

Daily life of young people – School Health Promotion study 2021

Many young people are physically inactive

MAIN FINDINGS

- Students in vocational institutions skipped breakfast more often than students in general upper secondary school and in grades 8 and 9 of basic education.
- About one third (30–38%) of young people stated that they do not eat school lunch every day.
- 29 per cent of boys and 20 per cent of girls in grades 8 and 9 of basic education engaged in physical exercise that causes shortness of breath for at least one hour per day. The corresponding proportion among the upper secondary school students was 15–18 per cent.
- 26–28 per cent of pupils in grades 8 and 9 of basic education and of 1st and 2nd year students in upper secondary school reported physical inactivity in their free time on a weekly basis. The corresponding proportion among students in vocational institutions was 42 per cent.
- Approximately one third of girls and one fifth of boys have tried to spend less time online, without succeeding in their efforts.

Of all the students who replied to the School Health Promotion Study in 2021, 46 per cent of the girls and 38 per cent of the boys in grades 8 and 9 of basic education stated that they do not eat breakfast every school day morning. Correspondingly, one third of the 1st and 2nd year students in upper secondary school and half of the students in vocational institutions reported not eating breakfast every school day morning.

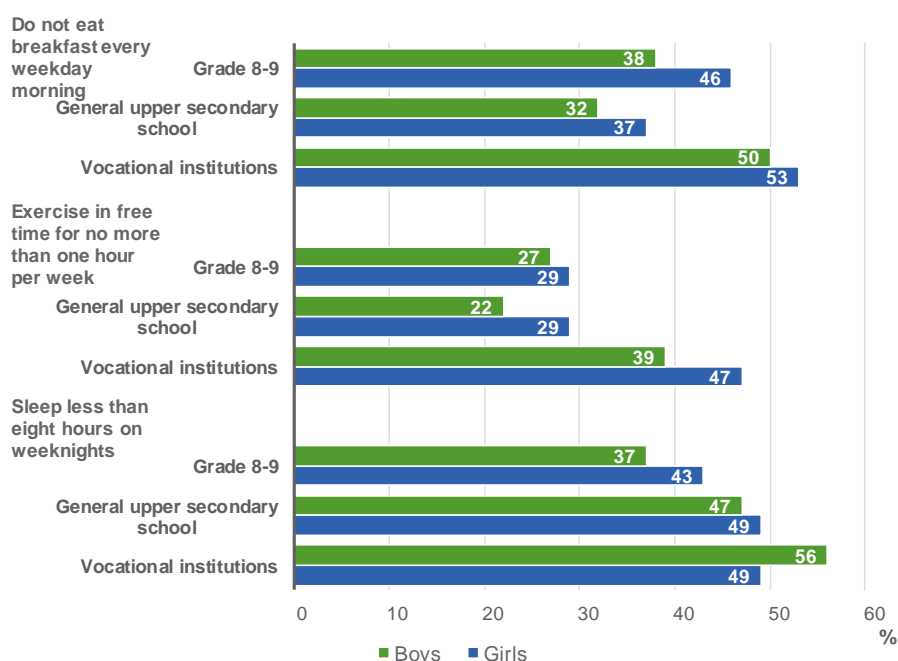
In the study, 43 per cent of girls and 37 per cent of boys in grades 8 and 9 of basic education slept under eight hours on weeknights. 48 per cent of upper secondary school students and 53 per cent of vocational students stated that they sleep less than eight hours a night. The proportion of young people who sleep less than eight hours on weeknights has increased slightly in all age groups between 2013 and 2021.

The proportion of young people who are physically inactive in their free time has increased between 2015 and 2021. In the latest study, 26–28 per cent of students in 8 and 9 grades of basic education and of the 1st and 2nd year students in upper secondary school and 42 per cent of vocational students stated that they engage in vigorous exercise in their free time for no more than one hour per week.

Across the studied school levels, approximately one third of the girls and one fifth of the boys have tried to spend less time online, without succeeding in their efforts.

The examination is based on the data collected in the School Health Promotion study of 2021 from pupils in grades 8 and 9 of basic education and from 1st and 2nd year students in upper secondary school and vocational education.

Figure 1. Indicators describing the everyday life of young people by gender and school level in 2021, %



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Table of contents

Meals3

Sleeping4

Physical exercise.....4

Leisure time5

Internet use.....7

Terms and definitions9

Symbols used in the tables9

Quality description10

To be considered in this year's statistic:

Data was collected between 1 March and 28 May 2021. Throughout the data collection, there was a state of emergency in the country due to the coronavirus epidemic.

Data collection periods for the different school levels:

- pupils in grades 8 and 9 of basic education 15 March–28 May 2021
- 1st and 2nd year students in upper secondary school and vocational institutions 1 March–28 May 2021.

The aim was that pupils/students would respond to the online form during contact teaching, but it was also possible to respond in distance learning.

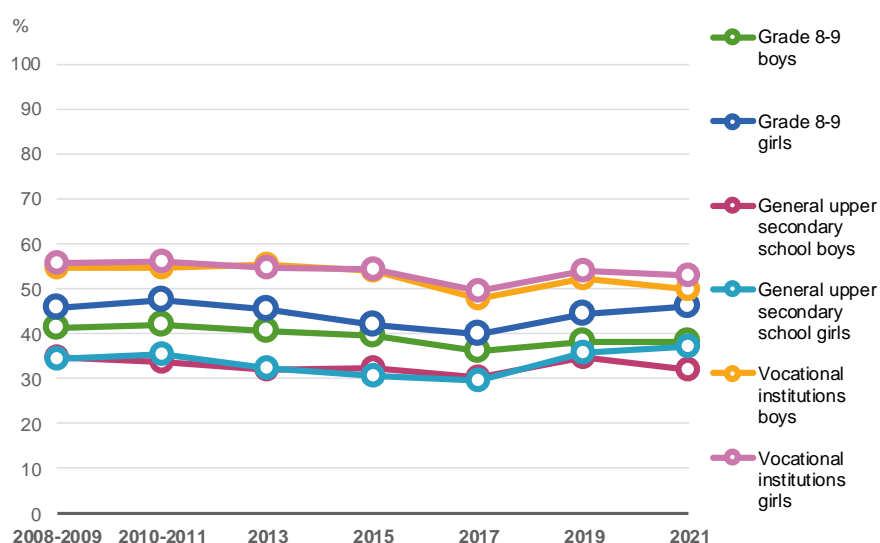
Number of respondents (n) and coverage (%) by school level:

- grades 8 and 9 of basic education, n= 91,560 (75%)
- 1st and 2nd year students in upper secondary school n= 47,383 (71%)
- 1st and 2nd year students in vocational institutions n= 21,853 (32%).

Meals

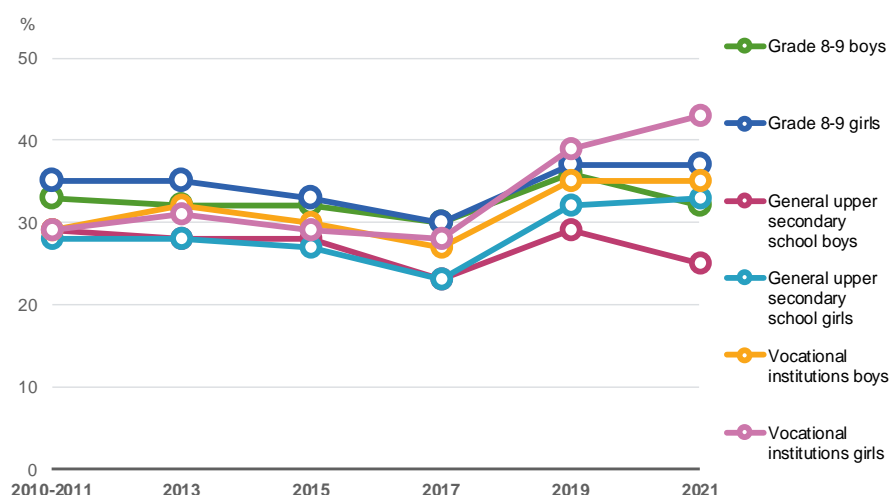
Young people ate often breakfast on fewer than five school mornings per week. Students in vocational institutions skipped breakfast more often than the other groups. In 2021, approximately 50 per cent of them did not eat breakfast every weekday morning. In grades 8 and 9, skipping breakfast was slightly more common among girls (46%) than boys (38%). There were only minor differences between the genders among students in upper secondary schools and vocational institutions. The proportion of young people who do not eat breakfast every weekday morning has increased slightly between 2017 and 2021. Skipping breakfast became more common after 2017 among both boys and girls. (Figure 2.)

Figure 2. The proportion of young people who do not eat breakfast every school day morning by gender and school level in 2008–2021, %



In 2021, approximately one third of the pupils in grades 8 and 9 of basic education and male students in vocational institutions said that they do not eat school lunch every day. Similarly, 25 per cent of boys and 33 per cent of girls in upper secondary school did not eat school lunch every day. In vocational institutions, female students were more likely (43%) to report that they did not eat school lunch every day. The proportion of students not eating school lunch every day remained at a relatively similar level (23–34%) until 2017, after which it began to increase. (Figure 3.)

Figure 3. The proportion of young people who do not eat school lunch every day by gender and school level in 2010–2021, %



Results of the 2021 data collection

The general results, indicator descriptions, accurate question formats and calculation descriptions of the School Health Promotion study, are contained in the THL's User Interface for Database Cubes and Reports (TIKU): thl.fi/kouluterveyskysely/tulokset

The results can be viewed by region in the interactive TIKU user interface:

- Whole country
- Regional State Administrative Agency area
- County
- Wellbeing services county
- Municipality.

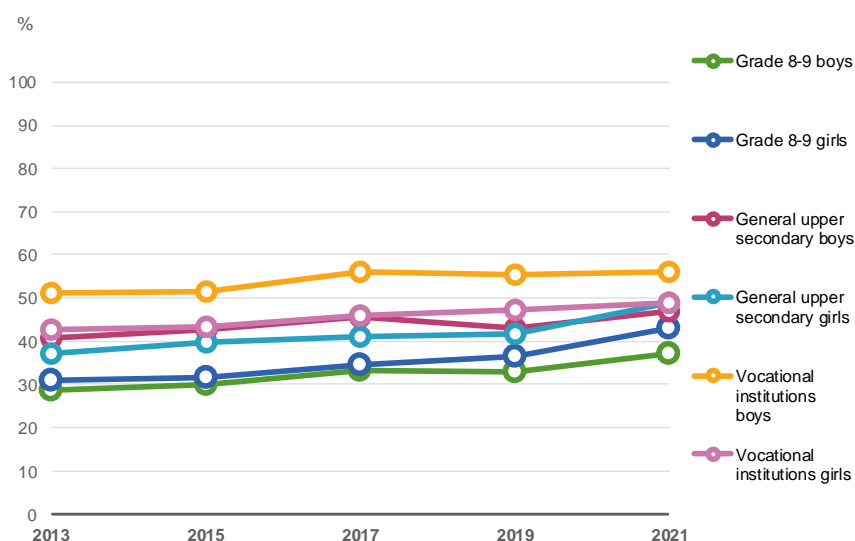
When comparing the 2021 results to those from previous years, the following must be considered:

- Longer than before data collection period
- Emergency conditions caused by the coronavirus epidemic
- Some respondents responded while in distance learning.

Sleeping

In 2021, 43 per cent of girls and 37 per cent of boys in grades 8 and 9 of basic education slept under eight hours on weeknights. Correspondingly, 48 per cent of upper secondary school students and 53 per cent of vocational students reported that they sleep under eight hours on weeknights. The difference between genders was minor among upper secondary students, but among vocational students it was more common for boys (56%) to sleep under eight hours than for girls (49%). The proportion of young people getting under eight hours of sleep on weeknights has increased slightly after 2013. (Figure 4.)

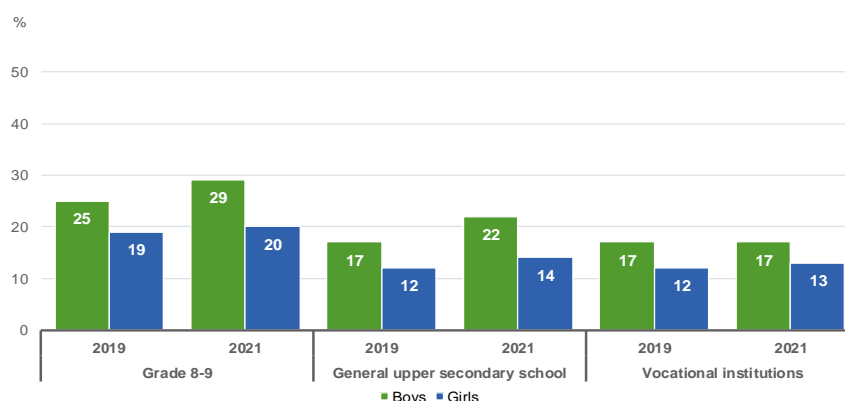
Figure 4. The proportion of young people who sleep less than eight hours on weeknights by gender and school level in 2013–2021, %



Physical exercise

In 2021, 29 per cent of boys and 20 per cent of girls in grades 8 and 9 of basic education reported that they had engaged in physical exercise for at least one hour per day in the past seven days. The corresponding figures for upper secondary students were 22 per cent for boys and 14 per cent for girls. Among vocational students, 17 per cent of boys and 13 per cent of girls moved at least one hour per day. (Figure 5.)¹

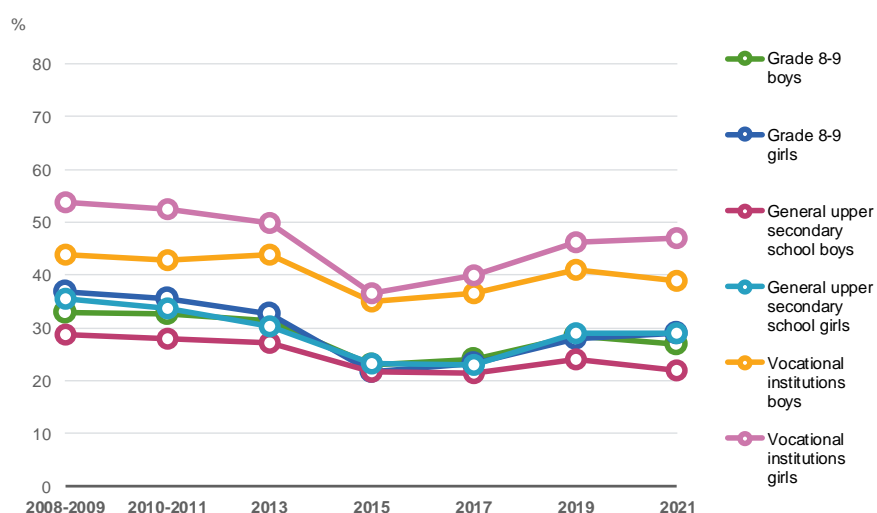
Figure 5. The proportion of young people who moved daily at least one hour by gender and school level in 2019 and 2021, %



¹ In the questionnaire, physical exercise has been defined as any activity that increases the heart rate and causes shortness of breath for a while, such as sports activities, playing games with friends, or being active on the way to or from school, at recess or in PE class. Examples of physical exercise include brisk walking, running and cycling.

In 2021, 28 per cent of pupils in grades 8 and 9 of basic education engaged in vigorous exercise in their free time for no more than one hour per week. The corresponding figure was 26 per cent for upper secondary students and 42 per cent for students in vocational institutions. Engaging in physical activity during leisure time has increased since 2013. However, the proportion of young people who are physically inactive increased between 2017 and 2019 at all education levels. (Figure 6.)

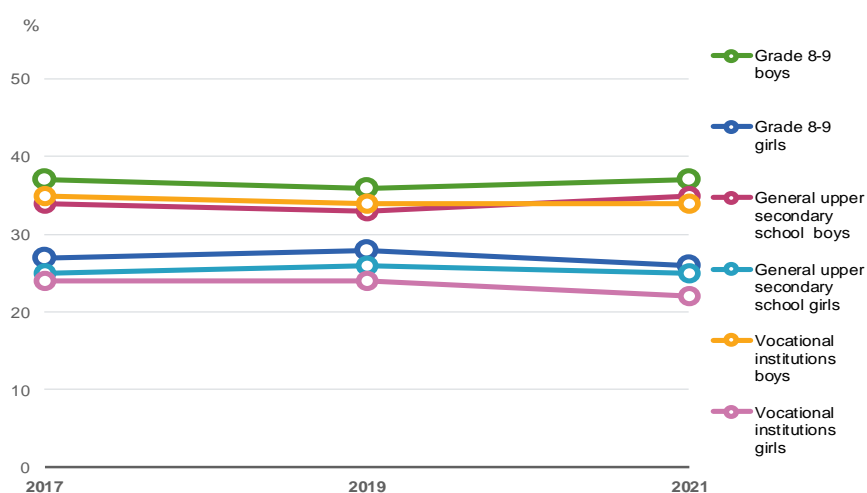
Figure 6. The proportion of young people who engage in vigorous exercise in their free time for no more than one hour per week by gender and school level in 2008–2021, %



Leisure time

In 2021, approximately one fourth of girls and one third of boys in grades 8 and 9 of basic education and in upper secondary schools reported that interesting leisure activities for young people are organised in their home district. Similar accounts were given by 22 per cent of girls and 34 per cent of boys studying in vocational institutions. The proportions were relatively similar in comparison to the results of 2019. (Figure 7.)²

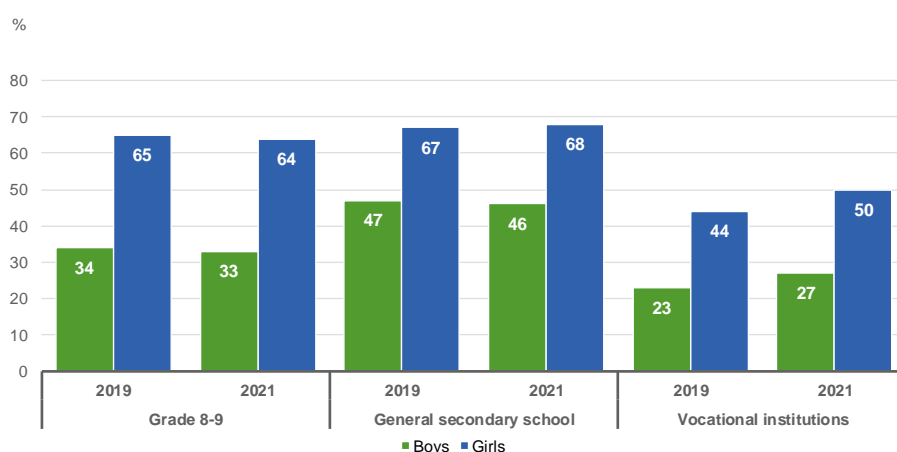
Figure 7. The proportion of young people who told that interesting leisure activities for young people have been organised in home district by gender and school level in 2017–2021, %



² Home district means the residential area that the respondent lives in, or the community or municipality.

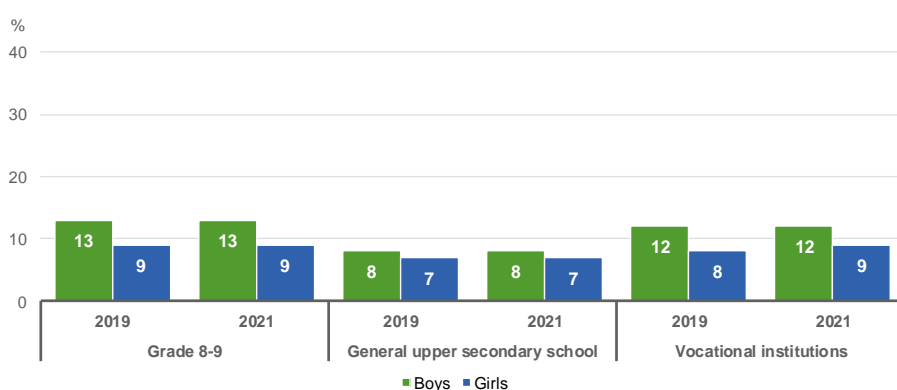
Engaging in artistic and cultural activities on at least one day per week was significantly more common among girls at all school levels. Moreover, pupils in grades 8 and 9 of basic education and students in upper secondary schools were more likely to engage in artistic and cultural activities than students in vocational institutions. In 2021, girls in grades 8 and 9 of basic education (64%) and girls in upper secondary school (68%) were the most likely to engage in artistic and cultural activities on at least one day per week (Figure 8.)

Figure 8. The proportion of young people who engaged in artistic and cultural activities at least one day per week by gender and school level in 2019 and 2021, %



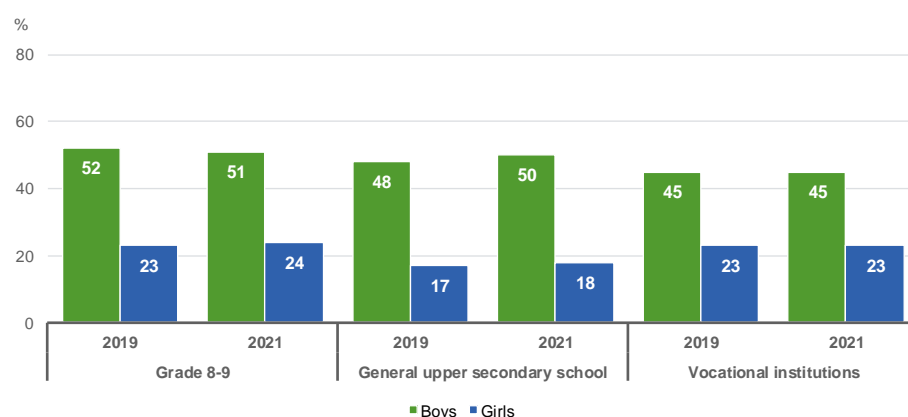
In 2021, nine per cent of girls and 13 per cent of boys in grades 8 and 9 of basic education said that they publish media contents by, for example, blogging, vlogging or YouTubing at least once a month outside school hours. The corresponding figures for upper secondary students were seven per cent for girls and eight per cent for boys, and among vocational students they were nine per cent for girls and twelve per cent for boys. (Figure 9.)

Figure 9. The proportion of young people who published media content monthly by gender and school level in 2019 and 2021, %



In 2021, approximately half (45–51%) of the boys and 18–24 per cent of the girls said that they play games with a mobile device or computer almost daily. (Figure 10.)

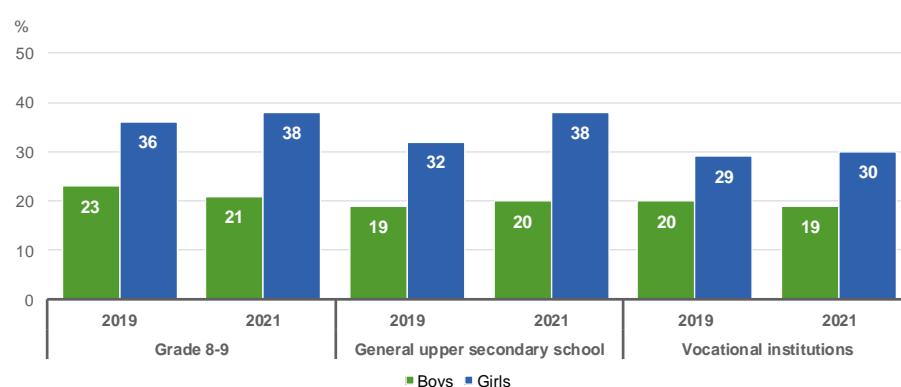
Figure 10. The proportion of young people who played games with a mobile device or computer daily by gender and school level in 2019 and 2021, %



Internet use

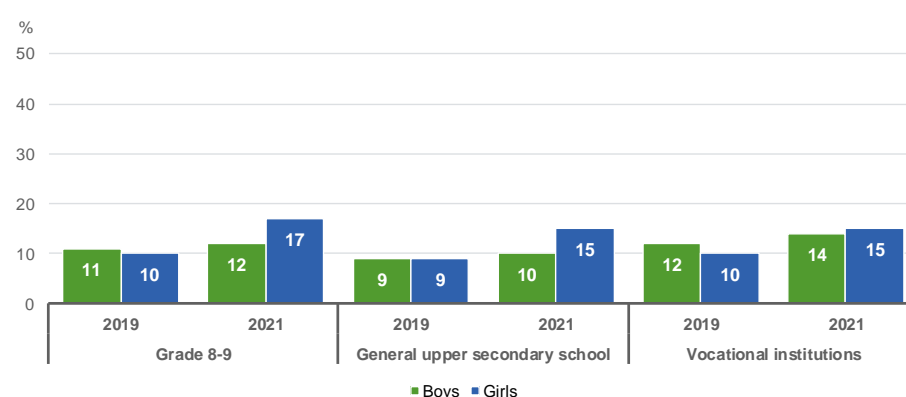
In 2021, 38 per cent of girls and approximately 20 per cent of boys in grades 8 and 9 of basic education and in upper secondary school reported that they have often tried spending less time online, but have failed. Similar accounts were given by 30 per cent of girls and 19 per cent of boys studying in vocational institutions. (Figure 11.)

Figure 11. The proportion of young people who have often tried spending less time online, but have failed, by gender and school level in 2019 and 2021, %



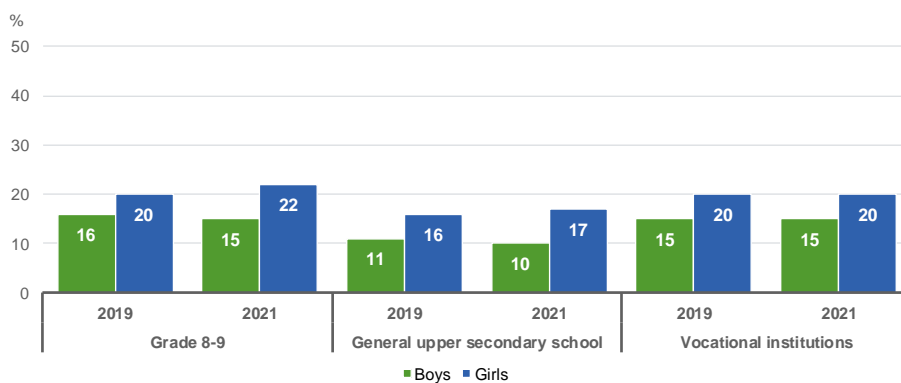
In 2021, approximately one tenth (10–14%) of boys and 15–17 per cent of girls said that they have often failed to eat or sleep because of spending time online. The percentage among girls had increased at all school levels when compared to 2019. (Figure 12.)

Figure 12. The proportion of young people who have often failed to eat or sleep because of being online by gender and school level in 2019 and 2021, %



In 2021, 15 per cent of boys and 22 per cent of girls in grades 8 and 9 of basic education said that they often feel anxious when they do not get online. The corresponding figures for upper secondary students were 10 per cent for boys and 17 per cent for girls, and among vocational students they were 15 per cent for boys and 20 per cent for girls. (Figure 13.)³

Figure 13. The proportion of young people who have often felt anxious when do not get online by gender and school level in 2019 and 2021, %



³ In the figures 11, 12 ja 13 harmful use of the internet has been examined with Excessive Internet Use (EIU) indicators.

Terms and definitions

On how many days per week the respondent has been on the move for at least one hour per day: Physical exercise has been defined as any activity that increases the heart rate and causes shortness of breath for a while, such as sports activities, playing games with friends, or being active on the way to or from school, at recess or in PE class. Examples of physical exercise include brisk walking, running and cycling.

On how many hours per week does the respondent engage in physical exercise in their leisure time: In their leisure time, the respondent engages in physical exercise that causes shortness of breath and sweating.

Internet use: Harmful use of the internet has been examined with Excessive Internet Use (EIU) indicators. In the study, internet/online has been used broadly to refer to the use of any applications, games, films, or programmes available on various devices (phone, tablet, computer, TV). Social media and online services also came under 'online/internet'.

Engaging in artistic and cultural activities: In the questionnaire, engaging in arts and culture included drawing, writing, and coding, going to the theatre, festivals or a circus, or visiting a museum. Listening to music, reading books, taking photographs, making videos and watching movies were also considered engaging in arts and culture.

Definitions of indicators: The questions that form the basis for the indicators used in the statistical report and the definitions of the indicators are available online in the THL's User Interface for Database Cubes and Reports (TIKU): thl.fi/kouluterveyskysely/tulokset.

Symbols used in the tables

.. Data not available for presentation

thl.fi/statistics/dailylifeyoungpeople

Quality description

Daily life of young people – School Health Promotion study

The statistical report is published by the Finnish Institute for Health and Welfare (THL). The Daily life of young people is described in the form of indicators used to monitor the young people's eating habits, sleeping, exercise, leisure time physical activity, engaging in artistic and cultural activities, and internet use. The statistics are based on an overall sample obtained from the School Health Promotion (SHP) study covering all of Finland. The first data collection for the School Health Promotion study conducted by the Finnish Institute for Health and Welfare every two years was in 1996. The results of the Daily life of young people – School Health Promotion study 2021 statistical report are based on data collected for the School Health Promotion study in the period 2006–2021. This report includes the data collected from pupils in grades 8 and 9 of basic education and from 1st and 2nd year students in general upper secondary schools or vocational institutions.

Relevance of statistical data

The role of the Finnish Institute for Health and Welfare is to follow the health and welfare of the population. The School Health Promotion study implements this task among children and young people. The data is utilised by the Finnish Institute for Health and Welfare in the development of school and student health care, for example. Educational institutions utilise the data generated in the School Health Promotion study to evaluate and develop the promotion of welfare at school communities and in pupil and student welfare services, and to provide instructions for health education. Municipalities utilise the results in welfare management, such as in the context of preparing a welfare strategy, a child and youth policy programme, or a child welfare plan. At the national level, the results of the SHP study are used for purposes such as monitoring and assessing the implementation of policy programmes, strategies, and different laws (such as the Tobacco Act).

Methodology

The statistics are based on a biennial School Health Promotion study. The SHP study is implemented as a census survey whose target group comprises pupils in grades 4 and 5 (since 2017) and grades 8 and 9 (since 2006) of basic education, and 1st and 2nd year students in general upper secondary schools (since 2006) and in vocational institutions (since 2008). At the upper secondary school level, the survey is intended for students completing a curriculum for young people, and in vocational education for those young people under the age of 21 who are completing a basic qualification and have started their studies in 2019–2021.

In 2021, the School Health Promotion study was carried out in educational institutions as an anonymous, independently completed online survey. Pupils and students filled out the survey in classes or groups during the school day. The teacher handed out the answer IDs to the pupils or students and supervised as they answered the survey. One lesson period had been scheduled for responding. Responding to the survey was voluntary for pupils and students. The study included separate survey forms for four different school levels, and the forms could be answered in Finnish, Swedish, English, Russian, or Northern Sámi. The educational institutions informed the guardians in advance of the survey giving them an opportunity to prohibit the participation of their child if the child was under the age of 15.

In 2021, the data for the School Health Promotion study was collected from grades 4 and 5 of basic education between 1 March and 9 April, from grades 8 and 9 of basic education between 15 March and 28 May and from upper secondary schools and vocational institutions between 1 March and 28 May. The data collection periods were longer than normal due to the coronavirus epidemic, so that as many children and young people as possible could respond to the survey in contact teaching. In this statistical report, the answers of pupils in grades 8 and 9 of basic education and of 1st and 2nd year students in upper secondary schools and vocational institutions were included.

In 2021, there were 91,560 respondents from grades 8 and 9 of basic education, 47,383 from upper secondary schools and 21,853 from vocational institutions (Table 1). The data of this statistical report for 2021 covered 75 per cent of the pupils in grades 8 and 9 of basic education in Finland. With regard to upper secondary schools, the data covered 71 per cent of all students who started their studies in 2019 and 2020 and were completing the syllabus for young people or a foreign qualification in general upper secondary education. In vocational institutions, the data covered 32 per cent of all students under the age of 21 who started their vocational upper secondary qualifications in 2019–2021. (Table 1.)

In the data for 2021, 48.9 per cent of the respondents in grades 8 and 9 of basic education, were aged 15, while 32.6 per cent were 14, and 17.4 per cent were 16 years old. Of the upper secondary school students, 17-year-olds formed the largest group (48.4%) and were followed by 16-year-olds (33.5%) and 18-year-olds (17.1%). Of the students in vocational education, 42.8 per cent were aged 17, 33 per cent were 16, and 16.8 per cent were 18. The age is based on the year and month of birth reported by the respondents.

In 2021, 6.4 per cent of the respondents in grades 8 and 9 of basic education were of foreign background, while the corresponding figures were 5.0 per cent in general upper secondary school and 4.9 per cent in vocational institutions.

According to their own reports, 5.4 per cent of pupils in grades 8 and 9 of basic education, 7.3 per cent of students in general upper secondary schools, and 19.2 per cent of students in vocational institutions responded to the survey while distance learning.

Responses to online forms were collected through the THL form service. Only the respondents of those who clicked the “Submit answers”-button at the end of the questionnaire are included in the data compiled. The survey data is enriched with sample data that provides information about the respondents' educational institution and the municipality where the educational institution is located.

The Finnish Institute for Health and Welfare undertakes as a statistical authority to store and process the data, complying with its secrecy obligation and data protection legislation. All persons involved in the collecting and processing of the data have a duty of non-disclosure. Before any data is collected for the School Health Promotion study, the research plan is evaluated by the THL Ethics Committee.

During the period of 2006–2011, data for the survey was collected on even-numbered years in Southern Finland, Eastern Finland, and Lapland, and on odd-numbered years elsewhere in mainland Finland and in Åland. Since 2013, the School Health Promotion study has been implemented once every two years simultaneously across the entire country. Due to this data collection method, the examination of the results from the period 2006–2011 combines the research years 2006–2007, 2008–2009 and 2010–2011 to ensure that the results are as comparable as possible with research years 2013, 2015, 2017, 2019, and 2021.

Correctness and accuracy of data

The statistics are based on the data reported by the respondents themselves. Some of the answers may have been embellished, concealed or, on the other hand, exaggerated, such as in the case of sensitive questions. In a time series or a regional comparison, the significance of such error sources can be assumed to remain approximately similar.

The material also involves the possibility of very unlikely responses. Their amount in the 2021 data was assessed by identifying impossible response combinations. For example, those who reported an extensive range of functional limitations in all activities involved in the study could not have completed the survey unassisted, if they actually had these limitations. However, these answer types are not systematically repeated throughout the questionnaire, and they amount to at most two per cent of the respondents. The responses from respondents who gave unlikely answers have not been removed from the overall material, as their impact on the results was assessed to be minor.

The quality of the material can also be assessed by examining the share of all respondents who did not respond to individual questions. In 2021 the proportion of missing answers among pupils in grades 8 and 9 of basic education until halfway down the form was 1–3%

but the share increases after this to 4–6 per cent, and by the end of the form to 6–8 per cent. The share of missing answers on the forms completed by upper secondary school students was 1–2 per cent all the way to the last quarter of the survey, and then it increased to 2–4 per cent. The share of missing answers on the forms completed by students in vocational education was 1–4 per cent until the last quarter of the form, after which it increased to 4–6 per cent. The number of missing answers in upper secondary school was relatively small on the form in its entirety, so these did not affect the quality of the material. On the other hand, respondents who answered the questions of the end part of form in grades 8 and 9 of basic education and vocational institutions may be selected.

Groups that did not participate in the study include students who were absent from school on the day of the survey due to such issues as illness, travel or unpermitted absence, home-schooled children and young people, and those excluded from upper secondary education.

Coverage of the data

The data for the School Health Promotion study 2021 covered 75 per cent of the pupils in grades 8 and 9 of basic education in Finland. In general upper secondary schools, the data covered 71 per cent of all students who started their studies in 2019 or 2020 to complete the general upper secondary education syllabus for young people or a foreign qualification. In vocational institutions, the data covered 32 per cent of all students under the age of 21 who started their vocational upper secondary qualifications in 2019 and 2020. (Table 1.) A more accurate description of the coverage of the data is contained in the statistical report [Well-being of children and young people – School Health Promotion study 2021](#), which has been published previously.

Timeliness and promptness of published data

The School Health Promotion study is carried out every two years. Total sampling enables information production at the county and municipal level.

The data will be published within approximately four months of the end of the data collection period. The results are available to be used as support for decision-making immediately at the start of the school year.

Availability, transparency and clarity of the data

The regional and municipality-specific results of the School Health Promotion study will be published as indicators in the THL statistical cubes (thl.fi/kouluterveyskysely/tulokset). Moreover, the distribution of responses for questions used in calculating indicators are published in the data cubes. Some of the indicators are also published in the Finnish Institute for Health and Welfare's Statistics and Indicator Bank Sotkanet (sotkanet.fi). Sotkanet provides information directly for welfare reports through an open interface. The results for an individual indicator will not be published in the data cubes or on Sotkanet, if the number of respondents is less than 30; for rare phenomena (less than five cases), there must be at least 60 respondents.

The results of School Health Promotion study are also reported in the Statistical Yearbook on Social Welfare and Health Care, in the Tobacco statistics, and in the Yearbook of Alcohol and Drug Statistics.

Comparability of statistical data

The preparation of the School Health Promotion study takes into account comparability with national and international studies focused on children and young people, as well as with THL's other questionnaire surveys concerning population.

The results of the School Health Promotion study are reported as indicators. Some of the indicators are based on one and other on several questions. The development history of the questions is taken into account when forming time series of the indicators. The core questions included on the questionnaires remain unchanged. If there is cause to suspect that a change in the results has resulted from changes in the manner of measurement (such as the reformulation of a question or the place of a question on the form), the time series will be interrupted, or the result will be reported as a new indicator.

Since 2013, data collection for the School Health Promotion study has progressed from paper forms to online forms, so that only online forms were used in 2021. This change has primarily not been observed to have a significant impact on the results of the indicators.

Data collection for the School Health Promotion study was carried out during the coronavirus epidemic and the resulting emergency conditions. For this reason, the data collection period was longer than usual, and some respondents have responded in distance learning conditions instead of in the classroom. This and the impact of emergency conditions on the respondents' experiences should be taken into account when comparing the 2021 results to those of previous years.

Due to the large number of respondents and good coverage, the 2021 results can be considered comparable by the wellbeing services counties, excluding the wellbeing services county of Kymenlaakso, where the response rate was only 35 per cent in general upper secondary school. In 2015, the data collection process conducted with the online questionnaires was plagued by technical problems, which resulted in an uncommonly low response rate. Therefore, the 2015 results per county, wellbeing services county, and municipality have been hidden in the electronic reporting system.

Clarity, integrity and cohesion

The data collection forms for the School Health Promotion study contain permanent and changing sections. Questions on the welfare and health of pupils and students and on the availability of services are permanent parts of the survey. Annually changing modules or additional sections can be used to further explore a certain topic from topical phenomena.

Most of the questions in the permanent sections remained unchanged in the 2021 survey. In 2021, questions related to mental well-being, nutrition, and the coronavirus epidemic were added to the forms.

Table 1. The number of respondents and data coverage in grades 8–9 of basic education and the 1st and 2nd year of general upper secondary schools and vocational institutions in the data from the School Health Promotion study 2006–2021.

		2006-2007	2008-2009	2010-2011	2013	2015	2017	2019	2021
Grades 8 and 9 of basic education	Boys	54 841	54 433	51 329	50 223	25 147	36 276	42 965	44 624
	Girls	54 286	54 216	51 216	49 255	25 257	36 883	44 061	46 638
	Did not report gender	521	257	298
	Total	109 127	108 649	102 545	99 478	50 404	73 680	87 283	91 560
	Data coverage ¹	82 %	82 %	80 %	84 %	43 %	63 %	73 %	75 %
General upper secondary school, 1st and 2nd year	Boys	22 553	21 181	20 588	20 839	15 976	14 323	18 257	19 130
	Girls	30 209	29 286	27 795	27 771	22 784	20 062	26 241	28 172
	Did not report gender	218	99	81
	Total	52 762	50 467	48 383	48 610	38 760	34 602	44 597	47 383
	Data coverage ²	76 %	74 %	73 %	77 %	62 %	54 %	70 %	71 %
Vocational institutions, 1st and 2nd year	Boys	..	22 964	23 537	19 336	17 255	15 801	14 002	12 660
	Girls	..	17 677	17 949	15 440	13 981	10 648	9 364	9 133
	Did not report gender	218	53	60
	Total	..	40 641	41 486	34 776	31 236	26 625	23 419	21 853
	Data coverage ³	32 %

¹ The coverage rates are based on the data on the numbers of pupils from Statistics Finland, 20 September 2020. Official Statistics of Finland (OSF): Students and qualifications [online publication]. ISSN=2737-0399. Helsinki: Statistics Finland [referred on 06 April 2021]. Accessed at: <http://www.stat.fi/til/opiskt/index.html>

² The coverage calculations are based on annual student numbers in general upper secondary schools intended for young people in 2006–2011. Source: Statistics Finland. In 2013–2019, the coverage has been estimated on the basis of the number of new students studying in the general upper secondary education curriculum for young people. Source: Vipunen - Education Statistics Finland: New students in general upper secondary education. Curriculum for young people. [Referenced on 10 September 2019]. In 2021, the coverage has been calculated on the basis of the number of young people who started their general upper secondary education syllabus for young people or a foreign qualification in 2019 and 2020. Statistical date 20 September 2020. Source: Vipunen - Education Statistics Finland [Viewed on 30 June 2021]. The coverage of Åland in 2021 has been calculated from new students in general upper secondary education in 2019 and 2020. Source: Official Statistics of Finland (OSF): Students and qualifications [online publication]. ISSN=2737-0399. Helsinki: Statistics Finland [referred on 30 June 2021]. Accessed at: <http://www.stat.fi/til/opiskt/tau.html>.

³ The coverage calculation is based on the number of new students under the age of 21 who started their studies in 2019 and 2020. Source: Vipunen - Education Statistics Finland. The coverage calculation for Åland is based on the number of new students aged 15–19 who started their studies in 2019 and 2020. Source: Official Statistics of Finland (OSF): Students and qualifications [online publication]. ISSN=2737-0399. Helsinki: Statistics Finland [referred on 01 July 2021]. Accessed at: <http://www.stat.fi/til/opiskt/tau.html>.