

KENYA

Young adults aged 18-34 in Kenya have an MHQ of 63 which puts them at a rank of 3 out of 84 countries. Older adults ranked at 25 compared to their global counterparts but with a higher MHQ score of 107.

Those 18-24 had a relatively high age of smartphone in childhood (16.9 years), ranking at 73 for a younger age of smartphone.

The percent of individuals regularly consuming UPF was in the bottom third for both age groups (a rank of 73 for those 18-34 and 62 for those 55+).

There was a decline in family closeness in the younger age group – 78% for those 55+ (a rank of 28) versus 60% for those 18-34 (a rank of 47).

Spirituality scores were high for both age groups with a rank of 14 for those 18-34 and a rank of 9 for those 55+.

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

