

Norway



Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/norway-163/



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Obesity prevalence

Adults, 2022

Obesity Overweight





Children, 2021-2022

Overweight or obesity







% Adults living with obesity in Norway 1979-1994

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with overweight or obesity in Norway 1979-1994



Trend adult overweight obesity 2014 2019

Men

• Overweight or obesity





• Overweight or obesity





Trends Norway Adult Obesity 2014 2019







data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



Overweight/obesity by age and education

Adults, 2019





Men, 2019









Overweight/obesity by education

Adults, 2022







Men, 2022













Children, 2010





Overweight/obesity by age

Adults, 2019

Obesity Overweight





Children, 2021-2022

Overweight or obesity



+2SD



Overweight/obesity by region

Men, 2019









Children, 2017





Overweight/obesity by age and region







Obesity Overweight





Overweight/obesity by age and socio-economic group

Adults, 2019





3rd income quintile

Age 75+

Self-reported

National

4th income quintile

2nd income quintile

5th income quintile

Men, 2019



References:

Eurostat 2019. Available at <u>https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en</u> (last accessed 09.08.21).







Overweight/obesity by socio-economic group

Men, 2014

Obesity Overweight











Boys, 2021-2022

Overweight or obesity





Girls, 2021-2022

Overweight or obesity





Overweight/obesity by age and limited activity

Adults, 2014





Men, 2014









Double burden of underweight & overweight

Adults, 2022







Children, 2022




Insufficient physical activity













Boys, 2022



Girls, 2022





Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022





Girls, 2021-2022





Estimated per capita fruit intake





Prevalence of less than daily fruit consumption

Children, 2010-2014





Prevalence of less than daily vegetable consumption

Children, 2010-2014





Estimated per-capita processed meat intake





Estimated per capita whole grains intake





Mental health - depression disorders









7000		
6000		
8000		
5000		
% of population		
2000		
1000		
0	Norway	
Age:	20+	
Area covered:	National	
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last accessed 23.04.25)	
Definitions:	Number living with depression per 100,000 population (adults 20+ years)	



Children, 2021





Boys, 2021



Girls, 2021





Mental health - anxiety disorders













Children, 2021



Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Boys, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



Girls, 2021





Percent of population who cannot afford a healthy diet





Oesophageal cancer





2			
1.5 100,000			
l			
0.5			
0	Norway		
Age:		20+	
Area covered:		National	
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <u>https://gco.iarc.who.int/today</u> , accessed [16.07.24]		
Definitions:	Inc	licence per 100,000	



Breast cancer

Women, 2022

Age 20 Age 20+





Colorectal cancer









Pancreatic cancer









Gallbladder cancer









Kidney cancer









Cancer of the uterus




Raised blood pressure

Adults, 2015



Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).









Raised cholesterol

Adults, 2008













Raised fasting blood glucose

Men, 2014



Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).







Diabetes prevalence

Adults, 2024



References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer





Leukemia

Men, 2022											
4											
3											
2											
1											
0											
-1_1	0	1	2	3	4	5	6				
Age: Area covered:							20+				
References:	National Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <u>https://gco.iarc.who.int/today</u> , accessed [16.07.24]										
Definitions:						Incidence p	er 100,000				
	Unless ot	therwise noted, overw	eight refers to a BMI b	between 25kg and 29	9ka/m² obesity refer	s to a BMI greater tha	n 30ka/m².				



4							
2							
3							
2							
1							
0							
-1 -1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					Znaor A, Soerjomatarar n Cancer. Available fror	m: <u>https://gco.iarc.whc</u>	
Definitions:						Incidence pe	er 100,000
	Unless othe	erwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater than	n 30kg/m².



Leukemia





Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².







Liver and intrahepatic bile duct Cancer









Multiple Myeloma









Non Hodgkin Lymphoma









Thyroid Cancer







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