



**WHO Collaborating Centre  
for Healthy Cities and Urban Health  
in the Baltic Region**

**Baltic Region Healthy Cities Association**



# **BALTIC REGION HEALTHY CITIES ASSOCIATION**

## **ANNUAL REPORT 2006**

**15.3.2007**

## CONTENTS

<b>1 YEAR 2006 IN A NUTSHELL.....</b>	<b>3</b>
<b>2 OPERATIONAL ENVIRONMENT .....</b>	<b>4</b>
2.1 Organisation and personnel of the Association .....	4
2.2 Co-operation with the member organisations, Union of Baltic Cities Environmental Commission Secretariat and Centrum Balticum .....	4
2.3 Communication .....	5
2.4 Healthy City Movement in the Baltic Sea Region .....	5
<b>3 FINANCES .....</b>	<b>6</b>
<b>4 REPORT ON PROJECTS IN 2006.....</b>	<b>7</b>
4.1 Health Profile for the Cities in Baltic Sea Region.....	7
A. Baltic Profile .....	7
B. Partner in HEPRO-project (Interreg IIIB).....	7
4.2 Support for the Cities and National Networks.....	8
4.3 Healthy Urban Planning – a Peer Review of Two Cities.....	8
4.4 Developing Health Impact Assessment in the network cities .....	8
4.5 Partner in “Well-being through physical activity in cross-border co-operation” –project (EU Interreg IIIA) .....	9
4.6 Promoting Active Living/ Physical Activity with UBC Commission of Sports and WHO .....	9
4.7 Partner in the HIV/AIDS campaign (ASK AND ACT - IT'S YOUR HEALTH by the WHCA) .....	9
4.8 Seminars on Healthy Cities themes .....	9
4.9. Active Living in Turku –book .....	10
4.10. WHO European Healthy Cities meeting .....	10
<b>5 EVALUATION .....</b>	<b>11</b>
5.1 Developing the evaluation .....	11
5.2 Networking and activities.....	11
5.3 Success stories and future challenges .....	12
<b>APPENDIX 1: TABLES OF EVENTS.....</b>	<b>13</b>
<b>APPENDIX 2: PROFIT AND LOSS ACCOUNT OF PROJECTS 2006.....</b>	<b>16</b>

## 1 YEAR 2006 IN A NUTSHELL

The year 2006 was the 8<sup>th</sup> year of operation of the Baltic Region Healthy Cities Association (hereafter the Association). The Association has been a WHO Collaborating Centre for Healthy Cities and Urban Health in the Baltic Region since September 2002. The year 2006 was the most active one during the Collaborating Centre phase in all possible terms: the funding of the operations increased as well as the amount of employees and visibility. Especially, the increase of the external funding was remarkable during the year: the assistance to the EU-funded HEPRO-project as well as the funding from the Ministry of Education and the National Research and Development Centre for Welfare and Health (Stakes) to the production of the Active Living in Turku -book made it possible to increase the personnel of the Association as well as competence and knowledge.

The European Healthy Cities Networks Annual Business and Technical Meeting in Turku gave a unique platform to present the activities of the Association as well as increase in visibility. Promoting physical activity/active living is one of the four core themes in the Healthy Cities network. Therefore, the meeting was an initiator to compile and publish the Active Living in Turku -book. This was possible because of the close collaboration with the City of Turku. The meeting and the Active Living in Turku -book offered a possibility to share the experiences of how to promote physical activity at the local level using Turku as an example. Furthermore, the experiences and the publication offer possibilities to develop projects and collaboration nationally and internationally.

The four year phase as a WHO Collaborating Centre ended in 2006, but the re-designation was applied. The application was prepared and submitted to the WHO Euro/Centre for Urban Health in the Spring (5.6.2007). The re-designation as a WHO Collaborating Centre was confirmed 20 December 2006 by WHO regional Steerin Committee. The re-designation process of the Collaborating Centre status for the following 4 years and the development of the evaluation lead into a strategy process of the Association, where the Balanced Score Card -tool was chosen as a method. A preparation group from the member organisations was established for this work. The outcome of the process is visible as an integral part of the Annual Plan 2007-2008.

During the year the Association actively searched for collaboration with UBC Environmental Secretariat and the common area was found at the Aalborg commitments.. The support for the new collaboration was strengthened when the Association moved in to the same premises with the secretariat. A new Baltic Sea region organisation, the Centrum Balticum foundation, was established in 2006 and is located in Turku as well.

Participants of the WHO European Healthy Cities meeting in Turku, 18-21 October 2006



## 2 OPERATIONAL ENVIRONMENT

### 2.1 Organisation and personnel of the Association

The Baltic Region Healthy Cities Association acts as a WHO Collaborating Centre for Healthy Cities and Urban Health in the Baltic Region. The member organisations of the Association are the City of Turku, University of Turku, Turku School of Economics, Åbo Akademi University and the Social Insurance Institution of Finland. The work and activities of the Association were directed by the Board of the Association.

Table 1. Members of the Board of the Baltic Region Healthy Cities Association

Organisation	Board Members		Personal Deputy Board Members	
City of Turku	Kaija Hartiala	Deputy Mayor	Matti Wendelin	Director of Finance
City of Turku	Leena Koikkalainen	Managing Director	Pirjo Saari	Project Manager
City of Turku	Stig-Eyrik Björkqvist	Doctor	Sakari Suominen	Provincial Medical Doctor
City of Turku	Minttu Ojanen	Student	Veli-Matti Kauppinen	Master of Political Science
University of Turku	Risto Tuominen	Professor	Markku Koulu	Professor
Turku School of Economics	Reima Suomi	Professor	Olli Hietanen	Regional Manager
Åbo Akademi University	Ulla Achrén	MBA	Paula Lindroos	Director of the Continuing Education Centre
Social Insurance Institution	Jorma Järvisalo	Assistant Director	Jouko Lind	Leading Researcher

The Chair of the Board was Dr. Kaija Hartiala, and the secretary of the Board was Mr. Reino Tiainen. The meetings of the Board were held 6 times during the year. The official Spring meeting of the Association was held on 7 April, 2006, and the Autumn meeting on 13 December, 2006.

Six experts and one trainee were employed for the activities of the Association during the year. Two employees worked full-time the whole year, while the others part a year or part-time. A total of 43,4 working months or 3,6 person-years was used in 2006.

The personnel was:

- Executive Director Riitta Asanti worked for 20% of the working hours for the Association
- Project Planner Niina Helander worked full-time for the Active living in Turku –book project between 1.5.-31.10.2006
- Project Planner Tiina Keinänen worked 20% for the Association and 80% as a coordinator in HEPRO-project
- Healthy City Co-ordinator Heini Parkkunen worked for 50% for the Association and 50% for the City of Turku
- Project Planner Satu Revonsuo worked full-time for the Active Living in Turku –book project between 15.5.-15.6. and 15.8.-15.9.2006
- Office Manager Mari Siimar worked full-time for the Association
- Trainee Tommi Stordell worked for the Baltic Profile -project between 20.3.-20.6.2006

The Office of the Association moved into new premises in Turku located in the Old Observatory in September.

### 2.2 Co-operation with the member organisations, Union of Baltic Cities Environmental Commission Secretariat and Centrum Balticum

The co-operation with the *City of Turku* was close-knit due to the commitment of the Board's Chairperson and the Healthy City co-ordinator. The know-how of the City of Turku was used in the activities and projects. The Healthy City co-ordinator in the City of Turku, uses working time for the operations of the Association, based on a co-operation agreement with the City of Turku concluded in 2002.

The co-operation with the *University of Turku* was emphasized in order to find common fields of interest with the

Baltic Sea Region University Network (BSRUN), co-ordinated by the University of Turku. As a result, the joint meeting of "Health Profiling, Healthy Ageing and Health Impact Assessment" was held in June in Kaunas, Lithuania.

In co-operation with the *Turku School of Economics*, the seminar "Well-being in the Information Society - European cooperation in Health Impact Assessment" (11-12 May) was organised in Turku. Totally 73 well-being and information technology specialists from Finland and Europe gathered in this seminar to create future visions of well-being and explore cases, tools and methodologies for health impact assessment. Besides the other member organisations the *Åbo Akademi University* and the *Social Insurance Institution* participated actively in the strategy process in the Autumn.

In the beginning of September the office of the Association moved into new premises together with the *Union of Baltic Cities Environmental Commission Secretariat*. Meetings and discussions aiming at future co-operation with UBC were organised. The *Centrum Balticum* foundation was established in Turku in 2006. One aim of the foundation is to support the collaboration of the organisations operating in the Baltic Sea Region. This offers new possibilities to the Association in the future to gain more visibility and strengthen the co-operation with these organisations and within the Baltic Sea Region.

### **2.3 Communication**

The *basic communication* of the Association directed to the partners and target groups was done mainly with emails. Two electronic newsletters in English and Finnish were sent, and the Healthy City coordinators in the Baltic Sea region received four e-letters in 2006.

The *exhibition wall* of the Association was presented in four meetings or seminars in Turku: Well-being in Information Society (WIS2006) seminar, Health Impact Assessment sub-network meeting, Urban Market forum and WHO European Healthy Cities Networks Annual Business and Technical Meeting.

The aim and activities of the Association were introduced in the Union of Baltic Cities Environmental Bulletin: 'Time for actions, Aalborg Commitments in cities' and the Baltic Profile website was developed and updated.

A new and more informative *brochure* of the Association was released in 2006 before the WHO European Healthy Cities Networks Annual Business and Technical Meeting. The meeting was an opportunity to increase the visibility of the Association.

The Association published the "Active Living in Turku, promoting physical activity by means of physical activity" - book and acted as a partner in the Turku School of Economics publication "Well-being in Information Society" presenting the scientific papers of the seminar.

### **2.4 Healthy City Movement in the Baltic Sea Region**

The goal of the Association is to improve the health conditions of cities in the Baltic Sea Region and to support the World Health Organization (WHO) programmes which serve these purposes. The Association follows the terms of reference of the WHO and supports the network cities in the implementation of the Healthy Cities themes. The European Healthy Cities network is operating its fourth phase of the activities (Phase IV, 2003-2008), and 2006 was the fourth year of this phase. The core themes of the phase are: Healthy Urban Planning, Healthy Ageing, Health Impact Assessment and Physical Activity/ Active Living.

In 2006 the Association especially promoted projects implementing Health Impact Assessment and Physical Activity/Active Living. Furthermore, the activities supported the goals of city health development planning and health profiling.

In all 10 countries around the Baltic Sea there are 22 cities or regions officially designated in the Network or have applied to it in the end of 2006. Officially designated cities or regions are Cheboksary (RUS), Cherepovets (RUS), Copenhagen (DEN), Dimitrovgrad (RUS), Dresden (GER), Helsingborg (SWE), Horsens (DEN), Izhevsk (RUS), Jurmala (LVA), Kinel-Cherkassy District (RUS), Kuopio (FIN), Lodz (POL), Novocheboksark (RUS), Poznan (POL), Pärnu (EST), Sandnes (NOR), Stavropol (RUS), Stockholm County Council (SWE), Turku (FIN) and Østfold County Council (NOR). In addition, Kaunas (LTH) and Kuresaare (EST) have applied in joining the network. The National Healthy Cities Networks in different countries, all together 215 cities or regions, are part of the Healthy Cities collaboration as well as other cities interested in joining these networks.

### 3 FINANCES

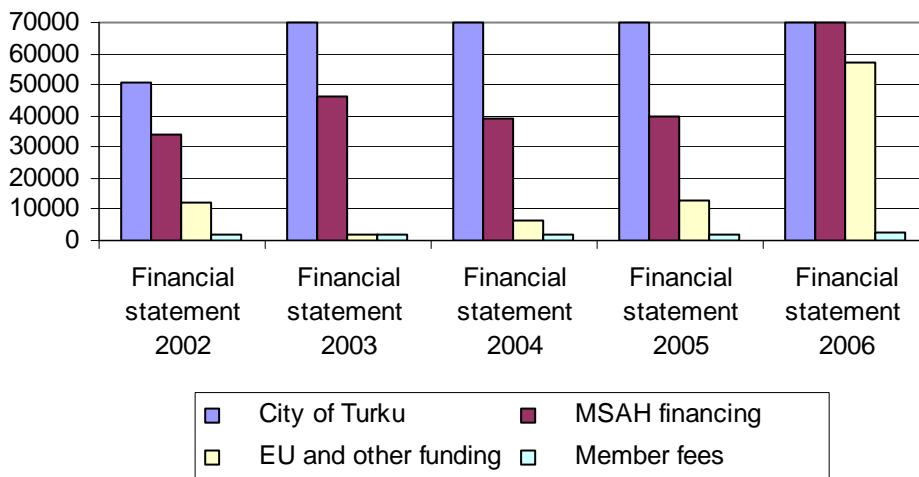
In 2006, the Association received 70 000 € for its operations from the City of Turku and 70 000 € from the Ministry of Social Affairs and Health. 30 000 € from the funding of the ministry was targeted to the organising of the European WHO Healthy Cities meeting in collaboration with the City of Turku.

Membership fee proceeds amounted to 2 700 € and project incomes to 57 358 €. The project income includes funding from EU Interreg III A and B –programmes, the Ministry of Education and the National Research and Development Centre for Welfare and Health (Stakes). Total proceeds in 2006 were 200 058 €.

A total of 70 788 € was used in the ten projects and the funding for the salaries and maintenance of the office was 139 768 €. Total expenses according to financial statements 31.12.2006 were 210 555 €. The profit and loss account of the ten projects is presented in the APPENDIX 2.

The *Table 2* shows the sources, development and distribution of Association’s funding 2002-2006.

*Table 2. Sources and amounts of funding 2002-2006, €*



## 4 REPORT ON PROJECTS IN 2006

There were eight projects included in the Annual Plan 2006. During the year one new project was added: compiling and publishing the Active Living in Turku -book. Deviating from the Annual Plan, the European Healthy Cities meeting was also treated as a separate project, because of the separate funding allocated for it. The projects in 2006 were:

- Health Profile for the Cities in the Baltic Sea Region
  - A. Baltic Profile
  - B. Partner in HEPRO-project (EU Interreg IIIB)
- Support for the Cities and National Networks
- Healthy Urban Planning – a Peer Review of Two Cities
- Developing Health Impact Assessment in the network cities
- Partner in “Well-being through physical activity in cross-border co-operation” –project (EU Interreg IIIA)
- Promoting Active Living/ Physical Activity with UBC Commission of Sports and WHO
- Partner in the HIV/AIDS campaign (ASK AND ACT - IT'S YOUR HEALTH by the WHCA)
- Seminars on Healthy Cities themes
- Active Living in Turku -book
- WHO European Healthy Cities meeting

In the planning and implementation of all the activities, the Healthy Cities themes, the wishes of the cities and negotiations with the member organisations and project partners were taken in consideration.

### 4.1 Health Profile for the Cities in Baltic Sea Region

#### A. Baltic Profile

In January 2006 the Association carried out a questionnaire about Baltic Profile targeted to Healthy City coordinators and other people who work closely on the Healthy City movement (response rate 50%). Based on the results and the discussions with Healthy City coordinators the development of the Baltic Profile continued. During the year the focus was on the development of the content of the profile. New technical details were created for the content development, e.g. platform that supports the qualitative comparison between the cities was created by trainee Tommi Stordell.

The answers of the evaluation questionnaire indicated, that the Baltic Profile was regarded as a useful and meaningful information forum, because

- 1) it makes health and wellbeing information visible and available,
- 2) it makes comparison between cities possible, and
- 3) it makes learning from each other possible.

The experiences, benefits and future development of the Baltic Profile were discussed in the Baltic Region Healthy Cities coordinators' meeting in Kaunas (15-17 June, 2006). During the meeting a development discussion on the Baltic Profile was conducted with Dr. Premila Webster, the WHO health profiling expert from Oxford University. The ideas and feedback from participants of the meeting and Webster will be taken in consideration in the development of the Baltic Profile.

The cities in the Baltic Sea Region Healthy City Networks were supported in producing both statistical and empirical information regarding the well-being of their cities. The gathering of information for the web-site was going on during the whole year 2006. The work has been conducted in a flexible manner, taking in consideration individual schedules and resources available. The engagement of the cities to produce material to the Baltic Profile could have been more active. New or updated material was received from five (Dresden, Izhevsk, Kuopio, Pärnu and Turku) of 15 cities participating in to the Baltic Profile.

#### B. Partner in HEPRO-project (Interreg IIIB)

The Association participated in the '*HEPRO, Focus on health and social well-being in Baltic Sea Region*' -project lead by Østfold County Council, Norway. The project aims at integrating health considerations in the spatial planning and development. There are 32 partners in the project.

The professional assistance for lead partner was given especially connected to the activities in the Work Package 1 (WP1): 'Integrating health considerations into spatial planning and development', e.g. partners were supported in project process, 'Notes for the WP1' were developed and SWOT analyses of partners were summarised and a

presentation of them was given in partnership meeting. Besides that, the Lead partner was assisted in the whole project progress e.g. organising the partnership meeting in Alytus (22-23 May). Furthermore as a partner, the content of the Baltic Profile was developed to meet the needs of project.

**The Polish delegation and Tiina Keinänen in the HEPRO-meeting in Sarpsborg**



During the year 2006, the Association representatives participated in one meeting of the Management team in Copenhagen (29 October) and two seminars and teaching sessions arranged in Alytus (22-23 May) and Sarpsborg (13-15 November). In addition, totally 12 meetings in the partner cities participated to assist the Lead partner and Tiina Keinänen spent three week working period in Sarpsborg in April-May.

The activities of the project so far will be evaluated during the first half of the year 2007. Two feedback questionnaires has been conducted in the partnership- and annual meetings. In general the partners have been satisfied with the meetings.

#### **4.2 Support for the Cities and National Networks**

The Association supported the Healthy Cities and National Networks in the Baltic Sea Region by arranging seminars (WIS2006) and meetings (Kaunas), as well as by providing information about the WHO Healthy Cities network and sub-network activities in the e-letters. The participation of two people in the European and Baltic Sea Region meetings during 2006 was supported (see also 4.4 and 4.10).

#### **4.3 Healthy Urban Planning – a Peer Review of Two Cities**

The planned common training and peer-review for the cities of Horsens and Kaunas was not realised in 2006. A common time for planning and realising the training between the cities could not be organised during the year. The City of Kaunas was active in a new peer-review process with the Union of Baltic Cities (UBC) in the EU funded 'BUSTRIP'-project. The urban planning method of Spectrum Analysis presented in the Kaunas training in 2005 was discussed in the HIA sub-network meeting in Turku.

#### **4.4 Developing Health Impact Assessment in the network cities**

Two seminars aiming at promoting and developing health impact assessment in the network cities were organised: Well-being in the Information Society (WIS2006) and Health Profiling, Healthy Ageing and Health Impact Assessment. Instead of the planned "Basic understanding on HIA" training for Russian Healthy Cities, the co-operation with Russian National Network cities was strengthened under the theme of HIV/ AIDS prevention.

The WHO Health Impact Assessment sub-network had a meeting in Turku hosted by the city 9-10 May. The experts of the sub-network participated in the WIS2006-seminar as speakers and/or participants.

The seminar on *Well-being in the Information Society (WIS2006)* was organised in co-operation with Turku School of Economics 11 -12 May. The main subject of this seminar was to create future images of well-being and develop tools and methodologies for health impact assessment. The participants from Finland and Europe changed ideas and experiences during the two days meeting.

The keynote speaker Erica Ison, Specialist Practitioner in Health Impact Assessment from Oxford (England) spoke about the importance of involving the stakeholders and decision makers, the roles of qualitative quantitative information in health impact assessment. The other keynote speaker Professor Lorenz Hilty from Technology & Society Lab EMPA (Switzerland) spoke about prospective technological possibilities of personal health monitoring and their potential advantages as well as social risks and ethical questions that may emerge, viewed from a technology assessment perspective. The scientific papers presented during the meeting were published in the publication series of the Turku School of Economics.

The meeting on *Health Profiling, Healthy Ageing and Health Impact Assessment* was organised 15-17 June in Kaunas, Lithuania. The meeting was organised by the Association in collaboration with the Baltic Sea Region University Network (BSRUN) and together with the City of Kaunas. It was the first joint meeting of these networks. The purpose of the meeting was to combine the experiences from the cities and expertise from the

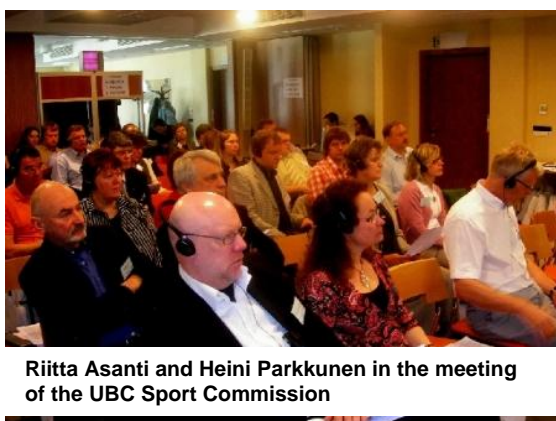
universities. The topics of the meeting were also related to the WHO Healthy Cities themes of Health Profiling, Healthy Ageing and Health Impact Assessment.

During the meeting several presentations about Health Profiling, Healthy Ageing and Health Impact Assessment were given, among them Vice-rector Irena Miseviciene from Kaunas University of Medicine, Dr. Premila Webster from University of Oxford, Finn Martinsen from Østfold County Council, PhD, Docent Pirkko Routasalo from University of Turku and Riitta Asanti/Tiina Keinänen from the Association. Kaija Hartiala, Deputy Mayor, City of Turku and Kari Hyppönen, University of Turku and the City of Kaunas representatives discussed about future collaboration. Based on the experiences and needs discussed in the meeting the 2<sup>nd</sup> joint seminar in 2007 will focus on Healthy Ageing.

#### **4.5 Partner in “Well-being through physical activity in cross-border co-operation” –project (EU Interreg IIIA)**

The Association participated as a partner in the "Well-being through physical activity in cross-border co-operation" project co-ordinated by the Centre for Extension Studies of the University of Turku. The project aims at creating a health promoting physical activity strategy for Estonian and Finnish municipalities (13 in total) and launching the implementation of this strategy. During 2006, four seminars and teaching sessions were arranged, and the project assessment framework was planned by the Association.

#### **4.6 Promoting Active Living/ Physical Activity with UBC Commission of Sports and WHO**



Riitta Asanti and Heini Parkkunen in the meeting of the UBC Sport Commission

The representatives of the Association participated as invited speakers in to the UBC Sport Commission meeting 4-6 May, in Gdynia, Poland. Promoting physical activity in the City of Turku and the Schools On the Move -project were presented. The Association also participated in the development of the criteria for the yearly award of the Sport Commission by including the health enhancing physical activity aspects.

The City of Turku organised the annual meeting of the Active Living group in June. The Association participated in the meeting by chairing two sessions and presenting the collaboration with the UBC Sport Commission. Eight presentations/cases from the Health Care and Sports departments in Turku were presented and an assessment of the

current and future development in the network was carried out before the meeting by the Healthy City co-ordinator in Turku.

#### **4.7 Partner in the HIV/AIDS campaign (ASK AND ACT - IT'S YOUR HEALTH by the WHCA)**

Funding for a HIV/AIDS prevention project with the cities of St. Petersburg, Rotterdam and Turku was applied from EU TACIS/IBPP programme in June 2006. The required concept note was not successful for the second round of application.

In June 2006 the City of Stavropol organised a Healthy Cities conference when the HIV/AIDS proposal by the Association was discussed on preliminary base. The Association drafted in September a project proposal which was accepted by Russian representatives in WHO European Healthy Cities Networks Annual Business and Technical Meeting in Turku (21 October) and a process will continue based on the proposal.

Also discussions about a common project with the representatives of Estonian National Institute for Health Development were organised.

#### **4.8 Seminars on Healthy Cities themes**

Three of the four planned seminars were organised during the year 2006 in collaboration with member organisations.

Well-being in the Information Society was organised 11– 12 May, 2006 (see more 4.4 Developing Health Impact Assessment in the network cities). Health Profiling, Healthy Ageing and Health Impact Assessment meeting was

organised 15-17 June, 2006 in collaboration with the Baltic Sea Region University Network (BSRUN) and the City of Kaunas (see more 4.4 Developing Health Impact Assessment in the network cities). The WHO European Healthy Cities Networks Annual Business and Technical Meeting was held in Turku 18-21 October (see more 4.10).

A "Healthy Ageing" meeting was planned to be organised in co-operation with the Social Insurance Institute of Finland, but the theme was postponed to be included in the Annual Plan 2007.

#### 4.9. Active Living in Turku –book

As an addition to the Annual Plan, the Association compiled, edited and published the "Active Living in Turku - Promoting Health by Means of Physical Activity" -book in collaboration with the City of Turku. Additional personnel were employed to carry out the project. In the book, the successful health-enhancing physical activity practises from the City of Turku are gathered into one package.

The book was launched at the WHO European Healthy Cities Networks Annual meeting in Turku in October and totally 1 000 English and 1 000 Finnish versions of the book were printed. The publication was marketed to the national and international audiences.



#### 4.10. WHO European Healthy Cities meeting

*WHO European Healthy Cities Networks Annual Business and Technical Meeting: "Local Governments for Health Development"* was organised 18– 21 October, 2006 in Turku. The Association assisted the City of Turku in the practical arrangements of the meeting. The meeting gathered together from all over the Europe politicians, Healthy City coordinators, well-being experts and specialists from local and national levels and universities.

The meeting focused on four strands: 1) progress and innovation across Europe in implementing the current core themes of the WHO European Healthy Cities Network, 2) promoting the policies and preconditions that can make cities creative, inclusive and socially active, 3) the role of local governments in addressing the health and social support needs of migrant people and 4) developing the evidence base of the Healthy Cities movement.

There were totally 308 official participants in the meeting from the cities, national networks, the EU Parliament, WHO, Collaborating Centres and the Finnish Ministry of Social Affairs and Health, among them 85 politicians. The City of Turku was present with 30 participants. The total amount of participants exceeded to 350 people, which means one of the biggest international meetings organised in Turku 2006. The total number of 103 cities from more than 20 countries were represented in the meeting.



## 5 EVALUATION

### 5.1 Developing the evaluation

During 2006 the Association concentrated not only in projects, but also to the internal development of the organisation by developing the evaluation criteria for the activities and carrying out a strategy process. These supported in applying for the re-designation of the Collaborating Centre status.

The Association consulted the City of Turku expert (Timo Kollanus) in developing the evaluation. The Association communicates in the cities mainly with the Healthy City coordinators, politicians and civil servants. Also the national organisations e.g. ministries and WHO liaison officers related to the Healthy City activities are among the partners. Therefore, the possibilities to affect to the cities will, skills and possibilities to promote health promotion and Healthy Cities were regarded as the important ones to include into the evaluation criteria. Taking into account these aspects the Association is able to measure how the activities/projects can support the cities to promote and implement the Healthy Cities goals, themes and mission.

The first evaluation activity was carried out in April 2006. It was an electronic questionnaire targeted to the Healthy City and national network co-ordinators about the Association activities to find out the outcomes. The results were analysed in the Spring 2006. Totally nine coordinators of 25 provided their feedback. The small amount of respondents make the results somewhat insecure. However, the findings were very positive in general:

- the Association has especially supported the general awareness of Healthy Cities movement and the core theme development (Healthy Urban Planning, Healthy Ageing, Health Impact Assessment, Physical Activity/ Active Living)
- some of the cities report the support from the Association useful in increasing the international visibility/contacts, whereas the others have not these experiences
- the co-coordinators were satisfied for the Baltic Profile, although the resources to provide the information were limited.

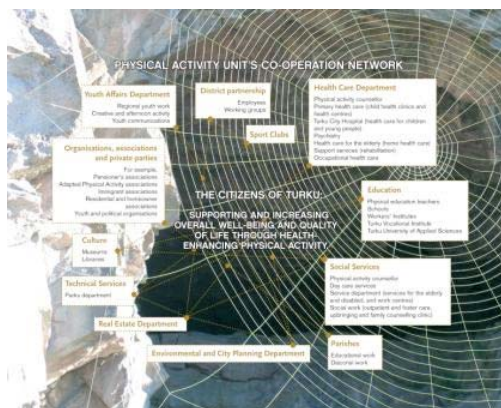
The questionnaire will be developed further to evaluate better how the activities of the Association have affected on the will, skills and possibilities of the cities to act on Healthy Cities movement.

Parts of the evaluation criteria are piloted in this report for the first time. Therefore, it is not possible to make any comparisons to the previous years and activities. However, the tables (APPENDIX 1) make it possible to have an overview of the national and international collaboration and the quantity of the activities during the year. The evaluation will be developed further.

### 5.2 Networking and activities

The activities of the Association illustrating the volume and outputs are listed in the tables in APPENDIX 1. The information includes the organising and participation of the representatives of the Association to the meetings, seminars and conferences as well as short evaluation of the activities. Individual reports are written on each of the meetings/seminars.

The ten meetings and seminars organised/co-organised in 2006 were, on one hand, a remarkable achievement for a small Association. Almost 700 participants attended these events. On the other hand, the organising of the meetings resulted in changes of the planned activities, there was not enough resources to carry out one planned project.



As an addition the Association representatives were asked to be a presenter in six meetings/seminars where almost 1 500 people participated. Roughly, half of all these events were organised in Turku and the other half abroad. The roles and responsibilities varied from the practical organising to invited expert presentations.

Totally 12 official e-letters was sent to the Association's partners and target groups according the plan of communication. These included 4 information letters to the co-ordinators, 2 Newsletters in English and 1 in Finnish. Other 5 e-letters had consisted of information about seminars organised by the Association. The Association web-site [www.marebalticum.org](http://www.marebalticum.org) was visited 12 171 times (33,3 visits/day) and different pages in web-site were visited separately 22 063 times.

Illustration of "networking" in the Active Living -book

### 5.3 Success stories and future challenges

Seven of the eight projects were realised as planned in the Annual Plan. One project was not realised, but in turn one totally new project was included and the WHO European Healthy Cities meeting was treated as an individual project. The European network meeting was a responsibility of the City of Turku but the Association offered valuable support to the contents of the programme as well as organising of the meeting. The meeting and publishing the book required extra efforts, not totally planned in the Annual Plan, but they both turned out to increase the visibility of the Association and its activities.

The strongest effort among the projects was on the development of the Baltic Profile and its relation to the HEPRO-project. New collaboration with the Turku School of Economics and the University of Turku lead into organising of two international happenings with more than 100 participants. The promotion of Active Living was broad including the partnership in an EU-project, collaboration with the UBC Commission on Sports, Active Living network and production of the Active Living -book. A lot of time and effort was put on the preparation for the HIV/AIDS prevention projects with Russian and Estonian cities. Development of the communication of the Association was strengthened by the consultation meetings with communication units of the member organisations.

The possibilities to affect the will, skills and possibilities of the cities to promote health and Healthy Cities were regarded as the most important issues for the Association to promote and evaluate. These are all supported by the WHO terms of reference for the Collaborating Centre, results of the internal strategy process and the evaluation framework. The activities and projects in 2006 concentrated mainly on the development of the skills, for example the seminars and meetings, publishing the Active Living -book and the Baltic Profile/HEPRO - projects. The challenge for the coming year is to concentrate in the activities, how to strengthen the will and possibilities of the Healthy City co-ordinators and politicians the health promotion in their cities.

## APPENDIX 1: TABLES OF EVENTS

### A. Events organised by the Association and/or in collaboration with projects and member organisations

<i>Time, place</i>	<i>Event</i>	<i>Participants from Association</i>	<i>Participants</i>	<i>Role and responsibilities of the Association, evaluation, feedback etc.</i>
1-2 February, Helsinki, Finland	Well-being through physical activity in cross-border partnership -project	Mari Siimar	40	Opening seminar of the project.
5-7 April, Keila, Estonia	-“-	Mari Siimar	42	Working seminar of the project.
9-10 May, Turku, Finland	WHO Health Impact Assessment sub-network meeting	Heini Parkkunen	12	The City of Turku was responsible of organising, presentations and discussion about the Turku experiences in HIA.
11-12 May Turku, Finland	Well-being in Information Society WIS2006 –seminar	Riitta Asanti Kaija Hartiala Heini Parkkunen Mari Siimar Tommi Stordell	72	First joint conference organised with Turku School of Economics. More national than international participants. 3 presentations from Turku to the whole audience and around 30 scientific papers.
22 -23 May Alytus, Lithuania	HEPRO Partnership Meeting	Tiina Keinänen Heini Parkkunen	63	Tiina Keinänen presented a summary of SWOT analyses done by partners. The project development so far and in the future was discussed. Knowledge and experiences about spatial health planning were shared. According to the feedback participants were satisfied to the content and practical arrangements.
8-9 June, Turku, Finland	Active Living meeting	Riitta Asanti Heini Parkkunen	27	Heini Parkkunen carried out an assessment of the Active Living network, in the meeting was 8 presentations from Turku.
14-17 June, Kaunas, Lithuania	Health Profiling, Healthy Ageing and Health Impact Assessment.	Riitta Asanti, Kaija Hartiala Tiina Keinänen Heini Parkkunen Mari Siimar Tommi Stordell	24	Co-operation meetings for the Baltic Sea Region co-ordinators, first meeting with BSRUN. 3 presentations and work shops from Turku about Baltic Profile development and future collaboration.
17-21 October, Turku, Finland	WHO European Healthy Cities Networks Annual Business and Technical Meeting: "Local Governments for Health Development"	Riitta Asanti Kaija Hartiala Tiina Keinänen Heini Parkkunen Mari Siimar	350	Presentation in the politicians meeting and about Active Living, exhibition wall, assisting in the meeting arrangements (e.g. registration, site visit organising), 4 case studies and welcoming and closing remarks from Turku, Association and Ministry.
20 October, Turku, Finland	Meeting for the Baltic Sea Region co-ordinators, during the WHO Meeting.	Riitta Asanti Tiina Keinänen Mari Siimar	20 from the above	Aim of the gathering was to create enthusiasm for future co-operation.
13-15 November, Sarpsborg, Norway	Annual HEPRO Conference	Riitta Asanti Tiina Keinänen Heini Parkkunen	70	The aim was to create enthusiasm about HEPRO, exchange knowledge and information and receive feedback from the participants. The meeting focused on developing a sustainable public health policy based on a systematic approach and the communicative planning. According to the feedback participants were satisfied to the content and practical arrangements.
<b>10 events</b>	<b>TOTAL</b>		<b>700 participants</b>	<b>Association among the main organisers in 3 events and a partner in 7. 6 events in Turku and 4 abroad</b>

## B. Seminars/meetings attended by the Association organised by others

<i>Time, place</i>	<i>Event</i>	<i>Participants from Association</i>	<i>Amount of participants</i>	<i>Role and responsibilities of the Association, evaluation, feedback etc.</i>
25-26 January, Helsinki, Finland	Healthy Municipality event organised by Stakes	Kaija Hartiala Tiina Keinänen Heini Parkkunen	550	Presentation from Turku, a poster presenting the Baltic Profile.
4-5 April, Helsinki 14 December Kerava	Finnish National Healthy Cities network meetings	Kaija Hartiala Heini Parkkunen	50 20	Presentations about Turku and the Association.
4-6 May, Gdynia, Poland	Annual Meeting of UBC Commission on Sport	Riitta Asanti Heini Parkkunen	40	2 presentations about Active Living.
30-31.5 Turku, Finland	'Urban Market' national meeting of the EU Initiative 2 areas	Heini Parkkunen	300	The exhibition wall presenting the Baltic Profile.
26-27 June, Stavropol, Russian Federation	Russian National Healthy Cities network meeting	Heini Parkkunen	400	2 presentations about Baltic Region Healthy Cities and Active Living.
<b>6 events</b>	<b>TOTAL</b>		<b>1360</b>	

## C. Main collaboration meetings

<i>Time, place</i>	<i>Meeting</i>	<i>Participants from Association</i>	<i>Role and responsibilities of the Association, evaluation, feedback etc.</i>
16 February, Kuopio	Meeting between the Healthy Cities groups of Kuopio and Turku	Kaija Hartiala Heini Parkkunen	Presentations from Turku and the Association, discussions about the future collaboration.
18 May, Turku 12 December, Turku	Kymenlaakso Hospital District and City of Kerava Health promotion groups' visits	Heini Parkkunen	Presenting the Turku Health Promotion actions and models and WHO Healthy Cities activities and the role of Association.
19 January, Copenhagen 8-9 March, Turku 29 September, Copenhagen	Meetings with the representatives of WHO Regional Office for Europe/Centre for Urban Health	Riitta Asanti Heini Parkkunen	Co-operation with the WHO Regional Office of Europe, Centre for Healthy Cities and Urban Health was close especially due to the WHO European Healthy Cities network meeting.
27-28 February, Milan Italy	WHO Advisory Committee meeting	Heini Parkkunen	Preparation for the WHO European Healthy Cities network meeting.
Copenhagen, Oslo, Riga, Sarpsborg, Tallinn, Vilnius and Warsaw	Totally 12 HEPRO partner meetings during the year 2006	Tiina Keinänen	Aim of the meetings has been to enhance the activities and progress of the project.

## D. Communication

	Time	Main issues
E-letters to Healthy City co-ordinators	E-mail 26.1.	<ul style="list-style-type: none"> <li>• WIS 2006 Call for papers (first)</li> </ul>
	Letter no.1 3.2.	<ul style="list-style-type: none"> <li>• Well-Being In The Information Society (Wis2006)</li> <li>• "Health Profiling and Impact Assessment" –meeting</li> <li>• Who European Healthy Cities Networks meeting in Turku</li> </ul>
	Letter no.2 14.3.	<ul style="list-style-type: none"> <li>• Yearly meeting of the Baltic Sea Region Healthy Cities co-ordinators</li> </ul>
	E-mail 7.3.	<ul style="list-style-type: none"> <li>• WIS 2006 Final Call for papers</li> </ul>
	E-mail 4.4.	<ul style="list-style-type: none"> <li>• WIS 2006 call for participation</li> </ul>
	E-mail 20.4	<ul style="list-style-type: none"> <li>• Attendance to Health Profiling, Healthy Ageing and Health Impact Assessment -meeting</li> </ul>
	Letter no.3 29.8.	<ul style="list-style-type: none"> <li>• Well-Being In The Information Society (Wis2006)</li> <li>• "Health Profiling and Impact Assessment" –meeting</li> <li>• The new look of Baltic Profile</li> </ul>
Letter no.4 20.12.	<ul style="list-style-type: none"> <li>• Active Living: Tools for promoting Physical Activity and Active Living In Urban Environments</li> <li>• HEPRO partners gathered in Østfold county</li> <li>• Healthy Ageing - Active Ageing conference in April 2007</li> </ul>	
Newsletters to partners - English, Finnish	E-mail UBC contacts 6.2.	<ul style="list-style-type: none"> <li>• WIS2006 - call for papers</li> </ul>
	Newsletter 1/2006 25.4.	<ul style="list-style-type: none"> <li>• Well-Being In The Information Society (Wis2006)</li> <li>• "Health Profiling and Impact Assessment" –meeting</li> <li>• Who European Healthy Cities Networks meeting in Turku</li> <li>• Projects news about "Baltic Profile", Active living and "Ask and act - it's your health"</li> </ul>
	Newsletter 2006 (Finnish) 20.12.	<ul style="list-style-type: none"> <li>• Healthy Cities Network Meeting 2006 held in Turku</li> <li>• Active Living: Tools for promoting Physical Activity and Active Living In Urban Environments</li> <li>• Baltic Region Healthy Cities Association continues as a partner in two EU- funded projects</li> </ul>
	Newsletter 2/2006 20.12.	<ul style="list-style-type: none"> <li>• Active Living: Tools for promoting Physical Activity and Active Living In Urban Environments</li> <li>• Baltic Region Healthy Cities Association continues as a partner in two EU- funded projects</li> <li>• Healthy Ageing - Active Ageing conference in April 2007</li> </ul>

## APPENDIX 2: PROFIT AND LOSS ACCOUNT OF PROJECTS 2006

### List of 2006 projects:

- 4.1 Health Profile for Cities in Baltic Sea Region
  - A. Baltic Profile
  - B. Partner in HEPRO-project (Interreg IIIB)
- 4.2 Support for the Cities and National Networks
- 4.3 Healthy Urban Planning – a Peer Review of Two Cities
- 4.4 Developing Health Impact Assessment in the network cities
- 4.5 Partner in “Well-being through physical activity in cross-border co-operation” –project (EU Interreg IIIA)
- 4.6 Promoting Active Living/ Physical Activity with UBC Commission of Sports and WHO
- 4.7 Partner in the HIV/AIDS campaign (ASK AND ACT - IT'S YOUR HEALTH by the WHCA)
- 4.8 Seminars on Healthy Cities themes
- 4.9. Active Living in Turku –book
- 4.10. The European Healthy Cities meeting

Project no.	Budget 2006	Realization 2006	4.1 A,B	4.2.	4.3.	4.4.	4.5.	4.6.	4.7.	4.8.	4.9.	4.10.
<b>INCOME</b>												
<b>City of Turku</b>	70 000	70 000	18 236	10 879	5 987	9 221	3 321	9 021	5 987	7 348	0	0
<b>MSAH Project financing</b>	40 000	70 000	13 000	10 000	1 000	5 000	0	1 000	7 000	3 000	0	30 000
Ohter project financing	35 700	57 358	42 242	0	0	0	2 895	0	0	0	12 221	0
Member fees	2 700	2 700	338	338	338	338	337	337	337	337	0	0
<b>Income total</b>	<b>148 400</b>	<b>200 058</b>	<b>73 816</b>	<b>21 217</b>	<b>7 325</b>	<b>14 559</b>	<b>6 553</b>	<b>10 358</b>	<b>13 324</b>	<b>10 685</b>	<b>12 221</b>	<b>30 000</b>
<b>COSTS</b>												
<b>Fixed costs</b>												
<b>A) Personel costs</b>	89 000	115 871	42 872	9 270	0	10 428	3 476	9 270	8 111	6 952	18 539	6 952
<b>B) Other fixed costs</b>	18 300	23 896	8 842	1 912	0	2 151	717	1 912	1 673	1 434	3 823	1 434
<b>Fixed costs total</b>	<b>107 300</b>	<b>139 768</b>	<b>51 714</b>	<b>11 181</b>	<b>0</b>	<b>12 579</b>	<b>4 193</b>	<b>11 181</b>	<b>9 784</b>	<b>8 386</b>	<b>22 363</b>	<b>8 386</b>
<b>Variable costs</b>												
<b>C) Other variable costs</b>	40 000	70 788	10 459	1 851	0	4 488	0	2 653	829	567	29 296	20 645
<b>Costs total</b>	<b>147 300</b>	<b>210 555</b>	<b>62 173</b>	<b>13 032</b>	<b>0</b>	<b>17 067</b>	<b>4 193</b>	<b>13 834</b>	<b>10 613</b>	<b>8 953</b>	<b>51 659</b>	<b>29 031</b>
<b>Profit (loss) for the period</b>	<b>1 100</b>	<b>-10 497</b>	<b>11 643</b>	<b>8 185</b>	<b>7 325</b>	<b>-2 508</b>	<b>2 360</b>	<b>-3 476</b>	<b>2 711</b>	<b>1 732</b>	<b>-39 438</b>	<b>969</b>

