



Department of Health and Functional Capacity

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Department of Health and Functional Capacity

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The department was founded in 1995 when population based medical research was transferred from the Social Insurance Institution of Finland (SII) to KTL. Today, TTO comprises units of public health research, biochemistry, biomarkers and population studies.

Tasks

The department produces knowledge and information on health and functioning and promotes the population's health and develops health monitoring. The department also carries out biochemical determinations and clinical physiological tests and takes care of centralised storage of samples in KTL.

Main activities

Population based and clinical health research

- chronic diseases, their distribution, causes and consequences as well as their associations with diet and nutrition
- development of methods for population studies
- clinical studies on cardiovascular diseases and on physical training
- time trends of diseases and functioning
- health inequalities between population groups and their causes

Health monitoring

- development and coordination
- Health in Finland reports
- development and implementation of EU health monitoring

Health 2000

- it is the most recent comprehensive health examination survey on the population's health and
- the most comprehensive data set on health, functional capacity and use of care in Finland and in Europe

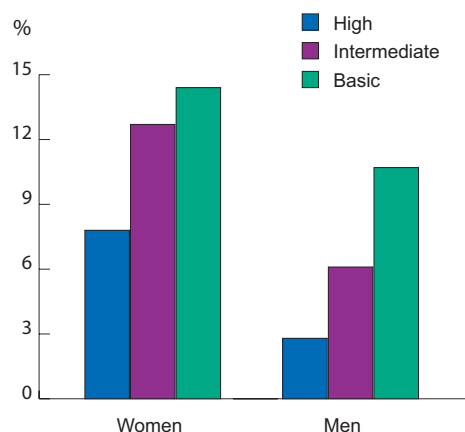
Health policy research

Evaluation of programmes and policies and development of new activities

- oral health and health care
- family doctor experiment
- efficacy of psychotherapy
- measurement of need for care and met need
- reducing health inequalities

Biochemistry

- biochemical determinations for research and as paid service
- sample storage and administration
- development of a European reference laboratory system



Difficulties in walking half a kilometre were much more common in persons with a basic education only than in those having achieved a high educational level.

Biomarker research

- association of nutrients and chronic diseases
- effect of selenium fertilization on human health
- dietary phenolic compounds and their health effects

Activities of the population research laboratory

- population level and clinical research
- development of methods for population studies
- controlled therapeutic trials
- clinical-physiological measurements and tests
- imaging by radiology and ultrasound

International actions

- research collaboration
- WHO, OECD and EU
- health monitoring in DG Sanco and Eurostat projects
- implementation of EU health indicators in all member states

The department's population studies

Large-scale combined health examinations and health interviews with stored samples and follow-up by registers

- the SII Mobile Clinic Health Examination survey (1965 to 1976)
- the SII Mini-Finland Health Survey (1978 to 1980)
- the FinRisk -97 Senior Survey (1997)
- the Health 2000 Survey (since 2000) and its follow-up studies (since 2002)
- the regional surveys on measuring need for care (since 2005)

