



HELLENIC REPUBLIC



HELLENIC STATISTICAL AUTHORITY

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## FOOD SECURITY

### 2023 Survey on Income and Living Conditions (Income reference period: 2022)

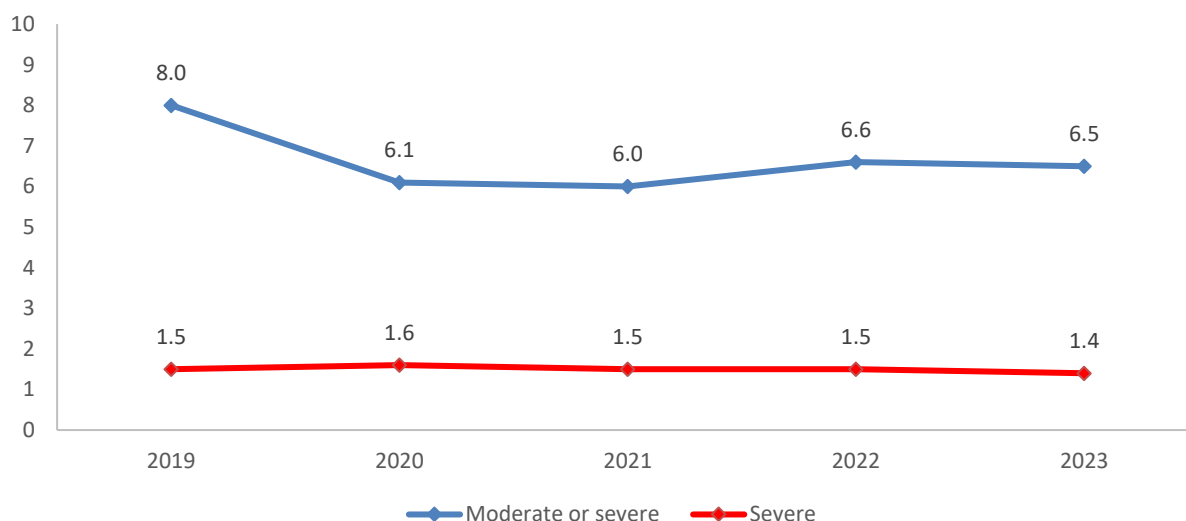
The Hellenic Statistical Authority (ELSTAT) announces data on food security, based on the 2023 Survey on Income and Living Conditions of Households (EU-SILC), **with income reference period the year 2022**. This survey is the main source for comparable statistics on income distribution and social exclusion at European level.

ELSTAT included eight questions in the Income and Living Conditions Survey, since 2019, proposed by Food and Agriculture Organization (FAO) for the calculation of indicator 2.1.2 of the objective 2 of Sustainable Development (elimination of hunger by 2030), concerning the prevalence of moderate or severe food insecurity.

The questions in this section refer to the period of the 12 months, prior to the survey conduct, and are intended to capture the possibility or not of providing all household members with adequate and suitable amount of food, to ensure each member's nutritional conditions necessary for a healthy living.

#### Graph 1. Prevalence of food insecurity in the population, based on the Food Insecurity Experience Scale (FIES): SILC 2019 - 2023

%



*Information on methodological issues:*  
Population, Employment and Cost of Living Statistics  
Division  
Households' Statistics Section  
Head of Section: G. Ntouros  
Tel.: 213 135 2174  
e-mail: [g.ntouros@statistics.gr](mailto:g.ntouros@statistics.gr)

*Information for data provision:*  
Tel. 213 135 2022  
e-mail: [data.dissem@statistics.gr](mailto:data.dissem@statistics.gr)

According to the 2023 survey results, 6.5% of the total population experienced moderate or severe levels of food insecurity, whereas 1.4% of the total population experienced only severe levels of food insecurity (according to Food Insecurity Experience Scale - FIES). The corresponding rates for moderate or severe food insecurity in the previous years were 6.6% in 2022, 6.0% in 2021, 6.1% in 2020 and 8.0% in 2019, whereas for severe food insecurity in the period 2019-2022 the rate was 1.5%, except for the year 2020 when the corresponding rate was 1.6% (Graph 1).

- A household is experiencing moderate or severe levels of food insecurity, when at least one household member reports having to skip a meal, eating less than needed, running out of food, being hungry but not eating, not eating for a whole day, due to lack of money or other resources to obtain food, during the 12 months prior to the survey conduct.
- A household is experiencing severe levels of food insecurity, when at least one household member reports not eating for a whole day due to lack of money or other resources to obtain food, during the 12 months prior to the survey conduct.

## EXPLANATORY NOTES

<b>FIES data</b>	The food security data are based on official national data collected in 2023, through the statistics on income and living conditions (SILC) survey.
<b>Legal basis</b>	The survey is in compliance with the Regulation (EU) 2019/1700 of the European Parliament and of the Council concerning Social Statistics and is being conducted upon decision of the President of ELSTAT.
<b>Income reference period of indicators</b>	Last twelve (12) months.
<b>Coverage</b>	<p>The survey covers all private households and their members, throughout the Country, irrespectively of their size or socio-economic characteristics. The following are excluded from the survey:</p> <ul style="list-style-type: none"><li>• Institutional households of all types (boarding houses, elderly homes, hospitals, prisons, rehabilitation centres, camps, etc.). Households with more than five lodgers are considered institutional households.</li><li>• Households with foreigners serving in diplomatic missions.</li></ul>
<b>Methodology</b>	The survey is conducted under a rotational (integrated) design. The final sampling unit is the household. Data analysis refers to all private households and individuals living in the private households.
<b>Sample size</b>	In 2023, the survey was conducted on a final sample of 10,717 households and on 22,936 members of those households – 20,177 of them aged 16 years and over. The average household size was calculated at 2.1 members per household.
<b>Analysis of SILC data using the FIES scale</b>	<p>The analysis of data includes the following steps:</p> <ul style="list-style-type: none"><li>• Parameter assessment: Calculation of the severity of food insecurity for each component and household.</li><li>• Statistical validation of data: Estimation of data quality, if reliable for research purposes according to the Rasch model. The analysis includes (a) which data do not perform reliably in a given context, (b) cases with extremely erratic response patterns, (c) pairs of mismatched responses, and (d) the percentage of population variation.</li><li>• Calculation of food insecurity: Prevalence of moderate or severe food insecurity.</li></ul>
<b>Indicators</b>	<p><b>Prevalence of moderate or severe food insecurity</b></p> <p>A household is experiencing moderate or severe levels of food insecurity, when at least one household member reports having to skip a meal, eating less than needed, running out of food, being hungry but not eating, no eating for a whole day, due to lack of money or other resources to obtain food, during the 12 months prior to the survey conduct.</p> <p><b>Prevalence of severe food insecurity</b></p> <p>A household is experiencing severe levels of food insecurity when at least one household member reports not eating for a whole day due to lack of money or other resources to obtain food, during the 12 months prior to the survey conduct.</p>
<b>Components of Food Insecurity Experience Scale</b>	<p><b>1. Worried</b></p> <ul style="list-style-type: none"><li>• <i>Were you or another member of your household worried that you would not have enough food to eat?</i></li></ul> <p>The question refers to a situation in which there is sadness, anxiety, fear, worry that there will not be enough food, or the food will run out due to lack of money or other resources.</p> <p><b>2. Healthy and nutritious food</b></p> <ul style="list-style-type: none"><li>• <i>You or another member of your household did not have the opportunity to eat healthy and nutritious food?</i></li></ul> <p>The question records the cases in which the household was not able to provide even one member with food that it considers appropriate and nutritious, healthy, able to provide</p>

a useful and balanced diet. The answer depends on the subjective opinion of the household on what is considered nutritious and healthy food and refers to the quality of the food and not the quantity of food.

### **3. Few foods**

- *Did you or any other member of your household eat only certain foods?*

It is interesting to note the case in which even one member of the household was forced to consume a limited variety of foods, to consume the same food or just a limited number of foods daily. Alternative phrases to understand the question could be:

- Have you eaten meals of limited variety?
- Did you consume the same food or just a limited number of foods daily?
- Were you forced to consume a limited variety of foods?
- Were you forced to consume the same food every day?
- Did you have to eat only a few foods?

### **4. Skipped a meal**

- *Did you or another member of your household have to skip a meal?*

The question investigates the case where even one member of the household was forced to skip a basic meal e.g., breakfast, lunch, dinner, which he/she would normally have consumed. This question refers to the possible insufficient amount of food.

### **5. Ate less than thought needed**

- *Did you or any other member of your household eat less than you thought needed?*

The question investigates the case where even one member of the household ate less than he considered necessary, even if he did not miss a meal. The answer depends on the subjective opinion of the household on the amount of food needed. It refers to the amount of food consumed and not to the quality of the diet, while at the same time it does not refer to a specific diet aimed at weight loss or for religious or health reasons.

### **6. Ran out of food**

- *Was your household run out of food?*

The question records any experiences of malnutrition for all members of the household due to lack of money, other resources, or any other way of finding food.

### **7. Hungry**

- *Were you or another member of your household hungry but did not eat?*

The question records the case where even one member of the household experienced a state of hunger. It does not refer to special diet cases for weight loss or for religious or health reasons.

### **8. Whole day without food**

- *Did you or any other member of your household went a whole day without food?*

This question records very specific cases and specifically the absence of food for the whole day (fasting). It does not refer to special diet cases for weight loss or for religious or health reasons.

**References** For further information on the survey please visit ELSTAT's webpage at [Statistics on Income and Living Conditions \(EU-SILC\)](#)