



The Healthy City of Reykjavík

The city where I want to live

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Reykjavík's membership in both Health Promoting community and WHO Healthy Cities is an important part of continuing to develop how we approach well-being in all our work.



Reykjavík has been an active member of health-promoting community since 2013 and a member of WHO Healthy Cities since 2019.



A health-promoting community in Reykjavík is working on largely through city service centres.



Main objectives of Reykjavík's public health policy

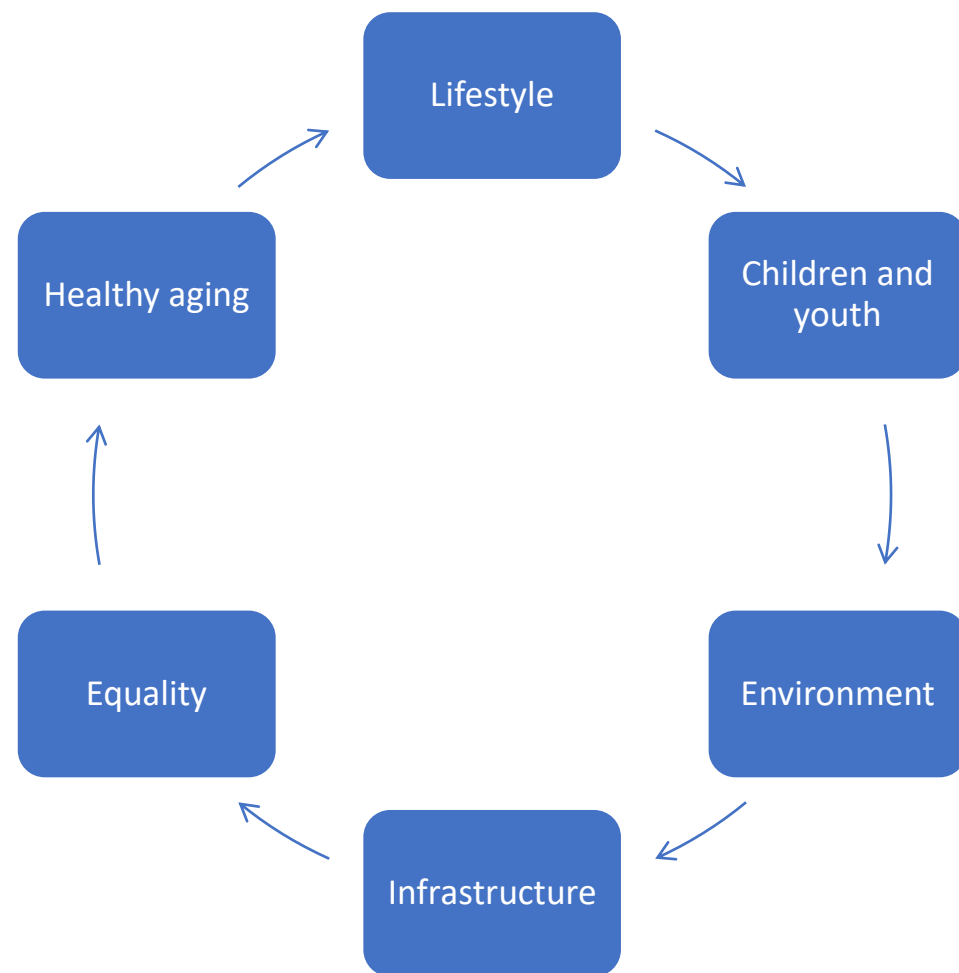
- Improved health and well-being at all stages of life
- Equality for health and well-being; no one left behind
- Health and well-being is a guide in all the activities of the City of Reykjavík

Reykjavík is a health-promoting, sustainable and diverse urban community that promotes safety, equality, active participation and well-being of all.

Reykjavík's public health policy is closely integrated with its other policies as almost all municipal activities have a direct or indirect effect on the health and well-being of residents.



City health Profile



Börn og ungmenni

Í aðgerðaráætlun Lýðheilsustefnu Reykjavíkur er mikil áhersla á forvarnir og þá sérstaklega á þá þætti sem við getum haft bein áhrif á með aðgerðum innan okkar fagsviða. Markmiðið er að stuðla að bættri heilsu og líðan barna og ungmenna í Reykjavík með aðgerðum sem stuðla að bættum lífnaðarháttum á borð við gæði svefns, geðrækt, samveru með foreldrum, nýtingu frístundakorts, áfengisneyslu og nikótínneyslu. Þegar vísarnir eru skoðaðir er ágætt að hafa í huga áhrif Covid á marga af þessum þáttum⁴. Vísarnir voru unnir upp úr gögnum frá Rannsóknun og Greiningu⁵

Vísar	2020	2021	2022	Eining	
Andleg heilsa grunnskólanema - mjög góð (8.-10. b)	28,5	22,9	25,6	%	
Dagleg neysla á rafretum (10.b)	5,8	6,1	6,2	%	
Framhaldsskólanemar sem drekka orkudrykki daglega	44,9		53,4	%	
Framhaldsskólanemar sem reyktu rafrettur 1x eða oftar s.l. 30 daga	16,7		29	%	
Grunnskólanemar sem sofa 7 klst á nóttu eða minna (8.-10.b)	42,5	44	45,5	%	
Grunnskólanemar sem upplifðu sig oft einmana s.l. viku (8.-10.b.)	12,5	12	14,3	%	
Grunnskólanemar sem meta líkamlega heilsu sína mjög góða (8.-10. b)	34,2	30,7	33,7	%	
Hafa notað maríjúana 1x eða oftar á ævi (8.-10.b)	4,3	4,3	4,6	%	
Hafa notað nikótínþúða 1x eða oftar á ævi (8.-10.b)	10	11,5	9,2	%	
Hafa orðið drukkin sl. 30 daga (10.b)	8	8,8	5,7	%	
Kvíðaeinkenni (8.-10.b.)	2,55	2,8	2,9	0-9	
Nýting frístundakorts	75	75	75	%	
Þátttaka í skipulögðu íþróttastarfi 4x í viku					





Wellbeing Economy Forum

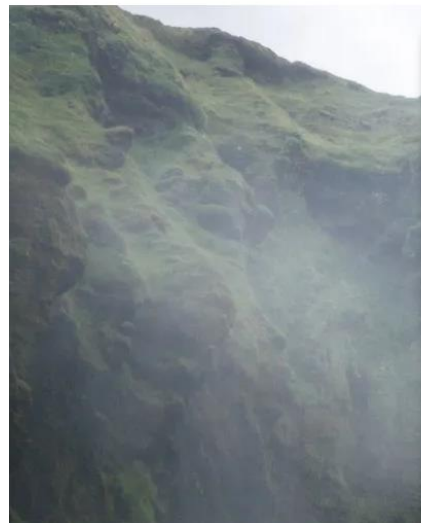
A platform for dialogue, interdisciplinary collaboration and change among politicians, policymakers, business leaders, academics and practitioners worldwide.

Sustainable Wellbeing Economy

Improved quality of life for current and future generations. Fostering longterm sustainability for people and the planet.



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[Preliminary Agenda](#)



June 11-12th 2024

WELLBEING ECONOMY FORUM IN ICELAND

The second Wellbeing Economy Forum, hosted by the Prime Minister of Iceland, Bjarni Benediktsson, and the Minister of Health, Willum Þór Þórsson, will take place in Iceland from 11-12 June 2024. Located in Harpa, Reykjavík's spectacular conference and concert hall, downtown Reykjavík.

