



Health promotion and public health within the municipality of Reykjavík

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LÁTUM DRAUMANA RÆTAST





Population - 376.000

Language – Icelandic

Immigration – 15.5%

Capital – Reykjavik – 133.000

Municipalities responsible for preschools (1-6 years), Compulsory schools (6-16 years), after-school programs and youth centres.

Overview

- Public health within Reykjavík
- Public health through our education policy
- Social skills



Health in the River of Life

More affected by intervention

PROMOTION



HEALTH EDUCATION



PREVENTIVE



PROTECTIVE



CURATIVE



Salutogenesis

QUALITY OF LIFE
WELLBEING

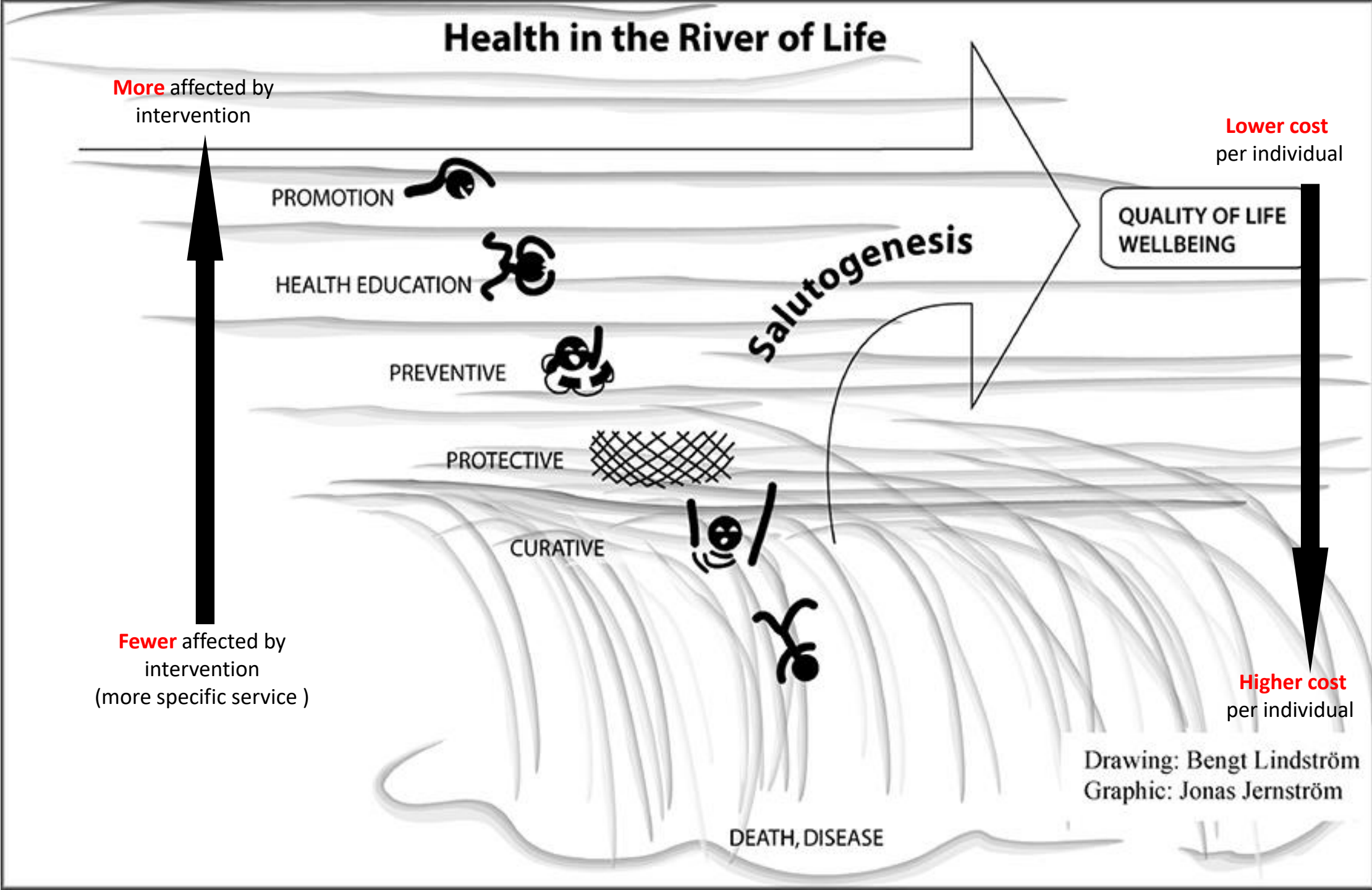
Lower cost
per individual

Fewer affected by intervention
(more specific service)

Higher cost
per individual

DEATH, DISEASE

Drawing: Bengt Lindström
Graphic: Jonas Jernström



Reykjavík – public health framework

- A part of the Healthy city network in Europe (WHO)
- Health promoting city (Directorate of Health)
- Public Health Policy
- „The green plan“
- Food policy
- Education policy
- Health in all policies!





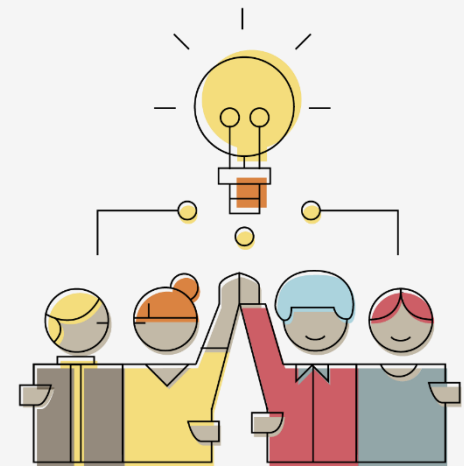


Public Health policy

Main objectives:

1. Improved health and well-being at all stages of life,
2. Equality for health and well-being ; no one left behind
3. Health and well-being is a guide in all the activities of the City of Reykjavík.

Use of evidence based knowledge and best practice at each point in time!



Samantekt á meginmarkmiðum

3. Meginmarkmið og áherslur til 2030

1

Bætt heilsa og vellíðan á öllum æviskeiðum

- a) Heilsuefflandi borg (fólk og staðir)
- b) Fyrirmyndarborg í **forvörnum**
- c) Borgarþróun fyrir heilsu fólks og **jörðina**



2

Jöfnuður til heilsu og vellíðanar - engin skilin eftir

- a) **Jöfnuður**
- b) **Þátttaka** allra
- c) Öryggi og **friður**



3

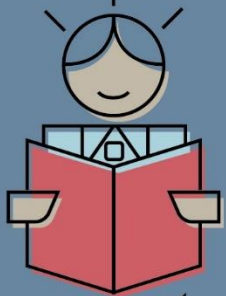
Heilsa og vellíðan er vegvísir í allri starfsemi Reykjavíkurborgar

- a) **Samstarf** um heilbrigða borg
- b) Lýðheilsustarf byggt á gögnum og reglulegum **mælingum**
- c) Sjálfbært **velsældarhagkerfi**





Department of Education and Youth Education Policy

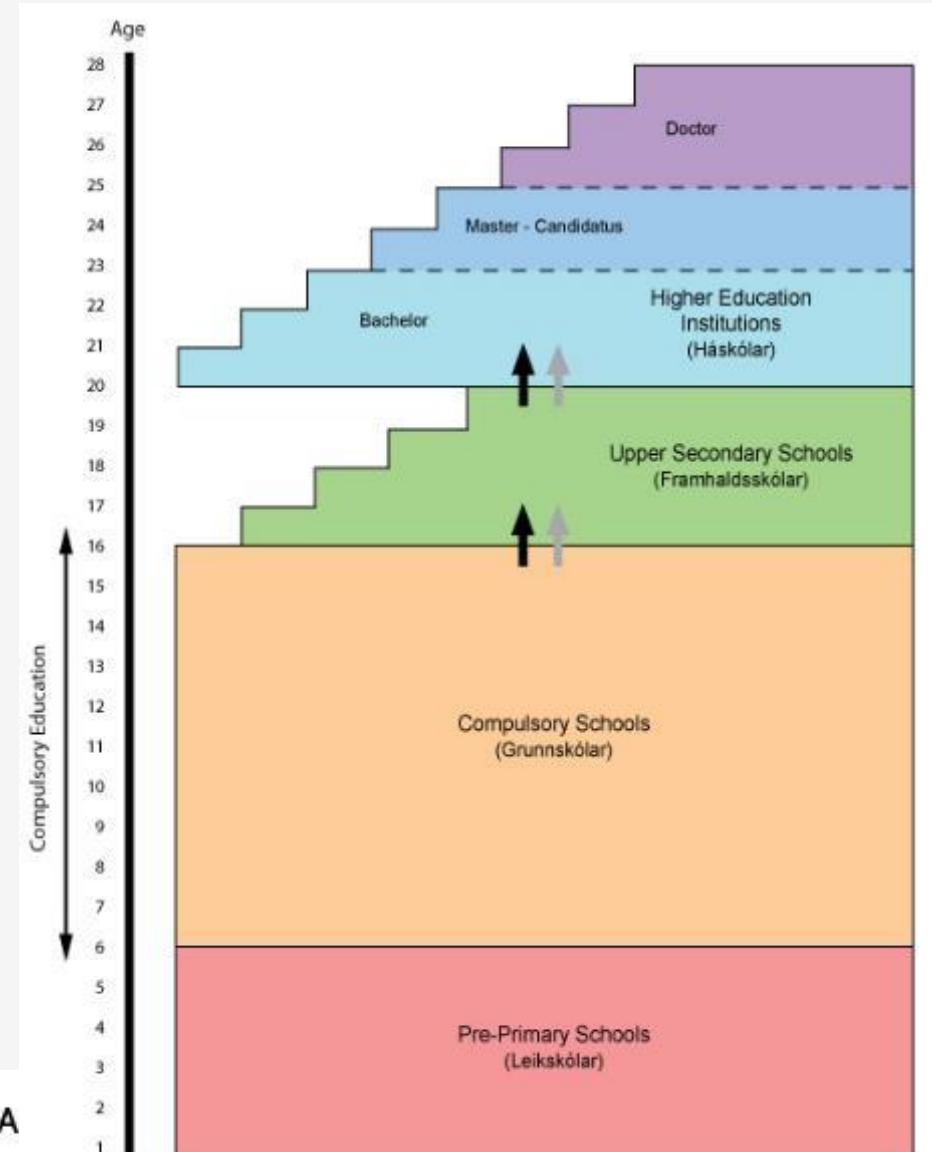


LÁTUM DRAUMANA RÆTAST



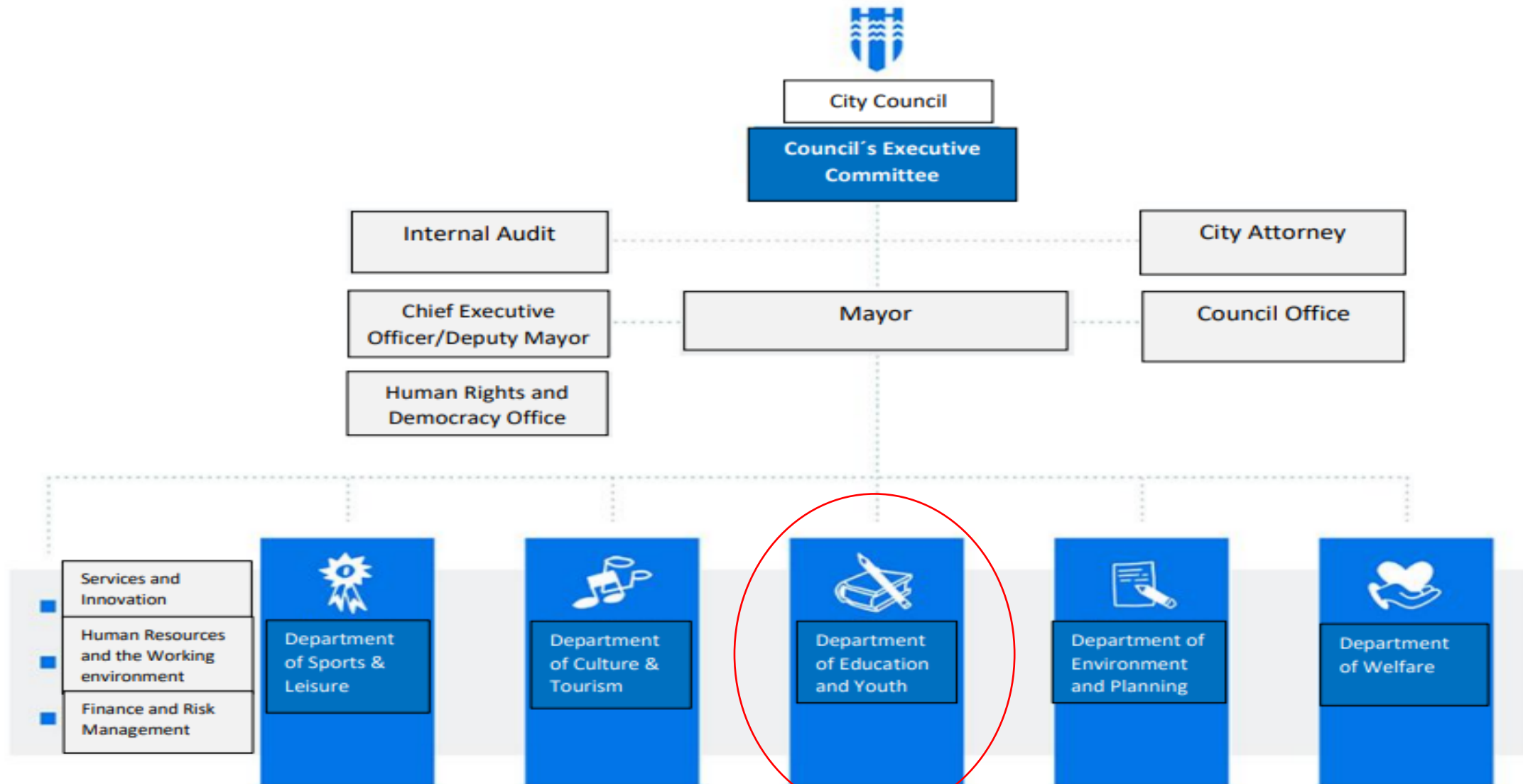
The Educational System in Iceland

- The system is divided into four levels
 - **Preschools:**
1-5 years of age.
 - **Compulsory schools (Primary):**
6 – 16 years of age.
 - **Upper-secondary schools:**
16 – 19 years of age.
 - **Universities:**
from 19/20 years of age.



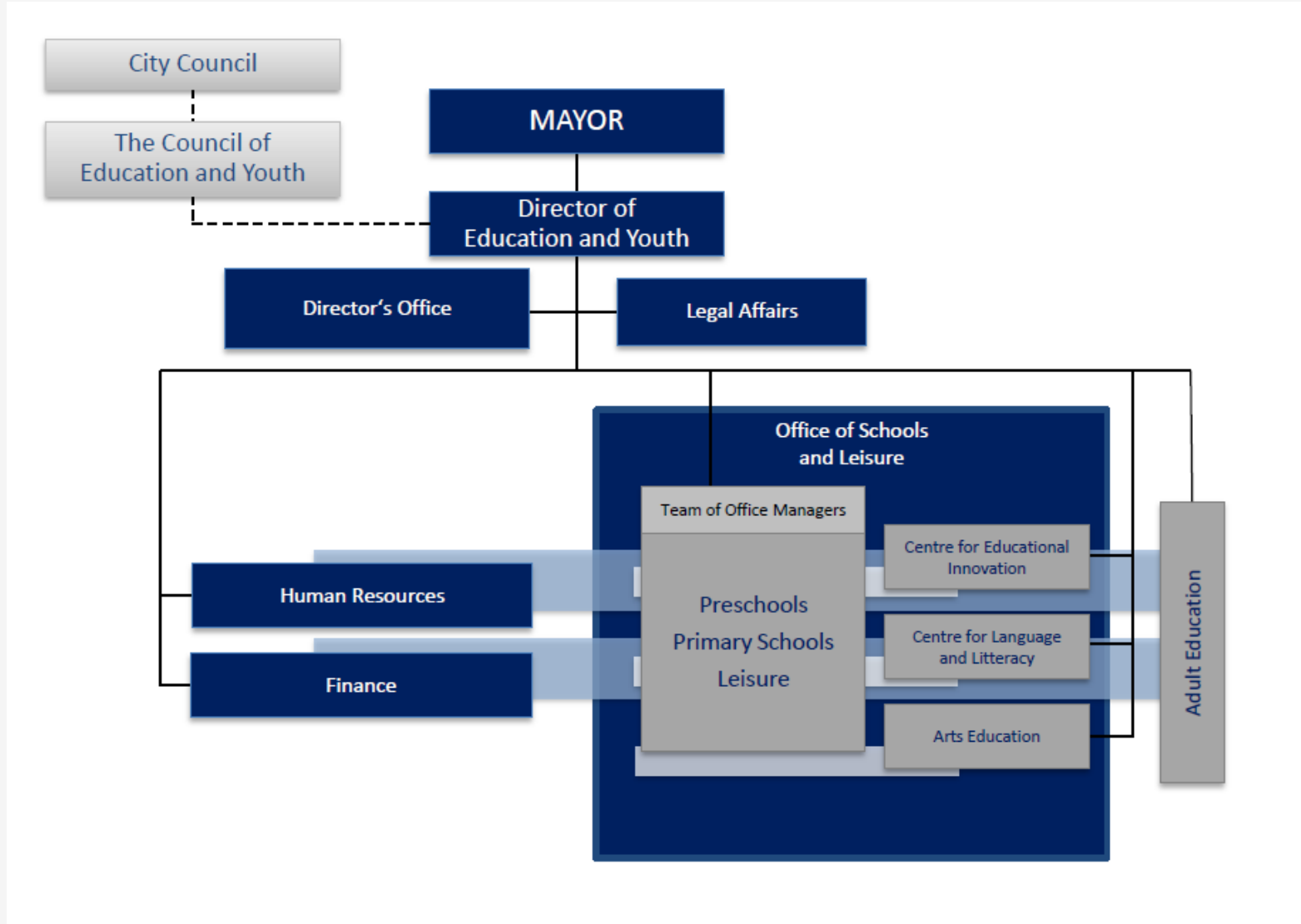


Reykjavik city – Organisational Chart





Reykjavík city - Education and Youth





Department of Education and Youth

- Preschools
- Compulsory Schools
- Recreation Centres
- School Music Bands
- Adult Education

Services to around 22,000 children and their families.

The total number of employees during high season is around 5400.



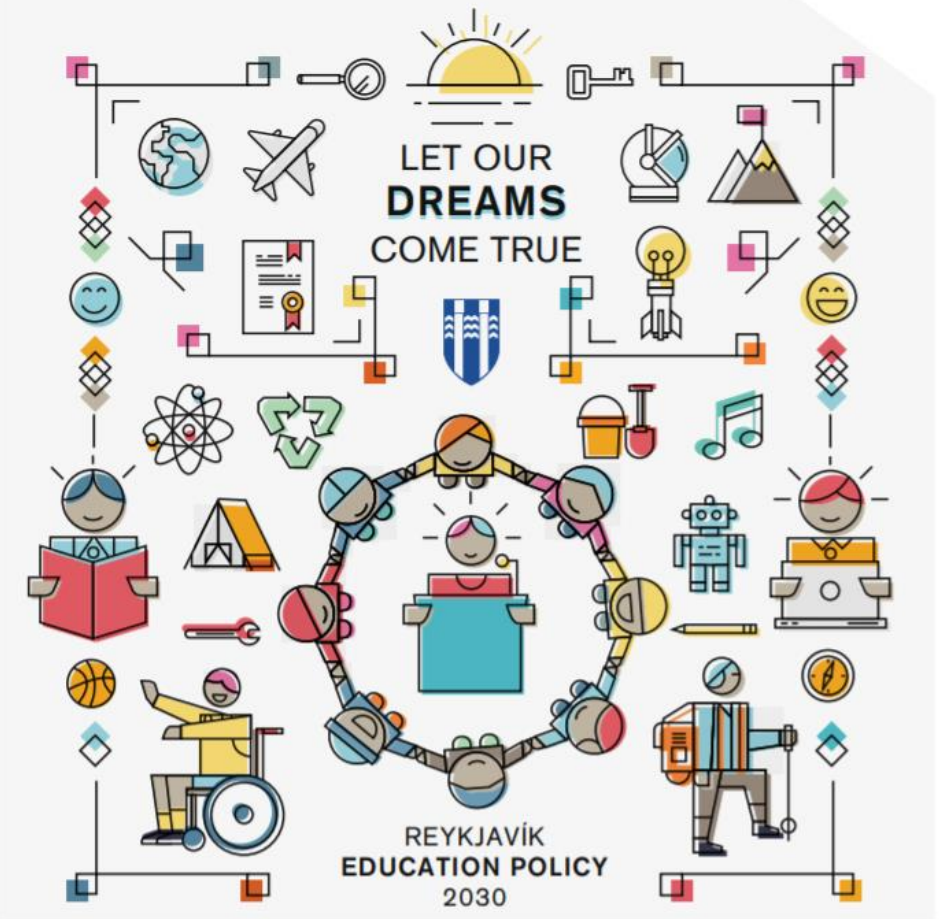
Developing the Reykjavík Education Policy 2030

- Initiated by the Reykjavík City Council in January 2017
- Wide ranging consultation and democratic, participatory approach
 - 10.000 participants
 - Children, parents, teachers, public, academics, NGO, work force.....
 - Crowdsourcing among the public

Article in English:

Martin King 2019

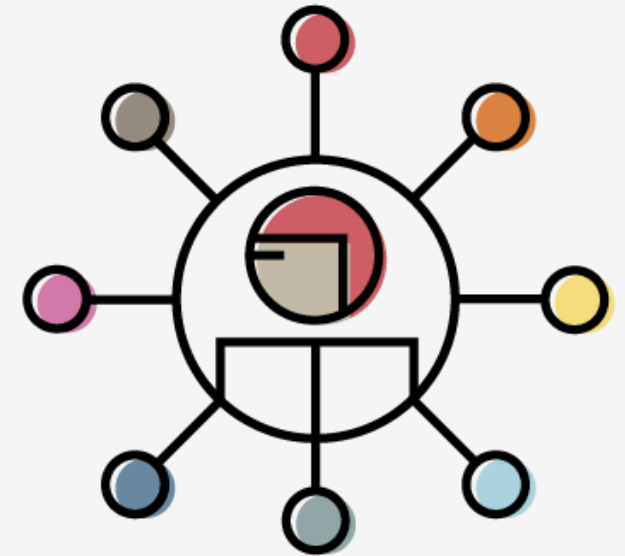
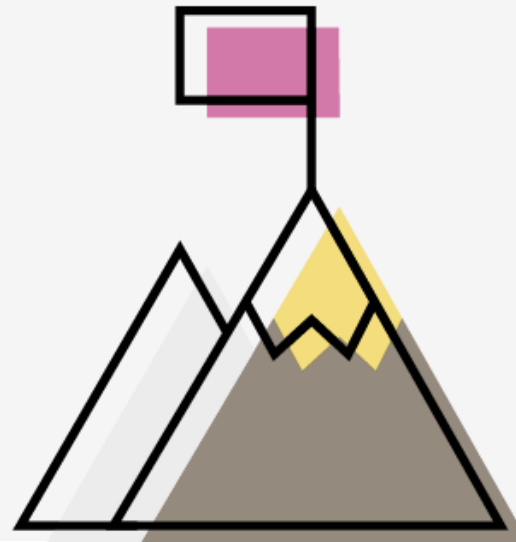
<https://www.centreforpublicimpact.org/case-study/crowdsourcing-better-education-policy-reykjavik>





The question leading the work

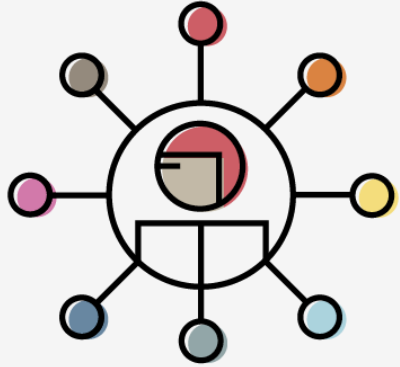
What skills do we want our education system to have provided our children by 2030?



LET OUR
DREAMS
COME TRUE!



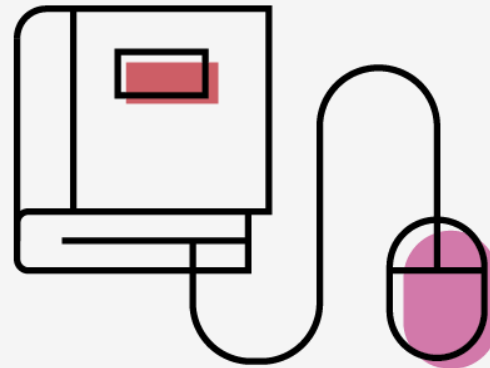
Core Skills



Social skills



Creativity



Literacy



Empowerment



Health



Public Health through the Education Policy

➤ All kindergartens, primary schools and youth work = health promoting in 2025

➤ Emphasis on:

- ✓ Mental wellbeing
- ✓ Social skills and empowerment
- ✓ Sleep
- ✓ Prevention
- ✓ Climate change
- ✓ Nutritious food in schools





Implementation of the Education policy

Development fund

- 200.000.000 ISK yearly
- Projects linked to the five core skills
- Much emphasis on social skills




Toolbox:

- All kind of projects and information accessible in one place, open to everyone.

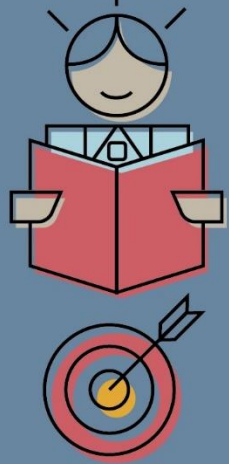


Big projects at this moment in time.....

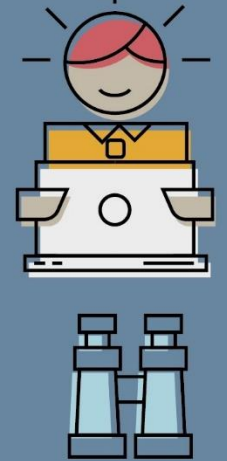
- **Sleep** – research and interventions that focuses on the sleep of teenagers. Interventions in the form of training and schools starting later in the morning.
- **Climate** – development project on climate and sustainability. Focuses on power usage, garbage, food waste and more.
- **Food** – offer nutritious food, more vegetables and fruits, better education both for the children and staff and more.



What we pay attention to will grow and thrive so it is important to focus on and reinforce the positive side of things and be solution-oriented.



Leisure card

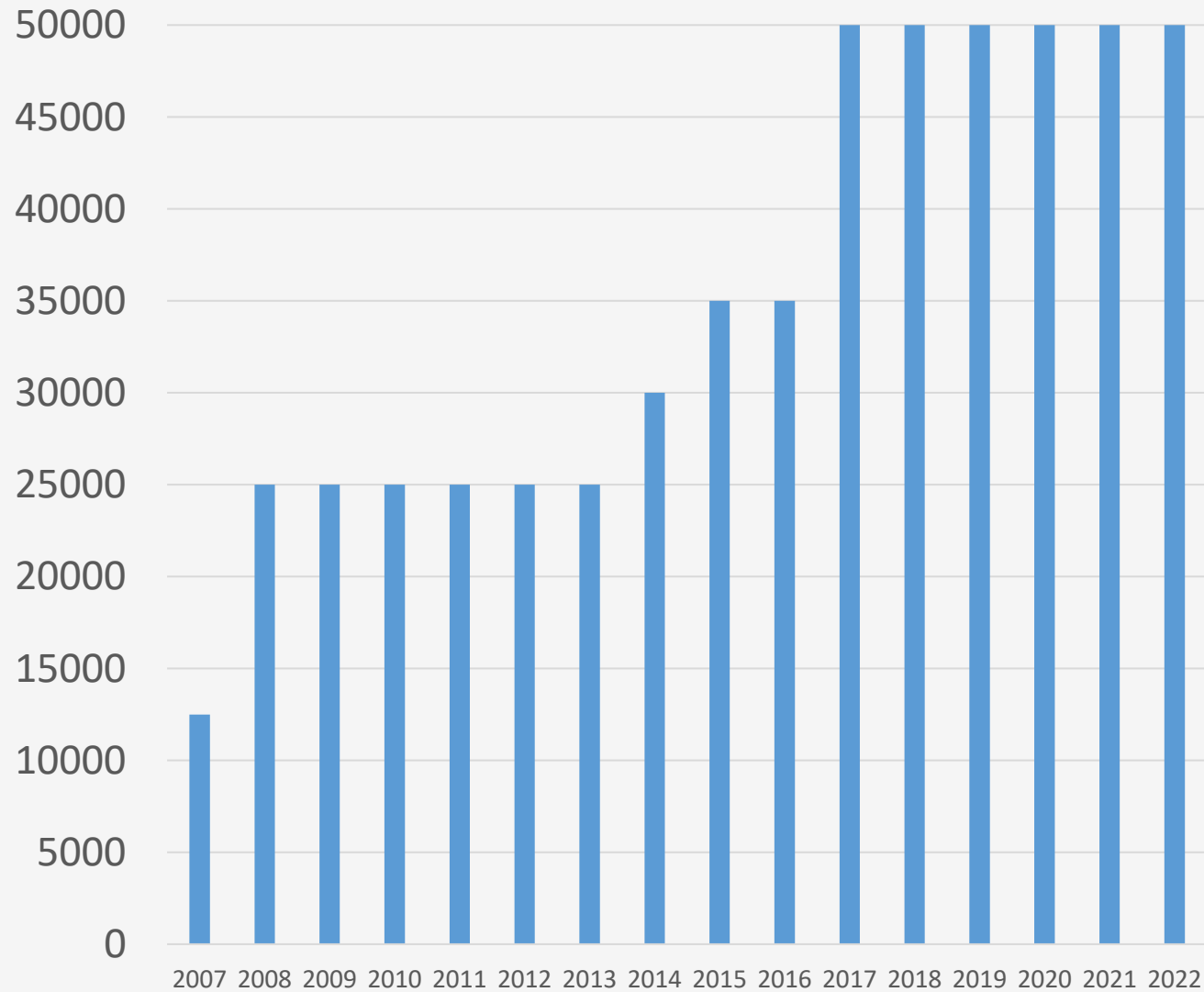


LÁTUM DRAUMANA RÆTAST



Implementation and development

- Launched in 2007 – Based on an agreement of the majority of the City Council
- The purpose is that all children and adolescents in Reykjavik 6-18 years old can participate in constructive leisure activities regardless of economic or social circumstances.
- Designed to improve equality and diversity in the community in sports, arts and recreational activities.



Growth of the Leisure card





MANAGEMENT

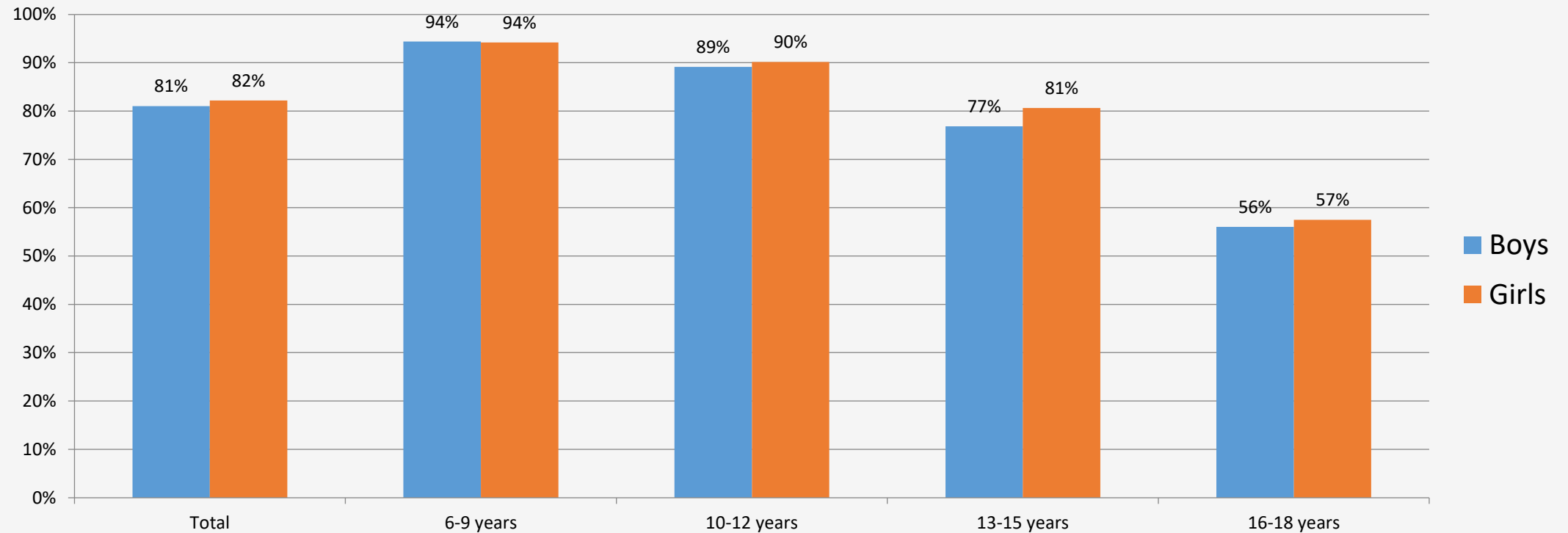
- As few rules as possible
 - Must be a club
 - Trainers with an appropriate education over the age of 18
 - Approved housing
 - Each course 8 weeks long
- Very few changes during the years
- Simple system
- Allow access and welcome diverse clubs

Simplicity is the key



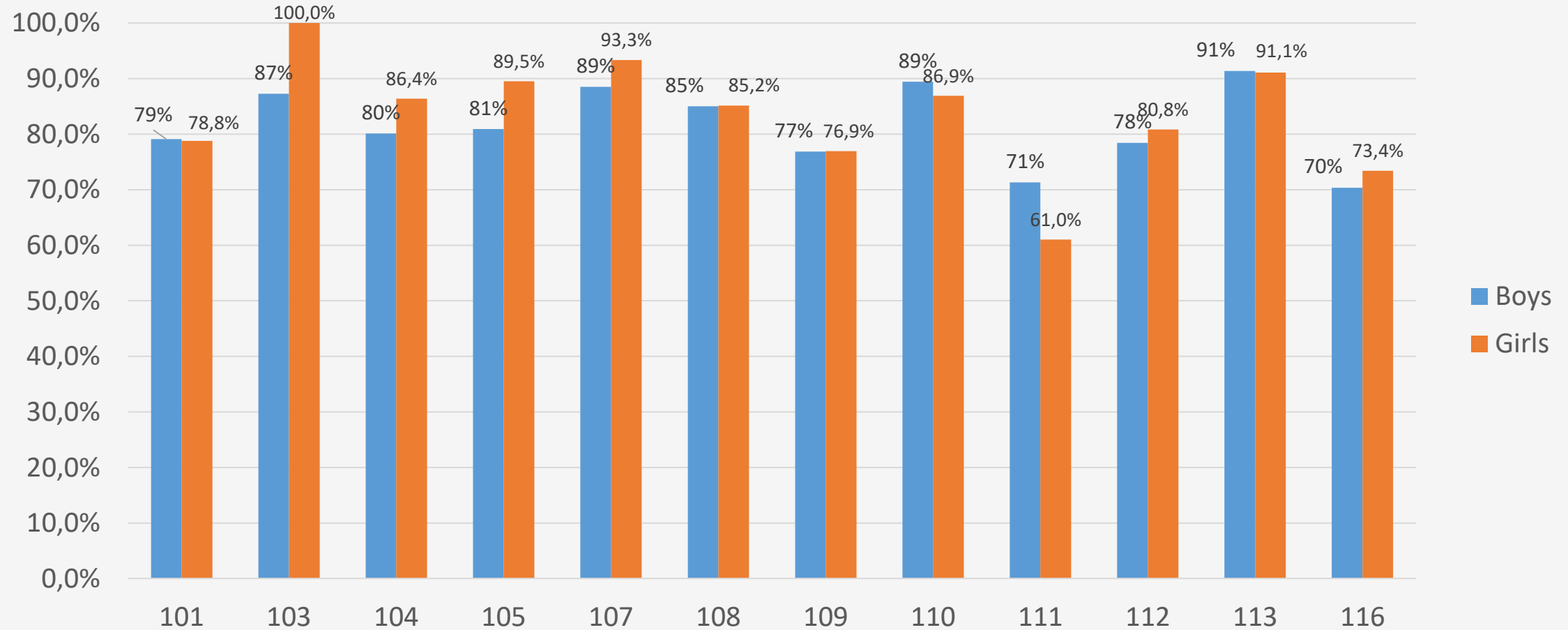


Percentage of children and adolescent involved in organized leisure activities by age groups





By district's in Reykjavík





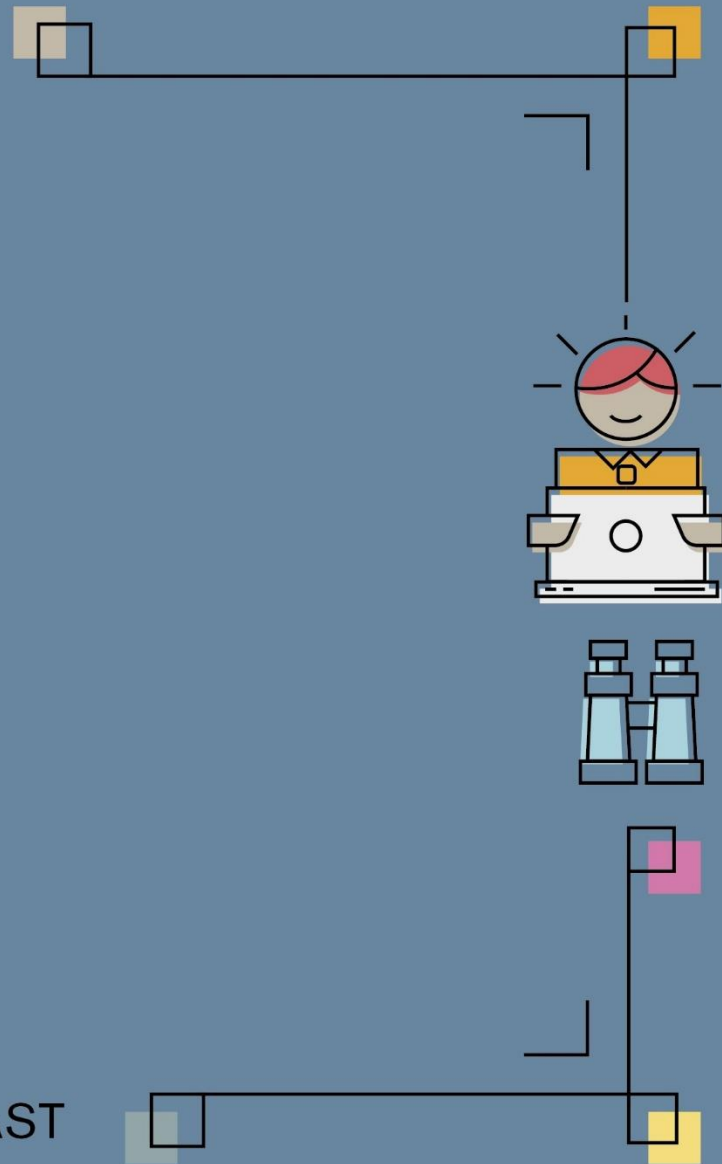
Changes within the organizations

- Better information for parents and participants
- Better quality control
- Easy access to information on all organizations and availability of activities in one place on the web – “www.fristund.is” - the leisure web portal



Social skills

LÁTUM DRAUMANA RÆTAST





„Guiding light“ – social skills & self empowerment

- Holistic approach from 1st to 10th grade
- Use among other things:
 - ✓ Zippy's friends
 - ✓ Relationship surveys
 - ✓ ART (Aggression Replacement Training)
 - ✓ Team building
- Every student goes through the whole program





Friendship project

- Designed to encourage more participation in constructive recreation during recess and create a better school culture.
- „Friends“ organize games outside during recess and make sure that no one is left out.
- Main goals:
 - ✓ better friendship and social skills
 - ✓ more physical activity
 - ✓ training of leaders
 - ✓ prevention for bullying
- Positive outcomes!





Coaching

- Coaching for 10th graders
- About learning objectives
- Among benefits:
 - ✓ Students feel better
 - ✓ Better control
 - ✓ Better communication



nobody
has all the
answers

that's why
we have
each other





COOPERATION – THE KEY TO SUCCESS!



LÁTUM DRAUMANA RÆTAST