

# ARGENTINA

Young adults aged 18-34 in Argentina have an MHQ of 42 which puts them at a rank of 38 out of 84 countries. Older adults ranked at 35 compared to their global counterparts with a higher MHQ score of 102.

Key highlights in Argentina were that it ranked 2<sup>nd</sup> on family closeness for the 18-34 age group with 70% reporting being close to their families but ranked low on Spirituality for both 18-34 and 55+ (54 and 50 respectively).

UPF consumption ranked in the middle range for both age groups (28 for those 18-34 with 57% consuming UPF regularly and 24 for those 55+ but with a lower percentage of 31% consuming UPF regularly).

The 18-24 group ranked 13th for a younger age of smartphone in childhood (or higher percentage of childhood on a smartphone).

- Negative factors that degrade mind health
- Positive factors that enhance mind health

