

# ***THE EXISTING KNOWLEDGE OF GREEK POPULATION ON OBESITY***

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HELLENIC  
MEDICAL  
ASSOCIATION FOR  
OBESITY

13<sup>th</sup> ECO, MAY 2004,  
PRAGUE, CZECH REPUBLIC

# ***THE EXISTING KNOWLEDGE OF GREEK POPULATION ON OBESITY***

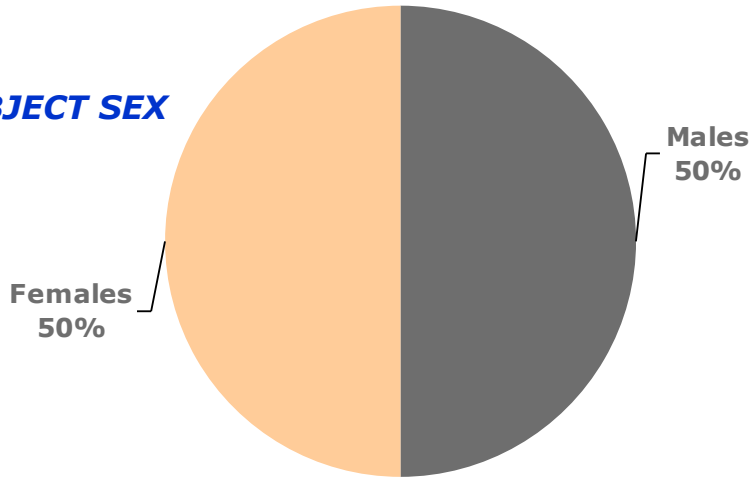
- The aim of this survey was:
  - to determine the level of knowledge concerning obesity amongst Greek people
  - to measure their experience in weight loss methods
  
- The method used for the survey was a quantitative market research by telephone interviews to subjects with the following profile:
  - Males and females
  - Aged 18-64 years old
  - Urban, semi-urban and rural area inhabitants
  - Overweight (self-reported)
  
- The interviews were carried out between 8/9 and 23/9/2003



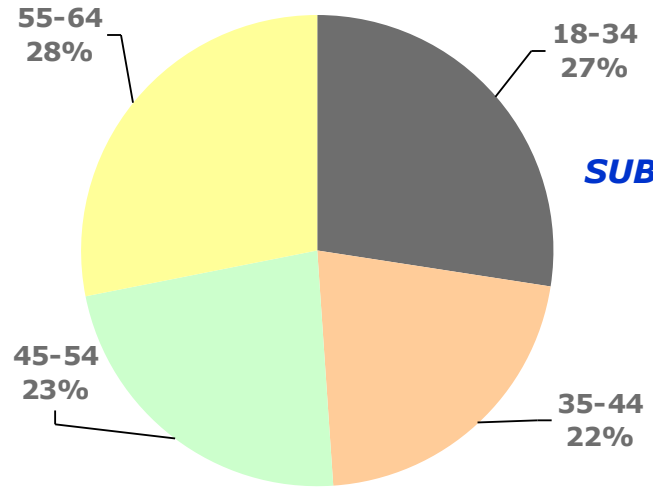
# SAMPLE PROFILE

Base: Total Sample

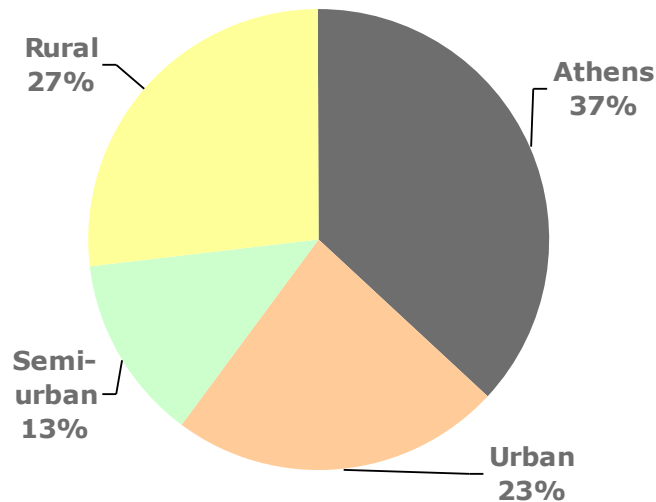
**SUBJECT SEX**



**SUBJECT AGE**



**AREA OF INHABITANCE**



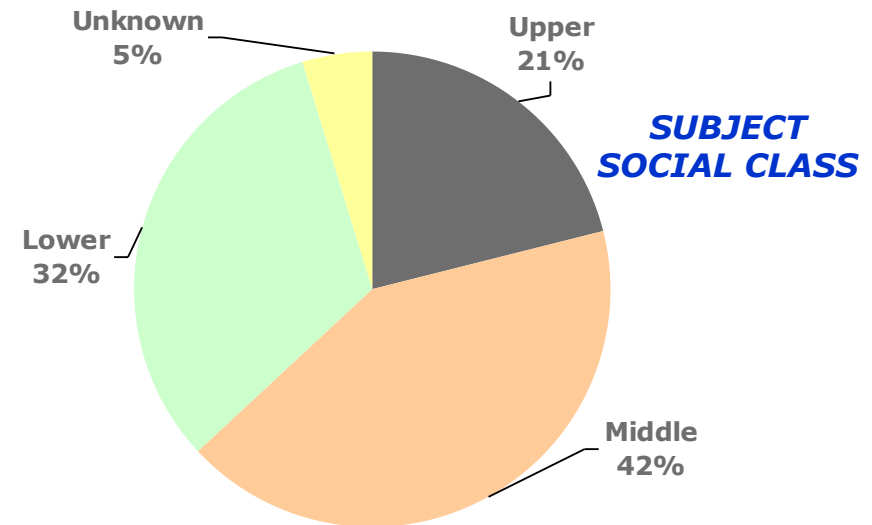
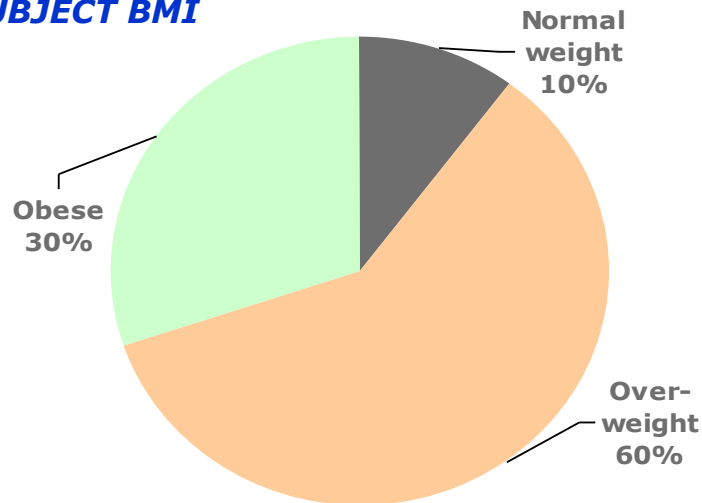
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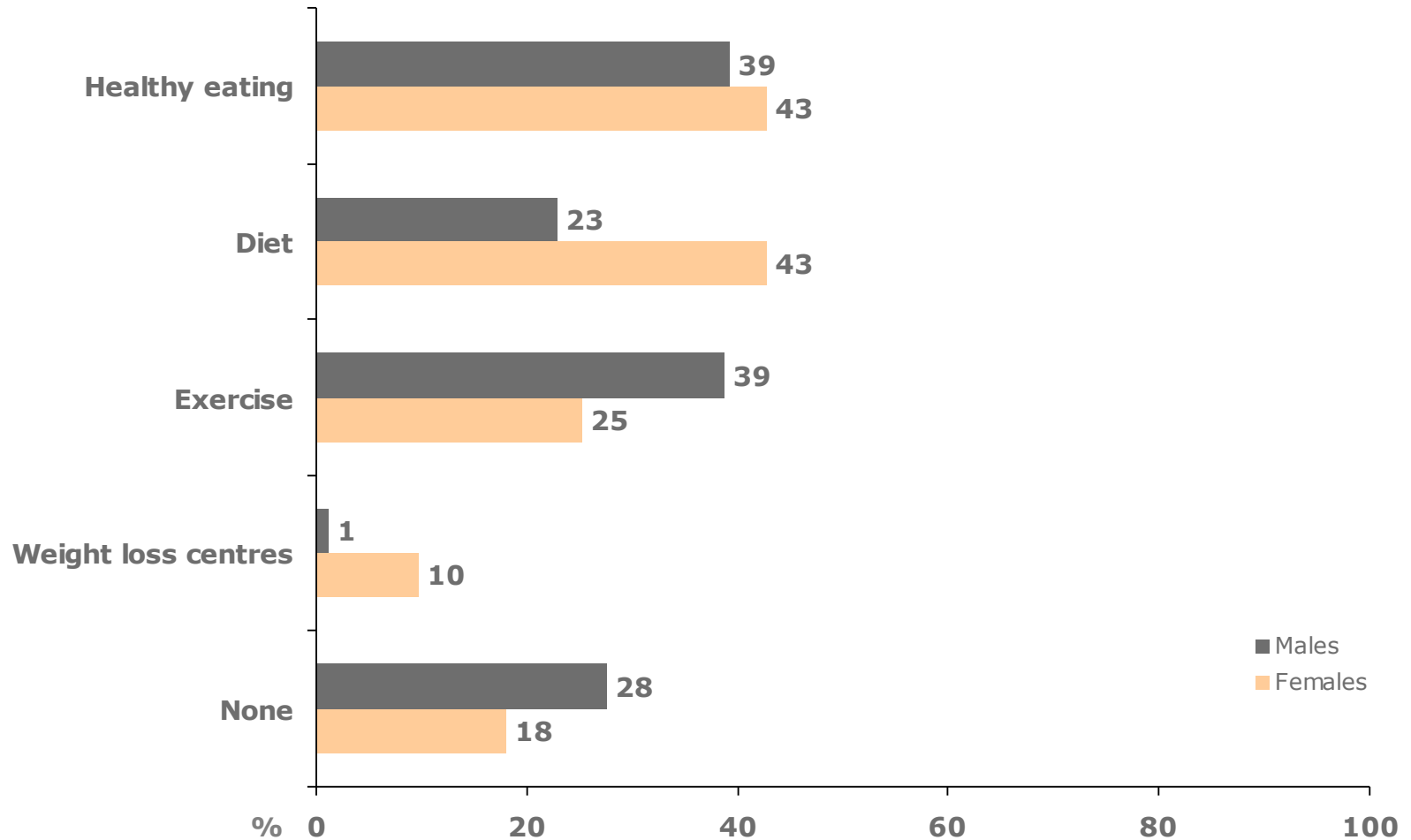
Base: Total Sample

**SUBJECT BMI**



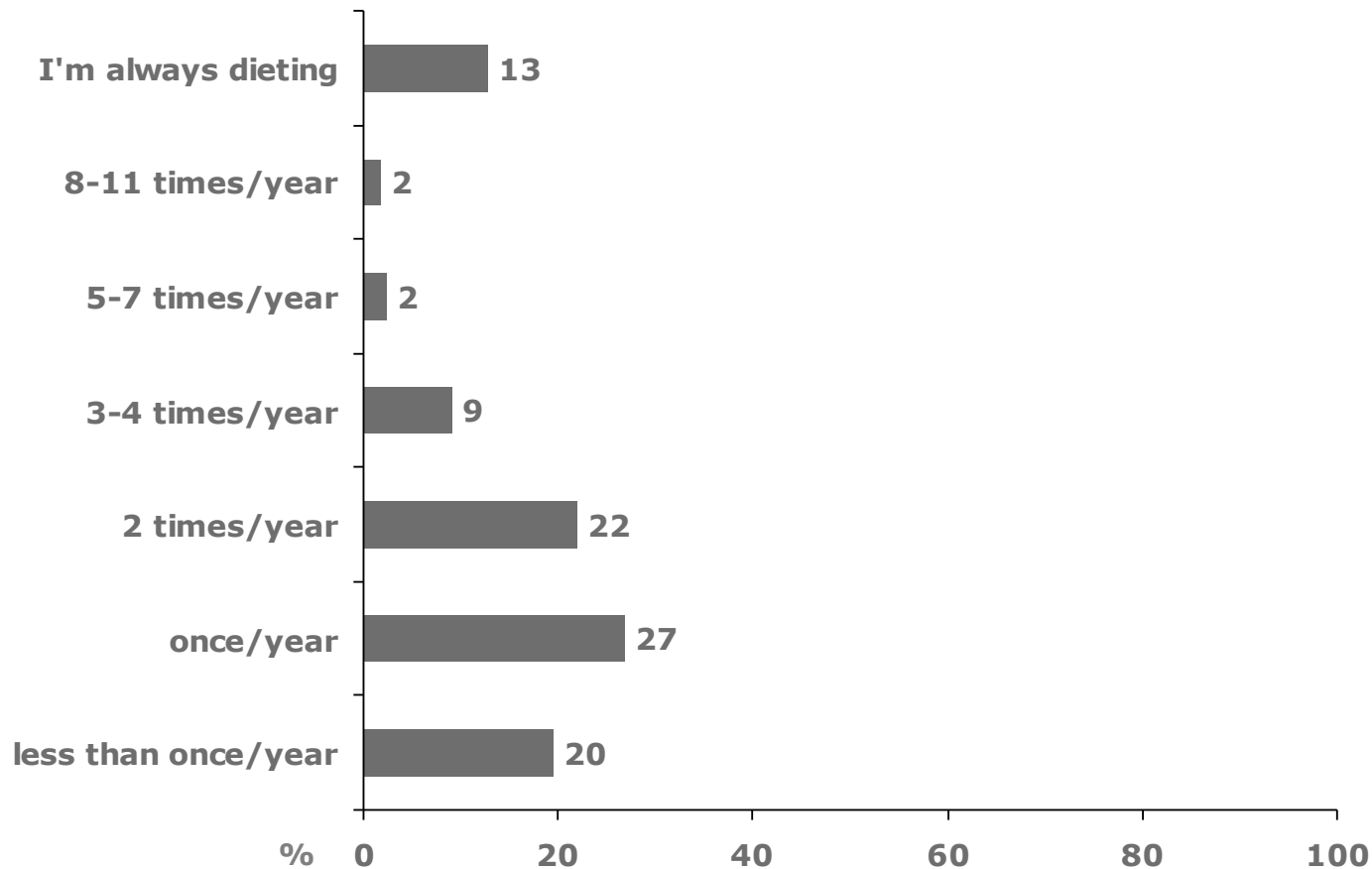
# METHODS USED FOR WEIGHT LOSS

Base: Total Sample



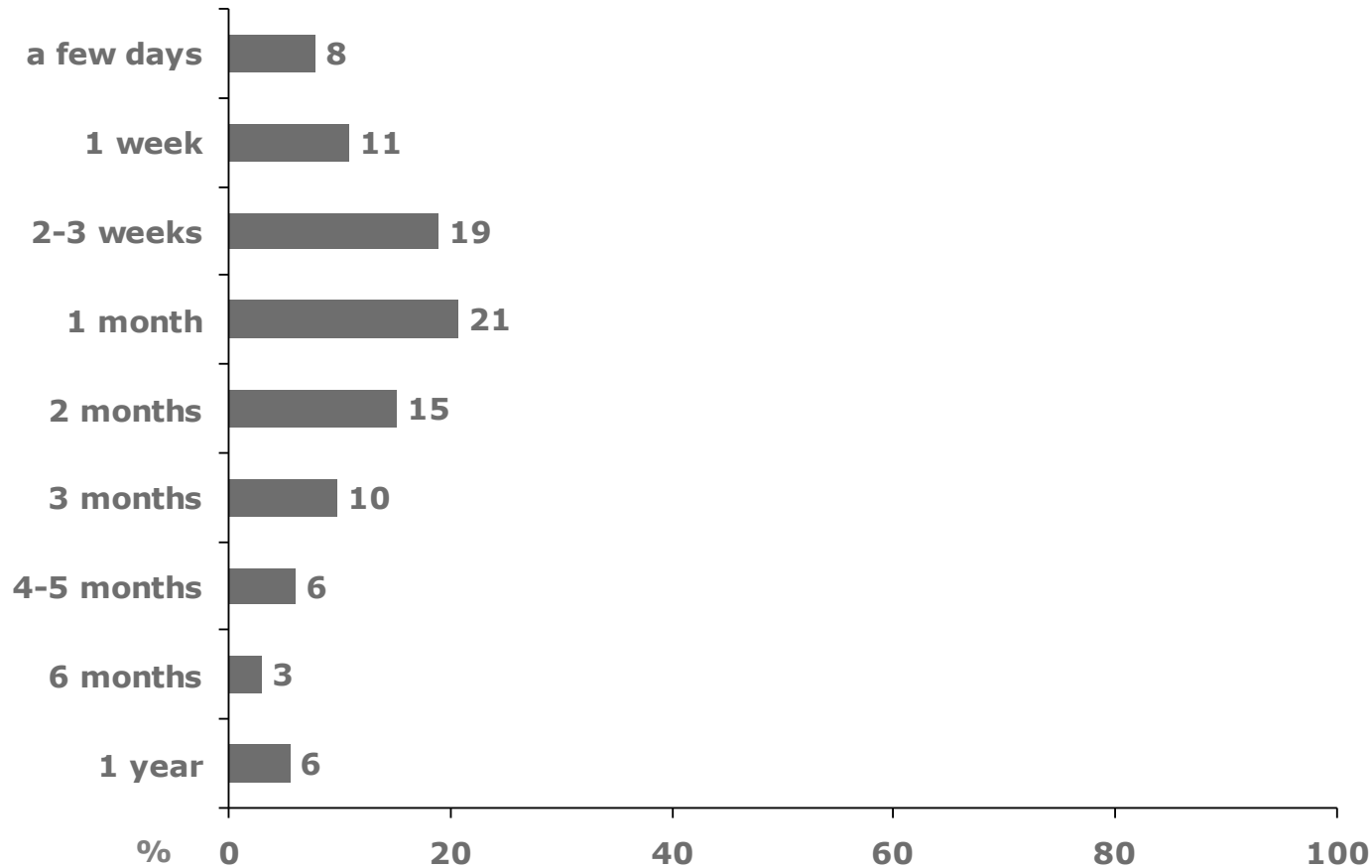
# FREQUENCY OF DIETING

Base: Subjects who have been on weight-reducing diets



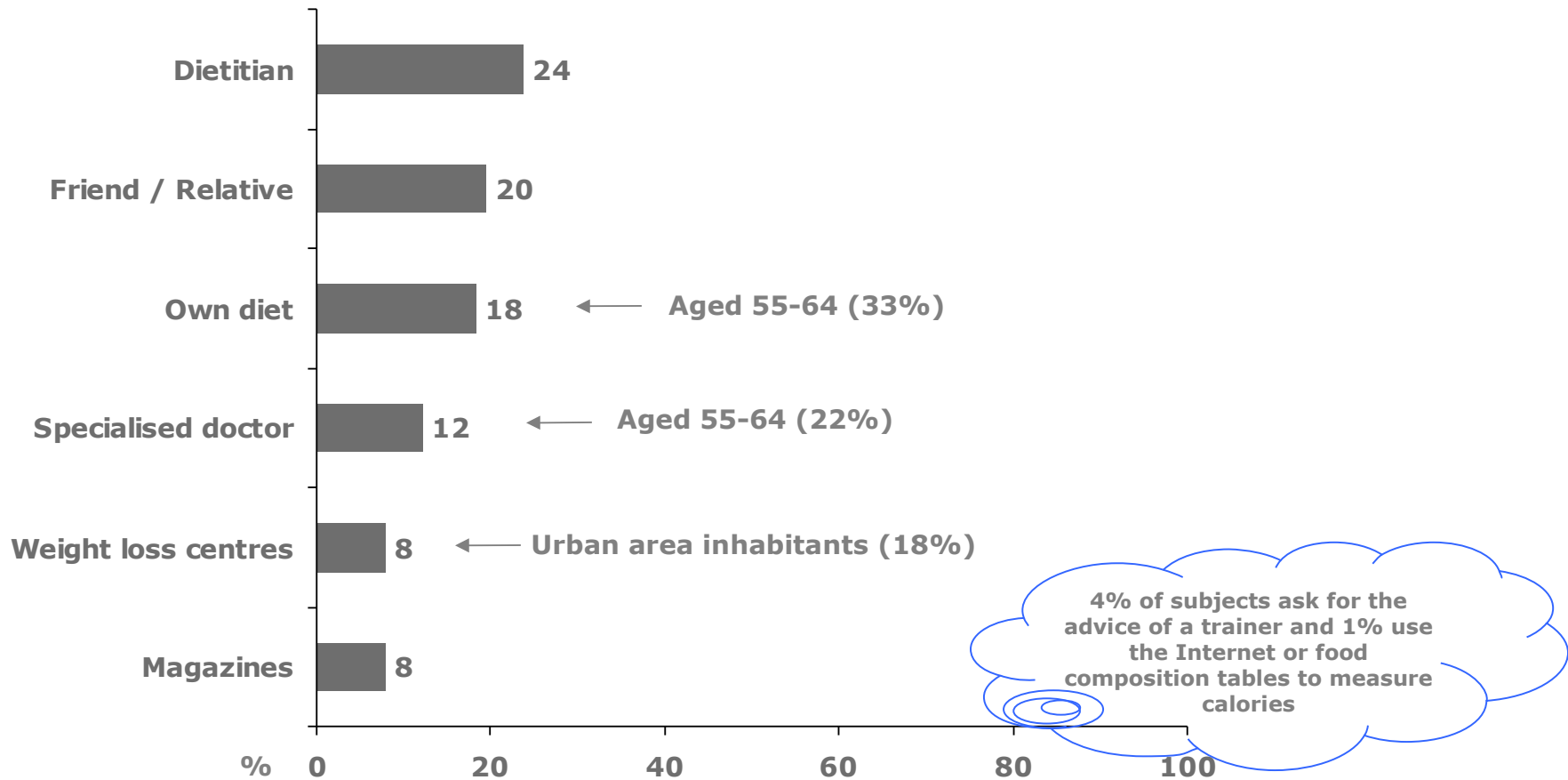
# MEAN DURATION OF WEIGHT-LOSS PROGRAMME

Base: Subjects who have been on weight-reducing diets



# WAYS MOST FREQUENTLY USED TO FIND A WEIGHT-REDUCING DIET

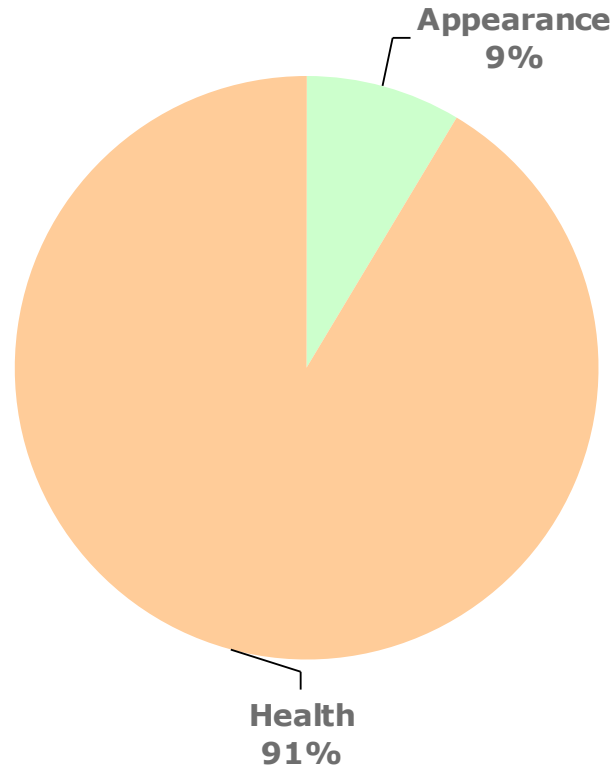
Base: Subjects who have been on weight-reducing diets





# OBESITY IS A PROBLEM THAT MAINLY AFFECTS...

Base: Total Sample



# CONCLUSIONS

- Obesity, has become a serious health problem for the world population which has been growing over the last decades. The majority of people is aware of its serious health implications and the means to prevent it effectively (frequent exercise, sound dietary habits etc.). Even so, percentage of obesity amongst population remains high.
- Most people who decide to follow a weight loss programme do not ask for help from the appropriate professionals such as doctors or dietitians. Not as many are aware of the existence of the Hellenic Medical Association for Obesity who's aim is to inform the public on issues concerning obesity and means for its treatment.
- General public, acknowledges obesity as a health problem and admits that a healthy lifestyle with more exercise and better eating habits, is the best way to deal with it. However, only a small percentage makes use of reliable sources for weight loss.
- The final conclusion of this survey is that general public in Greece needs to be better informed in two areas: first, on issues concerning obesity and its health implications, and second, get acquainted with the existence and aims of the Hellenic Medical Association for Obesity.

