

Nurm, Ülla-Karin

Northern Dimension Partnership in Public Health and Social Well-being



Dr. Ülla-Karin Nurm is the Director of the Secretariat of the Northern Dimension Partnership in Public Health and Social-Wellbeing (NDPHS), where she drives collaboration and knowledge exchange to tackle health and social challenges in the region. The NDPHS also serves as the Coordinator for the Policy Area “Health” within the EU Strategy for the Baltic Sea Region (EUSBSR).

A trained medical doctor, Ülla-Karin brings more than twenty years of experience in public health, policy development, and international cooperation. Her professional and academic interests lie in disease prevention, health promotion, behavioral insights, and the design of effective interventions and capacity-building strategies.

She has spearheaded numerous regional and EU-level initiatives, ranging from infectious disease prevention and risk communication to large-scale health promotion programs. She is particularly committed to advancing integrated governance across sectors to achieve health and equity goals. Her current work centers on fostering cross-sectoral and multi-level collaboration to enhance the mental health and well-being of people in communities, promote workplace well-being, and develop models for active and healthy ageing in professional settings.

She works closely with partners and regional stakeholders, bringing a strong commitment to cross-sectoral engagement and community-driven approaches to health and well-being. Her work is guided by a holistic vision that places health, equity, and sustainability at the core and she values the power of networking and mutual learning to drive lasting progress.