

DRAFT MINUTE 21.11.2003

This minute provides information regarding the projects discussed in Gothenburg. Co-ordinators at the Baltic Region are asked to comment the projects and express their interest to join them by the end of this year.

PROJECTS OF THE BALTIC OFFICE 2004 (preliminary plan)

1. The Baltic Region Health Profile
2. Healthy Urban Planning – peer review
3. Health Impact assessment – “summer school” for the co-ordinators
4. Active Living - strategic approach to promote physical activity
5. Visibility, communication (not included in this paper)
6. Environmental Health training for the Estonian cities (not included in this paper)
7. Health Promotion Knowledge Centre in St.Petersburg (not included in this paper)

1. The Baltic Region Health Profile

The Baltic Region Health Profile is planned to contain information at the city level (cities and cities in the national networks) and it is planned to consist of four categories (a-d):

Firstly the development of the “North Profile”:

- a) A common set of indicators and questionnaire for those cities who want to commit themselves into the North Profile workgroup’s initiative and project (Interreg). See the documents from the Gothenburg meeting. More information from the North Profile workgroup: Gregor Gurevitsh, Elisabeth Bengtsson, Richard Brattli.
The content of the project, funding etc. will be discussed in February 2004 in Copenhagen. The Baltic Office could maybe act as a subcontractor for the Baltic countries/cities, but own contribution is needed from every participant.
→ cities/networks in the Baltic countries should let the Baltic Office know by the end of January if they want to be included in the Interreg project

As an addition the Baltic Office is planning to develop a technical solution to gather information from cities including statistics, descriptions and stories to be browsed by everyone at the Office’s website

- b) Statistical information (e.g. population, families, unemployment, level of education, life expectancy) following the WHO indicators. See material gathered for the Belfast conference
→ the cities/networks provide this information – time schedule to be confirmed
- c) A short description of the city and a list of Healthy Cities activities and a description of the strengths and weaknesses of the health of the city. See material gathered for the Belfast conference
→ the cities/networks provide this information – time schedule to be confirmed

- d) “What is Health for me?” an interview of 6 people in each country taking into account a) age span: child, adolescent, working age, elderly and b) life situation: unemployed, handicapped, overworking and choosing 3 men and 3 women. The information will be gathered during spring 2004 and published at the BO website and as a booklet in each language and translated in all languages.
→ time schedule to be informed by the Baltic Office

SEE a separate description of the Baltic health profile

ANSWER the questions included in the description

2. Healthy Urban Planning – a peer review process

Cities participate in pairs (at least 1+1 cities). Firstly they will get 2 training days locally (in spring) by WHO and advanced cities (Horsens? Turku?), secondly the participating cities need to describe the city planning situation/process of their own cities and get to know the situation in the other one. Thirdly the group from the cities will visit the peer city once to do review. Lastly the cities do a development plan how to proceed their work locally.

The participating city commit themselves by providing two people’s time from the city planning dept. and one person from the healthy cities to join the whole process (3 pers). The cities have to prepare the documents (analyse of their own city, results of the review process) in English.

The Baltic Office pays for the training’s and visits.

3. Health Impact assessment – a “summer school” for the co-ordinators

A 4-day training is organised for the co-ordinators (cities/national networks) in the Baltic Region in April to clarify and discuss the various aspects of HIA. The trainers will represent the best expertise in the field (e.g. WHO/Leah, Liverpool) as well as the cities/networks in the region (e.g. Helsingborg, Finland). During the training the co-ordinators select their point of view and plans for action to meet the requirement of HIA in their own cities and they plan + start the process in their cities.

The cities/networks should be able to send the co-ordinator to participate and pay for the travel costs.

A second session is organised (1- 2 days) in the Autumn together for a decision maker – choosed by the co-ordinator - to discuss the experiences in the cities and how to go on in their own cities. This could be organised as a separate meeting or together with European network meeting.

The Baltic Office will pay for the expert trainers and take care of the organising (accommodation etc.) costs. One place for the meeting could be Kuressaare.

4. Active Living - a strategic approach to promote physical activity

The project continues during 2004-2005 for 2 people from health care and 2 from sports department. The cities interested should participate in the Active Living focus group meeting at the end of March in Stockholm. There an extra training is provided for them by the advanced cities in the group (Glasgow, Belfast, Turku).

The participating city should commit itself to create a strategy (by the end of 2005) for active living, implement and monitor it – as a part of creating the CHDP.