



Lidköping applies for continued status/distinction as
A safe community
in WHO's global
Safe Communities network

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Background

Surveys show that people put safety at the top of their list of expectations regarding their municipality. Injuries as a result of accidents, self-inflicted actions or violence accounted for almost five per cent of all deaths in Sweden in 2002, making them the fourth largest cause of death after cardiovascular diseases, respiratory disease and tumours. For men up to age 45, injuries are the most common cause of death. For women up to age 45, injuries are the second most common cause of death.

The Swedish Rescue Services Agency reports that between 1995 and 2005 the number of people involved in fatal accidents in Sweden increased by around 30 per cent to around 3,000 per year. The reason for the increase is mainly that the number of deaths caused by falling and poisoning had increased.

Domestic and recreational accidents are most predominant. Most accidents that need medical attention (around 80%) happen in the home, in childcare and schools and during various recreational activities. Traffic and workplace accidents account for around 10 per cent of all accidents.

More men than women are injured. Men account for around two thirds of everyone killed in accidents. There are clear differences in the number of injuries between girls and boys even by the age of one. Among the elderly population women dominate in terms of injuries due to a fall.

An aging population means more accidents. Older people are over-represented in nearly all types of accident. Two thirds of all deaths caused by accidents affect people aged 65 or more. Social vulnerability is common among those affected. Studies show that unemployed, sick, single, poorly educated, low earners are over-represented in terms of accidents. Social problems are also a dominating background factor in terms of deliberate personal injury or property damage, such as self-inflicted injuries or arson on school property.

Alcohol and other drugs cause accidents. Alcohol, drugs and certain kinds of medication appear in a large number of fatal accidents. In 2005 almost 300 people died from poisoning. Around a third of these died from alcohol poisoning. The National Swedish Road Administration estimates that a fifth of all deaths in road traffic accidents are alcohol related. Two thirds of all men aged 20-65 killed in fires or drownings have consumed alcohol. One in three who die in fires have consumed sleeping tablets or a sedative and more than one in two young people under the age of 19 killed in fires have taken drugs. Alcohol and drugs are an important background factor in most types of accident.

The cost of treating injuries is enormous and the extra costs for society are significantly higher.

The EU report, "Injuries in the European Union 2003-2005", states that injuries are a major threat to health throughout Europe. The report highlights that hundreds of thousands of people die and millions are disabled in what is described as a European injury epidemic.

An injury prevention initiative has been underway in Lidköping for a long time. At the end of the 1970s Lidköping was introduced as a reference municipality at a time when Falköping established its accident prevention scheme. Reference groups were formed in 1984 for accidents, coexistence, tobacco, alcohol, mental health plus food and exercise with representatives from a cross-section of society – the municipality, primary and county healthcare, authorities and voluntary organisations. Two reference groups were formed for

accidents involving children and the elderly. A management team led the injury prevention initiative until 1996 when the public health council was formed.

A health policy scheme was established back in 1985. The scheme covered all ages, environments and situations, but mainly concentrated on children and the elderly, because they are the two main risk groups. The scheme was also established on a political plane. Lidköping became the first municipality in the world to be appointed as a Safe Community in 1989.

The registration of injuries in the healthcare service has taken place in intervals, the current registration of injuries for people who have visited a doctor/dentist at a hospital, healthcare centre, on-call centre or dentist surgery in municipalities around Skaraborg has been underway since 1998.

These statistics have been invaluable for the injury preventative initiative.

Since Lidköping's injury prevention scheme started a number of research studies have been published in international publications, annual health policy schemes, reports and summaries presented for researchers, politicians and practitioners (1-33).

The safety promoting and injury prevention initiative is part of the Sustainable Lidköping initiative.

Description of the Municipality of Lidköping and its inhabitants

The Municipality of Lidköping is centrally located in the county of Västra Götaland on the southern shore of Lake Vänern. Around 38,000 people live in Lidköping, of whom 25,000 in the main town. The forecast estimates a slight population increase with the birth rate remaining steady at around 400 per year. The number of senior citizens is somewhat higher than the national average.

Lidköping is situated alongside the Kinnekulle railway line between Hallsberg and Göteborg. Trains to and from Göteborg depart twice daily, Monday to Saturday and the journey takes around 1.5 hours. Lake Vänern has Europe's biggest freshwater archipelago with its 22,000 islands, islets and skerries. There are plenty of sun-drenched rocks and soft sandy beaches to enjoy beach life. In Läckö-Kinnekulle district alone there are 220 km of beaches to explore for swimming and walking. There is a lively and important shipping industry and Lake Vänern's biggest fishing fleet operates from Spikens fishing village. A number of summer events are held at Läckö castle including opera performances.

The people of Lidköping don't hide the fact that they love their town. It's idyllic, has almost everything one might need, especially outdoor activities, sport and culture. The River Lidån runs straight through the middle of town. The old part of the town on the east side was a mediaeval marketplace and the new town on the west side was built by Magnus Gabriel De la Gardie in the 17th century. The square in the new town is now the hub of Lidköping. Here you'll find the Old Courthouse with its unique tower, which together with the nearby old Rörstrand porcelain works symbolise the town more than anything else. The Wednesday and Saturday markets are an important meeting point with a range of local produce to attract shoppers. A Saturday shopping trip is often rounded off with a coffee in one of the many cafes in the town.

The municipality has a range of trade and industry with many small and mid-sized companies with lots of companies starting up. The land surrounding Lidköping is among some of the most fertile in Sweden. Skaraborg's F7 air force base, the training centre for the JAS 39 Gripen, along with the municipality and the region, is the biggest employer.

Indicators for international safe communities

A safe community must have:

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

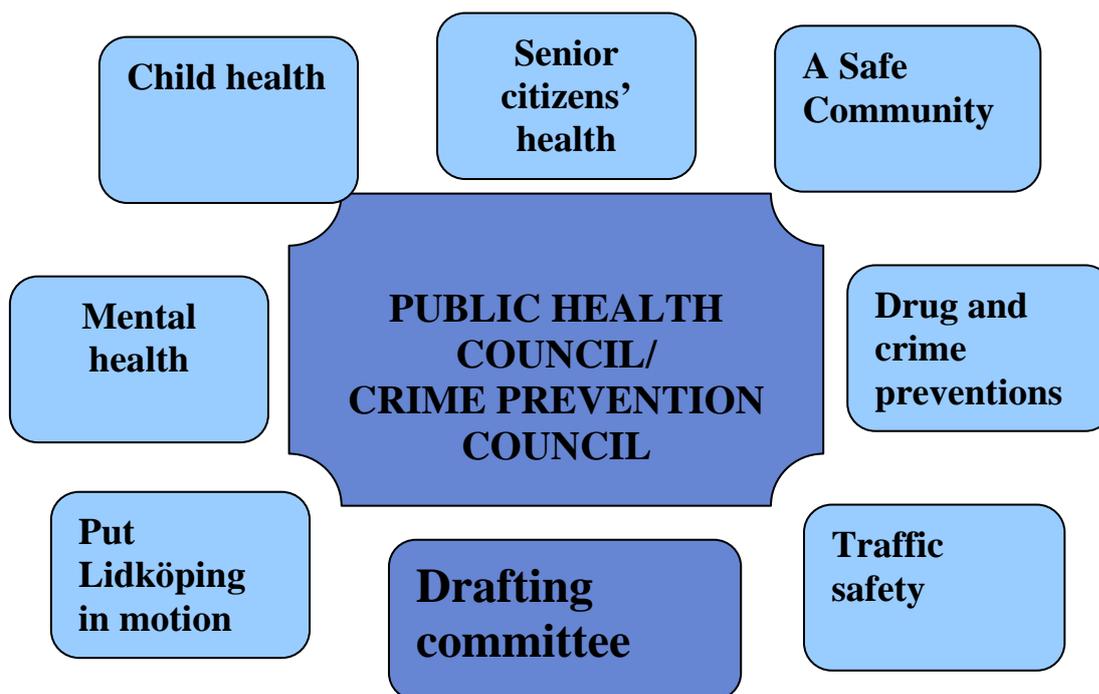
Lidköping's initiatives using the indicators

An infrastructure based on partnership and collaboration, governed by a cross-sectional group that is responsible for promoting safety in their community

Lidköping has a public health council together with a crime prevention council comprising the two municipal commissioners, board chairmen and two directly elected individuals from the Healthcare Committee in Västra Skaraborg. The chairman is the municipal executive board's chairman.

The drafting committee is the municipality's management group with the addition of the head of the rescue services, leading representatives from Primary Healthcare, Dental Health Service, Hospitals, Social Insurance Office, Employment Services, Police and representatives from the Adult Education Council and from Lidköping's Christian Cooperation Council. Cross-sectional working groups work on the health issues of various target groups such as children and senior citizens and with Safe Communities, traffic safety, put Lidköping in motion, drug and crime prevention and mental health. Working groups also include representatives from trade and industry.

The Municipality of Lidköping organizes community meetings for residents living in various parts of the municipality and for people new to the area. Information and dialogue with residents takes place concerning the promotion of safety and injury preventative measures.



The Public Health Council's role is to:

- Follow and analyse health development among the municipality's inhabitants
- Submit proposals for targets and direction for public health initiatives built on the state of health in the municipality
- Compile/develop and continuously revise proposals to the public health plan
- Coordinate cross-sectional public health initiatives using the set public health plan
- Prioritise and initiate health promoting and sickness/injury preventative measures using the set public health plan
- Actively work towards developing work methods using an overall perspective for public health
- Take responsibility for budgets, business plans and annual reports
- Follow up and evaluate initiatives undertaken

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

A certain amount of the injury prevention initiative is run by the public health council, but the main part of the initiative is integrated into the ordinary activities in the municipality, healthcare, police, organisational activities etc.

A number of long-term programmes for injury prevention and traffic safety have been produced that Lidköping has actively worked with over the years.

According to agreements between the Municipality of Lidköping and the Public Health Board, long-term plans for public health should be devised. Plans for public health in Lidköping for 2008-2011 have been adopted by the Public Health Board in Västra Skaraborg and the municipal council will deal with the plan when it meets in October (14). The plan is part of the basis of the municipality's and the healthcare authority's long-term public health initiatives.

The national public health target and its target areas are a basis for the public health plan. One of these target areas deals with environments and products, another with physical activity and another with tobacco, alcohol and drugs. Injury prevention initiatives are consequently included, through these and other targets and using various methods, in the long-term programme for public health initiatives.

To meet the public health plan's targets, the organisations involved must integrate the plans into their activities. The public health council publishes annual reports (15) that include the initiatives that the public health council supports to meet these targets.

There is also a drug policy programme (16) adopted in 2004 as a basis for the drug prevention initiative.

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

The long-running public health plan includes both genders, all ages, environments and situations. The overall aim of the public health policy is to "create social conditions for good health on equal terms for the entire population."

Threats to public health have changed over the years and we see the following future challenges: the increase in weight and obesity in all age groups, the increased physical ill-health in all age groups, especially in the 16-24 age group, increased alcohol consumption and injuries caused by falling among the elderly. The public health initiatives in Lidköping are aimed at the entire population but the Public Health Council will focus its attention on children and young people. The public health council's initiatives are specified in annual reports including budgets.

Lidköping intends to further develop the injury prevention initiative. The areas that will receive special priority will be:

- Alcohol and drug prevention initiatives
- Initiatives to keep young people aged 13-17 active in sports associations and cut sports injuries in this age group
- Mental health initiatives against self-inflicted injuries/suicide

Further development of initiatives for preventing injuries caused by falling in the municipal Nursing & Healthcare has intensified in recent years and initiatives are underway to integrate this into the ordinary activities.

Programmes that document the frequency and causes of injuries

To successfully prevent injury you first of all need to know the extent of the problem. How and when do accidents and injuries occur? How often? Who is most at risk? Documentation and surveys are necessary in order to operate effective preventative initiatives. This is necessary so that the correct methods and strategies can be developed and initiatives targeted towards the most vulnerable groups, environments and situations.

Injuries have been registered in Lidköping for many years. From 1978 to 1989 the municipality took part in a project with Falköping. Registration continued in Lidköping until 1994. Traffic accidents were studied in 1983 (11) and accidents in schools in 1986 and 1987 (12). All these figures have become valuable information in the injury prevention initiatives in

Lidköping. For example it's been determined that of the traffic accidents registered, half were cycling accidents where children and young people were injured, in many cases with head injuries.

Since 1998 injuries are registered when visiting doctors or dentists surgeries, healthcare clinics, hospitals and dental clinics in Skaraborg (13). In 2006-2007 the Municipality of Lidköping had an individual employed to present and pass on the statistics and in-depth reports to the proper authorities and work groups.

For its activities, via insurance brokers, the municipality has registered injuries and incidents related to property and third-party liability insurance since 2004 despite the majority of injuries being covered by insurance premiums. In 2008 the municipality bought its own injury reporting system (the same as the Municipality of Staffanstorp). The system will also cover working environment injuries.

In the development initiatives at national level, Sweden's municipalities and county councils, in association with the Swedish National Institute of Public Health, developed classification factors and indicators to follow the developments of public health. In the first five target areas nine basic indicators were identified because of their strategic importance. The basic indicators were election participation, equality indices, educational levels, job seeking, income levels, access to a sixth form college, child poverty, the amount of ill-health plus injuries and poisoning.

All basic indicators are available in national registers and can be broken down by municipality. To follow health developments in Lidköping most of these nine basic indicators can be found in the Municipal Council's command and control cards.

Other indicators for following up the public health secondary targets are reported in the public health council's annual report (17).

From 2008 the Swedish Rescue Services Agency will provide a municipal newsletter stating the value of a number of indicators that can be compared to national averages.

Data is available in Region Västra Götaland's SCB and Vega databases for information about hip fractures.

An in-depth public health profile survey is carried out every four years in order to describe the health and wellbeing of the inhabitants of the Municipality of Lidköping (18). The public health profile is a compilation of a range of variables concerning injuries, which give a joint picture of the health of the population.

Evaluation measures to assess their programmes, processes and the effects of change

A number of research studies, published in international scientific journals, annual health policy programmes, reports and summaries have been presented to the research community and to politicians and practitioners since the start of Lidköping's injury prevention programme in 1984. These have included public health initiatives as well as more specific traffic safety promotion initiatives in Lidköping. Many of the Lidköping programme's components have been further developed to cover all of Skaraborg.

The follow up to the initiatives carried out in association with the public health council are carried out in annual reports for the public health initiatives (17). Work carried out in ordinary activities by various administrations and organisations are followed up by the respective practitioners.

Ten years after being named a Safe Community, a follow up of the initiative was carried out in 1999 entitled Lidköping by Lake Vänern, 10 years as a Safe Community, (19).

A conference was also organised that reported completed and ongoing initiatives. Between July 1998 and June 2001 the Swedish Road Administration, Region Väst and the Municipality of Lidköping, together with NTF (National Society for Road Safety), the Swedish Police Service and Region Västra Götaland introduced a local project called Lidköping – spearheading the zero vision) (20-22).

A study was carried out in 2002 of senior safety initiatives in Lidköping entitled Lidköping's senior safety initiatives and its development potential (23). The development potential was noticed in information and training, coordination of the initiatives, physical activity & social togetherness and planning of physical environments.

The follow up of the initiatives was carried out for Lidköping's reappointment in 2003.

By registering injuries at doctors' or dentists surgeries, health centres, hospitals and dental clinics the development of injury frequency, where injuries took place, cause of injury etc. can be followed. The number of registered injuries is somewhat lower in Lidköping than in Skaraborg overall.

According to statistics, Lidköping had a downward trend in terms of injury frequency between 1987 and 2002 for people in the 0-19 year age group. For age groups 20-44, 45-64 and 65+ the injury development is roughly the same at the statistics for Region Västra Götaland and the national average (24).

The number of hip fractures has fallen year on year and was at its lowest at the beginning of the 2000s. The number of hip fractures has increased in recent years but Lidköping still has somewhat lower statistics than Region Västra Götaland and the national average.

According to a safety survey carried out by the Swedish Police Service in 2002 and 2005 the inhabitants of Lidköping feel very safe (25).

Lidköping has somewhat more reported crimes per 1,000 inhabitants than Skaraborg as a whole. In terms of the number of crimes committed, made up of assault outdoors, stolen property from break-ins and criminal damage included in the national target for reduced crime, Lidköping is on the same level as Skaraborg on 9.3 crimes per 1,000 inhabitants.

A survey of year 8 students is carried out every year. The number of students at senior level who have never drunk alcohol has fallen just like it has in the rest of Sweden. In 2008 59% of year 8 students in Lidköping said they had never drunk alcohol.

Continued participation in national and international Safe Community networks

The injury prevention initiatives in Lidköping have attracted major interest from around the world. Over the years Lidköping has had study visits and played host to travel seminars with participants from municipalities from Sweden, other Nordic countries, Baltic states and also from the former Yugoslavia, Australia, the US, Japan, Jamaica, India, Ethiopia, Kenya, New Zealand and many other countries.

In 2002 Lidköping, together with the other six Safe Communities in Västra Götaland and Region Västra Götaland at the time, carried out a travel seminar with twin towns in Estonia, Latvia, Lithuania and Finland. Because Lidköping and Sarajevo are part of a democracy project there were also two representatives from Sarajevo.

All participants and their interpreters stayed in Lidköping (26).

Lidköping has a cooperative agreement concerning safety promotion and injury prevention initiatives with Kouvola, Lidköping's twin town in Finland. Kouvola was named a Safe Community in June 2008. Representatives from Lidköping were present at the naming ceremony. Lidköping also has also been represented at conferences around the world.

Further development of the safety promotion and injury prevention initiatives

Lidköping intends to further develop the injury prevention initiative. The areas that will receive special priority will be:

- Alcohol and drug prevention initiatives
- Initiatives to keep young people aged 13-17 active in sports associations and cut sports injuries in this age group
- Mental health initiatives working against self-inflicted injuries/suicide

Further development of initiatives within the municipal Nursing & Healthcare for preventing injuries caused by falling has intensified in recent years and initiatives are underway to integrate this into the ordinary activities.

Activities for various age groups and environments

Activities for age group 0-16

(see also age group 16-24 and schools and traffic)

- Maternity healthcare offers anti-natal parent group courses.
- All pregnant women are screened with regard to violence.
- All pregnant women are offered screening if they are at risk by using drugs, alcohol or tobacco.
- In association with the National Society for Road Safety (NTF), parents at the hospital are given the opportunity to rent a baby safety-seat for their car.
- All new mothers are offered screening for post-natal depression.
- Almost all parents choose to go with their children to paediatric healthcare where they receive up-to-date information concerning child safety including information about safety equipment and about good, safe products. There is a bag of safety items available for demonstration.
- A checklist is included in the child's health journal with detailed information about accident risks in a child's environment. The journal also includes a checklist of risks found in farming.
- When the child is 8 months old and 3 years old respectively the parents are offered the opportunity to buy a helmet at a reduced price, the helmet is sponsored by Länsförsäkringar.
- Paediatric healthcare recommends parents of children 8 months or older to have activated charcoal at home, that may be administered to the child after contacting the hospital in the event of poisoning.
- Paediatric healthcare will show a video about asphyxiation and burns.
- Open pre-schools are a meeting place for children and adults. Children up to the age of six years of age meet here together with parents or other adults.
The municipality has two open pre-schools, both part of the collaborative project with the paediatric and maternity healthcare and individual and family care.
- Support from a child psychologist is available in Primary healthcare to prevent family ill-health.
- Courses about child safety are available from the Red Cross via paediatric healthcare with at least one course held every spring and autumn.

- “Hitta vilse” (find your way) courses for pre-school children. Pre-schools teach children to find their way if they get lost.
- Parental support: maternity healthcare and paediatric healthcare offers general parental support to prospective parents and first-time parents with children aged 0-1 years. Special parent groups are arranged in association with pre-schools for immigrant parents, young mothers and parents of premature babies. Maternity healthcare and paediatric healthcare also offers individual parental support in the form of discussions about mental health, crises etc.

Parents with children aged 3-12 in two areas of the Municipality of Lidköping will be offered parental support in autumn 2008 according to the Family Workshop concept.

General parental support, ÖPP Örebro Preventionsprogram (Örebro Prevention Programme) will be offered to parents of children in year 7 at school. Staff will be trained in ÖPP in autumn 2008 allowing more schools to offer ÖPP to parents with children in years 7-9.

Specific one-on-one parental support or in groups is offered to parents of children of different ages who find parenthood specially problematic: the support is provided by Barn & Skola (Child & School), Individ & Familjeomsorg (Individual & Family Care), Paediatric and youth psychiatry and Primary healthcare.

Work is ongoing to develop a shorter Mini-COPE, to get more parents with students in years 1-9 in special needs groups to make use of parental support.

- The Fire and Rescue Service runs fire safety training for all children in pre-school classes and for year 5 students.
- Staff at the swimming baths measure swimming proficiency of year 5 students.
- Lidköping is part of the Västbus scheme, which works so that children and young people with psychological, psychiatric and social problems don't fall between two areas of responsibility and thus fail to receive the right help.
- The “TRYGGVE” concept is a drug prevention collaboration across municipal and administrative borders based on the fact that a minimum of 2-3 children from each school class has a parent with a drug/alcohol dependency. The concept provides constant support to the school's staff groups and group activities for children and teenagers.

Step 1. Annual skills development with an “eyes open” day for all staff in pre-schools, junior and comprehensive schools in September. During these lectures brochures will be available that will later be given to students in October of the same year.

Step 2. On International Children's Day every year on the first Monday in October, a brochure will be given to children/teenagers from year 1 to year 3 at upper sixth form colleges in Lidköping's municipal schools. There are two separate brochures, one for students in years 1-6 and one for students in year 7 up to year 3 of the upper sixth form colleges.

Step 3. During the autumn term a specific invitation from group managers to various staff functions such as school matrons, head teachers, welfare officers, youth centres etc. for exchanging experience, in-depth information and collaboration for the further development of the TRYGGVE concept.

Step 4. The option of consultative support for staff throughout the school year. Notification to group activities and requests for individual talks for children and teenagers, 7-19, are accepted and provided constantly.

- Recreation centres, 8 in the Municipality of Lidköping provide a general preparatory service.
- An information folder entitled “Opportunities for young people”, developed by the Culture & Leisure department, concerning the municipality’s measures and activities for young people, is handed out to all senior level students and their parents (35). The folder also contains telephone numbers for various activities such as student healthcare and advice centres for alcohol issues.
- Letters are sent to parents of children in years 7-9 ahead of end of term. The letter contains information about young people’s alcohol habits, accidents and violent crimes and a folder about giving alcohol to young people. The letter also gives advice about how parents can support their children.
- Adults patrol the streets of the town on Friday nights and sometimes on Saturday nights.
- Alcohol-free discos are arranged by adults, sports associations, Culture & Leisure. The Fire and Rescue Service organises drug-free discos with evacuation drills for years 4-9 in order to prevent events like the one that happened in Göteborg in 1998. Alcohol-free end-of-term parties are arranged for senior schools by older students, together with Adults in Town, churches and Culture & Leisure.
- The Police visit all year 8 students and inform them about the dangers of drugs, the law and their rights etc. The Police work with information and presence among young people to minimise alcohol and drug consumption and thereby also minimise assaults.
- The Swedish Federation for Study Promotion has group activities including physical activities for:
 - Overweight children who are not members of a sports association
 - Children and young people from an immigrant background
 - Children and young people with a physical disability
 - Teenage girls who are overweight and are not members of a sports association
 - Teenage girls aged 15-20 with different cultural backgrounds
- A survey of volume levels in children’s and young people’s environments such as pre-schools, schools, discos and gyms was carried out in 2003 by town planners. Problem areas had sound-insulating sheets fitted to ceilings, sound-insulating tables bought in and trials to use plastic instead of china plates etc.

- Playgrounds at pre-schools and schools are inspected every month. Other municipal playgrounds twice a year.
- All existing and new drains are fitted with special covers to stop people falling in.

Activities for young people aged 16-24

(see also activities for children aged 0-16 and under schools)

- In January 2008 a drug and crime prevention officer was employed to work with preventing drug problems, mainly amongst young people.
- A drug issue advice centre was set up in 2003 for young people. The advice centre is run by the social services, in association with schools, youth clubs, police and primary healthcare. The target group is young people aged 13-25 and their parents.
- The youth centre, run in association with primary healthcare and social services, is aimed at young people up to age 25. The work includes both individual and medical advice, examination and treatment and support in terms of psycho-social problems. The youth centre also runs outward looking activities.
- Primary healthcare offers individual support to children and young people with psychological problems.
- At De la Gardiegymnasiet sixth form college there is a long tradition of a subject called life skills, which has been a prioritised subject for a couple of years. A special initiative will be carried out during 2008 in life skills. A life skills coordinator has been employed to work 20% from the autumn to give all year 1 students studies in life skills. During the next school year studies will continue on to year 2 and before the year ends year 3 students will study a minimum of 50 hours of life skills. Central to the subject is that all students during their three years at the sixth form college will be provided with the same studies and opportunities to a positive introduction to adult life. The subject is split into three main groups: democracy and understanding, identity and self-esteem plus love and sexuality. Studies are built on aspects like work methods and discussion forums, value exercises, drama, forum games, lectures plus written and oral tasks.
- The individual programme at De la Gardie is a school with a different perspective. It's a school for life, focused on health and life skills.
The ways of working and methods include:
Empowerment – to get students to take control over their own lives.
Salutogenic view – to focus on and assume the good in people.
Creating relationships – lots of work with the relationship between staff and students through extracurricular activities.
Solution focussed – the focus is placed on what works well.
Student exchange – travelling is learning. Working with both national and international student exchange programmes.
- Elevhälsan (Student health) at De la Gardiegymnasiet college offers support to students and parents from a psycho-social perspective. They provide medical advice and health

talks. There is specific help available to students with physical disabilities with compensatory aids and specific support. Consultative support to staff. Elevhälsan works with overall issues such as offensive behaviour, emergency preparedness, crisis management, life skills, conflict management and routines for student matters.

- Democracy coordination assignments at De la Gardiegymnasiet college. The main assignment that the democracy coordinator carries out deals with realising the college's target of a well-developed student influence. Wanting to learn, feeling fairly treated and wanting to take responsibility for everyone's enjoyment are central. The De la Gardiegymnasiet college achieves these goals by training and guiding students to exert influence democratically.
- The De la Gardiegymnasiet college runs girl group activities, which aim to boost self-esteem, increased physical activity etc. Some group activities are carried out in association with a field secretary.
- The De la Gardiegymnasiet college has material that includes a film about men's violence on women "Ingen ser oss" (Nobody sees us). Work material to be used in conjunction with the film has been produced.
- The Swedish Police Force has a group of five policemen who focus solely on drug issues. They provide information about the signs and symptoms of drug taking to various groups. A collaboration with the police in Göteborg has also been carried out in order to conduct major efforts against restaurants and pubs in the area. These actions have had an effect, not least of all as a deterrent.

Activities for adults aged 25-64

(see also traffic, home, other)

- Lidköping does not have any cross-sectional initiatives to prevent injuries in the workplace.
- The Västra Skaraborg co-ordination society consists of four parts, The Swedish Social Insurance Agency, County Employment Board, Region Västra Götaland and the municipalities. Prioritised target groups are young adults aged 20-29 who require co-ordinated help.
- Primary healthcare provides an individual service for preventing and treating psychological problems.
- Primary healthcare provides a sleep school.

Activities for people over 65.

- The Senior Citizens Health work group organises theme days and trail events in the form of physical and/or social activities, lectures, musical events etc.

- The Senior Citizens Health work group has a regular advert called “Seniorrutan” in the local newspaper to publicize activities for senior citizens.
- The Senior Citizens Health work group and an occupational therapist from Vård & Omsorg keep the ”Lev säkrare” (Live safer) exhibition current. The exhibition and accompanying folder and checklist presents practical articles and advice for preventing falls (36). The exhibition circulates with the help of the labour market unit at places like business centres, healthcare centres and homes for the elderly.
- Vård & Omsorg pays out around SEK 500,000,000 annually in grants to disabled and senior citizens’ associations with physical and social activities arranged by the various associations. The associations receive a basic grant plus extra funds per activity/meeting. The latter is paid in arrears.
- The SPF senior citizens’ association, with the help of a grant from the healthcare committee and public health council, started Activa seniorer (Active seniors) a few years ago. 150 senior citizens do weight training once a week. Unpaid members of associations receive extra training via Korpen. The activity is open to all senior citizens.
- A “safety bag” containing various safety items such as anti-skid devices, reflectors, ice studs etc. can be used when informing senior citizens and their relatives and when training care staff.
- Physical and social activities such as dances, boule, social meetings, cafes, rambler groups and walking pole outings are arranged by the four senior citizens organisations, which are very active.
- Senior citizens with a need of the “safe hip” hip protector, can buy them from Vård & Omsorg.
- Door alarms are available in special accommodation for senior citizens with dementia.
- The number of meeting places for senior citizens under the auspices of Vård & Omsorg has been boosted in 2007 and 2008. The activities are run with the help of volunteers.
- Meeting places for senior citizens are organised in three residential areas by the Red Cross. This gives people the opportunity to meet up and drink coffee once a week.
- The Red Cross friendship service visits senior citizens who experience loneliness and join them when visiting the doctor.
- Volunteer centre. Two coordinators work 75% each to mediate contacts between people who want to help people who want it. In 2008 there were around 100 individuals signed up with the volunteer centre who are willing to help.
- Outdoor home help started in 2007. Senior citizens can now get help with cutting grass and clearing snow to enable the individuals to remain living at home if they want to.

- "Fixarbrandis" was introduced in 2007. Fixarbrandis provides practical assistance, carries out free safety rounds and puts up smoke detectors if there are none in the home. This service is introduced in association with the Fire and Rescue Service.
- Preventative home visits are offered to all senior citizens when they reach 75. Information is given about Vård & Omsorg's activities, various activities aimed at senior citizens, tips and advice about preventative measures etc.
- An information letter is sent from the Service and Grant Unit to all inhabitants when they reach 80. This letter informs them about Vård & Omsorg's activities and where to turn to if they need any kind of help. They are also offered home visits if they need them.
- Fall prevention group where representatives from the following professions: nursing staff from home help and special accommodation, nurses, district nurses, physiotherapists and occupational therapists. The groups' assignments are to work with fall prevention for inhabitants that the municipality has responsibility for providing healthcare for.
- The current project "Målinriktad rehabilitering i hemvården" (Targeted rehabilitation in home help) 2005-2008 means that more patients go straight home after being in hospital instead of staying for a short while at temporary care facilities. Even if significant rehabilitation is needed this is provided at the patient's home. Home help have been given extra rehabilitation resources and the aim is for increased independence and increased/continued quality of life for the patients.

Home

(see also under age groups 0-16 and over 65)

- For new builds and structural alterations, consideration is given to child safety, child-safe windows, child-safe ovens and fridges, safety-glass in low windows and the correct height of hand rails.
 - For new builds, structural alterations and residential adaptation, homes need to be made safer for senior citizens and disabled people. Removal of thresholds, installing elevators, remodelling bathrooms and timers on ovens can greatly improve safety.
 - A full-scale project was started in 1991 when a number of the municipality's homes for the elderly needed structural alterations and renovating. The full-scale project built apartment models in full scale and then in consultation with various professions tried and tested the best solutions (29). The full-scale model will be used when necessary for future residential investments.
 - AB Bostäder, Lidköping's municipal housing company, tries in everything it does to think and act "safely and securely", both in existing buildings and when constructing new buildings.
- Outdoors:
- Playground equipment is checked and replaced when necessary
 - When building new playgrounds or making structural alterations to existing playgrounds sand is removed and replaced with eco-friendly playground safety surfacing

- Listing and attending to dark areas
- Ban on vehicles in the housing areas

In buildings:

- Plan to change to motion sensor lighting in common areas like stairwells and laundry rooms
- Plan to fit covered coded entry systems on main entrances and cellar doors
- Checking escape routes twice a year
- Constant check of heating, ventilation and water

In apartments :

- Free fitting of “security peepholes”
- Hob guards and anti-tipping devices for all new ovens
- Fitting a smoke detector in all apartments
- 2008-radon measuring in all properties. All apartments with direct ground contact and 20% of other apartments.

Traffic

(see also under schools, sports etc.)

Traffic safety has long been a priority in Lidköping. The municipality started its first traffic safety scheme in 1992 and since then has in various ways been the driving force and actively worked to develop traffic safety, both locally and nationally.

The cycle path network in Lidköping town centre and its surrounding countryside is widespread where the municipality has responsibility. Cycle paths and some streets with a large cycle path are priority areas during the winter and are ploughed and sanded ahead of many roads. The municipality produces an updated cycle path map, which has been distributed to every household. In 2007 a simple map was produced showing cycle paths to Filsbäck, Majåker, Råda and Sjölanda. From a traffic safety perspective priority is given to the rebuilding or crossings between footpaths, cycle paths and main streets, with narrower roads or raised pedestrian and cycle paths. In this context priority is given to roads outside schools. The municipality will carry out a cycle path analysis in 2008 together with the Swedish Cycling association. The analyses will show areas needing attention, risks and needs for improvement of the current cycle path network.

In 2007 the municipality took part in a trial to test the use of the new speed limits in urban areas. The result was positive and all areas where 30 and 40 signs have been tried out will keep these lower traffic speeds. A total review of the urban traffic speeds will be carried out in 2008 -2009 to better adapt to the needs of traffic safety and environmental targets.

The municipality was the fourth in the country to introduce a traffic safety review. The result of the review and the improvements necessary are now being worked into the review of the traffic network analysis that’s underway. The result will be a traffic strategy with a programme of measures developed as a basis for future budget investments for traffic and the municipality’s future traffic safety initiatives. The traffic strategy will be adopted by the Samhällsbyggnadsnämnden (town planning committee) in 2009.

The municipality, together with the Swedish Road Administration, are working on the “Kustom” project, which together with the Municipality of Götene aims to employ an information officer to work with environmental and traffic safety information. The project is

planned to run until 2011. The information officer's job will be to also support school staff in their duties to have traffic safety studies in school. An initiative is underway together with schools to get the "mobile school bus" project established at the various schools in order to cut the volume of traffic and risks outside schools.

Schools' school transport is planned with major demands on traffic safety. All contracted busses for elementary and intermediate schools have seatbelts for all seats. Bus stops have been listed and located with major account taken for traffic safety. All elementary and intermediate school pupils have reflective vests to improve visibility when waiting for or walking to the school bus stop.

- Länsförsäkringar in Skaraborg is planning, in association with NTF, to carry out an initiative aimed at heavy goods vehicle safety, including sleep and alertness.
- NTF Skaraborg, runs the Självssäker (self-assured) project aimed at young people. Young drivers aged 18-24 are given the opportunity to take part in simulation exercises. The focus is on young people having the courage to take a stance and telling someone that they are driving too quickly, not using their seatbelt or intending to drive while under the influence of alcohol or drugs.
- Staff in the municipality and primary healthcare driving cars for work are offered training in eco-driving. Staff in some public administrations are offered skidpan driving.

School

(see also age-group 0-16, traffic)

- All new school students receive a yellow “Akta mig” (take care of me) baseball cap when they start school.
- A study of children’s health, enjoyment of school, spare time, drug habits etc is carried out annually in year 8. The result makes up the basis of health promotion initiatives in schools and the municipality.
- An overview and check of woodwork and metalwork workshops.
- An overview and annual control of sports/gymnastics halls.
- Registration of injuries and near accidents, registration will be more comprehensive with the injury report system bought in by the municipality in 2008.
- The mobile team is an example of the collaboration between Barn & Skola (Children & School) and Individ och familjeomsorgen (Individual and family care) to strengthen the collaboration for children and young people. The mobile team also works with parent training schemes.
- An equality plan to prevent bullying in pre-schools and schools.
- All students in years 1-9 receive first aid and life-saving training.
- The schools have cycle helmets that students can borrow when going on trips with the school and on traffic safety days.
- Major initiatives have been carried out for the safety of school buses. Bus stops have been improved with fences and markings. School bus drivers take part in realistic exercises in evacuating the bus in the event of a fire or if the bus rolls over. School children also practice bus evacuation every year.
- Student protection officers at year 7-9 schools take part in the working environment initiatives.
- The Fastighetskontoret (property management offices) checks school playgrounds in Lidköping once a month and remedies any possible faults.
- Life skills on the syllabus for years 1-9. Staff were trained in seven pilot schools in the subject of life skills during the 07/08 school year, with training for other schools’ staff taking place during the 08/09 school year.
- For parent/teacher meetings for year 7 students information is given about student health, drug and crime prevention and Vuxna på stan (Adults in town).

- SMART DRAG, (smart move) drug prevention scheme, inspired by the police, is run by the student council in years 7-9 at the respective schools. Students that say no to all types of drug take part in a prize draw every Friday.
- UNF's information calendar with a message of saying no to alcohol and drugs is distributed with the help of advertising revenue every year to students in year 7-9.
- Schools collaborate with the Friends organisation whose idea is to educate children and adults to prevent bullying and offensive discrimination. Friends' vision is for children and young people to feel safe and avoid living with a knot in their stomachs. The collaboration with Friends is sponsored by the Sparbanken bank in Lidköping.
- Barn och skolnämnden's (the child and school committee) school plan contains the assessment that for school to be considered a success all children and young people should be able to spend time in a safe environment where play and exercise are a daily occurrence.

Sports

(see also age group 0-16, 16-24)

- A number of sports associations work towards the goal of all active members in the association should be drug-free and work against bullying and racism, of which some have signed a policy document supporting work against drugs etc.
- All activities for children and young people run in municipal properties and facilities must be drug free.
- SISU and sports federations offer regular training concerning safe transport in connection with practicing sports and concerning preventing sports injuries.
- The Swedish Fire and Rescue Service and SISU organise training in HLR for sports associations.
- Many associations have adopted a transport policy for safe transport in conjunction with their activities. The associations have received minibus driving courses.

Other

- Aspects such as accidents and crime are taken into consideration during town planning to create a safe outdoor environment.
- Collaboration with various personnel and experts take place when planning new and rebuilding in property management in the Municipality of Lidköping to create a safe living environment.
- Working environment plans are worked out to minimize the risk of accidents when rebuilding work and maintenance of municipal buildings is carried out, where activities are still ongoing.

- Snow guards are fixed above the entrance to all municipal buildings.
- Access to municipal buildings is increased by installing more elevators and ramps.
- Access. Primary healthcare has installed elevators and ramps for increased access.
- An access guide is available on the Municipality of Lidköping's website. The guide informs whether public buildings have wheelchair access, disabled toilet facilities, customer telephones, are non-smoking and where cats and dogs are not permitted.
- The Swedish Fire and rescue Service offers fire prevention training to trade and industry, associations, county council and the municipality.
- The Swedish Fire and Rescue Service carries out regular reviews of fire prevention at hazardous facilities and premises where a large number of people might get injured. Themed reviews of fire prevention are carried out for buildings where fires occur more often. Themed reviews are currently carried out for apartment blocks. Event reviews of fire prevention are carried out when a tip off has been received that there are failings at a site or where a fire has occurred or for events where many people could get injured.
- The Swedish Fire and Rescue Service, through "Fixarbrandis" (fix the fire), provides smoke alarms to homes for the elderly. Plans are also underway, in association with IFO, to provide smoke alarms in half-way houses for drug addicts.
- Sprinkler systems are fitted when rebuilding in all municipal homes for the elderly.
- Ofelia is Lidköping's local risk telephone, where inhabitants can report faults and damage risks in public areas. Ofelia, which is administered by town planning, has received the following fault complaints.

2005	770
2006	1391
2007	1011
- Vandring i Vänerstad (walk through Vänerstad), which is around a 10 km walk, was organised in 2001 to encourage physical activity. Brochures with maps and information about the sights in the area is available from the tourist office. Vandring i Vänerstad is aimed at people living in Lidköping as well as tourists (37).
- 40 or so senior citizen and disabled associations receive grants from Vård & Omsorg for their activities.
- Primary healthcare runs lifestyle consultancy services.
- Kultur & Fritid share the contribution with the aim of
 - Supporting associations in offering inhabitants a stimulating and rewarding leisure time.

- Supporting associations to work with preventative measures concerning being drug-free, equality, discrimination, environment and being open to all
- Carrying out specific initiatives in areas that the culture and recreational activities committee prioritises.
- Churches with their wide-ranging contact networks in society constantly work with preventative and acute measures for promoting public health. Examples are support groups in connection with grief and other crises, family support, marriage courses, visitor activities and financial support. The diocesan service works to counter loneliness and elimination. With its special view of humankind and its starting point in everyone's unique value the church forms an environment that equips for life's different phases. The church's affect on people through environment and teaching aims to provide good self-esteem and a warm view of humankind while opposing violence and hopelessness. The existential issues are given space and alpha courses provide people time to reflect and talk. The comprehensive child and youth activities, spanning from newborn groups to young adults, provide children and young people a meaningful leisure time and a creative fellowship. Confirmation, field trips, week groups and youth centres form positive meeting places that oppose alienation and promote integration. The overall aim is to oppose the destructive forces at work in society and promote the psycho-social health and people's quality of life.
- Drug and crime prevention initiatives are organised by a drug and crime prevention officer employed in 2008. A working group (locally BRÅ) with representatives from the municipality, police, property owners, pubs, insurance companies and Adults in town have run the work against entertainment industry violence and damage. From autumn 2008 the group consists of the municipal council, chairman of the child and school board, education board, culture and recreational activities committee plus police and drug and crime prevention officer.
- A "Responsible restaurant" concept has been developed as part of the Safe Community initiative. To be designated as a "Responsible restaurant" requires the restaurant to meet a number of criteria in addition to the demands of being an approved premises fit to sell food and of possessing fire prevention documentation required for a serving licence. Some of the criteria include all staff greeting guests must have completed or applied for a training course in responsible alcohol management, that there is visible marketing of alcohol-free alternatives, that a written policy concerning meeting guests is available and that the county administrative board's signs about laws and regulations for alcohol licensing are visible. The first restaurants, 13 in all, received their designation as "Responsible restaurants" in August 2008.

Work to boost parents' and other adults' involvement in child and youth issues is ongoing. A special lecture evening was organised in January 2008. Around 200 people took part and 37 people reported an interest in the introduction evening with Adults in town.

- The police provide crime prevention information to various associations and other activities. This is aimed at group activities and provides general guidelines about how to protect yourself against day-to-day crime.

- The police provide information to immigrant groups in association with the Adult Learning study association. There they receive information about the legal system, laws and regulations. Information is also given about traffic laws and how to obtain a driving license.
- The property management office's increased overview and rapid removal of graffiti has reduced the problem.
- There are 37 Neighbourhood Watch projects in Lidköping. These are located in areas predominantly with detached houses and terraced housing, however not in areas with apartments. The aim is to cut crime and boost security, which is achieved by the residents cooperating, supporting and helping one another.
- Safer summers. A large number of players collaborate around the Swedish rescue Services Agency's Safer Summer 2008 campaign. This included the Säkert I sommar newsletter being available in a number of public places. AB Bostäder distributed the newsletter to all their tenants.

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