



NORDIC REGION

Total population: 25 837 000
Income group: High



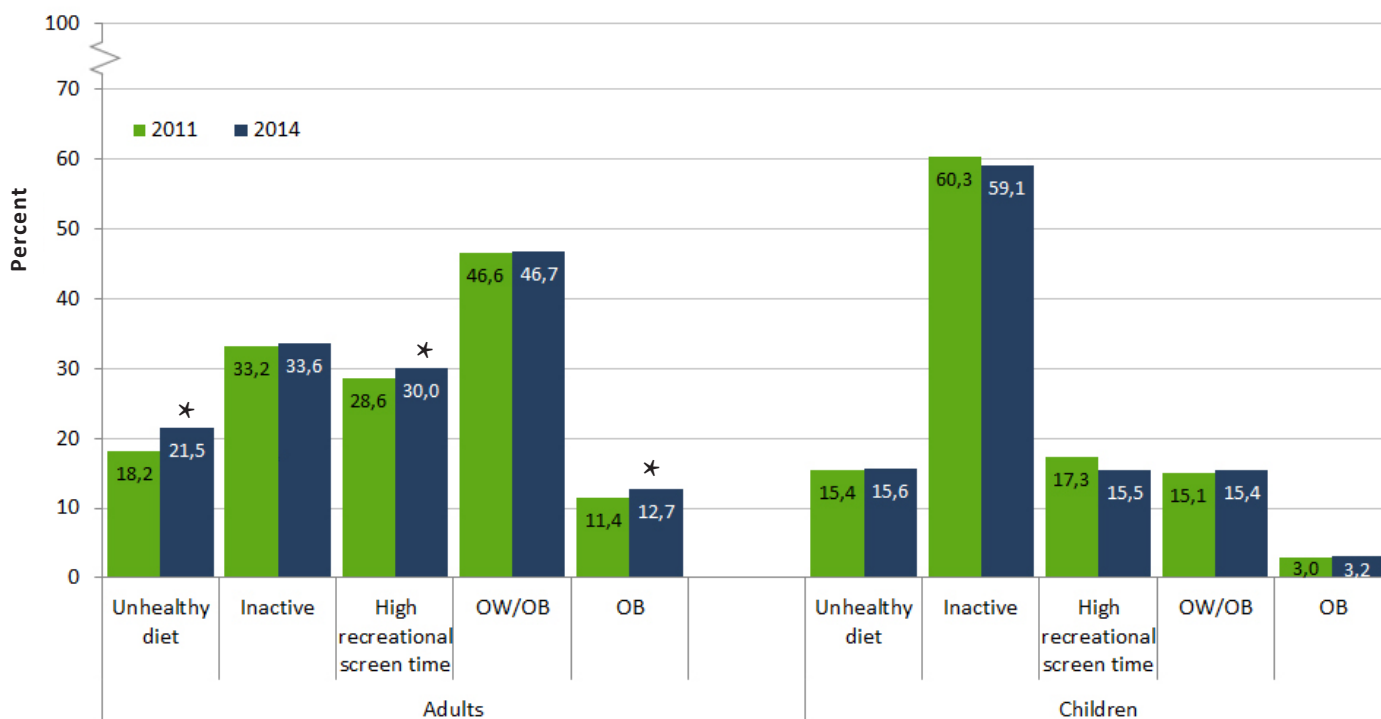
Life expectancy in years in the Nordic countries (2013)

	Global	Iceland	Sweden	Norway	Finland	Denmark
	68.8	80.8	79.6	79.1	77.4	77.8
	74.3	84.8	83.9	83.7	83.8	82.0

The Nordic countries have a long tradition of working together. In 2006 the Nordic Council of Ministers launched the Nordic Plan of Action on Better Health as an important initiative within the area of health and welfare. The overall ambition of the Action Plan is to reduce unhealthy lifestyles and overweight in the Nordic countries in order to ensure better health and quality of life on equal terms for all Nordic citizens.

It is important to have highly comparable data in order to evaluate status of health-related key indicators in the Nordic countries as well as the development over time. Thus, the Nordic Monitoring System was established in 2008. Data on health-related risk behaviour (diet, physical activity, smoking, alcohol) for non-communicable diseases and mortality have been collected in 2011 and 2014 in large representative samples of adults and children in the Nordic countries. The system is unique as it is the first joint surveillance system in the Nordic countries with macro level data on health behaviour and overweight both among adults and children.

DEVELOPMENT FROM 2011-2014 IN RISK FACTORS (NORDIC MONITORING SYSTEM 2011-2014)



* Significant difference between survey years 2011 and 2014

The development from 2011 to 2014 in unhealthy diet, physical inactivity, high recreational screen time, overweight (OW/OB) and obesity (OB) among adults (18-65-year-olds) and children (7-12-year-olds) in the Nordic region according to data from the Nordic Monitoring System.

Data on smoking and alcohol are not included because data have only been collected in 2014.



Risk factors - Nordic Monitoring System 2014			
18-65 years	Males	Females	Total
Unhealthy diet (%)	24.7	18.4	21.5
Inactive (%)	34.0	33.1	33.6
High recreational screen time (%)	32.7	27.3	30.0
Smokers (%)	21.8	19.9	20.8
Daily smokers (%)	14.7	14.8	14.8
Total alcohol consumption (times/wk)*	2.2	1.3	1.7
Binge drinking last month (%)	55.7	34.2	45.0
Overweight/obesity (%)	55.9	37.3	46.7
Obesity (%)	14.2	11.1	12.7
7-12 years	Boys	Girls	Total
Unhealthy diet (%)	17.5	13.7	15.6
Inactive (%)	54.0	64.2	59.1
High recreational screen time (%)	18.2	12.8	15.5
Overweight/obesity (%)	15.3	15.6	15.4
Obesity (%)	2.7	3.8	3.2

* The mean total alcohol consumption of beer, wine and spirits as times per week

The current fact sheet for the Nordic region and the five country fact sheets present the key results from the data collections 2011 and 2014. More results and information on methods, participation rates etc. are presented in the report “The Nordic Monitoring System 2011-14. Status and development of diet, physical activity, smoking, alcohol and overweight” from the Nordic Council of Ministers.

Sources

- www.healthdata.org
- Matthiessen J, Andersen LF, Barbieri HE, Borodulin K, Knudsen VK, Kørup K, Thorgeirsdottir H, Trolle E, Fagt S. The Nordic Monitoring System 2011-2014. Status and development of diet, physical activity, smoking, alcohol and overweight. TemaNord 2016:561. Nordic Council of Ministers 2017
- WHO Noncommunicable diseases (NCD) country profiles, 2014.