

Safe Community Varazdin

Country: **Republic of Croatia**

Number of inhabitants: **49.075**

Programme started: **2004.**

International Safe Communities Network Membership: Designation year: **2010.**

Info: www.udruga-involvo.com

Full application report: www.phs.ki.se/csp/pdf/applicationreports/varazdin_application.pdf

www.udruga-involvo.com/aplikacija



Varazdin Old City



Varazdin City Hall

Varazdin is a city in north Croatia, 81 km north of Zagreb on the highway A4. City population is 49,075 on 59.45 km², and the metro area population is 80,991 on 243.75 km² (2001). It is the administrative center of Varazdin County and is located near the Drava river. Varazdin City is an important industrial center and the third largest city according to GDP (6300 EUR) per capita in Croatia. The city has numerous areas of interests ranging from cultural areas (reflected by many museums, galleries and theaters in the area), shopping centers in the downtown core, various sports and recreation facilities, and also a rich history in cuisine. With its unique monuments and artistic heritage, it represents the best preserved and richest urban complex in continental Croatia.

Leaders:



Ivica Škvorc, MD



MSc Lana Skvorc

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Vision:

To create a safe and healthy living environment in Varazdin City for all age groups and both genders by promoting safety in all domains of life.

Mission:

To reduce frequency and amount of injuries and accidents through intersectional collaboration and through development of new safety programs for continuous improvement of safety and to collaborate with the international Safe Community network for a safer world.

Motto:

Want, dare, do.

Logo:**The programme covers the following safety promotion activities:**

In Varazdin the responsible stakeholders follow the recommendations of the World Health Organization (WHO) and implement programs for the prevention of injuries caused by accidents (unintentional injuries) and through violence (intentional injuries). Priorities of measures in the current phase are the prevention of accidents and violence regarding children, adolescents and elderly, the safety of traffic participants and the prevention of violence toward women and children, and promoting safety on the internet. These focal points are based on data attained by monitoring the population injury occurrences.

FOR THE AGE GROUP**Children 0-14 years:*****Information***

- Home, leisure and traffic safety
- Fire hazards, fire prevention



Prijatelji u prometu

NACIONALNI PROGRAM SIGURNOSTI ČESTOVNOG PROMETA

Education

- Non-violent conflict resolution
- Emergency phone lines 92, 93, and 94
- How to behave when alone at home
- How to behave on the internet
- School and playground safety
- First aid
- Swim school

Public events

- Family fair
- „Kreativko“ – creative work shop



Youth 15-24 years:

Information and education

- Sport safety
- Home and leisure safety
- Non-violent conflict resolution
- Internet safety
- First aid
- Traffic and road safety



Public events

- concerts against violence in memory of Luka Ritz – „It is everybody’s right to live“

Adults 25-64 years:

Information and education

- Injury prevention at workplaces (including accidents and work-related illnesses) – national program
- Prevention of traffic injuries
- Fire prevention
- Prevention of sport injuries
- Home and leisure safety

Public events

- Family fair



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SAVJETI ZA SIGURNOST U DOMU





Elderly 65+ years:

Information and Education

- Home safety
- Falls prevention
- Road and traffic safety

Public events

- Family fair



AT THE FOLLOWING ENVIRONMENTS:

Home:

- Public Health Nurses - helping and informing the parents having newborns by making home visits and providing consultations about home safety.
- Safe Home – educational brochures and lectures for the elderly and children, especially about hazards from chemicals and prescription drugs.

Traffic:

Education and training:

- Children friends in traffic
- Basic traffic signs
- Free bicycle riding school for elementary school pupils
- Workshops for children's traffic safety

School:

Education and training:

- Non-violent conflict resolution
- Starting school - starting participating in traffic, reflective vests for first graders
- Way from home to school – class takes a walk with their teachers and learns about hazardous points in traffic

Structural changes:

- Monitoring duties of teachers in the halls during the breaks
- Monitoring duties of pupils at the registration desk
- Special security measures: during excursions, during pupils' parties, traffic youth regulates traffic the entire school year in the vicinity of schools.
- The school entrance and the school yard have been particularly illuminated at night.

Sports:

- employees specially trained for sports injury prevention
- prevention physical exam at the Sport Clinic
- programs aiming at safety promotion in sport

Leisure:

The official playgrounds are at kindergartens and schools yards and on several places in the city. They are supplied with safe equipment, non-slip, soft lining and away from traffic. Children can also play on sport yards located near schools, and in the school gyms. City of Varazdin has the official designation The City - friend o children by UNICEF. Providing all facilities accessible to children especially those with disabilities, promoting non violence, traffic safety, Internet safety and home and leisure safety.

Occupational:

When starting a new job all workers have obligation to visit the occupational health service and check up their health status. Depending on the activity, wearing of protective gear is obligatory: gloves, masks, head protection etc. All employers are obligated to send workers to special courses on safe working conditions.

Household:

Included are all age groups, family doctors, NGO's, social workers, city departments, local media, sport-clubs etc. Special emphasis is however on children and the elderly trough programs by Public Health Nurses - helping and informing the parents having newborns by making home visits and providing consultations. Discussions with parents take place each time during home visit informing them about the risk of accidents in relation to the child's development, reviewing checklists, and talking about different kinds of equipment, especially about hazard from chemicals and prescription drugs.

Seniors:

A special program for preventing falls in the elderly is carried out since 2009. It is oriented toward community dwelling and elderly living in institutions.

A multidisciplinary team of physicians, psychologist, and kinesiology has developed a program for prevention of falls in the elderly which has reduced the occurrence of falls by 20%. It is based on lectures, brochures and exercises that improve balance and gait and help to overcome the fear of possible falls.

Several NGO's and senior clubs participate in the Safe Community programs, handing out different brochures and organizing lectures for their members.

Traffic:

Both drivers and passengers have been educated to put on the safety belt to minimize the extent of car accident injury as obligated by law, all children up to the age of 15 are obligated to wear helmets when on bicycles.

Traffic signalization is renewed, all city roads are repaired and reconstructed to provide maximal safety for bicyclist and people with disabilities, all crossroads have traffic lights, proper signalization, traffic is also being regulated by traffic youth. Local police has traffic workshops designed for children. Traffic workshops are the format of educational workshops, within the scope of games and activities focused on education of participants in traffic. All heavy traffic is diverted from City center by obligatory detour roads.

Environmental activities:

For safe moving of the disabled persons and their inclusion, marking the sidewalks and lowering the edges of the sidewalks, reconstruction of the access and placing slopes.

Varazdin County has developed a „Safety plan“ in case of a major disaster or mass casualties - it pinpoints key locations with hazardous materials, appoints specially educated personnel in charge, selects safe locations and regulates the material and provision needed in case of a major disaster.

Violence prevention:

Autonomous Safe house „St. Nicholas“, provides secondary prevention for victims of domestic violence, its staff gives lectures on prevention of domestic violence and abuse of children.

National program against trafficking aims to protect victims of trafficking and to sensitize the public about the problem of sexual abuse of women.

Several NGO's give lectures and have workshops about non-violent conflict resolution, anti bullying, against violence at school and on the Internet.

Suicide prevention:

Suicide prevention is implemented in several programs that are mainly oriented on building up self-esteem, particularly among adolescents, prevention of bullying in schools, prevention of domestic violence and sexual abuse of children, which often resort to suicide as a drastic, final measure, and on decreasing the sense of isolation for people with disabilities.

Programs aiming at” High risk-groups“:

Primarily targeted to overcome the architectural barriers, improve mobility, and to decrease the sense of isolation for people with disabilities, thus reducing injuries and the rate of suicide among the risk group.

Surveillance of injuries:

The frequency of injuries through accidents and violence, their causes and alteration over time are continuously monitored in Varazdin. The monitoring results are prepared epidemiologically and evaluated. Since the Croatian accident occurrence is recorded by different organizations with partly varying standards, the data for establishing an injury monitoring system must be gathered from different sources, be prepared and evaluated. The Croatian Institute for Public Health (HZJZ) regularly monitors fatal accidents in Croatia on the basis of a death cause statistic. Injuries, which are treated in a hospital, are monitored with the local hospital diagnosis statistic. Traffic accidents are systematically registered by the police according to accident cause, accident location and involved parties. Data on victims of violent crimes are monitored through the police criminal statistic. Work place accidents are registered through the Croatian Health Insurance Institute of Occupational Health Protection (HZZOZZR).

Staff: Safe Community Varazdin

Safety of pre-school, school children and adolescents, coordinator: Helena Tesari, MD.

Safety of the elderly, coordinator: Ivica Skvorc, MD. - leader

International corporation, coordinator: M.Sc. Lana Skvorc - leader

Traffic safety, coordinator: M.Sc. Dejan Radat, ing.

Sport safety, coordinator: Zelimir Bengeri, fitness trainer specialist

Violence prevention, coordinator: Evelin Jakopovic, dipl. iur.

Home safety, coordinator: Danijela Gadze, MD.

Collecting and processing data, coordinator: Darko Skvorc, bachelor of IT science

Organization: Involvo – Croatian Safe Communities, NGO

Specific intersectional leadership group:

City Council, the Public utility companies: City sanitation; Public companies under competency

of Varazdin City: „Parkovi“, City Pool, City Sports Hall; City public transportation company "Varazdin bus"; Croatian Institut for Public Health of Varazdin County , Community Health Center of Varazdin County, General Hospital Varazdin, Center for social work, Kindergarten – „Djecji svijet“, Elementary school – „6th Elementary school“, Secondary schools – „Gimanzija Varazdin“; Police, Fire Department, Family Center of Varazdin County, NGOs: „Involvo“, „V.U.K.“, „Sunce“; Sport clubs, TV and radio stations, journals, newspapers, all participate in the program.

International commitments:

Involvo – Croatian Safe Communities participated as an observer on the first regional conference of Safe Community of South East Europe “Safe children in safe communities” 2009., 22-25. June in Novi Sad, Serbia. We also has productive and quality cooperation with a Safe Community Novi Sad and a candidate for a Safe Community Banja Luka.

Hosting “Travelling Seminars”: Not yet