

Diet and exercise by Indicator and Time, 2005-2018

	2005	2014	2018
Percentage of respondents with a BMI of 30 or above (pct.)	22,9	27,3	27,8
Physically active 1 hour a day (pct.)	85,4	81,0	86,6
Consumes fruit daily (pct.)	37,2	44,9	38,8
Consumes vegetables daily (pct.)	23,9	30,4	29,6
Consumes fish at least once a week (pct.)	56,0	50,2	42,8
Drinks soda or fruit syrup (common) daily (pct.)	24,4	32,1	43,9
Consumes marine mammals 1-3 times a week (pct.)	35,9	35,7	33,3
Foodsecurity (pct.)	-	11,8	8,2

Indicators for public health in the Greenlandic Health Survey. Weighted to population in 2014.

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Source: National Institute of Public Health

Units: Percent