



Minutes from Kaunas meeting

Health Profiling, Healthy Ageing and Health Impact Assessment –meeting

Kaunas, Lithuania 15-17 June 2006

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1 Goals and purpose

The meeting was organised by the WHO Collaborating Centre for Healthy Cities and Urban Health (The Baltic Region Healthy Cities Association) and the Baltic Sea Region University Network (BSRUN) together with the City of Kaunas. It was the first joint meeting of the BSRUN and the Baltic Sea Region Healthy Cities networks. Both of them invited their own representatives and the programme was planned following the Healthy Cities themes as well themes interesting to the universities.

The meeting took place in Lithuania in Kaunas, 15-17 June 2006. The Healthy City coordinators, experts and other interested representatives both from the cities and universities participated the meeting. There were totally 24 participants from five countries (appendix 1).

The purpose of the meeting was to combine the experiences from the cities and expertise from the universities. This underlined the role of the universities as a support centre at the local level. The topics of the meeting were also related to the WHO Healthy Cities themes of Health Profiling, Healthy Ageing and Health Impact Assessment.

Goals of bringing the cities and universities together was to develop

- multidisciplinary collaboration in health promotion,
- models and indicators to support the decision making,
- comparable health and well-being information in the Baltic Region, and
- fields of common interest for the future collaboration.

2 Themes and presentations in the meeting

The first meeting day (15 June) was the annual meeting of Healthy Cities coordinators. The themes included Health Profiling and Evaluation. The day was started with addresses from Vice Mayor of Kaunas *Mr. Adolfas Antanas Balutis* and Executive Director *Dr. Riitta Asanti* from the Baltic Region Healthy Cities Association.

Vice-rector Irena Miseviciene from Kaunas University of Medicine gave a presentation about 'Health Profiling and Health Promotion in Kaunas: the Impact of Kaunas University'. *Tiina Keinänen* from Baltic Region Healthy Cities Association spoke about Baltic Profile and *Dr. Premila Webster* from University of Oxford introduced on 'Health Profiling and Healthy Cities Evaluation'. All presentations can be received from the organisers.

The second meeting day (16 June) was the Joint meeting of the Baltic Region WHO Healthy Cities Networks and the Baltic Sea Region University Network (BSRUN). Representatives from municipalities and universities gave presentations of the meeting themes of Health Profiling, Healthy Ageing and Health Impact Assessment. The meeting was started by welcome addresses from Mayor of Kaunas *Mr. Arvydas Garbaravicius* and a presentation of the Baltic Region University Network by the Chairman of the steering committee *Mr. Kari Hyppönen* from University of Turku.

Dr. Kaija Hartiala, Deputy Mayor of City of Turku presented 'Examples of successful city and university cooperation'. Besides her, *Finn Martinsen* from Østfold County Council spoke about it 'What is needed to support the decision making?' and *PhD, Docent Pirkko Routasalo* from University of Turku spoke about 'Gerontological work from the view point of Nursing Science'.

A lunch meeting hosted by *Mr. Arunas Keserauskas*, Director of Administration (Kaunas) was organised on Friday. It was attended by Kaija Hartiala (Turku), Kari Hyppönen (BSRUN), Premila Webster (Oxford) and Riitta Asanti (Baltic Association). During the meeting collaboration between the cities of Turku and Kaunas and the idea of organising a meeting of Mayors of the Baltic Sea Region Healthy Cities were discussed.

In the afternoon there was presented five case studies of the different meeting themes. *Associate professor Jurate Macijauskiene* from Kaunas University of Medicine spoke about 'The experience of geriatric clinic collaboration with NGO's meeting the needs of the elderly'. *Dr. Faustas Stepukonis* from Klaipeda University presented the 'Prospects of Healthy Ageing'. *Healthy City co-coordinator Claudia Kasimir* from City of Dresden told about the practical experiences of 'City working with university'. The *associate professor Jurate Klumbiene* from Kaunas University of Medicine presented 'Health behaviour monitoring in assessment of health promotion in Lithuania' and *Dr. Riitta Asanti* from University of Turku told about the 'Schools on the Move -project and study in Turku'. All presentations can be received from the organisers.

At the end of the joint meeting day of the two networks it was discussed, how the cities and universities can work together in the future. All presentations highlighted the importance of health promotion as well as need and importance of local level (cities) working in close collaboration with universities in diverse issues. There exists good examples, but making the collaboration more systematic is a challenge. Premila Webster pointed out the difficulty of Healthy Cities evaluation: it is easier to evaluate the structures and processes than outcomes. Future discussion about the areas of collaboration was regarded very important and it was decided to organise a joint meeting again next year and concentrate especially to the theme of ageing.

The third meeting day (17 June) presented the Experiences in Healthy Cities development in Kaunas and Lithuania. *Healthy City coordinator Algimantas Kazemekaitis* from the city of Kaunas presented the current and future Healthy Cities developments in Kaunas and Lithuania. *Associate professor Gintaras Stauskis* from Vilnius Gediminas Technical University presented 'Humanization of environment' by giving practical and concrete example from a project in a hospital environment. *Ms. Vilija Guzyte* from Kaunas Environment protection division explained the 'Environment protection in Kaunas and impact on health' by describing their process in tackling the Aalborg commitment challenges and *Mr. Karolis Dekeris* from Kaunas Transport division told about the successful achievements in developing the public 'Transport in Kaunas'. *Consultant James McGeever* from Development Programmes management Division spoke about 'Are we good at turning Healthy Living Consultation into actual improvements'.

3 Baltic Profile – Profiling Healthy Cities in Baltic Sea Region

From the Baltic Region Healthy Cities point of view the main target during this meeting was to discuss about the current situation and development of the Baltic Profile. Tiina Keinänen presented the current situation of the profile, www.marebalticum.org/balticprofile. The presentation consist of the three different parts: 1) introduction of the content and the structure of the Baltic Profile, 2) results of the questionnaire of the Baltic Profile, and 3) the developing ideas and the future challenges of the Baltic Profile.

The information in the Baltic Profile is divided into four sub-categories which offer both qualitative and quantitative information. Firstly, Descriptions of cities decision making system, service production etc. which have an effect how health promotion is organised. Secondly, Statistics sub-category is based on statistical information and surveys about health and well-being conditions. Thirdly, the sub-category of Experiences presents the Healthy Cities themes in the phase IV (2003-2008). Fourthly, there is information from the Citizen's point of view of their health and living conditions and possibilities to influence on it.

Besides presenting the Baltic Profile, during the meeting was discussed about the future development of the Baltic Profile. The main question was 'How to make Baltic Profile more useful especially from a viewpoint of coordinators?' (appendix 3). There were both healthy city coordinators and representatives from the universities who participated the work shop. Following four themes were discussed:

1. Structure of the Baltic Profile web-page
 - a. What do you think about renewals in Baltic Profile (navigation, comparison of topics, new names of the sub-categories)?
 - b. What renewals are needed to make structure of the page more usable?
2. Information in the Baltic Profile
 - a. What kind of information is needed to "common page" of the Baltic Profile to make it more useful?
 - b. What kind of information is needed to city pages of the Baltic Profile to make them more useful?
3. Information collection to the Baltic Profile
 - a. How to strengthen and make easier the information collection to Baltic Profile?
 - b. Who should collect the information in the city?
 - c. Who should be responsible for information upload?
4. Name of the Baltic Profile
 - a. What would be a right kind of name for information concept?

Results of the discussion

a) The content of the Baltic Profile in the future

It seems that the structure of the Baltic Profile is good. The structure of the Baltic Profile

makes it possible to offer diversity information from different points of views. Anyhow, the information that is offered on the pages could offer more native language information and the knowledge and facts that are based on research and literature of the health and wellbeing field. Especially theory of it how to make a change for healthier future, how to create healthier society could be added to the pages. Information must be in short form like it is at the moment. If there is too much text on one page, people are not eager to read it. Besides information, on the pages could be more pictures that make the pages more interesting.

Experiences sub-category offers the most useful information, because it gives examples of it how the cities have done or have planned to organise the activities connected to Healthy Cities movement. In the future the information in Baltic Profile should be even more focused on distribution of the best practices and examples of it how to promote healthy living i.e. campaigns, how to strengthen political commitment, preventive and proactive work examples.

There is easily available the information to the Statistics sub-category. It would be good to have a list of the basic indicators that will be presented from each city. Indicators could offer basic information that introduces the city, like amount of inhabitants. The list could consist of ten different indicators that show the city. Valid comparison of the statistics between the cities can be difficult, because the data can be collected differently in each country. The comparison between cities among statistics is not that important. The most important function of this sub-category is to show the city. They help to understand the activities of the cities that are presented in Experiences sub-category.

Some adds and changes should be done to the Baltic Profile pages. Firstly, the cities involved in Baltic Profile must be more visible. When first time visited the page, there can be difficulties to find the cities. Secondly, there should be a discussion forum on the page (both internet and intranet only Healthy City coordinators). At the moment the pages are quite stable and the information do not change often. The discussion forum would make the pages more dynamic and gives more flexibility. It would give a possibility to share experiences and ideas, ask questions and networking between the cities.

b) Developing the information collection

As already earlier recognised information collection to the Baltic Profile is a challenging work. It is easy to get the information to the Statistics sub-category like to Description sub-category. Information collection and translation to English to the Experiences sub-category is more difficult, because it takes time. Citizen sub-category offers an interesting opportunity to get information from inhabitants' point of view.

Cooperation with different sectors of the municipality and institutions in the city could help the information collection process. Anyhow, the main responsibility belongs to Healthy City coordinator. More detailed guidelines for information collection are needed. Especially, there should be clearer introductions for it how to provide information to Citizen sub-category. Also indicators to Statistics sub-category should be specified. The information in all sub-categories shall be yearly up-dated.

4 Conclusions of the meeting

The meeting was the first joint event of the two networks. It was regarded as a starting point for new collaboration and joint meetings. New contacts between the networks around the theme of ageing were made. It is not easy to find from universities people who are specialised in the wide Healthy Cities approach. Focusing to the theme of ageing next time will ease the process of inviting the participants and case studies.

The programme & presentations were well prepared and qualified, but the amount of participants was not very high. In both networks there are several meetings/seminars and it is impossible to participate in all of them. Also summertime may have decreased the amount of delegates. From the Healthy Cities point of view, it was a possibility for the new coordinators from Dresden and Kuopio to know their colleagues in formal and informal discussions.

The next joint meeting was preliminary decided to be organised in Estonia (City of Pärnu and Tartu University) 25-27 April 2007 and have ageing as a main theme.

Appendix 1: List of participants

England				
1.	Webster	Premila	University of Oxford	Oxford
Finland				
2.	Asanti	Riitta	Baltic Region Healthy Cities Association	Turku
3.	Hakumäki	Laura	City of Kuopio	Kuopio
4.	Hartiala	Kaija	City of Turku	Turku
5.	Hyppönen	Kari	University of Turku	Turku
6.	Keinänen	Tiina	Baltic Region Healthy Cities Association	Turku
7.	Mäkelä	Tommi	Baltic Region Healthy Cities Association	Turku
8.	Parkkunen	Heini	City of Turku University of Turku, Department of Nursing	Turku
9.	Routasalo	Pirkko	Science	Turku
10.	Siimar	Mari	Baltic Region Healthy Cities Association	Turku
Germany				
11.	Kasimir	Claudia	Geschäftsbereich Soziales	Dresden
Lithuania				
12.	Balutis	Adolfas	City of Kaunas	Kaunas
13.	Dekeris	Karolis	Kaunas Transport division	Kaunas
14.	Garbaravicius	Arvydas	City of Kaunas	Kaunas
15.	Guzyte	Vilija	Kaunas Environment protection division	Kaunas
16.	Kazemekaitis	Algimantas	City of Kaunas	Kaunas
17.	Keserauskas	Arunas	City of Kaunas Institute for Biomedical Research, Kaunas	Kaunas
18.	Klumbiene	Jurate	University of Medicine Geriatrics Clinic, Kaunas University of	Kaunas
19.	Macijauskiene	Jurate	Medicine	Kaunas
20.	McGeever	James	Kauno Miesto Savivaldybe	Kaunas
21.	Miseviciene	Irena	Kaunas University Of Medicine	Kaunas
22.	Stauskis	Gintaras	Vilnius Gediminas Technical University	Vilnius
23.	Stepukonis	Faustas	Klaipeda University	Klaipeda
Norway				
24.	Martinsen	Finn	Østfold County Council	Østfold County

Appendix 2: Notes from Baltic Profile work shop

1. Structure of the Baltic Profile web-page

- a. What do you think about renewals in Baltic Profile (navigation, comparison of topics, new names of the sub-categories)?
 - b. What renewals are needed to make structure of the page more usable?
 - c. Etc.
- Also native language information needed (flags of the countries to mark which language information is available)
 - More source based information to the pages
 - More pictures, e.g. with news
 - More simple names on navigation page
 - Proposals for the names of the topics:
 - a. Links (outside resources) (city level)
 - b. Strategies and policies (long term planning)
 - c. Discussion forum, and maybe possibility to distribute the documents via the server of the Association
 - d. More compact structure for the query page
 - "More portal like structure" that could offer a possibility to more clear and diverse pages

2. Information in the Baltic Profile

- d. What kind of information is needed to "common page" of the Baltic Profile to make it more useful?
 - e. What kind of information is needed to city pages of the Baltic Profile to make them more useful?
 - f. Etc.
- cities more visible on common page
 - o cities are the most important on the page
 - content of the pages depends on the users
 - short information on the pages is good
 - structure is good
 - o experiences most important
 - o enough information
 - o links to the cities pages needed
 - contacts to coordinators - more information from them
 - comparison between cities with different statistics not that important
- ***
- platform for statistics – statistics hard because differences between different countries
 - very good idea. lot of information
 - best practices – focus on these
 - discussion page (intranet)
 - o we want to know about this

- o how have you done something like this?
- o creation of contacts
- more flexibility – discussion page could offer this
 - o learning
 - o getting to know each other
 - o networking
- statistics – basic information that show the city – population etc. (approx. 10 variables)

- also other Healthy Cities related information to the pages, not only from the cities
- if only in English, will loose users
- list of indicators that must have
- OECD country indicators – same in all BSR, but country level
- what is health living
 - o examples
 - o how to promote healthy living
 - campaigns
 - how to strengthen political commitment
 - how to prevent, pro-activity examples

3. Information collection to the Baltic Profile

- g. How to strengthen and make easier the information collection to Baltic Profile?
- h. Who should collect the information in the city?
- i. Who should be responsible for information upload?
- j. Etc.

- person responsible, coordination

Statutes

- structure in the city page of the HC project: possibility to ask for information (information available → collaboration win-win, involve universities)
- money: “buy” the information
- coordinator responsible of information collection
- articles etc. available
- statistics is easy, latest versions
- descriptions ok
- experiences harder
- citizens interesting
- plans (HUP, youth, social...) sent to coordinator (Dre), continuous collaboration/ weekly team meetings, statistics department
- questionnaires more difficult, 1 per year
- hard work
- existing databases – how to choose
- collaboration inside the city with HC and statistics
 - o benefits where to use
 - o motivation up
- common approx. ten indications, at least minimum criteria
- citizens: “definition”, who should be interviewed

- updated yearly
- using links or transfer of texts
- information available on websites
 - o amount
- community information missing
 - o not available through institutes
 - o community → city → region → state
- cause – effect
- more info OR more comparisons
- more theory, less information → how to make the change
- Interreg e-health

4. Name of the Baltic Profile

- b. What would be a right kind of name for information concept?
- c. Etc.

- Baltic Health Profile ← Health Profile (university's point of view)
 - o self assessment
 - o risk profile + behaviour (Finbalt)
 - o illness
 - o death (mortality data)
 →
- web-site → Baltic Health Profiling
- Health Profiling for..., Baltic Cities Health Profiling (BCHP)
- wellbeing
- citizens
-
- Baltic Healthy Cities Wellbeing Profile (BHCWP)