

## SURVEY NO 2. 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	540 (Latvia - 218; Spain - 135; Netherlands - 187)
Surveying period	From May 10th until May 31st, 2023
Development of report	From June 1st until July 10th, 2023
Topics & Partners	
Nutrition	Ventspils Vocational Technical School (Latvia)
Sports	Institute of Barcelona (Spain)
Well-being	Alfa-college (Netherlands)
Conclusions	
<p>1. Age Distribution: The survey primarily attracted a significant number of younger participants, with 183 individuals aged 15-18 years old and 72 individuals aged 19-20 years old.</p>	

2. **Gender Imbalance:** The survey exhibited a higher proportion of male participants (226) compared to female participants (106). This gender disparity should be considered when analyzing the survey results to ensure a comprehensive understanding of the findings.
3. **Educational Affiliation:** Most respondents identified as students (281 individuals), while 51 respondents identified as teachers.
4. **Dietary Changes and Effects:** Approximately 29% of respondents reported making changes to their diet in the past six months, while the majority (71%) did not. Among those who made dietary changes, a small percentage (10 individuals) adopted vegan or vegetarian diets, while the majority (87 individuals) shifted to a regular diet including animal products. Those who modified their diet reported various positive effects on both physical and mental well-being, highlighting the potential benefits of dietary changes.
5. **Knowledge and Interest in Healthy Nutrition:** A notable portion of respondents felt that their knowledge of plant-based nutrition had increased (34%), while others disagreed (38%). Noteworthy differences between countries were observed, with Latvia displaying higher knowledge and increased responses compared to Spain and the Netherlands. Similarly, interest in topics related to healthy nutrition varied, with 40% expressing increased interest and 42% opposing the statement. Spain and the Netherlands demonstrated higher levels of interest compared to Latvia. These findings suggest variations in knowledge levels and interest among respondents, necessitating further exploration and potential interventions.
6. **Diet and Sport:** Approximately 65% of the respondents, including those from all three institutions, do not follow any specific diet related to the sport they practice. Most respondents across all institutions indicated that they do not adhere to a specific diet. This suggests a lack of dietary focus among the surveyed participants, which could potentially impact their athletic performance and overall health.
7. **Motivations for Sports Participation:** The primary reasons cited by respondents for participating in sports were related to health, well-being, and leisure activities. These motivations were generally consistent across the three institutions, indicating common factors driving sports engagement among the participants.
8. **Emotional Stability:** While respondents in the Netherlands and Latvia mostly maintained their emotional state, Spaniards exhibited both positive and negative changes. This suggests that Spaniards are more passionate and intense, leading to comparatively less emotional stability.
9. **Factors for Improved Feelings:** The top three reasons that contributed to improved feelings among respondents were better eating habits, increased exercise, and enhanced self-confidence. These factors played a significant role in positively influencing respondents' emotional well-being.
10. **Country-Specific Trends:** In Spain, there was a notable increase in respondents engaging in exercise, potentially influenced by favorable weather and the upcoming beach season. Conversely, self-confidence grew among respondents in Latvia, although no specific conclusion can be drawn regarding this trend.

11. Importance of Key Themes: The reasons for respondents feeling less well aligned with the same factors mentioned earlier. This observation emphasizes the significance of eating habits, exercise, and self-confidence as important themes impacting emotional well-being.

**Attachments**

Attachment No.1	Pages 4 – 9	Ventspils Vocational Technical School report about Nutrition
Attachment No.2	Pages 10 – 13	Institute of Barcelona report about Sports
Attachment No.3	Pages 14 - 20	Alfa-college report about Well-being

## Attachment No.1

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

### 1. Did you participate in Survey (No. 1) about plant-based nutrition and sports in October-November 2022?

The survey data provides insights into the participation rates of survey No.1 among 540 participants. Aim of this question is to understand the background of the participants which would show if the participants of this survey have increased their interest in the topics raised in the project.

Notably, 61% (332 individuals) have participated in the Survey No.1, while 39% (208 individuals) did not take part and automatically exit this questionnaire.

However, it is crucial to acknowledge the potential bias that may arise from the non-participation of certain individuals. Their absence from the survey could result in a skewed representation of perspectives and experiences.

Overall, while the initial response rate is positive, attention should be given to optimizing participation rates and ensuring inclusivity in future surveys to enhance the overall quality and relevance of the research.

### 2. What is your age?

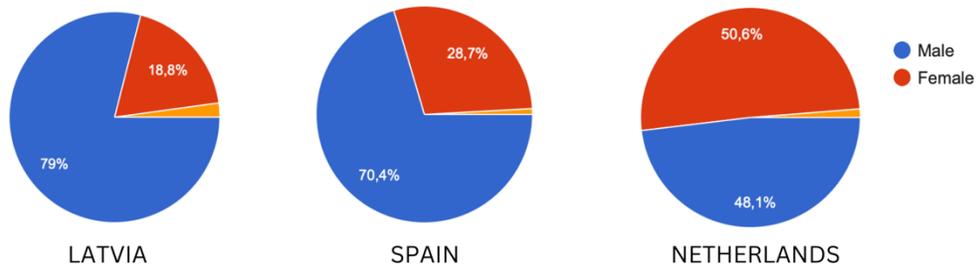
The survey data on Question No.2 reveals the age distribution among 332 respondents. Among the participants, 183 individuals fell within the "15-18 years old" age range, while 72 respondents were "19-20 years old," and 77 respondents were "21+ years old."

These figures indicate a varied representation of age groups in the survey, with a significant proportion falling within the "15-18 years old" category.

The data suggests that the survey successfully captured the perspectives of younger participants, who may offer unique insights and experiences and are the main target group of the project. However, the number of respondents in the "19-20 years old" and "21+ years old" categories is relatively smaller.

### 3. What is your gender?

The survey data for Question No.3 reveals the gender distribution among 332 respondents. Out of the participants, 226 individuals identified as "Male," while 106 respondents identified as "Female."



These figures indicate a significant gender imbalance in the survey, with a higher representation of male participants compared to female participants. Looking at survey results by each country, it shows that higher gender equality can be seen in the Netherlands (48% male, 51% female) while in Spain (70% male, 29% female) and Latvia (79% male, 19% female) almost only every fourth or every fifth person is female. Considering that all schools are vocational schools with different types of study sectors (for example, schools in Latvia have many technical study fields like car mechanics, engineering specialists etc) these differences are a normal sign.

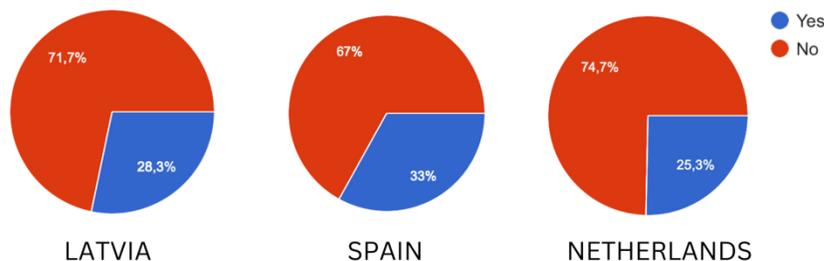
#### 4. What is your role in the work of the organization?

The survey data for Question No. 4 indicates that out of 332 respondents, the majority, 281 individuals, identified as "students," while 51 respondents identified as "teachers." Notably, all 51 teachers who participated in the survey are affiliated with educational institutions in the Netherlands.

These findings suggest that the survey primarily attracted students, potentially indicating that the survey topic or distribution methods were more appealing or accessible to this demographic.

#### 5. Have you changed your diet in the past 6 months?

The survey data for Question No. 5 reveals that out of 332 respondents, 29% (97 individuals) have made changes to their diet in the past six months, while the remaining 71% (235 individuals) have not made any changes.



Despite having more female participants than male that usually are more open for diet changes, participants from the Netherlands showed lower results (25% have changed their diet) in this section. Students from Spain with 33% showed the best results here, while survey participants from Latvia were second with 28%, which was the average in total (29%).

Taking into consideration that transition to changes in personal life of the people do not happen very

fast, especially diet transitions, findings suggest that a significant portion of the respondents have chosen to modify their dietary habits within the specified timeframe.

#### 6. In which direction your diet has changed?

From 97 individuals who answered in question No.5 that they have managed to change their diets in the past six months only around 10% (10 individuals) moved towards vegan or vegetarian diets, but the rest 90% (87 individuals) have changed their diets to a regular diet that includes all animal products. It is difficult to make any conclusions on this as it is hard to believe that 90% of the respondents were vegans or vegetarians before. It is possible that the previous question that led to this question was somehow misinterpreted.

#### 7. How has this change of diet affected you?

This question allowed participants to provide multiple responses, enabling them to share various effects that their diet might have on them. Survey results indicate that individuals who opted to transition their diet in any manner experienced positive effects on both their physical and mental well-being.

In terms of physical well-being, the data suggests that those who made dietary changes reported improvements in their overall health and physical condition. This could include factors such as weight loss, increased energy levels, better digestion, or a reduction in specific health issues.

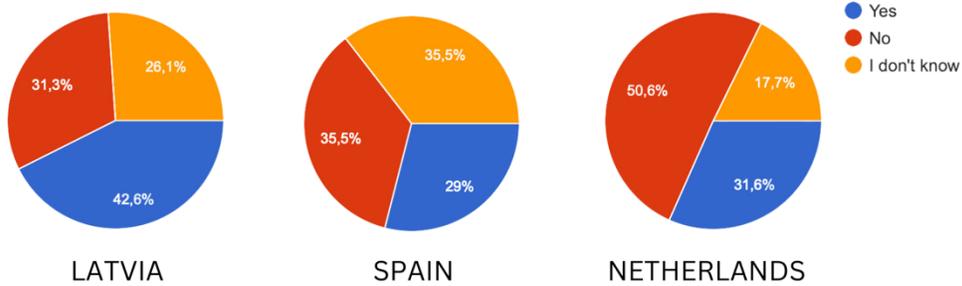
Furthermore, the survey findings also suggest a positive impact on mental well-being. Participants who altered their diet in any way reported improvements in their overall mental wellness. This could include benefits such as improved mood, increased mental clarity, reduced stress or anxiety levels, and enhanced overall psychological well-being.

These outcomes imply a potential interconnectedness between dietary choices and the holistic well-being of individuals. The data highlights the importance of recognizing the potential positive effects that dietary changes can have on both the physical and mental aspects of one's health.

Further analysis could be conducted to explore specific dietary changes and their corresponding impacts on physical and mental well-being. Such insights could inform personalized approaches to dietary recommendations and interventions aimed at promoting overall health and quality of life.

#### 8. Has your knowledge of plant-based nutrition increased in the past 6 months?

The survey data for Question No. 8 reveals that out of 332 respondents, 34% (114 individuals) acknowledged that their knowledge of plant-based nutrition has increased in the past six months. In contrast, a slightly higher proportion of 38% (125 individuals) disagreed with this statement, indicating that their knowledge has not increased. The remaining respondents were uncertain about whether their knowledge had increased or not.



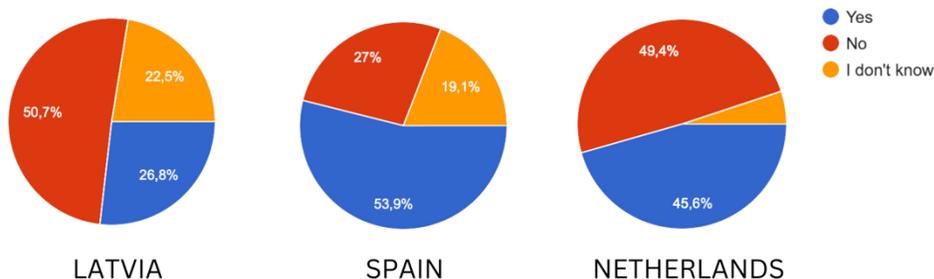
Compared to countries there are significant differences between Latvia (42%) and other two partner countries Spain (29%) and Netherlands (31%) in response which says that knowledge about plant-based nutrition has increased. There can be other factors involved of course, but one of them that can explain such a difference is that during the fall of 2022 there was a conference in Latvia about plant-based nutrition that was organized by Ventspils Vocational Technical school and had a live attendance with more that 90% of the students. Conference was translated also to English, but the way the message is received comparing live attendance and online watch are very different.

These findings suggest that there is a divide among the participants regarding the perceived growth of their knowledge in plant-based nutrition. The data implies that while a significant portion of the respondents have experienced an increase in their understanding of plant-based nutrition, a slightly higher number of individuals indicated a lack of growth in this area.

Overall, the survey data highlights the need for continued education and awareness initiatives in plant-based nutrition, as a substantial proportion of the respondents either reported an increase in knowledge or expressed a desire for further learning in this field.

**9. Do you feel more interested in topics that are associated with healthy nutrition now than you were 6 months ago?**

The survey data for Question No. 9 indicates that out of 332 respondents, 40% (134 individuals) expressed an increased interest in topics associated with healthy nutrition, specifically plant-based nutrition, compared to their interest level six months ago. In contrast, a slightly higher proportion of 42% (140 individuals) opposed this statement, indicating that their interest has not increased. The remaining respondents were uncertain about the change in their interest level.



Compared to countries there are significant differences between Latvia (26,8%) and other two partner countries Spain (53,9%) and Netherlands (45,6%) in response which says that their interest in topics that are related to plant-based nutrition has increased. In other words – students from Spain and Netherlands are more willing to learn more about plant-based nutrition, which in some way correlates to previous question: those who have more knowledge in the topic (Latvia 42%) are less interested to learn more, but those who lack the knowledge (Spain 29%, Netherlands 31%) are more interested to learn more.

These findings suggest a mixed response regarding the shift in interest in topics related to healthy nutrition among the participants. While a notable portion of the respondents reported an increased interest in healthy nutrition, particularly in plant-based nutrition, a slightly higher number of individuals did not experience a rise in their interest.

### Summary and conclusions

The survey data provides insights into the participation rates of survey No.1 among 540 participants. Aim of this question is to understand the background of the participants which would show if the participants of this survey have increased their interest in the topics raised in the project.

In terms of age distribution, the survey captured responses from 183 individuals aged 15-18 years old, 72 individuals aged 19-20 years old, and 77 individuals aged 21+ years old. This indicates a significant representation of younger participants in the survey, but a relatively smaller number of older participants.

Regarding gender distribution, the survey had a higher representation of male participants (226) compared to female participants (106). The gender imbalance should be considered when analyzing the survey results and drawing conclusions.

Most of the respondents identified themselves as students (281 individuals), while 51 respondents identified as teachers. Notably, all 51 teachers were affiliated with educational institutions in the Netherlands, indicating a specific focus in that country.

Regarding changes in diet, 29% of the respondents reported making changes to their diet in the past six months, while the remaining 71% did not. Among those who made dietary changes, a small percentage (10 individuals) transitioned to vegan or vegetarian diets, while the majority (87 individuals) shifted to a regular diet that includes animal products<sup>1</sup>.

Participants who chose to modify their diet reported positive effects on both their physical and mental well-being. These included improvements in overall health, weight loss, increased energy levels, better digestion, improved mood, mental clarity, reduced stress, and enhanced psychological well-being.<sup>2</sup>

In terms of knowledge of plant-based nutrition, 34% of the respondents felt that their knowledge had increased, while 38% disagreed. There were notable differences between countries, with Latvia showing higher knowledge and increased responses compared to Spain and the Netherlands.

Regarding interest in topics related to healthy nutrition, 40% of the respondents expressed an increased interest, while 42% opposed this statement. There were also differences between countries, with Spain and the Netherlands showing higher interest increase responses compared to Latvia.

Overall, the survey data highlights the importance of considering potential biases, demographic differences, and country-specific variations when interpreting the results. The findings provide valuable insights into participant engagement, dietary changes, knowledge levels, and interest in healthy nutrition topics, indicating areas for further research and potential interventions.

1. Non-participation in the survey by 39% of the respondents introduces potential biases that should be considered in the analysis of the results.
2. The survey primarily attracted younger participants, with a significant representation of individuals aged 15-18 years old, but a relatively smaller number of older participants.
3. There was a gender imbalance in the survey, with more male participants than female participants, which may influence the overall findings.
4. Most of the respondents identified as students, indicating that the survey was more appealing or accessible to this demographic.
5. Around 29% of the respondents reported making changes to their diet in the past six months, with a small percentage transitioning to vegan or vegetarian diets and the majority opting for a regular diet that includes animal products.
6. Participants who modified their diet experienced positive effects on both physical and mental well-being, such as improved overall health, weight loss, increased energy levels, better digestion, improved mood, and reduced stress.
7. Knowledge of plant-based nutrition was perceived to have increased by 34% of the respondents, but 38% disagreed, and there were differences between countries, with higher knowledge increasing responses in Latvia compared to Spain and the Netherlands.
8. Interest in topics related to healthy nutrition showed a mixed response, with 40% expressing increased interest and 42% opposing this statement. Spain and the Netherlands had higher interest increase responses compared to Latvia.
9. The survey data underscores the need to consider biases, demographic variations, and country-specific factors when interpreting the results.
10. The findings provide valuable insights into participant engagement, dietary changes, knowledge levels, and interest in healthy nutrition, highlighting areas for further research and potential interventions to promote healthier lifestyles.

## References

1. O'Neil, A., Quirk, S. E., Housden, S., Brennan, S. L., Williams, L. J., Pasco, J. A., & Berk, M. (2014). Relationship between diet and mental health in children and adolescents: A systematic review. *American Journal of Public Health, 104*(10), e31-e42.
2. Tuso, P. J., Ismail, M. H., Ha, B. P., & Bartolotto, C. (2013). Nutritional update for physicians: Plant-based diets. *The Permanente Journal, 17*(2), 61-66

## Attachment No.2

Document type	Survey report
Organization	Sports Institute of Barcelona (Spain)
Covered survey topic	Sports

### 1. Did you participate in Survey (No. 1) about plant based nutrition and sports in October-November 2022?

#### **Institut de l'Esport de Barcelona (Spain)**

The results of the survey show us that 85% of the people surveyed did respond to the previous survey. Therefore, we have some reliable and useful results to be able to make a good conclusion.

#### **Alfa Collage (Groningen)**

There is a significant difference, since in this case, it is more than 50% of the students who did not participate in the previous survey. Being only 42% of the participants who did answer the previous survey.

#### **Ventspils vocational Technical School (Latvia)**

In this case, 63.3% of the participants had responded to the previous survey compared to 36.7% who had not done so before.

### 2. What is your age?

#### **Institut de l'Esport de Barcelona (Spain)**

Regarding the age of the participants, we observe that 52% are between 15 and 18 years old, 36% between 19 and 20 years old and the remaining 11% are over 21 years old.

#### **Alfa Collage (Groningen)**

The great majority of the answers, with 68.4% exactly, tells us that the student is over 21 years old (but less than 40) and only 17.7% are between 15 and 18 years old.

#### **Ventspils vocational Technical School (Latvia)**

Mostly (79%) the students who have answered the questionnaire range between 15 and 18 years of age. 18.8% are between the ages of 19 and 20 and only 2.2% of those surveyed are over 21 years of age.

### 3. What is your gender?

#### **Institut de l'Esport de Barcelona (Spain)**

With 70% of the survey, we see that they are male and the remaining 28.7% female, with 0.9% non-binary.

#### **Alfa Collage (Groningen)**

Unlike the students in Barcelona, in Groningen the gender of the answers is quite balanced, being 50.6% female, 48.1% male and 1.3% non-binary.

**Ventspils vocational Technical School (Latvia)**

At 77.5%, the Ventspils student body is male, compared to 21% who are female, 0.7% who consider themselves non-binary, and another 0.7% who are gender neutral.

4. What is your role in the work of the organization?

**Institut de l'Esport de Barcelona (Spain)**

In this case, 97.4% of the people surveyed are students of the Barcelona Sports Institute

**Alfa Collage (Groningen)**

A similar result is that of Groningen, with 97.5% of the responses coming from the Regional Educational Center for North and East of the Netherland, Alfa College.

**Ventspils vocational Technical School (Latvia)**

In this case, 100% of the participants (exactly 138) are students (any teacher has answered) of Ventspils Vocational Technical School.

5. Actually, do you follow any type of diet related to your sport activities?

**Institut de l'Esport de Barcelona (Spain)**

The 45% of the people surveyed say that they follow a diet related to the type of activities they do, compared to 54% who do not.

**Alfa Collage (Groningen)**

In this case, there is a minority of people who follow some type of diet, with 34.2% compared to 65.8% who don't follow a specific diet.

**Ventspils vocational Technical School (Latvia)**

69.6% don't follow any type of diet, compared to 30.4% who do.

6. 6 months ago we asked the reasons why you practice sports. Could you mark the current reason?

**Institut de l'Esport de Barcelona (Spain)**

A big majority do sports because it is healthy, they like it and it makes them feel better. Others do it to socialize and occupy their free time. Very few people do it out of passion.

**Alfa Collage (Groningen)**

We can say that the results are very similar to those of the IEB, where health should be highlighted, why they like it, it makes them feel better, socialize and occupy their free time.

**Ventspils vocational Technical School (Latvia)**

The reasons why students practice sports, like IEB and Alfa Collage, are related to health, feeling better, socializing and spending free time.

7. In recent months, have you received more information about the benefits of sport and maintaining a healthy diet?

**Institut de l'Esport de Barcelona (Spain)**

67% of those surveyed affirm that they have received information about the benefits of sport and maintaining

a healthy diet, compared to 33% who affirm that they have not received such information.

**Alfa Collage (Groningen)**

For the most part, 53.2% have not received information on the benefits of sport and a balanced diet, compared to 46.8% who say they have received it.

**Ventspils vocational Technical School (Latvia)**

51.4% have not received extra information on the benefits of sport or on maintaining a balanced diet, compared to 48.6% who say they have received it.

8. In the last 6 months, have you changed your sports training routines?

**Institut de l'Esport de Barcelona (Spain)**

With similar results, they have answered that there are people who have increased their sporting activity, respect those who, more or less, continue doing the same sport as 6 months ago. However, 11.3% comment that they have stopped playing sports.

**Alfa Collage (Groningen)**

The majority, with 63.3%, continue to do more or less the same routines as in the past 6 months, 30.4% have increased their sports practice and 7% have stopped playing sports.

**Ventspils vocational Technical School (Latvia)**

48.6% continue to do more or less the same routines that they did in the past 6 months. 33.3% have increased their sports practice and 18.1% have stopped playing sports.

9. In the case that you have modified your diet, have you noticed any type of change in the results of the sport that you practice?

**Institut de l'Esport de Barcelona (Spain)**

35.7% of those surveyed say that they have noticed results, compared to 17.4% who say no. The 12.3% who say they do not know and 34.8% who cannot answer since they do not. He has changed his diet.

**Alfa Collage (Groningen)**

The majority have not changed their diet, this being 64.6% of the responses. However, we find 17.7% who say that they have modified it and 13.9% who have not.

**Ventspils vocational Technical School (Latvia)**

The vast majority, with 42.5%, have not changed their diet. The rest, 19.6% report that if they have noticed changes in sports results, 21.7% say no and 15.2% say they don't know.

**Summary and conclusions**

In this study we can say that most of the participants are students from the following institutions: IEB- Alfa Collage i Ventspils vocational Technical School with a high percentage of males with ages ranging from 15-18 years, although it should be noted a sample of, approximately 30% ranging from 19-20 years. The rest are women, with ages similar to those of the men. A little more than 50% of the students had previously completed another questionnaire related to sport, health and wellbeing.

Approximately 65% of the respondents don't follow any type of diet related to the sport they practice, compared to 35% who do it. In all three institutions, the majority of respondents don't follow any type of diet.

The reasons why they practice sport are related to health, wellbeing and occupying their free time. There were no exaggerated differences between the three institutions.

In general, all the institutions have received information about the benefits of sport and a good diet, although they have not been enough, and more work should have been done to reach everyone and have higher percentages. In this way, we would have ensured that they have worked adequately throughout these months and that all students have the information they need about health, wellness, sport and healthy meals.

In general, all respondents are still doing the same sport as 6 months ago, but a worrying volume (about 15%) have stopped doing sport. In relation to the people who have modified their diet, many don't know how to notice the effects of this on sport, or directly haven't noticed any significant change. For this, perhaps, we should have a more specific group with a longer time trajectory, to know and have more reliable data.

### Attachment No.3

Document type	Survey report
Organization	Alfa-college (Netherlands)
Survey topic	Well-being

#### 1. Did you participate in Survey (No. 1) about plant based nutrition and sports in October-November 2022?

NL  
Yes 79 (42,2%)  
No 108 (57,8%)

ESP  
Yes 115 (85,2%)  
No 20 (14,8%)

Latvia  
Yes 138 (63,3%)  
No 80 (36,7%)

In the Netherlands almost half of the respondents did not participate in the first survey. For Spain most of the respondents did participate (85%) and in Latvia 63.3% did participate.

#### 2. What is your age?

NL  
21-40 54 (68,4%)  
15-18 14 (17,7%)  
19-20 5 (6,3%)  
40-50 2 (2,5%)  
50% 4 (5,2%)

ESP  
15-18 60 (52,2%)  
19-20 41 (35,7%)  
21-39 13 (11,3%)  
39 1 (0,9%)

Latvia  
15-18 109 (79%)  
19-20 26 (18,8%)  
21+ 3 (2,2%)

In Spain and Latvia the biggest group of respondents is student and in NL more than half (68,4%) of the group respondents is employee at Alfa-college.

#### 3. What is your gender?

NL  
F 40 (50,6)  
M 38 (48,1%)  
Anonymous 1 (1,3%)

ESP  
F 33 (28,7%)  
M 81 (70,4%)  
Non binary 1 (0,9%)

Latvia  
F 29 (21%)  
M 107 (77,5%)  
Gender neutral 2 (1,4%)

In Spain and Latvia the majority is male while in NL the ratio is almost 50/50 male/female.

4.  
5. What is your role in the work of the organization?

NL  
Teacher 32 (40,5%)  
Student 30 (38%)  
Other 17 (21,5%)

ESP  
Teacher 113 (98,3%)  
Teacher 2 (1,7%)

Latvia  
Student 138 (100%)

In Spain and Latvia the biggest group of respondents is student and in NL more than half (68,4%) of the group respondents is employee at Alfa-college.

6. In the past six months, have you started thinking differently about yourself?

NL  
Same 43 (54,4%)  
Better 26% (32,9%)  
Worse 10 (12,7%)

ESP  
Same 41 (35,7%)  
Better 46 (40%)  
Worse 28 (24,3%)

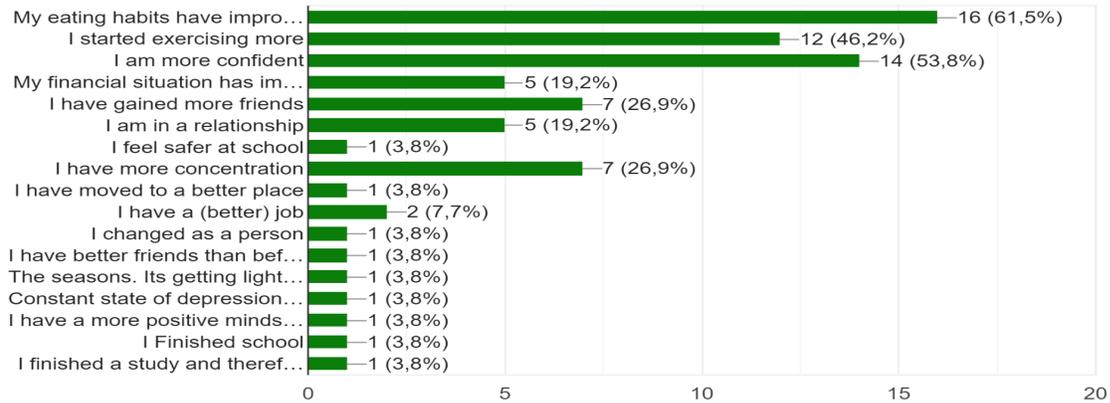
Latvia  
Same 75% (54,3%)  
Better 45 (32,6%)  
Worse 18 (13,%)

*NL and Latvia have the same outcome for feeling worse and feeling the same. Spain has the highest outcome in feeling better.*

## 7. What is the reason that you feel better compared to six months ago?

What is the reason that you feel better compared to six months ago?

26 antwoorden

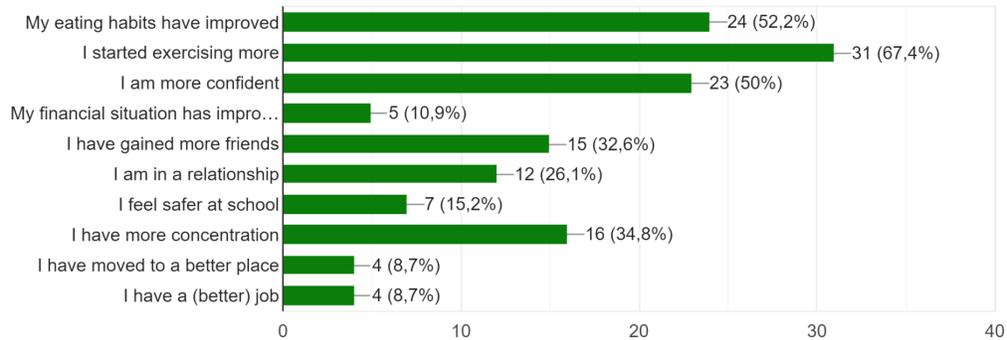


Netherlands

ESP

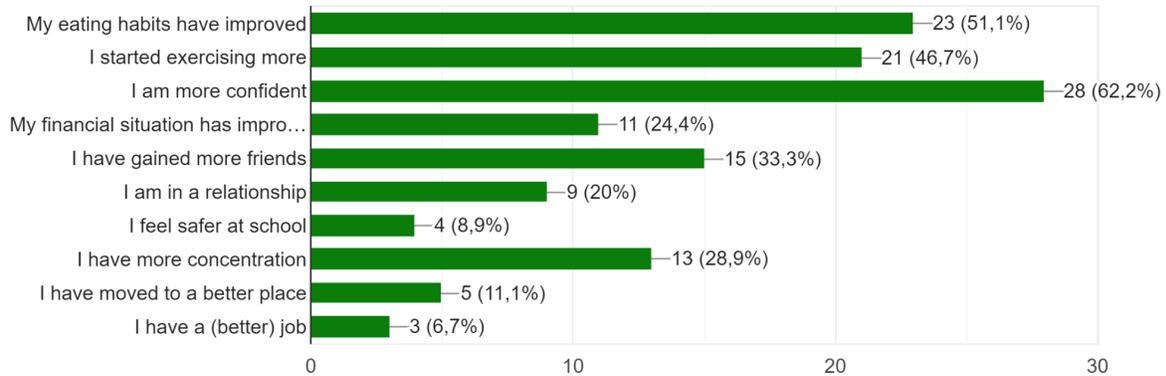
What is the reason that you feel better compared to six months ago?

46 antwoorden



### What is the reason that you feel better compared to six months ago?

45 antwoorden



Latvia

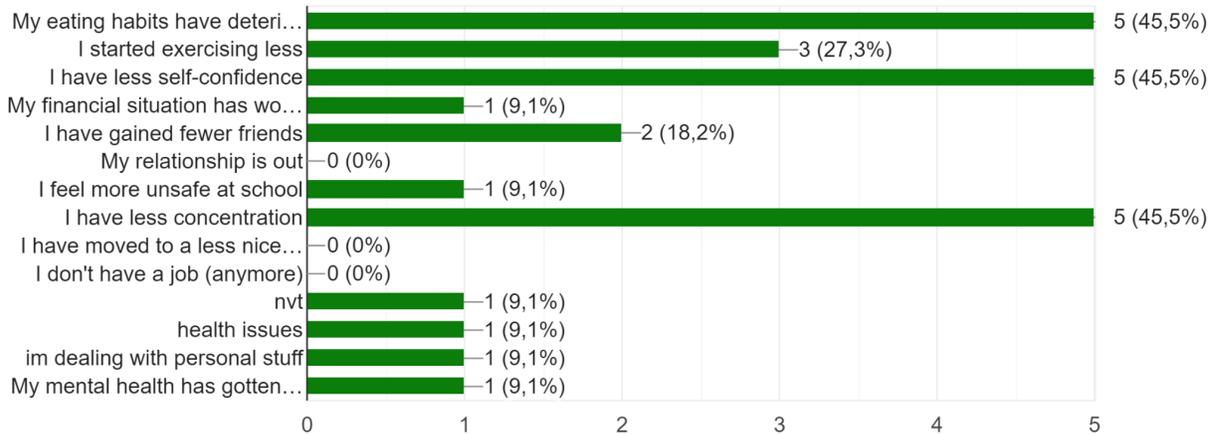
Every country has the same three reasons for feeling better: eating, exercising and more confident.

### 8. What is the reason that you feel worse compared to six months ago?

NL

### What is the reason that you feel worse compared to six months ago?

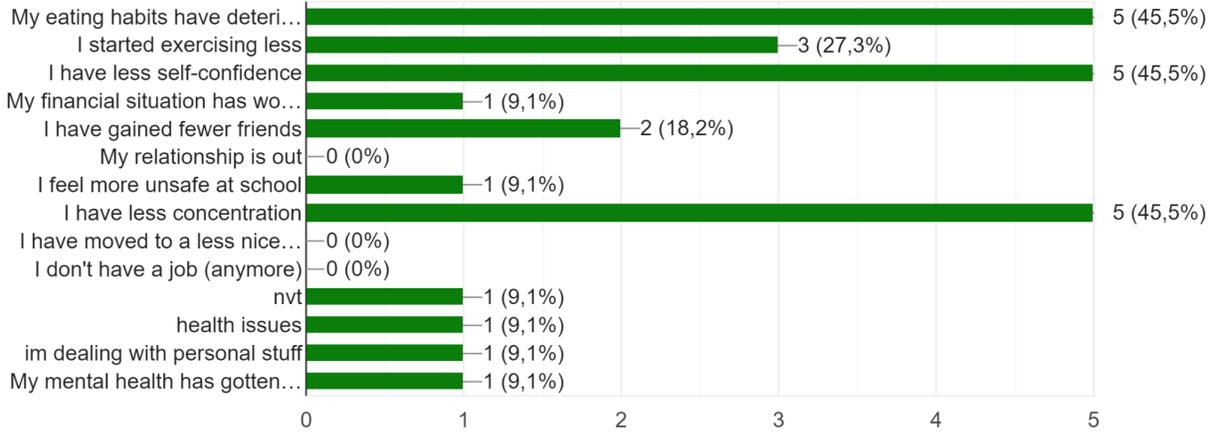
11 antwoorden



ESP

What is the reason that you feel worse compared to six months ago?

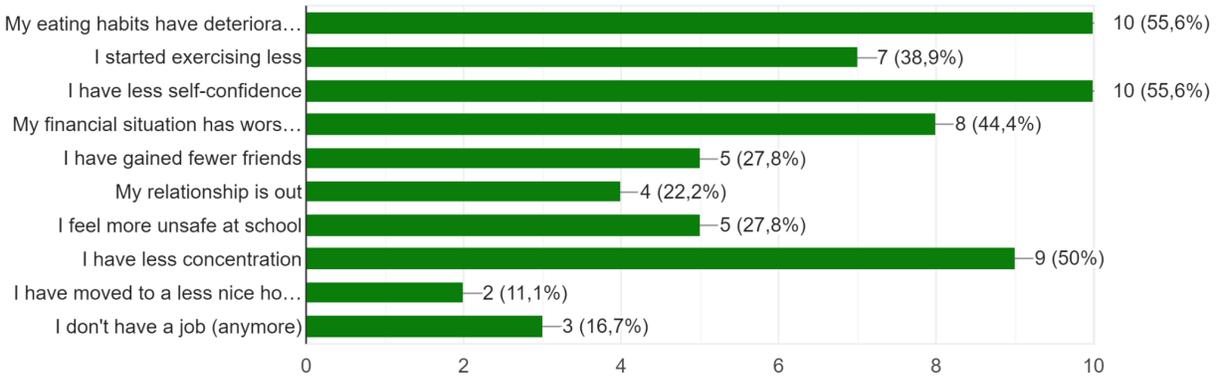
11 antwoorden



Latvia

What is the reason that you feel worse compared to six months ago?

18 antwoorden



For feeling worse the same reasons are on top three: less exercising, less confidence and a decrease in good eating habits.

8. In the past six months, have you taken steps to work more on your future?

NL

Yes 48 (60,8%)

No, I have confidence 23 (29,1%)

No, I'm not very confident and I don't know how to change 8 (10,1%)

ESP

Yes 77 (67%)

No, I have confidence 23 (20%)

No, I'm not very confident 15 (13%)

Latvia

Yes 79 (57,2%)

No, I have confidence 35 (25,4%)

No, don't know 24 (17,4%)

The majority in NL, SPain and Latvia says that they have taken steps to work on the future. The minority is not very confident about their future.

9. Sustainability, climate and animal suffering are common topics in the news lately. Are you interested in these topics?

NL

Yes, interested 52 (65,8%)

No 17 (21,5%)

Yes, interested but I can't do it myself 10 (12,7%)

ESP

Yes, interested 51 (44,3%)

No 31 (27%)

Yes, can't do anything myself 23 (28,7%)

Latvia

Yes 28 (20,3%)

No 84 (60,9%)

Yes, interested but cant do it myself 26 (18,8%)

Big differences in outcomes: the majority in NL is interested in a sustainability, climate and animal suffering topic. Latvia is not really interested in these topics (60.9%) and Spain in between. Also in Spain 28.7% thinks that it is not helpful to work on it by their own.

**Summary and conclusions**

How respondents feel is the same in the Netherlands and Latvia (54% feel the same as during the first survey). Interestingly, Spaniards actually started to feel better and worse. Our analysis is that Spaniards are more passionate, more intense and are therefore somewhat less stable in their feelings.

The top three reasons that made respondents feel better:

- a. eating habits improved
- b. exercising more
- c. more self-confidence

Interestingly, in Spain, more respondents started to exercise, this could be due to the better weather and the upcoming beach season? In Latvia, on the contrary, self-confidence grew. We have no conclusion for this.

The three reasons why respondents started feeling less well are the same motives as in the previous question. This is striking and so it means that these three motives are important themes in how you feel.

The answers given are similar in the three countries. Steps have been taken to work more on the future.

Most respondents in the Netherlands are interested in sustainability, climate and animal suffering and feel they have a role to play in this. In Spain, this is a minority and in Latvia this number is significantly lower. This may also be reflected in a vegan lifestyle, as this lifestyle has a clear relationship with the three themes mentioned. The Netherlands is more progressive in this area and in Spain and especially Latvia, this trend is even less ongoing. If we look at the top 20 vegan countries, the Netherlands is in 15th place with 0.5% and Spain in 19th place with 0.2%. Latvia is not in the top 20.

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