

# Report card

## Spain

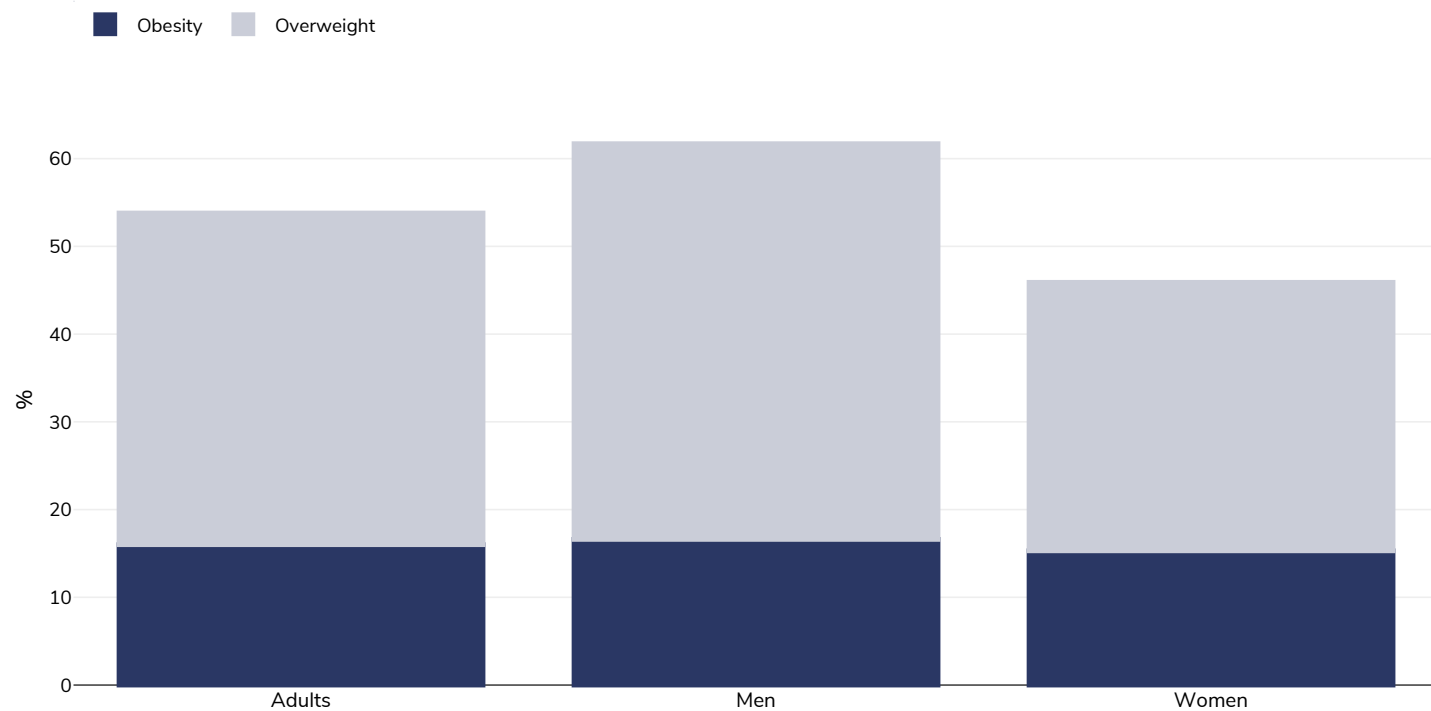


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## Obesity prevalence

### Adults, 2019



Survey type: Self-reported

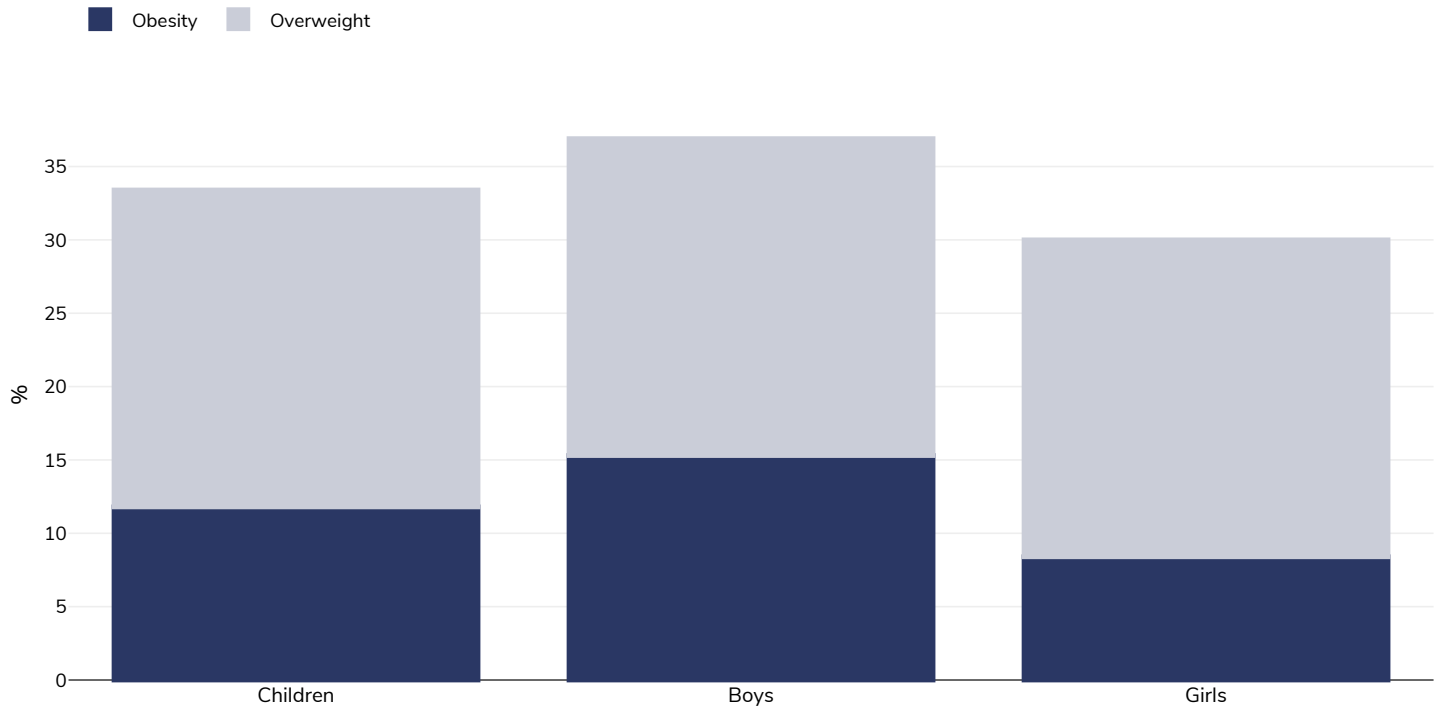
Age: 18+

Area covered: National

References: Eurostat 2019. Data available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

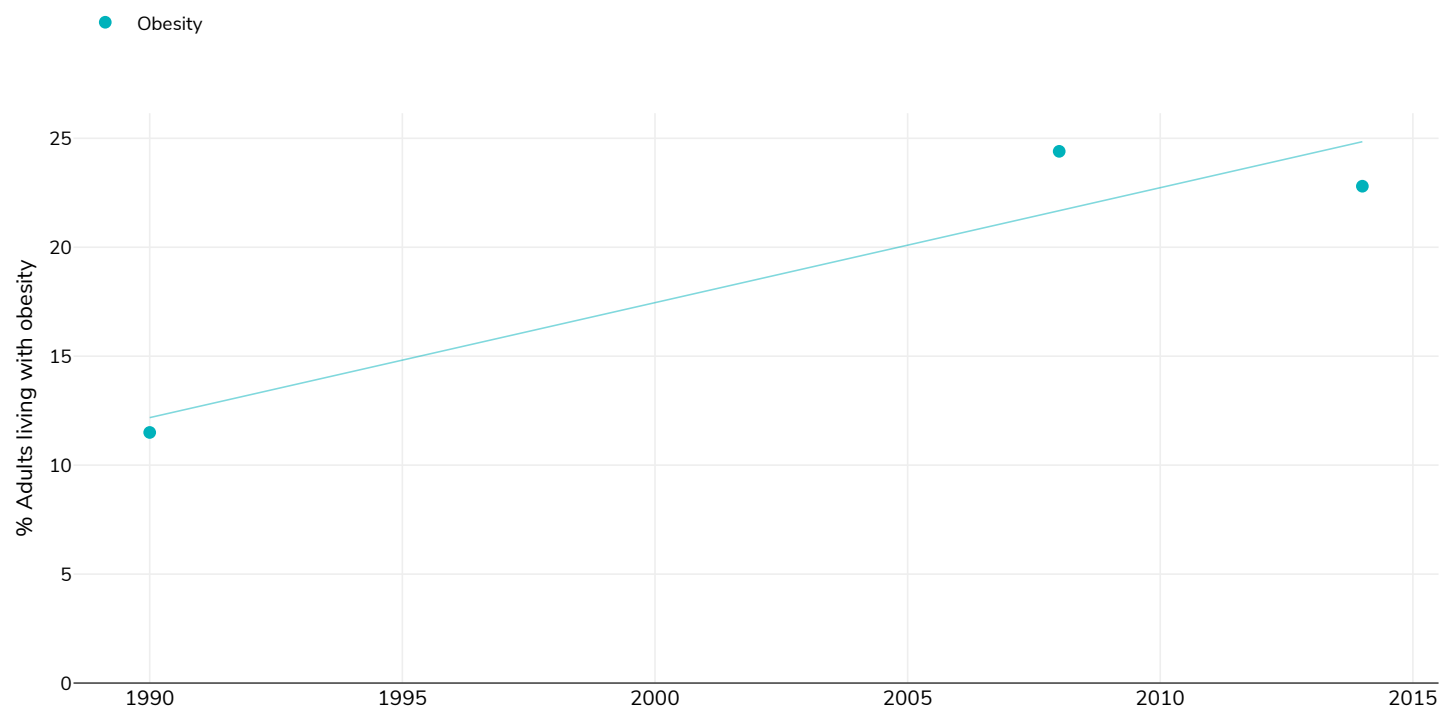
## Children, 2022



Survey type:	Measured
Age:	8-16
Sample size:	2892
Area covered:	National
References:	PASOS 2022 Study. <a href="https://gasolfoundation.org/wp-content/uploads/2023/01/GF-PASOS-informe-2022-WEB.pdf">https://gasolfoundation.org/wp-content/uploads/2023/01/GF-PASOS-informe-2022-WEB.pdf</a> (Accessed 30.01.22)
Notes:	Preliminary results
Cutoffs:	WHO

## % Adults living with obesity, 1990-2015

### Men



Survey type:

Measured

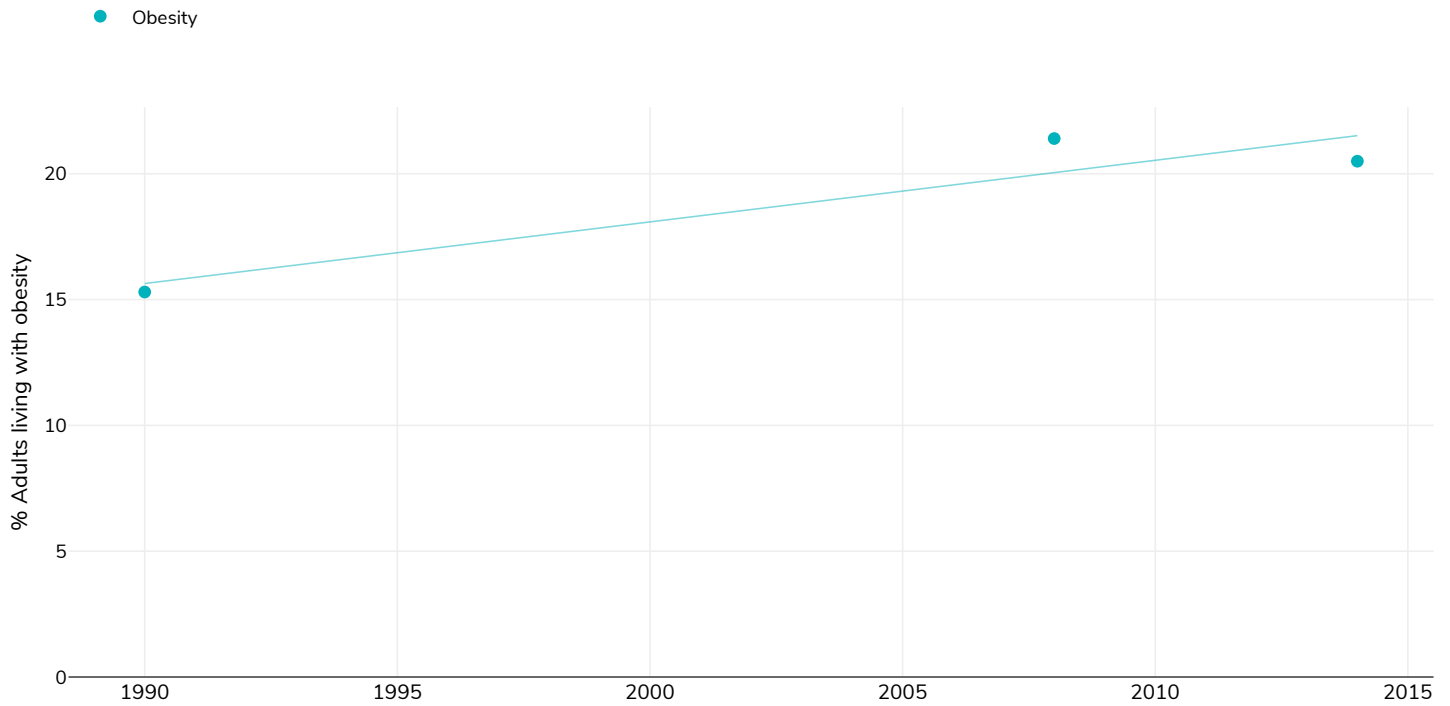
References:

- 1990: Aranceta J, Perex Rodrigo C, Serra Majem LI et al. Prevalence of Obesity in Spain: SEEDO'97 study. Spanish Collaborative Group for the Study of Obesity. *Med Clin (Barc)*. 1998;117:441-5
- 2008: Gutierrez-Fisac JL, Guallar-Castillon P, Leon-Munoz LM, Graciani A, Banegas JR & Rodriguez-Artalejo F. Prevalence of general and abdominal obesity in the adult population of Spain, 2008-2010. *Obesity Reviews* early online 12th Dec 2011.
- 2014: Aranceta-Bartrina, J. et al. (2016) 'Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64 Years) 2014-2015: The ENPE Study', *Rev Esp Cardiol (Engl Ed)*, 69(6), pp. 579-87. doi: 10.1016/j.rec.2016.02.009. Epub 2016 Apr 26

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

## Women



Survey type:

Measured

References:

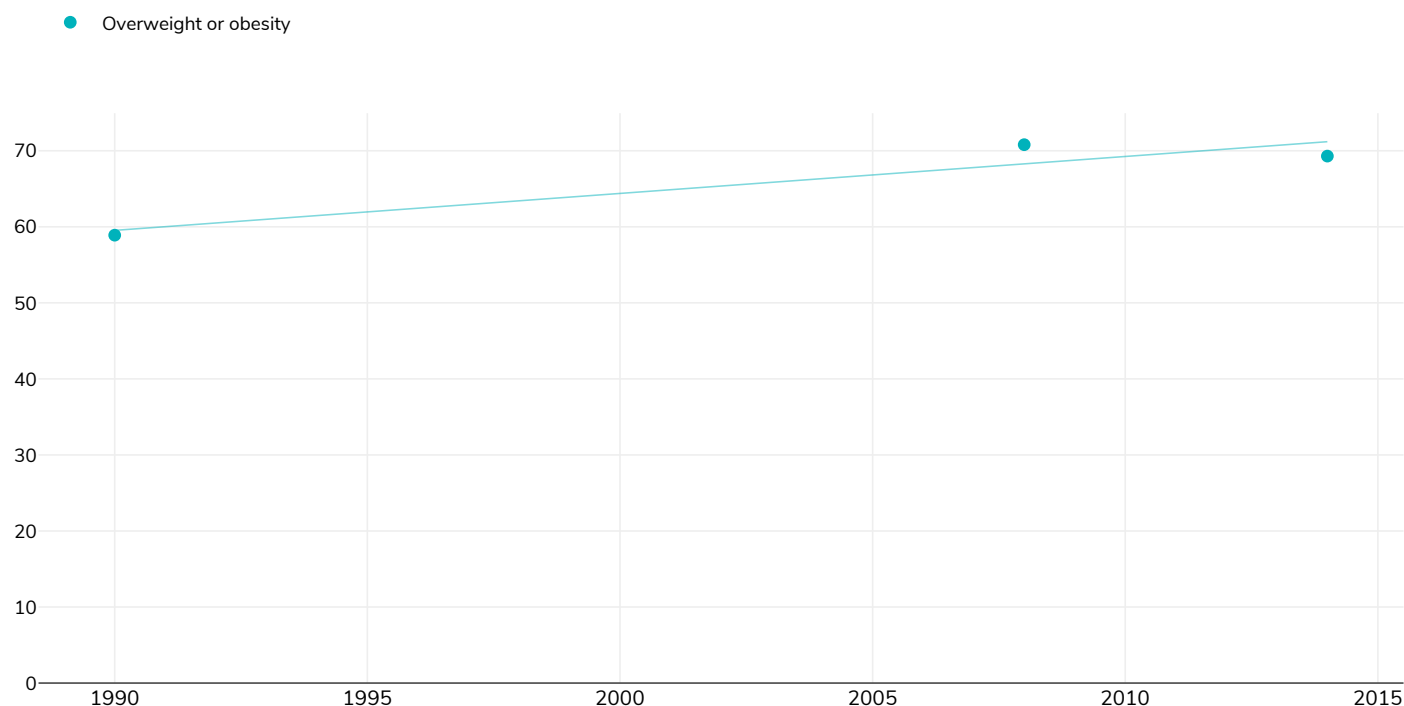
- 1990: Aranceta J, Perex Rodrigo C, Serra Majem LI et al. Prevalence od Obesity in Spain: SEEDO'97 study. Spanish Collaborative Group for the Study of Obesity. Med Clin (Barc). 1998;117:441-5
- 2008: Gutierrez-Fisac JL, Guallar-Castillion P, Leon-Munoz LM, Graciani A, Banegas JR & Rodriguez-Artalejo F. Prevalence of general and abdominal obesity in the adult population of Spain, 2008-2010. Obesity Reviews early online 12th Dec 2011.
- 2014: Aranceta-Bartrina, J. et al. (2016) 'Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64 Years) 2014-2015: The ENPE Study', Rev Esp Cardiol (Engl Ed), 69(6), pp. 579-87. doi: 10.1016/j.rec.2016.02.009. Epub 2016 Apr 26

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

## % Adults living with overweight or obesity, 1990-2015

### Men



Survey type:

Measured

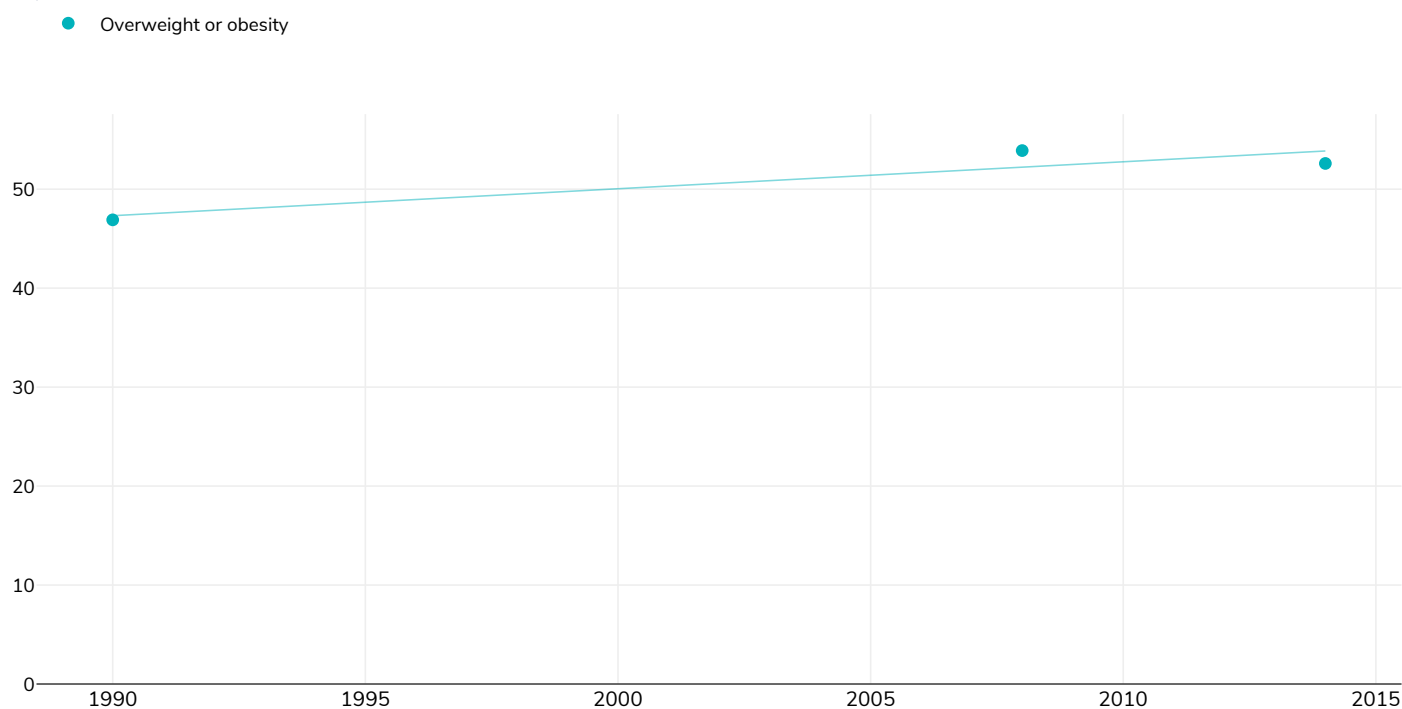
References:

- 1990: Aranceta J, Perex Rodrigo C, Serra Majem LI et al. Prevalence of Obesity in Spain: SEEDO'97 study. Spanish Collaborative Group for the Study of Obesity. Med Clin (Barc). 1998;117:441-5
- 2008: Gutierrez-Fisac JL, Guallar-Castillon P, Leon-Munoz LM, Graciani A, Banegas JR & Rodriguez-Artalejo F. Prevalence of general and abdominal obesity in the adult population of Spain, 2008-2010. Obesity Reviews early online 12th Dec 2011.
- 2014: Aranceta-Bartrina, J. et al. (2016) 'Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64 Years) 2014-2015: The ENPE Study', Rev Esp Cardiol (Engl Ed), 69(6), pp. 579-87. doi: 10.1016/j.rec.2016.02.009. Epub 2016 Apr 26

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

## Women



Survey type: Measured

References:

1990: Aranceta J, Perex Rodrigo C, Serra Majem LI et al. Prevalence od Obesity in Spain: SEEDO'97 study. Spanish Collaborative Group for the Study of Obesity. Med Clin (Barc). 1998;117:441-5

2008: Gutierrez-Fisac JL, Guallar-Castillion P, Leon-Munoz LM, Graciani A, Banegas JR & Rodriguez-Artalejo F. Prevalence of general and abdominal obesity in the adult population of Spain, 2008-2010. Obesity Reviews early online 12th Dec 2011.

2014: Aranceta-Bartrina, J. et al. (2016) 'Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64 Years) 2014-2015: The ENPE Study', Rev Esp Cardiol (Engl Ed), 69(6), pp. 579-87. doi: 10.1016/j.rec.2016.02.009. Epub 2016 Apr 26

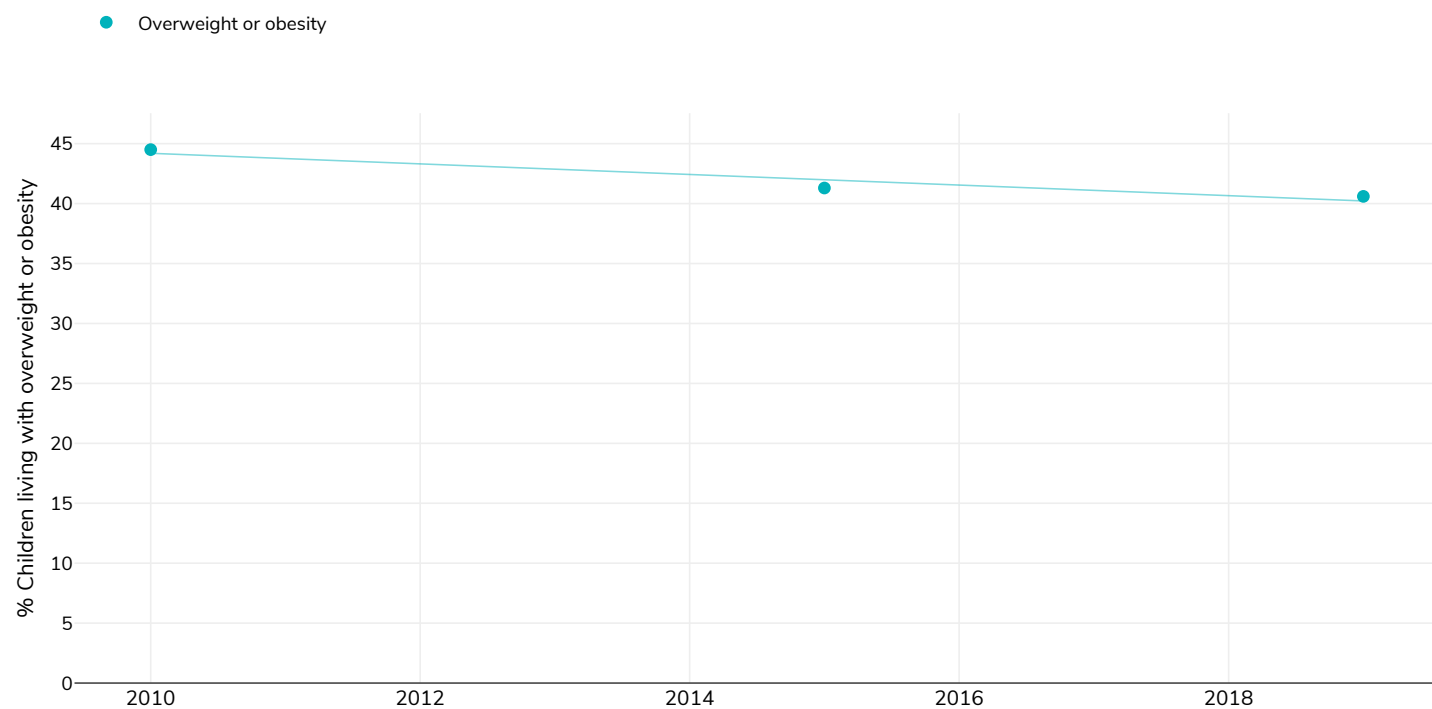
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



## % Children living with overweight or obesity, 2010-2019

### Boys and girls



Survey type:

Measured

References:

Ministerio de Consumo, Agency Espanola de seguridad alimentaria y nutrction (2020) ALADINO 2019 Informe Breve. ESTUDIO SOBRE LA ALIMENTACIÓN, ACTIVIDAD FÍSICA, DESARROLLO INFANTIL Y OBESIDAD EN ESPAÑA 2019  
 Ministerio de Consumo, Agency Espanola de seguridad alimentaria y nutrction (2020) ALADINO 2019 Informe Breve. ESTUDIO SOBRE LA ALIMENTACIÓN, ACTIVIDAD FÍSICA, DESARROLLO INFANTIL Y OBESIDAD EN ESPAÑA 2019  
 Ministerio de Consumo, Agency Espanola de seguridad alimentaria y nutrction (2020) ALADINO 2019 Informe Breve. ESTUDIO SOBRE LA ALIMENTACIÓN, ACTIVIDAD FÍSICA, DESARROLLO INFANTIL Y OBESIDAD EN ESPAÑA 2019

Notes:

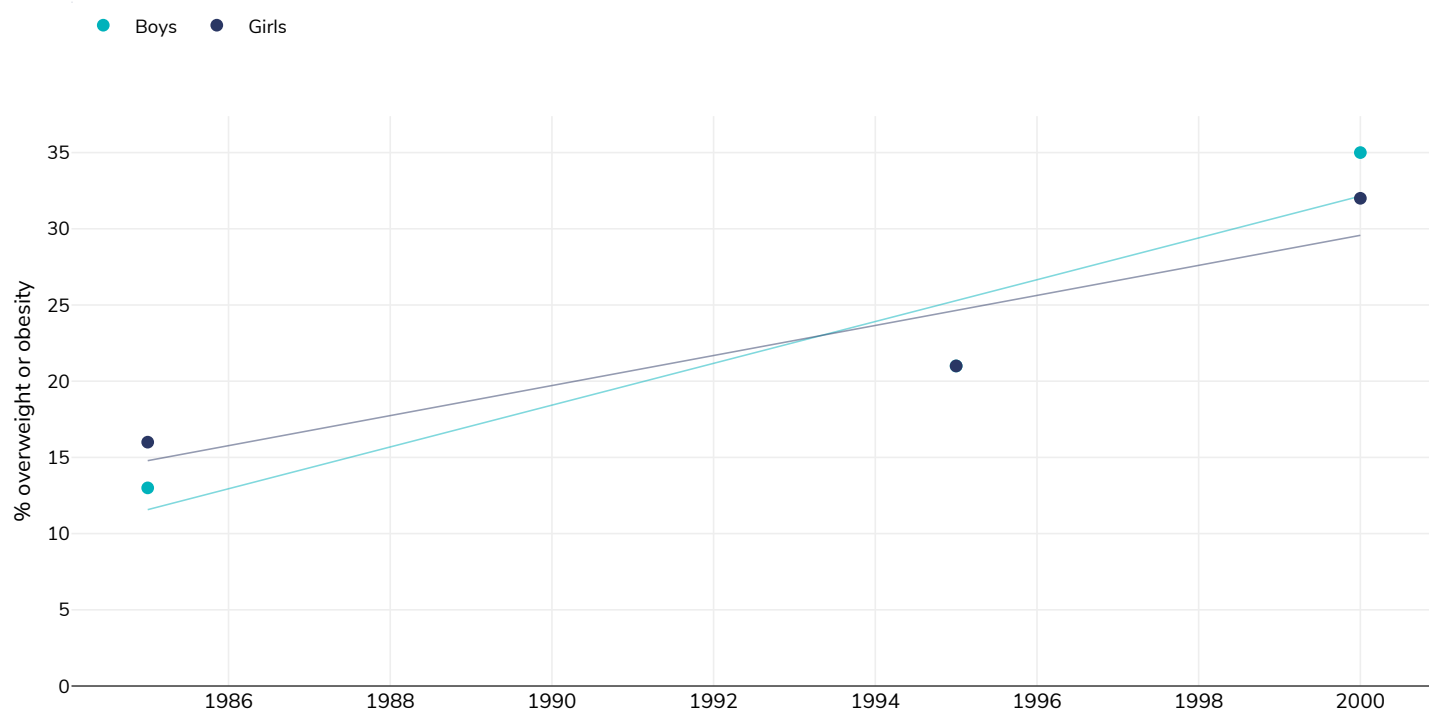
Aged 6-9

Definitions:

WHO Cut Off

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## % Children living with overweight or obesity, 1985-2002



Survey type: Measured

References: Personal communication from LA Moreno

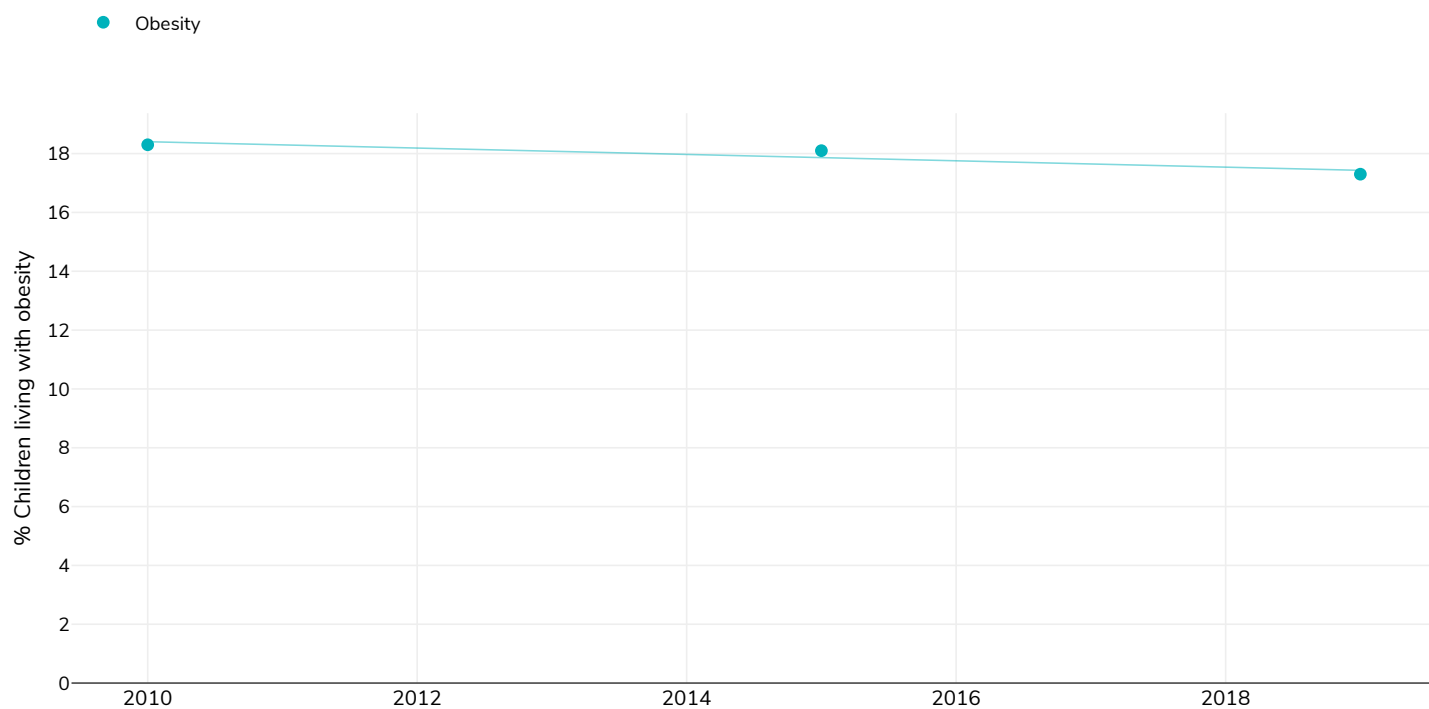
Notes: Aged 13-14. Large National Survey but sample size not specified.

Definitions: IOTF

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## % Children living with obesity, 2010-2019

### Boys and girls



Survey type:

Measured

References:

Ministerio de Consumo, Agency Espanola de seguridad alimentaria y nutrction (2020) ALADINO 2019 Informe Breve. ESTUDIO SOBRE LA ALIMENTACIÓN, ACTIVIDAD FÍSICA, DESARROLLO INFANTIL Y OBESIDAD EN ESPAÑA 2019  
 Ministerio de Consumo, Agency Espanola de seguridad alimentaria y nutrction (2020) ALADINO 2019 Informe Breve. ESTUDIO SOBRE LA ALIMENTACIÓN, ACTIVIDAD FÍSICA, DESARROLLO INFANTIL Y OBESIDAD EN ESPAÑA 2019  
 Ministerio de Consumo, Agency Espanola de seguridad alimentaria y nutrction (2020) ALADINO 2019 Informe Breve. ESTUDIO SOBRE LA ALIMENTACIÓN, ACTIVIDAD FÍSICA, DESARROLLO INFANTIL Y OBESIDAD EN ESPAÑA 2019

Notes:

Aged 6-9

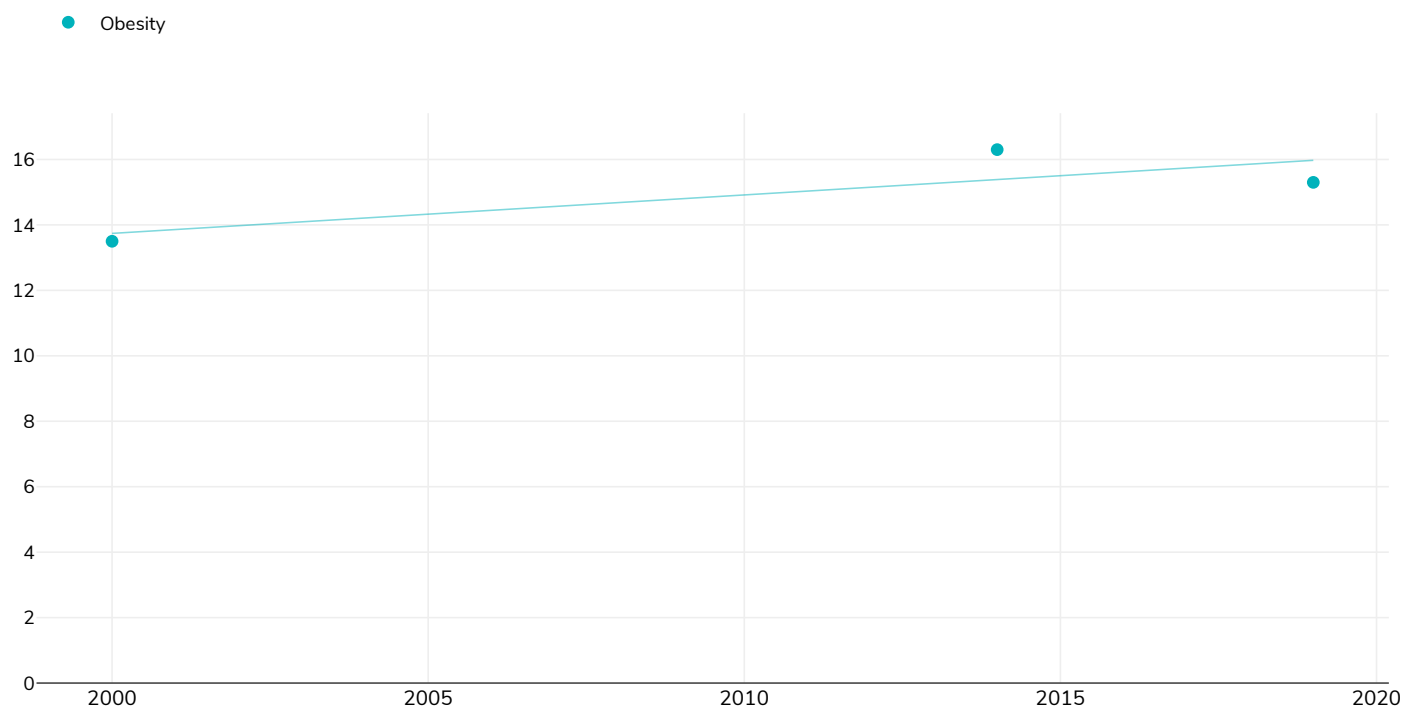
Definitions:

WHO Cut off

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## % Adults living with obesity, 2000-2019

### Women



Survey type:

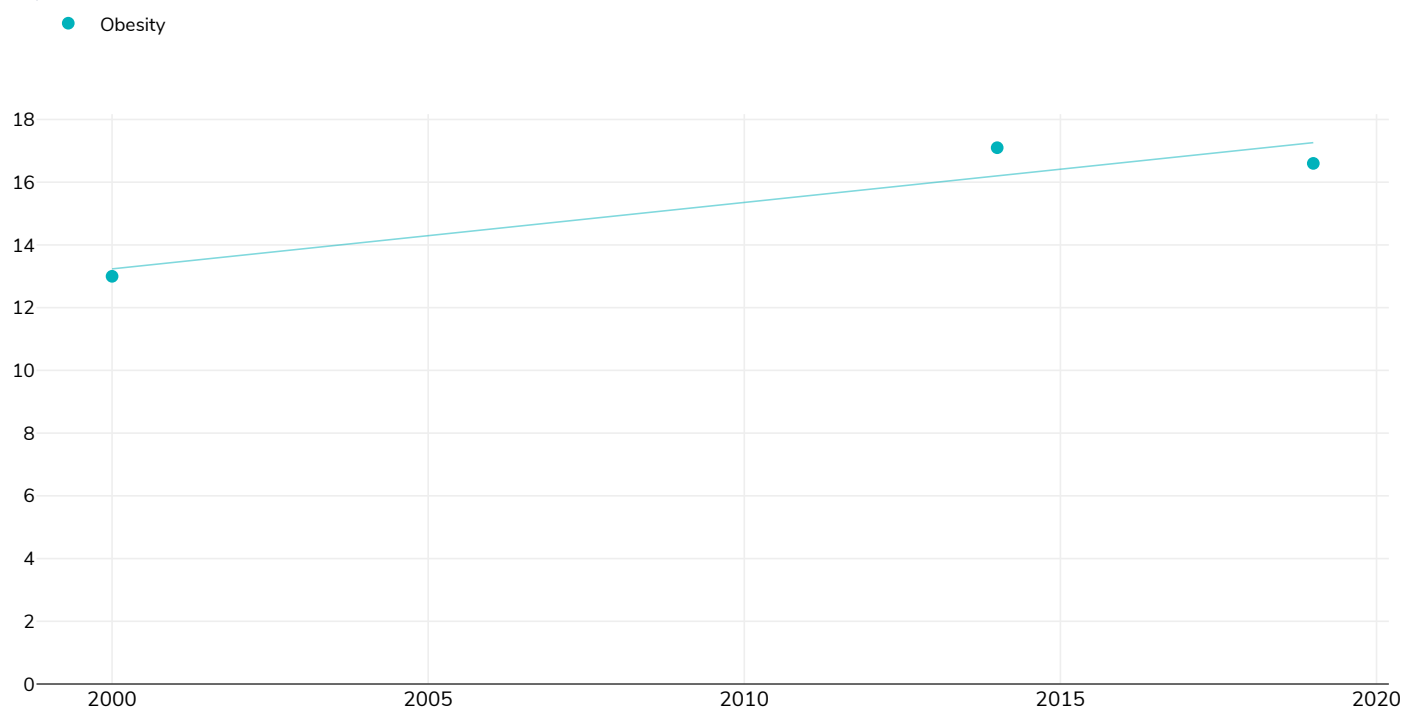
Self-reported

References:

- 2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at <https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)
- 2014: Eurostat Database: [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en) (last accessed 25.08.20)
- 2019: Eurostat 2019. Data available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

## Men



Survey type:

Self-reported

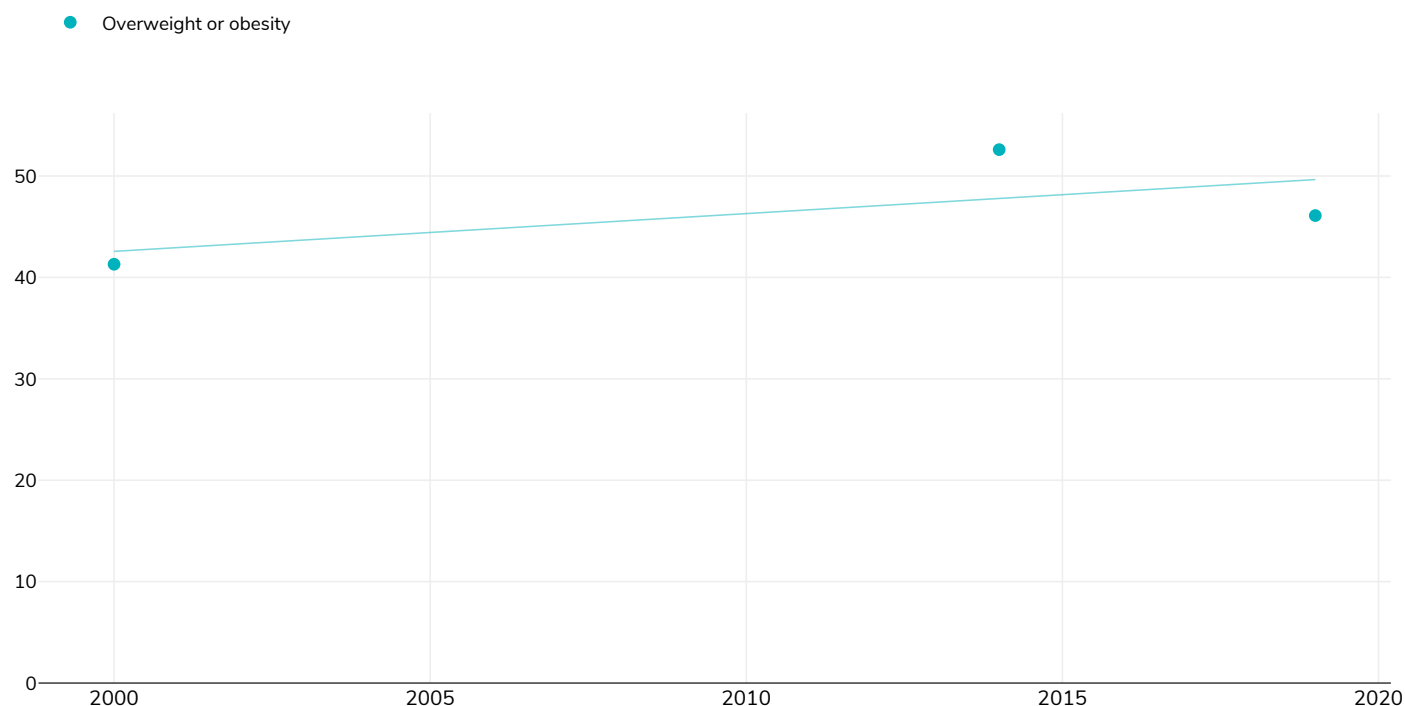
References:

- 2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at <https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)
- 2014: Eurostat Database: [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en) (last accessed 25.08.20)
- 2019: Eurostat 2019. Data available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21)

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## % Adults living with overweight or obesity, 2000-2020

### Women



Survey type:

Self-reported

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

<https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)

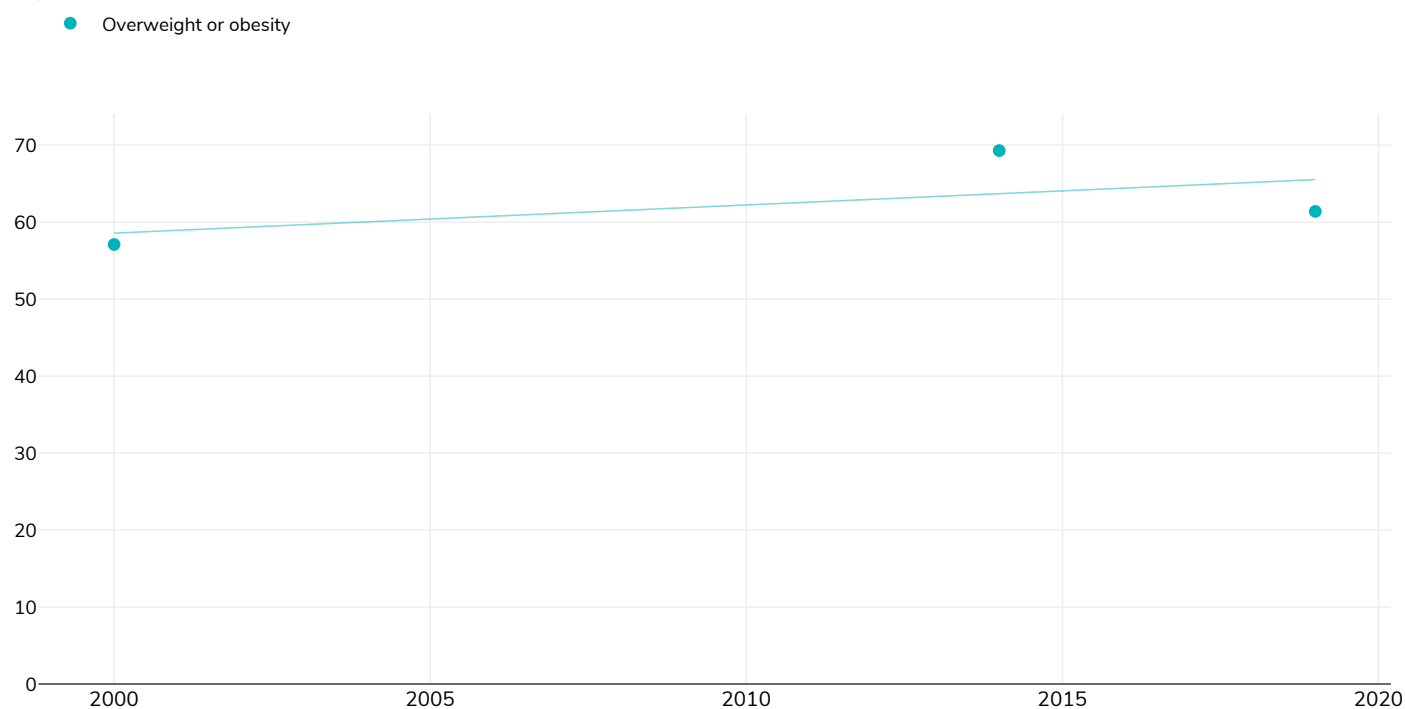
2014: Aranceta-Bartrina, J. et al. (2016) 'Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64 Years) 2014-2015: The ENPE Study', *Rev Esp Cardiol (Engl Ed)*, 69(6), pp. 579-87. doi: 10.1016/j.rec.2016.02.009. Epub 2016 Apr 26

2019: Encuesta Europea de Salud en España (ESEE) 2020. Available at:

[https://www.mscbs.gob.es/estadEstudios/estadisticas/EncuestaEuropea/EncuestaEuropea2020/EESE2020\\_inf\\_evol\\_princip\\_result.pdf](https://www.mscbs.gob.es/estadEstudios/estadisticas/EncuestaEuropea/EncuestaEuropea2020/EESE2020_inf_evol_princip_result.pdf). Last accessed: 27.05.21.

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Men



Survey type:

Self-reported

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

<https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)

2014: Aranceta-Bartrina, J. et al. (2016) 'Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64 Years) 2014-2015: The ENPE Study', Rev Esp Cardiol (Engl Ed), 69(6), pp. 579-87. doi: 10.1016/j.rec.2016.02.009. Epub 2016 Apr 26

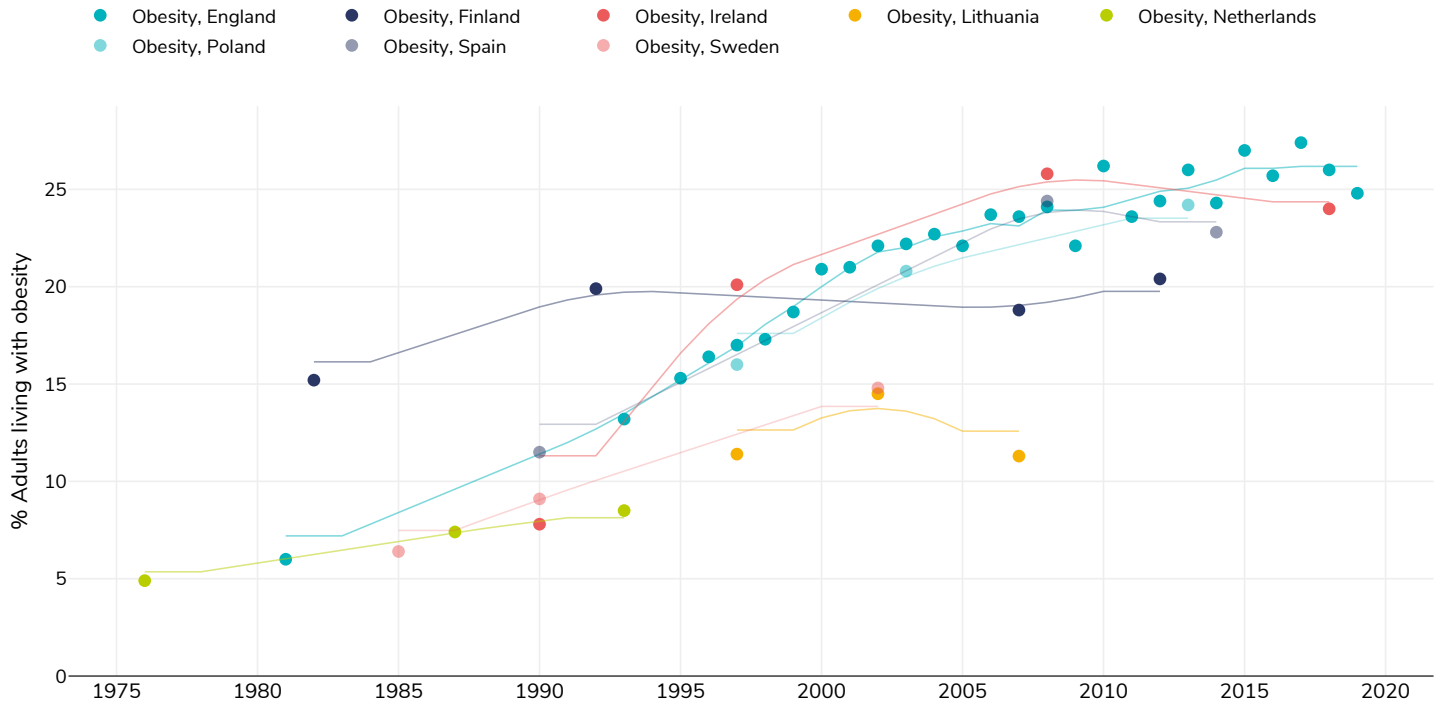
2019: Encuesta Europea de Salud en España (ESEE) 2020. Available at:

[https://www.mscbs.gob.es/estadEstudios/estadisticas/EncuestaEuropea/EncuestaEuropea2020/EESE2020\\_inf\\_evol\\_prin\\_cip\\_result.pdf](https://www.mscbs.gob.es/estadEstudios/estadisticas/EncuestaEuropea/EncuestaEuropea2020/EESE2020_inf_evol_prin_cip_result.pdf). Last accessed: 27.05.21.

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## % Adults living with obesity, selected countries, 1976-2019

### Men



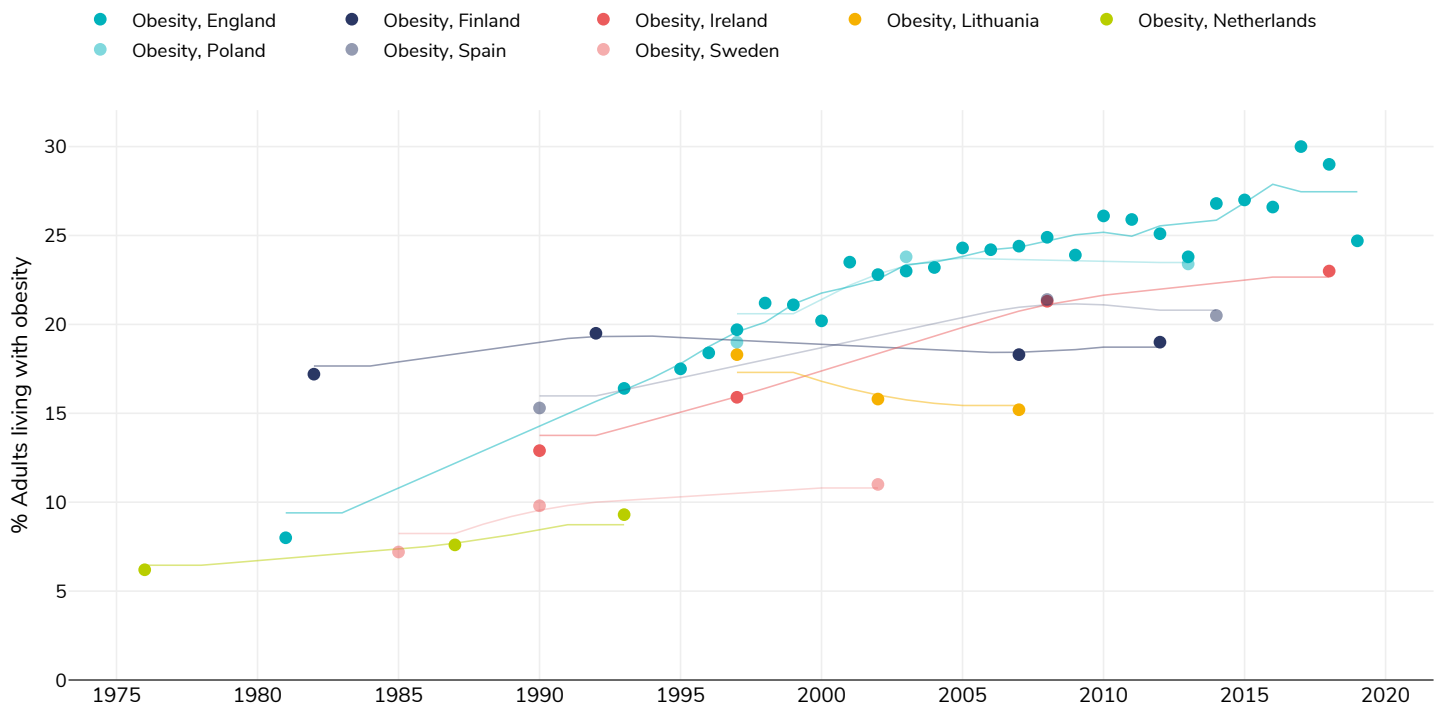
References:

For full details of references visit  
<https://data.worldobesity.org/>

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*



## Women



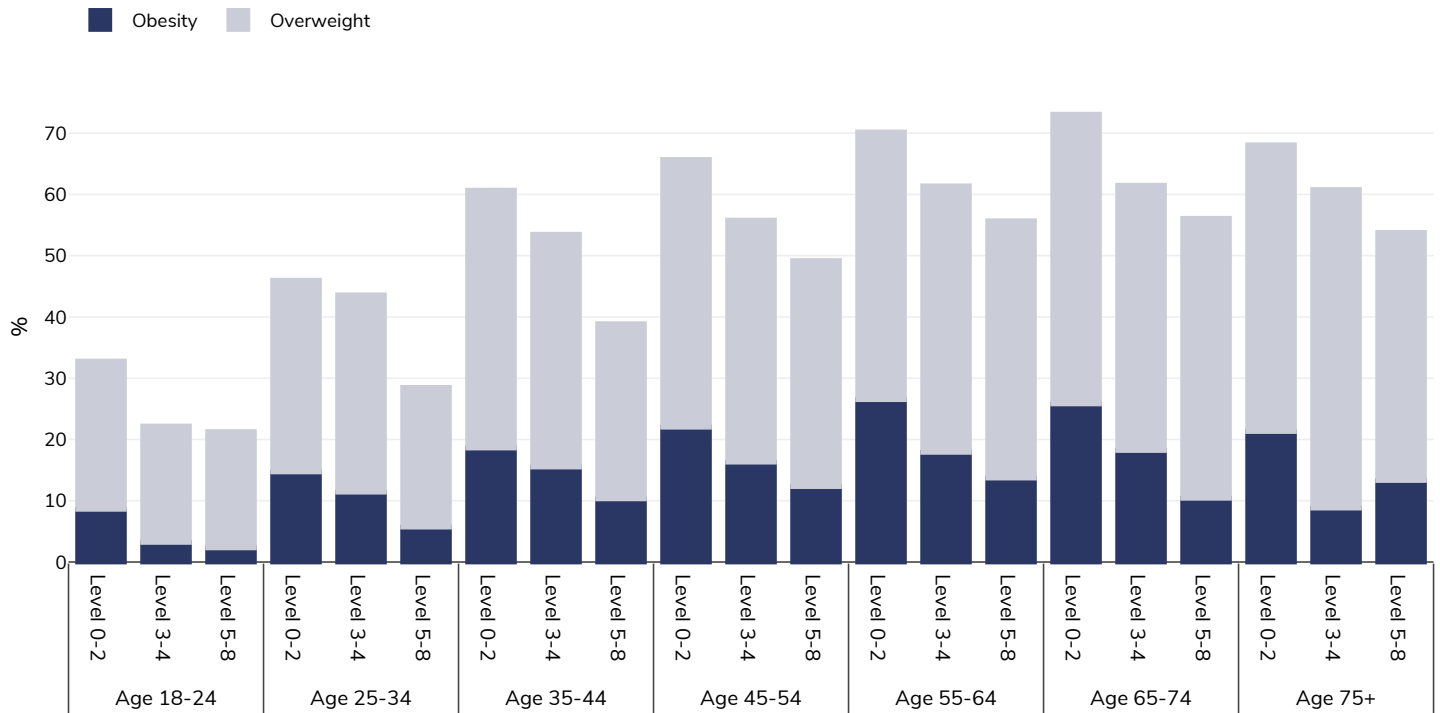
References:

For full details of references visit  
<https://data.worldobesity.org/>

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Overweight/obesity by age and education

### Adults, 2019



Survey type:

Self-reported

Area covered:

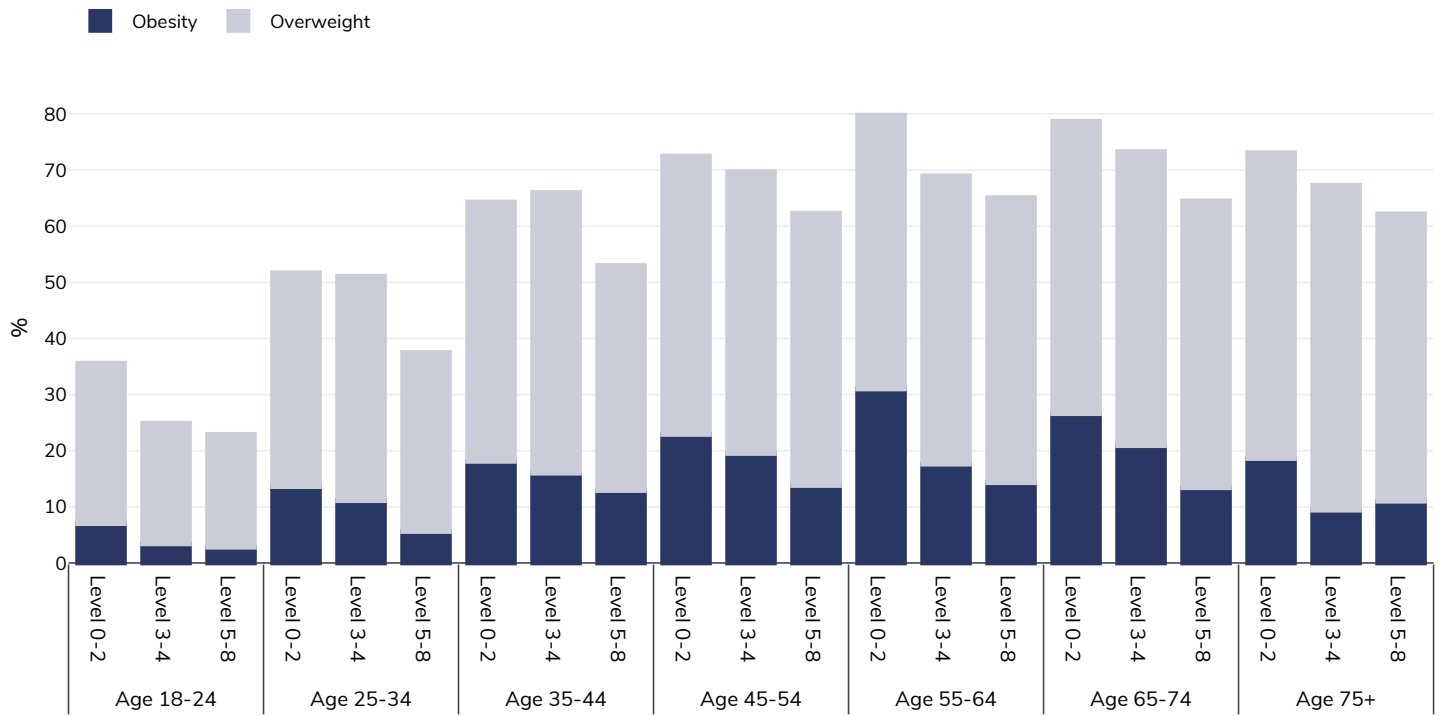
National

References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Men, 2019



Survey type:

Self-reported

Area covered:

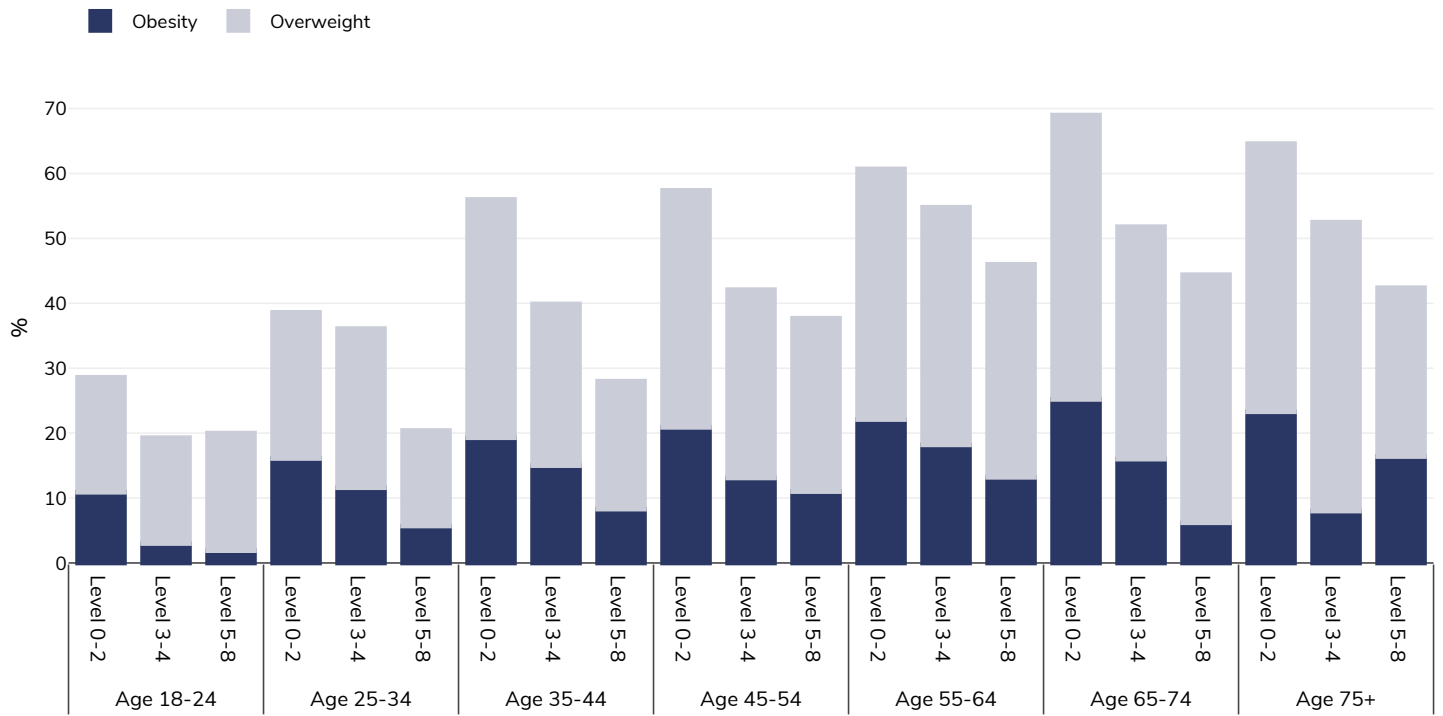
National

References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th\\_ehis\\_bm1e&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th_ehis_bm1e&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2019



Survey type:

Self-reported

Area covered:

National

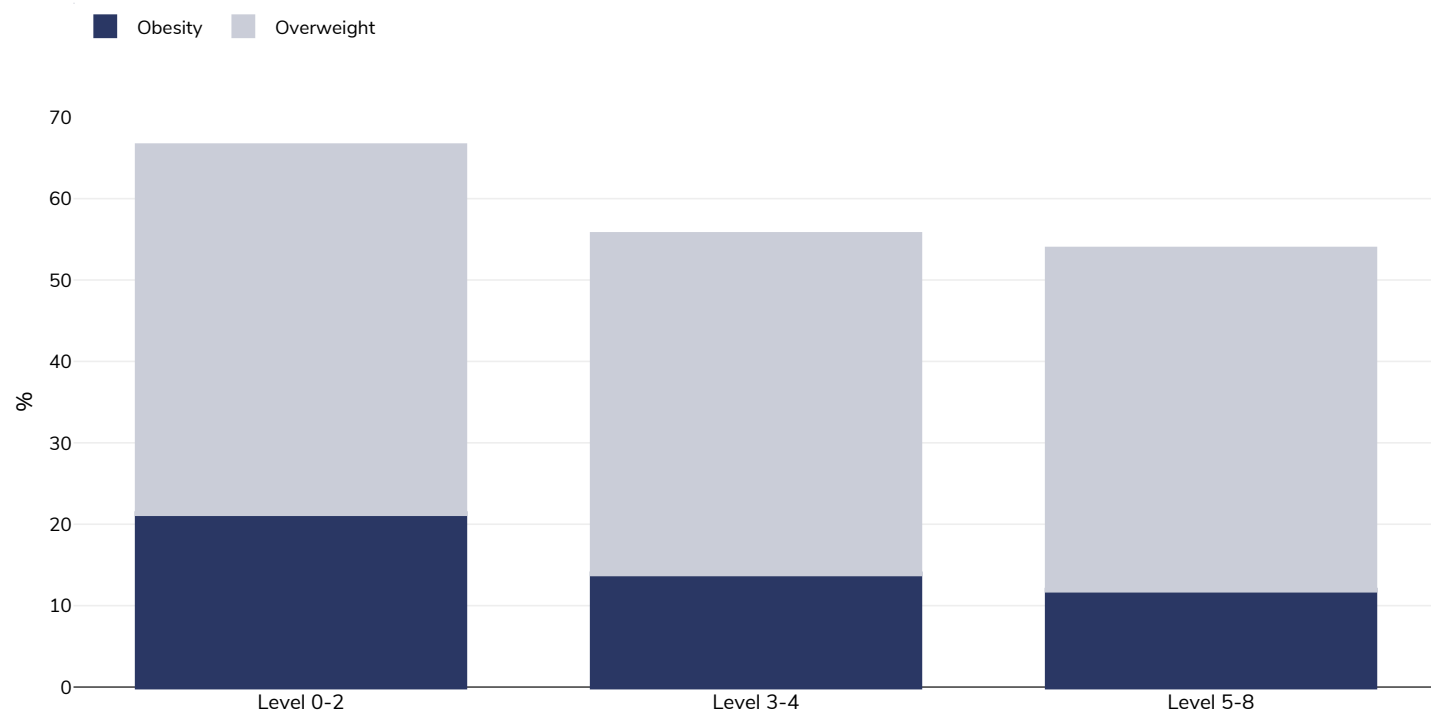
References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th\\_ehis\\_bm1e&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th_ehis_bm1e&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Overweight/obesity by education

### Men, 2014



Survey type: Self-reported

Age: 18+

Sample size: Total sample size in EU = 35100 (Age 18+)

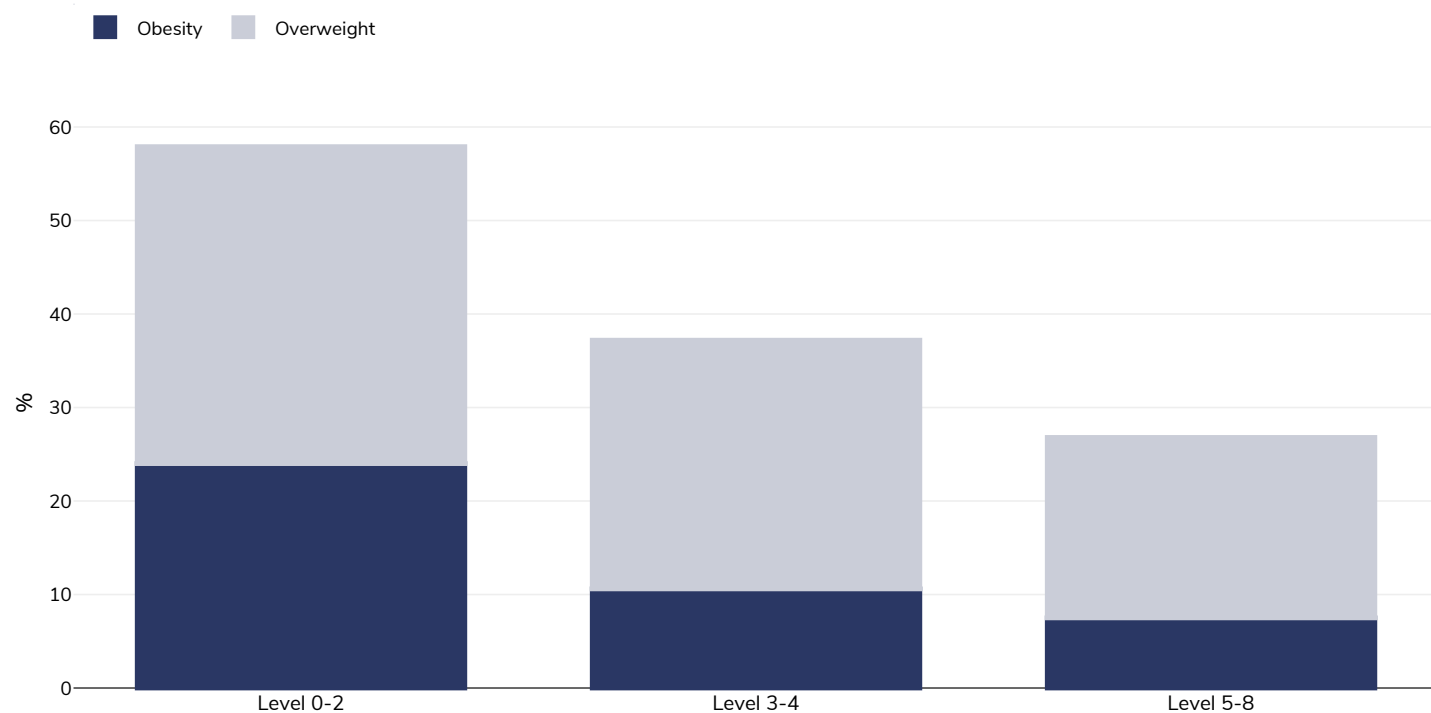
Area covered: National

References: Eurostat Database: [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en) (last accessed 9 November 2016)

Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8) Translated graphics for obesity by educational level are also available for 2011-12 & 1990-94 (on request).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2014



Survey type: Self-reported

Age: 18+

Sample size: Total sample size in EU = 35100 (Age 18+)

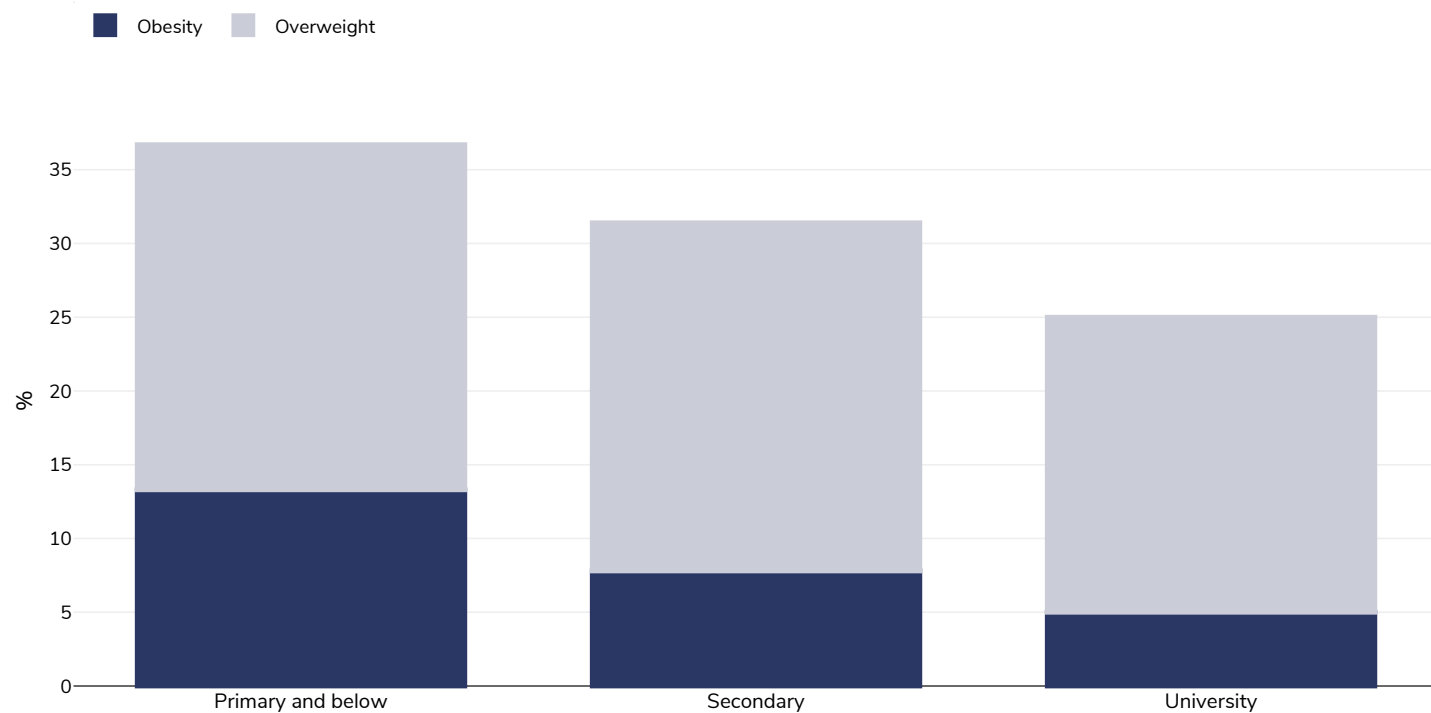
Area covered: National

References: Eurostat Database: [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en) (last accessed 9 November 2016)

Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8) Translated graphics for obesity by educational level are also available for 2011-12 & 1990-94 (on request).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

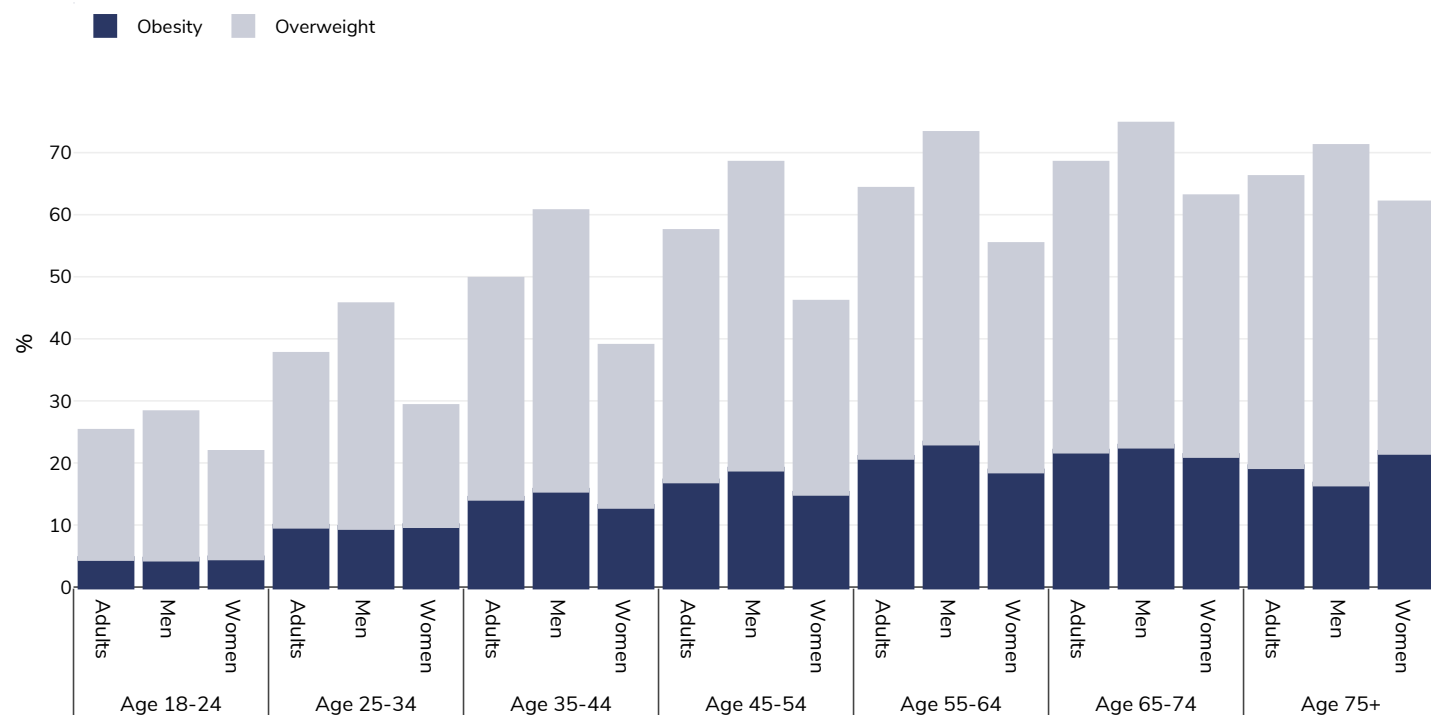
## Children, 2019-2020



Survey type:	Measured
Age:	8-16
Sample size:	3724
Area covered:	National
References:	Gómez SF, Homs C, Wärnberg J, et al Study protocol of a population-based cohort investigating Physical Activity, Sedentarism, lifestyles and Obesity in Spanish youth: the PASOS study <i>BMJ Open</i> 2020;10:e036210. doi: 10.1136/bmjopen-2019-036210. Available at: <a href="https://bmjopen.bmj.com/content/10/9/e036210">https://bmjopen.bmj.com/content/10/9/e036210</a> . Further data provided by personal communication by Dr. SANTI F. GÓMEZ of the GASOL Foundation.
Cutoffs:	IOTF

## Overweight/obesity by age

### Adults, 2019



Survey type:

Self-reported

Area covered:

National

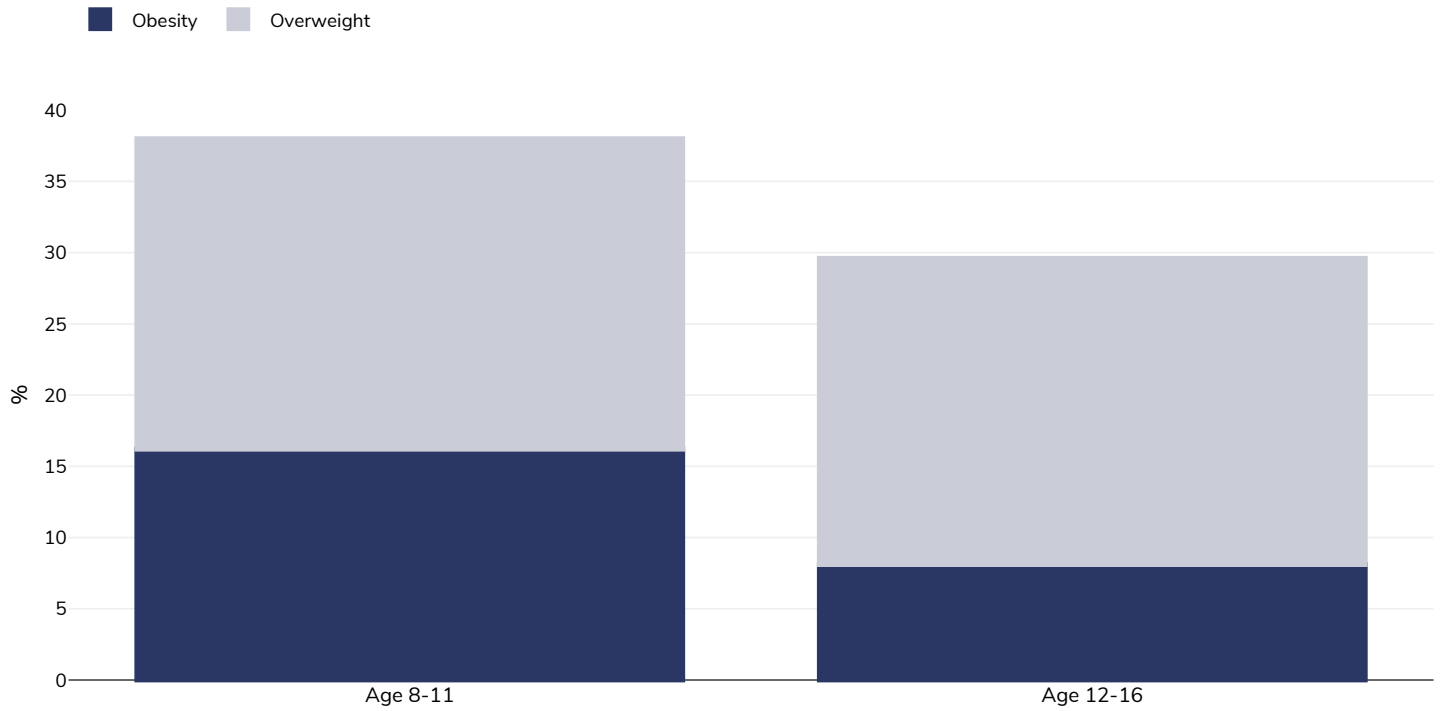
References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



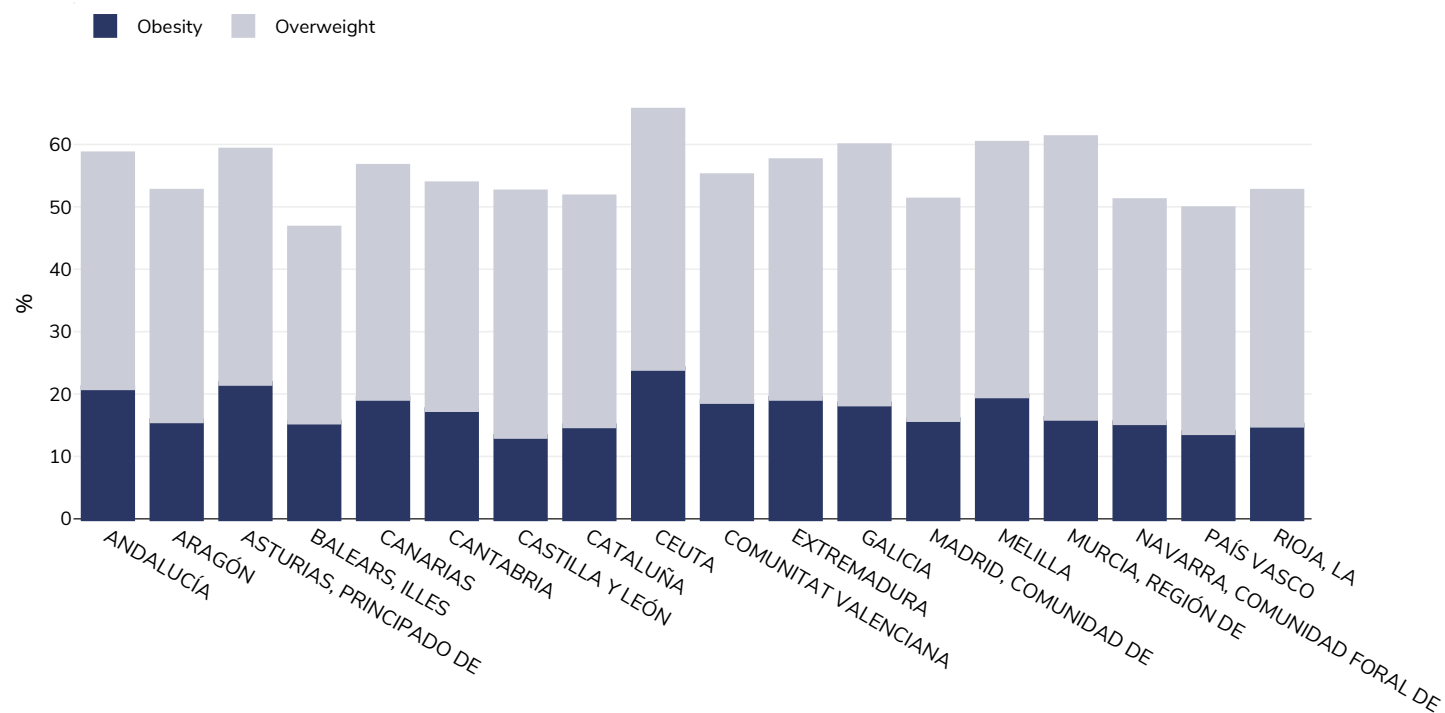
## Children, 2022



Survey type:	Measured
Sample size:	2892
Area covered:	National
References:	PASOS 2022 Study. <a href="https://gasolfoundation.org/wp-content/uploads/2023/01/GF-PASOS-informe-2022-WEB.pdf">https://gasolfoundation.org/wp-content/uploads/2023/01/GF-PASOS-informe-2022-WEB.pdf</a> (Accessed 30.01.22)
Notes:	Preliminary results
Cutoffs:	WHO

## Overweight/obesity by region

### Adults, 2017



Survey type: Self-reported

Age: 18+

Sample size: 23089

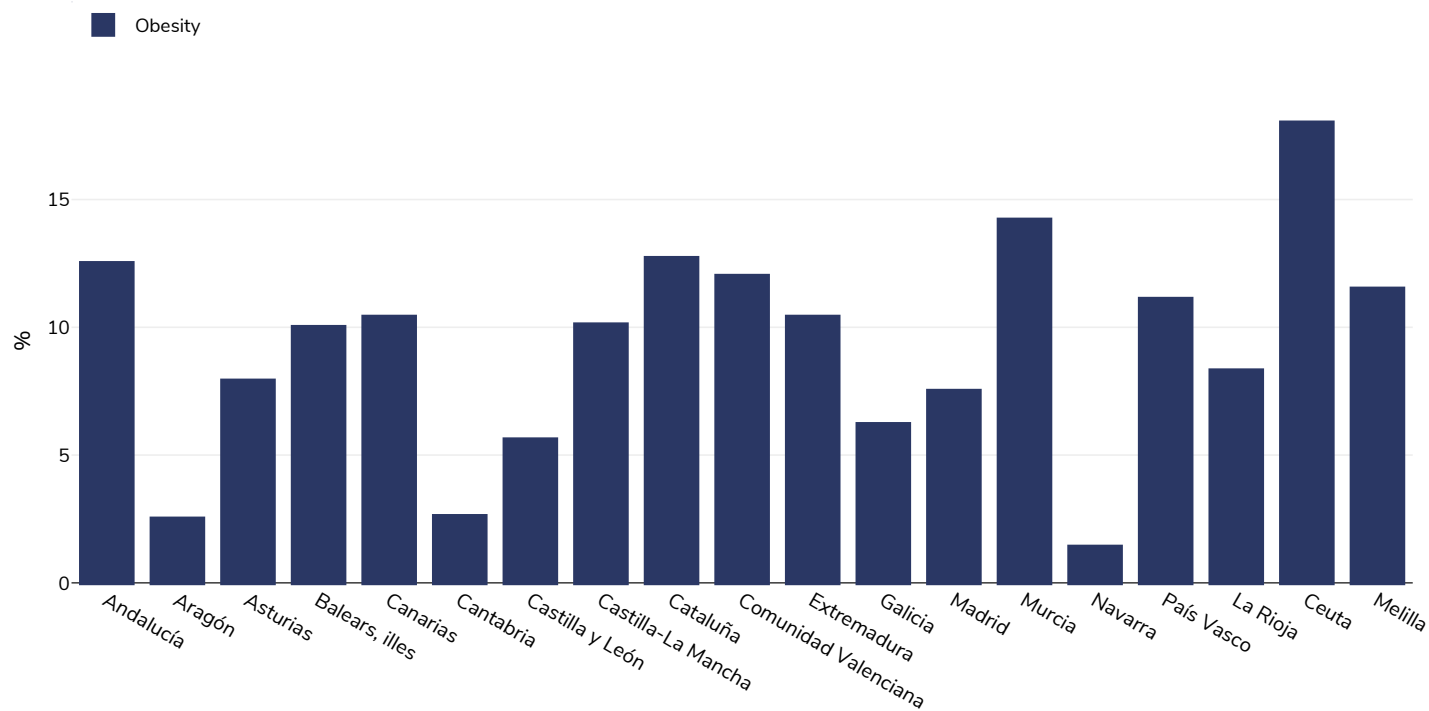
Area covered: National

References: ENES 2017 available at <https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuesta2017.htm> (last accessed 03.03.21)

Notes: Sample size for 15+ years only 18+ included

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Children, 2017



Survey type: Self-reported

Age: 2-17

Sample size: 6106

Area covered: National

References: Informe Anual del Sistema Nacional de Salud 2019, Available at:

[https://www.mscbs.gob.es/estadEstudios/estadisticas/sisInfSanSNS/tablasEstadisticas/InfAnualSNS2019/Informe\\_SNS\\_2019.pdf](https://www.mscbs.gob.es/estadEstudios/estadisticas/sisInfSanSNS/tablasEstadisticas/InfAnualSNS2019/Informe_SNS_2019.pdf). Data from Spanish National Health Survey 2017. Available at:

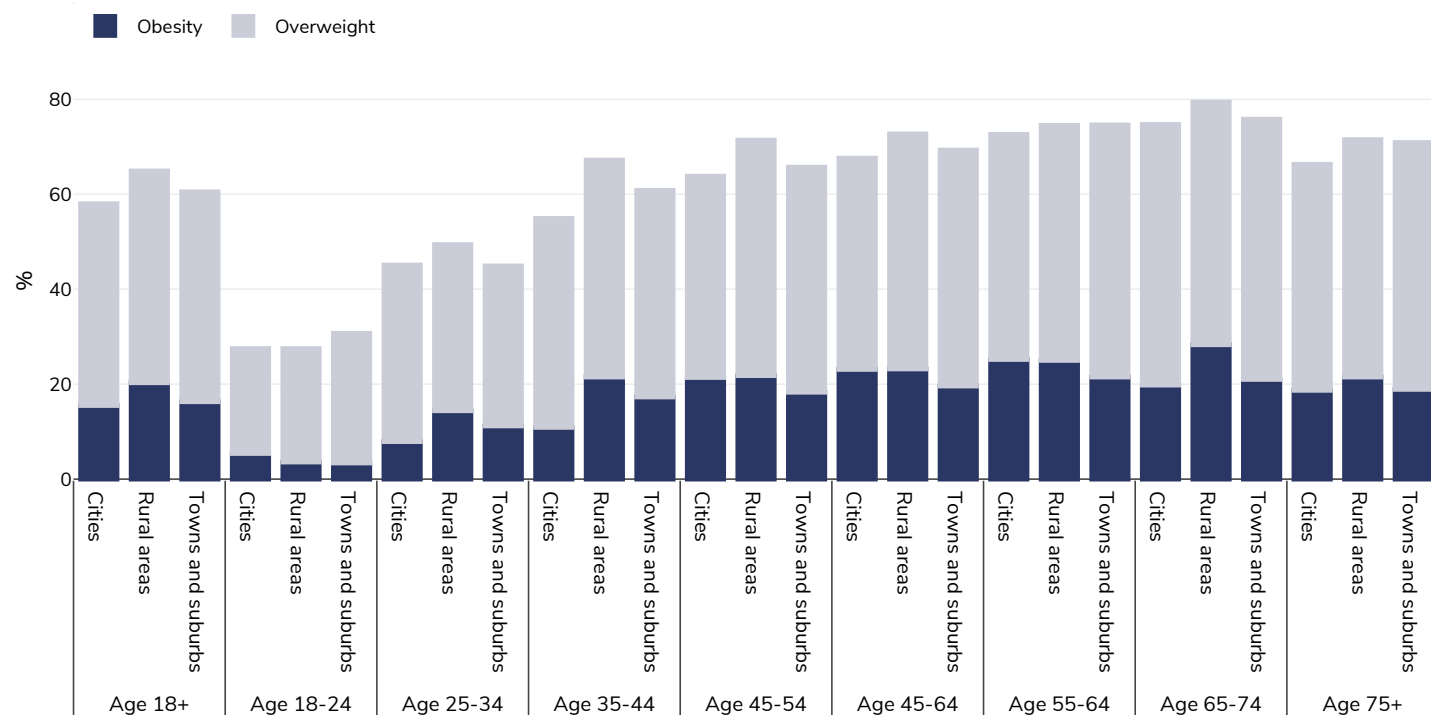
[https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuestaNac2017/ENSE17\\_Metodologia.pdf](https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuestaNac2017/ENSE17_Metodologia.pdf).

Both last accessed: 06.05.21.

Cutoffs: IOTF

## Overweight/obesity by age and region

### Men, 2014



Survey type:

Self-reported

Area covered:

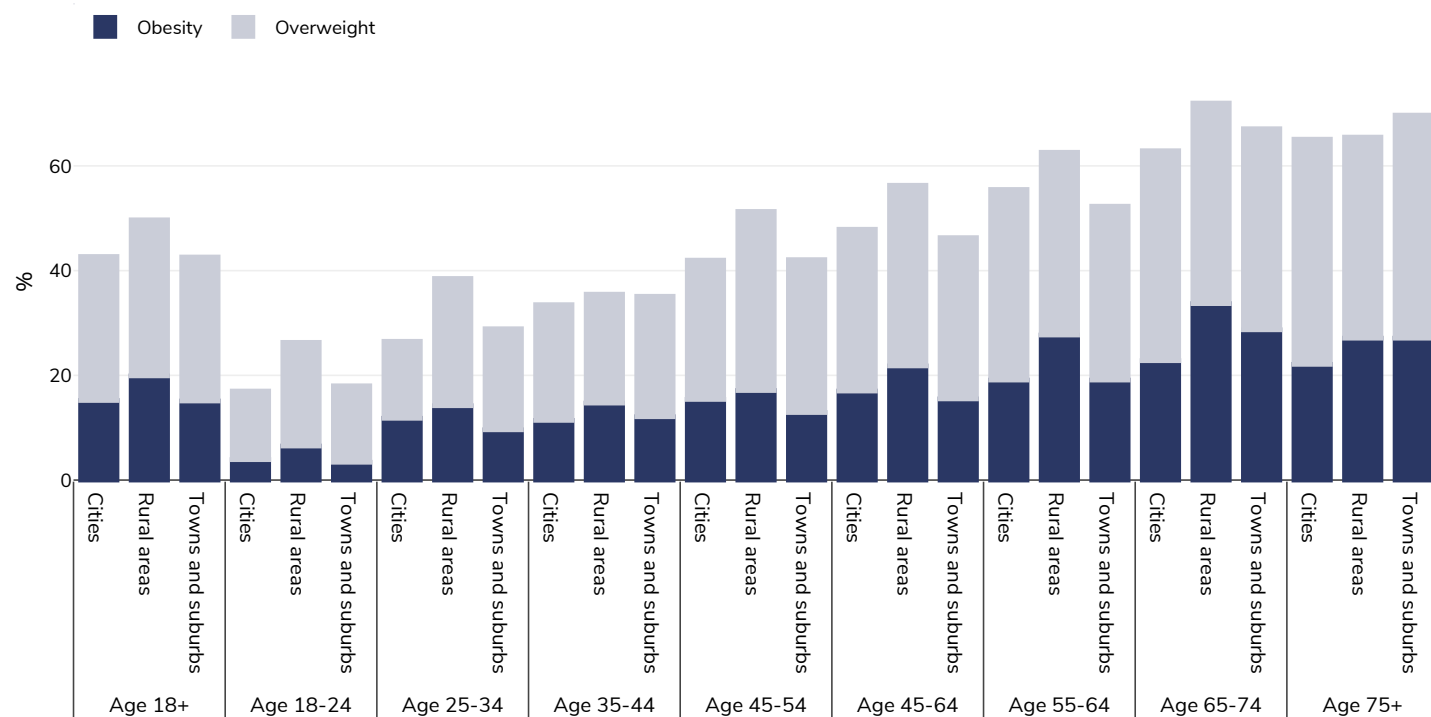
National

References:

Eurostat [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1u&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en) (last accessed 25.08.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2014



Survey type:

Self-reported

Area covered:

National

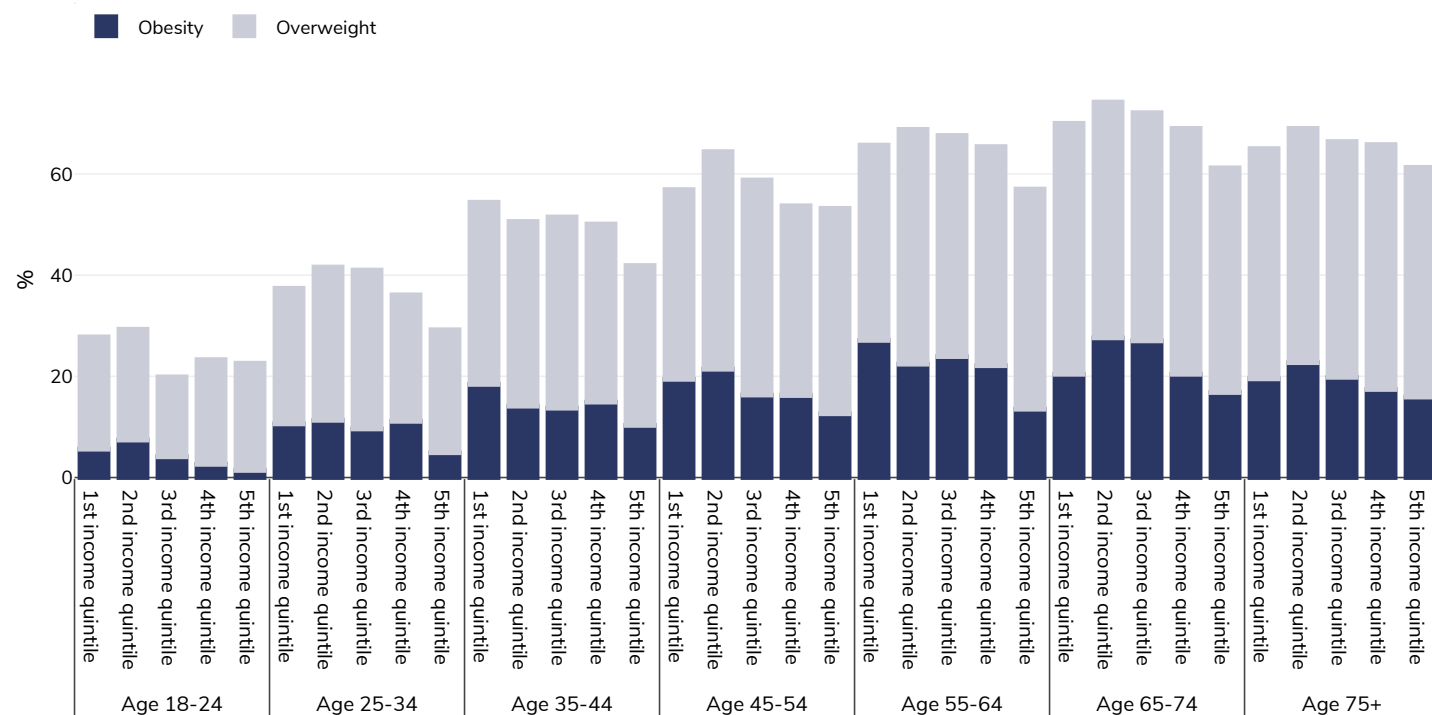
References:

Eurostat [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1u&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en) (last accessed 25.08.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Overweight/obesity by age and socio-economic group

### Adults, 2019



Survey type:

Self-reported

Area covered:

National

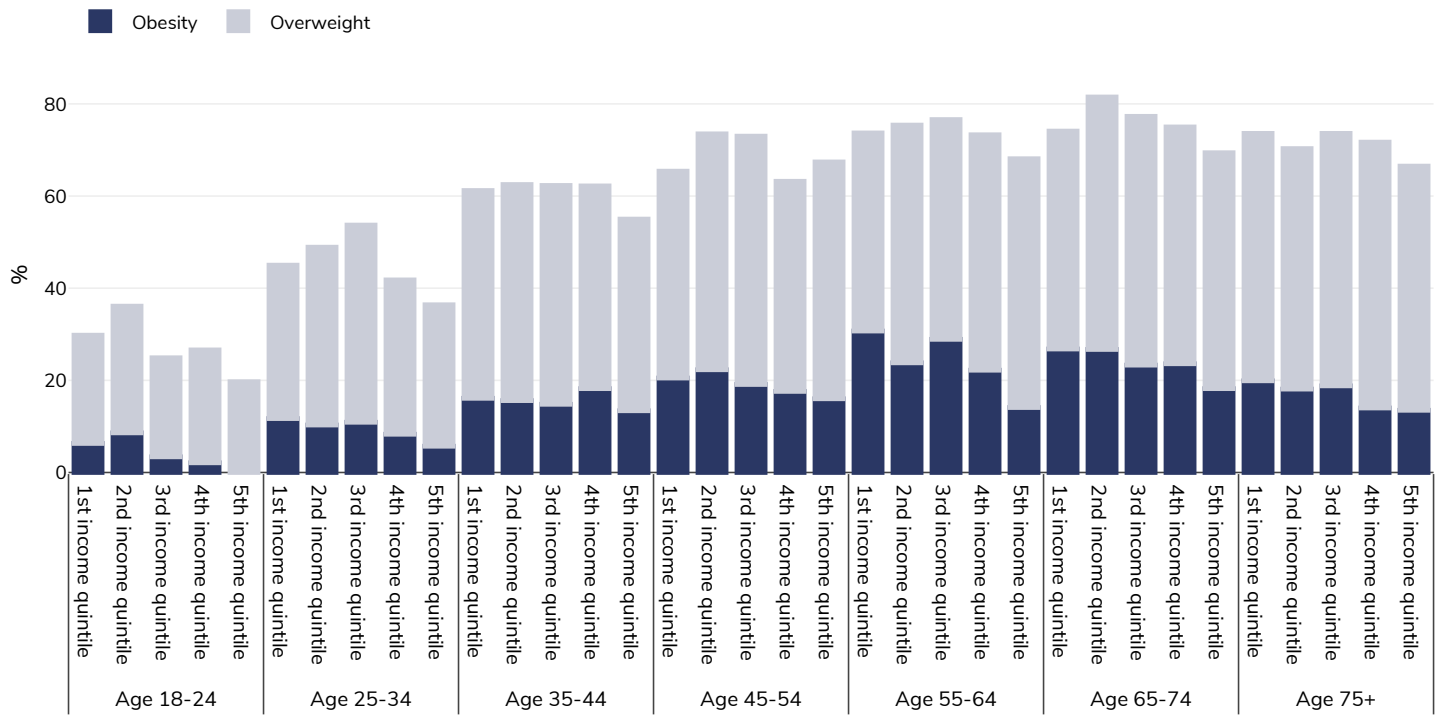
References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en)

(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Men, 2019



Survey type:

Self-reported

Area covered:

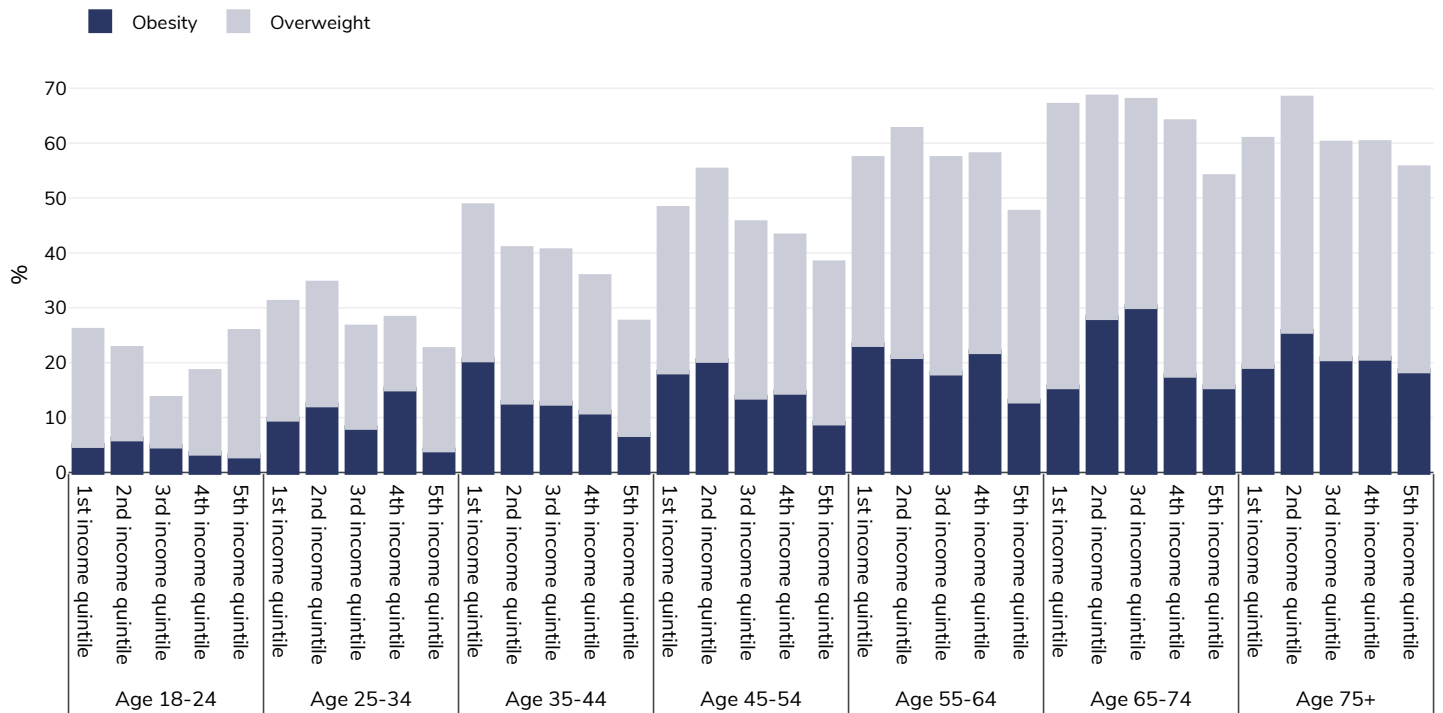
National

References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2019



Survey type:

Self-reported

Area covered:

National

References:

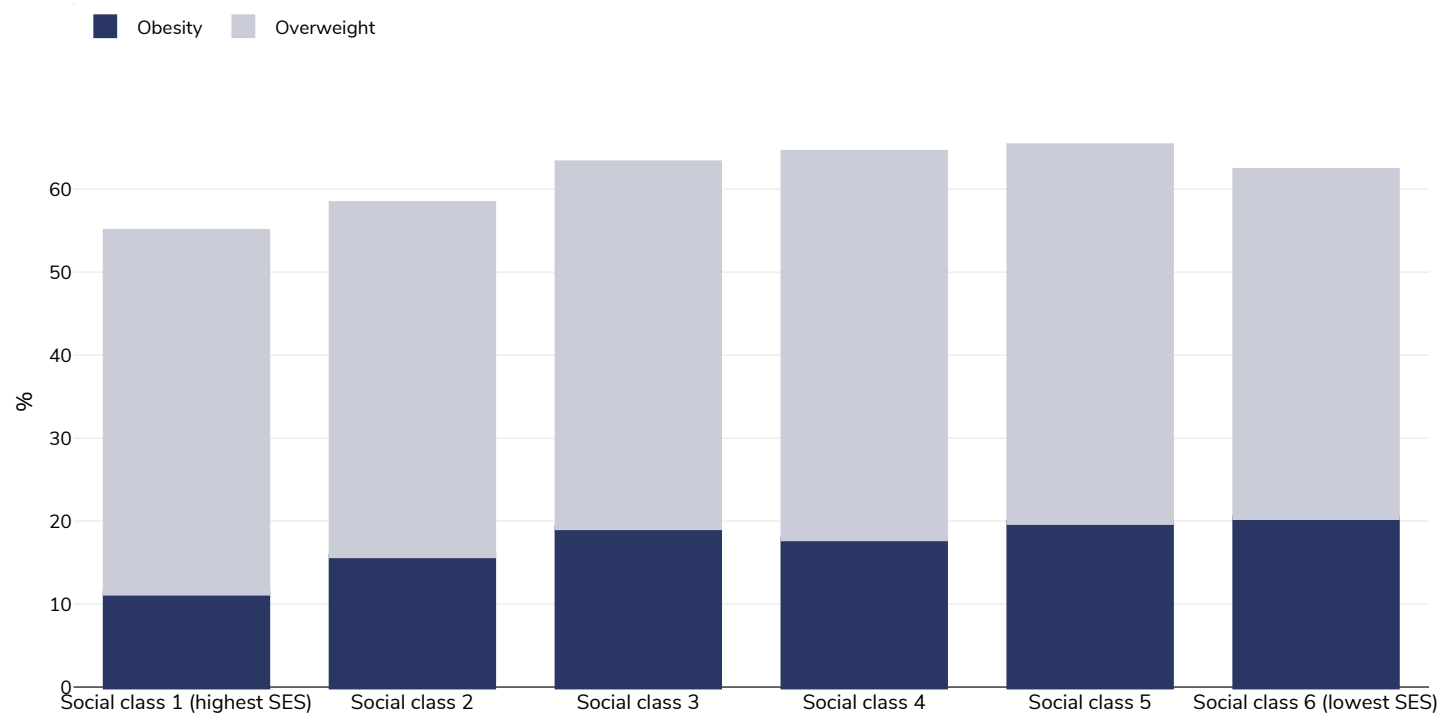
Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



## Overweight/obesity by socio-economic group

Men, 2017



Survey type: Self-reported

Age: 18+

Sample size: 23,089

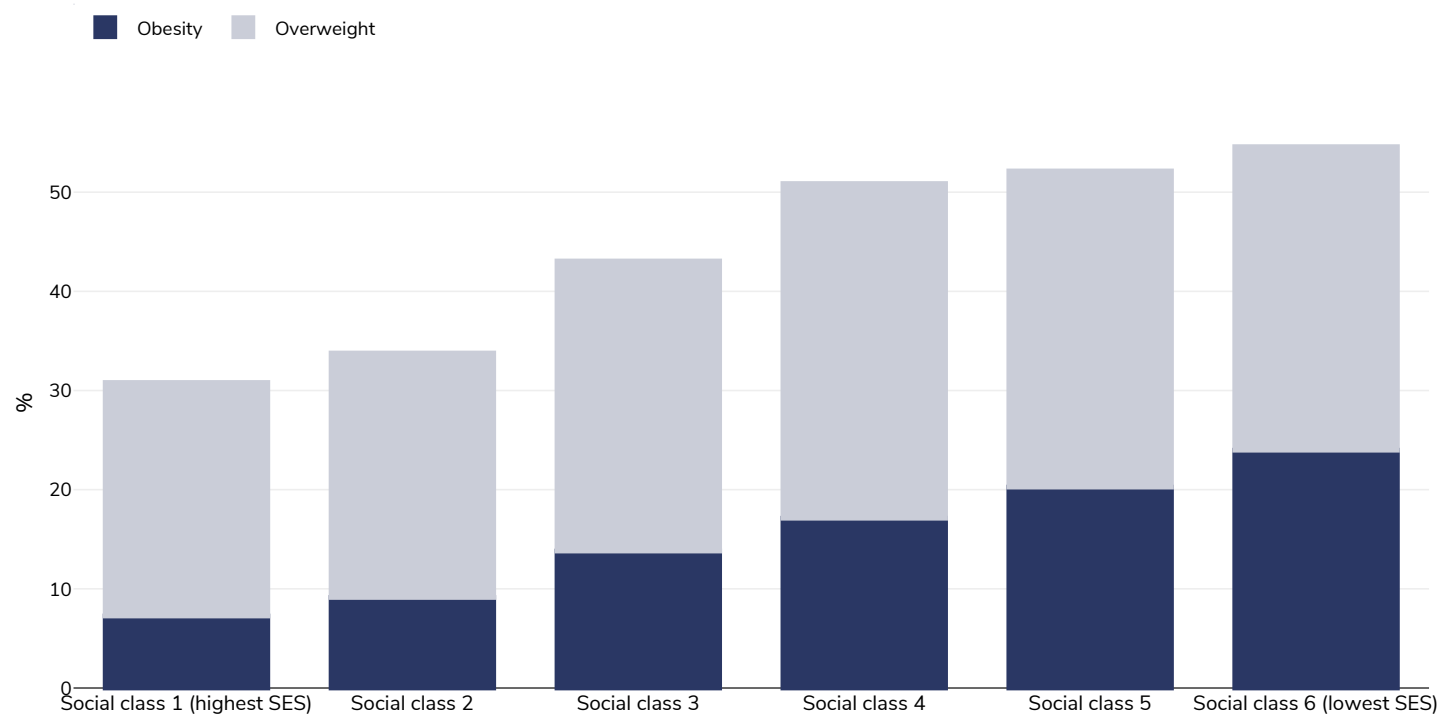
Area covered: National

References: Spanish National Health Survey 2017 (Encuesta Nacional de Salud 2017). Available at: <https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuesta2017.htm>. Last accessed: 11.05.21.

Definitions: Social class based on the occupation of the reference person.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2017



Survey type: Self-reported

Age: 18+

Sample size: 23,089

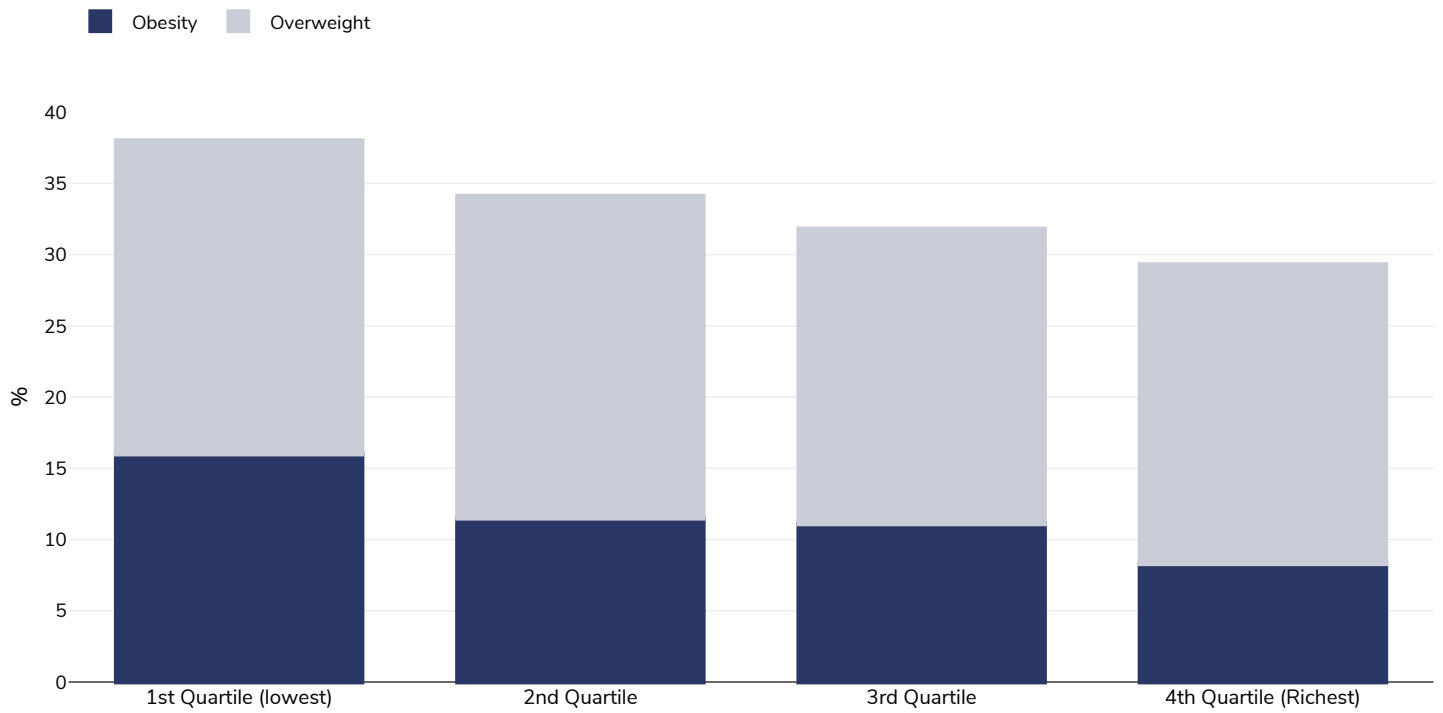
Area covered: National

References: Spanish National Health Survey 2017 (Encuesta Nacional de Salud 2017). Available at: <https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuesta2017.htm>. Last accessed: 11.05.21.

Definitions: Social class based on the occupation of the reference person.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Children, 2022

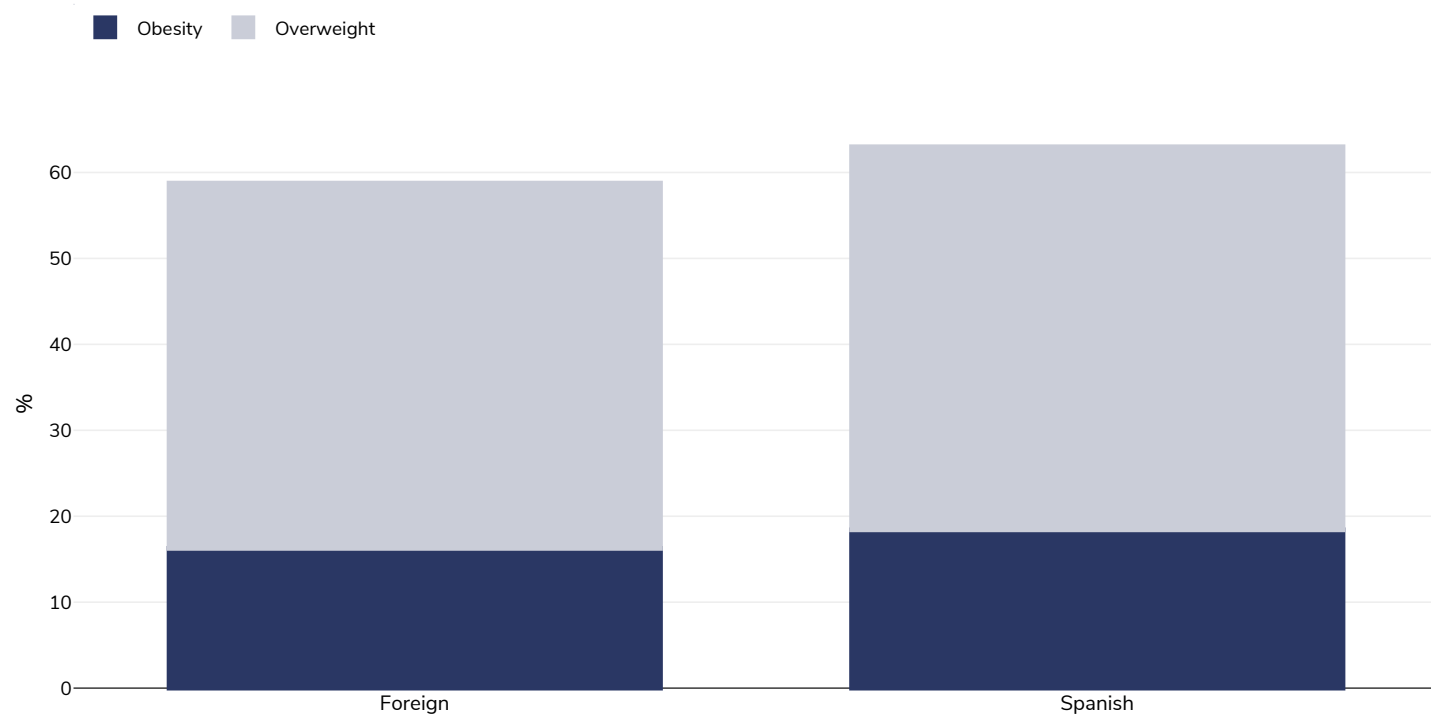


Survey type:	Measured
Age:	8-16
Sample size:	2892
Area covered:	National
References:	PASOS 2022 Study. <a href="https://gasolfoundation.org/wp-content/uploads/2023/01/GF-PASOS-informe-2022-WEB.pdf">https://gasolfoundation.org/wp-content/uploads/2023/01/GF-PASOS-informe-2022-WEB.pdf</a> (Accessed 30.01.22)
Notes:	Preliminary results

## Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

### Men, 2017



Survey type: Self-reported

Age: 18+

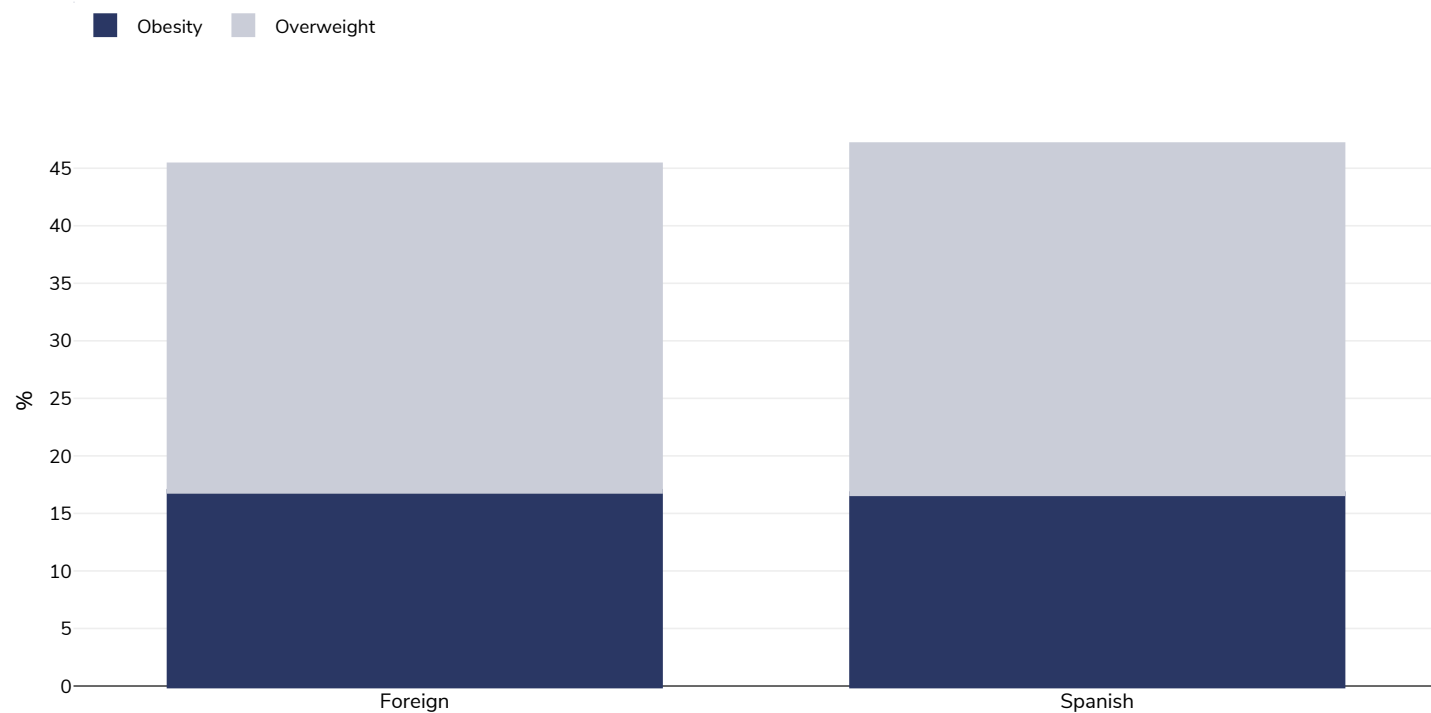
Sample size: 23,089

Area covered: National

References: Spanish National Health Survey 2017 (Encuesta Nacional de Salud 2017). Available at: <https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuesta2017.htm>. Last accessed: 11.05.21.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2017



Survey type: Self-reported

Age: 18+

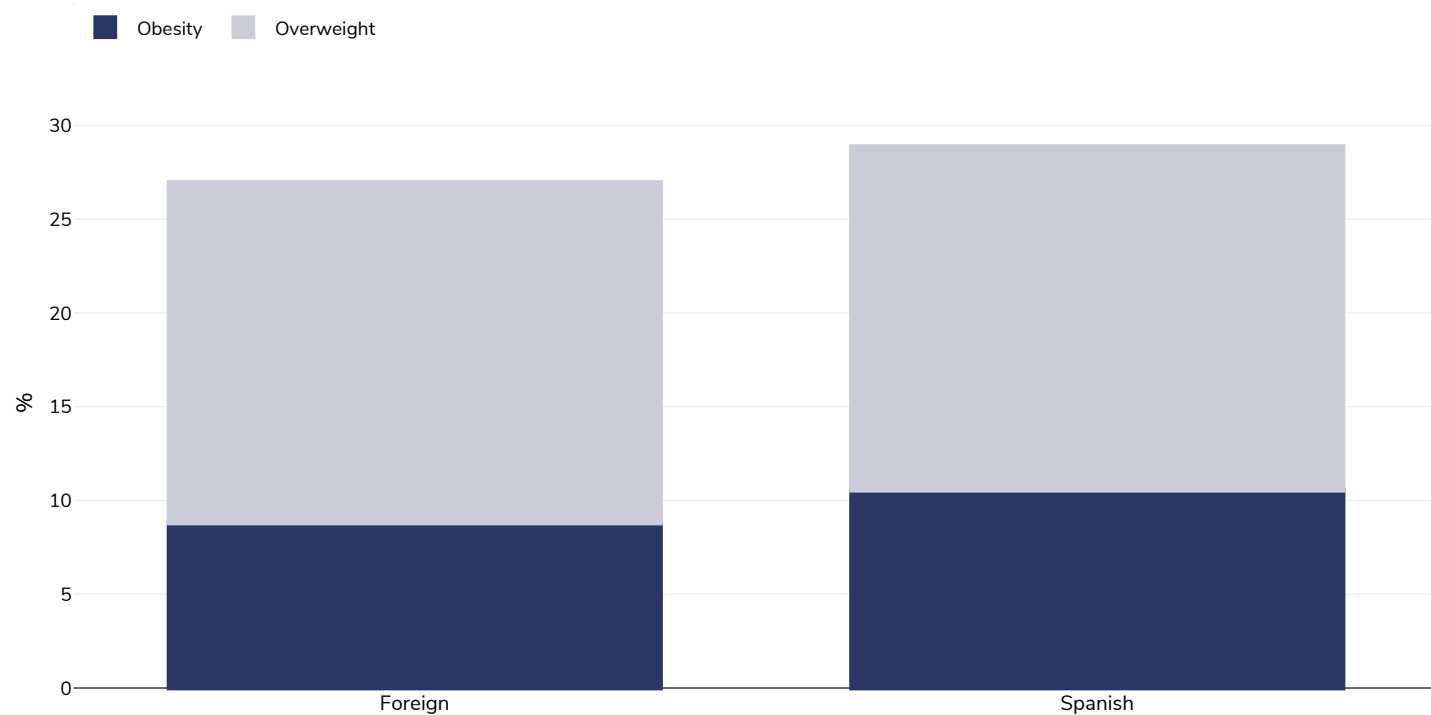
Sample size: 23,089

Area covered: National

References: Spanish National Health Survey 2017 (Encuesta Nacional de Salud 2017). Available at: <https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuesta2017.htm>. Last accessed: 11.05.21.

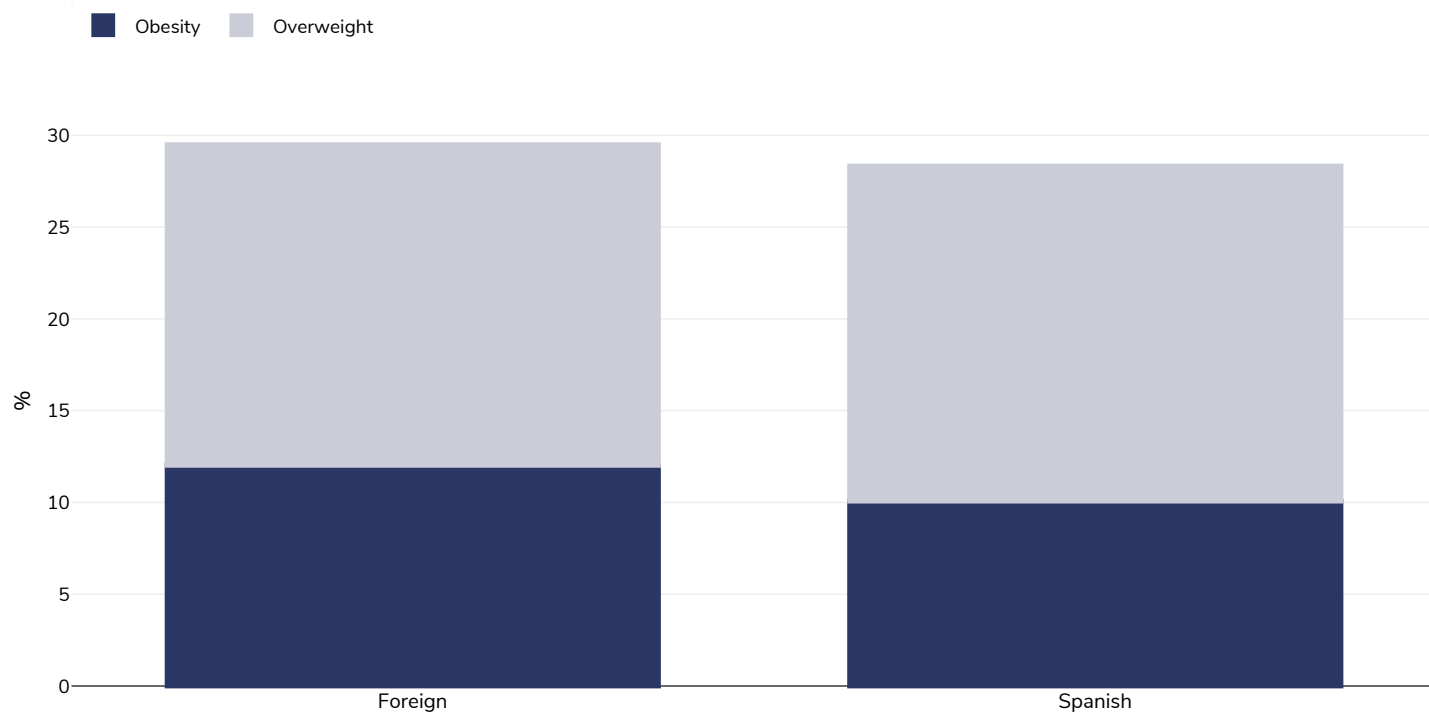
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Boys, 2017



Survey type:	Self-reported
Age:	2-17
Sample size:	6106
Area covered:	National
References:	Spanish National Health Survey 2017 (Encuesta Nacional de Salud 2017). Available at: <a href="https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuesta2017.htm">https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuesta2017.htm</a> . Last accessed: 11.05.21.
Cutoffs:	IOTF

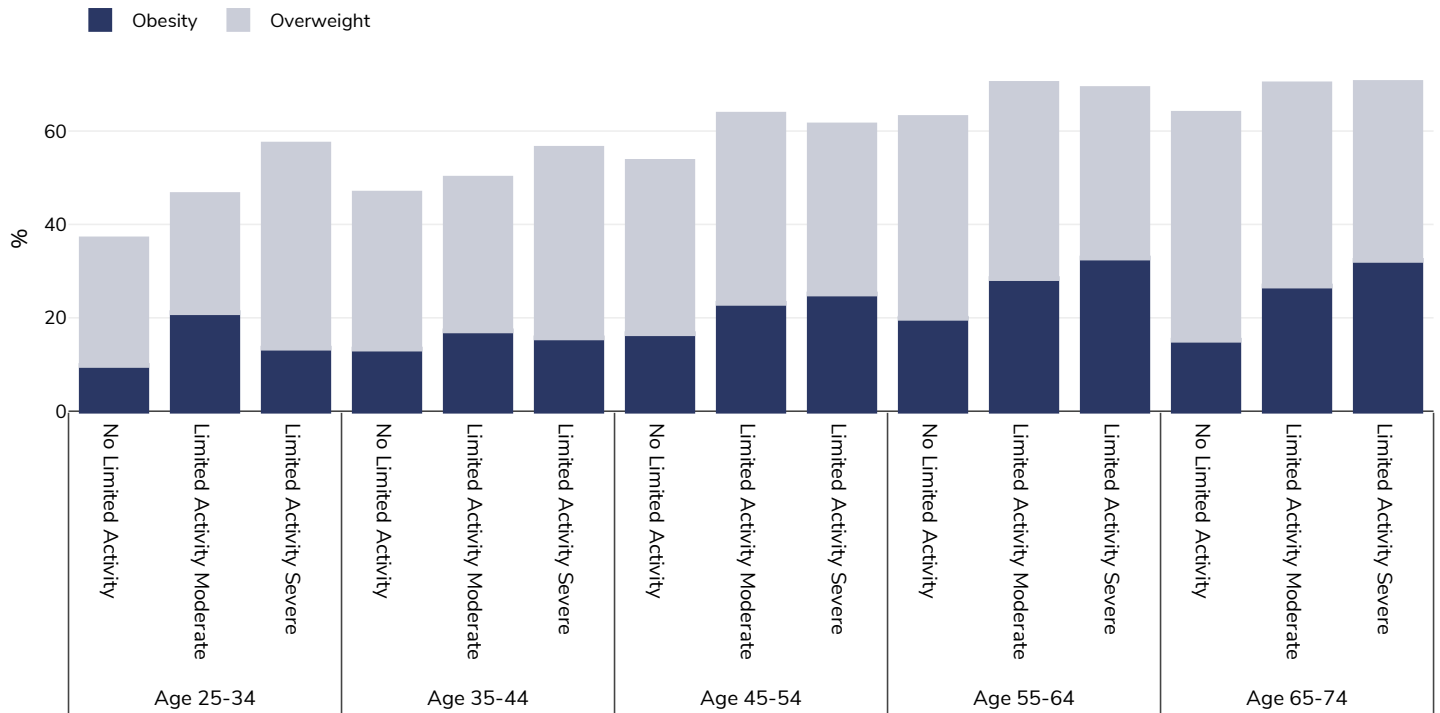
## Girls, 2017



Survey type:	Self-reported
Age:	2-17
Sample size:	6106
Area covered:	National
References:	Spanish National Health Survey 2017 (Encuesta Nacional de Salud 2017). Available at: <a href="https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuesta2017.htm">https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuesta2017.htm</a> . Last accessed: 11.05.21.
Cutoffs:	IOTF

## Overweight/obesity by age and limited activity

### Adults, 2014



Survey type:

Self-reported

Area covered:

National

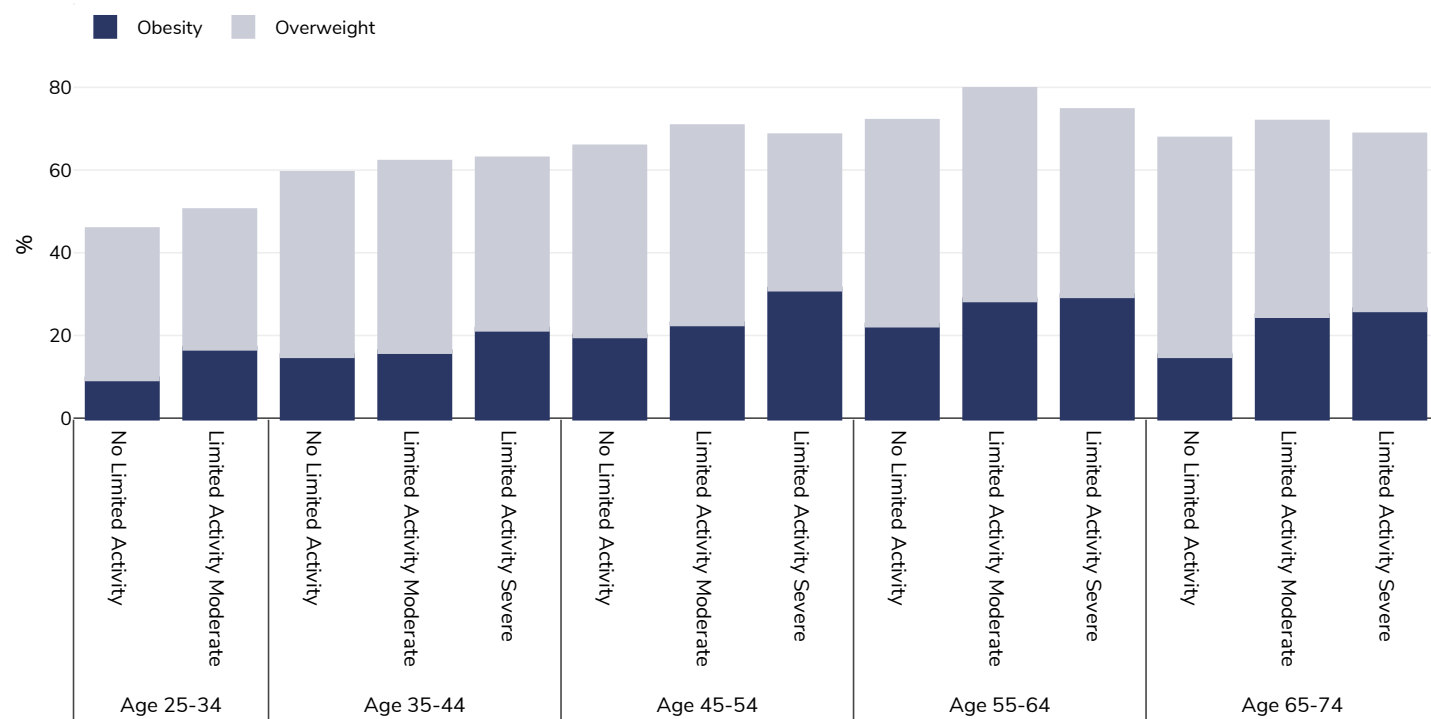
References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



## Men, 2014



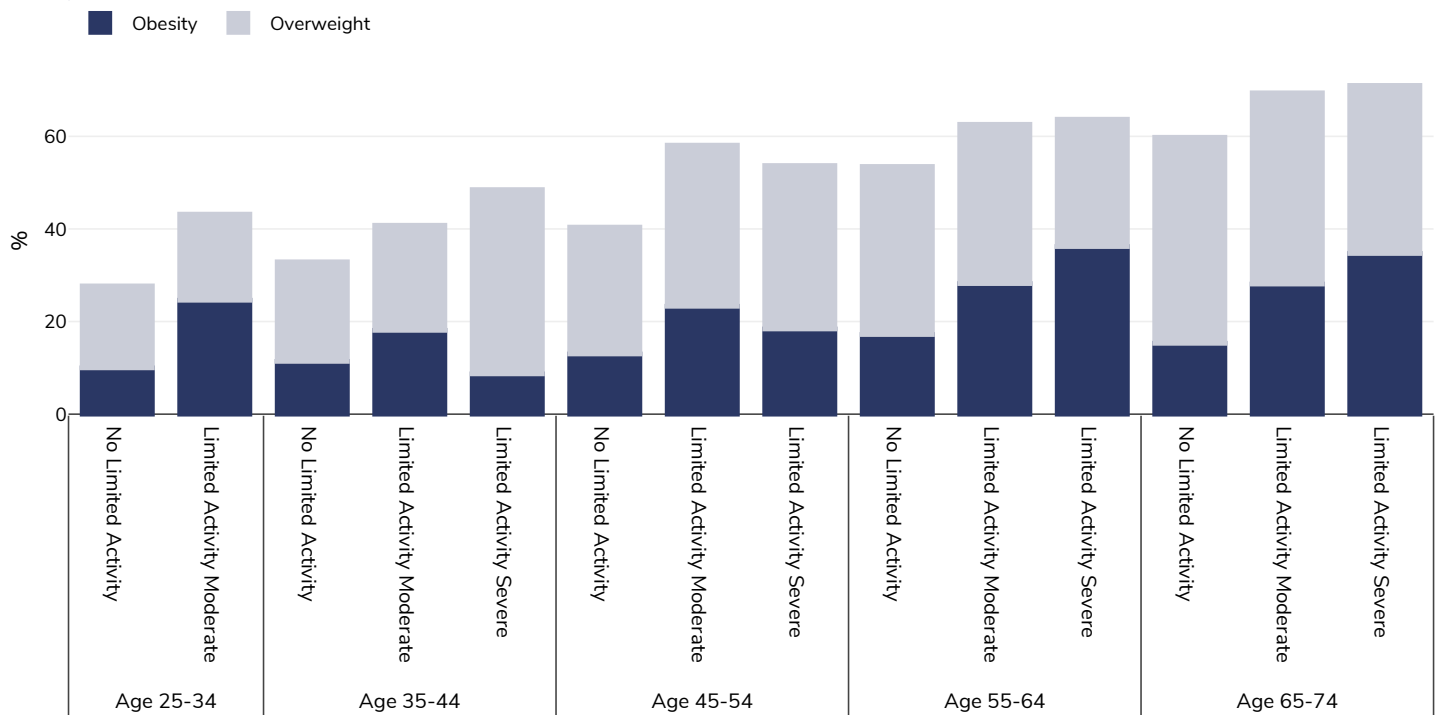
Survey type: Self-reported

Area covered: National

References: Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2014



Survey type:

Self-reported

Area covered:

National

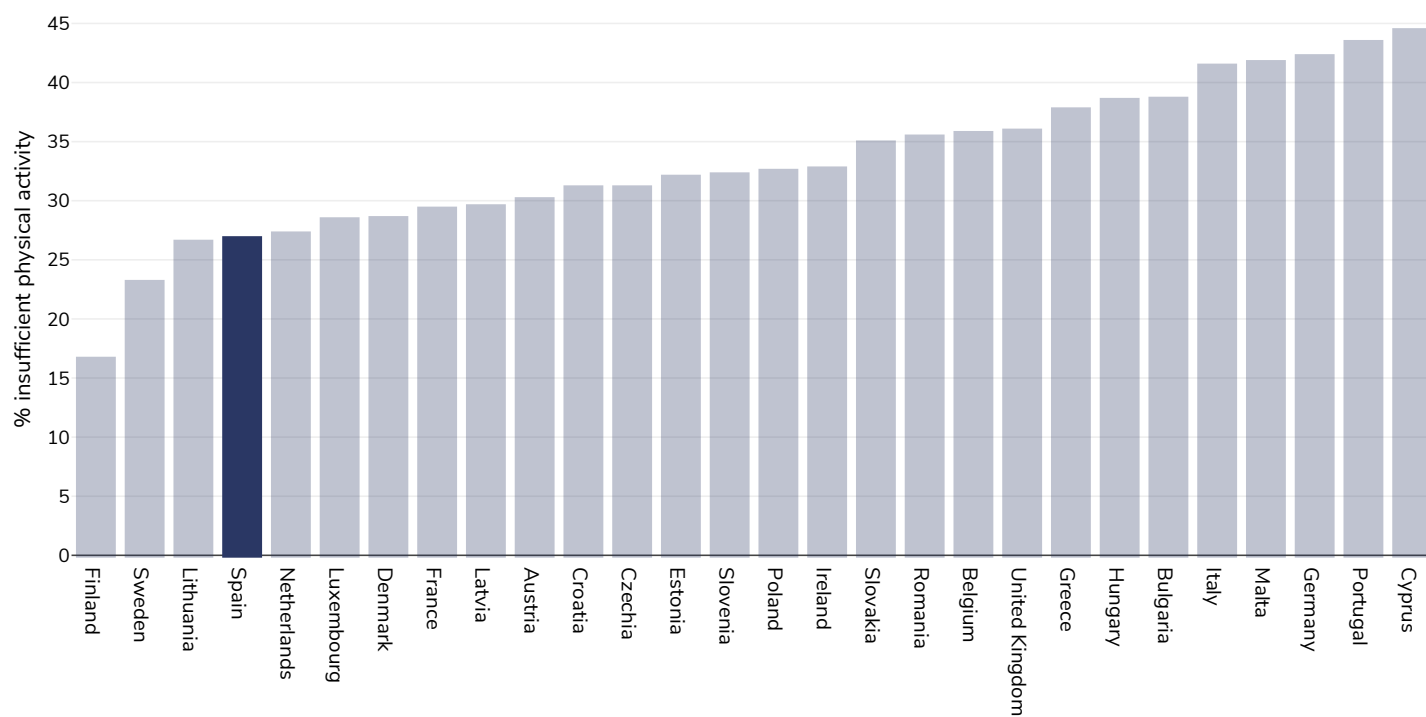
References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

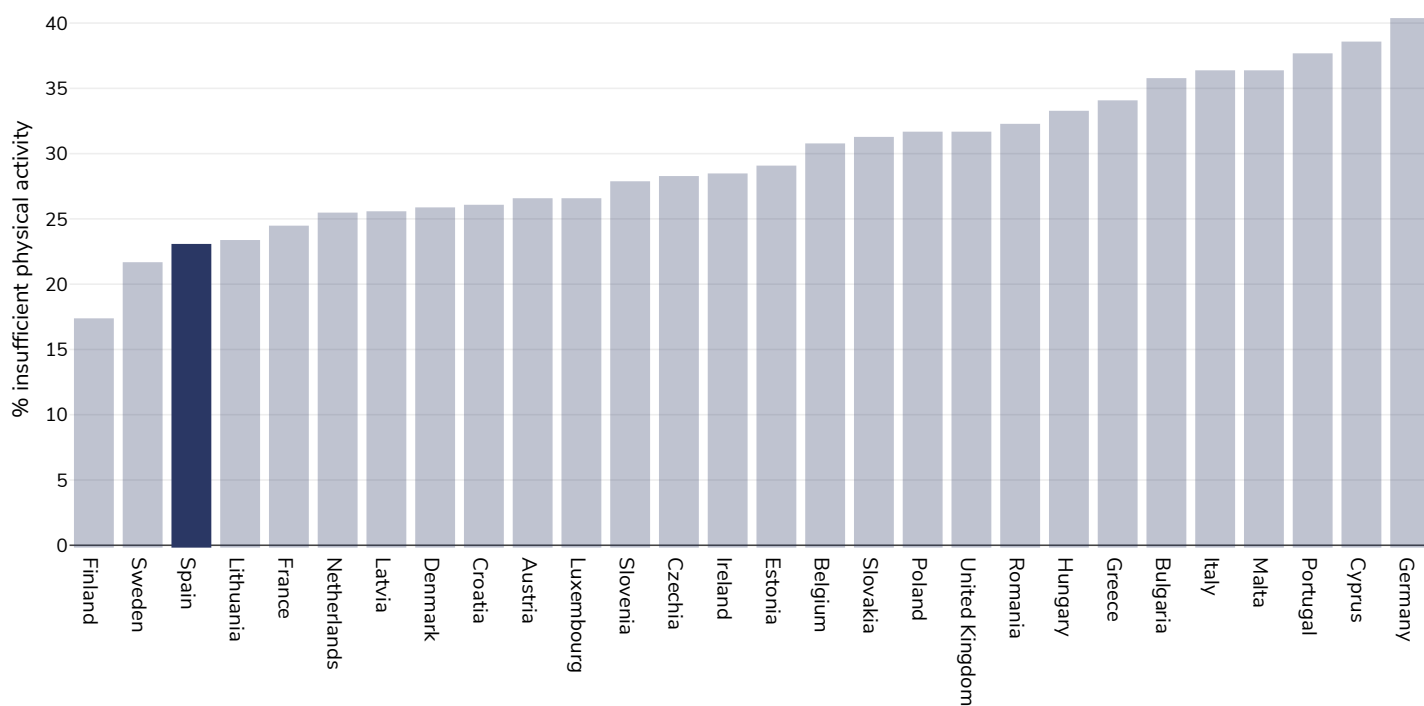
## Insufficient physical activity

### Adults, 2016



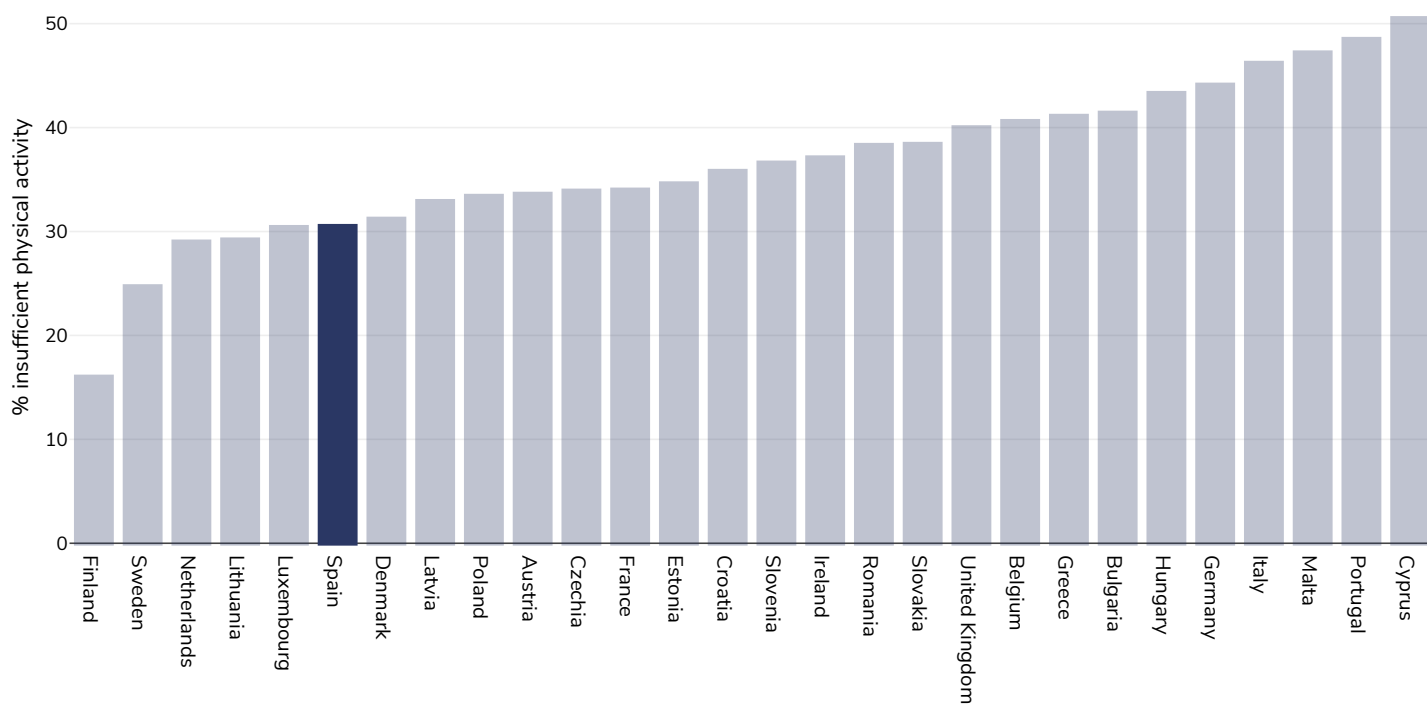
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Men, 2016



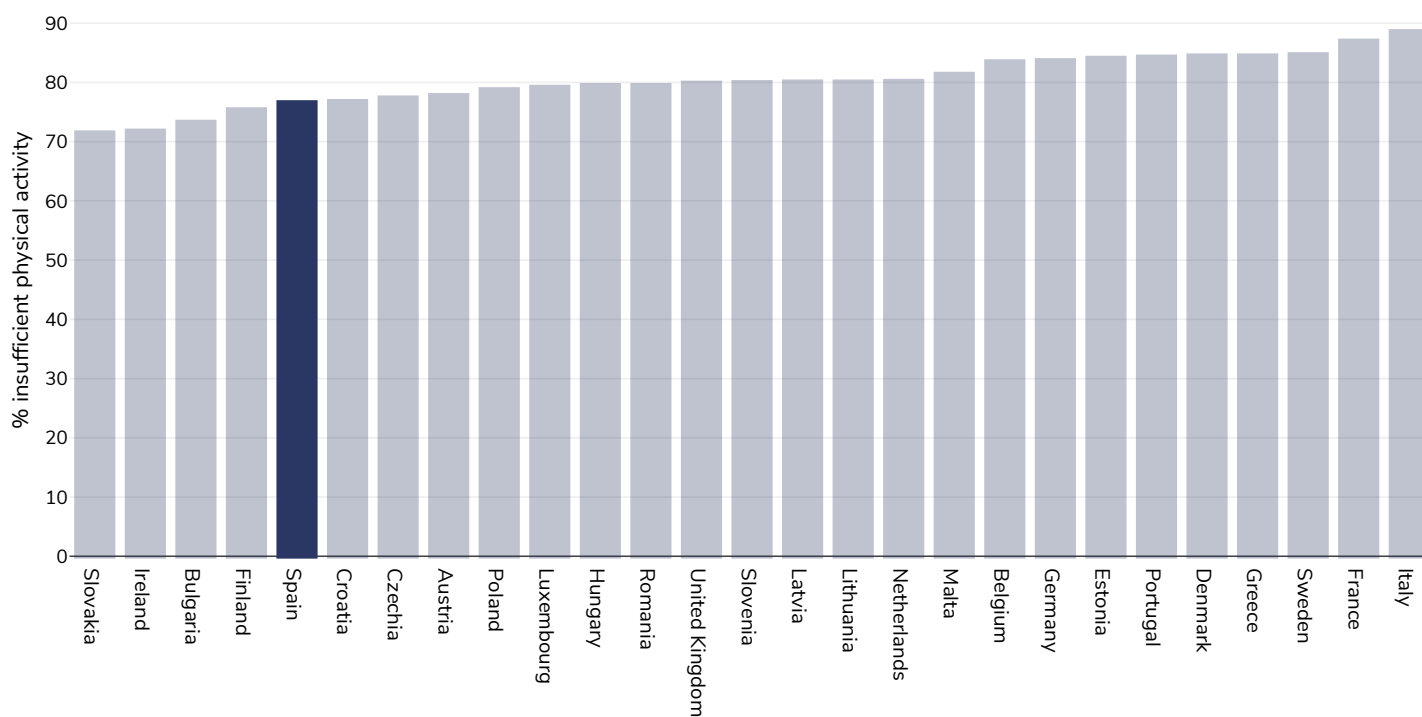
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Children, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

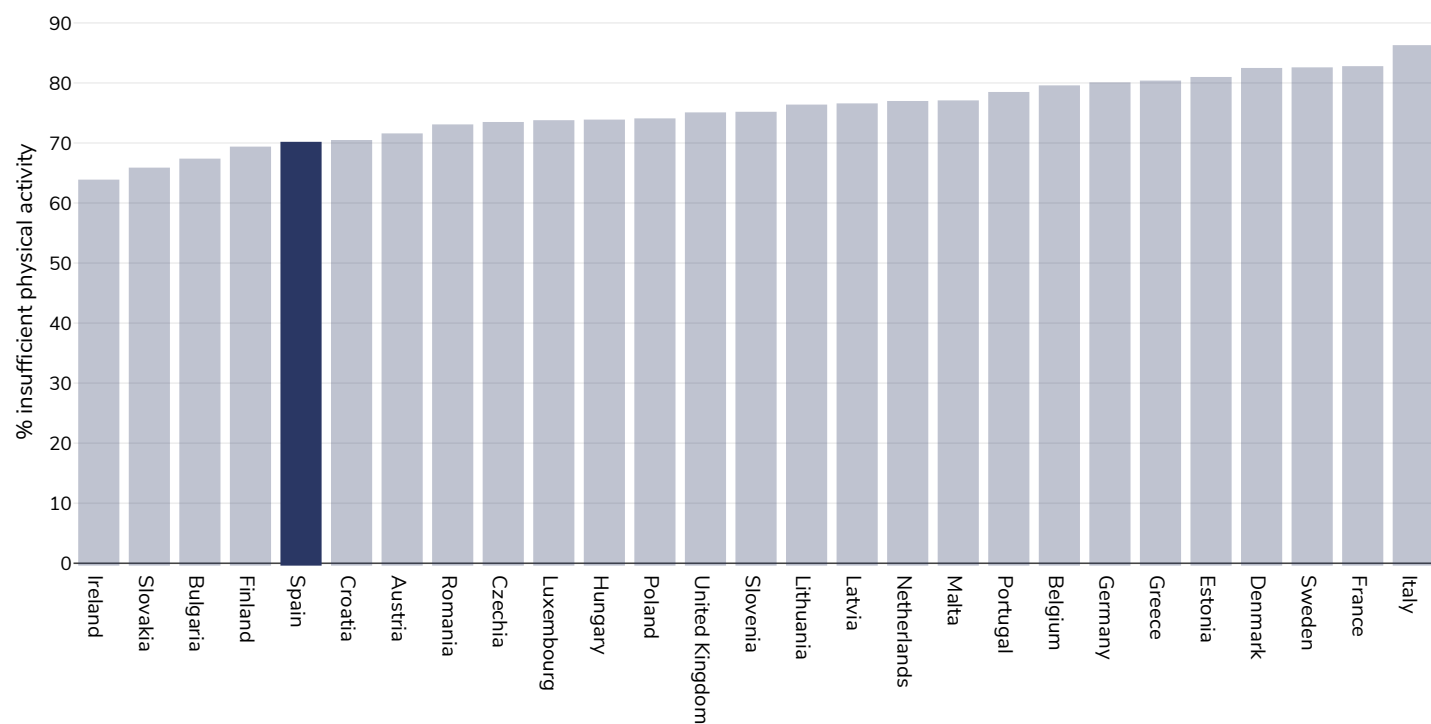
Notes:

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

## Boys, 2016



Survey type: Self-reported

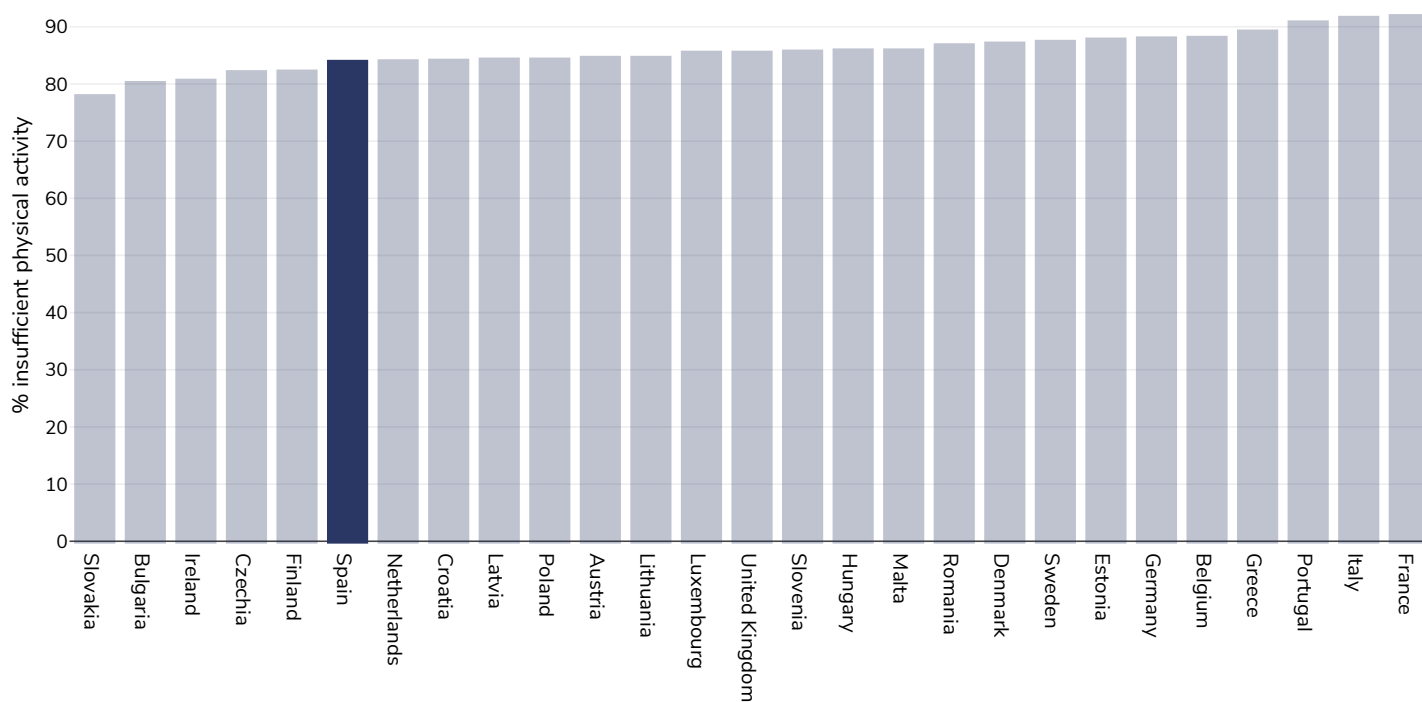
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Girls, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes:

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

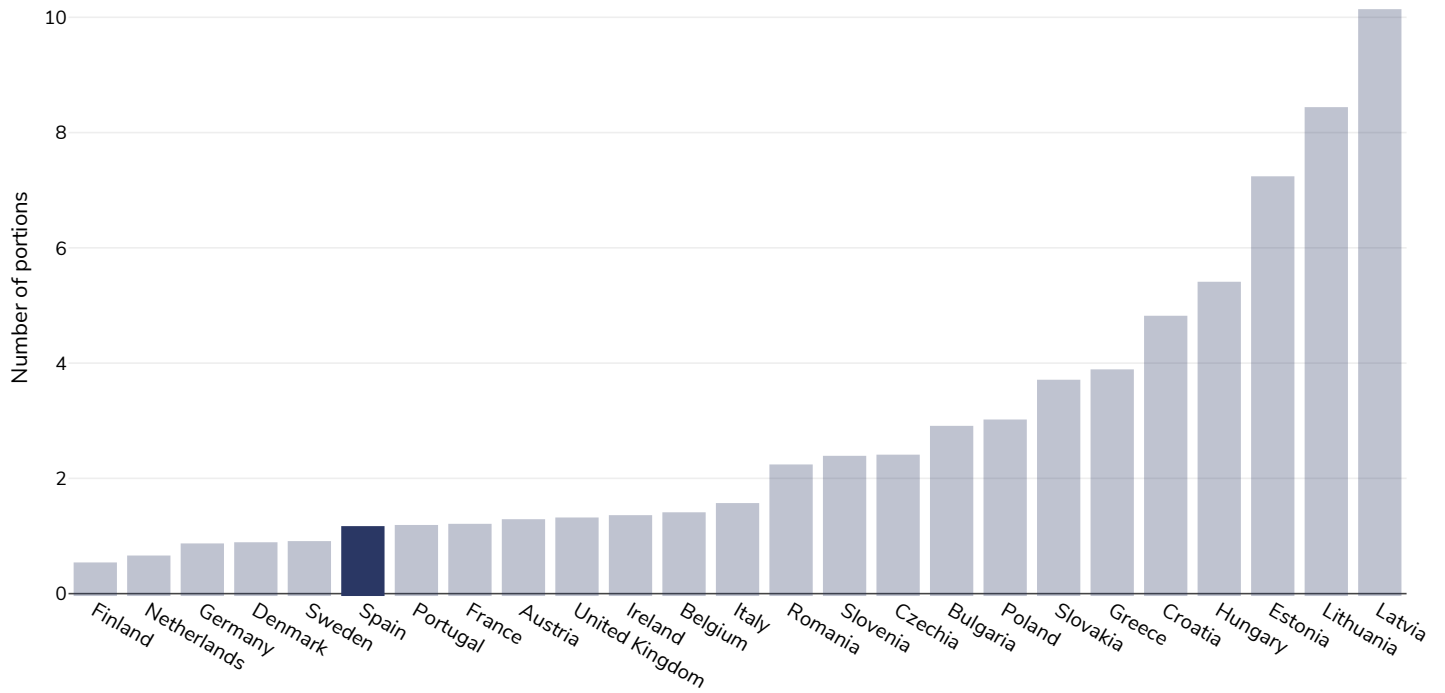
Definitions:

% Adolescents insufficiently active (age standardised estimate)



## Sugar consumption

Adults, 2016



References:

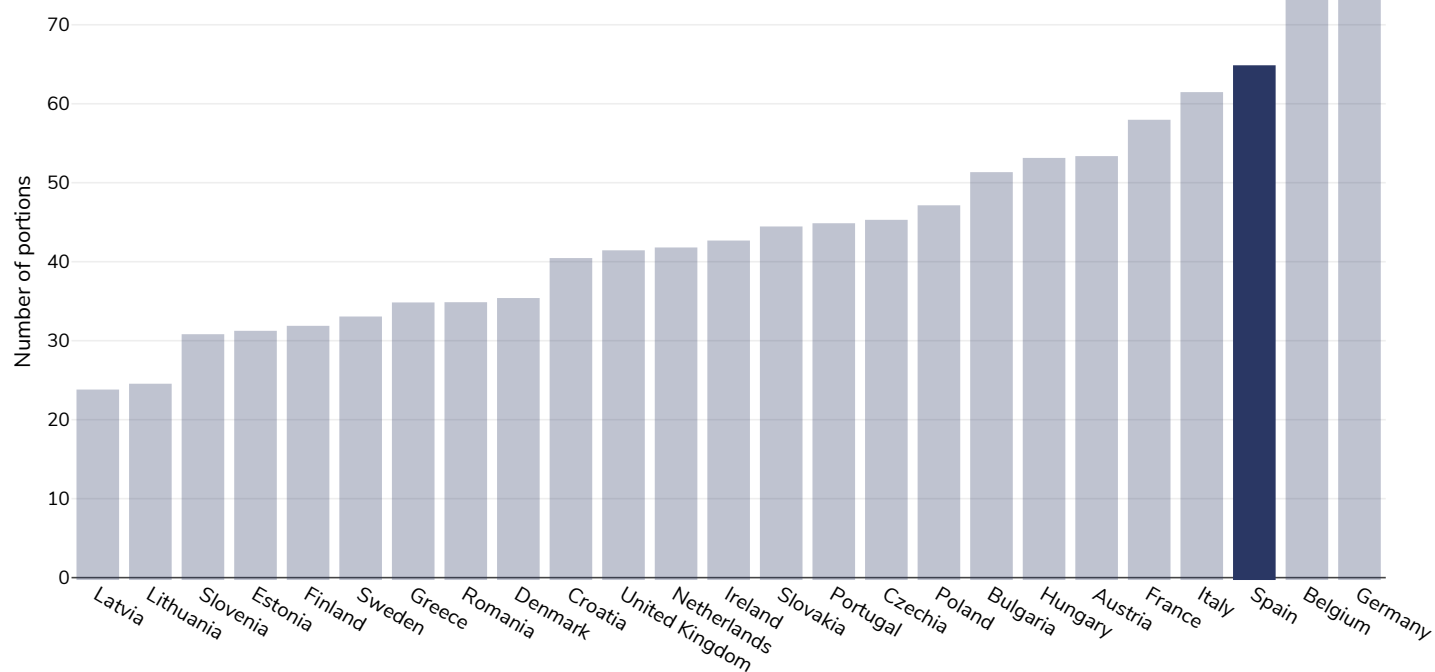
Source: Euromonitor International

Definitions:

Sugar consumption (Number of 500g sugar portions/person/month)

## Estimated per capita sugar sweetened beverages intake

Adults, 2016

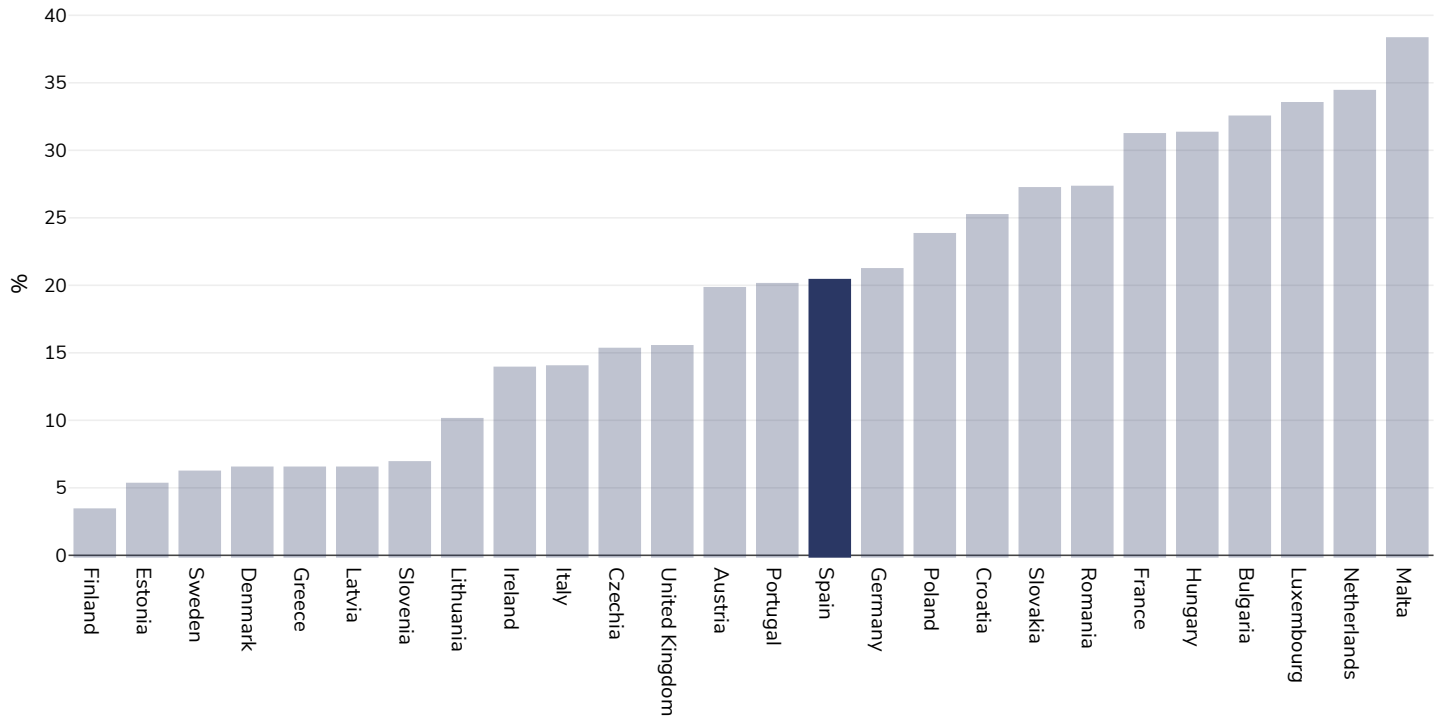


References:

Source: Euromonitor International

## Prevalence of at least daily carbonated soft drink consumption

### Children, 2014



Survey type:

Measured

References:

World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org>

Notes:

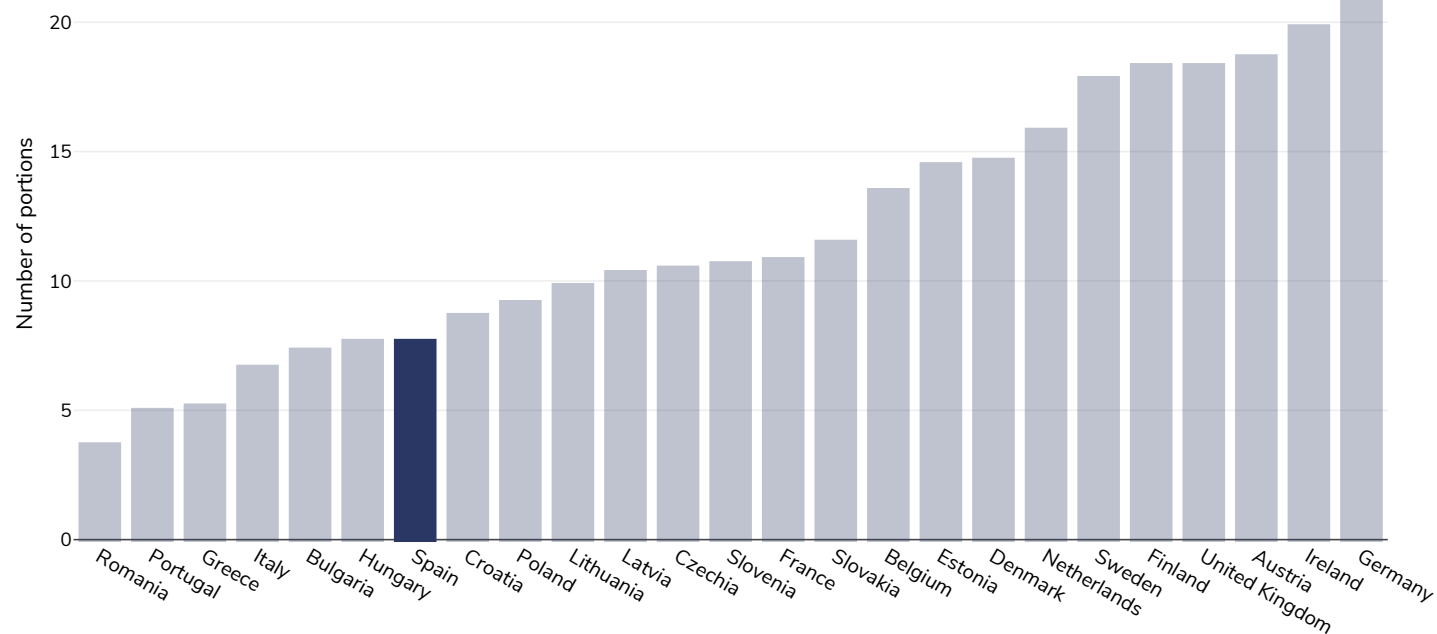
15-year-old adolescents

Definitions:

Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)

## Prevalence of confectionery consumption

Adults, 2016



References:

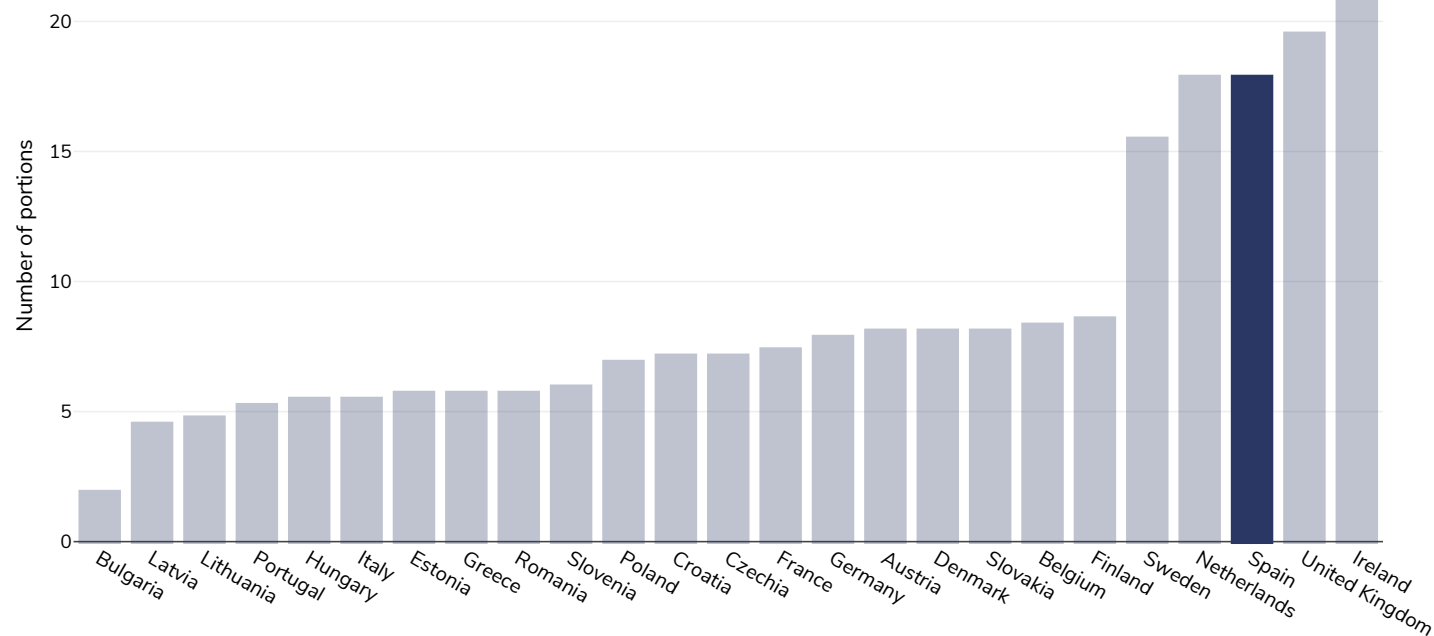
Source: Euromonitor International

Definitions:

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

## Prevalence of sweet/savoury snack consumption

Adults, 2016



References:

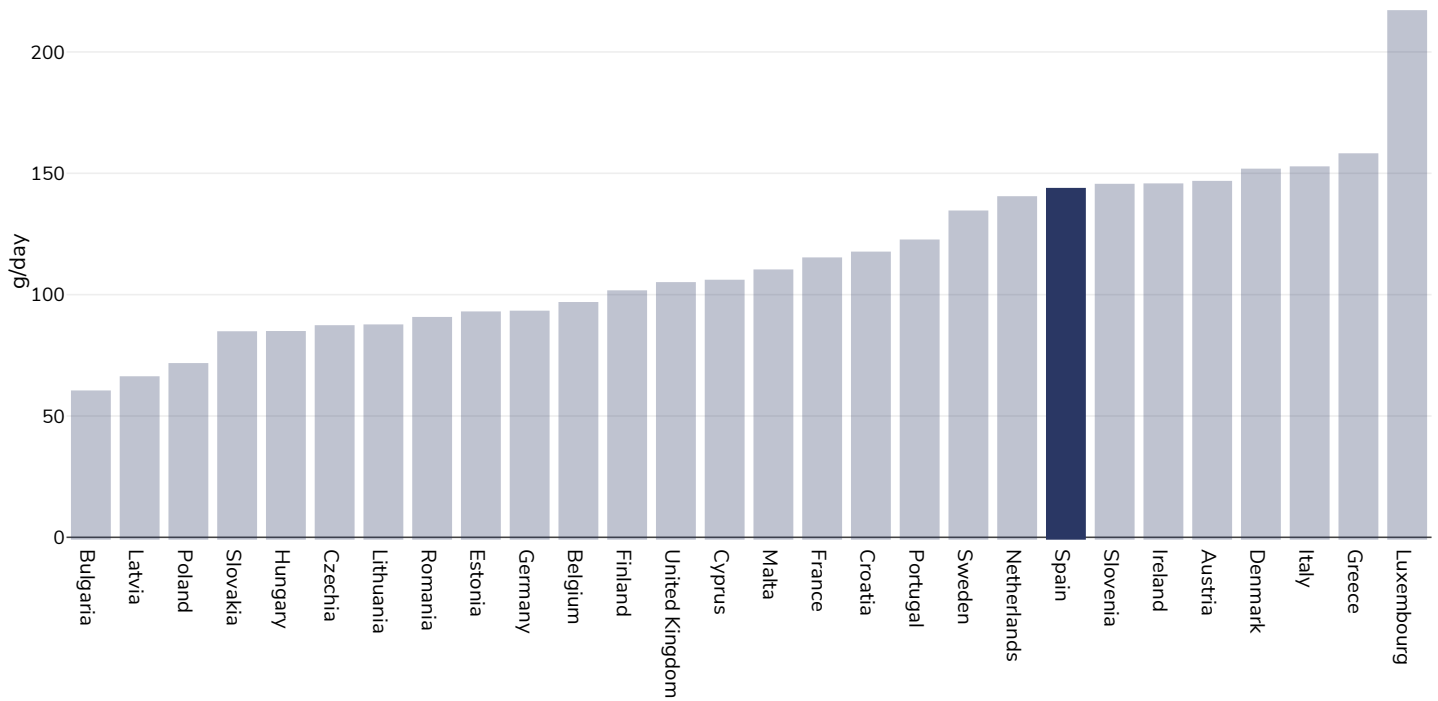
Source: Euromonitor International

Definitions:

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

## Estimated per capita fruit intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

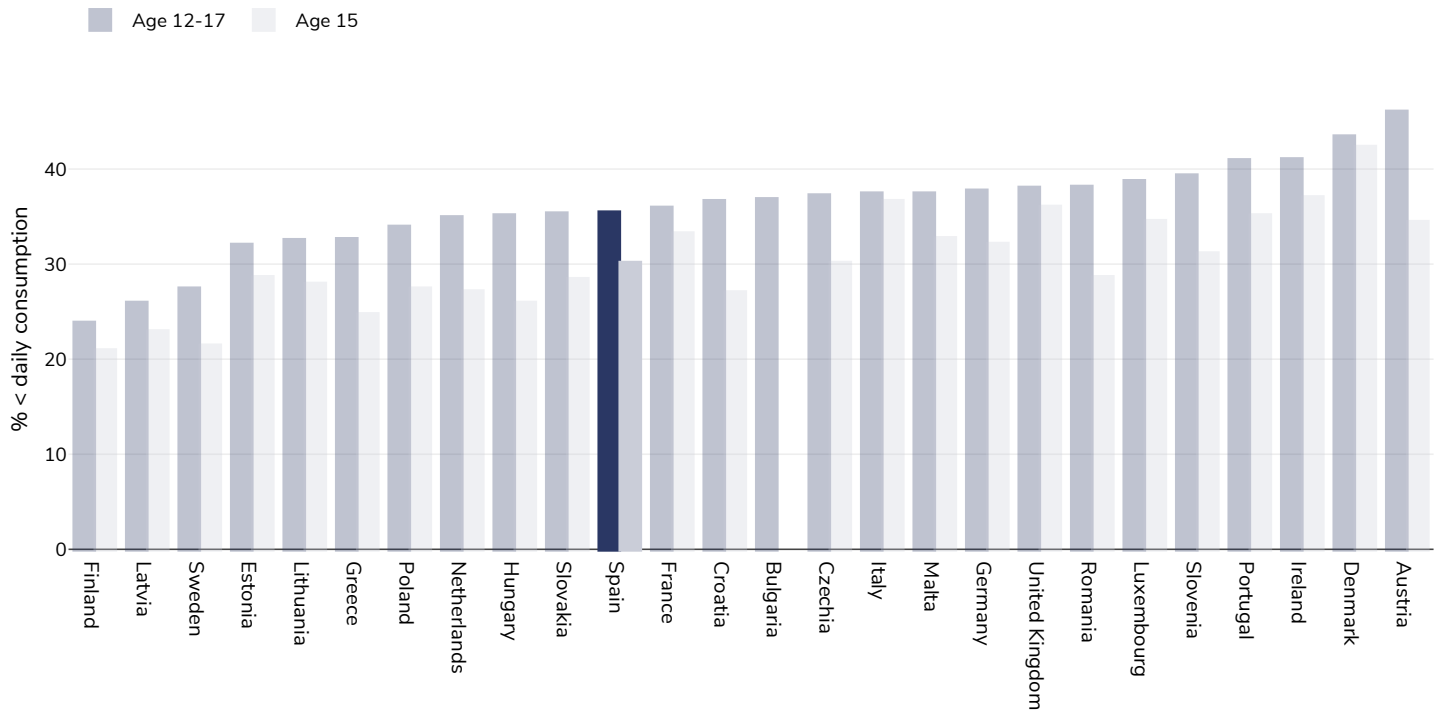
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

## Prevalence of less than daily fruit consumption

### Children, 2014



Survey type:

Measured

References:

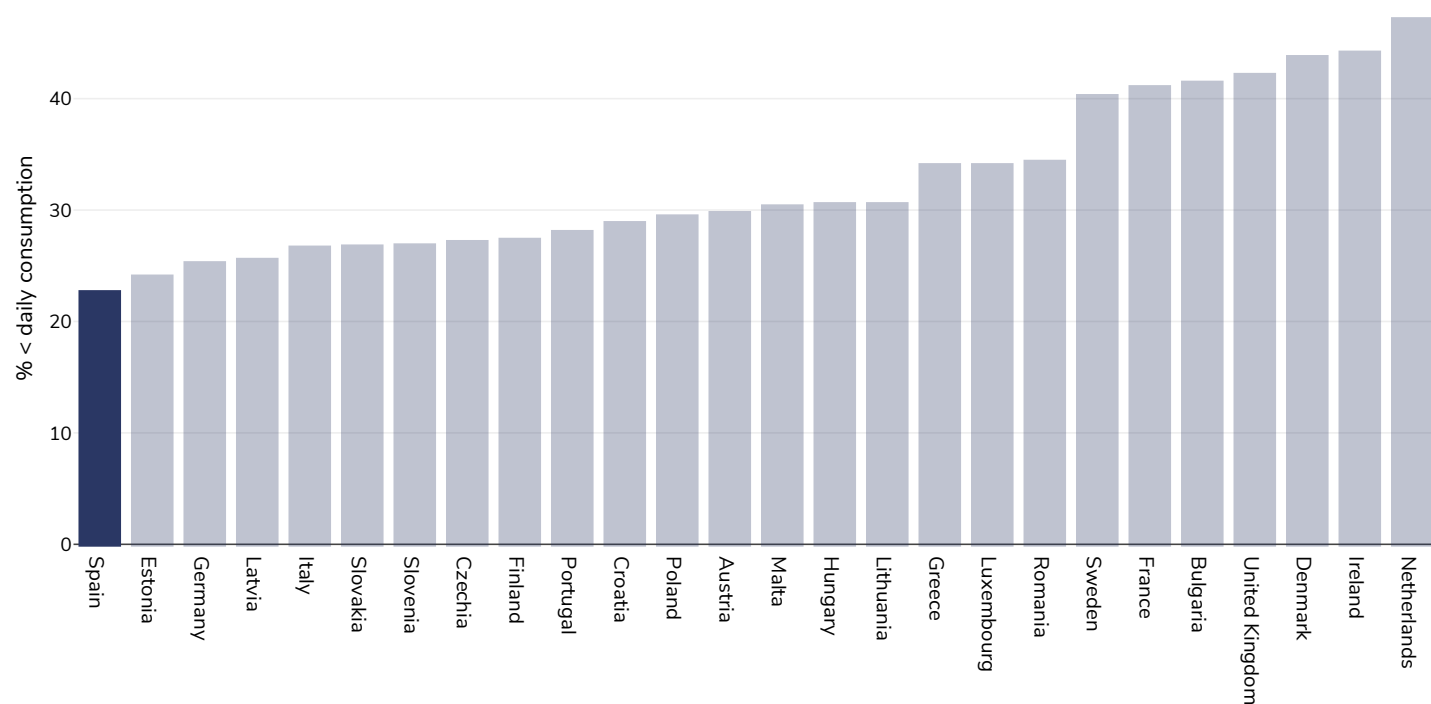
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Prevalence of less than daily vegetable consumption

### Children, 2014



Survey type:

Measured

Age:

12-17

References:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

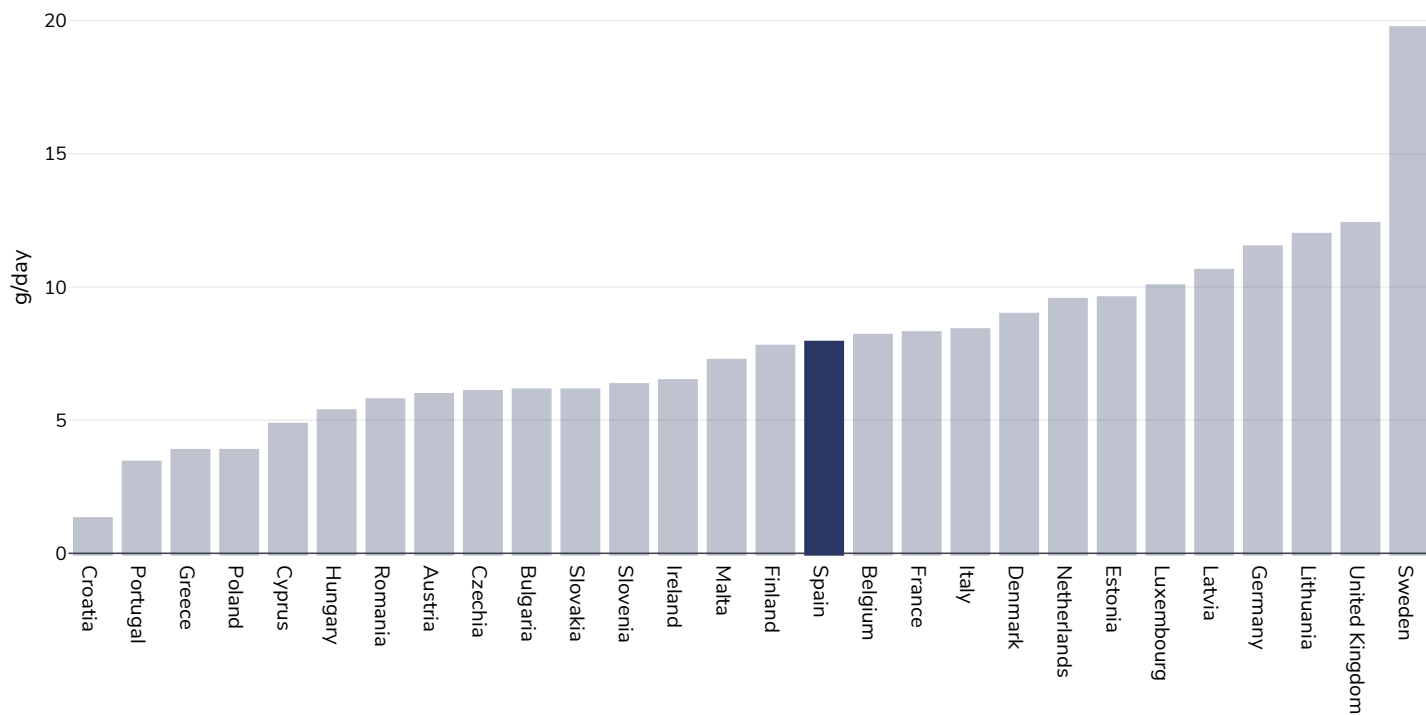
Definitions:

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)



## Estimated per-capita processed meat intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

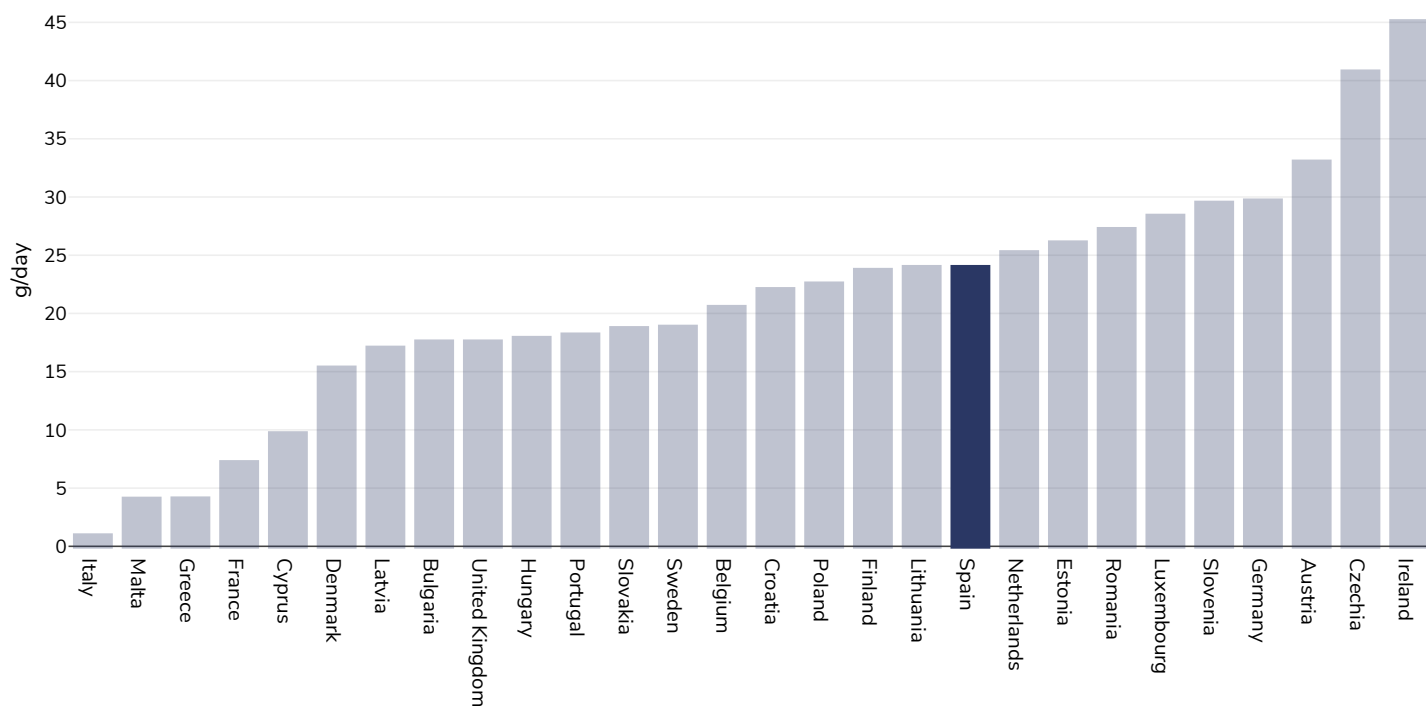
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita processed meat intake (g per day)

## Estimated per capita whole grains intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

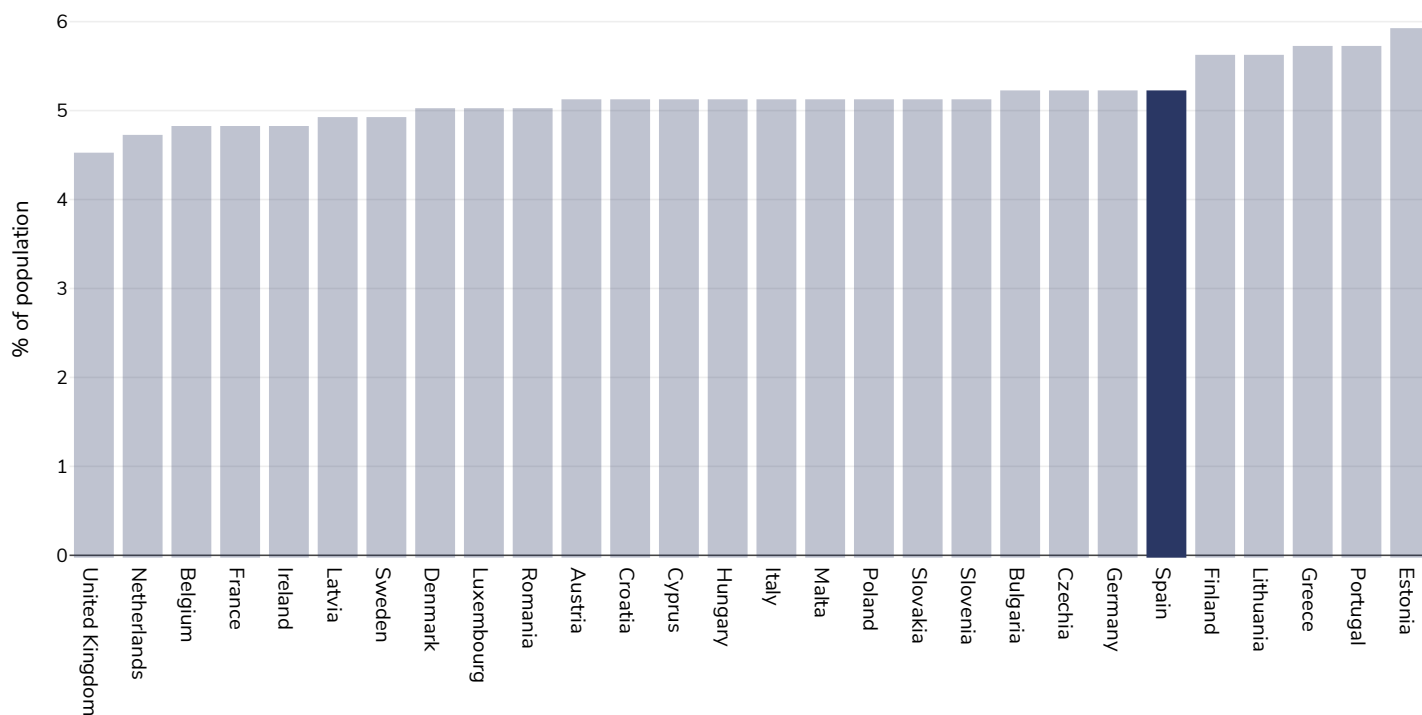
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita whole grains intake (g/day)

## Mental health - depression disorders

### Adults, 2015

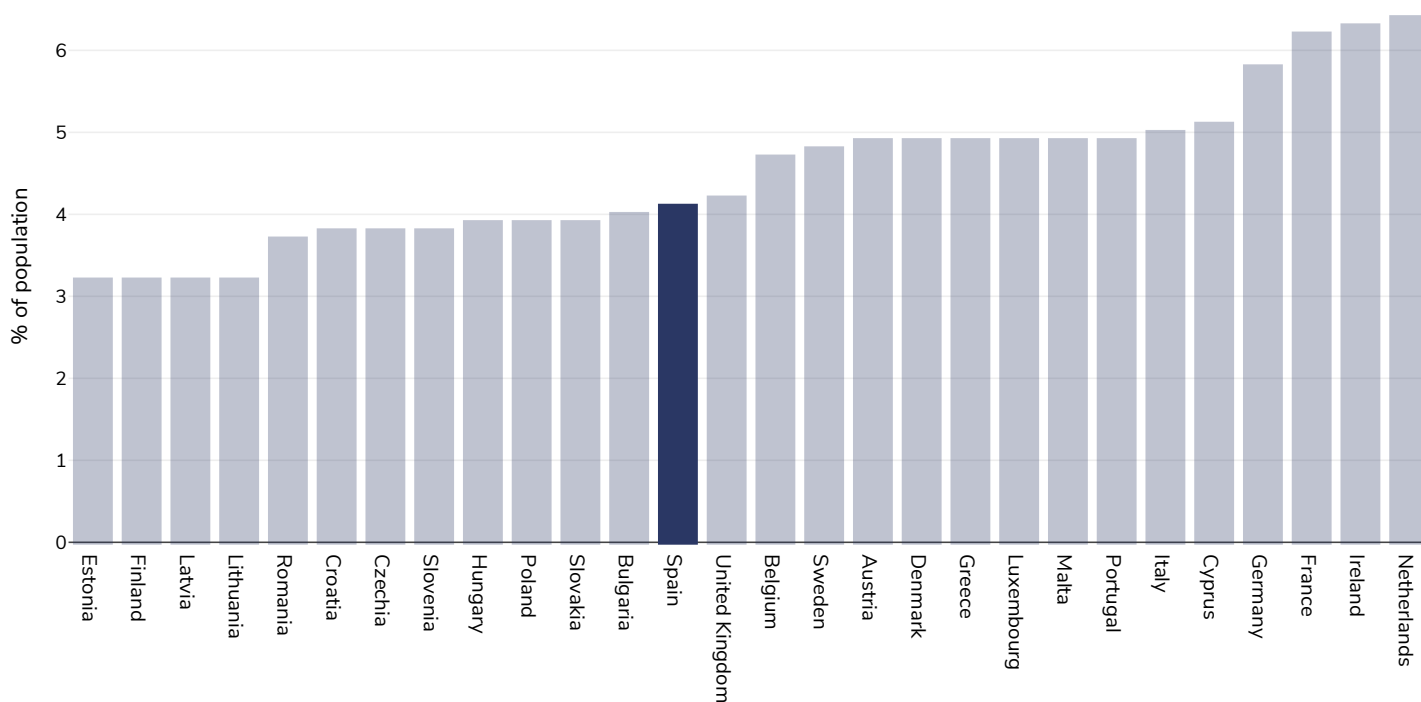


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

## Mental health - anxiety disorders

### Adults, 2015

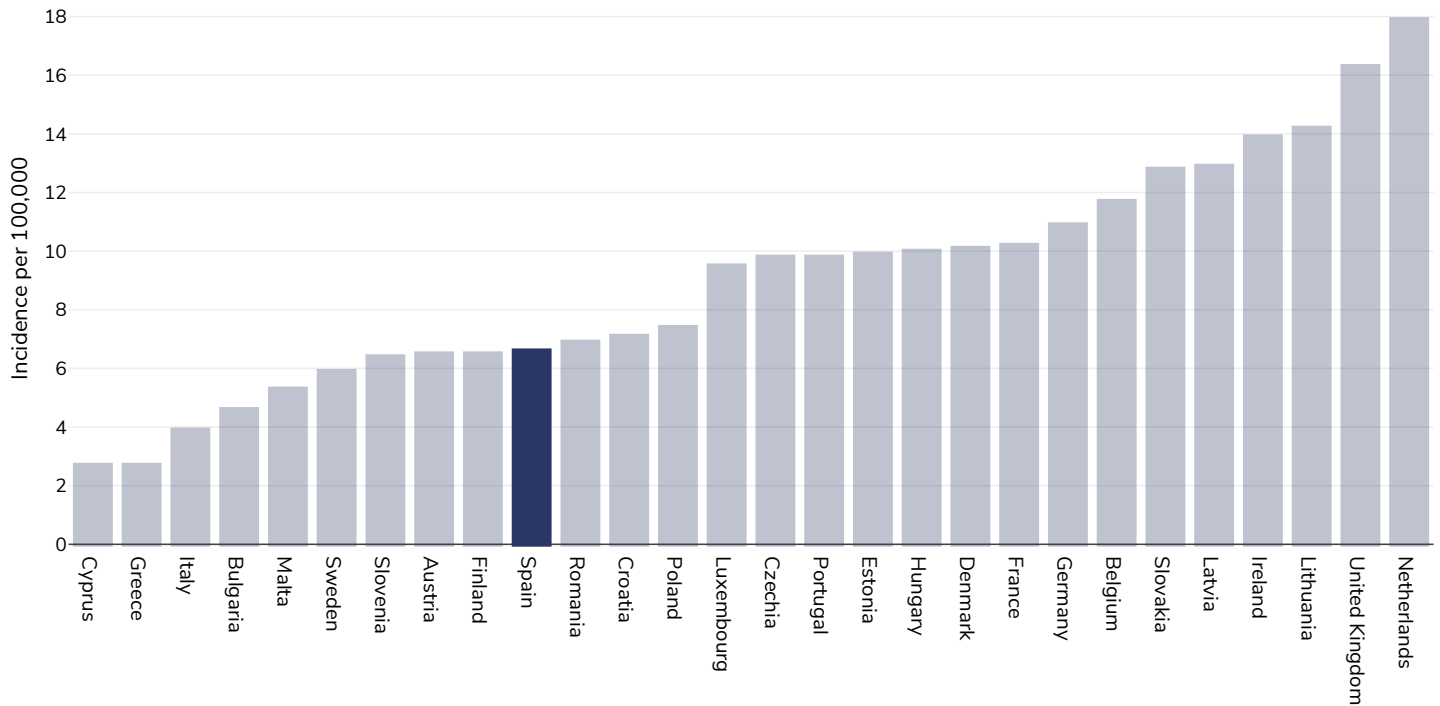


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

## Oesophageal cancer

### Men, 2020



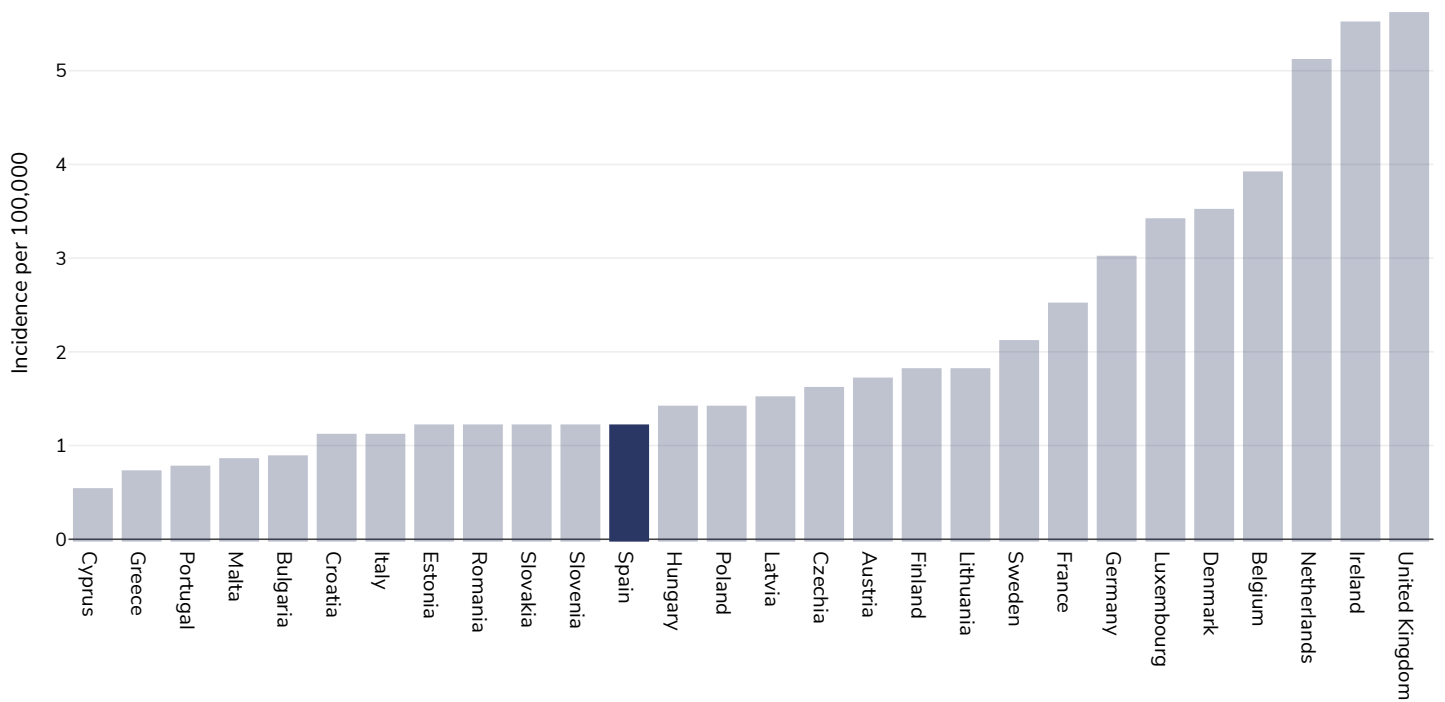
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

**Women, 2020**



Age: 20+

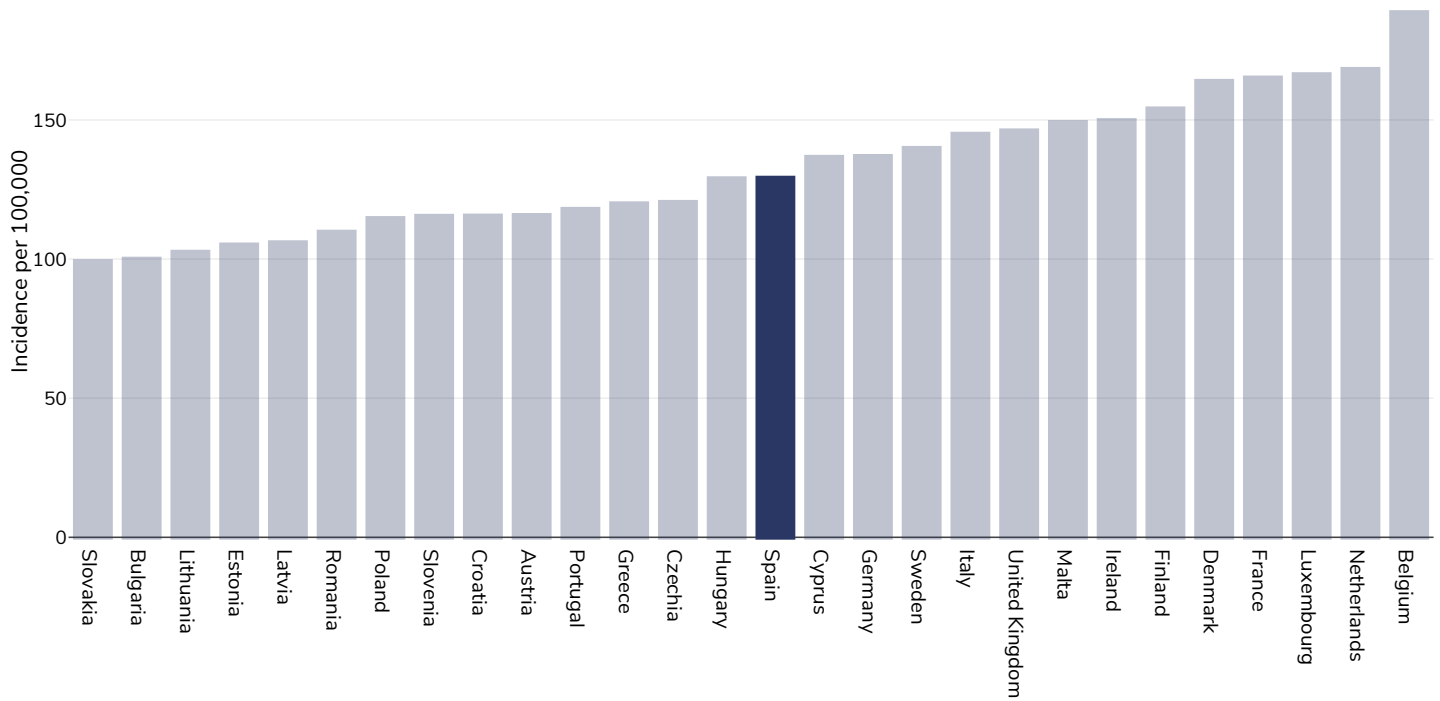
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

## Breast cancer

### Women, 2020



Age: 20+

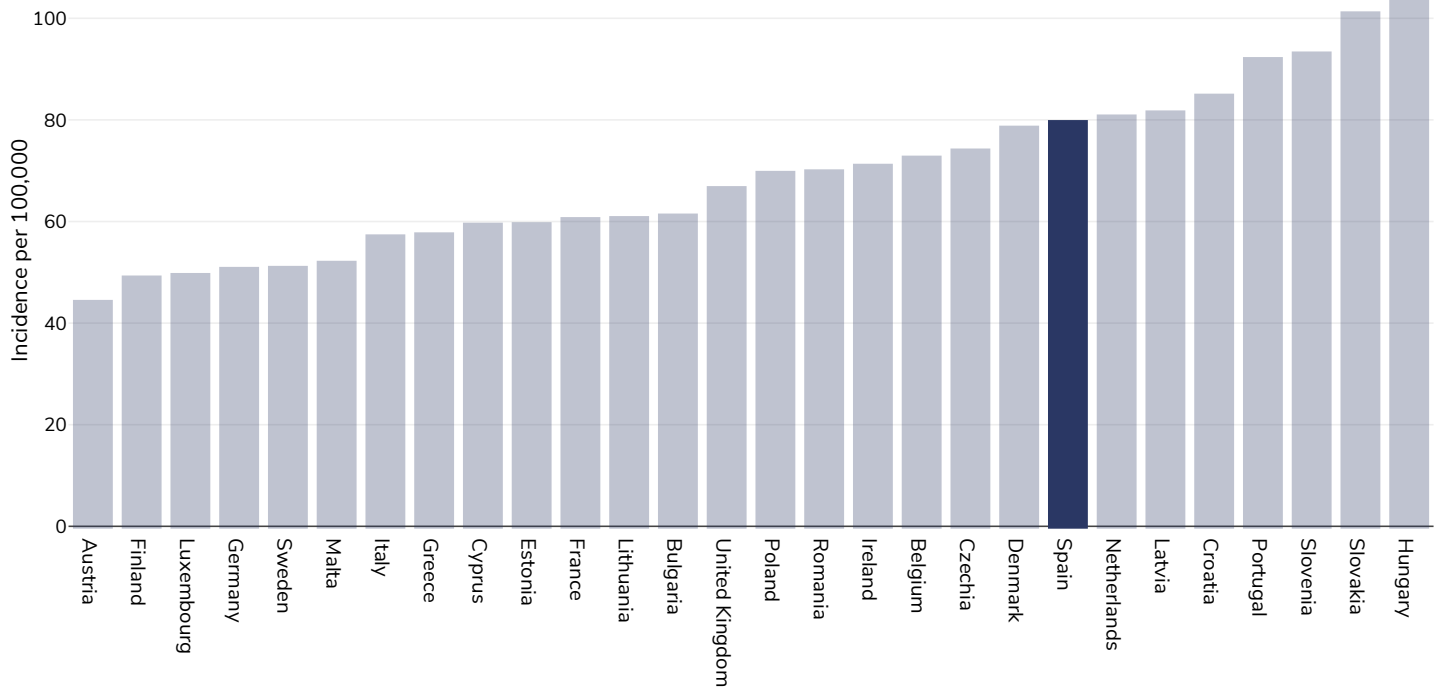
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

## Colorectal cancer

### Men, 2020



Age: 20+

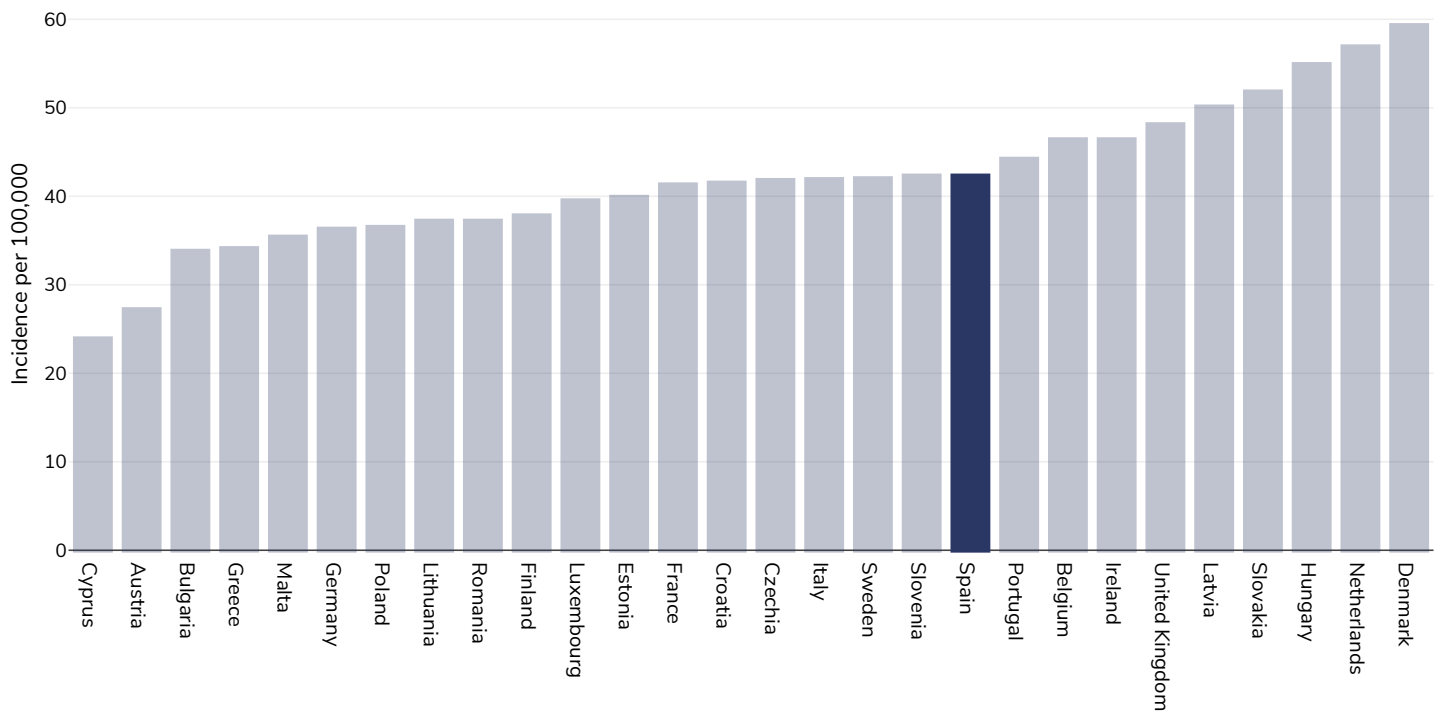
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000



## Women, 2020



Age: 20+

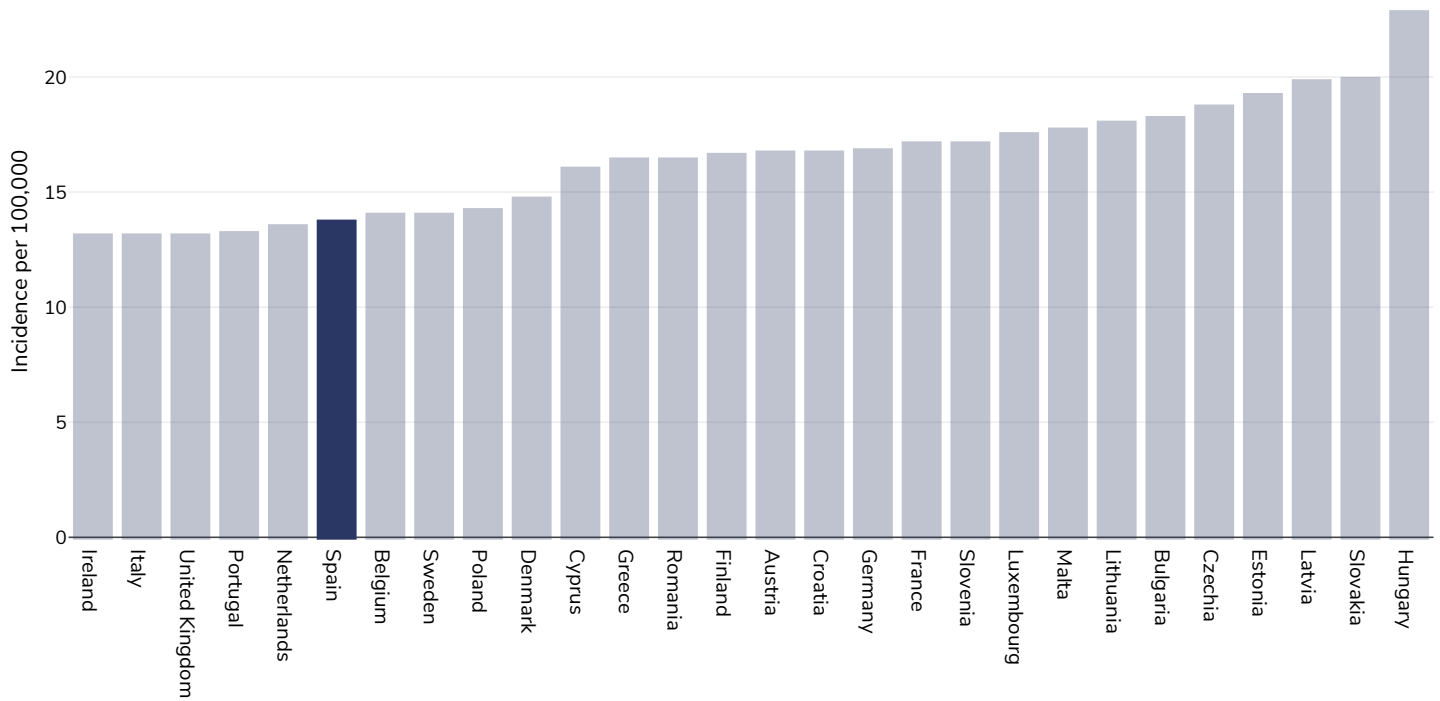
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

## Pancreatic cancer

### Men, 2020



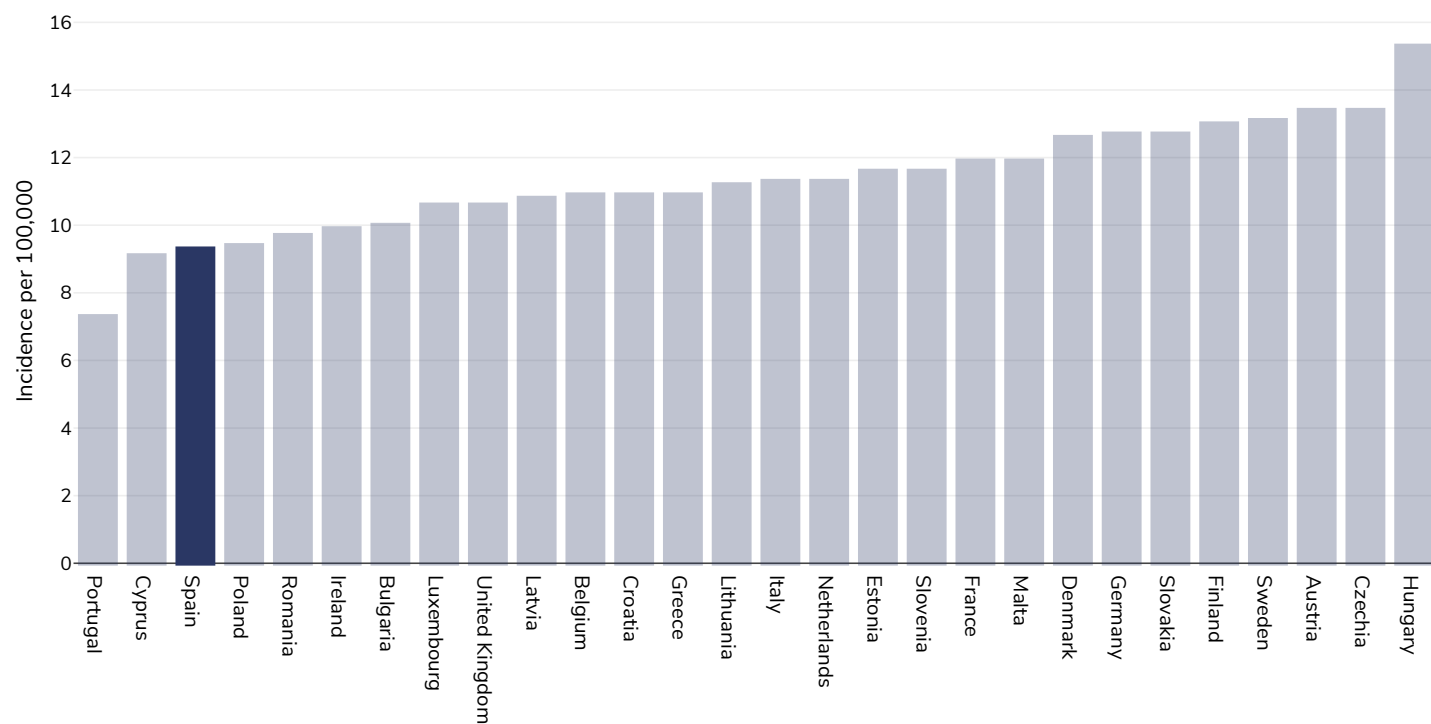
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

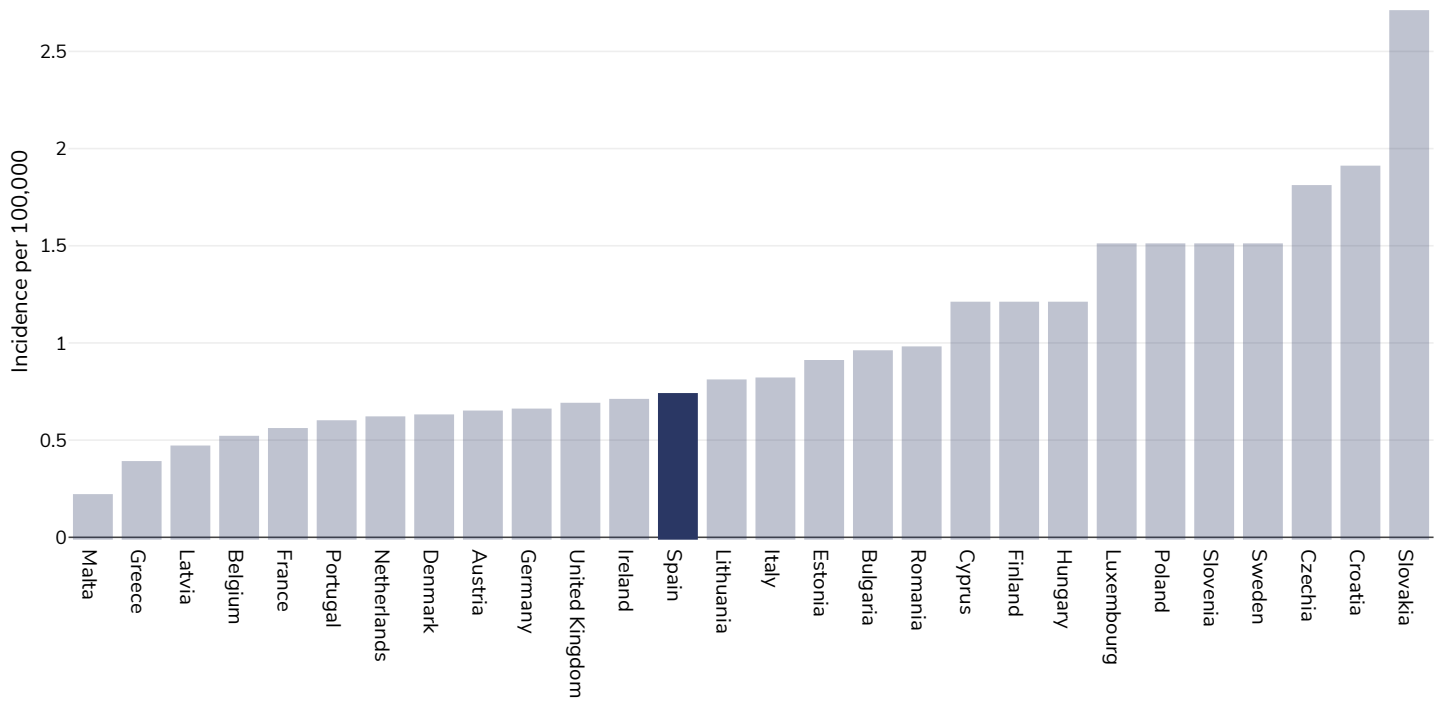
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

## Gallbladder cancer

### Men, 2020



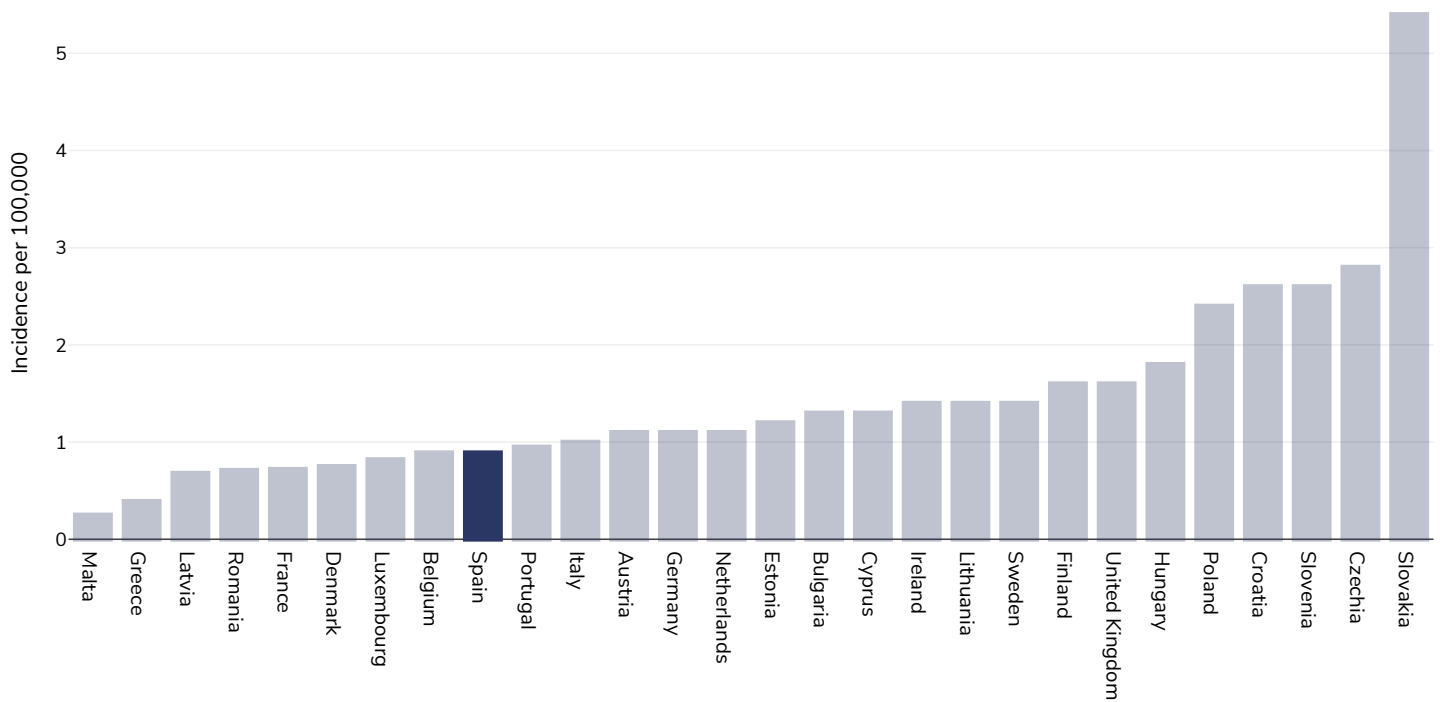
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

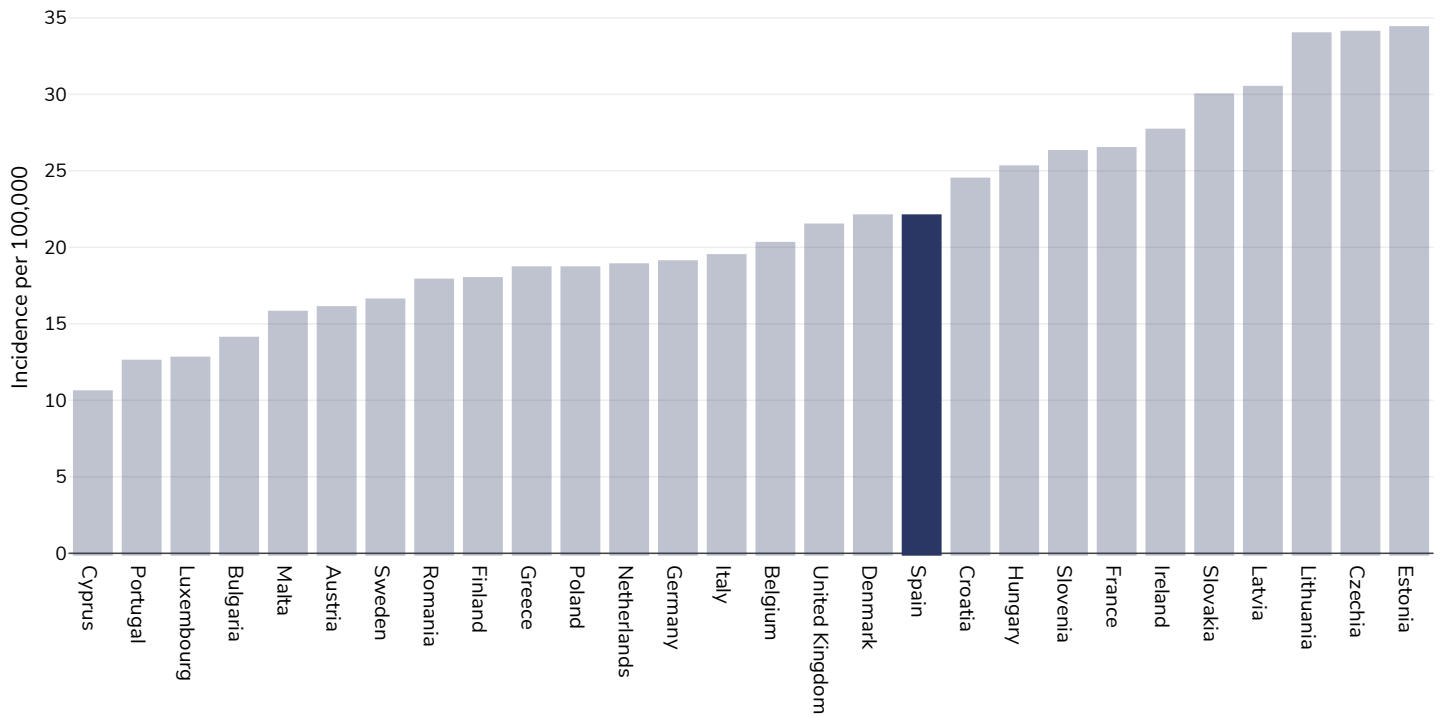
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

## Kidney cancer

### Men, 2020



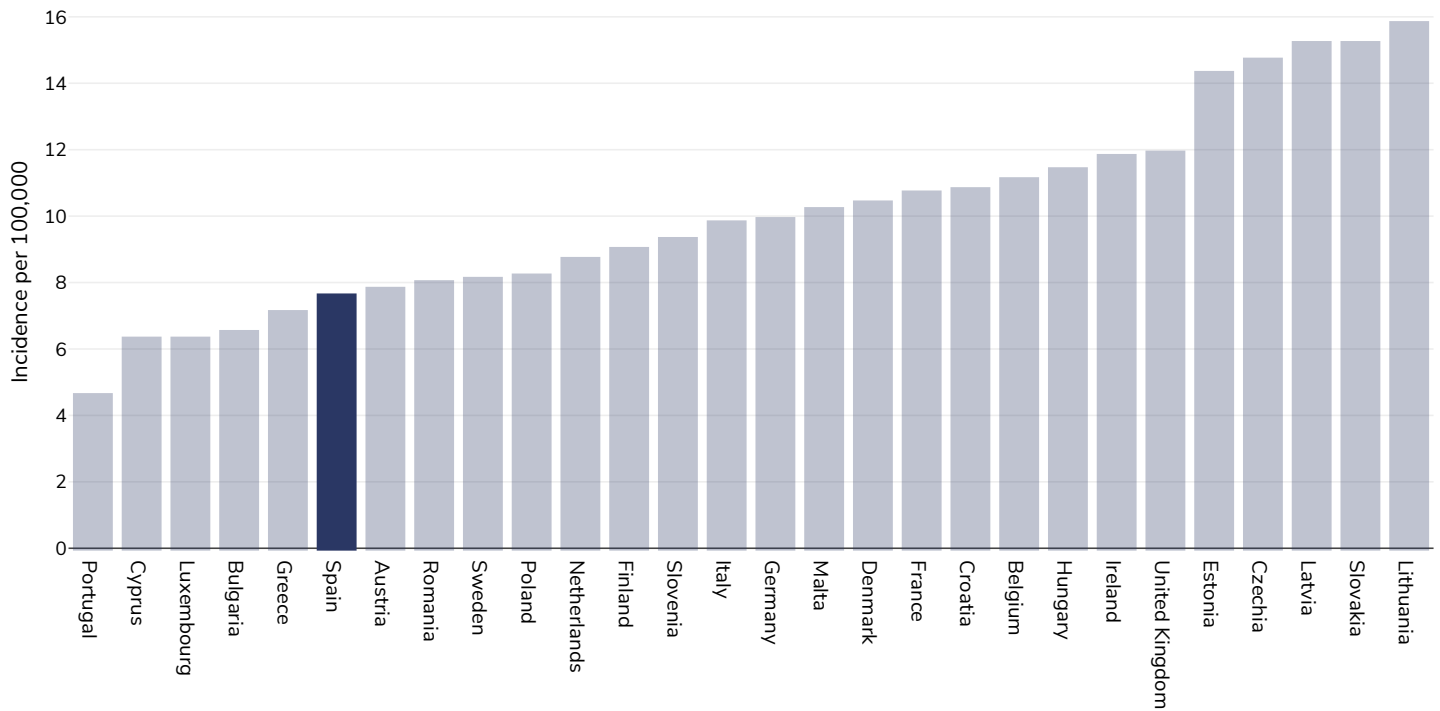
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

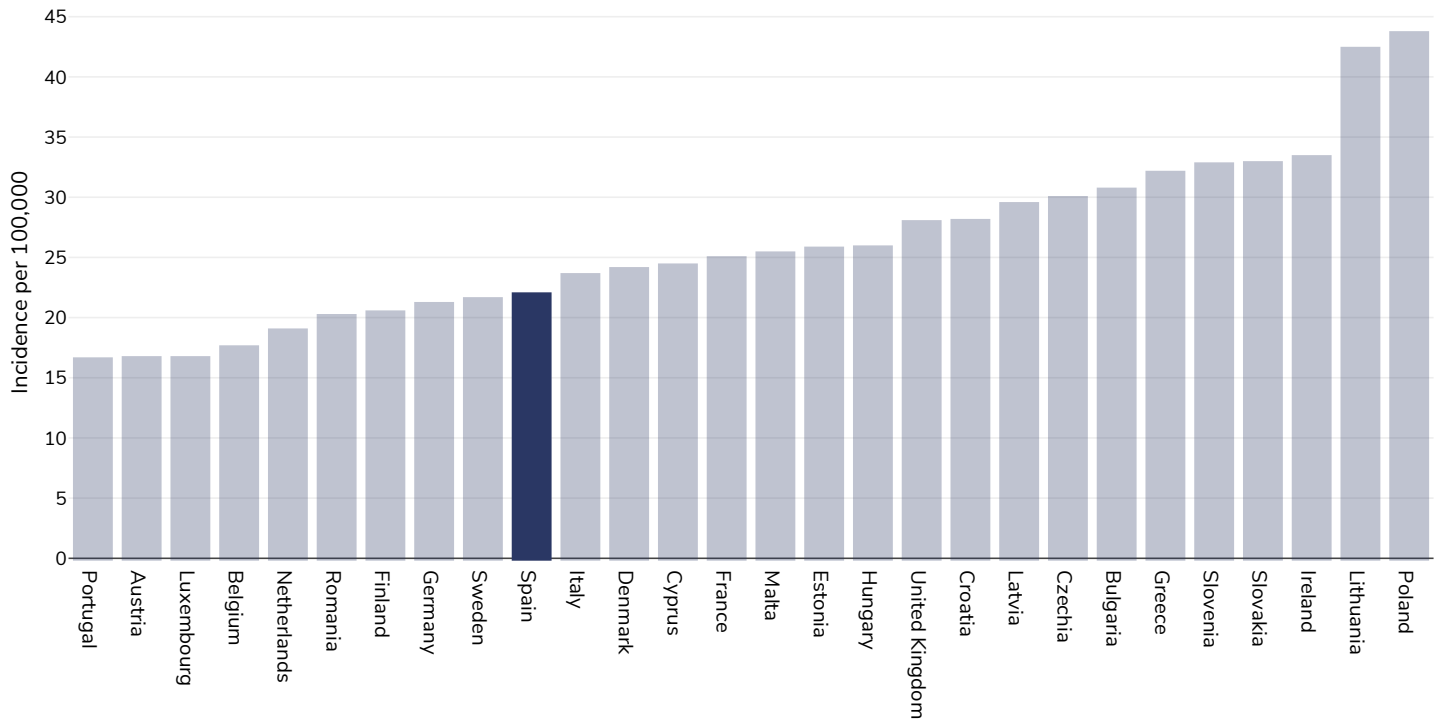
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000

## Cancer of the uterus

### Women, 2020



Age: 20+

Area covered: National

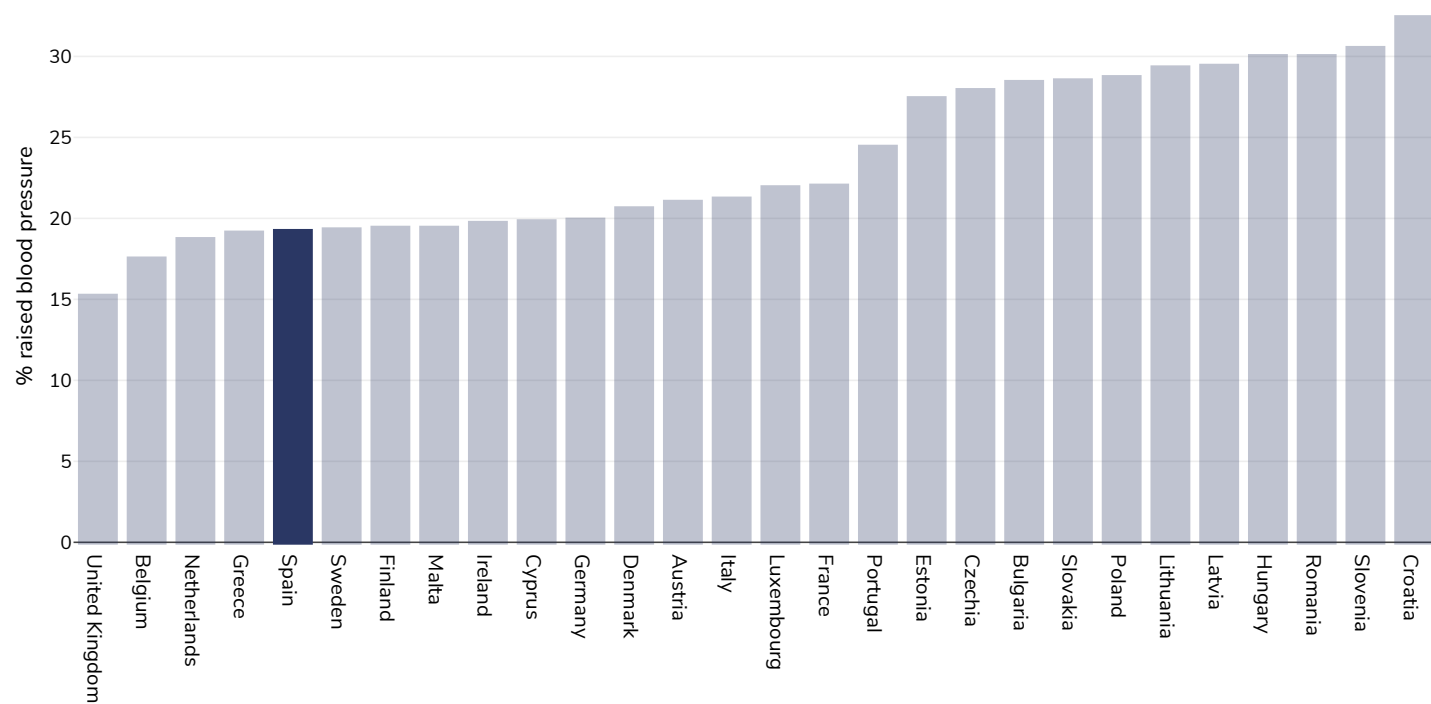
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2329

Definitions: Age-standardized incidence rates per 100 000



## Raised blood pressure

Adults, 2015



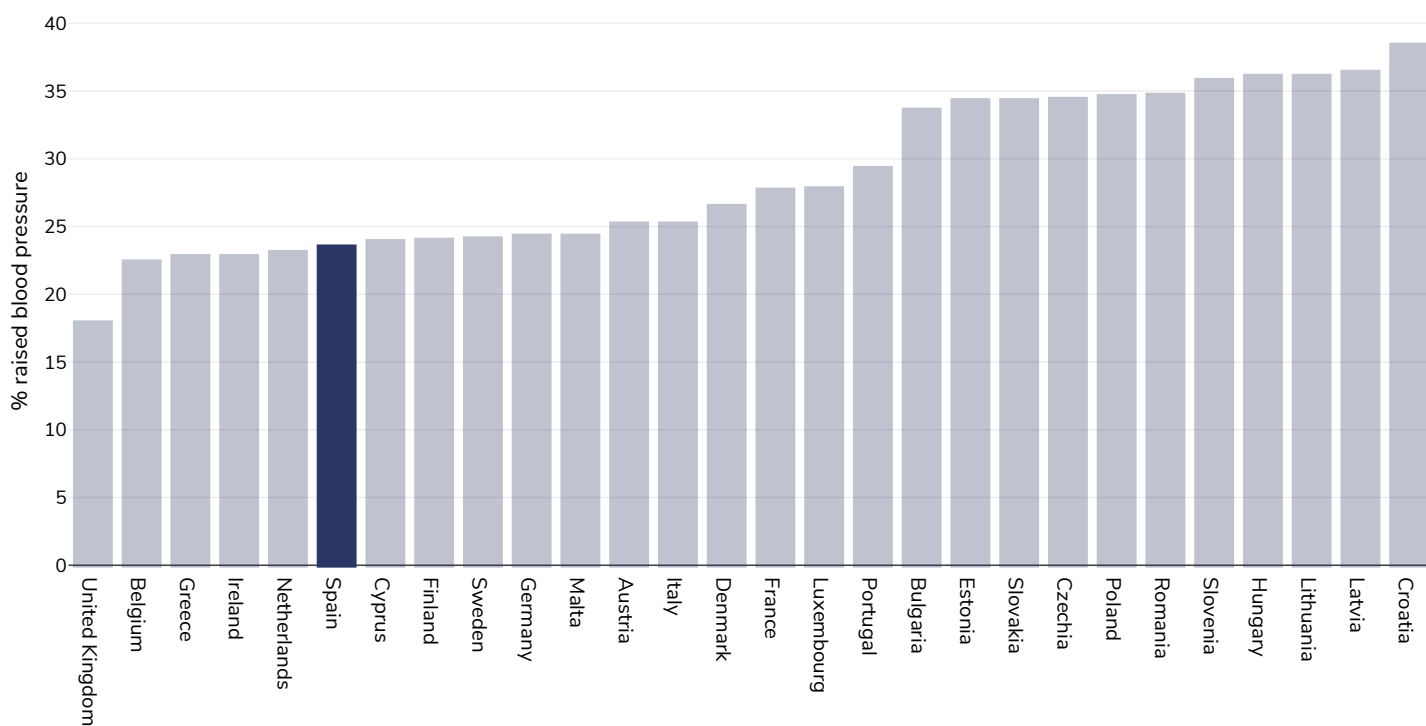
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Men, 2015



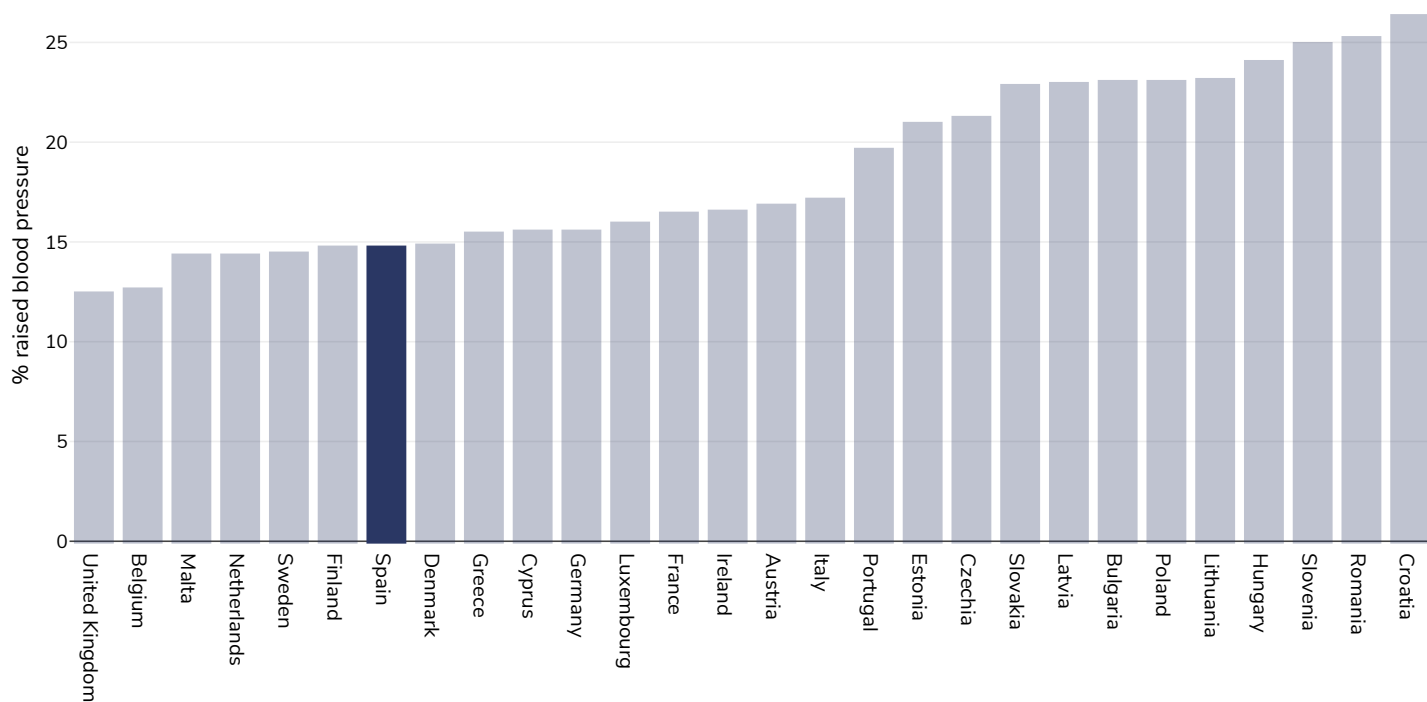
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Women, 2015



References:

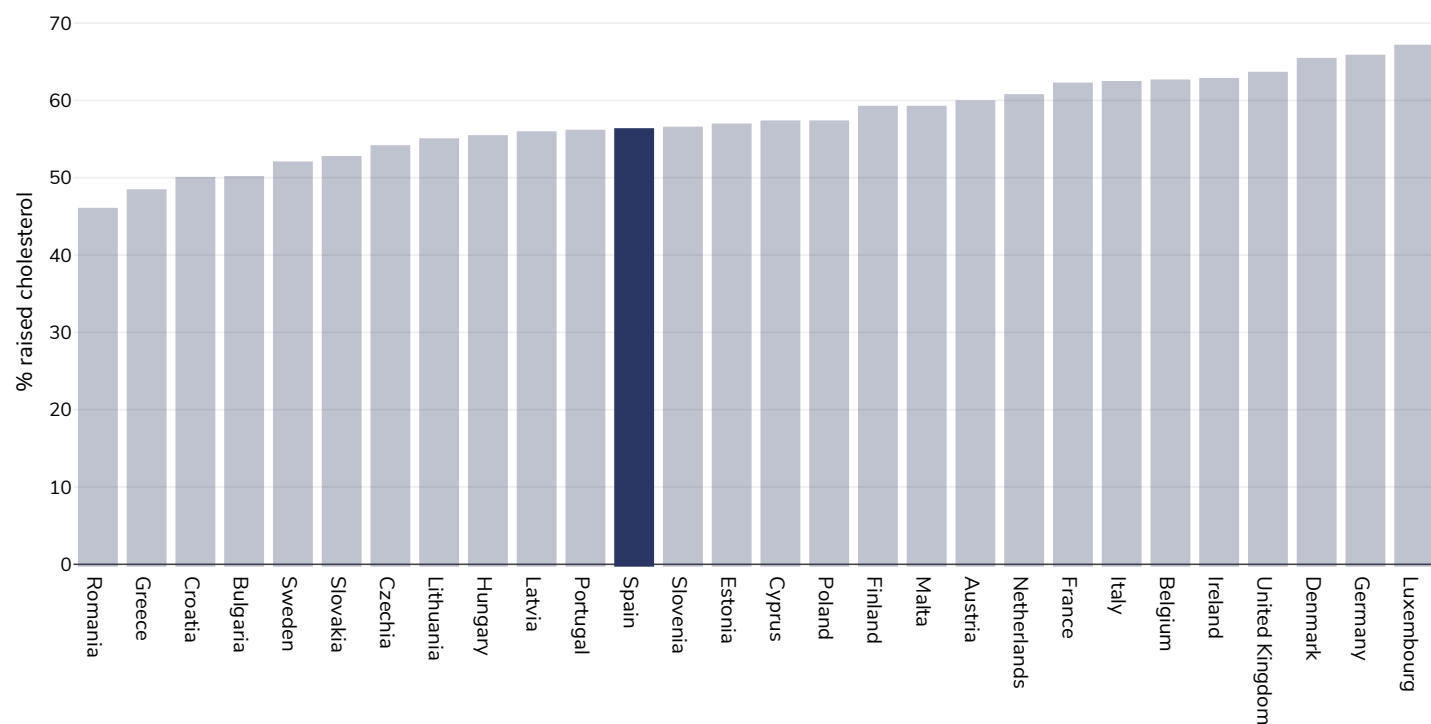
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Raised cholesterol

### Adults, 2008



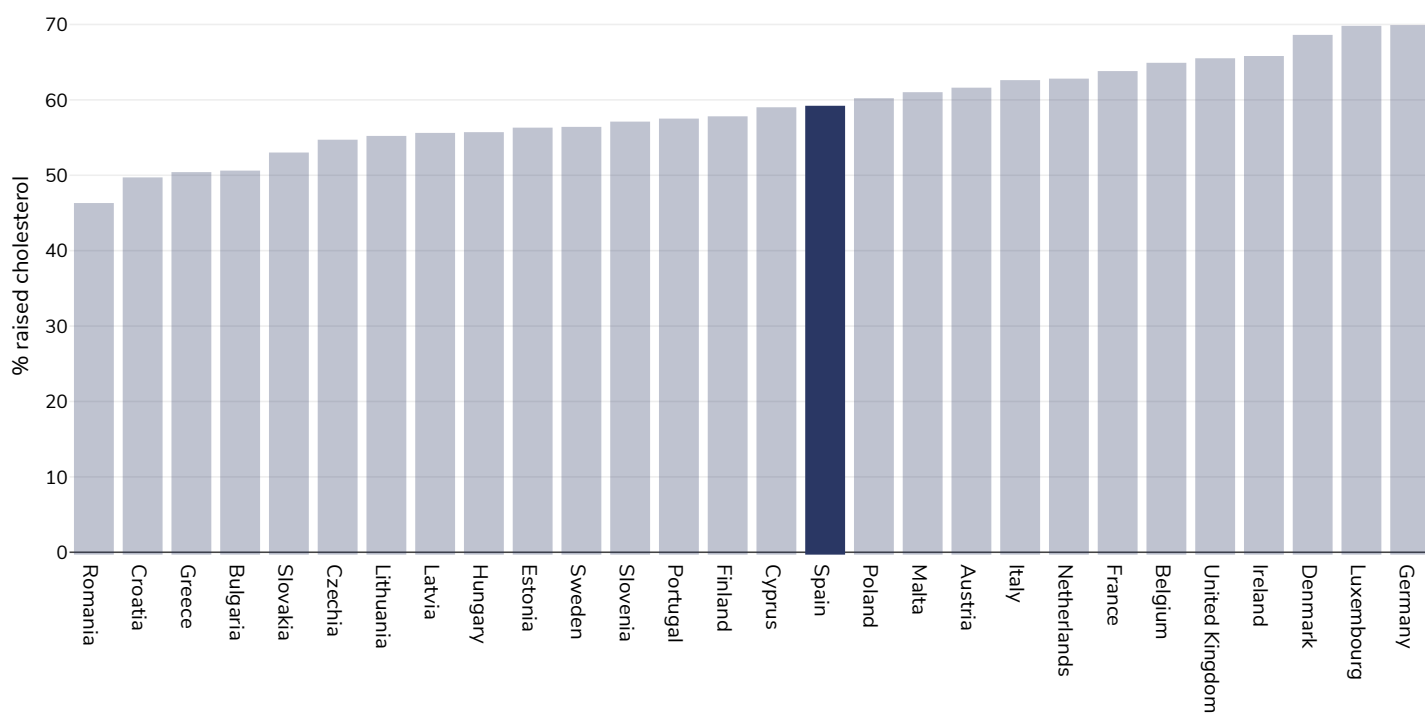
References:

Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Men, 2008



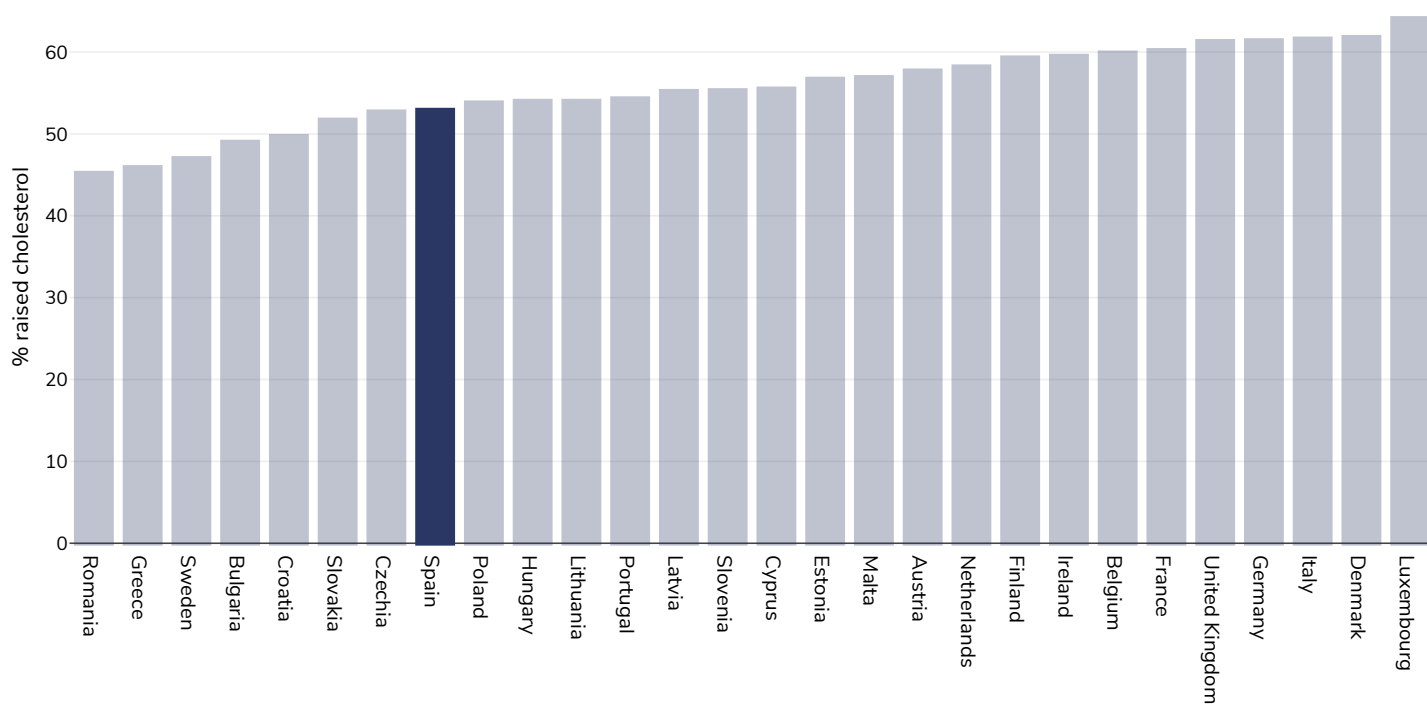
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Women, 2008



References:

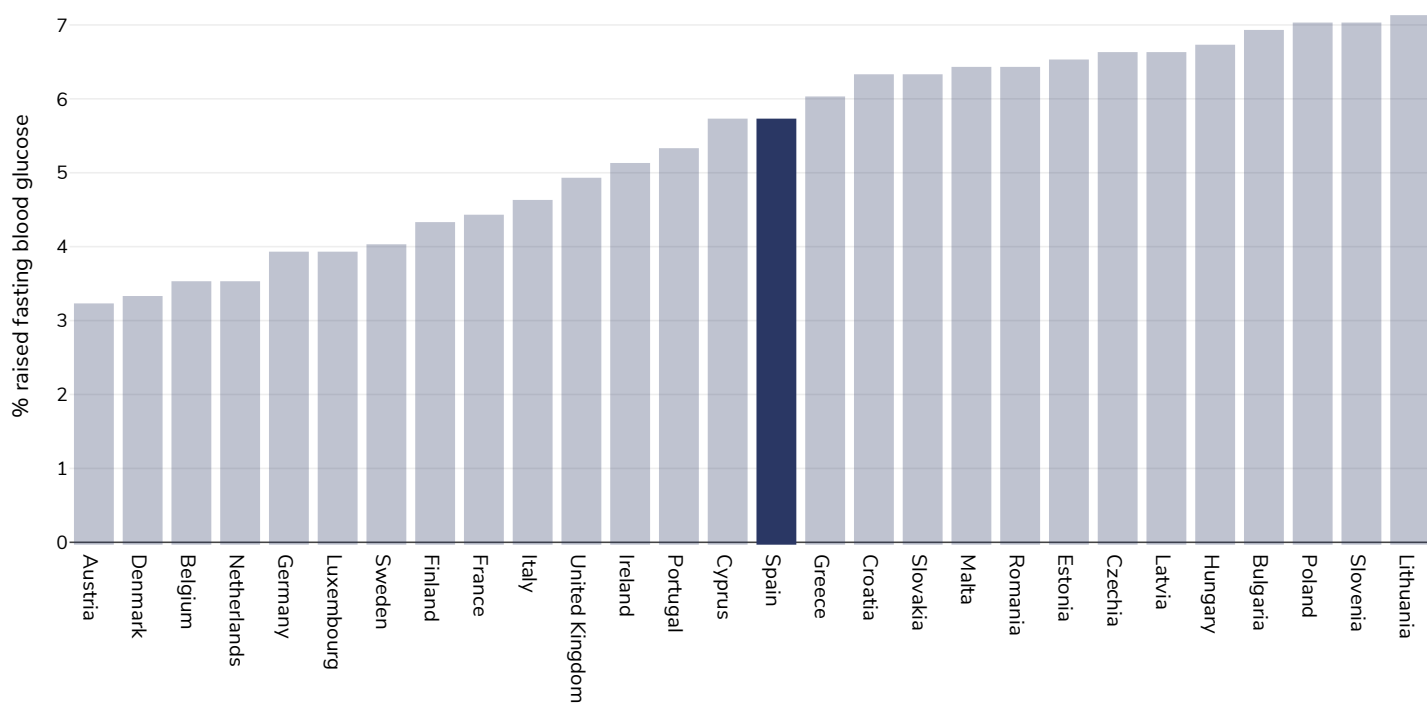
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Raised fasting blood glucose

Men, 2014



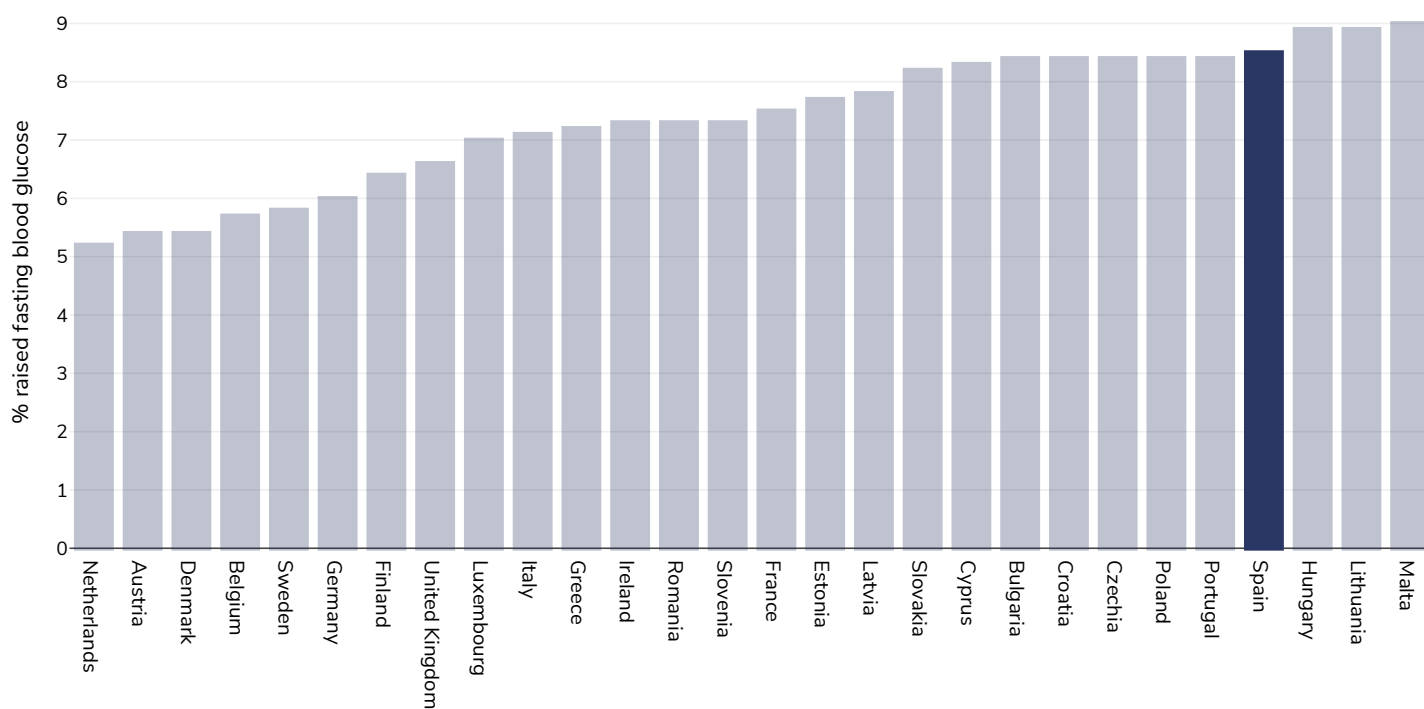
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).

## Women, 2014



References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

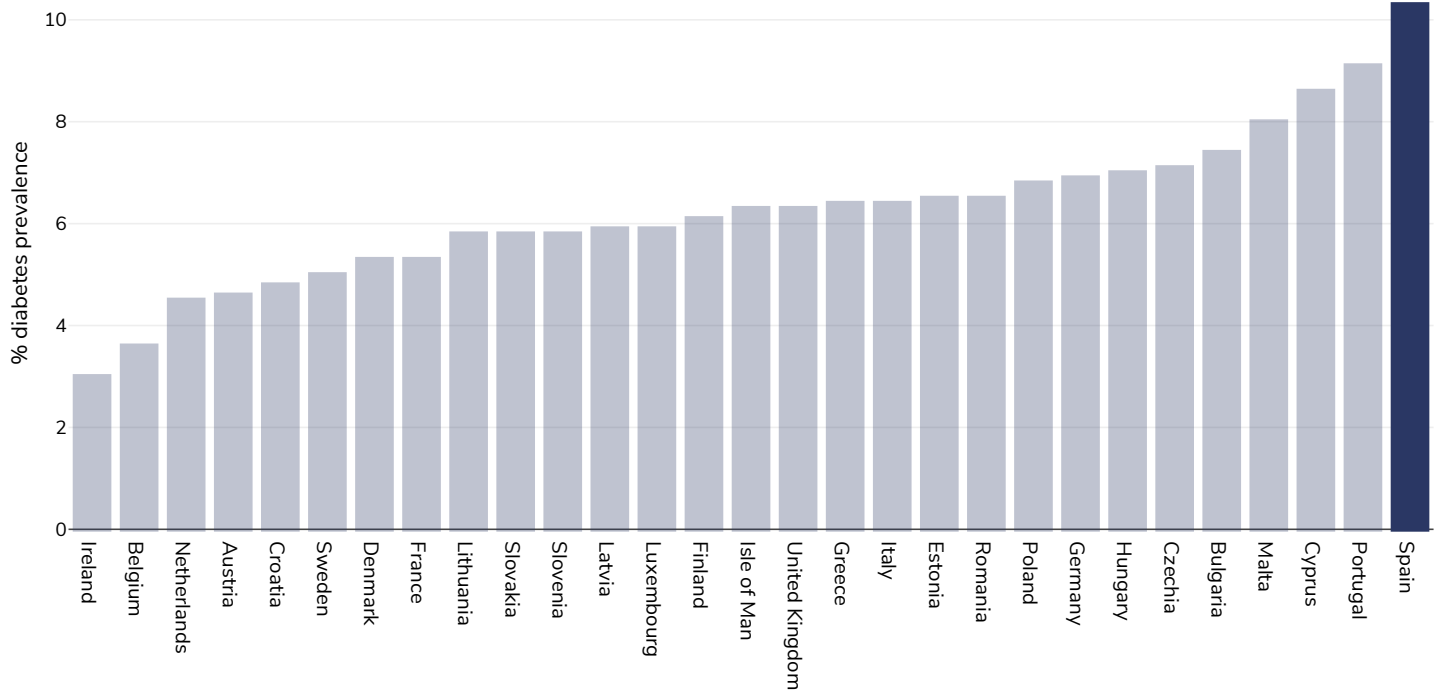
Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).



## Diabetes prevalence

### Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>

Definitions: Age-adjusted comparative prevalence of diabetes, %

## Contextual factors

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



### Labelling

<b>Is there mandatory nutrition labelling?</b>	
Front-of-package labelling?	
Back-of-pack nutrition declaration?	
Color coding?	
Warning label?	



## Regulation and marketing

<b>Are there fiscal policies on unhealthy products?</b>	✓
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✓
<b>Are there fiscal policies on healthy products?</b>	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
<b>Mandatory limit or ban of trans fat (all settings)?</b>	✓
Mandatory limit of trans fats in place (all settings)?	✓
Ban on trans-fats or phos in place (all settings)?	✗
<b>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</b>	✗
Mandatory restriction on broadcast media?	✗
Mandatory restriction on non-broadcast media?	✗
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓ <sub>v</sub>
<b>Are there mandatory standards for food in schools?</b>	✓
<b>Are there any mandatory nutrient limits in any manufactured food products?</b>	✓
<b>Nutrition standards for public sector procurement?</b>	✗



## Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✓
National obesity strategy?	✓
National childhood obesity strategy?	✓
Comprehensive nutrition strategy?	✓
Comprehensive physical activity strategy?	✓
Evidence-based dietary guidelines and/or RDAs?	✓
National target(s) on reducing obesity?	✗
Guidelines/policy on obesity treatment?	✓
Promotion of breastfeeding?	✓



## Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✓
Within 5 years?	✓



## Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✓
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### Key

Present    
 Present (voluntary)    
 Incoming    
 Absent    
 Unknown

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