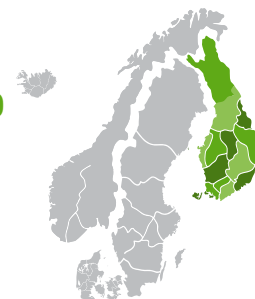


# FINLAND

Total population: 5 408 000  
Income group: High

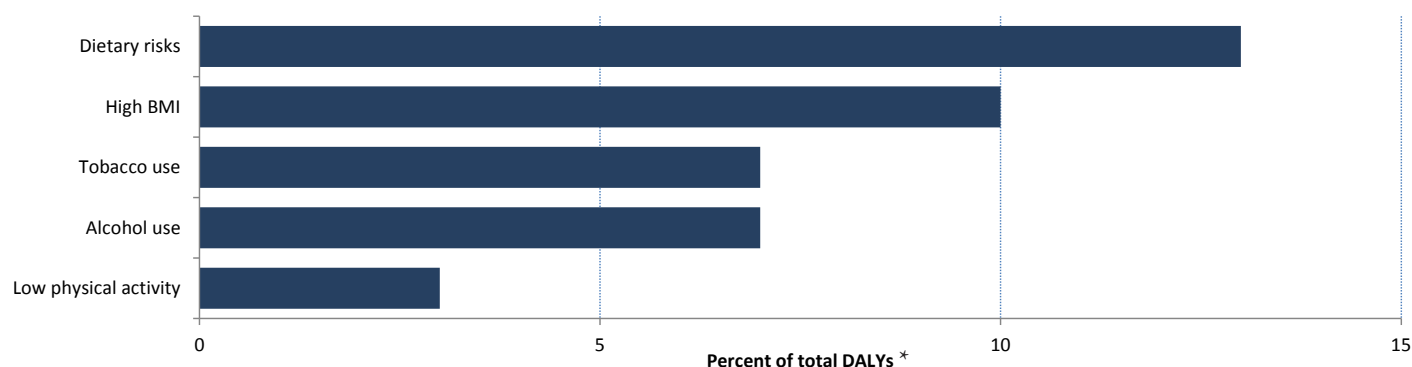


Life expectancy in years (2013)



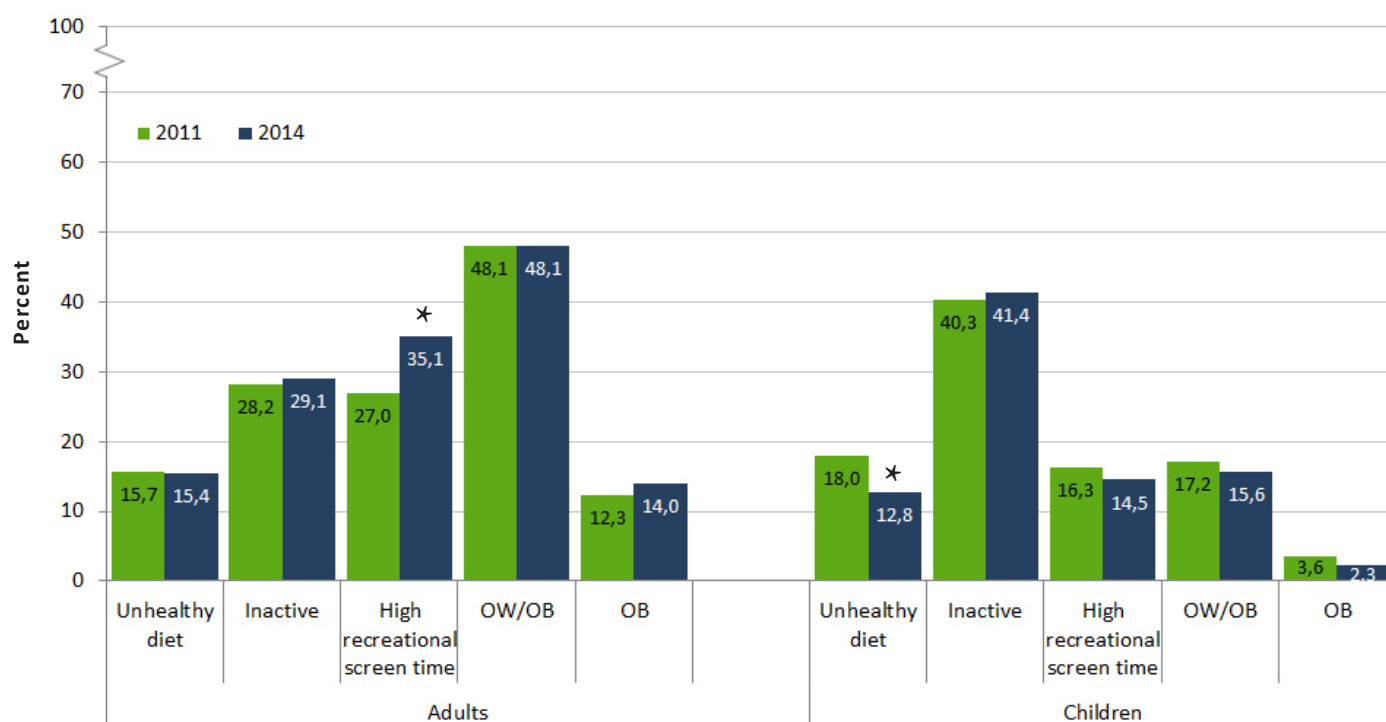
## BURDEN OF DISEASE ([www.healthdata.org](http://www.healthdata.org))

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 67% of total deaths in Finland.



\* 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 Finland according to data from the Nordic Monitoring System.



### Risk factors - Nordic Monitoring System 2014

18-65 years	Males	Females	Total	
Unhealthy diet (%)	18.5	12.6	15.4	○
Inactive (%)	31.2	27.2	29.1	○
High recreational screen time (%)	40.7	30.0	35.1	
Smokers (%)	30.6	18.7	24.4	
Daily smokers (%)	21.5	14.4	17.8	
Total alcohol consumption (times/wk)*	2.0	1.1	1.5	
Binge drinking last month (%)	58.2	31.5	44.5	
Overweight/obesity (%)	60.2	36.6	48.1	○
Obesity (%)	17.4	10.8	14.0	
7-12 years	Boys	Girls	Total	
Unhealthy diet (%)	10.6	14.8	12.8	
Inactive (%)	33.4	49.0	41.4	○
High recreational vscreen time (%)	18.6	10.6	14.5	
Overweight/obesity (%)	13.2	17.9	15.6	
Obesity (%)	1.8	2.8	2.3	

\* 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.