

ICELAND

Total population: 326 000
Income group: High



Life expectancy in years (2013)



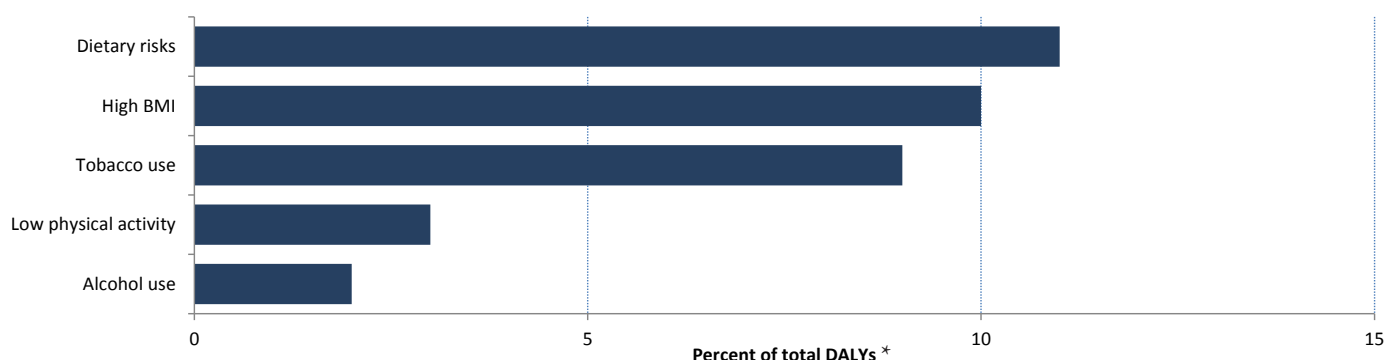
80,8



84,8

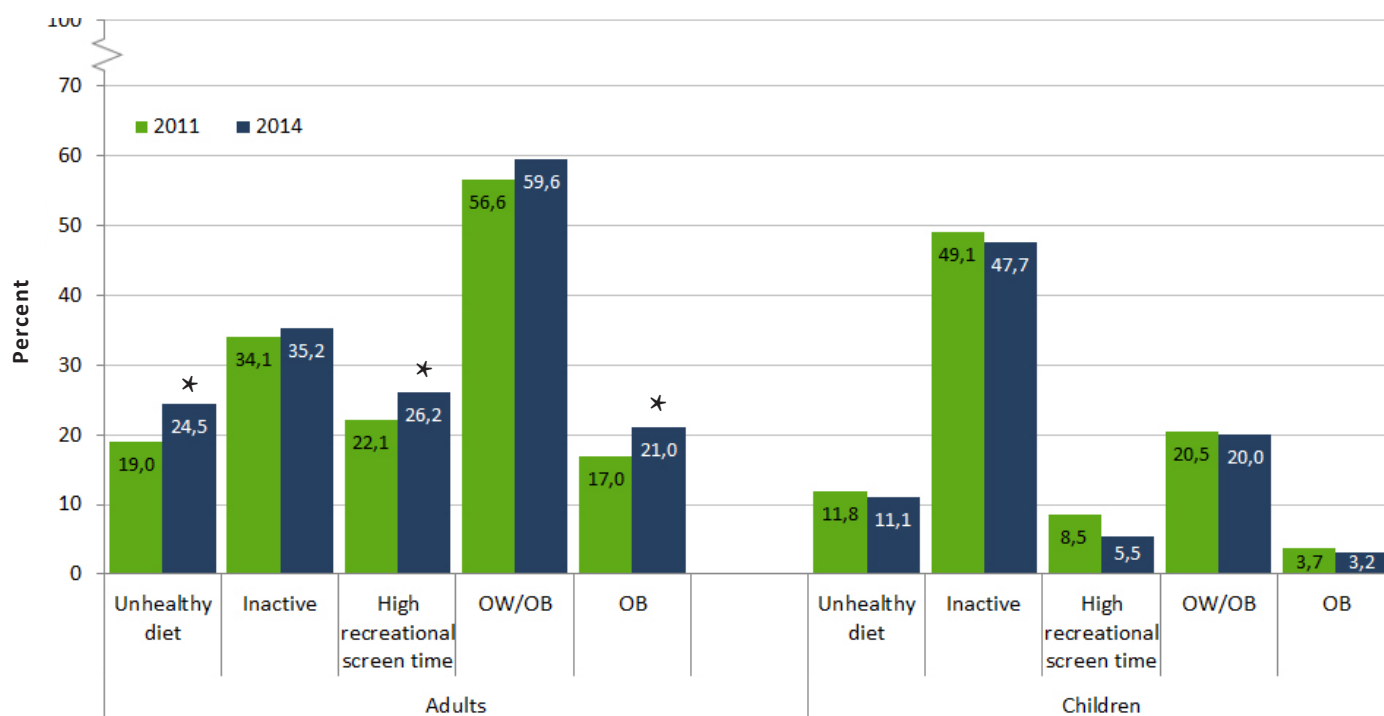
BURDEN OF DISEASE (www.healthdata.org)

Burden of disease from mortality and morbidity attributable to leading behavioural and metabolic risk factors (2013). **Risk factors** are potentially modifiable causes of non-communicable disease (NCD). The four main NCDs (cardiovascular diseases, diabetes, cancers, chronic respiratory diseases) are estimated to account for 71% of total deaths in Iceland.



* DALY (disability adjusted life year) is a measure of the overall burden of a disease and indicates how many healthy years of life are lost due to premature death or due to decreased quality of life associated with a disease.

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 Iceland according to data from the Nordic Monitoring System.



Risk factors - Nordic Monitoring System 2014

18-65 years	Males	Females	Total	
Unhealthy diet (%)	27.5	21.4	24.5	
Inactive (%)	35.9	34.4	35.2	
High recreational screen time (%)	26.3	26.0	26.2	○
Smokers (%)	21.9	22.1	22.0	
Daily smokers (%)	15.3	15.0	15.2	
Total alcohol consumption (times/wk)*	1.5	0.9	1.2	○
Binge drinking last month (%)	46.0	32.3	39.1	○
Overweight/obesity (%)	65.8	53.1	59.6	○
Obesity (%)	21.1	21.0	21.0	○
7-12 years	Boys	Girls	Total	
Unhealthy diet (%)	10.4	11.8	11.1	
Inactive (%)	43.9	51.5	47.7	
High recreational screen time (%)	6.5	4.5	5.5	○
Overweight/obesity (%)	20.5	19.4	20.0	
Obesity (%)	4.4	2.1	3.2	

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

- Most favourable health behaviour in the Nordic countries
- Least favourable health behaviour in the Nordic countries

National systems in 2013 (WHO NCD Country Profiles)

Has an operational multisectoral national policy, strategy or action plan that integrates several NCDs and shared risk factors	÷
Has an operational policy, strategy or action plan to reduce the harmful use of alcohol	÷ #
Has an operational policy, strategy or action plan to reduce physical inactivity and/or promote physical activity	÷
Has an operational policy, strategy or action plan to reduce the burden of tobacco use	÷
Has an operational policy, strategy or action plan to reduce unhealthy diet and/or promote healthy diets	÷

A national alcohol prevention policy was launched late 2013

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.