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Ludvika, Sweden Application to Become a Member of the Safe Community Network

History

For a long period of time the community of Ludvika has actively worked for the prevention of accidents. In the early 1990th the health council began its work - a cross-sectional team engaged in preventing accidents and injuries at an early stage of time.

In 1991 the first accident report was presented which clearly showed the injury situation of the community. It indicated that children and the elderly were the most vulnerable groups and accidents caused by falling among elderly women were most frequent. Programs of steps to be taken and possible efforts were presented and long-range planning in order to improve the accident statistics was introduced.

In 1995 the municipal council accepted a political health programme with a view to work for a safe and secure community – A Safe Community – and aiming at decreasing the accident rate with 15 percent until the year 2006. The work should focus on the statistically most affected groups, i.e. children, youths, elderly, athletes and sportsmen, road-users and pedestrians.

The effort has further been to introduce accident preventive thinking and routines in the regular activities of the community within business firms as well as among the inhabitants.

In its work with accident prevention the target of the community has been to be appointed A Safe Community.

Apsafe

Postadress	Besöksadress	Telefon	Telefax	Bankgiro	Postgiro
Miljö- och hälso- skyddskontoret 771 82 LUDVIKA	Carlavägen 24	0240-860 00 vx Direktval 0240-862 28	0240-810 26	467-5088	12 45 30-7

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THE COMMUNITY OF LUDVIKA

The community of Ludvika is situated in southern Dalecarlia and has 27,000 inhabitants. The community has a solid economic life with Asea Brown Boveri (ABB) and Spendrups Bryggeri AB (brewery) as the most well-known industries.

Ludvika is the main municipality in the western mining district, known as "Västerbergslagen", with Grängesberg as the second largest municipality in the community.

The western mining district and the so called "Finnish forests" are to a great extent the region of the many lakes and the one who chooses the main roads will see a lot of Swedish waters. Once upon a time the mining district had mines and smelteries at any conceivable watercourse. The mines of Grängesberg were world famous. Today one of the largest engine museums of the worlds is located on the mining territory.

Ludvika is a world centre for power transmission, which may be a remaining result of the work to supply the mines with electric power.

Names related to Ludvika are Brunnsvik's residential college for adult education, Tallmogården's health centre, Säfsen's recreational area and municipalities such as Grangärde and Fredriksberg with certain tourist attraction. The authors Dan Andersson and Karl-Erik Forsslund as well as the musician Charlie Norman are sons of the district.

Social picture

On January first 1999 the population of the community of Ludvika was 27,129 persons, of which 14,325 resided in the main municipality and the remainder in minor urban districts, villages and thinly populated areas. The unemployment figure is around 8.8 percent. A large portion of the population (22.3 percent) is past 65 years of age and 6.5 percent is past 80.

The major employers within the community besides the municipal administration are the ABB group, the medical care organization and Spendrup's brewery. Based on 1996 figures the amount of gainfully employed men ages 20 to 64 years are 72.8 percent and women 67.8 percent.

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Criteria of the Safe Community concept

The Safe Community concept, constituting an important strategy by the Swedish Public Health Institute's (Folkhälsoinstitutet) national and WHO's international programmes for prevention of injury, is a model for the work of preventing injury in the local community. The fundamental idea of the Safe Community concept is to form a structure for cooperation between various parties within the community. This structure is originating in and developing from ordinary activities.

In order to be appointed Safe Community the community has to meet certain established, internationally valid criteria regarding organization, programmes and manner of work as well as documentation and evaluation of its work to prevent injury.

The following criteria are to be met

1. A cross-sectional team is to work with injury prevention
2. The community network is to be involved
3. The programme is to cover all ages, environments and situations
4. High-risk groups and environments must be the main concern of the programme as well as justice for vulnerable groups in relation to others
5. Representatives from the community and/or the health and medical care sectors are to be able to document the frequency and the causal pattern of the injuries
6. The programme has to cover long-term planning and not amount to short-term projects
7. In evaluating the effects of the programme well chosen indicators have to be used giving necessary information regarding procedures of change in progress
8. The organization and possibility of the community to participate in the work of preventing injury are to be analysed
9. The health and medical care sectors are to be engaged in the registration and prevention of injury
10. All levels of the community are to be involved in solving the problem
11. Spread the experience nationally and internationally
12. Contribute to the strengthening of the network of Safe Communities

This application is written in such a manner as to give an account of the work of injury prevention in the community of Ludvika based on each of the twelve criteria.

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1. A cross-sectional team working with injury prevention

Organization

The management team

The management team for public health issues is represented by community officials, the local social insurance office, the health and medical care sectors, the employment office and the police. The chairman of the team – appointed by the municipal executive board – is in charge of the public health work in the community.

The task of the management team

- Overarching responsibility of the public health work within the community
- Representing the five principals responsible for the public health in the community
- Being responsible for creating an effective plan/target of health by each principal
- Working for a common activity plan for public health in the community
- Taking responsibility for following-up and reporting to each principal
- Having the right of decision in the matter of public health.

The public health council

The public health council is meant to be the tool of the management team for initiating and performing activities originating from the programme domains of the plan.

The task of the public health council

- Being a strategic forum for the health work
- Coordinating and initiating actions in accordance with the decided plan/target
- Documenting and evaluating
- Having the responsibility of information
- Following the development of the public health work in and outside of Sweden.

In the local health council the administrations of the community are represented as well as the county council, the police, the local social insurance office, the employment office and other parties important for the public health work.

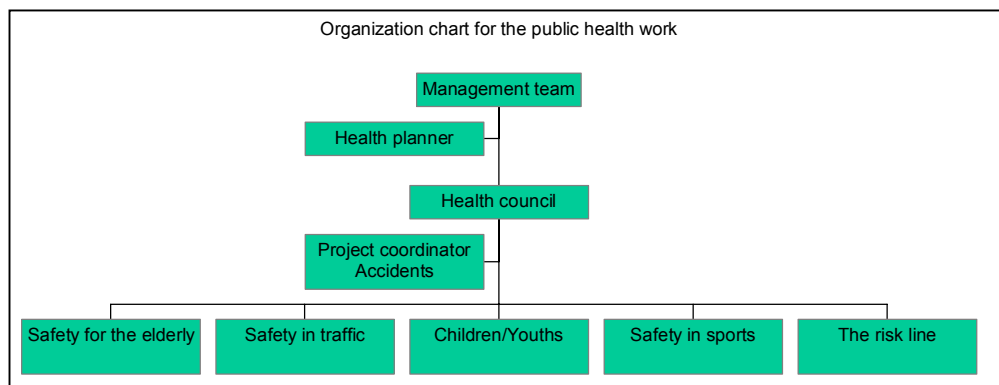
Health planner

The health planner has a role as coordinator, overarching as well as between the management team and the local health council. The health planner is a co-opted member of the management team.

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2. The local community network is to be involved

One condition for the success of the injury preventing work is the participation and commitment by all involved. It is mostly a question of increasing the awareness of individual behaviour of the population but it is also a question of creating as safe a physical environment as possible. It is therefore required that the work is firmly established and accepted at all levels of society - from the highest political level, the municipal and county councils with an approved programme of action and a decision on allocation of resources, via those responsible for the activities and community administration personnel down to voluntary organizations and the individual inhabitants of the community. The local press has an important role in spreading the information as well.



Strategy

The injury preventing work of the community is to include everyone. The realization strategy consists of four parts:

- Information
- Training
- Concrete measures
- Follow-up

* Information - The injury preventing work is mainly a question of creating awareness of the injury risks among individuals as well as organizations. An important task is thus to spread the information - verbally in large and small groups, at congresses and exhibitions, in written reports, letters, tips and via mass media by means of news cast watch and interesting articles.

* Training is a most essential part of the work and major educational efforts are in progress intended for personnel within child and old-age

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care, parents, leaders of sports clubs, school children and senior citizens.

- * Concrete measures - Major as well as minor steps are being realized, such as training of working teams, exhibitions, advertisements, billboards and counting drivers wearing seat belts. Several steps are being taken by the working teams such as safety rounds within schools and kindergartens, training for personnel regarding accidents and heart and lung rescue, fire protection and check lists for risk inventory of the environment within the special housings of the old-age care, injury reports, adjustment for the disabled and safety rounds at the leisure-time resorts/sports arenas of the community. One important task is to secure routines for the injury preventing work within various activities, for example within schools, child care, old-age care and traffic.
- * Follow-up - A continuous follow-up of the work is being carried on regarding result as well as procedure - for instance in following up steps taken and in registering injuries by the county council.

The utmost effect of the work will be reached by directing the preventive measures towards the places where accidents often occur. The community is responsible for many surroundings of the inhabitants, such as traffic, several youth centres, schools, child care and old-age housing. One way to emphasize this responsibility is to safeguard routines for the injury preventing work and to make sure that the networks, within the community as well as with other parties, are functioning and making it possible to find mutual solutions.

3. The programme covers all ages, environments and situations

The programme applies to all inhabitants of the community of Ludvika.

With the assistance of mainly injury reports, political decisions, research results and all accumulated experience we have chosen to focus on the following groups

1. Elderly people
2. Athletes and sportsmen
3. Road-users and pedestrians
4. Children and youths

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3.1 Safety for elderly people

Target

The main purpose of the programme is to decrease the number of accidents with 15 percent by the year 2006 as well as their social, psychical and national economic consequences.

Target directions

- Working actively in order to prevent accidents among elderly, mainly accidents caused by falling in the home and fire.
- Training and spreading information to senior citizens. Safety training for the elderly. (Cooperation project between community, county council, elementary medical care, national dental service and fire brigade/rescue team as well as senior citizen organizations.)
- Bringing information material up to date.
- Producing and evaluating assisting devices to prevent injuries and facilitate everyday life. (Project for evaluation of hip pads.)
- Breaking the isolation of many elderly people. Friend service, starting 2000.
- Ensuring quality and registering damages caused by falling within special old-age housing (documentation and registration since 1996). ARK routines.
- Instructions about accidents caused by falling for medical staff and home care personnel in order to increase awareness of risk.

Facts

22.3 percent of the population in the community of Ludvika is past the age of 65. Several of the oldest inhabitants are in extensive need of care and accident injuries are often a reason for the need of nursing and care. Elderly people are therefore a priority group in the injury preventing work.

Injury registration has been made at two occasions, in 1991 and in 1997/98, and among other results there has been a decrease in accidents caused by falling in the home. These accidents have decreased from 40 percent to somewhat above 30 percent, which is a ten percent decrease in six years.

Working team for the safety of elderly people

The team consists of representatives from	The team cooperates with
- Care and nursing institutions	- County council
- Elementary medical care	- Nursing and care adm

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- Fire brigade/rescue team
- Occupational therapist
- Senior citizen organizations such as SPF and PRO
- Technical adm
- The Swedish Church
- The Red Cross

The work of the team for the safety of elderly people has been concentrated upon a health project for the elderly in cooperation with the senior citizen organizations, the community of Ludvika, the county council, the elementary medical care, the national dental service och the fire brigade/rescue team and has implied training regarding the subjects

1. Natural ageing – Food, mouth health. Lecturers: Doctor, dietitian, dental hygienist.
2. Safety regarding fire and electricity – Heart and lung rescue. Fireman.
3. Means to make the every day life easier – Incontinence. Physiotherapist, occupational therapist, district nurse.

The purpose of the pilot project was to increase the knowledge and awareness of accidents, especially those caused by falling and fire. The project was financially supported by Dalarnas Forskningsråd to start the activity in 1998. It has been such a success that the training as from the year 2000 is one of the activities led by the elementary medical care and in cooperation with the other parties.

As a result a brochure – Äldresäkerhet (Safety for the elderly) – has been compiled as a support for the memory. The brochure has been given to the participants after the course and a diploma has been awarded.

Statistics show that fires with fatal casualty more often happen to elderly people and disabled than to the rest of the population. Therefore a work started aiming at preventing fires in special and ordinary housing. The fire brigade/rescue team, the nursing and care administration, the technical administration and the civil defence administration are parts of the project which started in 1997 after risk inventory and actions to remove defects. Staff at all levels gets annual training. In 1999 a policy was taken regarding preventing actions towards fire in special and ordinary housing. Annual fire safety inspections are made and check lists have been produced. An organization for home protection has been recruited to look over the safety of the senior citizens with the help of the home care personnel.

A friend service for elderly people started in May 2000 by the nursing and care administration in cooperation with the voluntary organizations, the senior citizen organizations (PRO and SPF), the Red Cross and the Swedish Church.

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Information

- Revision and reprint of accident brochure. Distribution of same to the elderly in the communities of Ludvika and Smedjebacken.
- Exhibition of lighting and assisting devices in Ludvika during the spring of 1993.
- Examining all 75 year olds during the years 1992-1997 giving accident preventing information to same.
- Accident information at senior citizen meetings in the community of Ludvika in cooperation with adult education institutes. Continuously.
- Project cooperation within the European Union (EU). Prevention of accidents among the elderly in collaboration with "The cooperation of Bergslagen" (consisting of seven communities), Estonia, Finland, Greece, Rumania and the Swedish county of Västmanland. 1999-2001.
- The Rescue Department's campaign against accidents in the home - "The black cat" - in 1998, 1999 and 2000.
- Exchange of experience and cooperation among the regions of southern Dalecarlia and Västmanland at various meetings and conferences. Continuously.

Training

- Training in knowledge of fire, accidents as well as heart and lung rescue for personnel within the care of the aged. Yearly.
- Training in prevention of fire and accidents for unit heads at the old-age care centres of the community. Continuously.
- Training in safety for the elderly, cooperation project between community and county (elementary medical care, fire brigade/rescue team). Continuous training possibilities in spring and autumn for senior citizens around 75 years of age.
- Project cooperation within EU and the umbrella organization: Safety across Europe. 1999-2001.
- Information about prevention of accidents to home care personnel and district nurses. Continuously.
- Information about accidents caused by falling to caretakers within the family. Continuously.
- Education for home care personnel about home safety. Continuously.

Concrete measures

- Accident registration in 1991 and 1997/98. Continuous registrations with a new data programme are planned.
- Continuous registration of inpatient care: accidents caused by falling and traffic, attempted suicide, acute heart attack

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- Since 1996 the community of Ludvika is connected to "The risk line" (a national telephone line for reporting accident risks)
- Programme for the development of the pedestrian and bicycle paths and access to nature grounds. Continuous planning for extension
- The supply of activities by senior citizen organizations: exercise, balance, stimulation and wellbeing. Continuously
- Obtaining and evaluating hip pads for elderly in special housing during 2000-2001

Evaluation

- Reports from the epidemiological investigation work by the county of Dalecarlia (M Granvik, epidemiologist)
- Specification of available statistics. Health planner B Borendal
- Examination of 75 year olds in 1992-1997
- Statistical data included in all health plans
- The report 1999:25 "The cooperation of Bergslagen" by the Karolinska Institute in Stockholm

3.2 Safety for athletes and sportsmen

Target

The main purpose of the programme is to decrease the number of accident injuries with 15 percent until the year 2006 as well as their social, psychical and national economic consequences.

Target directions

- To prevent injuries in athletics and sports
- Training in correct rescue action in case of an accident
- To prevent doping and the use of drugs in sports
- To map out the accident and injury situation in fitness exercise and sports
- Training in prevention of injuries in sports for leaders of sport clubs in cooperation with adult education institutes and SISU
- To offer sport clubs training in heart and lung rescue and accident prevention
- To cooperate with the schools on senior level in doping matters at specific so called ANT days (activities anti alcohol, narcotics, tobacco)
- Fewer injuries within the ski resorts Säfsen Alpin and Fjällberget
- Programme to prevent injuries for tourists visiting the ski resorts
- To look over the accessibility for the disabled in the resorts of the community

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Facts

From the injury registration made in 1997/98 it can be gathered that 11 percent of the accidents occur in the sports arenas and on the athletic grounds. In looking at accident related injuries it can be established that 45 percent of the injuries are connected with leisure-time activities in the form of sports, fitness exercise and games, of which sports and fitness exercise amount to 27.5 percent of the injuries. Twenty riding accidents have been separately registered and as expected these affect mainly girls, who are the more active in this particular sport.

Working team for the safety of athletes and sportsmen

The team is being formed. Representatives from the nursing and care administration, the cultural and leisure-time administration, the county council, voluntary organizations and insurance companies as well as the consultant of the disabled are suggested to form the team.

Cooperation partners

- The school
- Sports clubs
- Voluntary organizations
- The county council
- The community
- Miscellaneous reference groups

Information

- Information to sport instructors in the community of Ludvika
- Information about skiing safety at Säfsen ski resort among others. Information by the safety council for skiing has been obtained from the council of Jämtland county
- Information meetings arranged by the cultural and leisure-time administration
- A video tape from the Danish TV regarding prevention of injuries
- A video tape regarding prevention of injuries in the touring coaches on the way to the Säfsen resort
- Setting Bergslagen in motion. 2000. Project to increase every day exercise
- Setting Sweden in motion. 2001. Project to increase every day exercise

Training

- Training in sports related injuries and preventive measures for sport officials

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- Training at so called ANT days (activities anti alcohol, narcotics, tobacco) of the schools on senior level
- Seminars regarding sports, nutritious foods, doping (cultural and leisure-time administration)

Concrete measures

- Annual inspections of the premises, the sports arenas and the athletic grounds
- Decision that the premises, the sports arenas and the athletic grounds of the community are to be free of doping
- Those practising sports in the premises, on the arenas and grounds of the community are obliged to submit to optional doping tests
- Club or member breaking the set rules could be excluded for a period of time decided by the administration
- Consultant for the disabled from the nursing and care administration in cooperation with the cultural and leisure-time administration. Risk inventory and inspection of the premises, the sports arenas and the athletic and leisure-time grounds of the community
- Programme for safer localities for leisure-time and sport activities

Follow-up

- Accident and injury registration in 1991 and in 1997/98

3.3 Safety for road-users and pedestrians

Target

The main purpose of the programme is to decrease the number of accident injuries with 15 percent until the year 2006 as well as their social, psychical and national economic consequences.

Target directions

- Examining the traffic environment at all schools and kindergartens of the community of Ludvika.
- Decrease the accidents among unprotected pedestrians and bicyclists on their way to and from schools/kindergartens by suggesting measures of improvement based on the material produced as well as by guiding those responsible for road maintenance in dispersing efforts during a lengthy period of time.
- Development and improvement of the pedestrian and bicycle paths of the community.

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- Influencing behaviour and attitude towards safety and protection outfit, such as safety seats for children i cars and bicycle helmets.

Facts

In 1996 the community council made a decision to make a proper inventory and inspection of the traffic environment at schools and kindergartens. The investigation has been accomplished

- by interviewing the head master and representatives of the staff at every school and kindergarten and at the same time studying the traffic environment around the school building
- by talking to the drivers of the school buses and
- through an inquiry to every pupil of the elementary school and its parents with questions about the way to school, experienced risks, places for accidents and narrow escapes as well as their idea of traffic regulations and problems.

The working team has then chosen to propose improvements and measures with regard to necessary priority.

This inventory will be revised and maintained continuously.

Injuries caused by accidents in traffic, the transportation environment and on streets and roads amount to about 15 percent of the registered injuries. Traffic accidents alone amounted to 163 with bicycle and passenger car accidents being most frequent.

Working team for the safety of road-users and pedestrians

consisting of representatives from	and in cooperation with
the technical administration	NTF
the town architect administration	the environmental and
the social and educational committee	health protection adm
the drivers from Linjebuss bus company	Folksam insurance company
school personnel	the police
parents and children	the Swedish national road adm
	the county council
	road societies
	voluntary organizations

Information

- Local campaigns in order to influence attitudes and behaviour among bicyclists and other road-users
- Efforts in schools, special road safety days
- Work in behalf of the use of safety equipment

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- Bicycle safety week - activities arranged jointly by the community of Ludvika, insurance companies, intercompany activity groups, "zero vision group" and the traffic safety association of Dalecarlia
- Zero vision campaign by the Swedish national road administration in 1998
- Campaigns for using bicycle helmets. Continuously

Training

- Initiative to and activities at the "Children and youths safety week" of the Folkhälsoinstitutet
- Local safety activities arranged by parents and children belonging to the Home and school society as well as by insurance companies, the child welfare clinic, the fire brigade/rescue team of the community of Ludvika and voluntary organizations
- Health work in the schools for prevention of alcohol-traffic (in cooperation with educational associations)
- Training for parents. Children accidents. Insurance companies, prenatal clinic, the community, the fire brigade/rescue team, NTF. Continuously
- The project "Safety seats for children in cars". The county council of Dalecarlia subsidizes safety parcel and information to new parents. 1999-2000

Concrete measures

- Continuous improvement and planning of the environment inside and around schools and kindergartens
- The account and survey of the environment at schools and kindergartens made by the working teams are the bases of giving priority to the realized achievements and improvements of among other things paved bicycle and pedestrian paths. During 1996 to 1999 several kilometers of such paths have been constructed.
- Programme for the development of the pedestrian and bicycle paths and access to nature grounds in the community.
- County and community employees have been offered bicycle helmets at reduced price.
- Free bicycle helmets to school children within the headmaster domains of the community of Ludvika. Three schools on one occasion in 1999.
- Adjustment of bicycle paths and halting places along the paths for disabled.
- Displaying along the whole network of bicycle paths with information of distance and place as well as request to use bicycle helmet.
- Exhibitions of bicycle helmets. The community and primary medical care. Continuously.

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Follow-up

- Analysis of the effects by means of injury registration in 1991 and 1997/98.

3.4 Safety for children and youthsTargets

The main purpose of the programme is to decrease the number of accident injuries with 15 percent until the year 2006 as well as their social, psychical and national economic consequences.

Target directions

- Create a safe traffic environment at schools and kindergartens as well as in their immediate vicinity.
- Decision that all school children in the third grade are to have participated in swimming lessons and passed a swimming test.
- Actively work on changing the attitudes about the use of safety equipment and increase the knowledge of traffic among pupils.
- Investigation initiated suggesting action programmes for children in risk zones.
- Project "Kamomill" – Preventive family support for new parents.

Facts

With regard to the composition of age in the population most accidents occur among children and youths. The school health care has registered 100 accidents. Even one suicide attempt among children 7 to 14 years of age has been registered.

Working team

District nurses
Representatives from school and
Kindergarten
Consumer secretary
Health planner
Children's nurses

In cooperation with

The social insurance office
The environmental and health
protection administration
The fire brigade/rescue team
The psychiatry
NTF
The Rescue Department
The Red Cross
The Swedich Church

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Information

The child welfare clinics are continuously working with information to parents about accident preventive measures, safety equipment, safety folders.

- Information about safety seats for children in cars and safety parcel for new parents at reduced price
- The campaign "The black cat" by the Rescue Department on every Friday the 13th. Accidents in the home and among children. 1998, 1999, 2000
- Sale of bicycle helmets at reduced price and information about their use. Continuously
- Bicycle helmet campaigns. Continuously
- Anti tobacco and drug campaigns. Continuously

Training

The fire brigade/rescue team is structurally working with knowledge about fires at all schools

- Bamse's fire school for six year olds
- 2nd grade - School material by the Rescue Department with following visits to the fire station
- 5th grade - School material by the Rescue Department and the fire fighting association
- 7th, 8th, 9th grades - Theme days with station training in knowledge about fires
- 9th grade - "HFA" (Protection of the home for all), safety and survival training in the case of war
- 9th grade - Life saving
- The training programme of the Red Cross for school and child care personnel regarding child accidents and heart and lung rescue
- The fire brigade/rescue team educates all personnel within schools and kindergartens regarding child accidents and heart and lung rescue. Continuously
- Training of parents regarding child accidents and heart and lung rescue. Continuously

Concrete measures

- Child safety programmes for the child welfare clinics
- Friend supporting activities. The Red Cross
- The forming of the house of the youths, "Haffas", activity centre and supporting activities for youths
- "Walking parents". Parent groups walking the town centre during week-ends and when specific arrangements are held

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- The Church Bun – Night walking and access to coffee and support during week-ends and during large events for the youths
- Start of Project Kamomill – Support for new parents. Since 1996
- The city group of the community. School personnel available during summer and social workers on duty, together some 15 persons
- The supporting group of the Red Cross with activities in the town centre during week-ends and at night
- The FoU project (Research and Development of personality) ”The mirror” in cooperation with the research council of Dalecarlia and the foundation named Walla
- Guidance in order to make safety investigations of kindergartens and within child care in the entire community
- Safety investigations in schools and kindergartens and in the leisure-time resorts run by the community. Continuously
- Licensed shop selling safety seats for children i cars. Leksakshuset (The House of Toys) in Ludvika is one of five shops in Sweden being part of a unique project for educating, licensing and certifying the shopkeeper. The purpose is to keep a high knowledge and information level regarding the products and the installation. The Federation for Safe Traffic of Dalecarlia (DTF) has awarded the certificate

Follow-up

- Analysis of the effects by means of injury registration in 1991 and 1997/98.

3.5 National telephone line for reporting accident risks: ”The risk line”

Target

The main purpose of the programme is to decrease the number of accidents and injuries with 15 percent until the year 2006 as well as their social, psychological and national economic consequences.

Target directions

The long-term work with the risk line is intended to result in

- a safer and more secure environment for people to live in
- increasing the commitment of the public in the injury preventing work thus making it possible to influence the environment by reporting risks
- improving the cooperation between community, county and other interested parties as well as strengthening the cross-sectional work of accident prevention
- mobilizing the public in tracing risks
- bringing about a decrease in the injury incidence among the population lowering the social costs for injuries in the long-term perspective

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Facts

The public is urged to report accident risks in their neighbourhood to the risk line, which in its turn will forward the matter to the technical administration in the community of Ludvika, which will decide who is to eliminate the presumptive risk. The risk line was established in July 1996.

The risk line is being marketed by the county council of Dalecarlia and the community of Ludvika by means of advertising, promotional products, direct information to the public, schools and places of work, various safety campaigns and other similar occasions as well as by means of information to all provincial newspapers, radio and television.

Organization

- SOS Alarm AB, Östersund
- Contact persons at the technical administration, community of Ludvika
- Risk line coordinator of Dalecarlia in the city of Falun

4. High-risk groups and environments must be the main concern of the programme as well as justice for vulnerable groups

The programme is intended for all ages, environments and situations and at all steps taken special care is to be shown high-risk groups such as children and elderly people as well as high-risk environments such as the home and traffic. The work has to aim at doing justice to vulnerable groups. We have thus created high accessibility for everyone to our pedestrian and bicycle paths and the nature ground along them.

5. Those responsible must be able to document the frequency of and reason for the injuries

Injury registration

Injury registration is the foundation of the preventive work. Statistics are an excellent basis for the planning as well as informative material indicating high-risk environments and groups.

Great importance is also given plain language descriptions and interviews with individuals who have agreed to the following-up and the recounting of the injury and the occasion in detail. This will give an in depth injury analysis and will make it possible to actually see what is going on in the community and then take steps accordingly.

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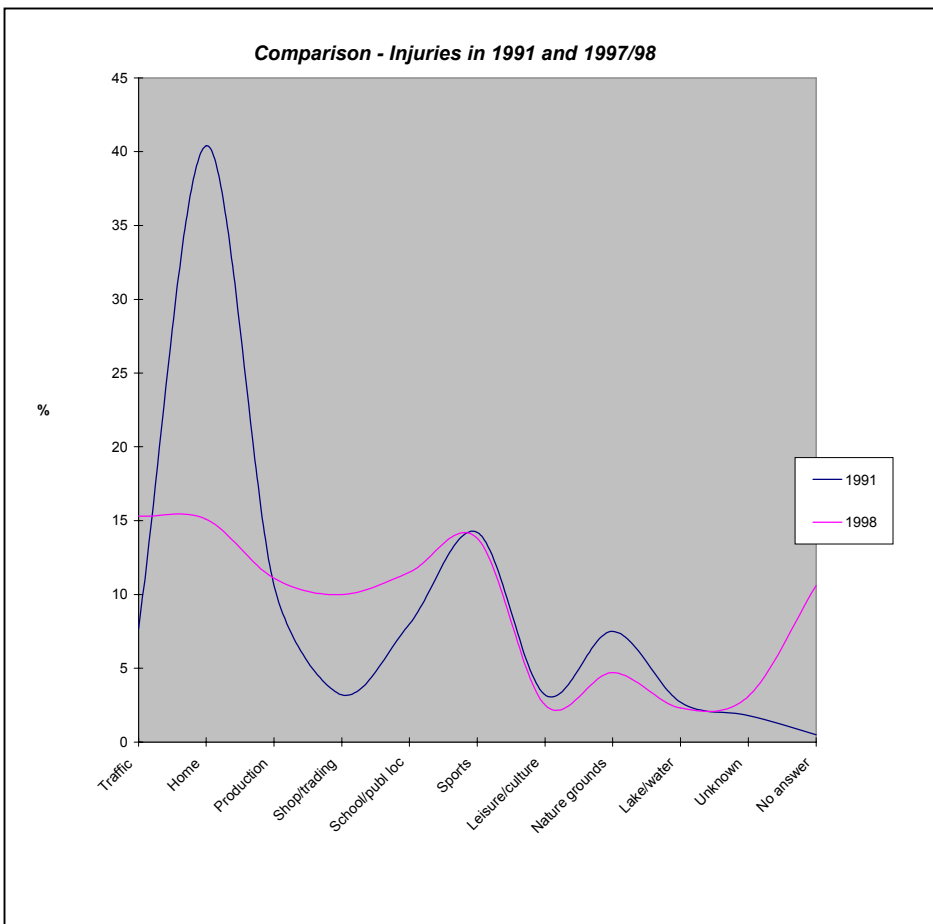
Realized measures

Injury registration has been made at two occasions, in 1991 and 1997/98.

In 1991 all injuries were registered by the county council of Dalecarlia regarding all accidents at the emergency admission of the hospital, the medical and dental service centres in the community and the company health care of ABB.

The 1997/98 registration was made by "The cooperation of Bergslagen" covering all patients having suffered accident injuries or having contacted elementary medical care, health promoting hospitals in the district, the orthopaedic and surgical departments at the hospital in the city of Falun, the county hospital in the city of Västerås, the dental service centre, the company health centre and the school nurses in the area.

When comparing the registrations of 1991 and 1997/98 it clearly shows that the preventive steps taken against accidents caused by falling have had good effect, however, the latest control shows that almost half of the accidents are caused by some kind of fall. Most of the accidents occur at ages below 14 years and boys are somewhat over represented. Men are in the majority also in the ages 25 to 64 years as the leisure-time activities in the vicinity of the home indicate the highest amount of accidents. In the ages past 65 women are in the majority in total number of accidents as well as in injuries caused by falling.



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6. The programme has to cover long-term planning and not amount to short-term projects

Injury preventing work cannot be carried on as short-term projects.

The community of Ludvika has chosen to formulate its injury preventing work over a long period of time. When decision was made to apply for Safe Community status a project coordinator was employed to put together the preventive work conducted in the community and to firmly establish it within the frame of existing activities and available resources in order to reduce accidents and injuries and the effects of the same.

To improve public health and to reach a lasting result is a long-term project. It is a process in progress. The policy programme will continuously be revised as additional experience and new knowledge is being gained.

7. The evaluation of the effects of the programme have to contain well chosen indicators giving necessary information about procedures of change in progress

The evaluation of the injury preventing work is covering the extent of the injuries, the process as well as the methods used to accomplish the work. The evaluation is made on the basis of the established targets: targets of direction and of effect.

The extent and causal pattern of the injuries

The injury registration indicates the actual situation of the extent and causal pattern of the injuries. As already mentioned the first registration was made in 1991 and the second in 1997/98 and these are still under evaluation and coordination. The registration is an important tool for the continued injury preventing work. The objective is to have computer programmes for continuous accident registration. The county council of Dalecarlia has contacted firms for delivery of a suitable soft ware.

Methods of the injury preventing work

The accomplishment of the objective is mainly depending upon how the work has been conducted. Do all parties involved participate in the process? Which methods have been used and are they successful? What has actually been done? How were the efforts made? Why were they made in this way? What groups have cooperated? Did it involve expenditure? Who/which have been responsible? Was it the right target group? These are the questions being an important part of the evaluation of the advancement of the process.

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8. Analysis of the organization of the community and its possibilities to participate in the injury preventing work

The injury preventing work in the community of Ludvika is lead by a management team (which ceased to exist in 1998 and was replaced by a vision group) responsible for the realization of the programme.

The local health council accomplishes the activities presented by the management team.

The health planner has the overall responsibility. This person is a co-opted member of the management team and heads the work of the local health council.

The injury preventive efforts are to be included in existing activities and the ordinary budget to the fullest possible extent. Some informatory and training efforts have however been financed by separate means.

The overarching community safety work, Basic view of civilian preparedness, has been decided upon by the municipal council. This is about the reconstruction of the POSOM (psychosocial caretaking) group and the updating of the contact people and call-up lists of the organizations. During the year at least two exercises will be carried out in order to improve the quality of the crisis command work of the community.

The basic view will be supplemented with risk analyses and a safety policy. The work with these has already started. The work is being governed by the secretariat and IT unit of the community management administration. The head of the secretariat and IT unit is head of security and is responsible for matters resting upon the community in accordance with the directions of the security defence law.

In 1998 a project manager was appointed to coordinate the injury preventing efforts, to be responsible for activating the items of the programme not yet being dealt with, to create additional networks and to coordinate earlier efforts and directions.

The process is continuously going on and the activities are being developed thanks to the fact that the existing networks of the community are being engaged. It is all about arousing an interest for the reality in the community and finding common solutions.

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9. Engaging the health and medical care sectors in the registration and prevention of injury

The work towards a safe Ludvika has been a collaboration between the community and the medical care district of Ludvika. The cooperation within the injury prevention sphere has persisted since 1989, when the health council was formed, a health planner was appointed and a programme of activities was formulated.

Injury reports have been made at two occasions, in 1991 and in 1997/98.

In 1995 a cooperation project was also launched across the county boundary between Dalecarlia and Västmanland, known as "The cooperation of Bergslagen" (Bergslagssamverkan). It covers seven communities in the mining district. Four of the communities - Avesta, Hedemora, Ludvika and Smedjebacken - are situated in southern Dalecarlia, whereas the other three - Fagersta, Norberg and Skinnskatteberg - are communities in Västmanland. A joint steering committee with representatives from both county councils was appointed. The direction of the work should be to intensify and further develop the public health work in the seven mining district communities.

Organization

- A politically elected steering committee with five permanent members from each of the county councils
- The five health planners of the region are in charge of the operating activities managed by means of a network
- The health councils of the communities

Purpose

The purpose of "The cooperation of Bergslagen" is to observe the specific public health problems in the mining district and together with the communities and other representatives of society accomplish tangible activities and create supportive environments for increased welfare of the mining district.

Target

The target is to improve the public health and decrease the differences in the health condition between various groups of the population in the mining district. Political decisions concerning the region are to cover analyses of consequence for the health situation as well as that of the environment.

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Realized projects and projects in progress by "The cooperation of Bergslagen"

One of the fifteen realized projects, and in some cases in progress, is the injury reporting (1997-1998).

Short-term result

Discovering risk environments in society which can be rather promptly eliminated.

Long-term results

Decreasing the number of individuals suffering injuries/accidents.
Spreading knowledge and experience about accidents and accident risks in society enabling injury preventing work to get started.

10. Involving all levels of the community in solving the injury problem

The work in order to decrease the accident injuries is the concern of everyone in the community. An important task in the preventing work is to act in behalf of cooperation between separate community administrations. A task which sometimes is difficult with regard to the current strained economy but in the longer perspective will become profitable to the community.

The cooperation between the firm ABB and its companies, the community and the county council is well established. It is a safety chain working in two directions – into the firm to decrease accidents and injuries during the work and increase health and security among the employees and a functioning link out towards the society with preparedness for large industrial accidents.

Those who live in and visit the community of Ludvika are also to be included and committed in the injury preventing work. They are being reached thanks to information, training, various local campaigns, exhibitions and the like. This is where the local press has an extensive task and a vast influence - many articles have been written, the injury preventing work has been followed and information has been spread to the readers. The inhabitants are also engaged thanks to the risk line and are urged to report major as well as minor risks to be found in the community.

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To prevent injury is a public health issue aiming at increasing the awareness of the individual and thus changing the behaviour. It is possible for a community to change if the commitment is flowing cross-sectionally - from above as well as from below. The commitment is firmly established in the public health council and is made known thanks to the working team and the reference groups.

11. Spreading experience nationally and internationally

Thanks to the cooperation projects within the mining district, "The cooperation of Bergslagen", there has been frequent exchange of experience and contacts. One important contact has been the county council of Västmanland which invited the community of Ludvika to participate in the accident registration and have the statistics processed by the community and environmental health association in Västerås.

Among other places this material has been spread at the regional accident conference in the municipality of Norberg, in which politicians, civil servants and other interested parties within "the cooperation of Bergslagen" participated. The injury preventing work of the communities was also presented at this conference. The community of Ludvika participated actively and presented its work in order to inspire the implementation of injury prevention programmes in the participating regions.

The evaluation report of "the cooperation of Bergslagen", made by the public health institute (Folkhälsoinstitutet), is internationally and nationally available.

The fact that the community of Ludvika is participating in the EU project known as "Good quality of life at old age by means of organized home care networks and accident prevention", which is funded by ECOS-OVERTURE, provides several opportunities for the community to exchange experience with other countries. The community is planning a conference with its sister county Viljandi and the Russian sister community of the community of Nacka in November 2000.

The injury preventing work of the community of Ludvika will also be presented on the web site of the community.

12. Contribute to strengthening the network of safe and secure communities - Safe Community

The community of Ludvika is applying to be appointed a safe and secure community in the WHO network Safe Communities and the national

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network of the Folkhälsainstitute for safe and secure communities. We are looking forward to participating as an active member of the network and being able to contribute our experiences and to further develop the injury preventing work.

Courses and conferences

In order to take part of the experience of others as well as new research findings representatives from the injury programme have participated in the following courses and conferences and have also had many informal contacts with the Swedish safe communities.

- 1997 Falun – Regional conference of injury prevention
- 1998 Tidaholm - Safe Community network conference
- 1998 Norberg - Accident conference for ”The cooperation of Bergslagen” (the mining district)
- 1998 Borås - National conference of injury prevention
- 1999 Mariestad - National conference of injury prevention
- 1999 Lidköping - National conference of injury prevention
- 2000 Katrineholm - National conference of injury prevention

13. The coming into being of this document

This document is describing the injury preventing work of the community of Ludvika. It describes a process which began in 1989, is constantly continuing and will further develop. Many people have participated, politically or in the form of working teams and in their permanent employments. In order that the work will be successful the commitment of many people is required without the assistance of whom this document would never had come about.

The report is based on information and background material from several persons who have been involved in various ways.

Warm thanks are being addressed to all the people showing such commitment, the politicians and the administrative staff of the community of Ludvika and the county council of Dalecarlia: Margareta Jonsson, Birgitta Borendal, Monica Lundin-Andersson, Bror Wallin, the colleagues at the environmental and health protection administration, the fire brigade/rescue team, Margareta Karlsson at the nursing and care administration and Britt-Marie Westholm of the health council.

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COMMUNITY OF LUDVIKA

Roger Stål
Municipal commissioner
Chairman of
the Municipal Executive Board

Anne Bohman
Chairman of the Health and
Medical Care Executive Board

Project coordinator and author of this report Ursula Furtig

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