



Spain



Country report card - children

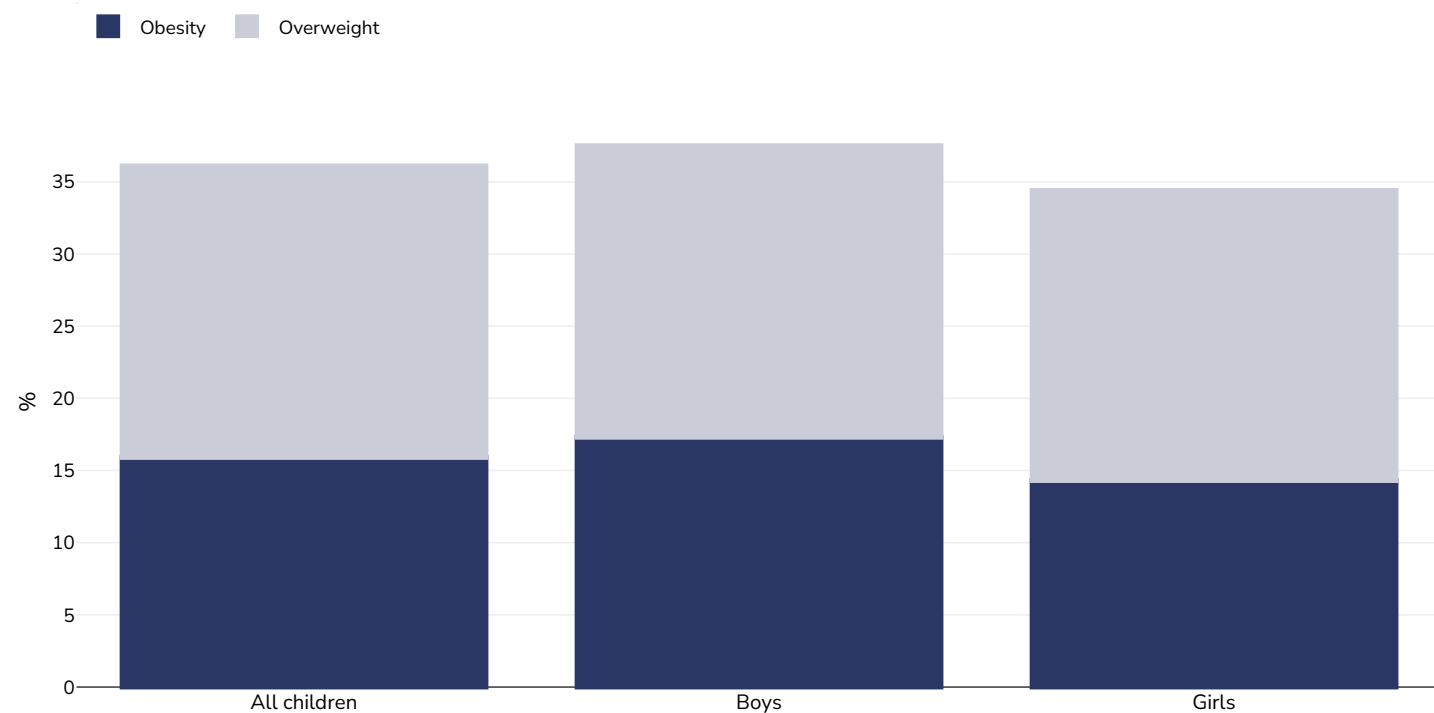
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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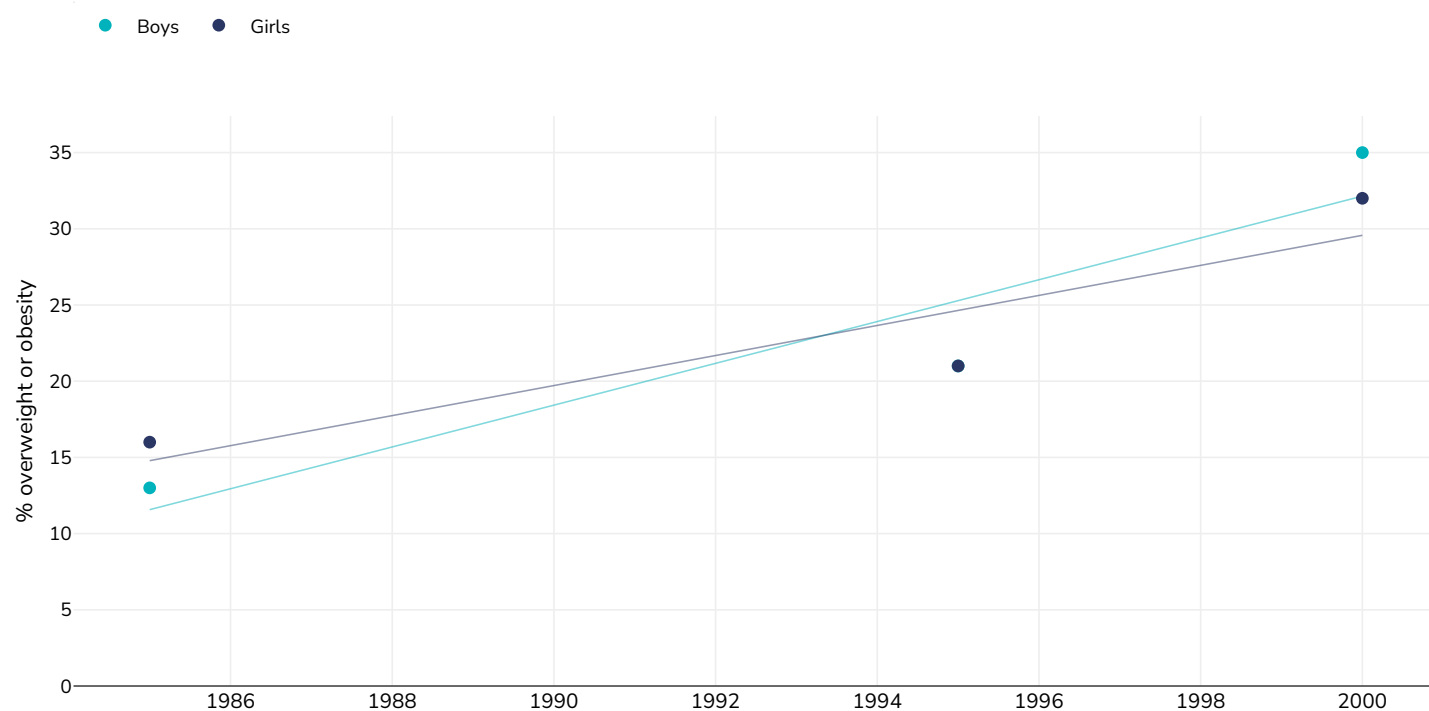
Obesity prevalence

Children, 2023-2024



Survey type:	Measured
Age:	6-9
Sample size:	12678
Area covered:	National
References:	ALADINO Study 2023 (Preview). https://www.aesan.gob.es/AECOSAN/docs/documentos/nutricion/ALADINO_AESAN.pdf (Accessed 26.09.24)
Notes:	The study is part of the Childhood Obesity Surveillance Initiative (COSI).
Cutoffs:	WHO

% Children (13-14) living with overweight or obesity in Spain 1985-2000

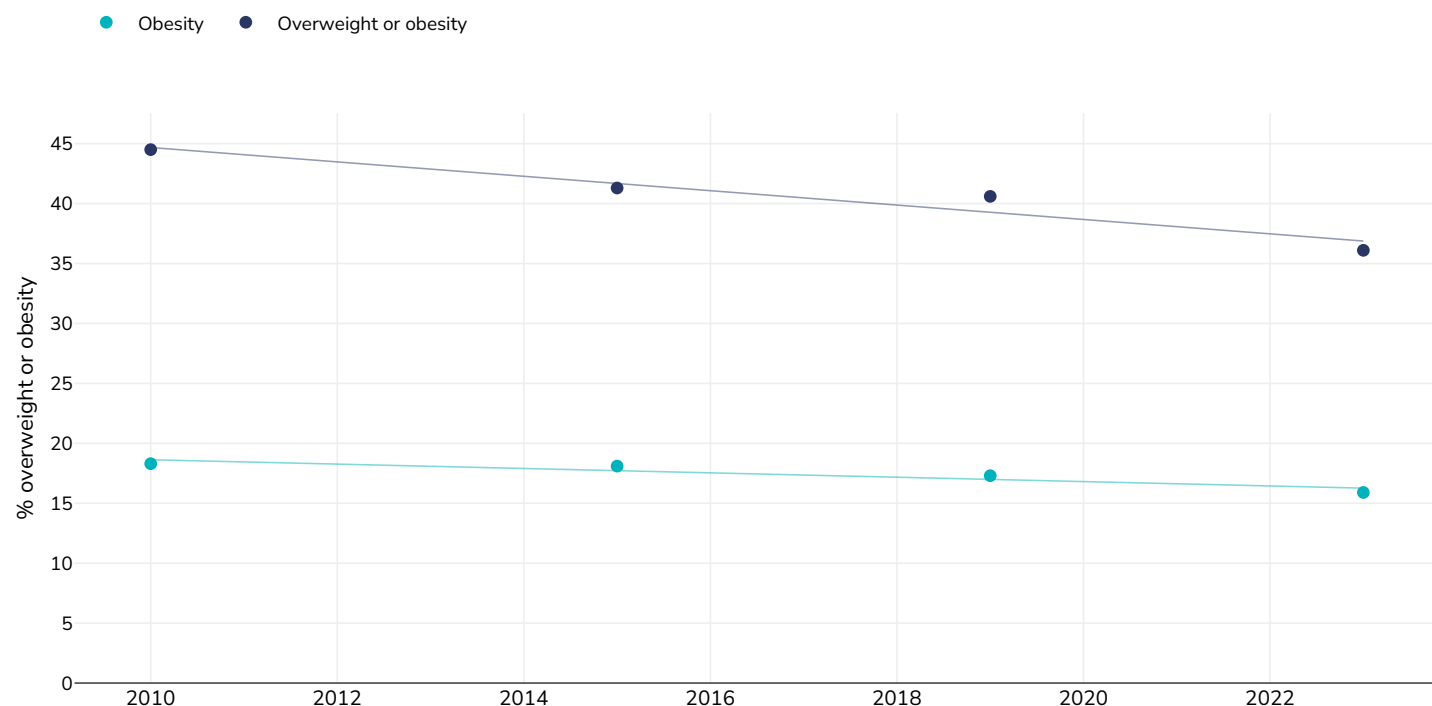


Survey type:	Measured
References:	Personal communication from LA Moreno
Notes:	Aged 13-14. Large National Survey but sample size not specified.
Definitions:	IOTF

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 (6-9) living with overweight and obesity 2010-2023

Boys and girls



Survey type: Measured

References: 2010, 2015, 2019: Ministerio de Consumo, Agency Española de seguridad alimentaria y nutrición (2020) ALADINO 2019 Informe Breve. ESTUDIO SOBRE LA ALIMENTACIÓN, ACTIVIDAD FÍSICA, DESARROLLO INFANTIL Y OBESIDAD EN ESPAÑA 2019
2023: ALADINO Study 2023 (Preview). https://www.aesan.gob.es/AECOSAN/docs/documentos/nutricion/ALADINO_AESAN.pdf (Accessed 26.09.24)

Notes: Aged 6-9

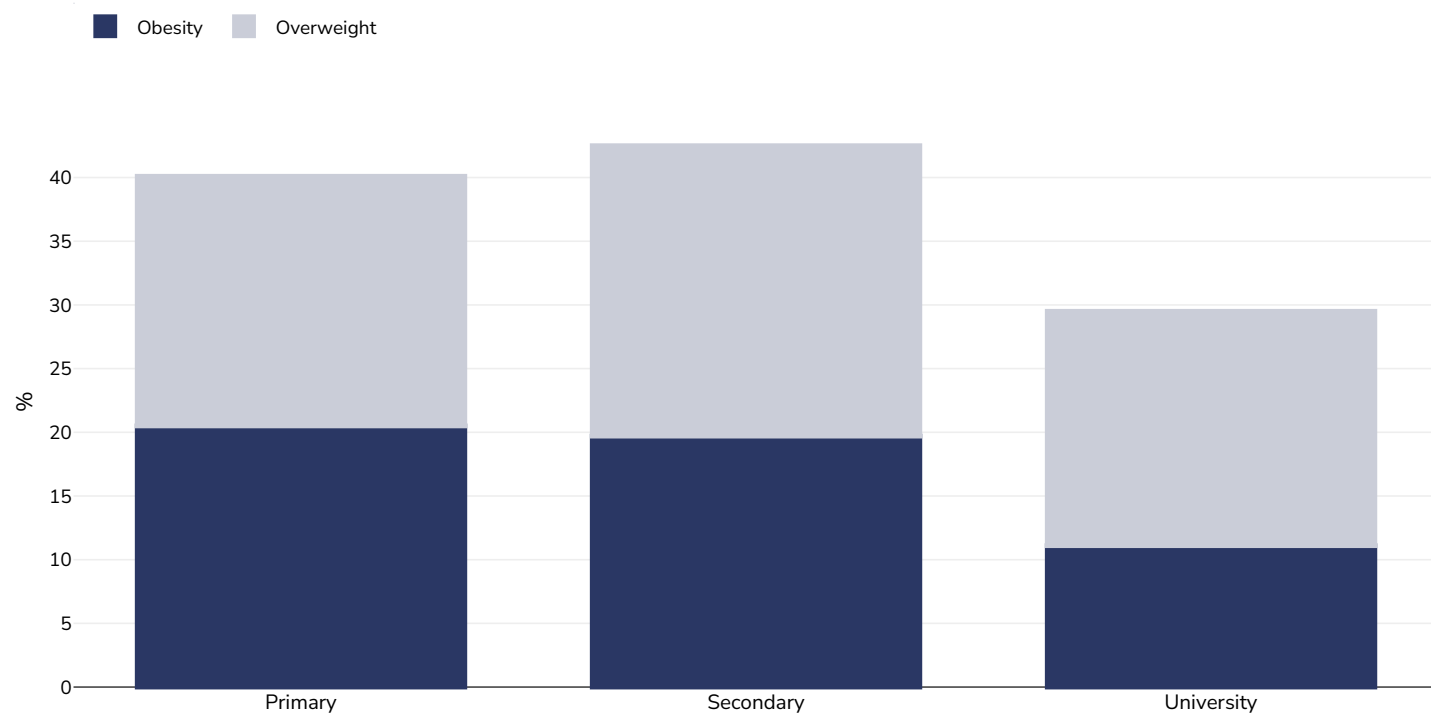
Definitions: WHO Cut Off

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.

Overweight/obesity by education

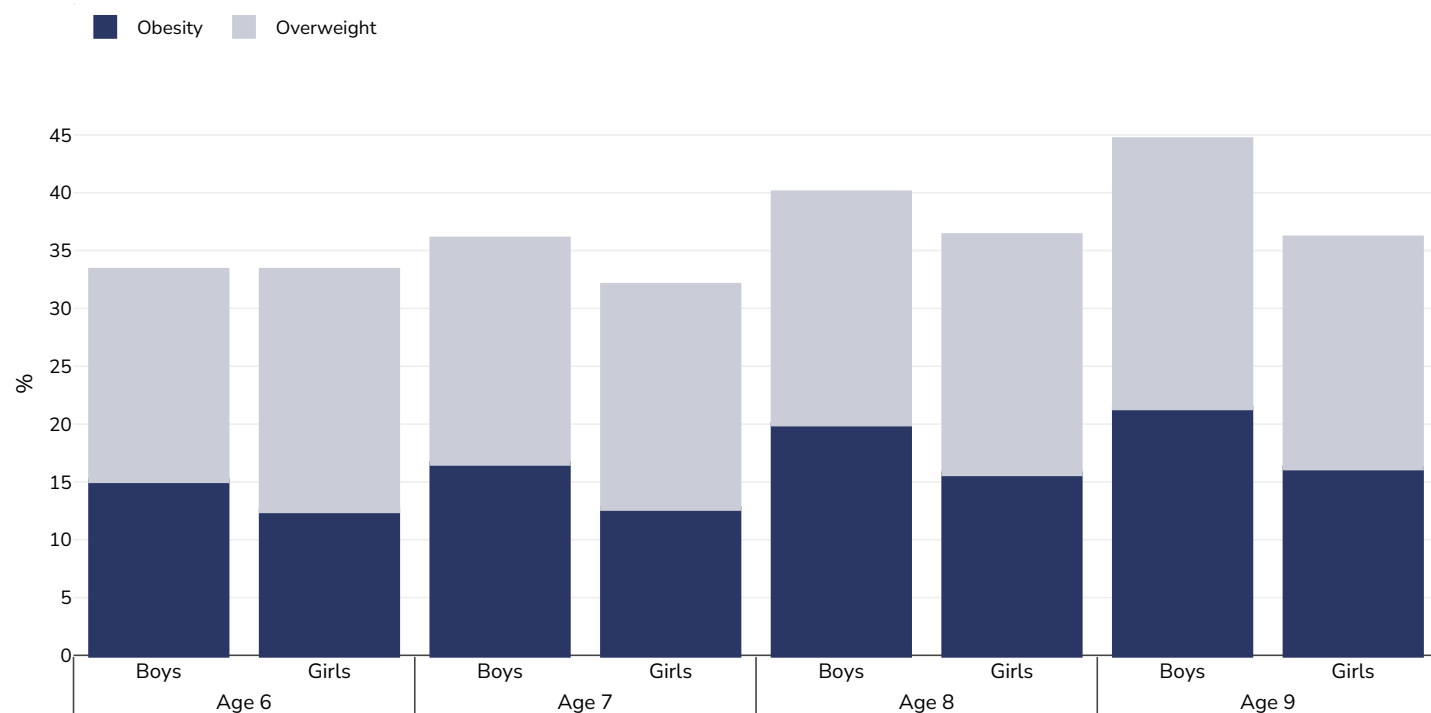
Children, 2023-2024



Survey type:	Measured
Age:	6-9
Sample size:	12678
Area covered:	National
References:	Estudio ALADINO 2023: Estudio sobre Alimentación, Actividad Física, Desarrollo Infantil y Obesidad en España 2023. Agencia Española de Seguridad Alimentaria y Nutrición. Ministerio de Derechos Sociales, Consumo y Agenda 2030. Madrid, 2024
Notes:	The study is part of the Childhood Obesity Surveillance Initiative (COSI)
Definitions:	Highest educational level attained by one of the parents
Cutoffs:	WHO

Overweight/obesity by age

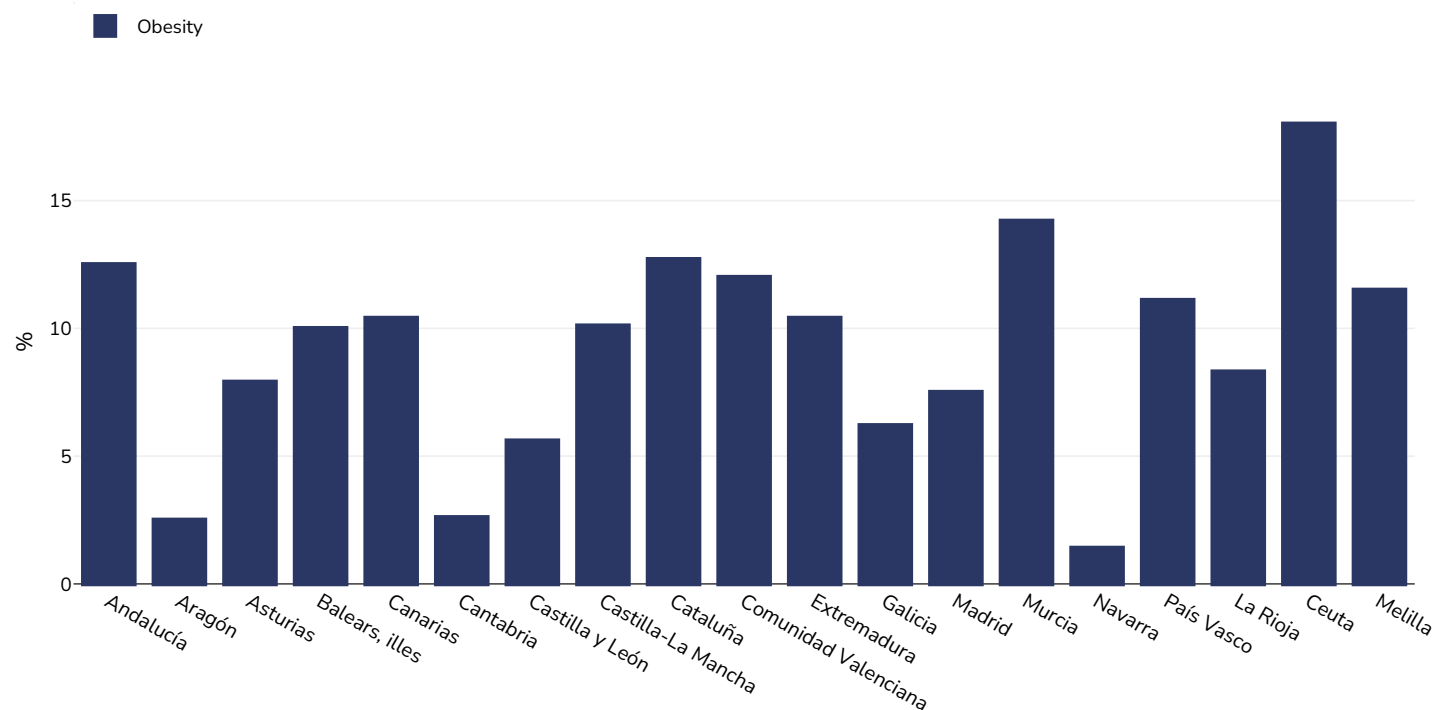
Children, 2023-2024



Survey type:	Measured
Sample size:	12678
Area covered:	National
References:	Estudio ALADINO 2023: Estudio sobre Alimentación, Actividad Física, Desarrollo Infantil y Obesidad en España 2023. Agencia Española de Seguridad Alimentaria y Nutrición. Ministerio de Derechos Sociales, Consumo y Agenda 2030. Madrid, 2024
Notes:	The study is part of the Childhood Obesity Surveillance Initiative (COSI)
Cutoffs:	WHO

Overweight/obesity by region

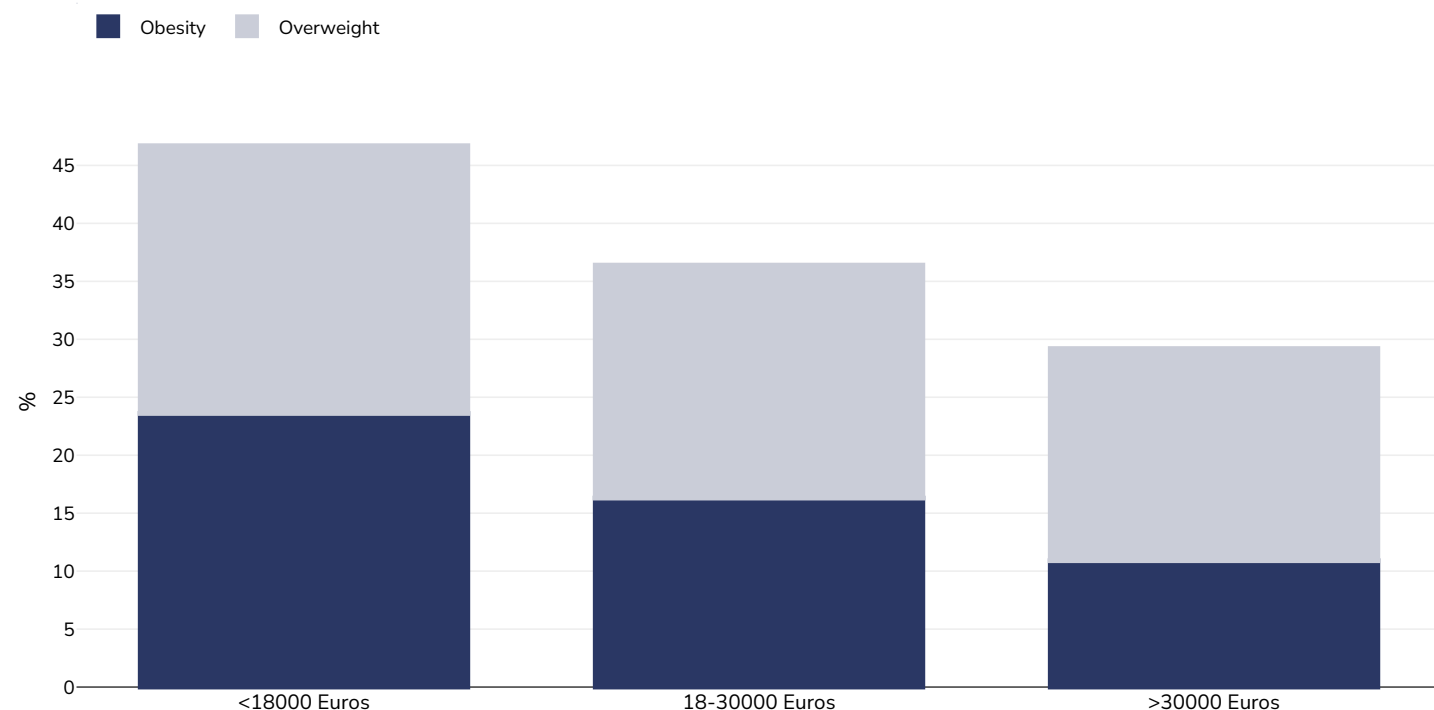
Children, 2017



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 . Data from Spanish National Health Survey 2017. Available at: https://www.mscbs.gob.es/estadEstudios/estadisticas/encuestaNacional/encuestaNac2017/ENSE17_Metodologia.pdf . Both last accessed: 06.05.21.
Cutoffs:	IOTF

Overweight/obesity by socio-economic group

Children, 2023-2024

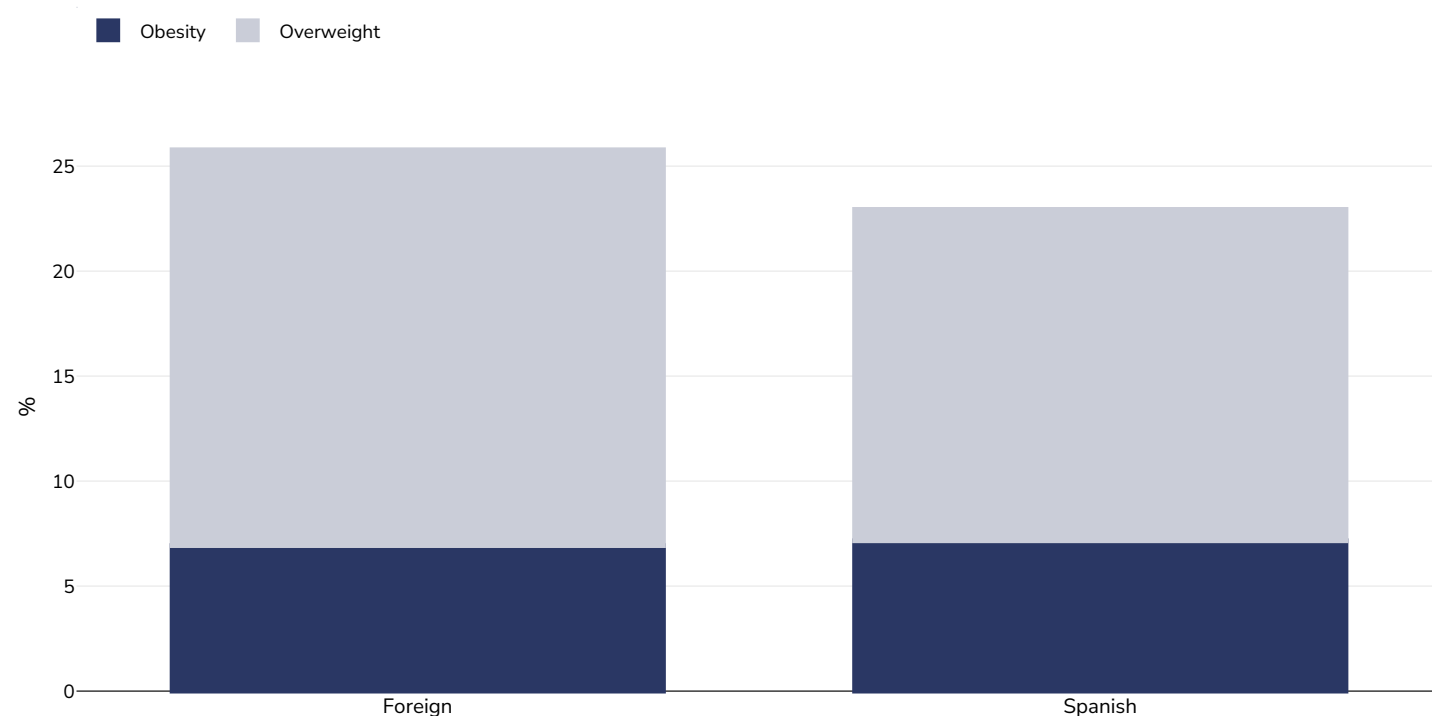


Survey type:	Measured
Age:	6-9
Sample size:	12678
Area covered:	National
References:	Estudio ALADINO 2023: Estudio sobre Alimentación, Actividad Física, Desarrollo Infantil y Obesidad en España 2023. Agencia Española de Seguridad Alimentaria y Nutrición. Ministerio de Derechos Sociales, Consumo y Agenda 2030. Madrid, 2024
Notes:	The study is part of the Childhood Obesity Surveillance Initiative (COSI)
Cutoffs:	WHO

Overweight/obesity by ethnicity

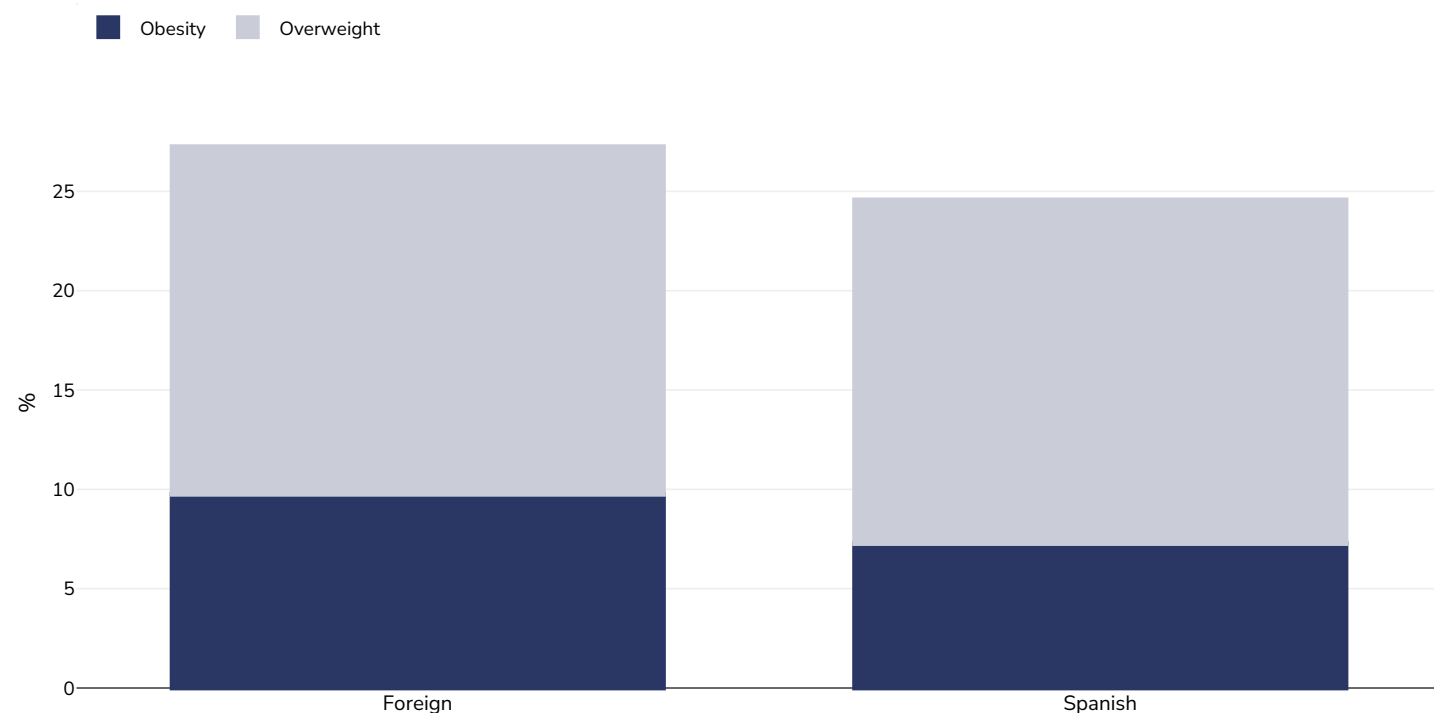
Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Children, 2023-2024



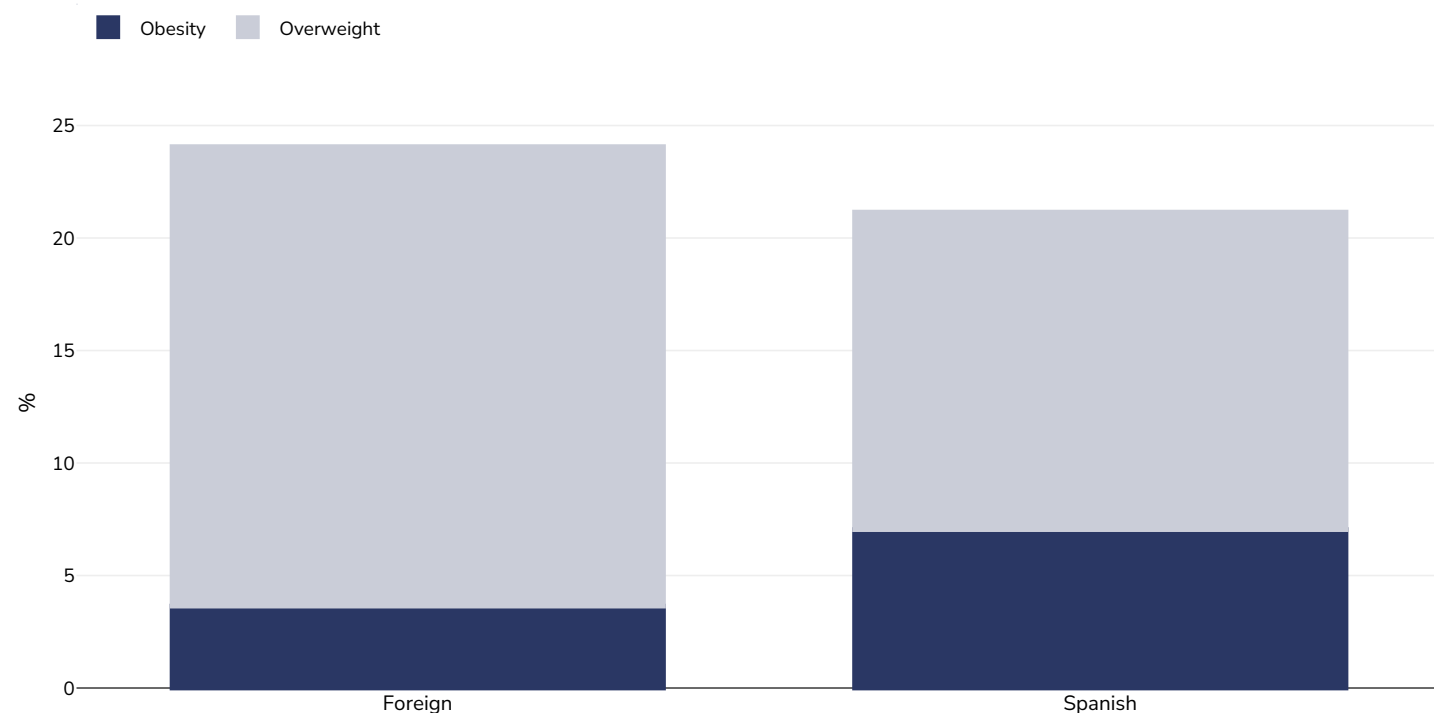
Survey type:	Self-reported
Age:	2-17
Sample size:	3,641
Area covered:	National
References:	Encuesta de Salud de España – ESdE 2023 (ESdE2023). Available at: https://vsf-iwsold-pro-01.mscbs.gob.es/estadEstudios/estadisticas/encuestaSaludEspana/home.htm [Accessed 10.07.25]
Notes:	Sample size unavailable for ages 2-17, sample size given is for ages 0-14
Cutoffs:	IOTF

Boys, 2023-2024



Survey type:	Self-reported
Age:	2-17
Sample size:	3,641
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 unavailable for ages 2-17, sample size given is for ages 0-14
Cutoffs:	IOTF

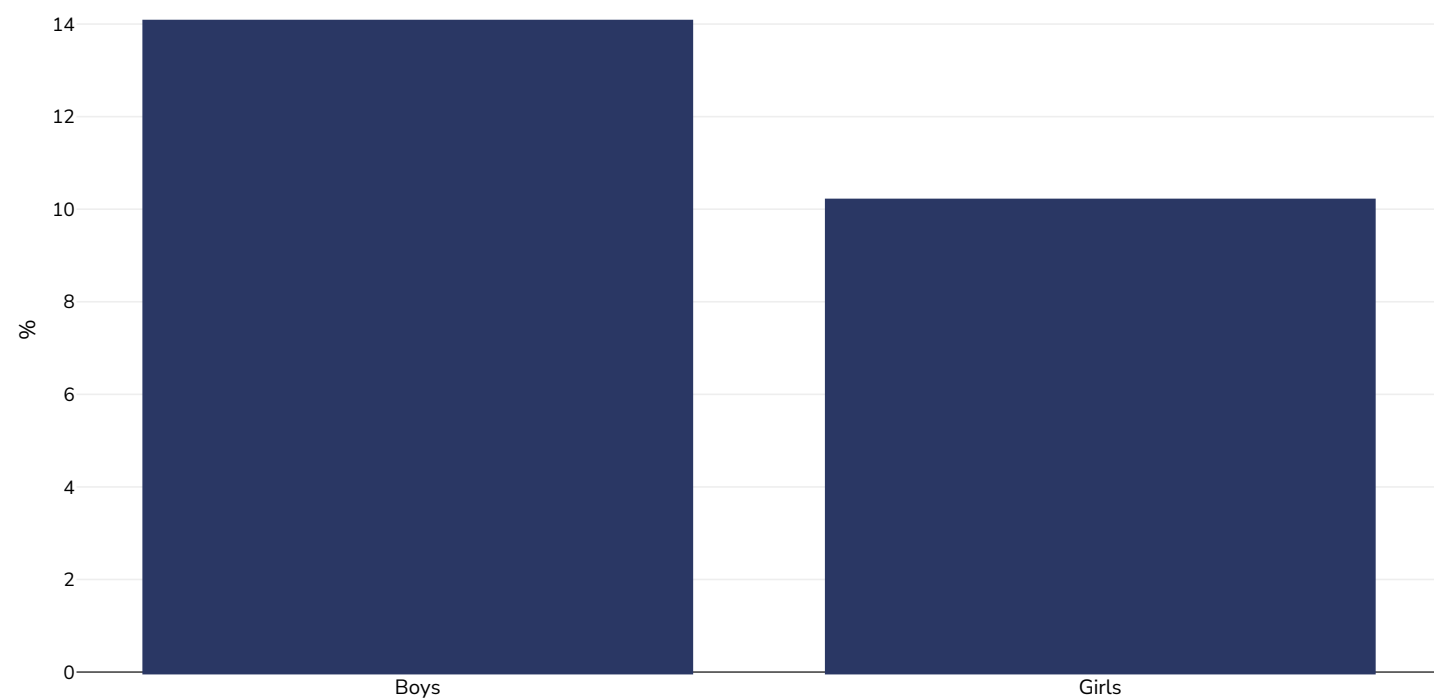
Girls, 2023-2024



Survey type:	Self-reported
Age:	2-17
Sample size:	3,641
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 unavailable for ages 2-17, sample size given is for ages 0-14
Cutoffs:	IOTF

Double burden of underweight & overweight

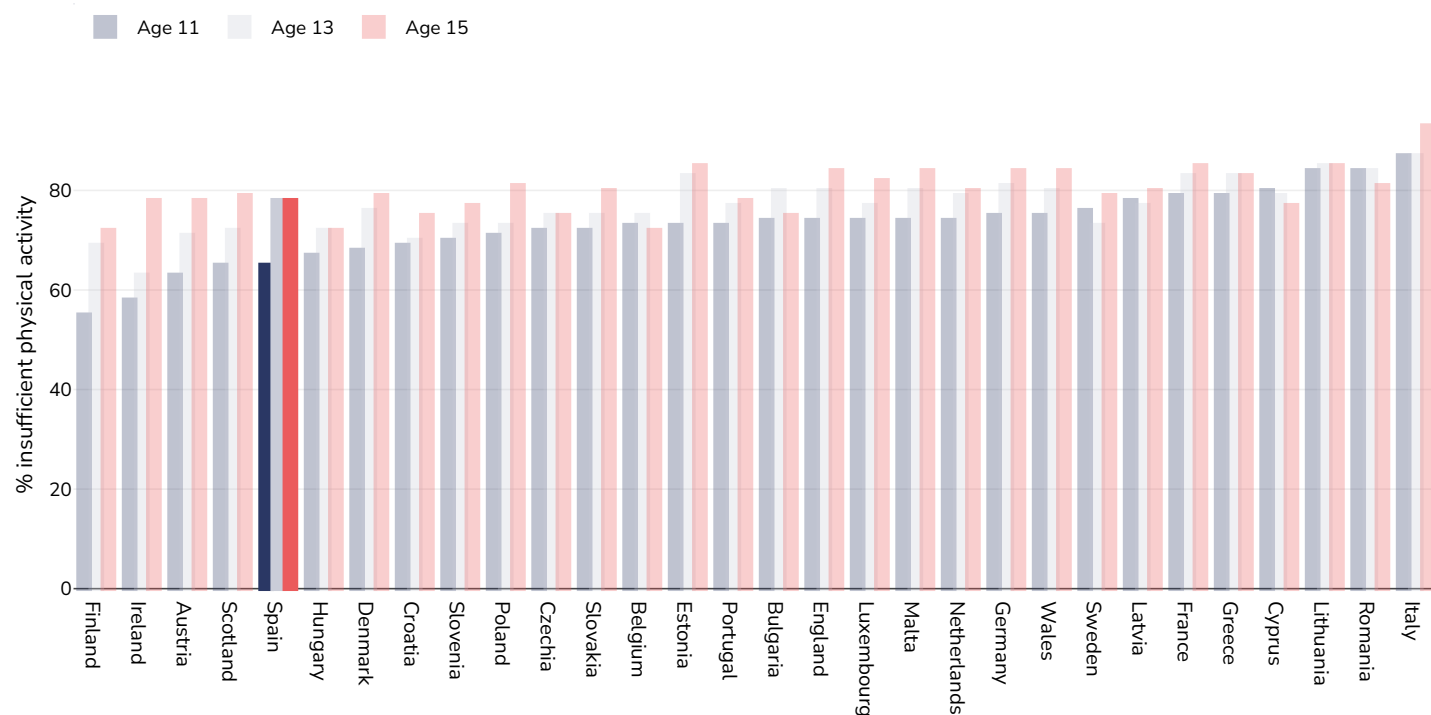
Children, 2022



Survey type:	Measured
Age:	5-19
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 < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Insufficient physical activity

Boys, 2022



Survey type: Self-reported

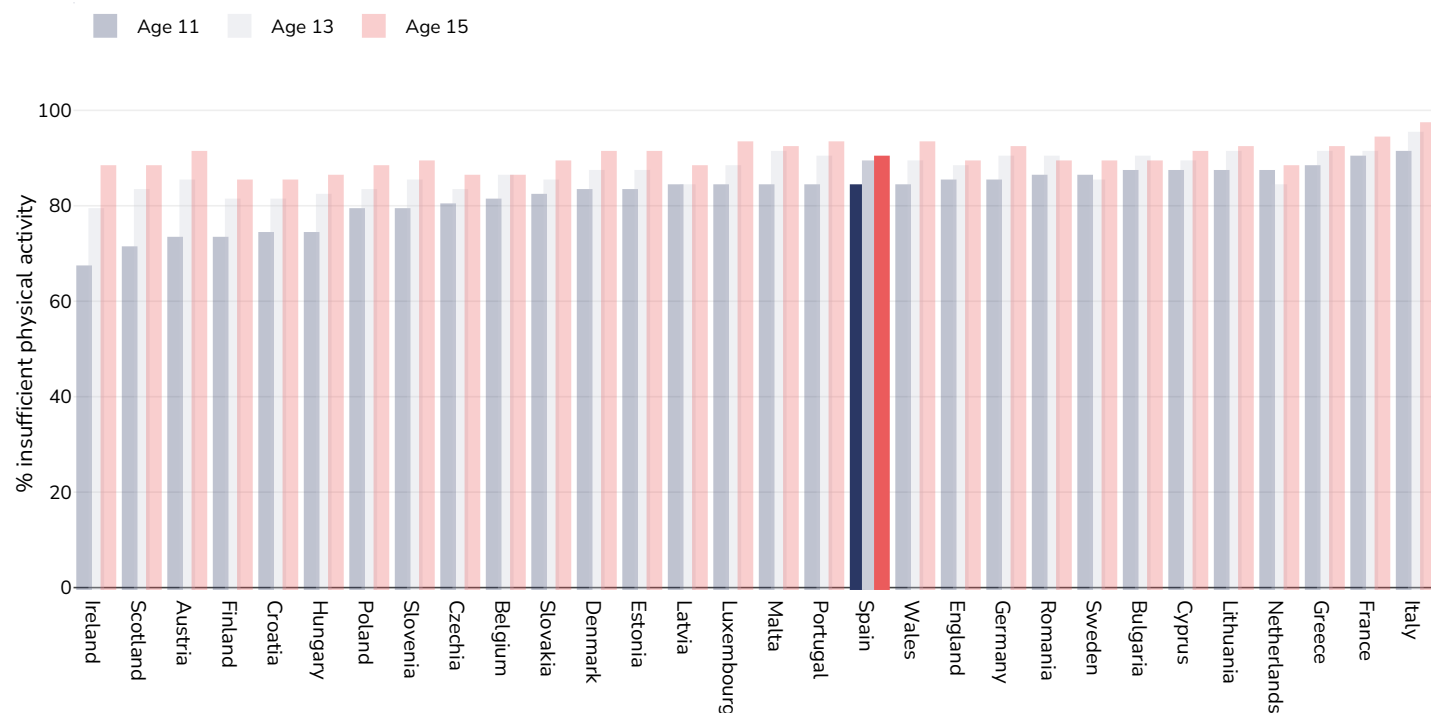
Area covered: National

References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Notes: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)

Definitions: % reporting less than 60 minutes of MVPA daily

Girls, 2022



Survey type: Self-reported

Area covered: National

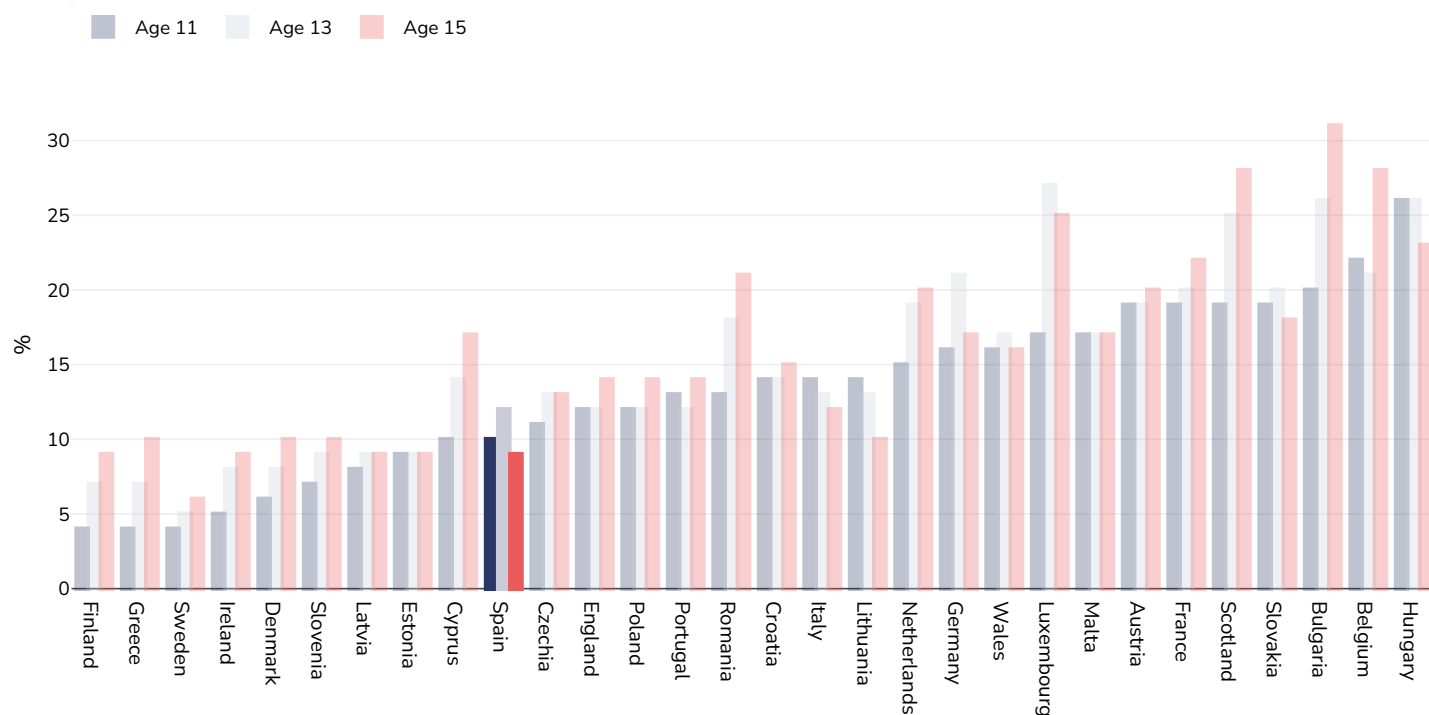
References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Notes: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)

Definitions: % reporting less than 60 minutes of MVPA daily

Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022



Area covered:

National

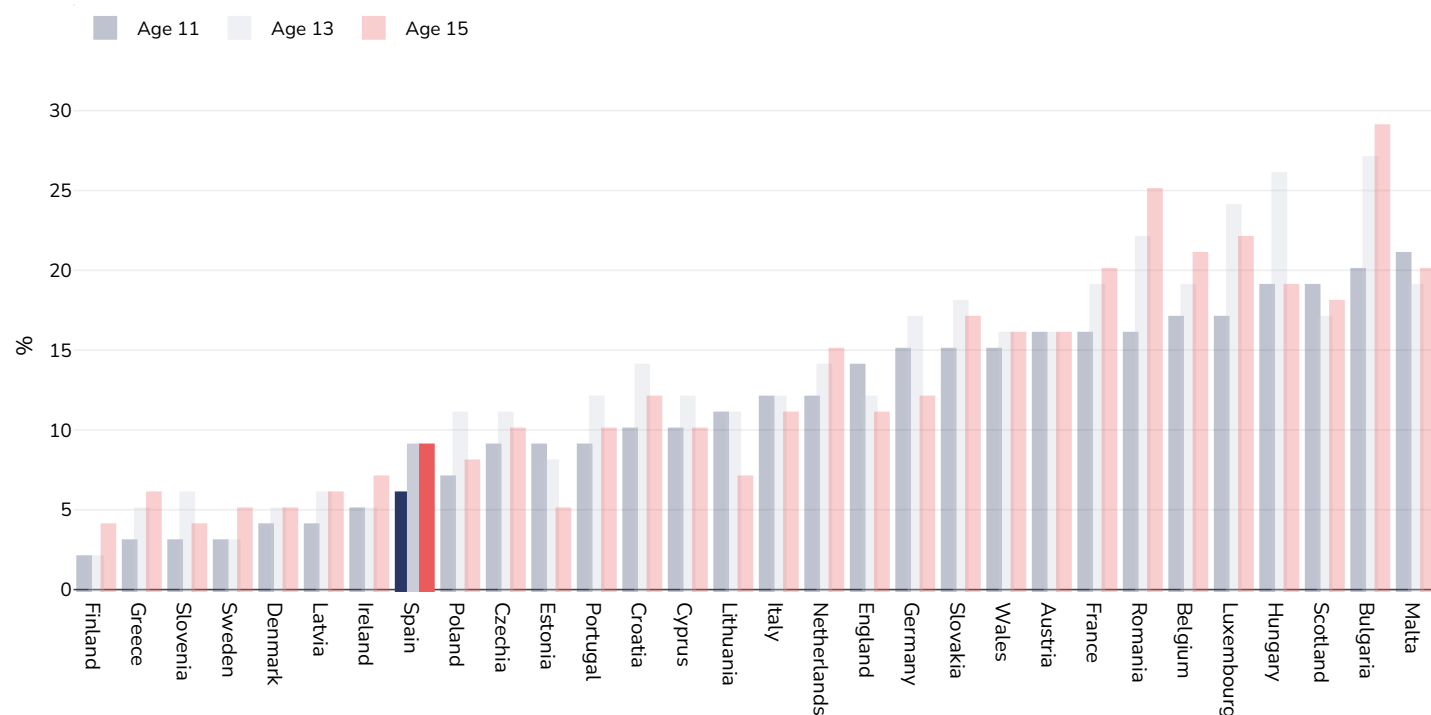
References:

Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey):
<https://data-browser.hbsc.org>

Definitions:

Proportion who reported drinking sugary soft drinks daily (at least once)

Girls, 2021-2022



Area covered:

National

References:

Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey):

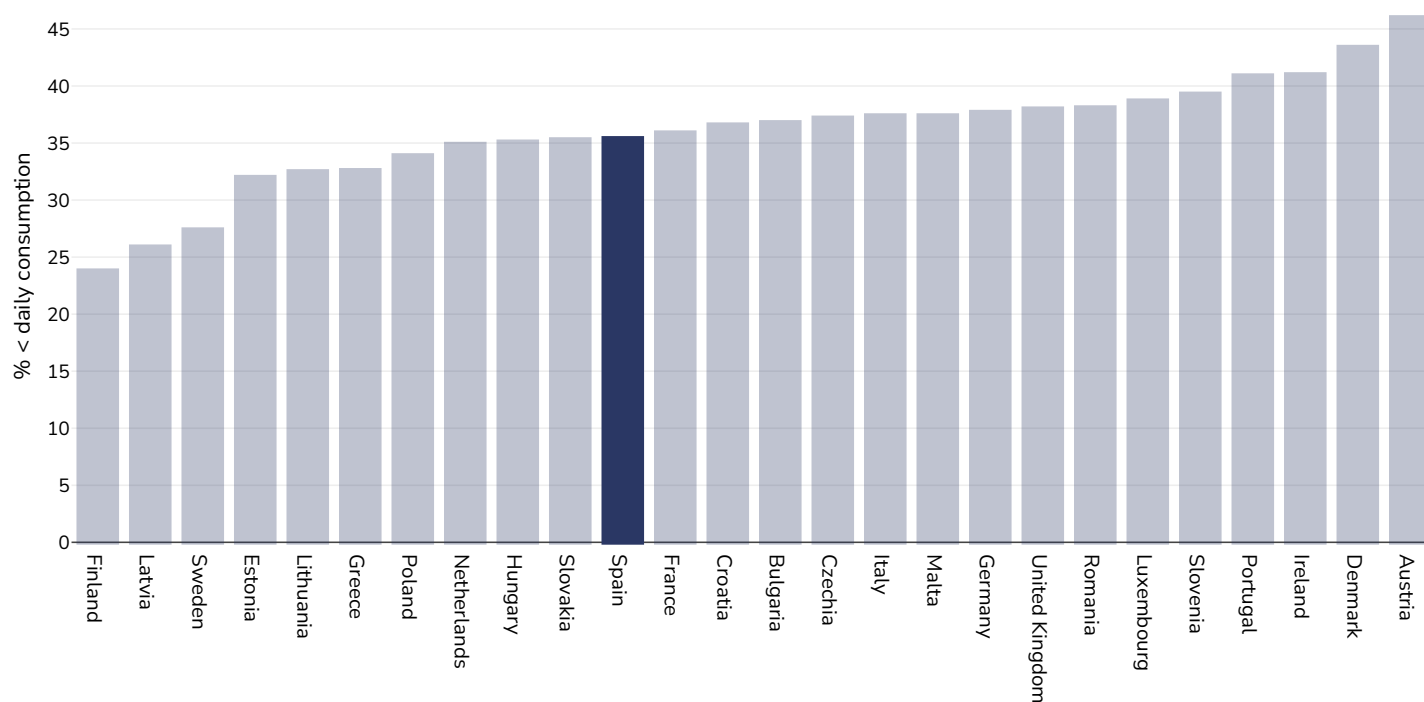
<https://data-browser.hbsc.org>

Definitions:

Proportion who reported drinking sugary soft drinks daily (at least once)

Prevalence of less than daily fruit consumption

Children, 2014



Survey type: Measured

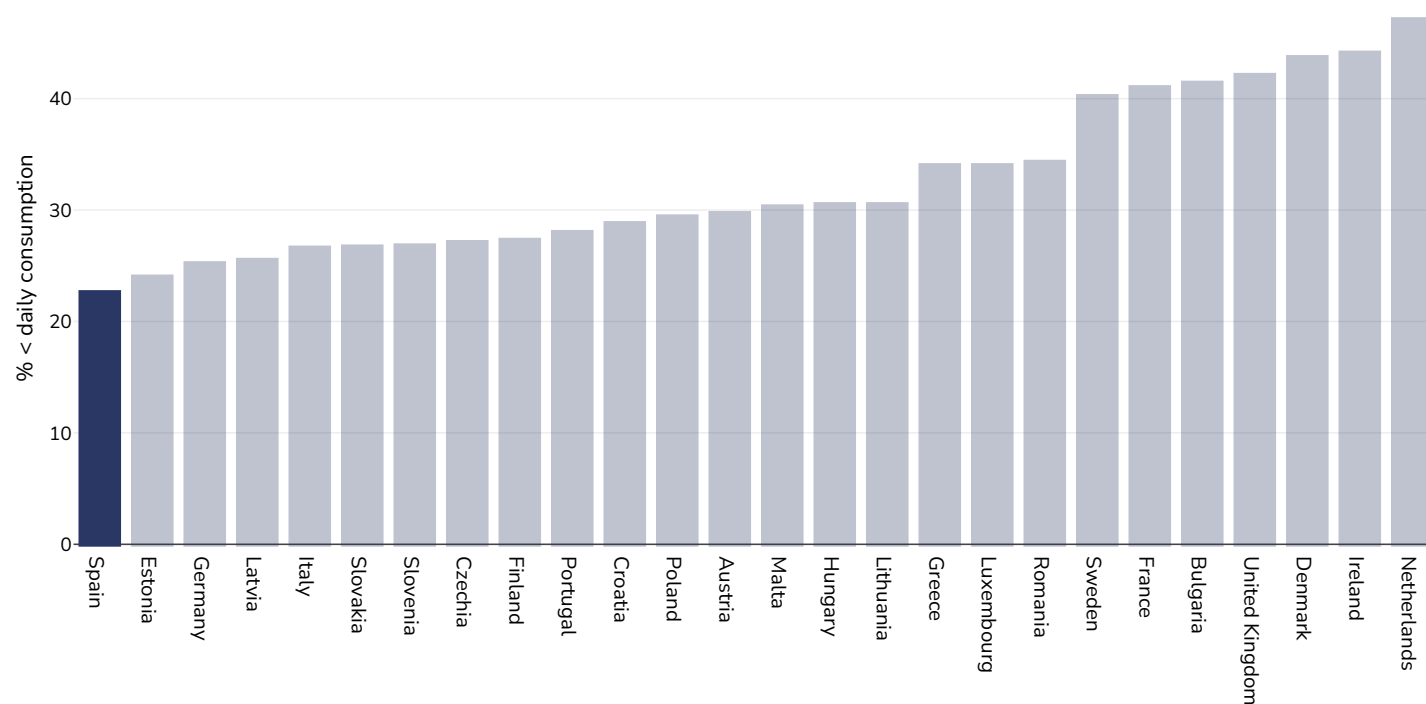
Age: 12-17

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

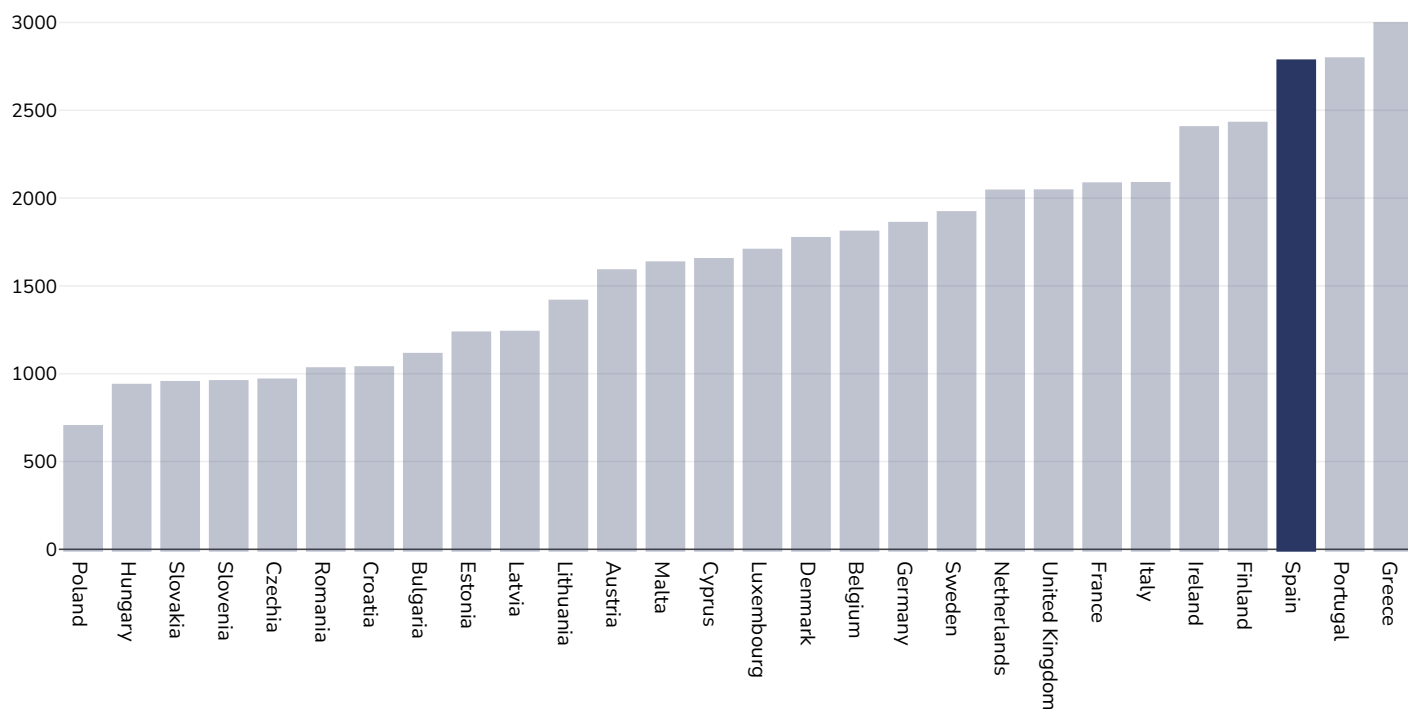
Age: 12-17

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)

Mental health - depression disorders

Children, 2021



Area covered:

National

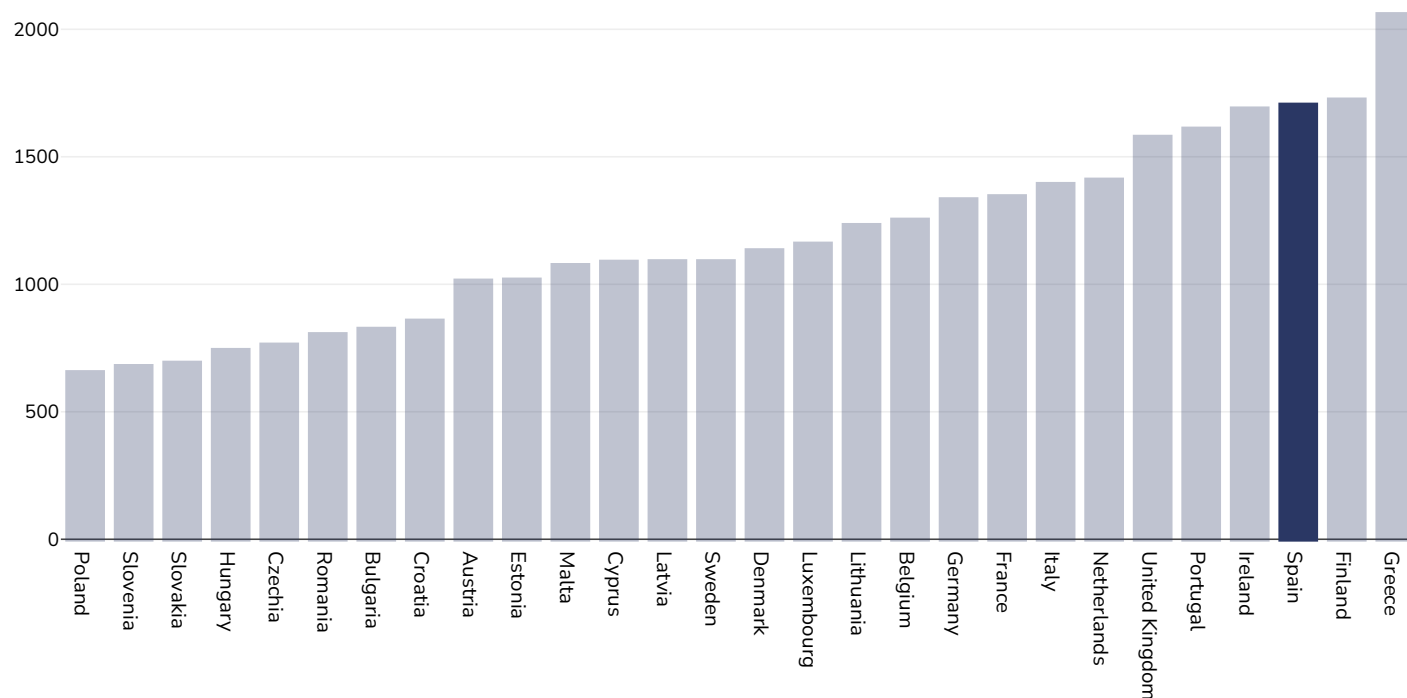
References:

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 depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:

National

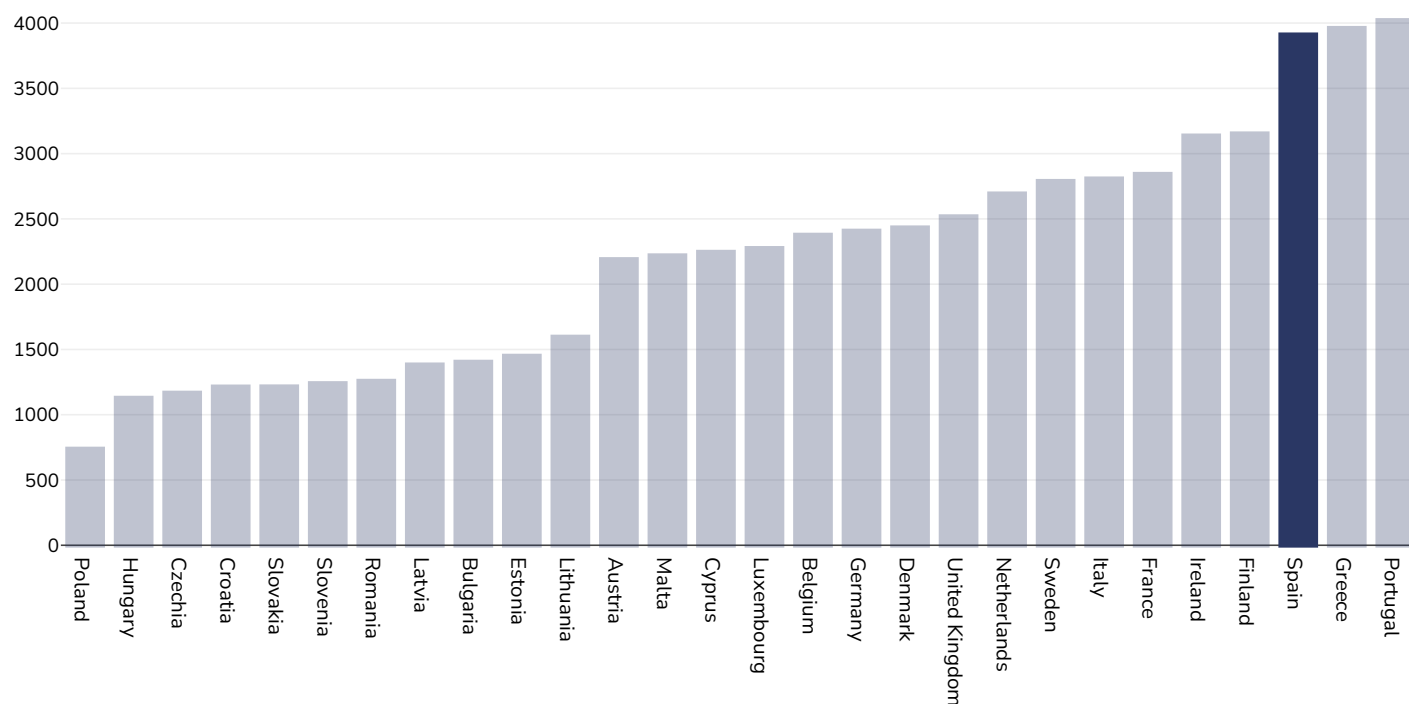
References:

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 depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021



Area covered:

National

References:

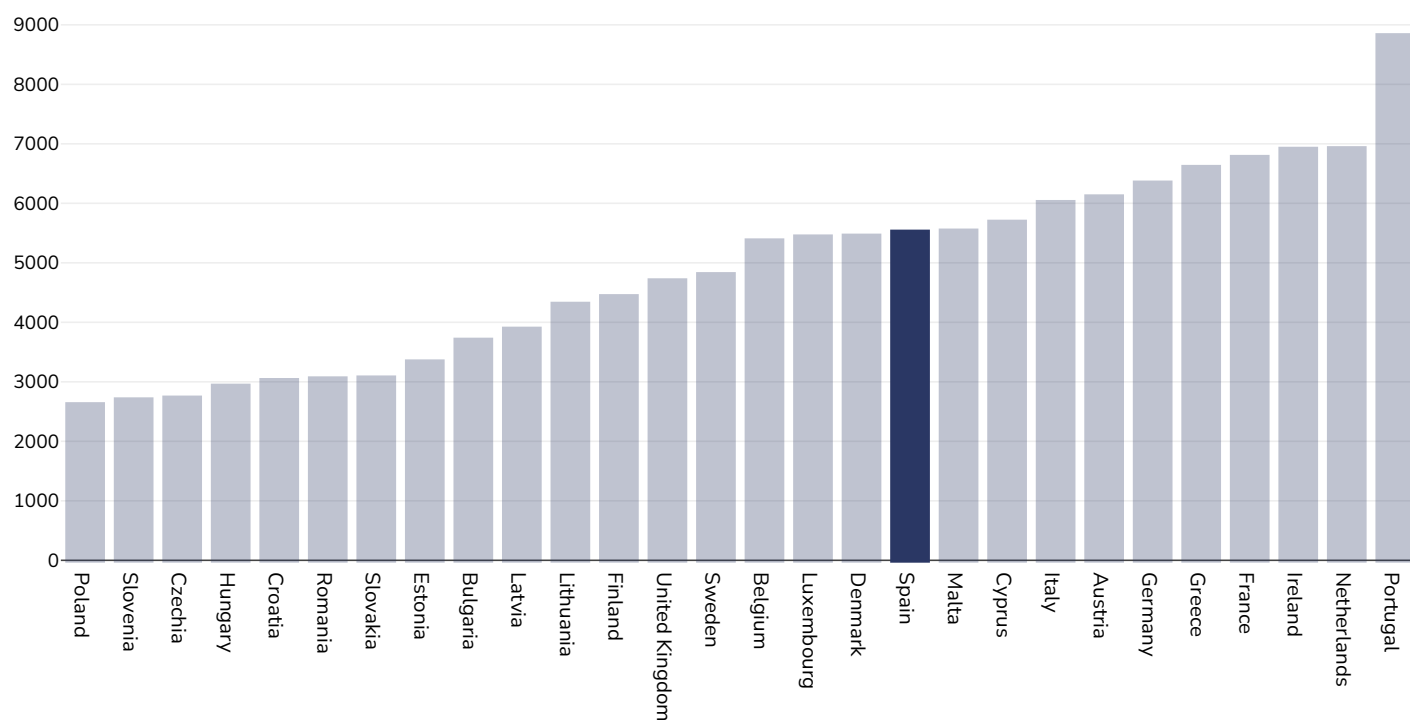
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

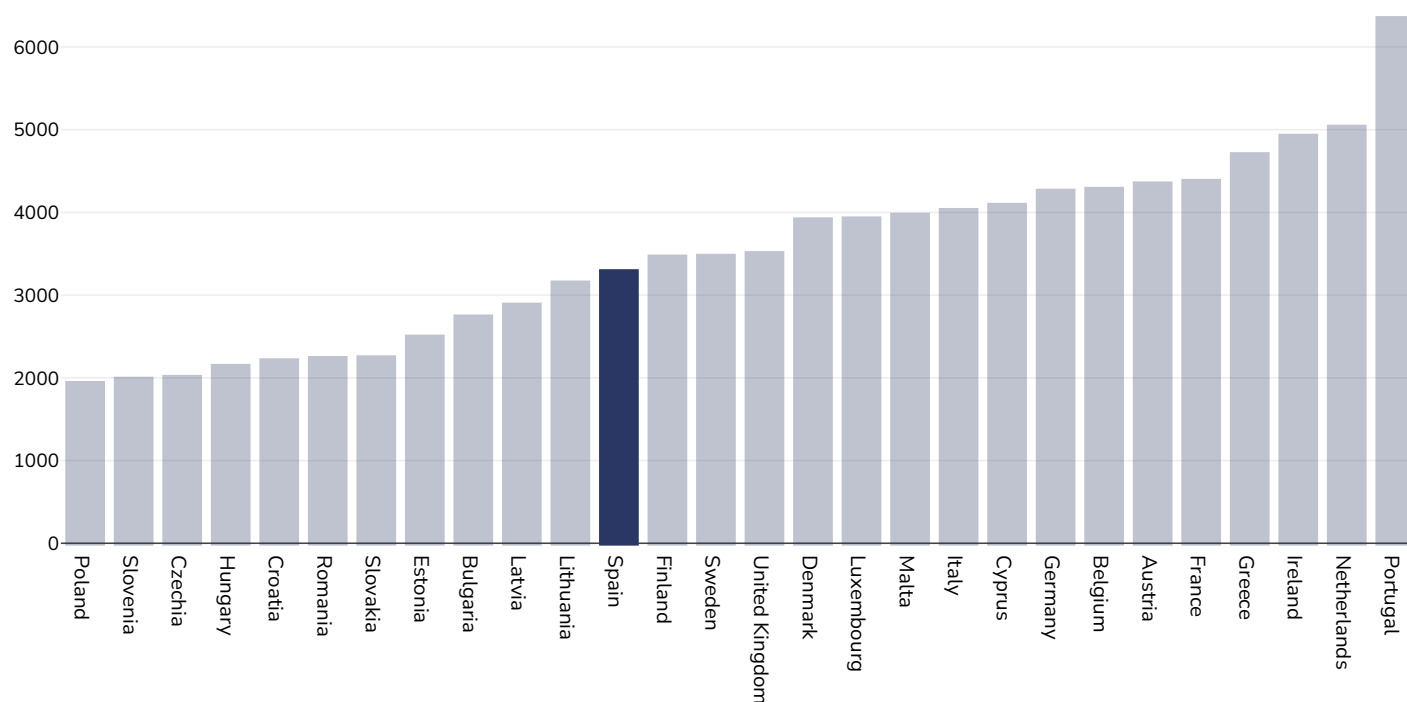
Children, 2021



References:

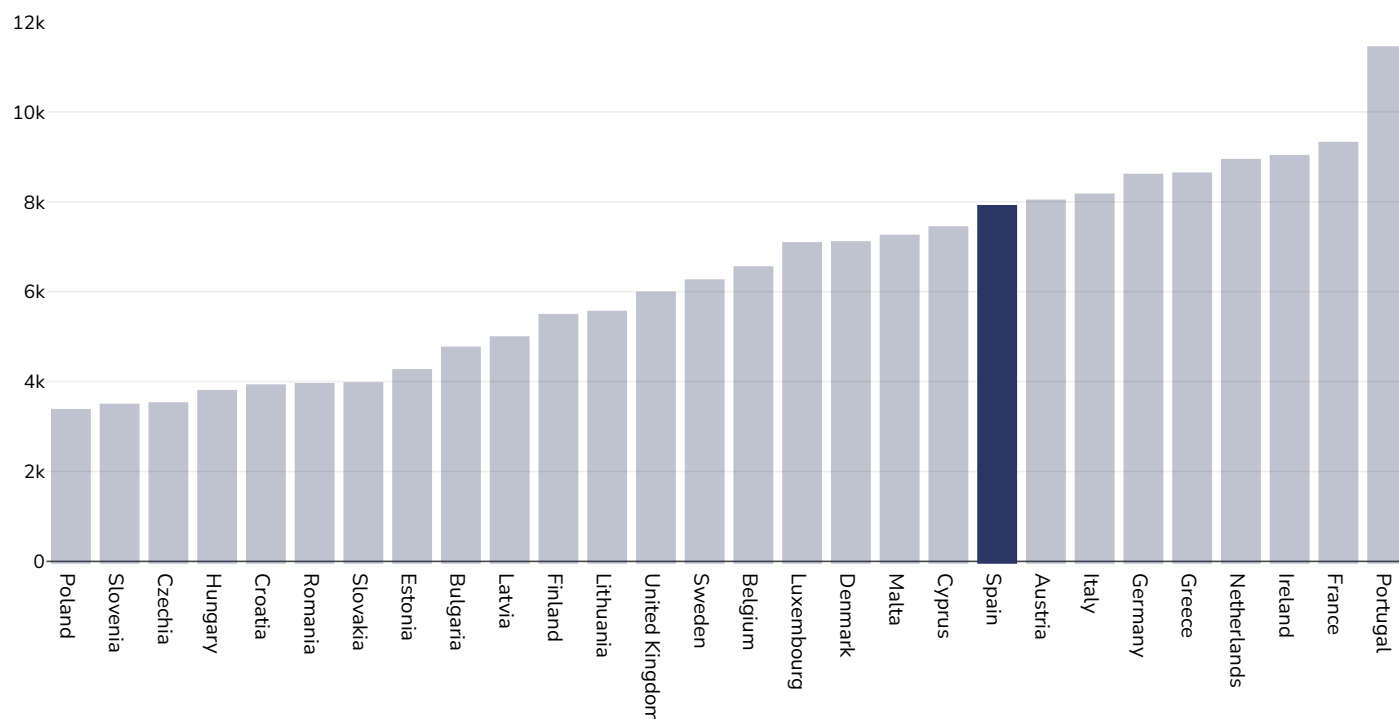
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Boys, 2021



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)

Girls, 2021



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)

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