

**The Municipality of Larvik is applying for
certification as a Safe Community
in the World's Health Organisation (WHO)'s
network «Safe Communities».**



Larvik, 15. april 2002

A handwritten signature in blue ink, appearing to read 'Einar Gaustad', written over a horizontal line.

Einar Gaustad
CHIEF EXECUTIVE

A handwritten signature in blue ink, appearing to read 'Øyvind Riise Jenssen', written over a horizontal line.

Øyvind Riise Jenssen
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Introduction



The application sums up the work of accident prevention carried out in the municipality of Larvik over several years. It started as soon as in 1983 with a project directed by the county physician in Vestfold, where a comprehensive registration of children's accidents was undertaken in 1983-84. After that, various partial projects were carried out, such as the identification of accidents where children were hospitalised during the 10-year period 1982 – 91, an evaluation of the work done by the health care centres to prevent accidents and a consumer research. This work led to the suggestion of a simple strategy for the prevention of child accidents, focusing on practical initiatives in order to make children's physical environments safer to grow up in. During this period the health visitors were the driving force in compound groups working with the prevention of child accidents.

In the municipality of Larvik, a cross-professional group was given responsibility for the work of preventing child accidents. This group has amongst others worked on upgrading playgrounds according to new regulations for playground equipment, issued in 1996.

By initiating the project Safe Communities, the work of preventing accidents has expanded to include everybody. A series of exciting and innovative actions have been carried through during the last year. We have implemented a quality system and been certified according to the standard 9001:2000. During the project period several external participants, various departments and individuals have contributed in a constructive and positive way.

In the municipality of Larvik, strategies are developed based on accident statistics and dialogue with the inhabitants. The work of preventing accidents is being continued in all departments by means of good strategies. A position in the chief executives department has been made available for the complete work with Safe Communities to be taken care of in the future.

A solid foundation has been laid in order to develop further the work of preventing accidents.

What characterises the municipality of Larvik today is our emphasis on exchanging experiences with other municipalities both in Norway and abroad, and on developing our dialogue with the inhabitants of the municipality for the benefit of all.

We wish to thank everybody who has contributed to summing up the work and presenting the application.



1. The background for the application

A lot of good work has been done in the county of Vestfold and the municipality of Larvik when it comes to the prevention of child accidents. Since 1992, the prevention of accidents has been a national priority, and since 1996 the Ministry of health and social affairs has, through the county physicians, motivated municipalities to contact them in order to make their application for a state contribution according to the criteria for Safe Communities.

On a commission from the postgraduate college in Vestfold, HENÆR, the municipality of Larvik in 1997 applied for funds for the year of 1998 in order to develop the work of preventing accidents. The work of fulfilling the criteria for Safe Communities was started in the municipality of Larvik in April 1998 and will be operative in the spring of 2002.

It was on the background of the reorganisation into a new department of child and youth service, and of a new regulation - issued in July 1996 - on playground equipment, that the new department was given the responsibility for the prevention of child accidents. Based on the Safe Communities project a more inclusive approach was adopted. Since then the municipality has worked to be certified as a Safe Community.

2. The municipality of Larvik

Traveller – where are you going? To the municipality of Larvik!

In the tracks of adventure. Searching for the good life. To be lifted in joy, hospitality, enjoyment, and well being. Professor Magnus Fladmark, the Heyerdahl Institute)

The municipality of Larvik is situated at the far south of the county of Vestfold. With its total area of 530 km², and its population of 40.000, Larvik is the biggest town in Vestfold. Larvik has a beautiful and attractive coastline amounting to 123.000 m!

History

Larvik has solid historical roots. The Ice Age formed the moraine of Vestfold, which dives into the sea by Mølen, at the utmost end of the coast of Brunlanes. Mølen is known for its impressive burial places from the early Iron Age. Kaupang, the only known

Norwegian trade centre from the Viking Age, is situated in Larvik. There is now extensive excavation work going on here, and project leader Dagfinn Skre more than suggests that one can see the outlines of the oldest city in Norway! Larvik is most certainly heading towards an exciting future.

Trade

Today's trade and industry is varied and solidly rooted in local resources. During the last years the municipality has seen traditional industrial working places being replaced with newer activity. The main areas today are forests and agriculture, wood processing, quarries with the world famous Larvikitt, logistics, and a multitude of small and medium sized companies.

The regional harbour of Larvik competes to become the future container harbour of the Oslo fjord. The harbour is active and effective with a simple entrance and great capacity.

Travelling

Travelling and tourism are also important trades in Larvik. With its 4500 summerhouses, 26 camping sites, ferry connections to Denmark - and last, but not least, all the qualities that can be found in the district – Larvik is well established in the top league.

Culture and sports

Larvik is a culture-oriented municipality. The handball club of Larvik is one of the best in the country with regard to achievements and economy alike, and confirms its position as one of Europe's best teams!

Larvik gives high priority to culture, and the culture school in the municipality can demonstrate an unequalled expansion. Some of the best teachers in the country are found here, and the school has the goal of becoming "the best in Europe" within few years. A new "culture house" is being planned.

Well-known names

Several well known people have grown up in Larvik, here are some: Colin Archer, Thor Heyerdahl, Arne Nordheim, Carl Nesjar, Gunnar Reiss – Andersen, Bertrand Narvesen, Ingvar Ambjørnsen, Bjørg Eva Jensen, Terje Ythjall, Richard Herrmann – to mention a few.

Larvik is a manifold and attractive municipality with considerable life quality, several exciting opportunities and high ambitions.



Population and population development

The age distribution in the municipality shows some clear signs of development, such as the fact that the number of elderly will increase considerably.

Approximately 450 to 500 children are born each year in Larvik. There is a total of approx. 8000 children aged 0 to 15 years and about 2100 young people. The group of children and youths will therefore consist of approx. 10.000 people.

There are 23 primary and lower secondary schools, and 4 upper secondary schools.

Age groups / years	1999	2000	2002	2005	2010	2015
67 – 69 years	979	1024	987	973	1035	1604
70 - 79	3367	3274	3055	2858	2828	3012
80 +	1850	1880	2026	2164	2102	2075
Total	6196	6178	6068	5995	5965	6691

The table shows that the oldest age group will increase by a total of 314 people before 2005, while the age group 67 – 69 years will decrease by a total of 515 people.

The population pattern per age group per 1 January 2001

Total	0	1o-4	5	6-12	13-15	16-19	20-39	40-54	55-66	67-79	80-89	90 +
40.681	455	2016	556	3788	1550	2007	10573	8835	4699	4224	1745	233

The pattern of built-up areas in Larvik is indistinct, with a lot of space per inhabitant and rather long distances between residences and workplaces and between residences and offices in the city centre.

Over the years, Larvik has received a large number of refugees and asylum seekers. Approx. 1300 people from other cultures are living in Larvik. This puts great demands on all services working with and for the immigrant children in Larvik.

Present research in the municipality of Larvik

In co-operation with Norsk Gallup Larvik has carried out a consumer research since 1998, the research is a research on satisfaction.

Generally, there is satisfaction with what the kindergarten offers for those approx. 50% that benefit from this and the parents are generally satisfied with the schools.

An area of improvement for the schools that is mentioned is the way the school handles crowding and the student's conflict solving abilities.

Another research has also been carried out among youths in the municipality of Larvik during spring 2001. This was co-ordinated and carried out by the project manager Safe community together with a specialist in prevention of psychosocial problems. 1349 youths from 8th and 10th grade and basic courses in college got a questionnaire and answered the research during school hours within an already decided

timeframe. The response was 81 % and NOVA (Norwegian Institute for Adolescence, Well-being and Ageing) was responsible for the research.



The main subject was everyday school, spare time activities, drug abuse and problematic behaviour. The result from this research has been used as an area on which to focus in the strategic document for 2002 and various units have incorporated the results and actions in their activity plans.

A political committee for the conditions of adolescence for children and youth said about Larvik in 1998:

What is mentioned as "co-illnesses" (living together, society, co-operation) is also resulting in Larvik, in increasing focus on conflicts adults/children, drug abuse amongst steadily younger youths, early interaction problems between children and parents, increased acting and behavioural problems.

In 1999, based on two questions in the board of municipality from January and February 1997, an action plan for the period 1999 – 2002 was made for the conditions under which youth and children are growing up. As basis, 9 environment conferences as well as the Youth Councils child hearing were arranged. Point of views have been gathered on what characterises the environment for a good upbringing for youth and children and what needs to be done to further develop the various local areas. The inhabitants wanted closeness and knowledge to the residence environments, surveyable living areas, better equipped playgrounds, road safety for everybody, school and kindergarten in the near environment, quality in school – after school activities – kindergarten, access to nature and free areas, green areas in residential areas, varied and well kept sports arenas and plenty of volunteer teams and unions.

The other part of the planning process has consisted of going through existing plans for children and youth. Through a planning analysis it has been researched what has been done and what is still to be done of concrete measures, then take this into account in the basis plan.

The main focus will be on the preventive work for youth and children and on developing more united municipality services that emphasise participating, mastering and social relations. The criteria for Safe Communities have been made part of the plan and the project leader of Safe Communities actively participated in the work with the plan and is participating in the present work of implementing.

In January 2000 a project was established to carry out the plan of action for the circumstances under which children and youth grow up. The project group had a committee consisting of leaders from the leisure club, the social service, the child care service, the health service, the health visitor service, the PP service and the police.

The daily operation was undertaken by a preventive team, which consisted of the project manager for Safe Communities, a specialist in psychiatrics and a local area and network co-ordinator. The preventive team attached itself to a work-group consisting of representatives from the social service, the school, the night watchers, the police, the child care service, the health visitor service and the PP service in addition to leisure clubs, the plan- and building department and PUT (psychiatric youth team). Furthermore, from the autumn of 2000, the plan of action for children and youth 1999 – 2003 is seen in connection with the political plan of action for drug abuse by implementing a joint plan of action and making sure that the work is being co-ordinated by the preventive team.

3. National objectives

Vision and objective

WHO

Vision: **"Health for all within year 2000"**

Quantitative aim: a reduction of 25% of all death accidents from year 1980 to 2000.

Norway: Vision (Innst.S. nr.118(1993-1994))

"Within year 2002, the co-ordinated planning and development of safety culture on all decisive levels led to a reduction in the number of accidents resulting in deaths, hospital admission and treatment by a doctor due to accidents." In Norway, two quantitative goals have been formulated which concern "Safe Communities": At least 15 Norwegian municipalities are to fulfil the criteria of approval as Safe Community in the year of 2002.

At least 10% of the communities must within year 2002 carry out an accident preventative effort according to these important criteria for approval as Safe Community.



- J an all-sectorial group has been established
- J the work is rooted in the municipalities' planned work and highest decisive organ
- J the municipality can document the frequency of accidents as well as the causal patterns
- J the work has long term perspective

When dealing with the Parliament Report no. 37 (1992 – 1993), "Challenges in promoting health and preventive work", the Parliament approved four areas to concentrate on as regards preventive and health promoting work towards the year of 2002:

- J Prevention of psychosocial problems
- J Prevention of accidents and injuries
- J Prevention of complaints resulting from strain and hard physical work
- J Prevention of asthma, allergy and illnesses resulting from bad indoor climate

Larvik

Vision: **Larvik... where the good life lives**

In the municipality plan strategy, the following aims are included under the heading "social capital":

"A safe community with the lowest possible risk of human injuries, material damage and damage to the environment".

Accidents as a problem in Norway

Accidents are a significant health problem and amount to approx. 2000 deaths and 50.000 hospital admissions annually throughout the country. The real extent of the problem is not known due to deficient registration of the accidents. Altogether it is calculated that approx. 540.000 people (among those 125.000 children) annually receive medical treatment due to injuries caused by accidents. Accidents make up a relatively surveyable area of priority, both because the accident mechanism and hence the reasons are relatively simple to analyse, and because the work of preventing accidents often gives quick and easily measurable results. Accidents happen to children and young people in an extensive degree. Accident prevention therefore has great potential for profit, such as more good years of life expectancy. The three major areas of accidents in terms of cost are traffic, place of work, and home. If the injuries are distributed according to place of accident, the biggest category is seen to be home-related accidents.

Calculations based on the register for personal injuries at SIFF showed that these constituted about 265 of all accidents in 1991. By way of comparison all work- related injuries accounted for 11% and traffic injuries for 8% of all the accidents. (Source: The Parliaments Report no. 37, 1992 – 1993).

Accidents in Larvik

Through the project "Child accidents in Vestfold", a total registration was made of accidents involving children under 15 years in the county of Vestfold during a one-year period from 1983 – 1984. The County physician in Vestfold led this project in co-operation with the Action group for the prevention of child accidents. During the registration period, a total of 3414 accidents were registered by the contact persons. The evaluation of the efficiency of the registration system (control forms sent in by the control group) indicated that 66% of all accidents had been registered during the period referred to. This signifies a total annual incidence (accidents per 100 children below the age of 15) of 13%. This corresponds to approx. 5000 annual child accidents in the county of Vestfold.

A quite surprising find in the registration was the high percentage of accidents at school, almost 22. If the number is considered in relation to the age group of 7 – 15 years, as many as 35% of the accidents of this age groups happen at school. The analysis showed that children were prone to accidents especially on their way to school and during the breaks. The analysis of the accident pattern was attached to information given to the public and to courses designed for health workers. The main impression in the years after the action was that the child accident rate had not changed significantly. For this reason an evaluation project was started in Vestfold, to assess the work of preventing child accidents in Vestfold. A part of the project consisted in analysing the pattern of accidents resulting in hospital admissions during a 10-year period from 1982-91. Through the project Safe Communities a register of accidents in schools and kindergartens has been introduced in Larvik, and a report has been compiled based on this work. This registration of accidents is now part of the total registration of accidents in Larvik, which is referred to below in 5.5.



4. Criteria for Safe Communities related to Larvik

When the project was started, the point of departure was each of the criteria for "Safe Communities" and an analysis was carried out in Larvik with regard to the present situation, the desired situation / objective and what it takes to get there. 3 status reports have been compiled for the project.

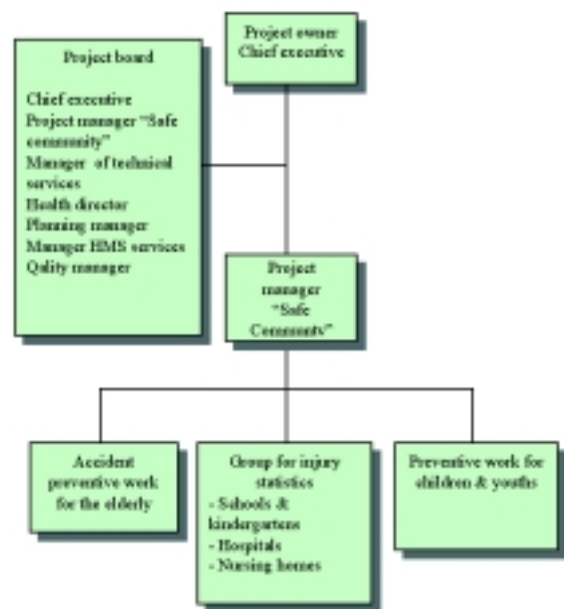
The criteria are:

1. Formation of a cross-sectorial group responsible for the prevention of injuries.
2. Involvement of the local community network.
3. The programme will address all ages, surroundings, and situations.
4. The programme will address the concerns of high-risk groups (such as children and the elderly), high risk environments and aim to ensure equality for vulnerable groups.
5. The programme should have a mechanism to document the frequency and causes of injuries.
6. The programme must be a long-term approach, not one of brief duration.
7. The programme evaluation should include indicators which show effects and provide information on the process as it advances.
8. Each community must analyse its organisations and their potential for participation in the programme.
9. Participation of the health care community in both registration of injuries and the injury prevention programme is essential.
10. Be prepared to involve all levels of the community in solving the injury problem.
11. Disseminate information on the experience both nationally and internationally.
12. Be willing to contribute to the overall network of "Safe communities."

5. The work with the 12 criteria

5.1 Formation of a cross sectoral group responsible for injury prevention.

In Larvik, the development of "Safe Communities" has been implemented through several all-sectoral groups, whilst the municipality has been repeatedly reorganised. The first group was started in 1986, based on a desire to give priority to children and young people.



From 1 February 2002, "Safe Communities" is organised in the project section in the executive department, which is the highest administrative level within the municipality.

The municipality of Larvik Political and administrative organisation

The city council is the highest authority in the municipality of Larvik and consists of 53 representatives elected by the people. All politicians except the mayor belong to one of the city council committees. All cases to be dealt with in the city council are first discussed by one of the committees. The committee cannot make independent decisions, but can present their points of view to the city council. The city council in Larvik has delegated the maximum authority permitted by the law to the chief executive.



The chief executive is the responsible leader for the entire municipal organisation with approx. 2700 employees. In 1999, a few changes were initiated in the organisation, which did not take effect until the year of 2000. The changes that have been are partly related to the administrative management in the municipality and partly to the individual department or "result unit». In the central administration, the previous departments are now being joined together in an executive department. The latter is divided in a planning group with 6 employees and backed by a "support" department with approx. 30 employees. The planning group mainly work with management and organisational development, results and quality systems, and with special cases.

The support group is responsible for supporting the result units within areas such as information technology, economy, law, purchases, personnel and information. The political secretariat is also placed under this group. Within the projects, larger tasks are organised with specific attention and follow-up routines.

Within each result unit level, a few changes have been made in the form of joint ventures and divisions. Totally, there are 65 result units in the municipality. The contact between the result units and the executive department is taken care of by the co-ordinating council, which consists of 6 result unit leaders, a representative of report and support and the chief executive. The result units participate on a rotating basis. The council discusses problems related to finding the best ways in which organisation and production of services can satisfy the demands of the users and the objectives of the municipality. Each and every result unit leader has been delegated total authority and responsibility within matters of budgeting, salary and personnel, and production of services within his/her field of responsibility.

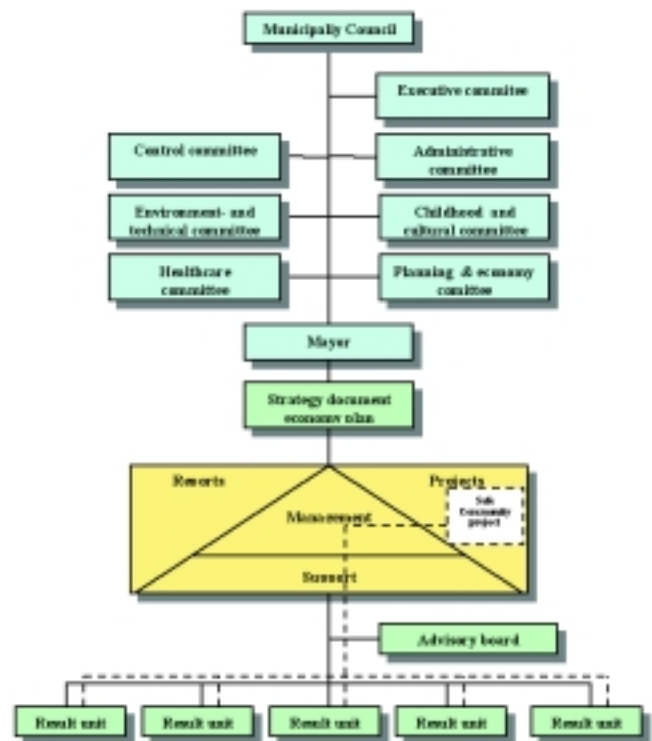
The strategic plan is the main administrative document of the municipality of Larvik. The document is subject to annual rotation with decisions in the city council. The work of preventing accidents is included in the document as an area of focus in the municipality.

Local earmarked actions related to the project are reported to the committee for culture and upbringing, or to the care committee.

To survey and prioritise main areas / areas on which to focus, a cross-sectoral group has been established amongst relevant participants (see administrative group 1.1)

The areas given priority are then reported to the departments in the municipality responsible for implementing the decisions.

The municipality of Larvik Organisation



Quality system and "Safe Communities"

In the municipality of Larvik, we have built up a joint system to control quality and environment. This system has been introduced throughout the organisation, and ensures the implementation of Safe Communities. The system helps us to see the connection between our set objectives, the measures we undertake and the results we achieve. The system is meant to help us to take care of our work experiences, so that we can improve continuously. The municipality of Larvik is certified according to the standard of ISO 9001: 2000 and 14001 (environment). Each department in the municipality of Larvik has its own quality manual. This manual gives a picture of each of the result units with its organisation chart and plan of activity and the measures that are to be implemented during the year. The plan of activities must be drawn up so as to guarantee a systematic connection between the objectives, processes and actions of the municipality. The plans of activity must correspond to the superior long-term objectives as they are presented



in the municipality plan (long-term part and area part), as well as the objectives of the municipality in the way these are evident in the strategic document for each year.

5.2 Involvement of the local community network.

Through the descriptions in our quality system processes, the municipality of Larvik documents our most important actions directly related to our users.

Example: The road safety for the technical department and the schools health services for the health visitor service.

There are several local networks that have been included in the work with Safe Communities, the most important are:

Local area committee

During the work with the plan of action on the conditions under which children and young people grow up 1999-2003, 16 different local area committees have been established in the municipality in order to cover the municipality geographically in the best possible way.

The composition of the different local area committees depends on which voluntary organisations and unions that are active in the local area. The different organisations and unions which are represented are: the welfare associations, athletic clubs, religious organisations, hunters' and fishermen's organisations, FAU (the parents' associations in the schools), the student councils and those employed by the municipal administration. The local area committees are responsible for implementing measures and for forwarding initiatives based on local area conferences.

Examples of Safe Communities-related subjects that have originated at local area conferences are:

- J Initiatives related to traffic: these are forwarded to the road safety plan that is continuously updated with regard to measures.
- J Safe and drugfree local arrangements for the young
- J Bicycle repair day where the police were present to give valuable advice on bicycling. When the police found defects, a representative from a bicycle-and motorbike workshop was ready for the attendees to get their bicycles repaired according to rules and regulations.

- J Local meeting places for youth, for example an Internet café established in the local area.
- J Planning and establishing of sports arenas, for example a basketball court in the local area.
- J Projects with a view to positive leisure activities with emphasis on physical activity, for example Dancing at School, Athletic School and Active and Happy Children at Tjodalynng school.
- J A routine has been established for the various departments that participate in relevant local area conferences to establish contact with and get ideas from the participants. Among the participants so far this year have been "Active Youth Team", the project manager of the road safety plan, the after school clubs, teachers, and headmasters. The local area conferences have been established as an arena for prevention.





The network for accident prevention for the elderly

In the municipality of Larvik our objective is to work actively with the development of the municipality services in confident co-operation with the inhabitants. In January 2001, a survey was carried out with regard to the possibilities of preventing accidents among the elderly. The principle is to involve all inhabitants in a local community in the work of preventing accidents. Through this work, co-operation was established with the board of elders, PUSS (the service central of the elderly and disabled) and the four nursing- and caring zones. The survey was organised as a meeting place arrangement that gathered approx. 100 people. In 2002, 17 contact points have been established for the work of accident prevention as a result of this meeting place arrangement.

Those represented are: Centres for the elderly, health organisations, women's voluntary associations, Church groups etc.

Local Agenda 21

Local Agenda 21 is a national area of action for a balanced and responsible development in the municipalities. Larvik has already come a long way with Local Agenda 21. This is not only because we are the first municipality to receive an environment certificate for all activities according to the international standard ISO 14001 - thus having a systematic foundation for continuous improvement, but also because several actions have been initiated in good LA – 21 spirit.

Safe Communities has been co-operating with Local Agenda 21 since 2002.

From health care centre to family centre

In the municipality of Larvik, as of 1st of March 2002, work has started to organise preventive work and work to promote health modelled on the family centre.

The concept "family centre"

The family centre model is a new way of organising the work of prevention and of promoting health. Problems related to the conditions under which children and young people grow up are becoming increasingly complicated and complex, and the need for overall solutions is strong. To strengthen the efforts related to the conditions under which children and young people grow up, several services are gathered under one roof in the local area. One of the main ideas behind the family centre, is that

the family has the main responsibility for bringing up and teaching the children. To improve the conditions, under which children grow up, it is of vital importance to strengthen the family's abilities to master these tasks.

Availability, local adaptations and contribution / participation are important keywords in the establishment of family centres.

What we work to achieve:

- J Preventive measures on the individual, family and group level and in the local area.
- J Co-ordinate the public services in the local area and co-operate with voluntary organisations, natural assistants and inhabitants: a meeting place in the local area.
- J Create positive ties between children's areas: home, school/kindergarten and leisure.
- J Establish easily accessible low threshold offers.
- J Reach out to vulnerable children, young people and their families at an early stage (f. ex. foreign language-speaking groups and groups with poor socio-economic conditions)
- J Prevent psychosocial problems (loneliness and isolation, bullying, behavioural problems, deficient care, abuse, drug abuse, eating disorders, suicide and suicide attempts, stress and economic difficulties)
- J Organise for care, bonding, a sense of belonging, accomplishment and participation
- J Communicate distinct values
- J Make co-ordinated offers of technical expertise, which also takes advantage of the client's competence
- J Exploit the resources better and improve the quality of the public services
- J Serve as a centre for know-how and information
- J Develop the activities to meet the users' needs
- J Cross-professional co-operation where the professional groups contribute with their knowledge and experience, and develop a joint reference system.

Local police

The police in Larvik carried out a reorganisation of the police force in the autumn of 2000. The force is divided in 6 shifts. Each team is responsible for its local police area. They are responsible for contact with schools, leisure clubs, and the public, and also to identify possible special problems, do preventive work and of course take action against crime. A special area of focus is young people in the risk zone as well as first time



offenders. In connection with the merging of the police districts in Vestfold into one centralised unit, this arrangement is being examined.

The night watchers

During the last years the city centre of Larvik has seen an increase in the number of night-spots, which are visited especially during weekends. The consequence is that is that youth below 18 years of age are drawn towards the city centre. Some of these youngsters here get in contact with alcohol, drugs, violence, crime, and hostility towards foreigners for the first time. This creates insecurity for children, youth and parents in many situations.

The objective of the night watchers is to:

- J Commit adults of all ages to actively participating in preserving the town of Larvik as a friendly place to stay both in the evening and at night.
- J When adults are present, there is a decrease in drugs, violence, crime and fear of foreigners due to the fact that young people meet responsible adults that "care".
- J Be present and observe things that happen. If insecure of what to do, do not try to meddle, but call the police

The role of the night watchers in the city and on the streets

- J Be available
- J Inform the police of punishable offences
- J Have the ability to think clearly when other people fail to do so.
- J Show respect for all kinds of people in the city and on the streets
- J Use careful verbal negotiation when conflicts arise, never physical intrusion
- J Assist people who for some reason or other are not able to take care of themselves
- J Distinguish clearly between the role of the night watchers and that of the police
- J Respect professional secrecy

Forum for road safety

Since 1989, cross-professional meetings regarding road safety have been arranged. In 1998, the current forum for road safety was established. The forum's responsibility is to co-ordinate the road

safety work in the municipality, take initiatives and suggest concrete steps towards road safety, and increase the knowledge on the subject.

Members are: The technical council (this department administers the forum), the States Road Department, the parents' councils for primary and secondary schools, Trygg Trafikk (Safe Traffic), Safe Communities, the police, specialists in areas related to upbringing, the Planning and Building Department, the Public Health Service and the Council for the Elderly.

The Youth Council

The Youth Council has participated in Safe Communities by arranging a reflex action for youth and by raising an appeal and drawing up a document against racism and prejudice. This has been passed on to the municipal committee for upbringing and culture. The city council is dealing with the document this spring.

Insurance companies

Local insurance companies such as Vesta support the work of the night watchers and Gjensidige Nor is a co-operative partner with regard to accident preventive work for the elderly.

The night-spots

In the municipality of Larvik, pubs and restaurants have established co-operation in order to prevent violence.

The local newspaper

Our local newspaper is an important collaboration partner in the accident preventive work and the newspaper covers the various actions taken to prevent accidents in an excellent and informative way. In addition, the local newspaper has a column called "Byrunden" (touring the city) and this works to inform or remind people that measures such as sprinkling sand and ice spurs exist.





In addition, the newspaper independently pays attention to accident prevention at regular intervals, by for example focusing on all the accidents risks in private homes.

The municipality of Larvik

The municipality of Larvik has its own broadcasts on a weekly basis, and the various measures taken to prevent accidents have been promoted through these broadcasts. In addition the information advisor places relevant subjects on accident prevention on the municipality's homepage. Lately, information has been given about ice spurs and the local handyman; it has also been focused on road safety in kindergartens through "Marie".

The municipality of Larvik has also regular advertisements and announcements in the local newspaper (each Friday). Information has been given about free reflector discs to all inhabitants, sprinkling sand to the disabled and elderly, and possibilities of presenting ideas on measures to prevent accidents among the elderly. This can be done by means of forms and by advertising local area conferences.

In addition, a brochure is being compiled this spring, with information that the elderly have asked for.

5.3 The programme will address all ages, surroundings, and situations.

Generally

Since the early 1980s focus has been directed towards the prevention of accidents and injuries in the municipality of Larvik. In the beginning most of the emphasis was on children and young people, but after a while one councils and groups have been established, which influence the planning for all groups through various forums. The programme of the municipality of Larvik will at all times be the activities that are singled out and included in the various departments. It is these departments that are responsible for the implementation.

In the municipality of Larvik we have organised a main quality and a system for environmental management which have been introduced throughout the organisation. This system provides the basis for the programme. The system helps us to see the

connections between our objectives, the measures we adopt and the results we achieve. It also has an aim to helping us to take advantage of the experiences we get from our work, so that we can continue to improve. The municipality of Larvik is certified according to the standard ISO 9001: 2000 and 14001 (environment). All departments are connected to the quality system and revised accordingly. This ensures that all measures included in the plan are carried out, evaluated and improved. There is a specific emphasis on safety culture in the municipal organisation; a recent example is a project on information security.

The departments are revised with regard to knowledge about the card index, information about the marking of chemicals and about our obligation to choose the most environment-friendly product, at the same time as we are taught how to handle chemicals.

The departments in the municipality of Larvik ensure life and health in connection with infrastructure such as pipelines, roads and other constructions that the municipality is responsible for. The preparedness and alarm measures of the municipality are currently updated.

By having a system of environment administration we are reminded of the importance of protecting the environment whatever work we do. Our routines in this area are assessed at regular intervals for us to give priorities to areas in need of improvement. In the city council all cases must be evaluated with regard to the environmental consequences.

Larvik is a harbour municipality with a substantial amount of merchandise being shipped in and out, as well as a great number of passengers every year. The municipality is therefore striving to excel in preparedness and all work related to preparedness must be examined yearly to ensure that the plans are being kept up to date. The intention is that the plan will be adjusted to new circumstances. It should also be considered whether the experiences this year indicate adjustments. As a general yearly control and follow-up with regard to crisis / exercises, the deviation procedures in the municipality quality system are followed. The system ensures continuous improvement and a systematic link to ordinary planning processes on each department level as well as on the superior administrative level.



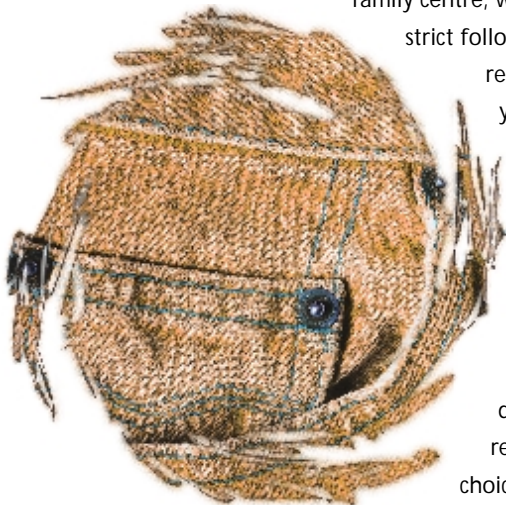
The harbour ships out large quantities of stone every year and there are strict requirements as to education, training and control activity on all ferries.

Children and youth

In the municipality of Larvik children and youth represent the area which receives most attention. There are approx. 10.000 children and young at the age of 0 – 18 years in the municipality. In our strategic document for 2002, there is focus on Safe Communities, from the public health care centre to the

family centre, with a view to strict follow-up routines regarding to younger users.

Research has been done in schools and kindergartens, and the Youth Research forms a basis for decisions with respect to strategic choices and objectives.



• The municipal plan

Through the present rotation of the municipal area plan concerning, road safety, safe playgrounds, Safe Communities, Local Agenda 21 and the local area are in focus. The municipal area plan has a time frame up to year 2011. In our municipality, the interests of children and the young are being taken care of in the way that the children's representative has been given the right to attend the planning committee as well as to make proposals.

• Playgrounds

In 1994 all public playgrounds were registered according to a new safety regulation. The result of the safety control was that playground equipment for about NOK 1.300.000 had to be removed. Funds have been provided from 2001 and for 4 years to come in order to bring the playgrounds up to an acceptable standard. The park unit has compiled checklists on safety with regard to the site, the ground under climbing racks etc., ladders, fixed / concrete fundaments, swings, slides, climbing racks, sandboxes and playhouses.



• Registration of children's movements (children's track) outside

This is a method for collecting and systematising data on the children's use of areas. If interest of children's and young people's interests are to be considered in this respect, it is important to have documentation to show which areas are used and how they are used. The data collection gives the planners valuable knowledge about which areas can be used and how they are used, which risks are attached to the area and the access roads. In the county of Vestfold, there has been compiled a guideline which gives a good survey of the methods used to gather and systematise data on children's and young people's area use.

The reason for the registration of children's movements outside

- J Give the children themselves the opportunity to participate actively in the municipal planning
- J Demonstrate the children's actual use of the areas where they live and and spend time at various times of the year
- J Contribute so that the municipality gets a firm basis for decisions in the work with area administration in the planning of future use of areas and in the work with road safety, especially in the municipality
- J Protect areas that are in use and / or will be excellent for play and activity.
- J Give children training and practical experience in the use of maps
- J Follow up L 97 in schools.



The work with registration of children's movements in the municipality of Larvik has been started in 2001 in connection with a rotation of the municipal area plan. In addition the State Road authorities has carried out a registration of children's movements in connection with the report on the new E 18 between Farris and the border of Telemark.



• Kindergartens

There are 12 public, 20 private (full-time and part-time) and 4 small-scale/ "family" kindergartens. About 50% of children between the age of 1 – 5 are admitted to kindergarten. A forum has been established for the leading pre-schoolteachers, where all kindergartens have the possibility to participate.

The kindergartens have compiled a plan on how to handle accidents, grief and crises. In addition, a preparedness plan has been made in order to receive information and establish routines related to serious illnesses, accidents and deaths. The plan is an aid in order to react rationally and effectively in critical situations. There are various checklists, such as a list of responsibility for excursions to water or to go swimming. For excursions to water special preventive measures are necessary, for example: the parents need to give written permission for swimming, at least one of the adults attending needs to have an officially approved life saving and first aid course, when swimming it is important to consider safety when choosing the beach and the floating equipment, a form must be filled in as to division of responsibility before leaving the kindergarten, one is responsible for cellular phone access and the kindergarten employees consider whether the children must wear safety vests.

This depends on the choice of destination and the purpose of the excursion.

Health Environment and security (HMS) in Kindergartens

Health, environment and security programme in kindergartens
In 2001 an internal control manual was compiled in the schools and in the kindergartens. This was rooted in the main objectives for the schools and the kindergartens (2001). The manual was compiled in close co-operation with the Health, Environment and Security service in each municipality. To ensure health, environment and safety for children, a regulation for environment-oriented health care has been integrated in the manual. It is the unit leader in the kindergarten and the one in charge of municipal buildings who plan and implement concrete measures concerning the maintenance of the outdoor areas and the buildings.

The program in order to communicate road safety to children in kindergartens

"Send the police out and bring in Marie" was the headline in Larvik's local newspaper on 6 April 2002. Marie marks a conscious break with the tradition that it is men who usually communicate the road safety in public, such as the policeman who visits the kindergartens. Marie is a doll and a programme to communicate road safety to children in kindergartens, and all kindergartens in Larvik have been offered this new project. The aim is to increase children's, parents and kindergarten employees' awareness of road safety. The Marie concept emphasises adventure, activity, participation and music. In addition to this, a representative from "Trygg Trafikk" (= "Safe Traffic") has given those in charge professional update on road safety.

Issues raised by Trygg Trafikk are:

- J The accident situation in a preventive perspective
- J Children's capacity regarding how to behave in traffic
- J Traffic education related to the framework plan for the kindergarten
- J How to guide children for them to learn and understand
- J Sense-motorics and child culture in an accident-preventive context



Marie

The kindergarten employee is taught how to move the doll. Included in the Marie program there are stories and CD's on the various subjects such as the use of safety belts, being aware and paying attention, reflector discs, bicycle helmets and looking after children. The contents and the lyrics of the songs are good and everyday, and the tunes are very catching.



Schools

The municipality of Larvik has 16 primary schools, 7 lower secondary schools and the "Sentrum" school, which is an offer to lower secondary students who need an alternative to the ordinary secondary school. The schools work methodically to create happiness, well being and security among the pupils in co-operation with the parents. A plan for well-being (against crowding) is compiled in each school and a research on satisfaction is carried out every year to determine status. Examples of measures taken are:

The system of older pupils responsible for the younger, a helping friend, places for recreation, and conflict solving by peers. Each school has compiled rules for pupil satisfaction and good behaviour. Other measures are rules for outdoor activities, e. g. when it comes to throwing snowballs.

The schools have a common process on how to prevent accidents that can arise during school hours or during class excursions. The safety routine shows how each and every school prepares for and copes with accidents. A description has been compiled for this process and checklists/templates have been made which are used in the process. These are: Safety on excursions, a crisis plan on accidents, a form to be filled in case of accidents / injuries, a plan for handling accidents, grief and crises, a first aid manual, a plan for inspection and a regulation for environment-oriented health care.

The schools work together with the local areas to provide the best possible conditions for growing up. An example is a school which has established the project "Active and happy children in Tjølling" where the objective is to organise for a positive spare time with emphasis on physical activity, achieving skills, social competence and good health – physically as well as mentally.

Health, environment and security in Schools (HMS)

In 2001 an internal control manual was compiled in the schools. This was based on the schools' objectives for 2001. The manual was compiled in close co-operation with the health, environment and security service in the municipality. To ensure health, a good environment and safety for children, a regulation for environment-oriented health care has been integrated in the manual.

The "School Road" Action

From the early nineties, the police head quarters of Larvik has been identifying several problem areas in the close vicinity of schools. This action was intensified by co-operation especially between the municipality of Larvik and the Police Headquarters of Larvik in 1995 – 96, along with the reparatory work of getting the 6 year olds to start school. This co-operation resulted in an application to the State Road authorities about funds for the "School Road Action ". In the initial phase, 80 controls were planned. In the beginning focus was on instructing children and their parents and giving them knowledge about safe and behaviour along the road to school. Controls were also carried out when it came to securing children in cars.



Other road-users were controlled with regard to giving way, avoiding speeding, respecting the red light and showing caution when overtaking other vehicles. The objective was not to catch as many as possible, but to make as many people as possible do the right things. The action was at its peak in 1997, but is repeated every year when the schools start after the summer holiday.

The traffic safety plan 2001 – 2004

The municipality of Larvik has children and young people as its main priority, and wishes to organise Internet pages for the schools. The students can for example access the site and see a map of their own school and school road, see where dangerous traffic points are situated and where the points of insecurity are. It will be possible to send e-mails to the municipality regarding road safety, and to make suggestions on how to increase the road safety. A road safety price of NOK 50.000 has been established from the year of 2002, and the schools can apply for this price based on their own work with regard to behaviour and physical measures.

"Safety light up buses"

In January 1999 the road safety project "Lit up buses" was launched in the municipality of Larvik. The purpose was to make the roads safer for our youngest road-users by marking the buses with lights. In this way the other traffic got a warning when the children got off the buses. It was the minister of transport at that time, Odd Einar Dørum, who made Parliament decide to try this safety system in two Norwegian municipalities. The municipality of Larvik was chosen because we had worked extensively with road safety issues at the same time as the police had given priority to a safe school road. The project has ended and an evaluation is in progress.

Health Visitor Service

From the year of 2000 the health visitor service is a new unit in the municipality's administrative organisation, but it is a service that has long experience in promoting health and in preventive work. The main areas in the activity are the public health centres, the school health service, safety measures against contagious diseases and a health centre for youth. The public health visitor service meets the users in various areas; at home, in the health care centre, at school and in the local area. Considerable attention is paid to the work of preventing accidents and injuries. There is also focus on multicultural work, and on co-operation with voluntary organisations.

Health care centre for children

A checklist has been compiled containing the issues related to the prevention of accidents that are raised during the time children and parents visit the health centre. The issues are also raised during home visits, individually and in groups. For groups, parental guidance is implemented as a method and issues on preventing accidents are well suited for this method. During spring 2002, the informative material used in the work to prevent accidents is being revised.

Based on local accident data the various areas on which to focus in 2002 are being planned, examples are head injuries among children and accidents in agriculture.

"Happy childhood"

From 2002 Larvik is attached to the Norwegian network of municipalities concerned with upbringing. The network has its main focus on preventing mental illness among children in the age group 0 – 12 years.

Children and youth

- J Educational material to the schools (class 1 to 7) on accidents and injuries by means of video education and through booklets. ("A stitch in time" and "When seconds count").
- J Through the Youth research, local data were compiled for the municipality of Larvik with regard to the age at which young people start abusing drugs. Actions are planned in co-operation with youth teams, and the problems of drug abuse are planned will be an issue for groups at the health station. The aim for the municipality of Larvik is to postpone the age at which drug abuse starts.
- J In the autumn of 2001, a team consisting of three employees in the Social Service has been established. This team is instructed to meet young people where they spend time.
- J The Child care service has established a specific youth organisation that works towards youth exposed to drug abuse.
- J Co-operation has been established between school, kindergarten, health service, Safe Communities and the health visitor service about physical activities as an area of focus.
- J Local night watcher groups have been established in various local areas in addition to the group that the lower secondary schools have in common.



Environment-oriented health care

J In the municipality of Larvik, it is the health director who has the superior responsibility for environment-oriented health care. The Health, Environment and Security service co-operates with the specialist in hygienics in implementing the regulation. The unit leaders in schools and kindergartens must make sure that the regulation is integrated in the internal control system of the units, and is then put into practice. In 2001, 38 kindergartens, 2 children's centres and 27 schools have been supervised according to the regulation of environment-oriented health care. For §14 which deals with security and health-related preparedness, a questionnaire revealed inconsistent routines for the teaching of first aid, the stock of first aid equipment, and satisfactory security measures in accident situations. After the survey, a report was compiled with February 2002 as deadline for correcting deviations. The health service has received confirmation that deviations have been corrected and this is controlled further by the internal quality revision that is focused on Health and security in 2002.

Health centre for Youth

J The municipal health care for youth consists in the health service in upper secondary schools and the health centre for youth. The issues the youth find most interesting are drugs, prevention, sexual diseases and psychosocial problems. The health care for youth is under development.

The Rainbow Programme

Since 2001 this programme is being tried out in two primary schools in the municipality of Larvik. The rainbow programme is based on pedagogical support groups for children in the risk zone, and has the aim of helping vulnerable children through broad approach and involvement. The municipality of Larvik co-operates with the Borgestad Clinic in this case.

Juvente

The schools are a national arena for the prevention of drug abuse and we meet most young people there. The "free style" approach of Juvente is a method of youth to youth communication that the schools use on a large scale.

The disabled

The municipal area plan is being rotated. According to a draft for political action, focus has been placed on availability for all. Availability for the disabled is one of the five areas in Parliament Report No. 29 (1996 – 1997) on "regional planning and area politics" which, according to government signals, will receive greater emphasis in the area planning.

Immigrants

During 2002 road safety as well as swimming education for parents / children from other cultures are areas of focus for Safe Communities and the health visitor service.

J The "Norwegian school" (for foreigners/immigrants) has initiated a project with these objectives:

1. Give parents better knowledge and understanding of the influence that the migration process has on one's own and one's family's life.
2. Make the youth aware of the effects of the migration process in relation to themselves and their families
3. Increase multicultural competence in schools and kindergartens.
4. Encourage understanding and communication between immigrant homes and school / kindergarten

Courses have been arranged for the youth with regard to this project in the autumn of 2001.

Women in abusive relationships

J The "Competence centre" for the work with victims of violence stipulates that only about 10% of violence at home is reported to the police. Vestfold is a pilot municipality in the governmental project of "violence against women", which is rooted in the governments plan of action against violence. The county has been given state funds to initiate measures outlined in the plan of action. The project is to last from 2001 – 2004. The aim of the project is to initiate a test arrangement regarding reception centres for battered women, and establish a forum / professional meeting place in order to gather experience, generate knowledge, and increase competence and consciousness on violence against women.

The municipality of Larvik is represented in work groups with police officers from the police department of Larvik, and the co-ordinator "Safe Communities". The mayor of Larvik is member of the administrative committee.



Project with a view to preventing suicide

Through this project it was documented that the follow-up procedures by Larvik hospital and psychiatric clinic worked well – the same goes for the co-operation between these two health institutions. Experiences show that most of the patients receive and accept offers and further follow-up and treatment after hospitalisation because of attempted suicide.

Measures taken were the development of a new procedure for treating suicidal patients at the casualty clinic in Larvik, and establishing groups for those left behind after suicide. The municipality of Larvik has so far had two groups for those left behind and has established offers of new groups every year.

Traffic

"Pets or wild animals"

Every year the county's committee for road safety sends out the brochure "Pets or wild animals" to all parents of youth who have received a driving license for mopeds. The brochure focuses on parents' checking of the moped, consequences of trimming the moped, and information about accident statistics. The brochure is made in co-operation between the police, Trygg Trafikk, the State Road authorities in Vestfold and the (moped) driving instructors in the schools.

Preparation for driving practice with a car

The State Road authorities have an information scheme for driving practice from the age of 16. The scheme is presented in co-operation with all 10th graders in the municipality of Larvik and gives advice on how each individual can increase the benefits of each driving lesson during a period of two years. As a take-off present each pupil receives two extra mirrors, a guideline booklet and a practice tag (L).

Offers on checking the sixth former's cars / focus on the use of safety equipment

For 5 years, the State Road authorities have had an offer of free checks on the technical state of the sixth formers' cars. Those who choose to have their vehicles checked take part in a lottery where the prize is free fuel. By having their cars controlled and repaired, the car owners receive first aid kits and T-shirts. Courses are also offered to the final year students in order to make them conscious of the use of safety equipment through the actions "Bråstopp" (stop dead) and "Velte Petter" (a car that is turned on to the roof). The action is a co-operation between

the State Road authorities, NAF (the Norwegian Automobile Association), Trygg Trafikk and the police.

The Game Committee

The Game Committee in the municipality of Larvik participates in meetings and hearings regarding the new E-18. The Game Committee contributes with their knowledge on tracks and paths used by game, and they have stated their opinions with regard to the actions that the Game Committee considers most safe in order to ensure that the game can follow their established paths and at the same time avoid accidents due to collisions with cars.

Sports

In 2001 the municipality of Larvik made a co-operation agreement with LHK (Larvik Handball Club) which is a club in the elite division. As part of this agreement Larvik Handball Club is to work with children and young people in the municipality of Larvik.

In 2001 the handball clubs who have teams for 12- and 13-year-olds received an offer of a "godparent" from the LHK. In 2002, work is going on to develop this agreement further.

LHK has participated in a central project on cross ligament injuries. At the travel seminar in Larvik on the 3rd of June 2002 a kick-off is planned for the prevention of sport-related injuries in the municipality of

Larvik. Focus will be

on the prevention of cross ligament

injuries

with a view

to the coating on

the hall floors, and a

specific training

program aimed at

girls/women.



The elderly

The demand for health services is increasing, which results in a gap between offer and demand. A strategy to meet this gap is to help each individual to take care of his own health to a greater extent. There are strong indications as to preventive work in central state documents.



Preventive work is important to achieve the best possible life quality and to prevent illnesses, injuries and defects. Such work must be selectively aimed at areas where success is most likely. At the beginning of the work of preventing accidents involving the elderly, a survey was planned and carried out. The methods used in the survey ensured wide participation from the elderly, other inhabitants capable of contributing, and relevant municipal employees. In addition, emphasis was placed on the fact that the development in the local community takes place by means of co-ordination and dialogue between the health service and the inhabitants. The survey was carried out in the form of a questionnaire, in which the experiences and the points of view of the elderly were central. After revision of the suggestions, the following main categories appeared:

- J Need of information
- J Wish for campaigns
- J Need of a handyman
- J Possibilities for social events
- J Possibilities of exercising and keeping fit
- J Wish for transportation
- J Other suggestions outside our commission

Among the suggestions put forward a partial project is considered particularly meaningful: the employment of a handyman with service aspirants. The work is well under way and several activities have already been carried out, such as the establishment of checklists for home visits, information at health centres and in health organisations etc. about the prevention of fire accidents, accidents resulting from falling, the handyman services with offers as to free safety checks, and offers of improvement - for a reasonable amount of money - for the elderly and disabled that live at home.

For the second year in a row, we have carried out a campaign for sprinkling sand on icy roads. Pupils from our alternative lower secondary school deliver bags of free sprinkling sand to the elderly and disabled in the municipality, which is a very popular initiative. Large sand-crates have also been bought and these have been placed in locations where such offers have been missing. The Technical Services refills the crates when needed. Another campaign which has run during the winter 2001/02 is the offer of ice spurs at a 50% reduced price. This offer has also been much appreciated. Furthermore, the physiotherapists co-operate in order to make available an extended exercise offer at

the health centres. Finally, a brochure is being compiled with information and telephone numbers that the elderly have asked for in the survey.

Distribution of facilities for the disabled

An examination and evaluation are presently in progress when it comes to Larvik municipality's work in connection with distribution of facilities for the disabled. This work also involves a survey of voluntary organisations that distribute such facilities. A cross-sectoral work group is to compile a report with suggestions on strategies and actions before 1 of June 2002.

The Road Directorate established in 1999 is a national resource and competence centre for older car drivers at the Vestfold Road Office. The centre will co-operate with the department in order to adapt information, training and traffic systems to elderly people so that they can keep their mobility as car drivers as long as this can be justified with regard to safety.

Through the work with Safe Communities information has been given on this offer called Motorist + 65, and in addition courses are arranged at regular intervals by the "Popular University" of Larvik.

Citizens of Larvik The reflector tag action

In 2002, a reflector tag campaign has been carried out aimed at all inhabitants of Larvik. Reflector tags have been available at various places in the municipality. For the lower and upper secondary schools a special action was arranged, carried out and planned by the Youth Council. The youths chose a condom reflector tag and it was distributed by members of the Youth Council to all students in these schools. Furthermore, ordinary reflector tags have been distributed to health centres and health organisations in connection with the campaign against fire and accidents in connection with falling.

Preventive work

The local council adjusted the municipality's preparedness plan in November 2001, and goals for this work are being drawn up. Focus is on previous regulations, Safe Communities taken from the long term part of the municipality plan, as well as the letter of expectations received from the Government.

The new guidelines from the government have a stronger focus than previously on the responsibility of preventing crises to



peace by taking preparedness considerations in the planning of the community, as well as a plan to ensure that the municipality meets such crises in an effective and rational way. The main aim for the civil preparedness, which the municipalities are part of, is to ensure the population's life and health during crises to the peace and in a war situation.

The municipality of Larvik will focus on exercises in handling crisis in the further work with preparedness (exercise held on 22 November 2001), education of relevant counsellors in crisis management, informative preparedness with special agreements with the police and other central participants, safety measures against contagious diseases, emergency electricity - especially with regard to consequences within nursing, caring and crisis management - and a rotation of the municipality's analysis of risk and vulnerability compiled in 1996.

5.4 The programme will address the concerns of high-risk groups (such as children and the elderly), high risk environments and aim to ensure equity for vulnerable groups.

Children

Children learn through independent explorations and experiences. A distinction must be made between accident preventive work against serious injuries, and the minor injuries that naturally occur during games, in order for children to explore their capacities and limitations. Acts and regulations set down what is legal and what is not. The given space of action and arrangements for children's need to explore and adopt skills depend on the adults' attitudes and understanding of the fact that children need to practise and get experiences in order to learn. Parents and various specialists, who work with children of all ages, need to arrange and evaluate children's play and daily activity. That is why they need to possess knowledge and tolerate the dilemma between protection and mastering of activities (for further exploration see programme)

Youth

The youth explore and challenge the limits for what is permitted. Experimenting with drugs is increasing - in younger and younger age groups. This goes wrong for some. Speed and excitement are also experiences that the children explore. It is a great challenge to create understanding and respect for cars and speed amongst inexperienced motorists. The co-operation between school, police, Trygg Trafikk (Safe Roads) and the State Road authorities in Vestfold is important.

In Larvik a considerable amount of work has been put into the co-operation with "the third sector", in order to create alternative arenas on which the youth can develop. In addition, the liquor tax is earmarked for drug preventive work with children and the young. (For further exploration, see programme)

Immigrants

Immigrants are quite a heterogeneous group. The injury-, and accident preventive work in this connection, is aimed towards refugees and asylum seekers attending Norwegian language education. The foreign language-speaking living in Larvik are therefore a target group (For further exploration, see programme)

The elderly

The elderly are a high-risk group towards which the injury- and accident preventive work is aimed. Only 1 out of 4 who fracture their thighbone will recover completely. 4 out of 10 will be put in a nursing home and 50% will need canes or walking chairs. 1 out of 5 will die during the first year.



5.5 The programme should have a mechanism to document the frequency and causes of injuries.

The aim in the municipality of Larvik is to choose certain areas where chosen key indicators are monitored up throughout the year, and where the changes from year to year can be identified. When selecting the area and the key-indicators, an assumption should be that

1. The indicators in the material should be trustworthy and valid
2. They should preferably be comparable to other municipalities
3. Negative indicators should be chosen (like accidents and injuries) and positive indicators (like well-being)
4. Competence to analyse the collected data must be available

Through the work that has been done during the project period, a large amount of statistics has been studied, both from Larvik's hospital, the States Road Department, the police and various municipal units.

During study visits we have seen and learnt from the experiences with injury registration from the Stovner and the Oslo project (clinic for preventive medicine at the Ullevål hospital) and various seminars. The health service has assessed injury registration to give valuable information, and from 1999 a statistics group including the health manager, a council physician and the project leader for Safe communities, have worked to establish systems and produce statistical reports.

This group was expanded in the spring of 2002 due to new projects under development. In the municipality's strategic document a chapter for important key indicators have been established and data from the injury registration will be inserted into this document as of next year.

A survey regarding interest in the primary health care service in the municipality of Larvik for participation in a joint injury registration has been carried out in the project period. This is based on the suggestion for a template and a manual compiled by the States Institute for People's Health on assignment from

the previous Ministry of Health and Social Affairs. The general practitioners in Larvik were interested to participate - but so far it has not been possible to carry out such a project satisfactorily in Norway. An attempt failed to access injury data from the county's social security office in Vestfold, as this information can be found on the records the general practitioners submits. Due to limitations in the computing systems at the County's Social Security Office this could not be carried out.

The project group has applied to the Data Protection Registrar in order to obtain a concession to establish an injury register within the regulations allowed in Norway. The council physician has attended courses held by the doctors union in order to be able to deal with the collected data. Data equipment and software has also been purchased in order to compile reports. The county of Vestfold implemented a new common data-system for hospitals -«PIMS»- on 1 January 2000.

The project group established contact with the county and were given access to raw data on all injuries to the municipality's inhabitants which has led to hospital admission in Vestfold. An injury statistic was compiled on injuries to the municipality's inhabitants, which has led to hospital admission in Vestfold during the time period 1 of January to 31 December 2000. The report for 1 January to 31 December 2001 is under compilation; so far we have focused on a few key indicators like for example thighbone fractures.

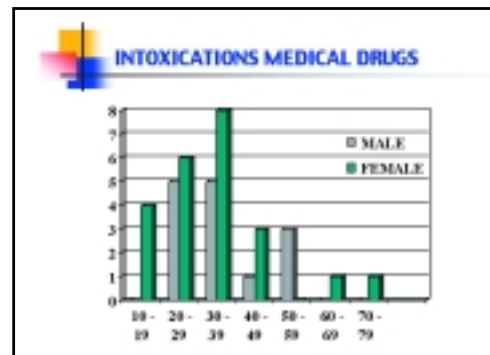
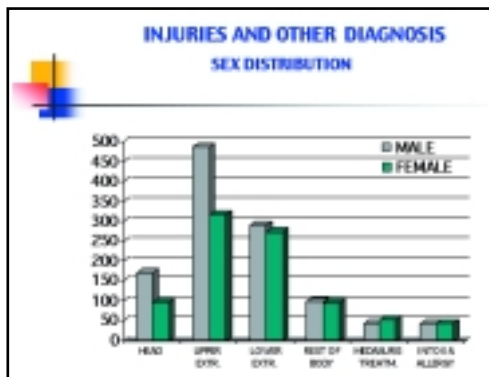
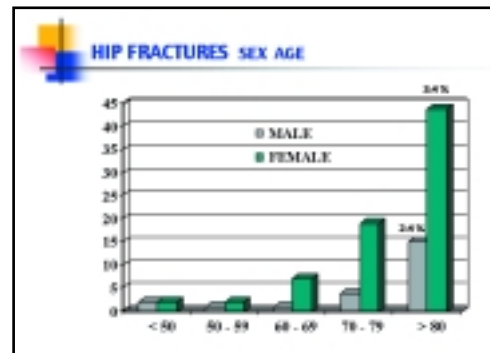
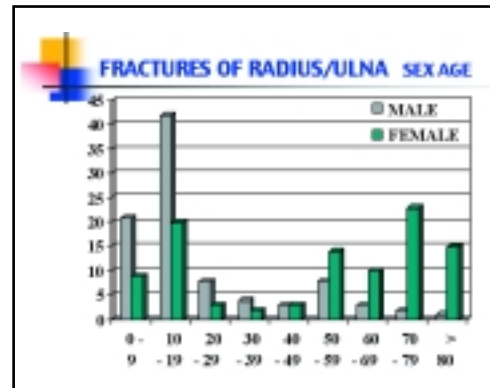
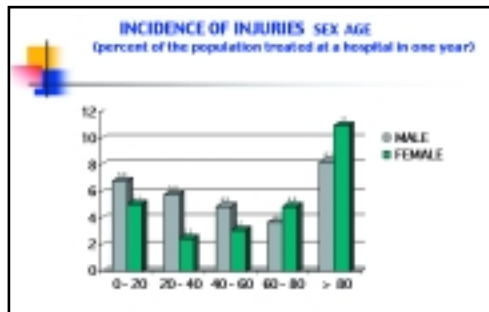
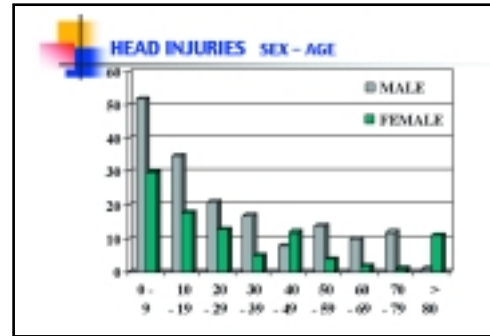
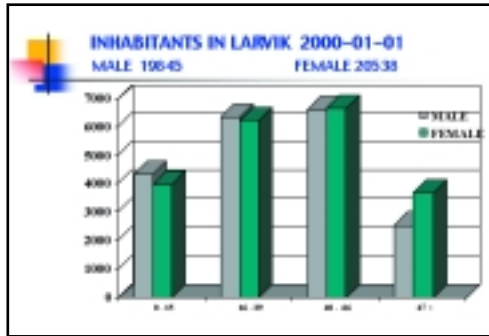
The key indicators (like thighbone fractures) are used as indicators in the Health Service, in order to evaluate whether the preventive work has any effect over time.

In addition, during spring 2000 a form of injury registration was compiled and implemented in the schools and kindergartens in the municipality of Larvik. The kick off date was 1 September 2000 and a preliminary report has been compiled for the period 1 September 2000 until 31 August 2001. Few injuries have been recorded in kindergartens, and a somewhat more extensive material must be available before any priority setting conclusions can be drawn.

The preliminary work - conclusion is that the registrations will give a basis for further surveys and give ideas on important accident preventing topics (such as knowledge on poisonous plants) It is important to develop a common understanding for which accidents it is important to prevent in the municipality. Examples to focus on are accidents due to man-made traps and incurable injuries to parts of the body.



Examples from a statistic report during one calendar year





5.6 The programme must be a long-term approach, not one of brief duration.

In the long term section of the Council plan's strategy document 2000 –2011, Safe Communities is implemented as one of 29 objectives

The strategy plan is the municipality of Larvik's superior central-authoritative document. This document is updated and evaluated yearly with decisions in the local council. The accident preventive work is implemented as an area of focus in the municipality.

"Safe Communities " is thus implemented as part of the municipality's ordinary management, and is yearly revised together with the strategically document.

5.7 The programme evaluation should include indicators which show effects and provide information on the process as it advances.

The municipality of Larvik has used the Balanced Score Card system with 7 key areas from 1999. It is here that aims and results are set aside in a 4-year perspective with yearly evaluation. The quality system describes how the units work in order to reach the aims.

It is through the project period registered various key indicators which are suited to evaluate if our accident preventive program has any effect and these indicators are to be found in our planning, - steering- and reporting systems.

Actual indicators found in 2002 are both negative and positive: Fractures of thighbones, the debut age for drug use, various sustainability indicators, well-being indicators, the number of local area conferences, the number of local area councils, the number of actions as a results of the local area conferences.

In addition a co-operative evaluation is going on, led by "Sareptas", on the use of dialog conferences as one of the methods in the work with Safe Communities in the municipality of Larvik. The work with the evaluation is planned terminated during autumn 2002.

5.8 Each community must analyse its organisations and their potential for participation in the programme.

The municipality of Larvik will in the years to come increase our co-operation with external participants in order to develop the community of Larvik to a greater extent and to draw on competence across public and private sector. For this work indicators are also inserted so that we can see when the goal is reached. In all activities through "Safe Communities" it has been evaluated which organisations could participate. This is part of introducing a way of working that also other municipal unites are using.

Examples are in the ongoing work with developing the accident preventative work for the elderly, through work in the local environment boards, in our Road Safety forum and in various projects like for example the project of distributing facilities.



5.9 Participation of the health care community in both in the registration of injuries and the injury prevention programme is essential.

There has to be established co-operation between the health-, and care services in the municipality and the County council and State health service, when it comes to injury registration as well as carrying out accident- preventive work.

Larvik has a local hospital with 70 beds. A common emergency reception - "FAM" - was established 7 years ago. This is a joint venture between the councils' health service and Larvik hospital (County council). The measure was awarded with 2nd price in the Ministry of Health and Social Affairs' "It is possible" price. Injury registration for Safe Communities in the municipality of Larvik started up when the health director, the council physician and the project leader for Safe Communities participated at a special issue session about local injury- registration in Oslo September 1998. A local all-sectional workgroup was then established, and the group examined available local statistics. This work laid the foundation for an analysis that gave directions for further work.

Through the project period co-operation with the health services in the municipality has been established, and a system for injury registration has been established. This is collaboration between the County council's health service and the health service in the municipality of Larvik. The States Institute for public health at the secretariat for Safe Communities has assisted with advice and guidance.

From 1st of January 2000, reports are being compiled on injury statistics, which contains injuries to the municipality's inhabitants that have led to hospital admission and on injury statistics for schools and kindergartens. This is registered in the plan of action for the health service. The injury statistics that contains injuries to the community's inhabitants, which has led to hospital admission has been communicated to the actual goal groups.

Further it is being planned a similar registration in nursing homes in Larvik with kick off autumn 2002. It is also planned to

co-ordinate the reports on injuries, almost accidents and violence against employees that are registered through the "HMS" (Health, Environment and Security) – service.

5.10 Be prepared to involve all levels of the community in solving the injury problem.

Through the work with our common quality system, the municipal's units are engaged in the injury-, and accident preventive work. Furthermore, a goal in the municipality of Larvik is to develop the municipality's services in co-ordination and with confidence from the users.

In the preparedness work in the time to come the municipality of Larvik will focus on exercises on how to handle crisis, informative preparedness with special agreement with the police and other central counsellors, safety measures against contagious diseases, emergency electricity, especially with regard to the consequences within nursing, caring and crisis management and in 2002, rotation of the municipalities risk-, and vulnerability analysis which was compiled in 1996. Furthermore it is referred to 5.2.

5.11 Disseminate information on the experience both nationally and internationally.

The tradition of the municipality of Larvik is to share their experiences with others. Not only in safety, but also other parts of its operations. Representatives from the municipality of Larvik have therefore throughout the years visited other municipalities and organisations, to share and exchange experiences.

Within the subject "Safe Communities" the municipality of Larvik has participated in among others the following activities, to learn and develop experiences:

The conference in Drammen about the subject "Safety in the local community" directed by the "Injury preventive forum", April 1998.



A special issue day about local injury registration autumn 1998 directed by the Ministry of Health and Social Affairs, the SIFF and the injury registry in Oslo.

The municipality of Larvik has since 1998 been represented in the forum for injury prevention.

Participation in the national preventative conference "Cross co-operation" directed by HENÆR, the centre and the Borgestad Clinic in Sandefjord

Participation in the conference "Everybody is needed" In Drammen autumn 1999

Participation in a network conference in Harstad municipality April 2000. Larvik joined with 3 participants.

Participation in compiling a plan for national action towards safety for the elderly. The Health Manager represents the municipality of Larvik in the ongoing work

Participation in Viborg Amt's conference on cost-effectiveness within injury preventative work. Subject: "1st. Safe Community-Conference on Cost Calculation and Cost Effectiveness in Injury Prevention and Safety Promotion Co-sponsored by the World Health Organisation"

The municipality of Larvik invites their friendship municipalities' representatives in participation with the municipalities Ski, Fredrikstad and Spydeberg to a travel seminar on the 3 June 2002. The seminar is part of the municipalities' application for membership in the World Health Organisation's program "Safe Communities"

Through visits from other Nordic municipalities, the project manager for Safe Communities has contributed to extending experiences of the Safe Communities to representatives from the Finnish municipal association. Experience has been passed on to representatives of the municipality of Uddevalla with regard to using participant-based methods in the accident preventive work.

Participated in an "example market" in connection with LA-21, the municipality of Sundsvall was represented.

The manager of one of two workgroups in the government's plan of action "Violence against women" where Vestfold is a pilot county. The aim is that the experiences from this project will be passed further on a national basis.

Experiences in connection with the safety-program "Marie", (which is developed by the States Road Department and has been implemented in most of the kindergartens in the municipality of Larvik) will be shared on a national basis.

Larvik is from 2002 associated with the Norwegian network of "upbringing municipalities"- "Happy upbringing". The networks main goal of operation is to prevent mental illnesses for children in the age group 0 – 12 years.

The municipality of Larvik has applied for participation in the "Quality of Life" project at the Berthelman's Association in Berlin.



5.12 Be willing to contribute to the overall network of "Safe Communities."

The municipality of Larvik will increase their co-operation with external counsellors in the year to come. We have weekly visits from other municipalities both nationally and from the Nordic countries that wish to participate in our experiences within the various parts of the organisation.

Larvik's municipality can strengthen the local network by sharing our experiences in quality securing the accident preventative work through a common quality system, our angle towards extensive user participation, the systematic plan, the carrying out and reporting by the Balanced score card (FBR) – methods. In addition, how facts and finds from statistics and research is implemented as a foundation for decisions for strategical choices and objectives. We are working with various forms of evaluation, both quantitative and participation based methods. We would like to pass on and share these results with the network. Reports and project descriptions are made available through our website.

We wish to participate on the board of networks to be established this spring in Oslo. Participation in conferences, passing on of experiences through Internet, accepting visitors and participating in national action for safety for the elderly.

6.0 ENCLOSURES

- J The municipality of Larvik
The municipality's strategical plan 2000 – 2011
- J The municipality of Larvik
The traffic safety plan 2000 – 2003
- J The municipality of Larvik
Action plan for children and young 1999 – 2003
- J The municipality of Larvik
The political plan of action for drug abuse 2000 – 2003
- J The municipality of Larvik
Injury statistics, hospital admissions 2000
- J The municipality of Larvik
Injury statistics, fractures to the thighbone 2000 – 2001
- J The municipality of Larvik
Injury statistics, injuries to students in primary and secondary schools 2000 – 2001

