

For a Healthy Tallinn!

Vahur Keldrima MD MSW
Tallinn City Government



Inhabitants in Tallinn- 401 072 (2012)





Children aged 0-19 – 80 662 (20,1%)





Students – 42 759 (10.4%)





Employed labor – 228 000 (55,3%)





People over 65 – 69 442 (16.9%)



Municipal health profiles

- Exist in most larger cities;
- Contain the data about the health and health factors of the city's inhabitants;
- Map the data by district;
- Compiled regularly;
- Determine the health needs of the inhabitants;
- Analyze the changes

In 2010 we prepared The Health Profile of Tallinn

- **Includes positive developments, problem areas and intervention needs in the health of the population of Tallinn at the end of the first decade of the 21st century**

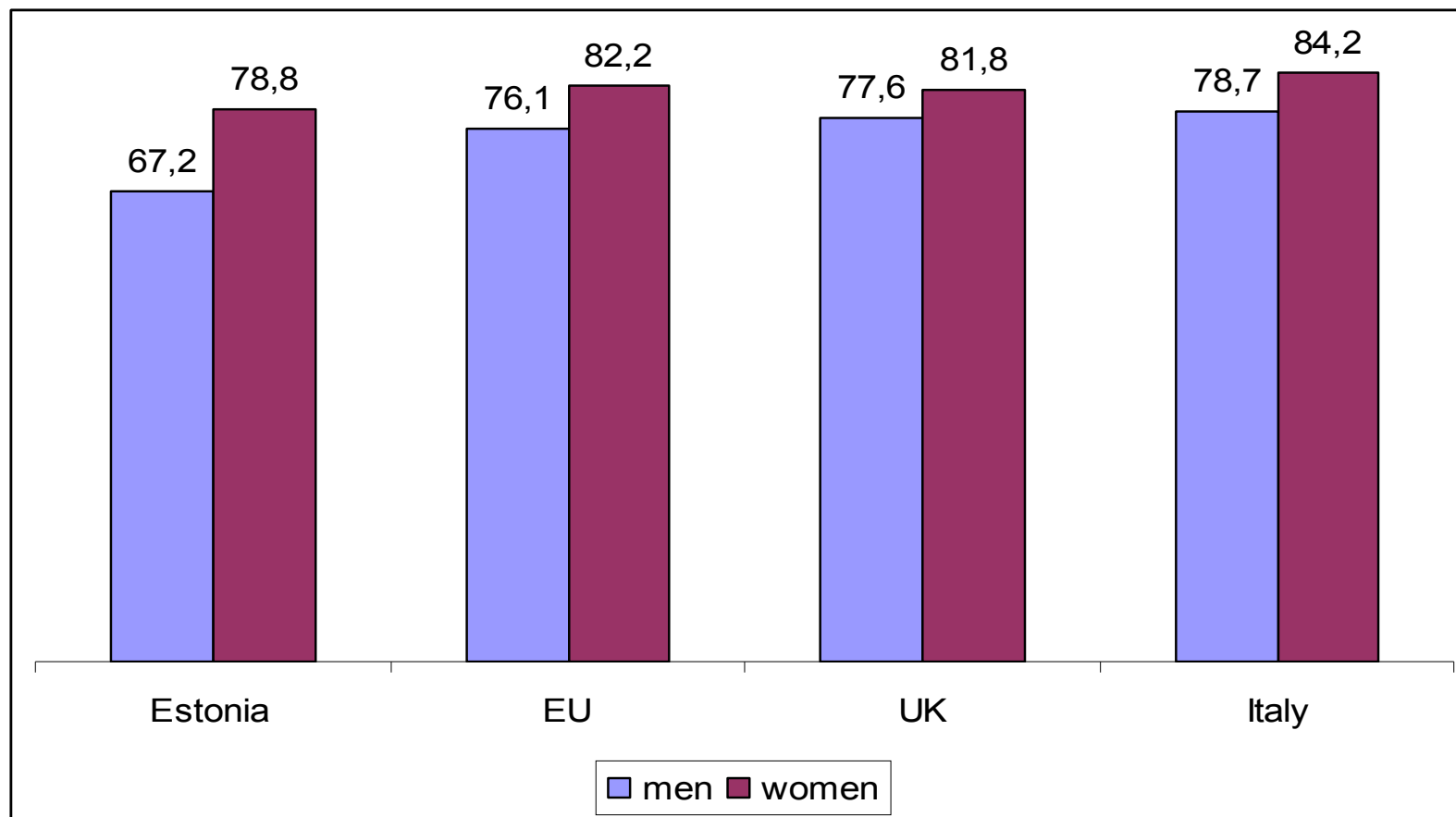


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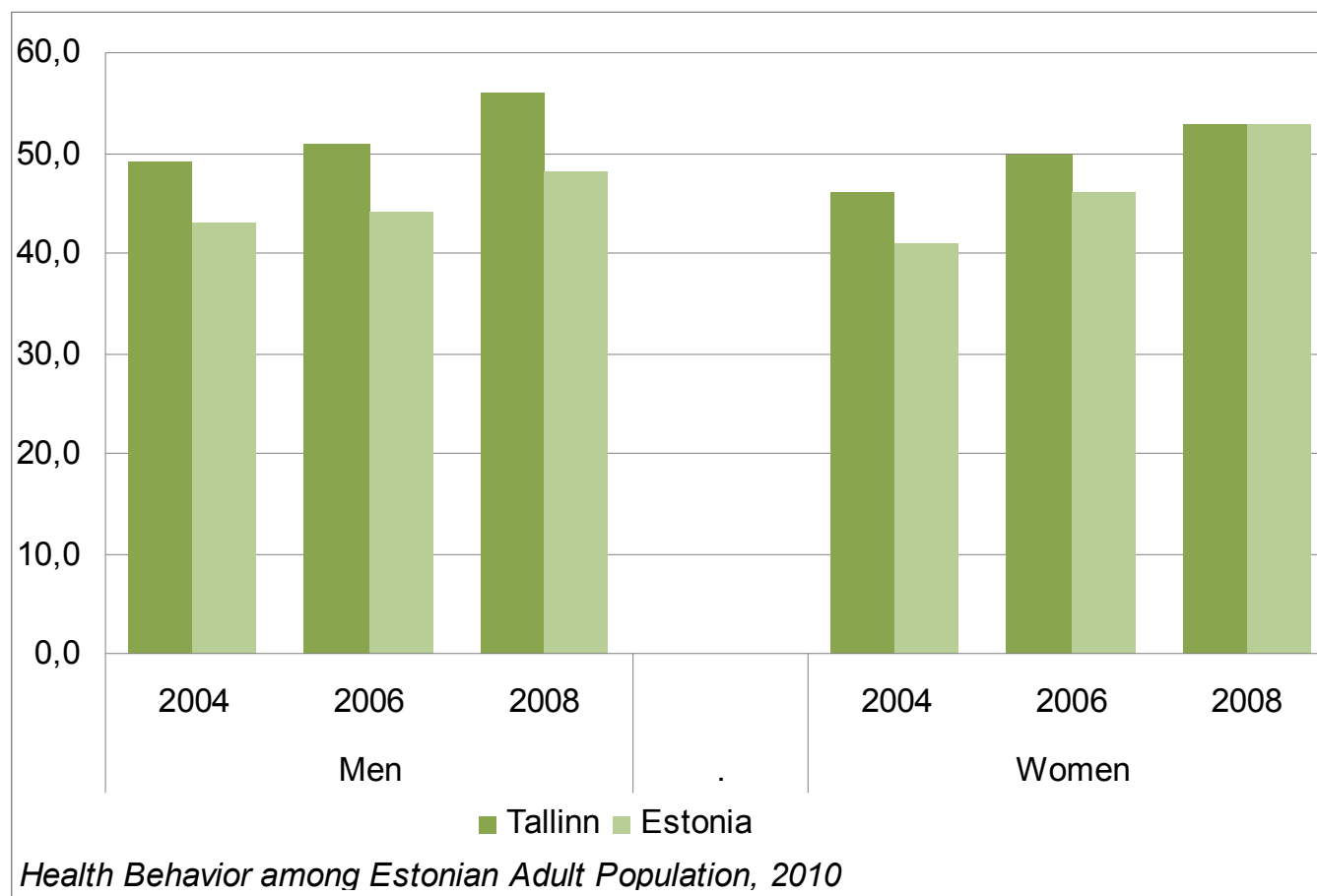
THE HEALTH
PROFILE OF TALLIN

Life Expectancy



University-educated men live 13.5 years longer than men with elementary education in Estonia

Health assessment among Tallinn's population - good, very good (%)



The Goal of Health Policy

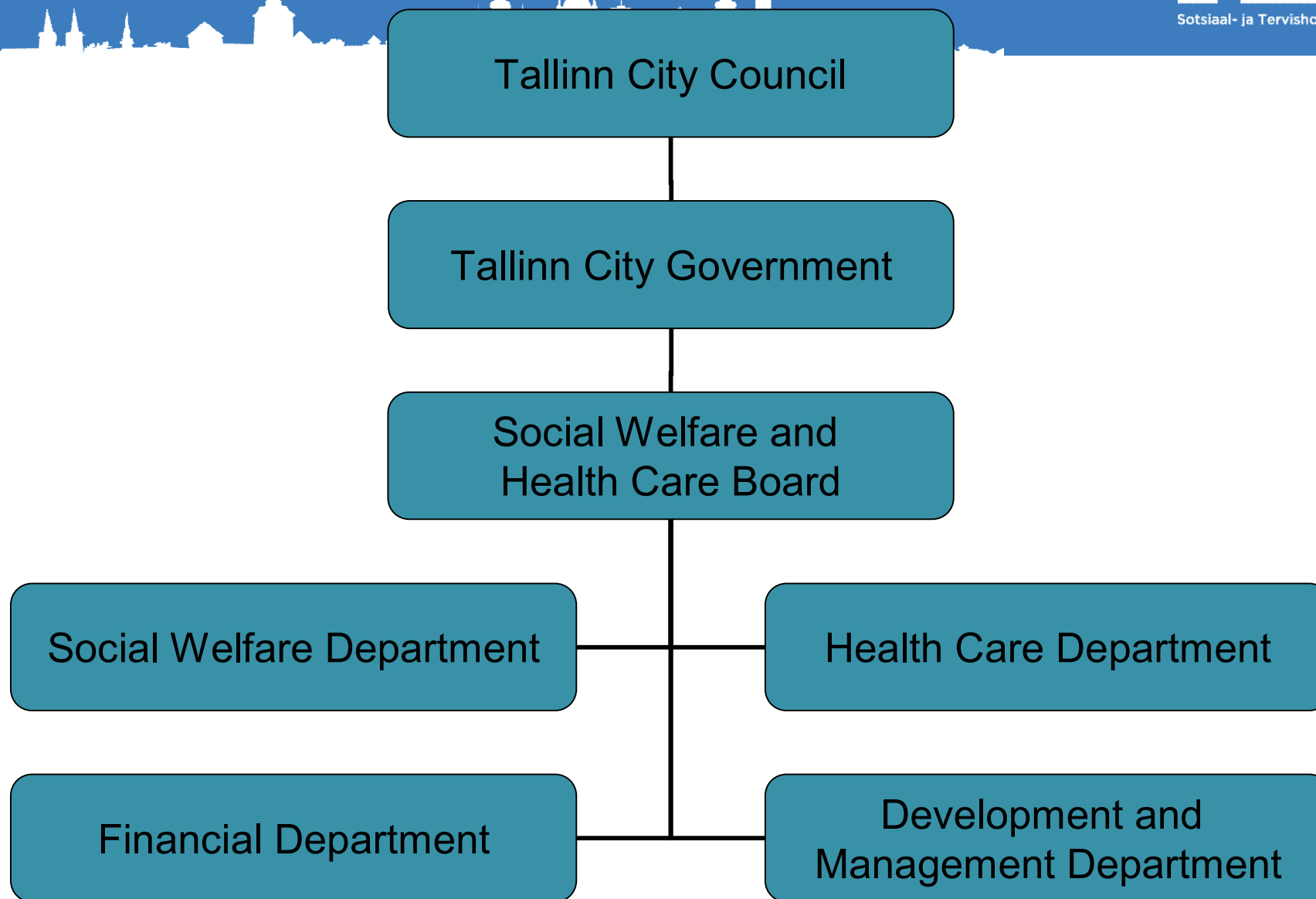
To create the possibilities and conditions for the achievement of

The lengthening of lifetime lived in good health to about 60 years for men and 70 years for women in Estonia and

The rise of average lifetime to 73 years for men and 80 years for women by the year 2015

Competence of the City in Health Issues

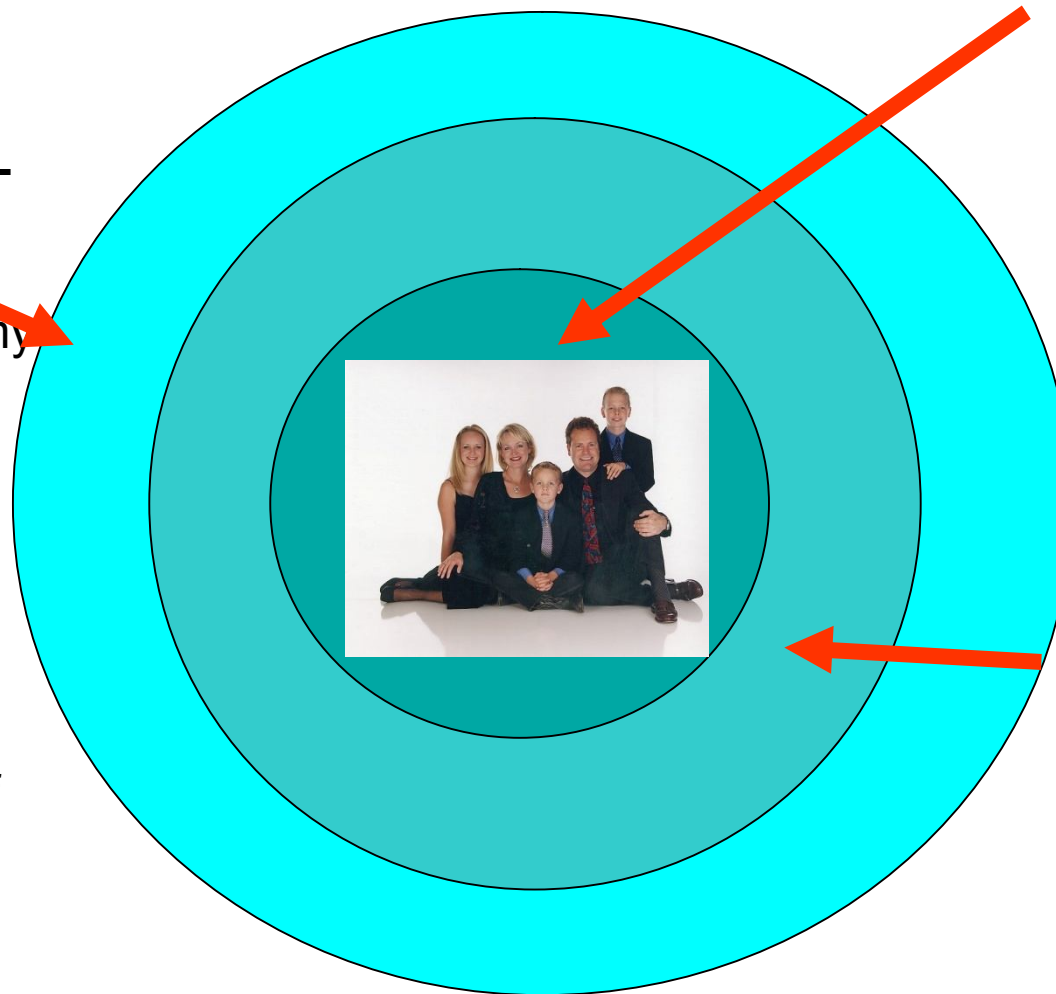
- Arrangement of health promotion
- Selecting family doctors to work in the city
 - GPs have a contract with the Estonian Health Insurance Fund, which pays for their work. The city has no way to motivate GPs to work during national holidays or afterhours in case of pandemics.
- 3 out of 4 main hospitals in the city are owned by the city
 - They work as private joint stock companies or foundations, financed mainly by health insurance and thus the city has limited opportunities for influencing their work.



LEVELS OF INTERVENTIONS

MACROLEVEL

- Politics
- Macroeconomy
- Legislation
- Regulation
- Tax policy
- Investments
- Opportunities
- Safety
- Justice
- Distribution of resources
- Social capital
- Environment



MICROLEVEL

- Behaviour
- Family
- Home
- Connections with friends
- Expectations
- Close relations
- Culture
- Social capital
- Environment

MESOLEVEL

- Home
- locality/neighbourhood
- School/ job
- Employment opportunity
- Clean water/food/air
- Engaging local government
- Social capital
- Environment

Health Policy Is Based on the Following Values :

- **Human rights**
- **Shared responsibility for health**
- **Equal opportunities and justice**
- **Social involvement**
- **Evidence-based**

The Vision of the Master Plan of Health of Tallinn 2007-2015:

**Good health of the residents of Tallinn
and their ability to realise themselves
in a socially cohesive city which offers
the feeling of social security and is
ecologically balanced.**

Content of the Master Plan:

- **Presumable lifetime, years lived in good health and self-assessment of health**
- **Illness, load of illness and mortality**
- **Social health factors**
- **Health indicators of children and adolescents**
- **Health effecting environment**
- **Health effecting choices in everyday life**

What Can Tallinn Do to Make Changes in the Health of Its Residents?

- **Support the early development of young children in every way;**
- **Achieve involvement of city residents on the levels of city districts, urban regions and organisations in making the decisions concerning their health;**
- **Improve the capacity for health of residents;**
- **Improve the living, working and recreation conditions and environment of people;**
- **Make the choices easier, which support the health of residents;**
- **Improve the availability of health services to socially sensitive groups.**

The main fields of activity for achieving the sub-goals of The Master plan of the health of Tallinn population

- **Ensuring a safe development which supports the health of children**
Increasing the social cohesion and safety of society.
- **Ensuring a living and working environment which promotes the perseverance and development of health.**
- **Promotion of healthy choices and lifestyle.**

Directions of activity to achieve the strategic goals

Focusing on the development of capacity:

- **Extending the number of networks and health workgroups;**
- **Developing the competence and skills of networks in solving the health problems in their responsibility field and/or community;**
- **Achieving social support among city residents in solving the local health problems (see on the right).**

Focusing on main problems:

- **I Prevention of injuries**
- **II Prevention of HIV/AIDS and drug use**
- **III Prevention of cardiovascular diseases**

Tallinn Health Coalition

- Co-ordinates the work of different city institutions
- Created by the City Government
- Headed by the Mayor



Sotsiaal- ja Tervishoiuamet

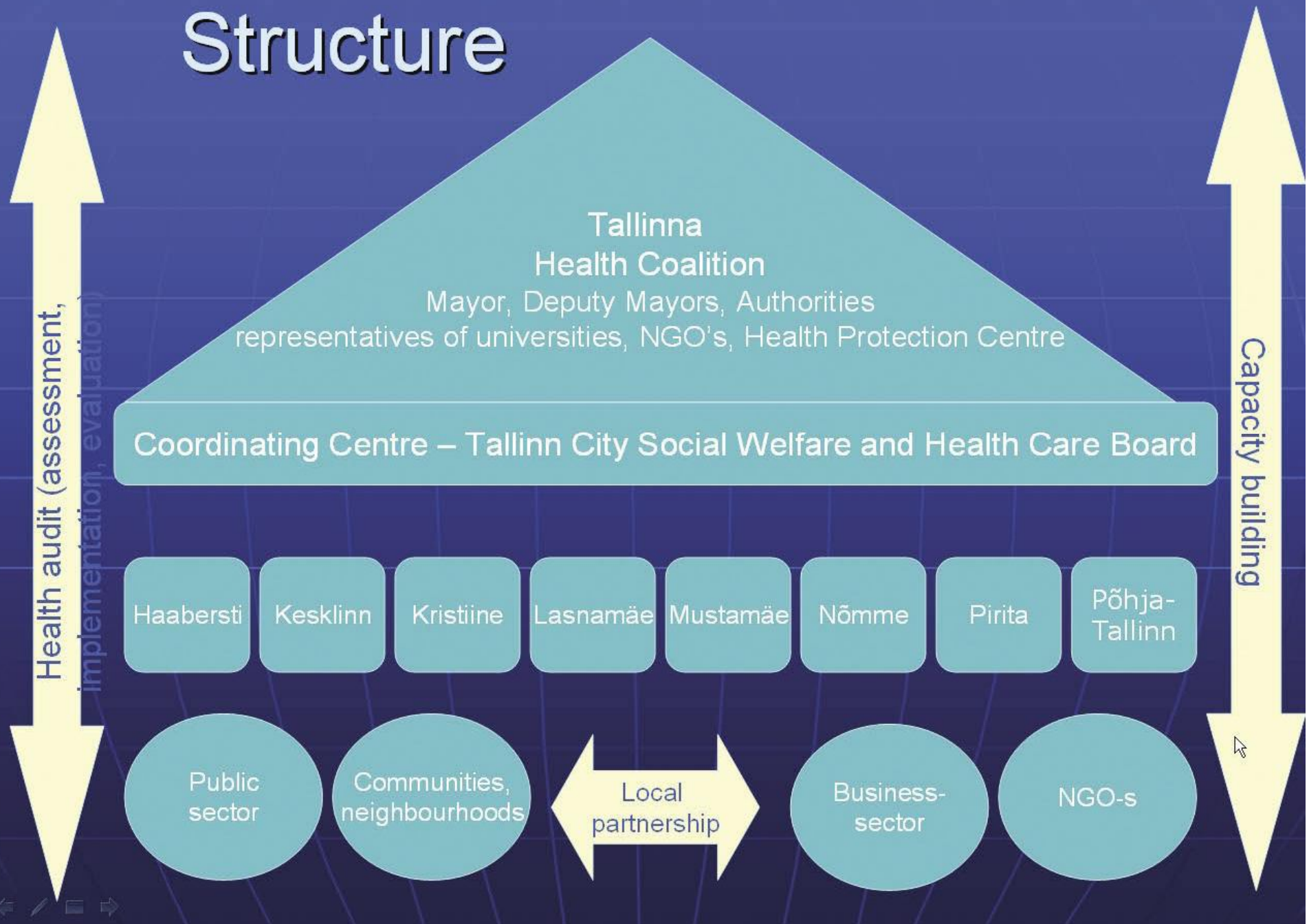
Health promotion



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Tallinna Tervisekoalitsioon

Structure



Health Promotion

- Prevention of cardiovascular diseases
- Prevention of traumas, targeted mainly to children
- Prevention of illicit drug use and HIV/AIDS:
 - Work with the general youth population
 - Work with risk youth and their families
 - Needle exchange and counselling of drug users
 - Treatment and rehabilitation of drug users, incl. methadone treatment

The changes that have taken place in Estonia within the last year:

- * **38%** have improved their eating habits towards becoming healthier,
 - * **32%** have increased their physical activeness,
 - * **10%** have given up smoking,
 - * **6%** have given up or decreased the use of alcohol,
 - * **5%** of questioned persons have become socially active (self-development, communicating with friends, spending spare time with family).
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- *“Assessments of residents in relation to health and health care 2008” – a survey conducted by the Ministry of Social Affairs and Estonian Health Insurance Fund*



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Tallinna Tervisekoalitsioon

Thank you !