Women with the participation of:

General and Abdominal Obesity Is Related to Physical Activity, Smoking and Sleeping Behaviours and Mediated by the Educational Level: Findings from the ANIBES Study in Spain

Association of lifestyles with the risk of suffering from overweight according to the physical activity performed, time spent watching television and the educational level

- Approval of physical activity
- Less than 75 min/week
- 75 - 149 min/week
- 150 - 299 min/week
- ≥ 300 min/week

- Watching television
- Never or almost never
- Low frequency
- Quite often
- Very often

- Time spent watching television
- < 75 min/week
- 75 - 149 min/week
- 150 - 299 min/week
- ≥ 300 min/week

- Level of education
- University education or higher
- Secondary education or medium

Time spent watching television

- Approval of physical activity
- Less than 75 min/week
- 75 - 149 min/week
- 150 - 299 min/week
- ≥ 300 min/week

- Watching television
- Never or almost never
- Low frequency
- Quite often
- Very often

- Time spent watching television
- < 75 min/week
- 75 - 149 min/week
- 150 - 299 min/week
- ≥ 300 min/week

- Level of education
- University education or higher
- Secondary education or medium

Association of lifestyles with the risk of suffering from abdominal obesity according to the physical activity performed, time spent watching television and sleep time

- Approval of physical activity
- < 75 min/week
- 75 - 149 min/week
- 150 - 299 min/week
- ≥ 300 min/week

- Watching television
- Never or almost never
- Low frequency
- Quite often
- Very often

- Time spent watching television
- < 75 min/week
- 75 - 149 min/week
- 150 - 299 min/week
- ≥ 300 min/week

- Level of education
- University education or higher
- Secondary education or medium

Association of lifestyles with the risk of suffering from general obesity according to the physical activity performed, time spent watching television and sleep time

- Approval of physical activity
- < 75 min/week
- 75 - 149 min/week
- 150 - 299 min/week
- ≥ 300 min/week

- Watching television
- Never or almost never
- Low frequency
- Quite often
- Very often

- Time spent watching television
- < 75 min/week
- 75 - 149 min/week
- 150 - 299 min/week
- ≥ 300 min/week

- Level of education
- University education or higher
- Secondary education or medium

Women and men exhibit abdominal obesity more frequently than general obesity, which in turn is more common than overweight. Overweight is associated with lifestyle-related factors such as physical activity, smoking, and sleeping behaviors and mediated by educational level. The ANIBES study in Spain provides key findings relevant to public health strategies aimed at overweight and obesity prevention.