

|                   |             | Validation data<br>N=2035 |      | Finnish Happiness-Flourishing Study<br>N=101 257 |                    |      |                                   |
|-------------------|-------------|---------------------------|------|--|--------------------|------|-----------------------------------|
|                   |             | Data available (%)        | %    | High confidence in the future* (%)               | Data available (%) | %    | High confidence in the future (%) |
| Gender            |             | 100%                      |      |  | 100%               |      |                                   |
|                   | women       |                           | 49.6 | 79.3   |                    | 21.1 | 72.2                              |
|                   | men         |                           | 50.4 | 75.7   |                    | 78.9 | 74.2                              |
| Age group         |             | 100%                      |      |  | 100%               |      |                                   |
|                   | < 18        |                           | 0.5  | 71.4   |                    | -    | -                                 |
|                   | 18-29       |                           | 12.8 | 74.8   |                    | 17.1 | 65.1                              |
|                   | 30-44       |                           | 25   | 74.6   |                    | 30.4 | 71.4                              |
|                   | 45-54       |                           | 18.7 | 74.4   |                    | 24.6 | 74.5                              |
|                   | 55-64       |                           | 20.1 | 80.4   |                    | 21.2 | 80.9                              |
|                   | > 65        |                           | 22.8 | 82.2   |                    | 6.7  | 81.8                              |
| Education (years) |             | 100%                      |      |  | 95%                |      |                                   |
|                   | <6          |                           | 0.6  | 66.7   |                    | 4.9  | 70.3                              |
|                   | 6 - 7       |                           | 1.3  | 75   |                    | 2.7  | 73.9                              |
|                   | 8 - 9       |                           | 7    | 76   |                    | 5    | 73.8                              |
|                   | 10 - 12     |                           | 21.5 | 74.1   |                    | 18.9 | 72.5                              |
|                   | 13 - 15     |                           | 32.1 | 78.2   |                    | 27   | 73.8                              |
|                   | 16 - 18     |                           | 25   | 78.3   |                    | 27.9 | 76.6                              |
|                   | 19 - 20     |                           | 7.4  | 84.4   |                    | 9.4  | 72.8                              |
|                   | >20         |                           | 5.1  | 77   |                    | 4.2  | 69.9                              |
| Physical activity |             | 100%                      |      |  | 98.4 %             |      |                                   |
|                   | Very little |                           | 21.4 | 63.5   |                    | 23.5 | 57.5                              |

|                          |  |      |      |        |      |
|--------------------------|--|------|------|--------|------|
|                          | At least 4 hours of physical activity/week | 49.4 | 80.6 | 46.5   | 77.3 |
|                          | Rigorous exercise at least 3 hours/week    | 27.1 | 80.8 | 27.1   | 80.4 |
|                          | Participation in sports competitions       | 2    | 96   | 2.9    | 81.9 |
| Problems with children   |  | 100% |      | 96.8 % |      |
|                          | Does not have children                     | 29.7 | 68.1 | 33.8   | 63.7 |
|                          | Almost all the time                        | 0.7  | 50   | 1.5    | 35.5 |
|                          | Pretty often                               | 3.9  | 45.9 | 5.1    | 54.9 |
|                          | Sometimes                                  | 13.7 | 76.2 | 14.2   | 74   |
|                          | Seldom                                     | 29   | 86   | 27.4   | 82.1 |
|                          | Never                                      | 22.9 | 84.4 | 17.9   | 86.1 |
| Problems with spouse     |  | 100% |      | 96.7 % |      |
|                          | Not in a relationship                      | 27.3 | 64.2 | 26.6   | 61.9 |
|                          | Almost all the time                        | 3.8  | 38.9 | 7.4    | 40.5 |
|                          | Sometimes                                  | 43   | 81.4 | 43.9   | 77.3 |
|                          | Never                                      | 25.9 | 87.6 | 22.2   | 89.6 |
| Portions of alcohol/week |  | 100% |      | 91.1 % |      |
|                          | 0  | 26.5 | 78.5 | 28.3   | 72.7 |
|                          | 1-5  | 44.8 | 78.5 | 44.4   | 77.3 |
|                          | 6-10                                       | 17.4 | 78.8 | 16.2   | 75.1 |
|                          | 11-  | 11.3 | 69.4 | 11.1   | 63.8 |