



Galway Healthy Cities Project
Gaillimh Tionscnamh na gCatharacha Sláintiúla

www.galwayhealthycities.ie

Twitter @HealthyGalway

Galway Healthy Cities Project

Gaillimh Tionscnamh na gCatharacha Sláintiúla

The Galway Healthy Cities Forum oversees and guides the Galway Healthy Cities Programme, and includes representatives from a range of local agencies including:

Our Partners



HSE Health Promotion & Improvement is the lead agency.

Galway Healthy Cities Project
Gaillimh Tionscnamh na gCatharacha Sláintiúla

What is World Health Organization (WHO) European Healthy Cities Network?

- Galway City has been a member of the World Health Organization (WHO) European Healthy Cities Network since 2006.
- The main goal of the WHO Healthy Cities programme is to put health and wellbeing high on the social, economic and political agenda of all agencies.
- City Mayors and councillors are encouraged to provide leadership; orchestrating the contributions of many agencies. (How to develop and sustain Healthy Cities – A Guide)

Galway Healthy Cities Project Gaillimh Tionscnamh na gCatharacha Sláintiúla

- A city joins the **European Healthy Cities Network** for a five year phase
- Each five-year phase focuses on specific **goals** and **themes** to address current issues and policies.
- The current phase, Phase VI (2014-2018), is based on the European health policy framework, Health 2020.

Goals	Core Themes
1. To improve health for all and reduce health inequality	1. Empowering people at all stages and in all situations of life – for example, in early life, later life, in vulnerable situations.
2. To improve leadership and health management	2. Tackling public health priorities – for example, physical activity, nutrition and obesity, alcohol, tobacco and mental wellbeing.
	3. Strengthening people-centred health systems – for example, health and social services, other city services and public health services.
	4. Creating strong communities and supportive environments – for example, healthy urban planning and design, healthy transport systems.

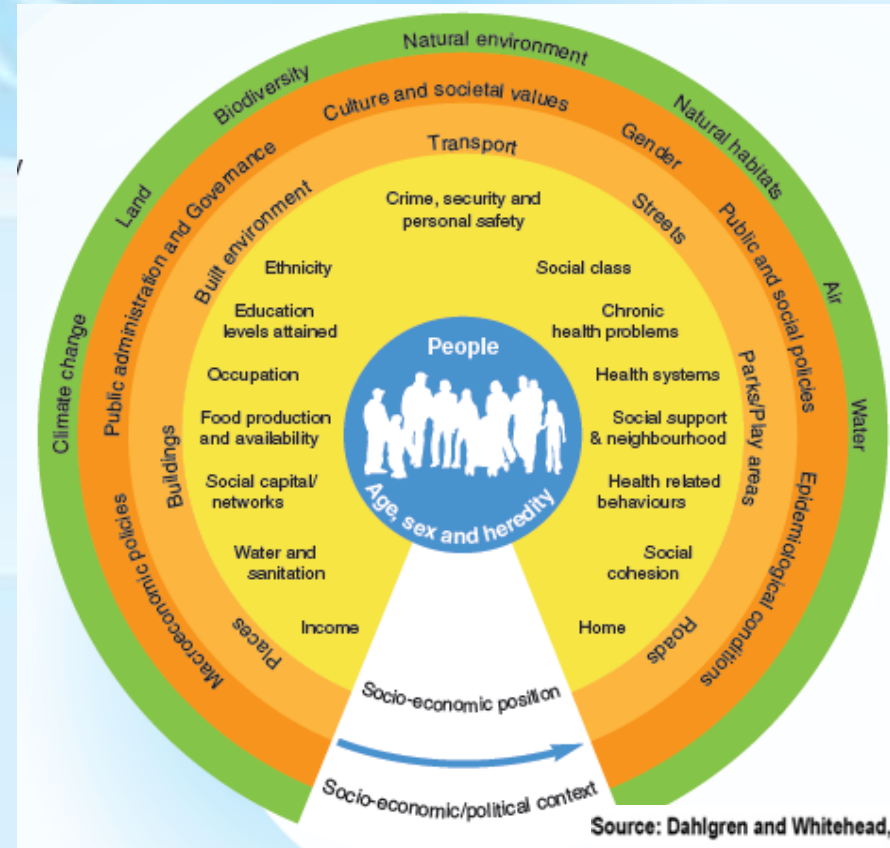
Galway Healthy Cities Project

Gaillimh Tionscnamh na gCatharacha Sláintiúla

Determinants of Health

What is a Healthy City?

- Works to support health and wellbeing.
- It is conscious of health, and works to improve it through creating and continually improving its physical and social environments.
- Develops the community resources that enable people to support each other in living their lives and achieving their potential.



Galway Healthy Cities Project
Gaillimh Tionscnamh na gCatharacha Sláintiúla

What is our vision?

Our vision for the Galway Healthy Cities programme is to create and sustain

'a city that works together to support the health and wellbeing of all its people'.

Our aims are to:

- promote a whole system approach to planning for health and wellbeing in Galway City;
- create new ways for people to interact with each other and their environment to improve health and promote healthy lifestyles;
- encourage co-operation between departments of key city sectors and promote community participation;
- raise awareness at local level of issues affecting health and wellbeing; and
- move health high on the political agenda and contribute to the development of healthy city policies.

Galway Healthy Cities Project

Gaillimh Tionscnamh na gCatharacha Sláintiúla

How is the plan implemented?

- The Galway Healthy Cities Forum acts as a steering group to implement the Healthy Cities project in Galway City.
- Action plans are developed every year to guide our work - identify priorities.
- Progress report sent to the WHO every year.
- Develop an action plan for the following year.
- Report progress to the Galway Healthy Cities Forum four times a year.

Galway Healthy Cities Project

Gaillimh Tionscnamh na gCatharacha Sláintiúla



GALWAY CITY STRATEGY TO PREVENT AND REDUCE ALCOHOL-RELATED HARM 2013-2017

- This five-year strategy has been developed to prevent and reduce alcohol-related harm in Galway City.
- It is informed by research on effective approaches to tackling alcohol related harm and focuses on four key areas:
 - A. Prevention**
 - B. Supply, Access and Availability**
 - C. Screening, Treatment and Support Services**
 - D. Research, Monitoring and Evaluation**
- Produced Research Evidence to prevent alcohol-related harm:
- Conducted the first Galway City Alcohol Survey on behaviours and attitudes towards alcohol.

www.galwayalcoholstrategy.ie

Galway Healthy Cities Project Gaillimh Tionscnamh na gCatharacha Sláintiúla



Is a network of community gardens that are organised and run by local people for the local community.



www.letsgetgalwaygrowing.com

Galway Age Friendly Programme

- Galway Healthy Cities supports the implementation of Galway Age Friendly Strategy and has undertaken a number of initiatives under the Healthy Ageing theme over the past few years.
- Supported Galway Older Persons Council in the development and dissemination the Directory of Services for Older People in Galway City & County
- Enabling and supporting older people to become more physically activity e.g. Go for Life Training
- Communicating relevant health and wellbeing information, reports and resources

Early Years Integrated Plan 0-3s

- Develop early year's integrated plan for Galway City focusing on 0-3s
- Outcome - Strengthen the focus on prevention and early intervention for 0-3s in Galway City
- Early Years sub committee – Lead Galway City Partnership, Health Promotion and Children and Young People Services Committee
- Current work – mapping of services, focus group parents. Consultation day being planned late Jan
- Further information Seamus Morrissey Galway City Partnership seamus@gcp.ie

Galway Healthy Cities Project
Gaillimh Tionscnamh na gCatharacha Sláintiúla

What are the expected outcomes?

- ❖ Improved health, wellbeing and quality of life for people living in Galway City.
- ❖ A more integrated and co-ordinated approach to health and wellbeing in Galway City.
- ❖ Greater co-operation and working together on local issues, to make best use of resources, knowledge and expertise.
- ❖ An increased focus on actions to support health and wellbeing in City policies and plans.

Galway Healthy Cities Project
Gaillimh Tionscnamh na gCatharacha Sláintiúla

Go raibh maith agaibh.

www.galwayhealthycities.ie

Twitter @HealthyGalway