State of the Nordic Region 2020: Wellbeing, health and digitalisation edition

Anna Lundgren & Linda Randall (Nordregio)
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Report contributors: Anna Lundgren, Johanna Carolina Jokinen, Linda Randall, Gustaf Norlén, Louise Ormstrup Vestergård, Alex Cuadrado, Oskar Penje, Shinan Wang, Ulf Andréasson (Nordic Council of Ministers’ Secretariat), Gunn Hilde Rotvold and Truls Tunby Kristiansen (Norwegian Centre for E-health Research) and Eva Franzén (Nordic Welfare Centre)
Background: The Nordic Region is generally performing very well on health and wellbeing indicators, but there are also important differences across regions and municipalities, socio-economic groups and gender.

Objective: Increase knowledge as regards health, wellbeing and digitalisation and help decision makers take informed decisions.

- How are the Nordic inhabitants doing?
- How can digital health care and social care increase health and wellbeing in the Nordic Region?
Wellbeing, Health and Digitalisation

Four areas studied:

— Demography: urbanisation and ageing population
— Health: life expectancy and indicators of health performance
— Socio-economic factors: education, employment and income
— Digitalisation: broadband and digital divides
Demographic trends

- Population ageing (particularly pronounced in rural areas)
- Outmigration of young people (20-29 years)
- Some evidence of young people returning (30-39)
Life expectancy is increasing across the region

Cancer and cardiovascular diseases remain the leading causes of poor health and premature death (despite improvements)
Figure 3.2. DALYs in 2000 and 2016 for males and females across the Nordic countries. Source: WHO.
Life expectancy is increasing across the region.

Cancer and cardiovascular diseases remain the leading causes of poor health and premature death (despite improvements).

Not all regional differences in life-expectancy can be explained by age.
Socioeconomic factors

- Education, employment and income have a positive relationship with health and wellbeing
Self-perceived health by educational attainment level in 2018

Figure 4.1. Self-perceived health by educational attainment level, 2018 (2016 for Iceland). Source: Eurostat.
Socioeconomic factors

- Education, employment and income are related to health and wellbeing
- The interaction between these factors is extremely complex
Figure 4.2. Educational attainment by sex, 2019. Data source: Eurostat.
Figure 4.5. Unemployment rate (15-64 years-of-age) by country of birth, 2019. Data source: Eurostat.
Education, employment and income are related to health and wellbeing.

The interaction between these factors is extremely complex.

Equality plays a role, not just wealth.
Use of the internet to access healthcare information and services is increasing (all countries, age groups, locations)

Digital divides affect those who could most benefit
Figure 5.4. Share of individuals seeking health information via the Internet in 2010 and 2019, by age group (percent). Source: Eurostat.
Figure 5.2. Share of individuals seeking health information via the Internet in 2010 and 2019, by degree of urbanisation (percentage). Source: Eurostat (IS: Individuals living in cities, 2011).
Use of the internet to access healthcare information and services is increasing (all countries, age groups, locations)

Digital divides affect those who could most benefit

Infrastructure development uneven across the region
— **Health and wellbeing outcomes** are framed by both spatial urban and rural conditions, and by socio-economic living conditions (such as education, employment and income).

— **Look into the regional and local scales** to understand differences and inequalities.

— **Digitalisation has the potential** to increase accessibility to welfare services and improve health and wellbeing, provided that digital divides are addressed.
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anna.lundgren@nordregio.org
linda.randall@nordregio.org