



Aluehallintovirasto
Regionförvaltningsverket
Regional State Administrative Agency

Health and wellbeing will be fostered and inequalities reduced in Finland

**JWGHS Arkhangelsk
20.9.2017**



Government Key Project Health and wellbeing will be fostered and inequalities reduced



Regional rounds to foster Health and Wellbeing

- At the moment, the Ministry of Social Affairs and Health organizes regional rounds to foster health and wellbeing in each of the 18 counties (regions)
 - Oulu 26.9.2017, Rovaniemi 26.10.2017
- The aim of the regional round is to support cross-sectoral preparatory work with municipalities and counties by
 - identifying the county's strengths and development targets
 - Networking with municipalities, counties and organizations in implementing welfare and health promotion
 - organizing occupational health care
- This is a part of the health and social services and regional reforms



Health and wellbeing will be fostered and inequalities reduced – Good practices into permanent use across the country

- http://stm.fi/documents/1271139/5038595/HYTE_faktalehti_ENG.pdf/e989ee62-50b5-4fbb-9f72-7071b62c5b26

Fostering health and wellbeing and reducing inequalities

GOVERNMENT KEY PROJECT

Fostering health and wellbeing and reducing inequalities

The Finnish Government has 26 key projects. Five key projects are related to healthcare and social welfare. Through reforms, good resources will be better used to foster better health and wellbeing. People in Finland are healthier and in better control of their lives. People feel they can influence, make choices and take responsibility.

Health and wellbeing will be fostered and inequalities reduced
Good practices into permanent use across the country

The objective of the key project is to promote healthy lifestyles and mental health, prevent loneliness and reduce inequalities in health and wellbeing. There are many ways to make a difference in people's inclusion, mental health skills and lifestyles, such as physical activity, diets, sleeping habits, smoking, and alcohol and drug use. Achieving changes is particularly important in such population groups where health and wellbeing are clearly below average. Especially NGOs have in Finland supported professionals' work by developing practices that have been proven useful and productive. Good practices provide professionals with tools to identify and use people's own resources, helping people to cope better in their everyday life. Adopting good practices requires that everyone changes their ways of action and the management supports the work community. Good practices will be adopted across the country to help health and social care professionals in their work to better support and guide people in improving their lives. Sometimes people need more support than usual, in order to take responsibility for their own life. The Ministry of Social Affairs and Health grants government subsidies to projects disseminating good practices in:

- Strengthening lifestyle counselling (particularly physical activity, healthy nutrition, sleep) in health and social services and resident service chains;
- Supporting the changes in dietary and physical activity patterns of families, in the services provided by maternity clinics and school healthcare;
- Reducing smoking among people with mental health or substance abuse problems;
- Mental health skills of the population and of various professionals, including suicide prevention;
- Social richness and reinforcing inclusion;
- Promotion of physical activity among people in later life.

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Info/Information/Health and wellbeing
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In 2025, Finland is an
inventive, caring and safe
country where we all can
feel important. Our
society is based on trust.**

