

GREECE

PREVALENCE (%) OF ADOLESCENTS REACHING THE
RECOMMENDED PHYSICAL ACTIVITY LEVELS, 2009/2010

%	ADOLESCENTS		
	11 YEARS	13 YEARS	15 YEARS
MALES	21	21	18
FEMALES	12	8	5

Total population: 10 903 704

Median age: 43.0 years

Life expectancy at birth males: 78.7 years

Life expectancy at birth females: 84.0 years

GDP per capita: €17 400

GDP spent on health: 9.3% (1)



Monitoring and surveillance

Physical activity in adults

According to the Eurobarometer survey from 2014 (2), 13% of adults reported that they carried out vigorous-intensity physical activity on at least 4 of the last 7 days, with 79% of those doing so for more than 30 minutes on each occasion. Moreover, 17% of adults reported that they engaged in moderate-intensity physical activity on at least 4 of the last 7 days, with 72% of those doing so for more than 30 minutes on each occasion.

Data from the WHO Global Health Observatory (GHO) from 2010 for the Greek adult population (aged 18+ years) (3) show that 84.6% meet the recommended physical activity levels for health set out by WHO in the *Global Recommendations on Physical Activity for Health* (2010) (4), with males being much more likely (87.6%) to meet the physical activity recommendations than females (81.8%).

Greece does not have an established national health monitoring and surveillance system that includes population-based measures of physical activity, nor does it have national recommendations on physical activity and health.

Physical activity in children and adolescents

Physical activity levels in Greek adolescents have been assessed through the Health Behaviour in School-aged Children (HBSC) study. According to the HBSC data from 2009/2010 (5), boys are significantly more active than girls, across all age groups (see Table 1). In particular, girls are less likely to engage in physical activity as they grow older, with activity levels dropping by more than 30% across the age groups. For both boys (21%) and girls (12%), the highest levels of physical activity are seen among 11-year-olds.

Table 1. Prevalence (%) of adolescents reaching the recommended physical activity levels, 2009/2010

%	ADOLESCENTS		
	11 YEARS	13 YEARS	15 YEARS
MALES	21	21	18
FEMALES	12	8	5

Source: Currie et al., 2012 (5).

WHO GHO 2010 estimates for Greek adolescents (defined as aged 11–17 years in relation to WHO data) show that 14.1% meet the WHO recommended physical activity levels for health. Boys are significantly more active than girls, with the proportions meeting the recommended levels being 18.1% and 10.3%, respectively (3).

Physical education is mandatory in primary and secondary schools across Greece.

References

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5. Currie C, Zanotti C, Morgan A, Currie D, de Looze M, Roberts C et al. Health Behaviour in School-aged Children (HBSC) study. International report from the 2009/2010 survey. Copenhagen: WHO Regional Office for Europe; 2012 (Health Policy for Children and Adolescents, No. 6) (http://www.euro.who.int/__data/assets/pdf_file/0003/163857/Social-determinants-of-health-and-well-being-among-young-people.pdf, accessed 7 July 2015).

