



BALTIC REGION HEALTHY CITIES ASSOCIATION



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

# BALTIC REGION HEALTHY CITIES ASSOCIATION



## ANNUAL REPORT 2011

**Kela**<sup>®</sup>



Turun yliopisto  
University of Turku

turku 

  
Åbo Akademi

Cover photo: © Perttu Saksa / Turku 2011

[www.marebalticum.org](http://www.marebalticum.org)

Promoting Health  
of the Cities

## Foreword

2011 was an active year for Baltic Region Healthy Cities Association. At the beginning of the year, BRHCA entered a new re-designation period (28.2.2011-28.2.2015) as WHO Collaborating Centre for Healthy Cities and Urban Health in the Baltic Region. The strategy of the Association was updated in spring 2011 with the help of a knowledgeable team of the representatives of the member organizations and the board of the Association. Finally, new statutes came into force.

During the year the Association continued networking activities with several partners, e.g. European Healthy Cities Network and Northern Dimension Partnership in Public Health and Social Well-being (NDPHS). Besides strengthening the cooperation with long-lasting partners, the Association managed to create new bounds with e.g. Union of the Baltic Cities - Commission for Social Affairs and Health, European Public Health Alliance and ScanBalt.

At the local level, Association supported the programme of Turku European Capital of Culture 2011. We organised a seminar on Culture and Wellbeing during the Baltic Sea Forum of Centrum Balticum as well as were involved in the organizing committee of Cultwell - International Congress on Culture, Health and Well-being.

Speaking of communication activities, year 2011 was very active as we managed to gain attention not only of local, but also of international media. With three articles in Turun Sanomat, a report about urban health efforts in Turku aired in BBC Radio 4, presentations at Nordic Public Health Conference and World Conference of TAFISA - The Association for International Sport for All, and several posts published in Innokylä blog, the Association received a lot of visibility.

I would like to express my special thanks to an enthusiastic office team. For Agnieszka Ilola and Karolina Mackiewicz no task is too challenging, no matter if it is participation in a panel discussion at an international congress or an organization of the visit of the Polish Ambassador in the Baltic Sea House.

Sincere thanks to Riitta Asanti who resigned from the position of Chairman of the Board after having supported the Association for years. Warm thanks to Heini Parkkunen who supported the Association with her enthusiasm and energy even after returning to her position of Senior Special Advisor in the City of Turku.

The board had an active role in the Association's issues. Thanks also to Turku Urban Research Programme with which we plan new activities for 2012, for good cooperation so far.

Challenges in public health continue to exist, and they are even more evident in hard economic times we live in. There is a strong need for cross-sectoral effort, as it is for Healthy Cities work. Therefore, by closing the 2011 we enter 2012 with new ambitions.

Johanna Reiman  
Executive Director  
Baltic Region Healthy Cities Association

# 1 OPERATIONAL ENVIRONMENT

## WHO TERMS OF REFERENCE

### WHO and the Association have agreed on the cooperation for the Collaborating Centre:

- Assist cities in the Baltic Sea Region in implementing WHO Healthy Cities' goals and motivate new cities into joining the Network;
- Build capacity for health and well-being by bringing appropriate expertise to the local level with relevant institutions and organisations;
- Enhance the visibility of the Healthy Cities operations in the Baltic Sea Region;
- Build an information system of best practises and the state of well-being in cities belonging to the Healthy Cities networks;
- Network with local, national and international health and well-being experts (including other WHO collaboration centres);
- Establish research and development cooperation with the Urban Research Unit of the City of Turku and member organisations of the Association.

## ORGANISATION OF THE ASSOCIATION

Baltic Region Healthy Cities Association is located in Turku, Finland and has four members: City of Turku, University of Turku, Åbo Akademi University and Social Insurance Institution of Finland. The new statutes were approved by the National Board of Patents and Registration of Finland in August 2011 and they ensure a vivid administration for the work.

Activities of the Association are supervised by the Board which gathered in seven ordinary and in four strategy meetings in 2011. The statutory meetings of the Association were held in April, June and December. A preparatory group consisting of the Chairpersons, City of Turku representative and Executive Director met six times during the year. An agreement with City of Turku was signed in October where cooperation principles were agreed on.

*Table 1 Members of the Board of the Baltic Region Healthy Cities Association in 2010-2011*

<b>Organisation</b>	<b>Board Member</b>	<b>Personal Deputy Board Member</b>
City of Turku	Riitta Asanti Physical Education University Researcher Chairman	Juha Rantasaari Advisor of the Deputy Mayor
City of Turku	Leena Koikkalainen Managing Director	Kirsi Paasikoski Head of the Unit
City of Turku	Arja Iho Director of Social Work	Lea Huuhtanen University Lecturer
City of Turku	Ahti Saarinen Director of Daycare	Pirjo Saari Tourism Planner
University of Turku	Sanna Salanterä Professor	Markku Koulu Professor
University of Turku / Turku School of Economics	Reima Suomi Professor Vice Chairman	Päivi Oinas Professor
Åbo Akademi University	Paula Lindroos Director of the Centre for Continuing Education	Thurid Eriksson Communication Manager
Social Insurance Institution of Finland	Hanna Järvinen Head Medical Doctor	Merja Niemi Insurance Secretary

## PERSONNEL OF THE ASSOCIATION

In 2010 Association staff consisted of two full-time professionals and one part-time expert.

- Ms Agnieszka Iloła, Coordinator, worked part-time (one day/week) for the Association 1.1.-31.12.2011
- Ms Karolina Mackiewicz, Coordinator, worked full-time for the Association 1.1.-31.12.2011
- Ms Johanna Reiman, Executive Director, worked full-time for the Association 1.1.-31.12.2011

## HEALTHY CITIES NETWORKS 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 assists the network cities in the implementation of the Healthy Cities themes.

The overarching goal of the Phase V Healthy Cities activities is: Health and Health Equity in All Local Policies and core themes are: 1/ creating caring and supportive environment, 2/ healthy living, 3/ healthy urban environment and design.

At the end of 2011 there were 24 cities or regions officially designated or applied in the Healthy Cities network in 10 countries around the Baltic Sea (Figure 1.). There are around 200 cities or regions as direct members to WHO in the Healthy Cities network. When we take into account the national networks there are over 1400 cities or regions from more than 30 countries in WHO European Healthy Cities. [www.euro.who.int/healthy-cities](http://www.euro.who.int/healthy-cities). The membership of St. Petersburg is in the process.

Figure 1 WHO Healthy Cities network and National Healthy Cities networks in the Baltic Sea Region



## STRATEGY OF THE ASSOCIATION

The two main activities of the Association are: 1) networking, training, coordination and 2) health promotion project work.

## **Vision**

The Association is a recognized actor in cross-sectoral health promotion work by WHO, cities and partners in the Baltic Region.

## **Mission**

The operations effect health promotion knowledge of the decision makers and wellbeing is involved in all local policies.

## **2 REPORT ON PROJECTS IN 2011**

WHO Healthy Cities programme engages local governments in health promotion development through a process of political commitment, partnership-based planning and innovative projects. The goal of capacity building of the cities is to develop organisational change and human resource competence in order to put health high at the political agenda.

Healthy Cities requires systematic and multidisciplinary cooperation between different administrations at the local, national and international level. Networking with various health and well-being experts and institutions is needed to share the learning and show the evidence-based results of Healthy Cities actions. The Association, together with the cities and various partners, aims at strengthening the role of health promotion and Healthy Cities in the Baltic Region.

In 2011 Association participated in the meetings of Finnish, Russian, Danish and Nordic National Healthy Cities networks promoting good practices and information exchange. New cooperation possibilities were developed and resulted in new joint initiatives with many Baltic Sea Region stakeholders: Northern Dimension Partnership in Public Health and Social Well-being (NDPHS), National Institute for Health and Welfare in Finland (THL), UBC Commission on Environment and Sustainable Development and Health and Social Affairs as well as TAFISA, ScanBalt and Innokylä.

### ***Action 1 Support for Healthy Cities activities***

In 2011, the Association participated in meetings of the network cities and national networks in Baltic Sea Region to support and strengthen their commitment to health and Healthy Cities. BRHCA was present during the Danish 20th Healthy Cities Annual Conference which took place in March in Fredericia. In November, Association gave a presentation at the Russian Healthy Cities Association Annual Conference. In Finland the Association participated in the National Network meetings in June and November as well as in Terve Kunta board meetings. Association, City of Turku, Kunto ry and TAFISA – The Association for International Sport for All organised training for cities in 3AC (Active Cities, Active Communities, Active Citizens) in October in Jurmala, Latvia.

Being strongly involved in the work of Finnish National Network, BRHCA participated in a meeting of coordinators from national networks of Healthy Cities hold in Oeiras, Portugal. There, BRHCA gave presentations about the activities carried out in Baltic Sea Region and in Finland. It was learned that different national network use various means of promotion, ranging from production of publications to training of politicians, in order to raise the profile of public health work.

In June the Association participated in the Annual Business and Technical Conference of the WHO European Healthy Cities Network and of the National Healthy Cities Networks in Phase V in Liege, Belgium. During the conference, representatives of the Association were working as chairman and reporters in some of the sessions. Promotion materials of Turku projects and congresses were distributed.

At the Nordic Public Health Conference in August in Turku Association, together with Nordic national Healthy Cities network, organised a session 'Ownership of Public Health – How?'. BRHCA invited Finnish speakers Maija Perho and Anne Santalahti from City of Turku. Moreover, during a conference the Association presented a poster on Healthy Cities, organised a cultural city walk for the participants, and hold an evening gathering in Ruissalo for the coordinators Nordic Healthy Cities networks.

During the Cultwell conference, in September in Turku, the Association organized a meeting with Healthy Cities coordinators from Baltic Sea Region. Moreover, training on health equity – a focus theme of Phase V, was planned but had to be cancelled due to the low participation.

In December, the representative of St Petersburg Health Committee visited Turku in order to learn about the practicalities in organising a Healthy Cities Annual Conference and the procedure of applying for the network membership. BRHCA supports St Petersburg in their efforts to become Healthy City.

In February the Association took part in planning meeting in Helsingborg, Sweden of the European Healthy Cities Research Centre (HAVEN) coordinated by the City of Helsingborg. Seven members, all part of the WHO Healthy Cities Programme (the cities of Helsingborg and Belfast, Universities of Geneva, Lund, West of England and Sheffield Hallam and Association) founded HAVEN in 2010. During the meeting an idea to set up a joint project was discussed. However, due to the lack of resources, the realisation of this plan was suspended.

The Association is involved in organization of WHO 8<sup>th</sup> Global Conference on Health Promotion, which will be held in Helsinki in 2013. In November the Association met Agis Tsouros from WHO Europe – Centre for Urban Health, to discuss the role of BRHCA, future cooperation and funding opportunities.

In December the Association visited the Finnish Ministry of Social Affairs and Health to report on the activities carried out in 2011 and to present the Annual Plan for 2012.

### ***Action 2 Baltic Profile***

During 2011, the suitability of the use of Baltic Profile for research purposes with Åbo Akademi University was discussed. However, as the data published in the Profile vary a lot, and the copyrights are strict, the use for other purposes as information is limited and may remain a continuous challenge.

### ***Action 3 Baltic Sea House Collaboration***

The Baltic Sea House in Turku hosts four organisations: Baltic Region Healthy Cities Association, Centrum Balticum, UBC Environment and Sustainable Development Secretariat and Valonia - Service Centre for Sustainable Development and Energy Issues of Southwest Finland.

In 2012 BRHCA participated in an art bicycle event organised by Valonia in April, where the health benefits of biking were presented along with those environmental and cultural. At the Baltic Sea Forum, organized by Centrum Balticum in May in Turku Association hosted a seminar on wellbeing and health. It was arranged together with Turku 2011 Foundation. Later, in October, Executive Director was a guest of XI General Conference of Union of the Baltic Cities, in Liepaja, Latvia, where she gave a presentation about healthy ageing.

Moreover, the Association supported UBC in organizing the conference "Solutions, local, together – Nordic Conference on Sustainable Development in the Baltic Sea Region" (January) by taking care of some of the practical arrangements and organizing a walk which combined culture and physical exercise. BRHCA also participated in Baltic Sea Action Group seminar organized in the honour of Swedish Royal Princess Victoria during Her visit to Turku in September.

To sum up, 2011 was fruitful for the cooperation in a Baltic Sea House. The common efforts were prised by annual pre-Christmas Glögi event, hold in November, which collected over 110 guests. The guest of honour was Polish Ambassador to Finland, Mr Janusz Niesyto, who gave a speech about Polish Presidency in the Council of European Union. Executive Director of the Association opened the event.

#### ***Action 4 Communication***

In 2011 the Association increased the visibility of its actions by writing three articles in the local newspaper Turun Sanomat (Sanna Salanterä & Johanna Reiman, Jukka Saukkolin & Johanna Reiman, Mikko Vienonen & Johanna Reiman), articles in Aivoliitto (Finnish Brain Association) magazine and Union of Baltic Cities UBC Bulletin as well as four posts in Innokylä blog ([www.innokyla.blogspot.com](http://www.innokyla.blogspot.com)). The objective of Innokylä is to develop new ideas in social and welfare.

The website of the Association ([www.marebalticum.org](http://www.marebalticum.org)) was updated regularly throughout the year. Newsletter was produced in an electronic form and sent by email to over 500 recipients from Turku, Baltic Sea Region, Europe and European Healthy Cities Network four times.

Two press releases were published: 1/ about a report on public health and urban planning in Turku, produced and aired at BBC Radio 4 Turku and 2/ election of Maija Perho to the Advisory Board of European Healthy Cities. Association hosted Charlotte Ashton, the reporter of BBC Radio 4 and involved urban planning experts from City of Turku to show interesting local examples, e.g. investments in Kakola and Linnanfältti. Charlotte Ashton also interviewed e.g. Research Director of Urban Research Programme and Research & Development Manager of Turku 2011 Foundation.

Additionally, Healthy Cities themes and examples of good practises were published in the Books of Abstracts of Healthy Cities Conferences in Liege, Nordic Public Health Conference in Turku and TAFISA World Conference in Antalya. Promotional brochure of campaign Pyörällä töihin – Biking to Work was produced by the Association together with Valonia.

Evening seminar was hosted by Association in April to celebrate World Health Day. The event was organized together with University of Turku, National Public Health Institute and Turku Science Park Oy and took place in Turku City Library. Antibiotic resistance of bacteria was the WHO theme in 2011 and University of Turku and National Public Health Institute have considerable expertise in this field. In November, in order to highlight another occasion – the World Heart Day - an afternoon event was organised with City of Turku / Monitori service point, South-western Heart Association and Tmi Tuula Vainikainen in shopping centre Skanssi. The programme, which was coordinated by the Association, included lectures on physical activity, nutrition and how to take care of your heart.

Presentations about involvement of local decision makers in health promotion were given for ScanBalt Executive Committee meeting in Helsinki in March and in the 10<sup>th</sup> ScanBalt Forum in Heringsdorf in Germany in September.

Promotional materials of the Association were distributed during various events. The Baltic Office personnel was active in communication with the Healthy City coordinators on the regular basis via e-mails and telephone. Association promoted Turku as the European Capital of Culture 2011 and participated in the development of the international strategy for City of Turku. Communication units of University of Turku and Åbo Akademi University were visited in order to get to know each other's activities. Discussions about cooperation were also held with Baltic Sea Region University Network. Association learned about health advocacy and coalition building during the training organized in Brussels by the European Public Health Alliance. Networking training was received during the Net-map summer school.

#### ***Action 5 Dissemination of Physical Activity/Active Living practises***

In 2011 Association continued as a member of the Health Enhancing Physical Activity network (WHO/HEPA Europe) and in October took part in the 3<sup>rd</sup> conference "Bridging the gap between science and practice" and the 7<sup>th</sup> meeting of HEPA Europe in Amsterdam, Netherlands. During those events, representative of the Association, Riitta Asanti, was chosen to the sub-network on children and youth. HEPA Europe is an important channel to disseminate good practices from City of Turku.

During the World Congress of TAFISA – The Association for International Sport for All in October in Antalya, Turkey, the Association gave a presentation about sports activities organized by City of Turku for immigrants. The 3AC (Active Cities, Active Communities, Active Citizens) seminar was organized by the Association together with TAFISA and Kunto ry in Jurmala, Latvia in October collected several cities from Baltic Sea Region to discuss means of promotion of physical activity in the cities. Finally, art bicycle event organized with Valonia promoted physical activity (cycling and walking) when going to work.

### ***Actions 6 & 7 Project implementation and planning of projects, seminars and events***

In 2011 the Association was involved in 11 project applications and in organizing Cultwell conference:

- Improving EU Regional "Competition" in Human Needs Impact Assessment (HIAtool.org) – Interreg IV C, 31.3.2011 (Partner), did not receive funding;
- Improving EU Regional "Competition" in Human Needs Impact Assessment (HIAtool.org) – Public Health Programme, 31.5.2011 (Partner), did not receive funding;
- Healthier People: Management of Change through Monitoring and Action – EU Delegation to Russia, 31.5.2011 (Partner), project received funding;
- Esteettömät kulttuuri- ja virkistyspalvelut - suunnittelutyökalu kunnille – RAY, 1.6.2011 (Lead Partner), did not receive funding;
- ESIKUVA Esteettömät kulttuuri- ja virkistyspalvelut kunnissa – THL, 15.6.2011 (Lead Partner), did not receive funding;
- Potkua ruoasta ja liikunnasta, kestävät ruokavalinnat Turun kaupungin henkilöstön ja oppilaiden keskuudessa – THL, 15.6.2011 (Lead Partner), did not receive funding;
- Tools for Cooperation between Immigrants, Police and Social work (TIPS) – European Integration Fund, 31.10.2011 (Partner), waiting for decision;
- Alcohol and Drug Prevention among Youth in Baltic Sea Region – Central Baltic Programme, 15.8.2011 (Partner), waiting for decision;
- Promoting policies and improving delivery of services to the HIV+ mothers along with support for families with persons living with HIV – EU Delegation to Russia, 6.10.2011 (Lead Partner), waiting for decision;
- Tiedotustoimittaja, Varsinais-Suomen sairaanhoitopiiri, did not receive funding;
- Hyvinvointiklusterin koordinointi, Varsinais-Suomen liitto, coordination was accepted in the cluster board but the project did not receive funding.

Of the project applications made before 2011 the following projects were being carried out:

- HEPROGRESS - Reducing health related social and gender inequalities and barriers to social and economic participation;
- VIRTU – Virtual Elderly Care Services on the Baltic Islands.

Of the project applications made in 2010 the following projects did not receive funding in 2011:

- UP! Developing urban planning for physical activity and social inclusion in Udmurt Republic;
- Curbing HIV epidemics and health inequalities in Eastern Europe by improving the capacities of NGOs in Armenia, Belarus and Russia;
- Utilising the city setting to promote social inclusion through sport;
- ACCURE – Improving the accessibility of cultural and recreational services;
- FEMIS-Fight against HIV/AIDS feminisation in St. Petersburg, Leningrad Region and East-Estonia;
- DECIPHER - Developing an Evidence-Based Approach to City Level Public Health Planning & Investment in Europe.

The following projects are waiting for approval:

- BADY – Alcohol and drug prevention among youth in Baltic Sea Region (Flagship project of the EU Strategy for Baltic Sea Region);
- Tools for Cooperation between Immigrants, Police and Social work (TIPS) – European Integration Fund, 31.10.2011 (Partner);
- Alcohol and Drug Prevention among Youth in Baltic Sea Region – Central Baltic Programme, 15.8.2011 (Partner);
- Promoting policies and improving delivery of services to the HIV+ mothers along with support for families with persons living with HIV – EU Delegation to Russia, 6.10.2011 (Lead Partner).



FORUM project received funding from the Nordic Council of Ministers but the project had to be cancelled due to lack of commitment of the partners. The project aimed at creating a FORUM for local decision makers and public health professionals for meeting, discussion and developing policies together. The project would have brought together Nordic Healthy Cities national networks from Denmark, Finland, Norway and Sweden.

HEPROGRESS project develops local interventions to reduce social and gender inequalities in health and social participation at a local community level in Latvia and Norway. The actions focus on local and regional capacity building among practitioners, politicians and academic institutions. Project has three target groups: citizens from high risk groups, local and regional politicians and staff of academic institutions. Project is funded by EU Commission DG Employment, Social Affairs and Equal opportunities and runs until the end of November 2012. The partners are Østfold County Council, Østfold University College, Volda University College, Amata Municipality, University of Latvia, Municipality of Moss and Baltic Region Healthy Cities Association. The Association is part of Project team and steering group. It is responsible for the dissemination of knowledge of the project to the Healthy Cities and other stakeholders in the Baltic Region. In 2011 there was an opening conference in Amata, Latvia and three project meetings.

Association supported organising International Congress "Culture, Health and Well-being" (CultWell 2011) which was part of the project "Turku - A Prosperous City of Science, Humanities and Culture" (TIUKU). The Association was a member of the organising committee and promoted the congress among the European Healthy Cities, WHO experts and other partners. The Association engaged one of the keynote speakers, Professor Hugh Barton from University of West of England. Additionally, special programme about healthy urban planning was organised for him in the cooperation with City of Turku. Association continued cooperation with the NDPHS Expert Group on Non-Communicable Diseases on the development of two joint projects. Several project meetings were held, but project applications were not yet finalised.

### 3 FINANCES

According to the financial statement, the Association received for its operations: EUR 80 000 from the City of Turku, EUR 50 000 from the Ministry of Social Affairs and Health, EUR 2 700 from membership fees and EUR 18 160 as project income, which makes altogether EUR 150 860. Total proceeds in 2011 were EUR -175. The external project funding was lower than budgeted, mainly due to the cancellation of FORUM project. Unfortunately, receiving additional funding for actions in health promotion from the local, domestic or international sources remain challenging, even though the Association is effective in project development and cooperates with experienced partners.

*Table 1 Events and participants during 2007-2011 organised and attended by the Association*

	Year 2008		Year 2009		Year 2010		Year 2011	
	Events	Participants	Events	Participants	Events	Participants	Events	Participants
Events/meetings organised by the Association and/or in collaboration with projects and member organisations	13	452	14	295	26	300	58	640
Seminars/meetings/events attended by the Association organised by others	18	1 745	28	2 201	39	2 200	34	2 898
<b>Total</b>	<b>31</b>	<b>2 197</b>	<b>42</b>	<b>2 496</b>	<b>65</b>	<b>2 500</b>	<b>92</b>	<b>3 538</b>

## APPENDIX: Table of events 2011

Time, place	Action of the Association	Event	Participants from the Association	Amount of participants	Role and responsibilities of the Association
13.1.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with Marja-Riitta Viljainen and Tero Piispanen, Turku Science Park Oy	Johanna Reiman	3	Discussion of future co-operation and projects
14.1.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with professor Pentti Huovinen, University of Turku	Johanna Reiman	2	Planning of World Health Day event
17.1.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with Sampo Ruoppila	Johanna Reiman	2	Cooperation with the Urban Research Unit
18.1.2011 Turku	Action 4 Communication	Lunch meeting with ex-chairman Kaija Hartiala	Johanna Reiman	2	History of the association, cooperation and projects
20. -21.1.2011 Tallinn, Estonia	Action 7.1. EU Strategy for Baltic Sea Region – BADY project	Project planning meeting – EU Flagship project "BADY"	Karolina Mackiewicz	25	EU BSR Flagship project meeting
21.1.2011 Turku	Action 4 Communication	Meeting with academic rector Kalervo Väänänen, University of Eastern Finland	Johanna Reiman	2	Possible cooperation in Advisory board and strategy process of the association
21.1.2011 Turku	Action 4 Communication	Meeting with Managing Director Saara Hassinen, SalWe Oy	Johanna Reiman	2	Strategic Center for Health and Wellbeing, cooperation within wellbeing
28.1.2011 Helsinki	Action 7.1. EU Strategy for Baltic Sea Region	Meeting with Mikko Vienonen and Hanna Koppelomäki	Johanna Reiman	3	Northern Dimension Partnership in Public Health, project cooperation and future activities
28.1.2011 Helsinki	Action 6.4. Participation in Turku 2011	Taiteesta ja kulttuurista hyvinvointia Tekry ry.	Johanna Reiman	80	Cooperation within culture and wellbeing
28.1.2011	Action 4 Communication	Newsletter 1/2011	Karolina Mackiewicz	over 500	Sent to receivers from Finland, BSR and Europe
31.1. -2.2.2011 Turku	Action 4 Communication	Nordic Sustainable Development Conference "Solutions"	Karolina Mackiewicz Agnieszka Ilola Johanna Reiman	480	Organizer of cultural walk, marketing of the association
1.2.2011 Helsinki	Action 7 Planning of projects, seminars and events	Meeting with Antti Uutela, National Institute for Health and Welfare	Johanna Reiman	2	Cooperation during Nordic Public Health Conference in Turku August 2011
1.2.2011 Helsinki	Action 4 Communication	Johda kuntasi terveyden edistämisen kokonaisuutta	Johanna Reiman	100	Participant of the seminar
7. -8.2.2011 Vantaa	Action 7.7. Promotion of social inclusion through sport	Sport Clubs for All – Final Conference of the project	Johanna Reiman Karolina Mackiewicz	25	Tafisa and Kunto 3AC workshop, cooperation with Healthy Cities
15. -16.2.2011 Helsingborg, Sweden	Action 7 Planning of projects, seminars and events	HAVEN partner meeting	Johanna Reiman Karolina Mackiewicz	10	Common project proposals
18.2.2011 Turku	Action 7 Planning of pro-	Meeting with Maija Kyttä and Juha	Johanna Reiman	3	Cooperation with City of Turku

	jects, seminars and events	Rantasaari			
16.2.2011 Riga, Latvia	Action 6.3. Reducing health related social and gender inequalities	HEPROGRESS project meeting	Karolina Mackiewicz	10	Project meeting with partners, association communication expert
22.2.2011 Helsinki	Action 7 Planning of projects, seminars and events	Meeting with Lidia Simbirtseva	Karolina Mackiewicz	2	EU-Russia project preparation
25.2.2011 Turku		Lasse Soinio, Tuula Weckmann	Agnieszka Ilola, Johanna Reiman	4	Auditing meeting
15. -16.3.2011 Fredericia, Denmark	Action 1 Support for Healthy Cities actions	20th Anniversary meeting of Danish Healthy Cities network	Johanna Reiman	160	Meeting of Nordic coordinators, discussion of cooperation
18.3.2011	Action 4 Communication	Newsletter 2/2011	Karolina Mackiewicz	over 500	Sent to receivers from Finland, BSR and Europe
21.3.2011 Turku	Action 7 Planning of projects, seminars and events	Board of Southwest Finland wellbeing cluster	Johanna Reiman	15	Presentation of project plan
22.3.2011 Helsinki	Action 1 Support for Healthy Cities Actions	Meeting with Helena Tukia, National Institute for Health and Welfare	Johanna Reiman	2	Terve Kunta network, cooperation
22.3.2011 Helsinki	Action 4 Communication	ScanBalt Executive Committee	Johanna Reiman	25	Presentation of Association and Healthy Cities concept, cooperation possibilities
23.3.2011 Turku	Action 7 Planning of projects, seminars and events	Lunch meeting with cultural director Minna Sartes, City of Turku	Johanna Reiman	2	Cooperation in Baltic Sea seminar, other cooperation
24.3.2011 Turku	Action 1 Support for Healthy Cities Activities	ART reporting meeting with Marit Holmberg	Johanna Reiman Heini Parkkunen	3	Annual Reporting Template
22. -25.3.2011 St. Petersburg, Russia	Action 7.1. Project Planning - NDPHS	Northern Dimension Partnership for Public Health - Project preparation on NCD epidemics	Karolina Mackiewicz	20	Project planning meeting
31.3.2011	Action 7 Planning of projects, seminars and events	Improving EU Regional "Co-opetition" in Human Needs Impact Assessment (HIAtool.org)	Karolina Mackiewicz		Project application sent, partner Interreg IV C
1.4.2011 Espoo	Action 7 Planning of projects, seminars and events	Meeting with Leena Silvennoinen, Culminatium Oy	Johanna Reiman	2	Cooperation possibilities with Finnish Wellbeing Cluster
6.4.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with professor Maritta Välimäki, University of Turku	Johanna Reiman	2	Possibilities for cooperation within a mental health project
7.4.2011 Turku	Action 4 Communication	World Health Day, cooperation with National Institute for Health and Welfare and University of Turku	Karolina Mackiewicz Johanna Reiman	18	Planning and organisation of seminar in city library, Healthy Cities presentation
13. -14.4.2011 Oieras, Portugal	Action 1 Support for Healthy Cities Actions	Annual Meeting of European National Networks of Healthy Cities	Karolina Mackiewicz Johanna Reiman	15 15 Portuguese NN	Training, project meeting, future plans of national networks, presentations
18.4.2011 Turku	Action 7 Planning of pro-	Lunch meeting with Sampo Ruoppi-	Johanna Reiman	2	Cooperation between Turku Urban Re-

	jects, seminars and events	la			search Programme and association
27.4.2011 Turku	Action 4 Communication and visibility Action 3 Baltic Sea House Cooperation	Art bicycle event of Valonia	Agnieszka Ilola Karolina Mackiewicz	110	Co-organizer of the event where sustainable transportation was promoted
4.5.2011 Turku	Action 7 Planning of projects, seminars and events	Monitori seminar, IT and healthcare	Johanna Reiman	70	Participant of the seminar, cooperation with health technology
5.5.2011 Turku	Action 7 Planning of projects, seminars and events	Social Segregation seminar, University of Turku	Karolina Mackiewicz Johanna Reiman	30	Participants of the seminar
10.5.2011 Helsinki	Action 7 Planning of projects, seminars and events	Project meeting in Folkhälsan	Johanna Reiman	6	Healthier People project planning meeting
19. -20.5.2011 Turku, Finland	Action 3 Baltic Sea House collaboration	4 <sup>th</sup> National Baltic Sea Forum	Johanna Reiman	200, 20 in our session	Organization and chairman of Culture and wellbeing seminar, association material available
25.5.2011 Helsinki	Action 7 Planning of projects, seminars and events	Meeting with Tiina Laatikainen, National Institute for Health and Welfare	Johanna Reiman	2	Cultural walk and other cooperation during Nordic Public Health Conference
25.5.2011 Helsinki	Action 7 Planning of projects, seminars and events	Johda kuntasi terveyden edistämisen kokonaisuutta	Johanna Reiman	150	Participant of the seminar
26.5.2011 Helsinki	Action 7 Planning of projects, seminars and events	Meeting with Outi Kuivasniemi, Ministry of Social Affairs and Health	Johanna Reiman	2	Cooperation and role of the association in 8 <sup>th</sup> Global Conference on Health Promotion in Helsinki 2013
27.5.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with Wojciech Drozd – Chairman of the UBC Commission on Health and Social Affairs	Agnieszka Ilola Karolina Mackiewicz Johanna Reiman	4	Cooperation with UBC Commission on Health and Social Affairs
30. -31.5.2011 Cesis, Latvia	Action 6.3. Reducing health related social and gender inequalities	HEPROGRESS Project meeting	Karolina Mackiewicz	15	Project meeting with partners, association communication expert
31.5.2011	Action 7 Planning of projects, seminars and events	Improving EU Regional "Co-opetition" in Human Needs Impact Assessment (HIAtool.org)	Karolina Mackiewicz		Project application, partner, Public Health Programme
31.5.2011	Action 7 Planning of projects, seminars and events	Management of Change through Monitoring and Action – EU Delegation to Russia	Karolina Mackiewicz		Project application, partner
1.6.2011 Turku	Action 4 Communication	Lunch meeting with Petri Virtanen	Johanna Reiman	2	Cooperation possibilities with City of Turku Social and Welfare
1.6.2011	Action 7 Planning of projects, seminars and events	Esteettömät kulttuuri- ja virkistyspalvelut - suunnittelutyökalu kunnille	Karolina Mackiewicz Johanna Reiman		RAY project application, Lead Partner
8.6.2011 Turku	Action 4 Communication	City of Turku international networks	Johanna Reiman	15	Discussion about networks and interna-

					tional cooperation of different actors
9.6.2011 Helsinki	Action 1 Support for HC activities	Terve Kunta network meeting	Johanna Reiman	25	Presentation of association's projects
10.6.2011	Action 7 Planning of projects, seminars and events	ESIKUVA Esteettömät kulttuuri- ja virkistyspalvelut kunnissa	Karolina Mackiewicz Johanna Reiman		Project application THL. Partners e.g. Finnish Healthy Cities Network, Brahea and Turku University of Applied Sciences
10.6.2011	Action 7 Planning of projects, seminars and events	Potkua ruoasta ja liikunnasta, kestävät ruokavalinnat Turun kaupungin henkilöstön ja oppilaiden keskuudessa	Karolina Mackiewicz Johanna Reiman		Project application THL. Partners e.g. City of Turku, Brahea and Turku University of Applied Sciences
15. -18.6.2011 Liege, Belgium	All Activities	European Healthy Cities annual business meeting	Riitta Asanti Karolina Mackiewicz Johanna Reiman	420	Total amount of participants 330 - rapporteur x 2, chairman x 1 - common lunch for Baltic coordinators - last FORUM project meeting
19. -22.6.2011 Vicenza, Italy	Action 4 Communication	Training of relationships, Net-map	Karolina Mackiewicz	12	Improving the associations networking abilities
21.6.2011 Turku	Action 4 Communication	Meeting with Åbo Akademi University Communication Unit	Agnieszka Ilola Johanna Reiman	9	Cooperation in communication issues
29.6.2011 Turku	Action 4 Communication	Meeting with Jaana Solasvuo, City of Turku	Johanna Reiman	2	Cooperation in urban health
12.7.2011 Kemiö	Action 7 Planning of projects, seminars and events	Office summer day	Agnieszka Ilola Karolina Mackiewicz Johanna Reiman	3	Planning of future activities, relaxation
2.8.2011 Turku	Action 4 Communication	BBC4 visit, reporter Charlotte Ashton-News	Karolina Mackiewicz Johanna Reiman	6	Organizer of the visit: interviews, sites, material on health and urban planning
9.8.2011 Turku	Action 3 Baltic Sea House Collaboration	Planning meeting with Kari Liuhto and Björn Grönholm	Johanna Reiman	3	Cooperation in projects and activities, Baltic Sea House cooperation
12.8.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with Seija Arve, City of Turku	Johanna Reiman	2	Gaining expertise in elderly care for the Liepaja conference
15.8.2011	Action 7 Planning of projects, seminars and events	Alcohol and Drug Prevention among Youth in Baltic Sea Region	Karolina Mackiewicz		Project application sent, Central Baltic Programme
19.8.2011 Helsinki	Action 7 Planning of projects, seminars and events	NDPHS project meeting	Karolina Mackiewicz	3	Planning of the project
24. -26.8.2011 Turku	Action 4 Communication	Health Promotion at the System Level. the 10 <sup>th</sup> Nordic Public Health Conference	Karolina Mackiewicz Johanna Reiman	over 400, 100 in HC session	Healthy Cities session, poster and material, organisation of cultural walk
24.8.2011 Ruissalo, Turku	Action 1 Support for Healthy Cities activities	Nordic Healthy Cities gathering	Johanna Reiman Riitta Asanti Maija Perho + Nor-	9	gathering, sauna

			dic colleagues		
31.8.2011 Turku	Action 7 Planning of projects, seminars and events	Lunch meeting with Leena Silvenoinen, Culminatum Oy	Johanna Reiman	2	Cooperation in welfare projects
1.9.2011 Helsinki	Action 4 Communication	Meeting with Jari Suutari, Kati Haanpää, Johan Uusimäki, National Institute for Health and Welfare	Johanna Reiman	4	Cooperation within Innokylä, possibilities for blogging, training etc.
7.9.2011 Turku	Action 4 Communication	Meeting with Maija Palonheimo, University of Turku	Karolina Mackiewicz Johanna Reiman	3	Communication cooperation
7.9.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with Esko Ovaska and Marjut Putkinen, Turku University of Applied Sciences	Karolina Mackiewicz Johanna Reiman	4	Possible cooperation in health and well-being projects
13.9.2011 Turku	Action 4 Communication	HealthBio seminar	Johanna Reiman	100	Cooperation with Healthbio cluster
15. -17.9.2011 Amata, Latvia	Action 6.3. Reducing health related social and gender inequalities	HEPROGRESS project meeting	Karolina Mackiewicz Johanna Reiman	30	Seminar, steering group meeting, project meeting
15. -16.9.2011	Action 7 Planning of projects, seminars and events	Meeting organized by Wojciech Drozd, UBC Commission on Health and Social Affairs	Eija Salmiosalo, City of Turku	30	Discussion meeting about elderly care
19.9.2011 Turku	Action 3 Baltic Sea House Collaboration Action 4 Communication	Baltic Sea Action Group seminar and visit of Princess Victoria	Johanna Reiman	70	Association material available
21.9.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with Eija Salmiosalo, City of Turku	Johanna Reiman	2	Feedback from UBC elderly care meeting, cooperation
21.9.2011 Turku	Action 1 Support for Healthy Cities activities	Baltic coordinator gathering	Johanna Reiman Agnieszka Ilola	4	News from cities, future plans
21. -23.9.2011 Heringdorf, Germany	Action 4 Communication	ScanBalt Forum	Karolina Mackiewicz	120	Speaker and participant of a panel discussion
21. -24.9.2011 Turku	Action 1 Support for Healthy Cities activities Action 4 Communication	Cultwell conference on health and wellbeing	Riitta Asanti Agnieszka Ilola Karolina Mackiewicz Johanna Reiman	140	In conference organizing committee, host for plenary speaker Hugh Barton, WHO Collaboration Centre, cooperation meeting with Kuopio and Helsingborg
28.9.2011 Helsinki	Action 1 Support for Healthy Cities Activities	Terve Kunta board	Johanna Reiman	8	Expert in WHO issues
28.9.2011 Helsinki	Action 5 Dissemination of PA/AL practises	Lunch meeting with Jorma Savola, Kunto ry	Johanna Reiman	2	Discussion of Kunto and TAFISA cooperation
29.9.2011 Turku	Action 4 Communication	V-S Sydänpiiri, Monitori/City of Turku, Tmi Tuula Vainikainen	Johanna Reiman	10	Organizer of the World Heart Day event
30.9.2011 Tuorla, Piikkiö	Action 7 Planning of projects, seminars and events	Office planning day	Agnieszka Ilola Karolina Mackiewicz Johanna Reiman	3	Preparing projects, planning for the future

October 2011	Action 4 Communication	Article in Aivoliitto magazine 3/2011	Johanna Reiman	over 1000	Article WHO:n tavoitteena terveyden tasa-arvo
4.10.2011 Helsinki	Action 7 Planning of projects, seminars and events	Väestöliitto seminar	Johanna Reiman	80	Participant of the seminar
5.- 6.10.2011 Liepaja, Latvia	Action 4 Communication	Union of the Baltic Cities Commission on Health and Social Affairs, 20 <sup>th</sup> General Meeting	Johanna Reiman	25	Lecturer in elderly care workshop, association material available
6.10.2011	Action 7 Planning of projects, seminars and events	Promoting policies and improving delivery of services to the HIV+ mothers along with support for families with people living with HIV	Karolina Mackiewicz		Project application sent, EU Delegation to Russia, Lead Partner
7.10.2011 Turku	Action 4 Communication	Eastern Europe city mayors	Johanna Reiman	25	Lecture about Healthy Cities
7.10.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with Bodil Julin and Eva Juslin	Johanna Reiman	3	Cooperation possibilities with Novia University of Applied Sciences
10.10.2011	Action 2 Baltic Profile	Meeting with professor Marko Joas, Åbo Akademi	Johanna Reiman	2	Network discussion, Use of Baltic Profile in scientific articles
10.- 12.10.2011 Brussels, Belgium	Action 4 Communication	European Public Health Alliance training in Health Advocacy	Karolina Mackiewicz	20	Training in public health
11.-13.10.2011 Amsterdam, the Netherlands	Action 5 Dissemination of PA/AL	WHO HEPA conference and network meeting	Riitta Asanti	120	Participant of the congress
26.10.2011	Action 4 Communication	Newsletter 3/2011	Karolina Mackiewicz	over 500	Sent to receivers from Finland, BSR and Europe
27.- 29.10.2011 Jurmala, Latvia	Action 1 Support for Healthy Cities actions Action 5 Dissemination of PA/AL practises	3AC training and workshop for Healthy Cities of Latvia, Russia and Finland	Karolina Mackiewicz Heini Parkkunen	12	Training and discussion on physical activity practices in cities
31.10.2011	Action 7 Planning of projects, seminars and events	Tools for Cooperation between Immigrants, Police and Social work	Agnieszka Ilola Karolina Mackiewicz		Project application sent. European Integration Fund, TIPS associate partner
2.11.2011 Helsinki	Action 7 Planning of projects, seminars and events	Älykäs rakennettu ympäristö	Johanna Reiman	45	Participant of the TEKES seminar
9.11.2011 Copenhagen, Denmark	Action 1 Support for Healthy Cities actions	Meeting with Manfred Huber, Age-friendly Cities WHO, Agis Tsouros WHO, Nordic Coordinators' meeting	Johanna Reiman	2 2 4	Cooperation within Healthy Cities, plans for 2012
10.- 13.11.2011 Antalya, Turkey	Action 4 Communication	Lecturer of the TAFISA world conference	Karolina Mackiewicz	320	Immigrant sport in the City of Turku
15.-16.11.2011 Pori	Action 1 Support for Healthy Cities actions	Finnish Terve Kunta network meeting	Johanna Reiman	30	Healthy Cities training, network meeting, plans for 2012
21.11.2011 Helsinki	Action 7 Planning of projects, seminars and events	Audiapro, Kuntatalo, Healthier People	Johanna Reiman	6	Project administration meeting

22.11.2011 Turku	Action 4 Communication	Sirppa Kinos, Turku University of Applied Sciences	Karolina Mackiewicz Johanna Reiman	3	Planning of Urban Health course
23.11.2011 Turku	Action 4 Communication	Host for a guest of University of Turku, Ph.D. student in Public health Daniel Canavese, Brazil	Karolina Mackiewicz Johanna Reiman	3	Healthy Cities concept
25.11.2011 Turku	Action 3 Baltic Sea House Collaboration	Host for the Polish Ambassador Janusz Niesyto	Agnieszka Ilola Karolina Mackiewicz Johanna Reiman	110	Polish Glögi party, cooperation in health issues
25.11.2011 St. Petersburg, Russia	Action 1 Support for Healthy Cities actions	Russian Healthy Cities Association annual meeting	Heini Parkkunen, City of Turku	40	Greetings from WHO Collaboration Centre and City of Turku
2.12.2011 Helsinki	All Actions	Meeting with Outi Kuivasniemi, Liisa Ollila and Kerttu Perttilä	Johanna Reiman	4	Ministry for Social Affairs and Health, plans for 2012
4.- 5.12.2011 Manchester, Great Britain	Action 1 Support for Healthy Cities actions	European Healthy Cities Advisory Board meeting	Maija Perho	12	Health 2020, Subnetworks administration, 2012 Annual conference
12.12.2011	Action 4 Communication	Newsletter 4/2011	Karolina Mackiewicz	over 500	Sent to receivers from Finland, BSR and Europe
13.12.2011 Helsinki	Action 7 Planning of projects, seminars and events	Healthier People: Management of Change through Monitoring and Action	Johanna Reiman	6	Project planning meeting
13.- 14.12.2011 Brussels, Belgium	Action 4 Communication	European Public Health Alliance training	Karolina Mackiewicz	20	Training in public health
14.- 15.12.2011 Turku	Action 1 Support for Healthy Cities actions	Russian Healthy Cities visit	Heini Parkkunen Johanna Reiman	4	Meeting with Yulia Repina, City of St. Petersburg
16.12.2011 Turku	Action 4 Communication	City of Turku international networks	Johanna Reiman	15	Discussion about networks and international cooperation of different actors
20.12.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with Sari Hänninen, Heidi Freundlich, Liisa Ikonen and Isto Vanhamäki	Johanna Reiman	5	Cooperation in physical activity with Lahti Regional Development Company, Healthy City concept
21.12.2011 Turku	Action 7 Planning of projects, seminars and events	Meeting with Brahea	Heidi Valtari Johanna Reiman	2	Cooperation in projects
PLANNING, DIVERSE					
9.3., 21.3., 6.5., 9.5., 10.5., 6.6.2011	Action 7 Planning of projects, seminars and events	Southwestern Finland wellbeing cluster	Johanna Reiman	2-15	Planning of coordinator work and wellbeing forum
23.2., 7.3., 11.4., 30.5.2011	All Actions	Strategy process of the association	Board + experts	5-12	Long-term planning of the association
26.4., 24.5., 23.6.2011 etc	Action 7 Planning of projects, seminars and events	Project planning meetings for accessibility project	Karolina Mackiewicz Johanna Reiman	4	Planning of project with Brahea
18.1., 20.6., 12.8., 2.9.2011 etc	Action 7 Planning of projects, seminars and events	Cultwell steering group meetings	Agnieszka Ilola Johanna Reiman	10	Conference organization committee



18.10., 3.11. etc	Action 7 Planning of projects, seminars and events	WIS 2012	Agnieszka Ilola Johanna Reiman	8	Conference organization committee
6.4., 22.9., 2.12.2011	Action 4 Communication	Turun Sanomat articles together with Sanna Salanterä, Jukka Saukkolin and Mikko Vienonen	Johanna Reiman	over 1000	Healthy Cities Culture and health Non-communicable diseases
16.9., 10.10, 4.11., 12.12.2011	Action 4 Communication	Innokylä blog published <a href="http://innokyla.blogspot.com">http://innokyla.blogspot.com</a>	Johanna Reiman	over 1000	Social and welfare innovations



**BALTIC REGION HEALTHY CITIES ASSOCIATION**



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