

Röskleg hreyfing í 30 mínútur eða meira á dag síðastliðna 7 daga

Vigorous physical activities for 30 minutes or more during the past 7 days

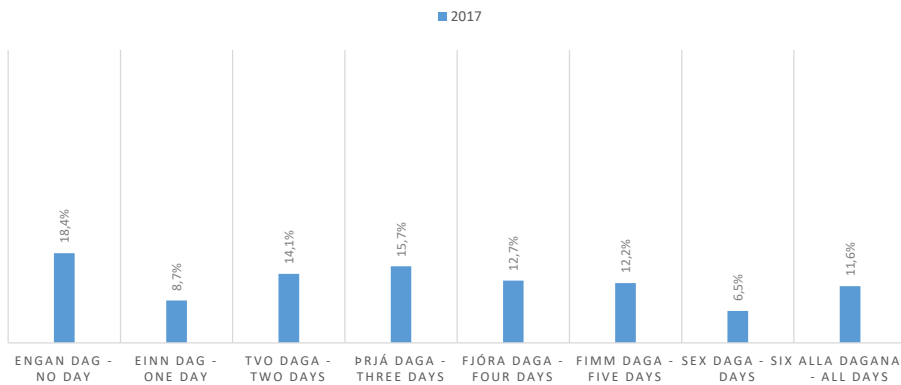
Heimild: Rannsóknin Heilsa og líðan Íslendinga 2007, 2012 og 2017¹
Source: Health and Wellbeing of Icelanders 2007, 2012 and 2017¹

Spurning (breytuheiti): Á síðastliðnum 7 dögum, hversu marga daga hefur þú stundað rösklega hreyfingu samanlagt í 30 mínútur eða meira á dag? (hrey20)
Question (variable): During the past 7 days, on how many days did you do vigorous physical activities for 30 minutes or more? (hrey20)

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

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Skýringar - Notes

Röskleg hreyfing í 30 mínútur eða meira á dag síðastliðna 7 daga

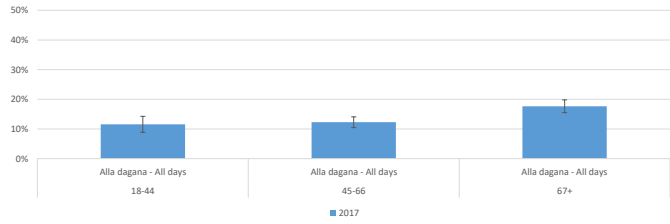
Vigorous physical activities for 30 minutes or more during the past 7 days

Þrýstu á plúsinn (+) hér að ofan til að sjá óvígtaðar fjöldatölur

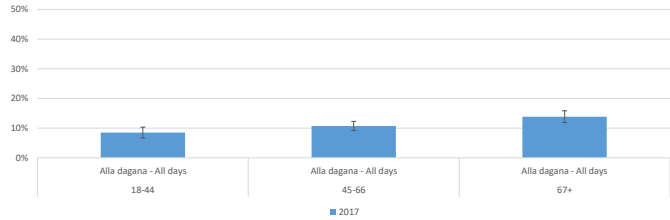
Press the plus sign above column G to get unweighted count

Kyn - Sex	Aldur - Age		Hlutföll % ^a 2017	95% vikiðmörk ^b 2017
Karlir - Males	18-44	Engan dag - No day	20.2%	3.4%
		Einn dag - One day	9.6%	2.5%
		Tvo daga - Two days	14.1%	2.9%
		Þrjú daga - Three days	13.5%	2.9%
		Fjóra daga - Four days	13.0%	2.8%
		Fimm daga - Five days	11.0%	2.6%
		Sex daga - Six days	7.0%	2.1%
		Alla dagana - All days	11.6%	2.7%
		Alls - Total	100.0%	0.0%
	45-66	Engan dag - No day	20.1%	2.2%
		Einn dag - One day	9.0%	1.6%
		Tvo daga - Two days	13.7%	1.9%
		Þrjú daga - Three days	16.1%	2.0%
		Fjóra daga - Four days	11.2%	1.8%
		Fimm daga - Five days	11.3%	1.8%
		Sex daga - Six days	6.3%	1.4%
		Alla dagana - All days	12.3%	1.8%
		Alls - Total	100.0%	0.0%
	67+	Engan dag - No day	20.5%	2.3%
		Einn dag - One day	7.2%	1.5%
		Tvo daga - Two days	9.8%	1.7%
		Þrjú daga - Three days	13.5%	1.9%
		Fjóra daga - Four days	9.2%	1.6%
		Fimm daga - Five days	13.6%	1.9%
		Sex daga - Six days	8.5%	1.6%
		Alla dagana - All days	17.7%	2.2%
		Alls - Total	100.0%	0.0%
Alls - Total	Engan dag - No day	20.2%	1.4%	
	Einn dag - One day	9.0%	1.0%	
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	Sex daga - Six days	7.0%	0.9%	
	Alla dagana - All days	12.9%	1.2%	
	Alls - Total	100.0%	0.0%	
Konur - Females	18-44	Engan dag - No day	17.0%	2.4%
		Einn dag - One day	10.7%	2.0%
		Tvo daga - Two days	16.0%	2.4%
		Þrjú daga - Three days	17.1%	2.5%
		Fjóra daga - Four days	14.5%	2.3%
		Fimm daga - Five days	11.2%	2.1%
		Sex daga - Six days	5.0%	1.4%
		Alla dagana - All days	8.5%	1.8%
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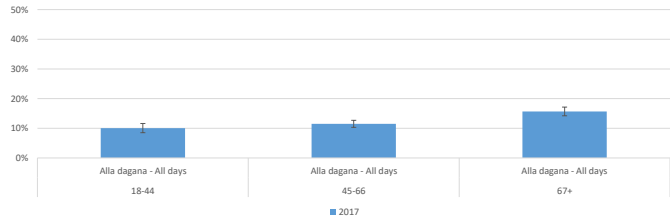
Röskleg hreyfing í 30 mínútur eða meira á dag síðastliðna 7 daga - karlar
Vigorous physical activities for 30 minutes or more during the past 7 days - males



Röskleg hreyfing í 30 mínútur eða meira á dag síðastliðna 7 daga - konur
Vigorous physical activities for 30 minutes or more during the past 7 days - females



Röskleg hreyfing í 30 mínútur eða meira á dag síðastliðna 7 daga - allir
Vigorous physical activities for 30 minutes or more during the past 7 days - total



Röskleg hreyfing í 30 mínútur eða meira á dag síðastliðna 7 daga

Vigorous physical activities for 30 minutes or more during the past 7 days

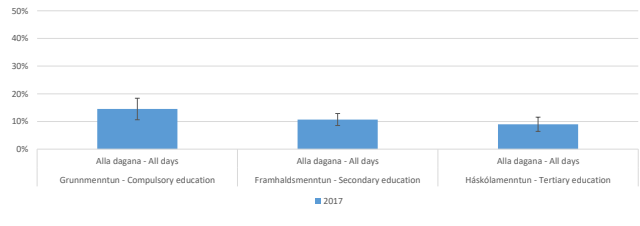
Brýstu á plúsinn (+) hér að ofan til að sjá óvígtaðar fjöldataölur

Press the plus sign above column G to get unweighted count

Kyn - Sex	Menntun - Education ⁴		Hlutféll % ² 2017	95% víkmörk ³ 2017	
Karlar - Males	Grunnmenntun - Compulsory education	Engan dag - No day	27.6%	4.9%	
		Einn dag - One day	8.6%	3.1%	
		Tvo daga - Two days	14.2%	3.8%	
		Þrjú daga - Three days	8.6%	3.1%	
		Fjóra daga - Four days	8.7%	3.1%	
		Fimm daga - Five days	13.1%	3.7%	
		Sex daga - Six days	4.7%	2.3%	
		Alla dagana - All days	14.5%	3.9%	
		Alls - Total	100.0%	0.0%	
		Framhaldsmenntun - Secondary education	Engan dag - No day	23.0%	3.0%
			Einn dag - One day	10.6%	2.2%
			Tvo daga - Two days	13.2%	2.4%
			Þrjú daga - Three days	13.7%	2.4%
			Fjóra daga - Four days	11.0%	2.2%
Fimm daga - Five days	11.3%		2.2%		
Sex daga - Six days	6.6%		1.7%		
Alla dagana - All days	10.7%		2.2%		
Alls - Total	100.0%		0.0%		
Háskólamenntun - Tertiary education	Engan dag - No day		13.9%	3.1%	
	Einn dag - One day		10.3%	2.7%	
	Tvo daga - Two days		14.2%	3.1%	
	Þrjú daga - Three days		21.5%	3.7%	
	Fjóra daga - Four days		14.2%	3.1%	
	Fimm daga - Five days	10.7%	2.8%		
	Sex daga - Six days	6.3%	2.2%		
	Alla dagana - All days	9.0%	2.6%		
	Alls - Total	100.0%	0.0%		
	Konur - Females	Grunnmenntun - Compulsory education	Engan dag - No day	23.1%	3.9%
			Einn dag - One day	8.4%	2.5%
			Tvo daga - Two days	10.9%	2.9%
			Þrjú daga - Three days	14.2%	3.2%
			Fjóra daga - Four days	11.5%	2.9%
Fimm daga - Five days			13.1%	3.1%	
Sex daga - Six days			3.3%	1.6%	
Alla dagana - All days			15.5%	3.3%	
Alls - Total			100.0%	0.0%	
Framhaldsmenntun - Secondary education			Engan dag - No day	19.0%	3.1%
			Einn dag - One day	10.3%	2.4%
			Tvo daga - Two days	14.4%	2.7%
			Þrjú daga - Three days	16.2%	2.9%
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	Alls - Total	100.0%	0.0%		

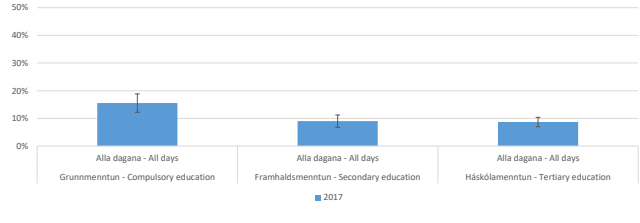
Röskleg hreyfing í 30 mínútur eða meira á dag síðastliðna 7 daga - karlar

Vigorous physical activities for 30 minutes or more during the past 7 days - males



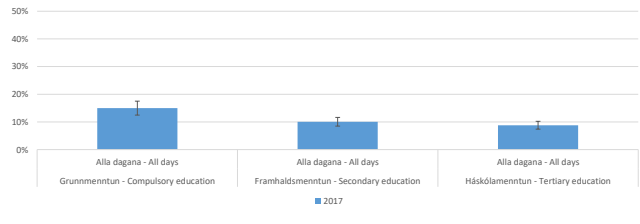
Röskleg hreyfing í 30 mínútur eða meira á dag síðastliðna 7 daga - konur

Vigorous physical activities for 30 minutes or more during the past 7 days - females



Röskleg hreyfing í 30 mínútur eða meira á dag síðastliðna 7 daga - allir

Vigorous physical activities for 30 minutes or more during the past 7 days - 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.

Vigorous physical activity for 30 minutes or more during the past 7 days

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.*

Question (variable): During the past 7 days, on how many days did you do vigorous physical activities for 30 minutes or more? (hrey20)

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.*

[← Yfirlit](#)