

COLOMBIA

Young adults aged 18-34 in Colombia have an MHQ of 47 which puts them at a rank of 25 out of 84 countries. Older adults ranked at 9 compared to their global counterparts with a higher MHQ score of 114.

Key highlights in Colombia were that it ranked high on family closeness for the 18-34 age group (rank 14) with 67% reporting being close to their families. However, on Spirituality young adults ranked 39 representing a substantial decrease in spirituality compared to 55+ who ranked very high at 9.

UPF consumption ranked in the middle range for both age groups (32 for those 18-34 with 56% consuming UPF regularly and 30 for those 55+ but with a lower percentage of 29% consuming UPF regularly).

The 18-24 group ranked 31 for a younger age of smartphone in childhood (or higher percentage of childhood on a smartphone) with an average age of 13 equivalent to 28% of childhood.

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

