### Appendix 1. Summary of the Physical Activity Programmes

<table>
<thead>
<tr>
<th>City/Municipality</th>
<th>Helsinki</th>
<th>Järvenpää</th>
<th>Kontiolahti</th>
<th>Porvoo</th>
<th>Lappeenranta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Region</td>
<td>Uusimaa</td>
<td>Uusimaa</td>
<td>North Karelia</td>
<td>Uusimaa</td>
<td>South Karelia</td>
</tr>
<tr>
<td>Population</td>
<td>658 339</td>
<td>45 050</td>
<td>15 020</td>
<td>51 020</td>
<td>72 619</td>
</tr>
</tbody>
</table>

### Common agenda

#### Strategy of the city

- 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.”

#### Preparation of the programme

- 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.
- 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

- 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

- 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

- 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
**Other policies**

- WHO Action plan
- Large variety of scientific research
- Monitoring and assessment data on the physical activity of different age groups

- Local Government Act
- Sports Act
- Health care Act
- National Report on Sports Policy
- “On the move” programmes
- Health and wellbeing plan (Järvenpää, Keusote)

- 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

**Vision**

To permanently increase the proportion of physical activity and reduce the proportion of sedentary time in the lives of the residents throughout lifespan.

The goal is to influence people’s attitudes, to lower the barrier to moving, and to increase the joy of physical activity.

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**

<table>
<thead>
<tr>
<th><strong>Coordination</strong></th>
<th>Project team under sport, culture and leisure sector</th>
<th>No information how the coordination is done</th>
<th>No information if steering group is working</th>
<th>No information if steering group is working</th>
<th>No information if steering group is working</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Management</strong></td>
<td>Project team under sport, culture and leisure sector</td>
<td>No information how the management is done</td>
<td>No information how the management is done</td>
<td>No information how the management is done</td>
<td>No information how the management is done</td>
</tr>
<tr>
<td><strong>Resources</strong></td>
<td>Financial plan yearly according to the objectives of the programme</td>
<td>No information about the resources</td>
<td>Financial plan yearly according to the targets of the programme</td>
<td>No information about the resources; “resources will be allocated according to the</td>
<td>No information about the resources</td>
</tr>
<tr>
<td>Mutually reinforcing activities</td>
<td>Main target groups</td>
<td>Main activities</td>
<td>Partners and cross-sectoral work</td>
<td></td>
<td></td>
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</tbody>
</table>
| The actions are targeted at the overall system, community and environment, and individual level | Lifespan model – according to “Spearhead” themes | Cross-sectoral themes in all age-groups:  
- 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 | 60 concrete actions under above mentioned objectives: cross-sectoral work in all city departments |
| Increased overall awareness, promotion and coordination of physical activity. | Lifespan model  
Equal to health and wellbeing plan | Activities that have special impact tai are new actions:  
- Kokonniemi recreation area  
- Multisports-arena for youth  
- Modelcity for walking and cycling  
- Communication, networking and experiments | City departments and services, sports clubs and other third sector actors, companies, adult |
| Lifespan model – according to main activities and divided into developing organized – non-organized activities | Sports clubs and private entrepreneurs | Lifespan model – according to main activities and divided into developing organized – non-organized activities | City departments and services, sports clubs and other third sector actors, schools, |
| City’s procedures | | | |

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**Guidelines set in the programme**

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**Main target groups**

- The actions are targeted at the overall system, community and environment, and individual level
- Increased overall awareness, promotion and coordination of physical activity.

**Main activities**

- 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

All city departments and services, schools, sports clubs and other third sector actors, companies, adult

**Partners and cross-sectoral work**

- 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
<table>
<thead>
<tr>
<th>Continuous communication</th>
<th>Other development plans as part of the programme: infrastructure 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Internal communication</strong></td>
<td>No information about the internal communication</td>
</tr>
<tr>
<td>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</td>
<td>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</td>
</tr>
<tr>
<td>No information about the internal communication</td>
<td>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</td>
</tr>
<tr>
<td><strong>External communication</strong></td>
<td>Communication actions: campaigns, PA promotion in different medias, internet-pages</td>
</tr>
<tr>
<td>One of the main objectives of the programme: own webpages, campaigns, social media channels, staff pointed to communication of the programme</td>
<td>No information from evaluation and monitoring</td>
</tr>
<tr>
<td>No information about the external communication</td>
<td>“All actions involve aspect of communication”</td>
</tr>
<tr>
<td>Cross-sectoral theme is inspiring, reachable communication in all target groups</td>
<td>Communicating with parents, brand of Porvoo archipelago, commute biking with employers, marketing private sports companies</td>
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<tr>
<td>Communication actions: campaigns, PA promotion in different medias, internet-pages</td>
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<td></td>
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<tr>
<td><strong>Shared measurement</strong></td>
<td>No information from evaluation and monitoring</td>
</tr>
<tr>
<td><strong>Evaluation and monitoring</strong></td>
<td>No information from evaluation and monitoring</td>
</tr>
<tr>
<td>For each main target and actions within</td>
<td>Health and wellbeing report yearly, part of report schedule of the city</td>
</tr>
<tr>
<td>Part of the city’s larger development plan, no information how the monitoring and evaluation is</td>
<td>No information from evaluation and monitoring</td>
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</table>
- “Liikkumisvahti”: operational, tactical, strategical indicator
  For achieving more permanent changes is within approximately five years of the start of the actions

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Executive Board monitors by means of three strategic indicators:</th>
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<tr>
<td></td>
<td>- % of PA and sedentary time during the waking hours of Helsinki residents (motion measurement data by age group and gender)</td>
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<td>- Children’s physical capacity (Move! measurements)</td>
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<td>- % of people engaging in recreational exercise</td>
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<td>done strategically and together with the collaborators</td>
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<td></td>
<td>For each main target and actions within</td>
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<tr>
<td></td>
<td>- action done / not</td>
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<tr>
<td></td>
<td>- quality</td>
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<tr>
<td></td>
<td>- quantity</td>
</tr>
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</table>

Local education committee: monitoring yearly targets
Regional sport survey every 4 years
Partner-workshop yearly

No indicators listed
No indicators listed
No indicators listed