

QUESTION OF THE WEEK, WEEK 5–6 (28.1–8.2.2026)

NUMBER OF RESPONDENTS: 340

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

THE HEALTH BAROMETER 2026

In the Question of the Week the residents were asked: *“Since 2024, a survey on the health and well-being of the residents of Jakobstad is 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)”

2026	1	2	3	4	5	Average	Median
How would you rate your physical health?	2,4%	8,2%	33,5%	47,1%	8,8%	3,5	4,0
How would you rate your mental health?	0,9%	8,5%	14,4%	53,5%	22,7%	3,9	4,0
Total	1,7%	8,4%	24,0%	50,3%	15,8%	3,7	4,0

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
Total	1,3%	7,8%	27,2%	45,5%	18,4%	3,7	4,0

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
Total	1,6%	9,2%	27,4%	45,7%	16,3%	3,7	4,0

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.

“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)”

2026	1	2	3	4	5	Average	Median
Exercise	4,7%	17,7%	29,4%	38,5%	9,7%	3,3	3,0
Sleep	2,1%	20,3%	33,2%	36,2%	8,2%	3,3	3,0
Diet and eating habits	1,8%	10,0%	30,9%	47,3%	10,0%	3,5	4,0
Socialising	4,7%	10,9%	29,7%	41,5%	13,2%	3,5	4,0
Endurance in everyday life	6,2%	10,6%	27,9%	45,9%	9,4%	3,4	4,0
The possibilities to influence your well-being yourself	3,2%	9,4%	19,4%	40,6%	27,4%	3,8	4,0
Total	3,8%	13,2%	28,4%	41,7%	13,0%	3,5	4,0

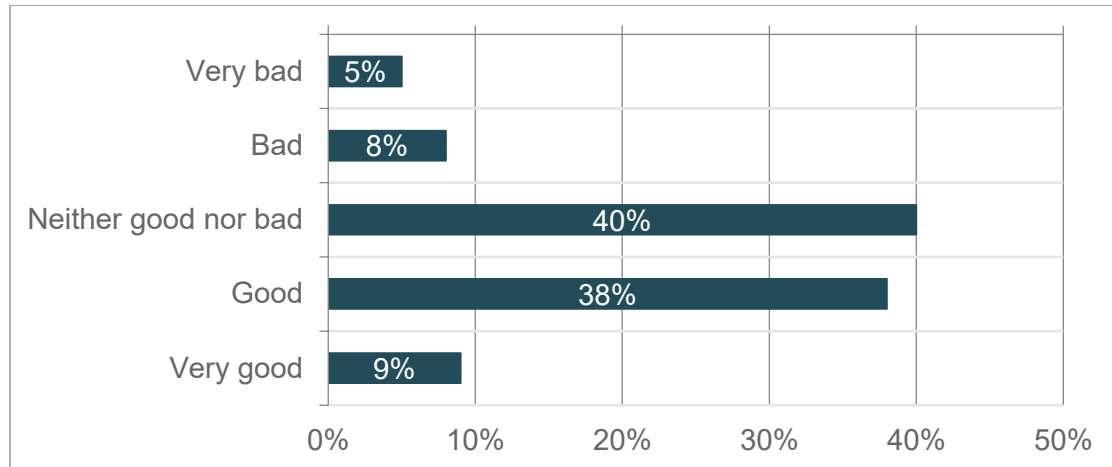
2025	1	2	3	4	5	Average	Median
Exercise	3,8%	17,4%	30,6%	34,5%	13,7%	3,4	3,0
Sleep	4,5%	16,0%	30,9%	39,6%	9,0%	3,3	3,0
Diet and eating habits	1,3%	8,8%	29,5%	50,0%	10,4%	3,6	4,0
Socialising	4,1%	10,6%	31,5%	40,5%	13,3%	3,5	4,0
Endurance in everyday life	3,4%	16,4%	28,2%	40,3%	11,7%	3,4	4,0
The possibilities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

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
Total	2,8%	14,2%	30,2%	39,5%	13,3%	3,5	4,0

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 your experience, how are the possibilities of becoming involved in various social networks in the town? (you can comment on your choice)”



47 per cent (2025: 45 per cent and 2024: 48 per cent) feel that the possibilities of becoming involved in various social networks in the town are good or very good and only 13 per cent (2024 and 2025: 17 %) feel that the possibilities are bad or very bad.

“What things enhance your everyday well-being?”

182 people answered the question. The residents primarily highlight **exercise, nature, and outdoor activities** as key factors for everyday well-being – everything from walking and cycling to the gym, ski trails, and the swimming hall. **Family, friends, social networks, and community life** are mentioned very strongly and described as crucial for both comfort and mental well-being. Many also emphasize **meaningful work, good health, sleep, a balanced diet, as well as proximity to services, culture, and a safe environment** as important building blocks of a functioning everyday life. In addition, small positive routines, creativity, hobbies, and the feeling of safety and belonging are highlighted as meaningful bright spots in daily life.

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

104 people answered the question. The residents primarily want to influence through dialogue and participation, such as surveys, resident evenings, focus groups, open theme evenings, and improved communication about the town's plans. Many request clearer and more accessible channels for submitting suggestions – preferably anonymously – as well as more forums where different groups can meet and discuss development issues. Some already feel that they influence matters through their work, association activities, or political engagement, while others express distrust, fatigue, or lack of energy, which reduces their willingness to participate. At the same time, there is strong interest in contributing to issues related to exercise, well-being, town center development, services, and language matters, provided that residents' viewpoints are genuinely taken into account.

NEXT STEP

The idea is that the Health Barometer is conducted annually and serves as an important point of comparison for how the town's residents perceive their well-being. Overall, this year's survey shows no major changes in the results compared with 2025 and 2024.

Most people report feeling relatively well, but of course there are still areas to work on — for the town of Jakobstad, the third sector, and the residents themselves — that can help improve well-being in the town.

At the end of spring 2026, both the next welfare report and the welfare plan will be handled by the town's political bodies. In addition to statistics provided by, among others, the Finnish Institute for Health and Welfare (THL), the Health Barometer also contains important background information that will be taken into account in their preparation.

More information:

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