



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

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21 October, 2020

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Wellbeing, Health and Digitalisation

- **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

Internal net migration of
20 to 29 year-olds 2010-2019

NO: 2010-2018
IS: regional level

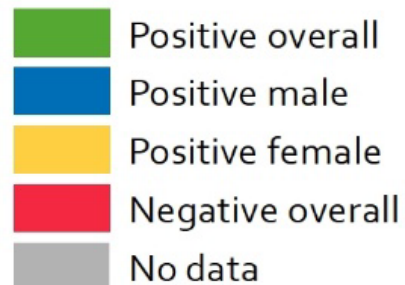
Internal net migration
of 20 to 29-year-olds

- Positive overall
- Positive male
- Positive female
- Negative overall
- No data

Data source: NSIs

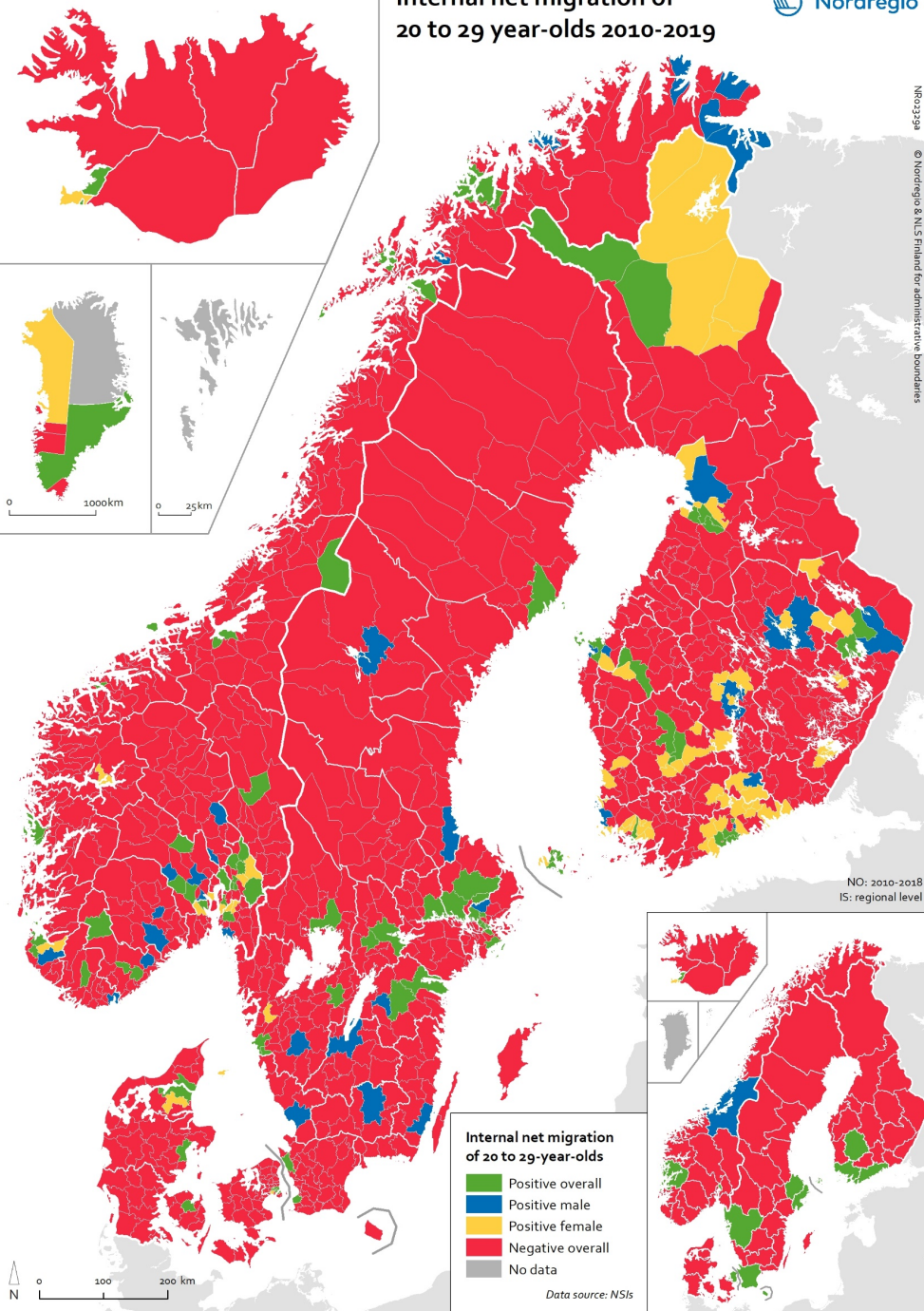
Demographic trends

- Population ageing (particularly pronounced in rural areas)
- Outmigration of young people (20-29 years)
- Some evidence of young people returning (30-39)

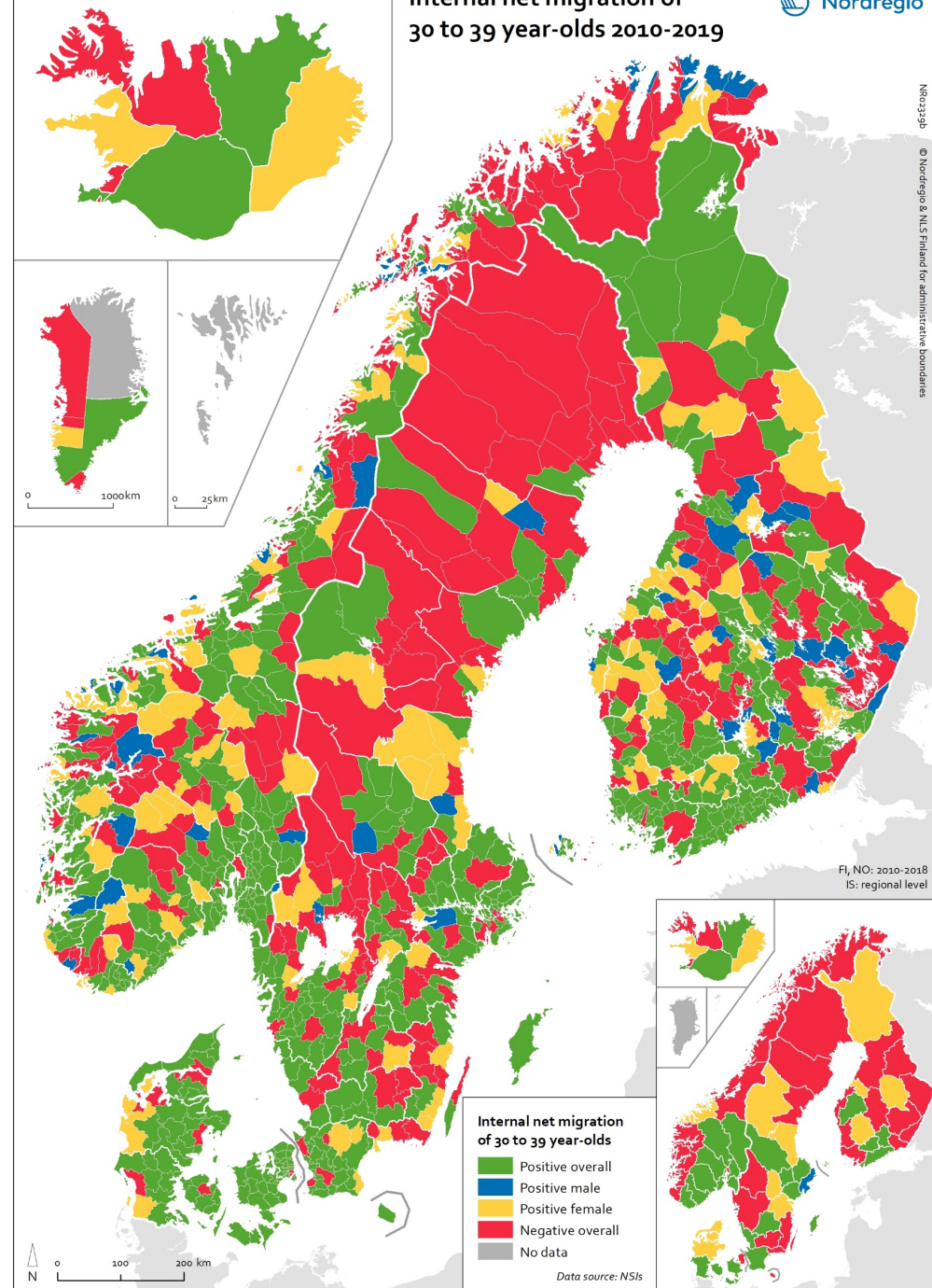


Data source: NSIs

Internal net migration of 20 to 29 year-olds 2010-2019



Internal net migration of 30 to 39 year-olds 2010-2019



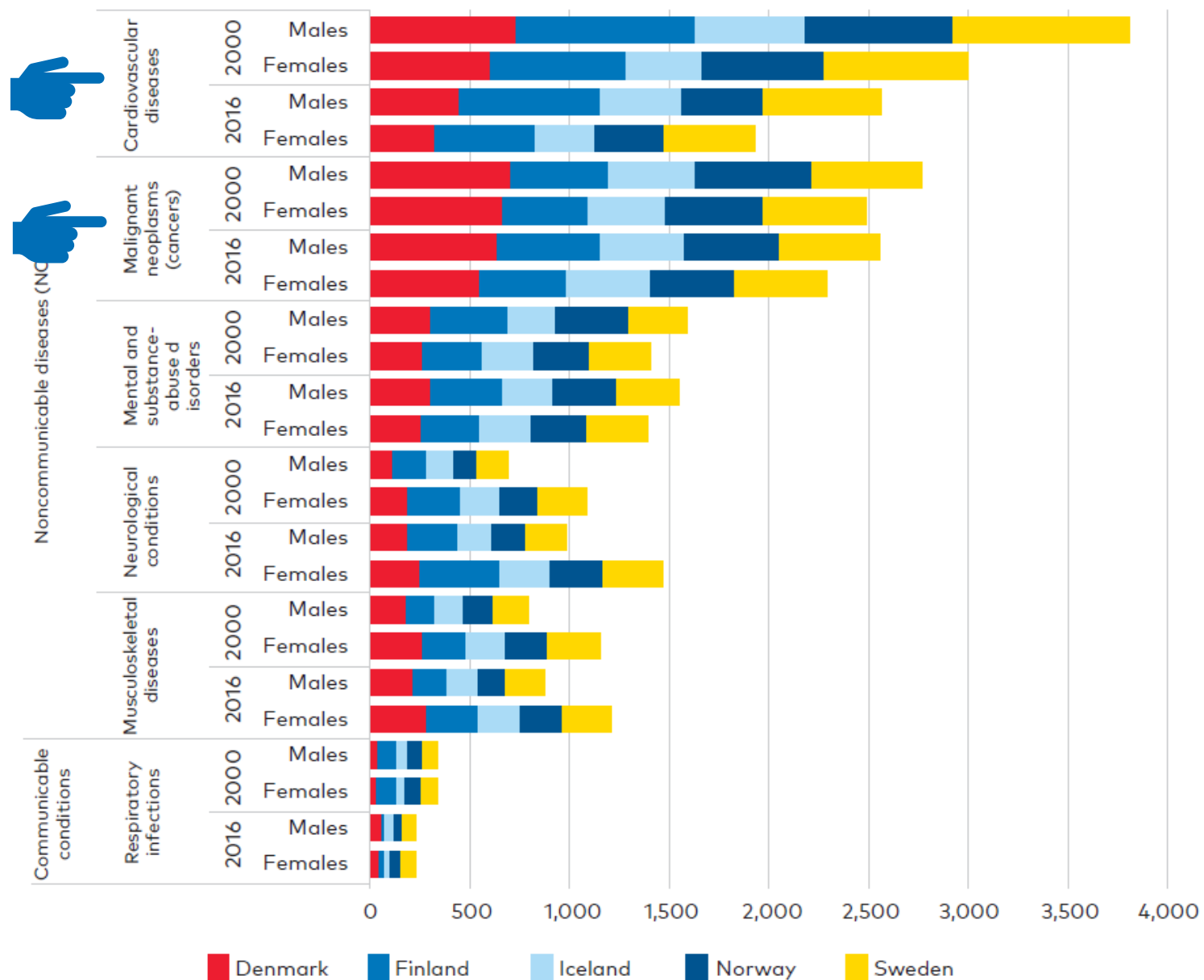
- Positive overall
- Positive male
- Positive female
- Negative overall
- No data

Data source: NSIs

Health

- Life expectancy is increasing across the region
- Cancer and cardiovascular diseases remain the leading causes of poor health and premature death (despite improvements)

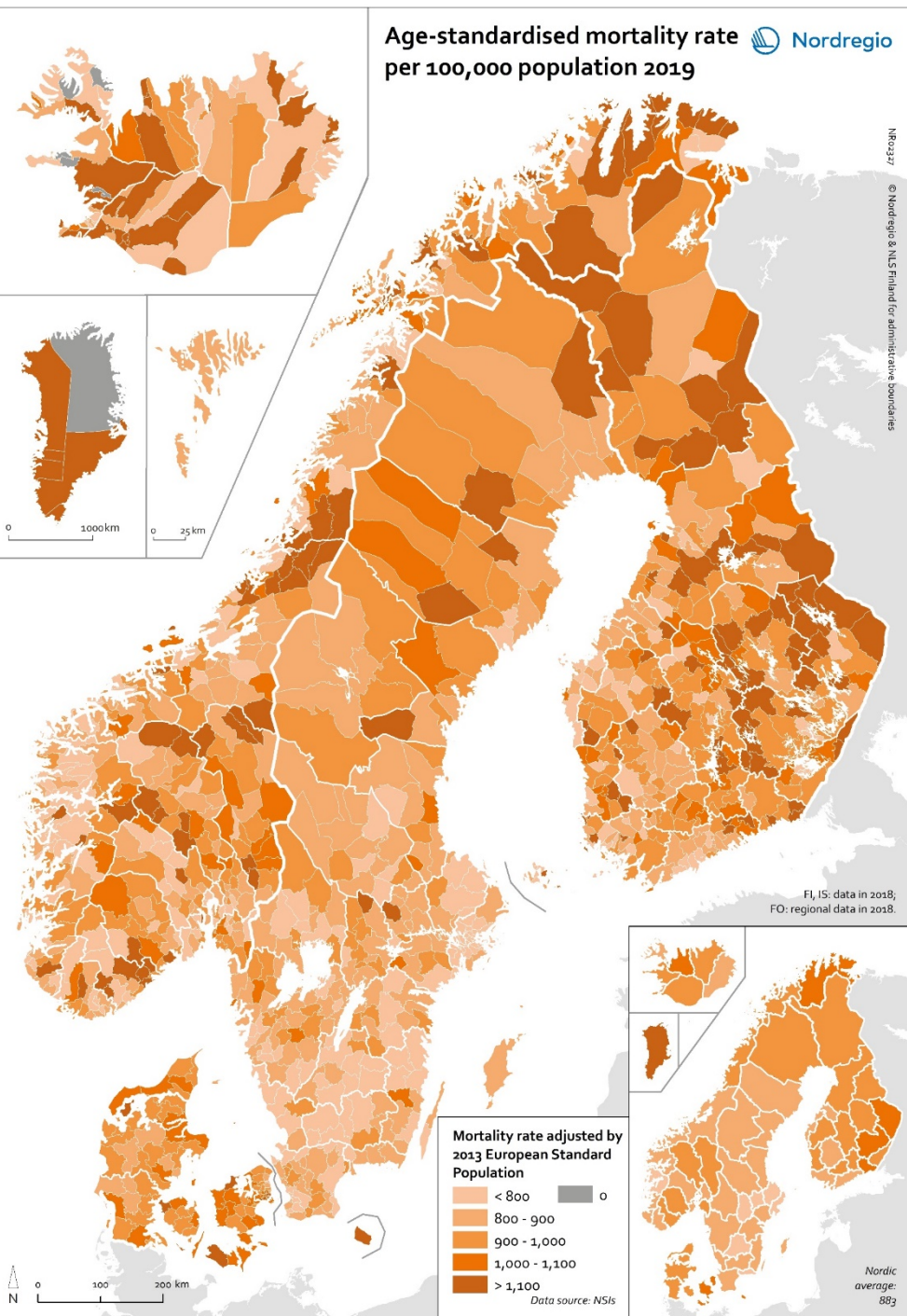
Disability-Adjusted Life Years (DALYs) per 1,000 inhabitants



Age-standardised mortality rate
per 100,000 population 2019



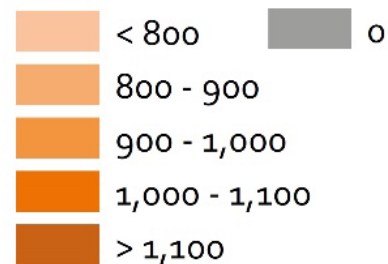
Nordregio
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Health

- 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

Mortality rate adjusted by
2013 European Standard
Population



Data source: NSIs

Socioeconomic factors

- Education, employment and income have a positive relationship with health and wellbeing

Self-perceived health by educational attainment level in 2018

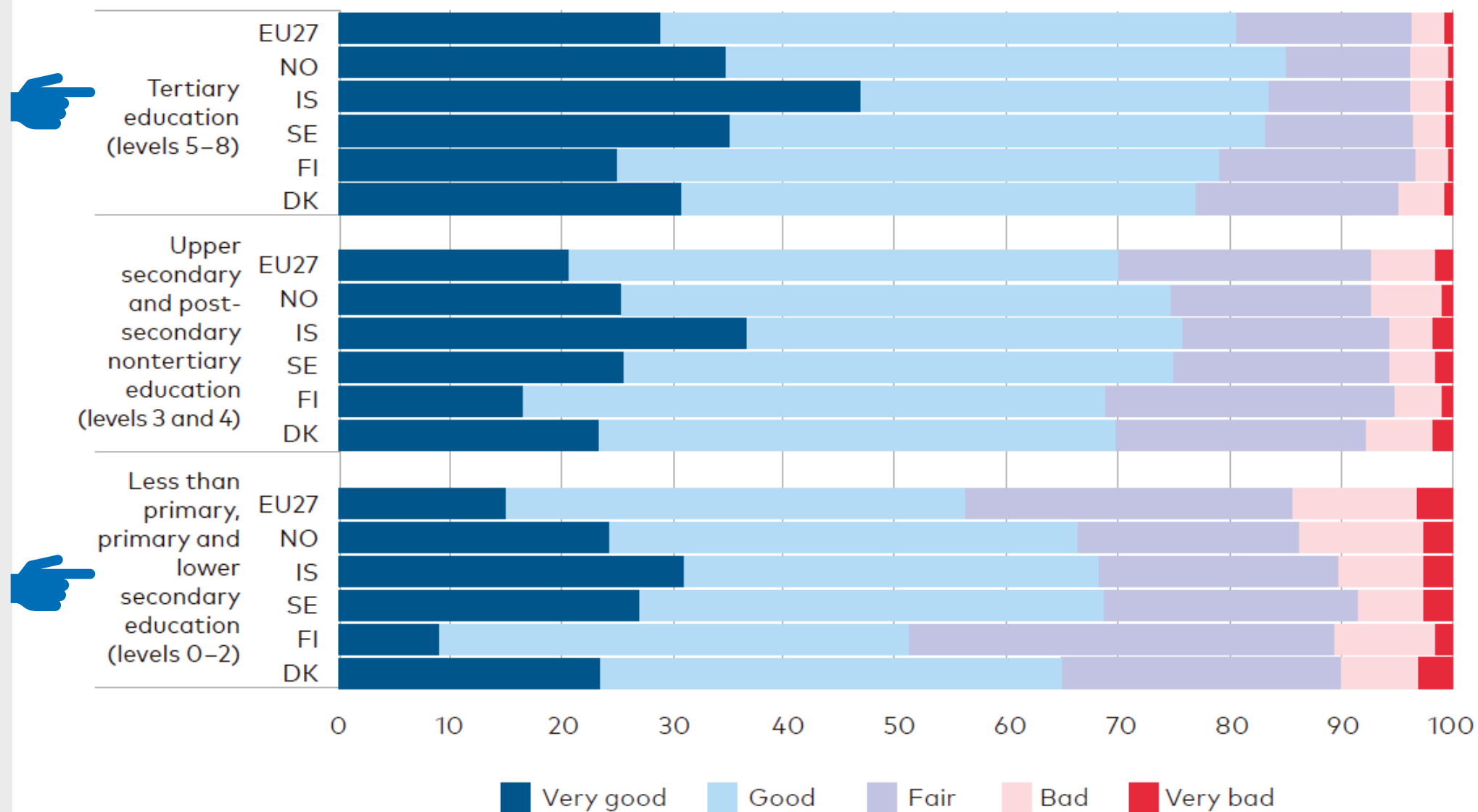


Figure 4.1. Self-perceived health by educational attainment level, 2018 (2016 for Iceland). Source: Eurostat.



Socioeconomic factors

- Education, employment and income are related to health and wellbeing
- The interaction between these factors is extremely complex

Educational attainment by sex, 2019

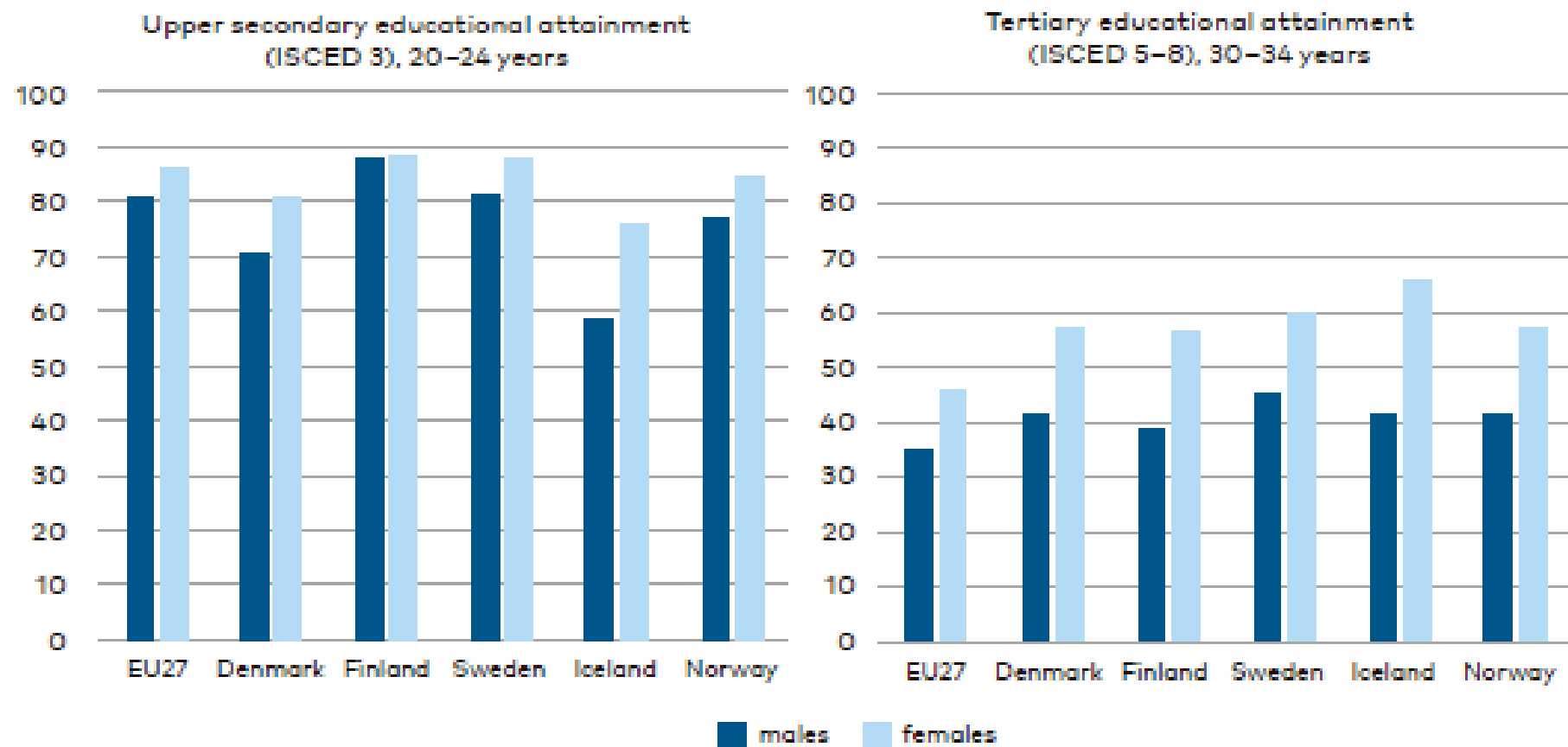


Figure 4.2. Educational attainment by sex, 2019. Data source: Eurostat.

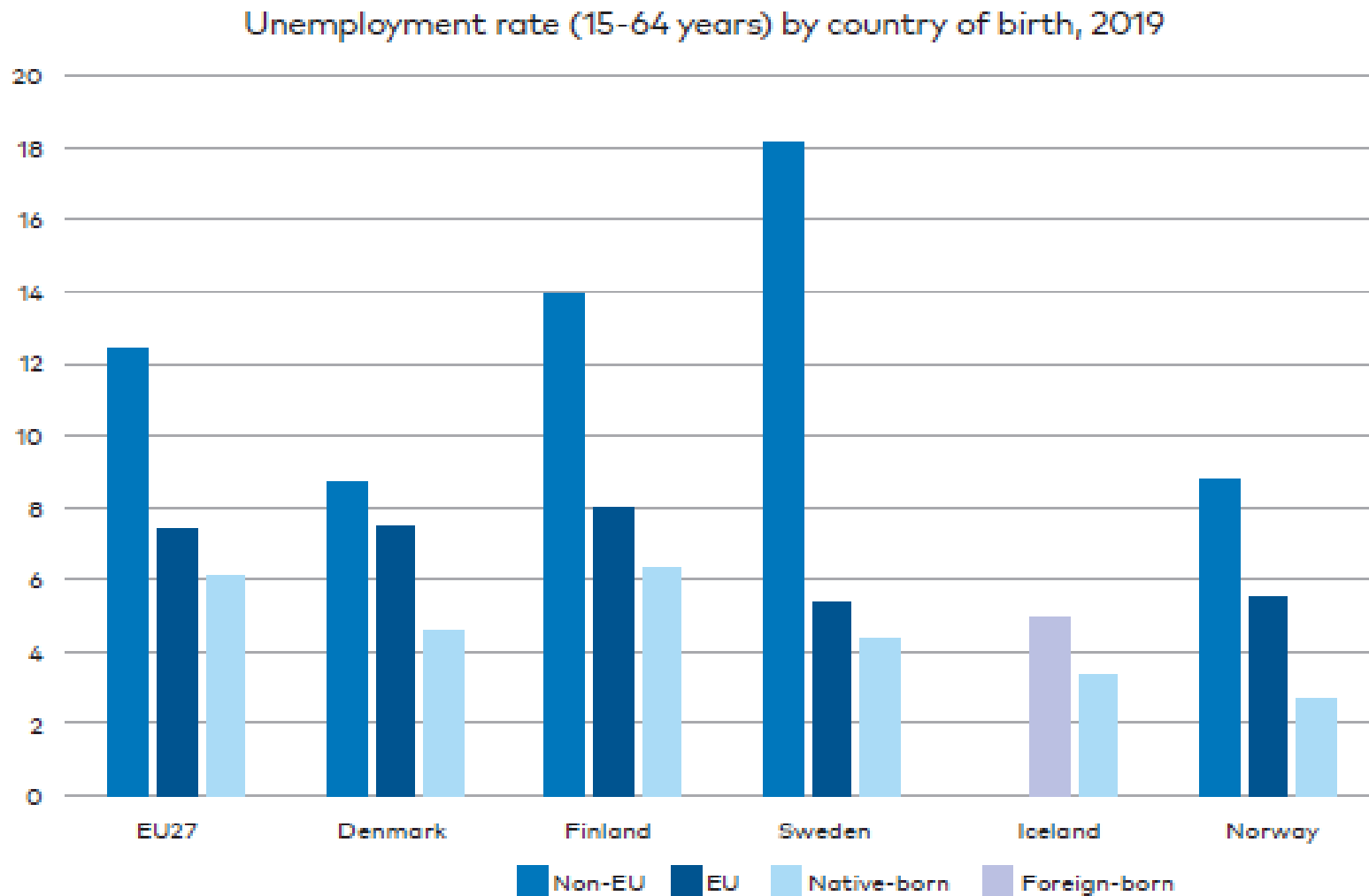
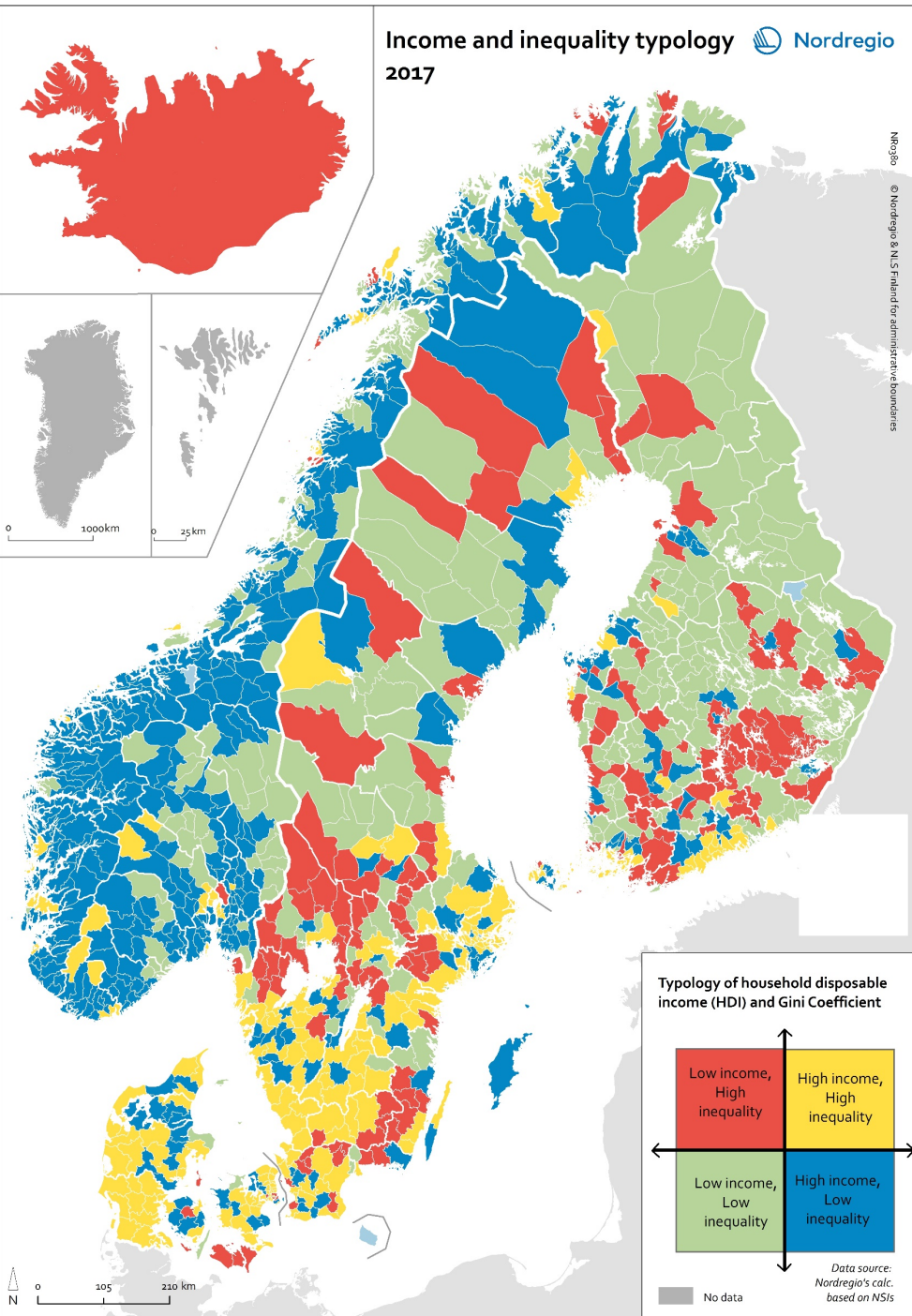


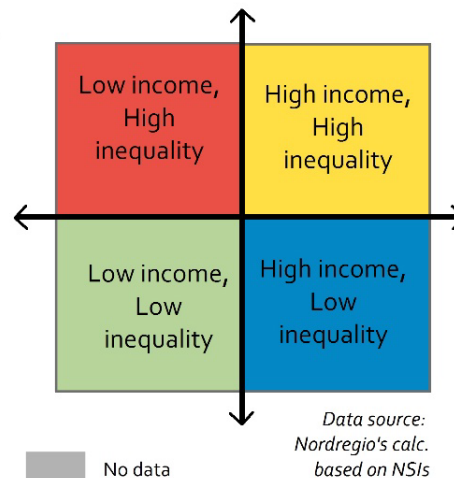
Figure 4.5. Unemployment rate (15-64 years-of-age) by country of birth, 2019. Data source: Eurostat.



Socioeconomic factors

- 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

Typology of household disposable income (HDI) and Gini Coefficient



Digitalisation

- 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

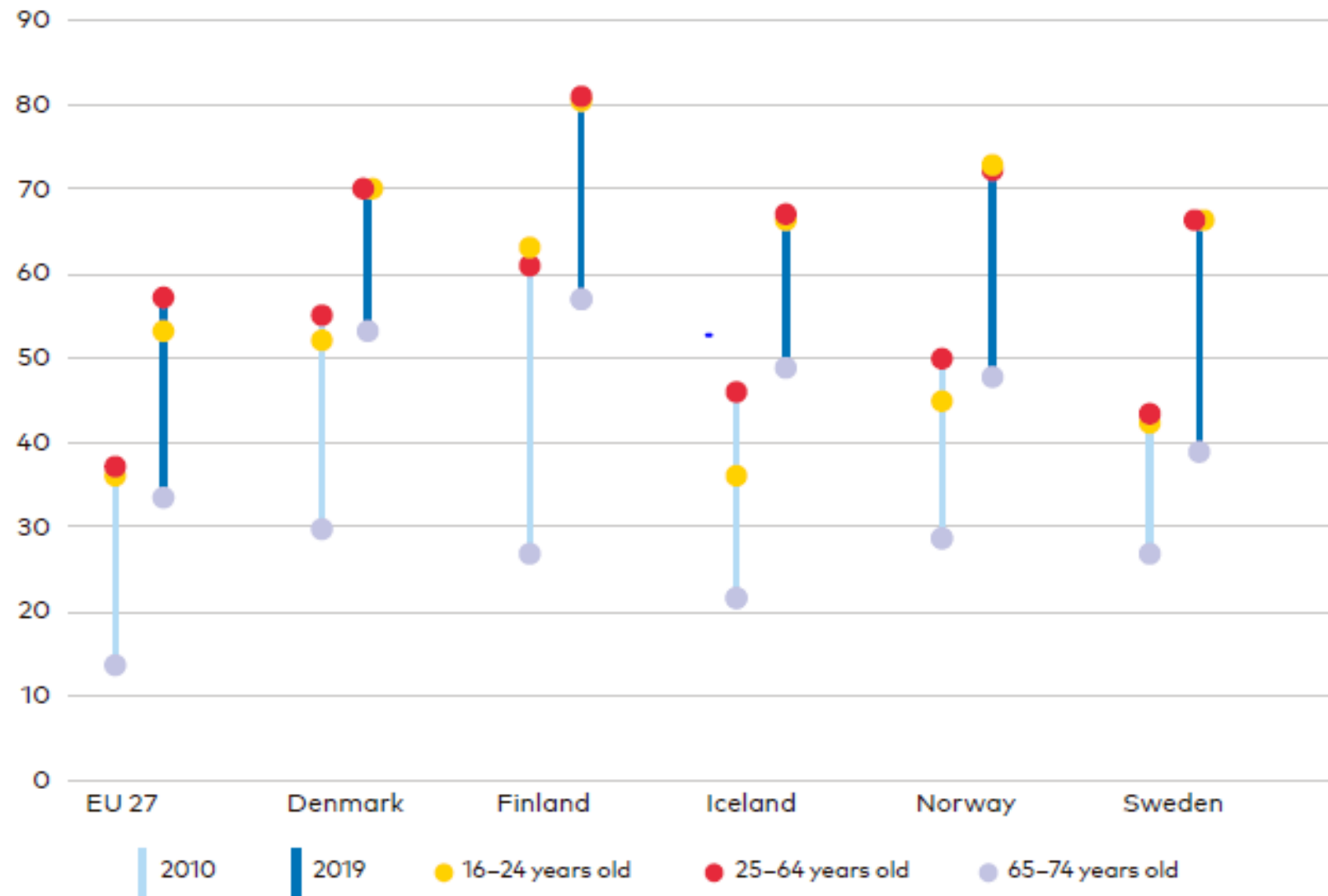


Figure 5.4. Share of individuals seeking health information via the Internet in 2010 and 2019, by age group (percent). Source: Eurostat.

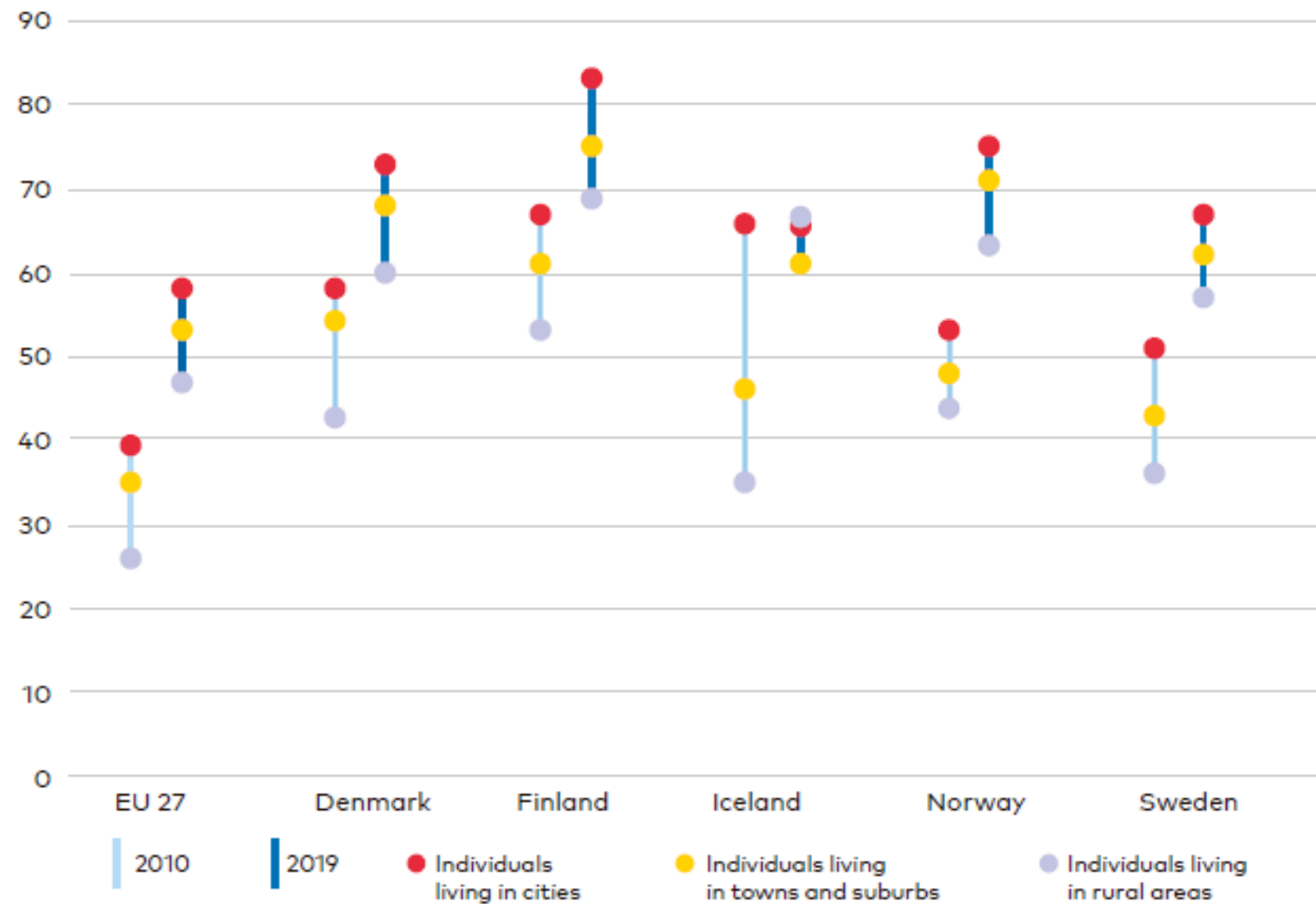
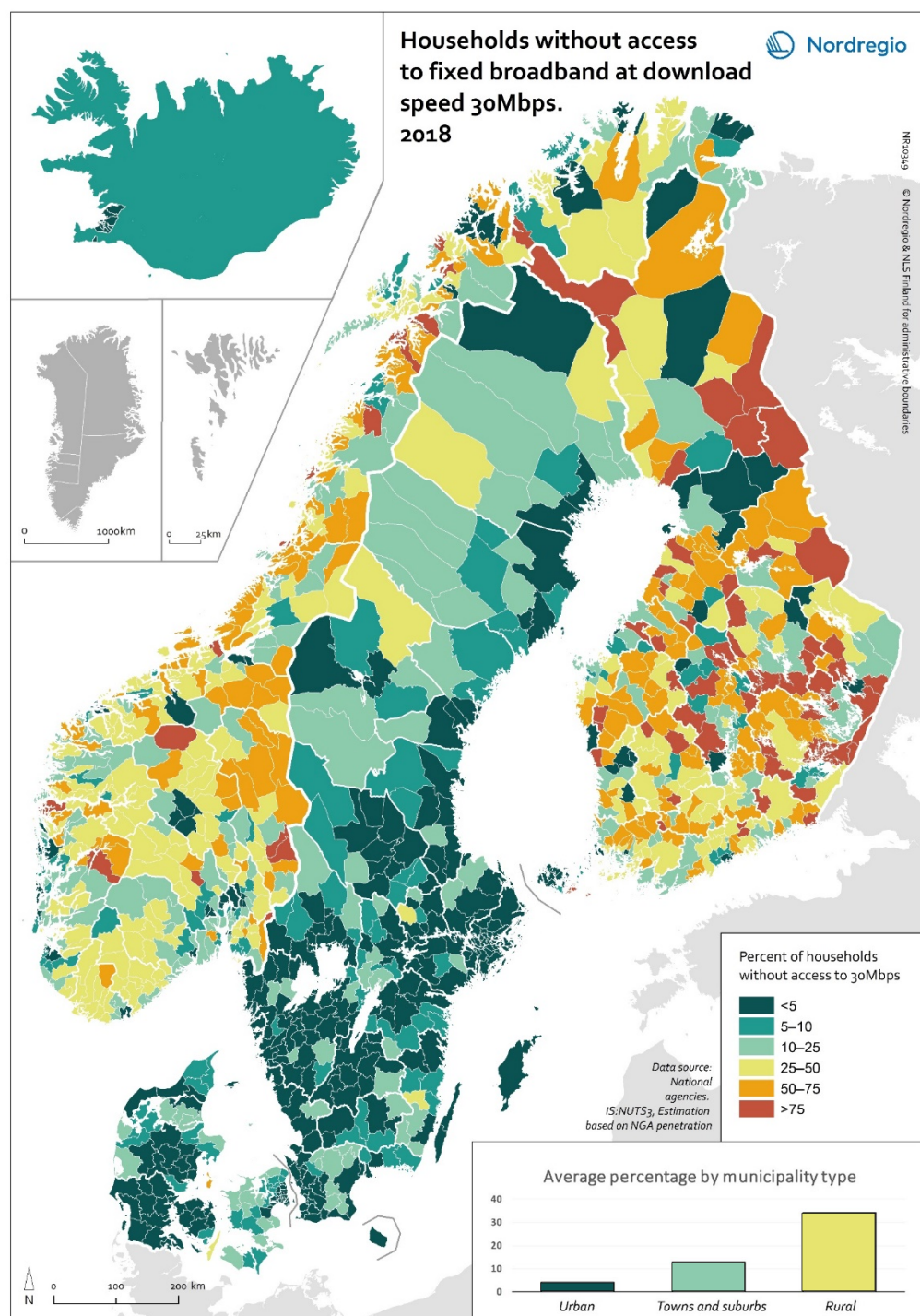


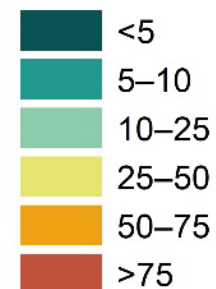
Figure 5.2. Share of individuals seeking health information via the Internet in 2010 and 2019, by degree of urbanisation (percentage). Source: Eurostat (IS: Individuals living in cities, 2011).



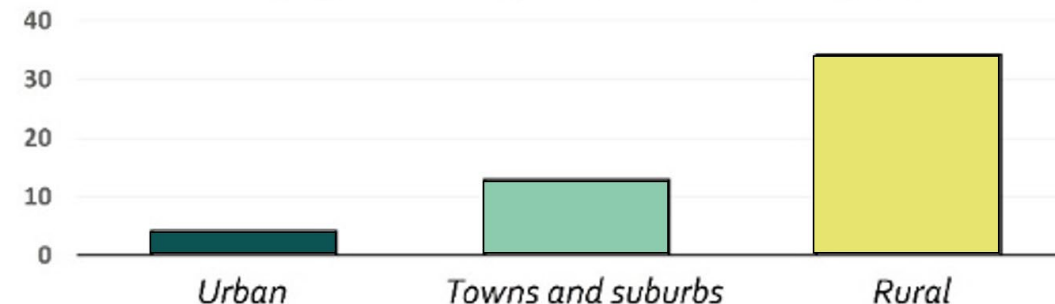
Digitalisation

- 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

Percent of households without access to 30Mbps



Average percentage by municipality type



Concluding remarks

- **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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**add link to report

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