



HELLENIC REPUBLIC

HELLENIC STATISTICAL AUTHORITY

Piraeus, 15 February 2016

PRESS RELEASE

HEALTH DETERMINANTS: YEAR 2014

The Hellenic Statistical Authority (ELSTAT) announces data on the health of the population and more specifically on health determinants (nutrition, smoking, physical activity, etc.). The data derive from the sampling Health Survey of the year 2014. The survey, which is conducted every five years, collects analytical data on the health of the population aged 15 years and over on the basis of demographic characteristics (age and gender), educational level and current activity status. More specifically, the survey covers issues pertaining to the health status, the use of health services, health determinants such as physical activity, consumption of fruits and vegetables, smoking, alcohol consumption and the use and provision of social support and help.

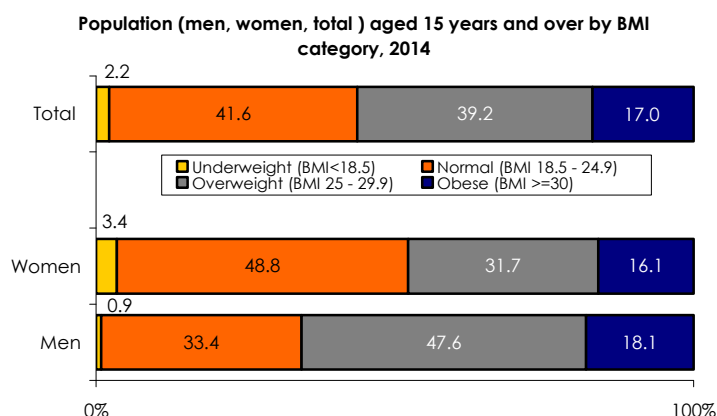
The survey was conducted for the first time in Greece in 2009 and it is fully harmonized with the surveys conducted in the other EU Member States. The 2014 Health Survey was conducted on a final sample of 8,223 private households and an equal number of their members, throughout Greece. In each household of the sample, one person aged 15 years and over was randomly selected to be surveyed. The next health survey will be conducted in 2019.

The data announced in this press release concern health determinants (nutrition, smoking, physical activity, etc.).

PHYSIQUE

The Body Mass Index (BMI) is considered to be the most appropriate way to measure obesity of the population. It is a widely used diagnostic tool of possible health problems of a person in relation to his weight. It is calculated on the basis of a person's weight, in kilograms, divided by the square of height, in meters.

- Out of the total population aged 15 years and over that reported both their height and weight:
 - 2.2% are underweight (BMI < 18.5),
 - 41.6% have normal weight (BMI: 18.5 – 24.9),
 - 39.2% are overweight (BMI: 25 – 29.9),
 - 17.0% are obese (BMI ≥ 30).



More analytically, the shares of men and women aged 15 and over by BMI category are depicted in the graph on the left.

One out of two men (47.6%) is overweight, while the corresponding ratio for women is three out of ten (31.7%).

Information:

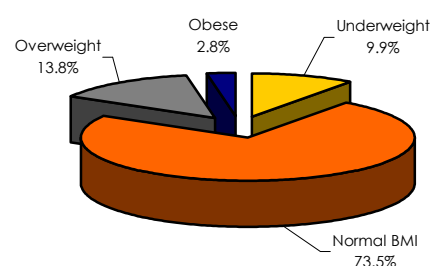
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In comparison with the results of the 2009 Health Survey, a small decrease is recorded as regards the shares of people aged 15 years and over who are of normal weight (-1.9%) and obese (-1.7%). Also, is recorded a small increase (+1.8%) as regards the share of people aged 15 years and over who are overweight and increase 22.2% for underweight persons.

The following observations can be drawn on the basis of the age and gender of the population (**Tables 1 and 2**):

- The biggest share of overweight men and women is observed in the age group 75 and over (54.5% of men and 45.2% of women, respectively).
- The biggest share of population with normal weight is recorded among men and women aged 15-24 years, namely 61.0% and 78.2%, respectively.
- 3 out of 10 (35.0%) men and 1 out of 10 (9.3%) women aged 15-24 years are overweight or obese.

Percentage distribution of persons aged 15 - 18 years by BMI, 2014



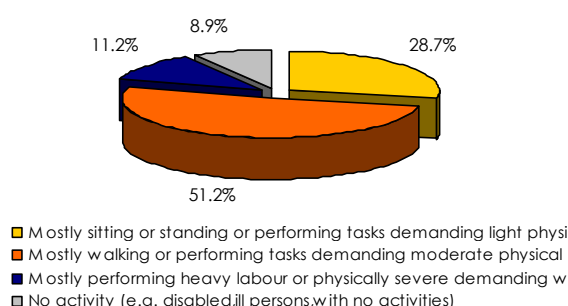
Specifically, as regards population aged 15-18 years old, more than 7 out of 10 (73.5%) persons have normal weight, as it is depicted in the graph on the left.

PHYSICAL ACTIVITY AND EXERCISE

The survey records information on physical activity and exercise. Physical activity means any kind of activities carried out by a person at home, at work, during free time or leisure, when doing sports or even when getting to and from places.

On the basis of the main work or the daily activity (for those who do not work), it is observed that:

Percentage distribution of population aged 15 years and over by type of physical activity, 2014



- 3 out of 10 (28.7%) persons aged 15 years and over are mostly sitting or standing and generally perform tasks demanding light physical activity. Examples of tasks where somebody is mostly sitting are: office work, reading, studying, working in a telephone center, sewing, drawing, using a personal computer, car driving, etc.

Examples of tasks where someone is mostly standing and demanding light physical activity are: teaching, selling products, monitoring traffic, working in hairdresser salons or barber shops, etc.

- 5 out of 10 (51.2%) persons mostly walk or perform tasks demanding moderate physical activity. Tasks/works where an individual mostly walks are: delivering letters or small packages, carrying light loads, watering the garden or grass, etc. Works/tasks demanding moderate physical activity are: mechanical, electrical and plumbing works, car repairing, painting the house, taking care of other persons, household chores such as sweeping, mopping, shopping, playing games with children, etc.
- 1 out of 10 (11.2%) persons perform mostly heavy labour or physically severe demanding works. Physically severe demanding works are the works demanding intense physical effort that would usually cause quick breathing and a significant increase in heart rate.

Examples of such physically severe demanding works are: construction works, carrying heavy loads, use of heavy electrical equipment, mine works, loading and unloading, digging or shoveling, weeding, planting, etc.

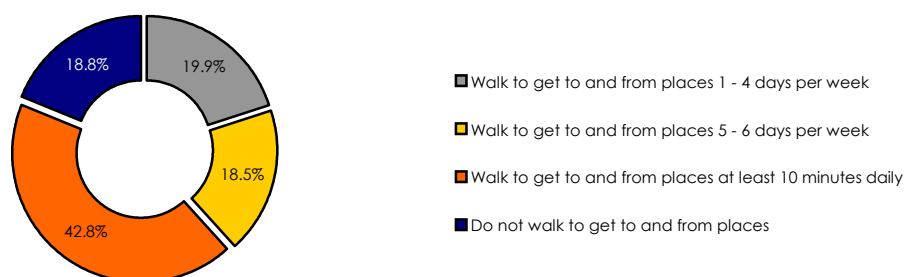
- Finally, approximately 1 out of 10 (8.9%) persons has no activities, either on account of old age or on account of health problems, invalidity, etc.

Walking is reported to have beneficial results for health and it is recommended for addressing many bad health conditions, such as diabetes, high blood pressure, heart diseases, stroke and obesity.

The survey collects information on the way the respondent gets to and from work, school, market/super market, etc on a daily basis, and more specifically on the number of days in a typical week (Monday to Sunday) during which the respondent walks for at least 10 minutes continuously, without stopping, **to get to and from places**. Walking during the main work/activity is not included, nor is walking for pleasure or leisure or upon the recommendation of a physician or any other health professional (it is an activity recorded separately).

- 2 out of 10 (18.8%) persons aged 15 years and over do not walk (for at least 10 continuous minutes) to get to and from places.
- More than 4 out of 10 (42.8%) persons walk on a daily basis for at least 10 continuous minutes to get to and from places. The relevant data are presented in the following graph and in **Table 4**.

Walking to get to and from places. Percentage distribution of population aged 15 years and over, 2014



When correlating the duration of walking for getting to and from places with the number of days during which someone walks in a typical week, for getting to and from places, the following observations can be made:

- 9 out of 10 (88.1%) persons who walk to get to and from places only one day per week walk for 10 to 29 minutes and 1 out of 10 (11.9%) walk for more than 30 minutes.
- 4 out of 10 (44.2%) persons who walk on a daily basis to get to and from places walk daily from 10 30 to 29 minutes, totally, 4 out of 10 (34.9%) walk for 30-59 minutes and 2 out of 10 (20.9%) for more than 1 hour.

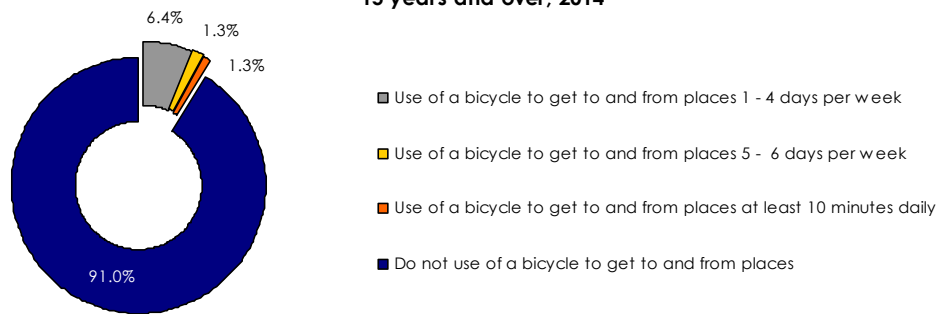
There are no big differences in the results when correlating the age of the population that walks to get to and from places with the number of days per week. For all age groups the majority of persons walk seven days per week. 5 out 10 (46.7%) persons aged 75 years and over walk seven days per week, and the corresponding ratio for young people aged 15-24 years is 6 out 10 (62.2%).

The results of this survey are not fully comparable with the results of the 2009 health survey because the 2009 survey collected data generally on walking and not only on walking to get to and from places. According to the 2009 survey results, the share of persons walking daily to get to and from places, for leisure, exercise, during work or at home amounted to 44.4% and the percentage of population that did not walk at all amounted to 20.2%.

Furthermore, the survey collects information on **getting to and from places by bicycle** and more specifically on the use of bicycle to get to and from places and not for leisure or exercise or upon the recommendation of a physician or other health professional

- 1 out of 10 (9.0 %) persons aged 15 years and over uses a bicycle to get to and from places, as it is depicted in the following graph and in **Table 4**.

Use of a bicycle to get to and from places. Percentage distribution of population aged 15 years and over, 2014



As regards the duration of bicycling to get to and from places in a typical day in relation with the number of days when someone uses a bicycle during a typical week, the following are observed:

- 6 out of 10 (62.3%) persons who use a bicycle only one day per week use the bicycle for 10 to 29 minutes, 3 out of 10 (28.5%) for 30 to 59 minutes and 1 out of 10 (9.2%) for more than one hour.
- 3 out of 10 (31.4%) persons who use a bicycle on a daily basis use the bicycle for 10 to 29 minutes, 5 out of 10 (48.5%) for 30 to 59 minutes and 2 out of 10 (20.1%) for more than one hour.

In addition, the survey collected data on the population **carrying out sports, fitness or recreational physical activities** for at least 10 minutes continuously, causing at least a small increase in breathing or heart rate.

Sports, fitness or recreational physical activities mean the activities/exercises carried out during the free time with the aim of revitalization and which cause at least a small increase in breathing or heart rate, such as brisk walking, jogging, dancing, bicycling, swimming, etc.

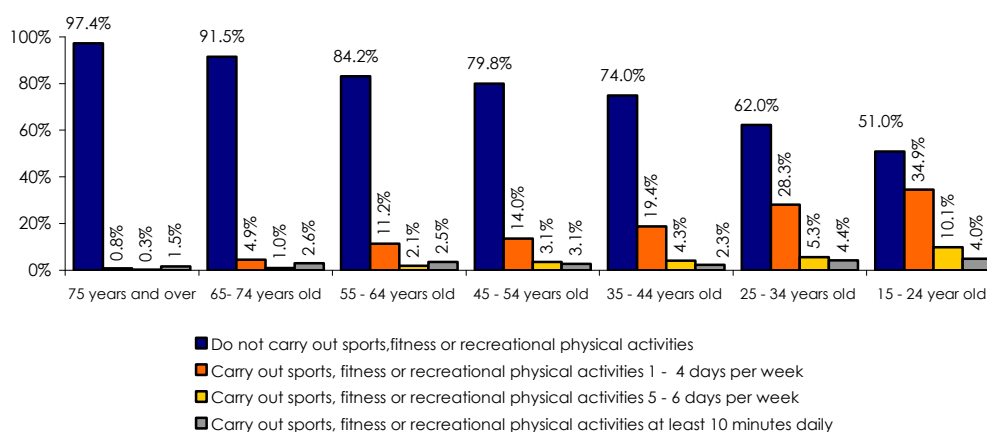
- More than 2 out of 10 (22.8%) persons aged 15 years and over carry out sports, fitness or recreational physical activities for 1 to 7 days per week, as depicted in the following graph.

Percentage distribution of population aged 15 years and over carrying out sports, fitness or recreational physical activities, 2014



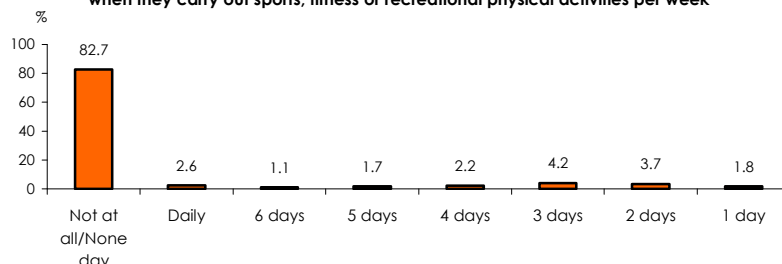
The following graph presents the percentage distribution of population carrying out of sports, fitness or recreational physical activities for all age groups.

Percentage distribution of population aged 15 years and over carrying out sports, fitness or recreational physical activities, by age group, 2014



The following graph depicts data on the correlation of the Body Mass Index (BMI) and more specifically of the overweight and obese population (BMI>24.9) with the carrying out of sports, fitness or recreational physical activities.

Overweight and obese persons aged 15 years and over and number of days when they carry out sports, fitness or recreational physical activities per week



- More than 8 out of 10 (82.7%) overweight and obese persons do not carry out any sports, fitness or recreational physical activities.

HEALTHY DIET CONSUMPTION OF FRUIT VEGETABLES AND RED MEAT

The survey collects information on the consumption of fruits, vegetables, salads and red meat. A healthy diet is one of the basic factors for preventing several chronic diseases. A specific case of a healthy diet and a factor for preventing diseases is breastfeeding; the survey collects data on breastfeeding, as well.

As regards the consumption of fruit or natural fruit juices, it should be noted that the survey collected information on the frequency of consumption of fruit (fresh, canned, dried or frozen) or fresh fruit juices during a typical week anywhere (home, restaurant, cafeteria, etc). Fruit may be cut into small pieces (e.g. canned fruit) or smashed, while juices include only freshly squeezed fruit juices and not juices prepared from concentrated or processed fruits or juices artificially sweetened.

- 55.0% of persons aged 15 years and over consume daily fruit or fresh fruit juices, while the share of persons not consuming any fruit or fresh fruit juices amounts to 1.2%

In comparison with the results of the 2009 health survey, a 53.8% reduction is recorded in the share of persons that never consume fruit or fresh fruit juices (2014: 1.2%, 2009: 2.6%) and a 9.4% reduction in the share of persons aged 15 years and over that consume fruit or fresh fruit juices on a daily basis (2014: 55.0%, 2009: 60.7%).

The corresponding figures for the daily consumption of fruit or fresh fruit juices, as compared with the results of the 2009 survey indicate a 14.1% reduction for men and a 5.3% reduction for women.

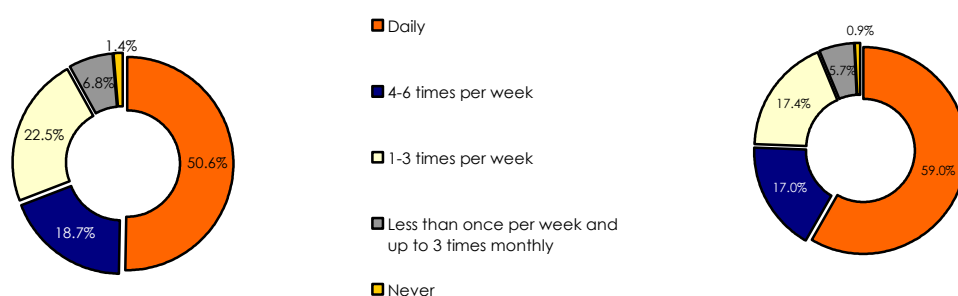
There are not significant differences as regards consumption of fruit between men and women:

- 6 out of 10 (59.0%) women aged 15 years and over and
- 5 out of 10 (50.6%) men aged 15 years and over

consume fruit or fresh fruit juices on a daily basis.

The corresponding data are depicted in the following graphs and in **Table 5**.

Frequency of fruit consumption. Percentage distribution of men and women aged 15 years and over, 2014



As regards the portions of fruit or fresh fruit juices consumed on a daily basis:

- More than 4 out of 10 (44.0%) persons aged 15 years and over consume one portion daily
- 4 out of 10 (37.0%) persons consume two portions daily

One portion of fruit is approximately the amount that can be fitted in the palm of one hand (one apple, one banana, one orange, three apricots, seven strawberries, one slice of melon, one not very big slice of water-melon), or a glass of freshly squeezed fruit juice not artificially sweetened.

As regards the consumption of vegetables, salads and juices of fresh vegetables, it should be noted that the survey records the frequency of consumption of fresh, frozen, dried or canned vegetables, pulses or legumes. Vegetable soups are included, while potatoes, providing mostly carbohydrates and therefore classified under the category of bread and cereals, are not included.

- 62.2% of the population aged 15 years and over consume daily vegetables, legumes or juices of fresh vegetables, while the share of persons not consuming any vegetables, legume or juices of fresh vegetables amounts to 0.7%.

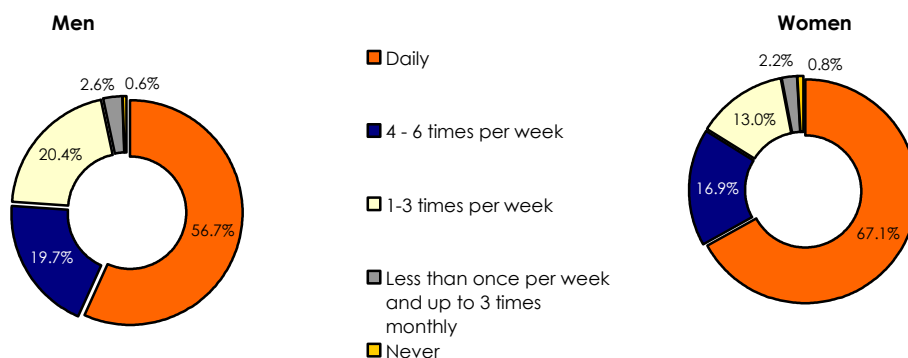
There are only slight differences as regards the consumption of vegetables between men and women

- 7 out 10 (67.1%) women aged 15 years and over and
- 6 out 10 (56.7%) men aged 15 years and over

consume vegetable or juices of fresh vegetable on a daily basis.

The data are depicted in the following graph.

Frequency of vegetable consumption. Percentage distribution of men and women aged 15 years and over, 2014



In comparison with the results of the 2009 (63.8%) health survey, a 2.5% reduction is observed in the daily consumption of vegetables or juices of fresh vegetables.

As regards the portions¹ of vegetables or juices of fresh vegetables consumed on a daily basis:

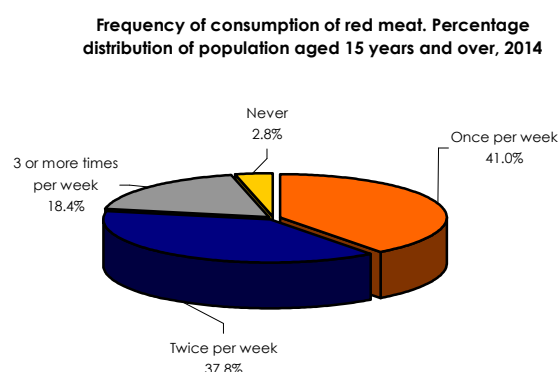
- More than 6 out of 10 (64.1%) persons aged 15 years and over consume one portion daily
- 3 out of 10 (30.6%) persons consume two portions daily.

As regards the daily consumption of vegetables by age groups the following are observed:

- 8 out of 10 persons aged 75 and over and
- 5 out of 10 young persons aged 15-24 years old

consume vegetables on a daily basis.

The survey collected for the first time information on the frequency of consumption of red meat. Red meat means pork, beef or veal, lamb and goat meat, while chicken, turkey and rabbit meat is considered as "white meat". The consumption of minced meat is also included (even if it derives from a combination of meat).

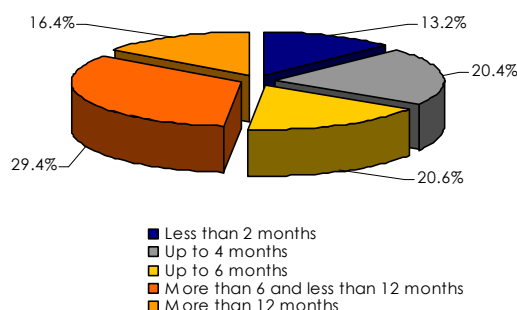


- 8 out of 10 (78.8%) persons aged 15 years and over consume red meat up to twice per week.

For the first time, the survey questionnaire included a question on breastfeeding. The question was answered by the surveyed mothers who had a child younger than 2 years of age on the day of the survey conduct.

- More than 8 out of 10 (84.1%) mothers with a child younger than 2 years old reported that they breastfed her child/children.
- 7 out of 10 (66.3%) mothers who have breastfed their child/children reported that they exclusively breastfed and 3 out of 10 (33.7%) breastfed with mixed way (breast milk and breast milk substitute).

Mothers with a child younger than 2 years on the day of the survey conduct who exclusively breastfed, 2014



The duration of breastfeeding for the mothers who exclusively breastfed their child/children is presented in the graph on the left.

- More than 3 out of 10 (29.4%) mothers breastfed more than 6 and less than 12 months.
- Approximately 2 out of 10 (16.4%) mothers breastfed more than 12 months.

¹ One portion of vegetables is, approximately, (a) as regards green vegetables: four full tablespoons of cooked cabbage, spinach, green peas, (b) as regards cooked vegetables: three full tablespoons of courgettes, carrots, (c) as regards vegetables and legumes for salads: one medium-sized tomato or a small cucumber, and (d) for pulses: three full tablespoons of chickpeas, beans, lentil, etc. A portion of vegetables is also considered a glass (150 ml) of fresh vegetable juice.

SMOKING

Smoking is an aggravating factor for health and it has been incriminated as a risk factor for several diseases. Therefore, many policies have been developed to reduce tobacco consumption and at the same time relevant regulations have been put into force to ban smoking in public spaces and workplaces in order to reduce passive smoking.

The survey collects data on smoking habits of population and its exposure to tobacco smoke at home, at work, as well as in public places. The survey records data on the systematic smokers and evaluate the implementation of the existing measures to ban smoking in public spaces and workplaces.

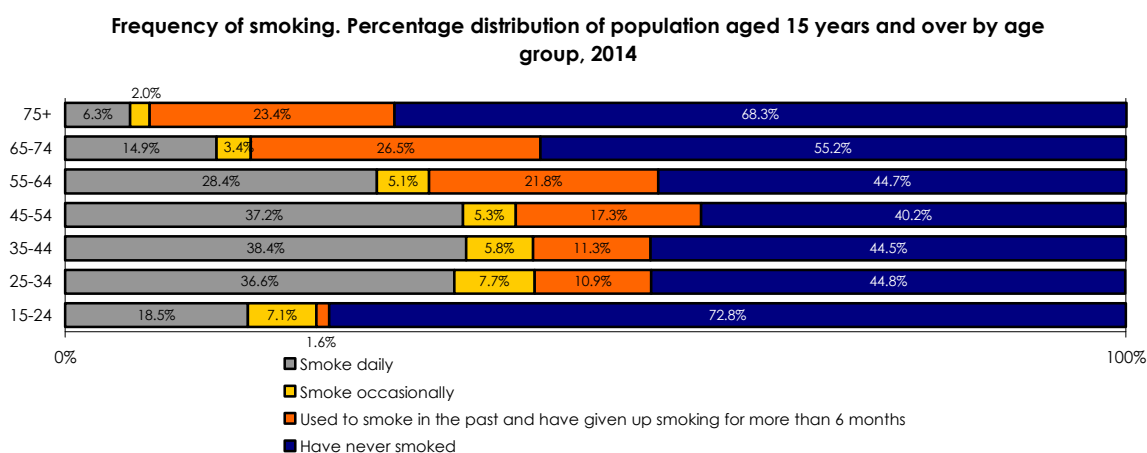
- 3 out of 10 (27.3%) persons aged 15 years and over smoke on a daily basis
- 1 out of 20 (5.3%) smokes occasionally
- 7 out of 10 (67.4%) do not smoke. 51.4% of them has never smoked, while 16.0% used to smoke in the past and has given up smoking for more than 6 months.

In comparison with the 2009 health survey a decrease of 14.4% is recorded in the share of daily smokers (2009: 31.9%, 2014: 27.3%) and increase (11.7%) in the share of those who smoke occasionally (2009: 6.0%, 2014: 5.3%) (**Table 6**).

Differences are observed between men and women aged 15 years and over as regards smoking. More specifically:

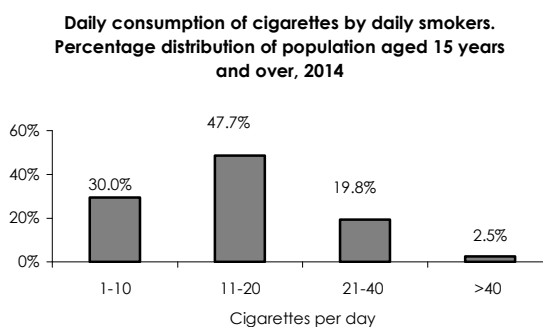
- 4 out of 10 (39.4%) men aged 15 years and over and
- Approximately 3 out of 10 (26.4%) women aged 15 years and over smoke occasionally or on a daily basis.

The differences observed for every age group are depicted in the following graph.



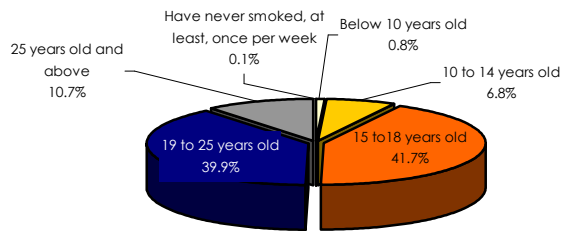
Cigarettes (manufactured or hand rolled) are the tobacco product that is mostly used by 98.3% of the population aged 15 years and over smoking on a daily basis or occasionally.

The daily consumption of cigarettes for daily smokers is depicted in the graph on the right.



The following graph presents data on the age at starting smoking for those who have ever smoked at least once per week.

Age at starting smoking at least once a week. Percentage distribution of population aged 15 years and over that have ever smoked, 2014

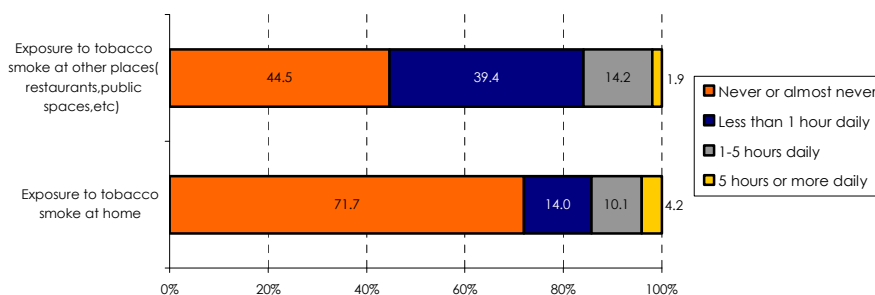


- 4 out of 10 (41.7%) persons started smoking at the age of 15-18 years
- 4 out of 10 (39.9%) persons started smoking at the age of 19-25 years.

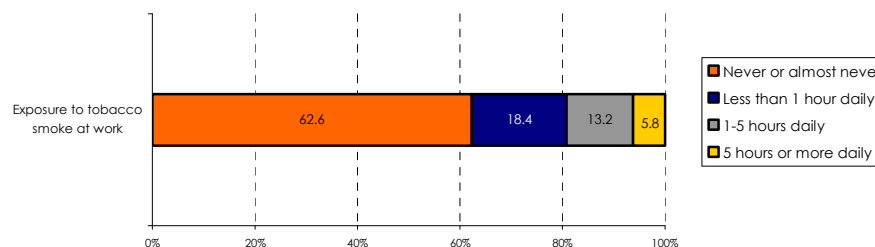
The survey collects data on the exposure to tobacco smoke indoors and particularly at home, public spaces, restaurants, etc., at work.

The exposure to tobacco smoke in each place and the duration of exposure are depicted in the following graphs.

Exposure to tobacco smoke indoors. Percentage distribution of population aged 15 years and over, 2014



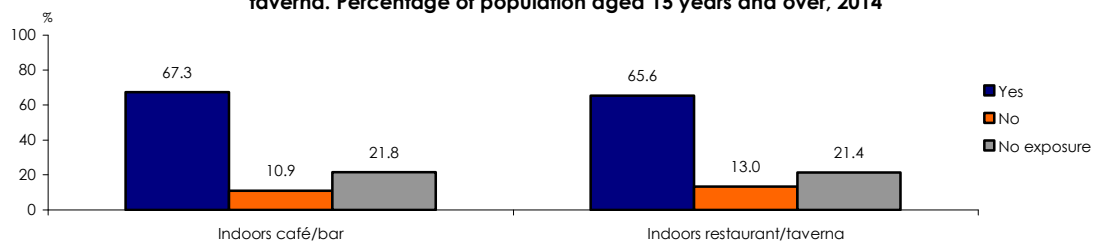
Exposure to tobacco smoke at work. Percentage distribution of working people aged 15 years and over, 2014



Furthermore, the survey collects data for assessing the implementation of existing measures for banning smoking at indoor public places.

- 7 out of 10 persons aged 15 years and over, when they visited a café/bar or restaurant/tavern (indoors), saw people around them to smoke.

Exposure to tobacco smoke indoors during the past 6 months to café/bar & restaurant/taverna. Percentage of population aged 15 years and over, 2014



If those who did not visit such places during the last semester are not taken into account, the aforementioned ratio becomes almost 9 out of 10 (86.1%) for cafés /bars and more than 8 out of 10 (83.4%) for restaurants/taverns.

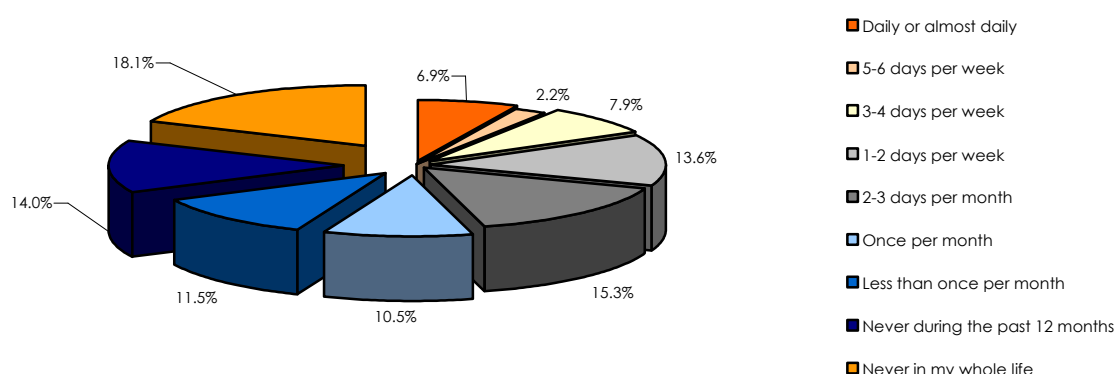
CONSUMPTION OF ALCOHOL

The survey records data on the consumption of alcoholic drinks of any kind (beer, wine, spirits, whisky, liqueur, ouzo, tsipouro, raki, etc.)

- 6.9% of the population aged 15 years and over consume daily or almost daily alcoholic beverages. In comparison with the 2009 survey (9.7%), a decrease of 28.9% is recorded (Table 7)
- 3 out of 10 (32.1%) of persons aged 15 years and over do not consume any alcohol, meaning either they have never consumed alcohol in their life or they do not consume alcohol any more. The corresponding share in 2009 was 32.0%.

More detailed data on the consumption of alcoholic drinks are presented in the following graph.

Consumption of alcoholic drinks. Percentage distribution of people aged 15 years and over, 2014



Differences are observed between men and women as regards the consumption of alcoholic beverages. More specifically, 11.7% of men aged 15 years and over consume alcohol on a daily basis while the corresponding share of women is only 2.5%.

As regards the population aged 15 years and over that during the last 12 months consumed alcoholic beverages once or twice a week the following are observed:

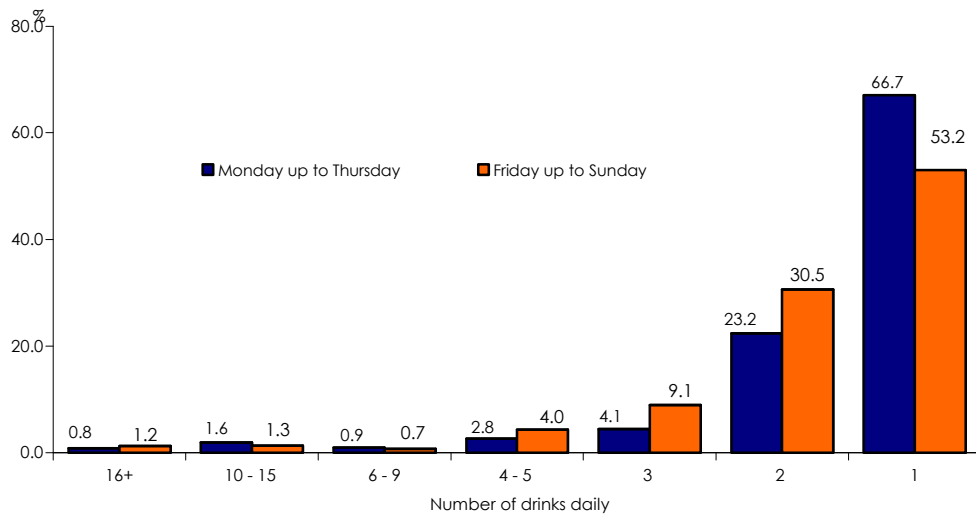
- 59.0% do not consume any alcohol from Monday to Thursday and consume on one to two days from Friday to Sunday.
- 36.9% consume alcohol only one day from Monday to Thursday and on one day from Friday to Sunday.

As regards the number of drinks consumed on a daily basis, the following are observed:

- 7 out of 10 (66.7%) persons consuming alcohol from Monday to Thursday (on one to four days) and reporting clearly the number of drinks per day, consume one drink per day.
- 5 out of 10 (53.2%) persons consuming alcohol from Friday to Sunday (on one to three days) and reporting clearly the number of drinks per day, consume one drink per day.

The following graph presents the average number of alcoholic drinks consumed per day from Monday to Thursday and from Friday to Sunday.

Average number of alcoholic drinks consumed every week



There are differences between the number of alcoholic drinks consumed per day when consumed during Monday to Thursday and the number of alcoholic drinks consumed per day when consumed from Friday to Sunday. 2 to 3 drinks are consumed by: 27.3% of the population aged 15 years and over during Monday to Thursday and by 39.6% during Friday to Sunday.

As regards the consumption of 6 or more alcoholic drinks on one occasion (for example during a party, a meal, an evening out with friends, alone at home):

- 3 of 10 (33.0%) persons aged 15 years and over having consumed alcohol during the last 12 months before the survey conduct, consumed 6 or more alcoholic drinks on one occasion
- 4 out of 10 (37.7%) persons aged 15 years and over having consumed alcohol during the last 12 months before the survey conduct, have never consumed 6 or more alcoholic drinks on one occasion.
- 3 out of 10 (29.3%) persons aged 15 years and over having consumed alcohol during the last 12 months before the survey conduct, reported that they have never in their life (and not only during the last 12 months) consumed 6 or more alcoholic drinks on one occasion.

SOCIAL SUPPORT AND HELP

The survey includes questions on the sensitive issue of social relationships and social support and solidarity. More specifically, the survey collects data on the receipt of support and help from other persons and on the provision of support and care to other persons with health problems.

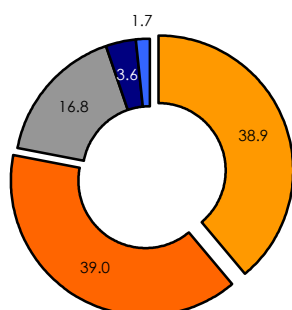
- 1 out of 20 (4.7%) persons aged 15 and over report that has no one to count on in case he faces serious personal problems and to ask for financial or other kind of help or just a piece of advice.
- More than 5 out of 10 (55.1%) persons have 1 or 2 persons to count on
- More than 3 out of 10 (34.3%) persons have 3 or 5 persons to count on.

In comparison with 2009, a 17.5% increase (2009: 4.0%, 2014: 4.7%) is recorded in the share of people aged 15 years and over that have no one to count on and at the same time a 16.5% increase (2009: 47.3%, 2014: 55.1%) for those who have 1 or 2 persons to count on.

- 8 out 10 (77.9%) persons aged 15 years and over think that the persons close to them show much or enough interest/concern on what they are doing daily.
- 3 out of 10 (29.6%) persons aged 15 years and over think that it is difficult or very difficult to get help (piece of advice, care, provision in kind, financial support, etc) at personal level from neighbours, if needed.

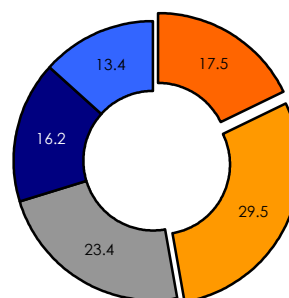
The data are depicted in the following graph.

Interest/concern from other persons. Percentage distribution of population aged 15 years and over, 2014



■ A lot of concern/interest
 ■ Some of concern/interest
 ■ Neither little nor much concern/interest. Depends on the case
 ■ Little concern/interest
 ■ No concern/interest

Difficulty level to get help. Percentage distribution of population aged 15 years and over, 2014



■ Very easy ■ Easy ■ Possible ■ Difficult ■ Very difficult

As regards the provision of support and care to other persons who have health problems the following observations are made:

- 2 out of 10 (21.0%) persons aged 15 years and over provide support or care, at least once a week to one or more persons having problems on account of old age, chronic disease or invalidity.
- 8 out of 10 (75.9%) persons providing support or care, provide this support to a member/members of their family living in the same household or in another household.
- More than 2 out of 10 (24.1%) persons providing support or care, provide this support to people who are not family members /relatives.

ANNEX - TABLES

Table 1. Percentage distribution of men of every age group by BMI category, 2014

%

BMI	AGE GROUPS							
	15-24	25-34	35-44	45-54	55-64	65-74	75+	TOTAL
Underweight	4.0	0.1	0.3	0.3	1.0	0.9	0.4	0.9
Normal weight	61.0	44.6	30.9	24.8	24.1	24.5	28.9	33.4
Overweight	29.4	45.4	48.4	51.2	50.3	51.9	54.6	47.6
Obese	5.6	9.9	20.4	23.7	24.6	22.7	16.1	18.1

Table 2. Percentage distribution of women of every age group by BMI category, 2014

%

BMI	AGE GROUPS							
	15-24	25-34	35-44	45-54	55-64	65-74	75+	TOTAL
Underweight	12.4	3.4	4.4	2.0	0.7	0.6	2.0	3.4
Normal weight	78.2	67.6	56.5	44.0	35.8	29.8	33.2	48.8
Overweight	6.7	20.9	27.9	35.4	40.0	41.8	45.2	31.7
Obese	2.7	8.1	11.2	18.6	23.5	27.8	19.6	16.1

Table 3. Percentage distribution of population aged 15 years and over by BMI category and employment status, 2014

%

BMI	EMPLOYMENT STATUS								
	Working for pay or profit	Unemployed	Pupil / student	In retirement or early retirement	Permanently disabled	Soldier	Domestic tasks	Other	TOTAL
Underweight	1.5	3.7	7.9	1.1	2.4	0	1.3	0	2.2
Normal weight	40.5	48.2	72.0	30.1	28.9	56.9	41.6	40.2	41.6
Overweight	41.4	33.6	17.4	46.5	45.1	43.1	38.2	55.0	39.2
Obese	16.6	14.5	2.7	22.3	23.6	0	18.9	4.8	17.0

Table 4. Walking and bicycling to get to and from places. Percentage distribution of population aged 15 years and over by gender, 2014

%

	Men	Women	TOTAL
Do not walk to get to and from places	16.8	20.7	18.8
Walk to get to and from places at least 10 minutes daily	45.6	40.2	42.8
Do not use a bicycle to get to and from places	88.9	92.9	91.0
Use of a bicycle to get to and from places at least 10 minutes daily	1.8	1.0	1.3

Table 5. Percentage distribution of population aged 15 years and over by frequency of consumption of fruits or fresh fruit juices, 2014

%

	Men	Women	TOTAL
Daily	50.6	59.0	55.0
4 - 6 times per week	18.7	17.0	17.8
1 - 3 times per week	22.5	17.4	19.8
Less than once per week and up to three times monthly	6.8	5.7	6.2
Never	1.4	0.9	1.2

Table 6. Frequency of smoking. Percentage distribution of population aged 15 years and over, 2014

%

	Men	Women	TOTAL
Smoke daily	33.8	21.4	27.3
Smoke occasionally	5.6	5.0	5.3
Used to smoke in the past and I have given up smoking for more than 6 months	22.9	9.7	16.0
Not at all	37.7	63.9	51.4

Table 7. Frequency of alcohol consumption. Percentage distribution of population by age group, 2014

%

	AGE GROUPS							TOTAL
	15-24	25-34	35-44	45-54	55-64	65-74	75+	
Daily or almost daily consumption of alcoholic drinks	0.5	1.6	6.9	6.2	10.7	11.4	10.6	6.9
From Friday to Sunday they consume alcoholic drinks the 2 of the 3 days	52.2	46.8	37.3	30.6	31.7	28.0	19.6	35.7

Table 8: Social support and help. Percentage distribution of population by age group, 2014

%

	AGE GROUPS							TOTAL
	15-24	25-34	35-44	45-54	55-64	65-74	75+	
In case you face serious personal problems no one to count on.	2.9	3.9	5.7	4.2	4.8	5.8	5.6	4.7
In case you face serious personal problems you have 1 or 2 persons to count on.	44.2	52.2	54.7	54.7	56.5	59.2	64.1	55.1

EXPLANATORY NOTES

Health Survey	The Health Survey is part of the "European Health Interview Survey", to which all EU Member States participate. The survey is conducted every five years and it was conducted for the first time in 2009. The main purpose of the survey is to provide and study, at European and national level, analytical data on population health status, on health determinants and on the use of health services.
Legal Basis	The survey is conducted pursuant to Regulation (EC) No 1338/2008 of the European Parliament and of the Council, laying down issues concerning community statistics on public health and occupational health and safety, and pursuant to Implementing Regulation (EC) No 141/2013 laying down the basic concepts and the variables included in the survey questionnaire.
Reference Periods	<p>The survey was conducted in the last quarter of 2014. Reference periods vary among the questions. More specifically, they are:</p> <ul style="list-style-type: none"> • the day of the survey conduct, for questions concerning employment status, health status, physical and sensory functional limitations, height/weight, etc. • last 12 months before the day of the survey conduct, for chronic diseases/conditions, accidents and injuries, hospital health care, unmet needs for health care, etc. • last 4 weeks before the day of the survey conduct, for pain, number of visits/consultations to doctors. • last 2 weeks before the day of the survey conduct for medicines use, mental health.
Coverage	The survey covers all the private households throughout the country, irrespective of their size or socio-economic characteristics.
Methodology-Weighting	<p>The survey is a sample survey conducted on an initial sample of 9,936 households. The multi-stage stratified sampling method was applied for the survey, with primary sampling unit the surface area (one or more city blocks or a small settlement), secondary unit the household and final unit the person aged 15 years and over (target-population). In each Region (NUTS 2) the primary units were stratified into 8 strata on the basis of the degree of urbanization of the Municipal/Local Communes where they belong. The former Greater Athens Area and the former Greater Thessaloniki Area were divided into 47 and 11, respectively, strata of about equal size (equal number of households) on the basis of the lists of city blocks of the Municipalities that constitute them and taking into consideration socio-economic criteria. The number of strata, deriving from the application of the stratification criteria amount to 151, which are homogenous strata, in terms of the survey characteristics.</p> <p>In each homogenous stratum (final stratum), a sample of surface area units is selected with a probability which is proportionate to their size (number of households on the basis of the 2011 Population Census) from a sampling frame compiled on the data of the 2011 Population Census. The total number of the surface area units of the sample amounts to 1,265.</p> <p>Within the surface area units of the sample a sample of households is selected with equal probabilities of selection from an updated frame-list by applying the systematic sampling. Finally, within each household of the sample a person aged 15 and over is selected with equal probabilities of selection.</p> <p>The weighting coefficients were calculated taking into consideration:</p> <ul style="list-style-type: none"> a) the probability of selection of households and persons of the sample in each stratum, which is based on the Region and the urbanization degree of the Local Departments (151 strata) b) the size of the household (1,2,3,4+ members) by Great Geographic Area c) the gender and the age group of respondents (2 genders, 8 age groups) by Great Geographic Area. <p>In case the person selected to be surveyed was not able to provide information on account of health reasons, mental retarders, etc. or because he/she was temporarily absent from the house due to educational or work-related reasons, a proxy answer was accepted (someone else responded to the questionnaire). The total share of proxy answers amounts to 3.4%. Given the fact that the questionnaire included answers for which proxy answers could not be accepted on account of the nature of the questions,</p>
Proxy answers	

such proxy answers were considered as "missing" and therefore they were not taken into account in the calculation of the data of the survey presented in this Press Release. In addition, the answers "I do not know", "I am not sure", "I do not answer", were not taken into account as well.

Great geographical areas (NUTS 1) **Voreia Ellas (Northern Greece):** Anatoliki Makedonia, Thraki (East Macedonia and Thrace), Kentriki Makedonia (Central Macedonia), Dytiki Makedonia (West Macedonia), Thessalia (Thessaly).
Kentriki Ellas (Central Greece): Ipeiros (Epirus), Ionioi Nisoi (Ionian Islands), Dytiki Ellas (Western Greece), Sterea Ellas (Central Greece), Peloponnisos (Peloponnese).
Attiki (Attica): Attiki (Attica).
Nisoi Aigaiou, Kriti (Aegean Islands and Crete): Voreio Aigaio (Northern Aegean), Notio Aigaio (Southern Aegean), Kriti (Crete).

References More information on the Health Survey (tables, graphs, methodology) are available on the webpage of the Hellenic Statistical Authority www.statistics.gr "Statistics / Population and Social conditions / Health / Health Survey".