



GREECE

PHYSICAL ACTIVITY FACTSHEET 2021

Total population: **10.68 m**

Median age: **45.2 years**

GDP per capita: **16 300 €**

Life expectancy, males: **78.6 years**

Life expectancy, females: **83.7 years**

Sources: Eurostat (2020/2021)



National recommendations on physical activity for health

TARGET GROUPS INCLUDED

- | | |
|---|--|
| ☒ Children (< 5 years) | ☐ Frail and very elderly adults (≥ 85 years) |
| ☒ Children and adolescents (5–17 years) | ☒ Pregnant and breastfeeding women |
| ☒ Adults (18–64 years) | ☐ People with disabilities |
| ☒ Older adults (≥ 65 years) | ☐ People with chronic diseases |

The recommendations are based on [WHO recommendations](#) (2010) and were implemented in 2017.

SUCCESS STORY

Four health guides have been published by the Ministry of Health, for children under 5, children and adolescents, adults and older adults and pregnant and lactating women. The Ministry has also published several brochures and posters. **All the published material is accessible online.**



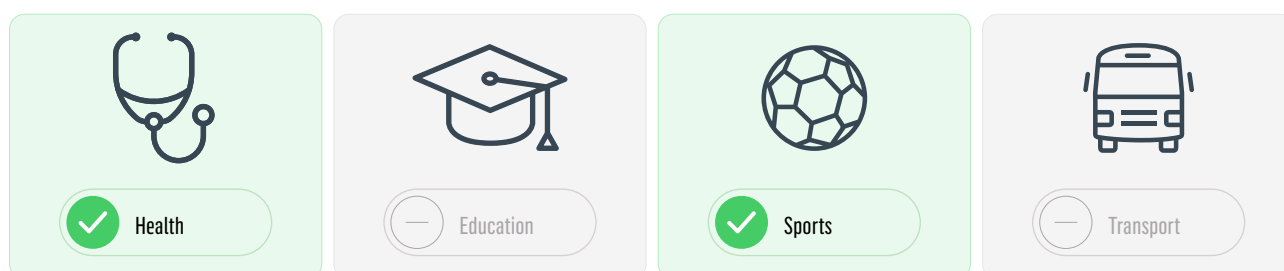
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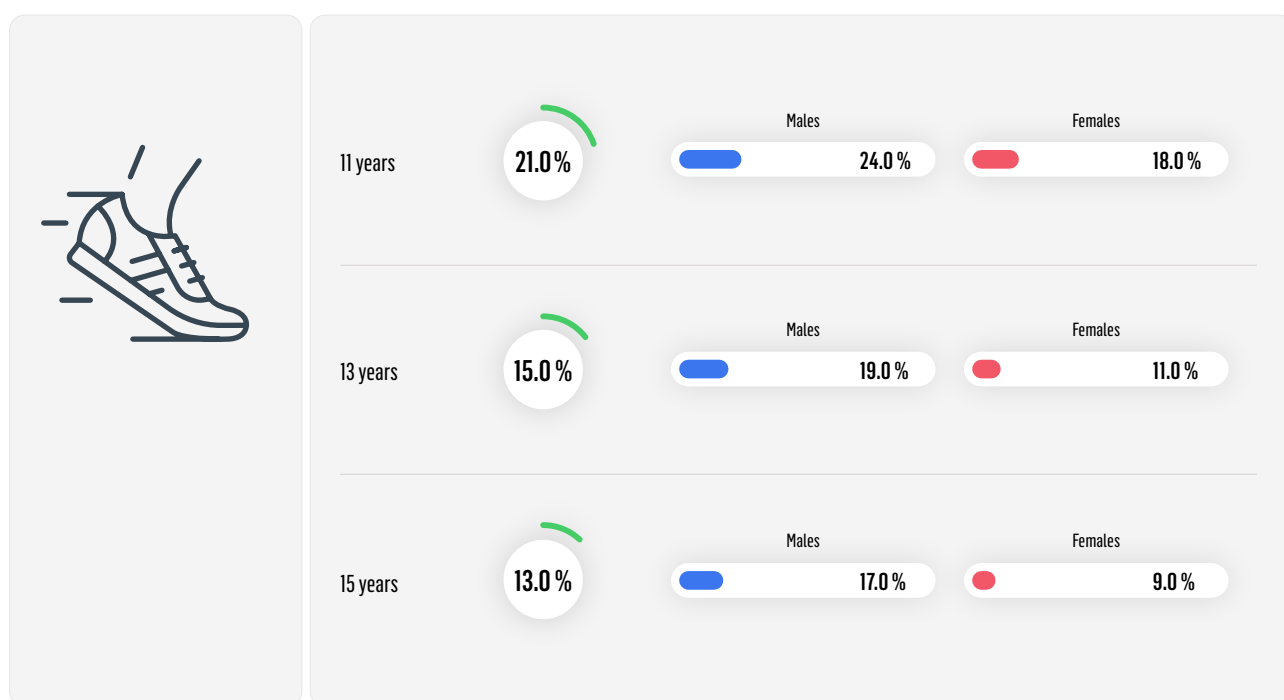


Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents were assessed in the [Health Behaviour of School-aged Children survey](#) in 2017/2018; data for adults aged 15-65+ were collected through the [European Health Interview Survey](#) in 2019.

National government coordination mechanism and leadership in the promotion of physical activity

The General Secretariat of Sports coordinates the [#Ziseathlitika](#) (Ζήσε Αθλητικά), established in 2020. Olympic winners, champions and other famous athletes, with all competent bodies (Hellenic Olympic and Paralympics Committees, National Anti-Doping Organization, representatives of team sports) participate in a programme to raise people's awareness, particularly of younger generations, to the value of sport through the socialization of young people in the context of family and education.

► <https://www.youtube.com/channel/UC75zIXb1UKHGaVAVytQK8uQ> ► <https://www.instagram.com/ziseathlitika/?hl=en>

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Funding for the promotion of physical activity for health

FUNDING FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

 Health ☐	 Education ☒ Yes	 Sports ☒ Yes	 Environment ☐	 Urban planning ☒ Yes	 Transport ☒ Yes
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SUCCESS STORY



The Green Fund has financed the development of 180 sustainable urban mobility plans in 180 municipalities, which are designed to increase "active mobility". Every year, during the European Week of Sport, the 12 best campaigns on urban regeneration, biking and sidewalk networks are selected and sponsored by the Fund.

Policy response



NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL PROGRAMME FOR THE PROMOTION OF PHYSICAL ACTIVITY AND HEALTHY NUTRITION
- 2 NATIONAL BICYCLE STRATEGY
- 3 NATIONAL PLAN FOR ACCESSIBILITY, WITH EMPHASIS ON CLIMATE CHANGE
- 4 NATIONAL PLAN FOR ENERGY AND CLIMATE
- 5 SPORTS FOR ALL PROGRAMME

TOTAL NUMBER OF POLICIES

5



SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

	1	2	3	4	5
Health	☒	☒	☒	☒	☐
Education	☐	☒	☒	☐	☐
Sports	☐	☒	☐	☐	☒
Environment	☐	☒	☒	☒	☐
Urban planning	☐	☒	☒	☒	☐
Transport	☐	☒	☒	☒	☐

POPULATION GROUPS TARGETED BY EACH POLICY

	1	2	3	4	5		1	2	3	4	5
General population	☒	☒	☒	☒	☒	Pregnant women	☐	☐	☒	☐	☐
Children < 5	☐	☒	☒	☐	☒	Breastfeeding women	☐	☐	☐	☐	☐
Children and adolescents (5-17)	☒	☒	☐	☐	☒	Low socio-economic groups	☐	☐	☐	☐	☒
Adults	☐	☒	☐	☐	☒	Ethnic minorities	☐	☐	☐	☐	☒
Older adults (≥ 65)	☐	☐	☒	☐	☒	Deprived of liberty	☐	☐	☐	☐	☐
Frail/elderly (≥ 85)	☐	☐	☒	☐	☐	Migrants	☐	☐	☐	☐	☐
People with disabilities	☐	☐	☐	☐	☒	Unemployed people	☐	☒	☐	☐	☒
People with chronic diseases	☐	☐	☒	☐	☐						

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POLICY HIGHLIGHTS

- 1 National Programme for the Promotion of Physical Activity and Healthy Nutrition.** The Programme is part of the National Strategy for Public Health and was established as national law in 2020. One of its objectives is to control and manage major health risk factors such as poor diets and physical inactivity by adopting public health risk prevention policies and a national systematic screening programme to prevent, protect and improve the health of children, adolescents, adults and vulnerable groups.
- 4 National Plan for Energy and Climate.** The Plan targets urban areas in terms of sustainability, land use and promotion of sustainable urban mobility by adoption of other modes of transport, like shared transport, walking and cycling, which may indirectly contribute to the promotion of well-being and physical activity.
- 5 Sports for all programme.** The aim of this life-course approach is to create opportunities for the practice of sports and leisure activities for all people, regardless of age, sex, social or economic status, disability or chronic disease. It seeks to improve participation in sports, create a culture of sports and increase the engagement and quality of recreational activities for all citizens. All sports programmes are required to be linked to the environment, education and ecological activities. The Department of Planning, Evaluation and Monitoring evaluates the feasibility, planning and implementation of each proposal.

► https://gga.gov.gr/images/%CE%9F%CE%A1%CE%93%CE%91%CE%9D%CE%A9%CE%A4%CE%99%CE%9A%CE%9F_%CE%A0%CE%9B%CE%91%CE%99%CE%A3%CE%99%CE%9F_2020.pdf

Physical education in schools

PRIMARY SCHOOLS:

HOURS PER WEEK



2-3

Mandatory

SECONDARY SCHOOLS:

HOURS PER WEEK



2-3

Mandatory

PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS



During breaks



During lessons



After school



Travel to and from school



Young people and adolescents have the opportunity to do sports after school in sports clubs, where they can choose among various non-competitive sports.

Within the Ecomobility campaign supported by the Ministry, technical institutions have prepared a guideline on "active travel plans to school" for low-emission zones, "living streets", "superblocks" and other urban plans.

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National travel survey

A national bicycle strategy and a national accessibility plan were initiated in 2021. The national bicycle strategy provides for the establishment of a "bicycle observatory" to monitor implementation of the strategy, evaluate the cycling infrastructure and record the number of daily bicycle trips, collect data on bicycle travel from workers, students and others, include a database and cooperate with other bodies to collect reliable data. A corresponding observatory will be established for the national accessibility plan.

Promotion of physical activity in the workplace

The Act of Law in sports 4726/2020 section VI, article 24 provides for the supervision and support of workplace sports in Greece, adoption of a single regulatory framework for the certification and supervision of bodies organizing sports activities in the workplace environment, certification of bodies organizing programmes and sports events in the workplace and registration of these bodies in the General Secretariat of sports official electronic record.



SUCCESS STORY

The World Federation for Company Sport and Health and the Hellenic Organization for Company Sport and Health hosted the 3rd **World Company Sport Games 2021** in Greece. The World Company Sport Games develop and promote sports activities in the workplace around the world and bring together working people from across the globe to demonstrate the virtues of company sport. Participants in this event, which lasts several days, can form friendship within and outside their work circle in an environment that strengthens their physical and mental well-being and increases employees' engagement and organizational culture. Men and women can compete in a diverse range of sports, sharing values that are inherent to both the sports and work environment: teamwork, communication and commitment.

Community-based interventions for older adults



NATIONAL GUIDANCE OR
PROGRAMME FOR COMMUNITY-
BASED INTERVENTIONS TO
PROMOTE **PHYSICAL ACTIVITY**
IN OLDER ADULTS



Yes

The General Secretariat of Sports, in collaboration with municipalities, offers centres for protection and exercise programmes for adults aged ≥ 65 through the Sports for All Programme. The programmes are offered 3 days per week and include low-to-moderate-intensity aerobic workouts (e.g., walking, dancing), body-weight and resistance-band workouts, flexibility and stretching workouts and balance exercises.



SUCCESS STORY

The **Golden Age Gym Festival** is a week-long series of gymnastics and athletic events for people aged ≥ 50 offered by the Hellenic Federation of Gymnastics, in collaboration with the European Gymnastics Federation and the support of the Region of Crete, the municipality of Rethymno and the General Secretariat of Sports (Be Active Hellas). The event includes team competitions and the opportunity to experience sports and culture in a group, with no discrimination.

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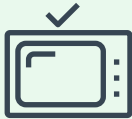
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National awareness-raising campaign on physical activity

The Greek General Secretariat of Sports promotes Sport Ideal and the Sport Moral as models for everyday life through an innovative 3-year programme #Ziseathlitika (Ζήσε Αθλητικά). Olympic winners, champions and other famous athletes and competent bodies (Hellenic Olympic and Paralympics Committees, National Anti-Doping Organization, representatives of team sports) participate in this programme to raise people's awareness of the values of sports. Four nationwide campaigns are conducted in settings such as schools, organized sports events and workshops, conferences and seminars. Greece also participates in the European campaign #BEACTIVE-European Week of Sport.

MEDIA USED IN NATIONAL CAMPAIGNS

						
Television	Radio	Newspapers	Social media	Public events	Public figures	Other
☒ Yes	☒ Yes	☒ Yes	☒ Yes	☒ Yes	☒ Yes	☐