

**Table 1.** Main health policy targets up to 2015.

**Targets for different age groups**

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1. Child well-being and health will increase, and symptoms and illness caused by insecurity will decrease appreciably.

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  2. Smoking by young people will decrease, to less than 15% among those aged 16–18; health problems associated with alcohol and drug use among the young will be dealt with appropriately and will not exceed the level of the early 1990s.

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  3. Accidental and violent death among young adult men will be cut by a third from the level of the late 1990s.

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  4. Working and functional capacity among people of working age and working conditions will improve, helping people to cope longer in working life; retirement will be about three years later than in 2000.

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  5. Average functional capacity among people over 75 will continue to improve as it has for the last 20 years.
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**Targets for everyone**

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6. Finns should expect to remain healthy for an average of two years longer than in 2000.

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  7. Satisfaction with availability and functioning of health services, and subjective health and experiences of environmental impacts on personal health will remain at least at the present level.

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  8. In implementing these targets, a further aim will be to reduce inequality and increase the welfare and relative status of those population groups in the weakest position. The objective will then be to reduce mortality differences between men and women, groups with different educational backgrounds, and different vocational groupings by one fifth.
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**Table 2.** Environmental health risks in Finland according to the Environmental Health Committee.

(1997, some estimates have been updated)

Environmental factor	No. of persons exposed	Annual mortality	Annual morbidity
Microbes in indoor air	1,500,000 <sup>1</sup>	*) infections, respiratory or general symptoms	50,000 (10,000–100,000)
Allergens in indoor air	5,000,000	*)	*) allergies and asthma
Radon in indoor air	610,000 <sup>1)</sup> 180,000 <sup>2)</sup> 50,000 <sup>3)</sup>	200 (20–700) lung cancers	200 (20–700) lung cancers
Exposure to tobacco smoke	1,500,000	60 lung cancers 700 cardiovascular diseases	20,000–30,000 respiratory symptoms, cardiovascular diseases
Pollutants in outdoor air	1,900,000	1,300 chronic heart and lung diseases, cancers	105,000 days of use of respiratory drugs 11,000 days of use of children's respiratory drugs
Microbes in foodstuffs	5,000,000	*)	500,000 diarrhoea
Microbes in household water	300,000	*)	10,000 diarrhoea
Accidents	5,000,000	2,500	790,000
Environmental noise	1,000,000	–	500,000, noise disrupts and disturbs sleep
Climate change	5,000,000	*)	Changes to living conditions and spectrum of infectious diseases
UV radiation increase	5,000,000	100 skin cancers	Skin cancer up by 30%, cataract increases

\*) Not possible to assess accurately <sup>1)</sup> In excess of 200 Bq/m<sup>3</sup> <sup>2)</sup> In excess of 400 Bq/m<sup>3</sup> <sup>3)</sup> In excess of 800 Bq/m<sup>3</sup>

**Table 3.** Life expectancy at age 30 by level of education in 1971–75, 1981–85, and 1996–2000.

(source: Tapani Valkonen, unpublished results)

WOMEN				Change
Education	1971–75	1981–85	1996–2000	1971–75 to 1996–2000
Basic	46.6	49.0	50.4	3.8
Lower secondary	49.1	50.8	52.5	3.4
Higher secondary	49.3	51.2	53.1	3.8
Tertiary	49.4	51.8	54.1	4.7
All	46.9	49.4	51.5	4.6
Difference tertiary-basic	2.8	2.8	3.7	0.9

  

MEN				Change
Education	1971–75	1981–85	1996–2000	1971–75 to 1996–2000
Basic	38.6	40.8	43.0	4.4
Lower secondary	42.1	43.1	45.4	3.3
Higher secondary	41.5	44.1	47.4	5.9
Tertiary	43.5	45.9	49.8	6.3
All	39.4	41.7	44.9	5.5
Difference tertiary-basic	4.9	5.1	6.8	1.9

**Table 4.** Age-standardised prevalence of selected functional restrictions (%) in 1978–1980 and 2000–2001.

(source: Aromaa and Koskinen 2004)

Difficulties managing or unable to manage (%)	30–64 years				65–99 years			
	Women		Men		Women		Men	
	1978–80	2000–01	1978–80	2000–01	1978–80	2000–01	1978–80	2000–01
Dressing and undressing	8	3	8	2	26	15	28	16
Shopping	8	2	10	2	33	23	28	17
Stairs (1 flight)	11	4	10	3	44	35	33	24
Walking 500 metres	13	3	12	4	45	35	44	28
Reading newspaper print	10	4	10	4	28	19	26	13

**Table 5.** Age-standardised proportion of people receiving help<sup>1</sup> (%) in 2000–2001.

(source: Aromaa and Koskinen 2004)

	30–64 years		65–99 years	
	Women	Men	Women	Men
Never	95.5	98.1	65.5	74.8
≤ once a month	0.4	0.1	5.6	2.6
2–4 times a month	0.9	0.6	7.8	4.5
A few times a week	0.9	0.1	7.4	3.9
Daily	1.8	0.8	10.6	10.6
Round the clock or almost round the clock	0.4	0.3	3.1	3.6

<sup>1</sup>proportion of population living outside institutions.

## Table 6. Population on disability pension in 1980–2005.

(source: Finnish Centre for Pensions and Social Insurance Institution joint statistics)

Year	Percentage in different age groups			Age-standardised <sup>1</sup> proportion of population, index 1980 = 100	
	16–64	16–54	55–64	16–64	16–54
1980	8.7	4.4	33.1	100	100
1985	8.0	4.0	29.4	90	93
1990	9.1	4.2	36.2	100	91
1995	9.2	4.2	37.3	100	84
2000	7.7	4.0	25.9	77	76
2005	7.5	4.0	20.8	71	76

<sup>1</sup>Standardised to 1985 population

**Table 7.** Recipients of disability pension as a proportion (‰) of the population by sex, age group and category of illness in 2005.

(source: Finnish Centre for Pensions and Social Insurance Institution joint statistics)

Category of illness	Age group and sex							
	16–64		16–34		35–54		55–64	
	Women	Men	Women	Men	Women	Men	Women	Men
All	70.2	79.1	12.3	15.9	54.9	65.7	196.9	219.8
Mental health disorders	32.1	32.8	8.6	11.4	31.4	35.5	72.1	64.9
Nervous system	5.1	6.2	1.2	1.5	5.4	5.9	11.0	15.3
Circulatory diseases	3.2	8.1	0.1	0.1	1.6	3.6	11.6	31.6
Respiratory diseases	1.5	1.7	0.0	0.0	0.5	0.6	5.8	7.2
Musculoskeletal diseases	18.9	17.3	0.3	0.3	8.9	9.2	70.1	64.5
Injuries and poisonings	2.0	5.0	0.2	0.7	1.4	4.5	6.2	13.9
Others	7.5	8.1	1.8	2.0	5.8	6.4	20.2	22.5

**Table 8.** Percentage of population entitled to special reimbursement for CHD medication at year-end 2004.

(source: Social Insurance Institution)

	Age group					Age-standardised
	35–44	45–54	55–64	65–74	75+	
Women	0.06	0.5	2.8	10.7	19.5	4.8
Men	0.3	2.1	7.4	18.5	27.0	8.4



**Table 9.** Age-standardised prevalence (%) of clinically diagnosed osteoarthritis of the hip, osteoarthritis of the knee and back syndrome in 1978–1980 and 2000–2001.

(source: Aromaa and Koskinen 2004)

	Osteoarthritis of the hip			Osteoarthritis of the knee			Back syndrome		
	30-64	65+	30+	30-64	65+	30+	30-64	65+	30+
<b>Women</b>									
1978-80	2.9	14.8	5.5	8.8	34.7	4.5	15.7	19.3	16.5
2000-01	1.1	14.7	4.0	2.6	23.1	7.1	8.8	17.0	10.6
<b>Men</b>									
1978-80	2.2	13.5	4.6	3.2	14.0	5.6	17.1	19.7	17.6
2000-01	1.9	15.9	4.9	2.9	13.9	5.3	9.0	15.7	10.4

**Table 10.** 12 month prevalence (%) of mental disorders<sup>1</sup> in 2000–01 in Finland.

(source: Pirkola et al. 2005)

Disorder/Symptom	Women	Men	All
Major depressive disorder	6.3	3.4	4.9
Any anxiety disorder	4.8	3.7	4.2
Alcohol dependence	1.4	6.5	3.9

<sup>1</sup> CIDI -DSM-IV

**Table 11.** Prevalence of diseases preventable by immunisation before the beginning of immunisation and in 2005.

(source: National Public Health Institute)

Disease	Number of reported cases	
	before immunisation (year)	2005
Diphtheria	17 899 (1945)	0
Whooping cough	18 969 (1952)	1631
Polio	623 (1956)	0
Measles	11 353 (1974)	0
Mumps	15 543 (1959)	1
Rubella	6 418 (1979)	0
Tuberculosis	46 351 (1950)	347*
Hepatitis B	286 (1992)	57
Haemophilus disease	174 (1986)	1

\*Includes tuberculosis of the lungs and other organs

## Table 12. Allergy prevalence estimates in the Finnish population.

(source: Academy of Finland and the Finnish Medical Society Duodecim consensus meeting 1998)

	Adult population	12–18-year-olds
Allergic rhinitis	15–20	20–25
Asthma	2–6	5–7
Wheezing	5–10	13–20
Atopic eczema	2–5	15–19
Contact dermatitis	15	2–20 (men, women)
Food allergy	1–2	10*

\* under 6-year-olds

**Table 13.** Prevalence (%) of diabetes in Finland at year-end 2005.

(sources: Reunanen 2004, SII sickness insurance statistics 2005)

	Age group			Total
	0–29	30–64	65–	
All	0.6	4.1	14.6	4.5
Medication users	0.6	3.0	10.1	3.3
Type 1	0.5	0.8	1.7	0.9
Type 2	0.09	3.3	13.0	3.7
Medication	0.06	2.1	8.5	2.4
Diet	0.03	1.2	4.5	1.3

**Table 14.** Prevalence of moderate and severe dementia according to Finnish population studies.

(sources: Sulkava et al. 1985, Polvikoski et al. 2001)

Age	Prevalence (%)
30–64	0.26
65–74	4.2
75–84	10.7
85–	35.0

**Table 15.** Prevalence of edentulousness in the adult population in 2000–2001.

(source: Aromaa and Koskinen 2004)

Proportion (%) of edentulous persons by age group

	30–44	45–54	55–64	65–74	75–84	85+
Men	0.6	6.1	12.6	29.9	44.6	51.1
Women	0.1	5.7	17.8	37.6	52.0	60.4

**Table 16.** Age-standardised mortality of manual workers relative to mortality of non-manual workers (= 1.00) among men aged 30–59 in selected European countries in 1991–1995.

(source: Mackenbach et al. 2003)

Finland	1.9
Sweden	1.6
Norway	1.5
Denmark	1.5
England/Wales	1.5
Italy/Turin	1.4



**Table 17.** Prevalence of less than good self-assessed health among persons with a low level of education compared with the corresponding prevalence among persons with a high level of education (= 1.00) among women and men aged 25–69 in selected European countries in the 1990s.

(source: Kunst et al. 2005)

	Women	Men
Finland	2.1	1.9
Sweden	2.4	2.1
Norway	2.4	1.9
Denmark	2.2	1.9
England	2.1	2.4
Netherlands	1.9	2.3
West Germany	1.3	1.3
Austria	1.9	2.2
Italy	1.5	2.0
Spain	2.3	1.9

**Table 18.** Percentage of daily smokers in the population aged over 15 in selected European countries in 2002 or 2003.

(source: HFA Database)

	Men	Women
Finland	28	19
Hungary	41	28
Germany	37	34
France	33	27
Lithuania	44	13
Denmark	31	25
Italy	31	17
Sweden	17	18

**Table 19.** Age-standardised (ASR World) cancer incidence and mortality in 2002 in Finland and in EU-15 countries on average, all ages per 100,000 population.

(source: Globocan 2002)

	Incidence		Mortality	
	Finland	EU-15	Finland	EU-15
<b>Lung cancer</b>				
women	10.1	12.0	8.2	12.2
men	33.4	48.8	34.4	41.9
<b>Breast cancer</b>				
women	84.7	77.3	17.4	21.2
<b>Cervical cancer</b>	4.3	9.0	1.8	3.2
<b>Prostate cancer</b>	84.4	56.8	18.0	18.1
<b>All sites but skin</b>				
women	227.9	233.9	93.0	105.7
men	264.1	300.1	130.2	165.5

**Table 20.** Incidence of selected infectious diseases per 100,000 population in 2003 or 2004.

(source: HFA Database)

	Finland	Nordic countries	EU-15	EU new (since 2004)
Hepatitis B 2004	1.09	2.20	3.19	4.10
Aids 2003	0.48	0.47	2.20	0.38
Tuberculosis 2004	6.10	5.40	9.68	23.12
Syphilis 2003	2.55	1.63	2.37	4.67

**Table 21.** Indicators of reproductive health and child health in 2002 or 2003.

(source: HFA Database)

	Finland	Nordic countries	EU-15	EU new (since 2004)
Abortions / 1,000 live births 2003	189	251	228	215
Caesarean section / 1,000 live births 2003	162	171	236*	174
Infant mortality / 1,000 live births 2002	2.97	3.65	4.46	6.63

\* Data for 2002.

**Table 22.** Hospital beds per 100,000 population in 2003.

(source: HFA Database)

	Finland	Nordic countries	EU-15
All hospitals	725	577	584
Acute hospitals (average admission less than 30 days)	229	199	401
Psychiatric beds	98	71	13–150

## Table 23. Estimated prevalences (%) of certain disabilities and chronic diseases in children.

(source: Rajantie et al. 1993, updated on the basis of the latest research and expert assessments)

Permanent disabilities	
Mental handicap	1.2
Malformations (congenital, debilitating)	1.2
Severe scoliosis	0.4
Cerebral Palsy	0.3
Severe hearing impairment	0.3
Severe visual impairment	0.15
Sequelae of accidents	0.1
Long-term or permanent functional disorders	
Mental disorders	10–15
Allergy	
- asthma	4–7
- allergic rhinitis	15–23
- allergic eczema	15–19
Dyslexia and concentration difficulties	10
Stammering	1.5
Squint	1.2
Epilepsy	0.9
Diabetes	0.4
Rheumatoid arthritis	0.1
Cancer	0.1
Coeliac disease	0.05
Muscular disease	0.05
Ulcerative colitis	0.02

**Table 24.** Percentage of population aged 75 or over receiving services for older people in 1988–2004.

(source: SOTKA/Evergreen 2000 Plus database)

	1988	1995	2000	2004	Change %	
					1988–2004	1995–2004
Home help	31.5	22.1	19.7	17.7	-43.8	-10.2
Support services	15.1	13.4	13.5	13.0	-13.9	-3.7
Support for informal care	3.3	2.7	3.0	3.6	9.1	20.0
Service housing	2.1	3.4	5.1	5.5	161.9	7.8
Nursing home places for older people (all)	7.8	6.5	5.3	4.5	-42.3	-15.1
Long-term beds in health centres	3.4	3.7	3.1	2.5	-26.5	-19.4
Long-term beds in specialised health care	3.0	0.3	0.2	0.0	-100.0	-100.0



**Table 25.** Total direct costs of care by disease group.

Disease group	Men		Women		Total	
	1,000 euros		1,000 euros		1,000 euros	
Infective and parasitic diseases	37 562	2 %	37 828	1 %	75 390	1 %
Neoplasms	144 982	6 %	189 320	6 %	334 302	6 %
Endocrine, nutritional and metabolic diseases	73 926	3 %	104 180	3 %	178 106	3 %
Diseases of the blood and blood-forming organs	19 558	1 %	19 908	1 %	39 466	1 %
Mental disorders	305 822	13 %	386 252	13 %	692 074	13 %
Diseases of the nervous system and sense organs	203 763	9 %	242 447	8 %	446 211	8 %
Diseases of the circulatory system	425 870	18 %	492 484	16 %	918 353	17 %
Diseases of the respiratory system	275 596	12 %	313 466	10 %	589 062	11 %
Diseases of the digestive system	157 736	7 %	143 709	5 %	301 446	6 %
Diseases of the genitourinary system	108 683	5 %	156 702	5 %	265 384	5 %
Complications of pregnancy, childbirth and puerperium	17	0 %	178 186	6 %	178 204	3 %
Diseases of the skin and subcutaneous tissue	54 294	2 %	66 713	2 %	121 007	2 %
Diseases of the musculoskeletal system	224 481	10 %	358 487	12 %	582 968	11 %
Congenital anomalies	14 774	1 %	14 994	0 %	29 767	1 %
Causes of perinatal diseases and mortality	12 132	1 %	9 258	0 %	21 389	0 %
Injuries and poisonings	168 890	7 %	147 995	5 %	316 885	6 %
Others (symptoms, cat V, missing)	120 286	5 %	192 480	6 %	312 767	6 %
<b>Total</b>	<b>2 348 373</b>	<b>100 %</b>	<b>3 054 410</b>	<b>100 %</b>	<b>5 402 782</b>	<b>100 %</b>
Costs allocated to diseases	2 228 086		2 861 929		5 090 016	76 %
Others (symptoms, cat V, missing)	120 286		192 480		312 767	5 %
Non-allocated prescription drugs	20 701		26 426		47 128	1 %
OTC drugs and other pharmaceutical products					245 723	4 %
Medical devices					214 440	3 %
Institutions for the handicapped					134 550	2 %
Dental care					395 746	6 %
Administration etc.					260 187	4 %
<b>Total</b>					<b>6 700 556</b>	<b>100 %</b>

**Table 26.** Imputed value of lost labour input by disease group.

Disease group	Men		Women		Total	
	1,000 euros		1,000 euros		1,000 euros	
Infective and parasitic diseases	53 858	1 %	41 241	1 %	95 098	1 %
Neoplasms	263 385	5 %	344 307	8 %	607 692	6 %
Endocrine, nutritional and metabolic diseases	101 032	2 %	65 817	2 %	166 849	2 %
Diseases of the blood and blood-forming organs	4 405	0 %	3 149	0 %	7 554	0 %
Mental disorders	1 336 933	24 %	1 205 216	30 %	2 542 149	26 %
Diseases of the nervous system and sense organs	327 640	6 %	261 510	6 %	589 150	6 %
Diseases of the circulatory system	806 657	15 %	297 475	7 %	1 104 132	12 %
Diseases of the respiratory system	151 575	3 %	127 758	3 %	279 333	3 %
Diseases of the digestive system	162 725	3 %	62 291	2 %	225 015	2 %
Diseases of the genitourinary system	11 229	0 %	35 053	1 %	46 283	0 %
Complications of pregnancy, childbirth and puerperium	5 391	0 %	32 905	1 %	38 296	0 %
Diseases of the skin and subcutaneous tissue	30 467	1 %	31 215	1 %	61 683	1 %
Diseases of the musculoskeletal system	937 759	17 %	1 033 694	25 %	1 971 453	21 %
Congenital anomalies	100 615	2 %	97 348	2 %	197 963	2 %
Causes of perinatal diseases and mortality	22 093	0 %	18 586	0 %	40 679	0 %
Injuries and poisonings	1 138 546	21 %	356 386	9 %	1 494 932	16 %
Others (symptoms, cat. V, missing)	64 955	1 %	63 986	2 %	128 941	1 %
<b>Total</b>	<b>5 519 266</b>	<b>100 %</b>	<b>4 077 937</b>	<b>100 %</b>	<b>9 597 203</b>	<b>100 %</b>