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The use of Chat GPT in Obesity Management in Greece: A SWOT Analysis

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Abstract

Childhood obesity consists of a severe problem in Greece adversely affecting a large portion of children and adolescents. A SWOT analysis of obesity management in Greece has been realized with the assistance of Chat GPT. Artificial intelligence has several applications in various sectors including healthcare services. Chat GPT is a type of artificial intelligence known as a language model. It functions based on deep learning while it has been trained on enormous datasets. SWOT analysis is a strategic tool which allows an organization to have a comprehensive understanding of the internal and external environment, making it possible to create well-rounded strategies. The

answers of Chat GPT regarding the strengths, the weaknesses, the opportunities and the threats of obesity management in Greece have been studied and analyzed. Similar answers have been also indicated by several experts in the healthcare sector. However, Chat GPT was not able to identify some threats in obesity treatment in Greece due to the fact that it has not been trained in the recent scientific advances in the field of obesity. The results of the current study could be useful to health community indicating that artificial intelligence consist of a useful tool in the field of healthcare.

Keywords: Chat GPT, Greece, Healthcare, Obesity Management, SWOT Analysis

1. Introduction

Obesity is nowadays a global pandemic and an acute problem in Greece while its management requires a holistic approach [1, 2, 13, 4]. The current policies for obesity management have not proven satisfactory so far. Strengths, Weaknesses, Opportunities and Threats (SWOT) analysis is a strategic tool which can help organizations to understand their current situation by identifying internal and external factors that affect their goals [5, 6, 7]. Therefore, it could assist the health authorities in Greece to identify the strengths, weaknesses, opportunities and threats of the policies currently used in obesity management. Artificial intelligence (AI) technologies find increasing applications in many sectors of daily life including healthcare services [8, 9, 10]. The use of Chat Generative Pre-trained Transformer (GPT) has been investigated in several healthcare services analyzing its benefits and limitations [11, 12, 13, 14, 15].

The current work investigates the use of Chat GPT in obesity management in Greece using SWOT analysis.

The text is structured as follows: After the literature review the problem of obesity in Greece is stated followed by a description of SWOT analysis. In the next section the Chat GPT and its operation are analyzed followed by a SWOT analysis from Chat GPT regarding the obesity management in Greece. The text ends with the discussion of the findings, the conclusions drawn and the citation of the references used.

The work is innovative since it uses AI to perform the SWOT analysis, regarding obesity management in Greece, instead of questioning experts and policy makers. It fills a gap related with the use of AI in developing healthcare policies in the country. The results could be useful to researchers, doctors as well as to policy makers who can benefit from the use of AI in the field of healthcare.

2. Literature survey

The genetic basis of childhood obesity has been studied [1]. The authors stated that pathogenesis of polygenic obesity is multifactorial and is due to interaction among genetic, epigenetic and environmental factors. They also mentioned that more than 1,100 independent genetic loci associated with obesity traits have been currently identified. A national e-health program

for the prevention and management of obesity in Greece has been realized^[2]. The authors stated that a national e-health program for managing obesity has been implemented in Greece. They also mentioned that after one year of implementing this program the prevalence of obesity has been reduced by 32.1% while the prevalence of overweight by 26.7%. The consequences of obesity in Greece have been studied^[3]. The author mentioned that obesity is particularly acute in Greece and the country ranks first in EU in childhood obesity. He also mentioned that 63% of Greeks over the age of 18 are overweight or obese. The health improvement in overweight and obese children and adolescents following a personalized lifestyle intervention program in Greece has been investigated^[4]. The authors stated that children and adolescents with obesity suffer from psychological difficulties. They studied the health effect in a sample of 611 children and adolescents following a 1-year lifestyle intervention program. Their results indicated that the cardiometabolic parameters and the mental health of the participants were improved after the personalized intervention. The Danish healthcare system has been analyzed using SWOT analysis^[5]. The authors stated that the main point in SWOT analysis made was to identify areas worthy to intervene because they threaten the sustainability of the national health system. They proposed ten improvements having the highest impacts per unit expenditures to the national health system. The policies and programs to address diabetes in Europe with SWOT analysis have been studied^[6]. The authors conducted SWOT analysis in 11 European countries and 57 stakeholders and ministries of health. Their results indicated the complexity of designing and implementing good policies and programs that are tailored to local needs. The diagnosis, prevention and control of hypertension in Iran with SWOT analysis have been studied^[7]. The authors conducted a qualitative study of 12 interviews with policy makers and managers. They identified 12 factors for intervention in SWOT analysis concluding that high-blood pressure can be prevented. The Chat GPT and open AI models have been reviewed^[8]. The authors stated that Chat GPT is capable of producing human-like text responses to user queries. They have analyzed 47 academic articles in this technology mentioning the advantages and disadvantages of using the Chat GPT. The impacts of Chat GPT in different fields have been studied and analyzed^[9]. The authors stated that Chat GPT is an innovative technology that has revolutionized how we interact with machines and each other. They also mentioned that it can be used in healthcare providing personalized assistance to doctors and other healthcare professionals. The features, abilities and challenges of Chat GPT have been studied^[10]. The authors stated that although Chat GPT has good performance and produces exciting results for writing tales, poetry, songs, essays and other things, it has certain restrictions. They also mentioned that Chat GPT has risen to the top of several academic agendas while there are many advices in adopting the technology. The use of SWOT analysis with the support of Chat GPT in healthcare has been investigated^[11]. The author investigated the potential benefits and limitations of Chat GPT in healthcare. She also mentioned the opportunities and threats related with its use. The work provides valuable insights into the ethical and safe use of Chat GPT in healthcare for professionals and policy makers. The potential of Chat GPT in personalized obesity treatment has been explored^[12]. The

author stated that for patients who cannot be treated with traditional methods AI technologies are a new source of hope. The author also mentioned that the potential of Chat GPT in obesity treatment is positive while there are various disadvantages related with its use. The use of Chat GPT in medicine analyzing the advantages, limitations and the future prospects has been studied^[13]. The authors stated that Chat GPT has several potential applications in the medical and healthcare fields assisting professionals, doctors, nurses and students. However, they mentioned, it has several limitations and the ethical considerations should be taken into account. The applications of Chat GPT in healthcare have been examined^[14]. The authors stated that Chat GPT can understand natural language and answer several questions while it is used in healthcare and in other fields. They also mentioned its advantages and disadvantages while they provided several recommendations for its safe use. The potential applications and challenges of Chat GPT in the medical field have been examined^[15]. The authors examined the merits, limitations and practical applications of Chat GPT in clinical practice, healthcare, medical education and medical research. They stated that the latest AI tools offer many advancements while the use of Chat GPT presents several opportunities and challenges. The interplay between diets, health and climate change has been studied^[16]. The authors stated that the world is facing a triple burden of undernourishment, obesity and environmental impacts from agriculture. Their analysis indicated that sustainable and healthy diets can nourish the population and at the same time reduce the environmental impacts of agriculture. The environmental and economic sustainability of the Mediterranean (Med) diet has been studied^[17]. The authors compared the environmental impact and the cost of the current food consumption pattern of the Italian population with the Med dietary pattern. They mentioned that Med diet had a lower environmental impact compared to the current dietary pattern in Italy. The sustainability dimensions of the Med diet have been analyzed^[18]. The authors stated that the Med diet had a lower environmental impact than the popular western diets. The interrelation between climate change and obesity has been examined^[19]. The author stated that both are interconnected having undesired social, economic, environmental and health impacts. He also mentioned that future policies for obesity management and climate change mitigation should take into account their interlinkages to maximize their effectiveness. The relation between obesity and Med diet has been studied^[20]. The authors stated that different socio-economic factors have caused a large portion of the population to adopt unhealthy eating habits. They also mentioned that the development of policy measures to promote Med diet could help the population to tackle the obesity epidemic especially in childhood. The local, traditional and indigenous food systems in the 21st century to combat obesity, undernutrition and climate change have been studied^[21]. The authors stated that today the world faces a global syndemic of obesity, undernutrition and climate change. They mentioned that traditional and indigenous food systems have existed for centuries and can offer some pathways and solutions to mitigate the challenges of obesity, malnutrition and climate change. The relation between Med diet and obesity has been investigated^[22]. The authors stated that substantial weight loss was achieved with low-calorie Med diet combined with adequate physical activity. They also mentioned that Med diet has

been proposed as a valuable nutritional intervention tool for managing obesity. The nexus between Med diet, obesity and climate change has been analyzed [23]. The author stated that the use of Med diet has many advantages in obesity management while it has lower impacts to climate change compared with the modern western-type diets. The use of Chat GPT in healthcare services has been examined [24]. The authors stated that Generative Pre-trained Transformer is an AI model which has a lot of applications in healthcare. They mentioned that GPT must have access to precise and up-to-date medical data from reliable sources which should be updated regularly. They also pointed out that medical information are sensitive and privacy and security issues should be considered. The prevention and management of pediatric obesity at community health centers has been studied [25]. The authors reviewed the literature related to the barriers for preventing and managing pediatric obesity. Using SWOT analysis, they indicated the areas that community health centers should focus their efforts to treat effectively pediatric obesity. The obesity management in a large military facility in Portsmouth, Virginia using SWOT analysis has been examined [26]. The author analyzed qualitative data from several interviews using the SWOT framework concluding that the obesity management program was effective. The author addressing in the identified strengths, weaknesses, opportunities and threats proposed improvements in the existing obesity treatment program. The credibility of Chat GPT in the assessment of obesity in type 2 diabetes has been studied [27]. The authors stated that experienced endocrinologists posed 20 questions to Chat GPT and the answers were assessed. They mentioned that despite Chat GPT comprehensive and understandable responses it should not be used as a substitute for healthcare professionals' patient-centered approach.

3. The problem of obesity in Greece

Obesity is defined as the increased accumulation of body fat within the human body that can adversely affect health. When the body intakes more energy that it consumes the surplus is accumulated as fat. Obesity is associated with a number of health and metabolic disorders. It is estimated that 37.9% of Greek adults are overweight and 24.9% are obese. 44% of the Greek men and 30.8% of the Greek women are overweight while both sexes show the same rate of obesity. It has been noted that in three quarters of Greek families at least one of the two parents is overweight while in one in four both parents are. Children in Greece show the highest rate of obesity in Europe while 41.2% of children in the age 10-12 years are obese or overweight. The rate of obesity is higher in rural areas than in urban areas in Greece. Inequalities in obesity occur also within cities. Only 2.7% of the children in Chalandri (a high-income neighborhood of Athens) are obese compared to 20.3% in Keratsini (a low-income neighborhood of Athens). Obesity has many undesired economic, social and health impacts in Greece. The benchmark for the body mass index in adults is presented in Table 1.

Table 1: Benchmark for the body mass index in adults

Body mass index	Body weight categorization
<18,5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
30-34.9	1 st degree obesity
35-39.9	2 nd degree obesity
>40	3 rd degree obesity

Source: Georgakopoulos, 2022

4. SWOT Analysis

SWOT analysis is a widely used strategic planning tool that helps organizations or individuals understand their current situation by identifying internal and external factors that affect their goals. SWOT, an acronym for Strengths, Weaknesses, Opportunities, and Threats, provides a framework for evaluating these factors in a structured way, making it easier to make informed decisions. By examining both internal and external factors, organizations can use SWOT analysis to plan effectively, capitalize on positive factors, and mitigate risks.

4.1 Strengths

The "Strengths" aspect of SWOT analysis focuses on the internal advantages or resources an organization possesses. Strengths are the assets, skills, or competitive advantages. Identifying strengths helps organizations understand what they do well and what they can leverage to reach their objectives. By focusing on these strengths, an organization can create strategies that amplify its core competencies and maximize its success.

4.2 Weaknesses

The "Weaknesses" part of SWOT analysis examines the internal limitations or areas for improvement within an organization. Identifying weaknesses is critical because it highlights potential obstacles or challenges that may hinder progress toward goals. By being aware of its weaknesses, an organization can work proactively to overcome them or minimize their impact on its overall performance.

4.3 Opportunities

"Opportunities" refer to external factors that an organization can exploit to achieve its goals. These may include technological advancements, or regulatory changes that align with the organization's objectives. Opportunities are often linked to changes and organizations that recognize these changes early can gain a significant advantage. Identifying opportunities allows organizations to be proactive, positioning themselves strategically to take advantage of favorable market conditions. This proactive approach is critical for growth and competitiveness, as it encourages innovation and responsiveness to external changes.

4.4 Threats

The "Threats" aspect of SWOT analysis looks at external challenges that could negatively impact an organization. Threats can arise from various factors, such as economic

downturns or adverse regulatory changes. Threats pose risks that could weaken an organization's position or disrupt its plans, and they require careful monitoring. Being aware of threats allows organizations to stay resilient and adaptable, helping them to avoid or reduce potential negative impacts. The principles of SWOT analysis are outlined in Table 2.

Table 2: SWOT analysis

	Helpful (to the organization)	Harmful (to the organization)
Internal (related with the organization)	Strengths	Weaknesses
External (related with the external environment)	Opportunities	Threats

4.5 Benefits of SWOT Analysis

SWOT analysis is valuable because it provides a balanced view of both positive and negative factors, helping organizations avoid overly optimistic or pessimistic outlooks. It encourages a comprehensive understanding of the internal and external environment, making it possible to create well-rounded strategies. SWOT analysis is also flexible and applicable to various contexts. Another advantage of SWOT analysis is that it promotes collaboration and input from multiple stakeholders, leading to a more nuanced view of an organization's situation and promoting alignment in strategic planning.

4.6 Limitations of SWOT Analysis

However, SWOT analysis has limitations. It can be subjective, as the process of identifying strengths, weaknesses, opportunities, and threats often relies on individual perspectives. Additionally, SWOT analysis can oversimplify complex situations, reducing nuanced issues to broad categories that lack depth. It also does not prioritize factors, meaning that without further analysis, it can be challenging to decide which elements deserve the most attention.

5. The Chat GPT and its operation

Chat GPT, developed by Open AI, is a type of artificial intelligence known as a language model. It operates through a series of processes that transform vast amounts of text data into a coherent, conversational output. At its core, Chat GPT functions based on deep learning, a subset of machine learning that uses neural networks to process and generate human-like text. The model's operation begins with training on enormous datasets that consist of text from books, websites, and other written sources, which provide a broad understanding of human language, including grammar, vocabulary, and even some factual information. During this training phase, the model uses patterns in the data to predict the likelihood of one word following another, building up complex connections over time. This pattern recognition process enables it to respond to prompts in a way that is coherent and contextually relevant. At a high level, Chat GPT operates by taking user input—questions, statements, or commands—and breaking it down into a series of mathematical representations called embeddings. These embeddings capture the semantic meaning of words and sentences, which the model uses to “understand” the input. The neural network then processes these embeddings through multiple layers of interconnected nodes, each layer refining the representation based on what it learned during

training. These layers enable the model to capture nuanced language patterns and generate responses that are relevant, informative, and contextually appropriate. The model's responses are generated by predicting the sequence of words that are most likely to follow the input, one word at a time, until it produces a complete answer. Chat GPT is not truly “thinking”; rather, it relies on probabilities learned from data. Its strengths lie in generating text quickly, recognizing language patterns, and simulating a conversational style. However, it lacks personal experiences, opinions, and an understanding of the real world, as it operates purely based on statistical associations in language. Chat GPT operates through complex neural networks that transform input text into meaningful responses. Although it lacks human consciousness, its design allows it to generate text that appears conversational, making it a valuable tool for answering questions, generating ideas, and engaging in dialogue across various topics.

6. A SWOT analysis from Chat GPT regarding the obesity management in Greece

Four questions were asked to Chat GPT related to obesity management in Greece. It was asked to comment on strengths, weaknesses, opportunities and threats of obesity management in the country. The summarized answers are presented below.

6.1 Strengths

Obesity management in Greece has seen notable strengths in recent years, focusing on a multi-faceted approach that incorporates public health campaigns, advances in clinical interventions, and community-based support systems. One of the main strengths is Greece's emphasis on the Med diet, a dietary pattern that has been shown to reduce obesity rates and promote overall health. Rich in fruits, vegetables, whole grains, and healthy fats, the Med diet is an evidence-backed nutritional framework that not only promotes weight management but also reduces the risk of cardiovascular diseases and diabetes, which are often associated with obesity.

In addition, Greece has been enhancing its healthcare infrastructure to better address obesity through preventative care and clinical support. Many hospitals and clinics now offer specialized weight management programs that include dietary counseling, behavioral therapy, and physical activity plans. Greek healthcare providers have also increasingly adopted a holistic approach, considering obesity not just as a physical condition but as one affected by lifestyle, mental health, and social factors. This comprehensive approach helps in tackling the root causes of obesity, providing a more sustainable path to weight management.

Community-based initiatives in Greece have also strengthened obesity management efforts. Government-backed campaigns and local organizations actively promote awareness about healthy living, physical activity, and nutritional education, often targeting schools and community centers. Such programs are vital for instilling healthy habits early on, especially among children and adolescents, which could help curb obesity rates in future generations.

Furthermore, collaborations with European Union health initiatives have supported Greece in addressing obesity from a policy perspective, providing funding and guidelines that enhance local strategies. Overall, Greece's focus on traditional dietary patterns, combined with improvements in

healthcare services and community engagement, reflect a robust framework for managing obesity and supporting

healthier lifestyles across the country. The strengths related to obesity management in Greece are presented in Table 3.

Table 3: Strengths related to obesity management in Greece

1	Public health campaigns. Governmental campaigns targeting schools and community centers promote healthy living, physical activity and nutritional education especially among children and adolescents
2	Advanced clinical interventions
3	Community-based support systems
4	Emphasis in Med diet
5	Many hospitals and clinics offer specialized weight management programs that include dietary counseling, behavioral therapy and physical activity plans
6	Healthcare providers have adopted a holistic approach considering that obesity is affected by life style, mental health and social factors
7	Collaboration with EU initiatives provides funding and guidelines that enhance local and national strategies

Source: Chat GPT

6.2 Weaknesses

Despite Greece’s efforts to address obesity, several weaknesses continue to challenge effective management of the condition. One major issue is the limited access to healthcare services in rural and remote areas, where obesity rates are often higher and specialized care is lacking. This disparity in healthcare availability can lead to undiagnosed and untreated obesity-related conditions, leaving many people without the support needed to manage their weight effectively.

Another significant weakness is the decline in adherence to the traditional Med diet, particularly among younger populations. As processed foods and sugary beverages become more popular, especially in urban areas, the shift away from the nutritious Med dietary habits has contributed to rising obesity rates. This dietary shift reflects broader changes in lifestyle and food preferences influenced by globalized food markets, making it harder to promote healthier, local food traditions effectively.

Greece also faces challenges in public health funding and resources, which limits the effectiveness of obesity

prevention and treatment programs. Health campaigns that promote awareness and healthy lifestyles often lack consistency and funding, reducing their impact. Additionally, school programs focused on physical activity and nutrition education are inconsistently implemented, which means that children and adolescents may not be receiving adequate support for developing lifelong healthy habits.

Moreover, there is still a societal stigma attached to obesity, which can deter individuals from seeking help. This stigma may also affect healthcare providers, leading to biases that can reduce the quality of care for people struggling with obesity. Without addressing these biases, efforts to manage obesity remain limited in their effectiveness.

Overall, gaps in healthcare access, declining adherence to healthy dietary patterns, insufficient funding, and the persistence of obesity-related stigma all represent ongoing challenges in Greece’s approach to obesity management, highlighting areas that require targeted interventions for more effective outcomes. The weaknesses related to obesity management in Greece are presented in Table 4.

Table 4: Weaknesses related to obesity management in Greece

1	Limited access in rural and remote areas where obesity rates are often higher
2	Decline in adherence to the traditional Med diet particularly among younger population
3	Greece faces challenges in public health funding and resources
4	Children and adolescents do not receive adequate support for developing lifelong healthy habits
5	There is still a societal stigma attached to obesity which can deter individuals for seeking help which might also affect adversely healthcare providers

Source: Chat GPT

6.3 Opportunities

Greece has substantial opportunities to improve obesity management by building on cultural, technological, and policy-driven approaches. One key opportunity lies in promoting and modernizing the traditional Med diet, which is well-suited for both preventing and managing obesity. By encouraging a return to this dietary pattern through educational programs and public health campaigns, Greece can leverage its rich culinary heritage to foster healthier eating habits, particularly among younger generations. Emphasizing local, nutritious foods in schools and public institutions could also help integrate healthy eating into daily life.

Another opportunity comes from expanding digital health technologies. Mobile apps, telemedicine services, and wearable fitness trackers have the potential to make obesity management more accessible and personalized, especially for those in rural or underserved areas. By implementing

these technologies, Greece can overcome healthcare access challenges and reach a wider population with tailored interventions. Digital platforms could also support online counseling, nutrition planning, and progress tracking, helping individuals manage their weight more effectively and conveniently.

Policy support from both national and EU initiatives also offers Greece a powerful resource. The European Union’s focus on combatting obesity-related diseases provides funding and guidance that Greece can use to strengthen its own programs. By aligning with EU standards, Greece could further develop comprehensive policies that promote physical activity, regulate processed foods, and create safe environments for active living.

There is also an opportunity for public-private partnerships to address obesity. Collaborating with local businesses and food producers to create healthier products, promote active lifestyles, and provide public awareness campaigns could

amplify the reach and effectiveness of obesity management efforts.

Overall, leveraging Greece’s cultural heritage, adopting digital health solutions, utilizing EU support, and fostering public-private partnerships present powerful opportunities for a comprehensive, sustainable approach to obesity

management. By capitalizing on these, Greece can improve the health and quality of life of its population while mitigating the long-term impacts of obesity. The opportunities related to obesity management in Greece are presented in Table 5.

Table 5: Opportunities related to obesity management in Greece

1	Promotion and modernization of the traditional Med diet
2	Promotion of local nutrition foods in schools and public institutions
3	Promotion of digital health technologies including telemedicine services
4	Promotion of on-line counseling and nutrition planning with digital platforms
5	European Union’s focus on combating obesity-related diseases provides funding and guidance to Greece
6	Opportunities of developing public-private partnerships to address obesity

Source: Chat GPT

6.4 Threats

Obesity management in Greece faces several significant threats that could hinder effective intervention and prevention efforts. One major threat is the growing influence of fast food and processed foods, which have increasingly replaced traditional dietary habits among Greeks, especially among young people. The rising availability of inexpensive, calorie-dense foods combined with a fast-paced urban lifestyle has contributed to higher obesity rates, as more people opt for convenient, unhealthy food options over nutritious, home-cooked meals.

Economic instability also presents a critical challenge. The economic crises in recent years have led to budget cuts in healthcare and public health initiatives, reducing resources available for obesity prevention and management programs. Financial hardship affects individual choices as well; many people turn to cheaper, less nutritious foods and may be unable to afford gym memberships or participate in recreational activities that promote physical health. This economic strain complicates both personal and national efforts to address obesity effectively.

Additionally, there is a lack of comprehensive and cohesive

national policies specifically targeting obesity, which can weaken the overall impact of existing programs. Without coordinated government-led policies, many initiatives are localized or short-term, leading to inconsistent support for individuals and communities. This gap in policy also makes it difficult to address obesity-related issues holistically, such as promoting physical education in schools or regulating advertising of unhealthy foods.

Cultural attitudes towards obesity can also be a deterrent. Social stigma associated with obesity often discourages individuals from seeking medical support or participating in weight management programs. This stigma, coupled with sometimes inadequate training among healthcare providers in obesity management, means that many people do not receive the appropriate guidance or empathetic support needed to effectively manage their weight.

Overall, economic challenges, shifts toward unhealthy diets, insufficient policy coordination, and societal stigma pose significant threats to Greece’s obesity management efforts, underlining the need for a comprehensive, well-funded, and culturally sensitive approach. The threats related to obesity management in Greece are presented in Table 6.

Table 6: Threats related to obesity management in Greece

1	Growing influence of fast food and processed food which have replaced the traditional dietary habits among Greeks
2	The adoption of urban lifestyle
3	The economic crisis has led to budget cuts in healthcare reducing the available resources for obesity prevention and treatment
4	The economic crisis has turned many people to cheaper, less nutritious food while they are unable to afford the gym fees
5	Lack of comprehensive and cohesive national policies targeting obesity
6	Social stigma associated with obesity often discourages individuals from seeking medical support

Source: Chat GPT

7. Discussion

The strengths, weaknesses, opportunities and threats in obesity management in Greece have been identified using the Chat GPT instead of asking experts in the field. The main findings have been also mentioned in other studies which indicates that Chat GPT could be a useful tool in the healthcare sector. Additional issues in SWOT analysis which Chat GPT has not identified in our study include: a) the current climate crisis which has adverse impacts to obesity management, and b) the conflict of interests between the strong lobby of food companies which produce and sell unhealthy inexpensive food and the governmental efforts to reduce the obesity rate in the country.

SWOT analysis remains a powerful, accessible, and straightforward tool for strategic planning. By evaluating strengths, weaknesses, opportunities, and threats,

organizations can gain valuable insights into their current position and make informed decisions about future directions. The results can be used by policy makers for developing improved policies in obesity management in Greece complementing the findings of conventional analysis.

Our study has limitations related with the training of Chat GPT in the recent scientific knowledge of obesity treatment. Taking into account that Chat GPT has been trained in a huge volume of data its answers depend on the data that have been used for its training. Therefore, the AI tool might not be aware of the recent scientific advances in obesity management and its answers might not include the recent scientific knowledge in this field.

Further research should be focused in a political, economic, social, technological, environmental and legal (PESTEL)

analysis of obesity treatment in Greece analyzing the multiple factors affecting obesity management in the country.

8. Conclusions

The use of Chat GPT in obesity management in Greece using SWOT analysis has been studied. The AI tool was able to analyze satisfactorily several aspects of obesity treatment in the country. A SWOT analysis of obesity management in Greece reveals a mix of cultural strengths and structural challenges. While Greece benefits from the Med diet and the improved healthcare approaches, issues like healthcare accessibility, inconsistent policies, and economic limitations impede progress. Opportunities in digital health and EU support could help Greece overcome these obstacles, but the country must address threats from unhealthy dietary trends, economic instability, and social stigma. By strategically leveraging its strengths and opportunities while addressing weaknesses and threats, Greece can work toward a more effective, sustainable approach to obesity management.

The use of Chat GPT in healthcare sector has many advantages although it has also limitations related with the fact that it has not been trained with the latest scientific advancements. The results of SWOT analysis in the present work can be used by healthcare professionals as well as by policy makers in order to focus in several aspects worthy to intervene and to promote effectively the treatment of obesity in the country.

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