

Estonian Health Foundation Activity Report 2009

The Estonian Health Foundation is a charitable foundation established on May 25, 2007. The mission of the foundation is to develop the health of the Estonian population and to prolong the active period of life.

The year 2009 was a very active one for the Estonian Health Foundation, the turnover of the projects reached 4 million kroons and several important projects were carried out.

Health programmes on ETV

In cooperation with Estonian Public Broadcasting and producer Toomas Lepp, a number of interesting health programmes were made which could be seen every Sunday on ETV. The number of viewers was 40,000–50,000 (for some programmes up to 80,000 viewers). Leading Estonian doctors spoke on different subjects: how to avoid diseases, be healthy and restore health. In addition, advice from experts and other people connected to health was offered. The programme promoted a healthy lifestyle and gave advice on developing and maintaining sporting habits. Some of the programmes are available on Elion DigiTV and on website www.arst.ee in the health programme section.

The Heart Health project

In cooperation with professor Margus Viigimaa, prevention activities related to heart health and awareness of heart diseases and their prevention were developed.

Health discussions

In April 2009, the discussions on the subjects of the health of Estonian people were held together with the Hippokrates journal at the Library of Medicine. Evelin Ilves also collaborated. Overweight and its avoidance were the topics.

October 2009 – Competition for ideas **How to Improve the Health of the People of Estonia?** The prizes were awarded to Mai-Liis Karring, Sirje Salu and Marit Kiljako. Karring's idea was that all settlements should plan light traffic roads that were safe and in good condition so that people would prefer bicycles to cars. Sirje Salu's idea concerned regular health examinations that would provide the people who have undergone the examination with a discount price or free ticket to a swimming pool or gym. Marit Kiljako suggested national men's health day that would encourage men to see the doctor and discover health problems as early as possible

Modern means of communication

In cooperation with RIA (Estonian Informatics Centre), the project "Improving the level of knowledge and skills of the use of e-environment services of medical staff" was carried out with the aim of teaching doctors and nurses how to use general e-services, strong authentication methods (ID card and mobile ID) and digital signature. Plans are made to simplify finding information about medicines on the Internet to help people understand the labyrinth of complex names.

Television for the health of the young

The project supported by the European Youth Estonian Agency made two TV programmes and podcasts to the Youtube Internet environment with the help of the young who talked about sexual life and problems. The programmes had 60,000 viewers. The podcasts are still available on Youtube.

October 2009 – in cooperation with the Estonian Cancer Society, the charity concert "All You need is love" was held in the concert hall of the Estonian National Opera.

In cooperation with the Estonian Cancer Society, the non-profit concert "All You Need is Love" was organised last year, the profit of which was used for breast cancer prevention activities. Maarja-Liis Ilus, Ivo Linna, Kaire Vilgats, Kristjan Kasearu, the winner of Estonian Eurovision song contest, young and talented singer Sandra Nurmsalu, the Siim Aimla band and Otsakooli Bigband performed in the concert that was based on the creation of the Beatles. The fact that breast cancer is a serious problem in Estonia is visible in the number of new diagnoses: about 650 new cases every year, whereas increasingly younger women are becoming ill. The Estonian President, several ministers and representatives of foreign embassies took part in the non-profit concert.

Elections of the Doctor of the Year 2009

Elections of the Doctor of the Year is a process with long traditions. This year the title was elected for the eighth time. In 2009, the honourable title was earned by dr. Rein Vilu. Previous Doctors of the Year have been family doctor Dr. Urve Prits, paediatrician Dr. Priit Reedik, ambulance doctor Dr. Tiina Metsar, orthopedist Dr. Vello Linnamäe, cardiologist Dr. Ilja Lapidus, Dr. Sven Lindström and gynaecologist Dr. Aivar Ehrenberg. You could vote for your favourite doctor in the portal www.arst.ee.

2 contracts for services were issued during the reporting period of 2009 with the total salary of 226,088 kroons. Payments to the members of the management board under employment contract constituted 9,000 kroons, no wages were paid to the members of the council.

During the year 2009, there were no employees in the foundation.

Proportions	2009	2008
Profit increase	4971%	135%
Current ratio of short-term obligations	5	21
ROA	76%	36%
ROE	95%	37%

Profit increase (%) = (net profit 2009 – net profit 2008) / net profit 2008 * 100

Current ratio of short-term obligations (times) = floating assets / short-time obligations

ROA (%) = net profit/ total of assets * 100

ROE (%) = net profit/ total of net assets * 100

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