



The National public health strategy for Sweden in brief

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Good health for the entire population

The overall aim of Swedish public health policy is to create social conditions that will ensure good health for the entire population. The Swedish Riksdag adopted in April 2003 a national health policy stipulating eleven general objectives that cover the most important determinants of Swedish public health. In addition, improving the health of those groups that are most vulnerable to ill-health is particularly important.

The conditions for successful public health endeavours

Public health work focuses on those factors that influence public health, i.e. living conditions, environments, products and lifestyles. The responsibility for these is divided among various sectors and different levels in society. Successful public health work therefore requires active efforts on the part of several actors in society within many different policy areas.

Municipalities and county councils

Municipalities, county councils, voluntary organisations and other actors can use the eleven general objectives in their own activities to achieve the overall aim. The public health objectives can also be used as a basis for formulating interim targets at various levels.

The Swedish National Institute of Public Health coordinates the work and monitors progress

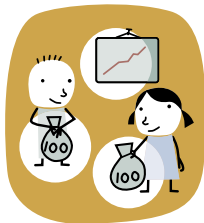
The Swedish National Institute of Public Health has a central role in coordinating public health work on the national level. The Institute also supports the implementation of the eleven general objectives, monitors and evaluates them and develops indicators to show how well they are being met. Progress is reported to the Government every 4 years in the form of a public health report, which provides the basis of discussions on how successfully the policy is influencing public health.

OBJECTIVE 1

Participation and influence in society

Participation and influence in society is one of the most fundamental social conditions for public health and is therefore afforded its own objective.

To achieve the overall national public health aim, particular importance shall be attached to strengthening the capacity and opportunity of economically and socially vulnerable people to participate both socially and culturally. Improving the scope of children, young people and senior citizens to influence and participate in society is also of considerable significance.



OBJECTIVE 2

Economic and social security

Economic and social security is one of the most fundamental social conditions for public health and is therefore afforded its own objective.

OBJECTIVE 3

Secure and favourable conditions during childhood and adolescence

Secure and favourable conditions during childhood and adolescence are crucial for the health of children and young people and for public health in the long term. They are therefore afforded their own objective.

Deteriorating mental health among children and young people should receive particular attention, as should the negative trend in their lifestyles.



OBJECTIVE 4

Healthier working life

A good working life with viable working conditions reduces work-related ill-health and helps in general to improve public health and reduce social discrepancies in ill-health.

A healthier working life is therefore afforded its own objective.



OBJECTIVE 5

Healthy and safe environments and products

Healthy and safe environments and products are of fundamental importance for public health and are hence afforded their own objective.

Future efforts in this area shall be based on the environmental quality objectives adopted by the Swedish Riksdag and an ecocycle strategy that includes an environment-oriented product policy and the consumer policy objectives also adopted by the Riksdag.

Efforts to create a safe road traffic environment shall similarly be based on the transport policy objectives adopted by the Riksdag.



OBJECTIVE 6

Health and medical care that more actively promotes good health

As a result of its specific competence, its authority, broad knowledge and widescale contact with the population, the health and medical care service is of considerable importance for long-term health development.

Health and medical care that more actively promotes good health is therefore afforded its own objective. A health-promotion and disease-prevention perspective shall be an integral part of the whole health and medical care service and be a palpable component of all care and treatment.



OBJECTIVE 7

Effective protection against communicable diseases

A high level of protection against communicable diseases must be maintained in society in order not to waste the progress that has already been made to reduce their occurrence.

Efforts to prevent the spread of communicable diseases are part of public health work and are therefore important in the quest to fulfil its overall aim. They are therefore afforded their own objective.



OBJECTIVE 8

Safe sexuality and good reproductive health

Safe sexuality is fundamental to an individual's state of good health and well-being and society must safeguard the progress that has been made in areas such as sex education, family planning and maternity care.

Safe sexuality and good reproductive health are therefore afforded their own objective.



OBJECTIVE 9

Increased physical activity

Physical activity is a condition for good health development. Increased physical activity is therefore afforded its own objective.

The aim of the concerted efforts made within this area shall be for society to provide the conditions for the entire population to increase its physical activity.

This shall be brought about mainly by stimulating:

- more physical activity in pre-schools, schools and at workplaces,
- more physical activity in leisure time,
- greater opportunities among senior citizens, people on long-term sick leave and disabled persons to exercise on their own terms.



OBJECTIVE 10

Good eating habits and safe food

Good eating habits and safe food are the conditions for a good health development among the population and are therefore afforded their own objective.

OBJECTIVE 11

*Reduced use of tobacco and alcohol,
a society free from illicit drugs and doping and
a reduction in the harmful effects of excessive gambling*

The use of addictive substances is an important health determinant and gambling addiction can also lead to ill-health. Increased focus on the overall effects of these determinants and the way they are interlinked is required. Measures to combat injuries/damage caused by tobacco, alcohol and gambling and to nurture a society free from illicit drugs and doping are needed if the overall public health aim is to be achieved.

The Riksdag and the Government have already adopted social measures and objectives for an alcohol and drugs policy. These objectives shall remain in place.

The aim of social measures in the area of tobacco shall be to reduce its use.

The aim of social measures to combat gambling addiction shall be to reduce the harmful effects of excessive gambling. The aim of anti-doping measures shall be a doping-free society.





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