

HELSINKI REGION TRENDS

2010

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ARTICLE

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Projection of foreign-language residents in the Helsinki Region 2010–2030

Current review of development in the region 3.5.2010



Good to live in Helsinki

Helsinki has recently scored sixth in The Economist Intelligence Unit's Liveability Ranking (part of the Worldwide Cost of Living Survey 2010), which compares living conditions in 140 major cities. Helsinki was the only Scandinavian city to make the top ten.

According to the study 2009, the best place to live was Vancouver in Canada and the second best Vienna in Austria. The top ten included three Canadian and three Australian cities, two Swiss cities, plus Vienna and Helsinki. In 2010 four Australian cities and Auchland belong to the top ten.

Among European cities, Helsinki ranked second after Vienna, with Geneva in third and Zurich in fourth place. Stockholm ranked 5th, Copenhagen 9th, Oslo 11th and Reykjavik 20th among European cities.

The ranking of the cities is based on both quantitative and qualitative liveability criteria relating to five themes: stability of local conditions, health care, culture and environment, education, and infrastructure. Each city scored between 1 and 100 points. The winner Vancouver reached 98.0 points, Helsinki 96.2, Stockholm 95.0, Copenhagen 94.4 and Oslo 93.4 points.

ENVIRONMENT

Best city water in the world

In Helsinki and its neighbouring cities, residents drink probably the best city water in the world. The mains water running from everyone's kitchen tap is very fresh and clean. And ecological: it is not packed into plastic, it does not have to be transported to the shop nor home - nor be chilled in a fridge. Just let it run into your glass and enjoy it!

This first-class water comes from the large and deep lake of Päijänne through a 120 km tunnel inaugurated in 1982. The water intake is at a depth of 26 meters, and thanks to this depth and the fact that quantities are large and pass underground, the water stays between 2 and 11 degrees Celsius depending on the season.

Water is an abundant resource in Finland, and compared with other Europeans, Finns consume exceptionally little bottled water. In return, the average resident of the Helsinki Metropolitan Area consumes no less than 160 litres of water daily, 68 of which for personal hygiene.

This year, a hundred years have elapsed since the first waste water purification plant was established in Helsinki. Today's waste water purification efficiently reduces nutrients, i.e. primarily nitrogen and phosphorus, from the purified water let out into the Baltic Sea.

One of the cleanest metropolitan areas in Europe

The Helsinki Metropolitan Area is one of the cleanest metropolitan areas in Europe in terms of air quality. Over the past decades, progress has been made in air quality management and concentrations of sulphur dioxide, carbon monoxide and lead. Concentrations of other impurities have remained nearly unchanged or increased only slightly although the number of inhabitants, traffic volumes and energy production have increased substantially.

HSY (Helsinki Region Environmental Services Authority) is a regional authority providing environmental services for residents and companies in the Helsinki area. The principal duties include water and waste management as well as providing regional information services.

HSY is one of the most prominent environmental actors in Finland. It brings together the waterworks of Espoo, Helsinki, Kauniainen and Vantaa as well as the waste management services and the regional and environmental information services provided by the Helsinki Region Environmental Services Authority (HSY).



HSY Helsinki Region Environmental Services Authority

Air quality in the Helsinki Region



Source: HSY Helsinki Region Environmental Services Authority

HSY monitors and informs the public on air quality

HSY continuously monitors the air quality in the Helsinki area. For this purpose, it has 11 monitoring stations, 7 of which are stable and 4 are mobile changing location every year. The stations lie in different kinds of places, which gives a varied picture of the air quality in the city region.

Air quality is assessed using measurements, modelling and bio indicators. Up-to-date information on air quality is available on the web map and also by mobile phone at mobi.hsy.fi.

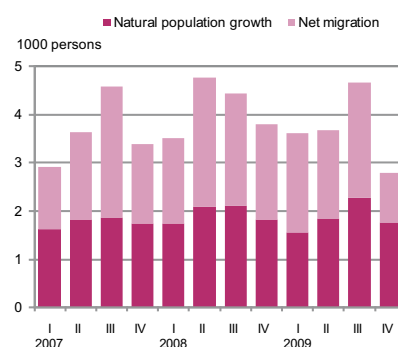
Based on the air quality index, the concentrations of different pollutants are divided into five categories, from good to very poor. The air quality index is a simplified way of illustrating real-time (hour by hour) air quality. The index is based on health impacts and limits and guidelines for air quality.

Climate strategy

HSY Helsinki Region Environmental Services Authority is working to mitigate climate change in order to achieve the jointly approved objectives of the Helsinki Metropolitan Area climate strategy to the year 2030. This work focuses on promoting and monitoring implementation of the strategy, and reporting on the progress of jointly approved measures.

HSY calculates and reports on greenhouse gas emission trends in the Helsinki Metropolitan Area. It publishes a biannual review of the best examples of the climate work in the region. HSY is also preparing an adaptation strategy for climate change in the whole region.

Population change in the Helsinki Region



Source: Statistics Finland, Population Statistics

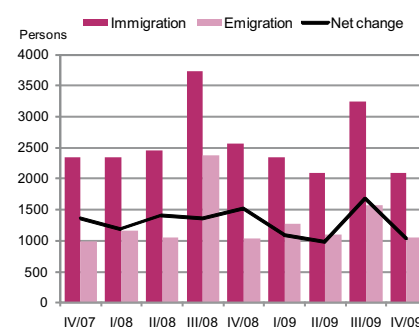
POPULATION

The population grew due to migration gain

At year end 2009, the Helsinki Region had 1,334,810 inhabitants, including 244,220 in Espoo, 197,470 in Vantaa, and a total of 301,430 in the outer municipalities. In 2009, the population of the region grew by 14,700 people, continuing a two-year trend. Population growth is now considerably faster than in the early 2000s.

In Helsinki proper, the population grew by 6,400, of which almost three-quarters due to migration gain. Espoo's population grew by 2,700 last year. Unlike Helsinki, Espoo's increase consisted mainly (four-fifths) of natural population growth. Vantaa's population growth last year amounted to 2,200, also mainly (three-quarters) from natural growth. In the outer municipalities of the Helsinki Region, population growth amounted to a total of 3,400, almost equally caused by natural growth and migration gain (the latter 46 per cent).

Net international migration in the Helsinki Region



Source: Statistics Finland, Population Statistics

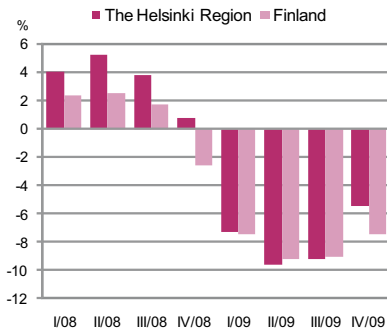
REGIONAL ECONOMY

Slower decline in production

The economic recession continued in the Helsinki Region and Finland throughout 2009. Preliminary data suggest that in the last quarter, production had declined from last year's corresponding figure by 5.5 per cent in the Helsinki Region and roughly 7.5 per cent in Finland as a whole. However, this decline slowed down compared with earlier 2009 quarters. Over the whole year, production in the Helsinki Region fell by 8 per cent, roughly as much as in the whole country. This set the Helsinki Region back to the level in 2007, but still 6 per cent higher than in 2005. In Finland as a whole, production last year was just one per cent higher than in 2005.

Total production volume

Change (%) since previous year

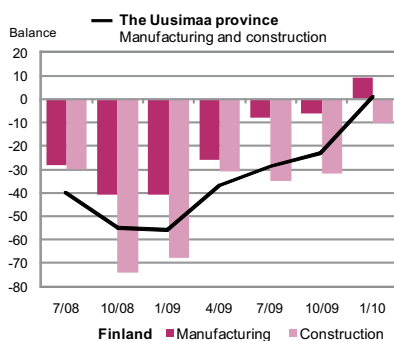


Source: Statistics Finland and Kaupunkitutkimus TA Oy

Slightly brighter views

According to a January 2009 economic barometer survey of the Confederation of Finnish Industries EK, economic prospects for the next few months are turning brighter again. Yet, despite slight recovery in late 2009 in some industries, the situation of Finnish companies is still notably weak. Manufacturing received slightly more new orders than in 2008, but order books are very thin and production runs at reduced capacity. Construction, too, is looking towards brighter times, although no significant reactivation is immediately expected due to season factors.

Business outlook of manufacturing and construction



Source: Confederation of Finnish Industries, EK, Business Tendency Survey

Manufacturing and construction

The situation of manufacturing and construction companies in the **Uusimaa province around Helsinki** stayed weak in late 2009. But the last few months have brought brighter prospects: whereas in October 2009 the expectation score was down at -23, it was +1 in January 2010. This is slightly better than the average for these companies in the whole country. In January, 79 per cent of companies expected business to remain at present level, 11 per cent believed in a rise, and 10 per cent feared a decline.

In January 2010, only 51 per cent of companies in this field ran at full capacity, the rest running at reduced capacity. Order books at large were emptier than usual. Over the last few months, production has remained unchanged on average, but lower than a year ago. A slight production fall is expected for early 2010. The numbers of people employed in these businesses is also expected to have fallen during the first few months of 2010.

In **Finland** overall, manufacturing companies still describe their present situation as very weak, but expect prospects to brighten somewhat in the first half of 2010.

The expectations of most branches of manufacturing are prudently optimistic. Production is expected to grow moderately and the fall in profitability to come to an end. However, staff would keep on decreasing. The expectation score was +9 in the January 2010 survey, as compared with -6 in October 2009.

Services

The economic situation of service companies in **the Uusimaa province** remained weak in late 2009, and expectations for the next few months were prudent. The expectation score was 0 in January, comparing with 6 in October.

In the country at large, the prospects of service industries have brightened slightly, but there is considerable variation between different kinds of services. Anyhow, optimism has grown clearly in, for example, finance and in ICT services. In trade and in hotels and restaurants, expectations are as yet low. The expectation score was -1 in January, (-5 in October). Expectations for the next few months are stable, and business is expected to remain at present level.

Consumers believe in a brighter future

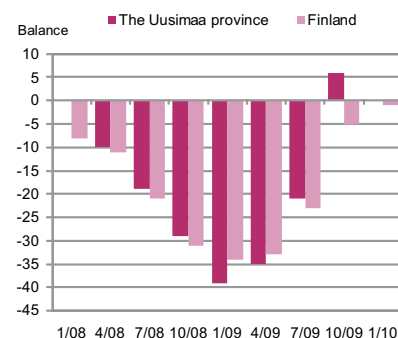
After almost a year of pessimism, consumers' confidence in a brighter future returned to normal in September. Another return back to normal was that consumers in Helsinki Metropolitan Area were more confident than other Finnish consumers. February 2009 had seen the most pessimistic consumers with regard to the economic situation one year ahead. Expectation scores in January were 17.6 in the metropolitan area and 14.5 in Finland overall. As a rule, consumer expectations have correlated well with the way things have eventually turned out.

Strong belief in one's own economy and in favourable development

Throughout the present recession, consumers have believed in a favourable trend for their own economy. The micro indicator (assessment of your own situation and possibilities to make savings) reading in January 2010 was 31.8. Every fifth consumer in the Helsinki Metropolitan Area expected their own economic situation to be better one year ahead. Three consumers in five expect it to remain unchanged. These views are, on the whole, shared by consumers in the rest of Finland, too.

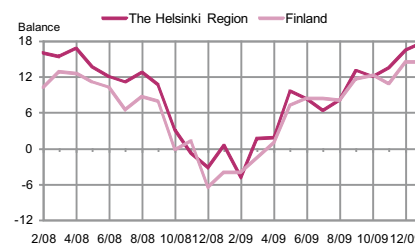
Consumer confidence in the economic future of the whole country has improved. At the interview in January 2010, three consumers in five in the Helsinki Metropolitan Area believed Finland's economic situation would be better a year from then. One-quarter believed it would remain unchanged. Views were slightly more pessimistic in the country as a whole, with only 28 per cent believing things would stay the same, and even fewer than in the metropolitan area believing in an improvement.

Business outlook of service sector



Source: Confederation of Finnish Industries, EK, Business Tendency Survey

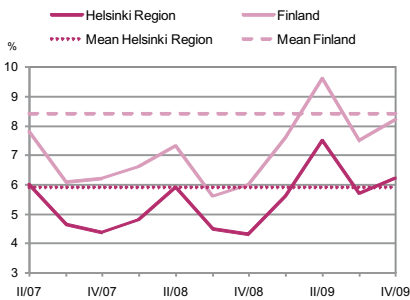
Consumer confidence indicator



Source: Confederation of Finnish Industries, EK, Business Tendency Survey

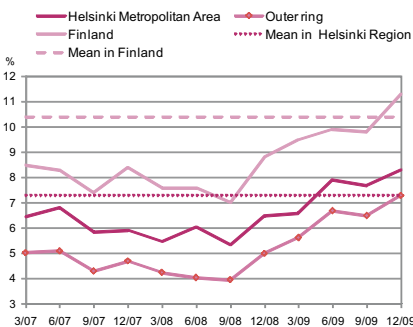
LABOUR MARKET

Rate of unemployed in the Helsinki Region and in Finland Mean (I/00-IV/09)



Source: Statistics Finland, Labour Force Survey

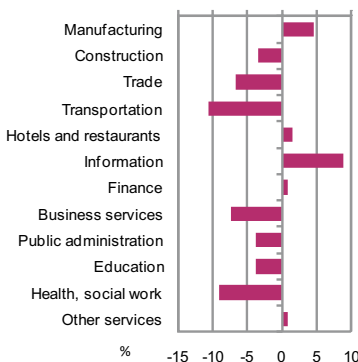
Rate of unemployed in the Helsinki Metropolitan Area, in the Outer Ring and in Finland Mean (3/00-12/09)



Source: Ministry of Employment and the Economy, The Employment service statistics

Development within industries in the Helsinki Region

Change (%) in the employed labour force since previous year



Source: Statistics Finland, Labour Survey

Growing unemployment

According to a sample survey made by Statistics Finland on the last quarter of 2009, the rate of unemployment was 6.2 per cent in the Helsinki Region. This meant an increase of 1.9 percentage points. The long term quarter-annum average in the 00s was 5.9 per cent. In Finland as a whole, the unemployed made up 8.2 of the labour force, which was 2.2 percentage points more than a year earlier. In Finland overall, the unemployment rate was 8.4 per cent in a long perspective.

Men have a higher rate of unemployment than women, although female unemployment rose by one percentage point between the third and the fourth quarter in 2009 (comparing with a simultaneous rise of 0.2 pp among men). The unemployment rate in the Helsinki Region in the last quarter of 2009 was 5.5 per cent among women and 6.9 among men.

Labour agency data indicate a 7.3 per cent rate of unemployment in the outer Helsinki Region at year-end 2009. In the inner part of the region, i.e. the Helsinki Metropolitan Area, it was 8.3 per cent, i.e. 2.3 percentage points higher than a year earlier. In Finland as a whole, the rate of unemployment was 11.3 per cent, i.e. 2.5 percentage points higher than a year earlier.

Falling numbers of employed in logistics

The employed labour force decreased in, especially, the transports sector (including storage), where the decrease was just over 10 per cent. In October–December, 46,100 people in the region worked in this sector, i.e. 5,500 less than a year earlier. In health care and social welfare, the employed labour force decreased by 9 per cent. 89,600 people worked in those sectors during the last quarter of 2009. In Finland overall, those at work in, above all, manufacturing and construction decreased.

The employed labour force grew in some sectors in the Helsinki Region, most of all in the information and ICT sector with a 9 per cent increase. This sector employed 53,400 people in the region. In the country as a whole, the employed labour force of "miscellaneous services" grew by almost five per cent. This statistical category includes for example personal services, repair of computers and household goods, and households employing cleaners or similar service providers.

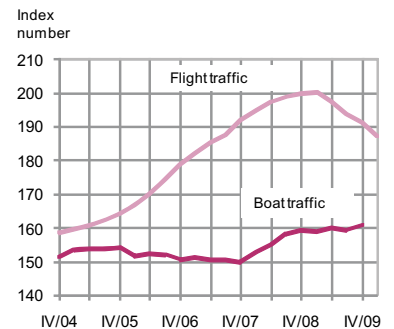
TRANSPORT

Less passengers in air traffic, slightly more in sea traffic

In 2009, Helsinki–Vantaa Airport had 12.5 million passengers, which were 865,000 less (6 per cent) than in 2008. October–December had just barely three million - almost a quarter of a million less than a year earlier.

The number of overseas passengers in the harbours of Helsinki amounted to slightly over 2 million in October–December 2009. This was roughly 5 per cent more than a year earlier. The aggregate number of overseas passengers in 2009 was 9.7 million, roughly as many as in 2008.

Number of passengers in Helsinki–Vantaa Airport and in Helsinki harbours Seasonally adjusted index (I/1993=100)



Source: Finavia and Port of Helsinki

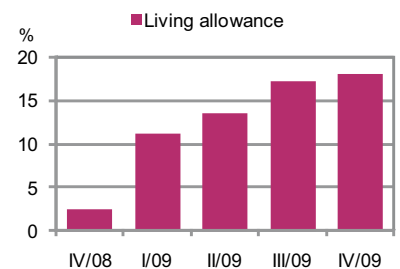
WELLBEING

Income benefit and housing benefit recipients still increasing

The average monthly number of income benefit recipients in the Helsinki Metropolitan Area (i.e. the inner Helsinki Region) in the last quarter of 2009 was 49,800, i.e. 7,600 more than a year earlier. Of all recipients in the Metropolitan Area, 65 per cent lived in Helsinki, i.e. 32,500 people. Vantaa's share was 9,200 and Espoo's just over 8,000. The increase since a year earlier had been 19 per cent in Helsinki, 17 per cent in Vantaa and 15 per cent in Espoo. The average monthly rate of income benefit recipients in the population in the last quarter of 2009 was 5 per cent in Helsinki and 4 per cent in Espoo and Vantaa.

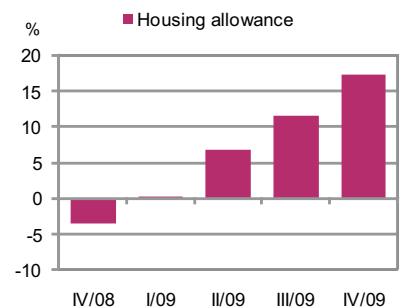
The number of housing benefit recipients grew at the same rate as that of income benefit recipients, and by the last quarter of 2009, it had grown by slightly over 17 per cent in one year's time. This growth was equally fast in the three large municipalities, with the little enclave of Kauniainen making up the only exception. At year-end 2009, a total of 38,200 people received the housing benefit in the Helsinki Metropolitan Area. The proportion of households receiving the benefit is 8 per cent in Helsinki and Vantaa, 6 per cent in Espoo, and 3 per cent in Kauniainen.

Number of recipients of living allowance Change (%) since previous year



Source: Helsinki, Espoo and Vantaa

Number of recipients of housing allowance Change (%) since previous year



Source: Kela- The Social Insurance Institution of Finland

Projection of foreign-language residents in the Helsinki Region 2010–2030

According to the basic alternative of a population forecast for the Helsinki Region made in 2009, the population of the region will have grown from 1.32 million today to 1.6 million by 2030. Today, those residents with some other mother tongue than the domestic ones in Finland (Finnish, Swedish and Saame) amount to 100,000 in the region, but they are forecast to reach 245,000 by 2030.

The Helsinki Region is home to roughly 25 per cent of Finland's population and to 49 % of foreign nationals living in Finland (in the Helsinki Region amounting to 69,500 at the turn of the years 2008/2009). Of all those in Finland with a foreign mother tongue, 52 per cent (99 100 people) lived in the region. In the year 2000, their number was 49,000, which means they have doubled in ten years.

Africans and South Asians, in particular, are concentrated in the Helsinki Region. Of Finland's sixth largest language group, the Somali, 84 % live in the Helsinki Region, and of the South Asian language groups, 75 % do.

In 2005–2008, three-quarters of the Helsinki Region's migration gain consisted of people from abroad with a foreign mother tongue. And of the migration gain from other parts of Finland, half had a foreign mother tongue. Thus 90 % of the gain those years consisted of people with a foreign mother tongue.

The mother tongue was chosen as the basic criterion in the projection because it characterises the background and culture of a resident also after citizenship is received. And in the organising of public services, too, people's language is an important factor. Moreover, the data needed for the projection largely includes mother tongue data as well.

Mother tongues of foreign-background residents in the municipalities of the Helsinki Region

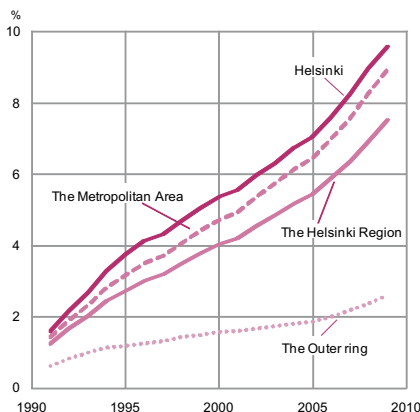
At the turn of the years 2008/2009, those with a foreign mother tongue made up 8 % of the population of the Helsinki Region. These people mainly live in the inner part of the region, i.e. the Helsinki Metropolitan Area. In the outer zone, they make up just 3 % .

In the projection, those with a foreign mother tongue were divided into eight language groups, namely

- 1 Baltic state languages
- 2 Russian and other former Soviet Union languages than the Baltic ones
- 3 Western European languages
- 4 Eastern European languages
- 5 Middle East and North African languages
- 6 Other African languages (incl. Somali)
- 7 Other Asian languages
- 8 Other language or mother tongue unknown

The biggest group of foreign-language residents in the Helsinki Region are the Russian etc. speakers (22 %). This proportion has fallen somewhat, as has that of Western European languages, whilst at the same time Baltic state and Asian languages have grown. The Middle-East and African lan-

Figure 1. Percentage of residents with some other mother tongue than Finnish, Swedish or Saame on 1 Jan. 1991–2009



guages together account for 24 %. The Western European language group also includes people born in North or South America or in Oceania.

There are differences between municipalities. In Helsinki and, especially, in Vantaa, Russian speakers are clearly the largest foreign language group - one-quarter of those with a foreign mother tongue. In Espoo, other Asians are the largest group, with Russian speakers down at 16 per cent. Western European language speakers account for 18 % in Helsinki, 17 % in Espoo and 9 % in Vantaa.

In Espoo in the 2000s, those with a Middle East or African mother tongue have increased 2.5-fold, unlike Vantaa where the group of other Africans, especially, has grown more slowly than in the other municipalities of the Helsinki Metropolitan Area.

Age structure of those with a foreign mother tongue

The age structure of those with a foreign mother tongue differs from that of the original population particularly by their clearly smaller proportion of pensioners. Since immigration of the magnitude seen today started only in the early 1990s in Finland, and immigrants are mainly young adults, not very many immigrants have reached the age of retirement. Of all those with a foreign mother tongue, old-age pensioners make up only three per cent. Among the original population 13 % are over 65 years old.

The proportion of children does not differ much, with 22 % of foreigners being under 18 versus 21 among the original population. Yet, differences in age structure are great between language groups (Figure 2). The proportion of children is smaller among those with Russian or some other European mother tongue than among the original population. Those with a Middle East or African mother tongue have twice as many children as the original population.

However, since the Middle East plus African group makes up just one-quarter of those with a foreign mother tongue, and since a great proportion of the children of those with Russian or some other European language are registered as Finnish-speaking, the number of children with a foreign mother tongue has grown only as fast as the foreign-language population, i.e. doubled over the 00s.

In early January 2009, the foreign-mother-tongue population in the region amounted to 100,000 people, i.e. 8 % of the population. This figure is forecast to reach 140,000 by 2015 and 173,000 by 2020. Growth will then continue, resulting in 245,000 foreign-language residents, i.e. 15 % of the population, in 2030.

By 2030, the proportion of foreign-mother-tongue children among under 16 year olds will have reached 16 %, from 8 % today. The projection concerning these children is based on the mother tongue marked in the population register. In bilingual families, for example, this mother tongue can be some other than the language of the mother. The likelihood of inheriting your mother's language varies between language groups. This circumstance was taken into account when the projection was made.

According to the overall projection for the Helsinki Region, the working-age population of the region will grow by 80,000 before 2030, mostly thanks to people with a foreign mother tongue. The number of 18–64 year olds with a foreign mother tongue is forecast to grow by roughly 100,000 from today's 75,000. Among the original population, on the other hand, 18–64 year olds will decrease by 17,000 before 2030, and start to decline already in 2011.

Figure 2. Age structure comparison: Russian or other European, Middle East or African mother tongue vs. original population in Helsinki Region 1 Jan.2009

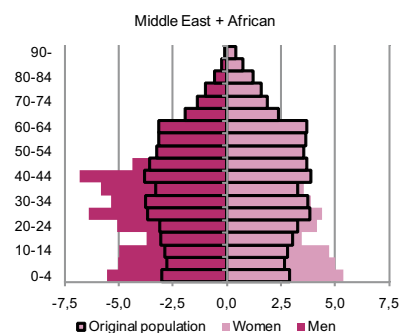
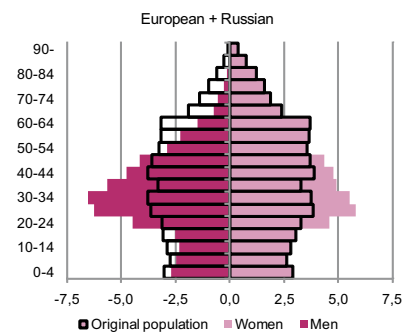


Figure 3. Number and proportion of foreign-mother-tongue residents in various parts of the Helsinki Region on 1 Jan. 2000–2009, and a projection for 2010–2030

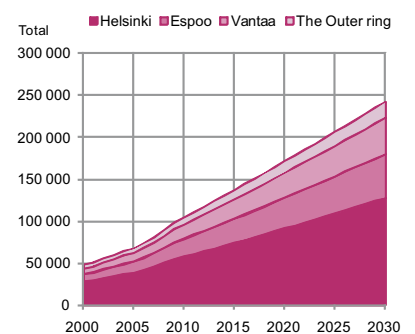
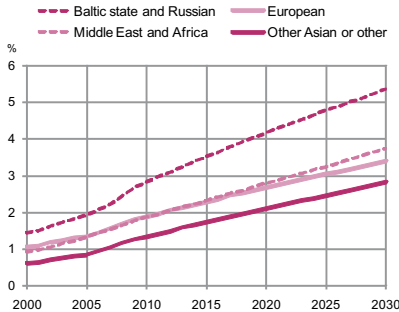


Figure 4. Foreign-language residents by language group on 1 Jan. 2000–2009 and a projection for 2010–2030



Projection by language group

By 2030, the number of residents with Russian as their mother tongue will have reached 50,000 in the region, those with a Baltic state language 36,000, and those with some other European mother tongue 54,000. Those with an African or Middle-East mother tongue will be almost 60,000 and those with some other Asian language over 40,000. Top growth percentages will be 177 % for Baltic-state language speakers, 167 % for other Asian and 163 % for Eastern-Europe language speakers. Those with a Western European language will have the slowest growth proportion, namely 110 %.

Conclusion

In the 2000s, the number of residents with a foreign mother tongue has doubled in the Helsinki Region. At the same time, the original population has grown by only 5 %. By 2030, there will be 2.5 times as many foreign-language residents as today. They will increase by 150,000, i.e. more than the original population does.

Although many factors that the projection is based on may not turn out quite as assumed, the projection gives a fair clue as to what the region's demographic future will look like. This knowledge will be useful when planning and dimensioning public services for, especially, small children and school children. In working life, too, change is going to be notable, because growth in the large 18–64-year age group is strongly based on foreign immigration.

About the projection method

The projection was made using material provided by Statistics Finland including data by municipality, language, gender and age group on population structure, migration, births and deaths in 2000–2008. Projections for eight foreign language groups were made separately, and characteristics of migration, fertility and mortality were computed for each.

The projection for those with a foreign mother tongue is most of all influenced by assumptions on immigration and emigration. For this purpose, statistics from earlier years were used, as well as estimations of the economic and demographic prospects for Finland and the countries in its vicinity. Immigration is also influenced by the foreigner policy of Finland and the European Union, and by global security trends. With these assumptions, the region was calculated to receive a migration gain of 5,000 a year from people with a foreign mother tongue.

The projection was made separately for the municipalities of the inner Helsinki Region, i.e. the Helsinki Metropolitan Area, and the outer Helsinki Region formed by ten surrounding municipalities. An operative application was made for the projection to enable analyses of the population data and, when needed, new projections.

The first projection on residents with a foreign mother tongue was made in 2007 in connection to the PARAS project, with a view better to discern the special features of the Helsinki Region in terms of public services. At that stage, the decision was made to define as foreign-background residents those with a foreign mother tongue (other than Finnish, Swedish or Saame) rather than those with a foreign citizenship. The reason was that immigrants keep their mother tongue although they may change citizenship. Furthermore, for those providing and planning public services, the language of clients is an important factor. And, importantly, data on the mother tongue of residents and immigrants are available in registers.

Info

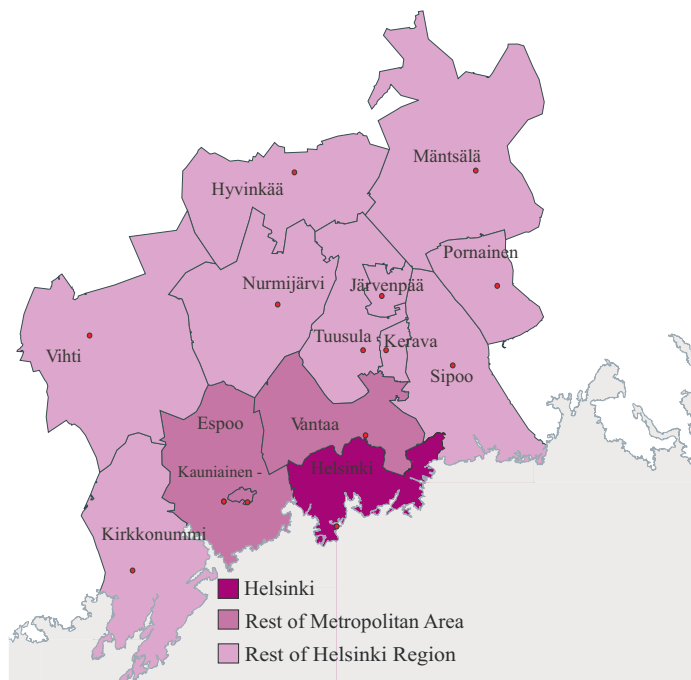
Regions

The Helsinki Metropolitan Area consists of Helsinki, Espoo, Kauniainen and Vantaa.

The outer ring consists of Hyvinkää, Järvenpää, Kerava, Kirkkonummi, Mäntsälä, Nurmijärvi, Pornainen, Sipoo, Tuusula and Vihti.

The Helsinki Region consists of the Helsinki Metropolitan Area and the outer ring.

Uusimaa consists of the Uusimaa Region and the Itä-Uusimaa Region.



Concepts

Output: Finland – Predictor of output by Statistics Finland; Helsinki Region – predictor constructed on the basis of data on net sales and aggregate payrolls by sector. Data for the latest quarter are a forecast estimated by Kaupunkitutkimus TA Oy.

Balance: The balance figures are obtained by deducting the weighted proportion of negative answers from that of positive answers. The balance figures and the confidence indicator can range between –100 and 100. A positive balance figure denotes an optimistic and a negative balance figure a pessimistic view on the economy.

The consumer confidence indicator is the average of the balance figures for four questions concerning the next 12 months: own and Finland's economy, unemployment and households' saving possibilities.

The Labour force survey: The survey follows the recommendations of the International Labour Organisation and the practices required by the Statistical Office of the European Communities. A person is classified as unemployed if he or she is aged 15 or over, does not have a job, has actively sought employment in the past four weeks and would be available for work within two weeks.

The Labour exchange statistics: The statistics are based on legislation, administrative regulations and on a job applicant register. It describes the situation on the last weekday of the month. The figures of the Labour Force Survey and the Labour Exchange statistics differ: the unemployment rates shown by the former are 2–3 percentage points lower.

	Helsinki	Helsinki region	Year
• total area km ²	716	5 395	1.1.2009
• land area km ²	213	3 698	1.1.2009
• population	583 350	1 335 366	1.1.2010
• population density inh./km ² of land area	2 707	357	1.1.2009
• population projection 1.1.2030	662 884	1 591 735	2009
• finnish-speaking	83.8	85.9	1.1.2010
• swedish-speaking	6.0	6.1	1.1.2010
• others	10.2	8.0	1.1.2010
• population (15-year-olds and over) that has attained tertiary education, %	36.3	35.2	2008
• total number of jobs	408 400	738 000	2009
• employment rate, % (15-64 years)	74.8	74.0	2009
• unemployment rate, %	7.6	7.1	2009
• proportion of one-person households, %	49.8	41.9	2008
• proportion of dwellings in blocks of flats, %	85.4	66.8	2008

HELSINKI TRENDS

HELSINKI REGION TRENDS contains current information on short-term trends in the Helsinki Region, covering the economy, population, labour market, housing market, property market, environment and well-being. Helsinki Trends is available in printed format and on the internet at www.hel.fi/seudun_suunnat

Publisher: City of Helsinki Urban Facts
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Translations: Magnus Gräsbeck
City of Helsinki Urban Facts

ISBN 978-952-223-703-3 (printed version)

ISBN 978-952-223-702 (web version)

PUBLISHED JOINTLY BY

HSY
Helsinki Region Environmental
Services Authority

City of Helsinki, Urban Facts

City of Espoo, Research and
Development

City of Vantaa, Information Service

Helsinki Region Chamber of
Commerce

Uusimaa Regional Council

Uusimaa Centre for Economic
Development, Transport and
Environment