

Report launch

Social inequalities in health in the EU

26 September 2025

EuroHealthNet

CHAIN

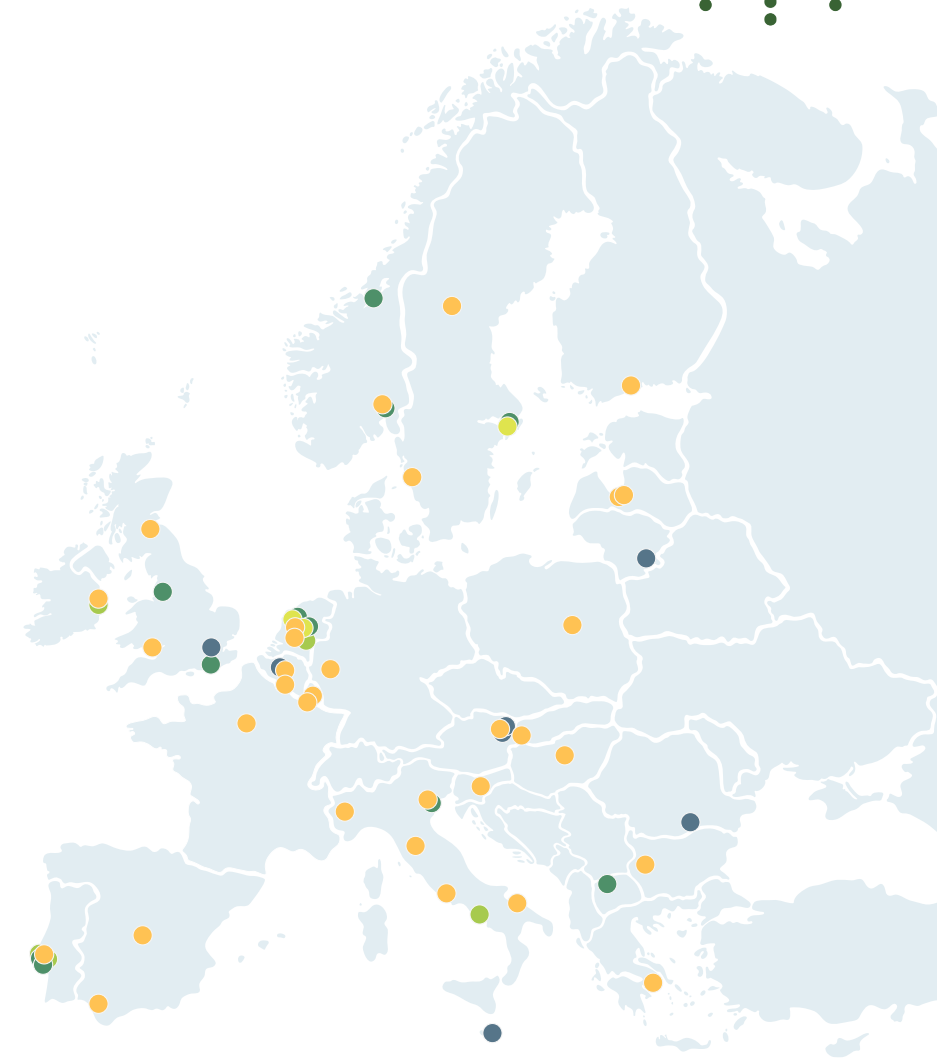


Social inequalities in health in the EU - Norway

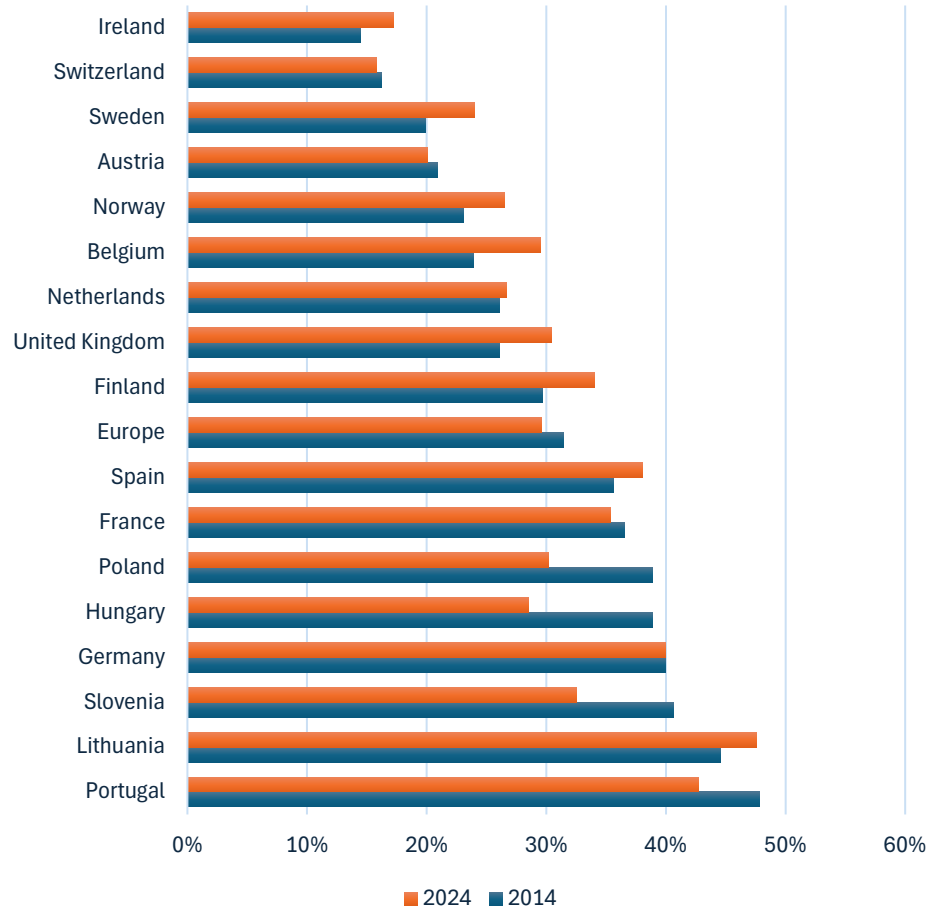
Mirza Balaj

Project Leader CHAIN/ROA University of Maastricht

26 September 2025



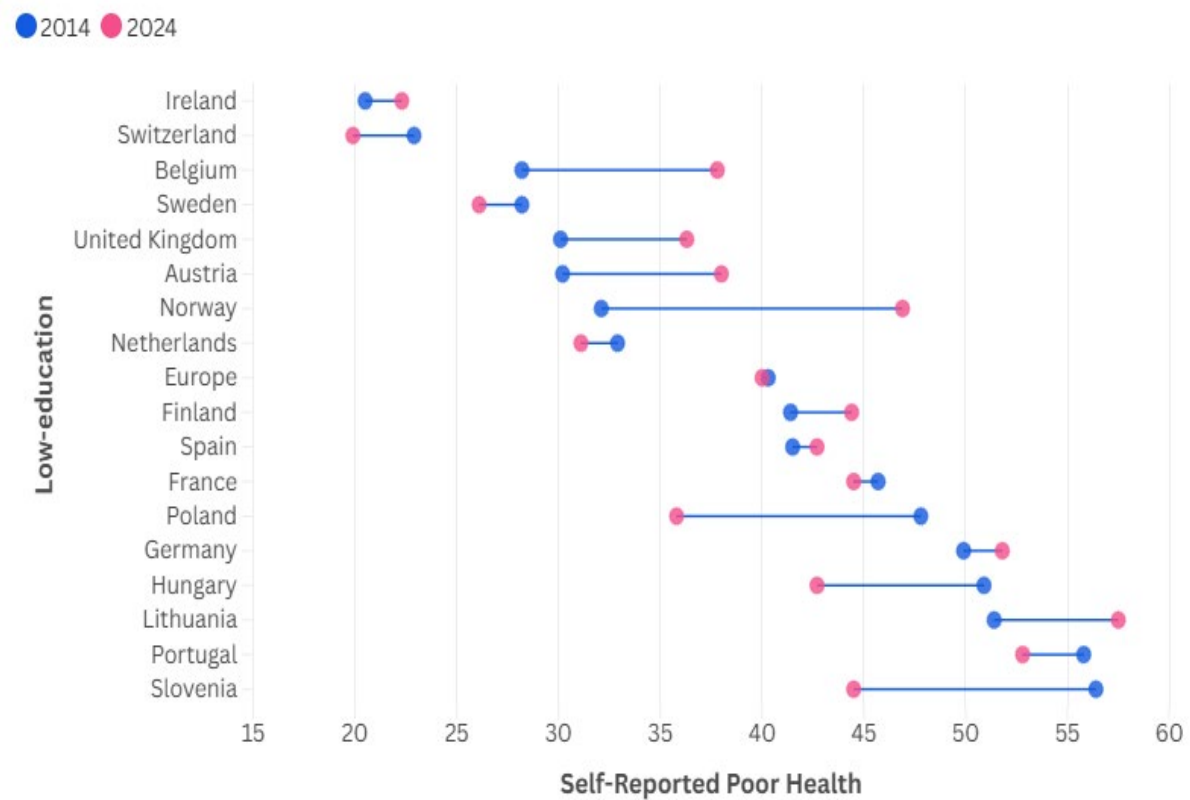
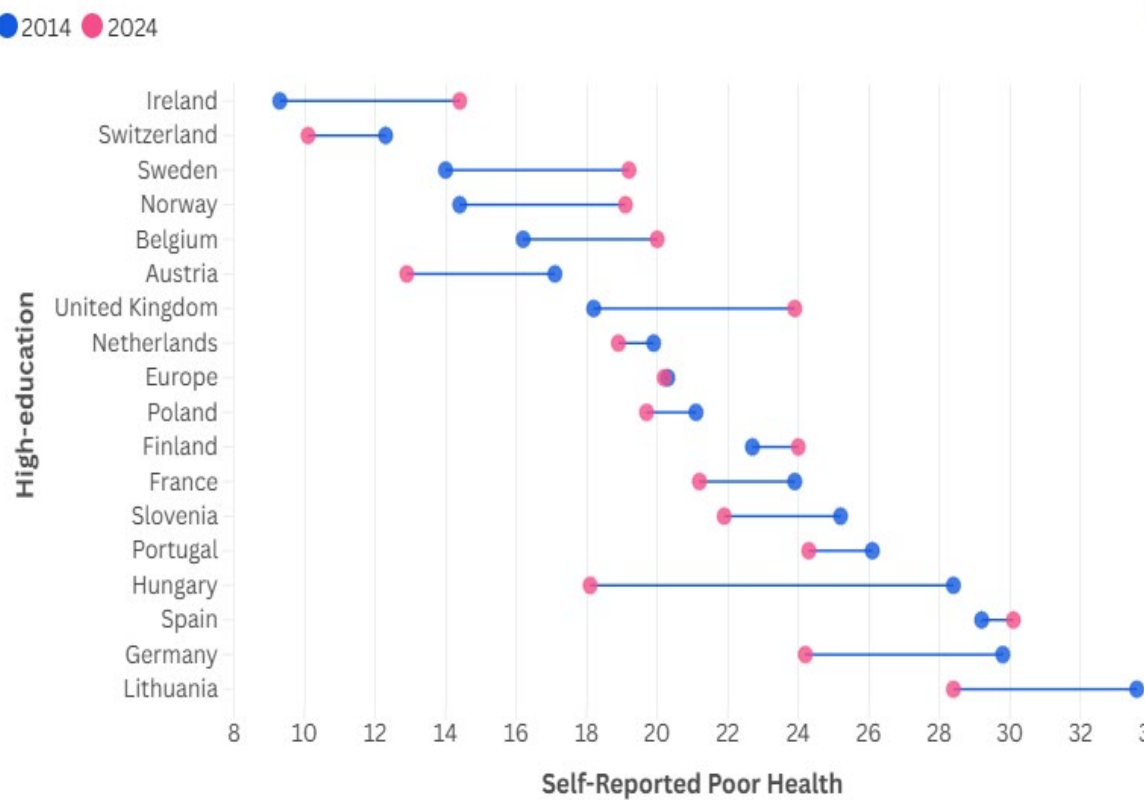
Rate of poor self-reported health



*Norway significant
increase in poor health:
2014: 23%
2024: 27%*

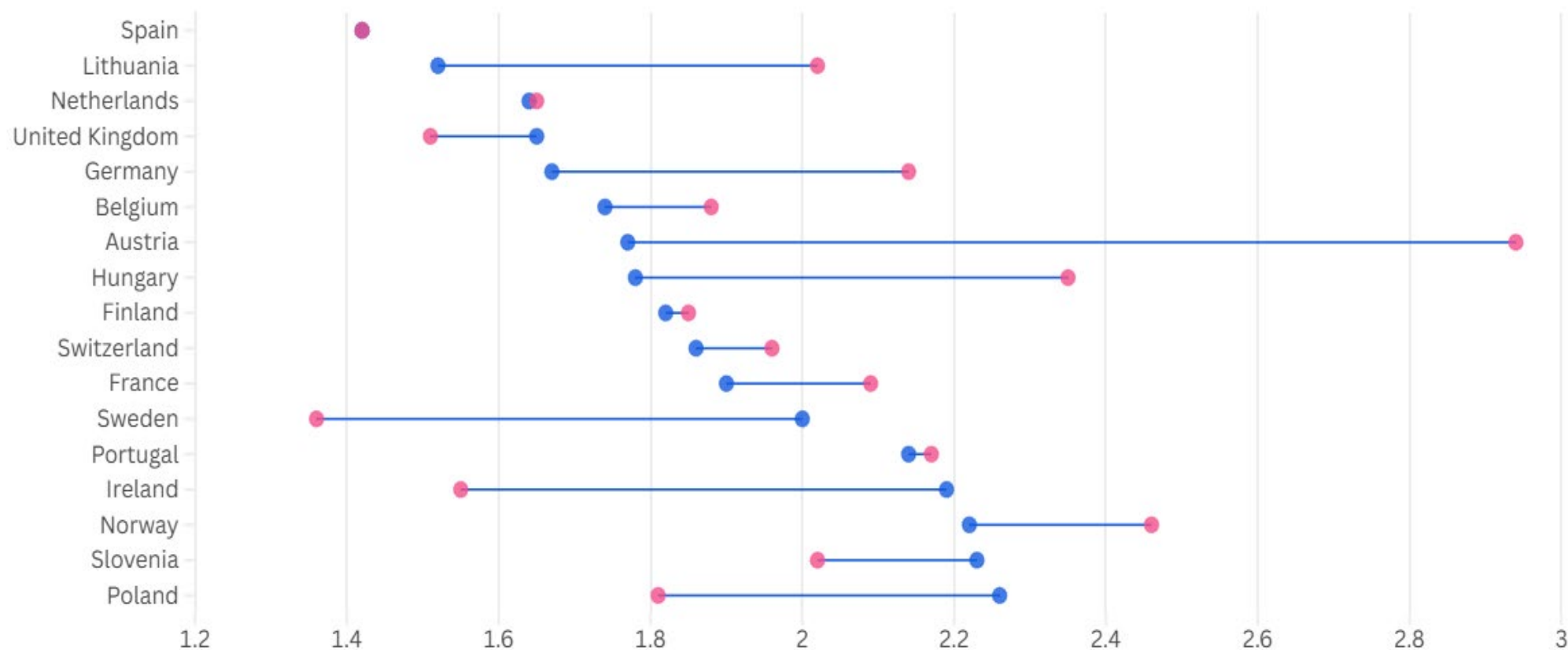
Rate of poor self-reported health, 25–75-year-olds,
2014-2024

Health shifts within education groups

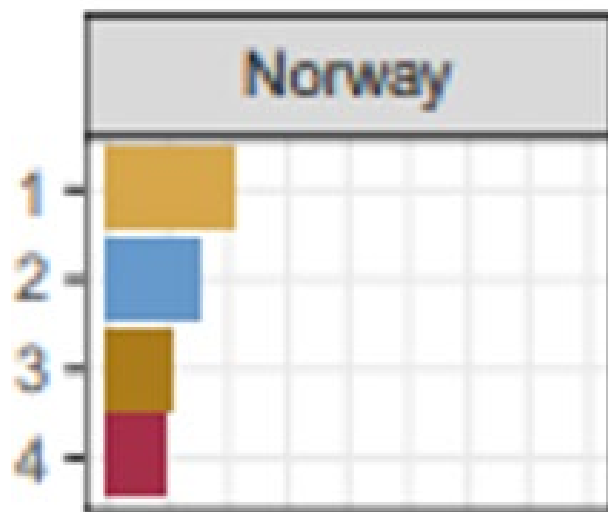


Changes in relative risk of education inequalities in health

Year ● 2014 ● 2024



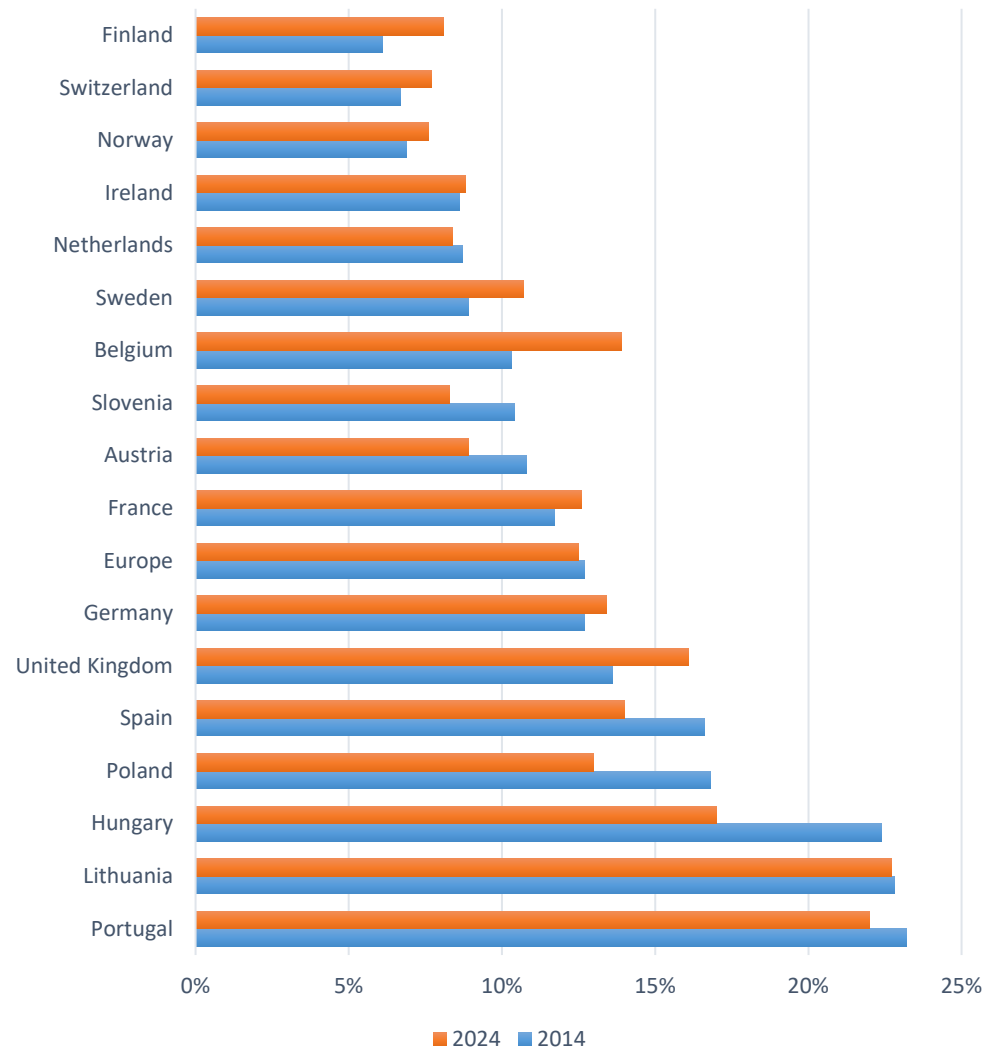
Explanation of educational inequalities in health



Factor

- Job control
- Ergonomic hazards
- Material hazards
- Employment status
- Feeling of income
- House problems
- Financial difficulties in childhood
- Social network
- Sense of control
- Smoking
- Physical activity
- BMI
- Alcohol consumption
- Fruit/vegetable consumption

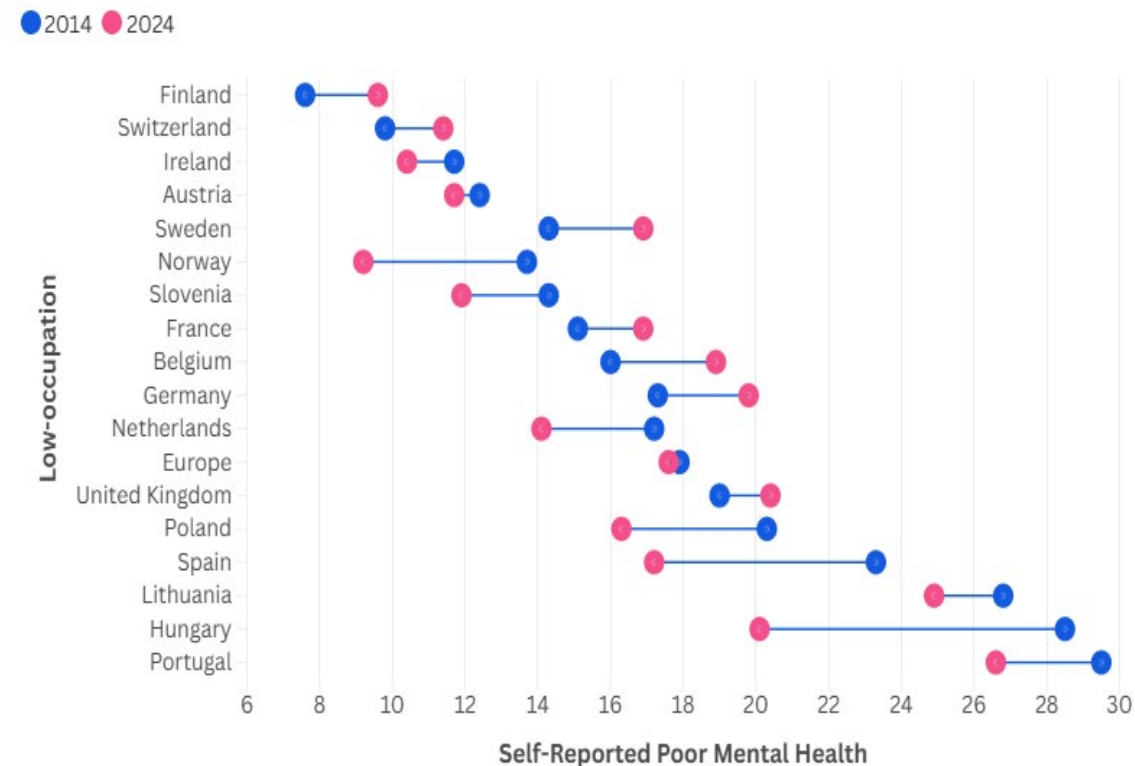
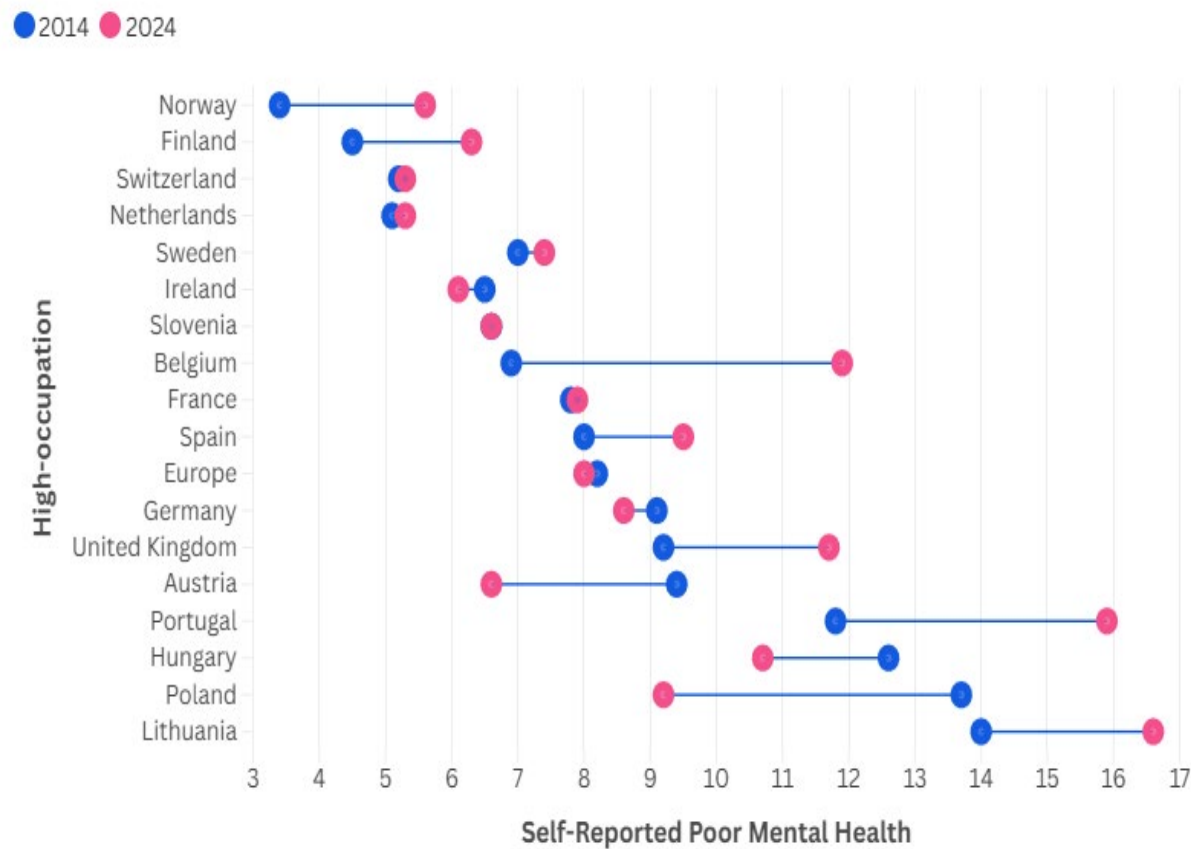
Rate of self-reported poor mental health



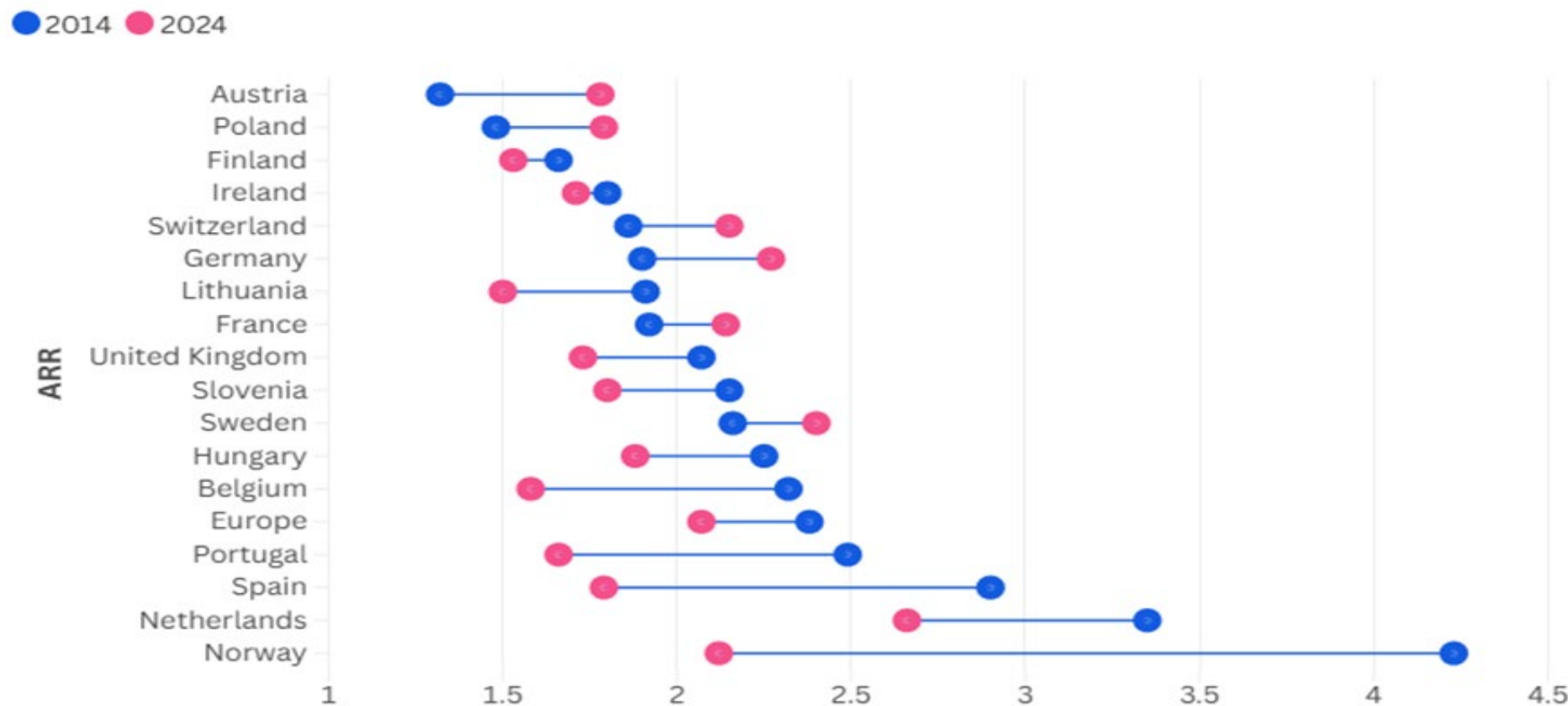
*Norway non-significant increase:
2014: 7%
2024: 8%*

Rate of poor self-reported mental health, 25–75-year-olds,
2014-2024

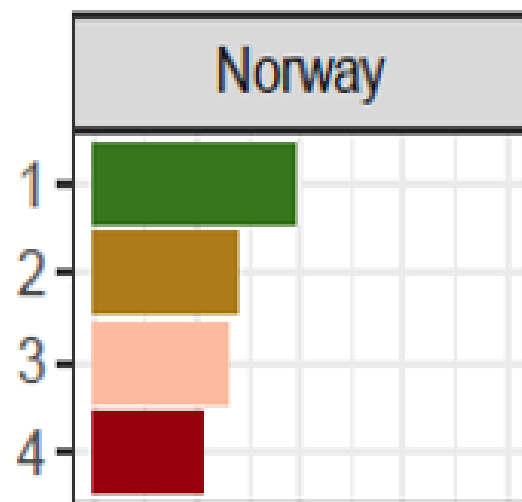
Mental health shifts within occupation groups



Changes in relative risk of occupational inequalities in mental health



Explanation of occupational inequalities in mental health



Factor



Key take-aways for Norway

Overall levels of self-reported poor health are increasing

1

Educational inequalities in poor health are increasing

2

Self-reported poor mental health is stable BUT high-occupation group show increasing trend of poor mental health

3

Thank you!

Contact

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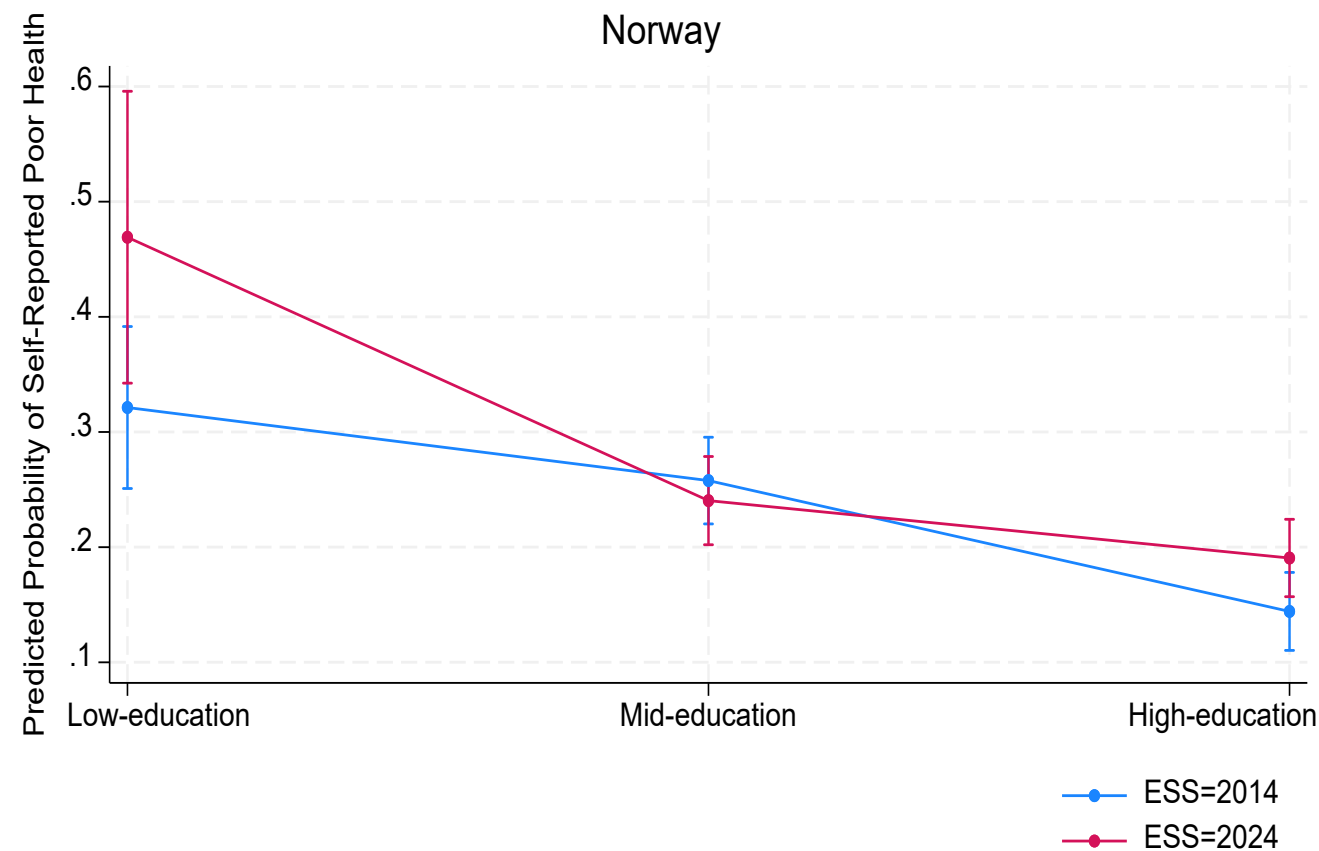
www.ntnu.edu/chain
www.eurohealthnet.eu



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Health shifts by education



Mental health shifts by occupation

