

Treiber Finnland

High income



Report cards

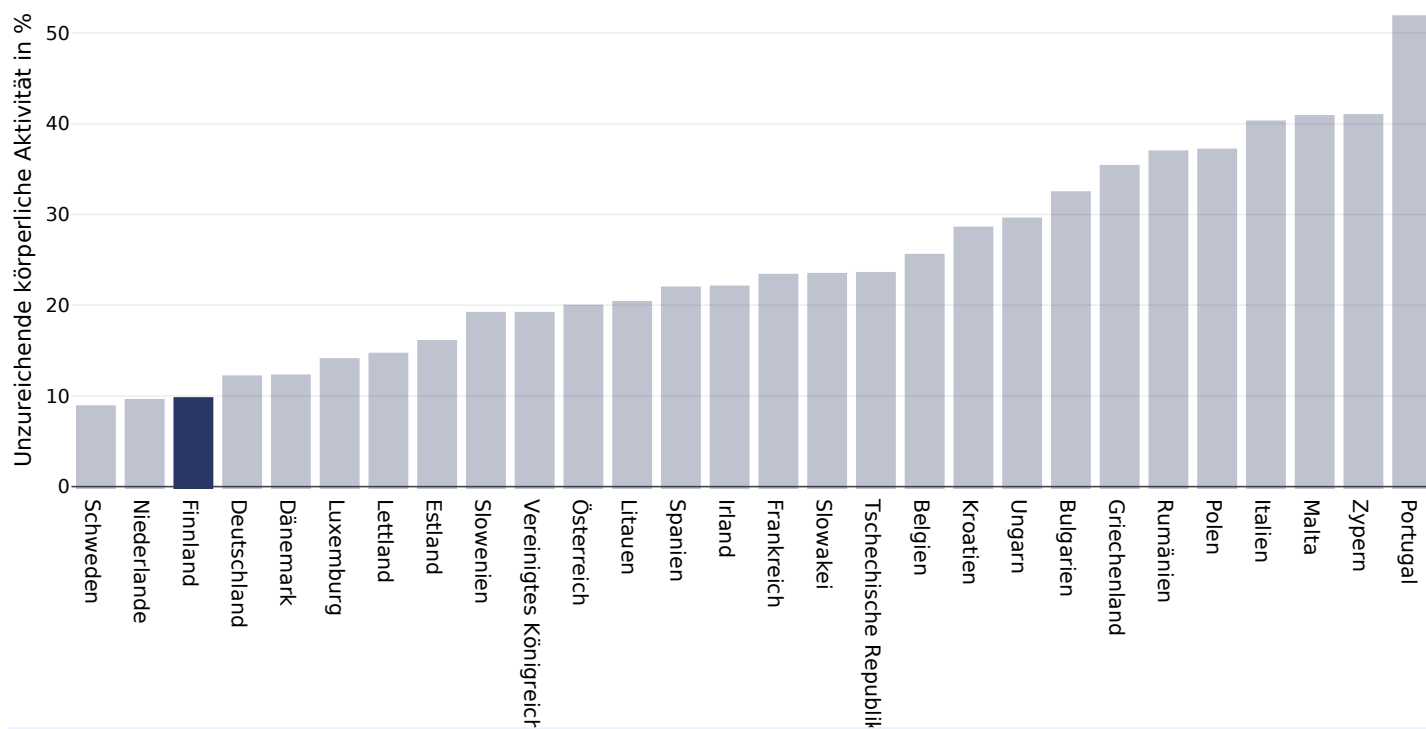
Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

[Report card \(adult data\)](#)

[Report card \(child data\)](#)

Unzureichende körperliche Aktivität

Erwachsene, 2022



Umfragetyp: Selbst berichtet

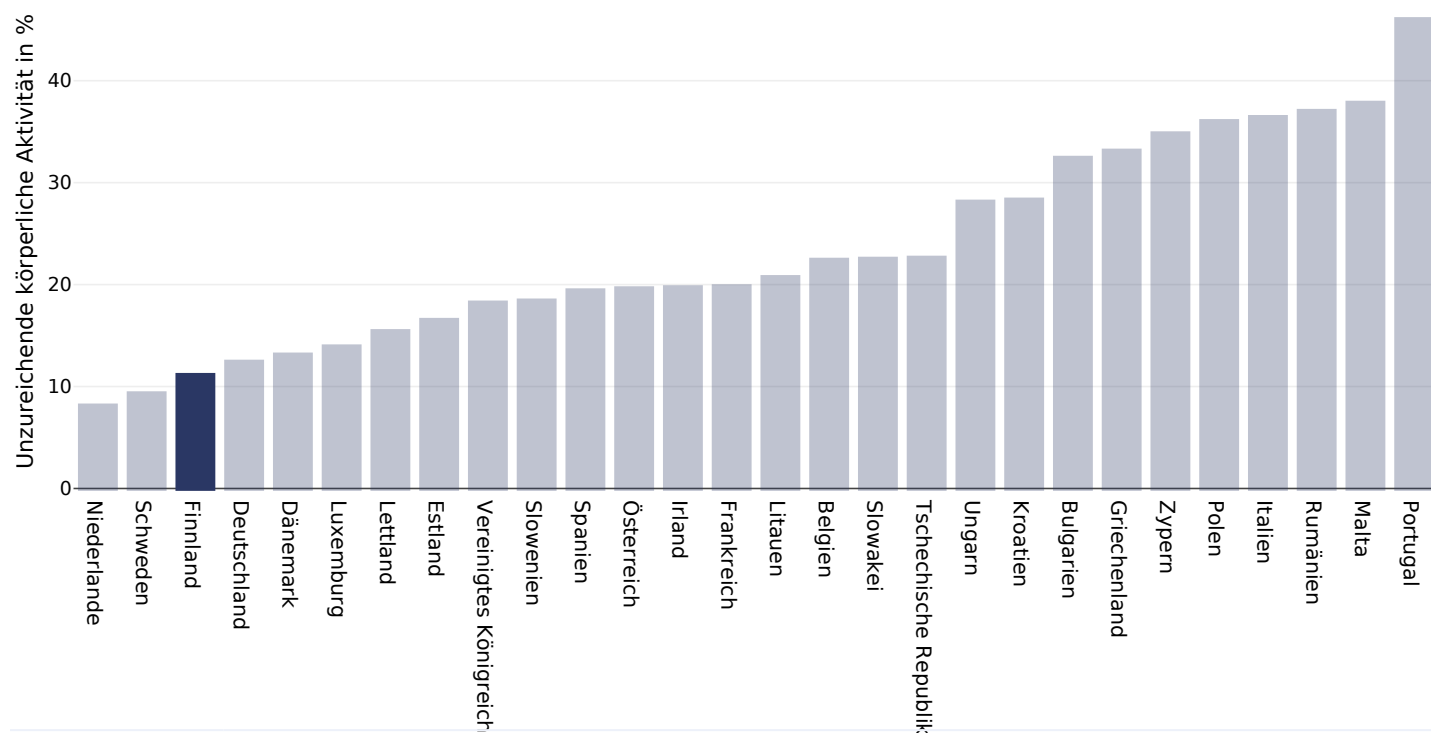
Alter: 18+

Geltungsbereich: National

Referenzen: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitionen (nur in englischer Sprache verfügbar): Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Männer, 2022



Umfragetyp: Selbst berichtet

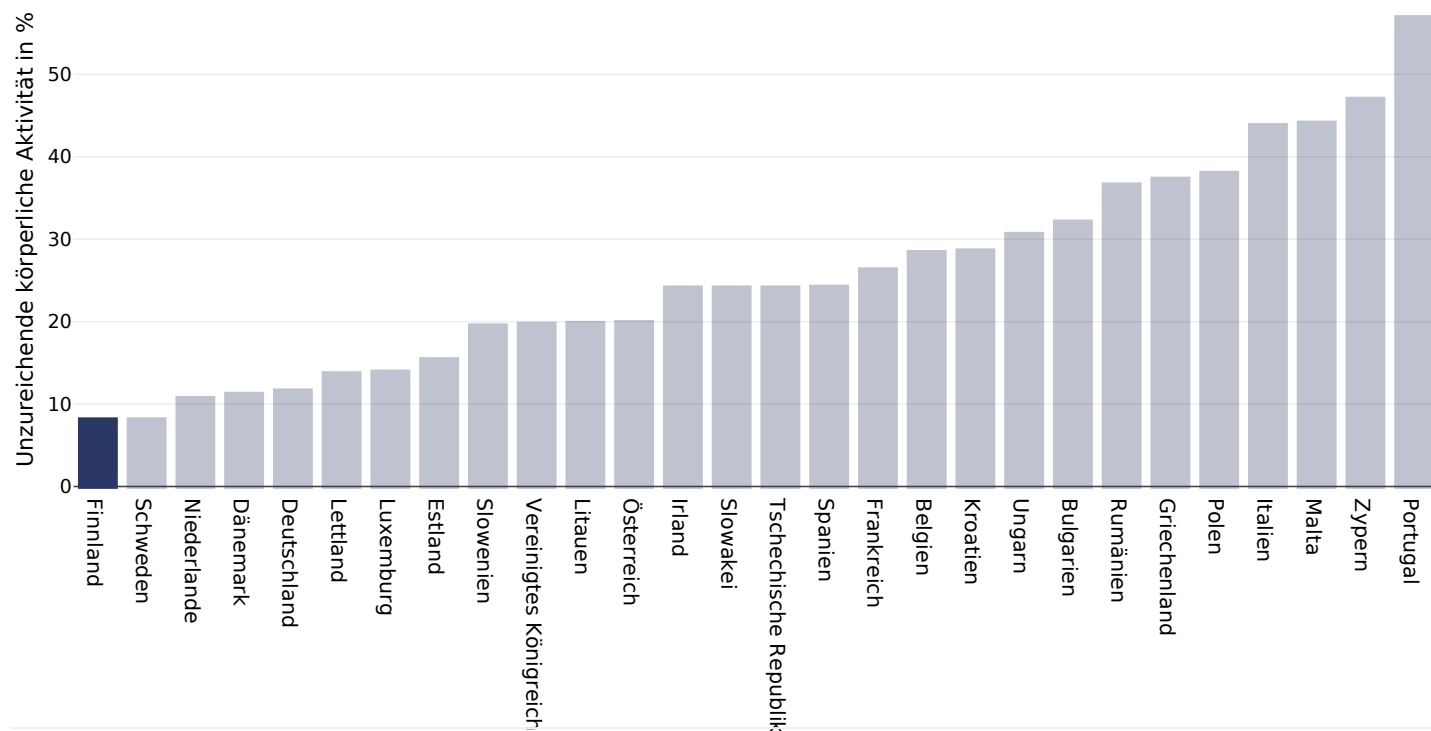
Alter: 18+

Geltungsbereich: National

Referenzen: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitionen (nur in englischer Sprache verfügbar): Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Frauen, 2022



Umfragetyp: Selbst berichtet

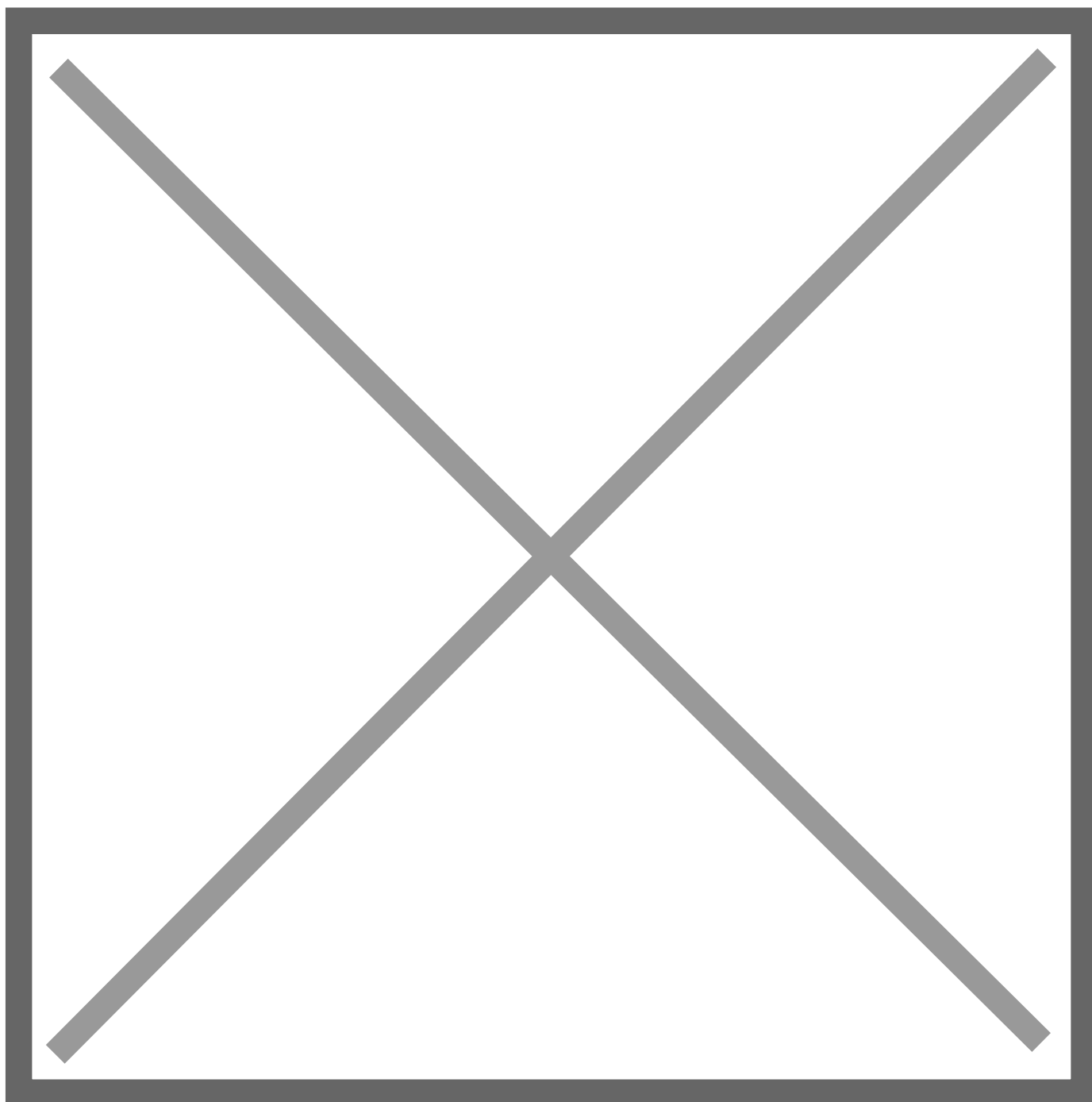
Alter: 18+

Geltungsbereich: National

Referenzen: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitionen (nur in englischer Sprache verfügbar): Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Jungen, 2022



Referenzen:

Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

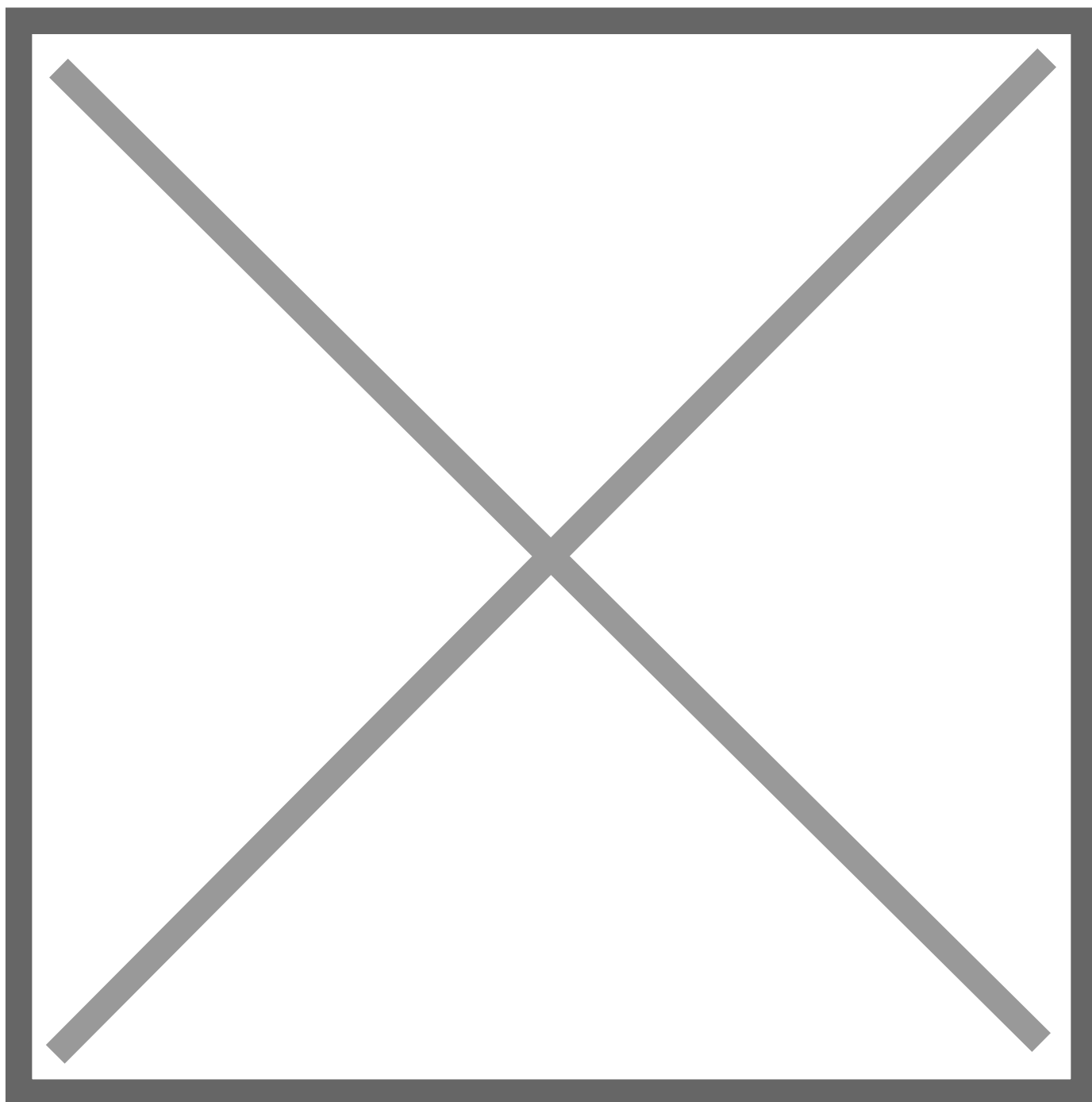
**Anmerkungen
(nur in
englischer
Sprache
verfügbar):**

Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

% reporting less than 60 minutes of MVPA daily

Mädchen, 2022



Referenzen:

Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

**Anmerkungen
(nur in
englischer
Sprache
verfügbar):**

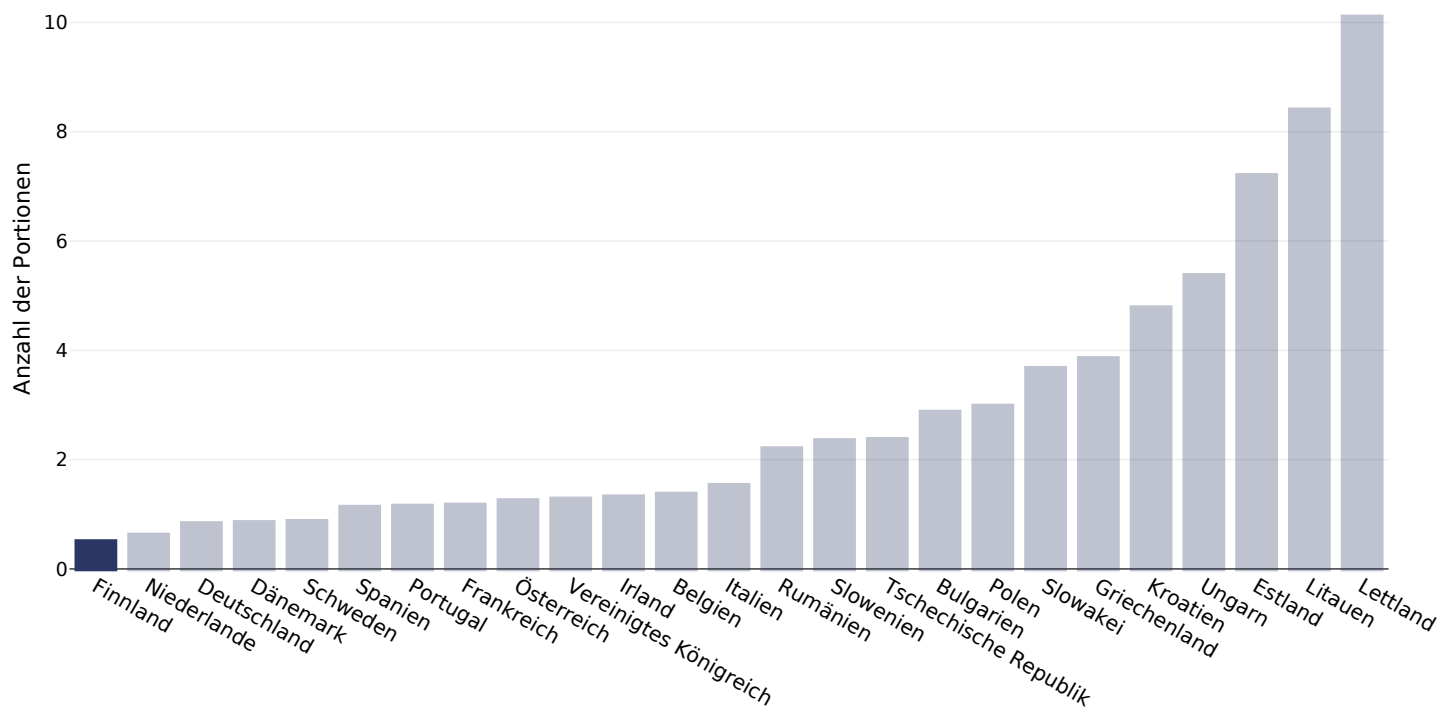
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

% reporting less than 60 minutes of MVPA daily

Zuckerkonsum

Erwachsene, 2016



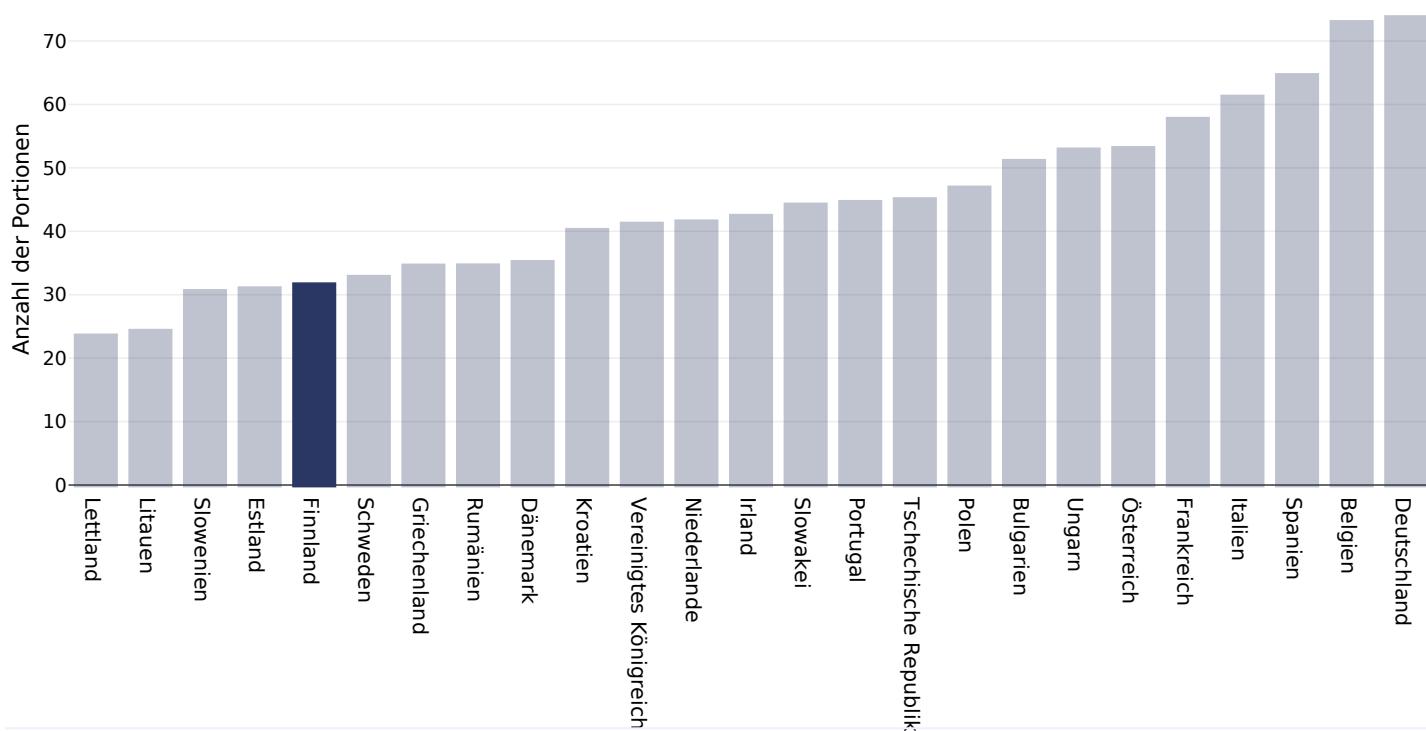
Referenzen:

Source: Euromonitor International

Definitionen
(nur in
englischer
Sprache
verfügbar):

Sugar consumption (Number of 500g sugar portions/person/month)

Geschätzter Verzehr von zuckerhaltigen Getränken pro Kopf Erwachsene, 2016

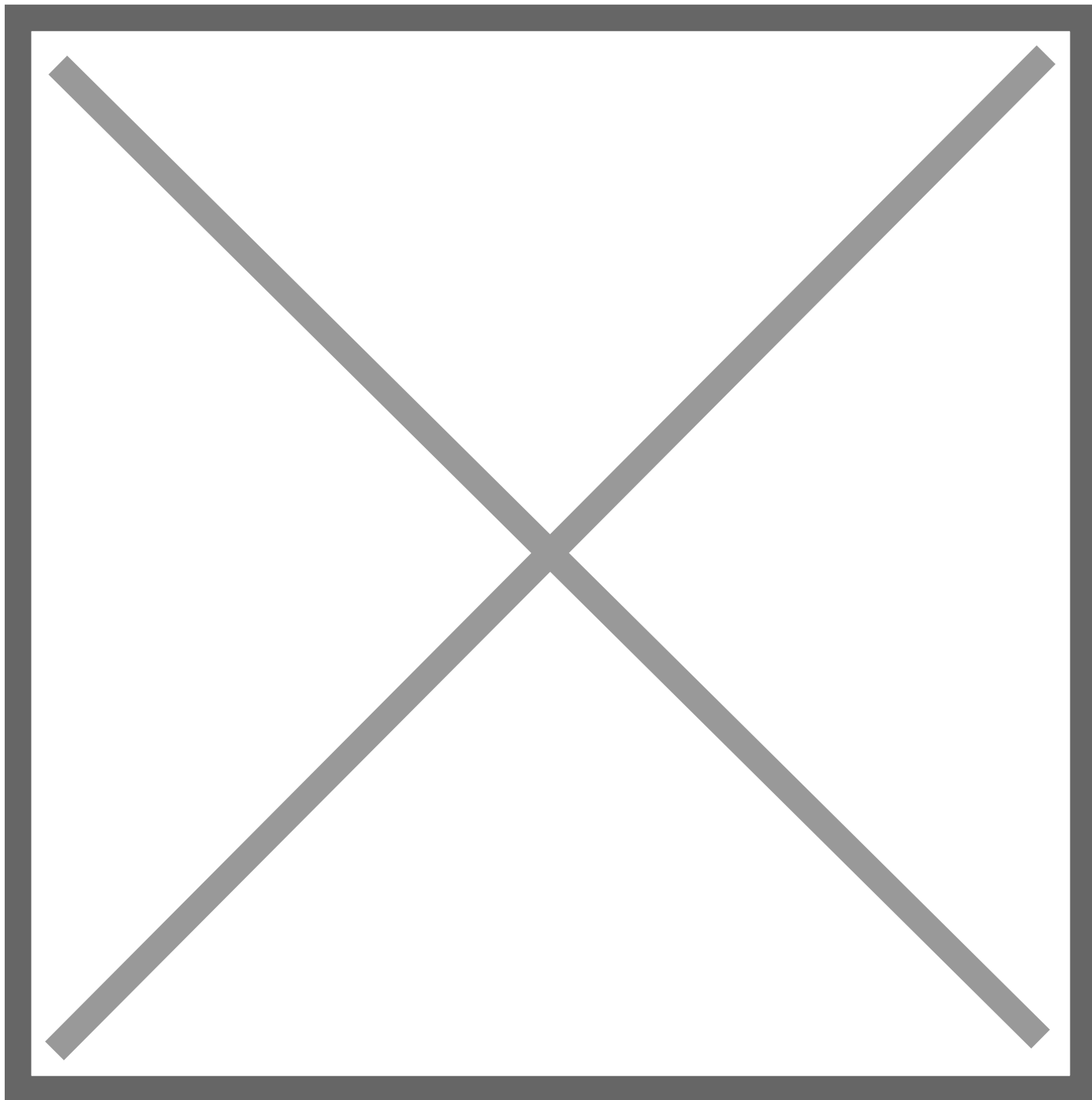


Referenzen:

Source: Euromonitor International

Prävalenz von mindestens täglichem Verzehr von kohlenensäurehaltigen Erfrischungsgetränken

Jungen, 2021-2022



Geltungsbereich:

National

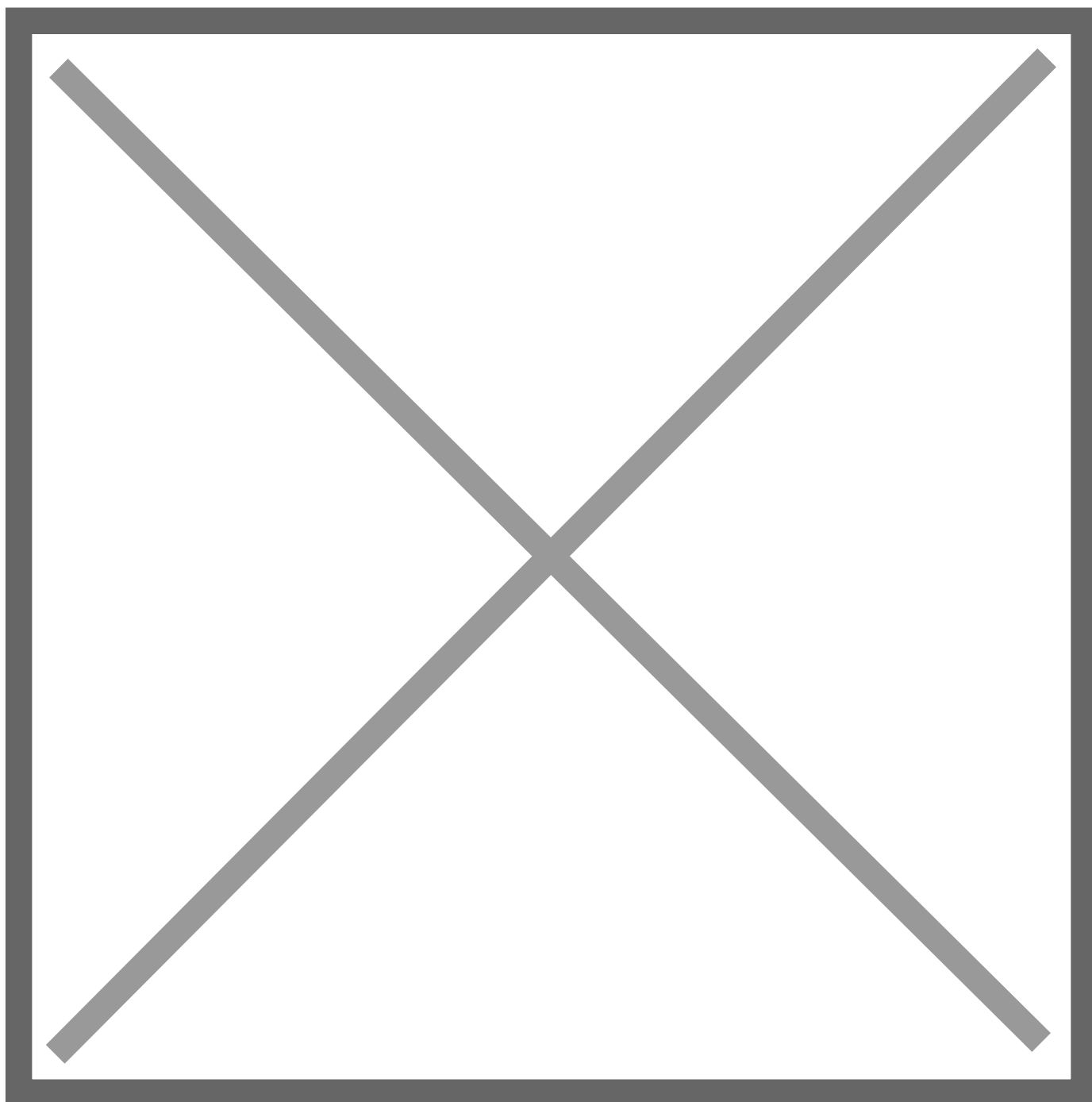
Referenzen:

Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..>

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Proportion who reported drinking sugary soft drinks daily (at least once)

Mädchen, 2021-2022



Geltungsbereich:

National

Referenzen:

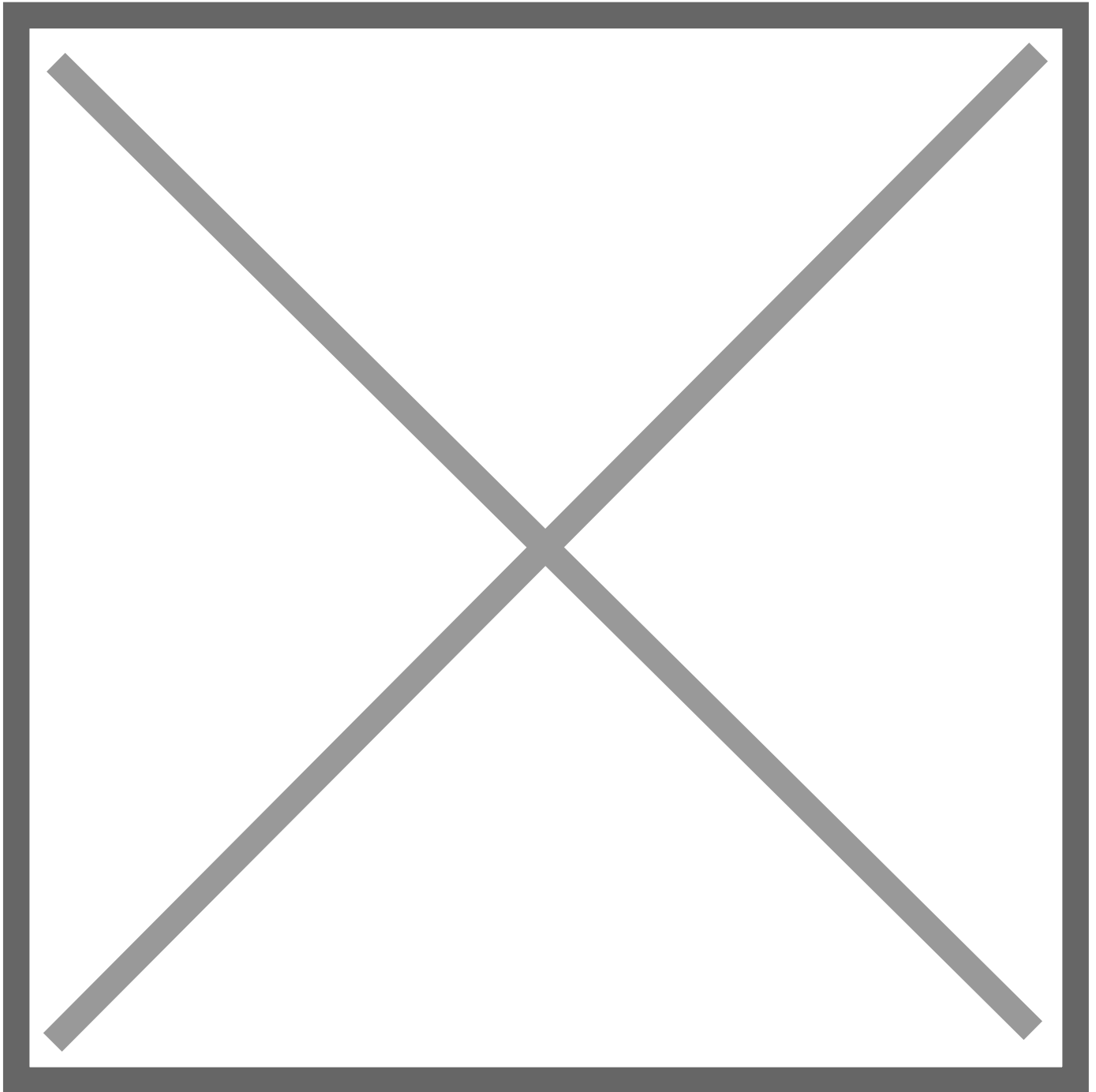
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..>

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Proportion who reported drinking sugary soft drinks daily (at least once)

Prävalenz des Konsums von Süßwaren

Erwachsene, 2016



Referenzen:

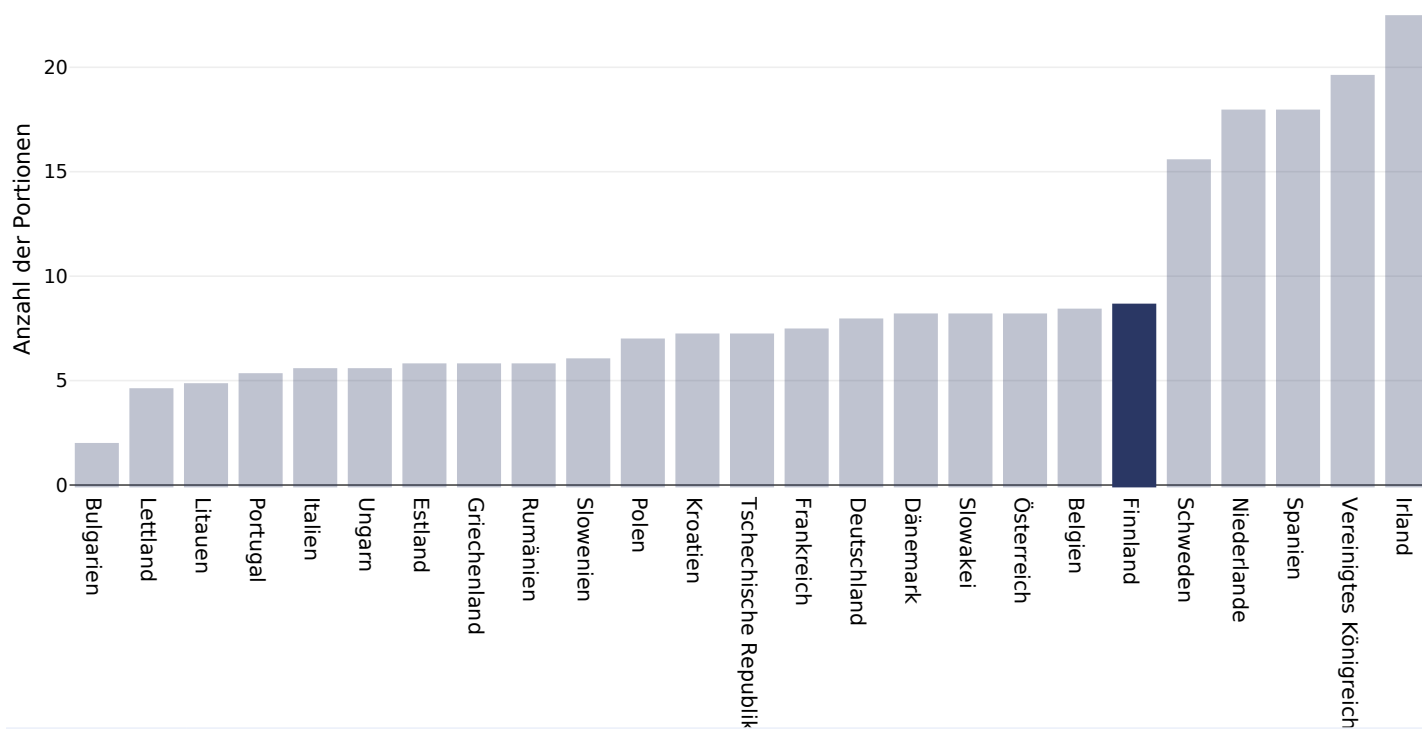
Source: Euromonitor International

Definitionen
(nur in
englischer
Sprache
verfügbar):

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

Prävalenz des Konsums von süßen/herzhaften Snacks

Erwachsene, 2016



Referenzen:

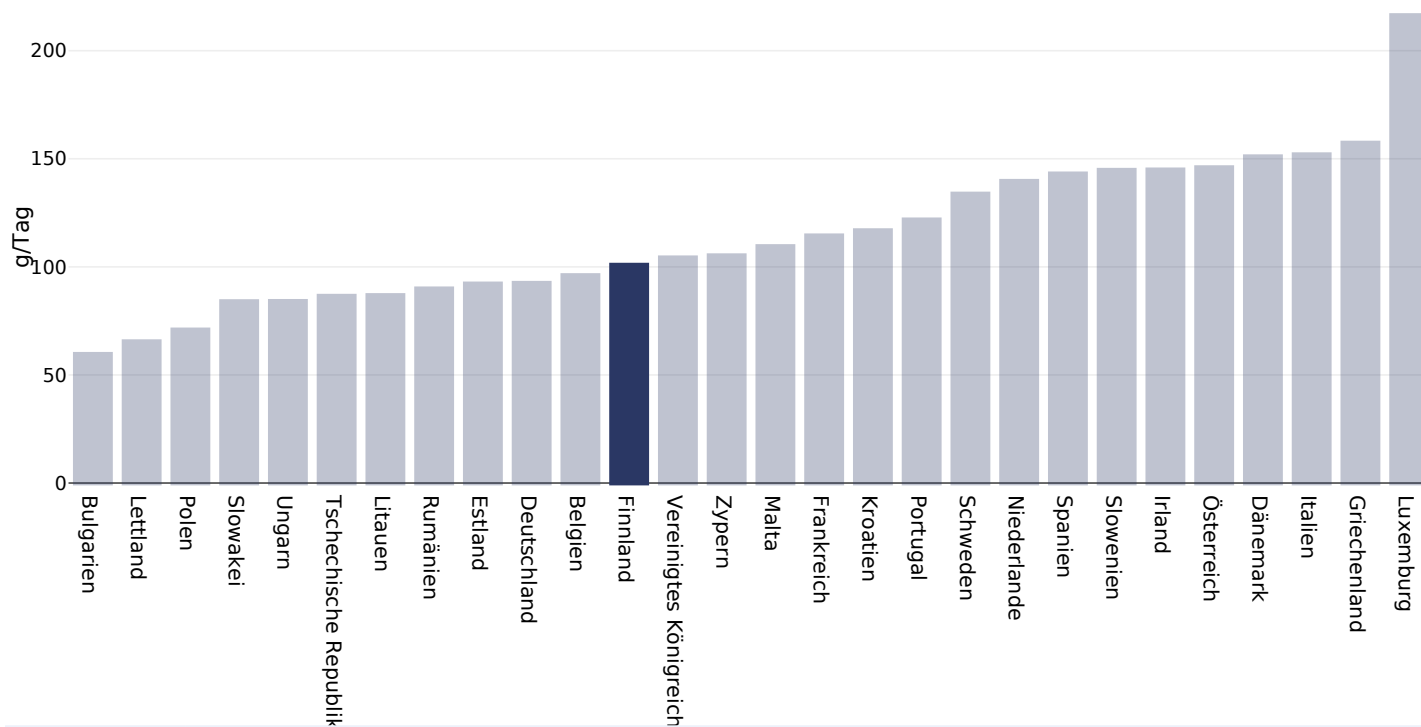
Source: Euromonitor International

Definitionen
(nur in
englischer
Sprache
verfügbar):

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

Estimated per capita fruit intake

Erwachsene, 2017



Umfragetyp:

Gemessen

Alter:

25+

Referenzen:

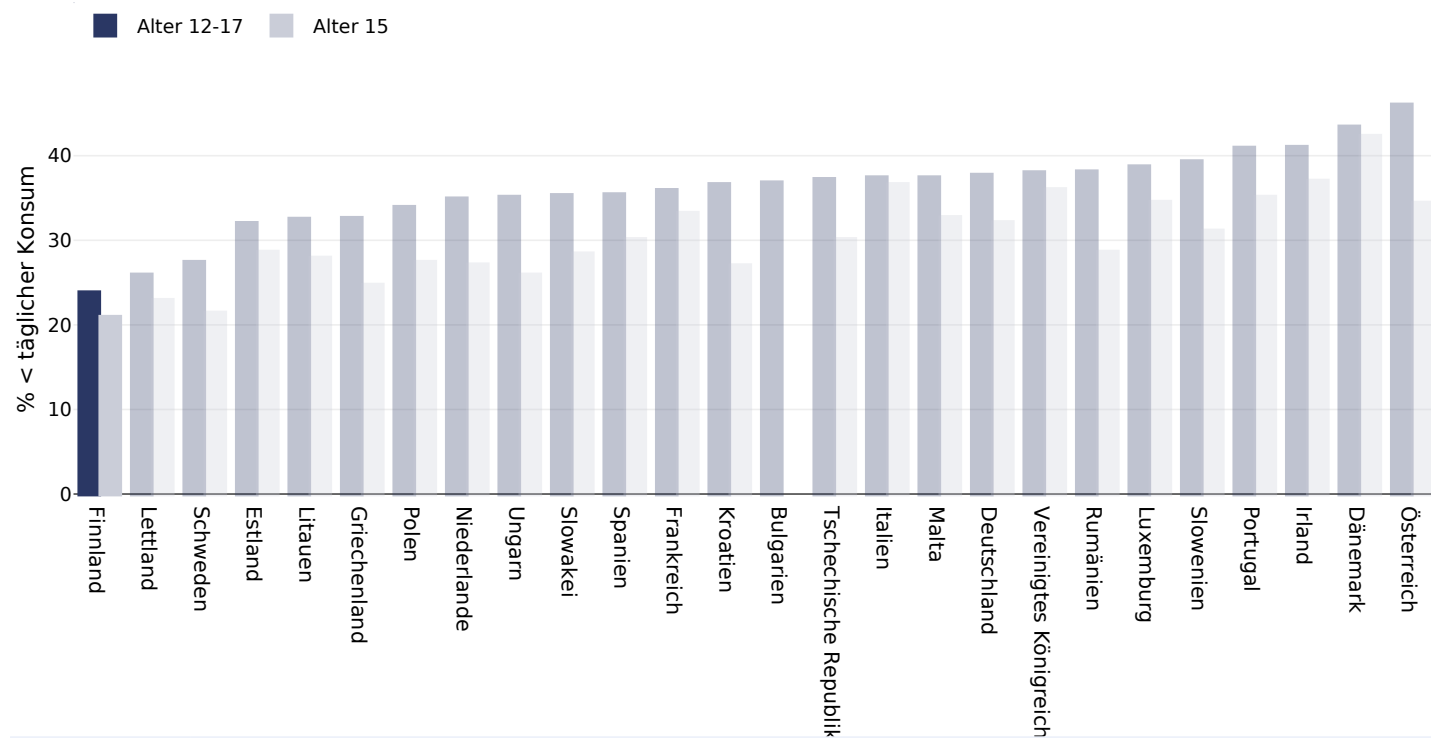
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Estimated per-capita fruit intake (g/day)

Prävalenz von weniger als täglichem Obstkonsum

Kinder, 2014



Umfragetyp:

Gemessen

Referenzen:

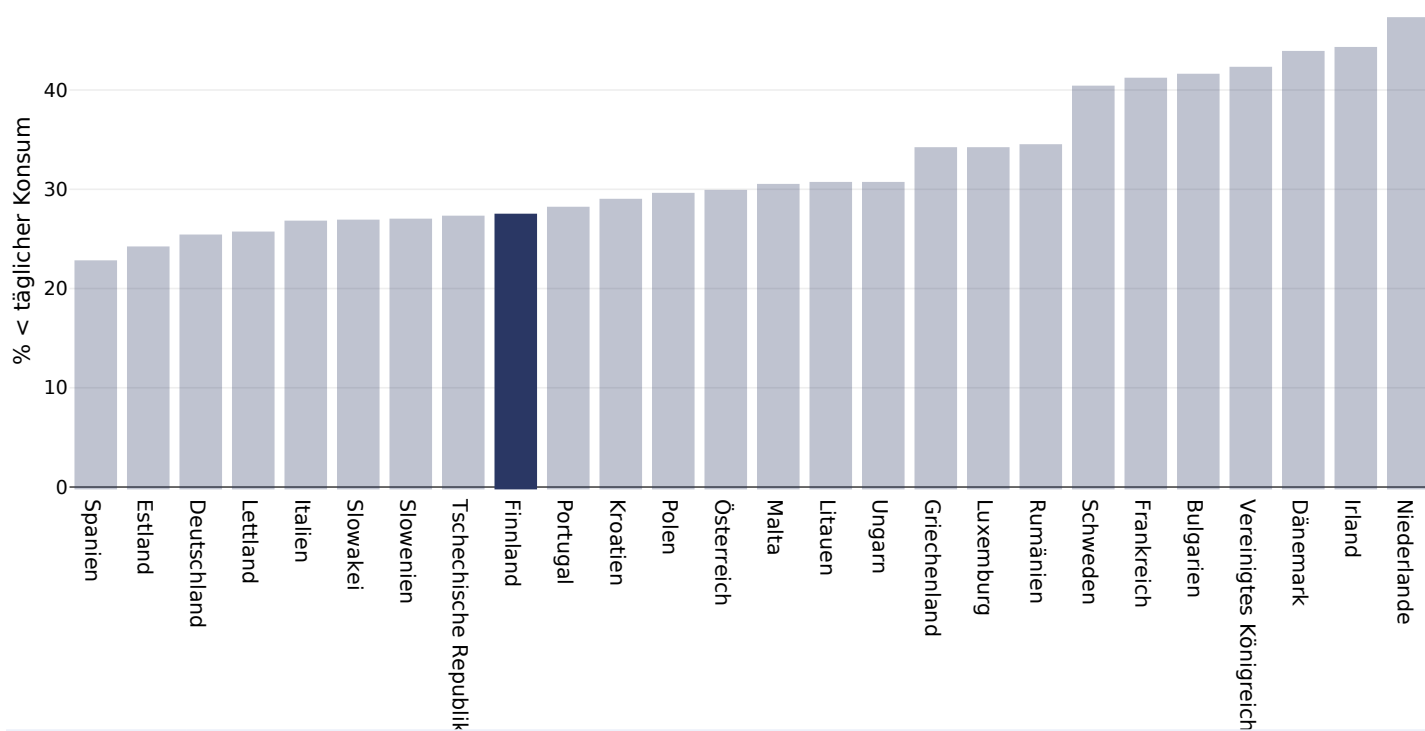
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prävalenz von weniger als täglichem Gemüsekonsum

Kinder, 2014



Umfragetyp:

Gemessen

Alter:

12-17

Referenzen:

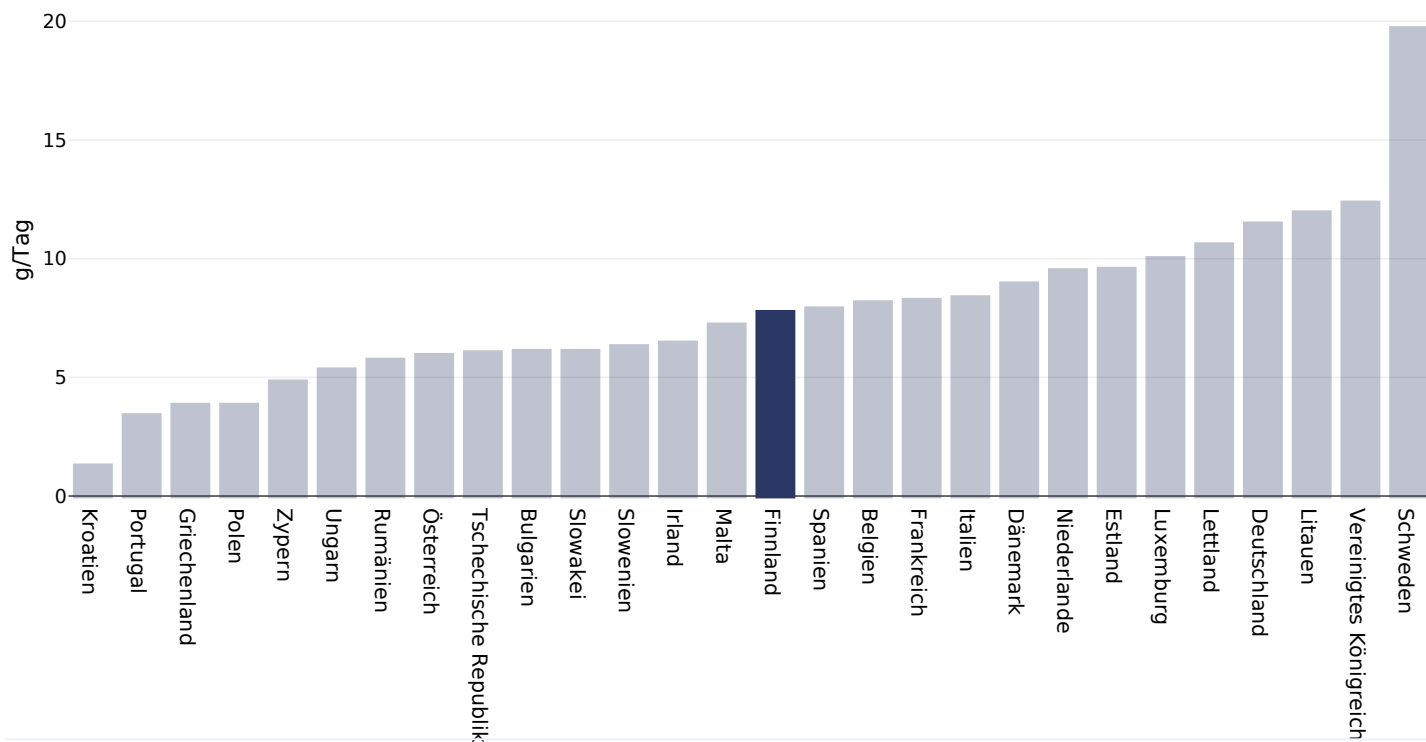
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Geschätzter Verzehr von verarbeitetem Fleisch pro Kopf

Erwachsene, 2017



Umfragetyp:

Gemessen

Alter:

25+

Referenzen:

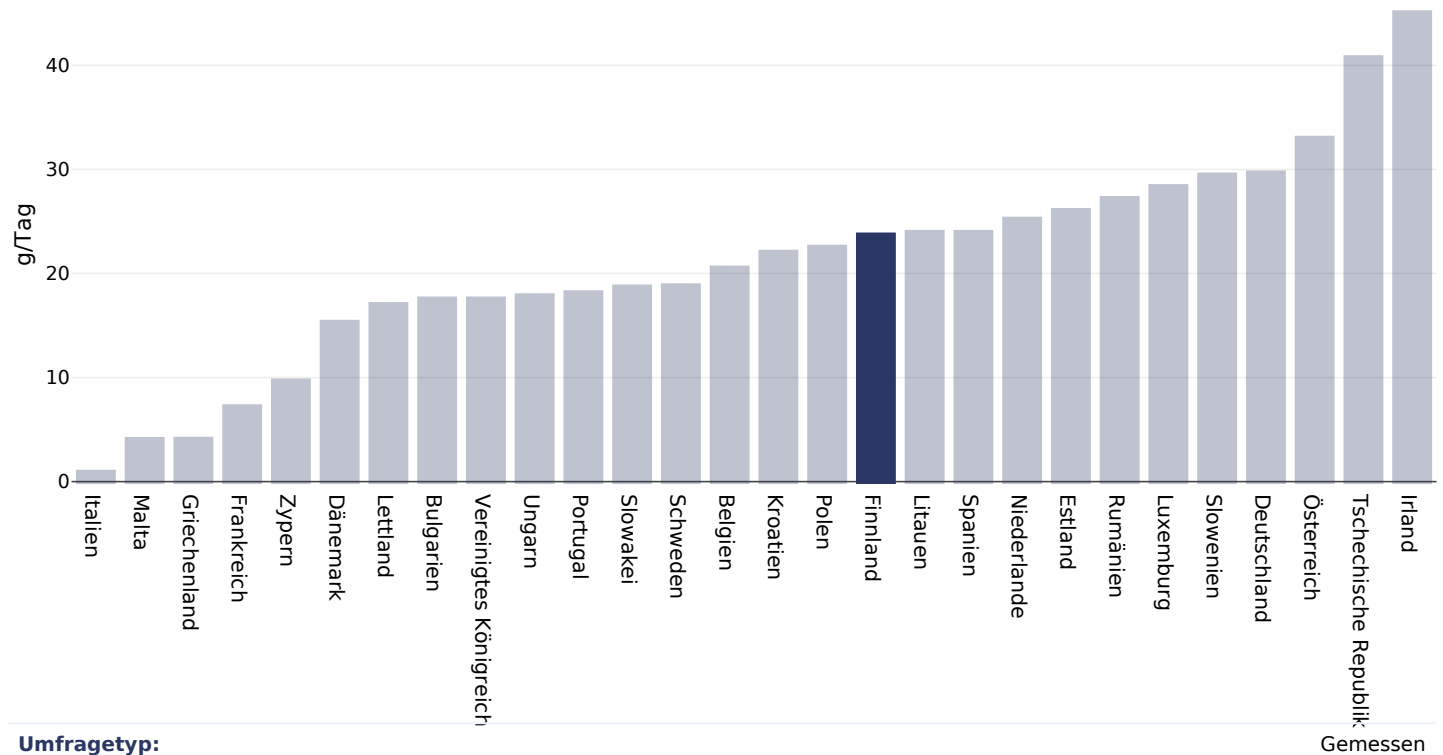
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Erwachsene, 2017



Umfragetyp:

Gemessen

Alter:

25+

Referenzen:

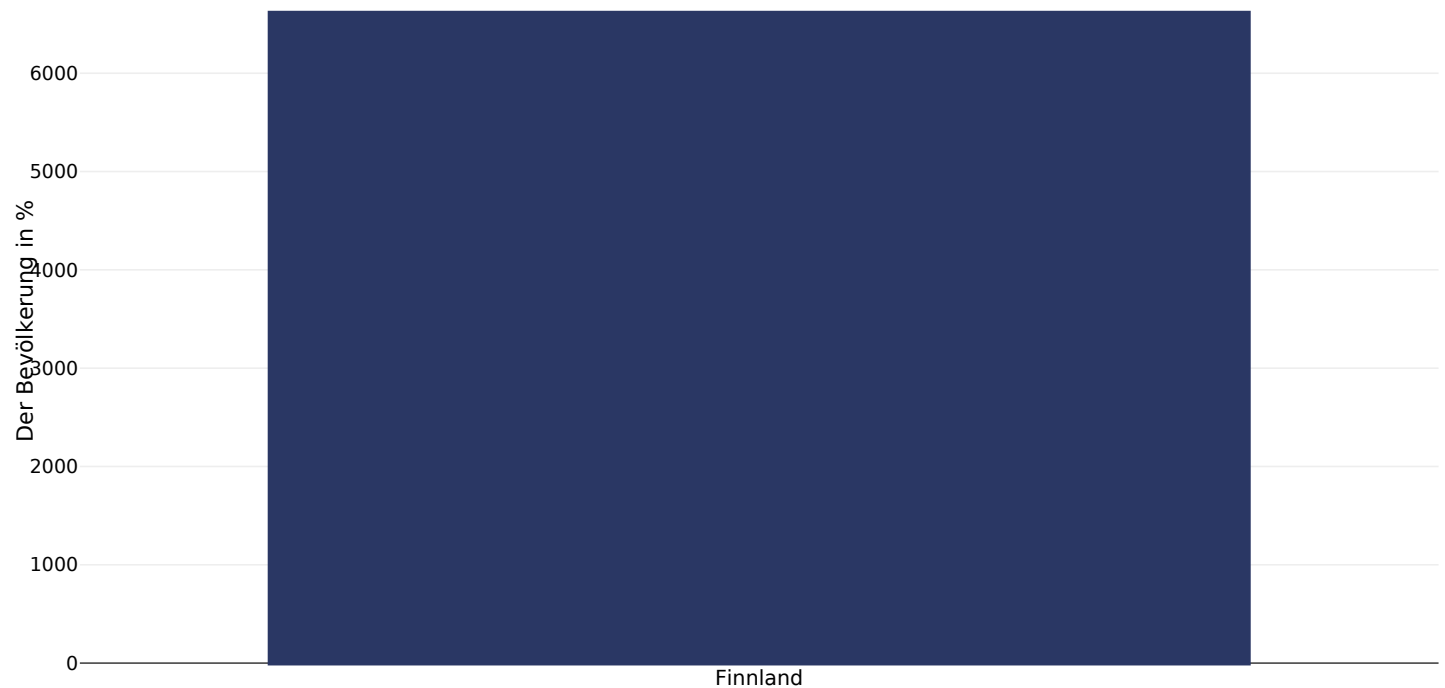
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitionen
(nur in
englischer
Sprache
verfügbar):

Estimated per-capita whole grains intake (g/day)

Psychische Gesundheit - Depressionsstörungen

Erwachsene, 2021



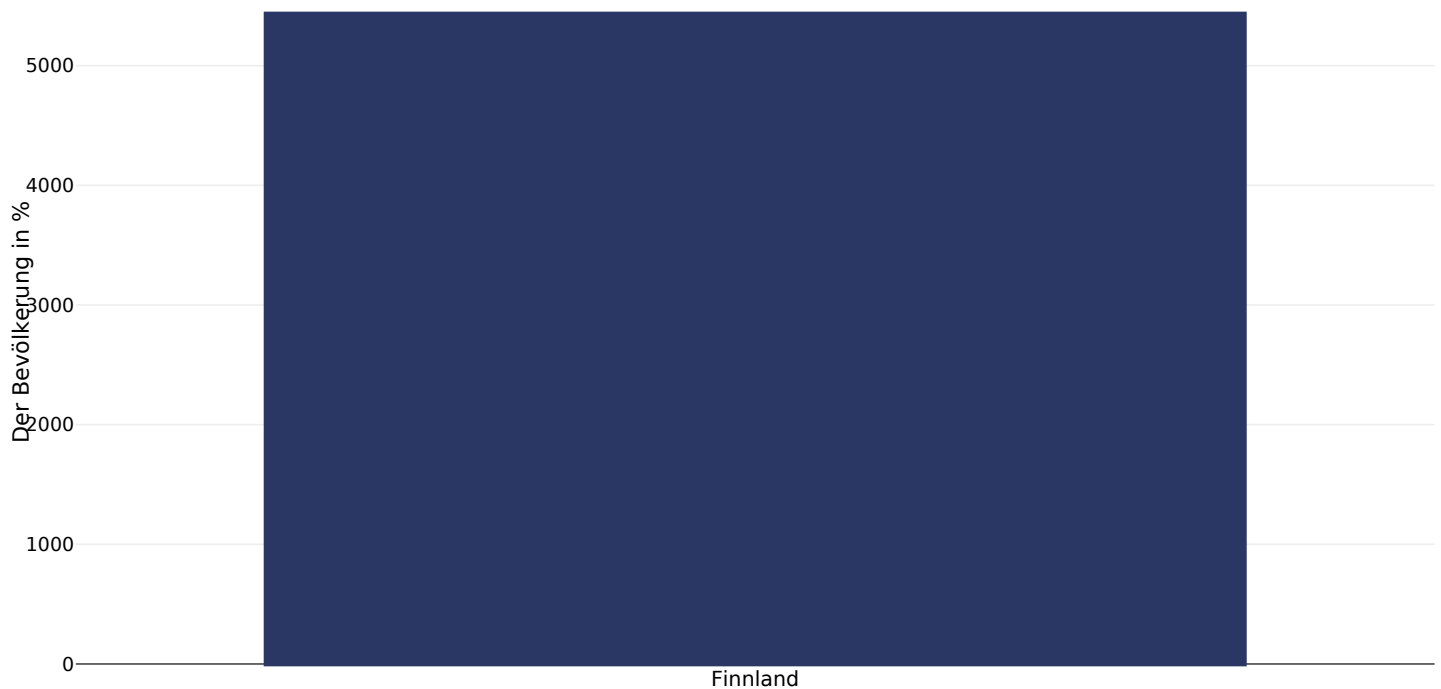
Alter: 20+

Geltungsbereich: National

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitionen (nur in englischer Sprache verfügbar): Number living with depression per 100,000 population (adults 20+ years)

Männer, 2021



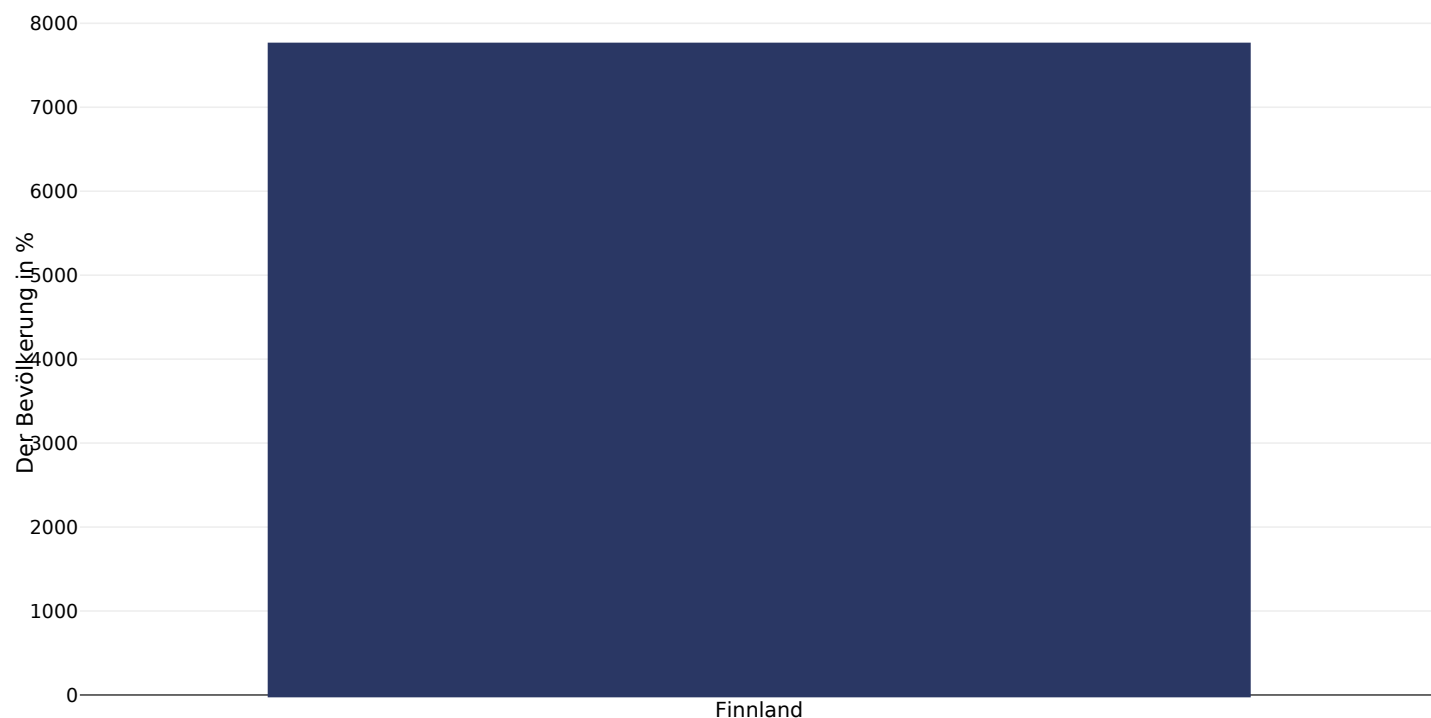
Alter: 20+

Geltungsbereich: National

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitionen (nur in englischer Sprache verfügbar): Number living with depression per 100,000 population (adults 20+ years)

Frauen, 2021



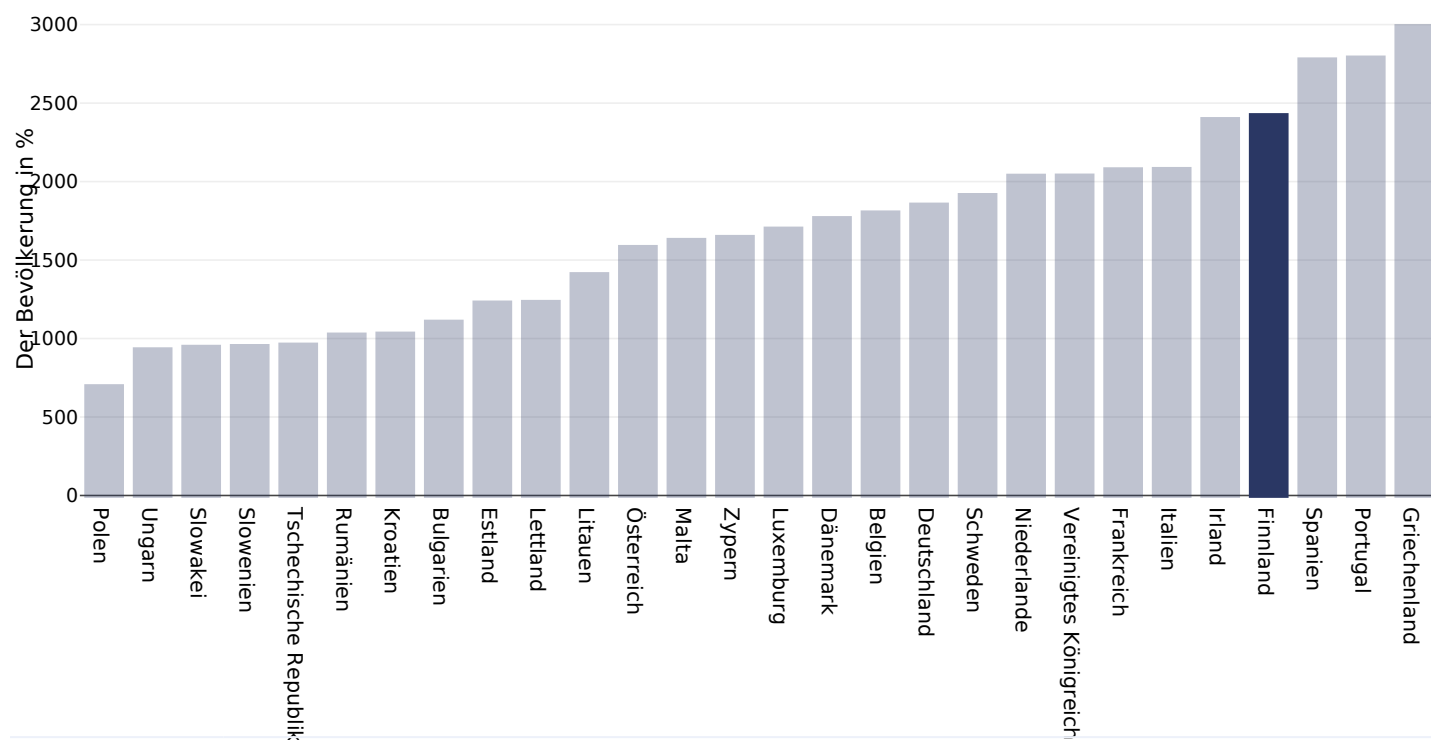
Alter: 20+

Geltungsbereich: National

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitionen (nur in englischer Sprache verfügbar): Number living with depression per 100,000 population (adults 20+ years)

Kinder, 2021



Geltungsbereich:

National

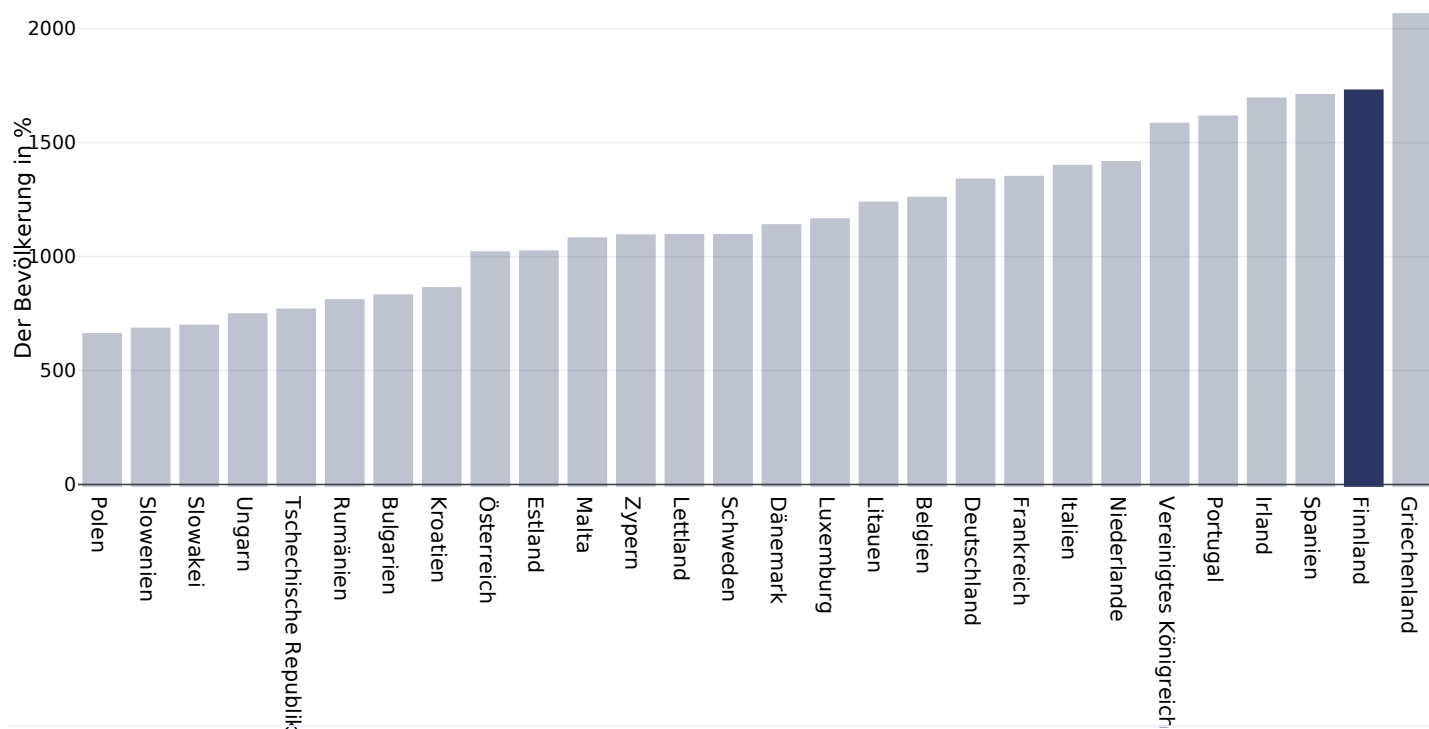
Referenzen:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Jungen, 2021



Geltungsbereich:

National

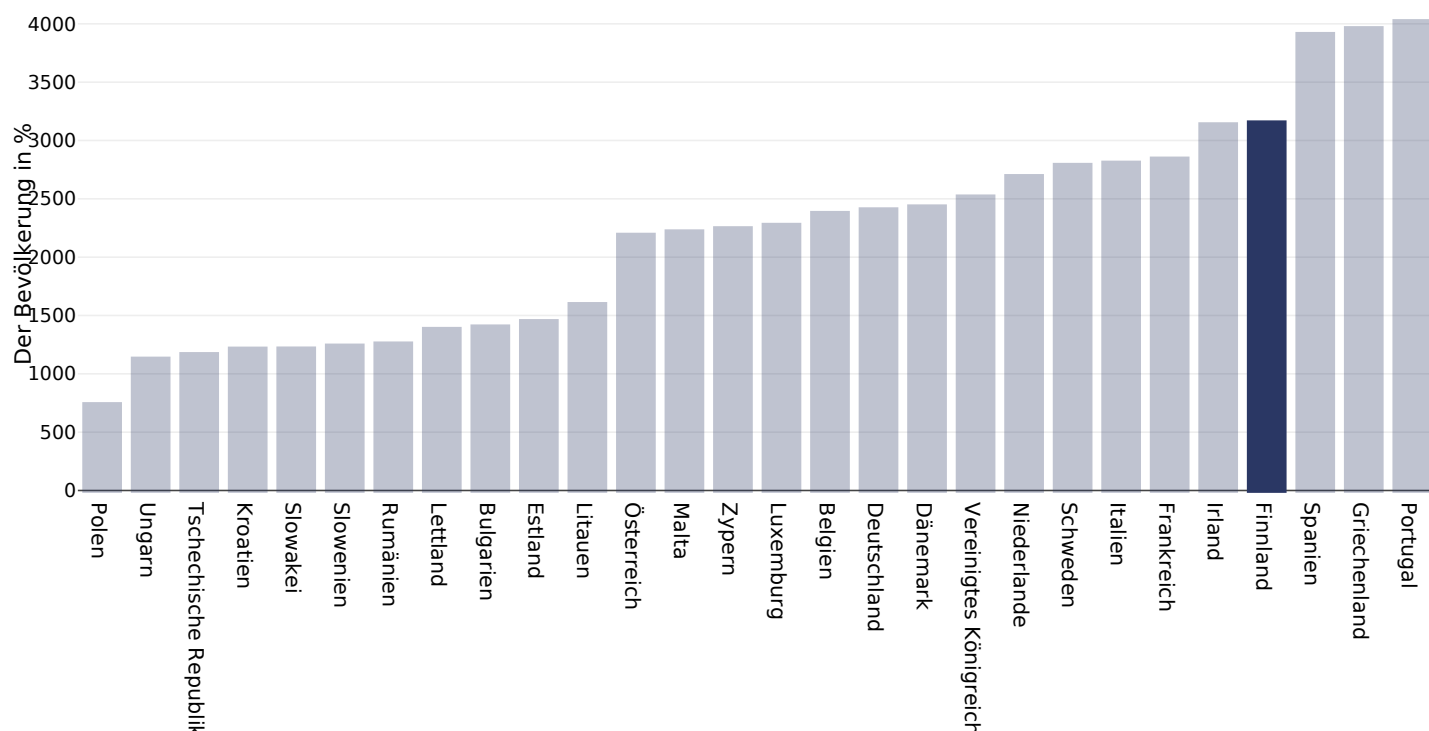
Referenzen:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mädchen, 2021



Geltungsbereich:

National

Referenzen:

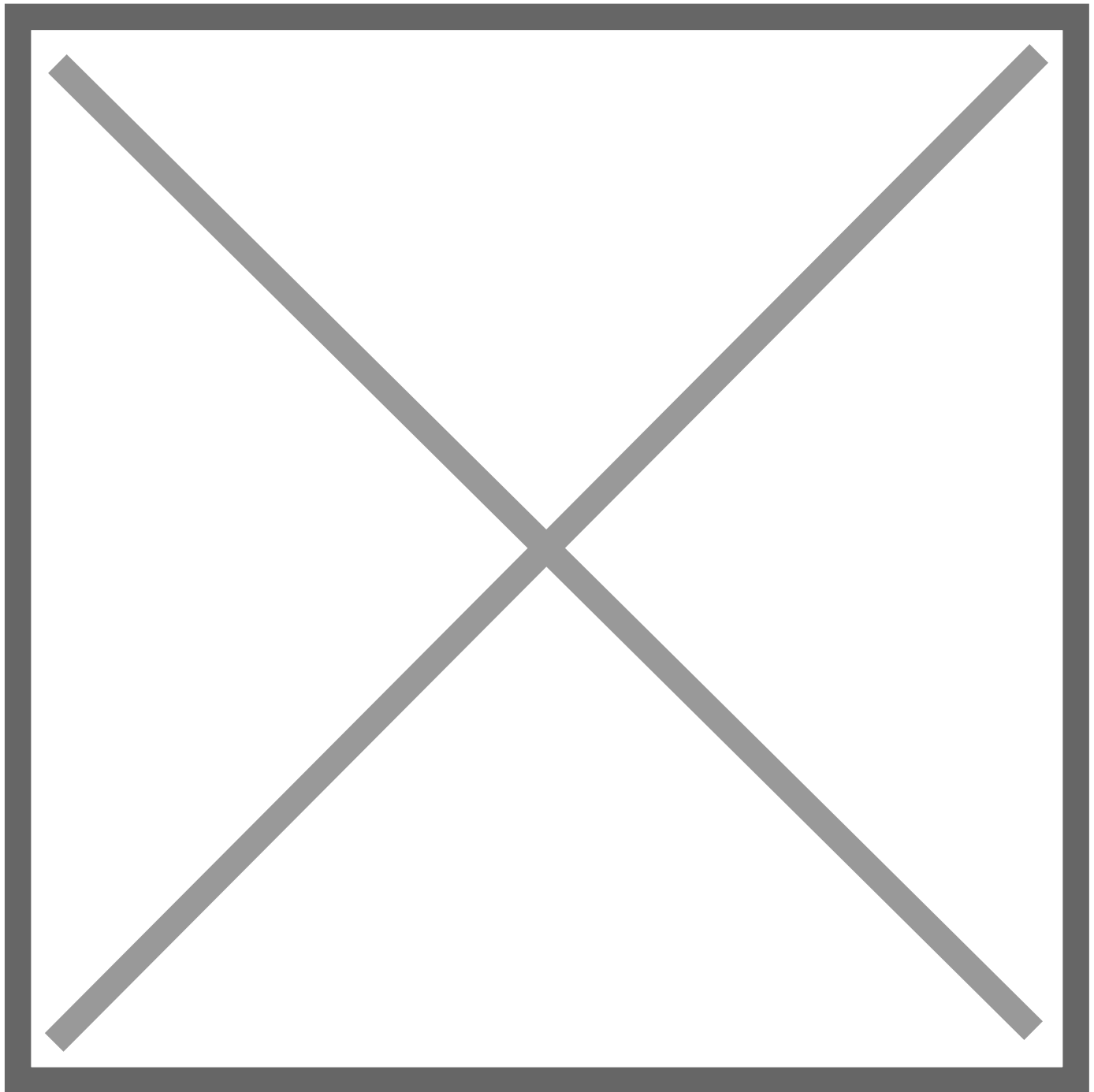
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Psychische Gesundheit - Angststörungen

Erwachsene, 2021



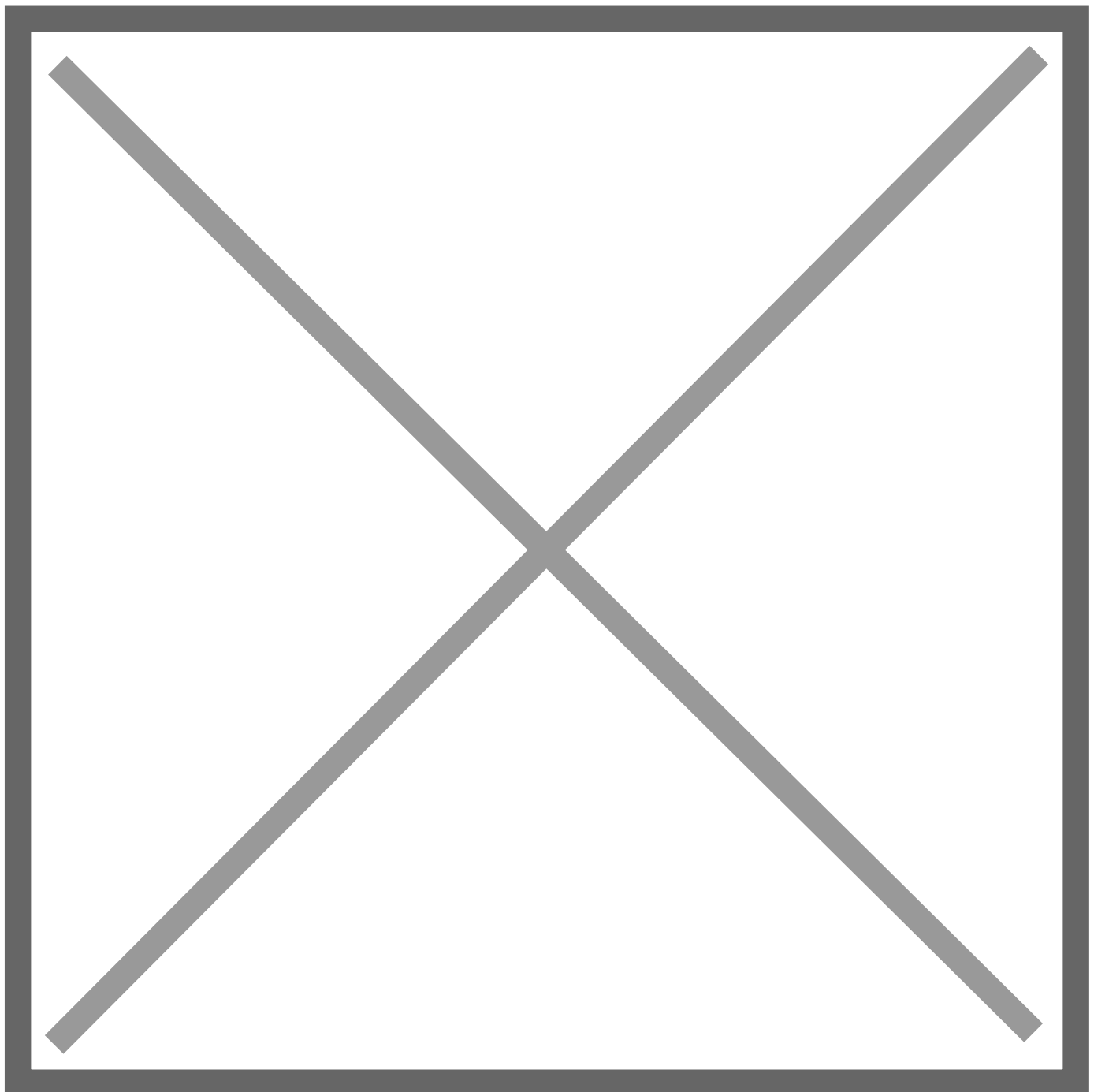
Alter: 20+

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Number living with anxiety per 100,000 population

Männer, 2021



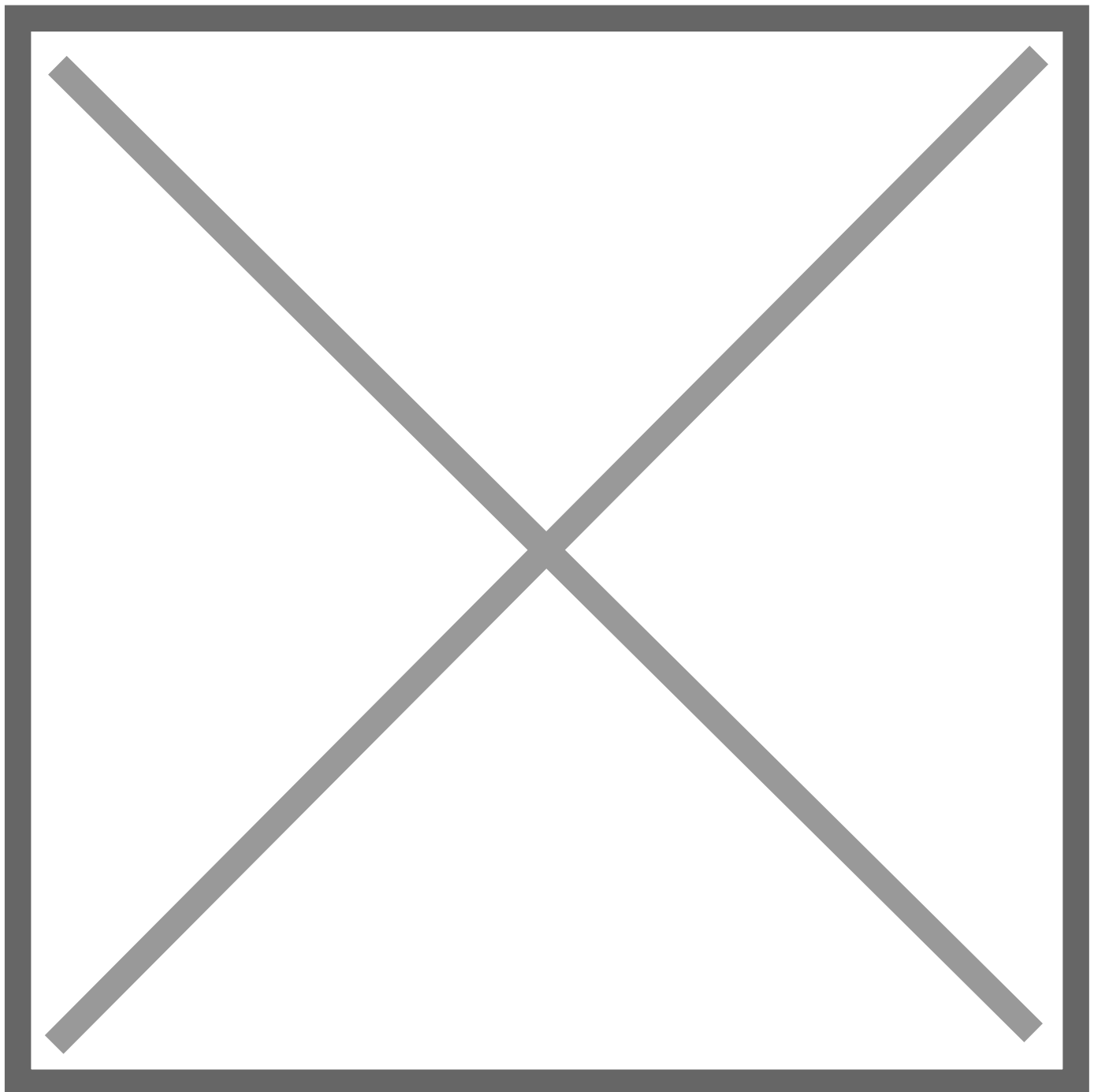
Alter: 20+

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Number living with anxiety per 100,000 population

Frauen, 2021

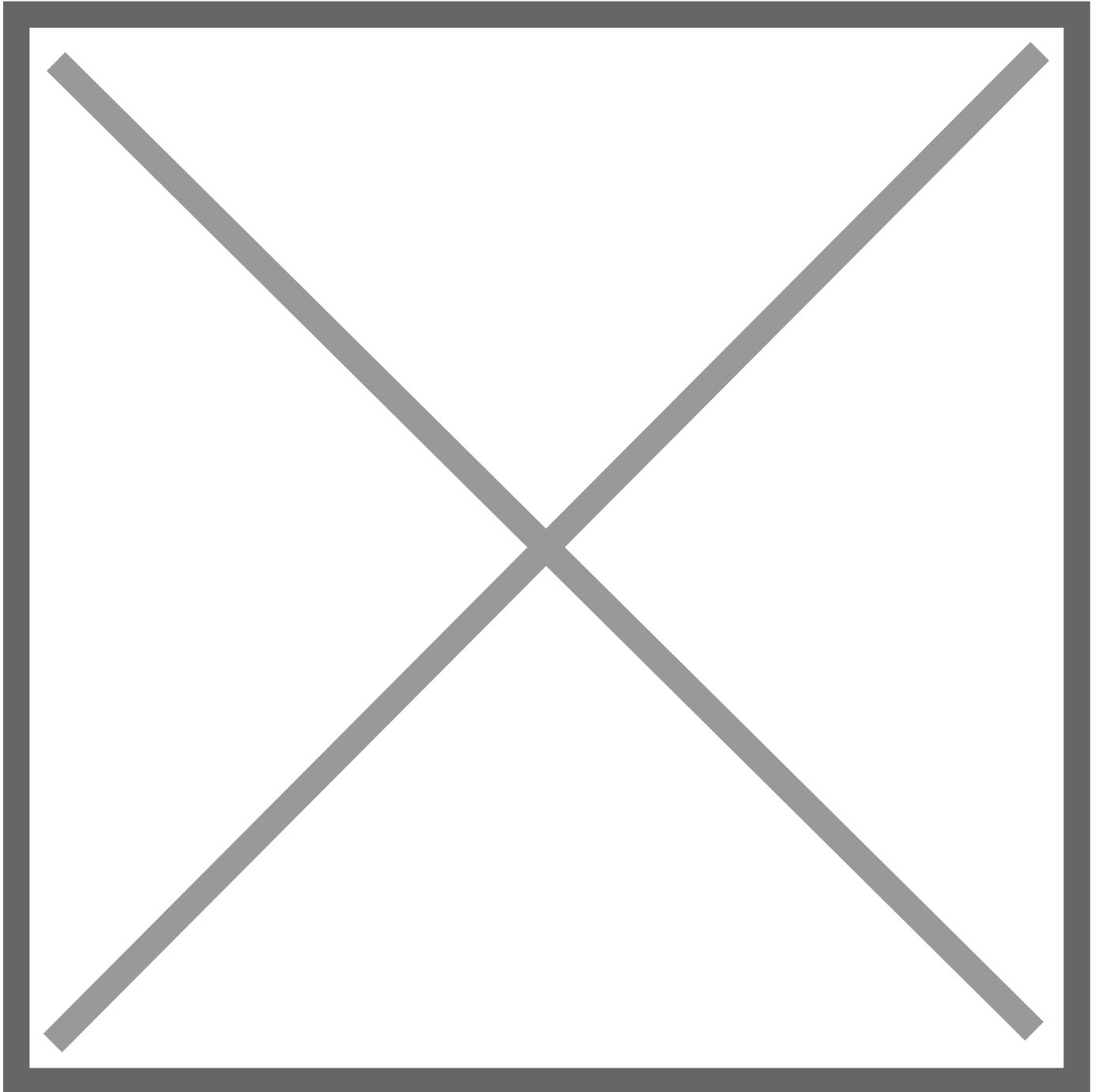


Alter:	20+
Referenzen:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25).

Definitionen
(nur in
englischer
Sprache
verfügbar):

Number living with anxiety per 100,000 population

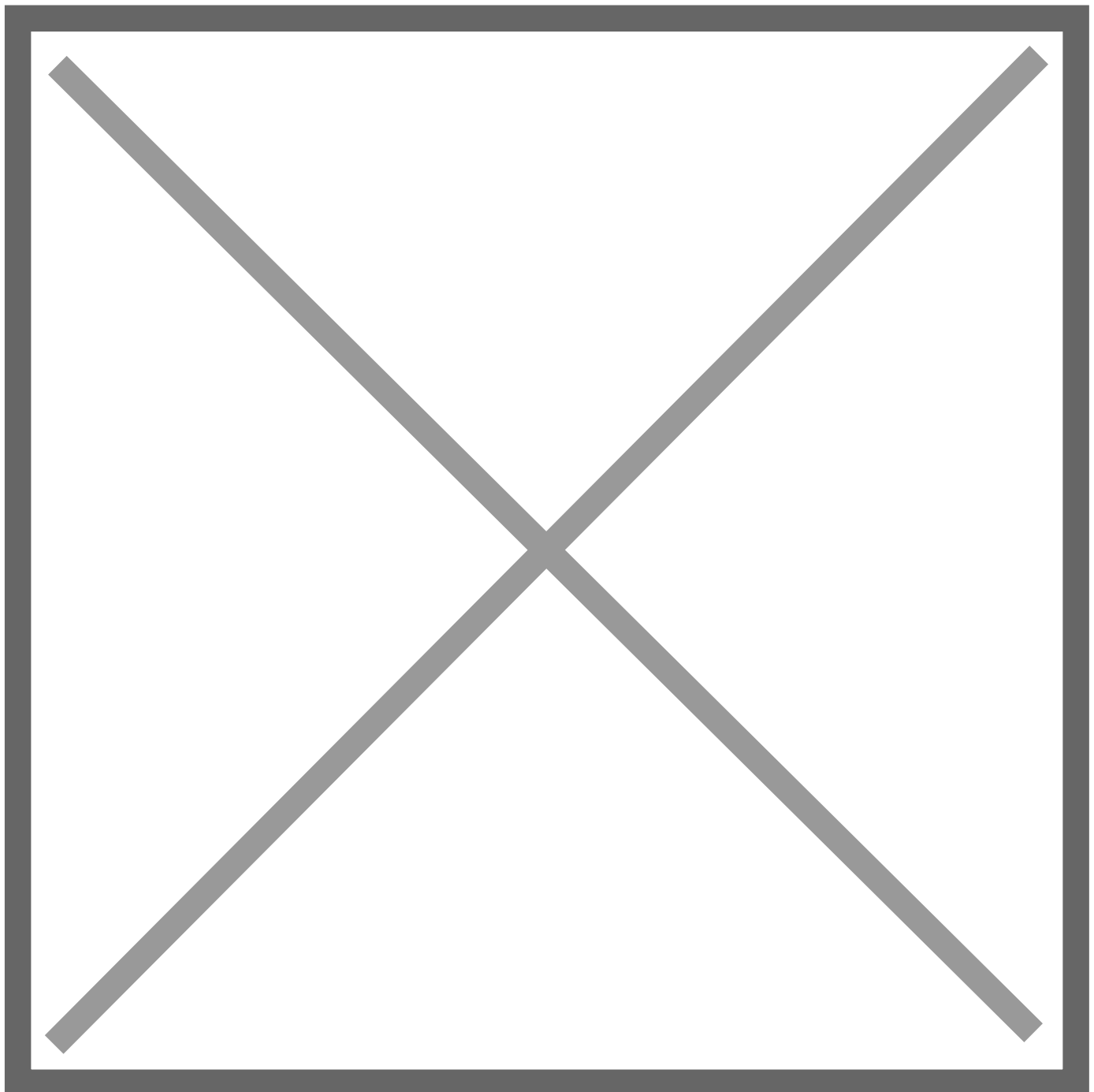
Kinder, 2021



Referenzen:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

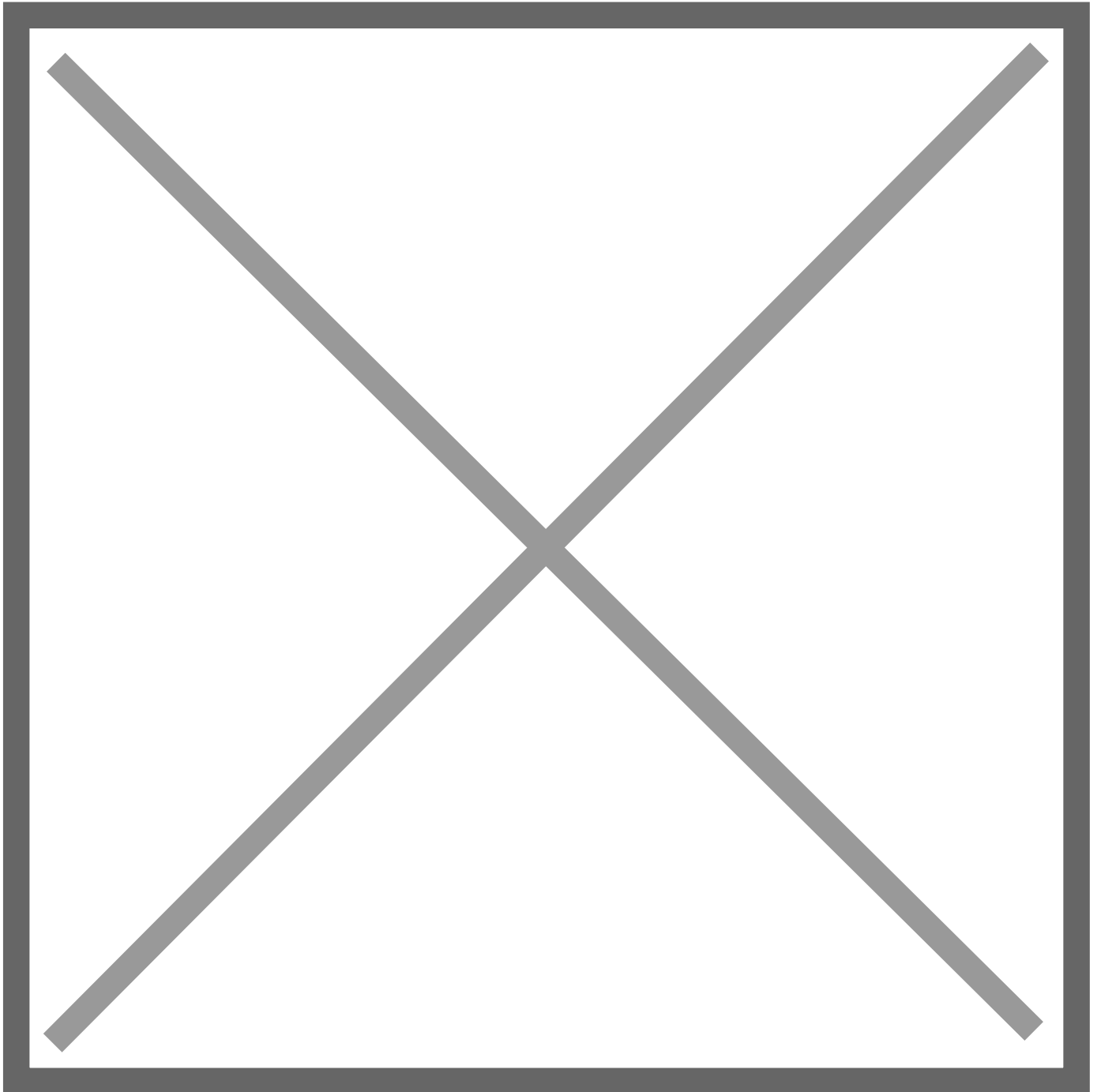
Jungen, 2021



Referenzen:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Mädchen, 2021

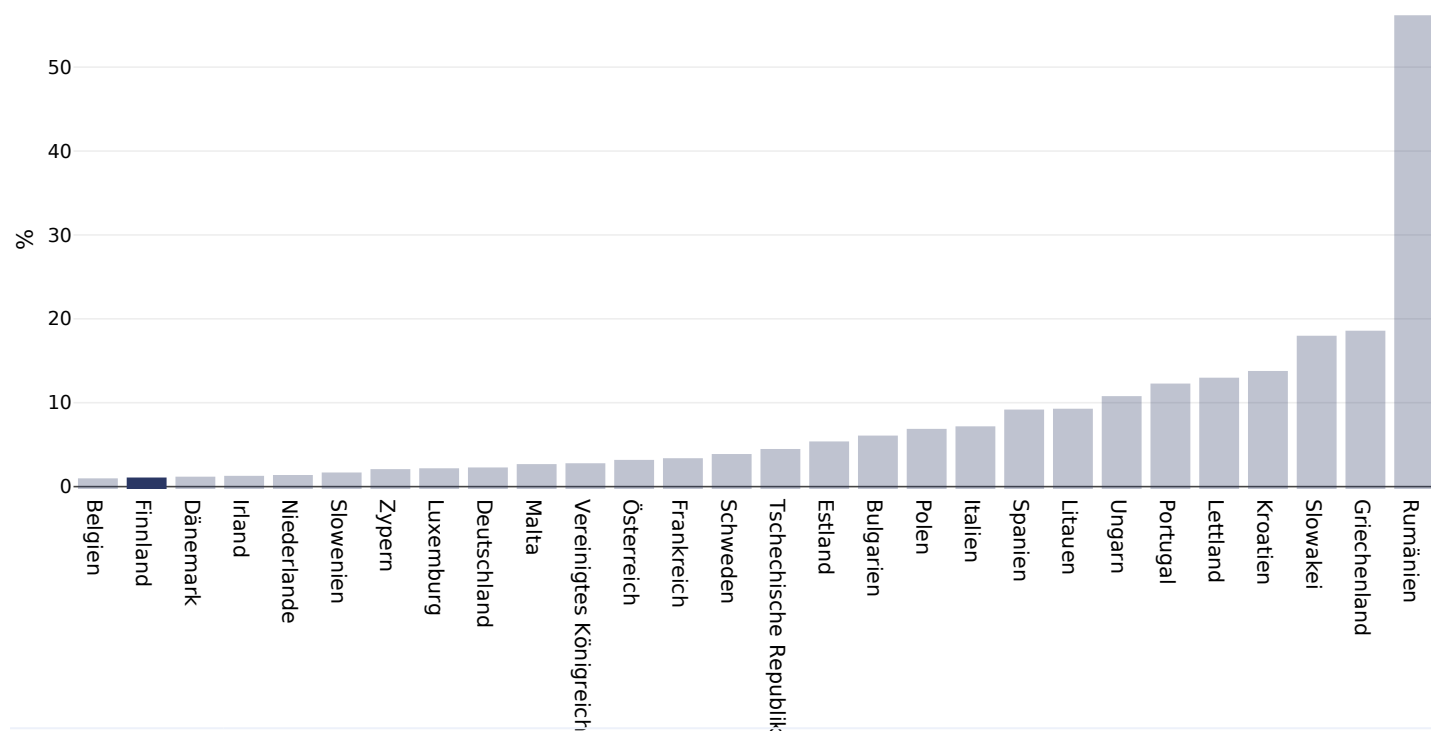


Referenzen:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Percent of population who cannot afford a healthy diet

Erwachsene, 2022



Geltungsbereich:

National

Referenzen:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland.
<https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

PDF created on July 16, 2025