



Daily life of young people

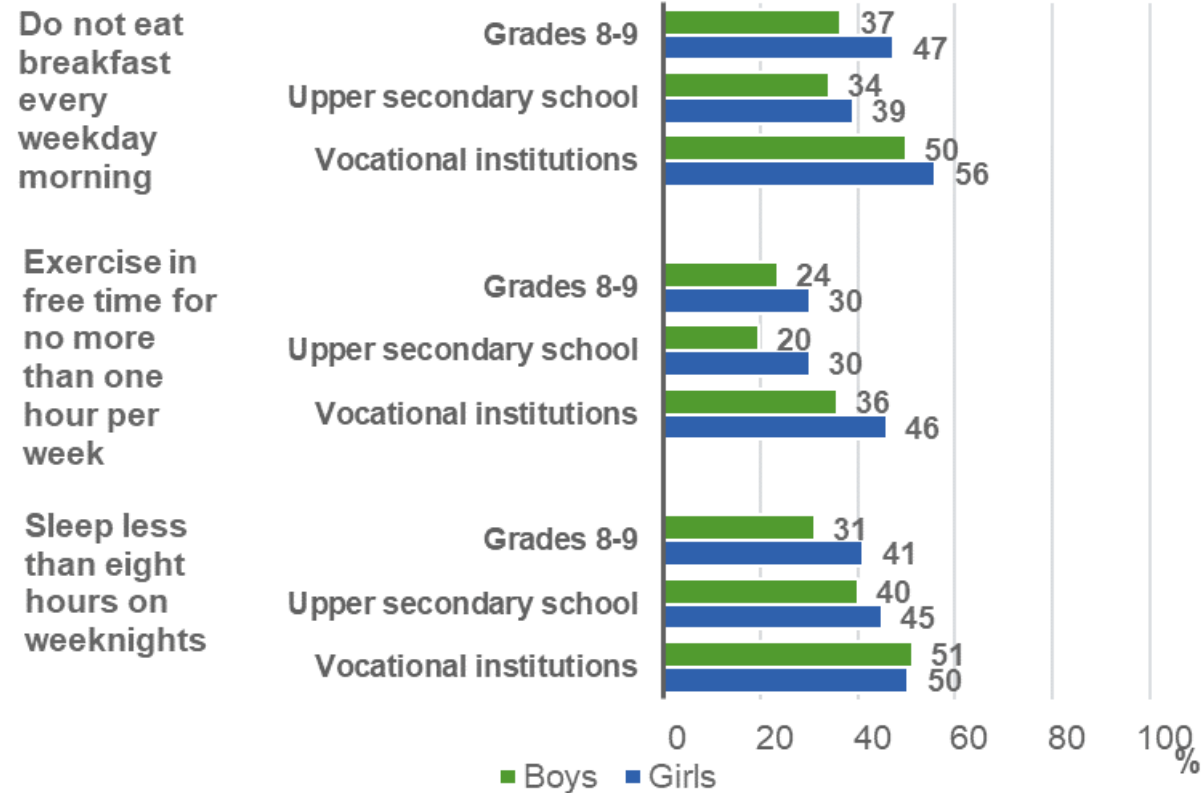
School Health Promotion study 2023

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Finnish Institute for Health and Welfare

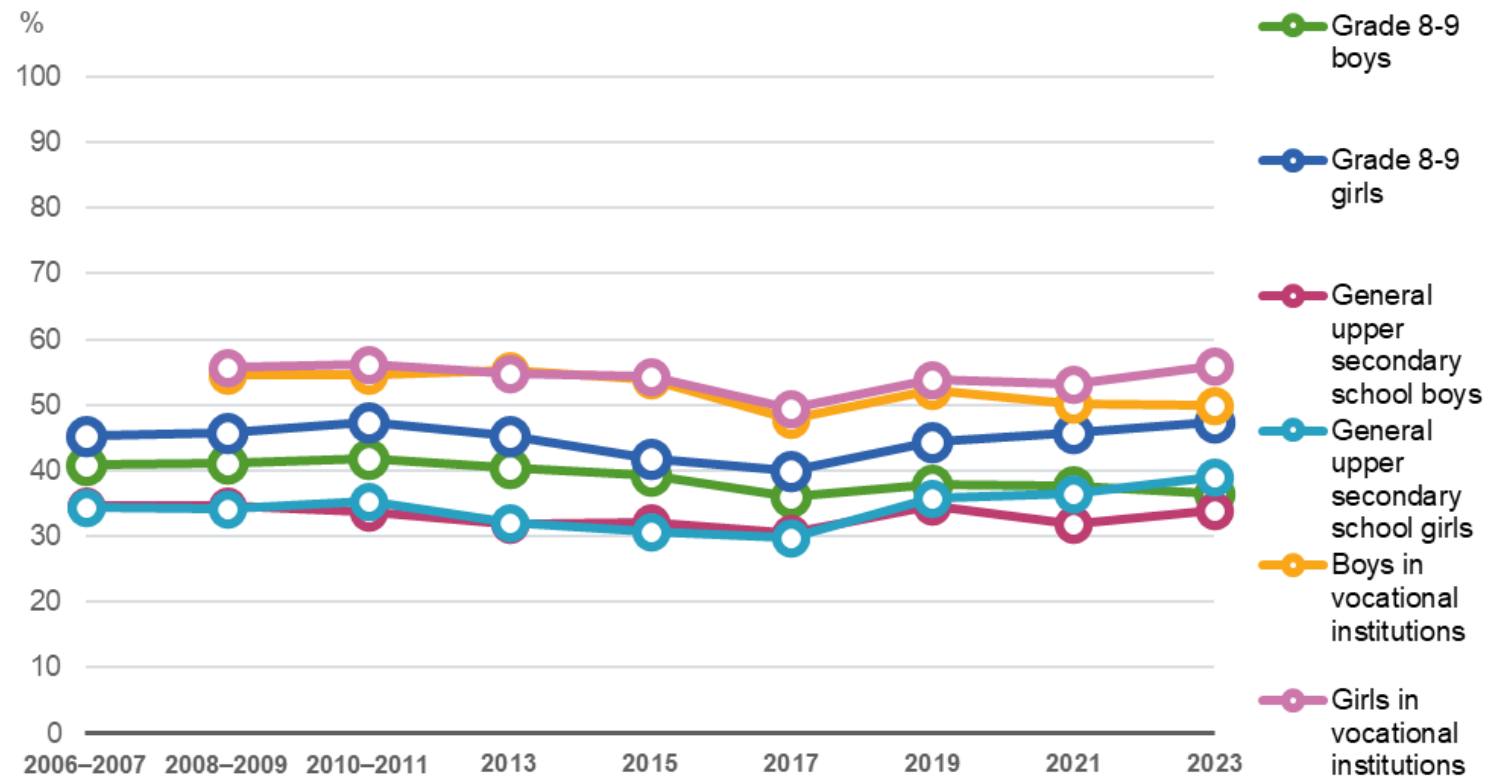
Indicators describing the daily life of young people by gender and school level in 2023, %



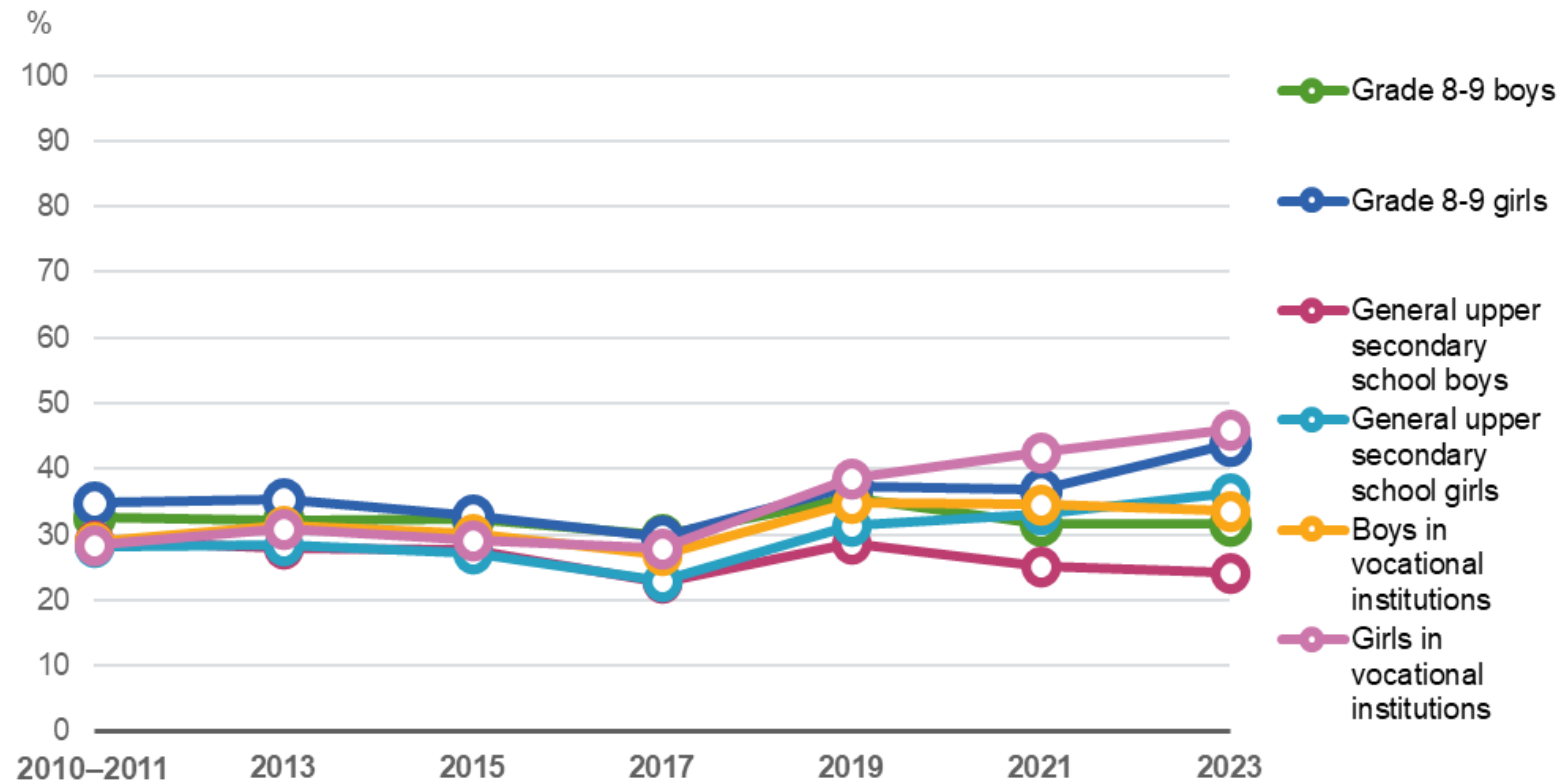
The regional and municipality-specific results of the School Health Promotion Study are published as indicators in the interactive the Health and well-being of children and adolescents environment (Tableau) and in the THL statistical cubes (thl.fi/kouluterveyskysely/tulokset, in Finnish and Swedish)

Also the distribution of responses for questions used in calculating indicators are published in the data cubes. The results can also be examined by background factors, i.e. the educational institution's official language (Swedish, Finnish or other) or the pupil's or student's origin.

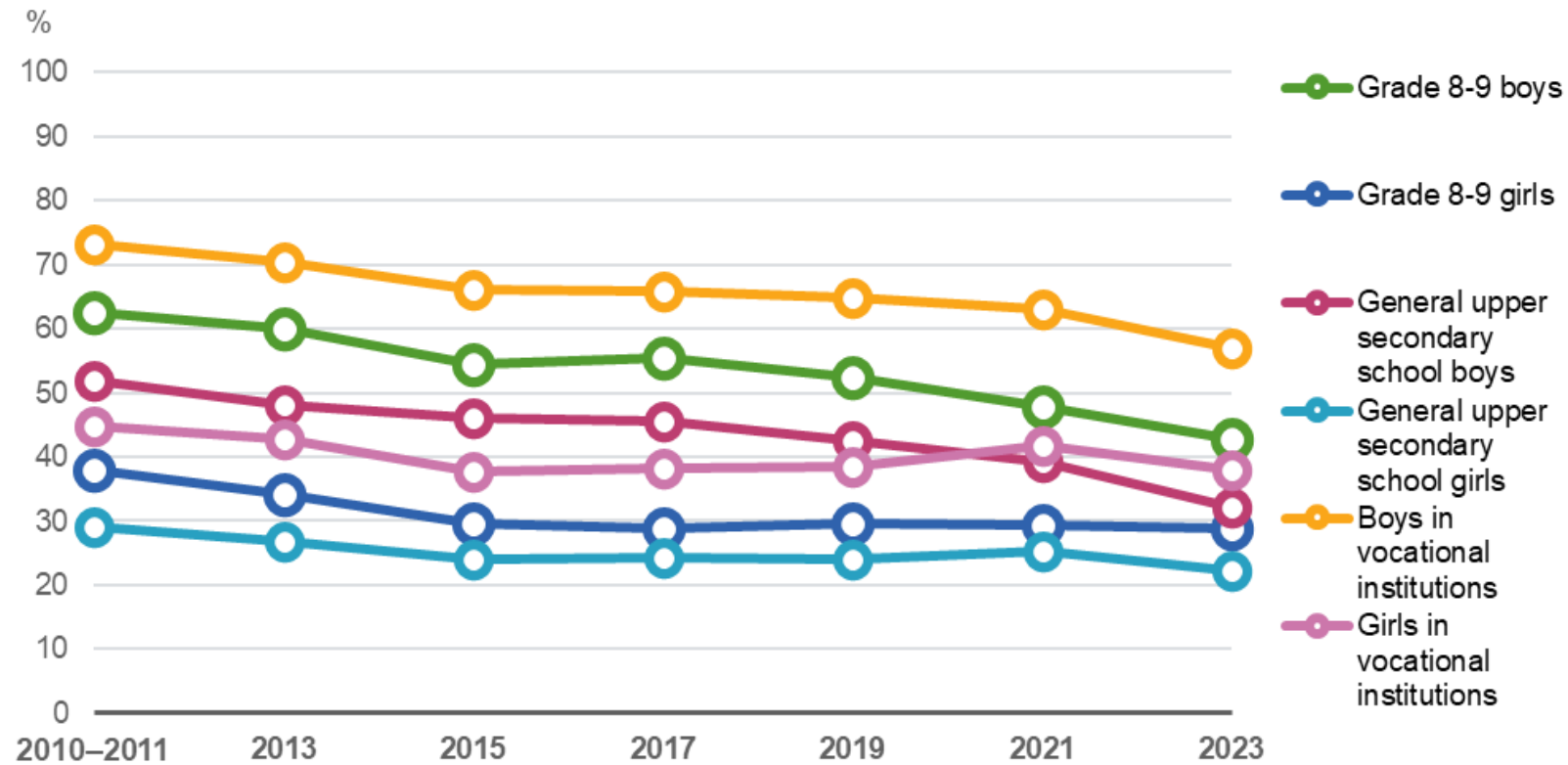
The proportion of young people not eating breakfast every school day morning by gender and school level 2006–2023, %



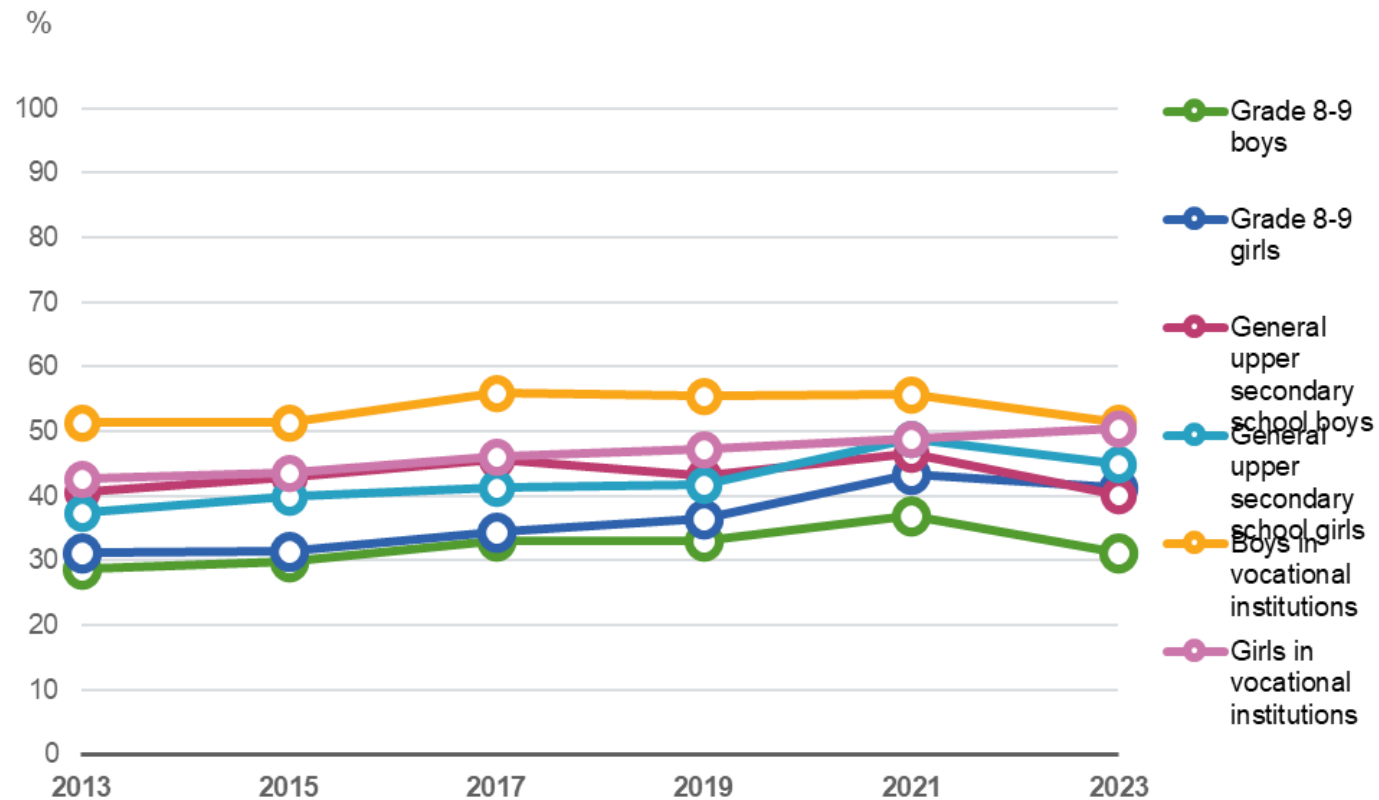
The proportion of young people who do not eat school lunch every day by gender and school level 2010–2023, %



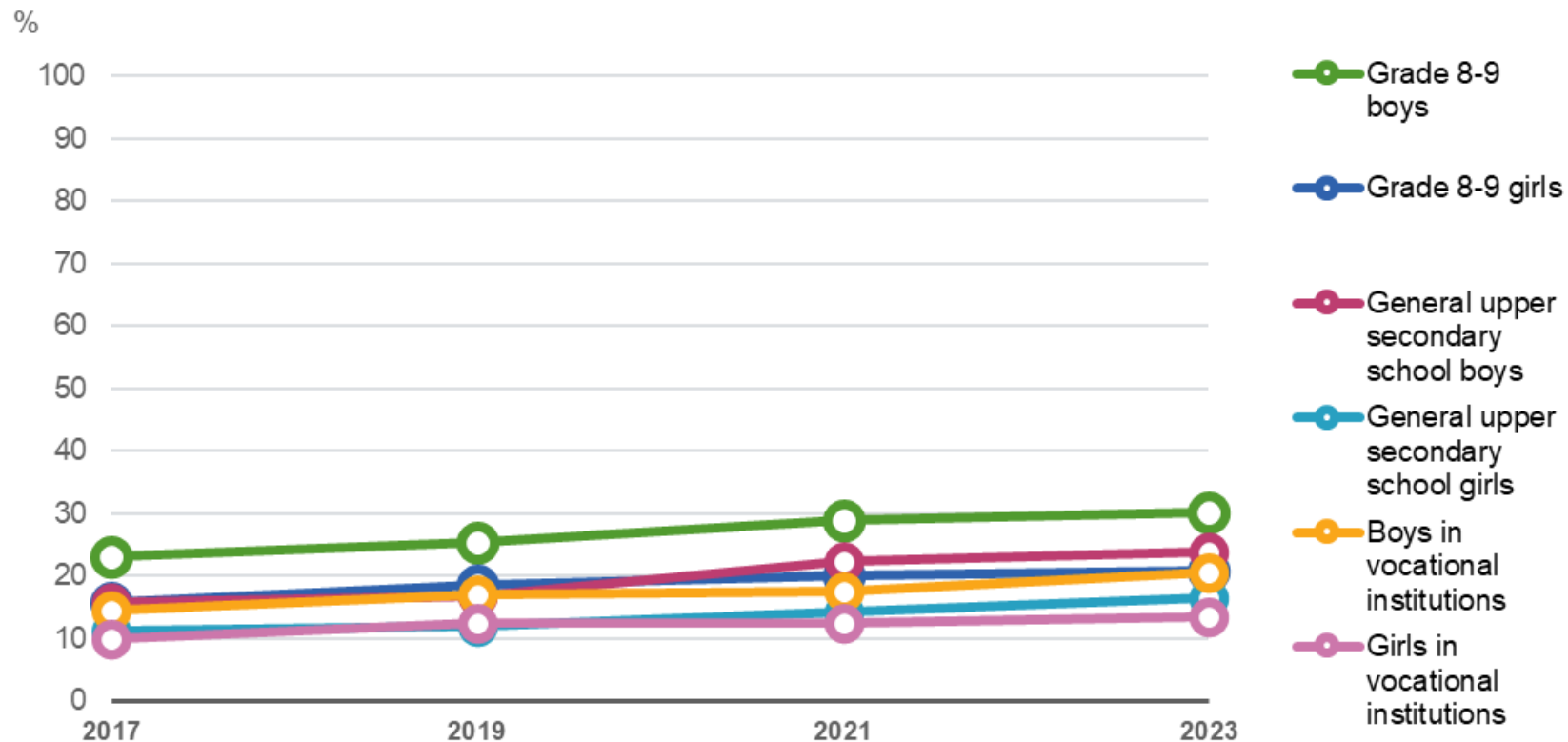
The proportion of young people brushing their teeth less than twice a day by gender and school level 2010–2023, %



The proportion of young people who sleep less than eight hours on weeknights by gender and school level 2013–2023, %

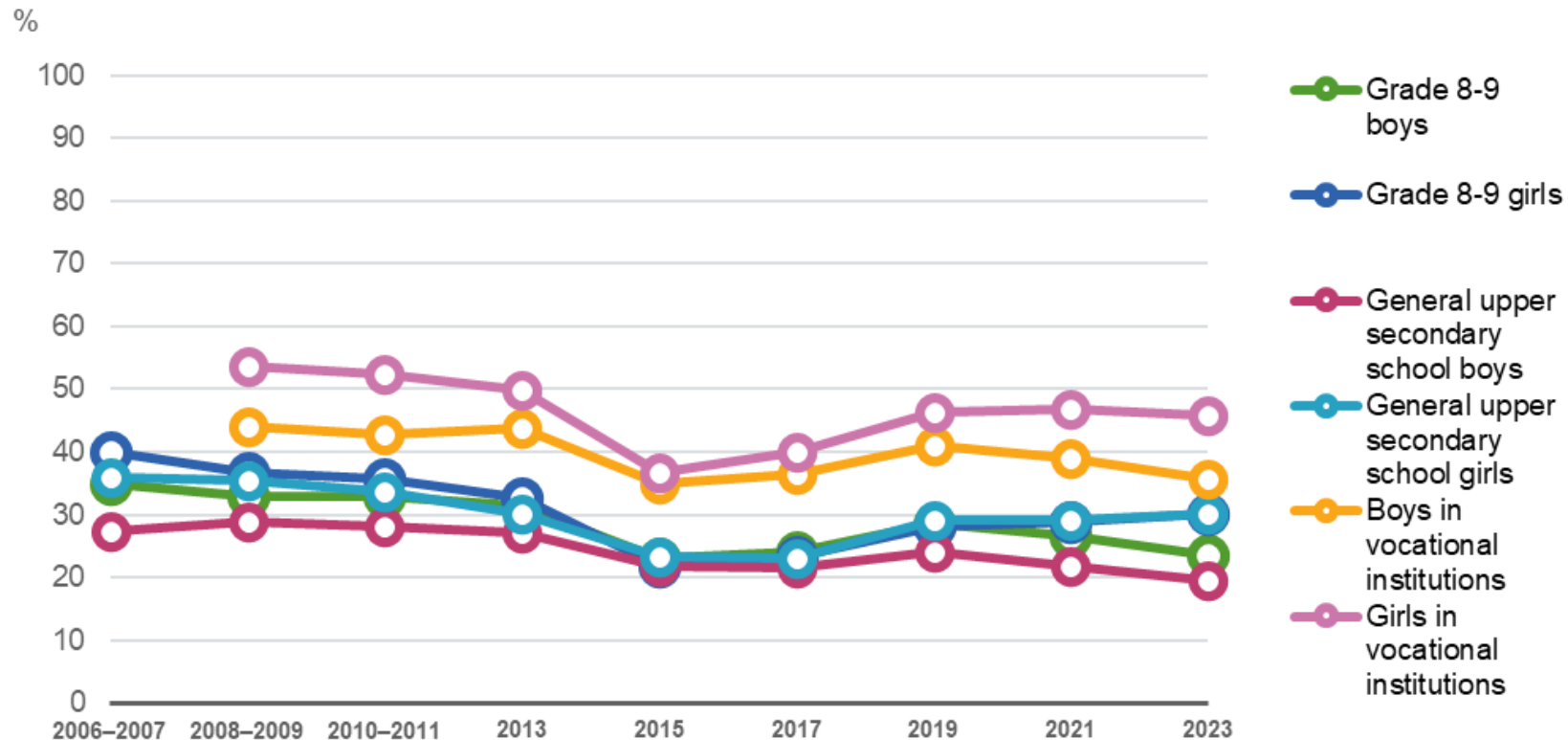


The proportion of young people engaging in at least one hour of physical activity a day by gender and school level 2017–2023, %



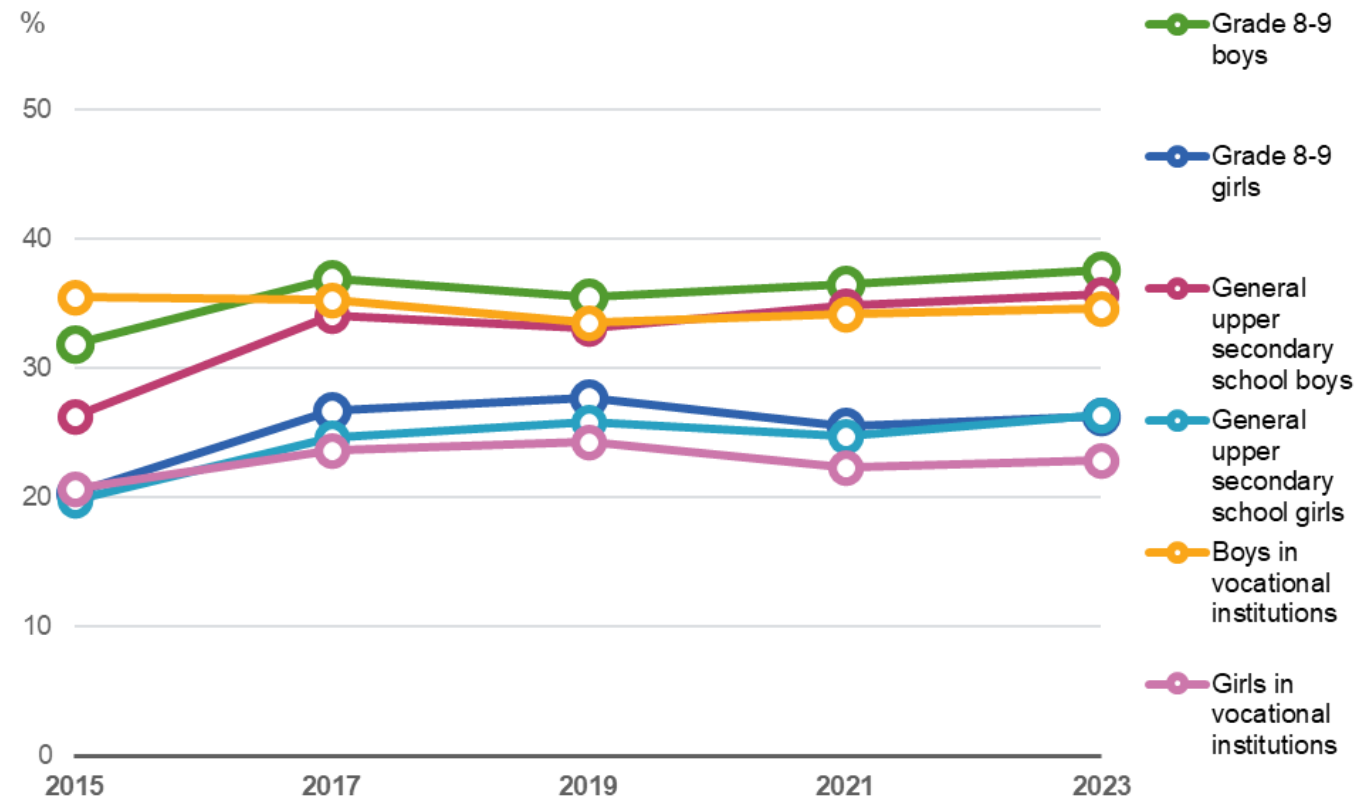
In the question, physical exercise had been defined as any activity that increases the heart rate and causes shortness of breath for a while, for example in sports activities, playing games with friends, on the way to or from school, at recess or in PE class. Examples of physical activity include brisk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

The proportion of young people engaging in vigorous exercise in their free time for no more than one hour per week by gender and school level 2006–2023, %



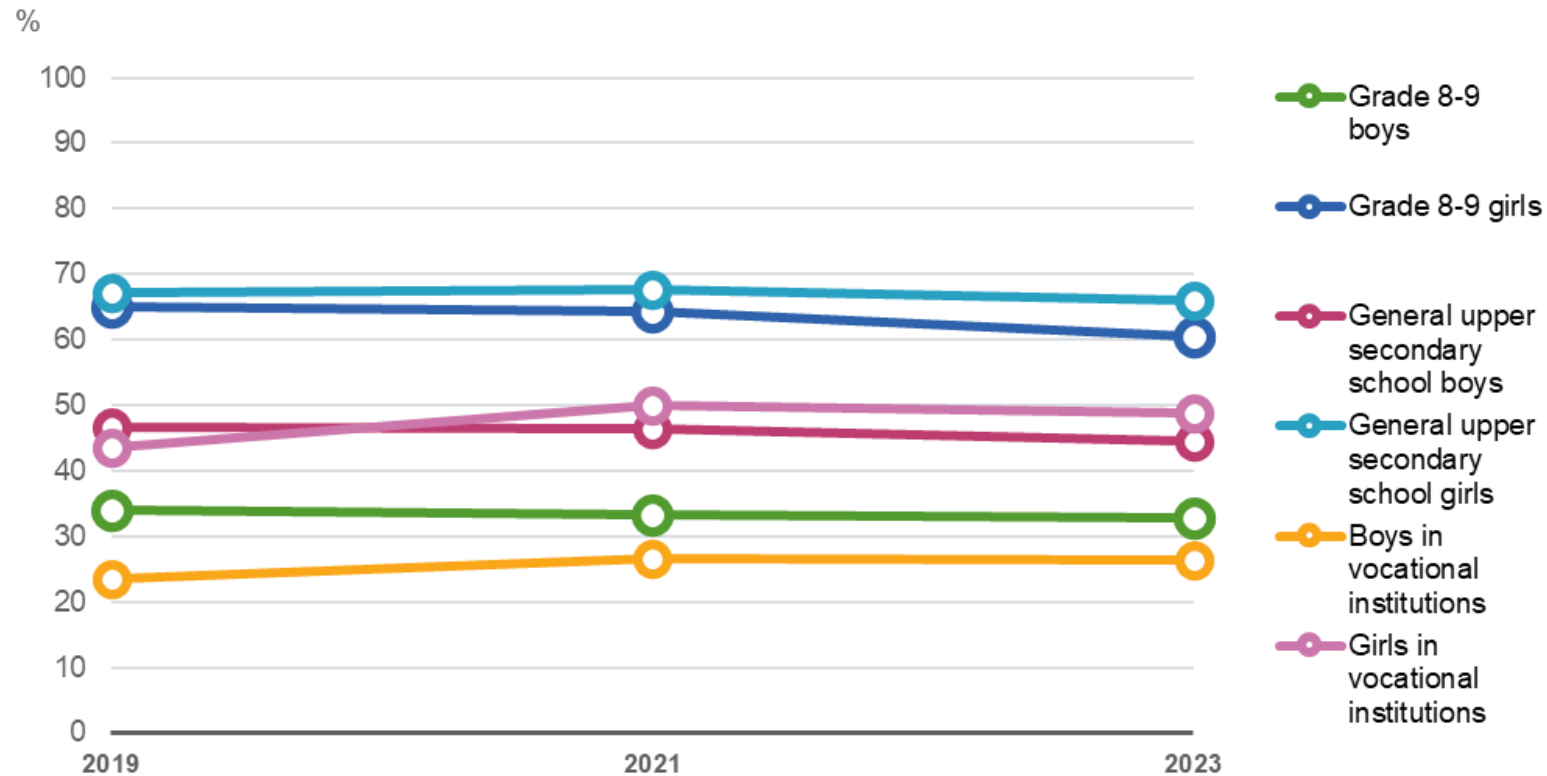
This means engaging in physical activity that causes shortness of breath and sweating.

The proportion of young people who have felt that interesting leisure activities for young people have been organised in their home district, by gender and school level 2015–2023, %



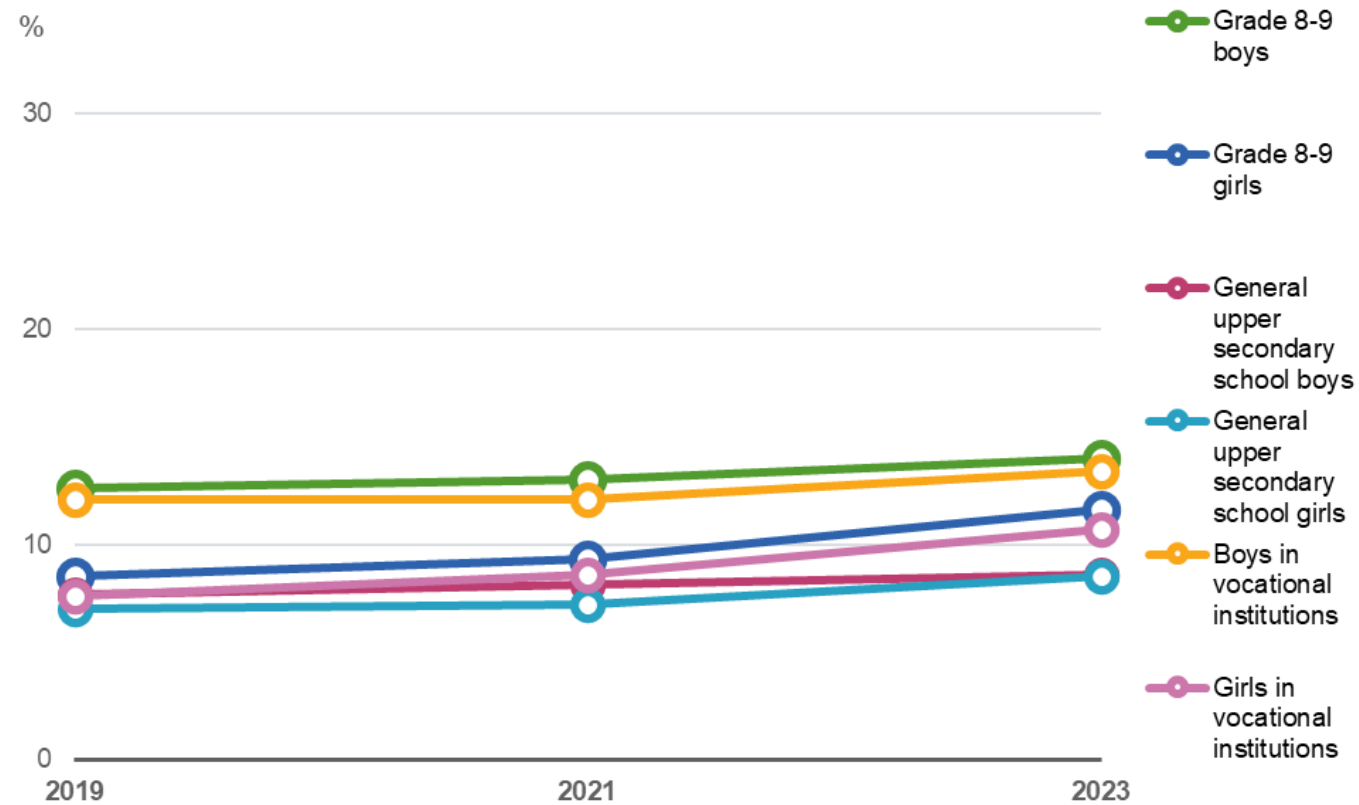
The home district means the city district or, in smaller localities, for example the municipality or an urban centre.

The proportion of young people who had engaged in artistic and cultural activities at least once by gender and school level 2019–2023, %

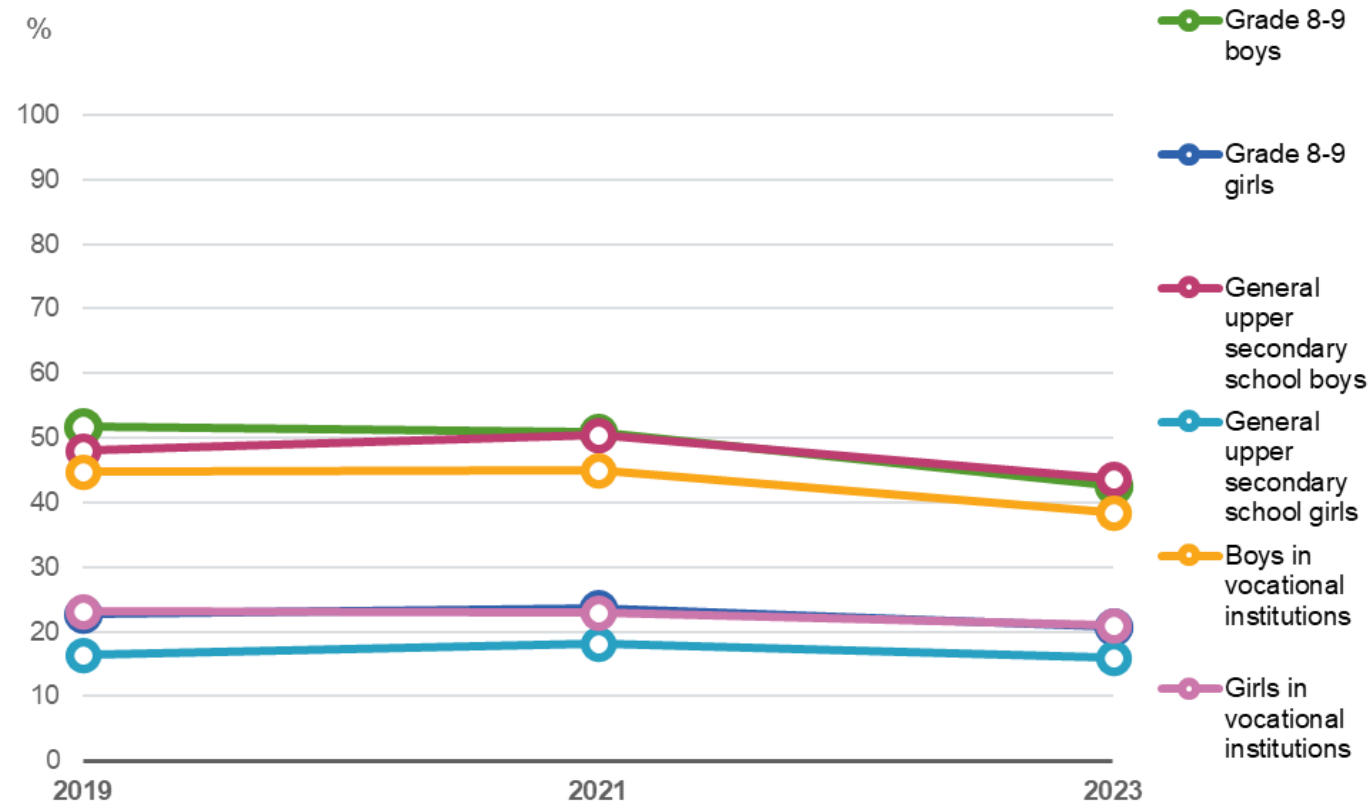


Engaging in artistic and cultural activities includes drawing, writing and coding or going to the theatre, festivals or a circus or visiting a museum. Listening to music, reading books, taking photographs and making videos are also engaging in arts and culture.

The proportion of young people who publish media content at least monthly by gender and school level 2019–2023, %



The proportion of young people playing games with a mobile device or computer almost daily by gender and school level 2019–2023, %



The proportion of young people who have often tried spending less time online but have failed, by gender and school level 2017–2023, %

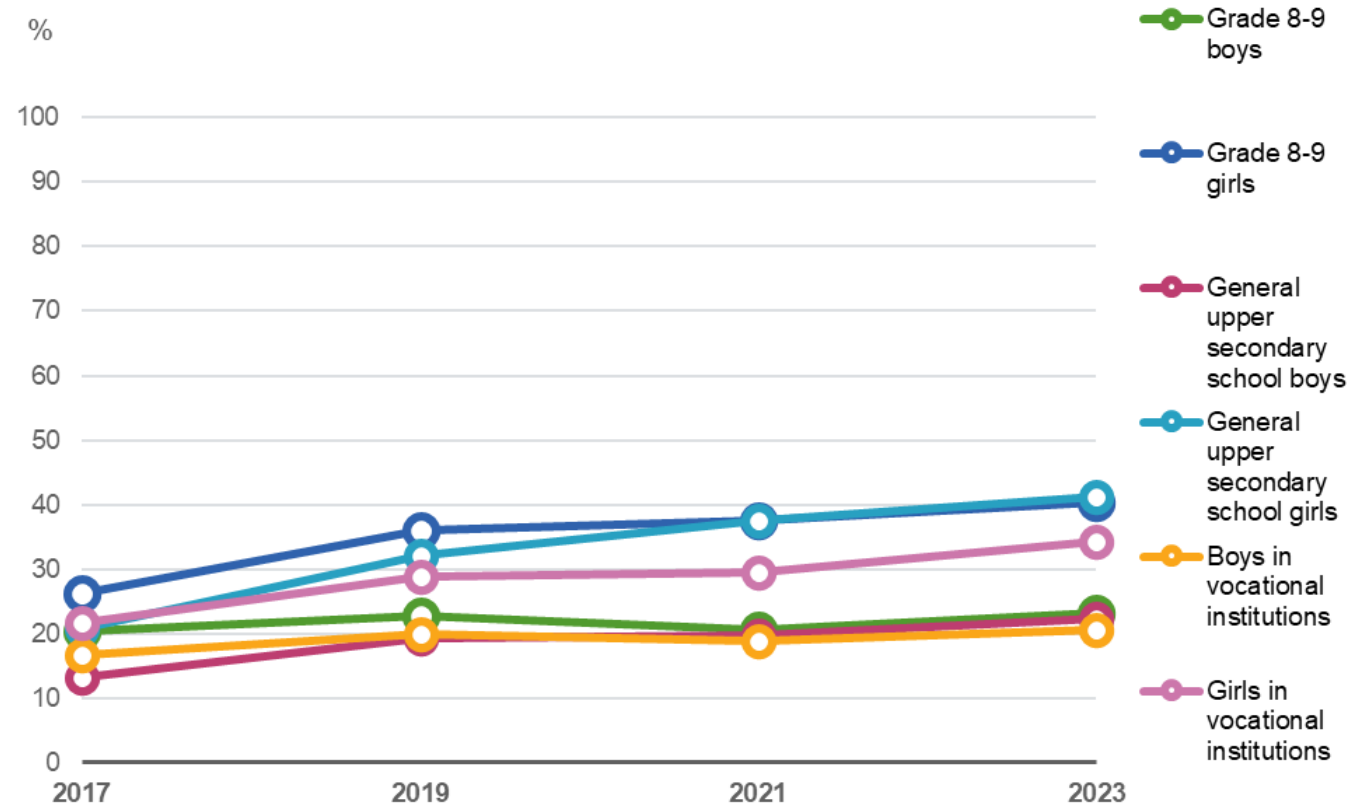


Figure examines excessive use of the internet, which was surveyed with the EIU indicator (Excessive Internet Use). In the question, 'online' is used to refer to the use of applications, games, films or programmes available on various devices (phone, tablet, computer, TV). Social media and online services also come under 'online'.

The proportion of young people who have often failed to eat or sleep because of being online, by gender and school level 2017–2023, %

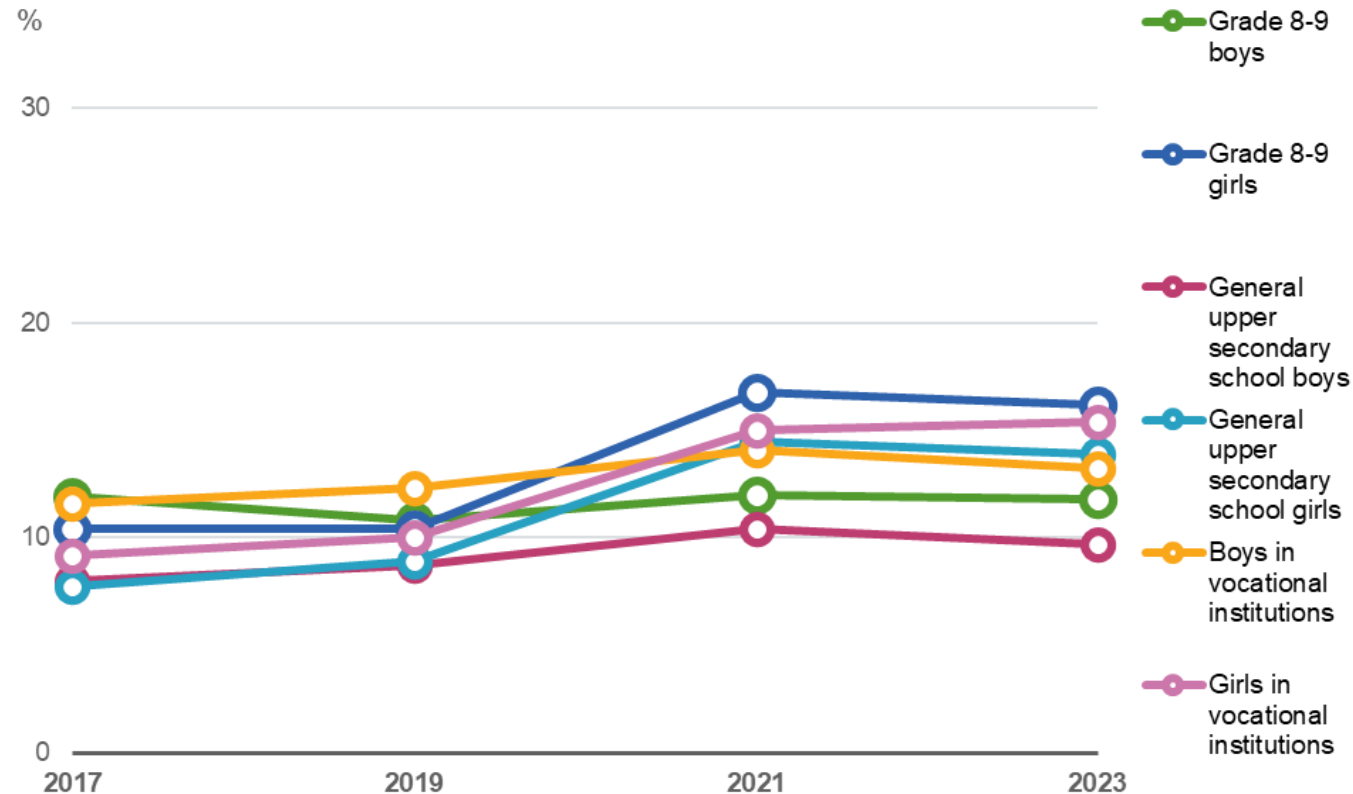


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The proportion of young people who have often felt anxious when they have not been able to get online by gender and school level 2017–2023, %

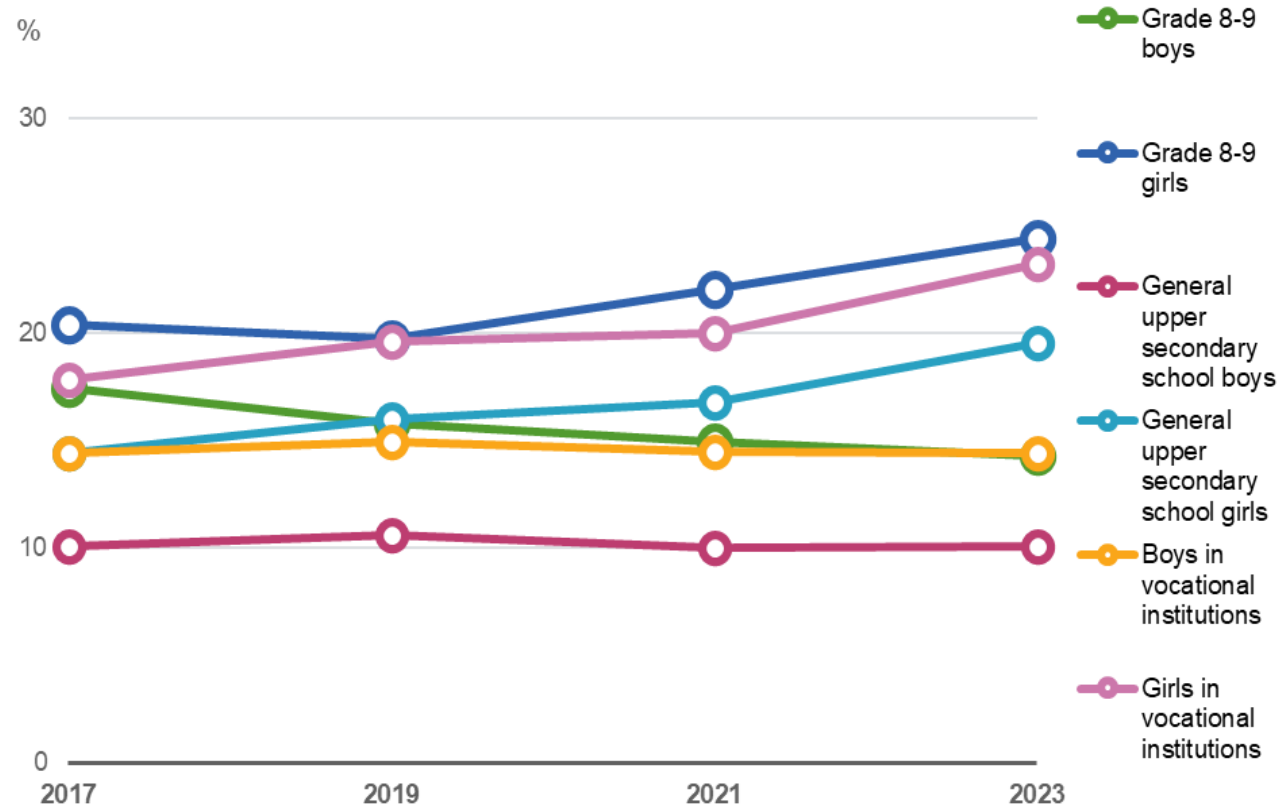


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Main findings

- An increasing number of young people (34–56%) did not eat breakfast every school day morning.
- About one third of young people reported that they do not eat school lunch every day.
- The proportion of young people sleeping less than eight hours on weeknights (31–51%) declined in almost all the age groups.
- The proportion of those engaging in physical activity for at least an hour a day increased slightly in all the age groups.
- 20–36 per cent of boys and 30–46 per cent of girls engaged in very little, i.e. less than one hour of physical activity a week in their free time.
- More than one in ten young people reported that they had often failed to eat or sleep because of being online.