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

WOMEN

798 (48.2 %) 857 (51.8 %)

Anthropometric data of Spanish adults participating in the ANIBES Study

Age (years)²

39.6 ± 12.2 40.3 ± 12.2

Weight (kg)²

82.4 ± 15.3 66.6 ± 13.6³

Height (cm)²

174.5 ± 6.9 161.3 ± 6.3³

BMI (kg/m²)²

27.1 ± 4.8 25.6 ± 5.9³

Waist circumference (cm)³

93.8 ± 13.6 82.7 ± 13.1³

Abdominal obesity (%)³

24.6 31.4³

Waist to Height Ratio

0.54 ± 0.08 0.51 ± 0.09³

Waist to Height Ratio ≥ 0.5

64.7 52.4³

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

Women

Men

Normal weight

Overweight

Obesity

(1) Mean ± Standard Deviation; BMI: body mass index; (2) 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/m², Level 2: Waist to Height Ratio ≥ 0.5 and BMI ≥ 25 kg/m², Level 3: Waist to Height Ratio ≥ 0.5 and BMI ≥ 25 kg/m² and BMI < 30 kg/m², and Level 5: Waist to Height Ratio ≥ 0.5 and BMI ≥ 30 kg/m²