

Experience in creating a healthy urban environment in Mogilev

Alla Galushko¹, Gursky Vyacheslav², Svetlana Motovilova³

¹Deputy Chairman of the Mogilev City Executive Committee;

²Chief State Sanitary Doctor of Mogilev and Mogilev district;

³Doctor for medical prevention (head) of the department of information support and healthy lifestyle of the Mogilev Regional Center of Hygiene and Epidemiology

Today, Mogilev is a large regional city with a population of almost 400,000 people. Making Mogilev a city of health and high social standards is a major focus of sustainable development and is based on the understanding that health does not depend on health facilities measures only. It is largely determined by the impact of all public policies and their promotion of public health.

Since 2015, the city of Mogilev has launched a large-scale project "Mogilev is a Healthy City".

The work in this area is coordinated by the Interdepartmental Council for Healthy Lifestyles and the Coordination Council for the implementation of the project "Mogilev is a Healthy City".

The prevention processes involve not only health services but also other social sectors: education, culture, social protection, physical education and sports, public and trade union organizations.

The targets related to public health are achieved through the implementation of inter-agency prevention projects:

1. "Mogilev is a Healthy City!";
2. "Healthy School!", 100 per cent of institutions of general secondary education in the city of Mogilev implement the project.
3. "Healthy Youth Today means Healthy Nation Tomorrow", the project is implemented on the basis of the Belarusian-Russian University;
4. "Save the Life...", a project is aimed at preventing abortions;
5. "Healthy Enterprise" is the pilot project that is implemented for able-bodied population at 11 enterprises of the city.

"Mogilev is a Healthy City!" project. The project involves work on the formation of active recreation infrastructure, the promotion of healthy lifestyles and involvement of various categories of the population in the regular exercise of physical culture and sports.

In the detailed plans of districts and residential areas in Mogilev, special attention is paid to the construction of social infrastructure facilities, the creation of accessible and modern recreational areas for leisure and sports activities. Such town-planning solutions help to improve the quality of life and health of the citizens, providing adults and children with places for proper socially oriented leisure and creating favourable conditions for children, teenagers and adults to play sports.

Bicycle lanes are being constructed as part of the reconstruction of engineering and transport infrastructure elements and improvement of the city areas. In the near future, all bicycle routes will be looped, so that people can travel long distances through the city without any hindrance.

Today, there are 828 sports constructions available for city residents, including 9 stadiums, 129 sports halls, 241 rooms for physical training, 255 sports grounds, and 40 swimming pools.

Special attention is paid to organize an accessible environment for persons with disabilities and the physically disabled. A barrier-free environment is created during the construction of new schools and preschools. Measures to create a barrier-free environment for children with musculoskeletal disorders have been taken in 55 educational institutions. Traffic

lights and tactile tiles are being installed as part of street repairs. A social taxi service is available for people with disabilities and a bus equipped with an electric hoist has been purchased. A centre for providing social mediation services to receive and relay emergency messages from the hearing-impaired was opened in 2021.

Urban gardening is actively carried out. More than a thousand greenery plants have been planted in the park Podnikolje. Among them, there are rare species of conifers, deciduous trees, unique varieties of lilacs. A total of three composite alleys will be planted according to the plan. At the beginning of last year, 30 seedlings of Siberian and Canadian pine appeared in the park.

The solution of the pollution problem in the central part of Mogilev is removal of the "Strommashina" foundry, which has been the leading source of air pollution in the central part of Mogilev city for the last decades.

A permanent monitoring of the state of atmospheric air on the border of the united sanitary protection zone of one of the large industrial hubs of FEZ "Mogilev" has also been organised.

The Healthy School Project. Since September 2021, all schools of the city are involved in the project. All schools are conducting awareness-raising work, acquiring high-tech equipment for organizing dietary and protective nutrition for children. The question of the direct supply of dairy and meat products bypassing intermediary structures is completely solved. A system of production and laboratory control is established; compliance with drinking regimes and natural standards for basic foodstuffs is ensured.

The range of products of the school canteen menu must include dairy and fermented milk products and other products of high nutritional and biological value. The range of confectionery and flour products is limited. Carbonated drinks, crisps, spicy crisps and coffee are not provided.

Work to encourage the children to embrace the ideas of the Olympic movement has been organized in pre-school No. 48 in Mogilev. It has become an annual tradition for kindergartens to organize Small Olympic Games in cooperation with representatives of the NOC. Olympic champions and former student-athletes are invited to these events to give demonstrative performances.

The project "Healthy Youth Today means Healthy Nation Tomorrow" is being implemented at the Belarusian-Russian University. Students of all years participate in the project. Information events, sports competitions, events and flash mobs are held as part of the project. On the basis of the university the following events took place: the World polyathlon championship; the Republican arm-wrestling competition; the Republican student basketball league competition. In 2021, a hockey team was added to the list of university sports teams.

The prevention project of the city's health organisations "Save the Life..." is aimed at increasing the birth rate through comprehensive abortion prevention. The project is implemented through informational and educational activities, media appearances, and the development and publication of informational materials. The MAMAPRO initiative on informed parenthood is being taking. As a result of the work carried out, in 2021 33.4 per cent of all women who came to the initiative with the intention of having an abortion changed their decision in favour of saving the pregnancy.

The "Healthy Enterprise" project has been implemented at 11 enterprises of the city. The objective is to increase life expectancy and quality of life through targeted motivation of employees to follow the principles of a healthy lifestyle.

The enterprises have systematised their work in the area of hygienic safety improvement, which allows reducing the levels of occupational and occupational diseases.

For example, organizations with high occupational risks have organized personal records of the periods of work in harmful working conditions (Mogilev Kirov Automobile Plant, Mogilevliftmash, Mogilev Strommashina Plant).

Taking care of health of employees, timely and quality assistance, JSC "Mogilevkhimvolokno" signed a contract with an insurance company for voluntary insurance of

medical expenses under the programme "Outpatient care", "In-patient care". There is a club for physical training and sports created in the company, over 800 employees are engaged in "Health" groups, which is 14% of the total number of personnel.

JSC Mozhelit regularly has preventive medical examinations of employees working in harmful and hazardous working conditions, repairs of sports complex, new sports equipment has been purchased, and there is a gym, billiards, football and volleyball ground. The company regularly organises competitions among its employees.

The result of the project is the reduction of occupational injury and the proportion of workplaces with harmful or hazardous working conditions (from 17.69% to 11.71%).

In order to attract young people to healthy lifestyles, the Workout Championship, a break-dance tournament, bike race "In the rhythm of the city", the "Battle of the yards" sports day for young families, track and field races, the Mogilev Mebelain marathon, etc. are held. The "Big Day of Physical Training" with a presentation of fitness clubs, sports sections and circles, the "Big City Picnic", "Zaryada with the Star", flash mobs and events are organized.

"Body Architecture and Fitness for the Elderly" club, the "New Breath" dancing school and the "Serpentine" ballroom dancing studio, the "Nordic Walking" health school, and the "Krochym pa goradu razam" ("*Walking down the city together*") project are operating in Mogilev. An annual health and fitness event, the "Health Path", is held.

One aspect of a healthy lifestyle is also proper nutrition.

The city's food processing companies target their production to develop their innovative potential, taking into account the healthy nutrition system of the population. For example, the "Domochay" Bakery and Confectionery Company uses raw materials that enrich the products with dietary fibres and vitamins, bread with reduced carbohydrate content is produced, with caratene-containing raw materials that enhance immunity, with iodine-containing raw materials that prevent thyroid and cardiovascular system dysfunction development. The "Babushkina krynka" product range includes a wide range of dairy and fermented milk products: natural milk, cottage cheese, yoghurt - about 350 different products for children and adults in total. Retail chains have set up departments, sections and separate product areas for the sale of healthy food products. In the dairy stores there are products with a low content of table salt, sugar, trans fats and artificial food additives.

The work on the project "Mogilev is a Healthy City!" is being carried out along various vectors and directions and will be continued.

We would like to highlight the results of the annual Internet survey, which analyses behavioural risk factors among the population and attitudes towards their own health. According to the data, over the past two years there has been an almost 10% increase in the number of people who lead a healthy lifestyle and always take care of their health, and a 5% increase in those who have increased their physical activity. However, currently nearly one in two men (46.1%) and one in three women (32.1%) have three or more behavioural risk factors for chronic noninfectious diseases.

Medical workers and public authorities need to do all they can to increase the number of people who take care of their health every year.