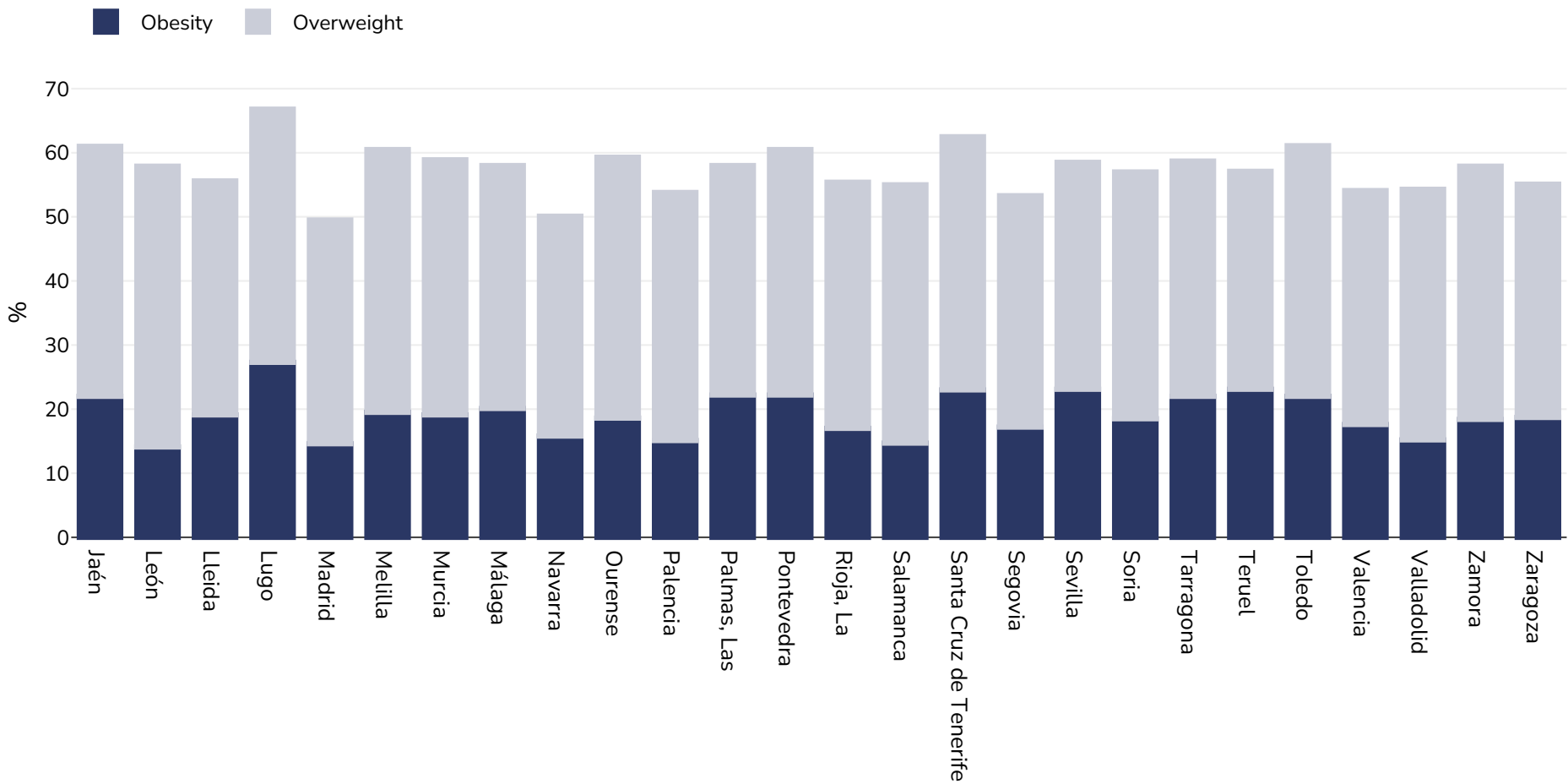


# Spain: Overweight/obesity by region



Adults, 2020



|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Self-reported                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Age:          | 18+                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Sample size:  | 57,131                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| References:   | Gutiérrez-González, E., García-Solano, M., Pastor-Barriuso, R., de, F., Almudena Rollán-Gordo, Belén Peñalver-Argüeso, Peña-Rey, I., Pollán, M. and Pérez-Gómez, B. (2023). Socio-geographical disparities of obesity and excess weight in adults in Spain: insights from the ENE-COVID study. Frontiers in Public Health, [online] 11. doi: <a href="https://doi.org/10.3389/fpubh.2023.1195249">https://doi.org/10.3389/fpubh.2023.1195249</a> . |
| Notes:        | Data from the ENE-COVID study 2020 (crude prevalence). Overweight data manually derived from excess weight (BMI≥25 kg/m2).<br><br>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².                                                                                                                                                                                     |