

Fruit and vegetable consumption, daily (C) – *per cent, standardised*

Year	2015	2019
Geography		
Nordland	37	33
Troms og Finnmark	39	35

CellMark Legend

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

Description

Proportion of survey respondents who report that they consume fruit and vegetable at least daily.

The following question is included in Statistics Norway's survey of level of living and health conditions:

"How often do you usually eat fruit or berries (excluding juice)?" and "How often do you usually eat vegetables (excluding potatoes and juice)?"

- 3 or more times a day
- 2 times a day
- once a day
- 5-6 times a week
- 2-4 times a week
- once a week
- less than once a week

Rationale for indicator

Det er uklart hvor mye frukt, grønt og bær man må spise for å oppnå optimal helsegevinst. Helsedirektoratet anbefaler at man bør spise minst 500 gram grønnsaker, frukt og bær hver dag, hvor halvparten bør være grønnsaker og halvparten frukt og bær. Et kosthold med mye frukt, grønnsaker og bær, kan gi redusert risiko for hjerte- og karsykdommer og ulike kreftformer. I tillegg reduseres risikoen for overvekt og fedme ved å spise matvarer med lav energitetthet.

Source

Statistics Norway

Collection

Data is collected every 3-4 years from Statistics Norway's survey of level of living. A nationally representative sample of 10 000 individuals is drawn, with around 7 000 completing the survey via a personal or telephone interview. Survey participants are required to assess their own health, illness, disability, living habits and utility of health services. People living in institutions are not included. Each survey provides an indication of the population's health at a given point in time (cross-sectional survey). Repetition of the survey provides an indication of developments in health over time. Nationally representative data.

Interpretation and sources of error

Alders- og kjønnsstandardisering medfører at tallene ikke er sammenliknbare med tallene som publiseres fra Levekårsundersøkelsen på ssb.no.

Data quality

The health survey is a stable and regular source of data about different aspects of the population's health. In recent years, the survey has had a stable participation rate of around 60%, which is good compared with other health surveys in Norway. The exclusion of people living in institutions most likely leads to an underrepresentation of the elderly population in Norway.

Statistical analysis

The method used for age standardisation is indirect standardisation using a fixed population reference. The reference is the sum of men and women in 5-year age groups in Norway in 2015.

When numbers are missing

Statistics based on fewer than 3 cases is hidden to protect the identity of the patients. Figures are also hidden when the population group in which the cases originate, is smaller than 10 persons.

If more than 20 per cent of the cases in a time series are hidden due to the abovementioned reasons, the complete time series is hidden to avoid giving a skewed impression.

The complete time series is also hidden if more than 50 per cent of the values in the series are based on fewer than 6 cases. In this case, the figures are regarded as too uncertain.

Time periods

2015 and 2019

Geographical level

Country, health regions and counties

Gender

Both genders

Age groups

16-79 år

Frequency of updates

Every 3-4 years

Last updated

3/1/21

Keywords

Click on a keyword to search for similar indicators.

- Berries
 - Consumption
 - Eating habits
 - Food
 - Food habits
 - Fruit
 - Nutrition
 - Spisevaner
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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:

- [Folkehelse rapporten: Kosthaldet i Noreg](#)