

PRESS RELEASE

Madrid, 5th April 2016

According to the study 'Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study'

55.4% of children and adolescents and 27% of adults and seniors from the ANIBES Study do not meet any physical activity recommendation

- To describe the physical activity patterns from the ANIBES Study population and to know the level of compliance of the international recommendations among the different age groups have been the main objectives of this work
- Sex and age are the main influencing factors on physical activity, although factors such as geographical distribution, locality size or the educational level are also involved in these patterns

The scientific study 'Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study', has been recently published in the scientific journal [PLOS ONE](#) and adds new data within this study, which has been coordinated by the [Spanish Nutrition Foundation](#) (FEN), along with a scientific committee of experts.

This research, conducted by Prof. Marcela González Gross, Head of the [imFine](#) Research Group and Professor of Sports Nutrition and Exercise Physiology at the Technical University of Madrid, has been focused on the physical activity description in order to determine patterns in the population participating in the [ANIBES Study](#) about assessment and anthropometric data, macronutrients and micronutrients intake, as well as the level of physical activity and socioeconomic data of the population.

The lifestyle changes in the European Mediterranean area in the last years could also have contributed to make important changes in leisure time activities which have notably contributed in reducing physical activity.

In these sense, findings from the ANIBES Study suggest that sex and age are the main influencing factors on physical activity patterns, although there are other factors such as

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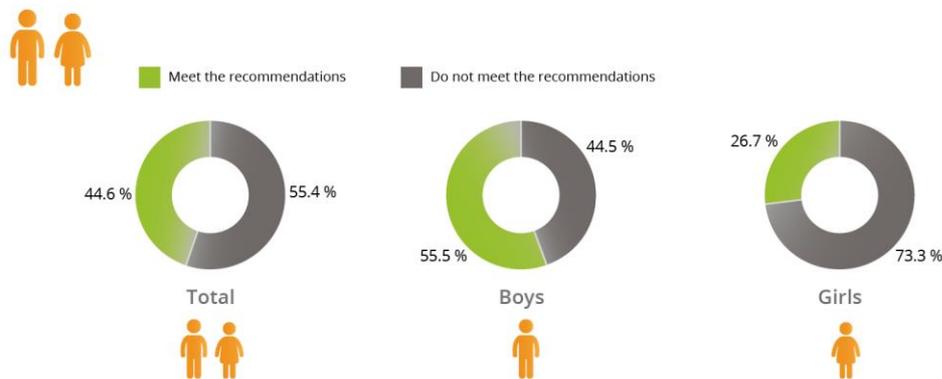
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geographical distribution, locality size or the educational level which are also involved in these patterns, but to a lesser extent.

As Prof. Marcela González-Gross, PhD, points out, Professor of Sports Nutrition and Exercise Physiology at the Technical University of Madrid, “thanks to this study we have been able to observe that, on average, the ANIBES population has rates of practice of vigorous and/or moderate physical activity higher than international recommendations, although a large number of the sample did not meet these recommendations. In fact, 55.4% of children and adolescents (9-17 years) and 27% of adults and seniors (18-75) participating in the ANIBES Study do not meet any physical activity recommendation”.

Boys and girls aged 9-17 years (%)



420 minutes per week of physical activity for the youngest

“International recommendations indicate that children and young people aged 5-17 years should accumulate at least 60 minutes of moderate- and vigorous-intensity physical activity daily, which is equivalent to 420 minutes per week”, recalls Prof. González-Gross, who also points out that “more than a half of the participants in the ANIBES Study aged between 9 and 17 years old do not comply with this recommendation (55.4%), figure that adds up to 73.3% when referring to the female population in this age group. In the case of male children and adolescents, the percentage of non-compliance is 44.5%”

Percentage of non-compliance in adults

The author of the study, Prof. Marcela González-Gross, PhD, indicates that “regarding the adults and seniors group (18-75 year old), recommendations suggest to perform at least 150 min/wk per week of moderate-intensity aerobic physical activity or at least 75 min/wk of vigorous-intensity aerobic physical activity. In this sense, 27% of this population group within the ANIBES Study did not meet any of both recommendations. When considering exclusively moderate physical activity, the percentage of non-compliance increases to 36.2%, and up to 65.4% when considering vigorous physical activity only”.

It has also been determined that: “regarding the male population in this age group, 56.2% did not perform, at least, 75 min/wk of vigorous-intensity aerobic physical activity, and 45.6% did not meet the recommendation of 150 min/wk of moderate physical activity. Furthermore, 31.1% did not meet any of both recommendations.”

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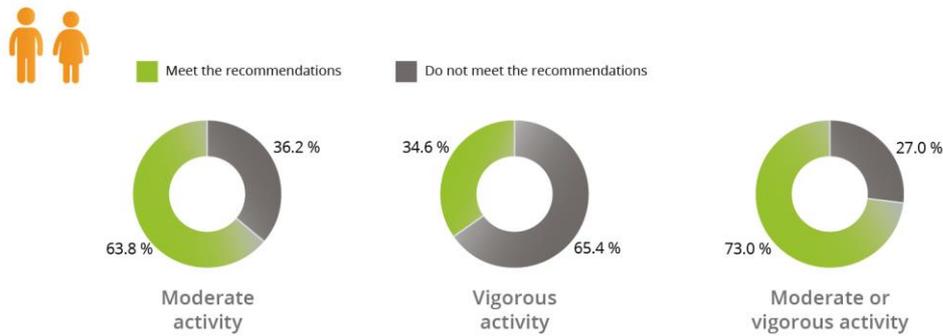
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On the other hand, according to the authors of this scientific publication: "74% of females between 18 and 75 years old did not perform 75 min/wk of vigorous-intensity aerobic physical activity and 27.5% did not meet the moderate physical activity recommendations. Additionally, 23.2% of the female population did not meet any of both recommendations".

Men and women aged 18-75 years (%)



Mielgo-Ayuso J, Aparicio-Ugarriza R, Castillo A, Ruiz E, Ávila JM, Aranceta-Bartrina J, Gil A, Ortega RM, Serra-Majem, LI, Varela-Moreiras G, González-Gross, M. Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study. PLoS ONE, 2016;11(2):1-22. doi:10.1371/journal.pone.0149969

Scientific Committee

- **Prof. Javier Aranceta-Bartrina MD, PhD**, Chairman of the Scientific Committee of the Spanish Society of Community Nutrition (SENC), Clinical Director of the Spanish Foundation for Nutritional Research (FIN) and Professor of Community Nutrition at the University of Navarra
- **Prof. Ángel Gil, PhD**, Chairman of the Iberoamerican Nutrition Foundation (FINUT), Director of the BioNit Scientific Group and Professor of Biochemistry and Molecular Biology at the University of Granada
- **Prof. Marcela González-Gross, PhD**, Vice President of the Spanish Nutrition Society (SEÑ), Head of the imFine Research Group and Professor of Sports Nutrition and Exercise Physiology at the Technical University of Madrid
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- **Prof. Gregorio Varela-Moreiras, PhD**, Chairman of the Spanish Nutrition Foundation (FEN), Director of the Nutrition and Food Sciences Research Group (CEUNUT) and Professor of Nutrition and Bromatology at CEU San Pablo University of Madrid

Technical specifications of the ANIBES Study

Design: Representative sample of the resident population in Spain (excluding Ceuta and Melilla)

Sample: Individuals aged between 9 and 75 years old who live in municipalities with more than 2,000 inhabitants

Universe: 37 million inhabitants

Final sample: 2,009 individuals (2.23% error and 95% margin of confidence)

Random sample plus boost: 2,285 participants*

*Boost in the sample size was considered in order to obtain a correct representation

The final protocol of the ANIBES scientific study was previously approved by the Clinical Ethics Committee of the Autonomous Region of Madrid (Spain).

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