

# THE HEALTH BEHAVIOR AND BMI OF MALE FINNISH UNIVERSITY STUDENTS

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4.6.2015

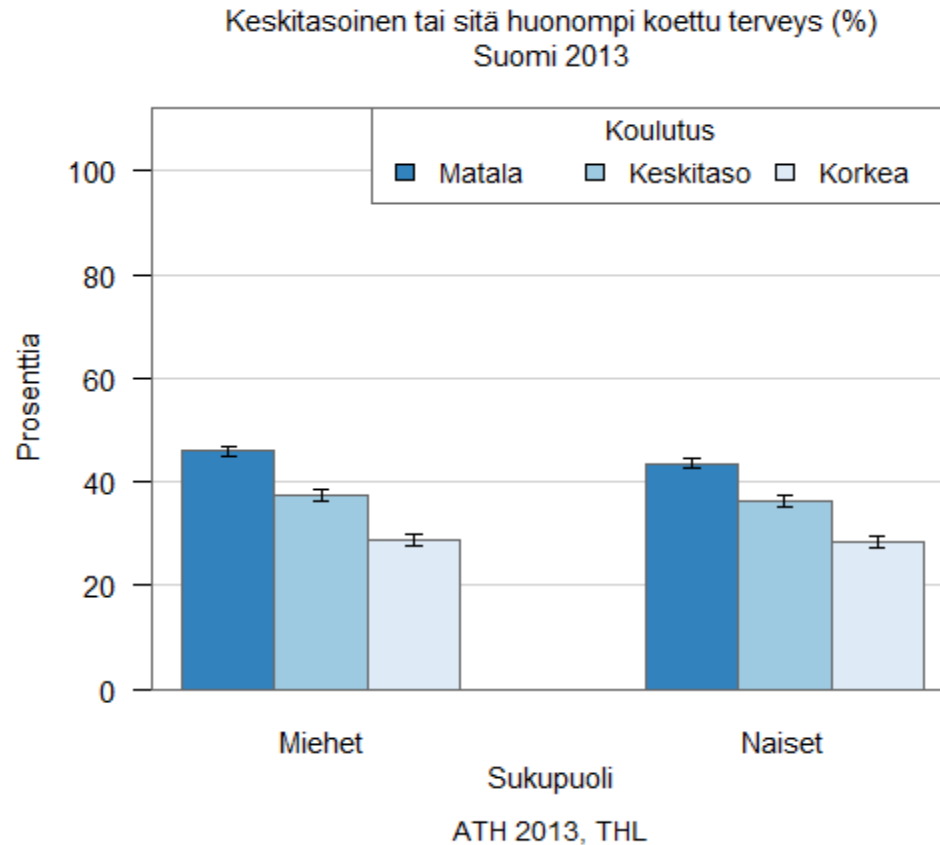
[www.yths.fi/en](http://www.yths.fi/en)



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FINNISH STUDENT HEALTH SERVICE

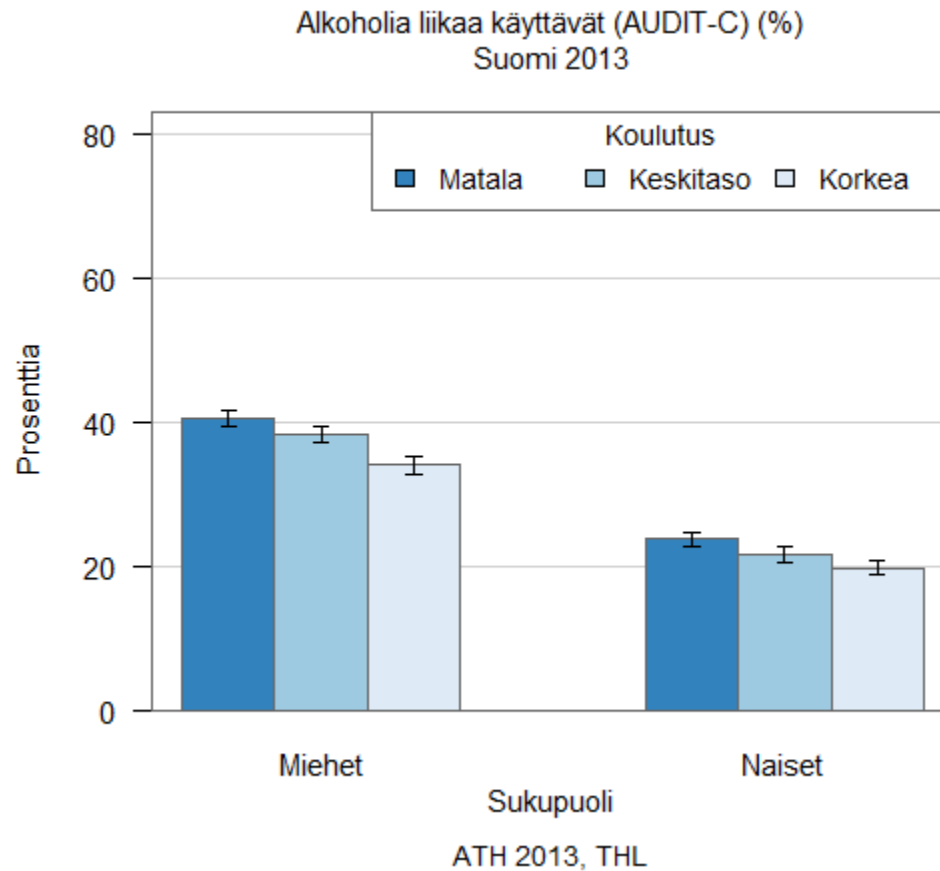
# Average or poor self perceived health (%) in different education groups

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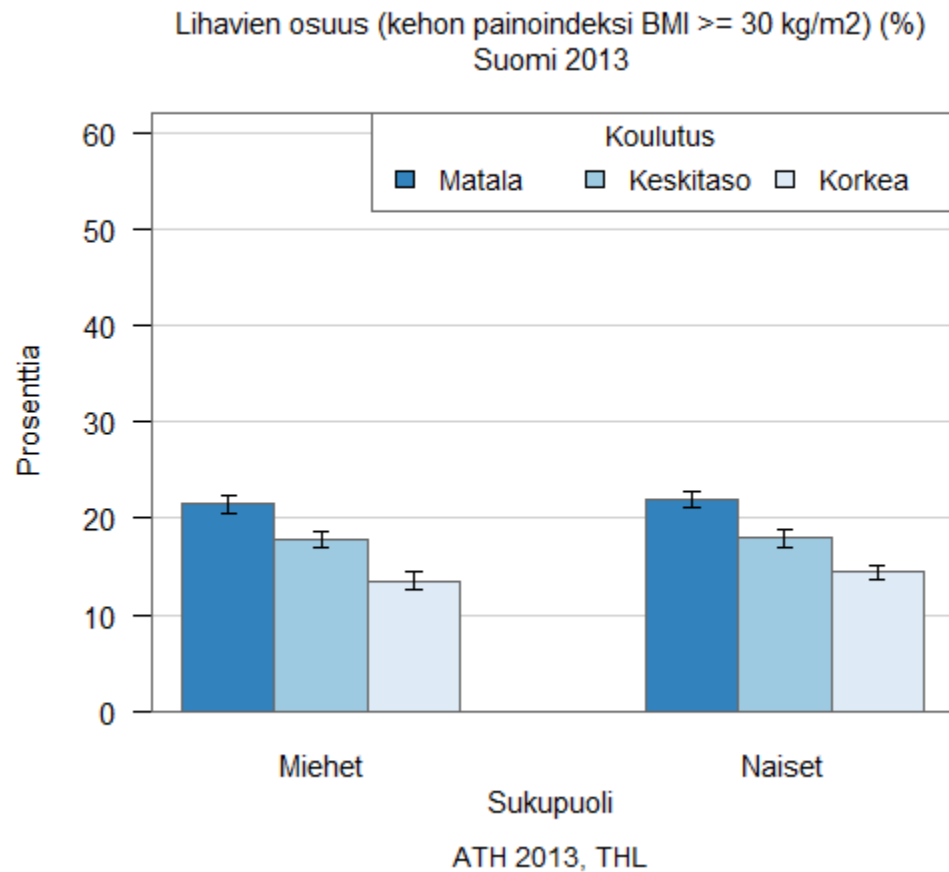


# Risk use of alcohol (AUDIT-C score)

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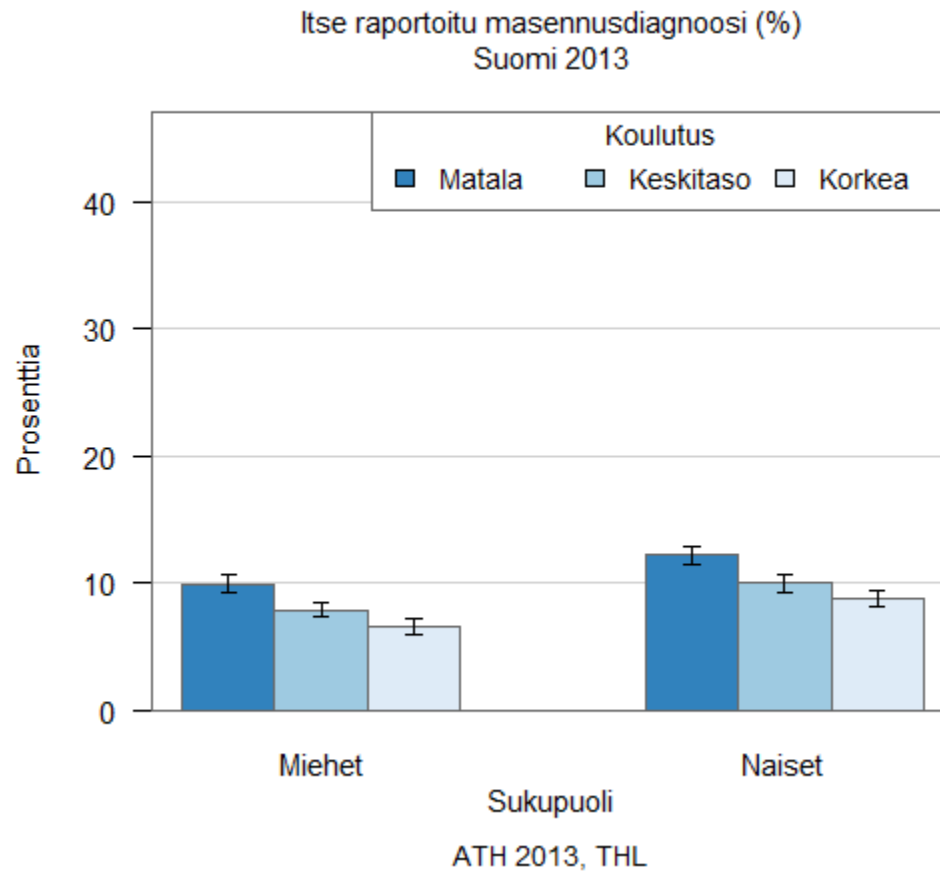


# Obesity (BMI $\geq 30$ ) and education



# Depression (self reported) and education

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**The average weight of young men in military service in Finland has increased 7 kg in 20 years (Turun Sanomat 21.3.2015)**



# The fourth national Finnish Student Health Survey

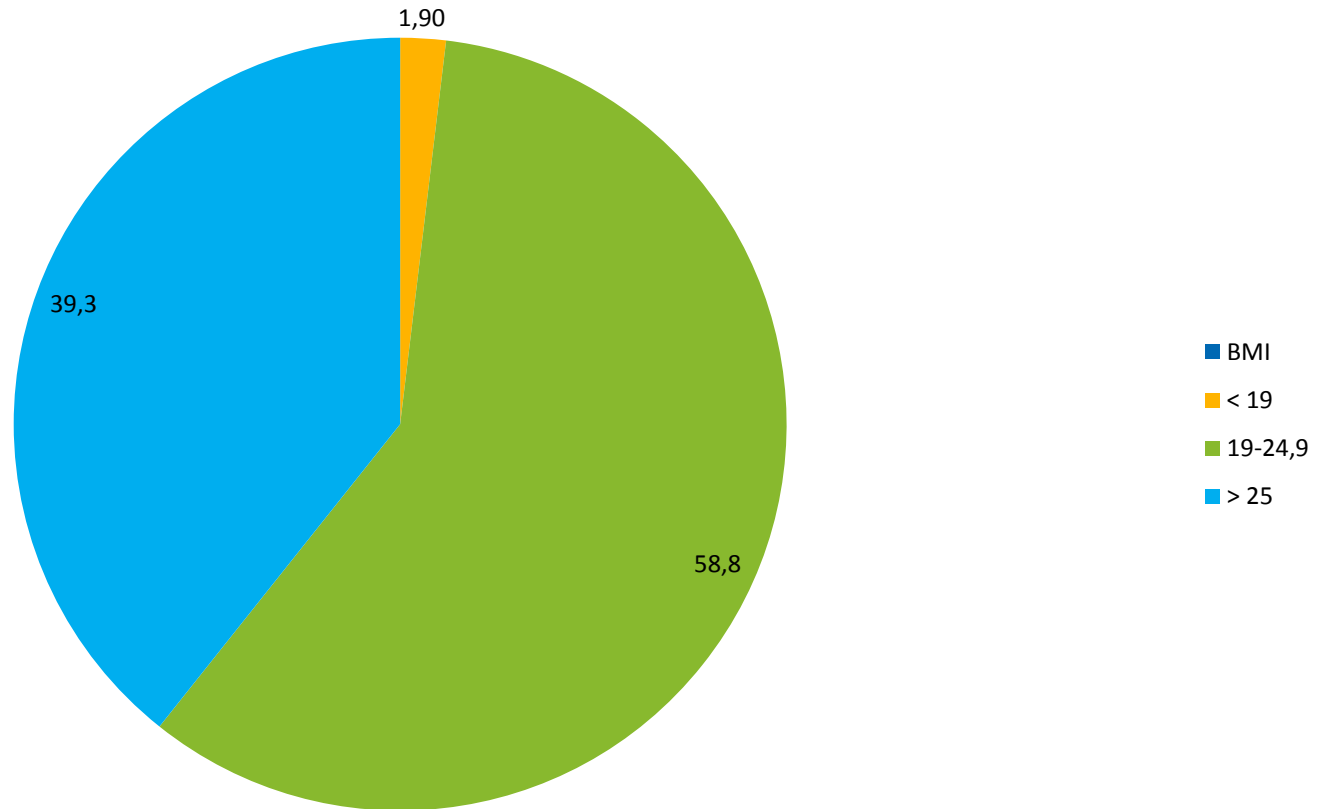
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- was carried in 2012
- covered university students (age < 35 years)
- representative sample of 5000 students
- The response rate of this online or postal questionnaire survey was 39 % for men, N=911.
- The health and health behavior of students with low (<19), normal (19-24,9) and high ( $\geq 25$ ) BMI were compared.



# BMI of male Finnish university students

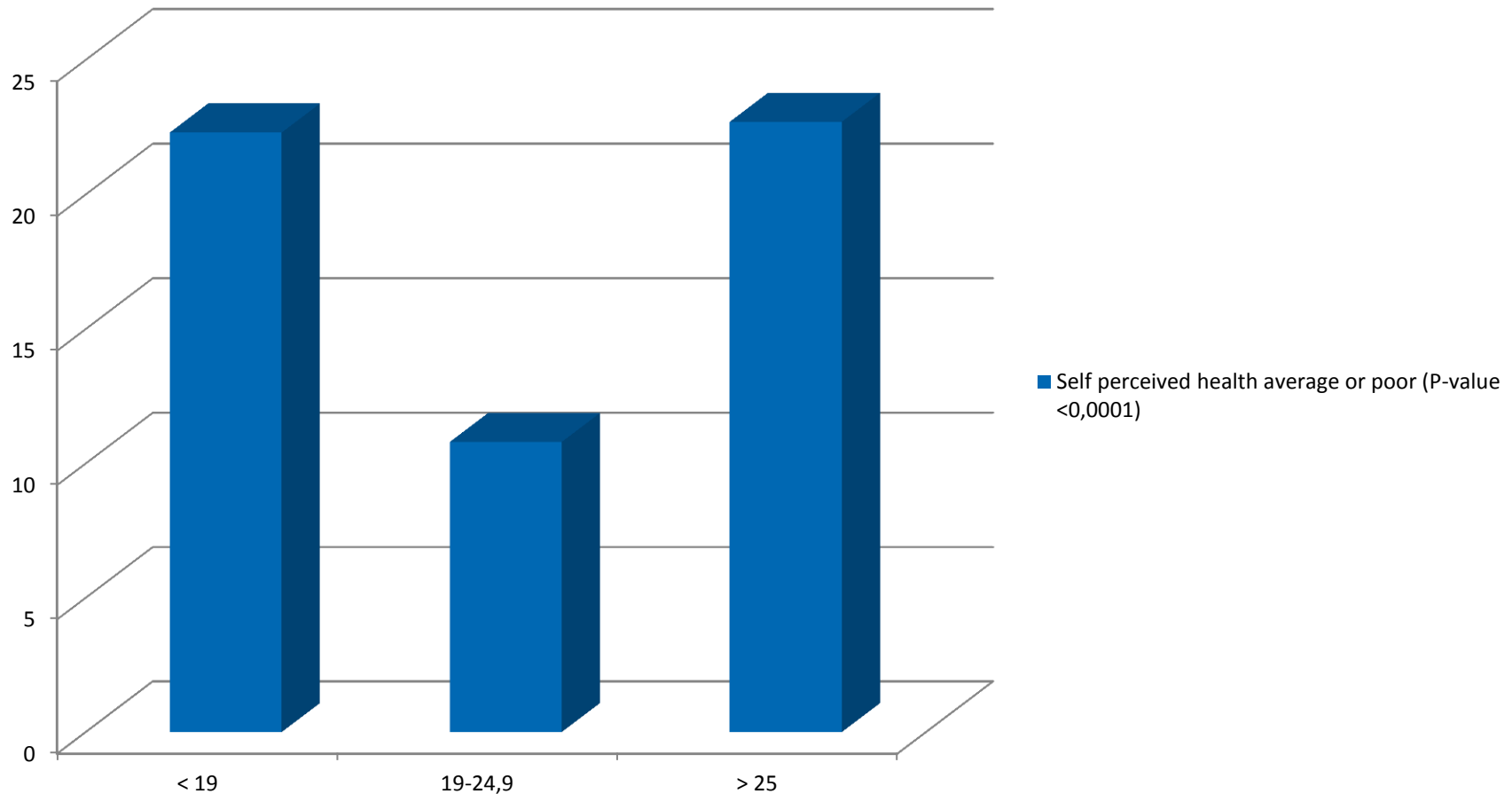
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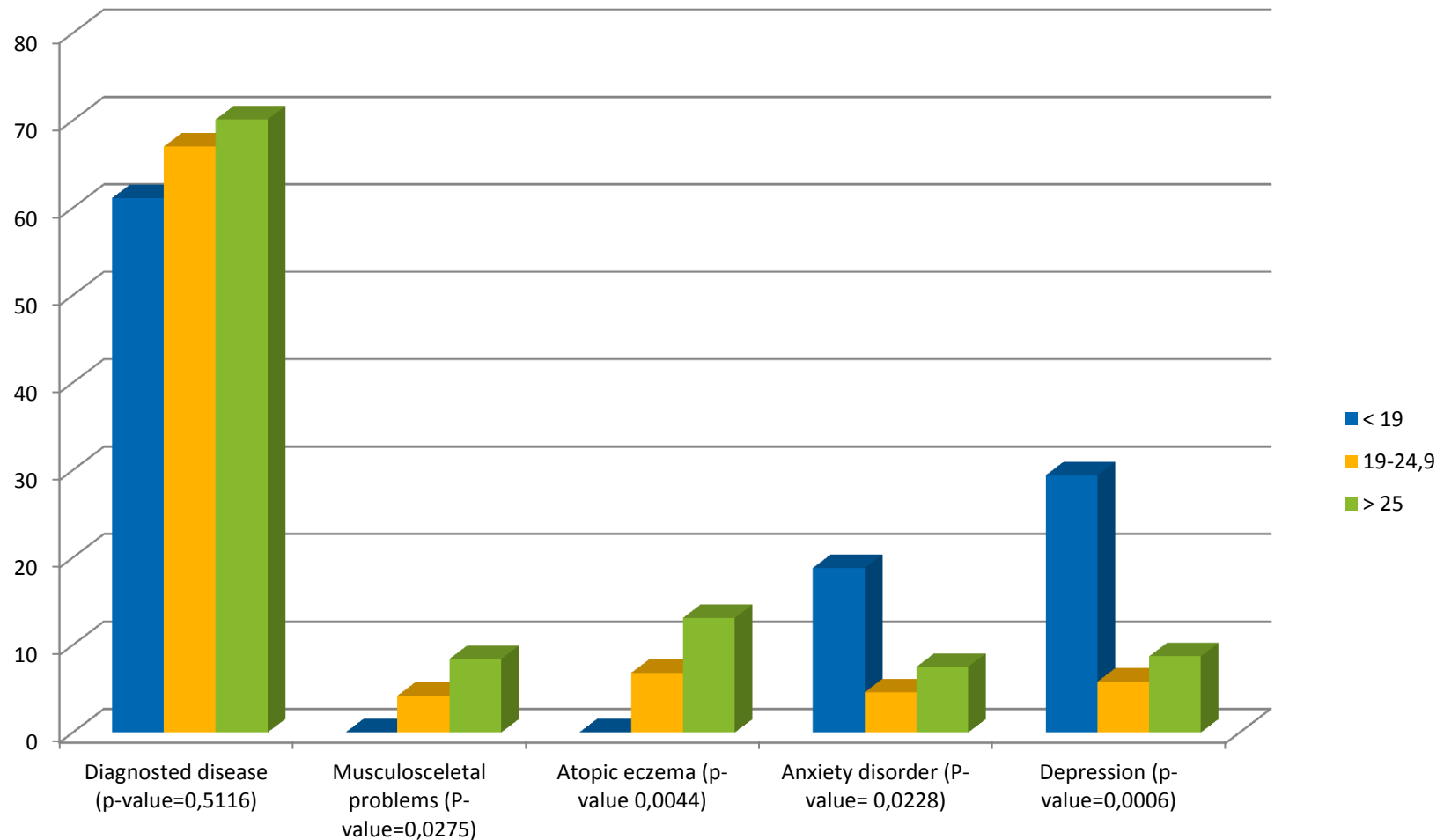
# Average or poor self perceived health in different BMI groups

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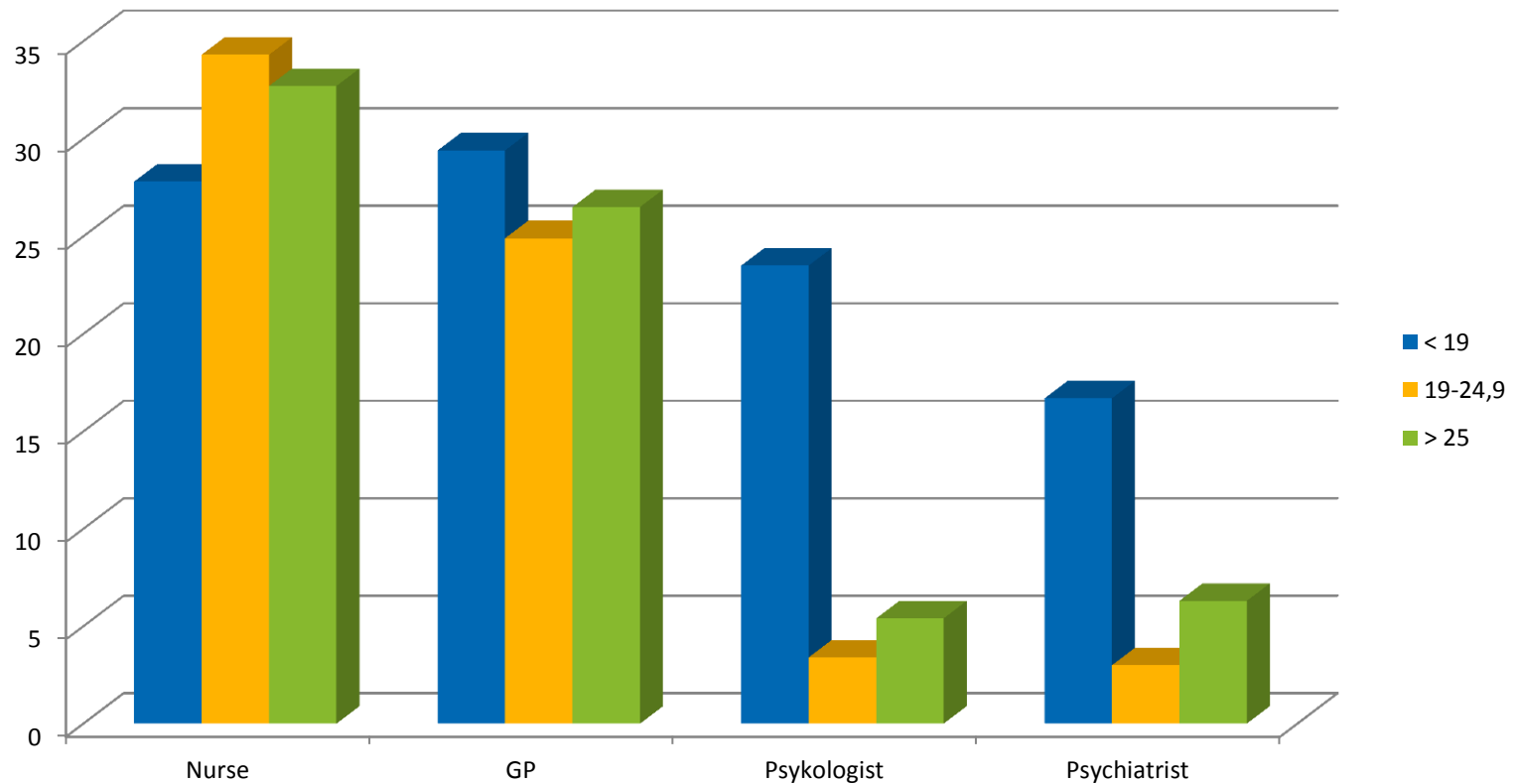


# Diseases (diagnosed) in different BMI groups (%)

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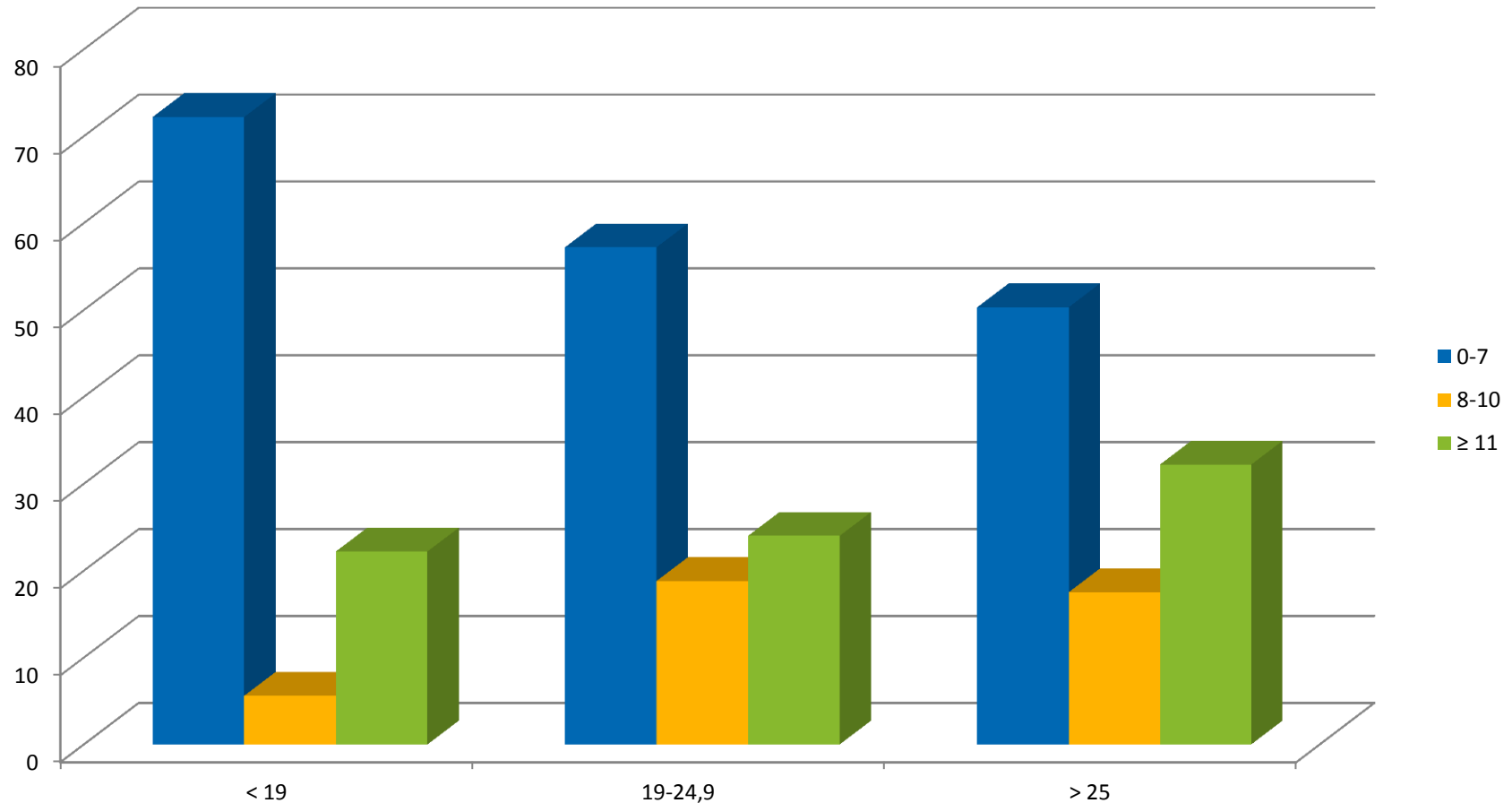
# Use of FSHS services





# Alcohol consumption (AUDIT score) and BMI (p-value =0,0378)

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