

QUESTION OF THE WEEK, WEEK 4 (24–28.1.2024)

NUMBER OF RESPONDENTS: 463

The margin of error is 4 % and thereby the answers are considered to reflect the opinions of the population in Jakobstad.

THE HEALTH BAROMETER

In the Question of the Week the residents were asked: *“The town of Jakobstad has begun working on a parking strategy. The work explores the need for developing the parking and creates goals and plans for how to develop parking in the future. The work is related to the wider development of central Jakobstad.*

	1	2	3	4	5	Average	Median
How would you rate your physical health?	1,5%	11,2%	34,8%	42,3%	10,2%	3,5	4,0
How would you rate your mental health?	1,7%	7,1%	19,9%	49,0%	22,3%	3,8	4,0
Total	1,6%	9,2%	27,4%	45,7%	16,3%	3,7	4,0

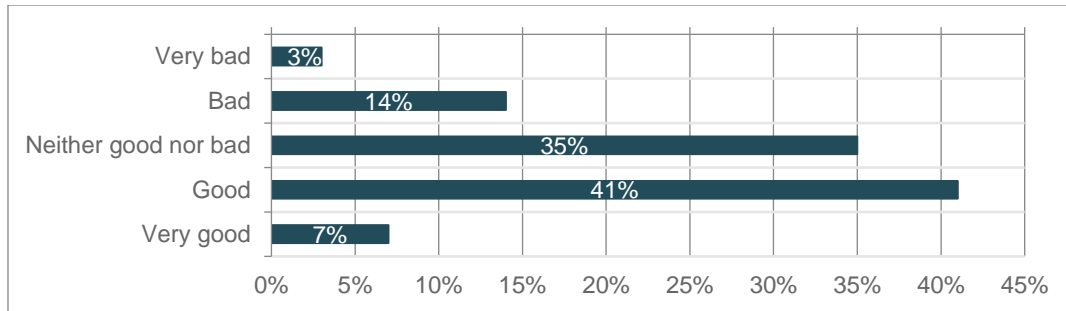
In other words, the residents of Jakobstad are doing quite well on average. According to the residents' own assessment, the median value for both physical and mental health is 4, i.e., good.

The residents were also asked: *“How satisfied are you with the following conditions in your life? (1=very dissatisfied 2=dissatisfied, 3=neither satisfied nor dissatisfied, 4=satisfied, 5=very satisfied)”*

	1	2	3	4	5	Average	Median
Exercise	5,2%	20,1%	35,4%	28,3%	11,0%	3,2	3,0
Sleep	2,8%	17,5%	30,4%	38,9%	10,4%	3,4	3,0
Diet and eating habits	1,3%	11,2%	33,5%	43,6%	10,4%	3,5	4,0
Socialising	2,6%	13,4%	29,8%	39,3%	14,9%	3,5	4,0
Endurance in everyday life	3,4%	14,9%	28,1%	43,0%	10,6%	3,4	4,0
The possibilities to influence your well-being yourself	1,3%	8,0%	24,2%	44,0%	22,5%	3,8	4,0
Total	2,8%	14,2%	30,2%	39,5%	13,3%	3,5	4,0

The residents of Jakobstad say they are satisfied with the following conditions in their lives: *diet and eating habits, socialising, endurance in everyday life and the possibilities to influence your own well-being yourself.* When it comes to *exercise and sleep*, it is slightly worse and the median value is 3, which means that the residents are neither satisfied nor dissatisfied.

Then the residents were asked: *“In your experience, how are the possibilities of becoming involved in various social networks in the town? (you can comment on your choice)”*



48 per cent feel that the possibilities of becoming involved in various social networks in the town are good or very good and only 17 per cent feel that the possibilities are bad or very bad.

Examples of different comments:

Very good:

- Jag är infödd Jakobstadsbo med nätverk omkring mig. Men jag kan tänka mig att det kan vara svårt för utomstående att hitta socialt nätverk. Infödda har fullt upp med egen familj och vänner.
- De ordnas massor för hög som låg o ung som gammal

Good:

- Möjligheterna finns, resten är upp till mig själv.
- Arbis har ett rikt utbud! Sen upplever inflyttare att det kan vara svårt komma in i en gemenskap. Folk upplevs som inåtvärmande
- Osallistun siihen, mihin haluan
- Jag vill mera komma i kontakt med finskspråkiga i stan, och har hittat fantastiska työväenopisto tack vare det!
- Det finns så många olika sammanhang att engagera sig i. Ifall man är social kan man söka sig nästan vart som helst.

Neither good nor bad:

- Vähän suomenkielisille
- Tämäkin on varmasti aika paljolti itsestä kiinni miten aktiivisesti yrittää osallistua
- Har egentligen inget stort behov av att vara delaktig i något socialt nätverk

Bad:

- för många bästa broder sällskap i staden
- Which once there are, language can be difficult
- Suomenkieliselle nuorelle aikuiselle ei tunnu olevan paljoa vaihtoehtoja sosiaaliin verkostoihin oman ikäisten kanssa. Ainakaan en ole oman ikäisiin harrastetoiminnassa törmännyt ja eri verkostoista on vähän tietoa. Uutena paikkakuntalaisena koen olevani erittäin yksinäinen, vuoden jeeppiksessä asuneena.
- Det finns mycket att välja på men våra föreningar är dåliga på att bjuda in.

Very bad:

- Kaikki on ruotsinkielisille.
- Om man är inflyttad är det nog svårt, inga "nya" får plats

Finally, the residents were asked: ***“What could the town do to improve your well-being?”***

Over 217 people chose to comment on the question. Many felt that each person is responsible for their own well-being and that the town has nothing undone in that sense. Many are also satisfied

with what the town is already doing. Many people wish, however, that the town would keep cycle paths, pavements, skiing tracks, exercise trails and ice-skating rinks in better condition and that the swimming hall needs to be renovated. Many wish for more opportunities to exercise for free and that the prices of Arbis' and Työväenopisto's courses continue to be kept low. Quite a few also call for a platform where there would be information about all associations, events, exercise opportunities, etc. and that an event would be organised for associations to introduce themselves and for residents to find an association. Several also comment on the language climate in the town and that language barriers should be removed and that the equality between Finnish and Swedish speakers should be improved.

NEXT STEP

The answers in the health barometer will be shared with the members of the culture and leisure sub-committee and the town's leading officials.

The town is aware of the criticism regarding the maintenance of the skiing tracks and skating rinks and some things are underway, but at the same time there is a saving requirement that makes major investments impossible at the moment. The same applies to the winter maintenance of the town's streets and pavements.

An events calendar for associations and events is in the works and is expected to be ready in March 2024. Regarding opportunities for associations and residents to find each other, we ask you to keep an eye out for "The Question of the Week" week 6 (7-11.2.2024).

The idea is that this health barometer should be a permanent feature every year.

More information:

Fredric Portin, Head of Sports and Welfare Services, tel. 044 785 1529, fredric.portin@jakobstad.fi

Johan Lithén, Development Manager, tel. 044 785 1653, johan.lithen@jakobstad.fi