

# 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

Representative sample of 1,665 individuals aged 18 to 64 years

## SEX



MEN

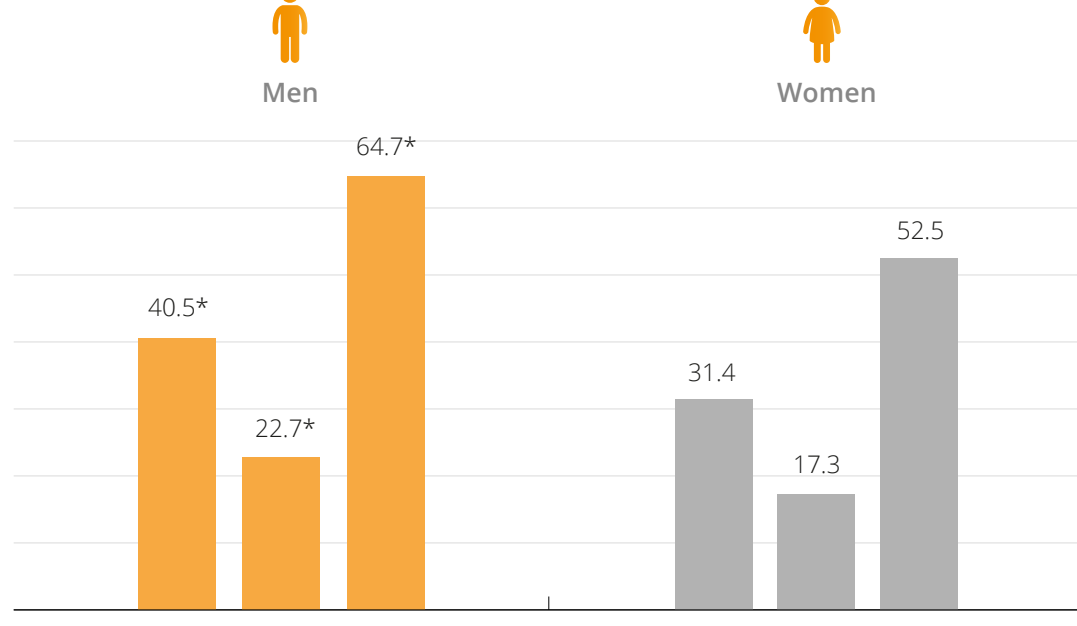
798 (48.2 %)



WOMEN

857 (51.8 %)

## Prevalence of overweight, general and abdominal obesity by sex (%)

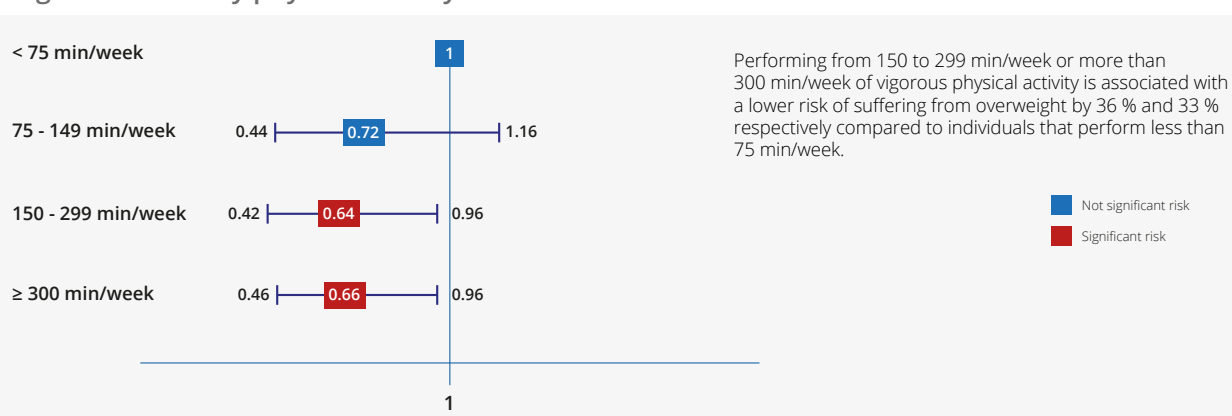


The risk of suffering from overweight and general and abdominal obesity is higher in men than in women and increases with age.

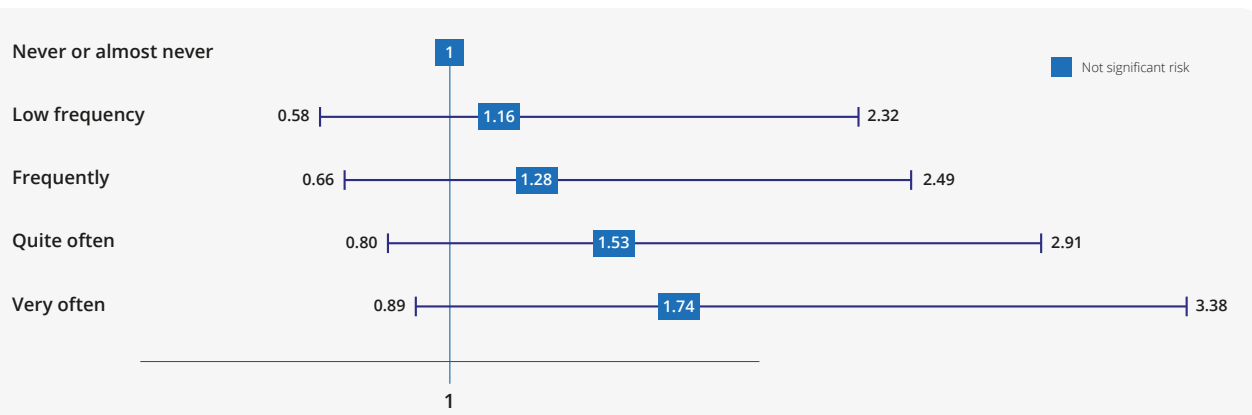
\*Significant difference according to what was observed in the female population. Overweight:  $25 \leq \text{BMI} < 30 \text{ Kg/m}^2$  - General Obesity:  $\text{BMI} \geq 30 \text{ Kg/m}^2$  - Abdominal Obesity: Waist to height ratio (WHR)  $\geq 0.5$

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

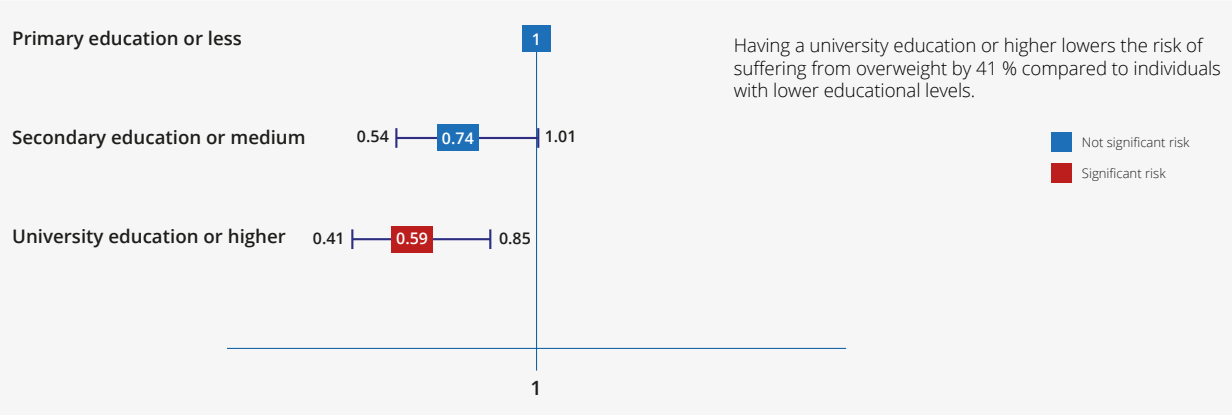
### Vigorous-intensity physical activity



### Time spent watching TV

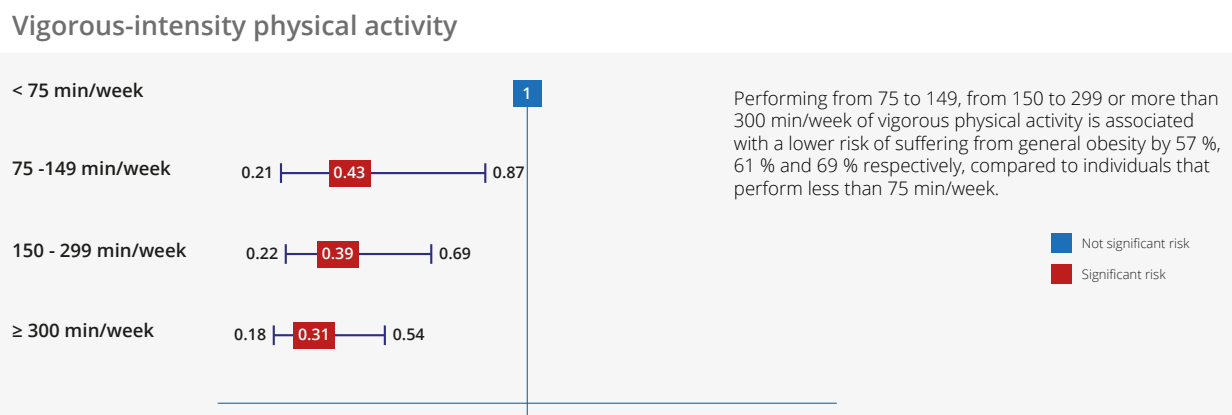


### Level of education

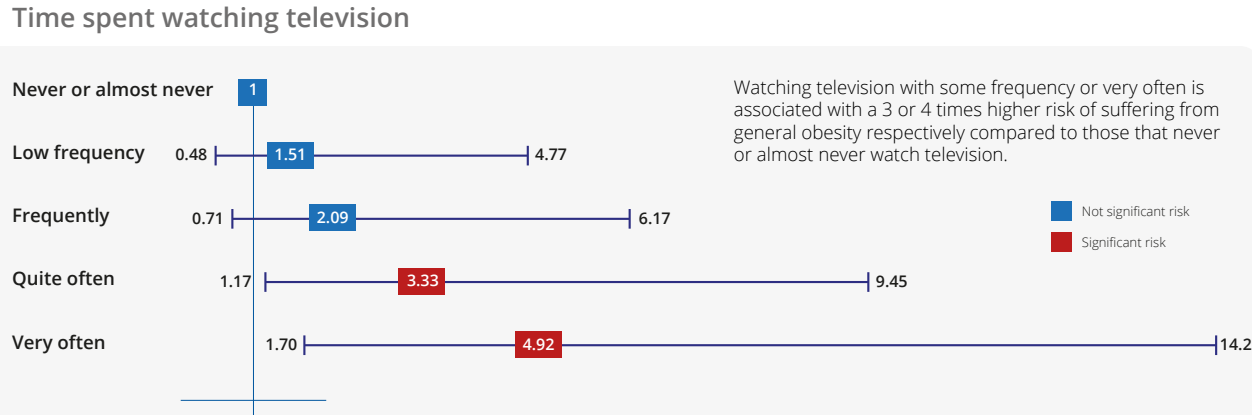


## Association of lifestyles with the risk of suffering from general obesity according to the physical activity performed, time spent watching television and sleep time

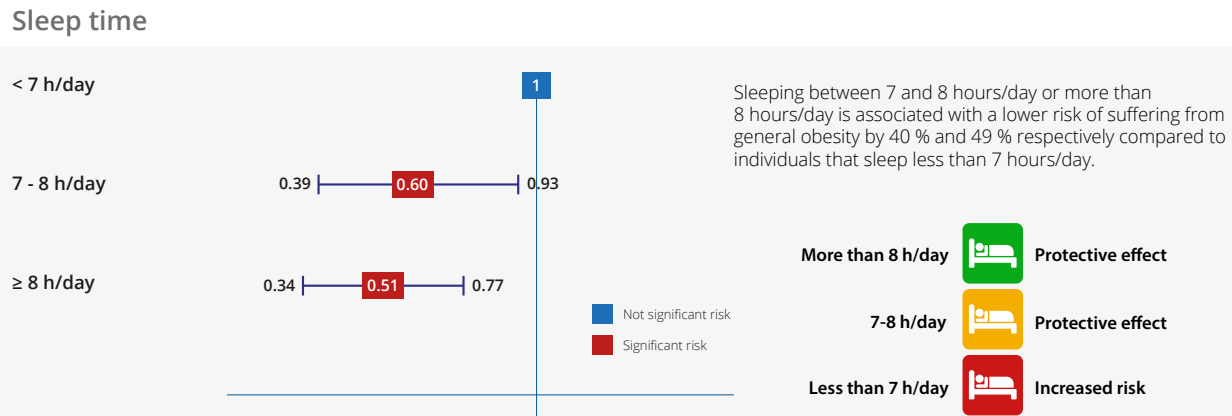
### Vigorous-intensity physical activity



### Time spent watching television

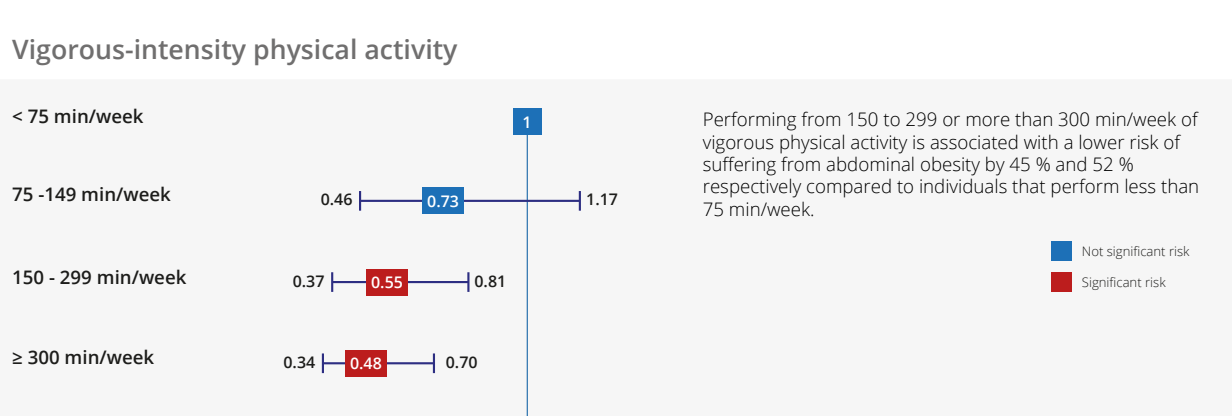


### Sleep time

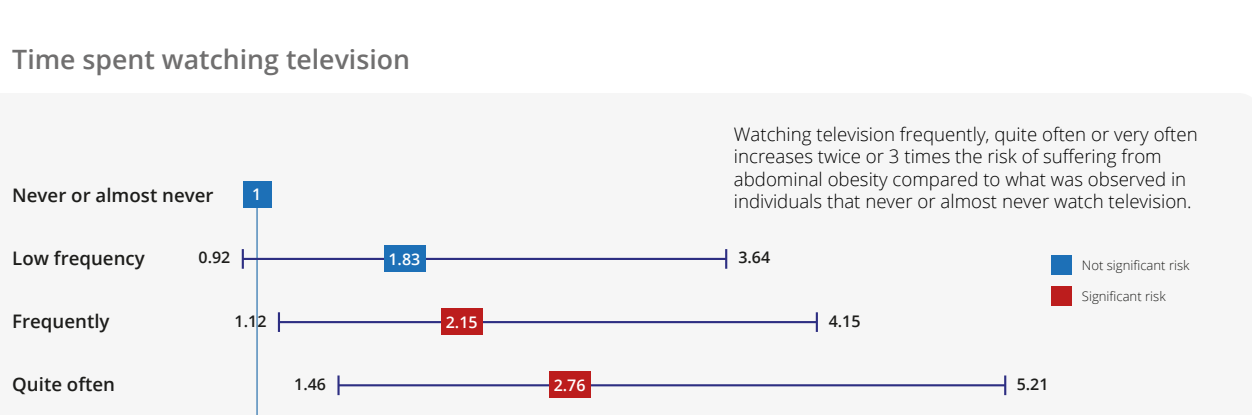


## Association of lifestyles with the risk of suffering from abdominal obesity according to the physical activity performed, time spent watching television and sleep time

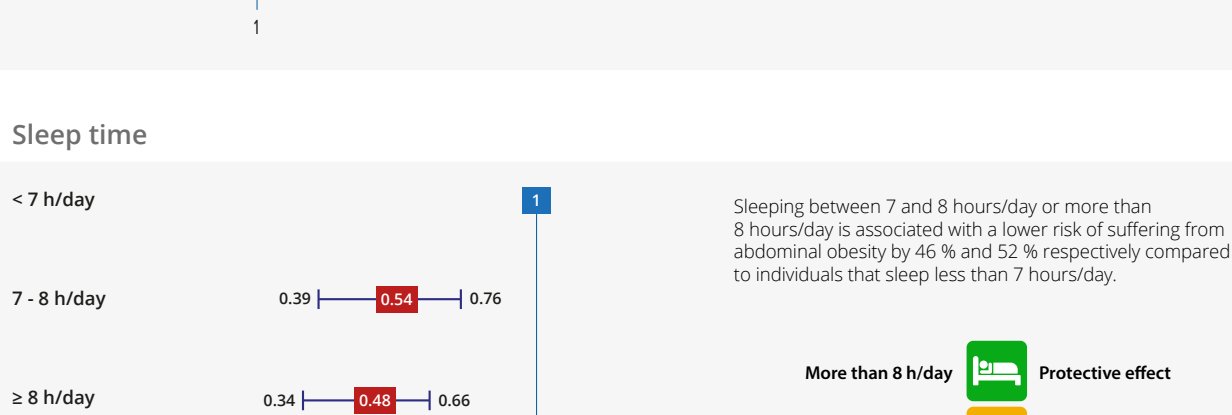
### Vigorous-intensity physical activity



### Time spent watching television



### Sleep time



López-Sobaler AM, Rodríguez-Rodríguez E, Aranceta-Bartrina J, Gil A, González-Gross M, Serra-Majem LI, Varela-Moreiras G, Ortega RM. 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. PLoS ONE, 2016;11(2):1-13; doi:10.1371/journal.pone.0169027.