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The National Health Index 2021–2023

Kela

Tilastokeskus

Eläketurvakeskus
PENSIONSSKYDDSCENTRALEN

Finnish Institute for
Health and Welfare

The National Health Index consists of indicators describing regional differences in morbidity and work disability

- Indicators are published for wellbeing services counties, municipalities, and collaborative areas for healthcare and social welfare.
- The indicators are also published separately for men and women, describing regional differences in morbidity and work disability by sex. For example, the indices for men describe regional differences in morbidity and work disability among men.
- Several factors contribute to regional differences.
  - At the individual level, lifestyle factors play a central role. These include, for example, smoking, alcohol use, physical activity and dietary habits, but there are several other factors affecting lifestyles.
  - Unemployment, individuals' financial situation and educational background as well as cultural and genetic factors are reflected in the health and functional capacity of the population.
  - At the level of the service system, regional differences in the availability of health and social welfare services, and in seeking care may contribute to regional differences in morbidity and incapacity to work.
  - There are regional differences in disease treatment practices, in how patient-level medical information is documented, and in how comprehensive data in the Care Register for Healthcare is.
  - There may be deficiencies in the comprehensiveness of register data from Åland arising from people receiving treatment in Sweden. It is, however, likely that morbidity is lower there than elsewhere in the country. The results for Åland show exceptionally low index figures for almost all indicators. They have been excluded from this presentation.

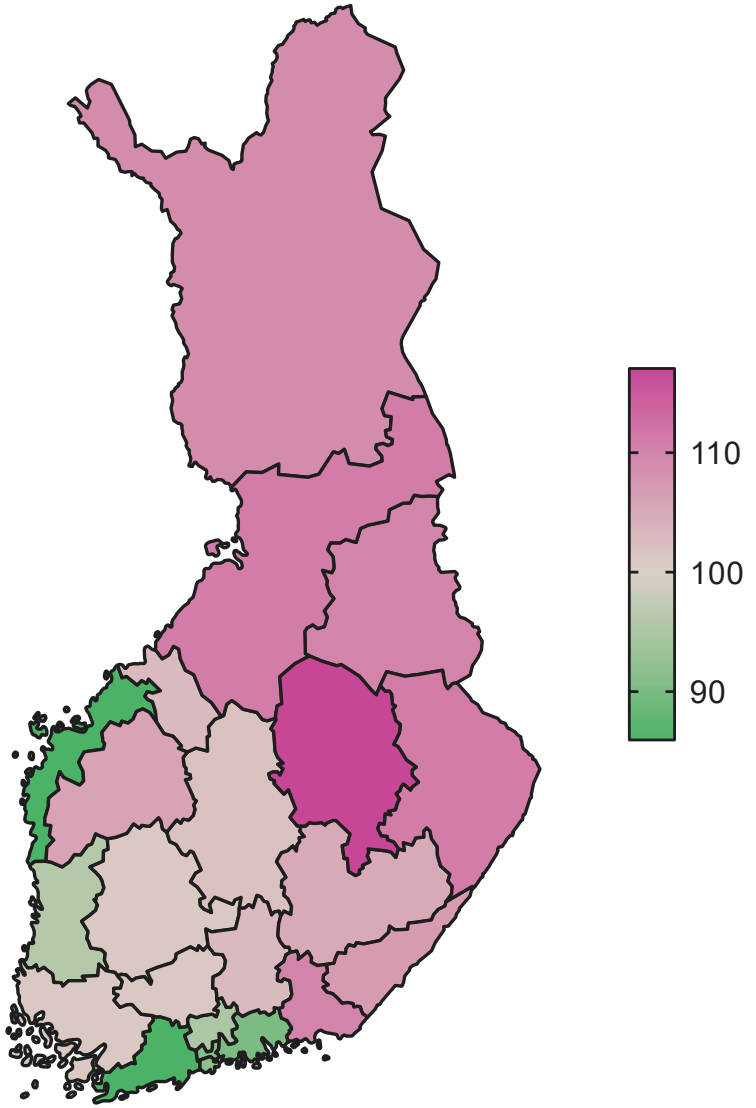
Main findings 2021-2023

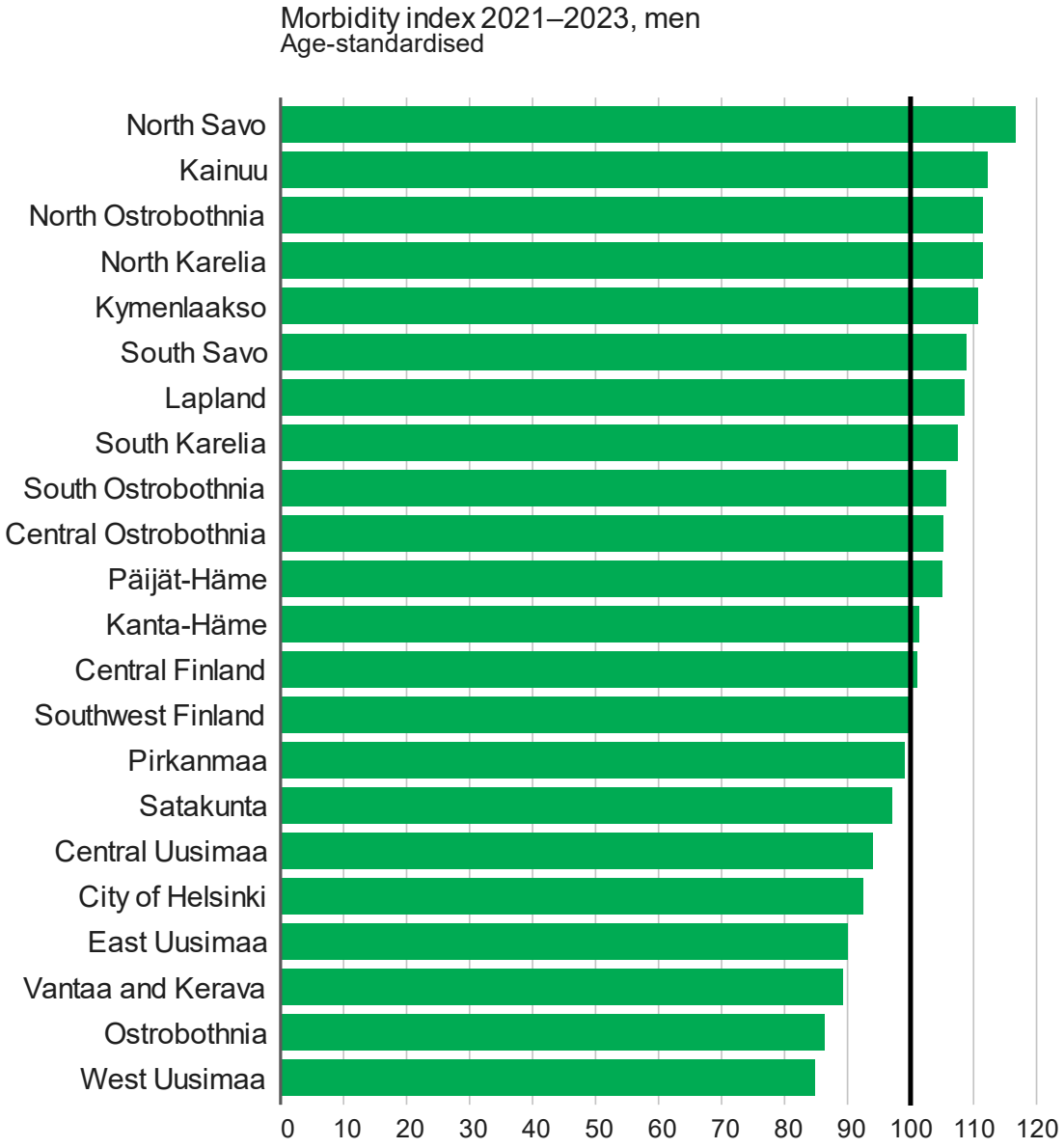
- Morbidity is highest in North Savo, lowest in West Uusimaa.
  - Among men and women, the morbidity index is highest in North Savo. Among men mortality is lowest in West Uusimaa, among women in Ostrobothnia.
- The largest regional differences are found in alcohol-related diseases, musculoskeletal disorders and mental health.
  - For these disease groups mortality is higher than in the whole country in the wellbeing services counties in Eastern and Northern Finland.
  - Alcohol related morbidity is also more prevalent than in the whole country in Päijät-Häme and Kymenlaakso.
- Regional differences in work disability are mainly in line with regional differences in morbidity.
- Work disability is the highest in Kainuu and North Savo and Kainuu, lowest in the Western Uusimaa.
  - Among men the work disability index is highest in Kainuu and among women in North Savo. Among both men and women work disability is lowest in West Uusimaa.
- Regional differences are higher for favourable decisions on vocational rehabilitation applications than for paid work disability pensions and sickness allowances.

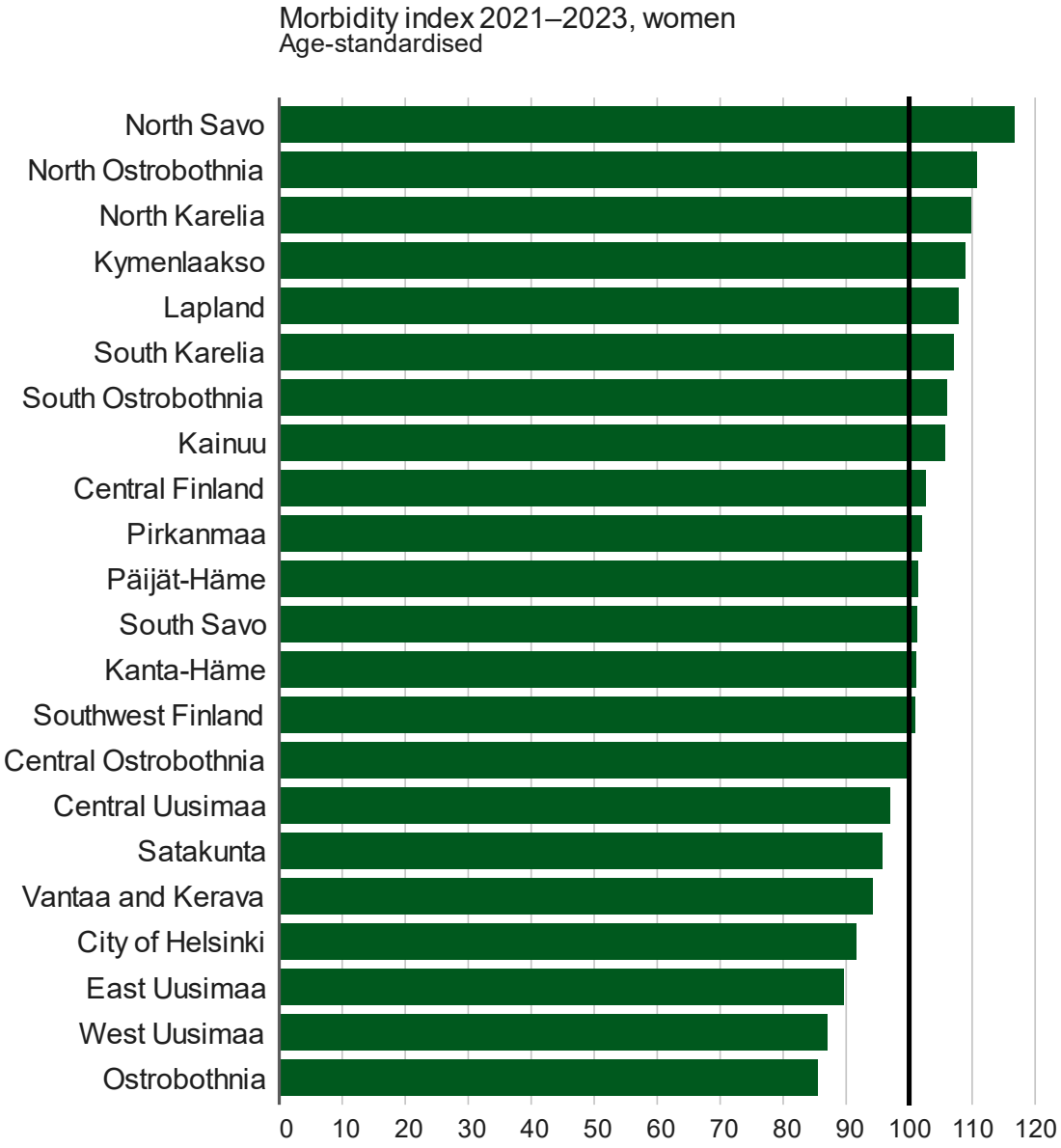
Total index on morbidity

- The index measures morbidity of the region's population relative to the entire country. The index combines information of ten disease groups: cancers, coronary disease, cerebrovascular diseases, musculoskeletal disorders, severe mental health disorders, accidents, memory disorders, chronic respiratory diseases, diabetes and alcohol-related diseases.
- In the total morbidity index, the prevalence of each disease group is weighted according to its contribution to the Finnish population's overall mortality, work disability, quality of life and the costs of health and social services use.
- Morbidity is highest in North Savo and in other wellbeing services counties in Eastern and Northern Finland. Morbidity is lowest in West Uusimaa and in Osthrobothnia.

Morbidity index 2021–2023, age-standardised

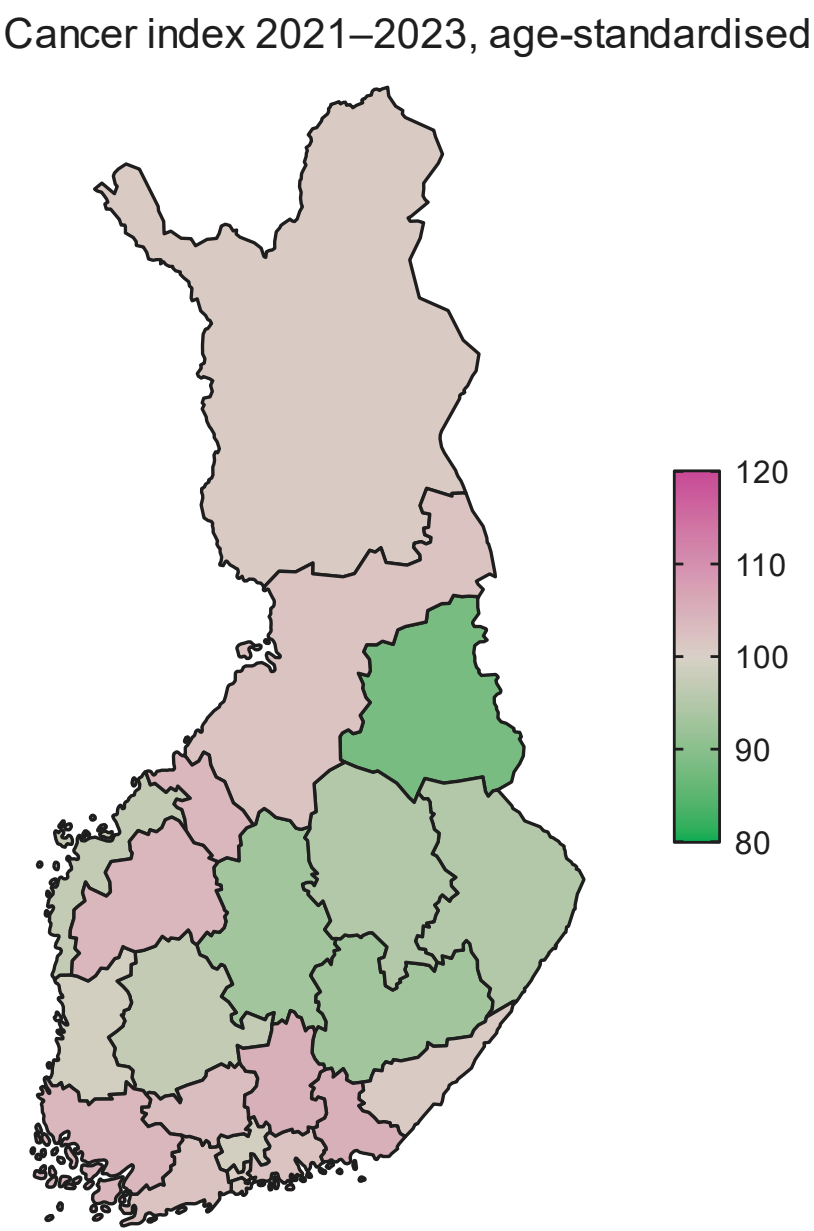


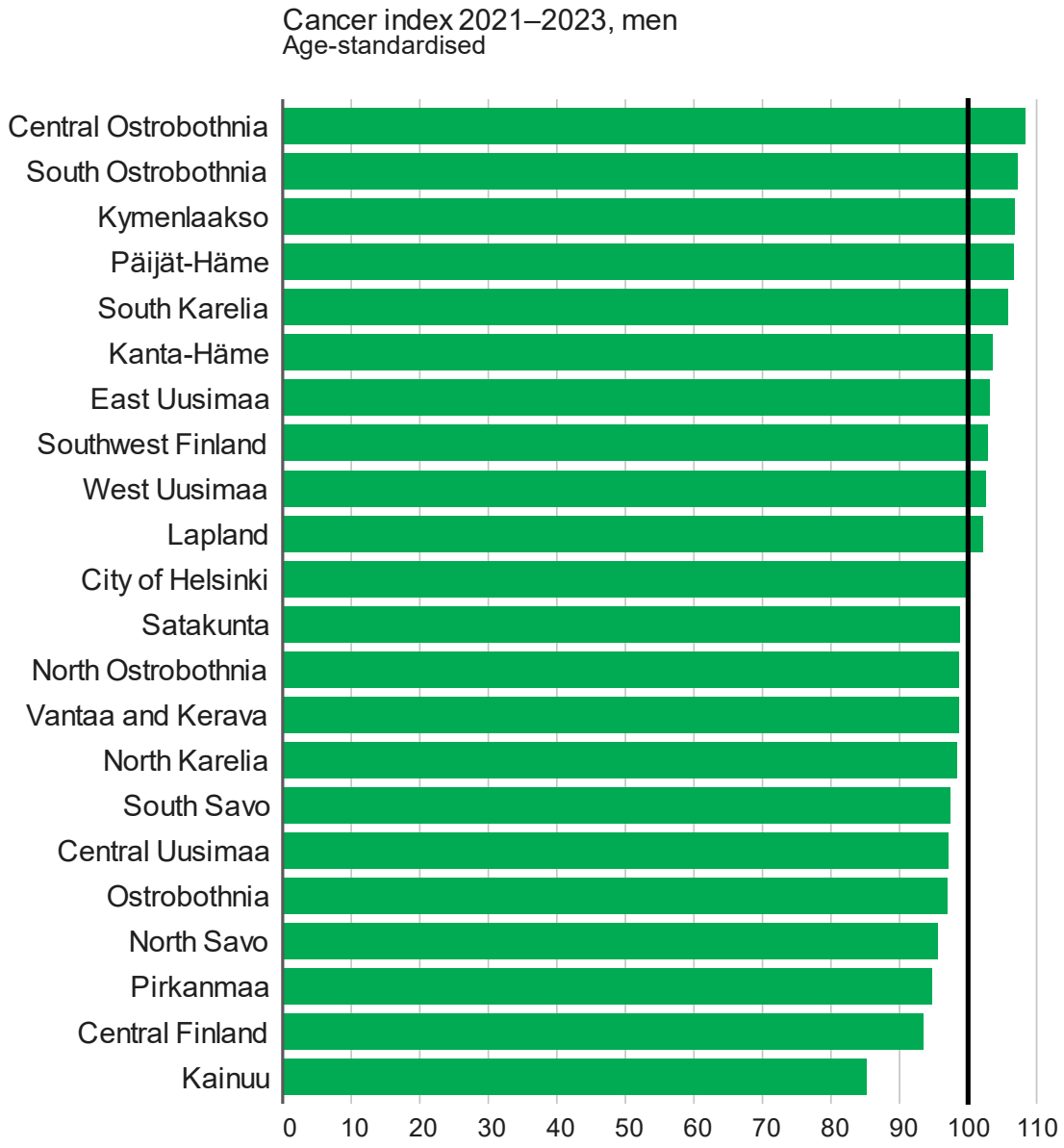

Morbidity index 2021–2023, men
Age-standardised
North Savo
Kainuu
North Ostrobothnia
North Karelia
Kymenlaakso
South Savo
Lapland
South Karelia
South Ostrobothnia
Central Ostrobothnia
Päijät-Häme
Kanta-Häme
Central Finland
Southwest Finland
Pirkanmaa
Satakunta
Central Uusimaa
City of Helsinki
East Uusimaa
Vantaa and Kerava
Ostrobothnia
West Uusimaa
0 10 20 30 40 50 60 70 80 90 100 110 120


Morbidity index 2021–2023, women
Age-standardised
North Savo
North Ostrobothnia
North Karelia
Kymenlaakso
Lapland
South Karelia
South Ostrobothnia
Kainuu
Central Finland
Pirkanmaa
Päijät-Häme
South Savo
Kanta-Häme
Southwest Finland
Central Ostrobothnia
Central Uusimaa
Satakunta
Vantaa and Kerava
City of Helsinki
East Uusimaa
West Uusimaa
Ostrobothnia
0 10 20 30 40 50 60 70 80 90 100 110 120

Cancers

- The index describes the incidence of new cancer cases among the region’s population relative to the national level.
- Index definition is based on data from the Cancer Registry. Skin cancers other than melanoma are excluded from the cancer types considered. The index does not consider the recurrence of cancers or the differences between the treatability of cancers and mortality related to different cancer types.
- Regional differences in the cancer index are smaller than in other disease groups.
- Cancer incidence is highest in Päijät-Häme and Kymenlaakso, lowest in the wellbeing services counties of Kainuu and Central Finland
- An index value higher than the national average may indicate high cancer incidence or that, at the same time, the region has been successful in the early diagnosis of cancer.




Cancer index 2021–2023, men
Age-standardised
Central Ostrobothnia
South Ostrobothnia
Kymenlaakso
Päijät-Häme
South Karelia
Kanta-Häme
East Uusimaa
Southwest Finland
West Uusimaa
Lapland
City of Helsinki
Satakunta
North Ostrobothnia
Vantaa and Kerava
North Karelia
South Savo
Central Uusimaa
Ostrobothnia
North Savo
Pirkanmaa
Central Finland
Kainuu
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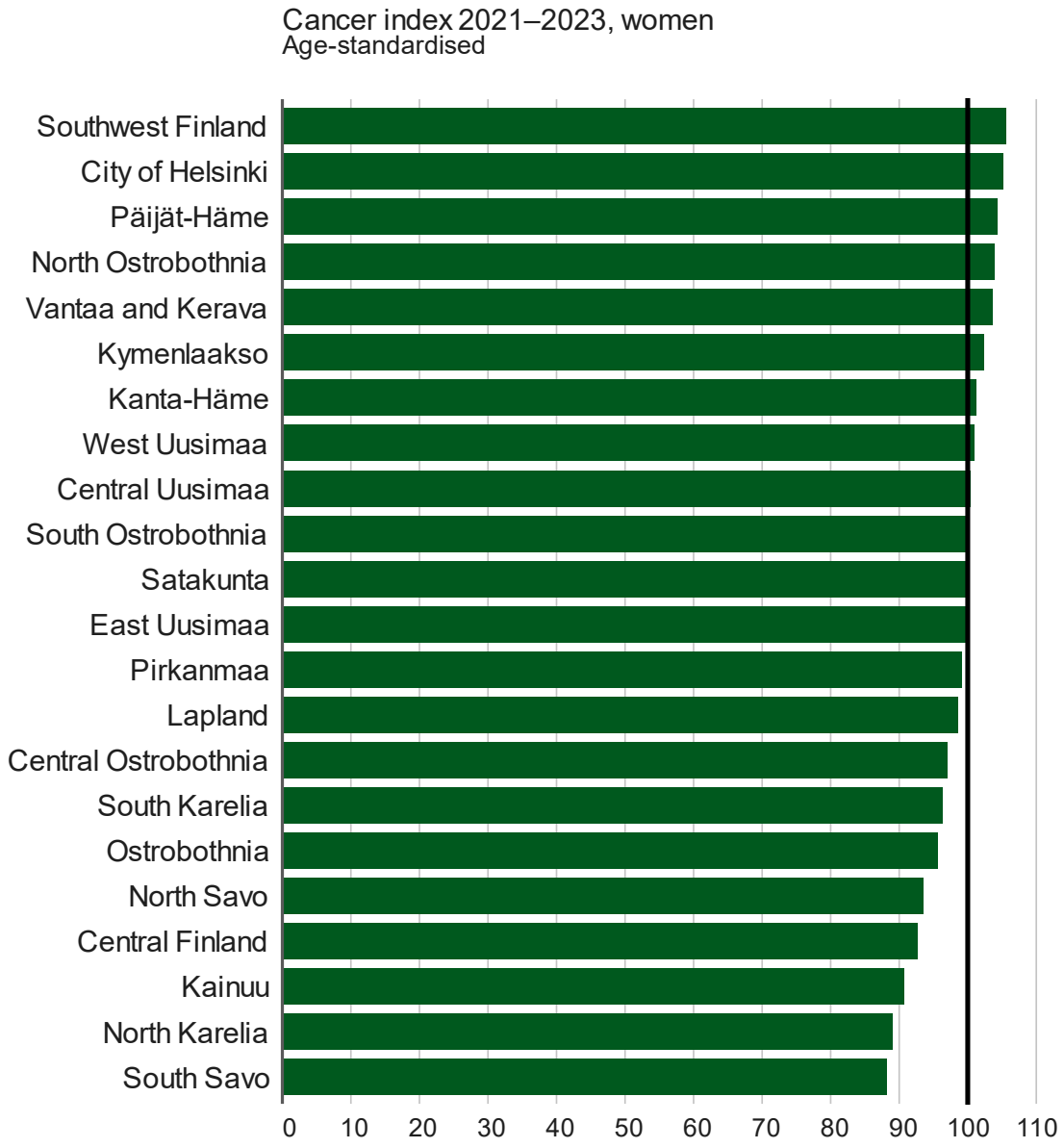
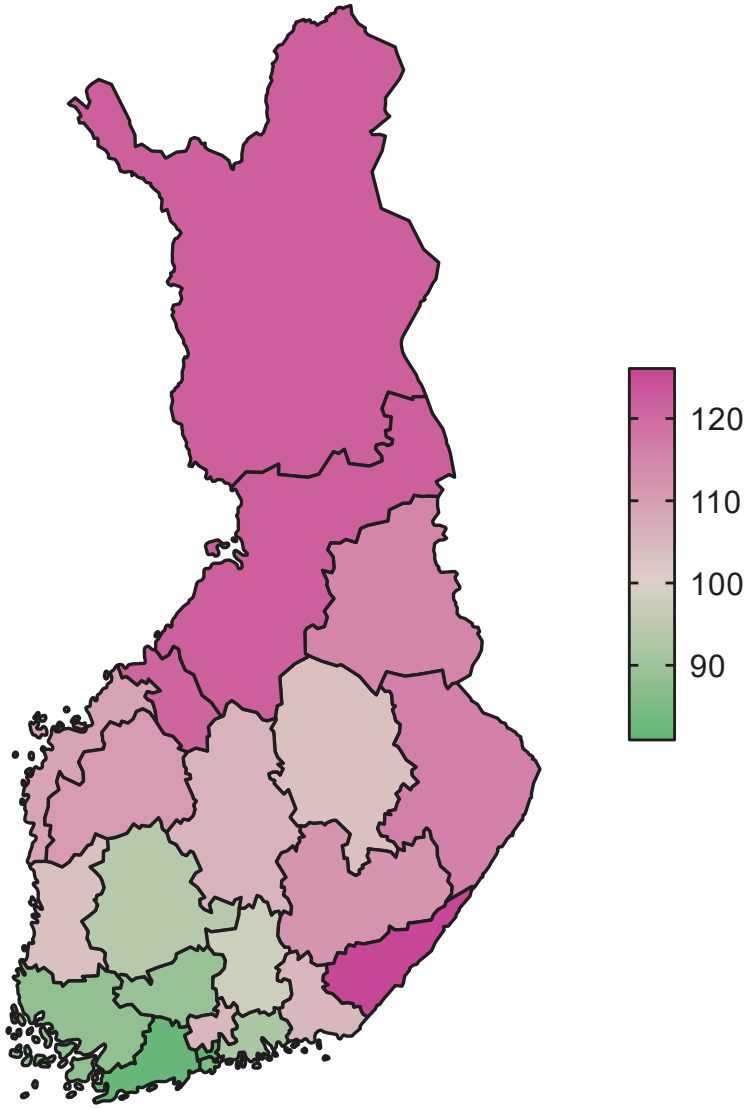
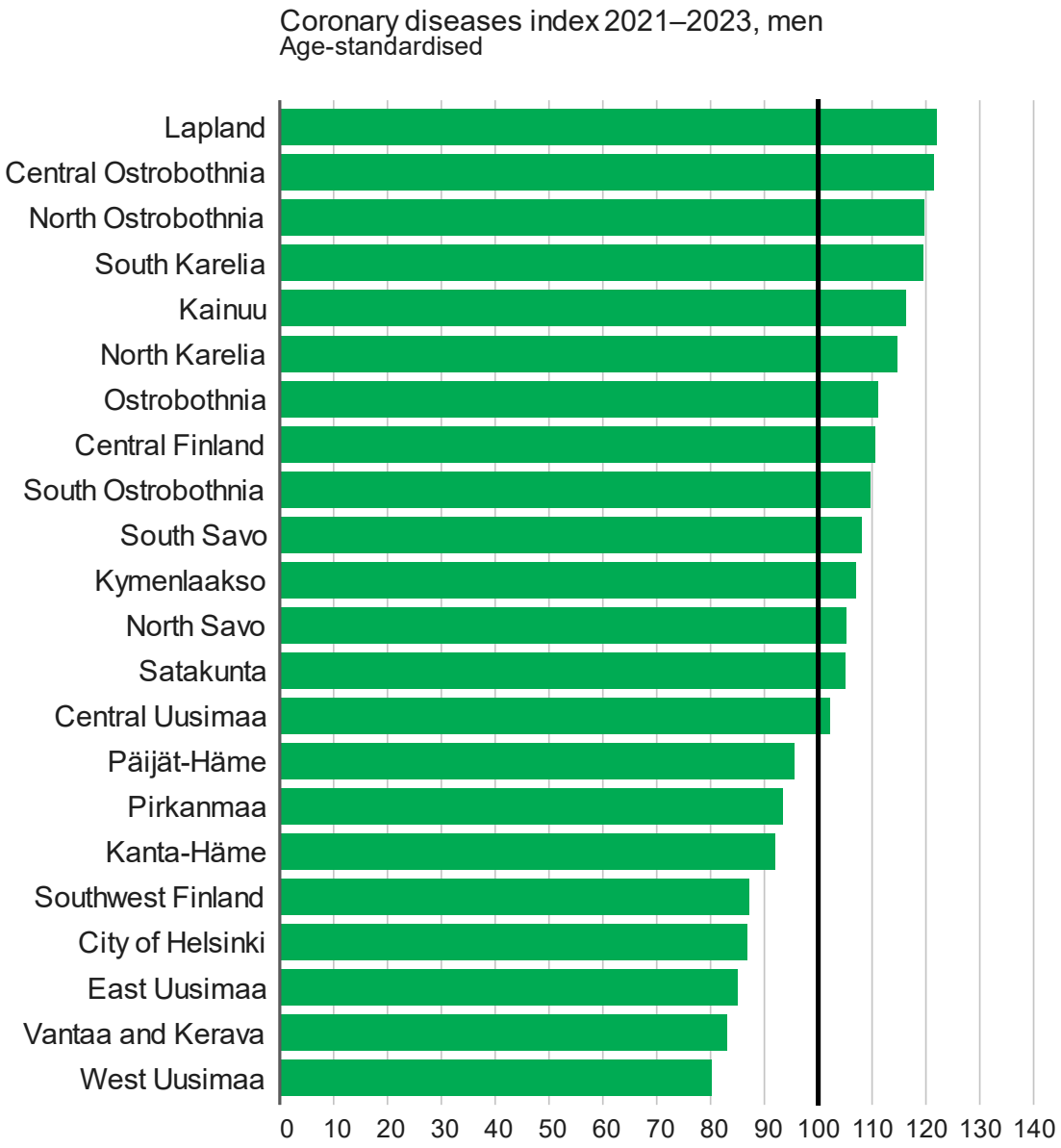

Cancer index 2021–2023, women
Age-standardised
Southwest Finland
City of Helsinki
Päijät-Häme
North Ostrobothnia
Vantaa and Kerava
Kymenlaakso
Kanta-Häme
West Uusimaa
Central Uusimaa
South Ostrobothnia
Satakunta
East Uusimaa
Pirkanmaa
Lapland
Central Ostrobothnia
South Karelia
Ostrobothnia
North Savo
Central Finland
Kainuu
North Karelia
South Savo
0 10 20 30 40 50 60 70 80 90 100 110

Coronary disease

- The index describes hospital care or death outside hospitals due to the incidence of acute coronary syndrome events among the region's population aged 35 to 79 years relative to the national level.
- The index includes first-time or recurrent cases of acute myocardial infarctions and angina pectoris that led to hospitalisation, and fatal attacks outside of hospital.
- Incidence of coronary disease events is the highest in the wellbeing services counties of South Karelia, North Ostrobothnia and Lapland and the lowest in the counties of Vantaa and Kerava and Western Uusimaa.

Coronary diseases index 2021–2023, age-standardised




Coronary diseases index 2021–2023, men
Age-standardised
Lapland
Central Ostrobothnia
North Ostrobothnia
South Karelia
Kainuu
North Karelia
Ostrobothnia
Central Finland
South Ostrobothnia
South Savo
Kymenlaakso
North Savo
Satakunta
Central Uusimaa
Päijät-Häme
Pirkanmaa
Kanta-Häme
Southwest Finland
City of Helsinki
East Uusimaa
Vantaa and Kerava
West Uusimaa
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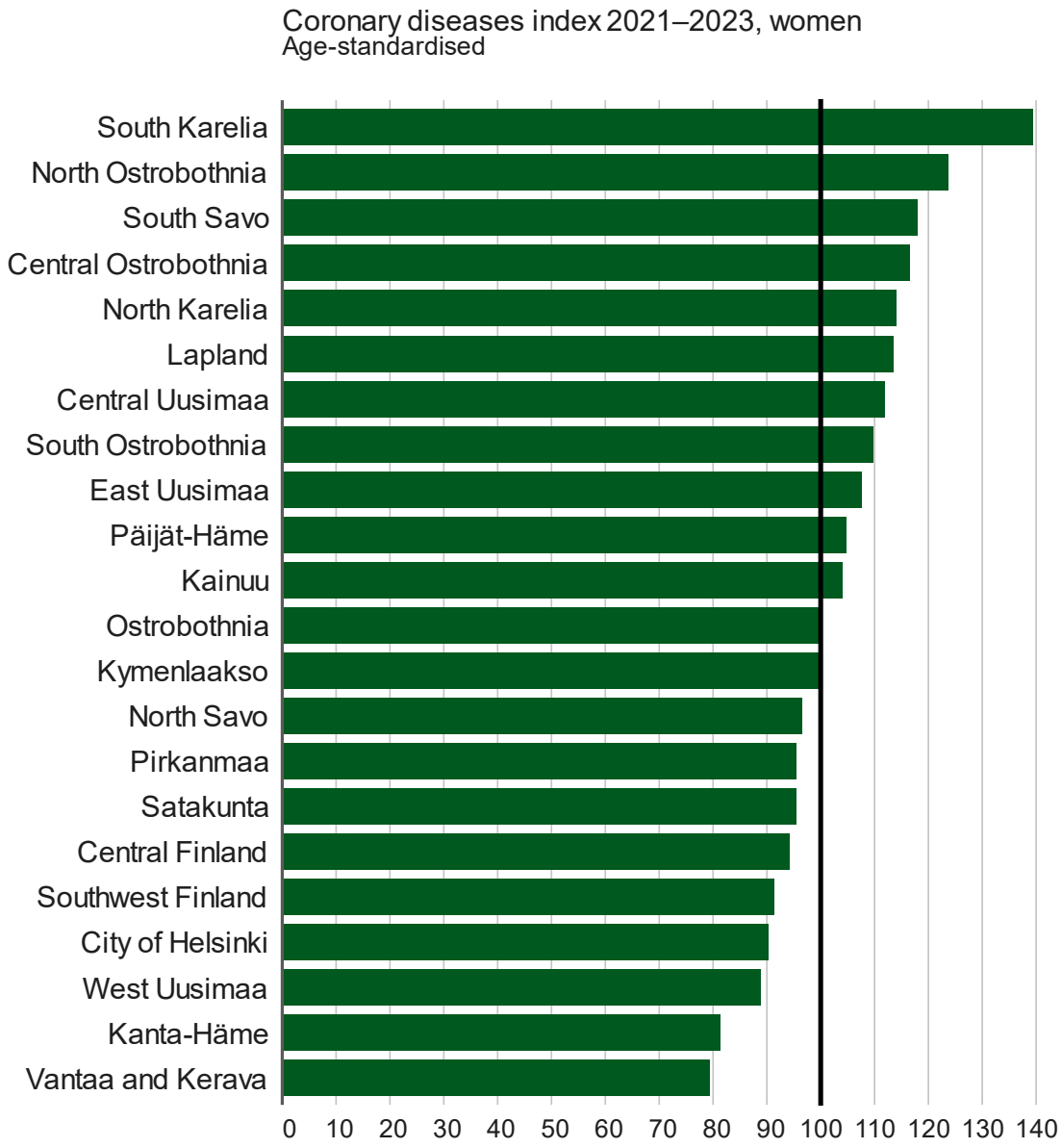
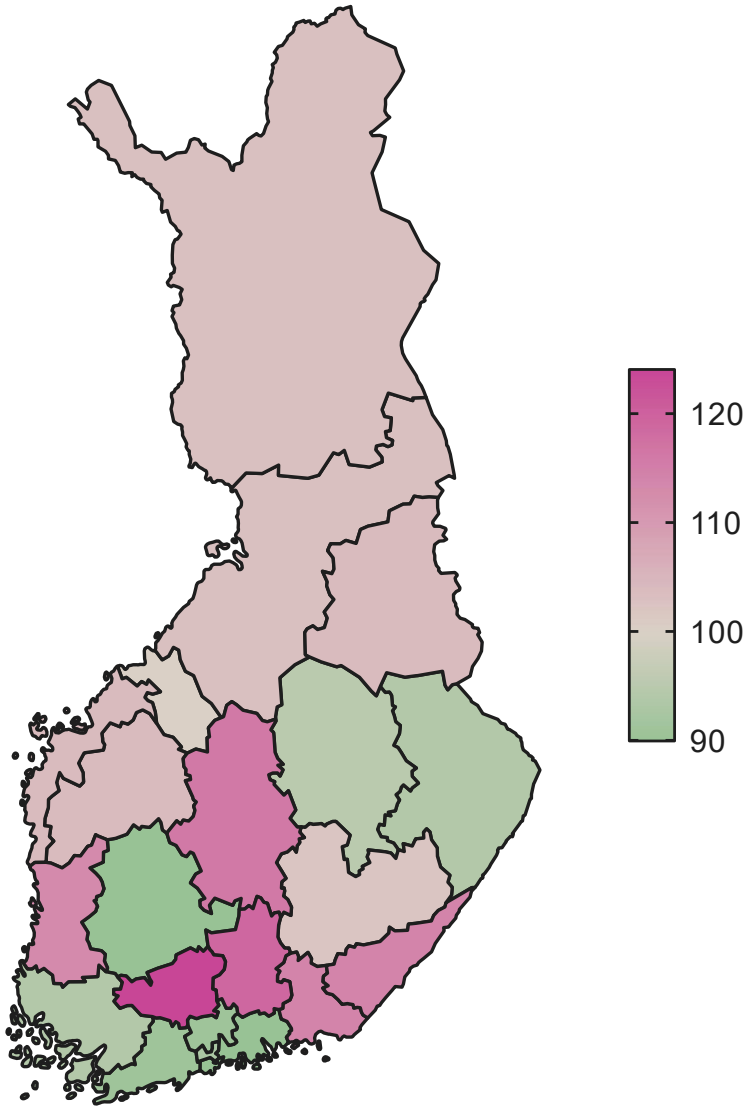
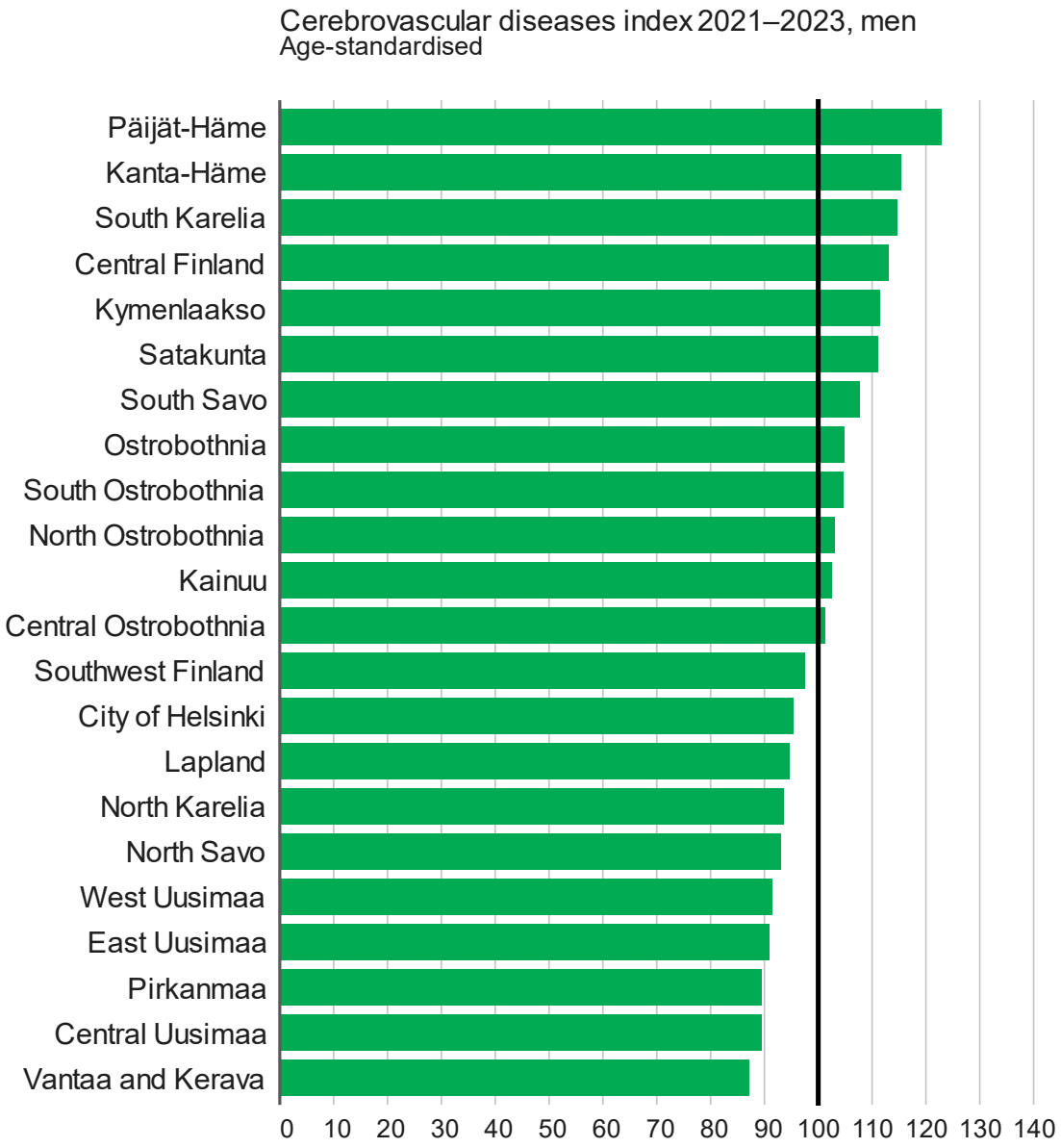

Coronary diseases index 2021–2023, women
Age-standardised
South Karelia
North Ostrobothnia
South Savo
Central Ostrobothnia
North Karelia
Lapland
Central Uusimaa
South Ostrobothnia
East Uusimaa
Päijät-Häme
Kainuu
Ostrobothnia
Kymenlaakso
North Savo
Pirkanmaa
Satakunta
Central Finland
Southwest Finland
City of Helsinki
West Uusimaa
Kanta-Häme
Vantaa and Kerava
0 10 20 30 40 50 60 70 80 90 100 110 120 130 140

Cerebrovascular diseases

- The index describes the incidence of seizures linked to cerebral circulation disorders in the region's population aged 35 to 79 years relative to the national level.
- The index considers first-time events that led to hospitalisation or death outside of hospital.
- Incidence is highest in the wellbeing services counties of Kanta- and Päijät-Häme, and the lowest in Pirkanmaa, Helsinki and Eastern Uusimaa.

Cerebrovascular diseases index 2021–2023, age-standardised




Cerebrovascular diseases index 2021–2023, men
Age-standardised
Päijät-Häme
Kanta-Häme
South Karelia
Central Finland
Kymenlaakso
Satakunta
South Savo
Ostrobothnia
South Ostrobothnia
North Ostrobothnia
Kainuu
Central Ostrobothnia
Southwest Finland
City of Helsinki
Lapland
North Karelia
North Savo
West Uusimaa
East Uusimaa
Pirkanmaa
Central Uusimaa
Vantaa and Kerava
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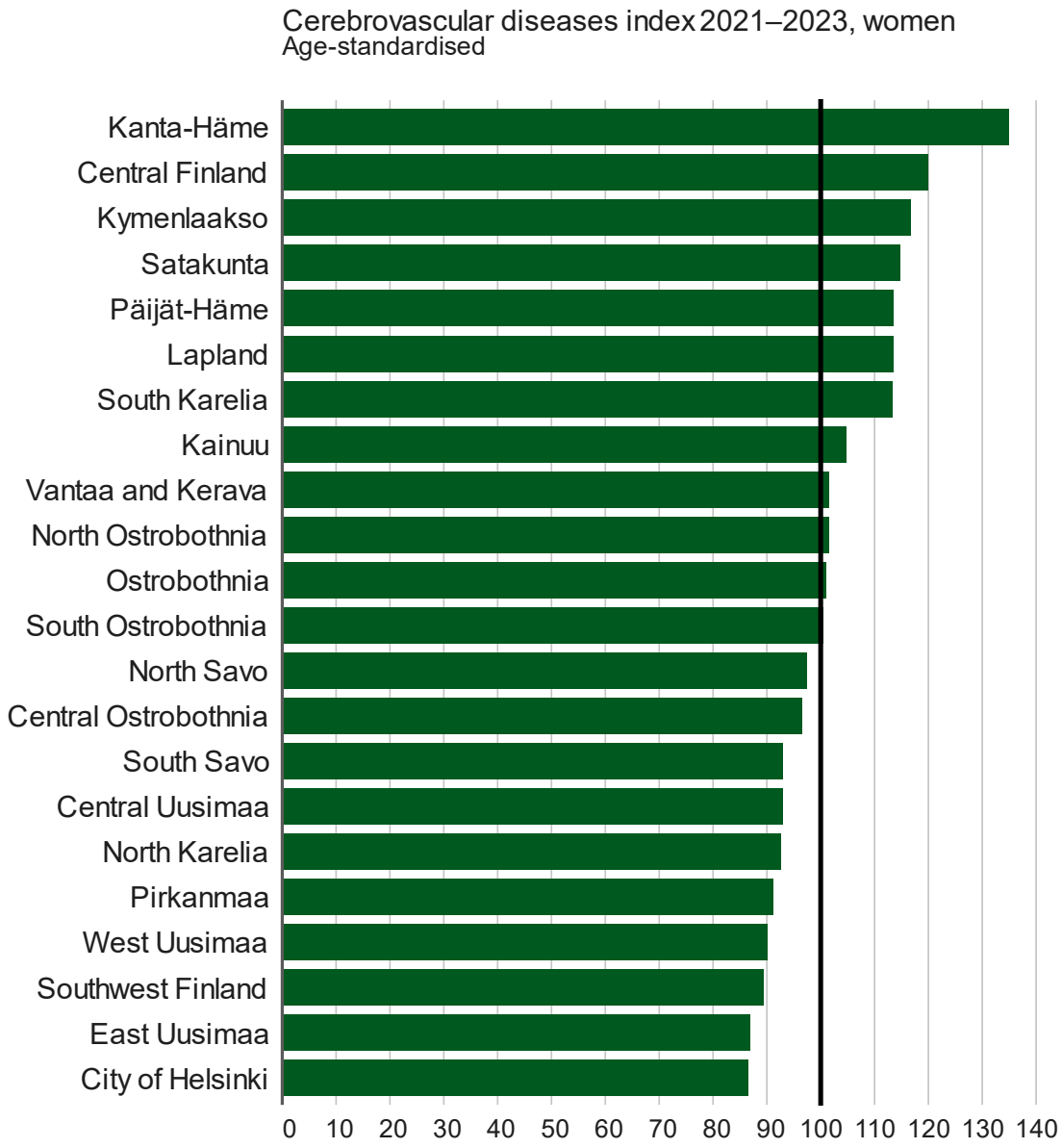
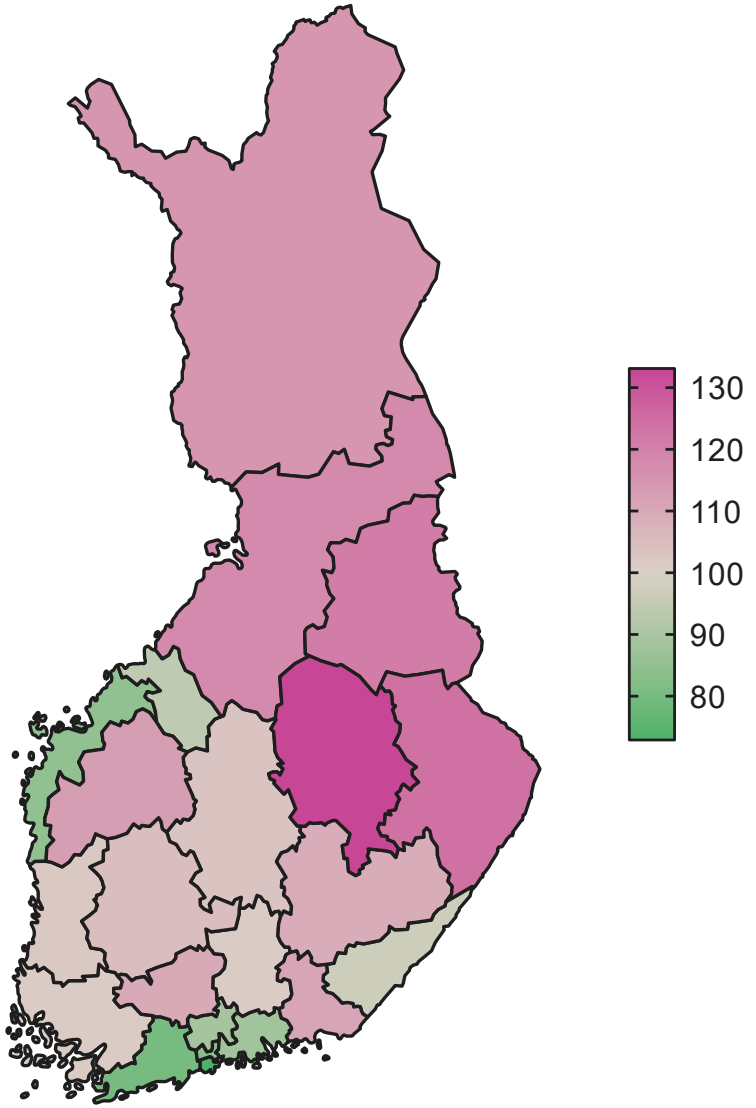

Cerebrovascular diseases index 2021–2023, women
Age-standardised
Kanta-Häme
Central Finland
Kymenlaakso
Satakunta
Päijät-Häme
Lapland
South Karelia
Kainuu
Vantaa and Kerava
North Ostrobothnia
Ostrobothnia
South Ostrobothnia
North Savo
Central Ostrobothnia
South Savo
Central Uusimaa
North Karelia
Pirkanmaa
West Uusimaa
Southwest Finland
East Uusimaa
City of Helsinki
0 10 20 30 40 50 60 70 80 90 100 110 120 130 140

Musculoskeletal disorders

- The index describes the number of persons having musculoskeletal disorders (MSDs) among the region's population relative to the national level.
- The index definition includes persons who received disability pension due to MSDs or who were granted the right to special reimbursement for antirheumatic medicines.
- The indicator describes the prevalence of long-term MSDs and those with the heaviest disease burden. A significant proportion of less severe MSDs are not covered.
- Morbidity is the most common in the North Savo, North Karelia and Kainuu wellbeing services counties, and the least common in Helsinki.

Musculoskeletal disorders index 2021–2023, age-standardised



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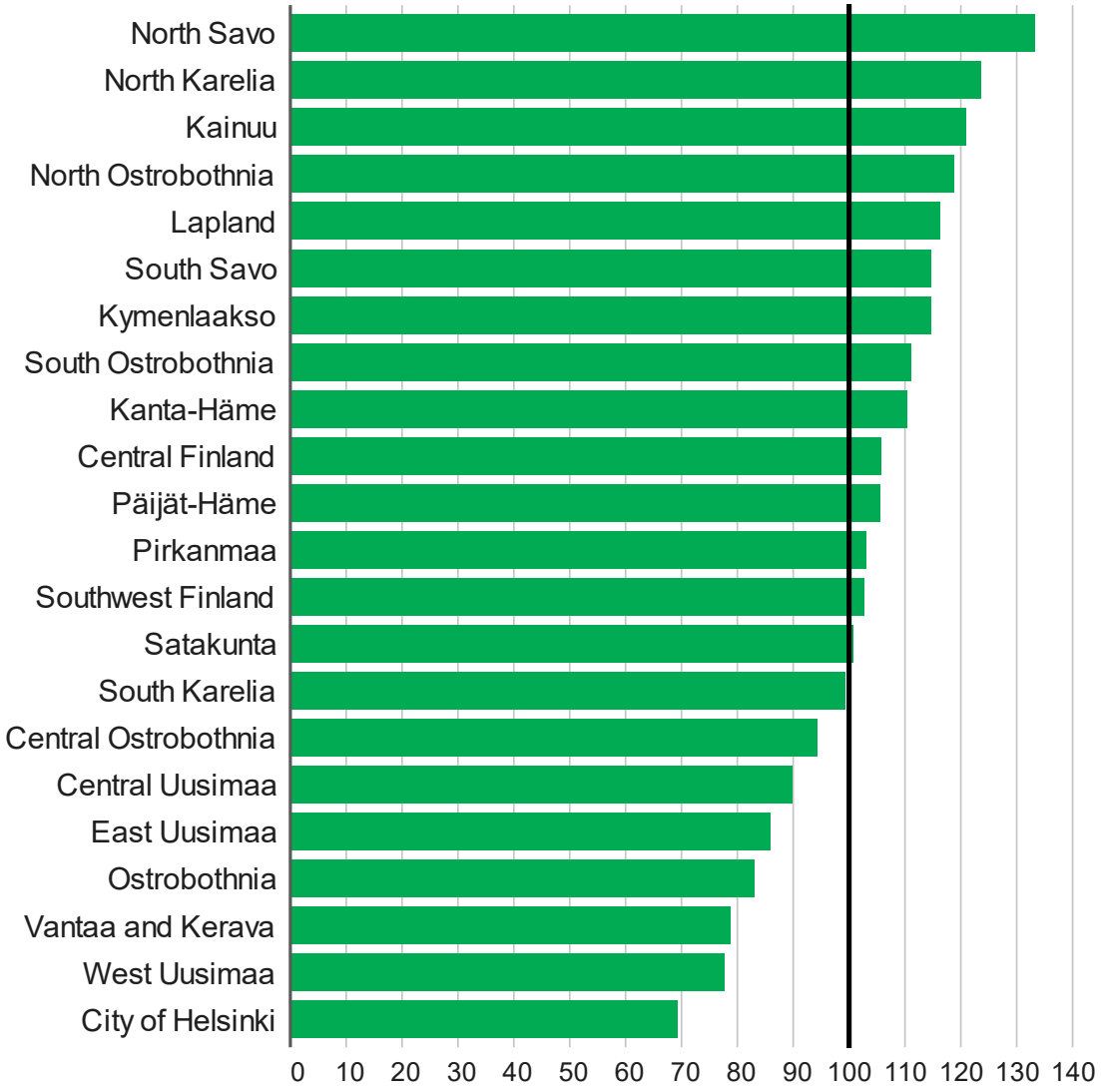
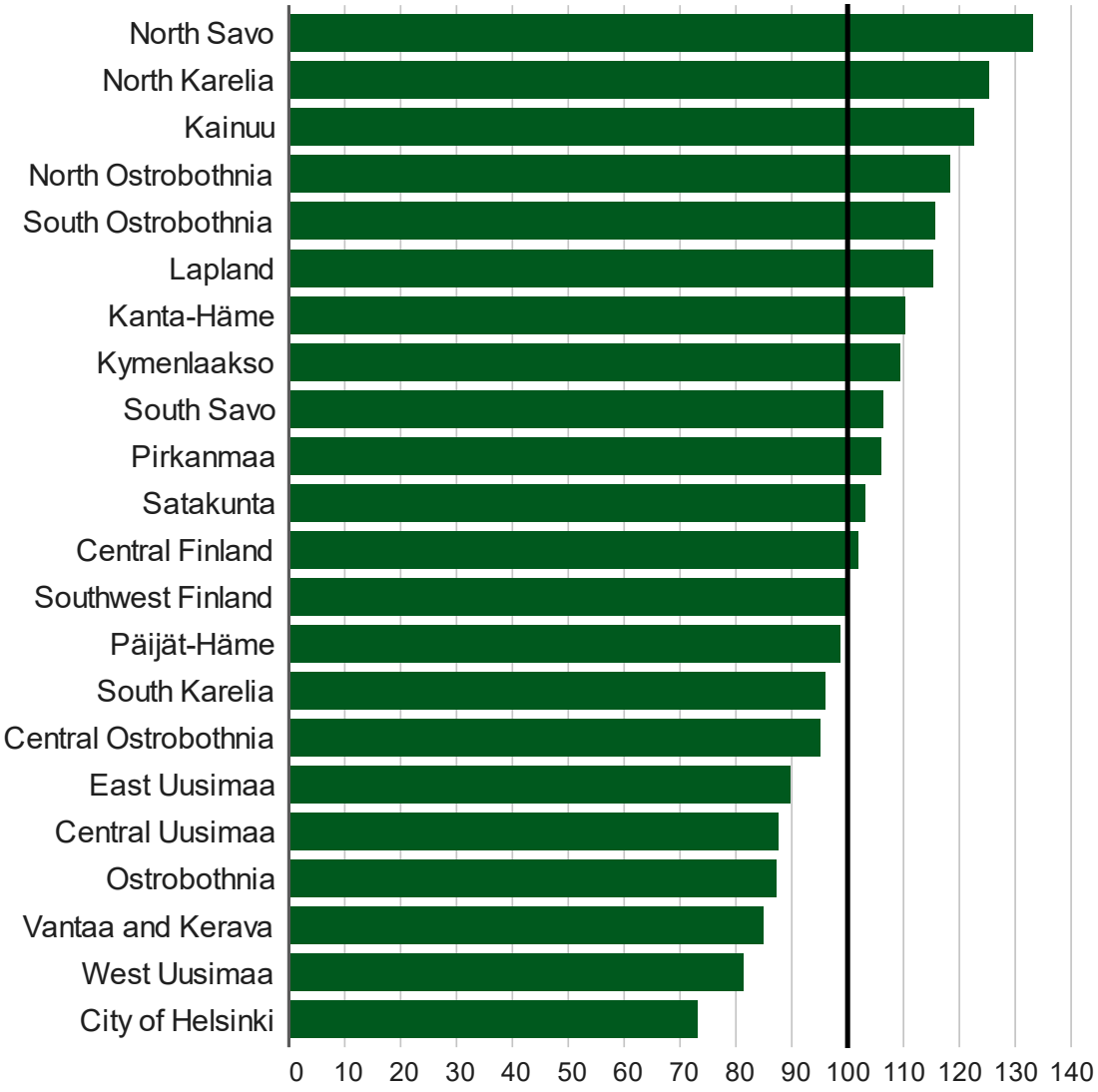
Musculoskeletal disorders index 2021–2023, men
Age-standardised



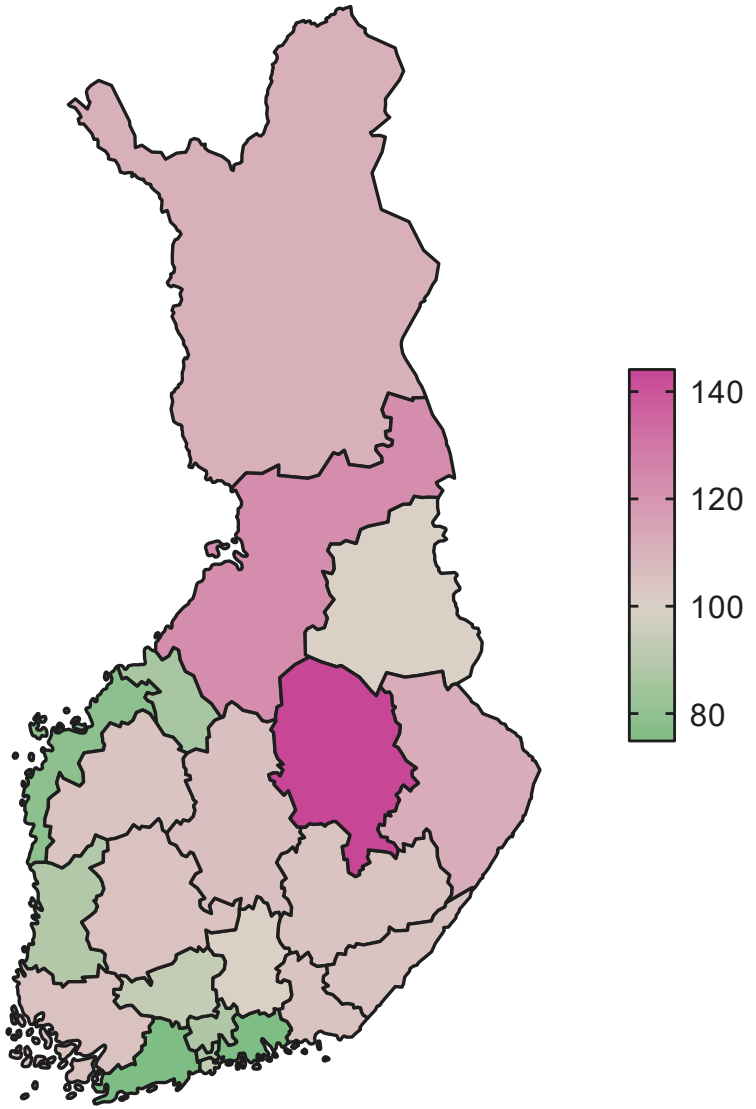
Musculoskeletal disorders index 2021–2023, women
Age-standardised

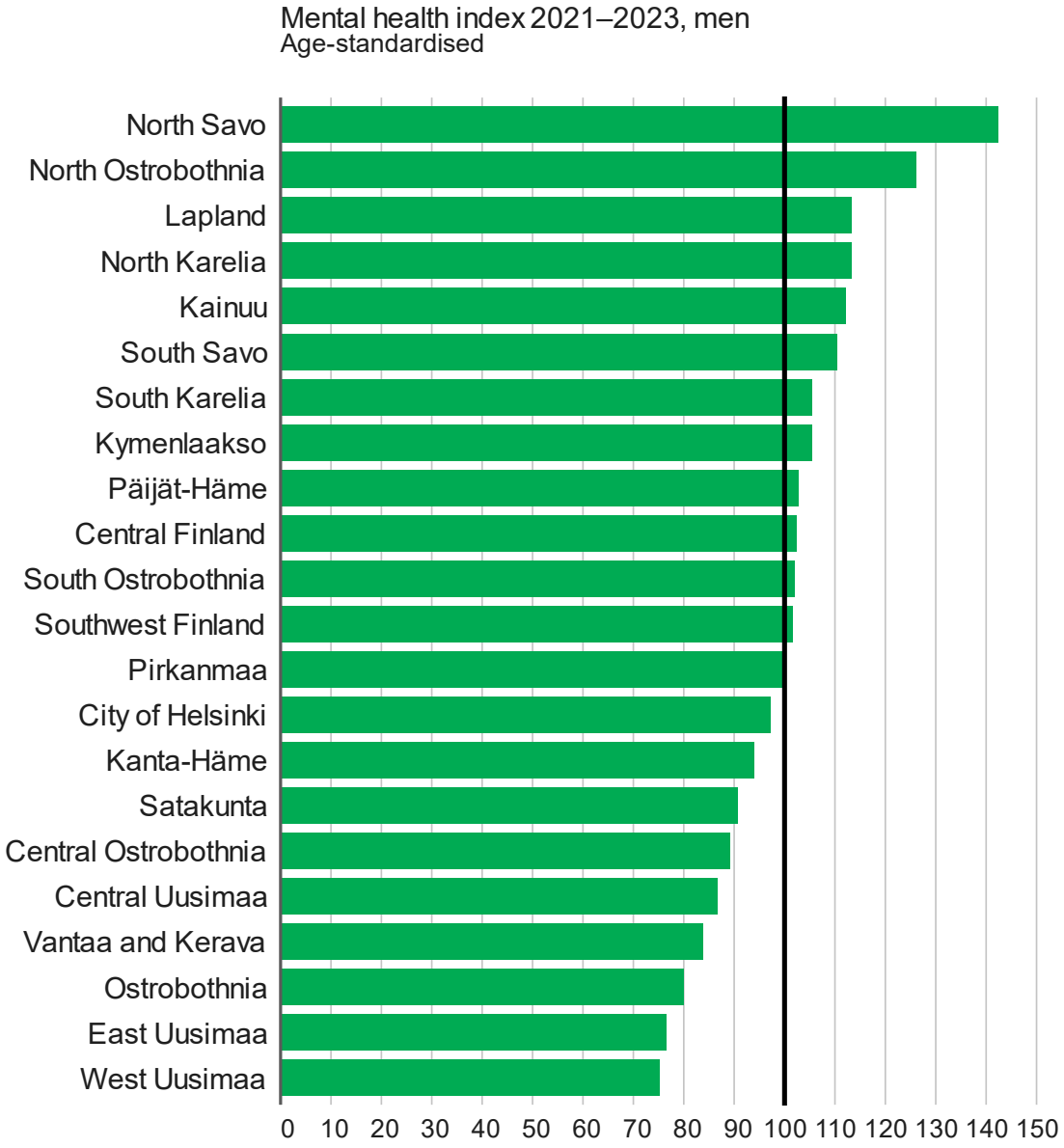


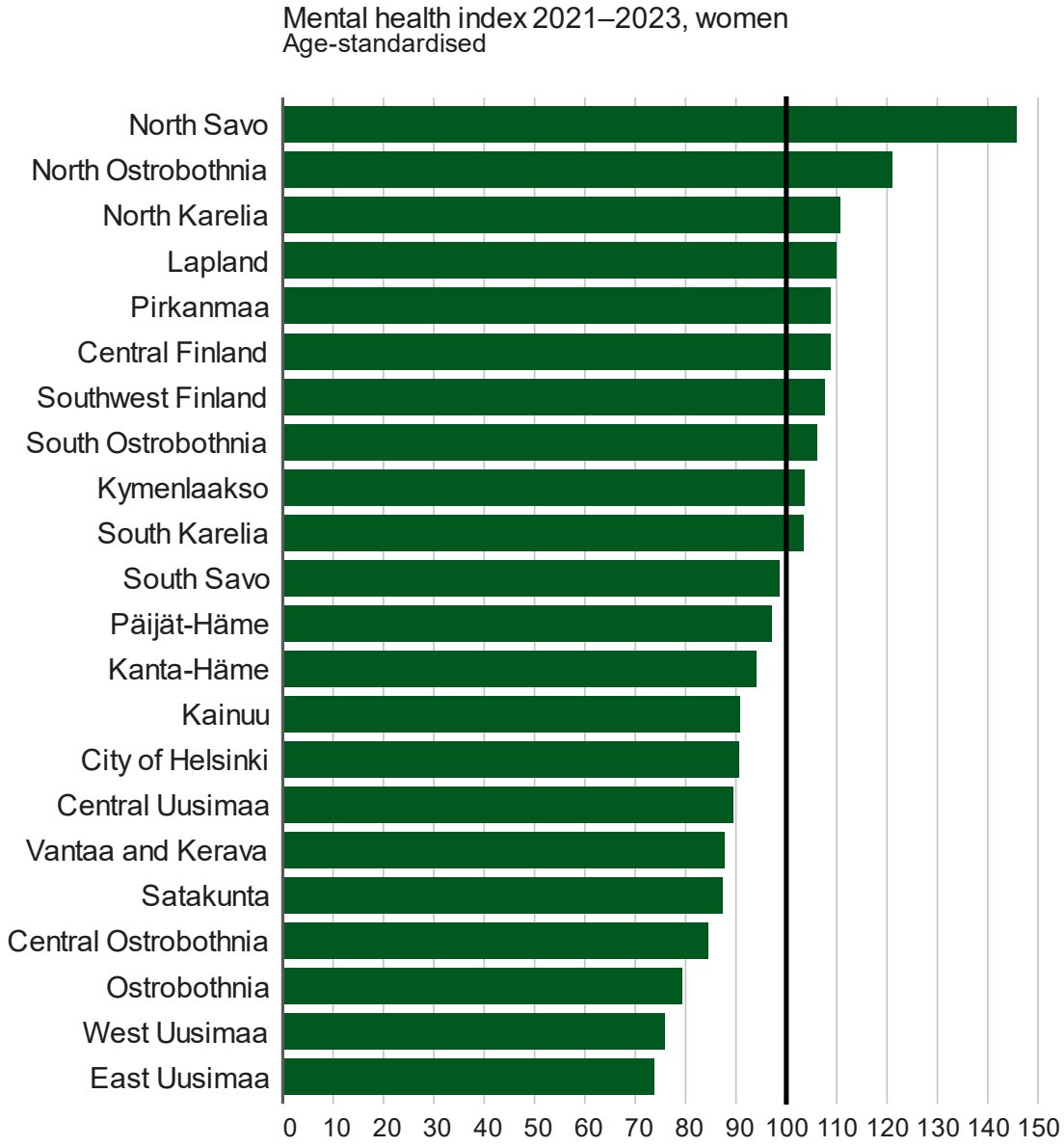
Mental health

- The index describes the prevalence of severe mental disorders in the region’s population relative to the national level. The index combines three indicators of morbidity:
  - Share of the region's population aged 16 to 64 years receiving disability pension due to mental health disorders.
  - Share of region's population aged 13 years or older treated in hospital due to self-harm or who died by suicide.
  - Share of the region's population entitled to special reimbursement for medicines to treat psychosis.
- Each of the three indicators have an equal weight in the mental health index.
- Morbidity is most common in the wellbeing services counties of North Savo and North Ostrobothnia, and the least common in Eastern and Western Uusimaa, and in Ostrobothnia.

Mental health index 2021–2023, age-standardised



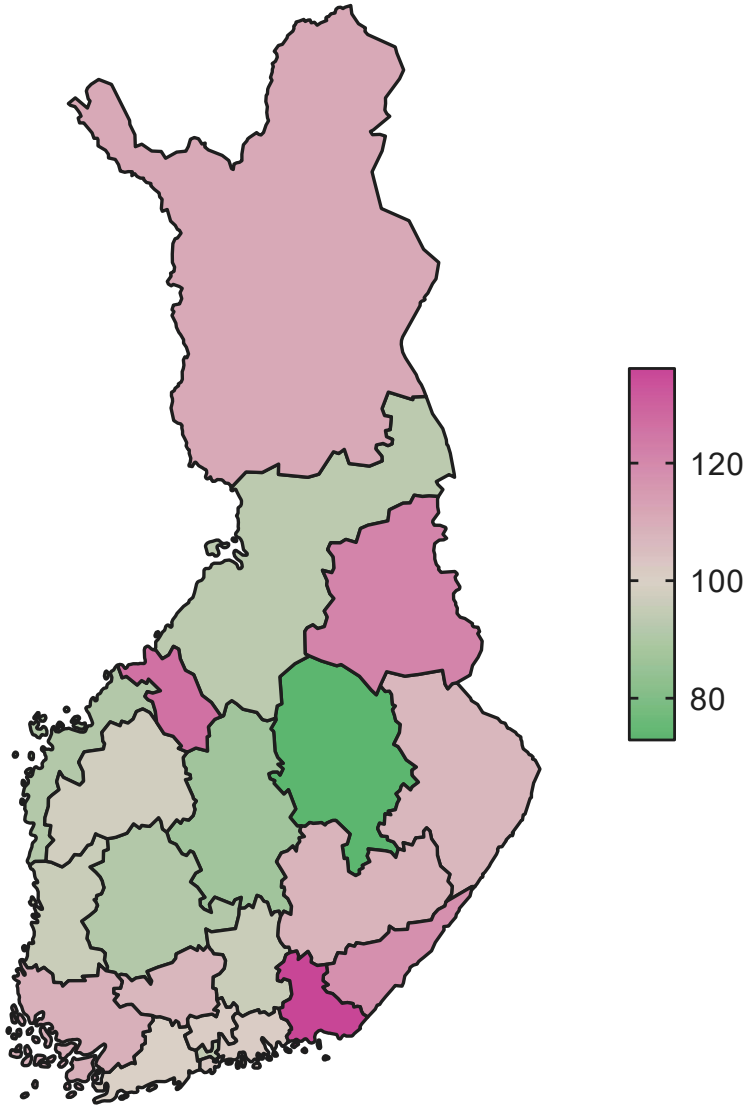

Mental health index 2021–2023, men
Age-standardised
North Savo
North Ostrobothnia
Lapland
North Karelia
Kainuu
South Savo
South Karelia
Kymenlaakso
Päijät-Häme
Central Finland
South Ostrobothnia
Southwest Finland
Pirkanmaa
City of Helsinki
Kanta-Häme
Satakunta
Central Ostrobothnia
Central Uusimaa
Vantaa and Kerava
Ostrobothnia
East Uusimaa
West Uusimaa
0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150

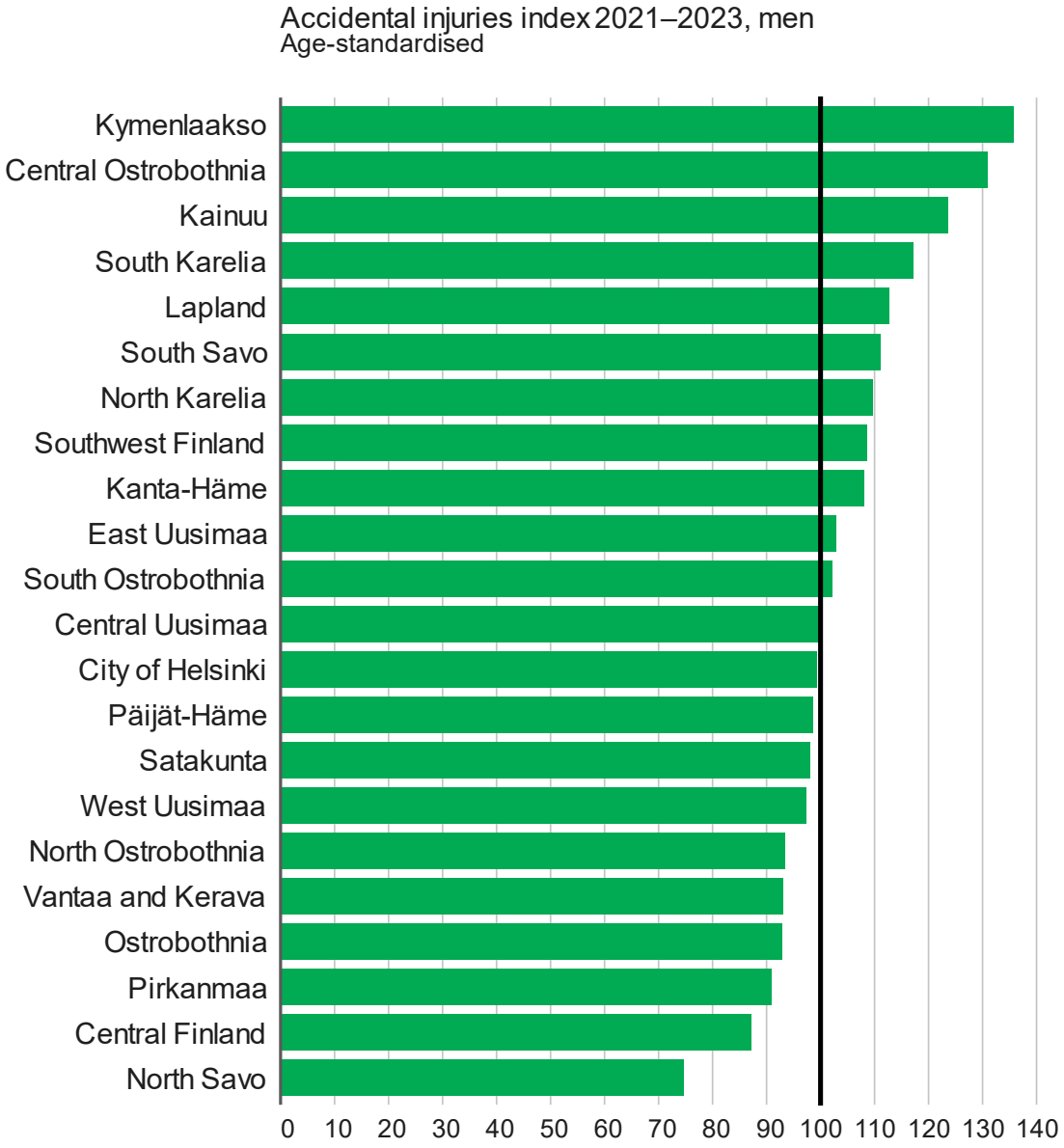

Mental health index 2021–2023, women
Age-standardised
North Savo
North Ostrobothnia
North Karelia
Lapland
Pirkanmaa
Central Finland
Southwest Finland
South Ostrobothnia
Kymenlaakso
South Karelia
South Savo
Päijät-Häme
Kanta-Häme
Kainuu
City of Helsinki
Central Uusimaa
Vantaa and Kerava
Satakunta
Central Ostrobothnia
Ostrobothnia
West Uusimaa
East Uusimaa
0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150

Accidents

- The index describes the share of the region's population who were treated for injuries or poisonings or who died accidentally, relative to the national level.
- Index definition includes diagnosis codes in inpatient care in specialised and primary healthcare, outpatient visits in specialized care, and accidents as a cause of death.
- Accidents requiring hospital care or leading to death are most common in Kymenlaakso, Central Ostrobothnia and Kainuu. The lowest number of such accidents is observed in North Savo.

Accidental injuries index 2021–2023, age-standardised




Accidental injuries index 2021–2023, men
Age-standardised
Kymenlaakso
Central Ostrobothnia
Kainuu
South Karelia
Lapland
South Savo
North Karelia
Southwest Finland
Kanta-Häme
East Uusimaa
South Ostrobothnia
Central Uusimaa
City of Helsinki
Päijät-Häme
Satakunta
West Uusimaa
North Ostrobothnia
Vantaa and Kerava
Ostrobothnia
Pirkanmaa
Central Finland
North Savo
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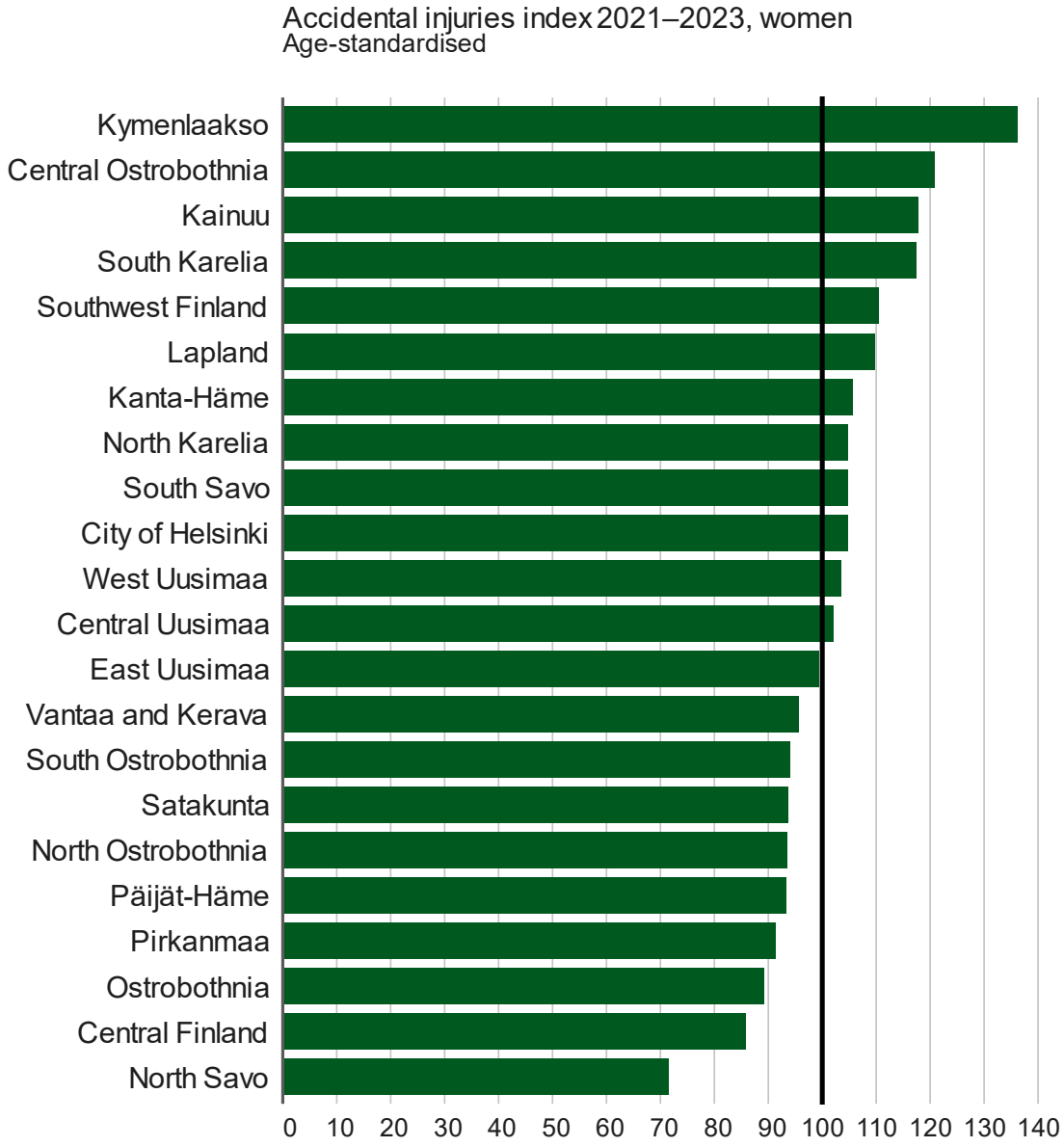
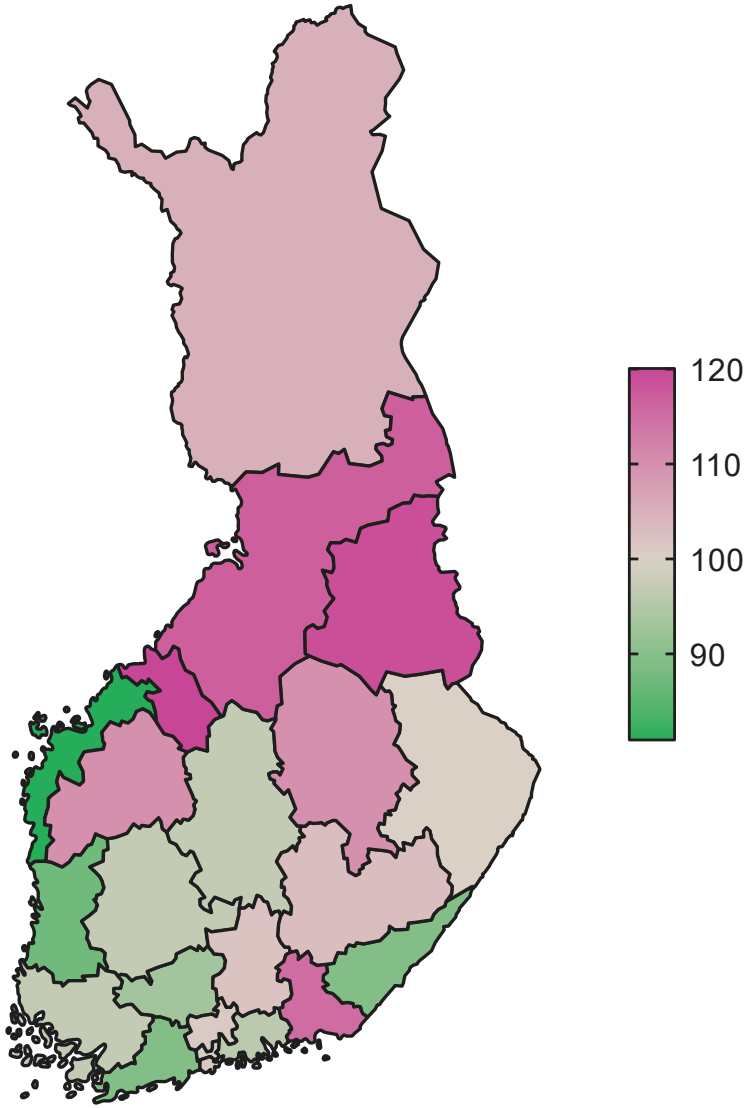
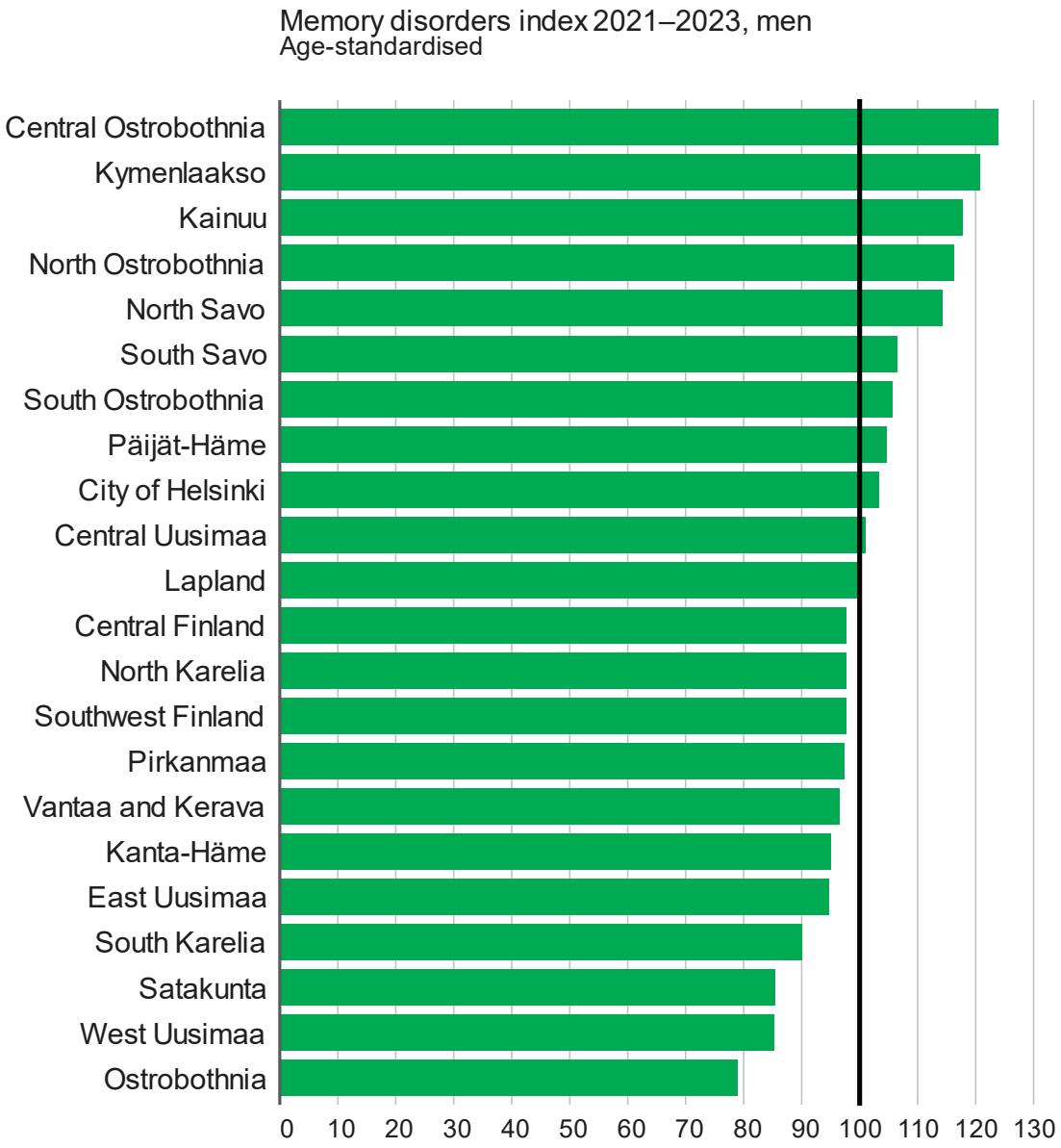

Accidental injuries index 2021–2023, women
Age-standardised
Kymenlaakso
Central Ostrobothnia
Kainuu
South Karelia
Southwest Finland
Lapland
Kanta-Häme
North Karelia
South Savo
City of Helsinki
West Uusimaa
Central Uusimaa
East Uusimaa
Vantaa and Kerava
South Ostrobothnia
Satakunta
North Ostrobothnia
Päijät-Häme
Pirkanmaa
Ostrobothnia
Central Finland
North Savo
0 10 20 30 40 50 60 70 80 90 100 110 120 130 140

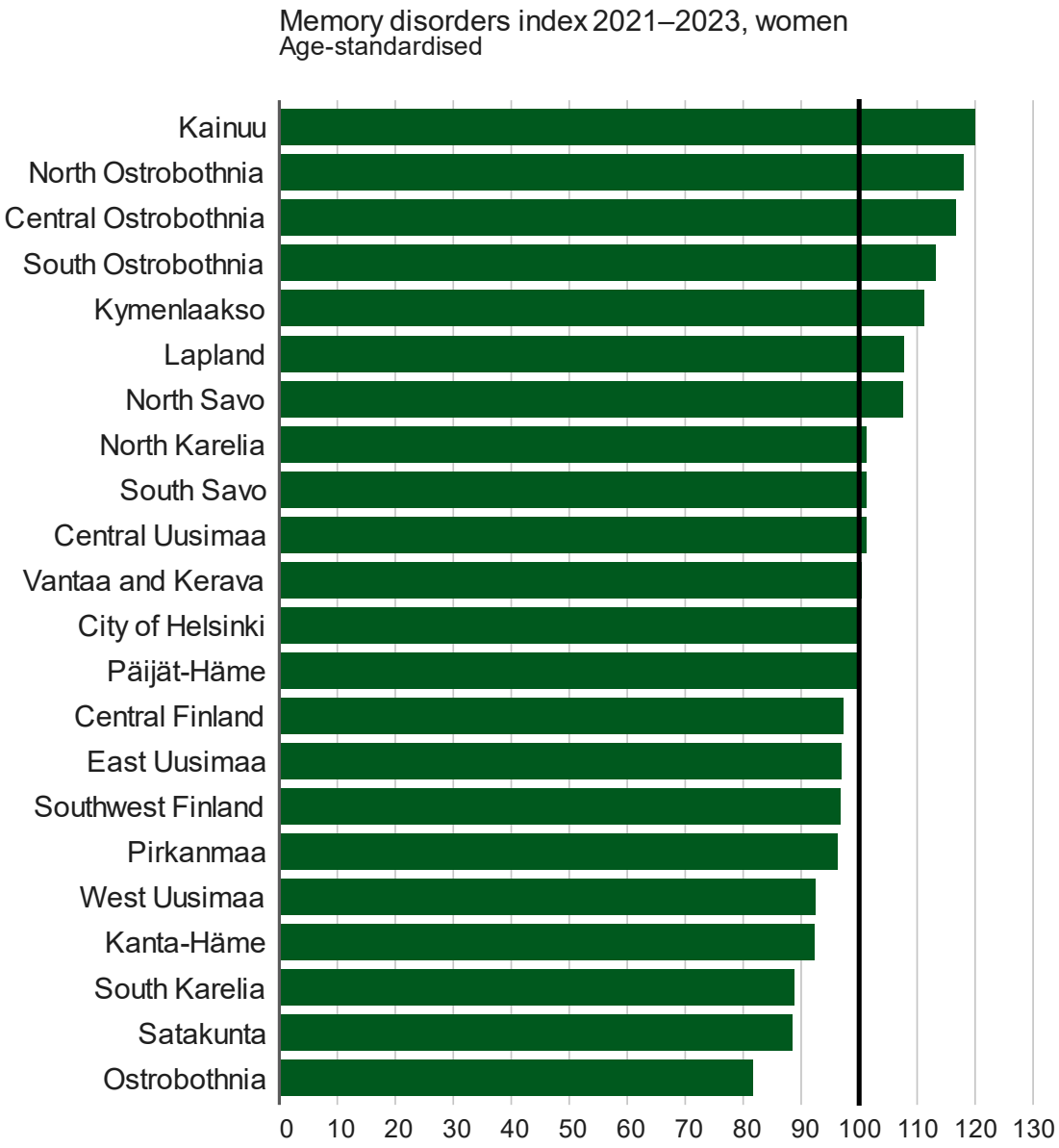
Memory disorders

- The index describes the prevalence of memory disorders in the region's population aged at least 30 years, relative to the national level.
- Index definition includes diagnosis codes in the specialised and primary healthcare, primary care physician visits, and medicine purchases.
- High index values may reflect high morbidity in the region and/or that memory disorders are identified and treated particularly actively in the region.
- Morbidity is the most common in the wellbeing services counties of Central Ostrobothnia, Kainuu and North Ostrobothnia and the least common in Ostrobothnia.

Memory disorders index 2021–2023, age-standardised



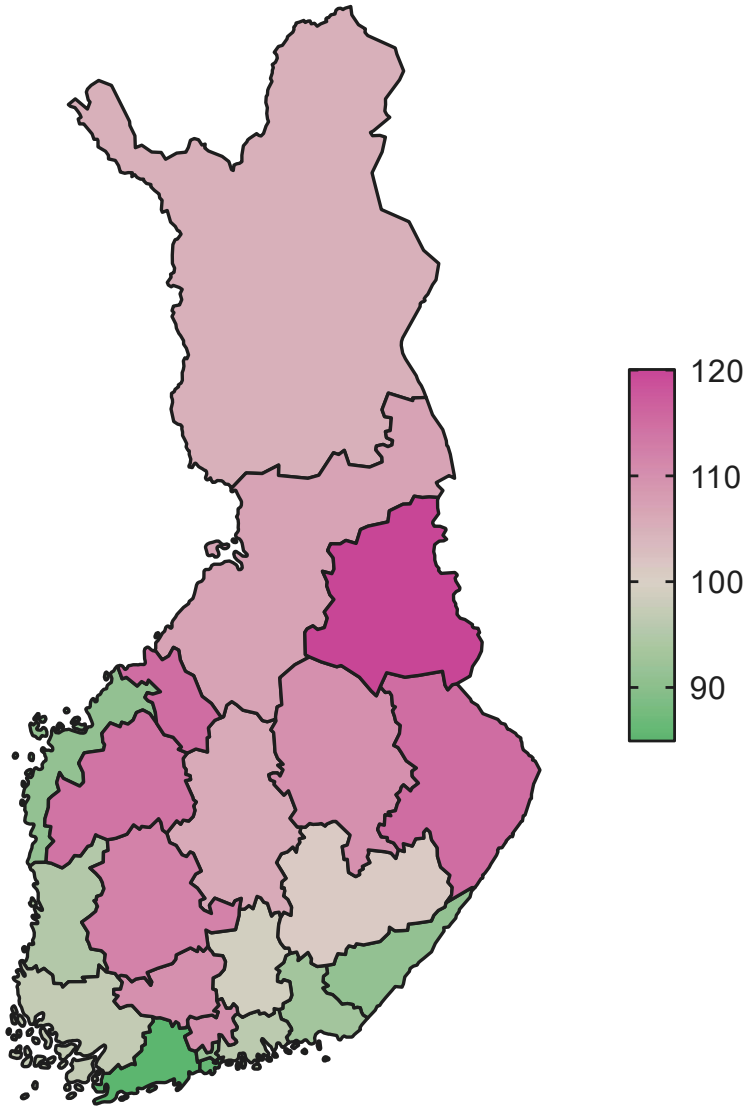

Memory disorders index 2021–2023, men
Age-standardised
Central Ostrobothnia
Kymenlaakso
Kainuu
North Ostrobothnia
North Savo
South Savo
South Ostrobothnia
Päijät-Häme
City of Helsinki
Central Uusimaa
Lapland
Central Finland
North Karelia
Southwest Finland
Pirkanmaa
Vantaa and Kerava
Kanta-Häme
East Uusimaa
South Karelia
Satakunta
West Uusimaa
Ostrobothnia
0 10 20 30 40 50 60 70 80 90 100 110 120 130


Memory disorders index 2021–2023, women
Age-standardised
Kainuu
North Ostrobothnia
Central Ostrobothnia
South Ostrobothnia
Kymenlaakso
Lapland
North Savo
North Karelia
South Savo
Central Uusimaa
Vantaa and Kerava
City of Helsinki
Päijät-Häme
Central Finland
East Uusimaa
Southwest Finland
Pirkanmaa
West Uusimaa
Kanta-Häme
South Karelia
Satakunta
Ostrobothnia
0 10 20 30 40 50 60 70 80 90 100 110 120 130

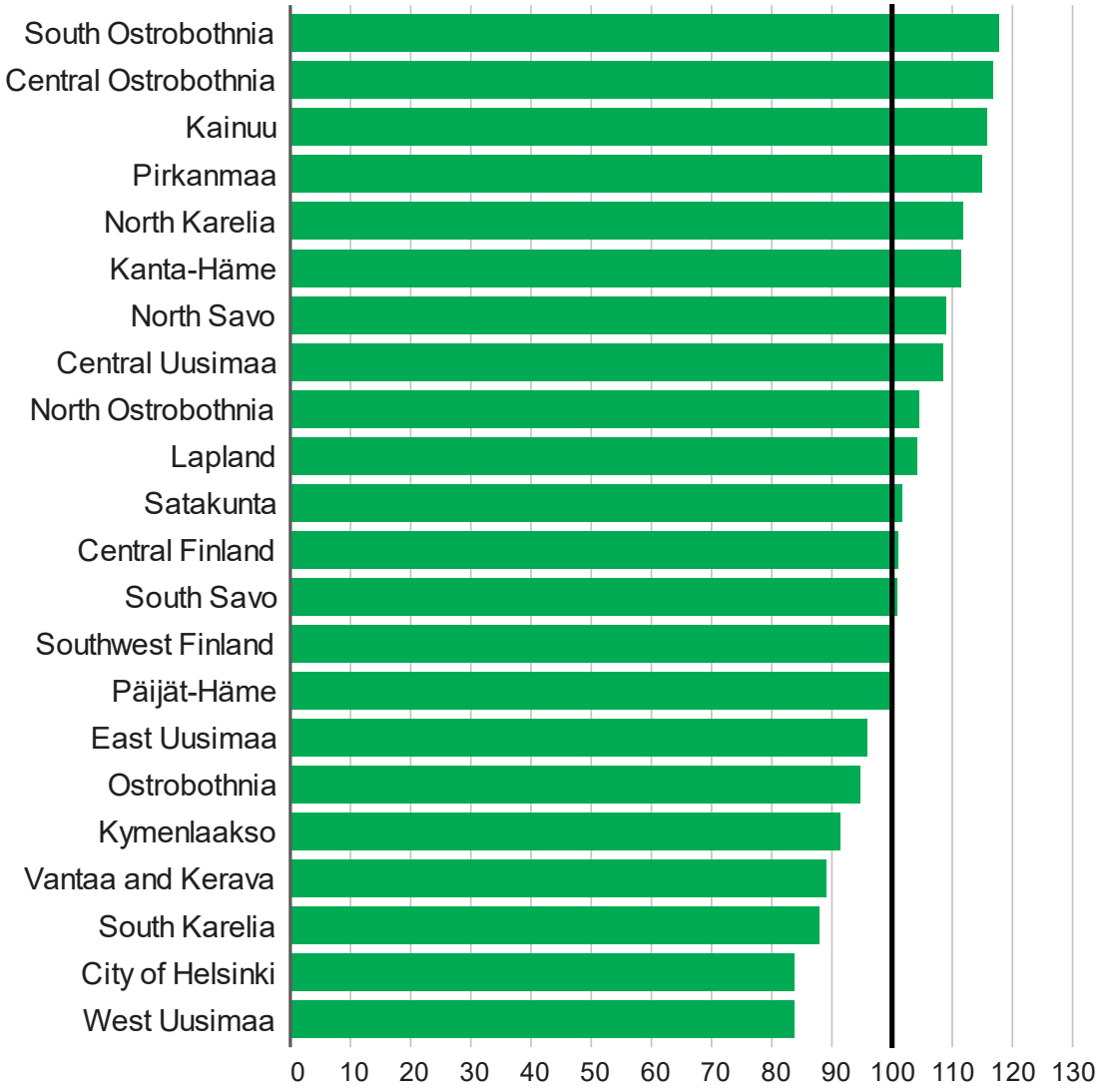
Chronic respiratory diseases

- The index describes the prevalence asthma, chronic obstructive pulmonary disease and sleep apnoea in the region's population aged at least 20, relative to the national level.
- Index definition includes diagnosis codes by physicians in the specialised and primary healthcare, and eligibility for special reimbursement of medicines.
- Morbidity is the most common in the wellbeing services counties of Kainuu, Central Ostrobothnia and North Karelia, and the least common in Western Uusimaa and Helsinki.

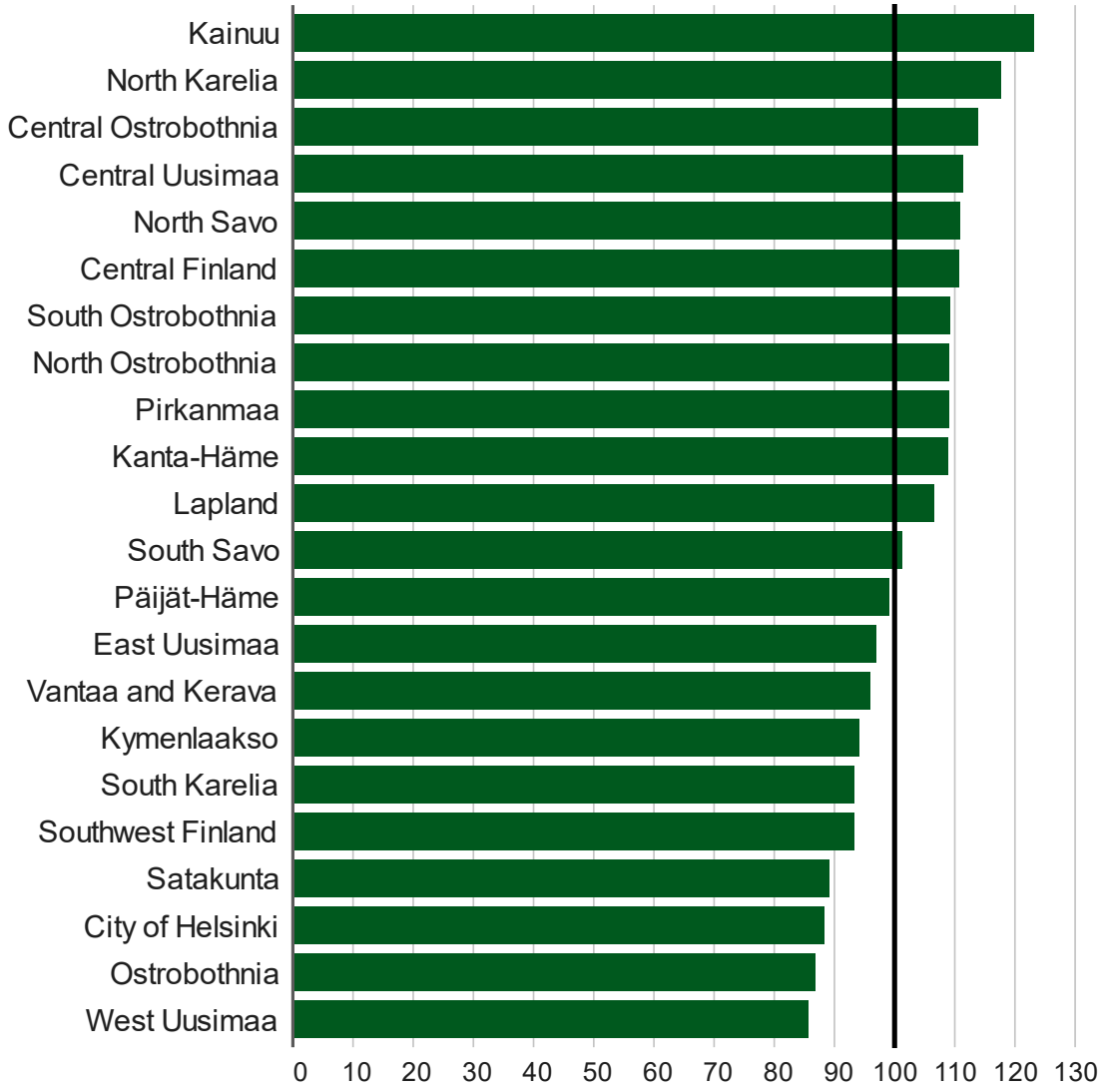
Respiratory diseases index 2021–2023, age-standardised



Respiratory diseases index 2021–2023, men
Age-standardised



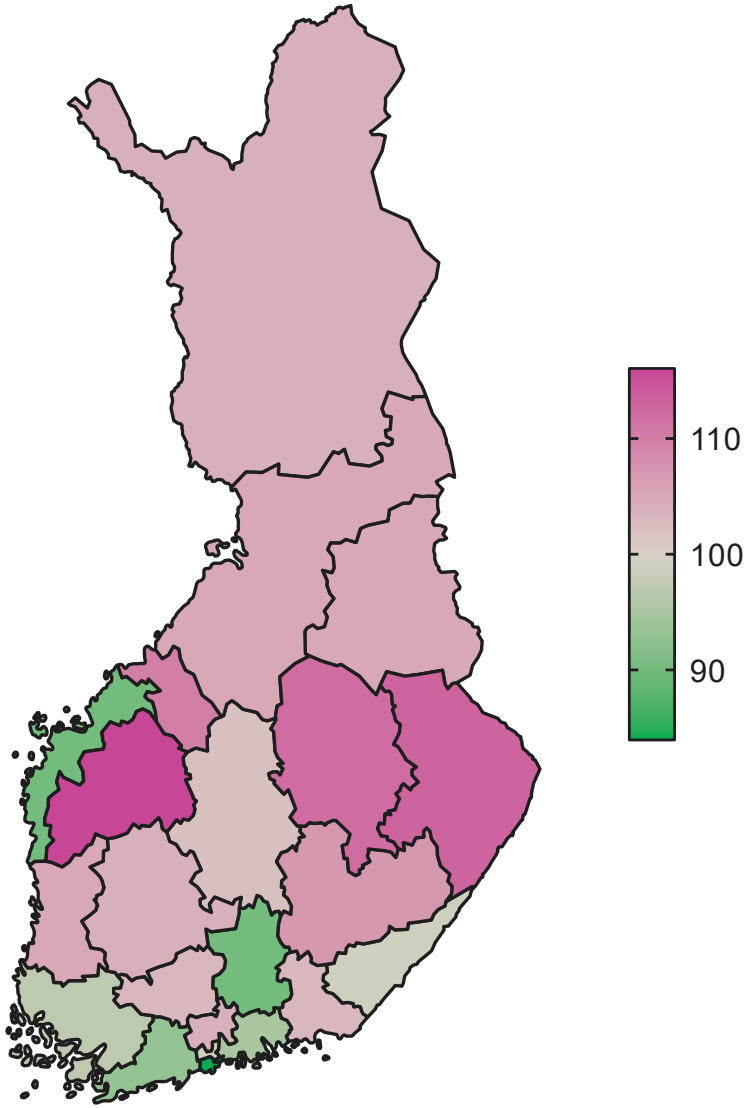
Respiratory diseases index 2021–2023, women
Age-standardised

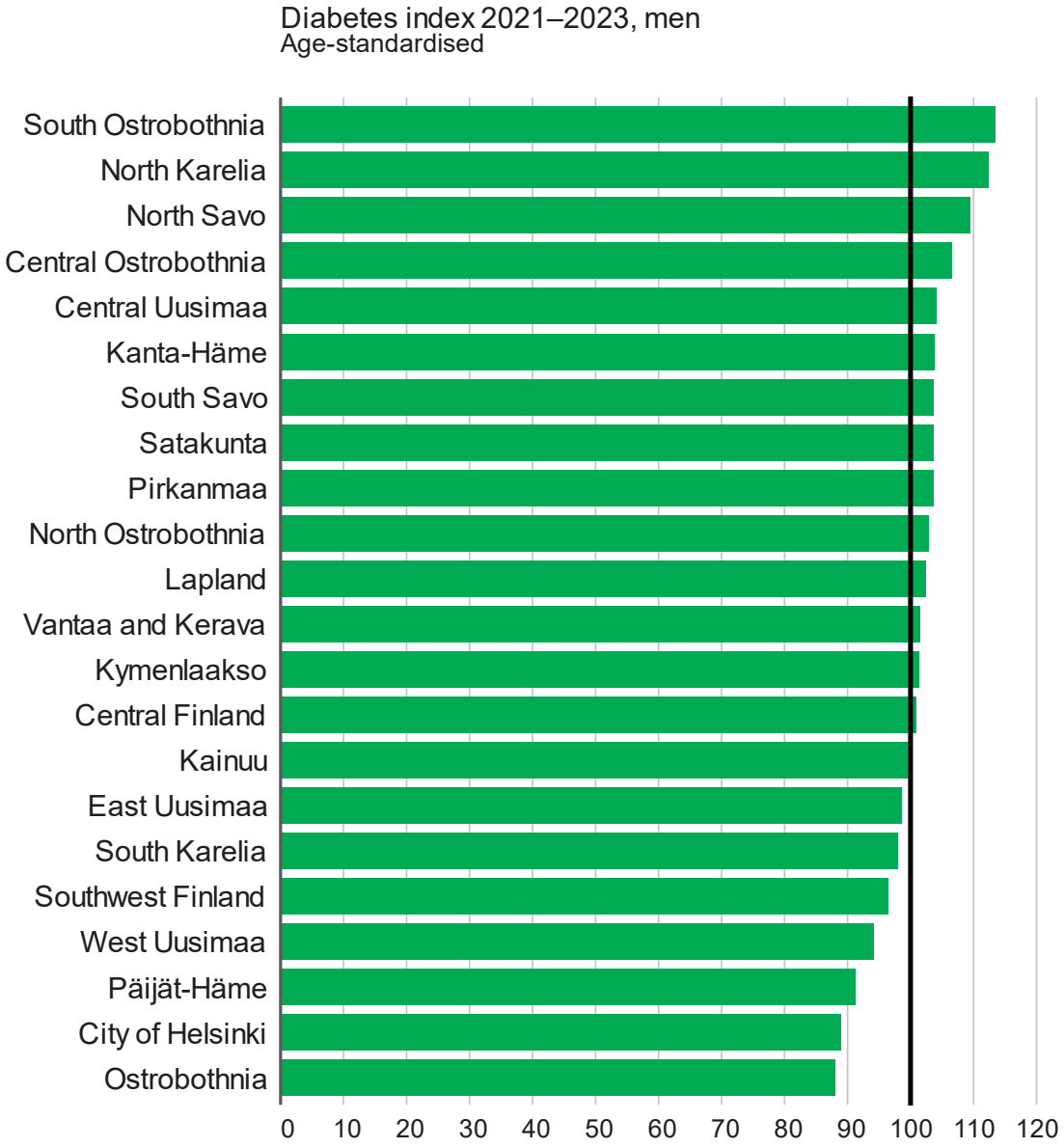


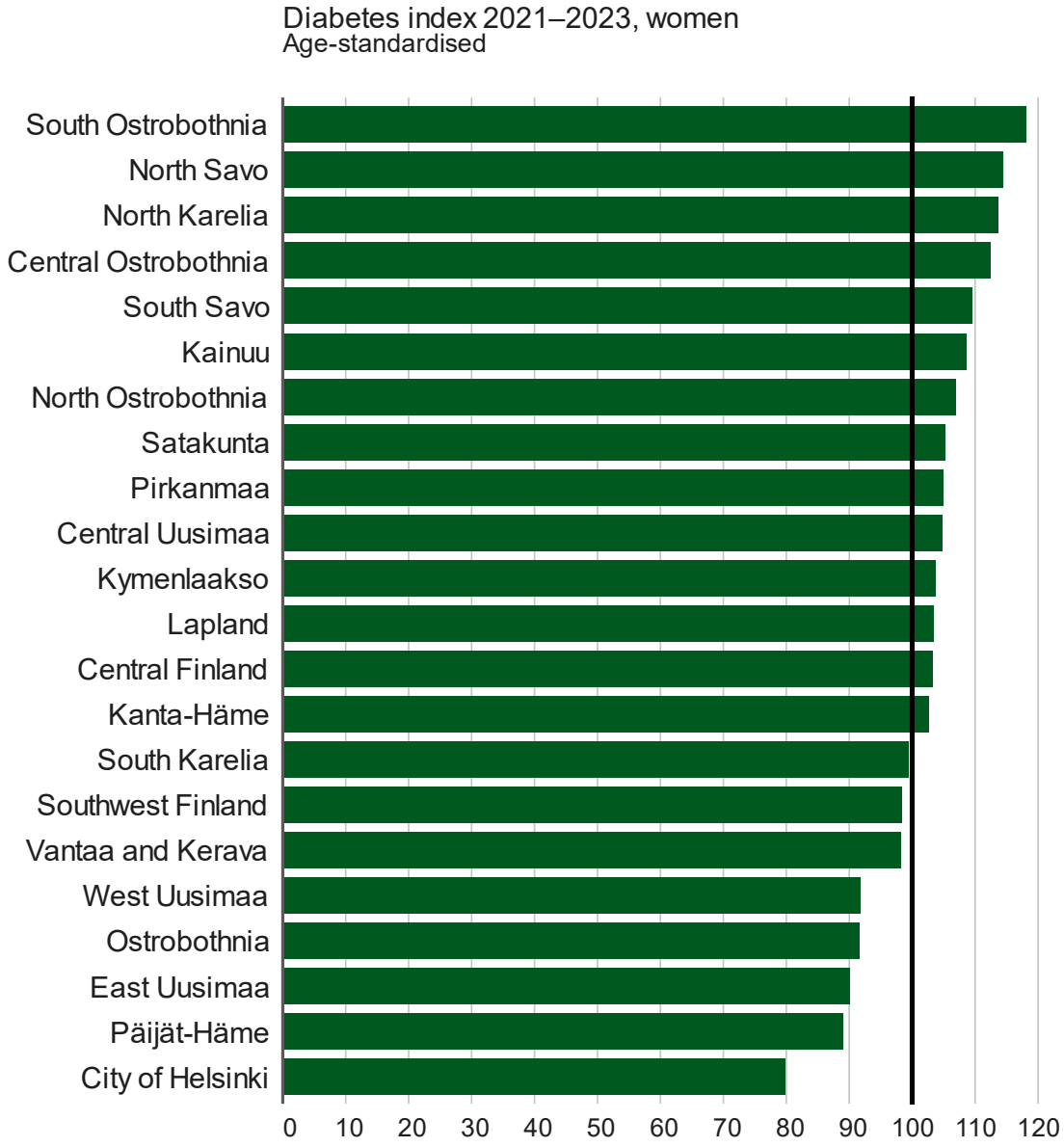
Diabetes

- The index describes the prevalence of diabetes in the region's population relative to the national level.
- Index definition includes diagnosis codes in the specialised and primary healthcare, primary care physician visits, medicines purchases, and eligibility for special reimbursement of medicines.
- Diabetes is the most common in the wellbeing services counties of South Ostrobothnia, North Karelia and North Savo, and the least common in Helsinki, Päijät-Häme and Ostrobothnia.

Diabetes index 2021–2023, age-standardised



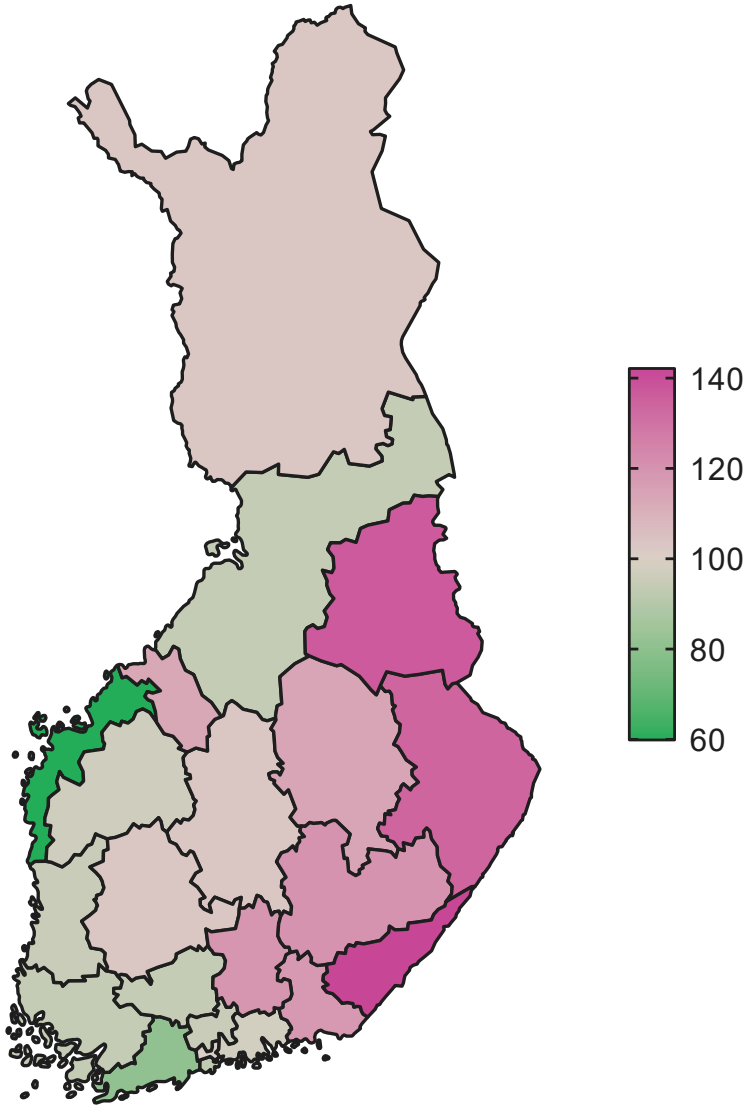

Diabetes index 2021–2023, men
Age-standardised
South Ostrobothnia
North Karelia
North Savo
Central Ostrobothnia
Central Uusimaa
Kanta-Häme
South Savo
Satakunta
Pirkanmaa
North Ostrobothnia
Lapland
Vantaa and Kerava
Kymenlaakso
Central Finland
Kainuu
East Uusimaa
South Karelia
Southwest Finland
West Uusimaa
Päijät-Häme
City of Helsinki
Ostrobothnia
0 10 20 30 40 50 60 70 80 90 100 110 120


Diabetes index 2021–2023, women
Age-standardised
South Ostrobothnia
North Savo
North Karelia
Central Ostrobothnia
South Savo
Kainuu
North Ostrobothnia
Satakunta
Pirkanmaa
Central Uusimaa
Kymenlaakso
Lapland
Central Finland
Kanta-Häme
South Karelia
Southwest Finland
Vantaa and Kerava
West Uusimaa
Ostrobothnia
East Uusimaa
Päijät-Häme
City of Helsinki
0 10 20 30 40 50 60 70 80 90 100 110 120

Alcohol-related diseases

- The index describes the share of region's population having received treatment for an illness or other condition related to excessive use of alcohol, relative to the national level.
- The index definition includes diagnosis codes in the specialised and primary healthcare, primary care physician visits, social welfare services and prescription medicine purchases.
- Alcohol-related morbidity is the most common in the wellbeing services counties of South Karelia, Kainuu and North Karelia, and the least common in Ostrobothnia.

Alcohol-related diseases index 2021–2023, age-standardised



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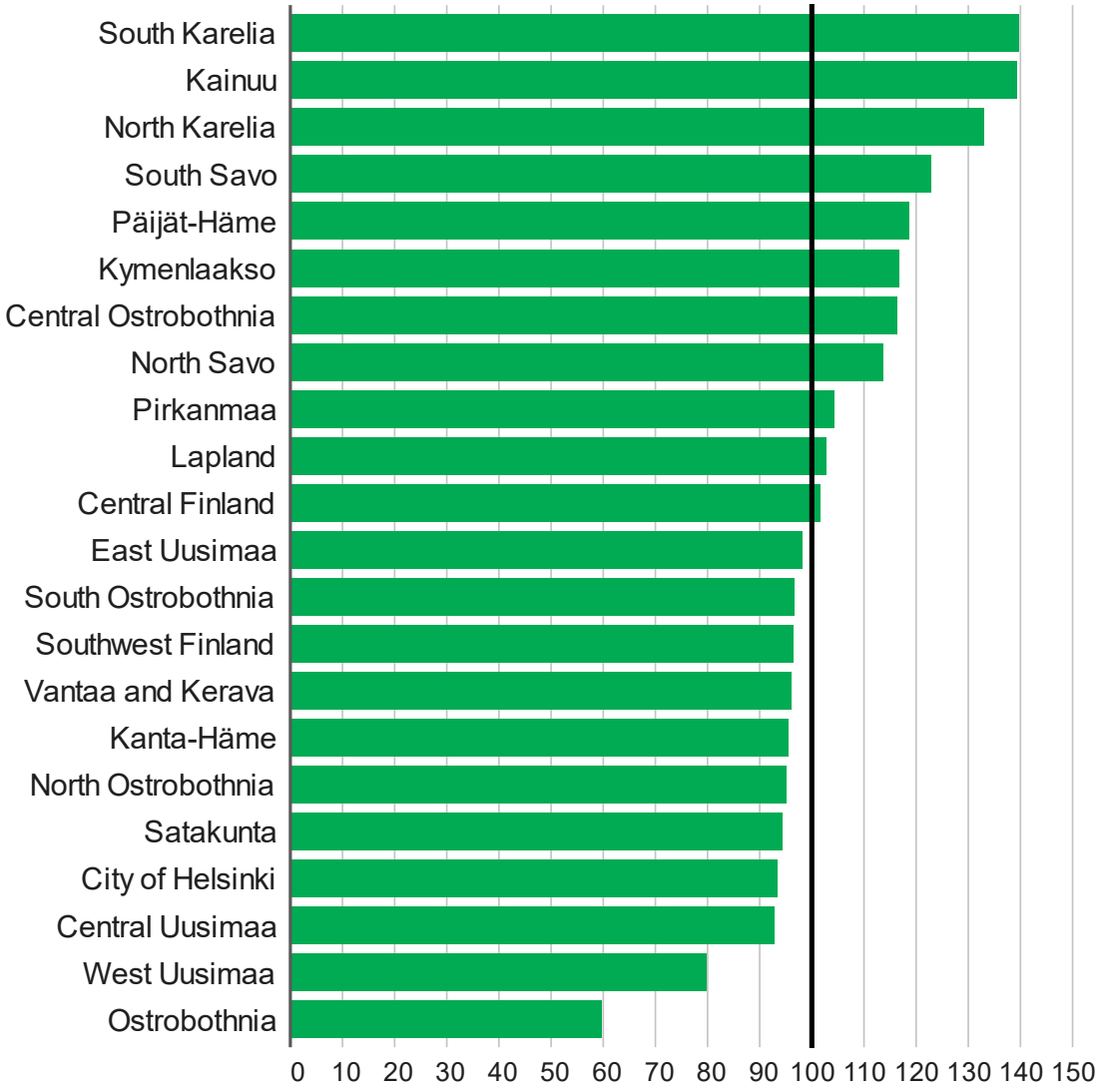
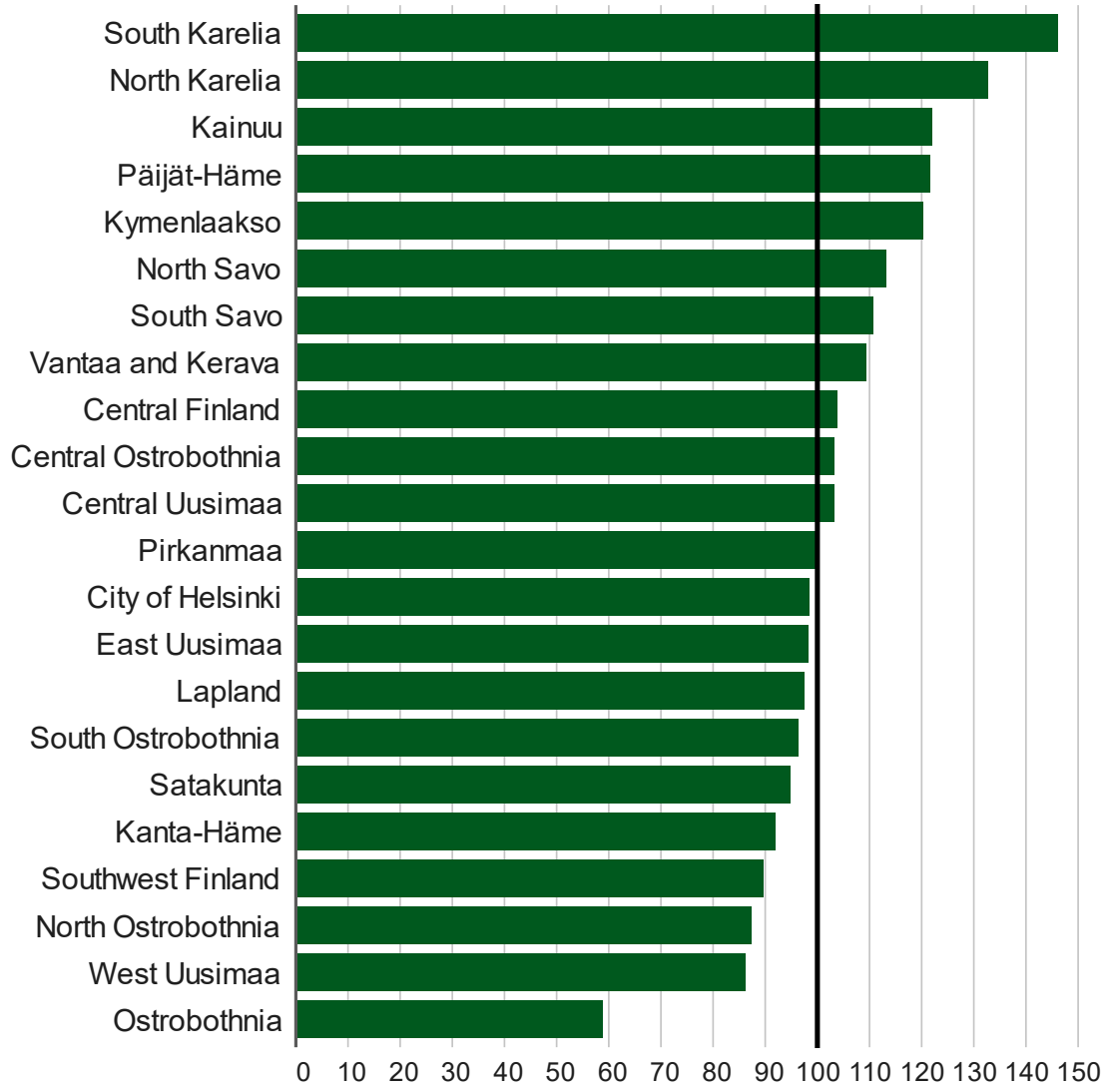
Alcohol-related diseases index 2021–2023, men
Age-standardised



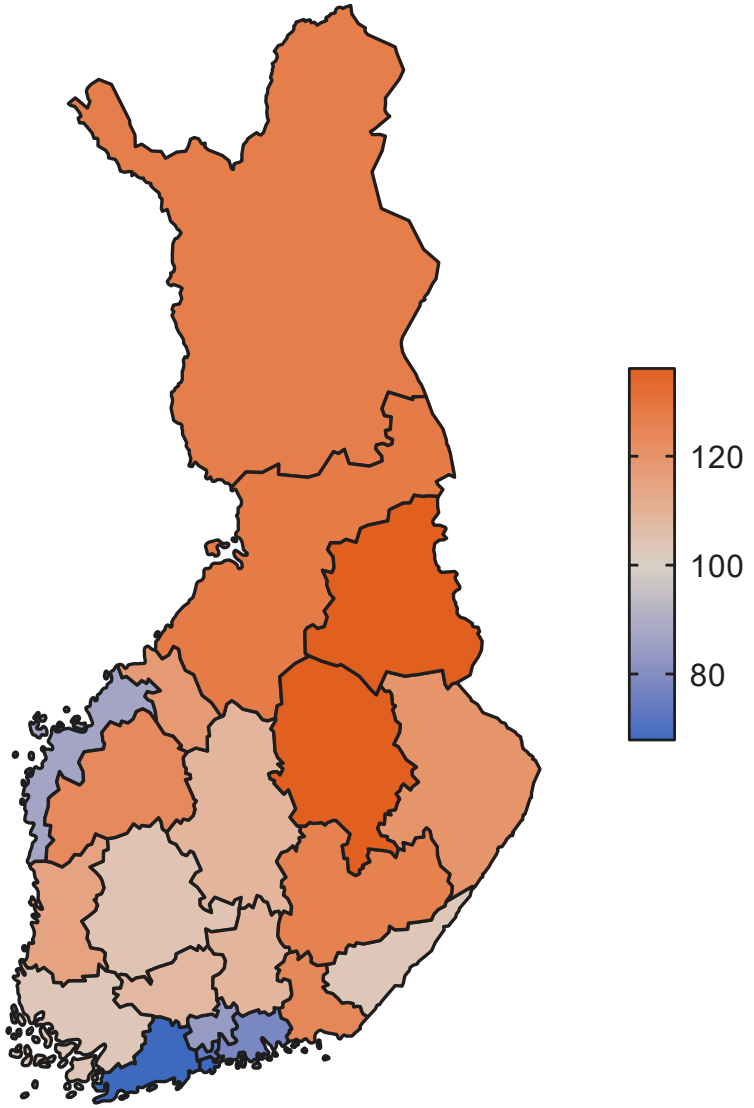
Alcohol-related diseases index 2021–2023, women
Age-standardised



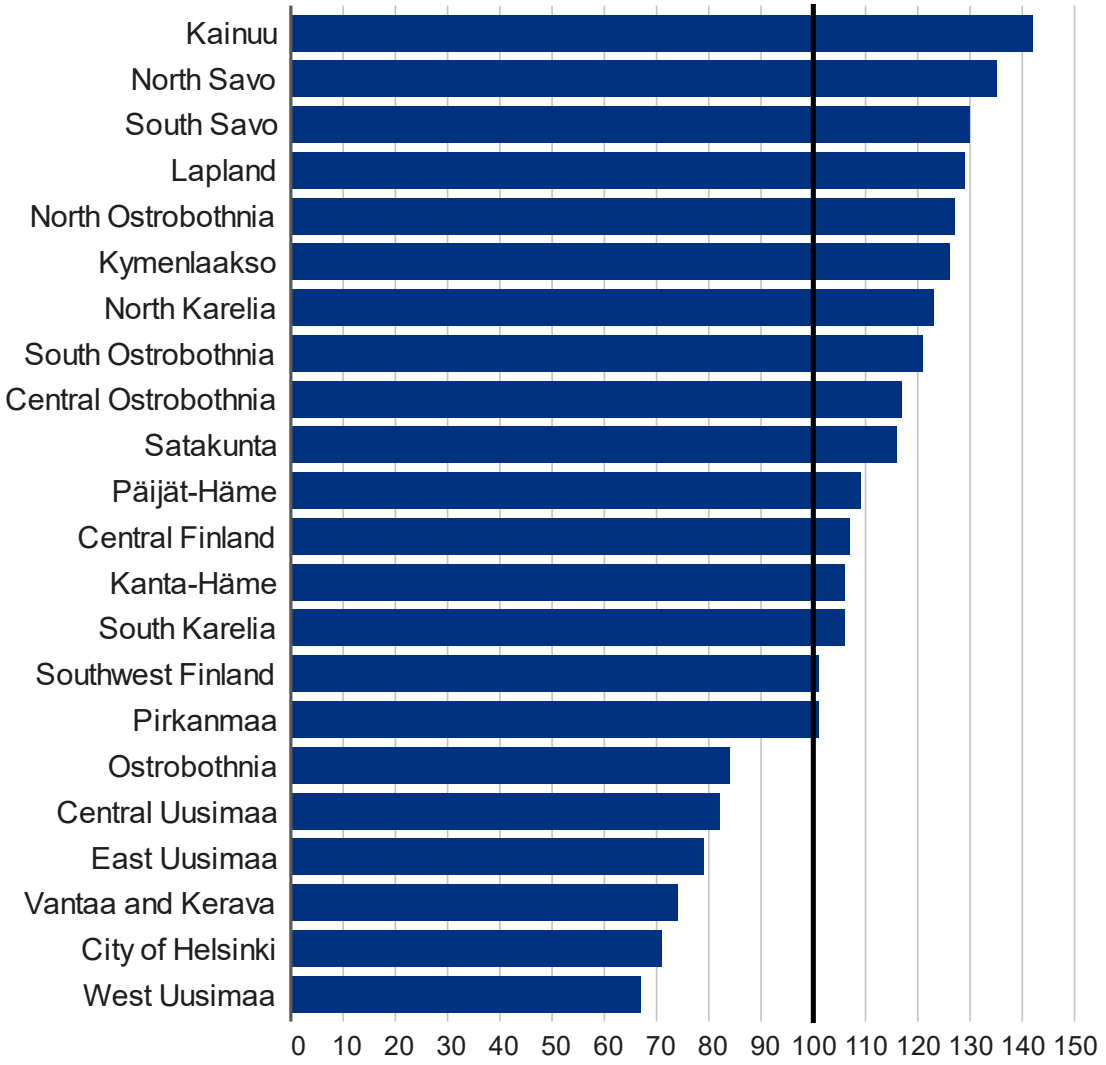
Total index for work disability

- The index describes the prevalence of work disability among the region's population relative to the national level.
- The index combines information on three indicators of work disability benefits: work disability pensions, sickness allowances and favourable decisions on vocational rehabilitation applications.
- Each of the three indicators are calculated based on the population share of the work disability benefits recipients among the region’s population aged 16 to 64 years.

Work disability index 2021–2023, age-standardised

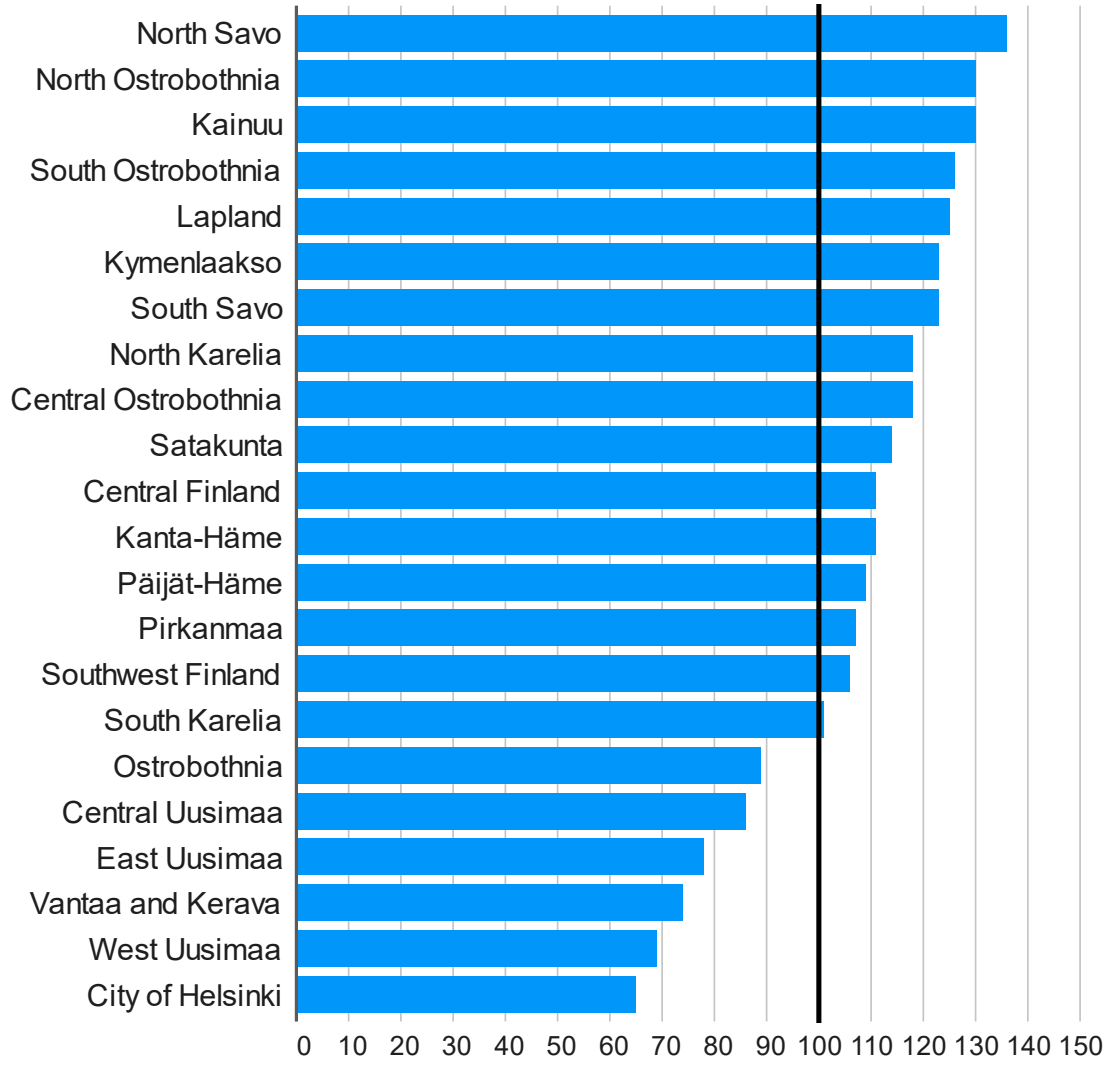


Work disability index 2021–2023, men
Age-standardised



Source: Info Tray, Kela

Work disability index 2021–2023, women
Age-standardised

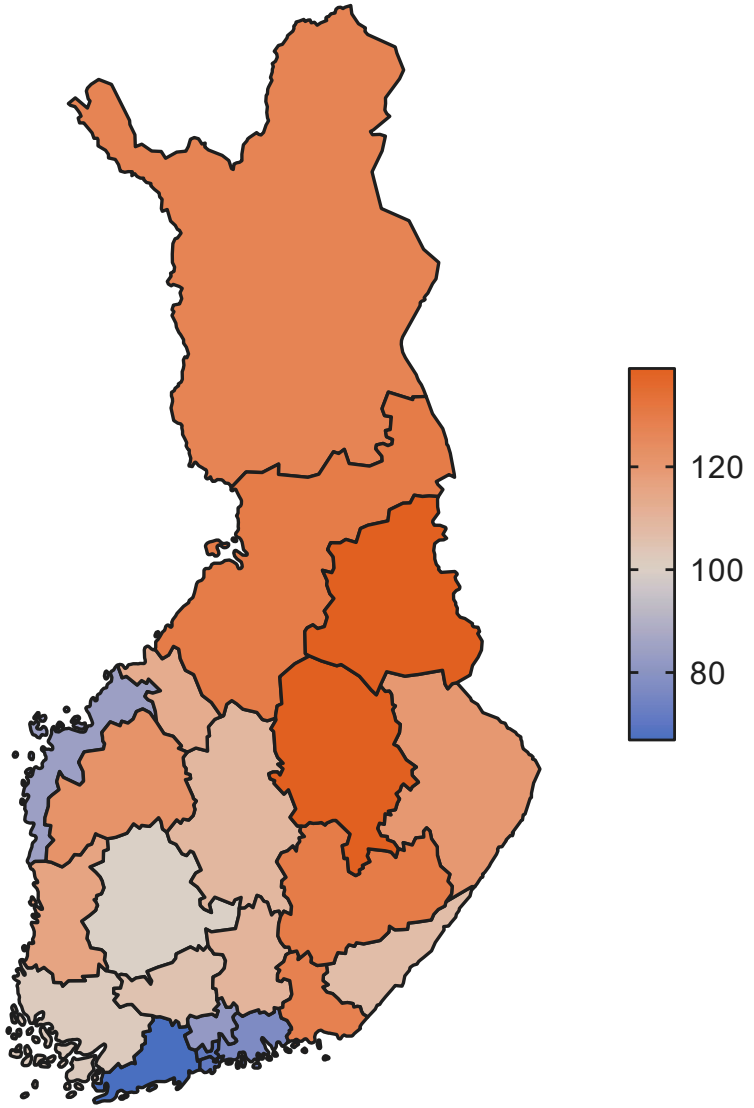


Source: Info Tray, Kela

Work disability pensions

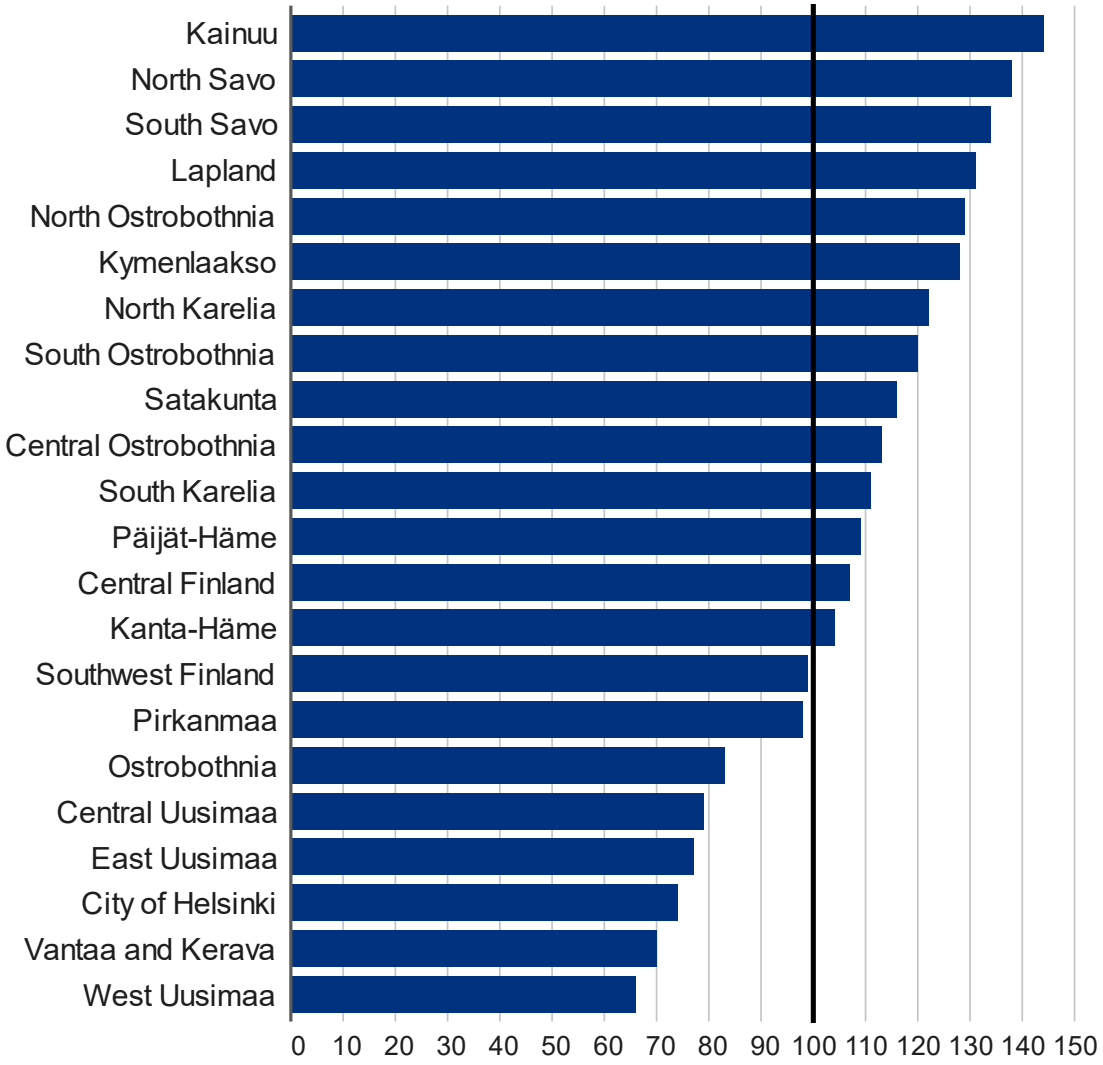
- The index describes the share of the region's population having received work disability pensions or partial work disability pensions, relative to the national level.
- The share of population on work disability pension is the highest in North Savo, North Ostrobothnia and Kainuu, and the lowest in Helsinki, Western Uusimaa and the Vantaa and Kerava wellbeing services counties.

Work disability pensions 2021–2023, age-standardised



Work disability pensions 2021–2023, men

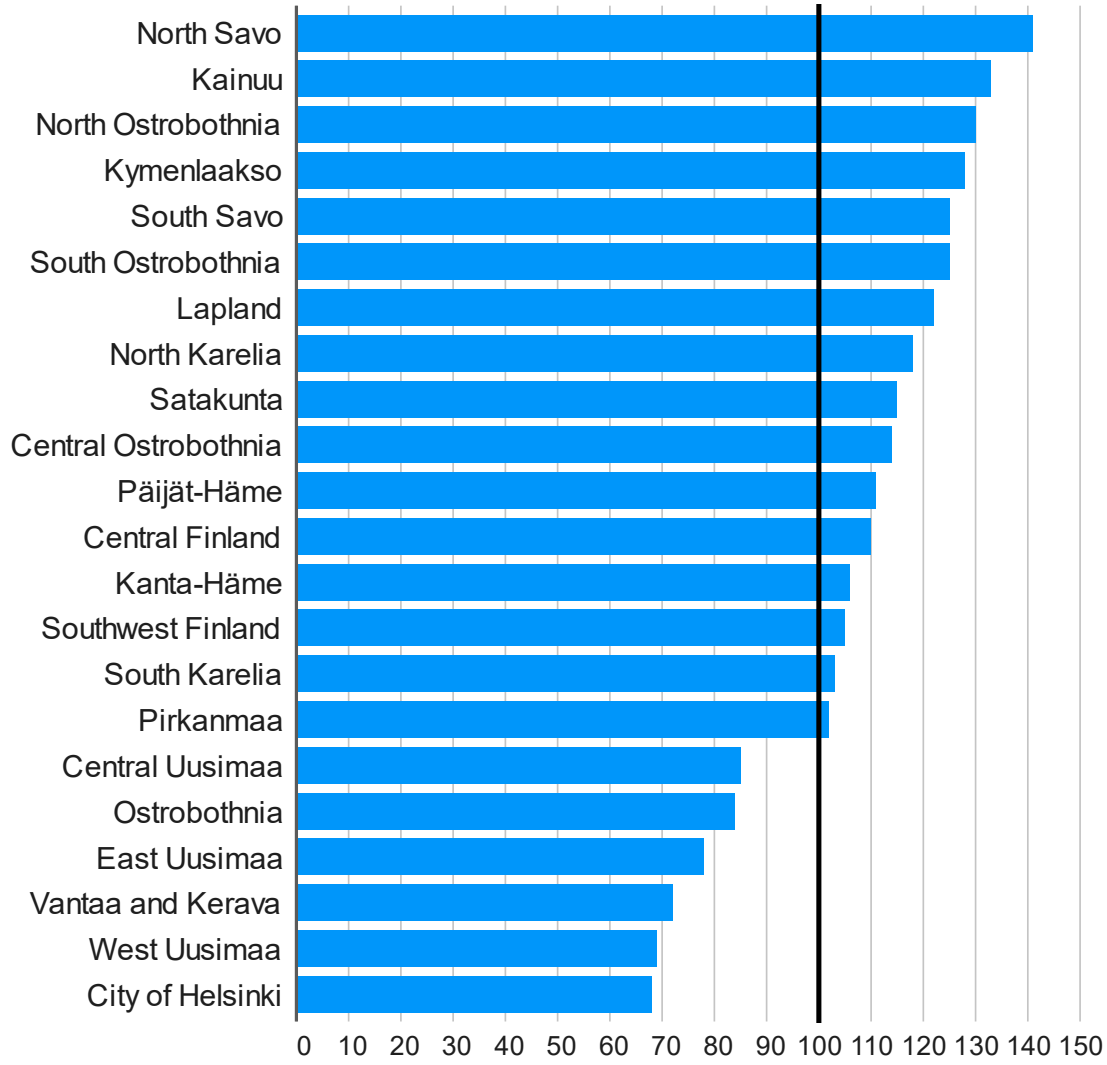
Age-standardised



Source: Info Tray, Kela

Work disability pensions 2021–2023, women

Age-standardised

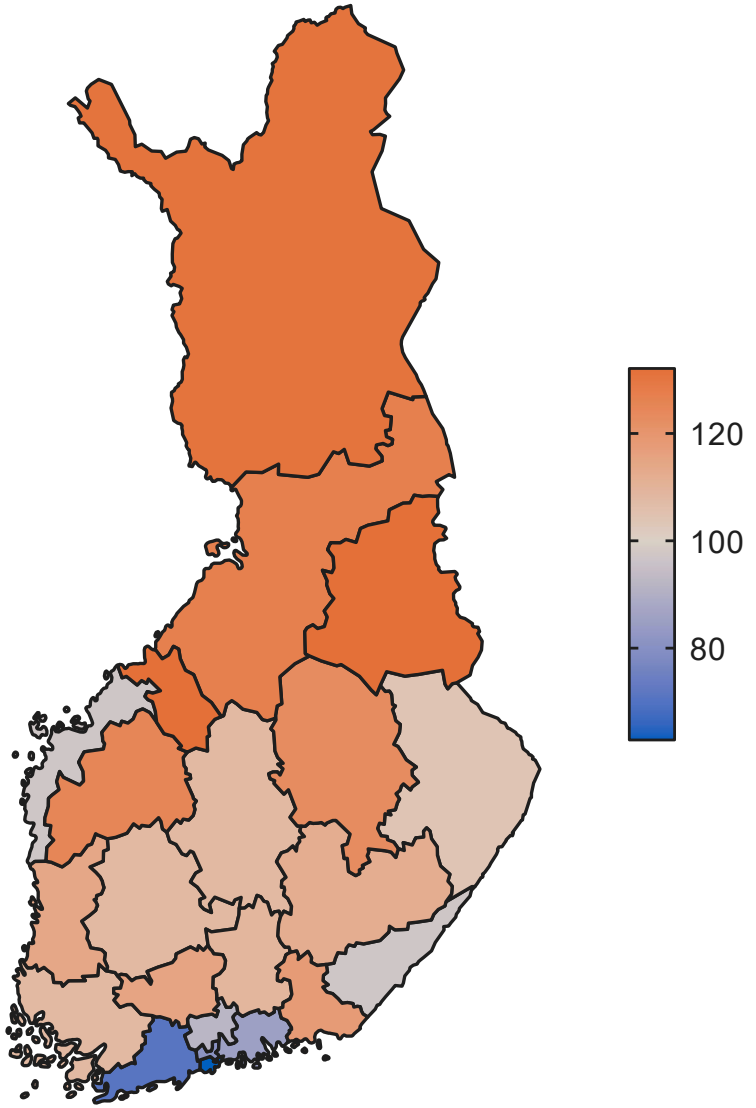


Source: Info Tray, Kela

Sickness allowances

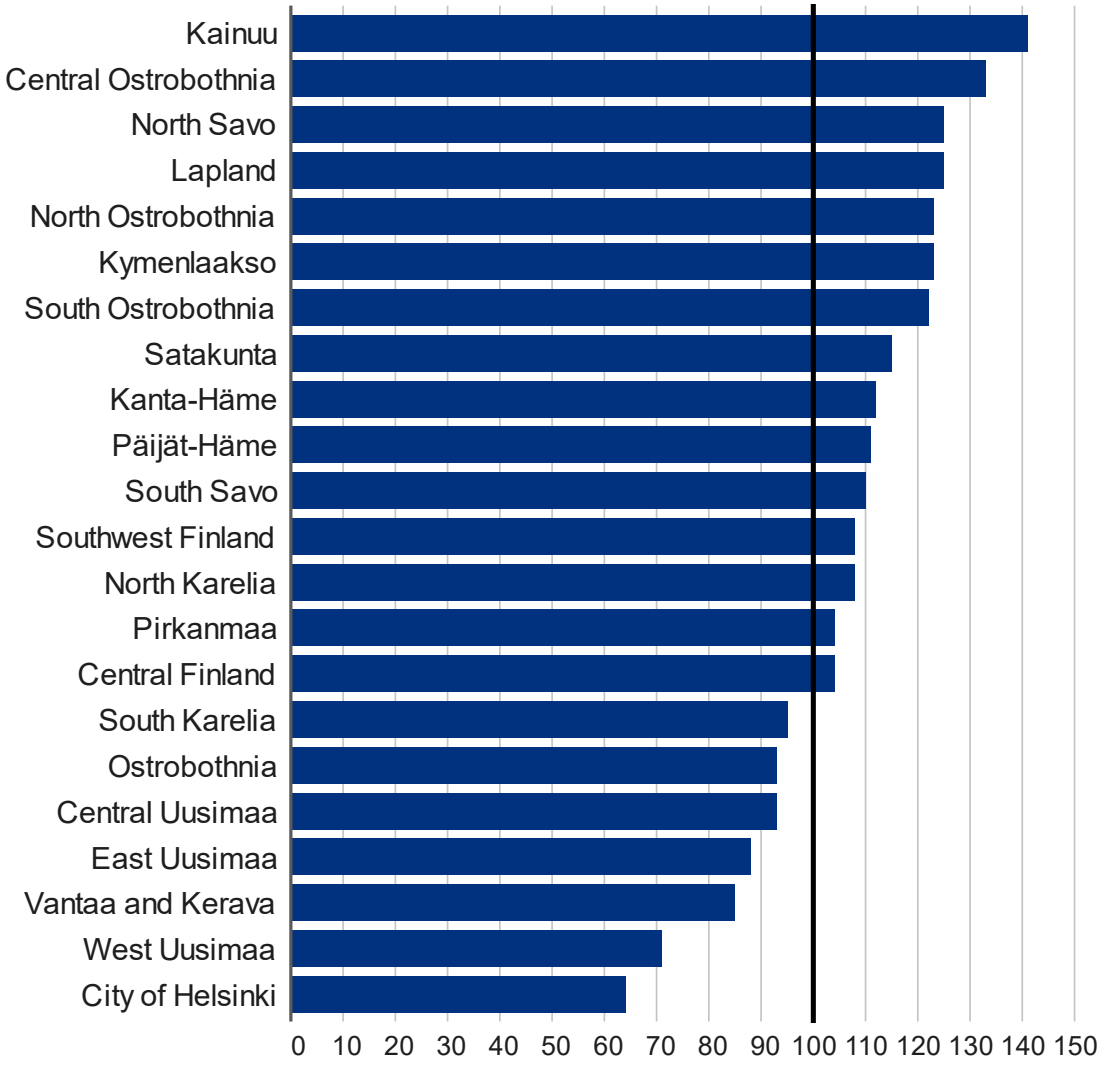
- The index describes the share of the region's population having received a sickness allowance period of more than three months based on work disability, relative to the national level.
- Being granted sickness allowance is the most common in Kainuu, Central Ostrobothnia and Lapland, and the least common in Helsinki, Western Uusimaa and the Vantaa and Kerava wellbeing services counties.

Sickness allowances 2021–2023, age-standardised



Sickness allowances 2021–2023, men

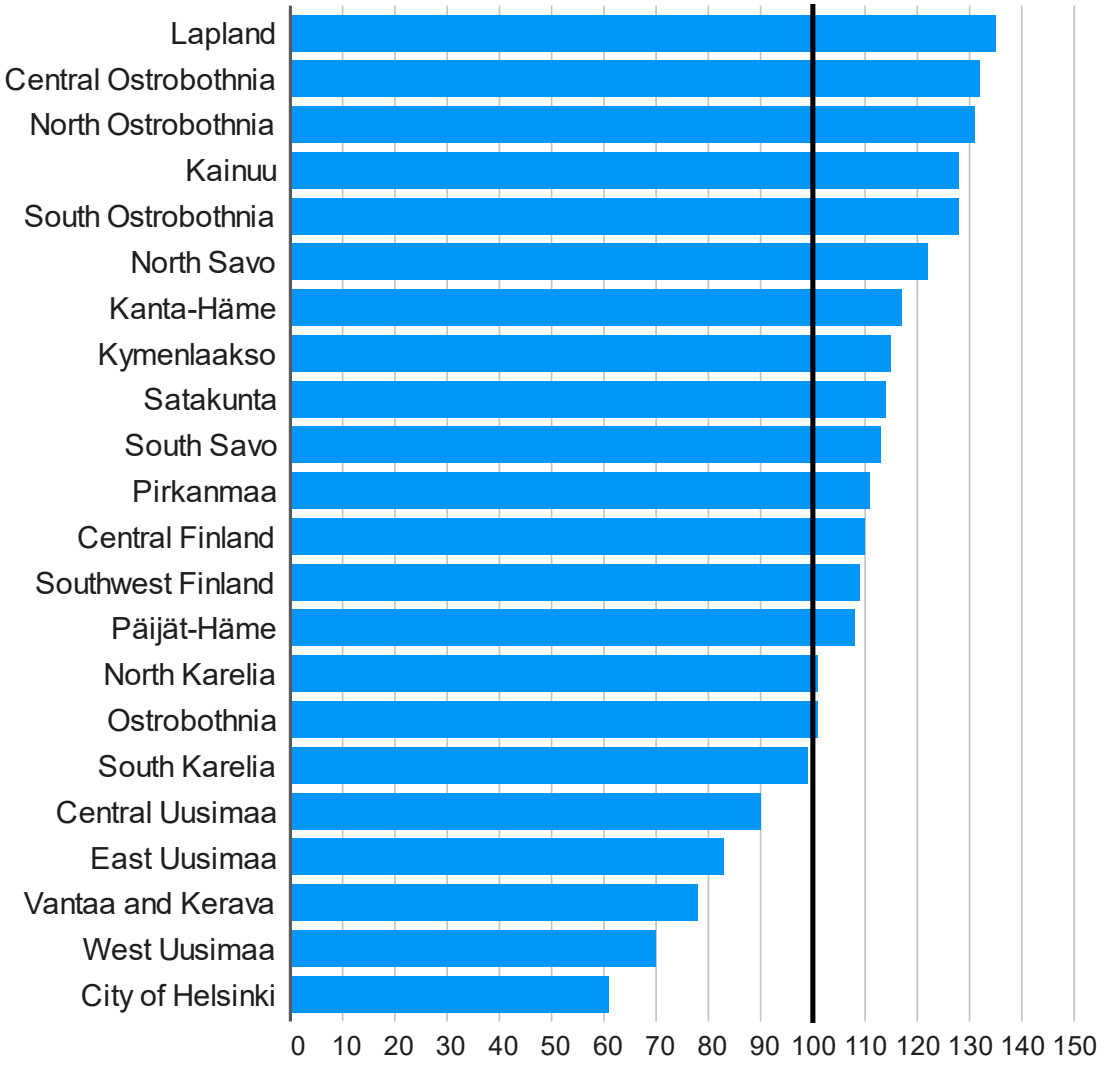
Age-standardised



Source: Info Tray, Kela

Sickness allowances 2021–2023, women

Age-standardised

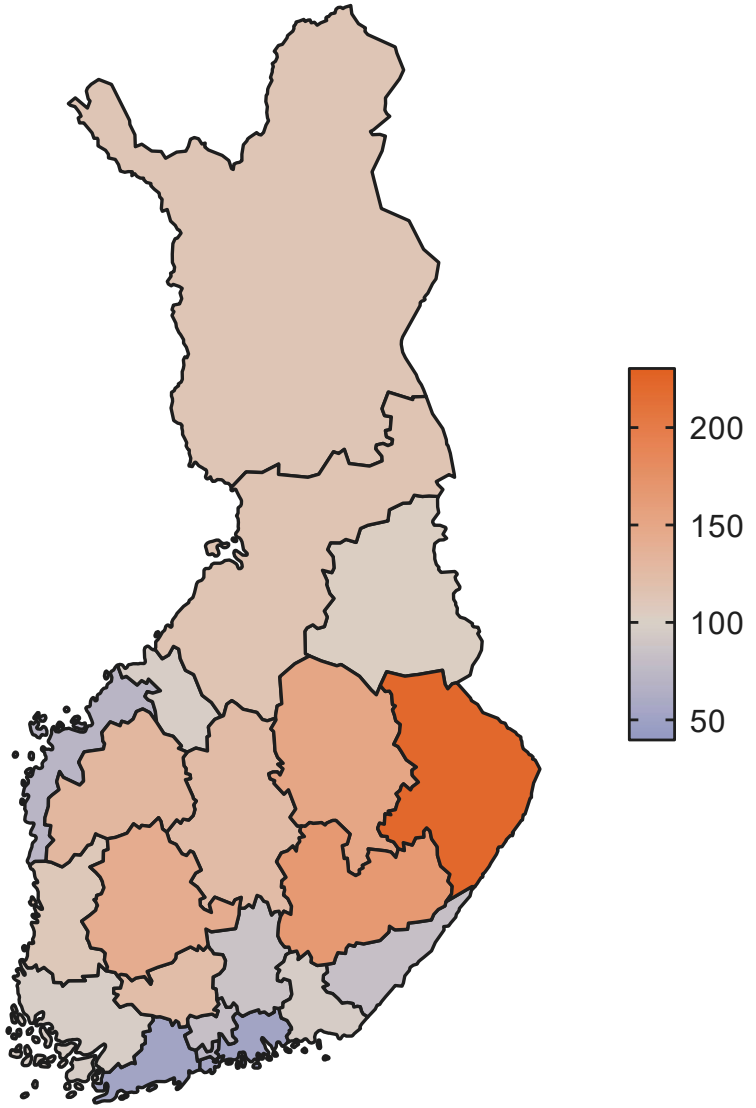


Source: Info Tray, Kela

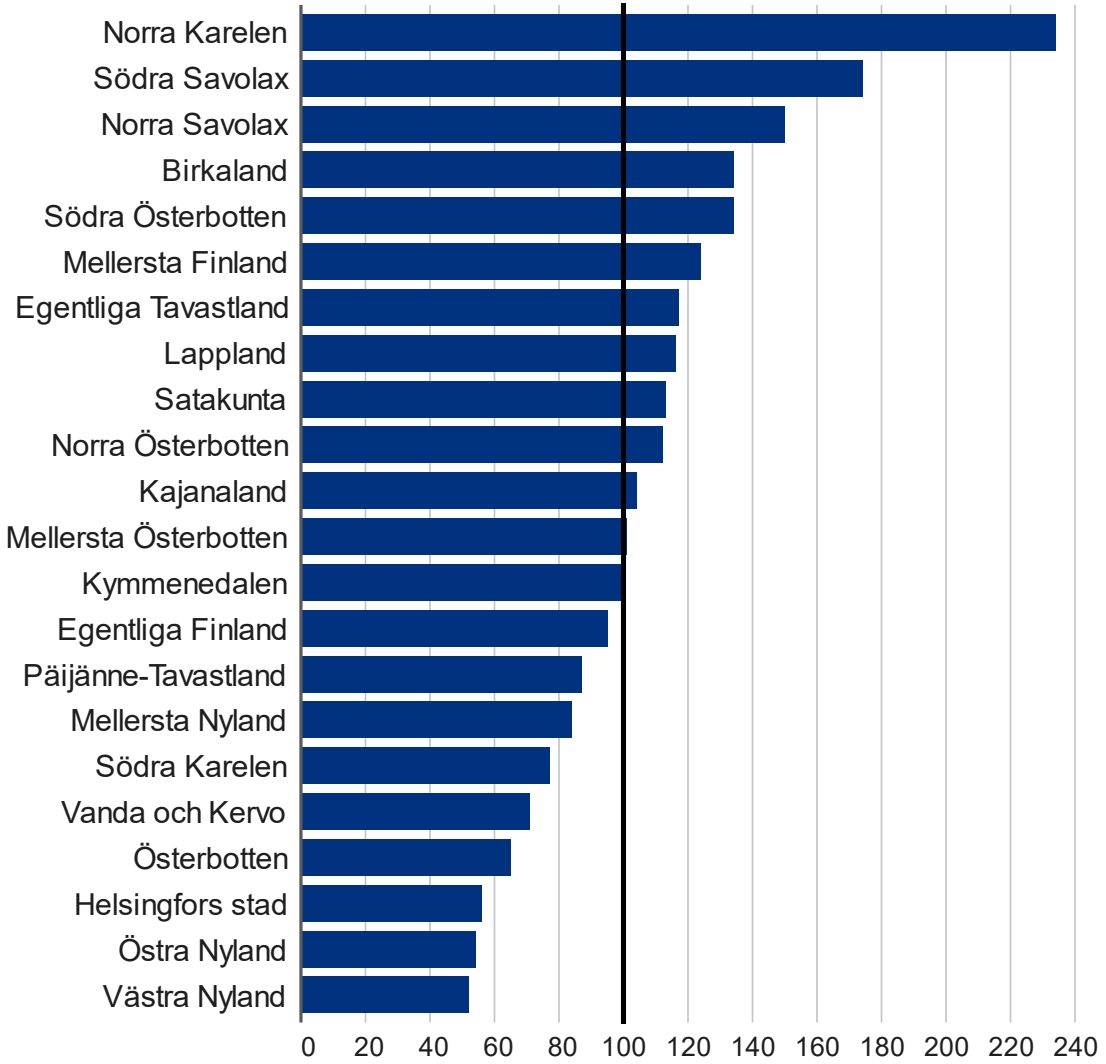
Favourable decisions on vocational rehabilitation applications

- The index describes the share of the region's population having received a favourable decision on vocational rehabilitation application, relative to the national level.
- The share of those granted a favourable decision on vocational rehabilitation application is the highest in North Karelia, North Savo and South Savo, and the lowest in Eastern and Western Uusimaa and Helsinki.

Vocational rehabilitation 2021–2023, age-standardised

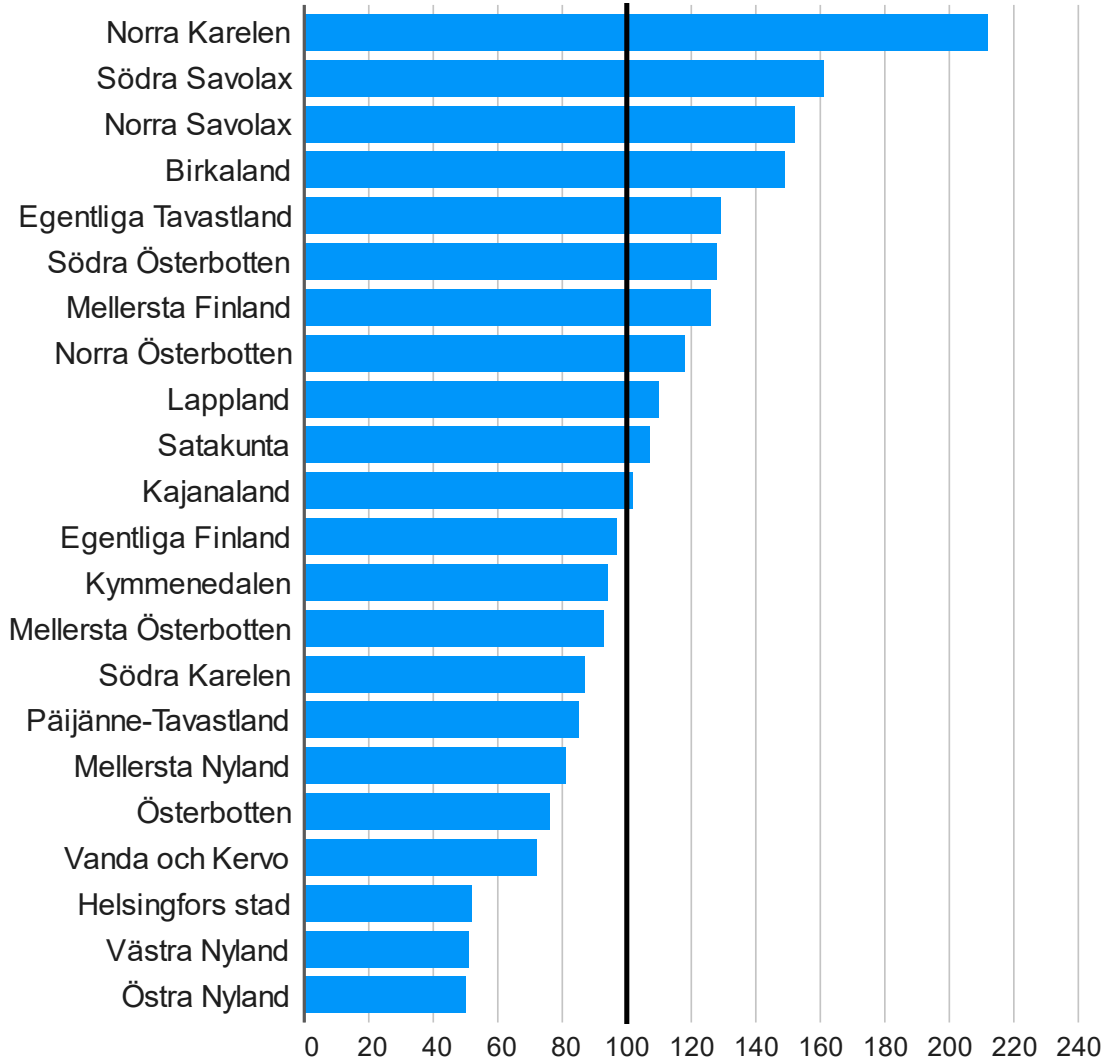


Vocational rehabilitation 2021–2023, men
Age-standardised



Source: Info Tray, Kela

Vocational rehabilitation 2021–2023, women
Age-standardised



Source: Info Tray, Kela

Find out more

All index results can be accessed at

Sotkanet (THL)

Tietotarjotin (Kela)

More information available at the statistics' websites at

thl.fi/tilastot/terveysindeksi

https://tietotarjotin.fi/en/statistical-data/670708/national-health-index

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