

Life style habits (per cent), by living habit, sex, contents, year and region, 2015 et 2019

		Lifestyle habits					
		2015			2019		
		Nordland	Troms - Romsa (-2019)	Finnmark - Finnmárku (-2019)	Nordland	Troms - Romsa (-2019)	Finnmark - Finnmárku (-2019)
Drinks alcohol twice a week or more often (-2012)	Both sexes
	Males
	Females
Drinks alcohol once a week or more often	Both sexes	29	30	25	35	29	34
	Males	36	36	30	36	39	44
	Females	22	22	20	35	20	21
Drinks enough to feel intoxicated once a week or more (-2015)	Both sexes	1	2	1	.	.	.
	Males	1	2	1	.	.	.
	Females	0	1	2	.	.	.
Hazardous alcohol consumption	Both sexes	3	2	4	2	2	1
	Males	3	2	2	2	3	1
	Females	2	2	5	1	2	1
Smokes daily	Both sexes	15	14	21	10	11	15
	Males	12	12	25	9	13	10
	Females	17	16	16	12	8	22
Daily smokers. Number of cigarettes per day	Both sexes	10	11	13	11	12	11
	Males	12	13	15	13	13	13
	Females	8	10	10	9	10	10
Smokes occationally	Both sexes	5	7	7	8	6	7
	Males	6	6	7	10	7	8
	Females	5	7	8	6	6	5
Lives together with other adults who are smokers (-2005)	Both sexes
	Males
	Females
Exposed to tobacco smoke indoors for more than one hour a day	Both sexes	2	2	7	2	3	4
	Males	2	2	8	2	4	3
	Females	1	3	5	2	1	5
Former daily smoker	Both sexes	.	.	.	38	37	38
	Males	.	.	.	40	36	40
	Females	.	.	.	37	38	35
Former daily smoker : Number of years of daily smoking. Mean	Both sexes	.	.	.	17	17	18
	Males	.	.	.	17	18	18
	Females	.	.	.	16	16	18
Vaping daily or occationally (electronic cigarettes)	Both sexes	.	.	.	3	3	4
	Males	.	.	.	3	4	3
	Females	.	.	.	3	1	6
Takes snuff daily	Both sexes	13	10	9	16	15	14
	Males	19	13	15	19	21	20
	Females	7	7	3	12	9	5
Takes snuff occationally	Both sexes	4	2	5	1	3	4
	Males	6	3	6	1	5	5
	Females	2	2	3	0	2	2
Using snuff (poached tobacco) occasionally or daily	Both sexes	17	12	14	17	19	17
	Males	25	16	21	21	26	25
	Females	8	8	6	12	11	7
Sitts still 10 hours or more on week days (school, work, leisure time)	Both sexes	7	6	8	7	7	8
	Males	8	6	8	8	8	10
	Females	6	7	8	5	7	5
Mostly sit or stand during day time activities (school, work or at home)	Both sexes	37	42	39	37	49	42
	Males	37	43	34	37	46	42
	Females	37	41	43	37	52	43
Exercises weekly or more often	Both sexes	67	69	67	75	70	70
	Males	62	67	65	70	69	67
	Females	72	71	70	80	71	74
Exercise: Number of days per week in activity (-2012)	Both sexes
	Males
	Females

Never exercises	Both sexes	18	17	19	10	16	14
	Males	18	19	21	12	16	15
	Females	18	14	18	8	15	13
Walks to/from work, school or shop. Half an hour or more a typical week day	Both sexes	29	25	27	34	35	32
	Males	26	24	28	30	32	27
	Females	32	27	26	39	38	38
Rides a bike to/from work, school or shop. Half an hour or more a typical week day	Both sexes	7	6	7	7	8	6
	Males	7	6	7	7	8	7
	Females	6	5	7	7	9	5
Spend more than 2.5 hours on exercise and physical activities in a regular week	Both sexes	51	51	46	52	53	49
	Males	49	51	49	50	53	51
	Females	52	51	44	55	52	48
Weight-training once a week of more often	Both sexes	31	34	29	33	36	31
	Males	27	31	31	28	38	32
	Females	35	38	27	37	34	31
Underweight (BMI < 18.5)	Both sexes	2	4	1	1	1	1
	Males	1	1	1	.	1	.
	Females	2	6	1	1	1	2
Somewhat overweight (BMI 25-27)	Both sexes	17	15	21	23	19	25
	Males	21	18	19	24	23	27
	Females	14	12	23	22	15	22
Overweight (BMI 27-30)	Both sexes	19	19	21	17	16	22
	Males	24	21	29	20	18	26
	Females	15	18	12	13	14	18
Obese (BMI >= 30)	Both sexes	15	13	16	17	16	19
	Males	17	14	18	21	13	21
	Females	12	12	14	13	19	16
Obese class II (BMI >=35)	Both sexes	3	4	5	4	4	5
	Males	4	2	4	5	2	7
	Females	3	5	6	4	7	2
Eats fish or seafood daily. One or more times	Both sexes	10	5	8	8	9	8
	Males	8	4	8	8	10	10
	Females	11	7	7	7	9	6
Usually eats fresh fruit and berries daily. One or more times	Both sexes	49	54	55	46	50	49
	Males	44	46	47	37	40	43
	Females	54	63	63	56	59	58
Usually eats vegetables or salads daily. One or more times	Both sexes	53	51	53	55	56	53
	Males	43	39	48	46	48	46
	Females	63	65	59	64	64	63
Drinks fruit/vegetable juice daily. One or more times	Both sexes	.	.	.	7	6	7
	Males	.	.	.	6	7	7
	Females	.	.	.	9	5	8
Drinks milk products daily. One or more times (-2012)	Both sexes
	Males
	Females
Drinks sugary drinks daily. One or more times	Both sexes	14	17	14	7	6	8
	Males	20	20	19	9	12	12
	Females	9	13	9	4	1	4
Drinks diet soft drinks (with artificial sweeteners) daily. One or more times (-2012)	Both sexes
	Males
	Females
Eats sweets daily. One or more times (-2012)	Both sexes
	Males
	Females
Has breakfast every day in an ordinary week (2005)	Both sexes
	Males
	Females
Has dinner every day in an ordinary week (2005)	Both sexes
	Males
	Females
Number of persons interviewed	Both sexes	424	409	356	407	408	394
	Males	209	212	179	211	202	217
	Females	215	197	177	196	206	177
Number of persons that have	Both sexes

returned the postal questionnaire	Males
	Females

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.

region: [See list over changes in regional classifications \(in Norwegian\).](https://www.ssb.no/offentlig-sektor/kommunekatalog/endringer-i-de-regionale-inndelingene)

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.

region: Nordland: 1 January 2020, the municipality 1852 Tjeldsund was moved from Nordland to Troms og Finnmark.

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Source: Statistics Norway

Units: per cent

Data type: stock

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