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
## Review: data sources

<table>
<thead>
<tr>
<th>Origin year</th>
<th>N</th>
<th>Title</th>
<th>Producer</th>
<th>Sample type</th>
</tr>
</thead>
<tbody>
<tr>
<td>1984–1989</td>
<td>2327</td>
<td>KIHD</td>
<td>University of Kuopio</td>
<td>Random (male)</td>
</tr>
<tr>
<td>2014</td>
<td>1000</td>
<td>Sauna ja olut</td>
<td>Sinebrychoff / IPO Research</td>
<td>Panel, not sauna specific</td>
</tr>
<tr>
<td>2016</td>
<td>1029</td>
<td>Harvia 2016</td>
<td>Harvia / Rianno</td>
<td>?</td>
</tr>
<tr>
<td>2016</td>
<td>394</td>
<td>Suomalainen saunassa</td>
<td>Saunologia.fi</td>
<td>Convenience, sauna specific</td>
</tr>
<tr>
<td>2017</td>
<td>100</td>
<td>Sauna ja sydän</td>
<td>University of Jyväsklyä</td>
<td>Targeted</td>
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</tbody>
</table>
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

Kaikki, N=1000

Juo olutta saunomisen yhteydessä usein tai silloin tällöin, N=502

Juo Karhu olutta saunomisen yhteydessä, N=143

Päivittäin
Useita kertoja viikossa
Lähes päivittäin
Noin kerran viikossa
Noin kerran kuukaudessa
Key findings: company

*Kuinka usein saunoo...*
Saunoo edes jossakin, N=977

<table>
<thead>
<tr>
<th></th>
<th>Usein</th>
<th>Silloin tällöin</th>
<th>Harvoin</th>
<th>En koskaan</th>
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</thead>
<tbody>
<tr>
<td>Puolison/kumpanin kanssa</td>
<td>46</td>
<td>21</td>
<td>14</td>
<td>19</td>
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<tr>
<td>Yksin</td>
<td>27</td>
<td>22</td>
<td>41</td>
<td>11</td>
</tr>
<tr>
<td>Perheen kanssa</td>
<td>18</td>
<td>20</td>
<td>30</td>
<td>32</td>
</tr>
<tr>
<td>Ystävien kanssa</td>
<td>4</td>
<td>31</td>
<td>48</td>
<td>18</td>
</tr>
<tr>
<td>Ystävien kanssa sekasaunassa</td>
<td>1</td>
<td>28</td>
<td>63</td>
<td>0</td>
</tr>
</tbody>
</table>

DRAFT - 27.5.2018
WHAT WE DON’T KNOW
# Unknowns

<table>
<thead>
<tr>
<th>Sauna bathing</th>
<th>Sauna environment</th>
<th>Misc</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Total time and time share between heat and cooling off&lt;br&gt;• Use of whisks and other equipment</td>
<td>• temperature &amp; average humidity) → heat exposure&lt;br&gt;• Exposure to allergens, small particles and other health relevant factors present</td>
<td>• How wood-fired stoves are operated?&lt;br&gt;• Comparative studies globally</td>
</tr>
</tbody>
</table>
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