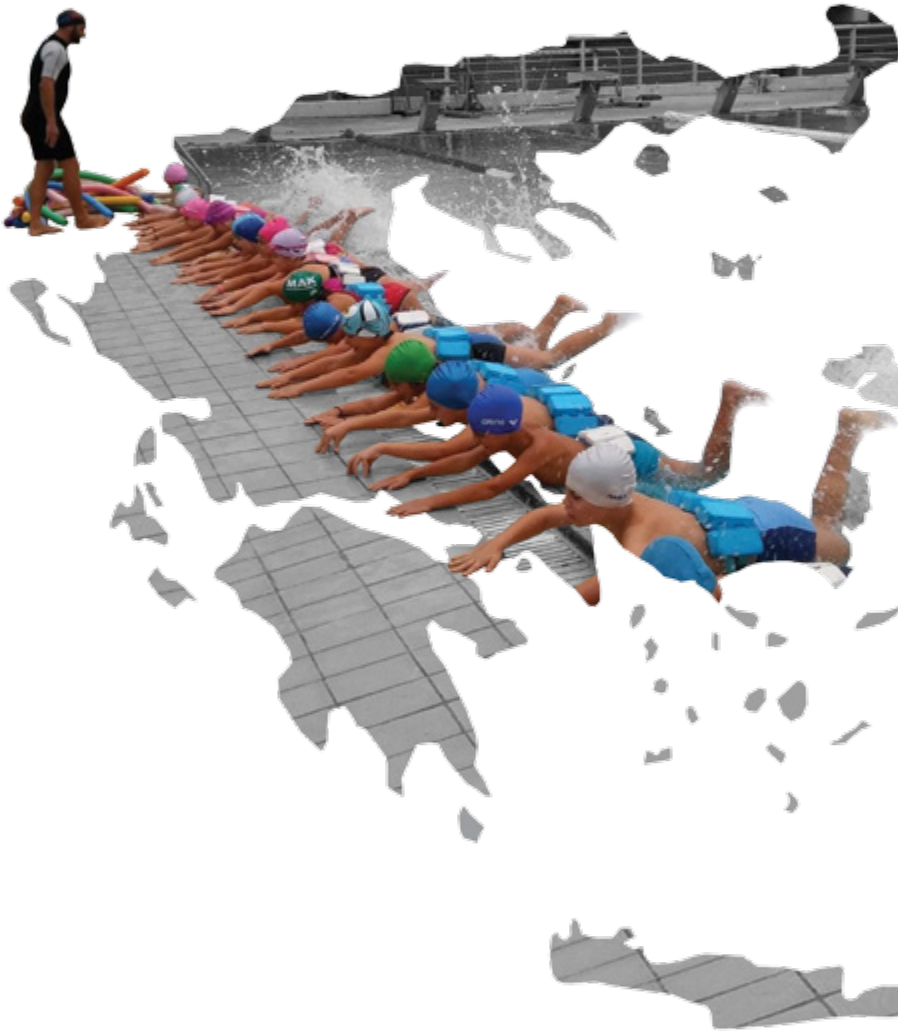




# GREECE

## PHYSICAL ACTIVITY

### FACTSHEET 2018



Total population

**10 768 193**

Median age

**44.2** YEARS



GDP per capita

**17 100** €

% of GDP for health: **4.9**  
 % of GDP for education: **4.3**  
 % of GDP for sports: **0.3**



Population **MALE**

**48.5%**

Population **FEMALE**

**51.5%**

Life expectancy, **MALES**

**78.9** YEARS

Life expectancy, **FEMALES**

**84.0** YEARS

Sources: Eurostat (2016)

### Success story

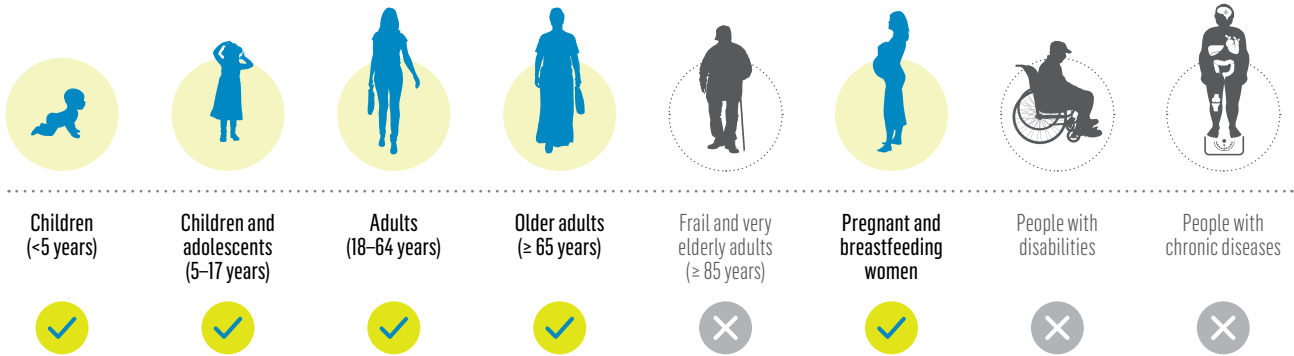
The "**Swimming school programme**" for 8–9-year old pupils was launched as a pilot project in Athens in 2015 and was then extended throughout Greece, involving 2800 groups of over 44 000 pupils and 260 teachers of physical education nationally in 2018. The programme emphasizes physical activity and teamwork through swimming. Pupils also learn about basic safety and hygiene and develop individual and social competence. Each trimester consists of 12 mandatory swimming lessons. The Programme is part of each school's physical education course.



# MONITORING AND SURVEILLANCE

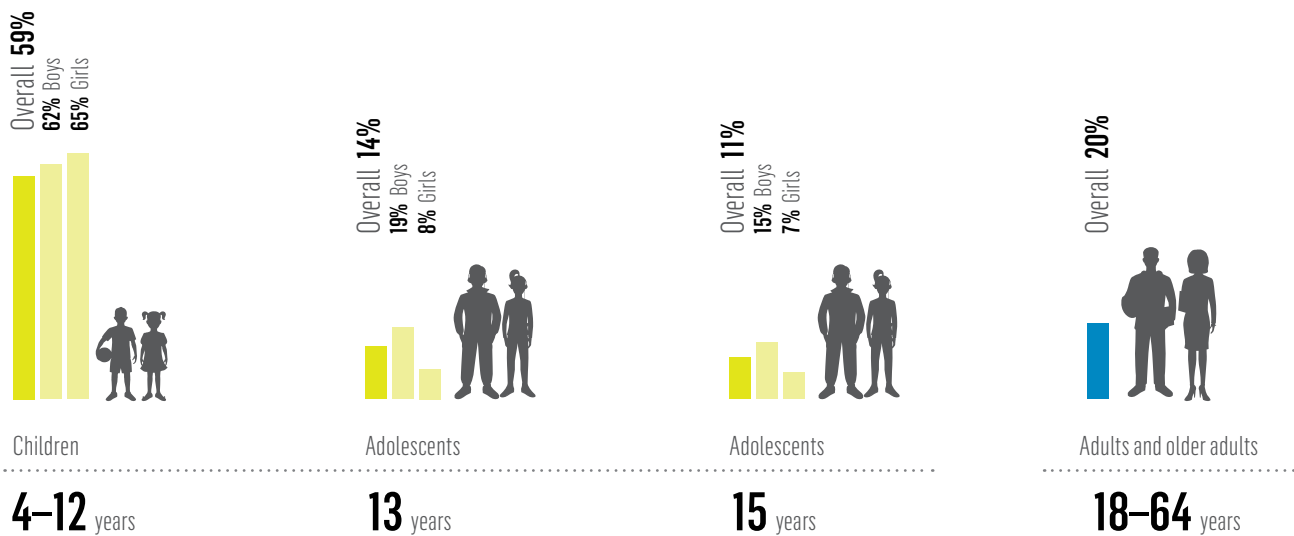
## National recommendations on physical activity for health

TARGET GROUPS INCLUDED



## Level of physical activity

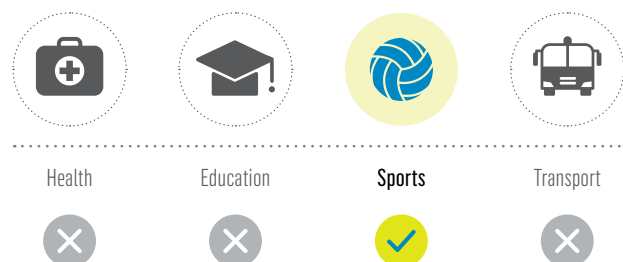
ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity levels among adolescents were assessed through the Health Behaviour in School-aged Children study 2013–2014. The physical activity levels of adults were assessed in a national survey in 2014, which will be repeated every 5 years. Childrens' physical activity levels were assessed in a survey that was part of the National Action for Children's Health programme.



# POLICY RESPONSE



The aim of the **“Sports for all”** programme in Greece is to provide opportunities for the entire population to be physically active. It includes programmes for people with disabilities, preschoolers, children and older adults and also in mental health facilities, prisons and as part of drug rehabilitation. The programme is funded by the General Secretariat of Sports and is being implemented nationwide.

**Sports-for-all** programmes are delivered to older adults as an opportunity to exercise and are conducted in cooperation with municipalities, foundations and sports clubs. Two sport events have also been held: the **“World senior games”** for people aged ≥ 50 years in 2017 and the **“4XF for silver safety”** in 2016.



## National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity



Total number of policies

3

Policies with evaluation processes



Health

Education

Sports

Transport

Environment

Urban planning

Other

1  
2  
3



The aim of the **“Different people – common needs: refugees moving towards a physically active life”** programme is to support refugees in being physically active. The programme was established in 2016, is coordinated by the Directorate of Physical Education and is funded by the European Union. It provides two 3-h sessions of physical activity per week for people aged 15–30 years living in refugee camps in Athens.



## Target groups addressed by national policies

- Low socioeconomic groups
- Pregnant and breastfeeding women
- Ethnic minorities
- People deprived of liberty
- Migrants
- Older people
- People with disabilities
- People with chronic diseases
- Other



## Physical activity promotion in the health sector

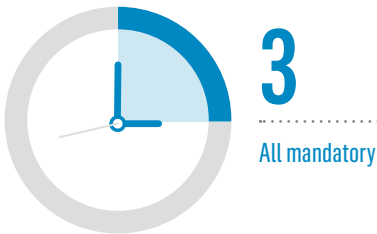
HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH

Physical activity for health is taught as an independent module in the curriculum of physical education teachers in both primary and secondary schools. In addition, physical activity theory and best practice are taught as part of other modules of instruction and coaching in various sports, including football, basketball, track and field games and volleyball.

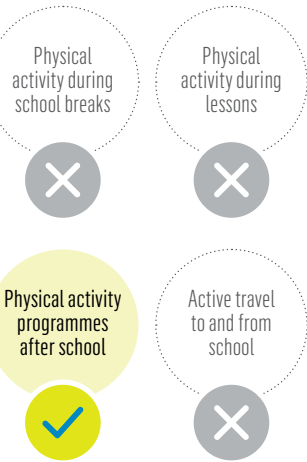


## Physical activity in schools

Total hours of physical education per week in **PRIMARY SCHOOLS**



Total hours of physical education per week in **SECONDARY SCHOOLS**



## Promotion of physical activity in the workplace



## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



A "National school day" was implemented for the first time in 2014 and is repeated on the first Monday of October every year in all schools in Greece, involving all teachers and pupils. About 850 000 students in 7000 schools take part in organized sports events inside and outside the school area. The event takes a long-term, holistic approach to promoting health and quality of life, with the broad goal of achieving public health and economic benefits for the country.