

# PERU

Young adults aged 18-34 in Peru have an MHQ of 39 which puts them at a rank of 46 out of 84 countries. Older adults ranked at 13 compared to their global counterparts with a higher MHQ score of 112.

Peru ranked in the middle on all factors in young adults. Negative factors of UPF consumption among 18-34 and younger age of smartphone among GenZ (18-24) ranked at 36 and 39, respectively. Among positive factors, closeness to family ranked at 28 for the younger age group while spirituality ranked at 42. Like other Latin American countries, there was a substantial drop in family closeness and spirituality in young adults compared to older adults 55+

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

