

# Overweight and General and Abdominal Obesity in a Representative Sample of Spanish Adults: Findings from the ANIBES Study

Representative sample of 1665 individuals aged 18-64 years

## SEX



MEN

798 (48.2 %)



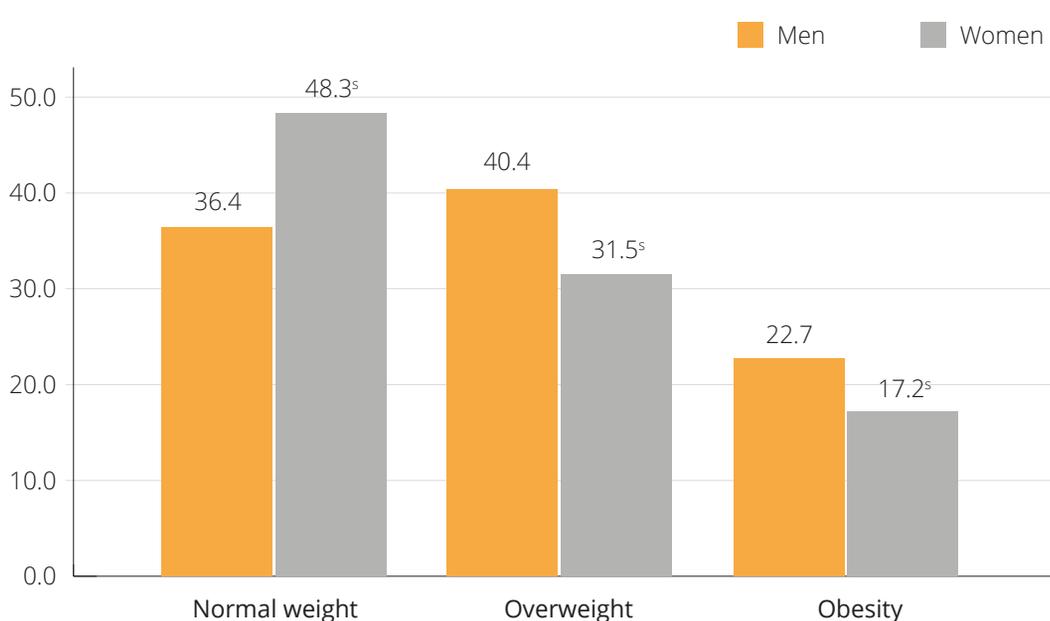
WOMEN

857 (51.8 %)

## Anthropometric data of Spanish adults participating in the ANIBES Study

	Adults (18-64 years)	
	Men	Women
Age (years) <sup>(1)</sup>	39.6 ± 12.2	40.3 ± 12.2
Weight (kg) <sup>(1)</sup>	82.4 ± 15.3	66.6 ± 13.6 <sup>S</sup>
Height (cm) <sup>(1)</sup>	174.5 ± 6.9	161.3 ± 6.3 <sup>S</sup>
BMI (kg/m <sup>2</sup> ) <sup>(1)</sup>	27.1 ± 4.8	25.6 ± 5.3 <sup>S</sup>
Waist circumference (cm) <sup>(1)</sup>	93.8 ± 13.6	82.7 ± 13.1 <sup>S</sup>
Abdominal obesity (%) <sup>(2)</sup>	24.6	31.4 <sup>S</sup>
Waist to Height Ratio	0.54 ± 0.08	0.51 ± 0.09 <sup>S</sup>
Waist to Height Ratio ≥ 0.5	64.7	52.4 <sup>S</sup>

## Prevalence (%) of normal weight, overweight and obesity among Spanish adults participating in the ANIBES Study



## Normal weight, overweight and obesity (%) according to Body Mass Index and Waist to Height Ratio



<sup>(1)</sup> Mean ± Standard Deviation; BMI: body mass index; <sup>(2)</sup> abdominal obesity: >88 cm for women and >102 cm for men; Composite index: Level 1: Waist to Height Ratio < 0.5 and BMI < 25 kg/m<sup>2</sup>, Level 2: Waist to Height Ratio < 0.5 and BMI ≥ 25 kg/m<sup>2</sup>, Level 3: Waist to Height Ratio ≥ 0.5 and BMI < 25 kg/m<sup>2</sup>, Level 4: Waist to Height Ratio ≥ 0.5 and BMI ≥ 25 kg/m<sup>2</sup> and BMI < 30 kg/m<sup>2</sup>, and Level 5: Waist to Height Ratio ≥ 0.5 and BMI ≥ 30 kg/m<sup>2</sup>. Significant differences regarding sex (S).

López-Sobaler AM, Aparicio A, Aranceta-Bartrina J, Gil A, González-Gross M, Serra-Majem LI, Varela-Moreiras G. Overweight and General and Abdominal Obesity in a Representative Sample of Spanish Adults: Findings from the ANIBES Study. *BioMed Research International*, 2016;2016:8341487; doi:10.1155/2016/8341487.