

Safe, Healthy, Happy and
Harmonious
Kangjian Safe Community,
Shanghai Xuhui

Application from Kangjian Community, Xuhui District Shanghai, PRC

To WHO Collaborating Center on Community Safety Promotion for membership of International Safe Community Network

Injuries are a major cause of mortality and morbidity of community residents. In recent years, Kangjian Community has paid a lot attention to injury prevention work. And ever since August 2002, Kangjian Community has started to create a safe community according to requirements for a safe community in an international level. It also endeavors to seek the mode of a safe community with its own characteristics so as to reduce injury incidence.

Kangjian Community has kept constant contact with WHO Collaborating Center on Community Safety Promotion after setting up its goal as to create a safe community through various approaches. Particularly in October 2006, a group of experts from the Center, including professor Zhao Junbi and professor Wen Silang, came to Kangjian Community to offer guidance. After then, the goal of Kangjian Safe Community can be carried out in a more tangible and clear way. Kangjian Safe Community contributes to Safe Community Weekly via e-mail, actively participates in domestic and international conferences to exchange experiences and learn from each other, and constantly develop extensive cross-specialty and cross-sectional cooperation with many scientific and research institutions, governments, non-governmental organizations and private enterprises so as to promote the community's safe, healthy, happy and harmonious development.

Hereon, we'll brief our preliminary achievements in injury intervention work in Kangjian Community and formally bring forward our application to WHO Collaborating Center on Community Safety Promotion for membership of WHO Safe Community Network. Hence we'll extend more vigorous efforts to improve injury prevention work in joint venture with other members.

Mr. Zhang Xuefu, Director of Kangjian Community Office
Head of the leading team of Kangjian Safe Community

1.General Introduction

1.1 Background

Kangjian Community is situated in the southwest of Xuhui District, with an area of 4.07 square kilometers. It is a new-styled residential area, including both ordinary residential areas like Kangle Community and top grade villas like Rose Garden and Peony Garden. Kangjian Community was nominated as the National Civilized Model Community by Central Government Civilization Commission. Also, the Community gained several honors such as National Advanced Unit on Aging, the Model Community of Healthy Community in Shanghai. There are 17,645 senior citizens in the community, 22.8% of community residents. Kangjian Community has stepped into aging.

Kangjian Community boasts abundant resources in education, public health and fitness facilities. There are 6 different universities and colleges like Shanghai Normal University and 12 elementary and middle schools such as Shanghai World Foreign Language Middle School. The Community Sanitation Center and Maternal and Child Health Institutes are founded, together with 5 standardized sanitation service centers. Meanwhile, the community is equipped with over 20 activity bases for residents like healthy and happy club. Each of its 61 communities has body-fit spots and body-fit roads. Now Kangjian has increased two body-fit spots and renewed 18 fitness facilities with a renewal rate of 88%.

The Community is blessed with beautiful environment as well as rich human resources. Yet injuries happen now and then, from doing exercises, being in the schools, the staying at home of the old and the disabled, or traffic accidents. Since 2003, based on baseline surveys, leaders of the Community party committee and Community office have worked out a project of Safe Community, aiming at creating a safer and better living environment for residents and improving their standard and quality of living. According to the major injury problems, a number of injury prevention programs, focusing on the security of the environment and behaviors, are worked out and implemented. Thanks to vigorous support from the government, professional guidance from the experts, municipal and district Sanitation office, the Disease Control Center and community residents' active participation, Kangjian Community have achieved a preliminary success in injury prevention work.



Photo 1 Kangle Cultural Square



Photo 2 A bird's-eye View of Kangjian Community

1.2 Community Features

1.2.1 Population

In 2002, there are 35,547 households in Kangjian with a total population of 52,655 (Male: 25,769, and Female: 26,886, For Sex Structure See Table 1), among which 12,045 are senior citizens occupying 22.8% of the total population. The Community has walked into a time of aging. The Han nationality account for over 95% of community residents. Residents in this area enjoy relatively higher cultural levels with 58.6% of them having a certificate of high school or technical secondary school or even above. The intellectuals are the main body of community residents. 20.6% of the residents are elderly retired people (compatible with the age composition in this community).

Kangjian Community boasts abundant education resources with 6 different universities and colleges like Shanghai Normal University, Shanghai Institute of Technology, Shanghai Party Institute etc. There are also 5 middle schools like Shanghai World Foreign Language Middle school and 6 elementary schools like Shanghai World Foreign Language Primary School. In the Community Hospital and Maternal and Child Health Institute, about 200 medical care personnel are responsible for the sanitation work in the whole community.

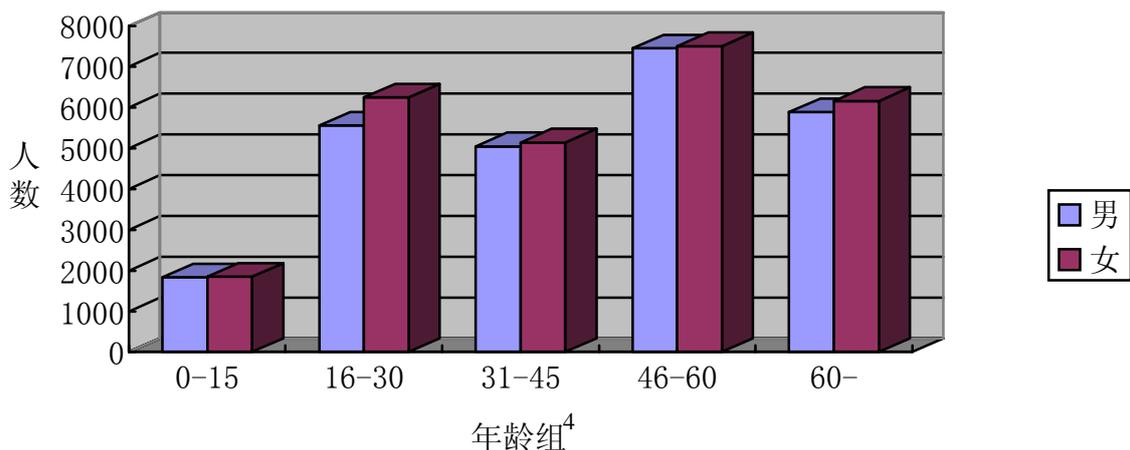


Photo 1 Sex Composition and Age Structure of Kangjian Community in 2002

Strength

Age Groups

Number

Male Female

1.2.2 Economic Scene

Kangjian Community is a residential area with less developed commerce and industries. With a relatively lower tax revenue, Kangjian Community always bears the principle of providing efficient services for the convenience of community residents in mind and spends most of its fiscal budget in public services, endeavoring to build a safe, healthy, happy and harmonious community for residents.

The Kangjian Community residents are relatively well-educated, compatible with what is reflected in personal incomes: with a monthly income of RMB 2000, middle-income class accounts for residents' main body, enjoying a relatively high living standard. 91.0% of community residents enjoy medical insurance. Well-educated and moderate-income class have a higher need for the security of the community.

1.3 Kangjian Community residents' injury incidence, mortality rate and causes of mortality

By checking clinic records in the Community Sanitation Center and data in the community health information report network, as well as the survey of residents' recall injury in 2002, we find that in the year of 2002 38 of community residents have sustained injuries, of which 93.7% are accidental. Causes of injuries are arranged in the incidence descending order as follows: falls, being struck by or against objects, traffic accidents, burns and scalds.

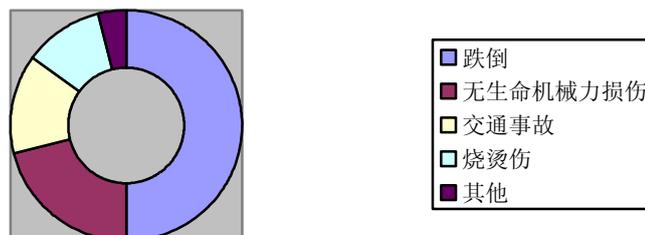


Photo 2: Incidences of various injuries in 2002.

Falls

Being struck by or against objects

Traffic accidents

Burns and Scalds,

Others

Injury Surveillance data in 2002 showed that injury incidence in primary schools is 14.7% and in middle schools 13.6%. Injuries that students in Kangjian Community sustained mostly occurred in schools (87.2%). The leading causes of injury were being struck by or against object (54.9%) and fall (27.8%). And they most suffered from trauma (41.0%) and fracture (36.53%).

1.4 The Starting Work in Building Kangjian into a Safe Community

As society and economy develops and living standards increase, as well as medical science progresses, chronic non-communicable diseases also experience a higher incidence, and injuries, both accidental and intentional, as well. In order to reduce injury incidence and fatalness and alleviate burdens of injuries and diseases, Kangjian Safe Community, with the help of the governments and supports from the society, has implemented injury prevention measures in seven aspects such as the staying-at-home senior citizens, safety in schools, safety in body-fit spots etc. according to WHO Collaborating Center on Community Safety Promotion's 6 criteria, and institutes Kangjian Community's Intervention Plan of Starting and Promoting of Safe Community in 2003-2005 and Kangjian Community's Working Plan for Injury Prevention Work in 2006-2008. In these years, through the joint efforts by the whole community, Kangjian has achieved certain success in the safety of the old and the disabled, safety on schools, safety on game court etc., and therefore has laid a good foundation for the further promotion of safety in Kangjian.

2 Objectives

2.1 General Objectives

To focus on residents' injury prevention, improve their safe and healthy life style and advocate the concepts of 安全, Healthy, Happy and Harmonious Community; with the guidance of Safe Community Working Committee, conduct community-based surveys; determine the contents of safety programs according to the standards of WHO Safe Community; explore the way to improve different kinds of

community residents' safe living environment and help shape their ways of behaviors, so as to reduce the injury incidence in the community; realize the general goal of improving residents' safe living environment and the quality of their life, and exert vigorous efforts to be accepted as a member of WHO Collaborating Network on Community Safety.

2.2 Specific Objectives

Objective 1: Establishing a cross-sectional safety promotion collaborating organization, i.e. Kangjian Safe Community Working Committee, to promote the safety concepts and safety culture.

Objective 2: Based on the actual needs of Kangjian Community, making long-term and sustainable programs compatible with different age groups, sex structure, environments and situations.

Objective 3: Making safe plans specifically for the benefits of high-risk groups in the community, improvements of the environment and promotion of the underprivileged.

Objective 4: Establishing an injury inspection and prevention mechanism and scheduling out programs to record injury incidence and causes.

Objective 5: Establishing safety assessment criteria of Kangjian Community and taking them as the standard and basis for periodical evaluation and self-evaluation, and making appropriate adjustments according to real situations.

Objective 6: Actively participating in the activities of WHO and other international associations and organizations to exchange experiences and learn from each other, gradually reaching the 6 requirements of WHO Collaborating Center on Community Safety Promotion and officially becoming a recognized member of WHO Network on Community Safety.

3 Organization Network and Working System

3.1 Kangjian Safe Community Program Work Teams

3.1.1 Safe Community Working Committee

In May 2003, Safe Community Working Committee was established, with director of Community Office as its Chairman and the departments of the community, the Community Sanitation Center, the Police Station, schools and so on as its members.

Member List:

- Chairman: Zhang Xuefu Director of Kangjian Community Office
- Vice Chairman: Pan Ruimin Deputy Secretary of Kangjian Community Party Committee
- Xie Qingping Deputy Director of Kangjian Community Office
- Zhu Weihong Deputy Director of Kangjian Community Office
- Shi Tao Deputy Director of Kangjian Community Office
- Zhen Kejian Police Inspector of Kangjian Community
- Liaison Man: Shen Lvzhong Section Chief of Civicism of Kangjian Community
- Members: Wu Keming Director of the Kangjian Community Sanitation Centre
- Wang Weichen Director of Administration Office of Kangjian Community
- Zhuang Minmeng Section Chief of Publicity of Kangjian Community
- He Juanping ,Deputy Director of Planned Parenthood Committee of Kangjian
- Wang Shu Deputy Director of Kangjian Party Committee
- Lu Meizhen Director of Women’s Federation of Kangjian Community
- Wang Qiwan Section Chief of Social Security of Kangjian Community
- Xu Yiming Secition Chief of Economy Department of Kangjian Community
- Ma Donghai Deputy Section Chief of Social Development Department of Kangjian Community
- Zhu Beifen Director of Comprehensive Management Office of Kangjian Community
- Cheng Kemin (From) Youth’s Association of Kangjian Community Office
- Yu Yongxiang Head of the Organization of Justice of Kangjian Community Office
- Zhang Xin Director of the Community Service Centre of Kangjian Community Office
- Liu Qinian Head of Townscape Department of Kangjian Community Office
- Zhou Jingmin Director of Real Estate Office of Kangjian Community Office
- Wu Junhua Head of 8th City Administration Unit of Kangjian Community

✧ **Responsibilities:**

To prevent accidents and injuries from happening, and analyze the causes if they happen; organize and assort with the work of different departments and work teams; exploit the resources needed and check the working progress; make long-term and durative plans and programs; supervise, amend and assess the present work; participate in safe community network home and abroad.

3.1.2 Work Team of Statistics on Injuries

Safe Community work team of statistics on injuries is established, responsible for statistics on injuries and mortalities and records of injuries. Its members include Kangjian Community's Civicism Division, Youth's Federation, the Organization of Justice, Social Security Division, Comprehensive Management Office, the Police Station, group leaders of each program work team and so on.

Member List:

Group Leader: Shen lvzhong Section Chief of Civicism Division of Kangjian Community Office

Assistant Group Leader:

TIAN Wen Dong Section Chief of Security Division of the Kangjian Community Sanitation Services Centre

Members: Gong Yinghua (From) Civicism Division of Kangjian Community Office
Hu Gang (From) Civicism Division of Kangjian Community Office
Cao Yao (From) Civicism Division of Kangjian Community Office
Cheng Kemin (From) Youth's Association of Kangjian Community Office
Yu Yongxiang Head of the Organization of Justice of Kangjian Community Office
Zhou Mingsi Deputy Chief of Social Security Division of Kangjian Community Office
Zhu Beifen Director of Comprehensive Management Office of Kangjian Community
Zhen Kejian Police Inspector of Kangjian Community

✧ Responsibilities:

To collect and analyze the injury, death and health data, make effective strategies and measures in injury prevention; promote health and safety concepts; organize and plan the programs on safety and injury prevention as well as various activities.

3.1.3 Establishing a Steering Team

Experts and professionals are employed to guide the making of work plans on injury prevention; to guide the injury prevention through its whole process; to give technological help and guidance to program assessment.

Member list:

Group Leader: Shen yuxin Deputy Director of Xuhui Patriotic Health Office

Members: Cui Hongwei Section Chief of Health Education of Xuhui Disease Control Centre

Zhang Chenggang Health Education Division of Xuhui Disease Control Centre

Cen Zhou Section Chief of Security Division of the Kangjian

Liu Suzhen Sunshine Mental Studio of Kangjian Community

Fu Dongbo Professor of Medical School, Fudan University

✧ Responsibilities:

To guide the making of work plans on injury prevention; to guide the injury

prevention through its whole process; to give technological help and guidance to program assessment.



Photo3: Commissioners and experts hold periodical meetings to help promote community safety.

3.1.4 Seven Program Work Teams (Photos)



Photo 4: Every person in charge of the work team took a picture.

➤ Work Team of Household Fire Precautions

Member List:

Group Leader:

Zhang Tingyi Director of Comprehensive Management of Kangjian Community Office

Members:

Zhu Wei Comprehensive Management division of Kangjian Community Office

Li Xin Comprehensive Management division of Kangjian Community Office

➤ Work Team of Red Cross Medical Services

Member List:

Group Leader:

Gong Yinghua (From) Civil Sanitation Division of Kangjian Community Office

Members:

Zhu Jianping (From) Shunhai Residents' Committee of Kangjian Community

Zhao Weihong (From) Ziweiyuan Residents' Committee of Kangjian Community



Photo 5: A discussion of the work team

➤ Safety Program Team of the staying-at-old senior citizens

Member List:

Group Leader:

Zhou Mingsi Deputy Chief of Social Security Division of Kangjian Community Office

Members:

Huang Yulan "Retirement at Home" of Kangjian Community Office

Wang Guojun The Disabled Persons' Federation of Kangjian Community Office

➤ Safety Program Team on Sports

Member List:

Group Leader:

He Juanping Section Chief of Social Development Division of Kangjian Community Office

Members:

Wu Qingping Kangjian Community Stadium

Shen Hailiang Kangjian Community Stadium

➤ Safety Program Team for Safety

Member List:

Group Leader:

Shen lvzhong Section Chief of Civil Sanitation Division of Kangjian Community Office

Members:

Chen Louyanying (From) Publicity Division of Kangjian Community Office

Ju Jiahua (From) Civil Sanitation Division of Kangjian Community Office

➤ Safety Program Team on Schools

Member list:

Group Leader:

Cheng Kemin (From) Youth's Association of Kangjian Community Office

Members:

Sun Jianlan Principal of No.1 elementary affiliated school of Shanghai Normal University

Ke Rong Principal of No.3 middle affiliated school of Shanghai Normal University

➤ Safety Program Team of the Disabled

Member list:

Group Leader:

Zhou Mingsi Deputy Chief of Social Security Division of Kangjian Community Office

Members:

Huang Yulan "Retirement at Home" of Kangjian Community Office

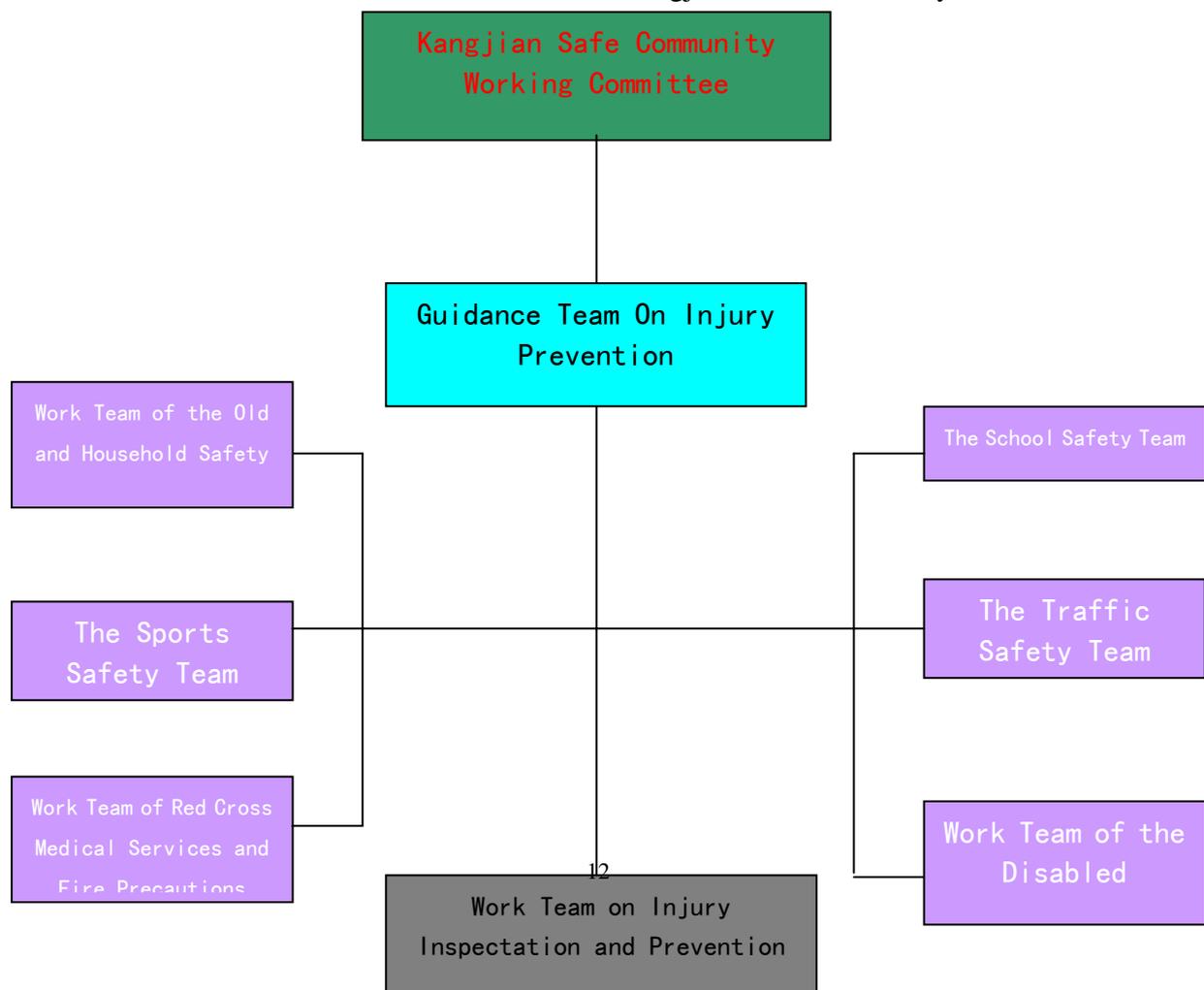
Wang Guojun The Disabled Persons' Federation of Kangjian Community Office

Main Responsibilities of Work Teams

Each of the program team is responsible for drawing up plans in their specific fields, distinguishing different research objects, dealing with daily work, carrying out supervising and assessing work.

Flow Chart of Network

Picture 3: Flow Chart of Kangjian Safe Community



3.1.5 Sources of Funds

- * Governmental Financial Support
- * Relevant agencies of government
- * Enterprises and institutions in the Community
- * Support from community residents and members of Community Working Committee

4 Projects

4.1 Long-term sustainable project

4.1.1 family fire prevention project

Background

The occurrence of some accidents is caused by carelessness in daily life, for example forgetting to turn off electric machines after using, old electric lines, the leaking of coal gas etc. There were altogether 8 fires breaking out in Kangjian district in 2002, leading to a direct economic loss of over 50,000RMB. Most of these accidents resulted from people's leaving home when using coal gas, except one caused by people out of the district-drying towel. Therefore, enhancing people's awareness of fire prevention and keeping accidents from happening are a project which needs a long term work of many departments in the district.

Objectives

Enhancing people's awareness of fire prevention and accident prevention, increasing family self checking rate in the community

Decreasing fire occurrence rate in family and casualty as well as economic loss

Measures

1 、 Establishing self checking system on safe use of electricity and gas, checking regularly and making feedback: A special person is arranged to direct the check on the basis of residential community and inform the project group. The latter will get information together and put forward suggestions on improvement.

2、 Establishing community fire prevention station: in 2003, the first station of this kind is established. At the end of the same year, stations were established in

Changhong fang and Chahuayuan district and the number is increasing so that we can minimize loss and shorten reflecting time when fire breaks out.

3、 Promoting knowledge on safe use of electricity and gas: We gave out fire and accident prevention brochure to 35,547 families to enhance prevention awareness; we invited technicians from electric and coal gas companies to hold lectures on safe use of gas and electric machines and 3,840 families took part; residential communities made 384 promotion sessions by writing on blackboard; we organized 5 competitions on fire prevention knowledge, with 172,000 people participating.

4、 Laying more emphasis on checking and holding fire prevention rehearsal: a fire prevention rehearsal was held in parking lot during fire prevention activities at the end of the year. The safety committee organized a sudden inspection in Hongmei market and directed a large-scale inspection in the district to enhance management on market and places where many residents out of the district lived. Illegal operation spots were banned and we refused operate gas without a fixed place.



Photo 6 Promoting by writing on blackboard

Fire and catastrophe prevention pamphlet



Photo 7 Fire prevention and putting out fire rehearsal during firefighting day at the end of the year



Photo 8: Complete equipment for putting out fire

Achievements

1、 According to statistics, the numbers of fire breaking out in Kangjian district are 8 in 2003, 7 in 2004, 6 in 2005, and 3 in 2006, with a decreasing tendency. Nobody was injured or killed and economic loss of each fire was within 1,000RMB.

2、 The casual street survey showed that fire prevention awareness in Kangjian district was improving.

3、 The quarterly statistics of the project group suggested that household self checking rate for fire prevention was up year by year: 46.3% in 2003 52.3% in 2004 55.9% in 2005 63.7% in 2006. All the residents of the three residential committees with the highest self-checking rate will get a free service on gas and electric machines inspection.

4.1.2 The Red Cross saving group

Background

It is common that residents get injured because of slippery, falling down or traffic accidents. How to give the most effective aid in the shortest time needs to train different groups of people so as to minimize injury. The Red Cross association is the most effective organization. Thus, out of protecting people's lives and health, we launch and direct this program by taking members of the team and cadres in residential committee as the main force and training residents on saving knowledge. Together with organizing practical rehearsal, we improved residents' ability and awareness of saving themselves and others.

Objectives

Establishing first aid network and taking it as a long-term program

Promoting ways to survive in catastrophe and accident

Letting everyone master skills in emergent situation by the Red Cross emergent

rehearsal and promotion on surviving in danger

Measures:

- 1、 Founding the red cross emergent rescue network, which consists of 28 members from the Red Cross Rescue Management Center and the Red Cross Rescue Team in the community. The former is in charge of daily managerial affairs, such as recruitment of members in the Red Cross Rescue Team, training and rehearsal. If an emergent situation occurs, the team is able to call all the leaders and members together in time to implement rescue.
- 2、 The whole Kangjian community is regarded as a Red Cross rescue team, guided by the director of the red cross office and responsible for management affairs in the team. Then on the basis of location, the team is divided into four sub teams led by cadres of resident committee. The sub teams are in charge of calling and directing their respective members.
- 3、 The Red Cross office buy enough rescue articles and tools that are stored in 4 sub team office and take daily training and rehearsal charge as part of its annual budget.
- 4、 There is a training on first aid every half year, including how to keep traffic accident away, the importance of first aid in four minutes, how to survive in high buildings in fire, how to deal with burning and scalding, increasing residents' knowledge on saving themselves and others etc.
- 5、 The sub teams perform the red cross emergent rehearsal, demonstrating using fingers to stanch, enswathing by handkerchief (mandible wrapping style enswathing, enswathing one shoulder, arm and elbow joint or knee joint by towel), simple moving as well as heart anabiosis. The above-mentioned rehearsal aims to save others' lives on the condition of protecting oneself.
- 6、 Team members publicize and demonstrate common rescue knowledge and skills in their communities so as to teach residents the way to save themselves.
- 7、 Once there is an emergent situation, for instance doctors can't arrive on time or a catastrophe happens, rescue teams direct orderly, sub teams divide work clearly, and team members perform their responsibility, they together becoming the main force of community emergent rescue.



Photo 9 Holding many Red Cross emergent rehearsals

Achievements

- 1、 During three years, 30 emergent cases were dealt with timely through network and minimized the danger and healthcare fee.
- 2、 Sample survey at the end of 2006 showed that people with knowledge of first aid on occasion of CO poisoning and that people knowing the way to deal with myocardial infarction added up to 83.0% and 76.2%.

4.2 Program for people in danger

4.2.1 The Old People Household Safety

Background

The population of Kangjian district is aging, with more than 22% residents aged 60 or over and middle-aged people between 45 and 60 coming up to 28%. It means that the phenomenon of aging in Kangjian district will be more common in the coming 10 to 20 years. According to statistics, injury in the old people focuses on falling down. The possibility of hospitalization due to fall and hurt is five times higher than other causes of injuries, and fall and hurt also ranks the first cause, which lead to the death of the old. So keeping senior citizens from getting hurt mainly by falling is crucial in creating a safe Kangjian community.

Objective:

Perfecting safety service system for the old

Eliminating dangerous factors leading to old people's injury because of community environmental factors

Improving senior citizen's ability to prevent falling, decreasing their death rate and injury occurrence

Measures:

- 1、 The government enhance its management on injury prevention and service: to found *Kangjian Service Centre for the Old* to enable the old who are living alone to get convenient and specialized service; to add the meal service to deliver the meals to the old, preventing accidental injuries like burning and scalding from happening; to open a 24-hour emergency call for accidental injuries and provide first aid to the old at first hand; to found *Kangjian Old-age Family Care Center*, which takes the lead in Xuhui District to realize the daily care of the old in the form of family care.
- 2、 To establish a supervision network and establish a group of volunteers and social workers who will report the accidental injuries of the old in order to find the injuries and send the injured to the hospital for treatment as soon as possible.
- 3、 To disseminate knowledge on injury prevention; to establish health files of the old, trace the frequency of various injuries and give corresponding dissemination and instruction; to open “Xi Yang Hong” hotline and the telephone of the Medical Service Center to the old for their medical consultation; to invite specialists from Chinese Medical Association to lecture on the accidental injuries of the old.
- 4、 To connect with Kangjian community sanitary service centre on training resident committee cadres about skills of tackling common disease and unexpected disease; to connect with welfare home to train nurses on knowledge of nursing; to divide time and place for the old people’s activities, preventing falling owing to osteoporosis; to hold lectures regularly to raise ability to save oneself and others after accident.
- 5、 To invest 13.7million Yuan in renovating 5 roads and pavements. The community altogether paved a road area of 54,600 square meters, colorful pavement area of 350,000 square meters and installed three streets with street lamps. In the meantime, along with the city management departments, the community removed illegal constructions of 7000 square meters. All these work has improved the road condition, reduced the hidden danger on the road and thus prevented the old’s accidents and injuries from happening to the largest extent.



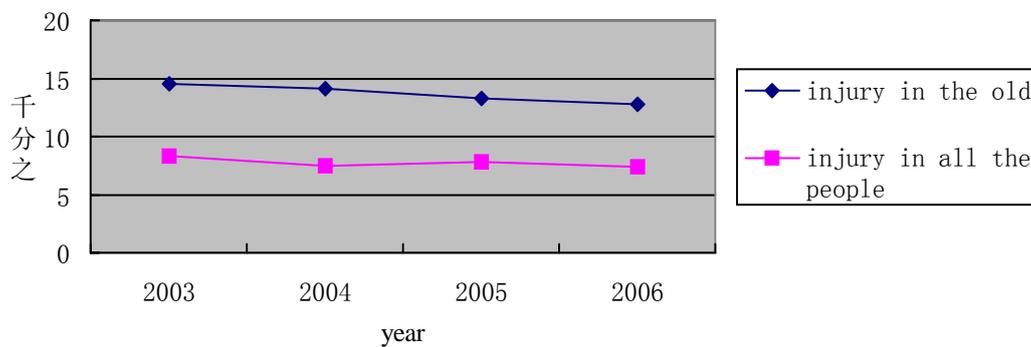
Photo 10 No obstacle passage



Equipment in bathroom preventing slipping

Achievements

1、 Hospital's monitor and residents' memory suggested that injury rate during the old is decreasing gradually. (See diagram4)



2、 749 emergent calls from the old were received and 674 were solved effectively, with a efficiency of 90%.

3、 Sample survey showed that first aid awareness and knowledge on first aid has been raised by 30%; Besides, it is found that there was a little improvement as to old people's satisfaction toward life.

4.2.2 Safety in Sports

Background

Kangjian community is equipped with many sports places and one third of the residents take part in sports. Sample survey suggested that population participate sports daily accounts for 30.3%. People doing sports one or two hours, over two hours, and around one hour accounts for 36.4%, 28.8%, and 34.8%. It is inevitable to get hurt in activities. For example, it is common to fall down when running; the running old men are kicked by football; people get sprain; dangerous obstacles beside sports machines often hurt people. The survey on their need implied that 79.7% of the interviewees regarded it necessary to improve activity infrastructure safety. Therefore, we founded a team for sports safety program to direct injury prevention in special sports.

Objectives

To establish sports equipment examination system to do away with unsafe factors and to create a safe environment for exercise

To set up record system on injury and cause

To carry out activities for injury prevention and improve the ability to prevent injury in sports ground

To decrease injury occurrence rate in sports ground

Measures

1、 Establish policy and regulations: Established a leading team of the sports injury program to set up main policies, measures, organizational systems and checking systems such as *the managerial measures of Kangle cultural square, security checking system on sports ground during festivals*; perfected injury prevention systems, such as *staff obligations, system of first aid in emergent situations, injury prevention and handling measure*; negotiated with related sectors on safe sports

2、 Create a safe environment for sports: During 2003 and 2006, Kangjian street office appropriated fund from finance to rebuild hardware and to improve safe facility in sports stadium, children's paradise, with an accumulating invest of 600,000 yuan.

Football yard: ① establish a net to prevent football from hurting people exercise on racetrack ②establish man made grass ③light rebuilding

Children's paradise ① change cement ground to rubber and plastic ground ② establish a net ③establish a ammeter box for safe use of electricity ④cement baluster is wrapped with carpet ⑤rubber around the bunker ⑦establish man made grass

Body building garden plot ① cement baluster is wrapped with carpet ② saw the outlier iron baluster

3、 Establish emergent rescue office: Equip it with common medicine, wheel chair, stretcher, resting bed, and sterilizing tools. Arrange rescue people on duty and shift schedule. Hold rescue knowledge training and rehearsal.

4、 Put up large pictorials in the entrance, exit and windows of the sports ground and change

them regularly. The pictorials include: how to set up a scientific exercise plan, what is endurance sports and what is its standard, how to prevent muscle strain injury and three don'ts after exercises, etc.; to provide reading materials, advertisement pictorials for free in the main entrance and exit

5、 Invite 5 volunteer with physical education background to be director of art and literary team, giving advice on scientific exercising.

6 、 The district government spends 500,000 annually on the public liability insurance to ensure residents' safety in exercising.



Photo 11: Common medicines in aid post



Photo 12: Rail in children's paradise



Photo 13: Rubber and plastic floor preventing falling in children's paradise



Photo 14: Cement baluster and baluster wrapped with carpet in children's paradise



Photo 15: Warning brand in amusement park Photo 16: Protecting baluster in football yard

Achievements

- 1、 Recording system for unexpected injuries in sports ground has been set up.
- 2、 First aid spots for injury prevention have been founded and improved the ability to deal with injury in sports ground.
- 3、 Unexpected injuries from falling have been reduced by re-building the track and football court, (108 in 2002, 73 in 2005); Injury caused by media and environmental factors is down by 70%.
- 4、 Unexpected injury insurance has been bought among residents.
- 5、 Resident are becoming more satisfied with sports injury prevention and believe that it is improving in many aspects.

CHART1: The result of a casual survey involving 30 residents

Change felt by resident	Improve a lot		Improve a little		Almost the same		No change	
	num ber	%	num ber	%	numbe r	%	num ber	%
Environment quality	24	80.0%	6	20.0%	—	—	—	—
Hardware construction	6	20.0%	18	60.0%	5	6.7%	1	3.3%
Promotion and publicity	15	50.0%	12	40.0%	3	10.0%	—	—
System perfection	16	53.3%	14	46.7%	—	—	—	—

Degree of civilization	15	50.0%	11	36.7%	4	13.3%	——	——
Government attention	20	66.7%	8	26.7%	1	3.3%	——	——

4.2.3 Traffic Safety

Background

Bus is the first choice when residents go out, while bike and motor are also important part in traffic vehicles. Among all traffic vehicles, bike and motors are the most likely to cause accident, thus accounting for a large percentage in accidental injury. According to a research on residents' traffic, they go out mainly by motor or bus, while there is few injuries caused by bus. In the past several years, we have launched a program on people by motor and bike.

Objectives:

People, companies, and teams trained on safety education add up to 95%

Community residents obey traffic safety action increase by 30%

Community traffic accidents decrease by 10%

Measures:

- 1、 Establish warning marks on the road: Set up warning mark of driving after alcohol in hotels and restaurants on main roads; establish warning mark to remind cars to go slowly or take another way and to prevent accident
- 2、 Advocate no going when the traffic light is red and no fast riding to decrease the chance of accident
- 3、 Launch an activity of traffic safety promotion month to enhance citizens' awareness of traffic laws
- 4、 Held promotion activities: Educate residents, students, drivers and constructors outside on traffic safety



Photo 17: Warning brand inside the community



Photo 18: Protecting baluster in road construction and warning brand

Achievements:

- 1、 After three years' of hard work, the traffic accident occurrence rate is down slowly.
- 2、 95% of the community residents, companies and teams have been trained on traffic safety. Their awareness of traffic safety has been raised, and they formed a good habit of going out safely.

4.2.4 Safety inside the Campus

Background

The 2002 survey showed that the injury rate in elementary schools was 4.7% while that of middles schools was 3.6%. The injuries usually took place at schools (87.2%); the major injury type was collision (54.9%) and falls (27.8%); the injury types were traumas (41.0%) and fractures (36.5%).

Objectives

To establish a platform of constructing a safe campus by schools, parents, and community

To raise students' ability to recognize dangerous factors by 20%

Measures

- 1、 In accordance with Emergency Beforehand Case for Dealing with Public Incidents in Educational System of Xuhui District, a linked system of protecting the minors and defending their rights has been established, and all the schools have made corresponding emergency beforehand case.
- 2 、 All schools have founded specific safety education guidance teams to make their own safety systems, for example, the Responsibilities for the One in Charge of Safety, Beforehand Case on Evacuation in the Corridors, Management System on Safety Equipments, and so on. From communities to schools, the programmed management mode has efficiently promoted the injury prevention work. Some of the schools will hold seasonal safety promotion meetings to study the implementation and advancement of school injury prevention work.
- 3、 The middle and private schools in Kangjian developed civilized schoolyard activities. They made a plan for building a *Safe and Civilized Schoolyard*, and held school safety topical meetings on a regular basis.
- 4、 To build the 110 police-calling network within the schools as well as in Kangjian Police Station.
- 5 、 The schools, in the form of topical education, carry out safety on laws, traffic safety, fire control safety, disease prevention; organize the students to take part in civil defense education and include civil defense education into the eighth grade social practice courses. In the meantime organize them to visit the anti-drug education museum and make space especially for the protection of minors to disseminate knowledge in the show windows of schools.
- 6、 The High School Attached to Shanghai Normal University invited police officers from the Second Division of Shanghai General Fire Brigade to give a lecture focused on fire control safety with the topic *Ruthless Fires and Invaluable Lives*. A fire fighting and evacuating drill was held in the school student apartments. And all students learned how to save themselves through such procedures as simulating the fire field, calling the police to extinguish fire, evacuating in order and escaping from the fire.



Photo 19: Firefighting rehearsal



Photo 20: Education on safety promotion by means of writing on blackboard

4.2.5 Safety of the Disabled



Photo 21: Walk training for the blind person

Maintaining disability vehicle in time ensures the safety of the disabled person

Background

There are altogether 733 disabled people with certificate in Kangjian community, including 275 people with problem in body or limb, 112 in intelligence, 144 in sight, 54 in hearing, 148 in psychology. Owing to disability in physical functions, they are more likely to be injured. It is inevitable to raise their life quality and enhance accidental hurt prevention.

Objectives

Pay attention to the safety of the disadvantaged and lead them to take part in social activities

Improve their ability to look after themselves by means of recovery and activities

Decrease their chance of being hurt again and raise their life quality

Measures

1、 They directed the activity of *sending recovery to each family*. They have also established service stations equipped with two guiders for the recovery of the disabled. It will provide 146 articles in 60 types for the disabled, which greatly supplies their assistants, lessens or removes their physical obstacles, improves the service model of the community and expands the recovery coverage of the disabled.

2、 Greatly promote the plan of *making everyone enjoy the recovery service*, fully make use of the medical care, recovery, prevention, health care, health education and family planning techniques in the public health service center to provide a good quality, convenient and constant recovery service for the disabled in the community, thus meeting their growing needs. Through a survey of 500 disabled people in the community, it has signed a service contract with 270 disabled people to provide monthly recovery service.

3、 Carry out the directional walking training for the blind, aiming at teaching them how to use their blind sticks correctly, how to walk upstairs and downstairs and singly. In the past three years, we have held three directional walking training for the blind with 22 people attended in them. Two of them have taken part in the Shanghai Directional Walking Competition for the blind.

4、 Improve the barrier-free facilities for the disabled in the community. The Community has set up a supervision team for the barrier-free facilities, which has constructed 48 ramps, armrests, indoor pulls and electronic bells. Armrests are installed in the public places that greatly make the life of the disabled convenient and lesson possible injuries.

5、 Since 2002, the disabled vehicles have been replaced with the given allowance. The vehicles will have to be maintained before annul inspection to prevent injuries. Gas cost and maintenance allowance will be given and the third-person liability insurance and personal injury insurance will be implemented. Lectures on traffic safety and vehicles' maintenance will be held to safeguard the life safety of the disabled.

Achievements

- 1、 The death toll of the disabled because of injury is zero and the number of injured is decreasing year by year.
- 2、 All social fields have formed the atmosphere of caring for the disabled: Motor vehicles actively make way for the disabled, let vehicles made for them pass. Activities of helping the disabled have been raised.
- 3、 A research on the disabled of the community showed that their feeling toward safe life rises and their satisfaction toward safe also increases.

4.3 Injury Monitoring Mechanism

4.3.1 Injury Monitoring System

Generalization

Since 2003, in accordance with health information report network of Xuhui district, Kangjian community has established an injury monitoring network taking the community sanitary service centre as the information centre. Besides generalizing situation of injury handling from 2002 to now, we make a record on injury information after visiting community and checking it, the latter being more important. By a comprehensive record and eliminating repeated statistics, we analyze place, kind, frequency, and reason of injury.

Working Team

Kangjian safe community founded a working team in charge of casualty calculating and injury recording. The working team consists of two parts: casualty calculating group and injury monitoring network spot. The latter is in charge of injury recording and gives the record to the former, which is responsible for casualty calculating, and send the result to illness control centre.

List of Members

Team leader: Shen Lvzhong director of city planning management in Kangjian Street

Team member: Cen Zhou director of Kangjian community sanitary service centre

Rao Xiaoqin sanitary cadre of residential committee in Kangle community

Zhuang Shanjun sanitary cadre of residential committee in Kangningqiang
community

Zou Yaping sanitary cadre of residential committee in Guikang community

Zhu wenjuan sanitary cadre of residential committee in Guier community

Dong Huiying sanitary cadre of residential committee in Chonghongfang
community

Xu Jiping sanitary cadre of residential committee in Changqingfang
community

Zhu Jianping sanitary cadre of residential committee in Changshunhai
community

Sun Yuhua sanitary cadre of residential committee in Changxingfeng
community

Jiang Meigui sanitary cadre of residential committee in Shouxiangfang
community

Zhu Ying sanitary cadre of residential committee in Shouyifang community

Wang Juhong sanitary cadre of residential committee in Shouchangshan
community

Dai Meiwen sanitary cadre of residential committee in Zijuianyuan
community

Liu Lijuan sanitary cadre of residential committee in Yuejibaiteng
community

Zhao Weihong sanitary cadre of residential committee in Ziweiyuan
community

Gao Zhenyi sanitary cadre of residential committee in Chahuaguihua
community

Wang Genbao sanitary cadre of residential committee in Dingxiangyingchun
community

Zhang Huale sanitary cadre of residential committee in Yulanyuan
community

Chen Chengjing sanitary cadre of residential committee in Yinghuayuan
community

Ye Juan sanitary cadre of residential committee in Shanghai Normal
University community

Chen Xiaoping sanitary cadre of residential committee in Zijingyuan community

Cai Yingfang sanitary cadre of residential committee in Jinguiyuan community

Cai Guoxiang sanitary cadre of residential committee in Xinyuan community

Feng Yongbei sanitary cadre of residential committee in Gengxin community

Ling Huizhen sanitary cadre of residential committee in Dangxiaocommunity

Information Source

Statistics from regular records of injury occurrence and economic loss in different government department, including police station, fire fighting, healthcare, and sanitary department

Recorded statistics from middle school, primary school, and nursery on injury

Recorded statistics from Xuhui district on death owing to some reason

Effective information from community injury information report network after being checked

Information source of other source: death record, ambulance record, statistics from national statistic office, and other statistics from city and district illness control system

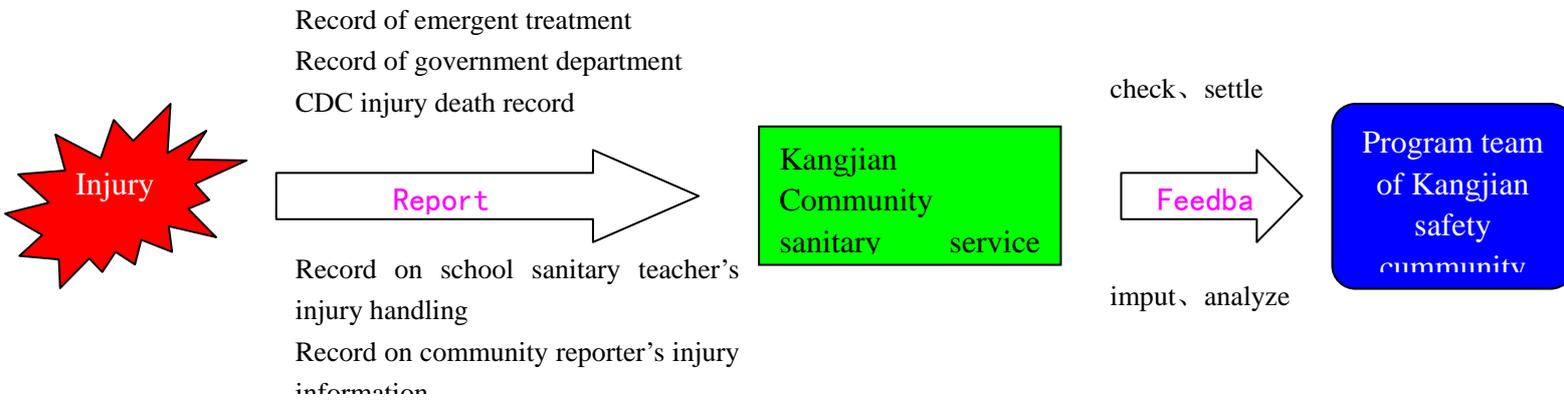
Shortcoming of Statistics

We cannot obtain injury-handling information from residents who live in our city but hospitize in elsewhere's hospital, the second or third grade hospital or other community sanitary service centre.

Injury Registering Form

Kangjian Community sanitary service centre work out injury registering form to make a record on injury occurrence frequency and cause, involving basic information of the injured, injury motive, type of injury, injury time, place, handling, and situation after recovery.

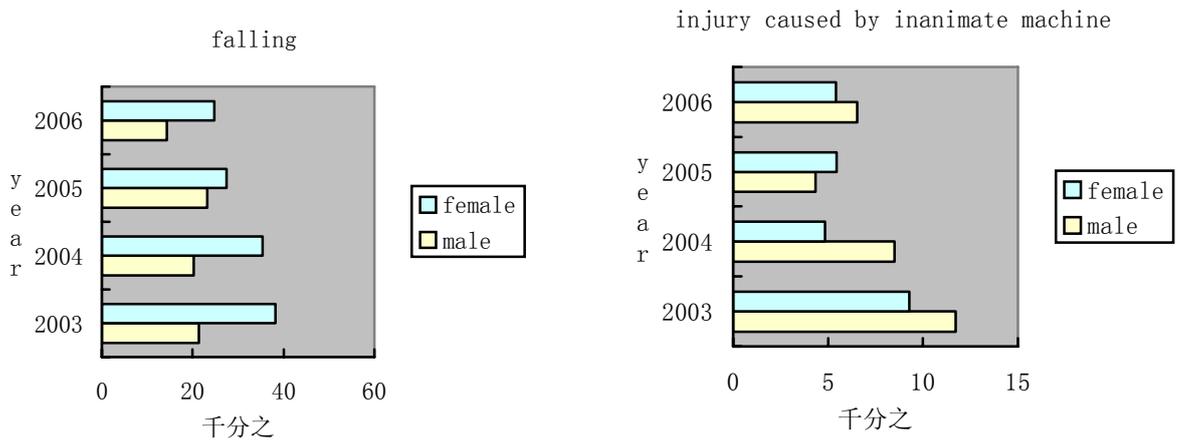
Information flowing direction diagram

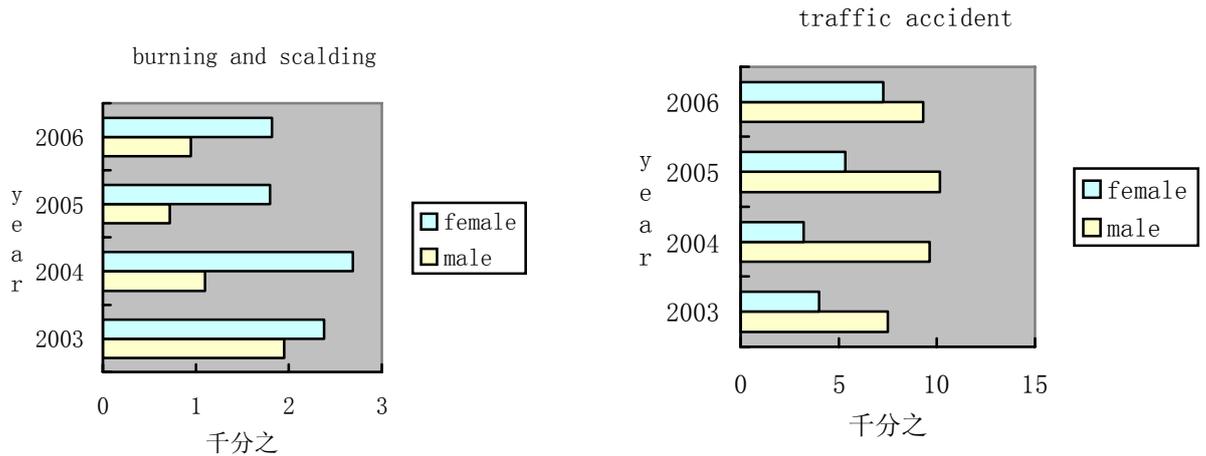


4.3.2 Result

On the basis of statistics and relevant information from monitoring system, we analyze all the injury information collected by the system between January 2003 and December 2006, neglecting the effect brought by the shortcoming of the statistics. The result of the analysis is as follows:

Different kinds of injury occurrence rate based on sex





Case record and analysis

- ⇒ Aunt Li, female, 62, slipped while putting cere on floor, getting a right thighbone fracture recorded outpatient in Kangjian Community sanitary service center household safety of the old
- ⇒ Aunt Cao, female, 57, falling down when riding, getting a right shoulder bone cracks recorded outpatient in Dahua Hospital go out on foot instead of by bike
- ⇒ Uncle Zhou, male, 78, heart trouble when exercising on sports ground, falling in a faint emergent saving in stadium first aid station, recover after taking medicine
Record of stadium first aid station
- ⇒ A blind person named Qian, male, 24, stay at home, afraid of going out Carry out the directional walking training for the blind, aiming at teaching them how to use their blind sticks correctly and training their ability to walk directionally
Learn to walk upstairs and downstairs and singly
- ⇒ The third High School Attached to Shanghai Normal University firefighting promotion and lectures a fire fighting and evacuating drill steps such as simulating the fire field, calling the police to extinguish fire, evacuating in order and escaping from the fire, make students living in dormitory learn to call police, deal with sudden accident, and escape

4.3.3 Achievement

In the past two years, injury monitoring team has perfected injury monitoring mechanism through continuous effort and practice. Now by means of this mechanism, the program team is able to master most of the injury inside the community. Therefore, we have changed from have-not to have. Meanwhile, we are progressing from unilateralism to generalization. The statistics and information collected by it are made full use of by other department as the base of promoting safe programs.



Photo 22: The establishment of Kangjian Community's injury monitoring network

5 Evaluation Methods



Photo 23: Internal Evaluation Evaluation Conference Professional Evaluation

5.1 Internal Evaluation

Internal Evaluation Team is composed of head of the steering team, leaders of each work team and other relevant ones. It holds periodically all kinds of meetings to discuss plans and measures that raised and implemented by each work team, and to review how plans process and what objectives are achieved. For each season, Internal Evaluation Team will organize an internal evaluation, and based on the evaluation results, find both achievements and failures to encourage the whole community to unite and work together.

Evaluation Methods

Evaluation methods are qualitative and quantitative assessment on the safety programs.

Qualitative: collecting and analyzing the existing policies and resources; collecting and analyzing particular problems through group discussion and individual

interviews.

Quantative: collocating and analyzing the injury supervision information in the community; handling, collocating and analyzing all the statistics of the injury causes; conducting questionnaires on residents' knowledge, attitudes and behaviors of safety.

Contents of Evaluation

1. Organization Network Guarantee

To establish a steering team of Kangjian Safe Community and safety program teams; make full use of community resources; strengthen the cross-sectional collaboration and exert joint efforts to community safety promotion; identify tasks and responsibilities of each work team; perfect working mechanisms, such as meeting system of the steering team and work teams, responsibility allocation system, surveillance and inspection system etc.

2. Implementing Feasible Plans

To make comprehensive plans and programs specifically designed for high risk groups and to review how plans process and what has been achieved, including process assessment (community coverage and residents' participation rate and acceptance rate), short-term effects evaluation (popularity of residents' knowledge on safety and their attitudes and behaviors of safety) and long-term effects evaluation (injury incidence, mortality and morbidity rate and social economic benefit).

3. Carrying out specific measures

To vigorously encourage community residents actively take part in community safety promotion activities to ensure the realization of objectives in the plans; carry out the intervention measures specifically designed for high risk groups and community environment, establish and improve the community injury surveillance mechanism; review the achievements of each activity and write the internal evaluation report.

5.2 External Evaluation

Compared with internal evaluation (where self-assessment occupies a large share), external evaluation emphasizes more on evaluation of end effects. In this aspect, external evaluation is more objective and of more actual effects, thus bringing

forward a higher standard for establishing Kangjian Safe Community.

Contents and Methods of Evaluation

To examine the integrality, authenticity and validity of documentations; inspect safety facilities and activity spots; interview with community staff and medical services work team, combined with questionnaires conducted among different kinds of community residents.

Contents of evaluation include: the soundness of the whole organization form and relevant systems; safety programs promotion work's accordance with schedules and achievements; changes in target populations' knowledge, behaviors and demand; soundness of injury surveillance and inspection system; changes in the results of injury incidence, mortality and causes of injuries; exchange experiences and learn from each other.

Assistant Measures:

Interviews: 10 persons from leaders of Kangjian Community and director of relevant residents' committee, and 10 medical care personnel from the Community Sanitation Services Center. The District Disease Control Center is responsible for offering interview schedules and collecting and analyzes relevant interview data.

Questionnaires: according to sample estimates, conducting questionnaires among 300 community residents, 200 senior citizens, 300 students, 100 teachers and 50 medical care personnel, who can understand the questionnaire and accomplish it independently.

The Organization and Implementation of Evaluation

1. The establishment of an evaluation team: members should be no less than 8 and be divided into two parallel groups, for qualitative and quantitative purposes respectively; they should be aged between 25 and 45; members should be responsible for and serious about this work, and those who are with survey experiences are preferred.

2. Training and the command of certain skills: before carrying out the evaluation, it is necessary for these members to receive district-uniform training, including the thorough understanding of the significance of this survey, familiarity with those

survey tools, a good command of survey methods, requirements of process assessment, quality criterion etc.

3. Preparation of relevant documents: scheduling out the interview plan and making questionnaires for different target populations, and before the official evaluation, supplementing what is lacking in time according to detailed requirements.

4. The establishment of collocating mechanism: during the evaluation period, evaluation team will keep constant contact with the community, schools, hospitals and other related departments; to ensure the smooth operation of evaluation, collocating and operating mechanism should be determined beforehand with relevant institutions and departments. For instance, before conducting surveys among community residents, relevant members should correspond with community residents' committees and give notice to those selected to be surveyed or ask the committees to post a notice to reassure the public in the community.

5. The establishment of database: according to investigation methods, the District Disease Control Center will design correlated database and send out to relevant institutions. After then, districts and counties within the area should enter the data as is required and designate specific personnel to manage this issue.

6. Actively take part in relevant activities in local or international safe community networks

Objectives:

- ✧ To exchange experiences and establish network cooperation awareness
- ✧ To exchange experiences with communities both home and abroad and learn from each other in many aspects, such as strengths, deficiencies, effects, disadvantages, strategies, practical methods etc.
- ✧ To encourage all community residents to participate in building a safe community and work with our partners both nationally and internationally.

6.1 Domestic Activities and Exchanges of Experiences



- July 2006 To exchange experiences with Changqiao Community and learn from each other
- September 2006 To organize a group to learn from and exchange experiences in building a safe community with Youth Park Community in Ji'nan, Shangdong province
- September 2006 To take part in 2006-2008 Safe Community training launched by Shanghai Munciple Patriotic Health Office
- October 2006 To exchange experiences with Changqiao Community and learn from each other
- November 2006 To hold a feedback conference on Safe Community in Celebrity Garden Hotel in Pudong area (WHO)
- December 2006 Shanghai Municipal Patriotic Health Office held a meeting for 8 residents' committees to exchange experiences in constructing a safe community.
- January 2007 To exchange experiences with Changqiao Community and learn from each other

6.2 International Activities and Exchanges of Experiences



Come to the healthy community to check up on work safe WHO community Cho Joom Pil , Leif Svanström , Lars-Gunnar Horte

October 2006 Professor Leif Svanström, director of WHO Collaborating Centre on

Community Safety Promotion, and professor Joon Pil Cho, from Ajou University in South Korea, visited Kangjian Safe Community.

October 2005 Five members of Kangjian Safe Community Commission attended Community Safety Promotion Colloquium.

January 2006 The 1st Shanghai Safe Community Programs Seminar

August 2006 To learn from and visit Huamu Safe Community in Pongdong New area, Shanghai

Kangjian Community Website:

<http://kangjian.xh.sh.cn/>

Achievements:

After recent years' implementation of safe community programs, both Kangjian Safety Promotion Committee and community residents have got a thorough understanding of the importance of WHO Safe Community Mode and its enormous value. Through this mode, residents can transform the unsafe living environment and ways of behaviors, lower the fatalness of injuries, reduce injury incidence, alleviate burdens from injuries and diseases, raise the quality of life etc., all of which contributes to the benefits of both communities and community residents. In addition, international safety promotion network has provided a wider scope of activity for Kangjian Community, mutual correspondences, exchanges of experiences and fruits sharing. According to 6 requirements of WHO Safe Community Network, Kangjian Safe Community Committee and community residents will keep on hard working and do due contributions to realize the objectives of global and local community safety promotion programs. We believe that Kangjian Safe Community will accomplish greater achievements with our joint efforts.

7. Endeavoring to contribute to strengthen the Safe Community Network

Disasters and injuries happen now and then. With the efforts of Kangjian Safe

Community Committee, community residents have gradually understood the concepts of “Safe Community”. It is firmly believed that in such a close and collaborating atmosphere, we’ll work better to promote the establishment of safety culture in Kangjian and build Kangjian into a safer and healthier community, with the help and guidance of WHO Collaborating Center on Community Safety Promotion. At the same time, we are very willing to exchange experiences with other safe communities and learn from each other, which is quite necessary. For those reasons, we’d like to submit our application to WHO Collaborating Center on Community Safety Promotion to be a member of WHO Safe Community Network, and we hope that WHO Safe Community Network will recognize those efforts and achievements of Kangjian Safe Community and agrees to this application. Once we become a member of WHO Safe Community Network, Kangjian Safe Community will continue to exert more vigorous efforts in international community safety promotion activities.