

Appendix 1. Summary of the Physical Activity Programmes

	<i>Helsinki liikkuu – We all could move a bit more!</i>	<i>#Ilokseen #liikkuva #jäkeläinen</i>	<i>Liikkuva Kontiolahti</i>	<i>Liikutaan Porvoon mitalla!</i>	<i>Myö liikutaa!</i>
City/Municipality	Helsinki	Järvenpää	Kontiolahti	Porvoo	Lappeenranta
Region	Uusimaa	Uusimaa	North Karelia	Uusimaa	South Karelia
Population	658 339	45 050	15 020	51 020	72 619
PA Programme years	2019-2021 ->	2012-2024	2021-2025	2021-2030	2020-2025
Common agenda					
<i>Strategy of the city</i>	Strong connection to city strategy. Physical activity is integrated into the city's basic operations, budget planning and divisional targets as part of the promotion of wellbeing and health: pilot project in health and wellbeing plan	Strong connection to city strategy 2025 "Good life in Järvenpää"	Strong connection to city strategy "Growth and attitude" – 4 target areas	No connection to city strategy mentioned. Participation of residents in planning phase was mentioned in line with city strategy	Strong connection to city strategy 2033 "We dare. We do. We succeed."
<i>Preparation of the programme</i>	<ul style="list-style-type: none"> - Decision to start: Helsinki's Executive Board 11/2017 - Project and management groups assembled for the preparation, planning and monitoring - Background material: existing knowledge of PA, health and wellbeing of the residents, current basic operations, services, conditions and development activities, research, customer data, international examples. 	<ul style="list-style-type: none"> - Leader: Sport department - Background material: national policies and programmes, local documents and on-going projects (health-plan, sports facilities evaluation etc.) - Benchmark: Helsinki, Porvoo - Citizens: questionnaires - Partners: 3 workshops - City services: action plan and cross-sectoral collaboration 	<ul style="list-style-type: none"> - Leader: cross-sectoral steering group - Background material: national policies and programmes, previous research and information from the city - Benchmarking other programmes - Citizens: 5 questionnaires for different target groups - Partners: 3 workshops - City services: identifying actions for PA promotion 	<ul style="list-style-type: none"> - Leader: steering group, sport department - Cross-sectoral group: analyzing the questionnaires, preparation of the workshops - Paid experts from Smartsport - Partners: 6 workshops in 2019 for sports clubs and other third sector partners, schools, day care centers, companies; almost 200 attendees, sports club questionnaire 	<ul style="list-style-type: none"> - Leader: cross-sectoral steering group - Paid experts from Smartsport - Citizens: questionnaires - Partners: sports clubs planning cruise, 5 workshops - Programme build by the steering group using the results from workshops, questionnaires and other background materials from the city - 2018: building guidelines, 2019: building actions and

	- City Board decision 12/2018			- Citizens: questionnaire; over 2000 answers	network, cross-sectoral implementation, 2020-2025: into practice
<i>Other policies</i>	<ul style="list-style-type: none"> - WHO Action plan - Large variety of scientific research - Monitoring and assessment data on the physical activity of different age groups 	<ul style="list-style-type: none"> - Local Government Act - Sports Act - Health care Act - National Report on Sports Policy - “On the move” - programmes - Health and wellbeing plan (Järvenpää, Keusote) 	<ul style="list-style-type: none"> - Local Government Act - Sports Act - WHO Action plan - Large variety of scientific research - Ministry of education and National Sports Council -> national guidelines and action plans - Regional authority offices (AVI) 	Not mentioned	Not mentioned
<i>Vision</i>	<p>To permanently increase the proportion of physical activity and reduce the proportion of sedentary time in the lives of the residents throughout lifespan.</p> <p>The goal is to influence people’s attitudes, to lower the barrier to moving, and to increase the joy of physical activity.</p>	People move for their own joy – their own way – in everyday life	Kontiolahti is one of the most physically active municipalities by 2025.	Developing possibilities to be more physically active and do sports. Vision what is the focus in PA promotion in the long run.	Increasing physical activity, overall activity and feeling of togetherness
Backbone support					
<i>Coordination</i>	Project team under sport, culture and leisure sector	No information how the coordination is done	No information if steering group is working	No information if steering group is working	No information if steering group is working
<i>Management</i>	Project team under sport, culture and leisure sector	No information how the management is done	No information how the management is done	No information how the management is done	No information how the management is done
<i>Resources</i>	Financial plan yearly according to the objectives of the programme	No information about the resources	Financial plan yearly according to the targets of the programme	No information about the resources; “resources will be allocated according to the	No information about the resources

				guidelines set in the programme”	
Mutually reinforcing activities					
<i>Main target groups</i>	<p>The actions are targeted at the overall system, community and environment, and individual level</p> <p>Increased overall awareness, promotion and coordination of physical activity.</p>	Lifespan model – according to “Spearhead” themes	<p>Lifespan model</p> <p>Equal to health and wellbeing plan</p>	<p>Lifespan model – according to main activities and divided into developing organized – non-organized activities</p> <p>Sports clubs and private entrepreneurs</p>	<p>Lifespan model – according to main activities and divided into developing organized – non-organized activities</p> <p>City’s procedures</p>
<i>Main activities</i>	<ul style="list-style-type: none"> - Increase awareness - Systemic change: together, innovatively - Urban environment will attract people to be physically active - Small children will adopt basic skills and habits of PA - PA is part of the life of children and young people - City’s personnel is more physically active and sit less - Older people are more physically active - PA is utilised in the prevention and treatment of illnesses and rehabilitation 	<ul style="list-style-type: none"> - Developing the accessibility and the use of outdoor activities - Lowering the gap to attend sport for all activities and other physical activity - Digital services in PA - Developing communication - Collaboration with neighboring municipalities 	<p>Cross-sectoral themes in all age-groups:</p> <ul style="list-style-type: none"> - Possibility to PA close to home - Inspiring and reachable communication - Accessibility - Experiments 	<p>Activities that have special impact tai are new actions:</p> <ul style="list-style-type: none"> - Kokonniemi recreation area - Multisports-arena for youth - Modelcity for walking and cycling - Communication, networking and experiments 	<ul style="list-style-type: none"> - Developing infrastructure and services: facilities located close to residents, ease access services for the whole lifespan - Developing procedures: more cooperation and networking, participation, communication and experimenting - Planning and decision making: assessing the impacts of PA in all decision making
<i>Partners and cross-sectoral work</i>	60 concrete actions under above mentioned objectives: cross-sectoral work in all city departments	City departments and services, schools, sports clubs and other third sector actors, companies, adult	City departments and services, sports clubs and other third sector actors,	City departments and services, sport services, sports clubs and other third sector actors, schools,	City departments and services, sports clubs and other third sector actors

	and services, especially sports, culture and leisure sector, schools, sports clubs and other third sector actors, health care sector, expert groups, international and national networks	education center, child health care, other surrounding municipalities, health care provider Keusote, after-school activities, council for elderly/disabled, media Other development plans as part of the programme: infrastructure 2024	schools, day care centers, youth services	companies, adult education center	Other development plans as part of the programme: infrastructure 2026, adapted physical activity 2025
Continuous communication					
<i>Internal communication</i>	Major part of the cross-sectoral work in the city: creation of network for the city services and all projects that has effect on PA promotion	No information about the internal communication	No information about the internal communication	Communication is seen as a necessary action in cross-sectoral work; cooperation with sports clubs is seen important; no information how internal communication is organized	Communication is seen as a necessary action; it was identified as one of the major problems while building the programme; no information how it is organized
<i>External communication</i>	One of the main objectives of the programme: own webpages, campaigns, social media channels, staff pointed to communication of the programme	No information about the external communication	Cross-sectoral theme is inspiring, reachable communication in all target groups Communication actions: campaigns, PA promotion in different medias, internet-pages	Communication actions: parents, brand of Porvoo archipelago, commute biking with employers, marketing private sports companies	"All actions involve aspect of communication"
Shared measurement					
<i>Evaluation and monitoring</i>	For each main target and actions within	Part of the city's larger development plan, no information how the monitoring and evaluation is	Health and wellbeing report yearly, part of report schedule of the city	No information from evaluation and monitoring	No information from evaluation and monitoring

	<ul style="list-style-type: none"> - “Liikkumisvahti”: operational, tactical, strategical indicator <p>For achieving more permanent changes is within approximately five years of the start of the actions</p>	done strategically and together with the collaborators	<p>Local education committee: monitoring yearly targets Regional sport survey every 4 years</p> <p>Partner-workshop yearly</p>		
<i>Indicators</i>	<p>Executive Board monitors by means of three strategic indicators:</p> <ul style="list-style-type: none"> - % of PA and sedentary time during the waking hours of Helsinki residents (motion measurement data by age group and gender) - Children’s physical capacity (Move! measurements) - % of people engaging in recreational exercise 	<p>For each main target and actions within</p> <ul style="list-style-type: none"> - action done / not - quality - quantity <p>No main strategic indicators are mentioned</p>	No indicators listed	No indicators listed	No indicators listed