

11277: Life style habits (per cent), by year, living habit, contents, region and gender, 2015, 2019

		Lifestyle habits								
		18 Nordland - Nordlândia			19 Troms - Romsa (-2019)			20 Finnmark - Finnmáрку (-2019)		
		Both sexes	Females	Males	Both sexes	Females	Males	Both sexes	Females	Males
2015	Drinks alcohol twice a week or more often (-2012)
	Drinks alcohol once a week or more often	29	22	36	30	22	36	25	20	30
	Drinks enough to feel intoxicated once a week or more (-2015)	1	0	1	2	1	2	1	2	1
	Hazardous alcohol consumption	3	2	3	2	2	2	4	5	2
	Smokes daily	15	17	12	14	16	12	21	16	25
	Daily smokers. Number of cigarettes per day	10	8	12	11	10	13	13	10	15
	Smokes occasionally	5	5	6	7	7	6	7	8	7
	Lives together with other adults who are smokers (-2005)
	Exposed to tobacco smoke indoors for more than one hour a day	2	1	2	2	3	2	7	5	8
	Former daily smoker
	Former daily smoker : Number of years of daily smoking. Mean
	Vaping daily or occasionally (electronic sigarettes)
	Takes snuff daily	13	7	19	10	7	13	9	3	15
	Takes snuff occasionally	4	2	6	2	2	3	5	3	6
	Using snuff (poached tobacco) occasionally or daily	17	8	25	12	8	16	14	6	21
	Sitts still 10 hours or more on week days (school, work, leisure time)	7	6	8	6	7	6	8	8	8
	Mostly sit or stand during day time activities (school, work or at home)	37	37	37	42	41	43	39	43	34
	Exercises weekly or more often	67	72	62	69	71	67	67	70	65
	Exercise: Number of days per week in activity (-2012)
	Never exercises	18	18	18	17	14	19	19	18	21
	Walks to/from work, school or shop. Half an hour or more a typical week day	29	32	26	25	27	24	27	26	28
	Rides a bike to/from work, school or shop. Half an hour or more a typical week day	7	6	7	6	5	6	7	7	7
	Spend more than 2.5 hours on exercise and physical activities in a regular week	51	52	49	51	51	51	46	44	49
	Weight-training once a week of more often	31	35	27	34	38	31	29	27	31
	Underweight (BMI < 18.5)	2	2	1	4	6	1	1	1	1
	Somewhat overweight (BMI 25-27)	17	14	21	15	12	18	21	23	19
	Overweight (BMI 27-30)	19	15	24	19	18	21	21	12	29
	Obese (BMI >= 30)	15	12	17	13	12	14	16	14	18
	Obese class II (BMI >=35)	3	3	4	4	5	2	5	6	4
	Eats fish or seafood daily. One or more times	10	11	8	5	7	4	8	7	8
	Usually eats fresh fruit and berries daily. One or more times	49	54	44	54	63	46	55	63	47
	Usually eats vegetables or salads daily. One or more times	53	63	43	51	65	39	53	59	48
	Drinks fruit/vegetable juice daily. One or more times
	Drinks milk products daily. One or more times (-2012)
	Drinks sugary drinks daily. One or more times	14	9	20	17	13	20	14	9	19
	Drinks diet soft drinks (with artificial sweeteners) daily. One or more times (-2012)
	Eats sweets daily. One or more times (-2012)
	Has breakfast every day in an ordinary week (2005)
	Has dinner every day in an ordinary week (2005)
	Number of persons interviewed	424	215	209	409	197	212	356	177	179
Number of persons that have returned the postal questionnaire	
2019	Drinks alcohol twice a week or more often (-2012)
	Drinks alcohol once a week or more often	35	35	36	29	20	39	34	21	44
	Drinks enough to feel intoxicated once a week or more (-2015)
	Hazardous alcohol consumption	2	1	2	2	2	3	1	1	1
	Smokes daily	10	12	9	11	8	13	15	22	10
	Daily smokers. Number of cigarettes per day	11	9	13	12	10	13	11	10	13
	Smokes occasionally	8	6	10	6	6	7	7	5	8
	Lives together with other adults who are smokers (-2005)

Exposed to tobacco smoke indoors for more than one hour a day	2	2	2	3	1	4	4	5	3
Former daily smoker	38	37	40	37	38	36	38	35	40
Former daily smoker : Number of years of daily smoking. Mean	17	16	17	17	16	18	18	18	18
Vaping daily or occasionally (electronic cigarettes)	3	3	3	3	1	4	4	6	3
Takes snuff daily	16	12	19	15	9	21	14	5	20
Takes snuff occasionally	1	0	1	3	2	5	4	2	5
Using snuff (poached tobacco) occasionally or daily	17	12	21	19	11	26	17	7	25
Sitts still 10 hours or more on week days (school, work, leisure time)	7	5	8	7	7	8	8	5	10
Mostly sit or stand during day time activities (school, work or at home)	37	37	37	49	52	46	42	43	42
Exercises weekly or more often	75	80	70	70	71	69	70	74	67
Exercise: Number of days per week in activity (-2012)
Never exercises	10	8	12	16	15	16	14	13	15
Walks to/from work, school or shop. Half an hour or more a typical week day	34	39	30	35	38	32	32	38	27
Rides a bike to/from work, school or shop. Half an hour or more a typical week day	7	7	7	8	9	8	6	5	7
Spend more than 2.5 hours on exercise and physical activities in a regular week	52	55	50	53	52	53	49	48	51
Weight-training once a week of more often	33	37	28	36	34	38	31	31	32
Underweight (BMI < 18.5)	1	1	.	1	1	1	1	2	.
Somewhat overweight (BMI 25-27)	23	22	24	19	15	23	25	22	27
Overweight (BMI 27-30)	17	13	20	16	14	18	22	18	26
Obese (BMI >= 30)	17	13	21	16	19	13	19	16	21
Obese class II (BMI >=35)	4	4	5	4	7	2	5	2	7
Eats fish or seafood daily. One or more times	8	7	8	9	9	10	8	6	10
Usually eats fresh fruit and berries daily. One or more times	46	56	37	50	59	40	49	58	43
Usually eats vegetables or salads daily. One or more times	55	64	46	56	64	48	53	63	46
Drinks fruit/vegetable juice daily. One or more times	7	9	6	6	5	7	7	8	7
Drinks milk products daily. One or more times (-2012)
Drinks sugary drinks daily. One or more times	7	4	9	6	1	12	8	4	12
Drinks diet soft drinks (with artificial sweeteners) daily. One or more times (-2012)
Eats sweets daily. One or more times (-2012)
Has breakfast every day in an ordinary week (2005)
Has dinner every day in an ordinary week (2005)
Number of persons interviewed	407	196	211	408	206	202	394	177	217
Number of persons that have returned the postal questionnaire

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.

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

Updated: 20200625 08:00

Source: Statistics Norway

Units: per cent

Data type: Stock

Reference period: 31.12.