

One in ten young people in the Basque Autonomous Region states they have some type of chronic illness or disability

According to the results of a survey conducted in March 2012 involving 1500 people aged 15 to 29; 9% of Basque youths have a chronic illness or disability. The design of this research and subsequent analysis was carried out by the [Basque Youth Observatory](#).

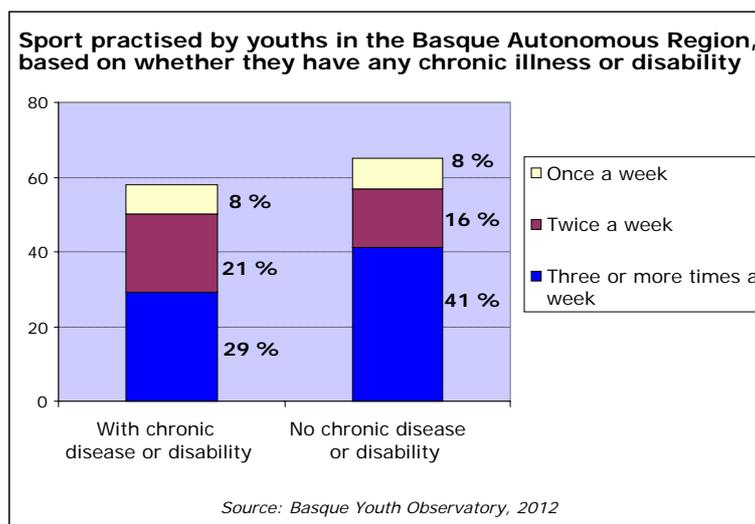
The rate of young people with chronic illnesses or disabilities is slightly higher among those aged 25-29 (11%) than among those aged 15-19 (8%) or 20-24 (7%). There do not seem to be any differences due to gender.

How do these people value their health? Do these illnesses or disabilities prevent these young people from performing daily activities, such as sports?

Most young people with a chronic illness or disability feel that their health is good (76%), however, if we compare this assessment with that of young people who have no such diseases (90%), we see that the assessment is not so positive.

76% also say they lead active lives despite their illness or disability. This percentage is slightly lower than in the case of young people without any chronic illness or disability (82%).

More than half (58%) report practising sport at least once a week. And, more specifically, 29% said they practised sports three or more times a week. Among young people who do not have any chronic illness or disability, most state they practise sport three or more times a week (41%), but there is not that much difference if we consider the total number of youths who say they do sport at least once a week (65%).



Finally, we can mention that two out of three young people with disabilities or chronic illnesses are happy with their current personal situation (65%) and that, on a scale from 0 to 10 points, they awarded 7.2 points to their perception of their lives.

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