



## 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):*

Fagt, S., & Matthiessen, J. (2017). *Denmark life expectancy in years (2013): Fact sheet Denmark*. National Food Institute, Technical University of Denmark.

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# DENMARK

Total population: 5 598 000

Income group: High



Life expectancy in years (2013)



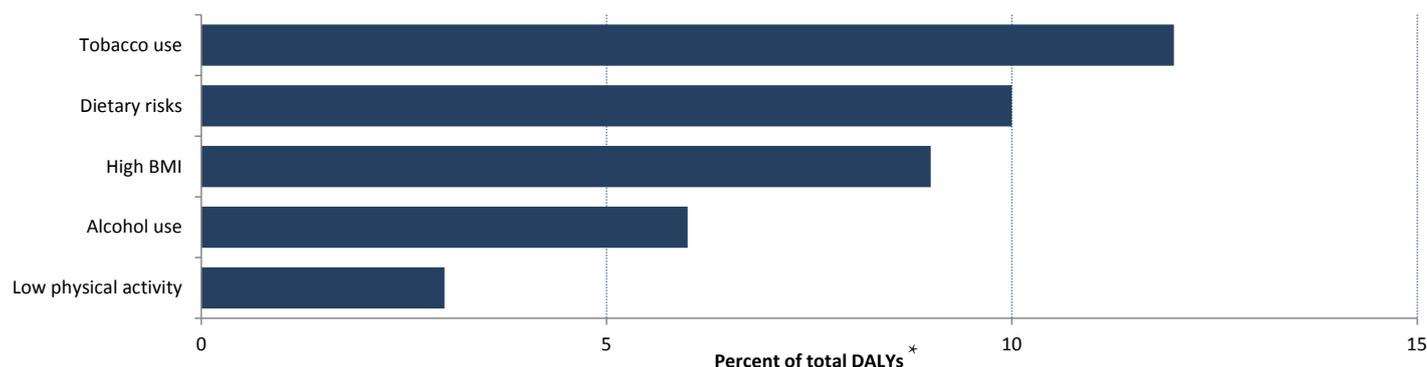
77,8



82,0

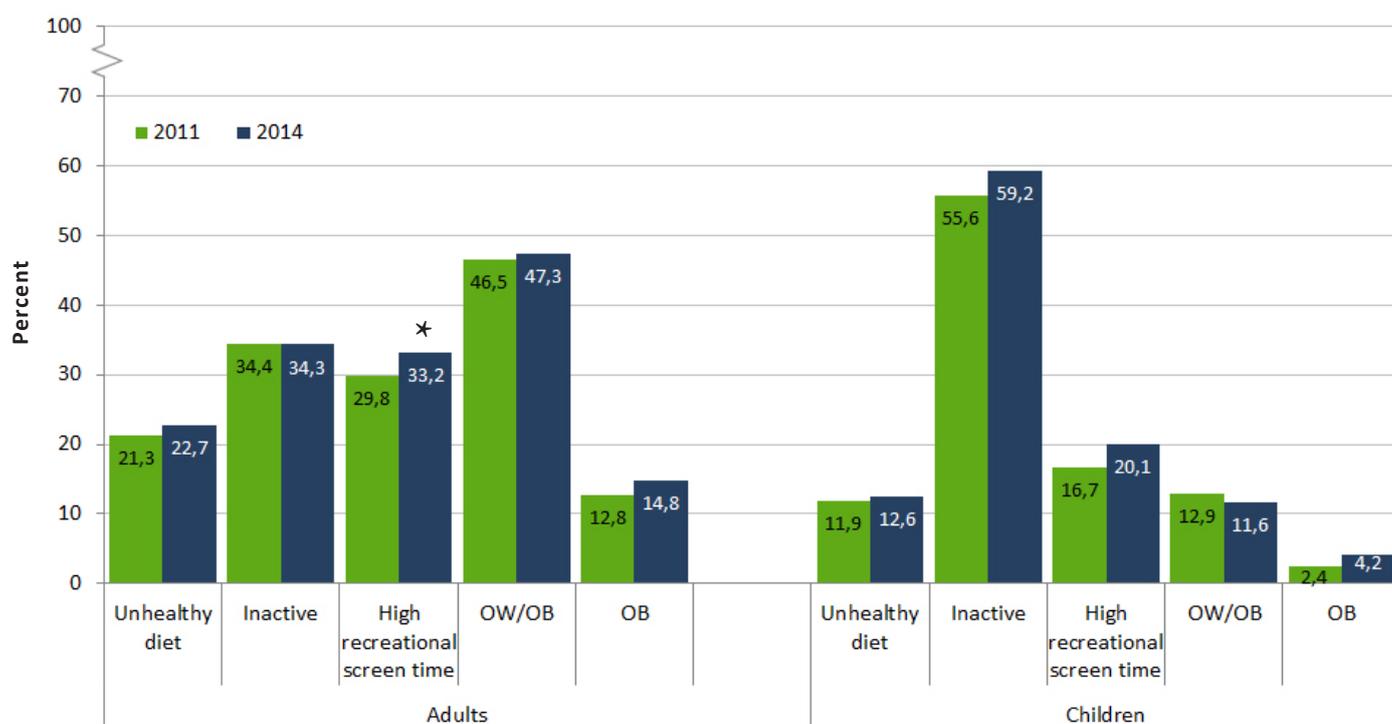
## BURDEN OF DISEASE ([www.healthdata.org](http://www.healthdata.org))

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.



\* 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)



\* 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	Males	Females	Total	
Unhealthy diet (%)	27.5	17.9	22.7	
Inactive (%)	34.6	33.9	34.3	
High recreational screen time (%)	32.4	34.1	33.2	
Smokers (%)	26.6	23.9	25.3	
Daily smokers (%)	22.5	20.2	21.3	○
Total alcohol consumption (times/wk)*	3.2	1.7	2.5	○
Binge drinking last month (%)	55.5	36.9	46.3	
Overweight/obesity (%)	55.9	38.3	47.3	○
Obesity (%)	14.4	15.2	14.8	
7-12 years	Boys	Girls	Total	
Unhealthy diet (%)	11.1	14.2	12.6	
Inactive (%)	53.3	65.2	59.2	
High recreational screen time (%)	22.6	17.6	20.1	
Overweight/obesity (%)	11.5	11.6	11.6	
Obesity (%)	3.2	5.3	4.2	

\* 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	✓

#### Sources

- [www.healthdata.org](http://www.healthdata.org)
- Matthiessen J, Andersen LF, Barbieri HE, Borodulin K, Knudsen VK, Kørup K, Thorgeirsdottir H, Trolle E, Fagt S. The Nordic Monitoring System 2011-2014. Status and development of diet, physical activity, smoking, alcohol and overweight. TemaNord 2016:561. Nordic Council of Ministers 2017
- WHO Noncommunicable diseases (NCD) country profiles, 2014.