Report card
Spain

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</table>
Obesity prevalence

Adults, 2017

Survey type: Self-reported
Age: 18+
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2015-2016

Survey type: Measured
Age: 6-9
Sample size: 10,899
Area covered: National


Notes: IOTF cut-offs used.
Cutoffs: IOTF
% Adults living with obesity in Spain 1990-2014

Men

Survey type: Measured

References:

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

% Adults living with obesity

Survey type: Measured

References:


Unless otherwise noted, overweight refers to a BMI between 25kg/m² 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 overweight or obesity in Spain 1990-2014

Men

Survey type: Measured

References:


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:


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.
% Children 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.
% Adults living with obesity in Europe 1976-2018

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

Men, 2017

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2017

Survey type: Self-reported
Area covered: National

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

Men, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample size in EU = 35100 (Age 18+)
Area covered: National
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/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample size in EU = 35100 (Age 18+)
Area covered: National
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/m², obesity refers to a BMI greater than 30kg/m².
### Children, 2012

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Obesity (%)</th>
<th>Overweight (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th grade or 2yr vocational training completed</td>
<td>10</td>
<td>25</td>
</tr>
<tr>
<td>High school or 4yr vocational training</td>
<td>5</td>
<td>15</td>
</tr>
<tr>
<td>University graduate (3yr or 4yr programs)</td>
<td>5</td>
<td>20</td>
</tr>
</tbody>
</table>

#### Survey Details

- **Survey type:** Measured
- **Age:** 8-17
- **Sample size:** 978
- **Area covered:** National

#### References


#### Notes

Prevalence of overweight and obesity of children based on educational level of person responsible for diet.

#### Cutoffs

- Other
Overweight/obesity by age

Adults, 2017

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Children, 2015-2016

Survey type: Measured
Sample size: 10,899
Area covered: National
Notes: IOTF cut-offs used. Translated graphics for data by age category are also available from 2011-12 and 2010-11 (on request).
Cutoffs: IOTF
**Overweight/obesity by region**

**Men, 1990-1994**

<table>
<thead>
<tr>
<th>Region</th>
<th>Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 10000 inhabitants</td>
<td>16</td>
</tr>
<tr>
<td>10000 - 100000 inhabitants</td>
<td>14</td>
</tr>
<tr>
<td>&gt; 100000 inhabitants</td>
<td>11</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 25-60

**Sample size:** 5388

**Area covered:** Four Spanish regions: Catalunya, Basque Country, Madrid and Valenci


**Notes:** Obesity defined as BMI $\geq$ 30 kg/m²

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 1990-1994

Survey type: Measured
Age: 25-60
Sample size: 5388
Area covered: Four Spanish regions: Catalunya, Basque Country, Madrid and Valencia


Notes: Obesity defined as BMI => 30 kg/m²

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

Men, 2014

Survey type: Self-reported
Area covered: National

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

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


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, 2014

Survey type: Self-reported
Area covered: National

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

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

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

Men, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample number in EU: 35100 (Age 18+)
Area covered: National
Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

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
Age: 18+
Sample size: Total sample number in EU: 35100 (Age 18+)
Area covered: National
Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2012

Survey type: Measured
Age: 8-17
Sample size: 978
Area covered: National
Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

References:
Men, 2016

Women, 2016

Children, 2010

Age: 11-17


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, 2010

Age: 11-17


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)
<table>
<thead>
<tr>
<th>Country</th>
<th>% Insufficient Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ireland</td>
<td>10</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>10</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>10</td>
</tr>
<tr>
<td>Poland</td>
<td>10</td>
</tr>
<tr>
<td>Netherlands</td>
<td>80</td>
</tr>
<tr>
<td>Malta</td>
<td>70</td>
</tr>
<tr>
<td>Austria</td>
<td>60</td>
</tr>
<tr>
<td>Finland</td>
<td>50</td>
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<tr>
<td>Croatia</td>
<td>40</td>
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<tr>
<td>Hungary</td>
<td>30</td>
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<td>Belgium</td>
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<td>Germany</td>
<td>20</td>
</tr>
<tr>
<td>Romania</td>
<td>20</td>
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<tr>
<td>Sweden</td>
<td>20</td>
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<tr>
<td>Estonia</td>
<td>20</td>
</tr>
<tr>
<td>Denmark</td>
<td>20</td>
</tr>
<tr>
<td>Greece</td>
<td>20</td>
</tr>
<tr>
<td>Portugal</td>
<td>20</td>
</tr>
<tr>
<td>France</td>
<td>20</td>
</tr>
<tr>
<td>Italy</td>
<td>20</td>
</tr>
</tbody>
</table>

**Age:** 11-17


**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


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+


Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less-than-daily fruit consumption

Children, 2014

Survey type: Measured


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:


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


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Incidence per 100,000

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definition: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyprus</td>
<td>2</td>
</tr>
<tr>
<td>Portugal</td>
<td>4</td>
</tr>
<tr>
<td>Romania</td>
<td>6</td>
</tr>
<tr>
<td>Greece</td>
<td>8</td>
</tr>
<tr>
<td>Spain</td>
<td>10</td>
</tr>
<tr>
<td>Sweden</td>
<td>12</td>
</tr>
<tr>
<td>Netherlands</td>
<td>14</td>
</tr>
<tr>
<td>Austria</td>
<td>16</td>
</tr>
<tr>
<td>Germany</td>
<td>18</td>
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<tr>
<td>Luxembourg</td>
<td>18</td>
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<td>Denmark</td>
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<td>Italy</td>
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<td>Finland</td>
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<tr>
<td>Poland</td>
<td>18</td>
</tr>
<tr>
<td>Malta</td>
<td>18</td>
</tr>
<tr>
<td>Belgium</td>
<td>18</td>
</tr>
<tr>
<td>Ireland</td>
<td>18</td>
</tr>
<tr>
<td>Croatia</td>
<td>18</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>18</td>
</tr>
<tr>
<td>France</td>
<td>18</td>
</tr>
<tr>
<td>Hungary</td>
<td>18</td>
</tr>
<tr>
<td>Slovakia</td>
<td>18</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>18</td>
</tr>
<tr>
<td>Estonia</td>
<td>18</td>
</tr>
<tr>
<td>Lithuania</td>
<td>18</td>
</tr>
</tbody>
</table>

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) 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>=140 OR DBP>=90).
Men, 2015

% raised blood pressure


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Women, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008

References:

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

Percentage raised total cholesterol (%)


Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Women, 2008

References:

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

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

References:

Definitions:
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2017

References:

Definitions:
Diabetes age-adjusted comparative prevalence (%).
Health systems

Economic classification: High Income

Health systems summary

Spain has a universal healthcare system that is consistently ranked among the best in the world. The national system (Sistema Nacional de Salud) is primarily funded by taxation and is mostly free at point of service. In addition to the national health service, there are other statutory provisions for civil servants, the armed forces and the judiciary. Public sector workers, for example, are eligible to opt out of the public system if they sign up to the government-subsidised health insurance called MUFACE. Despite the comprehensive health coverage in Spain, out of pocket (OOP) payments make up 23.9% of total health expenditure (greater than the European Union average). Most OOP payments are for pharmaceuticals and medical devices.

Spain has the highest life expectancy in the European Union and has relatively low mortality rates from preventable and treatable causes. Obesity, however, has been increasing in recent years.

Indicators

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where is the country’s government in the journey towards defining “Obesity as a disease”?</td>
<td>Some progress</td>
</tr>
<tr>
<td>Where is the country’s healthcare provider in the journey towards defining “Obesity as a disease”?</td>
<td>Some progress</td>
</tr>
<tr>
<td>Is there specialist training available dedicated to the training of health professionals to prevent, diagnose, treat and manage obesity?</td>
<td>Yes</td>
</tr>
<tr>
<td>Have any taxes or subsidies been put in place to protect/assist/inform the population around obesity?</td>
<td>Yes</td>
</tr>
<tr>
<td>Are there adequate numbers of trained health professionals in specialties relevant to obesity in urban areas?</td>
<td>No</td>
</tr>
<tr>
<td>Are there adequate numbers of trained health professionals in specialties relevant to obesity in rural areas?</td>
<td>No</td>
</tr>
<tr>
<td>Are there any obesity-specific recommendations or guidelines published for adults?</td>
<td>Yes</td>
</tr>
<tr>
<td>Are there any obesity-specific recommendations or guidelines published for children?</td>
<td>Some progress</td>
</tr>
<tr>
<td>In practice, how is obesity treatment largely funded?</td>
<td>Not known</td>
</tr>
</tbody>
</table>
Perceived barriers to treatment

- Lack of political will, interest and action
- Economic crisis
- Stigma
- Poor health literacy and behaviour
- Cultural norms and traditions

Summary of stakeholder feedback

While seemingly not yet considered to be a disease by the government and healthcare providers, Spain has several prevention policies in place related to obesity. These include school-level interventions around physical activity and diet, and a sugar tax in the Catalonia region. Stakeholders and patients felt that obesity could be better prevented by the provision of cheaper fruit and vegetables, perhaps through subsidies.

Overall, the health system is generally not thought to be working in terms of obesity treatment. Having said that, one stakeholder felt that primary care centres were becoming better at addressing obesity, with several new and effective programmes being implemented. Generally, though, it appears that a high BMI is required before treatment if offered, and even then, there are long waiting lists. Long waiting lists are said to be one of the reasons individuals leave the health system without treatment.

There are insufficient numbers of obesity professionals in both urban and rural areas but in rural areas, there is said to be no possibility of receiving specialised treatment. There is no specialised obesity training available, except for training for bariatric surgeons.

Based on interviews/survey returns from 3 stakeholders

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