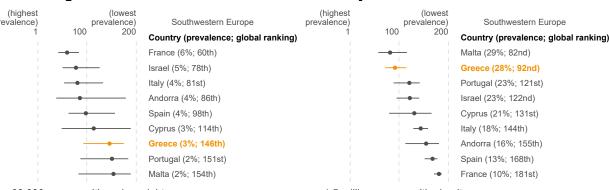
# Underweight and obesity in Greece, 2022

### **Underweight in Women**

#### **Obesity in Women**



Double burden

Underweight

Obesity

Men

80

60

40

20

0

1000

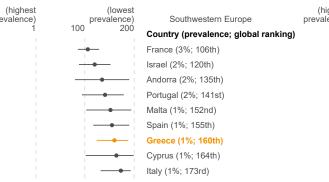
Prevalence

· 66,000 women with underweight.

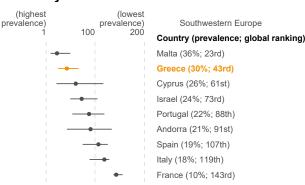
**Underweight in Men** 

- 2.6% prevalence, with no detectable change from 1990.
- 1.5 million women with obesity.
- 27.7% prevalence, an increase of 7.5 percentage points from 1990.

## Obesity in Men



- 1.4 million men with obesity.
  - 30.1% prevalence, an increase of 19.5 percentage points from 1990.

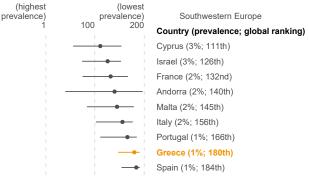


## Thinness in Girls

• 28,000 men with underweight.

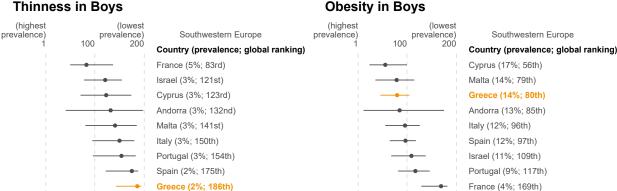
1.0% prevalence, with no detectable change

## **Obesity in Girls**



- 7,000 girls with thinness.
- 1.0% prevalence, a decrease of 1.7 percentage points from 1990.
- (highest (lowest prevalence) prevalence) Southwestern Europe Country (prevalence; global ranking) Cyprus (11%; 67th) Malta (9%; 81st) Spain (9%; 84th) Greece (9%; 86th) Andorra (9%; 87th) Israel (8%; 100th) Italy (8%; 103rd) Portugal (6%; 121st) France (4%; 156th)
  - 64,000 girls with obesity.
  - 9.2% prevalence, an increase of 5.0 percentage points from 1990.

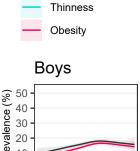
### Obesity in Boys



- 110,000 boys with obesity.
- 14.2% prevalence, an increase of 6.8 percentage points from 1990.

- Girls 50 40 Prevalence 30 20 10 0 2020 1000
- Boys 40 30 0 1000

- 12,000 boys with thinness.
- 1.5% prevalence, a decrease of 0.7 percentage points from 1990.
- Results are from NCD Risk Factor Collaboration "Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults" The Lancet, 2024.
- Women and men are aged 20+ years and girls and boys are aged 5-19 years.
- Greece had 13 studies for women, 13 for men, 38 for girls, and 37 for boys.
- Prevalences presented here are age-standardised using the WHO Standard Population.
- · Complete results are available at www.ncdrisc.org.



Double burden