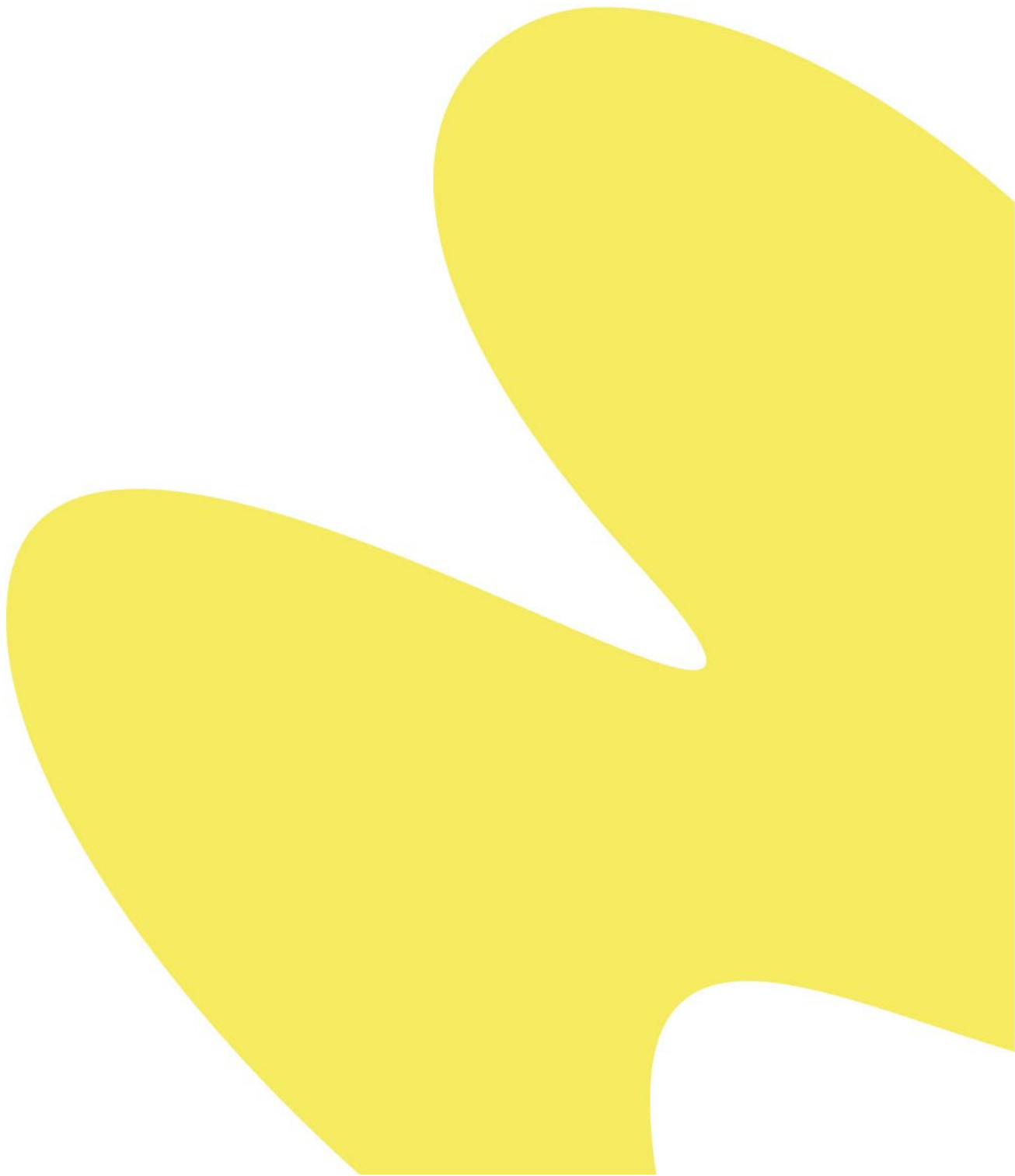


Kuopio Wellbeing Plan

2026–2030



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Introduction

The promotion of health and wellbeing belongs to the statutory duties of municipalities, supported by the statutory wellbeing report and plan. ¹The Wellbeing Plan for the City of Kuopio is a document that highlights the objectives, measures and actions for promoting the health and wellbeing of the residents of Kuopio. A wellbeing plan is multidisciplinary and compiled in extended cross-administrative cooperation in accordance with the law. Its purpose is to steer and develop the work to promote wellbeing within the entire City of Kuopio. Kuopio is geographically extensive and includes both urban areas with suburbs as well as rural communities and rural areas.

The drawing up of the wellbeing plan has been steered by the Happy and Healthy Kuopio 2030 programme which divides the review and promotion of wellbeing under five elements of good life: routines for a good everyday life, inspirations for a good life, supporters of a good life, livelihood in a good life and living environment in a good life. All these elements are connected to positive mental health, feeling good, which can be enhanced and promoted through a variety of elements of a good life. The vision in the Happy and Healthy Kuopio 2030 programme is to become the Capital of Good Life in 2030. The objectives, measures and actions in the Kuopio Wellbeing Plan for 2026–2030 have been grouped according to the five elements of good life determined above.

The objectives, measures and actions are based on identified wellbeing deficits and factors, statistical data on the wellbeing of Kuopio residents in the most recent wellbeing report, and research-based knowledge on the promotion of wellbeing. Based on the law, the municipality must monitor the residents' living conditions, health and wellbeing and the factors affecting them by area and demographic group. The municipality must report on its residents' health and wellbeing, factors impacting them and the realised actions to the city council annually. The municipality also needs to prepare the city council a wellbeing report and plan on the above data for every council term.

The name of two of the elements of good life have also been updated to this wellbeing plan: The 'routines for a good everyday life' is now 'daily lifestyles for a good life'. The 'livelihood in a good life' is now better matched to the meaning of the element as 'education, skills and livelihood in a good life'.

¹ [Municipalities Act | 410/2015 | Legislation | Finlex](#) [The Act on Organising Healthcare and Social Welfare Services | 612/2021 | Statutes of Finland | Finlex](#)

The Wellbeing Plan for 2026–2030 takes into account the new role of the City of Kuopio, now without the responsibility of organising the healthcare and social welfare services. Pursuant to the Municipalities Act, taking care of the health and wellbeing of residents is a basic task of the municipality. The Act on Organising Healthcare and Social Welfare Services sets forth that the municipality has the primary responsibility for promoting health and wellbeing insofar as this task is connected to the organisation's other statutory duties. The promotion of health and wellbeing is also regulated in many other acts governing administrative sectors and industries, such as the Land Use and Building Act, legislation on environmental health services, the Act on Primary and Lower Secondary Education, the Act on Cultural Activities in Local Government and the Food Act. The different sectors are also compiling their own plans to cover their part of the promotion of wellbeing. These plans include, among others, the educational policy programme, noise abatement action plan, supervision plan of environmental health services and the veterinary care plan and environmental protection supervision programme. All of these promote our shared wellbeing.

The City of Kuopio Wellbeing Report and Plan is an extensive whole. The Kuopio Wellbeing Plan also includes the following statutory plans for promoting wellbeing: wellbeing plan for children and young people, wellbeing plan for older people, and the plan for preventive substance abuse work. The Kuopio Wellbeing Plan also includes sections on promoting everyday safety.

In the wellbeing plan, the city takes into account the promotion of the wellbeing of residents of various ages in different stages of their life in a very extensive and equal manner. The promotion of the wellbeing of Kuopio residents also calls for the cooperation of a wide group of actors, as is required by law as well². This is why the plan includes a number of actors both internally from the city as well as external cooperation partners entered as those implementing the measures and actions, and the plan does not thus indicate all possible implementers. The plan is a tool for promoting wellbeing, steering the promotion of wellbeing toward concrete activities and finding its practical form in sector-specific plans, operating models and everyday activities as part of statutory duties. For example, there are many sector-specific acts that regulate cooperation with the wellbeing services county. Such acts include the Act on Multisectoral Joint Services Promoting Employment, that pertains to people of working age, or the Student Welfare Act that has an effect on children and adolescents. Shared operating models also implement the daily work for the promotion of wellbeing. For example, the 'Yhdessä aika' method regarding time spent together connects the child and the family with professionals of different sectors from various organisations together, and monitoring occurs via realised activities and associated reporting.

The allocation of measures and actions in the wellbeing plan pay special attention to people in particularly vulnerable positions, such as children, adolescents and the elderly. People in a vulnerable position also include other groups of people in addition to the special age groups. These

² [Act on Organising Healthcare and Social Welfare Services | 612/2021 | Statutes of Finland | Finlex](#) The municipality must engage its expertise to provide support and work together with the wellbeing services county in matters regarding the promotion of wellbeing. The municipality must also work to promote health and wellbeing in cooperation with other public actors, private enterprises and non-profit organisations engaged in work to promote health and wellbeing in the municipality. In the work to promote health and wellbeing, the municipality must also facilitate the operational prerequisites and possibilities to influence of the organisations engaged in work to promote health and wellbeing. The municipality must participate in the negotiations mentioned in section 7(4).

can include people with backgrounds in different languages and cultures, sexual and gender minorities, people with disabilities, people in a vulnerable position due to their health, and people who are in a weak socioeconomic position or marginalised. When examining the actions in the plan, it should be remembered that the implementation of actions always takes those in a vulnerable position into account, although it is not always separately mentioned in the plan.

We also highlight the living environment, community and inclusion, as well as taking shared wellbeing (One health) into consideration. Collective wellbeing is a mindset that appreciates and considers the link and interdependencies between nature, animals and people as part of sustainable decision-making and activities. This viewpoint is emphasised especially in the element of the living environment in a good life.

The goal of the actions in the wellbeing plan is to impact the wellbeing of Kuopio residents on a wide scale and address the wellbeing deficits. This is why the actions are monitored and assessed in various ways as part of the activities, the normal management system and the reporting of the activities. The state of wellbeing of Kuopio residents is assessed in the light of various statistics and studies as part of the wellbeing report. The Kuopio Wellbeing Report was published on the city's website in summer 2025 and it was under consideration by the council in September 2025. The wellbeing plan is the response to the situational picture provided by the Wellbeing Report, and it is founded on knowledge-based management, in other words, on data regarding the residents' wellbeing and factors affecting it.

The assessment and monitoring of the wellbeing report and plan are based on nationally compiled, implemented and maintained data resources, such as the comprehensive datasets of the Finnish Institute for Health and Welfare and Statistics Finland. Such national data resources include, for example, the School Health Promotion study, MOVE measurements on children's physical functional capacity, the FinLapset study, the Healthy Finland survey of the adult population, statistics of the police, and employment service statistics. Read more on these in Appendix 1 which contains a summary of the indicators contained in the Wellbeing Report and Plan. The Kuopio Wellbeing Report and Plan is fairly extensive and has received a lot of praise. Local monitoring and data on the wellbeing status is also valuable, for example, a quality survey on basic education produces up-to-date information by school regarding basic education. Such statistics, that are available in large numbers by sector as part of the normal monitoring of realised activities, can also be used to assess the progress of individual actions by unit. This is why in many places actions to be monitored include, for example, realised activities. In Kuopio, there is also a desire to develop a high-quality and comparable knowledge base, especially on the wellbeing data for the adult population.

This Wellbeing Plan for 2026–2030 has been compiled in multidisciplinary cooperation during autumn 2025. Information and experiences for the wellbeing plan were gathered in the five Elements of Good Life workshops organised, and this resulted in 117 participation times and approximately 400 entered comments regarding the contents of the wellbeing plan. The workshops were based on statistical data on the wellbeing of the area's residents and on scientific data on the promotion of wellbeing. Opening remarks were given by academic experts from various fields. The purpose of the workshops was primarily to obtain statements by experts and information to support the compiling of the plan. The persons who gave the opening remarks: Päivi Mäki, Chief

Specialist at the Finnish Institute for Health and Welfare; Nina-Elise Koivumäki, Specialist at HUMAK and doctoral researcher at University of Eastern Finland; Johanna Timonen, Researcher and Regional Specialist at the City of Oulu / University of Oulu; Merita Mesiäislehto, Adjunct Professor (Title of Docent) in Social and Public Policy and Research Manager at Finnish Institute for Health and Welfare; and Marketta Kyttä, Professor in Land Use Planning at Aalto University.

In addition to the employees of the City of Kuopio, workshop participants included partner organisation representatives from associations, the wellbeing services county, educational institutions in the area, and government offices. In addition to the comments in writing, the workshop participants engaged in multidisciplinary discussion on the contents of the wellbeing plan. In addition to the workshop, the wellbeing plan has been further processed in sector- and project-specific small groups in altogether 18 work meetings. The process of compiling the wellbeing plan has also been joined by the council for the elderly, the council for the disabled, the Board of the youth council, and the Kuopio rural popular assemblies. The rural popular assemblies are about local democracy, and the assembly members represent the voice of their area's residents. The rural popular assemblies have their own important role in promoting the wellbeing of the local community and as influencers, which also come across in the recorded entries regarding the assemblies. The draft version 2.4. of the wellbeing plan has been accessible for commenting in January 2026 on the website of the City of Kuopio that is open to all. The draft was available for downloading and the link for providing feedback was open between 7 and 21 January 2026, and the possibility to comment was marketed via various channels. Also a bulletin for the media was made on the matter. The survey was accessed 212 times, of which 22 times led to the visitor leaving a response.

The new strategy of the City of Kuopio was completed in November 2025. The vision of the City of Kuopio for 2035 has been given the name: Thriving Kuopio – Sustainable Growth and Vitality. Thriving means the state where something or someone is vibrant, successful and feeling well. Vitality, in turn, includes the ideas of sophistication, teaching and community, as well as personal growth and a life that feels authentic. Sophistication is closely linked to humanity and being human, as well as a person's upbringing, education and culture. It is about personal growth and development, and knowledge and skills gained through education to live in our society together with others in a constructive way.

The wellbeing plan has been devised such that it can be integrated as a part of the new strategy, its implementation programmes and the city's strategic spearhead projects. Programme work under the new strategy will begin in early spring 2026. The wellbeing plan outlines the city's sector-specific implementation plans and other plans and operating models with a concrete scope by providing a perspective for promoting wellbeing. The plans provide more detail to the activities as part of the normal management system in regard to the measures and actions entered in the wellbeing plan. As the measures and actions contained in the wellbeing plan become more precise and materialise into operative-level activities, the participation of residents is also further emphasised. The Our Kuopio model, a resident inclusion and interaction framework, is an essential tool in various sectors to include residents in concrete planning work, activities and development efforts. Taking persons in a vulnerable position into consideration is of particular importance. For example, during the validity of the wellbeing plan, children participate in the actual planning of matters that are important to them, as set forth in the inclusion model.

Promoting wellbeing is a common cause shared by us all. The goal has been to make Kuopio's new Wellbeing Plan for 2026–2030 a plan that truly connects activities and actors and strengthens cooperation and hope. Creating and promoting wellbeing requires shared will, actions, confidence in the future, and hope. We want people to find themselves in the plan, whether they are a resident, cooperation partner or a city employee, who is promoting or implementing the actions in the plan within their own role. We invite you to share in the dialogue and cooperation. We want to remind people that doing basic things well in everyday life creates a foundation for promoting wellbeing. Promoting wellbeing is an extensive and cross-cutting entity, formed of the small things in life as well as the larger decisions that steer our activities.

Daily lifestyles for a good life

A good daily life consists of functional capacity that is based on a person's basic physical needs being met. Humans require regular movement, nutrition and rest in their life in order to remain functional in the various aspects of life. This is why the daily lifestyles for a good life focus on promoting just these basic physical pillars as part of everyday life in the different stages of a person's life. This entity has four objectives:

Objective: To increase physical activity in everyday life in all age groups

Measure: Adding awareness of the significance of everyday physical activity and the accessibility of opportunities to exercise.

ACTION	MONITORING
Implementation, development and improvement of multi-channel communications and social marketing methods in line with the Kuopio in Motion brand to motivate people to adopt and maintain an active lifestyle. Also the National Urban Park concept is utilised. Active communication using various methods to the elderly, children and adolescents about the significance of physical activity to the development and wellbeing of children. Adding transparency to customer feedback and frequently asked questions, development of customer feedback monitoring.	Realised activities, social media monitoring, website visitors, number of exercisers.

Removal of obstacles to physical activity, for example, by developing the current as well as new signage, adding awareness about the opportunities for physical activity and making it easier to go exercising.	Realised activities, resident survey and feedback, Kuopio in Motion contents.
Organising events to promote physical activity in everyday life for various target groups and improving the staff's cross-administrative competence as supporters of a physically active lifestyle. Arranging events also in locations where people visit often.	Number of realised events and training events and the number of people reached/trained.
Making the existing information on physical activity more visible. Communicating about the results of implemented reports for different target groups in the city services and teaching. Increasing multidisciplinary cooperation between city actors to communicate information on the opportunities for physical activity.	The Kuopio in Motion development group, realised activities in the provision of information and in communications.

Measure: Reinforcing cooperation to promote physical activity.

ACTION	MONITORING
Implementing the Kuopio in Motion programme. The Kuopio in Motion development group cross-administratively monitors and promotes the achievement of objectives going forward.	The formation and activities of the Kuopio in Motion development group.
Strengthening network cooperation (between researchers, sports federations, organisations and education providers) and the regular, goal-oriented activities of sport clubs, and creating new partnerships. Reinforcing cooperation also in communications supporting physical activity and cooperation with organisations.	Realised activities.
Reinforcing cooperation with educational institutions and researchers and city-internal cooperation in order to develop a knowledge base on physical activity. Developing a more systematic method of recording feedback.	The Kuopio in Motion development group, realised activities.

Measure: Supporting the adoption of a physically active lifestyle from early childhood and adolescence.

ACTION	MONITORING
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Adopting proven methods that are effective in promoting the health and physical activity of children and adolescents in early childhood education and school settings. Boosting the implementation of the operating models for supporting physical activity in children in early childhood education and students; increasing physical activity during pre-primary education and comprehensive education using various methods. Ensuring that conditions in facilities both inside and outside enable safe and versatile physical activity. Promoting a physically active way of life, allowing children to move and experiment. Finding versatile ways to enable physical activity of pupils during school recess, and increasing cooperation between physical activity services and schools and early childhood education.	Realised activities, quality survey on basic education, School Health Promotion study, Move! measurements, Finnish school-aged physical activity study (Liitu).
Maintaining, developing and enabling affordable physical activity services for people of different ages. Encouraging particularly the people who are not very physically active in various ways to continue their activity and maintain activeness in life's turning points.	Realised grants and activities.
Developing the service operations that promote daily physical activity and the opportunities for self-directed exercising to respond to the needs of children and adolescents, taking groups with special needs into consideration. Bringing physical activity services closer to the daily life of young people and supporting the start of a leisure-time physical activity by organising trial sessions and incentives (including Liikkis and swimming skill wristband passes).	Realised activities.

Developing environments for physical activity in accordance with the Kuopio in Motion programme: ○ Reviewing cooperation forms for non-governmental organisations, early childhood education providers and schools in order to boost children's physical activeness. Developing new models for cooperation. ○ Developing existing schoolyards and outdoor areas in daycare centres to be more inclined to encourage and promote physical activeness. Developing the daycare centre concept in Kuopio also from the perspective of how functional the outdoor areas are and whether they encourage physical activity. ○ Prioritising the opportunities for children and young people to be physically active every day by making exercise facilities available during schooldays for sports classes. Making sure that there are a sufficient number of sports halls or facilities available for use by schools and early childhood education providers.	Realised activities, the Kuopio in Motion development group, realisation of the Kuopio daycare centre concept, user feedback, use of facilities.
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Measure: Encouraging people of working age to engage in daily physical activity and supporting the functional ability of the elderly through exercise.

ACTION	MONITORING
Encouraging mobility in commuting and leisure-time activities with informational guidance, incentives (including trial days), communication and by developing mobility routes encouraging physical activity (public transport, pedestrian and bicycle routes) and by ensuring safe mobility.	Realised activities and the amount of mobility during commuting and leisure time.
Developing the implementation of physical activity guidance and steering as well as accessibility in cooperation with various actors.	Realised activities.

Developing service operations that promote daily physical activity with consideration of the needs of residents and accessibility. Identifying groups that require the most support in starting physical activity. Supporting and encouraging low-threshold physical activities on a voluntary basis.	Realised activities, number of exercisers and the number of volunteers and those reached with guidance activities.
Utilising activities based on the national 'Ikiliikkujat' programme. Supporting the mobility and social wellbeing of the elderly by creating living and activity environments and operating models that support safe physical activity and encounters with others.	Realised activities.

Objective: To achieve regular meal rhythms and versatile meals in all age groups

Measure: Promoting eating habits that support wellbeing and sustainable development on a wide scope of cooperation with various actors, based on scientific data.

ACTION	MONITORING
Reinforcing cooperation structures to support the implementation of sustainable eating habits that promote wellbeing. Developing the activities of the nutrition education forum for comprehensive education and general upper secondary education in collaboration with Servica and the wellbeing services county.	Realised activities.
Promoting the reform of eating habits to be more sustainable and promote wellbeing better by favouring locally sourced food and following national nutrition recommendations. When possible, following the recommendations for school meals when arranging school lunches and snacks.	Realised activities, realised services for general upper secondary education and comprehensive education, feedback surveys, monitoring of food waste volumes.
Communicating information on eating habits that support wellbeing and sustainable development and on the results of implemented reports for various target groups. Bringing research data on nutrition closer to people in an understandable form and in an inspiring tone on different channels.	Realised activities, formation of a multidisciplinary communication plan.

Measure: Strengthening eating habits that support wellbeing from early childhood and adolescence.

ACTION	MONITORING
Improving the attractiveness and appreciation of school meals in cooperation with pupils, and by developing meal quality. Introducing operating models for nutritional education, such as Sapere, Tasty School and RuokaTutka, and promoting meals in early childhood education and schools. a. The eating environment supports enjoying a complete lunch. Considerations include, for example, encouraging healthy choices, pleasant environment, model meals and salads served in components. b. Children and adolescents participate in nutritional education and in the planning and implementation of the eating environment and mealtimes. The operating models can be, for example, tasting panels or getting to know the school kitchen. c. The education and teaching staff eat together with the children and adolescents. d. Nutritional education is provided together with the parents and guardians. e. The provided meals are nutritionally sufficient and based on valid recommendations. f. Empowering the early childhood education staff by adopting existing tools and maintaining positive talk about nutrition.	Realised activities, share of units where operating models are utilised, Nykytila.fi assessment and TEAviisari.

Measure: Encouraging people of working age and the elderly to adopt eating habits that align with recommendations and supporting a good nutritional status of the elderly.

ACTION	MONITORING
Developing cooperation with partners, such as organisations and the wellbeing services	Realised activities, amount of waste food.

county. Developing the waste food activities at schools and selling surplus food at the units. Developing the course offering at the adult education centres.	
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Objective: To increase sufficient sleep and recovery

Measure: Promoting sufficient sleep and recovery with cooperation between many actors on the basis of scientific information.

ACTION	MONITORING
Reinforcing communications and cooperation between various actors to highlight the topic and taking it better into consideration as part of the activities and methods for supporting functional ability and the capacity to work. Enabling measurements associated with recovery.	Number of communications and training events, realised activities.
Organising events for various target groups on sleep and recovery in cooperation with partners and stakeholders.	Realised activities.
Highlighting the topic as part of activities with children and adolescents, such as communications between the school and pupils, parent-teacher evenings, form teachers. Increasing the information provided to children, adolescents and parents on adverse effects and benefits.	Realised activities, number of people reached.
Enabling the amount of rest a child requires in early childhood education. Having an open discussion with the guardians regarding the children's right to rest and the significance of rest on a child's growth and development (such as early childhood education, leisure-time activities, teaching).	Realised activities.

Objective: To decrease the permissive attitude towards intoxicants in all age groups

Measure: Everyday environments support moderate consumption and sobriety.

ACTION	MONITORING
a) Implementing substance abuse and gambling education based on scientific data following a systematic approach among children and adolescents in order to decrease a permissive attitude towards intoxicants and use of intoxicants in services organised by the city and during leisure time. For example: ○ Strengthening the ability of early childhood education and comprehensive education staff to identify and bring forward any concerns regarding guardians' use of intoxicants and children's gaming. ○ Schools use the Emotional and Safety Skills Clock as a model for substance abuse education; its active utilisation on every grade level. ○ Through sharing information and encounters between young people. Young people are also provided support in challenges related to their life management. Outreach and special youth work focuses especially on decreasing the use of intoxicants. All facilities and events of the youth services are substance-free. b) Increasing the participation of parents, the provision of support for parenting and the parents' information regarding substance abuse prevention.	Realised activities, number of people reached.
Boosting the cooperation with various actors (organisations, projects, working groups, enterprises) on substance abuse prevention during leisure time and in the digital / social media environment: ○ Agreement on abstinence from substances in leisure activities. ○ Informing and training the coaches and parents.	Realised activities and campaigns.

○ Organising substance-free, free-of-charge events for children and adolescents, especially in situations which include an increased risk for substance use. Visiting events where children and adolescents carry an increased risk for substance use, and meeting young people in their everyday life. ○ Establishing the activities of the cooperation network as a permanent operating model.	
Reinforcing multidisciplinary cooperation between the wellbeing services county, various municipal sectors, organisations and development projects, as well as with the police, business life, and alcohol and tobacco law enforcement. Strengthening best practices, such as nicotine-free Kuopio and the Pakka operating model.	Realised activities, number of campaigns and communications and reaching target groups.
Based on scientific data, strengthening the abstinence from intoxicants and moderate consumption of intoxicants of working-age people, and focusing this on topical issues with emphasis on: ○ Use of new nicotine products by young adults ○ Increased use of intoxicants by young women ○ Excess use of intoxicants by middle-aged people, men in particular ○ Activating workplaces in bringing up matters, providing information and being active in matters associated with substance use by means of communication and partnerships. ○ Communications directed at working-age people and the elderly regarding the risks involved in leisure time, social media and gambling. ○ Cooperating with sports clubs in decreasing use of nicotine products.	Results of the Healthy Finland survey. Working groups, campaigns, training, inclusion models and number of participants.
Reinforcing the sobriety and moderate consumption of people over 65 years of age on the	The Healthy Finland survey,

basis of scientific data, by working in cooperation with, for example, organisations for pensioners, the council for the elderly, experts by experience and other organisations, as well as the wellbeing services county.	number of events and campaigns, participation of people over 65 years of age in the work
Promoting the implementation of substance-free events. Ensuring the substance-free nature of the activities and events organised by the municipality. The municipality takes into account the substance-free nature of activities when making decisions on grants for organisations and on the use of facilities.	Number of substance-free events supported by the city and the amount of the support. Grants issued to and cooperation agreements with organisations and events.

Measure: Strengthening the intervention in topical phenomena, communications, sense of community and

bringing up issues.

ACTION	MONITORING
Intensifying the communications for substance use prevention and the participation of municipality residents in building a culture supporting sobriety and moderate consumption in all age groups. Communicating about the substance-use scenario in Kuopio and topical research and phenomena	Realised communications and number of people reached, Cross-administrative visibility of substance use prevention activities. Parent-teacher evenings, newspaper articles, blogs, communications.
Identifying, communicating and emphasising topical phenomena and focus points rising strongly from research, statistics and weak signals using various methods (events, networks, campaigns, promotion of inclusion): ○ Decrease in use of new nicotine products ○ Prevention of substance abuse by adolescents ○ Reducing the associated stigma directed at substance abuse, substance users and their loved ones. ○ Substance use prevention conducted with population groups that have arrived in Finland from elsewhere in the world. ○ Change phases, transition points, crises with regard to substance abuse ○ Situation in rural areas	Results of the School Health Promotion study. Realised events, campaigns and their impact.

○ Identifying and communicating on phenomena associated with safety that relate to substance use prevention, for example, sexual abuse and harassment in public places experienced by young people.	
Strengthening the skills of the staff, cooperation partners and residents in the everyday habit of bringing up issues and directing towards solutions that promote wellbeing. Enhancing our collective care. Reinforcing the municipality staff's skills in bringing up issues and early detection, and in service coordination, in cooperation with networks, particularly organisations. Supporting the use of effective, proven support forms in the municipality (such as Motivational interviewing, models for bringing up issues, the '28 days without' online courses to support coping without nicotine). Provision of prepared, good operating models, such as bullying prevention models, Mental Health First Aid, Let's Talk about Children, Diilerin jäljillä (Tracking the dealer), and Nuuskaagentit (Snus agents). Creating smooth service paths together with various actors.	Number of realised training events and number of participants. Deployment of operating models

Supporters of a good life

People having connections with other people is a significant and multifaceted factor in wellbeing. A good life needs support, friendship and a sense of community. This entity focuses particularly on the role of community, family, friends and safety nets as promoters of wellbeing in the life of people of varying ages and life situations. Adults who are feeling well create wellbeing for children and young people, both in families and in work communities when working with children or young people. This entity has two objectives.

Objective: To reinforce parenthood and the relationships between the family and people close to them

Measure: Boosting communications to highlight the support being provided and to lower the threshold for bringing up issues.

ACTION	MONITORING
Developing multichannel communications on support and services intended for families.	Realised activities.
Maintaining and promoting an operational culture that enables a low threshold for bringing up issues and for guardians to bring up issues for discussion. Ensuring that all parties encountering parents have information on the provided support, so that there are skills to steer people to receive the correct type of support.	Realised activities, quality survey on basic education.
Promoting the skills of those working with children and adolescents to encounter parents and children in various life situations and to refer them to professional support. Utilisation of, for example, the training and operating methods offered by Mental Health First Aid and Let's Talk about Children.	Realised activities.

Measure: Intensifying the support for parenting and couple relationships as part of the basic services, and creating smooth service paths.

ACTION	MONITORING
Supporting parenting skills in cooperation with various actors, with consideration of families from different language or cultural backgrounds. For example, utilising the skills of those with a Bachelor of Social Services degree in early childhood education in supporting families in a variety of ways.	Realised activities, quality survey on basic education.
Developing multidisciplinary cooperation and taking cooperation opportunities with the third sector into account. Ensuring that families receive early support, for example, by utilising the 'Yhdessä aika' operating model, a multiprofessional support method when early	Realised activities.

intervention is required, in early childhood education and comprehensive education.	
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Objective: To alleviate the sense of loneliness

Measure: Reinforcing interactive encounters and increasing knowledge on the significance of encounters with others.

ACTION	MONITORING
Bringing attention to loneliness and exclusion, and the work to prevent them, in marketing, communications and different events.	Realised activities and number of events and people reached.
Reinforcing the experience of inclusion in all the city's services in cooperation with various actors, paying special attention to groups of people in a vulnerable position. Using various ways of strengthening accessibility and the knowledge and understanding of the significance of encounters for people. Developing and enabling peer communications to various target groups, such as from young people to young people.	Realised activities.
Teaching adolescents and children to work together and strengthening their social skills as part of, for example, early childhood education, teaching activities and culture and physical activity services. Expanding ProVaka activities to cover new units. Supporting team building efforts as a continuing process, strengthening emotional regulation and interaction skills and promoting the associated competence. The Emotional and Safety Skills Clock is being used in every comprehensive school (as well as tutors) and the skills are practiced regularly.	Realised activities, quality survey on basic education, events, number of participants, customer satisfaction survey. Number of participating ProVaka units.
Promoting the equality and non-discrimination of services in accordance with the equality and non-discrimination plan. In communications, particular attention is paid to multilingualism, plain-language services and the availability of information.	Implementation and updating of the equality and non-discrimination plan, and associated customer feedback.

Ensuring and promoting learning environments that add to the sense of community and comfort, to create spaces where people feel good and the atmosphere is encouraging.	Realised activities.
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Measure: Creating opportunities for encounters with people and developing activities to prevent the experience of loneliness.

ACTION	MONITORING
Developing activities to enable encounters between people both physically and digitally in different target groups. Examples include activities organised by youth work and participation in team building exercises during a school day, promoting team building in teaching activities using versatile methods, organising activities for families, developing resident activities, maintaining art and cultural facilities and libraries as open spaces for arranging encounters and events. Including organisations and residents in planning activities for fostering encounters. Providing guidance and advice for organisations and residents in organising events and activities.	Realised activities, granted assistance
Providing support for people feeling loneliness in cooperation with various actors. Promoting the activities of organisations with various grants.	Realised activities, amount of assistance
Developing different places for meeting people. Active distribution of knowledge on locations for meeting people and on activities and events increasing a sense of community. Introducing the locations, activities and staff, for example, at schools. Taking the prevention of loneliness of the elderly and of adolescents in particular into consideration (for example, various small group activities organised by youth services).	Realised activities

Inspirations for a good life

The wellbeing of people is supported when they can engage in things that are significant to them. The inspirations for a good life consist of activities where people can express themselves. The concept of hobbies and leisure-time activities is broad and covers both organised and self-directed activities. Leisure-time activities can therefore include various activities that provide meaningful and regular things to engage in on different levels of one's life. Leisure-time activities, volunteer work and other meaningful activities create content in a person's life. At the same time, they enforce self-efficacy as well as social relations. Social activities enhance the feeling of belonging and community. This entity has one objective.

Objective: To ensure that people of all ages find meaningful activities and experiences, for example through hobbies and volunteering, regardless of their income level

Measure: Improving the availability of information and mutual cooperation between various actors in order to form resident-oriented service entities.

ACTION	MONITORING
Developing multi-channel, multilingual, plain language and available communications by utilising means of social marketing and a feedback system. Promotion of opportunities in the Kuopio region. Channels to include, for example, Kuopio in Motion, Culture Kuopio and Kuopion seinä event portal.	Social media followers and number of website visitors, number of events and visitors, number of service users/visitors, the Kaiku card.
Implementing the Culture Kuopio programme in extensive collaboration with the various actors. Developing the monitoring of the Culture Kuopio programme to promote meaningful activities and experiences, with special consideration of groups with special needs and multilingualism. Taking the National Urban Park into consideration as part of the activities of Culture Kuopio and Kuopio in Motion.	Realised activities.
Developing the regular operations of organisation forums and intensifying cooperation with, for example, enterprises.	Realised activities and cooperation.
Developing the collection of information on leisure-time activities and experiences that the residents consider meaningful, as well as the associated needs for development. Developing the matter as part of an entity managed with data-driven decision-making. Distributing	Realised activities.

obtained information within the city and between partners.	
Strengthening the implementation of the Finnish model for leisure activities and hobbies as a local service and promoting various low-threshold leisure activity opportunities to promote wellbeing on a wide scale. Finding new operating models to support meaningful activities.	Number of schools participating in the model, School Health Promotion study and number of physically active children, monitoring of realised activities and booked facility reservations

Measure: Enabling every child and adolescent to have a hobby, meaningful things to do and experience.

ACTION	MONITORING
Strengthening the implementation of the Finnish model for leisure-time activities as a local service and promoting various low-threshold leisure activity opportunities to promote wellbeing on a wide scale (for example, in cooperation with partners).	Number of schools participating in the model, School Health Promotion study and number of physically active children, monitoring of realised activities and booked facility reservations
Developing and implementing service activities to meet the needs of children and young people and supporting the start of a hobby with the help of, for example, trial days and short workshop-type hobbies, and with incentives (such as the Kaiku card, the Liikkis and swimming skill wristband passes) and by supporting the hobbies of low-income families (the 'Unelmista totta' operating model, or the Making Dreams Come True model). Marketing the opportunities for leisure activities more, for example, in public spaces. Intensifying the process of finding the children and adolescents who do not have a hobby. Providing small children with versatile activities as part of the everyday programme of early childhood education.	Realised activities, number of cards, amount of support for hobbies.
Enabling self-directed physical activity in various ways and taking the possibilities of using public transport or walking or cycling to the activity locations into consideration. Encouraging especially the young people to engage in self-	Realised activities, number of visitors.

directed activities and to organise activities for other young people as well.	
Organising low-threshold events for children and adolescents. Enabling meaningful activities and hobbies in various ways, such as through the regional youth work operations (activities, games and playing).	Realised activities.

Measure: Supporting people of different ages in finding meaningful things to do, activities and experiences regardless of their income level.

ACTION	MONITORING
In the performance, exhibition and event productions of cultural centres, people of different ages and those in a vulnerable position with different backgrounds are taken into consideration.	Realised activities
Developing and implementing resident-oriented events and new types of services/service entities that combine physical activity and culture. Communicating on the opportunities for activities in various methods. Developing the leisure-time service offering for the elderly. Implementing, for example, culture 60+ activities, low-threshold events and volunteer work in culture. Promotion of accessibility of leisure activities by also enabling them as local services.	Realised activities
Developing implementation methods and funding and support methods for supporting/enabling unorganised activities.	Realised activities.
Making the utilisation of existing facilities and sites more flexible. Developing the booking of facilities to be easier and more straightforward. Marketing of low-threshold meeting places.	Realised activities, activeness of use of facilities and sites.
Developing and implementing activities directed at residents in cooperation with organisations and other actors, and bringing activities together with existing activities.	Realised activities.
	Realised activities.

Developing community mealtimes (such as Christmas lunches) for target groups in a vulnerable position in cooperation with various partners.	
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Education, skills and livelihood in a good life

Learning, education, skills and competences are a prerequisite for the growth of humans and society, for promoting and sustaining a life of wellbeing. The multitude of skills in a good life are part of civic skills that tie people as part of their communities and society. These skills include, for example, the social skills and knowledge for working together in a group with others, life skills when transitioning from youth to adulthood, the skills to learn and study and to develop in various parts of one's life. Education, competence and skilfulness create a knowledge base for work and livelihood. Livelihood is a part of a good life to create security and opportunities in a person's life. This entity has three objectives.

Objective: To lower unemployment, youth unemployment, long-term unemployment and unemployment of foreigners

Measure: Developing a service ecosystem for employment and for young people to attach to working life.

ACTION	MONITORING
Actively building a new ecosystem for employment where employment services are part of the municipality's statutory duties. Fortifying the internal collaboration within the city, the network cooperation and joint development efforts with various actors.	Realised activities, forged partnerships and cooperation agreements.
Providing and ensuring effective integration services in cooperation with partners. Enhancing the appeal of the area to international talents by developing the area's service ecosystem in collaboration with various	Realised activities, forged partnerships and cooperation agreements.

actors. Developing good demographic ratios and promotion of integration as part of a service ecosystem.	
Systematic reinforcement of the attachment to school with the School Engagement model. Establishing the activities of school youth work in upper secondary education and reinforcing the role of the outreach youth work.	Monitoring of activities. Number of adolescents supported and number of dropouts. Monitoring of absences from school.
Identifying the actors in a service ecosystem, streamlining the roles and responsibilities of the actors, and developing and creating shared operating methods. Improving the way recruitment needs are identified and resolved in enterprises, and also the skills of private customers, individual service needs and employment opportunities.	Realised activities.
Reinforcing integration and its employment impact with correctly timed services and training. Developing network collaboration, the integration path and language training in cooperation with various actors.	Realised activities, customer feedback, client systems in employment services.
Active reinforcing of knowledge and skills services and collaboration with educational institutions. Visiting schools and events in person.	Realised activities.
Developing a cooperation model to improve the matching of jobs and talents, while also taking tailored work opportunities into account. Investing in the development of staff competence in this area. Building an internal cooperation model between Business Kuopio and the employment services.	Realised activities.
Developing client participation and perspective in accordance with, for example, the Our Kuopio model. Developing services in collaboration with the customers.	Realised activities, implementation of participation model.

Objective: To improve work ability and coping at work (including studying)

Measure: Improving the coping at school and studies and the provided support for learning.

ACTION	MONITORING
Reinforcing operating models and staff competence to support coping at studies in comprehensive education and in upper secondary schools.	Monitoring of the realisation of annual clock actions in pupil welfare services.
Improving the identification of learning difficulties and the organisation of appropriate support, in cooperation with the parents and the wellbeing services county.	Realised activities.
Ensuring support for learning by developing the operating model in accordance with the reform of support for learning and school attendance.	Realised activities, resourcing of group-specific support, decisions on pupil-specific support.
Allocating the work conducted with young people: active development of the One-Stop Guidance Centre activities and supporting working life skills of young people in cooperation with partners and schools.	Realised activities, youth unemployment
Reinforcing the working life skills of young people by developing an operating model for getting to know working life and further studies by using both work trials and practical training/internships. Utilising and developing, for example, the working life week concept in upper secondary schools and partner company activities.	Realised activities, number of sponsor companies, period feedback.

Measure: Supporting work ability.

ACTION	MONITORING
Developing multidisciplinary collaboration between the employment services and the wellbeing services county. Confirming the referral of customers to the health examination of the unemployed organised by the wellbeing services county.	Realised activities and customer guidance.
Reinforcing a management and work culture that promotes good mental health and the capacity to work.	Realised activities

Objective: To reinforce the society's stability, resilience and confidence in the future

Measure: Supporting the growth of children and adolescents and the inclusion of adults in being an ethically

responsible member of society.

ACTION	MONITORING
Preventing the development of segregation so that children and adolescents would have equal opportunities for growing as a human being, and for learning and education.	Realised activities.
Active promotion of the skills of children and adolescents in building different types of communities and working in cooperation. Nurturing the language and cultural awareness of children, adolescents and adults and improving the inclusion of different language and cultural groups. Reinforcing good demographic ratios and dialogue as well as cultural and societal dialogue between different demographic groups.	Realised activities, number of S2 schools, number of world-view and societal events and number of participants, purchasing volumes of library collections.
Developing the multiliteracy of children, adolescents and adults in a multiagency manner (including the recognition of disinformation).	Realised activities, number of events and training for promoting reading, and number of participants. Purchasing volumes of library collections.
Promoting the understanding of oneself and others by utilising teaching, art and knowledge, for example, as part of cultural services. Reinforcing confidence in the future by means of culture, art and knowledge (such as exhibitions, performances and pedagogics). Promoting and implementing education in culture, the environment and art, using a versatile approach.	Realised activities.

Living environment in a good life

The living environment in a good life is an extensive and multi-faceted entity. The living environment comprises both the built environment as well as the natural environment. Green environment refers to the greenery of plants, parks and forests, and blue environment to bodies of water and beaches. Humans with their living environments are part of nature, its natural cycle and the changing climate. A natural environment has beneficial effects especially on the mental health of humans. There are interdependencies between the wellbeing of humans, animals and nature that need to be taken into account when making decisions and planning activities. Planning and impact assessment should be conducted in as broad-based collaboration as possible, with consideration of our shared wellbeing. Habitation and living environments are planned, developed and implemented in cross-industry cooperation with the residents. In Kuopio, the living environment in a good life consists of nature, animals, the harmony between nature and habitation, meeting points, indoor and outdoor spaces for daily life, and safety and inclusion. The Kuopio National Urban Park is built from the best aspects of our city – from places that people consider important and beautiful and where culture and nature come together. This entity has four objectives.

Objective: To maintain a high level of satisfaction among Kuopio residents with their living environment

Measure: Safeguarding the versatility of living and the living environment

ACTION	MONITORING
Planning residential areas to be varied in both building stock and type as well as in the form of ownership. Ensuring versatile living (including different forms of housing tenure and types of houses, reasonably priced housing, and housing of the elderly and groups with special needs).	Amount of housing construction by type, service structure of the elderly.
Strengthening multidisciplinary cooperation and comprehensive review in developing suburbs, taking into consideration research data on living environments that promote wellbeing: Comprehensive strengthening of areas by means of infill development, service network efforts, inclusion and prevention of segregation.	Realised activities, number of plots (infill development), number of housing units.

○ In addition to infill development, identifying the significance of the development of the usability of public facilities and the comfort of the shared environment.	
Decreasing and preventing homelessness by cooperating with the Wellbeing Services County of North Savo (the Polulla kotiin homelessness initiative / Wellbeing Services County)	Realised activities, number of homeless people.
Developing data-driven decision-making and the knowledge base on the wellbeing of Kuopio residents. Connecting data on the wellbeing of people and the environment as part of the planning work. Developing the collection of qualitative and quantitative data using, for example, cross-administrative and regular surveys. Developing the analysis and utilisation of data. ○ In the future, the planning, implementation method, actions and schedules of everyday environments shall be prioritised and allocated by residential area from a viewpoint of, for example, impact and urgency.	Realised activities.
Strengthening resident participation in the development of areas and adopting methods that promote inclusion into active use as determined in the Our Kuopio model.	Realised activities.
Preparing for weather phenomena due to climate change, and implementation of the Climate and resource wise Kuopio programme. ○ Active addition of shade areas and greenery in yards and parks with consideration of plant care. ○ Promoting and ensuring the biodiversity of the living environments of children, adolescents and the elderly, such as parks, street, and the outdoor areas of daycare centres and schools. ○ Promoting a spatial concept that takes outdoor areas and climate change into consideration (including the school	Assessment of realised activities and operating environment, monitoring of the daycare centre concept in Kuopio's early childhood education

concept), in particular in the existing and new schools in comprehensive education. ○ Developing the functional connection of play areas and community sports areas in the outdoor areas of business premises. ○ Developing the operating environments that support creativity and agency in a cost-effective manner, so that they encourage engagement in shared and self-directed activities (including parks, schoolyards, youth centres, libraries and museums).	
Maintaining and developing a pleasant urban environment that inspires us to engage in physical activity. Identifying the characteristics, strengths and development targets in different areas, and prioritising our actions based on these.	Realised activities
Land use planning directs residents to be activated by the green and blue in a more diverse living environment. When designing living environments and in connection with infill construction, we need to protect residents' access to nature and bodies of water (nearby woods, green spaces, parks, beaches and pedestrian routes).	Realised activities
In land use planning and zoning, we need to ensure that there are no activities placed near housing, so that it could hinder creating a healthy living environment. Construction should adhere to requirements, and any suspected health hazards must be reviewed without delay.	Realised activities.
Strengthening cultural wellbeing by safeguarding that cultural and natural heritage is retained as part of the living environments.	Realised activities, official statements by a cultural-historical museum.

Measure: Creating pleasant everyday environments that support wellbeing and encourage daily physical activity, taking green areas and bodies of water into consideration.

ACTION	MONITORING
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Investing in safety, availability and accessibility in the design and implementation of everyday environments, such as libraries, play areas, schoolyards, parks, physical activity services, outdoor routes and services as well as nature attractions. Taking into account the added versatility in the use of public outdoor and indoor premises also as meeting places during leisure time. Drawing up and defining Kuopio's model of accessibility zones to local nature areas, especially in central urban areas.	Realised activities.
Promotion of the spatial concept. Designing multipurpose public buildings for the use of all age groups and for multiple functions.	Realised activities.
The design of outdoor areas in schools and daycare centres and (play area) parks shall take physical activity, nature and climate safety into consideration. Retaining and adding trees in good condition to outdoor areas and parks to provide shade, and adding structures/elements for providing shade. Implementation of the Smarter project.	Realised activities.
Creating an urban environment that supports self-directed motion and physical activity, and encourages motion and physical activity. Taking the needs of people of varying ages and different demographic groups into consideration. In developing the local environments for physical activity, the needs of recess activities, after-school care activities and recreational use as well as the requirements of self-directed use by children, adolescents and families are taken into consideration also outside the school days. Encouraging parents and children to select physically active means of transport in travelling to school and work (walking, cycling).	Realised activities.
Implementation of the Climate and resource wise Kuopio programme and the general plans for accessibility. Developing measurement of sustainable ways of travelling from one location to another.	The Climate and resource wise Kuopio programme, monitoring according to the general plan for accessibility and quality routes.

Encouragement to select sustainable transport by improving connections. Ensuring safe and accessible mobility all year round with appropriate lighting, traffic planning and maintenance.	
Utilising the local environment and nature surrounding daycare centres, schools and youth centres as a versatile part of activities. For example, teaching a subject in nature, holding forest lessons, utilising urban park areas, arranging trips to the woods, and sports lessons.	Realised activities.
Implementing the percent-for-art principle: adding public art and arranging events in different everyday environments. Enabling the organisation of small events. Promoting encounters between residents in a multitude of ways: steering and encouraging towards solutions that promote wellbeing, use of art and culture, structures that enable meetings between people.	Realised activities.

Objective: To increase accessibility and appeal of meeting places that support activity and a sense of community

Measure: Supporting and creating opportunities for meeting and doing things together.

ACTION	MONITORING
Reinforcing internal and external communications, guidance and advice to create things that can be done together and to enable encounters.	Realised activities.
Creating versatile outdoor locations for people of different ages to enable encounters that add a sense of community, taking into account accessibility, functional limitations, climate change and the wellbeing impact of nature and	Realised activities.

culture. Development of digital meeting places should also be included.	
Developing the availability of facilities (including booking systems) and accessibility in a customer-oriented manner. Developing low-threshold meeting activities and services for reinforcing communality. Promoting a spatial concept to steer spatial planning and developing the multi-purpose use of facilities (such as museums, libraries, green areas, youth centres, outdoor areas of schools and daycare centres). Incorporating art in different environments and developing the combining of art, physical activity and nature. Consideration of different resident groups and varying language and cultural backgrounds.	Realised activities, meeting place activities and number of visitors / people reached.
Promoting the increase of communality and local events and activities in different areas of Kuopio. Supporting versatile and inclusive event, citizen and resident activities. Giving special consideration to low-threshold activities for children and adolescents.	Realised activities, use of facilities, granted assistance

Objective: To increase resident participation and opportunities for making an impact

Measure: Reinforcing participation and possibilities for making an impact by developing operating methods and promoting accessibility.

ACTION	MONITORING
Reinforcing partnership with residents. Adding dialogue and inclusion between the city, the residents and various actors in line with the Our Kuopio model and by using methods of planning participation. Active utilisation of the Children's Parliament, the youth council, council for the elderly, and the council for the disabled. Kuopio makes active use of actor networks, partnership tables,	Realised activities, internal participation group, School Health Promotion study, TEAviisari, North Savo wellbeing survey.

project-specific resident panels, rural popular assemblies, surveys, dialogues and shared planning activities, among others. Deployment of new forums: the urban forum, the rural forum and the forum for good demographic ratios.	
Enabling equal inclusion and participation of different demographic groups. Development of new inclusion models. Preparing instructions for residents on equal inclusion and participation, and training the staff. Expanding the activities of the rural popular assemblies to cover all rural areas.	Realised activities, implementation of the Our Kuopio model.
Launching the new Our Kuopio community grant. The aim of the grant is to support communality and the development of communities, the wellbeing of residents and the activities associated with doing things together. The “Mieliteko” Mental Wellbeing Fund is used in a versatile manner for project development.	Realised activities.
Promoting the rights of children and adolescents and their participation by implementing Unicef’s Child-Friendly Municipality operating model. Active communications are provided on the matter.	Realised activities, Unicef’s Child-Friendly Municipality assessment and recognition process.

Objective: To strengthen everyday safety

Measure: Promoting safe mobility (especially pedestrian traffic) and preventing falls.

ACTION	MONITORING
Implementing the traffic safety plan (2030) - monitoring the realisation of the tasks.	Plan monitoring.
Implementing traffic safety education and advocacy for driving behaviour with consideration of the increase in electrically-operated vehicles (teaching, communications and campaigns). Deployment of micro-mobility permits (speed limit 8 km/h during night, city centre, drunk-driving limits) for operators of electric scooters.	Realised activities, communications/campaigns, traffic planning

Intensifying the prevention of falls in the elderly population and among persons with functional limitations in particular by means of communications and effective operating models. As examples fall risk screening, checklist for prevention of falls and the 'IKINÄ' operating model, the safety and accessibility of the environment (indoor and outdoor spaces), warnings on slippery weather conditions via text message, and the Aurat kartalla winter maintenance tracking service.	Realised activities and number of people reached
Ensuring safe travel for all by maintaining streets and roads, parks and recreation areas and outdoor exercise areas. Examples include sufficient lighting, traffic arrangements and bicycle routes. Communication on the above issues.	Realised activities, satisfaction with the pleasantness and maintenance of the environment, maintenance classification of bicycle and pedestrian routes.

Measure: Preventing experiences of violence, domestic violence, sexual harassment and bullying.

ACTION	MONITORING
Preventing and addressing bullying with use of effective operating models, school youth work, multidisciplinary cooperation and communications. Preventing experiences of bullying: ○ The prevention of and intervention in violence, harassment and bullying in pre-primary education, comprehensive education and upper secondary education is entered into the student welfare plans. ○ In Kuopio, early childhood education and pre-primary education providers have compiled a plan for preventing and intervening in bullying, and on the basis of this, a group-specific plan is drafted annually. Prevention models used in pre-primary education include ProVaka and See the Good. ○ In comprehensive education, the work is steered by the guide on work against bullying, harassment and violence, and in	Realised activities, number of realised operating models, communications and cooperation, TEAvisari, School Health Promotion study.

addition, the schools use evidence-based models to prevent and address bullying. Bullying, harassment and violence is prevented with emotional and safety skills education, that is being implemented as part of the teaching in accordance with the city's Emotional and Safety Skills Clock.	
Reducing the feeling of insecurity and threat of violence experienced by residents in public spaces. Providing more sex education lessons and promoting the safety skills and information on domestic violence of children and adolescents. Identifying sexual harassment and violence and associated phenomena. Reinforcing the preparedness of adults to bring up and intervene in sexual harassment and violence issues.	Realised activities and number of reached children and adolescents, School Health Promotion study.

Measure: Improving the resilience of residents (mental and physical crisis tolerance).

ACTION	MONITORING
Organisation of training in emergency preparedness, such as regarding household emergency supplies and civil defence.	Realised activities, number of training and other events.
Improving mental crisis tolerance skills, such as providing support for continuing with normal everyday life and routines in crisis situations.	Realised activities, information, communication, training.
Increasing communality, experiences of inclusion and caring for our fellow human beings. Promoting, for example, neighbour assistance, inclusion and suburban democracy. Reinforcing good demographic ratios with means of multidisciplinary cooperation.	Realised activities in extensive cooperation.

In conclusion

The Wellbeing Plan for 2026–2030 has been drawn up in multidisciplinary cooperation in autumn 2025, and participants in the planning included city employees, advisory bodies, partner organisations and rural popular assemblies from various parts of Kuopio. The residents have also had the opportunity to comment on the draft version of the wellbeing plan between 7 and 21 January 2026 on the website of the City of Kuopio. This opportunity was communicated via media distribution and in the city's own communication channels, such as on its website and social media channels.

The drawing up of the plan has been steered by the Kuopio multidisciplinary wellbeing group whose members represent city management. The wellbeing group was chaired by the deputy mayors until the end of 2025. In its own role, the Kuopio executive wellbeing group has been responsible for the drawing up and entries of the plan under the guidance of the wellbeing coordinator. The wellbeing coordinator has acted as the case officer and presenting officer for both groups.

The wellbeing plan is extensive as it combines many statutory plans. In addition, it has taken the health and wellbeing promotion coefficient into account. The plan also applies Section 6 of the Act on Organising Healthcare and Social Welfare Services, which obligates the municipality to prepare the wellbeing report and plan on the mentioned topics as follows: The municipalities must monitor the residents' living conditions, health and wellbeing and the affecting factors by area and by demographic group. The municipality must report on its residents' health and wellbeing, factors impacting them and the realised actions to the city council annually. The municipality also needs to prepare the city council a wellbeing report and plan on the above data for every council term.

Several wishes and development needs were determined for this wellbeing plan, and they were taken into consideration during the drafting. Kuopio is a geographically extensive area. The wellbeing plan also takes into account the reform of the wellbeing services counties and the employment services being transferred for handling from the state to the municipalities. The wellbeing plan now includes explanatory texts for describing the elements of good life. The purpose of this is to enhance the easy reading of the text and provide the reader with some understanding of what is included in the concept of wellbeing. The aim has also been for the plan to emphasise communality and inclusion. Resident inclusion and activities in line with the Our Kuopio model will be emphasised as the measures and actions contained in the wellbeing plan become more precise and materialise into operative-level activities in 2026–2030.

The wellbeing plan sets out the city's work for promoting wellbeing and thus the sector-specific operation plans and other plans and operating models with concrete reach from the perspective of promoting wellbeing. The wellbeing plan includes points of contact with several other documents and activities associated with the promotion of wellbeing, and the plan also acts as a guiding document in such cases. This is why the actions and monitoring have in places been described in very broad terms, without referring, for example, to individual residential areas. The execution and practical implementation of the plan is monitored as part of the sector-specific reporting and planning of the City of Kuopio and, for example, with the help of various known statistical datasets. This data is generated as part of the everyday activities and review process (such as the use

frequency and customer numbers of services, decisions, issued grants, events, operating plans and project monitoring). The aim of the actions in the wellbeing plan is to jointly affect the wider objective and the element of good life, the big picture. The overall impact can be assessed using specialist evaluations, reports and wellbeing report indicators. The wellbeing report indicators provide a so-called trend figure of the population's state of wellbeing.

The indicators of the wellbeing report consist of data describing the demographic structure, socioeconomic status, health and wellbeing, and the use and functionality of services. Data is examined by demographic group, such as by age or gender. The wellbeing report indicators are collected from several sources (Appendix 1.). The appendix to the wellbeing plan describes the data sources of the valid wellbeing report, categorised by the elements of good life. In addition, the appendix indicates known updating needs for drawing up the next wellbeing report. We already know that, for example, with regard to wellbeing data for the adult population, we need to develop a new, reliable and comparable knowledge base as receiving Healthy Finland survey's municipality-specific data is getting more infrequent (the next assessed municipality-specific data is available at the earliest in 2029).

The wellbeing plan outlines the city's work for the promotion of wellbeing. The practical implementation of the wellbeing plan becomes concrete and occurs as part of the city's normal statutory activities. The Kuopio wellbeing group and executive wellbeing group have been responsible for the monitoring and assessment of the execution and realised activities of the plan with regard to the big picture. The wellbeing coordinator has acted as the case officer and presenting officer for both groups. Both groups examine the status and trend of the development of wellbeing in accordance with the monitoring of the indicators and the realised activities, among others. If necessary, the measures and actions of the wellbeing plan are updated in connection with the annual report.

APPENDICES

Appendix 1. Indicators of the wellbeing report and plan

Appendix 2. Information and Program Sources to Guide Active Promotion of Health and Wellbeing

