

## Overweight and obesity, men and women at military muster – *per cent, overweight or obese (BMI above 25)*

Year		2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Geography	Gender													
Nordland Nordlånnda	both genders	24	25	27	28	29	28	28	28	28	26	28	29	28
	men	24	27	28	31	32	29	28	29	29	28	29	30	29
	women	23	23	25	25	25	26	27	27	28	24	26	27	27
Troms Romsa Tromssa	both genders	26	25	27	25	27	28	26	27	28	26	26	26	25
	men	28	27	30	27	30	30	28	28	29	28	27	27	27
	women	23	24	24	23	25	25	25	26	28	25	26	25	23
Finnmark Finnmárku Finmarkku	both genders	30	26	28	32	29	31	33	34	31	30	33	33	28
	men	34	25	33	40	32	34	35	35	34	32	36	38	29
	women	26	26	22	25	27	27	31	34	27	28	30	27	26

### CellMark Legend

- .. Missing data
- . Not possible to calculate
- : Hidden value

### Description

Percentage of boys and girls age 17 with overweight (i.e. BMI between 25-29,9 kg/m<sup>2</sup>), obesity ( i.e. BMI above 30 kg/m<sup>2</sup>) or overweight or obesity (i.e. BMI above 25 kg/m<sup>2</sup>) out of all persons who supplied height and weight in the internet based military muster (sesjon 1).

To change the table, open the "change selection of...".

Three measures are available. Use the Measure button to select:

1. Number = Number per year
2. Per cent = Percentage of all who have supplied height and weight at first military muster (sesjon 1).
3. Relative to the country value (Norway = 100) = Ratio between the county's rate and the national rate for a given year. Examples; ratio = 130 means that the county's rate is 30% higher than the national level. A ratio of 87 means that the county's rate is 13% lower than the national level.

Body mass index (BMI) is an expression for weight in relation to height and is used to measure and compare the health risks of e.g. overweight in a population.

WHO has set the following limits to classify overweight and obesity among adults over 18 years using BMI (kg / m<sup>2</sup>):

BMI between 25 and 29.9 = overweight

BMI of 30 and above = obesity

For children and young people under 18 years IOTF's age- and gender-specific threshold values are used to classify overweight and obesity. These values are used to calculate the proportion of overweight among 17 year olds.

### Rationale for indicator

Overweight and obesity increase the risk of type 2 diabetes, cardiovascular disease, hypertension, osteoarthritis of the knees and hips and some cancers such as colon cancer. Overweight and obesity can also have serious mental health consequences. There is no clear BMI threshold for when disease risks increases or decreases, the transitions are sliding.

Prevention of obesity is of great importance. Measures that can affect food and activity habits will be of particular importance.

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#### **Source**

Norwegian Defence personnel and conscript center

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#### **Collection**

Data are self-reported height and weight supplied in the internet based military muster (sesjon 1) to the Norwegian Defence. BMI has been calculated based on height and weight.

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#### **Interpretation and sources of error**

Regarding assessment of individuals' degree of overweight and obesity, BMI is not always suitable because several other factors come into play. A weakness of BMI is that it does not distinguish between fat and muscle mass. For health, it also matters how the fat is distributed on the body.

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#### **When numbers are missing**

Statistics based on fewer than five cases are hidden for privacy reasons. When the population segment that the cases are collected from is smaller than 10, data are also hidden for privacy reasons. In addition, statistics for a subset are concealed, if the figure for this subgroup, with the figure for the group, could be used to derive a number that is hidden for privacy reasons.

If more than 20 per cent of the numbers in a time series are hidden for privacy reasons, the entire time series is concealed so as not to create a false impression of the situation. Time series are also hidden where more than 50 per cent of the numbers in the time series are based on 6 or fewer cases.

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#### **Time periods**

2011-2023

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#### **Geographical level**

Norway and counties

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#### **Gender**

Both genders, boys and girls

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#### **Age groups**

17-year-olds

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#### **Frequency of updates**

Annually

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#### **Last updated**

1/9/24

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#### **Keywords**

Click on a keyword to search for similar indicators.

- BMI
- Overweight

- Obesity
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### **Fact sheets**

Below are links to relevant fact sheets, articles and reports. These may describe trends over time in the Norwegian population or differences by sex, age group, geographical region or socioeconomic status:

- [Overweight and obesity in Norway - Public health report](#)