

Report launch

Social inequalities in health in the EU

26 September 2025

EuroHealthNet

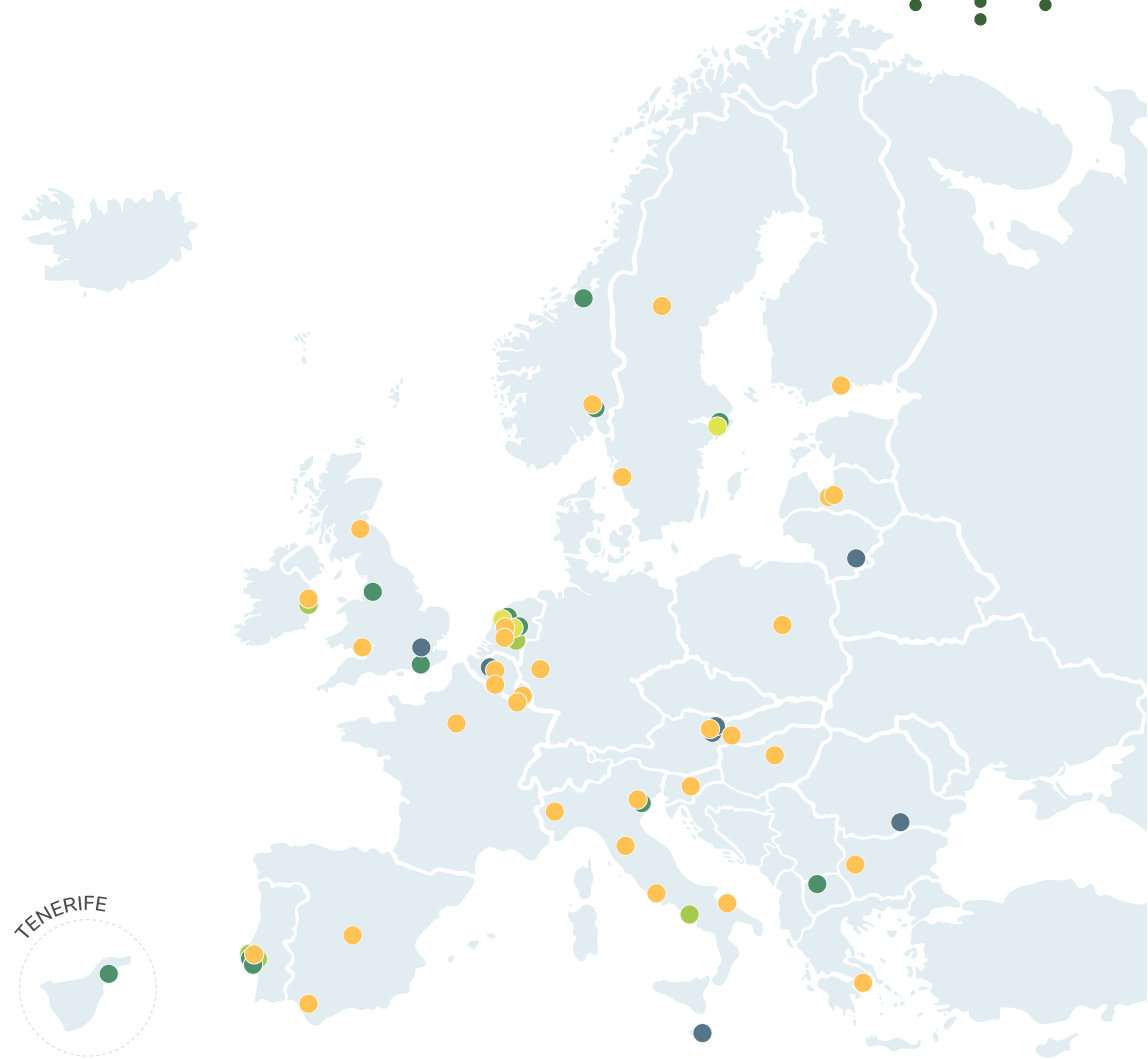
CHAIN



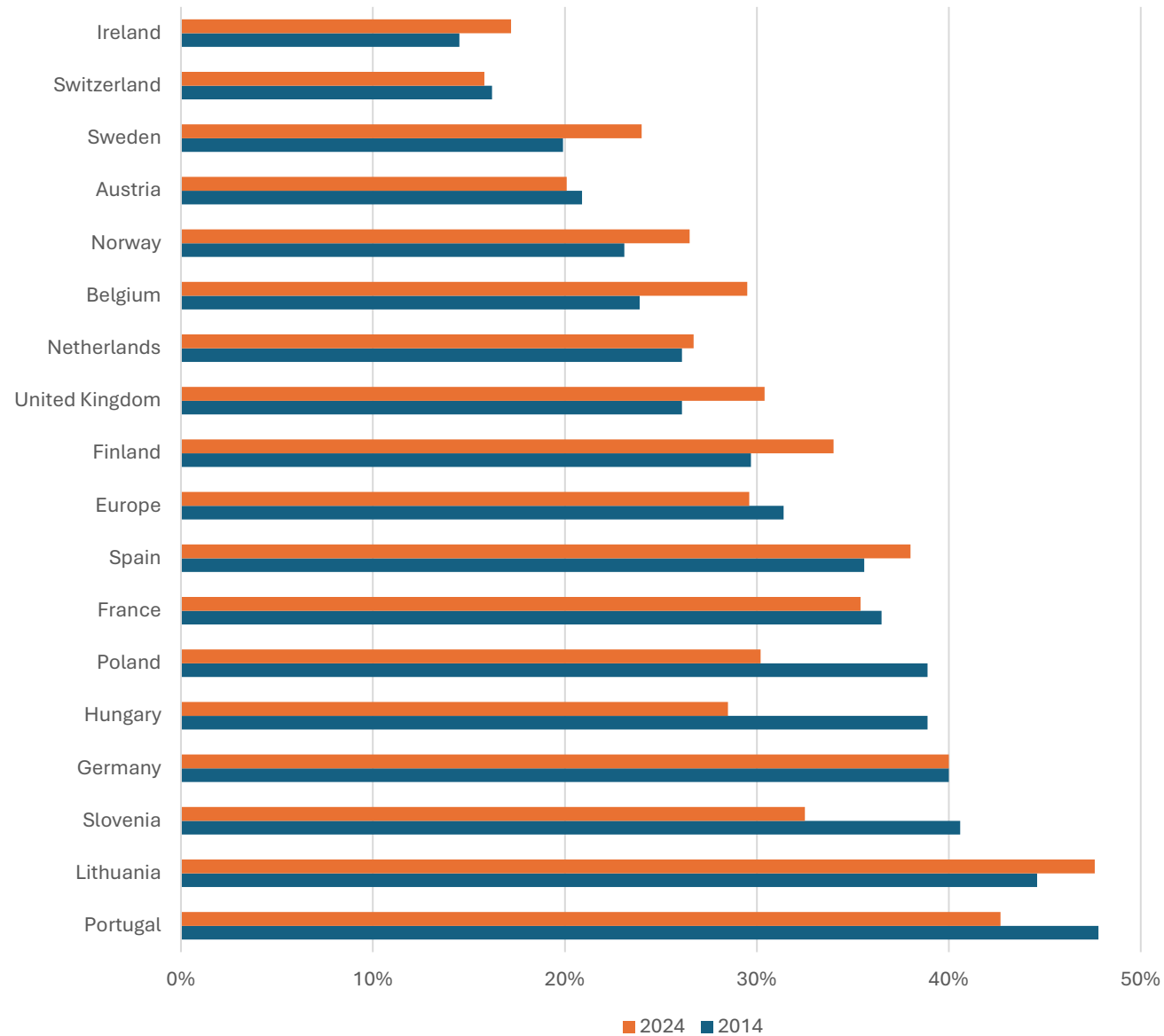
Social inequalities in health in the EU - Spain

Ingrid Stegeman
Programme Manager

26 September 2025

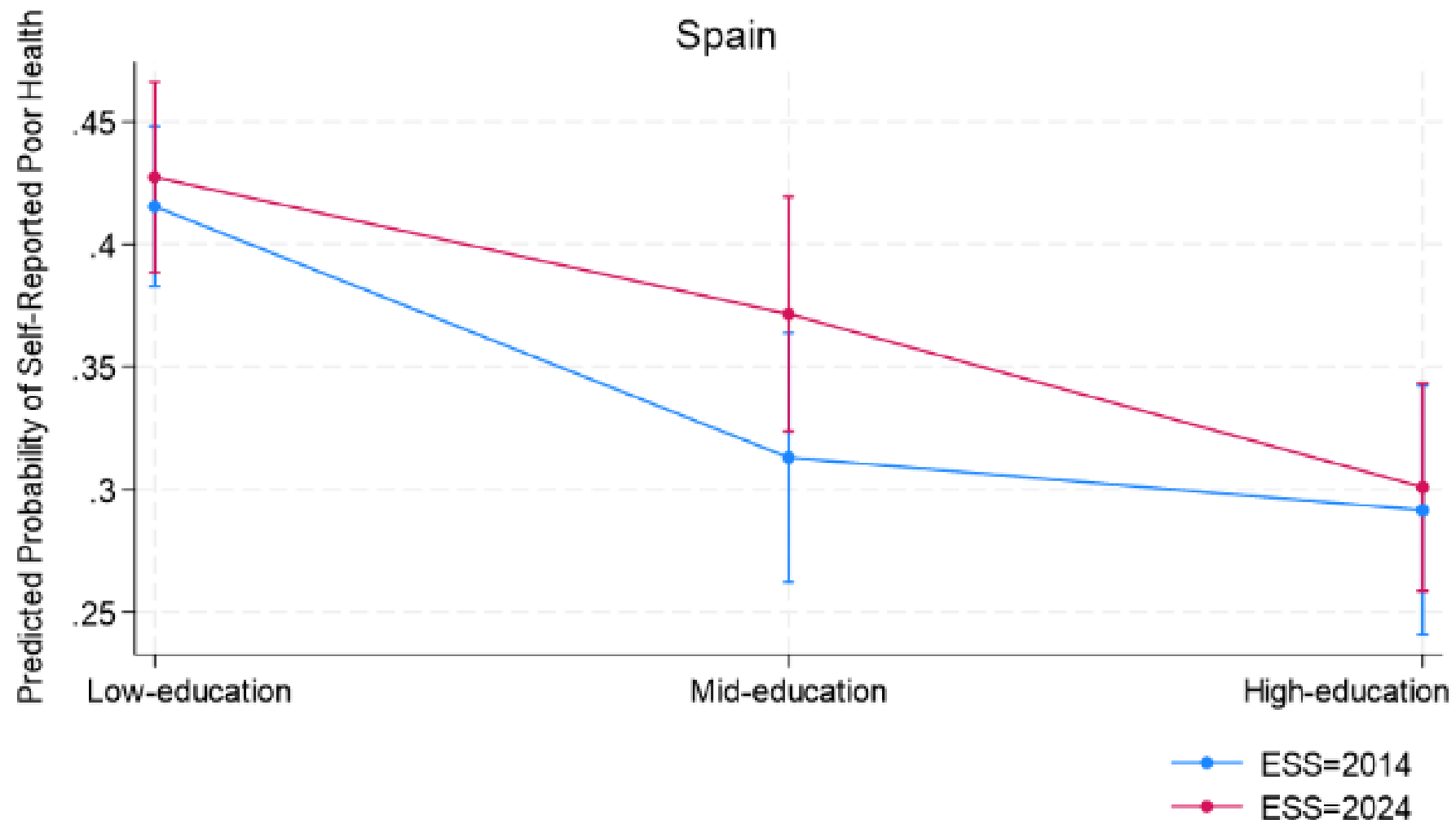


Rate of poor self-reported **health** 25-75-year-olds



In 9/17 countries self-reported poor health increased

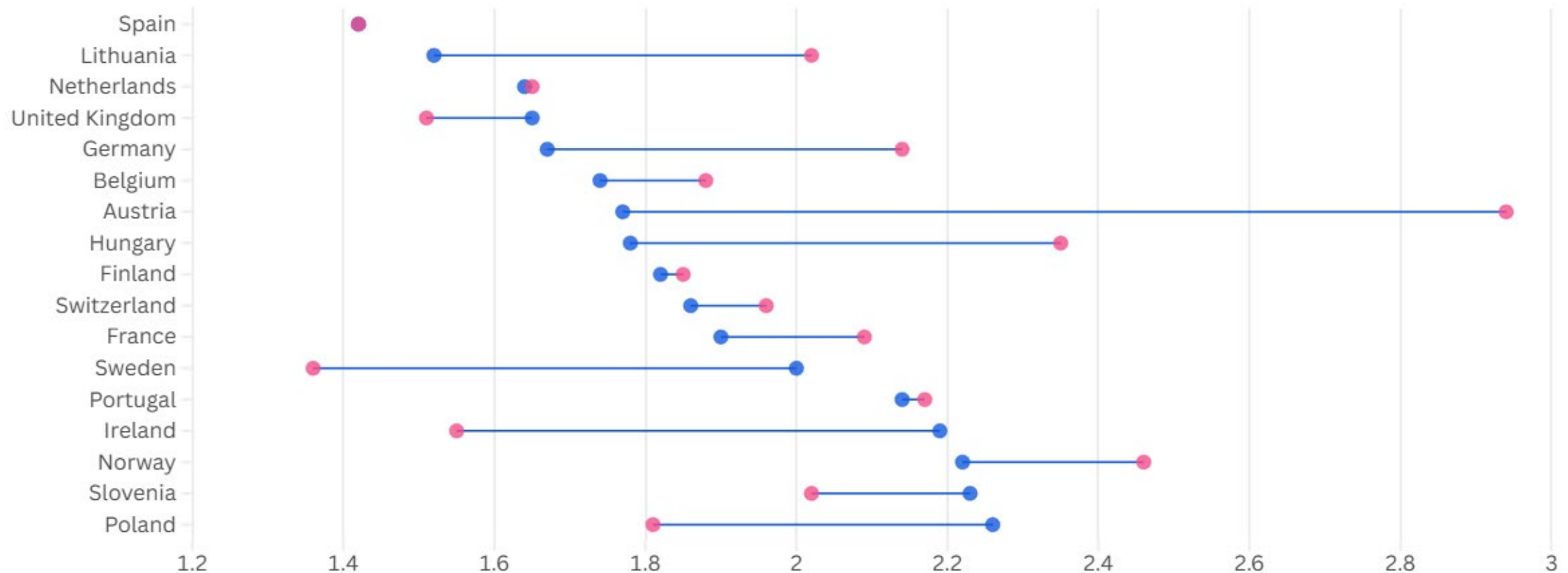
*Spain
2014: 36%
2024: 38%*



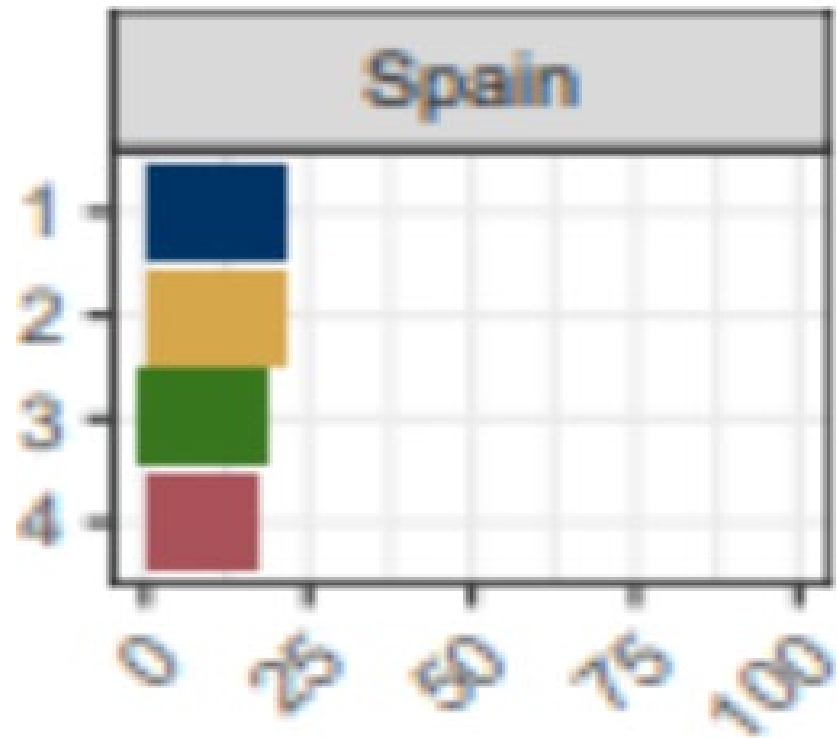
Changes in relative risk of education inequalities in self-reported health

poor

Year ● 2014 ● 2024



Explanation of educational inequalities in health

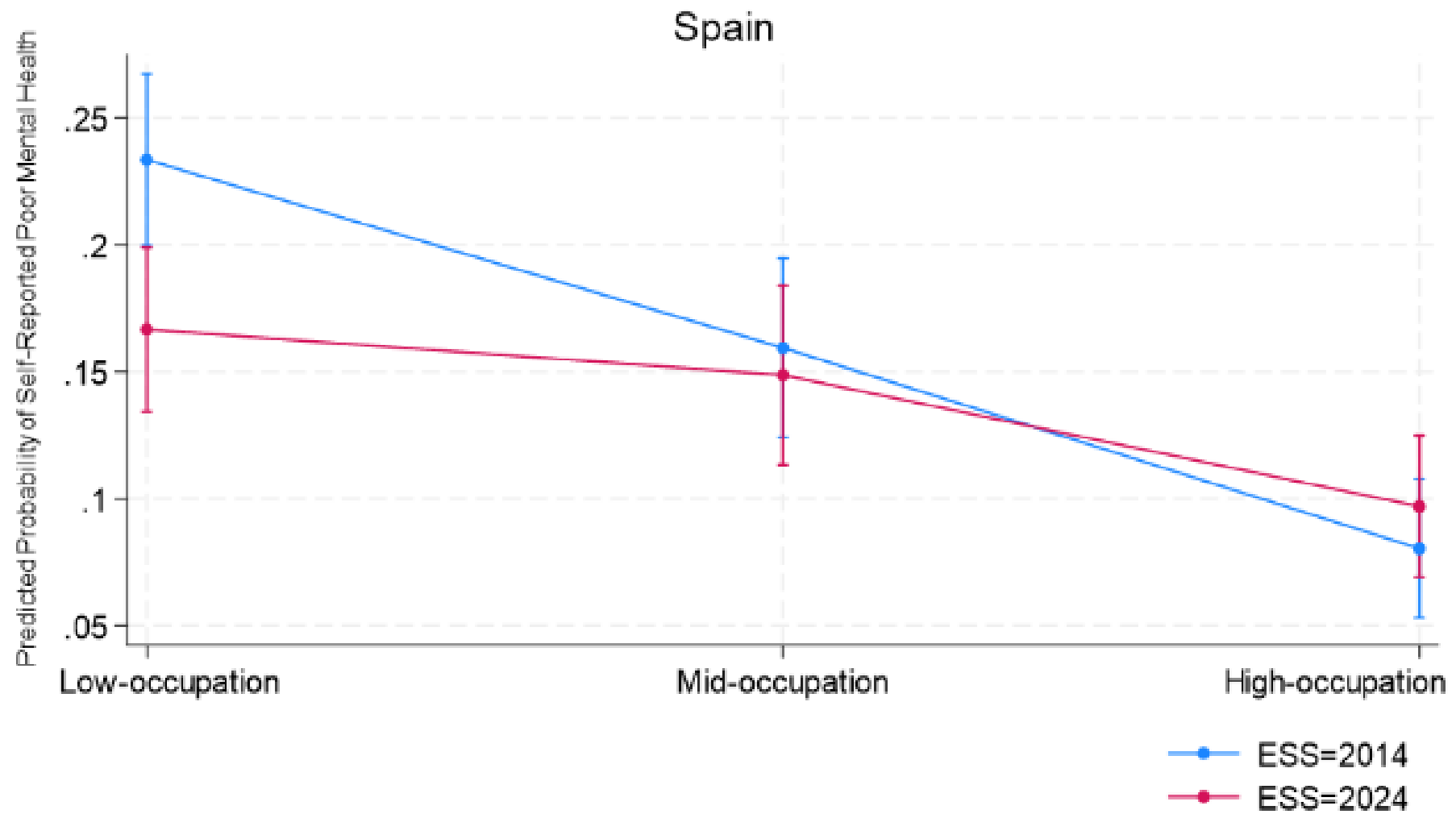


Factor

- Job control
- Ergonomic hazards
- Material hazards
- Employment status
- Feeling of income
- House problems
- Financial difficulties in childhood
- Social network
- Sense of control
- Smoking
- Physical activity
- BMI
- Alcohol consumption
- Fruit/vegetable consumption

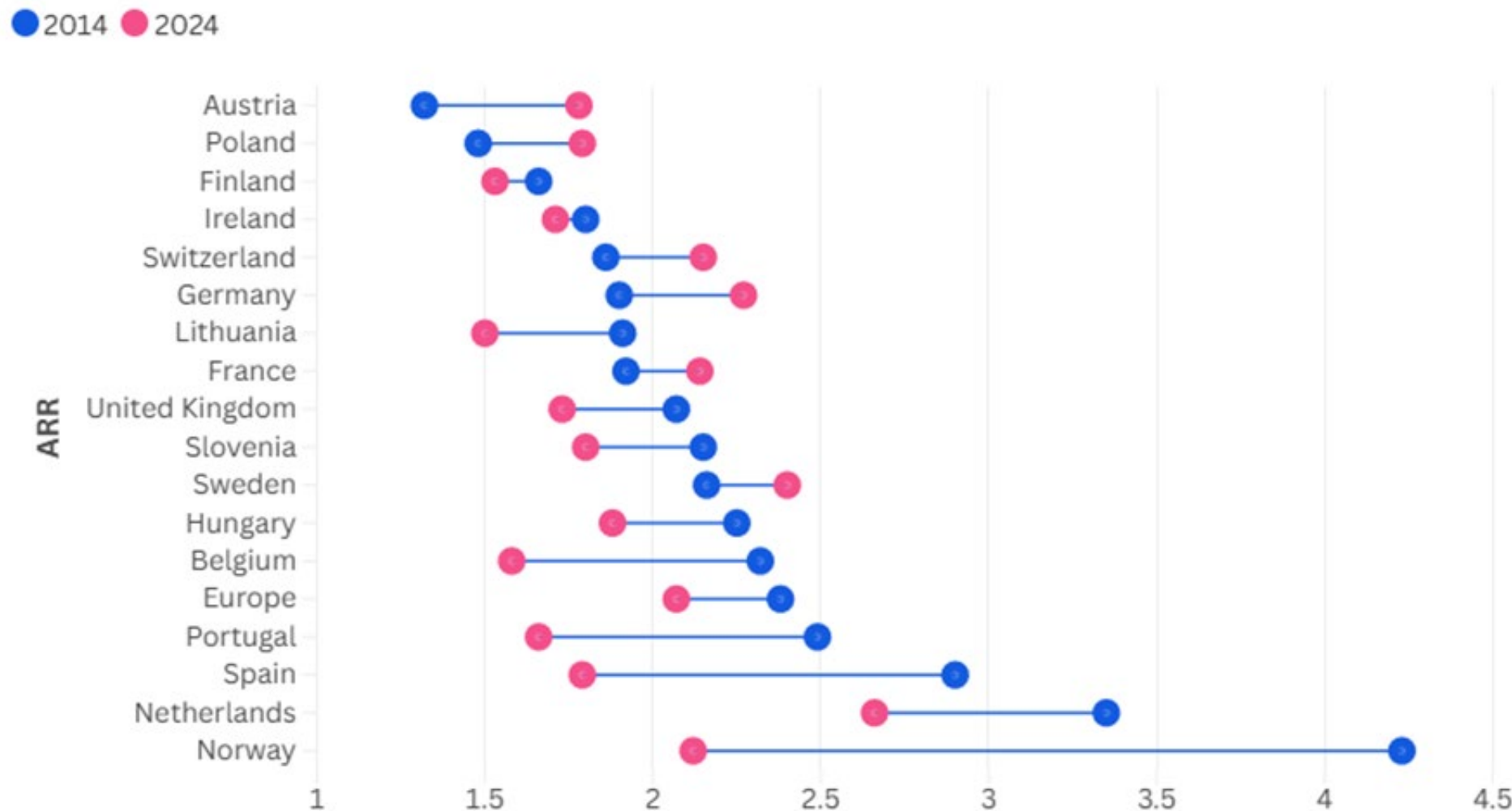
Rate of self-reported poor **mental health** 25-75-year-olds



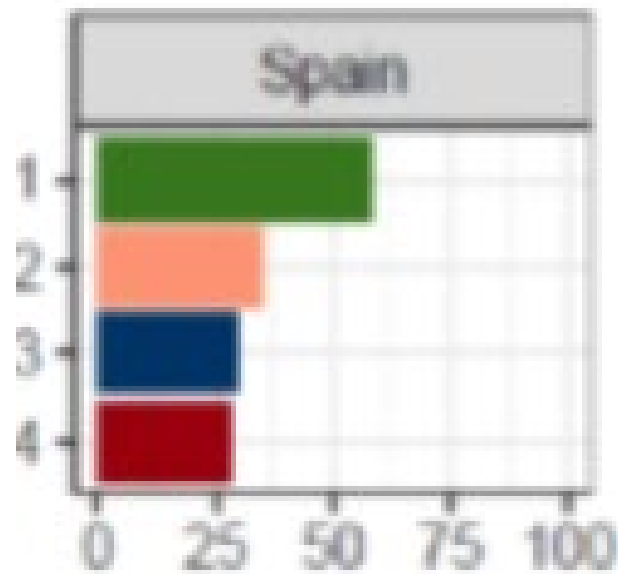


Changes in relative risk of occupational inequalities in self-reported mental health

poor



Explanation of occupational inequalities in mental health



Factor

- Job control
- Ergonomic hazards
- Material hazards
- Employment status
- Feeling of income
- House problems
- Financial difficulties in childhood
- Social network
- Sense of control
- Smoking
- Physical activity
- BMI
- Alcohol consumption
- Fruit/vegetable consumption

Key take-aways for Spain

Overall levels of self-reported poor health are relatively high and further increased which is concerning

1

BUT Spain has one of the lowest inequalities in poor health by education among surveyed countries

2

Self-reported poor mental health improved for lower occupational groups, reducing social inequalities in MH

3

Thank you!

Contact

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