

## GOOD PRACTICE

# Active Living in Horsens



**City**  
Horsens

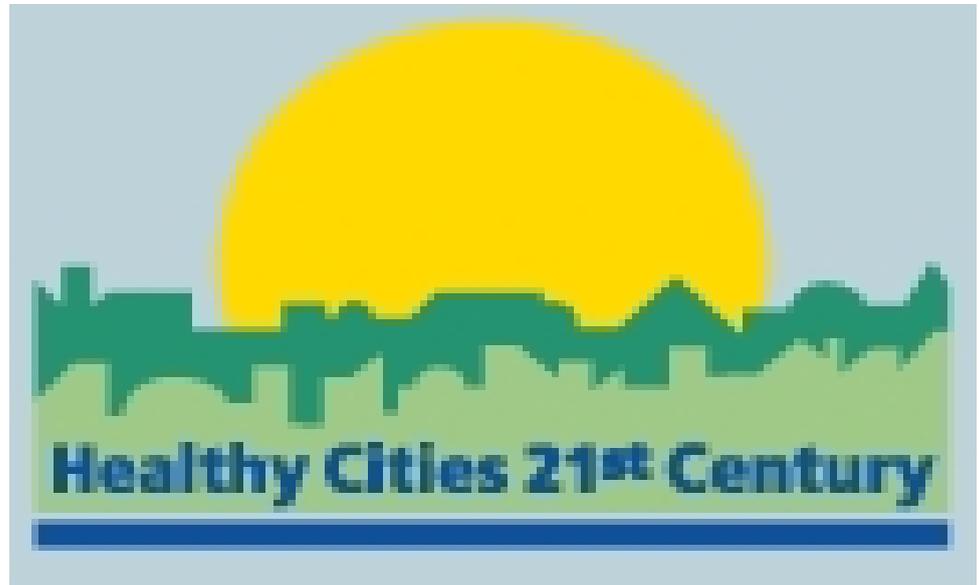
**Country**  
Denmark

**Population**  
54.450

**Mission**  
Promote the health of the citizens of Horsens through the continued development of sustainable local communities in the city

**Organization**  
City of Horsens

**Target Group**  
Citizens of all ages



### Objectives

Encouraging citizens to accept active joint responsibility for their health and to play an active part in local democratic processes. Developing and exchanging experiences and expertise at local, national and international levels.

### Description

Horsens Healthy City is the public institution that works to create an environment with better health conditions for all citizens. In the daily agenda of decision makers, it is a strategic goal to improve social health and sustainable development.

Horsens Healthy City cooperates in different departments of activities and works with dedicated volunteers all around the community.

Horsens Healthy City is a part of different international networks and collaborates together in order to link better the concept of healthy city. Horsens became a member of WHO Healthy Cities Network in 1987. Increased awareness of creating healthy environments was implemented via local policy documents. Continuing its WHO membership, the municipality made a declaration on sustainability and health for all (Horsens Declaration), stating that: "the aim of Horsens City Council is to promote the health of the citizens of Horsens through the continued development of sustainable local communities in the city".





## Campaigns and events

The exercise campaign “To the Top of Mount Everest” is a part of the ‘Denmark on the Move’ campaign and is proceeding in a partnership between the City of Horsens, two other municipalities, and the gymnastics associations’ organization, state forest districts and nature organizations. The campaign is intended to inspire schools to engage in new exercise activities on the annual exercise day for schools.



All citizens can also take part in a big competition to climb as high as possible on the many hills in the area during the schools’ autumn holidays. Additionally, ‘The Movement is Cool’ project offers three-month courses on physical activity and healthy diet to severely overweight children and their families.



## **For more detail, please contact:**

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