



# HELSINKI HEALTH AND WELFARE BAROMETER

Annual summary 2019



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# What is it about?

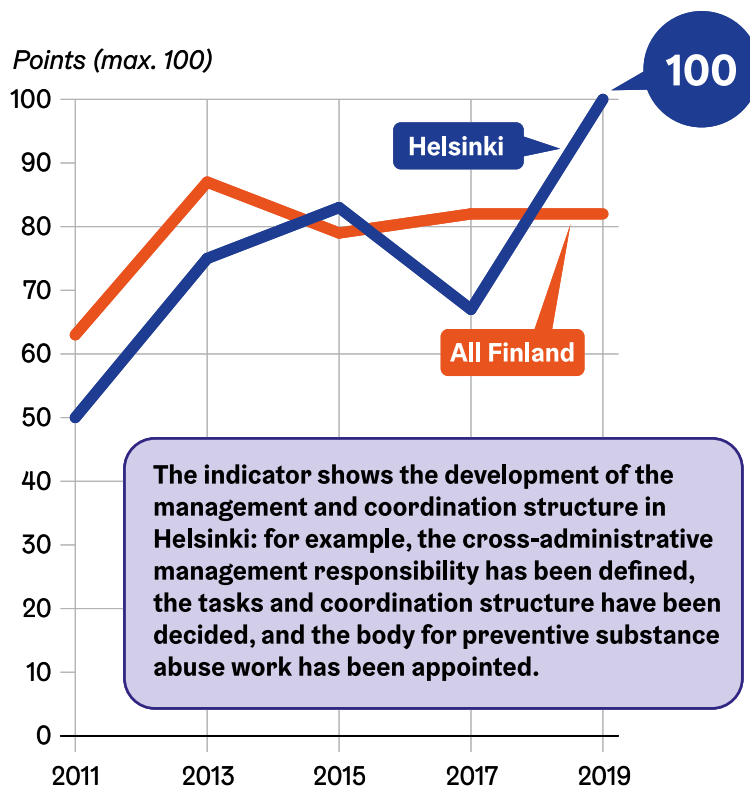
## Helsinki Health and Welfare Barometer

The Health and Welfare Barometer is a tool for monitoring the promotion of health and welfare as well as welfare plan efforts in Helsinki. It is a report about the trends and developments in the well-being of Helsinki residents and the measures taken by the city to promote residents' health and welfare. The information is updated on an annual basis and used for focussing health and welfare promotion activities as a part of the city's financial and operational planning and management. The data for the 2019 barometer was collected during December 2019.

The 2019 Health and Welfare Barometer offers information on topics ranging from the standard of living and happiness to inequality, mobility and lifestyle, environment and safety, as well as mental health and substance abuse. The barometer also highlights successes and concerns regarding the measures included in the [Helsinki welfare plan](#). The information sources for the barometer are listed at the end of the publication.

## The management and coordination of health and welfare promotion has reached an excellent standard

In accordance with the City Strategy, Helsinki has created collaboration structures for promoting health and welfare within the city. A management, cooperation and coordination structure engaging all city divisions and the City Executive Office was completed in the spring of 2018.



# Helsinki's health and welfare promotion

## Vision for Helsinki's health and welfare promotion

All Helsinki residents – including the young, the elderly and the disabled – should have the opportunity to lead a good and fulfilling life and receive the necessary support and services at all stages of their life. Health and welfare promotion influences the comfort of life of the citizens, improves their experienced well-being, quality of life and health and ensures that their everyday environments support a good and physically active life.

## Philosophy of Helsinki's health and welfare promotion

Health and welfare promotion is defined with a broad scope in Helsinki. Citizens' health and well-being is influenced by the economic, employment, education, housing and regional policies as well as the social and health policy and community planning solutions. Health and welfare promotion is an activity focused on the individual, family, communities, populations and their living environments carried out by the various city divisions working together.

### TOP 5 of Helsinki's health and welfare promotion

1. Good and effective practices
2. Shared concept of welfare for Helsinki
3. City-wide activities
4. Well-being through culture for all citizens
5. Implementing health and welfare promotion in everyday activities and networks



### Helsinki's health and welfare focuses for council term 2019–2021

1. Reduce inequality
2. A city for all – healthy and on the move
3. Preventing the marginalisation of children and youth
4. Strengthening functional capacity and social engagement among seniors
5. Promoting mental well-being and an intoxicant-free way of life
6. Lively, distinct and safe neighbourhoods

More information about health and welfare efforts in Helsinki: <https://www.hel.fi/helsinki/en/administration/strategy/strategy/health-welfare-promotion/>

# Experience of health, quality of life and happiness

Quality of life is about the person's own assessment of their life in the environment they live in and in respect to their personal goals, expectations, values and other things that are important to them. An individual's experience of their health and well-being affects their resources and also reflects on, for example, quality of life, social relationships, activity in society and ability to manage in everyday life. For example, only 17% of citizens with feelings of loneliness considered their quality of life to be good on average. The same connection is seen in perceived happiness; just 9% of lonely people had feelings of happiness, whereas over one-half of non-lonely people had experienced feelings of happiness in the past month.

**Share of people who feel that their quality of life (WHOQOL-8) is good on average (2018)**



Citizens aged 20 years or over

**61%**

4.8 percentage points up from 2013–2015

Women

**63%**

Men

**58%**

Aged 75 years and over

**48%**

4.8 percentage points up from 2013–2015

Women

**45%**

Men

**54%**

**Share of people who felt happy (2018)**



Aged 20 years and over

**49%**

Aged 75 years and over

**49%**

**Share of people who felt their health was moderate or good (2018)**

Total of citizens aged 20 years or over

**70%**

55–74-year-olds

**64%**

20–54-year-olds

**75%**

Aged 75 years and over

**52%**

**Satisfied with their life at the moment (2019)**



4th and 5th graders

**89%**

8th and 9th graders

**74%**

1st and 2nd year of upper secondary school

**72%**

vocational school

**75%**

**For people aged 55 or over, the experience of health has improved significantly.**

**Feel that life has a purpose (2019)**

8th and 9th graders

**67%**

1st and 2nd year of upper secondary school

**67%**

vocational school

**70%**



# Reduce inequality

The majority of Helsinki residents are doing well. However, there are significant differences between population groups in terms of health and welfare, education and income level, and employment. Helsinki is, in many respects, a fairly polarised city and home to some of the best-off and worst-off citizens in Finland. For example, the proportion of people with a higher education degree is much higher than in the rest of the country but, at the same time, the proportion of those without any degree above comprehensive school is higher than the national average.

We now need increasingly advanced methods based on knowledge and impact to narrow down socioeconomic health and welfare gaps, including area-based disparities. In the efforts to prevent inequality, attention must be paid to the social background factors underlying the differences. Equal and high-quality basic services are the key to preventing inequality and marginalisation. Inequality is prevented, for example, through the city's health and welfare promotion; the actions of the Physical Activity Programme and Inclusion are for Youth Social Inclusion; a comprehensive and diverse Helsinki integration programme; actions to reduce family poverty; the development of methods to identify group at risks; the development of calculation models for positive discrimination; free early childhood education; and ensuring the realisation of the Training Guarantee.

## Successes

Helsinki has developed positive discrimination calculation models that can be used by schools and early education providers. A calculation model for the Social Services and Health Care Division was drawn up in 2019 and a separate calculation model for culture and leisure services is being prepared. Studies indicate that positive discrimination calculation models and needs-based funding are effective ways to reduce inequality. Positive discrimination funding has been used to increase the number of personnel in schools and early education, develop low-threshold mental health services for children and young people, strengthen resources in child health clinic and school health care services, and reduce waiting times in child welfare services and family counselling centres.

## Early education attendance rate 2019

0–2-year-olds

**34%**

2 percentage points  
up from 2018



3–5-year-olds

**92%**

2 percentage points  
up from 2018



5-year-olds

**94%**

Same as  
in 2018



6-year-olds

**94%**

1 percentage point  
down from 2018



## Education, 25–64-year-olds (2017)

Higher education degree

22.7%

0.6 percentage  
points up from  
2016



No degree after comprehensive school

18.6%

0.4 percentage  
points down from  
2016

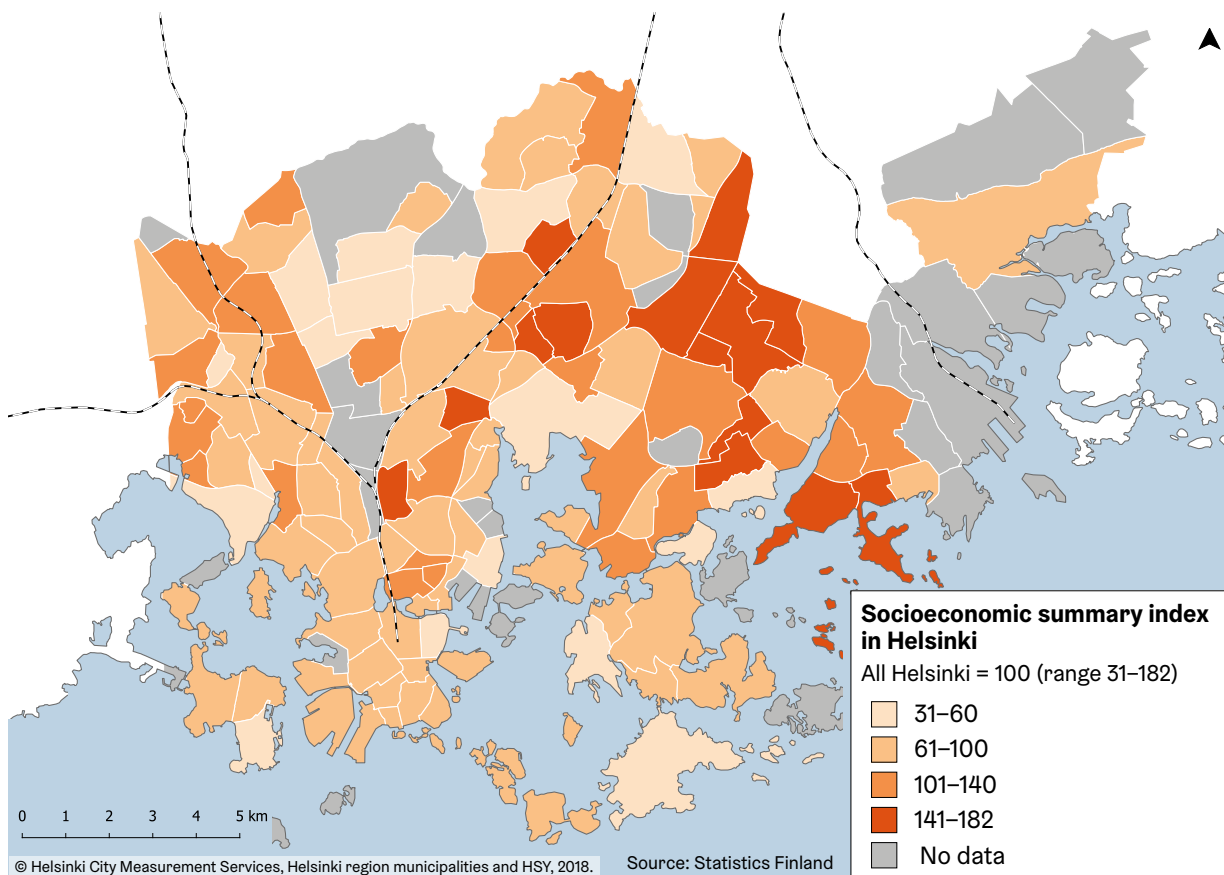


## Socioeconomic summary index in Helsinki

The summary index consists of the following information:

- Share of people aged 25–64 with no education after comprehensive school
- Unemployment rate
- Share of people in the lowest income quintile

Map 1. Socioeconomic summary index in Helsinki by area (2018). If the index value of an area is more than 100, its socioeconomic status is weaker than the average in Helsinki





**Share of people concerned about social exclusion (2018)**

**39%**

Range of variation between districts 14–59%

**Unemployment rate (December 2019)**

**9.2%**

0.2 percentage points up from the end of 2018

**Share of long-term unemployed people of all unemployed (December 2019)**

**33.1%**

Share of long-term unemployed people 0.5 percentage points lower than at the end of 2018

**The decrease in unemployment rate that had been continuing for many years stopped at the turn of 2019/2020.**

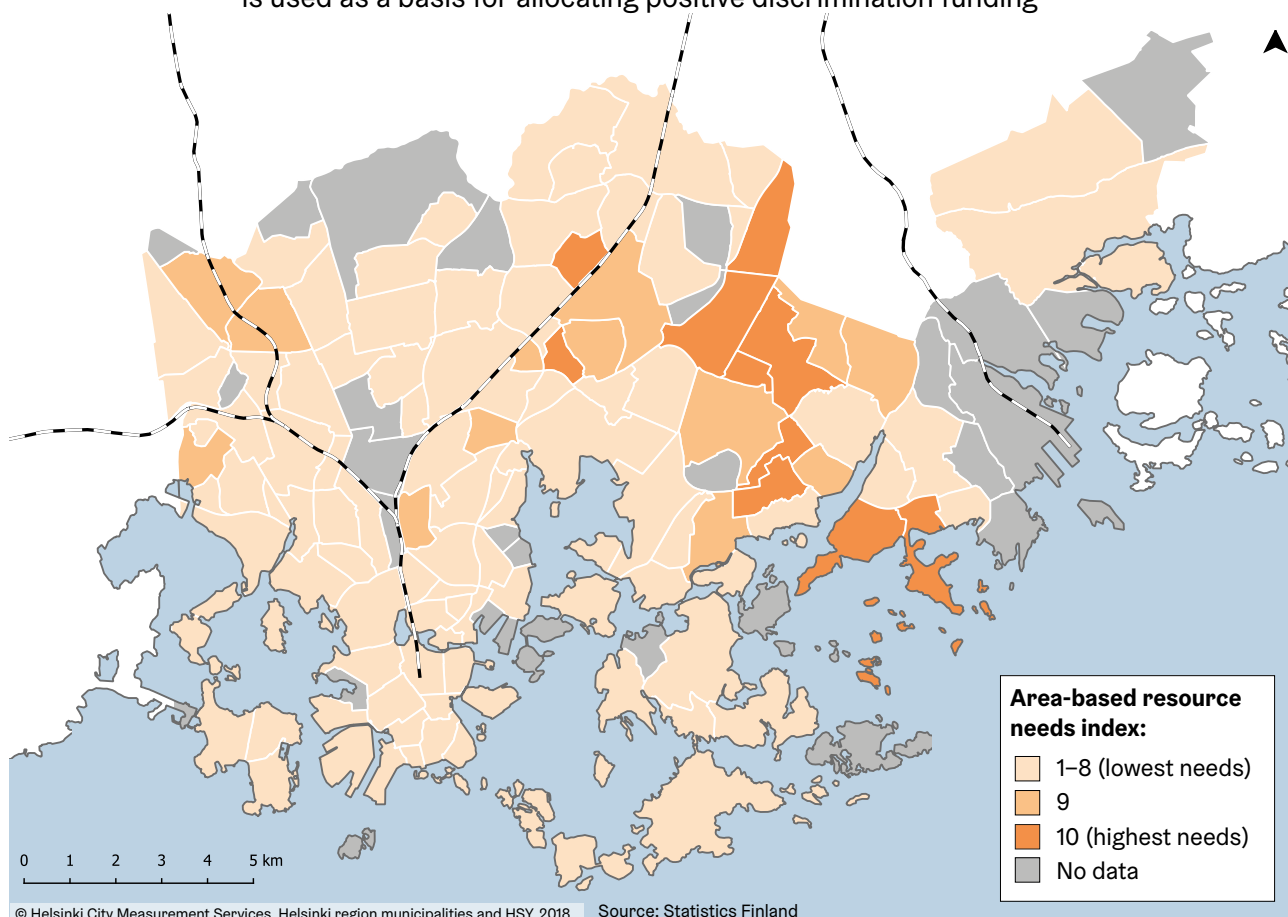
### Positive discrimination calculation model

*Positive discrimination calculation models* can be used to allocate appropriations towards a variety of area-related needs and services based on key socioeconomic indicators at area level. This can be used to reduce health and welfare gaps.

Positive discrimination funding in 2019:

- Education Division: Schools €3.1 million, Early education €1.4 million
- Social Services and Health Care Division: €500,000

Map 2. Example of area needs index based on socioeconomic key figures, which is used as a basis for allocating positive discrimination funding



## Concerns

The situation for most children and families is improving but, at the same time, some are experiencing considerable burdens in their day-to-day lives. Often, the challenging situations are linked to financial difficulties and poverty. More than every tenth Helsinki resident under 18 years of age lives in a low-income family and even more in families that have been forced to resort to basic income support within the year. The differences between residential areas are also vast in terms of poverty among families with children.

In 2019, the Social Services and Health Care Division initiated collaborative measures to identify risk factors caused by poverty. According to the assessment, a wider group of actors and a more systematic approach would be needed to address the phenomenon.

### Family poverty



Number of people under 18 living in low-income households in 2017

**12,383**

Share of all  
people under  
18 years: 12%

Number of people under 18 living in households that  
received basic income support in 2018

**17,774**

Share of all people under  
18 years in 2018: 17% /  
Range of variation between  
districts 1–38%

# A city for all – healthy and on the move

## The Physical Activity Programme

One focus of Helsinki's health and welfare promotion is **increasing citizens' physical activity**. The Physical Activity Programme in Helsinki encourages citizens to spend more time exercising and being physically active, and less time sitting down. Its aim is to make exercise and mobility an easy, convenient and attractive choice in day-to-day life in Helsinki. The 'Even a little movement helps' way of thinking removes blocks that hinder starting to exercise and prods everyone to change their daily habits to favour mobility. Physical activity also increases mental well-being and has a positive impact on other aspects of the person's lifestyle. The Physical Activity Programme is being implemented in cooperation between various city divisions.

### Successes

'Joy in Motion' is a national physical activity and well-being programme. It aims to enable all children to engage in and enjoy sufficient physical activity every day. The programme seeks to improve early education conditions, equipment, staff competence and child participation. Helsinki has improved conditions at day care centres and play parks to facilitate physical activity and organised numerous events, such as the 'Pyörällä päästään' cycling tour and 'Eskareiden sporttipäivät' sports event for preschool children.

**73%**

of early education units were part of the programme on 31 December 2019.

**1,200**

early childhood education workers have been trained

**5,000**

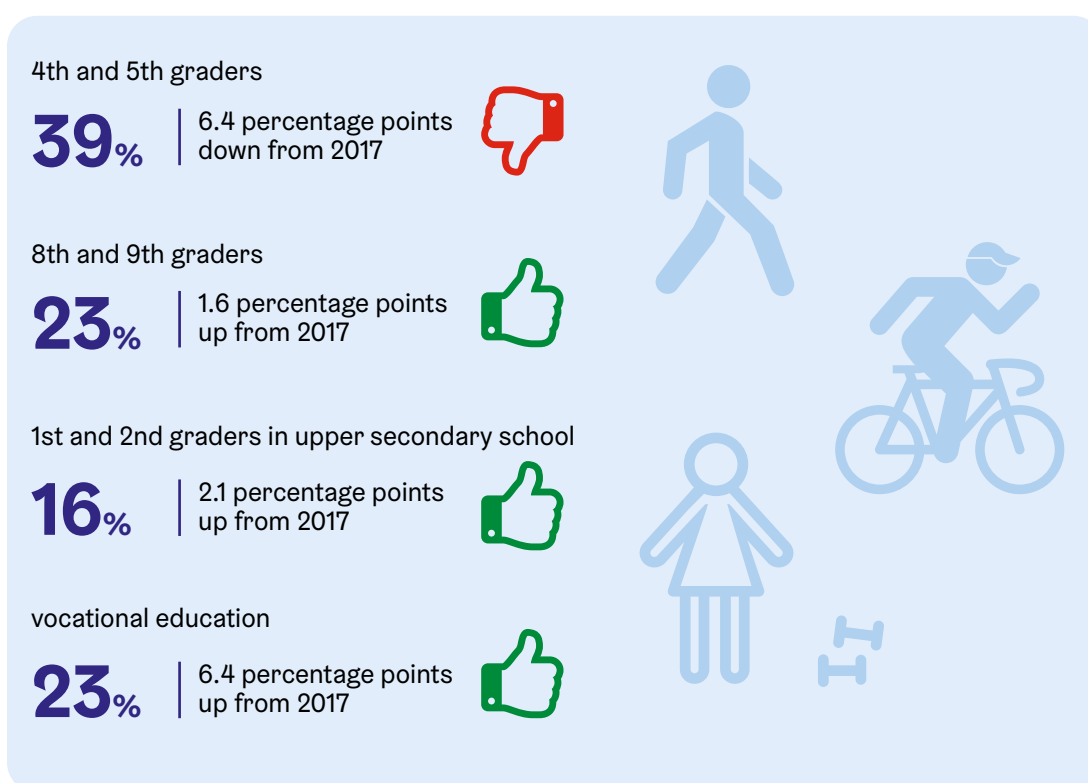
people have participated in programme events

As a new operating method, the Culture and Leisure Division is allocating €900,000/year (2019–2021) to creating new hobby opportunities for sports, culture and youth organisations. Grants were distributed to 10 projects with focuses ranging from skateboarding, collecting litter and playing football to increasing recreational opportunities among children and young people who require special support.

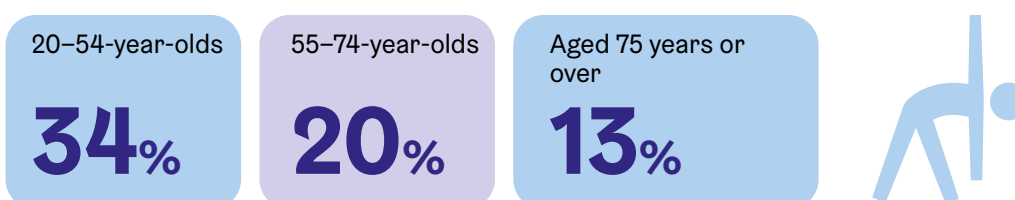
**27,815**

Number of children and young people who participated by 31 September 2019

## People who exercise at least an hour daily (2019)



## Share of those who engage in actual fitness training for several hours a week (2018)



In 2019, the City of Helsinki organised a nine-month study trip related to physical activity among the elderly. The innovation project was implemented in collaboration with the Bloomberg Foundation and Harvard University. The 11-person project team met with more than 100 senior citizens in the context of various services and day-to-day environments. The service market place selected as the prototype was tested at the Kaari shopping centre in Kannelmäki during the summer. The coaching programme guided the team members and, through their networks, the entire city organisation, towards people-oriented development. Cross-administrative collaboration between services deepened and created new opportunities for physical activity among the elderly. The efforts will continue in 2020 throughout Helsinki in the form of service market place tours.

## Concerns

The Move! measurements conducted on 5th and 8th graders each year indicate that stamina remains on the decline among school children. The sedentary life-style has a particularly significant impact on body mobility of children and young people.

### How to read the graph

Helsinki is compared to the national level

Helsinki is compared to the level of the previous year

Girls  
Helsinki/Finland

**X:XX/X:XX**



**X:XX s**  
less than  
XXXX

## MOVE! Physical capability (2019)

### 20-m sprint, median, min

5th graders

Girls  
Helsinki/Finland



**4:05/3:51**

**0:22 min**  
less than  
in 2018

Boys  
Helsinki/Finland



**5:14/4:26**

**0:06 min**  
less than  
in 2018

8th graders

Girls  
Helsinki/Finland



**5:14/4:40**

**0:03 min**  
less than  
in 2018

Boys  
Helsinki/Finland



**6:50/6:06**

**0:2 min**  
less than  
in 2018

### Straightening the lower back in a sitting position, accepted performance, %

5th graders

Girls  
Helsinki/Finland



**93/94**

**2 percentage**  
points less  
than in 2018

Boys  
Helsinki/Finland



**81/81**

**±0**  
same as in  
2018

8th graders

Girls  
Helsinki/Finland



**93/94**

**2 percentage**  
points less  
than in 2018

Boys  
Helsinki/Finland



**72/74**

**7 percentage**  
points more  
than in 2018

## Lifestyle

**Lifestyle** greatly influences health and well-being. Physical inactivity and obesity, smoking and alcohol abuse are all linked to morbidity and reduced capacity to work. According to a study that mapped the lifestyles of Helsinki residents, health behaviour affects the differences in morbidity between people with different levels of educational attainment and probably also in other health disparities between population groups. Reducing the differences in alcohol use, smoking, obesity and physical inactivity between population groups would probably also help achieve some of the aims of reducing health and mortality disparities.

### Successes

A food diary pilot study was initiated in 2019 under the guidance of nutritional therapists by introducing the MealLogger phone application.

The participants record all their meals in the app and receive personalised encouragement and feedback from a nutritional therapist. Group members can like and comment on each other's photos.

The nutritional therapists assess the quality of the nutrition as a whole and provide guidance and advice. Positive feedback on the MealLogger intervention has been received. There is a definite need to improve diet quality in a positive and empowering manner. As regards the intervention with a focus on diet quality and weight control, it is essential to utilise the expertise of nutritional therapists. The intervention appears to have a positive impact on quality of nutrition, weight and waist size among participants.

Number  
of groups  
held:

**7**

Participants:

**80**

### Share of children who do not eat the school lunch on a daily basis (2019)



8th and 9th graders

**47%**

5 percentage  
points up from  
2017

1st and 2nd graders in upper secondary school

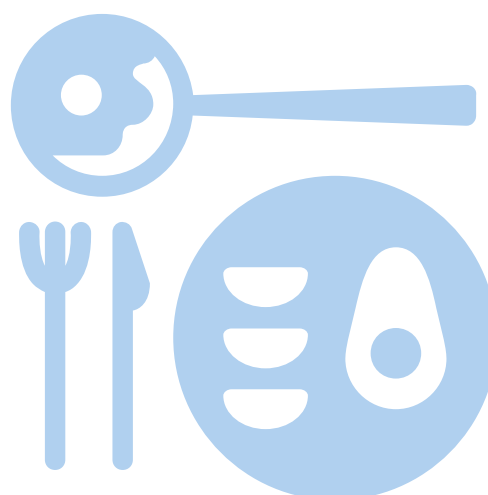
**38%**

6.5 percentage  
points up from  
2017

vocational education

**47%**

9.2 percentage  
points up from  
2017





## Share of those who eat very few fresh vegetables 2018

Aged 20 years or over

45.8%

According to level of education

Low level of  
education

56%

Moderate  
level of  
education

44%

High level of  
education

36%

The diet among Finns has improved significantly in recent decades, but there is still a large proportion of people who eat very few vegetables. The differences in eating habits between socioeconomic groups were most notable in terms of how many vegetables people tend to eat.



Multi-disciplinary trials for first-grade pupils' *oral health examinations* were organised in four school districts using teams of dental hygienists and nurses, and the 'Yhdessä koululla' ('Together at school') operating model. Families gained access to multi-professional support during a single visit. More than 80% of those who responded to the relevant customer and staff survey found that the joint examinations supported well-being among children and families.

## Plenty of tooth decay

7 years of age

8.5%

(Helsinki)  
Variation by major  
district 3.5–14.6%  
(2019)

17 years of age

15.1%

(Helsinki)  
Variation by major  
district 5.3–28.2%  
(2019)



A pilot of a *geriatric oral health team* has been under way at the dental clinic of the Kalasatama Health and Well-being Centre and the Kinapori Senior Centre. The trial has improved staff expertise and multi-disciplinary work in the context of geriatric oral health care. In the coming year, the trial will be expanded to confirm the improved impact on customers. The mobile dental care unit Liisu visits assisted living facilities during the summer, as agreed.

## Obesity among children and young people 2019

Body mass index of children and young people (ISO-BMI), measured by a child health clinic/school health care

4-year-olds

**12.9%**

0.1  
percentage  
points up  
from 2018



1st grade  
**15.9%**

5th grade  
**19.7%**

8th grade  
**21.6%**

BMI of young people calculated based on self-reported weight and height

8th and 9th grade

**13.2%**

0.4  
percentage  
points up  
from 2017



1st and 2nd graders in  
upper secondary school

**13.6%**

0.7  
percentage  
points up  
from 2017



vocational education

**21.1%**

1 percentage  
point up  
from 2017



Obesity limit defined based on age and gender: For people 18 and above, the limit is 25 kg/m<sup>2</sup> and lower for younger age groups.



If the BMI has been calculated based on self-reported height and weight, the proportion of overweight and obese persons is markedly lower than when the index is calculated based on measurements taken by health care professionals. People tend to underestimate their weight and overestimate their height.

### Concerns

Obesity is a significant challenge in terms of national health. Excess weight increases the risk of cardiovascular diseases, type 2 diabetes and musculoskeletal diseases. Significant obesity also causes reduced mobility. Helsinki's 'Sutjakka Stadi' anti-obesity network has introduced measures to promote health nutrition and develop the treatment of obesity. Schools have striven to establish food committees and the care path regarding the nutrition of school age children has been updated. The increased obesity among children and young people is also concerning. The issue can be influenced through meal arrangements and exercise. Experts estimate that, even though measures have been taken, a more comprehensive approach in the form of lifestyle guidance and/or advice would be necessary.

### Adult obesity (BMI $\geq$ 30 kg/m<sup>2</sup>) 2018

BMI of adults calculated based on self-reported weight and height.

Aged 20 years or over

**15.7%**

The BMI of Helsinki residents has increased from an average of 25.4 in 2013–2015 to an average of 26 in 2018.

# Preventing the social exclusion of children and youth

Inequality among children and young people is most significantly reduced by high-quality teaching and early education as well as safe and healthy learning environments. It is Helsinki's aim to ensure that every child has a hobby, to reduce loneliness and bullying at school, and to improve mental well-being. Young people must also be able to trust Helsinki as a place of residence and influence operations within the city. A responsible adult, a community to belong in and meaningful activities should be available at all development stages of every child's and young person's path. The spiral of social exclusion among young people is a worrying result from the increasing polarisation in metropolitan areas. As one of its measures, Helsinki has initiated the extensive Project for Youth Social Inclusion (Mukana) to prevent marginalisation.

The aim of the project is to shift the focus of social exclusion work towards prevention. The Project for Youth Social Inclusion aims for a systemic change to reduce the marginalisation of children and young people, transgenerational exclusion and segregation in Helsinki. Well-being must be supported before any problems emerge and worrying signs during childhood must be addressed before difficult symptoms appear. In the prevention of marginalisation, it is important to time the measures correctly and bolster the supporting aspects of factors and growth environments that promote and protect well-being. See also: <https://www.hel.fi/helsinki/en/administration/strategy/strategy/youth-social-inclusion/>

## Successes

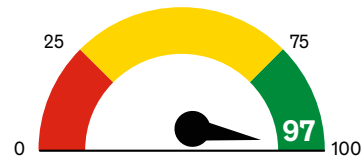
*Bullying* has decreased in the higher grades of comprehensive school and in vocational education. It is most common in primary school where slightly less than 8 per cent of students are bullied at least once a week during a school term. Some 64 per cent of primary school pupils have reported school bullying to an adult. This has led to the bullying decreasing or stopping in about 61 per cent of the cases. Helsinki has initiated a wide anti-bullying programme KVO13. It collates current effective methods and creates new ones for preventing bullying. The most important thing is to ensure systematic operations and engage children and young people in the planning and implementation of the programme.

Nine children out of ten say that they have a hobby or some other enjoyable way of spending their leisure time.

- Schools in Helsinki have been jointly providing time for hobby activities each Wednesday between 2:30 and 5 pm since the autumn term 2019.
- A mobile application (hobby pass) was developed for secondary school pupils during the year. Municipalities, companies, foundations and associations can use the application to provide free-of-charge hobby opportunities, trial opportunities and access tickets. The hobby pass is to improve equal opportunities among young people to try out a variety of hobbies and find one to their liking. The hobby pass app was published in app stores towards the end of the year. The content creation for the Helsinki hobby pass will be completed in spring 2020.

## Almost all comprehensive schools in Helsinki have agreed upon practices and operating instructions for addressing bullying

**97/100** points on the TEAvisari indicator



TEAvisari: ■ less than 25 = poor result ■ 25–75 = things to improve ■ 75–100 = good result

## Has been bullied at school at least once a week 2019

4th and 5th grade

**7.7%**

8th and 9th grade

**5.2%**

**The situation has improved slightly from 2017.**

1st and 2nd grade in upper secondary school

**1.1%**

vocational education

**1.9%**

Parents talking about things with their children prevents loneliness. Communication between children or youth and their parents has improved since 2017 at all levels of education. More boys, in particular, find that they can talk about personal things with their parents. The majority of primary school pupils can discuss things with their parents, agree upon curfews and talk about their school day.

## Share of Helsinki comprehensive school graduates left without a study place in 2019

**5.4%**

**Those with a foreign mother tongue are left without a study place more often than others, and boys more frequently than girls.**

## Feel that they are an important part of the community in school class

4th and 5th grade

**55.9%**

8th and 9th grade

**55.6%**

**The situation has worsened since 2017.**

1st and 2nd grade in upper secondary school

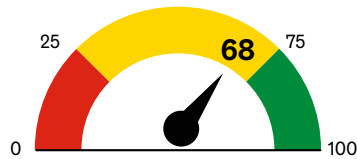
**53.9%**

vocational education

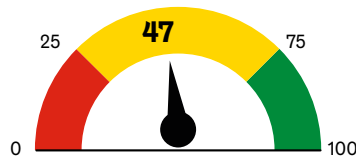
**60.9%**



**Pupils feel they can influence things (comprehensive school)**



**Parents feel they can influence things (comprehensive school)**



TEAvisari:

- less than 25 = poor result
- 25–75 = things to improve
- 75–100 = good result

**Mental and social well-being among children and youth (2019)**

**Loneliness (2019)**



4th and 5th graders

**3.8%**

8th and 9th graders

**12.0%**

1st and 2nd graders in upper secondary school

**13.6%**

vocational education

**12.0%**

**Every tenth 8th and 9th grader says that they do not have a close friend. Boys are friendless more often than girls.**

**Mental health problems (2019)**



4th and 5th graders

**16.0%**

2.4 percentage points up from 2017



8th and 9th graders

**15.7%**

2 percentage points up from 2017



1st and 2nd graders in upper secondary school

**17.2%**

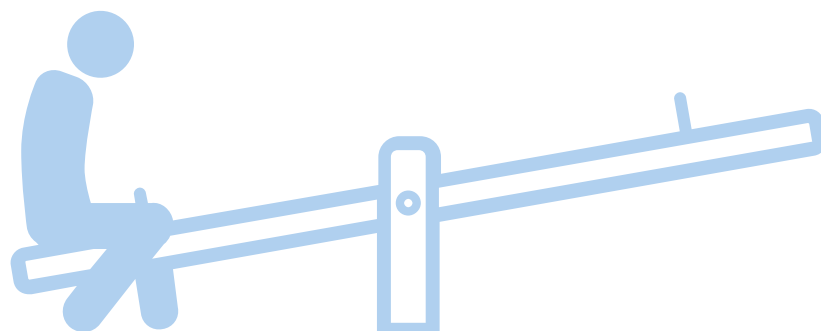
2.8 percentage points up from 2017



ammattillinen koulutus

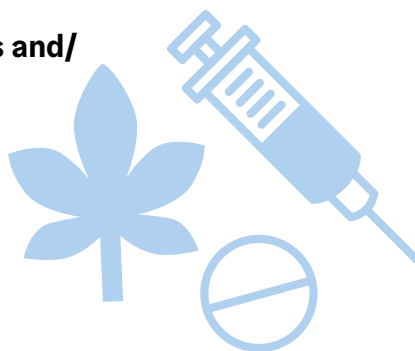
**12.9%**

For primary school pupils, an MFQ survey charts mental health problems; for others, a GAD-7 scale that measures generalised anxiety disorders.



## Child welfare reports due to mental health issues and/or substance abuse 2018

**1,068** reports on  
13–17-year-olds



## Slightly more than one-third of Helsinki residents are 0–29 in age

number of under-18-year-olds

**108,500**

number of 18 – 29-year-olds

**119,500**

In 2019, collaboration between city divisions was bolstered by establishing a network to support well-being among children and young people. Its steering group is the strategic network for children and youth affairs (LANU), which bears the responsibility for developing the promotion of well-being and health among children and young people (0–29 years of age). The structure includes a guidance and service network for young people, a service integration working group and a student welfare steering group. The efforts are led by the steering group for health and welfare promotion (HYTE). The Project for Youth Social Inclusion (Mukana) works in close cooperation with the network.

### Concerns

Experiences of loneliness, exhaustion at school and feelings of anxiety have become more common among children and young people in Helsinki, especially girls. This change is evident at all levels of education. Even though very few primary school pupils feel lonely, they too are experiencing exhaustion and mood swings more frequently than before. Experiences of loneliness and exhaustion among school children are slightly more common in Helsinki than in other parts of the country.

The services and operating models of mental health work were bolstered during 2019. A new early support model called Mieppi was opened at Myllypuro Health Centre, and the work of the mobile mental health team was strengthened. The team has met with young people with a preventive approach and an aim to steer them to the appropriate services. The team's fast response time to customer situations has enabled fast service guidance. In order to bridge the welfare and health gaps, the Project for Youth Social Inclusion has targeted measures at areas where, statistically, factors that may lead to deprivation tend to accumulate.



# Strengthening functional capacity and social engagement among seniors

Helsinki is home to some 110,000 people aged 65 years or more. Helsinki aims to be the most functional city in the world for elderly people to live a good day-to-day life, engage in hobbies, spend times with peers and feel safe. The city wants to improve senior citizens' functional capacity along with their opportunities for safe self-care and living at home. Helsinki's aim is to find seniors who need assistance and support earlier on, and to tailor better, more personalised service packages for them. Above all, Helsinki wants to promote mobility, communication and the use of digital services among the elderly. The goal is to make Helsinki a more "memory-friendly" city.

## Successes

The Mobility Agreement is a scheme for systematically supporting the day-to-day mobility of an elderly person during home care visits. The agreement involves the customer and worker agreeing on goals that aim for everyday functionality and the means to reach them, which will be monitored going forward. The agreed things can be done independently, with friends and family members, or during home care visits – even through remote rehabilitation arrangements. The Mobility Agreement promotes well-being and health, and prevents social exclusion.

The agreement has been established for 69.1 per cent of home care customers (goal 70 per cent).

'Lukulähettilääksi' (Reading Ambassador) is a joint project of the city library, city elderly services and the Finnish Red Cross. Volunteer reading ambassadors support reading as a hobby by reading out loud to elderly people or others who need help reading. The reading takes place at assisted living facilities, in elderly persons' homes or via a remote connection.

Number of volunteer reading ambassadors trained for the project

**212**

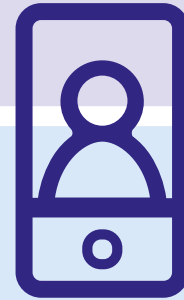
Reading sessions held

**800**

The sub-working group for physical activity and applied exercise among the elderly worked for the duration of 2019. The working group includes 26 persons representing different city divisions, partners and interest groups. The working group has identified the key challenges in elderly mobility and prepared solution proposals for the management group of the mobility programme.



The 'Tänään kotona' (Home Today) project has tested the utilisation of remote care channels in cultural services. Some 15 pilots were conducted over the course of the year, and a guide on remote cultural services was prepared.



Remote rehabilitation (groups and individuals) is provided to all remote care customers (about 800). Remote diagnostics have proceeded to a trial phase in which designated doctors and nurses have been provided with the requisite equipment. The home care pilot has yielded good experiences of automatic pill dispensers, and the operations are being expanded.



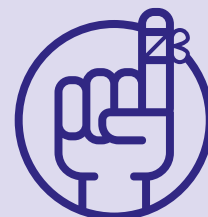
The 'Liikkuvat' network of physical exercise, culture and volunteer activity for the elderly in Helsinki has organised five 'Opitaan yhdessä' (Learning together) events, which have been attended by 200 people.

The aim of Helsinki is to shape itself into a more senior-friendly and memory-friendly city. This work aims to provide those with memory disorders with what they need to lead a valuable life with equal opportunities in their home city, where establishments such as senior centres provide local services to residents. It is also important to organise a variety of activities on the district and area level, including activities in the immediate neighbourhood. The principles of memory-friendly operations have been introduced at senior centres and the 'Muistiystävällinen Helsinki' (Memory-friendly Helsinki) network organised the annual brain health fair at the Kamppi service centre for seniors in November.

**Percentage of people aged 65 years and over who feel their memory is impaired**

**5.1%**

**According to a research-based estimate, some 9 per cent of people aged 65 and over are suffering from a memory disorder (European Collaboration of Dementia 2009; Sulkava and Viramo 2006). This estimate suggests that the number of people suffering from memory disorders will double by 2050. At that point, there will be some 20,000 memory-impaired persons in Helsinki instead of the current 10,000.**



Share of persons aged 75 and over who have trouble with activities of daily living (ADL)

10.1%

Share of persons aged 75 and over who have trouble with instrumental activities of daily living (IADL)

31.7%

Share of active participants aged 65 and over

31.6%

Share of persons aged 65 and over who do not receive adequate help

30.0%

Share of persons aged 65 and over who experience loneliness

6.9%

3.2 percentage points down from 2015

Share of persons aged 65 and over who are satisfied with the conditions in their neighbourhood

86.6%

## Share of persons who use the internet to access electronic services

Aged 65 years or over

74.4%

12.7 percentage points more than in 2015

Aged 75 years or over

61.4%

32.3 percentage points more than in 2015

**The share of elderly persons who use the internet to access electronic services has increased significantly, particularly among people aged 75 and over. However, more than every third person aged 75 and over finds the use of websites at least moderately difficult, compared to one in ten among the Helsinki population on average.**

### Concerns

The promotion of digital proficiency among the elderly and the availability of electronic services have been improved significantly. However, there are still many seniors who cannot use electronic services or have no access to them.

The city's digital advisors and volunteers trained by the association Enter provide digital support at libraries, service centres, assisted living facilities, adult education centres and youth centres. Banks and other partners also organise instructional events for local residents on city premises.

Digital support is available at

150

locations on a weekly basis

300

digital advisors have been trained

# Promoting mental well-being and an intoxicant-free way of life

In addition to good physical health, a sustainable society is built on the citizens' good mental health, which is supported in all environments and all divisions. Mental well-being is promoted by influencing underlying social factors, for example; maintaining healthy communities at schools and workplaces, providing cultural services, reducing feelings of loneliness, supporting parenthood, and ensuring access to hobbies and physical activities. Preventive mental health services for children and young people have been improved significantly over the past year. The upcoming mental health strategy and suicide prevention programme will steer these efforts going forward.

Substance abuse problems result in social exclusion, loneliness, poverty and other disadvantages. Too often, intoxicants tend to exacerbate problems among those who are already doing poorly in life. Preventive substance abuse work is an effective way to address and prevent health and welfare gaps. In Helsinki, the aim of preventive substance abuse work is to reduce the demand, availability, supply and detriments of intoxicants. Another goal is to promote the emergence of smoke- and nicotine-free day-to-day environments.

A multi-disciplinary substance abuse network has been established in Helsinki. Its responsibilities include the knowledge-based development of city-wide efforts. The City Board is the body in charge of preventive substance abuse work.

## Successes

The goal of school and student health care has been to prevent substance abuse among children and young people, and to work actively with the Tobacco-free Helsinki and Tobacco-free Finland networks. Intoxicants are discussed in all nurse's examinations and health advice is provided according to individual needs. The AD-SUME and AUDIT youth substance measurements and the Fagerström survey are used in the context of health-related appointments and wellness events. In addition to the promotion of a tobacco-free lifestyle, the hazards of nicotine are also highlighted – for example, the increased experimenting with and consumption of e-cigarettes and snus. In vocational schools, the aim is to ensure smoke-/nicotine-free practical training arrangements through partnerships. Upper-secondary-level student care arrangements take into account the promotion of an intoxicant-free lifestyle as part of the full scope of the school partnerships.

## Share of adults who feel lonely (2018)

Those aged 20 or over

**9%**

Women

**9%**

Men

**8%**

Those aged 75 or over

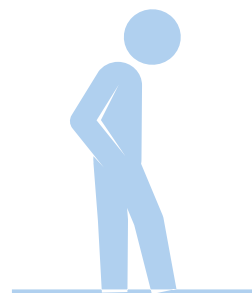
**9%**

Women

**11%**

Men

**5%**



## Share of those aged 20 and over who feel mentally stressed (2018)

13%



### Binge-drinkers

8th and 9th graders

9.2%



1st and 2nd graders in upper secondary school

22.3%



vocational education

26.5%



## Daily smokers

8th and 9th graders

3.7%



1st and 2nd graders in upper secondary school

3.5%



vocational education

13.6%



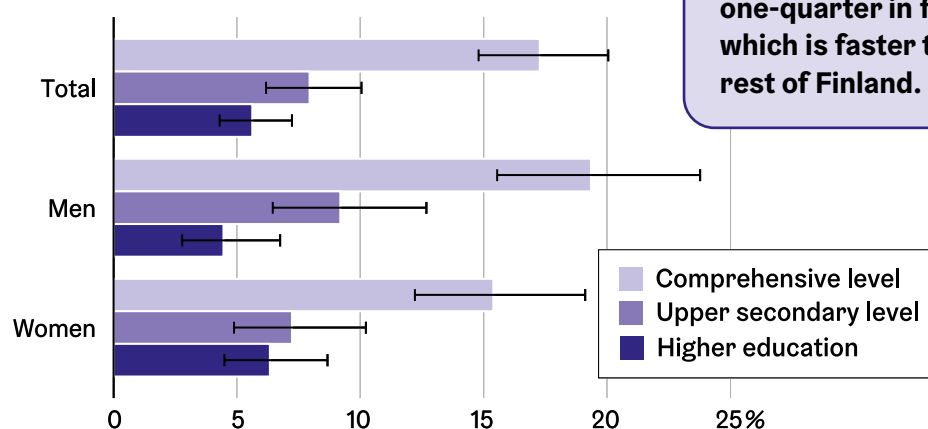
The operations of the Tobacco-free Helsinki network emphasise the development of smoking cessation.



## Helsinki has fewer daily smokers than the rest of Finland

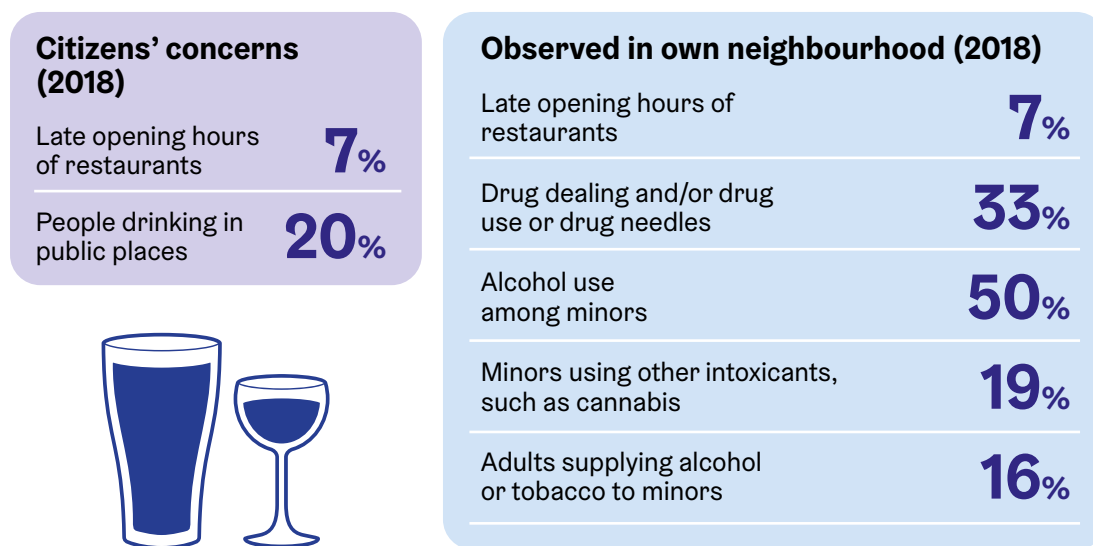
Slightly more than 10 per cent of Helsinki residents smoked cigarettes on a daily basis in 2018. The share was smaller than for the rest of the country, which was 12 per cent. However, the differences in smoking between educational levels are significant and, of those who have only completed basic education, 17 per cent smoke cigarettes daily.

## Age-adjusted proportion of daily smokers in Helsinki by education group in 2018 and 95% confidence intervals



Smoking has decreased in Helsinki by about one-quarter in five years, which is faster than in the rest of Finland.

The Pakka model of preventive substance abuse work involves influencing local communities, and the aim is to limit the availability of age-restricted products, such as alcohol, tobacco and gambling services. In 2019, the Pakka efforts in Helsinki involved awarding responsible outlets that had demonstrated excellence in enforcing age limits among young people. The award diplomas were granted to the R-kioski outlets at the Munkkivuori shopping centre and Herttoniemi metro station, as well as Alko Oy. The staff at the awarded locations had asked every test buyer and gambler who looked young to prove their age when they attempted to purchase alcohol or scratch lottery tickets, or use slot machines at shops, kiosks and service stations in the spring of 2019.

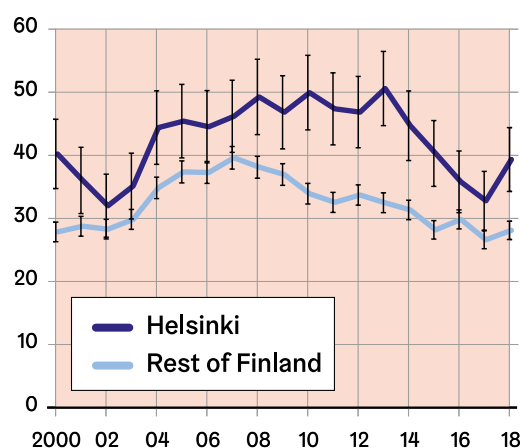


### Decrease in alcohol-related mortality stopped in Helsinki

The new Alcohol Act entered into force in full on 1 March 2018, resulting in partial deregulation of the retail and serving of alcoholic beverages. A cooperation group was established in Helsinki to monitor the effects of the new act by studying the up-to-date data provided by various official bodies on alcohol-related incidents after the introduction of legislation. Recent data suggests that the sharp decrease in alcohol-related mortality, which began in 2013, has now stopped in Helsinki. Between 2017 and 2018, the age-standardised alcohol mortality increased by almost one-fifth.

### Age-adjusted alcohol-related mortality in 2000–2018 and 95% confidence intervals

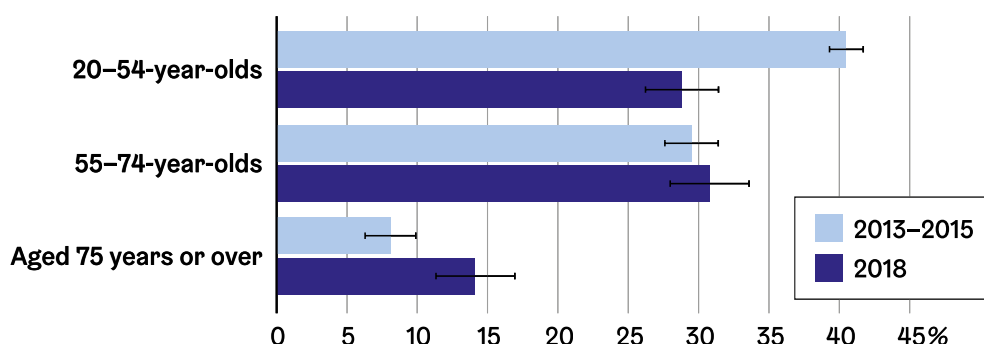
*Per 100,000 people in the average population*



The increase in alcohol-related mortality applies especially to older age groups. Survey results regarding Helsinki residents also implies variation in the development of alcohol use in different age groups. Compared to the situation in 2013–2015, the share of heavy drinkers has decreased clearly among Helsinki residents under 55 years of age, but it has remained the same or even increased among older age groups.



**Share of heavy drinkers (AUDIT-C) in Helsinki by age group in 2013–2015 and 2018, and 95% confidence intervals**



**Has used cannabis during the past month**



8th and 9th graders

**7.6%**



1st and 2nd grade in upper secondary school

**8.8%**



vocational education

**13.9%**



**Share of young people who feel it is easy to obtain drugs in Helsinki (2019)**



8th and 9th graders

**56%**

8.1 percentage points up from 2017

1st and 2nd grade in upper secondary school

**66%**

7.3 percentage points up from 2017

vocational education

**67%**

7 percentage points up from 2017

**Concerns**

Among young people in Helsinki, the attitudes towards using cannabis have become more positive and there has been a resurgence of cannabis consumption. Snus is also experiencing an upward trend, especially at vocational schools where roughly every fifth student uses snus on a daily basis.



# Lively, distinct and safe neighbourhoods

Lively neighbourhoods offer Helsinki residents opportunities for participation and active agency in improving comfort in the city. Diverse events and opportunities to spend time in a safe and comfortable urban space increase residents' well-being and the appeal of the city.

## Successes

The safety of city residents is an essential element of promoting welfare and health. Over the past year, the city worked on safety planning principles for the 2019–2021 period, and the principles were approved by the City Executive Group. The principles defined how safety planning is implemented in Helsinki and how it is linked to the city's management system and other operations that promote safety and well-being. Safety planning is encompassed by the city's risk management activities. Safety is promoted by a well-designed urban environment that is considered safe and comfortable, the balanced development of various city districts, the functionality of basic services, the availability of necessary assistance, and experiences of participation and mutual trust among city residents. Perceived safety among Helsinki residents are monitored by means of a regular Security Survey.

The joint 'Safe Helsinki' network of the Helsinki Police Department and the city organisation convenes on a regular basis. As an example, a seminar on honour violence was held during the year.

**Feels safe in own neighbourhood on weekend evenings (2018)**

**81%**

4 percentage points more than in 2015



**Feels safe in Helsinki city centre on weekend evenings**

**65%**

6 percentage points more than in 2015



**How likely are you to recommend Helsinki as a place of residence for people living elsewhere**

Willingness to recommend	Share (%) of respondents	Helsinki's net promoter score*
Detractors (values 0–6)	18.3	<b>18</b>
Passive (values 7–8)	45.9	
Promoters (values 9–10)	35.9	

\*The index value is calculated based on a question scaled from 0 to 10 by subtracting the share of 'detractor' values (0–6) from the 'promoters' (9 and 10). The most common response options 7 and 8 do not impact the index value. Interpretation instructions for the net promoter score:

40+ excellent  
20–39 good  
0–19 fair  
less than 0 poor

**The high costs of housing and living are by far the most significant reason for not recommending Helsinki as a place of residence.**

As part of its new participation and interaction model, Helsinki has implemented participatory budgeting, which involved the city allocating about €4.4 million to implementing ideas proposed by city residents.

- Proposals: **1,273**
- Plans approved for voting: **296**
- Approved plans: **44**, of which **29** will be implemented in the Urban Environment Division, **10** in the Culture and Leisure Division and **5** in the Education Division.

Active measures were taken to implement the traffic safety programme. The planning instructions for pedestrian crossings were updated, resulting in the planning principles for pedestrian crossing arrangements, which were approved by the Urban Environment Committee. In addition to this, efforts were made to finalise the development of the speed limit system. The new speed limit principles and a plan for speed limits to be changed were approved by the City Council. The changes were implemented at street level during 2019, i.e. new traffic signs and markings were installed. In November 2019, the estimated implementation rate of the programme measures stood at 74 per cent.

**Number of traffic accident fatalities (2019)**

**3**

**Number of traffic accident injuries (2019)**

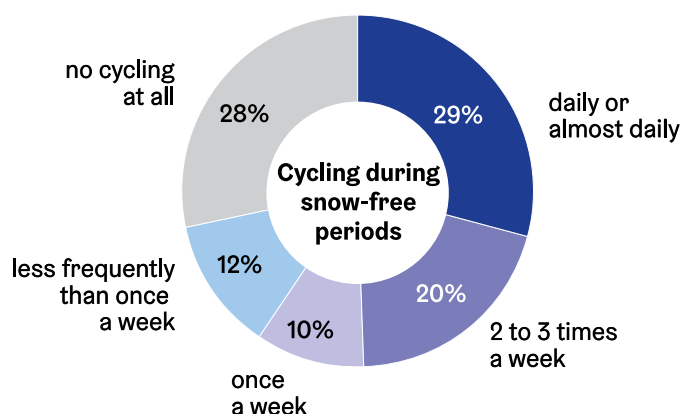
**425**



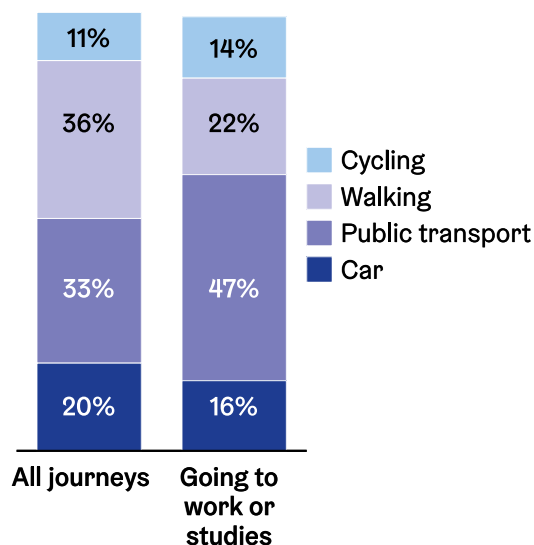
A meeting place and an oasis of urban culture, physical activity, green areas and urban events has developed in and around the Töölönlahti area. The Töölönlahti network has promoted cooperation in the organisation of a variety of events, such as Sculpture Expanded, Feel Helsinki, Helsinki Day, an inauguration event for the EU presidency, Pointti and Night of the Arts.

The appeal and safety of central areas have been improved by renovating the Erottaja square and the southern section of Töölönlahti, among other things. A programme to promote walking has been prepared, and this has involved drawing attention to sustainable travel chains as part of pedestrian access and presenting railway station areas as appealing walking environments. Helsinki is developing itself into a more walkable city, with efforts based on research data and bold experimentation. The aim is to construct a comprehensive mobility service network for walking, cycling and public transport, which provides city residents with excellent opportunities to access services and workplaces at all hours, including for those with less means or without a car.

## More than one-half of Helsinki residents cycle each week



## Modal split on all journeys made in 2018



## Bicycle parking spots constructed

**758**

Source: Cycling Review 2019.

Promoting bicycle traffic is a means to create a safer, more appealing and more functional city. The aim of the development plan for bicycle traffic is to make Helsinki a viable cycling city for people of all ages 365 days a year. In order to reach this goal, safe, direct, comprehensive, effortless and comfortable infrastructure solutions are needed. Constructing the requisite infrastructure for bicycle traffic has been slow in Helsinki, which is why the updated development plan places a particular focus on ways to improve the various aspects for cycling infrastructure.

A tool for measuring the accessibility and pressure on green areas for the purposes of environmental planning was completed. The tool can be used to assess the need for building and renovating parks and improving durability in use.

### Concerned about decreasing green areas

**33%**

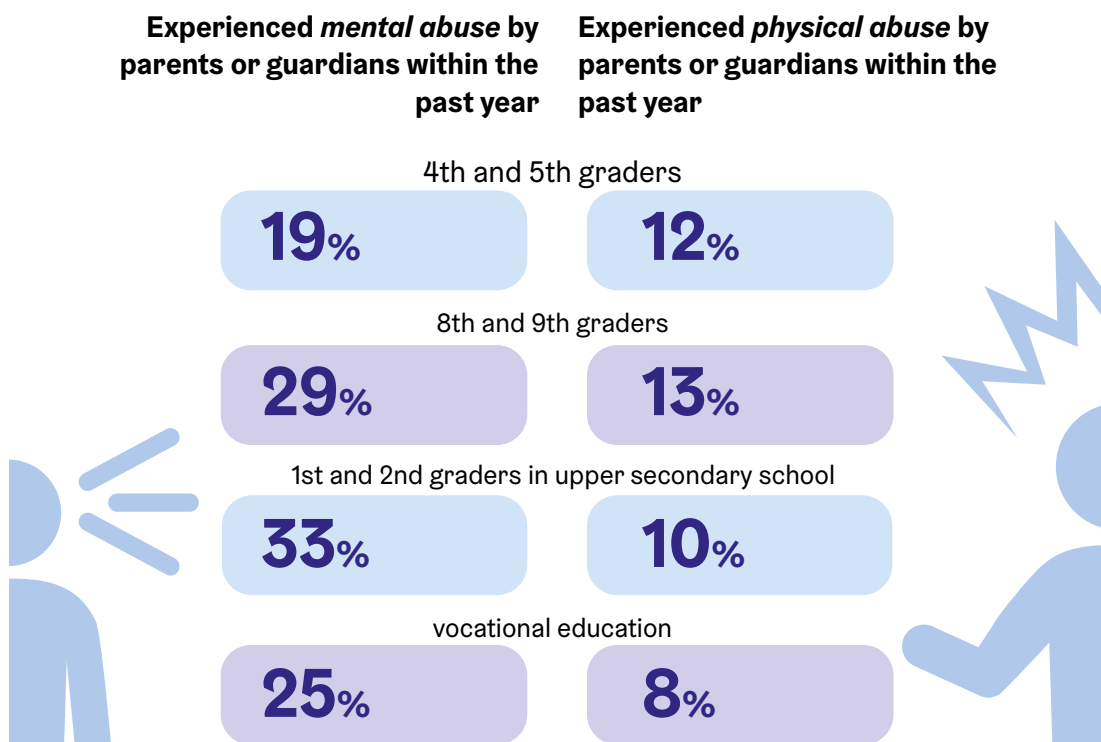
variation between districts  
11%–60%

### Concerned about the untidiness of the environment

**26%**

variation between districts  
10%–40%





## Concerns

The City of Helsinki and its partners campaigned against intimate partner violence under the theme 'Joka huutaa vähiten, kärsii eniten' ('Those who shout the least, suffer the most'). The aim of the campaign was to shift the focus to the small and often silent indirect victims of intimate partner violence. The posters and promotional film depict a child living in the crossfire of arguing parents. Even though the child is not directly subjected to the violence, it has a significant impact on their life, causing anxiety, fear and even guilt. The campaign was organised by the Helsinki network for combatting intimate partner violence, which is tasked with maintaining a situation picture, providing information and organising training courses. The successful multi-disciplinary prevention of intimate partner violence requires functional structures, competence, sufficient services and resources for the efforts to prevent violence. According to a recent school health survey, experiences of mental and physical violence are worryingly common in Helsinki.

**Participants in courses held by the anti-IPV network**

**900**

**Share of those who have experienced intimate partner violence (*security survey*)**

**2.4%**

## Successes and concerns in the promotion of welfare and health in light of monitoring data for 2019

### Successes

- Helsinki residents find that their quality of life is better than ever.
- Positive discrimination calculation models have been developed and their coverage has expanded to many fields. Research-based evidence on the impacts of the model should be promoted.
- 73 per cent of Helsinki's early education units are involved in the Joy in Motion programme.
- The pilot study of the MealLogger application resulted in positive changes with regard to the participants' diet quality, weight and waist size.
- The KVO13 anti-bullying programme for schools was completed and introduced. It collates current effective methods and creates new ones for preventing bullying.
- Bullying has decreased in the schools of Helsinki.
- A hobby pass mobile application was developed for secondary school pupils during the year.
- The functional capacity of home care customers has been increased through the Mobility Agreement.
- The reading ambassador activities have received positive feedback and the service is being provided to elderly people by means of remote arrangements, for example.
- School and student health care has emphasised preventive substance abuse work among children and young people. This is reflected in decreases in smoking and binge-drinking.
- The city's safety principles were developed and approved at the beginning of 2020.
- More than one-half of Helsinki residents cycle each week.

### Concerns

- Stamina among school children remains on the decline, and the sedentary lifestyle has a particularly significant impact on the body mobility of children and young people.
- Obesity among children and young people has increased.
- Mood disorders and loneliness among children and young people have increased. Numerous measures to improve services have been initiated and their persistence should be ensured. Adherence to the new mental health strategy's recommendations should be ensured on a city-wide level.
- Every tenth child under 18 years of age lives in a low-income family. More systematic cross-division cooperation is required to reduce poverty among families with children.
- The efforts to develop digital skills among seniors have been improved but every third elderly person is still unable to use electronic services.
- Alcohol-related mortality has increased and is imposing new challenges on the city's preventive substance abuse efforts.
- Among young people in Helsinki, the attitudes towards using cannabis have become more positive and there has been a resurgence in cannabis consumption. Snus is also experiencing upward trend especially at vocational schools, where roughly every fifth student uses snus on a daily basis.
- A working group to combat intimate partner violence operates in Helsinki, led by the Social Services and Health Care Division. Special attention should be paid to the high proportion of children and young people who have experienced mental or physical violence in their family. A recent report by the Ministry of Social Affairs and Health advises municipalities to arrange sufficient prevention of intimate partner violence by ensuring the municipality's functional structures, competence, sufficient services and resources for preventing violence.



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# HELSINKI HEALTH AND WELFARE BAROMETER

## Annual summary 2019

This barometer is a tool for monitoring the promotion of health and welfare as well as the welfare planning work in Helsinki. It is a report about the trends and developments in the well-being of Helsinki residents, as well as measures taken by the city to promote residents' health and welfare. The information is updated on an annual basis and used for focussing health and welfare promotion activities as a part of the city's financial and operational planning and management.

The 2019 Health and Welfare Barometer offers information on topics ranging from the standard of living and happiness to inequality, mobility and lifestyle, environment and safety, as well as mental health and substance abuse.

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