

Nutrition, Physical Activity and Obesity

Spain



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This is one of the 53 country profiles covering developments in nutrition, physical activity and obesity in the WHO European Region. The full set of individual profiles and an overview report including methodology and summary can be downloaded from the WHO Regional Office for Europe website: <http://www.euro.who.int/en/nutrition-country-profiles>.

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DEMOGRAPHIC DATA

Total population	46 077 000
Median age (years)	40.1
Life expectancy at birth (years) female male	83.8 77.2
GDP per capita (US\$)	30 543.0
GDP spent on health (%)	9.5

Monitoring and surveillance

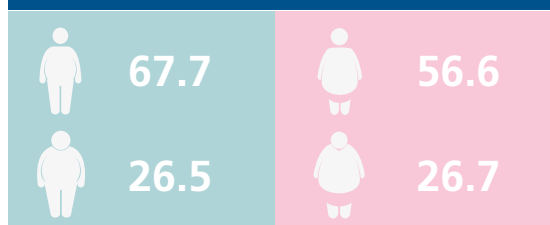
Overweight and obesity in three age groups

Adults (18/20 years and over)

Intercountry comparable overweight and obesity estimates from 2008 (1) show that 62.0% of the adult population (≥ 20 years old) in Spain were overweight and 26.6% were obese. The prevalence of overweight was higher among men (67.7%) than women (56.6%). The proportion of men and women that were obese was 26.5% and 26.7%, respectively.

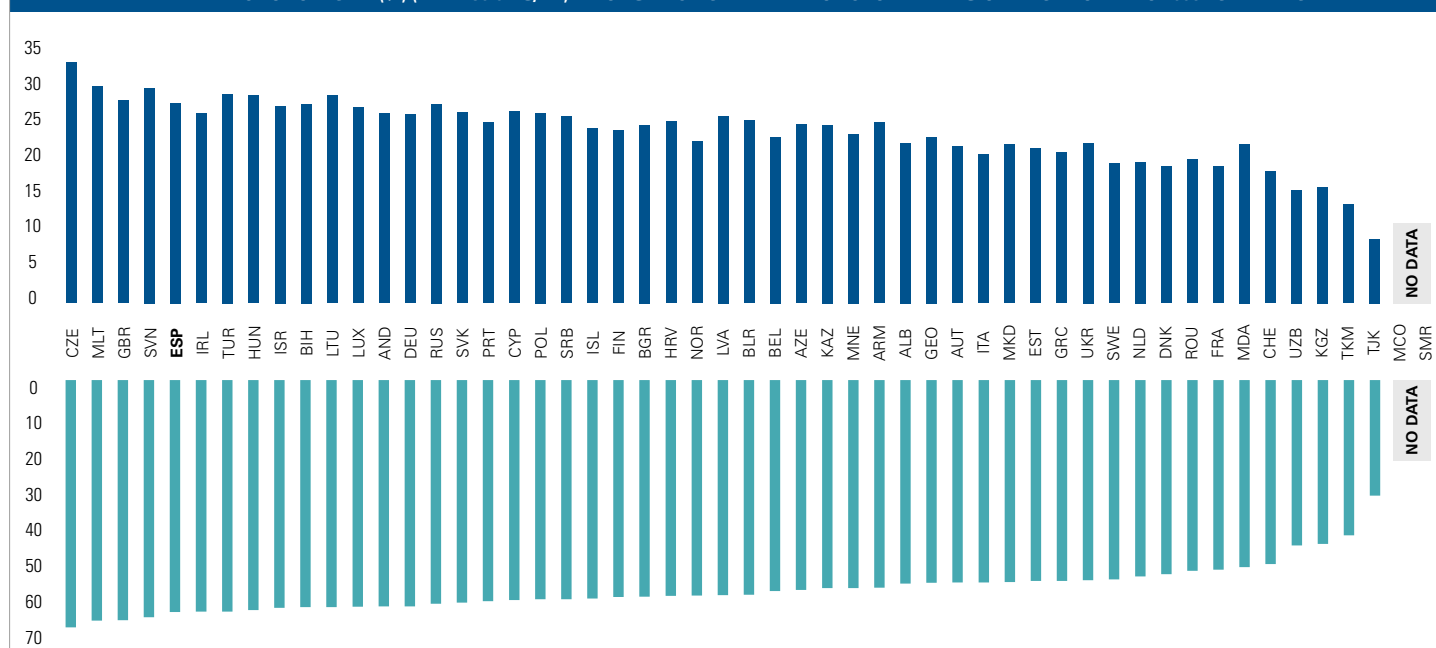
According to a nationally representative survey carried out in 2011–2012 among individuals aged 18 years or over, 53.7% were overweight and 17.0% were obese (based on self-reported weight and height). Overweight prevalence estimates for men and women were 63.1% and 44.1%, respectively. The prevalence of obesity for men and women was 18.0% and 16.0%, respectively (2). It should

PREVALENCE OF OVERWEIGHT AND OBESITY (%) AMONG SPANISH ADULTS BASED ON WHO 2008 ESTIMATES



Source: WHO Global Health Observatory Data Repository (1).

PREVALENCE OF OBESITY (%) (BMI ≥ 30.0 KG/M²) AMONG ADULTS IN THE WHO EUROPEAN REGION BASED ON WHO 2008 ESTIMATES



PREVALENCE OF OVERWEIGHT (%) (BMI ≥ 25.0 KG/M²) AMONG ADULTS IN THE WHO EUROPEAN REGION BASED ON WHO 2008 ESTIMATES

Notes. The country codes refer to the ISO 3166-1 Alpha-3 country codes. Data ranking for obesity is intentionally the same as for the overweight data. BMI: body mass index.
Source: WHO Global Health Observatory Data Repository (1).

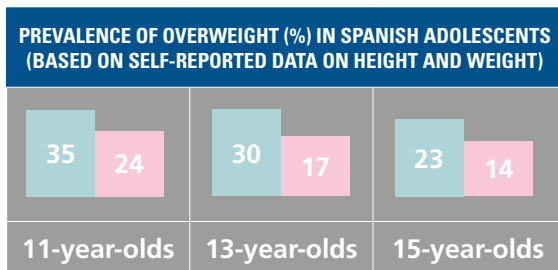
The Regional Office is grateful to the European Commission (EC) for its financial support for the preparation of this country profile and the development of the nutrition, obesity and physical activity database that provided data for it.

be taken into account that these data do not allow for comparability across countries due to sampling and methodological differences.

Adulthood obesity prevalence forecasts (2010–2030) predict that in 2020, 27% of men and 19% of women will be obese. By 2030, the model predicts that 36% of men and 21% of women will be obese.¹

Adolescents (10–19 years)

In terms of prevalence of overweight and obesity in adolescents, up to 35% of boys and 24% of girls among 11-year-olds were overweight, according to data from the Health Behaviour in School-aged Children (HBSC) survey (2009/2010).² Among 13-year-olds, the corresponding figures were 30% for boys and 17% for girls, and among 15-year-olds, 23% and 14%, respectively (3).



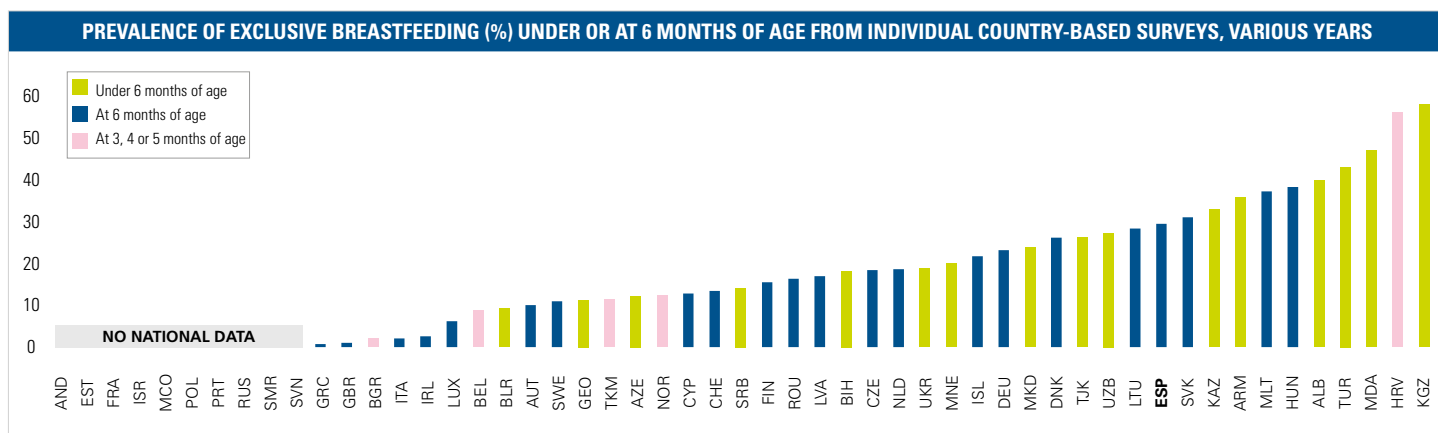
Source: Currie et al. (3).

Children (0–9 years)

No data are available from the WHO European Childhood Obesity Surveillance Initiative (COSI) 2007/2008 round. Spain, however, joined the second COSI data collection round during the school year 2009/2010. Intercountry data analysis is under way. National analyses of the Spanish COSI data revealed that 44.5% of children aged 6–9 years were overweight and 18.3% were obese (4).²

Exclusive breastfeeding until 6 months of age

Nationally representative data from 2011–2012 show that the prevalence of exclusive breastfeeding at 6 months of age was 28.5% in Spain.³

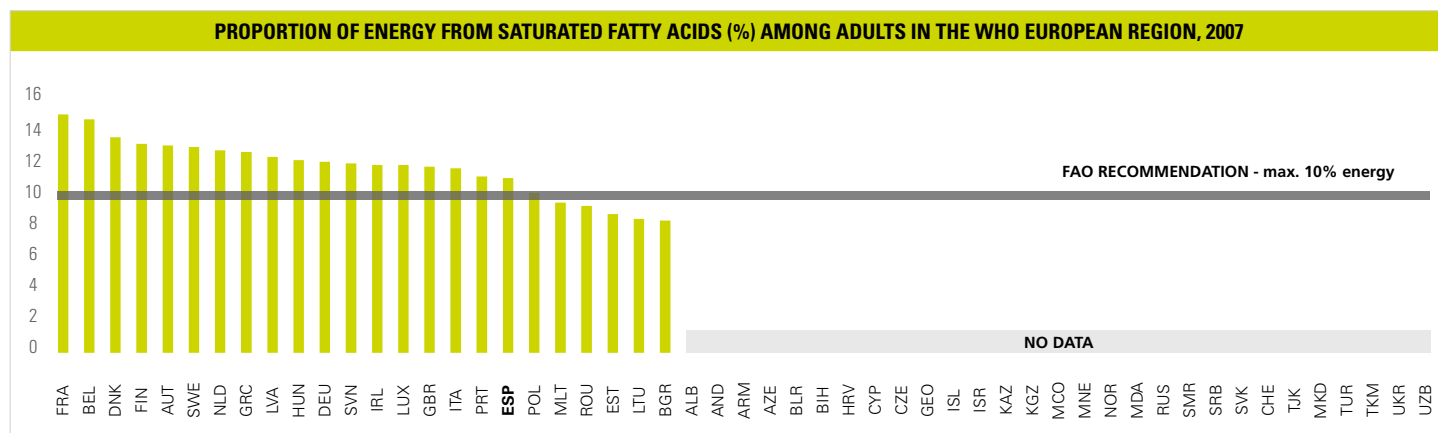


Notes. The country codes refer to the ISO 3166-1 Alpha-3 country codes. Data were derived from country-specific publications on surveys carried out in this field, not as part of a European-wide survey. Due to different data collection methods of the country-specific surveys, any comparisons between countries must be made with caution.

Source: WHO Regional Office for Europe grey literature from 2012 on breastfeeding.

Saturated fat intake

According to the 2007 estimates of the Food and Agriculture Organization of the United Nations (FAO), the adult population in Spain consumed 10.7% of their total calorie intake from saturated fatty acids (5). According to national data from 2010, the adult population aged 18–64 years in Spain consumed 12.1% of their total calorie intake from saturated fatty acids (6). It should be taken into account that these latter, national data do not allow for comparability across countries due to sampling and other methodological differences.



Notes. The country codes refer to the ISO 3166-1 Alpha-3 country codes. Ranking of data was carried out so that country data at the right-hand side of the graph – with values below the FAO recommendation – fall within the positive frame of the indicator.

Source: FAOSTAT (5).

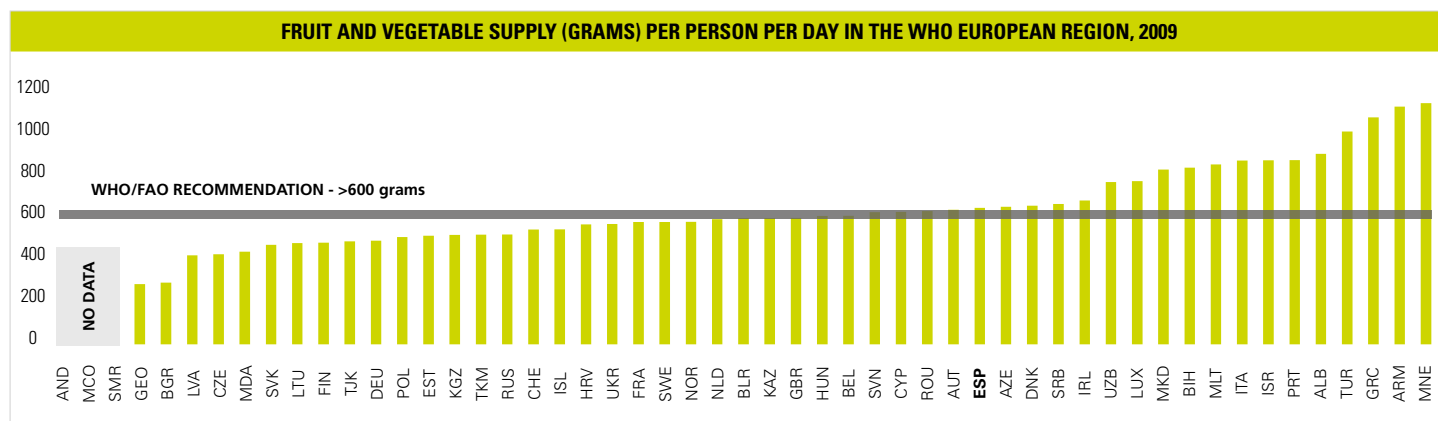
¹ Report on modelling adulthood obesity across the WHO European Region, prepared by consultants (led by T. Marsh and colleagues) for the WHO Regional Office for Europe in 2013.

² Based on 2007 WHO growth reference.

³ WHO Regional Office for Europe grey literature from 2012 on breastfeeding.

Fruit and vegetable supply

Spain had a fruit and vegetable supply of 635 grams per capita per day, according to 2009 FAO estimates (5). According to national data from 2010, the mean consumption of fruit was 208 grams per day and the mean consumption of vegetables was 193 grams per day for adults (18–64 years) (7). It should be taken into account that the latter consumption data do not allow for comparability across countries due to sampling and other methodological differences.

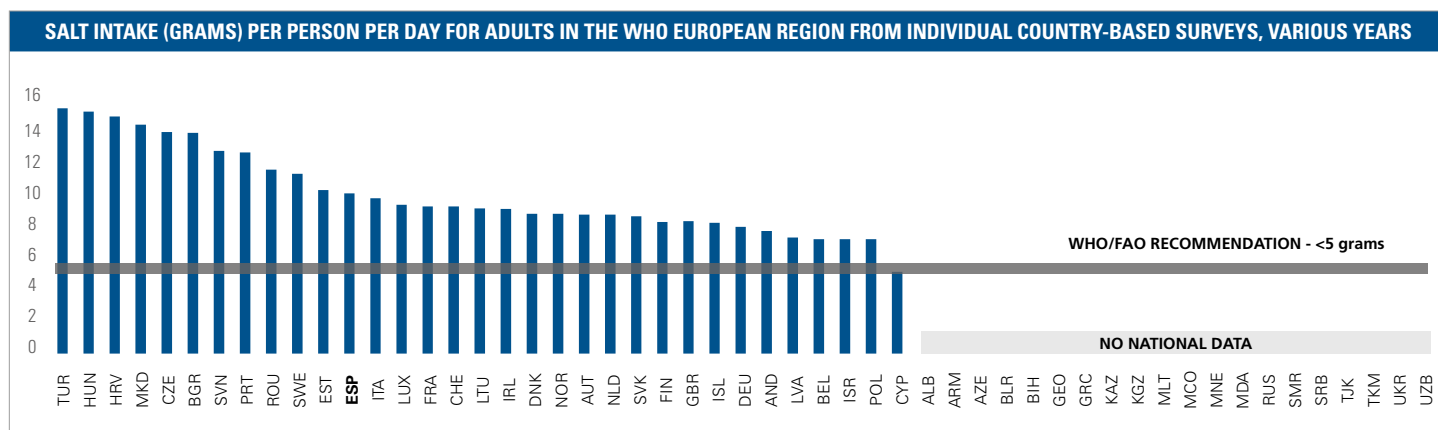


Notes. The country codes refer to the ISO 3166-1 Alpha-3 country codes. Ranking of data was carried out so that country data at the right-hand side of the graph – with values above the WHO/FAO recommendation – fall within the positive frame of the indicator.

Source: FAOSTAT (5).

Salt intake

Data from 2011 show that salt intake in Spain was 9.8 grams per day for both men and women (8).



Notes. The country codes refer to the ISO 3166-1 Alpha-3 country codes. Data were derived from country-specific publications on surveys carried out in this field, not as part of a European-wide survey. Due to different data collection methods of the country-specific surveys, any comparisons between countries must be made with caution. Ranking of data was carried out so that country data at the right-hand side of the graph – with values below the WHO/FAO recommendation – fall within the positive frame of the indicator.

Source: WHO Regional Office for Europe (8).

Iodine status

According to the most recent estimates on iodine status, published in 2012, the proportion of the population with an iodine level lower than 100 µg/L was 34.8% (9, 10).

Physical inactivity

In Spain, 52.1% of the population aged 15 years and over were insufficiently active (men 47.7% and women 56.3%), according to estimates generated for 2008 by WHO (1). National data from 2011–2012 show that 41.3% of the adult population (≥ 15 years old) were sedentary (men 35.9% and women 46.6%) (2). It should be taken into account that these national data do not allow for comparability across countries due to sampling and methodological differences.

Policies and actions

The table below displays (a) monitoring and evaluation methods of salt intake in Spain; (b) the stakeholder approach toward salt reduction; and (c) the population approach in terms of labelling and consumer awareness initiatives (8).

Salt reduction initiatives

Monitoring & evaluation		Stakeholder approach			Population approach						
					Labelling	Consumer awareness initiatives					
Industry self-reporting		Industry involvement	Food reformulation	Specific food category		Brochure Print	TV Radio	Website Software	Education	Conference	Reporting
Salt content in food	xx								Schools		
Salt intake		Health care facilities									
Consumer awareness				20% salt reduction in bread by 2014							
Behavioural change		xx	xxx								
Urinary salt excretion (24 hrs)						xxx		xxx	xxx		

Notes: **xx** partially implemented; **xxx** fully implemented.
Source: WHO Regional Office for Europe (8).

Trans fatty acids (TFA) policies

Legislation	Type of legislation	Measure
✓		

Source: WHO Regional Office for Europe grey literature from 2012 on TFA and health, TFA policy and food industry approaches.

Price policies (food taxation and subsidies)

Taxes	School fruit schemes
	✓

Sources: WHO Regional Office for Europe grey literature from 2012 on diet and the use of fiscal policy in the control and prevention of noncommunicable diseases; EC School Fruit Scheme website (11).

Marketing of food and non-alcoholic beverages to children (12)

A government-sponsored code of self-regulation of the advertising of food products directed at minors and the prevention of obesity was launched in 2005 and covers 95% of TV food and beverage advertising to children (13). It includes a copy advice procedure for pre-vetting advertisements, and details relating to enforcement and monitoring bodies. In 2009, TV broadcasting companies agreed to ban advertising that does not observe the standards of the code (14).

In 2010 the Spanish Food Safety and Nutrition Agency proposed regulations to: reduce the number of advertisements aimed at young people (under the age of 18 years) between the hours of 06:00 and 22:00; prohibit gifts and rewards given with food and beverages; and prohibit any type of marketing to children in schools (15).

Article 46 of the Law on Food Safety and Nutrition (published in July 2011) provides that food advertising aimed at children aged under 15 years must follow the rules of conduct and self-regulation in order to promote healthy habits and prevent obesity (16). Article 40.7 of this Law provides that schools are protected areas as regards advertising and promotional campaigns, and that any marketing activities relating to nutrition or healthy habits must be authorized, based on the criteria established by the education and health authorities.

Physical activity (PA), national policy documents and action plans

Sport	Target groups	Health	Education		Transportation	
Existence of national "sport for all" policy and/or national "sport for all" implementation programme	Existence of specific scheme or programme for community interventions to promote PA in the elderly	Counselling on PA as part of primary health care activities	Mandatory physical education in primary and secondary schools	Inclusion of PA in general teaching training	National or subnational schemes promoting active travel to school	Existence of an incentive scheme for companies or employees to promote active travel to work
✓			✓ ^b	✓ ^a		

^a Clearly stated in a policy document, partially implemented or enforced. ^b Clearly stated in a policy document, entirely implemented and enforced.

Source: country reporting template on Spain from 2009 developed in the context of a WHO/EC project on monitoring progress on improving nutrition and PA and preventing obesity in the European Union (EU).

Leadership, partnerships and professional networks on health-enhancing physical activity (HEPA)

Existence of national coordination mechanism on HEPA promotion	Leading institution	Participating bodies
✓ 2001	Spanish Food Safety and Nutrition Agency (Ministry of Health and Social Policy)	Government departments on health, agriculture, food, consumer affairs, sport, education and research, social welfare; academia; civil society; communities (regional councils); private sector; media
✓ 1990	High Council for Sports	Government departments on sport, health, urban planning, education, transport, social welfare, research; communities (regional councils); private sector; media

Source: country reporting template on Spain from 2009 developed in the context of a WHO/EC project on monitoring progress on improving nutrition and PA and preventing obesity in the EU.

PA recommendations, goals and surveillance

Existence of national recommendation on HEPA	Target groups addressed by national HEPA policy	PA included in the national health monitoring system
	General population	

Source: country reporting template on Spain from 2009 developed in the context of a WHO/EC project on monitoring progress on improving nutrition and PA and preventing obesity in the EU.

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