

The Basque youth obesity rate is 5.4%

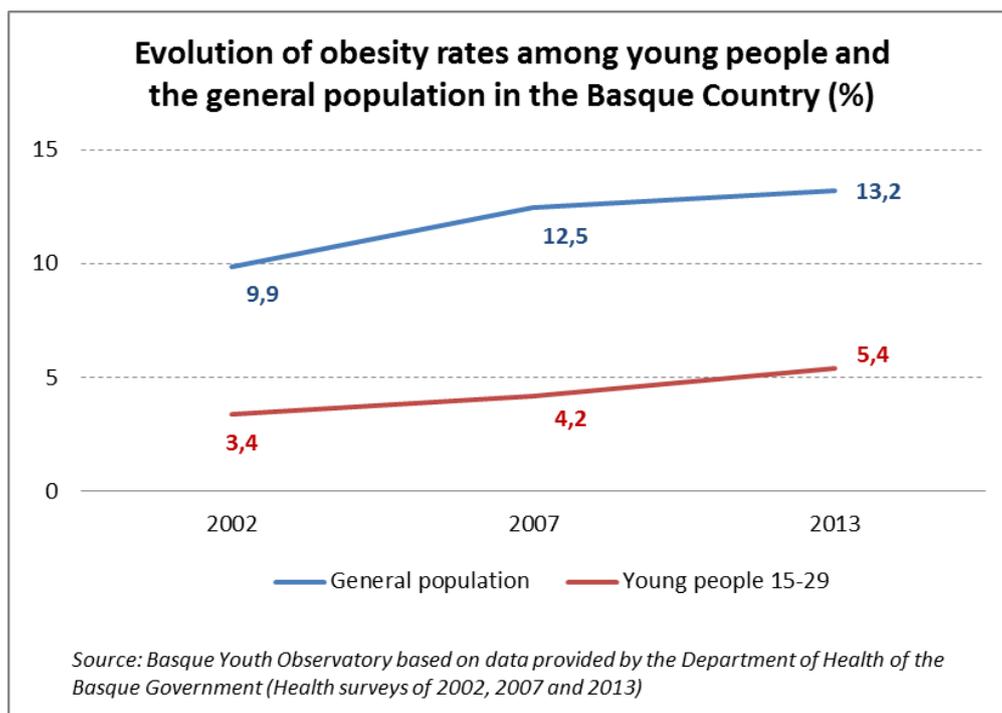
This obesity rate has increased in recent years

According to data from the Basque health survey (ESCAV 2013), which the Basque Department of Health conducts on a regular basis, 5.4% of Basque youths aged 15 to 29 are obese; a percentage that is lower, however, when compared with the general population of the Basque Country (13.2%).

A person is considered obese when his/her Body Mass Index is greater than 30. The Body Mass Index (BMI) is calculated by dividing a person's stated weight (in kilograms) by the square of his/her height (in metres).

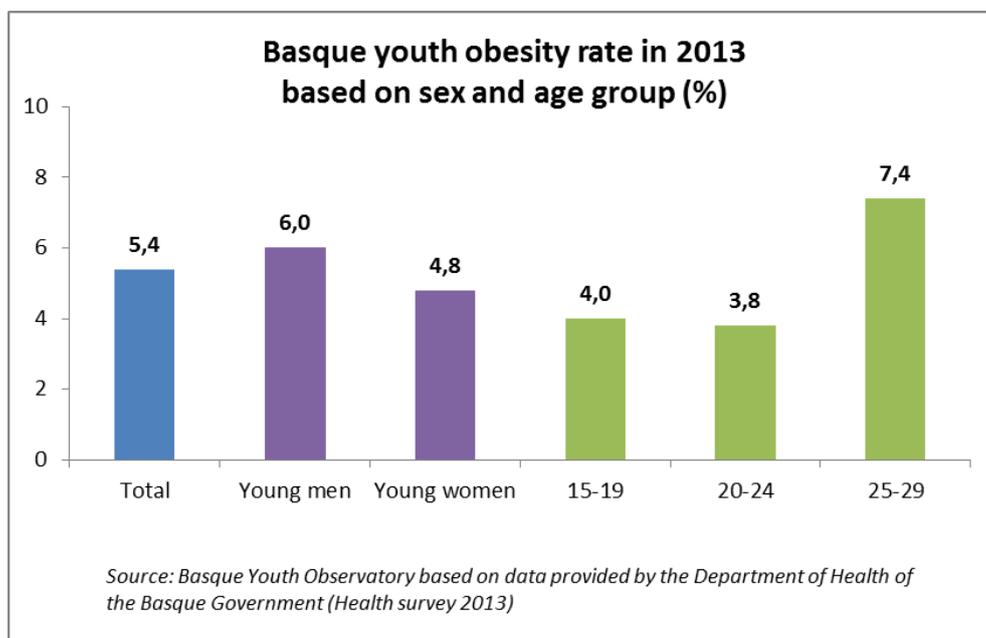
$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

The obesity rate (percentage of obese people in the age group considered) has increased in recent years, from 3.4% in 2002 to 5.4% in 2013 in the case of young people and from 9.9% to 13.2% in the case of the general population.



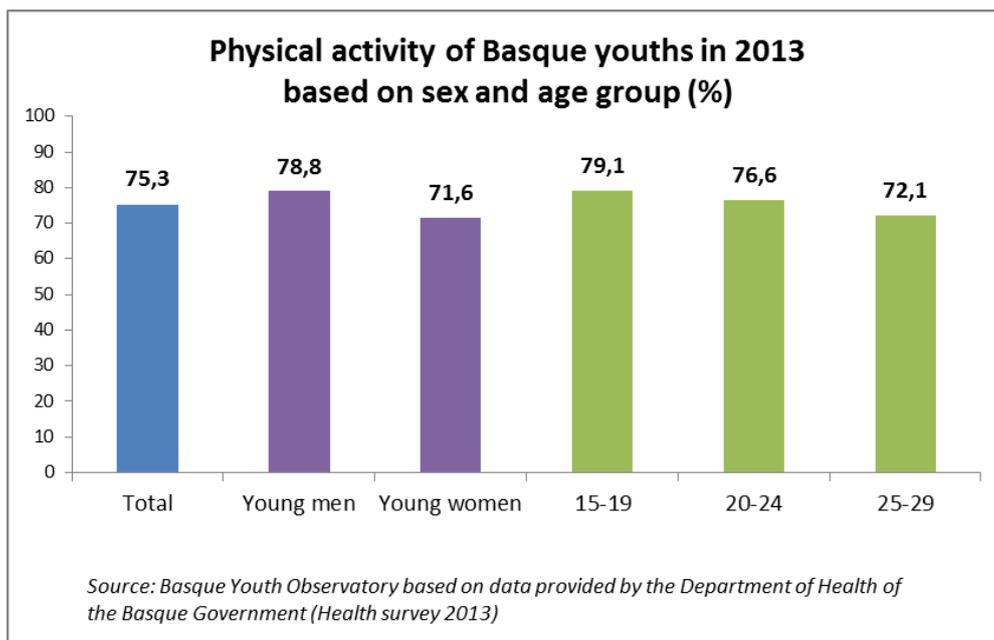
Young men have higher obesity rates than young women (6.0% and 4.8% respectively).

The group with the highest rate of obesity is found in the 25 to 29 age group (7.4%).



The highest obesity rate among people aged 25 to 29 may be related, among other issues, to the fact that people in this group do less physical activity than other young people and although most, 72.1%, of the young people in this group had performed some moderate or intense physical activity in the week prior to their interviews, this percentage is smaller than that average amount of physical activity performed by young people in the 15 to 29 age group (75.3%).

In the case of young men and women, on the other hand, there is no relationship between increased physical activity and less obesity, since young men scored higher than young women in both indicators (obesity and physical activity).



These data have been analysed by the [Basque Youth Observatory](#) and can be consulted on our [on-line statistics](#).

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