

# Sauna Bathing Habits in Finland

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# Workshop outline

1. Introduction: What we know now (3 min)
2. What we don't know (3 min)
3. Debating the open questions in 3 groups (10 min)
4. Discussion (5 min)



# Workshop goal

Research roadmap with  
prioritized questions and  
methods to answer them that  
can be implemented globally



What we know now

# **INTRODUCTION**



# Motivation

- When discussing the effect of sauna on public health or the environmental impact of sauna bathing, we need solid data on sauna usage to estimate overall impact
- Neither sauna bathing nor saunas are well covered by Finnish statistics
- Much of existing research is not random sampled and thus poor basis for generalization



An electronic survey  
at Saunologia.fi in  
2016

# A FINN IN A SAUNA



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# Review: data sources

Origin year	N	Title	Producer	Sample type
1984-1989	2327	KIHD	University of Kuopio	Random (male)
1988-1989, 99-00, 09-10		Time use study	Statistics Finland	Random
2014	1000	Sauna ja olut	Sinebrychoff / IPO Research	Panel, not sauna specific
2016	1029	Harvia 2016	Harvia / Rianno	?
2016	394	Suomalainen saunassa	Saunologia.fi	Convenience, sauna specific
2017	100	Sauna ja sydän	University of Jyväskylä	Targeted



# Overview

- 1980's: on average 2-3 times a week.
- 2000's mode to be 'once a week', 67% of all sauna bath at least so frequently. 2% did not use sauna.
- The survey from 2014 sample found that 31% of participants used sauna on a less than a weekly basis.
- Duration in the 80's sample was 14 minutes (mode 10 min).
- Time use study reports 9 minutes in the 80's, 90's and 10 minutes in 2010 sample across all participants.

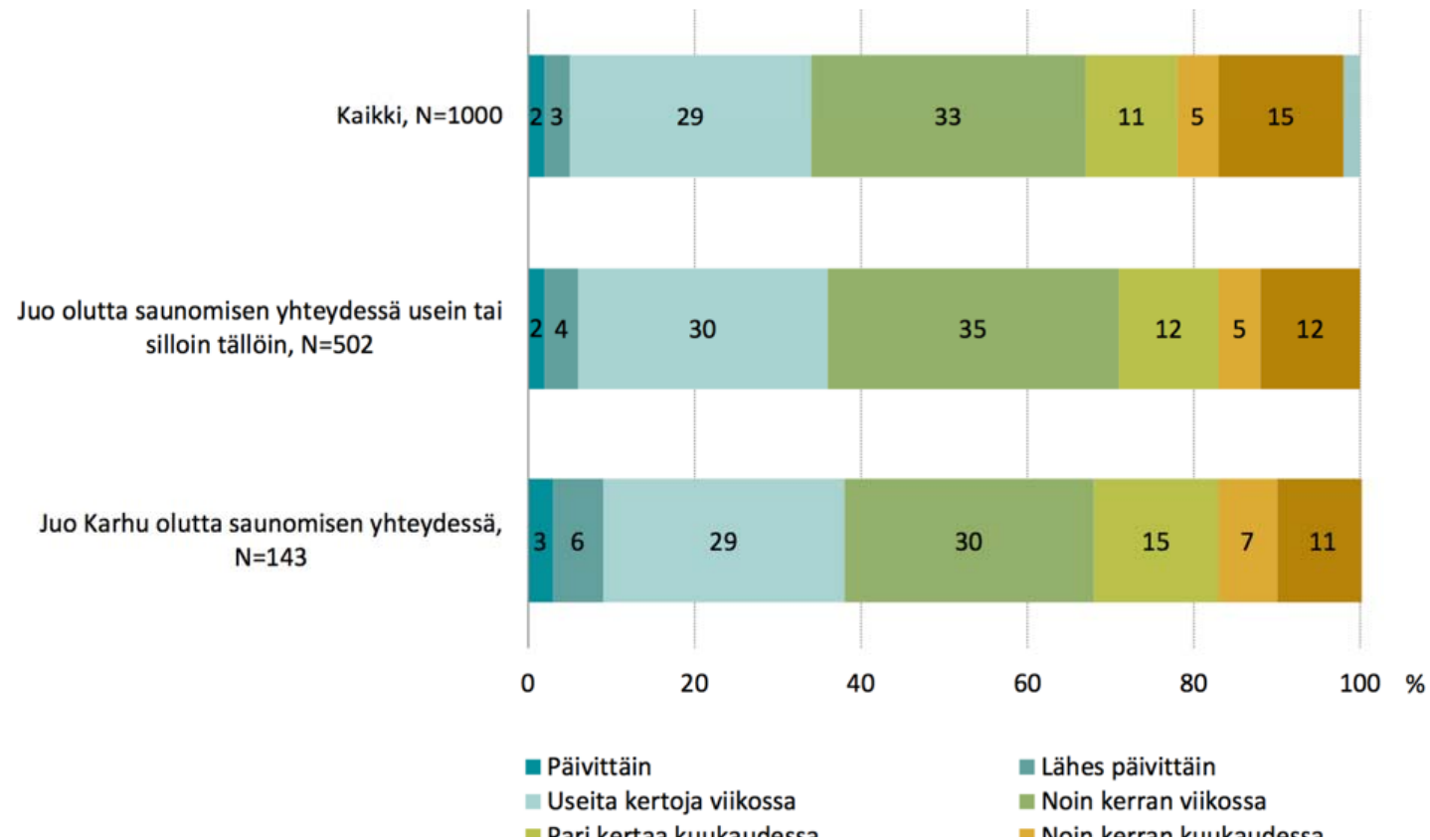




# Key findings: frequency

*Kuinka usein on tapana saunoa?*

Kaikki vastaajat

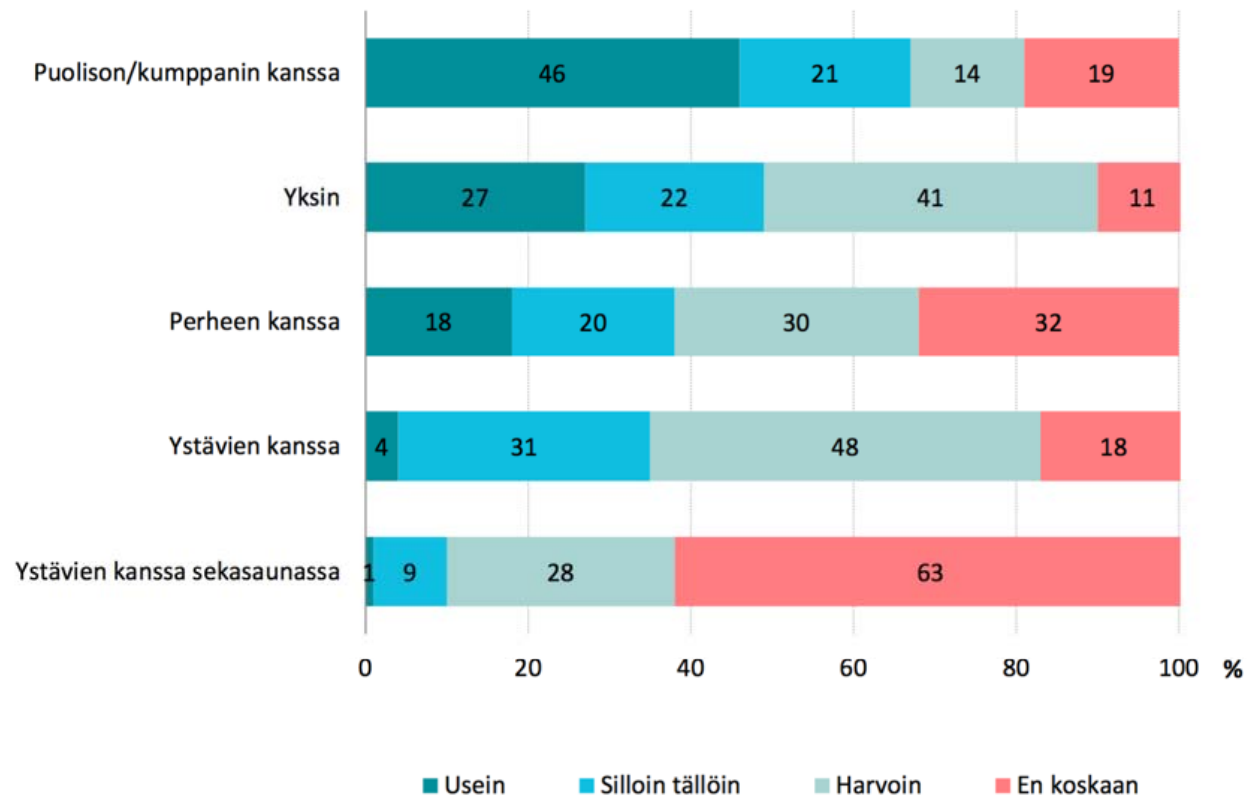




# Key findings: company

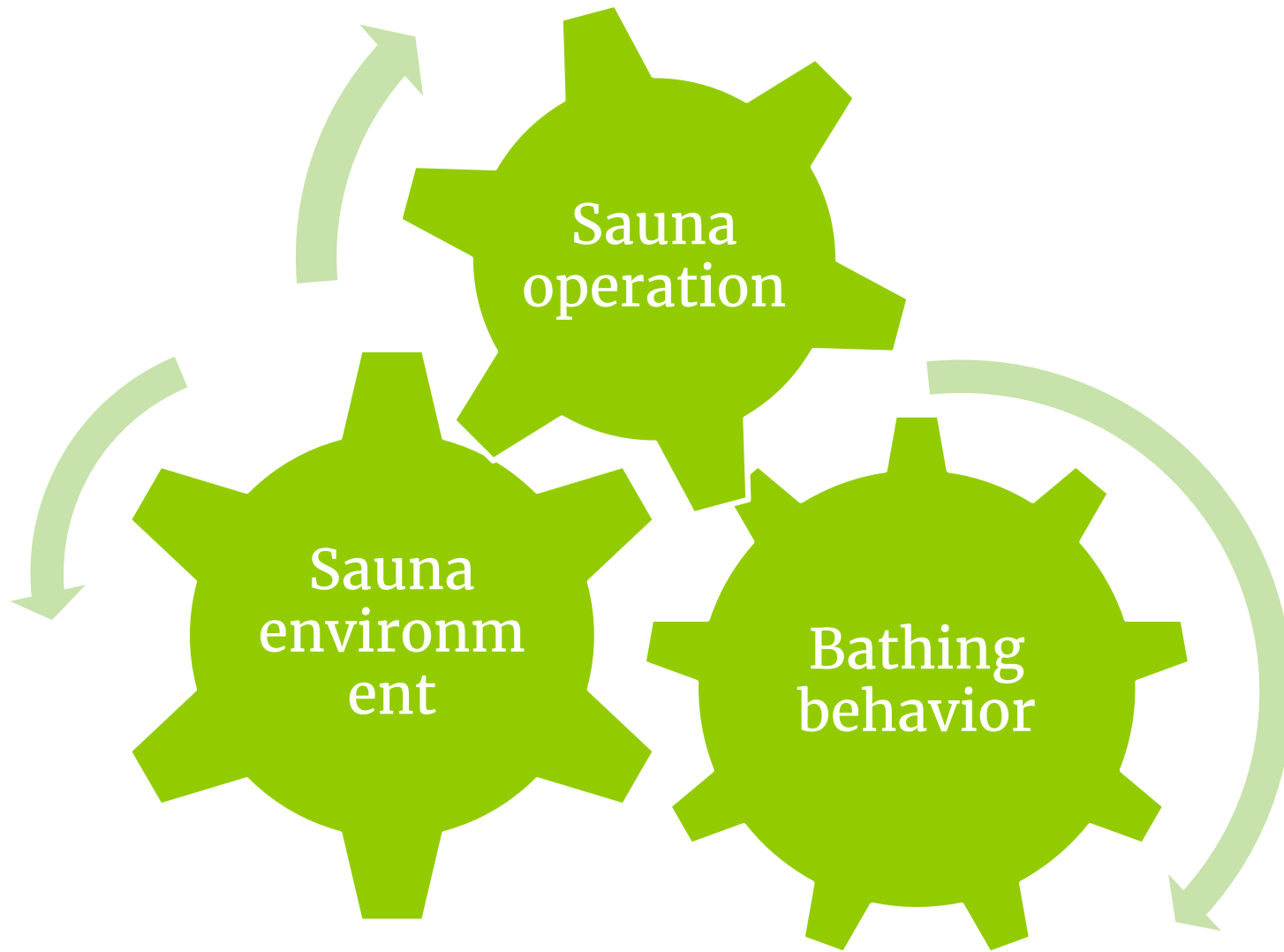
*Kuinka usein saunoo...*

Saunoo edes joskus, N=977





# **WHAT WE DON'T KNOW**





# Unknowns

## Sauna bathing

- Total time and time share between heat and cooling off
- Use of whisks and other equipment

## Sauna environment

- temperature & average humidity) → heat exposure
- Exposure to allergens, small particles and other health relevant factors present

## Misc

- How wood-fired stoves are operated?
- Comparative studies globally



# **DEBATING THE OPEN QUESTIONS**



# Within small groups

- Where some important items left out? What should we ask about? ( 3 minutes)
  - Start individually, then share your thoughts
- What are valid ways to solve this question? (7 minutes)
  - Which questions are easy, which hard?
  - Is it possible that the data is already somewhere?
  - One person should combine your collective thoughts about the matter



Summarize the debate

# **DISCUSSION**