



# BULLETIN

## INTERVIEW



### ***"Student's parliament is a welcome partner for the city's leadership."***

Interview with Ing. Radek Číhal, deputy mayor of Třebíč and politician for the Healthy City project.

***The activities of Třebíč student parliament were presented at a recent workshop on the Local Environmental Health Action Plan (LEHAP) in Třebíč on 7<sup>th</sup> December. Does the work done by young deputies affect decisions made by city representatives?***

The workshop was actually a pilot event for this type of project in Třebíč. It was designed as a part of the Health and Quality of Life Plan and coordinated by the Healthy City Třebíč Office, in co-operation with Healthy Cities of the Czech Republic. We obviously work with the student's parliament; its members regularly attend meetings of the corporation and also come to meetings of working committees of the town council. Young people therefore get acquainted with the democratic principles for managing the city, the hierarchy of offices, etc. On the other hand, the city's leadership gets valuable feedback and a new view of various matters. The student's parliament actively works with various departments at the Třebíč town office, for example the administrative activities department. The last interesting project in which Třebíč's student parliament had the lion's share was *Safe Journey to School*, whose aim was to make children's journeys to school and back safer. The project started in the last school year. Pupils from all primary schools first marked all the dangers they meet on their journey on maps. Public hearings are now being held on solutions to the problems. The last one was held fourteen days ago at the Na kopcích primary school, where a proposal was made to link two town districts together using a footbridge over a busy road and there was also a new suggestion about the pavements at the Na kopcích housing estate.

***Student's parliaments are also active in other Healthy Cities. Would you like to say something to their members?***

*It's good that young people are interested in what happens in their town. Students' parliaments are undoubtedly a welcome partner for a town's leadership. I would like to wish members of student parliaments much élan and I hope they throw themselves into their work with the interest and verve they are known for.*

## NEWS

### **Autumn according to Local Agenda 21**

***Examples of good experience with Local Agenda 21 in ten regions of the Czech Republic were shared at a series of workshops organised by the Healthy Cities of the Czech Republic. The events took place from 29<sup>th</sup> September to 10<sup>th</sup> November under the patronage of the Minister for the Environment Dr. Libor Ambrozek and were financially supported by the Czech Ministry of the Environment.***



The workshops were open to everyone interested in the topics, so, in addition to public administration representatives, they were attended by school and non-profit organisation employees, the public and reporters. "I appreciated the examples based on experience. I got a lot of interesting ideas for further work from the workshop. In addition, I obtained new information for arguments about why Local Agenda 21 is important for a town," said one of the participants at a regional workshop on 12<sup>th</sup> October in Kopřivnice, whereas another said, "We're convinced that it will be very difficult to get something done without the leadership's support. Unfortunately, leaders attend these workshops very infrequently." That's enough of the mini-summary of reactions to the "Examples of Good Practice in Local Agenda 21" information workshops. At the start of each of the ten meetings, the HCP National Coordinator Petr Švec, presented the theory of the international Local Agenda 21 (MA21) programme, and then gave way to representatives of Healthy Cities (Vsetín, Hodonín and Chrudim), who talked about practical examples of LA 21. The participants learned about environmental school audits, the introduction of European indicators of local sustainability, "Citizen's Satisfaction with Local

Society”, “Mobility and Passenger Transport” and how to determine the “Environmental Trail of a Town and School”. The talk on the last two items was given by Mgr. Viktor Třebický and Mgr. Josef Novák, representatives of the Institute for Ecopolitics, an expert HCCZ partner. At several workshops, the Ministry for the Environment was represented by Marie Petrová, Marcela Křížová and Miroslav Novák, all from the environmental education, training and explanation department. “We are all glad that information about the activities of Healthy Cities and Local Agenda 21 has got to regions where there are currently not that many active members of HCCZ, for example to Karlovy Vary and Pilsen Regions. We were pleasantly surprised about the interest in the information,” concluded Petr Švec.

### **Zlín: Prevention of Bone Rarefaction**

***Osteoporosis is a serious illness which has been very widespread recently. It is not only old women that are at risk, as is sometimes thought, but, according to the League Against Osteoporosis, one in eight men are also in danger. In 2003 Healthy City Zlín started an Osteoporosis Prevention Project. It should run until the end of 2007.***



The project is being implemented by the Czech Red Cross in Zlín together with local doctors. The aim of the Osteoporosis Prevention project is to reduce the occurrence of osteoporosis, get better information to the citizens of Zlín about possible prevention and, in particular, change behaviour towards a healthy life style, said deputy mayor and politician for the Healthy City project Dr. Vladimír Rihák. The project will be implemented in several stages between 2003 and 2007. In 2003 and 2004 the Red Cross arranged a cycle of regular lectures for the public. One or two lectures were given every month. The main target group were people aged between 45 and 75. The assumption that most people will be women was confirmed. Employees of the Red Cross in Zlín arranged for local doctors to give the lectures. The lectures placed particular emphasis on preventative procedures and the fact that people should adopt a healthy lifestyle. After a lecture, bone thickness was measured using a special machine. If a doctor found

that a woman was exposed to a high risk of osteoporosis, he told her to come to a specialist centre, where treatment was arranged. Of 309 women who were examined, around 20% were positive. Next year the estimated budget for preventing osteoporosis will be around CZK 119,000. The town is asking for a subsidy of CZK 76,000 from the Czech Ministry of Health’s subsidy programme.

### **Třebíč: LEHAP in Healthy Cities, Towns and Regions**

***On Tuesday 7<sup>th</sup> December, a workshop with this title brought to Třebíč not only representatives of Healthy Cities, but also of the Ministry of Health, the WHO Office in the Czech Republic, the regional public health station in Vysočina Region and medical facilities. No wonder. LEHAP – Local Environmental Health Action Plan – is a matter of interest for all of them.***

The workshop was commenced by deputy mayor of Třebíč and politician for the Healthy City Project Radek Číhal. The introductory address by Lenka Kostecká from the Czech Ministry of Health on Health 21, NEHAP concept, was followed by Dr. Alena Šteflová, head of the WHO Liaison Office in the Czech Republic. She gave a detailed review of the Office’s current projects to support the implementation of such concepts in the Czech Republic and highlighted the contribution of Healthy Cities CR. The introductory block was concluded by the secretary of Healthy Cities of the Czech Republic (HCCZ) Petr Švec, who introduced the HCCZ methodology. In the next part, local Healthy City project coordinators presented specific health support events in Healthy Cities – the Osteoporosis Prevention project in Zlín (presented by Světlana Divílková), the city-wide campaign for health in Brno (Ivana Draholová) and the Safe Community project in Kroměříž (Marie Pokorná and Dr. Jarmila Číhalová, head of the Kroměříž office of Zlín medical institute). There was also a presentation of a local health and quality of life plan and the procedure for its implementation (Dr. Jindra Stříbrská). There followed presentations by representatives of partner organisations of the Healthy City Třebíč project – DORADO, o.s. and PERNULA, o.s. The participants were surprised by the Student Parliament in Třebíč, when the young deputies talked not only about the parliament’s mission, but also about the projects the parliament is successfully implementing: Safe Journey to School and Community Planning of Leisure Time Activities. The conclusion was devoted to contributions by specialist partners of the Healthy City Třebíč project – the Regional Public Health Office in Vysočina Region and the Medical Institute in Jihlava.

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## CONTACT

**HCCZ, Šrobárova 48, 100 42 Prague 10**

**T: +420 602 500639**

**E: [praha@nszm.cz](mailto:praha@nszm.cz)**

**W: [www.nszm.cz](http://www.nszm.cz)**

Petr Švec

Healthy City Project National Coordinator

*(The illustration photographs used come from the archives of Healthy Cities, Towns and Regions of the Czech Republic.)*