



WORLD OBESITY

Spain

Extended Country Report 2019

Extended Country Profile Graphics

Pages

• General Overweight & Obesity Prevalence (%).....	3-4
• General Overweight & Obesity Prevalence (%) in Spanish.....	5-6
• By Age & Income	7-8
• By Age & Education.....	9-10
• By Age & Income in Spanish.....	11-12
• By Age & Education in Spanish.....	13-14
• Trends in Children 2001-2013/14.....	15-18
• Trends in Adults by Income Quintile 2008-2014	19-20
• Trends in Adults by Education 2008-2017	21-22
• Drivers	
• Adolescent physical inactivity	23-24
• Adult physical inactivity	25-26
• Sugar, Vegetable, Confectionery, Sweet & Savoury, Fruit & Soft drink sales/consumption	27-32
• Impact	
• Diabetes.....	33
• High Cholesterol.....	34
• Raised Blood pressure.....	35-36
• Obesity related cancers.....	37-46
• Policies & Interventions (online).....	47
• View prevalence data (online)	48
• Sources.....	49



Spain

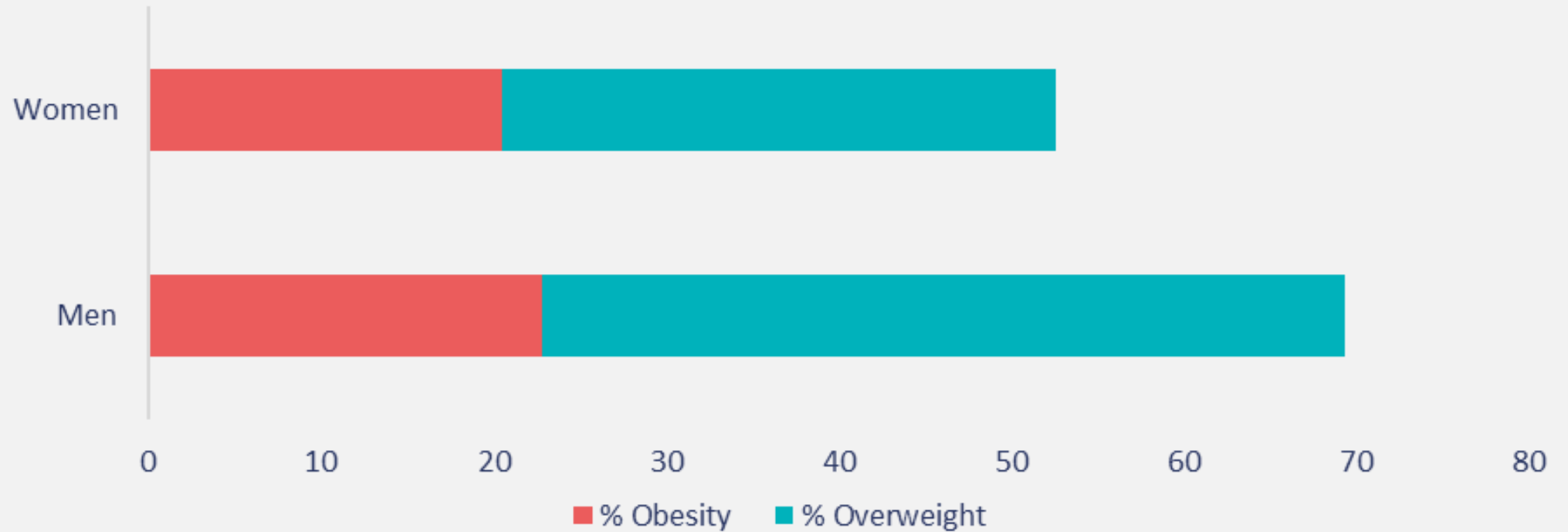
POPULATION:
46,121,699 (2015)

GINI INDEX:
36.2
(2015)



Spain

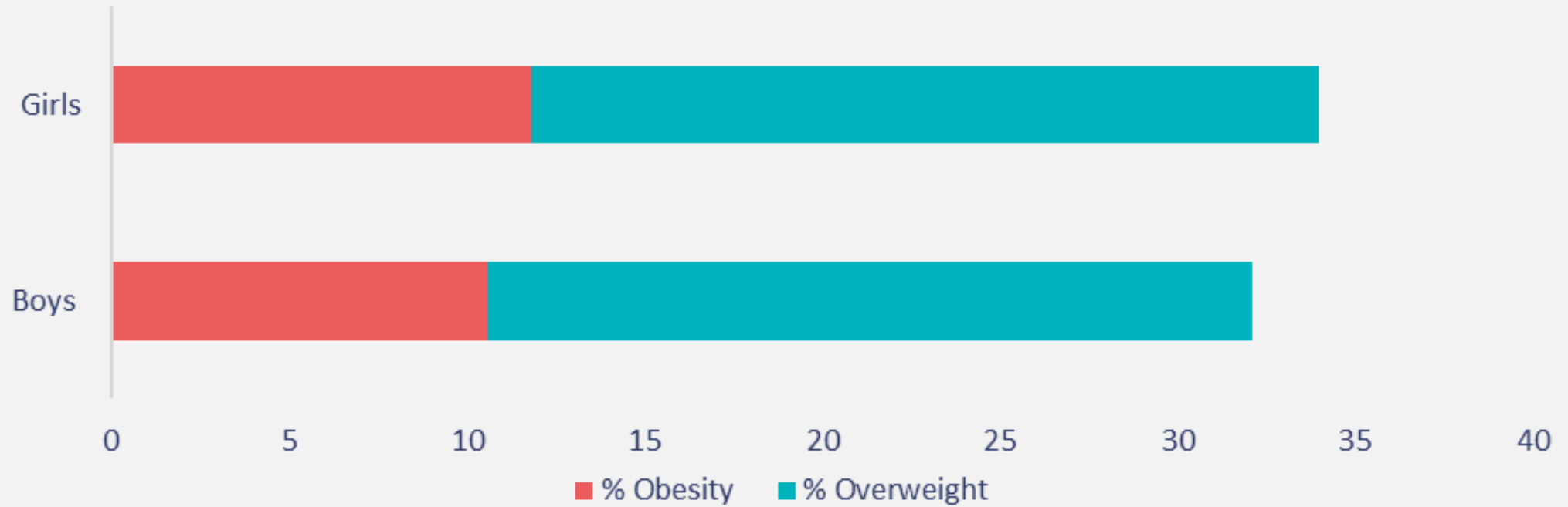
% Overweight/obesity in adults living in Spain (2014-15)





Spain

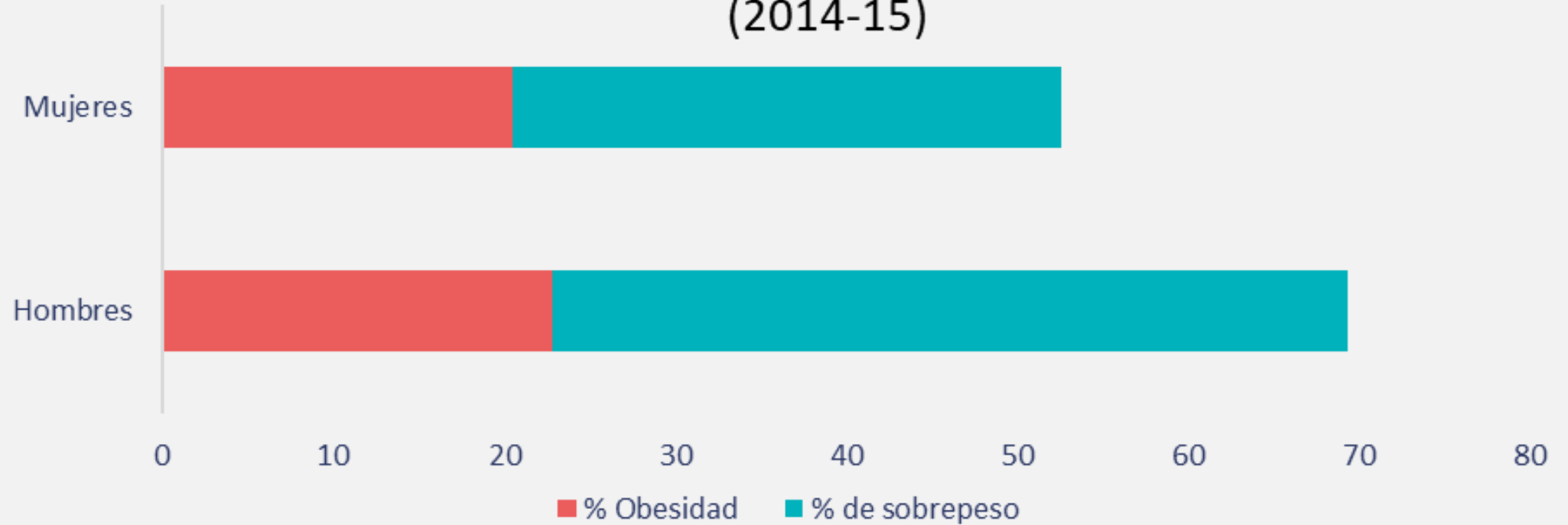
% Overweight/Obesity in children living in Spain (2015-16)





Spain

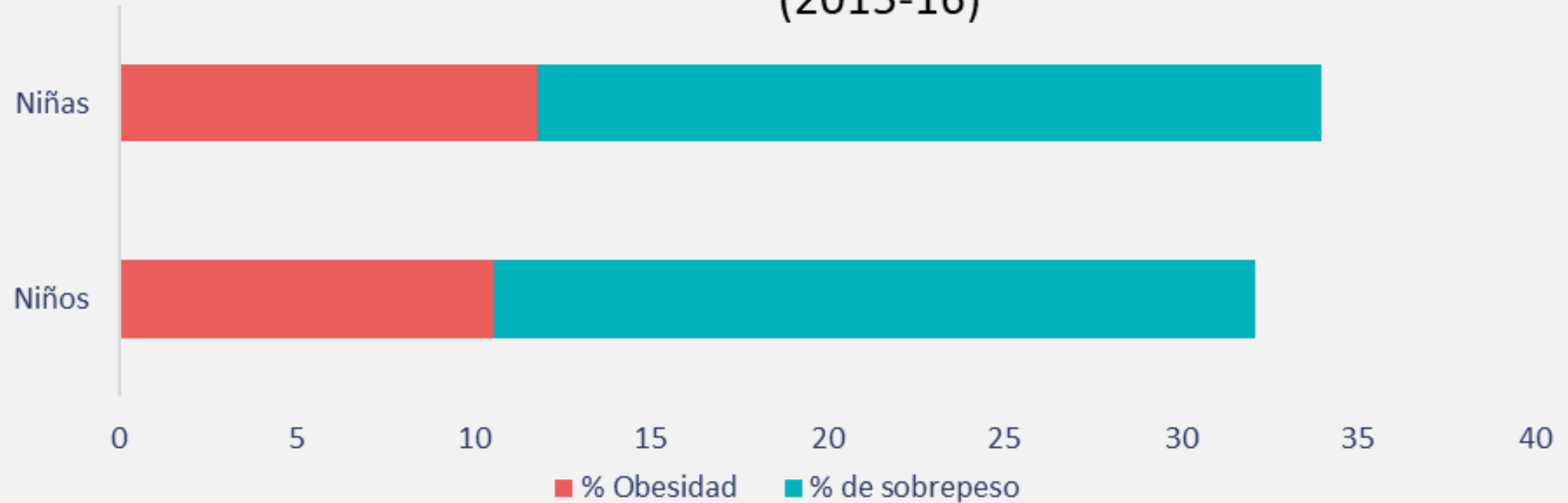
% de sobrepeso/obesidad en adultos que viven en España (2014-15)





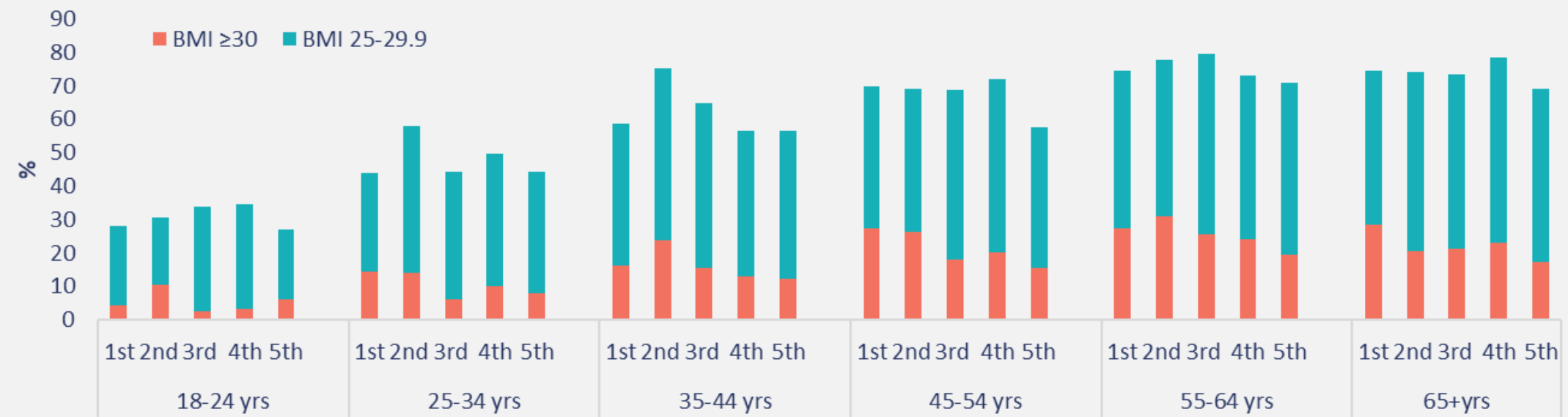
Spain

% de sobrepeso/obesidad en niños/niñas que viven en España (2015-16)



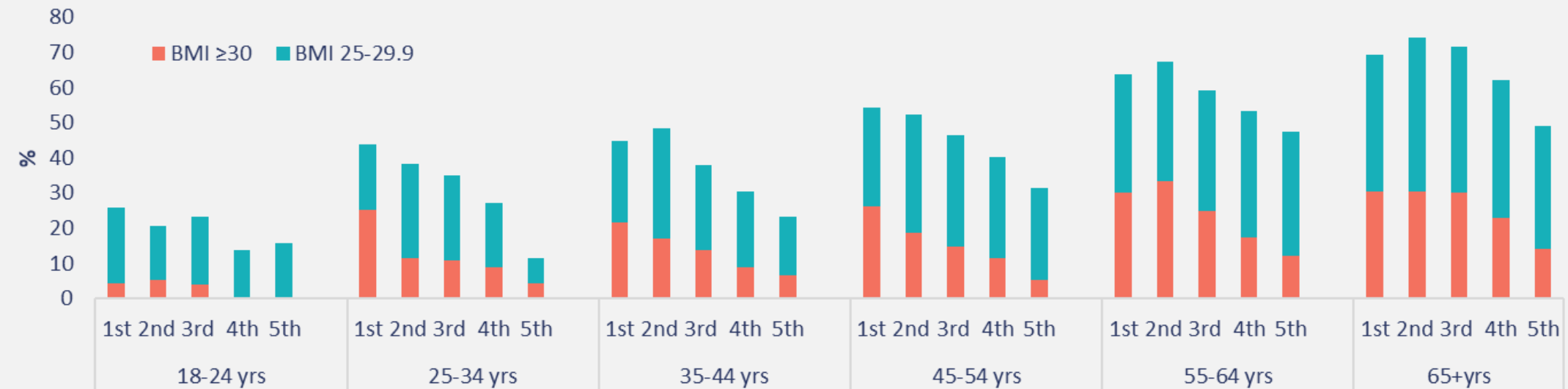


% Overweight & Obesity by age & income quintile in males living in Spain 2014



1st Quintile (lowest income), 5th Quintile (highest income)

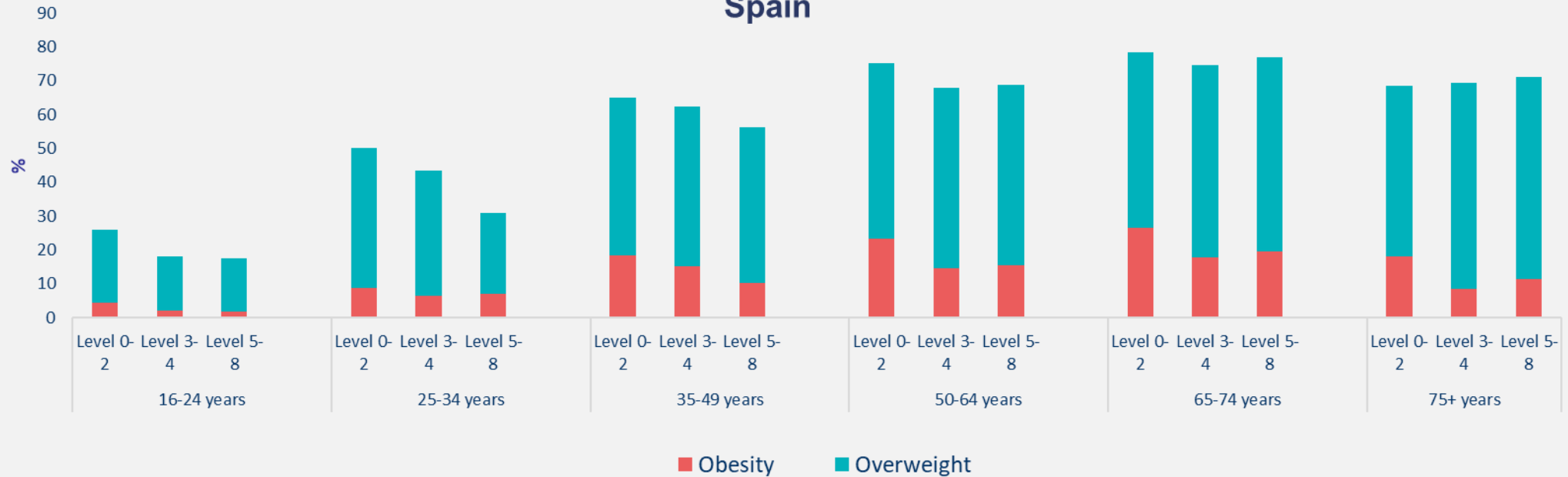
% Overweight & Obesity by age and income quintile in females living in Spain 2014



1st Quintile (lowest income), 5th Quintile (highest income)

% Overweight/Obesity in males by age and education attainment 2017

Spain



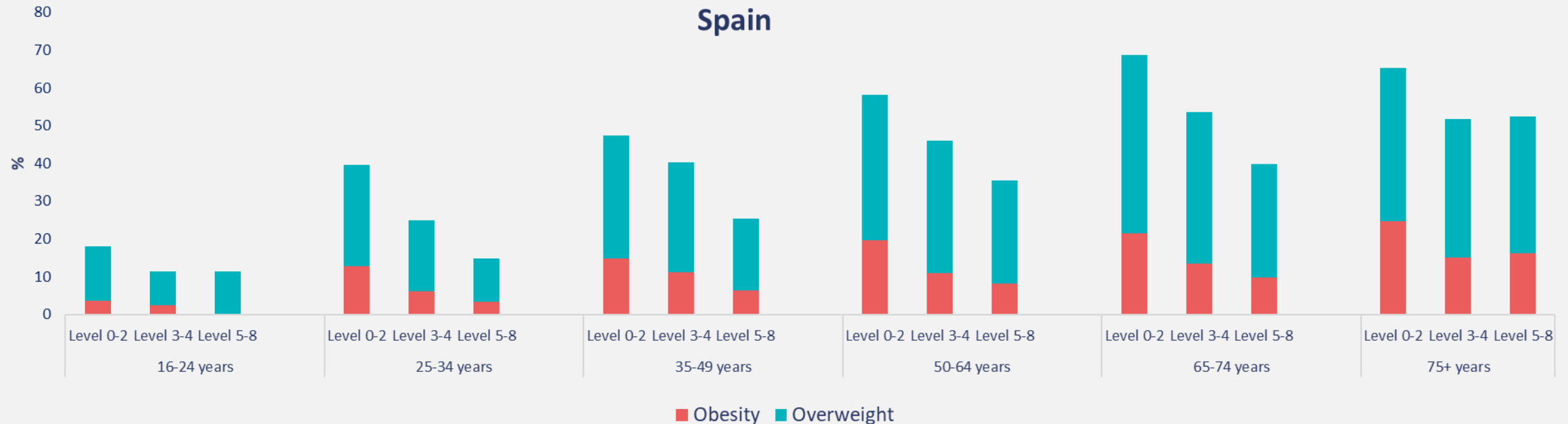
Less than primary, primary and lower secondary education (levels 0-2)
 Upper secondary and post-secondary non-tertiary education (levels 3 and 4)
 Tertiary education (levels 5-8)



Spain

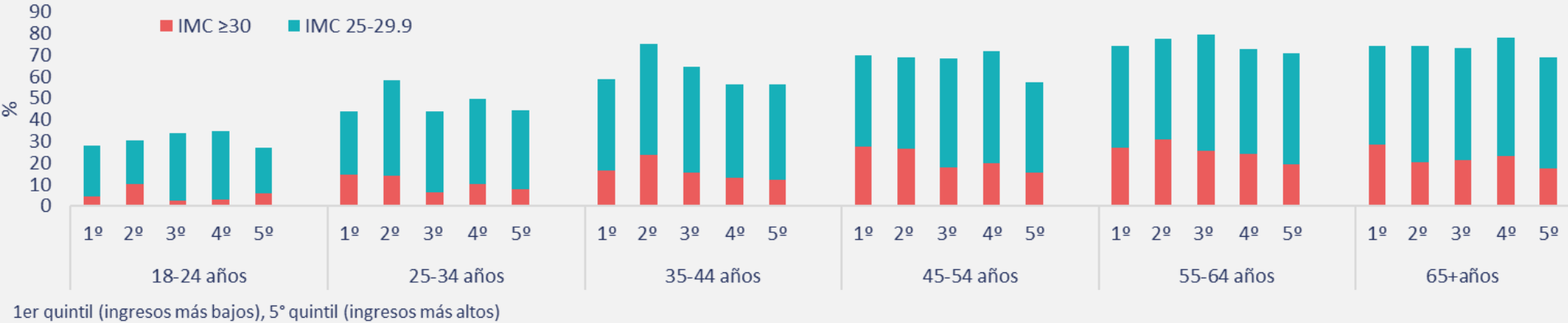
% Overweight/Obesity in females by age and education attainment 2017

Spain

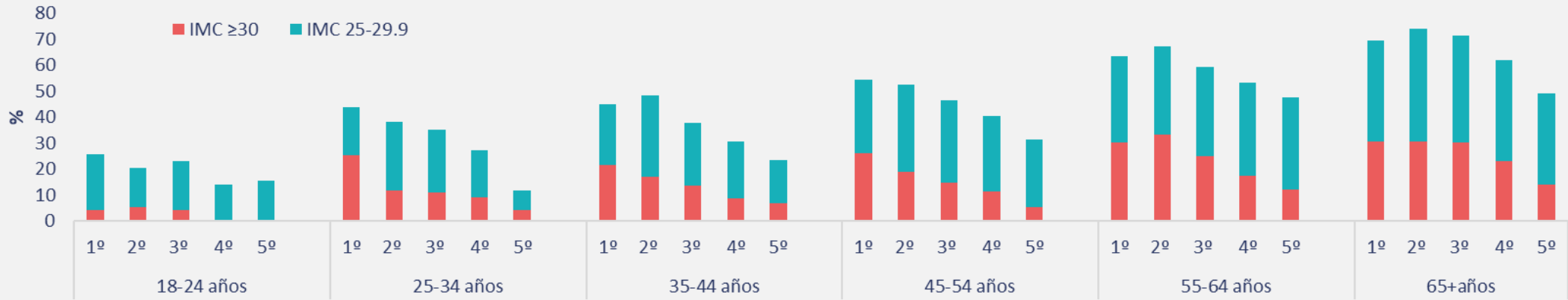


Less than primary, primary and lower secondary education (levels 0-2)
Upper secondary and post-secondary non-tertiary education (levels 3 and 4)
Tertiary education (levels 5-8)

% de sobrepeso y obesidad por edad y quintil de ingresos en hombres que viven en España 2014



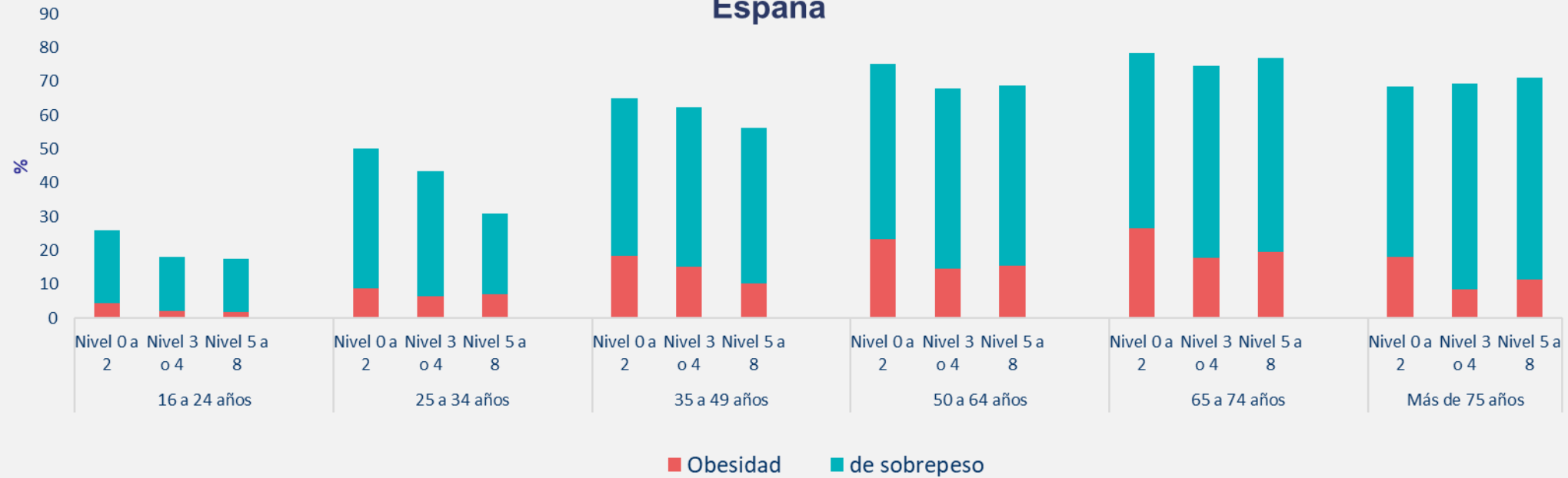
% de sobrepeso y obesidad por edad y quintil de ingresos en mujeres que viven en España 2014



1er quintil (ingresos más bajos), 5º quintil (ingresos más altos)

% de sobrepeso/obesidad en hombres por edad y nivel educativo 2017

España



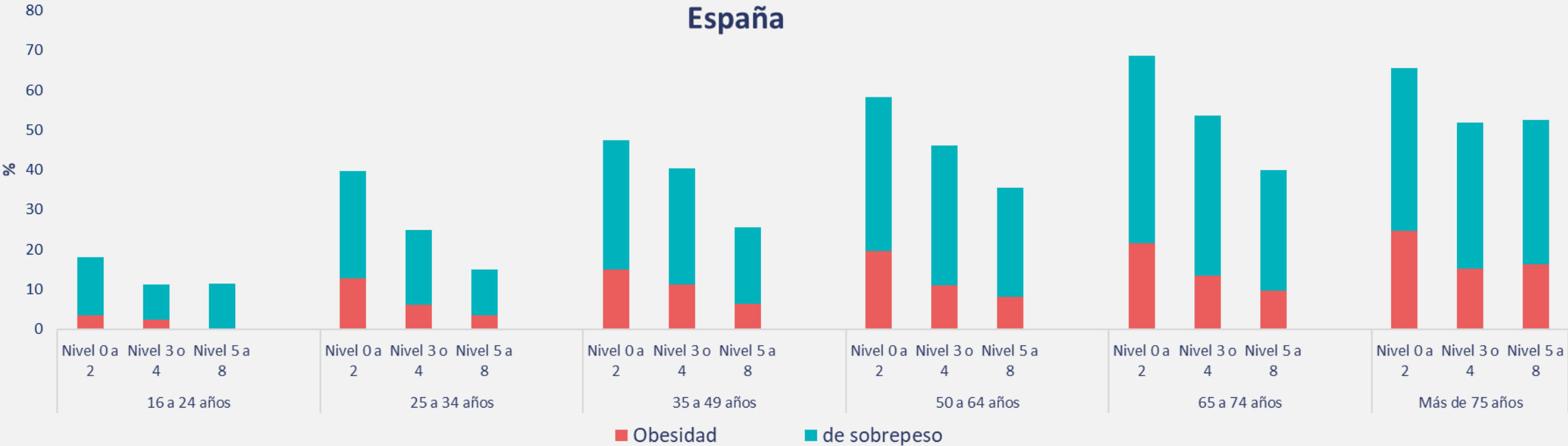
Educación menor que primaria, primaria y secundaria inferior (niveles 0 a 2)
 Educación secundaria alta y educación possecundaria, no terciaria (niveles 3 y 4)
 Estudios superiores (niveles 5 a 8)



Spain

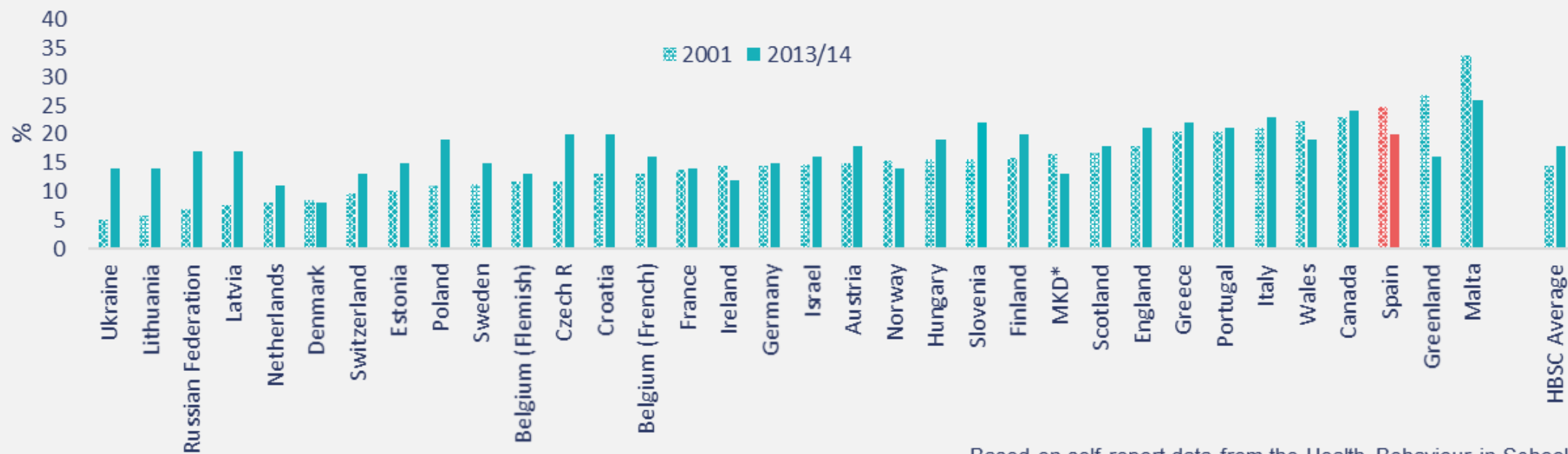
% de sobrepeso/obesidad en mujeres por edad y nivel educativo 2017

España



Educación menor que primaria, primaria y secundaria inferior (niveles 0 a 2)
Educación secundaria alta y educación possecundaria, no terciaria (niveles 3 y 4)
Estudios superiores (niveles 5 a 8)

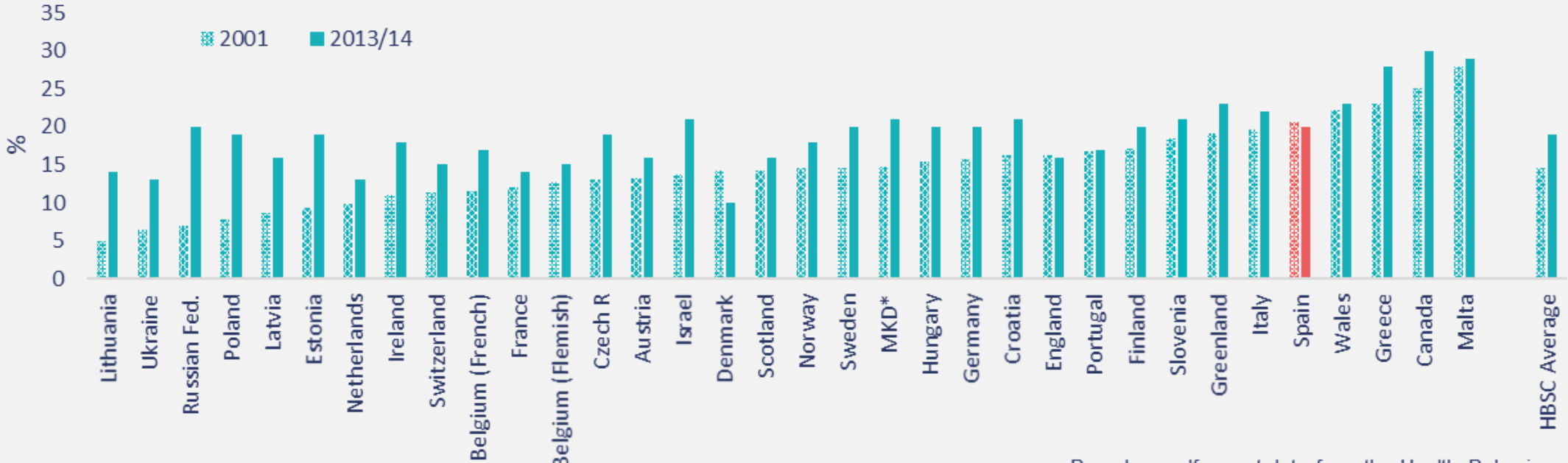
Changes in Overweight (%) in 13 year old boys between 2001 & 2013/14



* The Former Yugoslav Republic Macedonia

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points

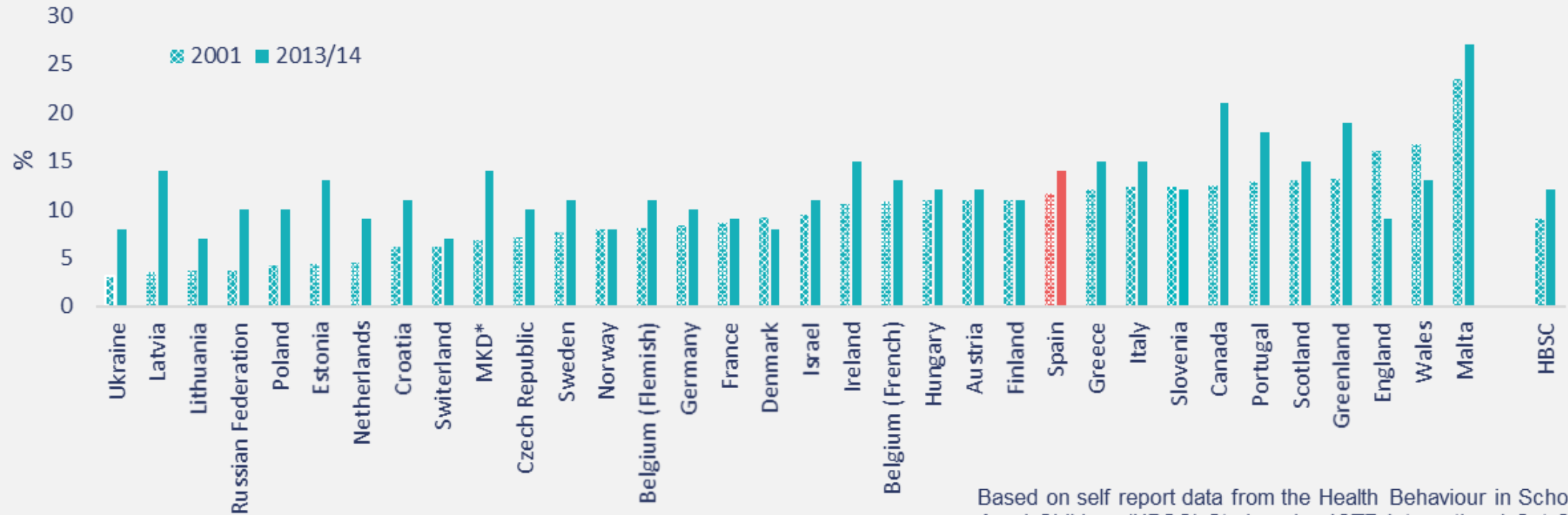
Changes in Overweight (%) in 15 year old boys between 2001 & 2013/14



* The Former Yugoslav Republic Macedonia

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points

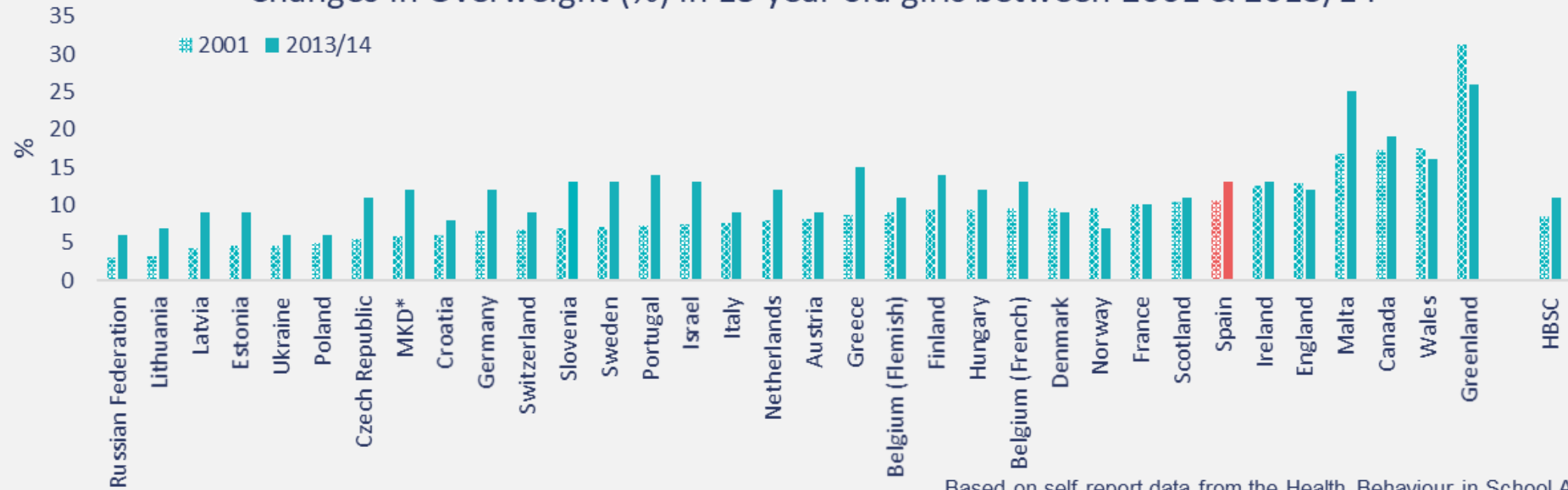
Changes in Overweight (%) in 13 year old girls between 2001 & 2013/14



* The Former Yugoslav Republic of Macedonia

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points

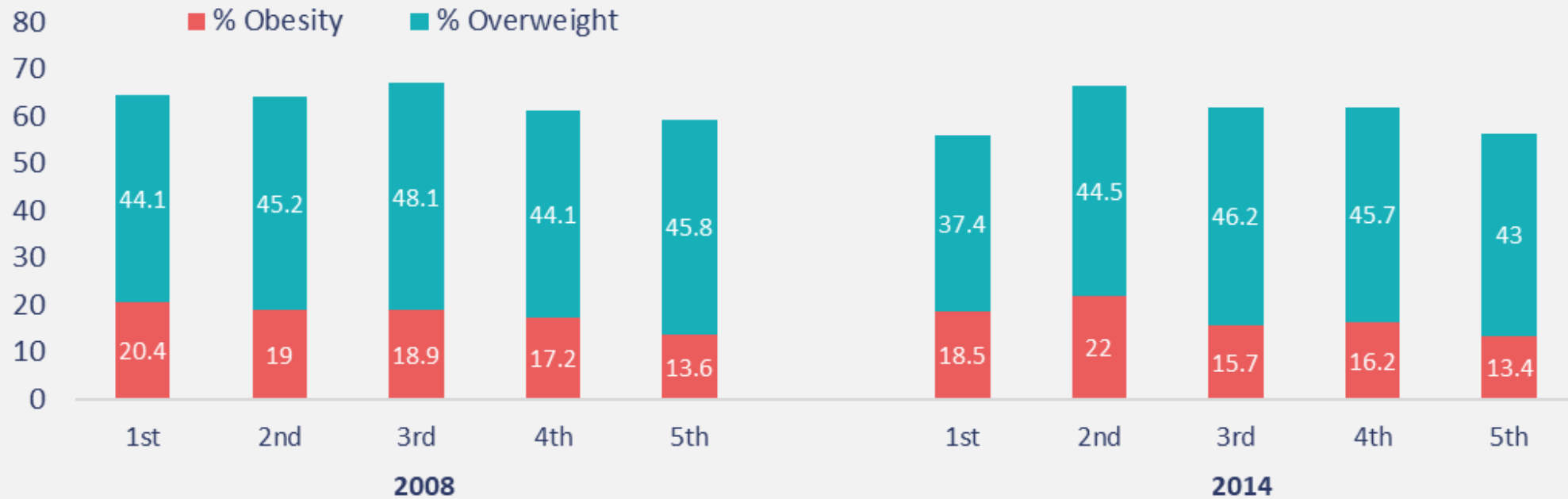
Changes in Overweight (%) in 15 year old girls between 2001 & 2013/14



* The Former Yugoslav Republic Macedonia

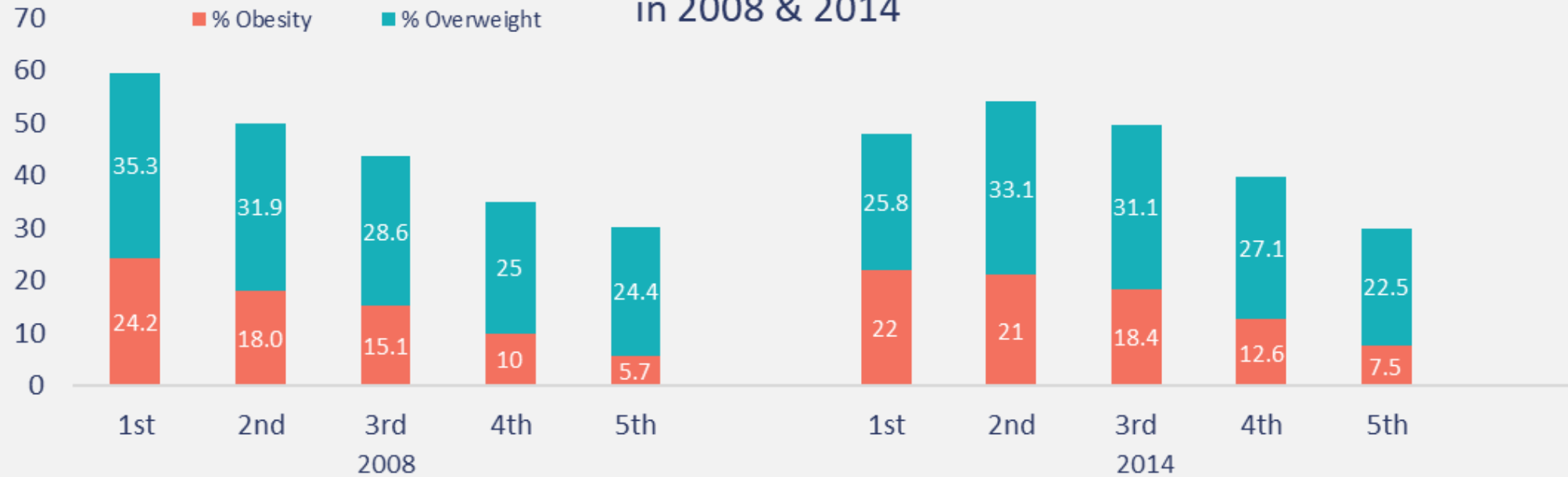
Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points

% Overweight & Obesity in Spanish Male Adults by Income Quintile in 2008 & 2014



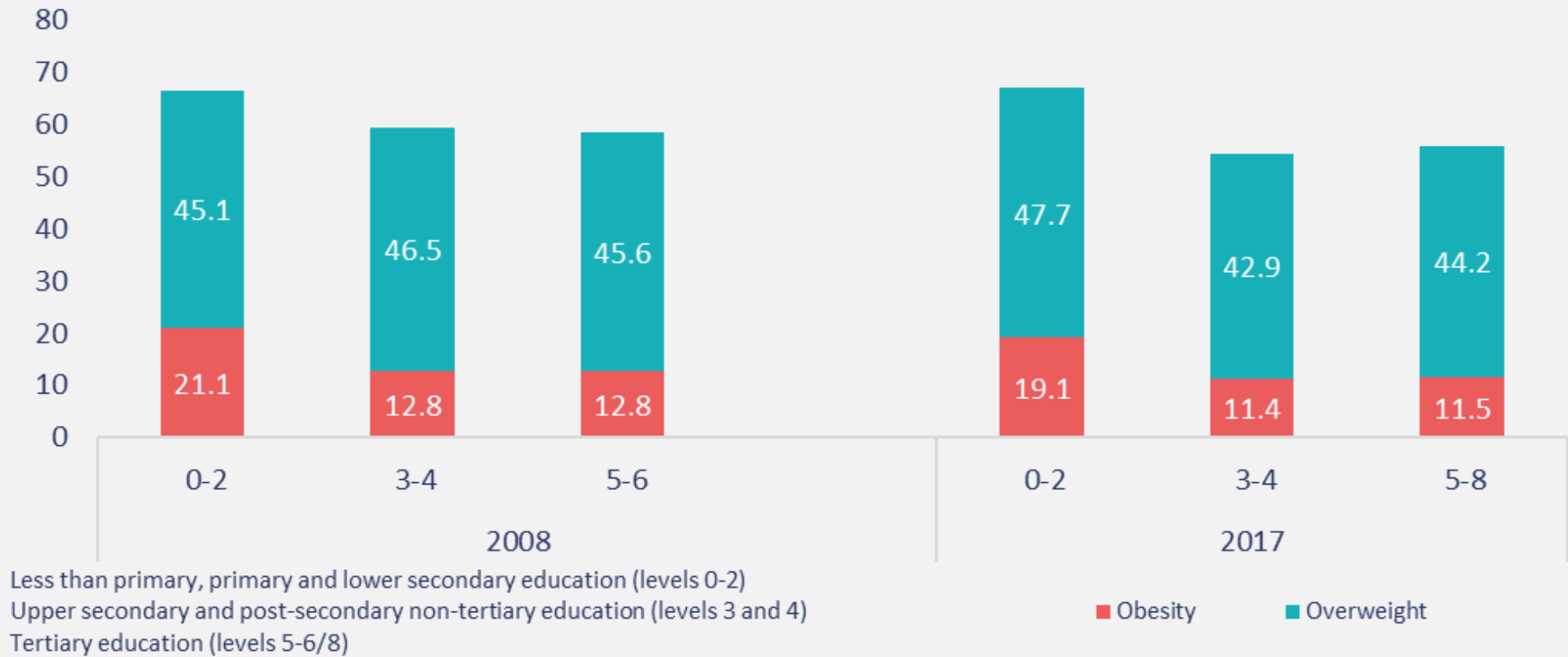
1st Quintile lowest income, 5th Quintile Highest income

% Overweight & Obesity in Spanish Female Adults by Income Quintile in 2008 & 2014

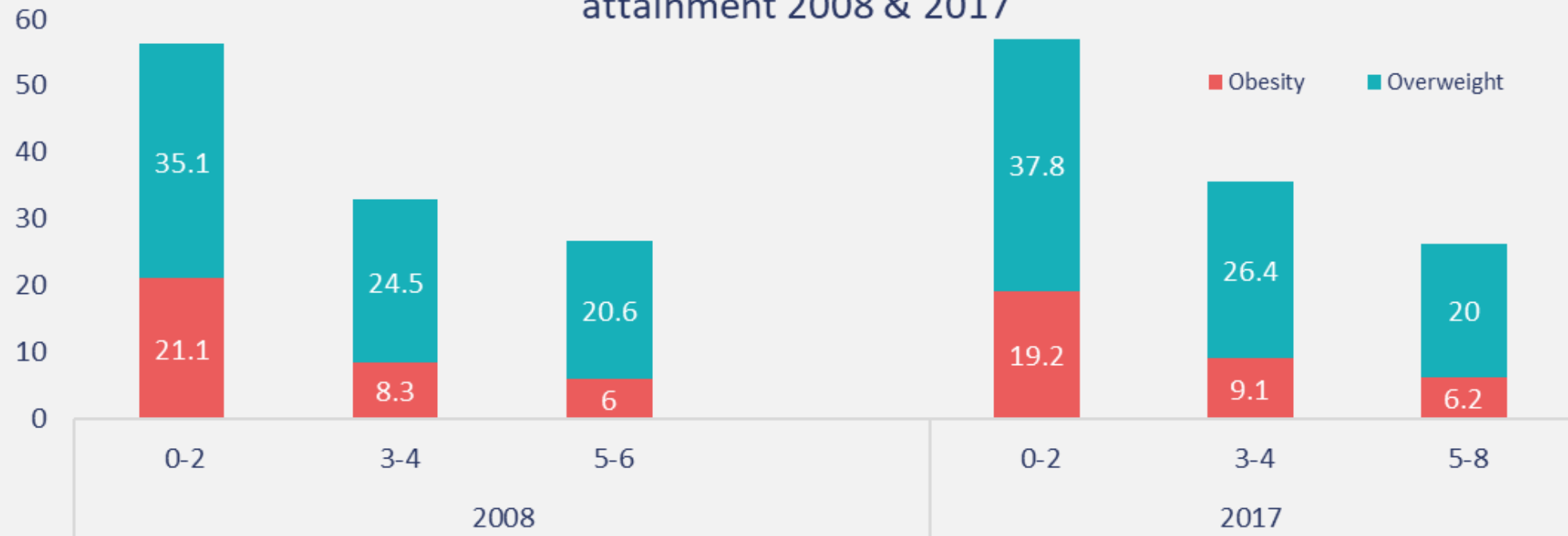


1st Quintile lowest income, 5th Quintile Highest income

% Overweight & Obesity in Spanish Male adults by Educational attainment 2008 & 2017



% Overweight & Obesity in Spanish Female adults by Educational attainment 2008 & 2017

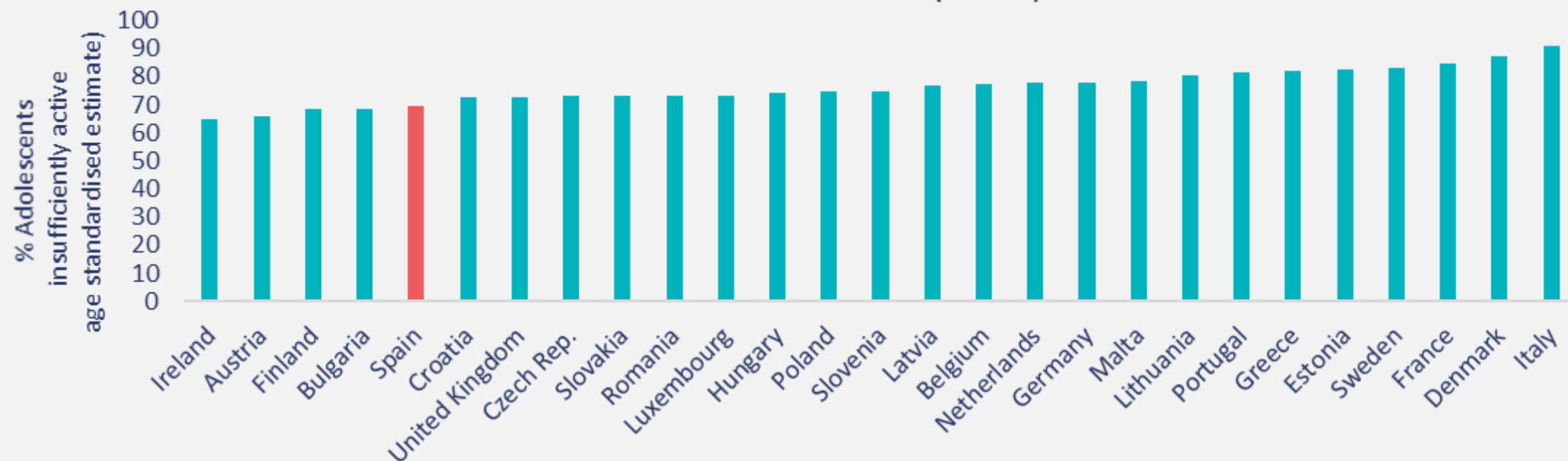


Less than primary, primary and lower secondary education (levels 0-2)
 Upper secondary and post-secondary non-tertiary education (levels 3 and 4)
 Tertiary education (levels 5-6/8)



Spain

% Insufficiently active male adolescents living in EU Member Countries (2010)

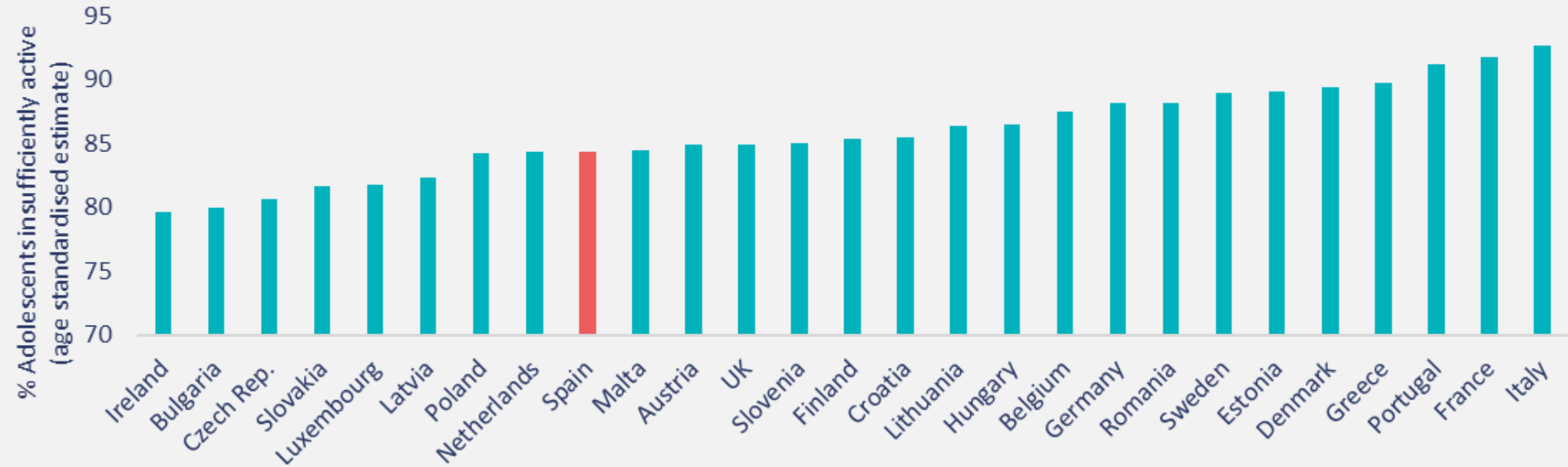


No data available in Cyprus



Spain

% Insufficiently active female adolescents living in EU Member Countries (2010)

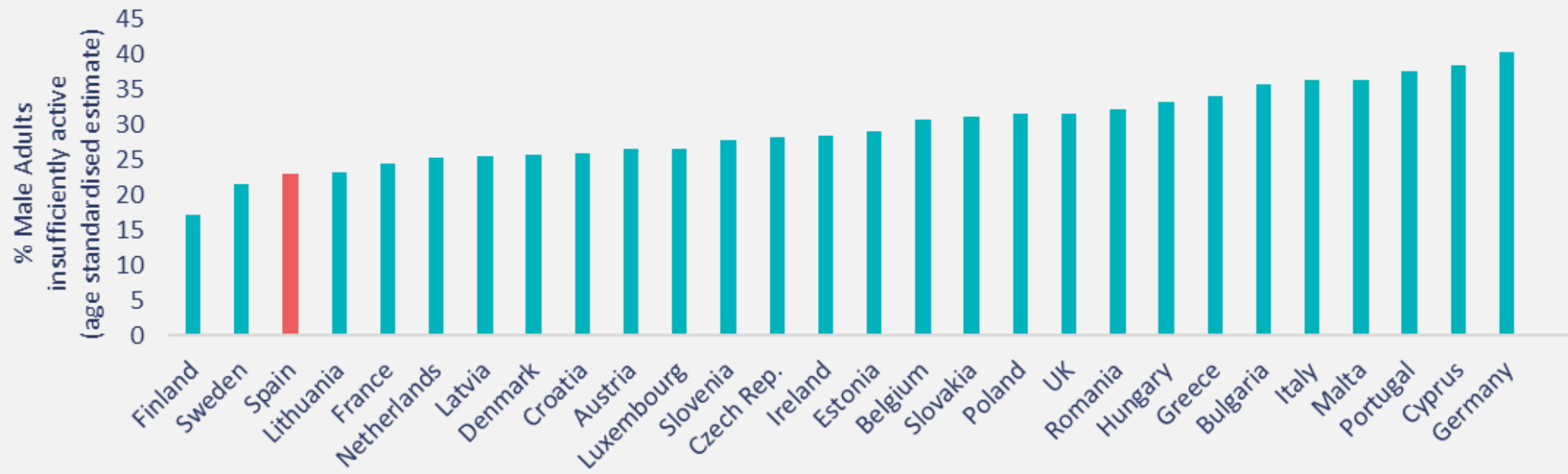


No data available in Cyprus



Spain

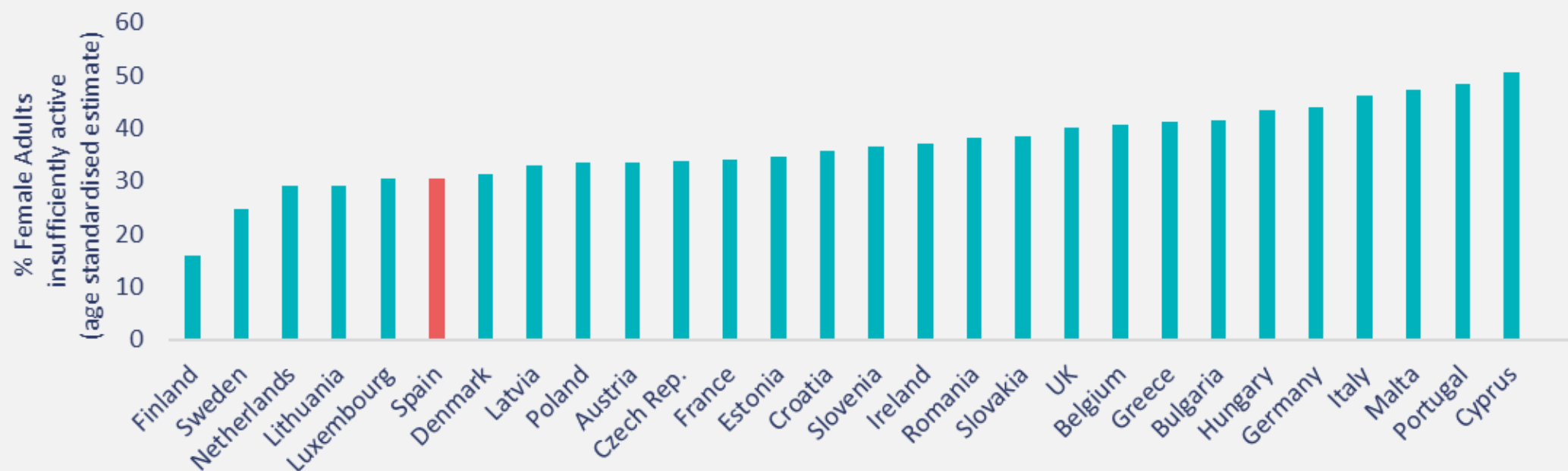
% Insufficiently active male adults living in EU Member Countries (2016)





Spain

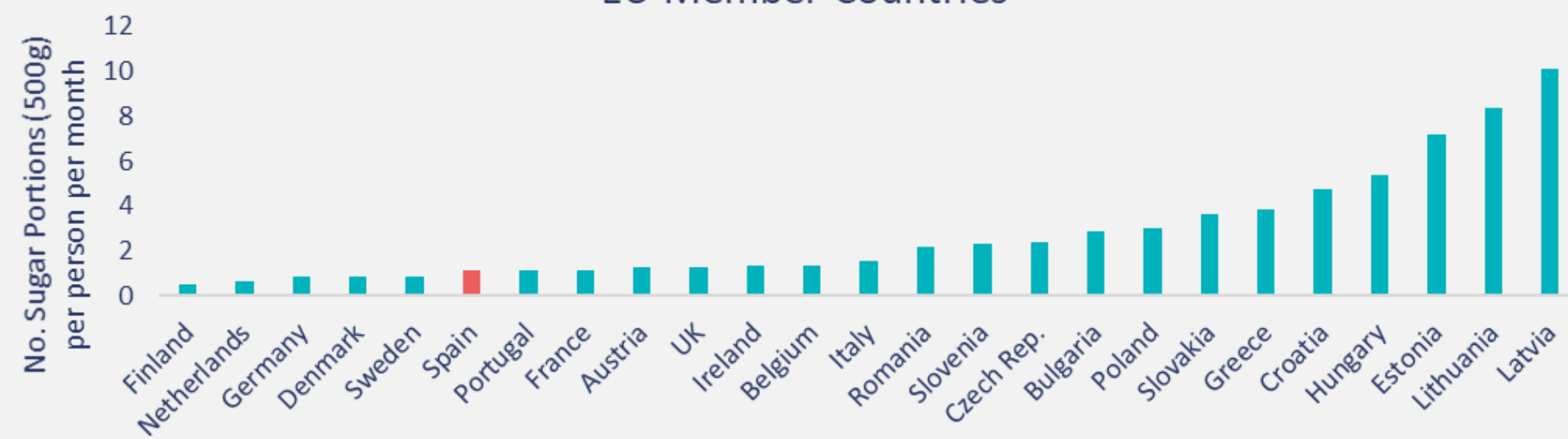
% Insufficiently active female adults living in EU Member Countries (2016)





Spain

Sugar Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

Sugar Consumption/Sales for individuals living in EU Member Countries. Derived from:
Euromonitor International, Nutrition 2016 edition



Spain

Vegetable Consumption/Sales for individuals living in EU Member Countries

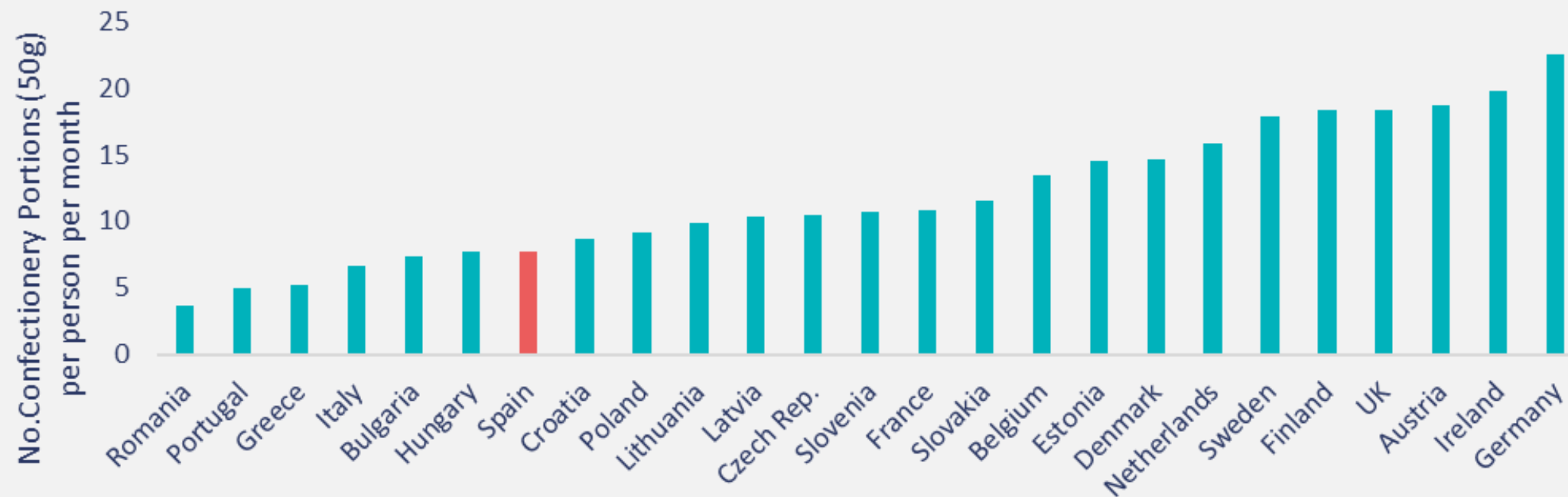


No data available in Cyprus, Luxembourg & Malta
Vegetable Consumption/Sales for individuals living in EU Member Countries
Derived from: Euromonitor International, Fresh Food, 2016 edition



Spain

Confectionery Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

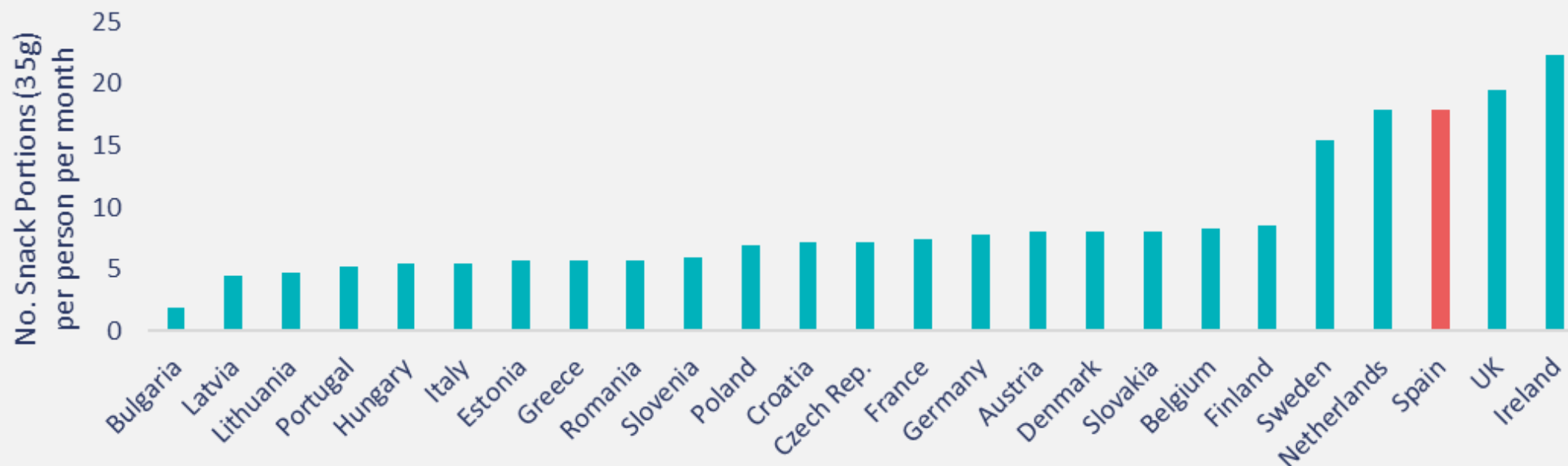
Confectionery Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Packaged Food, 2016 edition



Spain

Sweet & Savoury Snack Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

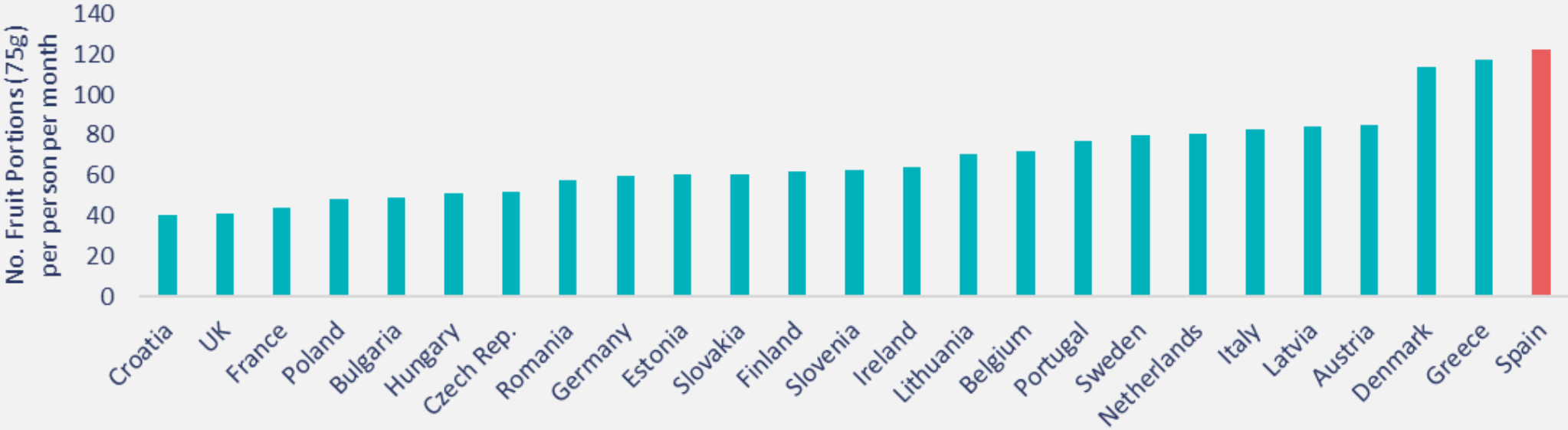
Sweet and Savoury Snacks Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Packaged Food, 2016 edition



Spain

Fruit Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta
Fruit Consumption/Sales for individuals living in EU Member Countries
Derived from: Euromonitor International, Fresh Food, 2016 edition

Soft Drink Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

Soft Drink Consumption/Sales for individuals living in EU Member Countries

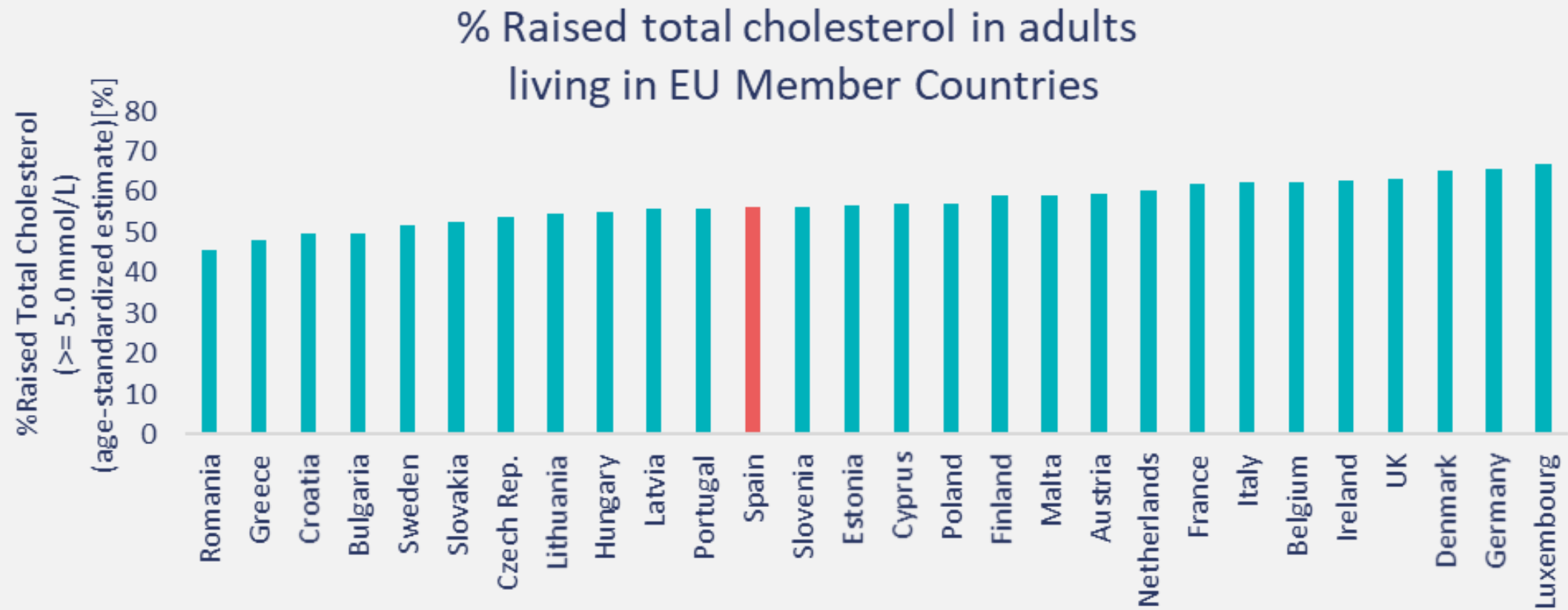
Derived from: Euromonitor International, Soft Drinks, 2016 edition



Spain

Diabetes age-adjusted comparative prevalence [%] in adults living in EU Member Countries (2017)







Spain

% Raised blood pressure in males living in EU Member Countries (2015)





Spain

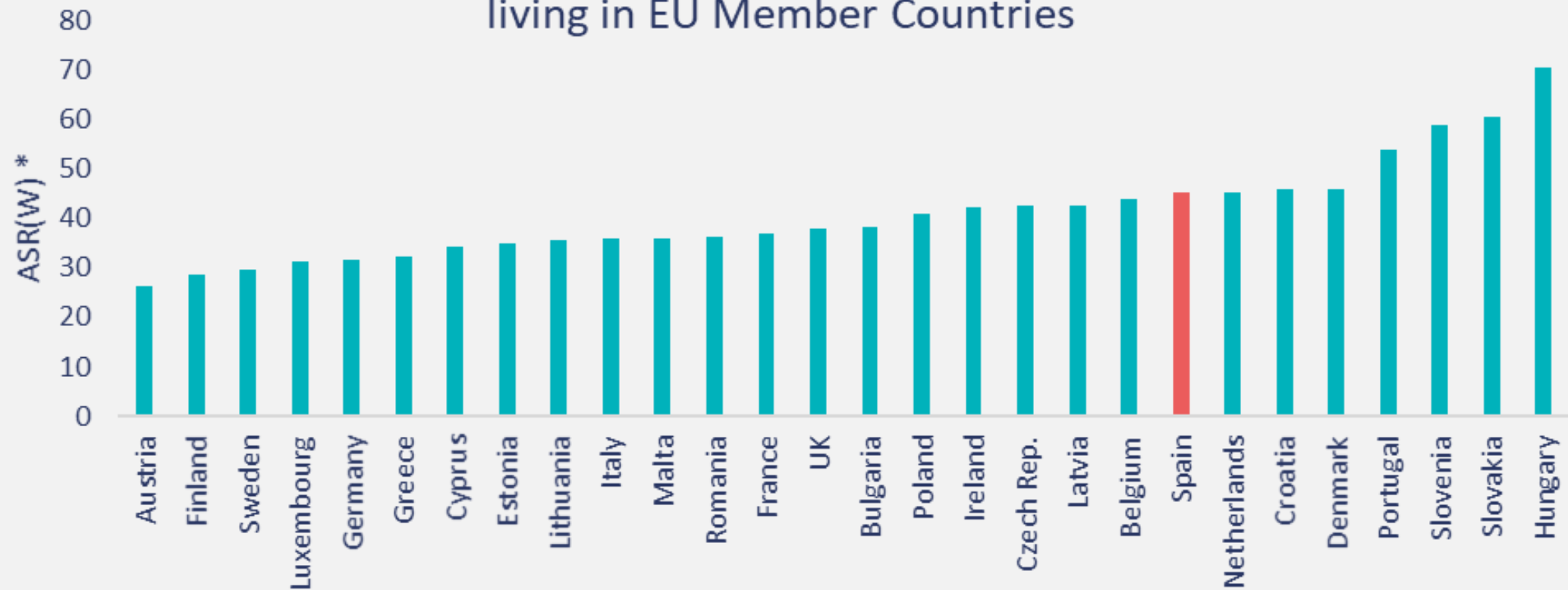
% Raised blood pressure in females living in EU Member Countries (2015)





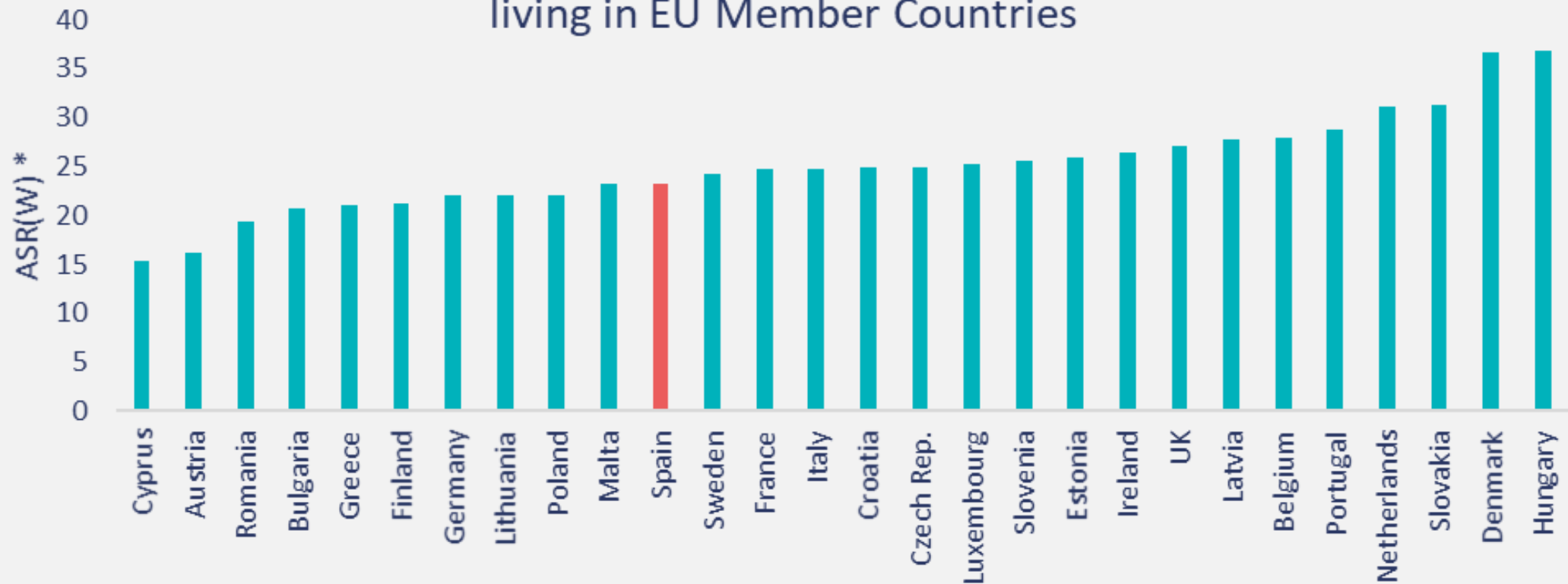
Spain

Colorectal Cancer incidence in males living in EU Member Countries



*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Colorectal Cancer incidence in females living in EU Member Countries

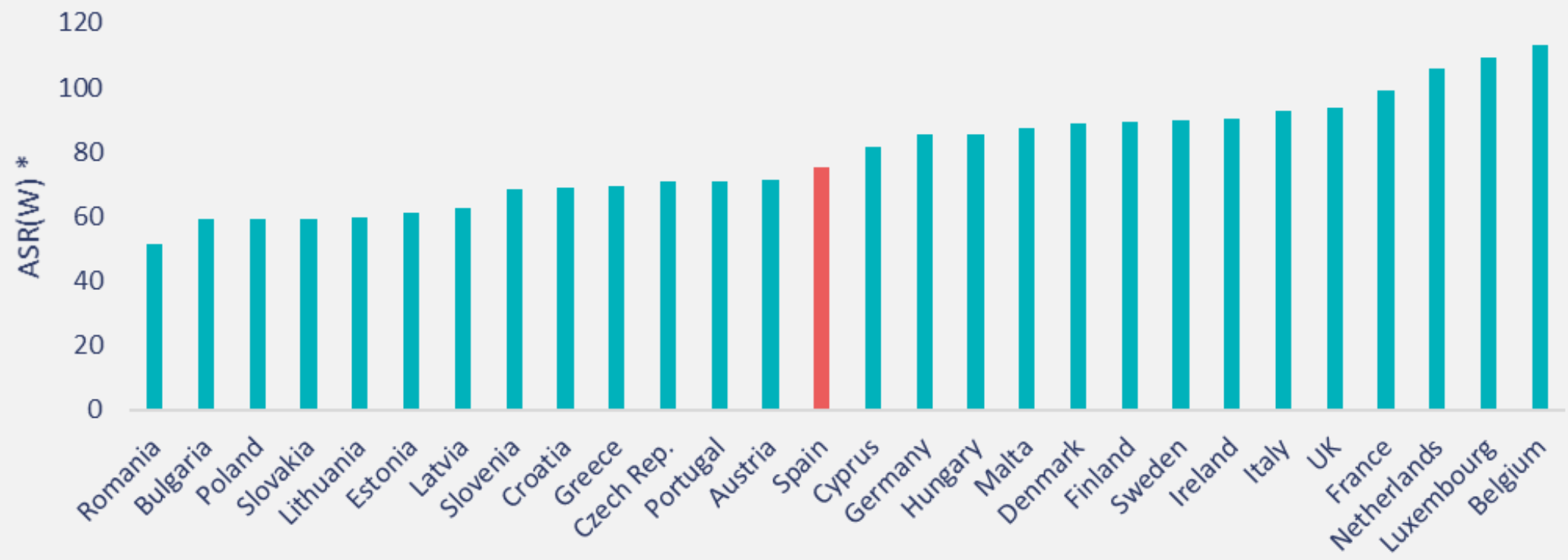


*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Spain

Breast Cancer incidence in females living in EU Member Countries

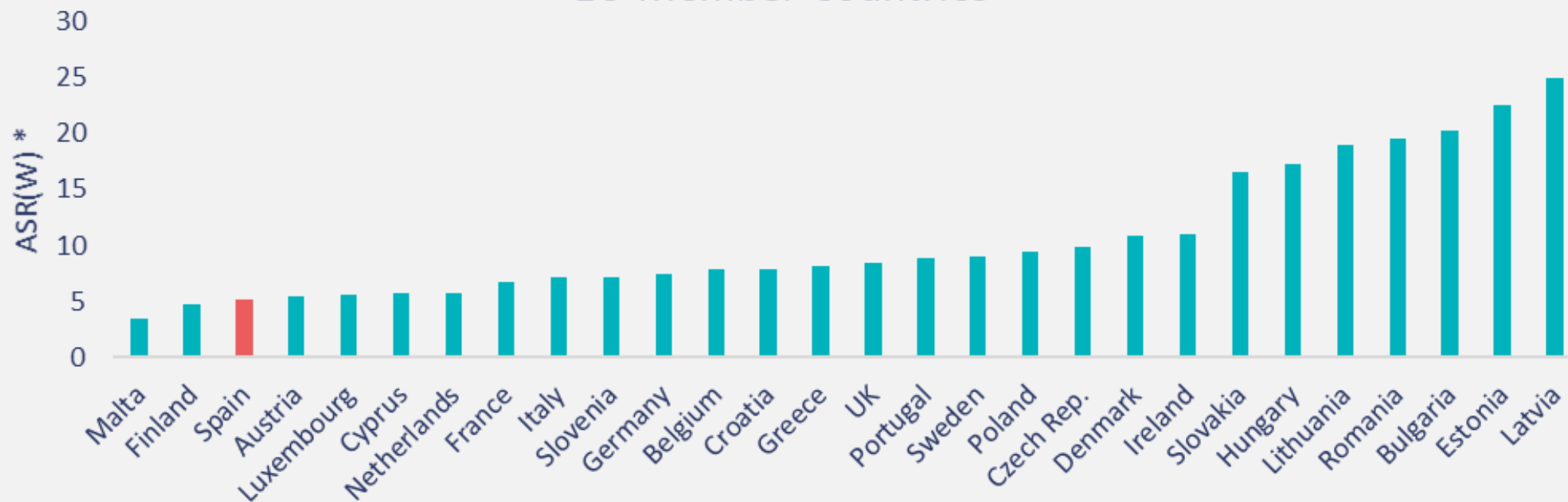


*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Spain

Cancer of the Cervix Uteri incidence in females living in EU Member Countries



*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Pancreatic Cancer incidence in males living in EU Member Countries



*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Spain

Pancreatic Cancer incidence in females living in EU Member Countries



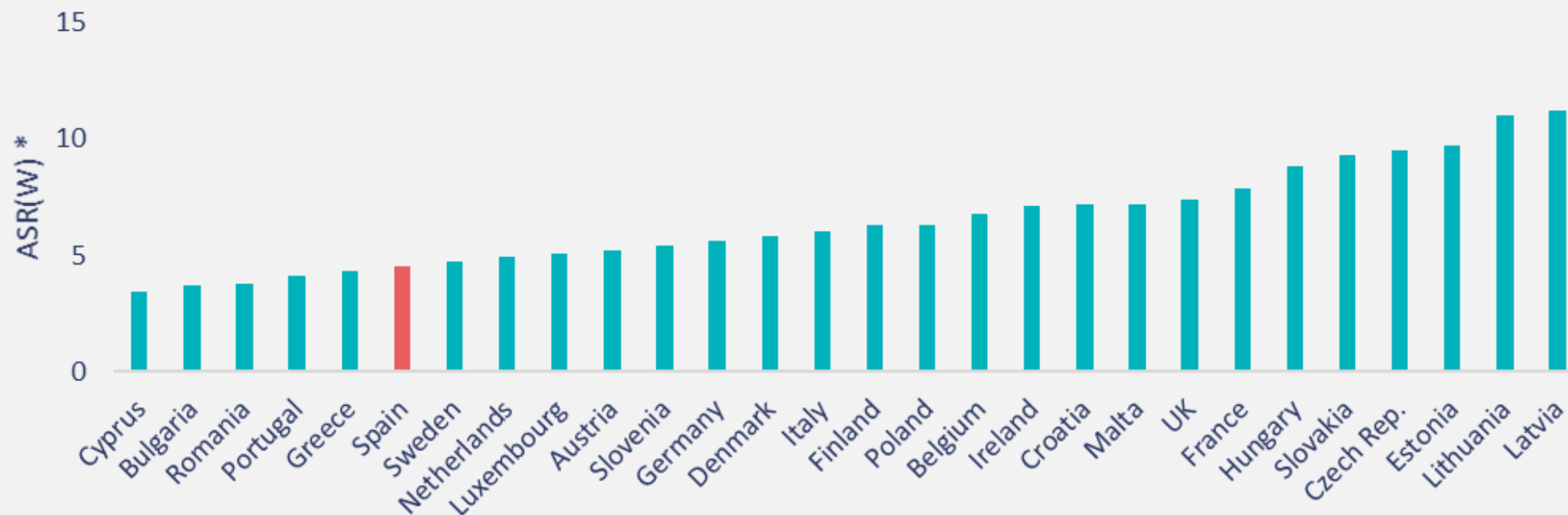
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Cancer of the Kidney incidence in males living in EU Member Countries

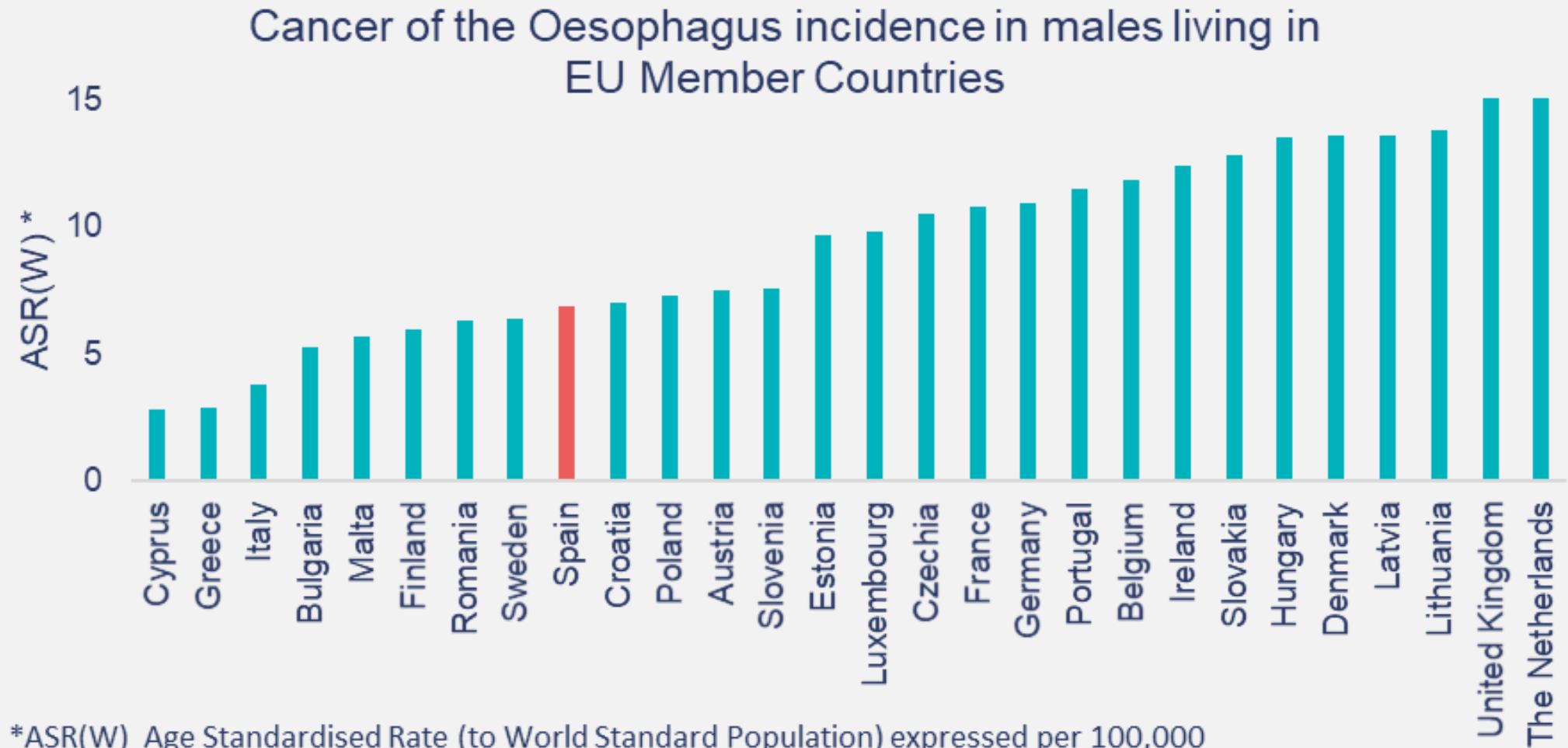


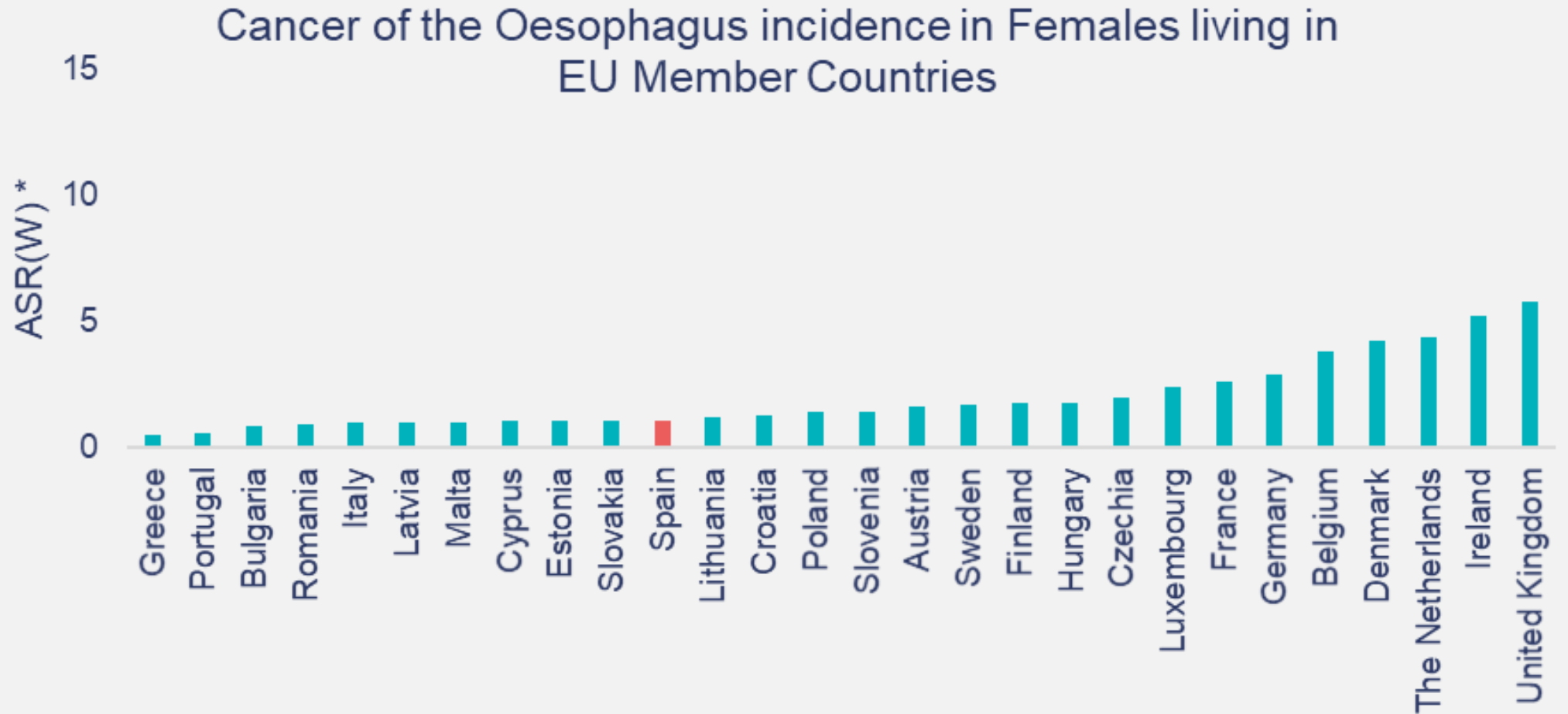
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Cancer of the Kidney incidence in females living in EU Member Countries



*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000





*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Spain

Actions Map	Select link below to view (right click to open hyperlink)
Obesity Related Policies or Interventions	Adults
	Child
	Adult & Child



Spain

% Overweight & Obesity Maps	(select link below to view)	
Current Prevalence	Men	Women
	Boys	Girls
By Age	Adult	Child
By Region	Adult	Child
By Educational Status	Adult	Child
By Socio-economic group	Adult	Child
Trend NB. To view the time period you are interested in you must choose a time period and click 'Change year' to update the map)	Men	Women
	Boys	Girls

Overweight & Obesity %	Data sources available at www.worldobesitydata.org
EUROSTAT data	Eurostat Database: http://ec.europa.eu/eurostat
HBSC data	Health Behaviour in School Aged Children (HBSC) http://www.hbsc.org/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2017	Reproduced with kind permission of IDF, International Diabetes Federation. IDF Diabetes Atlas, 8th edition. Brussels, Belgium: International Diabetes Federation, 2017. http://www.diabetesatlas.org
Worldwide GINI Index	Worldwide GINI Index, https://data.worldbank.org/indicator/SI.POV.GINI?locations=AT (last accessed 11th November 2018)
Physical Inactivity estimates in adults	Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1·9 million participants. Lancet Global Health. Vol 6 (10) PE1077-E1086, OCTOBER 01, 2018. https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30357-7/fulltext . (This is an Open Access article published under the CC BY 3.0 IGO license which permits unrestricted use, distribution, and reproduction in any medium, WHO does not endorse any specific organisation, products or services.)
Physical Inactivity estimates in children	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A884?lang=en
Cancer incidence rates	Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 28 th October 2018)
Euromonitor	All consumption/sales information are derived from Euromonitor International, Fresh Food, 2016 Edition.



This report was produced with the support of an operational grant under the European Commission's Third Health Programme (2014-2020). The European Commission is not responsible for any use that may be made of them.

© World Obesity Federation, London 2019. No reproduction without permission. For permission please contact obesity@worldobesity.org