

Physically inactive in leisure time

Row variables:

Geography
Gender

Column variables:

Year

Filter variables:

Measure, per cent of 40 yr olds

Year		1985-1987	1988-1990	1991-1993	1994-1996	1997-1999	2000-2001	2001-2003
Geography	Gender							
Nordland	men	-	22.7	24.2	-	27.0	-	-
	woman	-	23.4	23.6	-	25.5	-	-
Troms	men	-	-	20.9	16.6	-	-	24.2
	woman	-	-	19.1	14.3	-	-	23.6
Finnmark	men	29.2	20.9	24.0	-	-	-	29.9
	woman	28.3	16.3	22.2	-	-	-	26.4

Description

Description: Proportion of survey respondents who report that they are physically inactive in their leisure time.

Up until 1999 the figures are based on replies from 40-42 year olds who participated in the 40-year-old study. In 2000 the age criteria was changed to 40-45 years.

Definition of "physically inactive" is based on a question with four alternative answers about exercise and exertion in leisure time. The "physically inactive" respondents read, watched TV or did other sedentary activities in their leisure time.

Data Source/Origin of data

Source: Norwegian Institute of Public Health (previously National Health Screening Service)

Collection: A countywise health examination is performed by inviting people of a certain age to a health check for certain diseases. Blood pressure, height, weight, hip and waist measures are registered, and a blood sample is taken. The blood samples are sent to the same laboratory for measurement of cholesterol, among other things. In addition, the participants are asked to fill in one or more questionnaires. All participants receive letters informing them of their results. The sample is not representative nationally.

Data quality: The health examinations have been conducted according to well-established standardized criteria over a long time. The response rate has declined progressively over time. In the 1980's the response rate was around 80-90 %, by the late 1990's it had decreased to 60-70 % and in 2000-2001 was just 50 %. For all time periods, the response rate was 5-10 % higher for women than for men. The question was different from the end of 1994 to 1996 and is not comparable to other years. Results are not included where the number of men or women examined is lower than 50.

Divided by

Time periods: 1985-1987, 1988-1990, 1994-1996, 1997-1999, 2000-2001, 2001-2003

Geographical level: Counties, municipalities (In Oslo: Urban district)

Gender: Men, women

Age groups: 40-42 years up until 1999, 40-45 years from 2000 onwards.

Frequency of updates: Health examinations are conducted in each county on a three year cycle. These examinations were discontinued in 2003 and a replacement is not yet planned.

Last updated: 11/24/05

Keyword

- Physical activity
- exercise
- gym
- inactivity
- leisure
- cardiovascular
- sedentary