

The Kuopio Wellbeing Plan for 2026–2030 continues the work to promote wellbeing as set forth in the Happy and Healthy Kuopio 2030 programme. The Wellbeing Plan is an updated version of the Wellbeing Plan for 2021–2025. The objectives have remained the same and one new objective has been added. There are a lot of updates to the actions, and their purpose is to meet the needs of promoting wellbeing in the coming years. The wellbeing report indicator sources, or the indicators for assessing impact and effectiveness, remain the same for the most part.

In future update cycles, the updating needs associated with access to information and the quality of information, and the updating of the wellbeing report's minimum data set should be taken into consideration. This appendix already proposes individual indicator updates to be made when drawing up the next wellbeing report. A proposal has also been made to delete the indicators that are not representative and may be misleading. Some indicators have also been combined in the summary list of this appendix for purposes of readability (such as in the case for nicotine products and for the walking and physical activity of working-age people and the elderly). The indicators should, however, be presented as separate items in the actual wellbeing report so that results can be examined by indicator.

The result indicators for municipalities affecting the health and wellbeing promotion coefficient have been marked in green. At the end, there is a more detailed summary of the result and process indicators for municipalities. It should be noted that national indicators for health and wellbeing promotion coefficients can change when needed.

The figures for years that are still uncertain are marked in red. The indicators that will provide additional information later are also marked in red. It should be noted that receiving the municipality-specific data of the Healthy Finland survey will continue to become more infrequent, and in the coming years, we should develop a replacement solution for monitoring the wellbeing data for the adult population. This is why the appendix file is a description of the situation at the time of compiling the wellbeing plan. Most of the data can be found in the national Sotkanet, and this is the case also for the results of the School Health Promotion study, although the School Health Promotion study has its own website where you can search for information. It should be noted that when compiling the next extended wellbeing report, the up-to-date indicator sources shall be taken into account, and the needs and the minimum data set will be updated in the new report.

1. The wellbeing report and plan indicators divided into the elements of Good Life

Daily lifestyles for a good life

Indicators	Target group of data	Source	Update interval
• Those active for a minimum of one hour every day	Children and adolescents	School Health Promotion study	Odd years
• Experiences their health as average or poor	Children and adolescents		

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Appendix 1. Indicators of the wellbeing report and plan

Those engaging in strenuous exercise on their leisure time at max. 1 h per week	Children and adolescents		
Physical capacity of children and adolescents	Children and adolescents	MOVE measurements	Annually
Share of those reaching the physical activity recommendation	Working-age people and the elderly	FinSote study / Healthy Finland survey	2020, 2022, 2023, 2029
Share of those experiencing great difficulty when walking 500 metres or running 100 metres			
Share of those consuming vegetables, berries and fruit daily	Children	FinLapset study	Every 2 to 3 years
Share of those skipping breakfast at least on one morning during the week	Children and adolescents	School Health Promotion study	Odd years
Share of those skipping lunch at least on one school day	Children and adolescents		
Share of those consuming very little vegetables, berries and fruit	Working-age people and the elderly	FinSote study / Healthy Finland survey	2020, 2022, 2023, 2029
Share of those consuming vegetables, berries and fruit several times a day	Working-age people and the elderly		
Share of those getting too little sleep	Working-age people and the elderly		
Share of those sleeping for less than 8 hours on weeknights	Adolescents	School Health Promotion study	Odd years
Consumption of alcoholic beverages per resident as 100% alcohol, in litres	Residents	THL/Finnish Supervisory Agency	Annually
Sales of alcoholic beverages, 100% alcohol, litres / those aged 18 or older	Adults	THL / Statistics on sales and consumption of alcoholic beverages	Annually
Alcohol mortality	Working-age people	SOTKANet	Annually
Use of intoxicants or tobacco and nicotine products or gambling causing concern, %	Adolescents	School Health Promotion study	Odd years
Has experimented with cannabis at least twice	Adolescents		
Has experimented with illegal drugs at least once	Adolescents		
Share of those using a nicotine product daily (cigarettes, snus)	Children and adolescents		
Used a nicotine product at least once	Children		
Share of those using alcohol weekly	Adolescents		
Share of those drinking very heavily at least once a month	Adolescents		
Sobriety	Children and adolescents		
Uses alcohol weekly	Children and adolescents		
Ease of obtaining drugs at own municipality	Children and adolescents		
Share of those using alcohol in excess	Working-age people and the elderly	FinSote study / Healthy Finland survey	2020, 2022, 2023, 2029
Share of those who have used cannabis during the past 12 months, % of working-age people			

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Appendix 1. Indicators of the wellbeing report and plan

• Share of those using tobacco or nicotine products daily	Working-age people	FinSote study / Healthy Finland survey	2020, 2022, 2023, 2029
• Use of stimulant drugs in the area of the wastewater network	Residents in the area	THL, wastewater research	Almost real-time

Supporters of a good life

Indicators	Target group of data	Source	Update interval
• No close friends	Children and adolescents	School Health Promotion study	Odd years
• Satisfaction in number of trusted friends	All residents in area	Experience-based wellbeing survey	
• Difficulties in talking with parents, interaction between child and parent	Children and adolescents	School Health Promotion study	Odd years
• 0–17-year-olds placed in substitute care	Children and adolescents	AvoHilmo	Annually
• Number of child welfare notifications	Children and adolescents	AvoHilmo	Annually
• Child welfare community care clients	Children and adolescents	SOTKANet	Annually
• Satisfaction in family and close relationships	All residents in area	Experience-based wellbeing survey	2019, 2021 and 2024
• Share of those considering themselves lonely	Children and adolescents	School Health Promotion study	Odd years
• Share of those considering themselves lonely	Working-age people and the elderly	FinSote study / Healthy Finland survey	2020, 2022, 2023, 2029
• Parent's excessive use of alcohol has caused problems	Children and adolescents	School Health Promotion study	Odd years

Inspirations for a good life

Indicator	Target group of data	Source	Update interval
• Engages in a leisure activity at least once a week	Children and adolescents	School Health Promotion study	Odd years
• Engages in art and culture activities at least one day a week	Children and adolescents		
• Accessibility of cultural services from home %	All residents	Kultti reporting platform	
• How often engages in favourite activities and visits libraries, concerts and equivalent places	All residents	Experience-based wellbeing survey	2019, 2021 and 2024
• Visitor and user numbers of various services (museum, library, adult education centre, resident activities etc.)	All residents	Kuopio statistics	Annually

Education, skills and livelihood in a good life

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Appendix 1. Indicators of the wellbeing report and plan

Indicator	Target group of data	Source	Update interval
- Unemployed jobseekers and long-term unemployed, % of workforce - Youth unemployment (TO BE ADDED IN THE FUTURE) - Activation rate of the unemployed, % - Foreign unemployed jobseekers - Structural unemployment - The 25–64-year-olds who have received long-term social assistance - The families with children who have received long-term social assistance, child poverty	- Working-age people - Working-age people - Working-age people - Working-age people - Working-age people - Working-age people - Working-age people	- Employment statistics - Employment statistics - Employment statistics - Employment statistics - Employment statistics - THL - SOTKANet / THL	- Monthly, annually - Monthly, annually - Monthly, annually - Monthly, annually - Monthly, annually - Annually - Annually
Share of those who have needed to cut back on food, medication or doctor's appointments due to lack of money, %	Working-age people and the elderly	SOTKANet/ THL	Every two years
- Experience of school enthusiasm / school burnout - Likes going to school / studying - Experience of difficulties associated with school attendance and studying	Children and adolescents	School Health Promotion study	Odd years
Those left outside education	Adolescents	Education statistics	Annually
Employment of the recently graduated and placement in further studies	Adolescents	Education statistics	Annually
Share of those considering themselves fully or partially incapacitated, those considering having decreased work capacity, functional limitations due to health problems	Working-age people	FinSote / Healthy Finland survey	2020, 2022, 2023, 2029
Those left outside education in 17–24-year-olds	Adolescents	Statistics Finland	Annually
Those aged 25–64 receiving disability pension	Working-age people	SOTKANet / THL	Annually
The 25–64-year-olds receiving disability pension due to mental health or behavioural disorders	Working-age people	THL	Annually
The 18–24 and 25–64-year-olds receiving sickness allowance due to mental health reasons			
Rate of children in low-income families	Children	SOTKANet / THL	Annually
Family's financial situation moderate or worse, grade 8 & 9	Children and adolescents	School Health Promotion study	Odd years

Living environment in a good life

Indicator	Target group of data	Source	Update interval
Single-person households, % and single-person households of those aged 75 or older, %	Working-age people and the elderly	SOTKANet / Statistics Finland	annually

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Appendix 1. Indicators of the wellbeing report and plan

Satisfaction of Kuopio residents in their residential area and housing conditions Comfort and maintenance of environment (streets and parks)	All residents All residents	Experience-based wellbeing survey	2019, 2021, 2024
Those living at most 2 km away from the primary school, % of 7–12-year-olds	Children	Liiteri / Statistics Finland	Annually
Households living in cramped conditions and households with children living in cramped conditions	All residents	SOTKANet / Statistics Finland	Annually
Single-person homeless households, and single-person homeless households living outside/in night shelters/emergency shelters and institutions	All residents	SOTKANet / ARA	Annually
Those living at most 1 km away from a regularly serviced public transport stop, %	All residents	Liiteri / Statistics Finland	Annually
Those living at most 500 m away from a convenience store, % of those aged 75 or older	All residents	Liiteri / Statistics Finland	Annually
People living at maximum 1 km away from local recreation areas %, with accessibility to areas suited for local recreation at most 300 metres, % of population	All residents	Liiteri / Finnish Env. Inst.	2018 / Liiteri Equivalent or alternative indicators in review during spring 2026. Statistics have not been updated since 2018.
Average rent per square meter (ARA and non-subsidised), €/m²	All residents	Statistics Finland / ARA	Annually
Those living at home aged 75 or older, %	The elderly	SOTKANet / THL	Annually
Belongs to a school or class community	Children and adolescents	School Health Promotion study	Odd years
Experiences of children and adolescents on experiences of inclusion and opportunities for impact			
Experience of inclusion in various adult age groups	Working-age people and the elderly	Healthy Finland survey	2020, 2022, 2023, 2029
Trusts residential municipality's politicians, feels is able to impact matters regarding themselves in their region (scale 0–10)	All residents	Experience-based wellbeing survey	2019, 2022, 2024
Voter turnout in municipal elections, %	Adults	Information service of the Ministry of Justice	Every four years
Particulate concentration in air, PM10 annual average	All residents	Kuopio statistics, annual report on air quality monitoring.	Annually
Physical conditions at educational institute have interfered with studies	Children and adolescents	School Health Promotion study	Odd years

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• Number of those living in noise impact area of rail traffic and road traffic	All residents	Strategic noise map	2022, 2027 (repeated every five years)
• Satisfied with the residential area's safety	All residents	Experience-based wellbeing survey	2019, 2021, 2024
• Disturbance index	All residents	Police statistics	Annually
• Duties of the rescue service (building fires, fire fatalities)	All residents	Emergency Services Academy / Rescue department	Annually
• Accident at school or on school commute	Children and adolescents	School Health Promotion study	Odd years
• Those treated at hospital for injuries or poisoning	All residents	SOTKANet / THL	Annually
• Number of water traffic accidents	All residents	Traficom	
• Crimes by type known to the police and cases of driving under the influence	All residents	Police statistics	Annually
• Those suspected of crimes in various age groups in 0–20-year-olds	Children and adolescents	Police statistics	Annually
• Treatment periods and hip fractures associated with tripping and falling of those 65 years or more, %	The elderly	AvoHilmo	Annually
• Cases of drowning	All residents	Data regarding Kuopio under review, Finnish Swimming Teaching and Lifesaving Federation	
• Road traffic accidents by type	All residents	Finnish Road Safety Council	Annually
• Bullied at school at least once a week, bullying stopped or reduced after bringing up issue	Children and adolescents	School Health Promotion study	Odd years
• Experience of adults on physical violence or emotional abuse	Children and adolescents		
• Experience of sexual harassment or violence	Children and adolescents		

2. The health and wellbeing promotion coefficient for result indicators in summary:

Municipal result indicators

Indicator	Sotkanet indicator number	Target level of indicator	Source	Schedule
Experiences health as moderate or poor, share of pupils in grade 8 and 9	286 scaled ind. 5301	5%	School Health Promotion study (THL)	Data is collected in the spring of odd years, results are published in the autumn
Those left outside education in 17–24-year-olds, % share of population of equal age	3219 scaled ind. 5304	5%	Register of degrees (Statistics Finland)	The statistics are completed in the beginning of the year following the year after the statistical year. For example, data pertaining to 2021 is published in January of 2023.
The 25–64-year-olds who have received long-term social assistance, % share of population of equal age	234 scaled ind. 5306	0.5%	Register of social assistance (THL)	Data is collected from municipalities annually in January and February, from Kela as monthly data. The statistics are completed in the summer of the year following the statistical year
Those aged 25–64 years receiving disability pension, % share of population of equal age	306 scaled ind. 5307	5%	Pension statistics (ETK)	Data on pensioners are completed in the spring of the year following the statistical reference year. The data of those becoming pensioners in the year are published later in the same year.

Municipal result indicators

Indicator	Sotkanet indicator number	Target level of indicator	Source	Schedule
Treatment periods associated with tripping and falling of those aged 65 or older compared to 10,000 persons of equivalent age.	3959 scaled ind. 5308	230 treatment periods	Statistics on specialised healthcare (THL) Statistics on basic healthcare (THL)	Statistical reports are completed once a year. They include data from the year preceding the current year

3. The health and wellbeing promotion coefficient for process indicators

Process indicators describe the resources and measures to promote health and wellbeing. The indicators describe the creation of prerequisites for effective and coordinated promotion of health and wellbeing. Process indicators are compiled directly from the municipalities in connection with THL's TEA data collection. The data collection of municipal management, sports lessons and basic education has been compiled in a statistical review that is available through the TEAvisari service.

Indicator
- The school follows the meal recommendations of the National Nutrition Council in organising school lunches and snacks - The school follows long sports recesses - The school environment is having an inspection of health and safety and school community wellbeing - In planning and developing municipal services, resident panels and forums are utilised

•	The municipal budget and financial plan determine the indicators for the budget year for monitoring the realisation of objectives regarding the promotion of the population's health and wellbeing
•	In the audit report, the municipal audit committee assesses the realisation of the municipality's health and wellbeing objectives by council term
•	The municipality organises targeted physical activity groups for children and adolescents outside the sports club activities
•	The municipality has a designated expert, planner or equivalent role for coordinating the promotion work for health and safety
•	The municipality has an active cross-administrative working group to promote physical activity
•	The municipality regularly calls a joint meeting between the sports clubs and organisations
•	The municipality has lowered the threshold for participating in culture
•	The physical activity level of children and adolescents is reported once a year in the municipality's wellbeing report or in an equivalent report
•	The officers in charge of promoting physical activity participate in the preliminary impact assessment of the advisory bodies
•	The total number of absences of pupils is monitored in the entire school
•	The Council receives an annual report of the population's lifestyles and any changes in them

4. Indicators summarising the depiction of health and wellbeing:

Indicator	Target group of data	Source	Update interval
• Share of those overweight by class and age group, %	Children and adolescents	School Health Promotion study, AvoHilmo / SOTKAnet	Odd years, once a year
• Share of those experiencing moderate or severe anxiety, %	Adolescents	School Health Promotion study	Odd years
• Experiences their health as average or poor	Children and adolescents	School Health Promotion study	Odd years
• Experience of satisfaction in life	Children and adolescents	School Health Promotion study	Odd years
• Share of those experiencing strong positive mental health	Children and adolescents	School Health Promotion study	Odd years
• Positive mental health in adults of various age groups	Working-age people and the elderly	THL	Every two years
• Those who have received sickness allowance due to mental health reasons	Adults	KELA/SOTKAnet	Once a year

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• Morbidity, disability and mental health indices (age-adjusted)	People of all ages	THL/KELA/Statistics Finland/Finnish Centre for Pensions/SOTKANet	2020, 2021, 2023
• Prevalence of overweight and obesity in adults	Working-age people	FinSote study / Healthy Finland survey / SOTKANet	2020, 2022, 2023, 2029

5. Indicators to be possibly removed (sample not of good quality / representative), to be considered whether to be added as separate items in the future:

• Satisfaction in number of trusted friends	All residents in area	Experience-based wellbeing survey	2019, 2021, 2024
• How often engages in favourite activities and visits libraries, concerts and equivalent places	All residents	Experience-based wellbeing survey	2019, 2021 and 2024
• Satisfaction of Kuopio residents in their residential area and housing conditions	All residents	Experience-based wellbeing survey	2019, 2021, 2024
• Comfort and maintenance of environment (streets and parks)	All residents		-
• Trusts residential municipality's politicians, feels is able to impact matters regarding themselves in their region (scale 0-10)	All residents	Experience-based wellbeing survey	2019, 2022, 2024
• Satisfied with the residential area's safety	All residents	Experience-based wellbeing survey	2019, 2021, 2024

6. Potential indicators to be added to the next wellbeing report:

Indicator	Target group of data	Source	Update interval
• Systematically supported (outreach, one-stop, special youth work)	adolescents aged 0–29 years.	Youth services power bi	annually