



Spain



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

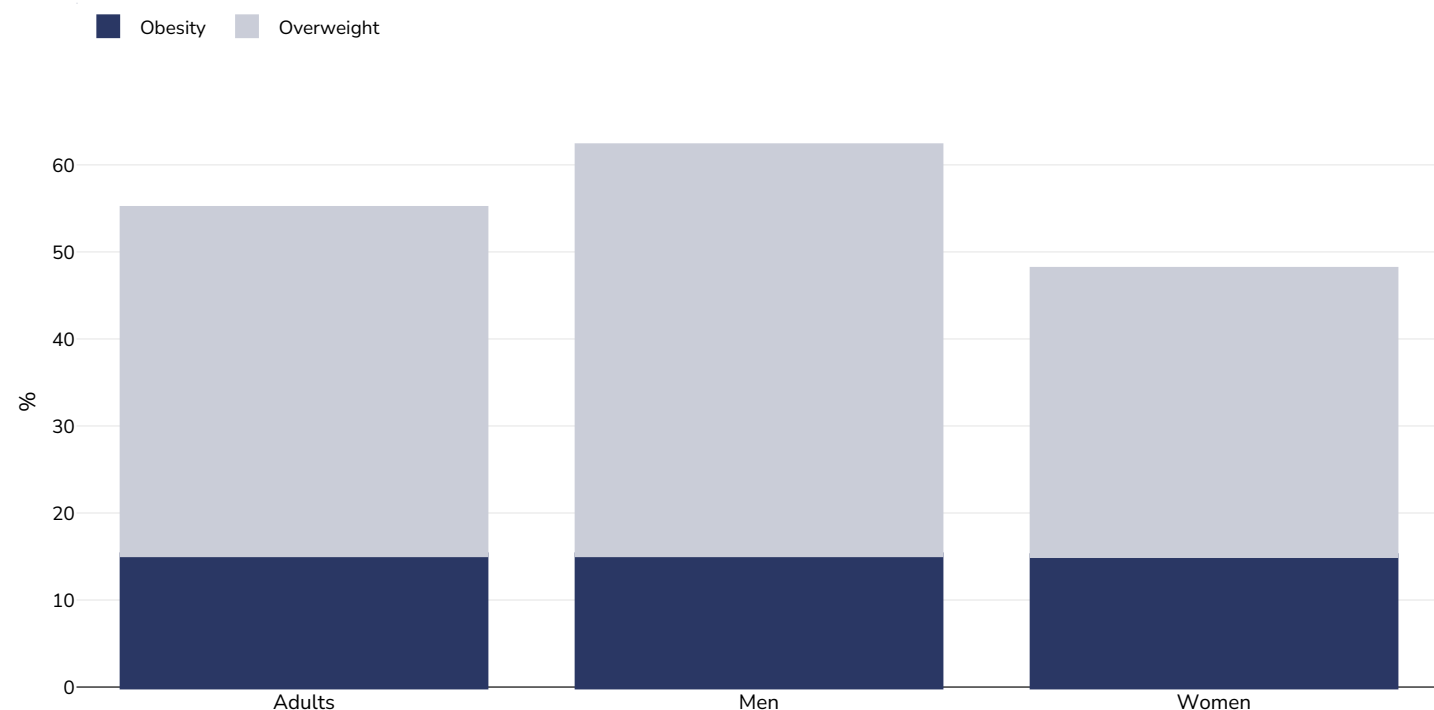
View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/spain-199/>.

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Obesity prevalence

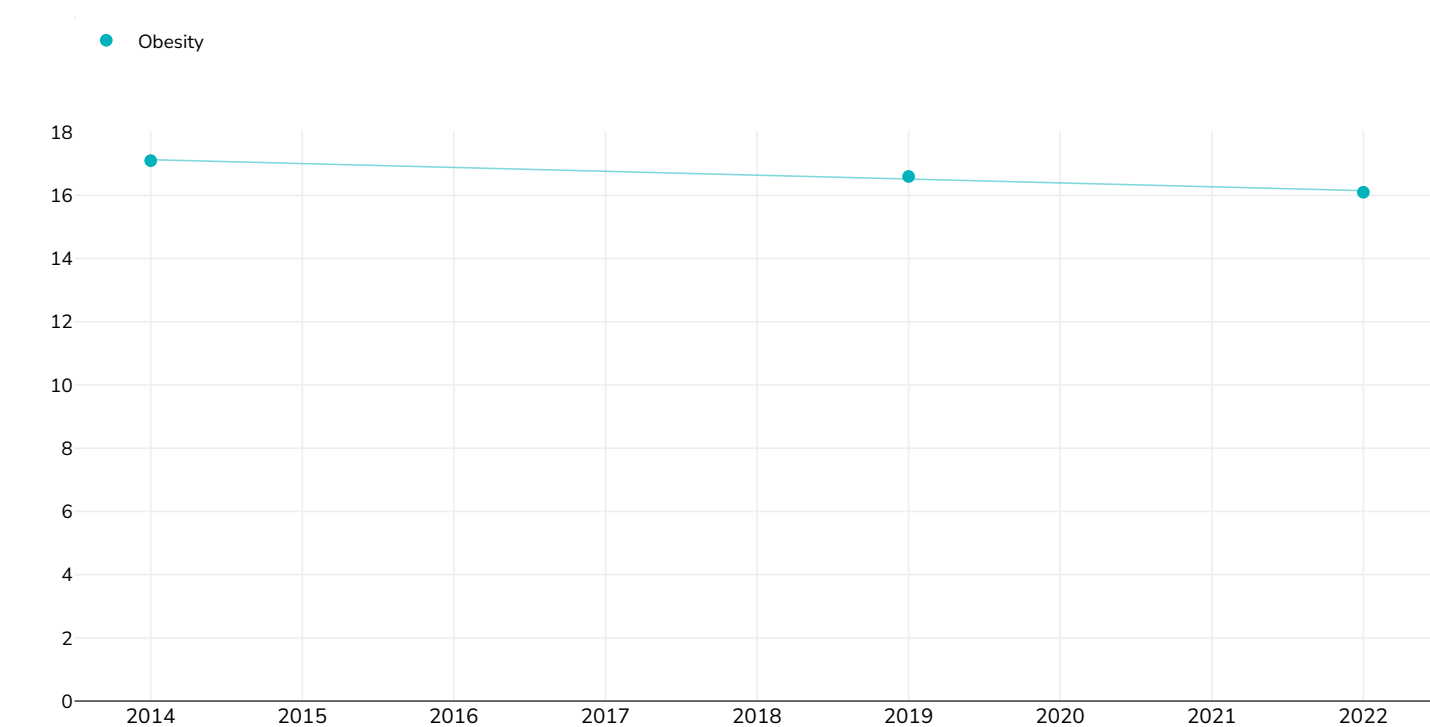
Adults, 2023-2024



Survey type:	Self-reported
Age:	18+
Sample size:	21032
Area covered:	National
References:	Encuesta de Salud de España – ESdE 2023 (ESdE2023). https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm [Accessed 10.07.25]
Notes:	Sample size includes all aged 15+, but this data only includes those aged 18+
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

% Adults living with obesity (Eurostat) 2014-2022

Men



Survey type:

Self-reported

References:

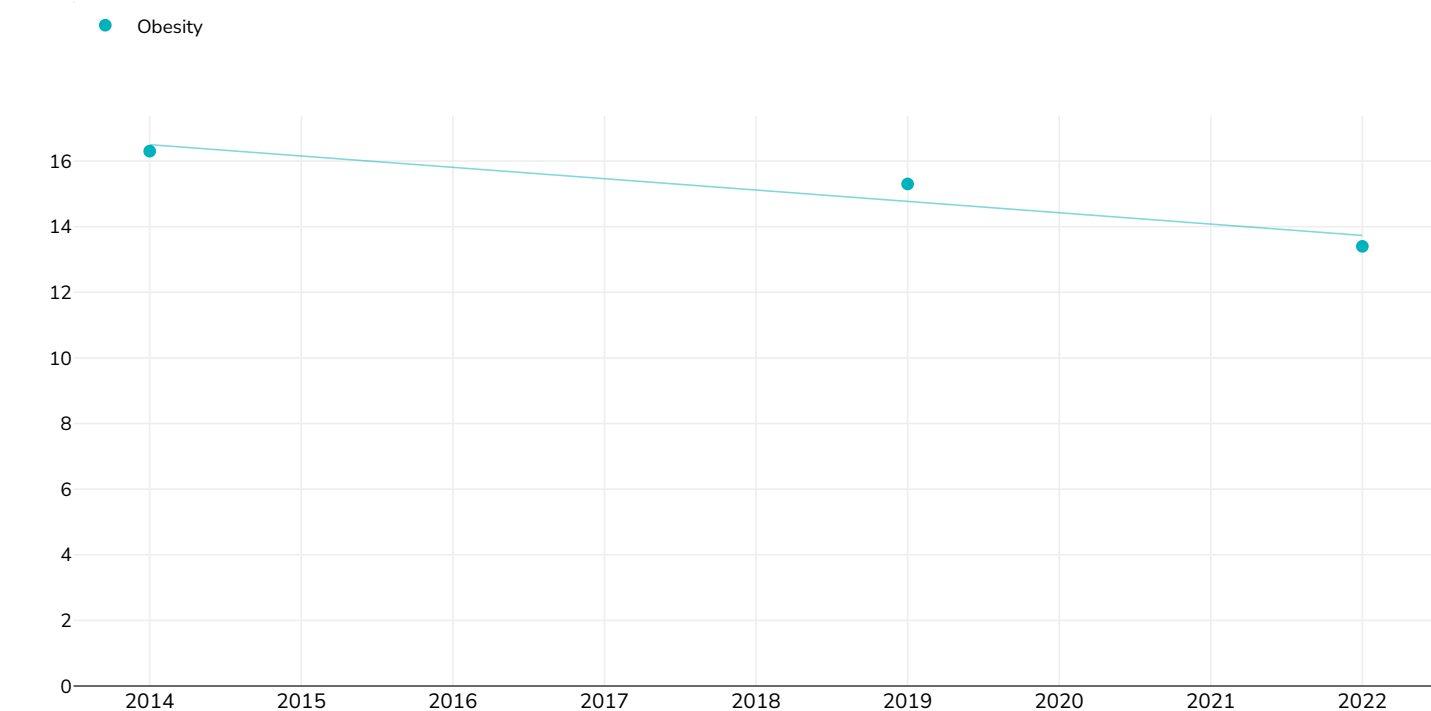
2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

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

2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

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:

Self-reported

References:

2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

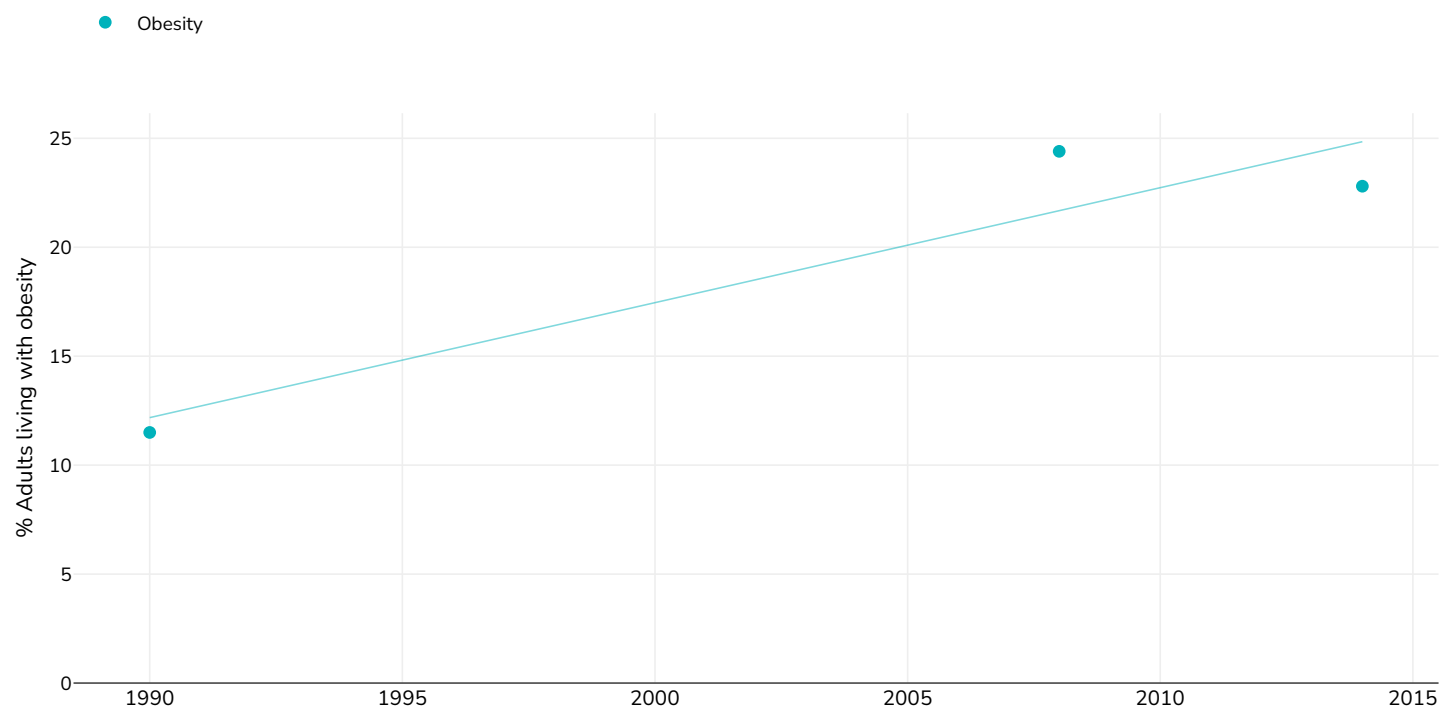
2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)

2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

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 in Spain 1990-2014

Men



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

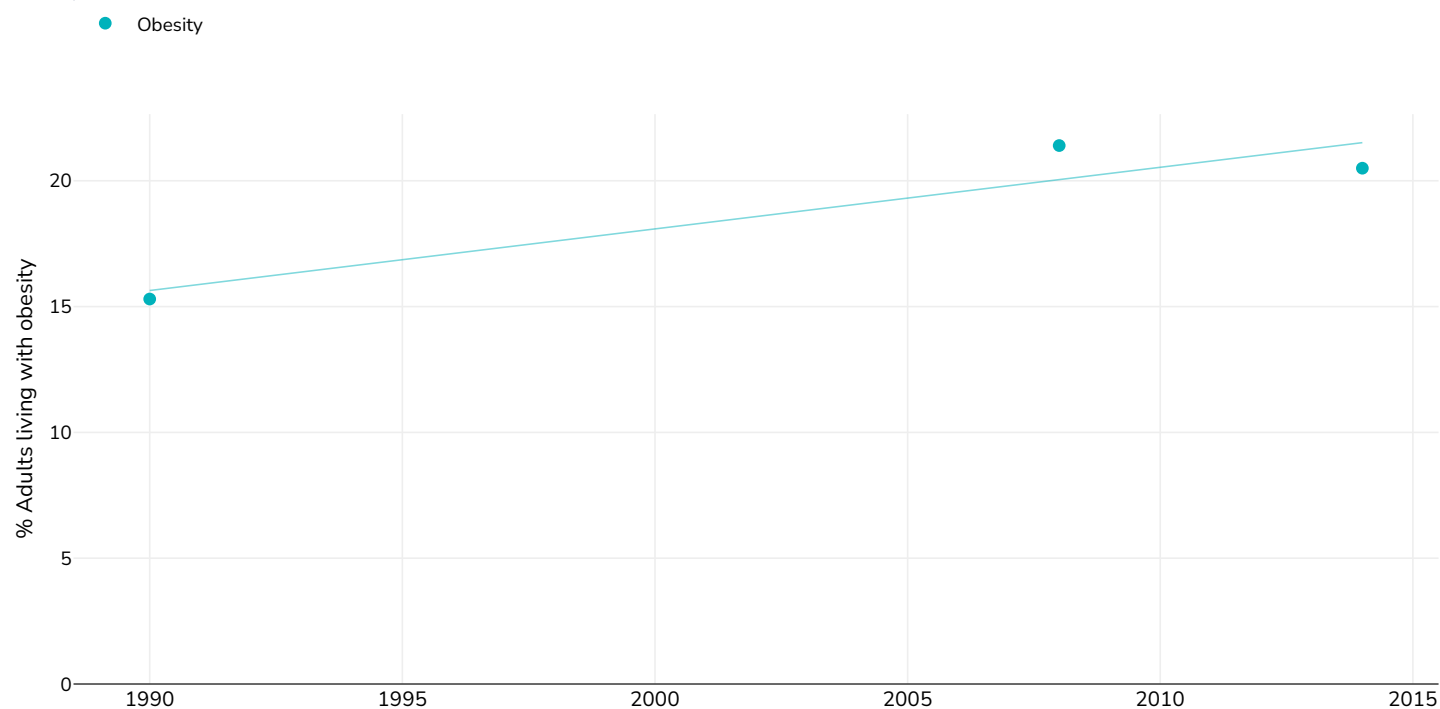
2008: Gutierrez-Fisac JL, Guallar-Castillion P, Leon-Munoz LM, Graciani A, Banegas JR & Rodriguez-Artalejo F. Prevalence of general and abdominal obesity in the adult population of Spain, 2008-2010. Obesity Reviews early online 12th Dec 2011.

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/m², obesity refers to a BMI greater than 30kg/m².

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

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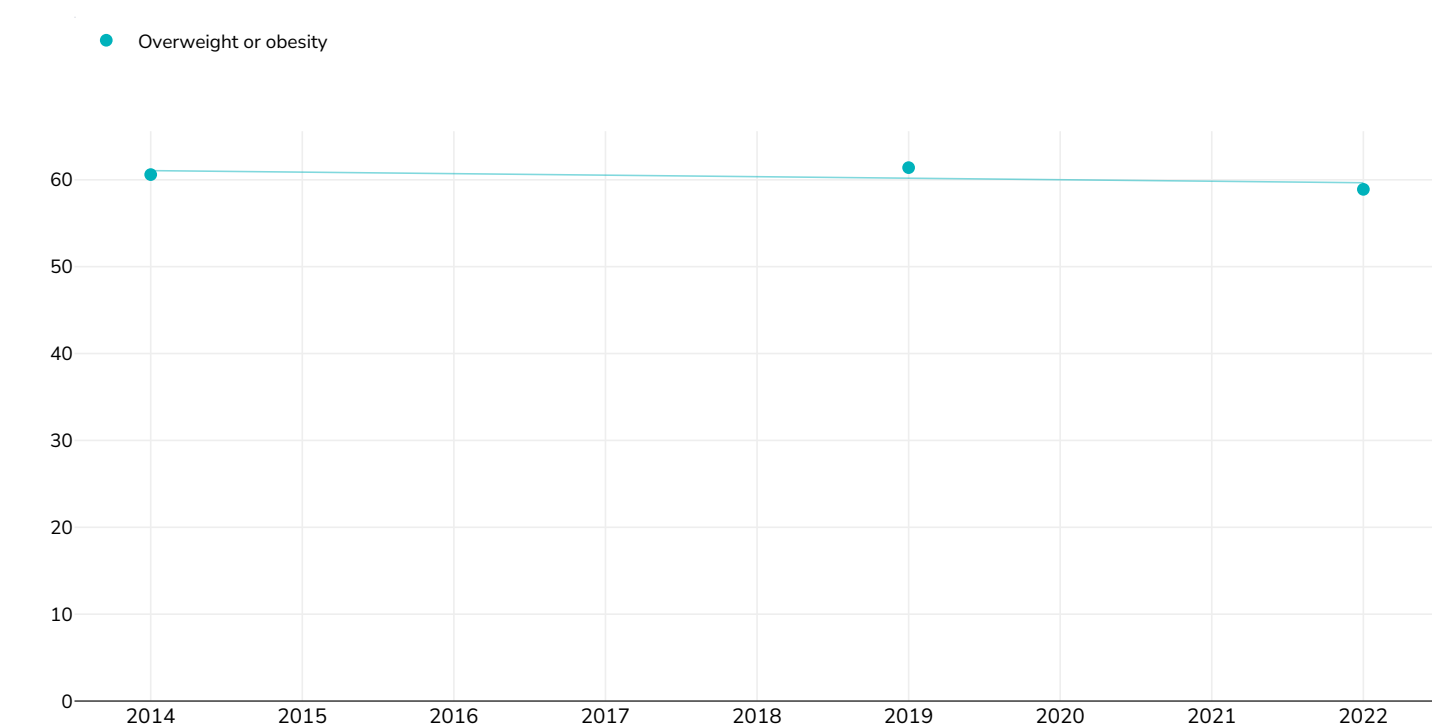
2014: Aranceta-Bartrina, J. et al. (2016) 'Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64 Years) 2014-2015: The ENPE Study', Rev Esp Cardiol (Engl Ed), 69(6), pp. 579-87. doi: 10.1016/j.rec.2016.02.009. Epub 2016 Apr 26

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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 (Eurostat) 2014-2022

Men



Survey type:

Self-reported

References:

2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

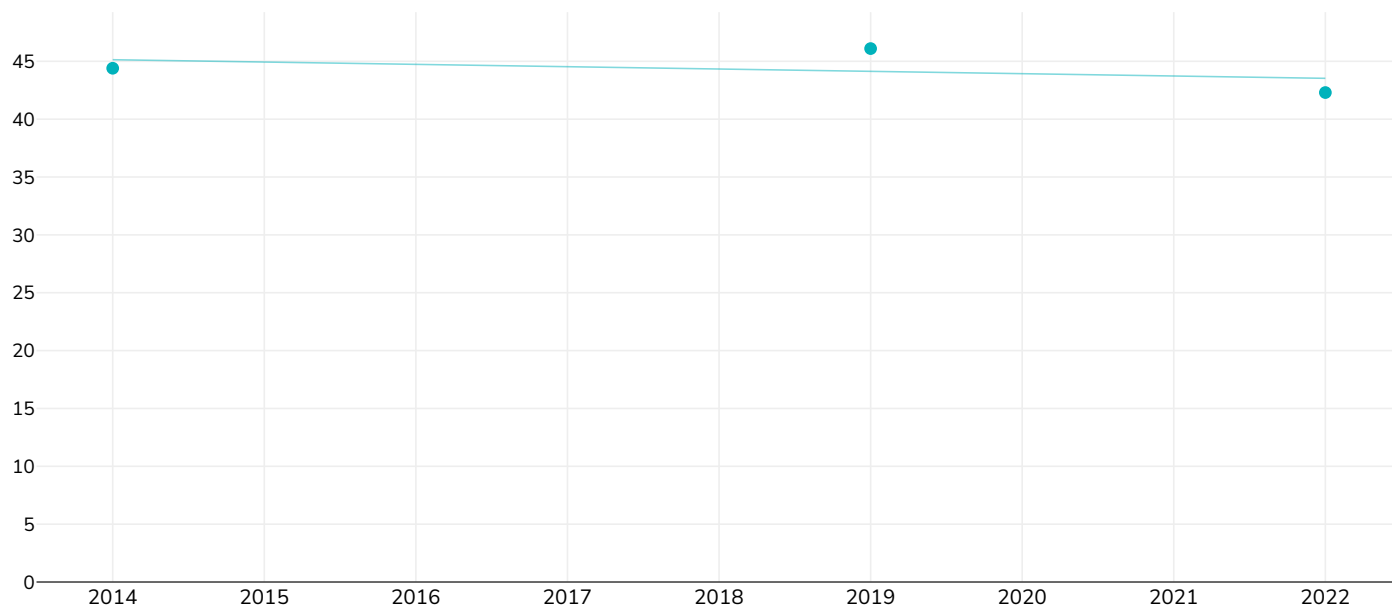
2019: Encuesta Europea de Salud en España (EESE) 2020. Available at: https://www.mscbs.gob.es/estadEstudios/estadisticas/EncuestaEuropea/EncuestaEuropea2020/EESE2020_inf_evol_princip_result.pdf. Last accessed: 27.05.21.

2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

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

● Overweight or obesity



Survey type:

Self-reported

References:

2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

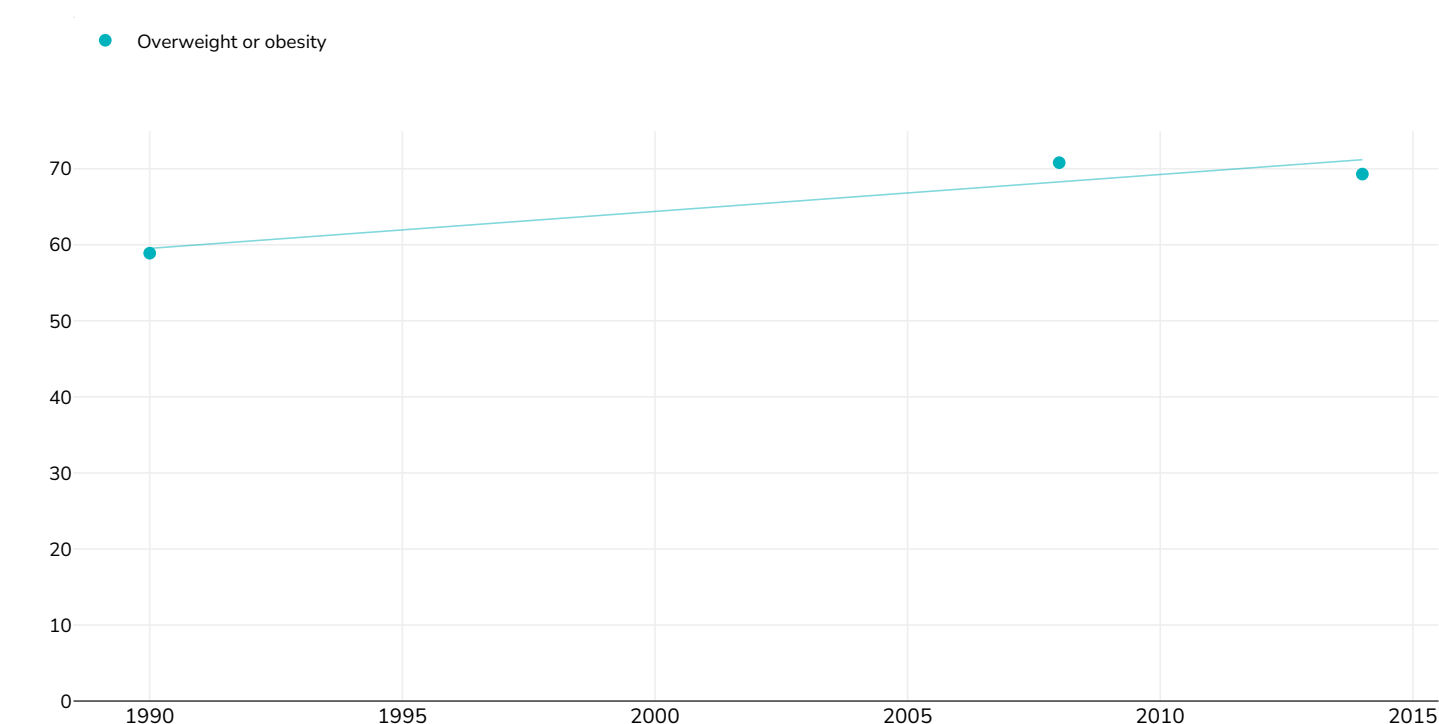
2019: Encuesta Europea de Salud en España (ESEE) 2020. Available at: https://www.mscbs.gob.es/estadEstudios/estadisticas/EncuestaEuropea/EncuestaEuropea2020/ESEE2020_inf_evol_princip_result.pdf. Last accessed: 27.05.21.

2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

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 in Spain 1990-2014

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.

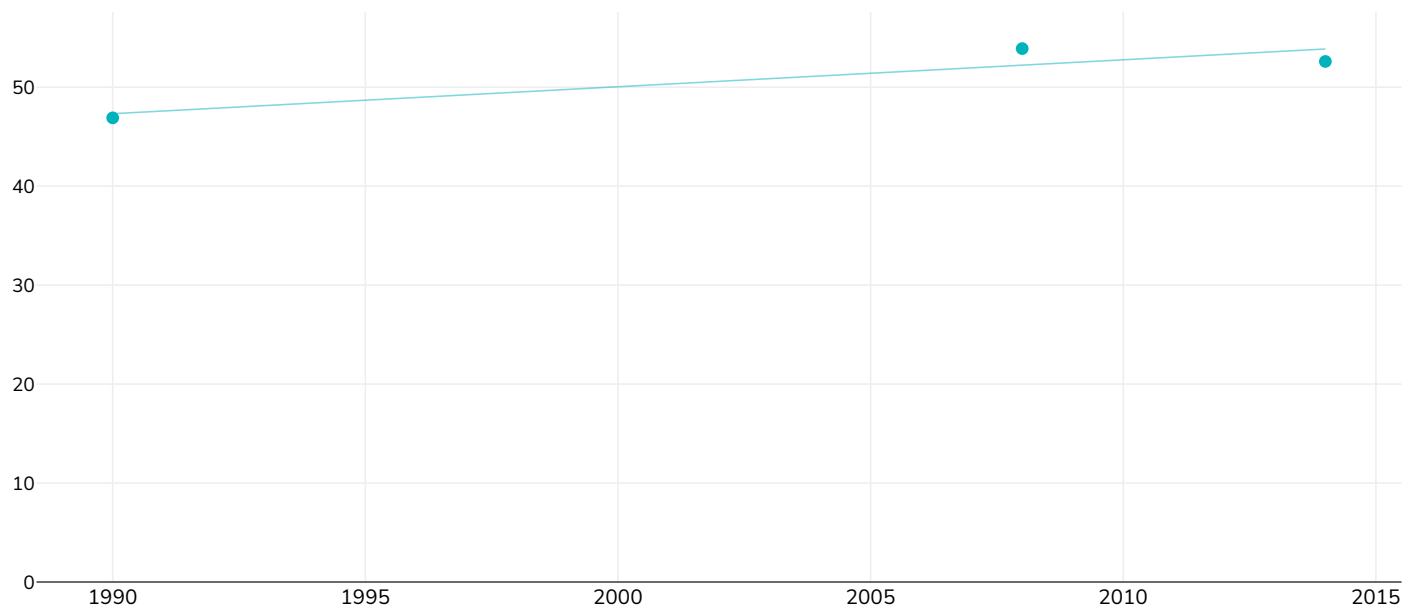
2014: Aranceta-Bartrina, J. et al. (2016) 'Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64 Years) 2014-2015: The ENPE Study', Rev Esp Cardiol (Engl Ed), 69(6), pp. 579-87. doi: 10.1016/j.rec.2016.02.009. Epub 2016 Apr 26

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Women

● Overweight or obesity



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

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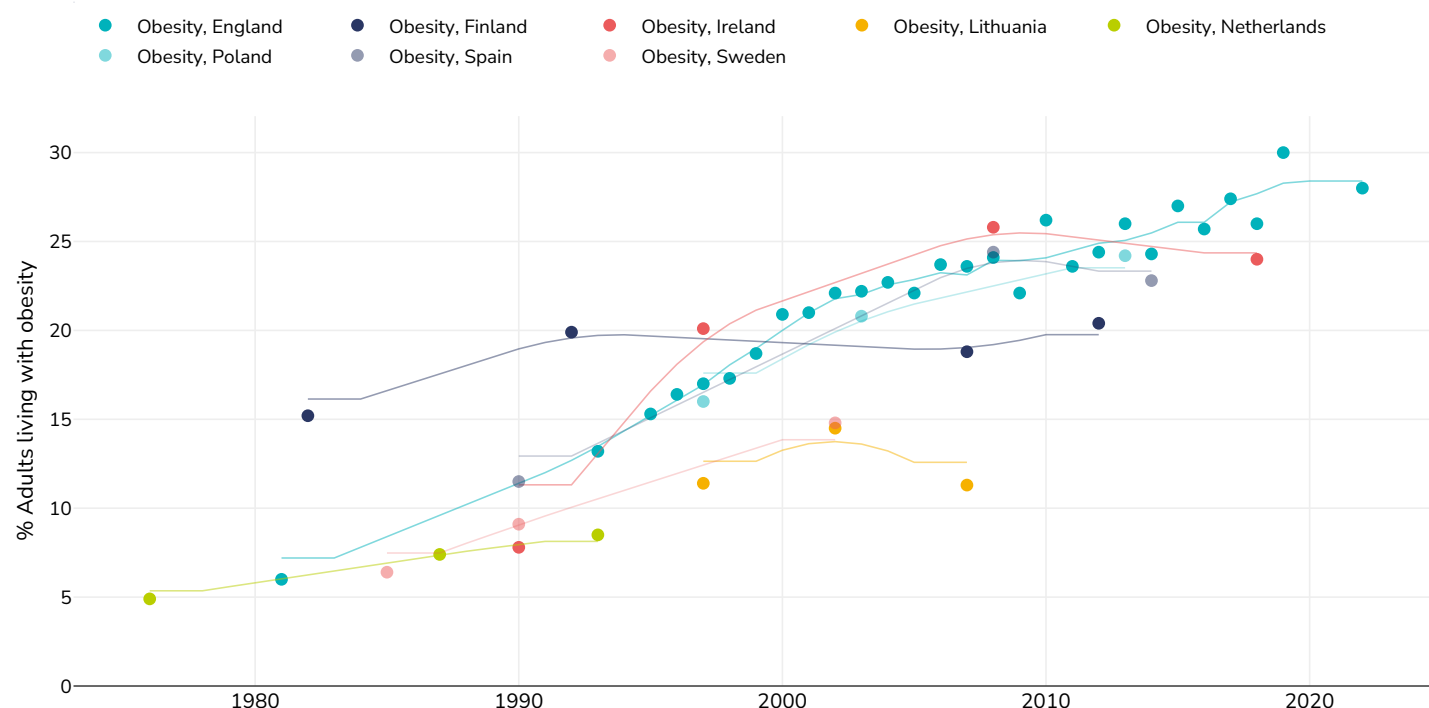
2014: Aranceta-Bartrina, J. et al. (2016) 'Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64 Years) 2014-2015: The ENPE Study', Rev Esp Cardiol (Engl Ed), 69(6), pp. 579-87. doi: 10.1016/j.rec.2016.02.009. Epub 2016 Apr 26

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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 in Europe 1976-2018, selected countries

Men



References:

1976, 1987, 1993: Visscher TLS, Kromhout D, Seidell J. Long term and recent time trends in the prevalence of obesity among Dutch men and women. *IJO* 2002;26:1218-24

1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983

1982: Lahti-Koski M, Vartiainen E, Mannisto S, Pietinen P. Age, education and occupation as determinants of trends in body mass index in Finland from 1982 to 1997. *International Journal of Obesity* (2000);24:1669-1676

1985: Berg C, Rosengren A, Aires N, appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 Aug;29(8):916-24

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

1992: Lahti-Koski M, Pietinen P, Munnisto S, Vartiainen E. Trends in waist to hip ratio and its determinants in adults in Finland from 1987 to 1997. *American Journal of Clinical Nutrition* 2000;72:1436-1444

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Pomerleau J, Pudule I, Grinberga D, Kadziauskiene K, Abaravicius A, Bartkeviciute R, Vaask S, Robertson A, McKee M. Patterns of body weight in the Baltic Republics. *Public Health Nutrition*. 2000;3:3-10

1998: Health Survey for England 1998.

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2001: Health Survey for England 2001.

2002, 2007: Barzda A, Bartkevičiūtė R, Stukas R, Šatkutė R, Abaravičius JA. Lietuvos gyventojųkūno masės indeksės pokyčiai 1997-2007 metais. *Sveikatos mokslai* 2009;3:2406-2410. (no English translation)

2003: Health Survey for England 2003.

2004: Health Survey for England 2004.

2005: Health Survey for England 2005.

2006: Health Survey for England 2006.

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.

2009: Health Survey for England 2009

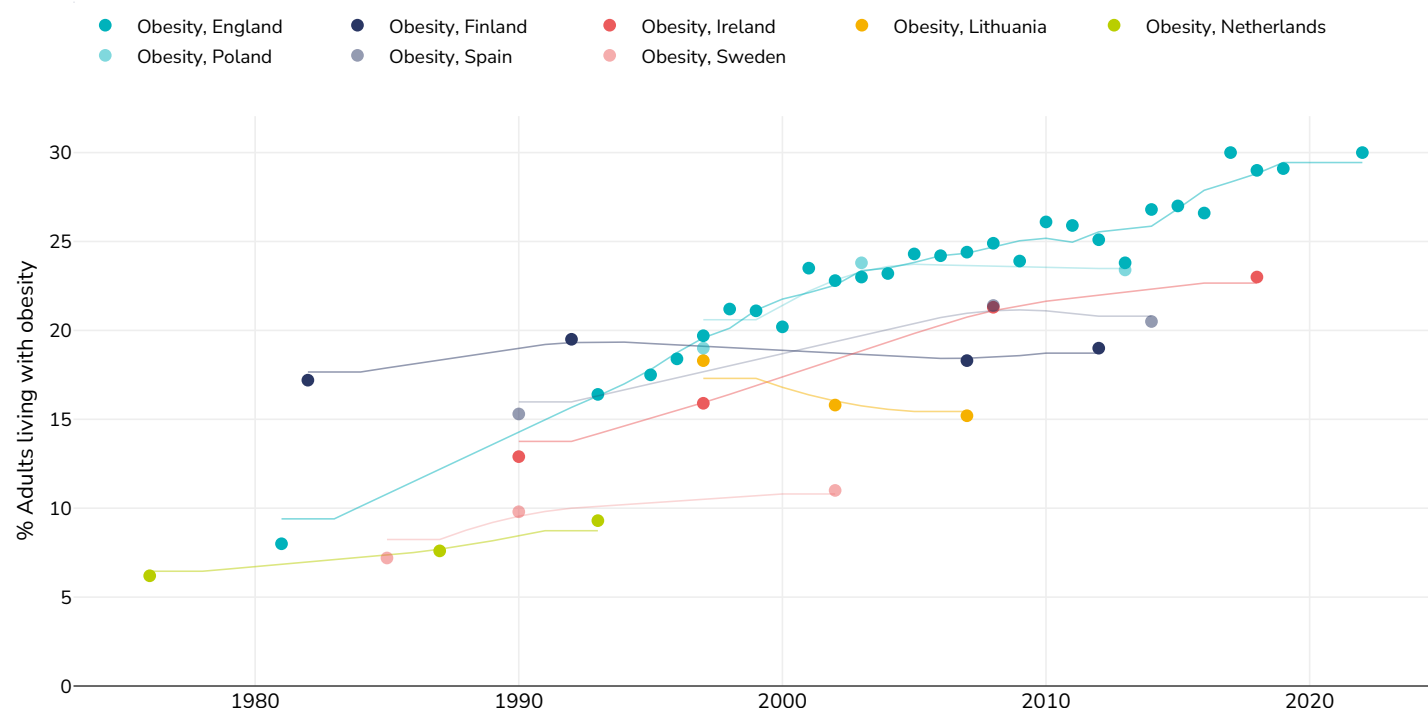
2010: Health Survey for England 2010

2011: Health Survey for England 2011 (<http://www.ic.nhs.uk/searchcatalogue?productid=10152&returnid=1685> last accessed 7th January 2013)

2012: Kansallinen FINRISKI 2012 -terveyystutkimus - Osa 2: Tutkimuksen taulukkoliite. <http://www.julkari.fi/handle/10024/114942> (last accessed 9th November 2017)

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

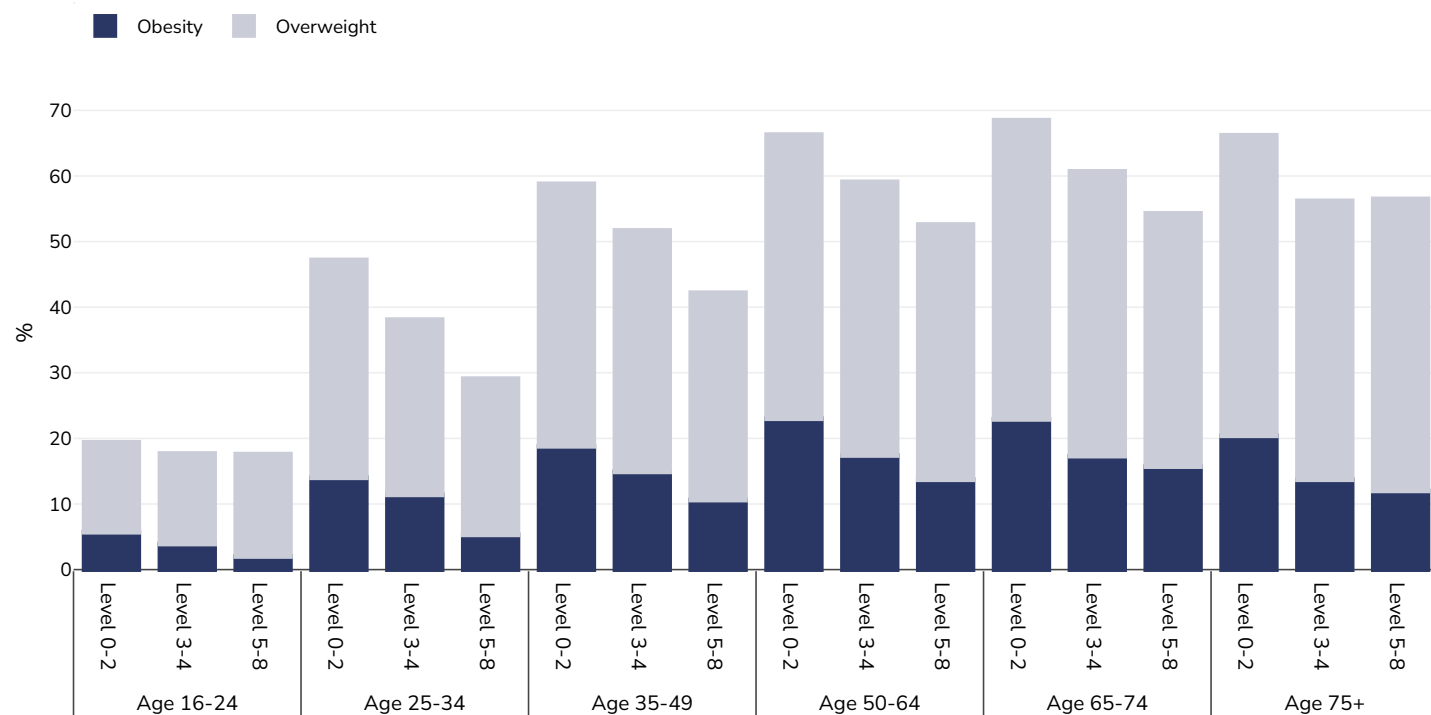


- References:**
- 1976, 1987, 1993: Visscher TLS, Kromhout D, Seidell J. Long term and recent time trends in the prevalence of obesity among Dutch men and women. *IJO* 2002;26:1218-24
 - 1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983
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 - 1985: Berg C, Rosengren A, Aires N, appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 Aug;29(8):916-24
 - 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
 - 1992: Lahti-Koski M, Pietinen P, Munnisto S, Vartiainen E. Trends in waist to hip ratio and its determinants in adults in Finland from 1987 to 1997. *American Journal of Clinical Nutrition* 2000;72:1436-1444
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 - 2002, 2007: Barzda A, Bartkevičiūtė R, Stukas R, Šatkutė R, Abaravičius JA. Lietuvos gyventojųkūno masės indeksės pokyčiai 1997-2007 metais. *Sveikatos mokslai* 2009;3:2406-2410. (no English translation)
 - 2003: Health Survey for England 2003.
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 - 2009: Health Survey for England 2009
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 - 2011: Health Survey for England 2011 (<http://www.ic.nhs.uk/searchcatalogue?productid=10152&returnid=1685> last accessed 7th January 2013)
 - 2012: Kansallinen FINRISKI 2012 -terveyėstutkimus - Osa 2: Tutkimuksen taulukkoliite. <http://www.julkari.fi/handle/10024/114942> (last accessed 9th November 2017)

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, 2022



Survey type: Self-reported

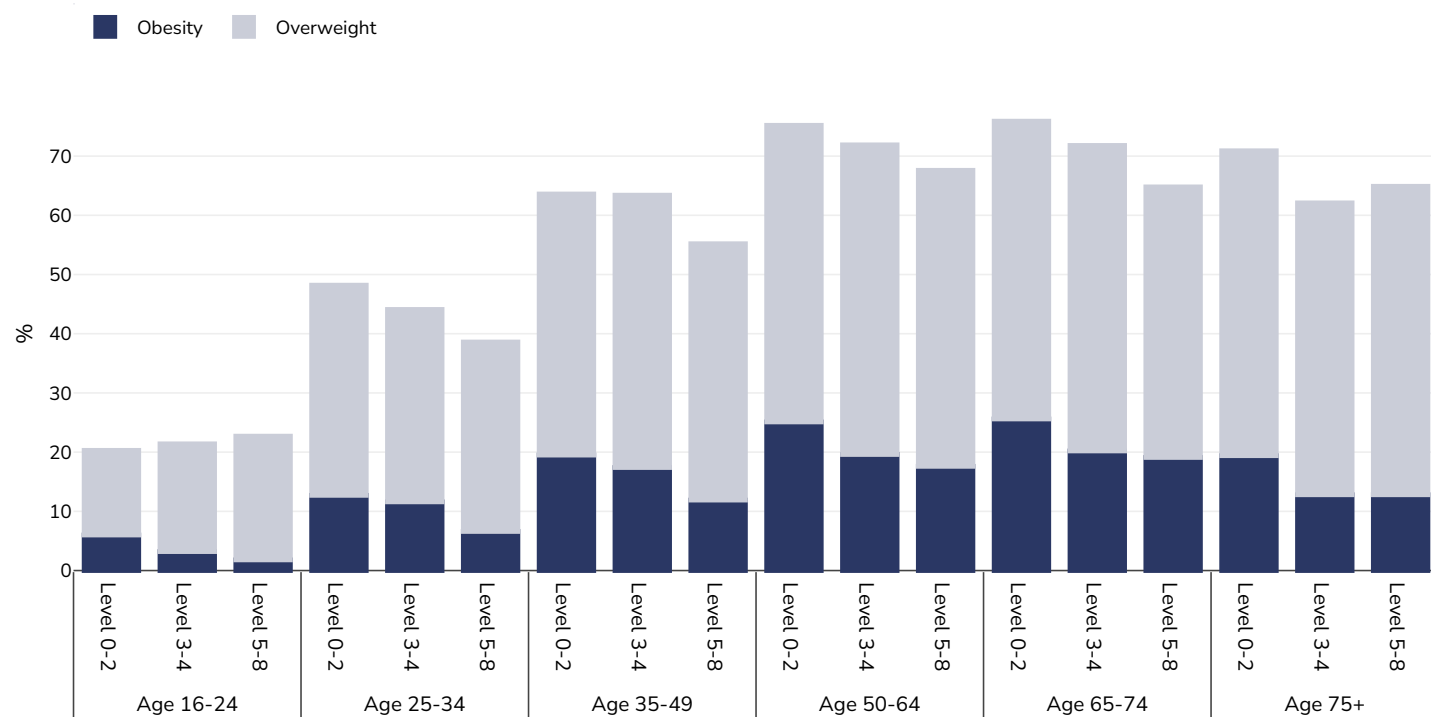
Area covered: National

References: Eurostat 2022 Data. Available at: https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10__custom_16791318/default/table?lang=en&page=time:2022 [Accessed 21.05.25]

Definitions: Less than primary, primary and lower secondary education (level 0-2), Upper secondary and post-secondary non-tertiary education (level 3-4) Tertiary education (level 5-8)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Men, 2022



Survey type: Self-reported

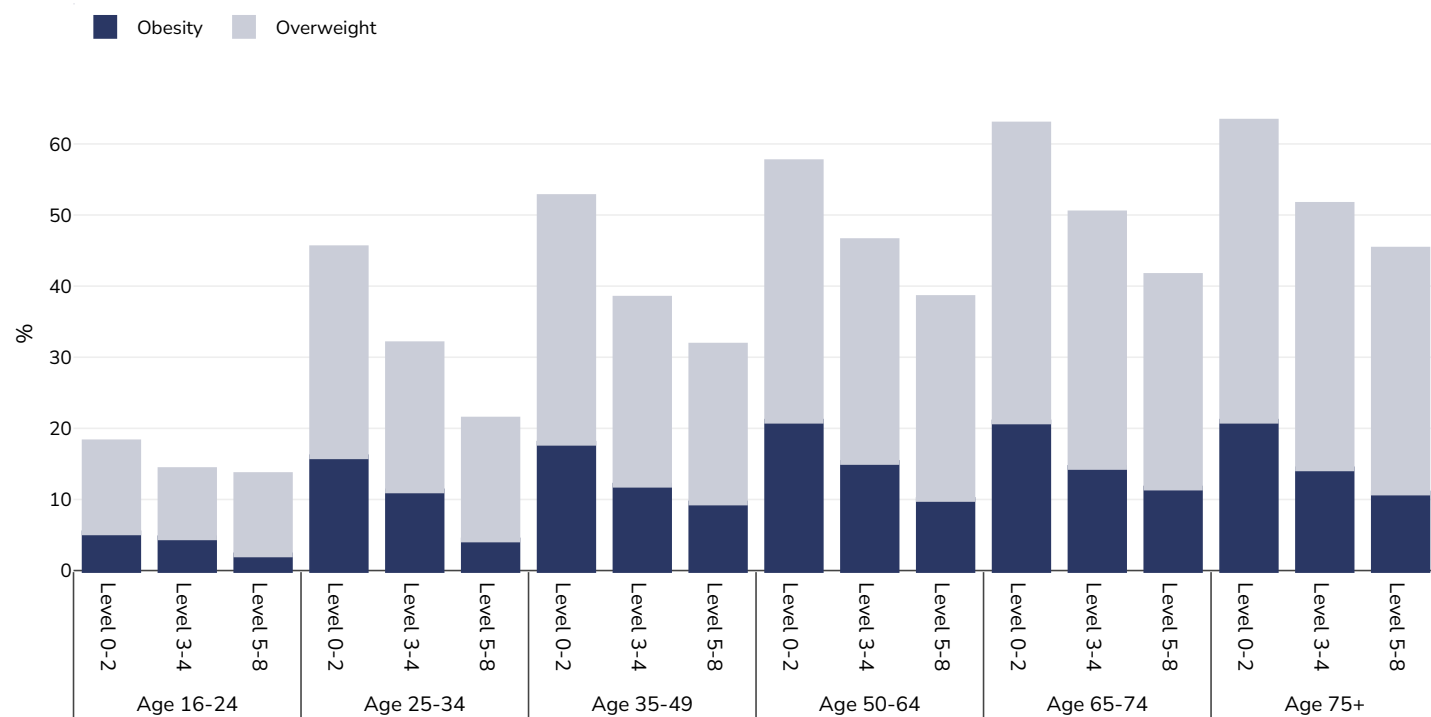
Area covered: National

References: Eurostat 2022 Data. Available at: https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10__custom_16791318/default/table?lang=en&page=time:2022 [Accessed 21.05.25]

Definitions: Less than primary, primary and lower secondary education (level 0-2), Upper secondary and post-secondary non-tertiary education (level 3-4) Tertiary education (level 5-8)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022



Survey type: Self-reported

Area covered: National

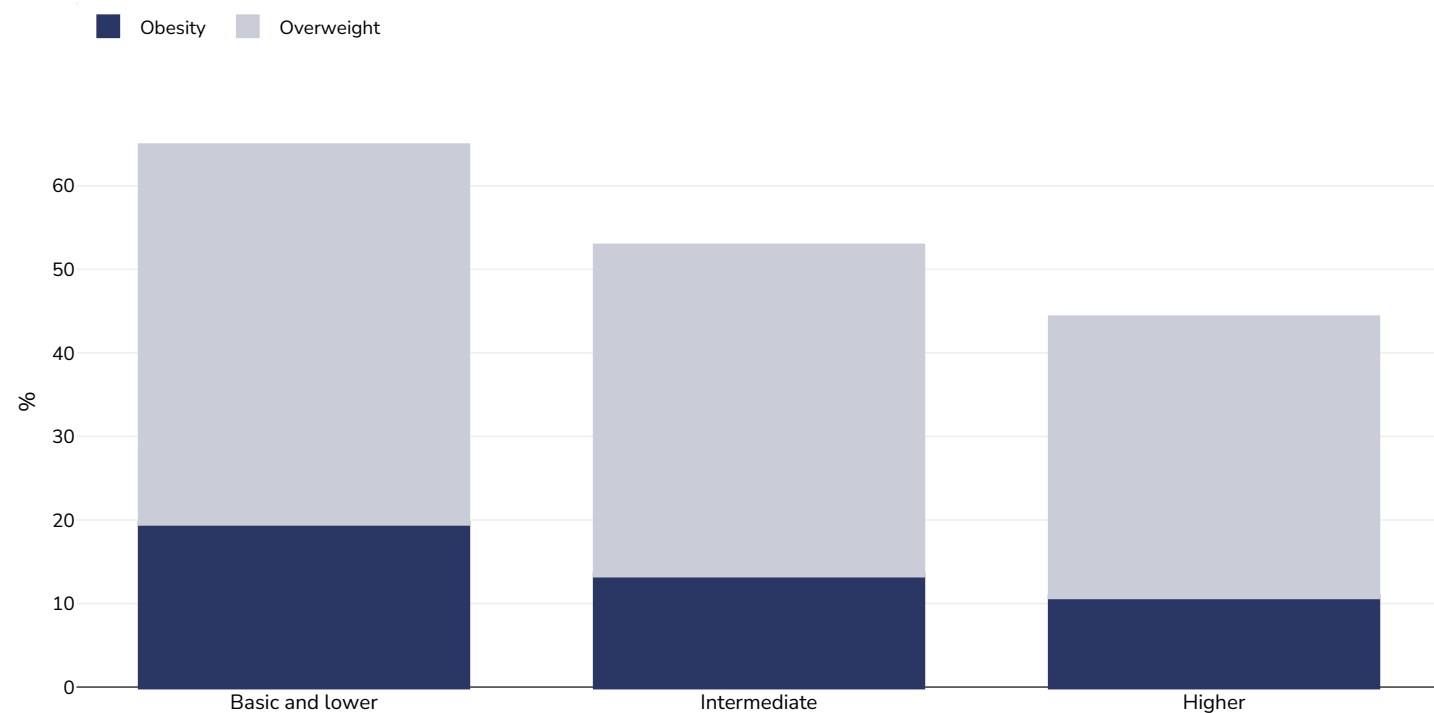
References: Eurostat 2022 Data. Available at: https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10__custom_16791318/default/table?lang=en&page=time:2022 [Accessed 21.05.25]

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Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

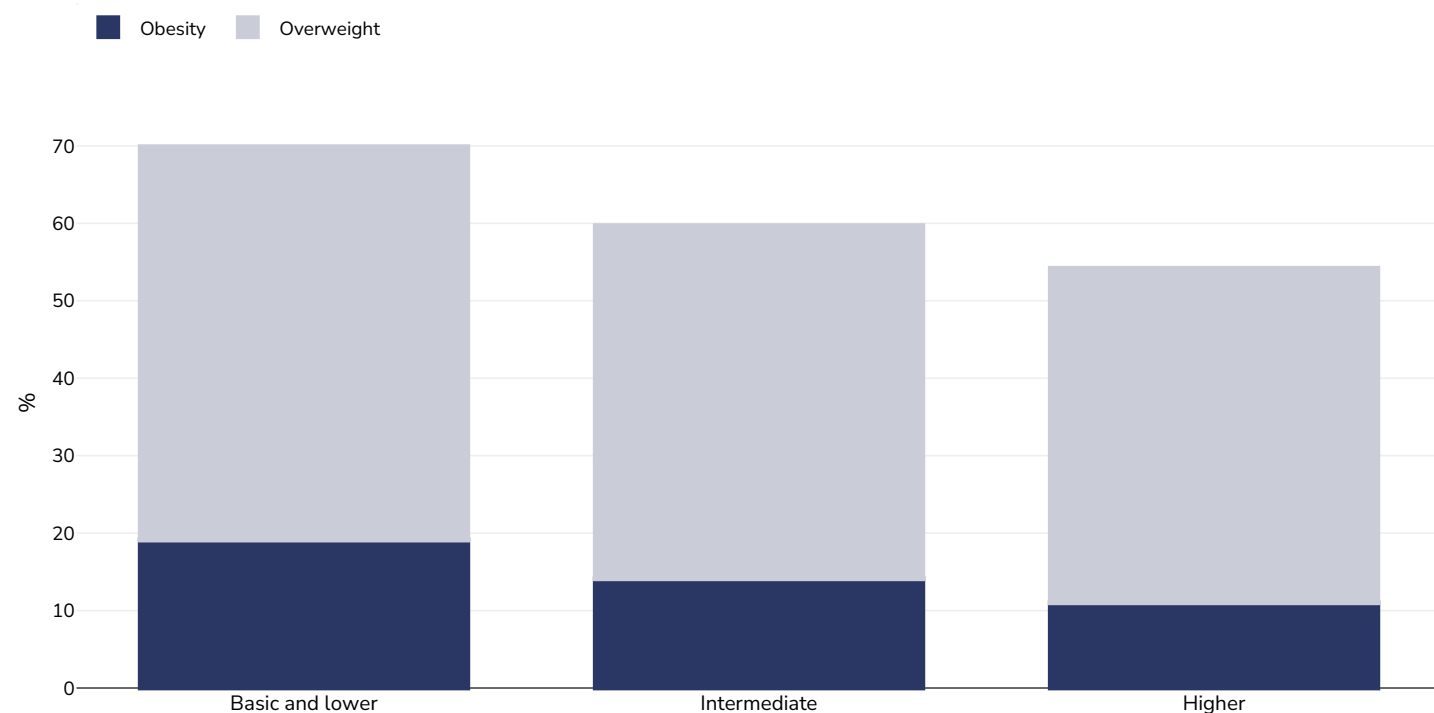
Overweight/obesity by education

Adults, 2023-2024



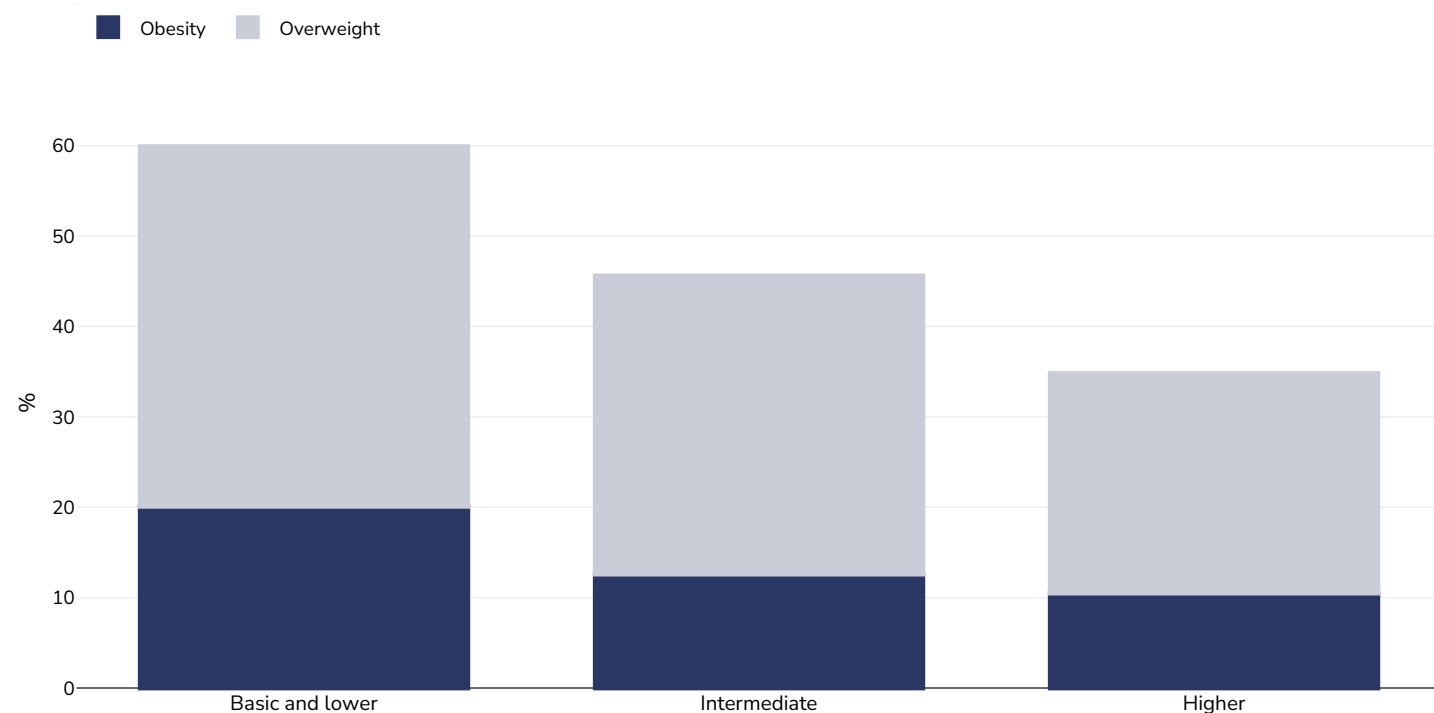
Survey type:	Self-reported
Age:	18+
Sample size:	21032
Area covered:	National
References:	Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm [Accessed 10.07.25]
Notes:	Sample size listed includes all aged 15+, but this data only includes those aged 18+
Definitions:	Basic and lower = level 0-2, Intermediate = level 3-4, Higher = Level 5-8 (CNED-2014-A)
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Men, 2023-2024



Survey type:	Self-reported
Age:	18+
Sample size:	21032
Area covered:	National
References:	Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm [Accessed 10.07.25]
Notes:	Sample size listed includes all aged 15+, but this data only includes those aged 18+
Definitions:	Basic and lower = level 0-2, Intermediate = level 3-4, Higher = Level 5-8 (CNED-2014-A)
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

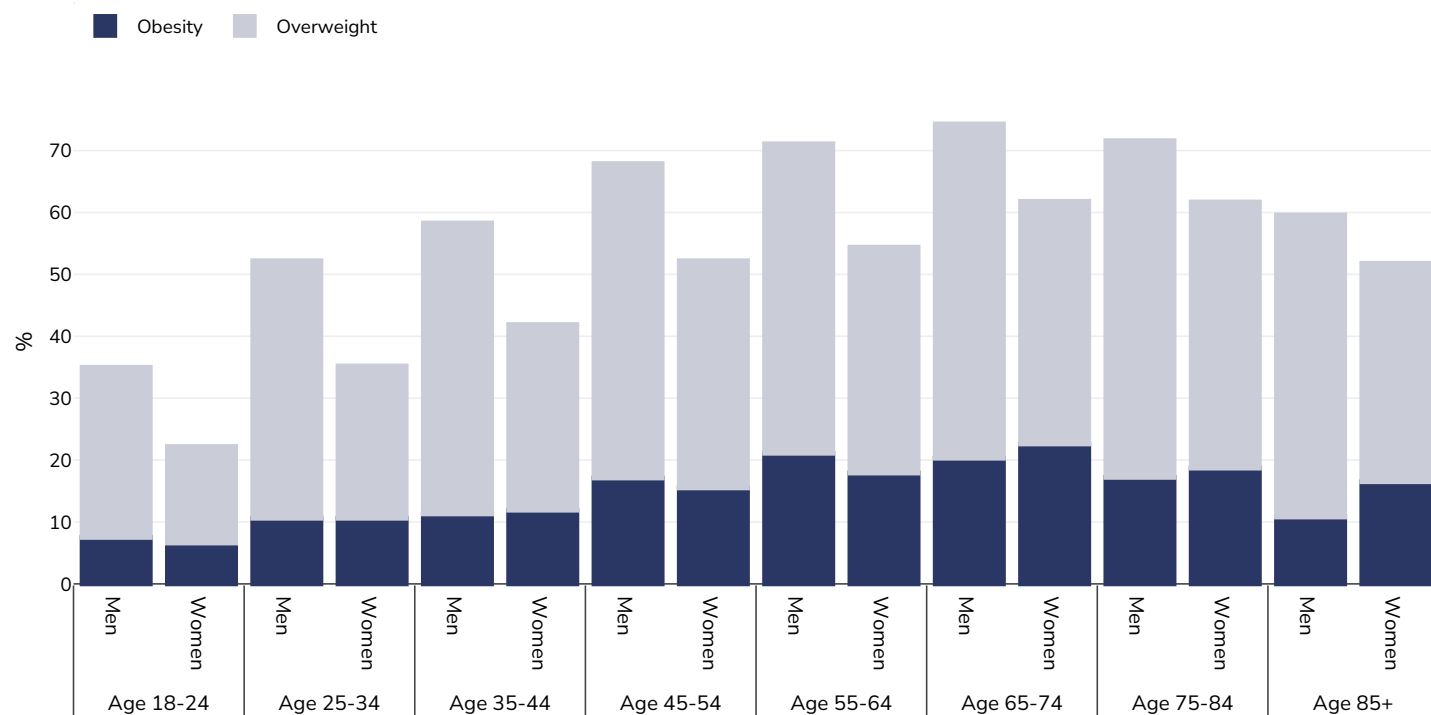
Women, 2023-2024



Survey type:	Self-reported
Age:	18+
Sample size:	21032
Area covered:	National
References:	Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm [Accessed 10.07.25]
Notes:	Sample size listed includes all aged 15+, but this data only includes those aged 18+
Definitions:	Basic and lower = level 0-2, Intermediate = level 3-4, Higher = Level 5-8 (CNED-2014-A)
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Overweight/obesity by age

Adults, 2023-2024



Survey type: Measured

Sample size: 21032

Area covered: National

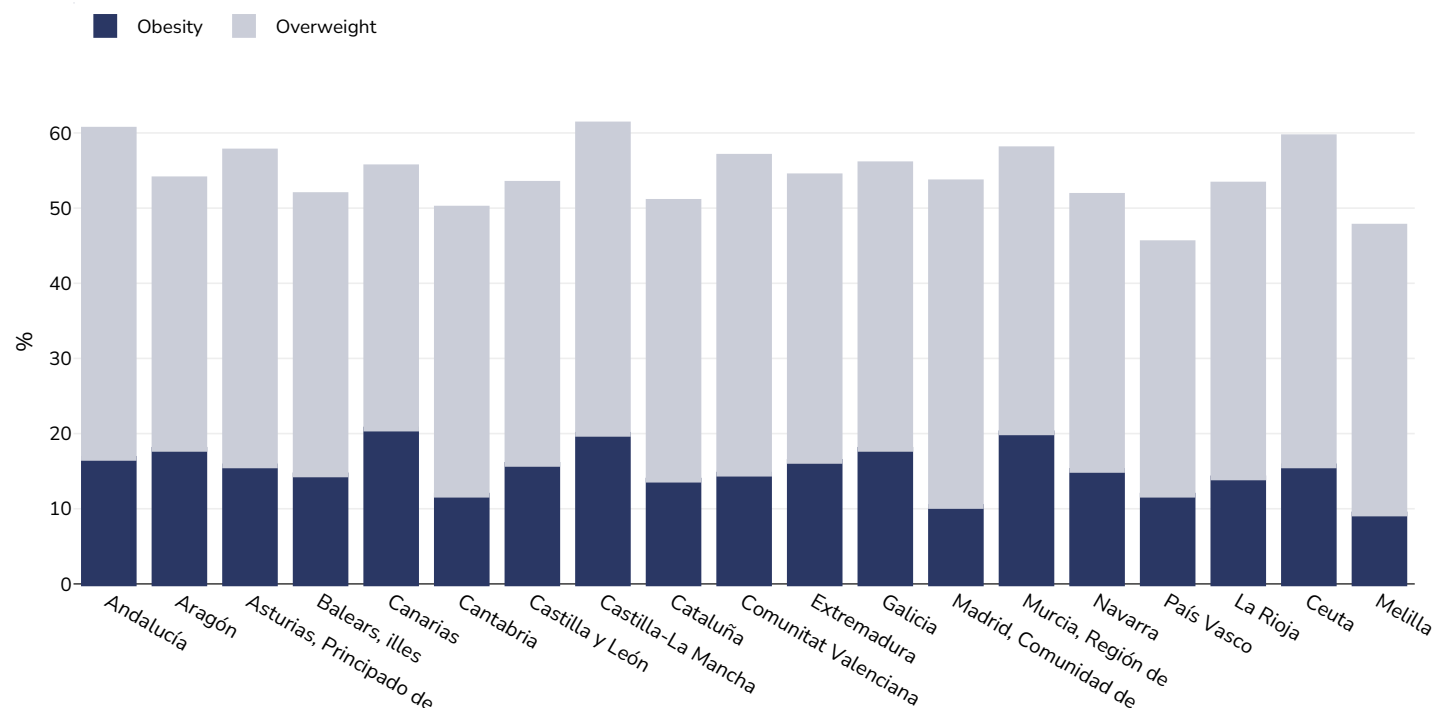
References: Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: <https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm> [Accessed 10.07.25]

Notes: Sample size listed includes all aged 15+, but this data only includes those aged 18+

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by region

Adults, 2023-2024



Survey type: Self-reported

Age: 18+

Sample size: 21,032

Area covered: Autonomous communities

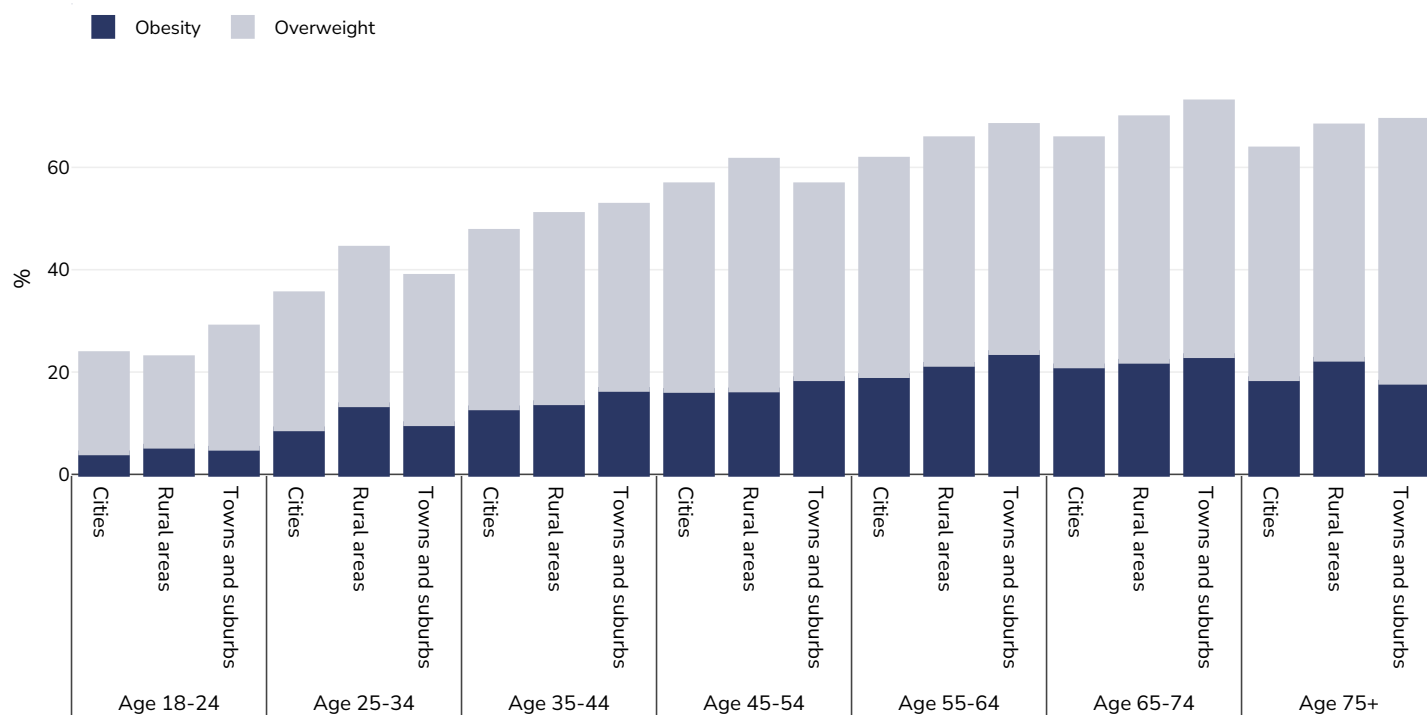
References: Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: <https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm> [Accessed 10.07.25]

Notes: Sample size for 15+ years nationally, only 18+ in autonomous communities included

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by age and region

Adults, 2019



Survey type: Self-reported

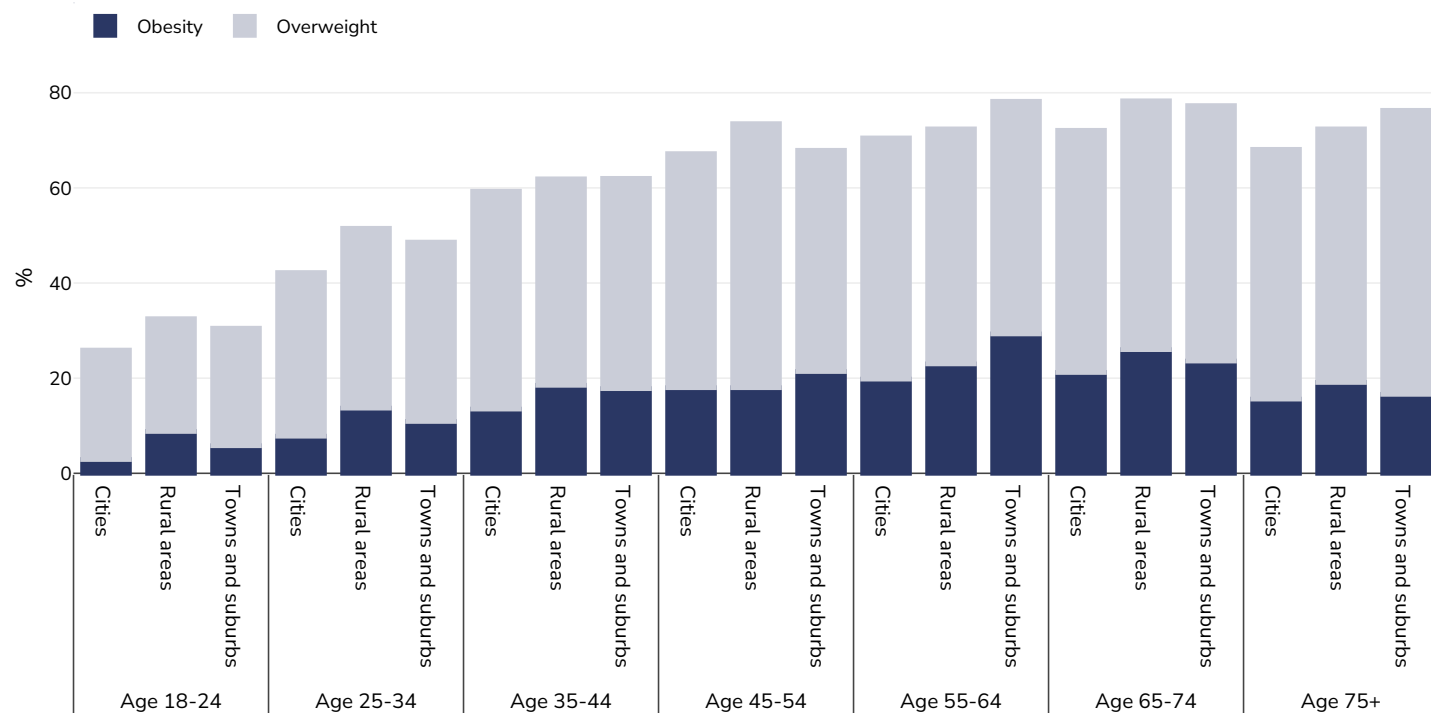
Area covered: National

References: Eurostat 2019. https://doi.org/10.2908/HLTH_EHIS_BM1U [Accessed 11.07.25]

Notes: Data for 18-24 year old females from rural areas flagged for low reliability

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Men, 2019



Survey type: Self-reported

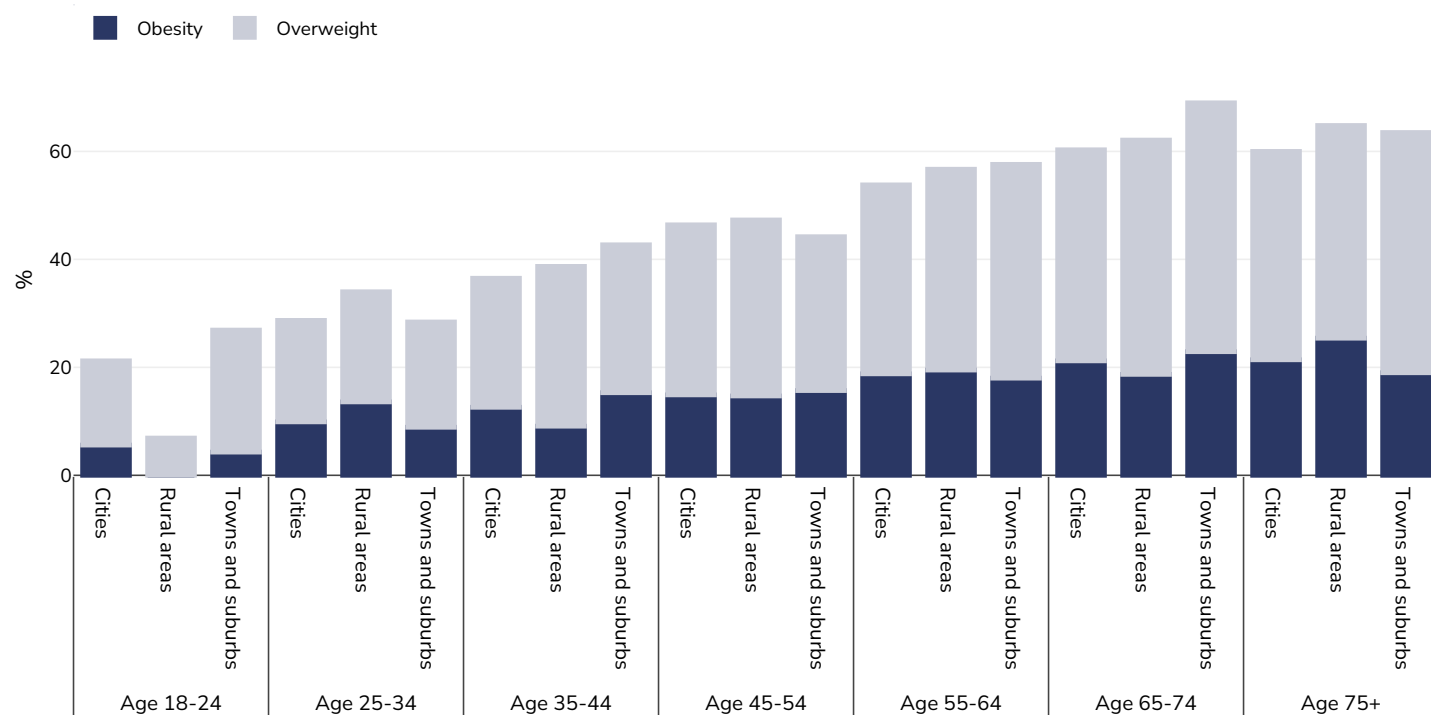
Area covered: National

References: Eurostat 2019. https://doi.org/10.2908/HLTH_EHIS_BM1U [Accessed 11.07.25]

Notes: Data for 18-24 year old females from rural areas flagged for low reliability

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2019



Survey type: Self-reported

Area covered: National

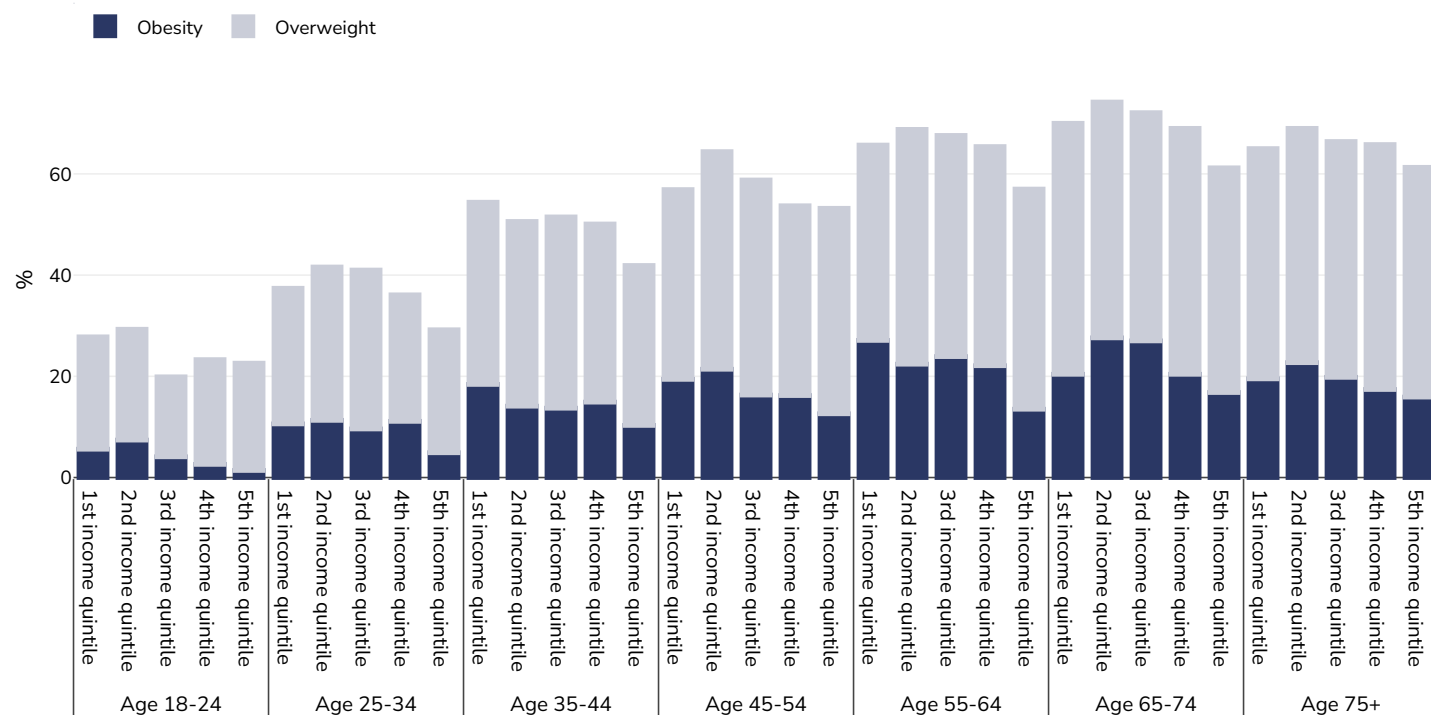
References: Eurostat 2019. https://doi.org/10.2908/HLTH_EHIS_BM1U [Accessed 11.07.25]

Notes: Data for 18-24 year old females from rural areas flagged for low reliability

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by age and socio-economic group

Adults, 2019



Survey type:

Self-reported

Area covered:

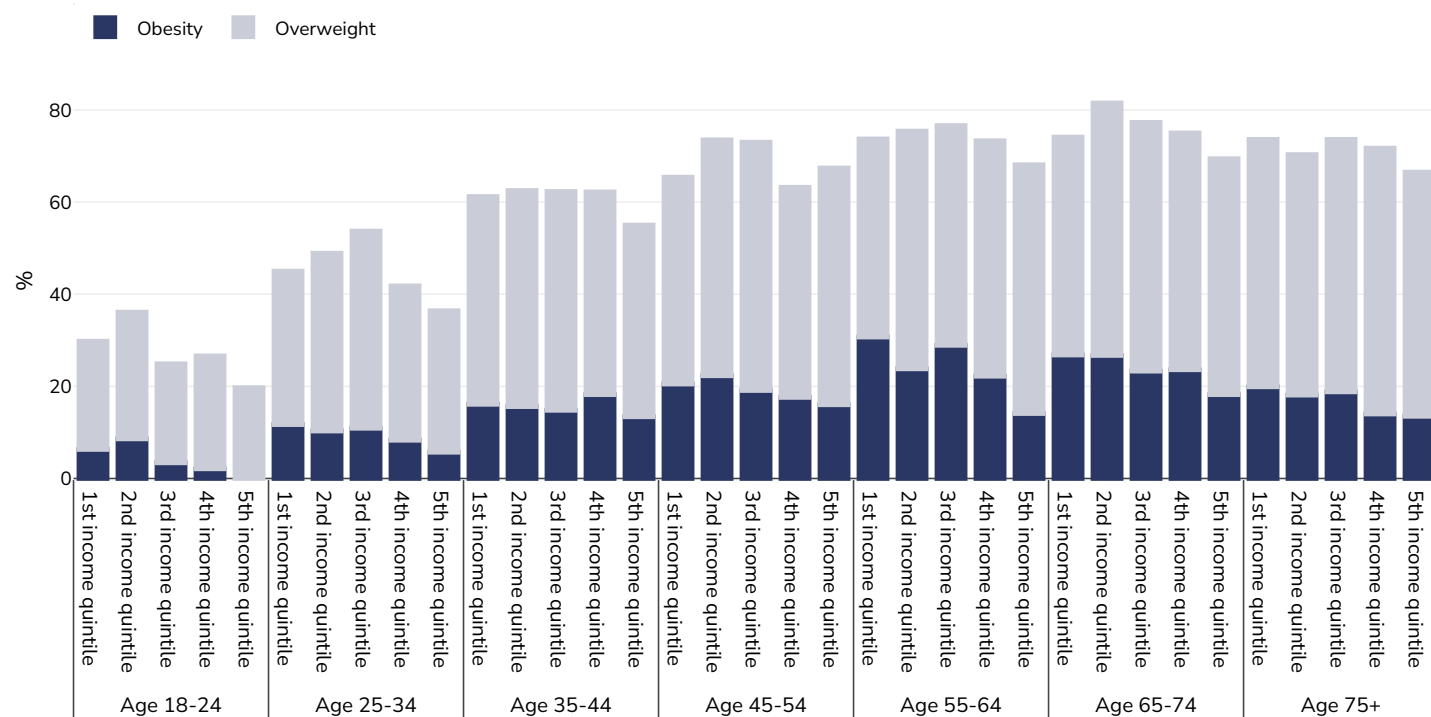
National

References:

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Men, 2019



Survey type:

Self-reported

Area covered:

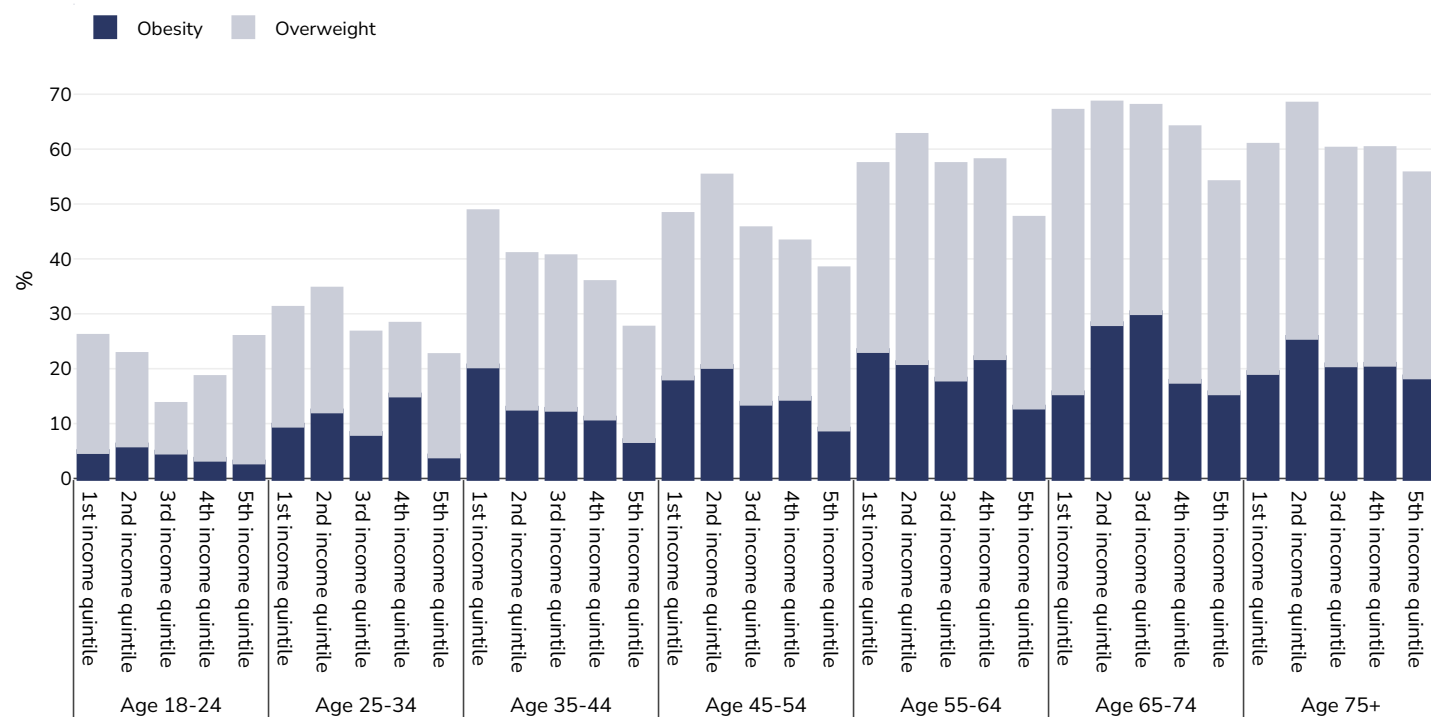
National

References:

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2019



Survey type:

Self-reported

Area covered:

National

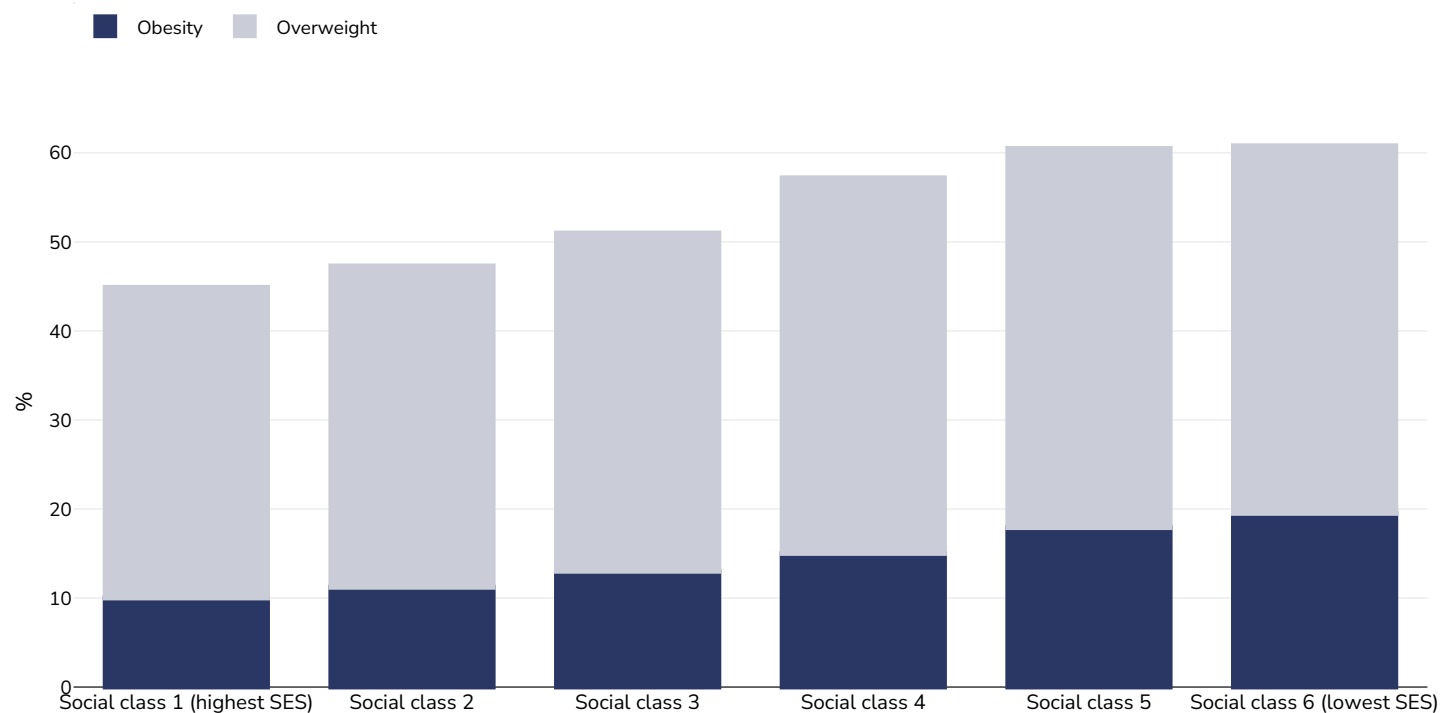
References:

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by socio-economic group

Adults, 2023-2024



Survey type: Self-reported

Age: 18+

Sample size: 21032

Area covered: National

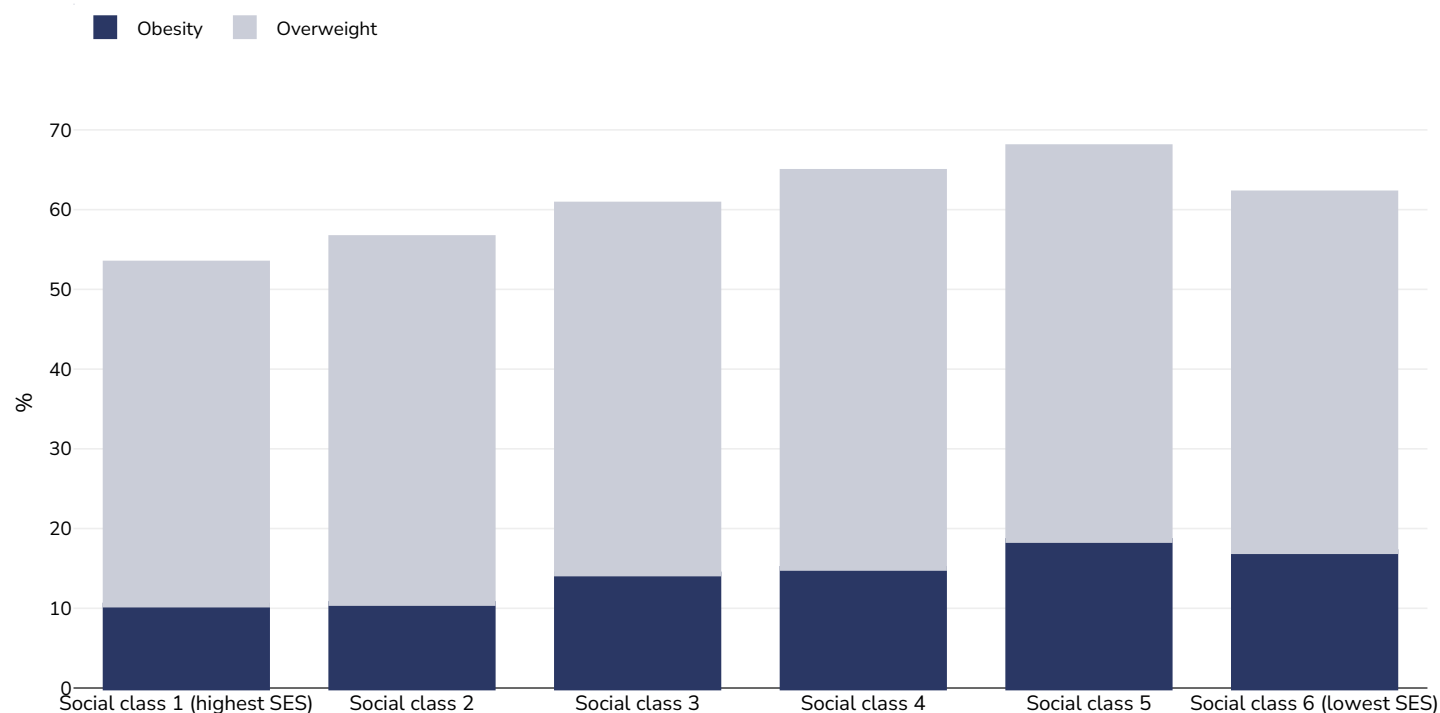
References: Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: <https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm> [Accessed 10.07.25]

Notes: Sample size listed includes all aged 15+, but this data only includes those aged 18+

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Men, 2023-2024



Survey type: Self-reported

Age: 18+

Sample size: 21032

Area covered: National

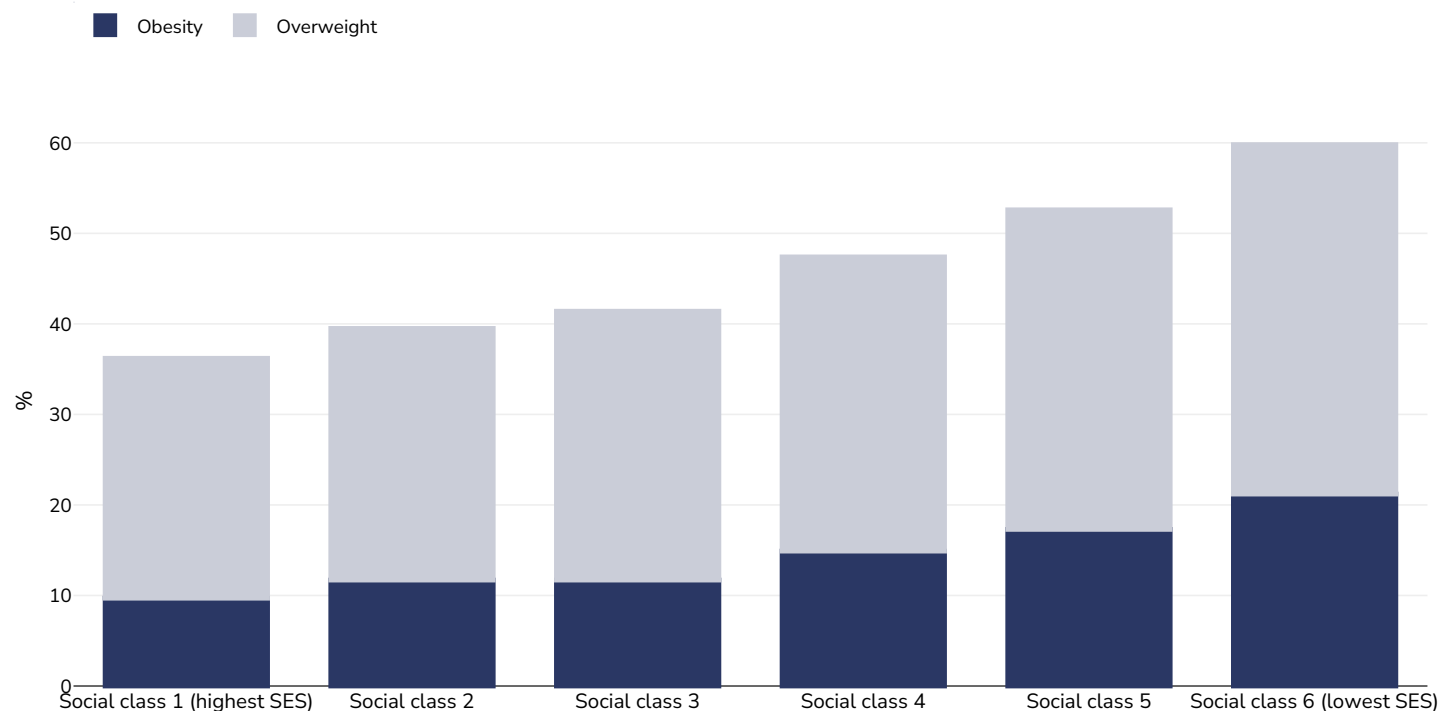
References: Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: <https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm> [Accessed 10.07.25]

Notes: Sample size listed includes all aged 15+, but this data only includes those aged 18+

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2023-2024



Survey type: Self-reported

Age: 18+

Sample size: 21032

Area covered: National

References: Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: <https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm> [Accessed 10.07.25]

Notes: Sample size listed includes all aged 15+, but this data only includes those aged 18+

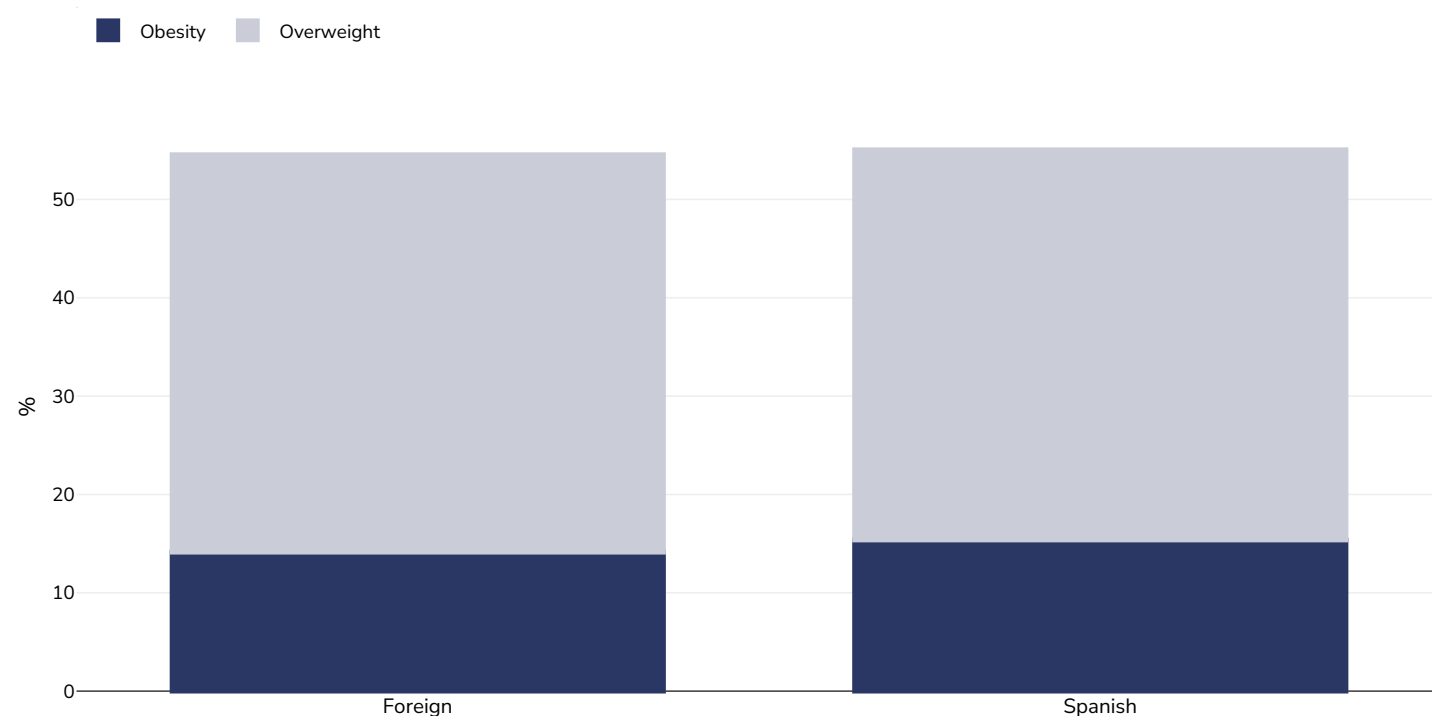
Definitions: Social class based on the occupation of the reference person

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by ethnicity

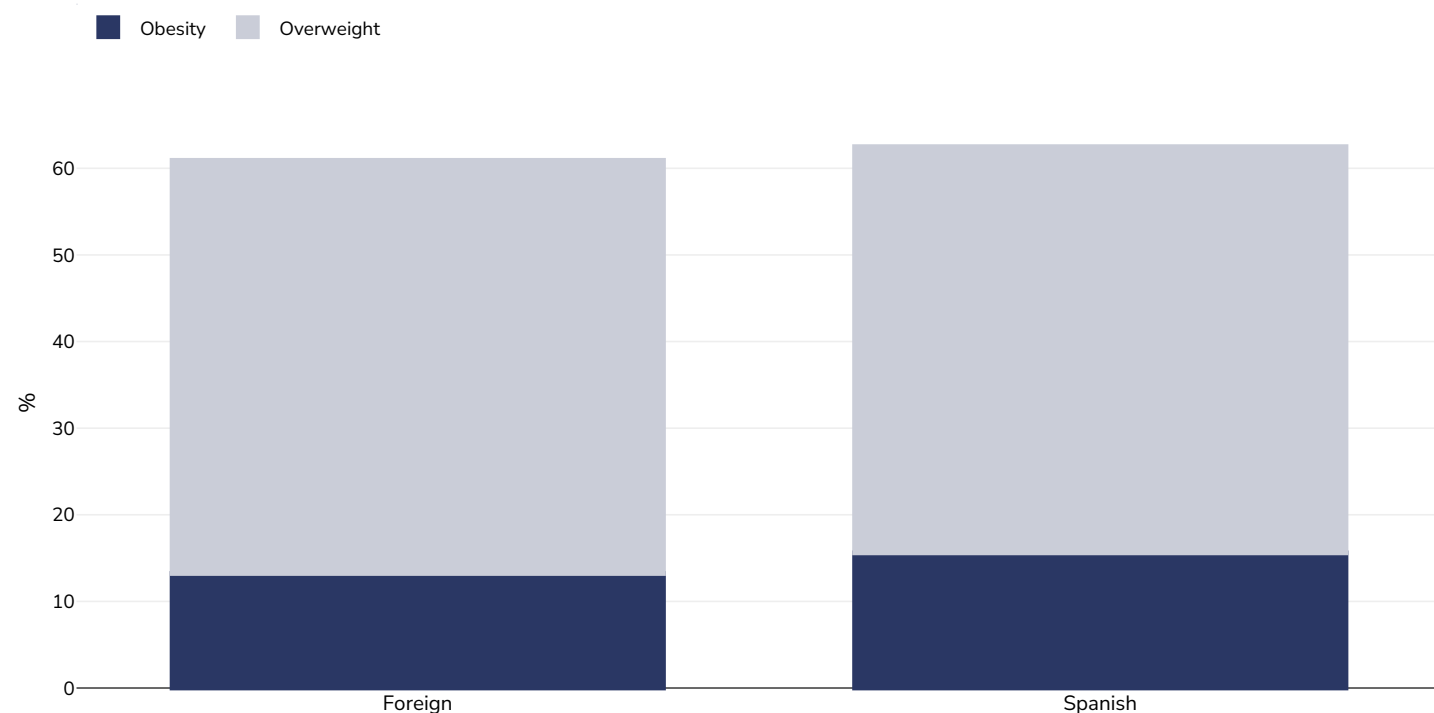
Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Adults, 2023-2024



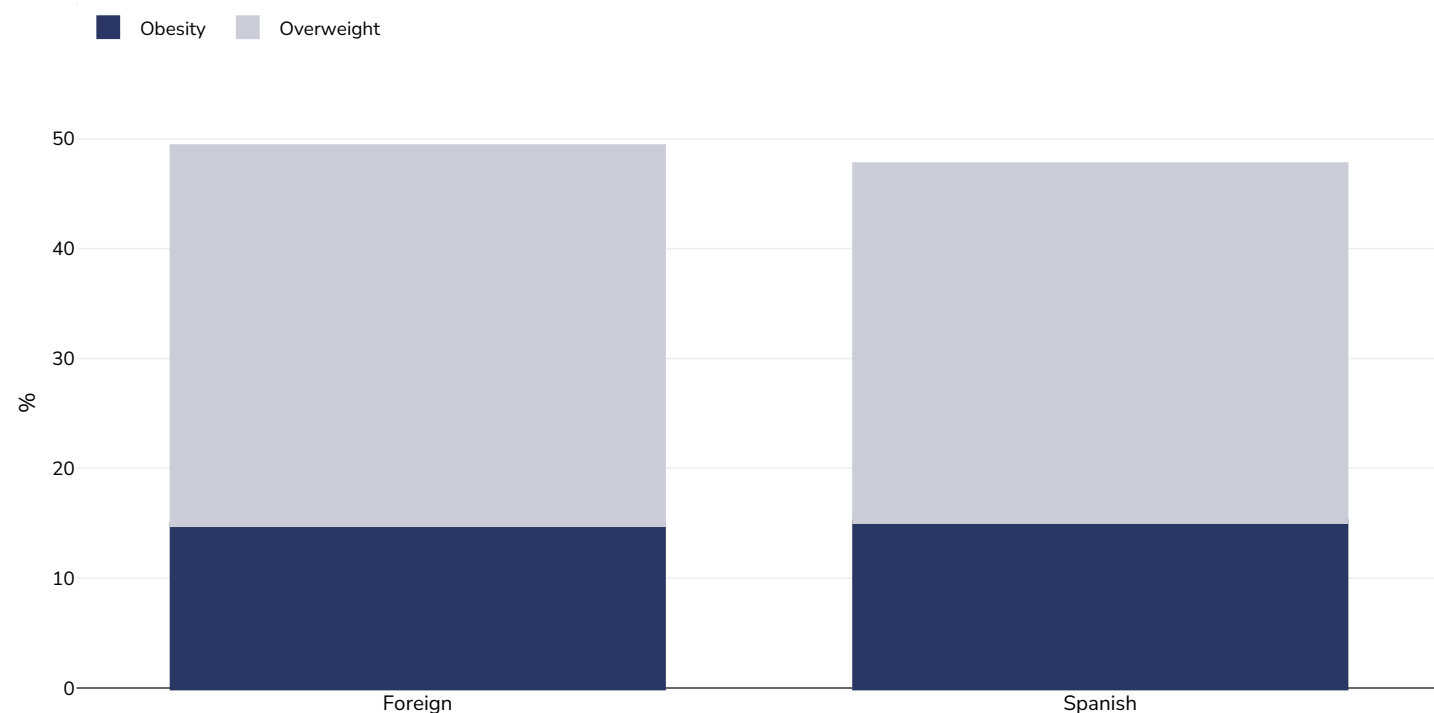
Survey type:	Self-reported
Age:	18+
Sample size:	21,032
Area covered:	National
References:	Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm [Accessed 10.07.25]
Notes:	Sample size listed includes all aged 15+, but this data only includes those aged 18+
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Men, 2023-2024



Survey type:	Self-reported
Age:	18+
Sample size:	21,032
Area covered:	National
References:	Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm [Accessed 10.07.25]
Notes:	Sample size listed includes all aged 15+, but this data only includes those aged 18+ <i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².</i>

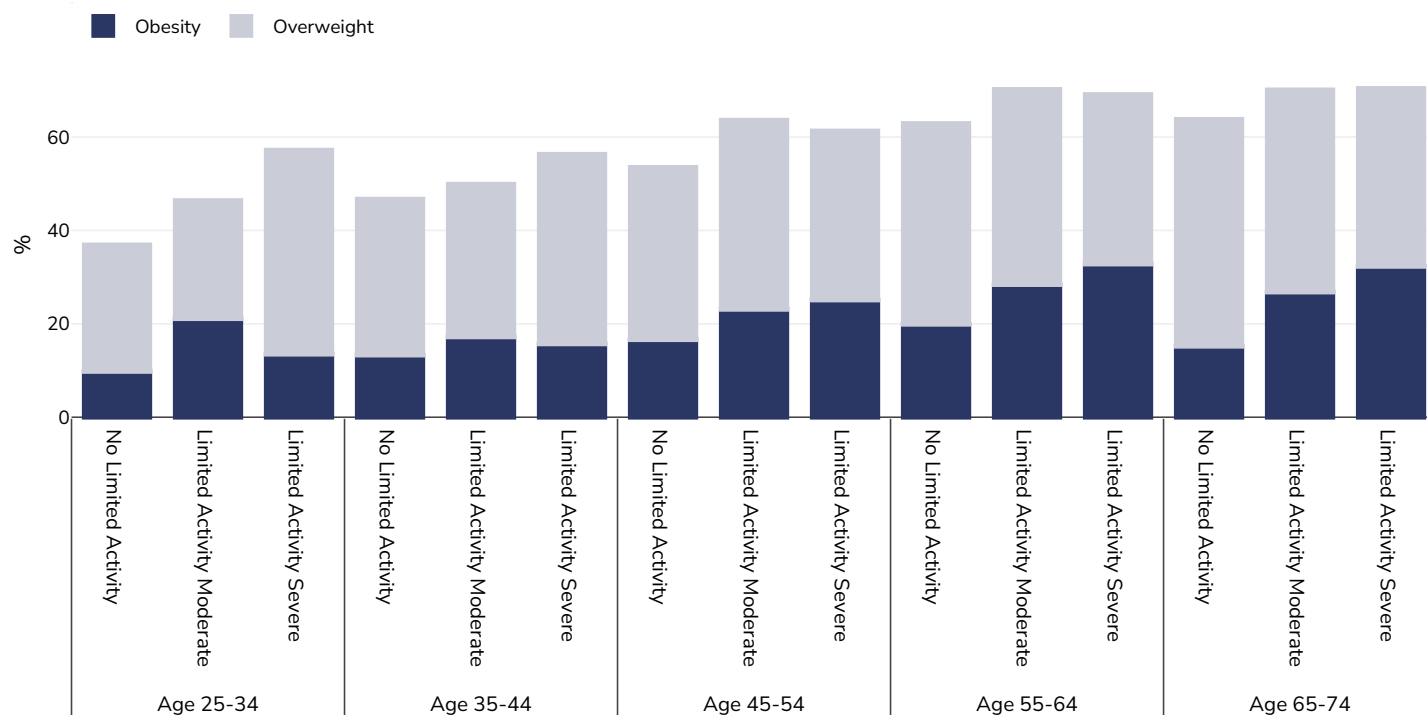
Women, 2023-2024



Survey type:	Self-reported
Age:	18+
Sample size:	21,032
Area covered:	National
References:	Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm [Accessed 10.07.25]
Notes:	Sample size listed includes all aged 15+, but this data only includes those aged 18+ Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .

Overweight/obesity by age and limited activity

Adults, 2014



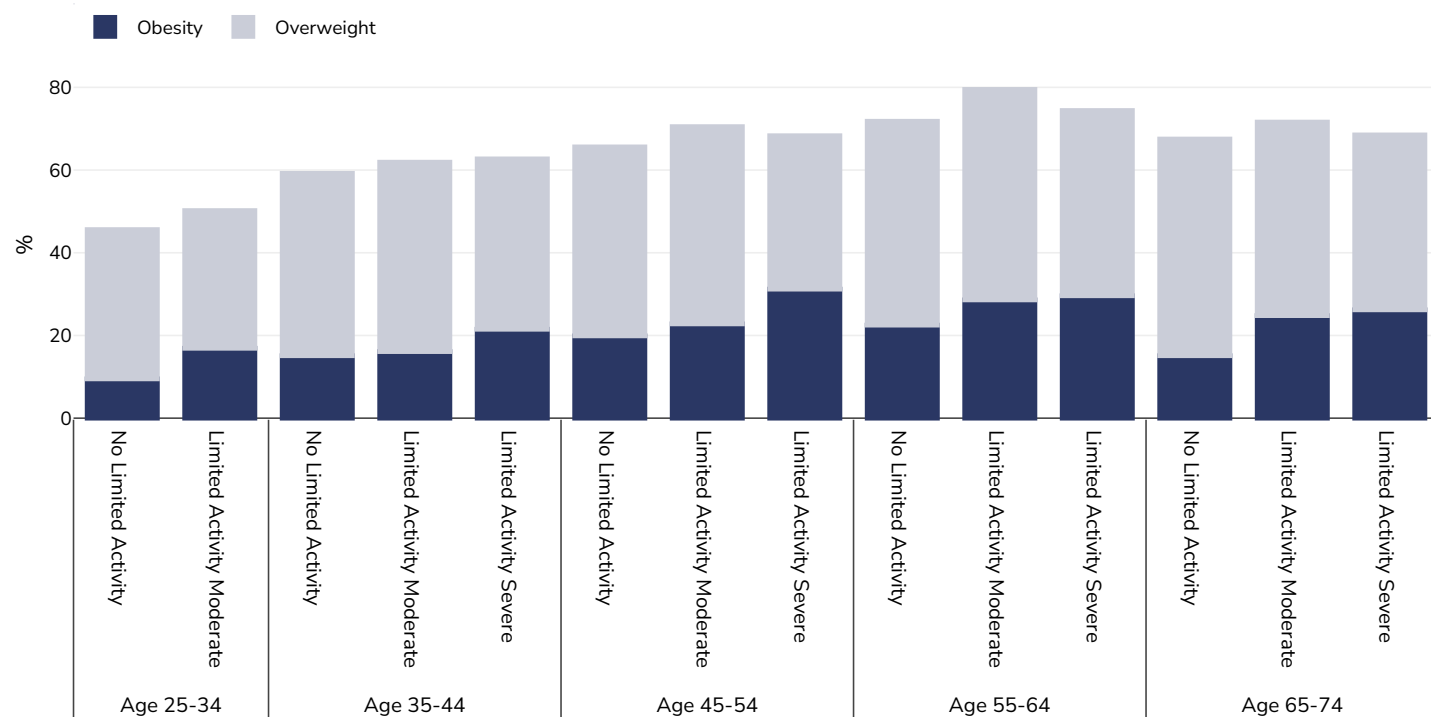
Survey type: Self-reported

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/m², obesity refers to a BMI greater than 30kg/m².

Men, 2014



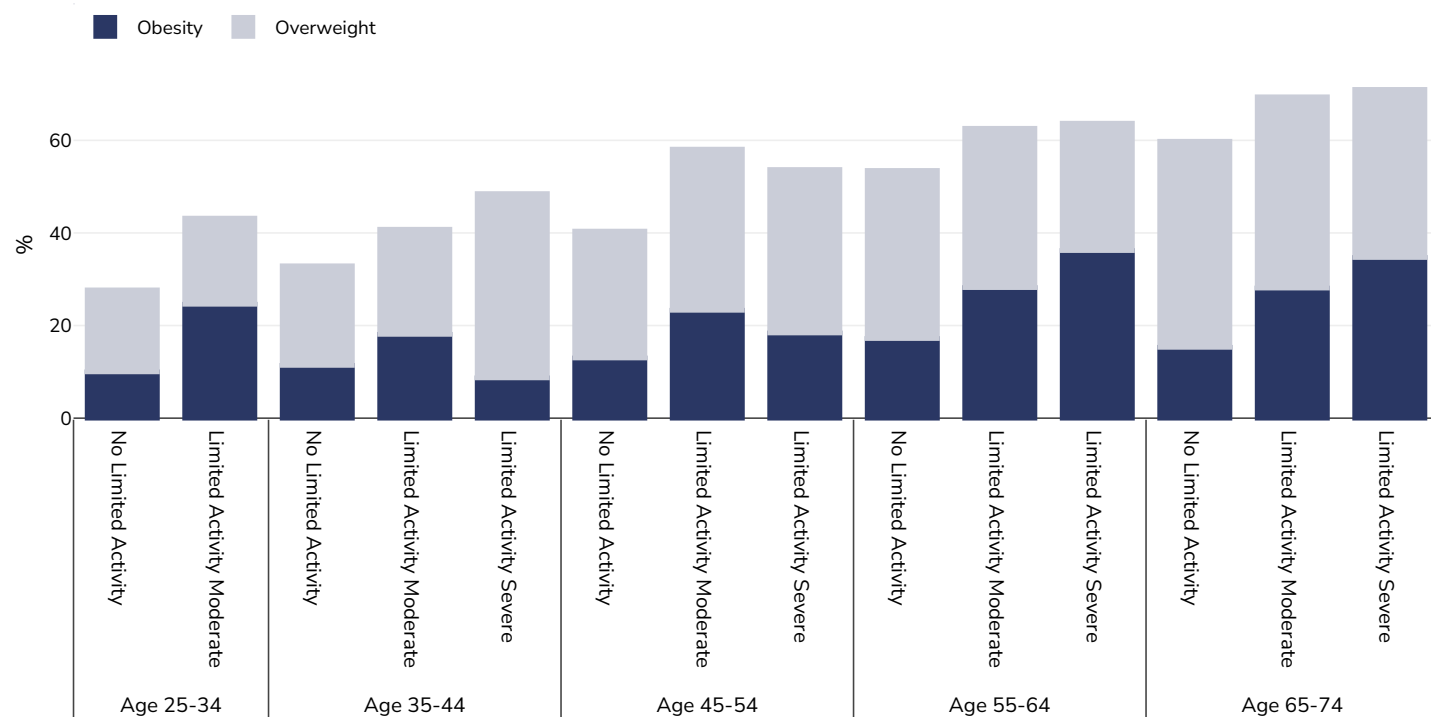
Survey type: Self-reported

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/m², obesity refers to a BMI greater than 30kg/m².

Women, 2014



Survey type: Self-reported

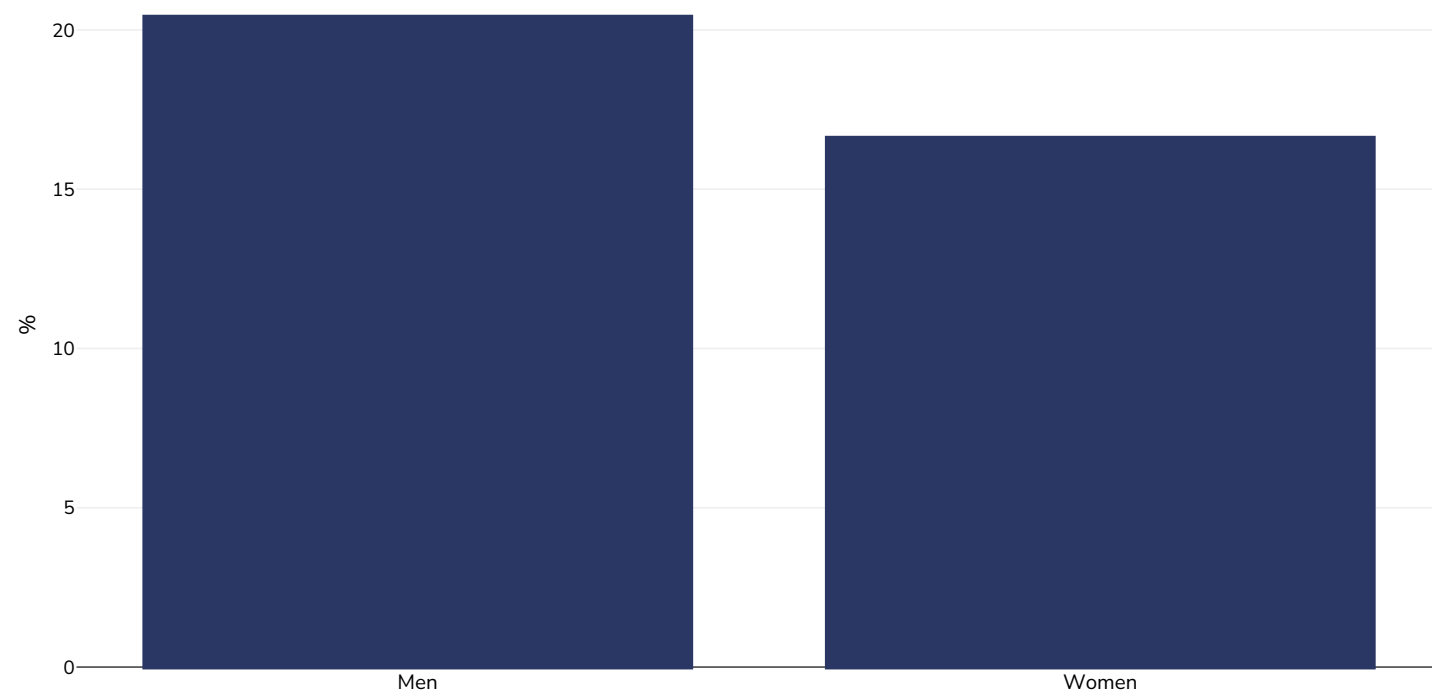
Area covered: National

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/m², obesity refers to a BMI greater than 30kg/m².

Double burden of underweight & overweight

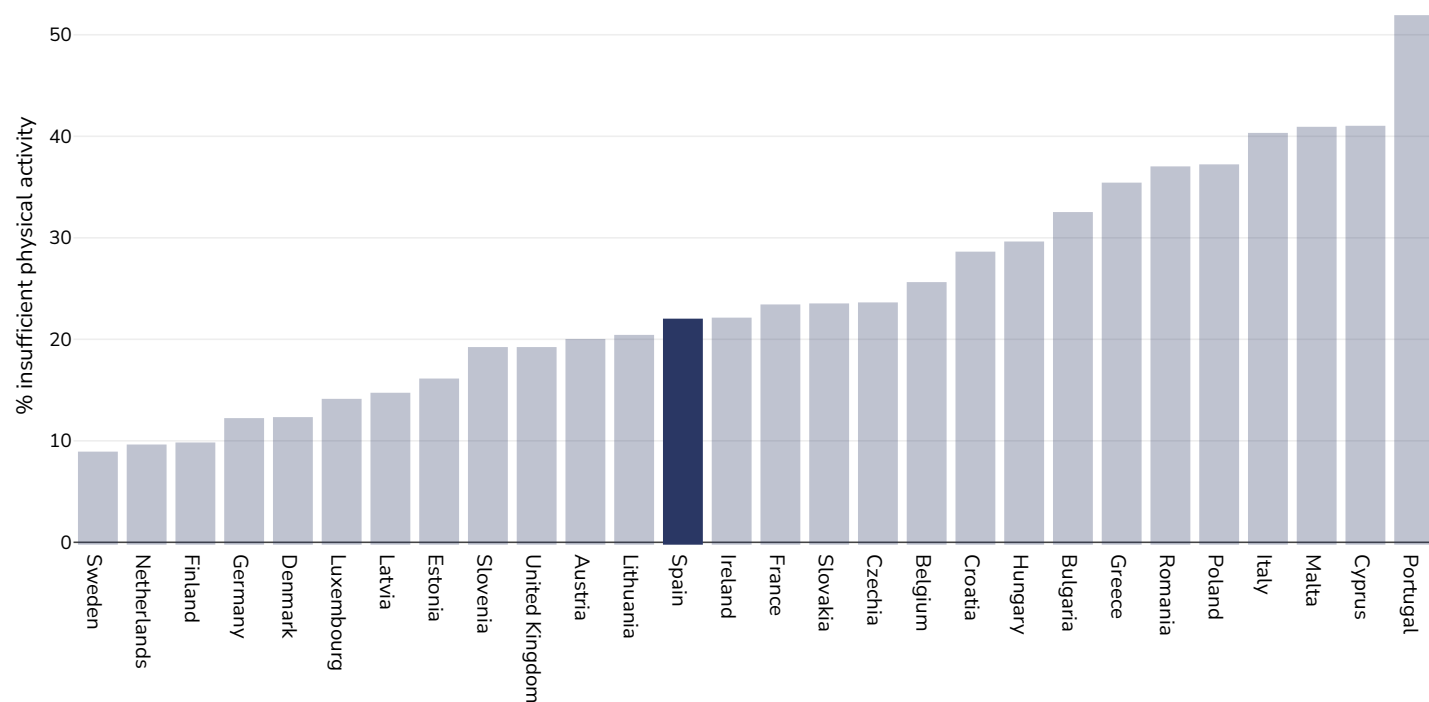
Adults, 2022



Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2 .
Notes:	Age Standardised estimates
Definitions:	Combined prevalence of BMI<18.5 kg/m ² and BMI≥30 kg/m ² (double burden of underweight and obesity)

Insufficient physical activity

Adults, 2022



Survey type: Self-reported

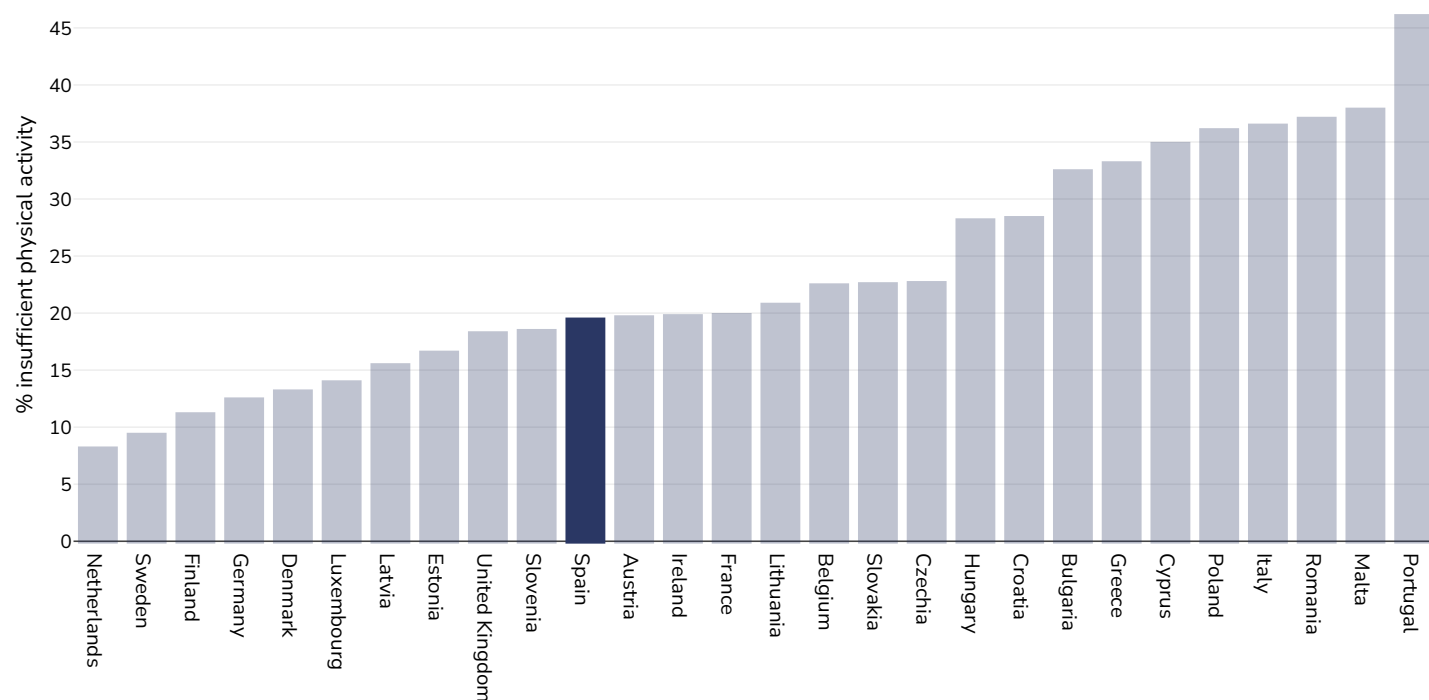
Age: 18+

Area covered: National

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Men, 2022



Survey type: Self-reported

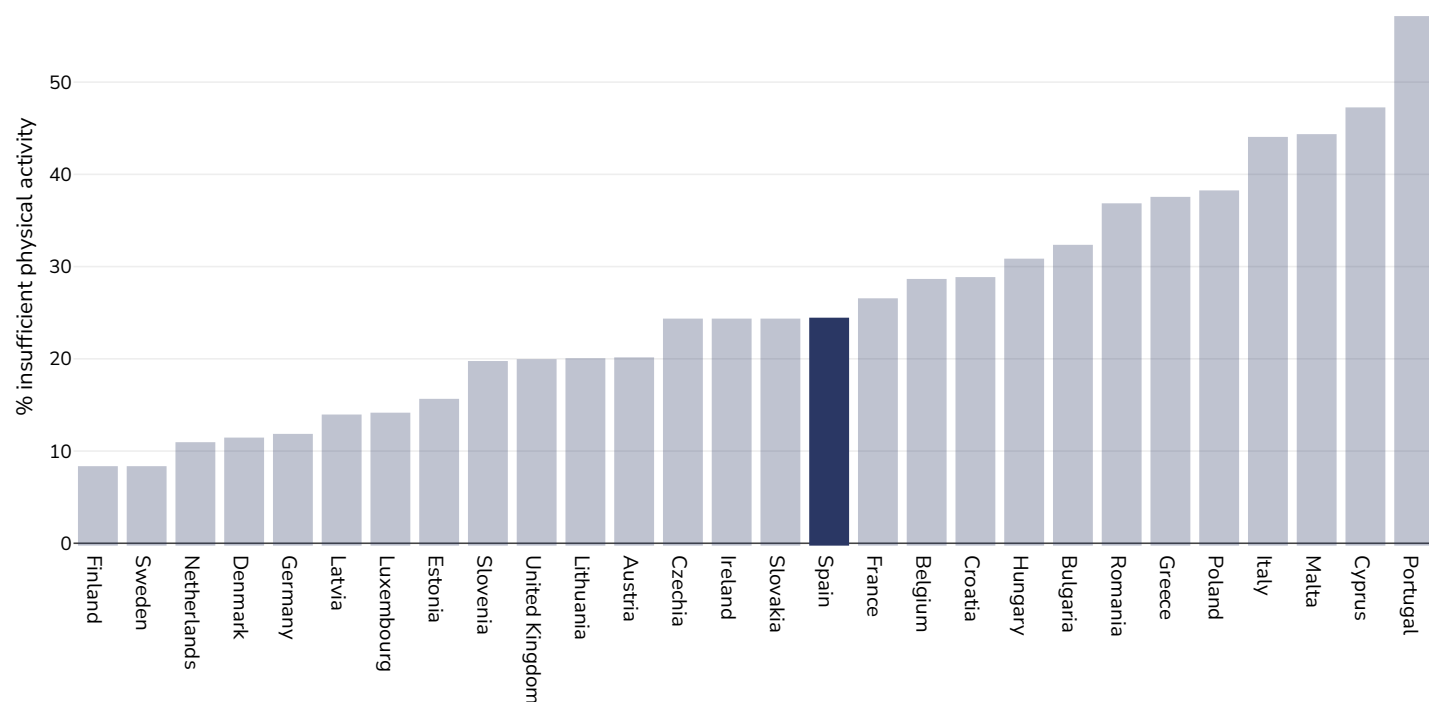
Age: 18+

Area covered: National

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Women, 2022



Survey type: Self-reported

Age: 18+

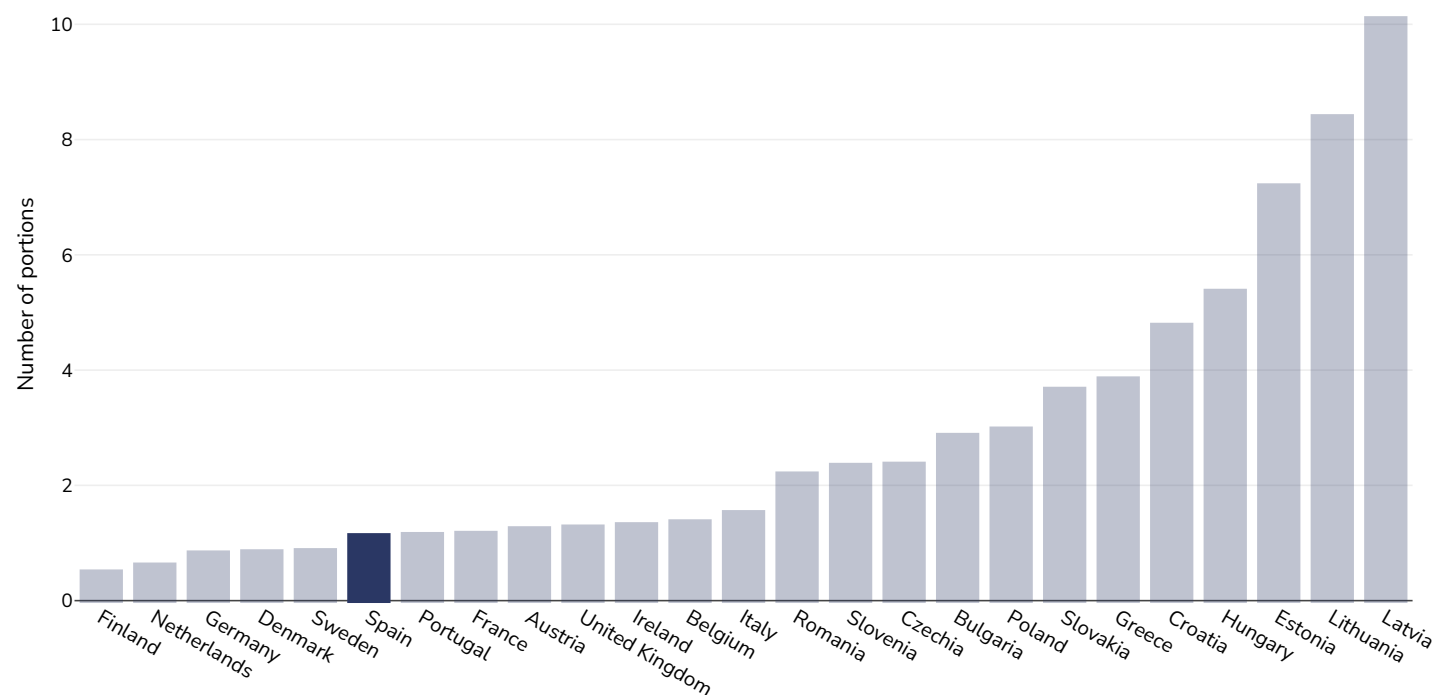
Area covered: National

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Sugar consumption

Adults, 2016



References:

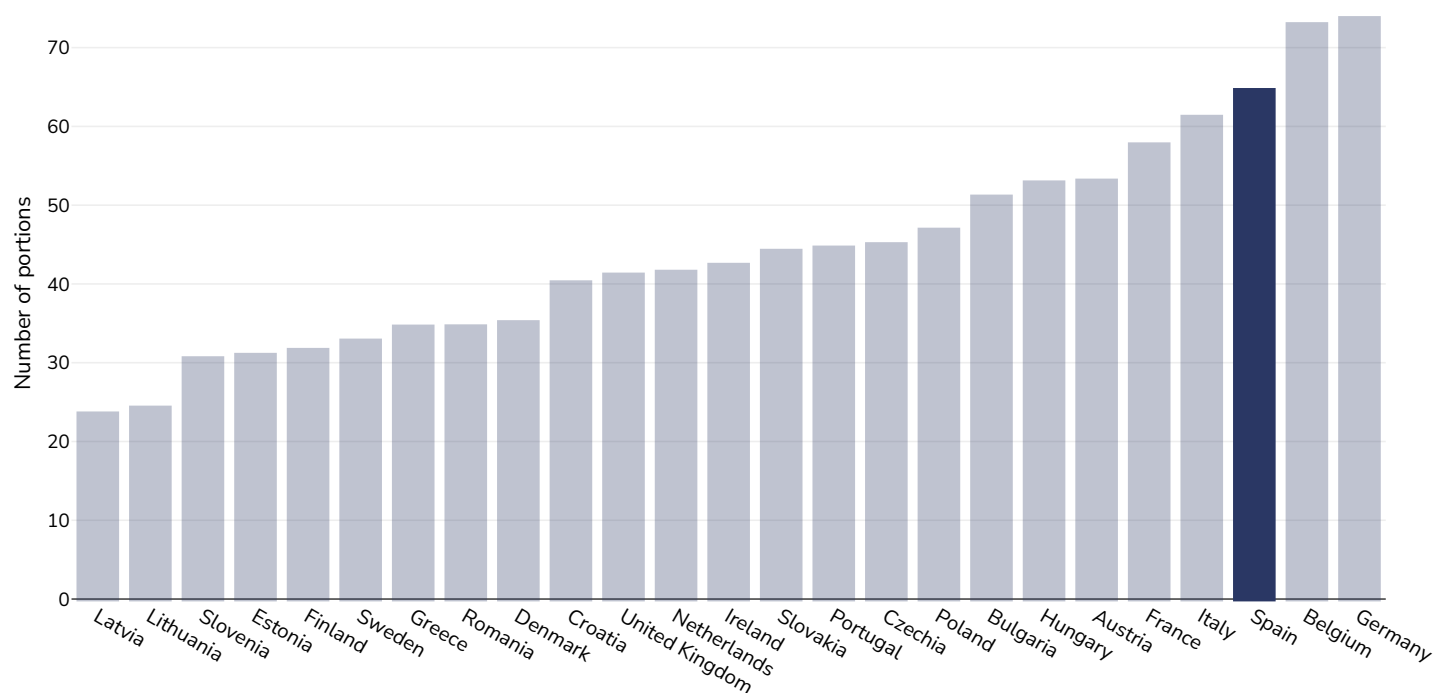
Source: Euromonitor International

Definitions:

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

Estimated per capita sugar sweetened beverages intake

Adults, 2016

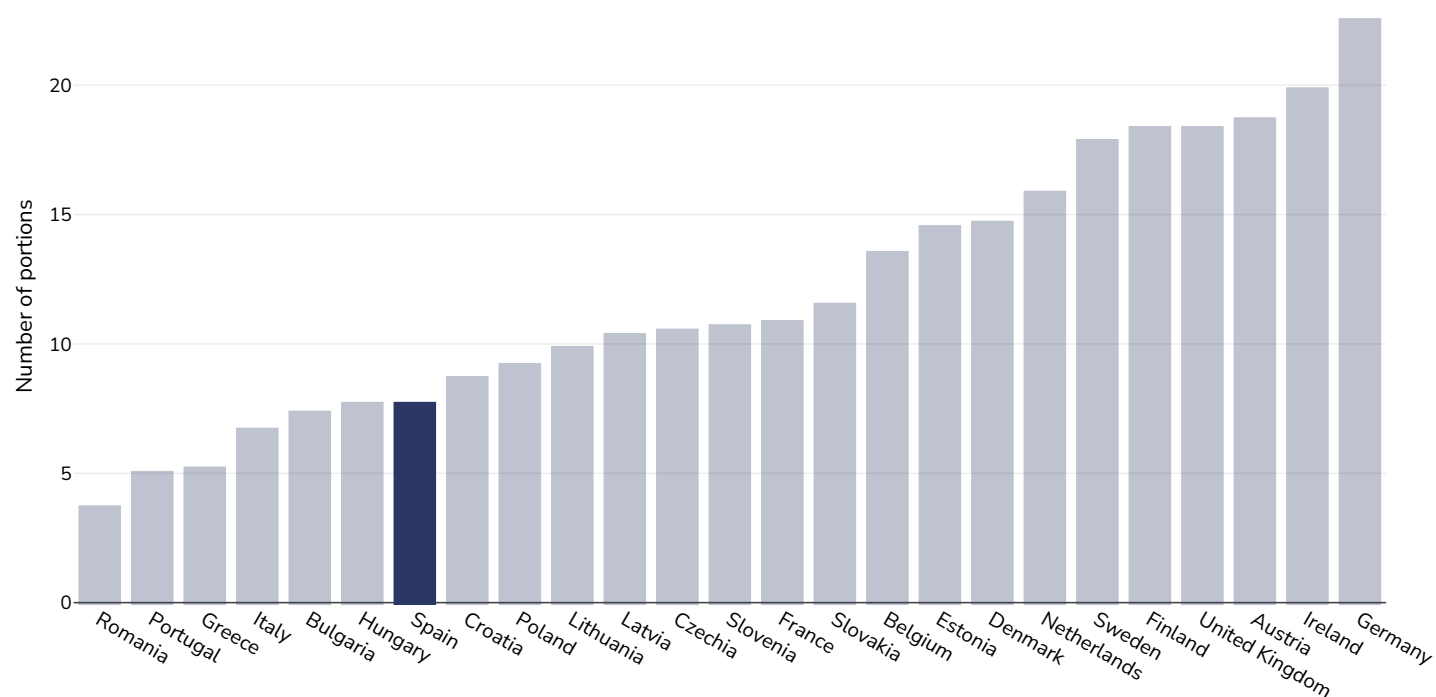


References:

Source: Euromonitor International

Prevalence of confectionery consumption

Adults, 2016



References:

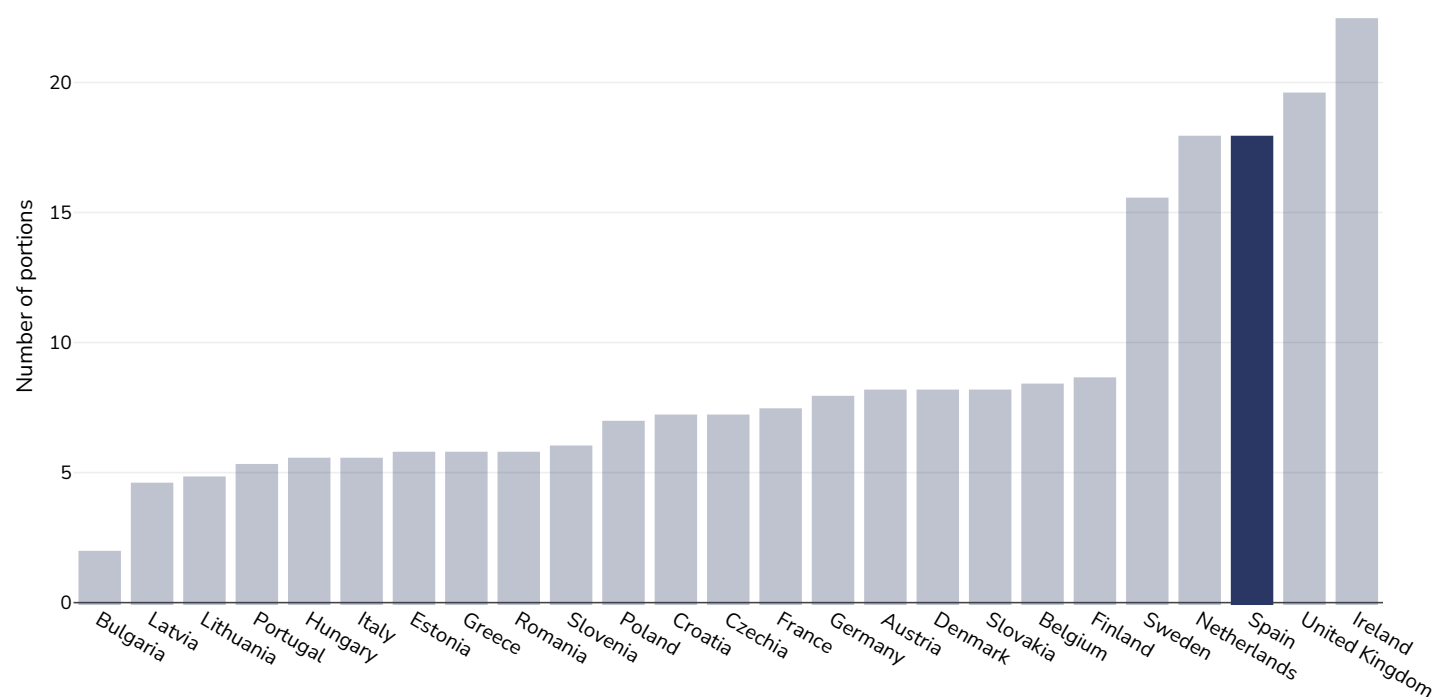
Source: Euromonitor International

Definitions:

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

Prevalence of sweet/savoury snack consumption

Adults, 2016



References:

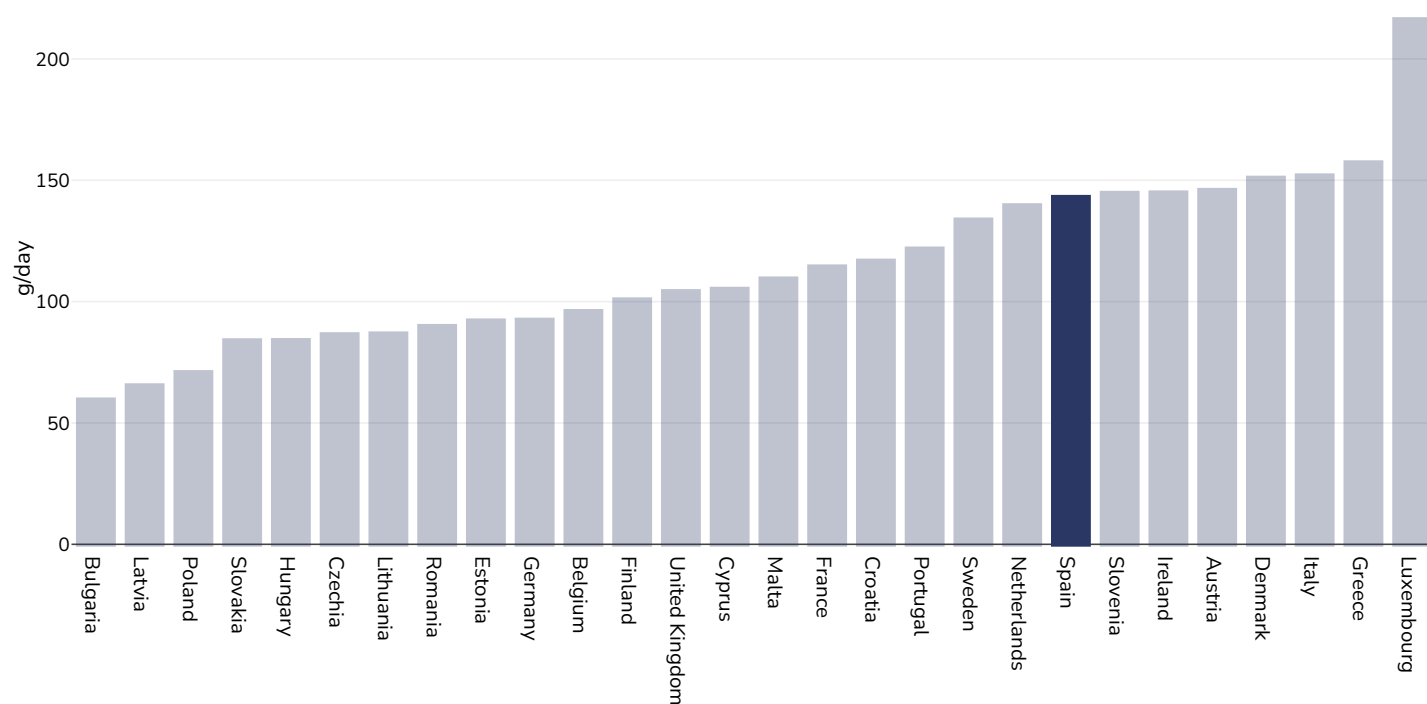
Source: Euromonitor International

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

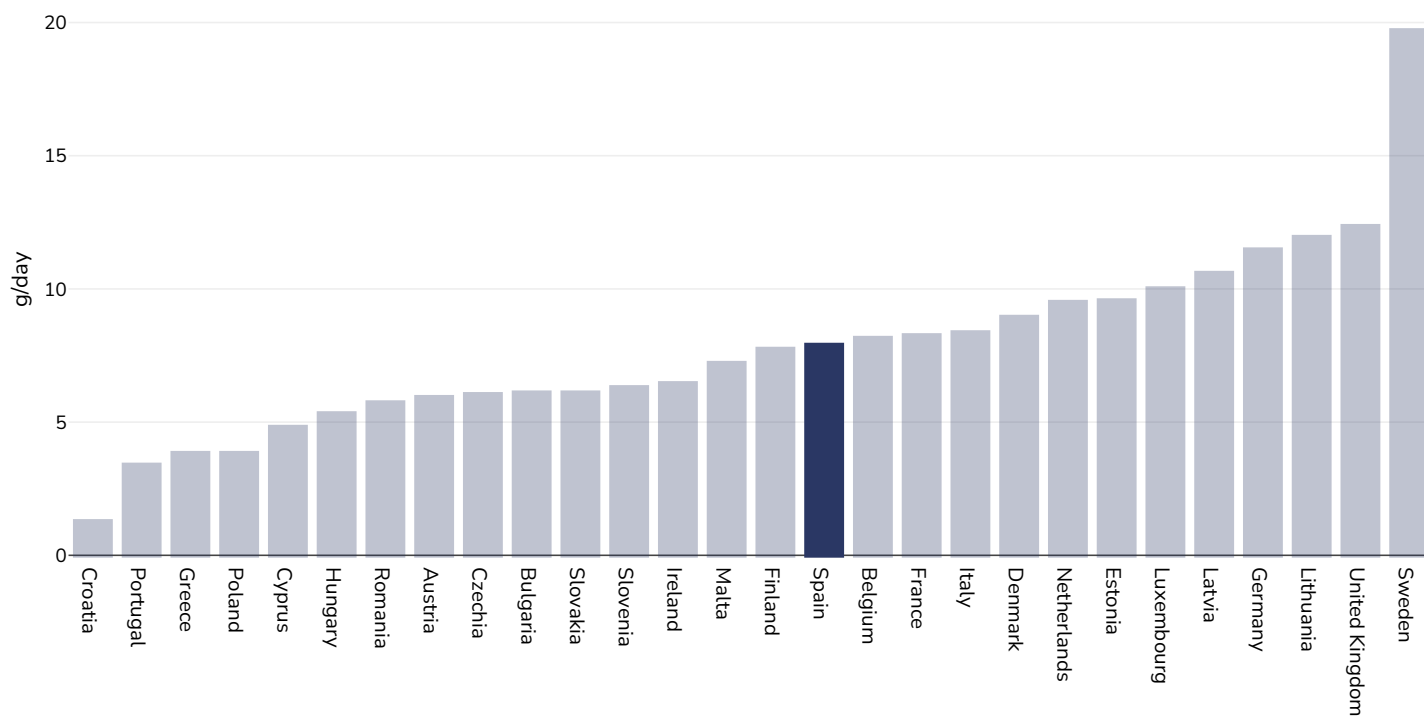
Age: 25+

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

Definitions: Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

Adults, 2017



Survey type: Measured

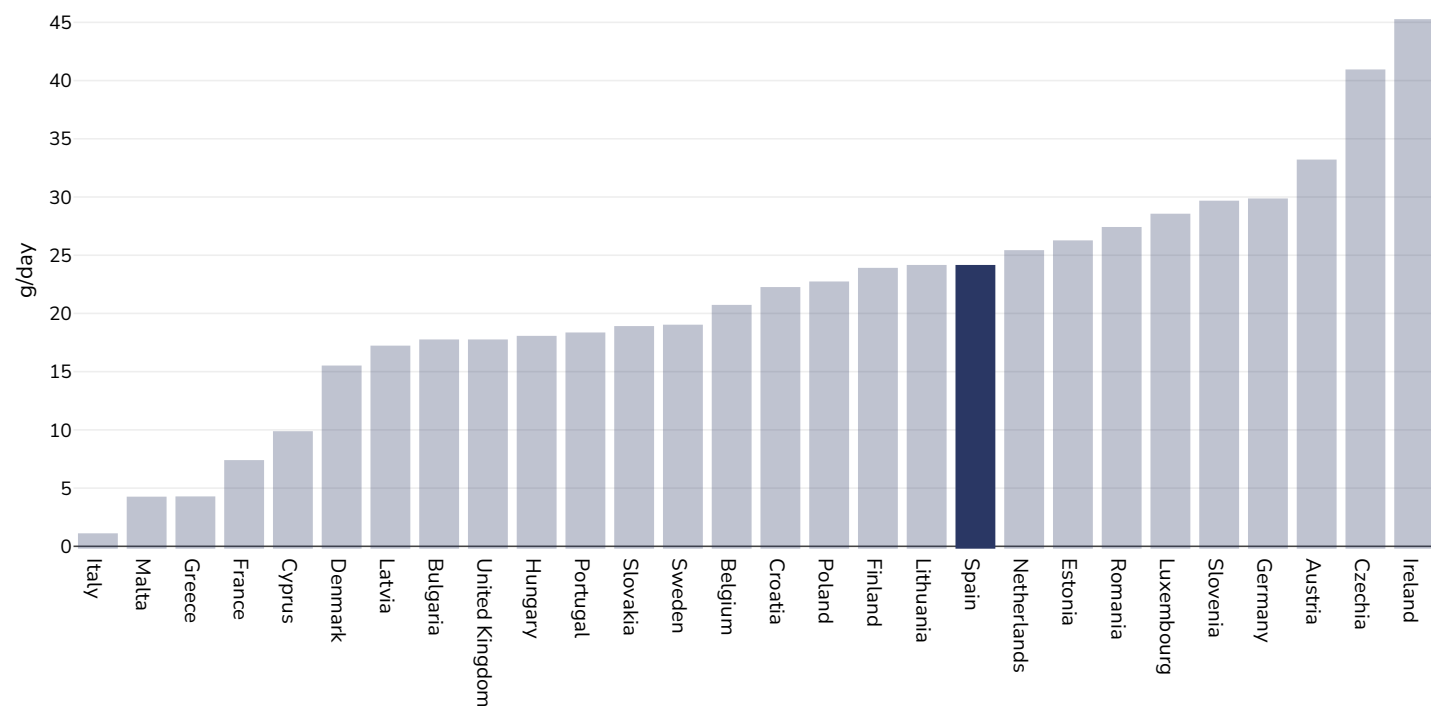
Age: 25+

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

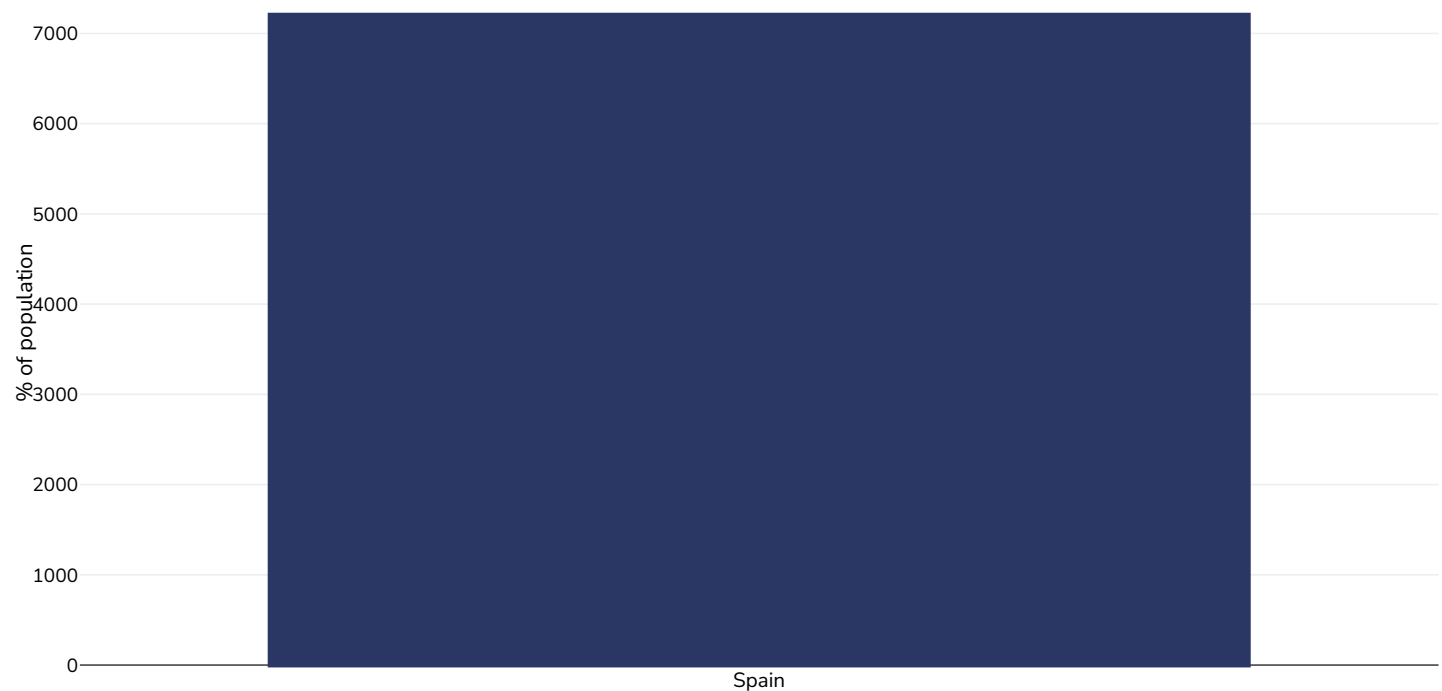
Age: 25+

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)

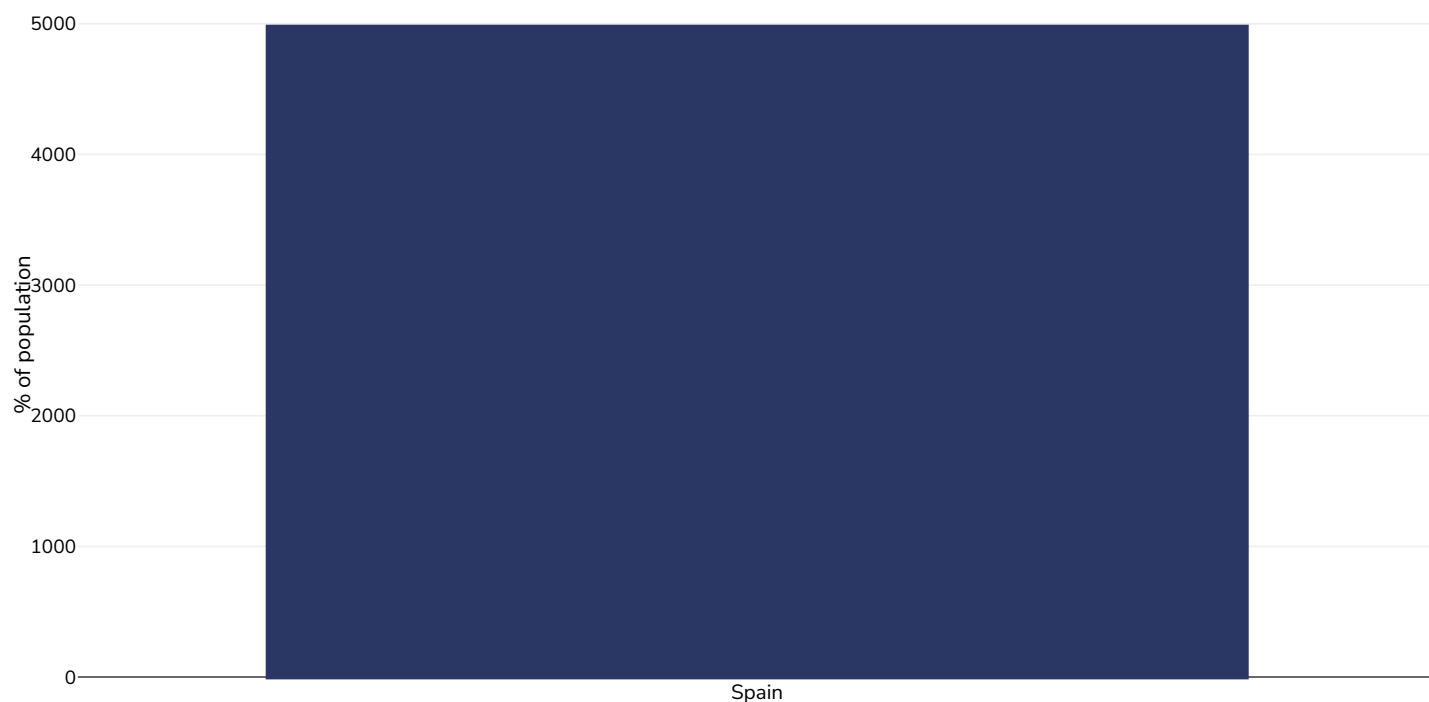
Mental health - depression disorders

Adults, 2021



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Men, 2021



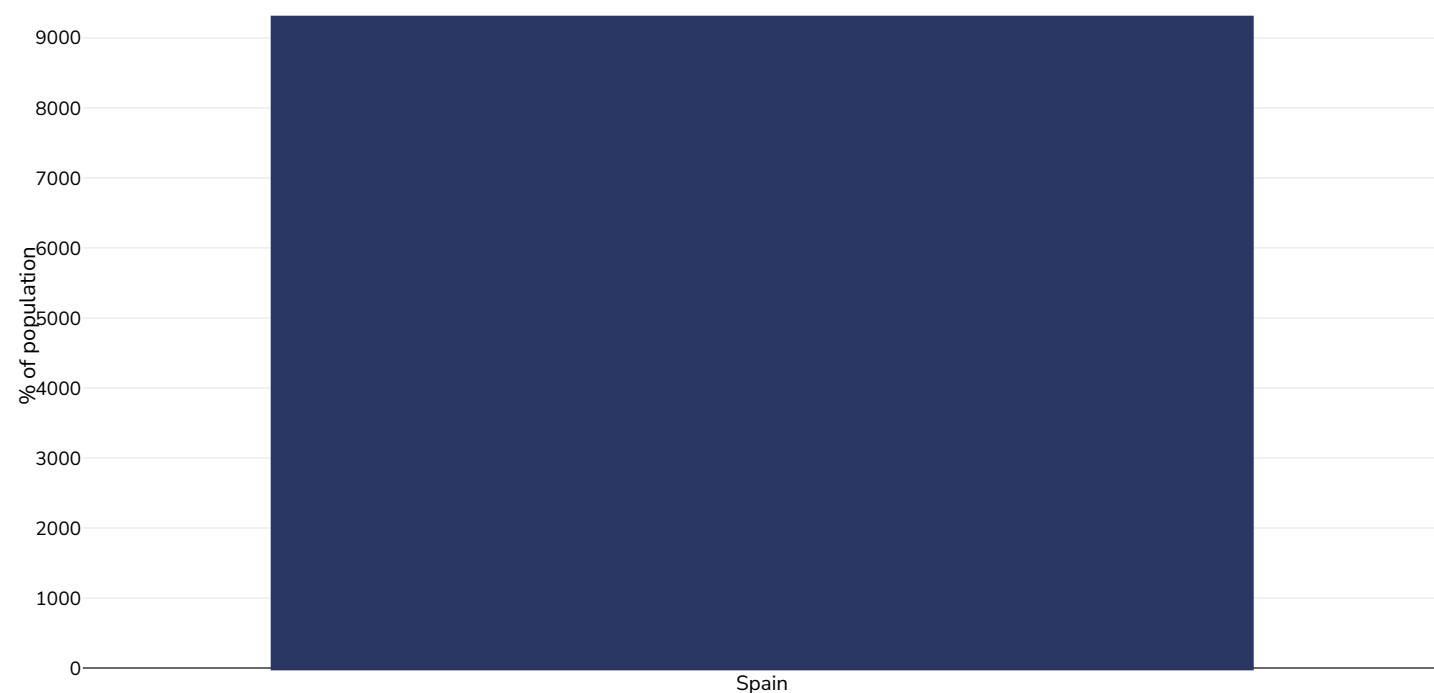
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Women, 2021



Age: 20+

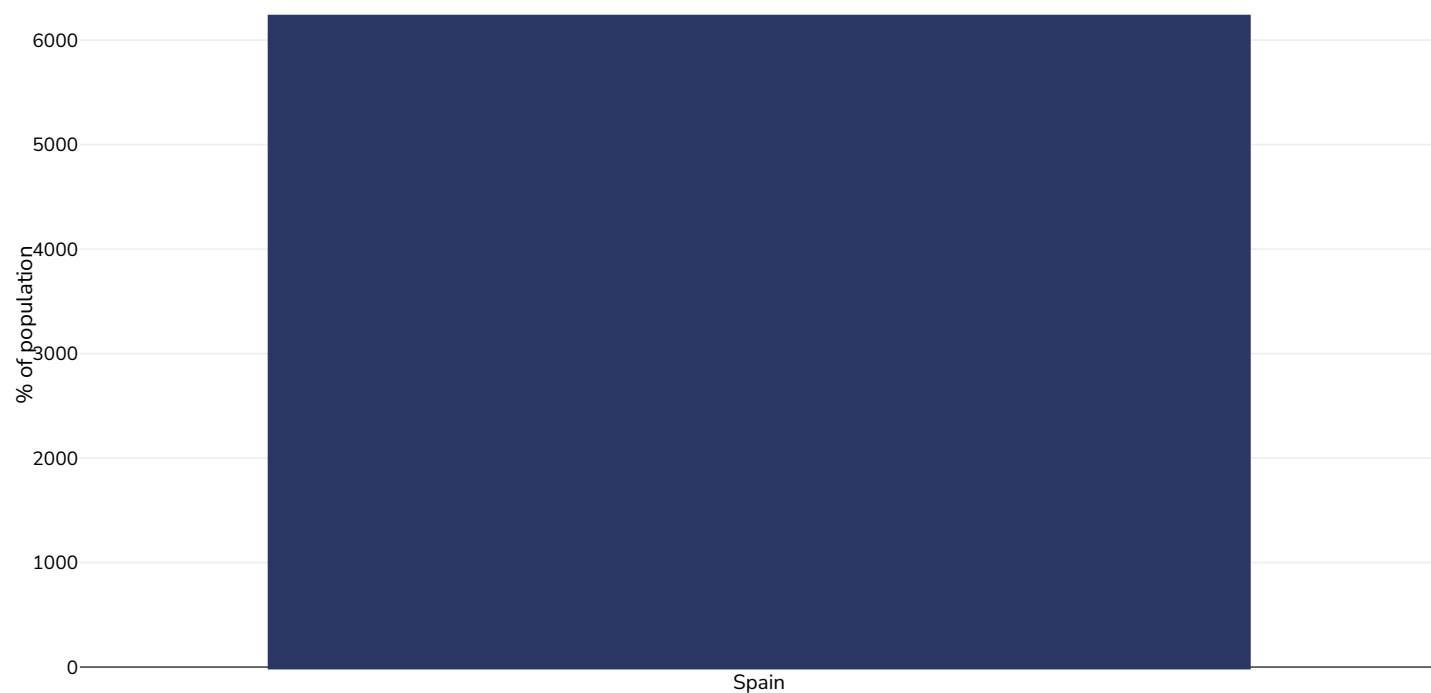
Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Mental health - anxiety disorders

Adults, 2021



Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Men, 2021

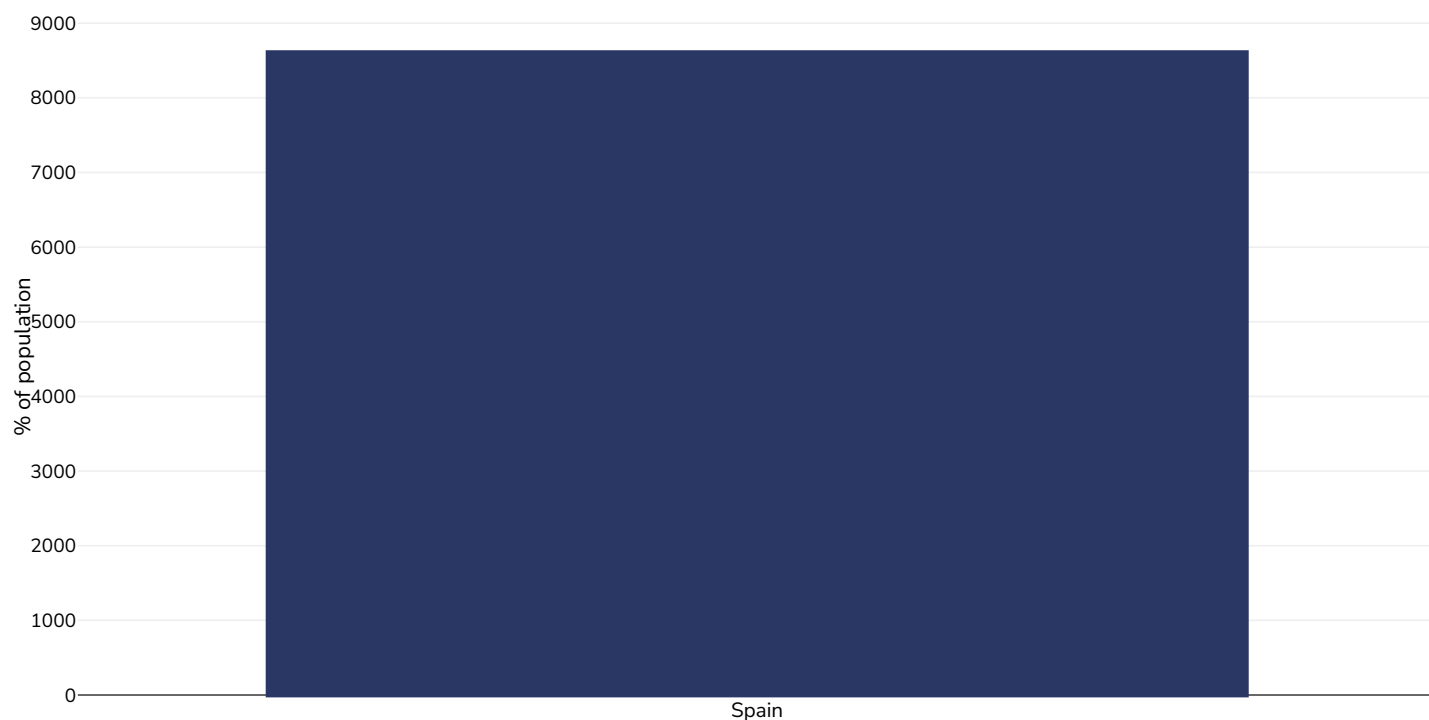


Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Women, 2021



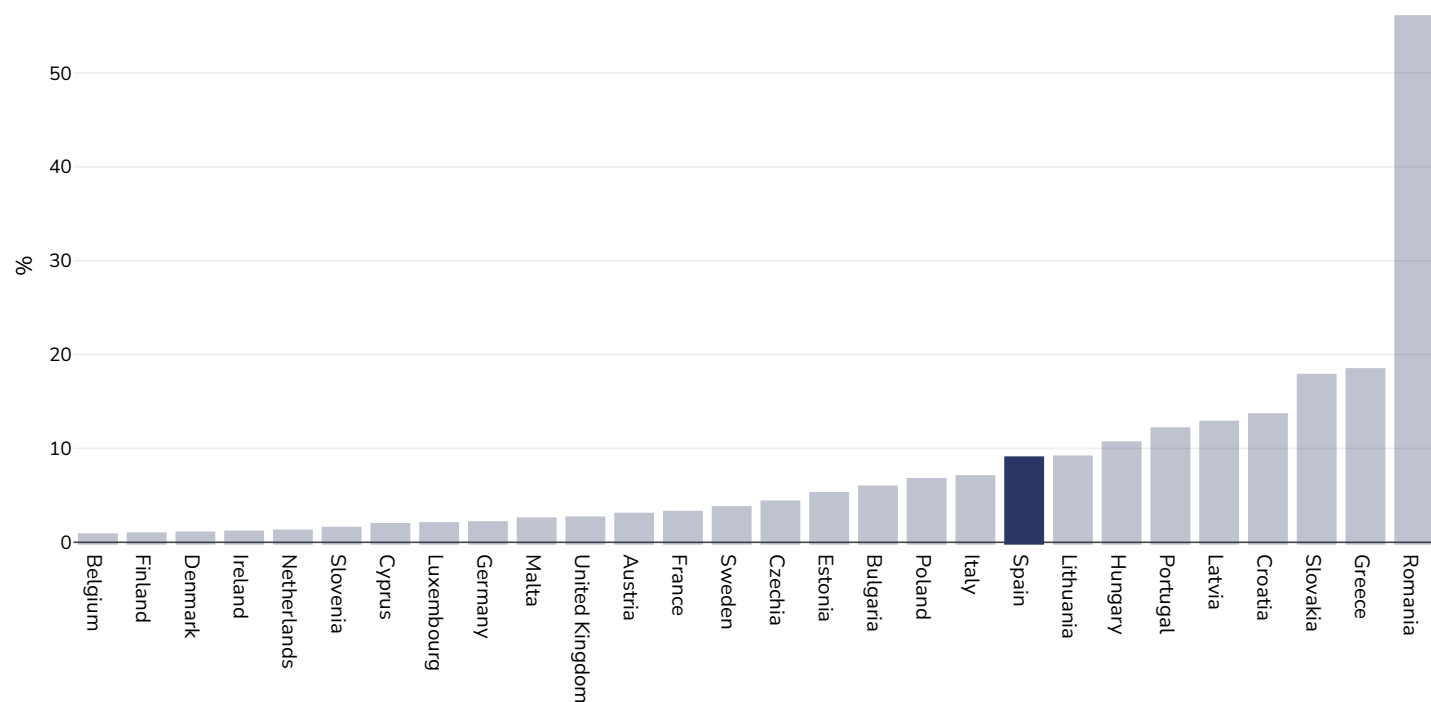
Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered:

National

References:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. <https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

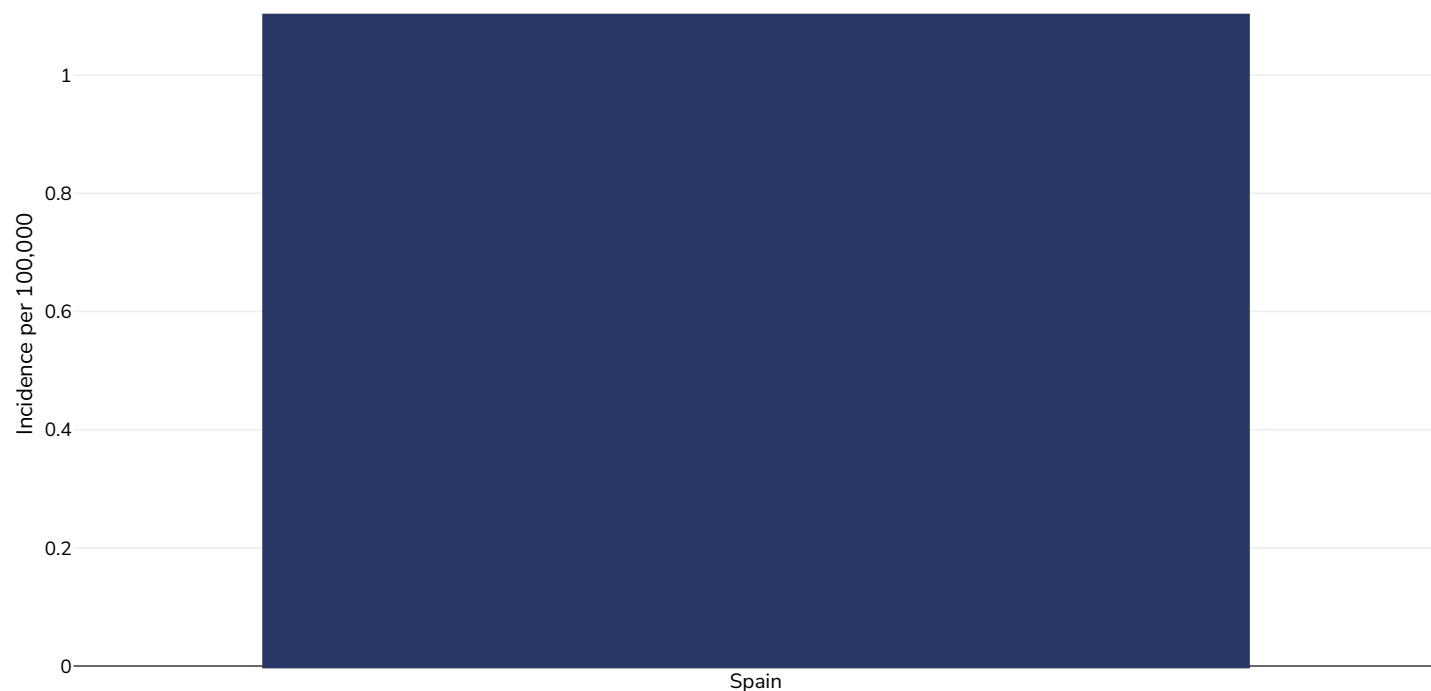
Oesophageal cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Indicence per 100,000

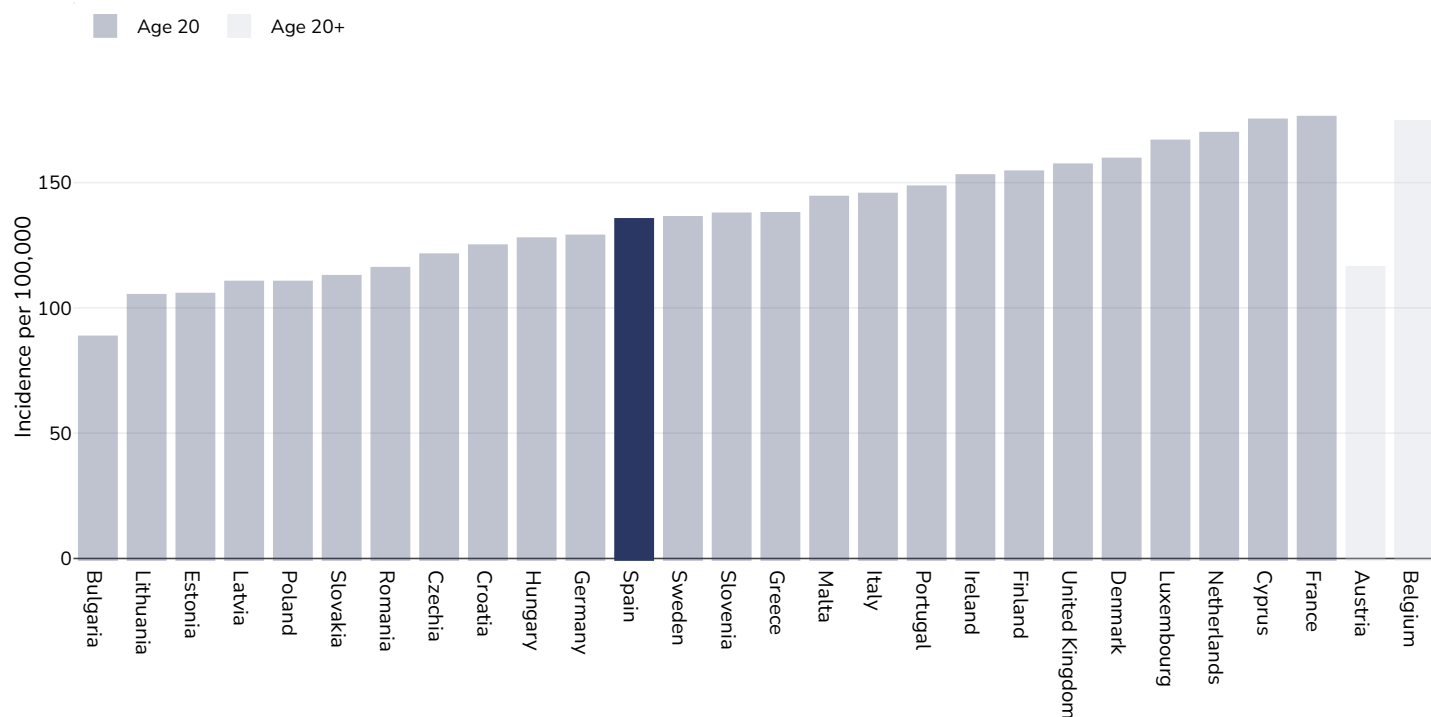
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Indicence per 100,000

Breast cancer

Women, 2022



Area covered:

National

References:

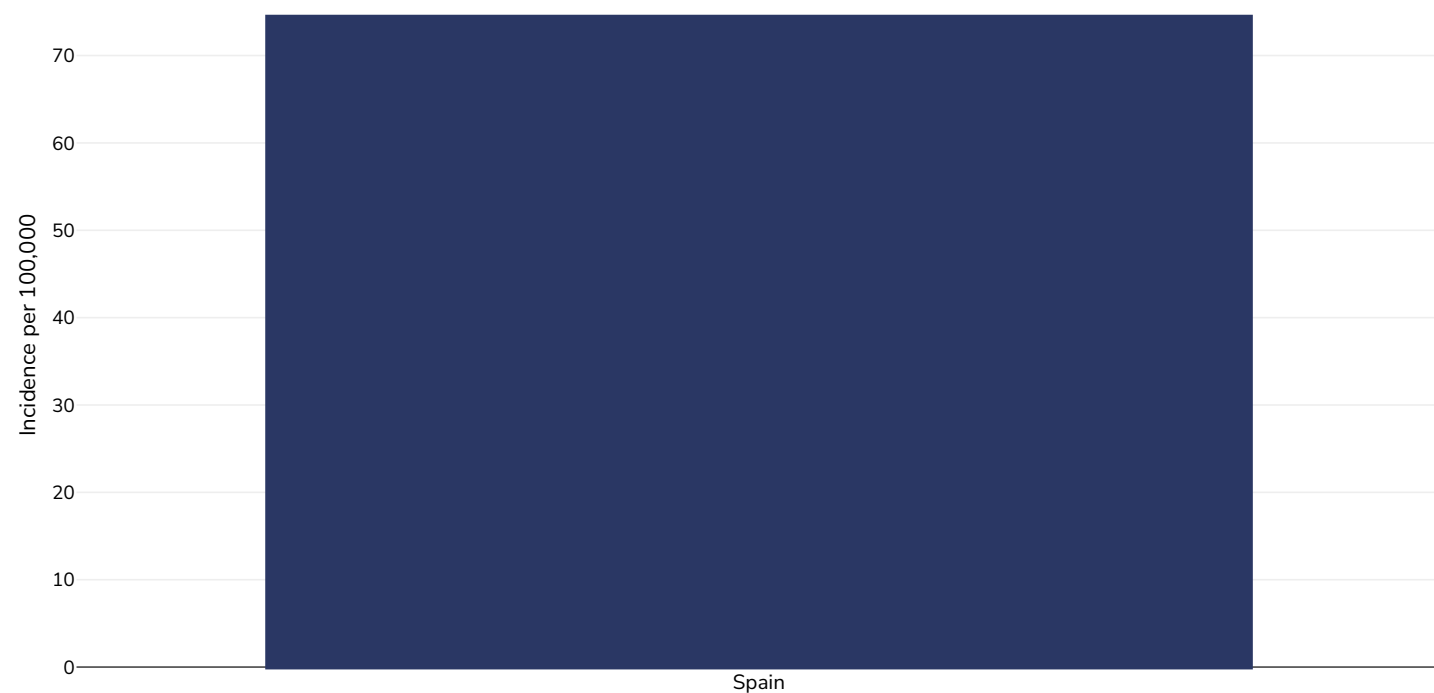
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions:

Incidence per 100,000

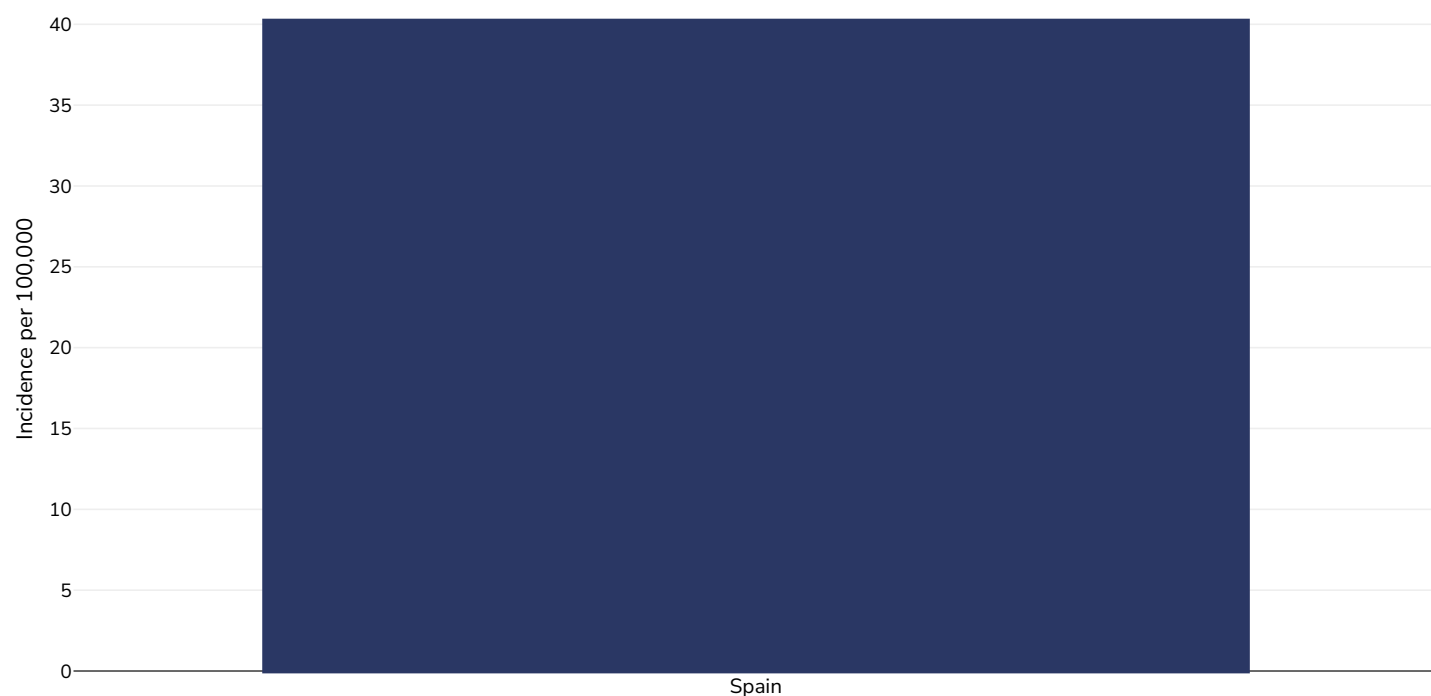
Colorectal cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Incidence per 100,000

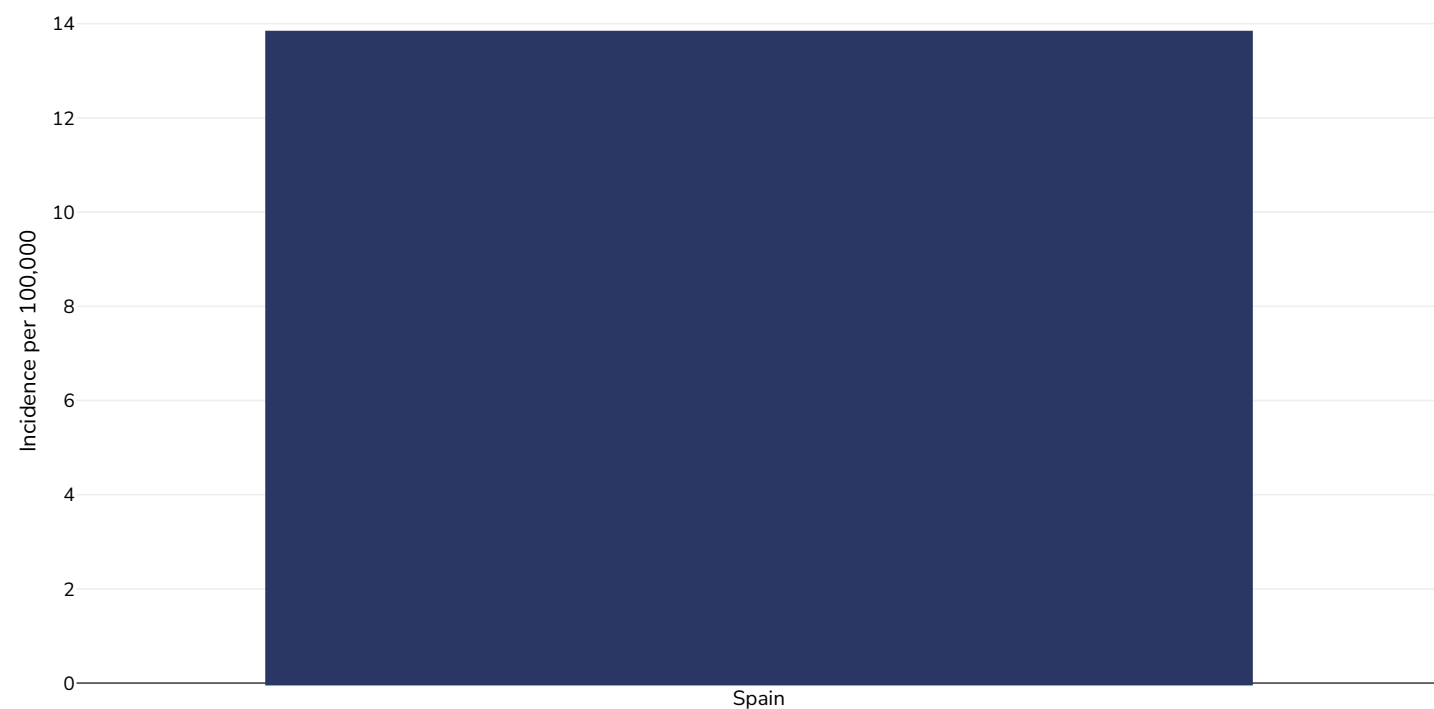
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Incidence per 100,000

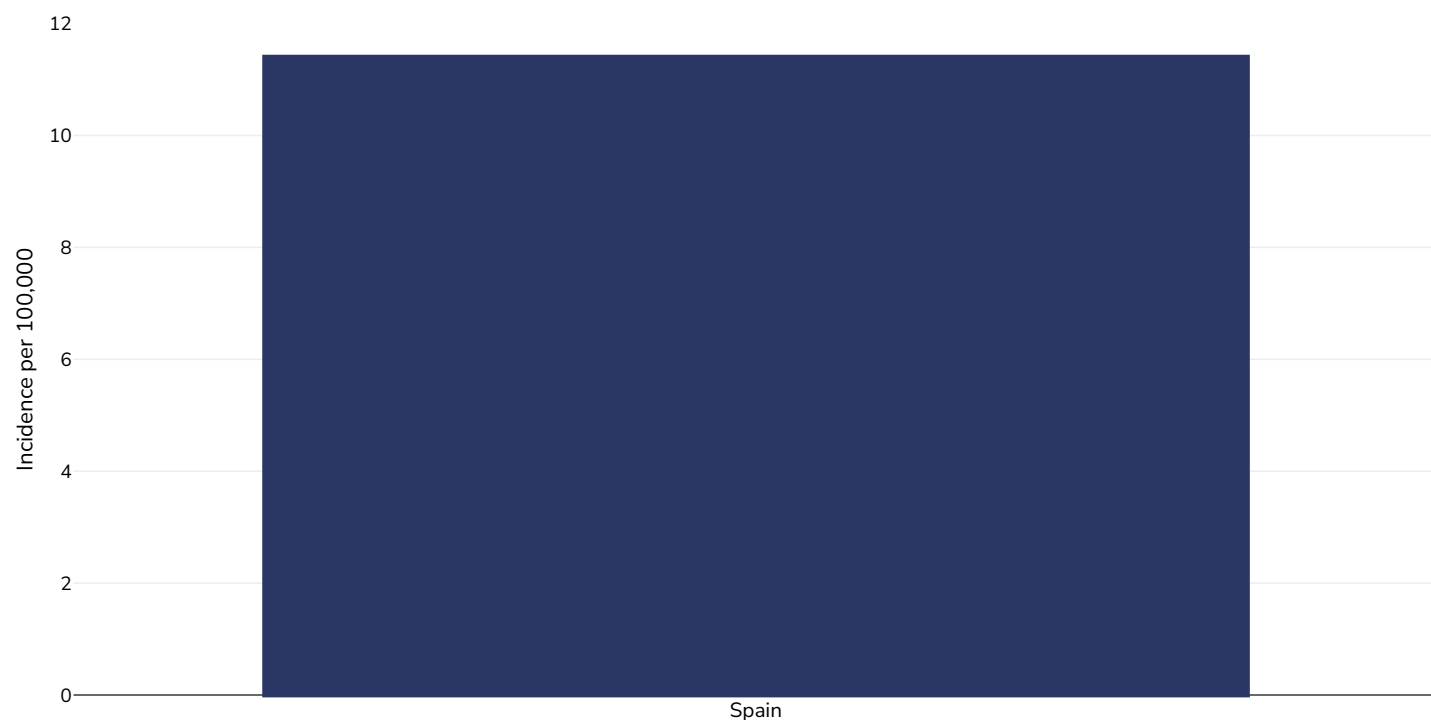
Pancreatic cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Incidence per 100,000

Gallbladder cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Indicence per 100,000

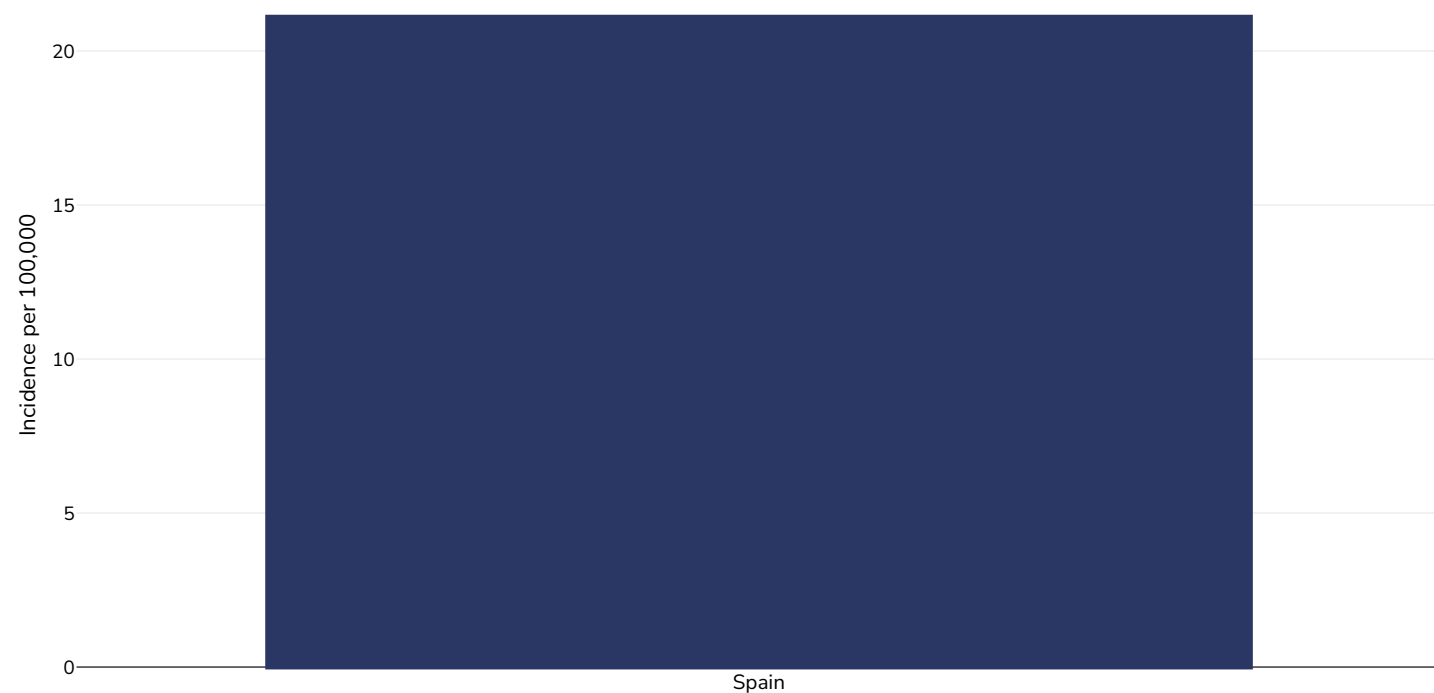
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Indicence per 100,000

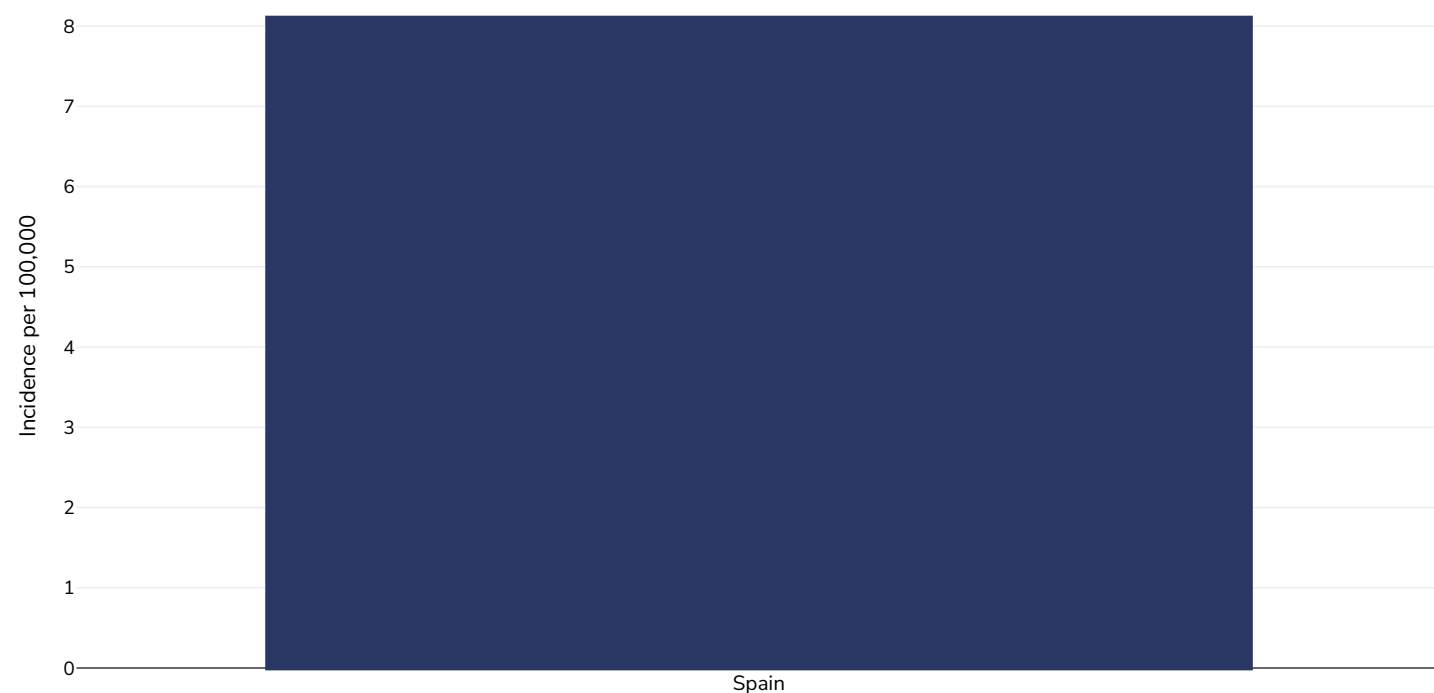
Kidney cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022



Age: 20+

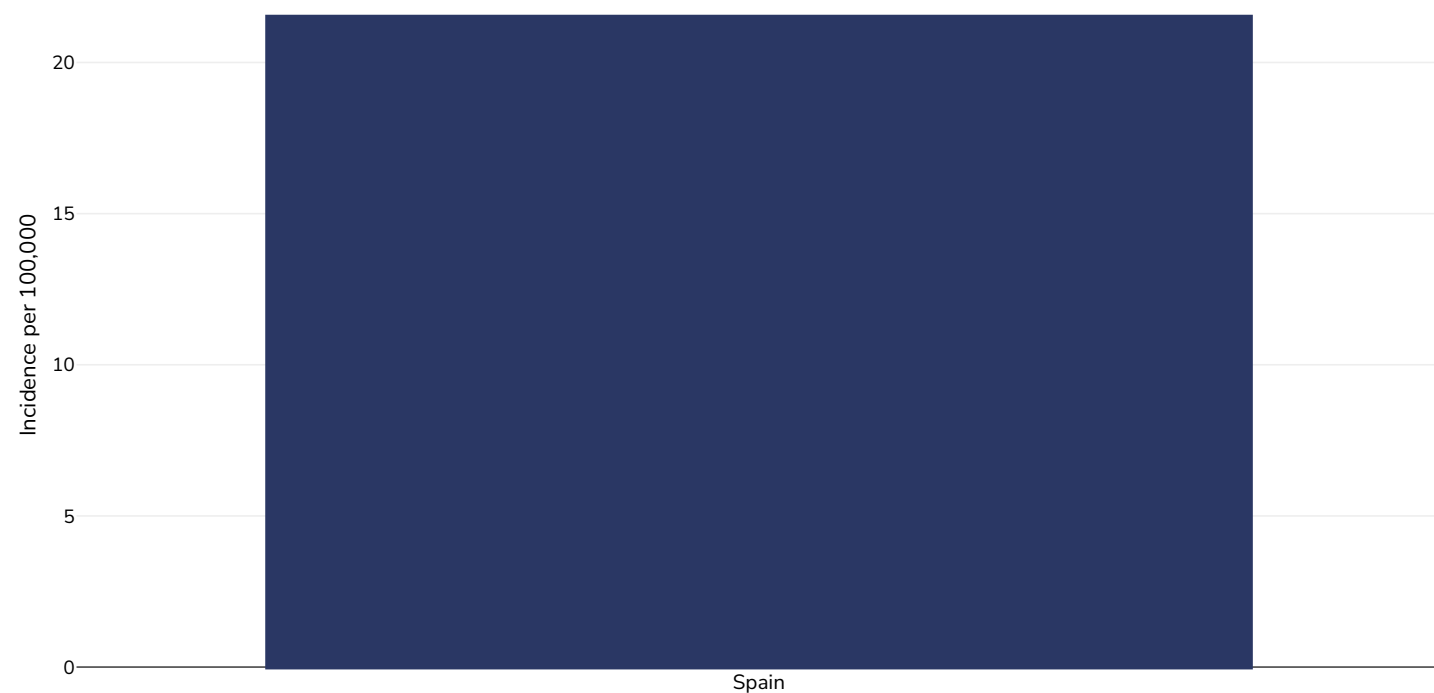
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Cancer of the uterus

Women, 2022



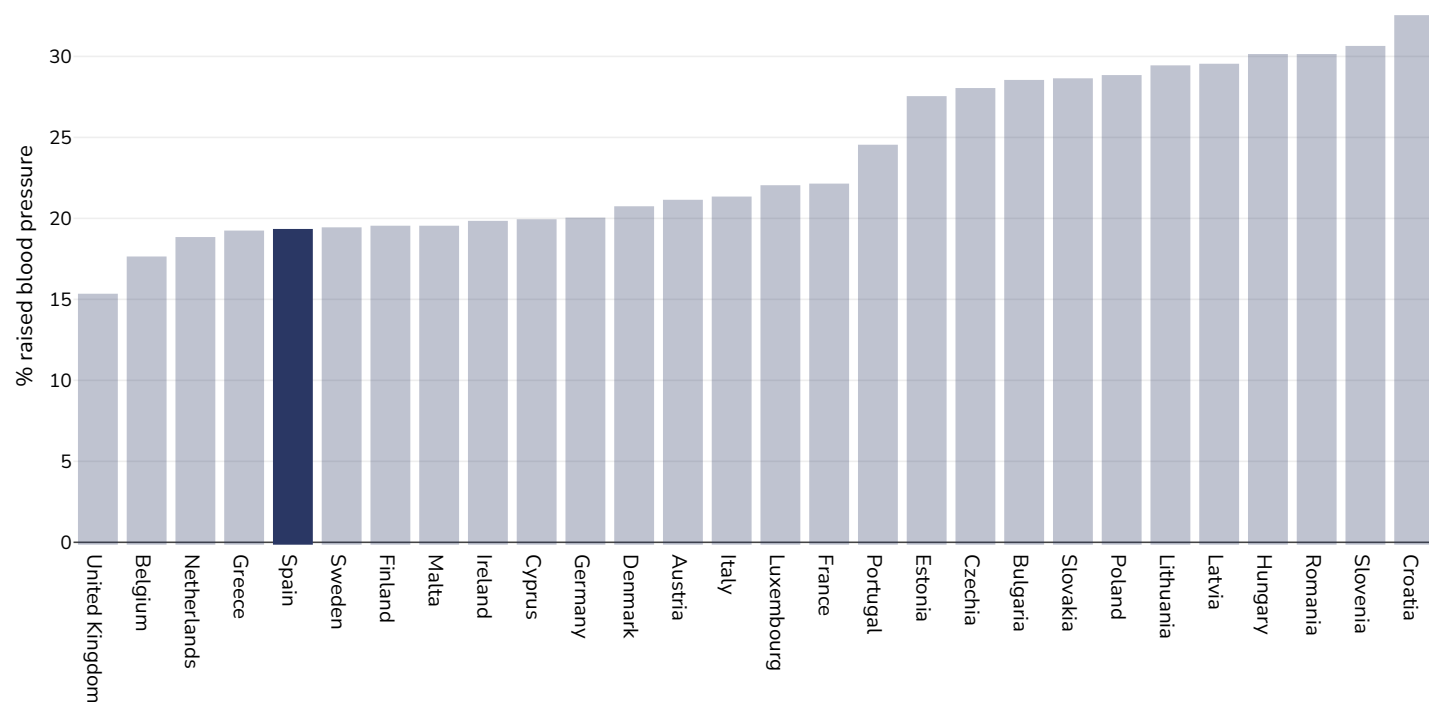
Age: 20+

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Raised blood pressure

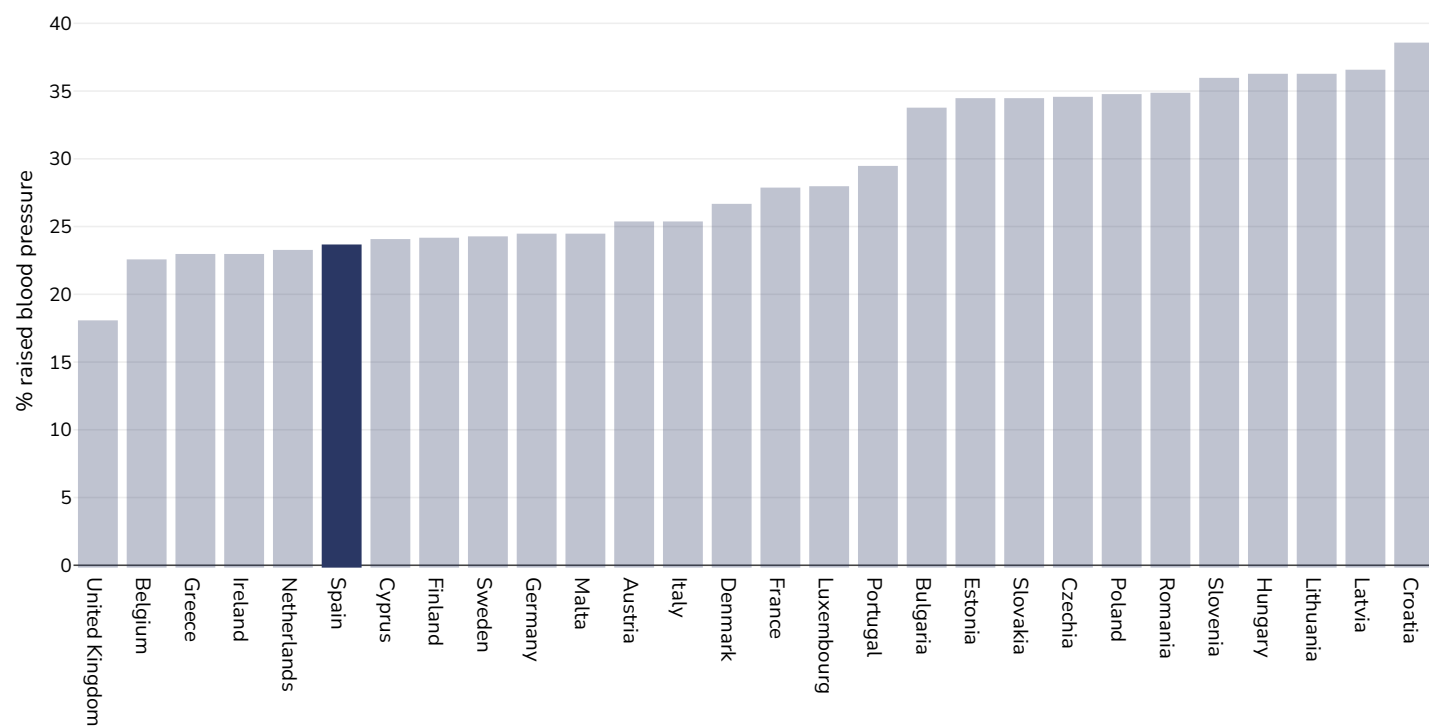
Adults, 2015



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).

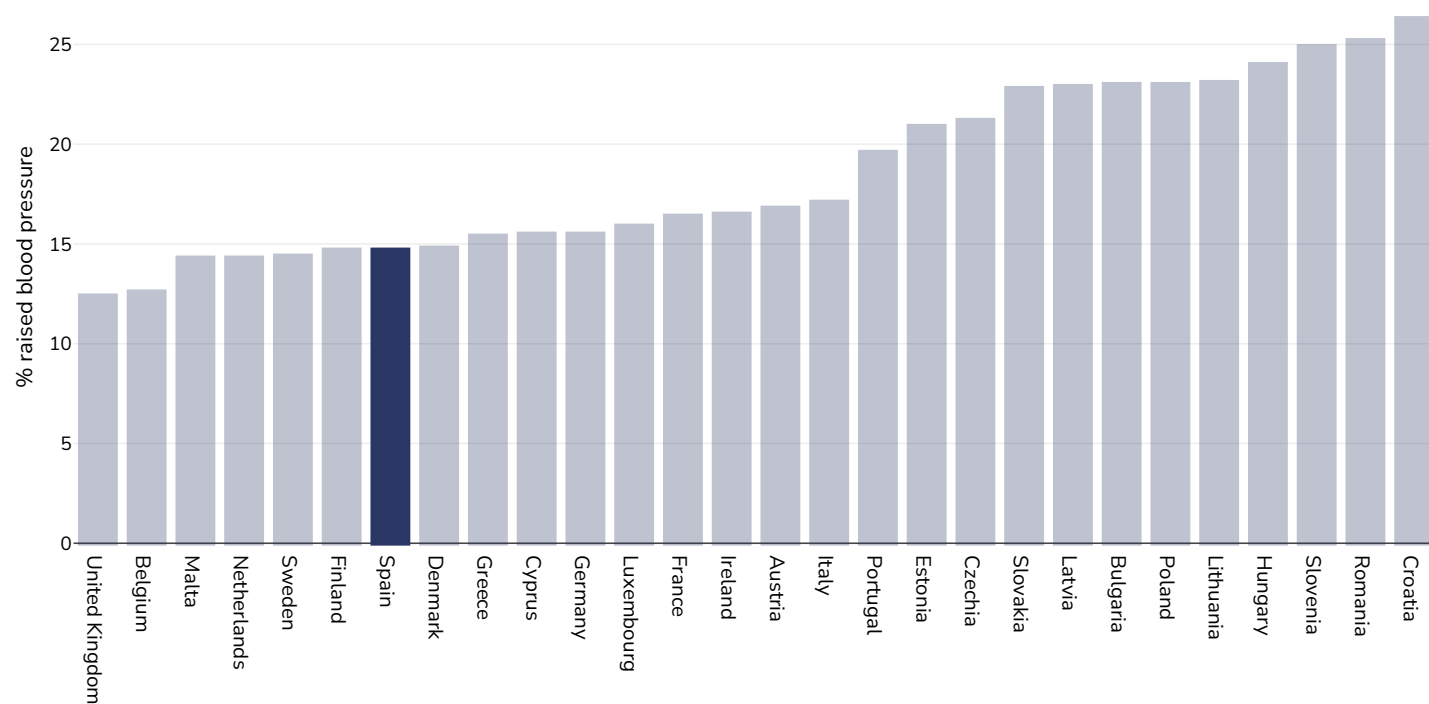
Men, 2015



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

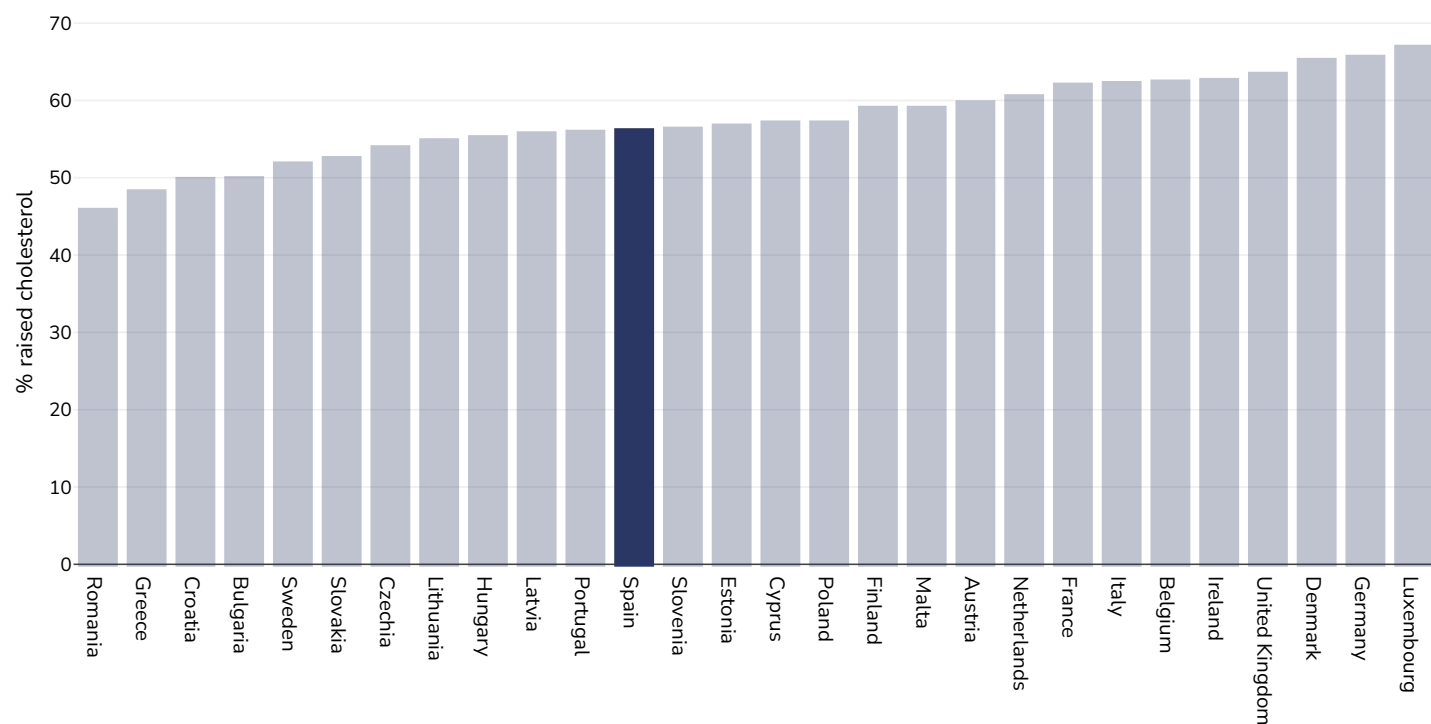


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

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

Raised cholesterol

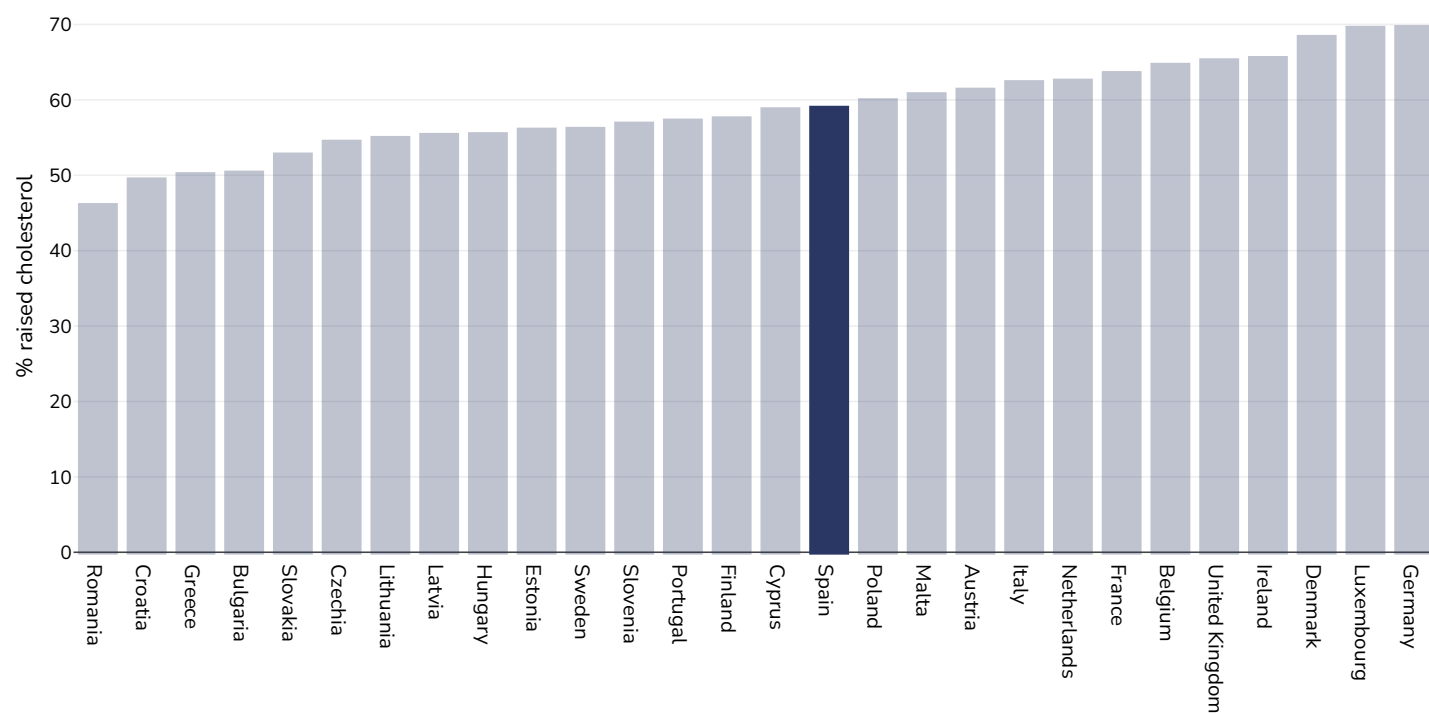
Adults, 2008



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

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

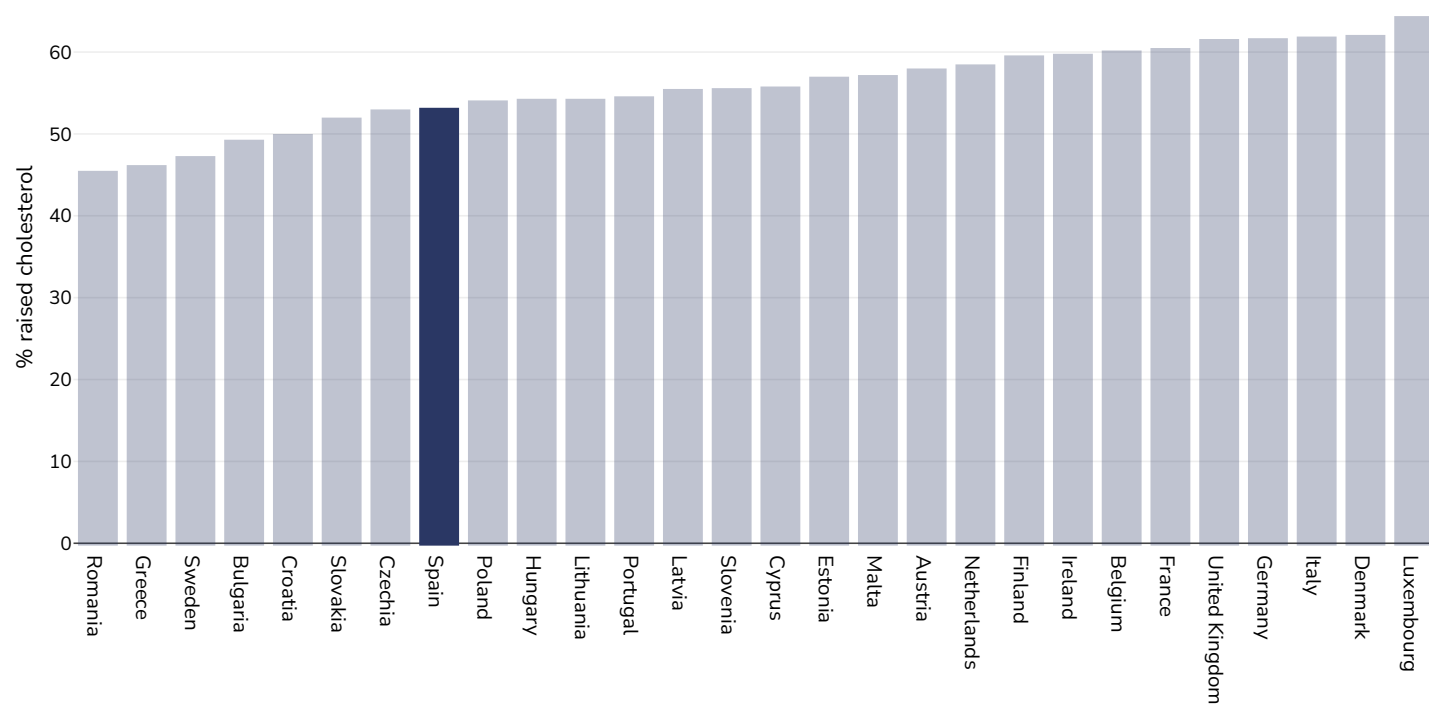
Men, 2008



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

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Women, 2008

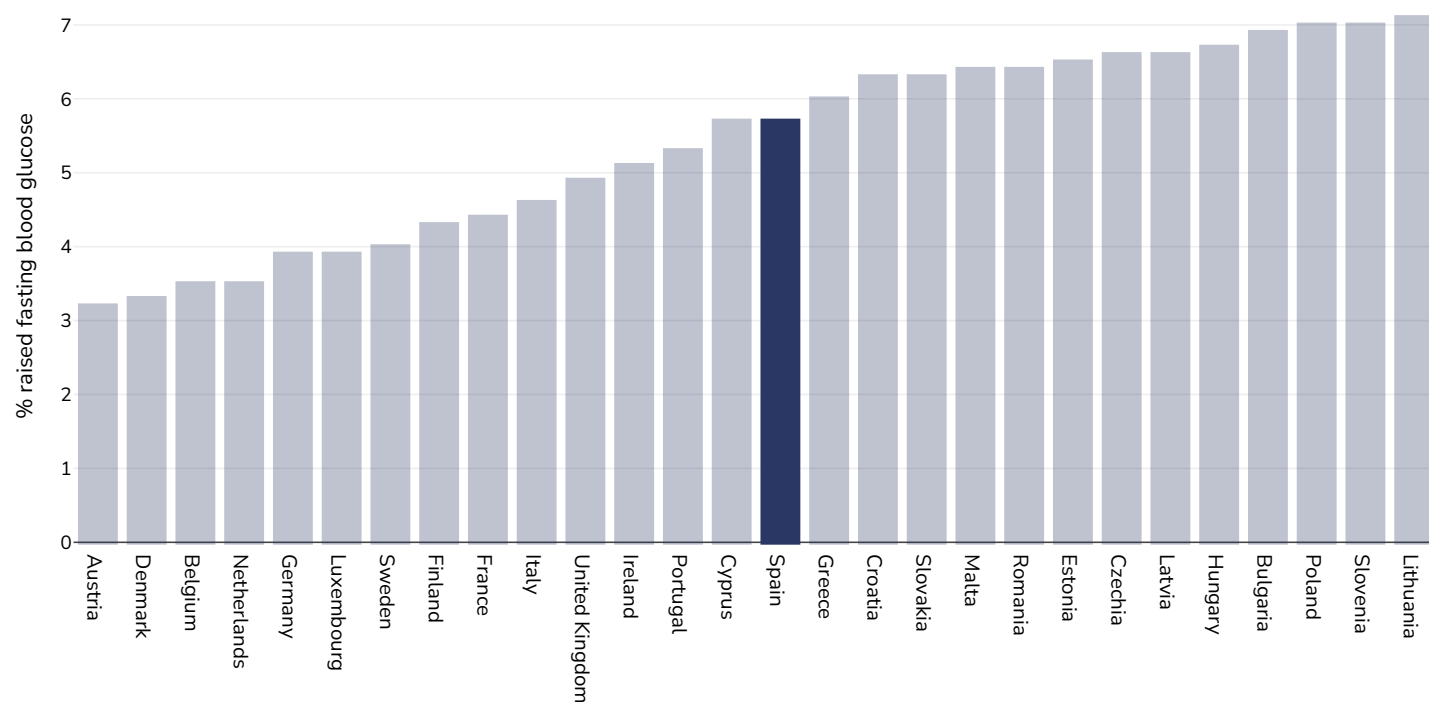


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

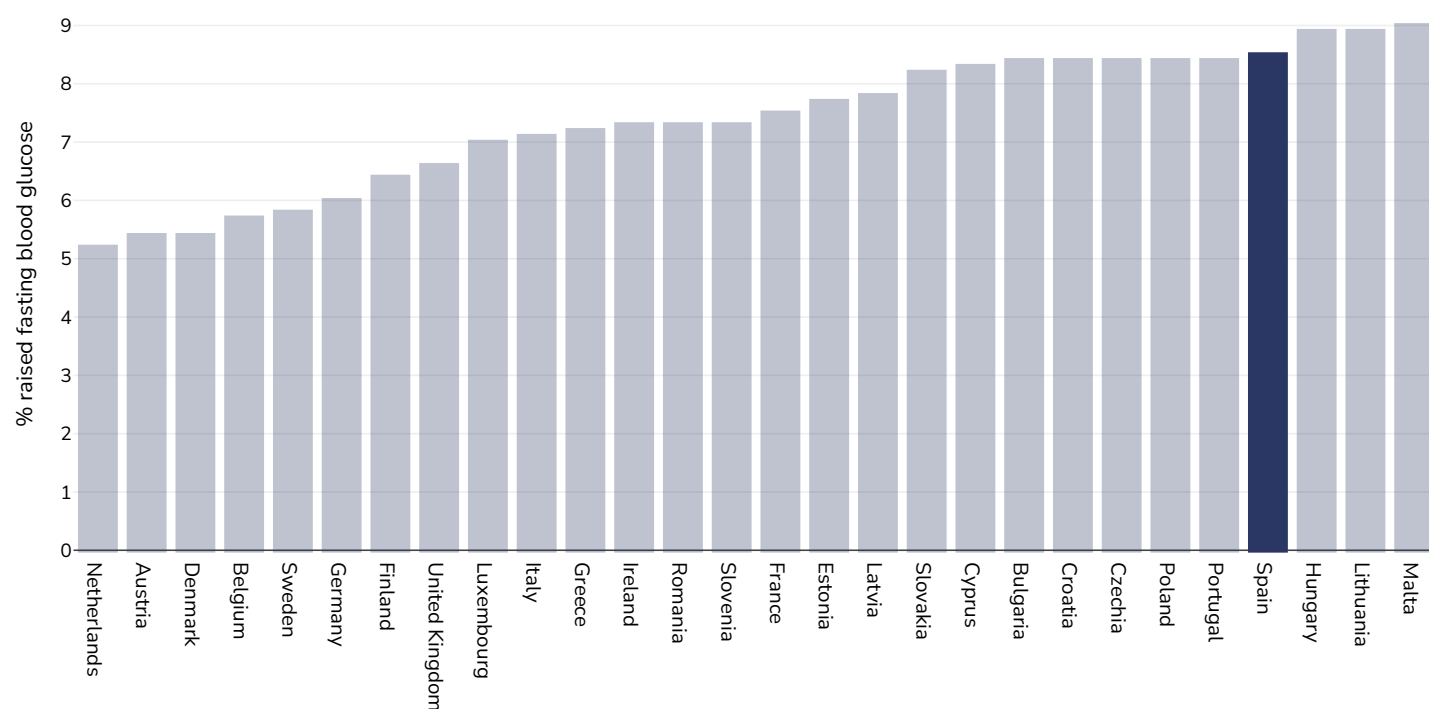
Men, 2014



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 (≥ 7.0 mmol/L or on medication).

Women, 2014

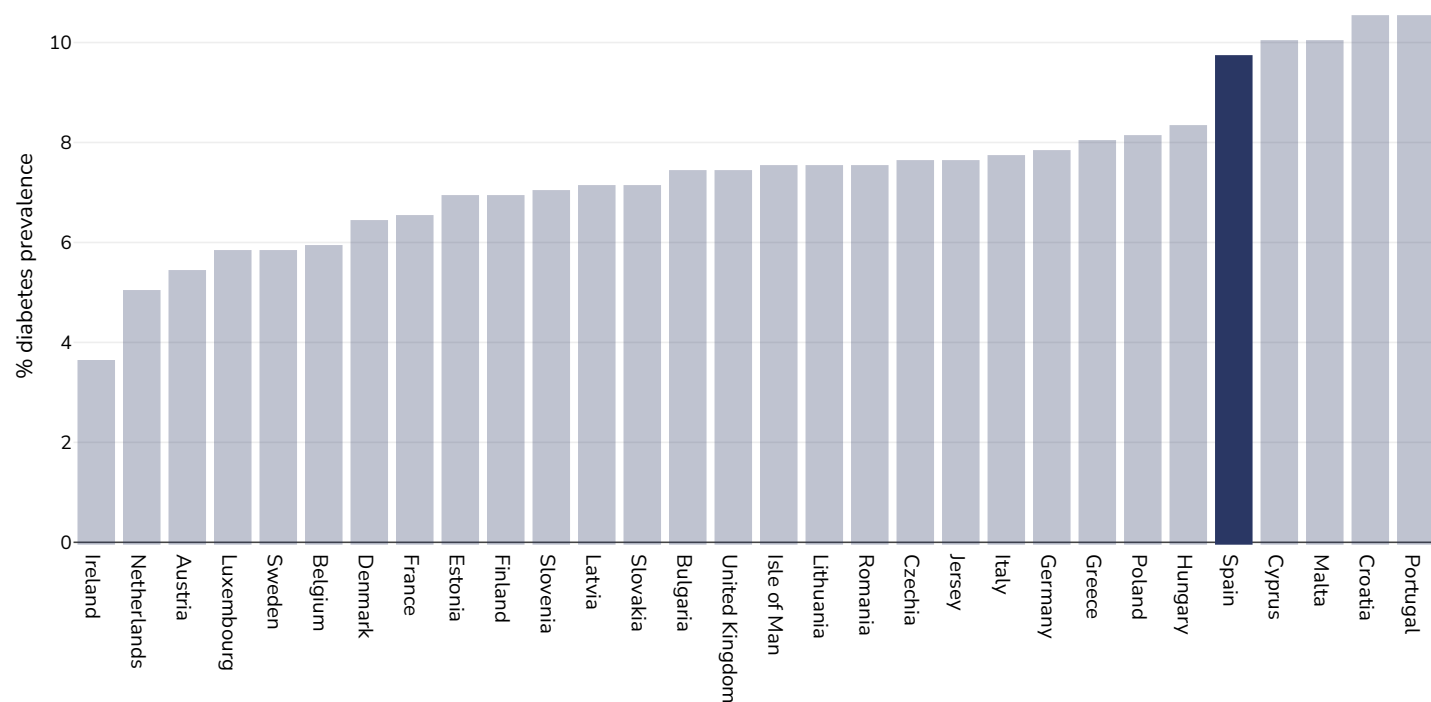


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Diabetes prevalence

Adults, 2024

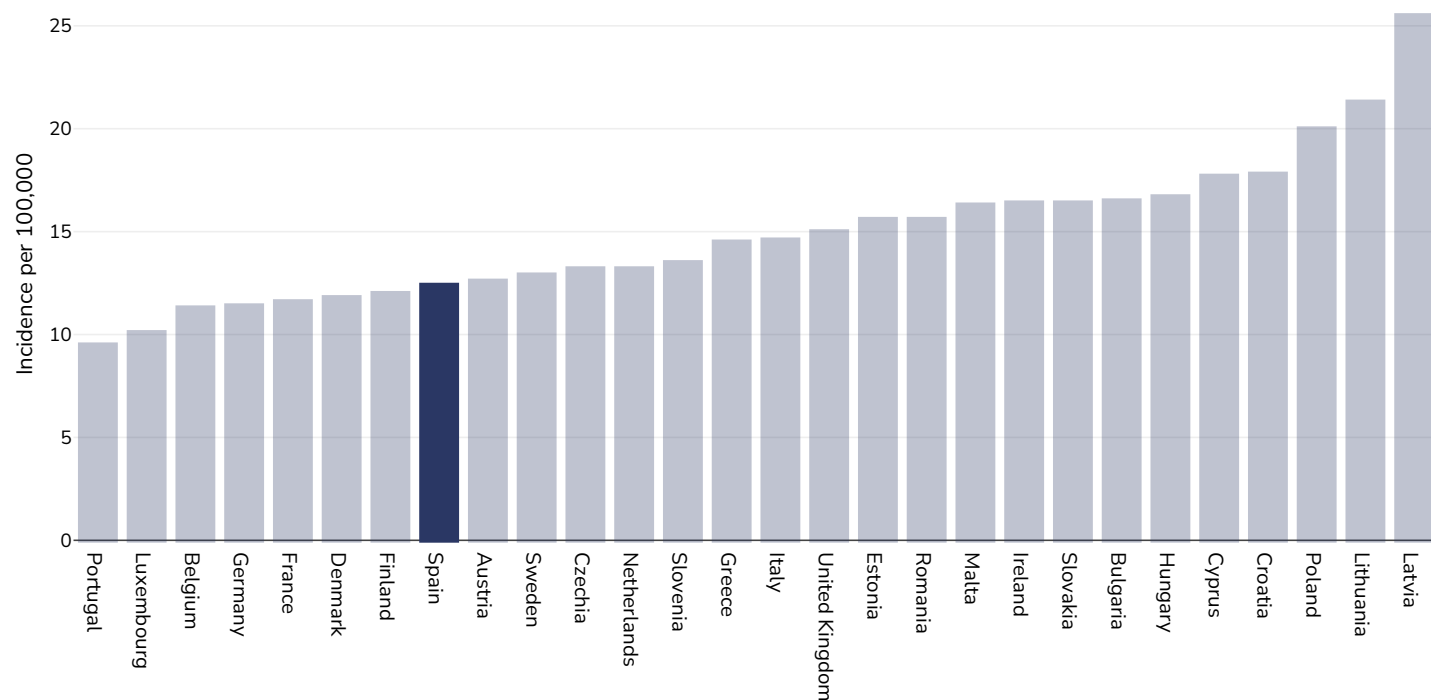


References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <http://www.diabetesatlas.org>

Ovarian Cancer

Women, 2022



Age: 20+

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Leukemia

Men, 2022



Age: 20+

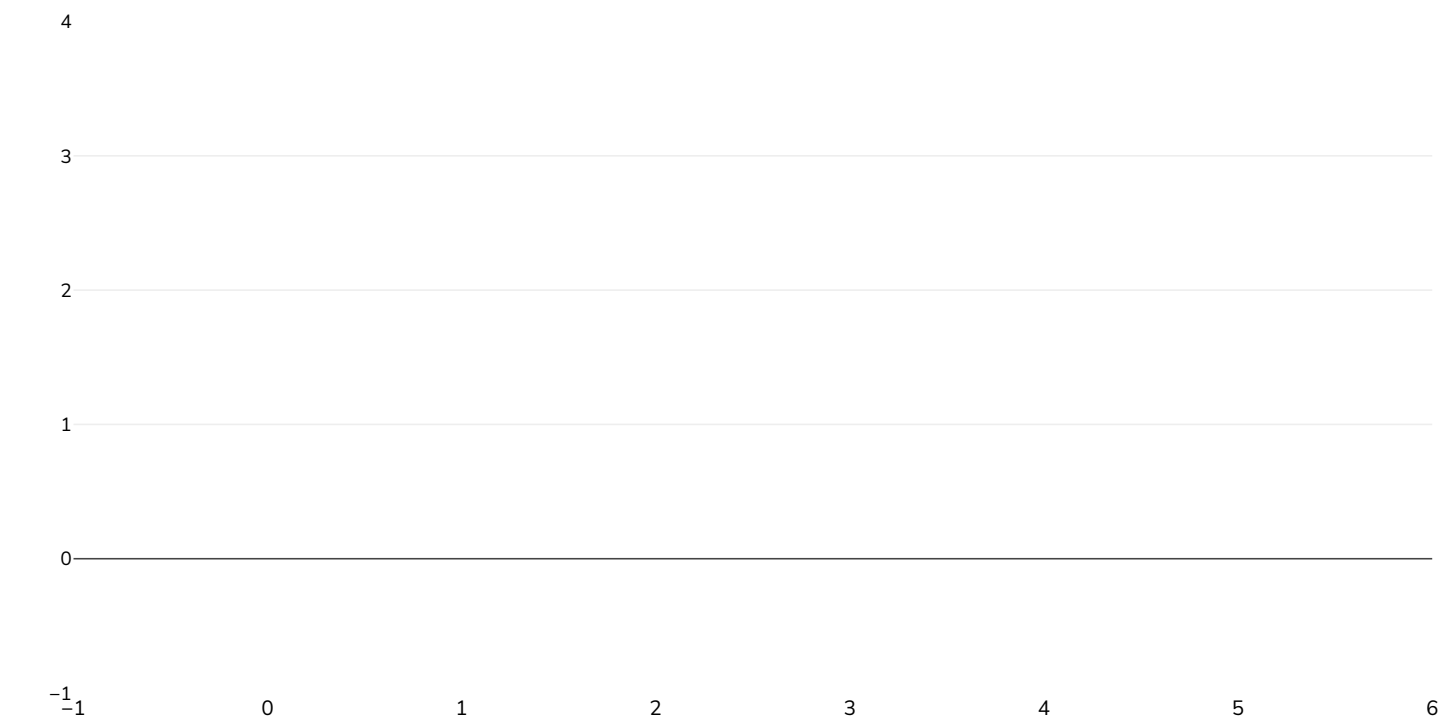
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022



Age: 20+

Area covered: National

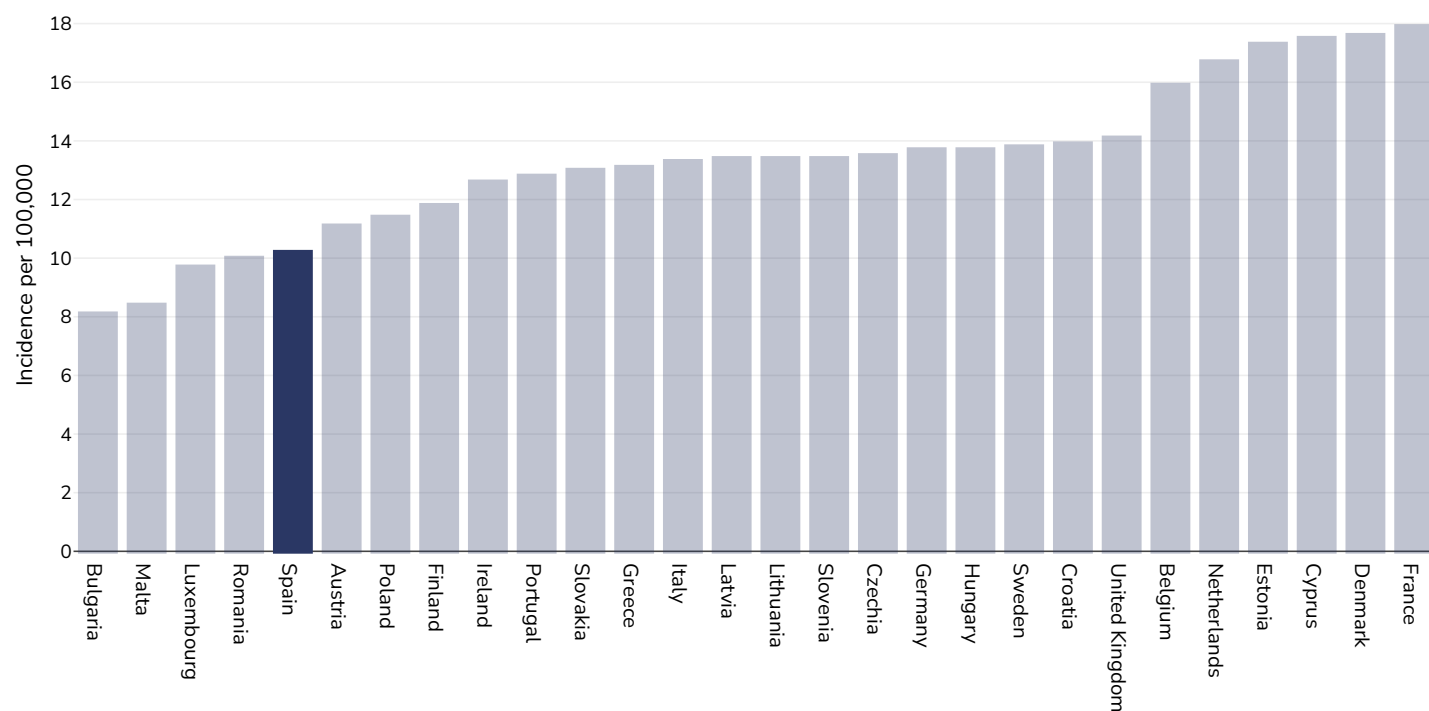
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Leukemia

Men, 2022



Age: 20+

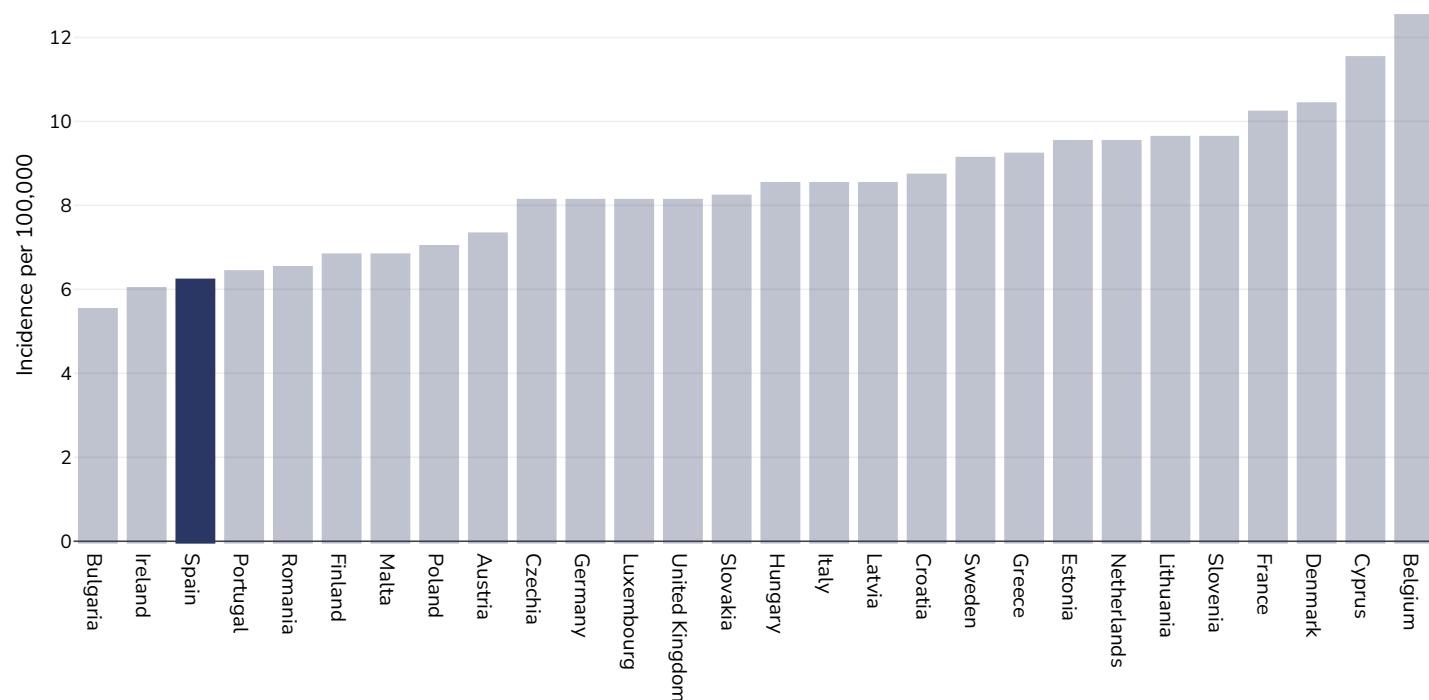
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022



Age: 20+

Area covered: National

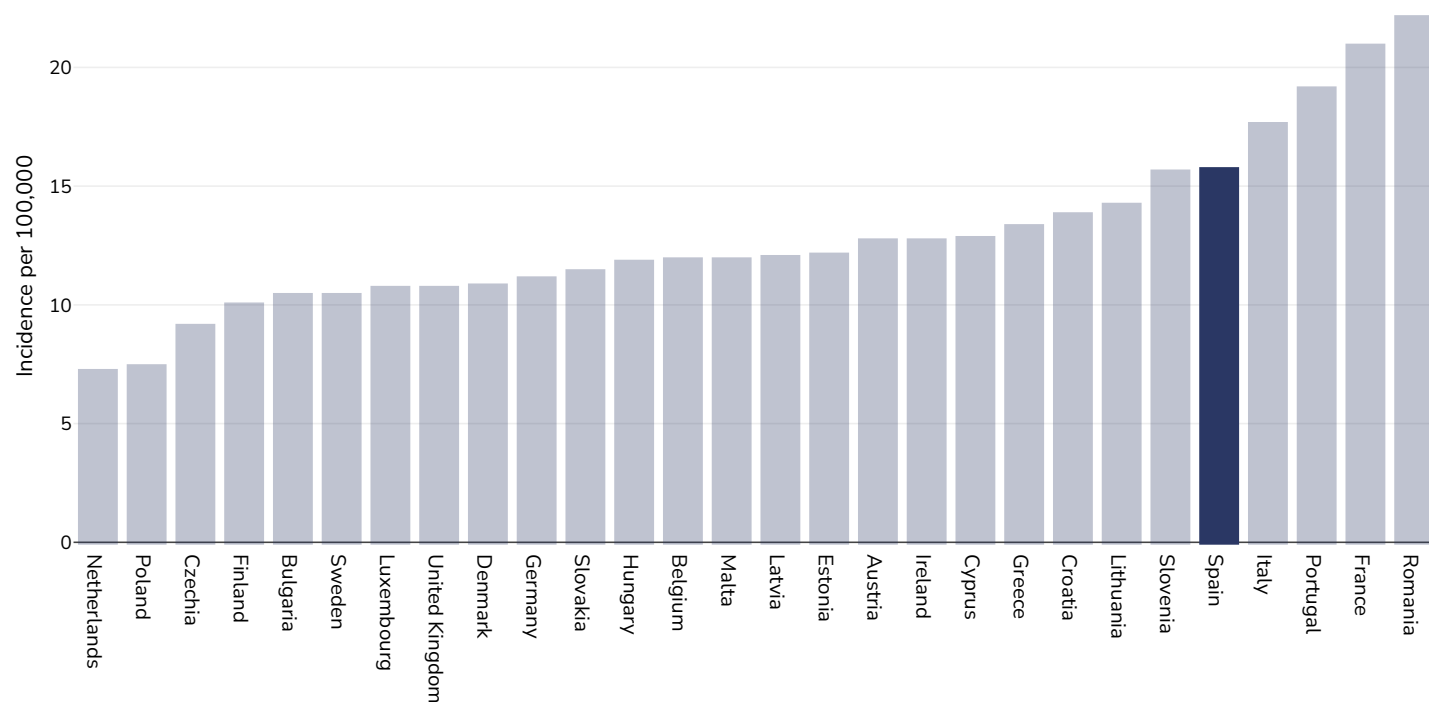
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Liver and intrahepatic bile duct Cancer

Men, 2022



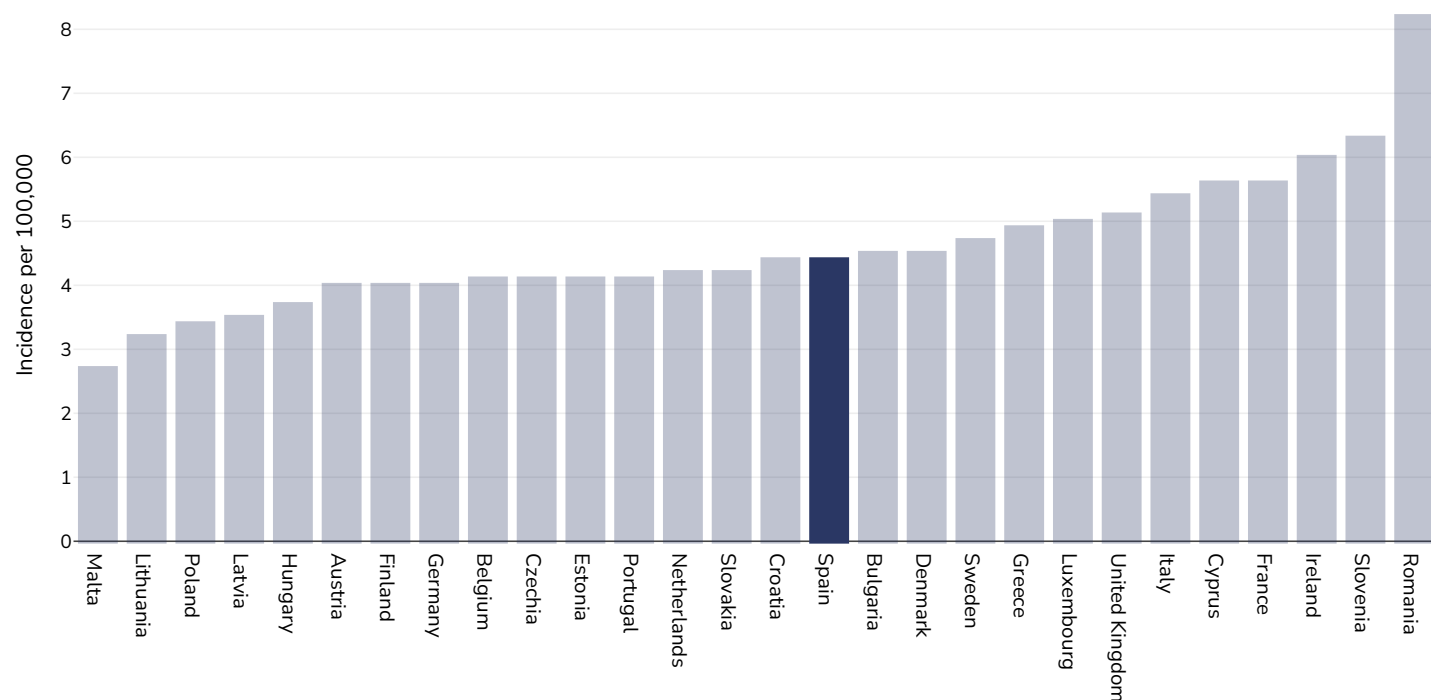
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Women, 2022



Age: 20+

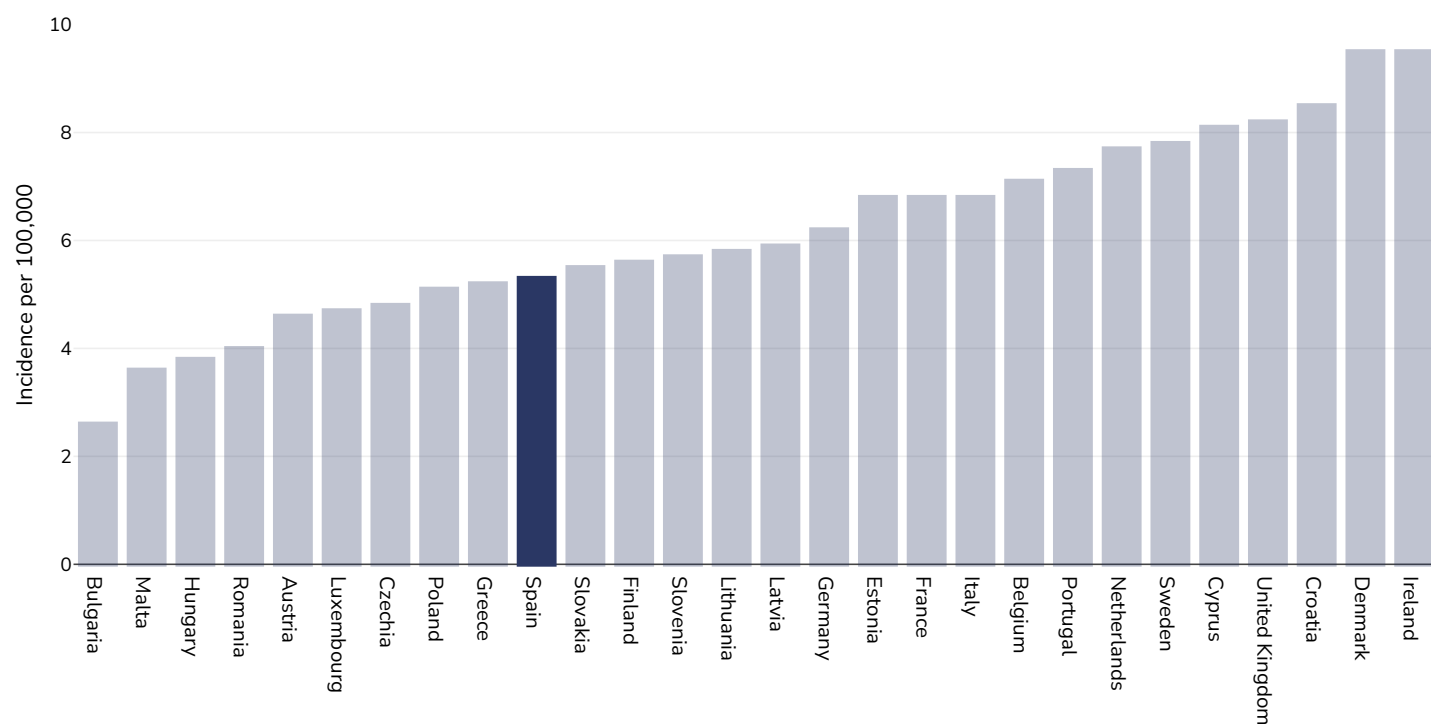
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Multiple Myeloma

Men, 2022



Age: 20+

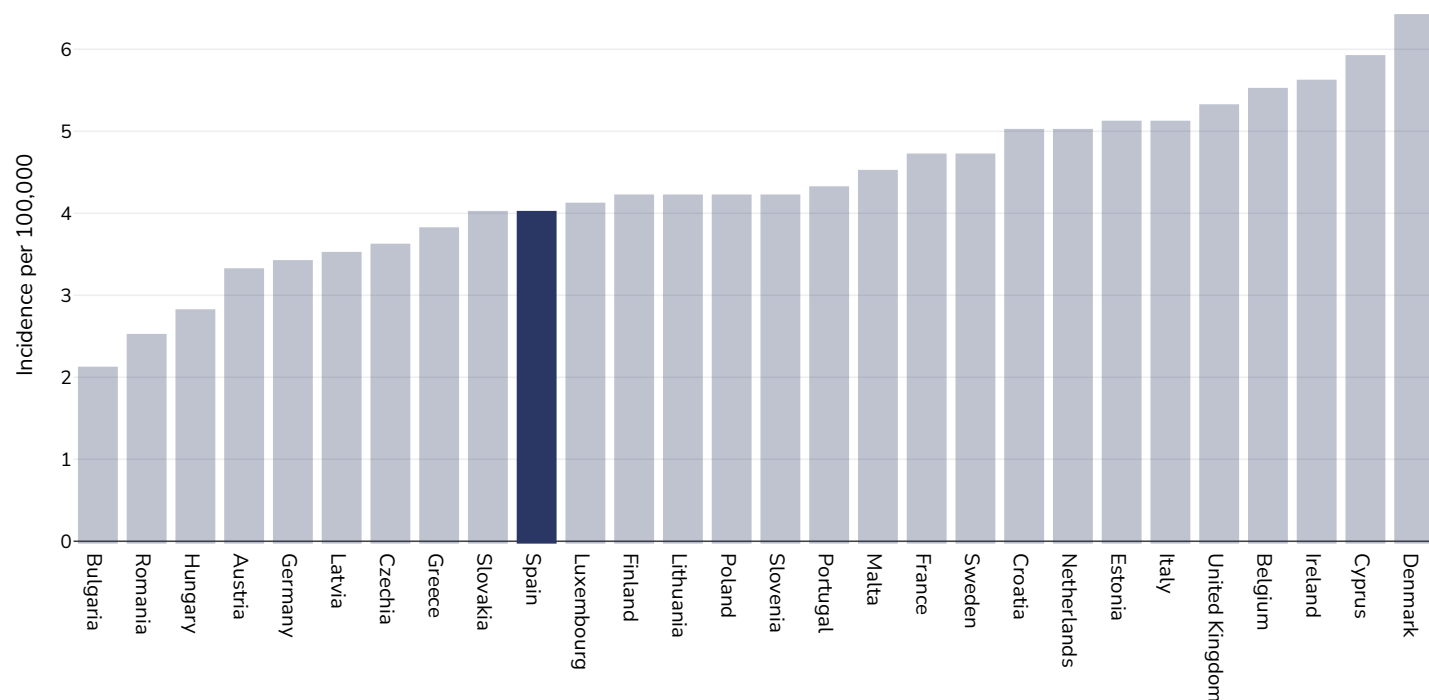
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022



Age: 20+

Area covered: National

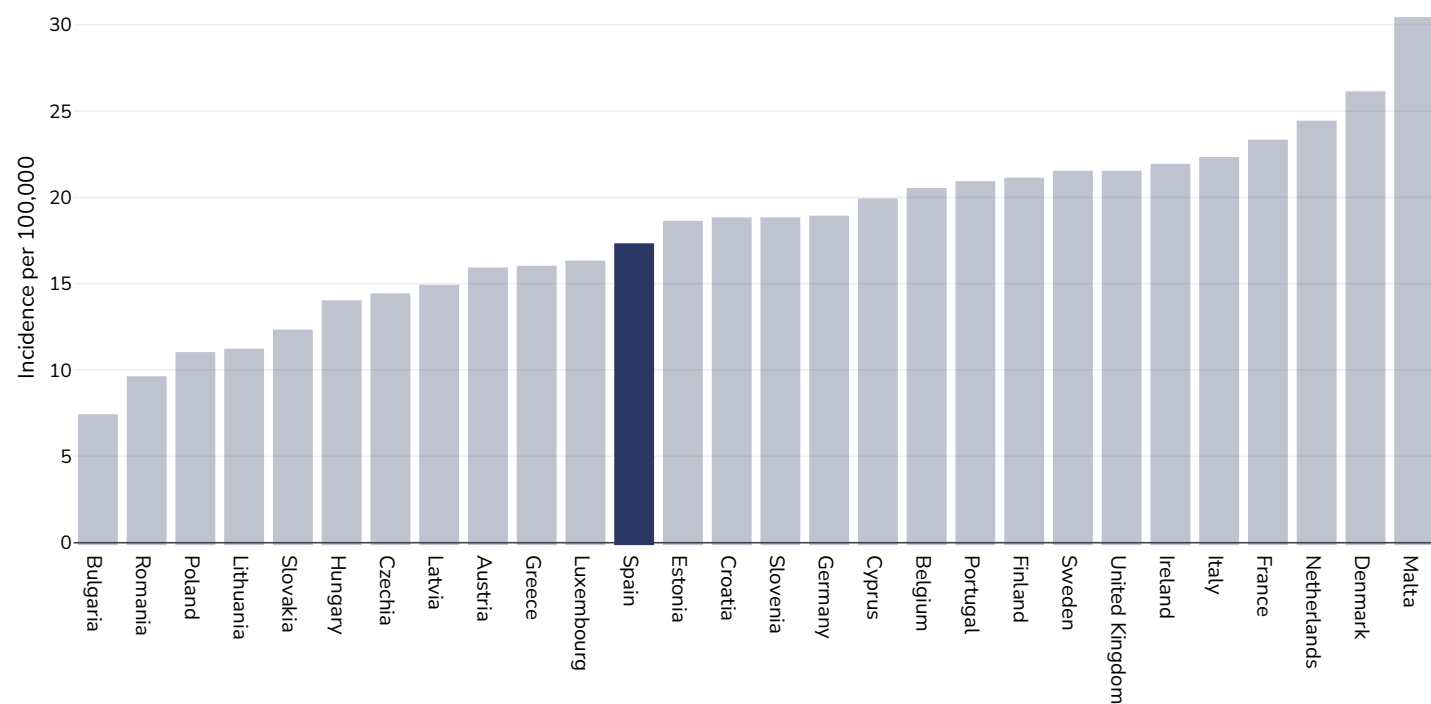
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Non Hodgkin Lymphoma

Men, 2022



Age: 20+

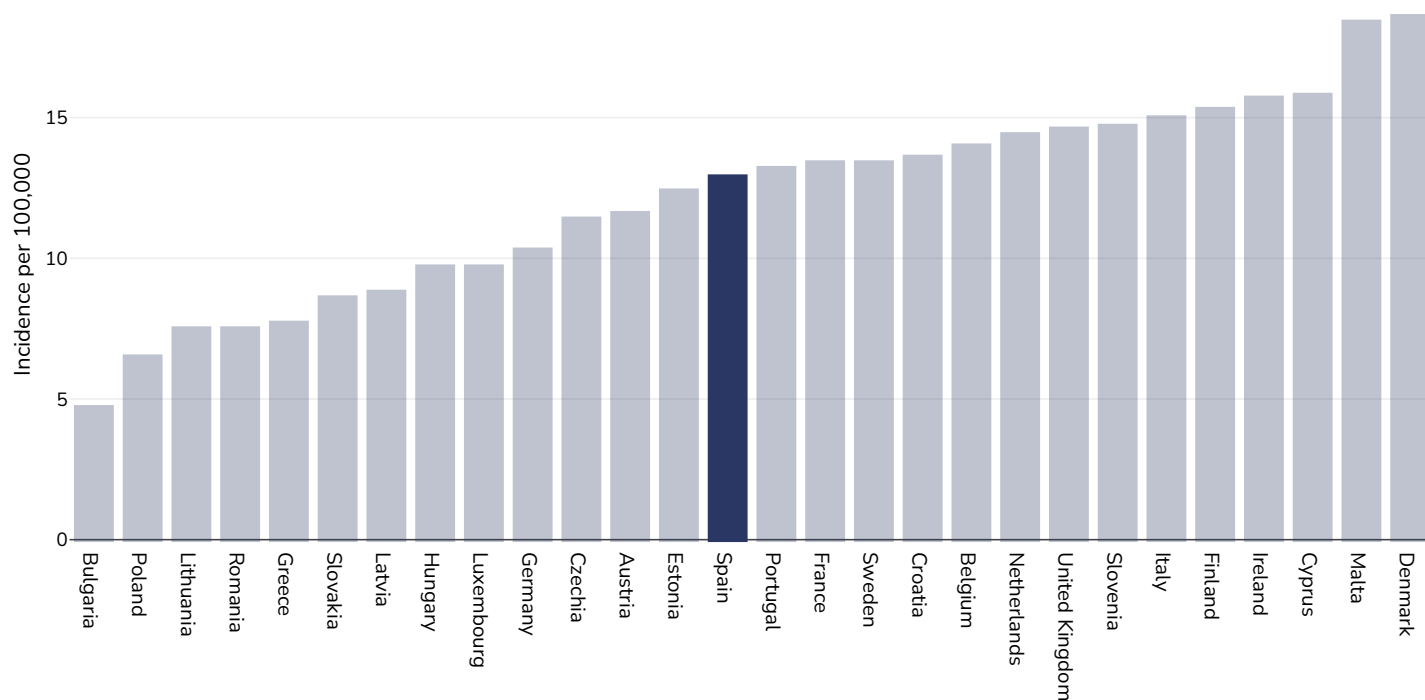
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022



Age: 20+

Area covered: National

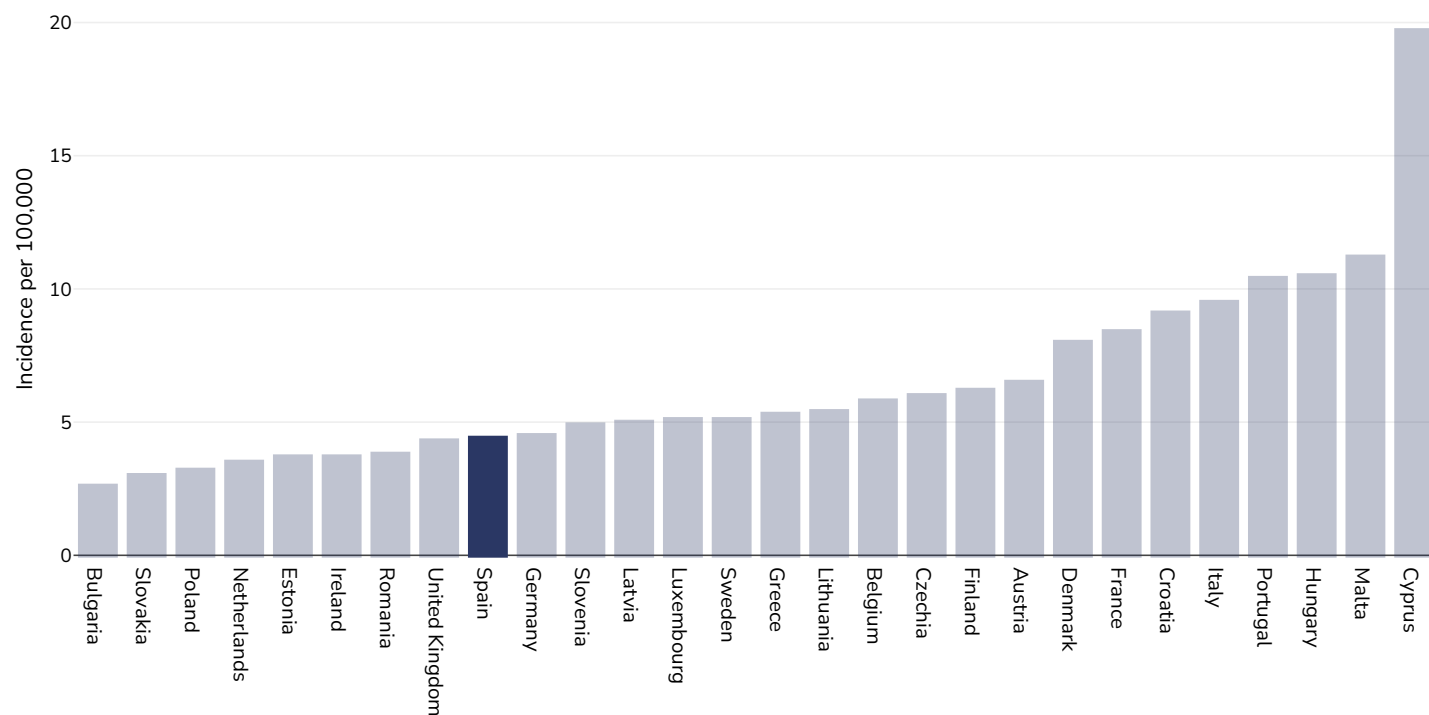
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Thyroid Cancer

Men, 2022



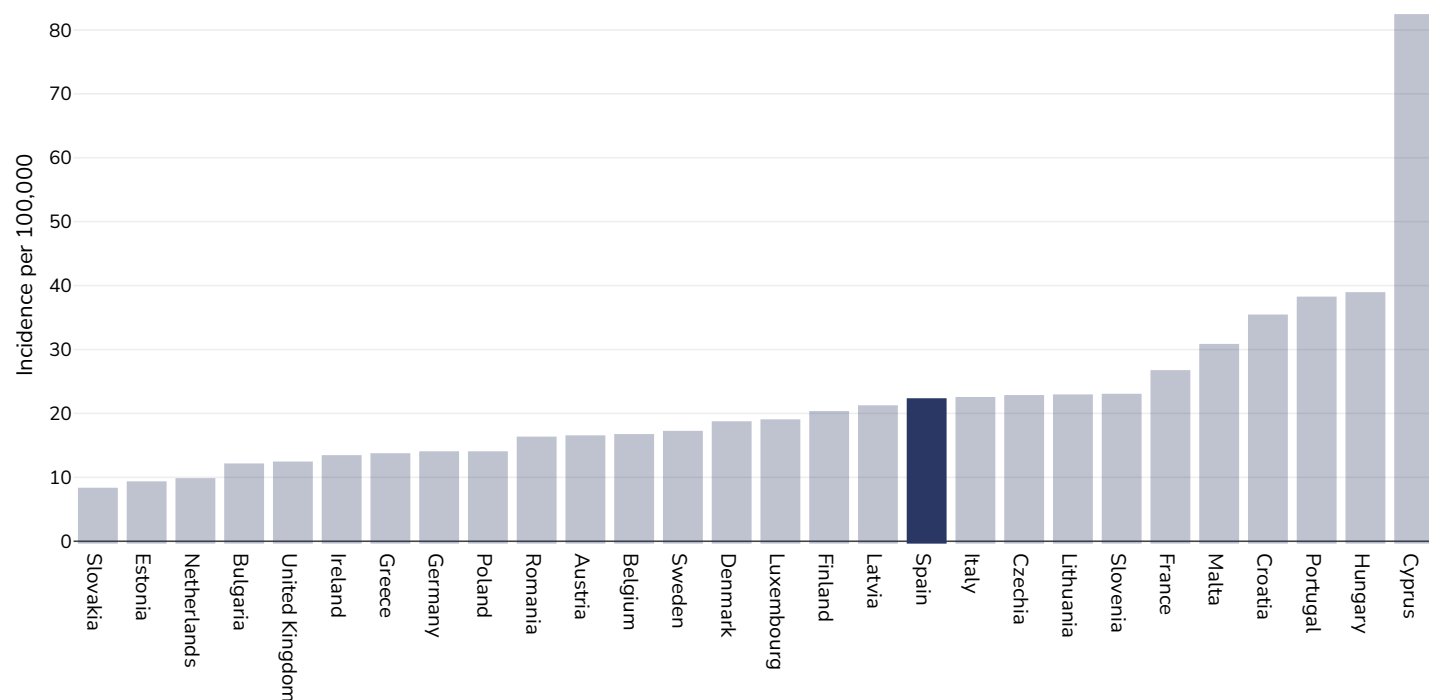
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Women, 2022



Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

PDF created on July 14, 2025