



The public health project

The municipality of Nynäshamn earmarks slightly more than 30 million Swedish Crowns for public health projects between 2006 to 2008.



Hälsa till Nynäshamn!





The County Council is responsible for:

- Health and medical care
- Dental service up to 19 years of age
- Medical prevention for children up to 6 years of age
- Medical prevention for pregnant women
- Preventive measures to promote good public health
- Reduce the risk for sexually transmitted illness or disease
- Alcoholic and smoking prevention



The municipality is responsible for help and support for its residents in the following ways:

- Care of the elderly
- Care of disabled people living at home
- Care of children
- Medical prevention for students in the school system
- Measures leading to improved public health, i.e.
 - nutritionally better school lunches
 - physical activities in preschools and schools
 - information about public health issues



Health problems in Nynäshamn compared to the region:

- High frequency of sick-listed people
- Mental illness
- Overweight and obesity
- Alcohol problems
- High frequency of smoking among women





Budget document priorities:

- Biking and walking lanes accessible for all people.
- Prevention against drug abuse
- Cost and nutrition
- Democracy and engagement among the residents
- Grants to organizations for public health
- A better working environment for people employed by the local authority
- Children's health
- Health among the elderly
- Health and medical care





Six specific goals targeted between 2006 and 2008:

1. Decrease the cost for placing children and youth in special care by 50 percent.
2. The number of abortions per 100 women aged 19 or younger shall decrease by at least 30 percent.
3. The number of hip bone fractures among elderly shall decrease by at least 30 percent.
4. The number of overweight and obese adults shall be halved.
5. The number of overweight and obese children shall decrease by at least 30 percent.
6. No students shall smoke or use alcohol.





Public Health Granted Projects:

- Equity in health projects promotes better health for all by encouraging participation, improving cooperation and effective communication strategies.
- Everyone employed by the local authority should be offered a full-time job.



- All elderly over 75 years have the opportunity to be helped by the "fixing-service" for free, which provides help to change light-bulbs or other things that can prevent falling accidents.





- Grants for volunteers working in organizations, for example:
 - Walking tours at four places at five o'clock every day Monday to Thursday
 - Physical training
 - Ice-skating for young people
 - Social work among the elderly
 - Bus tours for elderly
 - Women's café

One million Swedish Crowns earmarked every year for organizations which may be applied for twice a year.





- Overweight and obesity project: Information in schools and preschools, networking with overweight/obese children and their parents and cost-policy for daycare centers.
- Provide support groups, apartments and other resources to help young people who cannot continue to live at home with their parents.
- Trying to find trainee posts for youth in the age of 18-20.
- Resources for students with low results in school.
- Family-central with open preschool for all families with small children.
- Offering COPE-courses for parents with 3-10 years old children.





- Make school roads safe and motivate students to walk or cycle to school.
- Sustainable planning, which means that the urban planning should make it easy to walk and bike to work, or to the commuter train or the bus.
- Planning in order to stimulate physical activities, for example: building better play grounds for children, stimulate physical activities in new housing-areas and create social meeting points.
- Increase the budget for school lunches, making them more nutritious.





Key-figures and costs for the municipality		2005 thousand crowns
Placing children and youth in special care		23 000
Placing children and youth/person and year		858
Abortions		?
Hip fractures/person	100 t kr/pers x 47	4 700
Cost for overweight and obesity		?
Cost for smokers		1 000 ?
Cost for alcoholic addicts		?
?		?

For every Swedish crown spent in public health interventions, 10-20 crowns is gained.





Earning money or saving costs

Good public health is important for everyone:

- Everyone feels better. As a result are more people productive at work and may earn more money.
- Good health saves money for the employer, the municipality, the County Council and the state.
- Good health will increase income as well as income taxes.
- Good health lowers costs and can result in lower taxes for everyone.





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