

## QUESTION OF THE WEEK, WEEK 5-6 (29.1-9.2.2025)

NUMBER OF RESPONDENTS: 444

The margin of error is 5 % and thereby the answers are considered to reflect the opinions of the population in Jakobstad.

### THE HEALTH BAROMETER 2025

In the Question of the Week the residents were asked: *“Last year at this time, a survey on the health and well-being of the residents of Jakobstad was conducted through this forum. We are once again interested in how the residents of Jakobstad would rate their health and well-being to see in which direction the development has gone.*

*(1=very bad, 2=bad, 3=neither good nor bad, 4=good, 5=very good)”*

2025	1	2	3	4	5	Average	Median
How would you rate your physical health?	1,4%	9,0%	34,0%	42,8%	12,8%	3,6	4,0
How would you rate your mental health?	1,1%	6,5%	20,3%	48,2%	23,9%	3,9	4,0
<b>Total</b>	<b>1,3%</b>	<b>7,8%</b>	<b>27,2%</b>	<b>45,5%</b>	<b>18,4%</b>	<b>3,7</b>	<b>4,0</b>

2024	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
<b>Total</b>	<b>1,6%</b>	<b>9,2%</b>	<b>27,4%</b>	<b>45,7%</b>	<b>16,3%</b>	<b>3,7</b>	<b>4,0</b>

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. In comparison with last year (2024), one can see a slight improvement for the better, with a higher percentage indicating the options good or very good in 2025 (physical health: 55.6% and mental health: 72.1%) compared to 2024 (physical health: 52.5% and mental health: 71.3%).

***“How satisfied are you with the following conditions in your life?***

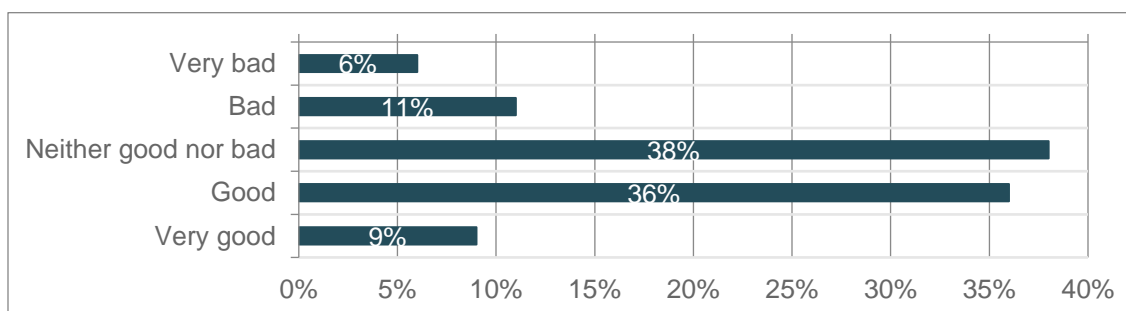
*(1=very dissatisfied 2=dissatisfied, 3=neither satisfied nor dissatisfied, 4=satisfied, 5=very satisfied)”*

2025	1	2	3	4	5	Average	Median
Exercise	3,8%	17,4%	30,6%	34,5%	13,7%	3,4	3,0
Sleep	4,5%	16,0%	30,9%	39,6%	9,0%	3,3	3,0
Diet and eating habits	1,3%	8,8%	29,5%	50,0%	10,4%	3,6	4,0
Socialising	4,1%	10,6%	31,5%	40,5%	13,3%	3,5	4,0
Endurance in everyday life	3,4%	16,4%	28,2%	40,3%	11,7%	3,4	4,0
The possibilities to influence your well-being yourself	2,5%	7,0%	21,2%	41,6%	27,7%	3,9	4,0
<b>Total</b>	<b>3,3%</b>	<b>12,7%</b>	<b>28,7%</b>	<b>41,1%</b>	<b>14,3%</b>	<b>3,5</b>	<b>4,0</b>

2024	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
<b>Total</b>	<b>2,8%</b>	<b>14,2%</b>	<b>30,2%</b>	<b>39,5%</b>	<b>13,3%</b>	<b>3,5</b>	<b>4,0</b>

Just like last year, 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. In comparison with last year (2024), one can also see a slight improvement here, with a higher percentage indicating the options good or very good in 2025 (total: 55.4%) compared to 2024 (total: 52.8%).

***“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 (2024: 48 %) feel that the possibilities of becoming involved in various social networks in the town are good or very good and only 17 per cent (2024: 17 %) feel that the possibilities are bad or very bad. Examples of different comments:

**Very good:**

-För mig så har jag inte svårt att få nya vänner och har vänner jag känt sen liten som jag även nu hänger med.

-On mahdollisuuksia ja myös voimavaroja

**Good:**

-om jag vill anmäler jag mig till kurser, föreningar osv

-Useimpiin itseäni kiinnostaviin on helppo osallistua

-yhdistyksiä riittää

-Det är helt upp till mig själv om jag deltar i sociala nätverk. Utbud finns det gott om!

-Monipuolista tarjontaa. Enemmän kiinni omasta asenteesta kuin kielitaidosta

**Neither good nor bad:**

-Vardagslivet med familj och jobb tar det mesta av tiden. De föreningar som finns kunde vara bättre på att bjuda in nya medlemmar. Nu är ofta infon som finns för de som redan är engagerade.

-Eipä täällä muuta minulle ole kuin työ

-När man inte arbetar i staden så är det inte så lätt att komma in i de sociala sammanhangen

-Itsestä kiinni, haluaako vai ei. Mutta kaikkiin porukoihin ei pääse sisään.

**Bad:**

-Kaipasin kaikille avoimia vuoden ympäri pyöriviä tanssi, laulu tai teatteri ryhmiä jotka voisivat esiintyä kun vaikka jaakonpäivillä ym

-Det finns inget jag är intresserad av

-Suomenkielisille pienten lasten vanhemmille on erittäin huonosti kohtaamispaikkoja tai järjestettyä toimintaa/ryhmiä/harrastuksia/kahviloita

-De sociala nätverken är redan satta och det är svårt att komma in.

**Very bad:**

-ei ole sellaista suomenkielistä toimintaa mihin kiinnostaisi lähteä mukaan, kaikkialla aina samat naamat

-Delta i aktiviteter är lätt, men det leder i stort sett aldrig till socialt nätverk

-Tiedon saanti eri tapahtumista on nykyään 0

-Suomenkielisenä tänne muuttaneena aikuisena sosiaalisten suhteiden luominen on kyllä aika haasteellista

***“What things enhance your everyday well-being?”***

233 people responded to the question. The social network in the form of family, friends, and colleagues was appreciated by many. The opportunities for recreation, sports, and cultural activities in the town were also appreciated. Several also highlighted that a smoothly running daily life, including well-maintained infrastructure and exercise facilities as well as a functioning school system, contributes to the sense of well-being.

***“In what way would you like to be involved in influencing the town's operations?”***

158 people responded to the question. The opportunity to influence through the Jeppis Gallup surveys is appreciated, some would also like a clearer explanation of what the responses from Jeppis Gallup lead to. The services for the town's Finnish-speaking residents are considered by several to have deteriorated, especially after the Finnish-language local newspaper was discontinued. New forums to follow the decision-making process and participate in discussions are requested. Overall, it is appreciated that the town's decision-makers and officials arrange even more information sessions for the town's residents.

## NEXT STEP

The idea is that the Health Barometer is conducted annually and serves as an important comparison of how the town's residents perceive their well-being. Overall, there are no significant changes in the results of this year's survey compared to 2024.

Most people still report feeling relatively well, but of course, there are also things to work on for the town of Jakobstad, the third sector, and the residents themselves that can increase well-being in the town. That everyone cares about the town and each other is an important starting point.

In the spring of 2025, the town's welfare report for the current town council mandate period and the welfare plan for the next mandate period will be prepared. In addition to statistics provided by the National Institute for Health and Welfare (THL), this Health Barometer also contains important background information that will be considered in this work.

*More information:*

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