**Summary**

**Aim**

Despite major reductions in cardiovascular disease (CVD) mortality rates during the past decades in Finland, the risk factor pattern of the population leaves much room for improvement. The aim of this study was to assess the prevalence of ideal cardiovascular (CV) health in Finnish men and women aged 25–74 years.

**Material and methods**

Cross-sectional population-based health examination survey was conducted in 2007 in Finland. Age and sex strat-ified random sample was drawn from the national population register. The total number of individuals in the anal-yses was 2,128 men and 2,613 women. Ideal CV health metrics were defined according to the recent guidelines of

the American Heart Association (AHA), considering behavioural factors (smoking, physical activity, diet, obesity), biological and physiological risk factors (blood pressure, total cholesterol, blood glucose).

**Results**

The prevalence of ideal CV health was the lowest for the physical activity, diet and blood pressure among the total of seven factors considered. Taken together, the prevalence of having 5 or more health metrics as ideal out of the 7 was just 8.8 % (95% CI: 7.7–10.0) in women and 3.0 % (95% CI: 2.3–3.8) in men. In contrast, the proportions of men and women with less than 3 of the metrics as ideal were 50.4 % (95% CI: 48.5–52.3) in women and 69.0 % (95% CI: 67.0–71.9) in men. Age was negatively associated with the number of ideal CV health factors.

**Conclusion**

The prevalence of ideal CVD related health behaviour and health factors is low in the Finnish adult population.

**Keywords**

Cardiovascular health, risk factors, health behaviour, health survey, Finland.