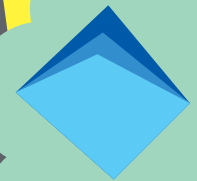


VANTAA ON THE MOVE -

# VANTAA PHYSICAL ACTIVITY PROGRAMME



Vantaa  
Vanda

# CONTENTS

|                                                                                           |    |
|-------------------------------------------------------------------------------------------|----|
| INTRODUCTION                                                                              | 3  |
| FOCUSES, TARGETS AND ACTIONS                                                              | 4  |
| Focus 1: Everyone has the opportunity to be active and engage in meaningful hobbies       | 6  |
| Focus 2: An active lifestyle and promoting it is a joint task for everyone                | 8  |
| Focus 3: Environments and communities encourage and entice people to be physically active | 11 |
| CURRENT STATE OF PHYSICAL ACTIVITY                                                        | 14 |
| Children under school age                                                                 | 14 |
| Children of school age                                                                    | 17 |
| Working-age and elderly people                                                            | 19 |
| People with limited functional capacity                                                   | 20 |
| CHANGE IN EXERCISE CULTURE: MULTISECTORAL COOPERATION AND REMOVING BARRIERS               | 21 |
| PROGRAMME WORK PHASES AND MONITORING                                                      | 26 |
| REFERENCES                                                                                | 28 |
| APPENDIX 1 CURRENT STATE ANALYSIS OF PHYSICAL ACTIVITY BY SERVICE AREA                    | 29 |



# INTRODUCTION

Too little physical activity and exercise among the population causes significant and increasing challenges to Finnish society. A passive lifestyle and low amounts of physical activity increase many national diseases, problems caused by ageing and costs to the national economy, weaken the productivity and competitiveness of working life and are connected to differences in health and wellbeing between population groups. Although activity in leisure-time hobbies has increased, the rest of the day is largely sedentary in early childhood education and care, at school, work, institutions, means of transport and at home. Even in early childhood education and care, children are sedentary for 60 per cent of their time. Adults spend 80 per cent of their waking hours sedentary. There is thus a great need for increasing exercise and physical activity and reducing sitting in Finnish society. We need to increase physical activity and reduce physical inactivity at all stages of people's lives through the contribution and partnership of all the administrative branches to enhance health and wellbeing. Society and its organisations and decision-makers should encourage, support and guide individuals and communities towards a more physically active and healthy lifestyle. The methods include influencing knowledge and skills, the living environment, conditions, structures and culture. (Ministry of Social Affairs and Health 2013, 4–5.)

Nationwide, the costs of physical inactivity are estimated at EUR 3.2 billion per year. The estimate includes, among other things, the disability pensions, medications, sickness absences and income tax losses attributable to physical inactivity. The majority of

Vantaa residents are not physically active enough for their health. (Wellbeing review 2022). The cost calculator for physical inactivity and sedentary behaviour (2024) estimates the total cost for Vantaa to be approx. EUR 106 million per year.

The operating cultures of the organisations and communities in which people spend most of their day are key to solving the challenge of physical inactivity. Organisations are tasked with developing operating methods, conditions, a positive atmosphere and incentives for physical activity. The support and example of the entire organisation, starting from senior management, are the cornerstones of building a physically active operating culture. The key is that physical activity is part of the organisation's overall and personnel strategy and plans for wellbeing. (Ministry of Social Affairs and Health 2013, 30.)

The physical activity programme is included in the strategy of the City of Vantaa for 2022–2025: “A comprehensive physical activity programme covering all departments will be prepared for Vantaa”. The starting point is the cooperation of all departments and service areas to promote physical activity. Cooperation between departments has been at the heart of the programme work since the beginning. The contribution of a single department or service area is by itself not enough to solve such a large problem. Movement and physical activity should be increased and made possible in the everyday environments where people spend most of their time. The city has good opportunities to influence several of these environments and to consider enabling physical activity in its

activities, services and decision-making. It is necessary to create new models and pilots as well as to track and utilise the latest research data. The City of Vantaa's first physical activity programme sets common targets and actions to promote the physical activity of Vantaa residents and the cross-administrative cooperation done to achieve this. The work must be continued with determination and physical activity and movement should be at the heart of everything, from any major decision-making situation to the smallest everyday choices.



# FOCUSES, TARGETS AND ACTIONS

The goal of the physical activity programme is to promote the physical activity of Vantaa residents, to remove barriers to physical activity and to engage all departments to do this work in a long-term and systematic manner. Three focuses have been set for the physical activity programme, which are: An active lifestyle and promoting it is a joint task for everyone; everyone has the opportunity to be active and engage in meaningful hobbies; and environments and communities encourage and entice people to be physically active. The focuses have been developed based on the WHO (2018) action plan on physical activity and the Ministry of Social Affairs and Health (2013) strategy for physical activity promoting health and wellbeing 2020. The focuses are based on the recommendations and guidelines of these publications on how and what should be influenced in order to effectively promote and enhance physical activity. The focuses take into account which dimensions the city can influence through its activities and services. The focuses include targets and actions to promote physical activity in different age groups as a result of cooperation between several different actors. A principal responsible implementer and cooperating entities have been appointed for each target and action.

In the physical activity programme, the actions related to children under school age target, among other things, encouraging outdoor activities and enabling the prerequisites for families engaging in physical activity together as well as for outdoor activities and physical activity during the day in early childhood education and care. Supporting families engaging in physical activity together and creating opportunities for it through different means are essential goals of the programme. For children of school age, the programme pays

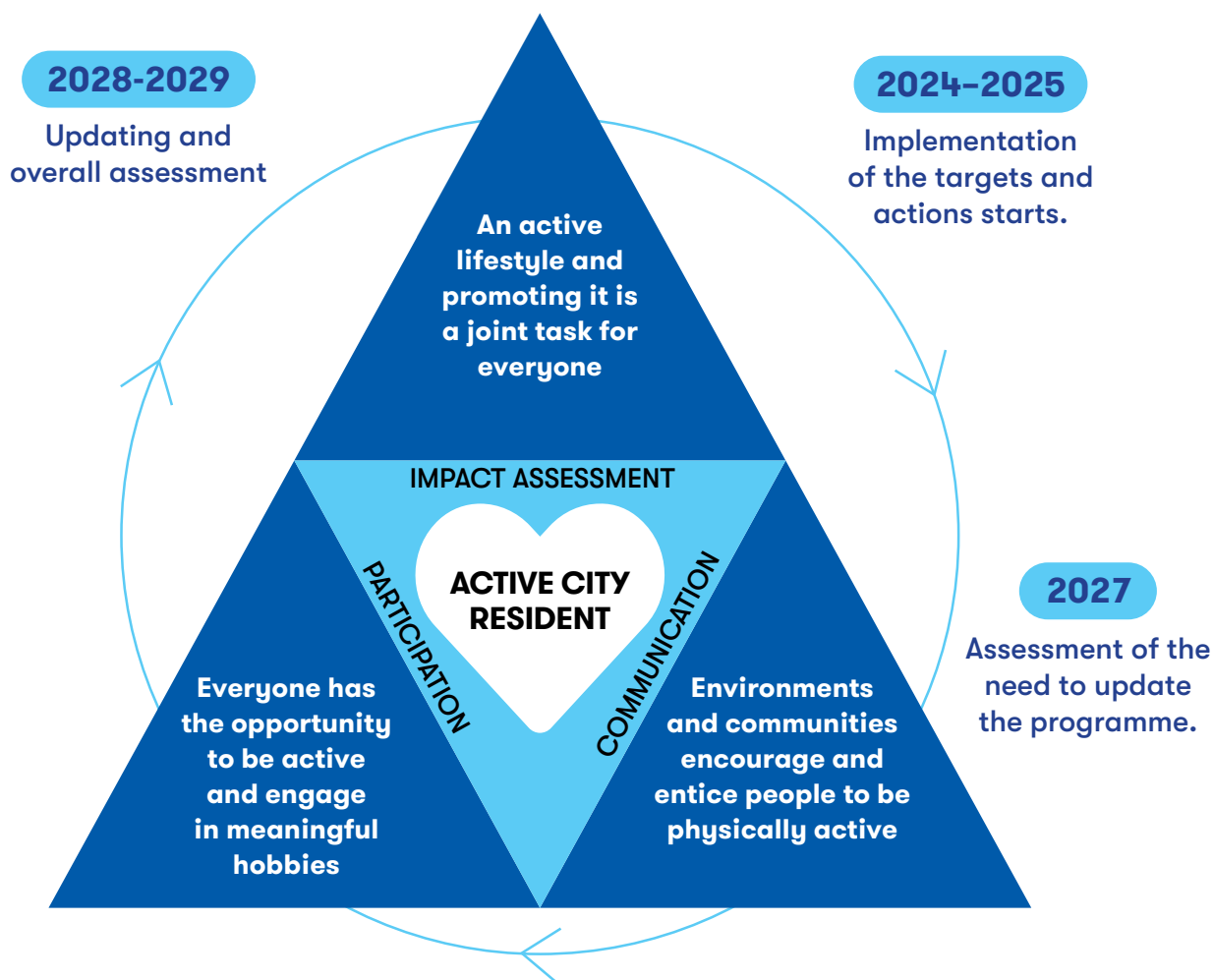


Figure 1. Focuses of the physical activity programme

attention to the accessibility of hobbies from many different perspectives. Certain actions aim at better communication about hobbies in cooperation with schools, for example.

The On the Move programmes aim to have an influence on increasing versatile physical activity in everyday life and creating a physically active lifestyle in early childhood education and care, at schools and educational institutions. The resources of the On the Move programmes are also utilised in the programme actions. On the Move activities have been carried out in Vantaa for a long time. The Schools on the Move activities were started as a project in 2010 and became established in 2015. For this reason, there are structures for cooperation between the sports and fitness service area and the Education and Learning department and they engage in regular cooperation.

The physical activity programme has enabled discussion and finding of cooperation opportunities between new actors as well. For example, employment services reach city residents who may be reached very poorly or not at all by other service areas. New initiatives and forms of cooperation are important because they can create new kinds of activities and reach, for example, people who engage in too little physical activity in terms of their health or other groups that could potentially benefit from even a small increase in physical activity. The wellbeing services county of Vantaa and Kerava and Laurea University of Applied Sciences have also been involved in the preparation of the programme. Cooperation with the wellbeing services county is important from a preventative perspective. Operating models must be in place for the cooperation and it is necessary to identify those cooperation interfaces that are required, for example, to ensure effective customer referral.

Cooperation with Laurea University of Applied Sciences is carried out from the perspective of research, development and innovation activities.

Actions directed at adults include those related to communication, among other things, but actions targeting different environments and opportunities for physical activity, for example, also aim to promote the physical activity of this age group. Various existing city programmes, such as those to promote cycling and walking, improve and influence the conditions in the environments for physical activity.

The target and actions regarding the personnel of the City of Vantaa were formulated based on a survey aimed at the personnel. The survey was conducted for the Urban Culture and Wellbeing department. In the future, the survey will also be conducted in other departments and repeated each council term so that we can get up-to-date information about the physical activity of the personnel and their wishes for its promotion.

### **The main wishes of the personnel to promote physical activity were:**

1. Enabling physical activity during the working day
2. Increasing the support for exercise (Epassi)
3. Promoting an operating culture that is positive towards physical activity in the organisation
4. Company bike benefit

The preventive perspective is aimed at all age groups. For example, the lifestyle counselling service path offered in Vantaa and how people are referred to it is being improved and clarified in cooperation with the wellbeing services county of Vantaa and the Kerava.



# FOCUS 1: EVERYONE HAS THE OPPORTUNITY TO BE ACTIVE AND ENGAGE IN MEANINGFUL HOBBIES

| TARGET                                                                                                                                                        | ACTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | RESPONSIBILITY, COOPERATION                                                                                                                                                                                                                       | INDICATOR, TIMEFRAME                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Families use the yards of daycare centres outside the time spent in early childhood education and care.                                                       | <ol style="list-style-type: none"> <li>1. A communication campaign and events regarding the evening use of the yards of daycare centres shall be implemented as part of Vantaa's 50th anniversary (e.g. geocaching in the yards of daycare centres).</li> <li>2. At new construction and fundamental improvement sites, pictorial signs shall be added to the yards of daycare centres to encourage evening use and yard play.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>Early childhood education service area, communication, Vantaa 50th anniversary working group</p> <p>Sports and fitness service area, facility management (person in charge of yards)</p>                                                       | <p>2024–<br/>The communication campaign has been realised.</p> <p>There are pictorial signs encouraging evening use at new construction and fundamental improvement sites. Physical activity survey for Vantaa residents; question about evening use of yards included in the survey.</p>                             |
| Family exercise is accessible to all Vantaa residents.                                                                                                        | <ol style="list-style-type: none"> <li>1. Offering of and communication about exercise shall be increased during school holidays (summer, autumn break, winter break, Christmas, Easter). For example, a sport trial week/ days introducing the hobby activities of local associations.</li> <li>2. Free/low-cost day at the indoor swimming pool.</li> <li>3. Series and challenges shall be set up in the Kortteliliiga neighbourhood league that you can participate in as a family. Supplementary activities shall be organised in connection with Kortteliliiga events and tournaments where families can engage in physical activity together.</li> <li>4. Family exercise shall be expanded to cover all holiday periods. Current Perhepeuha family events in most locations throughout Vantaa; for different age groups, e.g. grades 1 to 4.</li> <li>5. Self-guided family exercise groups and groups aimed at young people shall be piloted.</li> <li>6. Low-threshold services that enable both parents and children under school age to engage in physical activity either together or separately at the same time shall be explored.</li> </ol> | <p>Sports and fitness service area, basic education, youth and community services, early childhood education and care, clubs and associations</p> <p>Sports and fitness service area, associations and clubs, residential activity facilities</p> | <p>2024–<br/>Number of events and participants.</p> <p>Number of series aimed at families and number of participants.</p> <p>Family exercise has been arranged during holiday periods and expanded regionally yes/no.</p> <p>Number of piloted groups and number of participants as well as future functionality.</p> |
| Hobbies can be found in one place and communication is accessible.                                                                                            | <ol style="list-style-type: none"> <li>1. All hobbies shall be compiled together in the Vantaa hobby calendar, which can be searched using a wide variety of search criteria.</li> <li>2. Plain Finnish shall be used in communication so that the machine translations are of high quality.</li> <li>3. School personnel shall be aware of the hobby opportunities in the surrounding area.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Urban culture and wellbeing, shared services                                                                                                                                                                                                      | <p>2024<br/>Calendar published yes/no</p> <p>Know about hobbies available in their home district (School Health Promotion study).</p> <p>Providing information about the hobby calendar, e.g. in the expert morning sessions of principals.</p>                                                                       |
| Participation in recreational exercise is possible for people of all ages. Hobby activities are offered and developed in cooperation with local sports clubs. | <ol style="list-style-type: none"> <li>1. The current hobby offering shall be mapped and long-term targets shall be created to develop activities. The mapping shall indicate, for example, what kinds of hobby paths Vantaa has and how they can be improved. In connection with this work, the areas for development of each region shall be discussed in regional monitoring meetings, for example.</li> <li>2. A hobby card shall be introduced and it can be used, for example, to offer targeted benefits, such as lowered prices, in order to enable engaging in hobbies.</li> <li>3. A working hobby path shall be built between student sports and the Kortteliliiga neighbourhood league. At the end of comprehensive school, the transition from student sports to the activities of Kortteliliiga shall be smooth.</li> </ol>                                                                                                                                                                                                                                                                                                                    | Urban culture department, Finnish model for leisure activities development project, Adult Education Centre, lifelong learning, associations, clubs, companies                                                                                     | <p>2024<br/>Current state analysis.</p> <p>2026<br/>Hobby card in use.</p> <p>2024–</p>                                                                                                                                                                                                                               |

| TARGET                                                                                                                                                           | ACTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | RESPONSIBILITY, COOPERATION                                                                                | INDICATOR, TIMEFRAME                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| School facilities are in efficient leisure-time use.                                                                                                             | 1. The space needs of schools shall be mapped and the necessary space reservations shall be made to implement versatile hobby opportunities, such as Vantaa of Many Hobbies, peer-led activities (parent associations, etc.) and school clubs.                                                                                                                                                                                                                                                                                                                                                                                                                   | Education and Learning department, sports and fitness service area (space reservations), lifelong learning | 2025–<br>The amount of activities organised by schools increases.                                                                                                                                                                                                                                                                                                                                                          |
| The accessibility of existing services is improved through better provision of information.                                                                      | 1. Based on feedback given by the city residents, communication about current services shall be made clearer in cooperation between different service areas.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Municipal services, communication, sports and fitness service area                                         | 2024–<br>Indicator to be specified later.                                                                                                                                                                                                                                                                                                                                                                                  |
| Opportunities for immigrant women and girls to engage in physical activity are improved.                                                                         | 1. The most essential actions to promote the physical activity of women and girls shall be mapped through cross-sectoral cooperation.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Employment and integration services, sports and fitness service area, other potential actors               | 2024–2026<br>The mapping has been carried out and the actions to promote opportunities for physical activity have been defined.                                                                                                                                                                                                                                                                                            |
| An operating model has been created for the development of applied exercise.                                                                                     | 1. An assessment of the current state of applied exercise shall be carried out, based on which quantitative and qualitative targets shall be defined for applied exercise.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Sports and fitness service area, Finnish Society of Sport Sciences                                         | 2024–2025                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Everyone over the age of 65 has access to guided exercise services.                                                                                              | 1. New operating models shall be created and old ones shall be developed to support the hobby opportunities of older people in their nearby environments.<br>2. Maintaining the current course offering, price level and quality.<br>3. Adding courses to meet demand. Outsourced service groups shall also be increased as needed.<br>4. People shall be made aware of guided exercise services: information in e.g. Vantaan Sanomat newspaper and residential activity facilities.<br>5. Virtual exercise classes shall form a larger part of the autumn and spring seasons of guided exercise.<br>6. New peer-led groups shall be established near residents. | Sports and fitness service area, communication, other local actors, such as associations and clubs         | 2024–<br>New developed operating models.<br><br>Number of participants in the activities and number of courses added. Quality: customer satisfaction.<br><br>Services added for the target group: number of hours, number of participants.<br><br>People's awareness of the services.<br><br>Number of virtual exercise classes and number of participants.<br><br>Number of new active groups and number of participants. |
| The course selection and teaching methods of the Adult Education Centre and basic education in the arts encourage physical activity and an active everyday life. | 1. Taking into account action-based learning and, as applicable, the activity of the learner and the teacher shall be encouraged in the planning and implementation of teaching.<br>2. Opportunities for students in immigrant education to participate in activities involving physical activity shall be promoted: A free physical education course available in adult basic education and the inclusion of activities involving physical activity in immigrant education.                                                                                                                                                                                     | Lifelong learning, sports and fitness service area                                                         | The significance of action-based learning and promoting it in one's teaching work has been discussed with personnel.<br><br>Number of participants in courses specifically aimed at wellbeing of the body and mind.<br><br>Number of participants in the free physical education course in adult basic education.<br><br>Activities involving physical activity have been included in immigrant education yes/no.          |

## FOCUS 2:

# AN ACTIVE LIFESTYLE AND PROMOTING IT IS A JOINT TASK FOR EVERYONE

| TARGET                                                                                                                                                                                                                                      | ACTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | RESPONSIBILITY, COOPERATION                                                                                                                                                                                                                                                                                               | INDICATOR, TIMEFRAME                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Preventive actions are aimed at children and young people, who benefit the most from them. New operating methods and models are developed between schools, clubs, Vantaa of Many Hobbies, On the Move activities and possibly other actors. | <ol style="list-style-type: none"> <li>1. Regional cooperation forums shall be piloted with schools, clubs, Vantaa of Many Hobbies and On the Move activities.</li> <li>2. In order to promote the development work of the Move! measurement results, a multi-professional working group shall be activated on the physical functional capacity of children and young people.</li> <li>3. In the case of children and young people, the cooperation between preventive healthcare, student welfare services and the city's actors shall be clarified in order to improve referral to services and the functionality of service paths.</li> <li>4. The expansion and continuation of the so-called KouluPT activities, i.e. free exercise and wellbeing counselling at schools aimed at young people who are not very physically active, shall be assessed. The service would be targeted based on Move! measurements.</li> </ol>                                                                                | <p>Sports and fitness service area, Finnish model for leisure activities development project, lifelong learning</p> <p>Basic education, sports and fitness service area, upper secondary education</p>                                                                                                                    | <p>2024</p> <p>The pilot event and feedback survey have been completed.</p> <p>The working group has been appointed and its activities have been launched.</p> <p>2025</p> <p>Structures have been created for cooperation possibilities and customer referral is working.</p> <p>2024–</p> <p>The continuation of KouluPT activities has been assessed. Based on the assessment, further actions are planned for the activities.</p> |
| Piloting a service path from employment services to lifestyle counselling services.                                                                                                                                                         | <ol style="list-style-type: none"> <li>1. Personal coaches shall receive training in lifestyle counselling services.</li> <li>2. Based on the assessment of the personal coaches, customers shall be referred to lifestyle counselling services.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Employment and integration services, sports and fitness service area                                                                                                                                                                                                                                                      | <p>2024–2026</p> <p>The pilot has been realised, number of referred customers.</p>                                                                                                                                                                                                                                                                                                                                                    |
| Good practices promoting physical activity from the field of business are identified and communicated about in cooperation with business organisations.                                                                                     | <ol style="list-style-type: none"> <li>1. Companies that act in an exemplary manner to increase the physical activity and wellbeing of personnel shall be mapped. The results of the mapping and the identified good practices shall be communicated about in cooperation with business organisations.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Vitality services, business organisations, companies                                                                                                                                                                                                                                                                      | <p>2025–</p> <p>The mapping has been carried out and information on the practices has been provided in various channels.</p>                                                                                                                                                                                                                                                                                                          |
| Participating in culture naturally involves everyday exercise. In projects, cooperation is carried out with various networks.                                                                                                               | <ol style="list-style-type: none"> <li>1. Museum services shall actively map tourist routes that require using one's muscles and be involved in their development. The routes shall be developed in cooperation with associations and commercial actors in the area. The city's communication channels and the networks of cooperating actors shall be utilised in communication.</li> <li>2. The King's Road, among others, shall be highlighted through various events.</li> <li>3. Opportunities for utilising cultural and historical sites and public art in sporting events and campaigns through event routing, for example, shall be mapped.</li> <li>4. A city-level communication campaign shall be implemented to encourage people to come to events and services by Nordic walking, cycling, etc. The possibility of adding frame-locking racks and bicycle parking space monitoring outside of cultural facilities shall be investigated in connection with the possible campaign week.</li> </ol> | <p>Museum services, potential partners: OmaKamu, MLL, parishes, FRC, HelsinkiMissio, residential activity facilities, open meeting places, various pensioner organisations, Martha Association, Laurea</p> <p>Cultural facilities and events, sports and fitness service area</p> <p>Communication, cultural services</p> | <p>Starting in 2024</p> <p>2024– New routes implemented, e.g. the King's Road.</p> <p>2024– Realised events and number of visitors (Finnish ski championships and event days).</p> <p>2025 realised yes/no, possibility to implement the same campaign annually.</p>                                                                                                                                                                  |



| TARGET                                                                                                                                          | ACTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | RESPONSIBILITY, COOPERATION                                                                           | INDICATOR, TIMEFRAME                                                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Children's culture services enable movement and physical activity.                                                                              | <p>1. Active circus, dance and drama content shall be offered at children's culture events, workshops and camps as well as in cultural education plans.</p> <p>2. Exploring the environment and physical activity shall be encouraged through escape rooms, outdoor play and environmental art (e.g. the 'Bat's wings to nature' environmental art education programme).</p> <p>3. Children's culture shall be involved in some sports events to support families engaging in activities together.</p> <p>4. The Chiro mascot and similar characters shall encourage bodily communication and the use of gesture language.</p> <p>5. Light, gamified and independent activities shall be developed for schoolchildren in children's culture centres.</p>                  | Cultural services for children and young people                                                       | <p>2024–<br/>Realised activities, number of participants.</p> <p>February 2024 Finnish ski championships event days in Håkansböle and Pygkkituvan Chiro as the Finnish championships mascot.</p> <p>2024 'Game-based learning and gamification in education' training → Development of activities 2025.</p> |
| The cultural service offering encourages movement.                                                                                              | <p>1. Physical activity shall be taken into account in events and museums according to the content. Activities involving active things to do in events and campaigns organised by museums shall be developed.</p> <p>2. The production support and development of the annual Sleep Outdoors Night event in Kuusijärvi shall be continued.</p> <p>3. Libraries shall provide children and families with cultural content involving physical activity (e.g. fairy tale yoga), exercise-themed expert lectures and material exhibitions, possibly also loanable sports equipment and tickets to sports facilities, such as the city's indoor swimming pools and gyms.</p>                                                                                                    | <p>Museum services</p> <p>Cultural facilities and events</p>                                          | <p>Annually realised events where physical activity has been taken into account/activities involving physical activity and number of visitors.</p> <p>Annual number of visitors.</p>                                                                                                                        |
| Customer referral and the service path to Students on the Move services is clarified.                                                           | <p>1. The Students on the Move activities in Vantaa shall be entered in the student welfare plans and, accordingly, the activities shall be part of the educational institution's communal welfare work.</p> <p>2. A service concept shall be created for wellbeing coaching and counselling, including e.g. the introduction of electronic appointment booking, the purpose of which is to make referral to the service more efficient and lower the threshold for participating in wellbeing coaching as well as exercise and wellbeing counselling.</p> <p>3. Wellbeing coaching for people who are not very physically active shall be included as part of free-choice studies. Credits shall serve as a motivator for people who are not very physically active.</p> | Sports and fitness service area, upper secondary education, student welfare                           | <p>2025</p> <p>The entry does/does not exist.</p> <p>Electronic appointment booking has been implemented, the number of people referred to wellbeing coaching through it.</p> <p>The coaching is part of free-choice studies, number of participants per year.</p>                                          |
| Lifestyle counselling services have been proven to be impactful and can be provided with high quality. Suitable digital solutions are utilised. | <p>1. Lifestyle counselling services shall be planned based on researched evidence.</p> <p>2. The lifestyle counselling processes and their impacts shall be monitored and assessed systematically.</p> <p>3. The provision of the services shall utilise suitable digital solutions, such as various applications or platforms.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                      | Sports and fitness service area, educational institutions and universities, digital service providers | <p>2025</p> <p>Planning based on researched evidence and framework described yes/no.</p> <p>Activities are assessed regularly and systematically.</p> <p>Digital applications/platforms have been mapped.</p>                                                                                               |

| TARGET                                                                                                                                                                                                                                   | ACTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | RESPONSIBILITY, COOPERATION                                                                                                                                                                    | INDICATOR, TIMEFRAME                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Preventive services cover Vantaa residents of all ages. Various databases and methods are widely used in assessing the need for services.                                                                                                | <ol style="list-style-type: none"> <li>1. Preventative services shall be conceptualised into a consistent package. Models that have been found to work (e.g. projects) shall be integrated into existing activities.</li> <li>2. Digital platforms and systems shall be mapped for the assessment of the need for services to a.) reach the target group; and b.) facilitate the customer's self-referral to the right lifestyle guidance service.</li> </ol>                                                                                | Sports and fitness service area, youth and community services, employment services, occupational healthcare, basic education                                                                   | <p>2025</p> <p>Service chains have been described.</p> <p>Assessment of the need for services has been mapped yes/no.</p>                        |
| Residents can easily find activities to support comprehensive wellbeing, and the activities of municipalities and organisations become part of the social and healthcare services menu.                                                  | <ol style="list-style-type: none"> <li>1. A digital Health and Welfare Promotion service tray shall be introduced, where cultural, nature and sports services can be easily found independently or with the support of a professional.</li> <li>2. Training and orientation on discussing wellbeing shall be organised to the employees of the wellbeing services county, which will enable the employees to guide their customers to the cultural, nature and sports services of municipalities and organisations going forward.</li> </ol> | Wellbeing services county of Vantaa and Kerava, Health and Welfare Promotion participation and organisation cooperation, sports and fitness service area, lifelong learning, cultural services | <p>Digital tray introduced by the end of 2024 yes/no.</p> <p>Training implemented yes/no, number of participants.</p>                            |
| Cooperation between municipalities, organisations and the employees of the wellbeing services county is working.                                                                                                                         | <ol style="list-style-type: none"> <li>1. The wellbeing services county's designated key persons for promoting health and wellbeing shall visit to familiarise themselves with the city's cultural, nature and sports services.</li> <li>2. Co-development of actions to promote the findability of services promoting health and wellbeing with the employees of the wellbeing services county and the city.</li> </ol>                                                                                                                     | Wellbeing services county of Vantaa and Kerava, sports and fitness service area, cultural services                                                                                             | <p>2024–</p> <p>Familiarisation visit realised yes/no.</p> <p>Co-development of actions realised yes/no.</p>                                     |
| Referral to lifestyle counselling services is smooth. The wellbeing services county and the city have consistent procedures for referral to lifestyle counselling services. Residents can be offered an equal and working service chain. | <ol style="list-style-type: none"> <li>1. The wellbeing services county's personnel shall refer patients to the city lifestyle counselling services based on the agreed high-risk group criteria.</li> <li>2. The contact persons of the different actors shall be identified and joint operating models shall be agreed upon.</li> </ol>                                                                                                                                                                                                    | Wellbeing services county of Vantaa and Kerava, sports and fitness service area                                                                                                                | <p>2024</p> <p>Number of lifestyle counselling customers referred.</p> <p>Contact persons have been identified and operating models created.</p> |

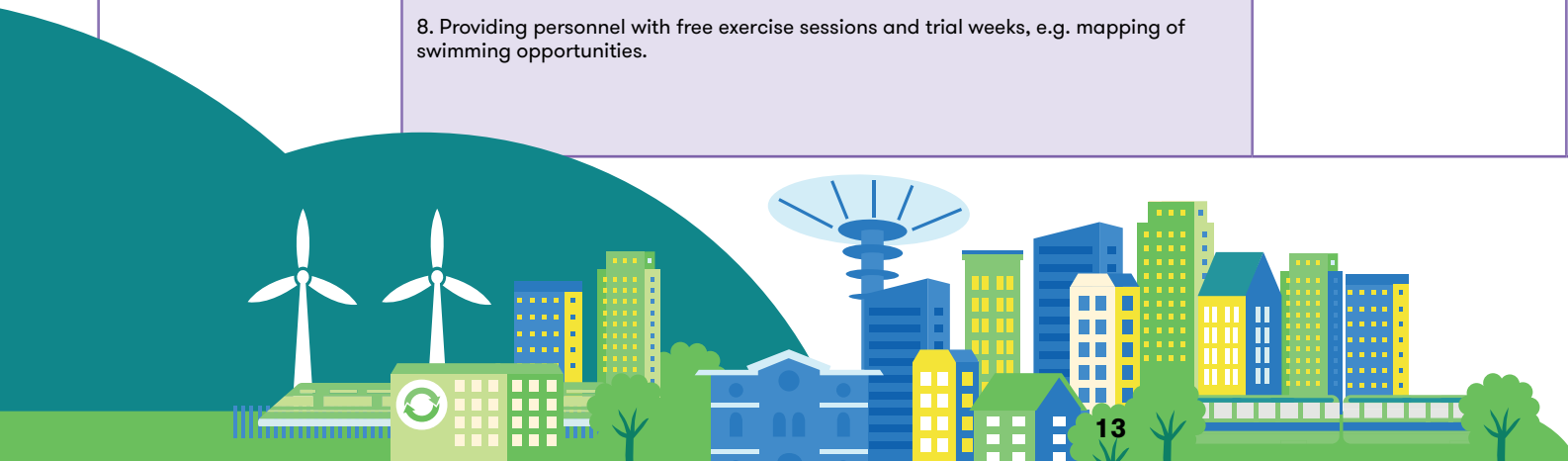


## FOCUS 3: ENVIRONMENTS AND COMMUNITIES ENCOURAGE AND ENTICE PEOPLE TO BE PHYSICALLY ACTIVE

| TARGET                                                                                                                                                                                             | ACTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | RESPONSIBILITY, COOPERATION                                                                                                           | INDICATOR, TIMEFRAME                                                                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Local sports facilities as well as school and daycare centre yards involving physical activity are available to everyone.                                                                          | <p>1. The yard shall always also be refurbished in connection with the renovation and improvement projects of daycare centre, school and educational institution properties. The yards of at least 2 schools and 2 daycare centres shall be renovated and, additionally, smaller repair projects shall be carried out every year.</p> <p>2. The yards of upper secondary educational institutions shall be developed by equipping them with, for example, outdoor gyms or other solutions to activate students.</p> <p>3. The essential actors shall be involved from the planning stage of the yards of daycare centres, schools and educational institutions (fundamental improvements, new construction).<br/>To implement this,<br/>a.) the right people shall be identified; and<br/>b.) a cross-administrative working group shall be appointed to promote the improvement and construction of the yards. The working group shall be chaired by the sports and fitness service area. The working group shall programme, for example, projects for the coming years and the need for funding proactively, using the results of yard surveys.</p> | Facility management, sports and fitness service area:<br>On the Move programmes, Education and Learning department, streets and parks | <p>2025–<br/>Yards of at least 2 schools and 2 daycare centres per year<br/>1 developed yard/year.</p> <p>TEAvisari: Schoolyard refurbishment to inspire physical activity.</p> <p>2024–<br/>Establishment and organisation of the working group.</p>                                                                                                           |
| Updating the sports facilities plan for 2026–2035.                                                                                                                                                 | 1. An investment programme to be implemented each council term, i.e. the implementation part of the sports facilities plan, shall be drawn up based on the plan.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Sports and fitness service area, Urban Environment department                                                                         | Preparation of the plan has started in 2024.                                                                                                                                                                                                                                                                                                                    |
| Every child gets to engage in physical activity in a forest and nature learning environment on a regular basis in early childhood education and care.<br>The target level is at least once a week. | <p>1. The opportunities and barriers to increasing forest and nature activities shall be explored in early childhood education and care, and physical education work cards shall be prepared as joint work of the early childhood education and sports and fitness services areas to support the use of learning environments.</p> <p>2. The yard construction of daycare centres shall introduce yard planning targets that promote versatile physical activity in yard learning environments. At the same time, providing contact with nature and using natural materials shall be taken into account as widely as possible.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Early childhood education service area, sports and fitness service area, Urban Environment department                                 | <p>Physical education work cards have been prepared.</p> <p>In new daycare centres, contact with nature has been taken into account in yard planning. A sports services coordinator is involved in the planning of new construction and fundamental improvements of yards.</p> <p>Realisation of weekly forest excursions (reporting in the plan template).</p> |
| The operating environments of youth services encourage low-threshold physical activity and movement.                                                                                               | 1. Low-threshold physical activity shall be made possible in the environments where young people spend their time, e.g. with small exercise equipment, exercise games, guiding by example, encouraging the use of equipment through, for example, various challenges. Involving young people in the development of youth centres.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Regional youth work                                                                                                                   | 2024–<br>Conducting a customer survey: How do everyday environments encourage physical activity and what is people's experience of participation.                                                                                                                                                                                                               |

| TARGET                                                                                                                                                                                                                                          | ACTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | RESPONSIBILITY, COOPERATION                                                                                                                                                                                                                                                                                                                   | INDICATOR, TIMEFRAME                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vantaa inspires and entices people to cycle, walk and use one's muscles to get around.                                                                                                                                                          | <p>1. The conditions for cycling shall be promoted in accordance with the cycle traffic development programme and the hierarchy of aims for cycle traffic.</p> <p>2. Walking conditions shall be promoted in accordance with the walking promotion programme such that the everyday running of errands, recreation and experiencing city life are enticing to do on foot.</p> <p>3. Everyone's opportunities for physical activity shall be improved by promoting the accessibility of the environment and by implementing safe and accessible routes for older people in Vantaa with the solutions defined in the TERVI project.</p> <p>4. Cycling education shall be carried out, for example, in accordance with action 14 of the cycle traffic development programme.</p> <p>5. Comprehensive schools shall have at least one theme day, campaign or competition related to sustainable mobility each year. Every year, schools shall actively communicate to guardians about children making their way to and from school without someone giving them a ride.</p> <p>6. Every school shall have a working solution for storing scooters, bicycles and helmets. The school and administrative experts, in cooperation with facilities management, shall further the schools' bicycle and scooter parking solutions to be adequate, functional and safe.</p> | <p>Poljin working group</p> <p>Askellus working group</p> <p>Urban environment, streets and parks</p> <p>Education and Learning department, sports and fitness service area, Poljin working group</p> <p>Education and Learning department, sports and fitness service area</p> <p>Education and Learning department, facility management</p> | <p>2023–2030</p> <p>2023–2030</p> <p>2024–</p> <p>2024–2025 Action 14 has been implemented according to plan.</p> <p>TEAvisari: Pupils have been activated to engage in physical activity when making their way to and from school.</p> <p>How and when the annual event is to be carried out is recorded in the school's annual plan.</p> <p>School-specific school transport survey for guardians once a year.</p> <p>Actions taken to improve storage and number of such actions.</p> |
| Sports and nature environments offer opportunities for recreation and active things to do.                                                                                                                                                      | <p>1. Sports, recreation and nature recreation services located in green areas shall be promoted in accordance with the green area service network plan.</p> <p>2. Gateways to nature shall be developed in connection with the most central green areas. Ski tracks, outdoor routes, nature trails, etc. shall start from the gateway. It shall be possible to arrive at the sites by public transport and using one's muscles.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p>Urban environment, streets and parks, green area planning, sports and fitness service area</p>                                                                                                                                                                                                                                             | <p>2023–2032</p> <p>Number of gateways identified and developed per year.</p>                                                                                                                                                                                                                                                                                                                                                                                                            |
| Local forests serve as areas for outdoor exercise in nature.                                                                                                                                                                                    | <p>1. Outdoor routes shall be marked with signs and information about the lengths of the routes and possible other information that increases accessibility shall be added to the routes.</p> <p>2. The organisation of guided nature excursions shall be continued and developed in Vantaa. Each year, the excursions shall be compiled in the joint excursion calendar of the Helsinki metropolitan area. In late spring and early autumn, Vantaa shall have local nature guides who organise excursions to local nature for daycare, school and special groups.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>Streets and parks, sports and fitness service area</p> <p>Environment Institute, Espoo, Helsinki, Kauniainen, Nature Centre Haltia</p>                                                                                                                                                                                                     | <p>2025–</p> <p>Number of routes marked with signs per year.</p> <p>2025–</p> <p>Number of excursions, number of participants per year.</p>                                                                                                                                                                                                                                                                                                                                              |
| The operating culture of early childhood education and care is managed such that children and personnel are physically active during the day in early childhood education and care in accordance with the recommendations on physical activity. | <p>1. Local and/or national assessment tools (e.g. Early Childhood Education on the Move current state assessment or Valssi physical education tool) shall be used annually in early childhood education units to develop an operational culture that promotes physical activity.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p>Early childhood education service area, sports and fitness service area</p>                                                                                                                                                                                                                                                                | <p>2025–2030</p> <p>The unit has used an assessment tool to assess the operating culture from the perspective of physical activity.</p>                                                                                                                                                                                                                                                                                                                                                  |

| TARGET                                                                                     | ACTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | RESPONSIBILITY, COOPERATION                                                                                                                                                                                                                                                                                | INDICATOR, TIMEFRAME                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Adding movement as part of teaching and the operating culture of educational institutions. | <ol style="list-style-type: none"> <li>Operating models shall be created for each educational institution to allow taking breaks from sitting and to enable physical activity as part of teaching.</li> <li>Ways to make people spend more time actively moving and engaging in outdoor activities at break time, rather than using their phones, shall be explored.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>Upper secondary education, sports and fitness service area</p> <p>Education and Learning department and sports and fitness service area</p>                                                                                                                                                             | <p>2024–</p> <p>School-specific operating models have been created and introduced.</p>                                                                                                                                                                                                                                                                  |
| We enable and encourage young people to engage in physical activity.                       | <ol style="list-style-type: none"> <li>Discussing exercise and physical activity with young people: How can young people be supported in finding motivation for physical activity through their own interests, such as esports.</li> <li>Developing challenges involving physical activity around various themes together with young people.</li> <li>Enabling and implementing the 2 hours/week of physical activity recorded in the regional action plan.</li> <li>Providing free experiences and developing their offering as well as involving young people in the brainstorming and development.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Youth and community services: regional youth work, services for young adults                                                                                                                                                                                                                               | <p>Implementation of actions in the internal personnel training of youth and community services during 2024.</p> <p>1–2 challenges per month in 2024.</p> <p>2 hours/week is/is not realised.</p> <p>Number of free trials and number of participants.</p>                                                                                              |
| Personnel are encouraged to be physically active in a variety of ways.                     | <ol style="list-style-type: none"> <li>Discussing physical activity and referral to the city's lifestyle counselling shall be entered in the action plans of occupational healthcare.</li> <li>Information shall be provided on the health risks of sitting for long periods of time and the health benefits of taking breaks from sitting; reducing continuous sitting to less than two hours.</li> <li>Encouraging physical activity during the working day, e.g. online breaks.</li> <li>Online physiotherapist's guidance videos on occupational ergonomics.</li> <li>Personnel shall have access to exercise and culture benefits as well as discounted swimming pool and gym tickets to the city's indoor swimming pools and gyms.</li> <li>Improving the accessibility of internal communication that encourages physical activity and exercise.</li> <li>Facility projects shall take into account commuting with regard to changing and washrooms.</li> <li>Providing personnel with free exercise sessions and trial weeks, e.g. mapping of swimming opportunities.</li> </ol> | <p>HR and group services, occupational healthcare, sports and fitness service area, communication</p> <p>HR and group services, sports and fitness service area</p> <p>HR and group services, communication</p> <p>Urban environment (planning)</p> <p>Sports and fitness service area, private sector</p> | <p>Number of people referred to lifestyle counselling through occupational healthcare.</p> <p>Number of realised information bulletins. Possible survey about continuous sitting for personnel.</p> <p>Number of times used.</p> <p>Number of times used, €/year used, number of people reached by communication (Intra).</p> <p>Sessions realised.</p> |



# CURRENT STATE OF PHYSICAL ACTIVITY

The low amount of physical activity of people of different ages has been in the headlines in recent years, and the issue has been approached from many directions: For example, in the current government programme, the Get Finland Moving programme has been created to improve the functional capacity of Finnish people. Leisure-time exercise has increased, while everyday work-related physical activity has decreased. The reduction in everyday physical activity has not been able to be replaced by engaging in exercise (Figure 2). Because of this, the change towards a more physically active everyday life must take place in several areas of life. The responsibility for promoting physical activity is divided among several different actors: Families, schools and educational institutions, workplaces, clubs and associations, companies, municipalities and the state. Each of these actors must adopt the promotion of physical activity as one of their central tasks and consider solutions for increasing physical activity from their own possibilities and starting points.

## CHILDREN UNDER SCHOOL AGE

Three hours of physical activity is recommended daily for children of early childhood education age, of which at least an hour should be brisk and vigorous. Children of early childhood education age engage in an average of four hours of physical activity per day. On average, boys are slightly more active than girls. The amount of physical activity is good overall, but there should be more brisk and high-energy exercise. According to the Joypam study (2023), 76 per cent of children aged 4–6 reached the recommendation on physical activity. However, the amount of activity is not the only thing to pay attention to. The versatility of physical activity, learning different skills and the joy of physical activity are especially important in the case of children. (Ministry of Education and Culture, 2021.)

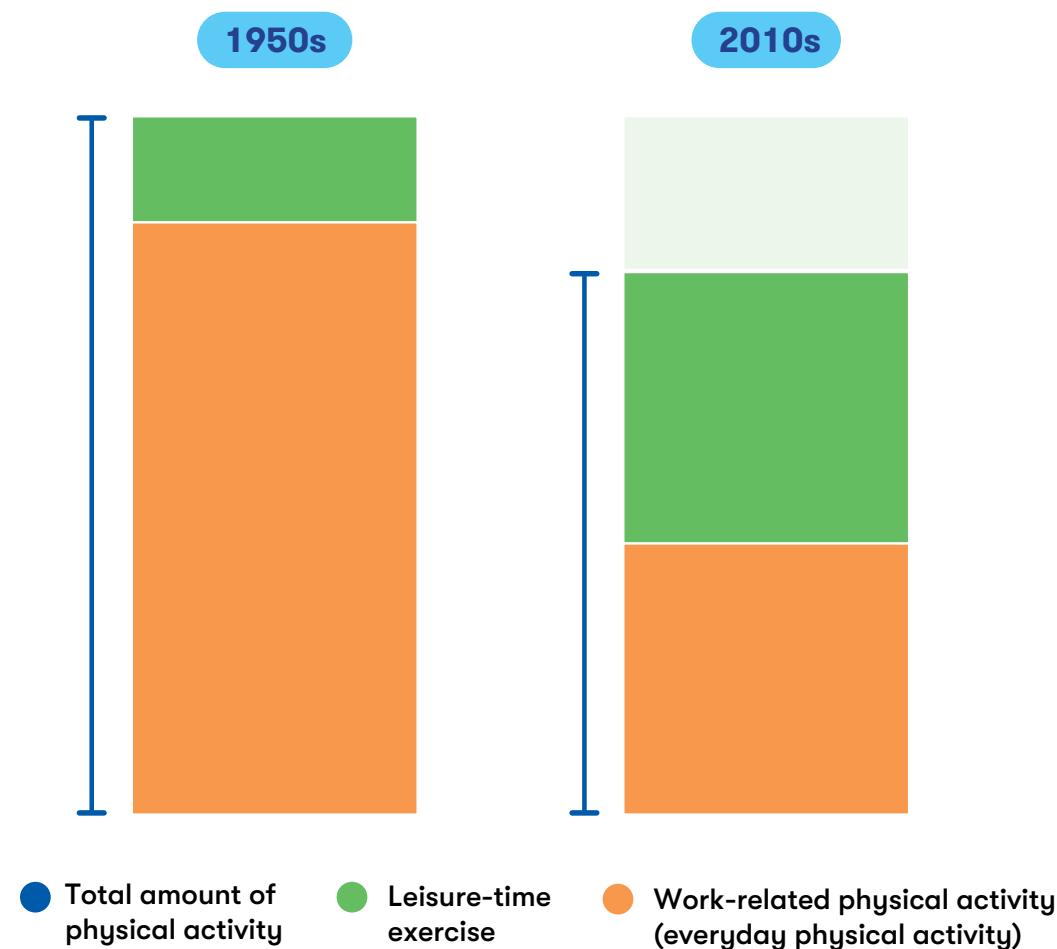


Figure 2. Total amount of physical activity (Pyykkönen 2019.)



Based on the findings of a study targeting children of early childhood education age conducted in Vantaa using the developmental feedback method, it can be stated that the amount of brisk and strenuous physical activity has decreased in all age groups in 2017–2021 (Figure 3). Particular attention should be paid to children under 3 years of age. The data was collected from four operating periods: 2017–2018, 2018–2019, 2019–2020 and 2020–2021. The coronavirus outbreak disrupted the most recent operating period, which is why a critical approach should be adopted when reviewing the results for this period.

Viewed internationally, Finnish children develop well in their basic skills and engage in a fair amount of physical activity on average. However, identified challenges include, for example, regional differences. The motor skills of children under school age are weaker and their time spent outdoors is lower in the Helsinki metropolitan area compared to those living elsewhere, and it is common for young children to be engaged in organised sports in the metropolitan area. (Niemistö et al. 2019.) On weekdays, families spend an average of less than half an hour doing active things together. Less than half of families with children engage in physical activity together 1–2 times a week. One fifth of families engage in physical activity together every day. Even though parental support and encouragement are important, the majority of parents encourage their child to exercise or play in a physically active way only a few times a week.

Figure 3. Amount of strenuous physical activity in Vantaa by age group (Reunamo Education Research)

Parental support, such as an atmosphere that encourages exercise, acknowledging the child's physical activity in a positive way, for example by praising them, and providing exercise equipment and tools for the child to use, increase the child's physical activity. Parents serve as important role models for children. Children whose parents engage in physical activity in a versatile manner are more physically active and have better motor skills than other children. Differences in children's physical activity start to grow as early as at three years old and persist even at a later age. **A physically active lifestyle is therefore created already at early childhood education age.** (Ministry of Education and Culture 2016, 16.)

A longitudinal study by the University of Jyväskylä found that the amount of time spent outdoors and versatile guided sports hobbies of children of early childhood education age predict the child's physical activity and motor skills at school age. **At least 30 minutes of outdoor activities after a day at daycare predicted less sedentary time and more brisk and heavy physical activity at school age compared to children who spend less time outdoors.** 30 minutes spent outdoors also predicted better equipment handling and overall motor skills. A similar observation was made in children participating in at least two guided sports hobbies. Children need versatile exercise to support physical activity and the development of motor skills. Therefore, children's exercise should consist of versatile organised sports and free, independent physical activity, especially outdoor activities. (Luukkainen 2023.)



## CHILDREN OF SCHOOL AGE

All 7–17-year-olds are recommended to engage in at least one hour of versatile, brisk and vigorous physical activity per day, and to avoid extensive, continuous sedentary behaviour. The 2022 Finnish School-aged Physical Activity study (LIITU) found that the participating children and young people (ages 7–15) spent an average of 54 per cent of their waking hours sitting or lying down. On average, seven per cent of waking hours were spent standing still, 27 per cent engaged in light physical activity and one tenth engaged in brisk physical activity, while only one per cent of waking hours were spent engaged in vigorous physical activity. The share of waking hours spent sedentary increased steadily from younger children

to older children, while the share of physical activity decreased correspondingly. **Only the youngest participants spent less than half of their waking hours sitting or lying down.** All the other groups spent more than half of their waking hours sitting or lying down. (Husu et al. 2023, 33.)

In 2023, a quarter of the boys in grades 8 and 9 in basic education, a fifth of the boys in years 1 and 2 in upper secondary school and a third of the girls in the same age groups reported that they engaged in leisure-time exercise that causes them to become out of breath for no more than one hour per week. In vocational schools, about a third of the boys and

almost half of the girls said the same. For boys, engaging in leisure-time exercise has become more common since 2019, while for girls the situation has remained almost unchanged. The share of those engaging in at least one hour of physical activity per day increased slightly in almost all age groups. About a third (30%) of the girls in grades 8 and 9 in basic education and in upper secondary school and about half (46%) of the girls studying in vocational schools said that they engage in very little (maximum one hour per week) leisure-time exercise that causes them to become out of breath. For the boys, the corresponding shares were 24, 20 and 36. (School Health Promotion study 2023.)



According to the 2023 School Health Promotion study, 40 per cent of the girls and 46 per cent of the boys in grades 4 and 5 in Vantaa estimate that they engage in at least one hour of physical activity per day. In grades 8 and 9, the shares are a fifth of the girls and a third of the boys. About a fifth of the girls and a quarter of the boys in upper secondary school as well as about a fifth of the girls and boys in vocational school engage in at least one hour of physical activity per day.

A third of the girls and a quarter of the boys in grades 8 and 9 estimate that they engage in leisure-time exercise that causes them to become out of breath for no more than one hour per week. A third of the girls and a fifth of the boys in upper secondary school as well as less than half of the girls and about a quarter of the boys in vocational school engage in leisure-time exercise that causes them to become out of breath for no more than one hour per week. (Health and wellbeing of children and young people 2023.)

Every year, 5th and 8th graders participate in the Move! measurements of physical functional capacity, with the measurements carried out as part of physical education. Nationwide, the physical functional capacity of about 40 per cent of the pupils is estimated to be at a level that can make it difficult to manage in everyday life. The figures for 2022 have remained at the level of the previous year. There are also no major changes in the 2021 and 2022 overall results for physical functional capacity in Vantaa. The results for girls have declined, while those for boys have improved. The results of 8th grade girls are of particular concern. In 2022, the physical functional capacity of 50 per cent of the girls was at a level that could potentially harm their health and wellbeing. In 2021, the corresponding share was 47 per cent. (Finnish National Agency for Education.)

| THOSE ENGAGING IN AT LEAST ONE HOUR OF PHYSICAL ACTIVITY PER DAY (RECOMMENDATION) | 2019 | 2021 | 2023 |
|-----------------------------------------------------------------------------------|------|------|------|
| Pupils in grades 4 and 5                                                          | 37 % | 39 % | 43 % |
| Pupils in grades 8 and 9                                                          | 23 % | 24 % | 26 % |
| 1st and 2nd year vocational school students                                       | 20 % | 16 % | 20 % |
| 1st and 2nd year upper secondary school students                                  | 14 % | 15 % | 21 % |

(Vantaa wellbeing review 2022, School Health Promotion study 2023)





## WORKING-AGE AND ELDERLY PEOPLE

Less than half of men and women over the age of 20 engage in physical activity in accordance with the recommendations, i.e. for at least 2 hours and 30 minutes such that their heart rate increases or for 1 hour and 15 minutes such that they become out of breath, as well as focusing on muscle fitness and body control twice a week. The elderly and less educated people are less likely to reach the recommendation. Engaging in physical activity in accordance with the recommendations has increased among men, while among women it has remained unchanged. Three out of four engage in some kind of leisure-time exercise, which corresponds to an estimated three million physically active people. Meeting the recommendation for sufficient physical activity to support health was rarest among the elderly, with a third of men and a quarter of women over 75 reaching the recommendation. Since more than half of the adult population does not engage in physical activity in accordance with the recommendation, the promotion of physical activity should be a key part of the work done to promote health, with particular attention paid to reference groups from a low socio-economic background and elderly people. (Lahti & Borodulin 2023.) According to the 2022 Vantaa wellbeing review, the majority of adults are not physically active enough for their health. 36 per cent of 20–54-year-olds, 31 per cent of 55–57-year-olds and only 18 per cent of those aged 75 or older engaged in physical activity in accordance with the recommendations. (Vantaa wellbeing review 2022.) Based on the physical activity habits survey conducted for adults in Vantaa in 2023, half of the respondents (n=1,306) estimated that the recommendations on physical activity are not fully realised in their case.

## PEOPLE WITH LIMITED FUNCTIONAL CAPACITY

About a fifth of the population has some kind of a limitation of functional capacity, i.e. a disability or long-term illness. Adults with disabilities or limited functional capacity rarely participate in sports hobbies in their leisure time, and the same observation has been made about children and young people with limited functional capacity. Based on a survey aimed at people with limited functional capacity (Finnish Society of Sport Sciences 2021), 35 per cent engaged in very little physical activity (on no more than two days a week), with 33 per cent being physically active for less than 1–2 hours per week in total. Neither of these meets the recommendations on physical activity, especially if the exercise is light in intensity. People who are not very physically active were especially present among those who reported a limitation related to hearing or behaviour or who had one or more limitations. 46 per cent of the respondents reported that they engaged in physical activity in their leisure time on four or more days per week. There were 34 per cent men and 28 per cent women in this group.

Men also engaged in vigorous physical activity more than women. Those with limited vision engaged in an exceptionally high amount of vigorous physical activity. Those with at least three different limitations reported engaging in the least amount of heavy exercise. In light of the number of hours spent on leisure-time exercise, up to 70 per cent did not meet the recommendations on physical activity, which differs significantly from the rest of the population.

In Vantaa, a survey was conducted in 2022 for municipal residents of all ages who need special support/belong to special groups. 165 people of different ages responded to the survey. Half of the respondents reported that they had accumulated more than 30 minutes of light movement daily. In the past week, only 23 per cent of the respondents had accumulated more than 2 hours and 30 minutes of brisk physical activity and only 12 per cent had accumulated 1 hour and 15 minutes of vigorous physical activity.

|                          | LIGHT MOVEMENT FOR MORE THAN 30 MINUTES PER DAY DURING THE PREVIOUS WEEK | HAS NOT ENGAGED IN ALMOST ANY PHYSICAL ACTIVITY DURING THE PREVIOUS WEEK |
|--------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|
| 7–18-year-olds           | 59 %                                                                     | 10 %                                                                     |
| working-age people (18+) | 42 %                                                                     | 9 %                                                                      |

|                          | BRISK PHYSICAL ACTIVITY FOR MORE THAN 2 HOURS AND 30 MINUTES IN THE PAST WEEK | HAS NOT ENGAGED IN ALMOST ANY PHYSICAL ACTIVITY DURING THE PREVIOUS WEEK |
|--------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| 7–18-year-olds           | 30 %                                                                          | 19 %                                                                     |
| working-age people (18+) | 22 %                                                                          | 38 %                                                                     |

|                          | VIGOROUS PHYSICAL ACTIVITY FOR MORE THAN 1 HOUR AND 15 MINUTES DURING THE PREVIOUS WEEK | HAS NOT ENGAGED IN ALMOST ANY VIGOROUS PHYSICAL ACTIVITY DURING THE PREVIOUS WEEK |
|--------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 7–18-year-olds           | 14 %                                                                                    | 49 %                                                                              |
| working-age people (18+) | 14 %                                                                                    | 66 %                                                                              |

# CHANGE IN EXERCISE CULTURE: MULTISECTORAL COOPERATION AND REMOVING BARRIERS

**The key lines of development of physical activity in Finland have been defined as, among others:**

- differentiation of the exercise culture, both organisationally and in terms of individuals' exercise habits;
- physical activity has become polarised – exercise is a central part of life for some, while others do not exercise at all;
- total activity has decreased;
- the importance of organising low-threshold sports activities is increasing;
- non-discrimination and equality in exercise are not realised in all respects;
- a change towards a more physically active lifestyle requires support and guidance using a variety of methods;
- the research evidence on the effects of physical activity that increase health, wellbeing and functional capacity is increasingly indisputable; and
- all planning and decision-making in society requires an assessment of the effects of physical activity.

[Government report on sport policy 2018, 4.]

The exercise culture and physical activity of the population are affected by changes and megatrends in the global operating environment as well as by regional development. The National Sports Council has identified five key future change factors, which are presented in Figure 4. The figure compiles the so-called negative development trends for each identified change factor. These show, for example, why physical activity has decreased and what kind of global phenomena have become barriers to exercise and physical activity, as well as what issues should be taken into account when promoting physical activity. [Physical activity change factors 2019.]



# PHYSICAL ACTIVITY CHANGE FACTORS

The exercise culture and physical activity of the population are affected by changes and megatrends in the global operating environment as well as by regional development. Exercise culture actors must be able to combine influencing these issues and adapting to them in their actions. The five key physical activity change factors and the negative development trends associated with them.

(Physical activity change factors – National Sports Council)



## LIFESTYLE AND INEQUALITY

The increase in exercise is not enough to replace the ever-decreasing amount of everyday physical activity.

Lifestyles are increasingly physically passive in all population groups.

Deteriorating physical functional capacity increases morbidity and leads to increasing incapacity for work.

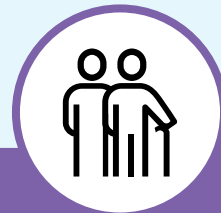
Inequality in physical activity between different population groups increases. Unhealthy lifestyles accumulate more and more strongly on the same people and are passed down. More and more people cannot afford to engage in exercise.

Only a few sports clubs survive the competition for resources and they focus their activities only on top-level sports.



## CLIMATE CHANGE

Natural disasters, extreme weather phenomena and increasing rains make it difficult to engage in physical activity outdoors and to organise sporting events. Due to the milder weather, it is no longer possible to engage in winter sports everywhere in Finland. Forms of sport that are particularly harmful to the environment have been discontinued.



## AGEING OF THE POPULATION

The resources of the welfare society are being used up at an accelerating rate for corrective action instead of prevention. With the ageing population, the dependency ratio is unprecedentedly difficult, and the number of elderly people living below the poverty line has increased. There are elderly people in increasingly frail condition living at home, whose poor functional capacity limits their quality of life, increases illnesses and accidents as well as increases the need for social and health services. The needs of elderly people are not able to be taken into account in the sports services of the public sector, organisations or the private sector.



## DIGITALISATION AND THE TRANSFORMATION OF WORKING LIFE

Technological development has reduced people's need to engage in physical activity both in everyday life and at work, with experiences being sought out from physically passive digital and virtual activities rather than physical activity and exercise. The use of digital devices has completely displaced engaging in physical exercise.

The increase in remote work reduces everyday physical activity and irregular working hours make it difficult to engage in exercise. Sports is no longer recognised as a professional field. The continuous measurement of exercise performance takes the joy out of physical activity for more and more people.



## URBANISATION

Finland's population is increasingly concentrated in the largest centres. The sprawling urban structure reduces physical activity. The relationship with nature disappears and poor air quality hinders physical activity in cities.

People in cities fight for access to overcrowded sports services, while in rural areas, the service offering is non-existent. The everyday physical activity and exercise of the rural population decrease even more as services move further and further away.

A physically active lifestyle consists of several components; it includes engaging in exercise and other everyday physical activity. The realisation of both of these at a sufficient level requires the cooperation of several actors, which is not limited to producing sports services and conditions. Sports services are offered by many entities, such as the education and training sector, clubs, organisations, companies and liberal adult education actors, such as adult education centres. Although there are many types of service providers and offerings, they still do not reach all residents or groups in the same way. For those who would benefit the most from engaging in physical activity in terms of their health, i.e. people who are the least physically active, entities other than traditional sports service providers may become more important. Promoting the physically active lifestyle of residents could be realised by utilising and supporting the own starting points and expertise of the different entities. In addition, the responsibility for the construction and maintenance of various popular environments for physical activity is divided between several actors in municipalities. This fragmented and complex field of actors participates in one way or another in the provision of the conditions for exercise and physical activity.

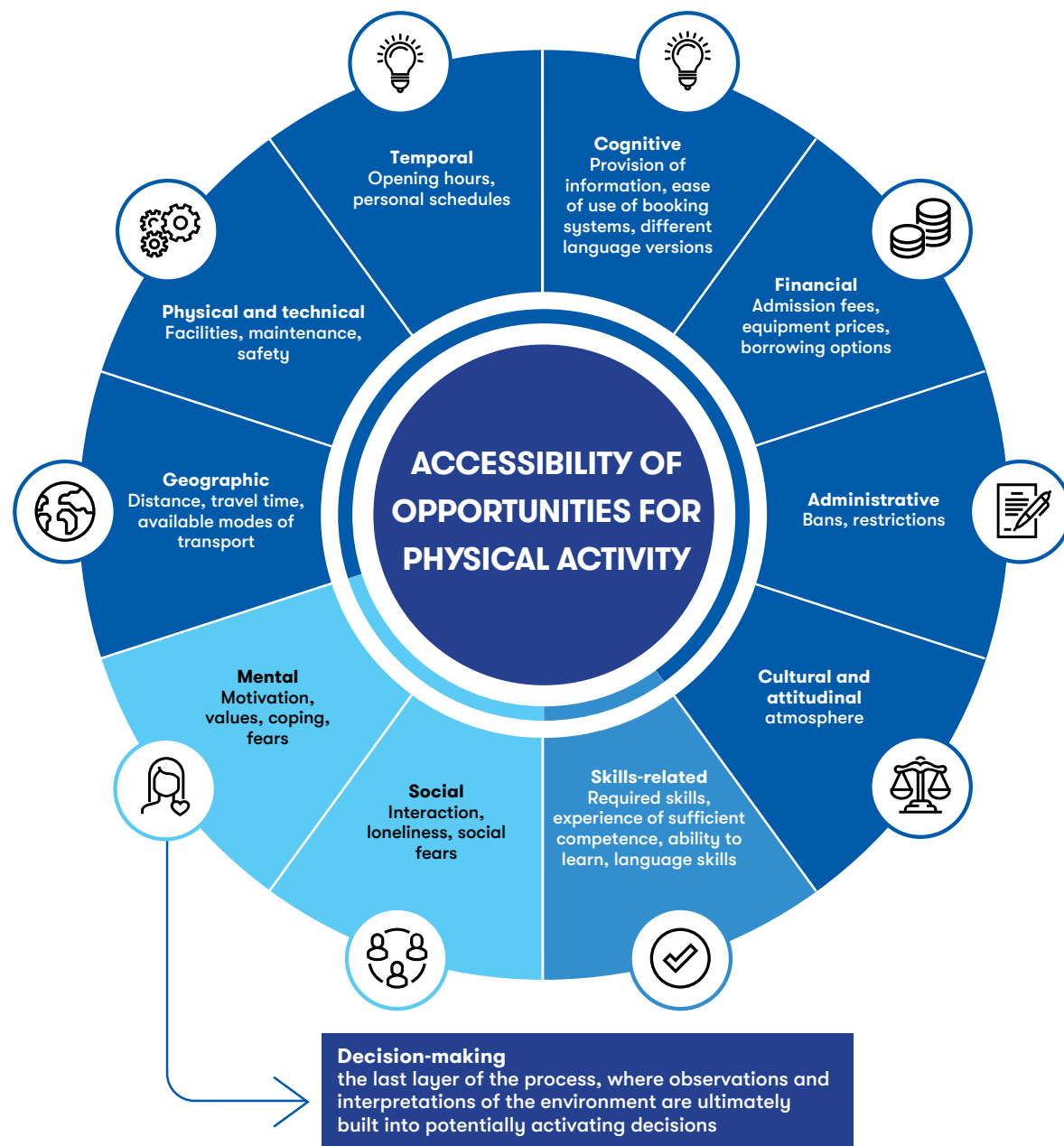
The division of duties defined in the Act on the Promotion of Sports and Physical Activity is that the task of the public physical activity administration is to build and maintain sports facilities, while sports organisations and clubs manage the hobby activities. In the Nordic countries, the emphasis on the construction of sports facilities has been recognised as having improved the opportunities of already physically active people and the possibilities for sports clubs to operate. On the other hand, it has already been understood that sports services and

facilities are not equally accessible to all population groups, which in Finland has led to e.g. the gradation of user fees for sports services and the development of targeted services for people with reduced mobility. These actions have therefore been aimed at removing barriers to physical activity. **Instead of improving and increasing the density of the network of sports facilities, the prerequisites for physical activity have been examined from a new perspective of removing barriers. The perspective of removing barriers should be strengthened and developed alongside traditional service production.** (Muukkonen et al. 2022, 5.)

A good framework and short distances to sports facilities are not a guarantee for the population's physical activity. Physical activity can be limited by an individual's attitudes and values, financial situation or health as well as, for example, safety factors at sports facilities, other people and administrative decisions. The most significant limitations observed in the YLLI project (Muukkonen et al. 2022, 13.) were low mood and lack of time. Health problems and lack of company also limited physical activity. Barriers therefore concern the individual's psychological and physical characteristics and social relationships. Similar barriers were also noted in the 2023 physical activity and health habits survey of the adult population of Vantaa. **Those who assessed that the recommendations for sufficient physical activity to support health were not fully realised felt that lack of time was the main barrier to physical activity; 34 per cent of women and 32 per cent of men held this opinion. Other barriers to physical activity included lack of motivation, financial reasons and lack of company/a friend for physical activity or engaging in exercise.** The barrier perspective has also been taken into account in the national Finnish School-aged Physical Activity

study (LIITU), which collects information about the physical activity of Finnish children and young people. In spring 2022, more than half of children and young people reported lack of guidance for a sport close to home and that schoolwork takes up all their time as barriers to their sports hobby. Spending time on other hobbies and the high cost of sports were also among the most common barriers. **Personal barriers were similar for children as for adults: Other hobbies taking up time, not feeling like engaging in physical activity or not having the time for it. The fourth most common barrier was that children felt that they were not the "sporty type".** (Koski & Hirvensalo 2023, 51.)





The dimensions of accessibility model (Figure 5) assumes that the dimensions on the outer ring play different roles in the process in which an individual makes a decision about physical activity. All other than the mental and social dimensions are classified as enabling factors. Most of the enabling factors relate to location or service organisation – only the skills dimension relates to the individual. If one of the enabling factors is zero, such as if there are no financial resources for engaging, then the activity cannot be realised. In this case, it is not necessary to consider whether mental or social factors are affecting the realisation. When a sufficient number of the relevant dimensions are realised from the enabling factors, a choice to get moving is made on a mental and social level. **The promotion of physical activity requires taking over the field of phenomena on a wider scale than before and with more versatile conceptual tools, one of which being the dimensions of accessibility.** (Muukkonen et al. 2022, 26.)

Due to these perspectives and dimensions, the approach in the physical activity programme in terms of targets and actions has been how each of the city's departments can influence the activity of Vantaa residents and what kind of cooperation it may require. For example, cultural and library services reach different individuals and groups with their activities than, for example, the sports and fitness service area. Because of this, the motivation for doing active things can be found in services other than the traditional ones.

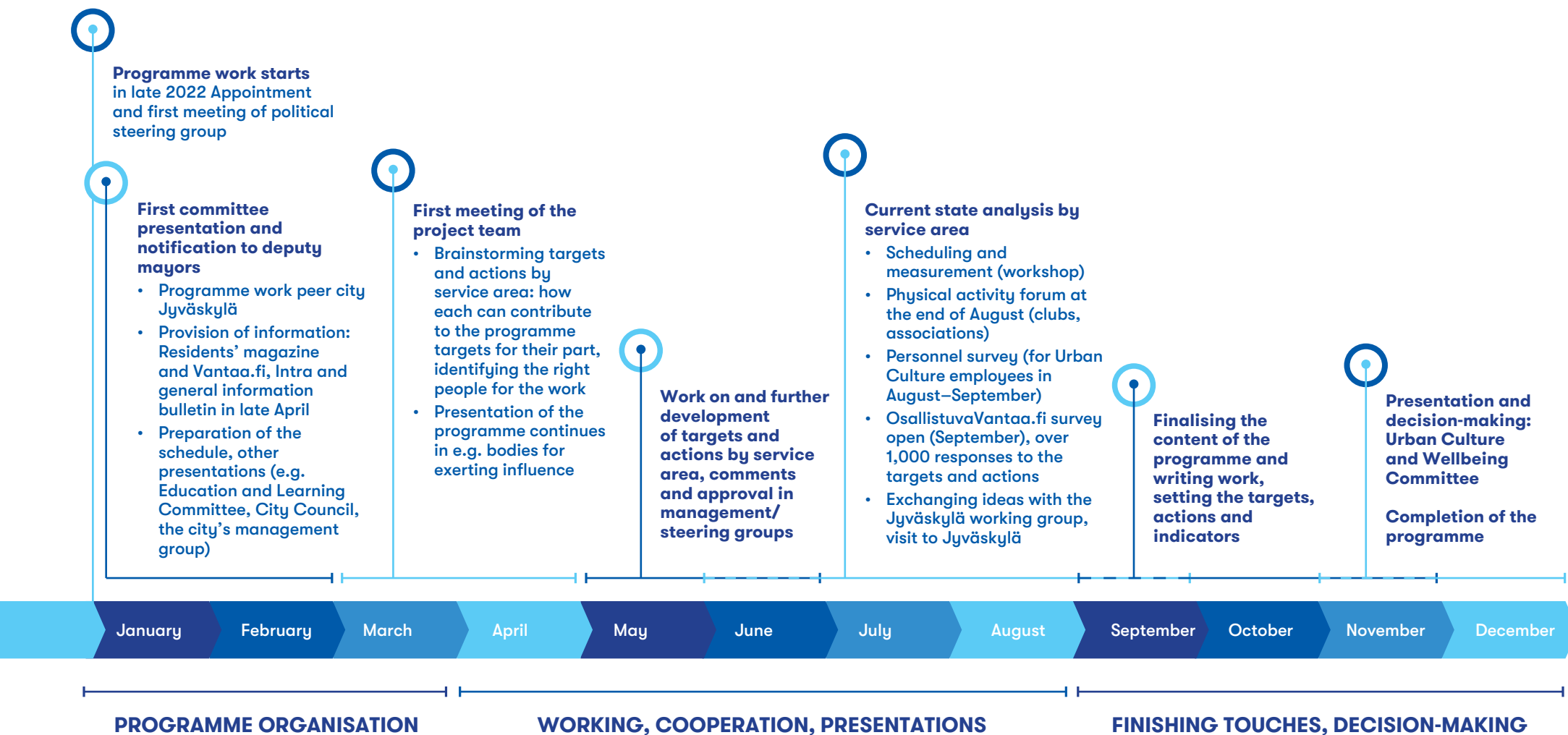
Figure 5. Dimensions of accessibility of sports facilities and environments, applied. (Muukkonen et al. 2022.)

With a versatile approach involving all departments and service areas, it is possible to better influence, for example, the dimensions of accessibility as well as to identify and remove barriers. The physical activity change factors (Figure 3) and key lines of development should be taken into account from the perspective of promoting physical activity, and proactive measures should be taken based on background information.

The decisions and actions of all administrative branches influence the physical activity and exercise of the population. For this reason, issues of physical activity and its enablement should be taken into account more broadly than only in the sports and fitness service area or the Urban Culture and Wellbeing department. Eyes should be turned to preparations and decision-making related to social, health, education, environmental and transport services, among others. In the planning and decision-making at different administrative levels, an ex-ante assessment of effects should be carried out with the aim of producing information and increasing understanding of the effects of the planned action. The optimal situation would be for all the city's decision-making to involve an assessment of the effects of physical activity. There are tools for this kind of ex-ante assessment, such as the assessment of the effects of sports and physical activity developed by the National Sports Council, which can be used to anticipate the impact of actions and decisions on the exercise and physical activity of municipal residents as well as the opportunities for physical activity and engaging in exercise. In the future, the assessment of the effects of sports and physical activity should also be used in Vantaa.

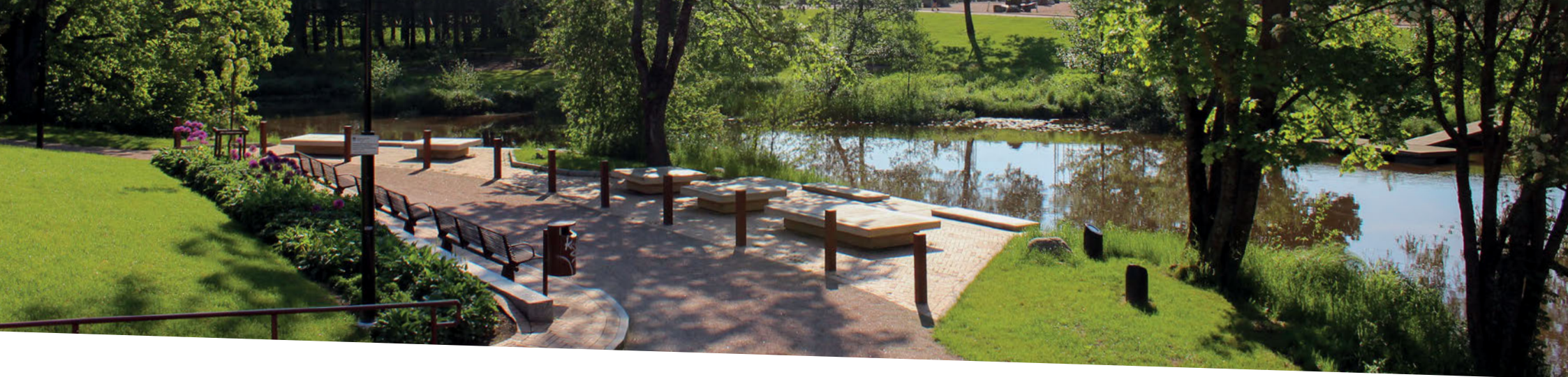


# PROGRAMME WORK PHASES AND MONITORING



DECISION-MAKING IN 2024:

- January: Executive Board
- February: Council
- Programme published in March



The programme work began with organisation in late 2022. The Urban Culture and Wellbeing Committee appointed a political steering group for the programme. The project working group consisted of representatives from the city's various departments and service areas. The current situation of the programme work was presented at the end of the year to, among others, the deputy mayors as well as the Urban Culture and Wellbeing and the Education and Learning committees. Early 2023 was spent on programme organisation. Work on the content of the programme began in spring 2023 with the first meeting of the project working group. This was the starting point for the work done by each service area and for the consideration of what each service area can do to promote physical activity. The relevant persons were gathered from each service area to start working on ideas.

The first target and action ideas were ready in May–June. The ideas were then refined and considered further regarding, for example, what kind of internal decision-making process the ideas of each service area must go through. In autumn 2023, a workshop was held to discuss cooperation interfaces, indicators

and timeframes as well as to finalise the formulation of the targets and actions. In August, clubs and associations were convened to brainstorm how they can participate in the targets and actions and how club and association actors can contribute to the promotion of the physical activity of Vantaa residents. Around the same time, Vantaa residents were able to comment on the preliminary targets and actions via the Osallistuva Vantaa website. There were more than 1,000 comments and ideas for improving and developing the programme's targets and actions. The comments and ideas from the survey will be used during the implementation phase of the programme. Decision-making started in November with a presentation to the Urban Culture and Wellbeing Committee, and in December the programme was taken to the committee for a decision. In early 2024, the programme was approved by the City Executive Board and Council. A communication and participation plan is being prepared for the programme. The purpose of this during the implementation phase of the programme is to strengthen the participation of Vantaa residents in the realisation of the targets and actions and to provide information about the implementation of the programme in both internal and external communication.

The physical activity programme is an updatable action plan that addresses current identified challenges of physical activity. The programme will be implemented in 2024–2027. The programme is monitored and assessed annually and, if necessary, updated each council term. A political steering group is appointed from among the members of the Urban Culture and Wellbeing Committee each council term to monitor and assess the implementation of the programme. The Youth Council appoints a representative to the steering group.

The City Executive Committee is informed about the progress of the programme, and the Executive Committee decides on the need to update the programme. A management team, consisting of managers of the service areas, ensures the smooth implementation of the programme and the promotion of cooperation between the departments and service areas. A working group responsible for the realisation of the actions is appointed for the programme, consisting of representatives from the service units. The sports and fitness service area is responsible for the coordination of the programme as a whole.

## REFERENCES

Husu, P. Tokola, K. Vähä-Ypyä, H. & Vasankari, T. 2023. Liikemittarilla mitatun liikkumisen, paikallaanolon ja unen määrä. Lasten ja nuorten liikuntakäyttäytyminen Suomessa [Amount of physical activity, sedentary behaviour and sleep measured with accelerometers. The exercise habits of children and young people in Finland]. Results from the Finnish School-aged Physical Activity study (LIITU). Publications of the National Sports Council 2023:1.

Koski, P. & Hirvensalo, M. 2023. Lasten ja nuorten liikunnan merkitykset ja esteet. Lasten ja nuorten liikuntakäyttäytyminen Suomessa [Meanings of and barriers to physical activity for children and young people. The exercise habits of children and young people in Finland]. Results from the Finnish School-aged Physical Activity study (LIITU). Publications of the National Sports Council 2023:1.

School Health Promotion study 2023. Daily life of young people, statistical report 2023. 21 September 2023. Referenced on 21 October 2023. [https://www.julkari.fi/bitstream/handle/10024/147276/Daily%20life%20of%20young%20people%20School%20Health%20Promotion%20study%202023\\_Statistical\\_report\\_53.pdf?sequence=1&isAllowed=y](https://www.julkari.fi/bitstream/handle/10024/147276/Daily%20life%20of%20young%20people%20School%20Health%20Promotion%20study%202023_Statistical_report_53.pdf?sequence=1&isAllowed=y)

Lahti, J. & Borodulin, K. 2023. Fyysinen aktiivisuus ja istuminen [Physical activity and sitting]. Healthy Finland Survey. Finnish Institute for Health and Welfare. Phenomenon report. Referenced on 20 November 2023. [https://repo.thl.fi/sites/terveysuomi/ilmioraportit\\_2023/fyysinen\\_aktiivisuus\\_ja\\_istuminen.html](https://repo.thl.fi/sites/terveysuomi/ilmioraportit_2023/fyysinen_aktiivisuus_ja_istuminen.html)

Health and wellbeing of children and young people. School Health Promotion study 2023. Lasten ja nuorten terveys ja hyvinvointi [Health and wellbeing of children and young people] | Tableau Public

Cost calculator for physical inactivity and sedentary behaviour. 2023. UKK Institute. Website. Referenced on 23 November 2023. Liikumatottomuuden ja paikallaanolon kustannuslaskuri [Cost calculator for physical inactivity and sedentary behaviour] – UKK Institute ([ukkinstituutti.fi](http://ukkinstituutti.fi))

Liikunnan muutostekijät 2019 [Physical activity change factors 2019]. National Sports Council. Website. Referenced on 21 November 2023. <https://www.liikuntaneuvosto.fi/muutostekijat/>

Liikunnan muutostekijät [Physical activity change factors] – National Sports Council. PDF document. Referenced on 20 November 2023. [http://julkaisut.valtioneuvosto.fi/bitstream/handle/10024/74509/JUL2013\\_10\\_Muutosta\\_liikkeella\\_verkko.pdf](http://julkaisut.valtioneuvosto.fi/bitstream/handle/10024/74509/JUL2013_10_Muutosta_liikkeella_verkko.pdf).

Luukkainen, N-M. 2023. Lapset ja nuoret tarvitsevat monipuolista liikuntaa ja ulkoilua [Children and young people need versatile physical activity and outdoor activities]. Blog. Finnish Society of Sport Sciences. 13 November 2023. Referenced on 20 November 2023. <https://www.lts.fi/liikunta-tiede/artikkelit/lapset-ja-nuoret-tarvitsevat-monipuolista-liikuntaa-ja-ulkoilua.html>

Mehtälä, A., Sääkslahti, A., Asunta, P., Hakonen, H., Kukko, T., Kulmala, J., Kämppe, K., & Tammelin, T. 2023. Joy of Motion, Physical Activity and Motor Skills of Young Children in Finland. Results of the Joppam 2023 Study. Ministry of Education and Culture.

More active people for healthier world. The global action plan on physical activity 2018-2023. Available at: [9789241514187-eng.pdf](https://www.who.int/publications-detail/more-active-people-for-healthier-world) (who.int)

Niemistö, D. Finni, T. Haapala, E A. Cantell, M. Korhonen, E. & Sääkslahti, A. 2019. Environmental correlates of motor competence in children – The skilled kids study. IJERPH | Free Full Text | Environmental Correlates of Motor Competence in Children – The Skilled Kids Study ([mdpi.com](http://mdpi.com))

Muukkonen, P., Ehnström, E., Hasanen, E., Hintsanen, L., Laakso, T., Nurmi, M., Pyykkönen, J., Salmi, L., Salmikangas, A-K., Simula, M., Virmasalo, I. & Vanttinen, L. 2022. Towards Equality in Physical Activity – Tools for a Multisectoral and Interdisciplinary Approach in Sport Planning. Department of Geosciences and Geography C22, University of Helsinki. Faculty of Science.

Ministry of Education and Culture. 2021. Pienten lasten liikkumisesta uutta tietoa: Reipasta ja vauhdikasta liikkumista kaivataan lisää [New information about the physical activity of young children: More brisk and high-energy physical activity is needed]. Referenced on 20 November 2023. Pienten lasten liikkumisesta uutta tietoa: Reipasta ja vauhdikasta liikkumista kaivataan lisää [New information about the physical activity of young children: More brisk and high-energy physical activity is needed] ([valtioneuvosto.fi](https://julkaisut.valtioneuvosto.fi/bitstream/handle/10024/74509/JUL2013_10_Muutosta_liikkeella_verkko.pdf))

Publications of the Ministry on Education and Culture 2016: 21. Joy, play and doing together. Recommendations for physical activity in early childhood PDF document. Referenced on 21 November 2023. <https://julkaisut.valtioneuvosto.fi/bitstream/handle/10024/75405/OKM21.pdf>

Finnish National Agency for Education. Move! -mittaustuloksia [Move! measurement results]. Website. Referenced on 23 November 2023. Move! -mittaustuloksia [Move! measurement results] | Finnish National Agency for Education ([oph.fi](https://oph.fi))

Pyykkönen, T. Maailman istuvin urheilukansa – ihmettelystä liikuntapolitiikan labyrinteissa [The most sedentary sports nation in the world – thoughts from the labyrinths of sport policy]. 2019. Finnish Society of Sport Sciences, Impulssi no. 30.

Ministry of Social Affairs and Health and Ministry of Education and Culture 2013. On the move. National strategy for physical activity promoting health and wellbeing 2020. Publications of the Ministry of Social Affairs and Health 2013:10.

Valtioneuvoston selonteko liikuntapolitiikasta [Government report on sport policy]. 2018. Ministry of Education and Culture. PDF document. Referenced on 21 November 2023. <https://okm.fi/documents/1410845/4449678/Valtioneuvoston+selonteko+liikuntapolitiikasta.pdf/16b4a853-180b-ad4f-0127-e3065b616912/Valtioneuvoston+selonteko+liikuntapolitiikasta.pdf?t=1540454134000>

Vantaan hyvinvointikatsaus 2022 [Vantaa wellbeing review 2022]. Referenced on 20 November 2023. [https://www.vantaa.fi/sites/default/files/document/Hyvinvointikatsaus%202022\\_Vantaan%20kaupunki.pdf](https://www.vantaa.fi/sites/default/files/document/Hyvinvointikatsaus%202022_Vantaan%20kaupunki.pdf)

Väestön määrä ja kehitys 2022 [Population size and development 2022]. City of Vantaa. Website. Referenced on 21 November 2023. Väestön määrä ja kehitys [Population size and development] | Vantaa

# APPENDIX 1. CURRENT STATE ANALYSIS OF PHYSICAL ACTIVITY PROMOTION BY SERVICE AREA

## CITY STRATEGY AND MANAGEMENT DEPARTMENT

### HR AND GROUP SERVICES

Sports benefit, Break Pro break application, employee discount for city gyms and indoor swimming pools

## EDUCATION AND LEARNING DEPARTMENT

### EARLY CHILDHOOD EDUCATION

- Act on Early Childhood Education and Care and the early childhood education plan: Physical activity is included in the Vantaa early childhood education plan (2022) and the Vantaa pre-primary education curriculum (2023), which serve as the basis for activities
- A physically active operating culture in early childhood education is promoted through the national ECEC on the Move programme.
- The early childhood education and sports and fitness service areas cooperate through the Daycare Centres on the Move activities managed by a joint steering group of the service areas
  - Two permanent sports services coordinators
  - Promoting an operating culture that increases physical activity through project work (generally funded by the Regional State Administrative Agency and the Ministry of Education and Culture)
- Developing active learning environments indoors and outdoors.

### BASIC EDUCATION

- Schools on the Move activities are offered to all comprehensive schools in Vantaa. (Current state assessment once a year. In 2022–2023, 28/41 schools completed the assessment.)
- Established activities: structure exists, 2 coordinators
- events for teachers and pupils, active learning environments and a yard participation model

### UPPER SECONDARY EDUCATION

- Students on the Move as established activities, 1 permanent and 2 fixed-term coordinators
- Activities are offered to Varia vocational and upper secondary schools, development of learning environments and an active studying environment
- Wellbeing coaching

### SERVICES IN SWEDISH

The service area cooperates with other departments and service areas in developing services aimed at Swedish speakers. Early childhood education, pre-primary education, comprehensive school and upper secondary school education.

## URBAN CULTURE AND WELLBEING DEPARTMENT

### SHARED SERVICES

Positive discrimination project, wellbeing programme coordination, communication, marketing, hobby and events calendar, coordination of service network planning, review of increasing the leisure-time use of schools and automating space reservations (DigiOne preparation), sustainability and environmental working groups & programmes

### LIFELONG LEARNING

Vantaa of Many Hobbies. The Adult Education Centre organises exercise, dance, yoga, etc. courses aimed at municipal residents. The centre uses action-based teaching methods in e.g. teaching languages.

### LIBRARY AND CULTURAL SERVICES

Various activating exhibitions in museums, physical activity is taken into account in exhibitions depending on the content. Guided bike tours and other active ways to get to know the history and present day of the city.

The development and implementation of the King's Road route through Vantaa on foot or by bike is currently under way. Free exercise classes open to the public will also be held in connection with the exhibition. The Monday at the museum events for babies also offer an opportunity for babies and parents to engage in physical activity together. You can dance until you are dripping with sweat during the evening events for young adults hosted at the museum and, for example, at the Dance Day event, there was an opportunity to participate in dance workshops. Children's cultural services aim to get people moving and participating in culture together.

### SPORTS AND FITNESS

Sports facilities and conditions, space reservations, guided exercise, virtual exercise classes, swimming lessons, wellbeing mentoring, sports counselling, Hobihobi hobby site, summer camp activities, student sports and day camps, Kortteliliiga neighbourhood league, applied exercise, peer-led exercise, sport buddy, sport card: indoor swimming pools and gyms free of charge for 70-year-olds, On the Move activities: early childhood education, basic education, upper secondary education, projects: Finnish Model for Leisure Activities development project, communal student welfare group project, wellbeing at work for personnel in upper secondary education, getting familiar with the wellbeing account and making healthy nutrition a habit.

### YOUTH AND COMMUNITY SERVICES

In youth work, physical activity is used as a form of work, as well as physical activity being part of wellbeing education where the focus is a healthy lifestyle. Youth centres allow young people to engage in physical activity for 2–4 hours a week. The selection of sports and games in youth services is versatile: opportunity for free hobbies and sport trials, gym activities, excursions and holiday activities, utilisation of existing sports facilities. Youth workers participate in break times at schools involving physical activity.

## URBAN ENVIRONMENT DEPARTMENT

### STREETS AND PARKS

- Transport policy programme and promotion of physical activity in line with it, walking and cycling promotion programmes
- Tervi project: The project develops the safety of walking environments in the public urban environment (streets and parks) of the City of Vantaa. The development of an accessible environment is also seen to be a key part of this, with the target groups being the elderly as well as people with reduced mobility and functional impairments.
- Green areas service network **Green areas service network 2023-2032** ([vantaa.fi](https://vantaa.fi))

### URBAN STRUCTURE AND ENVIRONMENT

- Master plan: regulations require building a city where it is easy to get around on foot or by bike.
- Roadmap to resource wisdom, compact urban structure, better availability of services
- Outline plans and planning principles define measures for the realisation of a walkable city. Outline plans define places and points for physical activity in urban structures, e.g. playgrounds, sports facilities.

### PROPERTIES AND FACILITIES

- Yard planning in school projects, Schools on the Move
- Yard planning in daycare centre projects, Daycare Centres on the Move
- Planning and dimensioning instructions in line with RT 103140 Personnel Facilities have been updated for facility cards. These apply especially to the requirements set by physically active commuting for personnel facilities.