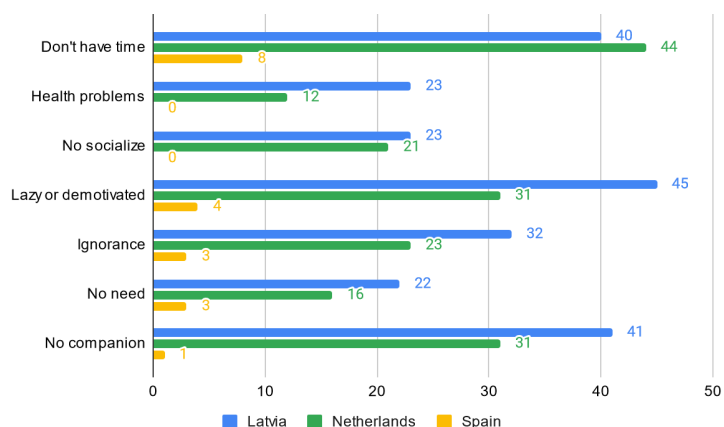


11. What do you think is the reason why, today, there are people who don't practice sports?

Respondents were asked to choose from a list of 8 items the reasons why, in their opinion, people do not practice sport.

In all three countries surveyed, lack of time, interest or motivation were the most frequently chosen reasons for answering this question. Less representatively, they point to economic reasons as a barrier to physical activity access, so we could see that sport is not only gender-biased but also class-biased.

We have contrasted the responses with those obtained in the Eurobarometer and lack of time is by far the main reason currently preventing Europeans from practising sport more regularly. Slightly more than four in ten Europeans (41%) say not having the time is one of the main reasons followed by the lack of motivation or interest (25%).



QB14 What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)

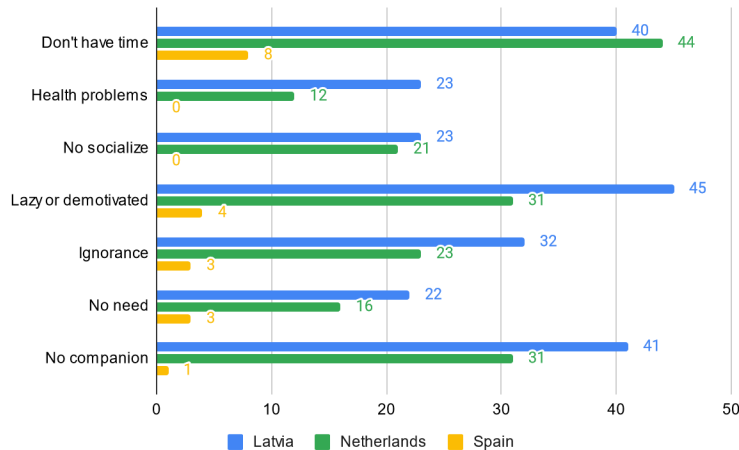


12. Why are you not doing any sport activities?

Respondents who did not engage in exercise, sport or any other physical activity were asked to choose from a list of 7 items their reasons for not doing so, next to these lines are the results by country.

The most recurrent reasons given by the respondents were lack of time together with low motivation and lack of partners to practice with. Regarding the lack of time, it accounts for 34,5% in Latvia, 44,4% in Netherlands and 53,3% in Spain. Linked to Eurobarometer results, lack of time is the most cited reason for not practising sport more regularly in all 27 EU Member States as can be seen in the graph below.

Demotivation or laziness also coincides as one of the main reasons for respondents in both the Eurobarometer and our survey. In the Eurobarometer, a quarter of respondents gave this answer, while in our survey they represent 38.8% in Latvia, 31.3% in the Netherlands and 26.7% in Spain.



13. Why you should do sports?

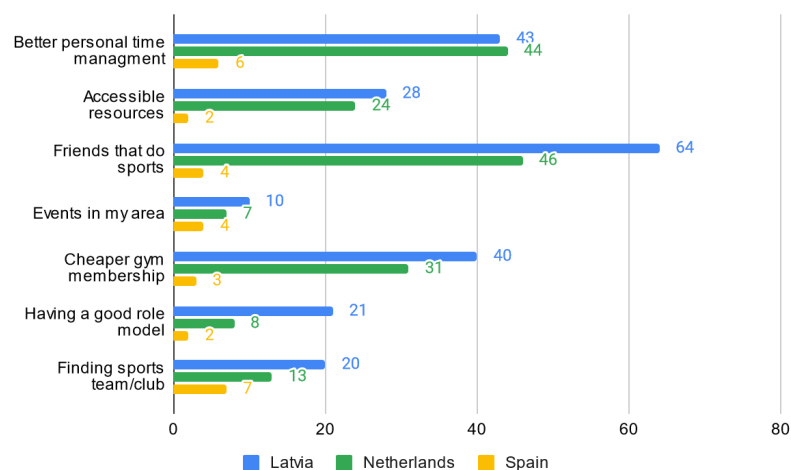
As for the reasons for physical activity, there is a wide variety of answers depending on the country. In Latvia, the most voted reason is to have a stronger body with 69%, followed by increasing energy levels and reducing anxiety and stress, over 50%. Regarding respondents in the Netherlands, the most frequently chosen reasons were to increase energy levels and to have a stronger body, accounting for more than 60%. Finally, in Spain, around 80% of the main reasons given were the intention to have a stronger body and to reduce anxiety and stress levels.

The health and disease prevention motives as well as the psychosocial well-being impact of sport are also of some relevance. In this sense, and looking for other more critical perspectives, we found the study of Beltrán-Carillo and Devís-Devís (2019) about negative experiences in physical education and the social discourses associated with them. These authors point to “salutismo” (a term coined by Crawford), as a direct influence on such inactivity. This current is closely linked to individualism, as it conceives health as a matter of personal responsibility and choice, ignoring the effect of genetic, social and environmental factors on people's health. This discourse therefore carries a moral dimension and is a superficial and simplistic view that associates health with body shape, attributing good health to a slim or muscular body and vice versa. The social construction of what is conceived as the ideal body is not only influenced by this fact but also by ideas about gender.

14. What could get you started in sports?

Respondents who are not physically active were asked about what they would need or how it could be made easier for them to adhere to a more active lifestyle. The top choices were starting with friends who already do sport, improving time management and being able to access sports facilities more cheaply.

These options therefore coincide with the reasons chosen by the respondents in question 12. In that question, they highlighted as reasons for not practising sport the fact of not having time to devote to practising sport and not having company. In relation to the first aspect, it would be interesting to know how they distribute their time and what they spend it on (teaching hours, salaried work hours, volunteer or militancy hours, leisure hours, self-healing hours, etc.). In the case of the Spanish respondents, the fact of finding clubs or teams to start their sporting careers takes on relevance, as the answers received in question 5 indicated.

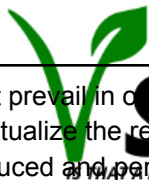
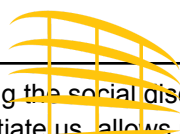


Summary and conclusions

As requested, the purpose of this report is to provide you with some evidence that emerged from the last students' survey about plant based nutrition and sports. We asked them a battery of questions about their nutritional and sporting habits to find out their level of knowledge about these topics and to see what impact it has on their sense of wellbeing. In particular, we will look at the results obtained in the section on sport, as detailed above. In order to provide a broader approach, we have found it interesting to link our results with those obtained in another European survey of greater impact, as well as with other readings from sociology.

These questions and their various answers allow us to get closer to our students and to see how their thoughts, beliefs, affections, opinions and perceptions are part of the cognitive processes that have repercussions on their learning, as Wittrock (in Beltrán-Carillo and Devís-Devís, 2019) points out.

In the same vein, to highlight the social and situational factors that mediate such processes. It could be said that social discourses establish principles, parameters or shared symbols and meanings that influence the way people understand and interpret social reality, what people think of themselves (identity), and how they behave in their lives.



PLANT BASED NUTRITION AND



Understanding the social discourses that prevail in our daily lives, seeing which ones we share and which ones differentiate us, allows us to contextualize the responses we receive and understand sport as a privileged means in which dynamics can be reproduced and perpetuated but also transformed.

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Beltrán-Carillo, V. & Devís-Devís, J. (2019). El pensamiento del alumnado inactivo sobre sus experiencias negativas en educación física. Los discursos del rendimiento, salutismo y masculinidad hegemónica. *RICYDE. Revista Internacional de Ciencias del Deporte*, ISSN-e 1885-3137, Vol. 15, Nº. Extra 55, 2019. <https://dialnet.unirioja.es/servlet/articulo?codigo=6873420>

European Commission (2022). Special Eurobarometer 525. Sport and Physical Activity. NC-09-22-460-EN-N. file:///C:/Users/avalle13/AppData/Local/Temp/Sport_physical_activity_2022_eb525_report_en.pdf

Mata Verdejo, David (2003) *Etnografía del deporte. Aproximación antropológica a través del modelo de los horizontes: deporte central versus deporte marginal*. <https://eprints.ucm.es/id/eprint/2473/1/T22095.pdf>

Attachment No.3	
Document type	Survey report
Organization	Alfa-college (Netherlands)
Survey topic	Well-being
1. Do you know what well-being is?	
-> Yes -; Latvia 82% (347) Netherlands 95,4% (398) Spain 85.5% (313) -> No – Latvia 18% (76) Netherlands 4,6% (19) Spain 14,5% (53)	
According to the results of Spain and Latvia, the Netherlands had a higher knowledge of what wellbeing is. In Latvia the respondents know the less of well-being.	
2. How do you feel about life?	
I find life quite spicy: Netherlands 13,7% (57) Spain 15% (55) Latvia 18,2% (77) I like life with good and bad days: NL 51,8% (216) Spain 53,3% (195) Latvia 48% (203) I enjoy my life & comfortable in skin: NL 34.5% (144), Spain 31.7% (116)Latvia33,8% (143)	
For every country the highest rating (around half of the respondents) is in the second answer. I like life with good and bad days. The lowest rating is in the 'quite spicy' answer. The percentages are quite alike.	
3. What is your state of mind in general?	
I feel gloomy, angry, moody and/or melancholy: NL 7,7% (32), Spain 10.1% (37) Latvia 15.1% (64) I feel a little bit of everything: NL 56,4% (235), Spain 53,6% (196) Latvia 62,4% (264) I feel cheerful, good humoured, satisfied and/or happy: NL 36% (150), Spain 36,3% (133) Latvia 22,5% (95)	
The Netherlands and Spain have almost the same result. In Latvia, respondents are more gloomy and less cheerful than in the Netherlands and Spain.	
4. How do you view yourself?	
I am not satisfied with myself: NL 17,5% (73), Spain 21,9% (80) Latvia 29,2% (123) I am quite happy with myself: NL 47,5% (198) Spain 41,4% (152) Latvia 38,8% (164) I accept myself as I am: NL 35% (146), Spain 36,6% (134) Latvia 32,2% (136)	
Latvia is the least happy with themselves. Especially the first answer is comparing to the Netherlands more than 11% higher. The Spain is in the first two answers the middle but in the last answer (accept myself) they rate the highest. The Netherlands are overall quite happy and accepting themselves.	
5. How healthy do you feel?	
I feel very unhealthy: NL 5% (21), Spain 6,6% (24) Latvia 11,8% (50) I feel normal, but could be better: NL 51,3% (214), Spain 38% (139) Latvia 56,3% (238) I feel healthy: NL 38,6% (161), Spain 47,8% (175) Latvia 24,6% (104) I feel superhealthy: NL 5% (21), Spain 7.7% (28) Latvia 7.3% (31)	
In Spain, most of the respondents feel healthy. Latvia has the highest score on unhealthy, but simultaneously scores almost as high as Spain in terms of super healthy. The Netherlands has the highest score on "normal".	

6. How fit do you feel?
I don't feel fit: NL 20,9% (87), Spain 16,1% (59) Latvia 34,5% (146) I feel fit: NL 70,5% (294), Spain 70,2% (257) Latvia 54,5% (232) I feel super fit: NL 8,6% (36), Spain 13,7% (50) Latvia 10,6% (45) Latvia is very different from the other countries: they score very high at don't feel fit but they don't outscore the super fit answer comparing to Spain en the Netherlands. Spain feels fittest of all.
7. How is your concentration?
I am easily distracted: NL 31,4% (131), Spain 33,3% (122) Latvia 31,9% (135) I not easily distracted: NL 58,5% (244), Spain 54,1% (198) Latvia 53,2% (225) I am super sharp: NL 10,1% (42), Spain 12,6% (46) Latvia 14,9% (63) The numbers are a bit equal in every answer. There aren't really remarkable differences.
8. How do you get up in the morning?
I don't feel like the day: NL 17% (71), Spain 20,8% (76) Latvia 29,6% (125) I have to talk to myself: NL 41,2% (172), Spain 48,4% (177) Latvia 43% (182) Come on, I'm in the mood: NL 41,7% (174) Spain 30,9% (113) Latvia 27,4% (116) Latvia rated a lot higher in not feeling like the day. They also scored lowest in the third answer: 27,4%. That's 14,3% less than the highest the Netherlands with 41,7%
9. How safe do you feel at school?
I don't feel safe: NL 2,6% (11), Spain 9,3% (34) Latvia 7,6% (32) I don't always feel safe: NL 16,8% (70), Spain 28,7% (105) Latvia 27,2% (115) I feel secure: NL 80,6% (336), Spain 62% (227) Latvia 65,2% (276) Compared to Spain and Latvia, respondents in the Netherlands feel safest at school
10. Do you spend your free time with friends?
I like to be alone: NL 11,8% (49), Spain 11,5% (42) Latvia 17,7% (75) I have some good friends: NL 77,2% (322), Spain 62,3% (228) Latvia 58,4% (247) I have a lot of friends: NL 11% (48), Spain 26,2% (96) Latvia 23,9% (101) The Netherlands scores the lowest in lot of friends but isn't first in I like to be alone. They are mediocre. Spain and Latvia are more similar to each other.
11. Are you involved in what is happening in the world?
I don't follow the news: NL 11% (46), Spain 21,6% (79) Latvia 23,6% (100) I occasionally check social media: NL 42% (175), Spain 53,3% (195) Latvia 62,9% (266) I regularly watch the news: NL 47% (196) Spain 25,1% (92) Latvia 13,3% (57) In the Netherlands, respondents follow the news the most and in Latvia the percentage is the lowest. In Latvia, the percentage who follow the news through Social Media is the highest.
12. How self-reliant are you?
I do nothing at home: NL 2,4% (10), Spain 8,2% (30) Latvia 7,1% (30) A bit 50/50: NL 27,2% (114), Spain 48,1% (176) Latvia 45,4% (192) I can take good care of myself: NL 70,3% (293), Spain 43,7% (160) Latvia 47,5% (201) The most outstanding result is 70,3% of the Netherlands: they can take very good care of themselves. Spain and Latvia are similar.

13. Are you a good planner?
I don't plan anything: NL 6.5% (27) Spain 15,6% (57) Latvia 19.1% (81) I plan appointments: NL 46,5% (194) Spain 47,3% (173) Latvia 56% (237) I can plan well: NL 47% (196) Spain 37,2% (136) Latvia 24,8% (105) Dutch respondents plan the most, while in Latvia respondents mainly plan appointments only.
14. How do you see your future?
I'm worried: NL 14,9% (62) Spain 15,6% (57) Latvia 19.4% (82) I'm not that busy with the future: NL 23% (96) Spain 36,3% (133) Latvia 35,9% (152) I will get there: NL 62,1% (259) Spain 48.1% (176) Latvia 44,7% (189) The Netherlands are quite positive to the future comparing to Spain and Latvia. The numbers are remarkable. This has probably something to do with the economic state of the country and the chances they have to develop.
15. What does your living situation look like?
I would like to live somewhere else: NL 24,5% (102) Spain 31,7% (116) Latvia 41,6% (176) I'm happy where I live: NL 75,5% (315) Spain 68,3% (250) Latvia 58,4% (247) In all countries, more than half of the respondents are happy with their current living situation. Dutch respondents are the most happy with their current living situation and in Latvia the percentage is lowest
16. What does your financial situation look like?
I have trouble paying my bills: NL 6,7% (28) Spain 18,6% (68) Latvia 16.8% (71) I barely pay my bills every month: NL 13,2% (55) Spain 42,6% (156) Latvia 28,4% (120) I have enough money to pay: NL 80,1% (334) Spain 38,8% (142) Latvia 54,8% (232) The Netherlands is very positive if it comes to finance and Spain is not very positive about this. Latvia is also half/half when it comes to money. According to the GDP Latvia is lower in ranking than Spain so that is remarkable (NL: 6th, Spain 23th and Latvia 48th)
17. Do you have a job or do you do volunteer work?
No: NL 15,3% (64) Spain 48,9% (179) Latvia 74,9% (317) Yes: NL 84,7% (353) Spain 51,1% (187) Latvia 25,1% (106) In the Netherlands, most respondents have a (part-time) job or volunteer work. The difference with Latvia is the greatest. In the Netherlands 84.7% compared to 25.1% in Latvia
18. Are you good with money?
If I have money I spend it: NL 3,1% (13) Spain 7,7% (28) Latvia 9% (38) I try to save: NL 32,1% (134) Spain 32,5% (119) Latvia 41,1% (174) I save for plans: NL 24,2% (101) Spain 32,2% (118) Latvia 32,4% (137) I save regularly: NL 40,5% (169) Spain 27.6% (101) Latvia 17.5% (74) The Netherlands is the biggest saver of them all. All three countries aren't that big spenders since the lowest percentages are in the first answer. The bigger part of all the countries is saving money or trying to save.

19. What are your take-aways after completing this survey?

I became interested: NL 6,7% (28) Spain 32,2% (118) Latvia 19,6% (83)
Reflections: NL 15,8% (66) Spain 30,6% (112) Latvia 17,3% (73)
Strengthened my confidence: NL 8,4% (35) Spain 23,8% (87) Latvia 14,2% (60)
I gained nothing: NL 56,1% (234) Spain 16,7% (61) Latvia 41,1% (174)

In Spain, the respondents became the most interested and gained the most reflections and confidence after completing this survey. In the Netherlands more than half of the respondents did not take anything from this survey

Summary and conclusions

A possible reason for the Netherlands' higher positive scores on, for example, money matters, work, future and self-reliance could be its good prosperity and labor market. For example, research (2020) shows that the Netherlands ranks sixth in Europe among countries where residents have the highest income. Here, Spain ranks 23 and Latvia 48. Research (2020) also shows that the Netherlands ranks sixth among the happiest countries. Spain ranks 28 and Latvia 57 in this survey. Another survey on unemployment May (2021) shows that 3.3 per cent of the Dutch population is unemployed. This compares with 15.3 per cent in Spain and 7.9 per cent in Latvia. after Greece, Spain has the highest unemployment rate. Together with the Czech Republic, the Netherlands has the lowest unemployment rate.

You could conclude from these results that wealth and happiness are related.

Dutch respondents said they did not get much out of the survey. While Spain in particular got interested and confident and it gave food for thought. Reason could be that in the Netherlands there is a lot of focus on wellbeing and the knowledge on this topic is relatively high