

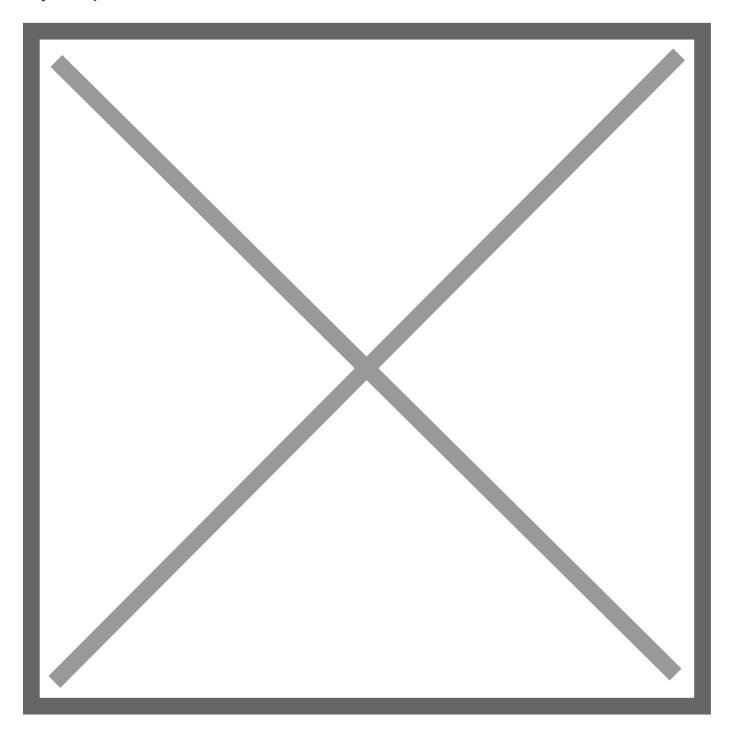
Παράγοντες Γερμανία





Ανεπαρκής σωματική άσκηση

Ενήλικες, 2016

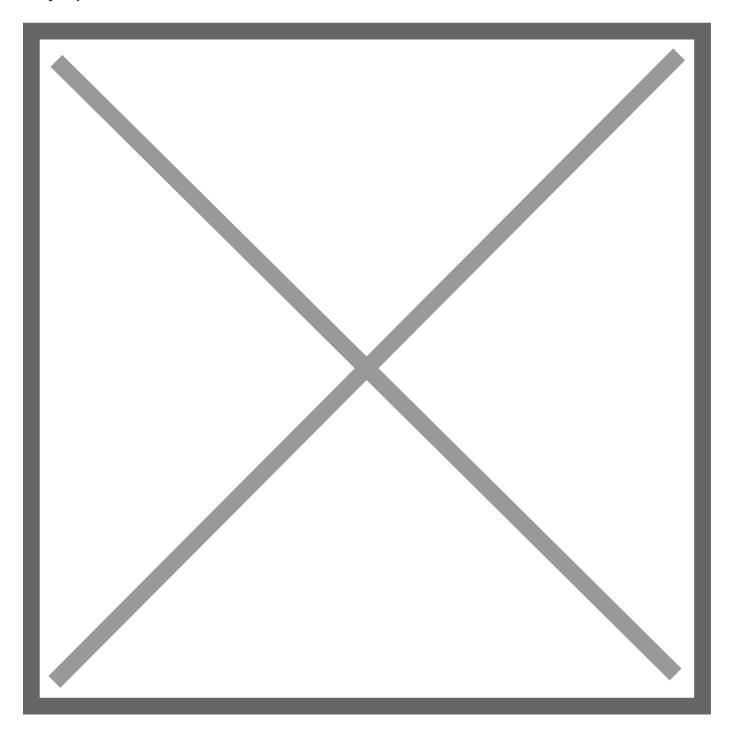


Παραπομπές:

Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/52214-109X(18)30357-7



Ανδρες, 2016

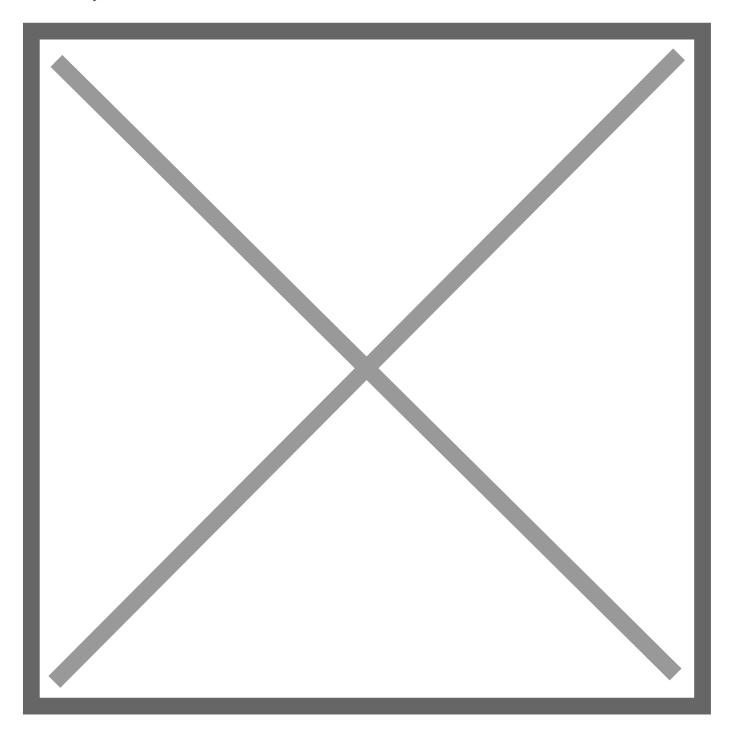


Παραπομπές:

Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/52214-109X(18)30357-7



Γυναίκες, 2016

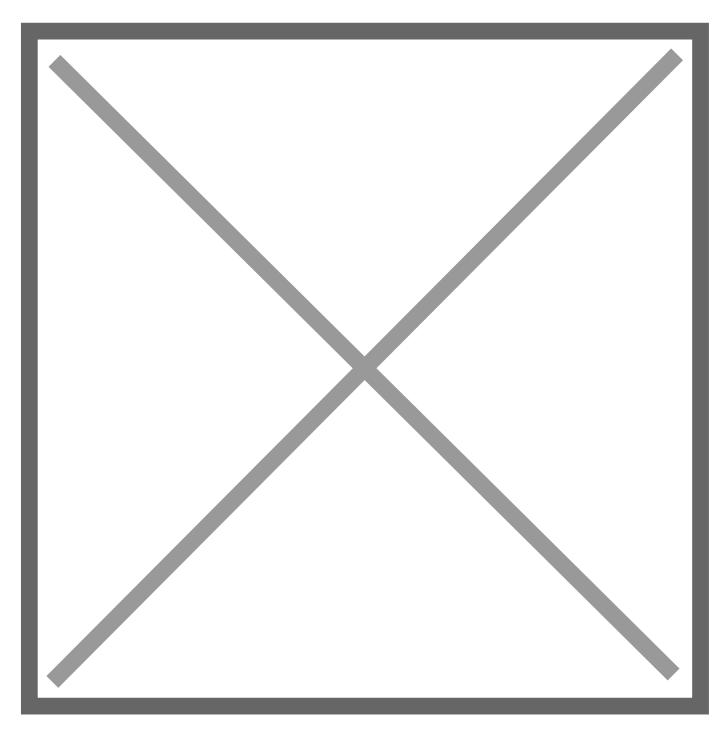


Παραπομπές:

Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7



Παιδιά, 2016



Τύπος έρευνας:	Αυτοαναφερόμενοι
Ηλικία:	11-17
Παραπομπές:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

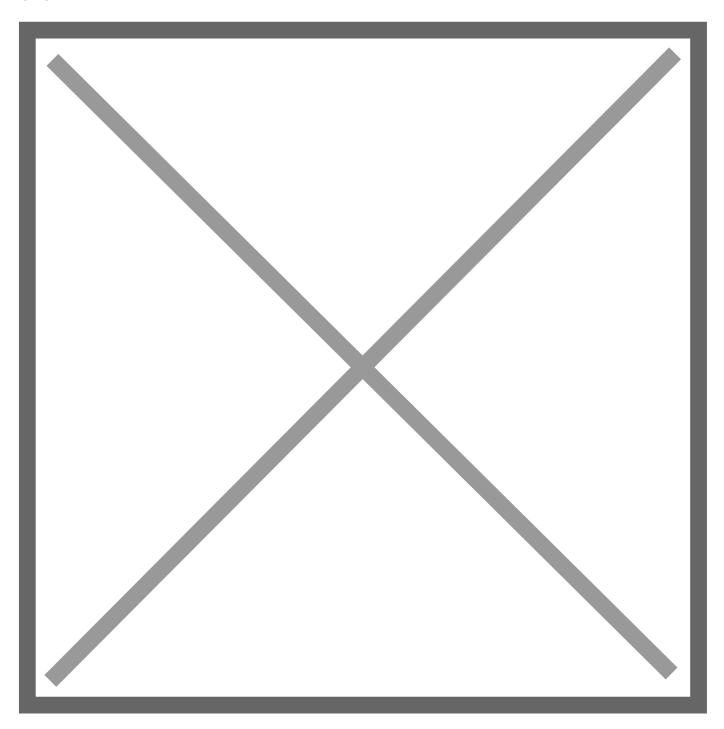


Σημειώσεις: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Ορισμοί: % Adolescents insufficiently active (age standardised estimate)



Αγόρια, 2016



Τύπος έρευνας:	Αυτοαναφερόμενοι
Ηλικία:	11-17
Παραπομπές:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en accessed 16.03.21)

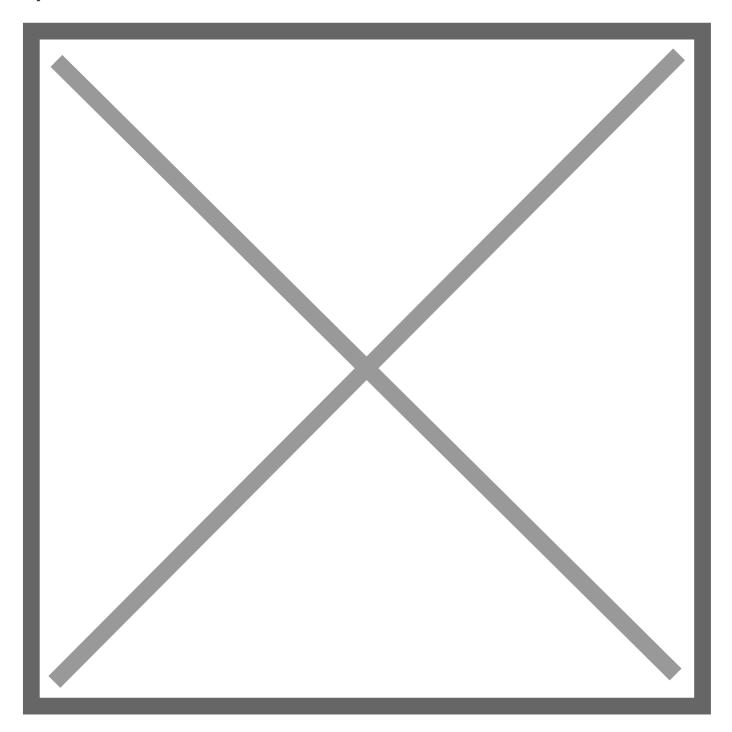


Σημειώσεις: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Ορισμοί: % Adolescents insufficiently active (age standardised estimate)



Κορίτσια, 2016



Τύπος έρευνας:	Αυτοαναφερόμενοι
Ηλικία:	11-17
Παραπομπές:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en accessed 16.03.21)



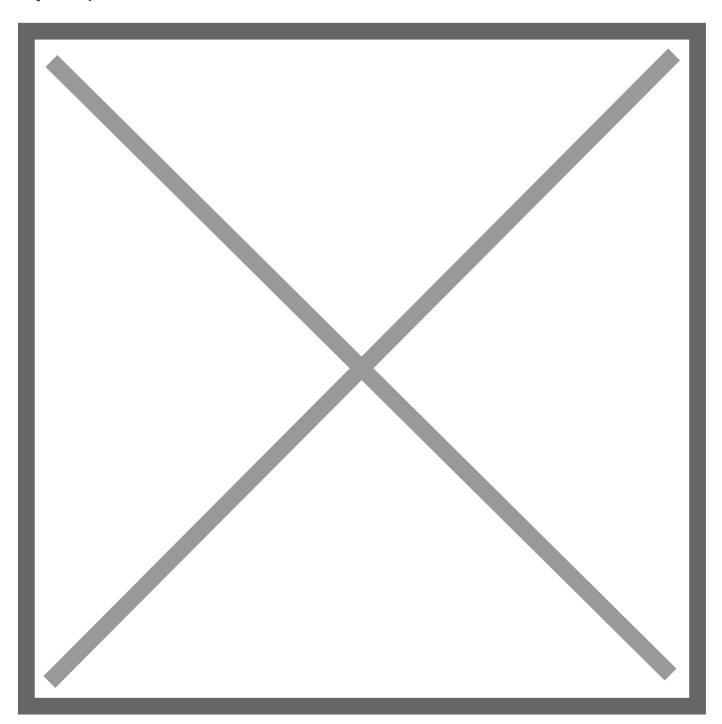
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Ορισμοί: % Adolescents insufficiently active (age standardised estimate)



Κατανάλωση ζάχαρης

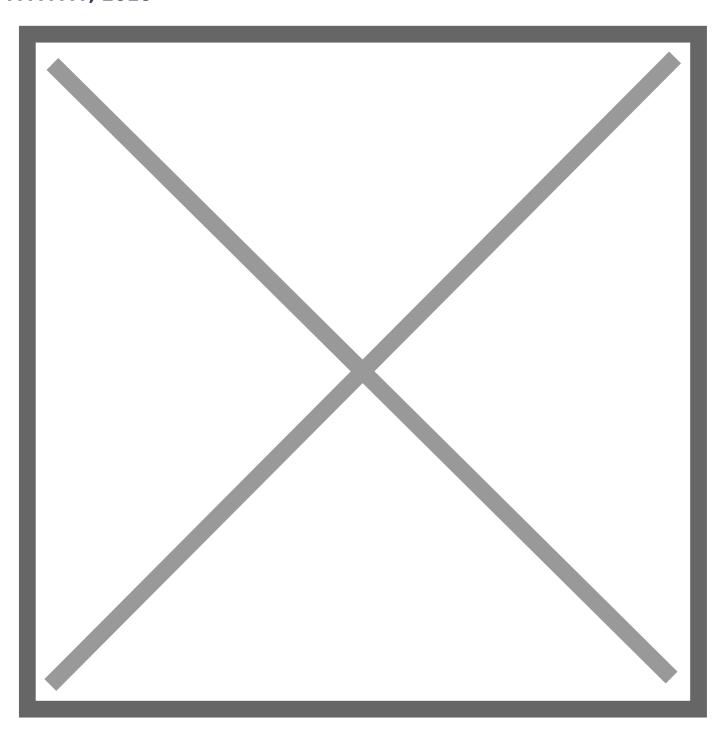
Ενήλικες, 2016



Παραπομπές: Source: Euromonitor International

Ορισμοί: Sugar consumption (Number of 500g sugar portions/person/month)



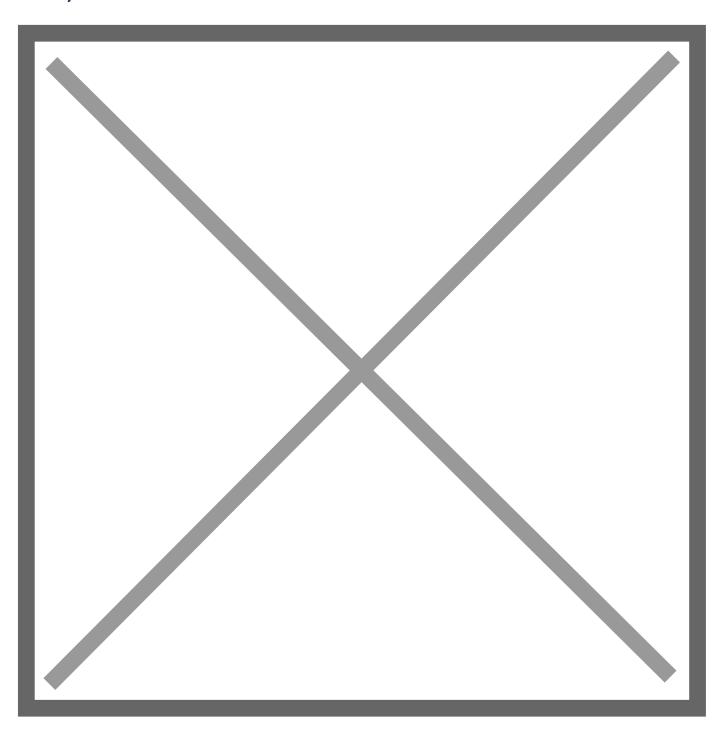


?????????: Source: Euromonitor International



Επιπολασμ?ς της καταν?λωσης ανθρακο?χων αναψυκτικ?ν τουλ?χιστον ημερησ?ως

?????, 2014



????? ???????: ??? ???????



????????:: World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-

 $2014: observations \ from \ the \ Health \ Behavior \ in \ School-aged \ Children \ (HBSC) \ WHO \ collaborative \ cross-national \ study \ (J. \ Inchley, \ D. \ Currie, \ J. \ Currie, \ Currie,$

 $\label{eq:continuous} \textit{Jewel, J. Breda, \& V. Barnekow, Eds.)}. \textit{World Health Organization}. \textit{Sourced from Food Systems Dashboard}$

http://www.foodsystemsdashboard.org

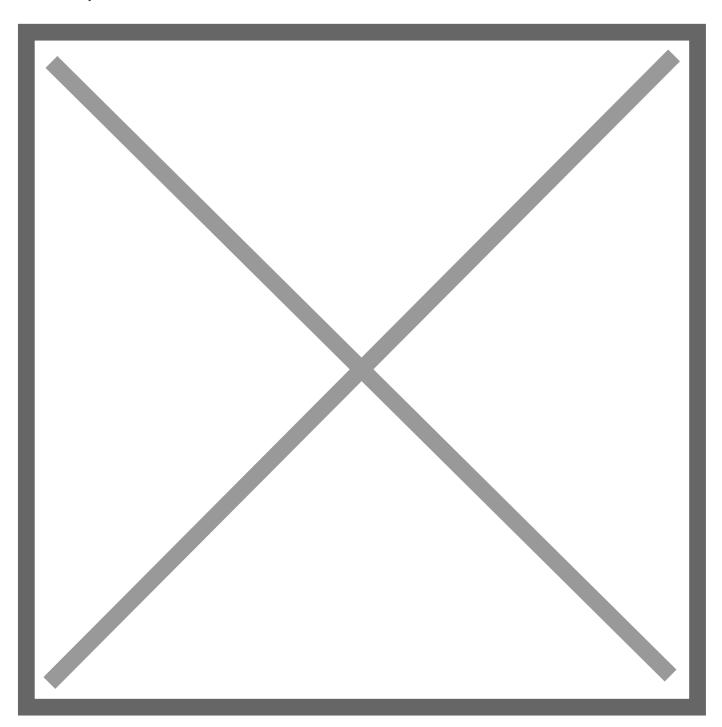
Σημει?σεις: 15-year-old adolescents

Ορισμο?: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)



?????????? ??? ????????? ??????????

???????, 2016

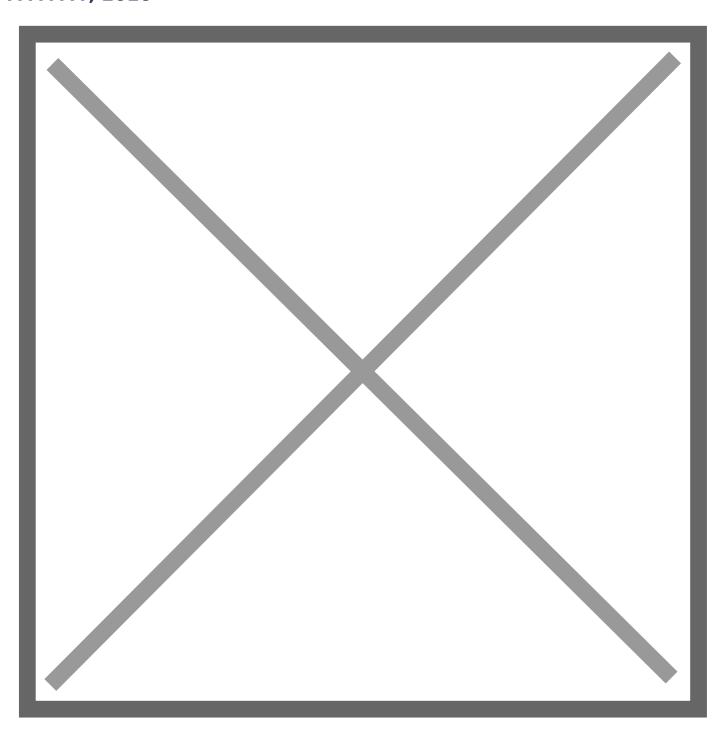


?????????: Source: Euromonitor International

Oρισμο?: Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)



Επιπολασμ?ς της καταν?λωσης γλυκ?ν/αλμυρ?ν σνακ ???????, 2016



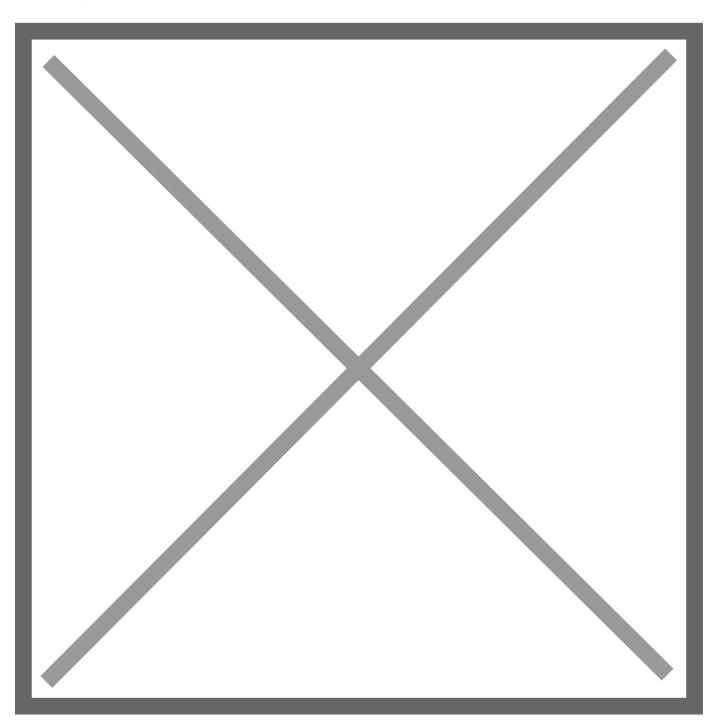
?????????: Source: Euromonitor International

Oρισμο?: Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)



Estimated per capita fruit intake

???????, 2017



????? ???????:	??? ???????
??????:	25+
?????????:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

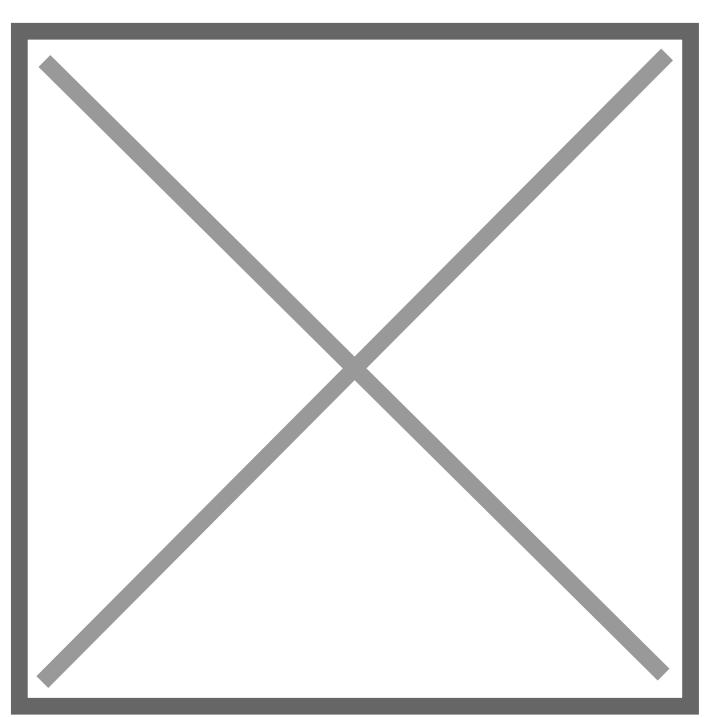


Oorguo?:	Estimated per-capita fruit intake (g/day



Επιπολασμ?ς της καταν?λωσης φρο?των λιγ?τερο συχν? απ? ημερησ?ως

?????, 2014





?????????: Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and

Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin.

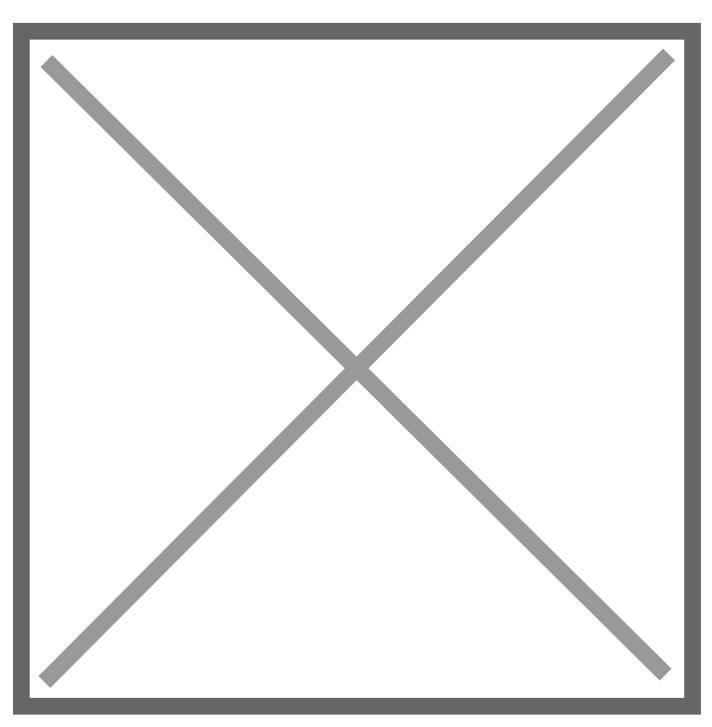
https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Ορισμο?: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



Επιπολασμ?ς της καταν?λωσης λαχανικ?ν λιγ?τερο συχν? απ? ημερησ?ως

?????, 2014



????? ??????:	???? ???????
??????:	12-17



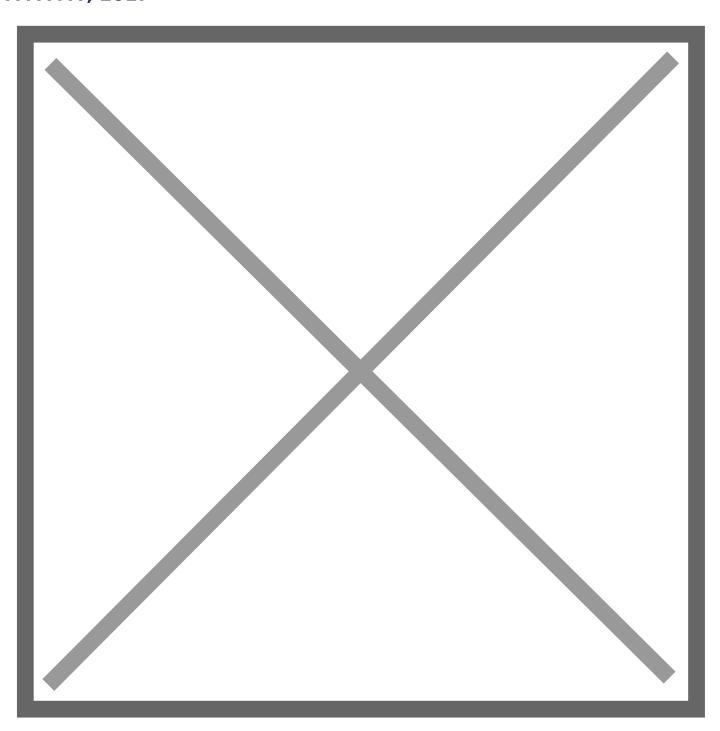
?????????: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of

global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food

 $Systems\ Dashboard\ \underline{http://www.foodsystemsdashboard.org/food-system}$

Ορισμο?: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)





????? ???????:	??? ???????
??????:	25+
?????????:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/



Ορισμο?:

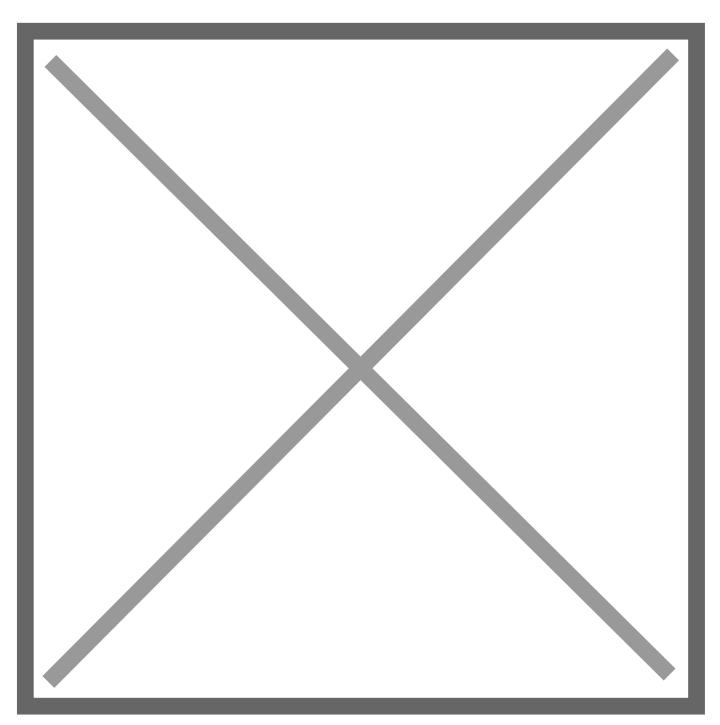
DREZILA			

Estimated per-capita processed meat intake (g per day)



Estimated per capita whole grains intake

???????, 2017

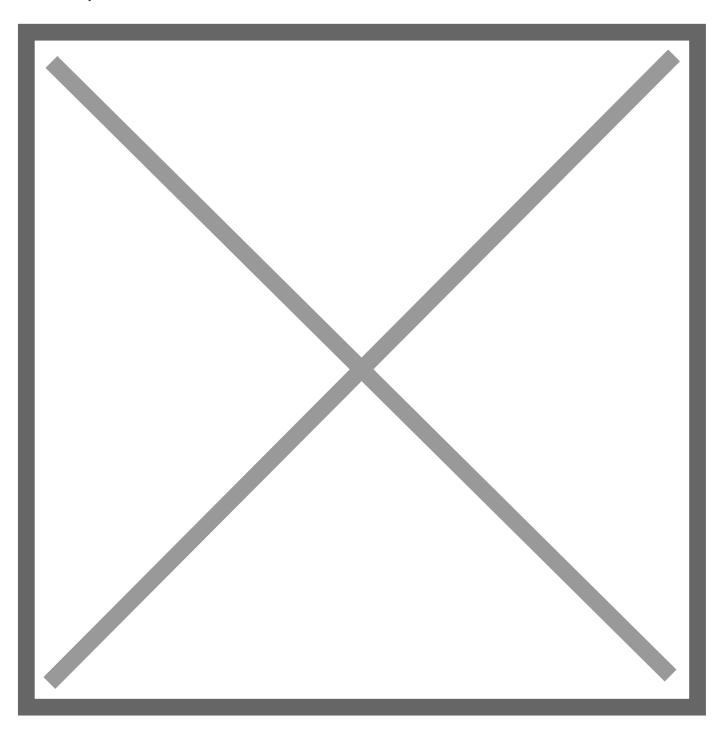


????? ???????:	??? ???????
??????:	25+
?????????:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/



Ορισμο?:	Estimated per-capita whole grains intake (g/day)



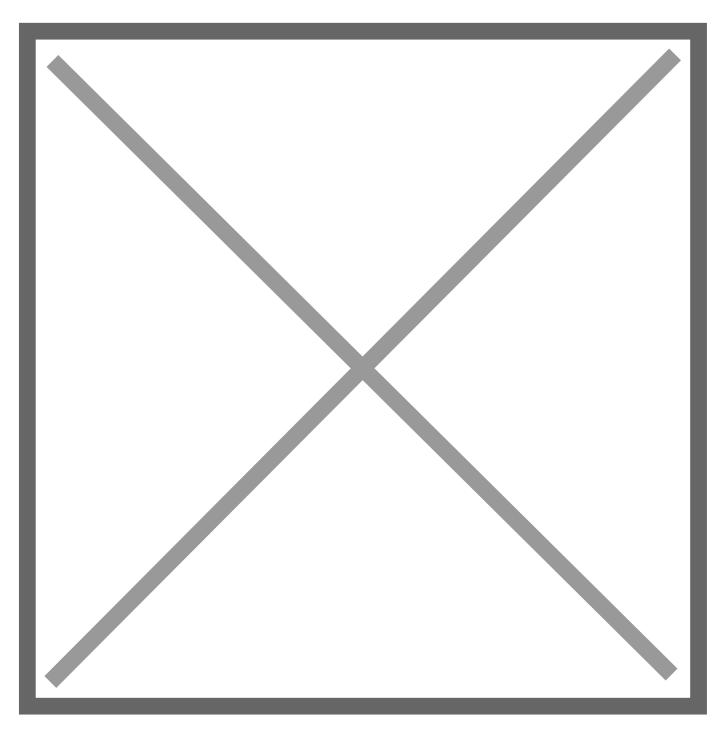


?????????: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Ορισμο?:

% of population with depression disorders





?????????: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Ορισμο?: % of population with anxiety disorders

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