

**Population welfare and living habits, students in upper secondary school by sex and region, 2017, 2019, 2021, 2023, And 2025**

|   |                    |          | 2017 | 2019 | 2021 | 2023 | 2025 |
|---|--------------------|----------|------|------|------|------|------|
| Can almost never talk with parents about personal matters, as % of all students in 1st and 2nd year of upper secondary school | Kainuu             | male     | 5,2  | 3,4  | 3,9  | 2,3  |      |
|   |                    | female   | 8,8  | 5,5  | 8,4  | 6,9  |      |
|   |                    | combined | 7,4  | 4,7  | 6,6  | 5,1  |      |
|   | Lapland            | male     | 4,7  | 3,7  | 5,4  | 3,9  |      |
|   |                    | female   | 11,8 | 7,3  | 9,2  | 8,5  |      |
|   |                    | combined | 8,9  | 5,9  | 7,7  | 6,7  |      |
|   | North Ostrobothnia | male     | 4,4  | 4,0  | 4,3  | 3,7  |      |
|   |                    | female   | 7,1  | 6,4  | 9,6  | 9,1  |      |
|   |                    | combined | 6,1  | 5,5  | 7,4  | 6,9  |      |
| Daily smokers, as % of all students in 1st and 2nd year of upper secondary school   | Kainuu             | male     | 4,3  | 1,4  | 2,4  | 2,3  |      |
|   |                    | female   | 2,2  | 2,0  | 3,9  | 3,3  |      |
|   |                    | combined | 3,0  | 1,7  | 3,3  | 2,9  |      |
|   | Lapland            | male     | 2,6  | 3,0  | 2,2  | 1,3  |      |
|   |                    | female   | 4,1  | 2,6  | 1,9  | 2,1  |      |
|   |                    | combined | 3,5  | 2,7  | 2,0  | 1,8  |      |
|   | North Ostrobothnia | male     | 3,6  | 3,0  | 2,5  | 1,7  |      |
|   |                    | female   | 3,5  | 2,7  | 2,5  | 2,6  |      |
|   |                    | combined | 3,6  | 2,8  | 2,5  | 2,2  |      |
| Daily snuff users, as % of all students in 1st and 2nd year of upper secondary school   | Kainuu             | male     | 7,9  | 7,2  | 3,3  | 7,4  |      |
|   |                    | female   | 0,0  | 0,3  | 1,6  | 2,9  |      |
|   |                    | combined | 3,4  | 3,1  | 2,3  | 4,6  |      |
|   | Lapland            | male     | 9,7  | 9,6  | 5,0  | 5,8  |      |
|   |                    | female   | 1,2  | 1,4  | 2,8  | 2,0  |      |
|   |                    | combined | 4,7  | 4,6  | 3,7  | 3,5  |      |
|   | North Ostrobothnia | male     | 7,9  | 8,1  | 5,8  | 4,4  |      |
|   |                    | female   | 1,0  | 2,0  | 1,6  | 2,1  |      |
|   |                    | combined | 3,8  | 4,3  | 3,4  | 3,0  |      |
| Does not eat breakfast every school morning, as % of all students in 1st and 2nd year of upper secondary school               | Kainuu             | male     | 25,0 | 24,5 | 29,4 | 37,5 |      |
|   |                    | female   | 23,8 | 23,1 | 32,3 | 34,2 |      |
|   |                    | combined | 24,2 | 23,7 | 31,0 | 35,5 |      |
|   | Lapland            | male     | 31,5 | 32,0 | 32,8 | 34,3 |      |
|   |                    | female   | 25,0 | 31,8 | 32,4 | 37,4 |      |
|   |                    | combined | 27,7 | 31,8 | 32,5 | 36,2 |      |
|   | North Ostrobothnia | male     | 30,0 | 34,0 | 31,7 | 30,6 |      |
|   |                    | female   | 27,2 | 32,2 | 32,9 | 33,4 |      |
|   |                    | combined | 28,4 | 32,9 | 32,4 | 32,3 |      |
| Does not eat school meals daily, as % of all students in 1st and 2nd year of upper secondary school                           | Kainuu             | male     | 9,5  | 17,6 | 19,8 | 10,8 |      |
|   |                    | female   | 13,3 | 17,7 | 24,4 | 21,6 |      |
|   |                    | combined | 11,7 | 17,6 | 22,5 | 17,4 |      |
|   | Lapland            | male     | 15,4 | 24,3 | 23,2 | 22,6 |      |
|   |                    | female   | 22,2 | 26,9 | 30,0 | 35,2 |      |
|   |                    | combined | 19,7 | 25,9 | 27,3 | 30,3 |      |

|   |                    |          |      |      |      |      |     |
|---|--------------------|----------|------|------|------|------|-----|
|   | North Ostrobothnia | male     | 20,3 | 27,2 | 21,4 | 20,1 |     |
|   |                    | female   | 20,7 | 29,9 | 29,4 | 33,4 |     |
|   |                    | combined | 20,6 | 28,8 | 26,1 | 28,1 |     |
| Experience of sexual intercourse, as % of all students in 1st and 2nd year of upper secondary school                  | Kainuu             | male     | 32,1 | 29,8 | 35,3 | 34,3 |     |
|   |                    | female   | 30,9 | 37,6 | 46,1 | 41,2 |     |
|   |                    | combined | 31,6 | 34,4 | 41,9 | 38,5 |     |
|   | Lapland            | male     | 35,9 | 33,3 | 32,2 | 34,2 |     |
|   |                    | female   | 37,9 | 42,7 | 45,4 | 39,3 |     |
|   |                    | combined | 37,0 | 39,1 | 40,3 | 37,3 |     |
| North Ostrobothnia  | male               | 30,3     | 32,0 | 28,2 | 26,7 |      |     |
|   | female             | 33,1     | 33,3 | 33,5 | 32,9 |      |     |
|   | combined           | 31,8     | 32,8 | 31,3 | 30,4 |      |     |
| Gambles every week, as % of all students in 1st and 2nd year of upper secondary school                                | Kainuu             | male     | 9,7  | 6,4  | 8,4  | 5,7  |     |
|   |                    | female   | 0,6  | 1,0  | 0,3  | 0,0  |     |
|   |                    | combined | 4,4  | 3,2  | 3,5  | 2,2  |     |
|   | Lapland            | male     | 15,5 | 6,7  | 5,7  | 5,4  |     |
|   |                    | female   | 0,9  | 0,9  | 0,5  | 0,6  |     |
|   |                    | combined | 6,9  | 3,1  | 2,5  | 2,5  |     |
|   | North Ostrobothnia | male     | 11,6 | 7,8  | 3,5  | 4,5  |     |
|   |                    | female   | 0,8  | 0,6  | 0,2  | 0,4  |     |
|   |                    | combined | 5,2  | 3,5  | 1,6  | 2,1  |     |
| Has experimented with illegal drugs at least once, as % of all students in 1st and 2nd year of upper secondary school | Kainuu             | male     | 8,6  | 8,8  | 8,7  | 6,3  | 7,7 |
|   |                    | female   | 5,5  | 5,3  | 8,8  | 8,0  | 5,8 |
|   |                    | combined | 7,0  | 6,7  | 8,8  | 7,3  | 6,6 |
|   | Lapland            | male     | 9,2  | 9,4  | 8,8  | 6,4  | 6,8 |
|   |                    | female   | 6,3  | 6,3  | 7,2  | 4,9  | 4,7 |
|   |                    | combined | 7,5  | 7,5  | 7,8  | 5,5  | 5,4 |
|   | North Ostrobothnia | male     | 9,7  | 9,3  | 7,8  | 6,9  | 5,8 |
|   |                    | female   | 6,6  | 8,0  | 7,6  | 8,1  | 5,5 |
|   |                    | combined | 7,9  | 8,5  | 7,7  | 7,6  | 5,6 |
| Has no close friends, as % of all students in 1st and 2nd year of upper secondary school                              | Kainuu             | male     | 15,7 | 12,1 | 13,3 | 9,1  |     |
|   |                    | female   | 8,8  | 6,2  | 9,6  | 11,2 |     |
|   |                    | combined | 11,8 | 8,6  | 11,1 | 10,4 |     |
|   | Lapland            | male     | 11,5 | 10,5 | 13,1 | 13,5 |     |
|   |                    | female   | 6,8  | 6,6  | 6,5  | 9,2  |     |
|   |                    | combined | 8,7  | 8,0  | 9,0  | 10,9 |     |
|   | North Ostrobothnia | male     | 9,4  | 11,5 | 10,3 | 12,3 |     |
|   |                    | female   | 6,1  | 7,2  | 8,1  | 8,3  |     |
|   |                    | combined | 7,5  | 8,9  | 9,1  | 9,9  |     |
| Heavy drinking at least once a month, as % of all students in 1st and 2nd year of upper secondary school              | Kainuu             | male     | 6,9  | 18,1 | 16,3 | 15,6 |     |
|   |                    | female   | 12,7 | 10,5 | 20,5 | 10,9 |     |
|   |                    | combined | 10,7 | 13,5 | 18,8 | 12,7 |     |
|   | Lapland            | male     | 16,2 | 17,2 | 12,3 | 13,3 |     |
|   |                    | female   | 12,3 | 12,4 | 13,5 | 12,0 |     |
|   |                    | combined | 13,9 | 14,2 | 13,0 | 12,5 |     |

|  |                    |          |      |      |      |      |
|--|--------------------|----------|------|------|------|------|
|  | North Ostrobothnia | male     | 15,0 | 13,3 | 12,2 | 10,5 |
|  |                    | female   | 12,3 | 11,1 | 11,6 | 11,0 |
|  |                    | combined | 13,4 | 12,0 | 11,9 | 10,8 |
| In moderate or poor health, as % of all students in 1st and 2nd year of upper secondary school                                   | Kainuu             | male     | 17,4 | 13,0 | 18,6 | 15,9 |
|  |                    | female   | 23,8 | 15,9 | 30,3 | 26,4 |
|  |                    | combined | 21,5 | 14,7 | 25,5 | 22,3 |
|  | Lapland            | male     | 16,2 | 16,4 | 17,6 | 18,0 |
|  |                    | female   | 27,8 | 22,7 | 30,8 | 32,2 |
|  |                    | combined | 23,1 | 20,3 | 25,7 | 26,6 |
| North Ostrobothnia   | male               | 18,5     | 17,2 | 18,6 | 18,4 |      |
|  | female             | 23,2     | 25,6 | 30,3 | 30,5 |      |
|  | combined           | 21,3     | 22,4 | 25,4 | 25,7 |      |
| Less physical exercise than one hour a week, as % of all students in 1st and 2nd year of upper secondary school                  | Kainuu             | male     | 18,3 | 25,0 | 23,0 | 16,6 |
|  |                    | female   | 29,3 | 27,1 | 22,2 | 32,7 |
|  |                    | combined | 24,9 | 26,3 | 22,5 | 26,5 |
|  | Lapland            | male     | 20,6 | 27,8 | 24,7 | 19,0 |
|  |                    | female   | 25,5 | 23,6 | 28,2 | 33,4 |
|  |                    | combined | 23,7 | 25,2 | 26,8 | 27,7 |
|  | North Ostrobothnia | male     | 25,5 | 23,2 | 21,3 | 20,6 |
|  |                    | female   | 23,8 | 28,5 | 28,5 | 29,3 |
|  |                    | combined | 24,5 | 26,4 | 25,5 | 25,8 |
| Moderate or severe anxiety, as % of all students in 1st and 2nd year of upper secondary school                                   | Kainuu             | male     | 8,7  | 3,5  | 9,6  | 9,2  |
|  |                    | female   | 17,5 | 12,9 | 28,5 | 29,9 |
|  |                    | combined | 14,3 | 9,1  | 20,8 | 21,9 |
|  | Lapland            | male     | 6,1  | 6,5  | 10,4 | 7,6  |
|  |                    | female   | 20,9 | 18,8 | 31,8 | 31,0 |
|  |                    | combined | 14,8 | 14,0 | 23,4 | 21,7 |
|  | North Ostrobothnia | male     | 4,6  | 4,9  | 7,9  | 6,4  |
|  |                    | female   | 15,1 | 17,4 | 28,4 | 29,2 |
|  |                    | combined | 10,8 | 12,4 | 19,9 | 20,1 |
| Overweight, as % of all students in 1st and 2nd year of upper secondary school (-2023)   | Kainuu             | male     | 22,7 | 14,4 | 20,2 | 27,1 |
|  |                    | female   | 18,8 | 16,1 | 15,4 | 18,4 |
|  |                    | combined | 20,3 | 15,4 | 17,3 | 21,7 |
|  | Lapland            | male     | 19,8 | 22,3 | 21,9 | 23,0 |
|  |                    | female   | 14,5 | 16,2 | 20,0 | 20,7 |
|  |                    | combined | 16,6 | 18,5 | 20,7 | 21,7 |
|  | North Ostrobothnia | male     | 16,5 | 16,7 | 18,5 | 19,0 |
|  |                    | female   | 16,0 | 14,0 | 14,6 | 14,7 |
|  |                    | combined | 16,2 | 15,1 | 16,2 | 16,5 |
| Participated in bullying other students at least once a week, as % of all students in 1st and 2nd year of upper secondary school | Kainuu             | male     | 1,7  | 1,0  | 2,4  | 1,7  |
|  |                    | female   | 0,0  | 0,0  | 1,0  | 0,0  |
|  |                    | combined | 1,0  | 0,4  | 1,5  | 0,7  |
|  | Lapland            | male     | 1,0  | 0,9  | 1,4  | 1,3  |
|  |                    | female   | 0,4  | 0,1  | 0,0  | 0,6  |
|  |                    | combined | 0,6  | 0,4  | 0,5  | 0,8  |

|  |                    |          |      |      |      |      |
|--|--------------------|----------|------|------|------|------|
|  | North Ostrobothnia | male     | 0,6  | 1,5  | 0,7  | 0,9  |
|  |                    | female   | 0,2  | 0,2  | 0,3  | 0,3  |
|  |                    | combined | 0,4  | 0,7  | 0,5  | 0,5  |
| Students who had experienced threat of physical violence during the year, as % of all students in 1st and 2nd year of upper secondary school | Kainuu             | male     |      | 9,9  | 13,5 | 10,9 |
|  |                    | female   |      | 5,6  | 9,2  | 9,0  |
|  |                    | combined |      | 7,3  | 10,9 | 9,7  |
|  | Lapland            | male     |      | 13,1 | 13,6 | 12,4 |
|  |                    | female   |      | 10,0 | 8,1  | 8,0  |
|  |                    | combined |      | 11,2 | 10,3 | 9,8  |
| North Ostrobothnia   | male               |          | 11,5 | 9,6  | 8,7  |      |
|  | female             |          | 6,8  | 7,6  | 7,2  |      |
|  | combined           |          | 8,6  | 8,4  | 7,8  |      |
| Students who have been bullied at school, as % of all students in 1st and 2nd year of upper secondary school                                 | Kainuu             | male     | 1,7  | 1,4  | 3,3  | 1,1  |
|  |                    | female   | 0,6  | 1,3  | 1,6  | 0,4  |
|  |                    | combined | 1,0  | 1,4  | 2,3  | 0,7  |
|  | Lapland            | male     | 1,3  | 0,9  | 1,2  | 1,5  |
|  |                    | female   | 1,1  | 1,3  | 0,9  | 1,8  |
|  |                    | combined | 1,2  | 1,1  | 1,0  | 1,7  |
| North Ostrobothnia   | male               | 0,8      | 1,3  | 1,2  | 0,8  |      |
|  | female             | 0,6      | 0,5  | 1,3  | 1,0  |      |
|  | combined           | 0,7      | 0,8  | 1,3  | 0,9  |      |
| Teachers are not interested in how the student is doing, as % of all students in 1st and 2nd year of upper secondary school                  | Kainuu             | male     | 31,9 | 26,4 | 32,5 | 27,8 |
|  |                    | female   | 50,8 | 41,8 | 47,9 | 42,4 |
|  |                    | combined | 43,6 | 35,6 | 41,6 | 36,7 |
|  | Lapland            | male     | 31,8 | 30,6 | 24,5 | 25,7 |
|  |                    | female   | 43,5 | 38,9 | 37,1 | 34,3 |
|  |                    | combined | 38,7 | 35,8 | 32,3 | 30,9 |
| North Ostrobothnia   | male               | 35,6     | 30,4 | 24,9 | 24,5 |      |
|  | female             | 39,1     | 35,7 | 35,1 | 32,7 |      |
|  | combined           | 37,7     | 33,6 | 30,8 | 29,4 |      |
| Teachers do not encourage students to express their opinions in class, as % of all students in 1st and 2nd year of upper secondary school    | Kainuu             | male     | 8,6  | 11,5 | 14,6 | 11,9 |
|  |                    | female   | 15,6 | 15,6 | 16,1 | 21,6 |
|  |                    | combined | 13,1 | 14,0 | 15,5 | 17,8 |
|  | Lapland            | male     | 10,5 | 13,4 | 11,5 | 14,4 |
|  |                    | female   | 15,6 | 15,8 | 16,9 | 17,1 |
|  |                    | combined | 13,6 | 14,9 | 14,8 | 16,0 |
| North Ostrobothnia   | male               | 11,4     | 11,2 | 11,6 | 9,3  |      |
|  | female             | 12,8     | 14,9 | 14,1 | 13,4 |      |
|  | combined           | 12,2     | 13,4 | 13,0 | 11,7 |      |