NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS
MEDICAL SCHOOL
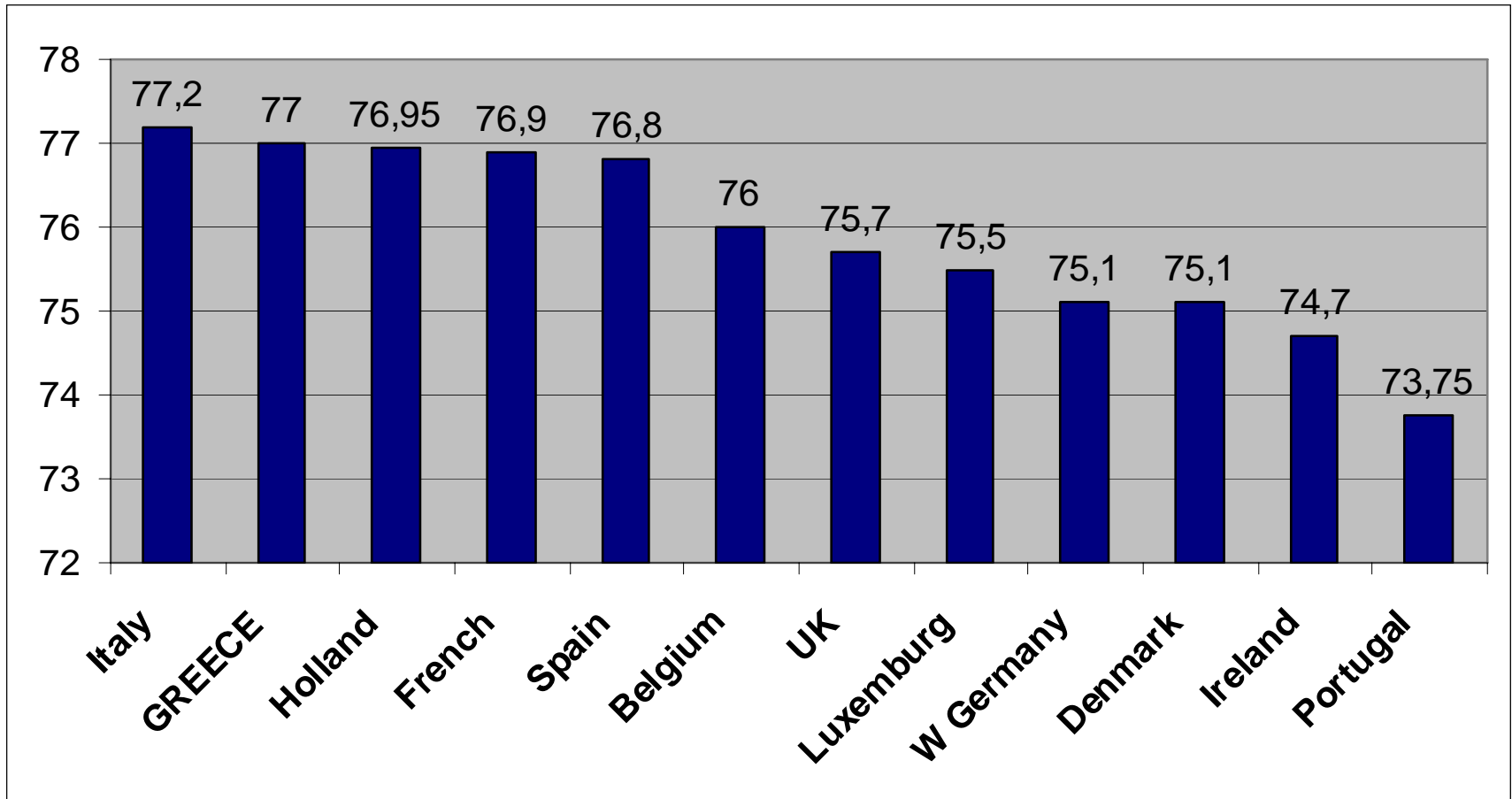**CENTER FOR HEALTH SERVICES RESEARCH**

NATIONAL HEALTH SURVEY
HELLAS HEALTH I: DIFFERENCES BETWEEN URBAN AND RURAL POPULATION

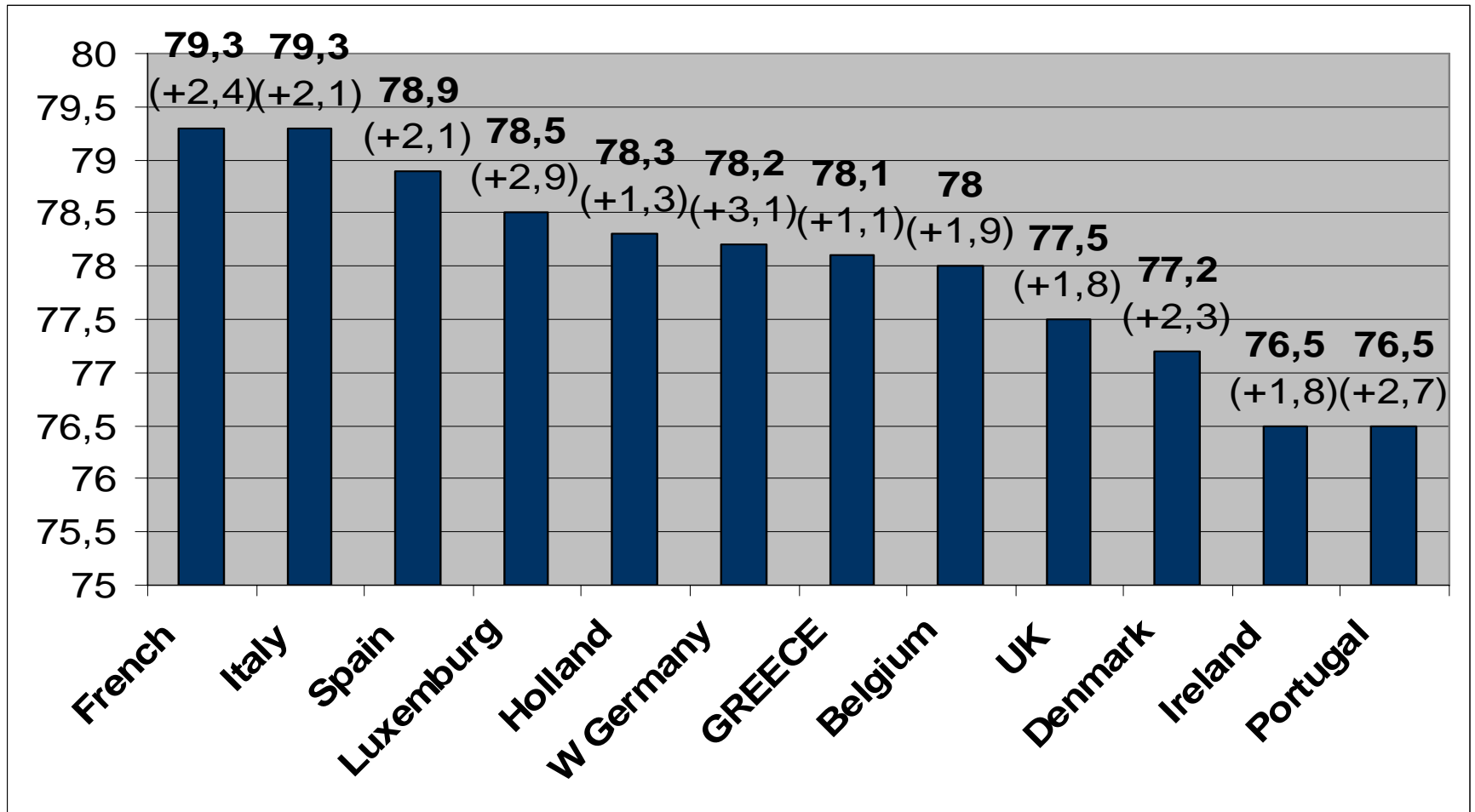## YANNIS TOUNTAS

IZMIR, SEPTEMBER 2007

Life expectancy

E.C. 1990

Life expectancy

E.C. 2001

Main causes of mortality and disability adjusted life years

(WHO, 2006)

	DEATHS	%		DALYs	%
Cerebrovascular disease	22,694	19,9	Cerebrovascular disease	13,517	9,4
Ischaemic heart disease	16,825	14,8	Ischaemic heart disease	111,885	8
Lung/trachea/bronchus cancer	6,274	5,5	Unipolar Depression	72,775	5,2
Rectum/colon cancer	2,948	2,6	Road traffic accidents	51,404	3,7
Upper respiratory infections	2,375	2,1	Hearing loss (adult onset)	50,397	3,6
Road traffic accidents	2,152	1,9	Alzheimer-dementias	50,146	3,6
Liver cancer	2,038	1,8	Lung/trachea/bronchus cancer	48,553	3,5
Breast cancer	1,999	1,8	Alcohol use disorders	48,424	3,5
Stomach cancer	1,831	1,6	Diabetes mellitus	38,437	2,8
Chronic Obstructive Pulmonary Diseases	1,784	1,6	Osteoarthritis	35,509	2,3
All causes	113,981	100	All causes	1,393,137	100

4

Main risk factors for mortality and morbidity

(WHO, 2006)

| MORTALITY	%	MORBIDITY	%
High blood pressure	**25**	**Tobacco use**	**12,9**
Tobacco use	**19,3**	**High blood pressure**	**11,8**
High blood cholesterol	**11,6**	**High BMI**	**8,5**
High BMI	**8,3**	**High blood cholesterol**	**7,6**
Physical inactivity	**5**	**Alcohol abuse**	**4,3**
Low fruit/vegetable intake	**3,9**	**Lack of physical exercise**	**3,5**
Environmental pollution	**0,6**	**Low fruit/vegetable intake**	**2,6**
Unsafe sexual activity	**0,5**	**Illicit drugs**	**1,7**
Workplace carcinogens	**0,4**	**Unsafe sexual activity**	**0,8**
Illicit drugs	**0,3**	**Iron deficiency**	**0,5**
Total	**74,9**	**Total**	**54,2**

HELLAS HEALTH I

- National household survey (Sept/Oct of 2006).

- Survey population : 1,005 individuals, 18 - 65+ years old

- Urban areas (2,000 or more inhabitants) and rural areas (less than 2,000 inhabitants)

- Three stage, proportional to size sampling design

- Effective response rate 44.5%

- Representative sample in terms of age and residency according to 2001 Population Census
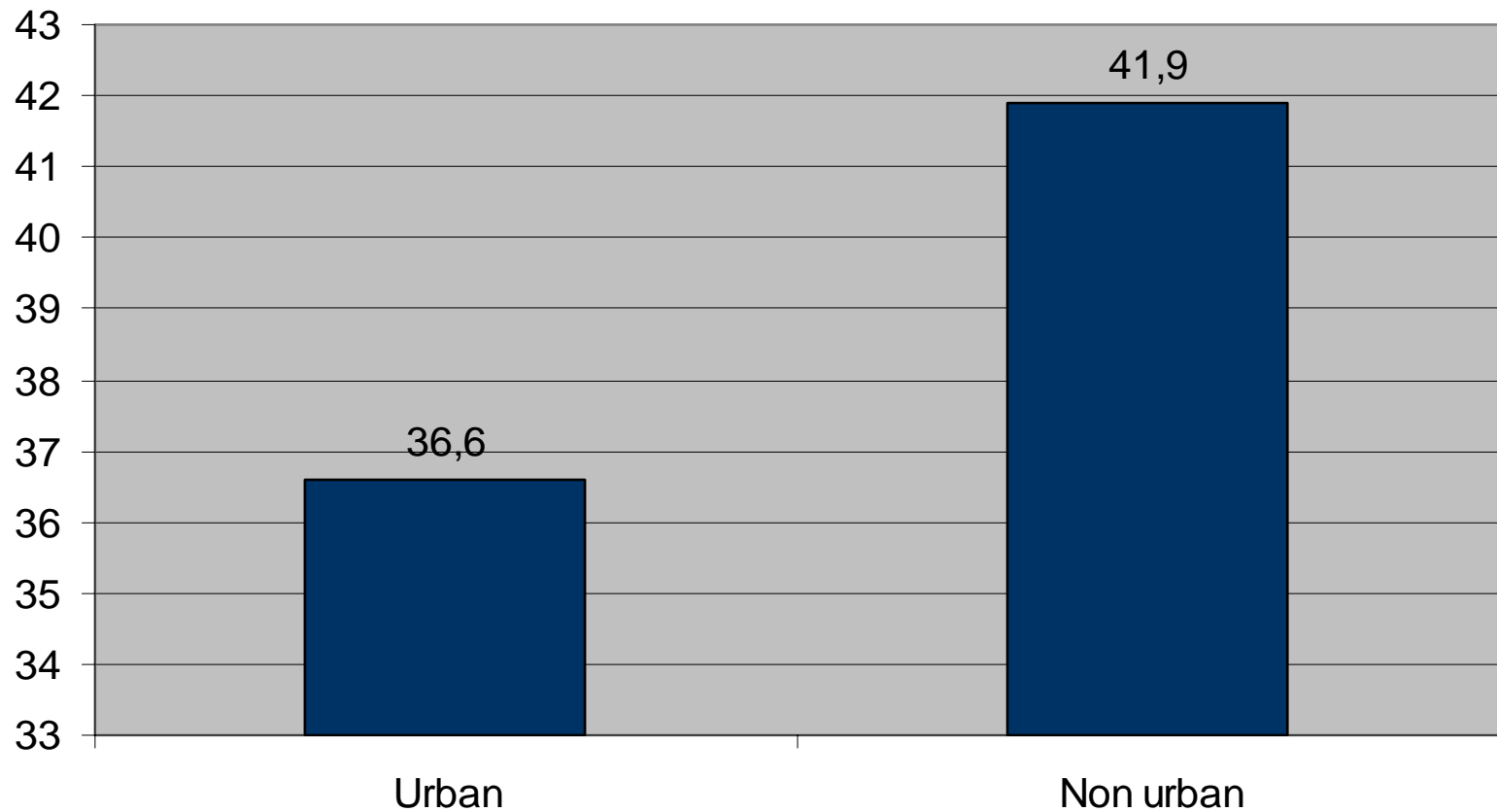
Percentages of population reporting smoking

	Total	Urban	Non-urban
Yes, everyday	40,0%	42,5%	32,5%
Yes, sometimes	3,1%	2,7%	4,3%
No	56,9%	54,8%	63,1%

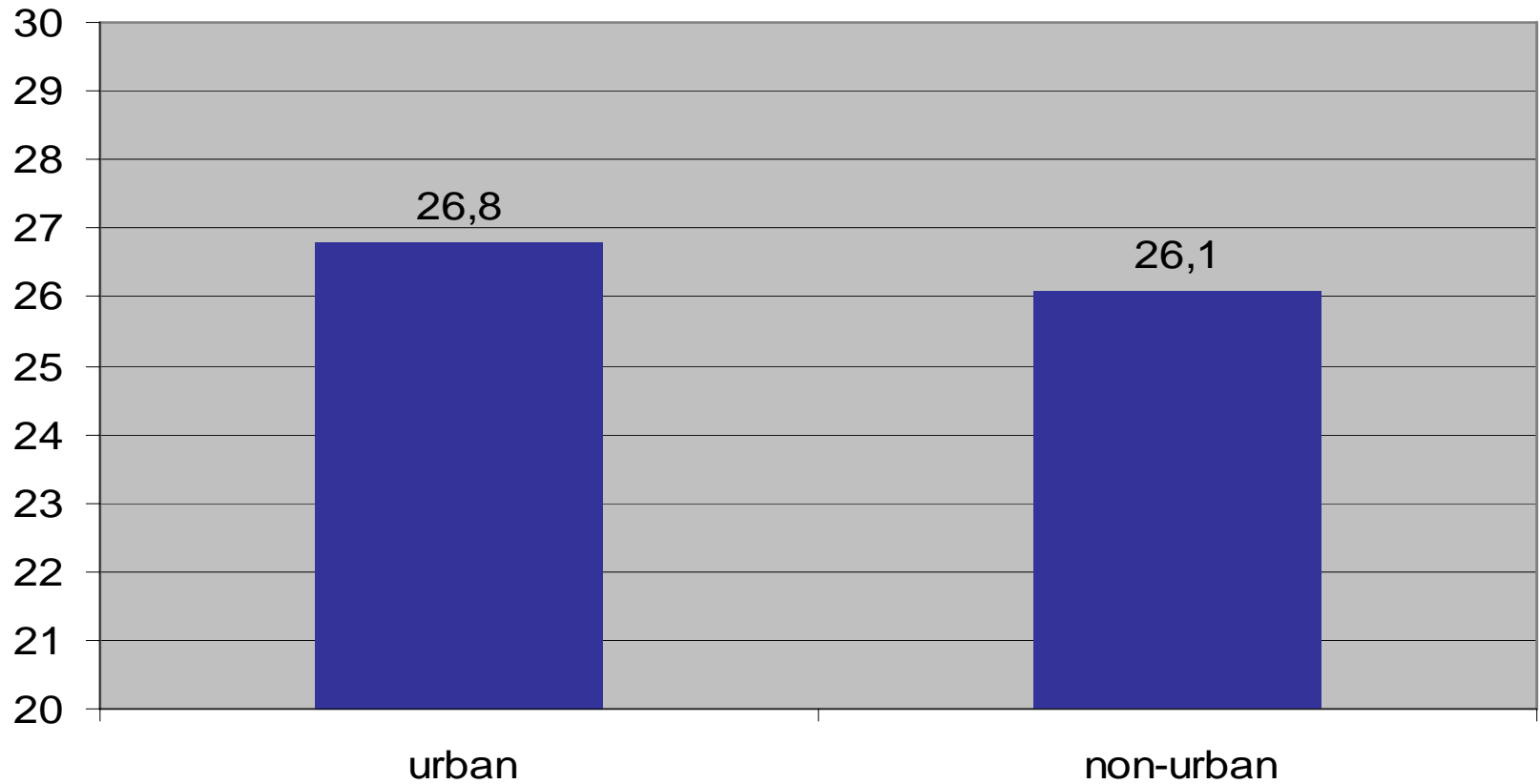# Percentages of population reporting passive smoking at home
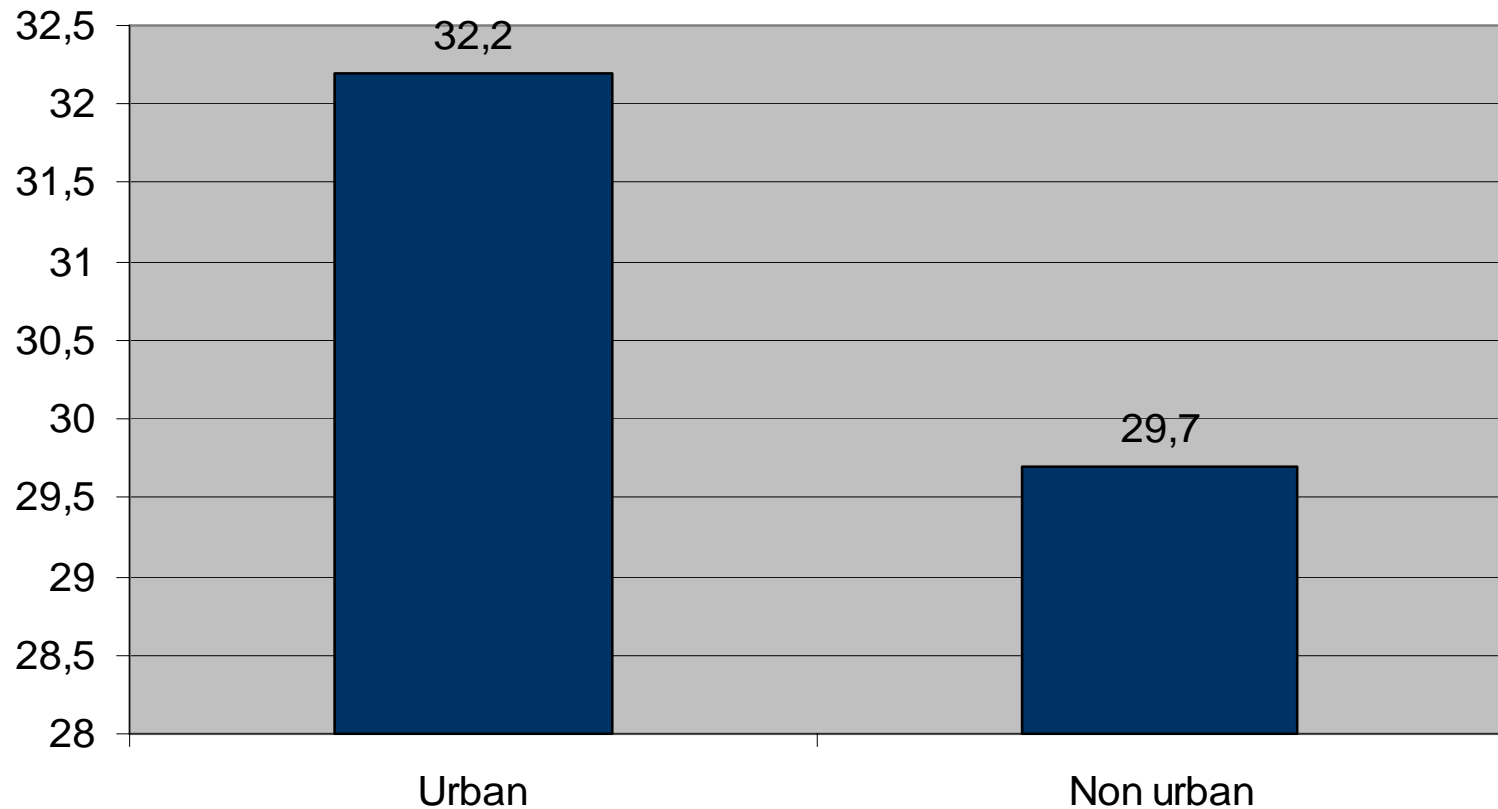
Percentages of population reporting passive smoking at work

Index of balanced diet

(good/acceptable values: < 28)

Body Mass Index

| BMI INDEX	TOTAL	URBAN	NON- URBAN
<25	42,3%	44,9%	34,8%
25-29,9	41,3%	39,3%	47,2%
30+	16,4%	15,9%	18,0%

Physical activity levels

measured by the International Physical Activity Questionnaire (IPAQ)

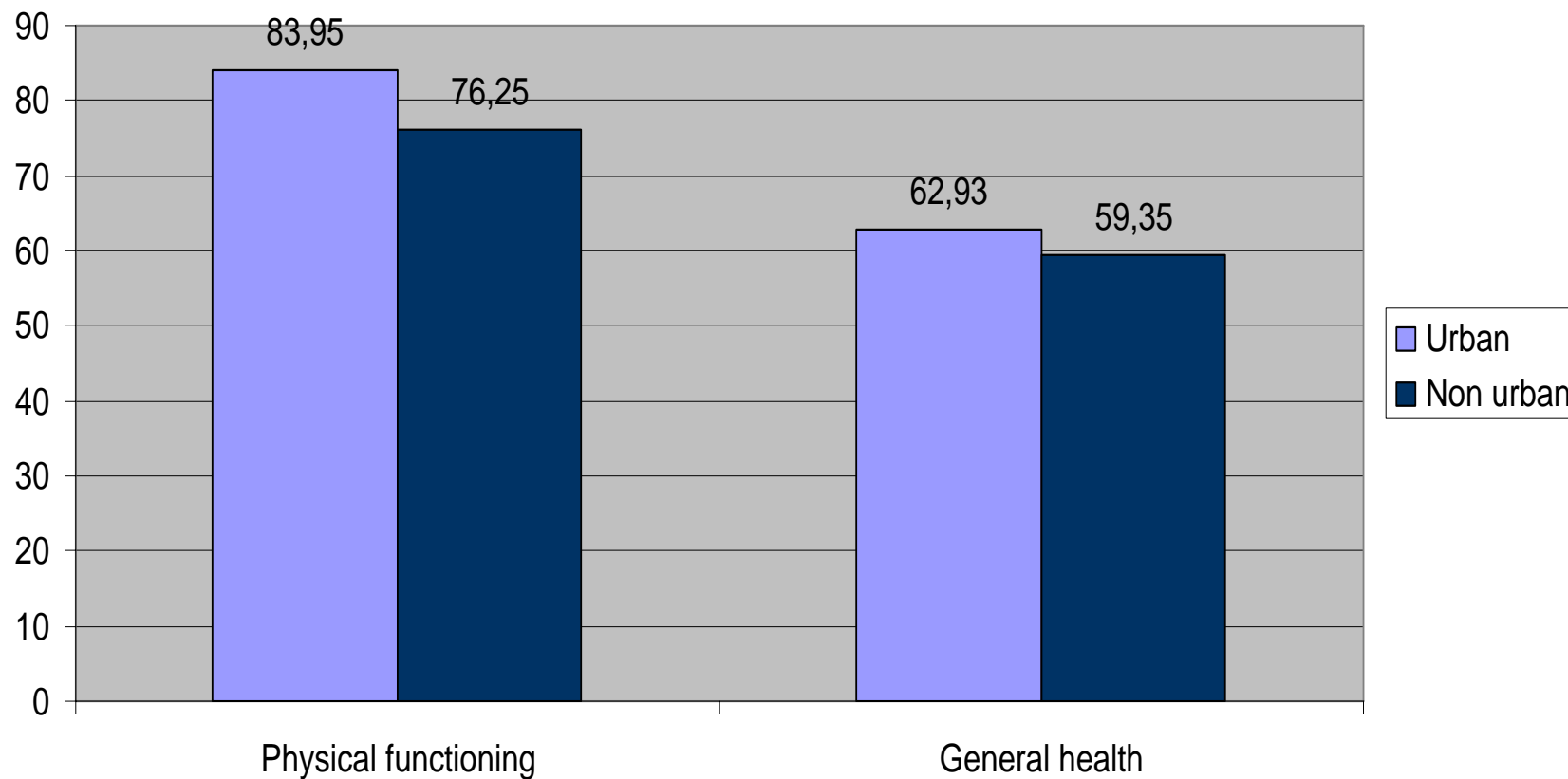|	Total	Urban	Non-urban
Inactive	39,8%	40,5%	37,8%
Moderately active	10,7%	12,0%	6,6%
Active	9,8%	10,2%	8,7%
Very active	39,7%	37,3%	46,9%

Percentages of population reporting problems with sleep

measured by the Athens Insomnia Scale, Soldatos et al. 2000
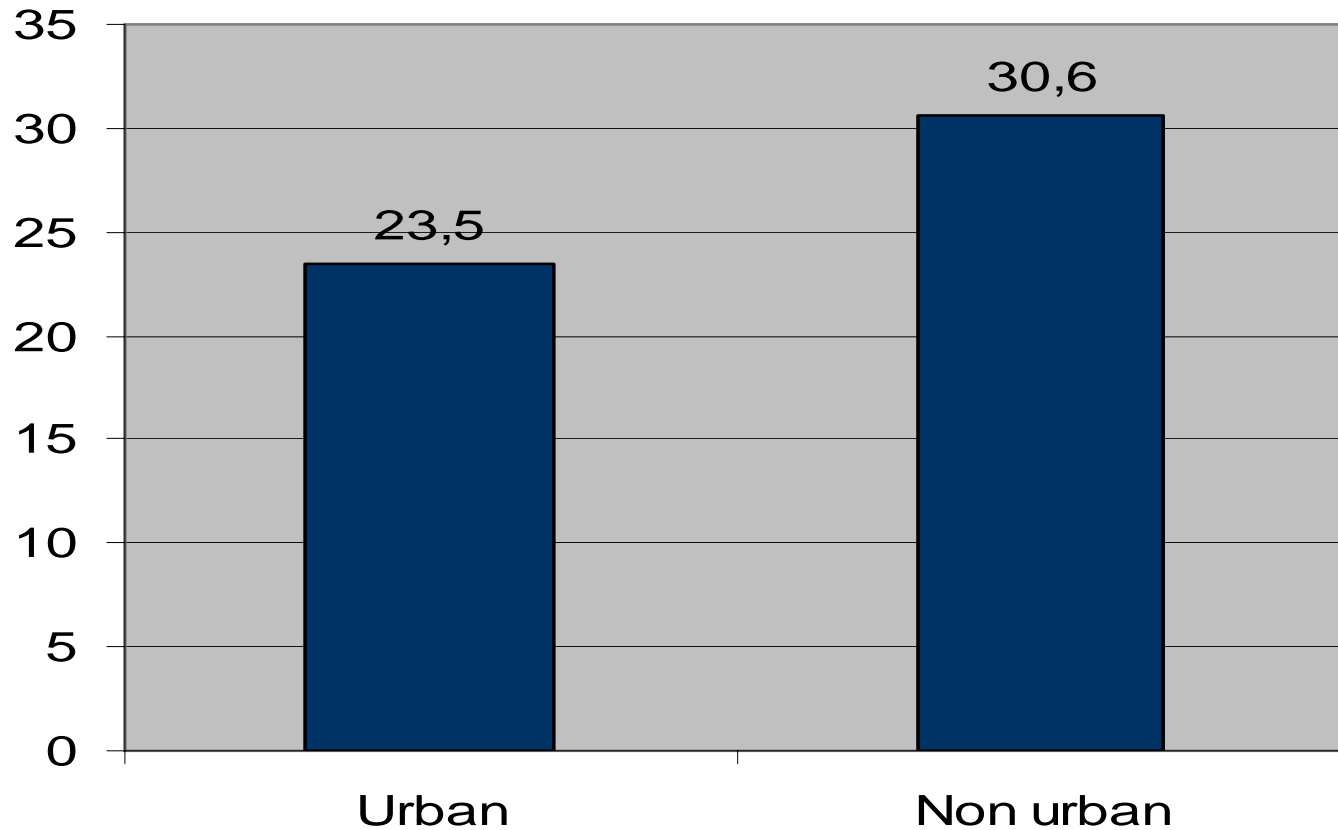
# Self-reported wellbeing/functioning (SF-36)

subscales with p<0.01

Percentages of population reporting having a screening test at least once

|	urban %	non urban %
Blood pressure chk	84,5	85,9
Cholesterol chk	72	75,3
Blood sugar test	73,1	76,9
ECG electronic cardiogram	66,9	71
Osteoporosis test	17,5	19,2
SOBT stool occult blood test	8,8	6,7
PSA prostate-specific antigen test	21,1	26,8
DRE digital rectal examination	13,4	12,6
PAP cervical smear test	69,9	67,7
Mammography	43	45,4

Percentages of population reporting having a family doctor
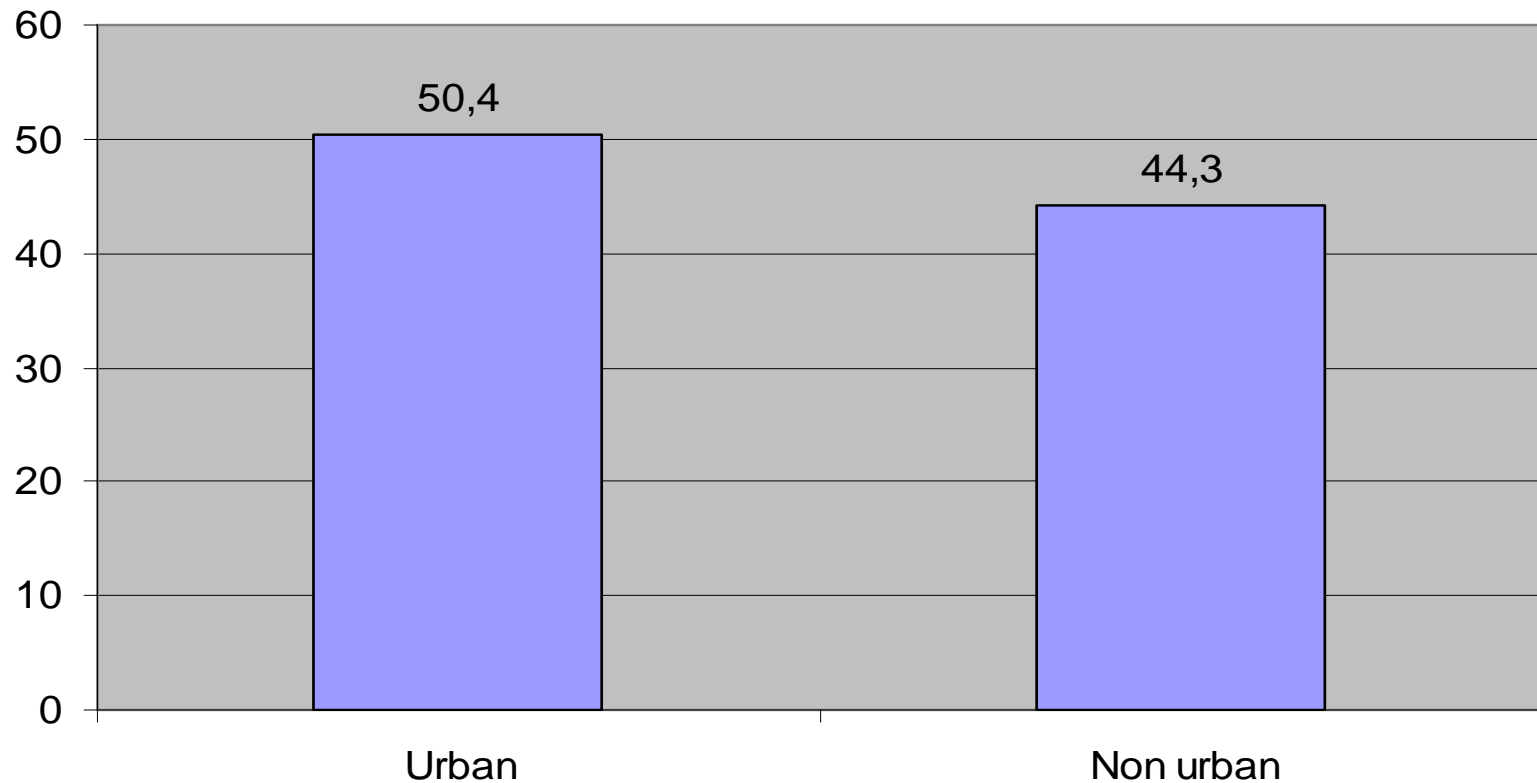
Percentages of population reporting a visit to a health professional during the past month
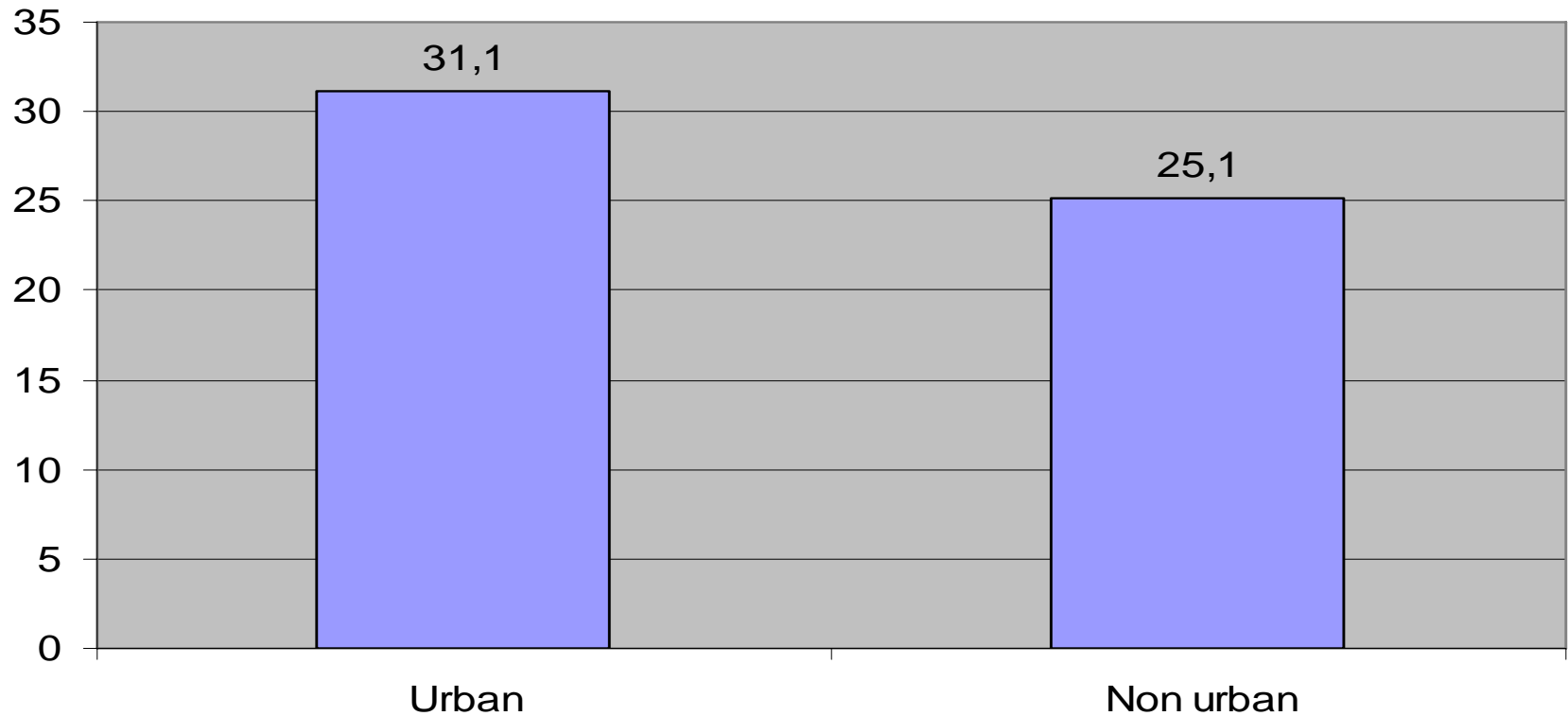
Percentages of population reporting visit to dentist during the 12 past months
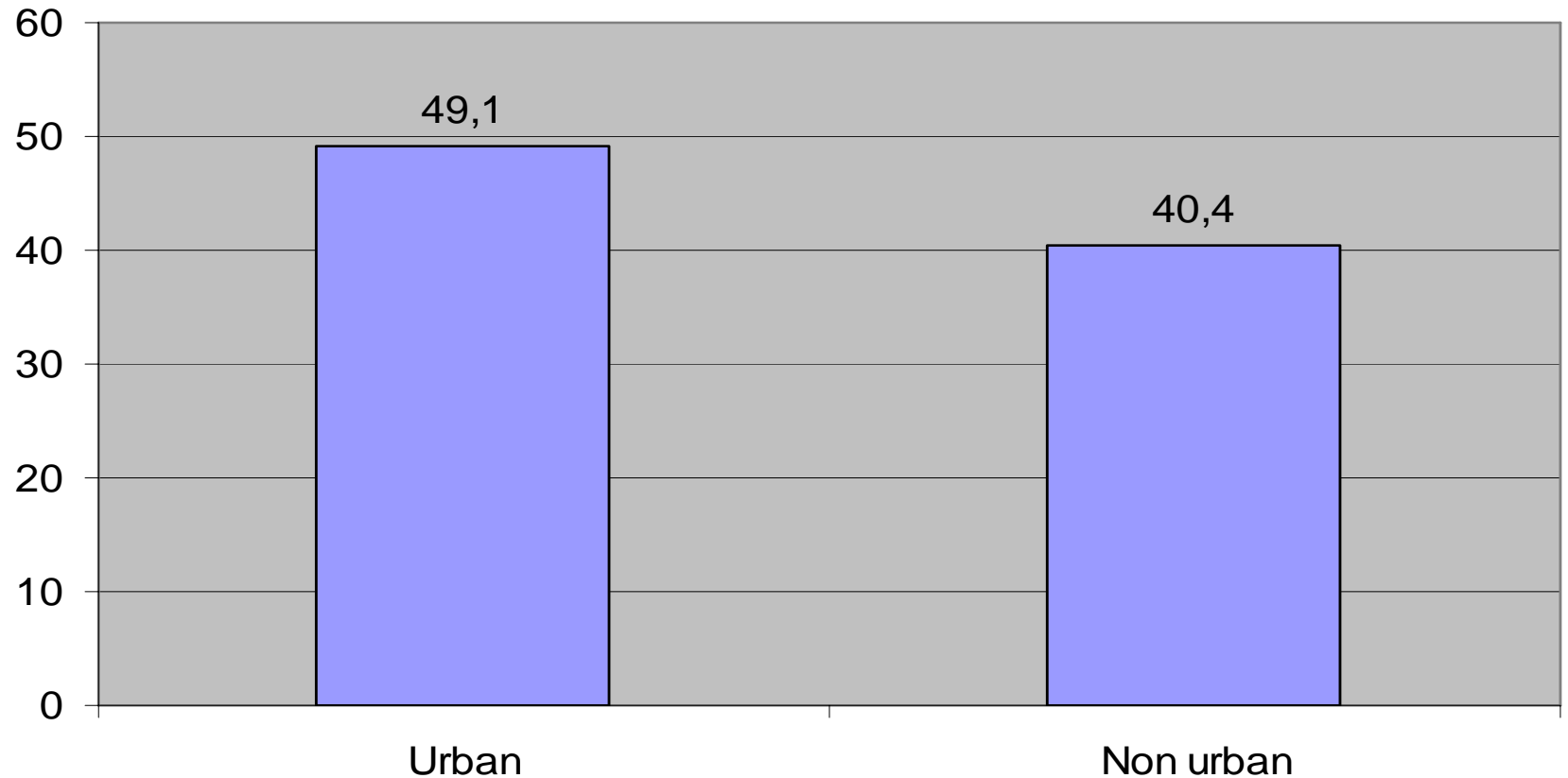
Percentages of population having a private insurance