

COMMUNITY SAFETY PROMOTION BASED ON INJURY PREVENTION APPROACHES

~ A case of fall prevention program
based on the Safe Community Model ~

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Background - Safe Community

- The movement of SC originated from injury prevention program in a community, Sweden in 1970's.
- The potential effect of 'Safe Community (SC)' becomes to draw attention from local governments, academics and practitioners in Japan.
→ especially since the designation of Kameoka City in March 2008.

Background

- Features of SC which differ from other safety and health related programs are:
 - To focus on Prevention of injuries; health hazards
 - To apply evidence-based approaches in cross-sectional collaboration

Concept of SC:

Accidents and injuries which harm our health and affect on our well-being are preventable.

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Background - Fall prevention program

- The Nantan Public Health Center (NPHC) developed a fall prevention program in 2004, then introduced to communities within jurisdiction of the NPHC.
- In 2007, NPHC evaluated the efficacy of the exercise on 112 certified residents as leaders of implementation of the exercise .

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- Efficiency was found on improvement of physical condition and QOL among participants who certified as a junior trainers.
- But impediment to diffusion of the exercise has been also found in difficulty in:
 - Finding proper space for the exercise
 - Finding participants
 - Improvement of their training skill

Purpose

- Because of its comprehensiveness, “Safe Community” can be relevant to various fields including; health promotion, crime prevention etc..

To see impact of the SC model on programs relevant to health promotion by studying the case of Nantan fall prevention exercise.

Method

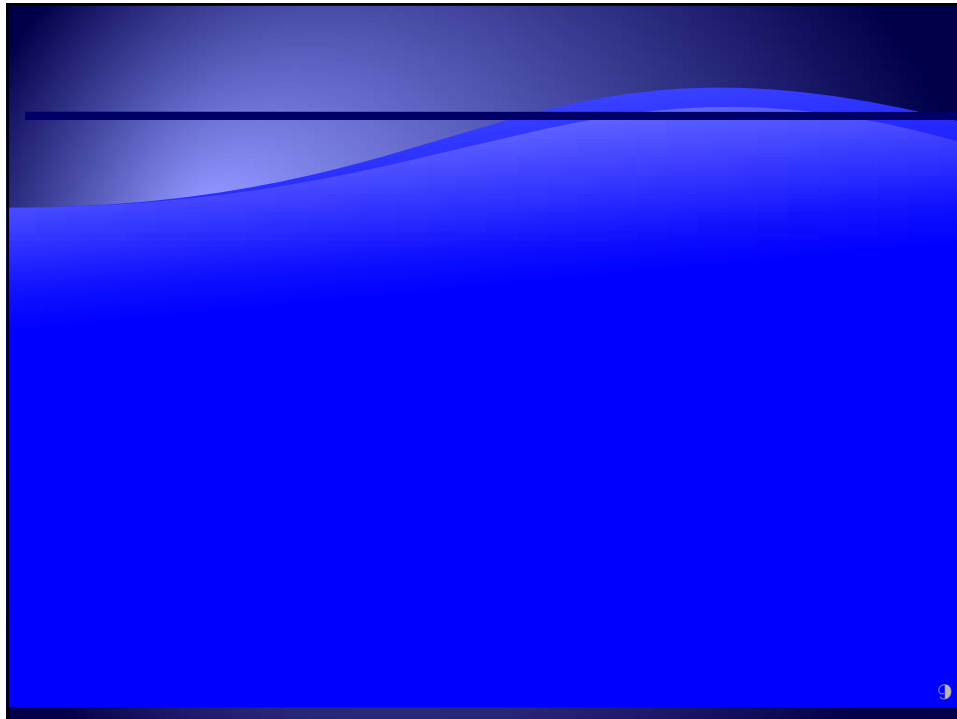
- **Qualitative research was applied to see the effect on scheme of injury prevention program for the elderly**
- **Participative Observation at a pilot community of SC program in Kameoka City (2006~2009)**
- **Interview survey (May 2009)**
 - Groups or leaders of the fall prevention exercise
 - The President of the neighborhood self-governing association of Shino-cho

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Result

- **Based on the procedure of SC model, Shino-Cho came up with 3 agendas for safety promotion**
 - <Safe Children> <Safe Elderly> <Traffic Safety>
- **the exercise was appointed as a program which works for fall prevention**

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- as a communication tool by police officers, fire fighters, and volunteers. They realized that the exercise can be used as a trigger of communication when they visit with elderly who need special attention to keep their life safe in terms of crime prevention, fire prevention and so on. Sharing the program with different sectors results in providing more opportunities of exercise to the elderly, especially those who cannot go out for exercise because of their physical condition

Discussion

- With spreading the exercise through more devices, elderly can receive more care for safety promotion as well as opportunity for health promotion.
- this safety promotion would also result in maintain their good health as well.
- Another few years of continuous implementation is expected to result in accumulating enough data to see affect of applying this SC program in number of injuries from falling among the elderly.

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Thank you!

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Appendix

- A “Safe Community” can be a: Municipality; a County; a City or a District of a City working with safety promotion, Injury-, Violence- and Suicide-prevention and prevention of the consequences (human injuries) related to Natural Disaster, covering all age groups, gender and areas and is a part of an international network of accredited programs. Communities can be designated when they meet 6 indicators which WHO Collaborating Center on Community Safety Promotion sets up.
- http://www.phs.ki.se/csp/who_indicators_en.htm