



The Finnish Indoor Air and Health Programme 2018-2028

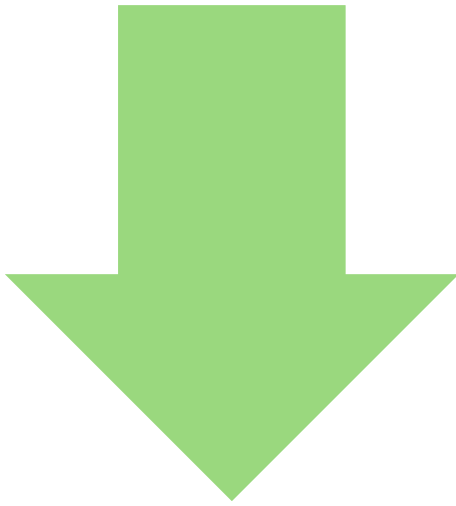
Healthy Humans in Healthy Premises

Finnish Institute for Health and Welfare

Clean and fresh indoor air promotes health and well-being

- Indoor air can contain pollutants that can cause a variety of symptoms and reduce well-being.
- Individual exposure agents can also increase the risk of permanent disease.
- The primary principle in Finland is to prevent and reduce indoor air exposures with strict regulations and by intervening on damages in the buildings.





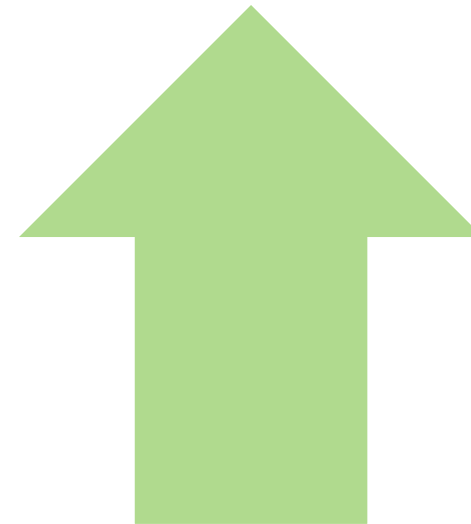
In Finland, major steps to solve problems related to indoor air have been taken for quite some time (legislation, guidelines, guidance, research).

The levels of most indoor air pollutants are lower in Finland compared to the rest of Europe.

There is a need for new research-based methods, perspectives and solutions

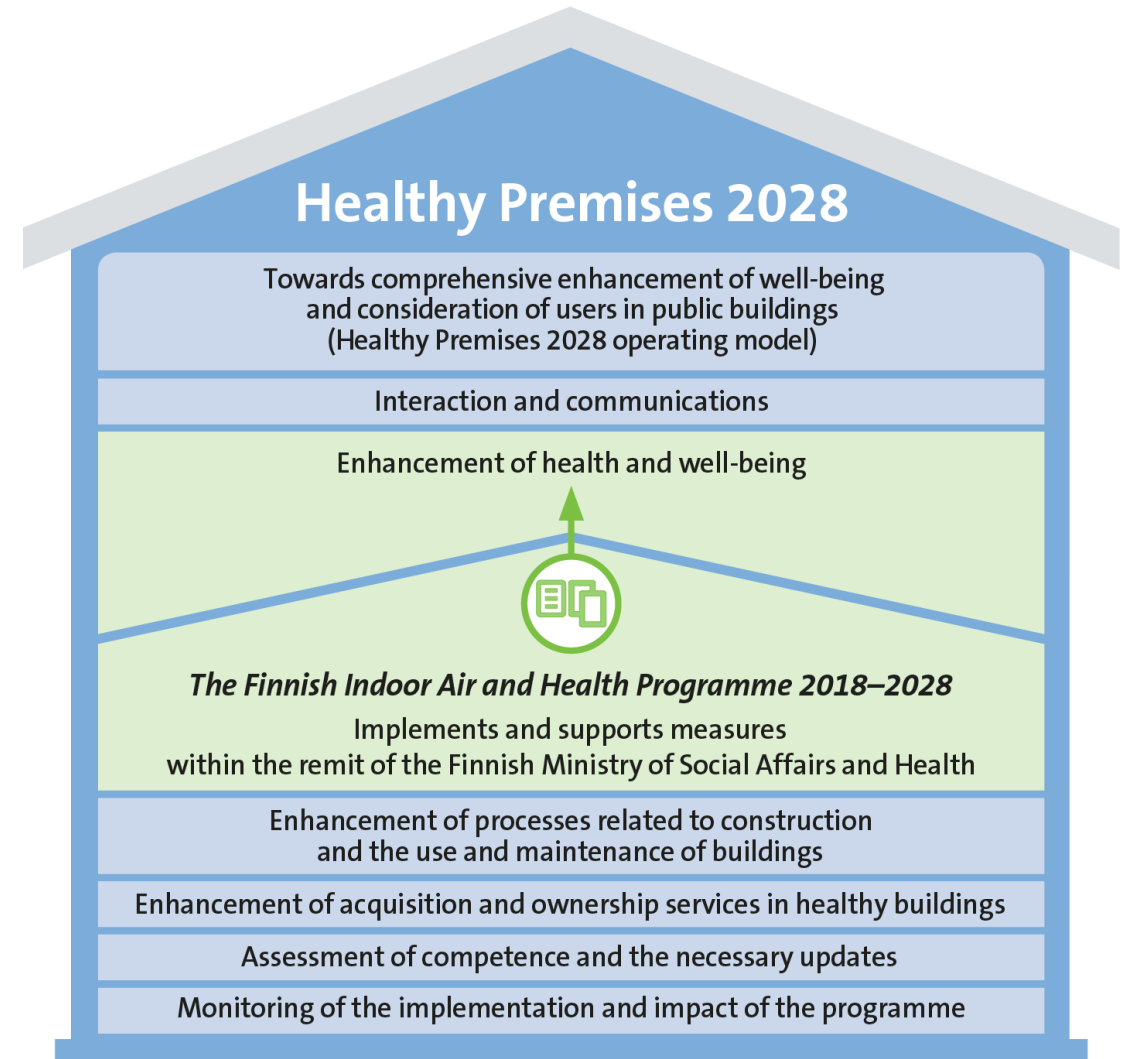
Perceived symptoms related to poor indoor air quality are common in Finland.

There is an ongoing and active public discussion on indoor air problems and mistrust towards public authorities and building owners.



The Finnish National Indoor air and Health Programme – preparation phase (2017-2018)

- Logical framework approach
- Extensive preparation in collaboration with various stakeholders
 - Research based information
 - Workshops and online surveys
 - Bilateral consultation with stakeholders
 - Interviews to indoor air experts from Sweden, Norway, Denmark, and Iceland
 - Measures to promote health and wellbeing (aligning with objectives of the Healthy Premises 2028 Programme; Ministry of Social Affairs and Health)



Source: Finnish Institute for Health and Welfare 2019

The general public needs more information and displays mistrust

The management of problems related to indoor air must be developed

Key problems with the current state

The situation of those with symptoms and illnesses is partly unsatisfactory

The competence of various actors must be strengthened

Source: Finnish Institute for Health and Welfare 2019

Healthy People in Healthy Premises

The Finnish Indoor Air and Health Programme 2018–2028

Main long-term objective:

To reduce hazards to health and well-being linked to indoor environments in Finland.

Providing information

Objective:

To increase understanding of the effects of indoor environments on health and well-being.

Indoor problems in buildings

Objective:

To develop the management of problems linked to indoor environments.

Treatment and support of individuals

Objective:

To improve the treatment and working and functional capacity of people with symptoms and illnesses.

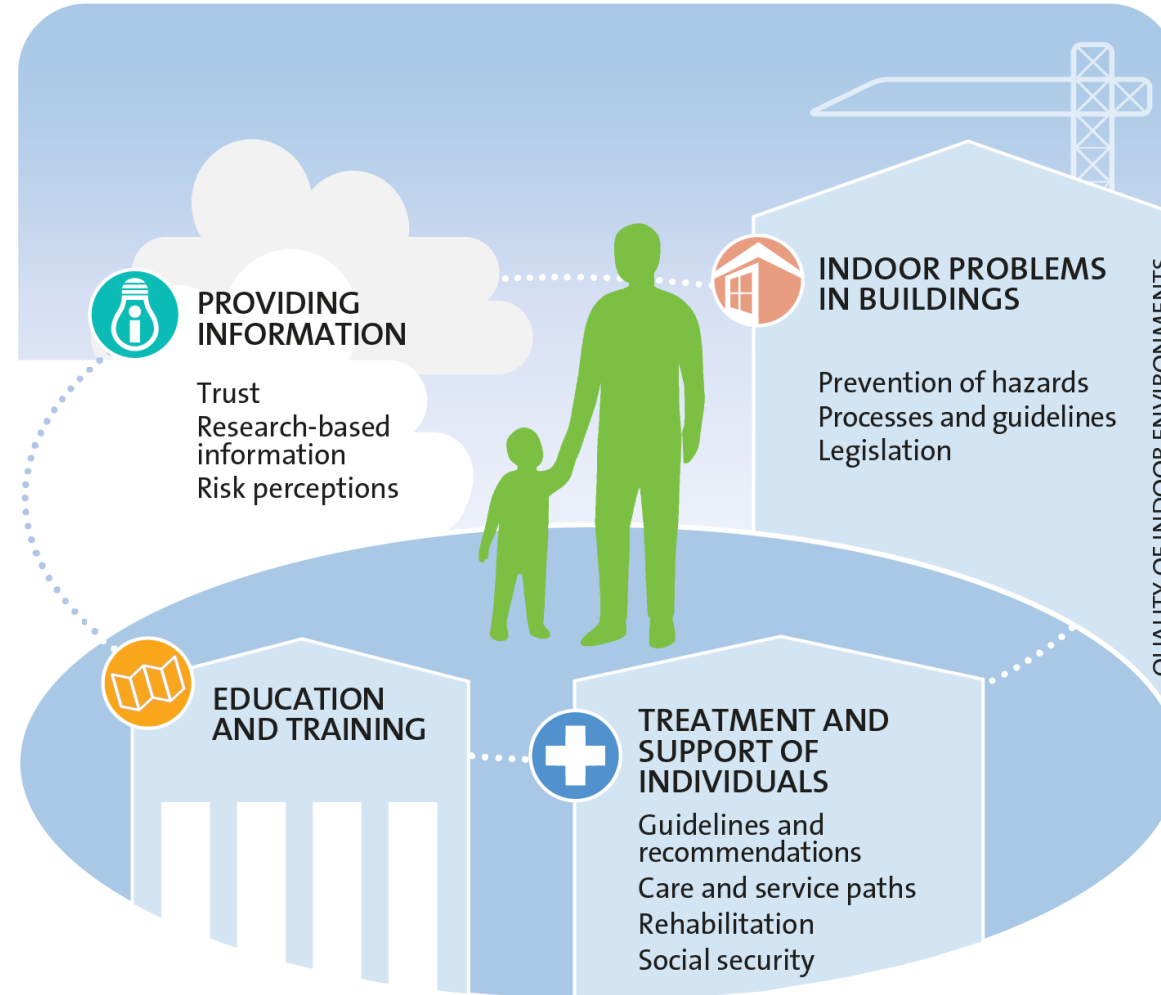
Education and training

Objective:

To strengthen the competence in matters related to indoor environments.

Source: Finnish Institute for Health and Welfare 2019

The programme focuses on promoting human health and well-being, prevention of hazards, communication, and treatment and support



Source: Finnish Institute for Health and Welfare 2019

Monitoring of the programme

- The progress of the programme and meeting the defined, quantitative objectives will be monitored throughout the programme with indicators
- These indicators are compiled from surveys directed at the general public and municipal actors.
- In addition to these indicators, outcome indicators are used to describe how the planned actions are implemented.

Healthy People in Healthy Premises

The Finnish Indoor Air and Health Programme 2018–2028

Main long-term objective:

To reduce hazards to health and well-being linked to indoor environments in Finland.

Indicator 1:

Symptoms associated to indoor environments in Finland is reduced by 40% by the year 2028.

Indicator 2:

The proportion of people satisfied with indoor environments in Finland is increased by 50% by the year 2028.

Verification:

The FinHealth Survey,
The National Indoor Air and Health Survey

Verification:

The National Indoor Air and Health Survey

Source: Finnish Institute for Health and Welfare 2019

The programme will take shape during the implementation phase – in cooperation with stakeholders



Source: Finnish Institute for Health and Welfare 2019

Thank you!



More information on [programme website](#).