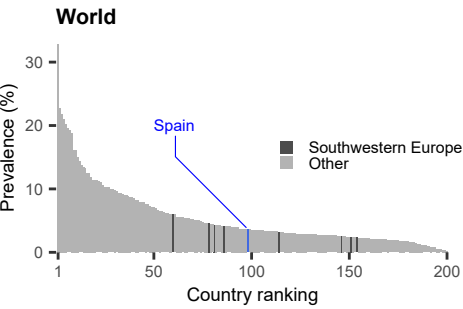


NCD-RisC factsheet | Obesity and underweight in Spain

Women (20+ years)

- 37 studies (7 are nationally representative)*
- Underweight was 4% (2-6) in 2022, **an increase** of 1 (0-4) percentage points from 1990. Spain was ranked 5 in Southwestern Europe and 98 in the world.
- Obesity was 13% (10-16) in 2022, **a decrease** of 5 (1-8) percentage points from 1990. Spain was ranked 8 in Southwestern Europe and 168 in the world.

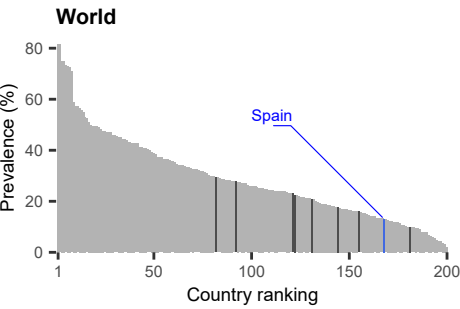
Underweight in 2022



Southwestern Europe

France (6%, 4-8)
Israel (5%, 3-7)
Italy (4%, 3-7)
Andorra (4%, 1-9)
Spain (4%, 2-6)
Cyprus (3%, 1-7)
Greece (3%, 1-4)
Portugal (2%, 1-4)
Malta (2%, 1-4)

Obesity in 2022



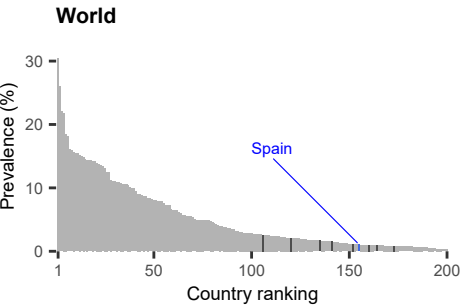
Southwestern Europe

Malta (29%, 23-36)
Greece (28%, 23-32)
Portugal (23%, 18-28)
Israel (23%, 18-27)
Cyprus (21%, 13-30)
Italy (18%, 15-21)
Andorra (16%, 10-24)
Spain (13%, 10-16)
France (10%, 8-12)

Men (20+ years)

- 38 studies (7 are nationally representative)*
- Underweight was 1% (0-2) in 2022, with no distinguishable change from 1990. Spain was ranked 6 in Southwestern Europe and 155 in the world.
- Obesity was 19% (15-24) in 2022, **an increase** of 7 (3-12) percentage points from 1990. Spain was ranked 7 in Southwestern Europe and 107 in the world.

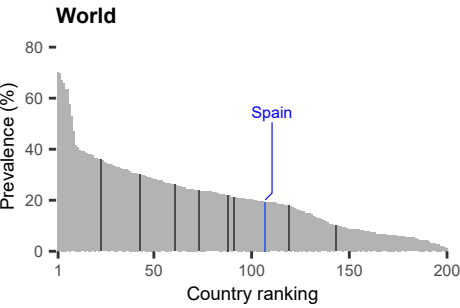
Underweight in 2022



Southwestern Europe

France (3%, 2-4)
Israel (2%, 1-4)
Andorra (2%, 0-4)
Portugal (2%, 1-3)
Malta (1%, 0-3)
Spain (1%, 0-2)
Greece (1%, 0-2)
Cyprus (1%, 0-3)
Italy (1%, 0-2)

Obesity in 2022



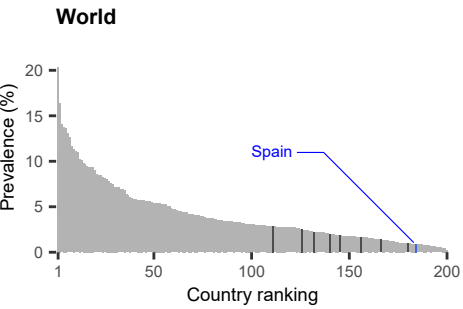
Southwestern Europe

Malta (36%, 29-44)
Greece (30%, 25-35)
Cyprus (26%, 17-37)
Israel (24%, 19-29)
Portugal (22%, 17-28)
Andorra (21%, 13-30)
Spain (19%, 15-24)
Italy (18%, 15-22)
France (10%, 8-12)

Girls (5-19 years)

- 33 studies (8 are nationally representative)*
- Thinness was 1% (1-1) in 2022, **a decrease** of 1 (0-2) percentage points from 1990. Spain was ranked 9 in Southwestern Europe and 184 in the world.
- Obesity was 9% (7-12) in 2022, **an increase** of 5 (1-9) percentage points from 1990. Spain was ranked 3 in Southwestern Europe and 84 in the world.

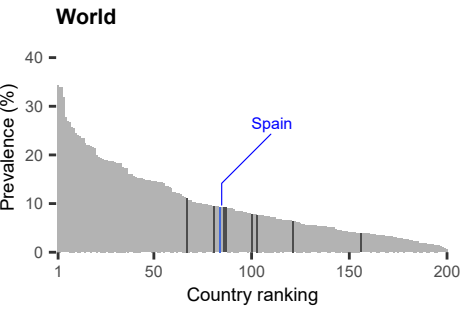
Thinness in 2022



Southwestern Europe

Cyprus (3%, 1-5)
Israel (3%, 1-4)
France (2%, 1-4)
Andorra (2%, 0-6)
Malta (2%, 1-3)
Italy (2%, 1-3)
Portugal (1%, 1-3)
Greece (1%, 1-2)
Spain (1%, 1-1)

Obesity in 2022



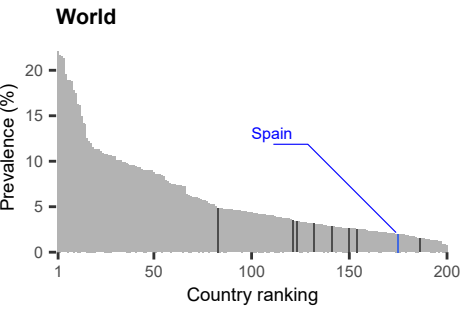
Southwestern Europe

Cyprus (11%, 7-16)
Malta (9%, 6-14)
Spain (9%, 7-12)
Greece (9%, 6-12)
Andorra (9%, 2-22)
Israel (8%, 5-11)
Italy (8%, 5-11)
Portugal (6%, 4-9)
France (4%, 2-7)

Boys (5-19 years)

- 33 studies (8 are nationally representative)*
- Thinness was 2% (1-3) in 2022, **an increase** of 1 (0-2) percentage points from 1990. Spain was ranked 8 in Southwestern Europe and 175 in the world.
- Obesity was 12% (9-15) in 2022, **an increase** of 2 (-3 to 8) percentage points from 1990. Spain was ranked 6 in Southwestern Europe and 97 in the world.

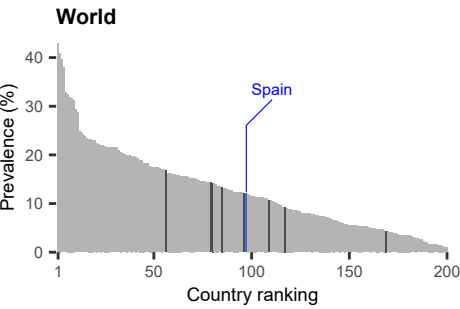
Thinness in 2022



Southwestern Europe

France (5%, 3-8)
Israel (3%, 2-5)
Cyprus (3%, 2-6)
Andorra (3%, 0-9)
Malta (3%, 1-5)
Italy (3%, 1-4)
Portugal (3%, 1-4)
Spain (2%, 1-3)
Greece (2%, 1-2)

Obesity in 2022



Southwestern Europe

Cyprus (17%, 11-23)
Malta (14%, 9-20)
Greece (14%, 10-18)
Andorra (13%, 3-31)
Italy (12%, 8-17)
Spain (12%, 9-15)
Israel (11%, 7-15)
Portugal (9%, 6-13)
France (4%, 2-8)

Notes

- These estimates, and methodology for their generation, are as reported in NCD Risk Factor Collaboration "XXXXX"
- Estimates are informed both by data from Spain and by data from other countries, through a geographical hierarchy. See Methods of above.
- * For a full list of data sources please see Appendix Table 1 of publication above [\[or link to Zenodo\]](#).