

Risk factors to health: smoking, overweight and obesity, alcohol consumption and physical inactivity

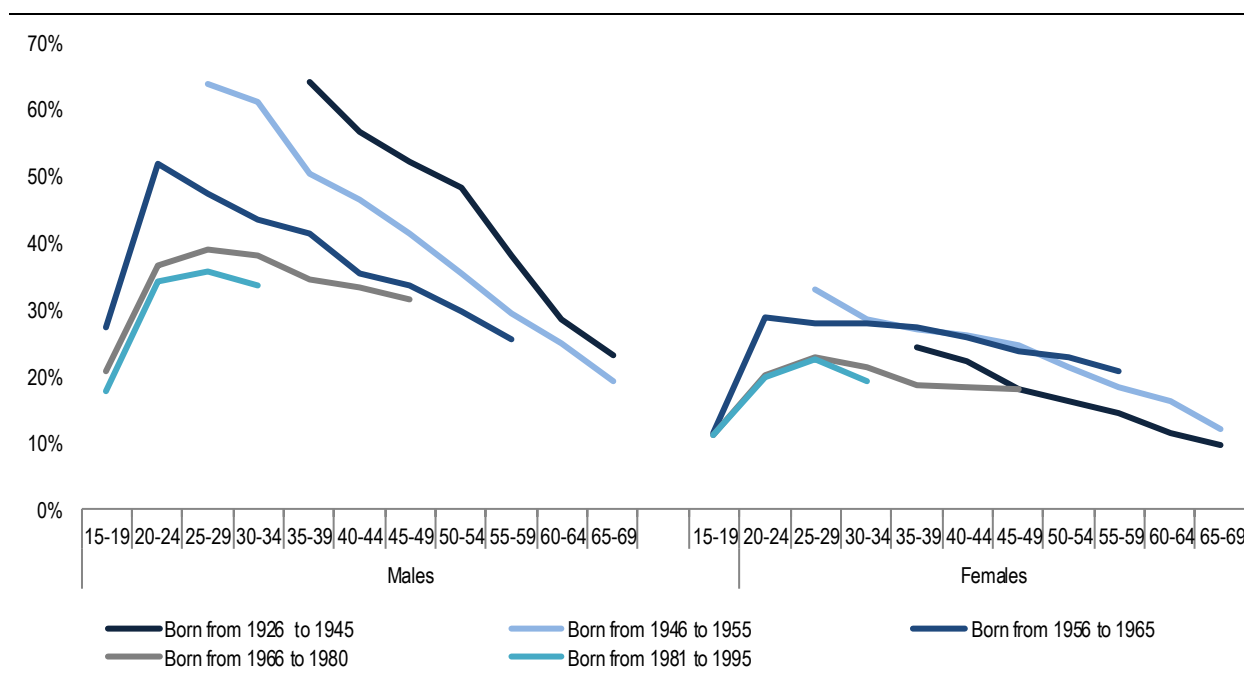
Year 2015

In 2015, 19.6% of the population aged 14 and over were smokers (10,344 millions of the population), 22.8% were former smokers and 56.3% no smokers. It is possible to observe strong gender differences: 15% of women were smokers compared to 24.6% of men of the same age.

For men the highest rate of smokers was observed among people aged 25-34 years (33.0%), for women among people aged 55-59 years old (20.8%).

From 2001 to 2015 the number of smokers has been decreasing from 23.7% to 19.6%. For men, who started in 2001 from higher levels, the reduction was equal to 6.4 percentage points (from 31% to 24.6%), for women it was equal to 2 percentage points (from 16.9% to 15%). Therefore, gender differences decreased from 14.1 to 9.6 percentage points.

FIGURE. SMOKERS AGED 14 AND OVER BY SEX, AGE AND YEAR OF BIRTH. Various years (per 100 people with the same characteristics)



In 2015, 45.1% of the population aged 18 and over was overweight or obese (35.3% overweight, 9.8% obese), while 51.8% was normal weight and 3.0% was underweight.

The spread of overweight and obesity has been increasing over time, especially among males (from 51.2% in 2001 to 54.8% in 2015).

In the years 2014-2015, overweight and obese children and adolescents were a high percentage (equal to 24.9%). It is possible to observe strong gender differences: the phenomenon was more widespread among males than females (28.3% versus 21.3%).

In 2015 the percentage of the population aged 11 and over who consumed at least one alcoholic drink during the year was 64.5%. 52.2% of people drank wine, 46.4% beer, and 42.1% alcoholic aperitifs, digestive liqueurs, spirits or liqueurs.

From 2003 to 2015 the number of daily consumers has been decreasing from 31.1% to 22.2%. The number of people consuming alcohol at least once outside mealtimes has been increasing (from 24.8% in 2003 to 27.9 in 2015) and also the number of occasional consumers (from 37.7% in 2003 to 42.3% in 2015).

Overall, risk behaviours in alcohol consumption (no moderate habitual consumption, binge drinking - .e.g. to drink six or seven glasses of alcoholic beverages on a single occasion - and alcohol consumption by teenagers aged 11 to 17) concerned 15.7% of population. Groups of population most at risk of no moderate consumption were: the elderly (36.4% of males and 9% of females), the young adult population aged 18-24 (23.1% of males and 9.1% of females) and the adolescents aged 11-17 (22.4% of males and 15.6% of females).

In 2015, 23,524 millions of people aged 3 years and over (39.9%) did not do any sports or physical activities. Gender differences were strong: 44.3% of women were physical inactive vs 5.1% of men.

Physical inactivity increased with age: nearly half of population aged 65 and over did not do any sports or physical activities.

It is possible to observe over time a slight reduction of physical inactivity, especially among women (from 46.1% in 2001 to 44.3% in 2015).

Health risk factors often pass down from parents to sons. 30.2% of young smokers aged 14-24 years old were living in households where both parents were smokers, this rate decreased to 11.9% when no parents were smokers.

48.4% of young people (aged 6 to 24 years old) did not practise any sports or physical activities and lived in households where both parents were physical inactive (7.7% when both parents practised sport or physical activities). It is possible to observe the same kinds of results for overweight/obesity and no moderate alcohol consumption.

In 2015, 76.5% of the population aged 18 and over had at least one unhealthy habit. 37.2% had two and among these 8.4% has three or four unhealthy habits.

Physical inactivity and overweight are frequently associated. More than 50% of the population aged 18 and over was overweight and/or physical inactive.

People with no moderate alcohol consumption were more often smokers (24.0%) or former smokers (21.4%) than no smokers (9.9%).

For more details please refer to the Italian version

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