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# **Re-application Safe Community**

## Introduction

Injuries due to accidents are one of the major public health problems both in Sweden and in the rest of the world. Apart from human suffering, this also leads to huge social costs, which is why it is in the interest of both individuals and society to work to prevent injuries.

The Municipality of Nacka has a long tradition of working to prevent injuries. When the municipality, together with the South-Eastern Health-Care Region, developed and introduced a joint injury prevention programme in 1993, the work attained an even more prominent position. In the year 2000 the Municipality of Nacka was certified as a Safe Community in accordance with the indicators developed for a Safe Community by the WHO Collaborating Centre for Accident and Injury Prevention. By accepting the award, the Municipality of Nacka has undertaken to have a long-term and systematic perspective on the municipality's work to prevent injuries. In accordance with the indicators formulated by the WHO Collaborating Centre, work on prevention should include all ages, environments and situations, and be based on broad bi-sectoral collaboration. The county council no longer participates actively in the strategic work on preventing injuries in Nacka. This has been compensated for through other collaboration. In addition Nacka supplements the work with statistics from the county council, citizen questionnaires and central registers. In addition, collaboration within research and teaching has been established with the Karolinska Institute.

In order to bring about long-term work on prevention in Nacka, work on prevention has been integrated into regular steering documents and decision-making. One of the Municipality of Nacka's eight overall goals is to be a safe and secure municipality and the work on prevention is incorporated into the regular steering of municipal operations as well as the bi-sectoral work on public health care that is carried out in the municipality.

This is the Municipality of Nacka's re-application to Safe Community; the document reveals how the work on prevention is organized in Nacka today.

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# I            **The Municipality of Nacka**

Nacka is situated south-east of Stockholm and borders on the capital. In the areas closest to Stockholm there used to be heavy industries that gave the Nacka of that period a working class character. Further east, chiefly in Boo and around Baggensfjärden, summer house and recreation areas for different social groups grew up. The municipality is still strongly defined, in part by its proximity to Stockholm's inner city and in part by its large nature areas with forests, a lot of inland lakes and a long coastline. Housing is varied with a mixture of new residential areas and older neighbourhoods that have some elements of newer housing. The municipality as a whole has no real centre and consists instead of four municipal sectors, each with its own character and its own local centre: Sicklaön, Boo, Fisksätra-Saltsjöbaden and Älta.

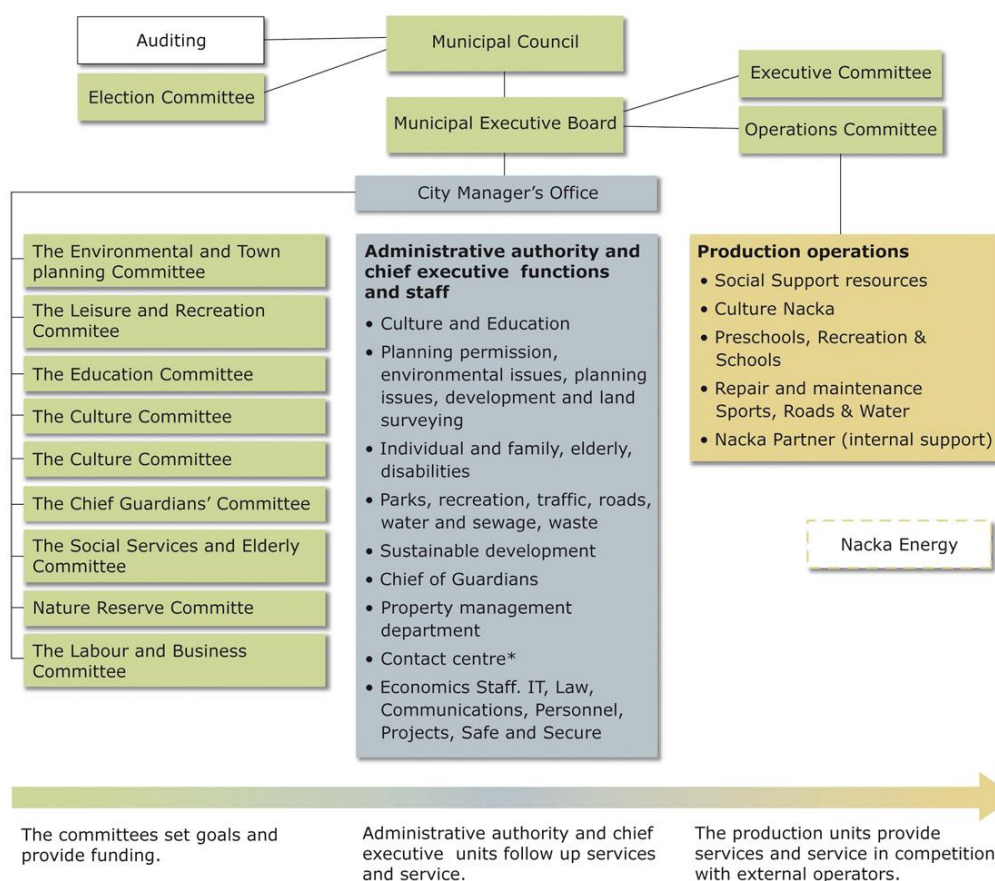
In Nacka the population has a high average income, a high level of education and a large percentage in employment in the age-group 18-64, in comparison to both the county and the nation as a whole. On the other hand there are large differences between the different municipal sectors. Fisksätra is a part of the municipality where the socioeconomic indicators show poorer preconditions for good health in the population. This also applies to figures for ill-health, youth unemployment, education levels, the proportion of residents receiving financial support etc.

Nacka is a part of Greater Stockholm and is one of the municipalities that is growing fastest in the county and in the country as a whole. In September 2010, 89,600 people were resident in Nacka and in 10 years time Nacka is estimated to increase its population by 25,000. Population growth is due in part to a high influx and Nacka also has a large out-migration which means that the population is continuously changing. Nacka's daytime population differs from the night population because of extensive commuting between Nacka and Stockholm. In addition several of the municipality's collaborative partners (other authorities, associations etc) have other catchment areas. Taken together, these factors affect the strategies behind the work on the prevention of injury.

## **I.1            The organisation and management principles of the Municipality of Nacka**

The organization of the Municipality of Nacka is made up of three elements: the political organization, the administrative authority and chief executive organization, and the production organizations. The political organization, i.e. the committees, decides on goals and the allocation of resources. The task of the administrative authority and chief executive organization is to exercise the authoritative functions of the municipality, and also to order, develop and follow up the operations decided on by the committees. The various operational areas consist of preschools and schools, culture and libraries, public works, recreation

and leisure, care of the elderly, and individual and family care. The municipality's internal service is also located here. All operations are open to competition. The three parts of the organization and the relationships between them are illustrated in the overview below.



\* Social services guidance, town planning service, consumer information service, registry, telephone exchange and reception desk and municipal public records.

The Municipality of Nacka's management model is based on the municipality's vision: "Openness and diversity" and the municipality's fundamental value: "Trust and respect for people's knowledge and ability – and their willingness to accept responsibility." The management model consists of management principles and management by objectives and results.

The management principles that apply in Nacka are as follows:

- the separation of funding and production
- competition through customer choice or bidding
- neutrality of competition
- delegate responsibility and power to the lowest efficient level

The Municipality of Nacka's organization is managed by objectives and results. In Nacka there is also a perspective from the outside and inwards that focuses on benefits to customers.

Management by objectives and results in Nacka consists of eight overall objectives, strategic objectives and key ratios, continuous follow-ups and evaluation, as well as a balancing of the books for the council every four months and annually.

The eight overall objectives are as follows:

1. Good municipal service
2. An efficient use of resources
3. Strong citizen influence
4. A great deal of freedom of choice
5. The lowest possible levels of both taxes and those charges that can be affected
6. A balanced municipal economy
7. A good living environment and long-term sustainable development
8. A safe and secure municipality

Two of the overall objectives have a direct bearing on the work on safety and security in the municipality: number seven, “A good living environment and long-term sustainable development” and number eight, “A safe and secure municipality”.

## **2 Indicators for a Safe Community**

In line with the indicators developed by the WHO collaborating centre, Nacka has undertaken to have a long-term and systematic perspective on the municipality’s work on the prevention of injuries. In this document the Municipality of Nacka presents its work on the prevention of injuries with indicators for international Safe Communities as a starting point. The indicators for a Safe Community are:

1. An infrastructure based on partnership and collaborations, governed by a cross-sectional group that is responsible for safety promotion in their community;
2. Long-term, sustainable programs covering both genders and all ages, environments, and situations;
3. Programs that target high-risk groups and environments, and programs that promote safety for vulnerable groups;
4. Programs that document the frequency and causes of injuries;
5. Evaluation measures to assess their programs, processes and the effects of change;
6. Ongoing participation in national and international Safe Communities networks.

## **2.1 An infrastructure based on partnership and collaborations, governed by a cross-sectional group that is responsible for safety promotion in their community**

The cross-sectoral collaboration is integrated into regular operations. The municipal council has adopted eight overall objectives where objective number seven states that Nacka should provide a good living environment for the people who live in and visit the municipality, and stand for long-term sustainable development. Number eight states that Nacka should be a safe and secure municipality. The work on preventing injuries is led in part by various political committees, working parties and groups and in part by various bi-sectoral groups of officials. All units and operations within the municipality are responsible for the work on the prevention of injuries. To support this there are two support staffs directly subordinated to the Municipal Executive Board: the Safe and Secure staff group and the Sustainable Development staff group. There is competence there in the form of security coordinators, a crime prevention strategist, public health planners, alcohol and narcotics prevention personnel and environmental coordinators, as well as various project managers. The task of the staff groups is to provide support for units and operations within the municipality as well as to pursue and coordinate issues that concern safety and security or social and ecological sustainability. The area of responsibility of these staff groups includes pursuing and developing issues that concern Safe Community work in the municipality.

During the 10 years that have passed since Nacka became a Safe Community, Stockholm County Council has phased out the local strategic work on public health. The municipality receives regular reports from Stockholm County Council but otherwise coordination and collaboration between the municipality and the county council now concerns specific target groups rather than an overall strategic plan. In order to supplement the statistics that the municipality receives from the county council, questionnaires and attitude surveys are carried out among residents. Cooperation with the county council also takes place via collaboration between the Municipality of Nacka and the Karolinska Institute where Nacka has participated in courses in various masters programmes.

### **2.1.1 Overall responsibility**

Under the Municipal Executive Board lies the political working party for sustainable development where safety and security are included and where the appropriate local heads participate. The fixed grouping consists of chairpersons of the Municipal Executive Committee, the Environment and Town Planning Committees, the Public Works Committee and Nacka Energy AB. If necessary other committee chairpersons or elected officials can be brought in. For example, the chair of the Social Services and Elderly Committee is invited when public health issues are dealt with.

The Director of Sustainable Development and the municipality's Risk Manager are included in the municipality's Administrative Board. Cross-sectoral collaboration within the municipality is therefore well-integrated in the political leadership and among senior local government officers.

### **2.1.2 Citizen influence**

Citizens are involved in several ways in work on the prevention of injuries in the Municipality of Nacka. In order to create the opportunity for a dialogue with citizens there is a function on the municipal website which can be used to express opinions or report faults and where dangerous environments can also be reported. It is also possible to visit one of the municipal libraries, send e-mail, call or text opinions, or report faults. All cases are registered and then sent to the person responsible.

Young Influence is an annually recurring project where upper secondary school students have the opportunity to participate in an impact programme during the summer as a different kind of holiday work. The young people's perspectives, opinions and viewpoints are seen as a resource for the development of the municipality and the purpose of Young Influence is to improve the opportunities for young people to exercise influence and get involved as well as create new forums for the involvement of young people in municipal issues. The objective is also to create new meeting places and channels for influence, and develop collaboration between young people and officials/politicians. The aim is that young people in the Municipality of Nacka, in accordance with the Municipality of Nacka's fundamental values and article 12 of the Convention on the Rights of the Child, should have access to influence and participation.

In the library in Fisksätra there is a special function that accepts viewpoints and answers questions, based on the needs of residents. This function has been established according to a need expressed by residents in Fisksätra and the purpose is to create a fruitful dialogue between the municipality and Fisksätra residents.

### **2.1.3 Cross-sectoral groups**

In the municipality there are several cross-sectoral groups that work on safety and security issues. The following are some of the most important:

**The Crime Prevention Council:** A large portion of the work of the Crime Prevention Council is to increase safety and security in the Municipality of Nacka. Among other things, safety and security walks are arranged. Virtual safety and security walks have also been developed and are used in the municipality's planning work.

Crime prevention work in Nacka is organized through a central Crime Prevention Council that consists of the municipal commissioner, the opposition commissioner, a number of senior officials and the chairperson of each local Crime Prevention Council. Under the leadership of the central Crime Prevention Council there is a local Crime Prevention Council for each of the four municipal sectors. The local Crime Prevention Councils consist of elected officials, and representatives from the police, real estate companies and community centres. Work in all Crime Prevention Councils is coordinated through the crime prevention strategy of the municipality.

In the Municipality of Nacka there are also several youth Crime Prevention Councils and the purpose of these is to create a platform where young people can air problems related to safety and security as well as receive support from adults active in the local community, who are mandated to deal with these problems. Nacka's youth Crime Prevention Councils should also find ways to take advantage of the commitment and will of young people to act to prevent crime in the local community and reinforce civil responsibility. In addition, young people are trained in crime prevention theories and practice and thus gain an increased insight into the consequences of their actions for themselves and the local environment.

**The Consultation of Chiefs:** A dialogue with neighbouring municipalities Tyresö and Värmdö on safety and security issues takes place during the Consultation of Chiefs. The Police Commissioner in the district of Nacka (which includes Värmdö and Tyresö) convenes the meetings and the chief municipal directors participate along with one other representative from each organization. The focus in the Consultation of Chiefs is primarily on youth-related safety and security issues.

**The Pensioners' Council:** The Pensioners Council is an advisory, coordinating and opinion-shaping body, and also a consultative body with regards to broader issues that affect the situation for pensioners in the municipality. In conjunction with the Pensioners Council, the municipality has arranged information days where information on work on the prevention of injuries among the elderly has played an important part.

**The Public Health Council:** The Municipality of Nacka's Public Health Council deals with public health issues and the prevention of injuries plays an important part. One of the municipality's public health planners convenes the meetings and the regular organization consists of officials from various units within the municipality such as schools, school healthcare, recreation and sports organizations, and the social services.

## **2.2 Long-term, sustainable programmes covering both genders and all ages, environments and situations**

### **2.2.1 Road safety**

The Municipality of Nacka works according to vision zero which means that no person should be killed or severely injured on the roads. Municipal road safety work has several aspects. The municipality should maintain and repair faults and failings in the roads network and also provide municipal residents with information in order to bring about a positive change in the behaviour of road users. The Municipality of Nacka has a continuous dialogue with the National Society for Road Safety, the Swedish Traffic Administration, Stockholm Public Transport, the police and neighbouring municipalities in order to coordinate road safety work. On the Municipality of Nacka's website there are road safety tips aimed at residents, with information on how road users and passengers can, in various ways, contribute to safer roads. There is also information on vegetation that impairs road safety (such as high hedges) and information on where residents can go to register their viewpoints or offer suggestions.

Reducing dependency on cars is of central importance in the creation of sustainable development and a safer road environment. The Municipality of Nacka uses several strategies to achieve this.

#### **2.2.1.1 Safer school roads**

Access to safe pedestrian and cycle paths and good communications in general are of great importance in decreasing dependency on cars and creating a safe and secure road environment for both children and adults. The work on safe and secure school roads has been in progress in Nacka for a long time and, as one of the earliest measures taken, schoolchildren themselves were allowed to record their way to school from a safety angle. For several years the municipality has also worked with a "walk and cycle to school" competition for pupils in compulsory schools. The competition has proven popular, with up to 50,000 pupils participating, and has contributed to an increased interest in active transport among both children and school staff. However, the proportion of children that are driven to and from school by their parents has increased constantly. Because of the dangerous traffic situations that frequently occur when schools open and close, a survey of pedestrian and cycle paths, bus stops and the traffic situation was carried out at all schools in Nacka. The result revealed that it was behaviour factors rather than physical factors that affect the traffic situation. A pilot school has been chosen and during 2010 a programme was developed to promote changes in behaviour and, where necessary, also make physical changes.

#### **2.2.1.2 Accessibility for persons with disabilities**

A survey of accessibility for trafficked areas was carried out in Nacka in 2008. At that time, bus stops, pedestrian passageways, car parks, seats, stairs and information boards were catalogued from an accessibility perspective. During 2009 a plan of action was produced for the failings registered in the inventory

and the plan of action was adopted by the Public Works Committee. During autumn 2010 the Municipality of Nacka has taken measures to improve accessibility and, by doing so, also improve road safety for persons with disabilities.

### **2.2.1.3 Green Travel**

Green travel is a collective name for municipal work that aims to promote sustainable travel. According to the Municipality of Nacka's travel policy, journeys that are paid for by the municipality should have minimal impact on the climate. In order to achieve this, the municipality has taken a number of measures that also have a bearing on traffic safety.

**Car pool:** All salaried employees and politicians who work in the town hall have access to the municipal car pool. All cars in the car pool are clean vehicles and are equipped with alcohol locks. Safety is also increased because the cars in the car pool are deemed to be safer than the private vehicles of employees and elected representatives. Official trips within the municipality should be made with car pool cars, something which has a positive effect on both emissions and road safety. The municipality's own petrol-driven cars are being phased out and replaced with clean vehicles and today 75% of municipal cars are clean vehicles.

**Bicycle pool:** All those who work in the town hall also have access to the municipal bicycle pool. In order to be permitted to use bicycles from the municipal cycle pool, the use of cycle helmets is compulsory.

**Parking:** In order to create an incentive for green travel, employees and elected representatives in the town hall pay a parking fee.

**Public transport travel card:** Employees and elected representatives who work in the town hall have the opportunity to buy subsidised travel cards for public transport throughout Greater Stockholm (buses, underground, trams and boats). Parking fees outside the town hall finance the card subsidy. Subsequently, parking fees will be introduced in other workplaces in Nacka and then even more municipal employees will have the chance to purchase subsidised travel cards for public transport.

**Coordinated deliveries:** Instead of every single supplier delivering goods to municipal operations, the Municipality of Nacka has begun to introduce coordinated deliveries. Coordinated deliveries mean that places such as schools, preschools and homes for the elderly receive deliveries once a week instead of several times a day. It is important that the environment surrounding schools, preschools and homes for the elderly are safe, as children and elderly people are on the move around these places, and coordinated deliveries reduce traffic in the area markedly. There is also the possibility to influence the time of deliveries which further increases road safety during that time of day when children and elderly people are moving about in the environment. Coordinated deliveries provide:

- increased road safety around preschools, schools and homes for the elderly
- less noise
- reduced carbon dioxide emissions
- lower costs for the municipality

At present, three suppliers are included In the Municipality of Nacka's plan to coordinate deliveries but this endeavour will gradually increase until it includes all suppliers.

### **2.2.2 Planning work**

The layout plan is an important strategic tool for municipal development. In working to produce a new layout plan for the Municipality of Nacka, an integrated environmental and health impact assessment is being made. A green structure programme and a coastal programme provide an important basis for the layout plan. The green structure programme includes all green areas in the Municipality of Nacka, both privately and municipally owned. The programme proposal contains preconditions, goals and recommendations related to recreational, cultural-historical and ecological values, and also takes up a number of strategic development issues. The aim is to form a strategic basis for physical planning, nature conservation issues and public health work in the municipality. The coastal programme includes the municipality's coastal, sea-water and archipelago areas and will, in the same way as the green structure programme, form a strategic basis. In other planning work continual assessments are made from a security and crime prevention perspective. As an aid, a check-list for safe parking spaces, among other things, has been produced.

### **2.2.3 Coordinated inspection**

The Municipality of Nacka is responsible for carrying out the regulation of companies and operations in such areas as inflammable goods, environmentally harmful operations, alcohol, tobacco and foodstuffs. In order that regulation should be clearer and more systematic, The Environmental Unit and the Emergency Services coordinate their plans for regulation in accordance with the legislation for their fields of operations (the Environmental Code, the Law on Inflammable Goods and the Law on the Prevention of Accidents). In addition to the authorities' regulation becoming more efficient, it also becomes easier for organizations to implement routines concerning safety, environmental and health risks.

### **2.2.4 Alcohol, narcotics and tobacco**

In order to reduce the use of tobacco and narcotics, and to defer the youth alcohol debut, extensive work is carried out in Nacka in the field of the prevention of alcohol and narcotics. One important part is the work to influence young people, and this takes place through the spread of information via the Internet and the media, and through local campaigns in conjunction with schools breaking up and major holidays. In the work to decrease the use of narcotics among young people, Nacka collaborates with the police and neighbouring

municipalities, Tyresö and Värmdö. A local cross-sectoral collaborative group has been formed with the police and representatives from various fields of operations within the municipality that are affected. The collaborative group has developed a plan of action, based on a survey including information from questionnaires, interviews and crime statistics. The police work according to the Linköping model which means that the police visit homes if there is a suspicion of narcotics offences among persons under the age of 18. An important part of the plan of action is to involve all school staff, parents and the staff at youth recreation centres. In order to spread the work locally, it is coordinated with local Crime Prevention Councils.

**Serving alcohol responsibly:** In collaboration with Tyresö and Värmdö, Nacka works to train restaurateurs and service staff to serve alcohol responsibly. Restaurateurs who participate receive information on which laws and rules regulate the serving of alcohol and they learn what research has to say about the consequences of over-serving. Another important part of the training is to train restaurateurs in conflict management so that they can deal with any conflicts that may occur when an intoxicated guest is refused service.

**The Kronoberg model:** The police in Nacka work with the Kronoberg Model to make it more difficult and less attractive to drink alcohol in municipal centres. This entails the police taking action against youths who are drunk or carrying alcohol in public places; they pour out all the alcohol if the youths are under 20. If the person is under 18, the police contact the parents and ask them to fetch their child. If the parents or other parties do not do so, the police may contact the social services. The police also work to stop peddlers who supply young people with alcohol.

**The Örebro Prevention Programme:** The Örebro Prevention Programme is a method for parent meetings that is used in Nacka. The target group consists of parents of children who attend secondary schools. The programme aims to affect the attitude of parents towards young people's drinking and spread information concerning how parents can act to prevent an early alcohol debut and binge drinking among youths.

**Controls of medium-strength beer and tobacco:** In Nacka we have carried out the test-purchasing of medium-strength beer and tobacco for several years. In the controls young people over 18 years of age have tried to purchase medium-strength beer or tobacco without showing ID. If they have succeeded, the shopkeeper has been contacted by the municipality's alcohol administrator with information concerning the laws and regulations that govern the sale of alcohol and tobacco. Test-purchasing has had a great effect and it has become more difficult for youths to purchase both medium-strength beer and tobacco. After a recommendation from the Public Health Authority the municipality has discontinued its test-purchasing.

### **2.2.5 Mental health**

Mental illness is currently one of the greatest public health problems in Sweden. Self-harm and suicide may be the most extreme consequences of mental illness. The Municipality of Nacka works in several ways to promote mental health, chiefly among children and young people. As there is a well-documented connection between substance abuse and mental illness, alcohol and drug prevention is closely coupled to this work. Part of the work that is done to promote mental health can therefore be found in the work to prevent the use of drugs and alcohol.

In order to improve the mental health of children and young people it is important to create good, secure conditions for children to grow up in. Both the general and specific parent-support programmes and the talks for parents that are on offer in the Municipality of Nacka, aim to reinforce parents in their parental roles and in this way create good preconditions for children to grow up in. In order to support educators in preschools and schools in their work concerning preconceptions of how girls and boys should behave and act, and teach them how to counteract stereotypical gender patterns and discrimination, there are a number of gender pedagogues in the municipality.

In the Municipality of Nacka there are a number of pedagogues and other school personnel who are trained in SET (Social Emotional Training). The method aims to teach young people to recognize their own feelings and those of others and be able to interpret and deal with them; the aim is also to strengthen young people's self-esteem and self-confidence.

Mental illness is more common in girls than boys. In Nacka there are school staff and youth recreation leaders who are trained in the DISA method (Depression in Swedish Adolescents). DISA is a method that aims to counteract the symptoms of depression in teenage girls. In order to reach teenage girls, a youth recreation centre was opened, as a grassroots initiative, with the express aim of providing girls with an alternative to other youth recreation centres.

### **2.2.6 Crime prevention work**

Local work on crime prevention involves several different parties who work together in the local Crime Prevention Council to produce action programmes for crime prevention. The action programmes start with a depiction of local problems and then define the problem, the action to be taken and who should be responsible for the work. One important tool in the local work is security walks where the local environment is mapped from a safety and security perspective. The main purpose is to discover the need for measures to be taken in the physical environment in order to create greater security for those who live in the area.

#### **2.2.6.1 Violence**

Much of the work that takes place to create security within the municipality is intended to prevent various forms of violence. In order that people who are subjected to crimes of violence should know where to turn for help and support,

Nacka works to spread information on the municipal website. With regards to violence within close relationships, information is spread through posters that are put up in wash-houses with information in different languages. This information is chiefly aimed at women and children. All landlords in Nacka are offered the poster free of charge.

In the Municipality of Nacka's family unit, there is a men's clinic that offers men who have threatened or inflicted violence in close relationships help and support in changing their behaviour. The men's clinic has fathers' groups free of charge where participants receive help in finding alternative ways of solving conflicts. Since 1995 there has been a non-profit and non-political association that runs women's crisis centres in Nacka and Värmdö. The women's crisis centres offer various types of support to women in destructive relationships and can also offer sheltered housing with integrated children's sections.

#### **2.2.6.2 Organized crime**

In Nacka a strategy has been drawn up to combat organized crime. Above all the work consists of cutting off sources of income to organized crime. There is for instance extensive work to reduce black market labour in the building sector. There is also work to preclude the establishment of organized crime by preventing unlawful influence and stopping recruitment to criminal networks.

#### **2.2.7 Children and young people**

In Nacka, children and young people are a prioritized group in public health work in general and in preventative work in particular.

Work on security for children is part of the work on security that has been in existence longest in Nacka; it began in 1998 in conjunction with the production of a certification model for safe childcare. New certification models for work on the prevention of injuries were developed for schools, clubs and sports centres and today the work on the prevention of injuries includes other areas such as parental support, home visiting activities, programmes to promote mental health in young people, and alcohol and drug prevention.

##### **2.2.7.1 Certification models**

**Safe Childcare:** The certification model, Safe Childcare, was developed through collaboration between Nacka and Borås and is intended to support units in their work on preventing injuries by offering a tool for systemization and structure. One important aspect in the model is the participation of parents in the work. Preschools and registered child minders who wish to become certified must, in collaboration with parents, document routines for risk situations and produce a plan of action for the work on safety. Furthermore, the training of staff in the work to prevent injuries must be described. There is also a demand that units carry out children's safety inspections, register narrow escapes and injuries, and identify areas for improvement concerning the work on safety and security. Today 70 of Nacka's approximately 100 preschools are certified as well as three open preschools and six family day nurseries.

The following criteria should be fulfilled in order for the unit to be certified:

- The work to prevent injuries should form part of the day-to-day work
- Plans of action and routines should be worked out and established so that risk situations are removed and accidents avoided
- There should be plans of action and routines for the work on safety that clearly present the unit's self-inspection, and its division of responsibility and authority
- A children's safety inspection should be carried out at least once a year
- Narrow escapes and injuries should be documented and reported
- The unit should continuously identify areas for improvement concerning the work on safety and security

In the list of preschools in the municipality it is clearly stated which have been certified. The aim is to make it easier for parents to choose a safe and secure preschool for their children.

**Safe Schools:** In order to create better preconditions for schools in Nacka to carry out systematic and structured work to prevent injuries, a certification model has been developed in collaboration with the neighbouring municipalities, Tyresö and Värmdö. The intention is that the work on safety and security should permeate all the work at the school and also make local problem areas visible, in order to make it possible to deal with them. The work on Safe Schools is still at a pilot stage. Four pilot schools are participating in the project. The first schools will be certified in 2011 and the inspection will be carried out by a group of officials from another municipality as well as representatives from the emergency services and the police. Schools that choose to be certified will be offered the chance to collaborate with the police and emergency services in the municipality. The model also offers the opportunity to be certified within the framework of the WHO Safe School program.

#### 2.2.7.2 Other work on prevention within the target group, children and youths

**Parental support:** Good interaction between parents and children decreases the risk of many health problems in young people, e.g. mental illness. In collaboration with Save the Children and the Church of Sweden, the Municipality of Nacka arranges lectures for parents and people who work with children and young people. Every year six lectures are arranged and during the past year an average of 150 people have taken part. In order to make it easier for single parents to participate, babysitters have been arranged.

In addition to Nacka offering the comprehensive parental support programme, the Family Workshop, in conjunction with Studieförbundet, Nacka also participates in a research project, financed by the Institute of Public Health, which aims to produce new wide-ranging methods for parental support.

**Visiting organization:** Pals in Nacka (Polarna Nacka) is a visiting and preventative organization for young people in Nacka. Pals in Nacka mix with young people in the evenings at weekends and during holidays celebrated by young people. The aim of the visiting organization is to increase security and decrease the risk of alcohol and drug abuse, violence, assault, and criminality, as well as other risk behaviour among youths. The Pals in Nacka organization consists of three youth coordinators who are responsible for the organization, as well as a number of young Pals aged between 17 and 20. In addition to responsibility for the Pals organization, the youth coordinators also act as contact persons with the municipal social services and other bodies that meet with young people in the local community.

**Safe playgrounds:** Playgrounds in the Municipality of Nacka should fulfil the norms according to EU standards (SS EN 1176 and 1177) and be inspected annually by a certified external inspector. After the inspection the faults that have been found are dealt with immediately. The municipality also has its own certified inspector who carries out final inspections and security inspections in connection with new construction and renovation work or when a playground acquires new play equipment.

## **2.2.8 The elderly**

One important target group for the work on prevention in Nacka is the elderly. Within the municipality there is work on the prevention of injuries that is aimed at elderly persons both in special and regular housing. The work on prevention is characterized by collaboration between the municipality, Stockholm County Council and the emergency services.

### **2.2.8.1 Certification model**

**Safe Care of the Elderly in Special Housing:** The certification model, Safe Care of the Elderly in Special Housing aims to support units in their work on preventing injuries by offering a tool for systematization and structure. The certification model is based on the indicators selected by WHO's network for Safe Elderly. Special housing units that wish to become certified should document routines for risk situations and produce plans of action for the work on security. In addition, the training of staff in the work of prevention should be described. It is also required that the units should carry out safety and security inspections, register narrow escapes and injuries and identify areas for improvement. There are also special routines for the influence of care recipients and their relatives on the work on safety and security. The work has, up until now, been under development but during spring 2011 the first of Nacka's special housing units will be certified.

The model for the application for certification as Safe Care of the Elderly in Special Housing has been presented at various national and international conferences and a project is now being planned in collaboration with Finland in order to further develop the model to an international standard.

In order for special housing to be safe and secure it should meet the following criteria:

- The work to prevent injuries should form part of daily activities
- Plans of action and routines should be drawn up and established so as to remove risks and avoid accidents
- Safety and security inspections should be carried out once every six months
- Groups with special needs should be identified and the appropriate measures taken
- Risk environments, risk situations and risk behaviour should be identified
- Narrow escapes and injuries should be documented and reported
- The organization should continually identify areas for improvement in the work on safety and security

#### **2.2.8.2 Peaceful walks**

Lack of physical activity is one of the single greatest causes of injuries due to falls. In order to create a supportive environment and increase the access of the elderly to nature areas, the Municipality of Nacka, along with a number of pensioners' organizations, has planned four Peaceful Walks. The peaceful walks are easily negotiated and clearly signposted circular routes and there is one in each municipal sector. Maps and information about the Peaceful Walks may be downloaded from the municipal website or obtained at the town hall or in various libraries in Nacka.

#### **2.2.9 Recreation**

The Municipality of Nacka has a long stretch of coastline and many inland lakes, and the majority of Nacka residents have a relationship to water through participation in various water sports in the summer and skating in the winter. The ability to swim is an important factor for safety in or near water and swim school activities in schools are followed up by the national agency for education. A development of the organization has taken place in order to better reach vulnerable groups with poor swimming ability. Information concerning bathing sense, boating sense and ice sense may be found on the municipal website along with tips on how sports injuries can be avoided and how safety for children in outdoor environments can be promoted.

##### **2.2.9.1 Certification models**

**Excellent Associations in Nacka:** Associations are an important arena for work on preventing injuries. That is why Nacka wishes to offer associations support in work that concerns issues such as social leadership, equality and drugs and alcohol, as well as work to promote safety and prevent injuries. Work to develop a model for how associations can work on these issues in a structured manner is in progress and seven pilot associations are participating in the project. The model will be evaluated during the project period and if it is shown to have a

beneficial effect, all associations in Nacka will be offered the chance to be certified according to the model for an Excellent Association.

**Safe Sports Centres:** In order to decrease the risk of injury when practising sports, and improve quality, development work is currently taking place in Nacka to produce a certification model for Safe Sports Centres. Many groups use these venues and one way to decrease the risk of injuries is to create good routines for communication, care and maintenance. One important part of the work is to clarify the division of responsibility with regards to the care and maintenance of sports centres. During 2010 the model will be tested in several sports centres in Nacka.

### 2.2.9.2 D-HLR

Through collaboration with the emergency services, all the larger sports centres that are staffed have D-HLR equipment (i.e. are equipped with defibrillators). All staff involved in sports management are certified in D-HLR which entails an intensive course in heart-lung rescue with a defibrillator. The work, which began in 2005, has for some time been part of a research project in conjunction with the County Council of Stockholm. In addition to municipal personnel working in sports management, certification is offered to clubs and societies, the staff of youth recreation centres, various parent groups, the Church of Sweden and private citizens. Clubs can also have their emergency kits checked by municipal instructors. Around 100 persons in the municipality are certified or recertified every year. Since the start, the work of supplying sports centres with D-HLR equipment, and training staff has saved the life of one person.

## 2.3 Programmes that target high-risk groups and environments, and programmes that promote safety for vulnerable groups

### 2.3.1 Children and young people

The social services in Nacka have an extensive family and youth service whose work is aimed at children and young people who find themselves in a vulnerable situation. Both family and youth services offer advice and counselling to families.

**Targeted parental support programmes:** In Nacka the parental support programme COPE (the Community Parent Education Program) is employed. It is a structured programme for parents, organized as a course, where participants can discuss and work on various issues that concern the parents of teenagers. For parents of younger children the Parent Development Programme is used.

**Young victims of crime:** In addition to the Municipality of Nacka offering support to youths who are victims of crime, the municipality also helps, in collaboration with the police, to arrange meetings between the culprit and the victim. Similar meetings are also arranged when there are conflicts between young people.

**Children of substance abusers:** In collaboration with the Municipality of Värmdö, Nacka organizes groups that are open to children who come in contact with substance abuse in the environment in which they grow up.

**Children with a mentally ill parent:** Children aged between 7-18, with a parent who is mentally ill, are offered support, both individually and in groups.

**Mini-Maria:** Mini-Maria in Nacka, a result of collaboration between the Municipality of Nacka and Stockholm County Council, is intended to prevent and decrease substance abuse and provide care and treatment that will lead to freedom from drugs where the abuse is already established. Mini-Maria is a clinic for young people up to 25 years old who are in the risk zone for substance abuse, and for their parents.

### **2.3.2 The elderly**

Among the elderly, injuries due to falls are a serious public health problem. The Municipality of Nacka has an extensive programme to prevent injury due to falls that targets the elderly. Accidents chiefly take place in the home but accidents due to icy conditions in winter also occur. In this case the municipality can make a real difference through information on prevention. One example is to minimise risks by spreading information on the importance of wearing ice creepers on shoes during the winter. Dealing with ice on footpaths and cycle paths is prioritized in winter. This means that these are cleared of ice and snow more often than local roads and that certain stretches of road are cleared during shorter periods than is normal. Other important measures to prevent injuries due to falls in the Municipality of Nacka include the following:

**Tryggve:** As part of the work to prevent accidents due to falls in Nacka, the emergency services offer municipal residents over the age of 70 help with tasks that may be risky for many elderly people to perform themselves. This service, which is called Tryggve, is free of cost and involves collaboration between the emergency services and the social services through their visiting work. In connection with home visits a safety inspection is carried out in the home with the aid of the Rescue Services Agency's checklist, "Everyday Safety".

**Preventing injuries due to falls; the balancing school, qigong:** The Municipality of Nacka and primary healthcare in Nacka started a joint project with the aim of preventing falls and injuries due to falls, as well as preventing injuries due to falls from recurring, through slow rehabilitation and early signals. The work is carried out through home visits to people who are deemed to have a high risk of falling and through follow-up activities such as group training, improvements in diet, adapting the home and reviewing medicines. The project now forms a part of normal operations. In addition to home visits with follow-up activities there are activities for the elderly such as a balancing school, and qigong groups.

**Meals:** Low BMI (Body Mass Index) is a risk factor for falls among the elderly. The Municipality of Nacka works to offer elderly persons nutritious food in a pleasant environment. The meals project aims to improve the meals situation and the nutrition content of food within special housing. The Municipality of Nacka also offers senior citizen lunches in collaboration with the Red Cross, the National Pensioners' Organisation, the Swedish Pensioners' Association, the Lions Club and other voluntary organizations. The senior citizen lunches are subsidised in a number of restaurants in Nacka and, in conjunction with these, social contact is also on the menu.

**Home visits.** Since 2007 people in the Municipality of Nacka over the age of 80, who do not receive help from care of the elderly, have been offered home visits with the aim of increasing their knowledge of the various municipal support facilities as well as increasing knowledge about measures taken to prevent injuries.

**Care in collaboration:** The municipality and Stockholm County Council jointly fund a service that has the task of developing and reinforcing the possibilities of collaboration between the municipality and the county council.

### **2.3.3 People who are alienated**

**The Work Policy:** By preventing alienation and decreasing social divisions, safety and security increase and so do the preconditions for a sustainable society. The Work Policy involves collaboration between the Municipality of Nacka, the Employment Exchange, the Social Insurance Office and Stockholm County Council and its aim is to speed up and streamline the process of securing employment. Through collaboration between authorities a clear and shared entryway to employment is created. Individual matching and coaching are important tools in the work as is the active cultivation of potential employers. The Careers Gallery is a pilot project within the Work Policy that aims to decrease alienation in youths and young adults in Nacka, aged between 16 and 24. The careers gallery consists of a variety of different sub-concepts that together offer various activities with the purpose of helping young people to secure employment. The project involves collaboration between the Municipality of Nacka, the neighbourhood police in Fisksätra, Pals in Nacka, the Work Centre, the Adult Education Unit, local business and the Employment Exchange in Nacka.

**The Family Central:** The Family Central in Fisksätra/Saltsjöbaden consists of an open preschool, the family unit, and the child welfare centre. The aim is to promote child health by acting as a resource and by giving advice and support to parents. The overall objective of the organization is to create good, secure conditions for children and youths growing up in the area. One important part is to create a meeting place for parents with a background in other cultures and, in conjunction with other parties in the neighbourhood, help to increase the parents' contact net within Swedish society.

**Development work in Fisksätra:** During 2010 the municipality has carried out a citizen dialogue, known as the Fisksätra Dialogue, that has mostly concerned the traffic environment but also other issues linked to the outdoor environment. The suggestions for improvements concern footpaths and cycle paths as well as walks in the area, questions regarding lighting, accessibility and ease of orientation around roads (e.g. pedestrian crossings, paths and cycle paths), more inviting entrances to the district and art in the area as a whole.

In collaboration with private property owners and the union of tenants, Nacka has carried out another survey in the area. This deals with security aspects from a gender equality perspective. The survey consists of a compilation of statistics where the vulnerability of women to crimes of violence in the area has formed an important part. The information has been complemented by security walks and interviews. The result should act as a complement to the citizen dialogue and be a basis for the planning of areas for improvement. One direct result of the survey is a lighting test which has been carried out by property owners in the area. This test should lead to warmer and more pleasant light in courtyards, something which has a bearing on both well-being and security.

## **2.4 Programmes that document the frequency and causes of injuries**

In Nacka a variety of complementary data is used to monitor the cause and frequency of accidents. In addition to the cause and frequency of accidents, statistics concerning security, mental health and the use of alcohol and drugs are also monitored as these factors are deemed to have a bearing on the work to prevent injuries.

The proximity to Stockholm City Centre and extensive commuting between Nacka and Stockholm affect Nacka's local injury statistics because a Nacka resident who is injured or has an accident is as likely to seek medical help in Stockholm as in Nacka. The opposite also applies when a person resident in Stockholm seeks medical help in Nacka. This is why the Municipality of Nacka complements its injury statistics from the county council with questionnaires directed at residents.

Every third year statistics within the field of public health are compiled in a local public health report for Nacka where injury statistics may also be found. This report forms the basis of the planning of the Municipality of Nacka's public health work in which the work to prevent injuries is included.

### **The frequency of injuries**

The most important sources with regards to the frequency of injuries in Nacka are the following:

- STRADA (Swedish Traffic Accident Data Acquisition) – traffic accident statistics that are based on the reporting of accidents by the police and hospitals
- The emergency services – the number of fires extinguished, the number of alarms
- The Crime Prevention Council – crime statistics

### **Cause and location**

The most important sources regarding the cause of injuries and the places where they occurred are as follows:

- Reports on injuries and narrow escapes. Those units that are certified as safe and secure childcare, safe and secure schools and safe and secure special housing report statistics concerning injuries and near misses.
- Deviation management reports to the MRN/MRR (medically responsible nurse/medically responsible for rehabilitation). Homes for the elderly continuously report occurrences where a patient has been subjected to risk to the municipality's MRN and MRR. Serious occurrences are also reported to the National Board of Health and Welfare.
- Serious injuries that occur in municipal sports centres are reported to the municipal security coordinator.
- Registration of falls to the MRN/MRR in special housing. Special housing units continuously reports injuries due to falls to the MRN/MRR.
- RehabCentre Nacka reports the number of injuries due to falls among people in regular housing that lead to visits to the RehabCentre.

### **In addition**

The Municipality of Nacka also gathers statistics from local and regional questionnaires and various activities and workshops. The following are examples of these:

- The Stockholm survey is a regional survey with a focus on alcohol, narcotic and tobacco habits in young people as well as their physical health.
- The Culture and Leisure Habits Study is a local survey that focuses on young people's leisure as well as their experience of health and security.
- Local security walks form part of the work on crime prevention.
- Stockholm County Council's public health survey is an extensive survey that aims to provide a picture of adult health in the Stockholm Region.
- Student Health's health studies.

## **2.5 Evaluation measures to assess the programs, processes and the effect of changes**

The evaluation of the effects of the work to prevent injuries is to a great extent based on the statistics available within the field but the processes in the programmes are also assessed in order to follow up how the work has been carried out. The responsibility for following up the different programmes lies with each respective organization. The need for a more structured evaluation of the programmes has emerged and planning for how the evaluation can be carried out more successfully is underway both within the steering group for Safe Community and within the municipal directorate.

## **2.6 Ongoing participation in national and international Safe Community networks**

In addition to continuous participation in national networks for Safe and Secure Municipalities, the Municipality of Nacka has taken part in a large number of national and international networks. Among the international conferences where Nacka was represented by one or more participants are Arizona 2001, Alaska 2001, Prague 2001 and 2004, Helsinki 2003, New Zealand 2008, and Reykjavik 2010. The municipality has also taken part in courses and information from municipalities in Estonia, Latvia, Lithuania, Russia, Belarus, and Kenya. Nacka continually receives educational visits from several different countries. Exchanges and collaboration with the Karolinska Institute School of Public Health on various public health-related issues takes place continuously. Nacka has also taken part in courses within the master's programme that the Karolinska Institute has arranged and the municipality has also made trainee positions available and acted as a supervisor for master's students.

## **3 The way forwards**

As a background to the Municipality of Nacka's reapplication for WHO/Safe Community, an inventory was made with the six indicators for Safe Community as a starting point. The inventory was intended to shed light on what is being done in the municipality with regards to public health in general and Safe Community in particular. The intention was to create the preconditions that would allow the Municipality of Nacka to apply for and be granted WHO's Safe Community Award once again, by clarifying the possibilities and challenges that face the municipality regarding a reapplication. The inventory brought to light three areas for development. Development within these areas will have a positive effect on work within the municipality, not only work on the prevention of injuries, but also other cross-sectoral work.

**Cross-area issues:** A great deal of quality and development work is currently taking place within the Municipality of Nacka, both in the area of the prevention of injuries and in other areas. In order to use municipal resources better there is a need for improved coordination on cross-area issues. The level of collaboration is

patchy and within certain areas should be strengthened with a clearer structure and agenda.

**Evaluation:** In order to ensure the quality of municipal operations, a clearer incitement to evaluate different programmes and organizations is necessary. Support is needed to make evaluation easier and an analysis of the type of support that is needed must be made.

**Statistics:** In the Municipality of Nacka statistics from a number of different sources are used. Integrating the statistics that the municipality uses would clarify which statistics are available and in so doing facilitate evaluation work. Questionnaires are a common way of gathering information in Nacka. In order to avoid questionnaire fatigue and thus poorer response rates, there is a need to perform an inventory of municipal questionnaires. By planning centrally when questionnaires should be sent out, and avoiding asking the same target group the same questions several times, the response rate can improve. A special steering group for Nacka's Safe Community work has been appointed to in order to drive the development work forwards.

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