

APPLICATION FOR THE MUNICIPALITY OF TŘEBOŇ TO BECOME A  
MEMBER OF THE INTERNATIONAL SAFE COMMUNITY NETWORK



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## **MOTTO:**

**Healthiness, Safeties, Happiness**

### **A. The structure of the community**

#### **Demographic structure**

Třeboň is a town in the south of the Czech Republic. It is located between two big cities, České Budějovice (94 747 inhabitants in 2007) and Jindřichův Hradec (22 464 inhabitants in 2007). Třeboň is not heavily populated, but still it had **8 866 inhabitants in the year 2007** and it is the ninth biggest town in the district of Jindřichův Hradec. **The structure of the inhabitants concerning the sex and age was in 31.12.2006:**

**0-14** 3 576

**15-64** 17 787

**65 and more** 3 875

#### **Males aged:**

**0-14** 1 844

**15-64** 9 025

**65 and more** 1 558

#### **Females aged:**

**0-14** 1 732

**15-64** 8 762

**65 and more** 2 317

It is evident that mainly here live people between the ages 15-64 of both sexes (approximately 70% of the inhabitants). The number of seniors is permanently growing.

The town was established in the middle of the twelfth century. The main characteristics of the town from its history are pounds and fishing. Actually Třeboň is very famous as a spa town and is heavily visited by people with movement disabilities as well as tourists. Třeboň is well known for its cycle tracks, routes for motor bikers as well and is situated in the protected landscape area called Třeboňsko.

This town has a well-developed infrastructure and as was written above is yearly visited by many foreign clients. The town houses a wide range of types of schools: primary and secondary schools as well as specialized schools and high schools. One can, of course, also find general practitioners' consulting rooms and surgeries scattered around the town. The town is medium-sized and is the seat of many associations.

Třeboň is a municipal town which administers something about 25 thousand of inhabitants and is governed by mayor and his team of more than 100 magistrates. Very important are Municipal Corporation (town representatives) and Town Council. Concerning injury prevention we concentrate on the town Třeboň with slightly under nine thousand of inhabitants.

The town Třeboň is a member of many important association and partnerships, for example Association of towns and villages of the Czech Republic, Association of the Spa Regions of the Czech Republic, South Bohemian Headquarters for Tourist Trade, National Network of Health Cities and others.

#### **The main risks of the community Třeboň are:**

##### **Traffic:**

- cyclists – many people (adults and children as well) use bicycles for getting to work and school and also high number of tourists
- the main road through Třeboň connecting České Budějovice and Jindřichův Hradec (E551) – from safety reasons was built a new traffic circle with safety cross walk for pedestrian and cyclists. This traffic circle is also connected with cycle track for cyclist

to get safely on the other side of the road; the traffic circle is also non-stop monitoring by cameras of the municipal police

- absence of the by-pass road – the road II/154 goes through the central part of the town

**Drowning:**

- there are many ponds around the town which are dangers mainly in winter while people are ice skating there and are in risk of breaking through the ice

**Most in risk are:**

- the most in risk group of people are children and seniors (number of seniors are growing)
- in Třeboň are mainly injured children in the age of 14 years – according the surveillance from 2005, which is analyzed in the part of documentation injuries data

**School injuries:**

- the most dangers environment concerning injuries are in Třeboň schools (surveillance 2005)
- vandalism at safety playground – the lack of free time activities for youth. Nowadays playgrounds are under control of Municipal Police

**The authorities of the town Třeboň are aware that:**

- 1) Injuries are the main cause of mortality among children and youth
- 2) Injuries are on the third place of mortality in general
- 3) Injuries are predictable and also preventable
- 4) It is more effective, rational and also cheaper to invest in injury prevention than to the therapy and recovery
- 5) It is not possible to vanish injuries but it is possible to bring down the rate and the seriousness of them

From the 2004 Třeboň is an active member of the National Network of Health Cities, WHO programme. For Třeboň was created “Plan of the Health and the Quality of Life”. The main area of the activity within this membership is injury and violence prevention and safety promotion in the community. The recommendations of the project Safe Community are followed from the year 2004. In the year 2006 prevention activities in Třeboň were evaluated as an “example of a good practice in the field of injury prevention and safety promotion” and a national conference on this theme took place in Třeboň. We also very closely cooperate with Health and Social Faculty in České Budějovice and the Centre of Injury Prevention of the Region of South Bohemia in České Budějovice mainly in preparing and realizing preventive projects.

Thinking about future the “Strategy Plan of Town Development” was processed and accepted by the local bodies. The “Strategy Plan” is valid from the year 2008 to 2020. It stresses significant areas of the town life and contains many important points for injury prevention and safety promotion, such as investing money into new playgrounds, cycle tracks, and tracks for roller-skaters, thinking about injury prevention while preparing changes in traffic issues. In the Plan injury prevention and safety promotion rules were adopted and stressed.

**There are three main centre lines in the Strategy Plan:**

- 1) Třeboň as active and communicating town for its citizens – it means arrangements in spending free time, safety social environment, and others.
- 2) Třeboň as a town calming down traffic and preferring non-motor-drive form of traffic
- 3) Třeboň as a town for business and occupation

This “Strategy Plan” has also a relation to other conceptions, for example to the Traffic Policy of The Czech Republic (2005), National Strategy of Cycle Tracks Development (2004), Conception of the Cycling Development in the Region of South Bohemia, Strategy of Socio-pathological phenomenon at Children and Youth in the Region of South Bohemia in the year 2005-2008, Conception of Sport Development in the Region of South Bohemia.

The political bodies in Třeboň are thinking about injury prevention also while planning strategic changes of the town environment.

## **B. International Safe Community Indicators**

### **1. An infrastructure based on partnership and collaborations, governed by a cross-sectional group that is responsible for safety promotion in their community**

The fulfilment of the first indicator of the ‘Safe Community’ project is directly connected to the establishment of close cooperation on different levels within the community, with local authorities being those who should make the first move.

In 2004 the representatives of the local government in Třeboň was addressed by the representatives of the Health and Social Faculty and the local authorities across the entire political spectrum was made familiar with the principles, objectives and focus of the project and its contributions, and expected positive impact on the local inhabitant's standard of living. The local representatives were willing to support the World Health Organization's ‘Safe Community’ project and to accept patronage over this project.

As a result, an interdisciplinary group responsible for the prevention of injuries and safety promotion in Třeboň was set up. The diversity of the members of this interdisciplinary group enables them to approach the issues of injury prevention from many different perspectives and, as most of the group's members live in Třeboň, they share a thorough knowledge of the town, which is the basic precondition of the preparation and realization of suitable preventive schemes.

#### **1.1 Partners of the injury prevention and safety promotion program:**

Healthy Cities of the Czech Republic  
South Bohemian University in České Budějovice Health and Social Faculty  
Centre of Injury Prevention of the Region of South Bohemia  
Centre of Traffic Research Brno  
Elementary School Sokolská Třeboň  
Regional Charity Třeboň  
Municipal Police Třeboň  
Information and Cultural Center of Třeboň  
Sports Club Jiskra  
Agency Třeboňsko (NGO agency)  
Safety of public road system “Besip” (section of Ministry of Traffic)  
Driving Licence School Ille  
Medical Surgeries (paediatrician, general practitioner, surgeon)  
Bertha's Spa

#### **1.2 Safe Community Council**

The mandate of the Safe Community Council is:

- to identify risk areas and risk groups concerning injuries in the municipality Třeboň.
- to create long term injury prevention and safety promotion program
- to evaluate effectivity of realized activities
- to cooperate in injury prevention on national and international level

**Leader of the Safe Community Council:** Vice-mayor Anna Kahounová

**Members:**

- representatives of the political authorities of Třeboň,
- paediatrician, surgeon,
- Agency Třeboňsko o.p.s. (NGO),
- representatives of Health and Social Faculty, students of Health and Social Faculty,
- representatives of local charity,
- private Driving School,
- representatives of municipal Police, town project manager
- Třeboňská rozvojová organizace v.o.s. (NGO),
- representatives of Centre of Injury Prevention of the Region of South Bohemia.

**Main Priorities:**

- A) Children's injuries prevention
- B) Violence prevention
- C) Elderly safety promotion
- D) Traffic injuries prevention and safety promotion
- E) Sport related injuries prevention and safety promotion

**1.3 Interdisciplinary group responsible for injury prevention and safety promotion:**

This group is in the town taking care and responsibility of injury prevention. Each member is responsible for specific area and together we create new strategies and plans. The group informs about its steps the Safe Community Council.

**Members:**

- **Anna Kalounová** – leader of the Safe Community Council
- prof. Miloš Velemínský – leader of the Třeboň Safe Community Project, coordinator of statistic data collection
- Michaela Lavičková, Ph.D. – coordinator for elderly, violence
- Jaroslava Eisertová – coordinator for handicapped persons, injuries related to animals
- Magdalena Drábová, Ph.D. – coordinator for children and school
- Vladimír Školka – coordinator for traffic and leisure
- Stanislav Koranda – coordinator for sports and youth
- Martin Ille – coordinator for traffic
- Radim Filípek – coordinator Safe Playgrounds

## **2. Long-term, sustainable programs covering both genders and all ages, environments, and situations.**

### **2.1 Age groups**

#### **2.1.1 Children 0 -14**

Children are mainly addressed at schools and during their leisure time. We created programs for injury prevention and safety promotion according to the local needs. For effectiveness of the children's injury prevention it is necessary also to educate and cooperate with teachers and parents.

- program "Safe Cyclist" – children get theoretical knowledge and practice in behaving as a cyclist. The project primarily focuses on children who are allowed to cycle in traffic independently without having to be accompanied by an adult, under the valid legislation of the Czech Republic. This, therefore, involves influencing children from the third year of primary school. However, the project also covers pupils in their first and second year at primary schools in Třeboň. This is because teachers have had plenty of experience with children riding their bikes without being supervised by anyone at much earlier ages than set in the legal regulation. Children are educated about using helmets.

- program "Prevention of Violence and Injuries Caused by Acts of Violence" – chicane and violence injury prevention mainly among school children. Program target also at family violence. Project is being implemented to cover the area of injuries caused by deliberate acts, such as chicane, physical, mental and sexual violence and also to prevent suicide. The project always takes place in individual classes. Given the topic discussed with children, we wish to keep at least a partially intimate atmosphere so that children would not be afraid to share their worries. As a rule, their class teachers do not take part in the discussions, but are subsequently informed about them.

The program is interactive and children share their thoughts, experiences and knowledge within the violence.

- practicing traffic rules on the Safe Traffic Playground - realised by private Car School in cooperation with municipal Police. The program focuses on children from kindergarten till the age of 10.

- information for parents –every program their children take part in are informed also parents. They are said what and why is explaining to their children and also how important injury prevention and safety promotion is. Parents are also explaining basic safety rules. This method works thank to school and its teachers who are also taking important part in injury prevention.

- Children's Day – every year is organised to teach the children safety behaviour, safe reaction in danger situation. Along the lines of injury prevention, children from elementary and high schools as we are invited to take part in a number of amusing as well as educational events. The program allows them to have a look into a police car, whose equipment they can try out, and to get to know more about policemen's work. The policemen supervise the children riding on the traffic playground. However, the children must wear cycling helmets at all times. This is where they are taught the basic knowledge of traffic signs, the principle of 'seeing and being seen' and the proper equipment of a bicycle.

The program of the 'Children's Day' also features instruction in first aid. Students of Health and Social Faculty demonstrate how the children can themselves help others and teach them basic principles of first aid. Children become familiar with emergency phone numbers and the Integrated Rescue System. They also become informed about the work and equipment of the Integrated Rescue System (Police, Rescue Service, firemen). Children learn how dangerous is the fire, what can cause and how to prevent the fire.

Children also get the knowledge about safe behavior during their play, while using playgrounds.

Schools and kindergarten are organizing many educational programs in cooperation with Police, Car School, Red Cross and "Besip" (Road Traffic Safety Board). The main purpose of these activities is teaching children safe behavior in traffic, as cyclists, pedestrians and also as co-drivers.



Very much stressed is also safe relationship and behavior towards the animals especially to dogs. Třeboň-based Hafík Association teaches the children the fundamentals of the relationship between humans and dogs. Children learn how to take care of pet dogs, play with them, lead them and generally acquire a positive attitude towards animals. They are explained the principles of communication realized by commands, postures and gestures. Children are explaining the danger signs, animals (especially dogs) use when they are nervous or getting angry.

The cynology group makes the children familiar with the work of rescue dogs. The program also features practical demonstrations of using dogs as aids in rescue actions. Also how the dogs are helpful in day routine of disabled people.



- Armadillo – project focused on using seat belts in car, teaching parents about the necessity of using a suitable booster seat for children.

- teaching parents how to use safety seats for infants, where they can buy them and what is important to know before they use them – this information are parents receiving at paediatric ambulances during pregnancy and also after releasing the mother with her baby from home.

- supervision is organised at the crossroads in front of schools in the morning and afternoon – the supervision is organised by Municipal Police and the main goal is to help children get safe to and out of school and also to learn children how to cross roads.

- identifying black spots around and in school and removing risks – at this point the cooperation with teachers is crucial. There is functional state school inspection. The surrounding and also school equipment has to meet safety demands. Every injury is monitored and analyzed.

### **2.1.2 Youth and Adults 15 – 24**

- National days without injuries – block of safety promotion and injury preventive actions realised every year for students. They receive information about injury prevention and drug prevention in an amusing way. Local student's music and dance bands are involved.

- drugs and alcohol use and abuse prevention – in cooperation with Municipal Police, schools and local charity organisation preventive programs against drugs abuse are organised during whole year. In this endeavour the street workers from the district organisation based in the district town Jindřichův Hradec, who take care of local drug using community of youth and adults are also very helpful.

The Municipal Police has program for students, they visit every grade of the high schools and discuss with students risk of drug using. Local situation and ways of the help drug addicted people are discussed.

- violence prevention – cooperation with district Crisis Centre based in České Budějovice in creating programs and taking care of people in need when facing violence, chicane. Crisis Centre also informs about “hot lines” for crisis situation.

In cooperation with schools Crises Centre organises discussions about home related violence, sexual abuse and chicane for students from Třeboň . There is usually a general meeting where help and contact information are providing for case of need. Crises Centre cooperates with schools so when here is a suspicion of any kind of violence, the case is handled individually.

- reconstructions of sports facilities – as a prevention of youth criminality, using drugs and drinking alcohol sports facilities are reconstructed and opened for youngsters. There was built also a new ice stadium in 2008.

Also in the endeavour of preventing vandalism, violence, alcohol and drug abuse and help youth to fill their free time new sports facilities are built. Students have the possibilities of after school activities in voluntary clubs for sports and leisure time activities. This clubs have their own club-rooms and statutes. Youth are experience the necessity of fair play, friendship and thinking about their health and health of others. The sport injury prevention is stressed. During summer special camps are organised. These activities are also helpful to

improve the self-consciousness of youth because there are in mixed boys and girls group, they are taught how they should behave to each other.

- identifying black spots around and in high schools and removing risks - Municipal police inspections are made every day at the places where youth are concentrated as a prevention of youth vandalism. They also speak with youth about spending their free time and possible activities. Of course Municipal police monitors probable risks.

### **2.1.3 Adults 25-64**

Work, sports facilities and traffic are places where adult people are mainly in risk of injuries.

- educating in labour protection – information about safety at work, fire prevention. In the Czech Republic and so in Třeboň as well is very good occupational – safety legislation. Our standards are severe and controlled by state authorities. In Třeboň people mainly work in jobs related to tourism. State labour inspections and state health administrations are regularly controlling work places conditions. Every single employer has to fill the condition of safeties, concerning safety equipment, provide safety education for employees.

Every company has to follow fire safety rules which are regularly controlled by state authorities. The employees are trained in right behaviour during fire.

Even more strength rules are set for employers and employees in agriculture and fishing industry. The people have to work with special technique and animals so they have to be trained in it. There are regular state inspections controlling the safety at the workplace. Every employee is trained in safety driving and has to have regular medical control of the physical and mental health every year. Good health is the crucial presumption for doing so physically and mentally demanding job. The workers have to be responsible because they could not only hurt themselves but also other co-workers. So they are also doing psychological tests and tests of drivers' capability due to our law as usually drivers.

State inspection of work safety worked out a paper material especially for people working in farming. This brochure is distributed as a preventive action in Třeboň. The brochure content not only what can happen but also how to prevent this situation and injuries, statistic and also related law regulation.

- injury prevention seminars organised by the Safe Community Council - the aim of these lectures is to make people familiar with the project and its contribution to the entire community in Třeboň. We are also presenting the Safe Community Project and the implementations of preventive schemes in the municipality. Meetings are held twice a year, usually in connection with public discussions of the local authorities with Třeboň inhabitants. We also present the “Safe Community” project at the regular Mayor's meeting with citizens of Třeboň.

- traffic injury prevention - the ‘Armadillo’ project. The topic of this project is using safe belt in car. Municipal Police stops and controls drivers in Třeboň regularly.

We closely cooperate with “Besip” (Road Traffic Safety Board). Drivers have the possibility once a year to visit police action where they can practise the speed of they car. The radar is used to help people recognise the allowed speed. On this meeting about traffic safety organised by Municipal Police people are also shown an educational film where they can see

the consequences of driving fast or driving fast without the seatbelts fastened around oneself or the child.

- creation of safe cycle tracks around the whole town and surrounding areas – the town bodies are aware of the necessity to have safe cycle tracks. Many people in Třeboň use the bicycle to get to work, for shopping or visit friends. So not only cycle tracks around the town for tourist are constructed but also through the whole town.

Special attention is paid to teaching safety traffic rules. The cooperation with the driving school is crucial. There are provided special lessons for all the new drivers and motorcyclists who are educated about the importance of using safety helmets and following speed limits. In the driving school they are taught how to provide effective first aid.

- supporting following the traffic rules, speed limits, using motorbikes helmets – there is effective town monitoring and regular Municipal police controlling on roads.

People are taught safety rules and traffic safety and first aid while attending driving school for getting driving licence.

People without employment are counselled by state employment agencies which helped them to get a job or to change or to enlarge their qualification.

#### **2.1.4 Elderly 65+**

- memory trainings – cooperation with Health and Social Faculty. The program targets the memory training scheme at the senior category. We organize memory training courses for local seniors in close co-operation with the PATUP association and Regional Charity Třeboň. This program became very popular among seniors and is attended by many people. Memory training is a great contribution to the activation of seniors, it improves their adaptiveness and, last but not least, helps prevent injuries from occurring in this age group. Seniors can thus move more easily around their own households and remain self-reliant in the known environment of their households for a longer time.



- cooperation with senior's organization in organizing preventive discussions and seminars - the discussions with seniors include also possible adjustments of flats. The seniors are handed

out information brochures and leaflets related to these issues. In cooperating with Municipal Police seminars about personal safeties are organised. There was also developed the cooperation with the local seniors' organisation. We organise seminars concerning on the home safety, personal safety, health life style and also injury prevention, usually twice a year.

- falls prevention – according to provide social services network in the municipality social workers visit regularly seniors their live alone and seniors with chronicle diseases. If there is a need the social systems organise daily care, help with pills and also safe household assessment for the seniors.

At this point canystrapeutical association Hafik is much needed. The members of Hafik visit home for seniors and handicapped people and provide animal assisted activities and therapy. It is long term and regular program. (usually once a week). They work with seniors in groups and also individually.

In Třeboň voluntary seniors' organisation is existing. This organisation prepares meetings for seniors every first Wednesday in the month. Every meeting has its own topic related to the seniors' needs and demands.

## **2.2 Environments**

### **2.2.1 Home**

Preventing home related injuries though the whole age spectrum is very important part of injury prevention and safety promotion in Třeboň.

- preventive materials taken from expert partners about home safety and potential hazards are distributed during meetings with parents and seniors. We also printed own brochure with the accent of falls prevention and flat adjustments for seniors and small children and also of safe flat equipment necessity.

- seminars about flat adjustments for mainly seniors are organised in cooperation with the local seniors' organisation.

- memory training for seniors for remaining self- reliant in their households. Twice a year there is group training and then according to individual demands the memory training is practised individually. The guarantor is Health and Social Faculty.

There are also very severe rules for fire prevention. Every house and electroinstalation has to be revised by safety technicians according to our law. Every first Wednesday the safety sirens are in action for one minute to make sure they are working.

### **2.2.2 Traffic**

Prevention of traffic injuries is very wide and implementing on all age group and all road users.

- public enquiry and questioning about danger traffic places – there was made a questionnaire research for people from Třeboň. They had the opportunity to mark places which they see as danger from the perspective of traffic. According to the results the changes are made.

- environmental changes – safety cross walk building, pavements and buildings reconstructions where needed and making environment in the town without barriers for handicapped people according to the plan agreed by town council. There is a long term project which goal is to make the public buildings and areas accessible and for handicapped people and seniors.

- promotion of helmets usage at schools, among adults – in cooperation with private driving school there was prepared and is functioning program for children from kindergarten which

ends in the fifth grade of elementary schools. The course focuses on the safety traffic rules and safety cycling. It has theoretical and practical part as well. Every year is working with the children to teach them how to prevent accidents and how to behave safely why cycling or being a member of traffic (as a pedestrian or in car). The children practise and also demonstrate their knowledge and skills in front of police on the safe traffic playground

The rule “see and to be seen” is stressed during the course.

A brochure “Safe Cyclist” was printed for school children. They receive the brochure during the course.

- private driving School Ille – teaching safety rules while being a part of traffic; injury prevention and the first help as a part of the driving license lessons, safety; information from the professionals take place in the program; - make full use of the Safe Traffic Playground opened for children, schools and families in the centre of the town

The necessity of the helmet usage is also stressed during lesson for getting driving licence.

- cooperation with BESIP ( Road Traffic Safety Board) - project targeting on using car seat belts called Simulator of Clash. The Simulator is made for all age groups. People can thank to it experience the car crash. The people are usually given also a toy in their hand – to see, that it is very danger to have a child on their knees while driving in a car. The Simulator is used during summer fest in Třeboň so many people can try it.

- cooperation with the Centre of Traffic Research Brno in the project “Armadillo”. It is a project concerned on seat belts using while driving in a car. To the children the necessity of being belt in a car is explaining and they are shown what could happen if people in a car are not belt and a car accident occurs. Then the program continues with police. The police together with children control seat belt using in streets.

- cameras monitoring of the whole town by Municipal Police, monitoring the main part of the town streets and roads, doing statistics and preventive arrangements.

- taking care of the pedestrians and cyclists safety – creating safe cross walks, taking care of the existing and creating new safe cycle tracks, tracks for walking.

- vehicles and keeping traffic rules controlling by Police and Municipal Police

While preventing traffic injuries the alcohol control is necessary. The Municipal Police and the State Police as well is very often doing accidentally alcohol tests among drivers while making traffic checking.

### **2.2.3 School**

Cooperation with schools is crucial in the children’s injuries prevention.

- monitorial duties of teachers during lessons and breaks – during every single break teachers have to pay attention to what their pupils do. Take have to take care about safety behaviour of their pupils.

- severe law background in monitoring and preventing injuries at school controlled by school inspections – safe internal rules, safe furniture, equipment – all this is controlled by school ministry. The data about injuries at school and during lessons are carefully collecting and analyzing.

- providing information about Safe Community project to directors of schools, teachers, children, parents. There are seminars every year at school for promoting safety behaviour seminars safety equipments and its meaning for our health.

- traffic safety activities, competitions – professionals are working with children to get knowledge about traffic rules, the necessity of cyclist helmet usage, the rule see and being seen. Everything is discussed and then practise at safety traffic playground which was constructed in Třeboň 2006.

- violence and chicane prevention- a brochure about violence and chicane was made and printed and we distribute it during the discussions which are held with children from third to ninth grade to children.
- program about injury prevention for teachers – educative seminars for teachers about the necessity of effective injury prevention.
- cooperation between the school, Municipal Police, Crises Centre, Fire Brigade, opportunity clubs and free time organisations – all these institutions offer program for school according to their need. The clubs for free times offer children activities for their leisure time.
- helping children to get safe across roads around schools in the morning and in the afternoon by Municipal Police.
- regular training of safety escape from the school building in danger.

#### **2.2.4 Sports and Leisure time**

Concerning on playground safety, building cycle tracks and making sports facilities accessible for children and youth and also safe.

- public availability of the Safe Traffic Playground – is opened all day long and monitored by Municipal Police mainly in evening hours. The safe playground then can use not only schools but also families with children.
- support of safe cycling, roller-blading – as was mentioned many new tracks very built. Also tracks connecting the nearest villages though people can get safe by bike to the town.
- ice skating – in 2008 a new ice stadium was built in the centre of the town. There was a need for safety ice skating during children’s free time. In the past they were at ponds and it was danger from the possibility the ice could broke down.
- reconstructing and building new sports and leisure time activity centres and playground.
- organising summer sports camps – for children to spend their holiday in collective with interesting activities.
- support of the free time clubs which organise voluntary activities for children and youth during the whole year.
- teaching safe behaviour towards dogs to prevent serious injuries related to animals.

#### **2.2.5 Violence and suicide prevention, alcohol and drugs**

- preventive program at elementary schools target at violence and chicane – school seminars, project “Prevention of Violence and Injuries Caused by Acts of Violence”. The project was developed under professional control of Crises Centre which also takes care of families and individuals experiencing violence.

- brochures and leaflets about domestic and school violence and chicane distributed during seminars at schools and among seniors which organises Municipal Policies. The Police has there also a contribution about personal safeties, how to protect ourselves in different (usually criminal) situations. Accented is also the rule “not to open people I do not know, especially when I am home alone”.

- seminars - organised by Municipal Police about drugs and alcohol – these seminars are held in every school from the fifth grade every year. Children get information how to avoid drug and alcohol abuse and where they can go for help. They also receive information about the situation in the town, where are danger places and how to behave when someone offers me drugs or alcohol.

Drug and alcohol abuse prevention in Třeboň is monitored in cooperation with street workers and Municipal Police. Street workers try to prevent infectious diseases by taking care of drug-abused people. In Třeboň drugs are usually on the level of experimenting between youngsters.

It is also related to alcohol and drug prevention in families. Domestic violence is also very often connected with alcohol and drugs. The Crises Center for Children and Families for the South Bohemia Region takes care of families and individuals experiencing violence and makes informative discussions at schools and for adults in Třeboň.

Crises Centre also helps in preventing suicide. The workers are organising seminars and discussions with youth about their problems with partners, at school, in families. As the Crises Centre has the experience with all kinds of violence, these seminars are very professional and the youth are getting information about problem solutions. There are also distributed publications about violence prevention.

### **2.2.6 Other activities**

People without employment are counselled by state employment agencies. The agencies help people to find an adequate job according to their education and need. They also organise courses for getting a new or higher qualification for having more opportunities to find place on the work market.

In Třeboň, the main part of occupational opportunities are in spas and in the tourist industry. It was usually in former times these areas of work were done mainly by women. Today we have many men working in spas as physiotherapists or nurses. It is thanks to school education and an open society. All projects and activities are realized for both sexes. We think it is very important from the early childhood not to do differences between boys and girls, to show how important cooperation together is. On these issues we concentrate while discussing with children during violence and sexual abuse preventive seminars.

### **3 Programs target the “high risk groups”**

The injury rate results prove that most injuries affected children between 7 and 15 years of age in 2005.

Seniors represent another risk group. The programs targeted at this group focus on developing or maintaining seniors' self-reliance in their own households.

The research also showed that many children are injured in their schools. The injuries occur not only during breaks but also during lessons. Therefore, we entered into a co-operation with Sokolská primary school, which represents the population of children, and the Regional Charity Třeboň and local seniors' organisation, which takes care of seniors. Above have been listed all prevention programs that were created with respect to this third indicator of the “Safe Community” project.

Special attention is paid to handicapped people. A plan of making the town without barriers in the period of 2007-2009 was elaborated. The plan was created by the help of a handicapped person who tested the movement through the town on a wheelchair.

The program is also focusing on traffic safety and home safety. Leaflets and brochures about preventing mental violence are distributed.

People can also call on Technical Services of the town when they discover any dangerous environment in the town.

Concerning the surrounding drowning, also belong to high risk. In Třeboň are spas with

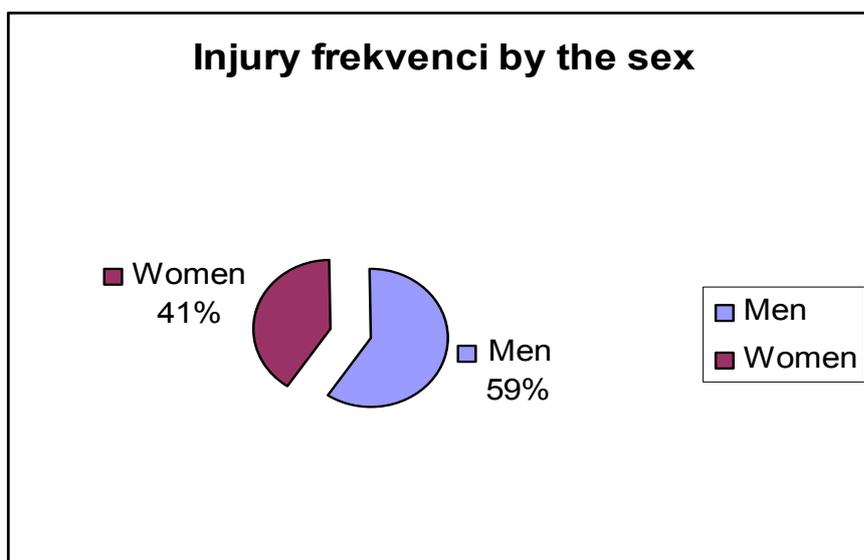
swimming pools where is the working rescue system. Children from kindergarten are trained to be good swimmers. This program ran also at all elementary schools in Třeboň.

#### **4. Program that document the frequency and causes of injury**

Following the six indicators the surveillance was realized in 2005. We visited physicians' offices in Třeboň and collected data of injury incidence. Further information we receive every year from official department, from Institution of Health Information and Statistic, Czech Republic. The data are presented during injury prevention seminars for the town inhabitants as well as for professional and authorities while taking part in national and international conferences.

Before we began to collect the data, we instructed the physicians and nurses who were to fill in the questionnaires how to record the data and fill in the questionnaires.

Diagram 1. Injury frequency by the sex



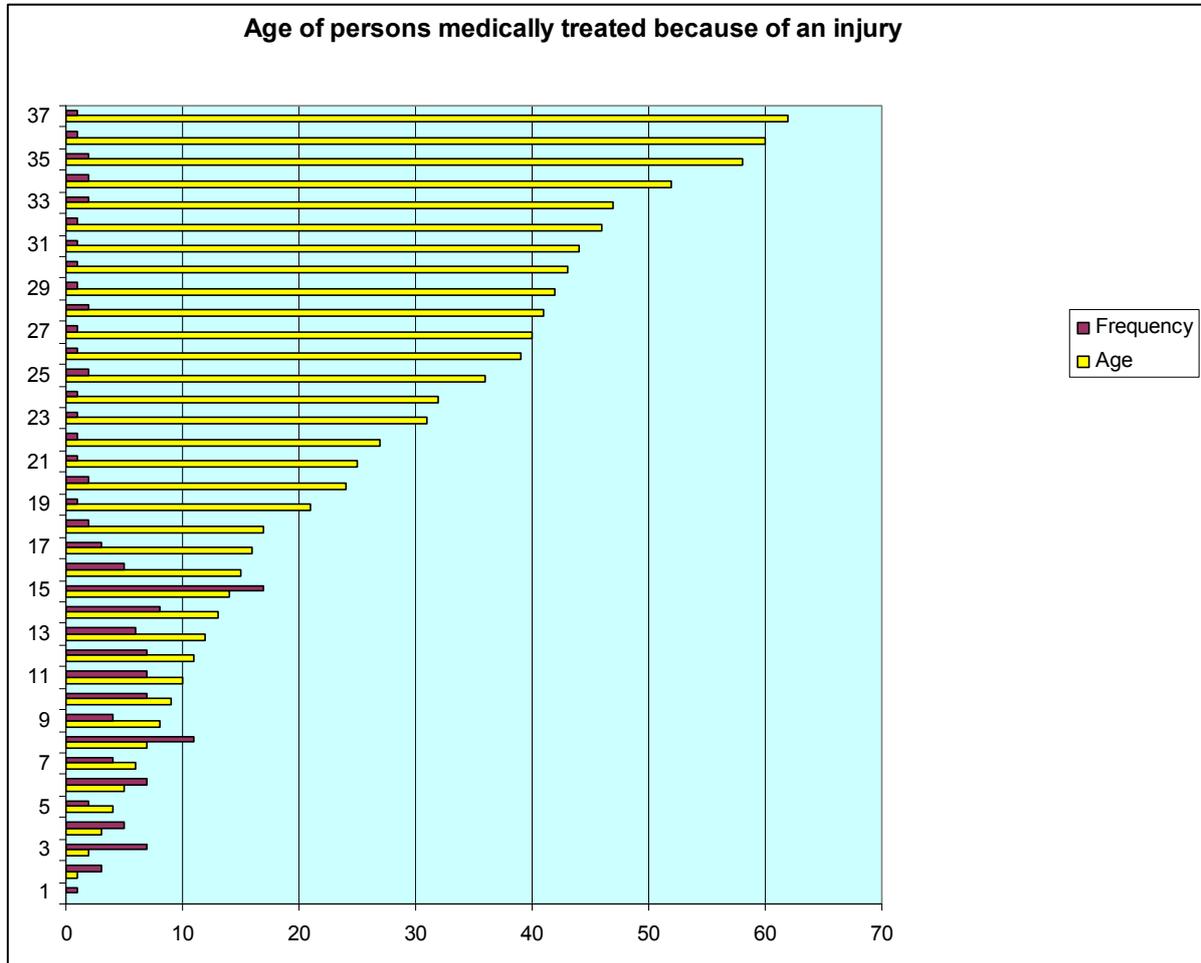
Regarding the sex, men represent a higher risk group than women. 59.1 % of all injuries affected men.

Table 2. Age of persons medically treated because of an injury - average by the sex

The ages of persons recorded in the questionnaires ranged from 0 to 62. The average age of a person who had to seek medical treatment because of an injury was 15.4. Regarding the sex, the average age of females who had to be medically treated in Třeboň in 2005 was 13.33 while the average age of males was 16.84. This age corresponds the elementary and secondary school age.

Regarding the sex, the research did not discover any important difference between the causes of injuries.

Diagram 2. Age of persons medically treated because of an injury - frequency

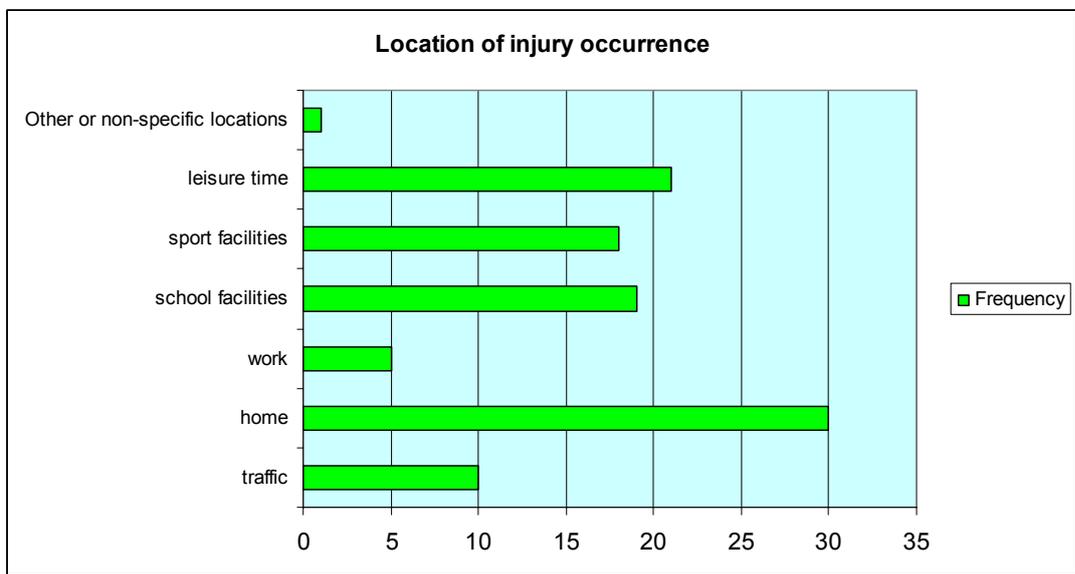


Children of 14 years old proved to be the persons who had to undergo medical treatment most frequently. The most common causes of injuries of children at the age of 14 included injuries occurring during sports activities, especially ball games.

Regarding the gravity of injuries, mere 27.3 % required only one medical treatment without any further care. Over 60 % of all cases included injuries whose nature and gravity required further ambulatory treatment or treatment by an expert physician. Nearly 10 % of the injured were taken to hospital as a result of the injury.

The gravity of an injury was observed also in relation to the number of surgeries an injured person had to undergo as a result of the injury. 14.8 % of the group in question had to undergo a surgery in relation to an injury

Diagram 3 Location of injury



The household was the place where injuries occurred most frequently (28.8 %). Schools and institutions ranked second (18.3 %) closely followed by sport grounds (17.3 %).

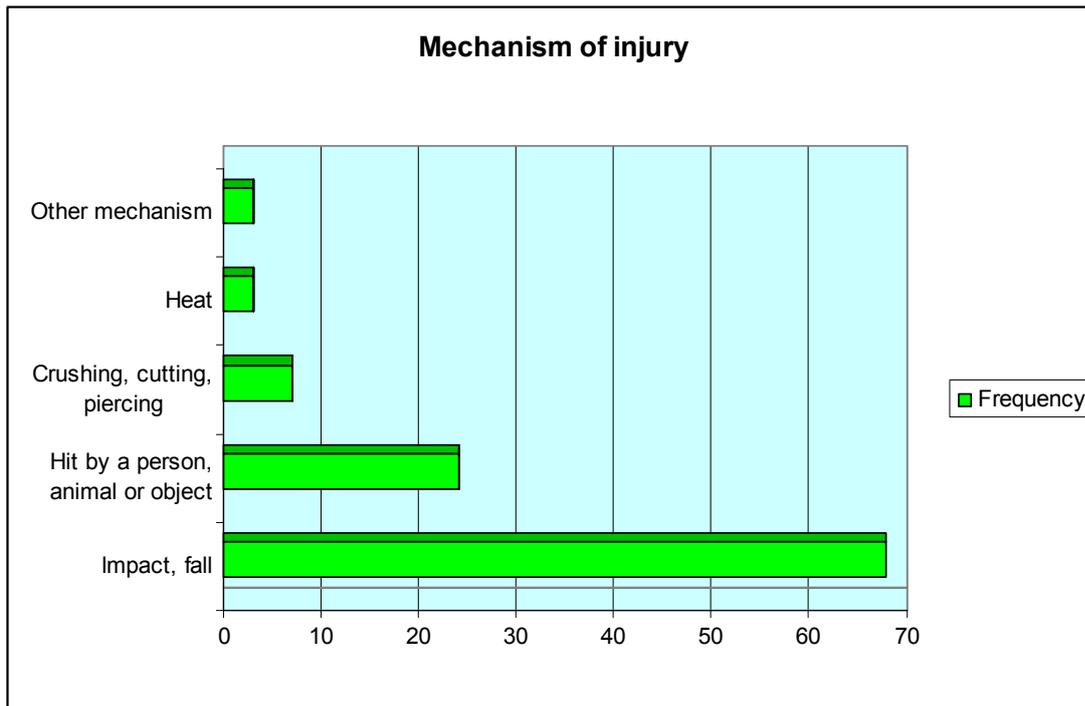
In 2005, the household was the place where injuries occurred most frequently (28.8 %). The immediate surroundings of the house represent the most dangerous environment as 28.2 % of injuries occurred there. 15.4 % of injuries took place in the living room. The kitchen and interior stairs follow close behind with 12.8 % of injuries.

Physicians had to treat an open wound in nine cases, a distortion in seven cases and five fractures.

In 2005, the most children injured themselves in the gym (38.1 %) and in the classroom (19.0 %). Regarding the time of injury, 37.5 % took place during breaks and 31.3 % during lessons and sport activities.

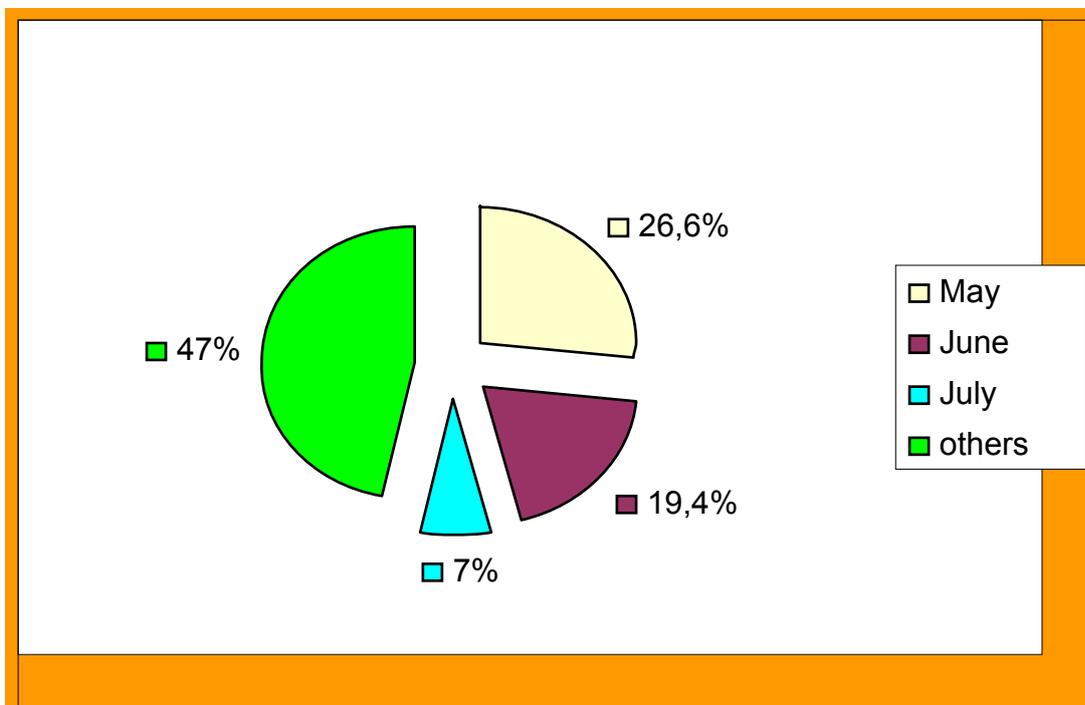
Cyclists were the most endangered group of participants of the traffic as they suffered 53.3 % of all traffic related injuries. These findings reflect the results of another research discovering the bicycle as the most dangerous means of traffic in Třeboň in 2005.

Diagram 4 Mechanism of injury



The respondents most frequently suffered a fracture (25.9 %) and contusion of soft tissues (23.1 %). 18.5 % sustained an open wound.

Diagram 5. Month of injury



### **5. Evaluation measures to assess their programs, processes and effect of change**

The projects 'Safe Cyclist' in 2004 and 'Prevention of violence and injuries caused by an act of violence' in 2005 were evaluated by the Ministry of Healthcare of the Czech Republic as

very elaborate. We were asked to present these projects at 'Healthcare Support Projects' held by the Ministry of Healthcare in Poděbrady in 2004 and 2005. We presented the 'Safe Cyclist' orally in 2004. In 2005, we made a poster to present the 'Prevention of violence and injuries caused by an act of violence'.

The programs that had been realised were consulted orally with the people addressed. The consultations proved better knowledge, especially in the category of school children, of the prevention of injuries, principles of safe conduct, traffic rules, signs and the first aid. Given the fact that the realised programs and projects were popular and proved useful in the practice, the co-operating institutions required that the programmes and projects continued further.

Every coordinator member of the interdisciplinary group is responsible for the area of injury prevention. The activities are evaluated among interdisciplinary group members and the results also at Safe Community Council. New decisions and conclusions are afterwards made according to actual need.

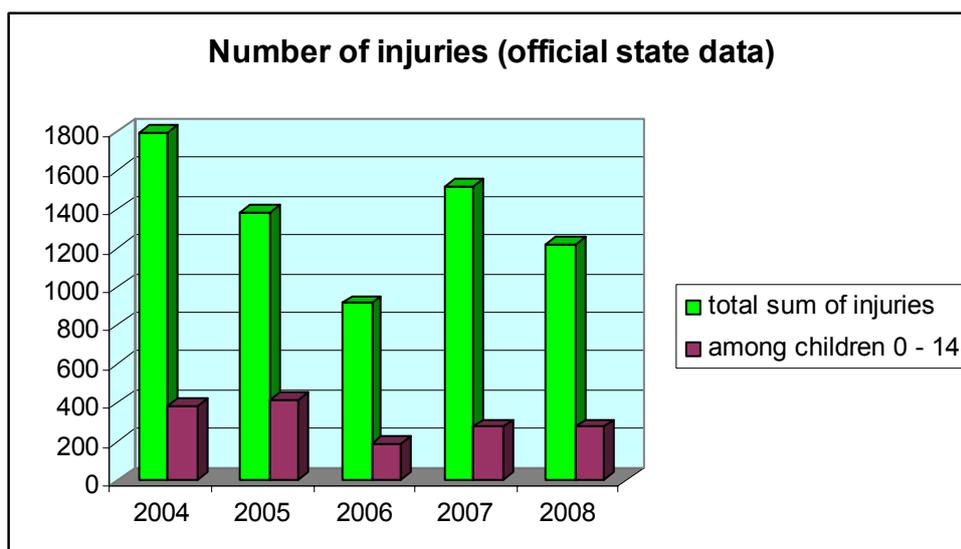
In 2008 was in the town realized questionnaire investigation among the inhabitants with the goal to find out what feels the people as a problem, what to stress in "Strategy Plan" and in "Plan of Injury Prevention". The questionnaire is divided into 5 parts. The first one is How do you like the life in you town, second Services, third Free time in the town, fourth Occupation and business in the town and the last one Developmental priorities of the town Třeboň.

The amount of 64 questionnaires was evaluated and the results were:

- people feel unsatisfied with the traffic situation in the town, with the disposition of pavements and roads
- lack of the by-pass road – the road II/154 goes through the central part of the town
- 32 % of respondents are not satisfied with the sport possibilities in the town
- people feel the lack of free-time activities, mainly ice stadium
- they stressed the need of increasing the number of cycle tracks

According to this material and defining risks and results from injury data for Třeboň the Plan of the Injury Prevention and Safety Promotion for Třeboň and the period 2008 -2020 was worked out. This material is in enclosure.

Diagram 6 Number of injuries



## **6. Regular participation in activity of the national and international network of the ‘Safe Communities’**

We cooperate with the first ‘Safe Community’ in the Czech Republic, i.e. Kroměříž, where we became acquainted with the local system of injury prevention and results achieved in this area.

We presented the ‘Safe Community’ project during public talks held in Třeboň. These presentations are meant to make the citizens of Třeboň familiar with the project itself, with its objectives, principles and its significance for the community.

As we were collecting information and gathering experience, we participated in national and international conferences dealing with the topics of injury prevention and ‘Safe Community’.

In 2007, this project was presented at International Children’s Injury Prevention Conference and was also presented at Education for Health and Quality of Life international conference, which was held in Hluboká nad Vltavou from 4 to 6 October 2007.

Immediately after joining the ‘Safe Community’ project in 2004, we presented the intention to compile a new methodology that would enable acquiring the ‘Safe Community’ status and we also presented the community of Třeboň in the form of a poster at the ‘7th World Conference on Injury Prevention and Safety Promotion’ held in Vienna. The conference was attended by world’s top experts at injury prevention.

While preparing the ‘Safe Community’ project, we participated in national and international conferences on the given topic. In 2004, we actively (in the form of a poster) participated in the 13<sup>th</sup> international conference of ‘Safe Communities’ in Prague. In 2004, we also participated in a seminar entitled ‘Safer Environments for Children in Europe’ held in Stockholm, Sweden and in 2006 the conference ‘1st European Conference on Injury Prevention and Safety Promotion’ held in Vienna.

At the beginning of 2006, we published an information article on the ‘Safe Community’ Třeboň in ‘Safe Community Weekly News’, an electronic magazine of the network of ‘Safe Communities’. We also presented the activities realised within the ‘Safe Community’ scheme to foreign experts who deal with the issues of injury rate and also the ‘Safe Community’ WHO project in particular.

In 2007, the preventive activities implemented in the town of Třeboň were presented in an international seminar on the national action plan of children’s injuries prevention in the Czech

Republic and also at an international conference entitled 'Education for Health and Quality of Life'.

The National Network of Health City, Czech Republic awarded the injury prevention activities in Třeboň the title of 'Example of good practice of fulfilling the Agenda 21' in 2006. On this occasion we held a conference dealing with the topic of 'Injury Prevention'. We presented the 'Safe Community' project, the activities realised as well as 2005 results.

We very closely cooperate with the Centre of Injury Prevention in Prague which cooperating centre for injury prevention in the Czech Republic.

We organise exhibition of brochures and publications edited for injury prevention and safety promotion in Třeboň.

## **7. Contact**

For further information contact:

Michaela Lavičková

Coordinator of Safe Community Project in Třeboň

Phone:+420602643295

E-mail: mlavick@email.cz