

Lifestyle habits (per cent), by living habit, age, contents, region and year, 1998, 2002, 2005, 2008, 2012, 2015 And 2019

		Lifestyle habits Northern Norway						
		1998	2002	2005	2008	2012	2015	2019
Drinks alcohol twice a week or more often (-2012)	Years, total	8	16	13	16	17	.	.
	16-24 years	8	13	3	9	16	.	.
	25-44 years	8	14	13	12	14	.	.
	45-66 years	9	22	18	22	21	.	.
	67 years or older	7	9	10	11	13	.	.
Drinks alcohol once a week or more often	Years, total	28	33
	16-24 years	11	17
	25-44 years	22	30
	45-66 years	41	41
	67 years or older	31	34
Drinks enough to feel intoxicated once a week or more (-2015)	Years, total	6	..	2	5	8	1	.
	16-24 years	16	..	2	9	19	3	.
	25-44 years	8	..	3	6	8	1	.
	45-66 years	3	..	2	3	7	1	.
	67 years or older	1	..	3	1	1	0	.
Hazardous alcohol consumption	Years, total	3	2
	16-24 years	4	3
	25-44 years	1	2
	45-66 years	4	1
	67 years or older	1	1
Smokes daily	Years, total	34	31	29	21	16	15	11
	16-24 years	39	24	22	26	7	3	1
	25-44 years	37	33	32	24	23	16	7
	45-66 years	33	36	32	21	19	23	19
	67 years or older	19	19	20	8	6	12	9
Daily smokers. Number of cigarettes per day	Years, total	12	12	12	11	11
	16-24 years	10	12	9	7	3
	25-44 years	13	11	14	12	11
	45-66 years	12	12	11	11	12
	67 years or older	7	10	8	8	9
Smokes occasionally	Years, total	11	10	8	8	10	6	7
	16-24 years	12	24	16	11	17	11	13
	25-44 years	13	10	9	11	15	7	9
	45-66 years	10	9	6	6	8	5	6
	67 years or older	5	4	4	3	2	2	3
Lives together with other adults who are smokers (-2005)	Years, total	23
	16-24 years	31
	25-44 years	22
	45-66 years	25
	67 years or older	12
Exposed to tobacco smoke indoors for more than one hour a day	Years, total	3	3
	16-24 years	1	1
	25-44 years	2	2
	45-66 years	4	4
	67 years or older	3	1
Former daily smoker	Years, total	38
	16-24 years	10
	25-44 years	31
	45-66 years	44
	67 years or older	55
Former daily smoker : Number of years of daily smoking. Mean	Years, total	17
	16-24 years	3
	25-44 years	8
	45-66 years	19

	67 years or older	23
Vaping daily or occasionally (electronic cigarettes)	Years, total	3
	16-24 years	4
	25-44 years	4
	45-66 years	4
Takes snuff daily	67 years or older	1
	Years, total	7	11	11	15
	16-24 years	12	26	20	31
	25-44 years	10	17	19	26
Takes snuff occasionally	45-66 years	4	6	6	9
	67 years or older	1	1	2	1
	Years, total	4	7	3	2
	16-24 years	11	6	5	1
Using snuff (poached tobacco) occasionally or daily	25-44 years	4	13	6	4
	45-66 years	3	4	2	2
	67 years or older	2	2	1
	Years, total	15	18
Sitts still 10 hours or more on week days (school, work, leisure time)	16-24 years	25	33
	25-44 years	25	30
	45-66 years	8	11
	67 years or older	3	2
Years, total	Years, total	7	7
	16-24 years	8	7
	25-44 years	4	8
	45-66 years	7	7
Mostly sit or stand during day time activities (school, work or at home)	67 years or older	9	5
	Years, total	39	42
	16-24 years	38	46
	25-44 years	32	44
Exercises weekly or more often	45-66 years	44	42
	67 years or older	41	36
	Years, total	55	64	70	71	77	68	72
	16-24 years	61	71	73	80	97	74	82
Exercise: Number of days per week in activity (-2012)	25-44 years	59	71	67	75	77	63	69
	45-66 years	51	63	74	69	73	71	73
	67 years or older	48	40	61	59	71	62	70
	Years, total	3	3	4	.	.
Never exercises	16-24 years	3	3	3	.	.
	25-44 years	3	3	3	.	.
	45-66 years	3	4	4	.	.
	67 years or older	4	4	4	.	.
Walks to/from work, school or shop. Half an hour or more a typical week day	Years, total	26	27	16	14	11	18	13
	16-24 years	18	18	8	7	3	11	4
	25-44 years	24	19	17	7	9	18	16
	45-66 years	27	28	11	15	11	14	10
Rides a bike to/from work, school or shop. Half an hour or more a typical week day	67 years or older	35	52	31	34	20	30	18
	Years, total	27	34
	16-24 years	32	39
	25-44 years	28	31
Spend more than 2.5 hours on exercise and physical activities in a regular week	45-66 years	25	34
	67 years or older	26	35
	Years, total	6	7
	16-24 years	3	2
	25-44 years	6	9
	45-66 years	8	8
	67 years or older	7	7
	Years, total	50	52
	16-24 years	62	65
	25-44 years	49	50

	45-66 years	50	53
	67 years or older	41	44
Weight-training once a week of more often	Years, total	32	34
	16-24 years	60	66
	25-44 years	35	42
	45-66 years	24	25
	67 years or older	14	16
Underweight (BMI < 18.5)	Years, total	2	1
	16-24 years	8	4
	25-44 years
	45-66 years	1	1
	67 years or older	2	0
Somewhat overweight (BMI 25-27)	Years, total	19	18	20	20	18	17	22
	16-24 years	7	19	15	13	12	9	13
	25-44 years	21	20	20	20	16	20	21
	45-66 years	25	13	23	19	22	19	24
	67 years or older	11	25	18	28	17	17	25
Overweight (BMI 27-30)	Years, total	14	18	16	18	20	19	17
	16-24 years	8	6	3	11	11	8	8
	25-44 years	12	15	14	17	22	18	15
	45-66 years	18	22	21	21	20	27	21
	67 years or older	19	19	19	19	21	18	19
Obese (BMI >= 30)	Years, total	6	10	9	11	12	14	17
	16-24 years	4	4	7	1	5	7	9
	25-44 years	6	12	11	16	10	19	22
	45-66 years	7	10	8	13	14	16	17
	67 years or older	4	11	12	7	17	12	15
Obese class II (BMI >=35)	Years, total	4	4
	16-24 years	3	4
	25-44 years	4	5
	45-66 years	4	5
	67 years or older	4	3
Eats fish or seafood daily. One or more times	Years, total	19	19	8	8
	16-24 years	14	8	4	8
	25-44 years	11	11	5	4
	45-66 years	23	23	9	9
	67 years or older	33	31	14	14
Usually eats fresh fruit and berries daily. One or more times	Years, total	57	60	57	52	47
	16-24 years	40	52	51	33	37
	25-44 years	53	54	51	46	40
	45-66 years	66	69	61	57	49
	67 years or older	63	56	66	68	64
Usually eats vegetables or salads daily. One or more times	Years, total	58	55	62	53	55
	16-24 years	42	38	59	40	49
	25-44 years	51	51	60	51	56
	45-66 years	66	62	64	52	52
	67 years or older	69	62	65	68	63
Drinks fruit/vegetable juice daily. One or more times	Years, total	28	29	.	7
	16-24 years	34	37	.	7
	25-44 years	30	30	.	7
	45-66 years	26	26	.	7
	67 years or older	24	26	.	5
Drinks milk products daily. One or more times (-2012)	Years, total	59	59	63	.	.
	16-24 years	71	65	71	.	.
	25-44 years	62	60	65	.	.
	45-66 years	51	54	61	.	.
	67 years or older	64	63	58	.	.
Drinks sugary drinks daily. One or more times	Years, total	17	13	12	15	7
	16-24 years	39	24	17	29	14

	25-44 years	18	18	18	16	7
	45-66 years	11	7	8	10	6
	67 years or older	10	6	7	10	4
Drinks diet soft drinks (with artificial sweeteners) daily. One or more times (-2012)	Years, total	11	.	.
	16-24 years	14	.	.
	25-44 years	17	.	.
	45-66 years	9	.	.
	67 years or older	5	.	.
Eats sweets daily. One or more times (-2012)	Years, total	9	6	7	.	.
	16-24 years	10	5	6	.	.
	25-44 years	12	7	7	.	.
	45-66 years	7	5	7	.	.
	67 years or older	6	4	6	.	.
Has breakfast every day in an ordinary week (2005)	Years, total	80
	16-24 years	66
	25-44 years	72
	45-66 years	87
	67 years or older	97
Has dinner every day in an ordinary week (2005)	Years, total	88
	16-24 years	82
	25-44 years	86
	45-66 years	88
	67 years or older	97
Number of persons interviewed	Years, total	736	697	719	661	529	1189	1209
	16-24 years	107	79	96	94	71	200	153
	25-44 years	295	249	257	215	144	318	331
	45-66 years	237	267	264	257	203	460	495
	67 years or older	97	102	102	95	111	211	230
Number of persons that have returned the postal questionnaire	Years, total	610	552	530	469	378	.	.
	16-24 years	77	52	64	49	40	.	.
	25-44 years	242	189	182	140	84	.	.
	45-66 years	207	233	224	212	159	.	.
	67 years or older	84	78	60	68	95	.	.

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.

.. = Data not available. Figures have not been entered into our databases or are too unreliable to be published.

. = 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: 20200625 08:00

Source: Statistics Norway

Units: per cent

Data type: stock

Reference period: 31.12.