



Lifestyle habits (per cent), by region, living habit, contents, time and sex

	Lifestyle habits											
	2005			2008			2012			2015		
	Both sexes	Males	Females	Both sexes	Males	Females	Both sexes	Males	Females	Both sexes	Males	Females
<b>Northern Norway</b>												
Drinks alcohol twice a week or more often	13	13	14	15	22	9	17	21	12	:	:	:
Drinks alcohol once a week or more often	:	:	:	:	:	:	:	:	:	28	35	22
Drinks enough to feel intoxicated once a week or more	2	3	1	5	7	2	8	14	1	1	1	1
Hazardous alcohol consumption	:	:	:	:	:	:	:	:	:	3	3	3
Smokes daily	29	26	32	21	18	23	16	18	14	15	14	17
Daily smokers. Number of cigarets per day	12	15	9	12	14	10	12	13	10	11	13	9
Smokes occasionally	8	9	7	8	7	9	10	14	5	6	6	6
Lives together with other adults who are smokers	23	25	20	:	:	:	:	:	:	:	:	:
Exposed to tobacco smoke indoors for more than one hour a day	:	:	:	:	:	:	:	:	:	3	3	2
Takes snuff daily	:	:	:	7	12	1	11	18	3	11	16	6
Takes snuff occasionally	:	:	:	4	5	3	7	9	4	3	5	2
Sitts still 10 hours or more on week days (school, work, leisure time)	:	:	:	:	:	:	:	:	:	7	7	6
Daytime activities. Percentage who mostly sit or stand (in school, work or domestic tasks)	:	:	:	:	:	:	:	:	:	39	39	39
Exercises weekly or more often	70	66	73	71	70	72	77	72	83	68	64	71
Exercisers: Number of days per week in activity	3	3	3	3	3	4	4	4	4	:	:	:
Never exercises	16	18	14	14	14	14	11	13	9	18	19	17
Walks to/from work, school or shop. Half an hour or more a typical week day	:	:	:	:	:	:	:	:	:	27	26	29
Rides a bike to/from work, school or shop. Half an hour or more a typical week day	:	:	:	:	:	:	:	:	:	6	7	6
Spend more than 2.5 hours on sports, exercise and other physical activities a regular week	:	:	:	:	:	:	:	:	:	50	50	51
Weight-training once a week of more often	:	:	:	:	:	:	:	:	:	32	29	34
Underweight (<18.5)	:	:	:	:	:	:	:	:	:	2	1	3
Somewhat overweight (BMI 25-27)	20	22	18	20	25	15	18	21	14	17	20	15
Overweight (BMI 27-30)	16	20	11	18	22	14	20	24	14	19	24	15
Obese (BMI >=30)	9	9	10	11	13	10	12	10	14	14	16	12
Eats fish or seafood daily. One or more times	:	:	:	19	19	19	19	20	18	8	7	9
Usually eats fresh fruit and berries daily. One or more times	57	50	66	60	50	69	57	47	69	52	45	59
Usually eats vegetables or salads daily. One or more times	58	51	65	55	48	62	62	55	71	53	42	63
Drinks fruit/vegetable juice daily. One or more times	:	:	:	28	28	28	29	32	25	:	:	:
Drinks milk products daily. One or more times	59	66	52	59	64	54	63	69	56	:	:	:
Drinks sugary drinks daily. One or more times	17	22	12	13	17	10	12	17	6	15	20	10
Drinks diet soft drinks (with artificial sweeteners) daily. One or more times	:	:	:	:	:	:	11	14	8	:	:	:
Eats sweets daily. One or more times	9	9	9	6	6	5	7	6	7	:	:	:
Has breakfast every day in an ordinary week	80	78	83	:	:	:	:	:	:	:	:	:
Has dinner every day in an ordinary week	88	90	85	:	:	:	:	:	:	:	:	:
Number of persons interviewed	719	379	340	661	323	338	529	271	258	1 189	600	589
Number of persons that have returned the postal questionnaire	530	263	267	469	218	251	378	184	194	:	:	:

**Footnote(s):**

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.

BMI = Body Mass Index = self reported weight (in kilos) divided by height (in metres) squared.