

How HPS action can be a part of the Wellbeing Economy?

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Wellbeing Economy

Finland will hold the six-month rotating presidency of the Council of the European Union starting 1st of July 2019.

Wellbeing Economy will be the main theme within the field of social affairs and health of the EU presidency.

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Wellbeing Economy and the NGOs

- The guiding principles of Wellbeing Economy from the perspective of NGOs:
 - Wellbeing as a primary societal goal
 - Broad concept of wellbeing
 - Promotion of wellbeing and health of all individuals and communities provides elements for a good life
- The vision of Wellbeing Economy:
“Working together to build a good life for everyone”

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What is the Wellbeing Economy?

- Wellbeing Economy may be perceived both as a vision of the future economic and social model and as a certain, already existing sector of our society.
- When the goal of some societal action is **to increase wellbeing and to improve the prospects of a good life** it takes place in the sphere of Wellbeing Economy.

What is Wellbeing Economy?

- Wellbeing Economy is based on a broad concept of wellbeing
 - Wellbeing is considered to consist of individual resources and participation
 - **Individual resources include:** satisfactory health, sufficient material resources, social wellbeing and empowering social relationships, self-confidence, trust in community one lives and critical consciousness)
 - **Participation** refers to opportunity of people to participate in the decision-making of one's own community, and in the development of the community, as its full members
- **Building Wellbeing Economy** ultimately consists of strengthening the above factors and investing in them

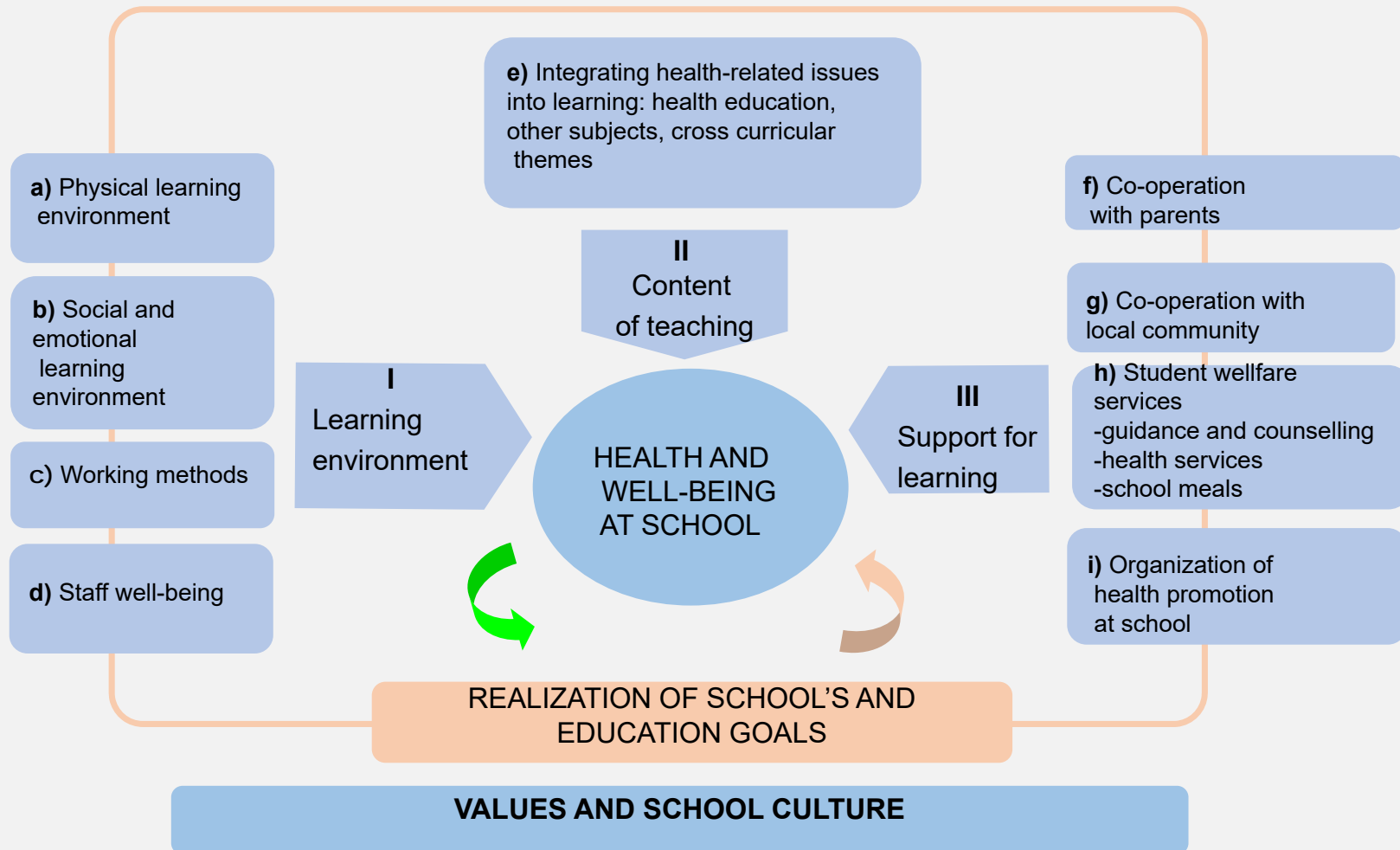
Investing in wellbeing (1)

- The concept of Wellbeing investment
 - Investment defined as using inputs today to **get greater output in the future**
 - Wellbeing investment = using inputs (money, time, work, education) today to **get more wellbeing in the long term**
 - In Wellbeing Economy, people's wellbeing creates economic growth and sustainable economic development

Investing in wellbeing (2)

- Wellbeing investments can be implemented by individuals, NGOs, local authorities, firms, the government, ...
- The scale of wellbeing investment can vary substantially
 - The new Finnish Government Programme strongly focuses on investing in education at all levels and in many ways, from early education to university. Efforts will be made to improve the quality of education and to increase opportunities to participate in training
 - A change in individual's way of life as wellbeing investment (e.g. quitting smoking, education)
- Positive gains of wellbeing investment usually actualise in the longer term
 - investing in wellbeing requires faith in these positive gains
 - evaluation and research needed to promote faith

FACTORS AFFECTING HEALTH AND WELL-BEING AT SCHOOL




How Health Promoting School (HPS) action can be a part of Wellbeing Economy?

- The framework of HPS and Wellbeing Economy contains the same elements
 - Broad understanding of wellbeing/health
 - Participation
 - Working together / whole school approach
 - Investing to wellbeing
 - Positive gains/ learning and health are linked
- The basic idea of HPS framework as wellbeing oriented promotive and preventive action in school as a part of whole school action is a wellbeing investment (part of the Wellbeing Economy)

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What kind of wellbeing investment?

- **A strategic wellbeing investment** that changes operating models and structures of school work enables the favorable development of wellbeing at community and Individual levels - for example changing the learning environment.
- **An operational wellbeing investment**, targeted to individual repeatedly and is a part of school work at a practical level - e.g. regular visit school psychologist.
- **In the key role:**
 - Correct and timed repairs to the structures
 - Adequate and timely actions tailored to the real needs of children, young people and parents at the individual level
 - Early interventions and creating supportive structures, reducing the need for corrective services and interventions  from wellbeing outcomes to cost-effectiveness

Why is it important to invest in schools / education

- Education reduces health inequalities, promotes employment and economic growth
 - Factsheet 4: School health promotion – Evidence for effective action on inequalities
 - The capital invested in the targeted school programs which aims to strengthen emotional and interaction skills of children and young people, is estimated to return five-folds within three years.

David McDaid et al. 2017. Commissioning Cost-Effective Services for Promotion of Mental Health and Wellbeing and Prevention of Mental Ill-Health

Thank you!

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