

Neysla á sykrðu gosi

Consumption of sugary soda drinks

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? - Sykrað gos (mata1ix)

Question (variable): How often do you eat/drink the following? - Sugary soda drinks (mata1ix)

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/>

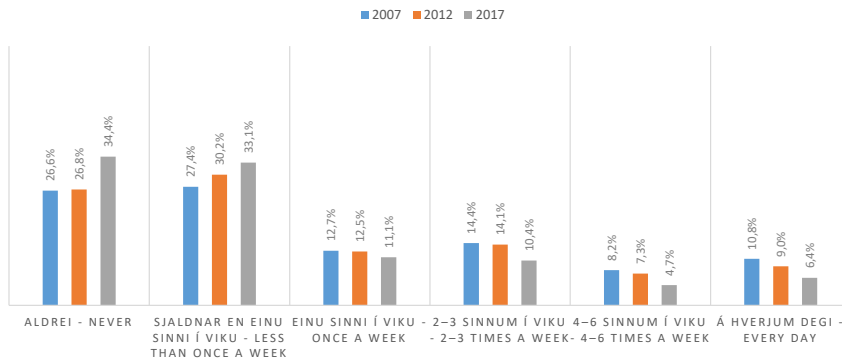
Töflur - Tables

[Neysla á sykrðu gosi eftir kyni og aldri](#)

[Consumption of sugary soda drinks by sex and age](#)

[Neysla á sykrðu gosi eftir kyni og menntun](#)

[Consumption of sugary soda drinks by sex and education](#)



Skýringar - Notes

*Vegna samanburðar milli ára var svarmöguleikunum "Einu sinni á dag", "2 sinnum á dag" og "3 sinnum á dag eða oftar" slegið saman í flokkinn "Á hverjum degi".

Þýstu á plúsinn (+) hér að ofan til að sjá óvígtaðar fjöldatölur
Press the plus sign above column M to get unweighted count

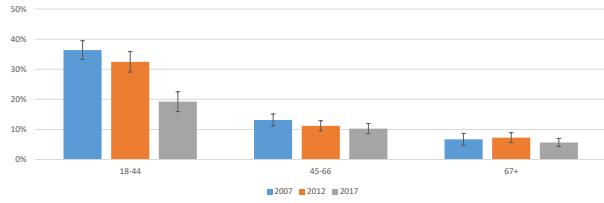
Neysla á sykrubú gosi
Consumption of sugary soda drinks

Kyn - Sex	Aldur - Age		Hlutföll % ²			95% víkmörk ³			
			2007	2012	2017	2007	2012	2017	
Karlir - Males	18-44	Aldrei - Never	13.3%	10.4%	20.4%	2.2%	2.2%	3.4%	
		Sjaldnár en einu sinni í viku - Less than once a week	17.4%	22.5%	28.1%	2.4%	3.0%	3.8%	
		Einu sinni í viku - Once a week	12.0%	13.7%	14.8%	2.1%	2.5%	3.0%	
		2-3 sinnum í viku - 2-3 times a week	20.9%	21.0%	17.5%	2.6%	3.0%	3.2%	
		4-6 sinnum í viku - 4-6 times a week	15.0%	15.5%	8.9%	2.3%	2.6%	2.4%	
		Á hverjum degi - Every day	21.4%	16.9%	10.3%	2.6%	2.7%	2.6%	
		Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
		45-66	Aldrei - Never	25.0%	22.2%	28.6%	2.6%	2.2%	2.5%
			Sjaldnár en einu sinni í viku - Less than once a week	31.9%	35.5%	35.0%	2.8%	2.6%	2.7%
			Einu sinni í viku - Once a week	16.0%	16.5%	13.5%	2.2%	2.0%	1.9%
2-3 sinnum í viku - 2-3 times a week	14.0%		14.6%	12.5%	2.0%	1.9%	1.8%		
4-6 sinnum í viku - 4-6 times a week	5.4%		4.5%	4.1%	1.3%	1.1%	1.1%		
Á hverjum degi - Every day	7.7%		6.7%	6.1%	1.6%	1.3%	1.3%		
Alls - Total	100.0%		100.0%	100.0%	0.0%	0.0%	0.0%		
67+	Aldrei - Never		41.3%	40.0%	39.5%	3.9%	3.1%	2.8%	
	Sjaldnár en einu sinni í viku - Less than once a week		33.4%	31.5%	37.2%	3.7%	3.0%	2.8%	
	Einu sinni í viku - Once a week		10.9%	11.9%	9.7%	2.5%	2.1%	1.7%	
	2-3 sinnum í viku - 2-3 times a week	7.7%	9.3%	7.6%	2.1%	1.9%	1.5%		
	4-6 sinnum í viku - 4-6 times a week	3.0%	2.2%	2.6%	1.4%	0.9%	0.9%		
	Á hverjum degi - Every day	3.7%	5.0%	3.1%	1.5%	1.4%	1.0%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
	Alls - Total	Aldrei - Never	20.4%	18.4%	26.7%	1.5%	1.4%	1.6%	
		Sjaldnár en einu sinni í viku - Less than once a week	24.3%	28.4%	32.1%	1.6%	1.6%	1.7%	
		Einu sinni í viku - Once a week	13.3%	14.5%	13.5%	1.3%	1.3%	1.2%	
2-3 sinnum í viku - 2-3 times a week		17.0%	17.2%	14.1%	1.4%	1.4%	1.3%		
4-6 sinnum í viku - 4-6 times a week		10.3%	9.8%	6.1%	1.2%	1.1%	0.9%		
Á hverjum degi - Every day		14.7%	11.7%	7.8%	1.7%	1.1%	1.0%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
Konur - Females		18-44	Aldrei - Never	22.7%	26.3%	32.3%	2.4%	2.6%	3.1%
			Sjaldnár en einu sinni í viku - Less than once a week	27.5%	27.1%	34.1%	2.5%	2.6%	3.1%
			Einu sinni í viku - Once a week	14.2%	12.5%	11.8%	2.0%	2.0%	2.1%
	2-3 sinnum í viku - 2-3 times a week		16.7%	16.1%	8.8%	2.1%	2.2%	1.9%	
	4-6 sinnum í viku - 4-6 times a week		9.1%	7.6%	5.4%	1.6%	1.6%	1.5%	
	Á hverjum degi - Every day		9.9%	10.3%	7.7%	1.7%	1.8%	1.7%	
	Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
	45-66		Aldrei - Never	40.1%	41.1%	45.9%	2.8%	2.5%	2.5%
			Sjaldnár en einu sinni í viku - Less than once a week	36.0%	39.0%	36.0%	2.8%	2.5%	2.4%
			Einu sinni í viku - Once a week	10.3%	8.8%	6.7%	1.8%	1.5%	1.3%
2-3 sinnum í viku - 2-3 times a week		6.7%	5.8%	5.7%	1.4%	1.2%	1.2%		
4-6 sinnum í viku - 4-6 times a week		3.0%	2.5%	1.9%	1.0%	0.8%	0.7%		
Á hverjum degi - Every day		3.9%	2.8%	3.9%	1.1%	0.8%	1.0%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
67+		Aldrei - Never	59.2%	53.6%	59.0%	3.9%	3.2%	2.9%	
		Sjaldnár en einu sinni í viku - Less than once a week	28.5%	31.7%	29.8%	3.6%	3.0%	2.7%	
		Einu sinni í viku - Once a week	6.4%	6.7%	5.6%	2.0%	1.6%	1.4%	
	2-3 sinnum í viku - 2-3 times a week	4.4%	5.5%	3.5%	1.6%	1.5%	1.1%		
	4-6 sinnum í viku - 4-6 times a week	0.4%	0.9%	0.9%	0.5%	0.6%	0.5%		
	Á hverjum degi - Every day	1.1%	1.6%	1.3%	0.8%	0.8%	0.7%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
	Alls - Total	Aldrei - Never	32.9%	35.3%	42.1%	1.7%	1.6%	1.6%	
		Sjaldnár en einu sinni í viku - Less than once a week	30.7%	32.0%	34.0%	1.7%	1.5%	1.6%	
		Einu sinni í viku - Once a week	12.0%	10.4%	8.8%	1.2%	1.0%	0.9%	
2-3 sinnum í viku - 2-3 times a week		11.8%	11.0%	6.7%	1.2%	1.0%	0.8%		
4-6 sinnum í viku - 4-6 times a week		6.0%	4.9%	3.3%	0.9%	0.7%	0.6%		
Á hverjum degi - Every day		6.8%	6.4%	5.1%	0.9%	0.8%	0.7%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
Alls - Total		Aldrei - Never	17.9%	18.3%	26.2%	1.6%	1.8%	2.3%	
		Sjaldnár en einu sinni í viku - Less than once a week	22.4%	24.8%	31.0%	1.8%	2.0%	2.4%	
		Einu sinni í viku - Once a week	13.1%	13.1%	13.3%	1.4%	1.6%	1.7%	
	2-3 sinnum í viku - 2-3 times a week	18.8%	18.6%	13.2%	1.7%	1.8%	1.7%		
	4-6 sinnum í viku - 4-6 times a week	12.1%	11.6%	7.1%	1.4%	1.5%	1.3%		
	Á hverjum degi - Every day	15.7%	13.6%	9.0%	1.5%	1.6%	1.5%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
	45-66	Aldrei - Never	32.4%	31.5%	37.3%	1.9%	1.7%	1.8%	
		Sjaldnár en einu sinni í viku - Less than once a week	33.9%	37.2%	35.5%	2.0%	1.8%	1.8%	
		Einu sinni í viku - Once a week	13.2%	12.7%	10.1%	1.4%	1.2%	1.1%	
2-3 sinnum í viku - 2-3 times a week		10.4%	10.3%	9.1%	1.3%	1.1%	1.1%		
4-6 sinnum í viku - 4-6 times a week		4.2%	3.5%	3.0%	0.8%	0.7%	0.6%		
Á hverjum degi - Every day		5.8%	4.7%	5.0%	1.0%	0.8%	0.8%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
67+		Aldrei - Never	50.4%	47.1%	49.8%	2.8%	2.3%	2.1%	
		Sjaldnár en einu sinni í viku - Less than once a week	30.9%	31.6%	33.3%	2.6%	2.1%	1.9%	
		Einu sinni í viku - Once a week	8.6%	9.2%	7.6%	1.6%	1.3%	1.1%	
	2-3 sinnum í viku - 2-3 times a week	6.0%	7.3%	5.5%	1.3%	1.2%	0.9%		
	4-6 sinnum í viku - 4-6 times a week	1.7%	1.5%	1.7%	0.7%	0.6%	0.5%		
	Á hverjum degi - Every day	2.3%	3.2%	2.1%	0.9%	0.8%	0.6%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
	Alls - Total	Aldrei - Never	26.6%	26.8%	34.4%	1.2%	1.1%	1.2%	
		Sjaldnár en einu sinni í viku - Less than once a week	27.4%	30.2%	33.1%	1.2%	1.1%	1.1%	
		Einu sinni í viku - Once a week	12.7%	12.5%	11.1%	0.9%	0.8%	0.8%	
2-3 sinnum í viku - 2-3 times a week		14.4%	14.1%	10.4%	0.9%	0.8%	0.7%		
4-6 sinnum í viku - 4-6 times a week		8.2%	7.3%	4.7%	0.7%	0.6%	0.5%		
Á hverjum degi - Every day		10.8%	9.0%	6.4%	0.8%	0.7%	0.6%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		

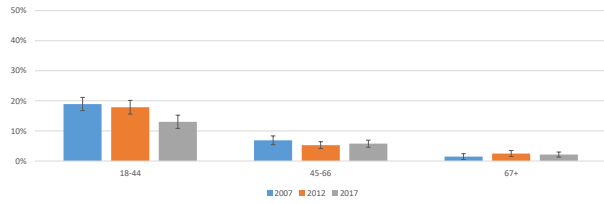
Neysla á sykrubú gosi fjórum sinnum í viku eða oftar
Consumption of sugary soda drinks four times a week or more

Kyn - Sex	Aldur - Age		Hlutföll % ²			95% víkmörk ³		
			2007	2012	2017	2007	2012	2017
Karlir - Males	18-44	45-66	36.4%	32.5%	19.2%	3.1%	3.4%	3.3%
		67+	6.7%	7.3%	5.7%	2.0%	1.7%	1.3%
		Alls - Total	25.0%	21.5%	13.7%	1.7%	1.5%	1.2%
Konur - Females	18-44	45-66	6.9%	5.3%	5.8%	1.5%	1.1%	1.2%
		67+	1.5%	2.5%	2.1%	1.0%	1.0%	0.8%
		Alls - Total	12.7%	11.3%	8.4%	1.2%	1.0%	0.9%
Alls - Total	18-44	45-66	10.1%	8.3%	8.0%	1.2%	1.0%	1.0%
		67+	4.0%	4.8%	3.8%	1.1%	1.0%	0.8%
		Alls - Total	18.9%	16.4%	11.0%	1.0%	0.9%	0.8%

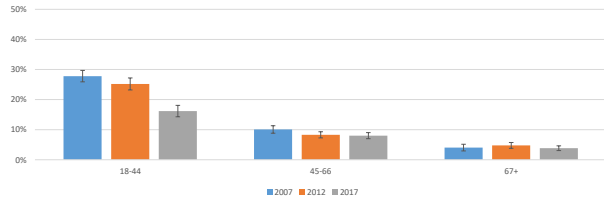
Neysla á sykrubú gosi fjórum sinnum í viku eða oftar - karlar
Consumption of sugary soda drinks four times a week or more - males



Neysla á sykrubú gosi fjórum sinnum í viku eða oftar - konur
Consumption of sugary soda drinks four times a week or more - females



Neysla á sykrubú gosi fjórum sinnum í viku eða oftar - allir
Consumption of sugary soda drinks four times a week or more - total



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

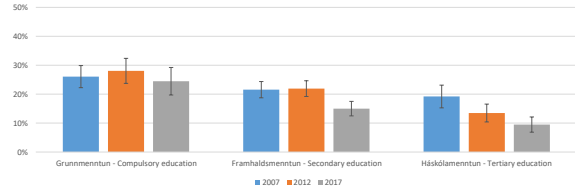
Neysla á sykrðu gosi
Consumption of sugary soda drinks

Kyn - Sex	Menntun - Education ¹	Hlusta % ²			95% vísir ³				
		2007	2012	2017	2007	2012	2017		
Karlur - Males	Grunnmenntun - Compulsory education	Aldrei - Never	19.5%	13.3%	21.3%	3.4%	3.3%	4.5%	
		Sjaldnar en einu sinni í viku - Less than once a week	23.5%	25.4%	26.8%	3.7%	4.2%	4.9%	
		Einu sinni í viku - Once a week	16.4%	16.1%	15.4%	3.2%	3.5%	4.0%	
		2-3 sinnum í viku - 2-3 times a week	14.5%	17.1%	12.0%	3.1%	3.6%	3.6%	
		4-6 sinnum í viku - 4-6 times a week	8.6%	8.2%	7.0%	2.4%	2.6%	2.8%	
		Á hverjum degi - Every day	17.5%	19.8%	17.5%	3.3%	3.8%	4.2%	
		Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
		Framhaldsmenntun - Secondary education	Aldrei - Never	17.3%	14.5%	21.9%	2.6%	2.3%	2.9%
			Sjaldnar en einu sinni í viku - Less than once a week	24.4%	29.8%	30.3%	2.9%	3.0%	3.2%
			Einu sinni í viku - Once a week	15.6%	14.9%	15.4%	2.5%	2.3%	2.5%
2-3 sinnum í viku - 2-3 times a week	21.1%		18.9%	17.5%	2.8%	2.6%	2.7%		
4-6 sinnum í viku - 4-6 times a week	11.6%		11.8%	6.3%	2.2%	2.1%	1.7%		
Á hverjum degi - Every day	9.9%		10.1%	8.7%	2.0%	2.0%	2.0%		
Alls - Total	100.0%		100.0%	100.0%	0.0%	0.0%	0.0%		
Háskólamenntun - Tertiary education	Aldrei - Never		24.2%	18.7%	27.0%	4.3%	3.5%	4.0%	
	Sjaldnar en einu sinni í viku - Less than once a week		29.2%	36.0%	38.1%	4.5%	4.3%	4.4%	
	Einu sinni í viku - Once a week		11.4%	16.0%	10.4%	3.2%	3.3%	2.7%	
	2-3 sinnum í viku - 2-3 times a week	16.0%	15.8%	15.0%	3.7%	3.3%	3.2%		
	4-6 sinnum í viku - 4-6 times a week	7.9%	6.9%	4.8%	2.7%	2.3%	1.9%		
	Á hverjum degi - Every day	11.3%	6.6%	4.7%	3.2%	2.2%	1.9%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
	Konur - Females	Grunnmenntun - Compulsory education	Aldrei - Never	30.1%	30.6%	33.9%	3.4%	3.6%	4.3%
			Sjaldnar en einu sinni í viku - Less than once a week	32.8%	34.0%	34.7%	3.5%	3.7%	4.4%
			Einu sinni í viku - Once a week	12.2%	10.6%	9.8%	2.4%	2.4%	2.7%
2-3 sinnum í viku - 2-3 times a week			8.9%	10.7%	8.3%	2.1%	2.4%	2.5%	
4-6 sinnum í viku - 4-6 times a week			6.8%	5.6%	5.0%	1.9%	1.8%	2.0%	
Á hverjum degi - Every day			9.4%	8.4%	8.3%	2.2%	2.2%	2.5%	
Alls - Total			100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
Framhaldsmenntun - Secondary education			Aldrei - Never	31.2%	32.3%	33.9%	3.6%	3.5%	3.7%
			Sjaldnar en einu sinni í viku - Less than once a week	33.6%	33.2%	36.7%	3.7%	3.5%	3.8%
			Einu sinni í viku - Once a week	10.3%	12.5%	10.8%	2.4%	2.5%	2.4%
	2-3 sinnum í viku - 2-3 times a week	13.1%	11.3%	7.6%	2.6%	2.4%	2.1%		
	4-6 sinnum í viku - 4-6 times a week	6.3%	4.8%	4.0%	1.9%	1.6%	1.5%		
	Á hverjum degi - Every day	5.5%	5.9%	7.1%	1.8%	1.8%	2.0%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
	Háskólamenntun - Tertiary education	Aldrei - Never	33.0%	36.7%	44.0%	3.6%	3.1%	3.0%	
		Sjaldnar en einu sinni í viku - Less than once a week	33.1%	33.0%	33.7%	3.6%	3.0%	2.9%	
		Einu sinni í viku - Once a week	14.0%	11.2%	8.3%	2.6%	2.0%	1.7%	
2-3 sinnum í viku - 2-3 times a week		9.9%	11.3%	6.4%	2.3%	2.0%	1.5%		
4-6 sinnum í viku - 4-6 times a week		4.7%	4.0%	2.9%	1.6%	1.3%	1.0%		
Á hverjum degi - Every day		5.2%	3.8%	4.7%	1.7%	1.2%	1.3%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
Alls - Total		Grunnmenntun - Compulsory education	Aldrei - Never	25.2%	22.0%	27.3%	2.5%	2.5%	3.1%
			Sjaldnar en einu sinni í viku - Less than once a week	28.4%	29.7%	30.6%	2.6%	2.8%	3.3%
			Einu sinni í viku - Once a week	14.1%	13.3%	12.8%	2.0%	2.1%	2.4%
	2-3 sinnum í viku - 2-3 times a week		11.5%	13.9%	10.2%	1.8%	2.1%	2.1%	
	4-6 sinnum í viku - 4-6 times a week		7.7%	6.9%	6.0%	1.5%	1.5%	1.7%	
	Á hverjum degi - Every day		13.2%	14.1%	13.1%	1.9%	2.1%	2.4%	
	Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
	Framhaldsmenntun - Secondary education		Aldrei - Never	23.0%	21.6%	26.5%	2.2%	2.0%	2.3%
			Sjaldnar en einu sinni í viku - Less than once a week	28.2%	31.1%	32.7%	2.3%	2.3%	2.4%
			Einu sinni í viku - Once a week	13.5%	13.9%	13.6%	1.8%	1.7%	1.8%
2-3 sinnum í viku - 2-3 times a week		17.8%	15.9%	13.7%	2.0%	1.8%	1.8%		
4-6 sinnum í viku - 4-6 times a week		9.4%	9.1%	5.4%	1.5%	1.4%	1.2%		
Á hverjum degi - Every day		8.1%	8.4%	8.1%	1.4%	1.4%	1.4%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
Háskólamenntun - Tertiary education		Aldrei - Never	29.2%	29.5%	37.0%	2.8%	2.4%	2.4%	
		Sjaldnar en einu sinni í viku - Less than once a week	31.4%	34.2%	35.5%	2.8%	2.5%	2.4%	
		Einu sinni í viku - Once a week	12.9%	13.1%	9.1%	2.0%	1.8%	1.4%	
	2-3 sinnum í viku - 2-3 times a week	12.5%	13.1%	9.9%	2.0%	1.8%	1.5%		
	4-6 sinnum í viku - 4-6 times a week	6.1%	5.2%	3.7%	1.4%	1.2%	0.9%		
	Á hverjum degi - Every day	7.8%	4.9%	4.7%	1.6%	1.1%	1.1%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		

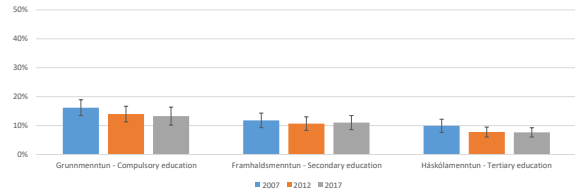
Neysla á sykrðu gosi fjórum sinnum í viku eða oftar
Consumption of sugary soda drinks four times a week or more

Kyn - Sex	Menntun - Education ¹	Hlusta % ²			95% vísir ³		
		2007	2012	2017	2007	2012	2017
Karlur - Males	Grunnmenntun - Compulsory education	26.1%	28.1%	24.5%	3.8%	4.3%	4.8%
	Framhaldsmenntun - Secondary education	21.6%	21.9%	15.0%	2.8%	2.7%	2.5%
	Háskólamenntun - Tertiary education	19.2%	13.5%	9.5%	3.9%	3.1%	2.6%
Konur - Females	Grunnmenntun - Compulsory education	16.2%	14.0%	13.3%	2.7%	2.7%	3.1%
	Framhaldsmenntun - Secondary education	11.8%	10.7%	11.0%	2.5%	2.3%	2.4%
	Háskólamenntun - Tertiary education	9.9%	7.8%	7.7%	2.3%	1.7%	1.6%
Alls - Total	Grunnmenntun - Compulsory education	20.8%	21.0%	19.2%	2.3%	2.5%	2.8%
	Framhaldsmenntun - Secondary education	17.8%	17.5%	13.5%	2.0%	1.9%	1.8%
	Háskólamenntun - Tertiary education	13.9%	10.1%	8.4%	2.1%	1.6%	1.4%

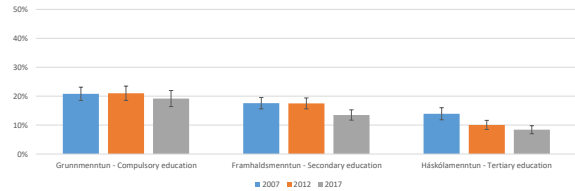
Neysla á sykrðu gosi fjórum sinnum í viku eða oftar - karlar
Consumption of sugary soda drinks four times a week or more - males



Neysla á sykrðu gosi fjórum sinnum í viku eða oftar - konur
Consumption of sugary soda drinks four times a week or more - females



Neysla á sykrðu gosi fjórum sinnum í viku eða oftar - allir
Consumption of sugary soda drinks four times a week or more - total



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 úrtaksrannsóknnum getur komið fram flökt 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 bjögum getur komið fram þar sem samanburðurinn byggir að hluta til á sömu einstaklingum.

² Hlutföll eru vigtuð til að endurspeglar aldurs-, 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 þregra 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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