

30 April 2007

**National Health Survey**  
2nd six months 2006 (*Provisional data*)

**68.8% of the Spanish population declares to be in good or very good health conditions**

**30% of the population aged 16 and over smokes and 70.6% has consumed alcohol within the last twelve months**

**68.8% of the Spanish population residing in family dwellings has stated their health status as good or very good.** Men show a better subjective health status than women. In fact, 74.1% of men declare to be in good or very good health conditions, against 63.6% of women.

The perception of a good health condition is lower among elder persons. Therefore, while 88.8% of the persons under 16 years of age, and 87.9% of the persons aged 16 to 24 declare that their health status is good or very good, while on only 36.8% of the persons aged over 64 value their health condition as being positive.

21.4% of the adult population (aged 16 and over), declares to have been diagnosed with arthrosis, arthritis or rheumatism, 20.7% with arterial hypertension, 16.1% with hypercholesterolemia, 14.7% with depression, anxiety or other mental disorders, and 12.4% with chronic allergies. These illnesses are more frequent among men than among women.

11.9% of the infant population (aged below 16) has been diagnosed with chronic allergies and 7.0% with asthma. Both problems are more frequent among boys than among girls.

11.1% of the population declares to have had some type of accident. 12.0% of men and 10.2% of women had some type of accident during the twelve previous months.

**22.3% of the populations has difficulties to carry out daily activities due to health issues**

18.6% of men and 25.9% of women state that they have difficulties for developing daily activities as a result of a health problem.

These difficulties are more frequent among the elder population. Thus 42.7% of persons aged 65 and over (34.0% of men and 48.9% of women) shows some limitation for daily activities.

## Health related living habits

30% of the population aged 16 and over smokes and 70.6 has consumed alcoholic drinks within the previous twelve months.

27.0% of the population aged 16 and over smokes on a daily basis, 2.9% of the population are occasional smokers and 21.1% declares to be ex-smoking and 48.9% has never smoked. By sex, 32.2% of men and 22.1% of women smoke.

82.3% of men and 59.3% of women aged 16 and over have drunk alcoholic beverages within the previous twelve months. This rate of consumption is higher among younger persons, specially among women.

## 59.6% of the adult population practices sport in their spare time

63.1% of men and 56.3% of women aged 16 and over usually practice some kind of physical exercise during their spare time. Among men, this habit is more frequent between 16 and 24 years, and, among women, between 45 and 64 years of age.

2.9% of the population aged 1 and over does not usually have breakfast and 10.7% follows some kind of special diet or regime

Only 13.2% of the population aged 1 and over has a complete breakfast (dairy or another liquid plus fruits or juices plus carbohydrates). The most widespread breakfast consists of a dairy product or some other kind of liquid, plus carbohydrates (bread, toasts, cookies, cereal or pastry), which is preferred by 49.4% of the population (47.1% of men and 51.7% of women). 14.0% of the population has a breakfast exclusively comprised by liquids (without fruits or juices or carbohydrates) and 2.8% takes the liquid with juice or fruits but does not take any carbohydrates. 2.9% does not have anything for breakfast: This habit is more frequent among persons aged 16 to 24, an age group where it reaches 7.8%.

8.8% of men and 12.5% of women aged 1 and over follows some type of diet or special regime. This practice is more frequent in the elder population.

## 52.7% of the adult population and 27.6% of the infant population are overweight or obese

44.4% of men and 30.3% of women aged 18 and over are overweight, based on the weight and sizes declared; also, 15.5% of men and 15.0% of women present a body mass index which is considered to be as obesity. Both disorders are more frequent in older persons.

18.5% of the population aged 2 to 17 is overweight, and 9.1% is obese.

## Preventive activities

### 21.0% of the population has been vaccinated against the flu.

20.7% of men and 21.3% of women have received the anti-flu vaccine in the 2005 campaign. In the age group for persons over 64 years of age (one of the objectives of this preventive practice), it reaches 71.8% of men and 65.8% of women.

**90.5% of the population aged 16 and over have had their blood pressure measured sometime and 82.2% have had their cholesterol measured**

88.6% of men and 82.2% of women aged 16 and over declare to have had their blood pressure measured by some health professional sometime.

80.4% of men and 93.9% of women aged 16 and over declare to have had their cholesterol measured sometime.

**87.0% of women aged 45 to 64 years of age declare to have had a mammography taken at some time**

52.2% of women aged 20 and over have had a mammography taken sometime and 68.1% of women aged 20 and over manifests to have had a cytology taken sometime.

### **Methodological note**

The Spanish National Health Survey (SNHS) is a bi-annual research aimed at families. Its main purpose is to collect data on the health status and its determining factors from a citizen perspective.

The Ministry of Health and Consumption carried out the first SNHS in 1987, whose fieldworks were developed by the Sociological Research Centre (SRR) and which was continued in years 1993, 1995, 1997 and 2001. By virtue of the Frame Cooperation Agreement between the Ministry of Health and Consumption and the National Statistics Institute (INE), the National Health Survey has been jointly prepared with this office since 2003.

The SNHS-2006 introduces significant modifications in the survey's traditional content. These modifications are the result of the need to bring new health related dimensions (such as mental health, both in adult and infant populations, quality of life for minors) and new health factors not taken into account in previous editions (basically, those related with the physical and social environment) as well as promoting the survey as an instrument to measure health inequalities and to adapt its format to the requirements of the European Health Survey project.

The methodological change introduced in the SNHS-2003 and the revision of the questionnaire used in SNHS -2006 do not allow to establish an interannual comparison between a portion of the information collected.

#### **Survey's scope**

The research covers the set of persons that reside in main family households. The survey is carried out in the whole country.

Information collection is carried out throughout a whole year, since June 2006 through June 2007. The results presented correspond to the first 32 survey collection weeks: June 2006-December 2006.

#### **Sample design**

The type of sample used is stratified tri-phase. The first stage units are the census sections. The second stage units are main family dwellings. One adult is selected within each household (aged 16 and over) to fill out the Adults Questionnaire and, should there be any minors (aged 0 through 15), a minor is also selected to fill out the Minors Questionnaire.

A sample of approximately 31,300 dwellings distributed among 2,236 census sections has been selected. The sample is distributed between Autonomous Communities assigning a portion uniformly and another in proportion to the size of the Community.

#### **Information collection**

The survey has three questionnaires: A Household Questionnaire, an Adults Questionnaire and a Minors Questionnaire. The collection method is by direct personal interview with persons aged 16 and over, and the mother or father in the case of persons aged below 16.

## Dissemination of the results

The final publication, elaborated based on the total sample, will provide national results and results on an Autonomous Community basis, regarding the population's health status, its environment (Physical and Social), its health and preventive practice related living habits, as well as with the use they make of sanitary services. These results will be classified based on certain sociodemographic characteristics.

The preview of the provisional results for the first half of the year, presents Statistical tables on a national level.

## Definitions

### Accident

An accident is defined as a fortuitous and unforeseen happening that strikes the individual and causes him/her an identifiable corporal injury. It includes falls, knocks, intoxications, burns and traffic accidents, both regarding driver, passengers or pedestrians

### Vaginal cytology

Collection of a cell sample that is later analysed in a laboratory. It comprises one of the diagnose methods for uterine and vagina cancers and certain infections. It also allows to learn about women hormone activity.

### Diet

Makes reference to the food (or food mixes) which in certain amounts are ingested on a regular basis, generally daily, representing the diet model or pattern followed by an individual. A person is considered to be following a special diet or regime if it modifies his/her eating habits, either by medical prescription or own decision, whatever the reason.

### General Health Status

This characteristic aims to measure the perception that the person has about his/her health status.

### Body Mass Index

The Body Mass Index (BMI) is defined as the relationship between the weight of the individual (in kilograms) and the square of the size (in meters).

$$ICM = kg/m^2$$

### Blood Pressure Measurement

Is the measurement of the systolic and diastolic blood pressure readings taken by a health professional.

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

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