

**European Survey of Health in Spain (ESHS)
Year 2020¹**

A total of 75.5% of the population aged 15 and older rated their health status as good or very good in 2020, almost five points more than in 2014

The number of daily smokers maintained its downward trend, standing at 19.8% of people aged 15 and over

The perception of feeling down, having little interest or joy in activities and problems sleeping increased in the first months of the pandemic

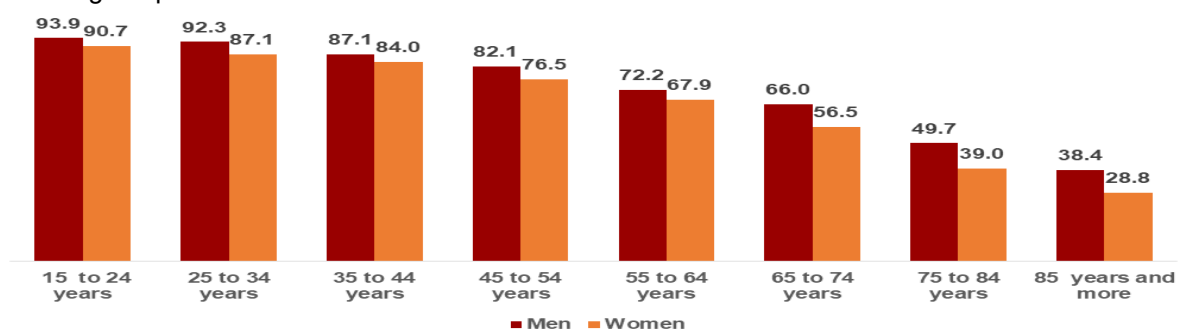
HEALTH STATUS

A total of 75.5% of the population aged 15 and older rated their health status as good or very good in 2020. By sex, 79.3% of the men declared that they were in good health, compared to 71.9% of the women.

The positive perception of the state of health decreases with age. Thus, while in the 15-24 age group, 93.9% of men and 90.7% of women rated their health as good or very good, in those aged 85 and over the percentages fell to 38.4% in men and 28.8% in women. In all age groups, the percentage with a positive assessment of health status was higher in men than in women.

Positive assessment of health status by sex and age groups. Year 2020

Percentage of persons



¹The information collection period runs from July 2019 to July 2020. Some indicators have been affected by the COVID-19 pandemic. Some disaggregated indicators of the pre-pandemic period (July 2019-February 2020) and the first months of the pandemic (March 2020-July 2020) are presented on page 11.

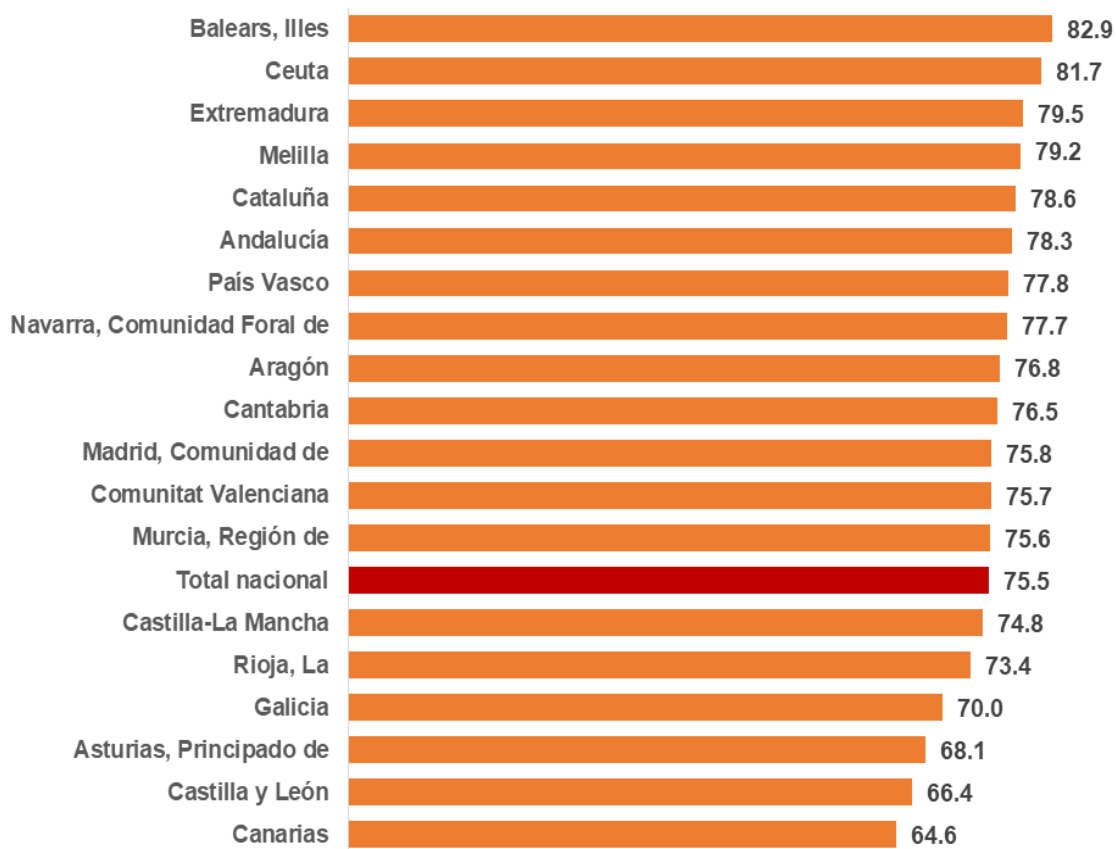
Due to the pandemic, the response rates in some Autonomous Communities have been lower than those obtained in 2014. This may affect the estimates of some indicators.

The percentage of persons aged 15 and over who valued their health status positively increased compared to 2014 (75.5% compared to 71.0%). This increase occurred in both sexes, 79.3% compared to 75.1% in the case of men and 71.9% compared to 67.0% in the case of women.

The regions with the highest percentage of people aged 15 and over who had a positive view of their health were Illes Balears (82.9%), the autonomous city of Ceuta (81.7%) and Extremadura (79.5%). In turn, Canarias (64.6%), Castilla y León (66.4%) and Principado de Asturias (68.1%) had the lowest values.

Positive assessment of the state of health by autonomous communities and cities. Year 2020.

Population aged 15 years old and over



Chronic Diseases

The most frequent chronic health problems or diseases suffered by the population aged 15 and over in the 12 months prior to the survey and diagnosed by a doctor were *high blood pressure* (19.0%), *high cholesterol* (15.3%), *osteoarthritis* (14.4%), *lumbar pain* (13.7%), *neck pain* (11.3%) and *allergies* (10.8%).

Next came *varicose veins* (7.6%), *diabetes* (7.5%), *migraines* (6.8%), *chronic anxiety* (5.8%) and *depression* (5.3%).

All the problems mentioned, except *cholesterol* and *diabetes*, were more prevalent in women than in men.

Most frequent chronic diseases. Year 2020

Population aged 15 years old and over

	High blood pressure	High cholesterol	Arthrosis	Low back disorders	Neck disorders	Allergy
TOTAL	19.0	15.3	14.4	13.7	11.3	10.8
Men	19.0	15.5	8.7	10.1	7.0	9.2
Women	19.1	15.1	19.7	17.1	15.5	12.4

Functional dependence

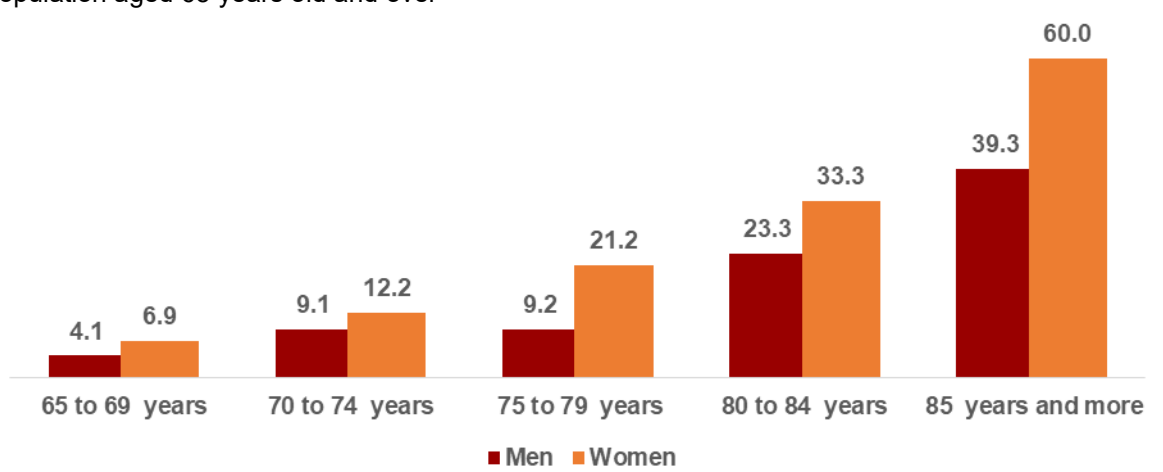
A total of 19.5% of the population aged 65 and over had difficulty performing some basic activity of daily life, such as eating, washing, dressing, sitting or getting up. This percentage was higher in women (24.3%) than in men (13.3%).

The difficulty in carrying out basic activities of daily life increases with age. Thus, while in the age group 65 to 69 years, 4.1% of men and 6.9% of women had difficulty, in the age group 85 and above, the percentages were 39.3% in men and 60.0% in women.

Women presented greater difficulty in carrying out basic activities of daily life than men in all age groups. The largest gap was among those aged 85 and over.

Difficulty in performing basic activities of daily life by sex and age groups. Year 2020

Population aged 65 years old and over



The activities in which the greatest number of people aged 65 and over found difficulty were grooming (16.5%), dressing (13.7%) and sitting or getting up (13.2%).

Eight out of 10 people (82.0%) aged 65 and over with difficulties in carrying out some of the basic activities of daily life stated that they have personal or technical help. On the other hand, 53.0% declared that they needed to receive help or have more help than they currently have.

Difficulty in basic activities of daily life by sex and type of activity. Year 2020

Population aged 65 years old and over

	Bathing	Dressing	Sitting or getting up	Using toilets	Feeding themselves
TOTAL	16.5	13.7	13.2	10.1	6.3
Men	10.8	8.9	8.1	6.3	4.2
Women	21.1	17.4	17.1	13.1	7.9

The percentage of the population aged 65 and over with functional dependence decreased compared to 2014 (19.5% compared to 20.7%). By sex, the decrease was greater in men (13.3% versus 15.0%) than in women (24.3% versus 25.2%). In all age groups, there was a decrease in the percentage of people with functional dependence compared to 2014.

HEALTHCARE

Use of health services

Of the population aged 15 and above, 21.0% had visited a family doctor in the four weeks prior to the interview (29.0% in 2014). Women had visited more frequently than men (24.2% versus 17.6%).

Visits to specialist doctors also decreased compared to 2014. Of the population aged 15 and above, 9.5% had visited a specialist doctor in the four weeks prior to the interview, compared to 14.2% in 2014. Women also used this service more frequently (11.2% versus 7.8% of men).

Visits to the doctor are more frequent as age increases. Of the population aged 15 to 24, 13.8% went to the family doctor and 7.9% to the specialist, while the percentages of people aged 65 and over who attended a general practitioner and a specialist were 32, 0% and 12.2%, respectively.

Visits to the general practitioner and specialist decreased in all age groups compared to 2014.

On the other hand, almost one in four people aged 15 and over (24.1%) was treated in an emergency room in the 12 months prior to the interview.

Regarding visits to other health professionals, in the 12 months prior to the survey, 16.8% visited a physiotherapist and 4.8% consulted a psychologist. A total of 1.8% of the population aged 15 and over have never been to the dentist and 49.1% did not go in the past year.

Regarding medical tests carried out in the last 12 months, 72.4% of people aged 15 and over had had a blood test, 23.2% an X-ray and 15.3% an ultrasound.

Overnight hospitalizations decreased compared to 2014, while day hospital admissions increased. Of the population aged 15 and over, 8.0% were hospitalized with overnight stays in the 12 months prior to the interview and 7.6% were treated in a day hospital. In 2014 these percentages were 8.7% and 6.6%, respectively.

One out of every two people (52.0%) used drugs prescribed by a doctor in the two weeks prior to the interview (46.2% of men and 57.5% of women). Additionally, 14.7% used non-prescription drugs (12.7% of men and 16.5% of women).

The consumption of prescription drugs decreased compared to 2014 (52.0% compared to 54.8%). The percentage of people who declared themselves to be self-medicating also fell (14.7% compared to 21.6% in 2014).

Medical care received in the last 12 months by autonomous communities and cities. Year 2020

Population aged 15 years old and over

	Medical consultations	Hospitalizations	Use of day Hospital	Emergency service	Visit to dentist
TOTAL	87.6	8.0	7.6	24.1	49.2
Andalucía	85.5	6.2	7.5	20.7	42.7
Aragón	90.0	7.8	4.3	20.6	49.2
Asturias, Principado de	89.5	7.2	7.0	25.0	53.9
Balears, Illes	78.7	13.2	1.9	13.8	56.2
Canarias	91.6	7.6	7.6	31.1	46.1
Cantabria	87.8	6.8	2.7	15.9	52.2
Castilla y León	90.8	7.7	6.9	25.8	48.1
Castilla-La Mancha	85.2	5.9	13.1	25.2	40.8
Cataluña	84.6	8.3	7.6	23.6	49.6
Comunitat Valenciana	90.1	9.0	6.0	30.0	50.2
Extremadura	80.0	7.3	8.5	13.5	43.9
Galicia	89.7	9.6	10.4	28.6	51.2
Madrid, Comunidad de	88.8	8.4	8.9	23.1	53.2
Murcia, Región de	90.9	8.9	3.7	32.3	53.5
Navarra, Comunidad Foral de	87.4	7.6	5.4	19.9	56.9
País Vasco	91.8	7.7	9.6	22.3	58.6
Rioja, La	87.5	12.3	7.5	24.2	52.0
Ceuta	87.3	8.6	2.0	35.0	50.9
Melilla	79.3	5.1	3.2	17.9	33.7

Preventative practices

Of the population aged 15 and over, 19.2% received the flu vaccine² (17.5% of men and 20.8% of women).

In the case of the population aged 65 and over, 56.5% of men and 52.9% of women received a flu vaccine.

Seven out of 10 people had their blood pressure checked in the year prior to the survey (72.3%). The same proportion of people measured their blood sugar level (70.3%) and cholesterol (70.9%). The frequency of these preventative practices increases gradually with age. Thus, 90.5% of people aged 65 and over had their blood pressure checked, 87.1% had their blood glucose measured, and 88.3% their cholesterol.

Of the population aged 50 to 69, 18.3% had a fecal occult blood test (PSOH) for the early detection of colorectal cancer in the last year.

² Data referring to the 2019 flu vaccination campaign

Of women aged 50 to 69 years, 73.8% stated that they had received had a mammogram for the early detection of breast cancer in the last two years. In contrast, 5.7% of women aged 50 to 69 have never had it done.

Seven out of 10 women aged 25 to 64 years (72.6%) had a Pap smear in the last three years. A total of 13.5% of women in this age group state that they have never had this test.

The percentage of the population that underwent any of the previous preventive tests was similar to that of 2014, except for the fecal occult blood test, which increased to 18.3% of the population from 50 to 69 in 2020, compared to 8.3% in 2014.

HEALTH DETERMINANTS

Obesity and excess weight

In 2020, 53.6% of the population aged 18 and over was over the weight considered normal. This problem occurred to a greater extent among men (61.4%) than among women (46.1%). Regarding the minor population (15 to 17 years old), 20.7% were above the weight considered normal (21.6% of men and 19.8% of women).

Obesity³ affected 16.0% of the population aged 18 and over (16.5% of men and 15.5% of women) and excess weight, 37.6% (44.9% of men and 30, 6% of women).

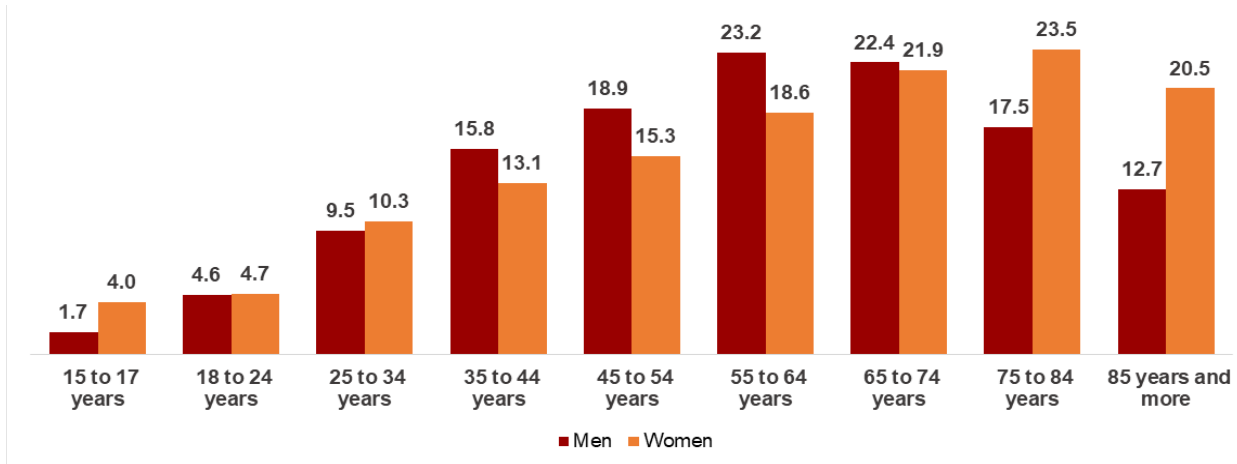
In the case of minors (15 to 17 years old) obesity affected 2.9% (1.7% of men and 4.0% of women) and excess weight, 17.8% (19.9 % of men and 15.8% of women).

Obesity increases with age. In men, up to the age group 65 and over. And in women, up to 85 and over.

³A person 18 or older is considered obese when their body mass index is equal to or greater than 30 kg/m². On the other hand, an overweight person (someone with excess weight) has a body mass index between 25.0 and 29.9 kg/m². In the case of minors between 15 and 17 years of age, there are specific cut-off points for each age to classify the body mass index.

Population with obesity by sex and age group Year 2020

Population aged 15 years old and over

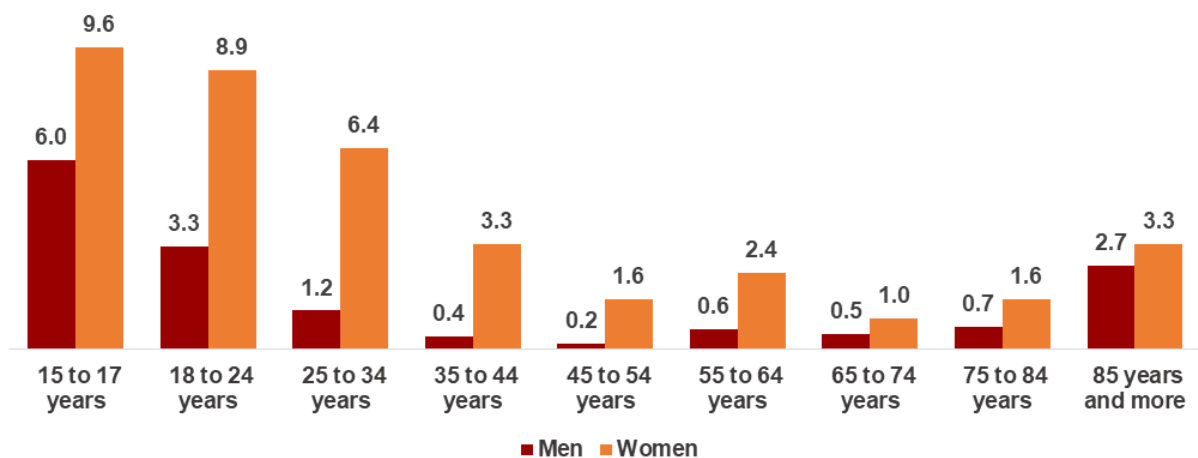


On the contrary, 2.1% of the population aged 18 and over were underweight⁴ (0.8% of men and 3.3% of women). In the case of young people (15 to 17 years old), 7.9% were underweight (6.0% of men and 9.6% of women).

In all age groups, women had a higher likelihood of being underweight than men, with a greater gap among the youngest.

Underweight population by sex and age groups. Year 2020

Population aged 15 years old and over



Physical Exercise

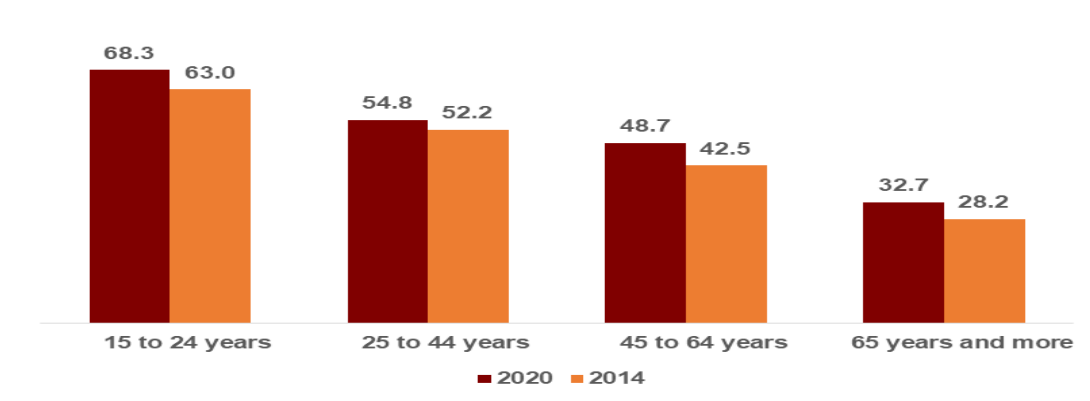
Of persons aged 15 and over, 36.1% performed physical exercise in their free time more than two days a week. A total of 13.2% did physical exercise one or two days a week and 50.7% did not exercise in their leisure time. By sex, 53.6% of men and 45.2% of women do exercise in their leisure time.

⁴A person aged 18 and over is underweight when their body mass index is less than 18.5 kg/m². In the case of minors between 15 and 17 years of age, there are specific cut-off points for each age to classify the body mass index.

The percentage of people aged 15 and over who performed physical exercise in their leisure time increased compared to 2014 (49.3% compared to 45.3%). This increase was reflected in all age groups.

Population that performs physical exercise during leisure time, by sex and age groups

Population aged 15 years old and over Years 2020 and 2014.



As for physical activity carried out while traveling, almost nine out of 10 people aged 15 and over declared that they walked to get from one place to another (87.8% of men and 87.2% of women). Additionally, 7.8% used a bicycle (10.8% of men and 5.0% of women).

Fruit and vegetable consumption

A total of 67.7% of people affirmed that they eat fruit on a daily basis (63.9% of men and 71.2% of women). The frequency of consumption increases with age. Thus, 49.3% of young people aged 15 to 24 consumed fruit daily, compared to 85.5% of those aged 75 or over.

On the other hand, 4.8% of the population ate fruit less than once a week or did not consume it (11.4% of young people between 15 and 24 years old and 1.5% of those over 75 years old).

The consumption of vegetables was somewhat lower than that of fruit. A total of 46.6% of the population aged 15 and over stated that they consume vegetables on a daily basis (41.0% of men and 52.0% of women).

Consumption of tobacco and alcohol

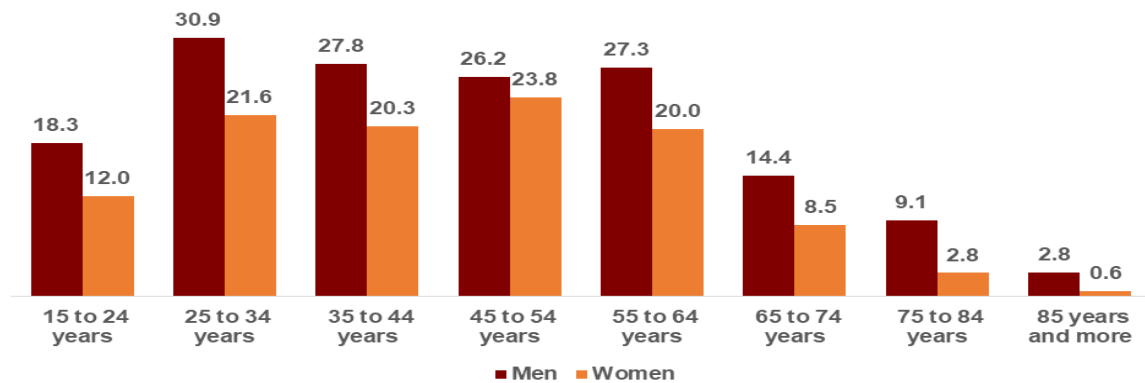
Of the population aged 15 and over, 19.8% stated that they smoke daily, 2.3% that they are occasional smokers, 22.0% declared themselves ex-smokers and 55.9% have never smoked.

By sex, the percentage of daily smokers was 23.3% for men and 16.4% for women.

In all age groups there were more male than female smokers. The percentage of daily smokers peaked in the age group 25 to 34 years in men (30.9%) and in the age group 45 to 54 years in women (23.8%).

Daily smokers by sex and age group. Year 2020

Population aged 15 years old and over

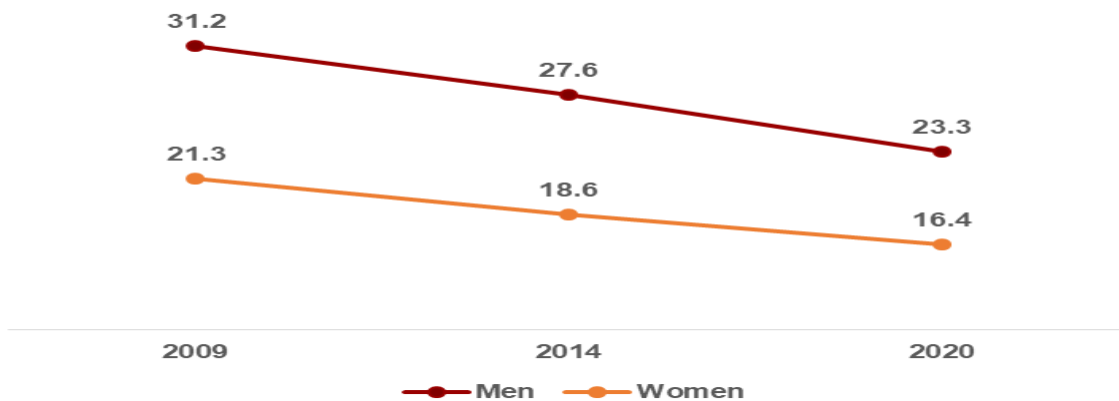


The number of daily smokers in 2020 maintained the decreasing trend of recent years. Specifically, it accounted for 19.8% of the population aged 15 and over, compared to 23.0% in 2014.

This decrease occurred in both sexes, and in all age groups, except for those aged 75 to 84 years.

Daily smokers by sex. 2009-2020 Series

Population aged 15 and older

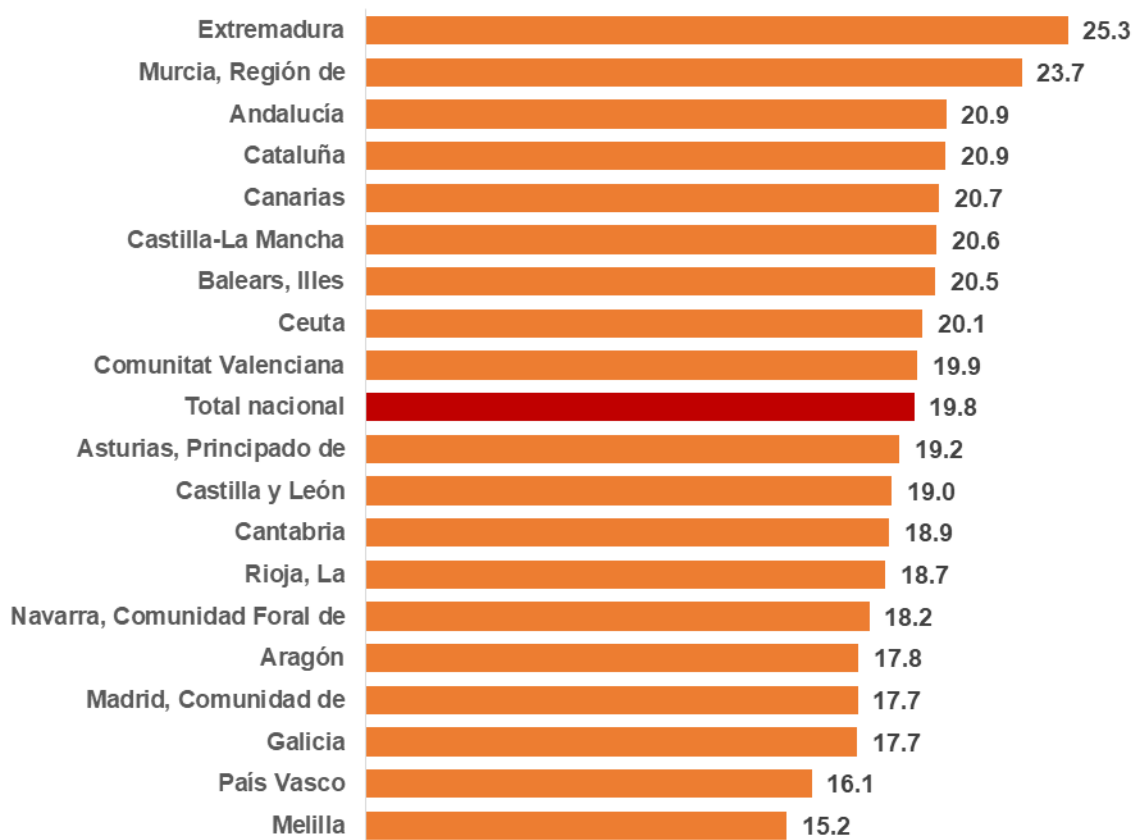


The autonomous communities with the highest percentage of daily smokers aged 15 and over in 2020 were Extremadura (25.3%), Región de Murcia (23.7%) and Andalucía (20.9%).

For its part, the autonomous city of Melilla (15.2%), País Vasco (16.1%) and Galicia and Comunidad de Madrid (17.7% both) presented the lowest percentages.

Daily smokers by Autonomous Communities and Cities. Year 2020

Percentage of persons aged 15 years old and over

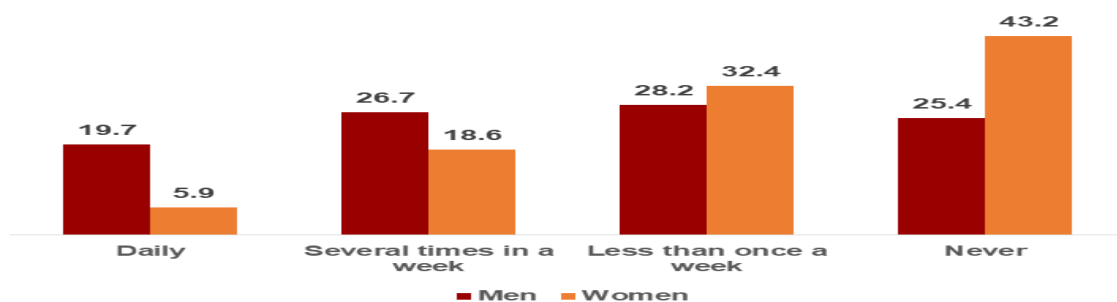


As for the consumption of alcoholic beverages in the past year, 30.3% of the population did so occasionally (less than once a week), 34.5% did not consume, 22.5% did so several times a week and 12.6% daily.

The percentage of people aged 15 and over who consumed alcohol daily decreased compared to 2014 (12.6% compared to 15.1%). This decrease occurred in both sexes (19.7% compared to 23.3% in men, and 5.9% compared to 7.2% in women).

Consumption frequency of alcoholic beverages in the last 12 months by sex. Year 2020

Population aged 15 years old and over



6.0% of the population consumed alcohol intensively at least once a month. Intensive consumption is understood as the ingestion of 60 grams of pure alcohol in the case of men and 50 grams in the case of women - that is, the equivalent of six beers or three mixed drinks, in an interval of four to six hours-.

By sex, heavy alcohol consumption was more relevant in men than in women (8.4% versus 3.6%).

By age, intensive use was more frequent among young people. In fact, 11.3% of people between the ages of 15 and 24 declared that they drink alcohol intensively at least once a month.

By sex, 12.9% of men and 9.5% of women between 15 and 24 years of age consumed alcohol intensively at least once a month.

ADDITIONAL INDICATORS RELATED TO THE COVID-19 PANDEMIC

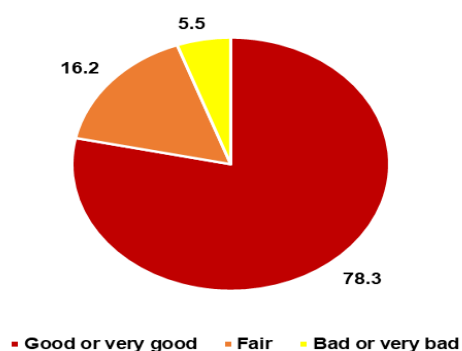
Given that the EESE 2020 information collection period runs from July 2019 to July 2020, we have decided to include information in this press release related to two different periods: prior to the pandemic (July 2019 -February 2020) and during the pandemic (March 2020- July 2020)⁵.

HEALTH STATUS

The self-perceived state of health reflects the perception that people have regarding their own health, from both a physical and psychological point of view. During the pandemic, the percentage of people with a positive assessment of their health status (very good or good) increased compared to the period prior to the pandemic (78.3% versus 74.3%). On the other hand, the percentage of people with a negative assessment of their health status (very bad or bad) decreased during the pandemic period (5.5%) compared to the months prior to it (7.8%).

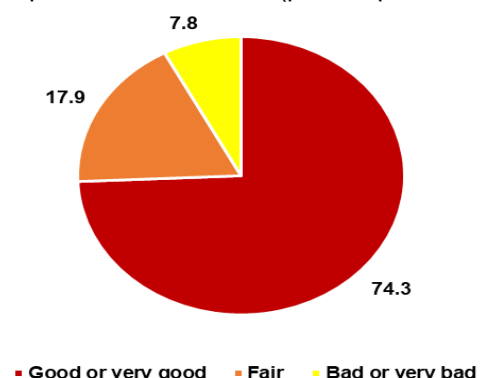
Self-perceived health status

Population 15 and over (pandemic period)



Self-perceived health status

Population 15 and over (prior to pandemic)



⁵In order to establish comparisons between the two periods, the indicators published refer to the two or four weeks prior to the interview or to the current moment in which the information is provided.

The EESE 2020 allow us to obtain indicators related to the population's mental health, an important dimension of the state of health.

Of the population aged 15 and over, 20.3% declared that they had little interest or joy in doing things during the pandemic, compared to 17.0% previous months. This increase in lack of interest or joy in activities affected women more (25.4% compared to 20.4% before the pandemic) than men (14.9% compared to 13.4%).

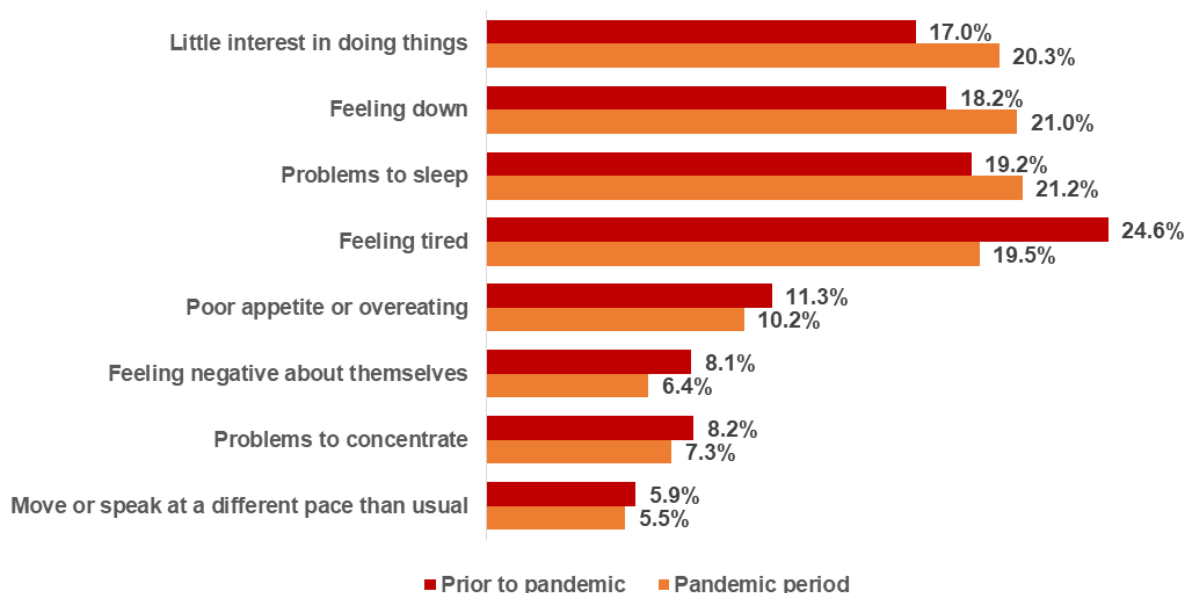
On the other hand, the percentage of people with a perception of feeling down increased to 21.0% in the pandemic period, compared to 18.2% in the previous period. The increase was greater in women (26.9% versus 22.5%) than in men (14.8% versus 13.6%).

The decrease in lack of interest or joy in activities and the increase in people who felt down affected all age groups.

Sleep problems also increased in the first months of the pandemic. Of people aged 15 and over, 21.2% had sleeping issues, compared to 19.2% prior to the pandemic.

Mental health indicators

Population aged 15 and over.



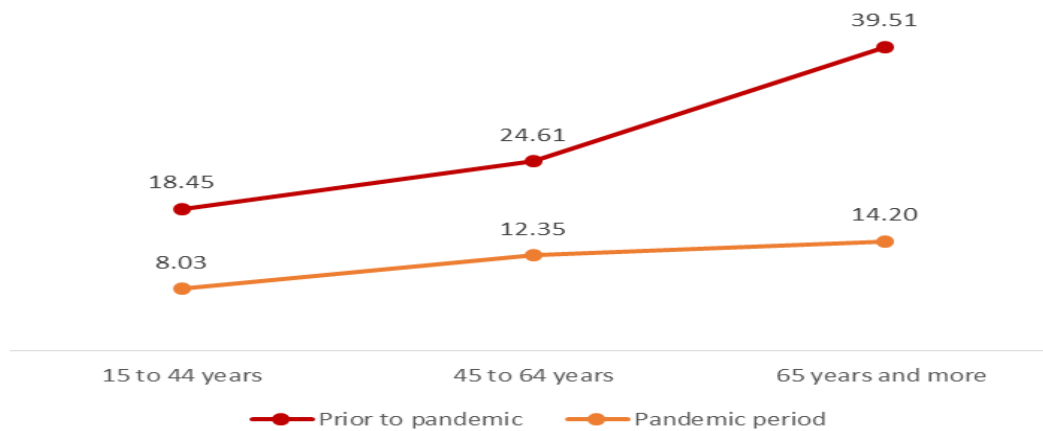
HEALTH CARE AND CONSUMPTION OF MEDICATIONS

During the first five months of the pandemic, a total of 9.3% of men and 12.4% of women aged 15 and over received care from the family doctor in the four weeks prior to the interview. These data are lower than those for the months prior to the start of the pandemic (21.1% and 29.2%, respectively).

The decline affected all age groups, with the largest gap found in people aged 65 and over.

Family doctor visits

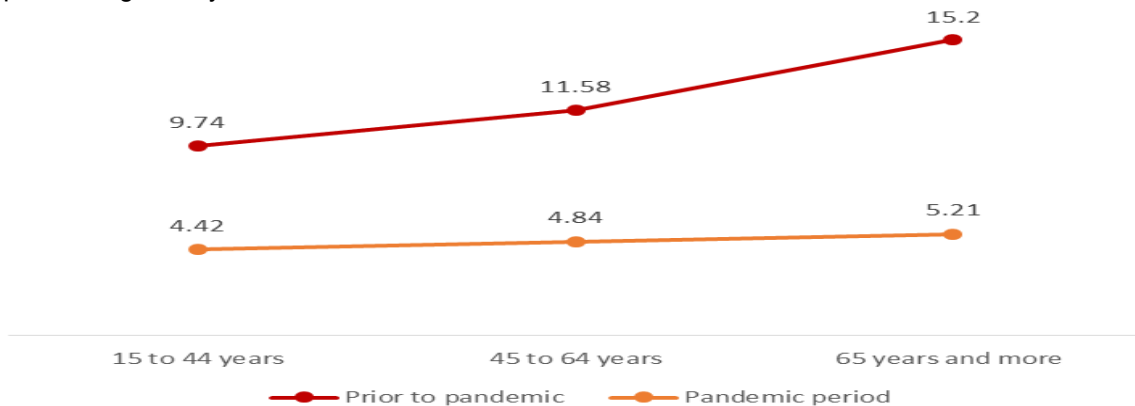
Population aged 15 years old and over



For their part, during the first five months of the pandemic, 3.9% of men and 5.5% of women aged 15 and over visited a specialist doctor in the four weeks prior to the interview. In the previous months, the percentages were 9.5% and 13.6%, respectively. The decline affected all age groups, and was more pronounced among those 65 and over.

Consultations with a specialist doctor

Population aged 15 years old and over



The percentage of people who consumed drugs prescribed by a doctor in the two weeks prior to the interview decreased during the first five months of the pandemic compared to the previous months (50.5% vs. 52.7%). This decrease was also registered for non-prescription drugs (12.9% compared to 15.6%).

HEALTH DETERMINANTS

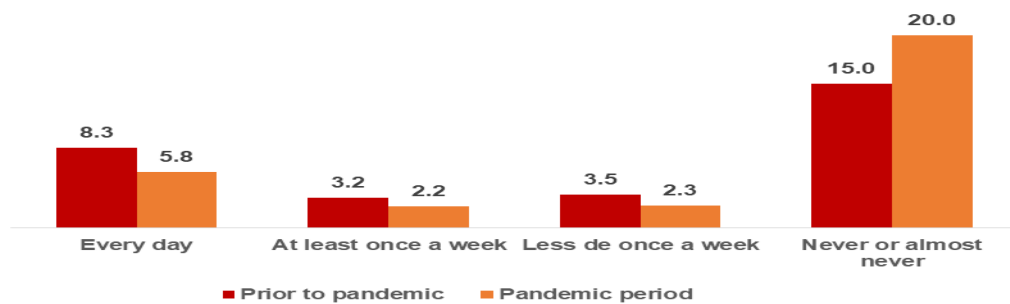
Tobacco use and exposure to tobacco smoke indoors

The pattern of tobacco consumption during the first five months of the pandemic was similar to that of previous months, with slight decreases in the percentages of daily (19.4% versus 20.0%) and occasional smokers (2.0% vs 2.5%).

Exposure to tobacco smoke indoors decreased during the first five months of the pandemic compared to the previous months. Of the population aged 15 and over, 5.8% were exposed every day and 2.2% at least once a week. These percentages were 8.3% and 3.2% in the previous months.

Exposure to tobacco smoke

Population aged 15 years old and over



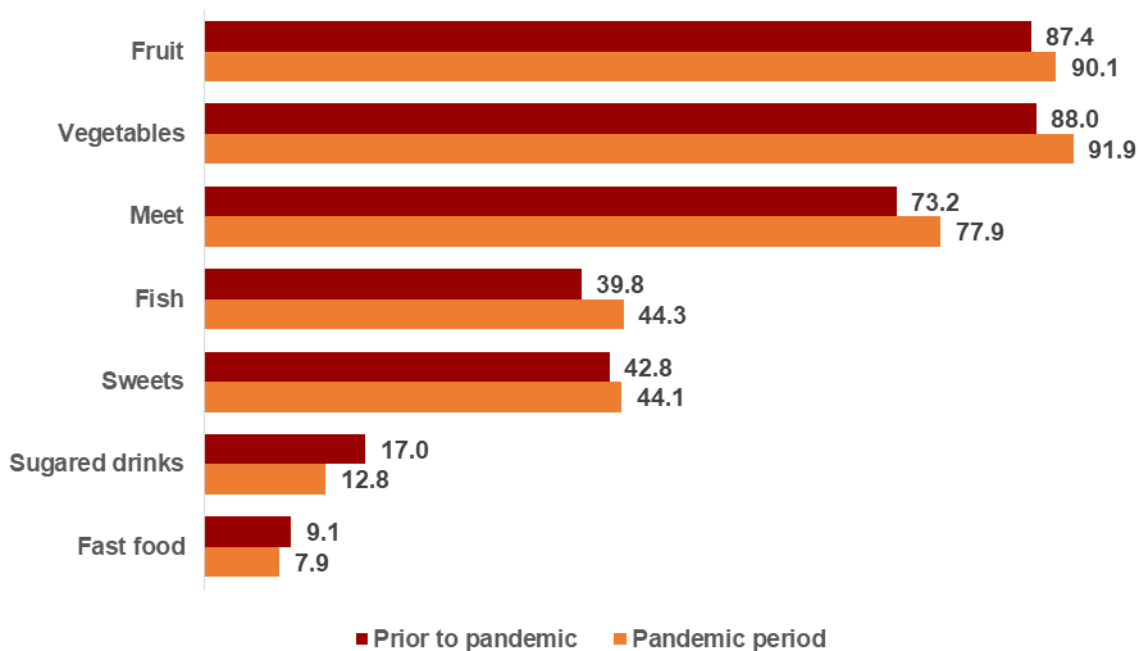
Food consumption pattern

The percentage of the population that consumed fruit and vegetables at least three times a week increased in the first five months of the pandemic compared to the previous months (90.1% and 91.9%, respectively, compared to 87.4% and 88.0%).

On the other hand, the consumption of fast food at least three times a week was reduced (7.9% compared to 9.1%).

Food consumption pattern (three or more times per week)

Population aged 15 years old and over



Methodological note

The EESE-2020's general objective is to provide information on the health of the Spanish population, in order to plan and evaluate actions in health matters. It is a harmonised survey, comparable at the European level. Regulation (EU) N°255 / 2018 establishes the basic areas of application of the European Health Survey in all European Union countries.

The survey is designed to provide information on the assessment of general health status, identify the main health problems of citizens (chronic diseases, ailments, accidents, limitations and functionalities), understand the degree of access and use of health services, and specify the determining health factors (characteristics of the physical and social environment, as well as lifestyle habits that pose a risk to health).

In addition to the indicators required in the European Regulation, additional variables of national interest are collected and included in an INE-Ministry of Health agreement.

The sample is of approximately 22,000 dwellings distributed in 2,500 census sections. The data have been weighted to be representative at the national and regional level.

Type of operation: structural statistics with a five-year periodicity

Population scope: population aged 15 and over residing in family dwellings.

Reference period for the results: July 2019- July 2020

Type of sampling: three-stage sampling with stratification of first stage units. The first stage units are the census sections, the second stage the dwellings, and the third stage a person aged 15 and over.

Collection method: personal and telephone interview with electronic questionnaire

For more information you can access the methodology and the standardized methodological report at:

https://www.ine.es/dyngs/INEbase/es/operacion.htm?c=Estadistica_C&cid=1254736176784&menu=metodologia&idp=1254735573175

INE statistics are produced in accordance with the Code of Good Practice for European Statistics, which is the basis for the institution's quality policy and strategy. For more information see the section [Quality at INE and the Code of Best Practices](#) on the INE website.

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