

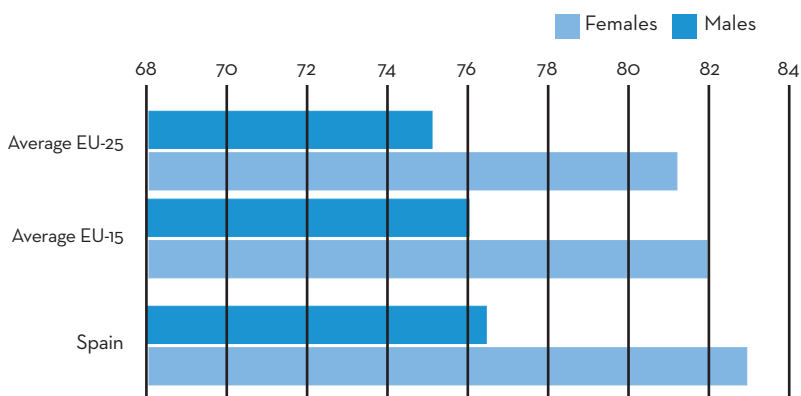
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**Facts**  
**and figures**  
**on health**  
**in Spain**

## Life expectancy

Life expectancy at birth in Spain is 79.9 years, above the EU average of 78.3 years. Spain is the country with the third highest life expectancy in the EU after Italy and Sweden.

Life expectancy adjusted for disability in 2002 was 72.6 years in Spain and 70.8 years in the EU.

### Life expectancy at birth Spain and European Union, 2002



Source: National Statistics Institute. WHO European health for all database (HFA-DB) 2005

## Subjective perception of health

66.7% of men and 57.8% of women in Spain consider they enjoy good or very good health. Spain is in a mid-way position amongst the countries of the EU for subjective perception of health.

Self-assessed health Percentages in population aged 16+, 1993-2003				
	1993	2003	Female (2003)	Male (2003)
Very good	10.8	11.2	9.8	12.7
Good	57.7	56.8	53.4	60.3
Fair	24.4	23.2	26.0	20.3
Bad	6.0	6.7	8.1	5.1
Very bad	1.1	2.2	2.7	1.6

Source: Ministry of Health and Consumer Affairs. Spanish National Health Survey

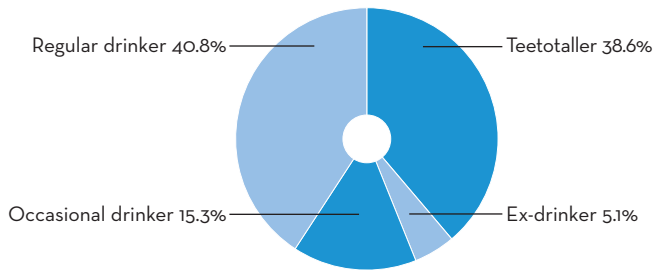
## Habits and lifestyle

With 28.1% of daily smokers, Spain is at a mid-way position in the European Union of 15 countries. The percentage of daily smokers dropped by 4% between the early 1990s and 2003.

The consumption of alcoholic beverages is an important public health problem in most developed countries, because of both the constant increase in drinking and the negative effects it has on health.

56,1% of the Spanish population aged over 16 consume alcohol. 38% state they do not drink alcohol or have never done so.

### Alcohol consumption in over-16s, 2003



Source: Ministry of Health and Consumer Affairs. Spanish National Health Survey

Overweight and obesity are risk factors for a large number of diseases and health problems including hypertension, hypercholesterolaemia, adult diabetes, heart diseases, certain types of cancer and many other chronic diseases. The obesity rate in Spain is 13.3% for the population aged 18 and over, and 24.8% for children.

Body mass indices (*) in adults aged 18+, 2003			
	Total	Female	Male
Normal weight or underweight ( $<25.0$ kg/m <sup>2</sup> )	48.5	56.2	40.3
Overweight grade 1 (25.0-26.9 kg/m <sup>2</sup> )	17.9	14.0	21.9
Overweight grade 2 (27.0-29.9 kg/m <sup>2</sup> )	18.1	14.0	22.3
Obesity ( $\geq 30.0$ kg/m <sup>2</sup> )	13.3	13.6	13.0
Not stated	2.3	2.2	2.5

(\*) Body mass indices. (weight kg/size m<sup>2</sup>)

Source: Ministry of Health and Consumer Affairs. Spanish National Health Survey. Quetelet indices

Body mass indices (*) in children aged 2-17, 2003			
	Total	Girls	Boys
Normal weight or underweight	68.0	69.1	66.9
Overweight and obesity	24.8	23.6	25.8
Not stated	7.3	7.3	7.3

(\*) Body mass indices= (weight kg/size m<sup>2</sup>)

The table uses the body mass index cut-off points for child overweight and obesity published in Cole TJ, Bellizzi MC, Flegal KM, Dietz WH. Establishing a standard definition for child overweight and obesity worldwide: international survey. BMJ 2000; 320:1-6.

Source: Ministry of Health and Consumer Affairs. Spanish National Health Survey. Indices drawn up by the Health Information Institute

## Morbidity

The most frequent hospital discharges are for diseases of the circulatory, respiratory, digestive and musculo-skeletal systems and cancer.

Causes of hospitalisation in the National Health System, 2003				
Diagnosis Groups (*)	Females		Males	
	%	Discharges	%	Discharges
Infectious and parasite diseases	1.6	29,771	2.7	42,685
Neoplasias	8.0	146,329	10.2	163,792
Endocrine, nutrition and metabolic diseases and immunity disorders	1.9	35,283	1.6	25,841
Blood and blood-forming organ diseases	0.9	17,075	0.9	15,143
Mental and behavioural disorders	1.7	31,757	2.5	39,976
Diseases of the nervous system, eye, ear and mastoid process	3.6	64,671	3.8	60,209
Diseases of the circulatory system	11.2	204,131	16.8	269,837
Diseases of the respiratory system	7.9	143,204	14.7	235,531
Diseases of the digestive system	9.5	172,666	14.7	235,359
Diseases of the genito-urinary system	6.5	119,111	5.5	88,005
Pregnancy, childbirth and the puerperium	25.6	465,398	...	...
Skin and subcutaneous tissue diseases	0.8	15,249	1.2	19,629
Muscular and skeletal system and connective tissue diseases	5.2	95,270	4.6	73,105
Congenital malformations, deformations and abnormalities	0.7	12,925	1.2	18,926
Certain conditions originating in the perinatal period	1.4	26,194	2.0	32,047
Symptoms and signs not classified elsewhere	3.6	65,915	5.3	85,356
Injuries and poisoning	7.0	127,416	9.3	149,277
Factors influencing health conditions and contact with Health Services	2.5	46,288	3.1	49,799
Total		1,818,653		1,604,500

(\*) Diagnosis groups according to the International Classification of Diseases, 9<sup>th</sup> revision, clinical modification (CIE-9-MC)

Source: Ministry of Health and Consumer Affairs. Statistics based on the NHS Register of Hospital Discharges.

Spain attains a high degree of vaccination coverage.

Preventable communicable diseases, such as measles and rubella, show figures of 0.6 cases and 0.3 cases per 100,000 inhabitants respectively, which are considerably lower than those for the EU (5 and 15 cases per 100,000 inhabitants). The figure for hepatitis B is 2 cases per 100,000 inhabitants, also below the EU figure of 4.76.

Regarding AIDS, Spain has an incidence rate of 4.4 cases per 100,000 inhabitants, showing a marked drop since 1995 when the figure was 18.1 per 100,000 inhabitants

Vaccination coverage in children aged under 1, 1990-2004				
	1990	2000	2003	2004
Poliomyelitis (*)	94.0	95.0	98.5	96.9
Diphtheria/pertussis/ tetanus (*)	93.0	95.0	98.2	96.6
Type b <i>Haemophilus Influenzae</i> (*)	...	92.0	98.1	96.5
Type c meningococcal meningitis	...	...	97.6	96.3
B-hepatitis (*)	...	...	97.6	96.9

(\*) Triple dose basic series

Source: Ministry of Health and Consumer Affairs. General Directorate for Public Health.

Vaccination coverage in children aged over 1 and under 2, 1990-2004				
	1990	2000	2003	2004
Measles/Rubella/Parotitis	97.0	94.0	97.7	97.3
Poliomyelitis booster (*)	...	94.0	96.0	94.7
Diphtheria/pertussis/tetanus booster (*)	...	...	95.8	94.9
Type b <i>Haemophilus Influenzae</i> booster(*)	...	...	94.9	94.0

(\*) single dose booster

Source: Ministry of Health and Consumer Affairs. General Directorate for Public Health

## Maternal and child health

Spain has the fifth lowest figure in the EU for child mortality, with 4.1 child deaths for every 1,000 births.

With 5.6 perinatal deaths per 1,000 live births, Spain has a similar rate to the rest of the EU-15, lying in eighth position.

## Accidents

The number of road accident deaths in Spain has been increasing since 1994, with a figure in 2003 of 382 for every



100,000 inhabitants. Regarding accidents at work, Spain recorded a figure of 2,377 deaths for every 100,000 inhabitants, one of the highest rates in the EU.

## Mortality

In 2003, there were 384,828 deaths in Spain, 199,897 for males and 184,931 for females. The gross mortality rate was 916 deaths for every 100,000 inhabitants.

These figures show that Spain has the classic epidemiological profile of other countries in its socio-economic area, with cardiovascular diseases and cancer being the main causes of death or, more specifically, cerebrovascular diseases and breast cancer in women and ischaemic heart disease and lung cancer in men.

Cardiovascular diseases are the first cause of death in Spain, accounting for 33.71% of total deaths. Within this group, ischaemic heart disease is the first cause in men (22,923 deaths). Cerebrovascular diseases are the main cause in women (21,927 deaths).

In second position are tumours, which cause 25.9% of deaths. In 2003, they were the cause of 99,826 deaths, 2,042 more than in 2002.

Alzheimer's disease has been rising as a cause of death in recent years, whereas AIDS has been falling.

Number of deaths by cause of death and sex, 2003	Total	Female	Male
Total deaths	384,828	184,931	199,897
Ischaemic heart disease	40,353	17,430	22,923
Cerebrovascular diseases	37,225	21,927	15,298
Heart failure	19,863	13,199	6,664
Lung and bronchial cancer	18,780	2,262	16,518
Chronic obstructive lung diseases	17,081	4,400	12,681
Dementia	12,184	8,467	3,717
Diabetes	10,099	6,092	4,007
Colorectal cancer	9,473	4,190	5,283
Alzheimer's disease	8,349	5,780	2,569
Pneumonia	8,176	3,968	4,208
Hypertension	6,228	4,288	1,940
Breast cancer in women	5,913	5,913	—
Kidney failure	5,895	2,944	2,951
Stomach cancer	5,862	2,321	3,541
Prostate cancer	5,606	—	5,606
Road accidents	5,478	1,268	4,210

Sources: National Statistics Institute INE. Deaths by cause of death 2003