Úrslit úr “Hvussu hevur tú tað? 2023”

Vár Honnudóttir
Fólkaheilsufrøðingur

Heilsustýrið

Hvussu hevur tú tað? 2023

(How are you?)

Send út til 8000 føroyingar í aldrinum 18-85 ár

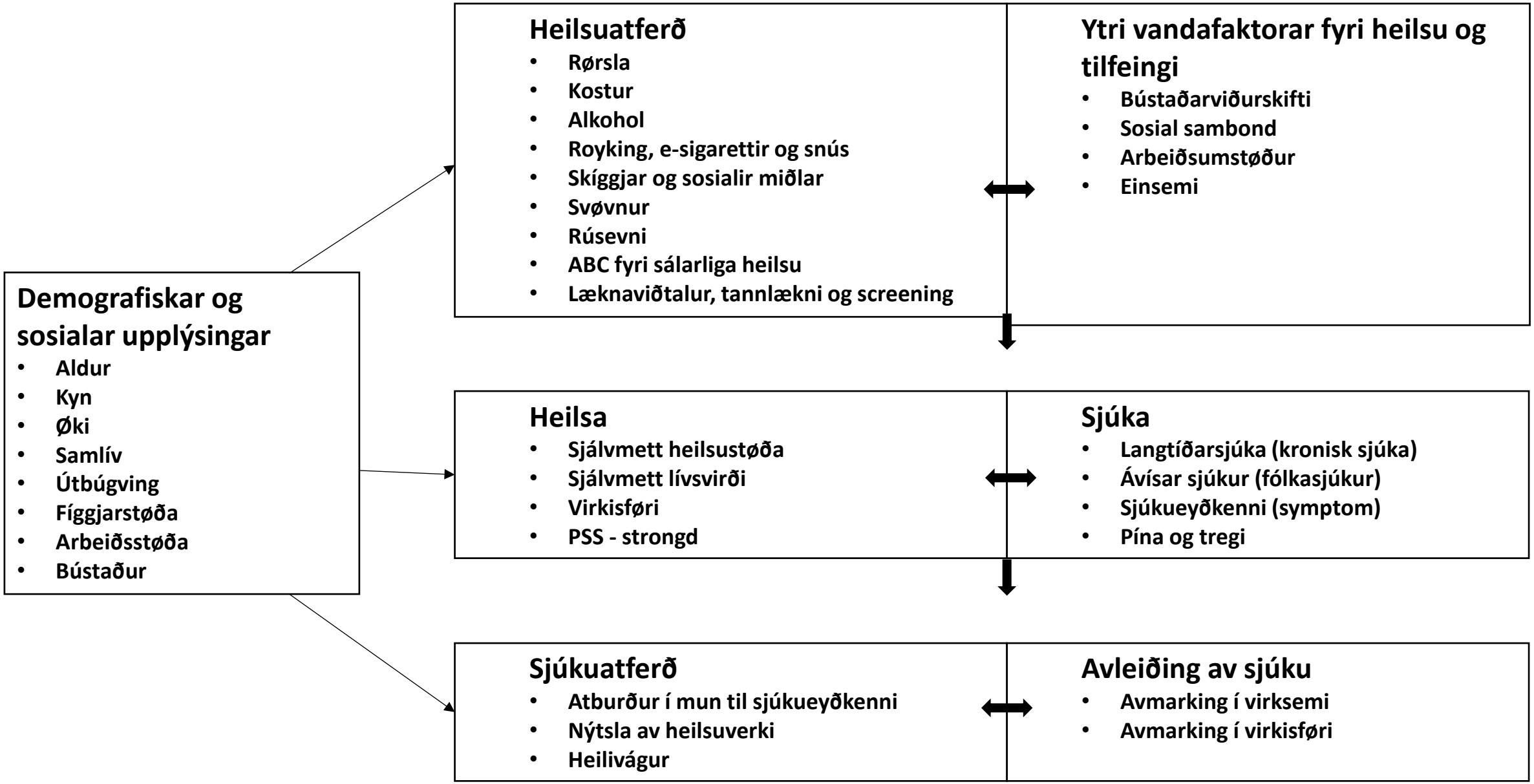
Svarprosent uppá 64%

89 spurningar um trivnað, heilsu og sjúku

Heilsustýrið

HHTT 2015	HHTT 2019	HHTT 2023
Send út til 4605 fólk.	Send út til 5990 fólk.	Send út til 8000 fólk.
Svar frá 2232. Svarprosent 48,5%	Svar frá 2906. Svarprosent 48,5%.	Svar frá 5104. Svarprosent 64%.

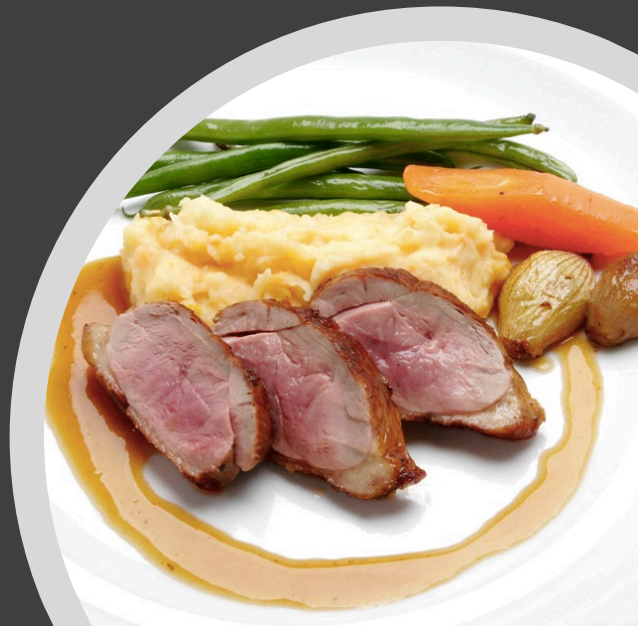
Heilsustýrið


Demografiskar og sosialar upplýsingar
• Aldur
• Kyn
• Øki
• Samlív
• Útbúgving
• Fíggjarstøða
• Arbeiðsstøða
• Bústaður
Heilsuatferð
• Rørsla
• Kostur
• Alkohol
• Royking, e-sigarettir og snús
• Skíggjar og sosialir miðlar
• Svøvnur
• Rúsevni
• ABC fyri sálarliga heilsu
• Læknaviðtalur, tannlækni og screening
Ytri vandafaktorar fyri heilsu og tilfeingi
• Bústaðarviðurskifti
• Sosial sambond
• Arbeiðsumstøður
• Einsemi
Heilsa
• Sjálvmett heilsustøða
• Sjálvmett lívsvirði
• Virkisføri
• PSS - strongd
Sjúka
• Langtíðarsjúka (kronisk sjúka)
• Ávísar sjúkur (fólkasjúkur)
• Sjúkueyðkenni (symptom)
• Pína og tregi
Sjúkuatferð
• Atburður í mun til sjúkueyðkenni
• Nýtsla av heilsuverki
• Heilivágur
Avleiðing av sjúku
• Avmarking í virksemi
• Avmarking í virkisføri

Úrslit

Heilsustýrið

Heitur matur

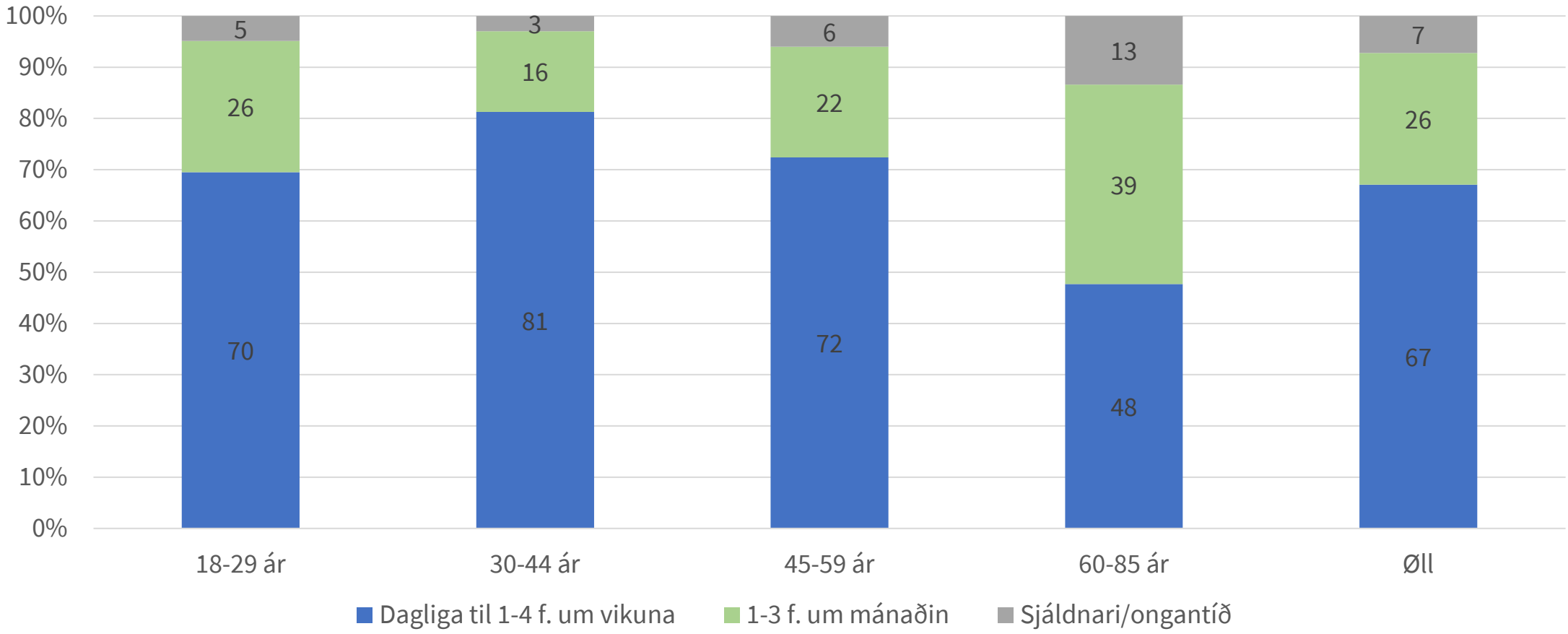


Heitur matur

- Hvussu ofta etur tú henda heita mat?
  - Dagliga
  - 3-4 ferðir um vikuna
  - 1-2 ferðir um vikuna
  - 1-3 ferðir um mánaðin
  - Sjáldnari/ongantíð

Heilsustýrið

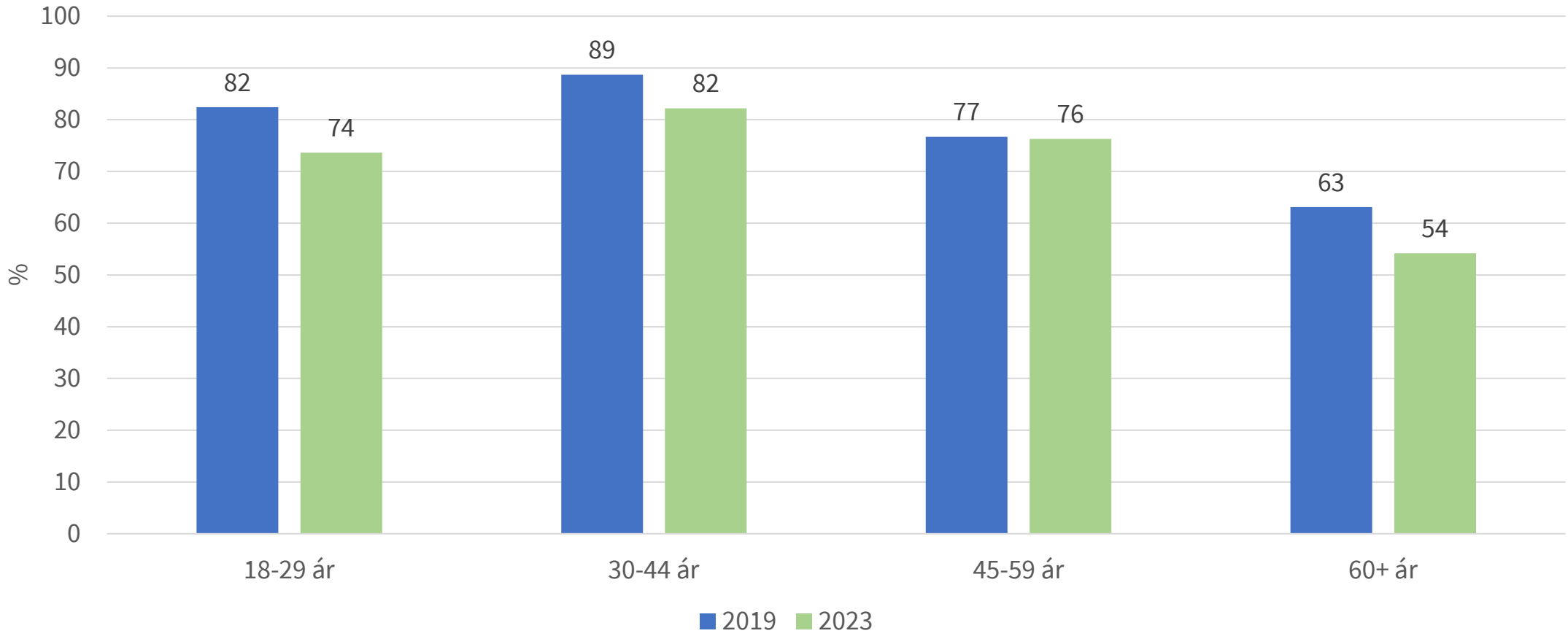
Neytakjøt (2023)



Heilsustýrið

Gongdin fyri kjøt 2019-2023

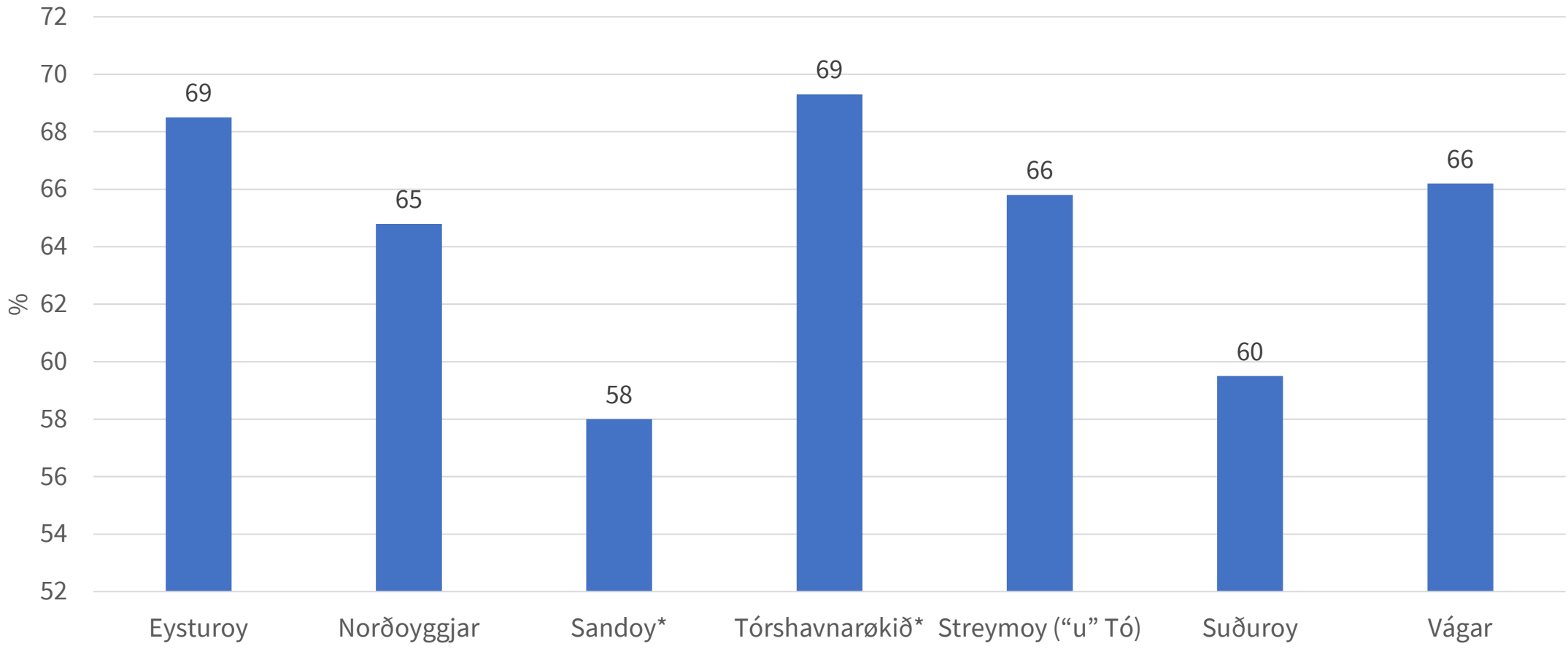
Dagliga til 1-4 ferðir um vikuna



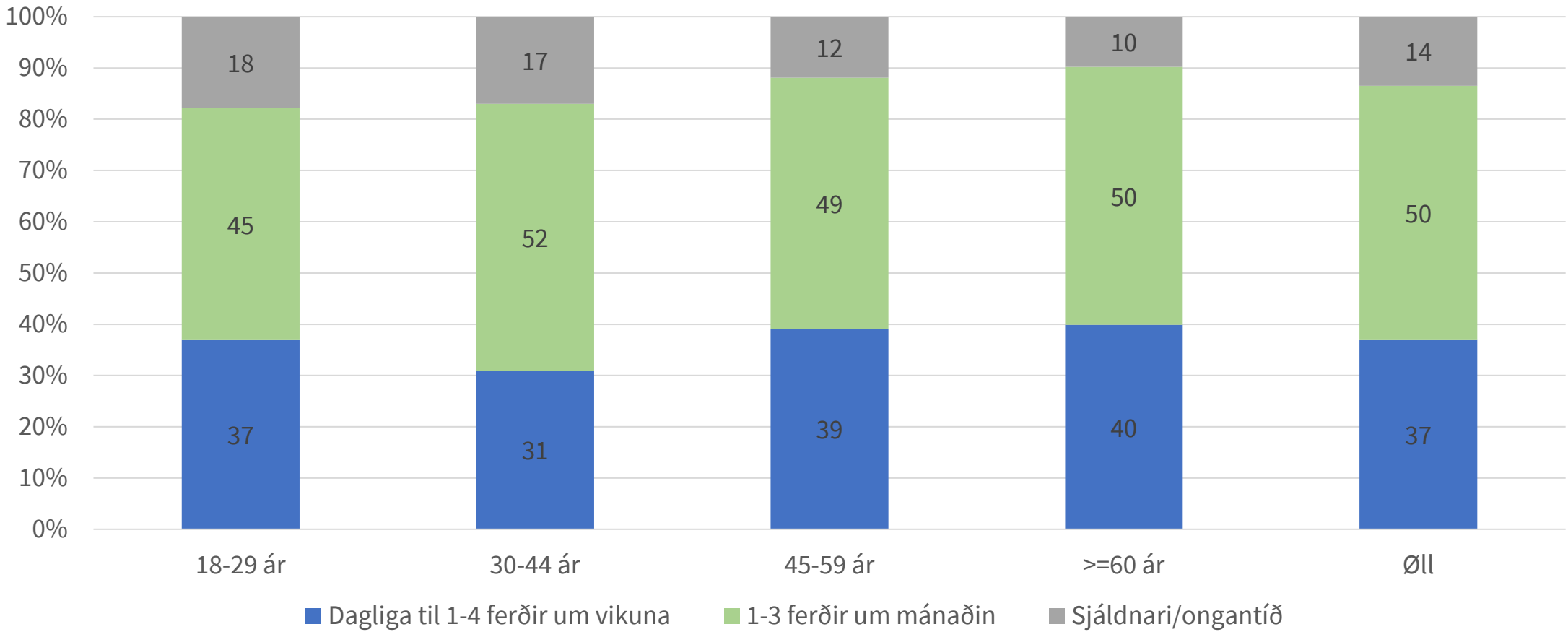
Heilsustýrið

Neytakjøt og øki

Dagliga til 1-4 ferðir um vikuna



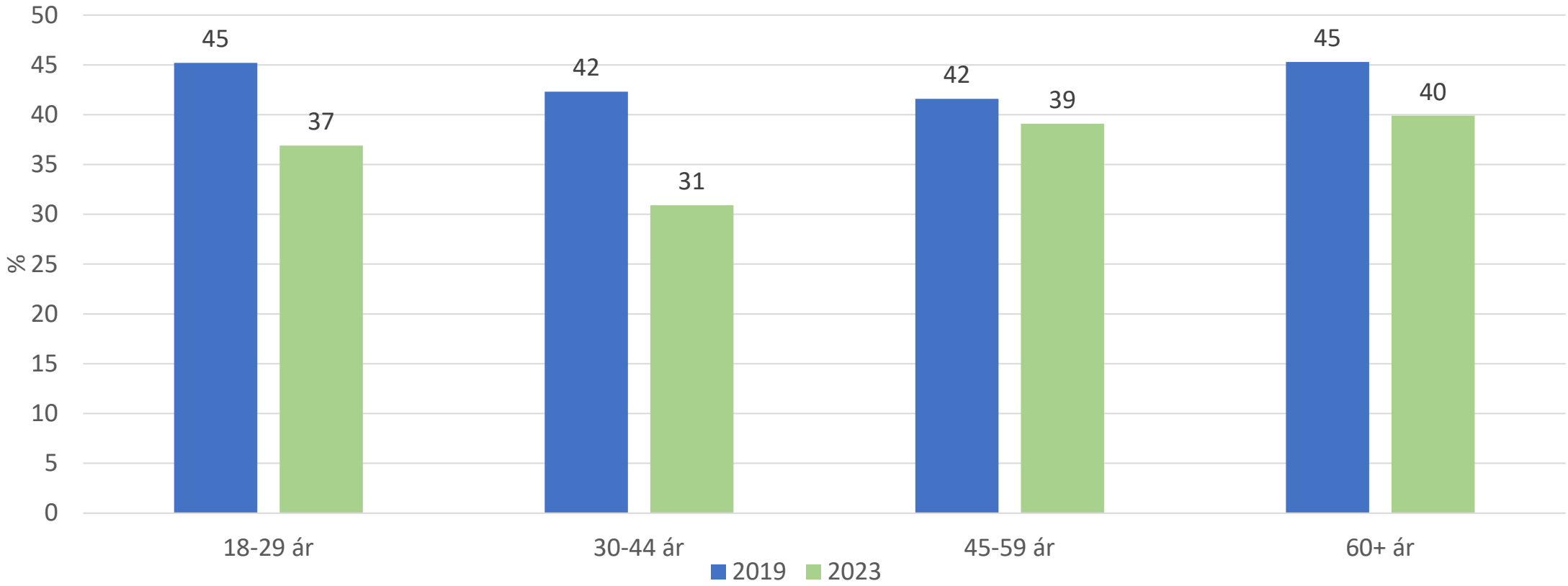
Seyðakjøt (2023)



Heilsustýrið

Gongdin fyri seyðakjøt 2019-2023

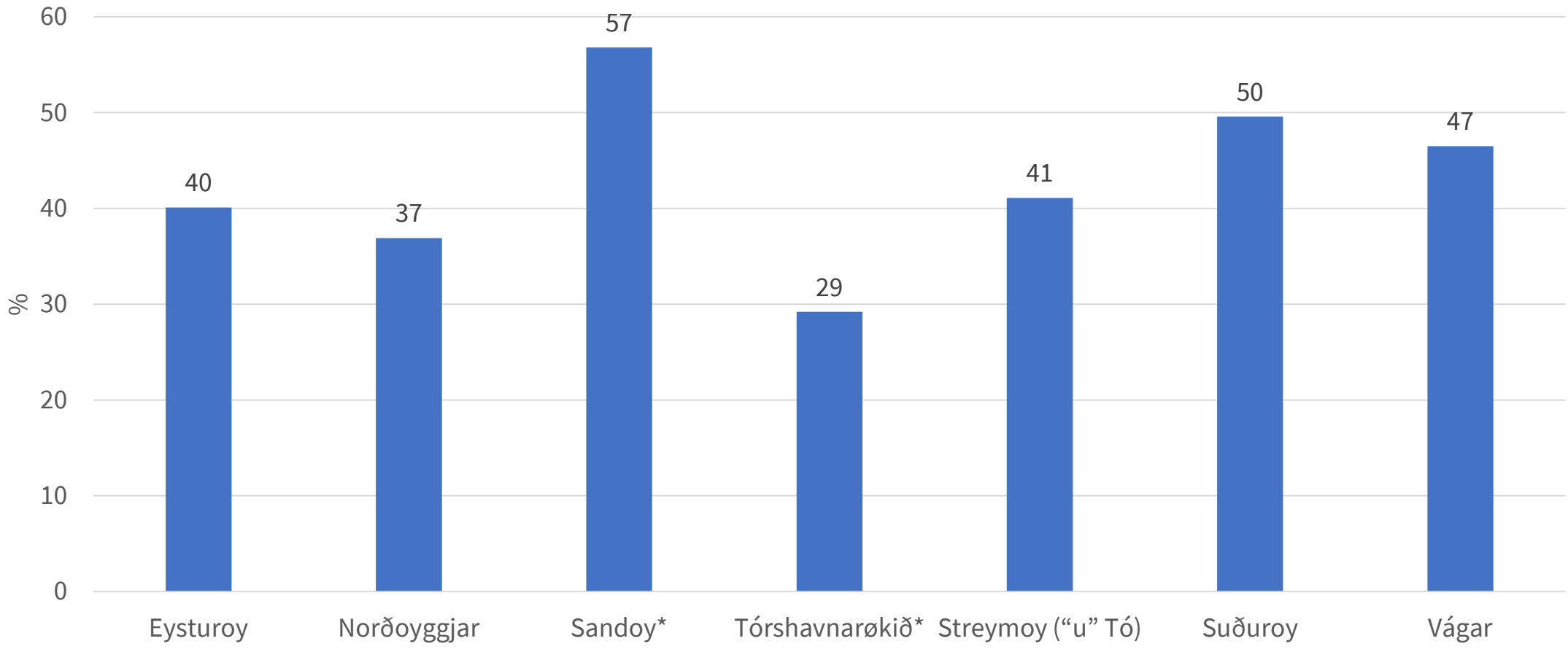
Dagliga til 1-4 ferðir um vikuna



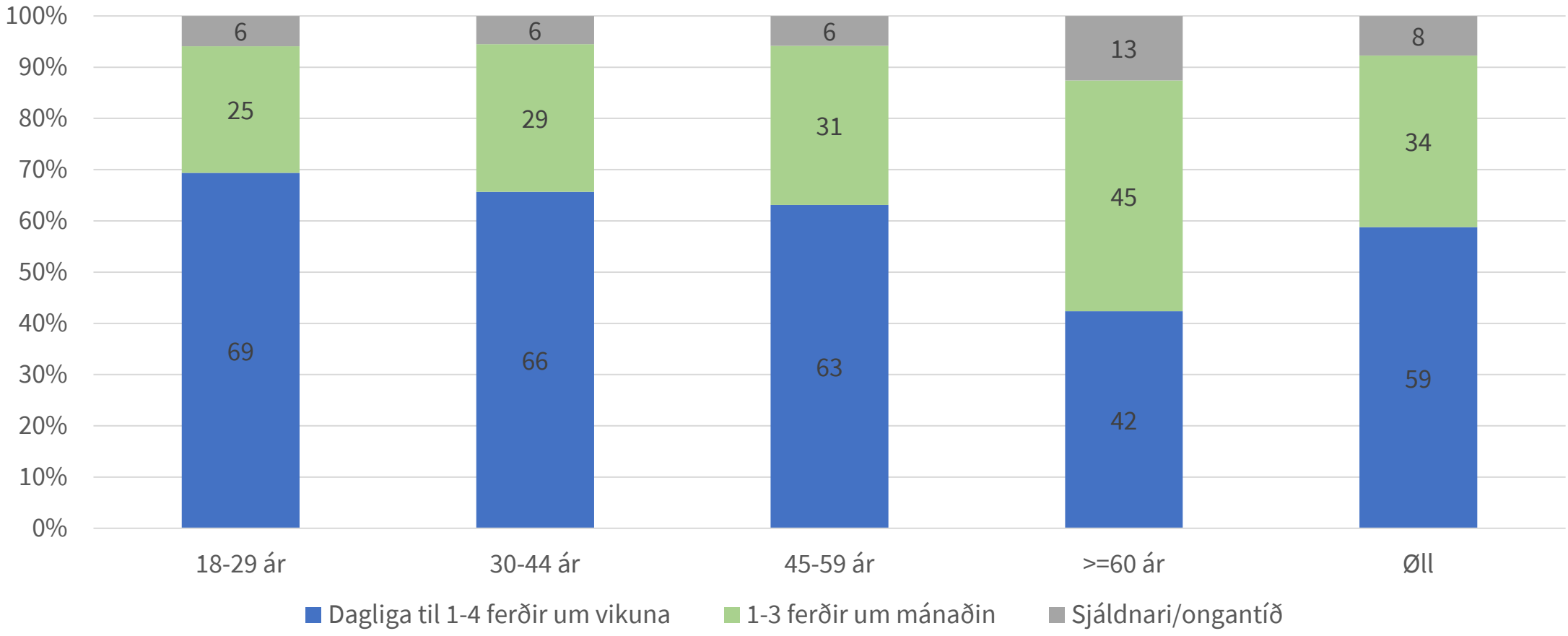
Heilsustýrið

Seyðakjøt og øki

Dagliga til 1-4 ferðir um vikuna



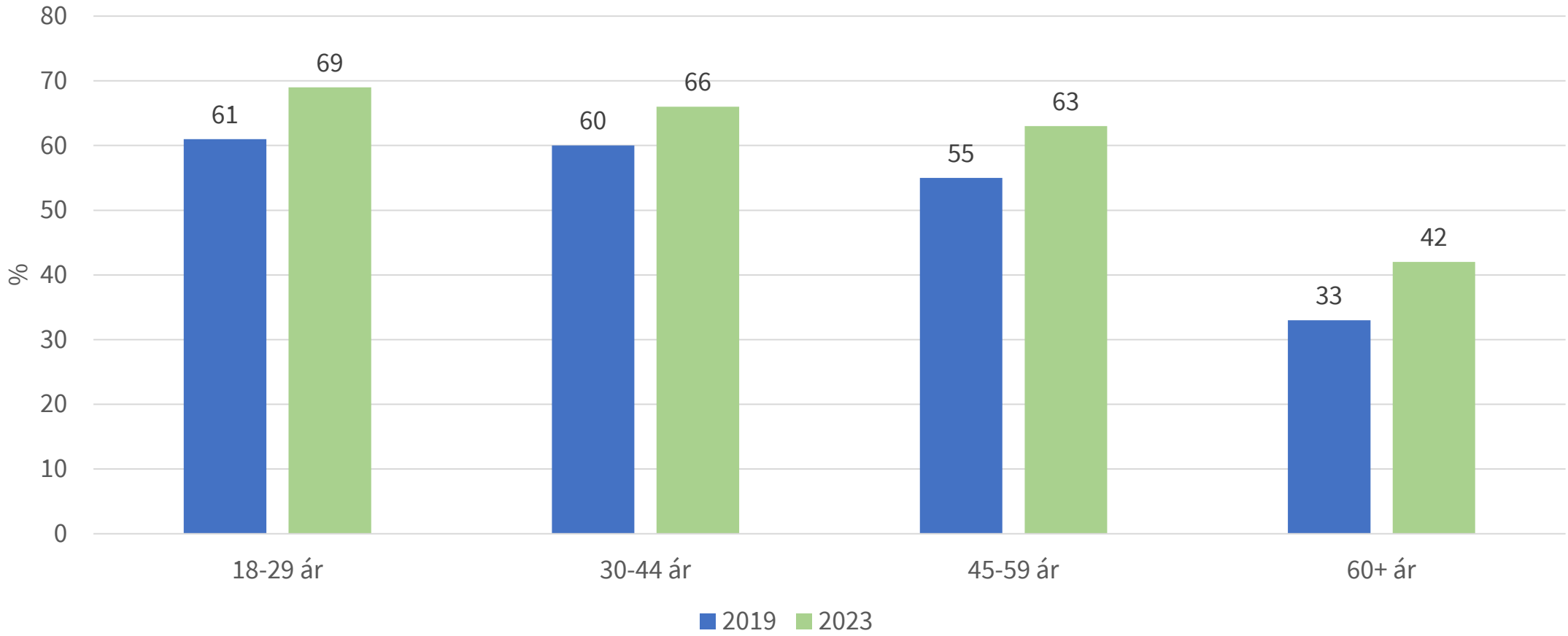
Flogfenað (2023)



Heilsustýrið

Gongdin fyri flogfenað 2019-2023

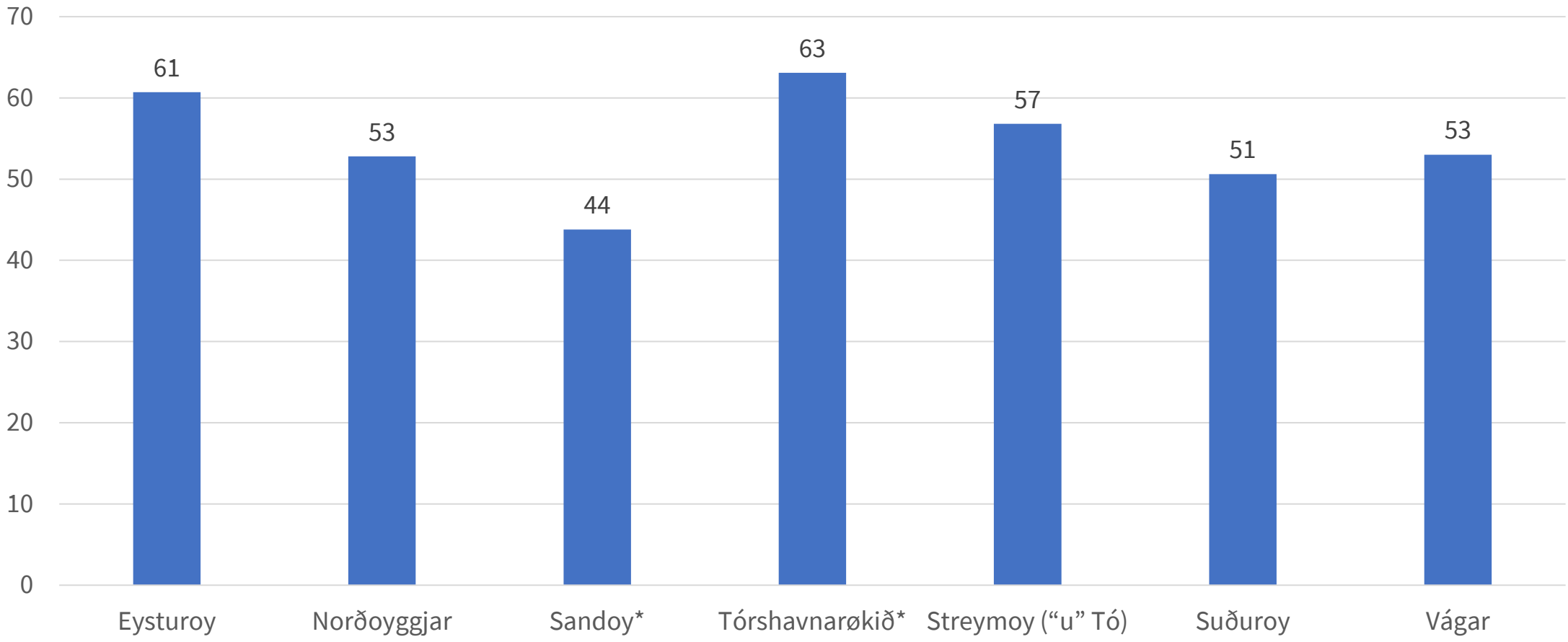
Dagliga til 1-4 ferðir um vikuna



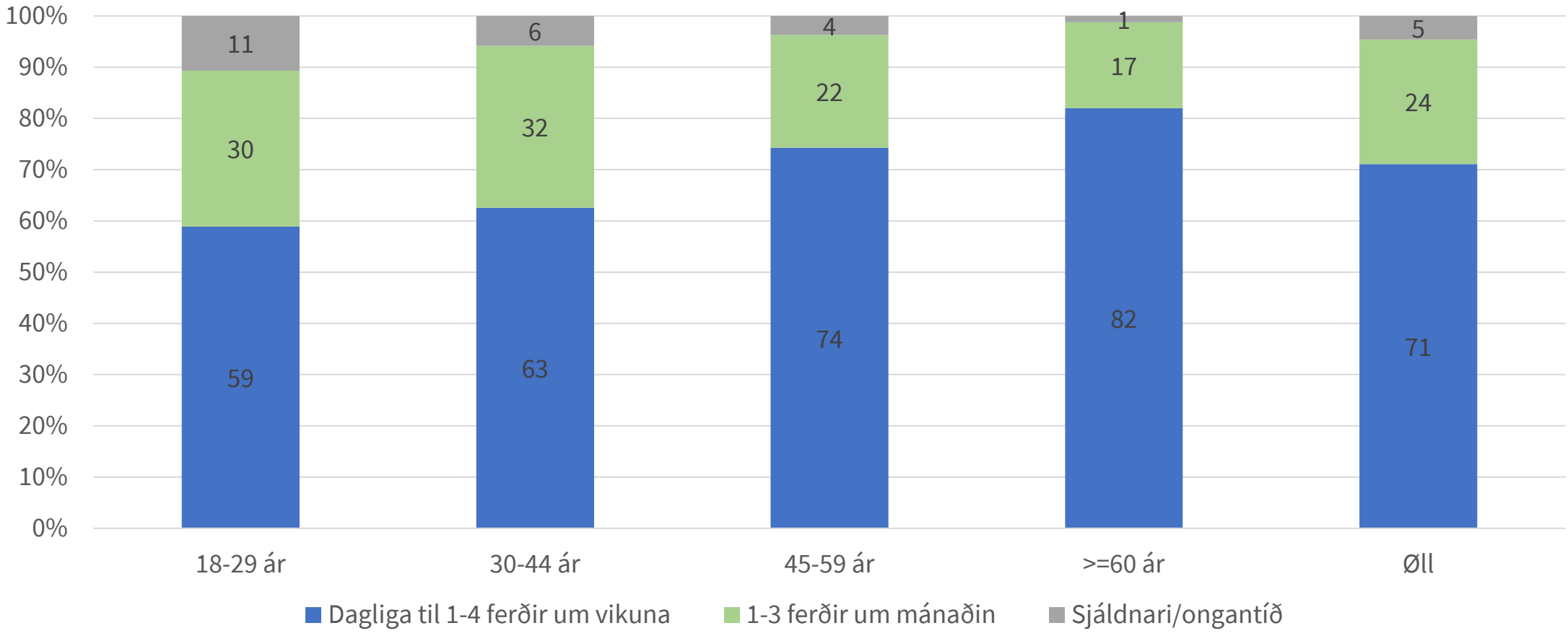
Heilsustýrið

Flogfenað og øki

Dagliga til 1-4 ferðir um vikuna



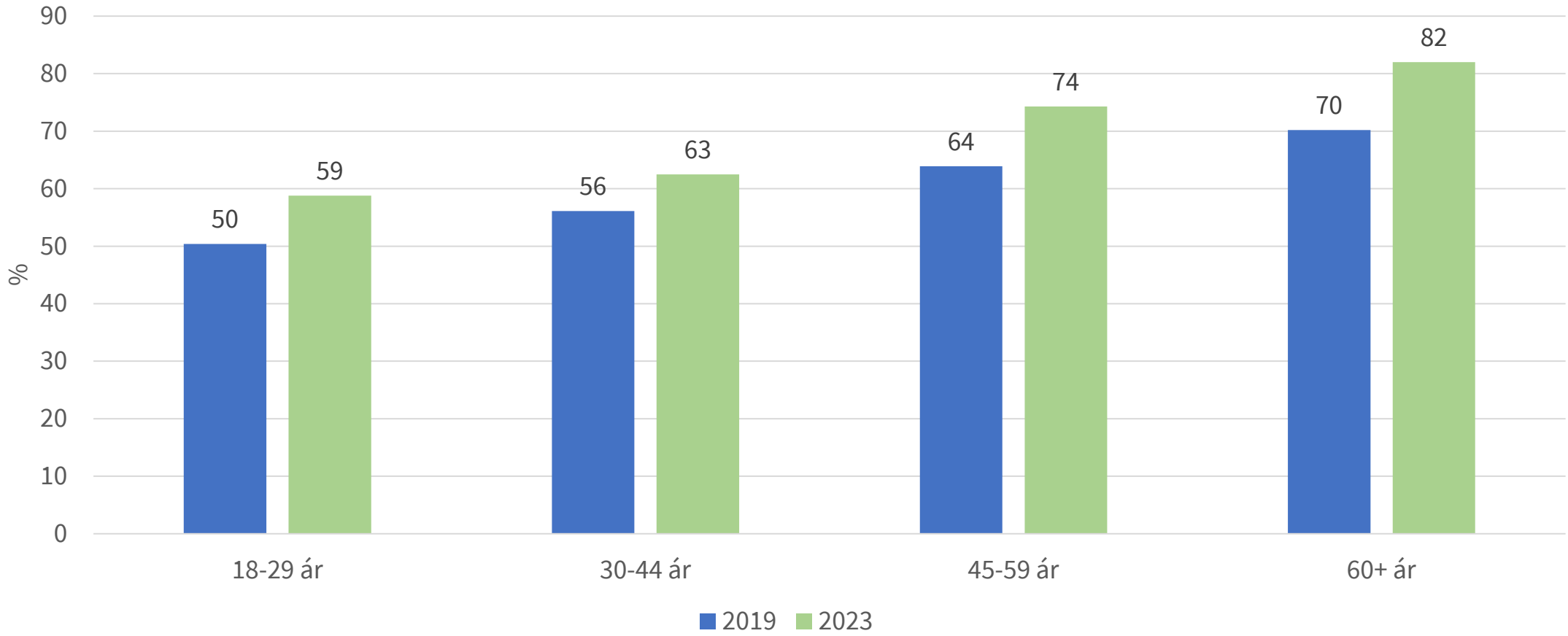
Fiskur (2023)



Heilsustýrið

Gongdin fyri fisk 2019-2023

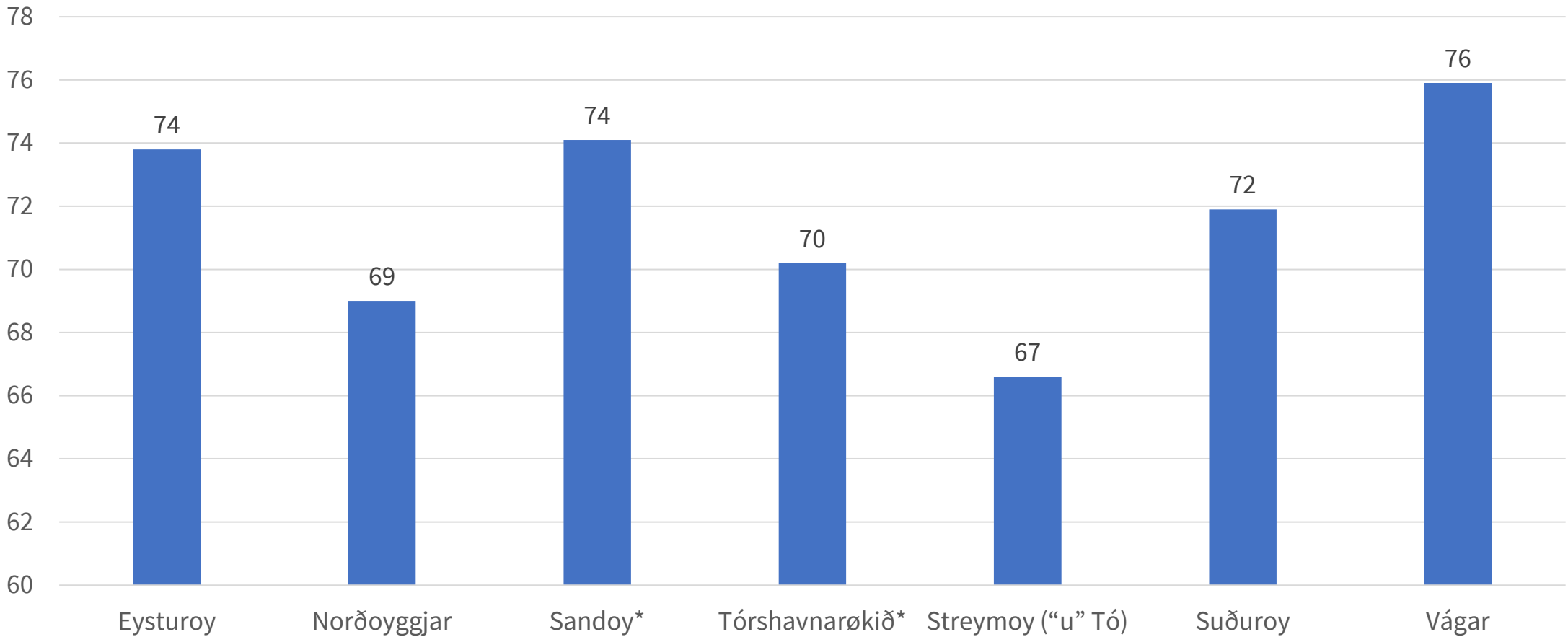
Dagliga til 1-4 ferðir um vikuna



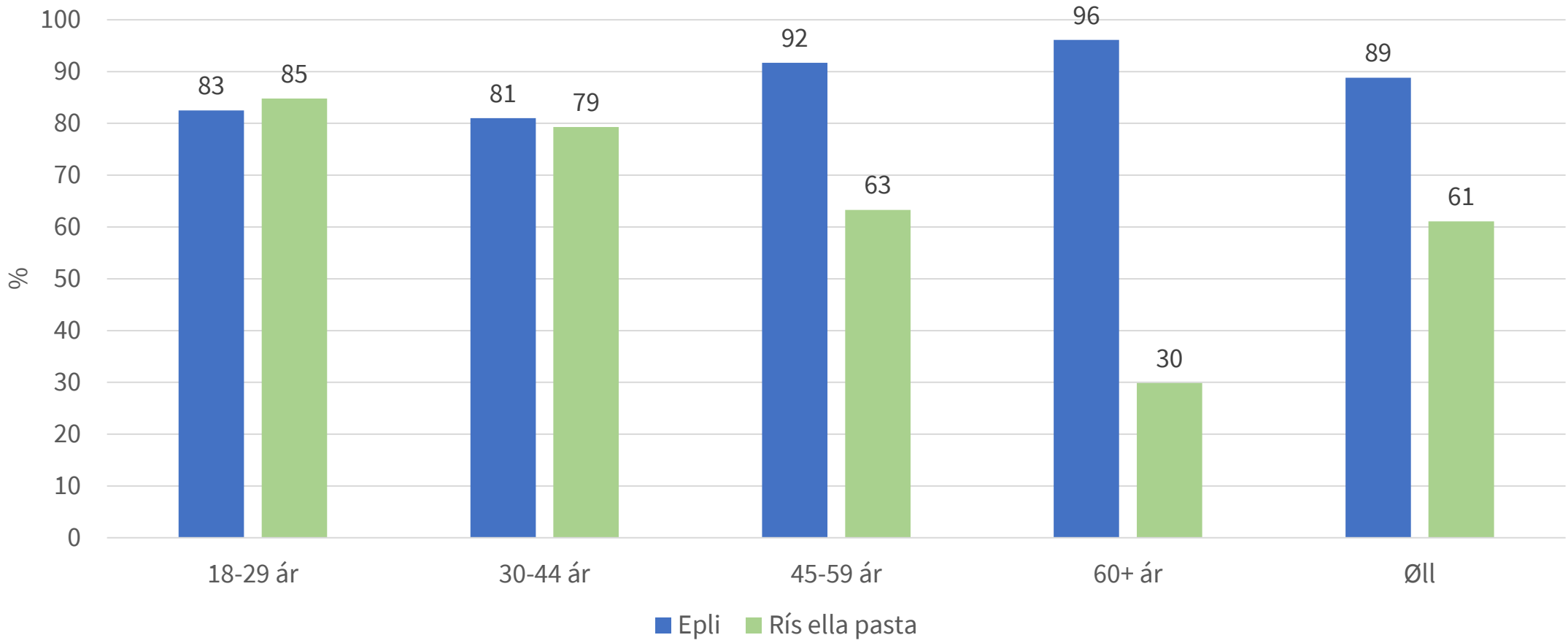
Heilsustýrið

Fiskur og øki

Dagliga til 1-4 ferðir um vikuna

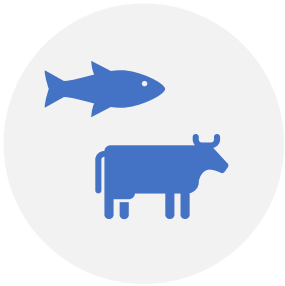


Epli og rís ella pasta (2023)
Dagliga til 1-4 ferðir um vikuna



Heilsustýrið

Niðurstøða (1.partur) – heitur matur



Størsti prosentpartur fyri dagligum til 1-4 ferðir um vikuna sæst fyri neytakjøt og fisk

Neytakjøt og flogfenaður etin oftast millum tey yngru (Tórshavn og Eysturoy) og fiskur etin oftast av teimum eldru (Vágar)

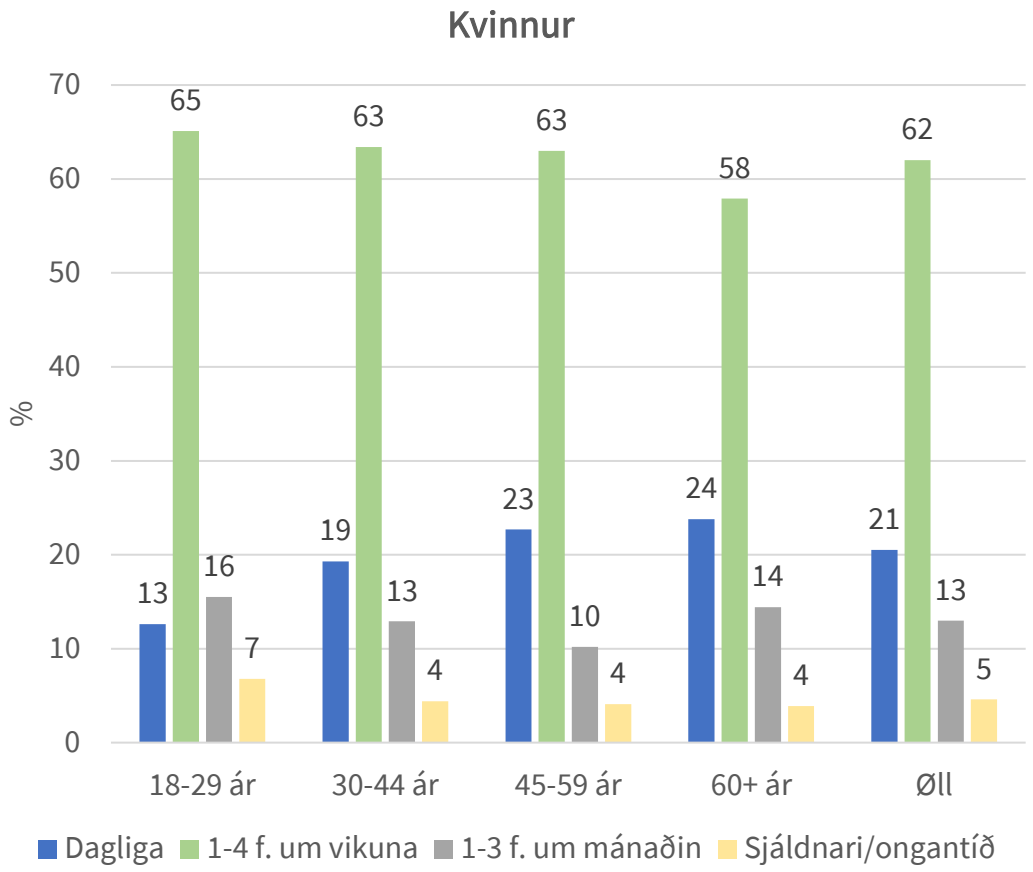
Sæst eingin munur hvussu ofta seyðakjøt verður etið og aldursbólkar (Sandoy)

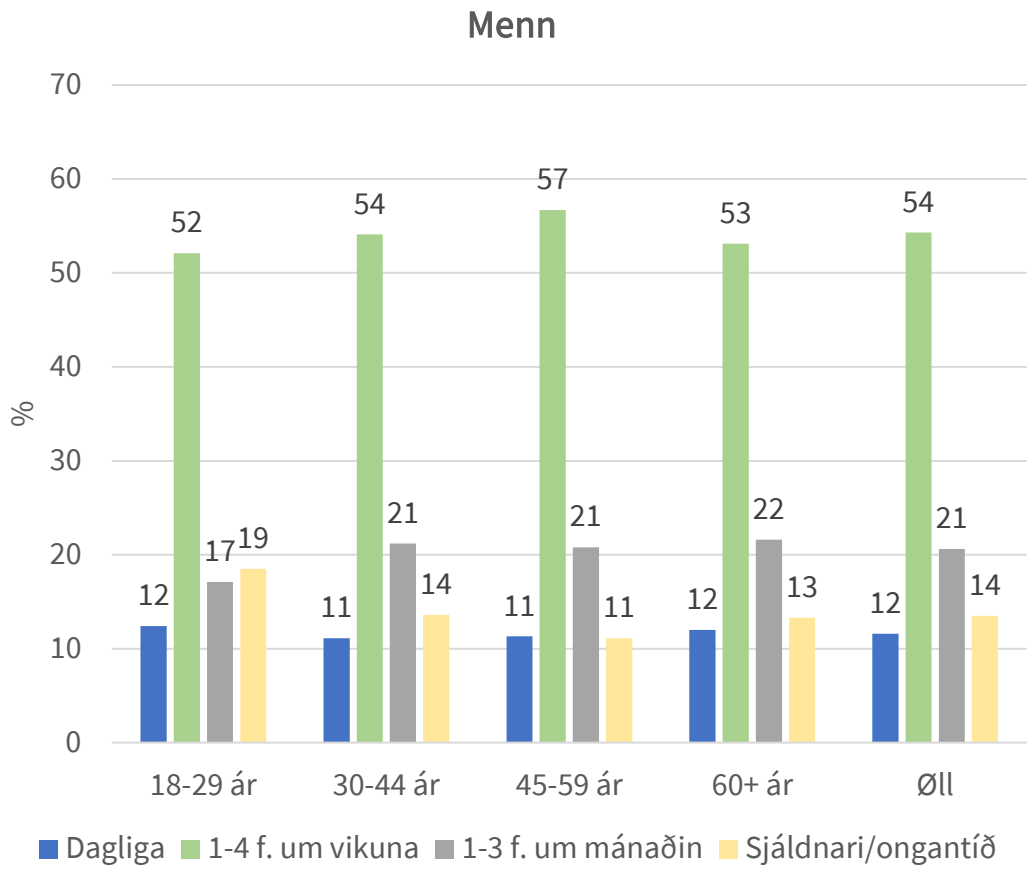
Aldursbólkurin 60+ etur oftast epli, í tráð við siðbundna nýtslumynstrið. Tey yngru eta eins ofta rís og pasta, ella eitt vet meira

Heilsustýrið

Grønmeti og frukt

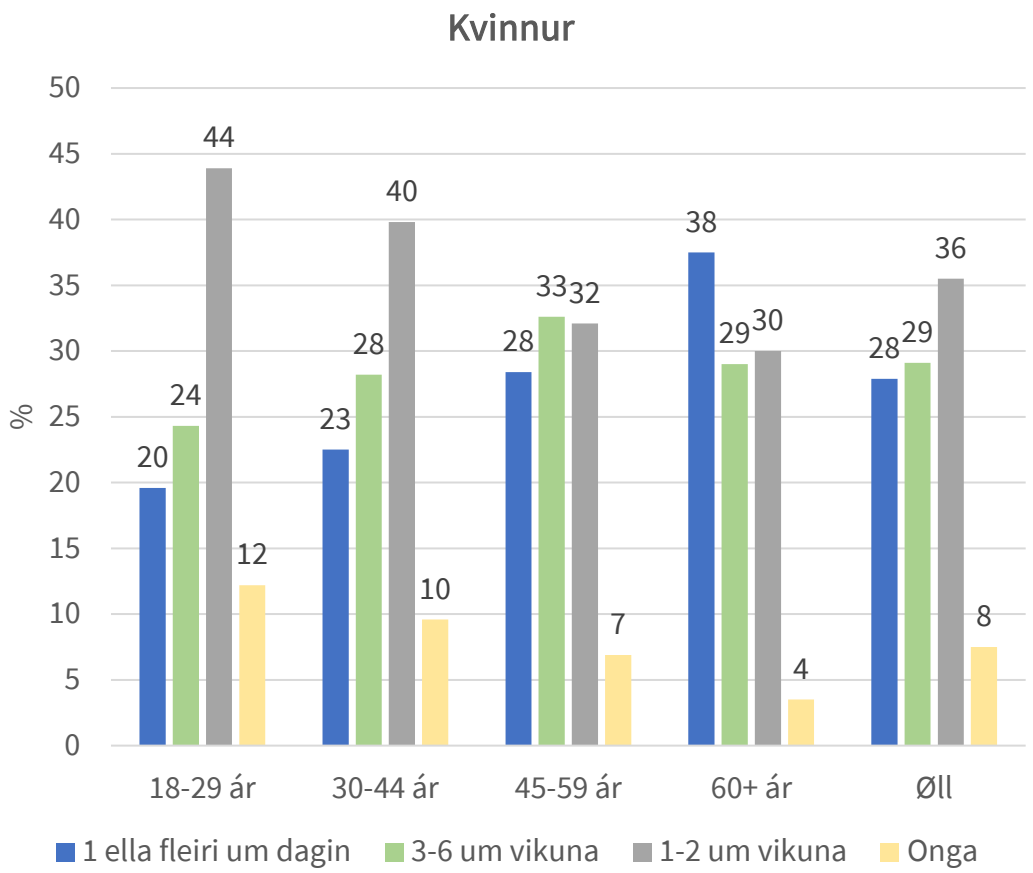
Grønmeti (2023)

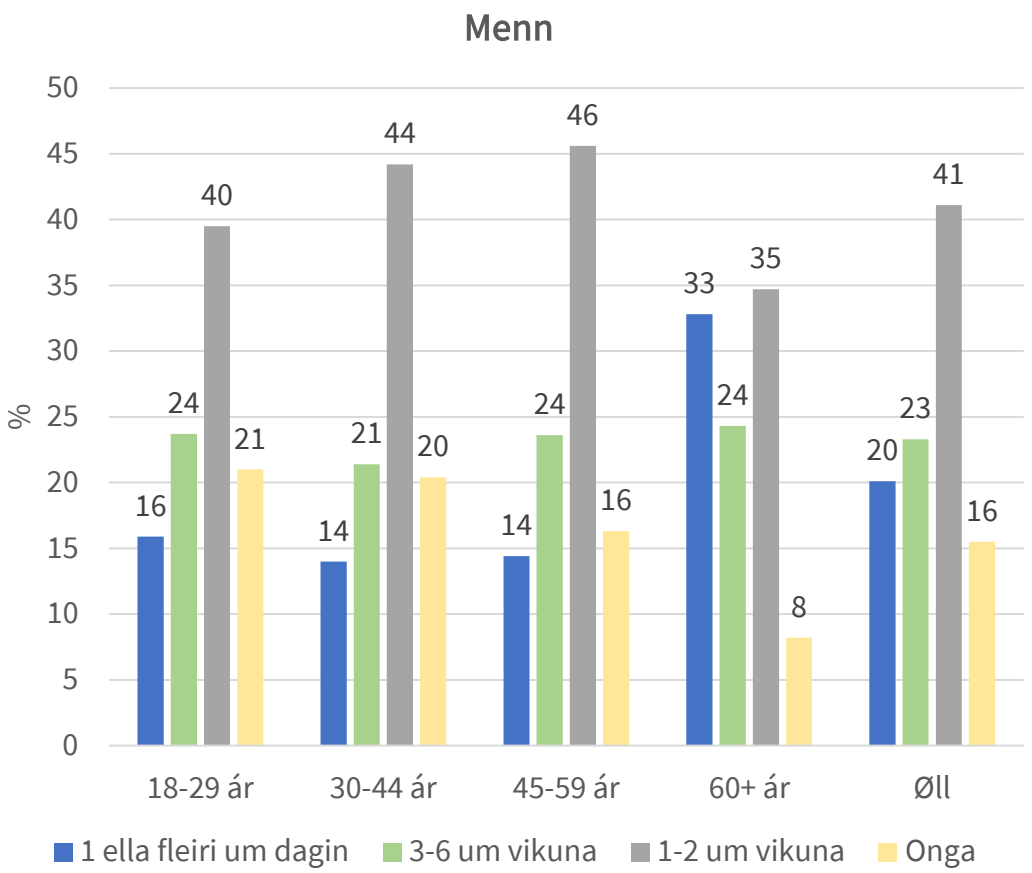




Heilsustýrið

Frukt (2023)





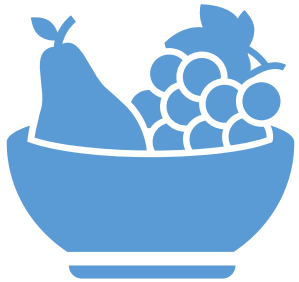
Heilsustýrið

Niðurstøða (2.partur) –grønmeti og frukt

Í miðal eta einans 21% av kvinnum og 12% av monnum grønmeti hvønn dag.

Tær yngru kvinnurnar eta minni enn tær eldru

Fyri menn sæst einki samband við aldur, hvussu nógv grønmeti teir eta.



Í miðal siga 28% av kvinnum og 20% av monnum seg eta 1 ella fleiri fruktir um dagin

Hinvegin siga 5% av kvinnum og 16% av monnum seg ongantíð eta frukt

Heilsustýrið

Orkuríkur matur

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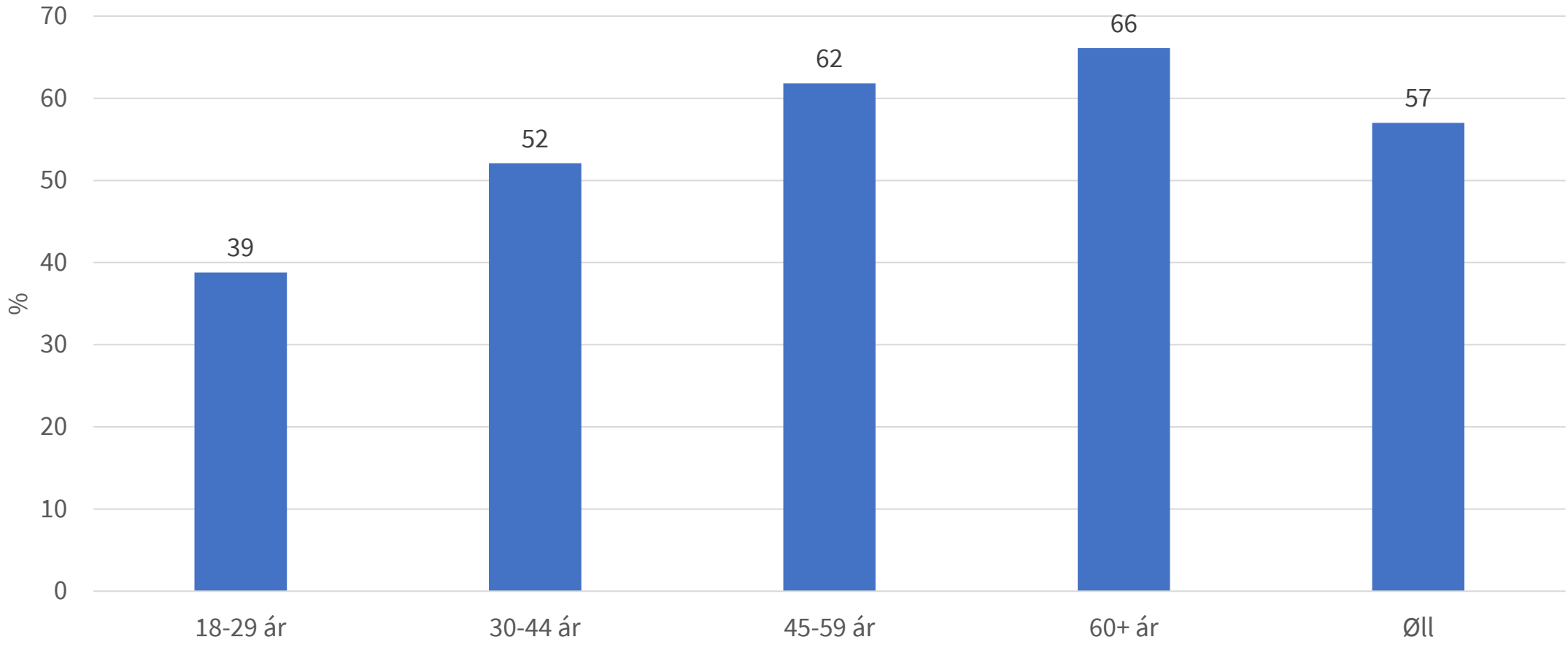
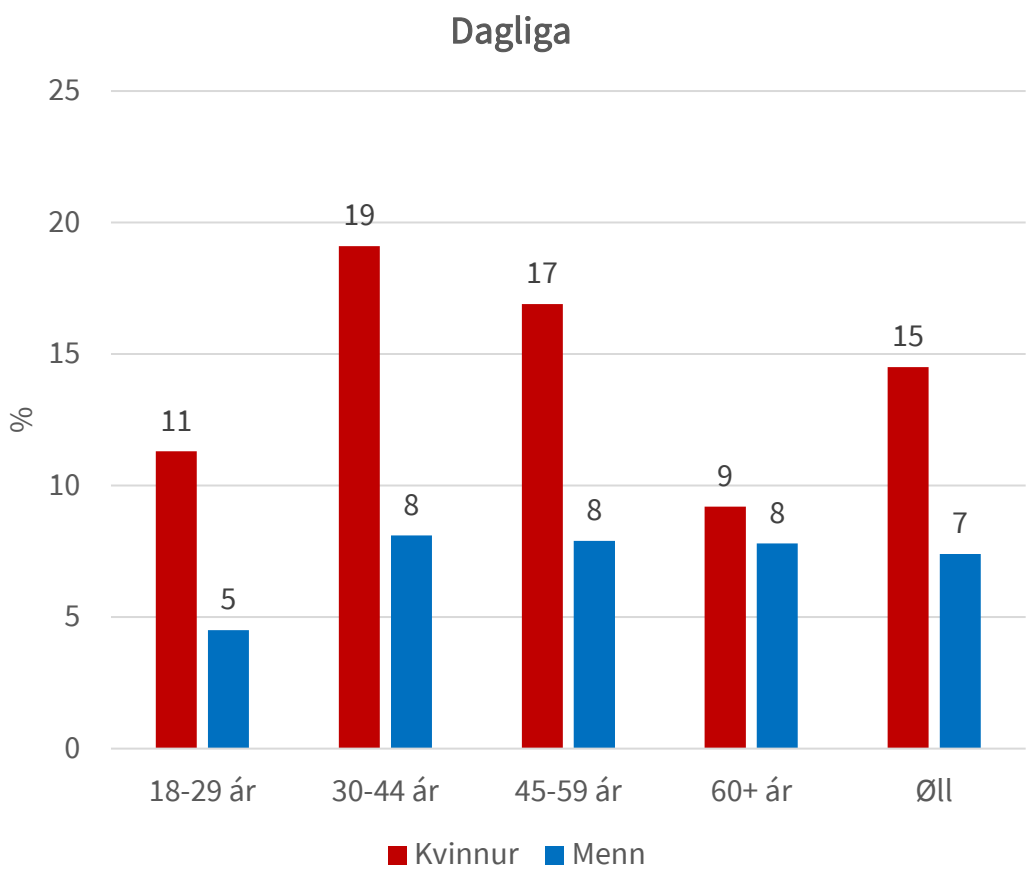
Køka (2023)

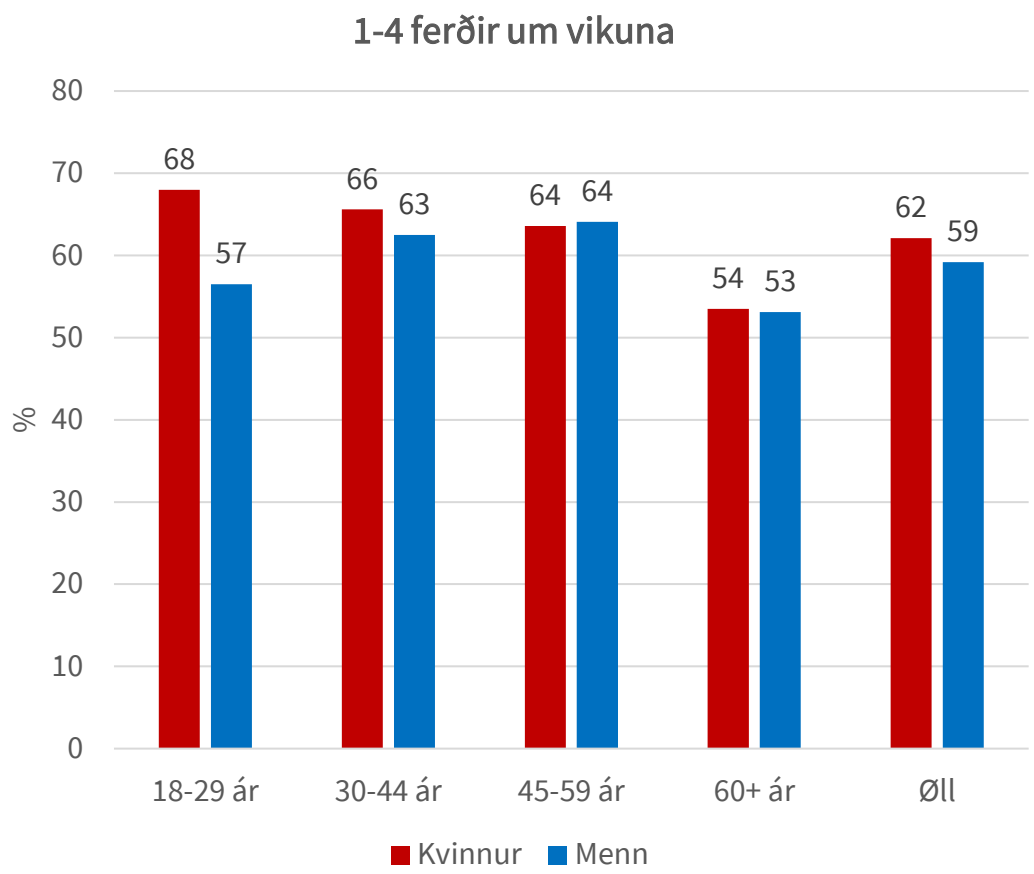
Dagliga til 1-4 ferðir um vikuna



Heilsustýrið

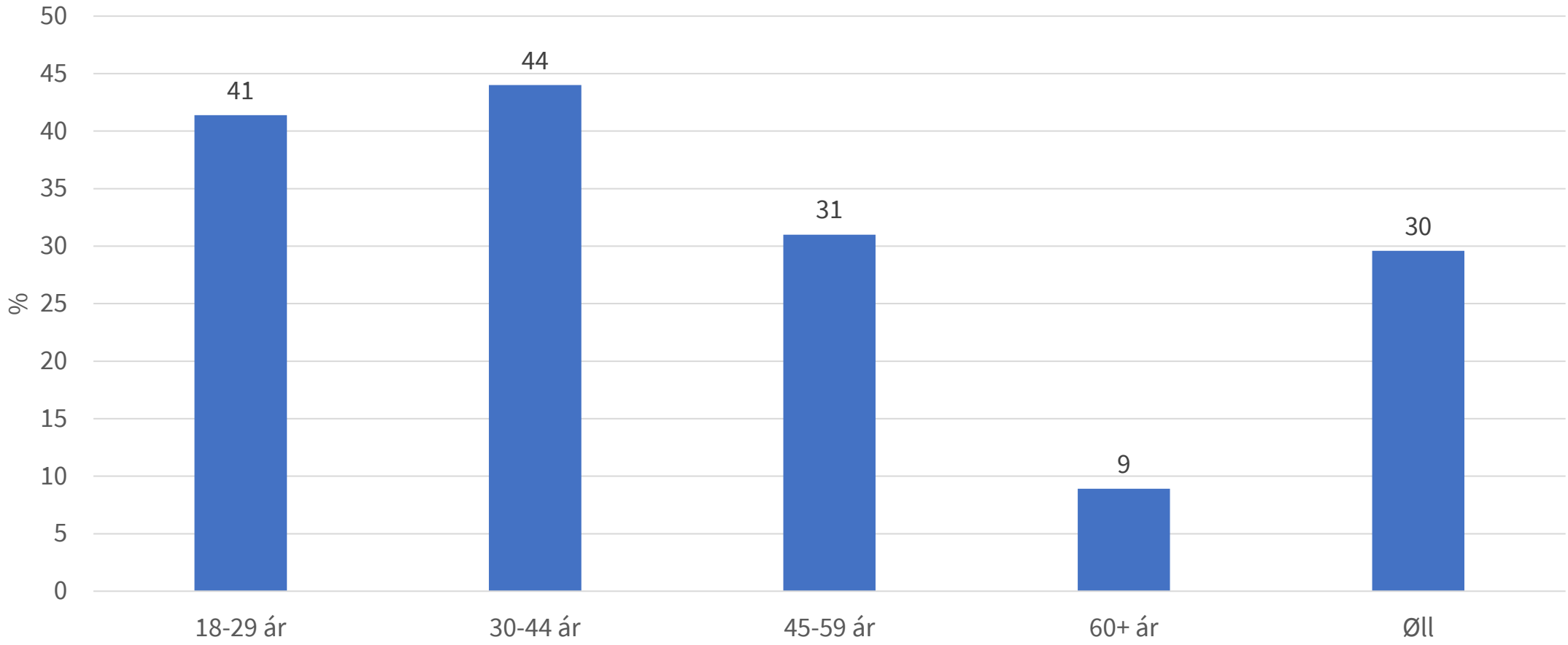
Sjokuláta, ís ella bomm (2023)
Dagliga og 1-4 ferðir um vikuna





Heilsustýrið

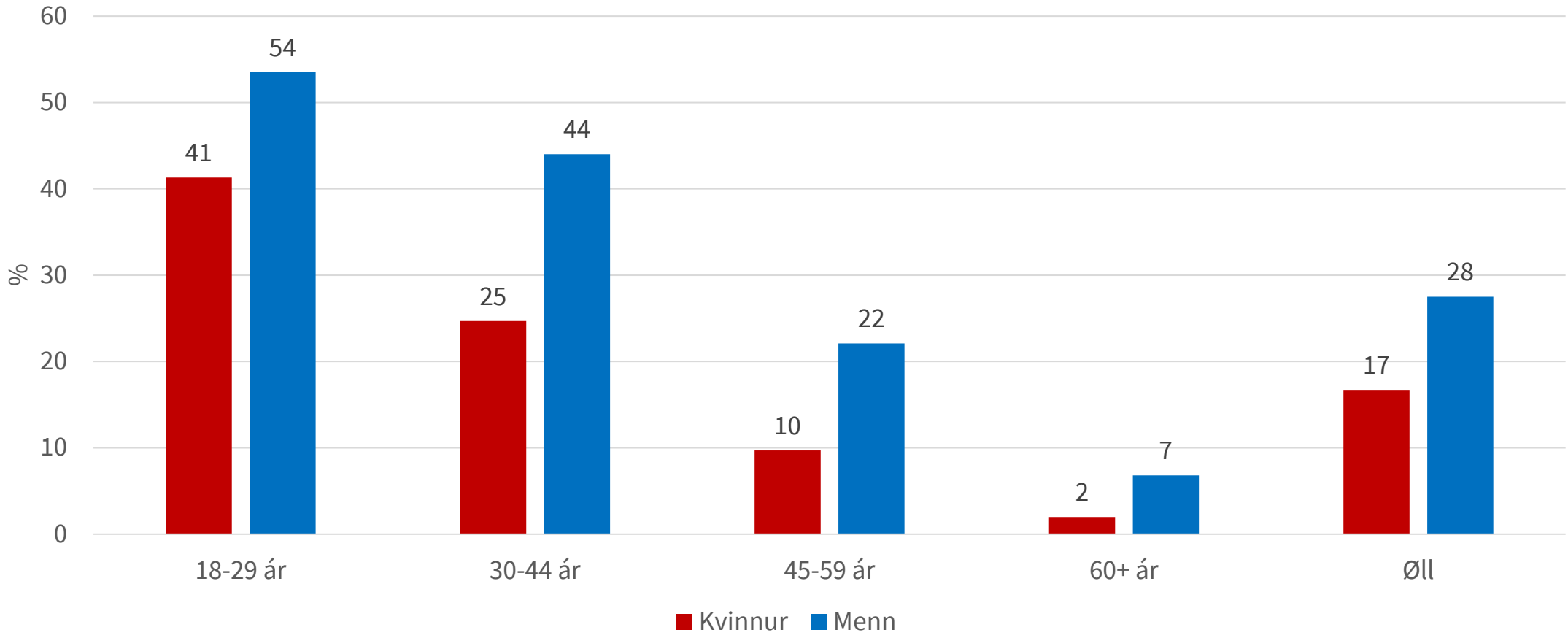
Kips, poppkorn o.a. (2023)
Dagliga til 1-4 ferðir um vikuna



Heilsustýrið

Skundverð (pitsu, burgara, pylsu) (2023)

Dagliga til 1-4 ferðir um vikuna



Heilsustýrið

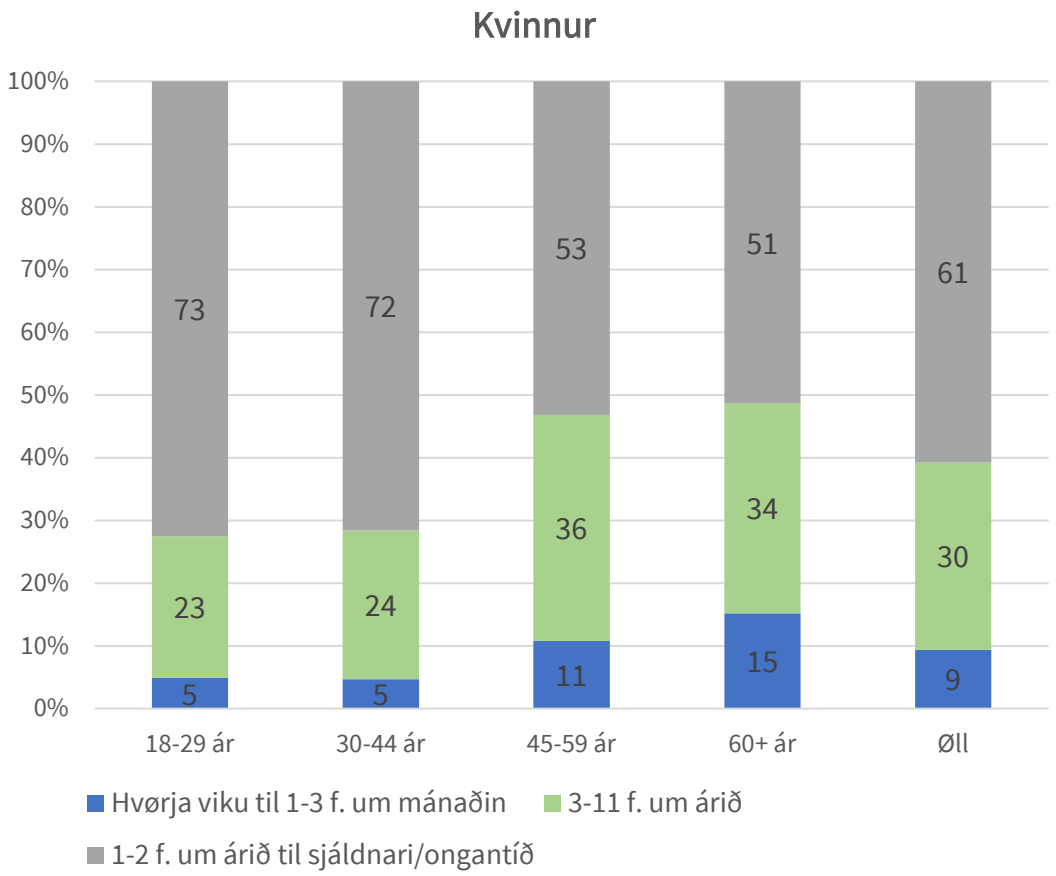
Niðurstöða (3. partur) – orkuríkur matur

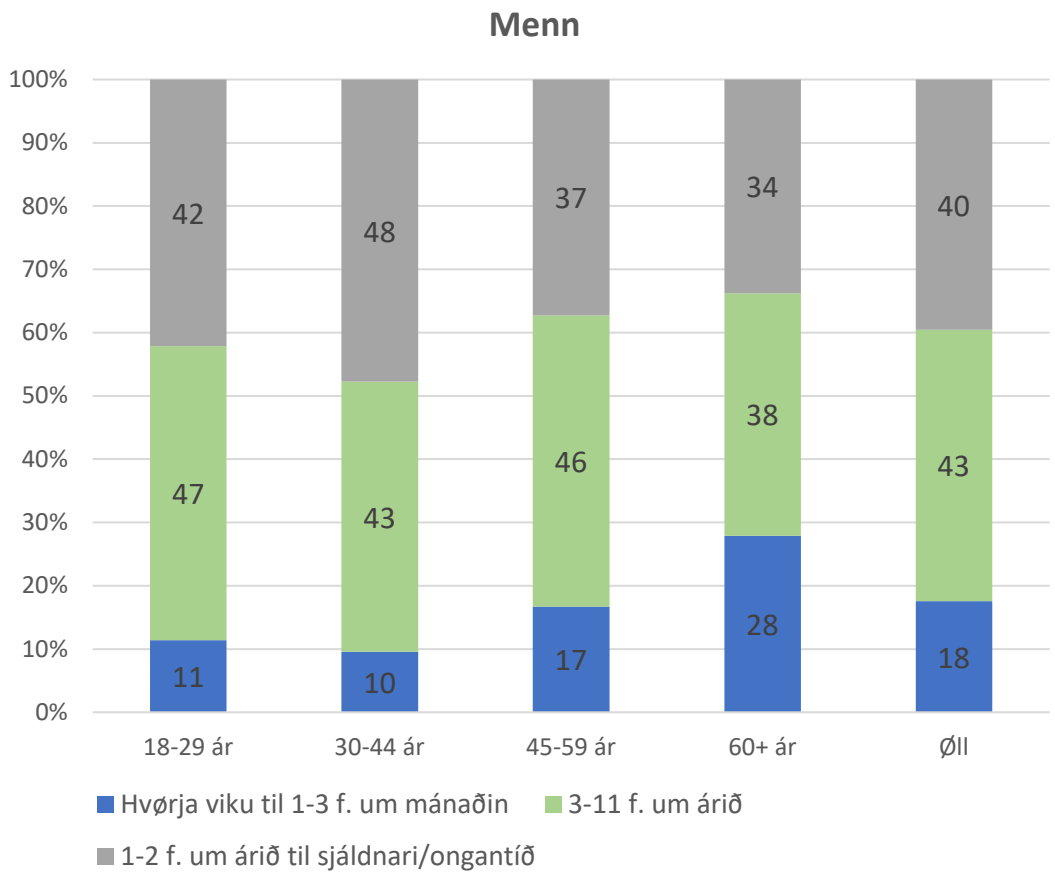
- Týðiligt samband millum orkuríkan mat og aldur
  - Tey eldru eta oftari køku
  - Tey yngru eta oftari sjokulátu, kips og skundverða
- Samband millum hvør etur sjokulátu, skundverð og kyn

Heilsustýrið

Føroyskur matur

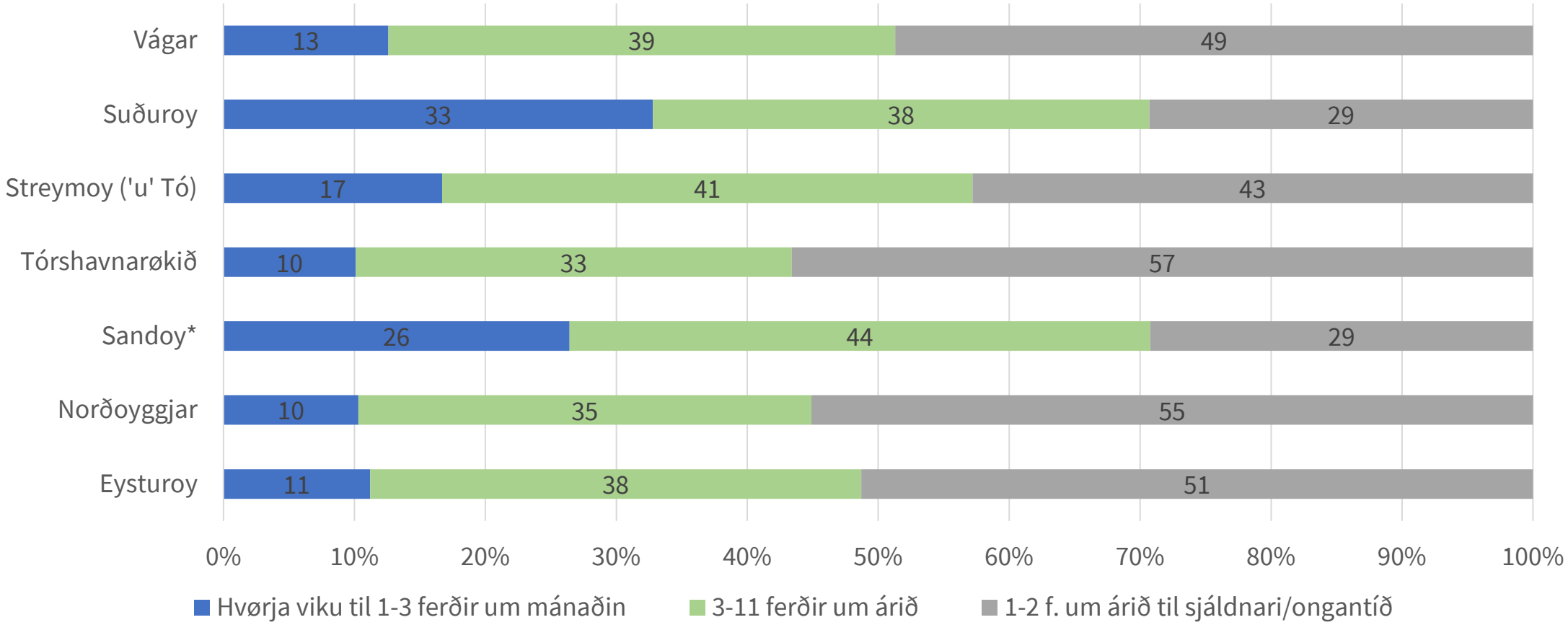
Grind (2023)



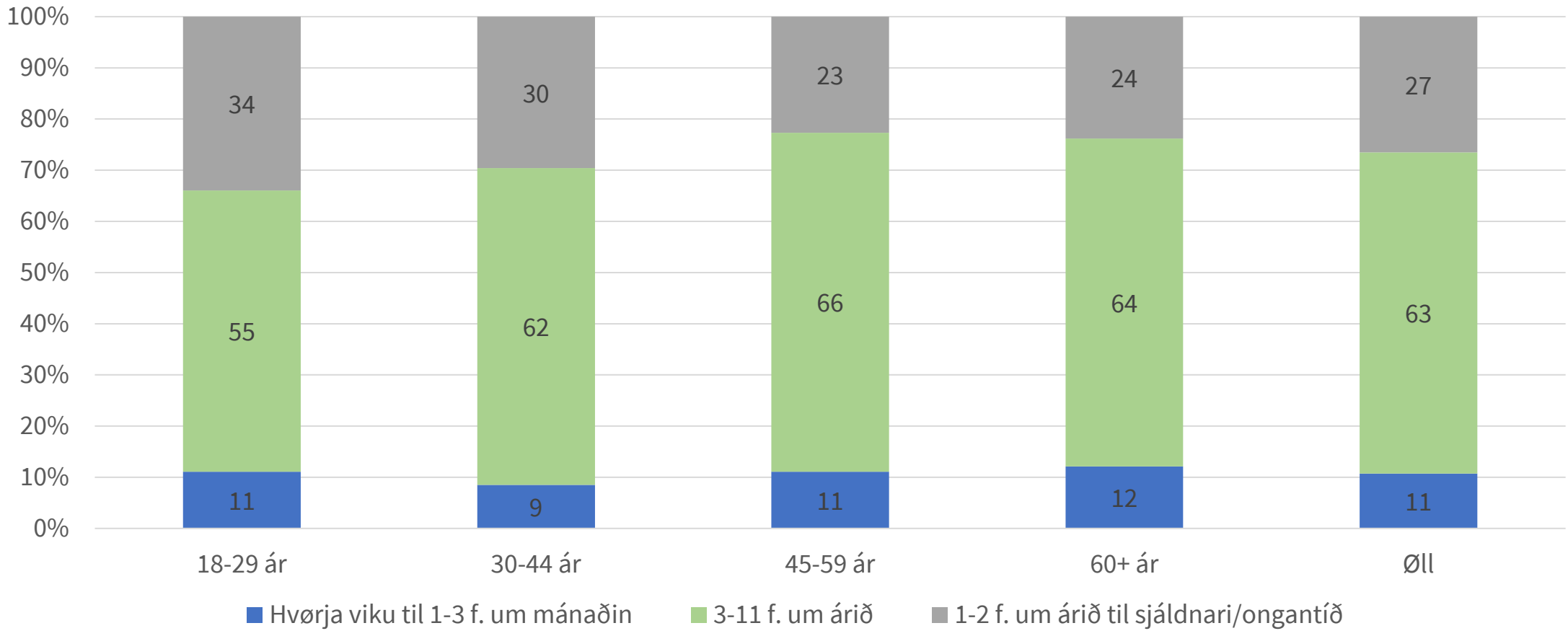


Heilsustýrið

Grind og øki (2023)

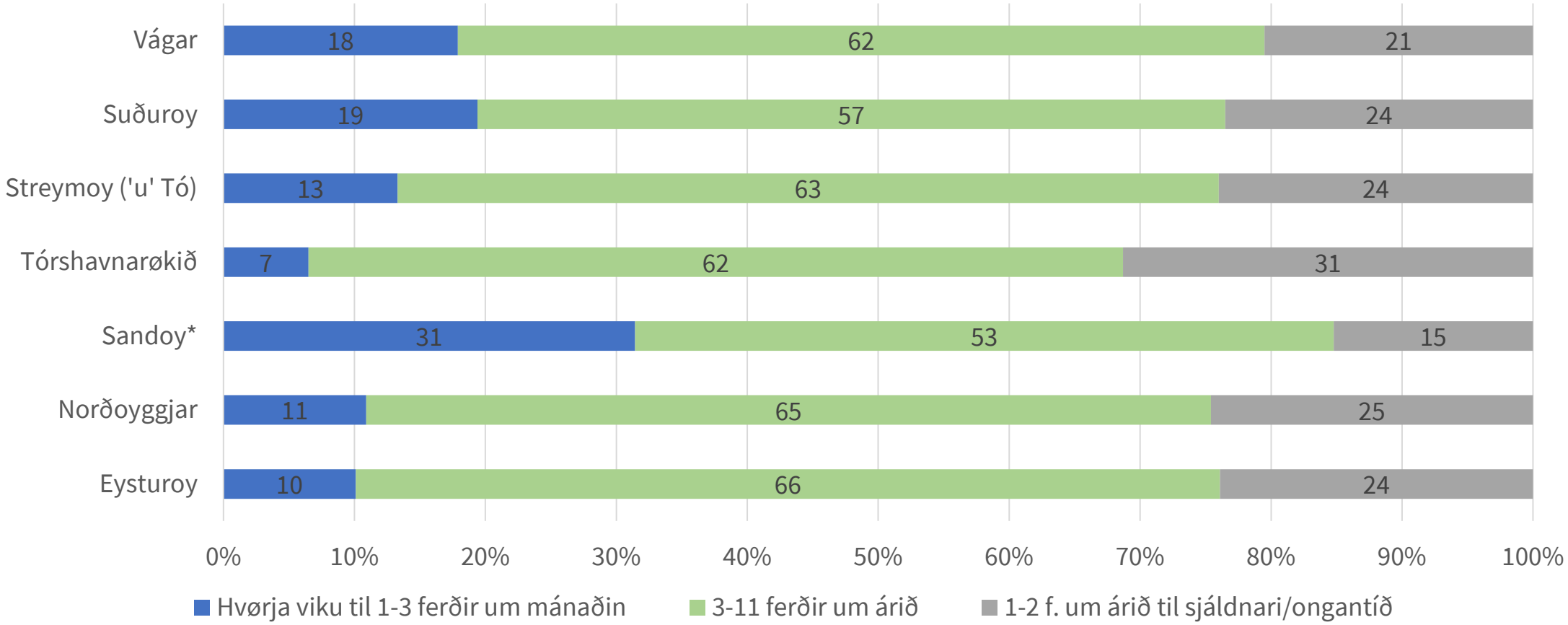


Ræstkjøt (2023)

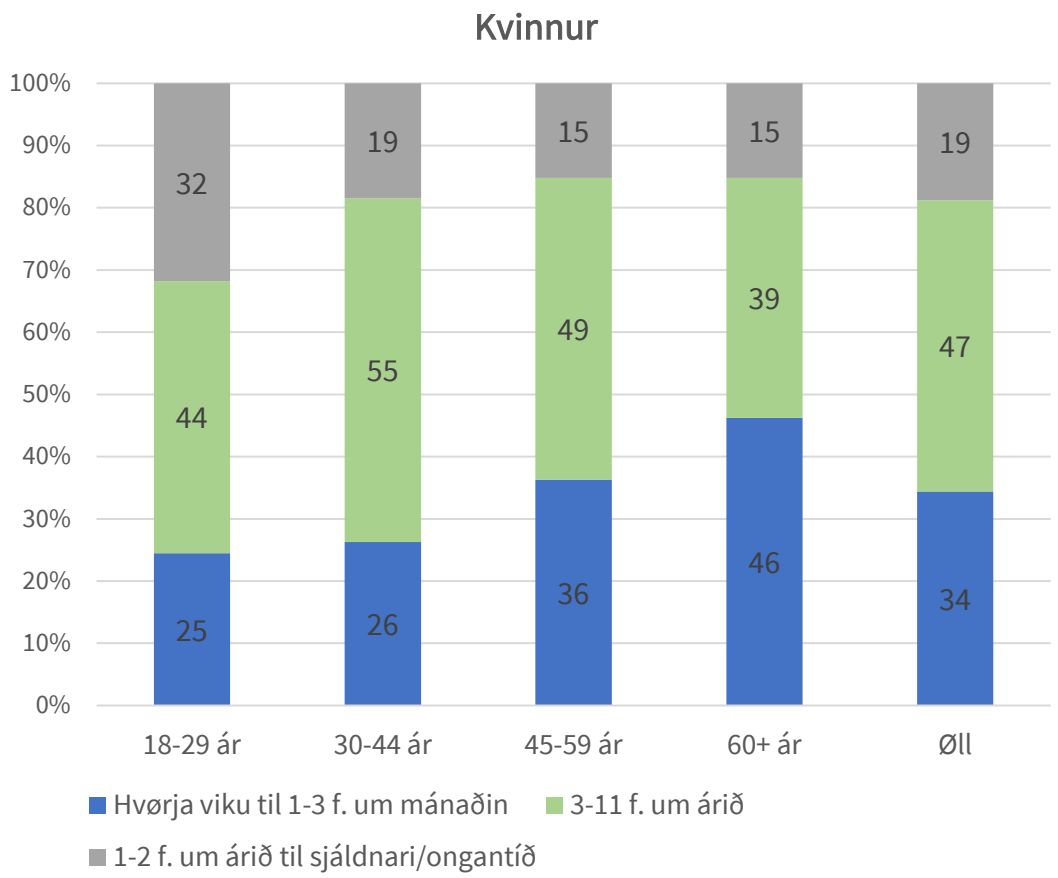


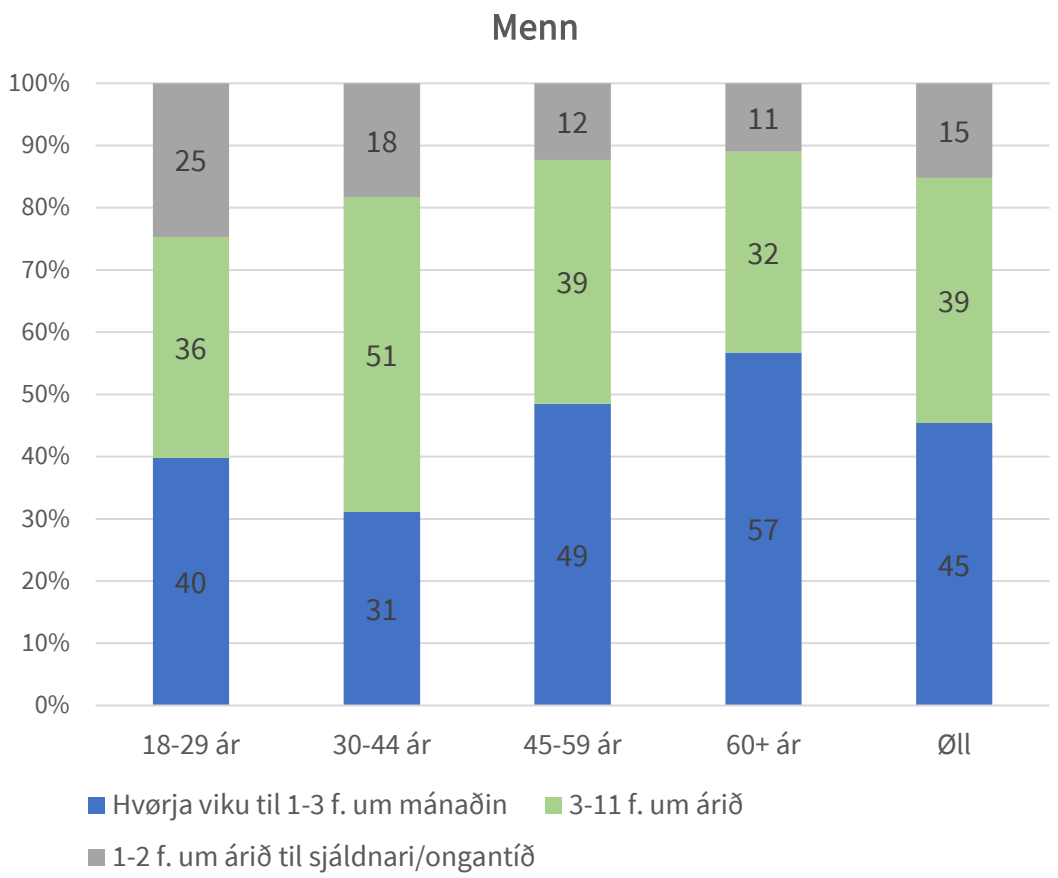
Heilsustýrið

Ræstkjøt og øki (2023)



Skerpikjøt (2023)





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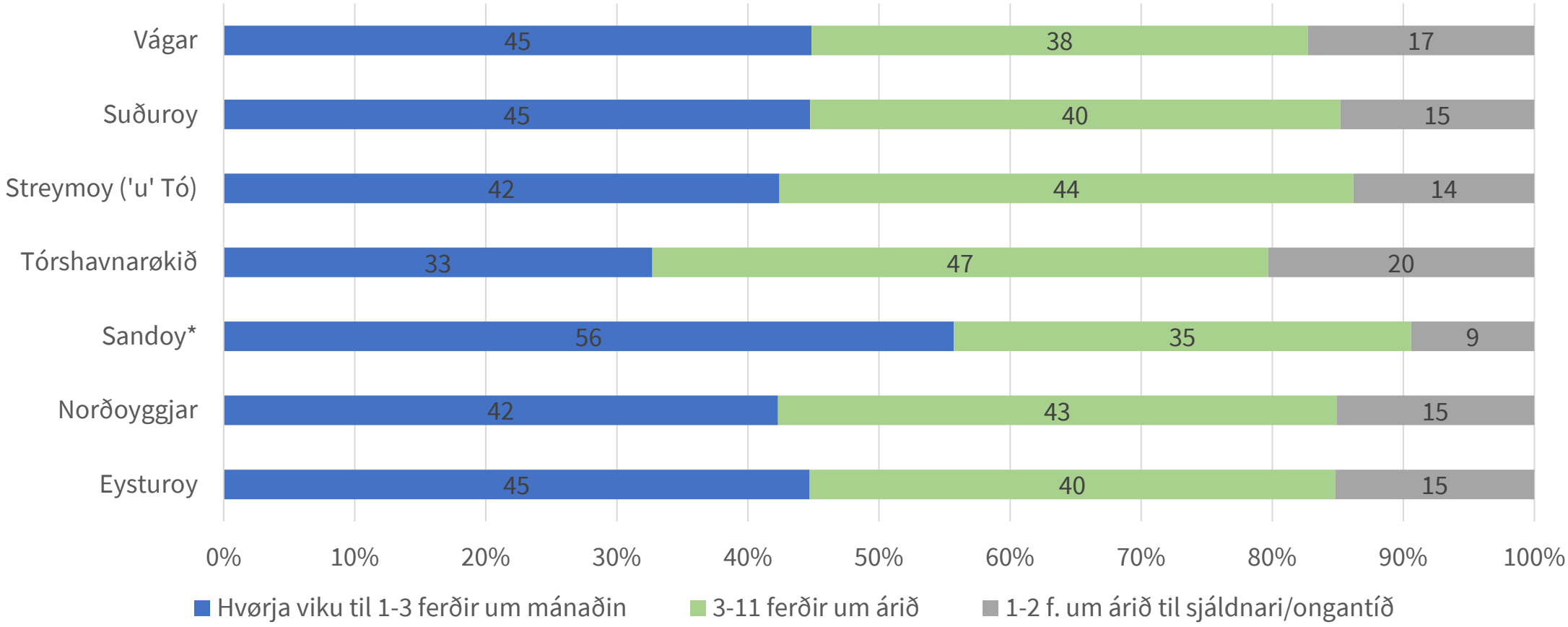
Skerpikjøt og øki (2023)