

European Survey of Health in Spain
Year 2014

71% of the population aged 15 years old and over considers their state of health good or very good

Three out of 10 persons aged 15 years old and over practice physical exercise in their free time more than twice a week

The number of daily smokers decreases to 23.0% as compared with 26.2% in 2009

STATE OF HEALTH

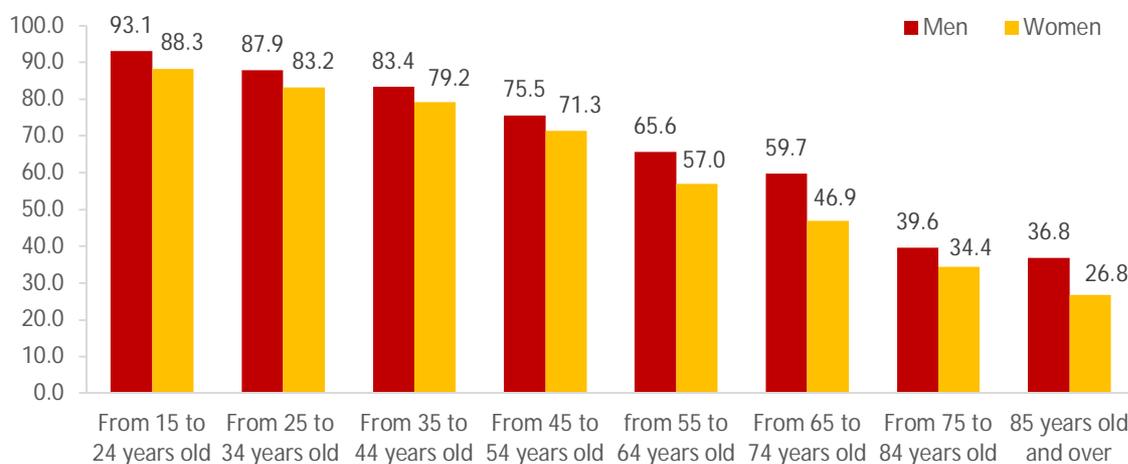
Assessment of state of health

71% of the population aged 15 years old and over has considered its state of health good or very good. By sex, 75.1% of men stated that they were in a good state of health, as compared with 67% of women.

Positive perception of state of health decreased with age. Thus, in the age group from 15 to 24, 93.1% of men and 88.3% of women valued their state of health good or very good; in the age group of 85 and over the percentage decreased to 36.8% in men and 26.8% in women. In all age groups, the percentage of positive assessment of state of health is higher in men as compared to women.

Positive assessment of state of health.

Percentage by sex and age group

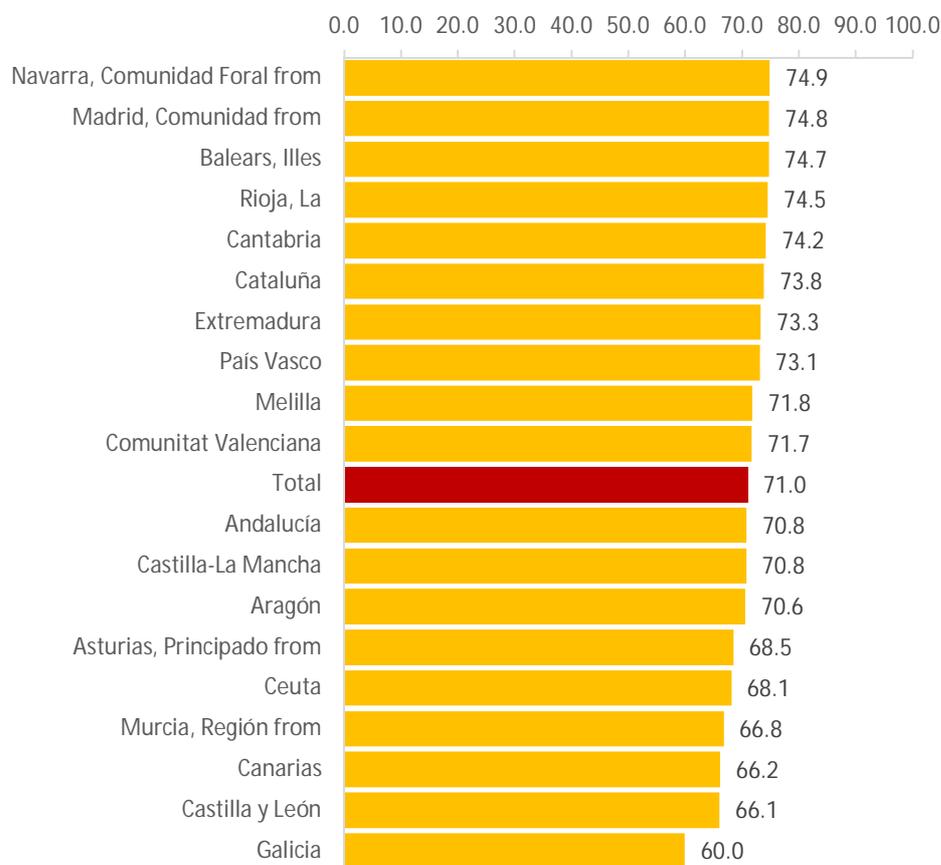


The percentage of persons aged 15 years old and over who valued their state of health positively was similar than that of 2009¹ (71% as compared to 70.9%). By sex, the percentage of men decreased (75.1% as compared to 75.5%) and the percentage of women increased (67% as compared to 66.1%).

The Autonomous Communities with a higher percentage of persons aged 15 years old and over who valued their state of health positively were Comunidad Foral de Navarra (74.9%), Comunidad de Madrid (74.8%) and Illes Balears (74.7%). In turn, Galicia (60%), Castilla y León (66.1%) and Canarias (66.2%) presented the lowest values.

Positive assessment of the state of health.

Percentage of persons 15 years old and over by Autonomous Cities and Communities



Chronic health problems

The most frequent chronic disorders suffered by the population aged 15 years old and over in the 12 months prior to the survey, and diagnosed by a doctor, were *hypertension* (18.4%), *lower back pain* (17.3%), *high cholesterol* (16.5%), *arthrosis* (16.4%), *neck pain* (14.7%) and *chronic allergies* (13.4%).

¹ While comparing with 2009, it is worth noting that the population studied in 2014 was 15 years old and over, while the population studied in 2009 was 16 years old and over.

These were followed by varicose veins (9.3%), migraines (8.3%), depression (6.9%), chronic anxiety (6.9%) and diabetes (6.8%).

All of these worth noting health problems, with the exception of diabetes, had a greater prevalence among women than among men.

Most frequent chronic illnesses

Percentage of persons aged 15 years old and over

	Hipertension	Lower back pain	Cholesterol	Arthrosis	Neck pain	Allergies
Total	18,4	17,3	16,5	16,4	14,7	13,4
Men	18,0	13,8	15,7	10,4	9,3	11,3
Women	18,8	20,8	17,2	22,1	19,9	15,4

Functional Dependency

20.7% of the population aged 65 years old and over had some difficulty in carrying out basic everyday activities, such as eating, washing up, getting dressed, or getting up and sitting down. This percentage was higher among women (25.2%) than among men (15.0%).

The activities that a higher number of persons 65 years old and over found the most difficult were washing up (17.3%), getting dressed (14.0%) and sitting down or getting up (13.8%).

Eight out of 10 persons (79.5%) aged 65 years old and over who had difficulties to carry out basic everyday activities stated that they had personal or technical assistance to carry them out. In turn, 53.8% declared that they needed help or more help than they already had.

Difficulty in everyday life activities by sex

Percentage of persons aged 65 years old and over

	Wash up	Get dressed	Sit down or get up	Go to the bathroom	Eat
Total	17,3	14,0	13,8	9,9	5,4
Men	11,7	11,0	9,8	7,2	4,6
Women	21,6	16,3	16,9	12,0	6,0

The percentage of the population aged 65 years old and over with functional dependence decreased since 2009 (20.7% as compared with 26.5%). This gap is higher in women (25.2% as compared with 31.8%) than in men (15.0% as compared with 19.3%).

HEALTH CARE

Use of health services

In the four weeks prior to the interview, 29.0% of the population aged 15 years old and over visited their **general practitioner**, similar to 2009 (28.5%). Women visited their practitioner more frequently than men (33.2% as compared to 24.6%).

In turn, visits to a **specialist** increased as compared to 2009. 14.2% of the population aged 15 years old and over had visited a specialist in the four weeks prior to the interview, as compared to 11.8% in 2009. Women also used this service more frequently (16.5% as compared to 11.9% of men).

Visits to the doctor were more frequent as the age increased. 18.3% of the population aged 15 to 24 years old visited a general practitioner and 9.4% a specialist, while the percentage of persons 65 years old and over that visited a general practitioner and a specialist was 47% and 19.1%, respectively.

In turn, almost three out of 10 persons aged 15 years old and over (27.4%) were assisted in an **emergency room** in the 12 months prior to the interview.

Regarding visits to other sanitary professionals, in the 12 months prior to the interview 19.4% of persons aged 15 years old and over attended a **radiology service**, 15.6% visited a **physical therapist** and 4.6% consulted a **psychologist**. 2.7% of the population aged 15 years old and over has never visited a **dentist** and 51.2% has not visited a dentist in the last year.

Hospital admissions decreased as compared to 2009. 8.7% of the population aged 15 years old and over were admitted into hospital with overnight stay in the 12 months prior to the interview and 6.6% were treated in the outpatient modality. In 2009, these percentages were 9.3% and 8.8%, respectively.

One out of two persons (54.8%) had consumed medicines prescribed by a doctor in the two weeks prior to the interview (47.3% of men and 62% of women). In turn, 21.6% had consumed medicines that were not prescribed (19.3% of men and 23.9% of women).

The consumption of prescribed medicines increased since 2009 (54.8% as compared to 53.0%). Furthermore, the percentage of persons that claimed to have self-medicated increased since 2009 (21.6% as compared to 15.9%).

Medical assistance received in the last 12 months

Percentage of persons aged 15 years old and over by Autonomous Cities and Communities

	Medical Consultation	Hospital admissions	Outpatients	E.R. Assistance	Visits to the dentist
TOTAL	84,5	8,7	6,6	27,4	46,2
Andalucía	82,8	8,2	6,1	30,9	41,3
Aragón	83,9	7,9	3,3	20,6	40,0
Asturias, Principado de	88,0	8,9	5,5	25,1	52,0
Balears, Illes	80,7	10,3	8,6	30,4	50,9
Canarias	80,2	7,9	4,5	31,3	40,9
Cantabria	86,2	7,9	8,0	27,1	47,8
Castilla y León	85,7	9,1	6,6	24,7	43,4
Castilla-La Mancha	82,9	8,8	5,2	28,4	37,3
Cataluña	84,5	8,3	7,1	27,8	47,1
Comunitat Valenciana	85,3	9,4	8,6	26,2	45,7
Extremadura	85,0	7,9	12,7	28,7	38,5
Galicia	86,5	7,9	5,9	30,1	46,6
Madrid, Comunidad de	86,7	9,1	6,6	22,7	54,6
Murcia, Región de	81,0	10,2	5,7	32,6	43,3
Navarra, Comunidad Foral de	84,3	9,2	4,6	22,0	54,9
País Vasco	87,2	10,5	5,6	25,2	56,7
Rioja, La	86,2	8,7	7,6	22,6	47,6
Ceuta	79,3	12,0	11,8	33,7	37,9
Melilla	73,3	7,7	7,9	31,4	36,2

Preventive activities

18.7% of the population aged 15 years old and over received the **influenza vaccination** (17.6% of men and 19.7% of women).

Regarding the population aged 65 years old and over, six out of 10 men and five out of 10 women received the influenza vaccination (58.9% and 54.9%, respectively).

Seven out of 10 persons had a **blood pressure** reading one year prior to the survey. This same proportion was observed among those who had had **cholesterol** and **blood sugar** readings. The frequency of these preventive activities increased step by step as the population became older. Thus, 90% of the population aged 65 years old and over had blood pressure readings, 85.5% had blood sugar readings, and 87.2% had cholesterol readings.

8.3% of the population aged 50 to 69 years old underwent a fecal occult blood test (FOBT) for early detection of rectal and colon cancer in the last year.

79.8% of women aged 50 to 69 years old had had a **mammogram** in the last two years for early detection of breast cancer. In turn, 6.3% of women from 50 to 69 years old had never had one.

Seven out of 10 women between 25 and 64 years old (72.7%) had had a **vaginal cap smear** in the last three years. 13.8% of women in this group had never had this test.

HEALTH DETERMINANTS

Obesity and overweight

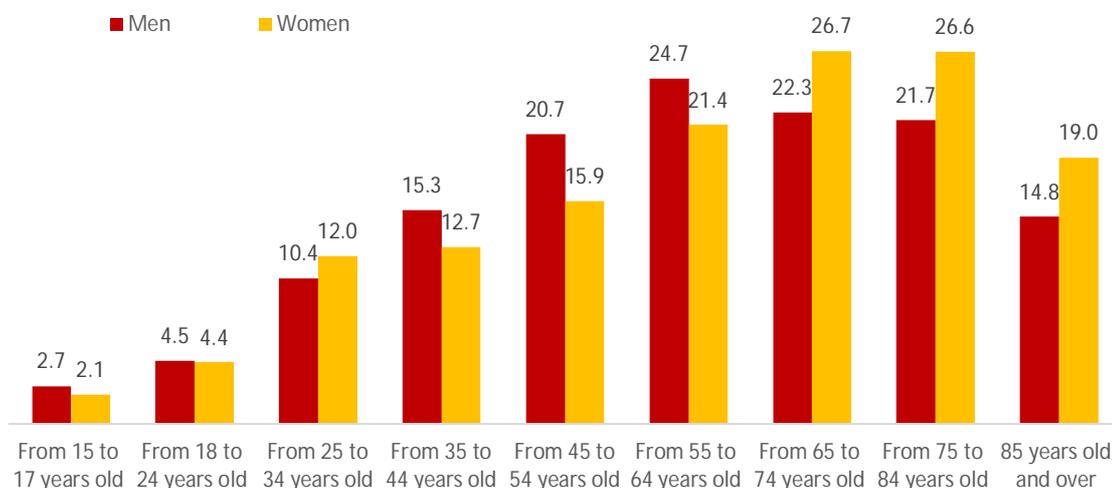
52.7% of the population aged 18 years old and over were above the weight that would be considered normal. This problem affected men (60.7%) more than women (44.7%). Regarding underage population (from 15 to 17 years old), 18.3% were above the weight that would be considered normal (20.4% of men and 16.2% of women).

The percentage of obese² persons aged 18 years old and over reached 16.9% (17.1% of men and 16.7% of women), and the percentage of overweight persons 35.7% (43.6% of men and 28.1% of women).

Regarding underage population (from 15 to 17 years old), obesity affected 2.4% (2.7% of men and 2.1% of women) and overweight 16.0% (17.7% of men and 14.2% of women).

Obesity increased with age. In men within the age group of 65 years old and over and in women 75 years old and over.

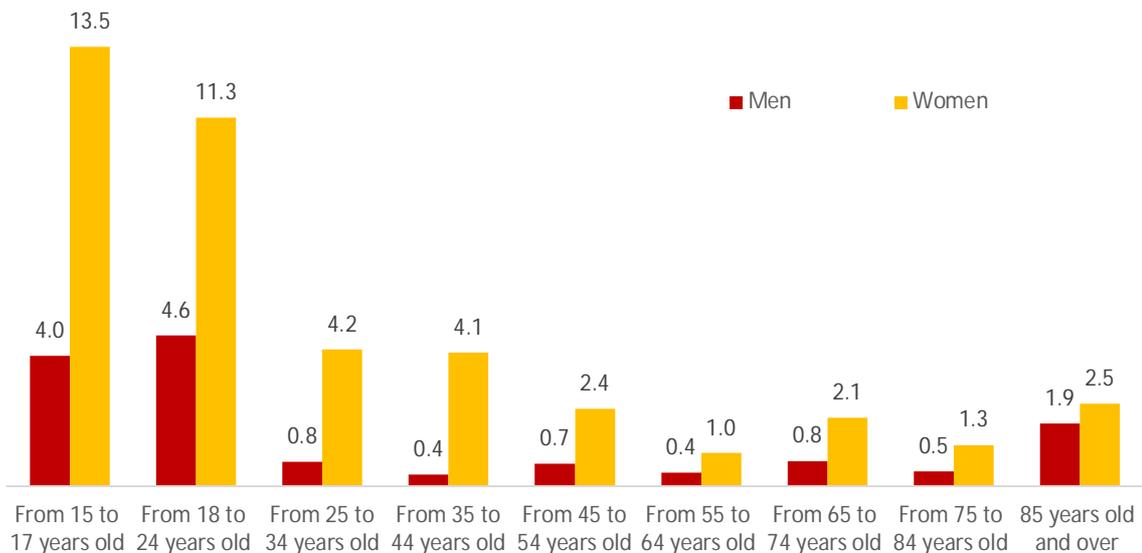
Percentage of persons with obesity by sex and age group



² A person over 18 years old is considered obese when his or her body mass index is equal or higher than 30 kg/m². In turn, an overweight person has a body mass index between 25,0 and 29,9 kg/m². Regarding population between 15 and 17 years old there are specific cut points to classify the body mass index.

In turn, 2.2% of the population aged 18 years old and over were underweight³ (1.0% of men and 3.4% of women). Regarding young persons (from 15 to 17 years old), 8.7% were underweight (4.0% of men and 13.5% of women). In every age group women presented a higher percentage of underweight, worth noting 13.5% of women aged 15 to 17 years old and 11.3% of women aged 18 to 24 years old.

Percentage of underweight persons by sex and age group



Physical exercise

Three out of 10 persons aged 15 years old and over (31.0%) practiced physical exercise in their free time more than two days a week. 14.3% practiced physical exercise one or two days a week and 54.7% did not practice physical exercise in their free time. By sex, five out of 10 men and four out of 10 women practiced physical exercise in their free time.

Regarding physical activity practiced while commuting, eight out of 10 persons aged 15 years old and over walked to commute from one place to another (80.6% of men and 80.2% of women). In turn, one out of 10 cycled (14.8% of men and 5.8% of women).

Fruit and vegetable consumption

Six out of 10 persons ate fruit every day (58.2% of men and 67.1% of women). Consumption frequency increased with age. Thus, only four out of 10 young persons from 15 to 24 years old ate fruit every day, as compared to eight out of 10 persons aged 75 and over.

In turn, 6.0% of the population ate fruit less than once a week or did not eat at all (11.0% of young persons from 15 to 24 years old and 2.4% of persons over 75 years old).

Vegetable consumption was inferior than that of fruit. Four out of 10 persons ate vegetables every day (39.1% of men and 50.0% of women).

³ A person aged 18 years old and over is underweight when his or her body mass index is lower than 18.5 kg/m². Regarding persons aged 15 to 17 there are specific cut points to classify body mass index.

Tobacco and alcohol consumption

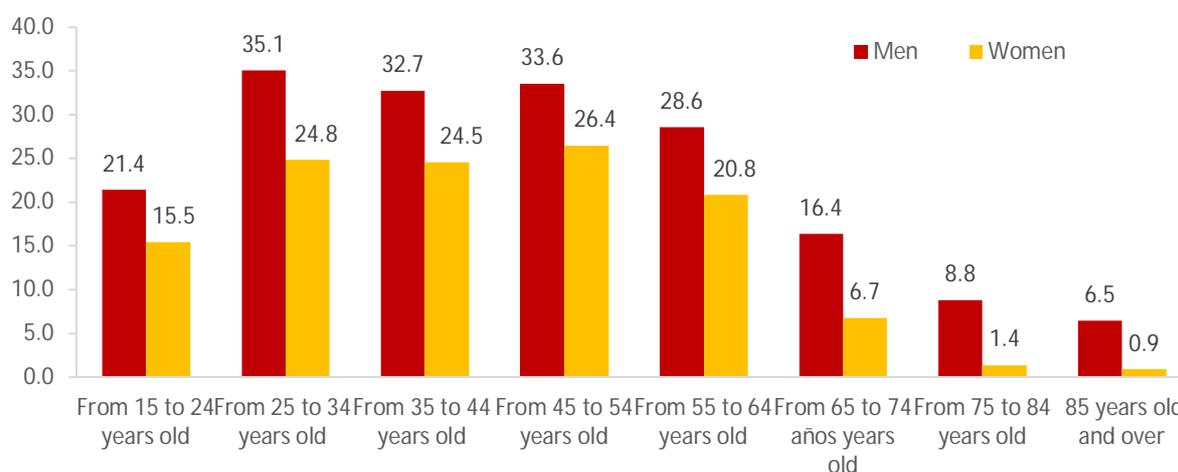
23.0% of the population aged 15 years old and over claimed that they smoked daily, 2.4% were occasional smokers, 25.7% were ex-smokers, and 49.0% had never smoked.

By sex, the percentage of daily smokers was 27.6% among men and 18.6% among women.

In every age group there are more men smokers than women. The percentage of daily smokers was the highest in the age group from 25 to 34 years old in men (35.1%) and in the age group from 45 to 54 years old in women (26.4%).

In turn, it was worth noting that 18.5% of young persons from 15 to 24 years old smoked daily.

Percentage of daily smokers by sex and age group

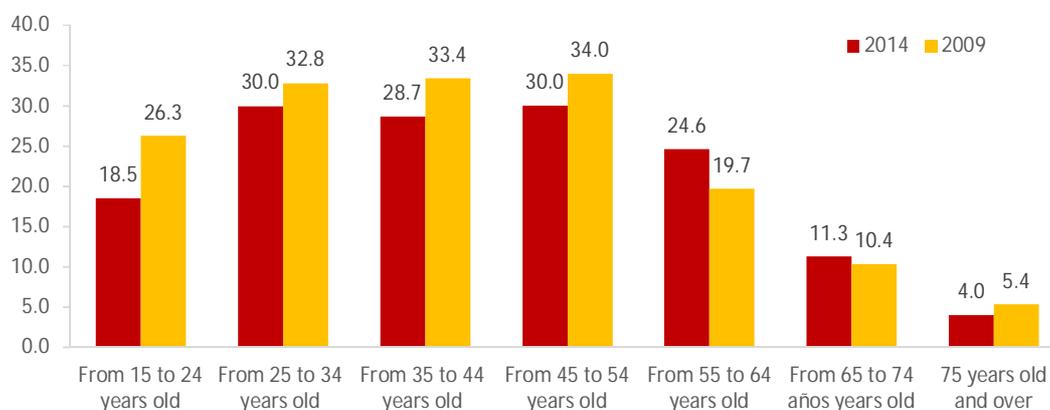


The number of daily smokers has decreased since 2009 (23.0% as compared to 26.2%).

By age groups, the number of daily smokers decreased among the population from 15 to 54 years old. In turn, it increased in the group from 55 to 74, finding the biggest gap in the group from 55 to 64 (24.6% of daily smokers in 2014 as compared to 19.7% in 2009).

Percentage of daily smokers by age groups

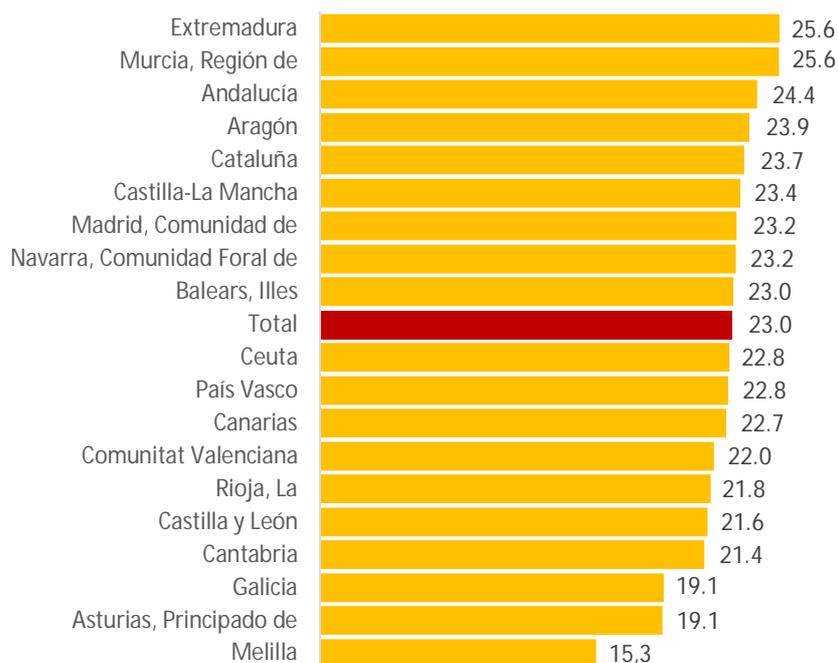
Years 2014 and 2009⁴



⁴ Data from the first age group in 2009 correspond to the age interval 16-24.

Autonomous Communities with the highest percentage of daily smokers among population aged 15 years old and over were Extremadura (25.6%), Región de Murcia (25.6%) and Andalucía (24.4%). In turn, the Autonomous City of Melilla (15.3%), Principado de Asturias (19.1%) and Galicia (19.1%) presented the lowest percentages.

Percentage of daily smokers by Autonomous Cities and Communities

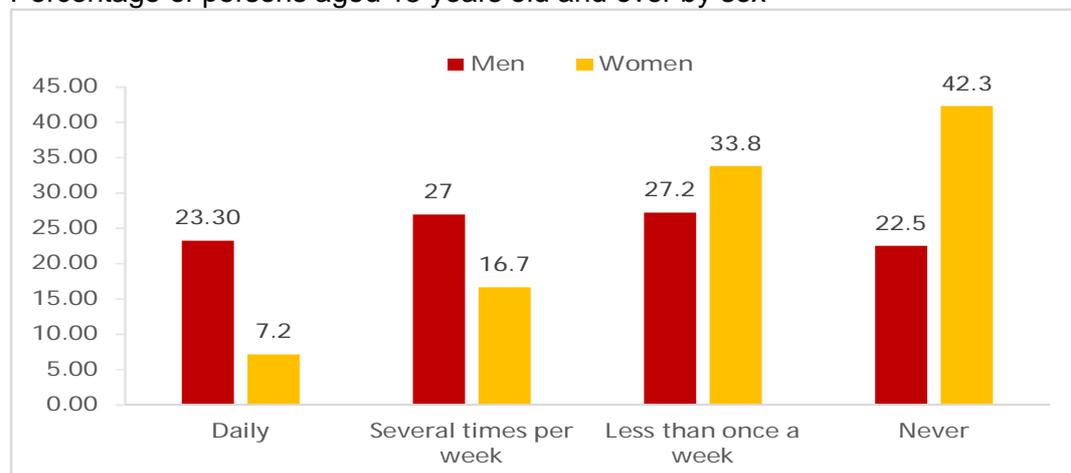


With regard to the intake of alcoholic beverages in the last year, 30.6% of the population drank them occasionally (that is, less than once a week), 32.7% did not drink them, 21.7% drank several times a week, and 15.1% drank daily.

The percentage of persons aged 15 years old and over who consumed alcoholic beverages daily had increased with respects to 2009 (15.1% as compared to 13%). This increase affected both sexes (23.3% as compared to 20% in men and 7.2% as compared to 6.2% in women).

Frequency of the intake of alcoholic beverages in the last 12 months

Percentage of persons aged 15 years old and over by sex



9.1% of the population had drunk heavily at least once a month, and 2.5% weekly. We understand heavy alcohol consumption as the intake of 60 gr of pure alcohol in men and 50 gr in women –that is, the equivalent of six beers or three cocktails in an interval of four to six hours.

By sex, heavy alcohol consumption was more relevant among men than women (13.5% as compared to 5.0%).

By age, heavy alcohol consumption was more frequent among the youth. In fact, 14.1% of persons aged 15 to 24 years old stated to have drunk heavily at least once a month (18.2% of men and 9.8% of women).

Frequency of heavy alcohol consumption in the last 12 months

Population from 15 to 24 years old. Percentage by sex

	One or more days per week	1 to 3 days per month	Less than once a month	Never
Total	3,6	10,5	17,8	68,1
Men	5,4	12,8	18,5	63,2
Women	1,7	8,1	17,0	73,2

Methodological note

The European Survey of Health in Spain 2014 (ESHS-2014) has been carried out by the National Statistics Institute (INE) in partnership with the Ministry of Health, Social Services and Equality, according with the Agreement of collaboration to increase the variables for the ESHS-2014 between both Organisms.

The main goal of the ESHS-2014 is to provide information about the state of health of the Spanish population, in order to plan and evaluate future action in health related issues.

The survey is designed to provide information about the general state of health, identify the main health problems among the citizens (chronic illnesses, accidents, limitations and functionalities), know about the level of Access and use of health services and specify the determining factors for their health (characteristics of the physical and social environment, as well as habits that pose a health risk).

The ESHS-2014 is a survey harmonised and comparable at a European level. Regulation (EU) No 141/2013 sets out the basic areas of application in EHSS 2014 in all countries of the European Union.

Research is address to persons aged 15 years old and over who reside in family dwellings all over the national territory.

The EHSS 2014 sample is approximately 23,000 dwellings distributed in 2,500 census tracts. Data have been measure to be representative at a national and autonomic level.

Statistical tables of the investigated health variables are published, classified by different sociodemographic characteristics (sex, age group, social class based on the occupation of the reference person, country of birth, Autonomous Community, level of studies and relation to the current economic activity). Sampling errors tables of the main variables, methodology and lack of response analysis will also be published. The final microdata files, questionnaires and metadata are also available at:

<http://www.ine.es/en/welcome.shtml>

For further information see [INEbase-www.ine.es/en/welcome_en.htm](http://www.ine.es/en/welcome_en.htm) All press releases at: www.ine.es/en/prensa/prensa_en.htm

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