Greece

Country overview

Malnutrition burden

Greece is off course to meet the global targets for anaemia in women of reproductive age, low birth weight, male diabetes, female diabetes, male obesity, and female obesity. There is insufficient target data to assess Greece's progress for under-five overweight, under-five stunting, under-five wasting, and infant exclusive breastfeeding.

Greece has no prevalence data available for under-five overweight, stunting, or wasting.

There is also insufficient data on exclusive breastfeeding among infants. Greece's 2015 low birth weight prevalence of 8.7% has decreased slightly from 9% in 2000.

Greece's adult population face a malnutrition burden. 15.9% of women of reproductive age have anaemia, and 7.2% of adult men have diabetes, compared to 6% of women. Meanwhile, 25.4% of women and 24.2% of men have obesity.

Sources: UNICEF global databases Infant and Young Child Feeding, UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, UNICEF/WHO Low birthweight estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory.

Notes: Data on the adult indicators are based on modelled estimates.

Progress against global nutrition targets 2019

Under-five stunting
No data

Under-five wasting
No data

Under-five overweight
No data

Low birthweight
No progress or worsening

Exclusive breastfeeding
No data

Adult female obesity
No progress or worsening

Adult male obesity
No progress or worsening

Adult female diabetes
No progress or worsening

Adult male diabetes
No progress or worsening

WRA anaemia
No progress or worsening

Sources: UNICEF global databases Infant and Young Child Feeding, UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory and Global Burden of Disease, the Institute for Health Metrics and Evaluation.

Notes: WRA = Women of a reproductive age; NA = not applicable. The methodologies for tracking differ between targets. Data on the adult indicators are based on modelled estimates.

Child (under-five) nutrition status

Coexistence of wasting, stunting and overweight

No data

Sources: UNICEF, Division of Data Research and Policy (2019). UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.

Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition.

Low birth weight

No data

Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

Prevalence of under-five stunting

Stunting at subnational level

No data

Stunting at 5km level

No data

Stunting Prevalence (%)

≥ 50
40
30
20
< 10

Source: Kinyoki, D.K. et al. Mapping child growth failure across low- and middle-income countries. Nature 577, 231–234 (2020) doi:10.1038/s41586-019-1878-8.

Notes: 5 km level map shows prevalence at the 5 x 5-km resolution. Prevalence is the 2017 estimated prevalence, based on a model using a range of surveys between 1998-2018. See source paper for full methods.

Child (under-five) nutrition status over time

Wasting by gender

Stunting by gender

Overweight by gender

No data

No data

No data

Wasting by location

Stunting by location

Overweight by location

No data

No data

No data

Wasting by income

Stunting by income

Overweight by income

No data

No data

No data

Wasting by mother's education

No data

Stunting by mother's education

No data

Overweight by mother's education

No data

Wasting by age

No data

Stunting by age

No data

Overweight by age

No data
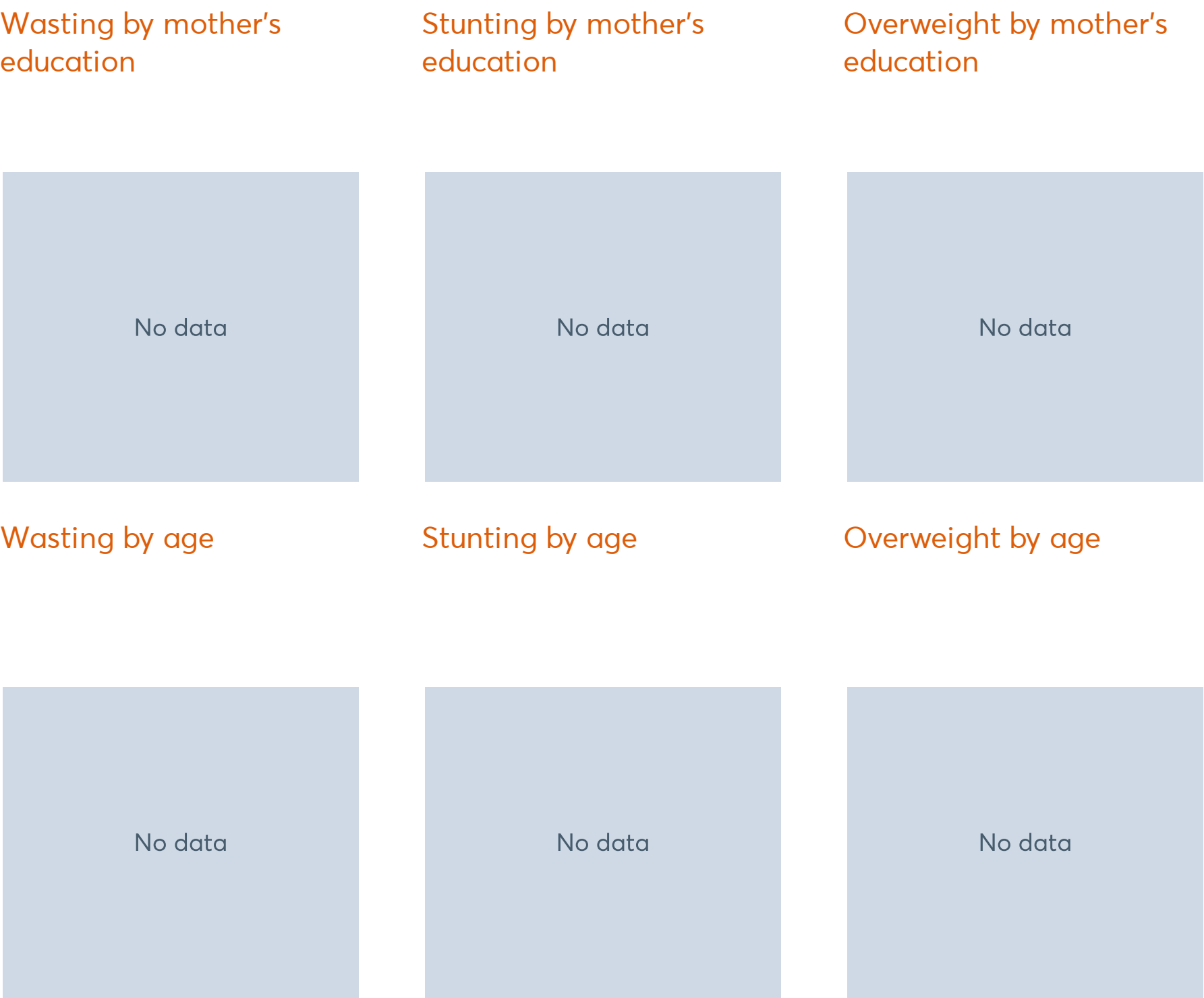
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

Infant and young child feeding over time

Exclusive breastfeeding by gender

No data

Continued breastfeeding at 1 year by gender

No data

Minimum acceptable diet by gender

No data

Intro. to solid, semi-solid, soft foods by gender

No data

Exclusive breastfeeding by location

No data

Continued breastfeeding at 1 year by location

No data

Minimum acceptable diet by location

No data

Intro. to solid, semi-solid, soft foods by location

No data

Exclusive breastfeeding by income

No data

Continued breastfeeding at 1 year by income

No data

Minimum acceptable diet by income

No data

Intro. to solid, semi-solid, soft foods by income

No data

Exclusive breastfeeding by mother's education

No data

Continued breastfeeding at 1 year by mother's education

No data

Minimum acceptable diet by mother's education

No data

Intro. to solid, semi-solid, soft foods by mother's education

No data

Exclusive breastfeeding by age

No data

Continued breastfeeding at 1 year by age

No data

Minimum acceptable diet by age

No data

Intro. to solid, semi-solid, soft foods by age

No data

Sources: UNICEF, Division of Data Research and Policy (2019). Global UNICEF Global Databases: Infant and Young Child Feeding, New York, May 2019.

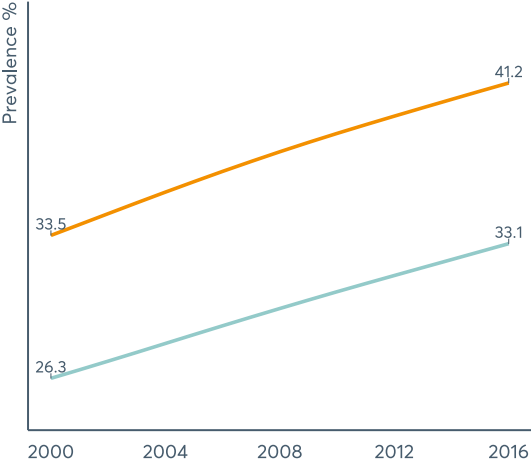# Infant and young child feeding

No data

No data

Sources: UNICEF, Division of Data Research and Policy (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, Predominant breastfeeding, New York, May 2019.

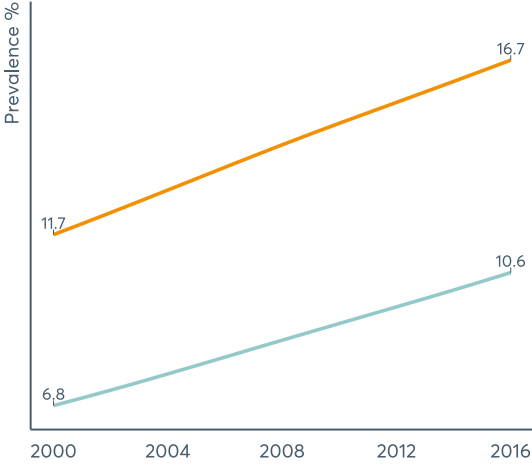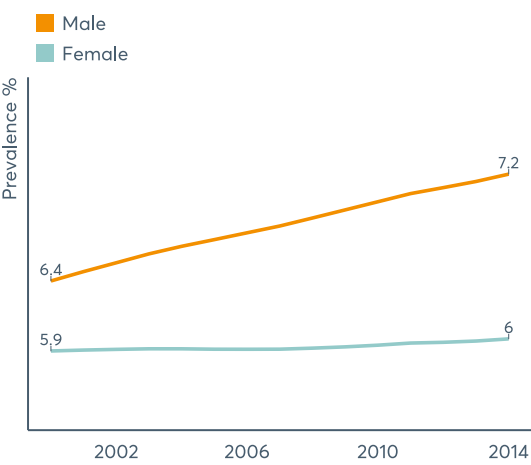# Child and adolescent (aged 5-19) nutrition status

Underweight by gender
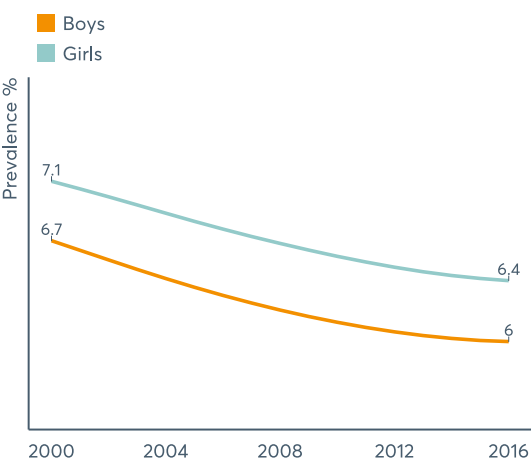
Prevalence %

Boys
Girls

7.1
6.7
6.4
6

2000   2004   2008   2012   2016

Sources: NCD Risk Factor Collaboration.

Overweight by gender

Prevalence %

41.2
33.5
33.1
26.3

2000   2004   2008   2012   2016

Obesity by gender

Prevalence %

16.7
11.7
10.6
6.8

2000   2004   2008   2012   2016

Adult nutrition status

Diabetes by gender

Prevalence %

Male
Female

6.4
5.9

7.2
6

2002   2006   2010   2014

Sources: NCD Risk Factor Collaboration.

Overweight by gender

Prevalence %

68.2
59.7

56.2
50.3

2000   2004   2008   2012   2016

Obesity by gender

Prevalence %

25.4
24.2

20.8
16

2000   2004   2008   2012   2016
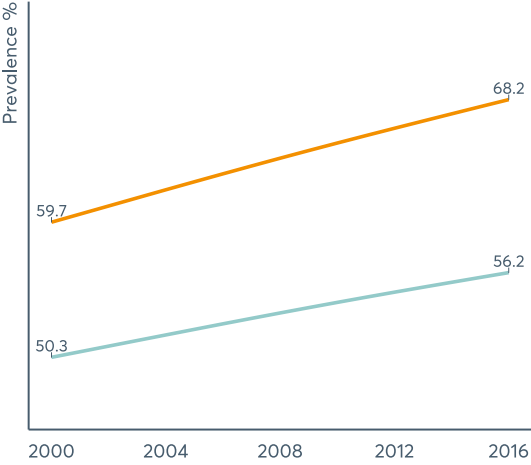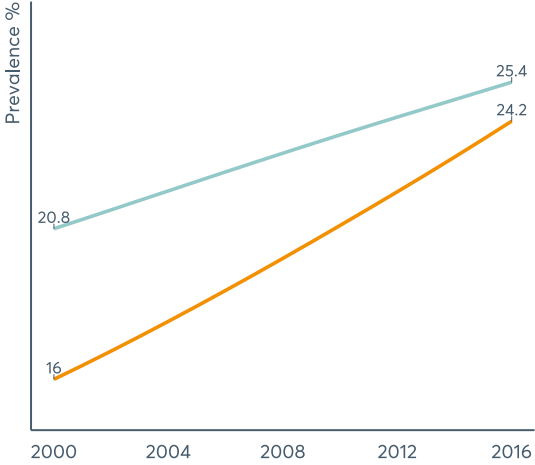
Raised blood pressure by gender

Prevalence %

Male
Female

28.2
21.4

22.8
15.4

2003   2007   2011   2015
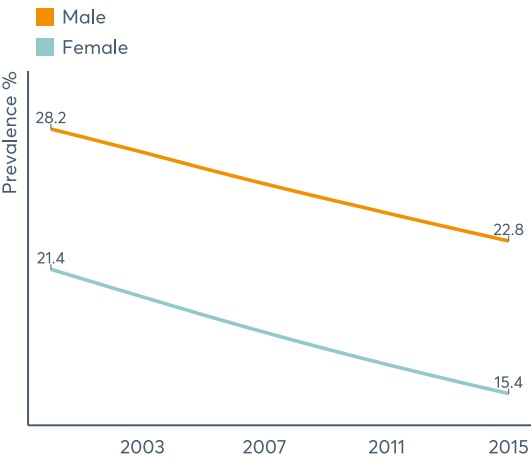
Sources: NCD Risk Factor Collaboration.

Anaemia in WRA

Prevalence %

All women
Pregnant women
Non-pregnant women

24
13
12.7

23.7
15.9
15.7

2000   2004   2008   2012   2016
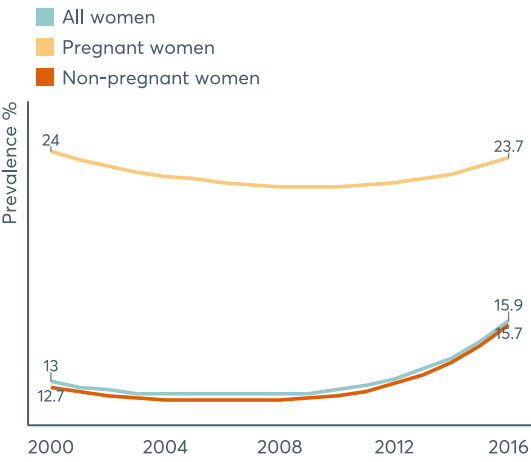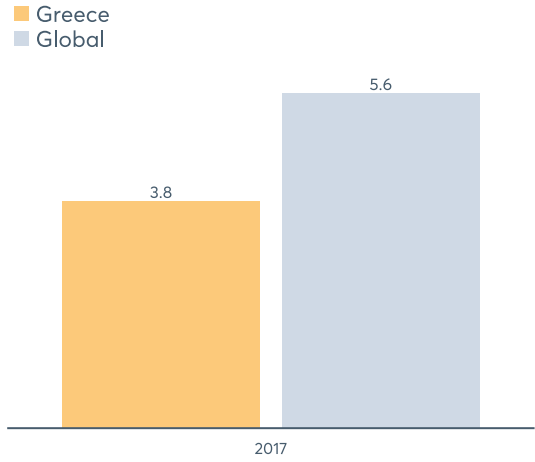
Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age.

Salt intake (grams per day)

Greece
Global

3.8
5.6

2017

Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.

Dietary needs

Consumption of food groups and components, 2016

Legend:
- Greece
- Europe
- Global

Left chart (Midpoint of TMREL; 0%/0g of TMREL to 200% of TMREL):
- Calcium — 1.3g
- Fruit — 250g
- Legumes — 60g
- Milk — 435g
- Nuts and seeds — 20.5g
- Omega 3 — 0.3g
- Polyunsaturated fat — 11%

Right chart:
- Processed meat — 2g (7)
- Red meat — 22.5g (47)
- Salt — 2g (4, 5)
- Saturated fat — 7%
- Sugar-sweetened beverages — 2.5g (91, 95, 98)
- Trans fat — 0.5%
- Vegetables — 360g
- Whole grain — 125g

Sources: Global Burden of Disease, the Institute for Health Metrics and Evaluation.

Notes: TMREL = theoretical minimum risk of exposure level. Men and women aged 25 and older.

Intervention coverage

Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 0-59 months with diarrhoea who received zinc treatment	No data	No data	No data	No data
Children 6-59 months who received vitamin A supplements in last 6 months	No data	No data	No data	No data
Children 6-59 months given iron supplements in past 7 days	No data	No data	No data	No data
Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care	No data	NA	NA	No data
Household consumption of any iodised salt	No data	NA	NA	No data

Sources: Huestis A. and Kothari M., based on *2016 Global Nutrition Report*.

Notes: NA = not applicable. Data is compiled using STATcompiler and taken from country Demographic and Health Surveys for 2005-2018.
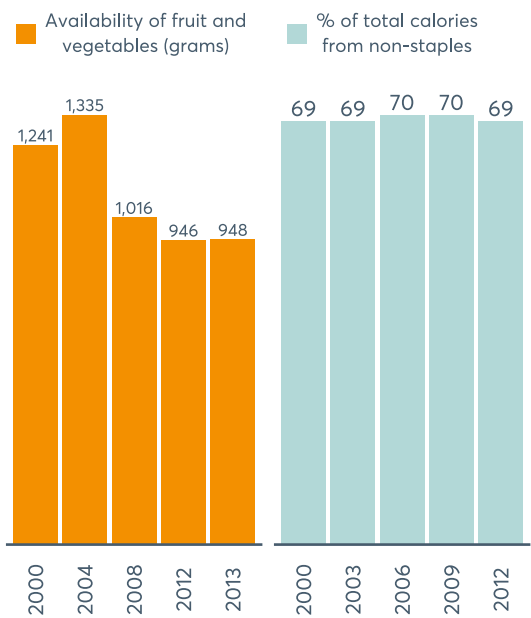
Determinants

Undernourishment

Source: FAOSTAT 2018.
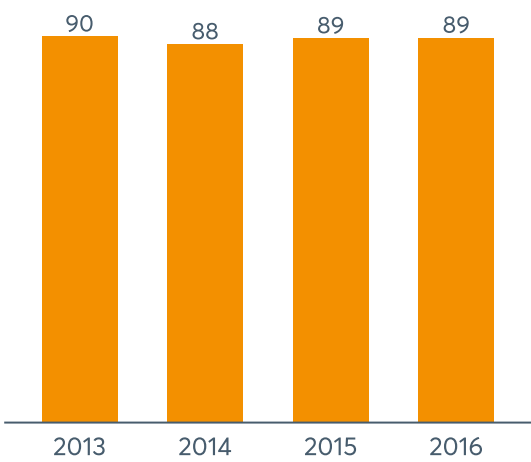
Food supply

Source: FAOSTAT 2018.

Gender-related determinants

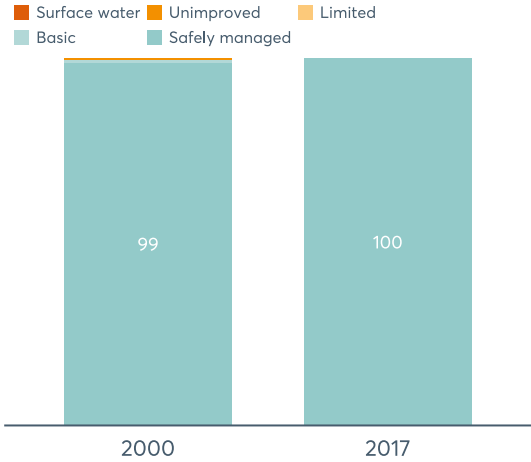|		
Early childbearing births by age 18 (%)[1]	No data	No data
Gender Inequality Index (score*)[2]	0.12	2017
Gender Inequality Index (country rank)[2]	26	2017

Sources: [1] UNICEF 2018; [2] UNDP 2018.

Notes: *0 = low inequality, 1 = high inequality.

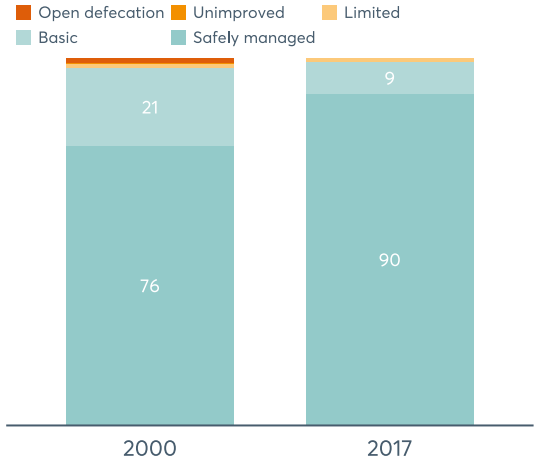## Female secondary education enrolment (net, % population)

Source: UNESCO Institute for Statistics 2018.

Drinking water coverage (% population)

Source: WHO/UNICEF Joint Monitoring Programme 2019.

Sanitation coverage (% population)

Source: WHO/UNICEF Joint Monitoring Programme 2019.

Resources, policies and targets

Development assistance

No data

Sources: Development Initiatives based on OECD Development Assistance Commitee (DAC) Creditor Reporting System (CRS).

Notes: ODA = official development assistance. Amounts based on gross ODA disbursements, constant 2017 prices. Figure includes ODA grants and loans, but excludes other official flows and private grants.

National policies

Mandatory legislation for salt iodisation	No
Sugar-sweetened beverage tax	No
Food-based dietary guidelines	Yes
Policy to reduce salt consumption	Yes
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	No
Operational, multisectoral national NCD policy, strategy or action plan	No
Operational policy, strategy or action plan for diabetes	No
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	No
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	Yes

Sources: Global Fortification Data Exchange 2018; Sugar-sweetened data prepared using data from the NOURISHING database, academic references and market reports; FAO 2018; WHO Global database on the Implementation of Nutrition Action (GINA), 2nd Global Nutrition Policy Review, WHO Global Health Observatory.

Notes: NA = not applicable; NCD = non-communicable disease.

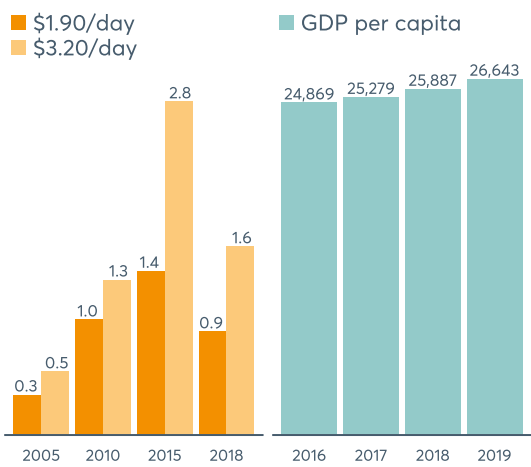# Targets included in national (nutrition or other) plan

Stunting	Anaemia
No	No

Low birth weight	Child overweight
No	No

Exclusive breastfeeding	Wasting
No	No

Salt intake	Overweight adults and adolescents
Yes	No

Multisectoral comprehensive nutrition plan
Yes

Sources: WHO Global database on the Implementation of Nutrition Action (GINA), 2nd Global Nutrition Policy Review.

Economics and demography

Poverty rates (%) and GDP (PPP$)

Legend:
- $1.90/day
- $3.20/day
- GDP per capita

$1.90/day: 2005: 0.3, 2010: 1.0, 2015: 1.4, 2018: 0.9
$3.20/day: 2005: 0.5, 2010: 1.3, 2015: 2.8, 2018: 1.6
GDP per capita: 2016: 24,869, 2017: 25,279, 2018: 25,887, 2019: 26,643

Sources: World Bank 2019, IMF World Economic Outlook Database 2019.

Notes: PPP = purchasing power parity.

Under-five mortality (per 1,000 live births)

2015: 4.6, 2016: 4.7, 2017: 4.6, 2018: 4.5
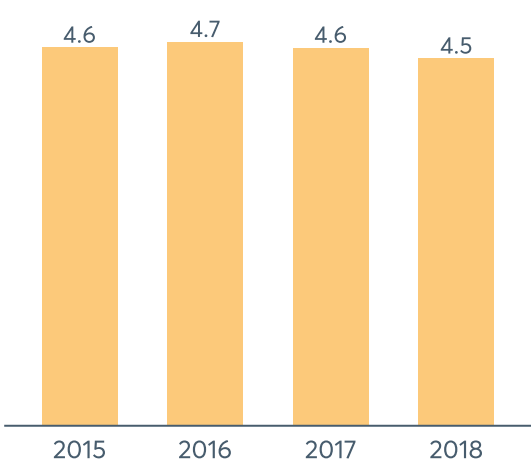
Source: UN Inter-agency Group for Child Mortality Estimation 2018.

Government revenues ($m)

No data

Sources: IMF Article IV staff reports (country specific) and IMF World Economic Outlook Database (April 2019).

Income inequality

Gini index score[1]	Gini index rank[2]	Year
36	73	2015

Sources: World Bank 2019.

Notes: [1] 0 = perfect equality, 100 = perfect inequality. [2] Countries are ranked from most equal (1) to most unequal (159).

Population

Population (thousands)	10,728	2018
Under-five population (thousands)	420	2019
Rural (%)	21	2018
>65 years (thousands)	2,298	2019

Sources: World Bank 2019, UN Population Division Department of Economic and Social Affairs 2019.

Population density of health workers per 1,000 people

Physicians	6.25	2014
Nurses and midwives	3.41	2015
Community health workers	No data	No data

Sources: WHO's Global Health Workforce Statistics, OECD, supplemented by country data.