

## **A national survey of the prevalence of overweight and obesity in Greece**

**Farajian, P<sup>1</sup>**, Risvas, G<sup>1</sup>, Karasouli, K<sup>1</sup>, Panagiotakos, DB<sup>2</sup>, Zampelas, A<sup>1</sup>

<sup>1</sup> *Unit of Human Nutrition, Department of Food Science and Technology, Agricultural University of Athens, Athens, Greece*

<sup>2</sup> *Department of Dietetics and Nutritional Science, Harokopio University, Athens, Greece*

**Introduction:** In order to provide national estimates of overweight and obesity among Greek schoolchildren a nationwide survey was performed among fifth and sixth grade students aged 10-12 years old.

**Methods:** A stratified sampling by regions of the country based on data provided by the National Statistics Service of Greece was used to obtain a representative sample. Data were collected from October 2009 to May 2009 from 10 regions of Greece. Body weight, height, waist circumference and percentage of body fat and was measured by trained staff.

**Results:** The students participation rate was 84,9%. The resultant sample consisted of 4876 children (49.3% males and 50.7% females). According to the International Obesity Task Force (IOTF) cut-offs, the overall prevalence of overweight was 29% (95% confidence intervals 27.7-30.2) and the rate of obesity was 11.2% (95% confidence intervals 10.3-12.1). When we defined obesity using the growth curves of the CDC, the overall prevalence was significantly higher and reached 18.1% (95% confidence intervals 17.0-19.1). Additionally, there was a gender difference concerning the prevalence of obesity with males showing higher percentages. When comparing the overweight and obesity prevalence (IOTF cut-offs) between urban and rural regions no significant differences were found. Moreover, no differences were found between different age groups concerning obesity prevalence, for both genders.

**Conclusion:** The present national survey confirms previous studies showing a significant increase in the prevalence of overweight and obesity during the last two decades. These findings suggest a community as well as individual interventions in all areas of the country.

### **1. Conflict of Interest:**

None Disclosed

### **2. Funding**

Research relating to this abstract was funded by General Secretariat of Consumers-Greek Ministry of Development, Hellenic Association of Food and Beverage Companies, Coca Cola Hellas, Coca Cola Hellenic Bottling Company, Cereal Partners Hellas, FAGE S.A., Unilever Hellas, Nestle Hellas, Kraft Foods Hellas