

## **PS2.294**

### **Views and attitudes of teens in matters of preventive medicine in a rural area of Crete**

*Theodoros Vasilopoulos(1), G Arseni(2), I Trahanatzi(2), M Koutsouridaki(2), P Zampakidou(2), M Gelasaki(3)*

*(1) Health Center of Ag. Barbara, Herakleion, Crete, Greece*

*(2) Venizeleio General Hospital, Herakleion, Crete, Greece*

*(3) Health Center of Viannos, Herakleion, Crete, Greece*

*Corresponding author: Dr Theodoros Vasilopoulos, Health Center of Ag. Barbara Herakleion, Crete, Greece. E-mail: drvasilop@yahoo.gr*

Greece until the 1990's had one of the highest life expectancies in the world. Today, life expectancy at the age of 65 in Greece, is below the EU average. Greeks earn fewer years of life, due to their indifference towards the major health risk factors such as poor diet, smoking, lack of physical exercise and stress. The aim of our study is to record the views of adolescents of a rural area of Crete, concerning the factors that contribute to health protection and the study of their social behavior.

**Method:** 150 teens-75 boys ,75 girls, aged 14-18 years old, responded to an anonymous, structured questionnaire.

**Results:** Regarding the diet, only 26% eat breakfast, 24% never drink milk, while 66% are fed with standard food. 61% consume ready meals more than 4 times a week and 52% consume red and processed meat 4 times/week. Only 16% know about the Mediterranean diet, but do not apply everyday. 95% know that smoking causes lung disease and cancer, but 19% believe that it is a means of social recognition while 6% think that drugs and particularly hashish is a means of communication. Moreover, 73% of teenagers do not exercise regularly. Furthermore, 79% are unaware of the necessary vaccination and 65% do not know the symptoms of major infectious diseases and how they are transmitted, except HIV. 56% had their first sexual experience at the age of 14-15 years and 27% do not use precautionary measures, while 14% are unaware of sexually transmitted diseases other than HIV.

**Conclusions:** The study reveals the need of forming an electronic health record ,which would include health evaluation, labeling of risks and problems and the provision of guidance and advice for carrying out future preventive examination according to age, sex and the findings of the initial audit, leading teens to adopt healthy behaviors.