

A photograph showing a person's lower legs and feet in motion, wearing red leggings and colorful running shoes. They are running on a paved road. The background is a warm sunset or sunrise sky.

WORLD  
OBESITY

Finland

Extended Country Report 2019



**Finland**

Population  
(2015)  
5,256,489

GINI 27.1 (2015)

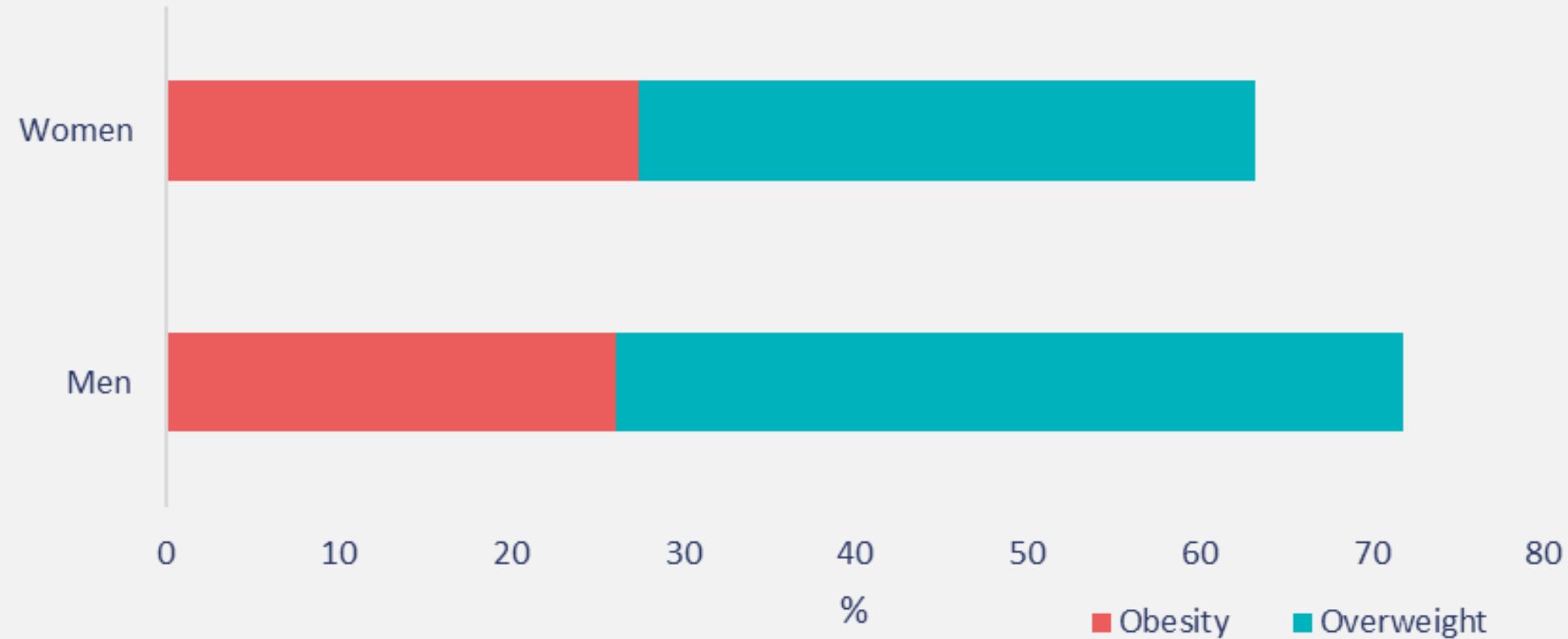
## Extended Country Profile Graphics

• General Overweight & Obesity Prevalence (%).....	Pages
• General Overweight & Obesity Prevalence (%) in Finnish.....	3-4
• By Age & Education .....	5-6
• By Age & Income.....	7-8
• By Age & Education in Finnish.....	9-10
• By Age & Income in Finnish.....	11-12
• By Age & Education in Swedish.....	13-14
• By Age & Income in Swedish.....	15-16
• Trends in Children 2001-2013/4.....	17-18
• Overweight and Obesity in Adults living in Finland by Region 1972-2007.....	19-22
• Drivers	23-24
• Adolescent physical inactivity .....	25-26
• Adult physical inactivity .....	27-28
• Sugar, Vegetable, Confectionery, Sweet & Savoury, Fruit & Soft drink sales/consumption .....	29-34
• Impact	
• Diabetes.....	35
• High Cholesterol.....	36
• Raised Blood pressure.....	37-38
• Obesity related cancers.....	39-48
• Policies & Interventions (online).....	49
• View prevalence data (online) .....	50
• Sources.....	51



Finland

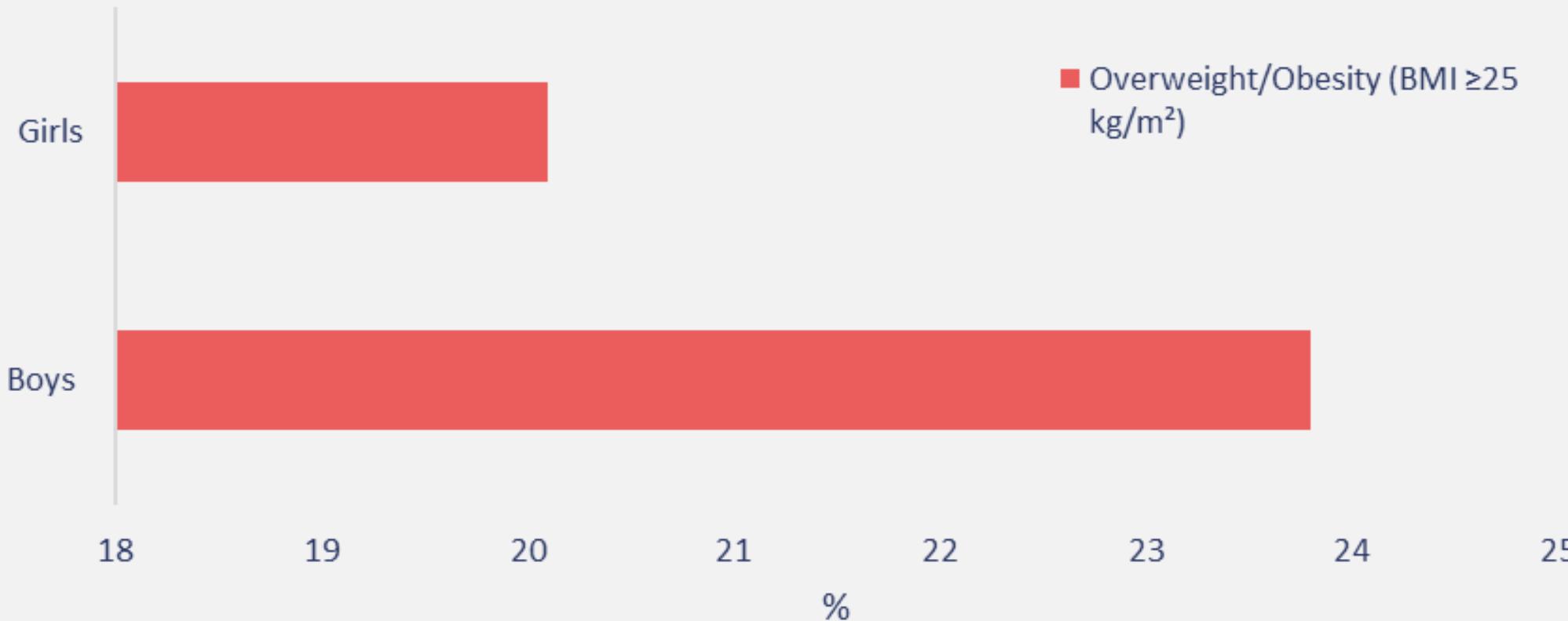
### % Overweight/obesity in adults living in Finland (2000-2017)





Finland

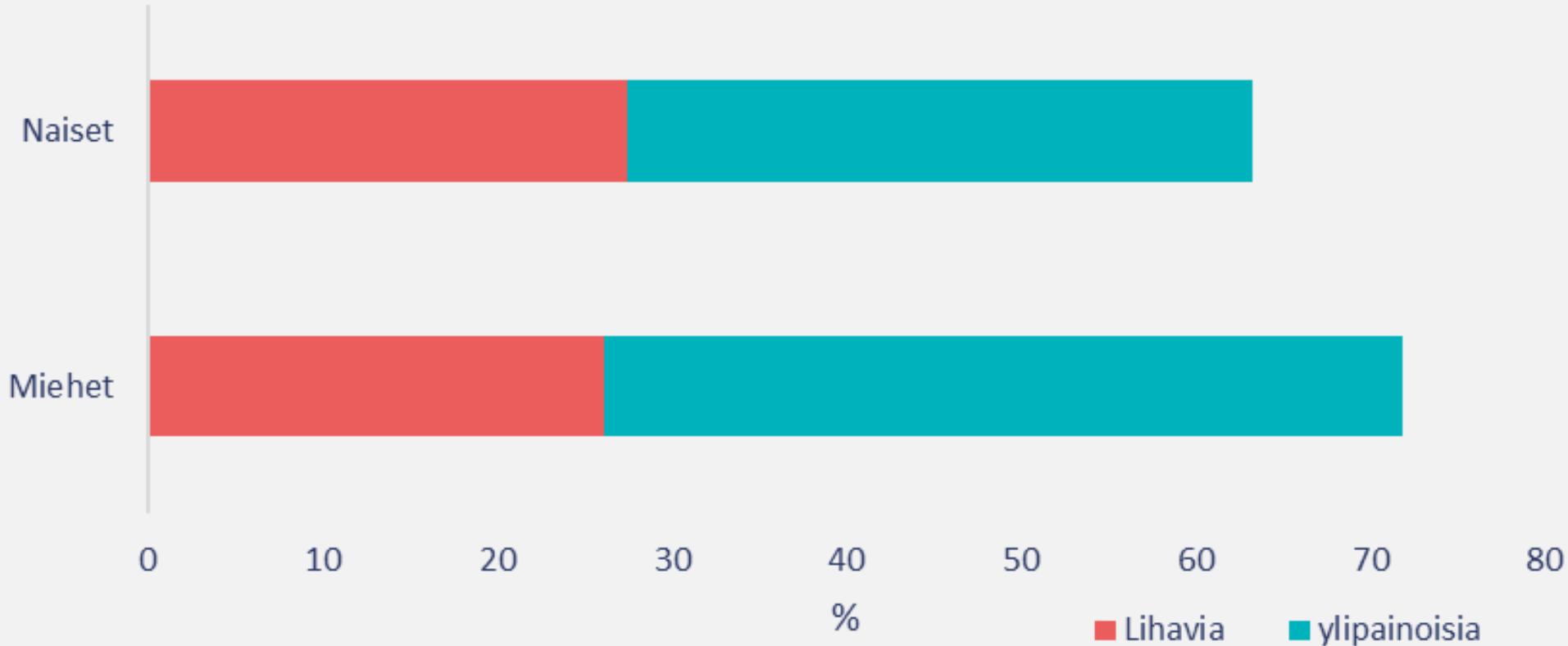
## % Overweight/Obesity in children living in Finland (2007-09)





Finland

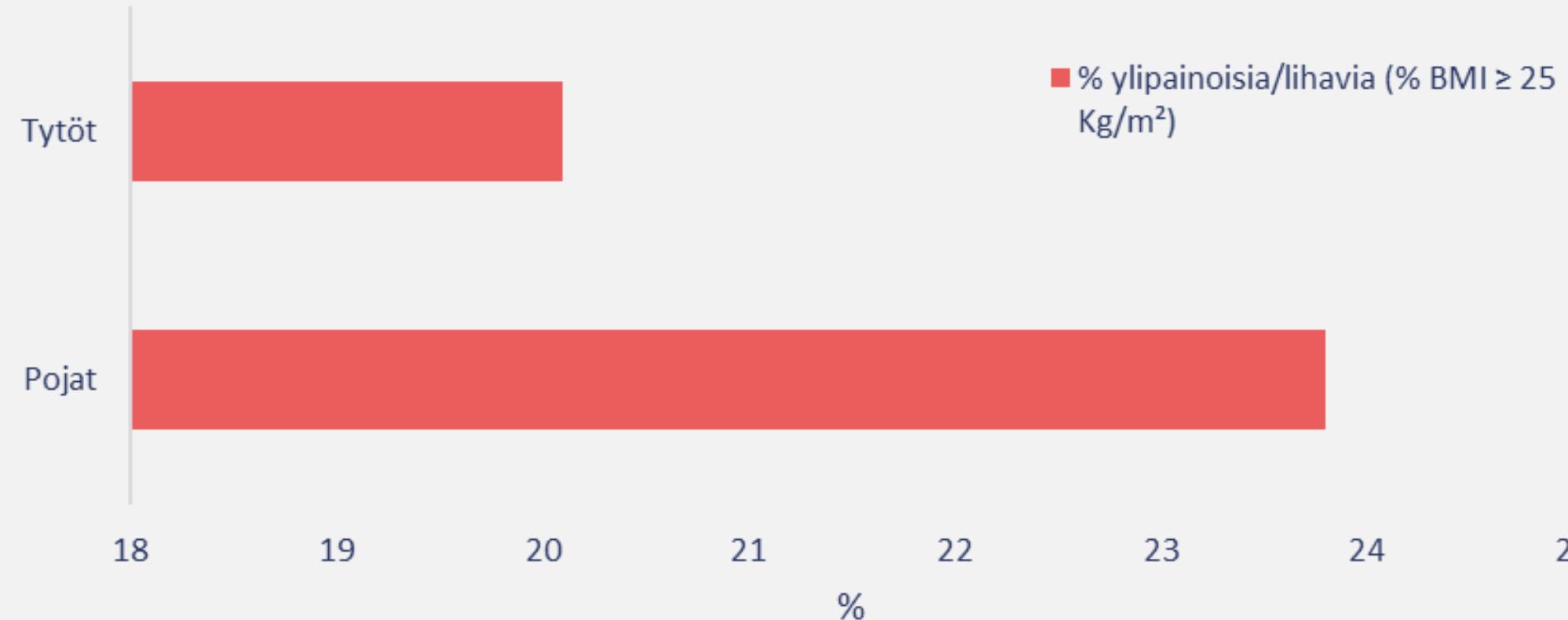
## % aikuisista ylipainoisia/lihavia maassa Suomi (2000-2017)





Finland

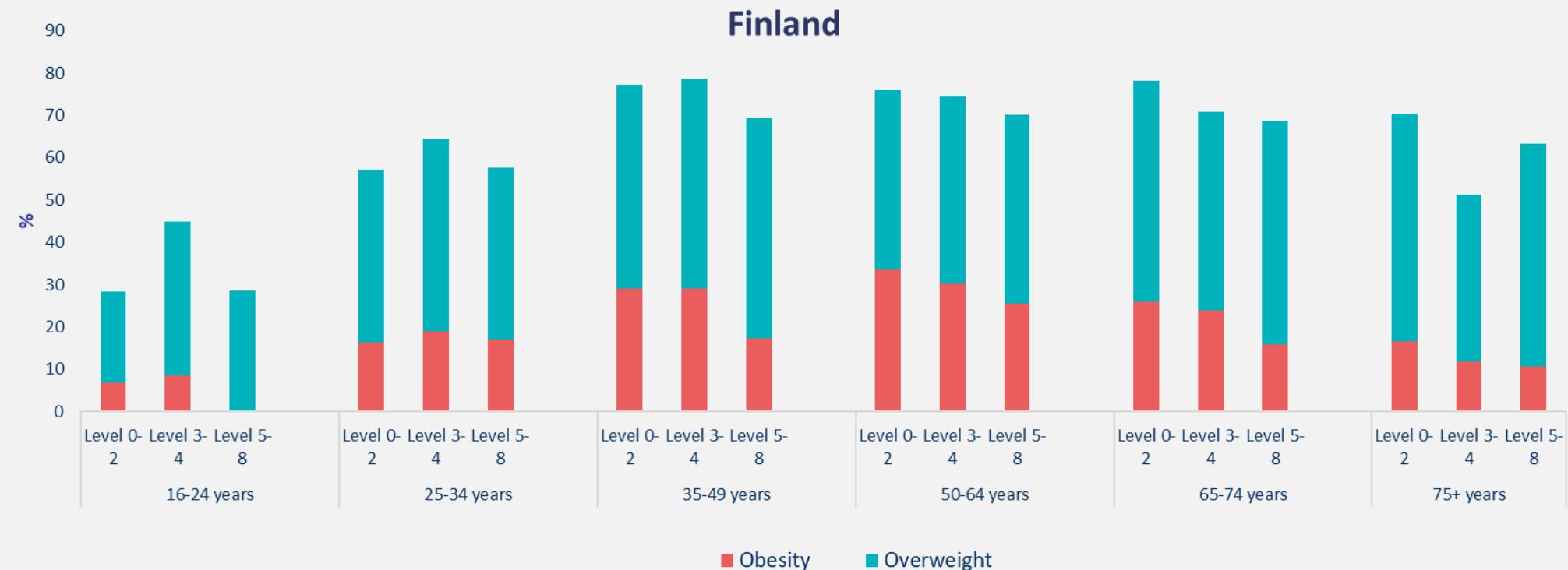
## % Lapsista ylipainoisia/lihavia maassa Suomi (2007-09)





Finland

## % Overweight/Obesity in males by age and education attainment 2017

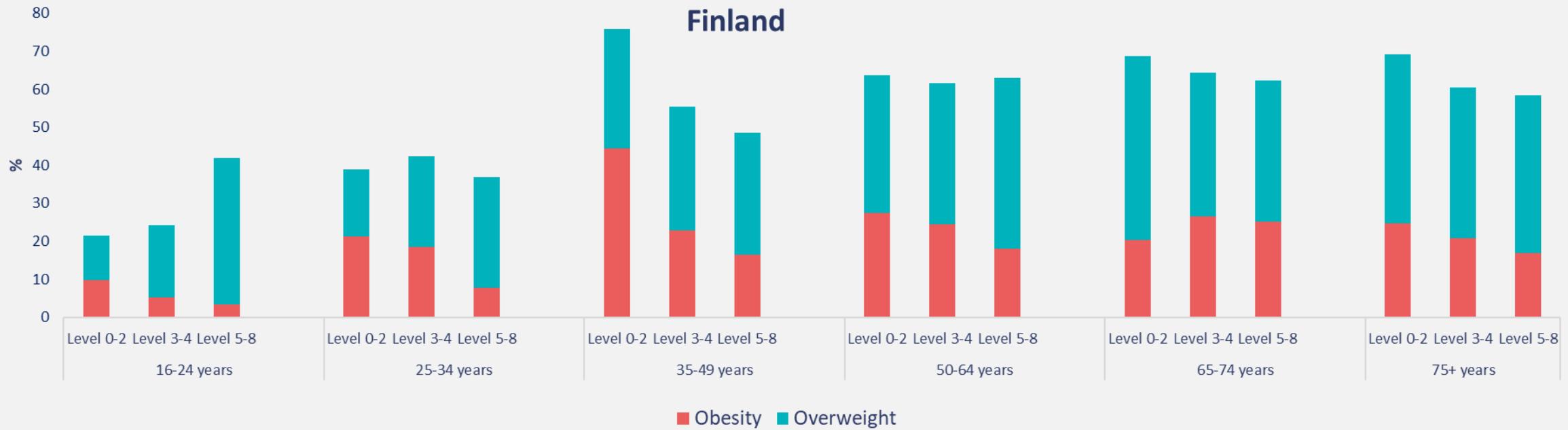


Less than primary, primary and lower secondary education (levels 0-2)  
Upper secondary and post-secondary non-tertiary education (levels 3 and 4)  
Tertiary education (levels 5-8)



Finland

## % Overweight/Obesity in females by age and education attainment 2017



Less than primary, primary and lower secondary education (levels 0-2)

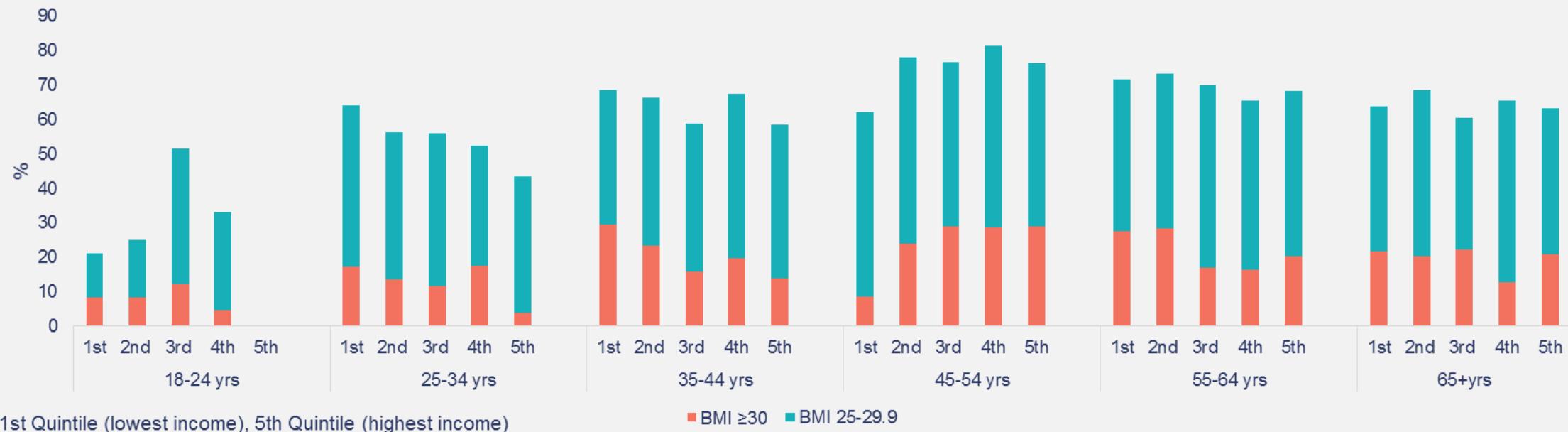
Upper secondary and post-secondary non-tertiary education (levels 3 and 4)

Tertiary education (levels 5-8)



Finland

% Overweight & Obesity by age & income quintile in males living in  
Finland 2014



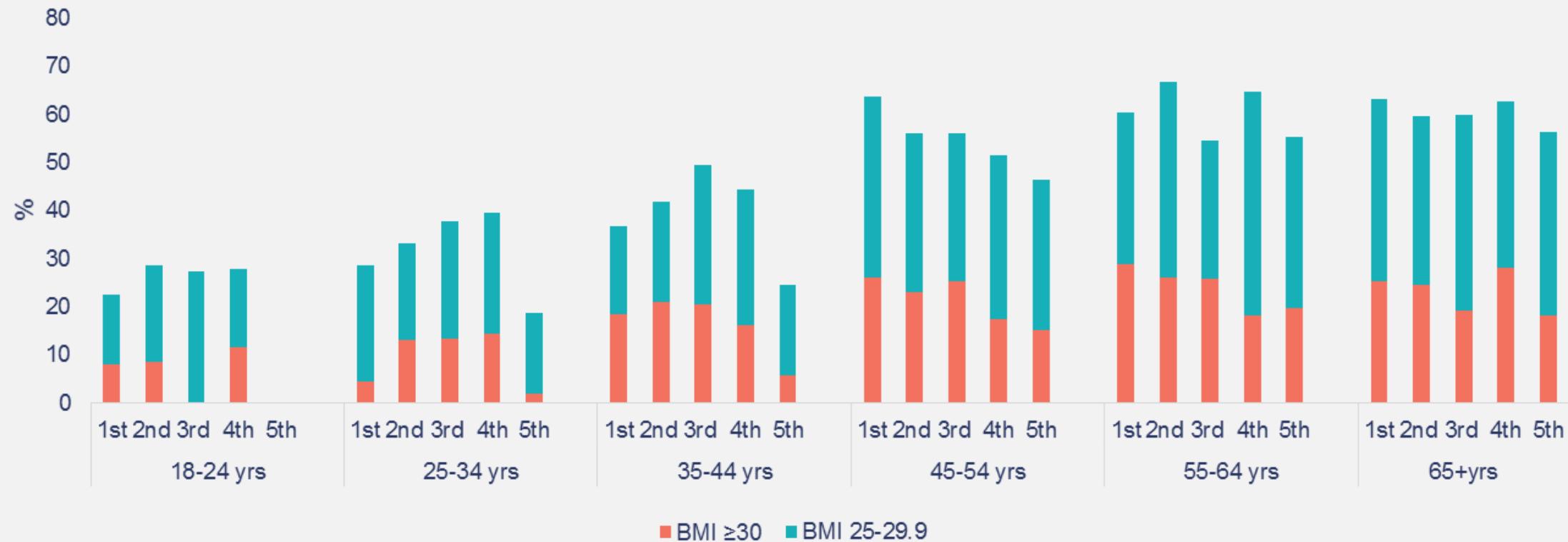
1st Quintile (lowest income), 5th Quintile (highest income)

■ BMI ≥30 ■ BMI 25-29.9



Finland

## % Overweight & Obesity by age and income quintile in females living in Finland 2014



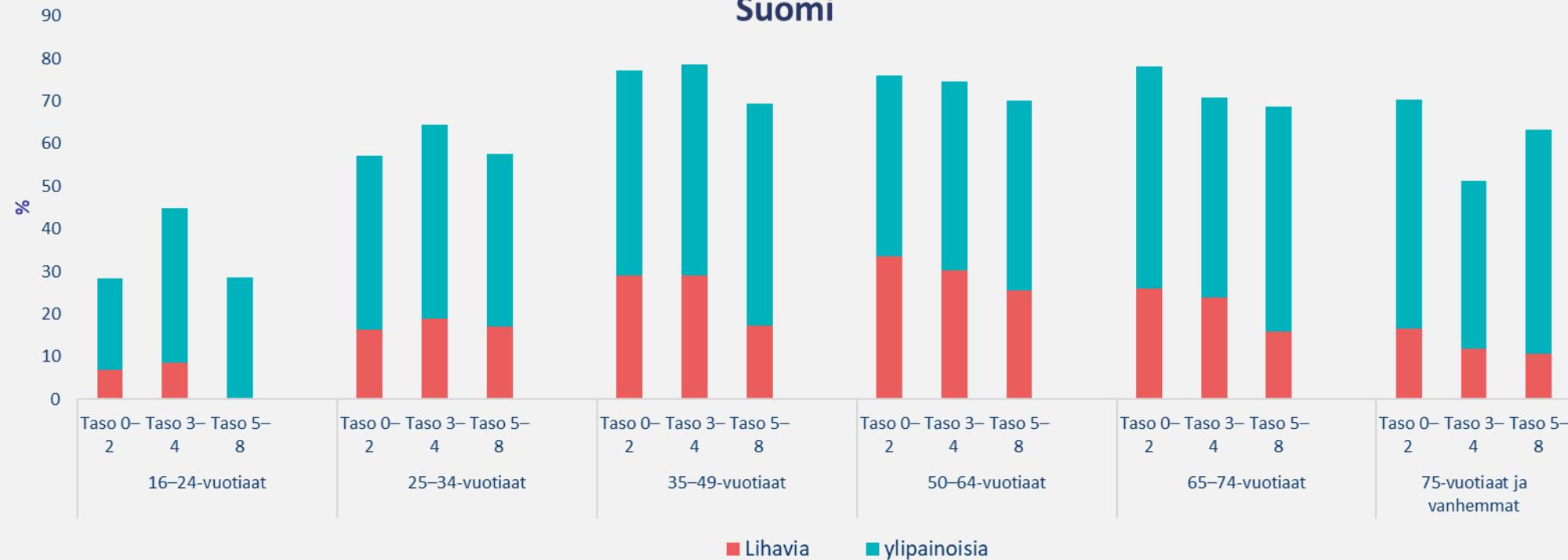
1st Quintile (lowest income), 5th Quintile (highest income)



Finland

## Ylipainon/lihavuuden prosenttiosuus miehillä iän ja koulutustason mukaan 2017

Suomi



Perusastetta alempi, perusasteen tai alemman toisen asteen koulutus (tasot 0–2)

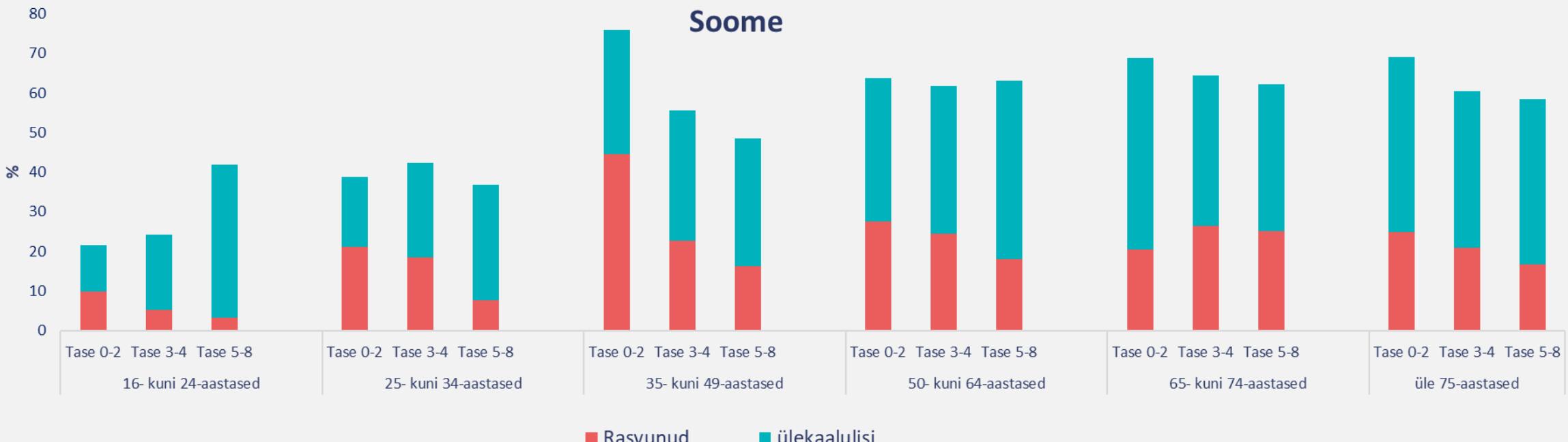
Keskiasteen tai keskiasteen jälkeinen (mutta ei korkeakoulutason) koulutus (tasot 3 ja 4)

Korkeakoulutason koulutus (tasot 5–8)



Finland

## % Ülekaalulisus / rasvumine naistel vanuse ja hariduse järgi 2017



Alla alg-, alg- ja põhihariduse (0-2 tasemed)

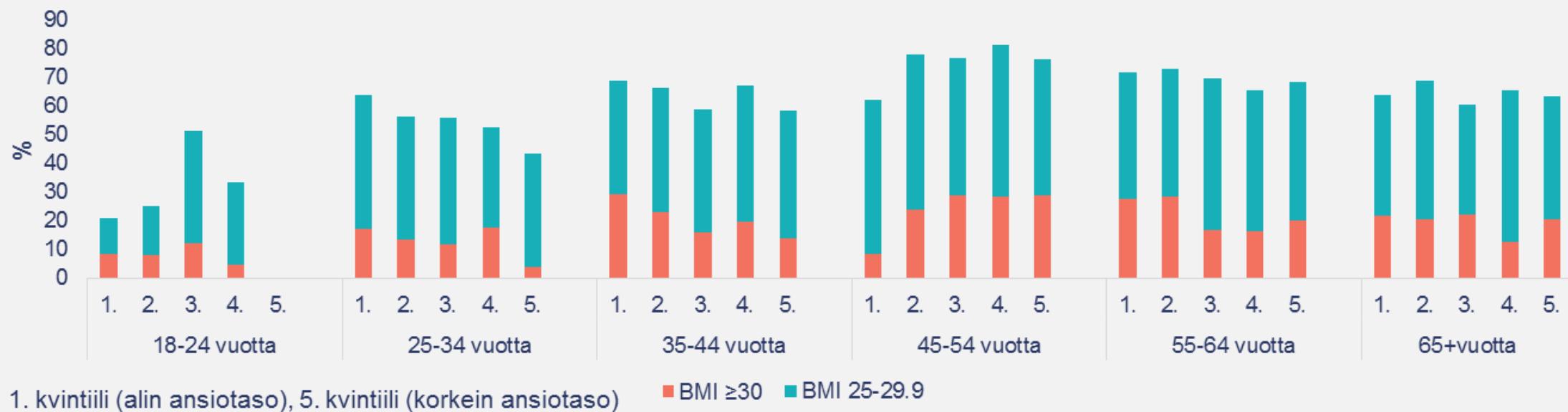
Kesk- ja keskharidusjärgne körgiharidus (3. ja 4. tase)

Kolmenda taseme haridus (tasemed 5-8)



Finland

% Miesten ylipaino & liikalihavuus iän & ansiokvintiilin mukaan  
Suomessa 2014



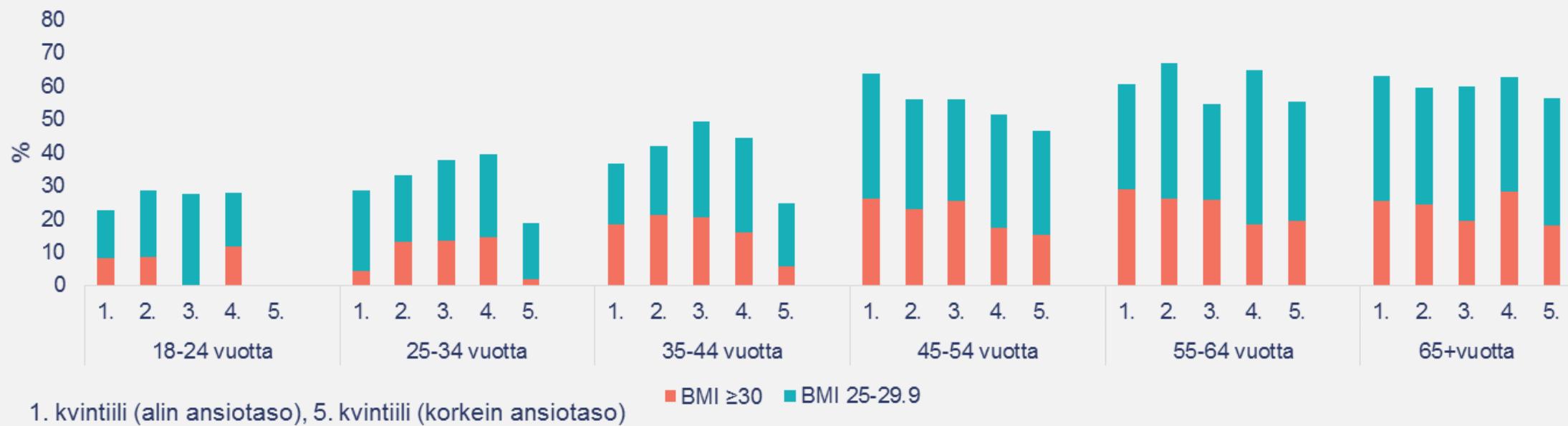
1. kvintili (alin ansiotaso), 5. kvintili (korkein ansiotaso)

■ BMI  $\geq 30$  ■ BMI 25-29.9



Finland

% Naisten ylipaino & liikalihavuus iän & ansiokvintiilin mukaan  
Suomessa 2014

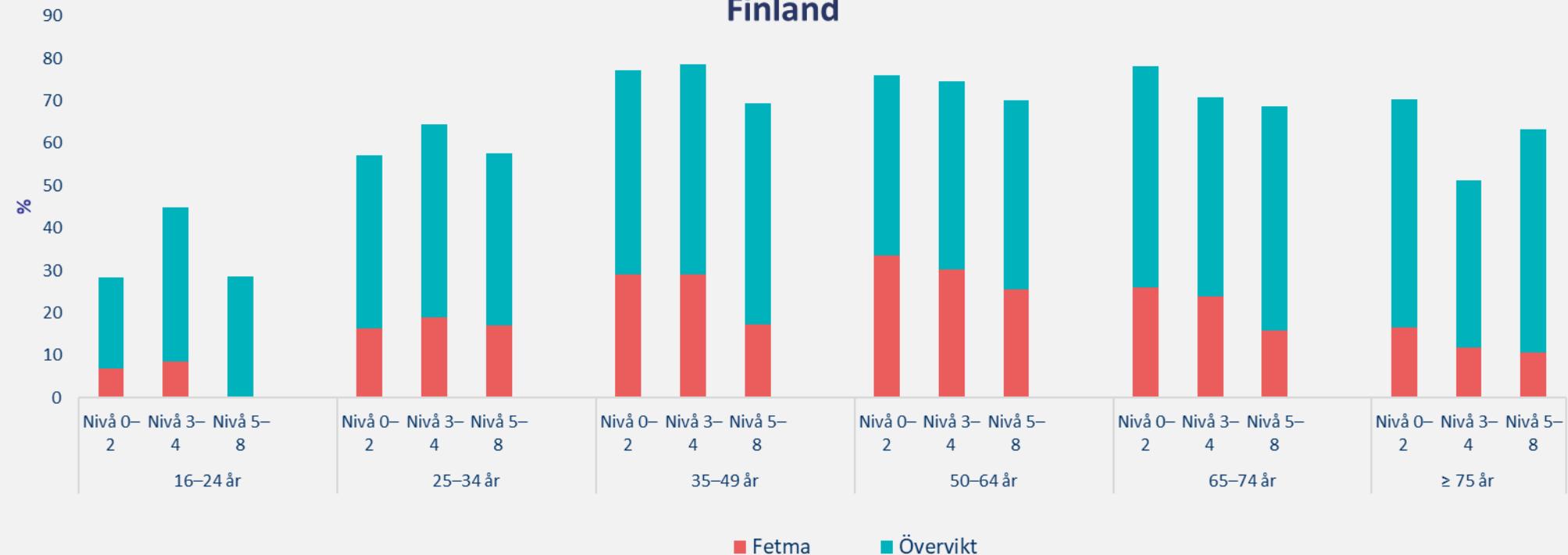




Finland

## % övervikt/fetma hos män efter ålder och utbildningsnivå 2017

Finland



Mindre än grundskoleutbildning (nivå 0-2)

Gymnasieutbildning och eftergymnasial utbildning, utom högre utbildning (nivå 3 och 4)

Högre utbildning (nivå 5-8)



Finland



Finland

% Övervikt och fetma efter ålder & inkomstkvintil bland män bosatta i  
Finland 2014



Första kvintilen (lägst inkomst), Femte kvintilen (högst inkomst)

■ BMI  $\geq 30$  ■ BMI 25-29.9



Finland

## % Övervikt och fetma efter ålder & inkomstkvintil bland kvinnor bosatta i Finland 2014



Första kvintilen (lägst inkomst), Femte kvintilen (högst inkomst)



Finland

Changes in Overweight (%) in 13 year old boys between 2001 & 2013/14



\* The Former Yugoslav Republic Macedonia

# 2001 ■ 2013/14

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points



Finland

## Changes in prevalence of Overweight (%) in 15 year old boys between 2001 & 2013/14



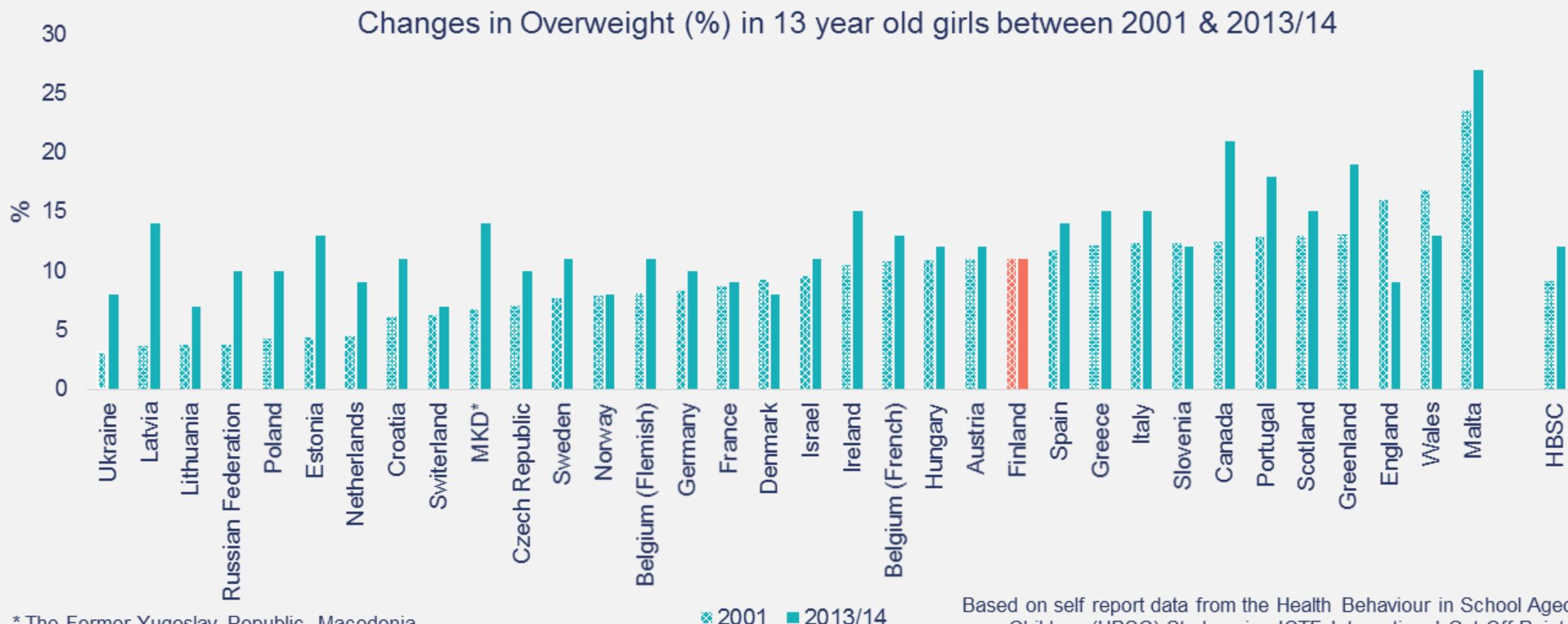
\* The Former Yugoslav Republic Macedonia

■ 2001 ■ 2013/14

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points



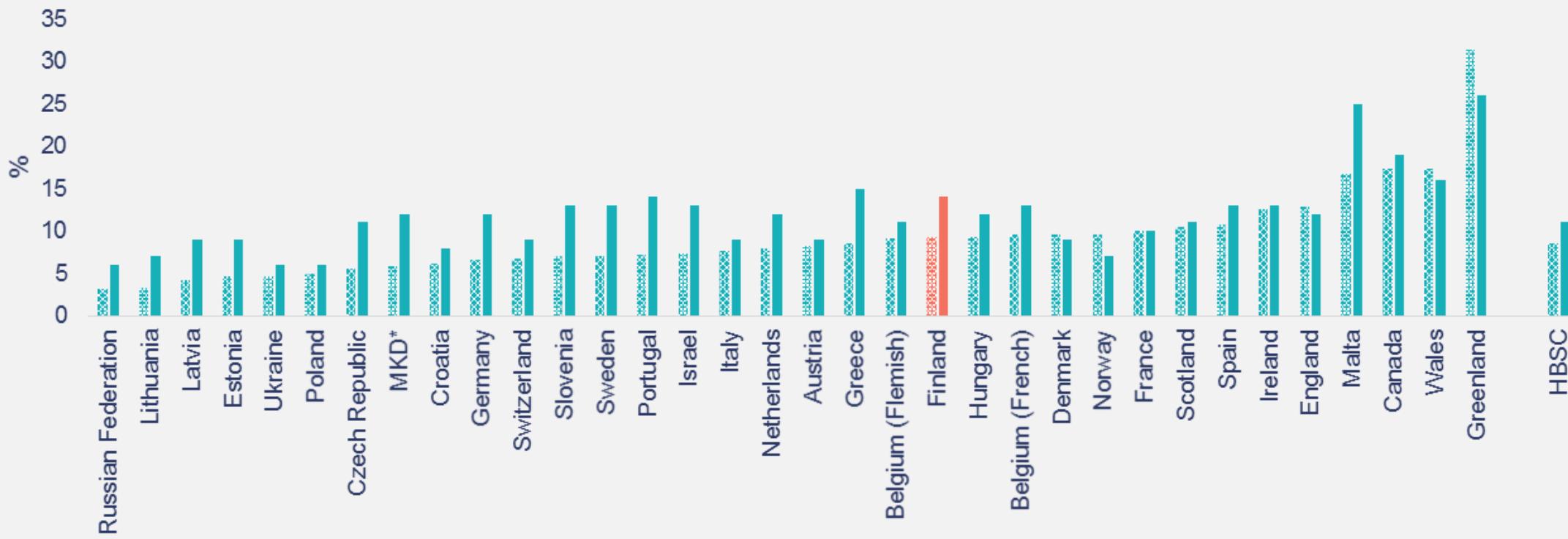
Finland





Finland

### Changes in prevalence of Overweight (%) in 15 year old girls between 2001 & 2013/14



\* The Former Yugoslav Republic Macedonia

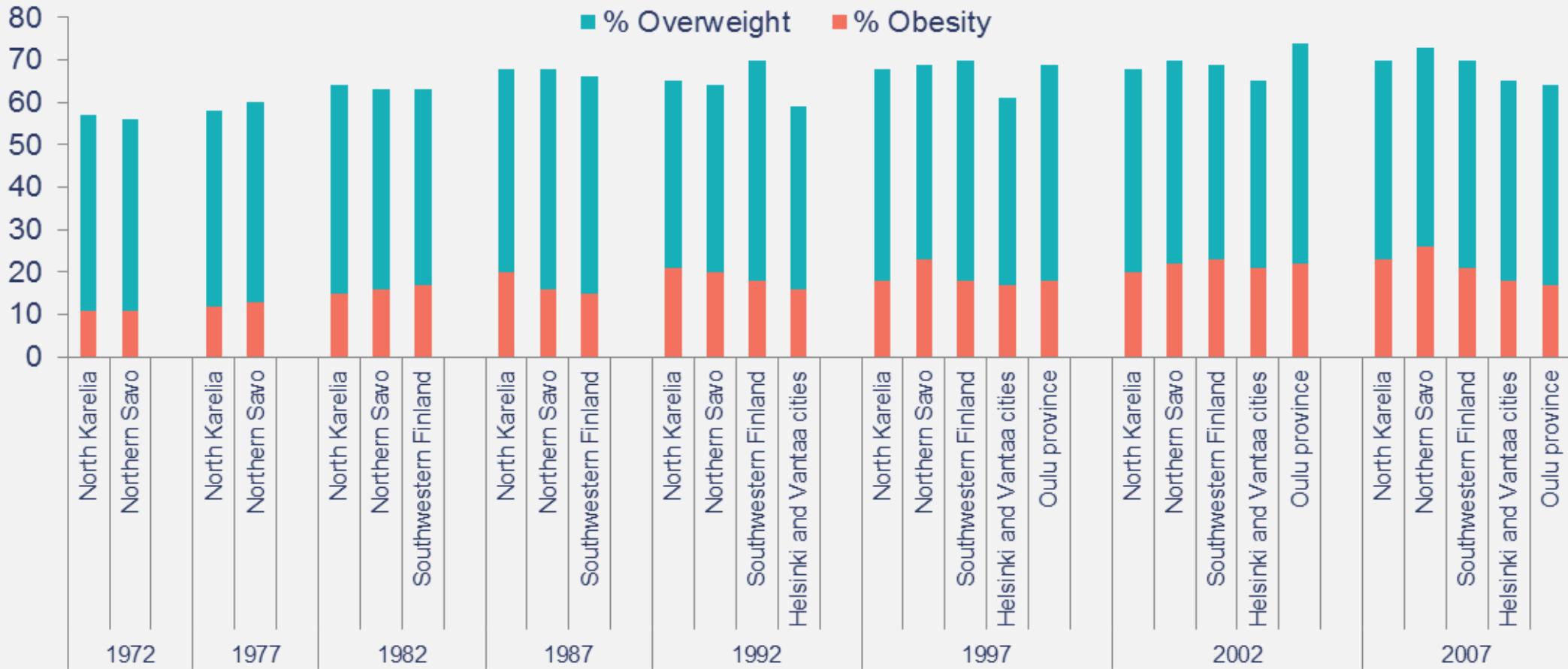
◆ 2001 ■ 2013/14

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points



Finland

## % Overweight and Obesity in Males in Finland by Region between 1972 - 2007

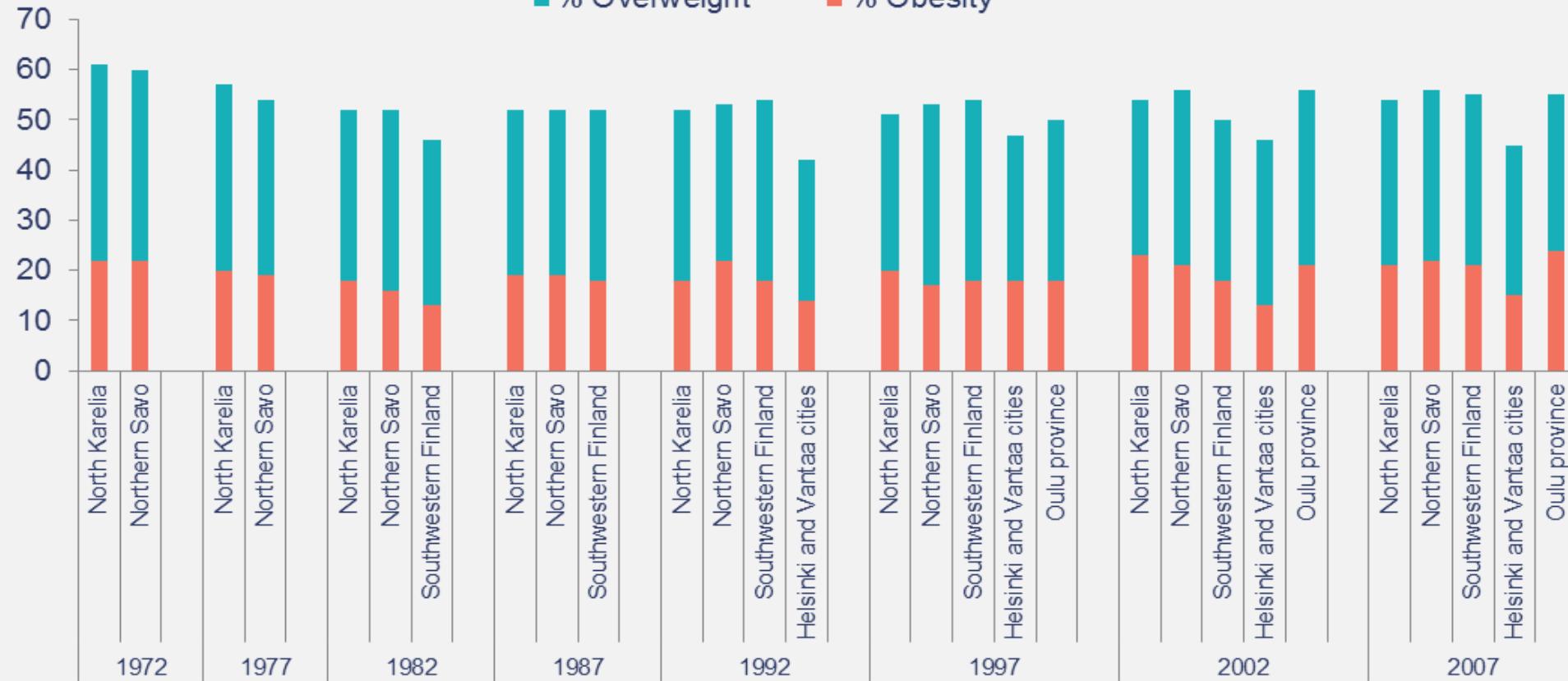




Finland

## % Overweight and Obesity in Females in Finland by Region between 1972 - 2007

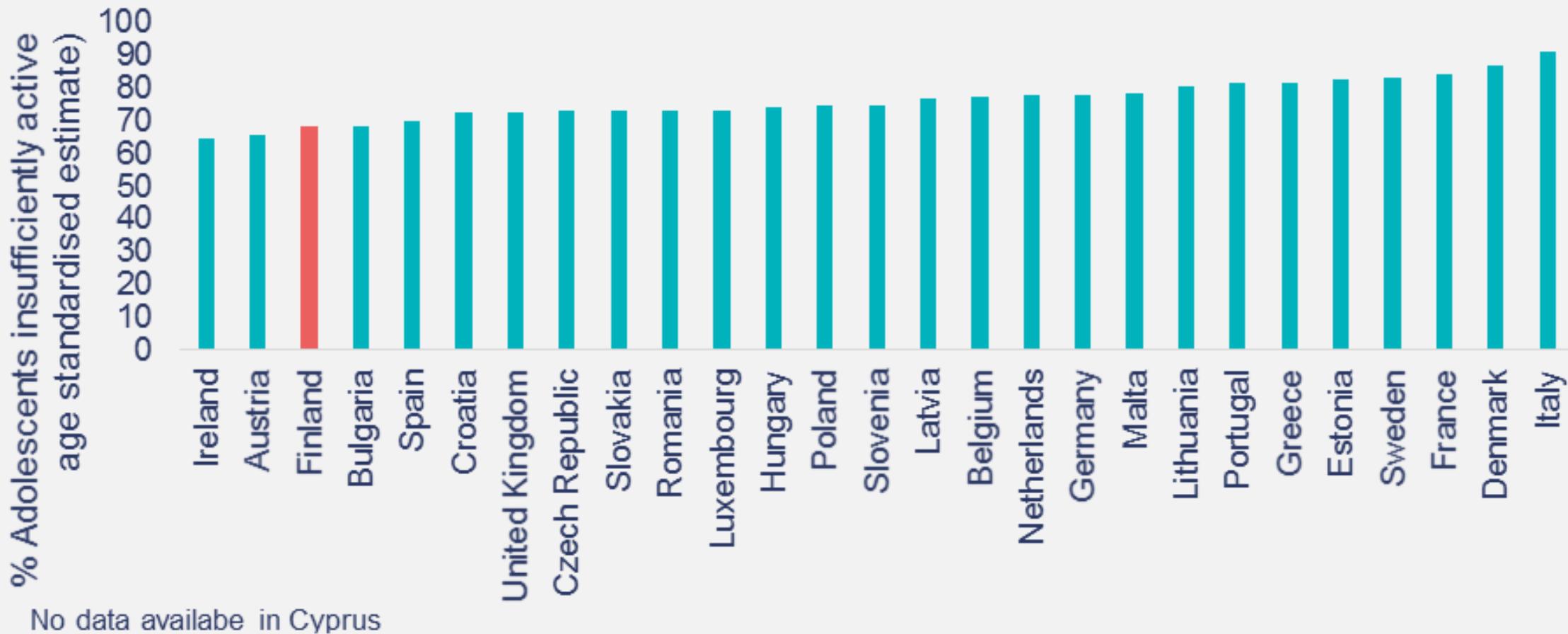
■ % Overweight ■ % Obesity





Finland

## % Insufficiently active male adolescents living in EU Member Countries (2010)





Finland

## % Insufficiently active female adolescents living in EU Member Countries (2010)





Finland

## % Insufficiently active male adults living in EU Member Countries (2016)





Finland

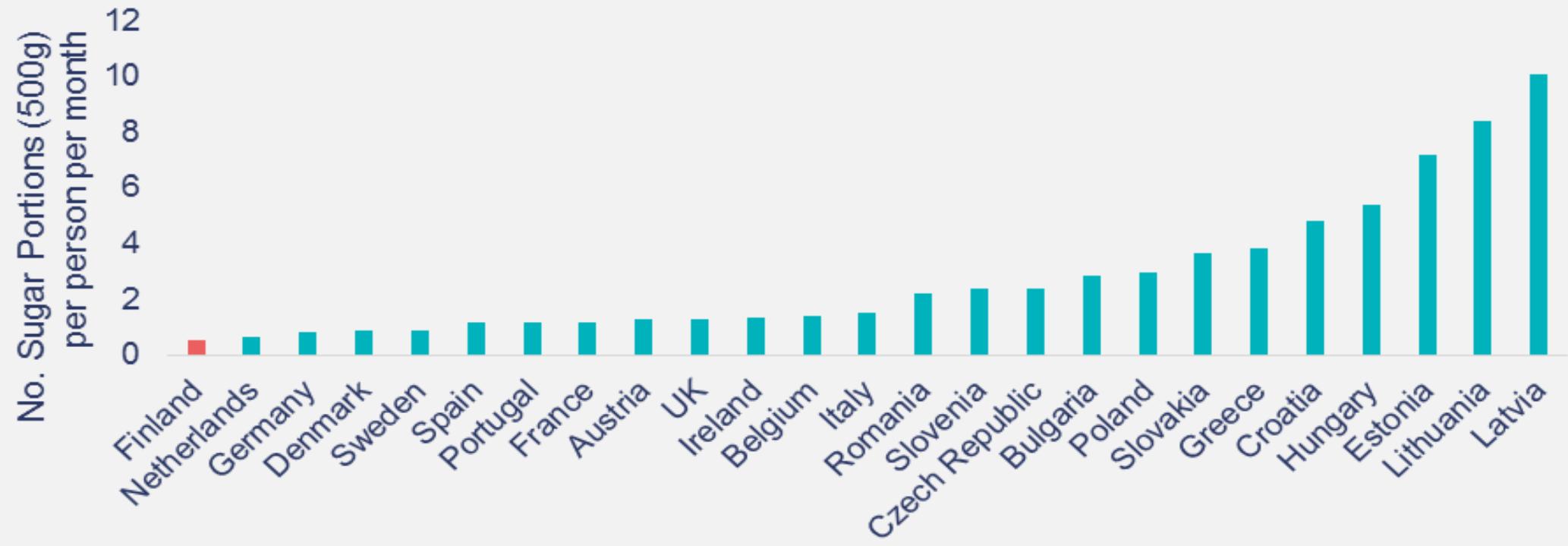
## % Insufficiently active female adults living in EU Member Countries (2016)





Finland

## Sugar Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

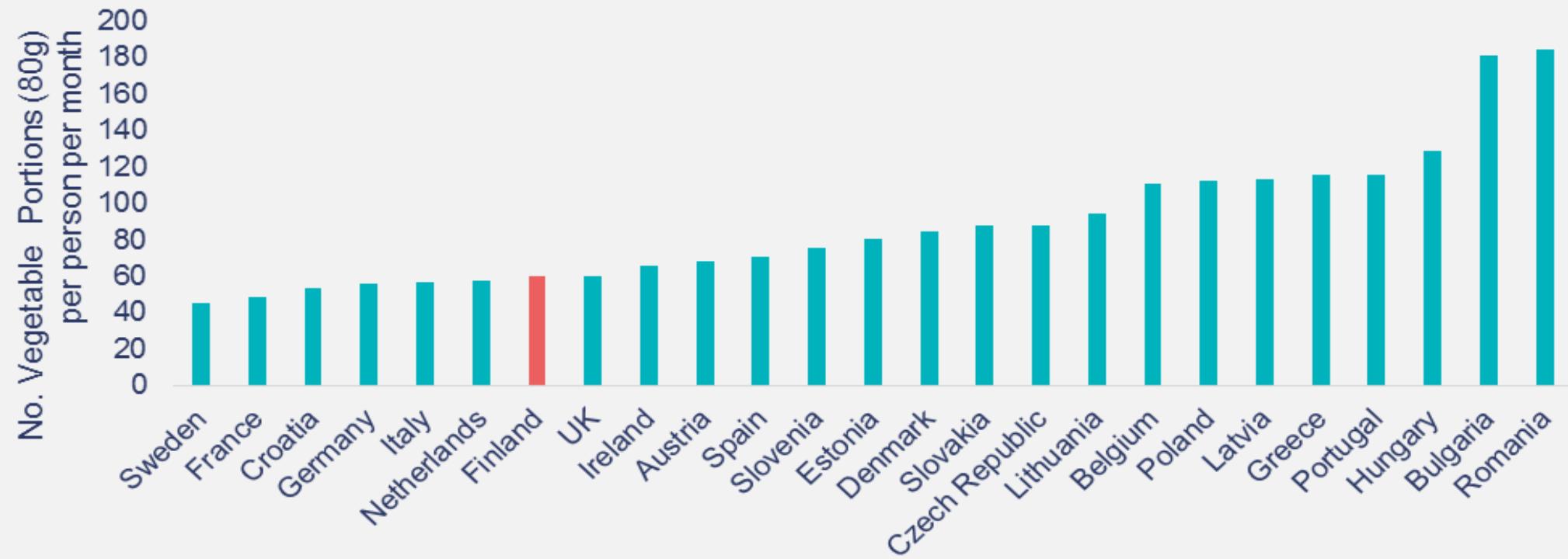
Sugar Consumption/Sales for individuals living in EU Member Countries.

Derived from: Euromonitor International, Nutrition 2016 edition



Finland

## Vegetable Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

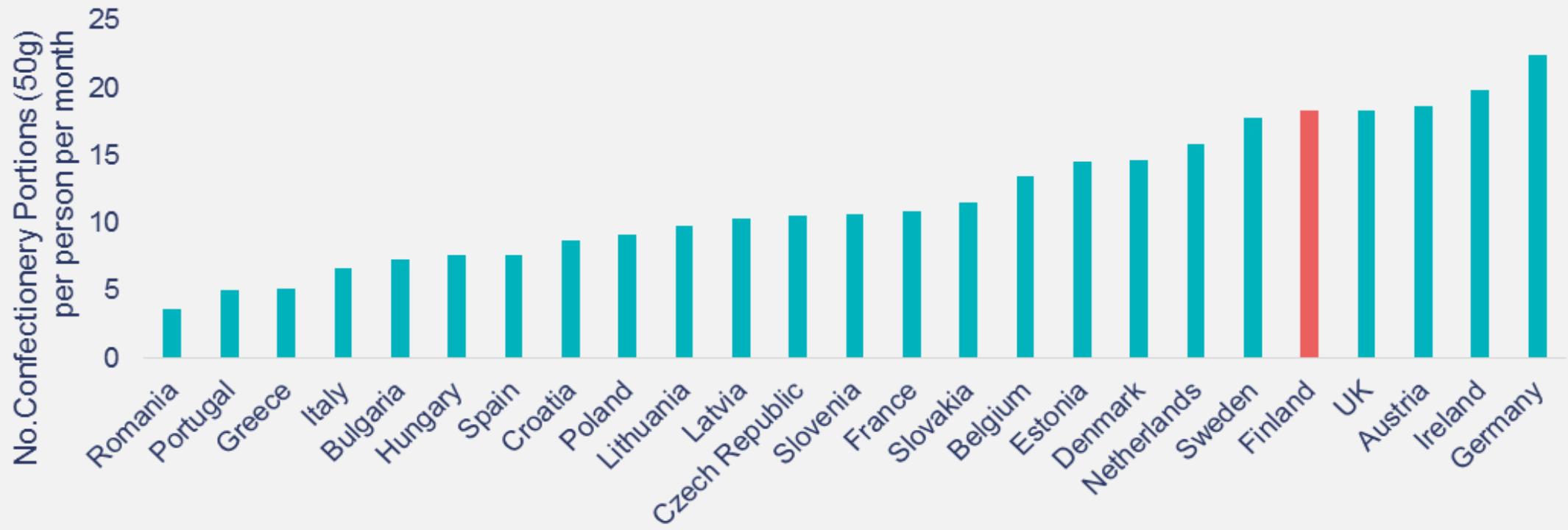
Vegetable Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Fresh Food, 2016 edition



Finland

## Confectionery Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

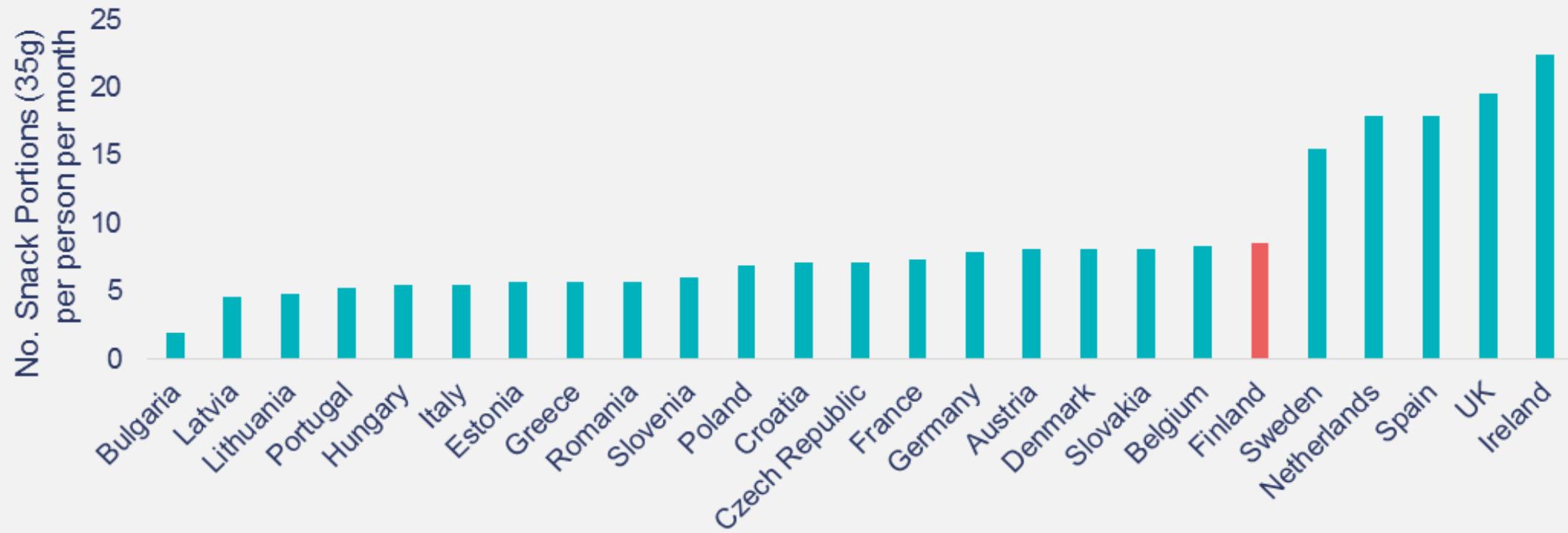
Confectionery Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Packaged Food, 2016 edition



Finland

## Sweet & Savoury Snack Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

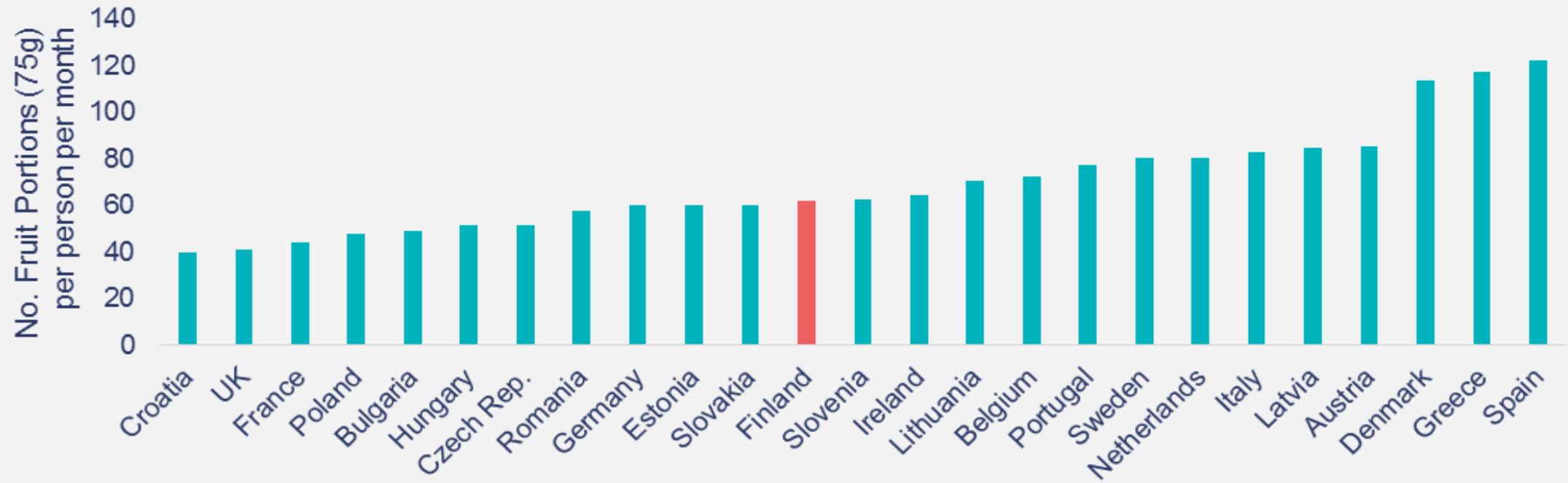
Sweet and Savoury Snacks Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Packaged Food, 2016 edition



Finland

## Fruit Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

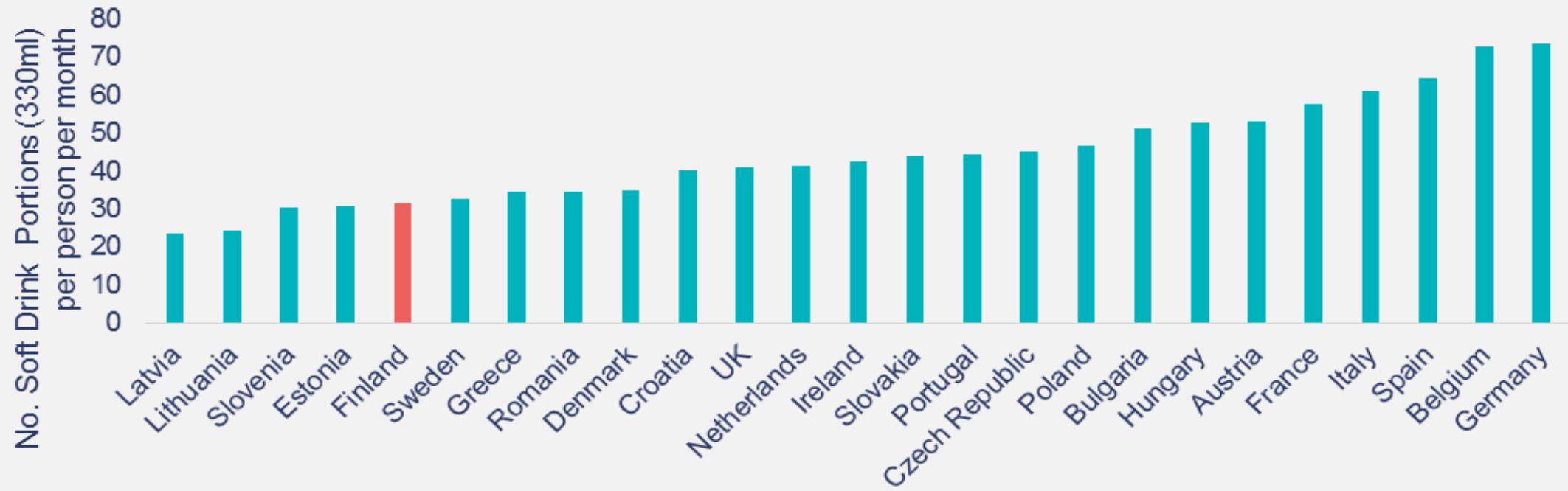
Fruit Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Fresh Food, 2016 edition



Finland

## Soft Drink Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

Soft Drink Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Soft Drinks, 2016 edition



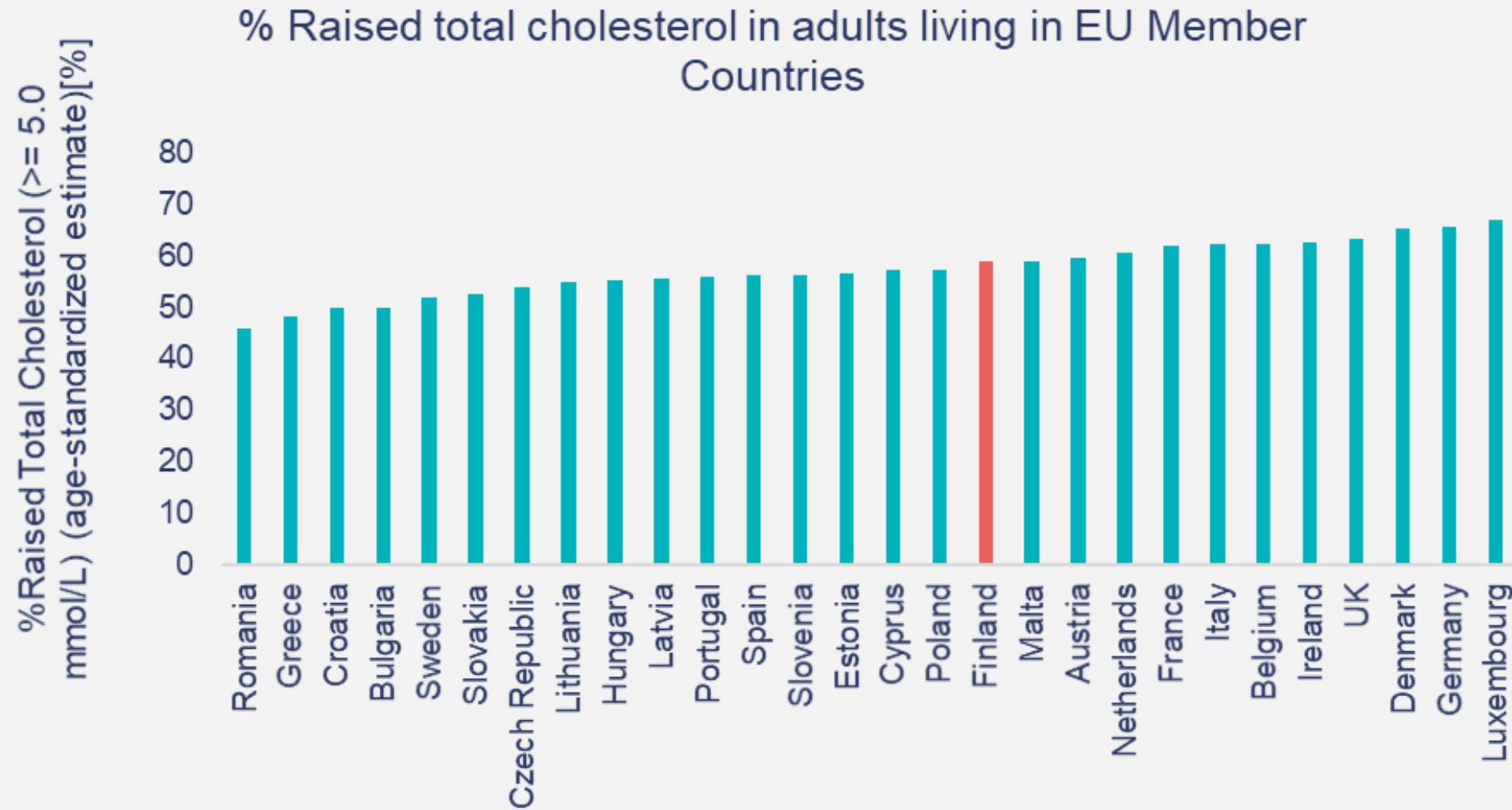
Finland

## Diabetes age-adjusted comparative prevalence [%] in adults living in EU Member Countries (2017)





Finland





Finland

## % Raised blood pressure in males living in EU Member Countries (2015)





Finland

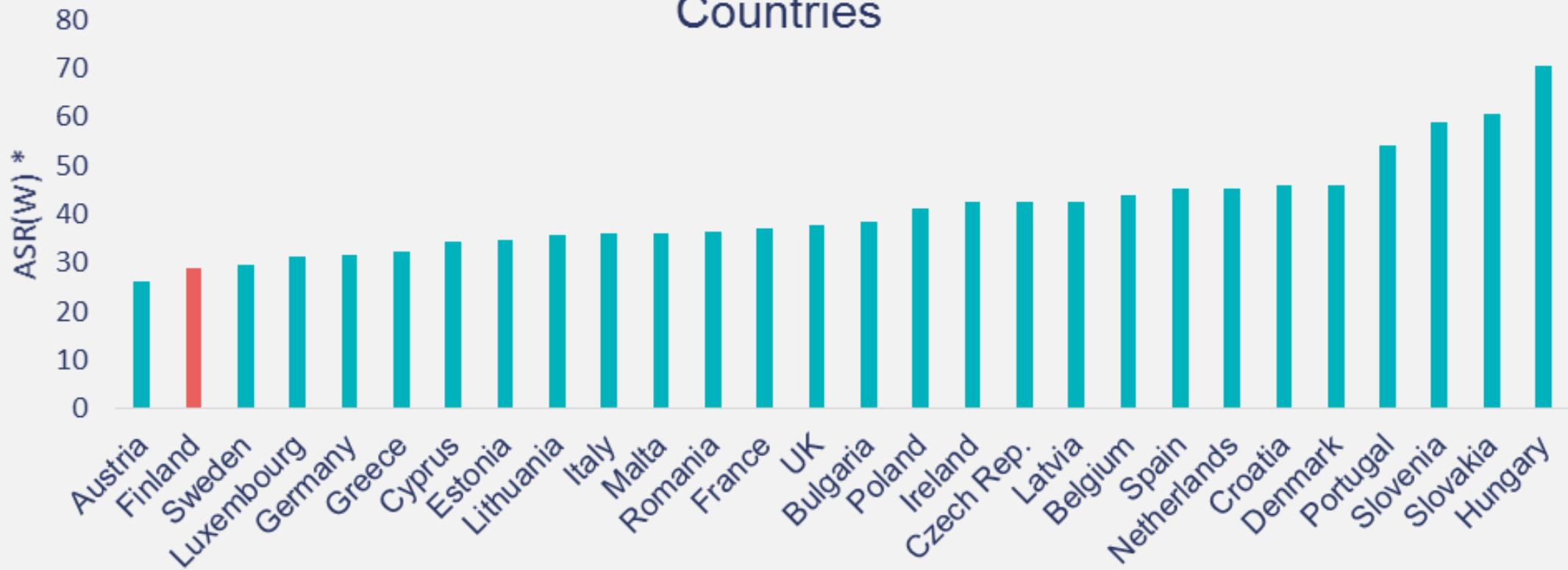
## % Raised blood pressure in females living in EU Member Countries (2015)





Finland

## Colorectal Cancer incidence in males living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Finland

## Colorectal Cancer incidence in females living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Finland

## Breast Cancer incidence in females living in EU Member Countries

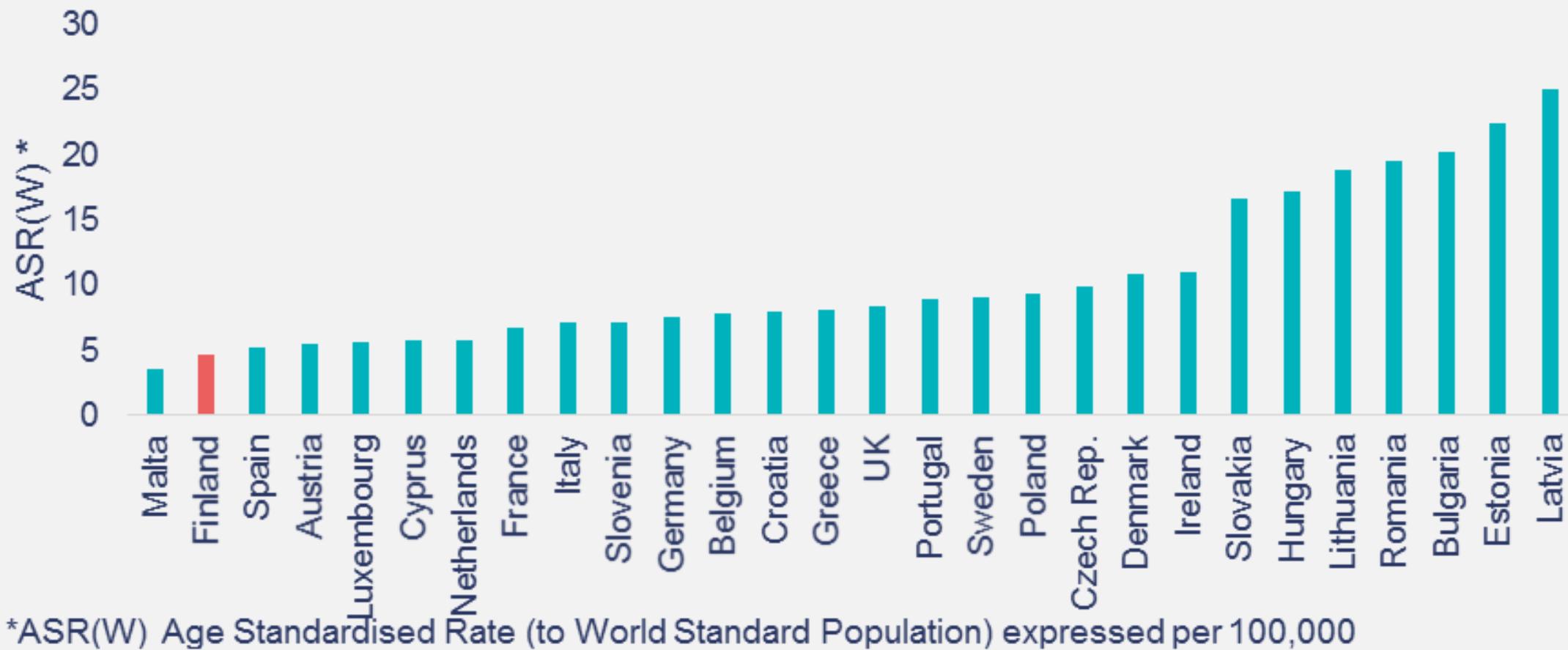


\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Finland

## Cancer of the Cervix Uteri incidence in females living in EU Member Countries





Finland

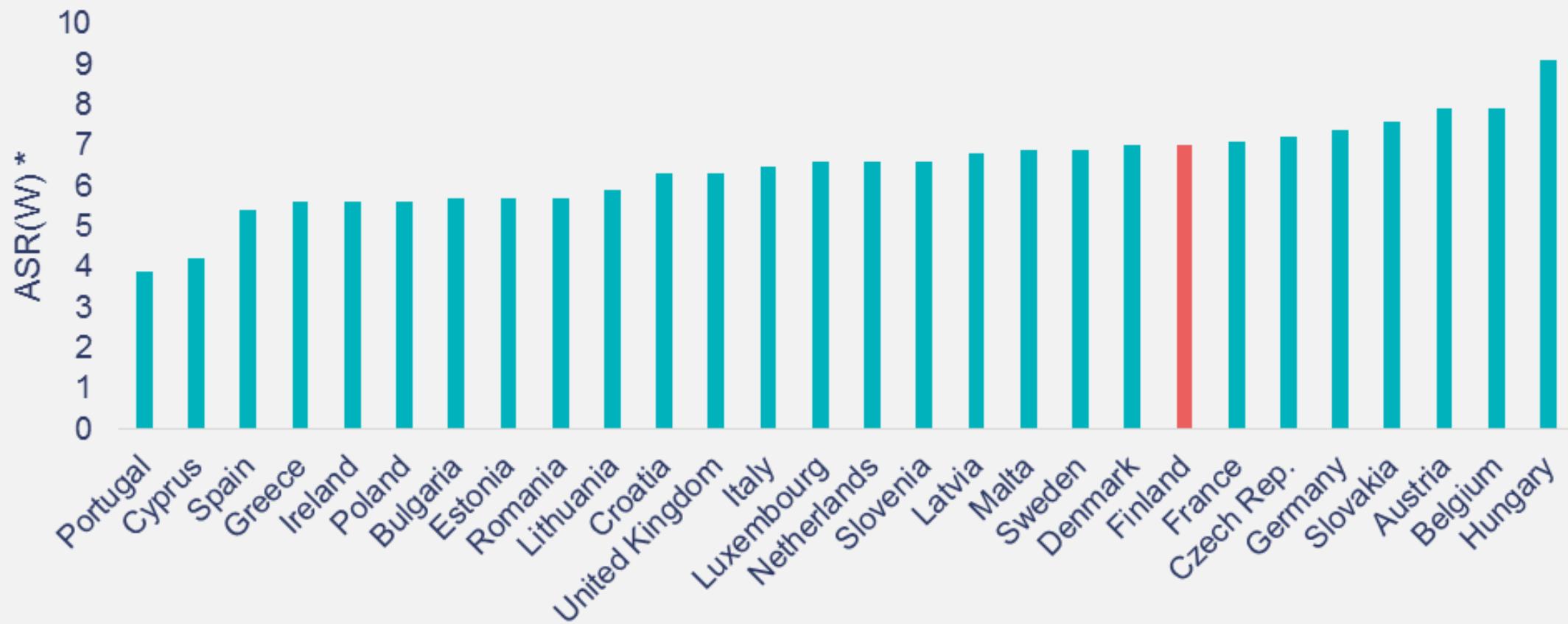
## Pancreatic Cancer incidence in males living in EU Member Countries





Finland

## Pancreatic Cancer incidence in females living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

## Cancer of the Kidney incidence in males living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Finland

## Cancer of the Kidney incidence in females living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Finland

## Cancer of the Oesophagus incidence in males living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Finland

## Cancer of the Oesophagus incidence in Females living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Finland

Actions Map	Select link below to view (right click to open hyperlink)
Obesity Related Policies or Interventions	<a href="#"><u>Adults</u></a>
	<a href="#"><u>Child</u></a>
	<a href="#"><u>Adult &amp; Child</u></a>



Finland

% Overweight & Obesity Maps		(select link below to view)	
Current Prevalence		<a href="#">Men</a>	<a href="#">Women</a>
		<a href="#">Boys</a>	<a href="#">Girls</a>
By Age		<a href="#">Adult</a>	<a href="#">Child</a>
By Region		<a href="#">Adult</a>	<a href="#">Child</a>
By Educational Status		<a href="#">Adult</a>	<a href="#">Child</a>
By Socio-economic group		<a href="#">Adult</a>	<a href="#">Child</a>
Trend NB. To view the time period you are interested in you must choose a time period and click 'Change year' to update the map)		<a href="#">Men</a>	<a href="#">Women</a>
		<a href="#">Boys</a>	<a href="#">Girls</a>

Overweight & Obesity %	Data sources available at <a href="http://www.worldobesitydata.org">www.worldobesitydata.org</a>
EUROSTAT data	Eurostat Database: <a href="http://ec.europa.eu/eurostat">http://ec.europa.eu/eurostat</a>
HBSC data	Health Behaviour in School Aged Children (HBSC) <a href="http://www.hbsc.org/">http://www.hbsc.org/</a>
Population Estimates	UN Population Estimates, United Nations, <a href="http://esa.un.org/unpd/wpp/">http://esa.un.org/unpd/wpp/</a>
Diabetes estimates 2017	Reproduced with kind permission of IDF, International Diabetes Federation. IDF Diabetes Atlas, 8th edition. Brussels, Belgium: International Diabetes Federation, 2017. <a href="http://www.diabetesatlas.org">http://www.diabetesatlas.org</a>
Worldwide GINI Index	Worldwide GINI Index, <a href="https://data.worldbank.org/indicator/SI.POV.GINI?locations=AT">https://data.worldbank.org/indicator/SI.POV.GINI?locations=AT</a> (last accessed 11th November 2018)
Physical Inactivity estimates in adults	Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1·9 million participants. <i>Lancet Global Health</i> . Vol 6 (10) PE1077-E1086, OCTOBER 01, 2018. <a href="https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30357-7/fulltext">https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30357-7/fulltext</a> . (This is an Open Access article published under the CC BY 3.0 IGO license which permits unrestricted use, distribution, and reproduction in any medium, WHO does not endorse any specific organisation, products or services.)
Physical Inactivity estimates in children	Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A893?lang=en">http://apps.who.int/gho/data/node.main.A893?lang=en</a>
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A869?lang=en">http://apps.who.int/gho/data/node.main.A869?lang=en</a>
Raised BP	Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A875?lang=en">http://apps.who.int/gho/data/node.main.A875?lang=en</a>
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A884?lang=en">http://apps.who.int/gho/data/node.main.A884?lang=en</a>
Cancer incidence rates	Global Cancer Observatory, Cancer incidence rates <a href="http://gco.iarc.fr/">http://gco.iarc.fr/</a> (last accessed 28 <sup>th</sup> October 2018)
Euromonitor	All consumption/sales information are derived from Euromonitor International, Fresh Food, 2016 Edition.



This report was produced with the support of an operational grant under the European Commission's Third Health Programme (2014-2020). The European Commission is not responsible for any use that may be made of them.

© World Obesity Federation, London 2019. No reproduction without permission. For permission please contact [obesity@worldobesity.org](mailto:obesity@worldobesity.org)