



"Tackling the socio-economic inequalities - differences in the districts"

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The City of Turku

- Population 175 354 (31.12.2006)
- Vivid cultural history as the oldest town (775) in Finland
- Land area 245,7 km², planned area 90,9 km²
- 67 members in the City Council, 9 political parties
- Polling at the local elections 2004 56,0%
- Mean temperature 6,9°C



Healthy Cities in Turku

- Member of the Healthy Cities movement since 1987
- Baltic Region Healthy Cities Association is a WHO Collaborating Centre for Healthy Cities and Urban Health in the Baltic Region
- Strong input on promoting physical activity and international networking



Municipalities are responsible of the well-being

- Finland has 431 municipalities
- Municipalities are self-governing and the highest decision-making authority is a local council elected by residents
- Municipalities provide citizens with basic services of which the most important are education, health care, social welfare, culture, recreation, environment and technical infrastructure



Scandinavian Welfare model

The cornerstones for Finland to become globally known innovative and high-technology country are

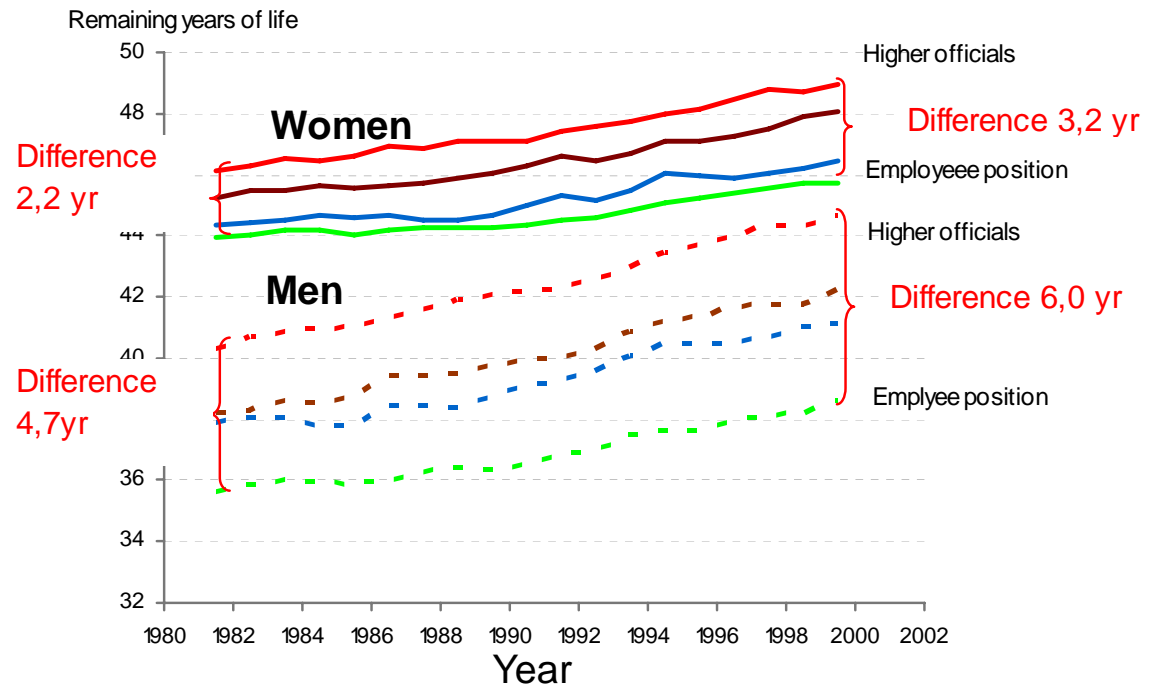
- Education
- Equity
- Democracy

....and Finnish Hard Working Mentality – SISU!



Life expectancy at 35 years according the working position

35-year old man in Finland lives approximately to celebrate 80 years anniversary, if he is a higher official but only up to 74 years if he is in an employee position

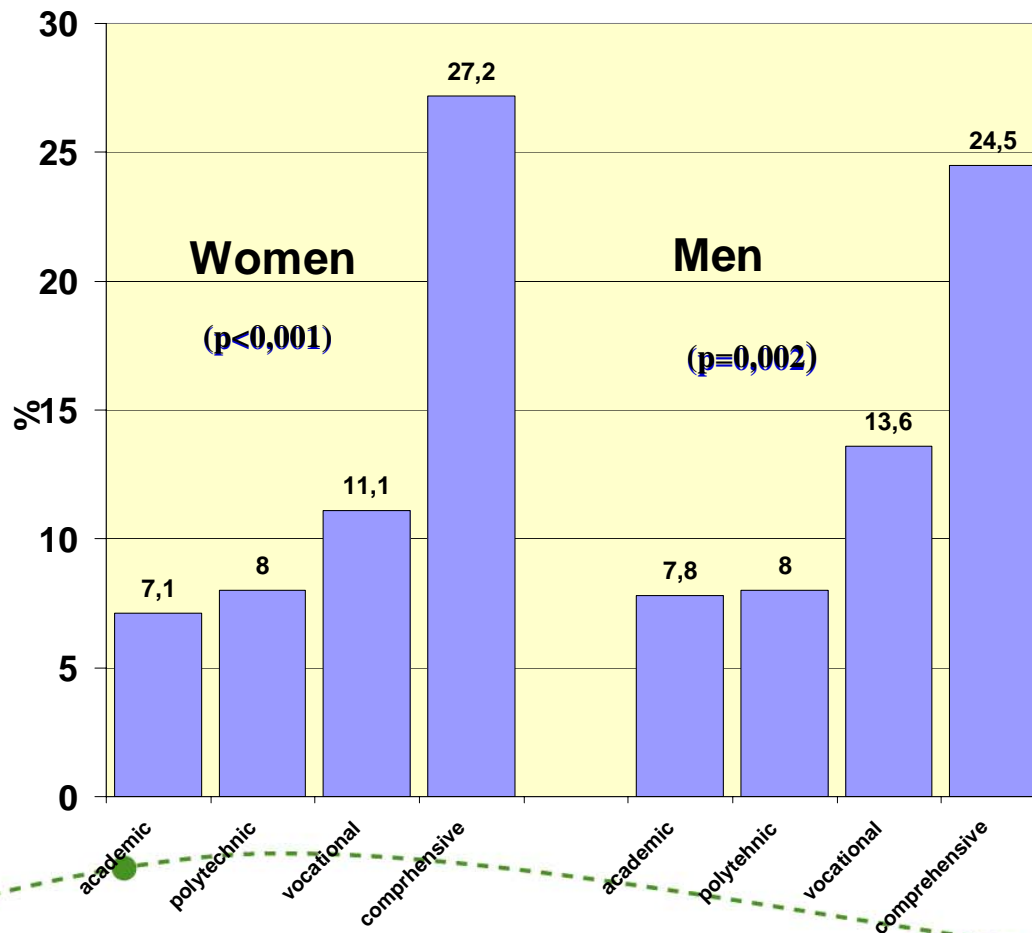


Valkonen T ym. Hyvinvointikatsaus 2003:2:12-18



Subjective health and socio-economic status

Average of worse subjective health %, 18–29 years old according the educational groups



Martelin ym. 2005

Socio-economic facts in Turku

- Unemployment, annual mean 10,4%, 11 349 people
- Average income € 20 452 / yr
- Households receiving income support 4 696 / month, total 10 305 / year
- Only primary education 33,2%, comprehensive 9 years
- "Drop-out" after comprehensive school 100-200 / year
- Immigrants 6,0%, more than 120 nationalities, 10 500 people



31.12.2006





Findings



- The problems accumulate in the vulnerable groups
 - Unemployed → poverty
 - Low education
 - Single parents
 - Immigrants etc.
- Differences between the districts of the city
- Outcomes: substances abuse, mental health problems,



Plans in Turku

Can the city respond the challenges?

- Information at the city level, together with national organisations
- "Welfare forum" to discuss the findings – recommendations
- Actions to be included in the strategies/plans of the departments



National plans



- National focus on inequalities - action plan coming out from the Social- and Welfare ministry 2007
- Strong collaboration at the national level between the ministry and research institutions
- City pilots in Turku and Kainuu (East-Finland)

Strategic focal areas in the Turku-strategy 2005-2008

- Competitiveness and sustainable development
- Well-being and quality of life
- Vitality through education, competence and entrepreneurship



Tackling the inequalities – A concrete example

THE SERVICE CHAIN / THE ELDERLY

Physical activity services for pensioners in Turku as a whole – the action of different actors in the development of services to people ranging from the passive to those who actively partake in physical activity.

TARGET/ACTION	EXAMPLES OF SERVICES
Promoting the health and functional capacity of the elderly and supporting independent coping.	<p>A rehabilitating approach in caring for the elderly.</p> <p>A gym training group for the elderly (organized as a co-operative effort of the Health Care Department, the Social Services Department, and the Sports and Physical Activities Department) (p. 86)</p> <p>Rehabilitation groups for the elderly</p>
<p>Increasing the number of years with functional capacity for the elderly through physical activity, supporting independence.</p> <p>Producing physical activity services for those with reduced resources for coping independently. Co-ordination and realisation of health-enhancing physical activity services for the elderly, and instructing groups.</p> <p>Supporting self-motivated physical activity. Physical activity conditions and supporting materials.</p>	<p>Gym training for the elderly in poor physical shape (p. 86)</p> <p>Best Balance groups (p. 87)</p> <p>Home gymnastics programme for the elderly (p. 98)</p> <p>Bench walks (p. 98)</p> <p>70+ card (p. 98)</p> <p>Physical activity friend (p. 98)</p> <p>Groups for people with special needs (p. 93)</p>
Developing health-enhancing physical activity services for the elderly in co-operation with the Sports and Physical Activities Department.	<p>60+ groups (p. 88)</p> <p>Chair gymnastics</p> <p>Water gymnastics</p>
Various physical activity services.	<p>Basic services of sports clubs.</p> <p>Varied activities provided by pensioners' associations.</p> <p>Services in the private sector.</p>

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Active Living in Turku

PROMOTING HEALTH BY MEANS OF PHYSICAL ACTIVITY

Thank You!



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