



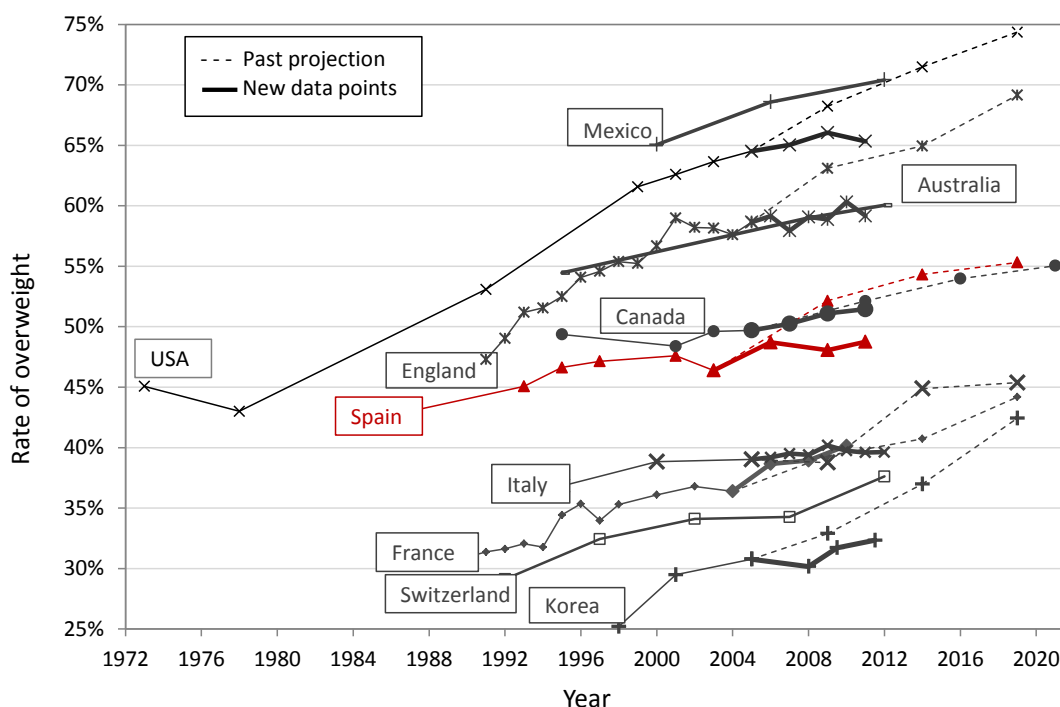
OBESITY AND THE ECONOMICS OF PREVENTION: FIT NOT FAT

KEY FACTS – SPAIN, UPDATE 2014

A. ADULTS

1. Adults obesity rates are high in Spain compared to the OECD (Figure 1). One in 6 adults is obese in Spain, and more than 1 in 2 is overweight (including obese). The latest data show that the proportion of adults who are overweight has generally increased over recent years although at a slower pace than foreseen by previous OECD projections.

Figure 1. Trends in the prevalence of overweight (including obesity) in adults, projections and recent estimates, selected OECD countries

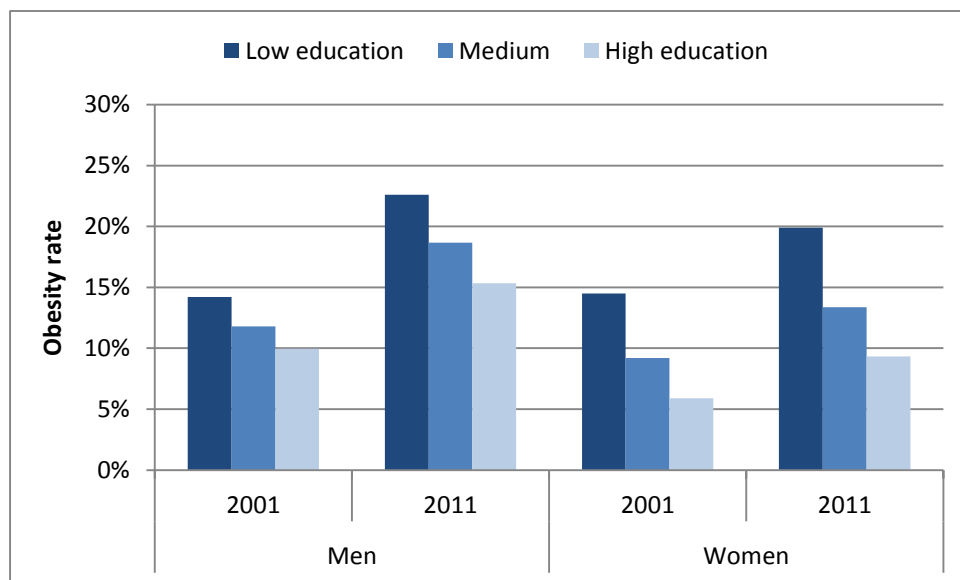


Source: OECD estimates based on national health surveys.

Note: Measured height and weight in Australia, England, Korea, Mexico and USA; self-reported data in other countries.

2. Large social disparities in obesity exist in Spain in both men and women. Men with less education in Spain are 1.6 times more likely to be obese than more educated men. Similarly, women with less education are 2.4 times more likely to be obese than more educated women. The prevalence of obesity has increased in the three different education groups since 2001 (Figure 2). The gradient of social inequality in men has widened in recent years whereas it has remained virtually unchanged in women.

Figure 2. Prevalence of obesity by education level in 2001 and 2011, men and women, Spain



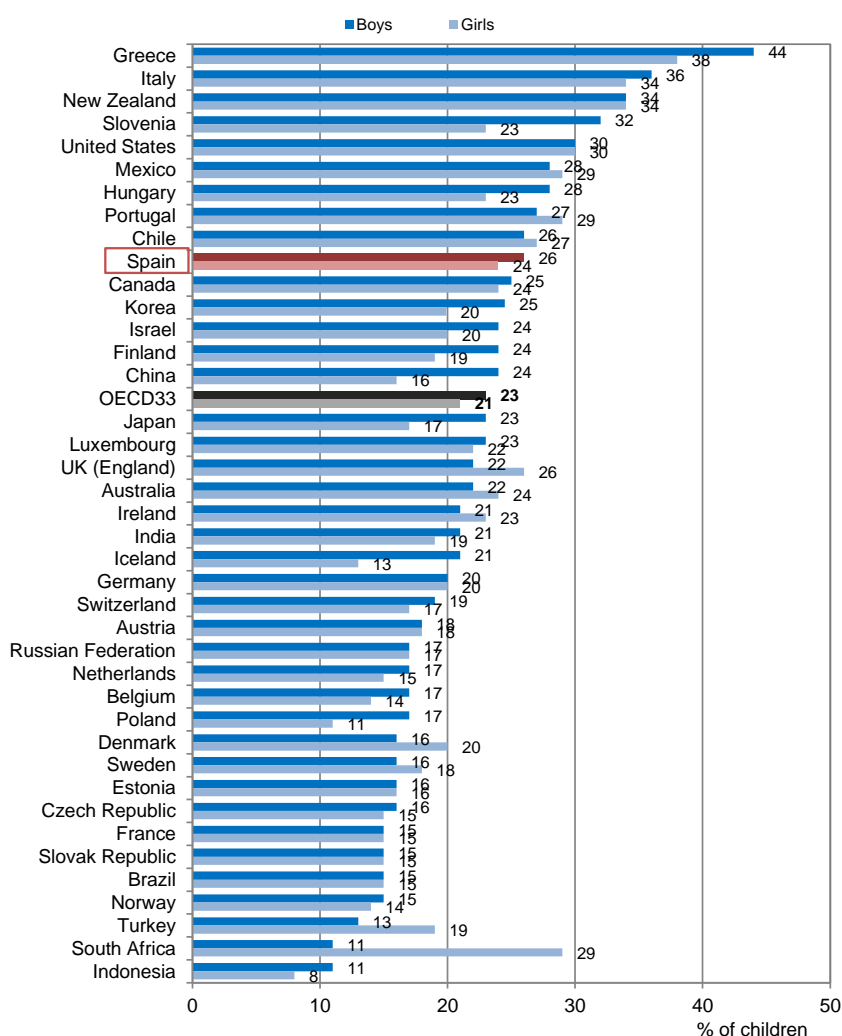
Source: OECD estimates based on the Spanish survey *Encuesta Nacional de Salud*

Note: Adjusted probabilities of being obesity for men and women aged 40 controlling for marital status, tobacco smoking and working status.

B. CHILDREN

3. Child overweight rates are high too in Spain, in comparison to other OECD and key partner countries (Figure 3). International data collated by the International Association for the Study of Obesity show that 26% of boys and 24% of girls are overweight in Spain, compared with 23% of boys and 21% of girls, on average, in OECD countries.

Figure 3. Measured overweight (including obesity) among children at different ages, 2010 or nearest year



Source: International Association for the Study of Obesity, 2013; Bös et al. (2004) for Luxembourg; and KNHANES 2011 for Korea.

Release: 27 May 2014. <http://www.oecd.org/health/obesity-update.htm>.

For more information, please contact: Franco.Sassi@oecd.org, Marion.Devaux@oecd.org or Michele.Cecchini@oecd.org.