

FRANCE

Young adults aged 18-34 in France have an MHQ of 36 which puts them at a rank of 58 out of 84 countries. Older adults ranked at 72 compared to their global counterparts but with a higher MHQ score of 85.

UPF consumption ranked 16 highest for 18-34 (with 64% consuming UPF regularly) and was lower for 55+ (31% corresponding to a rank of 24).

Those 18-24 ranked 24th for a younger age of smartphone in childhood (12.7 years) (or higher percentage of childhood on a smartphone).

The percent of individuals with close family bonds was 63% for both age groups, corresponding to a rank of 31 for those 18-34 and a rank of 78 for those 55+.

Both younger and older adults ranked low for spirituality with a rank of 62 for those 18-34 and 69 for those 55+ out of 69 countries, in both cases within the atheist range.

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

