



# Health promotion in EKSOTE

[Tuija.ylitormanen@eksote.fi](mailto:Tuija.ylitormanen@eksote.fi)



# Content



- Health promotion Act
  - Global Megatrends and national targets
  - Health promotion structure of Eksote
  - Regional tasks and activities
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-

# Health promotion is reinforced by the law:

- According to the Health Care Act 1326/2010, the municipality must monitor the health and welfare of the inhabitants and the factors influencing them within each population group. Along with observing the effects of the municipal service measures that are put in to meet the welfare needs of the inhabitants.
- Many areas of health legislation enhance promotion of welfare
  - Occupational Safety and Health Act 738/2002
  - Alcohol Act 1102/2017 , Tobacco Act 549/2016
  - Social Welfare Act 1301/2014
- One task of the region is to support the municipalities in health promotion and taking a larger regional responsibility and also promote goals even in their own activities
- The health and social services reform aims to reshape the structures and services in healthcare and social welfare. Its objective is to reduce inequalities in health and wellbeing, improve the equality of services and the access to services as well as to curb costs. (Ministry of Social Affairs and Health, 2019)

# Global Megatrends and national targets

Aging of the population, digitalization, autonomy of inhabitants, market, preventive work

Promotion of

- Healthy lifestyle (nutrition, activity, accident injury etc.)
- Environmental health
- Participation
- Reducing health inequalities
- Substance abuse, addictions and harm prevention
- Preventing violence and crime



→ Assess in advance the implications of decisions and measures for the welfare and health of different population groups, (impact assessment)

# Welfare structure in the region

Health promotion coordination

## Council

Government, boards

Regional welfare team

Welfare report

Social and Health care district

Municipality welfare team

Non-profit organizations

Shared operational objectives/goals and measurements/indicators

Subscales e.g.: mental wellbeing, healthy and safe living environment, healthy lifestyle, work and entrepreneurship, participation and co-operational networks, communication

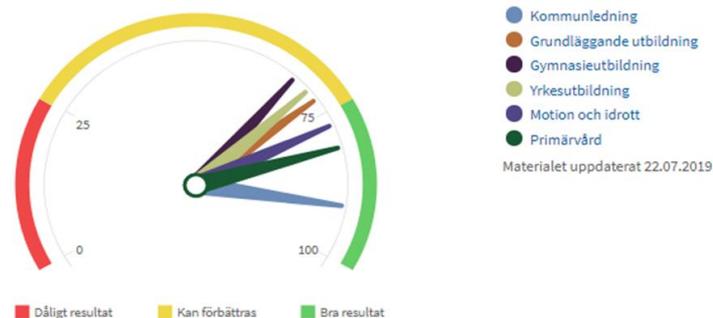
Focus teams/ age groups e.g.: children, youth and family, adult and elderly, safety, mental health,

# Regional welfare team

Incl. Representatives from the whole region

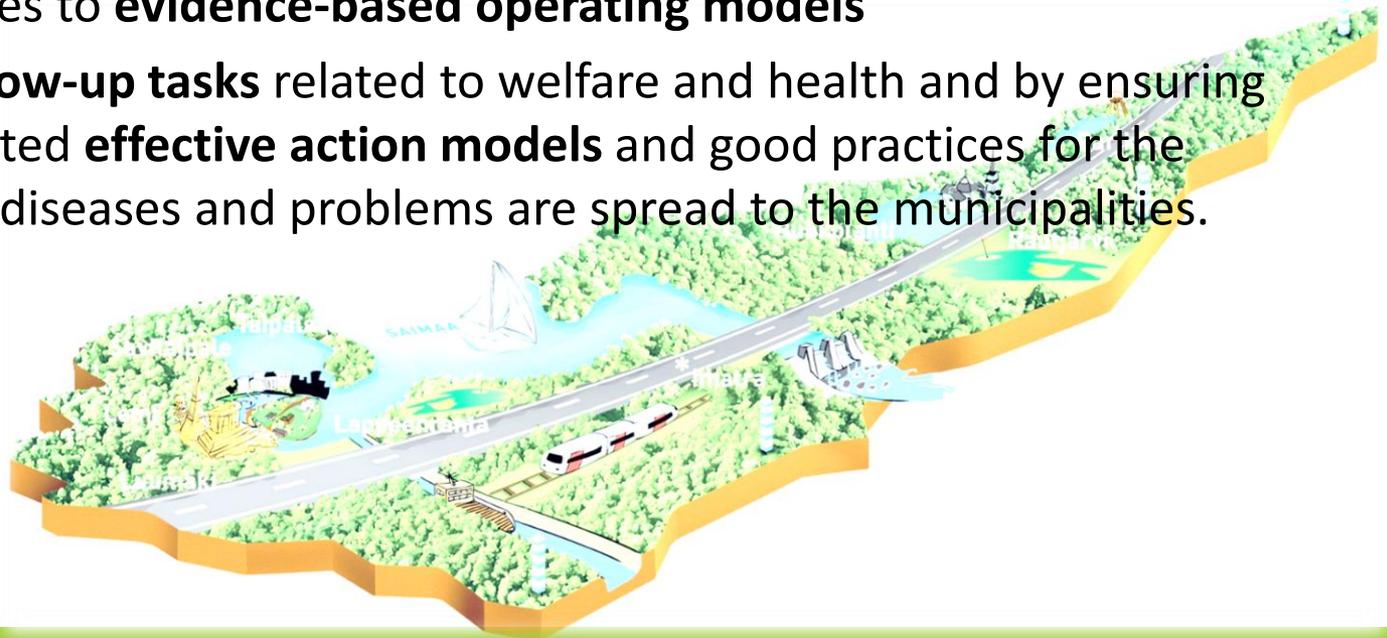
- Develop a regional welfare plan
- Broader policies affecting the whole region
- Joint written documents on the wellbeing of local residents (e.g. Security plan)
- Joint training for staff and residents
- Joint health promotion projects, events

Hälsöfrämjande aktivitet : Södra Karelens social- och hälsodistrikt Eksote 2018



# Regional promotion of health, functional capacity and social security

- Regional strategies and plans for the promotion of health and welfare should be prepared in cooperation with the municipalities, taking into account the activities of the various municipal administrations.
- The region will provide **expert consultancy** and **support** to municipalities by **organizing training**, draw up health and welfare **statistics**, introduce local authorities to **evidence-based operating models**
- Gathering **follow-up tasks** related to welfare and health and by ensuring that documented **effective action models** and good practices for the prevention of diseases and problems are spread to the municipalities.



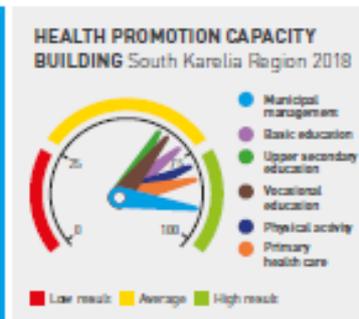
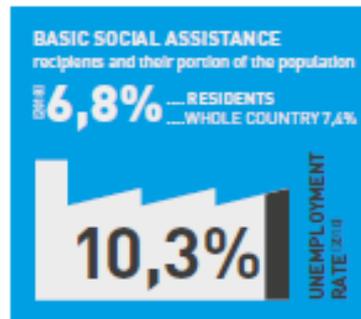
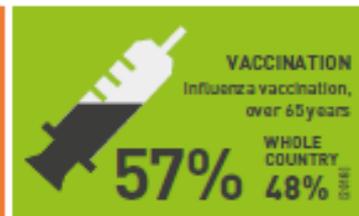
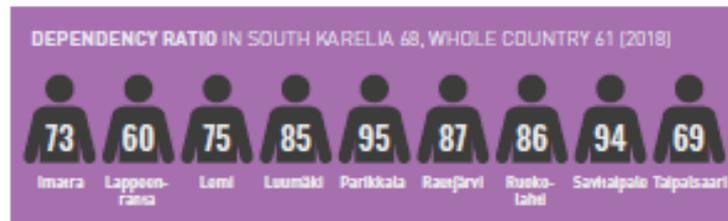
# What do we do here at Eksote and the welfare team?



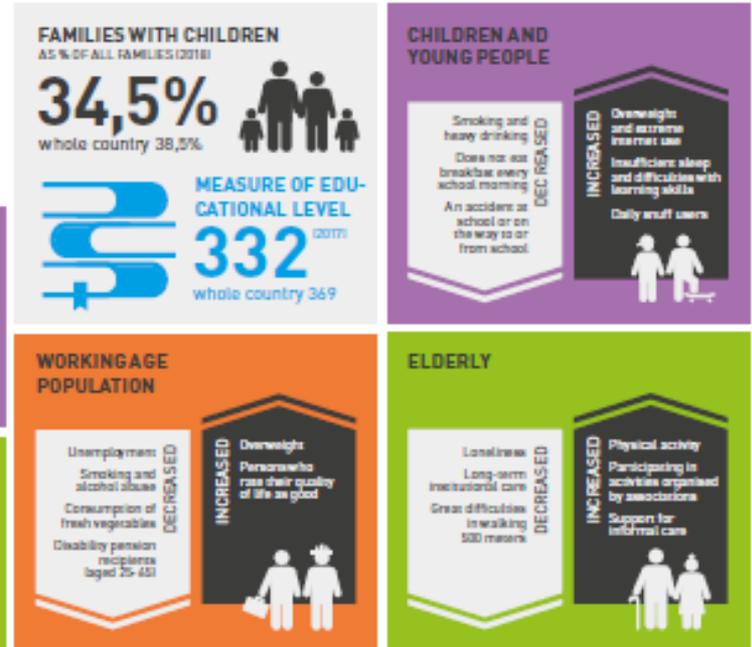
- Active in National and international networks
- Health promotion projects (e.g. national projects)
- Coordination of Welfare Report: Use of indicators, measurements, data collection
- Preparation and coordination of different plans, training
- Cooperation with different actors
- Development and maintenance of good practice: Audit (Alcohol Use Disorders Identification Test), non-smoking hospital, migrant Friendly hospital

# Welfare plan

## STATE OF WELL-BEING IN SOUTH KARELIA 2018



REFERENCES: SDNA.NET, FINSTAT, MINISTRY OF ECONOMIC AFFAIRS AND EMPLOYMENT, THE SOCIAL INSURANCE INSTITUTION OF FINLAND





# Prevention of abuse of alcohol, drugs, nicotine products and game addiction



- The audience is all age groups
- Collaboration with the municipalities, depending on the needs of the municipality
- React to different phenomena
- Cooperation with schools, various actors (e.g. Pakka model)
- Teaching, guidance and counselling, expert help, information
- Organising various events
- Preventive abuse conversation (Social welfare law)

# Culture for wellbeing and cooperation with associations

- Cultural plan/programme
- The service "Culture for all"
- Organising various events



*Kaikukortti*

# Projects

- Lifestyle Counseling
- Programme for the development of Child and Family Services (Lape), Virtual family center
- Stop Diabetes (StopDia) is an extensive Finnish research project aiming to prevent type 2 diabetes. More than half of the participants in the study were found to have some form of prediabetes
- Art projects, establishing arts and cultural services in social and health care (Jakkara)



**Type 2 diabetes can be prevented –  
from science to solutions**

Timo Lakka, Professor of Medical Physiology, Specialist in Internal Medicine,  
Co-PI of the StopDia study, University of Eastern Finland

#stopdia | stopdia.fi

# Culture; Art in the hospital

Before



After



# Mobile lifestyle clinic; Mobsi

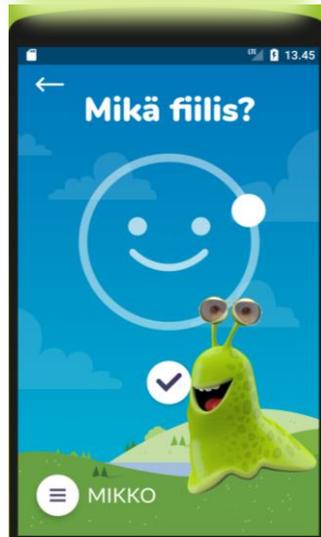
- Mobile app for all citizens
- Different way for giving information on lifestyles
- Back-end system for teachers (physical training and health information)



Observe the effects of lifestyle



Log activities for the day



Get feedback



Figure reflects the choices made



You get prizes

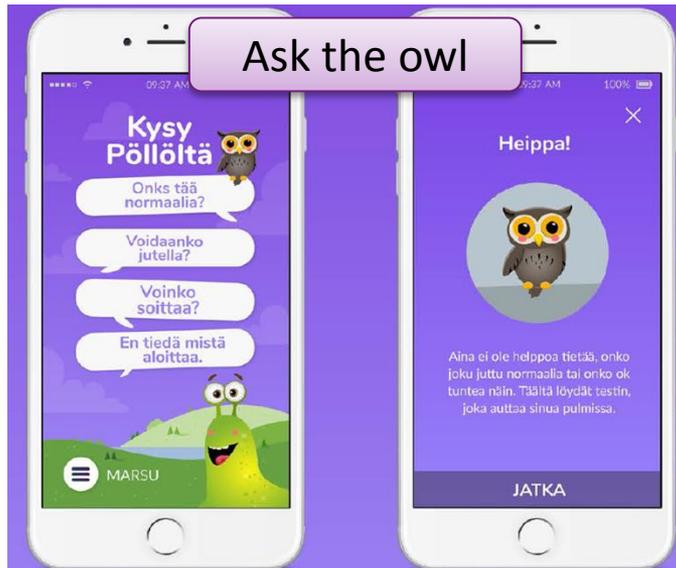




**VESOTE**

**Effective Life-style Counselling**

for Social and Health Care  
Cross-Functionally



Ask the owl

”Is this normal”-tool

You can take contact through chat



School

- Nurse
- social worker,
- psychologist

Next steps!

You can get information

You can get a physical activity referral

You can find right professionals

# Flow of information and social media

**Eksote Ensihoito** @EksoteEnsihoito · 19. huhtik.

EKSOTEn Ensihoito toivottaa turvallista pääsiäistä kaikille! Olkaa tarkkana liikenteessä, ettemme kohta teitä liikenteessä @EKpelastus kanssa. Pitäkää huolta lähimmäisistänne!

#eksote #ensihoito #etelakarjala #hyväpääsiäistä #muistaturvaväli #tarkkanatienpäällä #pidähuolta



**Eksote Ensihoito** @EksoteEnsihoito · 11. helmik.

Tänään vietetään 112-päivää. Ensihoidon näkökulmasta hyviä arjen turvallisuustekoja ovat pihan kulkuväylien esteettömyydestä huohtaminen, talojen selkeä ja näkyvä numeroiminen ja 112-sovelluksen lataaminen.



# Thank you for your attention!

“Coming together is a beginning; keeping together is progress; working together is success.”

-Henry Ford

Tuija Ylitörmänen  
Welfare Planner  
South Karelia Social and Health Care District  
Valto Käkelän katu 3  
531 30 Lappeenranta  
FINLAND  
Mobile phone + 358 40 846 3495  
[tuija.ylitormanen@eksote.fi](mailto:tuija.ylitormanen@eksote.fi)

