

# Good practices in Promoting Physical Activity in Schools; Turku, Finland

## Transport

### Turku, Finland

#### Socio-demographic indicators:

Municipality/City Population: 191.484

Gender ratio (i.e. percentage of men and women): 52,5% women; 47,5% men

Age distribution: 0-14 years 13%; 15-64 years 67%; 65- years 20%

#### Socio-economic indicators:

GDP per capita (and in relation to the national GDP per capita): 50.052 € per capita (2018 estimate)

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### Health and Physical Activity Issues

Main challenges are increasing physical inactivity and growing disparity between different population groups regarding physical activity. Inactivity leads to obesity, NCDs and marginalisation. There are cultural, social and economic obstacles in participation. Another challenge is how to inform and attract citizens to use existing activities and here the main focus is citizens in vulnerable position.

### Why did you start a strategy / an activity / a project?

#### *Winter cycling*

We want to promote sustainable forms of transport and enhance cycling throughout the year. This has involved prioritising the maintenance of cycling paths to enable cycling throughout the year. This targets all citizens in the City of Turku.

The local goal is to increase sustainable transports from 52% in 2009 to 66 in 2030, and is linked to the National strategy for cycling. The City of Turku/environmental services is responsible for the programme, supported by the Sports Services Department.

### How do you do it?

We have updated maintenance priorities of cycling paths and we focus on paths according to number of users. We have defined quality corridors for winter cycling that are prioritised for maintenance.

A budget of 550,000 € has been allocated to this work, financed through the City of Turku/budget funding.

### What are the Challenges and Successes?

A success has been that quality corridors are defined and their maintenance is now top class.

Challenges are ensuring that resources for maintenance are limited and the need for maintenance is the same in all places at same time. These have been dealt with by prioritising the scheme.