



PRESS RELEASE

HEALTH SURVEY: 2019

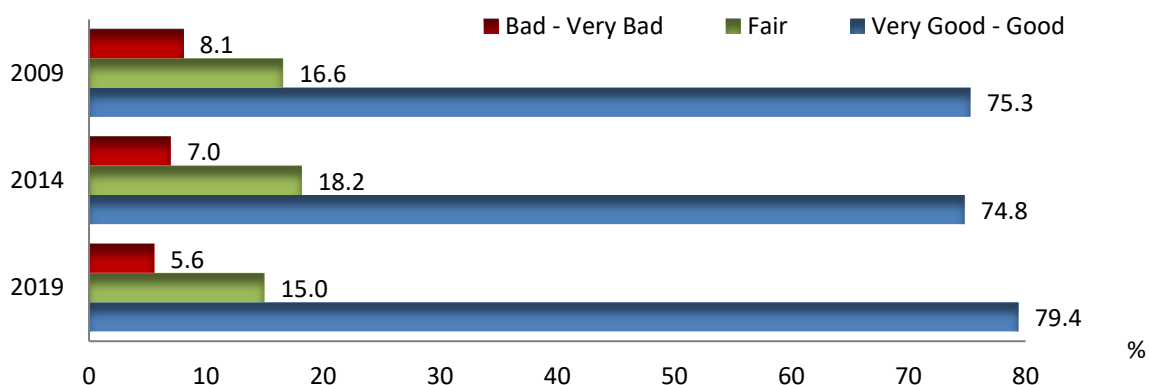
The Hellenic Statistical Authority (ELSTAT) announces data on the health status of the population aged 15 years and over. The data derive from the sample Health Interview Survey for the year 2019. The survey, conducted every five years, collects detailed information on issues related to health status, use of health services, factors that influence — positively or negatively — health status, such as physical exercise, fruit and vegetable consumption, smoking, alcohol consumption, as well as social support and assistance.

The survey was conducted for the first time in Greece in 2009 and it is fully in line with the relevant surveys conducted by the other EU Member States. In 2019, the survey was carried out on a final sample of 8,125 private households and an equal number of members, across Greece. In each sample household one randomly selected person aged 15 and over was surveyed. The next health interview survey will be conducted in 2025.

A. GENERAL HEALTH STATUS

- General health status refers to the self-perceived health status of the respondent. 79.4 % of the population aged 15 and over report very good or good health, 15.0 % fair health and 5.6 % bad or very bad health (Tables 1 and 2). The survey results for the years 2009, 2014 and 2019 for Greece total, as well as for the four great geographical areas of the country are presented in Graphs 1 and 2, respectively.

Graph 1. General health status. Percentage distribution of the population aged 15 and over : 2009 - 2014 - 2019



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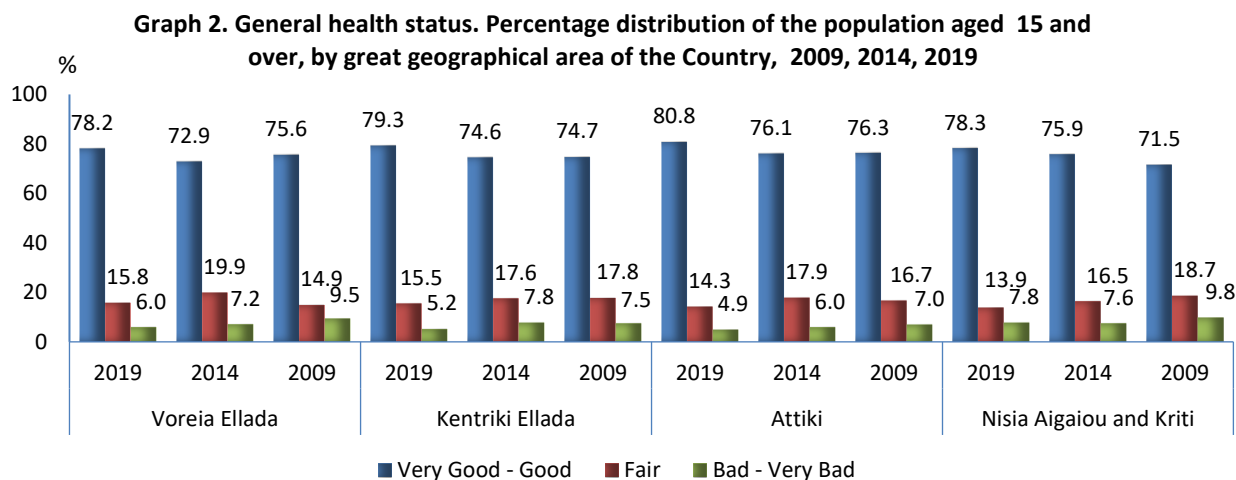
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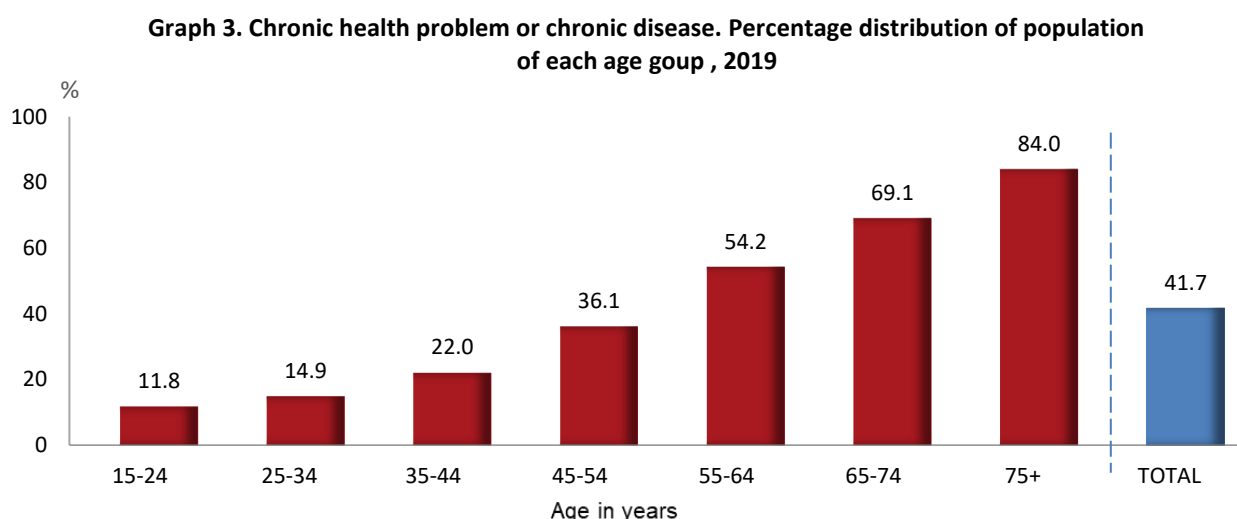
In 2019 compared to 2014, an increase of 6.1 % is observed in the share of the population reporting very good or good health and 17.6 % and 20.0 % decrease, respectively, in the share of the population reporting fair health and bad or very bad health.



Self-perceived chronic morbidity and limitation in activities of the population on account of health problems are two key health indicators.

- 4 out of 10 (41.7 %) persons of the population aged 15 and over report suffering from a chronic illness or health problem. Chronic illness or health problem mean illnesses or health problems which have lasted, or are expected to last, for 6 months or more, with or without medication. A chronic illness or health problem is reported by 5 out of 10 women (46.7 %) and 4 out of 10 men (36.3 %). In 2019 compared with 2004 (49.7 %), a 16.1 % decrease is recorded in the population who report having a chronic health problem or chronic condition.

Graph 3 below depicts the percentage distribution of the population that report suffering from a chronic health problem or chronic illness, broken down by age groups.



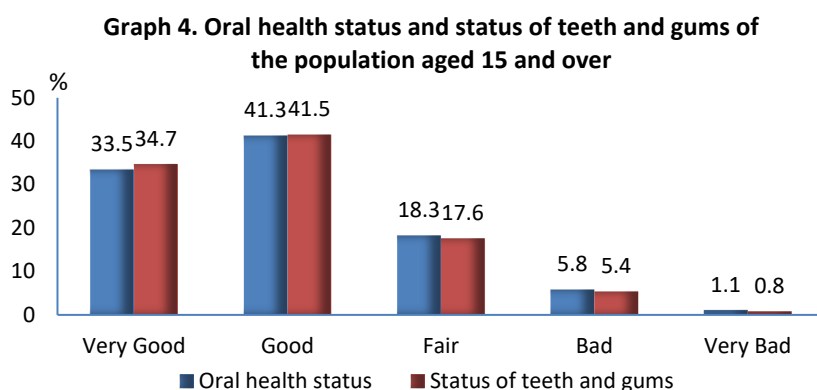
The Global Activity Limitation Indicator (GALI) assesses to what extent the respondent (self-perceived) has been limited on account of health problems (physical, mental, psychological), illness/invalidity or age in activities people usually do, for 6 months or more. These also include limitations because of congenital health problems or problems caused by accidents/injuries.

The indicator estimates to what extent the respondent has limited one’s activities only because of health problems and not on account of economic or other reasons.

- 6.8 % of the population aged 15 and over is severely limited in activities people usually do, for six months or more, because of a health problem and
- 6.4 % of the population aged 15 and over is limited but not severely.

In total, 13.2 % of the population aged 15 and over report that they have limited their activities due to health problems. A 55.6 % decrease is recorded, compared to the results of the 2014 survey (29.7 %).

For the first time, the survey collected information on oral health, as it may affect the quality of the individual’s everyday life and directly one’s physical and mental condition, as well as one’s social life. Graph 4 illustrates the state of oral health, in general, and that of teeth and gums in particular.



- More than 7 out of 10 (74.8 % and 76.2 %) aged 15 and over report very good or good oral health and teeth and gums, status, respectively.

B. PREVALENCE¹ OF DISEASES

The survey records data on the prevalence of several chronic diseases/conditions during the last 12 months preceding the survey conduct. For the purpose of the survey, persons suffering from a chronic disease/condition are those who on the day of the survey conduct had that chronic disease/condition but also those who got ill within the past 12 months before the survey conduct and on the day of the survey conduct the symptoms of the disease/condition were not present either because during that specific season of the year they do not “flare up” or due to medication.

- 1 out of 5 (19.6 %) persons of the population aged 15 and over reported suffering from hypertension (high blood pressure), recording a decrease of 6.2 % compared to the relevant share recorded in 2014 (20.9 %); among them 45.0 % are men and 55.0 % women.
- High blood cholesterol level or triglycerides were reported by 15.8 % of the population aged 15 years and over, recording an increase of 2.6 % compared to the relevant share recorded in 2014 (15.4 %); among them 46.0 % are men and 54.0% women.
- Low back disorder or other chronic back defects are reported by 12.5% of the population aged 15 years and over, recording a decrease of 30.2% compared to the relevant share recorded in 2014 (17.9 %); among them 39.6 % are men and 60.4 % women.

¹Prevalence rate of a disease / condition is the share of population having the disease at a given period; included are people who already have the disease at the start of the time period, as well as those who acquire it during that period.

- 9.6% of the population aged 15 years and over reported suffering from the thyroid disease; among them 18.7 % are men and 81.3 % women.
- 8.0 % of the population aged 15 and over reported suffering from diabetes mellitus, recording a decrease of 13.0 % compared to the relevant share recorded in 2014 (9.2 %); among them 48.5 % are men and 51.5 % women.
- 6.5% of the population aged 15 and over reported suffering from allergies, a decrease of 31.6% compared to the relevant share recorded in 2014 (9.5%); among them 38.1 % are men and 61.9 % women.
- 6.3% of the population aged 15 and over reported suffering from neck disorder or other chronic neck defects, 5.6% from anxiety disorders, 5.4% from arthrosis (rheumatoid arthritis excluded), 3.8% from depression, 3.8% from digestive disorders (duodenal ulcer, colitis), 3.3% from asthma (allergic asthma included) and 3.0% from myocardial infarction (heart attack).

Detailed tables concerning the prevalence of chronic diseases/conditions by gender and age group, in descending order of frequency in the population, are presented in the Annex (Tables 3 and 4).

C. PHYSICAL AND SENSORY FUNCTIONAL LIMITATIONS

The survey has recorded data on the physical and sensory functional limitations of persons aged 15 years and over and more specifically limitations in seeing, hearing and mobility, irrespective of the fact that these limitations are due to age, diseases, accidents or the persons were born with them.

- 1 out of 2 (51.9 %) persons aged 15 years and over wears glasses, contact lenses or makes use of optical or technical devices/aids for vision.
- 2.7 % of persons aged 15 and over, use hearing aids or other assisting devices due to hearing problems.
- 1 out of 5 (19.8 %) persons aged 15 and over has some kind of mobility problem (Table 5).
- 1 out of 10 (11.3 %) aged 15 and over has a memory problem.
- 1 out of 10 (10.4 %) aged 15 and over has difficulty in concentrating.

D. MENTAL HEALTH

The survey included questions aimed at recording the prevalence and severity of mental diseases and more specifically depression. The recorded symptoms provide the experts with a clear image of the psychological status of the population during the last two weeks before the survey conduct.

- 3.8 % of the population reported suffering from depression, recording a decrease of 19.2 % compared to 2014 (4.7 %). 3 out of 10 are men (30.5 %) and 7 women (69.5 %).
- 5.6 % of the population aged 15 and over suffer from anxiety disorders and 1.2 % from dementia or Alzheimer's disease.

96.1 % of the total population aged 15 and over replied clearly (to all sub-questions of the mental health module and did not answer "I do not know/I am not sure"). Out of these, 70.7 % replied negatively to all sub-questions in the module, while 29.3 % said they experienced at least one of the "negative" feelings/situations at a frequency: several days, more than half days or almost every day, in the last two weeks before the survey.

The main feelings/situations most reported were:

- Fatigue/depletion/lack of energy, 20.2 %,
- Sleep disorders (troubles falling or staying asleep or sleeping too much), 14.7 %,
- Melancholia, depression or despair, 12.5 % and,
- Lack of interest or pleasure in doing things, 10.7 %.

On the basis of the answers given to the survey, ‘thoughts concerning that it would be better not to live or harm oneself’ , during the last 2 weeks before the survey, were reported by 0.7 % of the population aged 15 and over who answered clearly the specific mental health sub-question.

During the last 12 months before the survey conduct, 4.1 % of the population aged 15 and over visited a psychiatrist or psychologist for a health problem. The share of men and women who visited a mental health specialist is 3.6 % and 4.6 %, respectively.

E. USE OF HEALTH SERVICES

The survey has recorded information on:

- **in-patient hospital care** (hospitalisation for at least one night or not –day care) in hospitals, clinics, therapy institutions, public or private, in Greece and abroad,
- **out-patient care** (provision of health services by medical doctors of all specialisations, surgeons, dentists and orthodontists, health care services provided by physiotherapists, kinesitherapists and psychologists). Outpatient care is also considered, and recorded as such, any medical care, whether or not provided at home, for elderly people and people with health problems, provided by a state or private body, or on a voluntary basis by individual health professionals, associations or individuals, etc.
- **use of medicines** prescribed or not by a doctor,
- **medical examinations**, preventive or not, such as vaccination against influenza or against human papillomavirus infection (HPV), measurement of blood pressure, cholesterol and blood sugar, colonoscopy examination, mammography and cervical smear test for women and rectal examination (prostate exam) for men.

As regards **in-patient hospital care**:

- During the last 12 months before the survey conduct, 8.4 % of the population aged 15 and over was hospitalised with overnight stay in a hospital. Compared to the 2014 survey data, a decrease of 13.4 % is recorded (2014: 9.7 %).
- During the last 12 months before the survey conduct, 10.5 % of the population aged 15 years and over was admitted to a hospital for day-care services. Compared to the 2014 survey data, a decrease of 25.5 % is recorded (2014: 14.1 %).

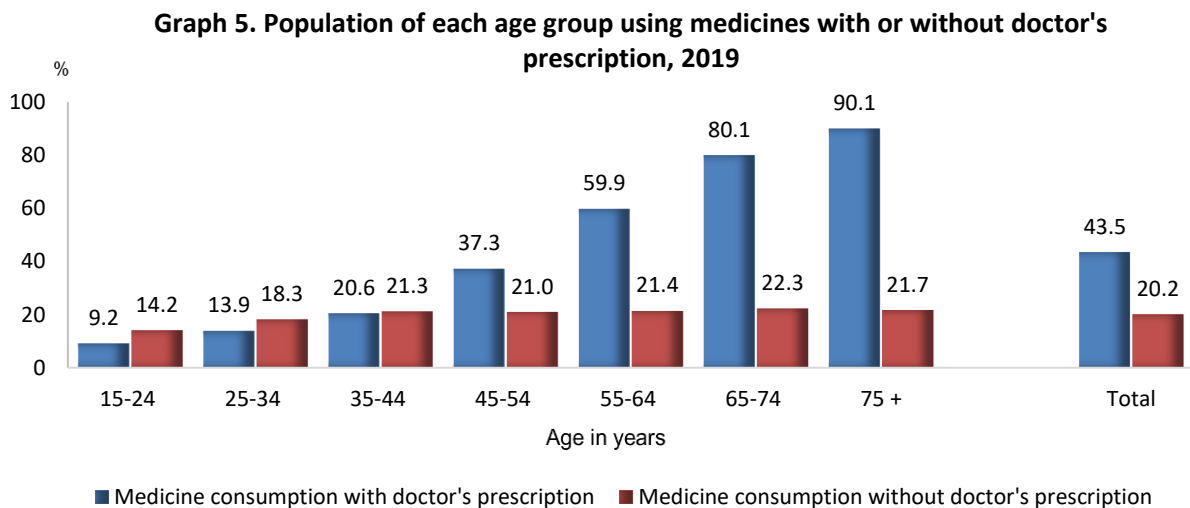
As regards **out-patient care**², during the last 12 months before the survey, the share of the population aged 15 or over who visited or consulted (by private visit, telephone or by electronic means):

²Out-patient care means the provision of medical care services by medical doctors in the doctor’s practice, in the out-patient departments of hospitals, clinics, therapeutic institutions and other kind of health units, in the emergency departments of hospitals, clinics, therapeutic institutions and other kind of health units, in Health Centers or Regional health units, in multiclinics of social security funds, in the afternoon out-patient clinics of the National Health System, in diagnostic/screening centres, or at the patients’ home. It should be noticed that the provision of health care services provided by medical doctors during hospitalisation with overnight stay or day-care were not recorded. Medical and nursing services or other care services at home are also included.

- a dentist or orthodontist was 50.0 % (Table 6).
- a general practitioner, a pathologist or a family doctor amounted to 57.9 % (Table 6).
- a doctor of another specialisation or a surgeon was 46.8 %. (Table 6).
- a physiotherapist, kinesitherapist, chiropractor or osteopathist amounted to 8.6 %.
- nursing services or other care services at home in the context of programmes providing care services to the elderly or to people suffering from chronic diseases or health problems were provided to 2.9 % of the population aged 15 years and over.

As regards the use of medicines:

- 43.5 % of the population aged 15 years and over, during the last two weeks before the survey conduct, used medicines prescribed by a doctor. Compared to 2014 (47.4 %) a decrease of 8.2 % is observed.
- 1 out of 5 (20.2 %) persons aged 15 years and over, during the last two weeks before the survey conduct, used medicines, herbal preparations, food supplements or vitamins without a prescription by a doctor. Compared to 2014 (27.5 %) a decrease of 26.5 % is observed. 28.1 % thereof used medicines and 78.8 % herbal preparations, food supplements or vitamins. More specifically, among those who received medicines without a written prescription, 15.7 % used sedative or hypnotic medicines and 3 out of 10 (30.5 %) antibiotics (18.6 % - up by 64.0 % compared to 2014).

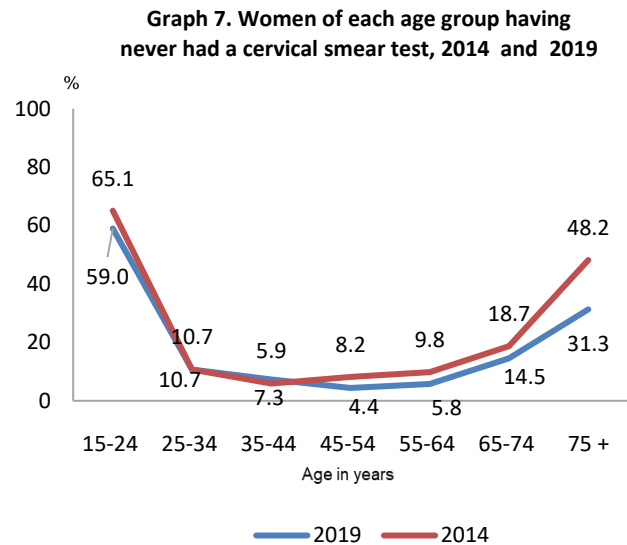
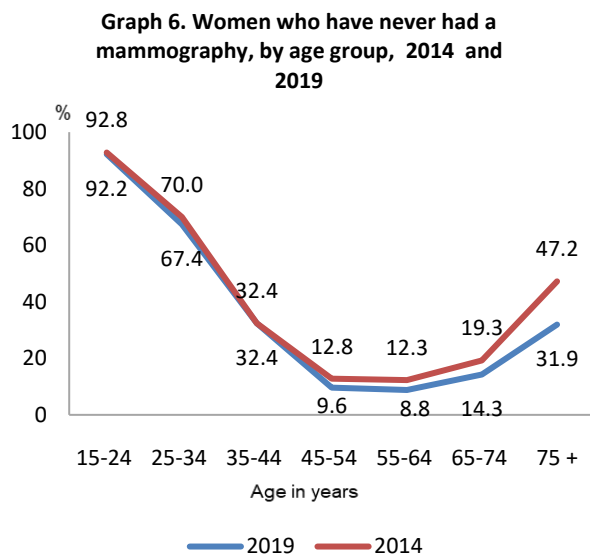


As regards **medical acts and examinations**, (preventive or not):

- 24.2 % of the population aged 15 and over were vaccinated, most recently, against influenza in 2019; 4.2 % in 2018, 7.3 % were vaccinated before 31/12/2017 and 64.3 % reported never having received influenza vaccine (Table 7).The proportion of the population vaccinated against influenza during the year 2019, prior to the survey, shows a decrease of 16.6 % compared to the same period in the 2014 survey (29.0 %).
- 35.0 % of women aged 15-26 have been vaccinated against HPV.
- 60.6 % of the population aged 15 and over had their blood pressure measured in the last 12 months before the survey conduct, by a health professional (doctor, nurse, pharmacist, etc.). 88.2 % of the population aged 15 years and over affected by hypertension (19.6 %) measured their blood pressure with the help of a healthcare professional in the last 12 months before the survey conduct.

- 63.8 % of the population aged 15 and over had their cholesterol levels measured in the last 12 months before the survey. 89.2 % of the population aged 15 and over suffering from hyperlipidaemia (high cholesterol or triglyceride levels) (15.8 %) have been tested for blood cholesterol in the last 12 months before the survey conduct.
- 63.3 % of the population aged 15 years and over had their blood sugar measured in the last 12 months before the survey. 95.0 % of the population aged 15 years and over with diabetes mellitus (8.0 %), were tested for blood sugar in the last 12 months before the survey conduct.
- 3.1 % of the population aged 15 and over had a colonoscopy in the last 12 months before the survey. Compared to 2014 (2.4 %) a 29.2 % increase is observed.
- 44.8% of women have had a mammography during the past 2 years (6.7% increase compared to the share of 2014: 42.0%), while 33.1% have never had a mammography in their lives (13.8% decrease compared to the share of 2014: 38.4%) (Table 8).
- 58.2% of women have had a cervical smear test during the past 2 years (4.9% increase compared to the share of 2014: 55.5%), while 16.7% have never had a cervical smear test in their lives (21.6% decrease compared to the share of 2014: 21.3%) (Table 8).

Graph 6 and 7 below present the share of women who have not had the two abovementioned examinations by age groups, for the years 2014 and 2019.



- 41.3 % of men have had a clinical or other (blood PSA measurement, ultrasound, biopsy) examination for the prostate. Compared to 2014 (32.3 %) an increase of 27.9 % is observed.

F. HEALTH DETERMINANTS

Moreover, the survey collected data on health determinants (diet, smoking, exercise, etc.). In particular, it collected data on the factors that influence — positively or negatively — the state of health, such as physical activity, nutrition, smoking, alcohol consumption, and the use and provision of social support and assistance. More detailed information in the following sub-sections 1-6.

1. PHYSIQUE

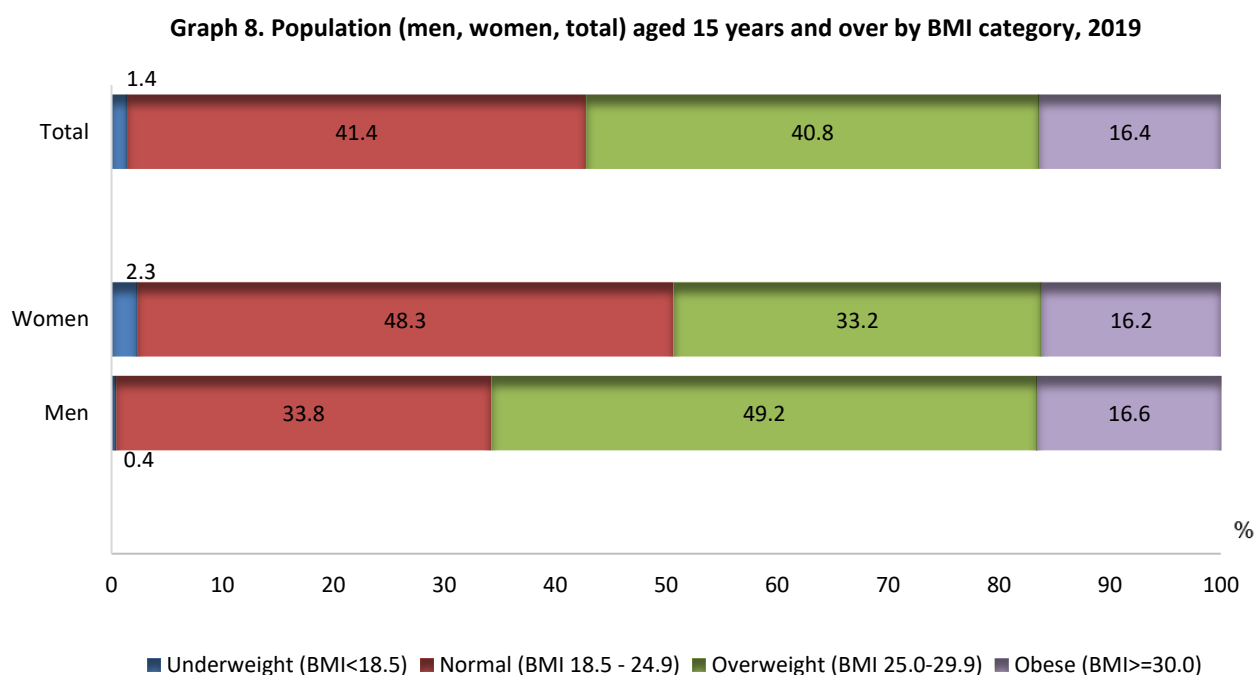
The **Body Mass Index (BMI)** is considered to be the most important indicator to measure obesity of the population, calculated on the basis of a person's weight (in kilograms) divided by the square of one's height (in metres).

Among the total population aged 15 and over who reported their height and weight:

- 1.4 % are underweight (BMI < 18.5),
- 41.4 % is normal weight (BMI: 18.5-24.9),
- 40.8 % are overweight (BMI: 25-29.9),
- 16.4 % are obese (BMI ≥ 30.0).

Graph 8 presents in details the shares of men and women aged 15 and over, by category of BMI.

- 1 in 2 men (49.2 %) is overweight and the proportion of overweight women is 1 in 3 (33.2 %), while 1 in 6 (16.4%) are obese.

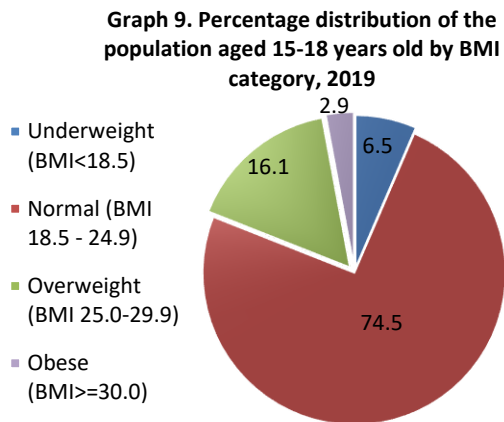


Compared to the results of the 2014 survey, a stability (-0.5 %) is observed as regards the share of the population aged 15 and over with a normal weight (2014: 41.6%), an increase of 4.1 % in the share of the overweight population (2014: 39.2%) and a decrease of 3.5 % in the share of the population that are obese (2014: 17.0%). Moreover, a 36.4 % decrease is recorded in the proportion of those who are underweight (2014: 2.2%).

Differences can be observed depending on the age and gender (Tables 9 and 10).

- The biggest share of overweight men is in the age group 75 and over (57.1 %) and the biggest share of overweight women is in the age group 65-74 (50.1 %).

- The biggest share of the population with normal weight is recorded, for men and women, in the age group 15-24 (69.9 % and 77.2 %, respectively).
- 27.3 % of men and 16.7 % of women in the age group 15-24 are overweight or obese.



In particular, among the population aged 15-18, 2 out of 10 (19.0 %) are overweight and obese. Compared to 2014 (overweight and obese 16.6 %) an increase of 14.5 % is observed (Graph 9).

2. PHYSICAL ACTIVITY AND EXERCISE

Physical activity and exercise are related to obesity, as mentioned above and, more generally, to the risk of morbidity and mortality.

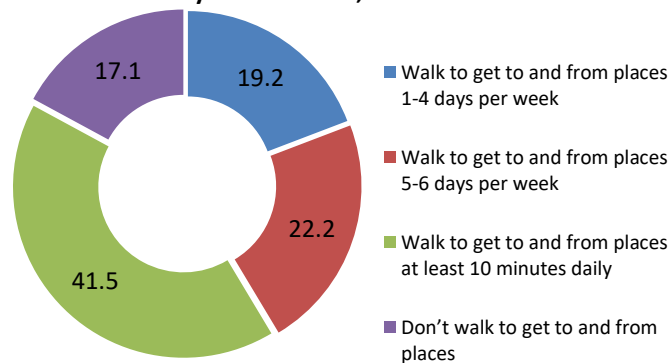
Physical activity means any kind of activities carried out by a person at home, at work, during free time or leisure, when doing sports or even during transportation or commuting.

Daily commuting, to and from work, school, shopping/going to supermarket, etc., carried out on a regular basis, **on foot or by bicycle**, are one of the factors affecting health and correlated with the prevention of many health conditions such as diabetes, high blood pressure, heart disease, stroke and obesity.

The survey records information on daily transportation for at least 10 minutes continuously. Walking during the main job/occupation is not recorded and neither is walking or cycling for pleasure or recreation or at the fitness centre or upon recommendation by a doctor or other health professional (activities recorded separately).

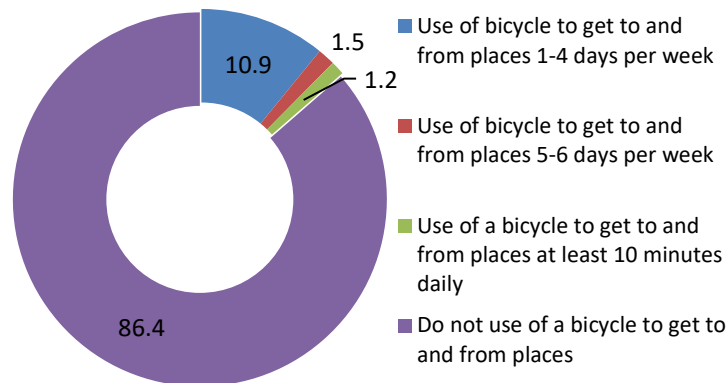
- More than 4 out of 10 (41.5 %) persons walk daily for at least 10 minutes continuously to get to and from places. The share of the population walking to get to and from places compared to the 2014 survey results (walk daily 42.8%) do not present any statistically significant change. See the relevant graph 10 below.

Graph 10. Walking to get to and from places. Percentage distribution of the population aged 15 years and over, 2019



- More than 1 out of 10 (13.6 %) persons aged 15 and over use a bicycle to get to and from places (graph 11). Compared to 2014 (9.0 %) an increase of 51.1 % is observed.

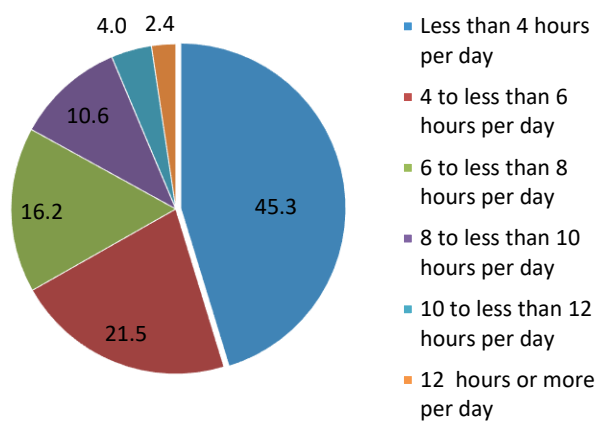
Graph 11. Use of a bicycle to get to and from places. Percentage distribution of the population aged 15 years and over, 2019



- Almost 1 out of 4 (26.0 %) persons aged 15 and over carries out sports, gymnastics or exercise for leisure between 1 and 7 days per week.
- 1 out of 10 (12.1 %) persons aged 15 years and over carries out exercises specifically designed to empower muscles, such as strength or force exercises, from 1 to 7 days per week, including those doing such exercises upon medical advice.

For the first time, information was also collected on how long we spend sitting or lying down (excluding sleeping time).

Graph 12. Percentage distribution of the population aged 15 years and over, by time spent sitting and reclining, 2019



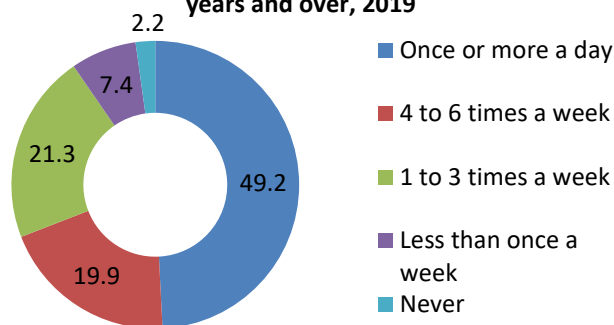
- Almost 1 in 2 (45.3 %) persons, during a normal day, is seated or lying down for less than 4 hours per day; and
- Almost 1 in 5 (21.5 %) is seated or lying down for 4 to less than 6 hours per day (graph 12).

3. DIETARY HABITS

The Mediterranean nutritional pattern includes (a) daily consumption of fruit, vegetables, olive oil, unprocessed cereals and their products, and lean or low-fat dairy products, (b) weekly consumption of potatoes, fish, olives, beans, legumes and more rarely poultry, eggs and sweets, (c) monthly consumption of red meat and its products, and (d) moderate consumption of wine, usually together with meals and has been associated with reduced risk of cardiovascular diseases. The survey has collected information on the consumption of some of the above-mentioned food.

- 1 out of 2 (49.2 %) aged 15 or over eats fruit every day, while 2.2 % do not eat at all (graph 13).

Graph 13. Frequency of fruit consumption.
Percentage distribution of the population aged 15 years and over, 2019



As regards the consumption of vegetables or salads and pulses:

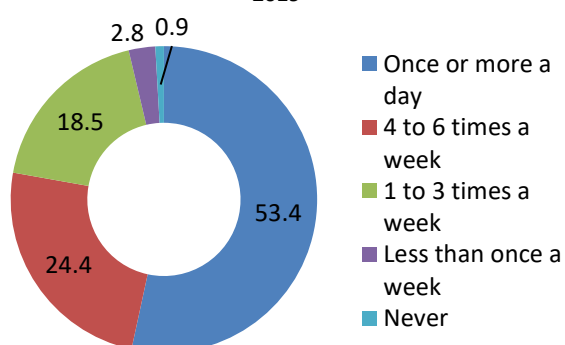
- 1 out of 2 (53.5 %) aged 15 and over eats vegetables, salads or pulses every day, while 0.3 % do not eat at all.

In particular:

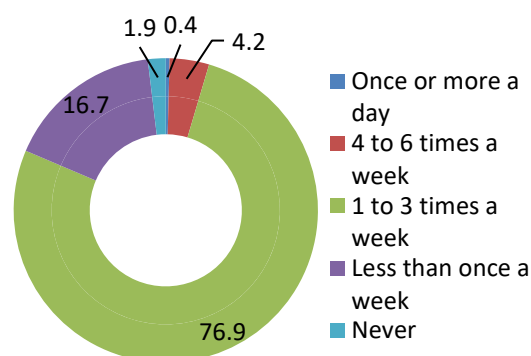
- 1 out of 2 (53.4 %) aged 15 and over consumes vegetables or salads every day, while 0.9 % not at all.
- 8 out of 10 (76.9 %) aged 15 and over consume pulses 1 to 3 times a week, while 1.9 % do not consume at all.

More details can be found in the following graphs:

Graph 14. Frequency of consumption of vegetables or salad. Percentage distribution of the population aged 15 years and over, 2019

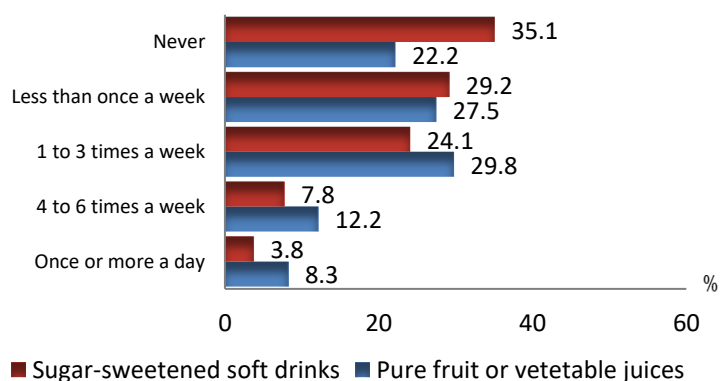


Graph 15. Frequency of consumption of pulses. Percentage distribution of the population aged 15 years and over, 2019



Apart from the consumption of fruit and vegetables, information was also recorded, separately, on the consumption of (a) natural fruit or vegetable juices (not including sweetened juices) and (b) soft drinks containing sugar (not including dietetic, light or soft drinks with artificial sweeteners) (Graph 16).

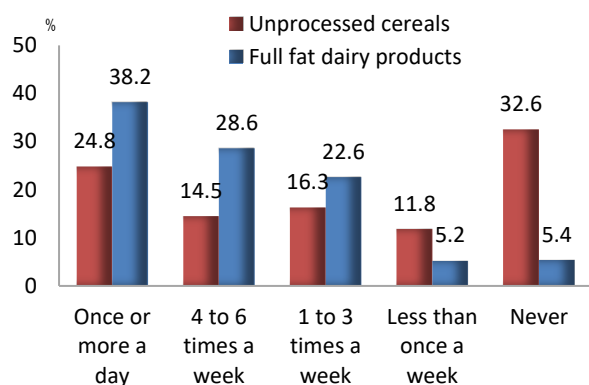
Graph 16. Frequency of consumption of pure fruit or vegetable juices and sugar-sweetened soft drinks. Percentage distribution of the population aged 15 years and over, 2019



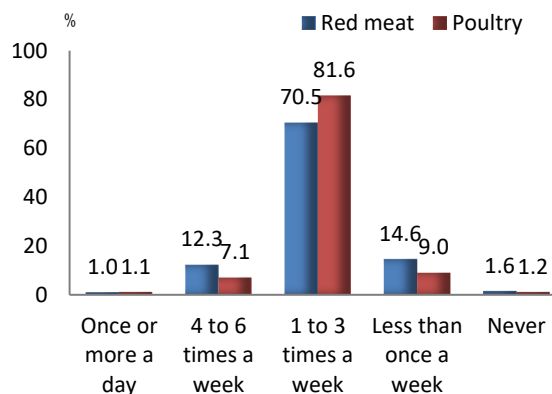
The survey recorded, for the first time, information on the frequency of consumption of unprocessed cereals (such as whole wheat bread or pasta, etc.), full-fat dairy products, red meat, poultry, fish and seafood, olive oil, and potatoes (see Graphs 17,18, 19 and 20).

- 2 out of 3 (67.4 %) aged 15 and over consume unprocessed cereals, such as whole wheat bread, pasta, brown rice, etc. with 24.8 % of them consuming them on a daily basis (once or more times a day).
- More than 9 out of 10 (94.6 %) aged 15 or over eat full-fat dairy products (cheese, yoghurt, milk) with 38.2 % of them consuming them daily (one or more times a day).
- 6 out of 10 (60.2 %) aged 15 and over eat fish and seafood one to three times a week.
- 6 out of 10 (62.6 %) aged 15 years or over consume potatoes one to three times a week, and
- 8 out of 10 (79.4 %) aged 15 years or over consume olive oil every day (one or more times a day).

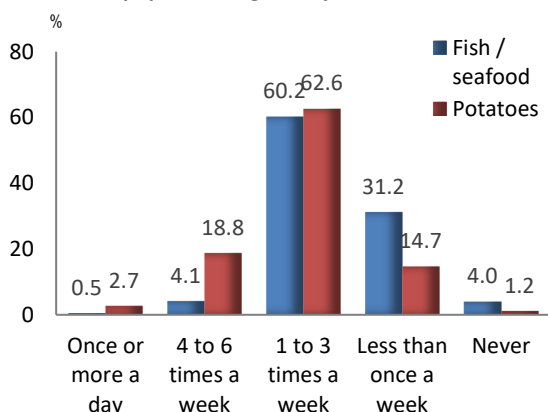
Graph 17. Frequency of consumption of unprocessed cereals and full-fat dairy products. Percentage distribution of the population aged 15 and over, 2019



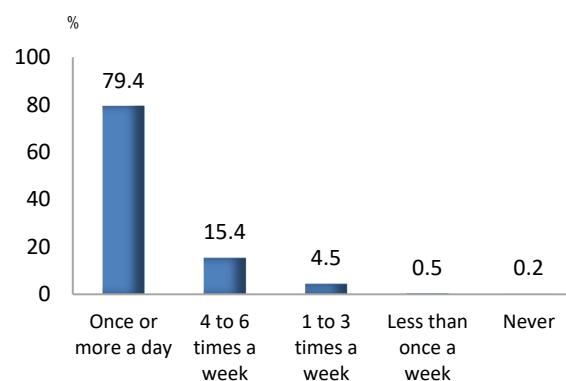
Graph 18. Frequency of consumption of red meat and poultry. Percentage distribution of the population aged 15 years and over, 2019



Graph 19. Frequency of consumption of fish / seafood and potatoes. Percentage distribution of the population aged 15 years and over, 2019



Graph 20. Frequency of consumption of olive oil. Percentage distribution of the population aged 15 years and over, 2019



Dietary habits also include maternal breast feeding, which is the natural way of feeding infants. Breast milk is the ideal food for infants with beneficial effects on the family, society and health. The question was completed by surveyed parents who had a child under the age of three on the day of the survey conduct.

- More than 9 out of 10 (92.9 %) mothers with a minor under the age of three have breastfed their child/children.

- Of these, almost 3 out of 10 (27.1 %) breastfed, from the beginning, mixed way (breast milk and breast milk substitute) and 7 out of 10 (72.9 %) exclusively with breast milk. In particular, 36.6 % of those who breastfed, breastfed exclusively for 6 months or more.

4. USE OF TOBACCO AND RELATED PRODUCTS

The use of tobacco and related products is an important factor responsible for lung diseases, various cancers and other circulatory diseases. Therefore, policies are being developed to reduce tobacco consumption and related products, along with rules on banning its use in indoor public places and workplaces, in order to reduce passive smoking as well.

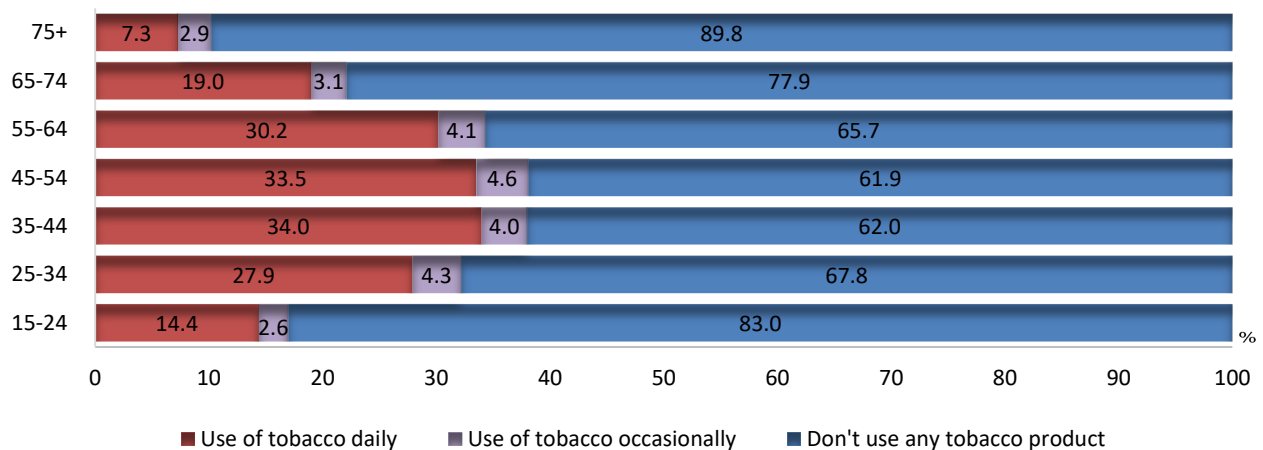
The survey collected information on the population’s smoking habits, specifically on the exposure to tobacco products and other related products (cigarettes, pipe tobacco, cigars, iqos heating tobacco system, hookah, etc.) on the use of e-cigarettes, as well as on the exposure to tobacco or e-cigarette smoke at home, work, indoor public or private places, and on the methods used to stop smoking.

- 1 out of 4 (24.9 %) aged 15 and over smokes tobacco or related products (not including e-cigarette) on a daily basis. Compared to 2014 (27.3 %), a decrease of 8.8 % is observed (Table 11).
- 3.7 % of the population aged 15 and over smoke tobacco or related products (not including e-cigarette) occasionally. Compared to 2014 (5.3 %), a 30.2 % decrease is observed.
- 7 out of 10 (71.4 %) do not smoke tobacco or related products; among them six (60.6 %) have never smoked and one (10.8 %) smoked in the past and has stopped smoking.

Among those who smoke tobacco or related products, every day or occasionally, 6 out of 10 (60.1 %) are men and 4 out of 10 (39.9 %) are women. 36.0 % of men and 21.8 % of women aged 15 and over smoke daily or occasionally. Compared to 2014 (men 39.4 % — 26.4 % women) there is a decrease of 8.6 % and 17.4 %, respectively.

The variations recorded for each age group are depicted in Graph 21 below.

Graph 21. Frequency of use of tobacco and similar products (electronic cigarette is not included). Percentage distribution of the population aged 15 years and over, for each age group, 2019.



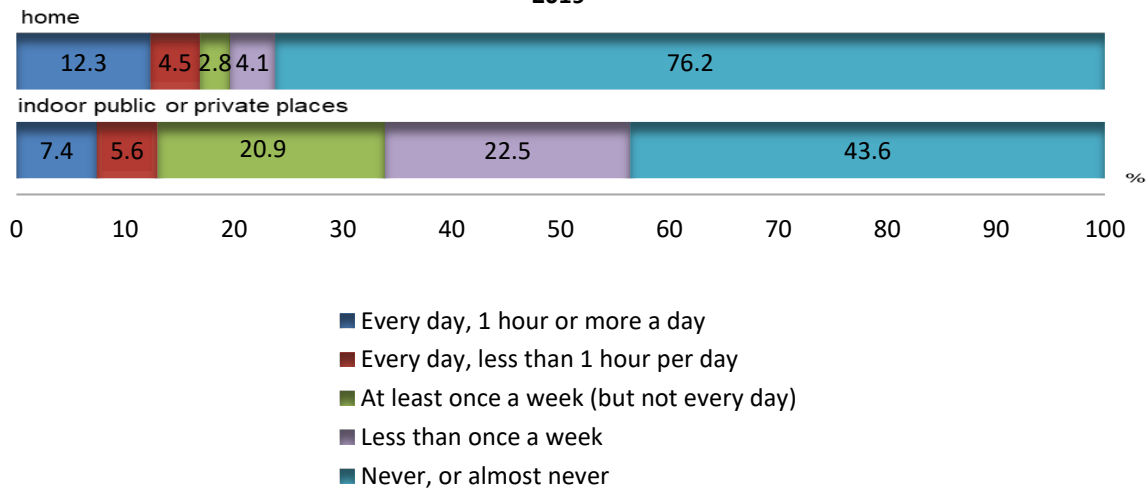
As regards the use of electronic cigarettes, which is not among the tobacco products mentioned above, the following are observed:

- 1.8 % of the population aged 15 and over vape daily and,
- 1.1 % vape occasionally.

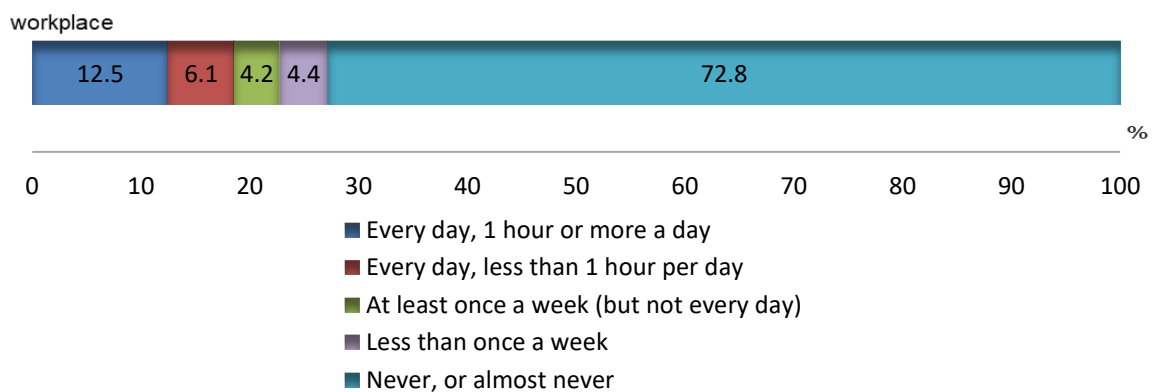
The survey collects information on the exposure to passive tobacco use in indoor spaces, in particular at home, in workplaces and other indoor spaces such as cafés, restaurants, public services, car/public transport, etc. (Graphs 22 and 23).

The results on the exposure in each of the above places and the frequency and duration of the exposure are depicted in the following graphs.

Graph 22. Exposure to passive tobacco smoke indoors (home / indoor public or private places). Percentage distribution of the population aged 15 years and over, 2019



Graph 23. Exposure to passive tobacco smoke (excluding electronic cigarette) in the workplace. Percentage distribution of the employed aged 15 years and over, 2019



As regards the passive use of tobacco in the workplace, compared to 2014, there is a 16.3 % increase in those who reported to have never or almost never being exposed (2019: 72.8 %, 2014: 62.6 %).

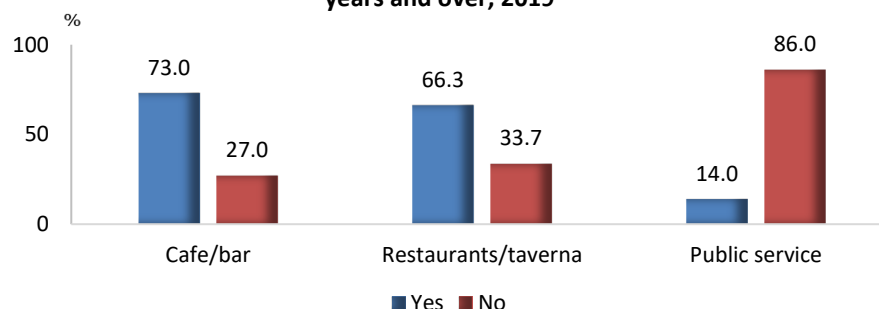
Furthermore, the survey collected information on the use of tobacco and/or e-cigarettes in indoor café/bars and restaurants/taverns, as well as in public services.

- 7 out of 10 persons aged 15 or over, who visited an indoor café/bar or restaurant/tavern, realised that others around them would smoke/vape (73.0 % and 66.3 %, respectively). Compared to 2014, there is a

decrease of 15.2 % and 20.5 %, respectively (2014: 86.1 % for café/bars and 83.4 % for restaurants/taverns).

- More than 1 in 7 (14.0 %) aged 15 years and over who visited by a public service realised that others around them would smoke/vape.

Graph 24. Exposure to tobacco smoke indoors (including electronic cigarette) during the past 6 months, by place of exposure. Percentage distribution of the population aged 15 years and over, 2019



Finally, as regards the methods used to stop smoking, 7 out of 10 (68.1 %) of those who used to smoke/vape have tried a method to stop smoking/vaping (stop-smoking clinics, psychological support, pharmaceutical products, etc.), while 15.1 % of those who have not tried to stop it, intend to try a method in the future.

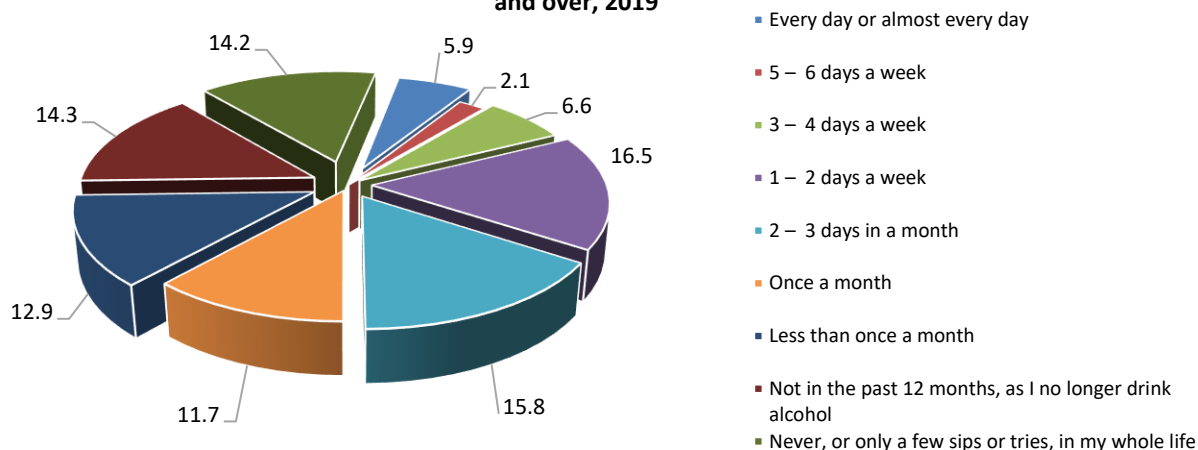
5. ALCOHOL CONSUMPTION

The survey had recorded information on the consumption of alcoholic beverages of any kind (beer, wine, whisky, liqueur, Ouzo, tsipouro, raki, etc.).

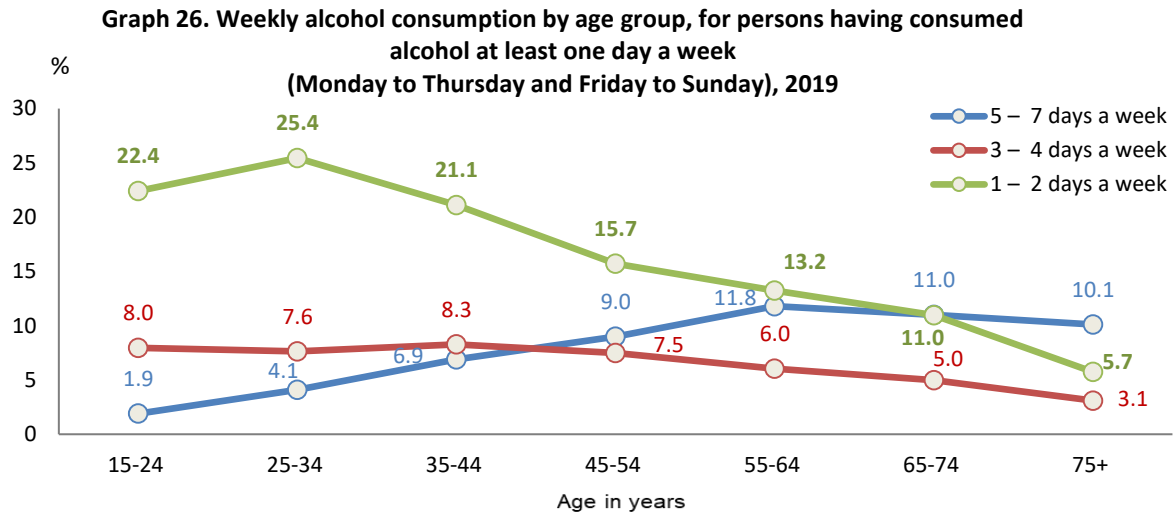
- 5.9 % of the population aged 15 and over consume alcoholic beverages daily or almost daily. Compared to 2014 (6.9 %), a decrease of 14.5% is recorded.
- 3 out of 10 (28.5 %), aged 15 and over do not consume any alcohol at all, whether they have never consumed or no longer consume. Compared to 2014 (32.1 %), a decrease of 11.2% is recorded.

More details on the frequency of alcohol consumption are given in Graph 25 below and in Table 12 (for each age group):

Graph 25. Alcohol consumption. Percentage distribution of the population aged 15 years and over, 2019



The frequency of alcohol consumption in a week, for each age group consuming alcohol at least one day a week is presented in Graph 26.

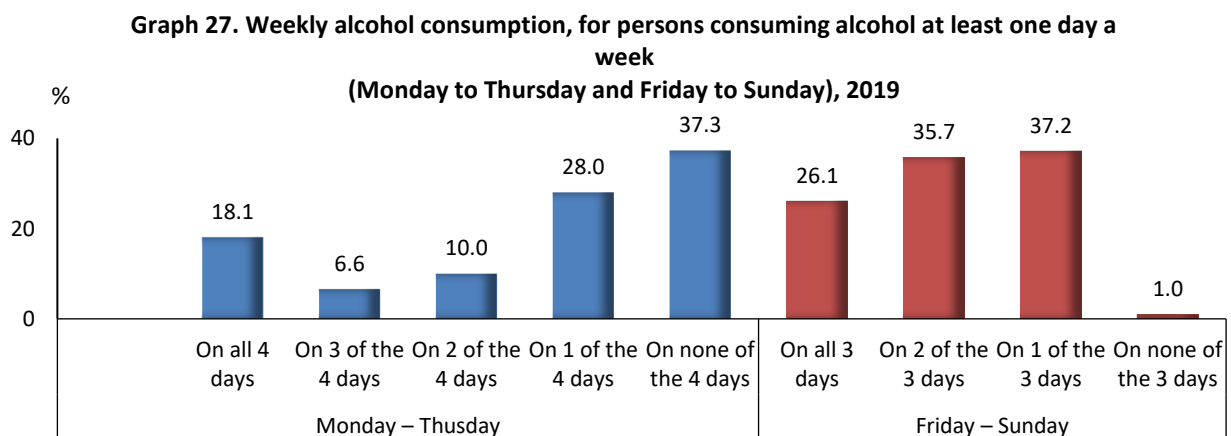


A diversity is observed depending on the gender as regards the population consuming alcoholic beverages every day. In particular, daily consumption is reported by 10.0 % of men aged 15 and over and 2.2 % of women.

Among the population aged 15 years and over that during the last 12 months consumed alcoholic beverages at a frequency of more than 1 to 2 days per week (31.1 %):

- 18.1 % consume alcohol from Monday to Thursday for all four days and 37.4 % none of these days.
- 26.1 % consume alcohol from Friday to Sunday for all of these three days and 1.0 % for none of these days.

Graph 27 presents the frequency of alcohol consumption in one week for “Monday to Thursday” and for “Friday to Sunday”, as a percentage share of the population aged 15 and over who consumed alcohol at a frequency of at least 1 day per week.



With regard to the consumption of 6 or more alcoholic beverages on one occasion (e.g. evening exit, party, meal, alone/or at home, etc.):

- 2 out of 10 (21.5 %) aged 15 years or more who consumed alcohol during the last 12 months before the survey conduct, consumed 6 or more alcoholic drinks on one occasion.

- More than 4 out of 10 (43.5 %) aged 15 years or more who consumed alcohol during the last 12 months before the survey, never consumed 6 or more alcoholic drinks on one occasion.
- Almost 1 out of 3 (35.0 %) of the population aged 15 years and over who consumed alcohol during the last 12 months before the survey reported that they have never consumed 6 or more alcoholic drinks on one occasion (and not only in the last 12 months).

Among those who reported consumption of 6 or more alcoholic drinks on one occasion:

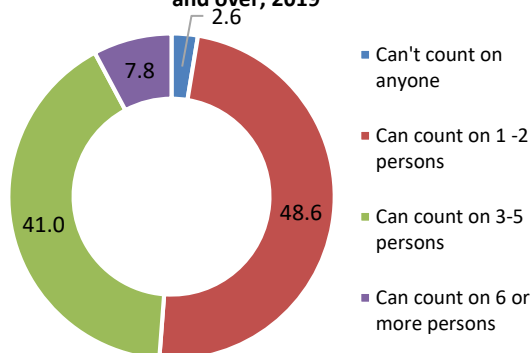
- 19.1 % had to drive afterwards; among them, more than 4 out of 10 (44.0 %) drove a vehicle with the risk of causing an accident that could cause an injury to themselves or others and 6 out of 10 (56.0 %) did not drive.

6. SOCIAL SUPPORT AND ASSISTANCE

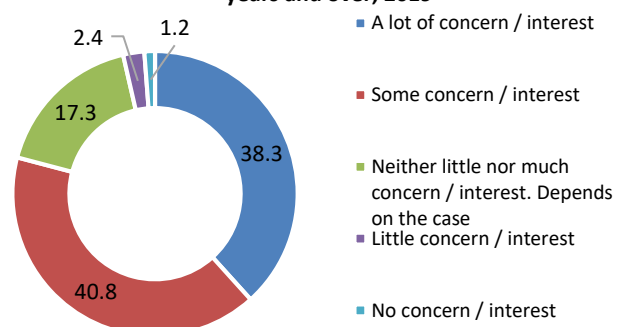
The survey has included questions that address the sensitive issue of social relations and social support and solidarity. In particular, it records the receipt of support and assistance from other people, as well as the provision of support and care to other people with health problems.

- 2.6 % of the population aged 15 and over reported having no one to count on if they encounter serious personal problems and seek financial or other assistance or even a simple advice.
- 1 out of 2 (48.6 %) have 1 or 2 people to count on.
- 4 out of 10 (41.0 %) have 3 or 5 people to count on.
- 1 out of 10 (7.8 %) has 6 or more people to count on.
- 8 out of 10 (79.1 %) aged 15 and over consider that people close to them show big or enough interest in their daily activities.
- 3 out of 10 (28.9 %) aged 15 and over consider it difficult or even very difficult to get help (advice, care, provision in kind, financial assistance or other) from neighbours, if needed.

Graph 28. Social support. Percentage distribution of the population aged 15 years and over, 2019



Graph 29. Concern / interest from other persons. Percentage distribution of the population aged 15 years and over, 2019



As regards the provision of support and care to other people with health problems:

- 1 in 7 (14.3 %) aged 15 or over provides care or support, at least once a week, to one or more people with problems due to age, chronic condition or disability.
- Among those providing care or support, 63.0 % provide it to their family member (s) living in their household or in another household and 37.0 % to non-family members or relatives.
- As regards the training of carers, 1 out of 10 (11.0%) of those providing care or support, reports having been duly trained, while 7.5% of them that the provision of support or care hampers them to work or work for as long as they wished.

ANNEX – Tables

Table 1. General health status of the population aged 15 years and over, by gender, 2019
%

Health status	Men	Women	Total
Very good	49.3	42.0	45.5
Good	32.6	35.1	33.9
Fair	13.0	16.9	15.0
Bad	4.2	4.6	4.4
Very bad	0.9	1.4	1.2
Total	100	100	100

Table 2. General health status of the population aged 15 years and over, for each age group, 2019
%

Health status	Age groups						
	15-24 years old	25-34 years old	35-44 years old	45-54 years old	55-64 years old	65-74 years old	75+ years old
Very good	84.8	74.3	62.1	46.1	29.2	14.0	7.0
Good	12.8	21.4	31.6	39.1	47.4	45.0	33.4
Fair	1.7	3.2	4.5	12.2	17.4	29.7	41.1
Bad	0.3	0.5	1.8	2.0	4.6	9.5	14.2
Very bad	0.4	0.6	0.0	0.6	1.4	1.8	4.3

Table 3. Prevalence of chronic diseases / conditions: Percentage distribution of the population aged 15 years and over with the disease, by gender, 2019
%

Chronic disease / condition	Men	Women	Total
High blood pressure	18.4	20.6	19.6
High blood lipids	15.3	16.3	15.8
Low back disorder or other chronic back defects	10.4	14.5	12.5
Thyroid diseases	3.8	15.0	9.6
Diabetes	8.1	7.9	8.0
Allergies	5.2	7.7	6.5
Neck disorder or other chronic neck defects	3.8	8.6	6.3
Anxiety disorders (e.g. panic attacks, anxiety)	4.5	6.6	5.6
Arthrosis (rheumatoid arthritis excluded)	2.7	7.9	5.4
Depression	2.4	5.0	3.8
Digestive disorders (duodenal ulcer, colitis)	3.1	4.4	3.8
Asthma (allergic asthma included)	2.4	4.2	3.3
Myocardial infarction	4.4	1.7	3.0
Coronary heart disease or angina pectoris	3.7	2.2	2.9
Kidney problems	2.0	2.1	2.0
Chronic bronchitis, chronic obstructive pulmonary disease or emphysema	2.0	1.8	1.9
Neoplastic diseases (various forms of cancer)	1.8	2.0	1.9
Urinary incontinence, problems in controlling the bladder	1.7	2.2	1.9
Valve disease	2.1	1.4	1.8
Stroke or chronic consequences of stroke	1.7	1.6	1.7
Dementia or Alzheimer's disease	1.0	1.4	1.2

Human papilloma virus (HPV)	0.3	0.7	0.5
Cirrhosis of the liver	0.5	0.3	0.4
Communicable diseases (tuberculosis, hepatitis, etc.)	0.3	0.3	0.3

Table 4. Prevalence of chronic diseases / conditions : Percentage distribution of the population aged 15 years and over with the disease, by age group, 2019

%

Chronic disease / condition	Age groups						
	15-24 years old	25-34 years old	35-44 years old	45-54 years old	55-64 years old	65-74 years old	75+ years old
High blood pressure	0.5	0.5	2.1	10.1	23.7	47.2	57.3
High blood lipids	0.7	2.7	7.7	13.2	24.4	31.5	29.9
Low back disorder or other chronic back defects	0.4	3.8	7.5	11.7	14.3	21.7	27.7
Thyroid diseases	3.7	4.0	8.5	9.9	15.3	14.8	9.2
Diabetes	0.1	0.6	1.7	4.6	11.4	16.7	22.1
Allergies	6.3	8.6	5.4	6.7	7.4	6.4	4.9
Neck disorder or other chronic neck defects	0.5	3.6	5.0	6.8	7.0	9.4	11.3
Anxiety disorders (e.g. panic attacks, anxiety)	2.3	3.2	5.8	6.7	6.5	7.0	6.5
Arthrosis (rheumatoid arthritis excluded)	0.2	1.3	1.6	3.4	5.8	10.4	16.0
Depression	0.4	2.3	2.1	3.7	5.5	6.4	5.9
Digestive disorders (duodenal ulcer, colitis)	0.5	1.3	3.1	4.5	4.2	5.3	7.0
Asthma (allergic asthma included)	1.9	2.5	2.7	2.8	2.6	4.5	6.5
Myocardial infarction	0.0	0.2	0.3	0.6	4.1	6.9	9.5
Coronary heart disease or angina pectoris	0.0	0.1	0.1	0.6	3.3	7.2	9.9
Kidney problems	1.0	1.0	0.4	1.1	2.9	3.7	4.7
Chronic bronchitis, chronic obstructive pulmonary disease or emphysema	0.2	0.3	0.3	1.2	2.1	3.8	5.5
Neoplastic diseases (various forms of cancer)	0.2	0.0	0.2	1.3	2.8	4.6	4.6
Urinary incontinence problems in controlling the bladder	0.0	0.0	0.2	0.4	1.5	2.5	9.6
Valve disease	0.3	0.4	0.1	0.5	1.5	3.7	6.7
Stroke or chronic consequences of stroke	0.1	0.1	0.3	1.1	1.9	2.9	5.7

Dementia or Alzheimer's disease	0.2	0.8	0.1	0.2	0.3	0.9	6.5
Human papilloma virus (HPV)	0.8	0.3	0.7	0.4	0.4	0.4	0.5
Cirrhosis of the liver	0.4	0.2	0.2	0.3	0.7	0.4	0.3
Communicable diseases (tuberculosis, hepatitis, etc.)	0.3	0.1	0.2	0.3	0.3	0.4	0.4

Table 5. Percentage distribution of the population aged 15 years and over with mobility problems for each age group, 2019

%

Mobility problems	Age groups							Total population aged 15 years and over
	15-24 years old	25-34 years old	35-44 years old	45-54 years old	55-64 years old	65-74 years old	75+ years old	
Having difficulty in walking 500 meters on level ground	1.2	2.7	2.9	3.8	9.8	23.7	56.3	13.6
Having difficulty in walking up or down the stairs of one floor	1.7	3.4	3.9	6.7	15.2	34.5	67.7	18.2
Having difficulty supporting themselves etc. due to problems in the upper limbs	0.3	1.3	1.8	2.7	7.0	14.4	41.4	9.4

Table 6. Percentage distribution of the population aged 15 years and over having used out-patient health care services, by gender, 2019

%

Health care services	Men	Women	Total
Visited a dentist / orthodontist during the last 12 months	47.7	52.1	50.0
Visited or consulted a general practitioner or pathologist or family doctor during the last 12 months	53.9	61.6	57.9
Visited or consulted a doctor or another specialisation or a surgeon during the last 12 months	39.8	53.2	46.8

Table 7. Percentage distribution of the population aged 15 years and over according to the year of vaccination against influenza, 2019

%

Vaccination against influenza	Age groups							Total
	15-24 years old	25-34 years old	35-44 years old	45-54 years old	55-64 years old	65-74 years old	75+ years old	
Population vaccinated in 2019	5.4	8.5	10.7	13.4	26.8	49.9	64.3	24.2
Population having been vaccinated, more recently, in 2018	2.3	2.2	2.9	3.4	5.2	7.2	6.8	4.2
Population having been vaccinated, more recently, a long ago (before 31/12/2017)	6.1	3.8	5.4	7.7	9.3	8.9	9.6	7.3
Population having never been vaccinated	86.2	85.5	81.0	75.5	58.7	34.0	19.4	64.3

Table 8. Percentage distribution of the women aged 15 years and over having had a mammography and a cervical smear test, 2014 and 2019

%

	Had a mammography		Had a cervical smear test	
	2014	2019	2014	2019
Within the past 12 months	28.2	31.2	39.3	41.3
1 to less than 2 years before	13.8	13.6	16.2	16.9
2 to less than 3 years before	5.8	6.9	6.0	7.1
More than 3 years before	13.8	15.3	17.2	17.9
Never	38.4	33.1	21.3	16.7
Total	100.0	100.0	100.0	100.0

Table 9. Percentage distribution of men of each age group by BMI category, 2019

%

BMI	Age groups - Men							Total
	15-24	25-34	35-44	45-54	55-64	65-74	75+	
Underweight	2.8	0.0	0.0	0.1	0.1	0.1	0.4	0.4
Normal weight	69.9	45.3	33.3	24.5	20.2	22.7	27.8	33.8
Overweight	22.3	43.9	51.4	54.4	54.9	56.3	57.1	49.2
Obese	5.0	10.8	15.3	21.1	24.9	20.9	14.8	16.6

Table 10. Percentage distribution of women of each age group by BMI category, 2019

%

BMI	Age groups - Women							Total
	15-24	25-34	35-44	45-54	55-64	65-74	75+	
Underweight	6.1	4.4	2.9	1.4	1.0	0.4	1.2	2.3
Normal weight	77.2	69.3	60.2	49.0	32.3	25.1	30.0	48.3
Overweight	15.3	15.2	27.0	32.6	41.7	50.1	47.1	33.2
Obese	1.4	11.0	9.8	17.1	25.0	24.4	21.7	16.2

Table 11. Frequency of smoking tobacco. Percentage distribution of the population aged 15 years and over, 2019

%

	Men	Women	Total
Daily	31.3	19.0	24.9
Occasionally	4.7	2.8	3.7
Do not smoke	64.0	78.2	71.4

Table 12. Frequency of alcohol consumption. Percentage distribution of the population aged 15 years and over, by age group, 2019

%

	Age groups							ΣΥΝΟΛΟ
	15-24	25-34	35-44	45-54	55-64	65-74	75+	
Every day or almost every day	1.0	2.6	4.2	6.7	9.6	8.6	8.0	5.9
5 - 6 days a week	0.9	1.5	2.7	2.3	2.2	2.4	2.1	2.1
3 - 4 days a week	8.0	7.6	8.3	7.5	6.0	5.0	3.1	6.6
1 - 2 days a week	22.4	25.4	21.1	15.7	13.2	11.0	5.7	16.5
2 - 3 days in a month	17.5	21.6	17.8	17.7	14.2	11.8	8.3	15.8
Once a month	12.1	10.1	13.0	15.3	13.0	9.0	7.1	11.7
Less than 12 times in a year	9.5	12.8	12.7	13.9	15.1	13.3	12.1	12.9
Never in the past 12 months, as I no longer drink alcohol	4.7	5.7	9.6	12.1	15.0	23.0	32.8	14.3
Never, or only a few sips or tries in my whole life	24.0	12.6	10.6	8.8	11.7	16.0	20.8	14.2

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 255/2018 laying down the basic concepts and the variables included in the survey questionnaire.
Reference periods	The survey was conducted in the last quarter of 2019. Reference periods vary among the questions. More specifically, they are: <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	<p>The survey is a sample survey. 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).</p> <p>For the selection of primary units, in each Region (NUTS 2) the primary units were stratified into 4 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 the same socio-economic criteria. The number of strata, deriving from the application of the stratification criteria amount to 108, 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 1,320.</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 initial sample νοικοκυριών was 11.662 (sampling fraction 2,82%), and the survey has been conducted in a final sample of 10.855 households.</p>
Proxy Interviews	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 or because the person was hospitalized, 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, 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 area (NUTS 1)	<p>Voreia Ellada(Northern Greece): Anatoliki Makedonia, Thraki (East Macedonia and Thrace), Kentriki Makedonia (Central Macedonia), Dytiki Makedonia (West Macedonia), Ipeiros (Epirus).</p> <p>Kentriki Ellada (Central Greece): Thessalia (Thessaly), Ionioi Nisoi (Ionian Islands), Dytiki Ellas (Western Greece), Sterea Ellada (Central Greece), Peloponnisos (Peloponnese).</p> <p>Attiki (Attica): Attiki (Attica).</p> <p>Nisoi Aigaiou, Kriti (Aegean Islands and Crete): Voreio Aigaiο (Northern Aegean), Notio Aigaiο (Southern Aegean), Kriti (Crete).</p>

Map of the 4 Great Geographical Regions (NUTS 1) of Greece



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".