



LCDDC

Coiste um Fhorbairt Pobail Áitiúil  
Chathair na Gaillimhe  
Galway City Local Community Development  
Committee



# HEALTHY IRELAND FUND FOR GALWAY

WORKSHOP SEPTEMBER 6<sup>TH</sup> 2017

# AGENDA

- Welcome & Introductions
- Background to Healthy Ireland and the Healthy Ireland Fund – presentation from Fiona Donovan, National Healthy Cities and Counties
- Work to date - Peter Salmon, Galway City Council and the Galway City Local Community Development Committee
- Health Ireland Initiatives and Proposal – presentation from Ann Irwin, GCCN
- Small group discussion – 4 groups focusing on one of the targeted strategies
- Plenary discussion

# TO DATE

- Initial Meeting
- Presented to Galway City LCDC – support obtained
- Healthy Galway City Subgroup established
- Planning meeting
- Workshop



# HEALTHY IRELAND FUND



- *Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025* is the national framework for action to improve the health and wellbeing of Ireland over the coming generation.
- The primary aim of the HI fund is to support innovative, cross-sectoral, evidence-based projects and initiatives that support the implementation of key national policies in areas such as obesity, smoking, alcohol, physical activity and sexual health.
- **The objectives of the initial stages of the Fund are:**
  - To raise awareness of, and support for, Healthy Ireland through the funding of community-based and national health promotion activities.
  - To facilitate and resource cross-sectoral and partnership networks that promote health and well-being.
  - To resource the development of locally-led, cross-sectoral strategies promoting health and wellbeing.
  - To add value to existing health promotion initiatives through the provision of Healthy Ireland resources.
  - To support the health and wellbeing of the most disadvantaged groups and areas and those experiencing significant health inequalities through long-term planning.

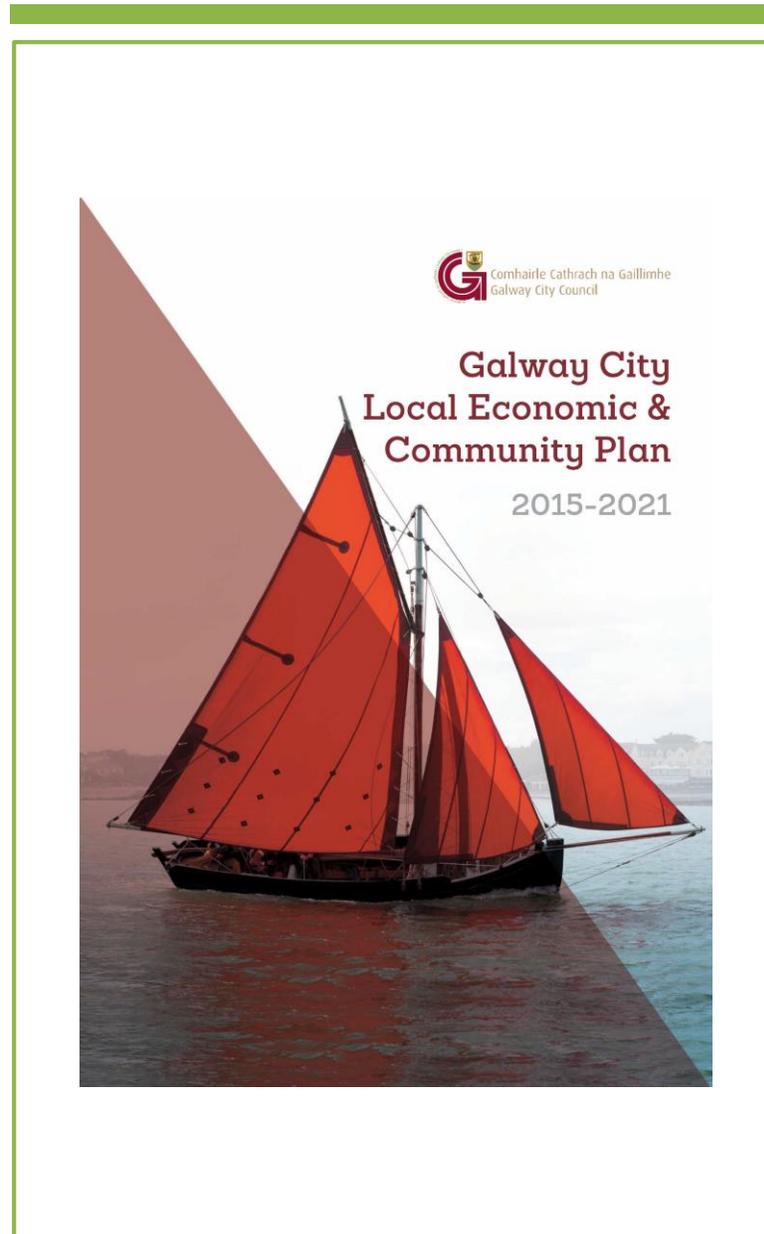
# APPLICATIONS

- All applications for development of Healthy Ireland **strategic plans** must clearly demonstrate that they are:
  - Inclusive
  - Evidence-based
  - Outcome-focused
  - Strategically aligned with Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025; Better Outcomes Brighter Futures, National Physical Activity Plan, The National Sexual Health Strategy, Tobacco Free Ireland and the Obesity Policy and Action Plan.
  - **Clearly target communities in disadvantaged areas and other groups who are vulnerable to health inequalities**
  - Implementing cross sectoral, co-ordinated and collaborative programmes

# Galway City Local Economic & Community Plan

## Healthy Ireland & associated strategies

- National Physical Activity Plan
- The National Sexual Health Strategy
- Tobacco Free Ireland
- The Obesity Policy and Action Plan.

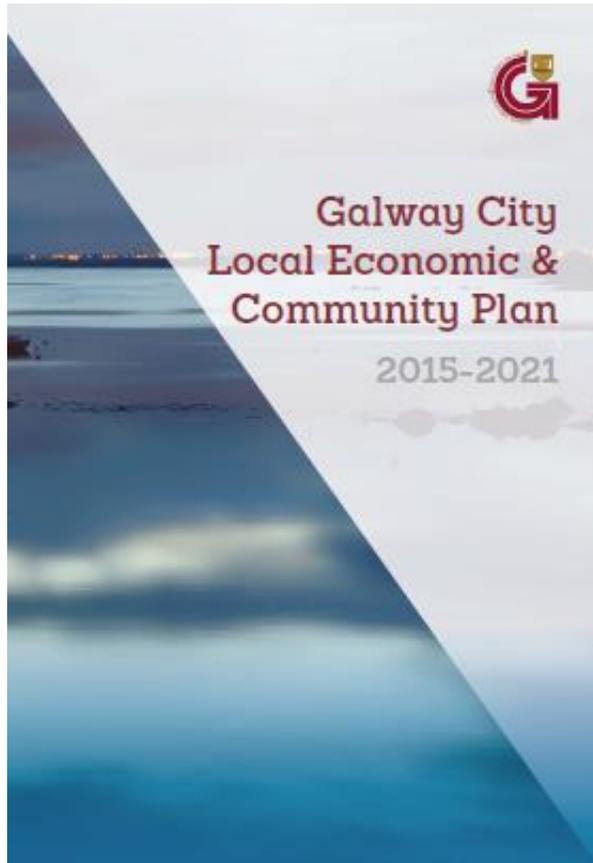




## HEALTHY IRELAND

- Social Determinants of Health
- Vision - A Healthy Ireland, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility.
- High-level goals
  - Goal 1: Increase the proportion of people who are healthy at all stages of life
  - Goal 2: Reduce health inequalities
  - Goal 3: Protect the public from threats to health and wellbeing
  - Goal 4: Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland

**64 actions that will work together to achieve the goals:**



## GALWAY CITY LECP

### ■ Vision Statement

“That Galway will be a successful City Region with creative, inclusive and innovative \*ecosystem in place to ensure its sustainable development into the future.”

### ■ High Level Goals for Galway City

- a world-class, creative city region
- an innovative city
- an equal and inclusive city
- a sustainable, resilient urban environment that is the regional capital of the West
- **a city that promotes the health and well-being of all its people**



## Obesity Strategy

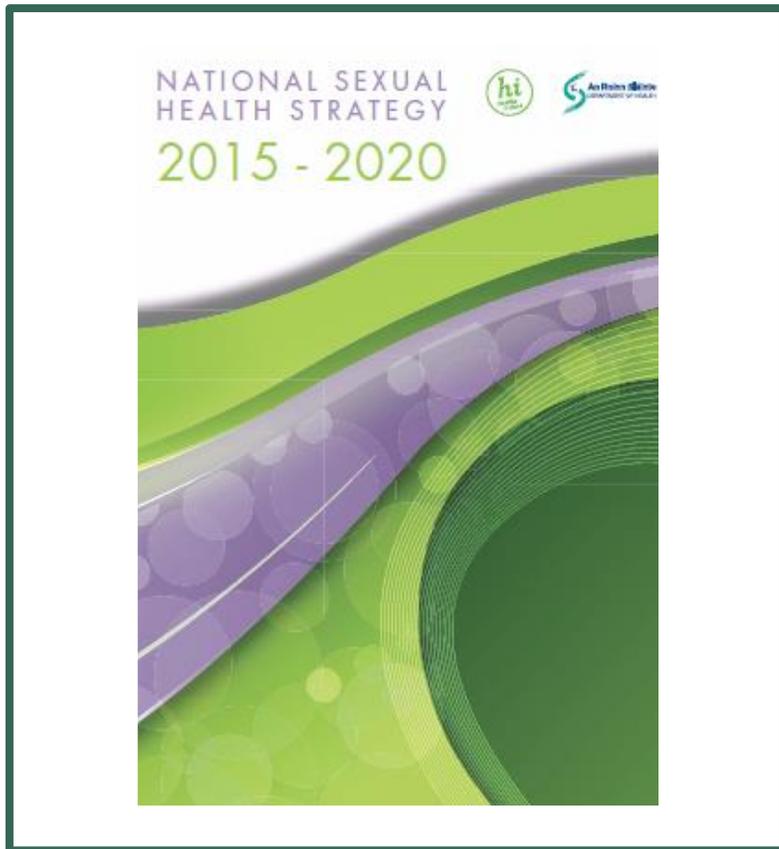
**Principles** - life-course oriented, with a focus on children and families; and **prevention focused**, with an emphasis on targeting inequalities

**Vision** - to turn the tide of the overweight and obesity epidemic.

**Aim** - to increase the number of people with a healthy weight and set us on a path where healthy weight becomes the norm.

**Ten Steps Forward**

# NATIONAL SEXUAL HEALTH STRATEGY 2015-2020



## ■ Strategic goals

- **Education:** Universal comprehensive and age-appropriate sexual health education/information and prevention and promotion services;
- **Services:** Equitable, accessible and high quality sexual health services, which are targeted and tailored to need;
- **Research:** Robust and high quality sexual health information will be generated to underpin policy, practice, service planning and strategic monitoring.



# TOBACCO FREE IRELAND

## ■ Vision

By 2025 Ireland will be a tobacco free society where people can live longer and healthier lives free from the detrimental effects of tobacco.

## ■ Targeted cessation supports

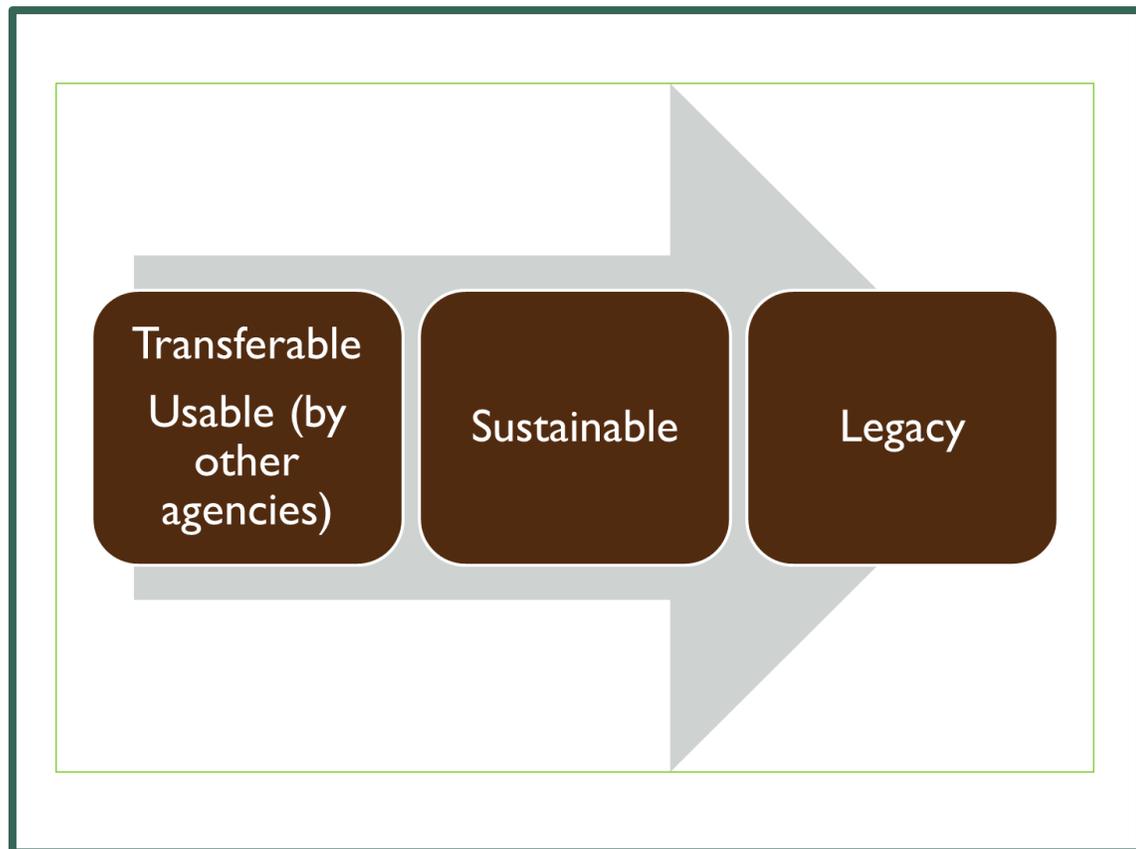
- Undertake targeted approaches for socioeconomic groups, pregnant and post-partum women and patients with cardiac and respiratory disorders
- **Education for prevention and cessation** - Enhance educational initiatives aimed at preventing young people from starting to smoke, in line with best international practice within the Healthy Ireland framework
- **Co-ordination with NGOs/community sector** - Government Departments, and state agencies including the Health Service Executive will continue to liaise and work with the non-governmental organisations in order to achieve policy aims set out in this report.
- **Research on prevention and cessation measures** - Support greater national and international collaboration and participation on research programmes to strengthen the evidence base for specific groups, particularly young people, and for new measures



# NATIONAL PHYSICAL ACTIVITY PLAN

- **Mission** - To increase physical activity levels across the entire population thereby improving the health and wellbeing of people living in Ireland, where everybody will be physically active and where everybody lives, works and plays in a society that facilitates, promotes and supports physical activity and an active way of life with less time spent being sedentary.
- **Key actions**
  - Develop local physical activity plans for four pilot areas as part of the National Healthy Cities and Counties Network
  - Develop and promote walking and cycling strategies in each Local Authority area
  - Ensure that the planning, development and design of towns, cities and schools promotes cycling and walking with the aim of delivering a network of cycle routes and footpaths
  - Continue to support the Community Sport and Physical Activity Hubs in disadvantaged areas
  - Include actions that promote increased levels of physical activity in all Local Economic and Community Plans
  - Rollout a new Active Communities Walking Programme in all LSP areas and support over 500 new active community walking groups around the country under the Get Ireland Walking initiative
  - Implement and support participation programmes with a focus on disadvantaged communities.
  - Extend existing and developing programmes for physical activity for people with disabilities and their families to enhance and deliver a comprehensive health and wellbeing programme.
  - Establish a set of baseline figures on physical activity and sedentary levels for each of the target groups

# GALWAY APPLICATION 2017



- Strategic Planning for 2018 and 2019
- November 2017 – March 2018
  - Small number of relatively large scale actions
  - Focus on health inequalities
  - Impactful
  - Strategically aligned with:
    - Galway City LECP
    - Four highlighted Healthy Ireland strategies
- Collaborative/Multi-Partner approach