

# GREECE

## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

World Bank Classification: High income  
Total population: 10 459 782  
Median age (years): 46.1  
Gross Domestic Product (GDP) per capita (€): 18 690  
GDP for health (%): 6  
GDP for education (%): 3.8  
GDP for sports (%): 1.1  
Population, male (%): 48.9  
Population, female (%): 51.1  
Life expectancy, males (years): 78.3  
Life expectancy, females (years): 83.4

Source: Eurostat  
[https://ec.europa.eu/eurostat/databrowser/view/tps00205/default/table?lang=en&category=t\\_demo.t\\_demo\\_mor](https://ec.europa.eu/eurostat/databrowser/view/tps00205/default/table?lang=en&category=t_demo.t_demo_mor)

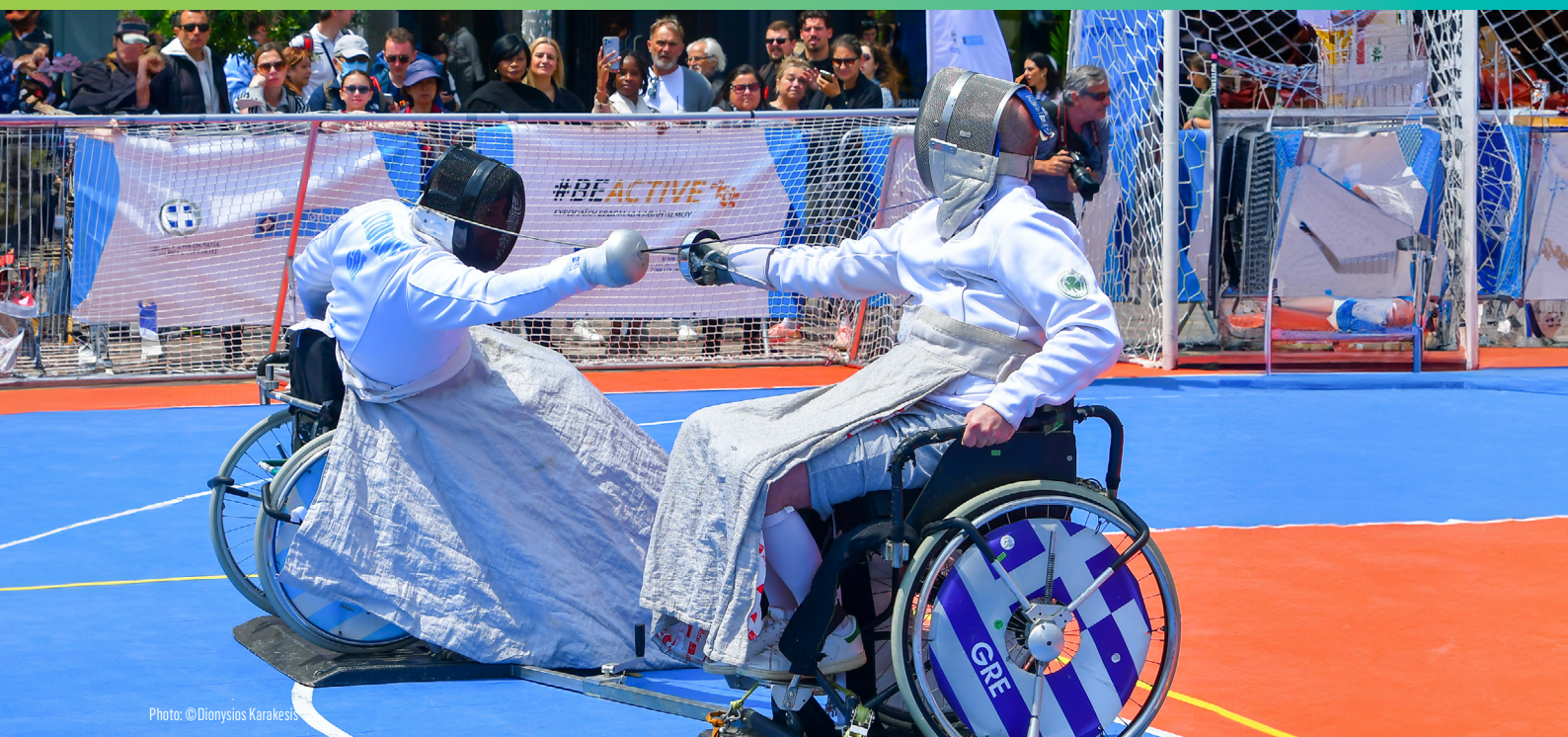


Photo: © Dionysios Karakesis

### ► National recommendations on physical activity for health

#### Target groups included

<b>YES</b>	Children (< 5 years)	<b>YES</b>	During pregnancy
<b>YES</b>	Children and adolescents (5–17 years)	<b>YES</b>	During breastfeeding
<b>YES</b>	Adults (18–64 years)	<b>NO</b>	People with disability
<b>YES</b>	Older adults (≥ 65 years)	<b>NO</b>	People with chronic diseases
<b>NO</b>	Frail and very elderly adults (≥ 85 years)		

Link to national recommendations: <http://www.diatrofikoiodigoi.gr/?Page=systaseis>

### ► Monitoring and surveillance of physical activity

#### Sectors with surveillance systems



Health

**YES**



Education

**NO**



Sports

**YES**



Transport

**NO**

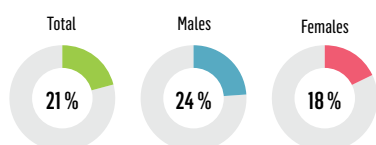
# GREECE

## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

### ► Prevalence of physical activity

#### Physical activity indicators

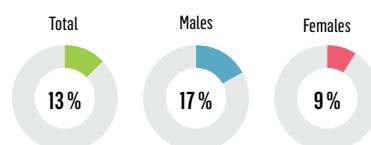
##### 11 years



HBSC, 2017–2018; <https://hbsc.org/publications/reports/a-focus-on-adolescent-physical-activity-eating-behaviours-weight-status-and-body-image-in-europe-central-asia-and-canada/>

≥ 60 min/day of moderate-to-vigorous physical activity

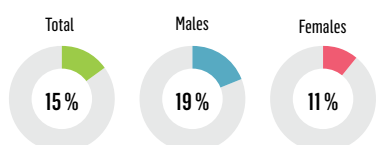
##### 15 years



HBSC, 2017–2018; <https://hbsc.org/publications/reports/a-focus-on-adolescent-physical-activity-eating-behaviours-weight-status-and-body-image-in-europe-central-asia-and-canada/>

≥ 60 min/day of moderate-to-vigorous physical activity

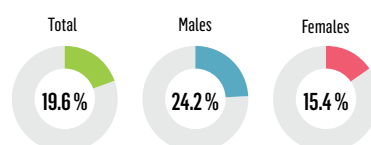
##### 13 years



HBSC, 2017–2018; <https://hbsc.org/publications/reports/a-focus-on-adolescent-physical-activity-eating-behaviours-weight-status-and-body-image-in-europe-central-asia-and-canada/>

≥ 60 min/day of moderate-to-vigorous physical activity

##### 15–85 years



European Health Interview Survey (EHIS), 2019; [https://ec.europa.eu/eurostat/databrowser/view/hlth\\_ehis\\_pe2e\\_custom\\_11430442/default/table?lang=en](https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_pe2e_custom_11430442/default/table?lang=en)

≥ 150 min/week

### ► National government coordination mechanism and leadership on the promotion of physical activity

The Ministry of Education, Religious Affairs and Sports, Department of Sports Scientific Support and Education, established in 2019, promotes HEPA and provides and validates national data on physical activity according to the indicators developed in the HEPA questionnaire.

#### SUCCESS STORY

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

<https://www.instagram.com/ziseathlitika/>; <https://www.facebook.com/ziseathlitikagga/>



### ► Funding for the promotion of physical activity for health

#### Funding allocated specifically to physical activity promotion by sector



Health

—



Education

YES



Sports

YES



Environment

—



Urban planning

YES



Transport

YES

### ► National policies or action plans for the promotion of physical activity for health

#### National policy highlights

##### National Strategy for Walking

The Strategy integrates walking into urban planning to advance both public health and climate goals. By promoting walking and cycling as primary transport modes, the strategy reduces air pollution and greenhouse gas emissions, in alignment with Greece's climate targets for 2030 and 2050. It underscores the role of walking in preventing chronic diseases and improving overall well-being. The strategy advocates long-term urban planning to develop safe, attractive walking infrastructure and a shift from car-centric to human-centric mobility. This approach involves comprehensive collaboration across Government levels, businesses and communities to create a more sustainable, health-oriented transport network.

[https://ypen.gov.gr/wp-content/uploads/2023/02/%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%97-%CE%A3%CE%A4%CE%A1%CE%91%CE%A4%CE%97%CE%93%CE%99%CE%9A%CE%97-%CE%93%CE%99%CE%91-%CE%A4%CE%9F-%CE%A0%CE%95%CE%A1%CE%A0%CE%91%CE%A4\\_final-drftat\\_22.02.2023.pdf](https://ypen.gov.gr/wp-content/uploads/2023/02/%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%97-%CE%A3%CE%A4%CE%A1%CE%91%CE%A4%CE%97%CE%93%CE%99%CE%9A%CE%97-%CE%93%CE%99%CE%91-%CE%A4%CE%9F-%CE%A0%CE%95%CE%A1%CE%A0%CE%91%CE%A4_final-drftat_22.02.2023.pdf)

##### National plan for accessibility with emphasis on climate change

The plan has two aims: to ensure seamless, autonomous access for all citizens and to integrate environmentally friendly practices. It tackles the challenges of urbanization and an ageing population by framing accessibility as both a social right and an environmental obligation. It provides a unified approach to projects and measures to improve access in the natural and built environments, avoiding conflicting interventions. The plan is aligned with existing strategies such as the National Energy and Climate Plan, the National Strategy for Adaptation to Climate Change and the National Strategy for a Circular Economy. It also supports the Sustainable Development Goals and includes emergency evacuation and access for vulnerable groups, including people with disabilities, during climate-induced natural disasters.

[https://ypen.gov.gr/wp-content/uploads/2022/11/%CF%84%CE%B5%CE%BB%CE%B9%CE%BA%CE%BF-%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%9F-%CE%A3%CE%A7%CE%95%CE%94%CE%99%CE%9F-%CE%93%CE%99%CE%91-%CE%A4%CE%97%CE%9D-%CE%A0%CE%A1%CE%9F%CE%A3%CE%92%CE%91%CE%A3%CE%99%CE%9C%CE%9F%CE%A4%CE%97%CE%A4%CE%91\\_%CE%9C%CE%95%CE%A1%CE%9F%CE%A3-%CE%91-%CE%9C%CE%95%CE%A1%CE%9F%CE%A3-%CE%93-3.pdf](https://ypen.gov.gr/wp-content/uploads/2022/11/%CF%84%CE%B5%CE%BB%CE%B9%CE%BA%CE%BF-%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%9F-%CE%A3%CE%A7%CE%95%CE%94%CE%99%CE%9F-%CE%93%CE%99%CE%91-%CE%A4%CE%97%CE%9D-%CE%A0%CE%A1%CE%9F%CE%A3%CE%92%CE%91%CE%A3%CE%99%CE%9C%CE%9F%CE%A4%CE%97%CE%A4%CE%91_%CE%9C%CE%95%CE%A1%CE%9F%CE%A3-%CE%91-%CE%9C%CE%95%CE%A1%CE%9F%CE%A3-%CE%93-3.pdf)

##### National Action against Childhood Obesity Programme

The Programme is designed to tackle obesity among children and adolescents aged 0–17 years through a comprehensive approach that encompasses primary, secondary and tertiary prevention. This Programme, which is integral to the National Public Health Prevention Programme Spiros Doxiadis, addresses both the immediate and long-term impacts of childhood obesity by promoting healthier lifestyles by improving access to nutritious food in schools and education on nutrition and physical activity. It also includes early detection and intervention for at-risk children with digital tools and holistic support through free consultations with nutritionists, paediatricians and psychologists.

[https://commission.europa.eu/projects/national-program-physical-exercise-and-healthy-eating-combating-childhood-obesity\\_en](https://commission.europa.eu/projects/national-program-physical-exercise-and-healthy-eating-combating-childhood-obesity_en)

#### National policies or action plans for the promotion of physical activity for health



- National Strategy for Walking**  
[https://ypen.gov.gr/wp-content/uploads/2023/02/%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%97-%CE%A3%CE%A4%CE%A1%CE%91%CE%A4%CE%97%CE%93%CE%99%CE%9A%CE%97-%CE%93%CE%99%CE%91-%CE%A4%CE%9F-%CE%A0%CE%95%CE%A1%CE%A0%CE%91%CE%A4\\_final-drftat\\_22.02.2023.pdf](https://ypen.gov.gr/wp-content/uploads/2023/02/%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%97-%CE%A3%CE%A4%CE%A1%CE%91%CE%A4%CE%97%CE%93%CE%99%CE%9A%CE%97-%CE%93%CE%99%CE%91-%CE%A4%CE%9F-%CE%A0%CE%95%CE%A1%CE%A0%CE%91%CE%A4_final-drftat_22.02.2023.pdf)
- National Accessibility Plan with a Focus on Climate Change**  
[https://ypen.gov.gr/wp-content/uploads/2022/11/%CF%84%CE%B5%CE%BB%CE%B9%CE%BA%CE%BF-%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%9F-%CE%A3%CE%A7%CE%95%CE%94%CE%99%CE%9F-%CE%93%CE%99%CE%91-%CE%A4%CE%97%CE%9D-%CE%A0%CE%A1%CE%9F%CE%A3%CE%92%CE%91%CE%A3%CE%99%CE%9C%CE%9F%CE%A4%CE%97%CE%A4%CE%91\\_%CE%9C%CE%95%CE%A1%CE%9F%CE%A3-%CE%91-%CE%9C%CE%95%CE%A1%CE%9F%CE%A3-%CE%93-3.pdf](https://ypen.gov.gr/wp-content/uploads/2022/11/%CF%84%CE%B5%CE%BB%CE%B9%CE%BA%CE%BF-%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%9F-%CE%A3%CE%A7%CE%95%CE%94%CE%99%CE%9F-%CE%93%CE%99%CE%91-%CE%A4%CE%97%CE%9D-%CE%A0%CE%A1%CE%9F%CE%A3%CE%92%CE%91%CE%A3%CE%99%CE%9C%CE%9F%CE%A4%CE%97%CE%A4%CE%91_%CE%9C%CE%95%CE%A1%CE%9F%CE%A3-%CE%91-%CE%9C%CE%95%CE%A1%CE%9F%CE%A3-%CE%93-3.pdf)
- National Programme of Physical Exercise and Healthy Eating/ Combating Childhood Obesity**  
[https://commission.europa.eu/projects/national-program-physical-exercise-and-healthy-eating-combating-childhood-obesity\\_en](https://commission.europa.eu/projects/national-program-physical-exercise-and-healthy-eating-combating-childhood-obesity_en)
- Sports for All Programme**  
[https://minsports.gov.gr/athlisi\\_gia\\_olous\\_tax/nomothetiko-plaisio-pago/](https://minsports.gov.gr/athlisi_gia_olous_tax/nomothetiko-plaisio-pago/)

#### Sectors involved in the design of the policy or action plan



Health	1	2	3	4
Education	1	2	3	4
Sports	1	2	3	4
Environment	1	2	3	4
Urban planning	1	2	3	4
Transport	1	2	3	4

#### Plan for evaluation of a specific policy



Policy	1	2	3	4
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# GREECE

## COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024



### Target groups included

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



### SUCCESS STORY

The Herodoros initiative in the Megara municipality promotes inclusivity through a Sports for All programme. In collaboration with the General Secretariat of Sports, this initiative targets children, women, the elderly and individuals with disabilities to improve motor skills, physical health and social interaction. Operating 3 days a week with minimal fees, the programme promotes overall well-being and community integration.

[https://www.facebook.com/lrodoros/?\\_rdr](https://www.facebook.com/lrodoros/?_rdr)

### ► Sports clubs for health

Greece has not implemented the WHO Guidelines for Sports Clubs for Health Programmes because, under the Greek Sports Law, sports clubs are dedicated to enhancing the physical and mental abilities of athletes for competitive sports. Although clubs can include additional objectives in their statutes, such as promoting recreational sports and health, this is not the central function of most clubs. Consequently, the emphasis remains on competitive sports.

### ► Increasing access to exercise facilities for socially disadvantaged groups



The General Secretariat of Sports, part of the Ministry of Education, Religious Affairs and Sports, enhances access to exercise facilities for socially disadvantaged groups, including low-income individuals, the unemployed, women, Roma, repatriates, people in drug rehabilitation, older adults, prisoners and people with disabilities. Roma, a historically marginalized group, benefit notably from this initiative. The secretariat partners with regional and municipal sports institutions to offer tailored programmes. For instance, Agia Varvara has run a successful Roma exercise programme for 3 years, providing three 1-h classes each week. This initiative, part of the Sports for All programme, promotes inclusivity and social integration through regular physical activity.

<https://egroma.gov.gr/%CE%BF%CF%81%CE%B9%CE%B6%CF%8C%CE%BD%CF%84%CE%B9%CE%B5%CF%82-%CF%85%CF%80%CE%BF%CF%83%CF%84%CE%B7%CF%81%CE%B9%CE%BA%CF%84%CE%B9%CE%BA%CE%AD%CF%82-%CE%B4%CF%81%CE%AC%CF%83%CE%B5%CE%B9%CF%82/#1535635459270-fa14557f-a8ae>  
<https://agiavarvara.gr/athlitismos/>

### ► Counselling on physical activity and exercise prescription

Physical activity is taught to physical education teachers, specifically in the Department of Physical Education and Sport Science, and also in some postgraduate studies for health professionals.

### ► Physical education in schools

Primary schools	Average per week	Secondary schools	Average per week
	<b>2.7</b> 2-3 Mandatory		<b>2.2</b> 2-3 Mandatory

#### HEPA in training of physical education teachers

<b>YES</b>	<b>Part of undergraduate studies</b> Mandatory	<b>YES</b>	<b>Part of postgraduate studies</b> Mandatory
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### ► Promotion of physical activity in schools

<b>YES</b>	<b>During school breaks</b>	<b>YES</b>	<b>After school</b>
<b>NO</b>	<b>During lessons</b>	<b>NO</b>	<b>Active travel to and from school</b>



#### SUCCESS STORY

Olympic Education – 4th Olympic Week in Schools was organized on 22–26 April 2024 by the Hellenic Olympic Committee and the National Olympic Academy with the Ministry of Education. Its aim was to inspire and motivate pupils by promoting Olympism through sports activities, creative projects and online meetings at Olympic sites such as Ancient Olympia and the Olympic Museum in Lausanne.

<https://eurydice.eacea.ec.europa.eu/news/greece-olympic-week-road-paris-2024>; <https://hoa.org.gr/>

### ► National travel survey

Walking and cycling for all travel purposes (commuting, shopping, leisure, work)

Per person per day		Per person per day	
	 <b>30 min</b>		 <b>2 h</b>
Walking		Cycling	





### SUCCESS STORY

Greek municipalities have been participating in the European campaign, European Mobility Week, for several years to promote sustainable mobility, including walking and cycling. Participation has been extensive, and the Greek municipalities Igoumenitsa and Rethymno have won a European award.

<https://www.linkedin.com/pulse/%CE%B5%CF%85%CF%81%CF%89%CF%80%CE%B1%CF%8A%CE%BA%CE%AE-%CE%B5%CE%B2%CE%B4%CE%BF%CE%BC%CE%AC%CE%B4%CE%B1-%CE%BA%CE%B9%CE%BD%CE%B7%CF%84%CE%B9%CE%BA%CF%8C%CF%84%CE%B7%CF%84%CE%B1%CF%82-european-mobility-week/; https://mobilityweek.eu/participating-towns-and-cities/?year=2023&country=GR>

## ► Infrastructure for leisure-time physical activity

The European Guidelines for Improving Infrastructure for Leisure-time Physical Activity have been considered in urban renewal projects carried out under the Ministry of Environment and Energy and the responsibilities of municipalities.

## ► Promotion of physical activity in the workplace



**National guidance or programme to promote active travel to work (e.g. walking, cycling)**

YES

One of the purposes of the Greek National Strategy of Walking is to increase walkability in the built environment by providing safe, accessible, comfortable, enjoyable walking experiences. Other policy directions are to create incentives and public awareness to change culture, mentality and habits.

[https://ypen.gov.gr/wp-content/uploads/2023/02/%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%97-%CE%A3%CE%A4%CE%A1%CE%91%CE%A4%CE%97%CE%93%CE%99%CE%9A%CE%97-%CE%93%CE%99%CE%91-%CE%A4%CE%9F-%CE%A0%CE%95%CE%A1%CE%A0%CE%91%CE%A4\\_final-drfat\\_22.02.2023.pdf](https://ypen.gov.gr/wp-content/uploads/2023/02/%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%97-%CE%A3%CE%A4%CE%A1%CE%91%CE%A4%CE%97%CE%93%CE%99%CE%9A%CE%97-%CE%93%CE%99%CE%91-%CE%A4%CE%9F-%CE%A0%CE%95%CE%A1%CE%A0%CE%91%CE%A4_final-drfat_22.02.2023.pdf)



**National guidance or programme to promote physical activity at the workplace**

YES

As part of the law on corporate sports in Greece, the State facilitates sports events and provides organizations with sports facilities, establishes health certificates for employees who participate in corporate sports competitions and grants financial aid to organizations that holds corporate sports events.

[https://minsports.gov.gr/proponites\\_sxoles/%CE%BD%CF%8C%CE%BC%CE%BFCF%82-4908-2022-52-%CF%84%CE%B5%CF%8D%CF%87%CE%BF%CF%82-%CE%B1%CE%84-11-03-2022-%CE%AC%CF%81%CE%B8%CF%81%CE%B1-50-51/](https://minsports.gov.gr/proponites_sxoles/%CE%BD%CF%8C%CE%BC%CE%BFCF%82-4908-2022-52-%CF%84%CE%B5%CF%8D%CF%87%CE%BF%CF%82-%CE%B1%CE%84-11-03-2022-%CE%AC%CF%81%CE%B8%CF%81%CE%B1-50-51/)

## ► Community interventions for older adults



**National guidance or programme for community interventions to promote physical activity in older adults**

YES

The Municipality of Trifilia is organizing activities through the national Sports for All programme for the elderly and individuals over the age of 65 years to promote well-being, entertainment and socialization. These activities take place three times per week, last for 1 h, and have minimal or no fees for participants. They are organized in cooperation with the General Secretariat of Sports.

[https://ypen.gov.gr/wp-content/uploads/2023/02/%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%97-%CE%A3%CE%A4%CE%A1%CE%91%CE%A4%CE%97%CE%93%CE%99%CE%9A%CE%97-%CE%93%CE%99%CE%91-%CE%A4%CE%9F-%CE%A0%CE%95%CE%A1%CE%A0%CE%91%CE%A4\\_final-drfat\\_22.02.2023.pdf](https://ypen.gov.gr/wp-content/uploads/2023/02/%CE%95%CE%98%CE%9D%CE%99%CE%9A%CE%97-%CE%A3%CE%A4%CE%A1%CE%91%CE%A4%CE%97%CE%93%CE%99%CE%9A%CE%97-%CE%93%CE%99%CE%91-%CE%A4%CE%9F-%CE%A0%CE%95%CE%A1%CE%A0%CE%91%CE%A4_final-drfat_22.02.2023.pdf)

**► National awareness-raising campaign on physical activity**

The General Secretariat of Sports and the Municipality of Syros launched the Olympic and Paralympic Education programme in primary schools in 2024, in which Olympian athletes taught students about sports and Olympic values. Events took place in Syros and Tinos during the Hellenic Cycling Tour. A separate organizing committee, the National Committee "Dimitrios Vikelas", will promote Olympic history and values and collaborate with sports education entities.

**Media used in national campaigns**



**Television**

YES



**Radio**

YES



**Newspapers**

YES



**Social media**

YES



**Public events**

YES



**Public figures**

YES

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