

Neysla á skyndibita Consumption of fast food

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? - Skyndibita (á skyndibitastað eða tekið með heim) (mata1xiii)
Question (variable): How often do you eat/drink the following? -Fast food (in a restaurant or at home) (mata1xiii)

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/>

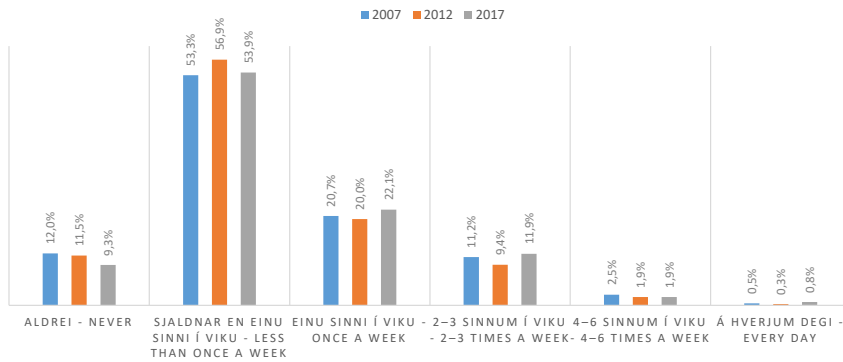
Tölur - Tables

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

[Consumption of fast food by sex and age](#)

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

[Consumption of fast food 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".

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

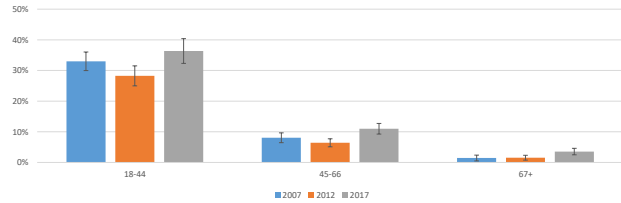
Neysla á skyndibita
Consumption of fast food

Kyn - Sex	Aldur - Age		Hlutföll % ²			95% víkmörk ³		
			2007	2012	2017	2007	2012	2017
Karlar - Males	18-44	Aldrei - Never	2,0%	1,6%	1,6%	0,9%	0,9%	1,1%
		Sjaldnar en einu sinni í viku - Less than once a week	35,5%	41,9%	36,1%	3,1%	3,6%	4,0%
		Einu sinni í viku - Once a week	29,5%	28,2%	25,9%	2,9%	3,3%	3,7%
		2-3 sinnum í viku - 2-3 times a week	24,9%	21,7%	28,7%	2,8%	3,0%	3,8%
		4-6 sinnum í viku - 4-6 times a week	6,8%	5,6%	5,5%	1,6%	1,7%	1,9%
		Á hverjum degi - Every day	1,3%	0,9%	2,1%	0,7%	0,7%	1,2%
		Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%
		Aldrei - Never	11,4%	9,0%	6,4%	1,9%	1,5%	1,4%
		Sjaldnar en einu sinni í viku - Less than once a week	63,3%	65,8%	55,1%	2,8%	2,5%	2,8%
		Einu sinni í viku - Once a week	17,2%	18,7%	27,6%	2,2%	2,1%	2,5%
2-3 sinnum í viku - 2-3 times a week	6,8%	5,3%	8,1%	1,5%	1,2%	1,6%		
4-6 sinnum í viku - 4-6 times a week	1,0%	1,0%	1,1%	0,6%	0,5%	0,6%		
Á hverjum degi - Every day	0,2%	0,1%	0,8%	0,3%	0,2%	0,5%		
Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%		
Aldrei - Never	46,5%	40,3%	24,7%	3,9%	3,1%	2,5%		
Sjaldnar en einu sinni í viku - Less than once a week	46,6%	52,6%	63,9%	3,9%	3,2%	2,7%		
Einu sinni í viku - Once a week	5,4%	5,6%	7,8%	1,8%	1,5%	1,5%		
2-3 sinnum í viku - 2-3 times a week	1,2%	1,4%	2,4%	0,9%	0,7%	0,9%		
4-6 sinnum í viku - 4-6 times a week	0,3%	0,0%	0,7%	0,4%	0,0%	0,5%		
Á hverjum degi - Every day	0,0%	0,2%	0,4%	0,0%	0,3%	0,4%		
Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%		
Aldrei - Never	10,0%	9,1%	7,4%	1,1%	1,0%	0,9%		
Sjaldnar en einu sinni í viku - Less than once a week	46,7%	52,1%	47,8%	1,9%	1,8%	1,8%		
Einu sinni í viku - Once a week	22,6%	21,9%	23,3%	1,8%	1,5%	1,5%		
2-3 sinnum í viku - 2-3 times a week	15,9%	13,1%	17,1%	1,4%	1,2%	1,4%		
4-6 sinnum í viku - 4-6 times a week	4,1%	3,2%	3,1%	0,8%	0,6%	0,6%		
Á hverjum degi - Every day	0,8%	0,5%	1,3%	0,3%	0,3%	0,4%		
Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%		
Konur - Females	18-44	Aldrei - Never	3,6%	4,0%	3,4%	1,0%	1,2%	1,2%
		Sjaldnar en einu sinni í viku - Less than once a week	55,8%	56,9%	50,1%	2,8%	2,9%	3,3%
		Einu sinni í viku - Once a week	27,9%	27,7%	31,8%	2,5%	2,7%	3,0%
		2-3 sinnum í viku - 2-3 times a week	11,0%	10,1%	12,9%	1,8%	1,8%	2,2%
		4-6 sinnum í viku - 4-6 times a week	1,5%	1,3%	1,6%	0,7%	0,7%	0,8%
		Á hverjum degi - Every day	0,2%	0,0%	0,3%	0,3%	0,0%	0,4%
		Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%
		Aldrei - Never	16,6%	14,7%	8,4%	2,1%	1,6%	1,4%
		Sjaldnar en einu sinni í viku - Less than once a week	72,1%	73,6%	72,5%	2,6%	2,3%	2,2%
		Einu sinni í viku - Once a week	9,9%	10,0%	16,1%	1,7%	1,5%	1,8%
2-3 sinnum í viku - 2-3 times a week	1,3%	1,5%	2,7%	0,7%	0,6%	0,8%		
4-6 sinnum í viku - 4-6 times a week	0,0%	0,1%	0,1%	0,0%	0,2%	0,2%		
Á hverjum degi - Every day	0,0%	0,0%	0,2%	0,1%	0,0%	0,2%		
Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%		
Aldrei - Never	56,3%	49,2%	35,6%	3,9%	3,2%	2,8%		
Sjaldnar en einu sinni í viku - Less than once a week	40,2%	46,6%	59,4%	3,9%	3,2%	2,8%		
Einu sinni í viku - Once a week	3,3%	3,6%	4,1%	1,4%	1,2%	1,2%		
2-3 sinnum í viku - 2-3 times a week	0,0%	0,4%	0,7%	0,0%	0,4%	0,5%		
4-6 sinnum í viku - 4-6 times a week	0,2%	0,0%	0,0%	0,3%	0,0%	0,0%		
Á hverjum degi - Every day	0,0%	0,2%	0,2%	0,0%	0,3%	0,3%		
Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%		
Aldrei - Never	14,1%	13,9%	11,3%	1,2%	1,1%	1,0%		
Sjaldnar en einu sinni í viku - Less than once a week	60,0%	61,6%	59,9%	1,8%	1,6%	1,6%		
Einu sinni í viku - Once a week	18,7%	18,1%	20,9%	1,4%	1,3%	1,3%		
2-3 sinnum í viku - 2-3 times a week	6,3%	5,7%	6,9%	0,9%	0,8%	0,8%		
4-6 sinnum í viku - 4-6 times a week	0,8%	0,7%	0,7%	0,3%	0,3%	0,3%		
Á hverjum degi - Every day	0,1%	0,0%	0,2%	0,1%	0,0%	0,2%		
Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%		
Alls - Total	18-44	Aldrei - Never	2,8%	2,8%	2,5%	0,7%	0,8%	0,6%
		Sjaldnar en einu sinni í viku - Less than once a week	45,5%	49,4%	43,0%	2,1%	2,3%	2,6%
		Einu sinni í viku - Once a week	28,7%	27,9%	28,8%	1,9%	2,1%	2,3%
		2-3 sinnum í viku - 2-3 times a week	18,0%	16,0%	20,9%	1,6%	1,7%	2,1%
		4-6 sinnum í viku - 4-6 times a week	4,2%	3,4%	3,6%	0,9%	0,8%	1,0%
		Á hverjum degi - Every day	0,8%	0,5%	1,2%	0,4%	0,3%	0,6%
		Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%
		Aldrei - Never	14,0%	11,9%	7,4%	1,4%	1,2%	1,0%
		Sjaldnar en einu sinni í viku - Less than once a week	67,6%	69,6%	63,8%	1,9%	1,7%	1,8%
		Einu sinni í viku - Once a week	13,6%	14,4%	21,8%	1,4%	1,3%	1,5%
2-3 sinnum í viku - 2-3 times a week	4,1%	3,4%	5,9%	0,8%	0,7%	0,9%		
4-6 sinnum í viku - 4-6 times a week	0,5%	0,6%	0,6%	0,3%	0,3%	0,3%		
Á hverjum degi - Every day	0,1%	0,1%	0,5%	0,2%	0,1%	0,3%		
Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%		
Aldrei - Never	51,6%	44,9%	30,4%	2,8%	2,2%	1,9%		
Sjaldnar en einu sinni í viku - Less than once a week	43,3%	49,5%	61,6%	2,8%	2,3%	2,0%		
Einu sinni í viku - Once a week	4,3%	4,6%	5,9%	1,1%	0,9%	1,0%		
2-3 sinnum í viku - 2-3 times a week	0,6%	0,8%	1,5%	0,4%	0,4%	0,5%		
4-6 sinnum í viku - 4-6 times a week	0,2%	0,0%	0,3%	0,3%	0,0%	0,2%		
Á hverjum degi - Every day	0,0%	0,2%	0,3%	0,0%	0,2%	0,2%		
Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%		
Aldrei - Never	12,0%	11,5%	9,3%	0,8%	0,8%	0,7%		
Sjaldnar en einu sinni í viku - Less than once a week	53,3%	56,9%	53,9%	1,3%	1,2%	1,2%		
Einu sinni í viku - Once a week	20,7%	20,0%	22,1%	1,1%	1,0%	1,0%		
2-3 sinnum í viku - 2-3 times a week	11,2%	9,4%	11,9%	0,8%	0,7%	0,8%		
4-6 sinnum í viku - 4-6 times a week	2,5%	1,9%	1,9%	0,4%	0,3%	0,3%		
Á hverjum degi - Every day	0,5%	0,3%	0,8%	0,2%	0,1%	0,2%		
Alls - Total	100,0%	100,0%	100,0%	0,0%	0,0%	0,0%		

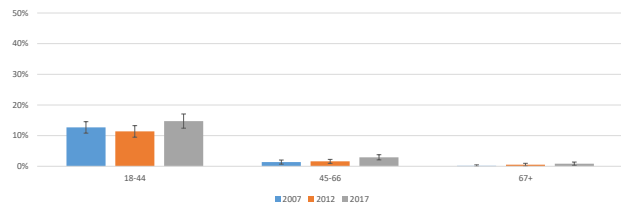
Neysla á skyndibita tvisvar sinnum í viku eða oftar
Consumption of fast food twice a week or more

Kyn - Sex	Aldur - Age	Hlutföll % ²			95% víkmörk ³		
		2007	2012	2017	2007	2012	2017
Karlar - Males	18-44	33,0%	28,3%	36,3%	3,0%	3,3%	4,0%
	45-66	8,1%	6,4%	11,0%	1,6%	1,3%	1,7%
	67+	1,5%	1,6%	3,6%	0,9%	0,8%	1,1%
	Alls - Total	20,7%	16,9%	21,5%	1,5%	1,3%	1,5%
Konur - Females	18-44	12,7%	11,4%	14,8%	1,9%	1,9%	2,3%
	45-66	1,4%	1,6%	2,9%	0,7%	0,6%	0,8%
	67+	0,2%	0,5%	0,9%	0,3%	0,5%	0,5%
	Alls - Total	7,2%	5,4%	7,9%	0,9%	0,8%	0,9%
Alls - Total	18-44	23,0%	19,9%	25,7%	1,8%	1,8%	2,2%
	45-66	4,8%	4,1%	6,0%	0,9%	0,7%	0,9%
	67+	0,8%	1,0%	2,2%	0,5%	0,5%	0,6%
	Alls - Total	14,1%	11,6%	14,6%	0,9%	0,8%	0,9%

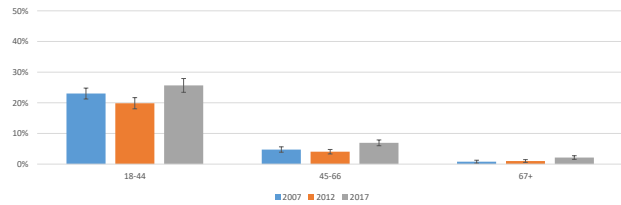
Neysla á skyndibita tvisvar sinnum í viku eða oftar - karlar
Consumption of fast food twice a week or more - males



Neysla á skyndibita tvisvar sinnum í viku eða oftar - konur
Consumption of fast food twice a week or more - females



Neysla á skyndibita tvisvar sinnum í viku eða oftar - allir
Consumption of fast food twice a week or more - total



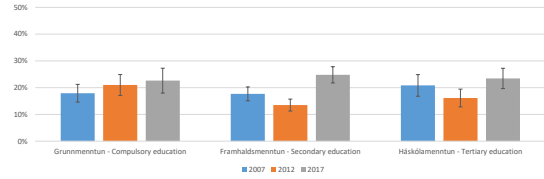
Neysla á skyndibita
Consumption of fast food

Kyn - Sex	Aldur - Age	Hlutféll % ²			95% vkmörk ¹			Fjöldi - Count				
		2007	2012	2017	2007	2012	2017	2007	2012	2017		
Karlar - Males	Grunnmenntun - Compulsory education	Aldri - Never	8.8%	6.1%	3.8%	2.5%	2.3%	2.1%	61	38	16	
		Sjaldnar en einu sinni í viku - Less than once a week	54.4%	49.5%	45.8%	4.2%	4.8%	5.5%	293	241	168	
		Einu sinni í viku - Once a week	18.9%	23.5%	27.7%	3.4%	4.1%	5.0%	91	81	83	
		2-3 sinnum í viku - 2-3 times a week	14.1%	14.4%	18.9%	3.0%	3.4%	4.4%	56	39	36	
		4-6 sinnum í viku - 4-6 times a week	3.0%	5.5%	2.4%	1.5%	2.2%	1.7%	9	15	7	
		Á hverjum degi - Every day	0.8%	1.1%	1.3%	0.8%	1.0%	1.3%	3	2	3	
		Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	513	416	311	
		Framhaldsmenntun - Secondary education	Aldri - Never	6.4%	4.4%	3.5%	1.7%	1.7%	1.3%	64	58	42
		Sjaldnar en einu sinni í viku - Less than once a week	50.9%	57.8%	46.0%	3.4%	3.2%	3.5%	467	569	425	
		Einu sinni í viku - Once a week	25.0%	24.3%	25.3%	3.0%	2.8%	3.1%	187	186	193	
2-3 sinnum í viku - 2-3 times a week	15.3%	11.4%	19.4%	2.5%	2.1%	2.8%	94	72	98			
4-6 sinnum í viku - 4-6 times a week	2.1%	1.8%	3.5%	1.0%	0.9%	1.3%	12	11	16			
Á hverjum degi - Every day	0.2%	0.3%	1.9%	0.2%	0.3%	1.0%	1	1	7			
Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	825	897	779			
Háskólamenntun - Tertiary education	Aldri - Never	3.4%	3.3%	2.8%	1.8%	1.6%	1.5%	19	21	21		
Sjaldnar en einu sinni í viku - Less than once a week	48.5%	53.7%	40.0%	5.0%	4.5%	4.4%	206	289	232			
Einu sinni í viku - Once a week	27.2%	26.8%	33.8%	4.4%	4.0%	4.2%	98	110	147			
2-3 sinnum í viku - 2-3 times a week	17.1%	13.8%	18.2%	3.8%	3.1%	3.5%	53	46	61			
4-6 sinnum í viku - 4-6 times a week	3.4%	2.2%	3.3%	1.8%	1.3%	1.6%	10	6	10			
Á hverjum degi - Every day	0.4%	0.2%	1.9%	0.6%	0.4%	1.2%	1	1	7			
Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	387	473	478			
Konur - Females	Grunnmenntun - Compulsory education	Aldri - Never	13.1%	11.1%	9.5%	2.5%	2.4%	2.7%	102	82	43	
		Sjaldnar en einu sinni í viku - Less than once a week	69.9%	72.1%	68.8%	3.4%	3.5%	4.3%	491	462	330	
		Einu sinni í viku - Once a week	13.8%	12.5%	16.5%	2.6%	2.6%	3.4%	85	70	64	
		2-3 sinnum í viku - 2-3 times a week	2.3%	3.6%	4.8%	1.1%	1.5%	2.0%	14	16	18	
		4-6 sinnum í viku - 4-6 times a week	0.6%	0.7%	0.4%	0.5%	0.7%	0.6%	3	3	2	
		Á hverjum degi - Every day	0.3%	0.0%	0.0%	0.4%	0.0%	0.0%	3	0	0	
		Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	698	633	455	
		Framhaldsmenntun - Secondary education	Aldri - Never	7.8%	8.8%	5.3%	2.1%	2.1%	1.7%	57	74	40
		Sjaldnar en einu sinni í viku - Less than once a week	64.4%	62.2%	61.2%	3.7%	3.8%	3.8%	425	452	438	
		Einu sinni í viku - Once a week	19.1%	23.6%	25.8%	3.1%	3.2%	3.4%	106	131	129	
2-3 sinnum í viku - 2-3 times a week	8.2%	5.4%	7.3%	2.1%	1.7%	2.0%	39	27	28			
4-6 sinnum í viku - 4-6 times a week	0.3%	0.0%	0.2%	0.4%	0.0%	0.4%	2	0	2			
Á hverjum degi - Every day	0.2%	0.0%	0.2%	0.4%	0.0%	0.4%	2	0	1			
Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	631	684	638			
Háskólamenntun - Tertiary education	Aldri - Never	6.9%	6.5%	4.6%	1.9%	1.6%	1.3%	49	73	57		
Sjaldnar en einu sinni í viku - Less than once a week	64.4%	67.8%	58.3%	3.6%	3.0%	3.0%	441	661	684			
Einu sinni í viku - Once a week	24.1%	19.9%	28.0%	3.3%	2.6%	2.7%	145	159	248			
2-3 sinnum í viku - 2-3 times a week	4.3%	5.6%	8.0%	1.5%	1.5%	1.6%	25	39	57			
4-6 sinnum í viku - 4-6 times a week	0.3%	0.2%	0.9%	0.4%	0.3%	0.6%	2	2	6			
Á hverjum degi - Every day	0.0%	0.0%	0.2%	0.0%	0.0%	0.3%	0	0	3			
Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	662	934	1055			
Alls - Total	Grunnmenntun - Compulsory education	Aldri - Never	11.1%	8.6%	6.5%	1.8%	1.7%	1.7%	163	120	59	
		Sjaldnar en einu sinni í viku - Less than once a week	62.6%	60.9%	56.8%	2.7%	3.0%	3.5%	784	703	496	
		Einu sinni í viku - Once a week	18.2%	18.0%	22.4%	2.1%	2.3%	3.0%	176	151	147	
		2-3 sinnum í viku - 2-3 times a week	7.8%	6.0%	12.2%	1.5%	1.7%	2.3%	70	55	52	
		4-6 sinnum í viku - 4-6 times a week	1.7%	3.1%	1.4%	0.7%	1.0%	0.8%	12	18	9	
		Á hverjum degi - Every day	0.5%	0.6%	0.7%	0.4%	0.5%	0.6%	6	2	3	
		Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	1211	1649	766	
		Framhaldsmenntun - Secondary education	Aldri - Never	7.0%	6.1%	4.4%	1.3%	1.2%	1.1%	121	132	82
		Sjaldnar en einu sinni í viku - Less than once a week	56.4%	59.5%	51.9%	2.5%	2.4%	2.6%	892	1021	861	
		Einu sinni í viku - Once a week	22.8%	24.1%	25.5%	2.1%	2.1%	2.3%	293	317	322	
2-3 sinnum í viku - 2-3 times a week	12.4%	9.0%	14.8%	1.7%	1.4%	1.8%	133	99	124			
4-6 sinnum í viku - 4-6 times a week	1.4%	1.1%	2.2%	0.6%	0.5%	0.8%	14	11	18			
Á hverjum degi - Every day	0.2%	0.2%	1.3%	0.2%	0.2%	0.6%	3	1	8			
Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	1456	1581	1415			
Háskólamenntun - Tertiary education	Aldri - Never	5.4%	5.2%	3.9%	1.4%	1.2%	1.0%	68	94	78		
Sjaldnar en einu sinni í viku - Less than once a week	57.6%	62.2%	50.9%	3.0%	2.5%	2.5%	647	850	918			
Einu sinni í viku - Once a week	25.5%	22.7%	30.3%	2.6%	2.2%	2.3%	243	269	395			
2-3 sinnum í viku - 2-3 times a week	9.8%	8.9%	12.2%	1.8%	1.5%	1.6%	78	85	118			
4-6 sinnum í viku - 4-6 times a week	1.6%	1.0%	1.9%	0.8%	0.5%	0.7%	12	8	16			
Á hverjum degi - Every day	0.2%	0.1%	0.9%	0.2%	0.2%	0.5%	1	1	10			
Alls - Total	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%	1049	1407	1533			

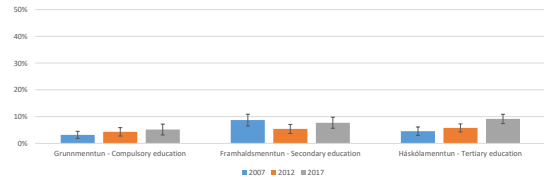
Neysla á skyndibita tvisvar sinnum í viku eða oftar
Consumption of fast food twice a week or more

Kyn - Sex	Aldur - Age	Hlutféll % ²			95% vkmörk ¹		
		2007	2012	2017	2007	2012	2017
Karlar - Males	Grunnmenntun - Compulsory education	17.9%	21.0%	22.6%	3.3%	3.9%	4.6%
	Framhaldsmenntun - Secondary education	17.7%	13.5%	24.8%	2.8%	2.2%	3.0%
	Háskólamenntun - Tertiary education	20.8%	16.1%	23.4%	4.0%	3.3%	3.8%
Konur - Females	Grunnmenntun - Compulsory education	3.2%	4.3%	5.2%	1.3%	1.6%	2.0%
	Framhaldsmenntun - Secondary education	8.7%	5.4%	7.7%	2.2%	1.7%	2.1%
	Háskólamenntun - Tertiary education	4.6%	5.8%	9.1%	1.6%	1.5%	1.7%
Alls - Total	Grunnmenntun - Compulsory education	10.1%	12.6%	14.3%	1.7%	2.0%	2.5%
Framhaldsmenntun - Secondary education	14.0%	10.3%	18.3%	1.8%	1.5%	2.0%	
Háskólamenntun - Tertiary education	11.6%	9.9%	14.9%	1.9%	1.6%	1.8%	

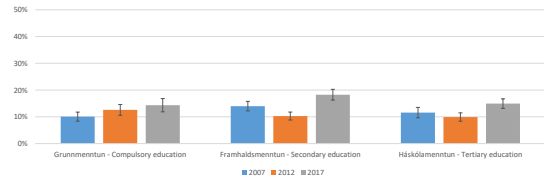
Neysla á skyndibita tvisvar sinnum í viku eða oftar - karlar
Consumption of fast food twice a week or more - males



Neysla á skyndibita tvisvar sinnum í viku eða oftar - konur
Consumption of fast food twice a week or more - females



Neysla á skyndibita tvisvar sinnum í viku eða oftar - allir
Consumption of fast food twice 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 bjögun 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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