

Changes in food intake, smoking habits and physical activity before and one year after the end of the COVID-19 lockdown in Spanish population of 20 to 30 years of age

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Abstract

Introduction: The COVID-19 pandemic, that initiated in Wuhan, China presenting its first case on the 17th of November 2019 and in Spain on the 31st of January 2020, represented a massive impact on human health. Not only was the health of the world population affected, but also their lifestyles (food, alcohol and tobacco consumption as well as physical activity) through social distancing and isolation at home that led to social and economic consequences. There have been several studies that demonstrated a change in the customs of people, but none that stated whether these changes that occurred during and due to the pandemic were so strong as to cause a permanent change in the lifestyles.

Material and Methods: A web-based cross-sectional study was conducted, using a questionnaire, on a convenience sample of 659 Spanish adults aged 20–30 years. Study subjects were recruited from 18th of June to 15th of July 2020 and were asked to report the changes they observed in certain food consumption, tobacco consumption, alcohol consumption, and physical activity between before the lockdown and at the time of interview, one-year after the end of the lockdown.

Results: A total of 659 respondents participated in the study (54,4% females.) The population of non-smokers was of 50,8%. Of those smokers that tried to stop smoking (18,6%) 25,5% managed to do so. We have observed a significance difference in the consumption of fruit, meat and coffee between men and women a year after the end of the lockdown. The increase of fruit consumption was greater in men than in women (32,8% vs. 25,8%.) Only 23,7% of men decreased the consumption of meat compared to 34% in women. Women had a tendency to maintain the coffee intake (51,3% of women compared to 41,55 of men.), whereas men had a larger variation of this consumption. Of those who increased the intake of vegetable and fruit the “couples” were the group most present, forming 30,3% and 28,9% respectively. Of all the participants that decrease the intake of fruit, this was more frequent between those that passed the lockdown alone (30,3%.) Having passed the lockdown in Spain decreased by 46% the probability of increasing the consumption of fish and fish products compared to not having increased it (OR: 0,541, [95%IC: 0,340; 0,863]) as well as decreasing both the probability of increasing the consumption of milk and pre-cooked foods by 58% (OR: 0,421, [95%IC :0,26;0,681]) and 46,5% (OR: 0,535, [95% IC: 0,342; 0,836]),

respectively, Passing the lockdown in Spain decreased by 56% (OR: 0,437, [95% IC: 0,273; 0,698]) and 51% (OR: 0,489, [95% IC: 0,309; 0,775]) the probability of having increase in consumption of sweets and chocolate compared to not having increased it. As for the patterns obtained for the smoking habit there was no concrete alteration not even when stratifying. Having passed the lockdown in Spain reduced the probability by 52% of having increased physical activity at the gym compared to not having increased. (OR: 0,482, [95%IC: 0,313;0,743].)

Conclusions: COVID-19 lockdown had a large impact on both the food consumption as well as the physical activity of the Spanish population between the ages of 20-30 years. The fact that those that passed the lockdown outside of Spain increased the exercise at the gym significantly compared to those that passed it in Spain could be associated to the limitations of outdoor exercise during the lockdown inside of Spain. The participants that passed the lockdown with their couple improved their diets, increasing the intake of vegetables and fruits and decreased the alcohol consumption, probably due to positive feedback between the two. The fact that those that passed the lockdown outside out Spain decreased the intake of fresh foods (vegetables and fruits) but increases the consumption of pre-cooked foods, fish, sweets and chocolate could be related to the lack of availability to achieve a Mediterranean diet during this period.

Key words: COVID-19 pandemic; lifestyles; food consumption; physical activity; tobacco consumption; alcohol consumption; confinement; lockdown; a year later; patterns; questionnaire

Resumen

Introducción: La pandemia de COVID-19, que se inició en Wuhan, China siendo el primer caso el 17 de noviembre de 2019 y en España el 31 de enero de 2020, representó un impacto masivo en la salud humana. No solo se vio afectada la salud de la población mundial, sino también sus estilos de vida (consumo de alimentos, alcohol y tabaco, así como actividad física) a través del distanciamiento social y el aislamiento en el hogar que tuvo consecuencias sociales y económicas. Se han realizado varios estudios que demostraron un cambio en las costumbres de las personas, pero ninguno que estableciera si los cambios que ocurrieron durante y debido a la pandemia fueron tan fuertes como para provocar un cambio permanente en los estilos de vida.

Material y métodos: Se realizó un estudio transversal en la web, mediante un cuestionario, sobre una muestra de conveniencia de 659 adultos españoles de 20 a 30 años. Los sujetos del estudio fueron reclutados del 18 de junio al 15 de julio de 2020 y se les pidió que informaran los cambios que observaron en el consumo de ciertos alimentos, el consumo de tabaco, el consumo de alcohol y la actividad física entre antes del encierro y en el momento de la entrevista, un año después del final del encierro.

Resultados: Participaron en el estudio un total de 659 encuestados (54,4% mujeres). La población de no fumadores fue del 50,8%. De los fumadores que intentaron dejar de fumar (18,6%), el 25,5% lo consiguió. Hemos observado una diferencia significativa en el consumo de fruta, carne y café entre hombres y mujeres un año después del final del encierro. El aumento del consumo de frutas fue mayor en hombres que en mujeres (32,8% vs. 25,8%). Sólo el 23,7% de los hombres disminuyó el consumo de carne frente al 34% de las mujeres. Las mujeres tenían una tendencia a mantener la ingesta de café (51,3% de las mujeres frente al 41,55 de los hombres), mientras que los hombres tenían una mayor variación de este. De los que aumentaron la ingesta de verduras y frutas las “parejas” fueron el grupo más presente, formando un 30,3% y un 28,9% respectivamente. De todos los participantes que disminuyeron la ingesta de fruta, este fue más frecuente entre los que pasaron solos el encierro (30,3%). Haber pasado el confinamiento en España disminuyó de un 46% la probabilidad de incrementar el consumo de pescado y productos pesqueros frente a haberlo incrementado (OR: 0,54,[IC 95%: 0,340; 0,863]) así como disminuir tanto la

probabilidad de incrementar el consumo de leche y alimentos precocinados en un 58% (OR: 0,421, [IC95%: 0, 26: 0,681]) y 46,5% (OR: 0,535, [95% IC: 0,342; 0,836]), respectivamente. Haber pasado el confinamiento en España disminuyó en un 56% (OR: 0,437, [IC95%: 0,273; 0,698]) y 51% (OR: 0,489, [IC95%: 0,309; 0,775]) la probabilidad de tener aumento en el consumo de dulces y chocolate en comparación con no haberlo aumentado. En cuanto a los patrones obtenidos para el hábito tabáquico no hubo alteración concreta ni siquiera al estratificar. Haber superado el encierro en España redujo en un 52% la probabilidad de haber aumentado la actividad física en el gimnasio frente a no haber aumentado. (OR: 0,482, [95% IC: 0,313; 0,743].)

Conclusiones: El confinamiento del COVID-19 tuvo un gran impacto tanto en el consumo de alimentos como en la actividad física de la población española de entre 20 y 30 años. El hecho de que los que pasaron el confinamiento fuera de España aumentaron significativamente el ejercicio en el gimnasio en comparación con los que lo aprobaron en España podría estar asociado a las limitaciones del ejercicio al aire libre durante el encierro dentro de España. Los participantes que pasaron el confinamiento con su pareja mejoraron sus dietas, aumentaron la ingesta de verduras y frutas y disminuyeron el consumo de alcohol, probablemente debido a la retroalimentación positiva entre los dos. El hecho de que los que pasaron el confinamiento fuera de España disminuyan la ingesta de alimentos frescos (verduras y frutas) pero aumente el consumo de alimentos precocinados, pescado, dulces y chocolate podría estar relacionado con la falta de disponibilidad para lograr una dieta mediterránea.

Palabras clave: Pandemia de COVID-19; estilos de vida; consumo de comida; actividad física; consumo de tabaco; consumo de alcohol; confinamiento; cierre de emergencia; un año después; patrones; cuestionario

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Introduction

The coronavirus disease (COVID-19) caused by SARS-CoV-2 initiated in Wuhan, China reporting its first case on the 17th of November 2019. The world-wide spread of this disease caused a pandemic, being the first reported case of COVID-19 in Spain on the 31st of January of 2020. After this first case, the virus spread rapidly throughout the whole country leading to a complete lockdown on the 15th of March 2020 and the activation of the “estado de alarma” – emergency state.

This lockdown consisted of movement restriction, physical distancing and isolation of all the citizens in their homes, unless, they had circumstances contemplated by the government that allowed them to leave their household. Some of these exceptions were to go buy food and basic supplies as well as going to your work place, if this was considered a fundamental service, such as healthcare. No outdoors exercise or activities were allowed, nor was going to educational centres such as school or universities, basically the whole country was paralyzed.

During this period, the healthcare centres collapsed from the number of COVID-19 cases and new facilities were activated, such as COVID HOTELS and the IFEMA, to take some of the load from the hospital. By the 21st of June 2020 the total lockdown had finalized, 98 days later, and the “fase de desescalada” initiated.

This de-escalation stage consisted of 4 phases that progressively allowed for less restrictive measures. To pass from one phase to the next certain criteria had to be complied. These depended on each autonomous community separately and individually. The aim was to reach the “new normality” where the spread of the virus was controlled, in the sense that, the healthcare centres (hospital, primary care units and additional installation (IFEMA)) didn't collapse under the quantity of COVID-19 cases. The “estado de alarma” ended on the 9th of May of 2021 which meant no more curfew nor mobility restrictions inside and outside the country or restrictions on the number of people allowed per household. The curfew was abolished and the establishments were allowed to stay open until their usual pre-COVID hours. Everything became more of a recommendation not an obligation.

As this was a new virus we were up against, as the days passed new aspects of the COVID-19 illness were becoming known. This disease caused severe respiratory illness which could lead to death if no appropriate treatment was applied. Overall, nowadays 13.6%

of the hospitalized cases of COVID-19 in Europe are reported as severe, requiring ICU but only 0.9% of all the COVID-19 cases in Europe are considered severe. (1)

During this lockdown, many citizens suffered from the stress caused by being locked in their homes for 98 days.(2) This stress as well as anxiety led to alterations in the routine of individuals: changes in food consumption, sleep disorders and changes in exercise – leading to a more sedentary lifestyle.(3)(4)(5) These changes were not only seen in Spain but also in other countries such as Poland, Italy and many others around the world. (6)(7)(8). It has been seen not only that there have been changes but these are different for each age group. Adolescents and students were more influenced to change their habits during the lockdown due to their high susceptibility to acquiring bad eating habits. (9)(10).

According to several studies done in the Spanish population, before the COVID lockdown the alcohol consumption was present in more than three quarters of the population, this being greater in men than in women. Both the alcohol abuse as well as the tobacco consumption decreased during the COVID lockdown. (11)

It should be taken into account, as stated by the FAO (The Food and Agriculture Organization) (12), that during the confinement the ability to acquire fresh food had become difficult for various reasons. Despite of the limitations of food acquisition during the values in 2019 concluded that almost all our population consumed meat products, fish products and fruit as well vegetables were consumed, (12) a diet that complies with the parameters of the typical Mediterranean diet known world-wide.

It has been proven, hence, that the confinement caused important alteration in the routine and habits of the citizens of the world but did these changes become their “new normality?” A study (14) has proven that certain dietary behaviours that allowed Chinese citizens to cope with the COVID-19 lockdown were maintained even a year after their adoption. In this study, our aim was to gain a deeper knowledge of whether the power of the lockdown, and the coping behaviours adopted in that period of 98 days, were enough to cause real, permanent changes in the lifestyle of the Spanish population.

Material and Methods

This cross-sectional study included a convenience sample of the Spanish population between the ages of 20 and 30 years old. The survey was launched on the 18th of June and finalized on the 15th July having achieved a sample size of 659.

- Study population

Our study population is Spanish population from 20 and 30 years old from all around Spain, independently of having passed the COVID illness. The sample size was calculated according to the Spanish population in July 2020. (15) between the age of 20-30 years of age, according to the INE (Instituto Nacional de Estadística.) This population amounted to 5,417,816 people. To calculate the sample size, we used a confidence level of 95%, margin of error of 5% and a p of 0.5 (standard) achieving a sample size of 385 participants that would allow for statistically significant results. We opted for this population because this age range is more likely to not live with parents (that would influence their habits) and are more likely to have a less established diet and routine. This would make their lifestyle more susceptible to change by certain situations, such as a world lockdown.

- Study Design

The data collection was accomplished using Google Forms through a structured questionnaire with the anonymized option activated so that no identification was needed to perform it. The questionnaire was divided into 4 sections: Sociodemographic Information, Food intake, Smoking habits and Physical activity. The participants were recruited online through social media (Instagram, Facebook and WhatsApp) following a snowball procedure. The questionnaire included 25 multiple choice questions that took about 4 minutes to complete. The whole study was carried out in Spanish. Due to the nature of the sampling methods, it was not possible to calculate specific response rates.

- Measures

- Sociodemographic Information

In this section we took into account: gender (male/ female) and age (from 20 years old to 30 years old) as well as their level of education (Junior School/ High School/ University / No studies.) Moreover, we valued whether they passed the lockdown in Spain (yes/ no) and

their living conditions before, during and after de lockdown (with family/ alone/ house mates/partner.)

- Food Consumption

To compare food intake before the lockdown and one year after we used multiple choice questions that valued whether the intake of certain foods decreased, remained the same or increased according to each participant. Since after a vast research we didn't find a survey that managed to satisfy our needs we adapted the EPIC Food Questionnaire.(16) The studied foods were: vegetables, fruits, fish, meat, pre-cooked plates, sweets and alcohols consumption. When studying the intake of alcohol, we considered both the quantity as well as the frequency of intake.

- Smoking habits

We adapted the Global Tobacco Surveillance System questionnaire (17) to value whether the participants currently smoked (more frequently/ the same as before/less frequently/ I have never smoked/ I quit smoking), whether they considered quitting smoking (if they did beforehand) during the lockdown (yes/no/I have never smoked) and if they considered it, did they manage to do so (yes/no.)

- Physical activity

The physical activity has been one the most affected aspect during the lockdown due to the strict laws that prohibited leaving the household. To analyse this parameter, we adapted the EPAQ2 survey. (18)In this questionnaire we valued the overall physical activity before the lockdown and one year after (more than before, the same/less than before) and then asking for specific types of exercise: at home, outside and gym (more than before, the same/less than before.)

- Ethics

Before the initiation of the questionnaire, we introduced a small introduction explaining the aim of the questionnaire, asking for sincerity in each answer and thanking their collaboration. Immediately after we included a data protection act text to ensure our participants that all the data collected would be used only for this research and it would maintain its anonymity.

- Data Analysis

Initially, we did a descriptive analysis, using both IBM SPSS Statistics 26.0 Version, as well as the Excel and charts that were obtained directly from the Google Form. Several stratifications were used to analyse the data. These were: gender, living alone/with housemates/partner/family nucleus, inside or outside de family nucleus and having passed the lockdown inside or outside Spain. This was done using crosstabs. These 4 stratifications were chosen since we thought that it was where the most important differences could be perceived. We used either X^2 of Pearson or likely-hood ratios depending on the number of categories present in each dependent variable. The binary logistic regression was accomplished unifying the “less than before” and “the same as before” options of all the categories and compared this new variable with “more than before.” The dependent variables were the different types of foods and type of exercises that we included in the questionnaire. We obtained the Odds Ratio (OR) and confidence intervals.

Results

- Characteristics of Participants

Women comprised 54,4% of the participants in the study. Of all the participants, 83,5% of them passed the lockdown in Spain and 27,8% of the participants spent it in their family nucleus. The rest spent it either alone, with housemates or partner (18,1%, 27,9% and 26,3% respectively.)

When we categorized the ages of our participants in three groups, 20-23, 24-26 and 27-30 years old we observed that 42,1% of our participants formed part of the last group. The age group of 27-30 had almost half-half male-female participants. The other two groups, 20-23 and 24-26 had more female participants than male.

Most of our participants had University studies,74,1%, while only 8,5% of our participants that had no studies. When stratified by gender there was a significance difference ($p<0,001$) in the distribution of sexes between the different levels of studies. Participants with “no studies” were mostly men,62,5%, while in “University” studies almost 60% of the participants were females.

Moreover, we observed a difference in the distribution of participants inside and outside Spain, having a larger pool of male participants outside of Spain ($p<0,017$.)

Half of the participants (50,8%) have never smoked tobacco in their lives while 11,1 % of them, at the moment, quit this habit. Table 1 describes the sociodemographic characteristics and lifestyle of the participants.

- Patterns of changes in food consumption

No concrete pattern in changes of food consumption was observed. At least 53% of the participants stated that their vegetable consumption remained the same, as well as their fruit (54,6%), meat (50,8%) and fish (42,4%) consumption. The consumption of milk and lactose products remained stable in 61,5% of the participants. Figure 1 describes the results including the participants that increased or decreased their consumption of each food.

When stratified by gender there was no significant difference in all our data except for three categories. We have observed a significance difference in the consumption of fruit, meat and coffee between men and women a year after the end of the lockdown. These

differences obtained values of $p < 0,05$ using the X^2 of Pearson. Between women 59% of them maintained the fruit consumption the same, while only 48,8% of the men did. The increase of fruit consumption was greater in men than in women (32,8% vs. 25,8%.) The decrease of fruit consumption was greater in men but only by 3,2% compared to women (18,4% and 15,2% respectively.) Only 23,7% of men decreased the consumption of meat compared to 34% in women. Meat consumption remained the same in 54,5% of men and 47,5% on women, while its increase was more significant between men than women (21,7% vs. 18,5%.) The coffee intake increased in 39,1% of men while this was seen only in 34,3% of women. On the other hand, a larger decrease of intake was also seen in men, being 19,4%, while in women only 14,4%. Hence, women have a tendency to maintain the coffee intake (51,3% of women compared to 41,55 of men.)

When stratifying the data by the living arrangement during the lockdown: living with the family nucleus, alone, with housemates and with the partner we observed several statistically relevant differences between the consumption of certain foods. Both the vegetables and fruit consumption presented $p < 0,05$. Of all the participants that maintained the vegetable intake, the category that had de highest percentage in this was the ones that lived with housemates. Of those who increased the intake the category that was most present was the “couples”, forming 30,3% of these. The decrease was seen both in participants that lived alone (27,9%) as well as those who lived with housemates (27,9%.) The maintenance of fruit consumption was seen in only 44,5% of the participants that lived alone, while it was in the other categories it was over 50%, being the highest in participants that lived with housemates. On the other hand, of all the participants that decrease the intake of fruit, this was more frequent between those that passed the lockdown alone (30,3%.) Of all those that increased the consumption of fruit, the ones that did it the most were those that passed the lockdown with their couple. (28,9%.)

With the pastries consumption the participants that passed the lockdown alone where the ones with the highest frequency for decreasing their consumption (only 12,6%) and the ones that increased it the most (28,9%.) The participants that maintained the consumption the most were those that passed the lockdown with their couple (27,2%.) These differences were statistically significant with a p-value of 0,009. The alcohol consumption also exhibited a significance difference (p-value 0,041), observing an increased especially amounts the participants that passed the lockdown with their family nucleus (33,6%) while those that decreased the consumption were those that passed it with their couple (29,6%.) Therefore,

there was a difference between the consumption of these 4 aliments when stratified by accompaniment during the lockdown.

We stratified our data by whether our participants passed the lockdown inside or outside of Spain. The results illustrated a significance difference ($p < 0,05$) in the categories of vegetable, fruit, fish, meat, milk, pre-cooked meals, pastries, chocolate and coffee consumption between the participants that lived inside and outside of Spain. The participants that passed the lockdown outside of Spain had a larger variation in their vegetable consumption. Only 33,3% remained the same (compared to the 57,1% that passed the lockdown in Spain) and 32,4% decreased while 34,3% increased. In the participants that passed the lockdown in Spain only 13,9% of them decreased the intake of vegetables, and 29% increased it. The fruit consumption remained stable only in in 37 % of the participants that passed the lockdown outside of Spain, while 58,2% of those that passed inside of Spain maintained it. Of those that increase the intake of fruit, 81,3% of them passed the lockdown in Spain, while of those that decreased the intake, 30,3% passed the lockdown outside of Spain.

The fish consumption increased in 29,6 % of the participants that passed the lockdown outside of Spain while it only increases in 18,6% of those that passed it inside of Spain. 60,3% of the participants that passed the lockdown in Spain maintained the consumption of fish while this was seen only in 38,9% of the others. Of those that passed the lockdown in Spain only 21,1% of them decrease the consumption while this decrease was seen in 31,5% of the ones that passed the lockdown outside of Spain. The meat consumption increased by only 18,7% in the participants that passed the lockdown in Spain and 26,9% in those that passed the lockdown outside of Spain. In 52,8% of the participants that passed the lockdown in Spain the consumption was not altered, while we observed a decrease in consumption by 32,4% of the participants that passed the lockdown outside of Spain.

The milk consumption remained stable in 65,3% of the participants that passed the lockdown in Spain while this was seen only in 42,6% of the participants that passed the lockdown outside of Spain. Both the increase and decrease of consumption of milk was larger in those that passed the lockdown outside of Spain (28,7% both.) The participants that passed the lockdown in Spain decrease the consumption of pre-cooked meals by 37%, maintained it by 41,2% and increased it by 21,8%, while those that passed it outside of Spain maintained it by 32,45, decreased it by 33,33% and increased it by 34,3%.

The consumption of sweets was maintained in 42,9% of the population that passed the lockdown in Spain while those that passed it outside of Spain, 38% of them managed this.

The chocolate intake was maintained in 46,4% of the population that passed the lockdown in Spain while those that passed it outside of Spain 30,6% of them did. There was a larger variation in the coffee consumption in the participants that passed the lockdown outside of Spain: 25% of them decreased the consumption, 28,4% maintained it while 45,4% of them increased it. Those that passed it in Spain, 50,3% maintained the coffee consumption, 15,3% increased it and 34,4% increased it.

We created 2 different categories within the variables: “more than before” and “not more than before”. This last category included the participants that had both “maintained the frequency” of consumption of each food as well and having “decreased it”. Using binary logistic regression, the fact of having passed the lockdown in Spain decreased by 46% the probability of increasing the consumption of fish and fish products compared to not having increased it (OR: 0,541, [95%IC: 0,340; 0,863] and $p=0,01$.) We also observed that the fact of having passed the lockdown in Spain decreased both the probability of increasing the consumption of milk and pre-cooked foods by 58% (OR: 0,421, [95%IC 0,26:0,681]) and 46,5% (OR: 0,535, [95% IC 0,342; 0,836]), respectively, compared to not having increased it. Lastly, having passed the lockdown in Spain decreased by 56% (OR: 0,437, [95% IC 0,273; 0,698]) and 51% (OR: 0,489, [95%IC: 0,309; 0,775]) the probability of having increase in consumption of sweets and chocolate compared to not having increased it.

- Patterns of changes in smoking habits

Within our participants we observed that 50,8% of them all have never smoked before and 18,6% of the smokers considered dropping the habit. Of these (considered quitting smoking) only 25,5% of them achieved their goal. (Figure 2) As for the patterns obtained for the smoking habit there was no concrete alteration not even when stratified by gender, living inside or outside Spain, living in the family nucleus/ others, or by the 4 categories of living situation.

- Patterns of changes in physical activity

The physical activity, as shown by our results (observed in Figure 3), didn't have significant alterations between genders. When stratified by those who passed the lockdown with their family nucleus and the other category participants that englobed: living alone, living with partner and living with housemates, we observed a significant difference

($p < 0,005$) in the general exercise. For those that passed the lockdown in their family nucleus, 41,8% of them maintained their physical activity while only 29,2% of the new category did. This new category (not having passed the lockdown with their family nucleus) presented 43,5% of them increased their exercise and 27,3% of them decreased it.

The overall exercise when stratifying by passing the lockdown inside and outside Spain, didn't present any differences between the two groups but it was seen that exercise at home, outside and at the gym did vary between the two populations ($p < 0,05$.) The participants that passed the lockdown in Spain decrease the exercise at home by 23,8%, maintained it by 36,4% and increased it by 39,7%, while those that passed it outside of Spain maintained it by 28,7%, decreased it by 40,7% and increased it by 30,6%. The participants that passed the lockdown outside of Spain 36,1% decreased (compared to 25,6%- that passed it in Spain), 27,8% maintained (compared to 41,2%%- that passed it in Spain) and 36,1% increased (compared to 33,2%- that passed it in Spain). The exercise at the gym saw an increase in 39,8% of the participants that passed the lockdown outside Spain while this was seen only in 24,2% of the ones that passed the lockdown in Spain.

When using binary logistic regression, we observed that the fact of having passed the lockdown in Spain reduced the probability by 52% of having increased physical activity at the gym compared to not having increased. (OR: 0,482, [95%IC: 0,313;0,743].)

Discussion

This cross-sectional study provides a snapshot of the eating habits and lifestyle of the Spanish population between 20-30 years old, who participated in the questionnaire between the 18th of June and 15th of July 2021, practically a year after the end of the COVID-19 lockdown. It has been designed to understand whether the temporary lifestyles and behavioural changes adopted by people during the lockdown may have become permanent, hence, comprehending if the COVID-19 lockdown had a real impact on our population. To our understanding and knowledge, this study is one of the first to investigate the post lockdown the eating, smoking and drinking habits as well as physical activity of our population.

There have been variations in the dietary behaviours of the participants of our study, especially when we stratify by where (geographically) they passed the lockdown. There are significant differences between the participants that passed the lockdown inside and outside of Spain. We observed that those who passed it in Spain had a smaller variation in their alimentation in comparison to the other participants, that had a higher decrease in

consumption of fresh foods such as vegetables, fruits, fish and meat. This could be accounted to the fact that Spain is one of the mayor providers (4th in Europe and 10th in the world) (19) of agri-foods in Europe, hence during the confinement, where the supply chains where altered, it was easier to move the food we produced within our own country that exporting it, as we usually do. It was confirmed by the FAO (The Food and Agriculture Organization) (12) that there was a disbalance between supply and demand that caused a disruption in the food chains all around the world. This could have led, as stated before, to a shortage of certain types of food outside of Spain, during the lockdown. Hence, it should be taken into account that during the confinement the ability to acquire fresh food had become difficult due to shortages in the production and distribution, as well as the fact that people over-bought food due to the fear of shortage from the producers.

It would also be related to the strong Mediterranean diet that is followed in Spain, especially by the population with higher socioeconomic level and education, (20) which, in our study comprehends around 88% of the participants (High School and University studies.) It has been strongly proven that populations with lower education and socioeconomics levels are associated with poorer dietary habits, having a lower consumption of vegetables and fruits while their consumption of high sugar, fat and salt content food is higher. (21)

In Spain, the food consumption is recorded yearly (13), achieving values that can be used to grasp an overall idea of the diet in the Spanish population. The values in 2019 concluded that 97,40% consumed meat products, 92,73% fish products and 95,01% fruit. Vegetables were consumed by 96,10% of the population and the consumption of chocolate and coffee & tea was of 66,71% and 66,27% respectively. As it can be noted even though the use of pre-prepared food was of 80,70% in general a Mediterranean fresh diet is seen. There's a study that proves that Spanish adults had a higher adherence to the Mediterranean diet during the confinement. (22) In other countries it was demonstrated that during the lockdown adults acquired a healthier dietary behaviours. (8) On the other hand multiples studies conducted in other countries also established an increase in the consumption of comforts foods such as chocolate and salty snacks during the lockdown. (8) Therefore, the information already available can back up our results.

In our study we didn't observe any significant differences in the consumption of alcohol a year after the end of the COVID-19 lockdown. The only significant data that we obtain was who those that passed the lockdown with their family nucleus increased the consumption of alcohol compared to the other participants (then they were all grouped.) This could be due to the fact that several factor, such as, having an easier accessibility to alcohol

since in parents' households there tends to have be a supply while the age group we studied tend to buy just for certain occasions.

On the other hand it has been noted, by the OEDA-COVID (11), that the alcohol abuse during the COVID lockdown decreased overall in the Spanish population between the ages of 15-64. This was seen in both genders, having a prevalence of 62% before March 2020 and 57,3% during the lockdown in Spain. In males this prevalence went from 70,6% to 66,2%, and in females from 53,4% to 48,3%. When subdivided in age groups the prevalence of alcohol abuse between 20-24 years of age varied from 74,4% to 64,5% and from 25-30 years of age form 65,1% to 61,4%. This pattern of decreased consumption is present in both genders but is greater amongst females. During the lockdown 30,1% of the Spanish population between 15-64 years of age maintained the same alcohol consumption while only 3,3% increased and 21,6% decreased it. This variation where similar when extrapolating the results by genders.

Therefore, our results demonstrate that even though there was a decrease in the consumption during the lockdown this was not maintained in the long-run. Hence, we can argue that COVID-19 lockdown didn't alter alcohol drinking habit in the Spanish population between the ages of 20-30 year of age.

The results we obtained from our study did not demonstrate a real decrease in the consumption of tobacco. They did however show that of those participants that decided to stop smoking, a quarter of them managed to do so. This could be due to the fact that one of the risk factors for severe respiratory illness caused by the COVID-19 was being a smoker. This could have acted as an incentive to quit this habit. On the other hand, the tobacco consumption in the last 12 months in 2019 (23) was of 39,4% in the Spanish population being higher in men than in females, except in the age group of 45-54 years of age, where the consumption was greater in females. During the lockdown the tobacco use was also altered, decreasing overall. In males it went from 29,7% to 28% and in females from 28,6% to 27,5%. Even though the difference between genders is not statistically significance the overall decrease from before and during the pandemic was ($p < 0,001$.) This decrease was seen both in active (first-hand) and passive (second-hand) smoking. When stratified by age groups (11) there has been a significant decrease in both genders in the age group of 15-24 years of age. On the other hand, in the age group of 25-34 years old the females increased their consumption of tobacco during the lockdown (24) from 29,4% to 30,4% whilst in men it decreased (from 32,9% to 30,5%.) In general, during the lockdown, 15,3% maintained their consumption of tobacco whilst 5,5% decreased, 5,7% increased and only 2,6% managed to

abandon it. On the contrary, an Italian survey (25) stated that during the lockdown, 5.5% of the overall sample quit or reduced smoking, but 9.0% of the sample either started, relapsed smoking or increased their smoking intensity. The consumption of cigarette consumption increased by 9.1%. An improvement in smoking habits was associated with younger age, occasional smoking and unemployment, whereas a worsening was mainly associated with mental distress. Therefore, no we cannot define one pattern of smoking habit changes during the COVID-19 lockdown. Even though we cannot compare our results to a particular pattern of tobacco consumption we can be argued that the decrease seen in the Spanish population during the lockdown was not maintained.

In Spain, due to such strict restrictions during the lockdown outside activities were forbidden since they were not considered essential. Our results had shown that there has been a variation in the physical activity of the Spanish population. We have seen a decrease in outdoors and gym exercise between the population that passed the lockdown in Spain compared to those that passed it outside of Spain. This could be explained by the extremely strict actions taken by the Spanish government (in comparison with other countries) : allowing the opening of the gyms in mid-June 2020, during phase 2, (26) and allowing outdoors exercise only from the 2nd of May and only during certain interval of the day. (27)

These severe limitations led to an increase in sedentary lifestyle and reduction of the overall physical activity (22), as reported in several studies both in Spain and outside. (28) In other countries, where the restrictions during the confinement were less strict, the physical activity in open air, since it was allowed, increased. (29) Unfortunately, also did the time dedicated to a sedentary lifestyle since many other activities were forbidden. (29) It has also been demonstrated (8) in several populations that during the lockdown there was a higher prevalence in inactivity.

As a motivation to try keep the Spanish population health during the lockdown physical activity was extremely encouraged (30) with publicity on national TV as well as broadcast on various television channels and especially on social media. Moreover, market research analysis (31) reported an increase in sales of sports equipment adapted for exercise at home, as well as the interest in online sports classes.

Although this study provides an overview of whether certain coping behaviours adopted during the period of COVID lockdown could still be present a year after the end of it, there are limitations that have to be taken into consideration. Initially, the fact that this cross-sectional study was conducted with a convenience sample that was recruited online, leading to a selection bias. The use of an online survey was necessary to be able to reach as many

participants as possible in a just under a month, and thanks to this method we managed to obtain a fairly large sample. Research based on an anonymous and online survey excludes the possibility of verifying the data on objective grounds but if not conducted in this way it would make it impossible to reach the largest possible population between 20-30 years of age. Moreover, the collection of data online limited the participation of underprivileged sectors but it's also true that nowadays is basically impossible to find a person of 20-30 years of age without a cell phone that has internet connection or a computer.

On the other hand, it is true that people that are more concern about their health, as well as food consumption and self-care are more likely to have participated in the survey. Fortunately, contrary to proven in several studies during the pandemic (22) (9), we didn't have a gender bias as 54% of our participants were females, usually there tend to be more females than males. The analysed groups were not homogenous, being the 20-23 age group the one with least participants, as well as the presence of differences in the educational level. This could have probably been a cause of the snowball effect, which reached participants with certain characteristics since the survey was rolled inside those nuclei.

The population that passed the lockdown outside of Spain was only of 16,6%, a great difference compared to those that passed it in Spain. This is mostly to the fact that we were studying the Spanish population and most of them had the chance to make it back home for the lockdown (if they were travelling) or managed to move back with their families in time.

Since smoking and alcohol habits were asked and there could be a possible non-response bias that should be taken into account since it's a delicate matter that not everyone is willing to answer truthfully, fortunately only 0,5% of our participants didn't answer the alcohol frequency question, 0,6% our alcohol quantity question and 0,2% our "do you currently smoke" question. A memory bias is another limitation of our study since we are comparing their actual habits to the ones they had before the lockdown (more than a year ago.). This, unfortunately, cannot be overcome considering that we don't have values from before the lockdown.

We used a simplified approach to provide a general summary of the frequency of consumption of foods and habits (smoking and exercise) but the particular types of foods or specific information was not added to this survey because even though we knew we were losing data we wanted to avoid extensive questionnaire length and the negative effects it may have on the response rate.(32) Lastly, the survey was not validated due to lack of time but we manage to create one that managed to capture the essence of the change by adapting three different ones.

Our study therefore demonstrates that the COVID-19 lockdown did not have the strength to change permanently alcohol and tobacco consumption, and a moderate strength to alter the consumption of certain foods. It did, on the other hand have the strength to change of the physical activity lifestyle of our participants.

All this suggests the need for cautious data interpretation and calls for further studies in this field.

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Tables and Figures

Table 1: Sociodemographic characteristics of participants.

		Male		Female		Total	
		N	%	N	%	N	%
Age:	20-23	66	42,9%	88	57,1%	154	23,5%
	24-26	92	40,9%	133	59,1%	225	34,4%
	27-30	141	51,1%	135	48,9%	276	42,1%
Studies:	Junior School	14	58,3%	10	41,7%	24	3,7%
	High School	55	61,1%	35	38,9%	90	13,7%
	University	195	40,1%	291	59,9%	486	74,1%
	No studies	35	62,5%	21	37,5%	56	8,5%
Lockdown in Spain	No	65	60,2%	43	39,8%	108	16,6%
	Yes	232	42,6%	312	57,4%	544	83,4%
Living situation:							
Before lockdown	Family Nucleus	103	49,5%	105	50,5%	208	31,7%
	Alone	61	59,2%	42	40,8%	103	15,7%
	Housemates	84	39,6%	128	60,4%	212	32,3%
	Partner	51	38,3%	82	61,7%	133	20,3%
During lockdown	Family Nucleus	91	50,6%	89	49,4%	180	27,4%
	Alone	65	54,6%	54	45,4%	119	18,1%
	Housemates	75	40,8%	109	59,2%	184	28,0%
	Partner	68	39,3%	105	60,7%	173	26,4%
After lockdown	Family Nucleus	76	50,0%	76	50,0%	152	23,2%
	Alone	68	57,1%	51	42,9%	119	18,1%
	Housemates	85	41,3%	121	58,7%	206	31,4%
	Partner	70	39,1%	109	60,9%	179	27,3%

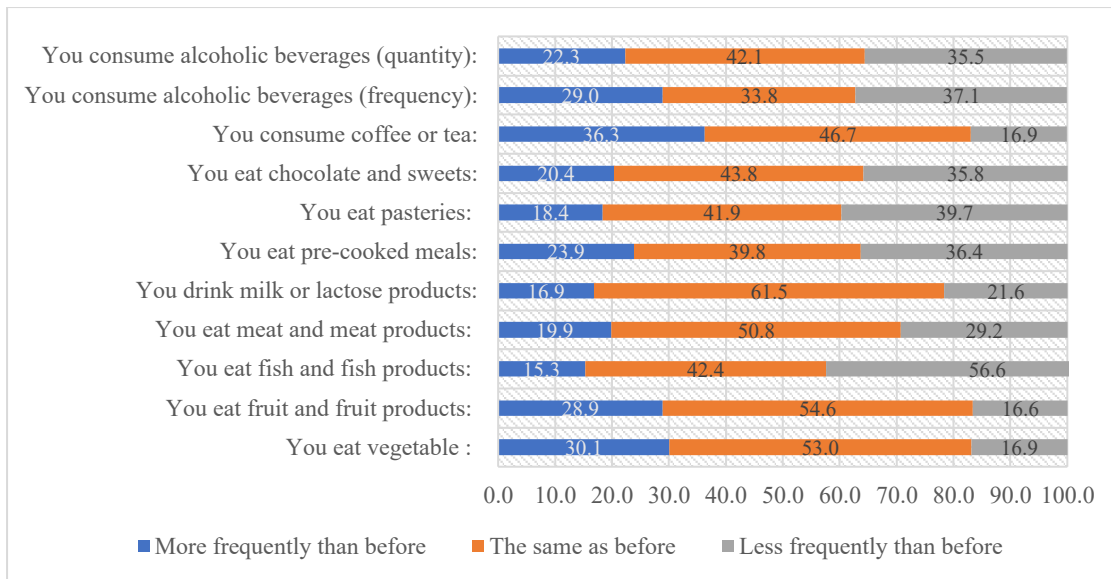


Figure 1: Consumption percentages of each food studied in the survey, taking into account the increase, decrease and persistence of their use.

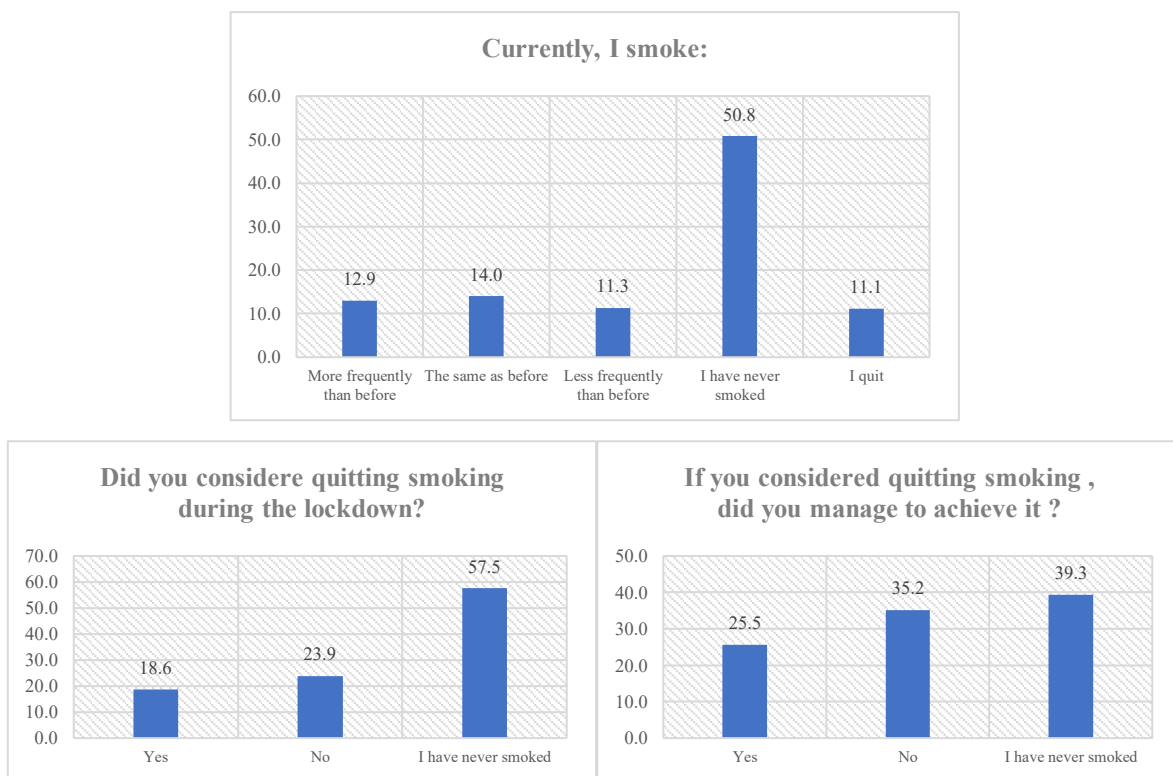


Figure 2: Consumption of tobacco and consideration of quitting from part of the participant of the study. Values in percentages.

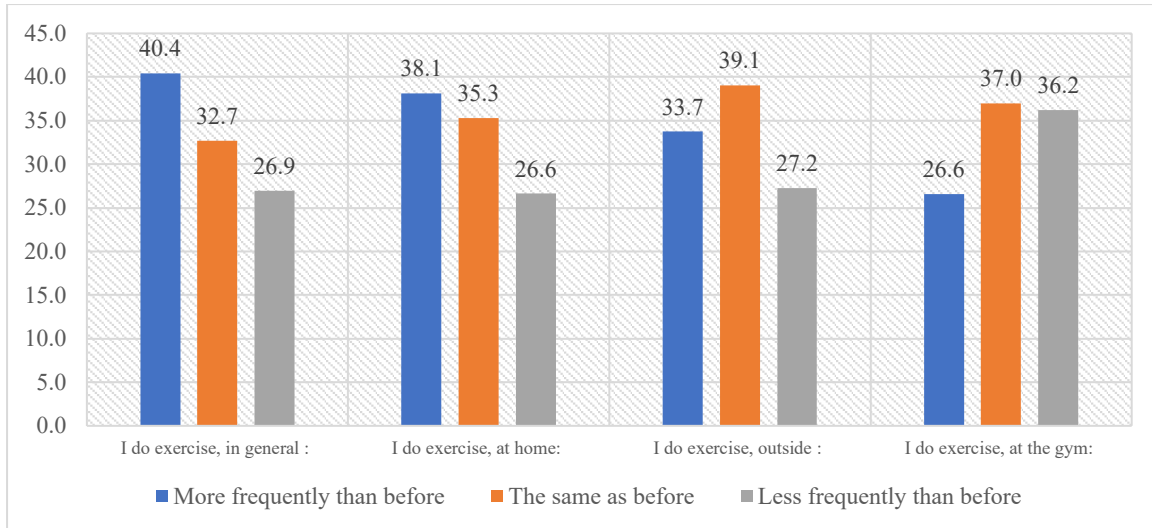


Figure 3: Physical activity of the participants of the study. Values in percentages.

Activities developed

The author participated in all the steps of the planification of the study and its' design, always with the help of their tutor, Juan Manuel Balletero Arribas. The creation of the questionnaire as well as the diffusion of it was also conducted by the author. For the interpretation of the data collected, the author sought help from the investigation department of their hospital, Hospital Clinico San Carlos, where they taught and helped with the statistical analysis. The data was drafted by the author being finally perfected with their tutor.

Annex 1:

Questionnaire

Buenas! Ante todo, gracias por ayudarme rellenoando este cuestionario que servirá para mi TFM. Mi TFM esta basado en comprender si ha habido un cambio en los hábitos alimentarios, tabáquicos y de ejercicio entre: ANTES del confinamiento por COVID y 1 año después de la finalización de este.

Este cuestionario tiene una duración de un par de minutos. Te pido que seas lo mas sincero posible con tus respuestas.

Agradezco tu tiempo -- > EMPEZEMOS

Marta Russo Sanjuanbenito es el Responsable del tratamiento de los datos personales del Interesado y le informa de que estos datos se tratarán de conformidad con lo dispuesto en el Reglamento (UE) 2016/679, de 27 de abril (GDPR), y la Ley Orgánica 3/2018, de 5 de diciembre (LOPDGDD), por lo que se le facilita la siguiente información del tratamiento:
Fines y legitimación del tratamiento: mantener una relación profesional (por interés legítimo del responsable, art. 6.1.f GDPR) y envío de comunicaciones de productos o servicios (con el consentimiento del interesado, art. 6.1.a GDPR). Criterios de conservación de los datos: se conservarán durante no más tiempo del necesario para mantener el fin del tratamiento o mientras existan prescripciones legales que dictaminen su custodia y cuando ya no sea necesario para ello, se suprimirán con medidas de seguridad adecuadas para garantizar la anonimización de los datos o la destrucción total de los mismos. Comunicación de los datos: no se comunicarán los datos a terceros, salvo obligación legal.

Sexo:

- 1) F
- 2) M

Edad:

Todas las opciones desde 20 a 30 años.

Nivel Educativo:

- 1) Estudio Secundario (bachillerato/formación profesional)

- 2) Estudio Superior (universitario / formación profesional superior)
- 3) Sin estudios

Pasaste el confinamiento en España:

- 1) Si
- 2) No

Antes del Confinamiento vivías:

- 1) Con la familia (padres)
- 2) Solo
- 3) Compañero(s) de piso
- 4) Pareja

Pasaste en confinamiento:

- 1) Con la familia (padres)
- 2) Solo
- 3) Compañero(s) de piso
- 4) Pareja

Actualmente vives:

- 1) Con la familia
- 2) Solo
- 3) Compañero(s) de piso
- 4) Pareja

Hábitos alimentarios

Actualmente, en comparación con antes del confinamiento

Comes vegetales:

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes

Comes fruta y productos de frutas (no incluye zumos de frutas):

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes

Comes pescado y productos de pescado:

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes

Comes carne y productos de carne (incluye jamón, beicon y pollo):

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes

Comes dulces y golosinas:

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes

Consumes cafeína/teina:

- 1) Mas a menudo que antes / mas cantidad
- 2) Igual que antes
- 3) Menos a menudo que antes / mas cantidad

Consumes bebidas alcohólicas:

- 1) Mas a menudo que antes / mas cantidad
- 2) Igual que antes
- 3) Menos a menudo que antes / mas cantidad

Bebes vino blanco / tinto:

- 1) Mas a menudo que antes / mas cantidad
- 2) Igual que antes
- 3) Menos a menudo que antes / mas cantidad

Bebes cerveza, cidra o lager:

- 1) Mas a menudo que antes / mas cantidad
- 2) Igual que antes
- 3) Menos a menudo que antes / mas cantidad

Bebes vermut, porto, Jerez:

- 1) Mas a menudo que antes / mas cantidad
- 2) Igual que antes
- 3) Menos a menudo que antes / mas cantidad

Bebes Vodka, Ginebra, Ron whisky etc.:

- 1) Mas a menudo que antes / mas cantidad
- 2) Igual que antes
- 3) Menos a menudo que antes / mas cantidad

Habito tabáquico

Actualmente, en comparación con antes del confinamiento

Fumo tabaco:

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes
- 4) Nunca he fumado
- 5) Lo he dejado

¿Consideraste dejar de fumar durante el confinamiento?

- 1) Si
- 2) No
- 3) Nunca he fumado

¿Conseguiste dejar de fumar?

- 1) Si
- 2) No

Ejercicio físico

Actualmente, en comparación con antes del confinamiento

Realizo ejercicio, en general:

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes

Realizo ejercicio, en casa:

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes

Realizo ejercicio, en el exterior:

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes

Realizo ejercicio, en el gimnasio:

- 1) Mas a menudo que antes
- 2) Igual que antes
- 3) Menos a menudo que antes

Annex 2:

Results

- Crosstabs:

educat*sexo

Tabla cruzada educat*sexo

		sexo			
			Hombre	Mujer	Total
educat	Estudios primarios	Recuento	14	10	24
		% dentro de educat	58,3%	41,7%	100,0%
		% dentro de sexo	4,7%	2,8%	3,7%
	Estudios secundarios	Recuento	55	35	90
		% dentro de educat	61,1%	38,9%	100,0%
		% dentro de sexo	18,4%	9,8%	13,7%
	Estudios superiores	Recuento	195	291	486
		% dentro de educat	40,1%	59,9%	100,0%
		% dentro de sexo	65,2%	81,5%	74,1%
Sin estudios	Recuento	35	21	56	
	% dentro de educat	62,5%	37,5%	100,0%	
	% dentro de sexo	11,7%	5,9%	8,5%	
Total	Recuento	299	357	656	
	% dentro de educat	45,6%	54,4%	100,0%	
	% dentro de sexo	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	22,623 ^a	3	,000
Razón de verosimilitud	22,642	3	,000
Asociación lineal por lineal	1,961	1	,161
N de casos válidos	656		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 10,94.

conf_vivir*sexo

Tabla cruzada conf_vivir*sexo

		sexo			
			Hombre	Mujer	Total
conf_vivir	Núcleo familiar	Recuento	91	89	180
		% dentro de conf_vivir	50,6%	49,4%	100,0%
		% dentro de sexo	30,4%	24,9%	27,4%
	Solo	Recuento	65	54	119
		% dentro de conf_vivir	54,6%	45,4%	100,0%
		% dentro de sexo	21,7%	15,1%	18,1%
	Compañeros de piso	Recuento	75	109	184
		% dentro de conf_vivir	40,8%	59,2%	100,0%
		% dentro de sexo	25,1%	30,5%	28,0%
Pareja	Recuento	68	105	173	
	% dentro de conf_vivir	39,3%	60,7%	100,0%	
	% dentro de sexo	22,7%	29,4%	26,4%	
Total	Recuento	299	357	656	
	% dentro de conf_vivir	45,6%	54,4%	100,0%	
	% dentro de sexo	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	10,187 ^a	3	,017
Razón de verosimilitud	10,199	3	,017
Asociación lineal por lineal	7,235	1	,007
N de casos válidos	656		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 54,24.

fruta*sexo

Tabla cruzada fruta*sexo

			sexo		Total
			Hombre	Mujer	
fruta	Menos a menudo que antes	Recuento	55	54	109
		% dentro de fruta	50,5%	49,5%	100,0%
		% dentro de sexo	18,4%	15,2%	16,6%
	Igual que antes	Recuento	146	210	356
		% dentro de fruta	41,0%	59,0%	100,0%
		% dentro de sexo	48,8%	59,0%	54,4%
	Más a menudo que antes	Recuento	98	92	190
		% dentro de fruta	51,6%	48,4%	100,0%
		% dentro de sexo	32,8%	25,8%	29,0%
Total	Recuento	299	356	655	
	% dentro de fruta	45,6%	54,4%	100,0%	
	% dentro de sexo	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	6,795 ^a	2	,033
Razón de verosimilitud	6,801	2	,033
Asociación lineal por lineal	,505	1	,477
N de casos válidos	655		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 49,76.

carne*sexo

Tabla cruzada carne*sexo

			sexo		Total
			Hombre	Mujer	
carne	Menos a menudo que antes	Recuento	71	121	192
		% dentro de carne	37,0%	63,0%	100,0%
		% dentro de sexo	23,7%	34,0%	29,3%
	Igual que antes	Recuento	163	169	332
		% dentro de carne	49,1%	50,9%	100,0%
		% dentro de sexo	54,5%	47,5%	50,7%
	Más a menudo que antes	Recuento	65	66	131
		% dentro de carne	49,6%	50,4%	100,0%
		% dentro de sexo	21,7%	18,5%	20,0%
Total	Recuento	299	356	655	
	% dentro de carne	45,6%	54,4%	100,0%	
	% dentro de sexo	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	8,239 ^a	2	,016
Razón de verosimilitud	8,322	2	,016
Asociación lineal por lineal	6,053	1	,014
N de casos válidos	655		

a. 0 casillas (.0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 59,80.

café*sexo

Tabla cruzada café*sexo

			sexo		Total
			Hombre	Mujer	
café	Menos a menudo que antes	Recuento	58	51	109
		% dentro de café	53,2%	46,8%	100,0%
		% dentro de sexo	19,4%	14,4%	16,7%
	Igual que antes	Recuento	124	181	305
		% dentro de café	40,7%	59,3%	100,0%
		% dentro de sexo	41,5%	51,3%	46,8%
	Más a menudo que antes	Recuento	117	121	238
		% dentro de café	49,2%	50,8%	100,0%
		% dentro de sexo	39,1%	34,3%	36,5%
Total	Recuento	299	353	652	
	% dentro de café	45,9%	54,1%	100,0%	
	% dentro de sexo	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	6,743 ^a	2	,034
Razón de verosimilitud	6,755	2	,034
Asociación lineal por lineal	,000	1	,986
N de casos válidos	652		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 49,99.

veg*conf_vivir

Tabla cruzada veg*conf_vivir

		conf_vivir		
		Núcleo familiar	Solo	
veg	Menos a menudo que antes	Recuento	28	81
		% dentro de veg	26,2%	27,9%
		% dentro de conf_vivir	16,4%	26,1%
	Igual que antes	Recuento	100	61
		% dentro de veg	28,7%	14,7%
		% dentro de conf_vivir	64,9%	42,9%
	Más a menudo que antes	Recuento	64	87
		% dentro de veg	27,8%	18,7%
		% dentro de conf_vivir	29,7%	81,1%
Total	Recuento	182	119	
	% dentro de veg	27,7%	18,1%	
	% dentro de conf_vivir	100,0%	100,0%	

Tabla cruzada veg*conf_vivir

		conf_vivir			
		Compañeros de piso	Pareja	Total	
veg	Menos a menudo que antes	Recuento	81	21	111
		% dentro de veg	27,9%	18,9%	100,0%
		% dentro de conf_vivir	18,9%	12,1%	18,9%
	Igual que antes	Recuento	106	92	848
		% dentro de veg	80,2%	26,4%	100,0%
		% dentro de conf_vivir	67,4%	68,2%	68,0%
	Más a menudo que antes	Recuento	47	60	198
		% dentro de veg	29,7%	80,8%	100,0%
		% dentro de conf_vivir	26,7%	84,7%	80,1%
Total	Recuento	188	178	867	
	% dentro de veg	27,9%	26,8%	100,0%	
	% dentro de conf_vivir	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	14,010 ^a	6	,030
Razón de verosimilitud	13,576	6	,035
Asociación lineal por lineal	1,227	1	,268
N de casos válidos	657		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 20,11.

fruta*conf_vivir

Tabla cruzada fruta*conf_vivir

		conf_vivir		
		Núcleo familiar	Solo	
fruta	Menos a menudo que antes	Recuento	24	33
		% dentro de fruta	22,0%	30,3%
		% dentro de conf_vivir	13,2%	27,7%
Igual que antes	Recuento	103	63	
	% dentro de fruta	28,7%	14,8%	
	% dentro de conf_vivir	66,6%	44,6%	
Más a menudo que antes	Recuento	65	33	
	% dentro de fruta	28,9%	17,4%	
	% dentro de conf_vivir	30,2%	27,7%	
Total	Recuento	182	119	
	% dentro de fruta	27,7%	18,1%	
	% dentro de conf_vivir	100,0%	100,0%	

Tabla cruzada fruta*conf_vivir

		conf_vivir			
		Compañeros de piso	Pareja	Total	
fruta	Menos a menudo que antes	Recuento	27	26	109
		% dentro de fruta	24,8%	22,9%	100,0%
		% dentro de conf_vivir	14,7%	14,6%	16,6%
Igual que antes	Recuento	111	92	359	
	% dentro de fruta	30,9%	25,8%	100,0%	
	% dentro de conf_vivir	60,3%	53,2%	54,6%	
Más a menudo que antes	Recuento	46	66	190	
	% dentro de fruta	24,2%	29,5%	100,0%	
	% dentro de conf_vivir	25,0%	32,4%	28,9%	
Total	Recuento	184	173	658	
	% dentro de fruta	28,0%	28,3%	100,0%	
	% dentro de conf_vivir	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	16,442 ^a	6	,012
Razón de verosimilitud	15,176	6	,019
Asociación lineal por lineal	,133	1	,715
N de casos válidos	658		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 19,71.

bolleria*conf_vivir

Tabla cruzada bolleria*conf_vivir

			conf_vivir	
			Núcleo familiar	Solo
bolleria	Menos a menudo que antes	Recuento	72	53
		% dentro de bolleria	27,6%	12,8%
		% dentro de conf_vivir	39,6%	27,7%
Igual que antes	Recuento	76	51	
	% dentro de bolleria	27,5%	18,6%	
	% dentro de conf_vivir	41,8%	42,9%	
Más a menudo que antes	Recuento	34	35	
	% dentro de bolleria	28,1%	28,9%	
	% dentro de conf_vivir	18,7%	29,4%	
Total	Recuento	182	119	
	% dentro de bolleria	27,7%	18,1%	
	% dentro de conf_vivir	100,0%	100,0%	

Tabla cruzada bolleria*conf_vivir

			conf_vivir		Total
			Compañeros de piso	Pareja	
bolleria	Menos a menudo que antes	Recuento	84	72	261
		% dentro de bolleria	32,2%	27,8%	100,0%
		% dentro de conf_vivir	45,7%	41,6%	39,7%
Igual que antes	Recuento	74	75	278	
	% dentro de bolleria	26,8%	27,2%	100,0%	
	% dentro de conf_vivir	40,2%	43,4%	41,8%	
Más a menudo que antes	Recuento	26	28	121	
	% dentro de bolleria	21,5%	21,5%	100,0%	
	% dentro de conf_vivir	14,1%	15,0%	18,4%	
Total	Recuento	184	173	658	
	% dentro de bolleria	28,0%	28,3%	100,0%	
	% dentro de conf_vivir	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	17,088 ^a	6	,009
Razón de verosimilitud	16,524	6	,011
Asociación lineal por lineal	3,075	1	,079
N de casos válidos	658		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 21,88.

alcohol_c*conf_vivir

Tabla cruzada alcohol_c*conf_vivir

		conf_vivir		
		Núcleo familiar	Solo	
alcohol_c	Menos cantidad que antes	Recuento	62	48
		% dentro de alcohol_c	26,6%	20,6%
		% dentro de conf_vivir	84,3%	40,7%
	Igual que antes	Recuento	70	42
		% dentro de alcohol_c	25,4%	16,2%
		% dentro de conf_vivir	98,7%	95,6%
	Más cantidad que antes	Recuento	49	28
		% dentro de alcohol_c	33,6%	19,2%
		% dentro de conf_vivir	27,1%	23,7%
Total	Recuento	181	118	
	% dentro de alcohol_c	27,6%	18,0%	
	% dentro de conf_vivir	100,0%	100,0%	

Tabla cruzada alcohol_c*conf_vivir

		conf_vivir		
		Compañeros de piso	Pareja	
alcohol_c	Menos cantidad que antes	Recuento	54	69
		% dentro de alcohol_c	23,2%	29,6%
		% dentro de conf_vivir	29,3%	40,1%
	Igual que antes	Recuento	67	77
		% dentro de alcohol_c	31,5%	27,9%
		% dentro de conf_vivir	47,3%	44,8%
	Más cantidad que antes	Recuento	43	28
		% dentro de alcohol_c	29,5%	17,8%
		% dentro de conf_vivir	23,4%	15,1%
Total	Recuento	164	172	
	% dentro de alcohol_c	28,1%	28,3%	
	% dentro de conf_vivir	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	13,142 ^a	6	,041
Razón de verosimilitud	13,613	6	,034
Asociación lineal por lineal	2,943	1	,086
N de casos válidos	655		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 26,30.

ej_gen*conf_recod

Tabla cruzada ej_gen*conf_recod

		conf_recod			
		Núcleo familiar	Otros	Total	
ej_gen	Menos a menudo que antes	Recuento	47	130	177
		% dentro de ej_gen	26,6%	73,4%	100,0%
		% dentro de conf_recod	25,8%	27,3%	26,9%
	Igual que antes	Recuento	76	139	215
		% dentro de ej_gen	35,3%	64,7%	100,0%
		% dentro de conf_recod	41,8%	29,2%	32,7%
	Más a menudo que antes	Recuento	59	207	266
		% dentro de ej_gen	22,2%	77,8%	100,0%
		% dentro de conf_recod	32,4%	43,5%	40,4%
Total	Recuento	182	476	658	
	% dentro de ej_gen	27,7%	72,3%	100,0%	
	% dentro de conf_recod	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	10,452 ^a	2	,005
Razón de verosimilitud	10,329	2	,006
Asociación lineal por lineal	1,843	1	,175
N de casos válidos	658		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 48,96.

veg*conf_esp

Tabla cruzada veg*conf_esp

		conf_esp		Total	
		No	Sí		
veg	Menos a menudo que antes	Recuento	35	76	111
		% dentro de veg	31,5%	68,5%	100,0%
		% dentro de conf_esp	32,4%	13,9%	17,0%
	Igual que antes	Recuento	36	311	347
		% dentro de veg	10,4%	89,6%	100,0%
		% dentro de conf_esp	33,3%	57,1%	53,1%
	Más a menudo que antes	Recuento	37	158	195
		% dentro de veg	19,0%	81,0%	100,0%
		% dentro de conf_esp	34,3%	29,0%	29,9%
Total	Recuento	108	545	653	
	% dentro de veg	16,5%	83,5%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	28,465 ^a	2	,000
Razón de verosimilitud	26,624	2	,000
Asociación lineal por lineal	3,466	1	,063
N de casos válidos	653		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 18,36.

fruta*conf_esp

Tabla cruzada fruta*conf_esp

		conf_esp		Total	
		No	Sí		
fruta	Menos a menudo que antes	Recuento	33	76	109
		% dentro de fruta	30,3%	69,7%	100,0%
		% dentro de conf_esp	30,6%	13,9%	16,7%
	Igual que antes	Recuento	40	318	358
		% dentro de fruta	11,2%	88,8%	100,0%
		% dentro de conf_esp	37,0%	58,2%	54,7%
	Más a menudo que antes	Recuento	35	152	187
		% dentro de fruta	18,7%	81,3%	100,0%
		% dentro de conf_esp	32,4%	27,8%	28,6%
Total	Recuento	108	546	654	
	% dentro de fruta	16,5%	83,5%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	23,037 ^a	2	,000
Razón de verosimilitud	21,444	2	,000
Asociación lineal por lineal	2,991	1	,084
N de casos válidos	654		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 18,00.

pescado*conf_esp

Tabla cruzada pescado*conf_esp

		conf_esp		Total	
		No	Sí		
pescado	Menos a menudo que antes	Recuento	34	115	149
		% dentro de pescado	22,8%	77,2%	100,0%
		% dentro de conf_esp	31,5%	21,1%	22,9%
	Igual que antes	Recuento	42	328	370
		% dentro de pescado	11,4%	88,6%	100,0%
		% dentro de conf_esp	38,9%	60,3%	56,7%
	Más a menudo que antes	Recuento	32	101	133
		% dentro de pescado	24,1%	75,9%	100,0%
		% dentro de conf_esp	29,6%	18,6%	20,4%
Total	Recuento	108	544	652	
	% dentro de pescado	16,6%	83,4%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	16,900 ^a	2	,000
Razón de verosimilitud	16,749	2	,000
Asociación lineal por lineal	,011	1	,917
N de casos válidos	652		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 22,03.

carne*conf_esp

Tabla cruzada carne*conf_esp

		conf_esp		Total	
		No	Sí		
carne	Menos a menudo que antes	Recuento	35	155	190
		% dentro de carne	18,4%	81,6%	100,0%
		% dentro de conf_esp	32,4%	28,4%	29,1%
	Igual que antes	Recuento	44	288	332
		% dentro de carne	13,3%	86,7%	100,0%
		% dentro de conf_esp	40,7%	52,8%	50,8%
	Más a menudo que antes	Recuento	29	102	131
		% dentro de carne	22,1%	77,9%	100,0%
		% dentro de conf_esp	26,9%	18,7%	20,1%
Total	Recuento	108	545	653	
	% dentro de carne	16,5%	83,5%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	6,059 ^a	2	,048
Razón de verosimilitud	5,970	2	,051
Asociación lineal por lineal	,324	1	,569
N de casos válidos	653		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 21,67.

leche*conf_esp

Tabla cruzada leche*conf_esp

		conf_esp		Total	
		No	Sí		
leche	Menos a menudo que antes	Recuento	31	110	141
		% dentro de leche	22,0%	78,0%	100,0%
		% dentro de conf_esp	28,7%	20,2%	21,6%
	Igual que antes	Recuento	46	356	402
		% dentro de leche	11,4%	88,6%	100,0%
		% dentro de conf_esp	42,6%	65,3%	61,6%
	Más a menudo que antes	Recuento	31	79	110
		% dentro de leche	28,2%	71,8%	100,0%
		% dentro de conf_esp	28,7%	14,5%	16,8%
Total	Recuento	108	545	653	
	% dentro de leche	16,5%	83,5%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	21,396 ^a	2	,000
Razón de verosimilitud	20,418	2	,000
Asociación lineal por lineal	,762	1	,383
N de casos válidos	653		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 18,19.

preparados*conf_esp

Tabla cruzada preparados*conf_esp

			conf_esp		Total
			No	Si	
preparados	Menos a menudo que antes	Recuento	36	202	238
		% dentro de preparados	15,1%	84,9%	100,0%
		% dentro de conf_esp	33,3%	37,0%	36,4%
	Igual que antes	Recuento	35	225	260
		% dentro de preparados	13,5%	86,5%	100,0%
		% dentro de conf_esp	32,4%	41,2%	39,8%
	Más a menudo que antes	Recuento	37	119	156
		% dentro de preparados	23,7%	76,3%	100,0%
		% dentro de conf_esp	34,3%	21,8%	23,9%
Total	Recuento	108	546	654	
	% dentro de preparados	16,5%	83,5%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	7,962 ^a	2	,019
Razón de verosimilitud	7,506	2	,023
Asociación lineal por lineal	3,991	1	,046
N de casos válidos	654		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 25,76.

bolleria*conf_esp

Tabla cruzada bolleria*conf_esp

		conf_esp		Total	
		No	Sí		
bolleria	Menos a menudo que antes	Recuento	34	224	258
		% dentro de bolleria	13,2%	86,8%	100,0%
		% dentro de conf_esp	31,5%	41,0%	39,4%
	Igual que antes	Recuento	41	234	275
		% dentro de bolleria	14,9%	85,1%	100,0%
		% dentro de conf_esp	38,0%	42,9%	42,0%
	Más a menudo que antes	Recuento	33	88	121
		% dentro de bolleria	27,3%	72,7%	100,0%
		% dentro de conf_esp	30,6%	16,1%	18,5%
Total	Recuento	108	546	654	
	% dentro de bolleria	16,5%	83,5%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	12,755 ^a	2	,002
Razón de verosimilitud	11,566	2	,003
Asociación lineal por lineal	9,667	1	,002
N de casos válidos	654		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 19,98.

choco*conf_esp

Tabla cruzada choco*conf_esp

		conf_esp		Total	
		No	Sí		
choco	Menos a menudo que antes	Recuento	41	192	233
		% dentro de choco	17,6%	82,4%	100,0%
		% dentro de conf_esp	38,0%	35,2%	35,7%
	Igual que antes	Recuento	33	253	286
		% dentro de choco	11,5%	88,5%	100,0%
		% dentro de conf_esp	30,6%	46,4%	43,8%
	Más a menudo que antes	Recuento	34	100	134
		% dentro de choco	25,4%	74,6%	100,0%
		% dentro de conf_esp	31,5%	18,3%	20,5%
Total	Recuento	108	545	653	
	% dentro de choco	16,5%	83,5%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	12,946 ^a	2	,002
Razón de verosimilitud	12,593	2	,002
Asociación lineal por lineal	1,806	1	,179
N de casos válidos	653		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 22,16.

café*conf_esp

Tabla cruzada café*conf_esp

		conf_esp		Total	
		No	Sí		
café	Menos a menudo que antes	Recuento	27	83	110
		% dentro de café	24,5%	75,5%	100,0%
		% dentro de conf_esp	25,0%	15,3%	16,9%
	Igual que antes	Recuento	32	273	305
		% dentro de café	10,5%	89,5%	100,0%
		% dentro de conf_esp	29,6%	50,3%	46,9%
	Más a menudo que antes	Recuento	49	187	236
		% dentro de café	20,8%	79,2%	100,0%
		% dentro de conf_esp	45,4%	34,4%	36,3%
Total	Recuento	108	543	651	
	% dentro de café	16,6%	83,4%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	16,197 ^a	2	,000
Razón de verosimilitud	16,508	2	,000
Asociación lineal por lineal	,027	1	,870
N de casos válidos	651		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 18,25.

ej_casa*conf_esp

Tabla cruzada ej_casa*conf_esp

		conf_esp		Total	
		No	Sí		
ej_casa	Menos a menudo que antes	Recuento	44	130	174
		% dentro de ej_casa	25,3%	74,7%	100,0%
		% dentro de conf_esp	40,7%	23,8%	26,6%
	Igual que antes	Recuento	31	199	230
		% dentro de ej_casa	13,5%	86,5%	100,0%
		% dentro de conf_esp	28,7%	36,4%	35,2%
	Más a menudo que antes	Recuento	33	217	250
		% dentro de ej_casa	13,2%	86,8%	100,0%
		% dentro de conf_esp	30,6%	39,7%	38,2%
Total	Recuento	108	546	654	
	% dentro de ej_casa	16,5%	83,5%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	13,243 ^a	2	,001
Razón de verosimilitud	12,361	2	,002
Asociación lineal por lineal	9,675	1	,002
N de casos válidos	654		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 28,73.

ej_ext*conf_esp

Tabla cruzada ej_ext*conf_esp

		conf_esp		Total	
		No	Sí		
ej_ext	Menos a menudo que antes	Recuento	39	140	179
		% dentro de ej_ext	21,8%	78,2%	100,0%
		% dentro de conf_esp	36,1%	25,6%	27,4%
	Igual que antes	Recuento	30	225	255
		% dentro de ej_ext	11,8%	88,2%	100,0%
		% dentro de conf_esp	27,8%	41,2%	39,0%
	Más a menudo que antes	Recuento	39	181	220
		% dentro de ej_ext	17,7%	82,3%	100,0%
		% dentro de conf_esp	36,1%	33,2%	33,6%
Total	Recuento	108	546	654	
	% dentro de ej_ext	16,5%	83,5%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	8,018 ^a	2	,018
Razón de verosimilitud	8,128	2	,017
Asociación lineal por lineal	,837	1	,360
N de casos válidos	654		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 29,56.

ej_gim*conf_esp

Tabla cruzada ej_gim*conf_esp

		conf_esp		Total	
		No	Sí		
ej_gim	Menos a menudo que antes	Recuento	39	197	236
		% dentro de ej_gim	16,5%	83,5%	100,0%
		% dentro de conf_esp	36,1%	36,3%	36,3%
	Igual que antes	Recuento	26	214	240
		% dentro de ej_gim	10,8%	89,2%	100,0%
		% dentro de conf_esp	24,1%	39,5%	36,9%
	Más a menudo que antes	Recuento	43	131	174
		% dentro de ej_gim	24,7%	75,3%	100,0%
		% dentro de conf_esp	39,8%	24,2%	26,8%
Total	Recuento	108	542	650	
	% dentro de ej_gim	16,6%	83,4%	100,0%	
	% dentro de conf_esp	100,0%	100,0%	100,0%	

Pruebas de chi-cuadrado

	Valor	df	Significación asintótica (bilateral)
Chi-cuadrado de Pearson	14,027 ^a	2	,001
Razón de verosimilitud	13,833	2	,001
Asociación lineal por lineal	3,648	1	,056
N de casos válidos	650		

a. 0 casillas (,0%) han esperado un recuento menor que 5. El recuento mínimo esperado es 28,91.

- Binary logistic regression

Dependent variable:

General exercise

Variabes en la ecuación

		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	,353	,222	2,531	1	,112	1,423
	Constante	-,693	,204	11,531	1	,001	,500

Variabes en la ecuación

		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,921	2,198
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Home exercise

		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	,405	,226	3,196	1	,074	1,499
	Constante	-,821	,209	15,446	1	,000	,440

a. Variables especificadas en el paso 1: conf_esp.

Variabes en la ecuación

		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,962	2,337
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Gym exercise

Variabes en la ecuación

		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,730	,221	10,947	1	,001	,482
	Constante	-,413	,197	4,418	1	,036	,662

Variabes en la ecuación

		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,313	,743
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Exterior exercise

		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,131	,220	,354	1	,552	,877
	Constante	-,571	,200	8,111	1	,004	,565

a. Variables especificadas en el paso 1: conf_esp.

Variables en la ecuación

		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,570	1,350
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Vegetable

Variables en la ecuación

		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,244	,224	1,191	1	,275	,783
	Constante	-,652	,203	10,333	1	,001	,521

Variables en la ecuación

		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,505	1,214
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Fruits

Variables en la ecuación

		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,217	,227	,919	1	,338	,805
	Constante	-,735	,206	12,784	1	,000	,479

Variables en la ecuación

		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,516	1,255
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Fish

Variables en la ecuación							
		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,613	,238	6,653	1	,010	,541
	Constante	-,865	,211	16,849	1	,000	,421

Variables en la ecuación			
		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,340	,863
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Meat

Variables en la ecuación							
		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,466	,243	3,675	1	,055	,627
	Constante	-1,002	,217	21,304	1	,000	,367

Variables en la ecuación			
		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,389	1,010
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Milk and milk products

Variables en la ecuación							
		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,865	,245	12,458	1	,000	,421
	Constante	-,910	,213	18,295	1	,000	,403

Variables en la ecuación			
		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,260	,681
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Pre- cooked dished

Variables en la ecuación							
		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,626	,228	7,554	1	,006	,535
	Constante	-,652	,203	10,333	1	,001	,521

Variables en la ecuación			
		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,342	,836
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

Sweet

Variables en la ecuación							
		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,829	,239	12,005	1	,001	,437
	Constante	-,821	,209	15,446	1	,000	,440

Variables en la ecuación			
		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,273	,698
	Constante		

a. Variables especificadas en el paso 1: conf_esp.

S

Chocolate

Variables en la ecuación							
		B	Error estándar	Wald	gl	Sig.	Exp(B)
Paso 1 ^a	conf_esp(1)	-,715	,235	9,271	1	,002	,489
	Constante	-,778	,207	14,090	1	,000	,459

Variables en la ecuación			
		95% C.I. para EXP(B)	
		Inferior	Superior
Paso 1 ^a	conf_esp(1)	,309	,775
	Constante		

a. Variables especificadas en el paso 1: conf_esp.