



PRESS RELEASE

NATIONAL HEALTH SURVEY: YEAR 2009

The Hellenic Statistical Authority (EL.STAT.) announces the results of the National Health Survey conducted during the last quarter of 2009 throughout the country, in the framework of the European Statistical Programme, to which all Member States participate. The main objective of the National Health Survey (NHS) is to record and monitor the health of the population on the basis of demographic characteristics (age and gender), educational level and labour status. More specifically, the survey covers issues on:

- Health status
- The use of health services
- Health determinants such as physical activity, nutrition, smoking, alcohol consumption, etc.

I. GENERAL HEALTH STATUS

1. HEALTH STATUS – LONGSTANDING HEALTH PROBLEMS/ILLNESSES – LONGSTANDING LIMITATIONS

- 75,33% of the population aged 15 + reported having very good or good health, 16,54% fair good and 8,13% bad or very bad health.
- Eight out of ten men (81,03%) and seven out of ten women (69,89%) reported having very good or good health.
- Four out of ten persons aged 15+ (39,75%) reported having a longstanding health problem or illness, while the relative ratio for the population aged 65+ is eight out of ten (77,89%).
- Two out of ten persons aged 15+ (22,76%) reported having –due to some health problem– limited the activities people usually do. The ratio for persons aged 65+ is six out of ten (56,02%).

2. PREVALENCE OF DISEASES / HEALTH CONDITIONS

- 3,46% of the population reported suffering from chronic bronchitis, chronic obstructive pulmonary disease, emphysema, 1,45% of the population from myocardial infarction, 2,17% from coronary heart disease or from angina pectoris, 2,09% from heart failure and 5,68% from arrhythmia (rapid heart beat, atrial fibrillation, ventricular arrhythmias, bradycardia)
- 4,33% of the population reported suffering from asthma (including allergic asthma). Among those who suffer from asthma, the ages 65 + and the age group 15-34 years old account for the higher percentages, namely 35,2% and 29,2% respectively.
- One out of five persons reported suffering from high blood pressure (hypertension). The corresponding percentage for men and women is 17,71% and 22,49%, respectively.
- 5,04% of the population reported suffering from Rheumatoid arthritis (inflammation of the joints). Eight out of the ten persons suffering are women and only two of them are men. The corresponding percentage for men and women is 2,46% and 7,50%, respectively.
- 7,92% of the population aged 15+ suffers from diabetes.
- 14,98% of the population aged 15+ reported facing disorders related to cholesterol, lipids and triglycerides .
- 1,72% of the population aged 15+ reported suffering from cancer and more specifically, 1,65% of men and 1,78% of women.
- 4,22% of the population aged 15+ reported suffering from chronic anxiety.

II. HEALTH CARE SERVICES

1. HEALTH CARE SERVICES

- Five out of ten women aged 15+ have had a mammography. The ratio is seven out of ten for the age group 35-54 years old (66.83%). (Relative graph 1)
- Prevention is the main reason for a woman to have a mammography. Six out of ten women (55.99%) report having had the mammography for prevention reasons, on their own initiative and three out of ten (28.33%) after a doctor's prescription, while one out of ten (2.29%) reports having participated in a screening programme. (Relative graph 2)
- Seven out of ten women aged 15+ have had a cervical smear test. The ration is nine out of ten (89.23%) for the age group 35-54 years old. (Relative graph 3)

2. USE OF MEDICINES

- One out of two persons reports having used, during the last two weeks preceding the survey, medicines (including dietary supplements such as herbal medicines or vitamins) that were prescribed or recommended by a doctor or dentist. (Relative table 1)
- One out of four persons reports having used, during the same time period, medicines not prescribed or recommended by a doctor or dentist. (Relative table 1)

3. PATIENTS' SATISFACTION

- Among the population having answered the question on patients' satisfaction from the health care services provided by the public hospitals and the afternoon outpatient clinics of the National Health System hospitals (NHS) (91.76% of total population aged 15+):
 - one out or two (53.87%) reports being satisfied (very or fairly) with the services provided in public hospitals and
 - one out of two (46.40%) reports being satisfied (very or fairly) with the services provided by doctors –of any specialization– in the afternoon outpatient clinics of NHS hospitals.

III. HEALTH DETERMINANTS

1. BODY MASS INDEX (BMI)

- Out of all the persons who provided information on their height and weight:
 - 1.8% are underweight (BDI<18.5)
 - 42.4% are of normal weight (BDI:18,5-24.9)
 - 38.5% are overweight (BDI:25-29.9)
 - 17.3% are obese (BDI>=30)(Relative graph 4)

2. NUTRITION – CONSUMPTION OF FRUITS AND VEGETABLES

- Six out of ten persons (60.68%) consume fruits at least once a day. (Relative table 2)
- Six out of ten persons (63.76%) consume vegetables or salads at least once a day. (Relative table 3)

3. PHYSICAL ACTIVITY

- Four out of ten (44.43%) persons having answered the question on physical activity, reported walking daily (7 days in the reference week) for at least 10 minutes per day, for recreation, sport, exercise, leisure or at home, etc.
- The ration is seven out of ten (70,80%)for those walking at least three times a week.

4. SMOKING

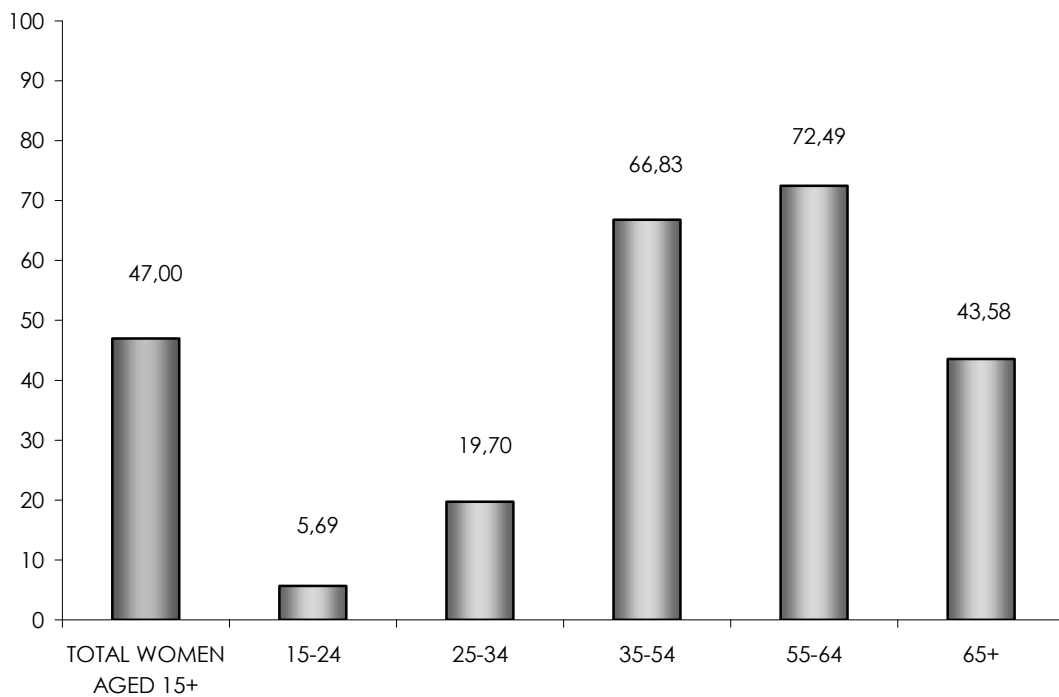
- Three out of ten persons smoke daily. Almost half (46.98%)of those who smoke daily belong to the age group 25-44 years old. (Relative table 4)
- One out of ten persons aged 15-24 years old smokes daily.

5. ALCOHOL CONSUMPTION

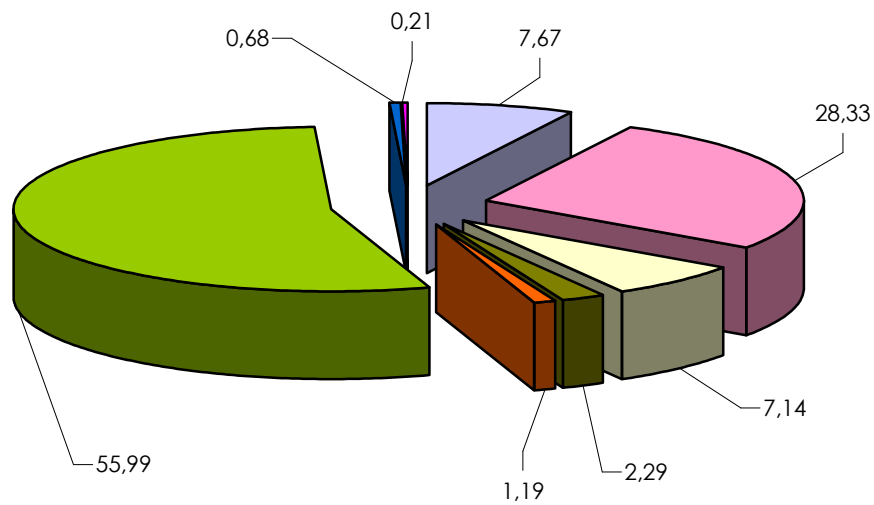
- One out of ten persons reported consuming alcoholic drinks daily. 54.2% of those, who consume alcoholic drinks daily, have low educational level (up to ISCED2), 25.2% have medium (ISCED 3 and ISCED 4) and 20.6% high educational level (ISCED 5 and ISCED 6).

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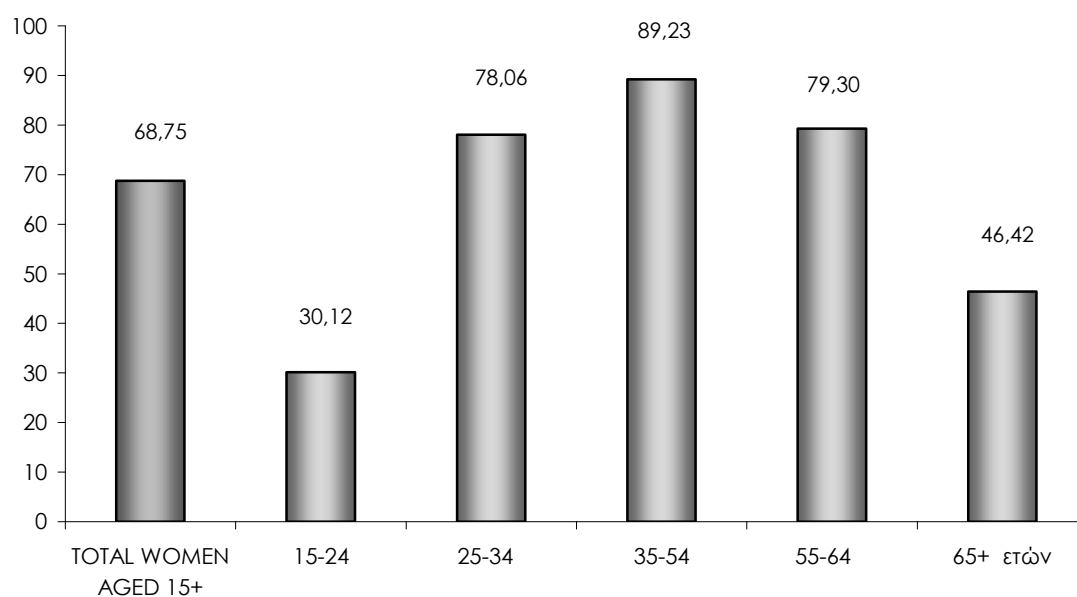
GRAPH 1. MAMMOGRAPHY BY AGE GROUP



GRAPH 2. REASONS FOR MAMMOGRAPHY



- Myself or my GP/family doctor or a specialist noticed something not quite right in my breast (e.g a lump)
- Because of breast cancer in my family
- Other reason
- Don't know/ not sure/ don't remember
- My GP/family doctor or a specialist advised me to have it without there being something wrong
- Invitation from a national or local screening programme
- Precautionary, on my own initiative
- Refusal

GRAPH 3. CERVICAL SMEAR TEST BY AGE GROUP**TABLE 1. USE OF MEDICINE (%)**

USE OF MEDICINE PRESCRIBED OR RECOMMENDED BY A DOCTOR OR DENTIST	TOTAL	MEN	WOMEN
Yes	48,8	41,6	55,7
No	51,1	58,4	44,2
Don't know, not sure / Don't answer	0,1	0	0,1
USE OF MEDICINE NOT PRESCRIBED OR RECOMMENDED BY A DOCTOR OR DENTIST			
Yes	24,6	21,7	27,4
No	75,3	78,2	72,5
Don't know, not sure / Don't answer	0,1	0,07	0,03

GRAPH 4. BODY MASS INDEX BY GENDER (%)

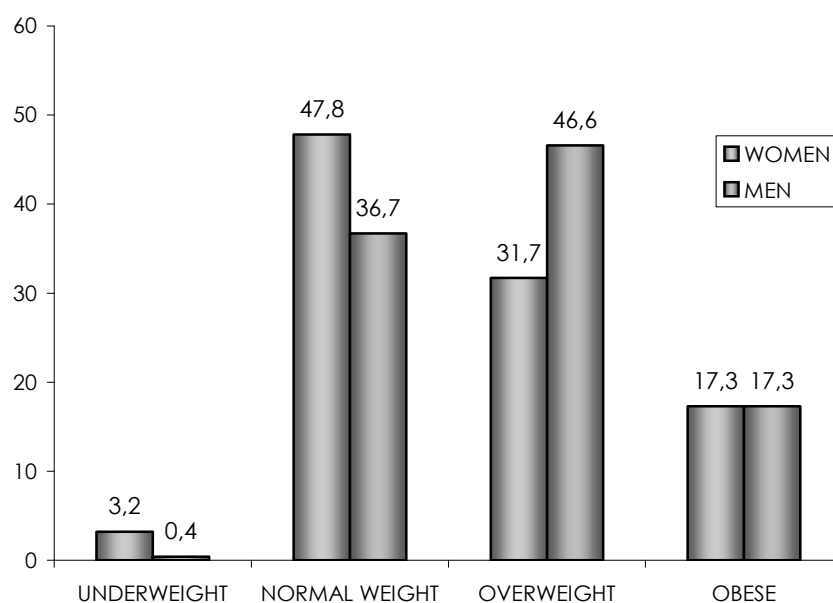


TABLE 2. FREQUENCY OF FRUIT CONSUMPTION

	%
Twice or more a day	20.9
Once a day	39.8
Less than once a day but at least 4 times a week	11.9
Less than 4 times a week, but at least once a week	17.4
Less than once a week	7.4
Never	2.6
Don't Know	0.0
Refusal	0.0

TABLE 3. FREQUENCY OF VEGETABLE OR SALAD CONSUMPTION

	%
Twice or more a day	16.8
Once a day	46.9
Less than once a day but at least 4 times a week	15.4
Less than 4 times a week, but at least once a week	15.6
Less than once a week	4.2
Never	1.1
Don't Know	0.0
Refusal	0.0

TABLE 4. SMOKING FREQUENCY BY AGE GROUP (%)

	TOTAL	12-15	16-24	25-34	35-44	45-54	55-64	65+
Daily	31,9	0	27,2	42,2	42,1	40,4	33	12,3
Occasionally	6	8	8,5	7,8	5,5	5,3	5,3	4,5
Never	62,1	92	64,3	50	52,4	54,3	61,7	83,2

EXPLANATORY NOTES

NATIONAL HEALTH SURVEY The National Health Survey is being conducted in the framework of the European Statistical Programme, to which all Member States participate. The purpose of the National Health Survey (NHS) is to provide analytical data on population health status, on health determinants and on the use of health services.

Legal Basis The survey has been conducted upon decision of the Ministry of Finance, and upon a contract signed both by Commission (Eurostat) and EL.STAT.

Reference Periods The survey was conducted in the last quarter of 2009. Reference periods vary among the questions. More specifically are:

- The day of the survey conduct, for questions concerning health status, health determinants (BMI, nutrition, smoking, alcohol consumption), satisfaction from health services
- Past 2 weeks (before the survey conduct) for medication
- Past 7 days (before the survey conduct) for physical activity.

Coverage The survey covered all the private households throughout the country, irrespective of their size or socio-economic characteristics.

Methodology The multi-stage area sampling was adopted for the survey, using the 2001 census sampling frame, totally covering the target population, so as to provide representative results.

The multi-stage stratified sampling method was applied with stratification variables the (a) Region (NUTS 2) and (b) the degree of urbanization. In each Region (NUTS 2), the stratification of primary units was conducted by allocating the Municipalities and Communes according to the degree of urbanization (urban, semi-urban, and rural regions). Except for the two former Major City Agglomerations (Athens and Thessaloniki), the created strata according to the degree of urbanization are:

Urban	Agglomerations and Municipalities with 10.000 inhabitants or more
Semi-urban	Municipalities and Communes with 2.000 to 9.999 inhabitants
Rural	Communes up to 1.999 inhabitants

The former Greater Athens Area was divided into 31 strata of about equal size (equal number of households) on the basis of the lists of city blocks of the Municipalities that constitute it and taking into consideration socio-economic criteria. Similarly, the former Greater Thessaloniki Area was divided into 9 equally sized strata. The two former Major City Agglomerations account for 40% of total population and for even larger percentages in certain socio-economic variables.

The number of strata, deduced from the application of the two stratification criteria of population, arises to 79.

The initial sample size is 6.325 households (sampling fraction 0,068%) and 6.325 individuals aged 15+ (sampling fraction 0,15%).

References More information on the National Health Survey (tables, graphs, methodology) are available on the webpage of the Hellenic Statistical Authority www.statistics.gr "Section: Statistical Themes > Health – Social Protection > Puplic Health > National Health Survey".