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Title: Does health literacy explain regional health disparities among adolescents in Finland?

Year: 2021

Version: Accepted version (Final draft)

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Please cite the original version:

Simonsen, N., Wackström, N., Roos, E., Suominen, S., Välimaa, R., Tynjälä, J., & Paakkari, L. (2021). Does health literacy explain regional health disparities among adolescents in Finland?. *Health Promotion International*, 36(6), 1727-1738. <https://doi.org/10.1093/heapro/daaa122>

Table 1. Descriptive statistics for Finnish- and Swedish-speaking adolescents according to living region.

| | Finnish-speaking | | | p-value | Swedish-speaking | | p-value |
|--------------------------------------|---------------------|--------------------|---------------------|-----------|---------------------|---------------------------|-----------|
| | Southern Finland, % | Central Finland, % | Northern Finland, % | | Southern Finland, % | Ostrobothnia and Åland, % | |
| All | 44.9 | 36.8 | 18.3 | | 59.5 | 40.5 | |
| Gender | | | | 0.516 | | | 0.650 |
| Boys | 48.5 | 49.8 | 50.9 | | 51.0 | 49.7 | |
| Girls | 51.5 | 50.2 | 49.1 | | 49.0 | 50.3 | |
| Total | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | |
| (n) | (1731) | (1417) | (705) | | (668) | (455) | |
| Age | | | | 0.184 | | | 0.149 |
| 13 | 46.9 | 49.1 | 50.8 | | 53.1 | 48.6 | |
| 15 | 53.1 | 50.9 | 49.2 | | 46.9 | 51.4 | |
| Total | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | |
| (n) | (1718) | (1395) | (695) | | (646) | (442) | |
| Self-rated SES | | | | 0.026* | | | 0.863 |
| Not very well or not at all well off | 7.1 | 8.2 | 6.6 | | 6.2 | 6.5 | |
| Average | 24.7 | 28.4 | 24.1 | | 19.6 | 20.8 | |
| Well or very well off | 68.2 | 63.4 | 69.4 | | 74.2 | 72.7 | |
| Total | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | |
| (n) | (1710) | (1406) | (702) | | (662) | (447) | |
| Family affluence scale (FAS) | | | | <0.001*** | | | 0.178 |
| Low 20% | 24.7 | 32.2 | 35.2 | | 14.2 | 14.3 | |
| Medium 60% | 55.2 | 57.8 | 57.1 | | 61.5 | 66.1 | |
| High 20% | 20.2 | 10.0 | 7.7 | | 24.4 | 19.6 | |
| Total | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | |
| (n) | (1675) | (1371) | (687) | | (636) | (419) | |
| Educational aspirations | | | | <0.001*** | | | <0.001*** |
| Academic | 65.9 | 57.5 | 55.9 | | 67.1 | 55.0 | |
| Vocational | 27.2 | 34.3 | 34.8 | | 25.0 | 33.7 | |
| Don't know, other | 6.9 | 8.2 | 9.3 | | 7.9 | 11.3 | |
| Total | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | |
| (n) | (1708) | (1392) | (698) | | (660) | (451) | |
| Self-rated health | | | | 0.015* | | | 0.029* |
| Poor | 1.6 | 2.5 | 1.4 | | 1.7 | 0.9 | |
| Fair | 14.1 | 15.9 | 12.0 | | 7.7 | 10.2 | |
| Good | 59.6 | 60.8 | 61.1 | | 66.3 | 71.0 | |
| Excellent | 24.6 | 20.8 | 25.4 | | 24.3 | 17.9 | |
| Total | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | |
| (n) | (1712) | (1408) | (700) | | (662) | (452) | |

*** $p \leq 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 2. Distributions (%) of perceived health and health literacy among Finnish- and Swedish-speaking adolescents according to gender and region.

| | Finnish-speaking | | | | | | | | | | | | Swedish-speaking | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|------------------|-----------------|------------------|---|------------------|-----------------|------------------|---|------------------|-----------------|------------------|---|------------------|---------------------|---|------------------|---------------------|---|------------------|---------------------|-----------|-------|-------|--|-------|-------|--|-------|---------|--|--|--|--|--|--|--|-----------|--|--|--|--|--|--|--|--------|--|--|--|--|--|--|--|
| | Boys | | | p | Girls | | | p | Total | | | p | Boys | | p | Girls | | p | Total | | p | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Southern Finland | Central Finland | Northern Finland | | Southern Finland | Central Finland | Northern Finland | | Southern Finland | Central Finland | Northern Finland | | Southern Finland | Ostrobothnia, Åland | | Southern Finland | Ostrobothnia, Åland | | Southern Finland | Ostrobothnia, Åland | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Health | 0.008** | | | | | | | | | | | | 0.536 | | | | | | | | 0.015* | | | | | | | | 0.175 | | | | | | | | 0.023* | | | | | | | | 0.011* | | | | | | | |
| Good/fair/poor | 71.5 | 77.2 | 69.3 | | 78.9 | 81.1 | 80.0 | | 75.4 | 79.2 | 74.6 | | 71.5 | 76.7 | | 80.0 | 87.3 | | 75.7 | 82.1 | | 71.5 | 76.7 | | 80.0 | 87.3 | | 75.7 | 82.1 | | | | | | | | | | | | | | | | | | | | | | | |
| Excellent | 28.5 | 22.8 | 30.7 | | 21.1 | 18.9 | 20.0 | | 24.6 | 20.8 | 25.4 | | 28.5 | 23.3 | | 20.0 | 12.7 | | 24.3 | 17.9 | | 28.5 | 23.3 | | 20.0 | 12.7 | | 24.3 | 17.9 | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | | | | | | | | | | | | | | | | | | | | | | |
| (n) | (822) | (698) | (355) | | (890) | (710) | (345) | | (1712) | (1408) | (700) | | (337) | (223) | | (325) | (229) | | (662) | (452) | | (324) | (209) | | (321) | (221) | | (645) | (430) | | | | | | | | | | | | | | | | | | | | | | | |
| Health literacy | 0.200 | | | | | | | | | | | | 0.179 | | | | | | | | <0.001*** | | | | | | | | 0.002** | | | | | | | | <0.001*** | | | | | | | | | | | | | | | |
| Low | 13.1 | 13.1 | 9.5 | | 8.2 | 8.6 | 6.1 | | 10.5 | 10.8 | 7.8 | | 8.0 | 14.4 | | 5.3 | 11.3 | | 6.7 | 12.8 | | 8.0 | 14.4 | | 5.3 | 11.3 | | 6.7 | 12.8 | | | | | | | | | | | | | | | | | | | | | | | |
| Moderate | 53.2 | 56.3 | 59.3 | | 55.9 | 60.4 | 60.2 | | 54.6 | 58.4 | 59.8 | | 51.9 | 64.6 | | 56.1 | 62.4 | | 54.0 | 63.5 | | 51.9 | 64.6 | | 56.1 | 62.4 | | 54.0 | 63.5 | | | | | | | | | | | | | | | | | | | | | | | |
| High | 33.7 | 30.5 | 31.2 | | 35.9 | 31.0 | 33.6 | | 34.9 | 30.8 | 32.4 | | 40.1 | 21.1 | | 38.6 | 26.2 | | 39.4 | 23.7 | | 40.1 | 21.1 | | 38.6 | 26.2 | | 39.4 | 23.7 | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | 100.0 | 100.0 | | | | | | | | | | | | | | | | | | | | | | | |
| (n) | (802) | (678) | (349) | | (882) | (697) | (342) | | (1684) | (1375) | (691) | | (324) | (209) | | (321) | (221) | | (645) | (430) | | (324) | (209) | | (321) | (221) | | (645) | (430) | | | | | | | | | | | | | | | | | | | | | | | |

*** $p \leq 0.001$, ** $p < 0.01$, * $p < 0.05$

Table 3. Variables associated with perceived excellent health for Finnish- and Swedish-speaking *boys*, odds ratios (OR) and 95% confidence intervals (CI). Age-adjusted multivariate logistic regression.

| | Model 1 | | | Model 2 | | | Model 3 | | | Model 4 | | | Model 5 | | |
|--|---------|-------------|--------|---------|-------------|-----------|---------|-------------|-----------|---------|-------------|-----------|---------|-------------|-----------|
| | OR | 95% CI | p | OR | 95% CI | p | OR | 95% CI | p | OR | 95% CI | p | OR | 95% CI | p |
| <i>Finnish-speaking sample - BOYS</i> | | | | | | | | | | | | | | | |
| Living region | | | | | | | | | | | | | | | |
| - Southern Finland | Ref. | | | Ref. | | | Ref. | | | Ref. | | | Ref. | | |
| - Central Finland | 0.740 | 0.585–0.936 | 0.012* | 0.744 | 0.581–0.952 | 0.019* | 0.772 | 0.608–0.980 | 0.033* | 0.781 | 0.614–0.992 | 0.043* | 0.795 | 0.617–1.023 | 0.075 |
| - Northern Finland | 1.132 | 0.861–1.448 | 0.376 | 1.063 | 0.858–1.317 | 0.575 | 1.148 | 0.870–1.514 | 0.328 | 1.218 | 0.923–1.607 | 0.164 | 1.243 | 0.929–1.663 | 0.144 |
| Health literacy | | | | | | | | | | | | | | | |
| - Low | | | | Ref. | | | | | | | | | Ref. | | |
| - Moderate | | | | 1.818 | 1.435–2.784 | 0.006 | | | | | | | 1.798 | 1.146–2.821 | 0.011* |
| - High | | | | 4.876 | 3.169–7.503 | <0.001*** | | | | | | | 4.347 | 2.749–6.873 | <0.001*** |
| Self-rated SES | | | | | | | | | | | | | | | |
| - Average/not well off/not at all well off | | | | | | | Ref. | | | | | | Ref. | | |
| - Well/very well off | | | | | | | 2.003 | 1.558–2.575 | <0.001*** | | | | 1.770 | 1.356–2.309 | <0.001*** |
| Educational aspirations | | | | | | | | | | | | | | | |
| - Vocational/don't know/other | | | | | | | | | | Ref. | | | Ref. | | |
| - Academic | | | | | | | | | | 1.654 | 1.336–2.048 | <0.001*** | 1.415 | 1.128–1.776 | 0.003** |
| <i>Swedish-speaking sample - BOYS</i> | | | | | | | | | | | | | | | |
| Living region | | | | | | | | | | | | | | | |
| - Southern Finland | Ref. | | | Ref. | | | Ref. | | | Ref. | | | Ref. | | |
| - Ostrobothnia and Åland | 0.744 | 0.499–1.107 | 0.145 | 0.943 | 0.616–1.446 | 0.789 | 0.767 | 0.512–1.148 | 0.197 | 0.808 | 0.537–1.215 | 0.305 | 1.048 | 0.675–1.627 | 0.834 |
| Health literacy | | | | | | | | | | | | | | | |
| - Low | | | | Ref. | | | | | | | | | Ref. | | |
| - Moderate | | | | 1.121 | 0.531–2.366 | 0.764 | | | | | | | 1.258 | 0.554–2.857 | 0.584 |
| - High | | | | 2.688 | 1.247–5.796 | 0.012* | | | | | | | 2.880 | 1.239–6.692 | 0.014* |
| Self-rated SES | | | | | | | | | | | | | | | |
| - Average/not well off/not at all well off | | | | | | | Ref. | | | | | | Ref. | | |
| - Well/very well off | | | | | | | 1.444 | 0.868–2.401 | 0.157 | | | | 1.389 | 0.812–2.376 | 0.230 |
| Educational aspirations | | | | | | | | | | | | | | | |
| - Vocational/don't know/other | | | | | | | | | | Ref. | | | Ref. | | |
| - Academic | | | | | | | | | | 1.937 | 1.290–2.910 | 0.001*** | 1.812 | 1.175–2.795 | 0.007** |

*** $p \leq 0.001$, ** $p < 0.01$, * $p < 0.05$

All models adjusted for age

Table 4. Variables associated with perceived excellent health for Finnish- and Swedish-speaking *girls*, odds ratios (OR) and 95% confidence intervals (CI). Age-adjusted multivariate logistic regression.

| | Model 1 | | | Model 2 | | | Model 3 | | | Model 4 | | | Model 5 | | |
|---|---------|-------------|--------|---------|--------------|-----------|---------|-------------|-----------|---------|-------------|-----------|---------|--------------|-----------|
| | OR | 95% CI | p | OR | 95% CI | p | OR | 95% CI | p | OR | 95% CI | p | OR | 95% CI | p |
| <i>Finnish-speaking sample - GIRLS</i> | | | | | | | | | | | | | | | |
| Living region | | | | | | | | | | | | | | | |
| - Southern Finland | Ref. | | | Ref. | | | Ref. | | | Ref. | | | Ref. | | |
| - Central Finland | 0.897 | 0.699–1.150 | 0.391 | 0.955 | 0.735–1.241 | 0.732 | 0.920 | 0.716–1.182 | 0.516 | 0.946 | 0.735–1.218 | 0.668 | 1.001 | 0.767–1.305 | 0.994 |
| - Northern Finland | 0.929 | 0.680–1.271 | 0.646 | 0.960 | 0.693–1.330 | 0.806 | 0.918 | 0.670–1.257 | 0.593 | 0.997 | 0.710–1.346 | 0.888 | 0.970 | 0.695–1.354 | 0.856 |
| Health literacy | | | | | | | | | | | | | | | |
| - Low | | | | Ref. | | | | | | | | | Ref. | | |
| - Moderate | | | | 3.227 | 1.435–7.033 | <0.003** | | | | | | | 2.699 | 1.231–5.916 | 0.013* |
| - High | | | | 11.946 | 5.490–25.995 | <0.001*** | | | | | | | 9.481 | 4.327–20.774 | <0.001*** |
| Self-rated SES | | | | | | | | | | | | | | | |
| - Average/not well off/not at all well off | | | | | | | Ref. | | | | | | Ref. | | |
| - Well/very well off | | | | | | | 1.799 | 1.402–2.310 | <0.001*** | | | | 1.511 | 1.162–1.964 | 0.002** |
| Educational aspirations | | | | | | | | | | | | | | | |
| - Vocational/don't know/other | | | | | | | | | | Ref. | | | Ref. | | |
| - Academic | | | | | | | | | | 2.310 | 1.734–3.076 | <0.001*** | 1.814 | 1.342–2.453 | <0.001*** |
| <i>Swedish-speaking sample - GIRLS</i> | | | | | | | | | | | | | | | |
| Living region | | | | | | | | | | | | | | | |
| - Southern Finland | Ref. | | | Ref. | | | Ref. | | | Ref. | | | Ref. | | |
| - Ostrobothnia and Åland | 0.576 | 0.355–0.932 | 0.025* | 0.686 | 0.410–1.145 | 0.149 | 0.551 | 0.337–0.901 | 0.018* | 0.656 | 0.401–1.074 | 0.094 | 0.734 | 0.431–1.251 | 0.256 |
| Health literacy | | | | | | | | | | | | | | | |
| - Low | | | | Ref. | | | | | | | | | Ref. | | |
| - Moderate | | | | 0.816 | 0.269–2.478 | 0.720 | | | | | | | 0.896 | 0.252–3.194 | 0.866 |
| - High | | | | 3.731 | 1.255–11.090 | 0.018* | | | | | | | 3.767 | 1.074–13.218 | 0.038* |
| Self-rated SES | | | | | | | | | | | | | | | |
| - Average/not well off/not at all well off | | | | | | | Ref. | | | | | | Ref. | | |
| - Well/very well off | | | | | | | 2.226 | 1.275–3.888 | 0.005** | | | | 2.140 | 1.164–3.931 | 0.014* |
| Educational aspirations | | | | | | | | | | | | | | | |
| - Vocational/don't know/other | | | | | | | | | | Ref. | | | Ref. | | |
| - Academic | | | | | | | | | | 3.147 | 1.615–6.132 | 0.001*** | 2.412 | 1.200–4.846 | 0.013* |

*** $p \leq 0.001$, ** $p < 0.01$, * $p < 0.05$

All models adjusted for age