



# Healthy Ireland Fund

## Local Communities for a Healthy Ireland

Guidance document for Local Community Development Committees (LCDCs) and Children and Young People's Services Committees (CYPSCs) on actions that align to national health and wellbeing policies and plans, and support the implementation of Healthy Ireland at the local level.

Final Document - September 2017



## **Introduction**

This document was prepared by the HSE Health and Wellbeing Division on behalf Healthy Ireland, in consultation with key persons and organisations. The purpose of the document is to provide guidance for Local Community Development Committees (LCDCs) and Children and Young People’s Services Committees (CYPSCs) on potential actions that align to national health and wellbeing policies and plans, and support the implementation of Healthy Ireland at the local level.

The format of this guidance is the identification of the relevant actions from national health and wellbeing policies and plans, and the potential actions that could be undertaken at a local level to progress these actions. This is not an exhaustive list, but indicative of the actions that could be progressed through the LCDC. A key focus of the Healthy Ireland Fund is the approach taken to develop and implement these actions, with partnerships and integration of existing health and wellbeing plans and policies at local level central to the application for Healthy Ireland funding. To support these partnerships, some key contacts for each county are outlined in Appendix A. This support document will be reviewed and updated as required in line with any future developments in Healthy Ireland and the Healthy Ireland Fund.

## **Healthy Ireland Framework**

Healthy Ireland, the government framework for action to improve the health and wellbeing of people living in Ireland over the coming generation was launched in March 2013. Healthy Ireland sets out a wide framework of actions that will be undertaken by Government Departments, public sector organisations, businesses, communities and individuals to improve health and wellbeing and reduce the risks posed to future generations. The vision is, *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.*

The Framework describes four high-level goals and 64 actions that will work together to achieve the 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

Goal 2 acknowledges that health and wellbeing are not evenly distributed across Irish society. This goal requires interventions to target particular health risks and a broad focus on addressing the wider social determinants of health – the circumstances in which people are born, grow, live, work and age – to create economic, social, cultural and physical environments that foster healthy living.

### **Healthy Ireland - National Policies**

Over the past few years significant work has been undertaken, in consultation with the public, in developing national policies and plans. These include, but are not limited to, Tobacco Free Ireland (2013), National Sexual Health Strategy (2015), National Physical Activity Plan (2016) and A Healthy Weight for Ireland Obesity Policy (2016).

With a focus on the implementation of these plans, there is recognition that these policies and plans have to be translated and integrated at local level. Key local structures identified to support the implementation are the Local Community Development Committees (LCDCs) and the Children and Young People Services Committees (CYPSCs). These local structures are ideally placed to understand local needs and issues, and also the assets and networks unique to each county to promote and improve the health and wellbeing of their communities.

### **Healthy Ireland Fund**

With the recognition of LCDCs and CYPSCs as key local structures, funding from the new Healthy Ireland Fund is being offered to the LCDCs and CYPSCs in 2017. The aim of the Healthy Ireland Fund is to support innovative, cross-sectoral, evidence-based projects, programmes and initiatives that implement key national policies including: the National Physical Activity Plan for Ireland, A Healthy Weight for Ireland Obesity Policy and Action Plan, National Sexual Health Strategy and Tobacco Free Ireland. The Healthy Ireland Fund will look to support projects and programmes aimed at children and young people and their families, and communities and vulnerable groups who are at most risk of experiencing health inequalities.

In addition, the development of local strategic plans for health and wellbeing is being supported to strengthen the existing approaches outlined in LECs as well as enabling greater collaboration and planning across LCDCs and CYPSCs. Collaboration between LCDCs and CYPSCs, and integration of these plans, is encouraged to foster relationships and maximise opportunities at the local level. For many local authority areas, this strategic planning process will support membership of the Healthy Cities and Counties Network.

## **Integrated Planning**

As stated above, a key aim of the Healthy Ireland Fund is to promote integrated planning through cross-sectoral working. Many of the plans, in particular the National Physical Activity and Healthy Weight for Ireland, are interconnecting. Also, there are many plans locally that are interconnected at a local, regional and national level. The 31 Local Economic and Community Plans list over 4,200 actions, many of which promote health and wellbeing. The Healthy Ireland Fund can act as a catalyst for LCDCs to bundle health and wellbeing actions, and seek to address them holistically, drawing on the expertise and any potential funding available from the agencies and Government Departments represented on the committees.

With the LECP as the starting point the LCDC Healthy County plan, for example Healthy Wexford, Healthy Kerry etc., should link data, evidence and actions that promote health, wellbeing and quality of life so that it provides insights, and most importantly is connected and integrated beyond the sector that has generated it with key relevant partners, to support implementation. This supports the 'whole-of-government and whole-of-society' approach that is required to make progress on any societal challenges including health and wellbeing, but also for example sustainability, climate change, food security, employment, shelter and social isolation. Understanding local issues, and leveraging and interconnecting local assets and systems to address these issues, supports local communities for a Healthy Ireland.

## **Key Success Factors**

The success of Healthy Ireland is based on fostering long term innovative partnerships. Supporting and growing these relationships is key to promoting and improving the health and wellbeing of all.

In relation to actions which will further the objectives of Healthy Ireland at local level, a series of ethical principles such as respect, collaboration and value for money should underpin this work. The work should be motivated by shared values such as equity, fairness, proportionality, openness and accountability, solidarity and sustainability, empowering communities and social inclusion. These values and principles support and complement the Healthy Ireland Framework.

## National Physical Activity Plan for Ireland (2016)



Click [here](#)

### **Mission**

The aim of this Plan is 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

### **Guiding Principles.** The Plan is about

- creating increased opportunities for people to be active in ways which fit in to everyday lives and which suits individual needs, circumstances and interests
- removing the barriers which people face to being active and encouraging people to recognise how to overcome those barriers
- enhancing cross-sectoral cooperation at national, local and community level to encourage physical activity at every level
- encouraging a supportive environment where physical activity becomes normal; and
- promoting good practice and finding new models of participation which get more people active.

Key relevant policy actions from National Physical Activity Plan (NPAP)	Potential local actions to implement National Physical Activity Plan actions with support of Healthy Ireland Fund
<p>Action 42 - Include actions that promote increased levels of physical activity in all Local Economic and Community Plans</p>	<ul style="list-style-type: none"> <li>Identify actions within LECP, and other relevant local plans, that promote physical activity levels and progress the participation agenda</li> </ul>
<p>Action 32 - Develop and promote walking and cycling strategies in each Local Authority area</p> <p>Action 33- Ensure that the planning, development and design of towns and cities promotes cycling and walking with the aim of delivering a network of cycle infrastructure and footpaths</p> <p>Action 34 - Ensure that the planning, development and design of towns and cities promotes the development of local and regional parks and recreational spaces that encourage physical activity LAs DECLG 2016</p> <p>Action 36 -Prioritise the planning and development of walking and cycling and general recreational /physical activity infrastructure DECLG LAs 2017</p> <p>Action 37 - Explore opportunities to maximise physical activity and recreation amenities in the natural environment</p>	<ul style="list-style-type: none"> <li>Develop and implement cycling and walking strategies</li> <li>Improve the safety and connectivity of streets and pathways particularly on well walked routes in towns and around schools for example add low level lighting on walking routes</li> <li>Encourage local communities to identify potential new activities in their area using the environment – greenways for walking; cycling / blueways for swimming, kayaking, sailing</li> <li>Develop park walks, trails and outdoor spaces. For example Woodlands for Health initiative <a href="http://www.coillte.ie/our-forests/public-goods/health-and-well-being/">www.coillte.ie/our-forests/public-goods/health-and-well-being/</a></li> <li>Indicate 1km or 2km walking routes in villages/towns, develop cycle tracks/routes in villages and towns; publish maps showing key cycle and walking routes and provide clear signage for walking and cycling</li> <li>Conduct BYPAD (Bicycle Policy Audit) audit (<a href="http://www.bypad.org">www.bypad.org</a>)</li> <li>Erect cycle stands in larger towns and cities, near to public transport interchanges and amenities</li> </ul>

	<ul style="list-style-type: none"> <li>• Introduce an automated cyclist counting system with public displays in prominent positions</li> <li>• Develop open water swimming infrastructure for example distance markers, outdoor showers, provision of beach friendly wheelchairs and system for public to access. <i>Please liaise with local Water Safety Officer for advice.</i></li> <li>• Develop outdoor exercise stations in prime locations</li> <li>• Provide safe, well maintained play areas for children and provide disability friendly playground equipment</li> </ul>
<p>Action 40 - Support the Smarter Travel Workplace and Campus Programmes</p>	<ul style="list-style-type: none"> <li>• Develop, expand and promote active travel <a href="http://www.smartertravel.ie">www.smartertravel.ie</a> <a href="http://www.smartertravelworkplaces.ie">www.smartertravelworkplaces.ie</a>; <a href="http://www.greencampusireland.org">www.greencampusireland.org</a></li> </ul>
<p>Action 41 - Continue to support the Community Sport and Physical Activity Hubs in disadvantaged areas</p>	<ul style="list-style-type: none"> <li>• Develop all weather multi use games area in local parks/ community parks with low level lighting for use during winter</li> </ul>
<p>Action 43 – Support rollout 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</p>	<ul style="list-style-type: none"> <li>• Support implementation of Get Ireland Walking Strategy and Action Plan (2017 – 2020). Contact <a href="mailto:jason@getirelandwalking.ie">jason@getirelandwalking.ie</a></li> </ul>
<p>Action 44 - Implement and support participation programmes with a focus on disadvantaged communities</p>	<ul style="list-style-type: none"> <li>• Extend existing programmes from LSPs, HSE etc. that promote physical activity, to vulnerable and hard to reach groups.</li> <li>• Update local services/facilities databases, ensuring that the data can be integrated into the national facilities database on <a href="http://www.getirelandactive.ie">www.getirelandactive.ie</a>. Install Get Ireland Active search facility (once available) into websites and online resources</li> </ul>

## A Healthy Weight for Ireland Obesity Policy (2016 – 2025)



Click [here](#)

The *Obesity Policy and Action Plan* covers a ten-year period, up to 2025. The overall aim is to increase the number of people with a healthy weight and set us on a path where healthy weight becomes the norm.

There is an opportunity now to act collectively and set the direction towards reversing the trend of increasing rates of obesity in Ireland. The Policy also aims to remove the stigma associated with obesity, especially in children.

Key relevant policy actions from A Healthy Weight for Ireland	Potential local actions to implement A Healthy Weight for Ireland actions with support of Healthy Ireland Fund
<p><b>Action 42</b> - Include actions that promote increased levels of physical activity in all Local Economic and Community Plans</p>	<ul style="list-style-type: none"> <li>• Identify and integrate actions within LECP, and other relevant local plans in particular Local Sports Partnership plan, that promote physical activity levels</li> </ul>
<p><b>Action 1.4</b> - Provide potable water in all learning centres (from preschool and crèches to universities and adult learning centres) and ensure all new builds provide potable water on opening</p>	<ul style="list-style-type: none"> <li>• Provide access to drinking water in parks and community spaces</li> </ul>

**Action 1.5** Expand parenting programmes that incorporate healthy lifestyle and behavioural change.

- Provide funding, support and develop partnerships to expand access to evidence based parenting programmes – Parents Triple P - [www.mapp.ie](http://www.mapp.ie) / [Triplep.midlands@hse.ie](mailto:Triplep.midlands@hse.ie) or Parents Plus - [www.parentsplus.ie](http://www.parentsplus.ie)
- Support and promote breastfeeding through (a) funding to establish peer-to-peer breastfeeding support groups in disadvantaged areas; and (b) promote annual HSE breastfeeding campaign. Contact [Siobhan.hourigan@hse.ie](mailto:Siobhan.hourigan@hse.ie) or [Rebecca.odonovan@hse.ie](mailto:Rebecca.odonovan@hse.ie)
- Promote and include visible signage that welcomes breastfeeding mothers in all public spaces, including Public Services Centres

**Action 9.2** - Scale up effective community based programmes with a focus on disadvantaged areas to enhance knowledge and skills with regard to healthy eating and active living. Special emphasis should be placed on providing guidance, advice and training to parents on healthy food and healthy eating.

- Support and promote existing programmes from HSE and Area Partnerships that promote healthy eating and healthy lifestyles to vulnerable, disadvantaged groups and hard to reach groups for example Community food initiatives including cooking programmes Visit - [www.safefood.eu/Professional/Nutrition/Food-Poverty/Demonstration-Programme-of-Community-Food-Initiati.aspx](http://www.safefood.eu/Professional/Nutrition/Food-Poverty/Demonstration-Programme-of-Community-Food-Initiati.aspx) Contact Marian O'Reilly [moreilly@safefood.eu](mailto:moreilly@safefood.eu)
- Maintain and enhance opportunities for community food growing
- Support greening and gardening in urban spaces (see [www.madaboutcork.ie](http://www.madaboutcork.ie))
- Develop and implement a Healthier Food Environment Policy and implementation plan (see [www.corkfoodpolicycouncil.com](http://www.corkfoodpolicycouncil.com))
- Promote and support national campaigns on healthy eating, physical activity and obesity prevention

Note – Ensure, where possible, that community, cultural and sporting events focusing on children and families do not seek sponsorship or CSR funding from brands/products associated with foods high in fat, salt or sugar – for example confectionary, sugar-sweetened drinks, fast-food/takeaways.

## National Sexual Health Strategy (2015 – 2025)



Click [here](#)

Vision - that everyone in Ireland experiences positive sexual health and wellbeing and has access to high quality sexual health information, education and services throughout life.

The plan is informed by the principles of equity, accessibility and quality with regard to sexual health and wellbeing throughout life.

Key relevant policy actions from National Sexual Health Strategy (2015 – 2025)	Potential local actions to implement National Sexual Health Strategy actions with support of Healthy Ireland Fund
<p><b>Recommendation 3.1</b> Promote an environment of openness to reduce the negative impact of stigma relating to sexual health and wellbeing.</p> <p><b>Recommendation 3.5</b> Support all children and young people in addressing issues that impact on sexual wellbeing such as stigma, homophobia, gender, ability/disability, mental health, alcohol and drugs.</p> <p><b>Recommendation 3.13</b> - Provide all adults with information aimed at reducing negative sexual health outcomes and promoting sexual wellbeing, throughout life.</p>	<ul style="list-style-type: none"> <li>• Provide funding for staff from local services and NGOs to attend the HSE Foundation Programme in Sexual Health Promotion, a 10 day training programme. Contact Ray Madden: <a href="mailto:ray.madden@hse.ie">ray.madden@hse.ie</a></li> <li>• Work with the National Youth Council of Ireland to deliver sexual health policy development training to staff from local services. Contact Ailish O Neill: <a href="mailto:Ailish@nyci.ie">Ailish@nyci.ie</a></li> <li>• Work with Foroige to deliver the <i>REAL U: Relationships Explored and Life Uncovered</i> is a <u>2 day</u> training course. This programme will equip you to engage young people in developing and building positive relationships and to explore issues pertinent to Relationships and Sexuality. Contact <a href="mailto:training@foroige.ie">training@foroige.ie</a></li> </ul>

**Recommendation 3.17** Ensure that all campaigns and interventions targeting those most at risk of negative sexual health outcomes will be inclusive with regard to the diversity of sexual experiences and identities.

- Provide funding for a series of Street Art Workshops in local area focusing on the theme of relationships and sexuality. The workshops are suitable to youth services and centres that deliver the Youthreach Programme. Contact: [anita.butt@hse.ie](mailto:anita.butt@hse.ie)
- Provide funding towards coordinating LGBT support groups for young people in their local area. Extend 'Stand Up Week' to community events. Contact: BeLonG To: [info@belongto.org](mailto:info@belongto.org)
- Promote and support national campaigns and communication in relation to sexual health

## Tobacco Free Ireland Plan (2013)



Click [here](#)

Key relevant policy actions from Tobacco Free Ireland Plan (2013)	Potential local actions to implement Tobacco Free Ireland Plan (2013) actions with support of Healthy Ireland Fund
<p>Tobacco Free Ireland Plan is based on the World Health Organization (WHO) MPOWER Model  <a href="http://www.who.int/tobacco/mpower/en/">http://www.who.int/tobacco/mpower/en/</a></p> <p>WHO MPOWER model</p> <ul style="list-style-type: none"> <li>• <b>M</b>onitor tobacco use and prevention policies</li> <li>• <b>P</b>rotect people from tobacco smoke</li> <li>• <b>O</b>ffer help to quit tobacco use</li> <li>• <b>W</b>arn about the dangers of tobacco</li> <li>• <b>E</b>nforce bans on tobacco advertising, promotion and sponsorship</li> <li>• <b>R</b>aise taxes on tobacco products</li> </ul>	<ul style="list-style-type: none"> <li>• Install signage for local tobacco free environments (playgrounds, parks, beaches, greenways, town squares, Council owned leisure facilities etc.) for signage ideas contact <a href="mailto:TFI@hse.ie">TFI@hse.ie</a></li> <li>• Promote HSE Quit line 1800 201 203 and <a href="http://www.quit.ie">www.quit.ie</a></li> <li>• Provide funding for intensive smoking cessation specialist counsellors training and once trained (a) fund sessional one to one/group smoking cessation interventions particularly in disadvantaged communities and/or (b) deliver the Irish Cancer Society (We can QUIT programme) which provides group cessation counselling support and free Nicotine replacement therapy over a 12 week period and targets women in lower social economic groups. Contact <a href="mailto:rburke@irishcancer.ie">rburke@irishcancer.ie</a></li> </ul>

	<ul style="list-style-type: none"><li>• Promote and support Family Resource Centres, Community Centres, or other facilities which receive City and council funding to implement Tobacco Free Campus Policies</li><li>• Fund a <i>Tobacco Free Homes</i> programme whereby people are supported to quit smoking through outreach visits by a smoking cessation professional (e.g. Trained City and County Partnership workers).</li><li>• Fund community employment schemes to provide health and wellbeing education (to include tobacco) within the community. The Irish Cancer Society has a programme called 'Fit for Work'. Contact <a href="mailto:rburke@irishcancer.ie">rburke@irishcancer.ie</a></li><li>• Fund local youth and community groups to participate in the Irish Cancer Society's XHALE projects. Contact <a href="mailto:schadwick@irishcancer.ie">schadwick@irishcancer.ie</a> or by phone: (01) 231 6624 or fund youth &amp; community groups to deliver QUIT4Youth training. Please contact <a href="mailto:geraldine.cully@hse.ie">geraldine.cully@hse.ie</a> for more information.</li><li>• Promote public events, especially those aimed at children and families (e.g. food festivals, agricultural shows, sporting events) as being tobacco free events. Provide Quit support material and employ appropriate communications and supporting signage.</li></ul>
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## Appendix A – Key Contacts per County

County	Healthy Cities and Counties  <b>Accredited</b>  Commitment to become accredited and/or interest expressed in becoming accredited	HSE Community Health Organisations – CEO and Health and Wellbeing Leads	Local Sports Partnerships	HSE Physical Activity Coordinators	HSE Community Dietitian Managers	<i>Safefood</i> - Community Food Initiative programme
Carlow	Martha Jane Duggan – <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a> Anna Marie Lanigan <a href="mailto:Annamarie.lanigan@hse.ie">Annamarie.lanigan@hse.ie</a>	CHO5 CEO Aileen Colley <a href="mailto:aileen.colley@hse.ie">aileen.colley@hse.ie</a> H&WB Lead Derval Howley <a href="mailto:Derval.howley2@hse.ie">Derval.howley2@hse.ie</a>	Carlow Sports Partnership Martha Jane Duggan <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>	Catherine O’Loughlin <a href="mailto:Catherine.oloughlin@hse.ie">Catherine.oloughlin@hse.ie</a>	Anne-Marie Tully <a href="mailto:Annemarie.tully@hse.ie">Annemarie.tully@hse.ie</a>	Sinéad Conroy <a href="mailto:sconroy@secad.ie">sconroy@secad.ie</a>
Cavan	<a href="mailto:johndonohoe@cavancoco.ie">johndonohoe@cavancoco.ie</a>	CHO1 CEO John Hayes <a href="mailto:john.hayes@hse.ie">john.hayes@hse.ie</a> H&WB Lead Cara O’Neill <a href="mailto:cara.oneill@hse.ie">cara.oneill@hse.ie</a>	Cavan Sports Partnership Nadine Mc Cormilla <a href="mailto:ncrotty@cavancoco.ie">ncrotty@cavancoco.ie</a>		Irene Cunningham <a href="mailto:Irene.Cunningham@hse.ie">Irene.Cunningham@hse.ie</a>	
Clare	<a href="mailto:Geraldinemary.guinn@hse.ie">Geraldinemary.guinn@hse.ie</a> <a href="mailto:tforde@coco.ie">tforde@coco.ie</a>	CHO3 CEO Bernard Gloster <a href="mailto:cho.midwest@hse.ie">cho.midwest@hse.ie</a> H&WB Lead Maria Bridgeman <a href="mailto:maria.bridgeman@hse.ie">maria.bridgeman@hse.ie</a>	Clare Sports Partnership John Sweeney <a href="mailto:john@claresportspartnership.ie">john@claresportspartnership.ie</a>		Sinéad Glover/Kay Finn/Tonya O’Neill <a href="mailto:sinead.glover@hse.ie">sinead.glover@hse.ie</a> <a href="mailto:kay.finn@hse.ie">kay.finn@hse.ie</a> <a href="mailto:tonya.oneill@hse.ie">tonya.oneill@hse.ie</a>	
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