

## **Target benefits of the Healthy Espoo development programme**

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The well-being of Espoo residents is better than average when examined using several national monitoring indicators. Key well-being challenges relate to the unequal distribution of health and well-being, rapid population and foreign-language population growth, ageing of the population's age structure, urbanisation and slow economic growth. In the promotion of well-being, it is also important to take into account the risk of negative differentiation development of residential areas.

We are in a situation where we need new kinds of ecologically, economically, socially and culturally sustainable solutions to promote the well-being of Espoo residents. In accordance with the Espoo story, the solutions must support the independence and activity of Espoo residents and the focus should be on prevention and bridging the differences in health and well-being. Resident-orientation, strong partnerships and utilising the opportunities of digitalisation are key.

The Healthy Espoo development programme improves the opportunities of Espoo residents to promote their health and well-being and prevents the differentiation of areas by increasing communality and participation. During the programme, the tasks of the city that promote well-being and health and the structures crossing administrative boundaries are also reviewed in order to integrate the services of the city and the region and facilitate collaboration. The goal is to have the healthiest and happiest residents that exercise the most.

### **Target benefit 1: The opportunities of Espoo residents to promote health, well-being and happiness will be increased**

The target benefit is based on resource-based (cf. salutogenic) thinking of health where attention is paid to strengthening the resources that produce health. During the programme, the objective is to promote the opportunities of individuals and communities to play an active role in promoting their own health. During the programme, we also want to pay attention to the effects that positive thinking, life satisfaction and happiness have on the well-being of the individual. Studies have shown these to have wide-ranging effects that promote well-being.

### **Target benefit 2: Espoo residents will have more opportunities to participate and be part of a community**

During the programme, the opportunities of Espoo residents to participate and be part of a community will be increased. Social well-being is a key factor affecting health and perceived quality of life. Communities and participation have been found to increase, among other things, social capital, happiness and experiences of meaningfulness, and to alleviate stress. Satisfaction with social relationships and good social skills are also linked to a long life. Loneliness, in turn, has been identified as a significant health risk which is particularly emphasised in the elderly, people with poor health and working-age people outside working life.

A sense of community strengthens sustainable development. Working together, participation and influencing local affairs promote taking responsibility for your own living environment and its people. Community spirit increases the safety of the residential area and makes it comfortable and vibrant, thus also preventing the negative differentiation development of areas.

### **Target benefit 3: The promotion of well-being will continue and flourish in Espoo also after the social welfare and health care reform**

According to the Local Government Act (410/2015, Section 1), promoting the well-being and health of municipal residents is one of the municipality's main tasks. Municipalities will also

continue to be responsible for this task in the future in connection with the social welfare and health care reform (Local Government Act 410/2015, Section 37). In connection with the reform, it is essential to review the City of Espoo's task of promoting well-being and health and to agree on clear, cross-administrative structures and operating models between the city and the region that will support the coordination of services and facilitate cooperation in the future. The goal is for the City of Espoo's tasks in promoting well-being and health to have been defined and the responsible parties agreed on by the time the social welfare and health care reform comes into effect.

The long-term goal is for Espoo residents to be healthier and happier.