

# Low Adherence to Dietary Guidelines in Spain, Especially in the Overweight/Obese Population: The ANIBES Study

## MEAN AGE OF THE ADULT POPULATION (18-64 YEARS) IN THE ANIBES STUDY

40.00 ± 12.20 years

## ENERGY INTAKE:

MEAN ENERGY INTAKE

1,816 ± 512 kcal/day

MEAN ENERGY EXPENDITURE

2,098 ± 400 kcal/day

CONTRIBUTION OF ENERGY INTAKE TO COVERAGE OF EXPENDITURE

89.0 ± 28.1 %

## ANTHROPOMETRIC VALUES

MEAN BODY MASS INDEX (BMI)



MEN

27.10 ± 4.87 kg/m<sup>2</sup>



WOMEN

25.60 ± 5.30 kg/m<sup>2</sup>

WAIST-HEIGHT RATIO



MEN

0.51 ± 0.08



WOMEN

0.54 ± 0.08

ABDOMINAL ADIPOSITY (WAIST-HEIGHT RATIO ≥ 0.5)



MEN

64.70 %



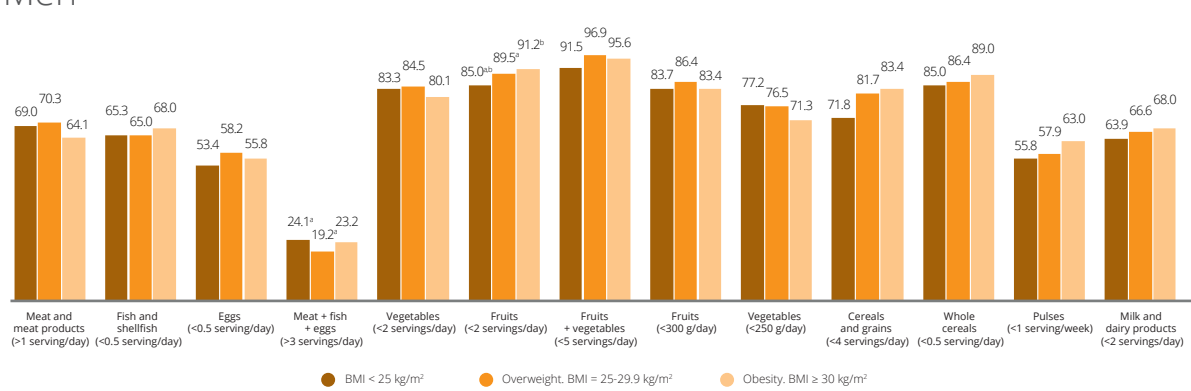
WOMEN

52.40 %

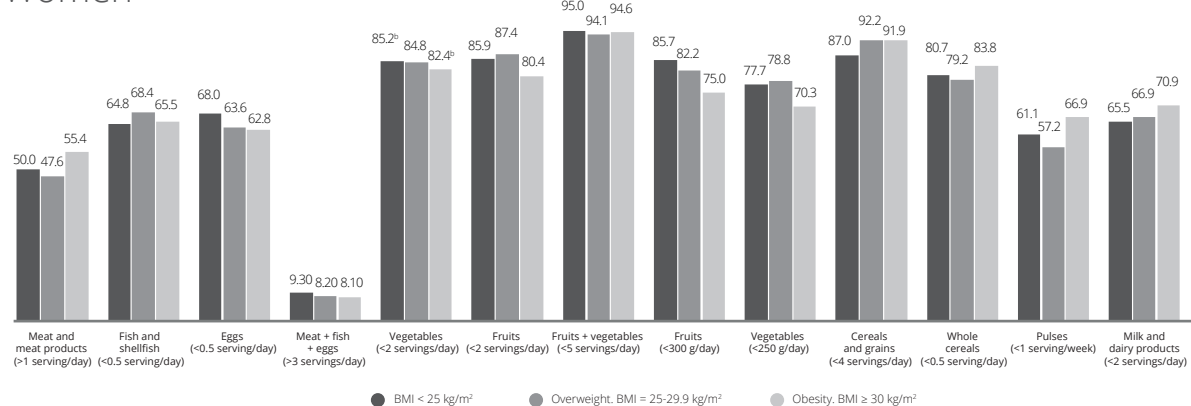
- The Spanish population has a low consumption of fruits, vegetables, cereals and dairy products
- Men with an inadequate consumption of cereals, fruits and vegetables have a higher risk of suffering from overweight and abdominal obesity
- People with overweight and general and abdominal obesity have a lower adherence to dietary guidelines

## Inadequate food intake (servings/day). Differences according to the Body Mass Index (%)

Men



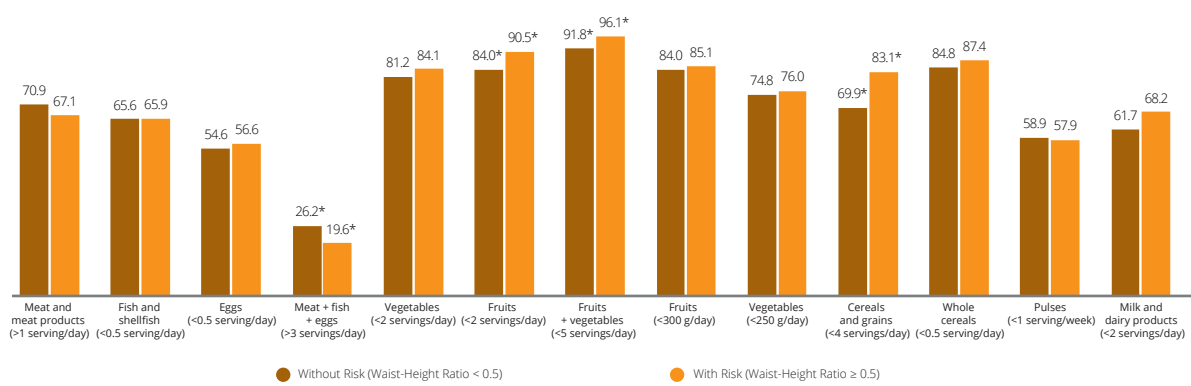
Women



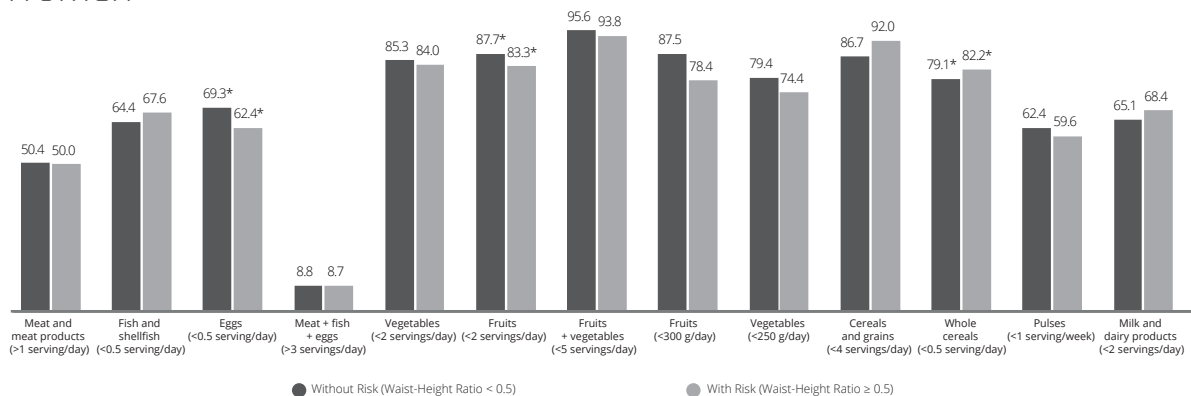
Body Mass Index (BMI)  
 a = Significant difference between BMI < 25 kg/m<sup>2</sup> and overweight subjects  
 b = Significant difference between BMI < 25 kg/m<sup>2</sup> and obese subjects

## Inadequate food intake (servings/day). Differences according to the Waist-Height Ratio (%)

Men



Women



Significant differences between adults with Waist-Height Ratio < 0.5 and Waist-Height Ratio ≥ 0.5

Rodríguez-Rodríguez E, Aparicio A, Aranceta-Bartrina J, Gil A, González-Gross M, Serra-Majem LI, Varela-Moreiras G, Ortega RM. Low adherence to dietary guidelines in Spain, especially in the overweight/obese population: The ANIBES Study. J Am Coll Nutr, 2016;12:1-8; doi:10.1080/07315724.2016.1248246.