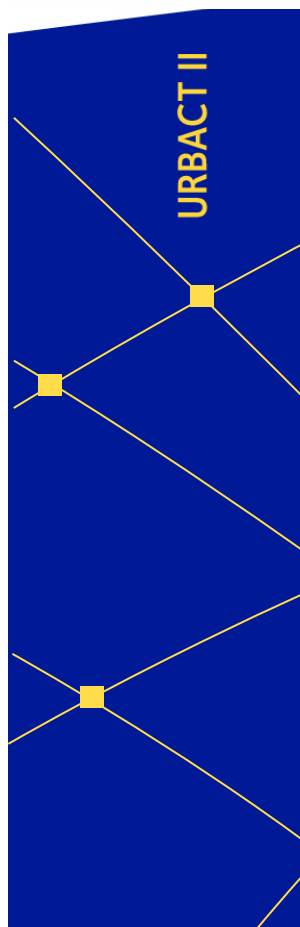




Building Healthy Communities

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THE LIDINGÖ STORY



din hälsa Lidingö



SWEDEN-STOCKHOLM-LIDINGÖ



County: Stockholm

Area: 30 km²

Population: 43 000

Population with foreign background: 16,7%

Unemployment rate: 1,2% (2,9% in Sweden)

Demographic profile: A high proportion of elderly inhabitants

65+ (compared to Sweden/Stockholm region)

Life expectancy: 80,58 years for men and 84,37 years for women (highest in Sweden)

Education: 59% of all inhabitants aged 25-64 has post secondary education or higher (Sweden 36%)

THE HEALTHY ISLAND

> Health is our brand: **din hälsa** Lidingö

> Political adopted Health Strategy (2005)

1. Sport activities should lead to healthy lifestyles.
2. Alcohol abuse amongst young people and high-risk consuming among adults should minimize.
3. Mental health amongst young people should be improved.
4. Eating disorder, smoking and drug taking amongst young people should be minimized.
5. Elderly people should be less lonely.
6. The employees of the local authority should be healthier.
7. The noise levels in Lidingö should diminish.
8. The physical activities of school children should be stimulated and the parents should be encouraged to let their children walk to school.
9. Owerweight among adults should decrease and physical activities increase.
10. The health of social-economically weak groups should improve.
11. The environment should be healthier.

LAP THEMES

- > **Our base is the Health Strategy – to apply the theoretical approach in reality**
- > **Better co-ordination both within the local authority as well as with other interested stakeholders to make policies effective**
- **Theme 1: Indicators and Criteria for a Healthy Sustainable Urban Development**
 1. To increase our knowledge of HIA
- **Theme 2: Healthy and Sustainable Lifestyle = Healthy Urban Development in Gångsätra - an project about quality of life**
 1. We know the wishes and needs of the majority of the people living in Gångsätra
 2. Gångsätra has accessible benches
 3. We receive error reports rapidly and adjust the faults within 3 days
 4. We have regular supervision and knowledge of the outdoor environment
 5. Gångsätra has a broad variety of meeting places
 6. We have solutions so senior citizens can be more active
- **Theme 3: Use of Structural Funds in developing “Health Gains”**
 1. Map regional, national and EU-funding for health related activities.

HEALTHY URBAN DEVELOPMENT IN GÅNGSÄTRA - AN EU-PROJECT ABOUT QUALITY OF LIFE

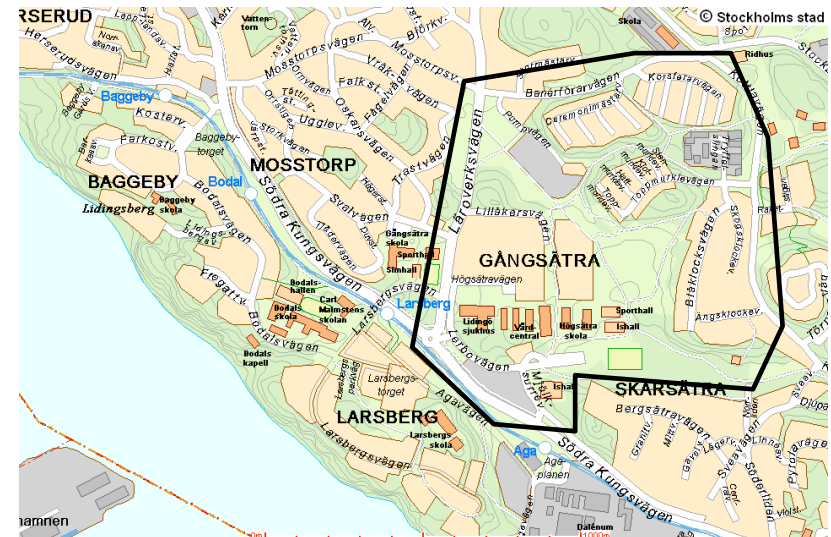
> Develop a methodology on how to better involve and engage citizens in implementing our Health Strategy in practice

Three goals of Lidingö's Health Strategy are in focus:

- The environment should be healthier
- Sport activities should lead to healthy lifestyles
- Elderly people should be less lonely

> Applying this to a pilot area: Gångsätra

- Gångsätra is a residential area with 3000 inhabitants where the west part is dominated by apartment blocks and the east consists of row-houses and villas.
- The inhabitants consists of families with children, teenagers and retired people with a mix of nationalities.
- Gångsätra is a busy area, with schools, hospitals and retirement housing for the elderly in the west and a concentration of outdoor activities for the young in south east.



ACTIONS

- Indicators and Criteria for a Healthy Sustainable Urban Development

To increase our knowledge of HIA

Activity	Deadline
HIA-workshop Belfast	Autumn -09
Basic HIA-workshop, 14/1 + 25/2-10	February -10
Follow-up the Basic HIA-workshop to decide next step	April-10

ACTIONS

- Healthy Urban Development in Gångsätra - an project about quality of life

We know the needs and wishes of the major of people living in Gångsätra

Activity	Deadline
Open Space at the youth center, 30/11-09	30/11
Kick-off meeting, 26 /1-10	26/1
Workshop, 11/2-10	11/2
Walks with citizens of Gångsätra, 24-25 /2-10	25/2
3 x 2 Walks with citizens of Gångsätra (spring, summer, autumn)	
Final event 2010	



ACTIONS

- Healthy Urban Development in Gångsätra - an project about quality of life

Gångsätra has accessible benches

Activity	Deadline
Inventory of benches	Spring -09
Presentation of the inventory to departments & politicians	Autumn -09
Dialog with citizens of Gångsätra (Kicki-Off, walks, etc)	Spring-10
Plan and prioritise	Autumn- 10



ACTIONS

- Healthy Urban Development in Gångsätra - an project about quality of life

We receive error reports rapidly and adjust the faults within 3 days

Activity	Deadline
Error report-meeting with administrations concerned	March -10

We have regular supervision and knowledge of the outdoor environment

Activity	Deadline
Future activity according to results from error report-meeting	
East-south Gångsätra is inspected every Monday by Föreningscenter	



ACTIONS

- Healthy Urban Development in Gångsätra - an project about quality of life

Gångsätra has a broad variety of meeting places

Activity	Deadline
Find out wishes and needs at Kick-off meeting, workshops, home visits	Autumn -10

We have solutions so senior citizens can be more active

Activity	Deadline
Find out wishes and needs at Kick-off meeting, workshops, home visits	Autumn -10

HOW TO USE INDICATORS...

We are not using statistic and indicators in the political process nor to better understand, plan and evaluate project.

AN URBACT II PROJECT

Our survey on youths' lifestyles is really good, can I use it in the Gångsätra project!?

Lidingö can use the health indicators that we are using at the regional level...

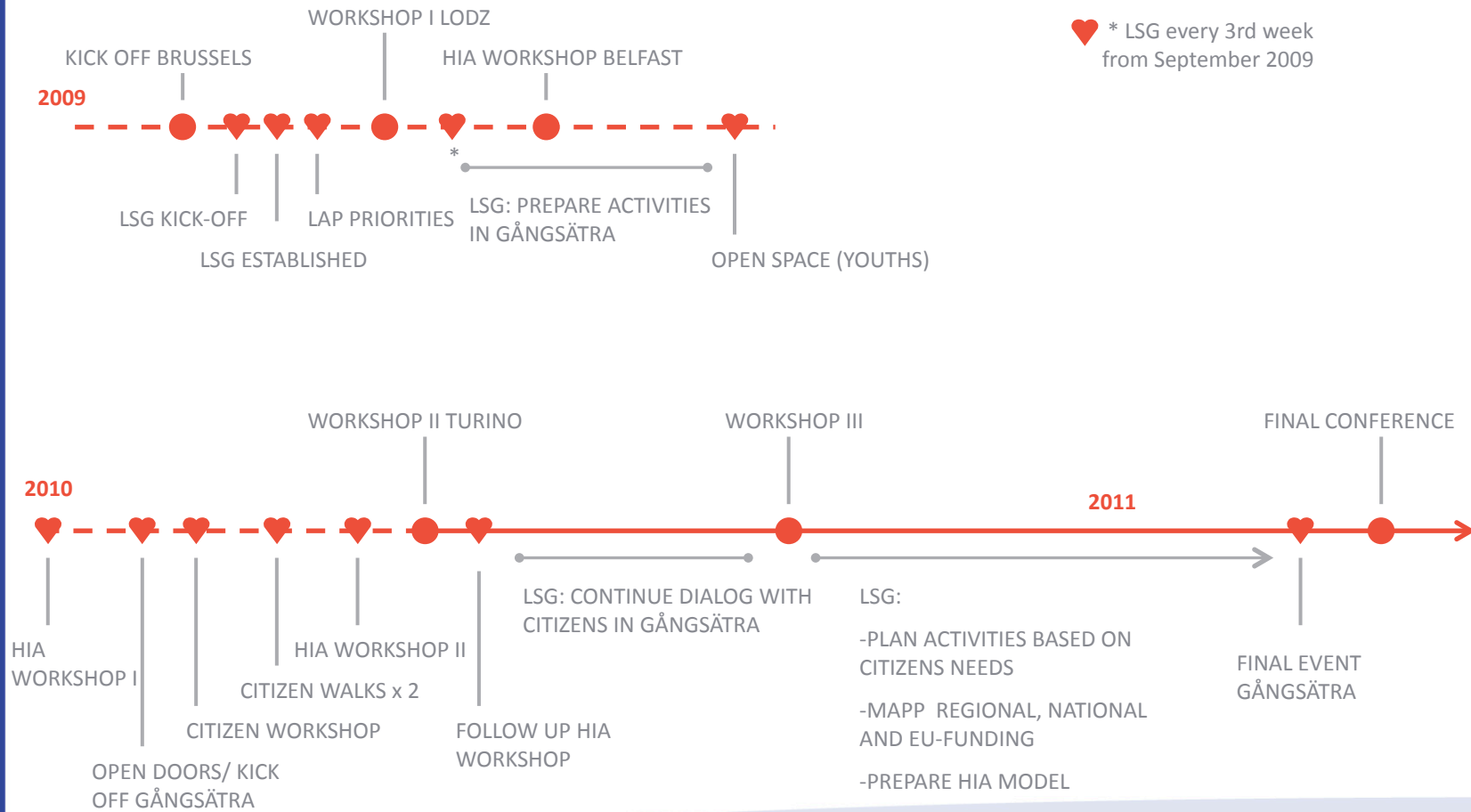
How can we make better use of the indicators in our attitude survey done every second year!?

In Sweden, the accessibility to useful statistics on health is fairly good on municipality level. How can we use it better?

I need to prepare the next survey that the residents living in Lidingö Hems apartments will take part in...



TIMELINE



FUNDING...

Structural Fund: Health is not prioritized in the regional operational programmes, however there are indirect links between BHC themes and OP. A challenge is that only big strategic projects are accepted.

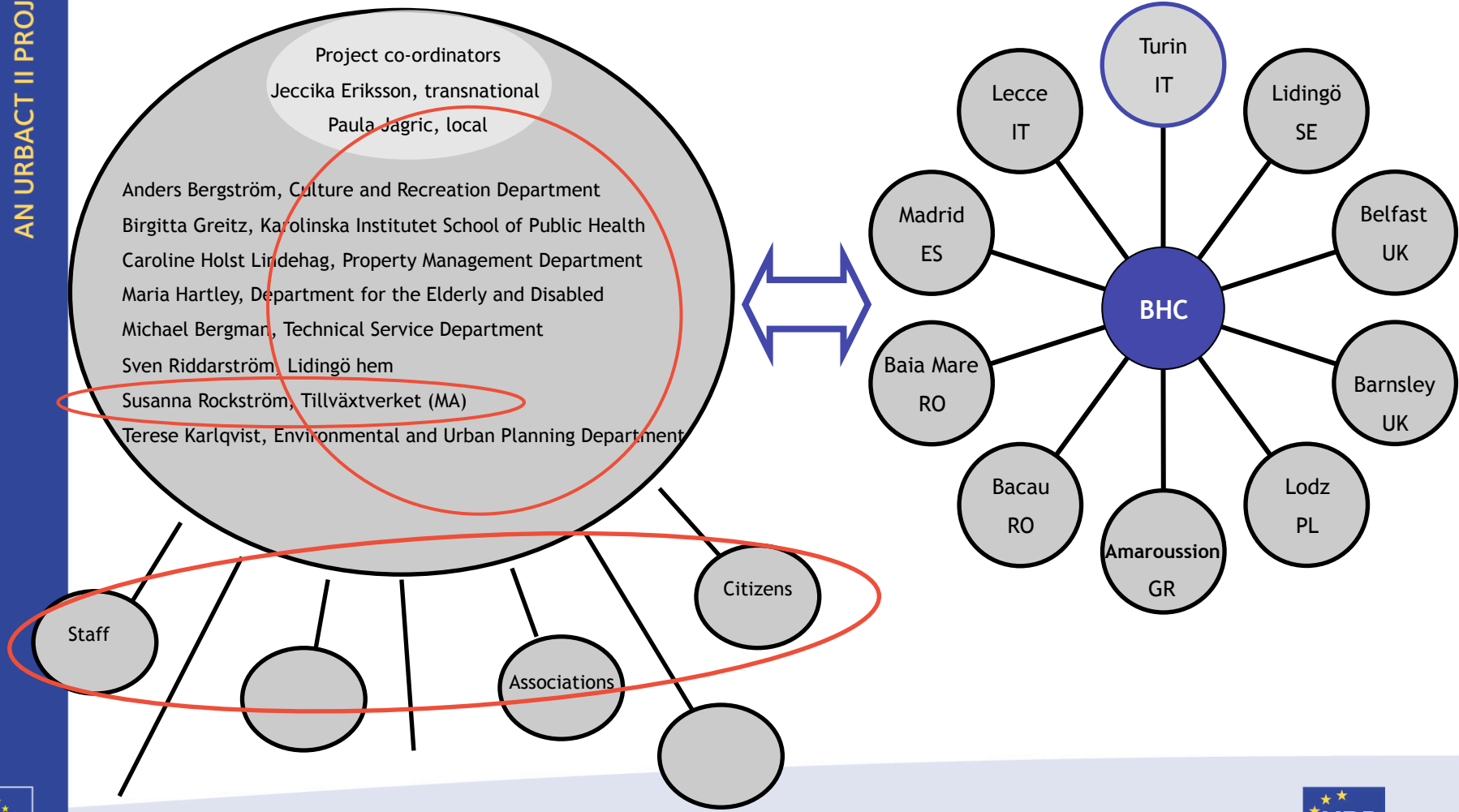
National Fund: Potential funding for the local project in Gångsätra might be from the Swedish National Council for Crime Prevention: funding to create network or for preventive activities (lightening etc)

→ We will map regional, national and EU-funding



URBACT LOCAL SUPPORT GROUP

AN URBACT II PROJECT



POSSIBILITIES AND DIFFICULTIES

Possibilities

- We have a broad LSG-membership with committed and qualified members
- The base is in ongoing and planned activities in the departments and we have the possibility to coordinate different department activities
- We can improve our dialog with the citizens
- BHC gives us experiences of EU-projects and possibility to get in contact with future partners

Difficulties

- Weak political acceptance
- The global economical crises has influenced the municipal budget
- Might be a conflict between the will of the politicians and the mapped citizen needs
- The citizens in Gångsätra might see the local project as an act of bad will instead of goodwill
- A parallel urban development process in the area called 'Högsätralyftet' might confuse the inhabitants in Gångsätra

THANKS!

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