



Cooperation between HPH networks in the Baltic Sea region – seminar

Health promoting hospitals and organizations in Finland (STESO)

8th– 9th October 2020, Helsinki, Finland

Values
Equality, inclusion, effectiveness and sustainable development

COOPERATION
Steso works extensively and on a long-term basis with various actors to promote the well-being of its citizens.

QUALITY OPERATION
Evidence-based action and research data. New operating models to support provincial health promotion work.

COMMUNICATION
Implementation of good practices: social media, newsletters, education, networks.

Mission
STESO's mission is to help its members integrate the promotion of health and well-being into the strategies of their member organizations and to disseminate and inculcate good national and international practices.

Vision
Promoting well-being and health is part of all the activities of member organizations and thus contributes to the well-being of the population.

What kind of actions do we have in Finland?

- Smoke free hospital network
 - Smoke free strategies (maternity, psychiatry), stop smoking before operation-programme etc.
 - Self-audit process
 - Provides education, training and tools to health care professionals
- Nutritional health promotion (2020):
 - Based on the HPH standards, the multidisciplinary team of STESO has been developing (2019 - 2020) the management structure and tools for assessing and monitoring nutrition health promotion and care in Finland. The first pilot will start in the beginning of year 2021. The abstract “Nutrition Standards for Health Promoting Hospitals and Health Organizations in Finland” has been accepted as a poster to the 12th Nordic Nutrition Conference (NNC 2020) to be held on December 14-16, 2020.
- Equity in Healthcare:
 - Pilot test and implementation of a self-assessment tool (2012-2014). Finland was one of the sixteen countries in the pilot process. Introductory equity standards (checklist 2019-2020) was accepted for use on September.