

## Healthy Boost

Urban Labs for Better Health for All in the Baltic Sea Region, 2021

### Evaluate the capacity for cross-sectoral cooperation in your city

**The city** can shape cooperation where partners from different sectors and fields produce a broader view on the promotion of residents' health and wellbeing, which is the duty of all city administrative fields (as health and wellbeing, urban planning, transport, education, social care, sport, culture). This self-assessment focuses on how the professionals in your city works across sectoral boundaries to promote health and wellbeing of the residents.

**Cross-sectoral cooperation** is a collaborative effort in which partners from different sectors (public, private, and non-profit) pool their resources to address health and well-being problems and provide joint solutions to promote health and wellbeing.

**For whom:** The self-assessment tool is intended for all professionals, such as managers, leaders, experts, civil servants and practitioners, from different sectors of cities.

**How to use this tool:** It takes around 5 minutes to complete the electronic evaluation form. Once you have submitted the form, you can view the results in digital form on Healthy Boost platform anonymously. The feedback report summarizes your results and provides a detailed, statement-based description of your city's capacity for cross-sectoral cooperation based on your assessment. The report also outlines the steps you could take in your city to improve cross-sectoral cooperation.

Identifying the strengths and weaknesses in cooperation in your city can help and boost to build capacity for cross-sectoral cooperation, which is the current strategy for the future sustainable urban development. This self-assessment (SA) provides a tool for the cities to:

- Assess the current commitment to cross-sectoral cooperation in your city
- Highlight the strengths and obstacles to active multidisciplinary cooperation
- Monitor change by making a follow-up self-assessment later
- Make comparisons, benchmarking with other cities and countries

The assessment by each of you is important and valuable in building cooperation across sectoral borders. Here you have a link to start: [Healthy Boost Self-Assessment](#).

In the feedback, you will also find comparative benchmarking information related to your assessment, both according to all assessments made in your city and country, and in relation to all assessments altogether made in other cities and countries. You can also send this link to your colleagues in your own city or in other cities to increase the possibility for benchmarking.

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