



# Subjective well-being survey - for residents of the North Savo region

## Dear resident of North Savo,

Share your personal experience of your everyday well-being by answering the experiential well-being survey by 15 November 2024

Answering the survey is voluntary and the answers are treated confidentially. It takes about 15 minutes to answer. You can answer the survey in Finnish, English, Ukrainian or Russian.

The survey provides important information about the well-being experienced by the residents of the area. The information is used as part of the extensive welfare report and plan of the Wellbeing services county of North Savo and the municipalities <https://www.hyvinvointikertomus.fi>

Among those who answered the survey, three gift cards worth 50e will be drawn for the welfare services of the municipality (the respondent can choose which municipality). Participation in the draw is voluntary. The questionnaire and the contact information submitted for the lottery are separate surveys and the information is processed separately. The winners of the draw will be notified personally.

More information: HYTE (health and wellbeing) and participation manager, Säte Rytönen, North Savo HYTE and participation unit  
sade.rytkonen(at)pshyvinvointalue.fi, telephone +35844 717 6370

The information collected in the survey is processed in accordance with the privacy statement of the Wellbeing services county of North Savo. The survey data is stored for the necessary time series reviews in SurveyPal's feedback system for 10 years.

[Privacy notice of Subjective well-being survey](#)

[Privacy policy of SurveyPal](#)

I have read the privacy statement and I accept that the information generated in this survey can be used for the purposes mentioned in the privacy statement\*

Yes

# Subjective well-being survey: Your personal experience of everyday well-being

## Background information

Gender\*

- Man
- Women
- Other gender

How old are you?\*

- Under 18-years old
- 18-24 years old
- 25-29 years old
- 30-34 years old
- 35-44 years old
- 45-54 years old
- 55-64 years old
- 65-74 years old
- 75-years old or older

Which of the following groups do you currently belong to?\*

- Student
- Pensioner
- Unemployed
- Employed
- Entrepreneur
- Farmer
- Other?

How do you live?\*

- Alone
- Couple with common-law or married partner
- With a child / children
- With common-law or married spouse and child(ren)
- With parent(s)
- I live together in a group format, e.g. shared apartment/roommate
- Something else

In which municipality of North Savo do you live?\*

- Ilisalmi
- Joroinen
- Kaavi
- Keitele
- Kiuruvesi
- Kuopio
- Lapinlahti
- Leppävirta
- Pielavesi
- Rautalampi
- Rautavaara
- Siilinjärvi
- Sonkajärvi
- Suonenjoki
- Tervo
- Tuusniemi
- Varkaus
- Vesanto
- Vieremä
- I does not live in North Savo



Where do you live in the Siilinjärvi zip code area?

- 70900
- 70910
- 70940
- 71800
- 71820
- 71840
- 71850
- 71870
- 71890
- My postal code is not in the list

Where do you live in the Kuopio zip code area?

- 70100
- 70101
- 70110
- 70111
- 70150
- 70151
- 70200
- 70201
- 70210
- 70211
- 70240
- 70260
- 70280
- 70300
- 70310

70340

70400

70401

70420

70421

70460

70461

70500

70501

70600

70601

70620

70621

70700

70701

70780

70781

70800

70801

70820

70821

70840

70870

71130

71150

71160

71310

71330

71360

71380

71480



- 
- 71490
- 71520
- 71570
- 71610
- 71650
- 71660
- 71670
- 71680
- 71690
- 71720
- 71730
- 71740
- 71745
- 71750
- 71760
- 71775
- 71950
- 72100
- 72140
- 72490
- 73300
- 73310
- 73320
- 73350
- 73360
- 73410
- 73460
- 73470
- 73500
- 73710

- 
- 73730
  - 73770
  - 73810
  - 73830
  - My postal code is not in the list

Where do you live in the  
Sonkajärvi zip code area?

- 74300
- 74340
- 74345
- 74360
- 74380
- 74390
- 74490
- My postal code is not in the list

Where do you live in the  
Kiuruvesi zip code area?

- 74610
- 74630
- 74640
- 74670
- 74680
- 74700
- 74701
- 74720
- 74740
- 74770
- 74840
- 74940
- 74980
- My postal code is not in the list

Where do you live in the Iisalmi zip code area?

- 74100
- 74101
- 74102
- 74120
- 74121
- 74130
- 74140
- 74150
- 74160
- 74170
- 74420
- 74510
- 74520
- 74540
- 74550
- 74590
- 74595
- My postal code is not in the list

Where do you live in the Suonenjoki zip code area?

- 77600
- 77601
- 77630
- 77690
- 77800
- My postal code is not in the list

Where do you live in the Vieremä zip code area?

- 74200
- 74230
- 74240
- 74250
- 74270
- My postal code is not in the list

Where do you live in the Tuusniemi zip code area?

- 71170
- 71200
- 71201
- 71210
- 71240
- 71260
- 71280
- My postal code is not in the list

Where do you live in the Keitele zip code area?

- 72600
- 72601
- 72630
- 72930
- 72950
- 72980
- My postal code is not in the list

Where do you live in the Vesanto zip code area?

72300

72310

72330

72350

72360

72380

My postal code is not in the list

Where do you live in the Varkaus zip code area?

78200

78201

78202

78210

78250

78300

78310

78400

78500

78610

78710

78850

78870

78900

79480

79520

My postal code is not in the list

Where do you live in the  
Lapinlahti zip code area?

- 71910
- 71920
- 71960
- 73100
- 73101
- 73110
- 73120
- 73200
- 73230
- 73250
- 74470
- My postal code is not in the list



Where do you live in the  
Leppävirta zip code area?

- 71460
- 71470
- 78480
- 79100
- 79101
- 79130
- 79140
- 79150
- 79160
- 79180
- 79190
- 79230
- 79255
- 79265
- 79330
- 79350
- 79410
- My postal code is not in the list

Where do you live in the  
Rautavaara zip code area?

- 73850
- 73860
- 73900
- 73901
- 73970
- 73990
- 75680
- My postal code is not in the list

Where do you live in the Tervo  
zip code area?

- 71640
- 72210
- 72211
- 72220
- My postal code is not in the list

Where do you live in the  
Rautalampi zip code area?

- 77700
- 77770
- 77910
- 77930
- 77960
- My postal code is not in the list

Where do you live in the Pielavesi zip code area?

- 72400
- 72401
- 72430
- 72510
- 72530
- 72550
- 72570
- 72710
- 72740
- 72810
- 72840
- My postal code is not in the list

Where do you live in the Kaavi zip code area?

- 73600
- 73601
- 73620
- 73640
- 73645
- 73670
- My postal code is not in the list

Where do you live in the  
Joroinen zip code area?

- 77460
- 77480
- 78880
- 79600
- 79601
- 79620
- 79630
- 79660
- 79680
- 79690
- My postal code is not in the list

You answered the previous question that your zip code was not  
found in the list, please enter here which zip code area you live in?

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# Experience with factors affecting well-being

Reflect on your own well-being experience **as widely as possible**, taking into account e.g. your quality of life, the opportunity to influence and participate, health, safety, housing and living environment factors, free time, municipality or services of wellbeing services county and studies/work and livelihood.

**What has STRENGTHENED your well-being the most in the past year?**

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**What has WEAKENED your well-being the most in the last year?**

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## Life situation



Do you feel lonely?

- never
- very rarely
- sometimes
- quite often
- continually

## Local social wellbeing

Answer the following questions by selecting the most suitable alternative on each row.

## How much/often...

Never

Very often

0 1 2 3 4 5 6 7 8 9 10

Do you visit the library or go to concerts or other similar places? \*

Do you do things you find meaningful? \*

Do you take care of your health? \*

Can you spend time with people you enjoy? \*

Can you enjoy nature in your area of residence? \*

Do you trust the political decision-makers in your home town / region? \*

Do you feel like you can impact things in your home town / region? \*

Will your home region offer you possibilities for a good life in the future? \*

To what extent have you experienced discrimination in the past year? (Discrimination refers to situations in which you think you have been placed in a less favorable position than others) \*

- I'm not at all
- A few times a year
- Occasionally (monthly)
- Often (weekly or daily)



Referring to the previous question, if you experienced discrimination, what were the basis of the discrimination in your experience?

- origin
- trade union activities
- social status
- age
- citizenship
- language
- education
- my opinions
- family relations
- political action
- factors related to gender and sexuality
- health
- religion
- conviction
- disability
- Other?

## How satisfied...

Not at all

Very satisfied

0 1 2 3 4 5 6 7 8 9 10

Are you with the man-made environment in your neighbourhood (buildings, streets, parks etc.)? \*

Are you with the proximity of (access to) every-day services (shop, post office, bank)? \*

Are you with the safety in your neighbourhood? \*

Are you with the treatment you received the last time you used a public service? \*

## Finally

### Finally, what else would you like to say?

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### More information

HYTE and participation manager, Säte Rytönen, email:

sade.rytkonen(at)pshyvinvointialue.fi

THANK YOU FOR YOUR ANSWER!

Do you want to take part in the welfare gift card draw among the survey respondents?

- Yes, thank you (you will be directed to a separate survey to leave your contact information, this information cannot be combined with this survey completed above)
- No thanks, I will not participate in the draw this time