



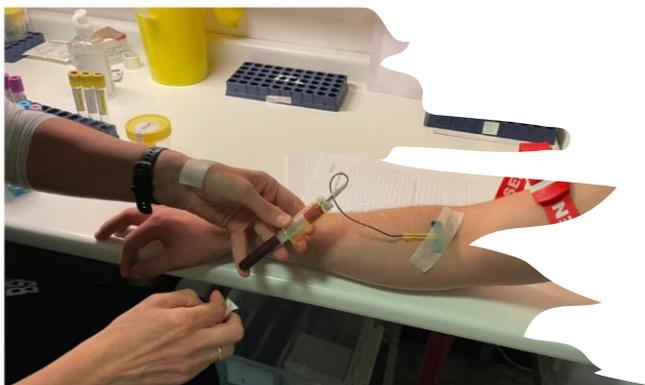
FARGEN

FAROE GENOME PROJECT

FarGen 2: Tey fyrstu úrslitini

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Project Manager, PhD

Hví gera vit FarGen 2?



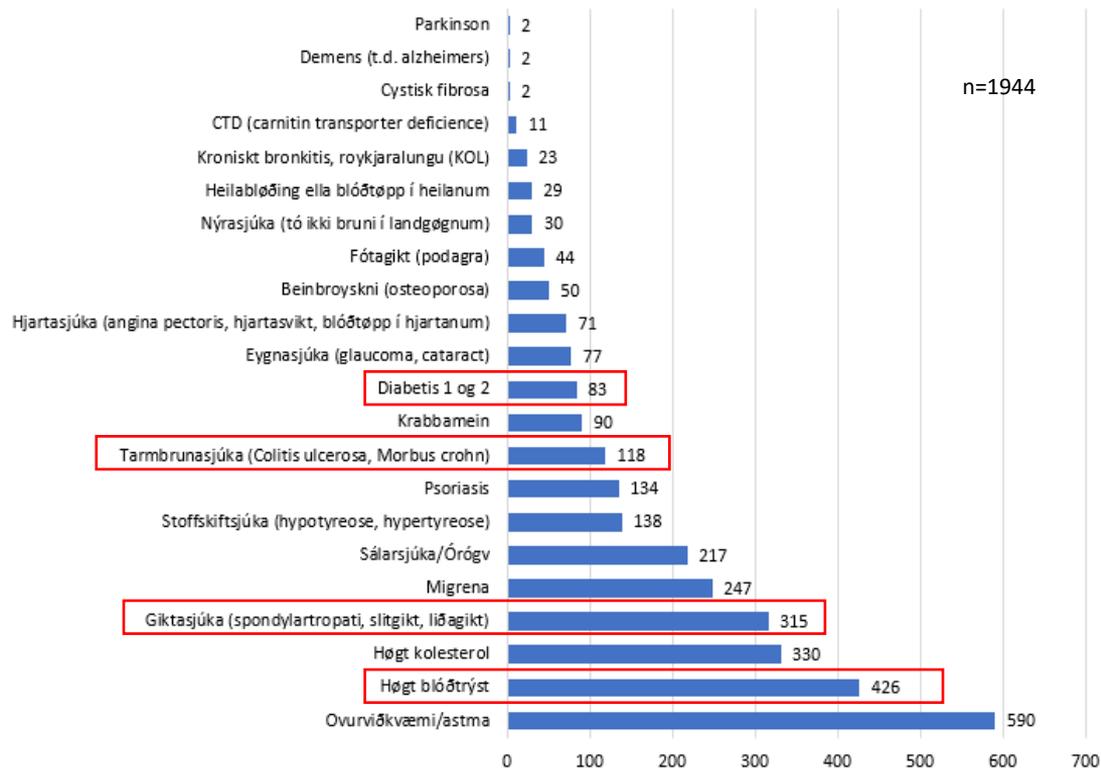
Hvat gera vit í FarGen 2?

Sjálvrapporterað sjúka hjá FarGen 2-luttakarum

Hevur tú nakra drúgva sjúku, árin av skaða, brek ella drúgvar heilsutrupalleikar, sum hava staðið við í hálv ár ella longur?

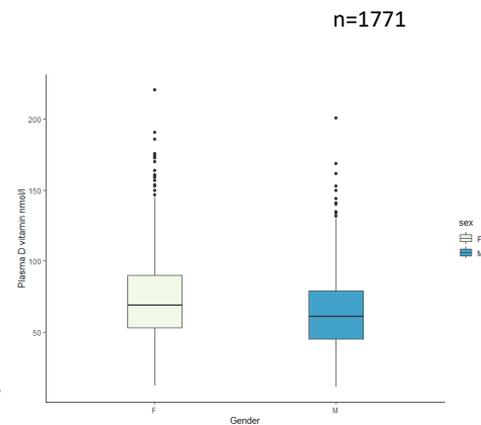
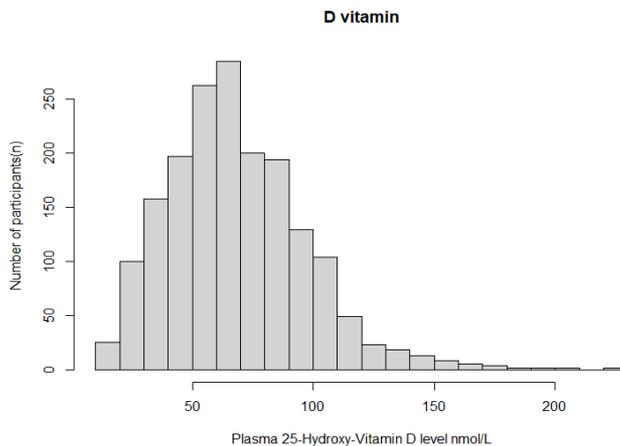
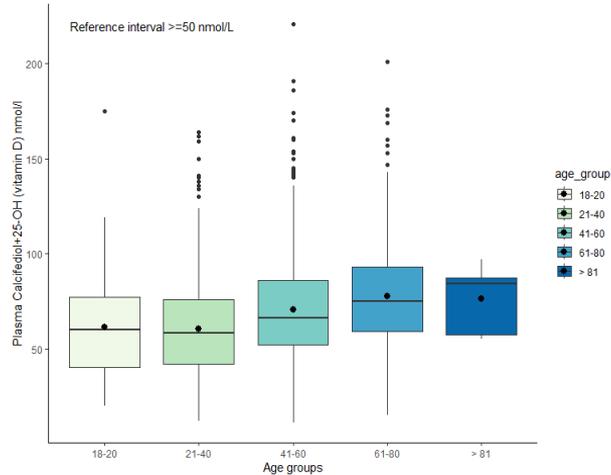
- 35% svara ja
- 63% svara nei
- 2% svara ikki

Ja, eg havi ella havi havt sjúkuna



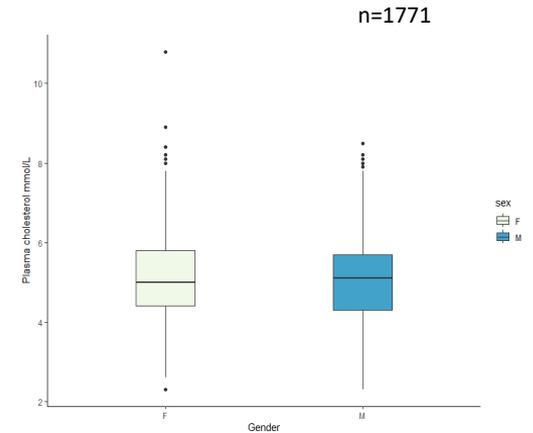
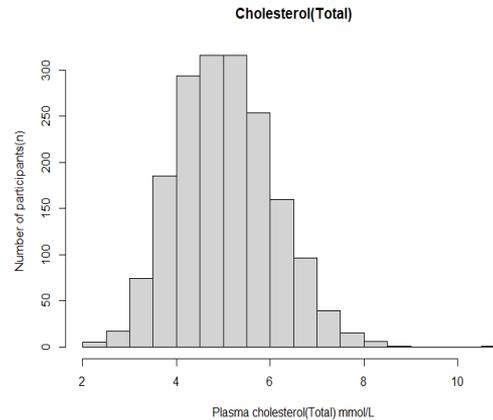
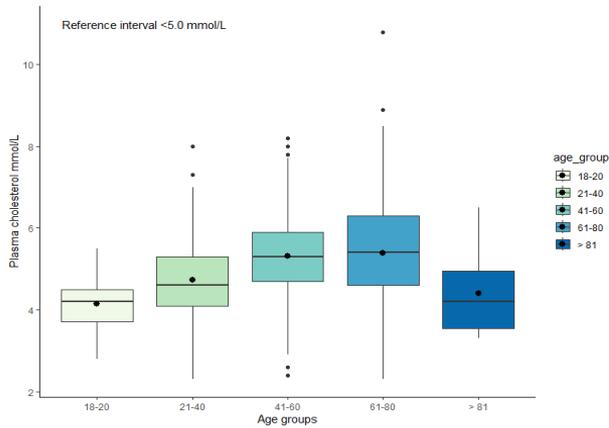
D-vitamin

- Miðal D-vitamin liggur á 68 nmol/l
- 25% hava lægri innihald av D-vitamin enn tilmælt (≥ 50)
- Tey yngru (18-40 ár) hava lægri innihald av D-vitamin enn tey eldru (>41 ár)
- Kvinnur hava hægri innihald av D-vitamin enn menn



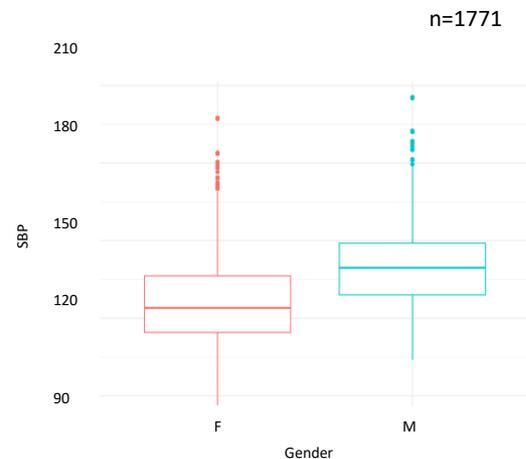
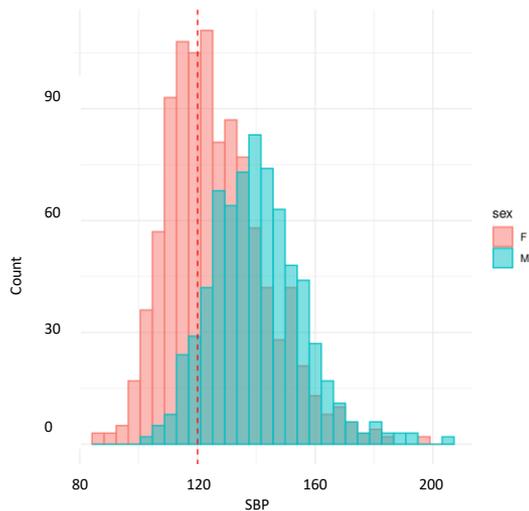
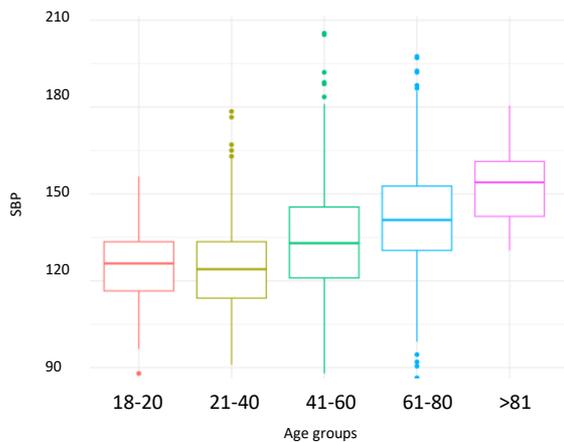
Kolesterol

- Miðal kolesterol liggur á 5 mmol/l
- 115 luttakarar hava eitt kolesterol > 6,7 mmol/l
- Kolesterolinnehaldið hækkar við aldrinum
- Ongin munur á kolesterolinnehaldinum hjá kvinnum og monnum



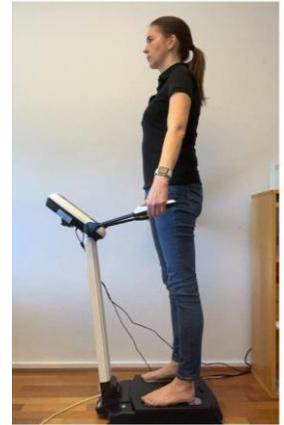
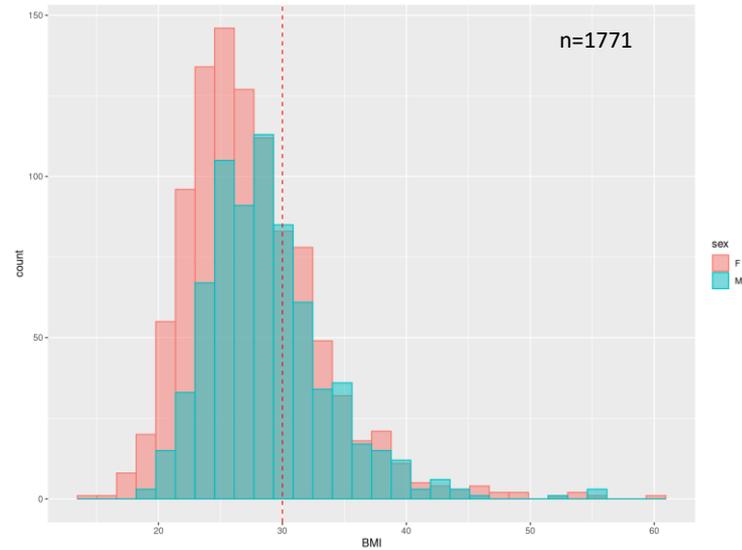
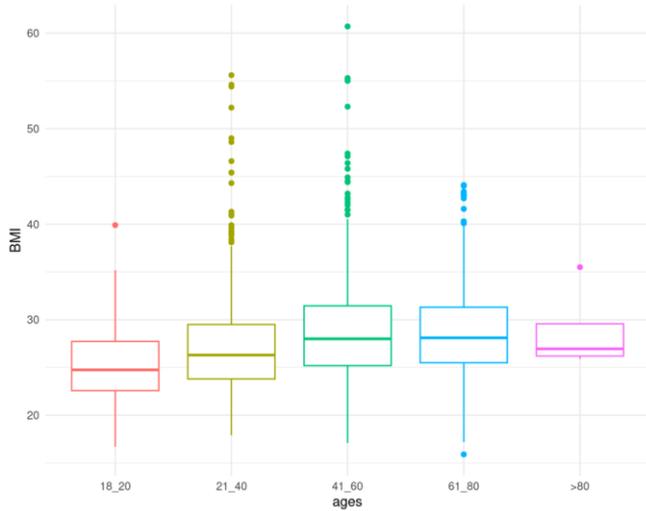
Blóðtrýst

- Miðal blóðtrýst hjá monnum er 140/87
- Miðal blóðtrýst hjá kvinnum er 127/82

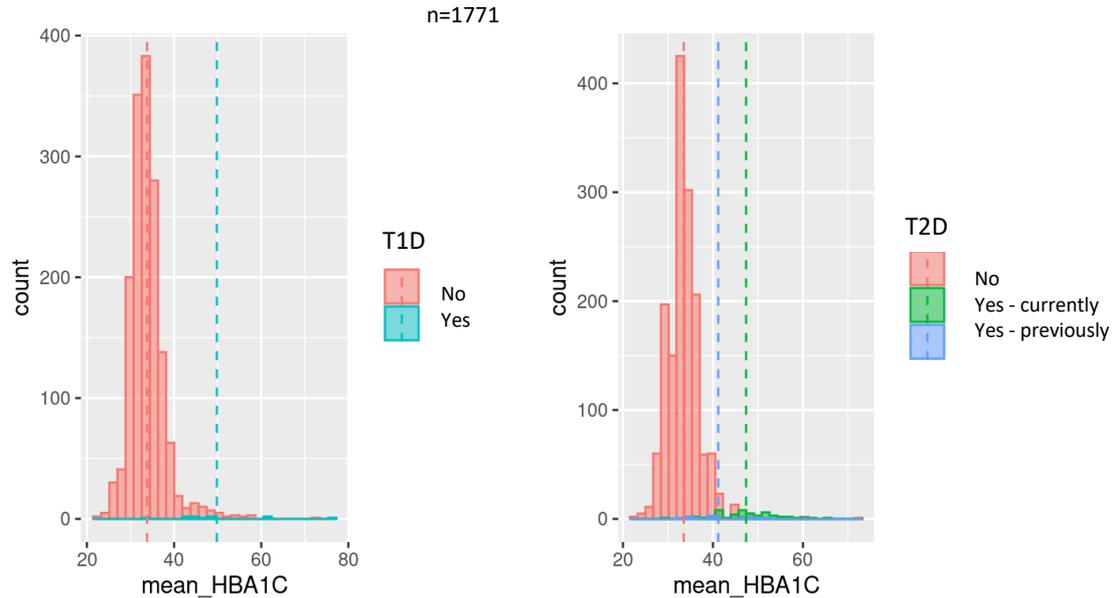


Body mass index

- Miðal BMI hjá monnum er 28,8
- Miðal BMI hjá kvinnum er 27,4
- BMI hækkar við aldrinum



Haemoglobin A1c og diabetes



- HbA1C er ein markørur fyri diabetes
- HbA1C skal vera ≤ 47 mmol/mol
- Tey flestu, sum hava eitt HbA1C > 47 , siga seg eisini hava diabetes

Samantumtøka

- 25% hava lægri innihald av D-vitamin enn tilmælt (≥ 50)
- 71 luttakarar vistu ikki, at tey høvdu eitt kolesterol $> 6,7$ nmol/l
- Miðal BMI hjá FarGen 2 luttakarum er 28,1
- Diabetesmarkørurin, HBA1C, gevur góða ábending um, hvør hevur diabetes

FarGen samstarv

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Fólkaheilsustýrið

