



# Socio-economic position and burden of ischemic heart disease (IHD) in Finland in 2017

Laura Paalanen, Jaakko Reinikainen,  
Tommi Härkänen and Hanna Tolonen

Finnish Institute for Health and Welfare

For ischemic heart disease (IHD), our aims were to estimate

- **socio-economic differences** in the burden by calculating disability adjusted life years (DALYs) by education
- **contribution of modifiable risk factors** by calculating population attributable fractions (PAFs) based on DALYs

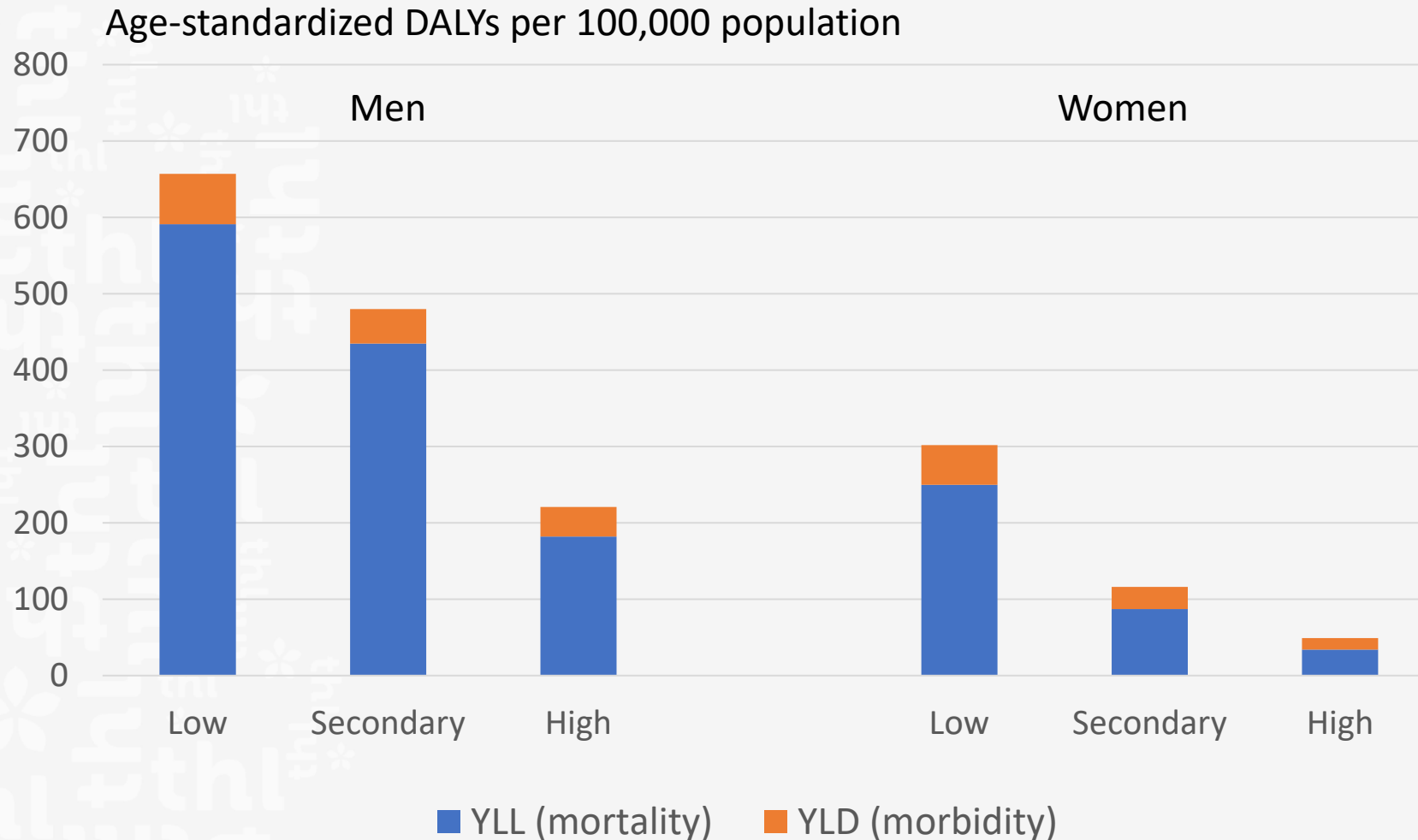
**Individual-level morbidity data by education** (n=6538, age 30+ years) from

- FinHealth 2017 Study
  - Questionnaires, measurements and blood samples
- Linked register data
  - hospital inpatient episodes and specialist outpatient visits
  - register data from primary health care units

**IHD mortality data by education** (in the whole Finnish population) from

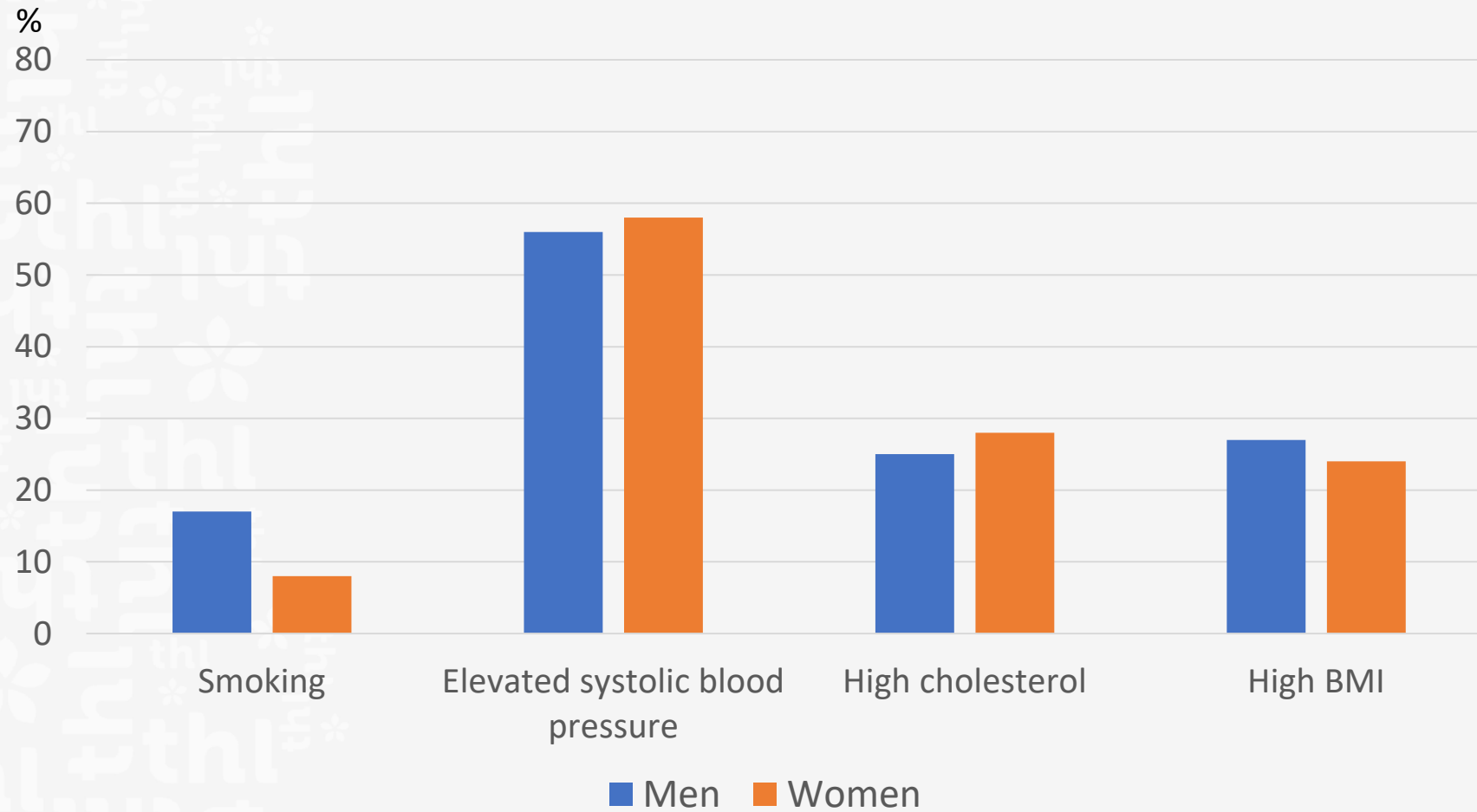
- Statistics Finland

# DALYs for IHD by education in Finland, 2017



**DALYs =**  
years of life lost  
(**YLL**) due to  
premature mortality  
+  
years lost due to  
disability (**YLD**)

# Population attributable fractions (PAF) for IHD risk factors



# Conclusions

- The burden of IHD in Finland was especially high among men
- Vast majority of the burden was due to premature mortality
- Marked and consistent educational differences for DALYs and its mortality (YLL) and morbidity (YLD) components were observed
  - highest IHD burden among the low education groups
- More than 50% of the IHD burden was attributed to elevated systolic blood pressure
- Assessing the burden of diseases by socio-economic position provides a new perspective on health inequalities and helps in targeting prevention activities

Acknowledgements: Projections of the burden of disease and disability in Finland – health policy prospects, [www.thl.fi/poddy-hepo](http://www.thl.fi/poddy-hepo)