## Underweight and obesity in Greece, 2022

Risk Factor Collaboration

## Underweight in Women

(highest

## Obesity in Women

$\begin{array}{lrc} & \begin{array}{r}\text { (lowest } \\ \text { prevalence) }\end{array} & \text { Southwestern Europe } \\ 100 & 200 & \text { Country (prevalence; global ranking) }\end{array}$
Malta (29\%; 82nd)
Greece ( $28 \%$; 92nd)
Portugal (23\%; 121st)
Israel (23\%; 122nd)
Cyprus (21\%; 131st)
Italy (18\%; 144th)
Andorra (16\%; 155th)
Spain (13\%; 168th)
France (10\%; 181st)

- 1.5 million women with obesity.
- $27.7 \%$ prevalence, an increase of 7.5 percentage points from 1990.
Obesity in Men

| (highest <br> prevalence) | 100(lowest <br> prevalence) | Southwestern Europe <br> Country (prevalence; global ranking) |
| ---: | ---: | ---: |
|  |  |  |

Malta (36\%; 23rd)
Greece ( $30 \%$; 43rd)
Cyprus ( $26 \%$; 61st)
Israel (24\%; 73rd)
Portugal (22\%; 88th)
Andorra ( $21 \%$; 91st)
Spain (19\%; 107th)
Italy (18\%; 119th)
France (10\%; 143rd)




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


## Obesity in Girls

## (highest

Thinness in Girls
 Cyprus (3\%; 111th)
Israel (3\%; 126th)
France (2\%; 132nd)
Andorra ( $2 \%$; 140th)
Malta ( $2 \%$; 145th)
Italy (2\%; 156th)
Portugal (1\%; 166th)
Greece ( $1 \%$; 180th)
Spain (1\%; 184th)

- 7,000 girls with thinness.
- $1.0 \%$ prevalence, a decrease of 1.7 percentage points from 1990.


## Thinness in Boys

(highest
prevalence)


- 12,000 boys with thinness.
- $1.5 \%$ prevalence, a decrease of 0.7 percentage points from 1990.
(highest (highest
prevalence) prevalence)

Southwestern Europe
Country (prevalence; global ranking)
Cyprus ( $11 \% ; 67$ th $)$
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

$\begin{array}{rrr}\begin{array}{c}\text { (highest } \\ \text { prevalence) }\end{array} & 100 \begin{array}{r}\text { (lowest } \\ \text { prevalence) }\end{array} & \begin{array}{c}\text { Southwestern Europe } \\ \text { 200 }\end{array} \\ & & \\ \text { Country (prevalence; global ranking) }\end{array}$
-110,000 boys with obesity

- $14.2 \%$ prevalence, an increase of 6.8 percentage points from 1990.

Cyprus (17\%; 56th)
Malta (14\%; 79th)
Greece (14\%; 80th)
Andorra ( $13 \%$; 85th)
Italy (12\%; 96th)
Spain (12\%; 97th)
Israel ( $11 \%$; 109th)
Portugal (9\%; 117th)
France (4\%; 169th)

(4)



Boys


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[^0]:    - 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.

