

# SWEDEN

Total population: 9 511 000  
Income group: High

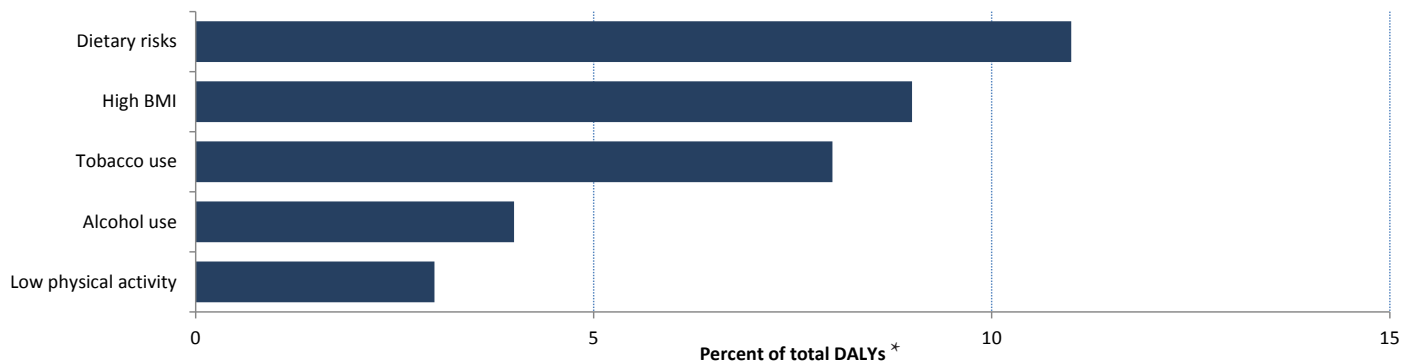


Life expectancy in years (2013)



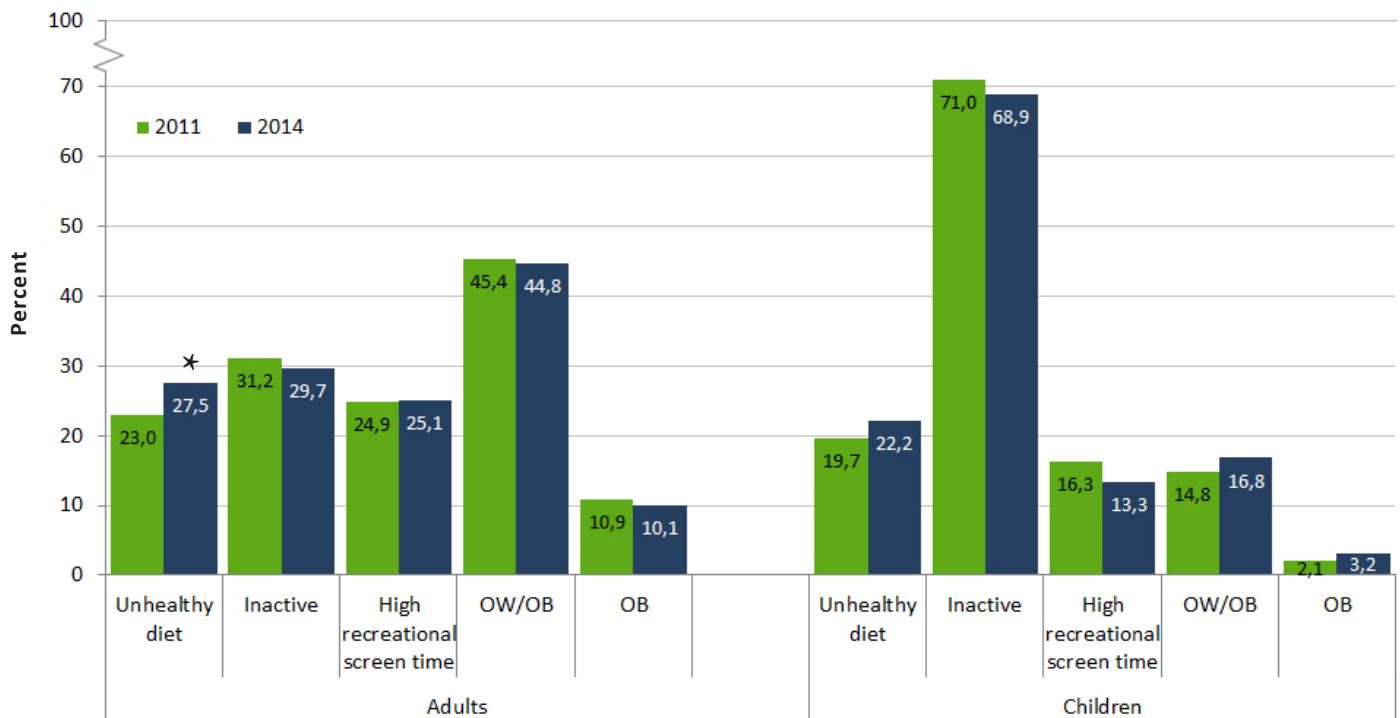
## BURDEN OF DISEASE ([www.healthdata.org](http://www.healthdata.org))

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 72% of total deaths in Sweden.



\* 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 Sweden according to data from the Nordic Monitoring System.



**Risk factors - Nordic Monitoring System 2014**

18-65 years	Males	Females	Total	
Unhealthy diet (%)	29.7	25.2	27.5	○
Inactive (%)	28.9	30.4	29.7	○
High recreational screen time (%)	28.0	22.1	25.1	○
Smokers (%)	14.3	16.5	15.4	○
Daily smokers (%)	7.5	11.4	9.4	○
Total alcohol consumption (times/wk)*	1.8	1.1	1.5	
Binge drinking last month (%)	53.8	27.2	40.9	○
Overweight/obesity (%)	53.0	36.0	44.8	○
Obesity (%)	12.4	7.5	10.1	○
7-12 years	Boys	Girls	Total	
Unhealthy diet (%)	27.3	17.0	22.2	○
Inactive (%)	66.1	71.7	68.9	○
High recreational screen time (%)	15.3	11.2	13.3	
Overweight/obesity (%)	15.8	17.9	16.8	
Obesity (%)	2.7	3.7	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	✓

**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.