



PRESS RELEASE

Madrid, 3rd August 2016

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

The ANIBES Study provides updated information on the prevalence of overweight and obesity among the Spanish adult population

- This new research, published in the scientific journal *BioMed Research International*, provides updated information on the prevalence of overweight, general and abdominal obesity among a representative sample of the Spanish adult population
- Only 36.1% of the adult population participating in the ANIBES Study had an optimal anthropometric situation, with a Body Mass Index lower than 25 kg/m² and Waist to Height Ratio lower than 0.5
- The prevalence of overweight and obesity in the sample participating in the study was 35.8% and 19.9%, respectively, and higher among men than women

The scientific journal [BioMed Research International](#) recently published the research 'Overweight and General and Abdominal Obesity in a Representative Sample of Spanish Adults: Findings from [the ANIBES Study](#)'. This research work adds new data within this survey about anthropometric data, macronutrients and micronutrients intake and their sources, as well as the level of physical activity and socioeconomic data of the population, which has been coordinated by the [Spanish Nutrition Foundation](#) (FEN).

This new research, part of the ANIBES Study, has focused on analyzing objective data on anthropometric measures and providing updated information on the prevalence of overweight, general and abdominal obesity among the adult Spanish population between 18 and 64 years old.

"According to the data shown in the ANIBES Study, the prevalence of overweight and obesity in this research was 35.8% and 19.9%, respectively, and higher among men than women", pointed out **Prof. Rosa M^a Ortega, PhD**, Director of the VALORNUT Research Group and Professor of Nutrition at the Complutense University of Madrid. "These figures show that 55.7% of the whole sample had weight excess and, therefore, a higher cardiometabolic risk".

Coordinated by:



With the participation of:



Spanish Nutrition Society (SEN)



Spanish Society of Community Nutrition (SENC)



Spanish Foundation for Nutritional Research (FEN)

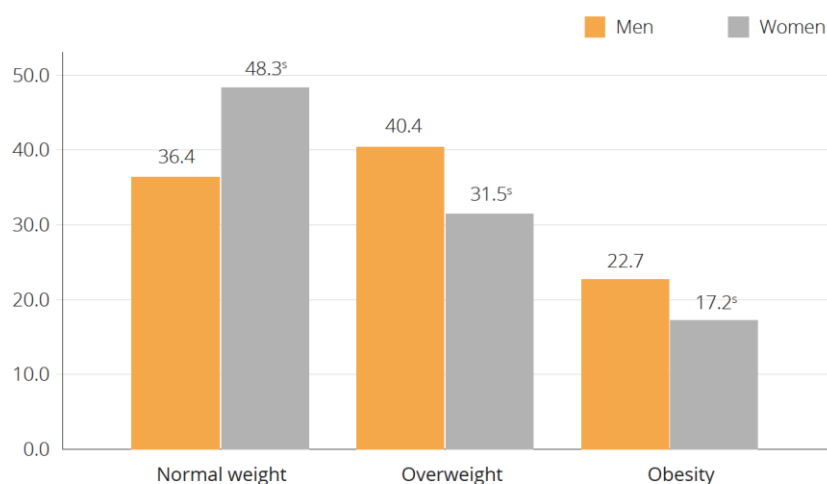


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Prevalence (%) of normal weight, overweight and obesity in Spanish adults participating in the ANIBES Study



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Anthropometric data

With regard to the general anthropometric situation, “this scientific study indicates that only 36.1% of the participating population had an optimal anthropometric situation, with a Body Mass Index (BMI) lower than 25 kg/m² and Waist to Height Ratio lower than 0.5”, comments Prof. Rosa M^a Ortega. “The differences are noteworthy between male population, in which 28.9% had an optimal anthropometric situation, and the female population, in which the figure adds up to 42.7%”.

Keeping in mind these parameters –continued to explain Prof. Rosa M^a Ortega- “50.1% had both excess weight and high Waist to Height Ratio. This accumulation of abdominal adiposity is associated with a higher cardiometabolic risk, which is why this group of individuals deserves special monitoring. On the other hand, 13.9% of the sample has intermediate situations, meaning high BMI and no abdominal obesity, or normal BMI and abdominal obesity”.

Moreover, it was also observed that this optimal anthropometric situation decreased with age. This way, “49.3% of adults in the 18-40-year-old group participating in the ANIBES Study had optimal anthropometric levels, figure that dropped to 21% in the 41-64-year-old group”, added Prof. Rosa M^a Ortega.

Differences based on the criteria applied

“Regarding the prevalence of abdominal obesity, significant variations were found depending on the criteria applied for its classification. In some studies the chosen indicator is Waist Circumference, and with this criteria in the ANIBES study can be observed that 28.1% of the sample has an excessive Waist Circumference”, highlighted Prof. Rosa M^a Ortega. “However, since there are people with very varied heights, it seems appropriate to also use the criteria Waist to Height Ratio, and this anthropometric indicator shows that 58.4% of the individuals have abdominal obesity (waist/height ≥ 0.5)”.

The analysis of results indicates that “these figures are very similar to the ones obtained in other research works developed before the ANIBES Study among the Spanish population, which also showed the same discrepancies among indicators”, commented Prof. Rosa M^a Ortega.



Without any doubt, concludes Prof. Rosa M^a Ortega, "the results of this study will allow us to have an understanding of the current anthropometric situation of the Spanish population, as a first step in planning interventions and assessing their effectiveness in the future".

What is ANIBES

The ANIBES Study is a cross-sectional research coordinated by the [Spanish Nutrition Foundation \(FEN\)](#) that gathers anthropometric data, macronutrients and micronutrients intake and their sources, as well as the level of physical activity and socioeconomic data in a representative sample of the Spanish population composed of 2,009 individuals aged between 9 and 75 years old.

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.

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Scientific Committee of the ANIBES Study

- **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 Associate 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
- **Prof. Rosa M^a Ortega PhD**, Director of the VALORNUT Research Group and Professor of Nutrition at the Complutense University of Madrid
- **Prof. Lluís Serra-Majem, MD, PhD**, Chairman of the Spanish Foundation for Nutritional Research (FIN), Chairman of the Spanish Nutrition and Food Sciences Academy (AEN), and Professor of Preventive Medicine and Public Health at the University of Las Palmas de Gran Canaria
- **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

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Technical specifications of the ANIBES Study

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

Total sample: Individuals aged between 18 and 64 years old who live in municipalities with more than 2,000 inhabitants

Universe: 37 million inhabitants

Final sample: 2,009 individuals aged between 9 and 75 years old. For this study the sample was of 1,665 individuals aged between 18 and 64 years old (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).

More information:
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