Finland life expectancy in years (2013)
Fact sheet Finland

Fagt, Sisse; Matthiessen, Jeppe

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Finland

Total population: 5 408 000
Income group: High

Life expectancy in years (2013)

- **Male**: 77.4
- **Female**: 83.8

**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.

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**Development from 2011-2014 in Risk Factors** (Nordic Monitoring System 2011-2014)

* 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.

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.

* Significant difference between survey years 2011 and 2014
### Risk factors - Nordic Monitoring System 2014

<table>
<thead>
<tr>
<th>18-65 years</th>
<th>Males</th>
<th>Females</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unhealthy diet (%)</td>
<td>18.5</td>
<td>12.6</td>
<td>15.4</td>
</tr>
<tr>
<td>Inactive (%)</td>
<td>31.2</td>
<td>27.2</td>
<td>29.1</td>
</tr>
<tr>
<td>High recreational screen time (%)</td>
<td>40.7</td>
<td>30.0</td>
<td>35.1</td>
</tr>
<tr>
<td>Smokers (%)</td>
<td>30.6</td>
<td>18.7</td>
<td>24.4</td>
</tr>
<tr>
<td>Daily smokers (%)</td>
<td>21.5</td>
<td>14.4</td>
<td>17.8</td>
</tr>
<tr>
<td>Total alcohol consumption (times/wk)*</td>
<td>2.0</td>
<td>1.1</td>
<td>1.5</td>
</tr>
<tr>
<td>Binge drinking last month (%)</td>
<td>58.2</td>
<td>31.5</td>
<td>44.5</td>
</tr>
<tr>
<td>Overweight/obesity (%)</td>
<td>60.2</td>
<td>36.6</td>
<td>48.1</td>
</tr>
<tr>
<td>Obesity (%)</td>
<td>17.4</td>
<td>10.8</td>
<td>14.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>7-12 years</th>
<th>Boys</th>
<th>Girls</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unhealthy diet (%)</td>
<td>10.6</td>
<td>14.8</td>
<td>12.8</td>
</tr>
<tr>
<td>Inactive (%)</td>
<td>33.4</td>
<td>49.0</td>
<td>41.4</td>
</tr>
<tr>
<td>High recreational screen time (%)</td>
<td>18.6</td>
<td>10.6</td>
<td>14.5</td>
</tr>
<tr>
<td>Overweight/obesity (%)</td>
<td>13.2</td>
<td>17.9</td>
<td>15.6</td>
</tr>
<tr>
<td>Obesity (%)</td>
<td>1.8</td>
<td>2.8</td>
<td>2.3</td>
</tr>
</tbody>
</table>

* 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
- WHO Noncommunicable diseases (NCD) country profiles, 2014.