

## Sátt við eigin líkamsþyngd

### Body weight satisfaction

Heimild: Rannsóknin Heilsa og líðan Íslendinga 2007, 2012 og 2017<sup>1</sup>

Source: Health and Wellbeing of Icelanders 2007, 2012 and 2017<sup>1</sup>

Spurning (breytuheiti): Hversu sátt/ur eða ósátt/ur ert þú við eigin líkamsþyngd? (hold3)

Question (variable): How satisfied are you with your weight? (hold3)

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/>

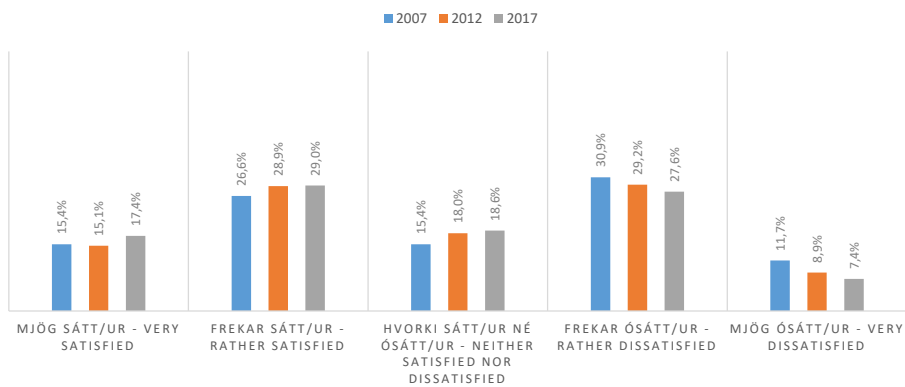
#### Töflur - Tables

[Sátt við eigin líkamsþyngd eftir kyni og aldri](#)

[Body weight satisfaction by sex and age](#)

[Sátt við eigin líkamsþyngd eftir kyni og menntun](#)

[Body weight satisfaction by sex and education](#)



#### Skýringar - Notes

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

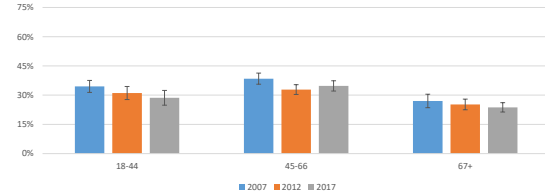
Sátt við eigin líkamspýngd  
Body weight satisfaction

Kyn - Sex	Aldur - Age		Hlutföll % <sup>2</sup>			95% vikmörk <sup>3</sup>		
			2007	2012	2017	2007	2012	2017
Karlir - Males	18-44	Mjög sáttur - Very satisfied	17,1%	15,1%	21,9%	2,4%	2,6%	3,5%
		Frekar sáttur - Rather satisfied	29,5%	32,7%	28,9%	2,9%	3,4%	3,8%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	18,9%	21,1%	20,6%	2,5%	3,0%	3,4%
		Frekar ósáttur - Rather dissatisfied	28,0%	26,7%	24,1%	2,9%	3,2%	3,6%
		Mjög ósáttur - Very dissatisfied	6,5%	4,4%	4,6%	1,6%	1,5%	1,7%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Karlir - Males	45-66	Mjög sáttur - Very satisfied	19,8%	17,7%	16,0%	2,3%	2,0%	2,0%
		Frekar sáttur - Rather satisfied	26,9%	30,2%	29,4%	2,6%	2,5%	2,5%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	14,8%	19,2%	19,8%	2,1%	2,1%	2,2%
		Frekar ósáttur - Rather dissatisfied	32,0%	28,1%	29,5%	2,7%	2,4%	2,5%
		Mjög ósáttur - Very dissatisfied	6,5%	4,7%	5,3%	1,4%	1,1%	1,2%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Karlir - Males	67+	Mjög sáttur - Very satisfied	28,2%	29,1%	28,4%	3,5%	2,9%	2,5%
		Frekar sáttur - Rather satisfied	26,1%	29,8%	32,4%	3,4%	2,9%	2,6%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	18,7%	15,9%	15,4%	3,0%	2,3%	2,0%
		Frekar ósáttur - Rather dissatisfied	22,5%	21,4%	20,9%	3,2%	2,6%	2,3%
		Mjög ósáttur - Very dissatisfied	4,5%	3,8%	2,8%	1,6%	1,2%	0,9%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Alls - Total	18-44	Mjög sáttur - Very satisfied	19,3%	17,8%	20,9%	1,5%	1,4%	1,5%
		Frekar sáttur - Rather satisfied	28,2%	31,4%	29,7%	1,7%	1,6%	1,6%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	17,4%	19,8%	19,4%	1,4%	1,4%	1,4%
		Frekar ósáttur - Rather dissatisfied	28,9%	26,6%	25,5%	1,7%	1,6%	1,6%
		Mjög ósáttur - Very dissatisfied	6,3%	4,5%	4,5%	0,9%	0,7%	0,7%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Konur - Females	18-44	Mjög sáttur - Very satisfied	10,5%	11,5%	12,8%	1,7%	1,9%	2,2%
		Frekar sáttur - Rather satisfied	23,7%	23,9%	27,0%	2,4%	2,5%	2,9%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	12,8%	16,0%	17,1%	1,9%	2,2%	2,5%
		Frekar ósáttur - Rather dissatisfied	33,2%	32,6%	30,0%	2,6%	2,8%	3,0%
		Mjög ósáttur - Very dissatisfied	19,8%	16,1%	13,1%	2,2%	2,2%	2,2%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Konur - Females	45-66	Mjög sáttur - Very satisfied	10,3%	11,7%	12,2%	1,7%	1,6%	1,6%
		Frekar sáttur - Rather satisfied	26,4%	28,1%	27,2%	2,5%	2,3%	2,2%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	14,0%	15,1%	18,3%	2,0%	1,8%	1,9%
		Frekar ósáttur - Rather dissatisfied	34,7%	33,3%	33,4%	2,7%	2,4%	2,4%
		Mjög ósáttur - Very dissatisfied	14,6%	11,8%	8,9%	2,0%	1,6%	1,4%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Konur - Females	67+	Mjög sáttur - Very satisfied	20,2%	17,5%	19,5%	3,1%	2,4%	2,3%
		Frekar sáttur - Rather satisfied	26,3%	30,3%	33,8%	3,3%	2,8%	2,7%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	14,3%	19,4%	18,3%	2,7%	2,4%	2,2%
		Frekar ósáttur - Rather dissatisfied	26,7%	25,6%	22,3%	3,4%	2,7%	2,4%
		Mjög ósáttur - Very dissatisfied	12,5%	7,3%	6,1%	2,6%	1,6%	1,4%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Alls - Total	18-44	Mjög sáttur - Very satisfied	11,6%	12,4%	13,9%	1,1%	1,1%	1,1%
		Frekar sáttur - Rather satisfied	24,9%	26,3%	28,4%	1,5%	1,4%	1,5%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	13,4%	16,2%	17,7%	1,2%	1,2%	1,2%
		Frekar ósáttur - Rather dissatisfied	33,0%	31,9%	29,7%	1,7%	1,5%	1,5%
		Mjög ósáttur - Very dissatisfied	17,1%	13,3%	10,3%	1,3%	1,1%	1,0%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Alls - Total	45-66	Mjög sáttur - Very satisfied	15,1%	14,8%	14,1%	1,5%	1,3%	1,3%
		Frekar sáttur - Rather satisfied	26,6%	29,2%	28,3%	1,8%	1,7%	1,7%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	14,4%	17,2%	19,1%	1,4%	1,4%	1,5%
		Frekar ósáttur - Rather dissatisfied	33,3%	30,7%	31,4%	1,9%	1,7%	1,7%
		Mjög ósáttur - Very dissatisfied	10,5%	8,2%	7,1%	1,3%	1,0%	1,0%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Alls - Total	67+	Mjög sáttur - Very satisfied	24,0%	23,0%	23,7%	2,3%	1,9%	1,7%
		Frekar sáttur - Rather satisfied	26,2%	30,1%	33,1%	2,4%	2,0%	1,9%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	16,4%	17,7%	16,9%	2,0%	1,7%	1,5%
		Frekar ósáttur - Rather dissatisfied	24,7%	23,6%	21,6%	2,3%	1,9%	1,6%
		Mjög ósáttur - Very dissatisfied	8,7%	6,6%	4,6%	1,5%	1,0%	0,8%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>
Alls - Total	18-44	Mjög sáttur - Very satisfied	15,4%	15,1%	17,4%	0,9%	0,9%	0,9%
		Frekar sáttur - Rather satisfied	26,6%	28,9%	29,0%	1,1%	1,1%	1,1%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	15,4%	18,0%	18,6%	0,9%	0,9%	0,9%
		Frekar ósáttur - Rather dissatisfied	30,9%	29,2%	27,6%	1,2%	1,1%	1,1%
		Mjög ósáttur - Very dissatisfied	11,7%	8,9%	7,4%	0,8%	0,7%	0,6%
		<b>Alls - Total</b>	<b>100,0%</b>	<b>100,0%</b>	<b>100,0%</b>	<b>0,0%</b>	<b>0,0%</b>	<b>0,0%</b>

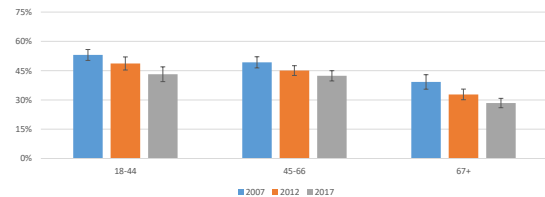
Frekar eða mjög ósátt við eigin líkamspýngd  
Rather or very dissatisfied with weight

Kyn - Sex	Aldur - Age	Hlutföll % <sup>2</sup>			95% vikmörk <sup>3</sup>		
		2007	2012	2017	2007	2012	2017
Karlir - Males	18-44	34,5%	31,1%	28,6%	3,1%	3,4%	3,8%
	45-66	38,5%	32,9%	34,8%	2,9%	2,5%	2,6%
	67+	27,0%	25,2%	23,7%	3,5%	2,7%	2,4%
	<b>Alls - Total</b>	<b>35,2%</b>	<b>31,0%</b>	<b>30,0%</b>	<b>1,8%</b>	<b>1,6%</b>	<b>1,6%</b>
Konur - Females	18-44	53,0%	48,7%	43,2%	2,8%	3,0%	3,2%
	45-66	49,3%	45,0%	42,3%	2,9%	2,5%	2,5%
	67+	39,2%	32,8%	28,4%	3,7%	2,9%	2,6%
	<b>Alls - Total</b>	<b>50,1%</b>	<b>45,1%</b>	<b>40,0%</b>	<b>1,8%</b>	<b>1,6%</b>	<b>1,6%</b>
Alls - Total	18-44	43,6%	39,8%	35,8%	2,1%	2,2%	2,5%
	45-66	43,8%	38,9%	38,6%	2,0%	1,8%	1,8%
	67+	33,4%	29,2%	26,2%	2,6%	2,0%	1,8%
	<b>Alls - Total</b>	<b>42,6%</b>	<b>38,1%</b>	<b>35,0%</b>	<b>1,3%</b>	<b>1,2%</b>	<b>1,1%</b>

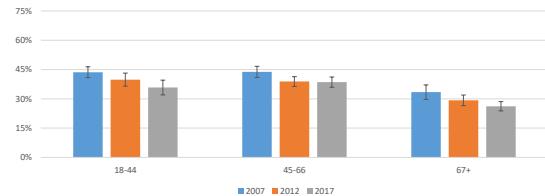
Frekar eða mjög ósátt við eigin líkamspýngd - karlar  
Rather or very dissatisfied with weight - males



Frekar eða mjög ósátt við eigin líkamspýngd - konur  
Rather or very dissatisfied with weight - females



Frekar eða mjög ósátt við eigin líkamspýngd - allir  
Rather or very dissatisfied with weight - total



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

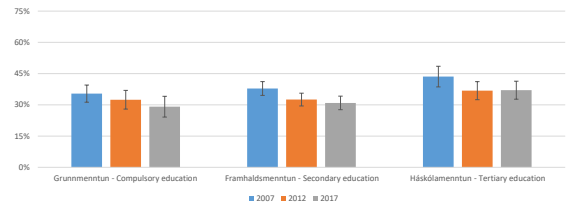
Sátt við eigin líkamspýngd  
Body weight satisfaction

Kyn - Sex	Menntun - Education <sup>a</sup>	Hlutföll % <sup>b</sup>			95% víkmörk <sup>c</sup>			
		2007	2012	2017	2007	2012	2017	
<b>Karlar - Males</b>	Grunnmenntun - Compulsory education	Mjög sáttur - Very satisfied	17.7%	18.0%	15.2%	3.3%	3.7%	3.9%
		Frekar sáttur - Rather satisfied	27.0%	28.6%	31.1%	3.8%	4.3%	5.1%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	19.9%	20.9%	24.6%	3.4%	3.9%	4.7%
	Framhaldsmenntun - Secondary education	Frekar ósáttur - Rather dissatisfied	29.1%	27.4%	22.4%	3.9%	4.3%	4.6%
		Mjög ósáttur - Very dissatisfied	6.2%	5.1%	6.7%	2.1%	2.1%	2.7%
		<b>Alls - Total</b>	<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>0.0%</b>
	Háskólamenntun - Tertiary education	Mjög sáttur - Very satisfied	19.6%	14.3%	16.8%	2.7%	2.3%	2.6%
		Frekar sáttur - Rather satisfied	26.6%	31.1%	28.8%	3.0%	3.0%	3.2%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	16.0%	22.1%	23.6%	2.5%	2.7%	3.0%
	Alls - Total	Frekar ósáttur - Rather dissatisfied	32.3%	27.4%	25.7%	3.2%	2.9%	3.1%
Mjög ósáttur - Very dissatisfied		5.6%	5.1%	5.2%	1.6%	1.4%	1.6%	
<b>Alls - Total</b>		<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>0.0%</b>	
<b>Konur - Females</b>	Grunnmenntun - Compulsory education	Mjög sáttur - Very satisfied	12.9%	15.3%	21.6%	3.3%	3.2%	3.7%
		Frekar sáttur - Rather satisfied	30.9%	32.0%	28.0%	4.6%	4.2%	4.0%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	12.7%	15.9%	13.4%	3.3%	3.3%	3.0%
	Framhaldsmenntun - Secondary education	Frekar ósáttur - Rather dissatisfied	35.9%	32.3%	32.3%	4.8%	4.2%	4.2%
		Mjög ósáttur - Very dissatisfied	7.7%	4.5%	4.7%	2.7%	1.9%	1.9%
		<b>Alls - Total</b>	<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>0.0%</b>
	Háskólamenntun - Tertiary education	Mjög sáttur - Very satisfied	9.6%	8.6%	10.3%	2.2%	2.2%	2.8%
		Frekar sáttur - Rather satisfied	20.6%	21.8%	19.8%	3.0%	3.2%	3.6%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	15.6%	18.8%	22.5%	2.7%	3.0%	3.8%
	Alls - Total	Frekar ósáttur - Rather dissatisfied	33.8%	32.9%	31.5%	3.5%	3.7%	4.3%
Mjög ósáttur - Very dissatisfied		20.4%	17.9%	15.9%	3.0%	3.0%	3.3%	
<b>Alls - Total</b>		<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>0.0%</b>	
<b>Alls - Total</b>	Grunnmenntun - Compulsory education	Mjög sáttur - Very satisfied	10.7%	10.8%	9.9%	2.4%	2.3%	2.3%
		Frekar sáttur - Rather satisfied	23.5%	23.7%	22.6%	3.3%	3.2%	3.3%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	12.6%	14.1%	22.0%	2.6%	2.6%	3.2%
	Framhaldsmenntun - Secondary education	Frekar ósáttur - Rather dissatisfied	33.7%	34.9%	34.0%	3.7%	3.6%	3.7%
		Mjög ósáttur - Very dissatisfied	19.4%	16.5%	11.4%	3.1%	2.8%	2.5%
		<b>Alls - Total</b>	<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>0.0%</b>
	Háskólamenntun - Tertiary education	Mjög sáttur - Very satisfied	11.9%	13.7%	13.0%	2.5%	2.2%	2.0%
		Frekar sáttur - Rather satisfied	28.5%	29.6%	31.1%	3.4%	2.9%	2.8%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	11.5%	13.8%	13.2%	2.4%	2.2%	2.0%
	Alls - Total	Frekar ósáttur - Rather dissatisfied	34.9%	32.0%	32.2%	3.6%	3.0%	2.8%
Mjög ósáttur - Very dissatisfied		13.3%	11.0%	10.6%	2.6%	2.0%	1.9%	
<b>Alls - Total</b>		<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>0.0%</b>	
<b>Alls - Total</b>	Grunnmenntun - Compulsory education	Mjög sáttur - Very satisfied	13.4%	13.3%	12.9%	1.9%	2.0%	2.4%
		Frekar sáttur - Rather satisfied	23.6%	25.2%	25.8%	2.4%	2.6%	3.1%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	17.6%	19.9%	23.6%	2.1%	2.4%	3.0%
	Framhaldsmenntun - Secondary education	Frekar ósáttur - Rather dissatisfied	31.6%	30.1%	26.7%	2.6%	2.8%	3.1%
		Mjög ósáttur - Very dissatisfied	13.8%	11.5%	11.0%	1.9%	1.9%	2.2%
		<b>Alls - Total</b>	<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>0.0%</b>
	Háskólamenntun - Tertiary education	Mjög sáttur - Very satisfied	15.9%	12.9%	14.1%	1.9%	1.7%	1.8%
		Frekar sáttur - Rather satisfied	25.3%	28.2%	26.4%	2.2%	2.2%	2.3%
		Hvorki sáttur né ósáttur - Neither satisfied nor dissatisfied	14.6%	18.9%	23.0%	1.8%	1.9%	2.2%
	Alls - Total	Frekar ósáttur - Rather dissatisfied	32.9%	30.4%	28.9%	2.4%	2.3%	2.4%
Mjög ósáttur - Very dissatisfied		11.3%	9.6%	7.6%	1.6%	1.5%	1.4%	
<b>Alls - Total</b>		<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>0.0%</b>	

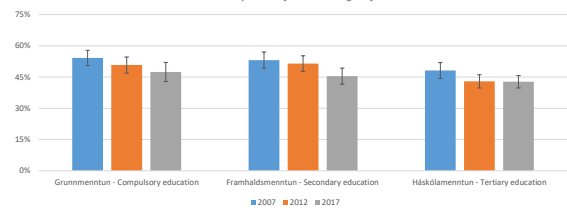
Frekar eða mjög ósátt við eigin líkamspýngd  
Rather or very dissatisfied with weight

Kyn - Sex	Menntun - Education <sup>a</sup>	Hlutföll % <sup>b</sup>			95% víkmörk <sup>c</sup>		
		2007	2012	2017	2007	2012	2017
Karlar - Males	Grunnmenntun - Compulsory education	35.4%	32.4%	29.1%	4.1%	4.5%	5.0%
	Framhaldsmenntun - Secondary education	37.9%	32.5%	30.9%	3.3%	3.1%	3.2%
	Háskólamenntun - Tertiary education	43.6%	36.8%	37.0%	5.0%	4.3%	4.3%
Konur - Females	Grunnmenntun - Compulsory education	54.2%	50.7%	47.5%	3.7%	3.9%	4.6%
	Framhaldsmenntun - Secondary education	53.1%	51.5%	45.4%	3.9%	3.7%	3.9%
	Háskólamenntun - Tertiary education	48.1%	42.9%	42.7%	3.8%	3.2%	3.0%
Alls - Total	Grunnmenntun - Compulsory education	45.4%	41.7%	37.8%	2.8%	3.0%	3.4%
	Framhaldsmenntun - Secondary education	44.1%	40.0%	36.5%	2.5%	2.4%	2.5%
	Háskólamenntun - Tertiary education	46.2%	40.5%	40.4%	3.0%	2.6%	2.5%

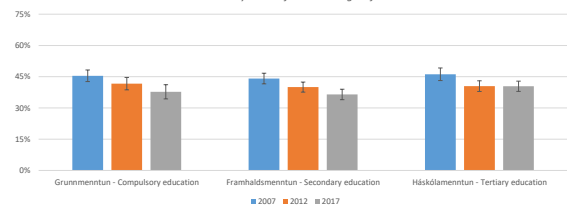
Frekar eða mjög ósátt við eigin líkamspýngd - karlar  
Rather or very dissatisfied with weight - males



Frekar eða mjög ósátt við eigin líkamspýngd - konur  
Rather or very dissatisfied with weight - females



Frekar eða mjög ósátt við eigin líkamspýngd - konur  
Rather or very dissatisfied with weight - females



## Skýringar:

<sup>1</sup> 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.

<sup>2</sup> Hlutföll eru vigtuð til að endurspeglar aldurs-, kynja, og búsetusamsetningu þjóðarinnar.

<sup>3</sup> 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).

<sup>4</sup> 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 aldursbil þregra en í öðrum greiningum, þ.e. 25-64 ára.

## Notes:

<sup>1</sup> *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.*

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

<sup>3</sup> *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).*

<sup>4</sup> *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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