



## **North Karelia, Easternmost Region in Finland**

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# Facts about North Karelia Region

- 164 000 inhabitants, 13 municipalities, incl. 5 towns
  - Population density (North Karelia < 10/km<sup>2</sup>)
  - Unemployment rate 17.4 %, highest in Finland
  - Aging population, dependency ratio 62,7
- Over 20.000 students in higher education
- Regional centre: Joensuu, 75 000 inh.
  - Flight-time to Helsinki: 1 hour (438 km)
  - Distance to Petrozavodsk: 368 km
  - A train connection to Saint Petersburg: 407 km
- North Karelia shares 300 km common border with Russia
- Over 1,4 million border crossings annually at Niirala



# Social- and Healthcare Renewal in North Karelia

arranges care on behalf of all municipalities from 1.1.2017 -

**WHY?** Increasing need of social- and healthcare services, problems in nearby services

- › Joint municipal authority for North Karelia social and health services:
  - › Primary Healthcare and Social services of 14 Municipalities
  - › Secondary Healthcare, Central Hospital of North Karelia
  - › Department of Fire and Emergency services and also Environmental Health
- › Total amount of staff over 7 000 persons, vacancies for 5 300
  - › Over 400 physicians, 3 000 nurses and other care personnel
  - › Social workers, assistants, technicians, facility service workers, firemen, administrative personnel, teachers etc.
- › **What does the change mean?** The Change of structure of care and equalization of services
- › Budget: 680 million euros; fixed revenues –

THE BIGGEST EMPLOYER in North Karelia

North Karelia Social and Health Service *SIUN SOTE* & *North Karelia Centre for Public Health*  
Government *KEY* project: ensure equal services for older people

**"AVOT"–project:** Health care is taken home for elderly - Nearby services



**Diet  
counselling**

**Preventive and health care at home:  
doctor's appointment by video connection,  
district nursing, emergency cases cooperation  
with paramedic unit**

# Preventive care in North Karelia

counselling - monitoring – young/adults/seniors all need  
exercising - recreation



Monitoring



Healthy life counselling tours in villages

Move together: Less serious recreation events

# Focus: Healthier lifestyles in North Karelia



Coffee and Karelian pie

Alcohol-free sparkling wine from berries



# Cooperation with Republic of Karelia



- Euregio Karelia  
<http://www.euregiokarelia.com>
- CBC Karelia ENPI  
<http://www.cbckarelia.com>
- Youth cooperation North Karelia with Russian Karelia:
  - Sport and culture projects with schools and universities
    - E.g. Cross-Border Move for Health, Eastern Finland Sports Institute
  - Research cooperation in Health e.g. University of Eastern Finland
    - Health in Focus: North Karelia Centre for Public Health, Days of Medicine of Karelia
- Educational cooperation: Regional State Administrative Agency for Eastern Finland, schools etc.
- Cooperation of cities: Joensuu and Petrozavodsk



# Quality of life: basic services, safe living environment and clean nature

- › Forest, numerous lakes, a lot of shoreline and thousands of summer cottages
- › Finnish National Landscape Koli National Park
- › Affordable housing
- › Equal access to services
- › Support self sufficiency of citizens
- › Electronic services (digitalization) and nearby services
- › We need more cross-sectoral cooperation in wellbeing
- › Everyday life is simple and safe







REGIONAL COUNCIL OF  
North Karelia

Thank You!  
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North Karelia

[www.pohjois-karjala.fi/english](http://www.pohjois-karjala.fi/english)

