



YVIRLIVA VIT?

Tøl og tendensir í heilsukanningum

HVAT FARA VIT AT TOSA UM

- KOL–diabetes á heysti 2013
- Gallup kanning 2014
- 17–18 árs kanningin 2014 – ESPAD
- Onnur tøl



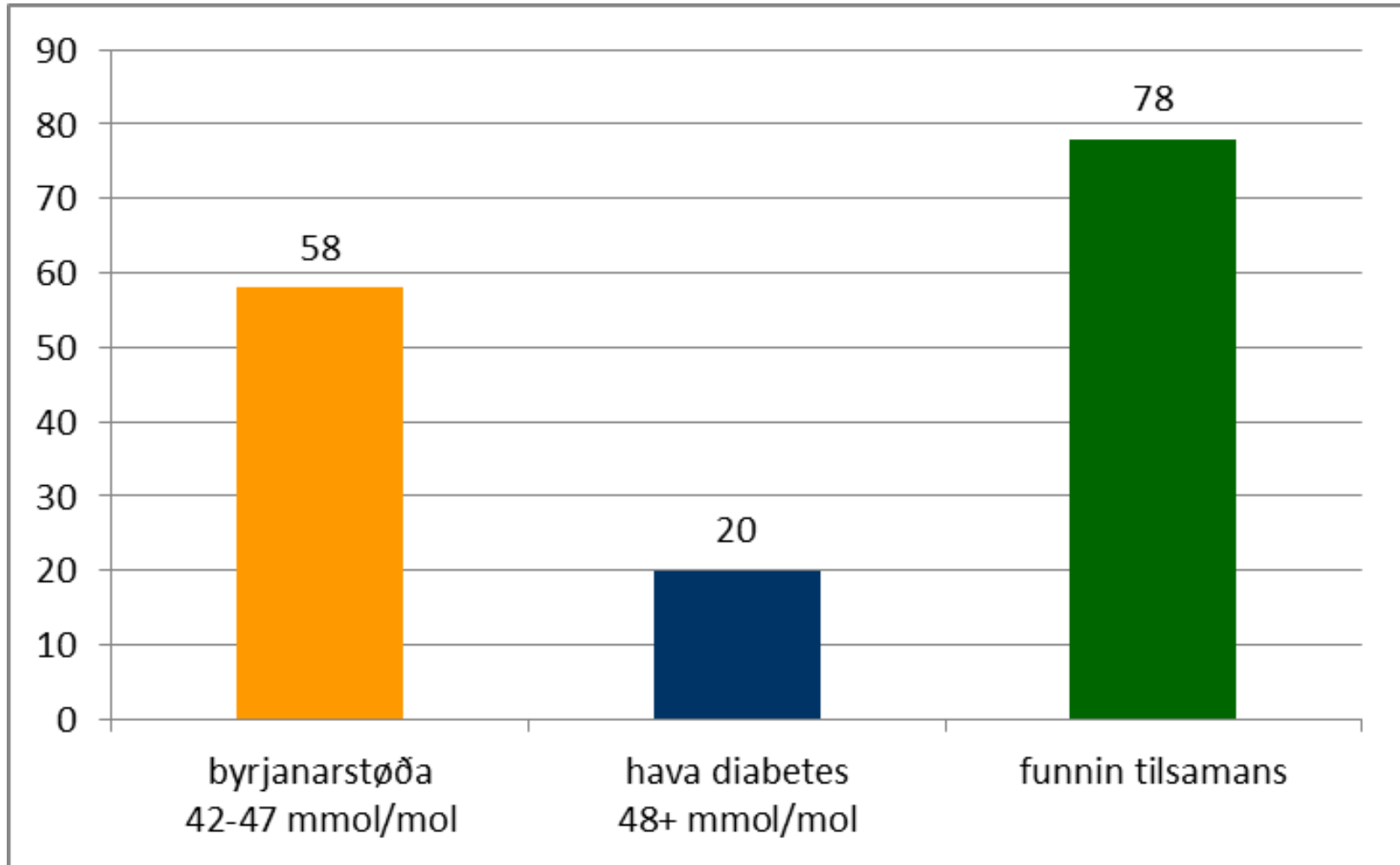
- KOL–diabetes kanning á heysti 2013

- 1300 fólk vórðu kannað kring landið



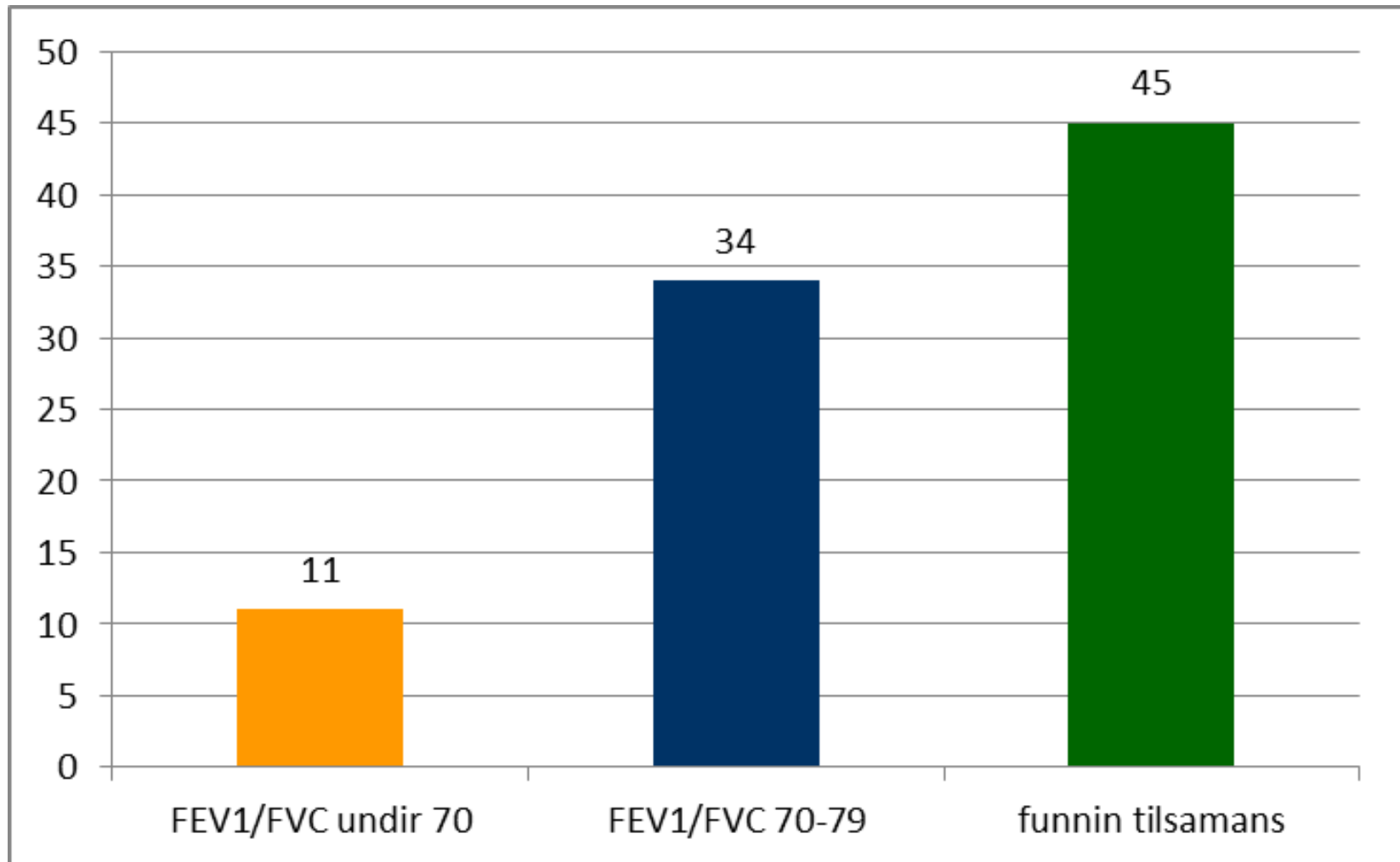
DIABETES – TYPA 2

TALIÐ Á TEIMUM, IÐ FUNNIN ERU:



KOL

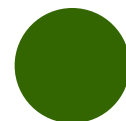
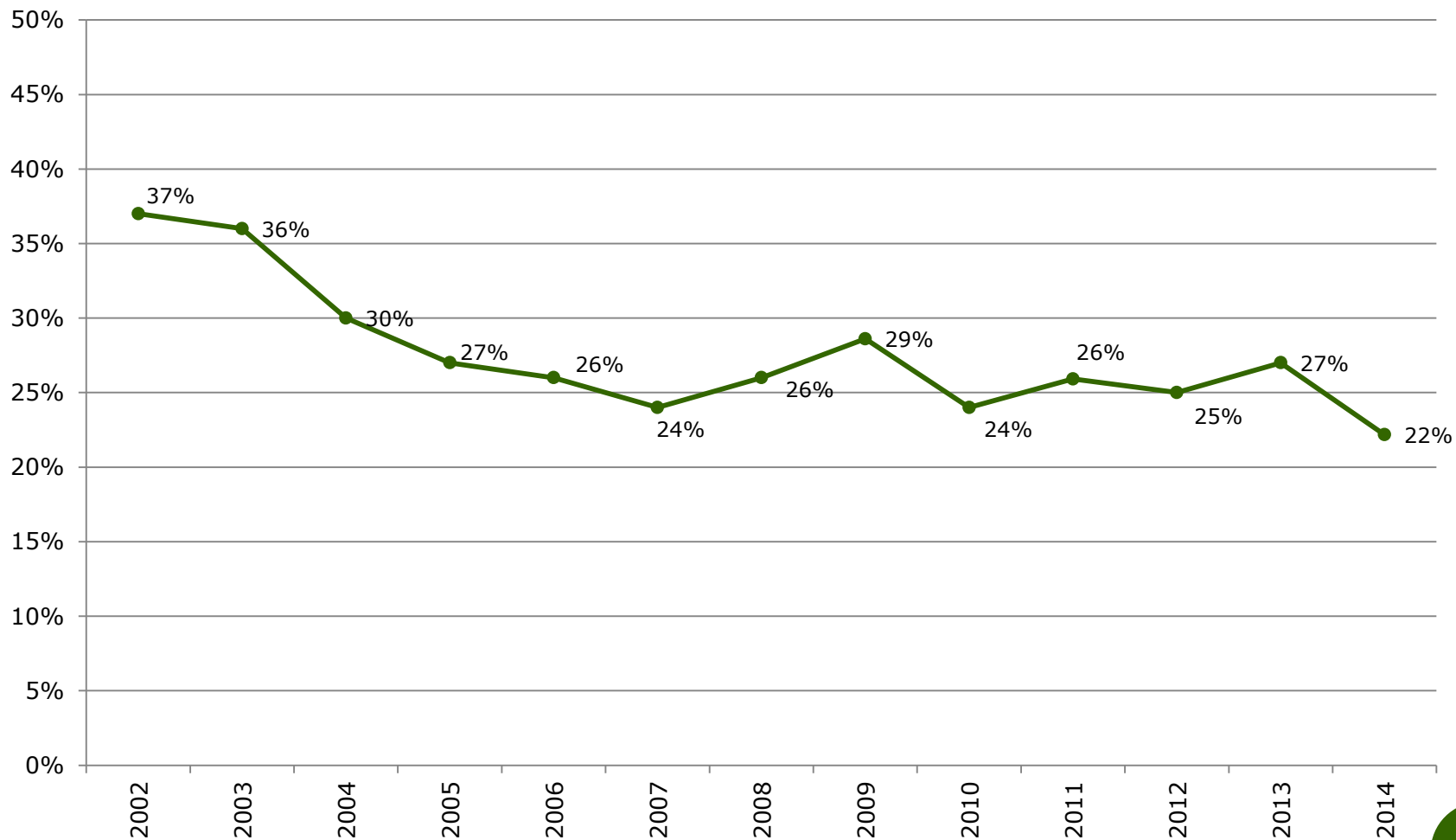
- Roykjaralungu – talið á teimum, ið funnin eru
- FEV1/FVC 70-79 eitt sindur minkað lungnafunktiún
- FEV1/FVC 70 stórliga minkað lungnafunktiún



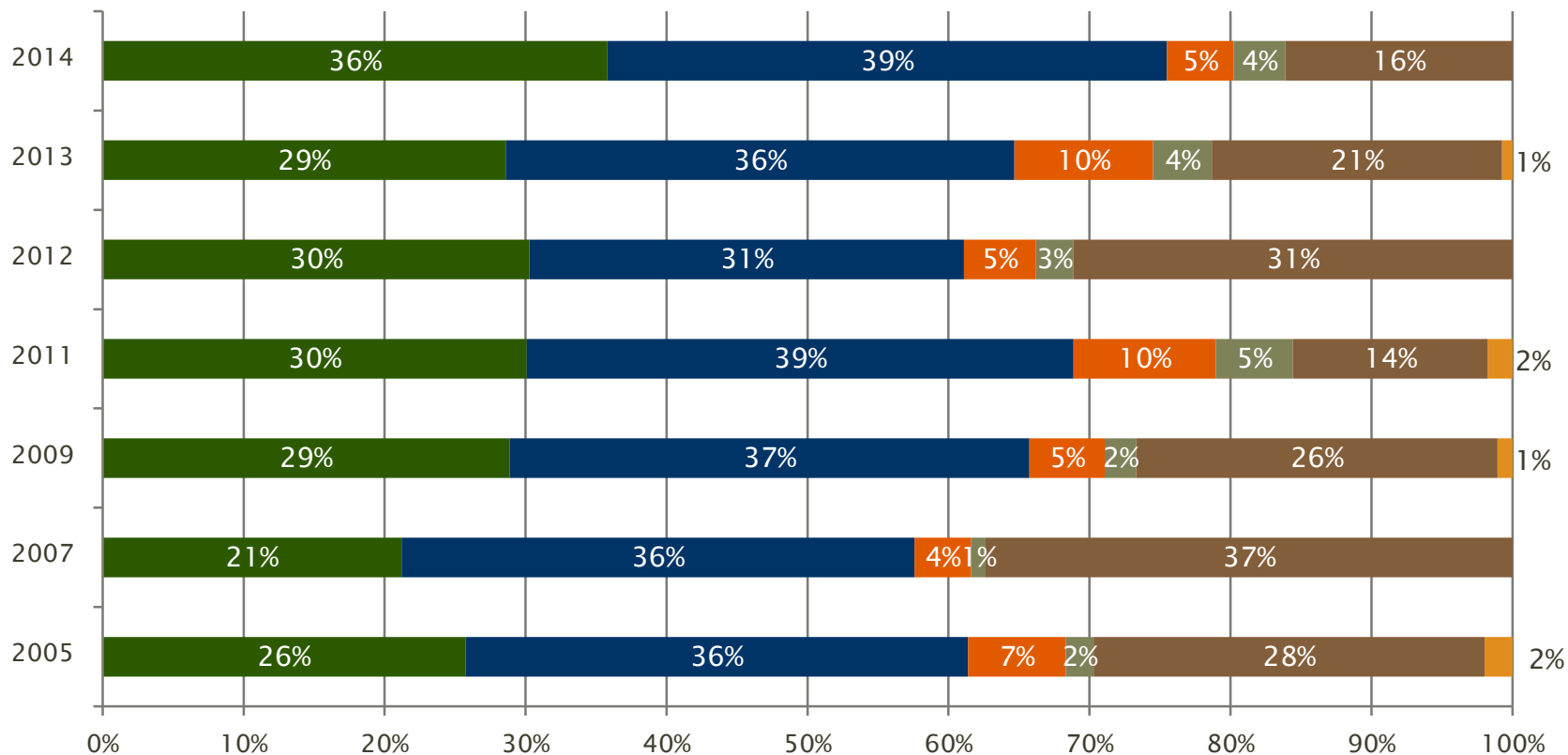
- Gallup kanning 2014



ROYKIR TÚ ... DAGLIGA?



ÍÐKAR TÚ NAKRAN ÍTRÓTT ELLA REGLULIGA LIKAMLIGA VENJING?



■ 4 ferðir um vikuna ella meira

■ 1-3 ferðir um vikuna

■ 1-3 ferðir um mánaðin

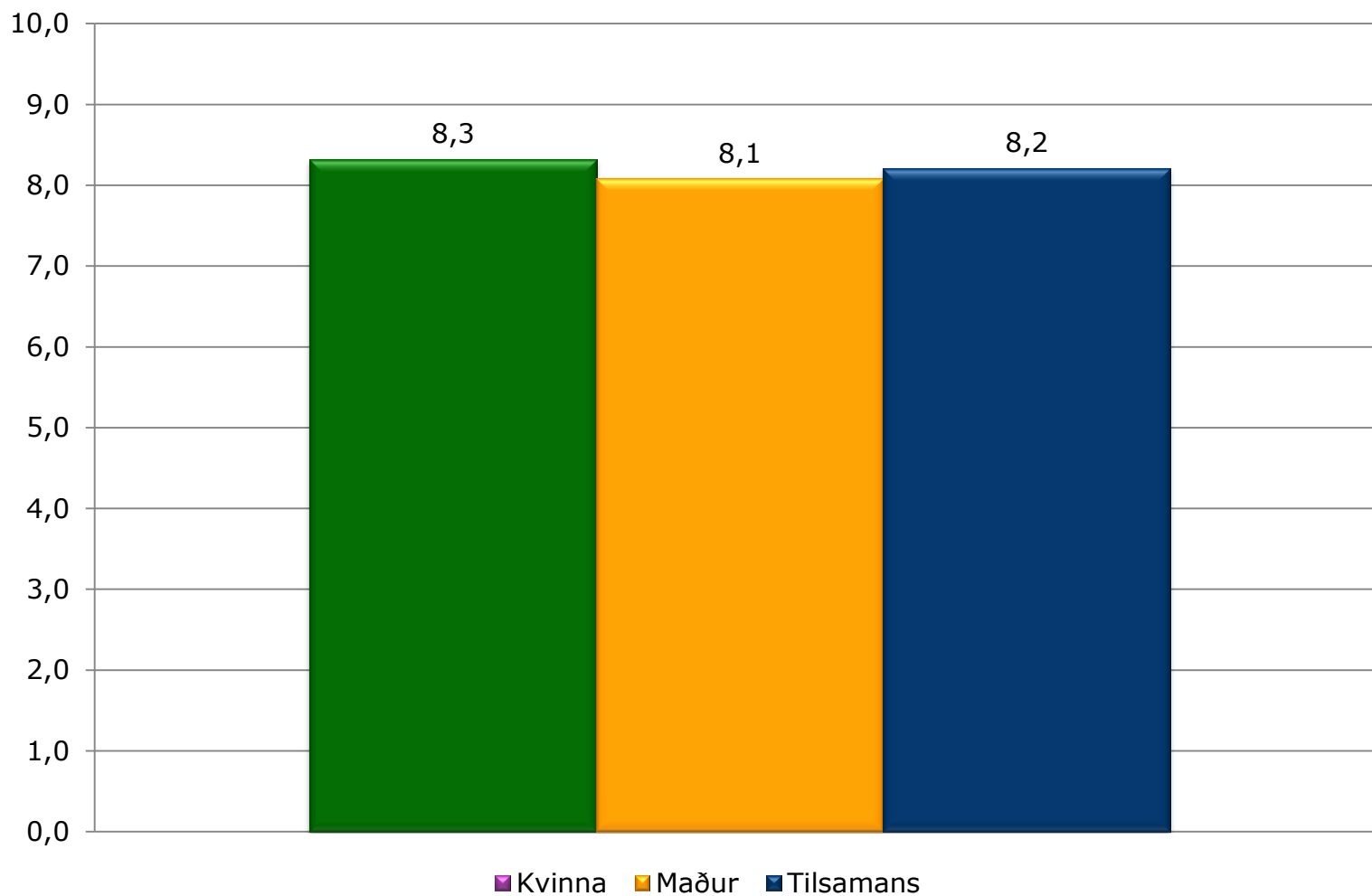
■ Minni enn eina ferð um mánaðin

■ Ongantíð

■ Veit ikki



HVUSSU EYDNURÍK/UR ERT TÚ? – GALLUP KANNING 2014

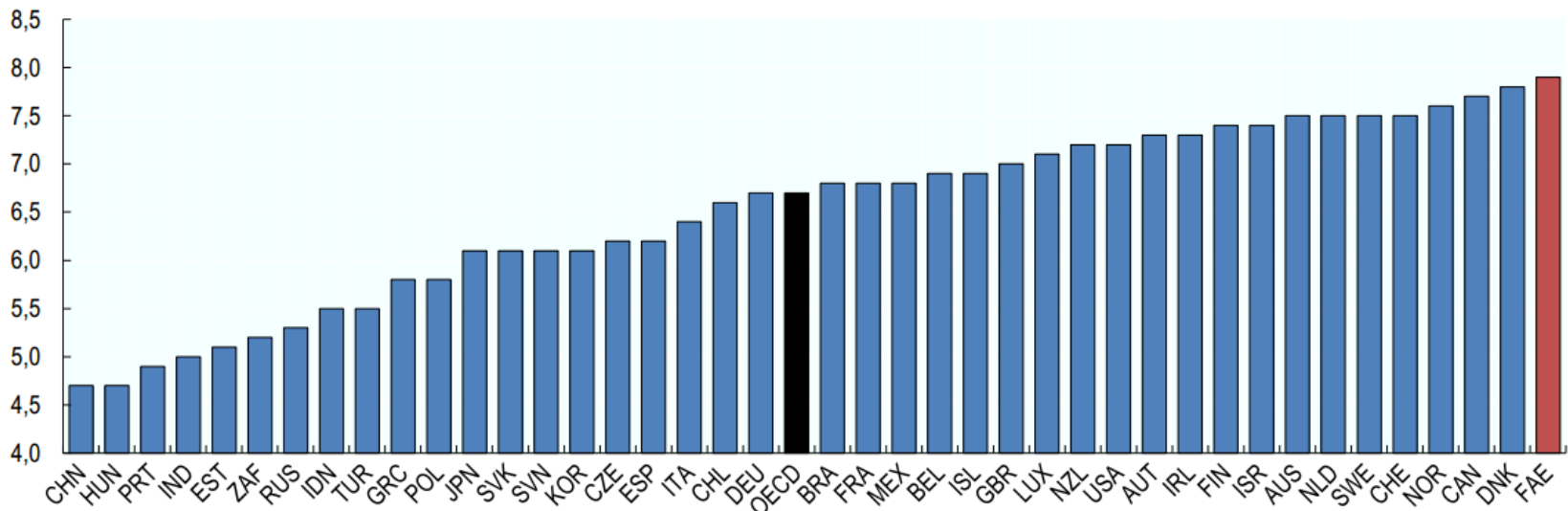


FØROYAR BESTA LAND Í HEIMINUM

Fólkaheilsuráðnum grundað á OECD Better Life Initiative og Gallup World Poll

Vit liggja ovast á 7,9 (0–10)

Mynd 9.1. Lívsnøgðsemi
Stigi frá 0-10

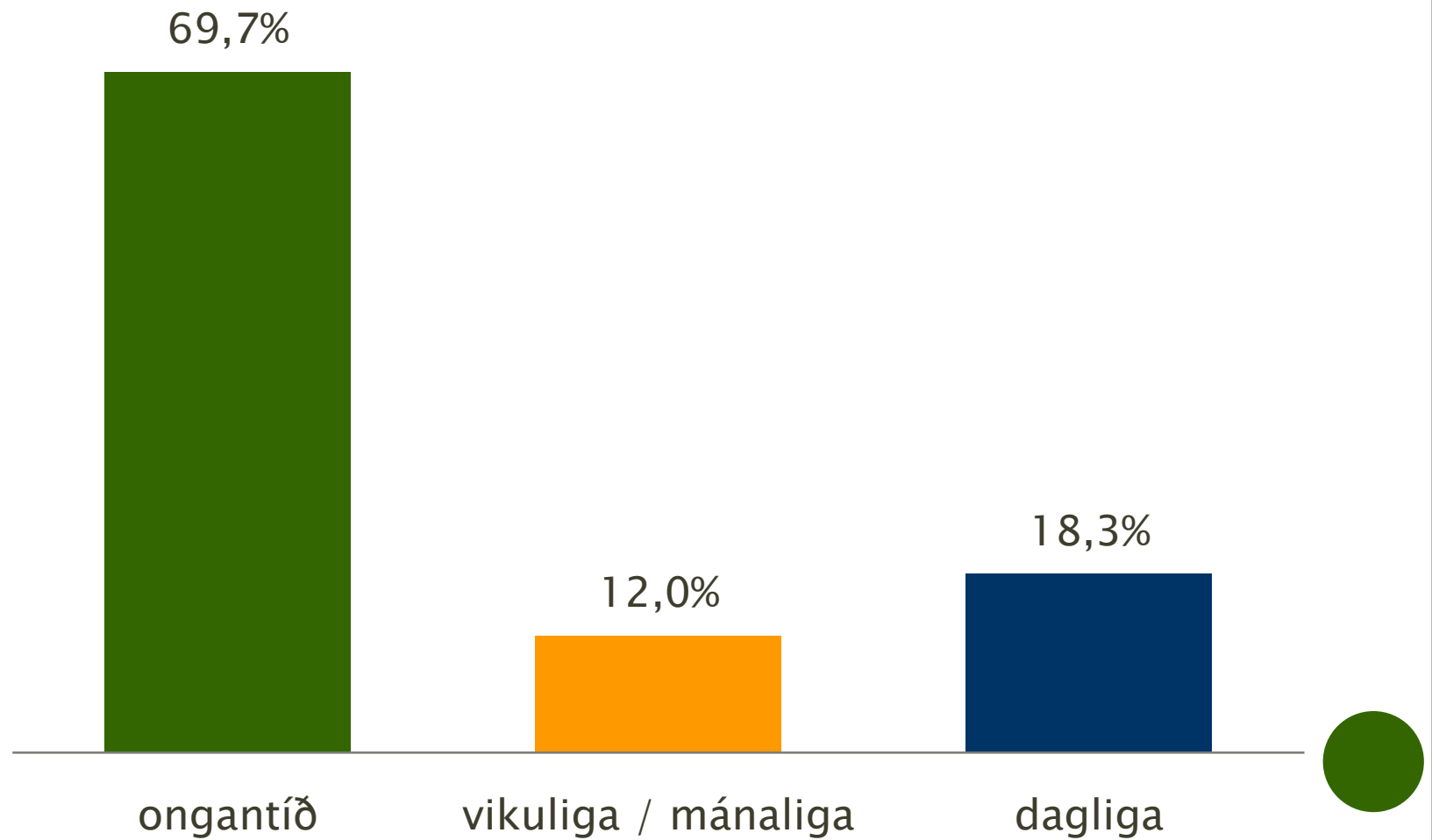


ESPAD – KANNINGAR

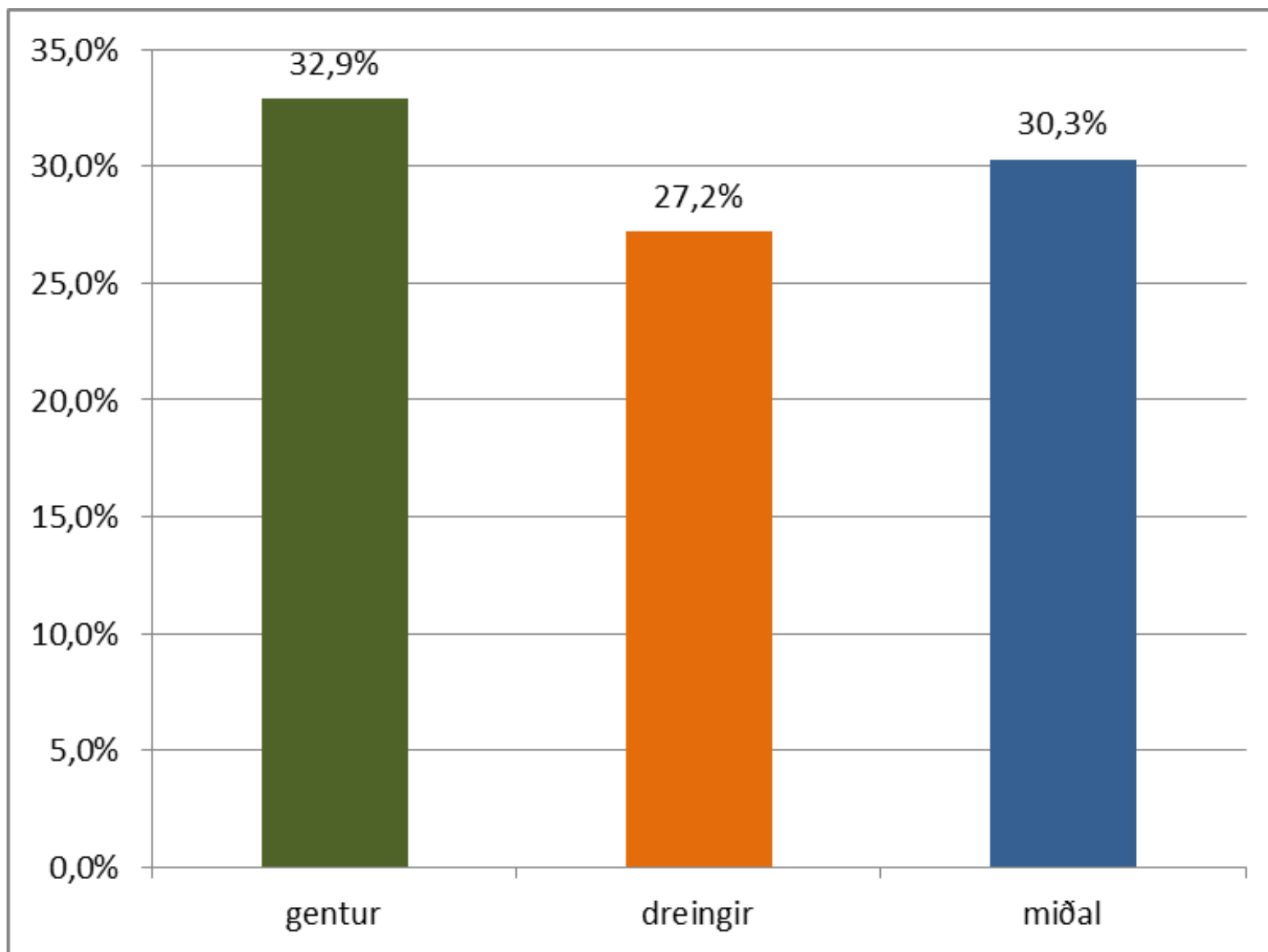
- 17–18 árs kanning mai 2014
 - Kanning á miðnámsskólum, onnur vórðu eisini spurd, sum eru fødd í 1996.
 - Árgangurin telur 510 ung, og vit fingtu svar frá 323 – tað svarar til 63%
 - Sama kanning er gjørd í øðrum EU-londum í 2007



ROYKIR TÚ?



ROYKT SEINASTU 30 DAGARNAR



ROYKT SEINASTU 30 DAGARNAR Í 2007

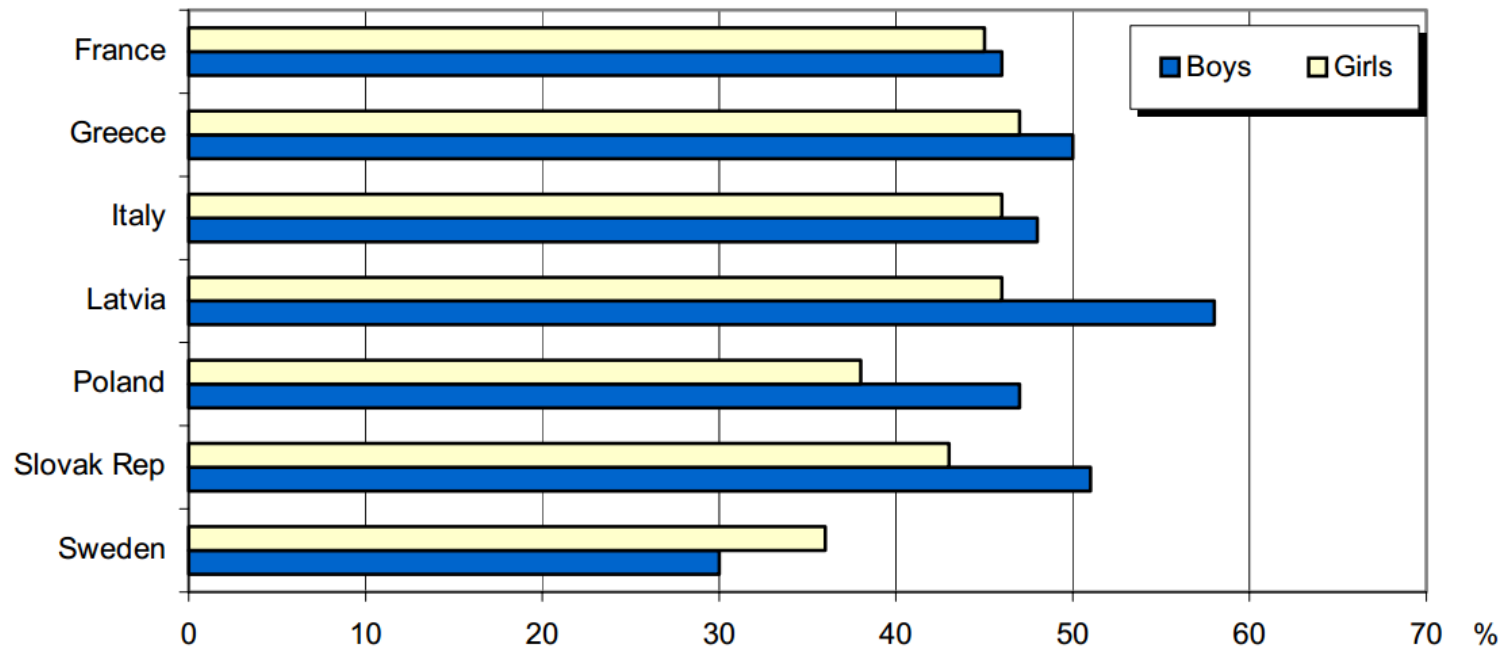
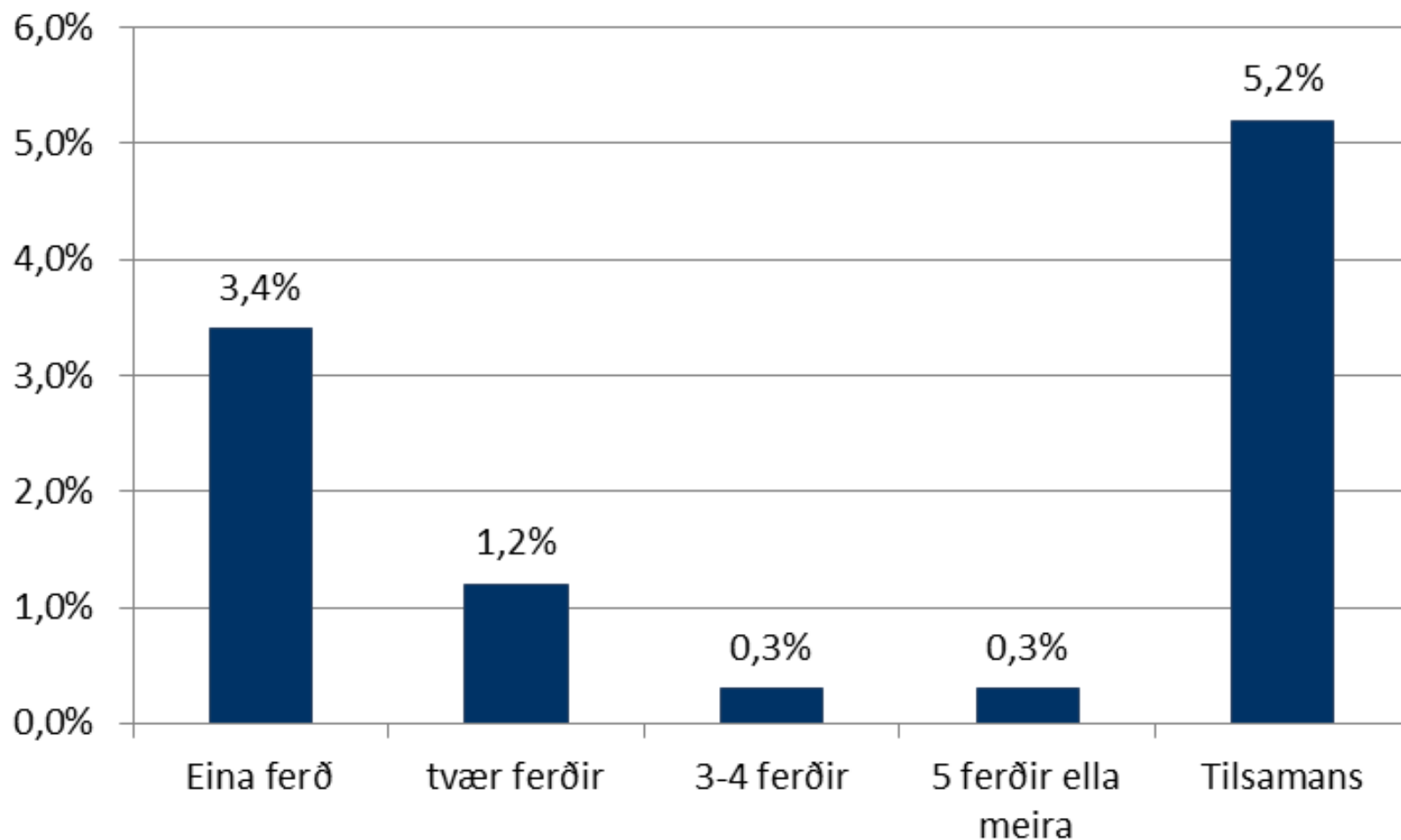


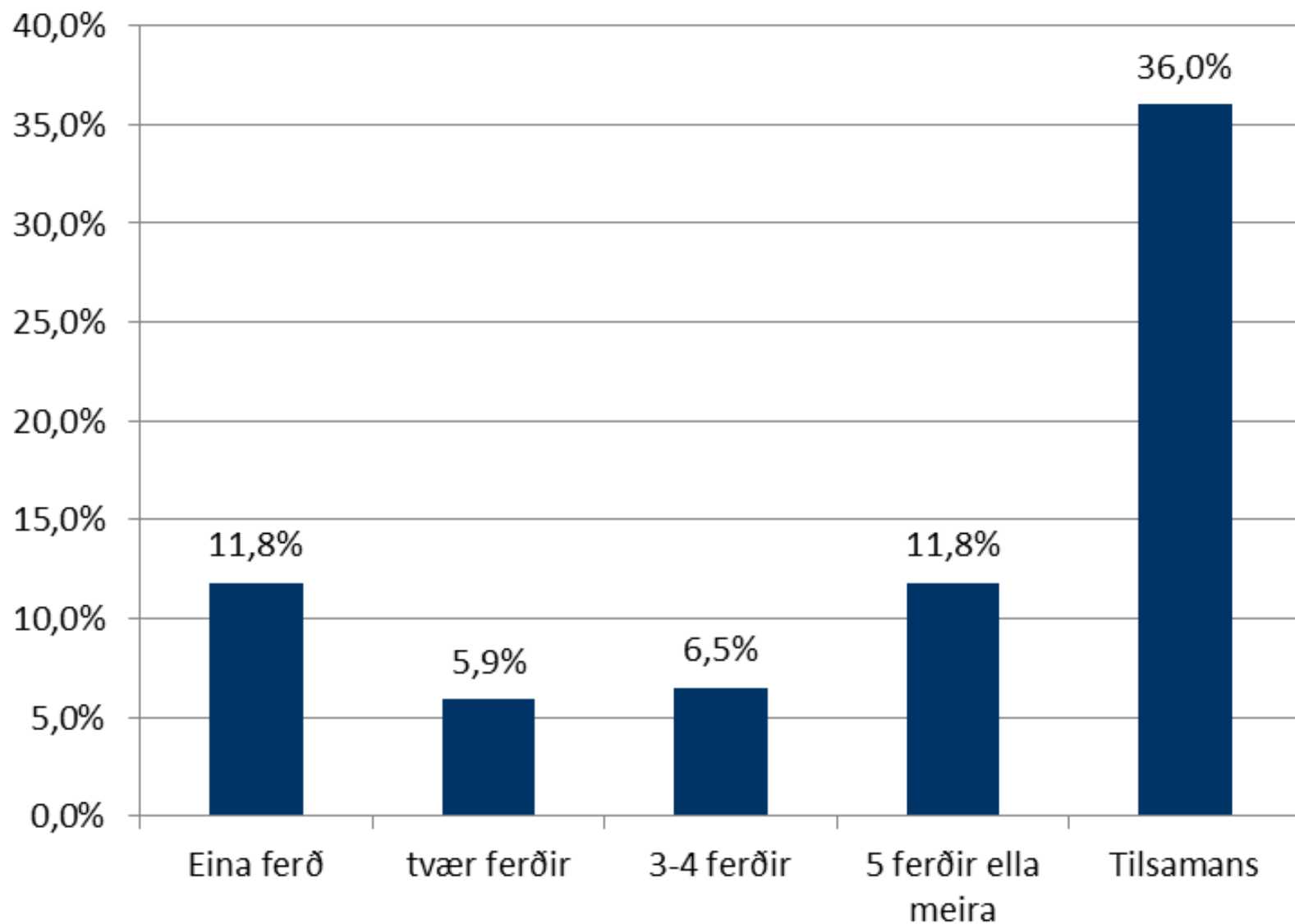
Figure 1. Smoking prevalence last 30 days, by sex.



Roynt Sjálmorð



Hugsað um at skaða teg sjálván

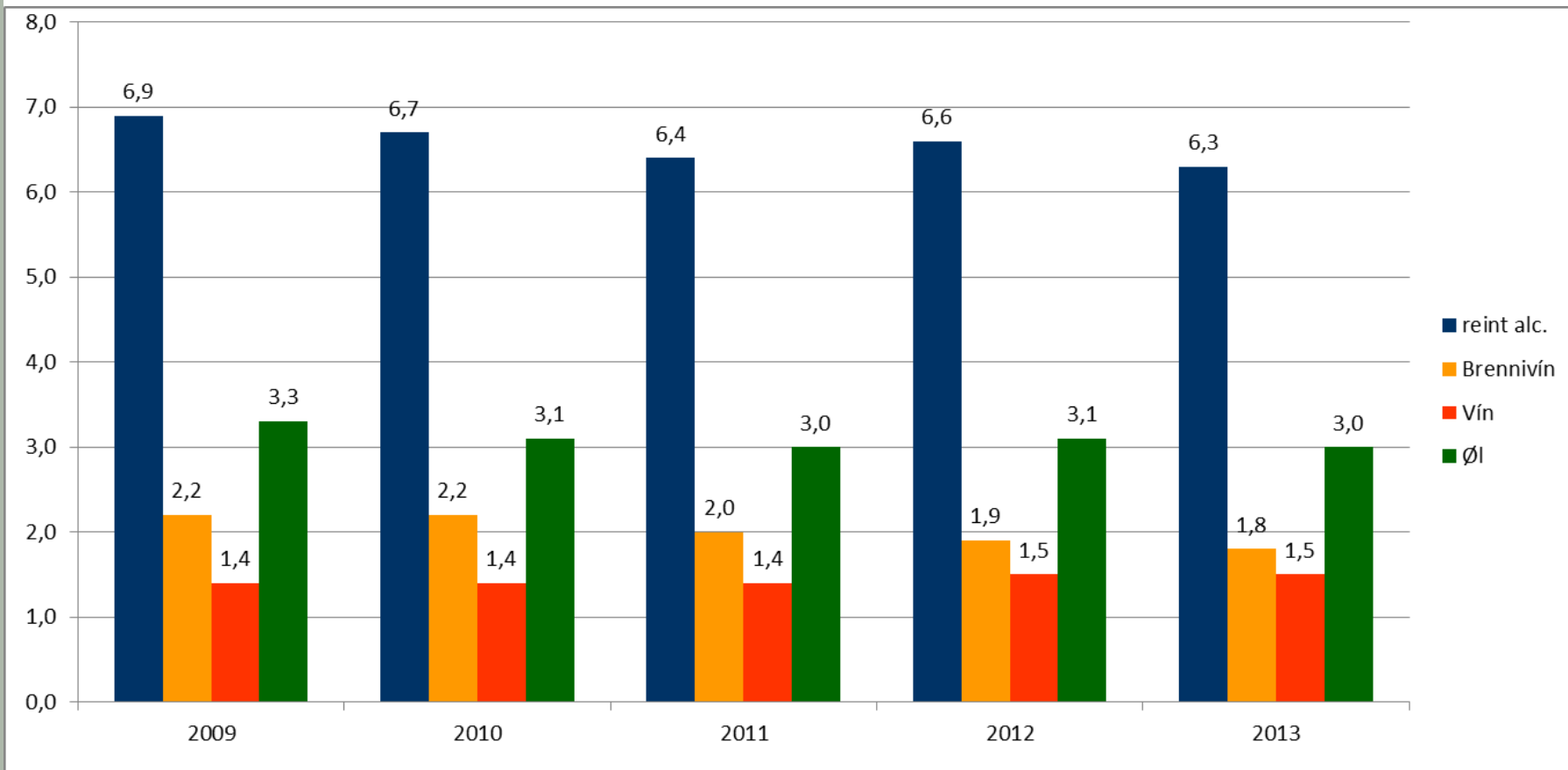


○ Onnur tøl

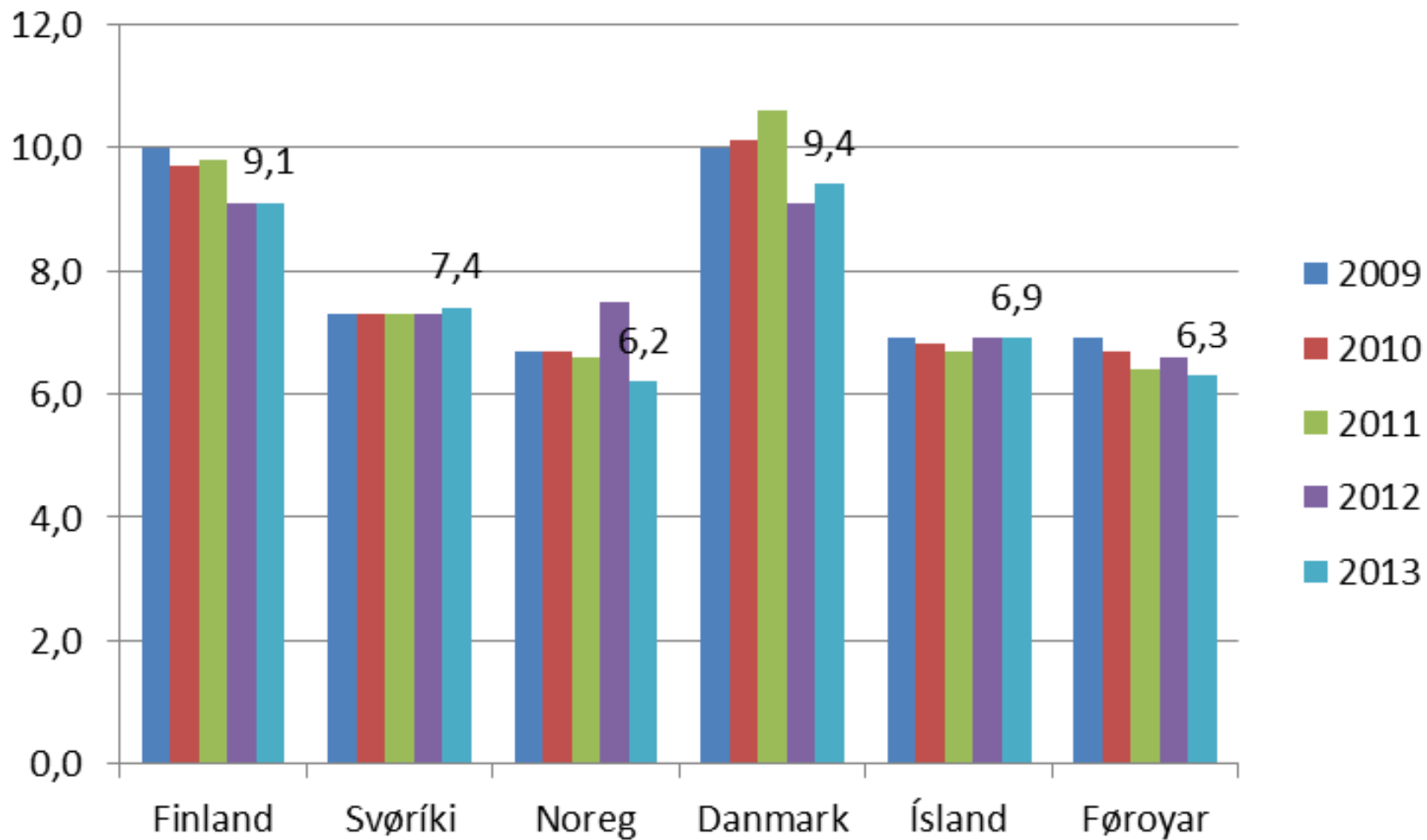
- Rúsdrekkasøla í Føroyum samanborið við onnur lond



NÝTSLAN Í FØROYUM Í LITRUM PR ÍBÚGVA – REINT ALKOHOL



SØLUTØL PR ÍBÚGVA 15 ÁR OG ELÐRI Í LITRUM – 100% ALKOHOL



JA –

SJÁLVSAGT GERA VIT TAÐ

- ROYKJA MINNI
DREKKA MINNI
RØRA OKKUM MEIRI
EYDNURÍKASTA FÓLK Í HEIMINUM

TAKK FYRI MEG

