



VESOTE

Effective Lifestyle Counselling

for Social and Health Care
Cross-Functionally

The VESOTE program reinforces and develops effective and target-based lifestyle counselling in social and health care. The development activities emphasise physical activity, nutrition and sleep. The final goal of the program is for Finns to be more physically active, sit less, eat a varied and healthy diet and sleep better.

Goals

- Adopting and reinforcing effective and high-quality lifestyle counselling operating models.
- Developing lifestyle counselling expertise.
- Utilising and spreading best practices.
- Reinforcing the multi-functionality and multi-professionality of lifestyle counselling.
- Utilising the expertise and experience of the third sector in lifestyle counselling.

Activities

- Regional and web-based training for professionals:
 - bringing up the topic of lifestyle behaviours
 - counselling on physical activity
 - counselling on nutrition
 - counselling on sleep and treatment of sleep disorders without medication.
- Developing and reinforcing treatment and service chains.
- Creating regional co-operation networks.
- Objective monitoring of physical activity and sleep, as well as utilising information in lifestyle counselling.
- Assessing the effectiveness of lifestyle counselling.

The diverse activities of the program are implemented at different levels simultaneously. Regional operators will define their own lifestyle counselling development activities and target groups.

The effective, high-quality development activities will form a virtual lifestyle counselling clinic that will include lifestyle counselling tools and methods for professionals. A lifestyle service palette will also be created for the clinic, which will help professionals direct the customer onto the lifestyle counselling path.

Making use of good practices!

National operators

The main responsibility and administration lie with the UKK Institute.

National co-operator organisations:

- Fit for Life Program / LIKES Research Centre for Physical Activity and Health
- Finnish Diabetes Association
- Finnish Central Association for Mental Health

National experts:

- sleep and the treatment of sleep disorders: Helsingin Uniklinikka – Vitalmed Oy
- nutrition: Pirkanmaa Hospital District

Regional co-operators

Health Care Districts:

- South Karelia Social and Health Care District
- The Hospital District of South Ostrobothnia
- The South Savo Social and Health Care Authority
- The Hospital District of Helsinki and Uusimaa
- Kainuu Social and Health Care Joint Authority
- Pirkanmaa Hospital District
- Joint municipal authority for North Karelia social and health services
- The Northern Ostrobothnia Hospital District
- Satakunta hospital district /The social services and healthcare centre of Pori
- The Hospital District of Southwest Finland

Regional Physical Activity Organizations:

- South Ostrobothnia
- Päijät Häme

In addition, the following will also participate in the activities in each hospital district:

- The social and health care operators of municipalities, as well as physical activity and leisure services
- Physical activity and social and health organisations

Persons in charge

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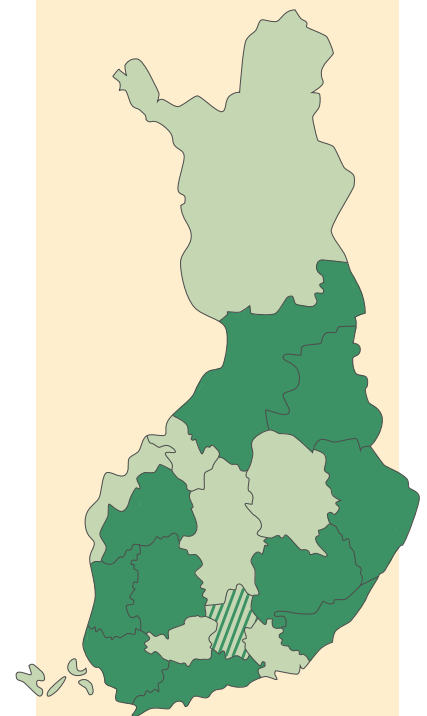
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Leading project

Promoting health and well-being and reducing inequality / putting good practices into permanent use



There are over 4 million inhabitants and 184 municipalities in the area covered by the VESOTE program.

