



Health promotion in Vaasa



THE UNIT OF HEALTH PROMOTION



- ❖ The goal is to promote the health and welfare among the inhabitants of Vaasa
- ❖ The functions are cross-administrative
- ❖ There are 7 different working groups within the unit of health promotion. The groups consist of representatives based on the thought of life course: 1) mental health, 2) intoxicants, 3) exercise, 4) nutrition, 5) safety, 6) sexual health and 7) others (oral health, infectious diseases)



THE TASKS OF THE UNIT



- Create, promote and maintain a positive atmosphere for the promoting of health in the city of Vaasa
- Supply up-to-date research information
- Developing working methods for the basic service
- Prepare and maintain common lines for the functions in the whole city



VARIOUS EVENTS



- **The goal is** to motivate and support the **inhabitants** to take care for **their own** health, welfare and environment.

Among others

- Voi hyvin vaasalainen (Feel well Vaasa)
- Voi hyvin sundomilainen (Feel well Sundom)
- Voi hyvin nainen (Feel well female)
- Voi hyvin ristinummainen (Feel well Ristinummi)
- Pramrace – exercise event for families with children
- Teddy child health center – day event with accident theme
- Market events
- Shopping center events...



GROUP OPERATIONS ...



MOVING FAMILIES

- Information on nutrition, positive experiences on exercise for the parents of overweight 1st – 3rd graders (7 – 9 year olds)
- 10 x 1,5 h gatherings

WEIGHT CONTROL GROUPS FOR ADULTS

- Motivating
- Information
- Exercise

- **Cooperation** with the bureau of exercise – Cross-administrative cooperation



HEALTH STATISTICS



- THL's School health inquiries, results in Vaasa (every second year)
 - 8th – 9th graders in upper level of comprehensive school (15 – 16 year olds)
 - 1st – 2nd graders in higher secondary school (16 – 17 year olds)
 - 1st – 2nd graders in vocational school (16 – 17 year olds)
 - The challenge is the bad health habits among the students in vocational schools, the differences in health begin at this stage!
- “Tobalk” inquiry
 - An own inquiry in Vaasa about intoxication, done every third year among the 9th graders in the upper level of comprehensive school
 - 6th graders (12 year olds) done in 1981, 2001 and 2011
- Summaries of the broad physical examinations by grades (1st, 5th and 8th grade)
- The task for the unit of health promotion is to widely inform the results of the inquiries, so that everyone would work towards promoting health.



Public Dental Health Promotion in the city of Vaasa



The Handbook of Preventive Dental Healthcare was made in 2008 to determine the alignments of the preventive dental health care; among others it also includes theory on health behaviour and health education.





The goals with Preventive Dental Healthcare are

- In order to promote and maintain dental health, which includes avoiding sickness and adopting healthy lifestyles, **the residents' information and skills are up to date.**
- **The residents** know the meaning of home dental care and **are taking main responsibility for maintaining it.** **The parents** have the main responsibility of the **children's/youth's** dental health.
- **The dental health care offers** current **information** on the dental health the residents through various media sources (Internet, magazines, newspapers, radio, health education events as well as individual guidance on home care).



Kids under school age

- Day nurseries are made candy and juice free
- 3 – 6 year olds are given xylitol pastilles in the day care



School children

- Parents' evenings
- Days for 3rd graders
- Water as the primary thirst drink
- Junior high,
 - Lessons on health topics
 - Banning of energy drinks
 - Sports societies as health promoters

It's easy to smile with a healthy mouth



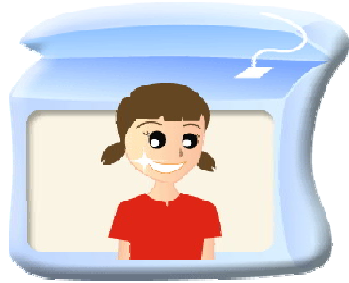
The teeth lessons for 3rd graders

The goals

- To increase awareness and knowledge on keeping up oral health among school children
- To increase awareness on how oral health affects the health as a whole
- To reduce the need of filling and correcting oral healthcare in the future

Background

- Change of the amount of people working within oral healthcare, retirement
- An increased number of elder patients with own teeth
 - Resource allocation
- Only about 50 % of the school children brush their teeth twice a day



Things that are dealt with along the day:



- Why is it useful to take care of the teeth?
- How and why are holes developing in the teeth?
- Acid attacks
- The benefits of saliva
- Xylitol
- How to prevent the developing of holes
- Who is taking care of the teeth?
- Measuring the acidity of different drinks
- Hidden sugar
- Exercise in brushing the teeth



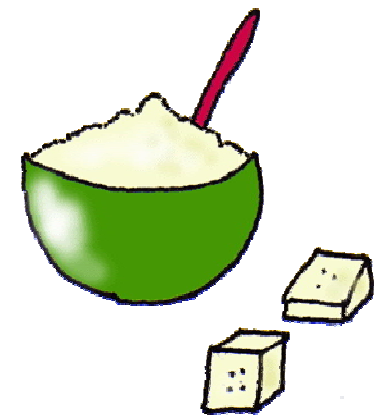
What is needed for teeth to develop holes?



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How do you prevent the development of holes in the teeth?

- Brush your teeth well twice a day with fluoride tooth paste
- Fluoride
 - Strengthens teeth
 - Fixes small damages in the teeth
 - Decreases the forming of bacterial acid



How do you prevent the development of holes in the teeth?

- Eat a proper breakfast, lunch and dinner.
- Use Xylitol immediately after eating
- Don't munch
 - Every time you munch, a new acidic attack starts occurring
- Drink water when thirsty



**You can stop the
development of holes in the
teeth BY YOURSELF !!!**

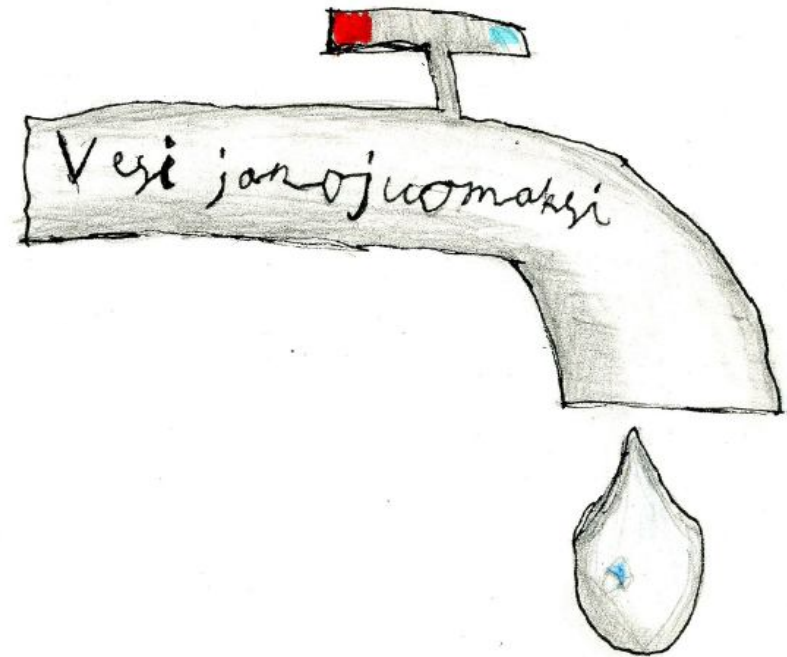


Water as the primary thirst drink

Vesi janojuomaksi



Kampanja



Kampanjen för

Vatten som törstsläckare

Avoiding erosion of the teeth



- To prevent erosion it's good to avoid sour food and drinks
- It's good to combine the intake of sour drinks/foods with the main meals and avoiding the sour drinks/foods in between the meals.
- Teeth should not be brushed immediately after enjoying some sour drinks/foods
- The use of Xylitol products after eating/drinking protects the teeth from erosion
- Correcting erosion is hard, due to the dental enamel. Teeth filling these days bind to the enamel, which has been worn in case of erosion.

Other projects...

- educating the nurses within the home and institutional care
- events for female immigrants
- "Feel well" events, fairs and other similar events



Thank you for your interest!

