

Improved health by wholesome school lunches!

Free parental education

Better pre-school yards encourage play and motion

Safe roads to school

Supported living for young people

Mentor programmes

Drug prevention in schools

Regular exercise rounds and Path to Health

Health equality

The cookery book "Alla hjärtans recepts"

Health conversations for everybody above the age of 80

Helping hands for the elderly

Planning towards increased accessibility

Go-smokefree courses in co-operation with the county council

...and much more

**Everybody's health.
Everybody's gain.**

The Municipality of Nynäshamn is serious about public health and invests SEK 11 million annually in selected public health projects including support to associations. Children, young people and the elderly are in focus. You are also invited to take part – on your own or together with others. Eat good and nutritious food, keep exercising and contribute to a feeling of community. A healthy population is profitable for the individual as well as for the municipality.

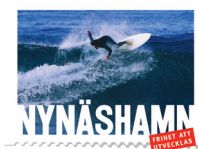
Read more about the public health effort at www.nynashamn.se



Hälsa till Nynäshamn!



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Public Health Vision

Public health is an important part of ‘Vision 2015’ in Nynäshamn. In an attractive community of the future, people fare well and enjoy their lives. It is profitable for the individual and safeguards the future economy of the municipality. SEK 11 million is spent annually on preventive measures.

Nutritious food, adequate exercise and good social relations and networks are the most important means of keeping good health into advanced age. The municipality of Nynäshamn creates opportunities for this.

Children and young people

Pre-schools and schools serve good and nutritious food. Recently, school lunch grants have been substantially increased and sugared and unwholesome snacks are gone.

The children are encouraged to play and exercise by way of activities on their timetables. The children at Fagerviksskolan, for example, take a walk in the forest after their first lesson. Pre-school and school yards are being rebuilt to stimulate children to more physical activities.

Safe roads to school create opportunities for children to walk or bike to school to get their daily exercise.

There are special schools for children who experience difficulties in ordinary schools. Voluntary work is being developed with, among other things, mentors for secondary students.

The elderly

There are several senior citizens’ associations in the community and new networks are being built in co-operation with volunteers.

There are plans for creating natural meeting points and the municipality also contributes to voluntary work at homes for the elderly, e.g. café activities and coach excursions.

For those who cannot handle everything in everyday life there are helping hands for curtains,

bulbs, etc. Health conversation is a way of understanding the need for help for elderly people who have not yet asked for assistance.

And more

The municipality of Nynäshamn wants to encourage all inhabitants to participate in the work towards public health. SEK one million is allocated annually to public health efforts in the associations.

The associations have used this money to initiate diet information, skating for school children, Qi Gong courses for senior citizens, test-something-new activities, women’s café and much more.

Regular exercise rounds where everybody is welcome to walk together with others are organised by associations in Stora Vika, Nynäshamn, Sorunda and Ösmo. The gains are both exercise and togetherness.

New housing areas are planned to encourage spontaneous activities, create meeting points and get rid of obstacles for pedestrians and bikers.

The Path to Health, the longest sports arena in the world, the improvement of arenas and swimming bath are examples of measures which encourage people to enjoy more exercise.

Welcome to visit www.nynashamn.se for more information about our efforts towards public health. Or contact Ann-Marie Lidmark, public health project manager, phone 08-520 683 94, e-mail ann-marie.lidmark@nynashamn.se.

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