Greece

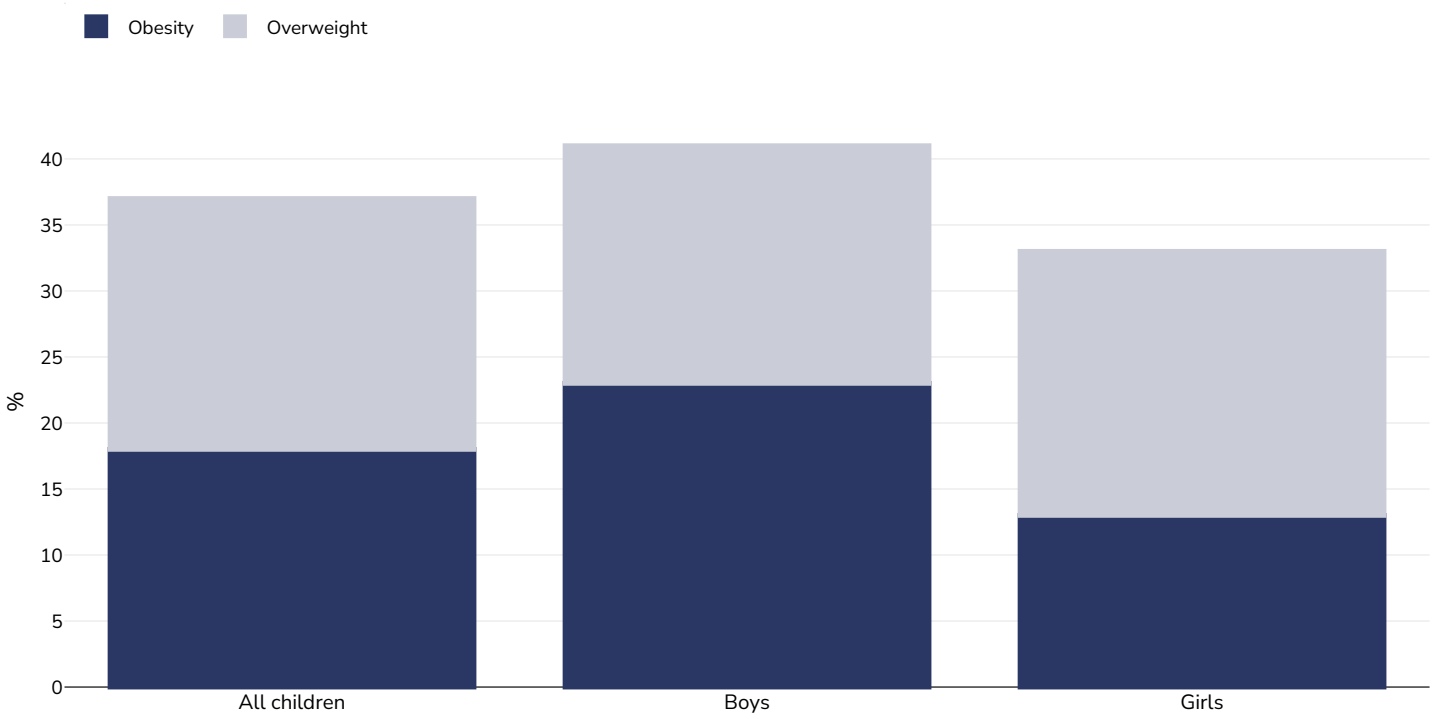
Country report card - children

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/greece-80/.

Obesity prevalence

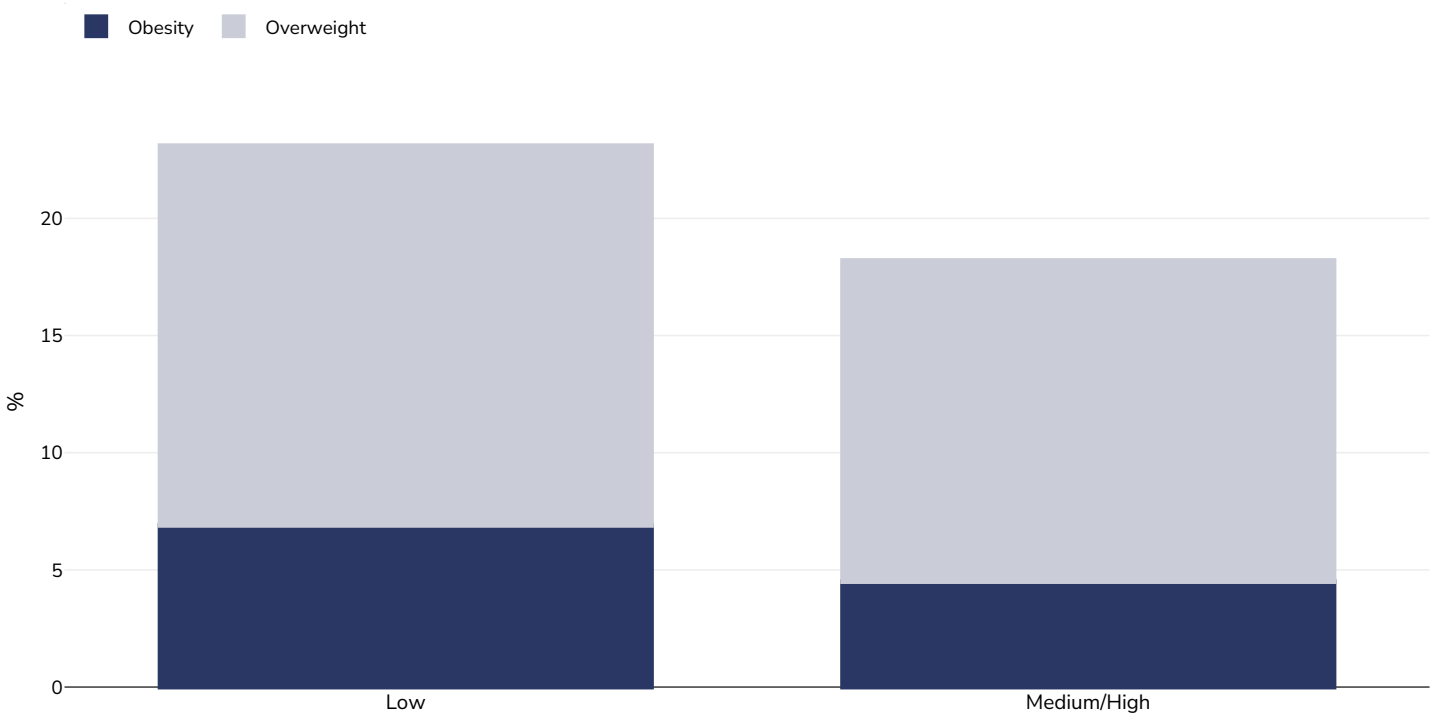
Children, 2022-2024



Survey type:	Measured
Age:	7
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): A brief review of results from round 6 of COSI (2022-2024). Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.
Cutoffs:	WHO 2007

Overweight/obesity by education

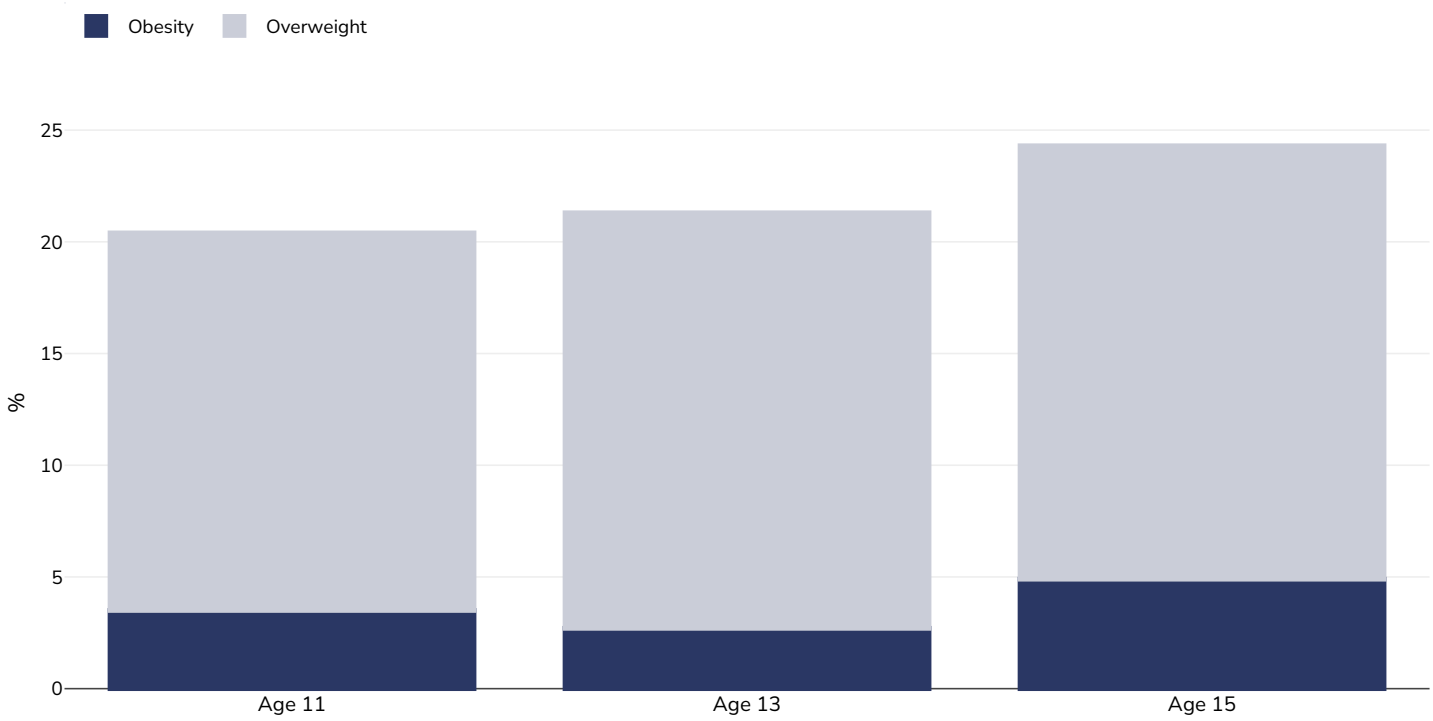
Children, 2012



Survey type:	Measured
Age:	3-6
Sample size:	1229
Area covered:	Subnational- Athens
References:	Manios, Y. et al. (2018). Prevalence and sociodemographic correlates of overweight and obesity in a large Pan-European cohort of preschool children and their families: The ToyBox-study. Nutrition. 55-56, pp.1-7.
Notes:	IOTF International cut-offs used. Low Maternal education classed as <14 y of education. Medium/high Maternal education classed as >14 y of education.
Cutoffs:	IOTF

Overweight/obesity by age

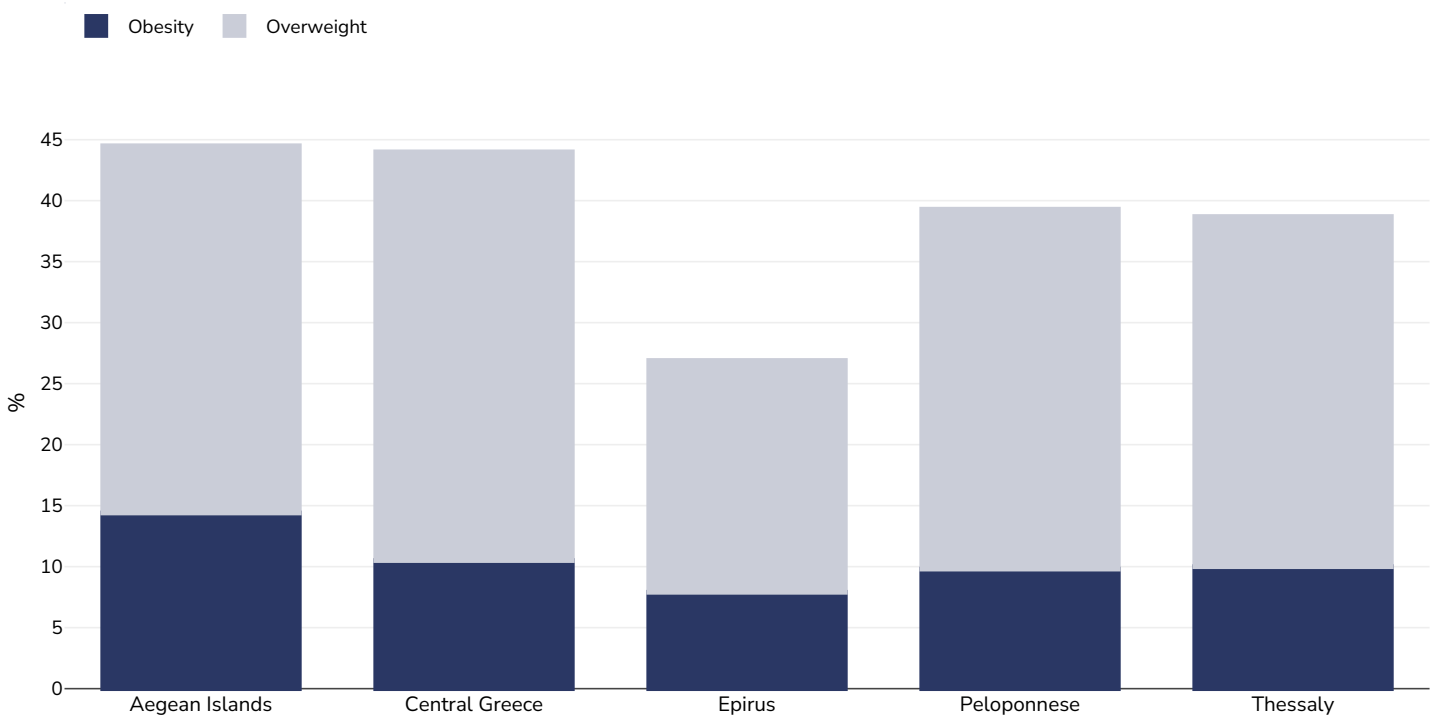
Children, 2022



Survey type:	Self-reported
Sample size:	6250
Area covered:	National
References:	Fotiou, A., Kanavou, E., Stavrou, M., & Kokkevi, A. (2024). Weight, diet and physical activity in adolescents in Greece: Current Situation and Trends. Series of Thematic Reports from the Greek arm of the Health Behaviour in School-aged Children study (HBSC/WHO). Athens, University Mental Health, Neurosciences, & Precision Medicine Research Institute "COSTAS STEFANIS"
Notes:	Data from HBSC 2021/22 survey using IOTF cut-offs
Cutoffs:	IOTF

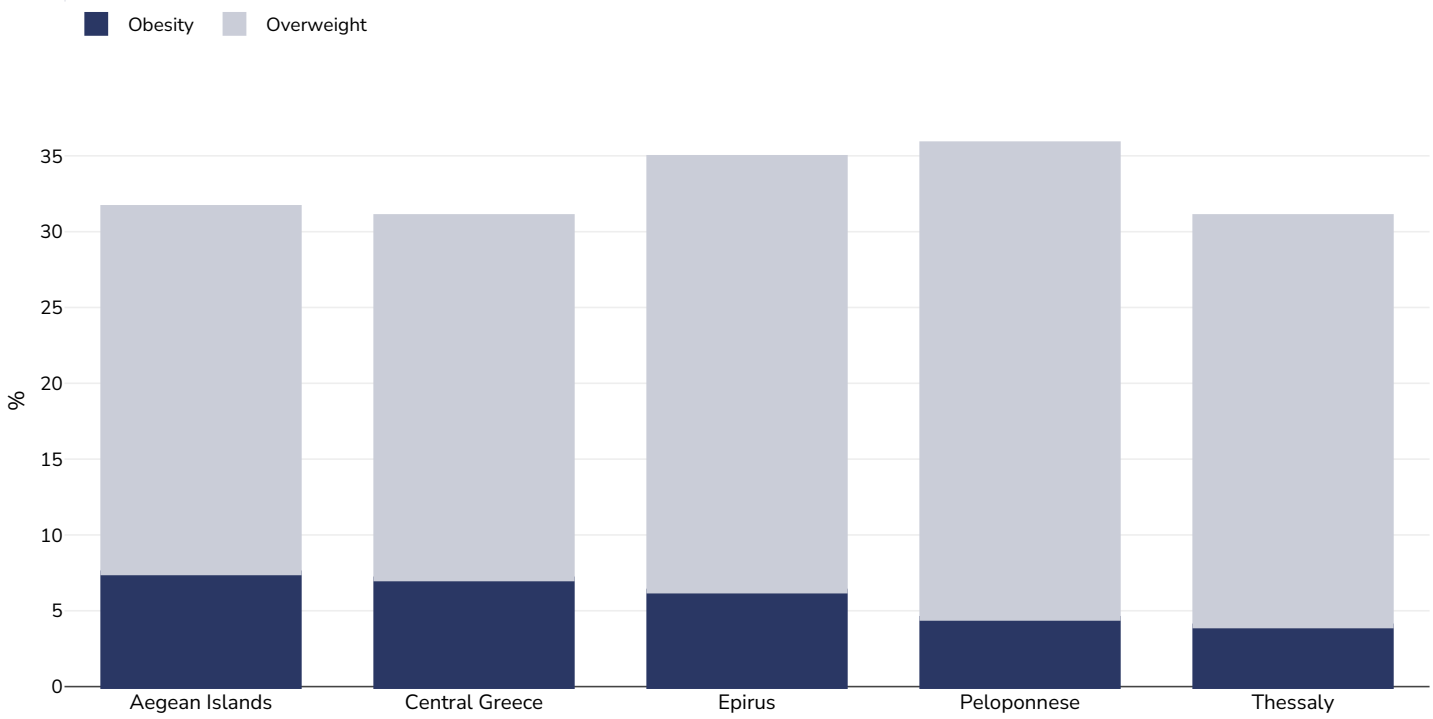
Overweight/obesity by region

Boys, 2010-2012



Survey type:	Measured
Age:	13
Sample size:	4833
Area covered:	National
References:	Poulimeneas D, Grammatikopoulou MG, Dimitrakopoulos L, Kotsias E, Gerothanasi D, Kiranas ER, Tsigga M (2016) Regional differences in the prevalence of underweight, overweight and obesity among 13-year-old adolescents in Greece. Int J Pediatr Adolesc Med. 2016 Dec;3(4):153-161. doi: 10.1016/j.ijpam.2016.06.002. Epub 2016 Sep 6
Notes:	International IOTF Cut off points
Cutoffs:	IOTF

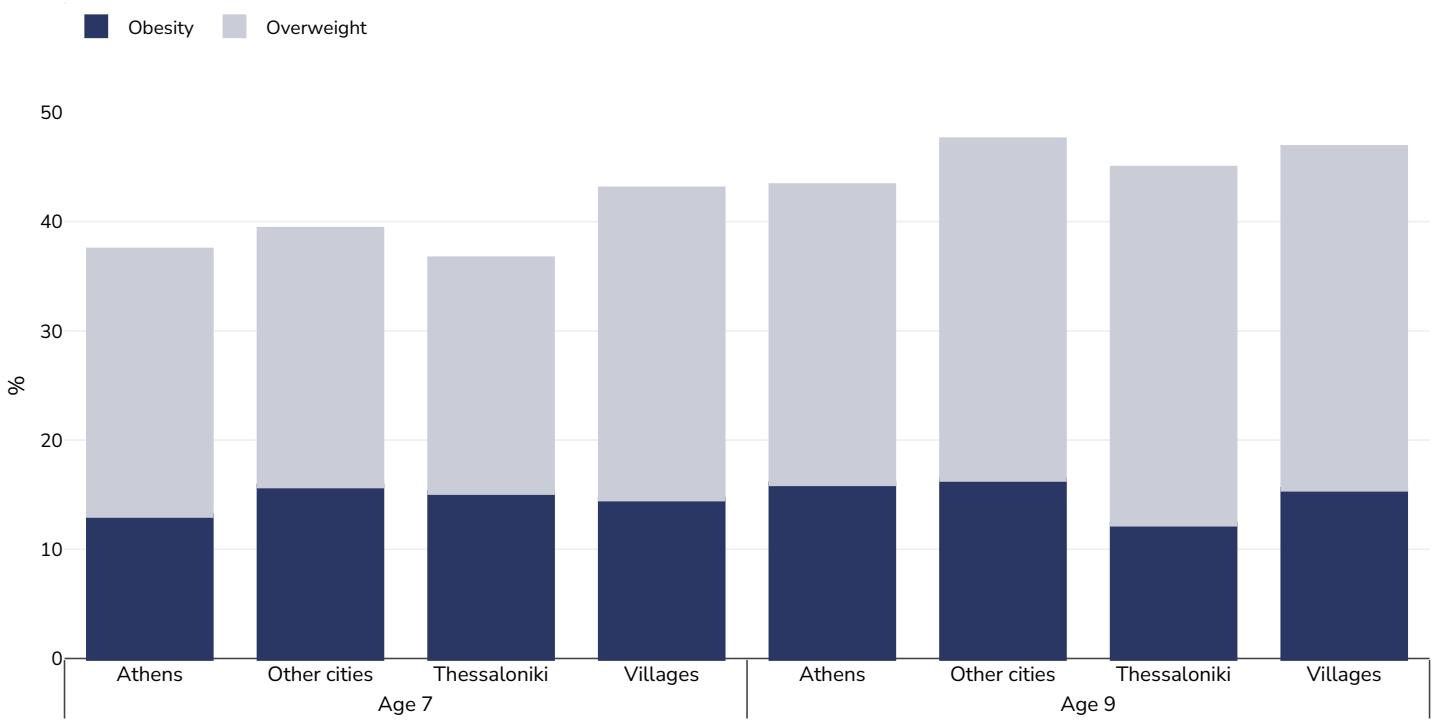
Girls, 2010-2012



Survey type:	Measured
Age:	13
Sample size:	4833
Area covered:	National
References:	Poulimeneas D, Grammatikopoulou MG, Dimitrakopoulos L, Kotsias E, Gerothanasi D, Kiranas ER, Tsigga M (2016) Regional differences in the prevalence of underweight, overweight and obesity among 13-year-old adolescents in Greece. Int J Pediatr Adolesc Med. 2016 Dec;3(4):153-161. doi: 10.1016/j.ijpam.2016.06.002. Epub 2016 Sep 6
Notes:	International IOTF Cut off points
Cutoffs:	IOTF

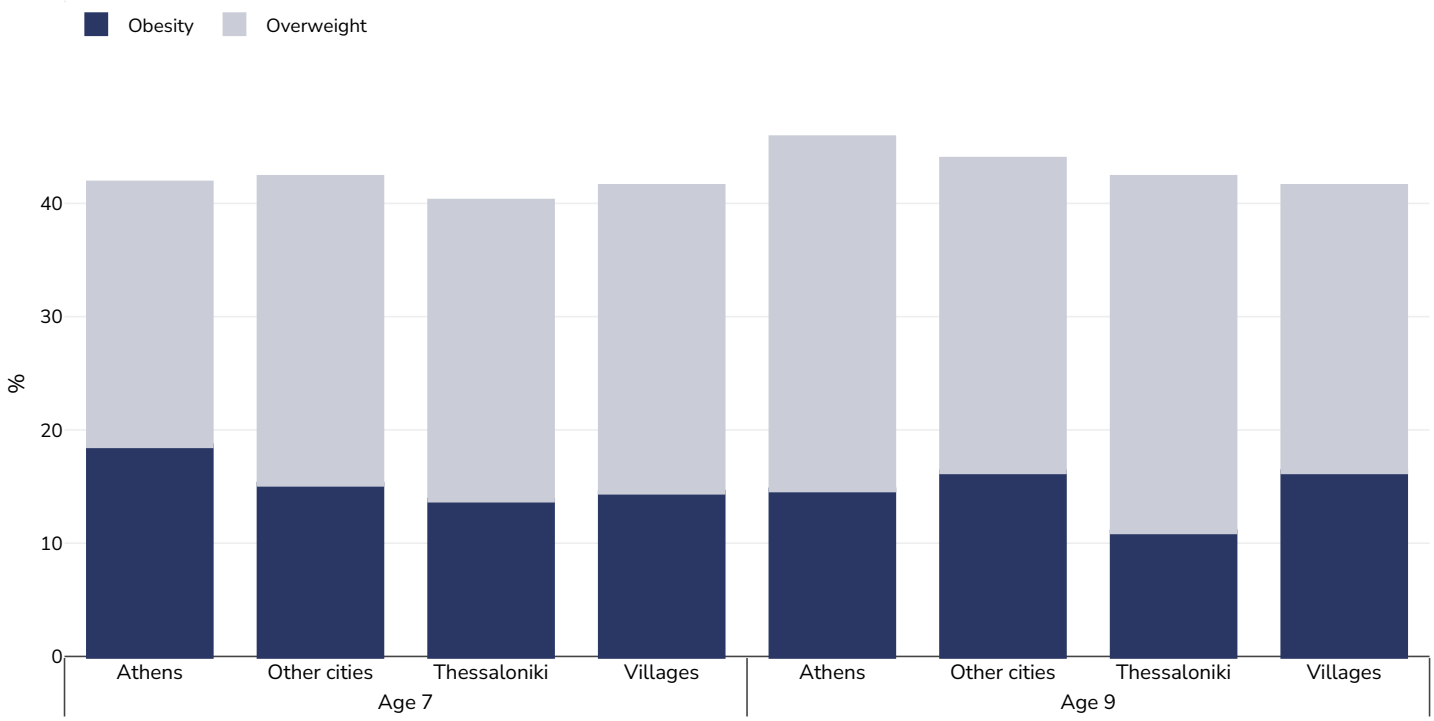
Overweight/obesity by age and region

Boys, 2010-2011



Survey type:	Measured
Sample size:	5231
Area covered:	National
References:	Hassapidou, M., Tzotzas, T., Makri, E., Pagkalos, I., Kaklamanos, I., Kapantais, E., Abrahamian, A., Polymeris, A. and Tziomalos, K. (2017). Prevalence and geographic variation of abdominal obesity in 7- and 9-year-old children in Greece; World Health Organization Childhood Obesity Surveillance Initiative 2010. BMC Public Health, [online] 17(1). doi:https://doi.org/10.1186/s12889-017-4061-x [Accessed 25.06.25]
Notes:	Data from COSI 2010. IOTF cut-offs listed here, WHO cut-offs also available in study.
Definitions:	Other cities = <2000 inhabitants.
Cutoffs:	IOTF

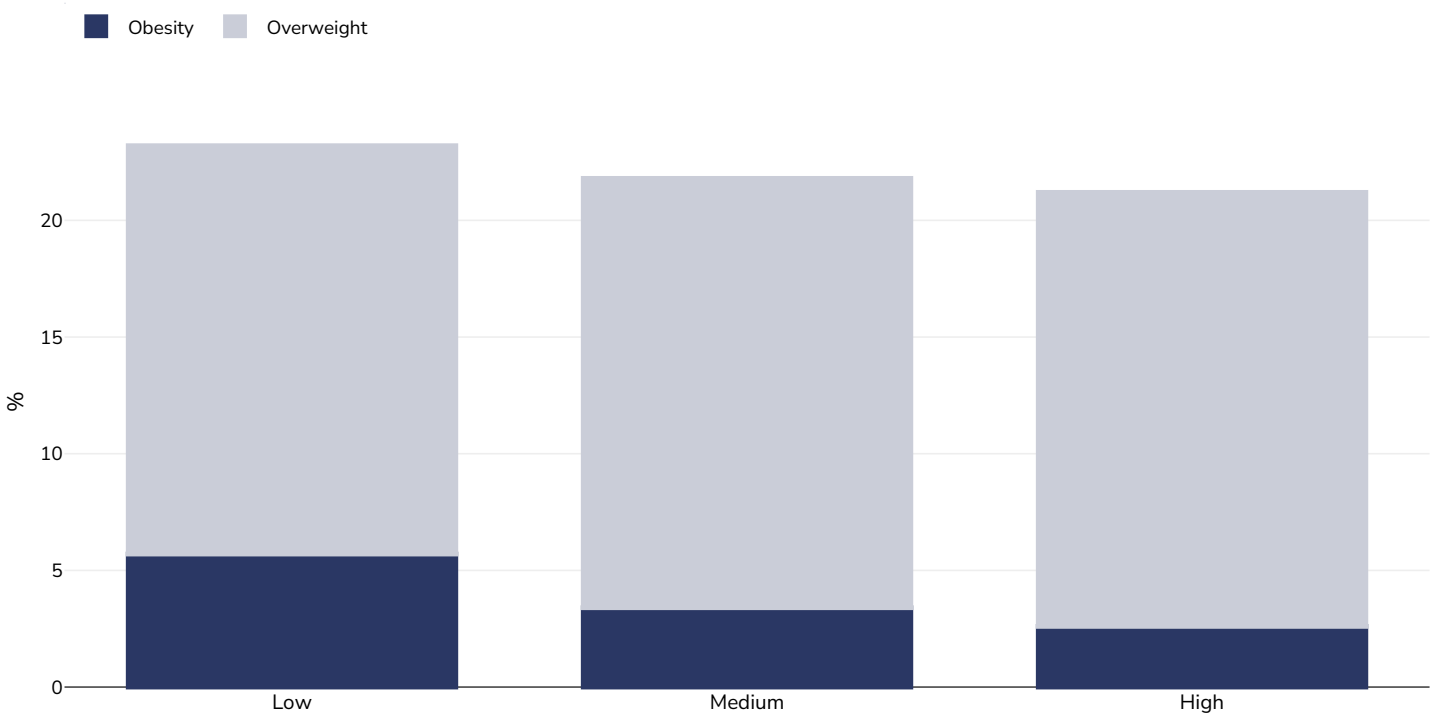
Girls, 2010-2011



Survey type:	Measured
Sample size:	5231
Area covered:	National
References:	Hassapidou, M., Tzotzas, T., Makri, E., Pagkalos, I., Kaklamanos, I., Kapantais, E., Abrahamian, A., Polymeris, A. and Tziomalos, K. (2017). Prevalence and geographic variation of abdominal obesity in 7- and 9-year-old children in Greece; World Health Organization Childhood Obesity Surveillance Initiative 2010. BMC Public Health, [online] 17(1). doi:https://doi.org/10.1186/s12889-017-4061-x [Accessed 25.06.25]
Notes:	Data from COSI 2010. IOTF cut-offs listed here, WHO cut-offs also available in study.
Definitions:	Other cities = <2000 inhabitants.
Cutoffs:	IOTF

Overweight/obesity by socio-economic group

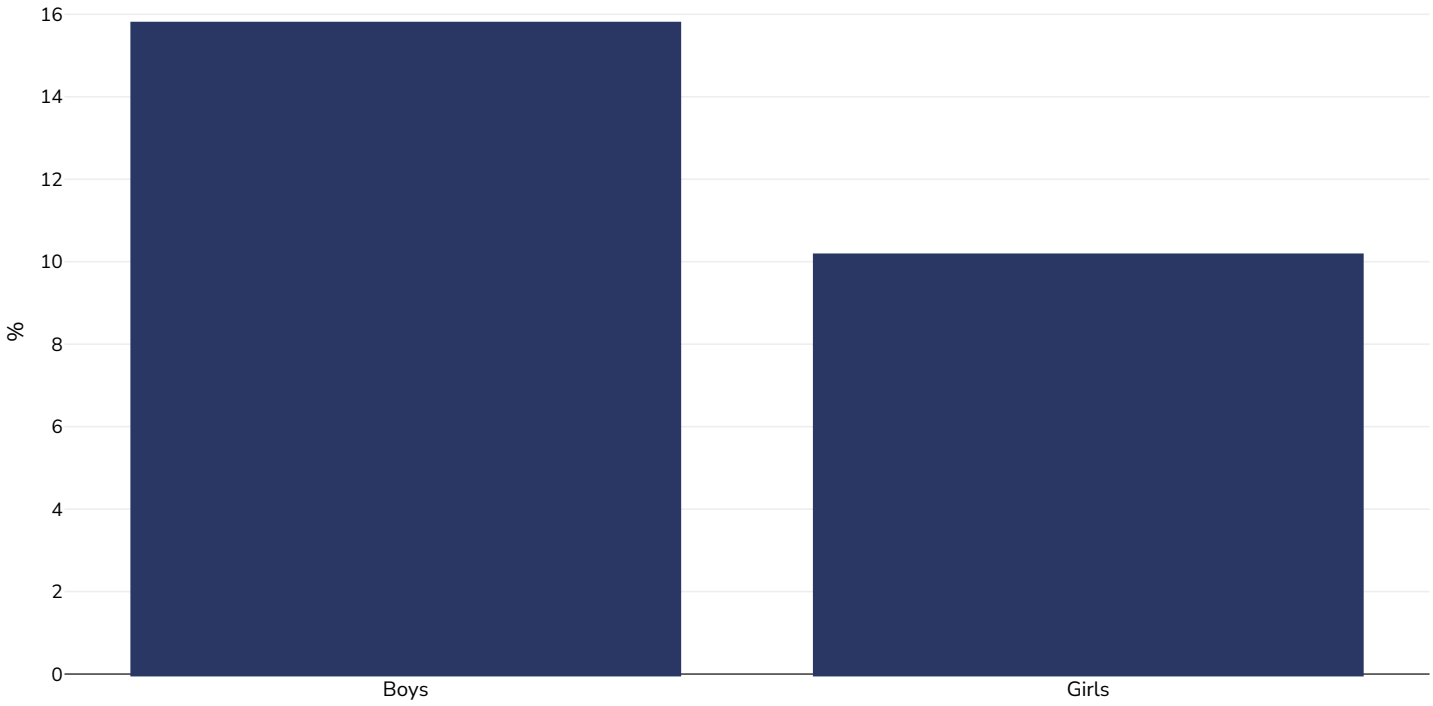
Children, 2022



Survey type:	Self-reported
Age:	11-15
Sample size:	6250
Area covered:	National
References:	Fotiou, A., Kanavou, E., Stavrou, M., & Kokkevi, A. (2024). Weight, diet and physical activity in adolescents in Greece: Current Situation and Trends. Series of Thematic Reports from the Greek arm of the Health Behaviour in School-aged Children study (HBSC/WHO). Athens, University Mental Health, Neurosciences, & Precision Medicine Research Institute "COSTAS STEFANIS"
Notes:	Data from HBSC 2021/22 survey using IOTF cut-offs
Definitions:	Family economic status: low (bottom 20%), medium (middle 60%), and high (top 20%)
Cutoffs:	IOTF

Double burden of underweight & overweight

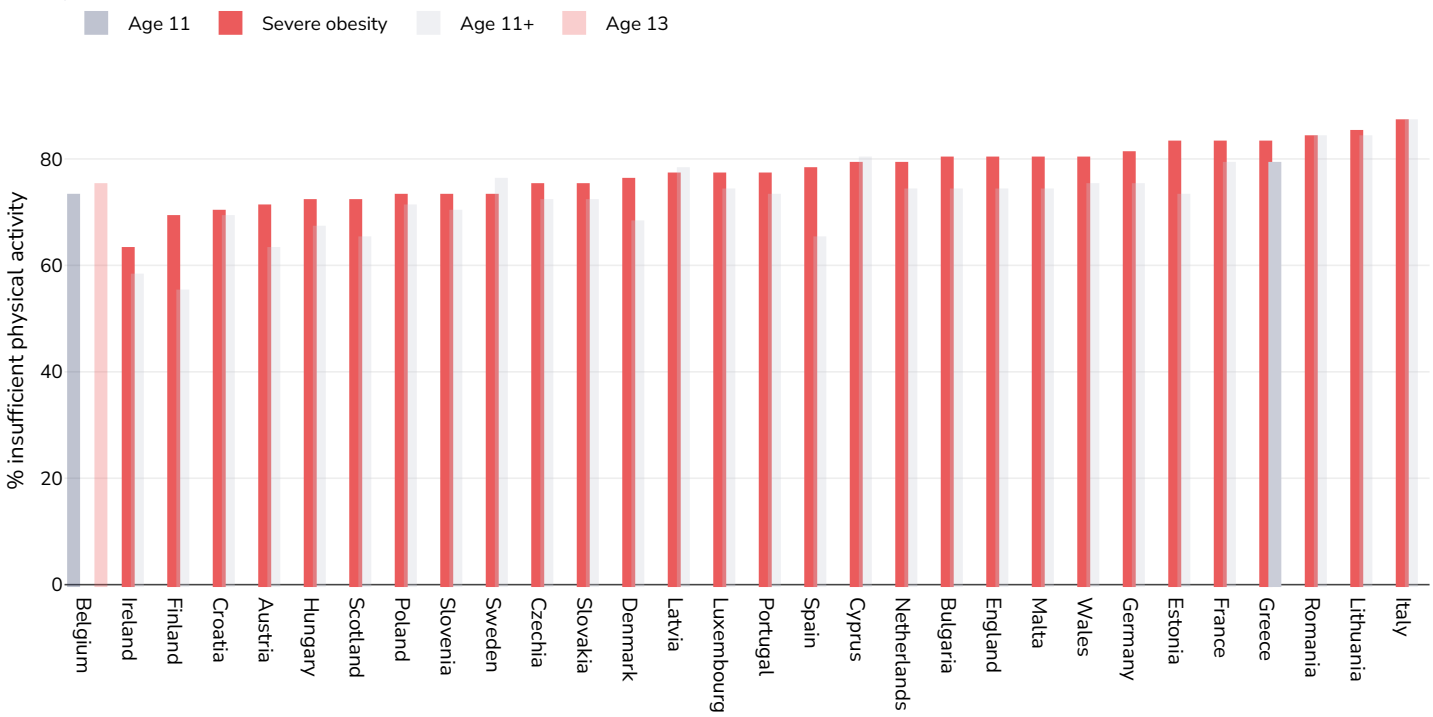
Children, 2022



Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Insufficient physical activity

Boys, 2022

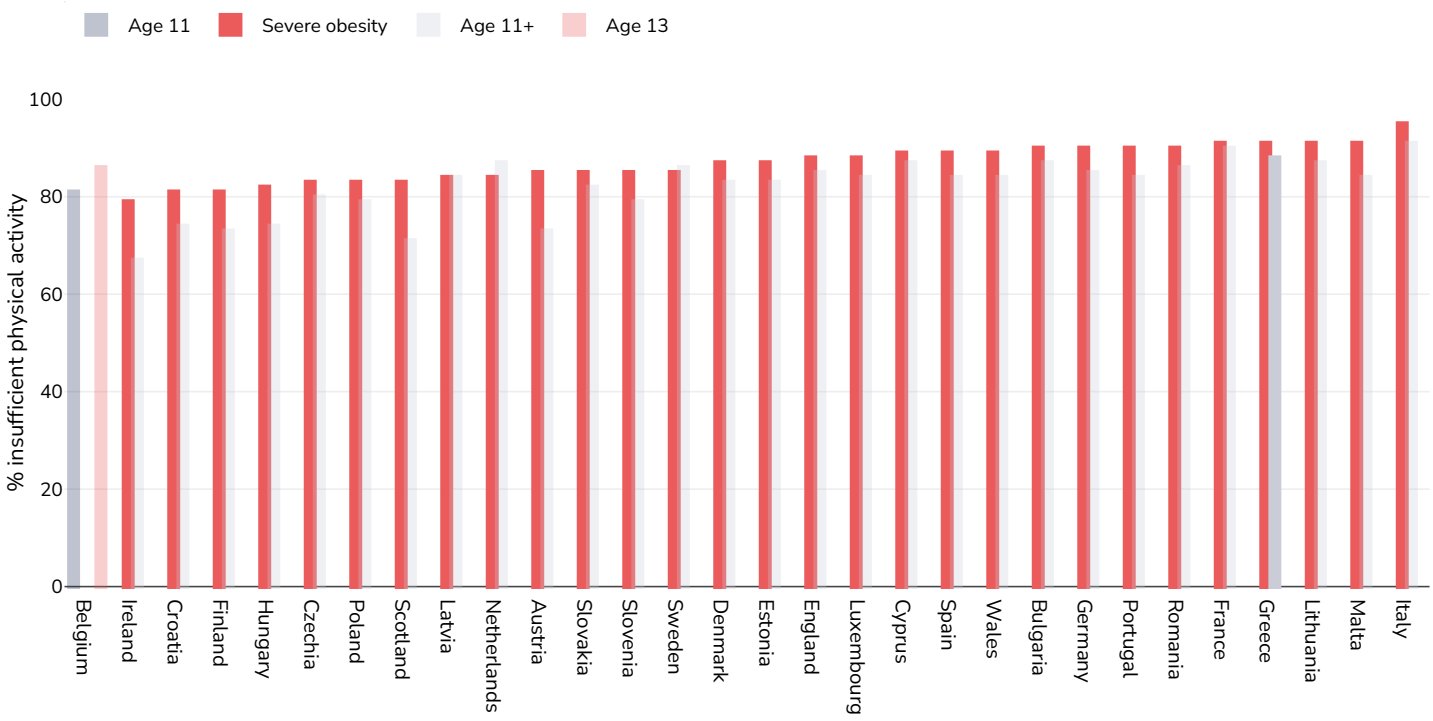


References: RakiÄ? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.

Notes: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

Definitions: % reporting less than 60 minutes of MVPA daily

Girls, 2022



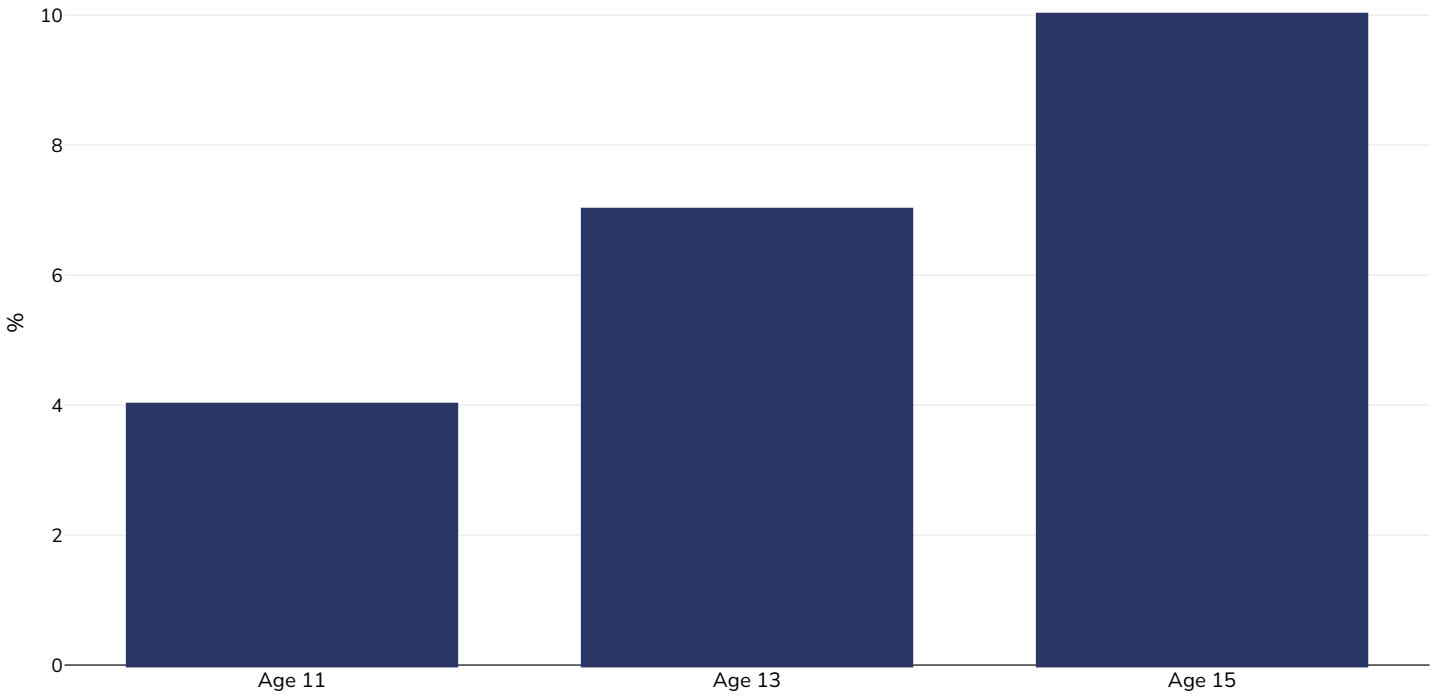
References: RakiÄ? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.

Notes: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

Definitions: % reporting less than 60 minutes of MVPA daily

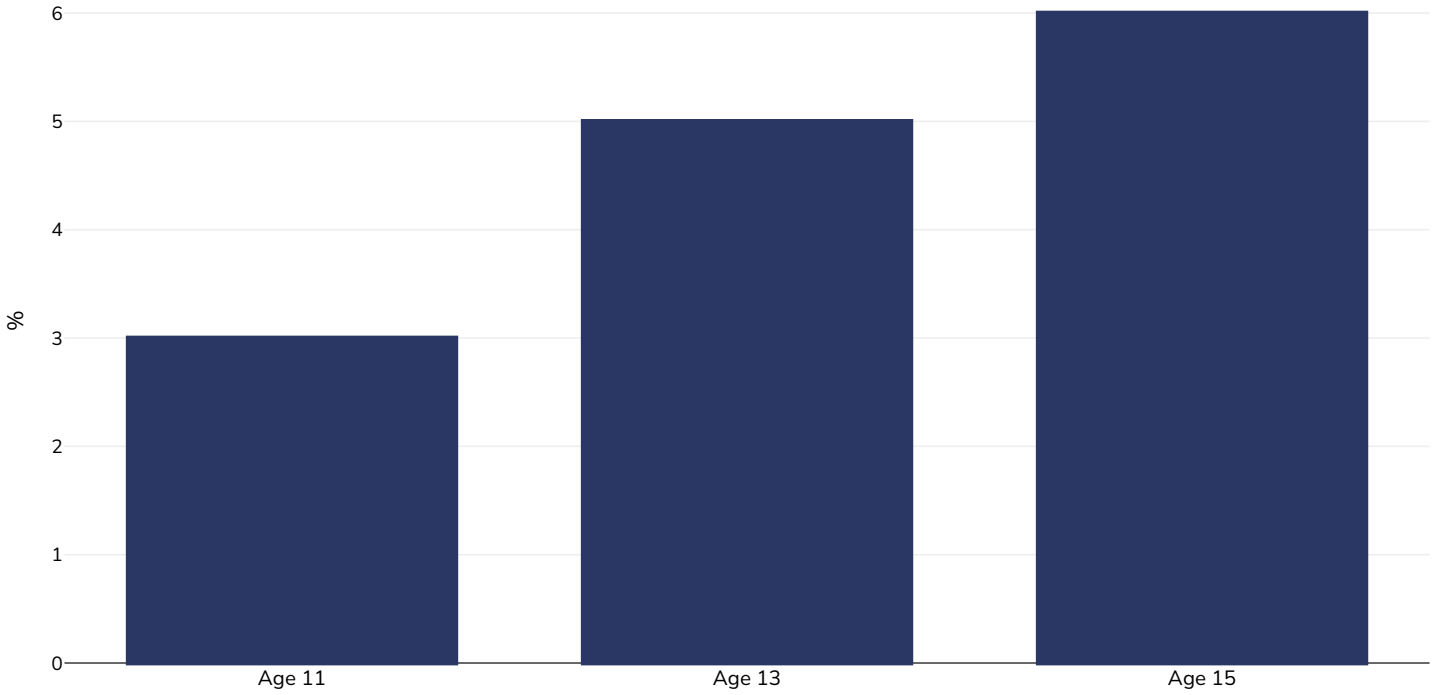
Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

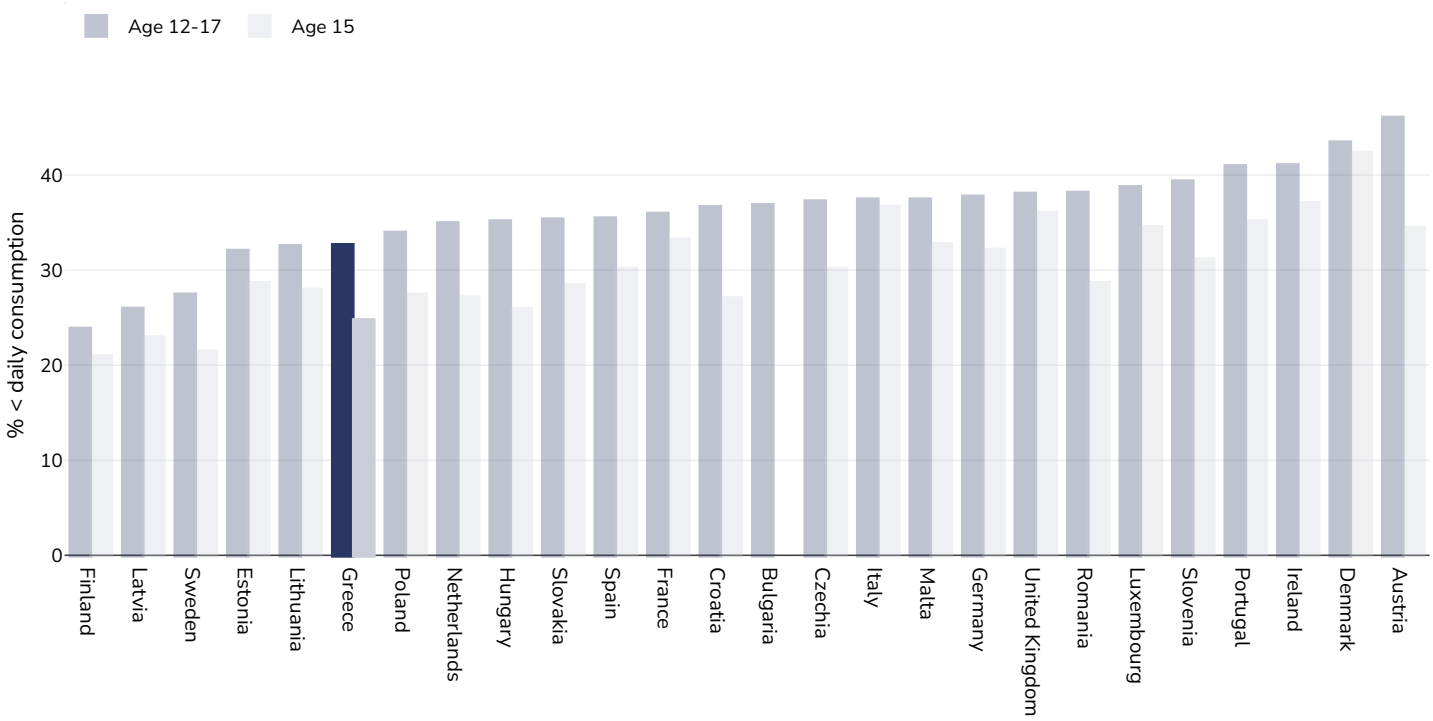
Girls, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

Prevalence of less than daily fruit consumption

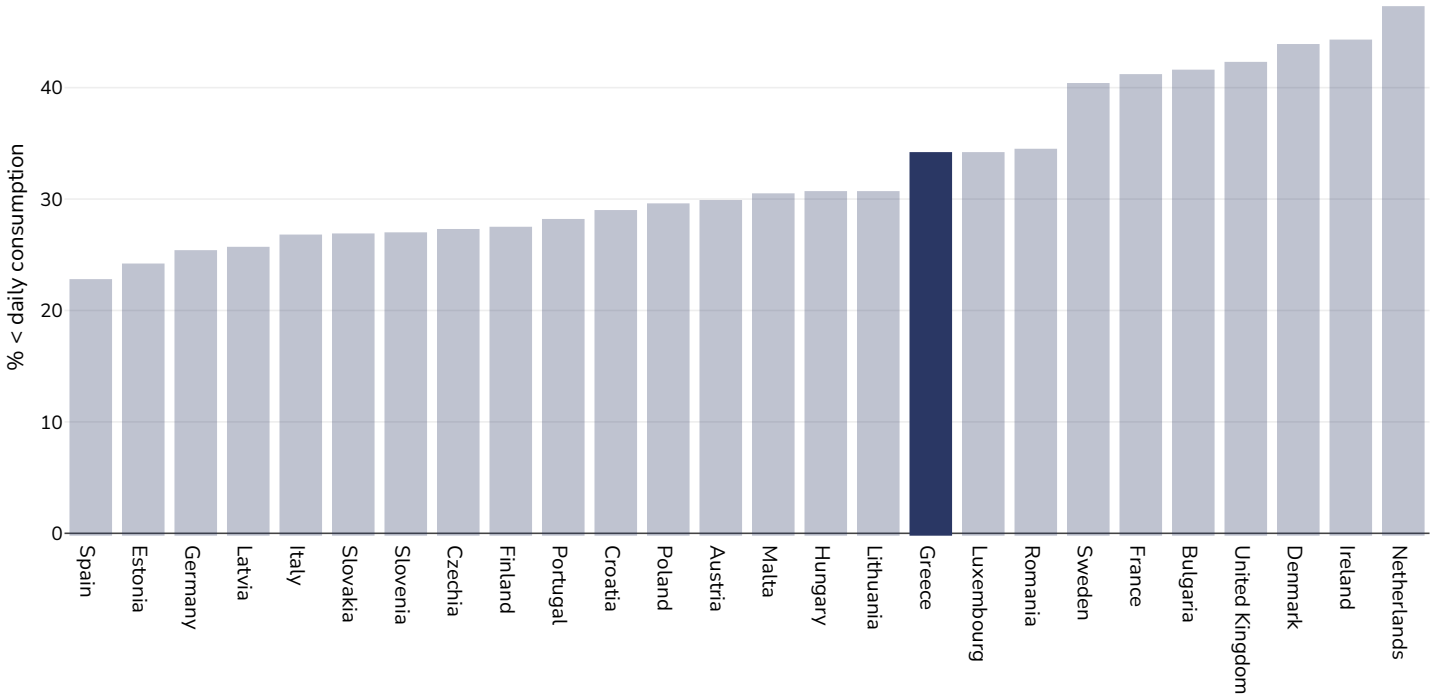
Children, 2014



Survey type:	Measured
References:	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
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

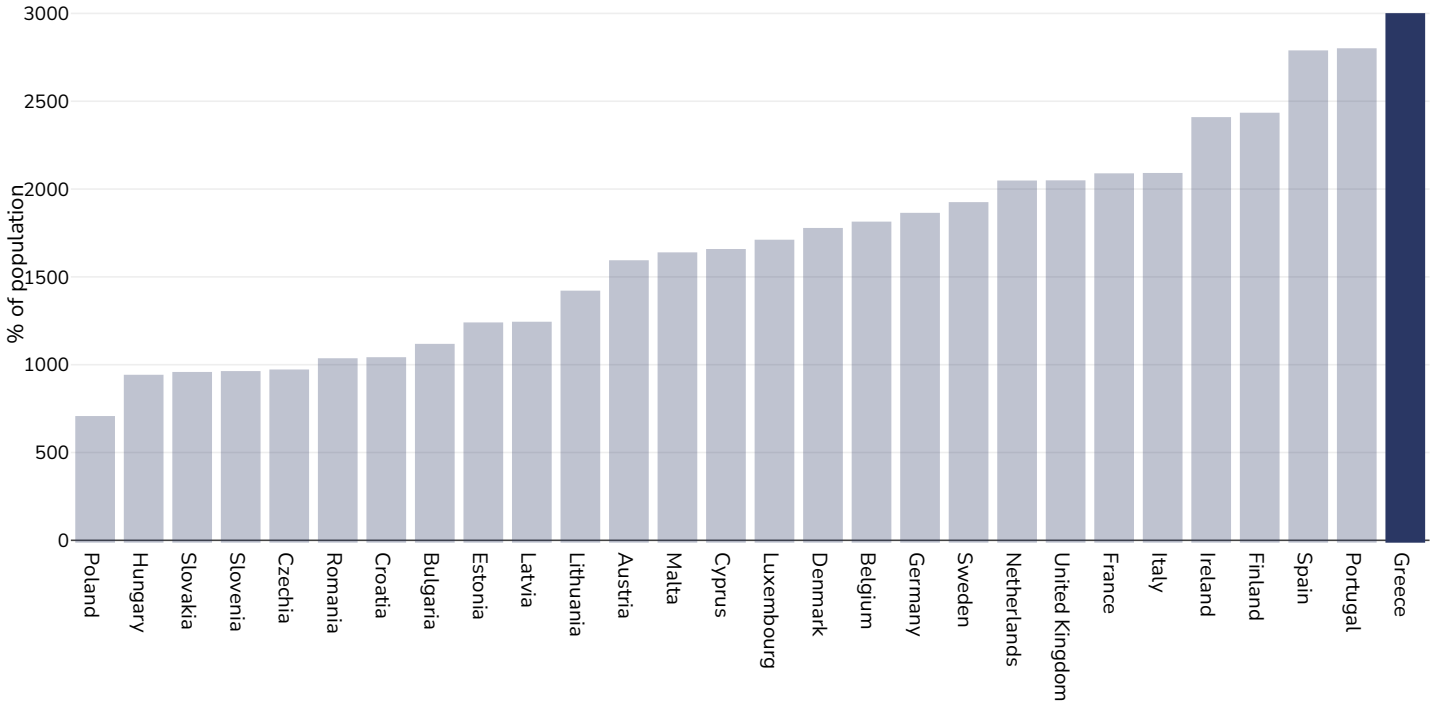
Children, 2014



Survey type:	Measured
Age:	12-17
References:	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
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

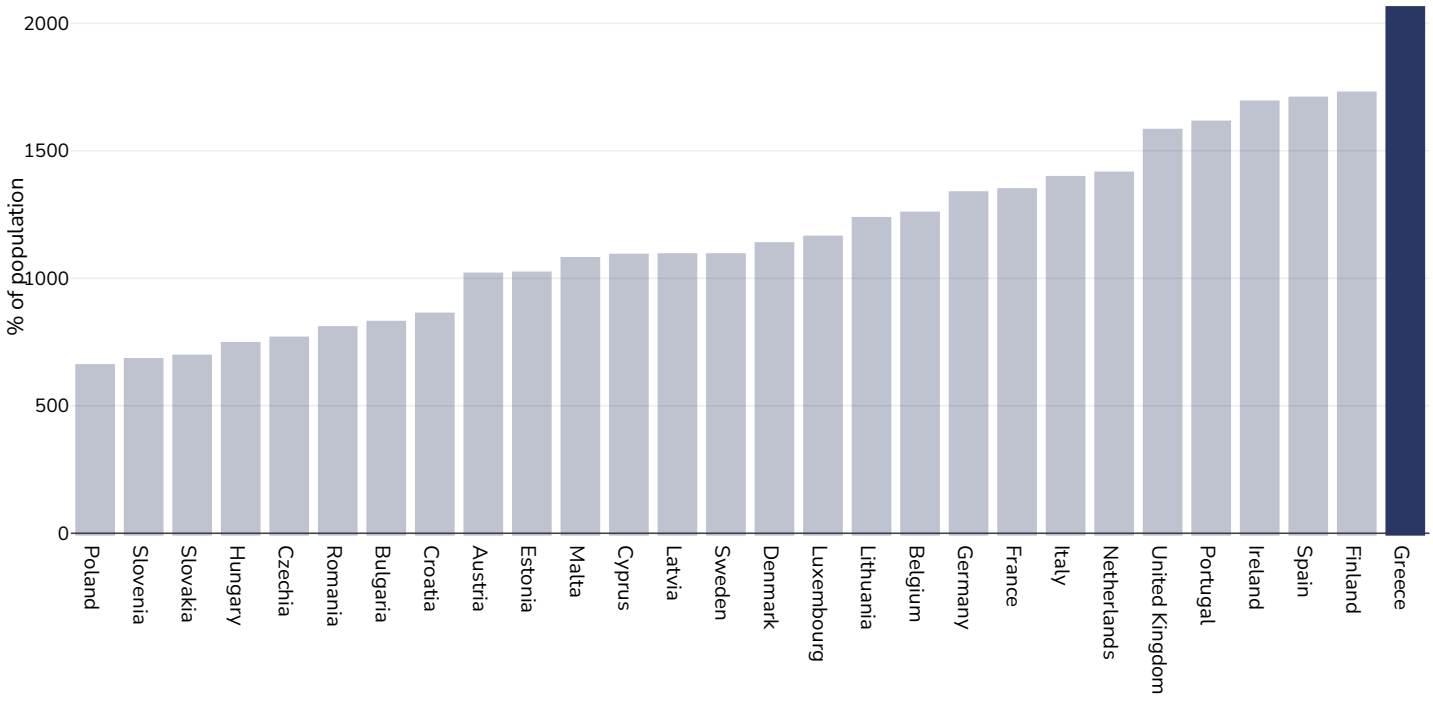
Mental health - depression disorders

Children, 2021



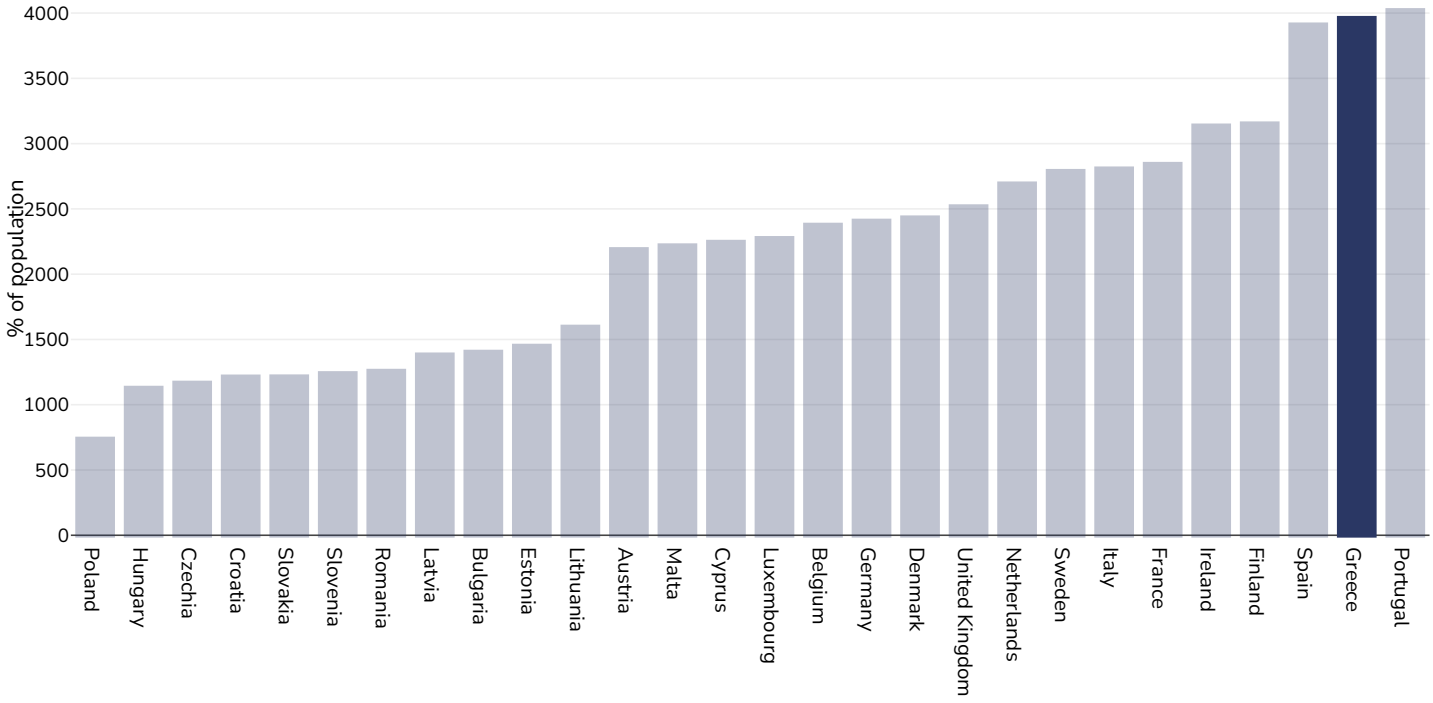
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

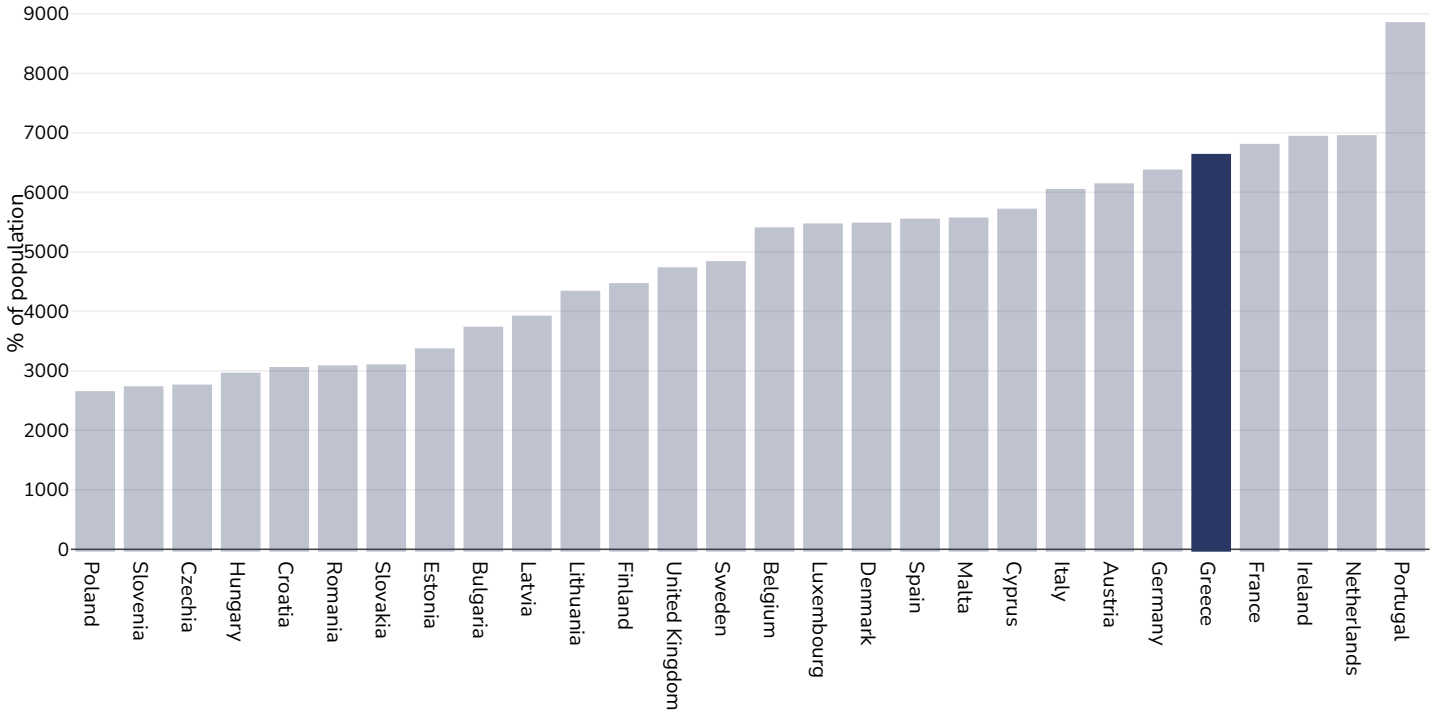
Girls, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

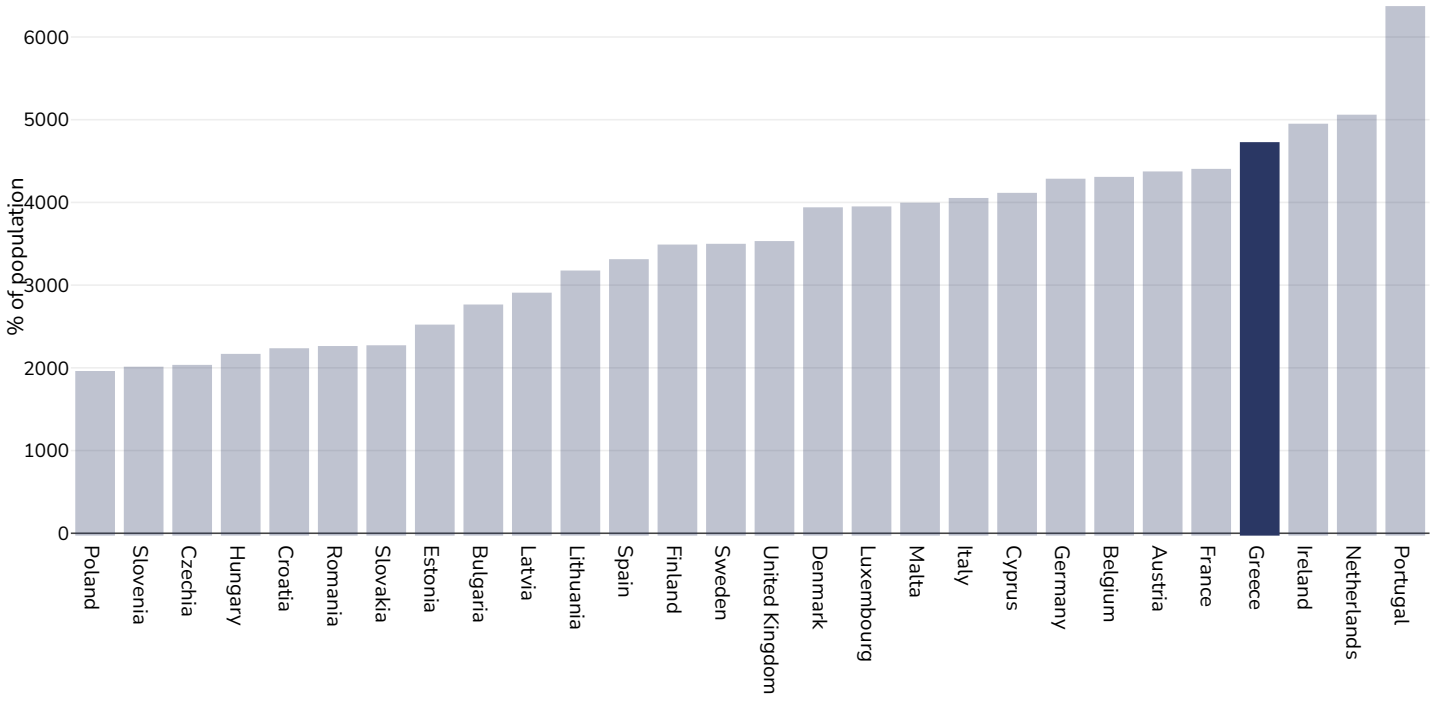
Mental health - anxiety disorders

Children, 2021



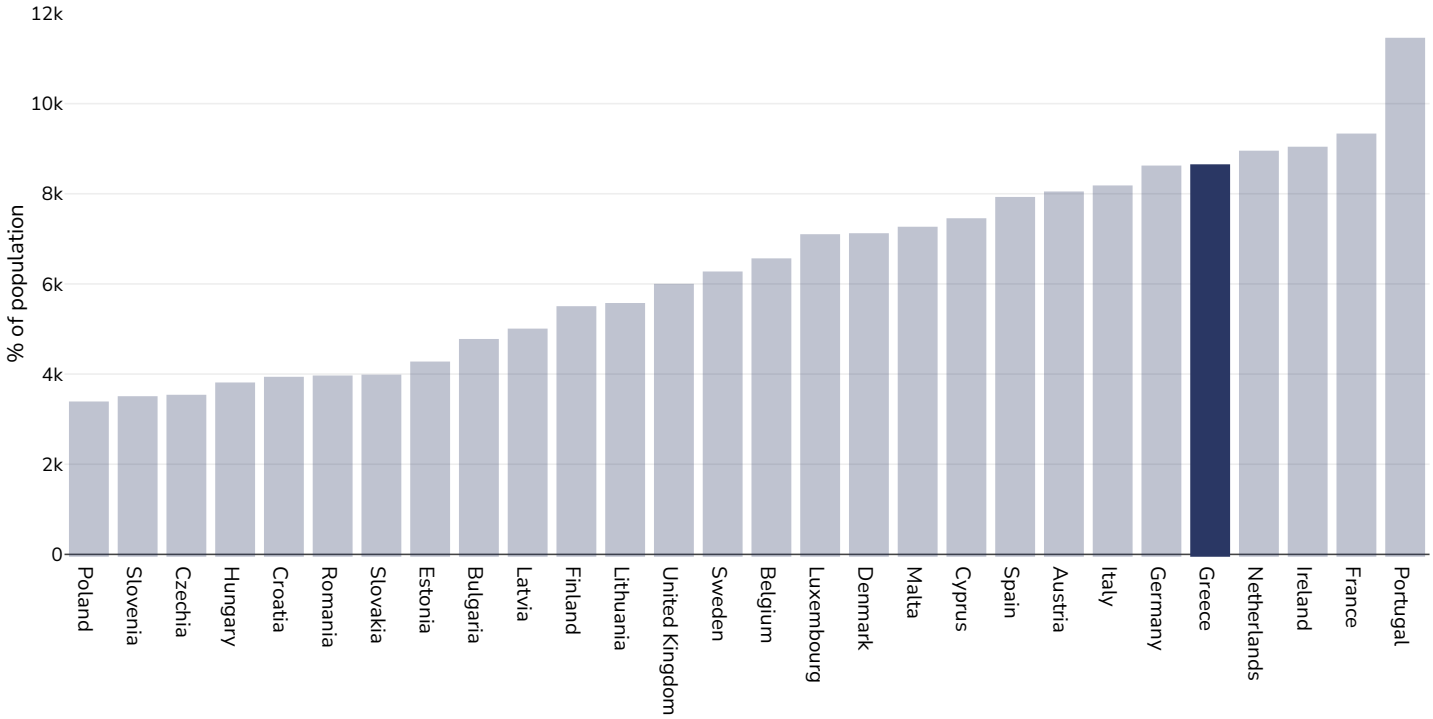
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Boys, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Girls, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

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