

Neysla ávaxta og berja

Consumption of fruits and berries

Heimild: Rannsóknin Heilsa og líðan Íslendinga 2007, 2012 og 2017¹

Source: Health and Wellbeing of Icelanders 2007, 2012 and 2017¹

Spurning (breytuheiti): Hversu oft borðar/drekkur þú eftirfarandi? - Ávexti eða ber (mata1iv)*

Question (variable): How often do you eat/drink the following? - Fruits or berries (mata1iv)

Frekari upplýsingar: <https://www.landlaeknir.is/tolfraedi-og-rannsoknir/rannsoknir/heilsa-og-lidan-islendinga/>

Further information: <https://www.landlaeknir.is/tolfraedi-og-rannsoknir/rannsoknir/heilsa-og-lidan-islendinga/>

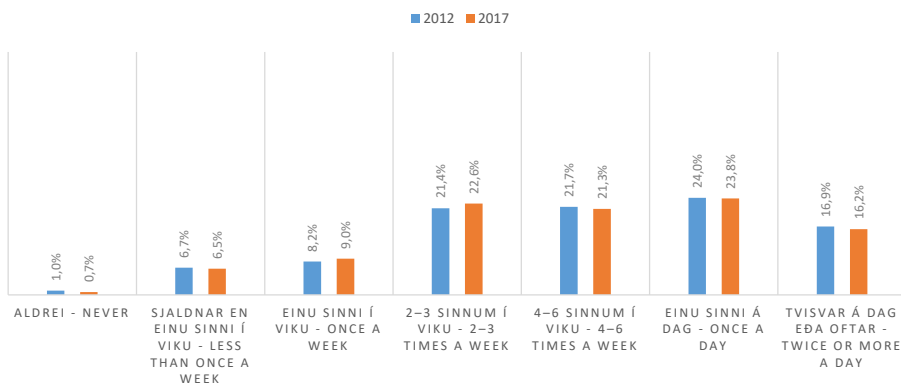
Töflur - Tables

[Neysla ávaxta og berja eftir kyni og aldri](#)

[Consumption of fruits and berries by sex and age](#)

[Neysla ávaxta og berja eftir kyni og menntun](#)

[Consumption of fruits and berries by sex and education](#)



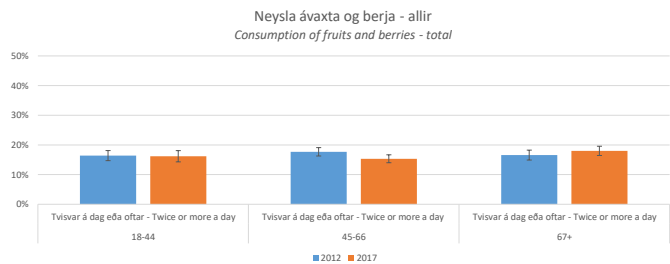
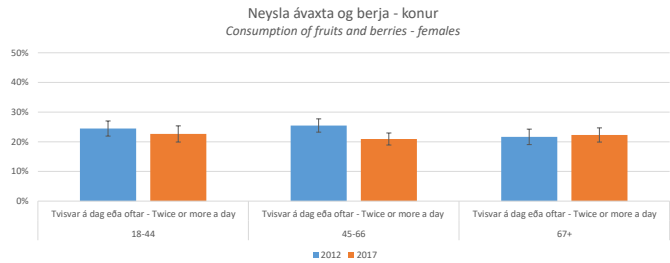
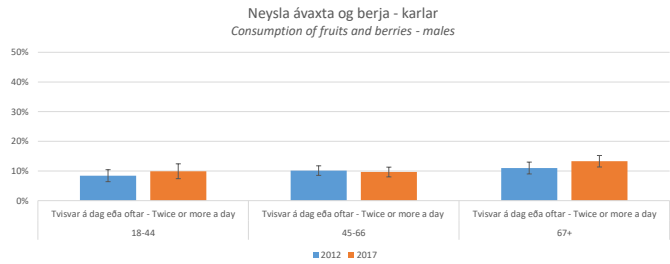
Skýringar - Notes

*Vegna samanburðar milli ára var svarmöguleikunum "2 sinnum á dag" og "3 sinnum á dag eða oft" slegið saman í flokkinn "tvisvar á dag eða oft".

Neysla ávaxta og berja
Consumption of fruits and berries

Þrýstu á plúsinn (+) hér að ofan til að sjá óvígtaðar fjóladátölur
Press the plus sign above column 1 to get unweighted count

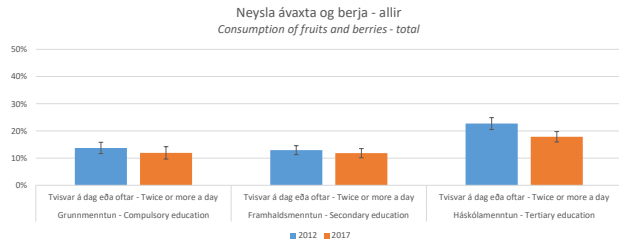
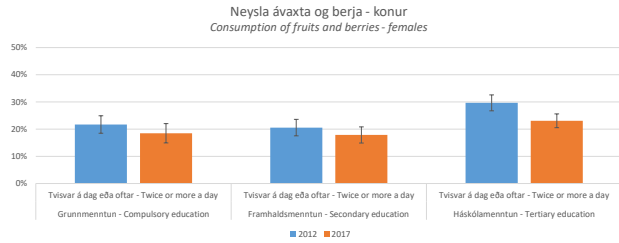
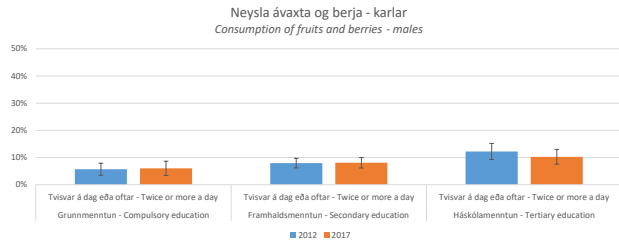
| Kyn - Sex | Aldur - Age | | Hlutföll % ² | | 95% víkmörk ³ | | |
|---|---|---|---|---------------|--------------------------|-------------|------|
| | | | 2012 | 2017 | 2012 | 2017 | |
| Karlur - Males | 18-44 | Aldrei - Never | 1,9% | 0,9% | 1,0% | 0,8% | |
| | | Sjaldnar en einu sinni í viku - Less than once a week | 11,1% | 11,2% | 2,3% | 2,6% | |
| | | Einu sinni í viku - Once a week | 11,5% | 10,8% | 2,3% | 2,6% | |
| | | 2-3 sinnum í viku - 2-3 times a week | 23,8% | 25,3% | 3,1% | 3,6% | |
| | | 4-6 sinnum í viku - 4-6 times a week | 24,1% | 20,6% | 3,1% | 3,4% | |
| | | Einu sinni á dag - Once a day | 19,3% | 21,3% | 2,9% | 3,4% | |
| | | Tvisvar á dag eða oftar - Twice or more a day | 8,4% | 9,9% | 2,0% | 2,5% | |
| | | Alls - Total | 100,0% | 100,0% | 0,0% | 0,0% | |
| | | 45-66 | Aldrei - Never | 0,8% | 0,8% | 0,5% | 0,5% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 8,7% | 7,7% | 1,5% | 1,5% |
| Einu sinni í viku - Once a week | 10,9% | | 11,9% | 1,7% | 1,8% | | |
| 2-3 sinnum í viku - 2-3 times a week | 26,3% | | 29,4% | 2,4% | 2,5% | | |
| 4-6 sinnum í viku - 4-6 times a week | 22,1% | | 23,6% | 2,2% | 2,4% | | |
| Einu sinni á dag - Once a day | 21,0% | | 17,0% | 2,2% | 2,1% | | |
| Tvisvar á dag eða oftar - Twice or more a day | 10,1% | | 9,7% | 1,6% | 1,6% | | |
| Alls - Total | 100,0% | | 100,0% | 0,0% | 0,0% | | |
| 67+ | Aldrei - Never | | 1,0% | 0,9% | 0,6% | 0,5% | |
| | Sjaldnar en einu sinni í viku - Less than once a week | | 7,5% | 7,0% | 1,7% | 1,5% | |
| | Einu sinni í viku - Once a week | 8,1% | 9,8% | 1,7% | 1,7% | | |
| | 2-3 sinnum í viku - 2-3 times a week | 25,1% | 22,2% | 2,8% | 2,4% | | |
| | 4-6 sinnum í viku - 4-6 times a week | 17,3% | 17,8% | 2,4% | 2,2% | | |
| | Einu sinni á dag - Once a day | 29,9% | 29,1% | 2,9% | 2,6% | | |
| | Tvisvar á dag eða oftar - Twice or more a day | 11,0% | 13,3% | 2,0% | 1,9% | | |
| | Alls - Total | 100,0% | 100,0% | 0,0% | 0,0% | | |
| | Alls - Total | Aldrei - Never | 1,4% | 0,8% | 0,4% | 0,3% | |
| | | Sjaldnar en einu sinni í viku - Less than once a week | 9,8% | 9,2% | 1,1% | 1,0% | |
| Einu sinni í viku - Once a week | | 10,8% | 11,0% | 1,1% | 1,1% | | |
| 2-3 sinnum í viku - 2-3 times a week | | 24,9% | 26,2% | 1,5% | 1,6% | | |
| 4-6 sinnum í viku - 4-6 times a week | | 22,5% | 21,2% | 1,5% | 1,5% | | |
| Einu sinni á dag - Once a day | | 21,2% | 21,1% | 1,5% | 1,5% | | |
| Tvisvar á dag eða oftar - Twice or more a day | | 9,4% | 10,4% | 1,0% | 1,1% | | |
| Alls - Total | | 100,0% | 100,0% | 0,0% | 0,0% | | |
| Konur - Females | | 18-44 | Aldrei - Never | 0,9% | 0,6% | 0,5% | 0,5% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 3,6% | 3,3% | 1,1% | 1,2% |
| | Einu sinni í viku - Once a week | | 6,1% | 8,7% | 1,4% | 1,8% | |
| | 2-3 sinnum í viku - 2-3 times a week | | 19,8% | 19,2% | 2,4% | 2,6% | |
| | 4-6 sinnum í viku - 4-6 times a week | | 22,8% | 22,5% | 2,5% | 2,7% | |
| | Einu sinni á dag - Once a day | | 22,4% | 23,1% | 2,5% | 2,7% | |
| | Tvisvar á dag eða oftar - Twice or more a day | | 24,5% | 22,6% | 2,5% | 2,7% | |
| | Alls - Total | | 100,0% | 100,0% | 0,0% | 0,0% | |
| | 45-66 | | Aldrei - Never | 0,4% | 0,5% | 0,3% | 0,4% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 3,8% | 4,0% | 1,0% | 1,0% |
| Einu sinni í viku - Once a week | | 4,8% | 5,6% | 1,1% | 1,1% | | |
| 2-3 sinnum í viku - 2-3 times a week | | 15,0% | 18,6% | 1,8% | 1,9% | | |
| 4-6 sinnum í viku - 4-6 times a week | | 20,1% | 21,9% | 2,1% | 2,1% | | |
| Einu sinni á dag - Once a day | | 30,5% | 28,4% | 2,4% | 2,3% | | |
| Tvisvar á dag eða oftar - Twice or more a day | | 25,5% | 20,9% | 2,2% | 2,0% | | |
| Alls - Total | | 100,0% | 100,0% | 0,0% | 0,0% | | |
| 67+ | | Aldrei - Never | 0,9% | 0,7% | 0,6% | 0,5% | |
| | | Sjaldnar en einu sinni í viku - Less than once a week | 3,8% | 4,5% | 1,2% | 1,2% | |
| | Einu sinni í viku - Once a week | 5,9% | 5,4% | 1,5% | 1,3% | | |
| | 2-3 sinnum í viku - 2-3 times a week | 18,8% | 18,8% | 2,5% | 2,2% | | |
| | 4-6 sinnum í viku - 4-6 times a week | 16,5% | 17,2% | 2,4% | 2,2% | | |
| | Einu sinni á dag - Once a day | 32,4% | 31,1% | 3,0% | 2,7% | | |
| | Tvisvar á dag eða oftar - Twice or more a day | 21,7% | 22,3% | 2,6% | 2,4% | | |
| | Alls - Total | 100,0% | 100,0% | 0,0% | 0,0% | | |
| | Alls - Total | Aldrei - Never | 0,7% | 0,6% | 0,3% | 0,2% | |
| | | Sjaldnar en einu sinni í viku - Less than once a week | 3,7% | 3,8% | 0,6% | 0,6% | |
| Einu sinni í viku - Once a week | | 5,6% | 6,9% | 0,8% | 0,8% | | |
| 2-3 sinnum í viku - 2-3 times a week | | 17,9% | 18,9% | 1,3% | 1,3% | | |
| 4-6 sinnum í viku - 4-6 times a week | | 21,0% | 21,3% | 1,3% | 1,3% | | |
| Einu sinni á dag - Once a day | | 26,7% | 26,5% | 1,5% | 1,4% | | |
| Tvisvar á dag eða oftar - Twice or more a day | | 24,5% | 22,0% | 1,4% | 1,4% | | |
| Alls - Total | | 100,0% | 100,0% | 0,0% | 0,0% | | |
| Alls - Total | | 18-44 | Aldrei - Never | 1,4% | 0,7% | 0,5% | 0,4% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 7,4% | 7,3% | 1,2% | 1,3% |
| | Einu sinni í viku - Once a week | | 8,8% | 9,8% | 1,3% | 1,5% | |
| | 2-3 sinnum í viku - 2-3 times a week | | 21,8% | 22,3% | 1,9% | 2,1% | |
| | 4-6 sinnum í viku - 4-6 times a week | | 23,5% | 21,6% | 1,9% | 2,1% | |
| | Einu sinni á dag - Once a day | | 20,8% | 22,2% | 1,9% | 2,1% | |
| | Tvisvar á dag eða oftar - Twice or more a day | | 16,4% | 16,2% | 1,7% | 1,9% | |
| | Alls - Total | | 100,0% | 100,0% | 0,0% | 0,0% | |
| | 45-66 | | Aldrei - Never | 0,6% | 0,6% | 0,3% | 0,3% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 6,3% | 5,8% | 0,9% | 0,9% |
| Einu sinni í viku - Once a week | | 7,9% | 8,7% | 1,0% | 1,0% | | |
| 2-3 sinnum í viku - 2-3 times a week | | 20,7% | 24,0% | 1,5% | 1,6% | | |
| 4-6 sinnum í viku - 4-6 times a week | | 21,1% | 22,7% | 1,5% | 1,6% | | |
| Einu sinni á dag - Once a day | | 25,7% | 22,7% | 1,6% | 1,6% | | |
| Tvisvar á dag eða oftar - Twice or more a day | | 17,7% | 15,3% | 1,4% | 1,3% | | |
| Alls - Total | | 100,0% | 100,0% | 0,0% | 0,0% | | |
| 67+ | | Aldrei - Never | 1,0% | 0,8% | 0,4% | 0,4% | |
| | | Sjaldnar en einu sinni í viku - Less than once a week | 5,6% | 5,7% | 1,0% | 0,9% | |
| | Einu sinni í viku - Once a week | 6,9% | 7,5% | 1,1% | 1,1% | | |
| | 2-3 sinnum í viku - 2-3 times a week | 21,8% | 20,4% | 1,9% | 1,6% | | |
| | 4-6 sinnum í viku - 4-6 times a week | 16,9% | 17,5% | 1,7% | 1,5% | | |
| | Einu sinni á dag - Once a day | 31,2% | 30,1% | 2,1% | 1,9% | | |
| | Tvisvar á dag eða oftar - Twice or more a day | 16,6% | 18,0% | 1,7% | 1,6% | | |
| | Alls - Total | 100,0% | 100,0% | 0,0% | 0,0% | | |
| | Alls - Total | Aldrei - Never | 1,0% | 0,7% | 0,2% | 0,2% | |
| | | Sjaldnar en einu sinni í viku - Less than once a week | 6,7% | 6,5% | 0,6% | 0,6% | |
| Einu sinni í viku - Once a week | | 8,2% | 9,0% | 0,7% | 0,7% | | |
| 2-3 sinnum í viku - 2-3 times a week | | 21,4% | 22,6% | 1,0% | 1,0% | | |
| 4-6 sinnum í viku - 4-6 times a week | | 21,7% | 21,3% | 1,0% | 1,0% | | |
| Einu sinni á dag - Once a day | | 24,0% | 23,8% | 1,0% | 1,0% | | |
| Tvisvar á dag eða oftar - Twice or more a day | | 16,9% | 16,2% | 0,9% | 0,9% | | |
| Alls - Total | | 100,0% | 100,0% | 0,0% | 0,0% | | |



Neysla ávaxta og berja
Consumption of fruits and berries

Brýstu á plússinn (+) hér að ofan til að sjá óvígtaðar fjöldatölur
Press the plus sign above column 1 to get unweighted count

| Kyn - Sex | Menntun - Education ¹ | | Hlutféi % ² | | 95% vkmörk ³ | | |
|---|---|---|---|---------------|-------------------------|-------------|------|
| | | | 2012 | 2017 | 2012 | 2017 | |
| Karlar - Males | Grunnmenntun - Compulsory education | Aldrei - Never | 1.8% | 2.1% | 1.3% | 1.6% | |
| | | Sjaldnar en einu sinni í viku - Less than once a week | 14.7% | 20.5% | 3.4% | 4.4% | |
| | | Einu sinni í viku - Once a week | 16.3% | 13.9% | 3.5% | 3.8% | |
| | | 2-3 sinnum í viku - 2-3 times a week | 29.1% | 27.0% | 4.4% | 4.9% | |
| | | 4-6 sinnum í viku - 4-6 times a week | 15.8% | 15.0% | 3.5% | 3.9% | |
| | | Einu sinni á dag - Once a day | 16.6% | 15.5% | 3.6% | 4.0% | |
| | | Tvisvar á dag eða oftar - Twice or more a day | 5.7% | 6.0% | 2.2% | 2.6% | |
| | | Alls - Total | 100.0% | 100.0% | 0.0% | 0.0% | |
| | | Framhaldsmenntun - Secondary education | Aldrei - Never | 1.0% | 0.4% | 0.7% | 0.5% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 9.1% | 12.4% | 1.9% | 2.3% |
| | | | Einu sinni í viku - Once a week | 11.5% | 11.0% | 2.1% | 2.2% |
| | | | 2-3 sinnum í viku - 2-3 times a week | 25.9% | 27.8% | 2.9% | 3.2% |
| | | | 4-6 sinnum í viku - 4-6 times a week | 25.6% | 23.7% | 2.9% | 3.0% |
| Einu sinni á dag - Once a day | 19.1% | | 16.6% | 2.6% | 2.6% | | |
| Tvisvar á dag eða oftar - Twice or more a day | 8.0% | | 8.1% | 1.8% | 1.9% | | |
| Alls - Total | 100.0% | | 100.0% | 0.0% | 0.0% | | |
| Háskólamenntun - Tertiary education | Aldrei - Never | | 0.8% | 0.6% | 0.8% | 0.7% | |
| | Sjaldnar en einu sinni í viku - Less than once a week | | 6.9% | 4.3% | 2.3% | 1.8% | |
| | Einu sinni í viku - Once a week | | 7.5% | 9.3% | 2.4% | 2.6% | |
| | 2-3 sinnum í viku - 2-3 times a week | | 23.0% | 27.7% | 3.8% | 4.0% | |
| | 4-6 sinnum í viku - 4-6 times a week | | 24.3% | 22.9% | 3.9% | 3.8% | |
| | Einu sinni á dag - Once a day | 25.3% | 25.0% | 3.9% | 3.9% | | |
| | Tvisvar á dag eða oftar - Twice or more a day | 12.2% | 10.3% | 3.0% | 2.7% | | |
| | Alls - Total | 100.0% | 100.0% | 0.0% | 0.0% | | |
| | Konur - Females | Grunnmenntun - Compulsory education | Aldrei - Never | 1.0% | 2.9% | 0.8% | 1.5% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 5.1% | 6.8% | 1.7% | 2.3% |
| | | | Einu sinni í viku - Once a week | 5.3% | 6.8% | 1.7% | 2.3% |
| | | | 2-3 sinnum í viku - 2-3 times a week | 18.9% | 20.3% | 3.1% | 3.7% |
| | | | 4-6 sinnum í viku - 4-6 times a week | 22.9% | 20.0% | 3.3% | 3.7% |
| Einu sinni á dag - Once a day | | | 25.1% | 24.9% | 3.4% | 4.0% | |
| Tvisvar á dag eða oftar - Twice or more a day | | | 21.7% | 18.5% | 3.2% | 3.6% | |
| Alls - Total | | | 100.0% | 100.0% | 0.0% | 0.0% | |
| Framhaldsmenntun - Secondary education | | | Aldrei - Never | 0.6% | 0.5% | 0.6% | 0.5% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 4.6% | 5.3% | 1.6% | 1.7% |
| | | | Einu sinni í viku - Once a week | 6.1% | 8.3% | 1.6% | 2.1% |
| | | | 2-3 sinnum í viku - 2-3 times a week | 17.3% | 20.8% | 2.8% | 3.2% |
| | | | 4-6 sinnum í viku - 4-6 times a week | 23.5% | 23.7% | 3.2% | 3.3% |
| | Einu sinni á dag - Once a day | 27.3% | 23.6% | 3.3% | 3.3% | | |
| | Tvisvar á dag eða oftar - Twice or more a day | 20.6% | 17.9% | 3.0% | 3.0% | | |
| | Alls - Total | 100.0% | 100.0% | 0.0% | 0.0% | | |
| | Háskólamenntun - Tertiary education | Aldrei - Never | 0.3% | 0.1% | 0.3% | 0.2% | |
| | | Sjaldnar en einu sinni í viku - Less than once a week | 1.4% | 1.4% | 0.8% | 0.7% | |
| | | Einu sinni í viku - Once a week | 3.5% | 5.6% | 1.2% | 1.4% | |
| | | 2-3 sinnum í viku - 2-3 times a week | 16.3% | 20.7% | 2.4% | 2.4% | |
| | | 4-6 sinnum í viku - 4-6 times a week | 22.2% | 20.1% | 2.7% | 2.4% | |
| Einu sinni á dag - Once a day | | 26.6% | 29.1% | 2.8% | 2.7% | | |
| Tvisvar á dag eða oftar - Twice or more a day | | 29.7% | 23.1% | 2.9% | 2.5% | | |
| Alls - Total | | 100.0% | 100.0% | 0.0% | 0.0% | | |
| Alls - Total | | Grunnmenntun - Compulsory education | Aldrei - Never | 1.4% | 2.4% | 0.7% | 1.1% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 9.9% | 14.0% | 1.8% | 2.4% |
| | | | Einu sinni í viku - Once a week | 10.8% | 10.5% | 1.9% | 2.2% |
| | | | 2-3 sinnum í viku - 2-3 times a week | 24.0% | 23.8% | 2.6% | 3.0% |
| | | | 4-6 sinnum í viku - 4-6 times a week | 19.4% | 17.4% | 2.4% | 2.7% |
| | Einu sinni á dag - Once a day | | 20.9% | 19.9% | 2.5% | 2.8% | |
| | Tvisvar á dag eða oftar - Twice or more a day | | 13.7% | 11.9% | 2.1% | 2.3% | |
| | Alls - Total | | 100.0% | 100.0% | 0.0% | 0.0% | |
| | Framhaldsmenntun - Secondary education | | Aldrei - Never | 0.8% | 0.4% | 0.5% | 0.3% |
| | | | Sjaldnar en einu sinni í viku - Less than once a week | 7.3% | 9.7% | 1.3% | 1.5% |
| | | | Einu sinni í viku - Once a week | 9.4% | 10.0% | 1.4% | 1.6% |
| | | | 2-3 sinnum í viku - 2-3 times a week | 22.5% | 25.1% | 2.1% | 2.3% |
| | | | 4-6 sinnum í viku - 4-6 times a week | 24.8% | 23.7% | 2.1% | 2.2% |
| Einu sinni á dag - Once a day | | 22.3% | 19.3% | 2.1% | 2.1% | | |
| Tvisvar á dag eða oftar - Twice or more a day | | 12.9% | 11.8% | 1.7% | 1.7% | | |
| Alls - Total | | 100.0% | 100.0% | 0.0% | 0.0% | | |
| Háskólamenntun - Tertiary education | | Aldrei - Never | 0.5% | 0.3% | 0.4% | 0.3% | |
| | | Sjaldnar en einu sinni í viku - Less than once a week | 3.6% | 2.5% | 1.0% | 0.8% | |
| | | Einu sinni í viku - Once a week | 5.1% | 7.1% | 1.2% | 1.3% | |
| | | 2-3 sinnum í viku - 2-3 times a week | 19.0% | 23.5% | 2.1% | 2.1% | |
| | | 4-6 sinnum í viku - 4-6 times a week | 23.0% | 21.2% | 2.2% | 2.0% | |
| | Einu sinni á dag - Once a day | 26.1% | 27.4% | 2.3% | 2.2% | | |
| | Tvisvar á dag eða oftar - Twice or more a day | 22.7% | 17.9% | 2.2% | 1.9% | | |
| | Alls - Total | 100.0% | 100.0% | 0.0% | 0.0% | | |



Skýringar:

¹ Markmið rannsóknarinnar Heilsa og líðan Íslendinga er að leggja mat á heilsu, líðan og lífsgæði fullorðinna landsmanna auk þess að mæla með reglubundnum hætti helstu áhrifaþætti heilbrigðis. Um úrtaksrannsókn er að ræða og þarf að taka niðurstöðum með fyrirvara. Í úrtaksrannsóknunum getur komið fram flókt vegna þess að niðurstöðurnar innihalda ekki mælingar á öllum landsmönnum heldur á tilviljunarúrtaki. Þá getur kerfisbundin skekkja einnig verið fyrir hendi, t.d. ef þeir sem hafna þátttöku eru að einhverju leyti frábrugðnir þeim sem taka þátt í rannsókninni. Þá ber einnig að hafa í huga að samanburður milli ára er ekki að öllu leyti óháður þar sem niðurstöður mismunandi ára byggja að hluta til á sömu einstaklingum. Þannig byggir rannsóknin Heilsa og líðan Íslendinga árið 2017 á þremur aðgreindum tilviljanaúrtökum fullorðinna Íslendinga með búsetu á Íslandi árin 2007, 2012 og 2017. Í greiningum sem þessari er ávallt notast við svör allra þátttakenda, óháð því hvaða úrtaki þeir tilheyra. Kostir þess eru aukinn tölfræðilegur styrkur, ekki hvað síst þegar svör eru greind niður á minni hópa. Ókostirnir eru hins vegar þeir að þjögung getur komið fram þar sem samanburðurinn byggir að hluta til á sömu einstaklingum.

² Hlutföll eru vigtuð til að endurspegla alders-, kynja, og búsetusamsetningu þjóðarinnar.

³ 95% vikmörk fyrir úrtak gefa til kynna neðri og efri mörk öryggisbils fyrir viðkomandi hlutfall (punktspá). Fjöldi í hóp/úrtaki hefur áhrif á stærð vikmarka. Dæmi um túlkun: Ef hlutfall fólks með tiltekinn sjúkdóm er 8,0% og vikmörkin +/-1,3% þá er hægt að fullyrða með 95% vissu að hlutfall fólks með þennan tiltekna sjúkdóm sé á bilinu 6,7% (8,0-1,3) til 9,3% (8,0+1,3).

⁴ Rannsóknin Heilsa og líðan Íslendinga er lögð fyrir íslenska ríkisborgara, 18 ára og eldri, með búsetu á Íslandi. Þegar gögnin eru greind eftir menntun er aldersbil þrengra en í öðrum greiningum, þ.e. 25-64 ára.

Notes:

¹ *The aim of the study Health and Wellbeing of Icelanders is to assess the health, well-being and quality of life of adult citizens, as well as provide regular measurements on main health determinants. It is a sample study and it is thus necessary to interpret results with caution. Sampling error may occur since the study only measures a random sample from the whole population. Systematic bias may also exist, for example, if those who decline to participate are, to a certain extent, different from those participating in the study. It should also be noted that comparisons between years are not entirely independent since results from different years are partly based on the same individuals. Thus, in 2017, the study is based on three separate random samples of adult Icelanders living in Iceland in 2007, 2012 and 2017. The analysis presented here uses the answers of all participants, regardless of the sample they belong to. The advantage is increased statistical power, not least when answers are analyzed by smaller groups. The disadvantage, however, is the fact that bias can occur as the comparison is based in part on the same individuals.*

² *The proportions are based on a weighted sample so that the sample represents the population composition by age, gender and place of residence.*

³ *The 95% confidence interval provided for the point estimates is affected by the sample size of specific groups. Examples of interpretation: If the percentage of people with a particular disease is 8.0% and the CI is +/- 1.3%, it may be stated with 95% certainty that the percentage of people with this particular disease is in the range of 6.7% (8.0 - 1.3) and 9.3% (8.0 + 1.3).*

⁴ *The participants in the research Health and Wellbeing of Icelanders are residents of Iceland, 18 years and older. Data which is analysed by education covers a narrower age-span than other analyses, i.e. 25-64 years old.*

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