

Expertise
and insight
for the future

Cross-sectoral capacity building for promoting sustainable urban health and well-being

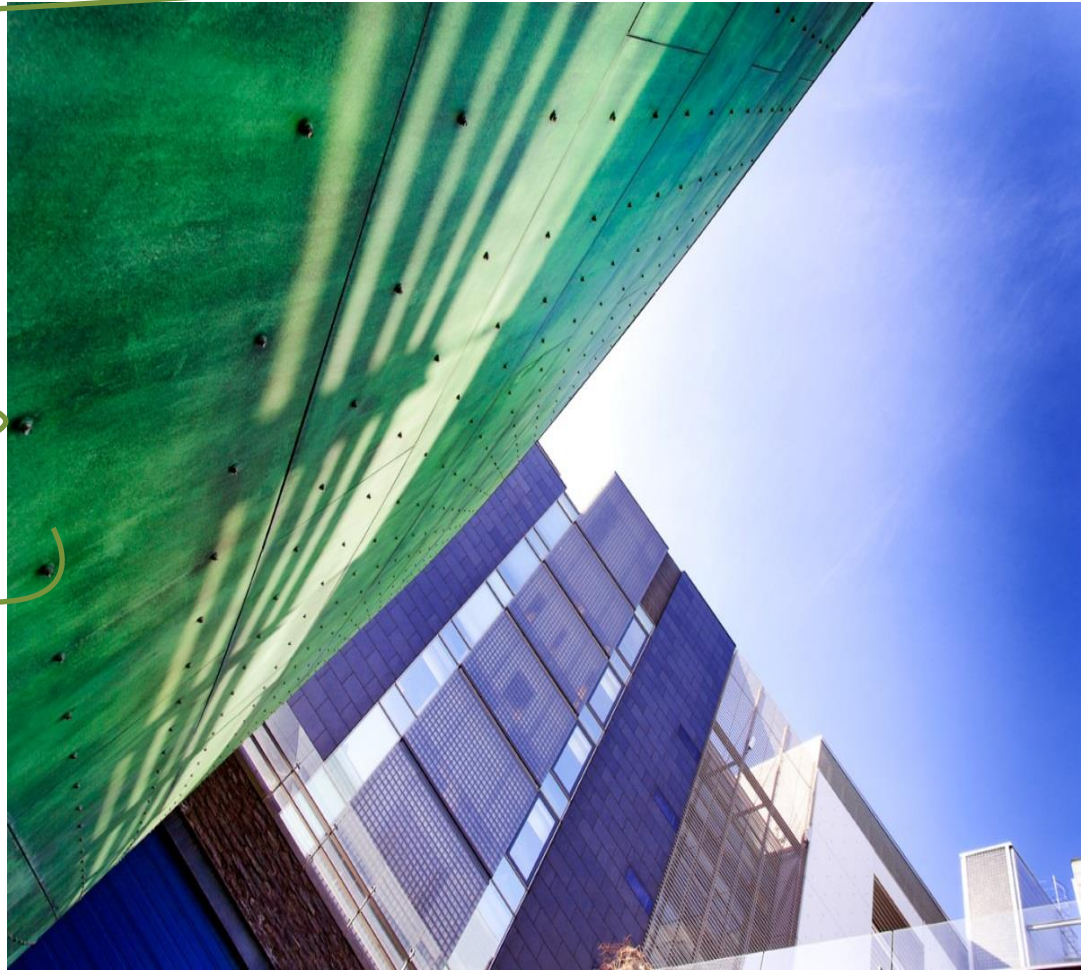
K. Matinheikki & A. Liinamo, Metropolia UAS



Sustainable Health Promotion

requires qualified
and
multidisciplinary
workforce

The most essential HP
competencies
in the future...



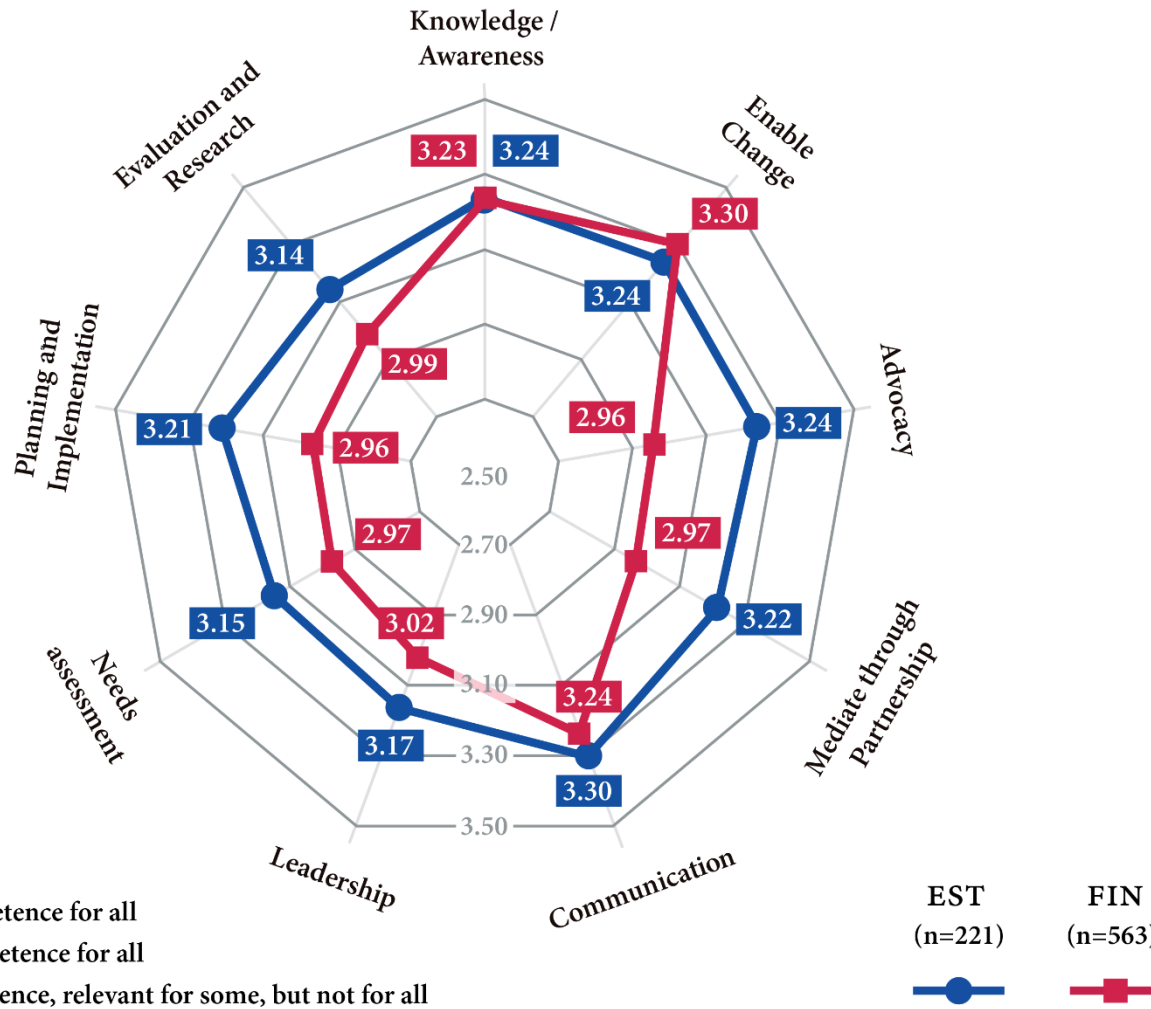


Figure 1. Essentiality of Future HP Competences according to Estonian and Finnish professionals in 2017. Scale of the Figure 2,5 – 3,5 described according to the mean score in each Competences domain.

10 PROFESSIONAL AND 6 VOCATIONAL EDUCATION AND TRAINING PROGRAMMES DIVIDED BASED ON CORE COMPETENCES



CHANGE AGENT

- Counselling and Lifestyle Coaching
- Living Environment and Health, Urban Health
- Health Awareness in Different Life Stages
- Healthy Living and Working Environment
- Health Awareness in Physical Activity



PROFESSIONAL

- Global Trends & Health Promotion
- Basics of Health Promotion
- Mental Health and Wellbeing
- Nutrition
- Addictive Behaviour



COMMUNICATOR

- Health Equity
- Media and Communication in Health Promotion



COLLABORATOR

- Multisectoral Networking for Health Promotion



MANAGER

- Leadership in Health Promotion



EVALUATOR

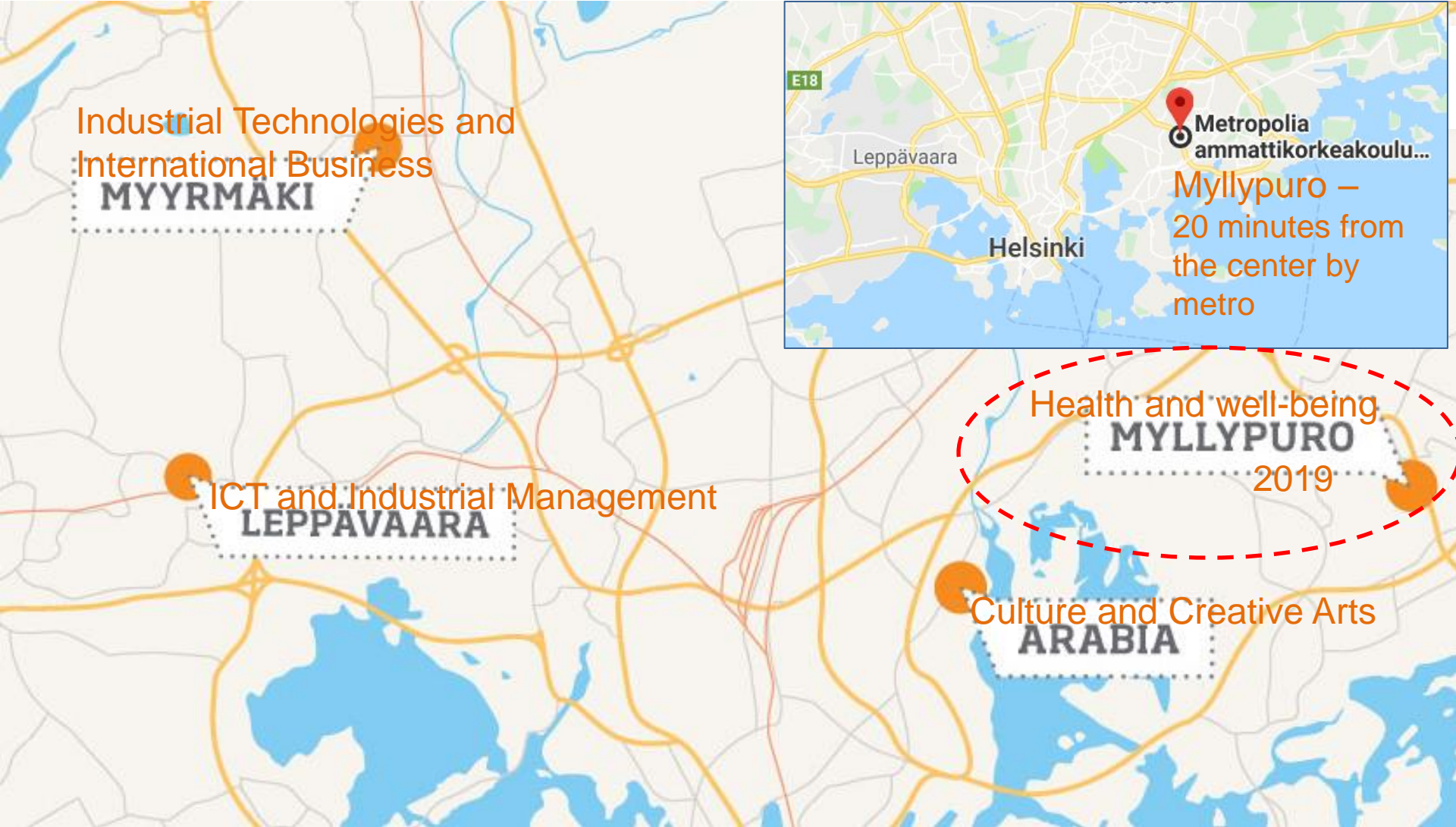
- Designing Health Promotion Programmes and Interventions

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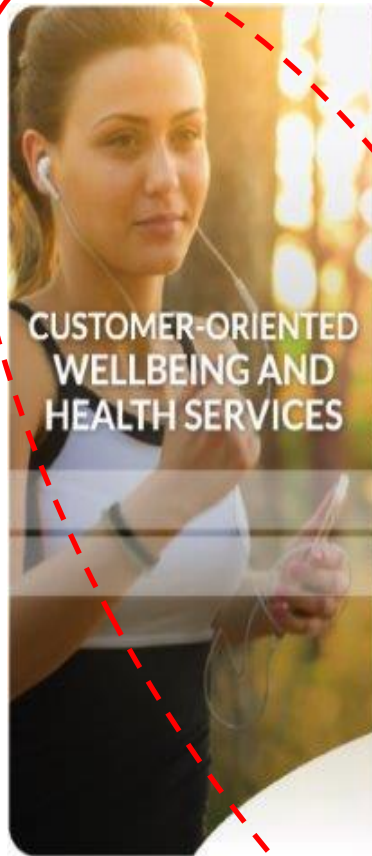


Building capacity
across sectors and on multiple levels





The four campuses of the Metropolia UAS create an open and attractive learning environment aiming to boost the Helsinki Metropolitan Area's development and well-being of its people.



CUSTOMER-ORIENTED
WELLBEING AND
HEALTH SERVICES



CLEAN AND
SUSTAINABLE
SOLUTIONS



SMARTER
MOBILITY



FUNCTIONAL
CITY FOR PEOPLE



DATA-DRIVEN
CONSTRUCTION

People first

MyData | XR | AI | IoT | 5G | Robotics

Systemic Reform



SOLUTIONS ARENA

R&D HUBS of each Metropolia campus

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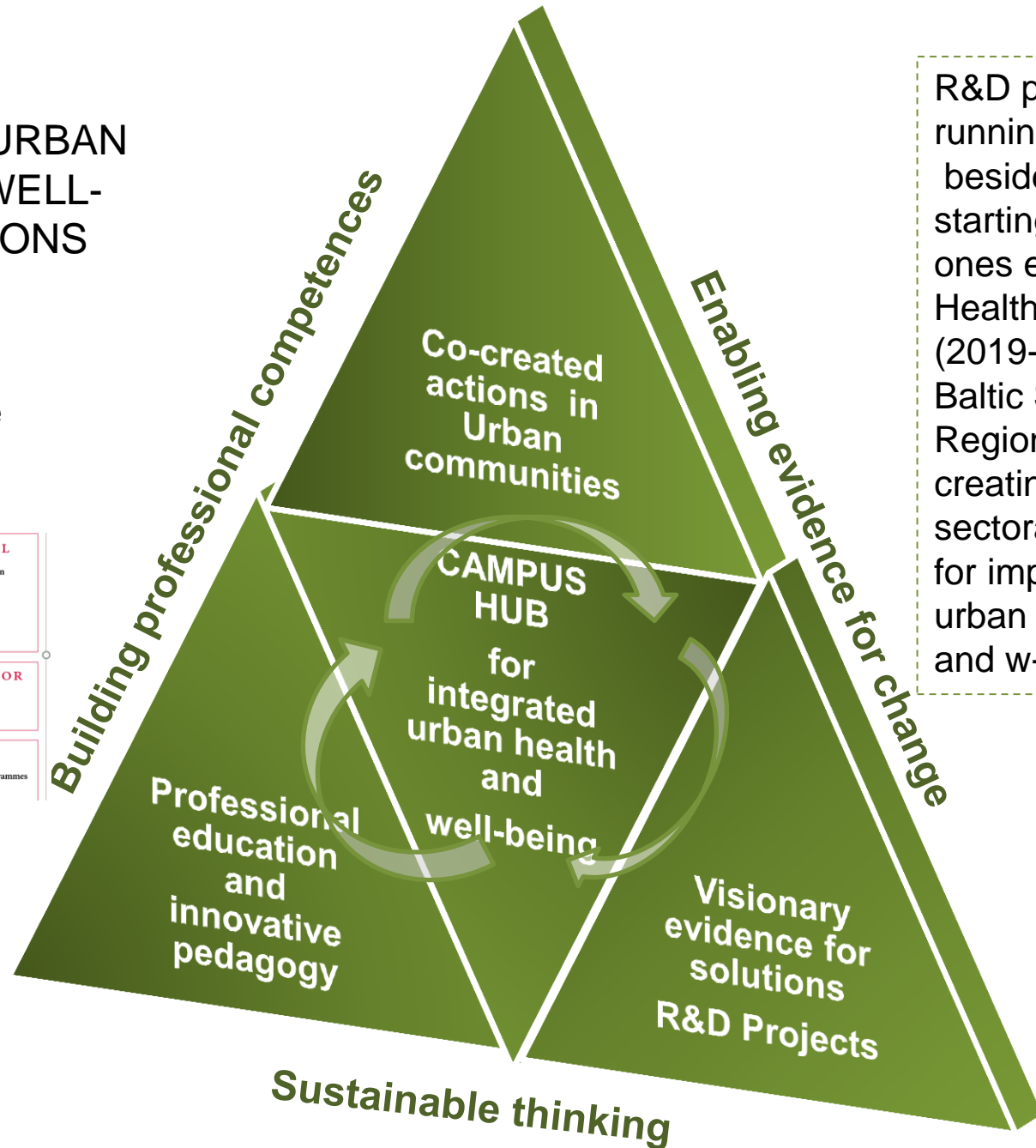
MYLLYPURO
Campus
Urban health
and well-being

**Improving health and well-being
through integrated solutions**

CO-CREATING INTEGRATED URBAN HEALTH AND WELL- BEING SOLUTIONS

Join us to improve
HP-programs

<p>CHANGE AGENT</p> <ul style="list-style-type: none"> ■ Counselling and Lifestyle Coaching ■ Living Environment and Health, Urban Health ■ Health Awareness in Different Life Stages ■ Healthy Living and Working Environment ■ Health Awareness in Physical Activity 	<p>PROFESSIONAL</p> <ul style="list-style-type: none"> ■ Global Trends & Health Promotion ■ Basics of Health Promotion ■ Mental Health and Wellbeing ■ Nutrition ■ Addictive Behaviour
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<p>MANAGER</p> <ul style="list-style-type: none"> ■ Leadership in Health Promotion 	<p>EVALUATOR</p> <ul style="list-style-type: none"> ■ Designing Health Promotion Programmes and Interventions



R&D projects, running beside HPP starting new ones e.g. Healthy Boost (2019-2021 Baltic Sea Region) co-creating cross-sectoral model for improving urban health and w-b

Literature

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Thank You for Your Attention!

HPP Contact persons in Metropolia UAS:

Kaija.matinheikki-kokko@metropolia.fi +358 40 334 0855

Arja.Liinamo@metropolia.fi +358 40 334 0918