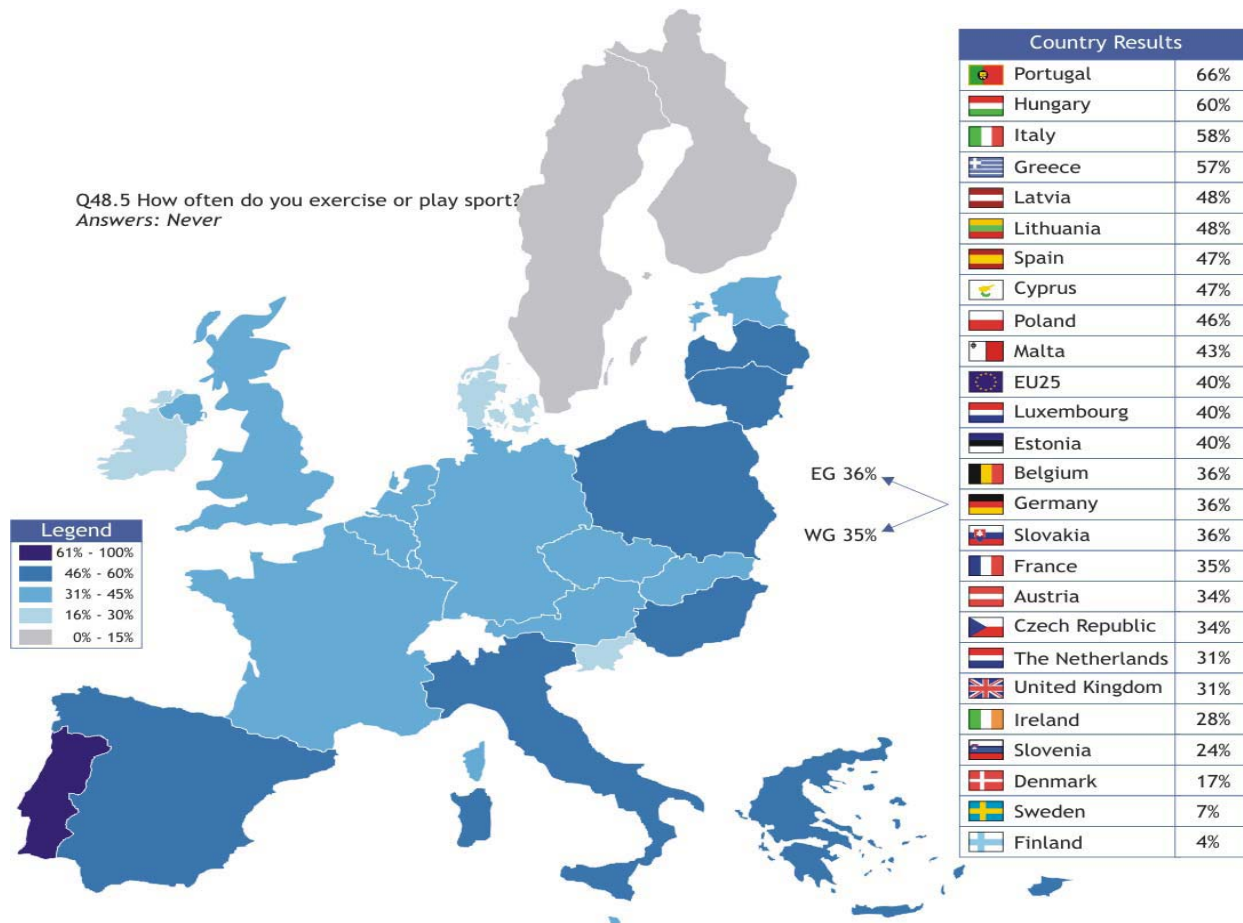

Introduction to the Spanish Case study

Spanish society and its habits



Special EUROBAROMETER 213 "Citizens of the European Union and sport", 213 / Wave 62.0 – TNS Opinion & Social, 2004

HOW OFTEN DO YOU EXERCISE OR PLAY SPORTS? (Answers: never)



SOCIAL CONTEXT AND RECENT CHALLENGES

- The spread of **sedentary habits and inactive life style** seems to challenge Spanish society:
- The lack of physical exercise, together with the **high-calorie diets, toxic substances** and **predominance of a passive life style** supported by particular practices of consumption and the usage of **new technologies** are very linked with the **cardiovascular and cerebrovascular diseases**; which are the main cause of about 130.000 deaths per year in Spain (it is 30% more than deaths caused by tumours and traffic accidents) (INE, 2006)

Top ten causes of death, all ages

| CAUSES | Deaths (%) | Years of Life Lost (%) |
|---------------------------------------|------------|------------------------|
| All Causes | 100 | 100 |
| Ischemic heart diseases | 13 | 11 |
| Cerebrovascular disease | 10 | 6 |
| Trachea, bronchus, lung cancers | 5 | 7 |
| Alzheimer and other dementias | 5 | 2 |
| Chronic obstructive pulmonary disease | 5 | 3 |
| Colon and rectum cancers | 4 | 4 |
| Diabetes mellitus | 3 | 2 |
| Lower respiratory infections | 3 | 2 |
| Stomach cancer | 2 | 2 |
| Road traffic accidents | 2 | 7 |

Source: Mortality Country Fact Sheet 2006, WHO

Occupational diseases

| | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 |
|-----------------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| CON BAJA | | | | | | | | | |
| Total | 8385 | 10246 | 13615 | 15461 | 17896 | 20722 | 23722 | 24047 | 24524 |
| Agrario | 221 | 265 | 326 | 322 | 518 | 537 | 648 | 511 | 700 |
| No agrario | 8164 | 9981 | 13289 | 15139 | 17378 | 20185 | 23074 | 23536 | 23824 |
| - Industria | 5726 | 6847 | 8610 | 9687 | 10656 | 11587 | 12904 | 12701 | 12293 |
| - Construcción | 607 | 816 | 1309 | 1583 | 2029 | 2539 | 2974 | 3153 | 3420 |
| - Servicios | 1831 | 2318 | 3370 | 3869 | 4693 | 6059 | 7196 | 7682 | 8111 |
| SIN BAJA | | | | | | | | | |
| Total | 1255 | 1879 | 2573 | 4161 | 4948 | 4318 | 3135 | 4681 | 5506 |
| Agrario | 34 | 39 | 48 | 69 | 140 | 94 | 41 | 66 | 125 |
| No agrario | 1221 | 1840 | 2525 | 4092 | 4808 | 4224 | 3094 | 4615 | 5381 |
| - Industria | 830 | 1252 | 1583 | 2324 | 2700 | 2291 | 1871 | 2714 | 2879 |
| - Construcción | 88 | 125 | 224 | 434 | 616 | 547 | 363 | 528 | 672 |
| - Servicios | 303 | 463 | 718 | 1334 | 1492 | 1386 | 860 | 1373 | 1830 |

Source: Anuario de Estadísticas Laborales y de Asuntos Sociales. Ministerio de Trabajo e Inmigración.

“Alimentum foundation” research on healthy life style. Some facts:

- Only 14 percent of Spanish do physical activities daily,
- 39 percent do not practise sports because of the lack of free-time and 36 percent because are tired or lazy.



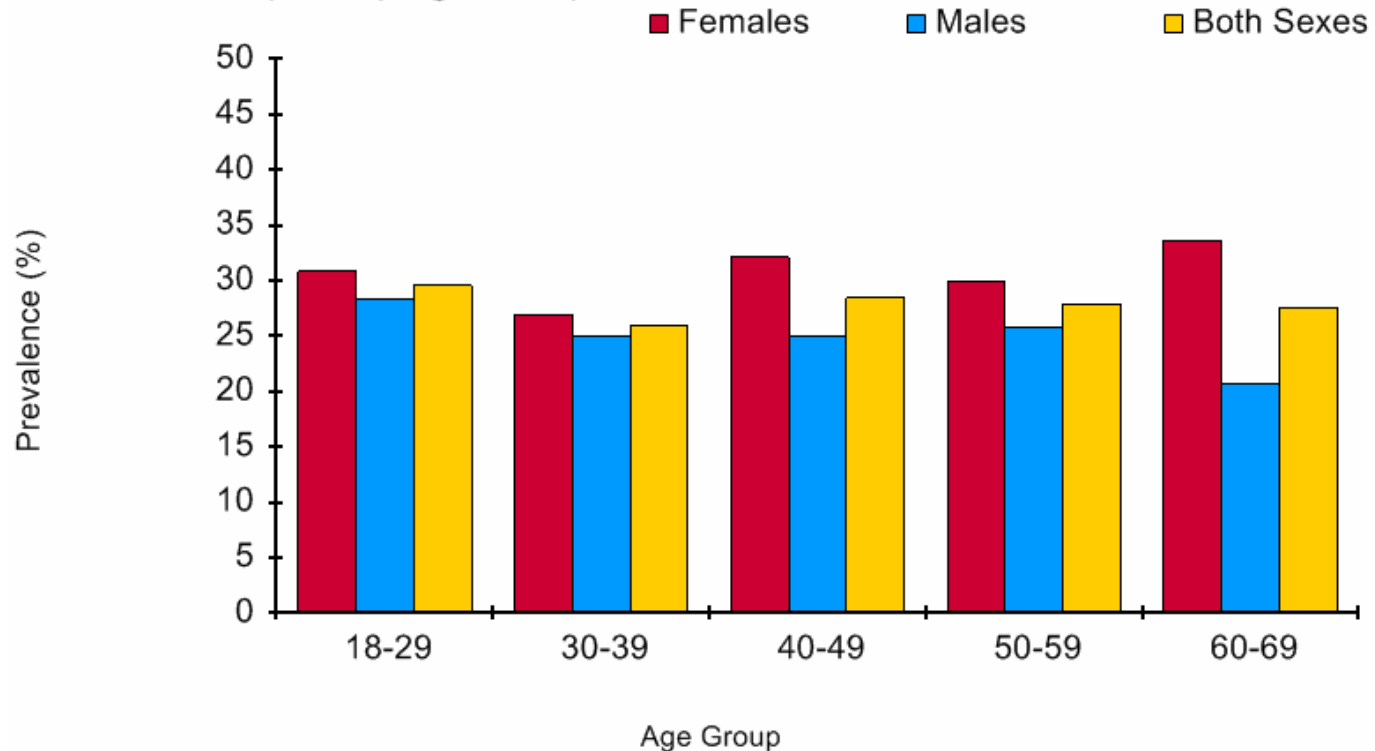
Status of health (%)

| | Very good or good | Regular | Bad or very bad |
|--------------|-------------------|---------|-----------------|
| TOTAL | 70 | 22,5 | 7,6 |
| MEN | 75,1 | 18,9 | 6 |
| WOMEN | 65 | 26 | 9,1 |

Source: Encuesta Nacional de Salud. Año 2006, INE



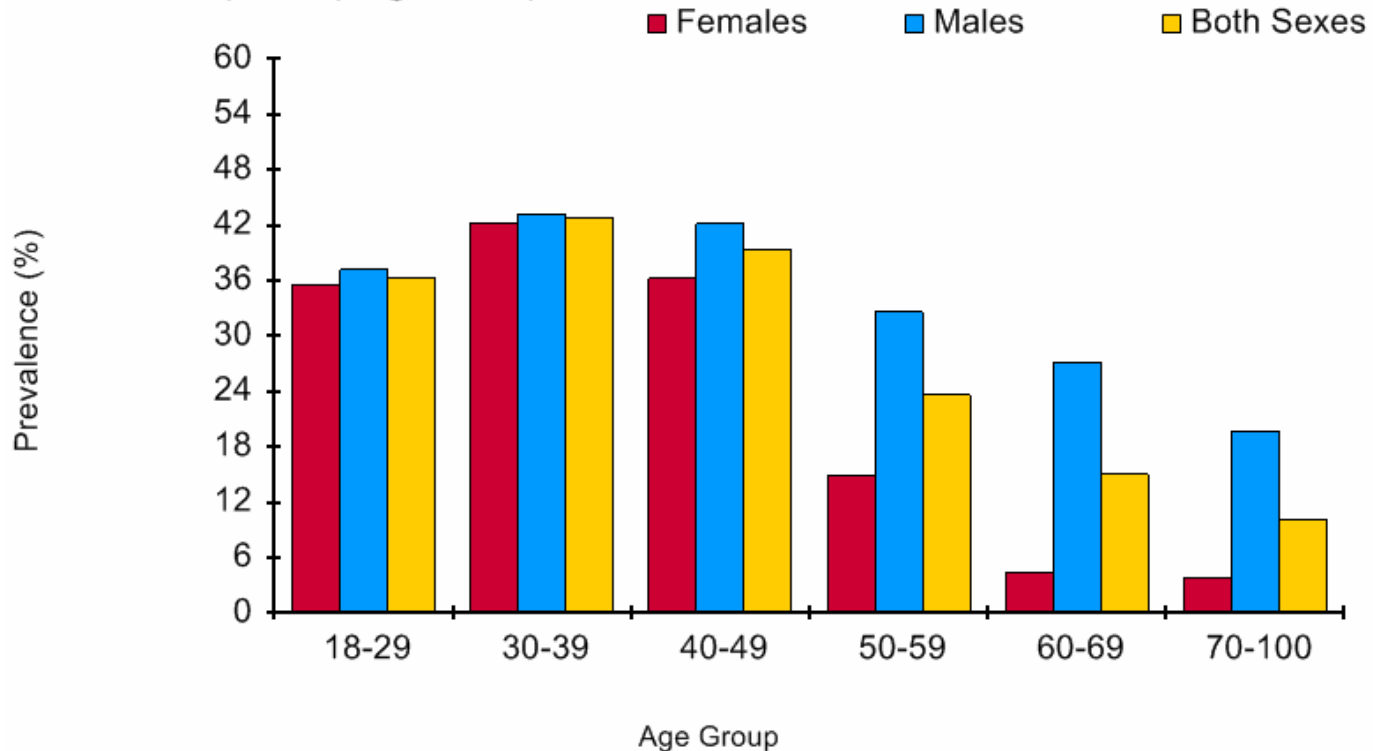
Physical Inactivity Prevalence - total -
Spain by Age Group



Source: World Health Organization. World Health Survey, Spain (<http://www.who.int/infobase> IRef: 101734)



Tobacco Use - prevalence - daily user
Spain by Age Group



Source: World Health Organization. World Health Survey, Spain (<http://www.who.int/infobase> IRef: 101734)

REASONS FOR THE ABSENCE OF PHYSICAL ACTIVITY AND REASONS FOR PRACTISE

(Source: Estudio E0727 IESA-CSIC)

| Reasons <u>for absence</u> of sports activities | | Reasons <u>for practise</u> | |
|---|-------------|---|-------------|
| Categories | Total | Categories | Total |
| Practical reasons | 51,5 | Practical reasons | 8,9 |
| Lack of time | 38,1 | To have fun and spend a time | 4,9 |
| Due to work | 8,9 | To meet friends | 3,7 |
| Due to family | 4,5 | To stimulate spirit of competition | 0,3 |
| Structural reasons | 7,1 | Structural reasons | 6,2 |
| Lack of money | 4,7 | It meets the conditions and circumstances | 3,3 |
| Lack of sports facilities nearby | 2,4 | For obligation/work/examination | 2,5 |
| | | Sports facilities are nearby | 0,4 |
| Reasons of socialization | 30,1 | Reasons of socialization | 58 |
| Do not like or not interested | 11 | Like/enjoy sports | 52,1 |
| Lazy | 9,5 | It is a habit | 4,4 |
| Because of age | 3,7 | Advice of a doctor | 1,9 |
| Not used to | 3,5 | Because of family | 1,6 |
| Do not like to go out | 1,8 | | |
| Lack of motivation | 0,5 | | |
| Reasons related to health | 18,5 | Reasons related to health | 46,8 |
| For health reasons | 18,1 | To improve health | 20,3 |
| Feel healthy | 0,4 | For physical and mental wellbeing | 11,7 |
| | | Because of health problems | 9,7 |
| | | To keep fit | 5,1 |
| Reasons of personal choice | 4,6 | Reasons of personal choice | 1,6 |
| Walk | 2,4 | Make physical exercise | 1,6 |
| Do other activities | 2,2 | | |

Leisure time activities: Ten activities carried out with the major frequency, 2005 – 2000

| 2005 | 2000 |
|-------------------------------|--------------------------|
| To stay with family | To stay with family |
| Watch TV | Watch TV |
| Take a walk | To stay with friends |
| To stay with friends | Reed books, magazines |
| Listen to music | Listen to music |
| Reed books, magazines | Listen to radio |
| Listen to radio | To go to cinema |
| To shopping to shopping malls | To do sports |
| To go to cinema | Walk in the country side |
| Walk in the country side | Watch sports |

Source: Encuesta de hábitos deportivos de los Españoles 2005, Posmodernidad y Deporte: Entre la Individualización y la Masificación. Manuel García Ferrando, Consejo Superior de Deportes, 2006

SOCIOLOGICAL PERSPECTIVE

- **Socio - demographic and socio – economic inequalities:** belonging to a particular social class, level of education and occupation definitely have influence in the practise of sports. In Spain, from 10 persons practising sports there are only 4 women and only one of them is older than 60. What is more, between the persons who earns less than 1000 € (monthly), only a third practise sports. This restrictive character of the practise of sports leads to poorer health and quality of life of the underprivileged sectors.
- Another important factor in the practise of sports that needs to be taken into consideration – is the **influence of socialization**. The mechanisms of socialization transmit values that favour or hinder the attitudes towards physical activities.

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