BALTIC REGION HEALTHY CITIES ASSOCIATION

ANNUAL REPORT

Approved by Board of the Association 18.2.2010

www.marebalticum.org

Promoting Health of the Cities
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Cover photo: © City of Turku, Esko Keski-Oja
YEAR 2009 IN A NUTSHELL

In 2009 the Baltic Region Healthy Cities Association focused on the promotion of the Healthy Cities Phase V new themes among the cities in the Baltic Sea Region. The designation process of the network cities was going on throughout the year. At the end of the year the Healthy Cities “family” in Baltic Sea Region had 12 official members, Turku as one of them, and there is more to be expected in 2010.

A remarkable change in the 11 year history of the Association was to employ a full-time Executive Director in February. As a matter of fact, the year included changes in all employees, which made it possible to channel Association’s activities towards planning of new projects and preparing applications.

The project management work and internal development of the Association had a big role in everyday activities. It meant, in practice, active execution of the “We Choose a Life - Youth against HIV/AIDS” project, on one hand, and on the other hand preparation of new operational model of the Association.

Active role of the Association was also visible in the European Healthy Cities network as partipant of the advisory committee and evaluation team, and locally in Turku in strengthening the co-operation within the Baltic Sea House and with member organisations, for example, in planning of the WIS 2010 conference.

Thus, the Association faced many changes; the year was active and satisfactory measured with facts and figures, which you can read in detail from this report. I can gratifyingly say that it has been a pleasure to work in the Association with a skilful and competent Office Team and a creative Board.

Heini Parkkunen
Executive Director
Baltic Region Healthy Cities Association
1 OPERATIONAL ENVIRONMENT

Organisation of the Association

The members of the Baltic Region Healthy Cities Association include City of Turku, University of Turku, Turku School of Economics, Åbo Akademi University and Social Insurance Institution of Finland. The wide knowledge in the member organisations is visible in active co-operation: preparing and realisation of projects, organising seminars and linking their expertise with WHO activities.

The day-to-day work of the Association is supervised by the Board of the Association. Professor Reima Suomi acted as a chairman in January 2009. Since February the Board was chaired by Dr. Riitta Asanti, after the change in the position of Executive Director. Table 1 presents the members of the Board of Baltic Region Healthy Cities Association.

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

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Board Member</th>
<th>Personal Deputy Board Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Turku</td>
<td>Riitta Asanti</td>
<td>Juha Rantasaari</td>
</tr>
<tr>
<td></td>
<td>Senior Researcher, Chairperson</td>
<td>Advisor of the Deputy Mayor</td>
</tr>
<tr>
<td>City of Turku</td>
<td>Leena Koikkalainen</td>
<td>Pirjo Saari</td>
</tr>
<tr>
<td></td>
<td>Managing Director</td>
<td>Project Manager</td>
</tr>
<tr>
<td>City of Turku</td>
<td>Stig-Eyrik Björkqvist</td>
<td>Sakari Suominen</td>
</tr>
<tr>
<td></td>
<td>Medical Doctor</td>
<td>Professor</td>
</tr>
<tr>
<td>City of Turku</td>
<td>Kirsi Paasikoski</td>
<td>Veli-Matti Kauppinen</td>
</tr>
<tr>
<td></td>
<td>Head of Department</td>
<td>Master of Political Science</td>
</tr>
<tr>
<td>University of Turku</td>
<td>Risto Tuominen</td>
<td>Markku Koulu</td>
</tr>
<tr>
<td></td>
<td>Professor</td>
<td>Professor</td>
</tr>
<tr>
<td>Turku School of Economics</td>
<td>Reima Suomi</td>
<td>Olli Hietanen</td>
</tr>
<tr>
<td></td>
<td>Professor</td>
<td>Regional Manager</td>
</tr>
<tr>
<td></td>
<td>Vice Chairperson</td>
<td></td>
</tr>
<tr>
<td>Åbo Akademi University</td>
<td>Paula Lindroos</td>
<td>Thurid Eriksson</td>
</tr>
<tr>
<td></td>
<td>Director of the Centre for Continuing Education</td>
<td>Communication Manager</td>
</tr>
<tr>
<td>Social Insurance Institution</td>
<td>Hanna Järvinen</td>
<td>Jouko Lind</td>
</tr>
<tr>
<td></td>
<td>Medical Doctor</td>
<td>Leading Researcher</td>
</tr>
</tbody>
</table>

Personnel of the Association

During the year there were several changes in the personnel: full-time Executive Director was employed in February, part-time Project Co-ordinator changed in May and full-time Project Secretary was employed in June. These all affected positively in planning and running of the projects and everyday activities.

The personnel of the Association included six employees and one trainee during 2009. They were:

- Dr. Riitta Asanti, Executive Director, worked for 20% of the working hours for the Association 1.1.-31.1.2009
- Ms. Heini Parkkunen, Healthy City Co-ordinator, worked for 50% for the Association and 50% for the city of Turku 1.1.-31.1.2009 and Executive Director, worked full-time for the Association 1.2.-31.12.2009
- Ms. Ulla-Maija Landor, Project Co-ordinator, worked full-time for the Association during 1.1.-31.5.2009
• Ms. Agnieszka Ilola, Project Co-ordinator, worked for the Association for 60% during 11.5.-31.9.2009 and 80% during 1.10.-31.12.2009
• Ms. Karolina Mackiewicz, worked full-time for the Association as a trainee during 1.3.2009-31.5.2009 and as Project Secretary 1.6.2009-31.12.2009
• Ms. Susanna Kharroubi, Evaluation Specialist, worked part-time (12 days) for the Association during in the project “We Choose a Life – Youth against HIV/AIDS”

Changing the operational model of the Association

During 2009 the Board of the Association decided to search for a new operational model. This was due to two reasons; firstly, the strategy of the Association needs to be updated during 2010 linked to the re-designation of the WHO Collaborating Centre status of the Association and secondly, there are administrative changes in the member organisations, which require updating of the statues of the Association. During the process, the Board of the Association organised a local seminar in Turku, met the rectors of the universities, and visited Baltic Sea Institute in Tampere, to mention a few milestones of the process. A preparation group formed from the Board worked actively on the model, and it will link the activities of the association more closely to a new Urban Research Unit established by the City of Turku and University of Turku. However, the development continues – a detailed and concrete plan will be finalised in 2010.

Healthy Cities Movement in the Baltic Sea Region

The goal of the Association is to improve 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 WHO and supports the network cities in the implementation of the Healthy Cities themes. The European Healthy Cities network is operating its fifth phase of the activities (Phase V, 2009-2013). The overarching goal of the phase is: Health and Health Equity in All Local Policies and the core themes are: 1/ creating caring and supportive environment, 2/ healthy living, 3/ healthy urban environment and design.

Year 2009 was the first full year of Phase V of the Healthy Cities movement. A detailed planning of phase realisation was discussed and agreed during the annual Business and Technical Conference of WHO Healthy Cities networks in June 2009 in Viana do Castelo, Portugal.

In 2009 the Association concentrated mainly on the promotion of the Phase V themes in the Healthy Cities networks and designation process of the cities. The Association was operating together with the Advisory Committee of the Healthy Cities network and as a member in the Evaluation Team of the designation process of the cities. Additionally, Sexual health promotion and HIV/AIDS prevention were visible in the activities due to an EU funded project with four Russian cities.

At the end of 2009 there were 12 cities or regions officially designated in the Healthy Cities network in 10 countries around the Baltic Sea (Figure 1.). The National Healthy Cities Networks in different countries, all together around 200 cities or regions, are included in the Healthy Cities collaboration as well as other cities interested in joining these networks. There are totally 1200 cities or regions from more than 30 countries in WHO European Healthy Cities.
Cities have a possibility to apply the membership until the end of June 2010. In the Baltic Sea Region the following cities have expressed their interest to join the network: Copenhagen (Denmark), Dimitrovgrad (Russia), Izhevsk (Russia), Novosibirsk (Russia), Klaipeda (Lithuania), Kaunas (Lithuania), Jurmala (Latvia), Pärnu (Estonia) and Warsaw (Poland).

**WHO Terms of reference**

In order to promote health of the cities WHO and the Baltic Region Healthy Cities Association have agreed on the cooperation for the Collaborating Centre to:

- Support the cities in implementing WHO Healthy Cities goals and motivate new cities into joining the networks;
- Network with appropriate local institutions and organisations, and, thereby build and strengthen the capacity of health and well-being expertise;
- Increase the visibility of the Healthy Cities operations and communication;
- Build and maintain an information system of best practices and the state of well-being in cities belonging to the Baltic Sea Region Healthy Cities networks;
- Network with appropriate local, national and international health and well-being experts to share the best practices and expertise.

Above mentioned Terms of reference constitute the framework of the activities of the Association.
2 FINANCES

According to the financial statement 2009 the Association received in total 140 000 € subventions for its operations: 80 000 € from the City of Turku and 60 000 € from the Ministry of Social Affairs and Health. Membership fee proceeds amounted to 2 700 €. Project incomes were 107 640 € from EU Tacis/IBPP – Programme and 10 522 € from other sources (total 118 162). Total proceeds in 2009 were 260 862 € including dividend paid 593 €.

A total of 132 439 € was used in projects and maintenance of the office. The expenses for the salaries was 121 013 €. Total expenses according to the financial statement in 2009 were 253 718 € including depreciation 266 €. The profit account was 7 737 €. It includes funding for the “We Choose a Life” project received already in 2009 and earmarked to be used in the remaining project activities in 2010.

Table 2 shows the sources, development and distribution of Association’s funding in 2002-2008.

Table 2. Sources and amounts of funding 2005-2009
The vision and mission of the Association guide the activities. The Healthy Cities values followed by the Phase V Healthy Cities themes have supported the practical activities (Figure 2.).

**Figure 2. Vision and mission of the Association and Healthy Cities values guiding the work of the Association**

All operation of the Association realise and are assessed the strategic focuses and the critical success factors described in the strategy map (Figure 3.).

**Figure 3. Strategy map of the Association**
The operations of the Association were divided into three operational entities in 2009. All of them were based on the WHO Healthy Cities themes and they reflect WHO priorities or programmes. The practical activities were realised as seven projects (Figure 4.). New opportunities for receiving the funding from European Commission programmes were actively explored and applied. Three projects prepared by the various partners in 2008-2009 were not successful. However, two new applications, with the Association acting as a Lead Partner were sent in the October 2009. Their results will be known in spring 2010.

Figure 4. presents the practical activities of the Baltic Region Healthy Cities Association in year 2009. They were developed to support the Phase V main and core themes, and are divided according the collaborating centre terms of reference.

Detailed description of the Association’s activities in 2009 is presented below. The report was divided into four parts from which three elaborate the Association’s operational entities and fourth is dedicated for the evaluation. A comprehensive list of the activities of the Association on the local and international level is included in the Attachment I – Table of events.

1 NETWORKING IN THE BALTIC SEA REGION

The role of the Association is to increase the awareness of the decision makers to health at the local level. The Association has contacts with local, national and international institutions with expertise on health and wellbeing supporting Healthy Cities networks. To promote health of the cities, WHO and Association have agreed to work with local institutions and organisations in order to share the best practices and expertise. The operational area of the Association is the whole Baltic Sea Region. Important partners of the Association are the cities in WHO Healthy Cities network and National Healthy Cities networks.

The overall objective of the networking projects is to strengthen the role of health promotion and Healthy Cities by using the expertise of the Association in the collaboration with the cities, various networks and projects. During 2009 the Association focused on promoting the Phase V new themes in
the network cities and to make sure that the WHO requirements are fulfilled in the cities. Moreover, the cities especially from Estonia, Latvia and Lithuania were encouraged to join the network.

**Projects 2009**

**Project 1. Support for Healthy Cities activities**

In 2009, at the beginning of the Phase V of WHO Healthy Cities Network in Europe, the Association was focused mainly on encouraging both old and new cities in the Baltic Sea Region to apply to be a member in Phase V. The Association organised 12 supportive visits and meetings for the network cities in order to increase the awareness of health and strengthen the role of health promotion and Healthy Cities.

A special attention in 2009 was paid to Lithuania, Latvia and Estonia. The Association paid a visit in Lithuania in April 2009 in order to support the applications of the Lithuanian cities of Kaunas and Klaipeda. Additionally a meeting with the WHO Liaison Officer in Vilnius was organised. The cities expressed an interest to join Healthy Cities network and the knowledge about ideology and practice was shared. Moreover, the organisation of a national Healthy Cities meeting with the biggest Lithuanian cities, WHO Liaison Office and Association was discussed and planned to be developed further in 2010. Latvian city of Jurmala and Estonian city of Pärnu were supported by the Association in their negotiation with the WHO European Office in their re-designation process and application for Healthy Cities network. The planning of a common project (ACCURE, see page 13) offered good possibilities for these supportive activities, which included also city of Tallinn in Estonia.

To strengthen the network in the Baltic Region and to ensure the progress in the cities Association during the Phase V supported the participation of representatives from Jurmala, Pärnu and Russian national network in the Annual Business Healthy Cities Conference in Viana do Castelo in June 2009.

Furthermore, during 2009 the Association widened and strengthened the cooperation with Healthy Cities and National networks. As planned, it was done as visits to the network cities and to the meetings of the National Networks in Finland, Sweden and UK. In Finland, the Association is an expert member in the steering group of the Finnish National Network, chaired by the Mayor of Kuopio and in group of national experts on Well-being supporting the Turku 2011 Capital of Culture Foundation in developing the theme of promoting health and well-being. The Association participated in the Finnish National Network annual meetings in June in Helsinki and in October in Kajaani. Additionally the cooperation between the cities of Turku and Kuopio and the Association was close and included several visits during 2009.

The Association gave a presentation in the UK National Healthy Cities network and sub-network for Health Literacy about Sexual Health Promotion practises in Education in June in Liverpool and the Swedish network about physical activity practises and process realised in Turku in November in Stockholm.

Association took actively part in planning of a “Virtual Healthy Cities Institute” initiated by the City of Helsingborg to be linked into Communication Platform proposal of the Association (see page 12). An establishing meeting of the “Institute” was organised in December in Helsingborg.

Finally, in December 2009 the Association organized, together with the Finnish Sport for All Association (Kunto ry) and accompanied by TAFISA (The Association For International Sport for All) a workshop called “3AC meets HC” (i.e. Active Cities, Active Communities and Active Citizens meet Healthy Cities). It was at the same time a meeting of Coordinators from 11 cities from Baltic Sea Healthy Cities. The needs for couching about Phase V and expectations of Phase IV evaluations in the cities were explored to be realised in 2010.
City of Turku established the Baltic Sea House (BSH) in August 2008. The organisations who share the same premises are Centrum Balticum, Baltic Region Healthy Cities Association, UBC Environment and Sustainable Development Secretariat and Valonia, Service Centre for Sustainable Development and Energy Issues of Southwest Finland. The organisations working at the BSH have a strong competence to support the strategic development on health and sustainable development in the city level.

It was agreed in 2008 that the collaboration with the actors in BSH should be developed and Association took an active role in that process. Firstly, Association was among the initiators of a meeting which took place in September 2009. The purpose of the occasion was to discuss the common future of the BSH and the opportunities of further collaboration. As the result of the meeting the areas of both current and future cooperation were identified. Association agreed with Valonia to focus on the issues connecting environmental friendly and healthy lifestyle and i.e. organisation of World Health Day in 2010, biking campaigns and mobility management.

Moreover, the representatives of all BSH organisations had meetings in order to draw common strategy. Meeting with BSH organisation and Special Advisors of Mayor / Deputy Mayors of Turku was organized.

To underline the spirit of collaboration between the BSH’s partners the Association took part in the several events organized by the UBC, e.g. Matruschka project Final Conference in St. Petersburg in March, Centrum Balticum’s Baltic Sea Forum in May in Turku and Conference about the Future of the Baltic Sea in Hamina in August.

**Project 3. Communication and Visibility**

In 2009 the Association increased the visibility of its actions on the local, regional and international level in various ways. Firstly, a new poster, presenting the WHO Phase V themes was produced and distributed in the Healthy Cities in Baltic Sea Region together with the Annual Report 2008. Posters as well as a new exhibition wall produced in 2009 was used during six fairs, meetings and conferences organised or visited by the Association throughout the year.

Moreover, the www.marebalticum.org website was upgraded in order to meet the technical requirements of today's Internet and allow better communication and marketing activities. A new e-newsletter was produced and published two times – in July and October. It was sent to over 300 recipients from Turku, Baltic Sea Region and European Healthy Cities network and it informed the local, regional and international actors about the activities of the Association and topical issues in the Healthy Cities network.

The updating process of the Association’s contact database was started. The office letters to the coordinators were sent on the regular basis according to the practice from previous years.

In order to increase the visibility, Association took part in the Baltic Sea Forum in May and Päihde Päivät in September, both in Turku, with the exhibition wall. The Association gave a presentation about a project proposal for a communication platform during the WHO Annual Healthy Cities Conference. It helped to present the Association to the wider audience in Europe.

Moreover, the Association shared the knowledge about Healthy Cities and best practices from Turku (promoting physical activity, using Health Impact Assessment, HIA, in Turku) with the international delegations visiting the city: during study visit of Italian architects in June, study visit of delegation of Rhone-Alpes region in September and visit of Chinese delegation in October.

Yearly meetings with Ministry of Social Affairs and Health (Helsinki) and WHO Euro/Centre for Urban Health (Copenhagen) were organised in November. The purpose of the meetings was to discuss the topical issues, future co-operation and funding the Association’s activities.
WHO Healthy Cities approach values the importance of health in the decision making and activities of cities. It seeks to build a strong local level movement for promotion of health, well-being and public health.

The goal of capacity building of the cities is to enhance the capacity of decision-makers to put health as a core of the decision making of the cities. This was done by developing Baltic Profile further, offering tools as well as disseminating and collecting the best practises from the network cities.

The following projects supported the capacity building of the cities during 2009. Many of them were in a planning phase and adjusted according the needs from the cities. From the point of view of the Association, it was important to have several initiatives under development for possible funding from EU and other sources.

**Projects 2009**

*Project 4. Baltic Profile – Profiling Healthy Cities in the Baltic Sea Region and Creating a communication platform for European Healthy Cities networks*

The Baltic Profile aims at making the information about health promotion visible and available in Healthy Cities around the Baltic Sea Region. The goal is to support city health development planning and decision making on health promotion. The Baltic Profile offers a possibility to learn from each other and to develop health integrated planning. It makes activities and state of the health and well-being visible in a city.

During the year 2009 the development of the Baltic Profile concentrated on the idea of extending the Profile to all European Healthy Cities in order to make the exchange of information and experience possible among all cities which belong to the network. In March, consultations on the issue were held with the cities, Advisory Committee and experts through the discussions, online questionnaire and e-mails. As the result the proposal on building the communication platform was elaborated and presented during the Annual WHO Healthy Cities Conference in Viana do Castelo and discussed with the cities. The key idea is to create a communication platform in the Internet, using the Association’s website, which will give the chance for all members of European Healthy Cities movement to share ideas, learn from each other and exchange the experiences about development of health policies. It will also serve WHO experts in their work as well as local policy makers and other target groups. Association took into account the suggestions of the Healthy Cities coordinators and WHO experts mentioned in the survey in order to make the platform the most functional for all its users. The overall objective of the platform is to contribute to the city health development planning and to support the decision making process on health promotion.

The project purpose is to make the information about the actions in the European Healthy Cities and National Networks visible, easily available, attractive and useful in order to enable the exchange of experience, ideas and lessons learned between the cities, serve the WHO experts and other target groups. Further negotiations were held with Head of Centre for Urban Health WHO in Europe in November during a meeting in Copenhagen. The work on the platform will continue in 2010. Funding opportunities were explored and IT companies were consulted about the technical requirements.
In general project proposal received very positive feedback from the Healthy City coordinators and experts. However, the idea must be consulted and developed further, thus the work will continue in 2010.

Simultaneously the Baltic Region cities were approached in order to collect information and update their Baltic Profile.

**Project 5. Planning of projects and seminars**

Year 2009 was active for the Association in the field of project planning and applying for funding. At the beginning of the year last preparations were held, together with various partners, and finally three applications were sent to two programmes of European Commission (Baltic Sea Region Programme and Central Baltic Programme). Those were:

**a) ILTRAS** *(previous name: Baltic Arenas: Learning for Innovation)*
The project was coordinated by Åbo Akademi University and it aims to contribute to regional integration by creating innovation environments, enabling cross-sectoral stakeholders to interact and develop new ways of thinking which are indispensable for formulating sustainable solutions to the environmental, economic and social challenges seen in the Baltic Sea Region. Association was suppose to be responsible for the work package which purpose was to strengthen the cooperation in the cities related to the issues of elderly people. *(Application to the EU Baltic Sea Region Programme)*

**b) DIALOG – Promoting Health Equity**
The Association was a partner in HEPRO-project *(Focus on Health and Social Well-being in the Baltic Sea Region)* and also provided assistance in the coordination of one of the Work Packages of the project during 2005-2007. The project was funded by Interreg IIIIB. The HEPRO concept and the population survey EUROHEPRO were trademarked during the project.
A new project was planned during 2008 to utilise the tools and experiences of the HEPRO-project's results. The Association actively participated in the planning of the new project in an initiative group lead by Østfold County Council (Norway) and North Jutland Region (Denmark). From the point of view of the Association the project was supposed to be closely linked to the development of the Baltic Profile and co-operation with the Finnish National Network. *(Application to the EU Baltic Sea Region Programme)*

**c) Heal – Health-enhancing physical activity in welfare municipality**
The aim of the project was to evaluate the adoption of the strategic approach of physical activity and active living and integration of this approach as a part of the city development in their well-being strategies *(Application to the EU Interreg IVA / Central Baltic Programme)*.

None of the above described projects was successful in receiving funding in 2009.

However, the Association continued the project planning work and two applications were developed during 2009:

**d) ACCURE- Improving the Accessibility of the Cultural and Recreational services** *(previous name in Annual Plan 2009-2010: NACRE - Network of Accessible and Interactive Recreational Areas in the Baltic Sea Region)*

The overall objective of the project is to contribute to better well-being and health of citizens and greater social cohesion in project area. The project purpose is to improve the accessibility of cultural and recreational services in Turku, Tallinn, Jurmala and Pärnu by developing the knowledge and experience of city planners and people

Photo 2. Working meeting with partners of ACCURE project, Pärnu
responsible for cultural services and artists. Besides, further objectives of the project are to contribute
to the program of European Capital of Culture 2011 in Turku and Tallinn and serve with experience
and expertise in the organization of the activities held in the cities for this occasion. Project brings to-
gether City of Turku, City of Jurmala, City of Pärnu and City of Tallinn. The Association acts as a Part-
ner 2, who is involved into the project management through assigning Project Manager.
Application was sent to EU Interreg IV A/ Central Baltic Programme on 15.10.2009. The results should
be known in April 2010.

e) FEMIS – Fight feminisation of HIV/AIDS in North-West Russia
This project aims at building in a sustainable collaboration structure to respond to the feminization of
HIV/AIDS in the participating cities. A common reference frame for health promotion and HIV/AIDS
prevention will be used. This contributes to the capacity building of actors to deal with the problem.
The project focuses on preventive measures that will empower women in avoiding the HIV infection.
An emphasis will be given to women in the most active reproductive age group of 20-29 years old.
The Project Concept Note was sent to IBPP Programme on 30.10.2009. Results of the first round
(assessment of Concept Notes) will be known in February 2010.

Following two projects were included in the Annual Plan, however they were not developed further in
2009:

f) DYNAMO – Equal Opportunities for Wellbeing of the dynamic workforce in local governments

and
g) YOU&ME - Promoting Youth Sexual Health

Finally, there two conferences were planned in 2009 and the work on them will be in focus in 2010 –
2011.

h) WIS 2010, Well-being in the Information Society conference
The goal of the international series of WIS seminars is to combine best practices and tools from
Healthy City networks with recent multidisciplinary research on well-being in the information Society.
The aspects are discussed among the political, scientific and management leaders to create a common
understanding of the concept. The expertise of the member organisations of the Association is made
visible in the WIS-process.

WIS will be arranged every other year, therefore, planning of the WIS 2010 begun in 2009. Until the
end of the reported year the organisational consortium was established, the themes were agreed and
the Call for Papers was sent to the interested parties. All information were put and updated regularly
on the Conference website: www.wis.fi. The Association is a member in the Management Group and
Organisational group of the conference and responsible of one conference track.

i) “Culture, Health and Well-being: Theory into Practise” conference
The preparation and planning of an international interdisciplinary conference “Culture, Health and
Well-being: Theory into Practise” took place in summer 2009 carried out by the trainee of the Associa-
tion. The conference is a part of Turku 2011 European Capital of Culture programme and will be real-
ised in 2011. The preparation work included planning, realising and reporting of an electronic ques-
tionnaire to several European cities, drafting the themes and content of the conference as well as
planning of the website, to mention just a few of her duties. These were done in co-operation with
coordinator and organising committee of the conference from University of Turku.

3 SUPPORTING WHO THEMES

Phase V (2009-2013) began in 2009 with the new themes. The Association concentrated in the begin-
ing of the phase on the themes familiar from the previous years. The year 2009 set a new scene for
the Association to select new priorities among the new Healthy Cities themes according the feedback
from the network cities, WHO and member organisations. The projects of the Association concentrated in 2009 on the topic of physical activity/active living and prevention of HIV/AIDS.

**A. Physical activity**

Promotion of physical activity is a global challenge. The concept of the positive benefit of physical activity on health has become a major issue in health promotion. One of the phase V (2009-2013) main themes is “Healthy Living”. This includes also the topic of physical activity.

The objective of this operational entity is to promote the comprehensive development of health-enhancing physical activity/active living in the Healthy Cities in the Baltic Sea Region by using the policies and models of WHO, City of Turku and developmental projects. The Association acts here as a facilitator in exchanging the information between the BSR cities on the one hand and on the other hand Association represents on behalf of Turku its good physical activity practices.

**Project 6. Dissemination practices and experiences in Physical Activity/Active Living**

In 2009 a new partnership in promoting physical activity/active living was established between the Association, Finnish Sport for All Association (Kunto ry) and TAFISA (The Association For International Sport for All) in order to search synergies between the global, national and local development in physical activity. In practise, the Association gave first a presentation in the co-operation meeting of Kunto ry and TAFISA in March in Helsinki. Secondly the Association participated in the global TAFISA meeting in September in Taipei in order to lobby the 2013 TAFISA global conference to be organised in Finland/Turku. Finally the three organisations arranged a meeting for the Healthy Cities representatives in December in Helsinki to prepare ground for future co-operation between TAFISA 3AC Program and WHO Healthy Cities network, and recognize needs and next steps of the future co-operation.

As an outcome of this new partnership in 2009 it was decided that a common meeting with the above partners and WHO Euro/Healthy Cities and WHO HEPA network representatives will be organised in early 2010 to develop closer cooperation.

The Association has been a member in the WHO HEPA network since 2007. In 2009 the Association participated the annual network meeting in November in Bologna. The membership in the health-enhancing physical activity (WHO/HEPA Europe) network offered the Association a wider perspective and up-to-date scientific information to be shared with the cities. New tasks were identified: working with the East-European cities and linking HEPA, Healthy Cities and TAFISA.

The Association has worked in close co-operation with the Union of Baltic Cities (UBC) Commission on Sports for several years. In 2009 the Association participated in the annual conference “Always Active” in June in Gdynia and gave a presentation of the “Gym at Home!”. It is a model developed in the City of Turku to promote physical activity of the elderly in a comprehensive way.

**B. HIV/AIDS prevention**

Sexual health education must been seen as a part of wider initiatives to improve the health and well-being of youth. The media plays an important role. Policy makers and people providing sexual education need to work more proactively together with media to make it serve education and
The objective of this action is capacity building of local leaders and decision-makers in order to enhance them to execute proactive decisions concerning sexual health problems and prevention, mainly in the Healthy Cities in Russian Federation, where the problem of HIV/AIDS needs a lot of attention and interventions.

Projects 2009

Project 7. We Choose a Life - Youth against HIV/AIDS

Year 2009 was active for the project “We Choose a Life - Youth against HIV/AIDS”, which brings together 4 cities from Russian Healthy Cities Network, and the most remarkable outcomes/activities were: A mid-term evaluation was carried out in April and Coordinator of the project changed in May. Moreover, two trainings for the multi-stakeholders group were held: in Dimitrovgrad in February and in Izhevsk in September. They were completed by a study trip to Netherlands which took place in May. Additionally, preparation of Handbook on Youth Involvement and organization of Final Conference in February 2010 in Moscow were in the focus of the Association.

A mid-term evaluation visits to each partner city was organised in April to explore the progress and results of the first years activities and clarify the plans of the cities for the second year of the project. The evaluation was carried out by the internal and external evaluator of the project. It was revealed during evaluation that the four project cities have made very good progress in first year of project execution. They have used the information from the trainings in a way that fits their local political and social context. Strong political support and involvement of city administration and mayors helps a lot in the effective implementation of the project.

Additionally, the EU delegation organised a monitoring mission to the project and it took place in Stavropol in July to explore the project progress, reports and outputs. Evaluator’s feedback was positive, but the final report was not shared with the Association in 2009.

The second Training Module took place in February in Dimitrovgrad. The theme of the training was HIV/AIDS prevention policies, leadership and strategic planning. In the training cities had an opportunity to deepen knowledge on youth sexual health and youth involvement process as well as gain practical insight into the key elements of the strategic action planning process. The trainers were from Municipal Public Health Department Rotterdam Rijnmond and Union of Baltic Cities (UBC), Environment and Sustainable Secretariat.

A Study Visit to Rotterdam, Utrecht and Amsterdam (the Netherlands) was successfully conducted in May. It was prepared by Cuwaert Health Promotion Action and Advice in co-operation with the responsible experts of the Municipal Public Health Department Rotterdam Rijnmond. Four representatives from all Russian partner cities (Cherepovets, Dimitrovgrad, Izhevsk and Stavropol) as well as “new” and “old” Project Coordinators and trainers from hosting organizations attended this study visit.

During three days participants had an opportunity to learn about different methods used in HIV/AIDS prevention among youth in Rotterdam and in the Netherlands. They visited units and institutions in public and voluntary sectors focusing on HIV/AIDS prevention. The study visit gave Russian partners chance to see...
practical and concrete methods and tools on working with voluntary groups, HIV/AIDS prevention activities, projects and programmes in the Partner organisations.

The third, and last, Training Module of the project of was held in September in Izhevsk. The workshop introduced methods and materials on media advocacy and social marketing and was conducted by World Health Communication Associates. The three-day workshop consisted of sessions on communications, formative communication research, practical campaign planning exercises, working with media and campaign evaluation. The training module supported cities in identifying effective ways of communication in order to increase existing knowledge and shape the attitudes of young people on HIV/AIDS prevention.

During November and December the project work focused on the preparation for the Final Conference in Moscow (February 2010) and preparation of Handbook, which will be published in January 2010 and launched at the Final Conference.

3 EVALUATION

Activities in figures

All seven projects included in the Annual Plan for 2009 were realised. Additionally, the Association took an active role to apply for two new projects (ACUURE and FEMIS, see page 13-14) as a coordinator, on one hand. On the other hand, none of the three projects, where Association was a partner and which were applied from EU funds were successful. Planning and preparing of these together with partners required a lot of working time throughout the whole year.

The realisation of the “We Choose a Life – Youth against HIV/AIDS” project was active the whole year. The role of having an externally funded big project is remarkable from the point of view of Association’s development as well as the participating cities. Project funding enables to invest in the human resources by employing competent personnel, which at the same time supports the strategic point of “continuous regeneration of Association”.

The external project funding was 118 253 € covering 45% of Association’s total funding in 2009. This was a visible increase compared to the previous years (see page 7). The share of external funding has increased since 2006.

The statistics of events and participants in 2009 (Table 2.) show the year to be an active one.

Table 2. Events and participants during 2006-2009

<table>
<thead>
<tr>
<th>Year</th>
<th>Events</th>
<th>Participants</th>
<th>Events</th>
<th>Participants</th>
<th>Events</th>
<th>Participants</th>
<th>Events</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>10</td>
<td>700</td>
<td>9</td>
<td>278</td>
<td>13</td>
<td>452</td>
<td>14</td>
<td>295</td>
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<tr>
<td>Events organised by the Association and/or in collaboration with projects and member organisations</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td>6</td>
<td>1 360</td>
<td>15</td>
<td>1 446</td>
<td>18</td>
<td>1 745</td>
<td>28</td>
<td>2 201</td>
</tr>
<tr>
<td>Seminars/meetings attended by the Association organised by others</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>16</td>
<td>2 060</td>
<td>24</td>
<td>1 724</td>
<td>31</td>
<td>2 197</td>
<td>42</td>
<td>2 496</td>
</tr>
</tbody>
</table>
Table 2 presents figures of the events organised and attended by the Association in 2009. The trend between the years shows that the levels of both events and participants are quite stable. This is remarkable taking in consideration all changes in personnel during the year. However, comparison between the years is difficult to be made, as the events vary very much from each other and one big project can significantly influence the figures.

The role of the Association in the events was a very active one. In total the Association organised 14 events – approximately more than one per month, attended by totally almost 300 people. Additionally, a presentation or speech was given in 11 occasions and the exhibition wall and/or materials of the Association were presented in 6 events out of 28 events organised by others.

To sum up, a lot has been done during the year 2009 to introduce the Association to the public. All possible occasions were used to hold the presentation, to distribute the leaflets and books and to inform about Association’s activities. It is a good base, which will be developed further during year 2010.

**Networking and strategy**

The planning and activities of the Association have been conducted by the strategy developed and authorised by the board in 2006. It has been guiding the activities during the past years, but need to be updated in 2010 in line with the re-designation process of the WHO Collaborating Centre status. The internal development process of the Association was going on throughout the whole year. It made a very good base for applying the re-designation of WHO Collaborating Centre status, preparing a new strategy for the Association as well as for the needed administrative changes in statutes and agreements of the Association and member organisations to be realised in 2010.

Employment of a full-time Executive Director and personnel with strong project management skills made it possible in 2009 to concentrate on carrying out one big project as well as applying funding for new ones to ensure the sustainability of the Association’s activities in long term, on one hand. On the other hand, this meant that participation in planning and realising conferences and seminars was not among the core activities compared to the previous years.

First year of Phase V included changes in Healthy Cities’ organisation on the European level; among others, outsourcing of the secretariat services from WHO to Belfast Healthy Cities. For the Association these changes offered an opportunity to become an active player on the European level of Healthy Cities movement by developing the idea of communication platform, participating in Advisory Committee and finally by being involved in Evaluation Team of the designation process of the cities. The proposal of communication platform addresses needs expressed by the cities. Throughout the year BRHCA focused on collecting the feedback from the cities, negotiating with WHO and looking for available funding opportunities. The communication idea was introduced both to cities and WHO during the annual Healthy Cities meeting in Viana do Castelo. That was, at the same time, a good chance to present the Association at the European level. If the project is realized successfully, BRHCA has a chance to become a leading force in communication in European network. Moreover, participation in the Advisory Committee and Evaluation Team showed that BRHCA is willing to play an active role, and has a capacity for doing that, also beyond the shores of Baltic Sea Region.

The effectiveness and impact of the Association in health promotion at the Baltic Sea Region was visible in many ways during 2009. Firstly, the Association is regarded as a competent and reliable partner by network cities, WHO and Ministry of Social Affairs and Health in Healthy Cities development and project management. Secondly, the active co-operation with the member organisations in project development was appreciated and their impact in planning the new operational model of the association was valued. Lastly, co-operation in the Baltic Sea house took its first steps after sharing the same premises since 2008. New doors for funding and policy making were explored in good co-operation. These effects can be assessed via the positive feedback on the above mentioned issues from the
Healthy City coordinators and other partners and it is due to the long standing collaboration, understanding and trust.

Year 2009 included a lot of activities and changes in the Association. However, a good base is laid to build up the new WHO Collaborating Centre period 2011-2014 and work in 2010.
**APPENDIX 1: TABLES OF EVENTS 2009**

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

<table>
<thead>
<tr>
<th>Time, place</th>
<th>Project of the Association</th>
<th>Event</th>
<th>Participants from the Association</th>
<th>Total amount of participants</th>
<th>Role and responsibilities of the Association</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-6.2.09 Dimitrovgrad, Russia</td>
<td>We Chose a Life – Youth against HIV/AIDS – Project 7</td>
<td>Training module II</td>
<td>Ulla-Maija Landor</td>
<td>35</td>
<td>Trainer, coordination</td>
</tr>
<tr>
<td>6-17.4.09 Cherepovets, Dimitrovgrad, Izhevsk, Stavropol, Russia</td>
<td>We Chose a Life – Youth against HIV/AIDS – Project 7</td>
<td>Mid-term evaluation</td>
<td>Susanna Kharroubi</td>
<td>35</td>
<td>Visits to partner cities Evaluation of the 1st year activities of the project and planning for the 2nd year</td>
</tr>
<tr>
<td>23-25.4.09 Vilnius, Kaunas, Klaipeda, Lithuania</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Meetings with WHO Liaison office (Vilnius), Kaunas Lithuanian academy of physical education, City of Klaipeda</td>
<td>Heini Parkkunen</td>
<td>17</td>
<td>Vilnius: support for HC and knowledge about it, planning to organise national HC conference together with Baltic Office Kaunas: preparation for BSR project on PA/AL Klaipeda: supporting the city to join HC network</td>
</tr>
<tr>
<td>12-14.5.09 Rotterdam, Netherlands</td>
<td>We Chose a Life We Chose a Life against HIV/AIDS – Project 7</td>
<td>Study visit to learn about sexual health promotion Change of the coordinator</td>
<td>Ulla-Maija Landor Agnieszka Iloka</td>
<td>20</td>
<td>Study visits to several institutions, coordinating the visit, discussing project activities and financial matters</td>
</tr>
<tr>
<td>19.5.09 Turku, Finland</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Seminar of the Association’s Board</td>
<td>Board members Heini Parkkunen Ulla-Maija Landor Agnieszka Iloka</td>
<td>12</td>
<td>Discussing the options of the future model of operation of the association</td>
</tr>
<tr>
<td>10.6.09 Turku, Finland</td>
<td>Communication and Visibility – Project 3</td>
<td>Study visit of Italian architects in Turku</td>
<td>Heini Parkkunen</td>
<td>60</td>
<td>Presentation on WHO Healthy Cities and using Health Impact Assessment (HIA) in Turku</td>
</tr>
<tr>
<td>18.8.09 Pärnu, Estonia</td>
<td>Planning of projects and seminars – Project 5</td>
<td>Partner meeting for ACCURE project</td>
<td>Heini Parkkunen Karolina Mackiewicz</td>
<td>7</td>
<td>Presenting the project proposal, discussing the project activities, budget and applications process</td>
</tr>
<tr>
<td>21-25.9.09 Izhevsk, Russia</td>
<td>We Chose a Life – Youth against HIV/AIDS – Project 7</td>
<td>Training module III</td>
<td>Heini Parkkunen Agnieszka Iloka</td>
<td>35</td>
<td>Training on media advocacy, discussions on project procedure</td>
</tr>
<tr>
<td>Date</td>
<td>Location</td>
<td>Project/Proactivity / Collaboration/network</td>
<td>Event</td>
<td>Participants from the Association</td>
<td>Total amount of participants</td>
</tr>
<tr>
<td>------------</td>
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</tr>
<tr>
<td>24.9.09</td>
<td>Tallinn, Estonia</td>
<td>Planning of projects and seminars - Project 5</td>
<td>Partner meeting in Tallinn for ACCURE project</td>
<td>Karolina Mackiewicz</td>
<td>2</td>
</tr>
<tr>
<td>23.10.09</td>
<td>Turku, Finland</td>
<td>Support for Healthy Cities activities - Project 1</td>
<td>Visit of a Chinese delegation to learn about Turku Healthy Cities</td>
<td>Heini Parkkunen</td>
<td>9</td>
</tr>
<tr>
<td>23.11.09</td>
<td>Copenhagen, Denmark</td>
<td>Support for Healthy Cities activities - Project 1</td>
<td>Meeting in WHO / Euro</td>
<td>Juha Rantasaari, Heini Parkkunen</td>
<td>3</td>
</tr>
<tr>
<td>4.12.09</td>
<td>Turku, Finland</td>
<td>Support for Healthy Cities activities - Project 1</td>
<td>Cooperation meeting between Association, Turku and Kuopio</td>
<td>Heini Parkkunen, Laura Hakumäki, Karolina Mackiewicz</td>
<td>5</td>
</tr>
<tr>
<td>13-14.12.09</td>
<td>Helsinki, Finland</td>
<td>Dissemination of PA/AL practices - Project 6</td>
<td>TAFISA Active City, Active Community, Active Citizens (3AC) and WHO Healthy Cities (HC TAFISA workshop 3AC and WHO Healthy Cities meeting</td>
<td>Heini Parkkunen, Karolina Mackiewicz, Agnieszka Ilola</td>
<td>25</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Time, place</th>
<th>Project, collaboration, network</th>
<th>Event</th>
<th>Participants from the Association</th>
<th>Total amount of participants</th>
<th>Role and responsibilities of the Association</th>
</tr>
</thead>
<tbody>
<tr>
<td>21-22.1.09 Helsingborg, Sweden</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Healthy Cities Advisory Board</td>
<td>Heini Parkkunen</td>
<td>12</td>
<td>Negotiation of Association’s role in HC activities in Phase V</td>
</tr>
<tr>
<td>20.2.09 Helsinki, Finland</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Meeting of the Steering Group of the Finnish National Healthy Cities Network</td>
<td>Heini Parkkunen</td>
<td>5</td>
<td>Presenting the possible role of the Association within the Finnish Network</td>
</tr>
<tr>
<td>23-24.2.09 Göteborg, Sweden</td>
<td>Planning of projects and seminars – Project 5</td>
<td>Preparation of DIALOG project</td>
<td>Ulla-Maija Landor</td>
<td>35</td>
<td>Meeting of the project partners – preparation of the application, negotiation of roles in the project</td>
</tr>
<tr>
<td>25-26.2.09</td>
<td>Support for Healthy Cities</td>
<td>Terve Kuopio -päivä / Healthy</td>
<td>Heini Parkkunen</td>
<td>50</td>
<td>Presentation of Turku activities in the</td>
</tr>
<tr>
<td>Date</td>
<td>Location</td>
<td>Event Description</td>
<td>Participants</td>
<td>Notes</td>
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</tr>
<tr>
<td>6-7.3.09</td>
<td>Helsinki, Finland</td>
<td>Dissemination of PA/AL practises – Project 6</td>
<td>Active City Workshop (Tafisa, Kunto ry)</td>
<td>Heini Parkkunen 30</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jaana Solasvuo Niina Lindström</td>
<td>Presentation about WHO Healthy Cities Active Living, WHO HEPA network and Turku activities</td>
<td></td>
</tr>
<tr>
<td>16-19.3.09</td>
<td>St. Petersburg, Russia</td>
<td>Baltic Sea House Collaboration – Project 2</td>
<td>HELCOM conference, Matrushka project final conference, UBC meeting</td>
<td>Heini Parkkunen 500</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UBC, Helcom etc. several events/occasions. Association presentation in posters</td>
<td></td>
</tr>
<tr>
<td>30.3-2.4.09</td>
<td>Udine, Italy</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Decipher project partner meeting</td>
<td>Heini Parkkunen 15</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Presentation of Turku activities in the project</td>
<td></td>
</tr>
<tr>
<td>11.5.09</td>
<td>Sheffield, UK</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Meeting with Sheffield Decipher partners</td>
<td>Heini Parkkunen 5</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Update the project activities and role of Turku</td>
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<tr>
<td>12.5.09</td>
<td>Liverpool, UK</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>WHO Health Literacy Event and meeting of UK National Healthy Cities Network</td>
<td>Heini Parkkunen 45</td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Presentation about youth sexual health promotion in Finland and Turku</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Exhibition and material of the association presented</td>
<td></td>
</tr>
<tr>
<td>4-5.6.09</td>
<td>Gdynia, Poland</td>
<td>Dissemination of PA/AL practises – Project 6</td>
<td>Always Active seminar/UBC Commission on Sport</td>
<td>Heini Parkkunen 70</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Presentation of Gym at Home! concept, promoting cooperation with WHO and Tafisa</td>
<td></td>
</tr>
<tr>
<td>11-12.6.09</td>
<td>Helsinki, Finland</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Finnish National Network Spring meeting</td>
<td>Heini Parkkunen 20</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Developing the role of the association in the Finnish National Network</td>
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<tr>
<td>18-20.6.09</td>
<td>Viana do Castelo, Portugal</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>WHO European Healthy Cities Networks Annual Conference</td>
<td>Heini Parkkunen 300</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Presentation of the new Baltic Profile, discussion/consultation with the cities, representing the City of Turku etc.</td>
<td></td>
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<tr>
<td>19-20.8.09</td>
<td>Tampere, Finland</td>
<td>Communication and Visibility – Project 3</td>
<td>The Baltic Institute of Finland</td>
<td>Riitta Asanti Reima Suomi Juha Rantasaari Heini Parkkunen 7</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Discussing the future model of operation of the association and their model</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Participation in the international conference on the BS strategy with Centr um Balti-cum</td>
<td></td>
</tr>
<tr>
<td>2.9.09</td>
<td>Helsinki, Finland</td>
<td>Communication and Visibility – Project 3</td>
<td>Twinning Workshop on Networking and Best Practices</td>
<td>Heini Parkkunen 40</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Participation in the international meeting by the Finnish Local Authori-ties (Kuntaliitto)</td>
<td></td>
</tr>
<tr>
<td>2-6.9.09</td>
<td>Taipei,</td>
<td>Dissemination of PA/AL practises – Project 6</td>
<td>TAFISA Sport For All congress and general assembly</td>
<td>Heini Parkkunen 400</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lobbying the TAFISA 2013 congress to be organised in Turku together</td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Location, Country</td>
<td>Activity</td>
<td>Person(s)</td>
<td>Duration</td>
<td>Notes</td>
</tr>
<tr>
<td>-----------------</td>
<td>-----------------------</td>
<td>---------------------------------------------------------------------------</td>
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<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>4.9.09</td>
<td>Turku, Finland</td>
<td>Communication and Visibility – Project 3</td>
<td>Karolina Mackiewicz</td>
<td>20</td>
<td>Presentation on WHO Healthy Cities and best practices in physical activity etc. Turku</td>
</tr>
<tr>
<td>11.9.09</td>
<td>Helsinki, Finland</td>
<td>Turku 2011 / National Welfare Group</td>
<td>Heini Parkkunen</td>
<td>15</td>
<td>Presentation about ACCURE project and plans</td>
</tr>
<tr>
<td>15.9.09</td>
<td>Turku, Finland</td>
<td>Communication and Visibility – Project 3</td>
<td>Karolina Mackiewicz</td>
<td>300</td>
<td>Exhibition wall and material of the association available</td>
</tr>
<tr>
<td>18.10.09</td>
<td>Helsinki, Finland</td>
<td>Finnish National Network steering group meeting</td>
<td>Heini Parkkunen</td>
<td>20</td>
<td>Presenting the current WHO HC Europe situation</td>
</tr>
<tr>
<td>23, 25.9.09</td>
<td>Turku, Helsinki, Finland</td>
<td>Planning of projects and seminars – Project 5</td>
<td>Karolina Mackiewicz</td>
<td>40</td>
<td>Learning about the application and administrative procedures</td>
</tr>
<tr>
<td>28-20.9.09</td>
<td>Turku, Helsinki, Finland</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Heini Parkkunen</td>
<td>50</td>
<td>Organising the meeting and presenting Turku activities in the project</td>
</tr>
<tr>
<td>9.10.09</td>
<td>Stockholm, Sweden</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Heini Parkkunen</td>
<td>15</td>
<td>Presentation of Turku experiences in physical activity promotion</td>
</tr>
<tr>
<td>28-29.10.09</td>
<td>Kajaani, Finland</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Heini Parkkunen</td>
<td>25</td>
<td>Participant, discussion about WHO HC Europe situation</td>
</tr>
<tr>
<td>10-13.11.09</td>
<td>Bologna, Italy</td>
<td>Dissemination of PA/AL practices – Project 6</td>
<td>Heini Parkkunen</td>
<td>80</td>
<td>Discussion of contributing to the case studies from East-Europe and linking HEPA and TAFISA</td>
</tr>
<tr>
<td>27.11.09</td>
<td>Helsinki, Finland</td>
<td>Support for Healthy Cities activities – Project 1</td>
<td>Heini Parkkunen</td>
<td>7</td>
<td>Promoting WHO Phase V themes in Finnish network</td>
</tr>
<tr>
<td>8-9.12.09</td>
<td>Helsingborg, Sweden</td>
<td>Baltic Profile – Project 4</td>
<td>Heini Parkkunen</td>
<td>15</td>
<td>Discussion and agreement on how to continue with the initiative</td>
</tr>
</tbody>
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