Iceland life expectancy in years (2013)
Fact sheet Iceland
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ICELAND

Total population: 326 000
Income group: High

Life expectancy in years (2013)

\[\begin{align*}
\text{Male} & : 80.8 \\
\text{Female} & : 84.8
\end{align*}\]

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 71% of total deaths in Iceland.

![Dietary risks bar chart](chart1)

**Dietary risks**
- High BMI
- Tobacco use
- Low physical activity
- Alcohol use

**Percent of total DALYs**

*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)

![Risk factor development bar chart](chart2)

* 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 Iceland according to data from the Nordic Monitoring System.
### Risk factors – Nordic Monitoring System 2014

<table>
<thead>
<tr>
<th>18-65 years</th>
<th>Males</th>
<th>Females</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unhealthy diet (%)</td>
<td>27.5</td>
<td>21.4</td>
<td>24.5</td>
</tr>
<tr>
<td>Inactive (%)</td>
<td>35.9</td>
<td>34.4</td>
<td>35.2</td>
</tr>
<tr>
<td>High recreational screen time (%)</td>
<td>26.3</td>
<td>26.0</td>
<td>26.2</td>
</tr>
<tr>
<td>Smokers (%)</td>
<td>21.9</td>
<td>22.1</td>
<td>22.0</td>
</tr>
<tr>
<td>Daily smokers (%)</td>
<td>15.3</td>
<td>15.0</td>
<td>15.2</td>
</tr>
<tr>
<td>Total alcohol consumption (times/wk)*</td>
<td>1.5</td>
<td>0.9</td>
<td>1.2</td>
</tr>
<tr>
<td>Binge drinking last month (%)</td>
<td>46.0</td>
<td>32.3</td>
<td>39.1</td>
</tr>
<tr>
<td>Overweight/obesity (%)</td>
<td>65.8</td>
<td>53.1</td>
<td>59.6</td>
</tr>
<tr>
<td>Obesity (%)</td>
<td>21.1</td>
<td>21.0</td>
<td>21.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>7-12 years</th>
<th>Boys</th>
<th>Girls</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unhealthy diet (%)</td>
<td>10.4</td>
<td>11.8</td>
<td>11.1</td>
</tr>
<tr>
<td>Inactive (%)</td>
<td>43.9</td>
<td>51.5</td>
<td>47.7</td>
</tr>
<tr>
<td>High recreational screen time (%)</td>
<td>6.5</td>
<td>4.5</td>
<td>5.5</td>
</tr>
<tr>
<td>Overweight/obesity (%)</td>
<td>20.5</td>
<td>19.4</td>
<td>20.0</td>
</tr>
<tr>
<td>Obesity (%)</td>
<td>4.4</td>
<td>2.1</td>
<td>3.2</td>
</tr>
</tbody>
</table>

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

- Most favourable health behaviour in the Nordic countries
- 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

*A national alcohol prevention policy was launched late 2013*

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