

ET SAMFUND
MED SUNDE MENNESKER
A COMMUNITY
OF HEALTHY PEOPLE

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Et samfund med sunde mennesker

Politikerne har nogle præcise mål for at højne befolkningens sundhed. Et af de vigtigste redskaber er motion: Tag børnene med ud at gå og lege i naturen. Tag hele familien med på cykeltur i landskabet.

Her på min egn er der mange muligheder for at komme ud i naturen. Men politikernes ord synes tomme, når det drejer sig om at skabe gode rammer om gåturen og cykelturen tæt på familiernes hjem. Jo, der er en vej med biler, og der er måske et fortov langs vejene. Du må tage bilen, hvis du skal gå eller cykle med familiens små ud til de spændende naturområder.

Her er et forslag: Et nyt, bindende mål er, at alle boliger i en by eller en landsby skal have mindre end to hundrede meter til et lukket stisystem, hvor børn kan færdes uden risiko for farlig trafik. Et stisystem, hvor der er gjort plads til alle. Hundelufte. Børnefamilier på gåtur. Den mindste, der første gang afprøver sin tohjulede

cykel. Ældre og handicappede, der med hjælp kan nyde en tur ud i det blå, uden hele tiden at skulle tage sig i agt for biler, der suser forbi.

I mit sogn med næsten 1.500 borgere ville det sagtens kunne lade sig gøre. Inde i byen skal der gøres plads til nogle flere stier. Nogle få steder er det måske nødvendigt at gennemføre mindre ekspropriationer. Uden for byen skal der træffes aftaler med landmænd, om at genetablere de stisystemer, der helt naturligt indgik i vores landskaber for generationer tilbage. Et skel mellem to marker, eller en sti tæt på bredden af små og store vandløb vil kunne etableres, uden at større økonomiske værdier vil gå tabt. Naturområder med spændende flora og fauna skal beskyttes mod for megen færdsel.

Jeg forestiller mig, at min landsby skal omgives af en stjerne af stier, der stråler hele vejen ud til sognets grænser. Og sognets grænser, der fra tidernes morgen

blev placeret ved naturlige grænser i form af vandløb eller skov, skal i min drøm i fremtiden også omfatte en sti, der fører hele sognet rundt, og forbindes med de stråler af stier, der løber fra byen og ud til sognegrænsen.

Langt størstedelen af arbejdet kan gennemføres af frivillige i et lokalt laug, der også får ansvaret for at holde stisystemet i orden. Dermed stiger den sociale sammenhængskraft i min lille by mærkbart.

Naivt? Tja, det er der helt sikker mange, der vil kalde min drøm. Hvad er alternativet? At tage bilen for at komme ud i naturen. En stor del af befolkningen, der som nu lider af hjerte-kar-sygdomme. Børn, der ikke naturligt får udviklet deres behov for at opleve natur, få frisk luft og få motion?

Jeg ved godt, hvad jeg vil vælge.

A community of healthy people

The politicians have precise objects for improving the health of the population. One of the most important tools is exercise: Take the children for a walk and play in the nature. Take the whole family on a bike ride in the countryside.

In my local area there are many opportunities to get out into nature. But the words of the politicians seem empty, when it comes to creating a good environment for walking and cycling close to the homes of the families. Indeed, there is a road with cars, and there might be a pavement along the roads. You must go by car, if you want to walk or cycle with the little ones of the family out to the exciting areas of natural beauty.

I have a proposal: A new, binding goal, where all homes in a town or village should have less than two hundred metres to a closed path system. A path system, where children can play without the risk of dangerous traffic. A path system with access for everyone. Dog walkers. Families with children on a brisk walk.

The youngest to the first test of her two-wheeled bike. Elderly and disabled people, who can enjoy a trip out into the blue with help and without constantly having to take care of cars swishing by.

In my parish of almost 1,500 citizens, it seems to be possible. Inside the village, there must be space for some more paths. In a few places, it may be necessary to carry out minor expropriations. Outside the village, agreements must be made with farmers to re-establish the path systems, which naturally were part of the countryside for generations. A property line between two fields, or a path close to the banks of small and large streams, could be established without losing major economic values. Of course, the natural areas with exciting flora and fauna must be protected from excessive traffic.

I imagine my village to be surrounded by a star of paths, that radiate all the way out to the boundaries of the parish. And the boundaries of the parish, which from time immemorial were placed at natural

borders in the form of streams or forest, must - in my dream - in the future also include a path that leads all around the entire parish, and is connected with the rays of paths, that run from the village and out to the parish boundary.

Most of the work can be carried out by volunteers in a local guild, who also will be responsible for keeping the path system in order. This is how the social cohesion in my small village will increase considerably.

Naïve? Well, there are certainly a lot of people, who will call my dream naïve. What is the alternative? Taking the car to get out into the wild. A large proportion of the population, who now are suffering from cardiovascular disease. Children, who do not naturally form their need to experience nature, get fresh air and get exercise?

I know, what I am going to choose.



Østhimmerland, august 2019

Eastern Himmerland, August 2019



Østhimmerland, oktober 2019

Eastern Himmerland, October 2019



Østhimmerland, oktober 2019

Eastern Himmerland, October 2019



Østhimmerland, december 2019

Eastern Himmerland, December 2019



Østhimmerland, december 2019

Eastern Himmerland, December 2019



Østhimmerland, januar 2020

Eastern Himmerland, January 2020



Østhimmerland, januar 2020

Eastern Himmerland, January 2020



Østhimmerland, februar 2020

Eastern Himmerland, February 2020



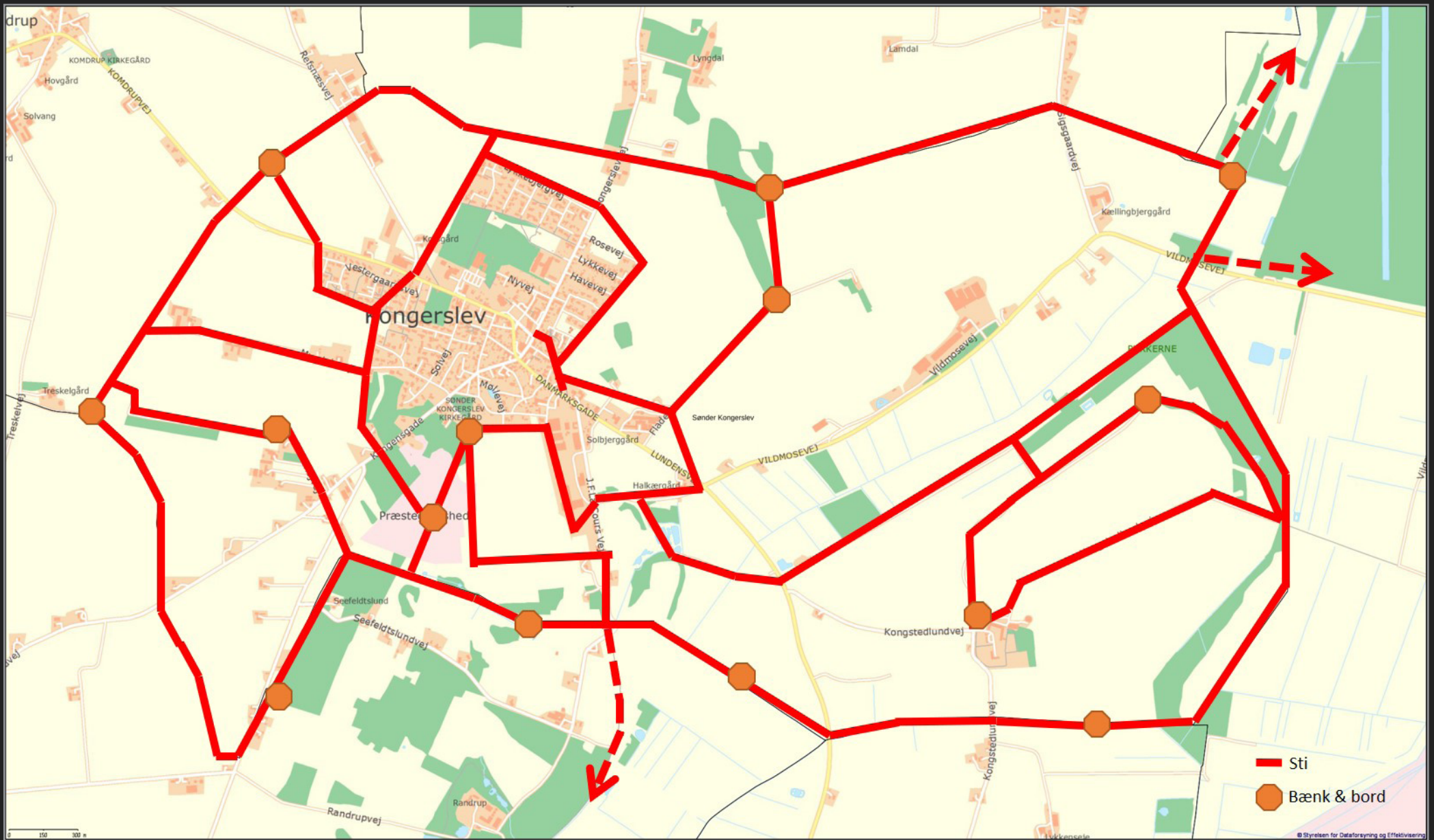
Østhimmerland, februar 2020

Eastern Himmerland, February 2020



Østhimmerland, februar 2019

Eastern Himmerland, February 2019



Sønder Kongerslev Sogn, forslag til stisystem

The parish Sønder Kongerslev, pathsystem proposal

KOLOFON

*Ugens foto: Et samfund med sunde mennesker
Af Keld Jensen*

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COLOPHON

*Photo of the week: A community of healthy people
By Keld Jensen*

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