



Facts about Greece

Capital:	Athens
Official language:	Greek
Ethnic groups:	Greek 94%, Albanian 4%, Others 2%
Government:	Unitary parliamentary republic
Area:	131 990 km ²
Population (2010):	11 305 118
EU accession:	1 January 1981

HES in Greece

A national HES survey has not been conducted in Greece before. Greece has participated in the European Prospective Investigation into cancer and nutrition (the EPIC study) and in the DAPHNE-ANEMOS initiative on nutrition monitoring in 27 European countries.

The pilot survey was carried out in March-June 2011 in four sites: Vyronas, Koropi, Markopoulo and Spata. Vyronas is in the Athens city area and the other three sites in the city outskirts. Examinations were carried out in the health centres of the National Health System, as well as in the premises of the Hellenic Health Foundation.

For the pilot survey, 270 individuals aged 25-64 years old were selected.

Additional to the EHES core measurements, hip circumference and bioimpedance were measured. From blood samples, Hb1Ac, creatinine, ALAT, ASAT, calcium, total protein and uric acid were measured. In the questionnaire, questions on physical activity and nutrition were added.

An invitation letter is mailed to the selected individuals together with the leaflet about the survey. About one week later, a phone call is made to schedule the appointment for the examinations (weekends and afternoons available). People can also call to book the appointment and get further information after they have received the invitation letter.

A full-size national HES is expected to be started in February 2012.



Identification stickers for blood tubes. Transparent ending on stickers secures placement on tubes.



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Health centre in Koropi

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