

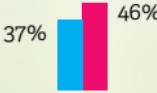
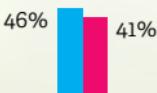
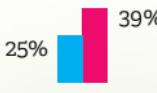
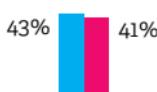
# Eesti tervis 2004 ja 2014



# Health in Estonia 2004 and 2014

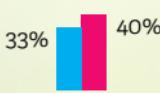
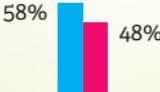
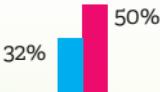
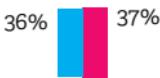
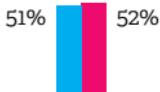
## 2004

men   women



## 2014

men   women



rated their health as good or rather good

exercised at least half an hour 2 or more times a week

ate fresh fruits and vegetables during the past 7 days

were overweight or obese

consumed alcohol few times a month during the past 12 months

did not consume alcohol during the past 12 months

smoked every day

took antidepressants during the past 7 days

took vitamins during the past 7 days



Tervise Arengu Instituut  
National Institute for Health Development

This leaflet uses 2004 and 2014 data from survey of Health Behaviour among Estonian Adult Population. More information: [tai.ee/tstua](http://tai.ee/tstua)