

BETTER STUDENT HEALTH

# THE HEALTH BEHAVIOR AND BMI OF MALE FINNISH UNIVERSITY STUDENTS

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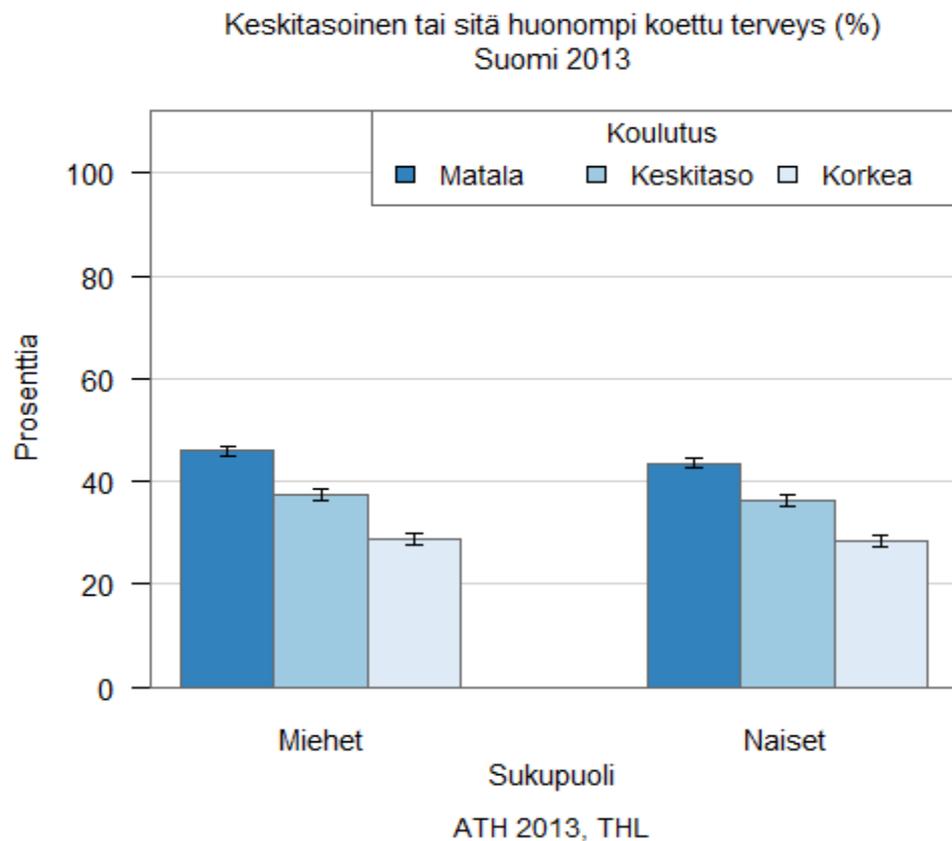
4.6.2015

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



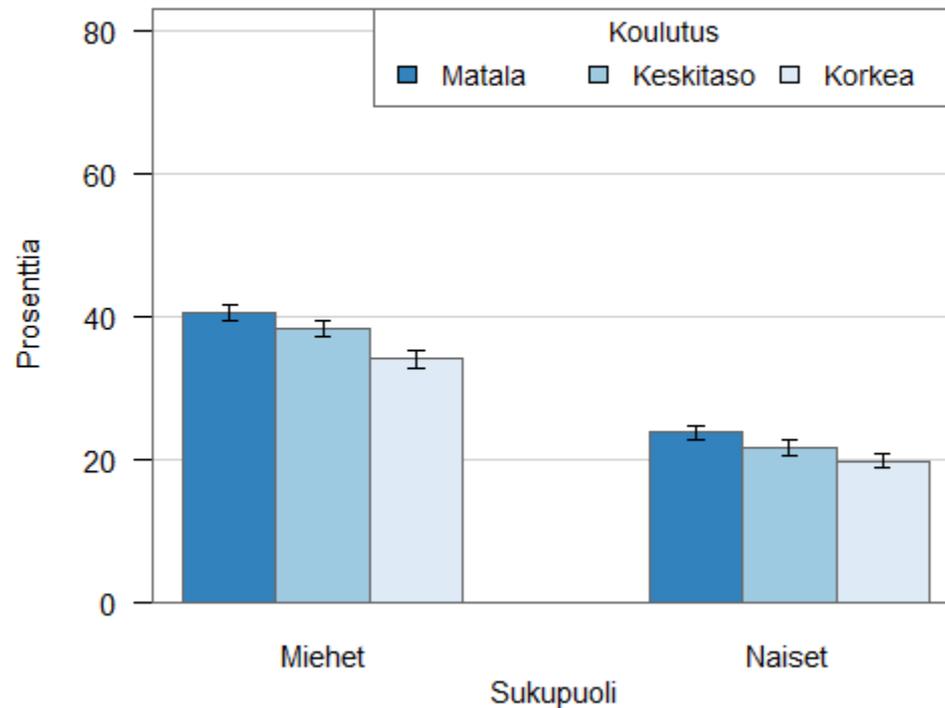
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# Average or poor self perceived health (%) in different education groups



# Risk use of alcohol (AUDIT-C score ≥ 2)

Alkoholia liikaa käyttävät (AUDIT-C) (%)  
Suomi 2013

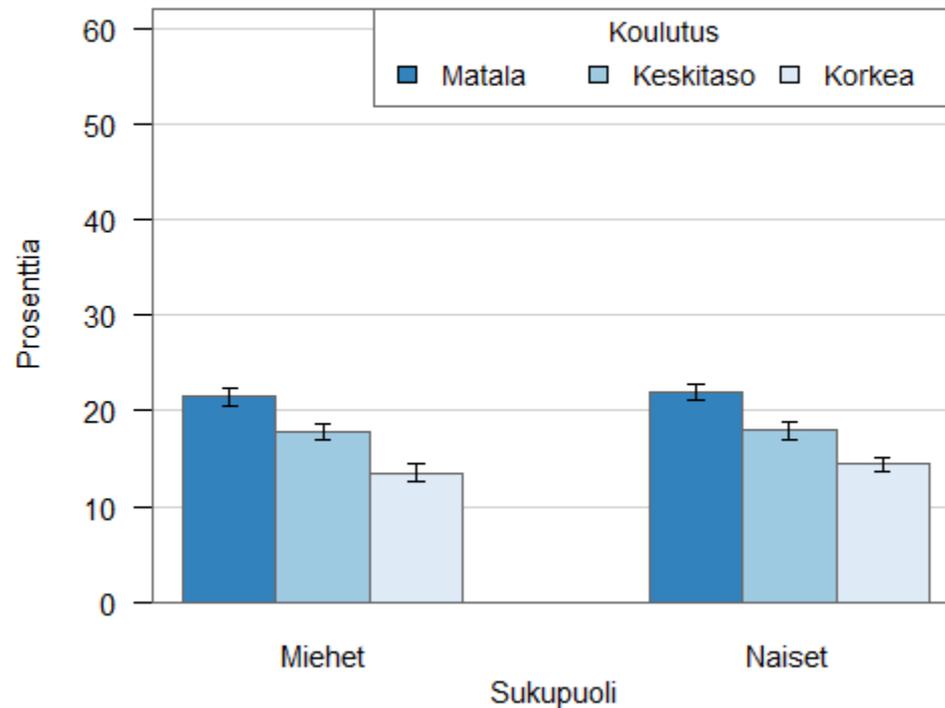


ATH 2013, THL



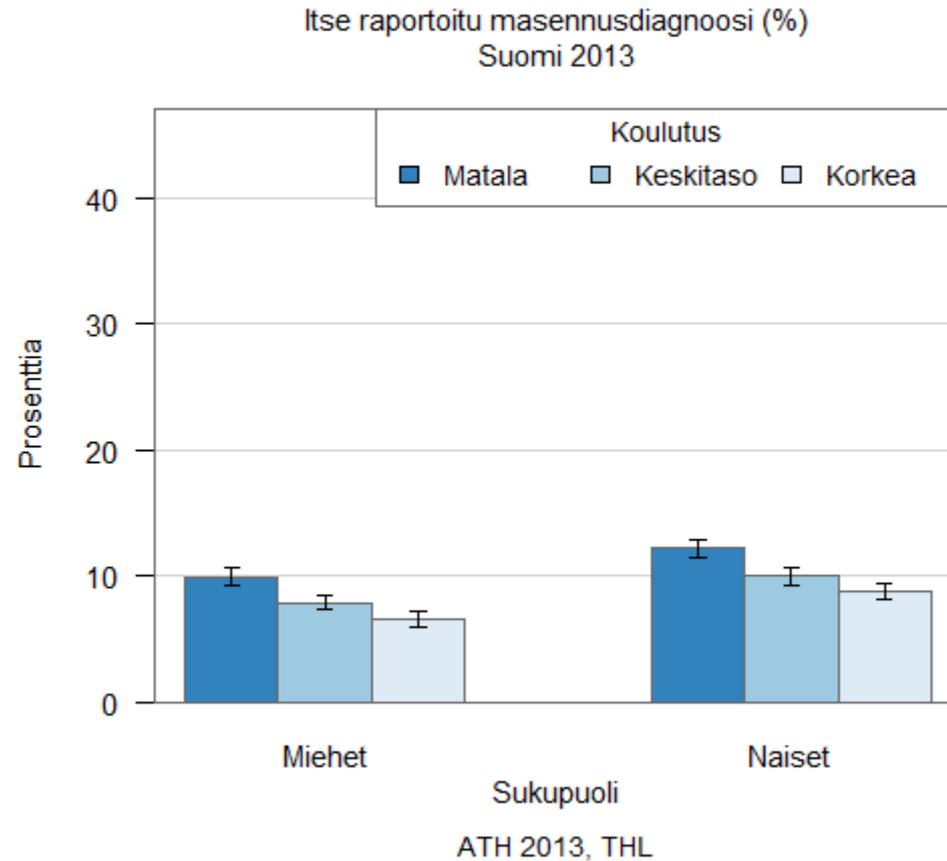
# Obesity (BMI $\geq 30$ ) and education

Lihavien osuus (kehon painoindeksi BMI  $\geq 30$  kg/m<sup>2</sup>) (%)  
Suomi 2013



ATH 2013, THL

# Depression (self reported) and education





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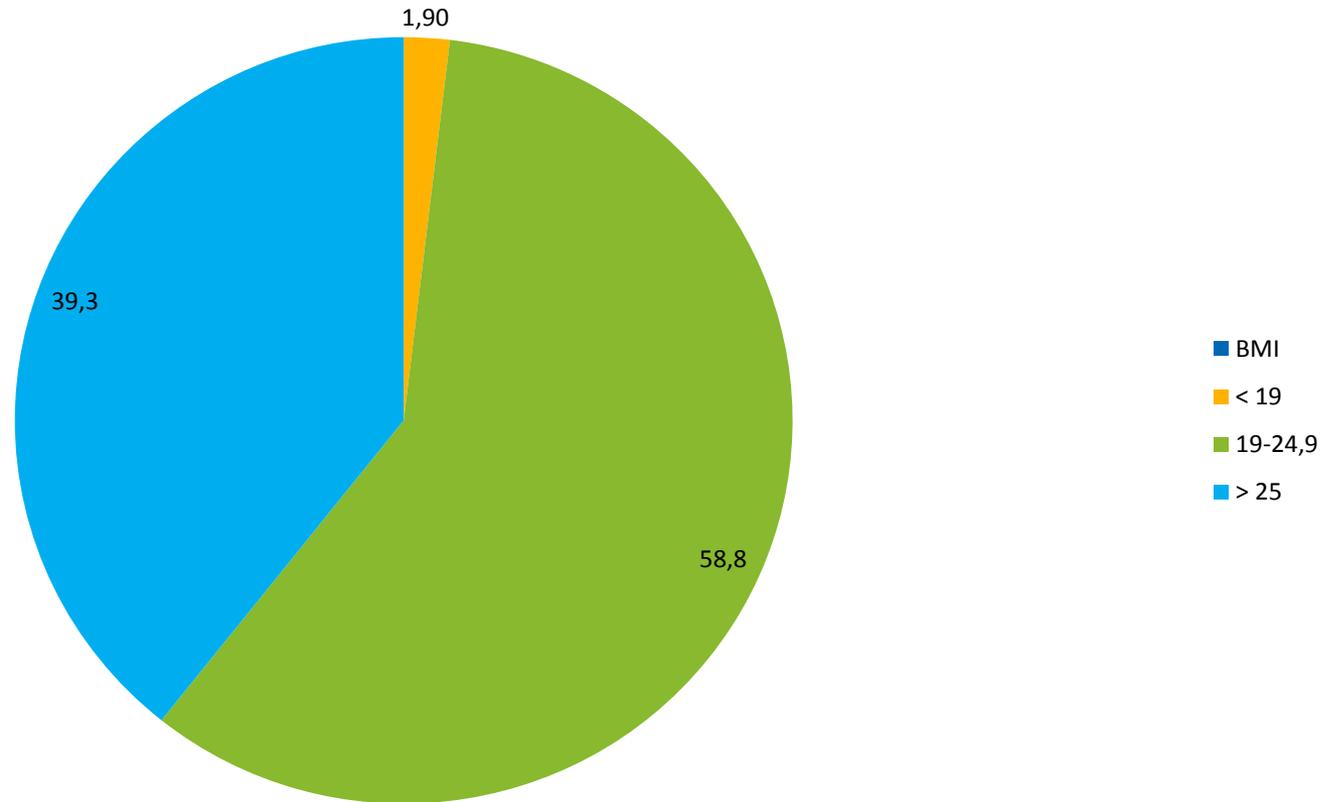
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- was carried in 2012
- covered university students (age < 35 years)
- representative sample of 5000 students
- The response rate of this online or postal questionnaire survey was 39 % for men, N=911.
- The health and health behavior of students with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



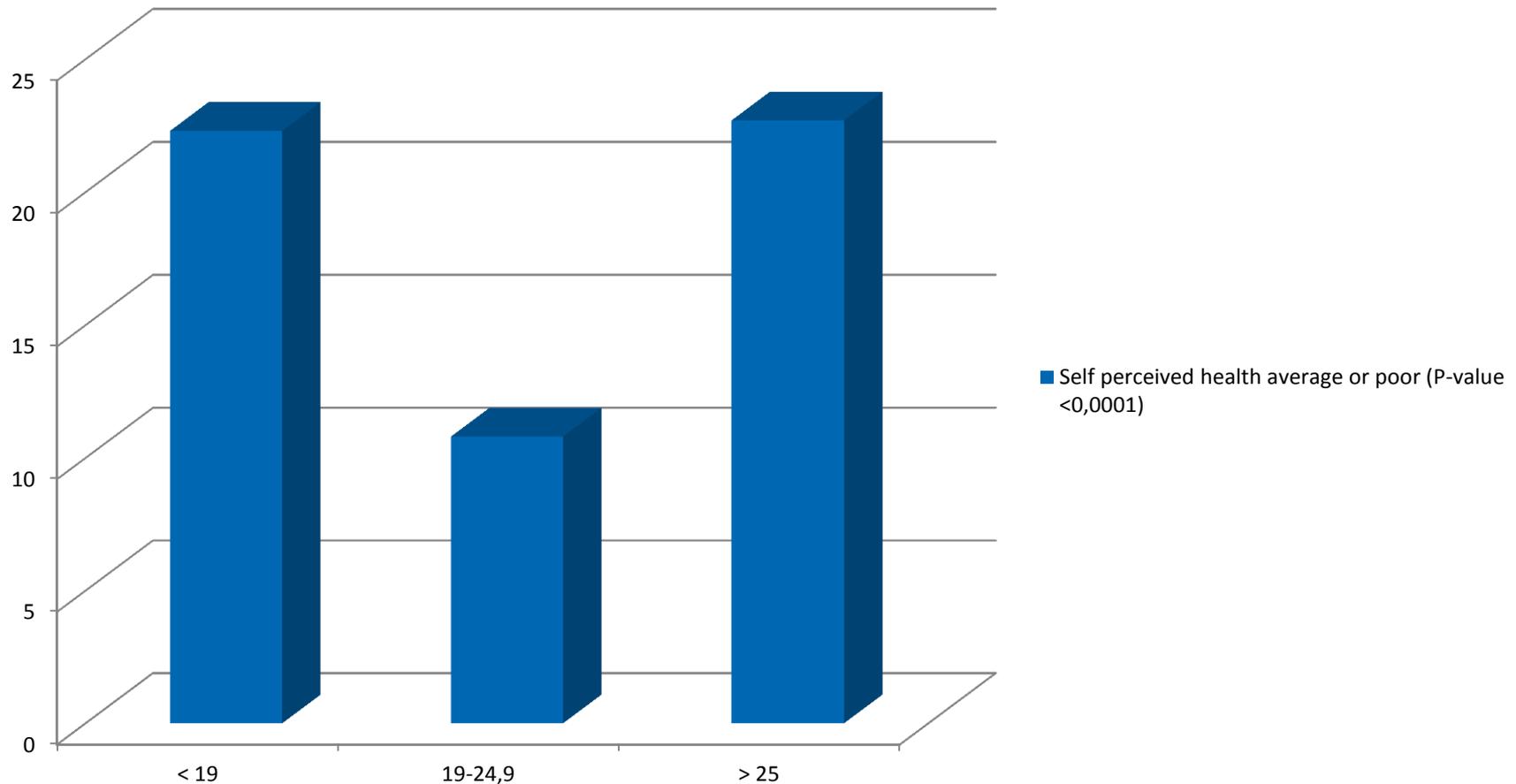
# BMI of male Finnish university students

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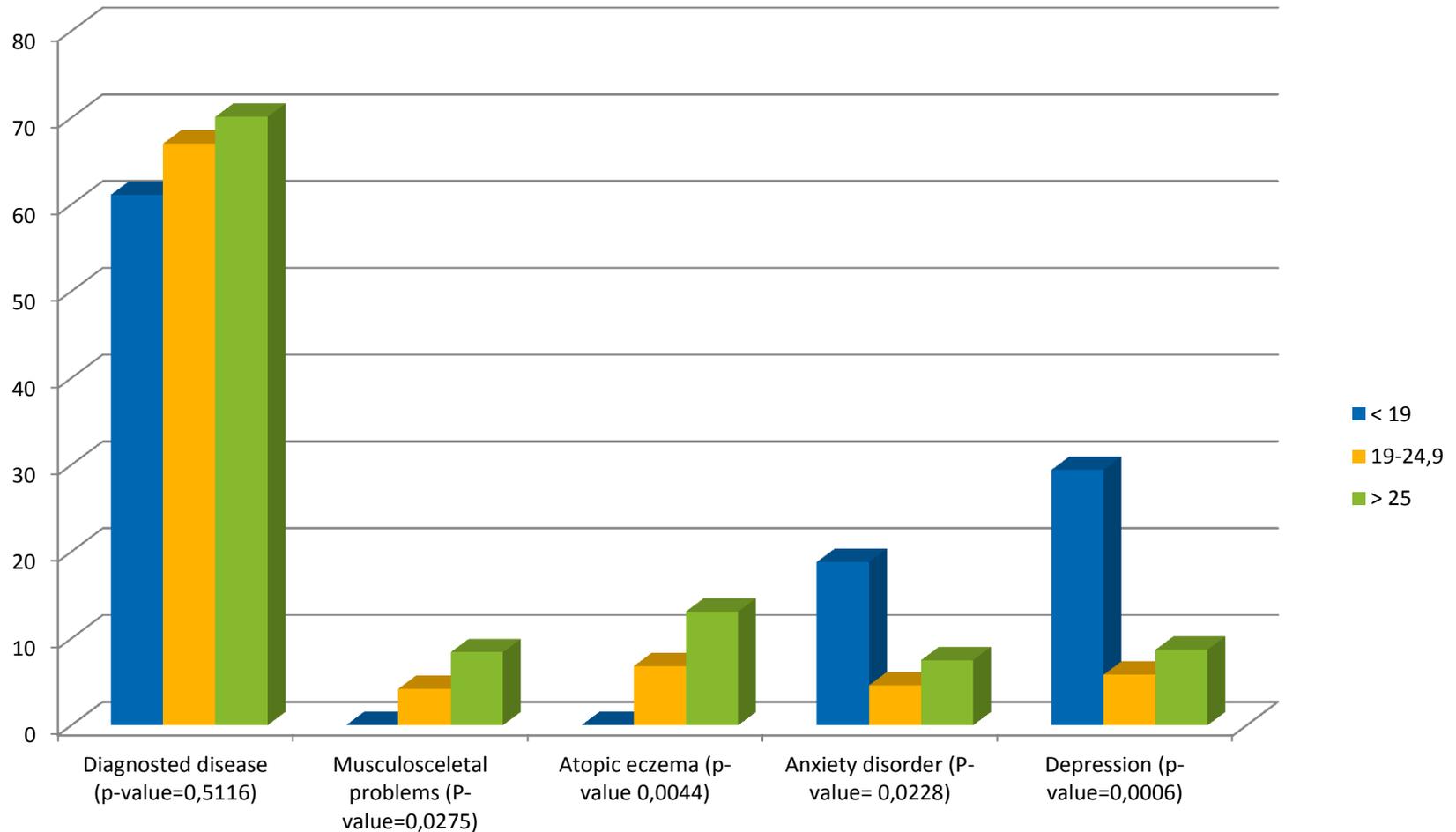
# Average or poor self perceived health in different BMI groups

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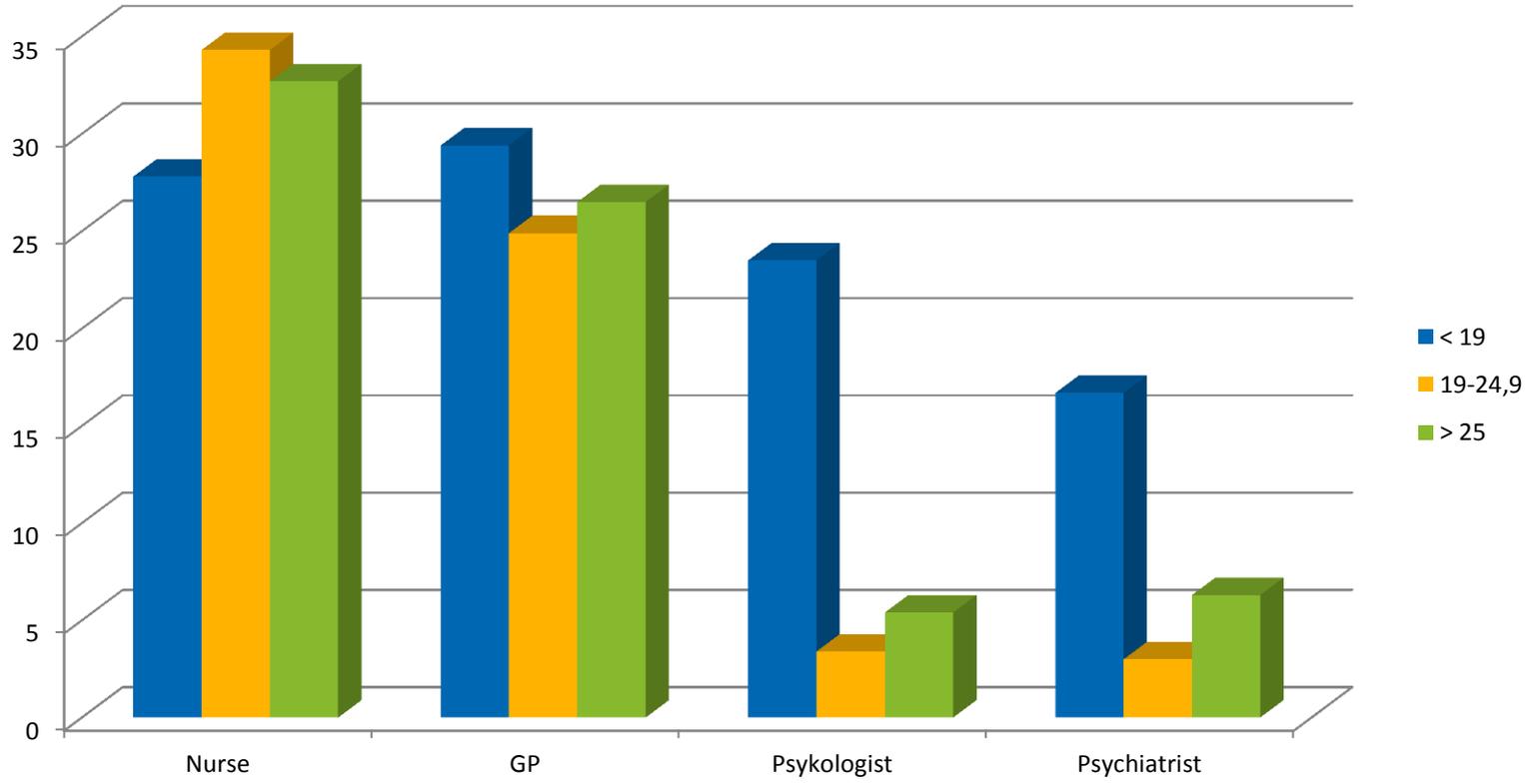


# Diseases (diagnosed) in different BMI groups (%)

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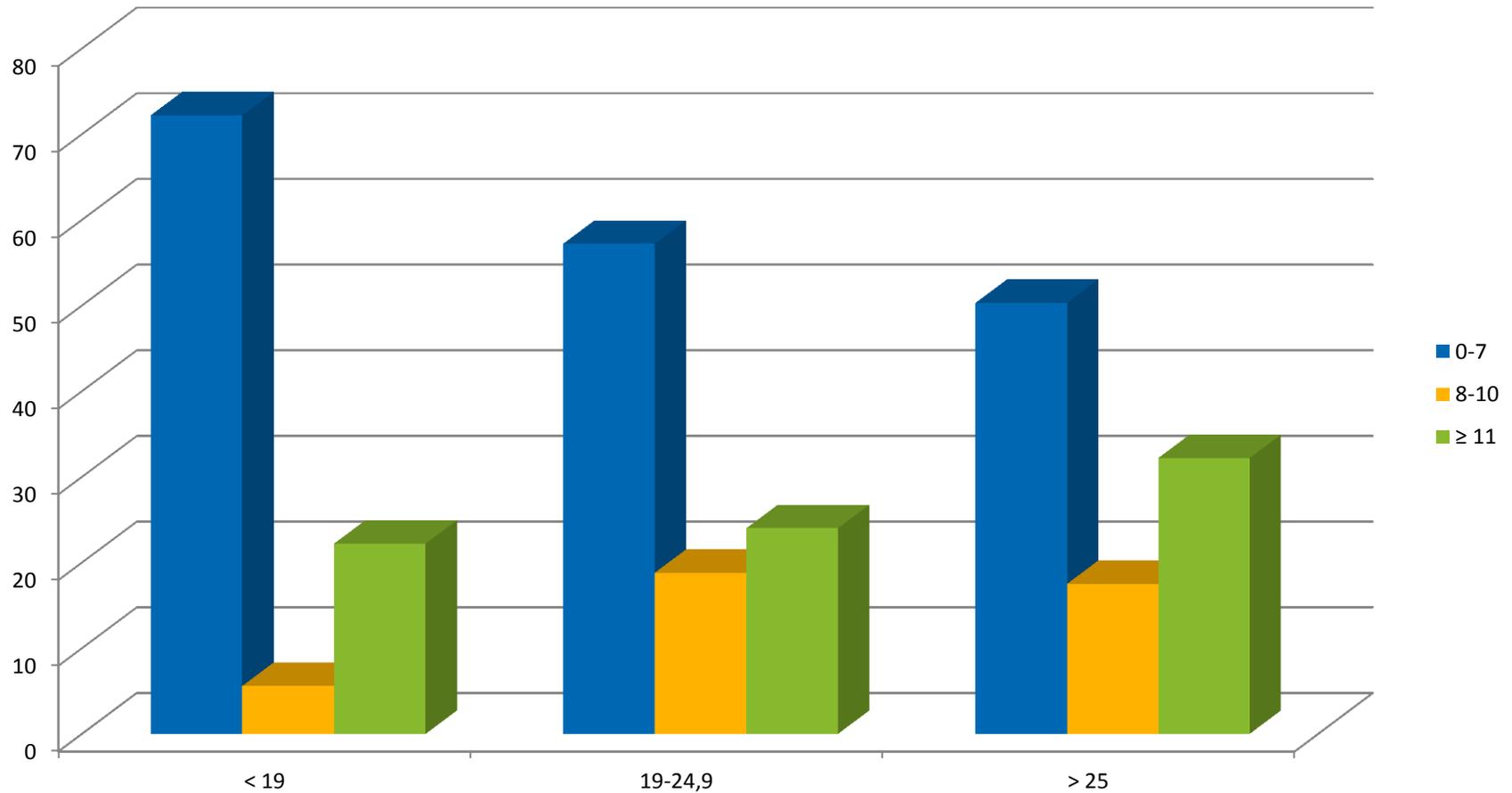
# Use of FSHS services





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

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