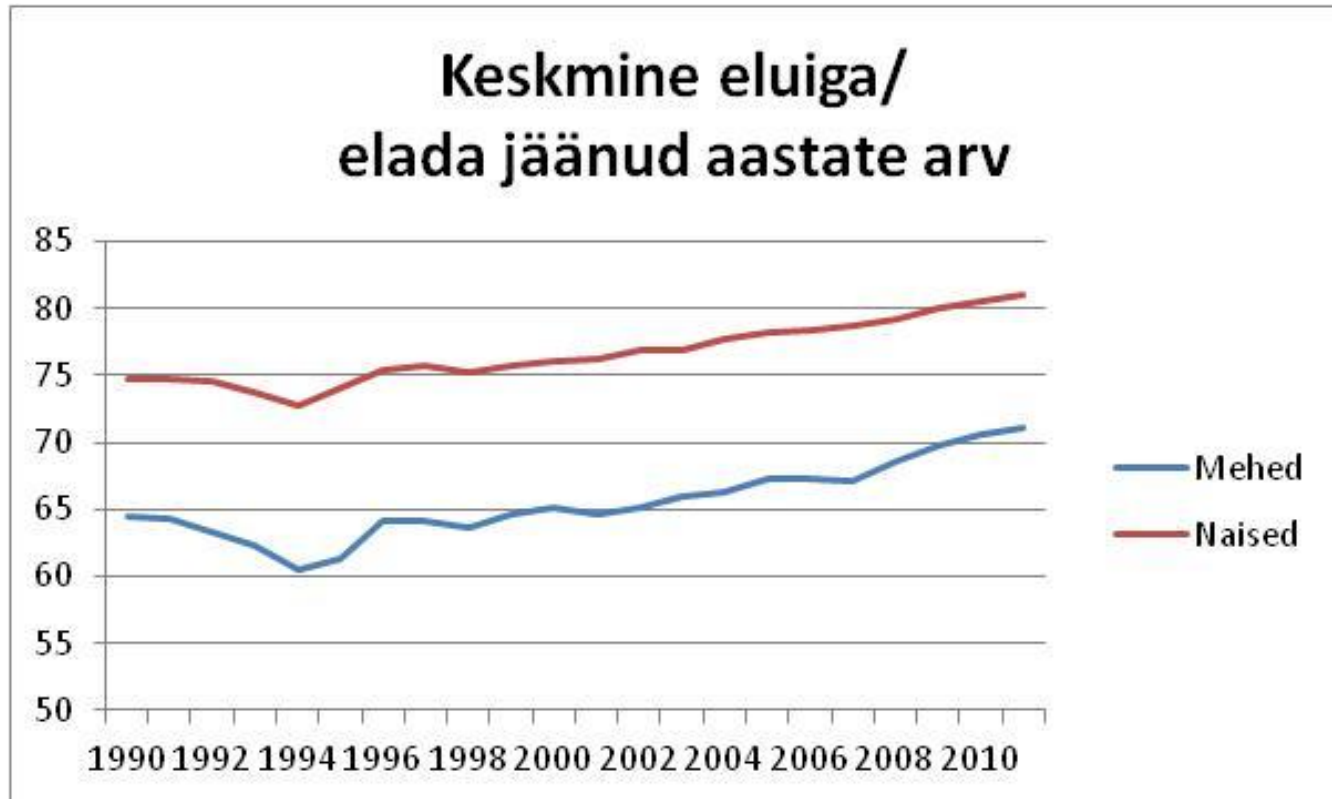


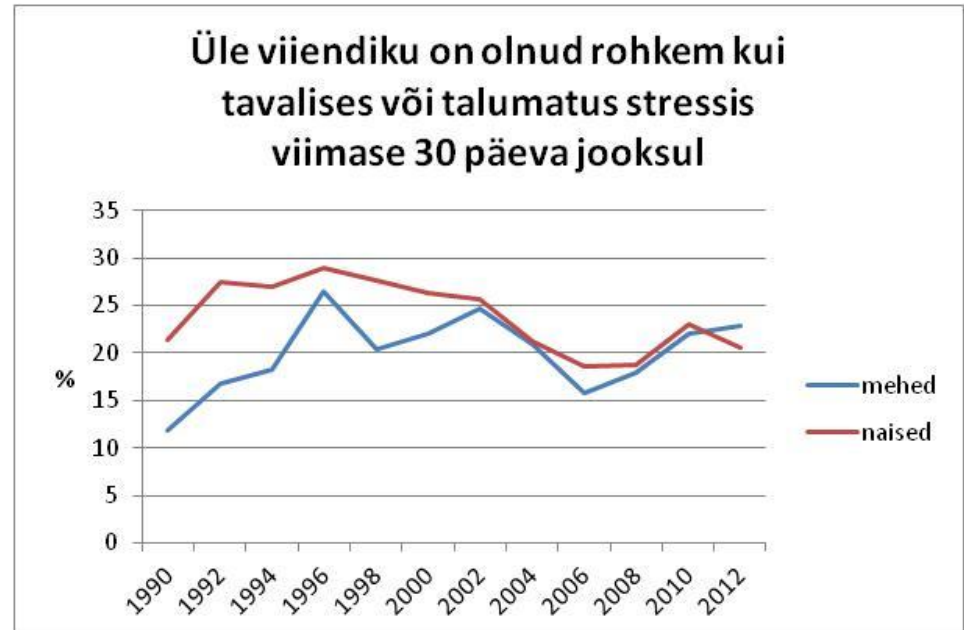
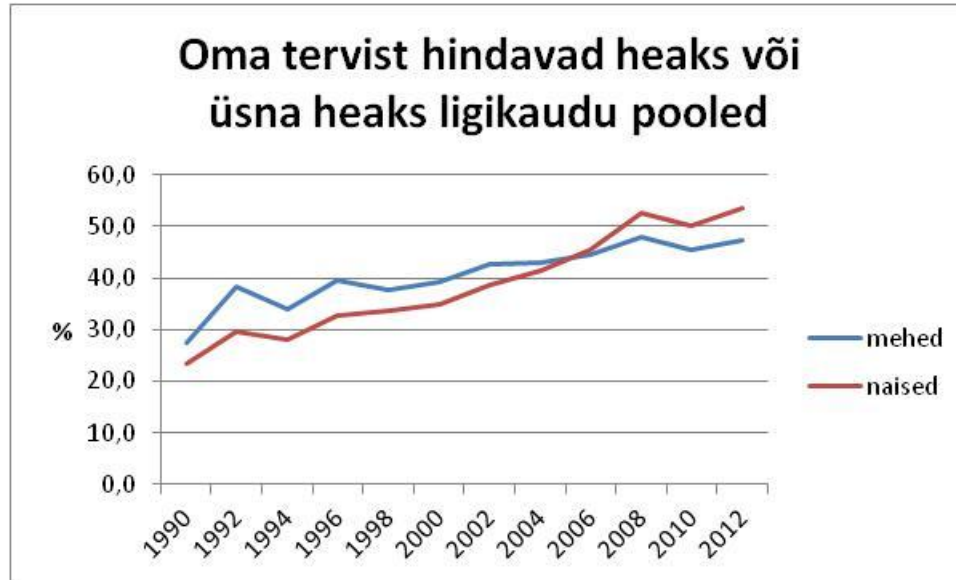


# **Kuidas on meie tervisekäitumine muutunud?**

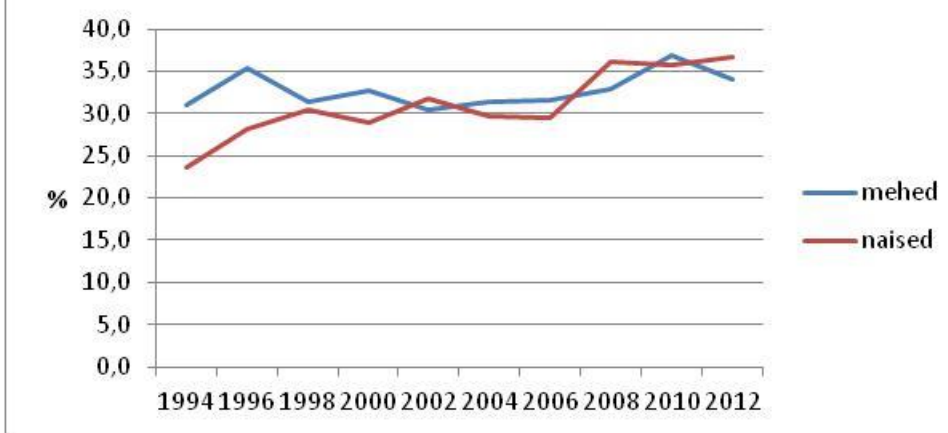
Maris Jesse  
07.juuni 2013

## Elame keskmiselt kauem kui kunagi varem





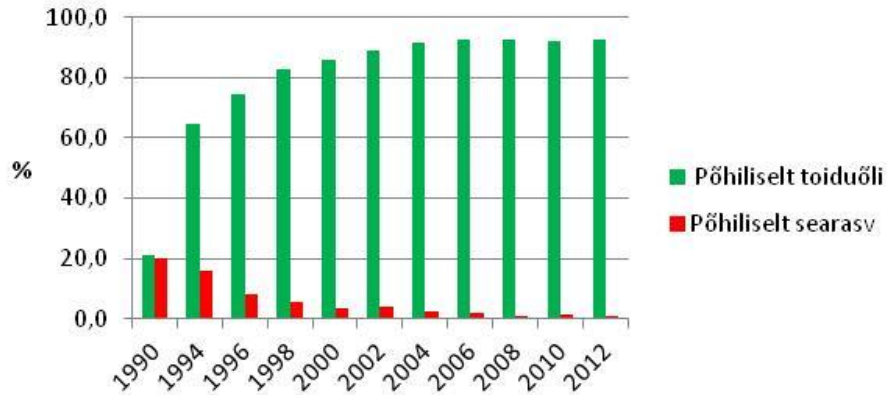
### Kolmandik harrastab tervisesporti rohkem kui korra nädalas



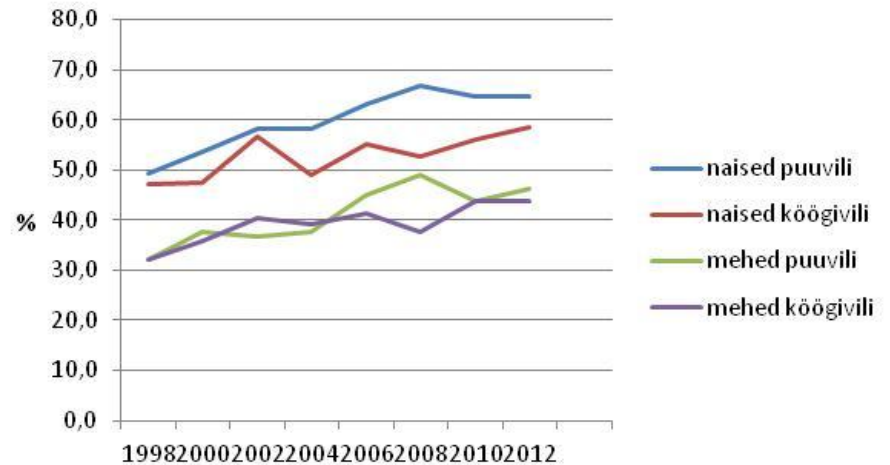
Igapäevase töö kehalise pingutuse taset hindas keskmiseks või raskeks 2012. aastal 46,7 % meestest ja 27 % naistest

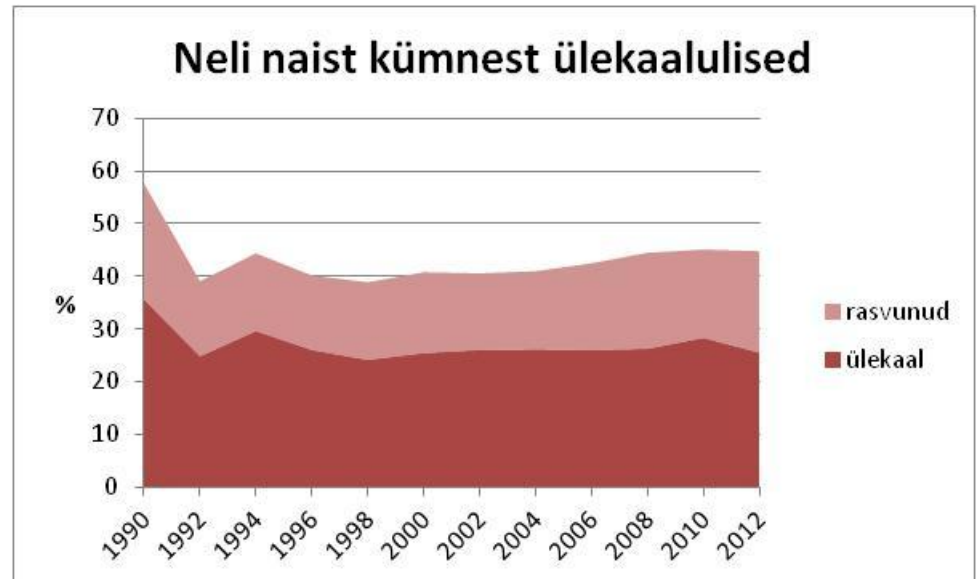
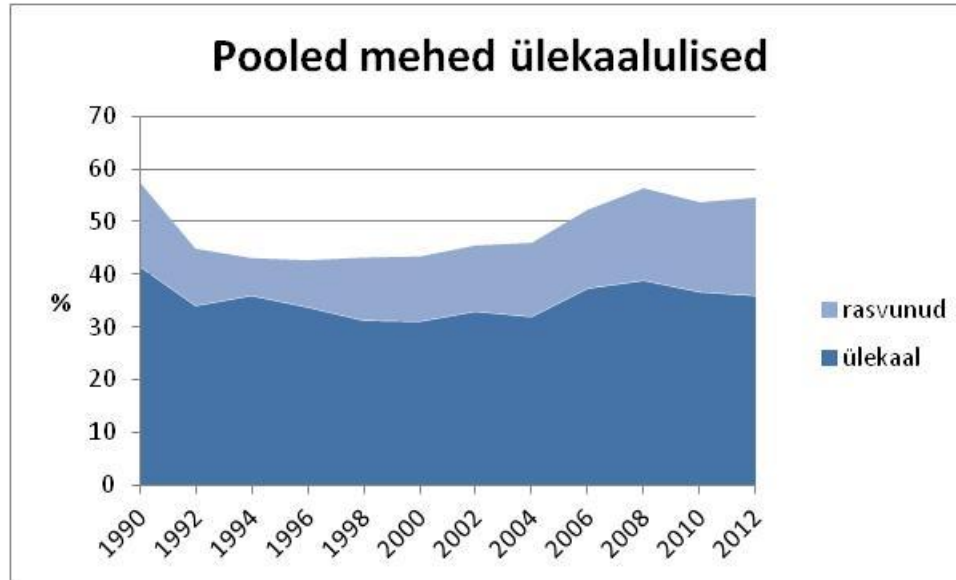


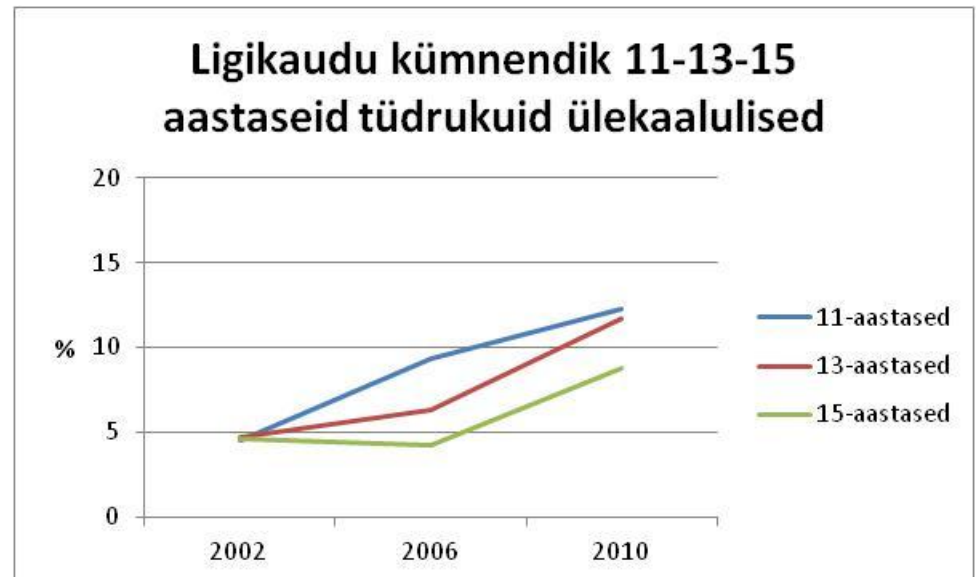
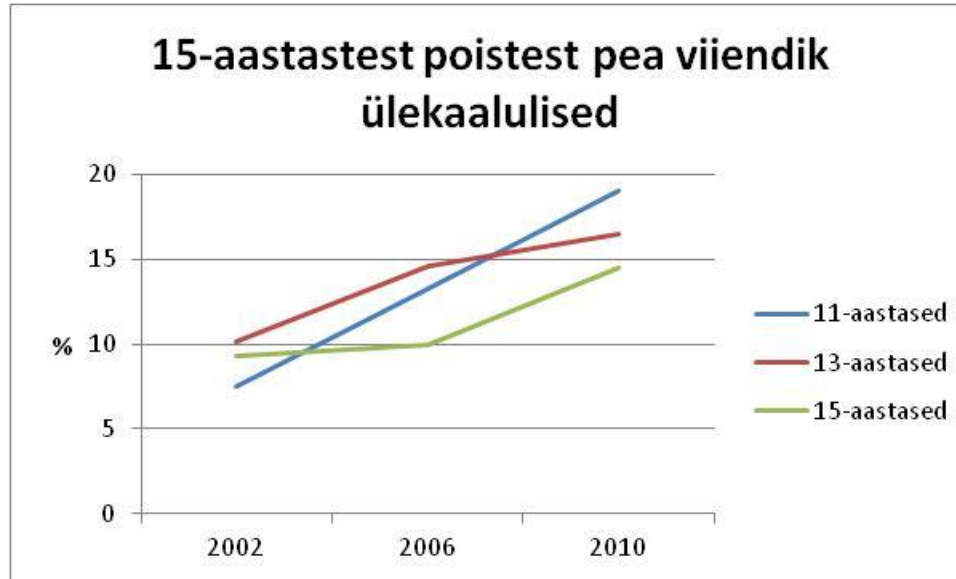
## Toiduvalmistamisel kasutatav rasvaine



## 3-7 päeval nädalas värsked puu-ja köövilju tarbinud

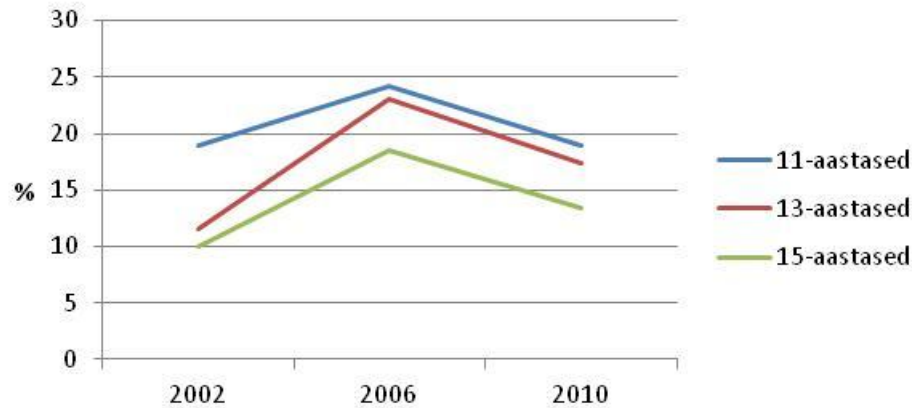




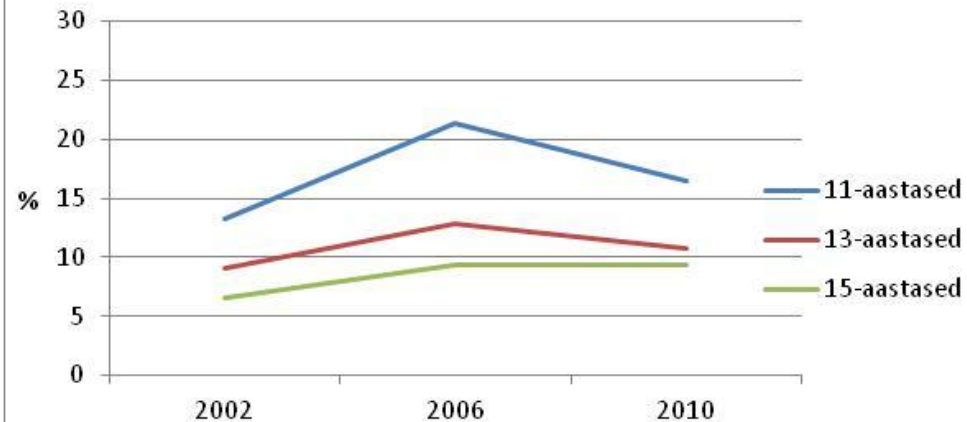




### Poisid, kes iga päev vähemalt tunni mõõdukalt kehaliselt aktiivsed

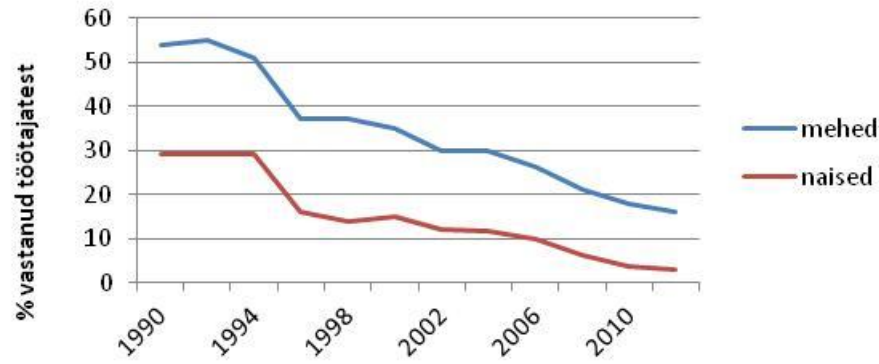


### Tüdrukud, kes iga päev vähemalt tunni mõõdukalt kehaliselt aktiivsed

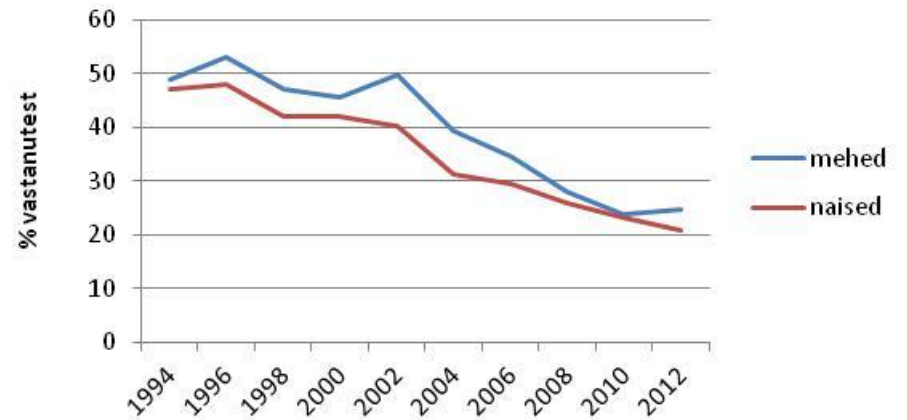


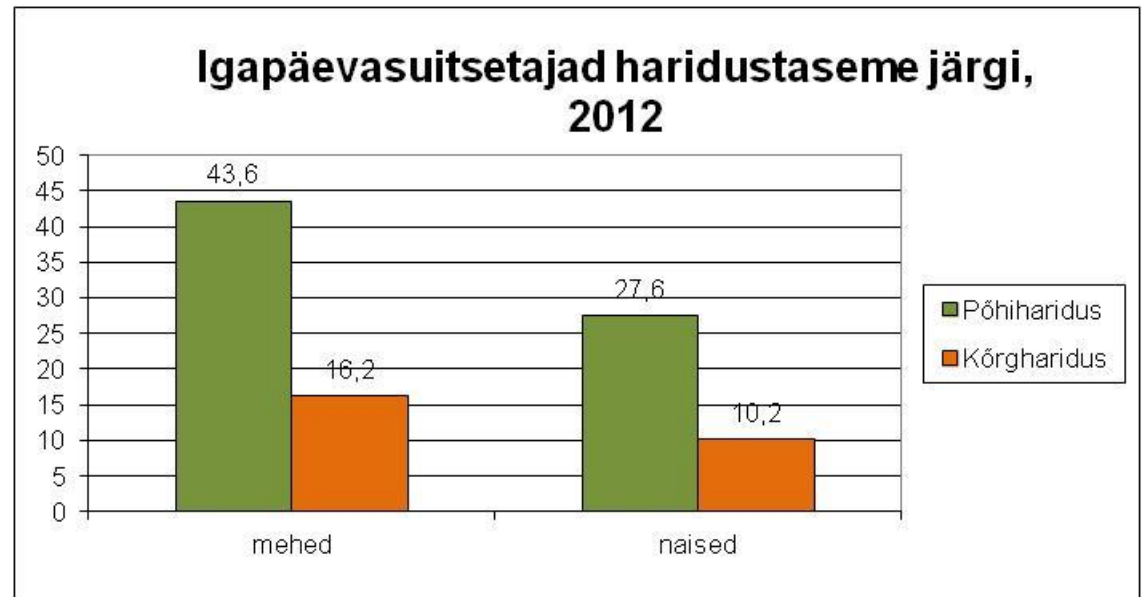
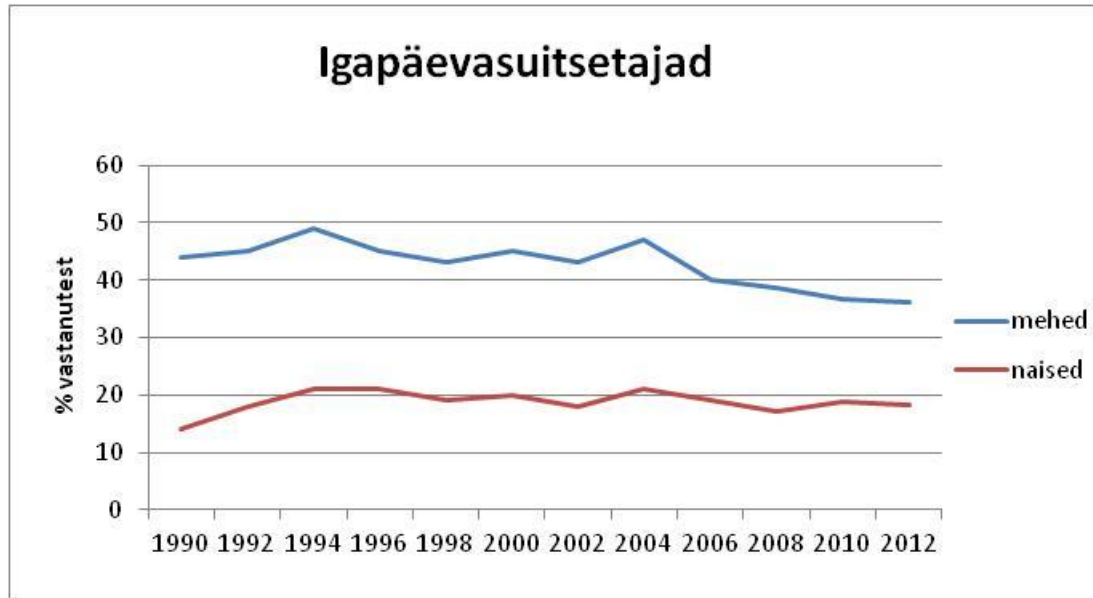


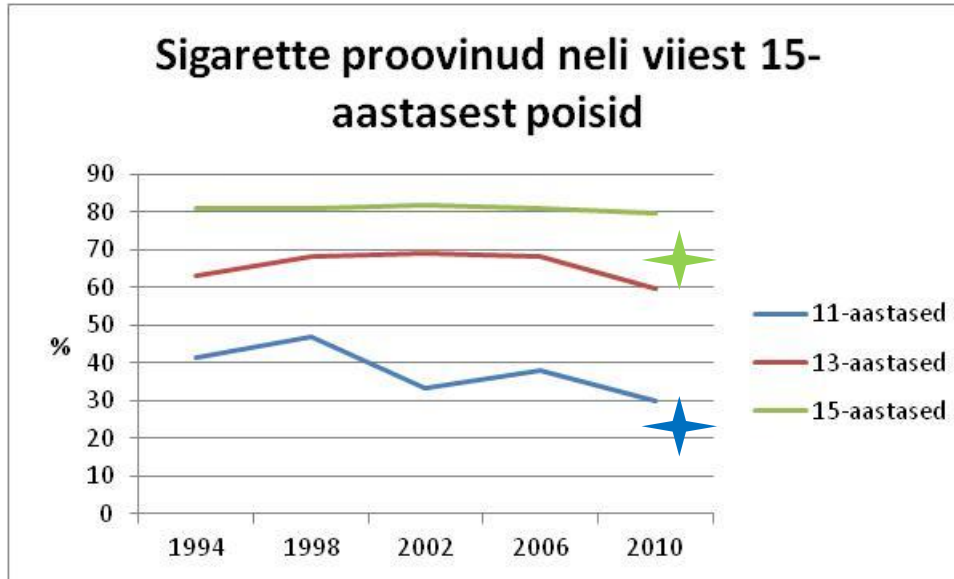
## Vähemalt tund suitsuses tööruumis



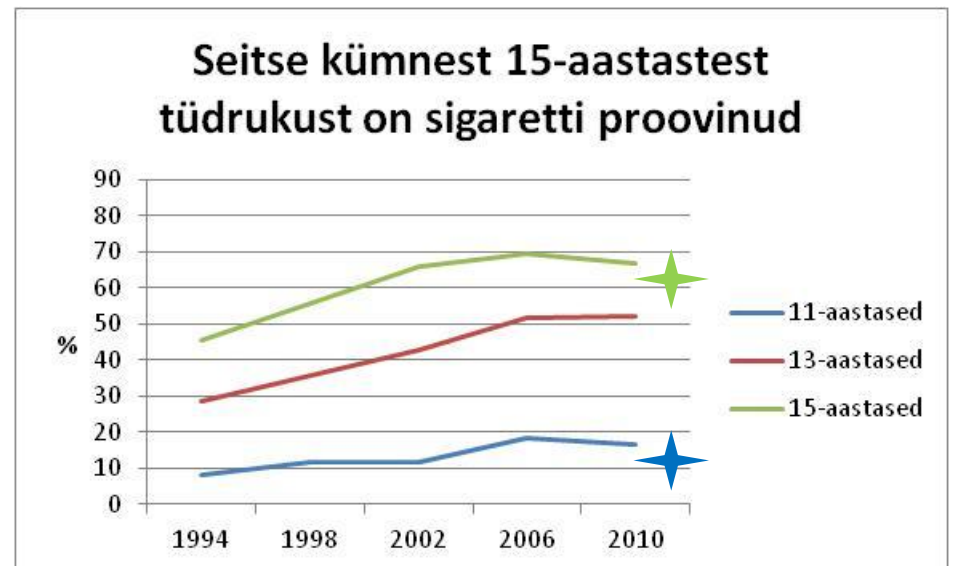
## Kodune eksponeeritus suitsetamisele

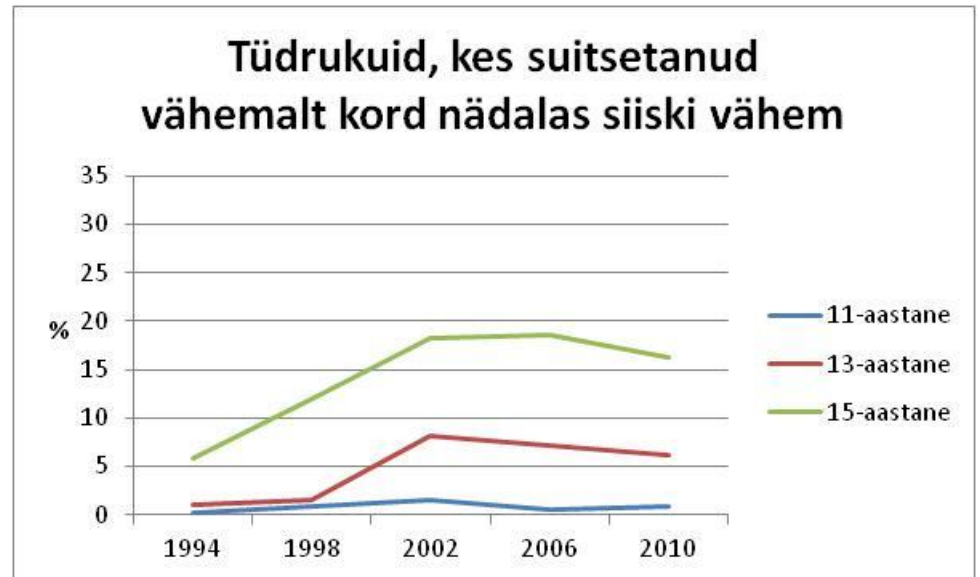
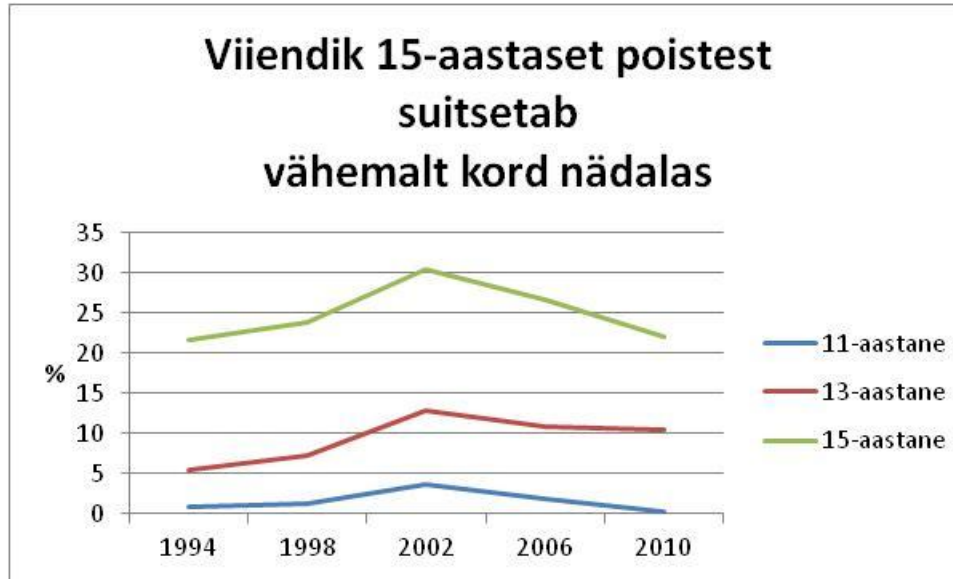


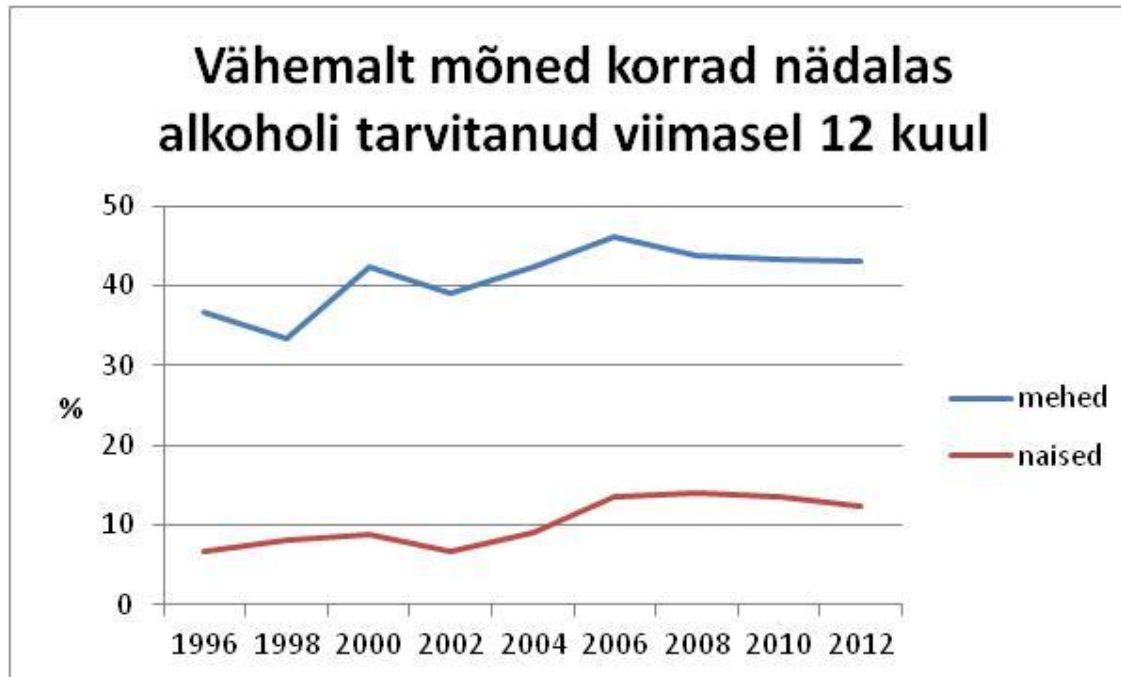




 vesipiip

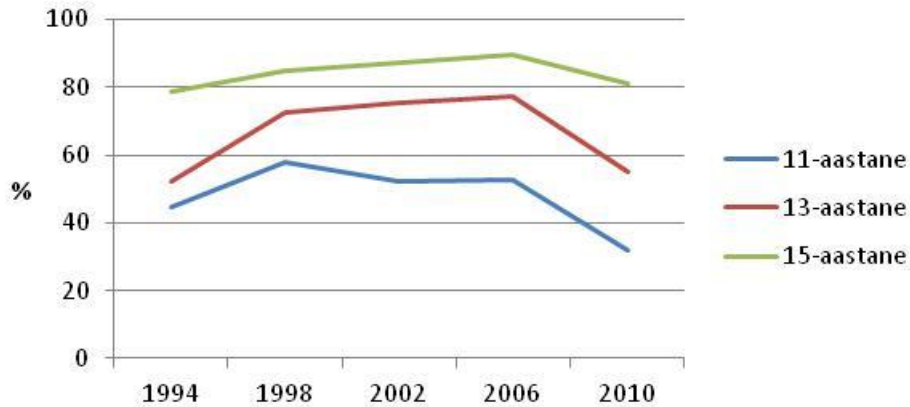




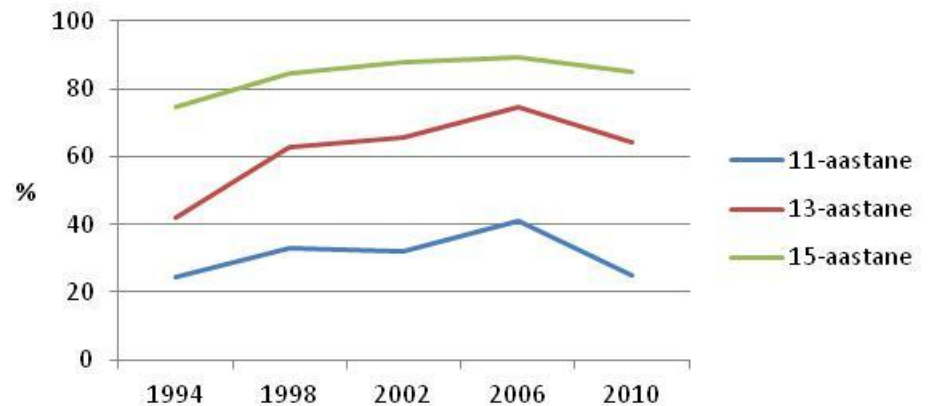




### Poisid, kes tarvitanud vähemalt korra elus alkoholi

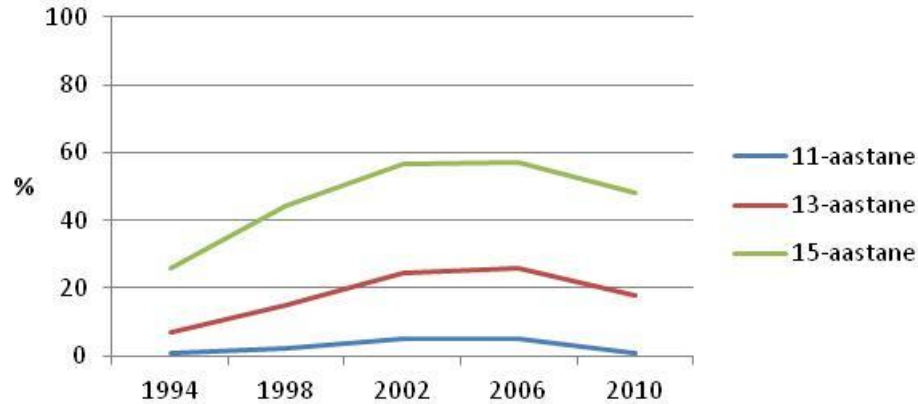


### Tüdrukud, kes tarvitanud vähemalt korra elus alkoholi

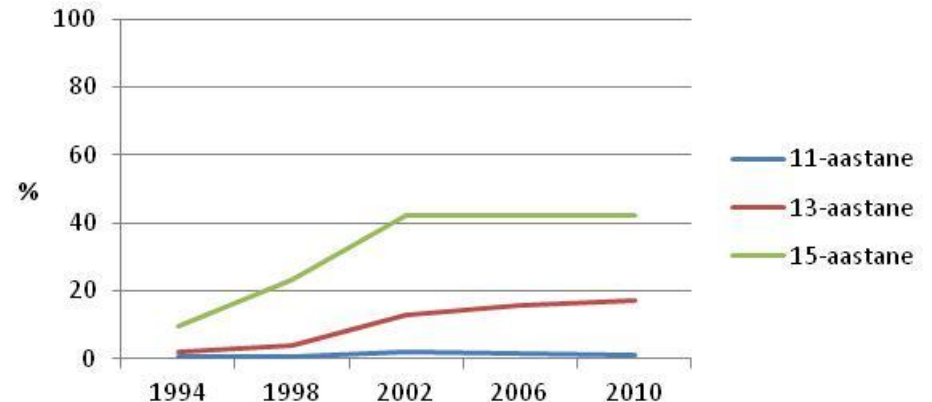




## Poisid, kes on vähemalt kaks korda purjus olnud



## Tüdrukud, kes on vähemalt kaks korda purjus olnud



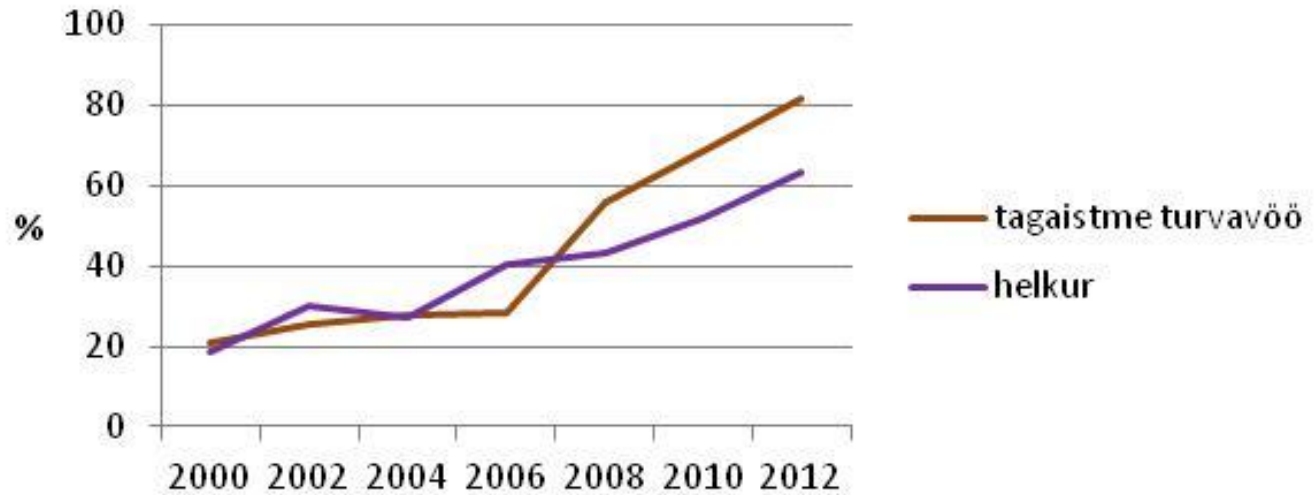
## Illegaalsed uimastid

- Narkootilisi aineid on proovinud 23,4% meestest ja 10,9% naistest
  - 25-34 aastastest meestest 50,4%; naistest 32,4 %
  - 16-24 aastatest meestest 31,3%; naistest 25,6 %
- 15-16. aastatest on 32% proovinud mõnd illegaalset uimastit
  - 24% on proovinud kanepit,
  - neist viiendik kümnel või enamal korral
- Viimasel hinnangul on Eestis 9000 süstivat narkomaani (TAI-TÜ)

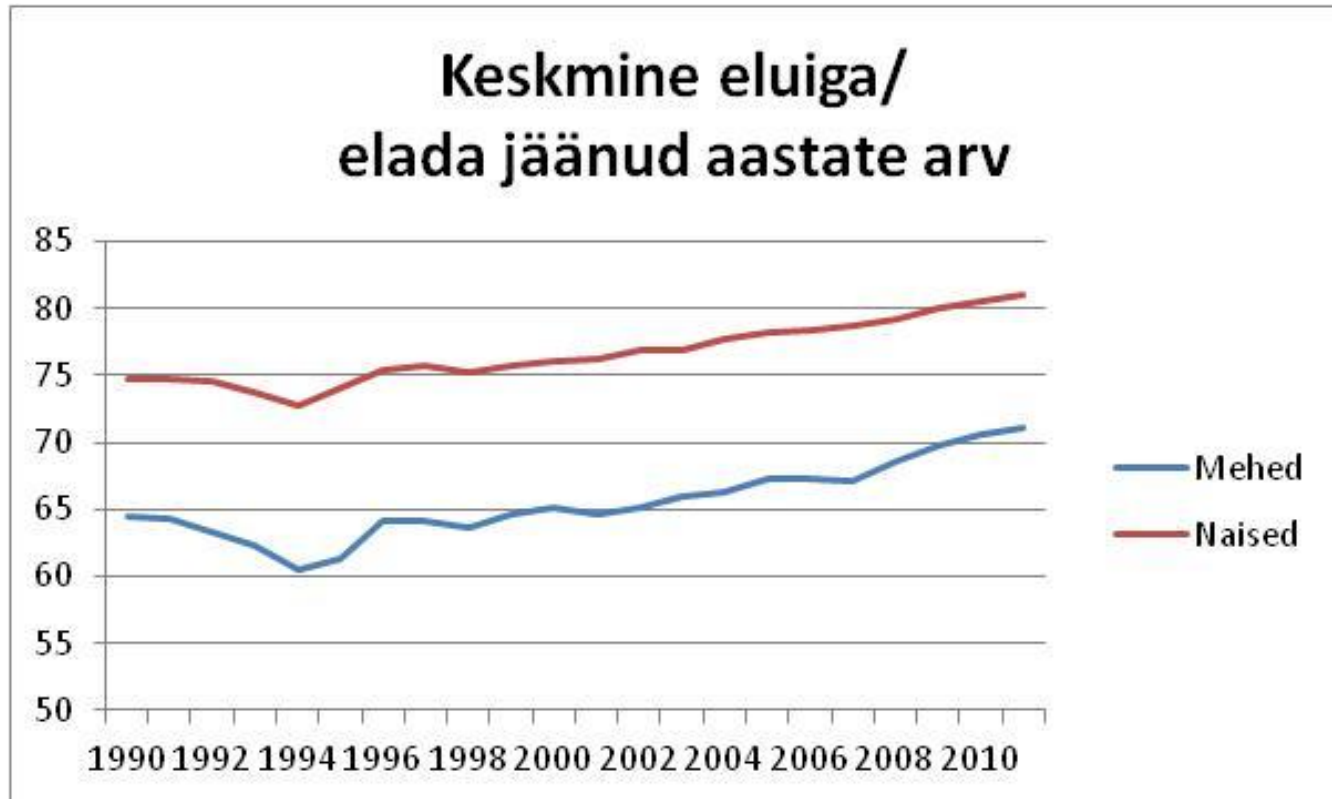




## Tagaistmel kinnitab turvavöö 4/5 inimestest ja pimedas kasutab helkurit kuus kümnest



## Elame keskmiselt kauem kui kunagi varem





Vali tervis!  
Naerata.

Vali tervis!  
Ära suitseta.

Vali tervis!  
Käi jala.

Vali tervis!  
Söö rohkem  
puu- ja köögivilju.

Vali tervis!  
Pea alkoholiga  
piiri.

Vali tervis!  
Pese käsi.

Vali tervis!  
Liigu 30 minutit  
päevas.