



Hrvatska mreža "Zdravih gradova"

Croatian healthy cities network

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Croatian healthy cities network

Zagreb, 31st of December 2003

Report on the activities of the Croatian healthy cities network for the year 2003

All the activities of the CHCN were in the function of fulfilling the mission of the Network, that is with the objective of supporting cities that are members of the Network in their efforts to set up and lead respectable projects of Healthy cities, projects that will be able to achieve influence and help in the development of social policy of health on a local and national level.

1. National

a) Structural changes in the activities of the network and its Support centre

At the beginning of the year 2003, after the carrying out of an evaluation of the activities of non-government associations which are financed through the national budget we received a request from the Government office for associations requesting that we find another means of regulating our relationships with the Medical faculty of the University of Zagreb. The "Andrija Štampar" school of public health in which is based the Support centre of our association is part of the Medical faculty (that is it does not have independent business capabilities). Consequently the Faculty, from our registration in 1992 to the end of March of the year 2003 serviced the accounting, legal, personnel and other business of the Network. It provided premises for the work of the Support centre and Association and for all of the above services listed charged 15% of our total revenue. The Government office for associations had no objections regarding the carrying out of our programs but insisted on our **opening up an independent account for the Network** which was indeed carried out at the beginning of April this year in the Zagrebačka bank after a decision by the Presidency of the network.

The account of the
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Due to the renovation of the “Andrija Štampar” School of public health the Network was given alternative premises at a new location, in the Clinical hospital Dubrava in Zagreb. This is where our office and the administrative secretary of the network are presently based.

b) Regular annual activities of the Network gather together and link cities, facilitate the exchange of experiences, insights, ideas and activities, advance mutual cooperation and enable the giving (and receiving) of practical assistance and support.

- from the 17th to the 21st of February 2003 at the “Andrija Štampar” School of public health a course titled “Health in the community” was held in which participated city and/or county coordinators, members of project teams, representatives of city and/or county councils and other interested persons participating in local projects of “Healthy cities” from Dubrovnik, Gospić, Labin, Pula, Rijeka, Split, Umag, Vinkovci, Zabok, Zadar and Zagreb. During the course participants from cities or counties which have been in the “Healthy cities” movement for a longer period or have acquired valuable experience from the work they have done so far share their experience with representatives of new member cities or counties. All participants attend a series of lectures and workshops on the theme of organisation of city/county projects, increasing cooperation with units of local government and self-government, inter-section cooperation, marketing and financing of projects, media and public relations and other questions important for the successful inclusion into the regular activities of the “Healthy cities”.
- The seventh Health fair was held in Vinkovci from the 11th to the 13th April of the year 2003 on the premises of the “VINKOVCI” tennis club in the park Lenij. The hosts of this year’s Health Fair introduced a whole series of innovations into the fair program. Simultaneously while the traditional Fair program is being held at the park Lenij: presentations, forums, workshops, play groups, a show exhibition of products and services which promote health, participants were also offered an alternative program – from participations in the 1st tennis tournament “NAJ - TENIS ZDRAVI GRAD” and participation in tournaments intended for individuals with special needs, to delighting in the spectacular dance competition, fashion show and picture auction. As part of the Health Fair an extended session of the city and county councils was held at which the members of the city and county “government” were acquainted to the concepts and achievements of the Healthy cities project and the program for Management and administration of health (Healthy County). The main theme of the largest Forum of the Fair was unemployment.
- **Healthy cities day** In honour of the 15th anniversary of the successful activity of the project “Healthy cities” in Croatia, the Presidency of the Croatian network started up in February of this year an initiative for the proclaiming of the 20th of May as HEALTHY CITIES DAY. The promotion of the Healthy cities day was held a day earlier on the 19th of May in the Ministry of Health of the Republic of Croatia. The host of the reception for mayors, county mayors and project coordinators, the Minister of Health Dr. Andro Vlahušić on this occasion proclaimed the 20th of May as Healthy cities day. At this impressive gathering, organised in honour of the 15th anniversary of successful activity by the movement “Healthy cities” in Croatia, representatives from the following gathered together: Cities - Čakovec, Dubrovnik, Karlovac, Koprivnica, Labin, Osijek, Poreč, Pula, Rijeka, Slatina, Split and Zagreb, Counties - Bjelovar-Bilogora, Dubrovnik-Neretva, Istrian, Krapina-Zagorje, Osijel-Baranja, Vukovar-Srijem, Varaždin and Zagreb, Ministry of health and Ministry of labour and social welfare, the “Andrija Štampar” school of public health and media. The Healthy cities day was also successfully promoted by means of the national media, through the program Good morning Croatia, Open Radio, Radio Sljeme and newspaper articles. Common activities of all the member cities were the handing out of posters about the network to

citizens and press conference in the Office of the project at which were shown work done up to now and future projects. Some of the healthy cities marked their Day by holding Meetings of the city council, by receptions held at the mayor's office for outstanding volunteers and various youth activities. This manifestation whose aim it is to increase the perception of the (city) Healthy city projects and to encourage citizens to adopt a greater participation in local project activities will continue to be held every year.

- **Tenth (jubilee) Motovun summer school of health improvement** was held from the 30th of June until the 13th of July. The central celebration of the 10th anniversary of the Motovun summer school was held on the 05.07.2003 and was attended by over one hundred guests, teachers and students.
- 1. **Conference "Urban planning and the sustainable development of health – Mobility within Croatian cities** – was held in Motovun from the 30th of June to the 2nd of July. It gathered together thirty participants from Pazin, Poreč, Pula, Rijeka, Rovinj, Split, Umag, Vinkovci and Zagreb in a discussion and workshop about the theme "healthy urban planning". During the course an Assembly of the Croatian healthy cities network was held (The Motovun messenger number 30).
- 2. **Working meeting of the thematic group of Croatian Healthy cities network "Unemployment and health"** was held in Motovun on the 3rd of July. The meeting was an opportunity for the exchange of ideas and for coming to an agreement about a strategy to deal with this very actual public health problem. It gathered together about ten participants from Split, Vinkovci and Zagreb and Sandwell in Great Britain. (Motovun messenger number 31).
- 3. **Working meeting of the thematic group of Croatian Healthy cities network "The quality of the elderly"** was held in Pula from the 3rd to the 5th of July. The meeting gathered together 48 participants from Dubrovnik, Krk, Opatija, Osijek, Novigrad, Pazin, Poreč, Pula, Raša, Rijeka, Rovinj, Zagreb, Landes (France) and Asola (Italy). Co-organiser and host to the meeting in Pula was the Istrian County with a guest speaker Mrs. Teresa Spaliviero (Regione Veneto). Presented in the framework of the meeting was the work of the newly built day centre for the elderly in Pula. (Motovun messenger number 32).
- 4. **Working meeting of the thematic group of Croatian Healthy cities network "The Family and healthy"** was held in Poreč from the 3rd to the 5th of July. It gathered together about twenty participants from Dubrovnik, Labin, Pazin, Poreč, Pula, Rijeka, Split, Umag, Virovitica and Zagreb. Guest keynote speakers were Dr.Sc. Adinda Dulčić, Director of the National institute for the protection of family, motherhood and youth and Senior lecturer Dr. Gordana Pavleković from the "Andrija Štampar" school of public health. The main theme of the meeting was - How to offer adequate support to families in transition. (Motovun messenger number 33).
- 5. **Course: "Schools of democracy – youth council"** was held this year for the sixth time in Labin from the 4th to the 6th of July. The course gathered together 74 participants, students and teachers from various high schools throughout Croatia (Buje, Čakovec, Labin, Obrovac, Oroslavlje, Pula, Rijeka, Slatina, Varaždin, Vinkovci, Zabok, Zagreb), Bosnia and Hercegovina (Sarajevo) and Norway (Sandnes, Strand) and representatives of city administrations and the Ministry Science, Education and Sports. The aim of the meeting was to gauge an overview of the activities for the promotion of democratic practices with the participation of young people in high schools and cities and to arrange an organisational framework within which the program would develop in the next couple of years. The third meeting of the city youth council of the City of Labin was held as part of the course. (Motovun messenger number 34).
- 6. **Course: "The media and health – How to prepare for crisis situations"** was held from the 4th to the 6th of July in Motovun. This year it gathered together 23 doctors and experts in the field of public relations from pharmaceutical companies and 14 journalists. A special

aim of this course was to acquaint all those present with the algorithms regarding procedures in crisis situations (Motovun messenger number 35).

7. **Course: "Healthy organisations or how to promote health in the working place"** was held in Motovun from the 7th to the 9th of July. The course gathered together 22 representatives from the business sector, unions and the health sector about the theme stress in the work place. Experiences were exchanged and programs for the prevention and elimination of the negative effects of stress were discussed. (Motovun messenger number 36).
8. **Course: "Health and health policies – the challenges of decentralisation"** was held in Motovun from the 10th to the 13th of July. The course gathered together 44 representatives from County governments (County Dubrovnik-Neretva, Istrian, Krapina-Zagorje, Osijek-Baranja, Rijeka, Sisak-Moslavina, Varaždin, Virovitica-Podravina, Zagreb), state authorities (Prof. Dr. Ante Simonić, Government of the Republic of Croatia, Dr. Siniša Varga, Ministry of health of the Republic of Croatia, Dr. Sc. Nino Žganec, Ministry of labour and social welfare, Dr. Marijan Erceg, Croatian institute of public health) and academic community. The course was an opportunity to present and discuss current results of the program "Responsible administration and management of health". (Motovun messenger number 37.).
- **The business meeting of the Croatian Healthy cities network** was held in Zagreb from the 28th to the 29th of November of the year 2003. The central theme of the Business meeting was (through participation in the Congress) preventative medicine and health improvement. Within the framework of the First Croatian Congress of prevention, Healthy cities and counties will have a separate day (Saturday the 29th of November) in which to present their achievements to a wider expert public. A plenary session of the Assembly of the Croatian healthy cities network will be organised separately on Friday in the Old town hall in the late afternoon.

c) Other activities of the Network

The presidency of the network developed a **draft of the PROGRAM DECLARATION OF THE CROATIAN HEALTHY CITIES NETWORK** and made a **revision of criteria for membership in the Network**. Aware of the high standards which this document purports, the members of the presidency acquainted you (in written form) with a working version of materials. It is our desire that, throughout the Business meeting in Zagreb, we reach a consensus about the minimum criteria which cities and counties, members of the network must meet. The working document will be discussed and offered for adoption to all coordinator cities/counties at the Assembly of the Network on the 28th of November 2003 at 17,00 hr.

Throughout the year 2003 the **Web pages of the CHCN** have been changed and expanded with supplements of thematic groups and **presentations of cities with active projects and information about the cities** (basic details about the city, population, geographical and historical characteristics, individual qualities, active projects), an overview of the state of Health in the City and City health plan (if it has been developed) in the Croatian and English language. **A new part of the web** has been set up featuring **Healthy counties** on which is presented the Program "Responsible administration and management of health" and **an overview of the state of health in the County** and the County plan for health of the Dubrovnik-Neretva, Istrian, Varaždin and Krapina-Zagorje Counties.

A **promotional flier of the Croatian healthy cities network** has been made up with basic information about the mission, objectives of the Network, member cities, etc. and delivered (in paper and electronic forms) for use by all members so that an unlimited number of copies can be made.

Also in print are three **publications** of the Croatian network. The book **Healthy urban planning** (a translation of a publication by the European office of the World health organisation) which the network publishes in cooperation with the City of Vinkovci, the brochure **Healthy Universities** (also a translation of a publication by the European office of the World health organisation) which the network publishes in cooperation with the City of Split and the brochure **Schools of democracy – youth Council** (an account of Croatian experiences in the promotion of democratic practices with the participation of young people) which the network publishes in cooperation with the City of Labin.

Also in the year 2003 the **thematic, interest gathering of cities** has been continued. This year particular effort has been invested in the gathering together of these groups: Unemployment and health, The family and health, Healthy urban planning, The quality of life of elderly citizens, The media and health, Schools of democracy – youth Council and Healthy Counties – program “Responsible administration and management of health”. The results of the work of these groups have been presented in the **Motovun messenger and reports of the Croatian healthy cities network**.

Throughout the year 2003 six new Counties passed through the Program “Responsible administration and management of health”. These are the Osijek-Baranja, Rijeka, Zagreb, Split-Dalmatian, Sisak-Moslavina and Virovitica-Podravina Counties. The Program “Responsible administration and management of health” is a partner project carried out in conjunction with the Ministry of Health, Ministry of labour and social welfare, County and the “Andrija Štampar” school of public health which aims to assist local government bodies in the process of decentralisation of the health system and social welfare. The Counties which has passed through the education program in the year 2002 (Dubrovnik-Neretva, Istrian, Varaždin, Bjelovar-Bilogora, Krapina-Zagorje and Vukovar-Srijem) have completed the development of their County overview of the state of health and are working on the implementation of the County Plan for health.

Good **cooperation with bodies of the state government** has continued throughout the year 2003. Other than with the Government of the Republic of Croatia, the cabinet of the vice-president Prof. Simonić and relevant Ministries – Education and sports (partner in the carrying out of the project Schools of democracy – youth Council), European integrations (Schools of democracy), health (partner in the carrying out of the Motovun summer school and the programs: media and health, strengthening of the practice of promotion of health at local levels and “Responsible administration and management of health”) and rada and social welfare (partner in the carrying out of the program “Responsible administration and management of health”). We also cooperated with a series of Government institutes and Faculties.

2. International

International Conference of Healthy cities, the World health organisation, the European Office organised in Belfast (Great Britain) from the 19th to the 22nd of October of 2003 a big international Conference of Healthy cities. The Conference, organised in honour of the 15th anniversary of the activity of the movement Healthy cities in Europe was attended by over 650

delegates. The Croatian delegation was the largest ever and consisted of (other than network) representatives from the cities Rijeka, Split and Zagreb.

The Croatian network and the cities of Rijeka and Zagreb received from the **European office of the World health organisation** acknowledgement for achievements in the quality of the work carried out in phase III of the European Healthy cities project.

CHCN has for a number of years actively assisted in the **development of a network of Healthy cities in Bosnia and Hercegovina** and internationally has rallied for their inclusion in the European project. Joint efforts resulted in the founding, in the year 2001, of the association Healthy cities of Bosnia and Hercegovina, participation of representatives of Bosnia and Hercegovina at international meetings and in the near future the inclusion of the cities Sarajevo and Mostar into the European healthy cities network. CHCN has also assisted in the participation of cities of Bosnia and Hercegovina in the project School of democracy.

CHCN's cooperation with Norway in the project Schools of democracy – youth Council has been going on for six years. Meetings of teachers and students of the “School of democracy” are regularly held every year in July in Labin as part of the Motovun summer school for improvement of health. Great support for the cooperation with Norway is offered by the Ministry of foreign affairs of the Kingdom of Norway which by way of financial support, for already five years in a row, has enabled visits by our students and teachers to schools of democracy. The Croatian delegation, this year, consisted of representatives from Labin, Metković, Slatina, Varaždin and Vinkovci. Along with the representatives from Croatia, for the first time last year, representatives of four cities in Bosnia and Hercegovina also visited Norway. Youth Councils are already active in Labin, Metković, Rijeka, Varaždin and Vinkovci and a number of city administrations has announced their founding throughout the year 2004. (Youth Councils are advisory bodies of the city/assembly which helps to ensure adequate evaluation of the needs of young people and according to these needs, attempts to better allocate resources intended for their satisfaction).

With the assistance of **USAID** and **AIHA** throughout the year 2001 the **twin cities project** was started with the Croatian network and the Network of healthy communities of the USA. The City of Split was chosen by means of a competition within the Croatian healthy cities network as the first Croatian city for the twin city project. The joint project on which the cities of Split and Trenton, New Jersey are working on is the prevention of early consumption of alcohol among young people (the so called Nortland project).

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DRAFT OF THE PROGRAM FOR ACTIVITIES OF THE CROATIAN HEALTHY CITIES NETWORK IN THE YEAR 2004

Course: “Health in the community” will be held from the **16th – 20th of February of the year 2004** in Zagreb

The Seventh "Health Fair" will be held in April of the year 2004 in Vinkovci

20th of May 2004. – HEALTHY CITIES DAY

The tenth Motovun summer school of the improvement of health will be held from the **28th of June – 10th of July of the year 2004**. The following working meetings, courses and workshops of the summer school have been proposed: a Conference "Urban planning and sustainable development of health", a Workshop on "How to evaluate the influence on health by developmental city plans", Working meetings of thematic groups of the Croatian healthy cities network on: The family and health, The quality of life of the elderly, the Course "Schools of democracy- youth council", the Course "The media and health", the Course "Healthy organisations or how to improve health in the work place" and the Course "Health and health policies".

The business meeting of the Croatian healthy cities network will be held in **Split** at the end of **September or the beginning of October of the year 2004**. **The central theme** of the Business meeting will be **Unemployment and health** (II Croatian conference about unemployment and health).

I, JANKA DORANIĆ, OFFICIAL INTERPRETER FOR ENGLISH LANGUAGE
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