

Lifestyle habits (per cent), by region, living habit, contents, year and sex, 2005, 2008, 2012, 2015, 2019

| | | 2005 | | | 2008 | | | Lifestyle habits 2012 | | | 2015 | | | 2019 | | |
|----------|---|-------|-------|---------|-------|-------|---------|--------------------------|-------|---------|-------|-------|---------|-------|-------|---------|
| | | Both | Males | Females | Both | Males | Females | Both | Males | Females | Both | Males | Females | Both | Males | Females |
| | | sexes | | | sexes | | | sexes | | | sexes | | | sexes | | |
| Northern | Drinks alcohol twice a week or more often (-2012) | 13 | 13 | 14 | 15 | 22 | 9 | 17 | 21 | 12 | . | . | . | . | . | . |
| Norway | Drinks alcohol once a week or more often | . | . | . | . | . | . | . | . | . | 28 | 35 | 22 | 33 | 38 | 27 |
| | Drinks enough to feel intoxicated once a week or more (-2015) | 2 | 3 | 1 | 5 | 7 | 2 | 8 | 14 | 1 | 1 | 1 | 1 | . | . | . |
| | Hazardous alcohol consumption | . | . | . | . | . | . | . | . | . | 3 | 3 | 3 | 2 | 2 | 1 |
| | Smokes daily | 29 | 26 | 32 | 21 | 18 | 23 | 16 | 18 | 14 | 15 | 14 | 17 | 11 | 11 | 12 |
| | Daily smokers. Number of cigarettes per day | 12 | 15 | 9 | 12 | 14 | 10 | 12 | 13 | 10 | 11 | 13 | 9 | 11 | 13 | 10 |
| | Smokes occasionally | 8 | 9 | 7 | 8 | 7 | 9 | 10 | 14 | 5 | 6 | 6 | 6 | 7 | 9 | 6 |
| | Lives together with other adults who are smokers (-2005) | 23 | 25 | 20 | . | . | . | . | . | . | . | . | . | . | . | . |
| | Exposed to tobacco smoke indoors for more than one hour a day | . | . | . | . | . | . | . | . | . | 3 | 3 | 2 | 3 | 3 | 2 |
| | Former daily smoker | . | . | . | . | . | . | . | . | . | . | . | . | 38 | 39 | 37 |
| | Former daily smoker : Number of years of daily smoking. Mean | . | . | . | . | . | . | . | . | . | . | . | . | 17 | 18 | 16 |
| | Vaping daily or occasionally (electronic cigarettes) | . | . | . | . | . | . | . | . | . | . | . | . | 3 | 4 | 3 |
| | Takes snuff daily | . | . | . | 7 | 12 | 1 | 11 | 18 | 3 | 11 | 16 | 6 | 15 | 20 | 10 |
| | Takes snuff occasionally | . | . | . | 4 | 5 | 3 | 7 | 9 | 4 | 3 | 5 | 2 | 2 | 3 | 1 |
| | Using snuff (poached tobacco) occasionally or daily | . | . | . | 10 | 17 | 4 | . | . | . | 15 | 21 | 8 | 18 | 23 | 11 |
| | Sitts still 10 hours or more on week days (school, work, leisure time) | . | . | . | . | . | . | . | . | . | 7 | 7 | 6 | 7 | 8 | 6 |
| | Mostly sit or stand during day time activities (school, work or at home) | . | . | . | . | . | . | . | . | . | 39 | 39 | 39 | 42 | 40 | 43 |
| | Exercises weekly or more often | 70 | 66 | 73 | 71 | 70 | 72 | 77 | 72 | 83 | 68 | 64 | 71 | 72 | 69 | 76 |
| | Exercise: Number of days per week in activity (-2012) | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | . | . | . | . | . | . |
| | Never exercises | 16 | 18 | 14 | 14 | 14 | 14 | 11 | 13 | 9 | 18 | 19 | 17 | 13 | 14 | 11 |
| | day | . | . | . | . | . | . | . | . | . | 27 | 26 | 29 | 34 | 30 | 38 |
| | Rides a bike to/from work, school or shop. Half an hour or more a typical week day | . | . | . | . | . | . | . | . | . | 6 | 7 | 6 | 7 | 8 | 7 |
| | Spend more than 2.5 hours on exercise and physical activities in a regular week | . | . | . | . | . | . | . | . | . | 50 | 50 | 51 | 52 | 51 | 53 |
| | Weight-training once a week of more often | . | . | . | . | . | . | . | . | . | 32 | 29 | 34 | 34 | 32 | 35 |
| | Underweight (BMI < 18.5) | . | . | . | . | . | . | . | . | . | 2 | 1 | 3 | 1 | 0 | 1 |
| | Somewhat overweight (BMI 25-27) | 20 | 22 | 18 | 20 | 25 | 15 | 18 | 21 | 14 | 17 | 20 | 15 | 22 | 24 | 19 |
| | Overweight (BMI 27-30) | 16 | 20 | 11 | 18 | 22 | 14 | 20 | 24 | 14 | 19 | 24 | 15 | 17 | 20 | 14 |
| | Obese (BMI >= 30) | 9 | 9 | 10 | 11 | 13 | 10 | 12 | 10 | 14 | 14 | 16 | 12 | 17 | 18 | 16 |
| | Obese class II (BMI >=35) | . | . | . | . | . | . | . | . | . | 4 | 3 | 4 | 4 | 4 | 5 |
| | Eats fish or seafood daily. One or more times | . | . | . | 19 | 19 | 19 | 19 | 20 | 18 | 8 | 7 | 9 | 8 | 9 | 8 |
| | Usually eats fresh fruit and berries daily. One or more times | 57 | 50 | 66 | 60 | 50 | 69 | 57 | 47 | 69 | 52 | 45 | 59 | 47 | 39 | 57 |
| | Usually eats vegetables or salads daily. One or more times | 58 | 51 | 65 | 55 | 48 | 62 | 62 | 55 | 71 | 53 | 42 | 63 | 55 | 47 | 64 |
| | Drinks fruit/vegetable juice daily. One or more times | . | . | . | 28 | 28 | 28 | 29 | 32 | 25 | . | . | . | 7 | 6 | 7 |
| | Drinks milk products daily. One or more times (-2012) | 59 | 66 | 52 | 59 | 64 | 54 | 63 | 69 | 56 | . | . | . | . | . | . |
| | Drinks sugary drinks daily. One or more times | 17 | 22 | 12 | 13 | 17 | 10 | 12 | 17 | 6 | 15 | 20 | 10 | 7 | 10 | 3 |
| | Drinks diet soft drinks (with artificial sweeteners) daily. One or more times (-2012) | . | . | . | . | . | . | 11 | 14 | 8 | . | . | . | . | . | . |
| | Eats sweets daily. One or more times (-2012) | 9 | 9 | 9 | 6 | 6 | 5 | 7 | 6 | 7 | . | . | . | . | . | . |
| | Has breakfast every day in an ordinary week (2005) | 80 | 78 | 83 | . | . | . | . | . | . | . | . | . | . | . | . |
| | Has dinner every day in an ordinary week (2005) | 88 | 90 | 85 | . | . | . | . | . | . | . | . | . | . | . | . |
| | Number of persons interviewed | 719 | 379 | 340 | 661 | 323 | 338 | 529 | 271 | 258 | 1189 | 600 | 589 | 1209 | 630 | 579 |
| | Number of persons that have returned the postal questionnaire | 530 | 263 | 267 | 469 | 218 | 251 | 378 | 184 | 194 | . | . | . | . | . | . |

BMI = Body Mass Index = self reported weight (in kilos) divided by height (in metres) squared.

Due to changes in question formulations, some of the figures for 2015 are not quite comparable to figures for earlier years. This pertains to the questions on intoxication, weekly exercise, and whether one eats fish, fruits or vegetables daily.

. = Category not applicable. Figures do not exist at this time, because the category was not in use when the figures were collected.

living habit:

Hazardous alcohol consumption:

The alcohol consumption is estimated according to WHO as harmful if the consumption is mean 20 gram pure alcohol per day for women, and mean 40 grams pure alcohol per day for men. This is equal to one and a half per day for women and approx. 3 drinks per day for men.

Latest update:

Lifestyle habits: 20210325 08:00

Source: Statistics Norway

Units: per cent

Data type: stock

Reference period: 31.12.