

Neysla á sælgæti Consumption of candy

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? - Sælgæti, súkkulaði (mataix)
Question (variable): How often do you eat/drink the following? - Candy, chocolate (mataix)

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/>

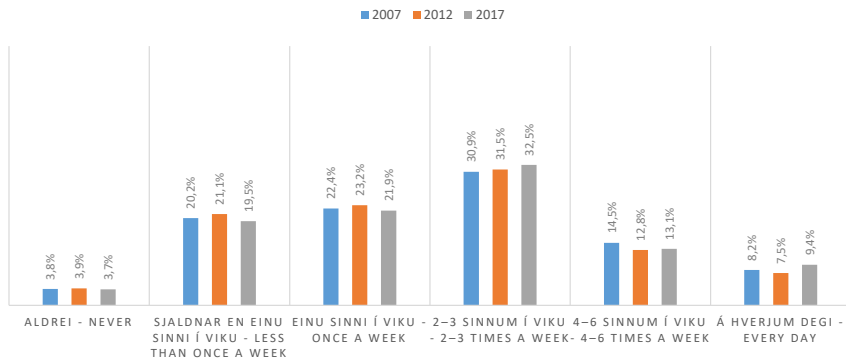
Töflur - Tables

[Neysla á sælgæti eftir kyni og aldri](#)

[Consumption of candy by sex and age](#)

[Neysla á sælgæti eftir kyni og menntun](#)

[Consumption of candy 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

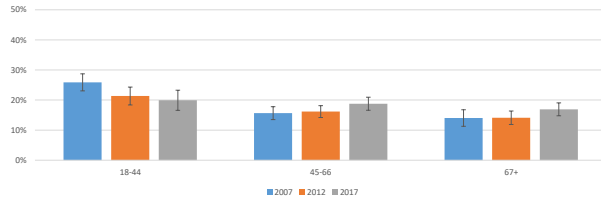
Neysla á sælgæti
Consumption of candy

Kyn - Sex	Aldur - Age		Hlutféll % ²			95% víkmörk ³			
			2007	2012	2017	2007	2012	2017	
Karlar - Males	18-44	Aldrei - Never	1.5%	2.1%	3.1%	0.8%	1.0%	1.5%	
		Sjaldnar en einu sinni í viku - Less than once a week	14.6%	14.8%	14.1%	2.3%	2.6%	2.9%	
		Einu sinni í viku - Once a week	21.5%	21.7%	22.7%	2.7%	3.0%	3.5%	
		2-3 sinnum í viku - 2-3 times a week	36.4%	40.0%	40.1%	3.1%	3.6%	4.1%	
		4-6 sinnum í viku - 4-6 times a week	16.2%	13.5%	13.5%	2.4%	2.5%	2.9%	
		Á hverjum degi - Every day	9.7%	7.8%	6.4%	1.9%	1.9%	2.0%	
		Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
		45-66	Aldrei - Never	4.3%	4.3%	2.9%	1.2%	1.1%	0.9%
			Sjaldnar en einu sinni í viku - Less than once a week	26.2%	25.4%	21.6%	2.6%	2.3%	2.3%
			Einu sinni í viku - Once a week	24.3%	25.8%	23.7%	2.5%	2.3%	2.4%
2-3 sinnum í viku - 2-3 times a week	29.5%		28.3%	32.8%	2.7%	2.4%	2.6%		
4-6 sinnum í viku - 4-6 times a week	9.9%		10.2%	10.5%	1.8%	1.6%	1.7%		
Á hverjum degi - Every day	5.8%		6.0%	8.2%	1.4%	1.3%	1.5%		
Alls - Total	100.0%		100.0%	100.0%	0.0%	0.0%	0.0%		
67+	Aldrei - Never		9.8%	8.0%	7.1%	2.4%	1.7%	1.5%	
	Sjaldnar en einu sinni í viku - Less than once a week		33.2%	34.6%	29.4%	3.7%	3.1%	2.6%	
	Einu sinni í viku - Once a week		20.3%	21.6%	23.4%	3.2%	2.6%	2.4%	
	2-3 sinnum í viku - 2-3 times a week	22.6%	21.7%	23.2%	3.3%	2.6%	2.4%		
	4-6 sinnum í viku - 4-6 times a week	8.7%	8.4%	9.2%	2.2%	1.8%	1.7%		
	Á hverjum degi - Every day	5.3%	5.7%	7.7%	1.8%	1.5%	1.5%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
	Alls - Total	Aldrei - Never	3.4%	3.6%	3.7%	0.7%	0.7%	0.7%	
		Sjaldnar en einu sinni í viku - Less than once a week	20.7%	21.2%	19.5%	1.5%	1.5%	1.4%	
		Einu sinni í viku - Once a week	22.4%	23.2%	23.2%	1.6%	1.5%	1.5%	
2-3 sinnum í viku - 2-3 times a week		32.5%	33.4%	34.6%	1.8%	1.7%	1.7%		
4-6 sinnum í viku - 4-6 times a week		13.2%	11.7%	11.7%	1.3%	1.1%	1.2%		
Á hverjum degi - Every day		7.8%	6.9%	7.3%	1.0%	0.9%	0.9%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
Konur - Females		18-44	Aldrei - Never	2.4%	2.6%	2.7%	0.9%	0.9%	1.1%
			Sjaldnar en einu sinni í viku - Less than once a week	11.5%	12.5%	12.9%	1.8%	2.0%	2.2%
			Einu sinni í viku - Once a week	22.4%	22.9%	19.3%	2.3%	2.5%	2.6%
	2-3 sinnum í viku - 2-3 times a week		32.6%	34.1%	32.6%	2.6%	2.8%	3.1%	
	4-6 sinnum í viku - 4-6 times a week		20.4%	17.9%	18.6%	2.3%	2.3%	2.5%	
	Á hverjum degi - Every day		10.8%	10.0%	13.9%	1.7%	1.8%	2.3%	
	Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
	45-66		Aldrei - Never	5.1%	5.3%	3.8%	1.3%	1.1%	1.0%
			Sjaldnar en einu sinni í viku - Less than once a week	27.0%	27.9%	21.4%	2.6%	2.3%	2.1%
			Einu sinni í viku - Once a week	23.1%	24.0%	21.9%	2.4%	2.2%	2.1%
2-3 sinnum í viku - 2-3 times a week		25.8%	25.5%	30.6%	2.5%	2.2%	2.3%		
4-6 sinnum í viku - 4-6 times a week		12.1%	11.1%	12.0%	1.9%	1.6%	1.6%		
Á hverjum degi - Every day		6.9%	6.2%	10.3%	1.5%	1.2%	1.5%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
67+		Aldrei - Never	9.9%	7.5%	5.6%	2.4%	1.7%	1.3%	
		Sjaldnar en einu sinni í viku - Less than once a week	35.3%	34.8%	31.4%	3.8%	3.0%	2.7%	
		Einu sinni í viku - Once a week	20.3%	21.3%	21.4%	3.2%	2.6%	2.4%	
	2-3 sinnum í viku - 2-3 times a week	24.7%	22.7%	25.0%	3.4%	2.7%	2.8%		
	4-6 sinnum í viku - 4-6 times a week	6.0%	7.4%	8.8%	1.9%	1.7%	1.6%		
	Á hverjum degi - Every day	3.8%	6.2%	7.9%	1.5%	1.5%	1.6%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
	Alls - Total	Aldrei - Never	4.2%	4.2%	3.6%	0.7%	0.7%	0.6%	
		Sjaldnar en einu sinni í viku - Less than once a week	19.7%	21.0%	19.4%	1.4%	1.4%	1.3%	
		Einu sinni í viku - Once a week	22.4%	23.1%	20.6%	1.5%	1.4%	1.3%	
2-3 sinnum í viku - 2-3 times a week		29.2%	29.5%	30.4%	1.6%	1.5%	1.5%		
4-6 sinnum í viku - 4-6 times a week		15.8%	14.0%	14.4%	1.3%	1.2%	1.2%		
Á hverjum degi - Every day		8.6%	8.1%	11.5%	1.0%	0.9%	1.0%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
Alls - Total		18-44	Aldrei - Never	2.0%	2.4%	2.9%	0.6%	0.7%	0.9%
			Sjaldnar en einu sinni í viku - Less than once a week	13.1%	13.7%	13.5%	1.4%	1.6%	1.8%
			Einu sinni í viku - Once a week	21.9%	22.3%	21.0%	1.8%	1.9%	2.1%
	2-3 sinnum í viku - 2-3 times a week		34.5%	37.1%	36.4%	2.0%	2.2%	2.5%	
	4-6 sinnum í viku - 4-6 times a week		18.3%	15.7%	16.1%	1.6%	1.7%	1.9%	
	Á hverjum degi - Every day		10.2%	8.9%	10.1%	1.3%	1.3%	1.6%	
	Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
	45-66		Aldrei - Never	4.7%	4.8%	3.4%	0.9%	0.8%	0.7%
			Sjaldnar en einu sinni í viku - Less than once a week	26.6%	26.6%	21.6%	1.8%	1.6%	1.5%
			Einu sinni í viku - Once a week	23.7%	24.9%	22.8%	1.8%	1.6%	1.6%
2-3 sinnum í viku - 2-3 times a week		27.7%	26.9%	31.7%	1.8%	1.6%	1.7%		
4-6 sinnum í viku - 4-6 times a week		11.0%	10.6%	11.3%	1.3%	1.1%	1.2%		
Á hverjum degi - Every day		6.3%	6.1%	9.3%	1.0%	0.9%	1.1%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
67+		Aldrei - Never	9.9%	7.7%	6.3%	1.7%	1.2%	1.0%	
		Sjaldnar en einu sinni í viku - Less than once a week	34.3%	34.7%	30.4%	2.7%	2.2%	1.9%	
		Einu sinni í viku - Once a week	20.3%	21.5%	22.4%	2.2%	1.9%	1.7%	
	2-3 sinnum í viku - 2-3 times a week	23.7%	22.2%	24.2%	2.4%	1.9%	1.7%		
	4-6 sinnum í viku - 4-6 times a week	7.3%	7.9%	9.0%	1.5%	1.2%	1.2%		
	Á hverjum degi - Every day	4.5%	6.0%	7.8%	1.2%	1.1%	1.1%		
	Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
	Alls - Total	Aldrei - Never	3.8%	3.9%	3.7%	0.5%	0.5%	0.5%	
		Sjaldnar en einu sinni í viku - Less than once a week	20.2%	21.1%	19.5%	1.0%	1.0%	1.0%	
		Einu sinni í viku - Once a week	22.4%	23.2%	21.9%	1.1%	1.0%	1.0%	
2-3 sinnum í viku - 2-3 times a week		30.9%	31.5%	32.5%	1.2%	1.1%	1.1%		
4-6 sinnum í viku - 4-6 times a week		14.5%	12.8%	13.1%	0.9%	0.8%	0.8%		
Á hverjum degi - Every day		6.2%	7.5%	9.4%	0.7%	0.6%	0.7%		
Alls - Total		100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		

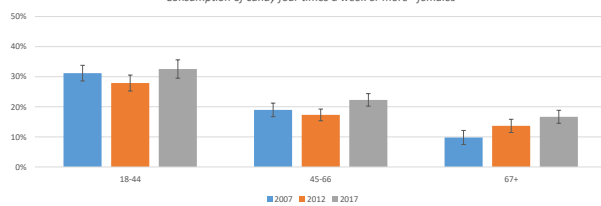
Neysla á sælgæti fjórum sinnum í viku eða oftar
Consumption of candy four times a week or more

Kyn - Sex	Aldur - Age	Hlutféll % ²			95% víkmörk ³		
		2007	2012	2017	2007	2012	2017
Karlar - Males	18-44	25.9%	21.3%	19.9%	2.8%	3.0%	3.3%
	45-66	15.6%	16.2%	18.8%	2.1%	2.0%	2.2%
	67+	14.0%	14.1%	16.9%	2.7%	2.2%	2.1%
	Alls - Total	21.0%	18.5%	19.0%	1.6%	1.4%	1.4%
Konur - Females	18-44	31.2%	27.9%	32.6%	2.6%	2.7%	3.1%
	45-66	19.0%	17.3%	22.3%	2.3%	1.9%	2.1%
	67+	9.8%	13.7%	16.7%	2.3%	2.2%	2.2%
	Alls - Total	24.4%	22.2%	25.9%	1.5%	1.4%	1.4%
Alls - Total	18-44	28.5%	24.6%	26.2%	1.9%	2.0%	2.3%
45-66	17.3%	16.7%	20.5%	1.6%	1.4%	1.5%	
67+	11.9%	13.9%	16.6%	1.8%	1.6%	1.5%	
Alls - Total	22.7%	20.3%	22.4%	1.1%	1.0%	1.0%	

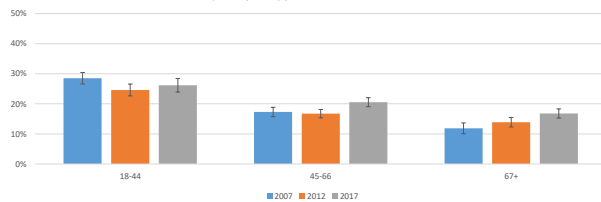
Neysla á sælgæti fjórum sinnum í viku eða oftar - karlar
Consumption of candy four times a week or more - males



Neysla á sælgæti fjórum sinnum í viku eða oftar - konur
Consumption of candy four times a week or more - females



Neysla á sælgæti fjórum sinnum í viku eða oftar - allir
Consumption of candy four times a week or more - total



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

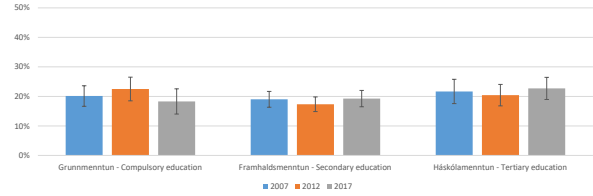
Neysla á sælgæti
Consumption of candy

Kyn - Sex	Menntun - Education ^a	Hlutföll % ^b			95% víkmörk ^c			
		2007	2012	2017	2007	2012	2017	
Karlar - Males	Grunnmenntun - Compulsory education	4.0%	5.1%	2.7%	1.7%	2.1%	1.8%	
	Aldrei - Never	21.8%	18.8%	23.8%	3.6%	3.8%	4.7%	
	Sjaldnar en einu sinni í viku - Less than once a week	26.6%	23.6%	23.4%	3.8%	4.1%	4.7%	
	Einu sinni í viku - Once a week	27.5%	30.0%	31.9%	3.9%	4.4%	5.2%	
	2-3 sinnum í viku - 2-3 times a week	14.0%	13.4%	9.9%	3.0%	3.3%	3.3%	
	4-6 sinnum í viku - 4-6 times a week	6.1%	9.2%	8.4%	2.1%	2.8%	3.1%	
	Á hverjum degi - Every day	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
	Alls - Total							
	Framhaldsmenntun - Secondary education	Aldrei - Never	2.6%	2.0%	3.1%	1.1%	0.9%	1.2%
	Sjaldnar en einu sinni í viku - Less than once a week	21.6%	20.7%	17.3%	2.8%	2.7%	2.7%	
Einu sinni í viku - Once a week	21.2%	22.0%	23.0%	2.8%	2.7%	3.0%		
2-3 sinnum í viku - 2-3 times a week	35.6%	38.0%	37.4%	3.3%	3.2%	3.4%		
4-6 sinnum í viku - 4-6 times a week	11.8%	10.7%	11.5%	2.2%	2.0%	2.2%		
Á hverjum degi - Every day	7.2%	6.6%	7.8%	1.8%	1.6%	1.9%		
Alls - Total								
Háskólmenntun - Tertiary education	Aldrei - Never	2.3%	2.1%	3.1%	1.5%	1.3%	1.5%	
Sjaldnar en einu sinni í viku - Less than once a week	15.2%	16.7%	13.1%	3.6%	3.4%	3.0%		
Einu sinni í viku - Once a week	23.2%	24.2%	22.7%	4.2%	3.9%	3.8%		
2-3 sinnum í viku - 2-3 times a week	37.6%	36.6%	38.4%	4.8%	4.3%	4.4%		
4-6 sinnum í viku - 4-6 times a week	15.2%	14.4%	14.6%	3.6%	3.2%	3.2%		
Á hverjum degi - Every day	5.4%	8.0%	8.1%	2.5%	2.1%	2.2%		
Alls - Total								
Konur - Females	Grunnmenntun - Compulsory education	4.5%	4.7%	2.8%	1.5%	1.6%	1.5%	
	Aldrei - Never	23.6%	25.7%	23.4%	3.2%	3.4%	3.9%	
	Sjaldnar en einu sinni í viku - Less than once a week	22.4%	24.3%	24.6%	3.1%	3.3%	4.0%	
	Einu sinni í viku - Once a week	28.2%	26.0%	24.9%	3.3%	3.4%	4.0%	
	2-3 sinnum í viku - 2-3 times a week	14.5%	12.7%	14.2%	2.6%	2.6%	3.2%	
	4-6 sinnum í viku - 4-6 times a week	6.8%	6.7%	10.1%	1.9%	1.9%	2.8%	
	Á hverjum degi - Every day	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	
	Alls - Total							
	Framhaldsmenntun - Secondary education	Aldrei - Never	3.0%	3.8%	3.1%	1.3%	1.4%	1.4%
	Sjaldnar en einu sinni í viku - Less than once a week	18.9%	19.0%	16.6%	3.1%	2.9%	2.9%	
Einu sinni í viku - Once a week	23.1%	22.8%	23.0%	3.3%	3.2%	3.3%		
2-3 sinnum í viku - 2-3 times a week	29.1%	31.4%	28.6%	3.5%	3.5%	3.5%		
4-6 sinnum í viku - 4-6 times a week	16.9%	14.8%	16.6%	2.9%	2.7%	2.9%		
Á hverjum degi - Every day	9.0%	8.2%	12.1%	2.2%	2.1%	2.5%		
Alls - Total								
Háskólmenntun - Tertiary education	Aldrei - Never	2.6%	3.2%	3.5%	1.2%	1.1%	1.1%	
Sjaldnar en einu sinni í viku - Less than once a week	14.6%	15.3%	13.5%	2.7%	2.3%	2.1%		
Einu sinni í viku - Once a week	21.6%	22.9%	17.6%	3.1%	2.7%	2.3%		
2-3 sinnum í viku - 2-3 times a week	30.1%	31.7%	32.6%	3.5%	3.0%	2.8%		
4-6 sinnum í viku - 4-6 times a week	18.5%	15.6%	17.2%	3.0%	2.4%	2.3%		
Á hverjum degi - Every day	12.5%	10.4%	15.5%	2.5%	2.0%	2.2%		
Alls - Total								
Alls - Total	Grunnmenntun - Compulsory education	4.3%	4.9%	2.7%	1.1%	1.3%	1.2%	
Aldrei - Never	22.7%	22.3%	23.6%	2.4%	2.5%	3.0%		
Sjaldnar en einu sinni í viku - Less than once a week	24.3%	23.9%	24.0%	2.4%	2.6%	3.0%		
Einu sinni í viku - Once a week	27.9%	28.0%	28.6%	2.5%	2.7%	3.2%		
2-3 sinnum í viku - 2-3 times a week	14.3%	13.0%	11.9%	2.0%	2.0%	2.3%		
4-6 sinnum í viku - 4-6 times a week	6.5%	7.9%	9.2%	1.4%	1.6%	2.0%		
Á hverjum degi - Every day	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%		
Alls - Total								
Framhaldsmenntun - Secondary education	Aldrei - Never	2.8%	2.7%	3.1%	0.8%	0.8%	0.9%	
Sjaldnar en einu sinni í viku - Less than once a week	20.5%	20.0%	17.0%	2.1%	2.0%	2.0%		
Einu sinni í viku - Once a week	22.0%	22.3%	23.0%	2.1%	2.1%	2.2%		
2-3 sinnum í viku - 2-3 times a week	32.9%	35.4%	34.0%	2.4%	2.4%	2.5%		
4-6 sinnum í viku - 4-6 times a week	13.9%	12.3%	13.4%	1.8%	1.6%	1.8%		
Á hverjum degi - Every day	7.9%	7.2%	9.4%	1.4%	1.3%	1.5%		
Alls - Total								
Háskólmenntun - Tertiary education	Aldrei - Never	2.5%	2.8%	3.3%	0.9%	0.9%	0.9%	
Sjaldnar en einu sinni í viku - Less than once a week	14.9%	15.9%	13.4%	2.2%	1.9%	1.7%		
Einu sinni í viku - Once a week	22.3%	23.4%	19.7%	2.5%	2.2%	2.0%		
2-3 sinnum í viku - 2-3 times a week	33.3%	33.6%	34.9%	2.9%	2.5%	2.4%		
4-6 sinnum í viku - 4-6 times a week	17.1%	15.7%	16.1%	2.3%	1.9%	1.8%		
Á hverjum degi - Every day	9.9%	8.6%	12.5%	1.8%	1.5%	1.7%		
Alls - Total								

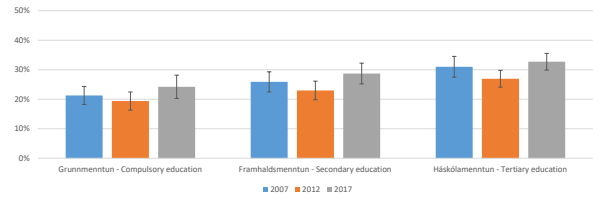
Neysla á sælgæti fjórum sinnum í viku eða oftar
Consumption of candy four times a week or more

Kyn - Sex	Menntun - Education ^a	Hlutföll % ^b			95% víkmörk ^c		
		2007	2012	2017	2007	2012	2017
Karlar - Males	Grunnmenntun - Compulsory education	20.1%	22.5%	18.3%	3.5%	4.0%	4.3%
	Framhaldsmenntun - Secondary education	19.0%	17.3%	19.3%	2.7%	2.5%	2.8%
	Háskólmenntun - Tertiary education	21.7%	20.4%	22.7%	4.1%	3.6%	3.8%
Konur - Females	Grunnmenntun - Compulsory education	21.3%	19.4%	24.2%	3.0%	3.1%	3.9%
	Framhaldsmenntun - Secondary education	25.9%	23.0%	28.7%	3.4%	3.2%	3.5%
	Háskólmenntun - Tertiary education	31.0%	27.0%	32.7%	3.5%	2.8%	2.8%
Alls - Total	Grunnmenntun - Compulsory education	20.7%	20.9%	21.1%	2.3%	2.5%	2.9%
Framhaldsmenntun - Secondary education	21.8%	19.6%	22.9%	2.1%	2.0%	2.2%	
Háskólmenntun - Tertiary education	27.0%	24.3%	28.6%	2.7%	2.2%	2.3%	

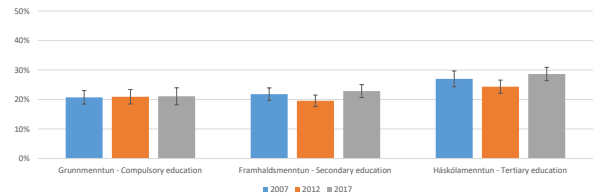
Neysla á sælgæti fjórum sinnum í viku eða oftar - karlar
Consumption of candy four times a week or more - males



Neysla á sælgæti fjórum sinnum í viku eða oftar - konur
Consumption of candy four times a week or more - females



Neysla á sælgæti fjórum sinnum í viku eða oftar - allir
Consumption of candy 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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