Denmark life expectancy in years (2013)
Fact sheet Denmark

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Publication date:
2017

Document Version
Publisher's PDF, also known as Version of record

Link back to DTU Orbit

Citation (APA):

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DENMARK

Total population: 5 598 000
Income group: High

Life expectancy in years (2013)

- Male: 77.8
- Female: 82.0

BURDEN OF DISEASE (www.healthdata.org)

Burden of disease from mortality and morbidity attributable to leading behavioural and metabolic risk factors (2013). Risk factors are potentially modifiable causes of non-communicable disease (NCD). The four main NCDs (cardiovascular diseases, diabetes, cancers, chronic respiratory diseases) are estimated to account for 69% of total deaths in Denmark.

![Graph showing burden of disease factors]

* DALY (disability adjusted life year) is a measure of the overall burden of a disease and indicates how many healthy years of life are lost due to premature death or due to decreased quality of life associated with a disease.

DEVELOPMENT FROM 2011-2014 IN RISK FACTORS (NORDIC MONITORING SYSTEM 2011-2014)

![Graph showing development in risk factors from 2011 to 2014]

* Significant difference between survey years 2011 and 2014

The development from 2011 to 2014 in unhealthy diet, physical inactivity, high recreational screen time, overweight (OW/OB) and obesity (OB) among adults (18-65-year-olds) and children (7-12-year-olds) in Denmark according to data from the Nordic Monitoring System.
### Risk factors - Nordic Monitoring System 2014

#### 18-65 years

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Males (%)</th>
<th>Females (%)</th>
<th>Total (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unhealthy diet (%)</td>
<td>27.5</td>
<td>17.9</td>
<td>22.7</td>
</tr>
<tr>
<td>Inactive (%)</td>
<td>34.6</td>
<td>33.9</td>
<td>34.3</td>
</tr>
<tr>
<td>High recreational screen time (%)</td>
<td>32.4</td>
<td>34.1</td>
<td>33.2</td>
</tr>
<tr>
<td>Smokers (%)</td>
<td>26.6</td>
<td>23.9</td>
<td>25.3</td>
</tr>
<tr>
<td>Daily smokers (%)</td>
<td>22.5</td>
<td>20.2</td>
<td>21.3</td>
</tr>
<tr>
<td>Total alcohol consumption (times/wk)*</td>
<td>3.2</td>
<td>1.7</td>
<td>2.5</td>
</tr>
<tr>
<td>Binge drinking last month (%)</td>
<td>55.5</td>
<td>36.9</td>
<td>46.3</td>
</tr>
<tr>
<td>Overweight/obesity (%)</td>
<td>55.9</td>
<td>38.3</td>
<td>47.3</td>
</tr>
<tr>
<td>Obesity (%)</td>
<td>14.4</td>
<td>15.2</td>
<td>14.8</td>
</tr>
</tbody>
</table>

#### 7-12 years

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Boys (%)</th>
<th>Girls (%)</th>
<th>Total (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unhealthy diet (%)</td>
<td>11.1</td>
<td>14.2</td>
<td>12.6</td>
</tr>
<tr>
<td>Inactive (%)</td>
<td>53.3</td>
<td>65.2</td>
<td>59.2</td>
</tr>
<tr>
<td>High recreational screen time (%)</td>
<td>22.6</td>
<td>17.6</td>
<td>20.1</td>
</tr>
<tr>
<td>Overweight/obesity (%)</td>
<td>11.5</td>
<td>11.6</td>
<td>11.6</td>
</tr>
<tr>
<td>Obesity (%)</td>
<td>3.2</td>
<td>5.3</td>
<td>4.2</td>
</tr>
</tbody>
</table>

* The mean total alcohol consumption of beer, wine and spirits as times per week

- ![Red Circle] Most favourable health behaviour in the Nordic countries
- ![Orange Circle] Least favourable health behaviour in the Nordic countries

### National systems in 2013 (WHO NCD Country Profiles)

- Has an operational multisectoral national policy, strategy or action plan that integrates several NCDs and shared risk factors
- Has an operational policy, strategy or action plan to reduce the harmful use of alcohol
- Has an operational policy, strategy or action plan to reduce physical inactivity and/or promote physical activity
- Has an operational policy, strategy or action plan to reduce the burden of tobacco use
- Has an operational policy, strategy or action plan to reduce unhealthy diet and/or promote healthy diets

### Sources

- www.healthdata.org
- WHO Noncommunicable diseases (NCD) country profiles, 2014.