

A few interesting and useful sources have been picked for the wellbeing plan's Appendix 2 to support the work for promoting health and wellbeing. The purpose of this list is to provide a glimpse into various publications, and thus it is not intended to be exhaustive. However, these sources allow you to extend your knowledge and find further paths for information.

The promotion of health and wellbeing in general:

- Aalto-Setälä, Terhi; Hietanen-Peltola, Marke; Kalmari, Hanne; Linnaranta, Outi [Lasten ja nuorten mielenterveysoireilu yleistyy: mitä päättäjät voi tehdä palvelujen parantamiseksi? \(Mental health issues of children and adolescents on the rise; what can decision-makers do to improve services?\)](#) Finnish Institute for Health and Welfare, To support decision-making|2025_010
- [The adult population's well-being and health – Healthy Finland survey 2024: Trust in health and social services has deteriorated – client satisfaction remains high](#) Finnish Institute for Health and Welfare Statistical report|31/2025
- Promotion of wellbeing, health and safety 2030 - [Implementation plan](#). Publications of the Finnish Government 2021:2
- The parliamentary National Child Strategy Committee [National Child Strategy: Committee report](#) Publications of the Finnish Government 2021:8
- [National Health Index 2021–2023: Morbidity and work disability are still most prevalent in Eastern and Northern Finland](#) Finnish Institute for Health and Welfare Statistical report|26/2025
- Kestilä, Laura & Karvonen, Sakari [Solutions for building a sustainable society: Population Health and Wellbeing Report 2025](#) Finnish Institute for Health and Welfare Report|2025_001
- Rotko, Tuulia; Mesiäislehto, Merita; Sahrio, Anne [Recommendations to promote health and well-being](#) Reports and Memorandums of the Ministry of Social Affairs and Health|2024:19
- The Ministry of Social Affairs and Health [National Programme on Ageing 2030](#)
- Tamminen, Nina; Kasila, Kirsti; Tähkävuori, Jenni; Wallin, Outi; Kilkku, Nina [Mental health promotion of residents in municipalities and wellbeing services counties](#) Finnish Institute for Health and Welfare, To support decision-making|2025_009
- Tarvainen, Kimmo; Kovanen, Niina; Forsman-Grönholm, Lisbeth; Hakala, Liisa; Kantolahti, Tarja [Työkykyinen Suomi 2023–2027: \(Finland fit for work 2023–2027\) Työikäisen väestön työ- ja toimintakyvyn edistäminen \(Promotion of the ability to work and function of the working-age population\)](#)
- Finnish Institute for Health and Welfare [THL's responsibility and sustainability report 2024 \(in Finnish\)](#)
- Finnish Institute for Health and Welfare [Planetary health and wellbeing](#)

Mental health, intoxicants and addictions:

- Kotovirta, Elina; Markkula, Jaana; Pajula, Mari; Paavola, Meri; Honkanen, Reetta; Tuominen, Ismo [Substance Use and Addiction Strategy. Joint guidelines until 2030](#) Publications of the Ministry of Social Affairs and Health|2021:17
- Vorma, Helena; Rotko, Tuulia; Larivaara, Meri; Kosloff, Anu [National Mental Health Strategy and Programme for Suicide Prevention 2020–2030](#) Publications of the Ministry of Social Affairs and Health|2020:6

- Warpenius, Katariina; Markkula, Jaana; Declunder, Anne; Grundström, Jenna [Substance use prevention in municipalities and wellbeing services counties 2023: Assessment of the structures, activities and content & suggestions for the quality recommendation work](#) Finnish Institute for Health and Welfare Working paper|2025_012

Nutrition and exercise:

- Physical activity recommendations for various age groups and life situations [Physical Activity Recommendations - UKK Institute](#)
- Promotion of physical activity and national recommendations on physical activity [Promotion of physical activity - OKM - Ministry of Education and Culture](#)
- Nordic nutrition recommendations [Nordic Nutrition Recommendations 2023 Integrating Environmental Aspects](#)
- Nutrition recommendations and food-based dietary guidelines [Nutrition recommendations and food-based dietary guidelines - Finnish Food Authority](#)
- [Ruoka-askele-toimintamalli : terveyttä ja ekologista kestävyttä edistävä ruokailu varhaiskasvatuksessa \(The FoodStep model: diet in early childhood education to promote health and ecological sustainability\)](#) Finnish Institute for Health and Welfare, Steering|2025_008

Children and adolescents:

- Haikkola, Lotta & Myllyntaus, Oona: [Haavoittuvassa asemassa? – Aineksia lasten ja nuorten turvallisuusvajeiden arviointiin ja tiedontuotannon vahvistamiseen. \(In a vulnerable position? – Material for assessing the safety deficits of children and adolescents and strengthening knowledge production.\)](#) Online publications of the Finnish Youth Research Network / The Finnish Youth Research Society 179, 2023
- Kataja, Kati [Tracing the Social Frames of Youth Suicide](#). A Theoretical Meta-analysis. YOUNG (online),1-19. DOI:10.1177/11033088251356065 (2025)
- Kraav, Siiri-Liisi [Effects of loneliness and social isolation on mortality and morbidity in middle-aged men](#). University of Eastern Finland 2022
- Kyösti, Anni & Laasanen, Mia [Loneliness and ostracism of children and young people at the interfaces of municipal services – participation relieves a complex challenge](#) Administrative Studies, Vol 44 Nro 2 (2025)
- [Well-being of children and young people – School Health Promotion study 2025: More children and youth find their health to be good and can often discuss their matters with parents](#) Finnish Institute for Health and Welfare, Statistical report|44/2025
- Mäki, Päivi; Häkkänen, Paula; Kinnunen, Marja; Koivumäki, Terhi; Kuusipalo, Heli; Männistö, Satu [Kuntapäätäjänä rakennat terveyttä edistävää arkea lapsille, nuorille ja lapsiperheille](#) Finnish Institute for Health and Welfare, To support decision-making | 2022_005
- Nieminen, Liisa [Impact of the COVID-19 pandemic on maintaining vulnerable children's close relationships and protecting their family life \(valtioneuvosto.fi\)](#) Publications of the Prime Minister's Office | 2022:20

- Stenvall, Elina [Inclusion and participation – Part 1: Starting points for inclusion in the National Child Strategy](#) Reports and Memorandums of the Ministry of Social Affairs and Health | 2020:27
- Stenvall, Elina [National Child Strategy, Inclusion of Children and Young People: Part 2: Implementation of Inclusion in the Child Strategy](#) Reports and Memorandums of the Ministry of Social Affairs and Health|2020:39
- Stenvall, Elina [National Child Strategy, Inclusion of Children and Young People: Part 3: Views of Children and Young People on Inclusion](#) Publications of the Ministry of Social Affairs and Health|2021:19

Culture and wellbeing:

- Houni, Pia; Turpeinen, Isto; Vuolasto Johanna Taidetta! (Art!) [Kulttuurihyvinvoinnin käsikirja. \(A handbook for promoting cultural wellbeing\)](#) Taiteen edistämiskeskus, Taike. (Arts Promotion Centre Finland) Helsinki 2020.
- Kaattari, Minna & Suksi, Ismo [Culture and arts as promoters of wellbeing in healthcare and social welfare, working life and education. Report and proposals for further measures by the cooperation group for arts and cultural activities promoting health and wellbeing.](#) Reports and Memorandums of the Ministry of Social Affairs and Health 2019:34.
- Saukko, Niina; Vuolasto, Johanna; Kaunisharju, Kirsi; Saaristo, Vesa; Wiss, Kirsi [Kulttuurihyvinvointitoiminta kunnissa \(Cultural activities enhancing health and wellbeing in municipalities\)](#) Research in Brief|2025_039

Living environment, inclusion and safety:

- Aivelo, Tuomas & Lehtimäki, Jenni [Luonnon monimuotoisuus edistää kansanterveyttä \(Nature's biodiversity promotes public health\)](#) Lääketieteellinen Aikakauskirja Duodecim 2021;137(20):2135-41
- Grotenfelt-Enegren, Mikaela; Holmström, Charlotta; Laisi, Jaana [Planetaarinen terveys toimii siltana ihmisen terveyden ja kestävyden edistämisen välillä \(Planetary health acts as a bridge between human health and resilience\)](#) Lääketieteellinen Aikakauskirja Duodecim 2023;139(10):835-42
- Heinola, Anne & Tiitu, Maija [Guide to Considering Recreational Use of Nature in Spatial Planning](#)
- Hentilä, Helka-Liisa; Juuti, Eevi; Kajava, Iida-Maria [Liikunnan olosuhteet liikunnallisen elämäntavan mahdollistajina: ideoita, esimerkkejä ja näkökulmia \(Conditions for physical activity as enablers of a physically active lifestyle: ideas, examples and viewpoints\)](#) University of Oulu, Collection 2025
- Korpilahti, Ulla; Koivula, Riitta; Doubi, Persephone; Jakoaho, Veera; Lillsunde, Pirjo [Safely at All Ages: Programme for the Prevention of Home and Leisure Injuries 2021–2030 and report on the costs of injuries.](#) Publications of the Ministry of Social Affairs and Health 2020:3
- Kyttä, Marketta; Broberg, Anna; Haybatollahi, Sayeed; Schmidt-Thomé, Kaisa [Urban happiness: context-sensitive study of the social sustainability of urban settings](#) Environment and Planning B: Urban Analytics and City Science 2016

- Laisi, Jaana; Helenius, Leena; Grotenfelt-Enegren, Mikaela [Planetaarisen terveyden edistäminen edellyttää tieteidenvälisyyttä \(Promotion of planetary health requires an interdisciplinary approach\)](#) Duodecim Medical Journal 2023;139(10):831-2
- Laitinen, Kristiina; Haanpää, Sanna; Francke, Laura; Lahtinen Matti [Kiusaamisen vastainen työ kouluissa ja oppilaitoksissa \(Working against bullying in schools and institutes\)](#). Guides and handbooks of the Finnish National Agency for Education 2020:3a.
- [Osallisuuden edistäjän opas \(A guide for promoters of inclusion\)](#) Finnish Institute for Health and Welfare Steering|2023_010
- Turvallisuussuunnittelu [Turvallisuutta kaikkialla - paikallisen ja alueellisen turvallisuussuunnittelun kansalliset linjaukset. \(Safety planning Safety all around - national outline for local and regional safety planning\)](#) Publications of the Ministry of the Interior. 2/2019.
- Ramezani, Samira; Hasanzadeh, Kamyar; Rinne, Tiina; Kajosaari, Anna; Kyttä, Marketta [Residential relocation and travel behavior change: Investigating the effects of changes in the built environment, activity space dispersion, car and bike ownership, and travel attitudes](#) Transportation Research Part A: Policy and Practice 2021