



The Finnish Government has 26 key projects. Five key projects are related to healthcare and social welfare. Through reforms, joint 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 related 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 kitchens and reinforcing inclusion;
- Promotion of physical activity among people in later life.

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