

Il-Finlandja



Policies, Interventions and Actions

Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report's chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation (WHO)
Linked document:	Download linked document
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. https://iris.who.int/handle/10665/376957 . License: CC BY-NC-SA 3.0 IGO

JA PreventNCD

Joint Action to Prevent Non-Communicable Diseases and Cancer (JA Prevent NCD) is a three year project funded by the EUforHealth 2021-2027 programme. It is designed to reduce the burden of cancer and NCDs across Europe by supporting member states (22 EU member states and Iceland, Norway, and Ukraine) to implement effective prevention strategies by focusing on both personal and societal risk factors. The project aims to reduce fragmentation and duplication of actions.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan Evidence of NCD strategy
Year(s):	2024-2027
Organisation:	EUforHealth 2021-2027
Find out more:	preventncd.eu

Obesity Treatment Recommendations in Finland

The recommendation applies to children, young people and adults. Its goal is to promote the identification, prevention and treatment of obesity and related diseases in Finland. The recommendation is intended for healthcare professionals from primary healthcare to specialized medical care and for everyone who can promote the implementation of lifestyles that support health and weight management.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	Finnish Medical Society, the Finnish Obesity Research Association and the Finnish Children's Association
Find out more:	www.kaypahoito.fi
References:	Obesity (children, adolescents and adults). Valid treatment recommendation. A working group set up by the Duodecim of the Finnish Medical Association, the Finnish Obesity Research Association and the Finnish Lastenlääkäryhdistys ry. Helsinki: Suomalainen Lääkäriseura Duodecim, 2024 (cited dd.mm.yyyy). Available on the internet

Nordic Nutrition Recommendations

The Nordic Nutrition Recommendations (NNR) is an international collaboration among health and food authorities in Denmark, Finland, Iceland, Norway, and Sweden. The NNR2023 project has developed science advice based on the health effects of foods and response to the country-specific public health challenges and burden of diseases, food consumption patterns, as well as the country-specific environmental impacts of food consumption.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2023 (ongoing)
Target age group:	Adults and children
Organisation:	Nordic Council of Ministers
Find out more:	pub.norden.org
Linked document:	Download linked document

Moving Adult Programme

The program aims to reduce physical inactivity and sedentariasm at work and home. It involves both a workplace and a community intervention. This programme continues the work of the All Ages programme which ended last year.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2020 (ongoing)
Target age group:	Adults
Organisation:	Ministry of Education and Culture
Find out more:	liikkuvaakuinen.fi
Linked document:	Download linked document

Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by The European Commission from April 2019. (Available in multiple languages)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	The European Commission
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/36162 (last accessed 12.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	Download linked document
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. https://doi.org/10.1159/000496183

Eating and Learning Together. Finnish National Nutrition Council's guidelines for school meals

In Finland a health and nutritious school meal is provided to all children. The most recent update to this provision was the 2017 update of the Finnish National Nutrition Council nutrition recommendations for school meals. The primary change being only fat free milk and sour cream are subsidised and cheese removed from the subsidy. The links are provided for further information in english and the pdf document in Finnish.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Target age group:	Tfal
Organisation:	Finnish National Nutrition Council
Find out more:	www.ruokavirasto.fi
Linked document:	Download linked document
References:	Eating and Learning Together. National Nutrition Council 2017

School Fruit, Vegetables and Milk Scheme

"Applicable since 1 August 2017, the EU school fruit, vegetables and milk scheme combines two previous schemes (the school fruit and vegetables scheme and the school milk scheme) under a single legal framework for more efficiency and an enhanced focus on health and educational. The scheme supports the distribution of products, educational measures and information measures. The scheme supports the distribution of fruit, vegetables, milk and certain milk products to schoolchildren, from nursery to secondary school. EU countries approve a list of products (in collaboration with their health and nutrition authorities) which will help achieve the schemes objective of helping children to follow a healthy diet. Priority is for fresh fruit and vegetables and for plain milk. In order to support a varied diet and/or specific nutritional needs, EU countries may also make processed fruit and vegetables such as juices and soups and certain milk products such as yoghurt and cheese, available. Additionally, under stricter conditions, milk-based drinks may be included." - EU Commission

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Organisation:	European Commission
Find out more:	ec.europa.eu
References:	https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en

Feel4Diabetes

The overall aim of the Feel4Diabetes programme was "developing and implementing a community-based intervention to promote behavioural changes and creating a more supportive social and physical environment to prevent diabetes in vulnerable families across Europe". The programme was in place in Finland, Belgium, Spain, Hungary, Bulgaria, and Greece.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016-2018
Target age group:	Adults and children
Find out more:	feel4diabetes-study.eu
Linked document:	Download linked document
References:	https://feel4diabetes-study.eu/

GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling

This programme was reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to infant and young child nutrition. Information provided by WHO GINA Programme.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2016 (ongoing)
Target age group:	Infants and young children
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Joy, play and doing together – Recommendations for physical activity in early childhood.

In Finnish. Recommendations for increasing activity in young children

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Tfal
Organisation:	Ministry of Education and Agriculture
Find out more:	thl.fi
Linked document:	Download linked document
References:	Joy, play and doing together – Recommendations for physical activity in early childhood. 2016. Ministry of Education and Culture 2016:21.

The Consumer Ombudsman's Guidelines on marketing to children

The Consumer Ombudsman's Guidelines on marketing to children set out how the Finnish Consumer Protection Act should be implemented. The Act includes various restrictions on marketing to children, including: that the objective of food advertisements must be clear, must not be misleading, and must not encourage unhealthy eating practices.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Tfal
Find out more:	www.kkv.fi

"Lets move it"

School-based intervention focusing on increasing physical activity and reducing sedentary behaviour in adolescents by targeting sitting time in classrooms, exploring adolescents' motivation levels and improving opportunities to undertake activities in the community, home and at school.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2015-2017
Target age group:	Tfal
Organisation:	Hankonen et al (2016)
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Hankonen et al (2016). 'Lets move it' a school-based multilevel intervention to increase physical activity and reduce sedentary behaviour among older adolescents in vocational secondary schools: a study protocol for a clusterrandomised trial. BMC Public Health. 16(451).

REDUCE sedentary time – GET HEALTHIER! National recommendations to reduce sedentary time

National recommendations for reducing sedentary time for the whole population.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Adulti u tfal
Organisation:	Ministry of Social Affairs and Health
Find out more:	julkaisut.valtioneuvosto.fi
Linked document:	Download linked document
References:	Reduce sedentary time – get healthier! National recommendations to reduce sedentary time. 2015. Brochures of the Ministry of Social Affairs and Health.

Well-being from food and exercise - National Obesity Programme

2015-2018 national obesity strategy for Finland.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2015-2018
Target age group:	Adults and children
Organisation:	Finnish Institute for Health and Welfare
References:	https://thl.fi/fi/tutkimus-ja-kehittaminen/tutkimukset-ja-hankkeet/kansallinen-lihavuusohjelma-20122015

European Union (EU) Action Plan on Childhood Obesity 2014-2020

EU Action plan. To contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2014-2020
Target age group:	Children and young people
Organisation:	Ministry of Health
Find out more:	ec.europa.eu
Linked document:	Download linked document
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf &amp;amp;amp;amp;amp;wznj;

Finnish nutrition recommendations 2014

The focus of this document is on a comprehensive idea of a health-promoting diet, composed of the quality, quantity and role as source of nutrients of various kinds of foods and their link to human health.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	The National Nutrition Council - Ministry of Agriculture and Forestry
Find out more:	www.ruokavirasto.fi
Linked document:	Download linked document

Sugar sweetened beverage tax

The Finnish Government introduced a mandatory Sugar sweetened beverage tax in 2014 in a bid to reduce the levels of sugar being consumed through soft drinks.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Finnish Government
Find out more:	vm.fi

On the move' - A national strategy for physical activity promoting health and wellbeing 2020

A set of guidelines and targeted actions to increase physical activity and improve health

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Social Affairs and Health
Find out more:	www.julkari.fi
Linked document:	Download linked document

Overcoming Obesity Programme 2013-2020

They aim to have obesity prevention in mind when making regional decisions, ensure decision makers have access to resources and health statistics, ensure environmental and functional practices promote good health, ensure healthy choices are available to everyone, ensuring obesity prevention is included in the education system and more.

Categories:	Ev
Year(s):	
Target age group:	
Organisation:	
Find out more:	
Linked document:	
References:	City of Seinajoki, Overcoming Obesity https://www.seinajoki.fi/material/attachments/seinajokifi/sosiaalijaterveys/terveyspalvelut/asiakasjapotilasasiakirjat/Fnp1Zw3JF/Ov

Steps for Health

Web based step counting campaign to promote walking among adults.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012
Target age group:	Adults
Organisation:	Folkhälsan Association
Find out more:	www.halsostegen.fi

EU Regulation 1169/2011

Passed in 2011, EU Regulation 1169/2011 on the Provision of Food Information to Consumers requires a list of the nutrient content of most pre-packaged food to be provided on the back of the pack from October 2011.

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	European Parliament and the Council of the European Union
Find out more:	eur-lex.europa.eu
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/22917 (last accessed 28.06.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Evaluation of the EU school milk and fruit scheme

European Court of Auditors (2011) Are the school milk and school fruit schemes effective? Special Report No 10. Publications Office of the European Union, Luxembourg.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	EUROPEAN COURT OF AUDITORS
Linked document:	Download linked document
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Sweets Tax

The tax is currently levied on confectionery, chocolate and ice-cream, but excludes products such as biscuits, baked goods, puddings and granulated sugar. This was removed in 2017

Categories (partial):	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2010-2017
Target age group:	Adults and children
Organisation:	Ministry of Finance
Find out more:	vm.fi

Single versus multiple-family intervention in childhood overweight at Finnmark Activity School: a randomised trial

A two arm randomised controlled trial comparing a new comprehensive lifestyle programme performed in groups of families with overweight (included obese) children with a more conventional single-family programme. Includes 97 overweight and obese children aged 6–12 years with body mass index (BMI) corresponding to cut-off point ≥27.5 in adults were included

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2009-2011
Target age group:	Children
Organisation:	Paediatric Department at Hammerfest Hospital in collaboration with the University Hospital of North Norway (UNN) and the University of Tromsø
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Kokkvoll, A, Grimsgaard, S, A~degaard, R, Fl~gstad, T. and Nj~lstad, I. 2014. Single versus multiple-family intervention in childhood overweight—Finnmark Activity School: a randomised trial. Archives of Disease in Childhood. 99(3). pp. 225–231.

Healthy Stadia Network

"At Healthy Stadia, we encourage professional and amateur sports clubs, league operators, national and international governing bodies of sport to develop their stadia and sports facilities as health-promoting environments. We do this by supporting them to adopt a range of policies and practices in support of the health of their fans, their staff and the surrounding community. The definition we give to Healthy Stadia is: Healthy Stadia are... those who promote the health of visitors, fans, players, employees and the surrounding community... places where people can go to have a positive, healthy experience playing or watching sport."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Adults and children
References:	https://healthystadia.eu/healthy-stadia-concept/

Unhealthy commercial marketing

"In June 2008, the government adopted a resolution on the development of guidelines for health-enhancing physical activity and nutrition. The main targets include reducing the prevalence of obesity and the intake of saturated fat, salt and sugar and increasing the intake of vegetables and fruit (particularly berries). As a part of this resolution, the government has set special development priorities for children, young people and families. According to these priorities, "Food marketed to children and young people should not be contradictory with health promotion message; if necessary, the state will create regulatory systems alongside corporate self-regulation that restrict marketing of unhealthy foods to children and young people and ensure efficient monitoring of the regulations" - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	Children and young people
Organisation:	Finish Government
References:	https://www.euro.who.int/__data/assets/pdf_file/0019/191125/e96859.pdf

EU health and nutrient claims regulation

Regulation n° 1924/2006 establishes EU-wide rules on the use of specified health and nutrient claims. The European Commission approves claims provided they are based on scientific evidence and accessible consumers. The European Food Safety Authority is responsible for evaluating the scientific evidence supporting health claims. Nutrition claims may only be used on food defined as "healthy" by a nutrient profile.

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	European Commission
Linked document:	Download linked document
References:	https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924

Nutrition-Friendly Schools Initiative (NFSI)

"The NFSI is a school-based programme that addresses the double burden of malnutrition –undernutrition, including micronutrient deficiencies, and overweight/obesity. It is a tool for developing a school environment that promotes the nutritional well-being of school-age children and increases their physical activity levels."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006 (ongoing)
Target age group:	Children
Organisation:	World Health Organization
Linked document:	Download linked document
References:	https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/implementation_report_a1c_en.pdf

Recommendations for physical activity in early childhood education (Varhaiskasvatuksen liikunnan suositukset)

Physical activity recommendations for children - document in Finnish

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2005 (ongoing)
Target age group:	Tfal
Organisation:	Ministry of Social Affairs and Health
Linked document:	Download linked document
References:	Information provided with kind permission of HEPA Europe (European network for the promotion of health-enhancing physical activity): http://data.euro.who.int/PhysicalActivity/?TabID=107126

The Waist Club

Web based health promotion program for men. Twenty weeks duration with information about nutrition, exercise, motivation and how to set goals.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of NCD strategy
Year(s):	2005 (ongoing)
Target age group:	Adulti
Organisation:	Folkhalsan (NGO)
Find out more:	www.folkhalsan.fi

"Attention to weight!"

Community-based weight management programme in the North Karelia region of Finland.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2003-2008
Target age group:	Adulti u tfal
Organisation:	North-Karelian Public Health Centre
Linked document:	Download linked document

Programme for the Prevention of Type 2 Diabetes in Finland

A strategy which includes arrangements for systematic management of obesity, lifestyle modifications, physical activity recommendations etc..

Categories (partial):	Evidence of NCD strategy
Year(s):	2003-2010
Target age group:	Adults and children
Organisation:	Finnish Diabetes Association
Linked document:	Download linked document

The Heart Symbol

Product labelling that tells the customer which products within a food group are better choices regarding fat and sodium content.

Categories:	Labelling Regulation/Guidelines
Year(s):	2000 (ongoing)
Target age group:	Adults and children
Organisation:	NGOs; Finnish Heart Association and Finnish Diabetes Association
Find out more:	www.sydanmerkki.fi

Basic Education Act (628/1998) - Law on school lunch provisions

Section 31 of the Basic Education Act states that pupils attending school must be provided with a properly organised and supervised, balanced meal free of charge every school day. These school lunch provisions must meet certain nutritional standards.

Categories:	Evidence of School Food Regulations
Year(s):	1998 (ongoing)
Target age group:	Children
Organisation:	Government
Linked document:	Download linked document

Salt labelling legislation

National legislation requires the use of warning labels on high-salt food. The legislation is applied to all the food categories that make a substantial contribution to the salt intake of the Finnish population.

Categories:	Labelling Regulation/Guidelines
Year(s):	1993 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Trade and Industry
Find out more:	Unable to locate further details if you have access please email us at obesity@worldobesity.org

Warning labels on high-salt food

The packaging of the following foods must be labeled "strongly salty" or "contains a lot of salt" if the food's salt content is above a set level.

Categories:	Labelling Regulation/Guidelines
Year(s):	1993 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.finlex.fi

Finnish National Nutrition Council

The Finnish National Nutrition Council was established in 1954 to monitor the health and nutritional status of the Finnish population.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1954 (ongoing)
Find out more:	www.ruokavirasto.fi

Current obesity care recommendations

The recommendation applies to children, young people and adults. Its aim is to promote the identification, prevention and treatment of obesity and related diseases in Finland. The recommendation is intended for healthcare professionals from primary health care to specialist care, as well as anyone who can contribute to a lifestyle that supports health and weight management.

Categories:	Evidence of Management/treatment guidelines
Organisation:	Working group set up by the Duodecim of the Finnish Medical Association, the Finnish Obesity Researchers' Association and the Finnish Pediatric Association
References:	https://www.kaypahoito.fi/hoi50124

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

NCD targets for Finland

NCD targets for Finland include the aim of stopping the increasing in obesity rates by the year 2025

Categories:	Evidence of NCD strategy
References:	https://extranet.who.int/ncdccs/Data/FIN_Finland_NCD_targets_2019.pdf

Physical Activity Guidelines

The Finnish national recommendations on physical activity for health are based on the United States Department of Health and Human Services Physical activity guidelines for Americans (2), addressing young people (3) (including early childhood education and school-aged children (4)), adults (5), and older adults (6). The cut-off point used in Finland for adults reaching the recommended physical activity levels is in line with WHO's Global recommendations on physical activity for health (2010)

Categories:	Evidence of Physical Activity Guidelines/Policy
Target age group:	Adults and families
Organisation:	WHO
Find out more:	www.euro.who.int
Linked document:	Download linked document
References:	Anon (n.d.) FINLAND PHYSICAL ACTIVITY FACTSHEET. [Online]. Available from: https://www.euro.who.int/__data/assets/pdf_file/0008/288107/FINLAND-Physical-Activity-Factsheet.pdf?ua=1 [Accessed: 28 July 2020x]. []

Smart Family

This programme was developed to support lifestyle counselling for families with children and is based on international and national recommendations. The key aim is to promote healthy lifestyle choices and give families a greater feeling of control.

Categories:	Evidence of NCD strategy
Target age group:	Adults and families
Organisation:	Smart Family is part of the umbrella project 'One Life' organised by the Finnish Brain Association, the Finnish Diabetes Association and the Finnish Heart Association.
Find out more:	www.yksielama.fi

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