



Kilkenny Local Community Development Committee HEALTHY IRELAND COMMUNITY PLAN



PHYSICAL
STRENGTH



OVERALL
MENTAL HEALTH



LESSEN EFFECT
OF ASTHMA



GOOD
EMOTIONAL



STRENGTHEN
JOINTS



HEALTHY
HEART



Healthy LIFESTYLE

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1 Foreword

As Chairperson of the Kilkenny Local Community Development Committee(LCDC) it gives me great pleasure to introduce the Kilkenny Healthy Ireland Community Plan for 2018 -2021.

Kilkenny LCDC set up a sub-group to give oversight and direction in the development this plan , the subgroup was made up of various stake-holders from the Statutory, Community based and not for profit sectors. The role of the sub-group also involved advising and supporting the consultant , Aoife Dermody from Quality Matters , with the research , consultation and the development of local Healthy Ireland priorities and gaps.

All of these elements form the plan which was presented to Kilkenny LCDC for ratification on 18th May, 2018.

The aim of the Healthy Ireland Strategy is to “create an Irish society where everyone can enjoy physical and mental health, and where wellbeing is valued and supported at every level of society.”

The aim of this plan is to distil that strategy into a local plan with locally devised actions that will create a Kilkenny Community where everyone can enjoy and benefit from physical and mental health wellbeing.

As chairperson of Kilkenny LCDC I invite you to accompany us all on the journey from Strategy to Plan to Implementation.

I would like to thank the Healthy Ireland Subgroup for the time and commitment made in bringing this worthwhile plan together . I would also like to thank Aoife Dermody from Quality Matters who worked with the group, supported the group and challenged the group to do justice to both the process and the plan.

Finally, I would like to thank all of those who took part in the consultation process your time and effort have helped to create a plan that is unique and useful for the communities in Kilkenny.

*Fergus Keane,
Chairperson, Kilkenny Local Community Development Committee*

2 Healthy Ireland Framework

2.1 Overview

The National Healthy Ireland Framework was published by the Government in 2013 as a Whole of Government or 'Health-in-all-Policies' approach to enhancing the health of our communities. This means that all government departments agreed that each had a part to play in enhancing the health of everyone who lives in Ireland as opposed to health being 'only the job of the Dept of Health'.

Figure 1: Healthy Ireland Vision



The overarching goals highlight the lifelong approach, as well as the focus on reducing health inequalities by focussing on social determinants of health. The two other themes, which are not a focus of this local action plan, address the need to reduce threats to health and focusing on creating a health environment. The national strategy also includes a framework that includes outcomes, indicators and targets for achieving the goals of the Strategy at national level.

This supports and compliments the vision statement outlined in the Kilkenny Local Economic and Community Plan 2016-2021 which is to make sure that Kilkenny is a great place to live, work and play; offering its citizens dignity, security and the capacity to participate to their maximum potential. The Local Economic and Community Plan will create the framework conditions to ensure that this continues to be the case by

1. Supporting the enterprise economy,
2. Facilitating innovation and entrepreneurship,
3. Enhancing the visitor experience,
4. Enhancing educational attainment and skills development,
5. Developing the rural economy,
6. Advancing access and communications infrastructure,
7. Fostering leadership and capacity,
8. Protecting and utilising the natural, cultural and built environment,
9. Contributing to regional growth and international potential,
10. Addressing area based poverty and disadvantage,

11. Addressing poverty and social exclusion,
12. Enhancing community facilities and participation, and
13. Improving health and wellbeing.

2.2 Priorities for Local Plans

Healthy Ireland is a broad-based ambitious national strategy. National Guidance highlights six key areas for focus which largely fall under the first two goals mentioned previously:

- Physical Activity
- Healthy Weight for Ireland
- Tobacco Free
- Prevention of Alcohol Related Harm
- Sexual Health
- Mental Well Being

To inform the strategy and priority areas, an annual Healthy Ireland Survey of health and well-being has been conducted since 2015.¹ This data is then used to develop policies and plans under the Healthy Ireland Framework. Following this approach, local data has been accessed and analysed from this survey, as well as other relevant reports, to support the Healthy Ireland subgroup and local stakeholders to identify local priority areas as well as areas where there is a requirement for a further breakdown of regional data.

In addition to the actions detailed in this plan, there are other local Healthy Ireland initiatives that support the achievement of national goals at a local level, and will continue to run in synergy with this plan. 'Healthy Ireland at Your Library' is an initiative being implemented in Kilkenny and is detailed below.

Healthy Ireland at Your Library

Public libraries are currently delivering the nationwide Healthy Ireland at Your Library programme that will establish libraries as a valuable source within the community for health information. The Healthy Ireland at Your Library service is available in all local libraries across the country. Funding granted by Healthy Ireland has enhanced health and well-being book collections (digital and hardcopy), and provided for staff training, events, and promotion. The Healthy Ireland at Your Library programme will continue to build on this and contribute to improving the health, wellbeing, and overall quality of life of communities and individuals at all life stages. Through the countrywide library network, the Healthy Ireland at Your Library programme will provide a range of resources, services and support to users and communities.

Book stock

A comprehensive collection of books on health and wellbeing will be available in all public libraries.

Online resources

New e-books, e-audio books and e-magazines will be accessible in every library and by remote access

¹ 2017 Survey is available here <http://www.healthyireland.ie/wp-content/uploads/2017/10/Healthy-Ireland-Survey-Wave-3-Report-1.pdf>.

Health information services

Trained staff will be able to provide information guidance and direction to users with health and wellbeing queries and promote health awareness in the community.

Branding and Promotion

National and local campaigns, promotional materials including roll-up banners and bookmarks, and online promotion through the Libraries Ireland website and social media.

Programmes and events

Talks, discussions and workshops with a focus on physical health, mental health and health literacy.

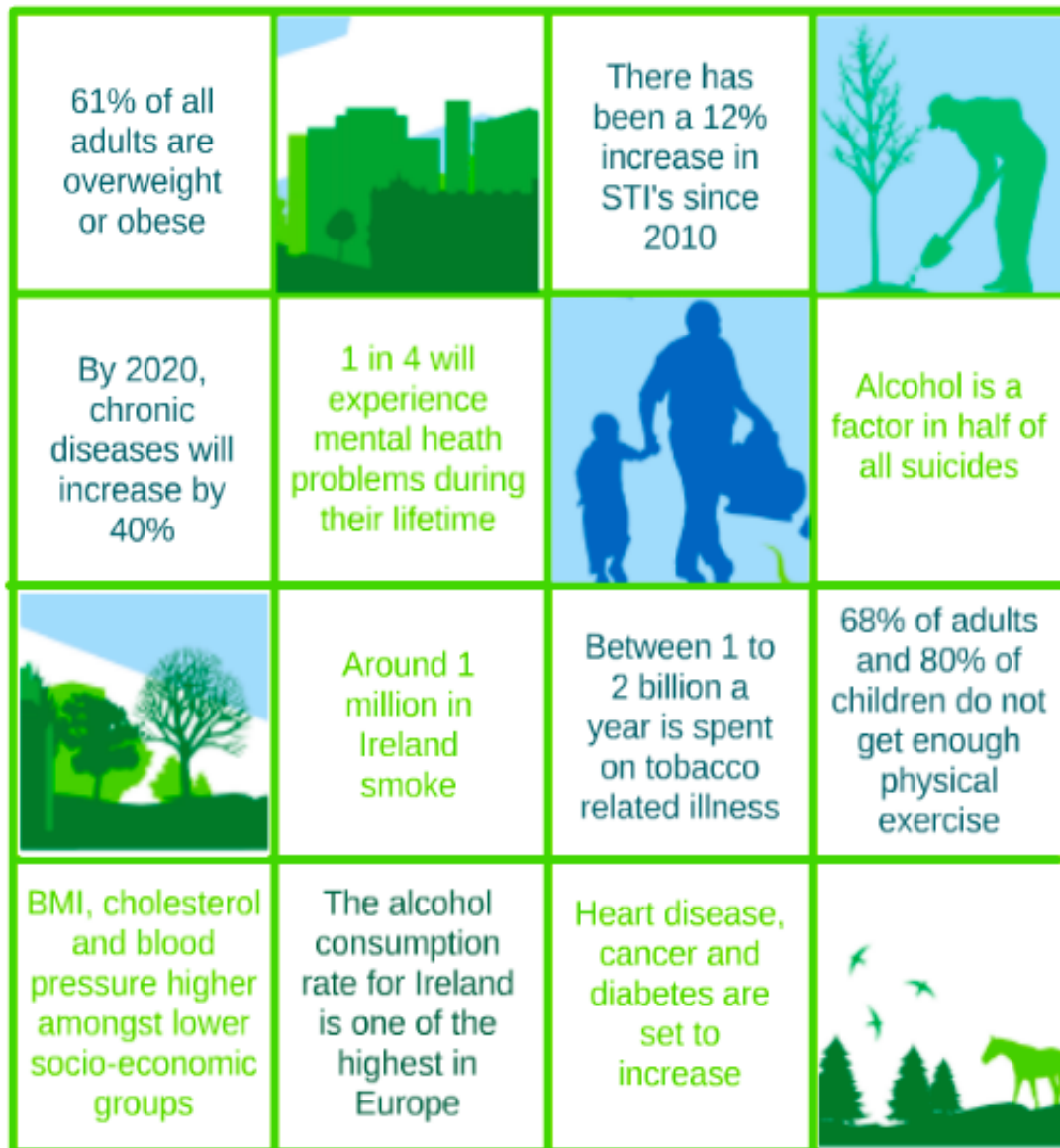
Staff training

Training sessions for each local authority will build the knowledge and skills of library staff to meet user needs for health information and to respond confidently to user requests and provide direction to relevant health resources.

2.3 Overview of Health Data

There is a significant amount of data in Healthy Ireland strategy and related plans that provides evidence for the areas of national priority. Some high level example data is provided in Table 1.

Figure 2: Health Data gleaned from Healthy Ireland Surveys



2.4 Social Determinants of Health

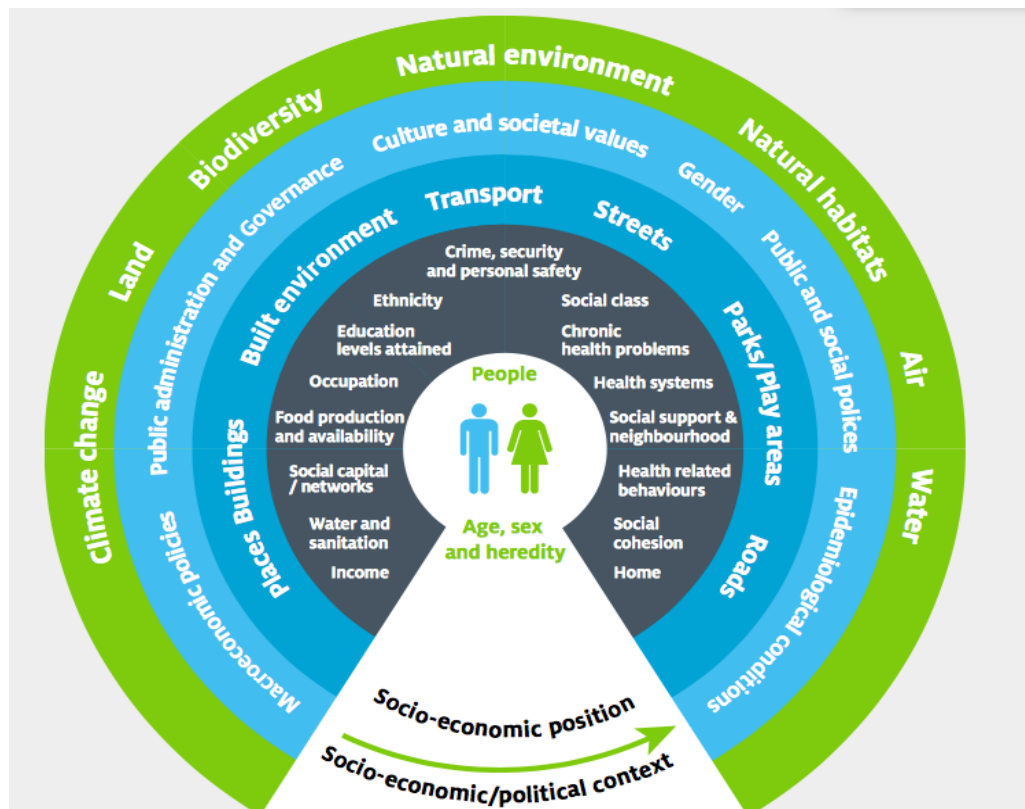
The Healthy Ireland Framework recognises that there are many factors, or determinants, which can influence a person's health and wellbeing, and acknowledges that good health is not evenly distributed across Irish society. The circumstances in which people are born, grow, live, work and age all impact on their health, in addition to the individual choices people make about how to live. Analysing health needs from a social determinants perspective means mapping the relationship between the individual, their environment and

disease. Three layers are commonly considered as social determinants and, according to Dahlgren & Whitehead,² can be described as follows:

- The first layer is personal behaviour / ways of living that can promote or damage health.
- The second layer is social and community influences, which can have a positive or negative impact on health
- The third layer includes structural factors: housing, working conditions, access to services and provision of essential facilities. In this respect, the environment in which people live has been evidenced to be a major determinant of health and well-being.³

The social determinants of health model requires any initiative or strategy to be considered in light of its potential impact on communities that experience the greatest health disparities.

Figure 3: Social Determinants of Health (taken from Healthy Ireland)



² Social Determinants of Health adapted from Dahlgren and Whitehead (1991), see http://www.nwci.ie/download/pdf/determinants_health_diagram.pdf.

³ Barton, H. and Grant, M., (2006) A health map for the local human habitat, Journal of the Royal Society for the Promotion of Public Health, 126 (6) pp252-261.

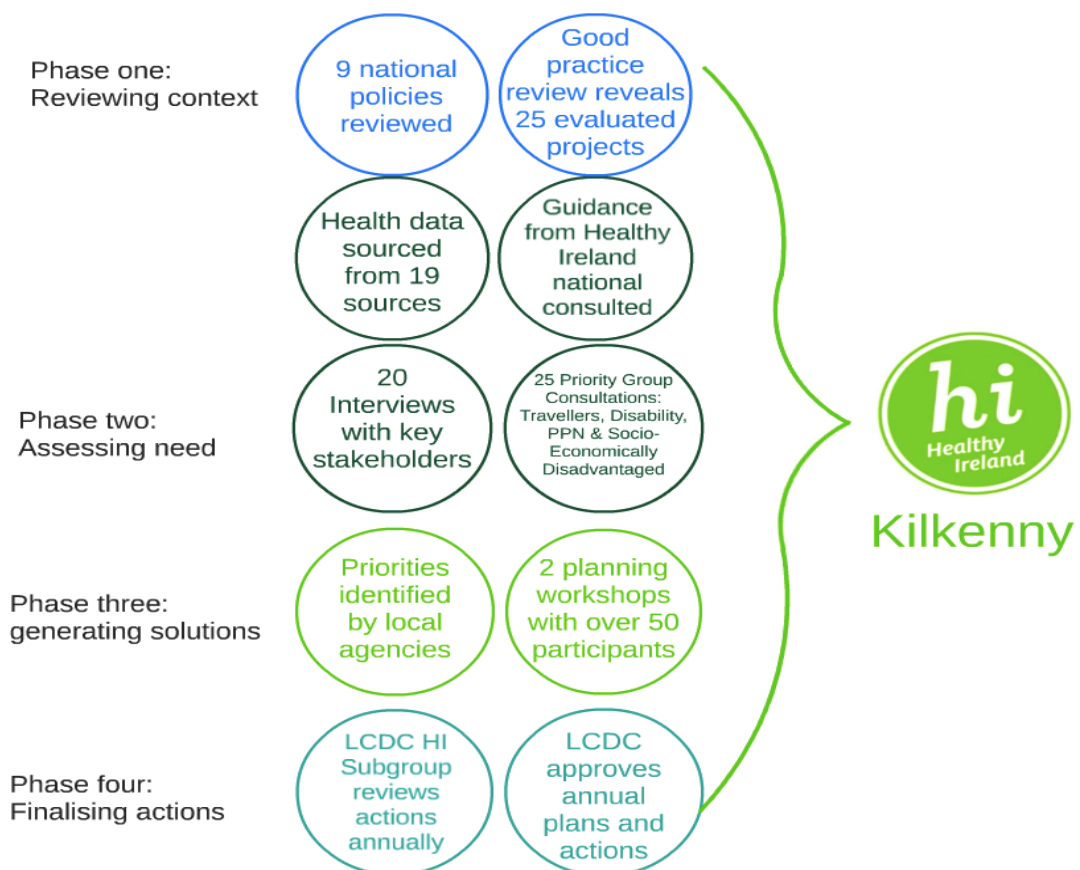
3 Developing this Plan

3.1 Overview

This strategy was developed in the first quarter of 2018. The methodology used to develop the strategy was underpinned by a number of principles which included:

1. The plan will outline regional solutions to regional problems and be contextualized within the National Healthy Ireland Framework
2. All actions will be informed by data
3. Local stakeholders are central to the identification of needs and solutions
4. Actions require a lead agency with the interest and expertise to progress the actions
5. This strategic planning process to be planned to avoid duplication of the Children and Young People Services Committee planning process, which is being progressed over the same time frame
6. The plan will prioritise interagency and co-ordinated actions
7. The actions and plan are recommended to, and approved by the Local Community Development Committee and disseminated to the Kilkenny County Council and all action partners

3.2 The strategy development process in numbers



4 The National Policy Context

4.1 Overview

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), A Healthy Weight for Ireland Obesity Policy (2016), Reducing Harm, Supporting Recovery- a health lead response to drug and alcohol use in Ireland (2017) and the National Get Ireland Walking Strategy (2017).

With a focus on the implementation of these plans, there is recognition that these policies and plans have to be integrated and implemented at local level. The Kilkenny Local Community Development Committee is ideally placed to understand local needs and issues, and also the assets and networks unique to Kilkenny to promote and improve the health and well-being of people living in Kilkenny. This section of the strategy outlines key national policies that support Healthy Ireland. These strategies have been outlined in brief and some actions listed that may be relevant at the local level.

Figure 4: Relevant Strategies and Plans



4.2 A Healthy Weight for Ireland - Obesity Policy and Action Plan 2016 – 2025

Government policy is intent on reducing the levels of overweight and obesity and its policy goals will be implemented under the *Healthy Ireland Framework*. The *Obesity Policy and*

*Action Plan*⁴ is also working to be life-course oriented,⁵ with a focus on children and families; and prevention focused, with an emphasis on targeting inequalities. There is also a focus on community delivery of programmes to ensure accessibility. The Action Plan involves all sectors in Ireland and includes implementation pathways and indicators to measure progress. The Policy also aims to remove the stigma associated with obesity.⁶

4.3 Better Outcomes Brighter Futures (BOBF)

This is the national strategy for children and young people between the ages of 0 and 24. It identifies six high level goals to strengthen the support systems around children, young people and their parents. BOBF is aligned to HI, and seeks 'to improve all aspects of health and well-being', reducing risk taking, promoting healthy behaviour and positive mental health, as well as improving diet and diseases related to overweight and obesity.

The transformational goals that underpin BOBF, and which relate to HI, are: support parents, earlier intervention and prevention, listen to and involve children and young people, ensure quality services, and strengthen local services and cross government and interagency collaboration and co-ordination. Implementation of these goals should achieve the following five outcome goals:

That all children and young people:

1. Are active and healthy, with positive physical and mental wellbeing
2. Are achieving their full potential in all areas of learning and development
3. Are safe and protected from harm
4. Have economic security and opportunity
5. Are connected, respected and contributing to their world

In relation to outcome one, there are further aims, which are that children:

- 1.1 Are physically healthy and make positive health choices
- 1.2 Have good mental health
- 1.3 Have a positive and respectful approach to relationships and sexual health
- 1.4 Are enjoying play, recreation, sports, arts, culture and nature

4.4 Connecting for Life 2015 – 2020

This is the national strategy for reducing suicide and empowering communities and individuals to improve their mental health and well-being. *Connecting for Life* has 7 goals and includes an implementation plan to achieve two key objectives. These are: (i) reducing the suicide rate in the whole population and amongst specified priority groups, and (ii) reduced rates of presentations of self-harm in the whole population and amongst specified

⁴ The Special Action Group on Obesity upon which the plan was based has worked on a number of initiatives including:

- A code of practice in relation to advertising, promotion and sponsorship of food and drink
- A media campaign to communicate practical solutions for parents to adopt in order to tackle the everyday habits that are associated with excess weight in childhood. More details about this campaign which is titled "Let's take on childhood obesity, one step at a time" can be found by visiting the SafeFood website
- Revising the Healthy Eating Guidelines
- Developing Healthy Eating Guidelines for 1-5-year-old children
- Treatment Guidelines for Overweight and Obesity
- Calorie posting in restaurants

⁵ This refers to analysis which takes place within a person's structural, economic and social contexts. The World Health Organisations states that a life-course approach also takes into account the social determinants of health, gender, equity and human rights

⁶ <http://health.gov.ie/wp-content/uploads/2016/09/A-Healthy-Weight-for-Ireland-Obesity-Policy-and-Action-Plan-2016-2025.pdf>.

priority groups.⁷ Recommendations that relate very specifically to HI, and involve potential for multiagency responses include;

1. Improve population-wide understanding of suicidal behaviour, mental health and wellbeing, and associated risk and protective factors.
2. Increase awareness of available suicide prevention and mental health services.
3. Reduce stigmatising attitudes to mental health and suicidal behaviour at population level and within priority groups,
4. Improve the continuation of community level responses to suicide through planned, multi-agency approaches,
5. Ensure that accurate information and guidance on effective suicide prevention are provided for community-based organisations (e.g. family resource centres, sporting organisations).
6. Ensure the provision and delivery of training and education programmes on suicide prevention to community-based organisations.
7. Improve the implementation of effective approaches to reducing suicidal behaviour among priority groups,
8. Support, in relation to suicide prevention, the Substance Misuse Strategy, to address the high rate of alcohol and drug misuse.
9. Enhance the supports for young people with mental health problems or vulnerable to suicide.

4.5 A Vision for Change

A Vision for Change is the Government's policy for Mental Health Services in Ireland. It was developed by an expert group and provides a framework for building and fostering positive mental health across the entire community and for providing accessible, community-based, specialist services for people with mental illness. The goal is that everyone should have access to local, specialised and comprehensive mental health service provision that is of the highest standard. It includes 18 key recommendations and a plan for implementation⁸. Recommendations that relate very specifically to Healthy Ireland, and involve potential for multiagency responses include: 1. Mental health promotion should be available for all age groups, 2. services should be recovery orientated, 3. Linkages between all providers should be encouraged.

4.6 National Drug and Alcohol Strategy, Reducing Harm, Supporting Recovery

The latest National Drug and Alcohol Strategy, Reducing Harm, Supporting Recovery – a health led response to drug and alcohol use in Ireland 2017-2025, is government policy on drug and alcohol abuse. It sets out an integrated public health approach to drug and alcohol use. A key focus of the strategy is on promoting healthier lifestyles within society. It includes a 50-point Action Plan from 2017 to 2020, with the scope to develop further actions between 2021 and 2025. The strategy treats substance abuse and alcohol addiction as a public health issue rather than a criminal justice issue. Strategic actions which can be progressed at the community level include.⁹

- Support SPHE programmes
- Improve supports for young people at risk of early substance use

⁷ http://health.gov.ie/wp-content/uploads/2015/06/Connecting-for-Life_LR.pdf

⁸ https://www.hse.ie/eng/services/publications/Mentalhealth/Mental_Health_-_A_Vision_for_Change.pdf.

⁹ <http://health.gov.ie/blog/publications/reducing-harm-supporting-recovery-2017-2025/>.

- Facilitate increased use of school buildings, where feasible, for afterschool care and out of hours use to support local communities
- Improve services for young people at risk of substance misuse in socially and economically disadvantaged communities
- Expand the availability and geographical spread of relevant drug and alcohol services and improve the range of services available, based on identified need
- Improve relapse prevention and aftercare services
- Further strengthen services to support families affected by substance misuse
- Help individuals affected by substance misuse to build their recovery capital
- increase the range of progression options for recovering drug users and develop a new programme of supported care and employment
- Respond to the needs of women who are using drugs and/or alcohol in a harmful manner
- Expand the range, availability and geographical spread of problem drug services for those under the age of 18.
- improve the response to the needs of older people with long term substance use issues
- Improve outcomes for people with co-morbid mental illness and substance misuse problems
- In line with rebuilding Ireland, improve the range of problem substance use services and rehabilitation supports for people with high support needs who are homeless.

4.7 National Physical Activity Plan

Under this Plan, physical activity levels will be increased across the entire population with the intention that the health and wellbeing of people living in Ireland will be improved. The Plan is aiming to get everybody physically active and spending less time being sedentary. Its goal is that everybody lives, works and plays in a society that facilitates, promotes and supports physical activity and an active way of life.¹⁰ This plan outlines that:

- All children and young people should be active, at a moderate to vigorous level, for at least **60 minutes every day**
- Adults and older people should be active for at least **30 minutes a day** of moderate activity on 5 days a week (or 150 minutes a week)
- People with disabilities should be as active as their ability allows. Aim to meet adult guidelines of at least **30 minutes** of moderate-intensity activity on 5 days a week

The recommendations in this plan that can be implemented at local level include:

- Conduct an annual National Week of Physical Activity and Sport to link in with the European Week of Sport
- Develop guidance to support schools adopt and implement policies that promote the wellbeing of their communities under the Get Active! Framework
- Extend the Active School Flag programme to 500 further schools
- Fully implement the physical education curriculum for all primary and post-primary pupils to meet Department of Education and Skills guidelines

¹⁰ <http://www.getirelandactive.ie/Professionals/National-PA-Plan.pdf>

- Include physical activity in the development plans of Department of Children and Youth Affairs- Children and Young People’s Services Committees
- 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
- 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
- Prioritise the planning and development of walking and cycling and general recreational /physical activity infrastructure
- Explore opportunities to maximise physical activity and recreation amenities in the natural environment
- Continue to support the Smarter Travel Workplace and Campus Programmes
- 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
- Develop a physical activity for health culture in Ireland through the development of new Get Ireland Running, Get Ireland Cycling, Get Ireland Swimming initiative
- Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes
- Develop programmes to address transitions and drop out from physical activity and sport
- 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

4.8 National Sexual Health Strategy

This is Ireland’s first national strategy on sexual health. The vision of this strategy is that everyone in Ireland experiences positive sexual health and wellbeing and has access to high quality sexual health information, education and services throughout their life. It follows *Healthy Ireland* guidelines and contains 71 recommendations.¹¹ An Action Plan was developed to cover 2015 – 2016, and further plans have been initiated and monitored through various working groups. Recommendations which can be implemented at community level include:

- Ensure that all young people will have continued access, and knowledge of how to access, age-appropriate sources of trustworthy and accurate information and support on relationships and sexual health
- 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

¹¹ <http://health.gov.ie/wp-content/uploads/2015/10/National-Sexual-Health-Strategy.pdf>.

- Develop and promote accessible and appropriate information, resources and supports for parents to enable them to communicate effectively about relationships and sexuality
- Continue to provide to all young people who have left school with information on how and where to access sexual health services appropriate to their needs
- Outreach programmes to inform and support young people in out-of-school settings will be proactive in addressing sexual health needs,
- Provide organisations working with young people in out-of-school settings with support and sexual health training to ensure they provide high quality advice, resources and services
- Provide all adults with information aimed at reducing negative sexual health outcomes and promoting sexual wellbeing, throughout life
- Provide accessible crisis pregnancy supports, STI/HIV testing and other supports and counselling for all sexually active adults
- Include broader sexual health information in public health campaigns and information resources
- 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
- Develop and maintain positive prevention, access to condoms, testing, targeted education and outreach
- Identify and establish links with other relevant strategies, particularly those relating to vulnerable and at-risk groups, to ensure their sexual health needs are addressed
- Develop programmes for those working with vulnerable and at-risk groups to train them to recognise and respond appropriately to the sexual health needs of their clients, recognising and addressing the barriers to accessing services faced by many at-risk groups
- Incorporate training on sexual health for professionals who deliver sexual health education and prevention activities or who can incorporate sexual health into their core work as part of continuing professional development
- Complete a mapping exercise of existing sexual health services
- Continue to build on the existing evidence base to understand emerging trends relating to crisis pregnancy and sexual health and undertake new research initiatives to address knowledge gaps

With publication expected in June 2018, the Department of Children and Youth Affairs is preparing the world's first *Lesbian Gay Bisexual Transgender Intersex+ (LGBTI+) National Youth Strategy*.¹²

¹² <https://www.dcy.gov.ie/viewdoc.asp?DocID=4178&ad=1>. The Programme for Government (2016) gives a commitment to a National LGBTI+ Youth Strategy. A Youth Advisory Group and an Oversight Committee were established to develop the strategy and design a wide consultation process to reach across the country to ensure that the Strategy was informed by the views of young people themselves. Consider pages viii – x of the Consultation Report: Changes that would improve the lives of young LGBTI+ people in Ireland today. Improve sexual health services More education on sexual health and sexually transmitted infections (STIs). Improved education for lesbian women or women who have sex with women. Easier access to pre-exposure prophylaxis (PrEP) and dental dams. Mobile STI services for STI testing.

4.9 Tobacco Free Ireland Strategy

Tobacco is the leading cause of preventable death in Ireland with 5,500 smokers dying each year from tobacco related diseases. This is Ireland's national policy on tobacco control and has set a target to achieve a tobacco-free Ireland by 2025 (less than 5% smoking prevalence) It contains the current the policy and legislative context and includes data on smoking. It also sets out a series of recommendations covering, protecting children, regulation of the tobacco retail environment, development of national and international partnerships and the WHO MPOWER goals. The recommendations which hold potential for implementation at a community level include: the continued support for smoke free campuses in health care, governmental and sporting facilities, smoke free playgrounds, and parks, prohibition of vending machines, undertaking targeted approaches with specific groups, including young people, lower socio-economic groups, pregnant and post-partum women and patients with cardiac and respiratory disease and enhancing programmes aimed at young to people to prevent uptake of smoking.¹³

4.10 Get Ireland Walking – Strategy and Action Plan 2017 - 2020

Get Ireland walking¹⁴, works with Sports Partnerships across Ireland to deliver a national initiative in the area of physical activity. The strategy is aligned with Healthy Ireland and has particular focus on disadvantaged communities and particularly groups with low activity rates. The strategy also links with Healthy Ireland goals to reduce health inequalities. Actions within this plan that can be progressed at the local level include:

- Promote the suite of existing training available to walkers and volunteers, and plan for the development of new training resources that focus on the inclusion of all individuals and sectors of society.
- Coordinate a development pathway for walkers, volunteers and programme staff to advance skills and participation in walking.
- Encourage the advancement of existing initiatives that promote walking in children and young people in pre-school, primary and post- primary school and community settings.
- Support the roll-out of the Woodlands for Health programme in one additional region per annum.
- Include walking as a suitable health-enhancing activity in health promotion and patient information resources.
- Promote walking as a health- enhancing activity and integrate sign-posting and referral to walking information, supports and programmes as part of Making Every Contact Count and Self- Management Support frameworks.
- Develop a toolkit for individuals or groups to conduct local area mapping and to advocate for improvements in access, infrastructure and walkability of the environment in their local communities.
- Encourage and support the inclusion of walking into local and national strategies and policies to support pedestrian infrastructure and deliver safe, accessible and attractive walking environments for new and existing settlements.
- Create opportunities for improved access to lands for recreational walking.
- Develop and market recreational walking infrastructure.

¹³ <http://health.gov.ie/wp-content/uploads/2014/03/TobaccoFreeIreland.pdf>.

¹⁴ http://getirelandwalking.ie/files/2017103145513_626b84f6.pdf

- Encourage and support independent walkers.
- Promote walking for transport and recreation in the workplace and third- level institution settings.
- Encourage and support walking activities within the workplace for the greater health and wellbeing of employers and employees.
- Explore opportunities for leisure facilities and community sports hubs to support walking and to link with local walking groups in the area.
- Gather commitment to a Walking Charter at local and national levels.

4.11 Living Well with a Chronic condition: Framework for Self- Management Support. National Framework and Implementation Plan for Self-Management Support for Chronic Conditions: COPD, Asthma, Diabetes and Cardiovascular disease ¹⁵

This framework provides an overview of Self-Management Support and offers recommendations for implementation of Self-Management Support in Ireland, along with a plan for implementation and priorities for early implementation. The development of this framework was guided by a national advisory group and was informed by Irish and international evidence, including a Health Technology Assessment conducted by the Health Information and Quality Authority (HIQA). ¹⁶

The development of the national self-management support framework was an action from Healthy Ireland in the Health Services – National Implementation Plan 2015-2017. ¹⁷

In Dec 2017 a Self-Management Support Coordinator for chronic conditions was appointed to the South East. During 2018 current supports available to people with chronic conditions will be mapped. This will provide information for service planning, a local directory of services and assist with the development of a South East Self-Management Support local action plan.

Realising the vision that the South East will become a place where a person with a chronic condition is supported to live to their full potential will require real partnership between all sectors of the community and the health service alongside people with chronic disease.

¹⁵ <https://www.hse.ie/eng/health/hl/selfmanagement/donegal/self-management-support-framework.pdf>

¹⁶ <https://www.hiqa.ie/sites/default/files/2017-01/CDSM-Advice-to-HSE.pdf>

¹⁷ <https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/healthy-ireland-in-the-health-services-implementation-plan-2015-2017.pdf>

5 Local Policy Context

5.1 Overview

While there are a number of strategies, plans and initiatives at any point in time that are being used to promote positive engagement and good health in Kilkenny, a number of particular strategies have been identified as being pertinent to the Kilkenny Healthy Ireland Community Plan 2018 – 2020. These include general plans that have health specific goals such as the Local Economic and Community Plan, as well as strategies with health – specific focus including the Recreation and Sports Partnership strategy as well as the local Connecting for Life plan.

5.2 Kilkenny Local Economic and Community Plan (LECP) 2016 - 2021

The Kilkenny Local Economic and Community Plan (LECP) is the plan that details how the Kilkenny Local Community Development Committee (LCDC) and the Strategic Policy Committee for Economic Development, Enterprise Support and Tourism will ensure that Kilkenny is a great place to live, work and play, where citizens can participate to their maximum potential. The LECP seeks to promote economic development and local and community development in the county. The Plan, which spans 5 years from 2016 – 2021, includes high level goals that specifically relate to the health of the community in Kilkenny. Goal 13 of the plan's high level goals specifically addresses the health of the county and includes two strategic objectives which correspond with Healthy Ireland's approach, prioritising both health of the wider population as well as targeted supports for those more disadvantaged in relation to health:

- 13.1 Ensure that the health and wellbeing of all Kilkenny's citizens is maximised
- 13.2 In particular, focus attention on the following areas: People with a Disability, Substance Misuse, Mental Health & Suicide, Travellers, Ethnic Minorities, Homelessness and LGBTI (Lesbian, Gay, Bisexual Transgender and Intersex).

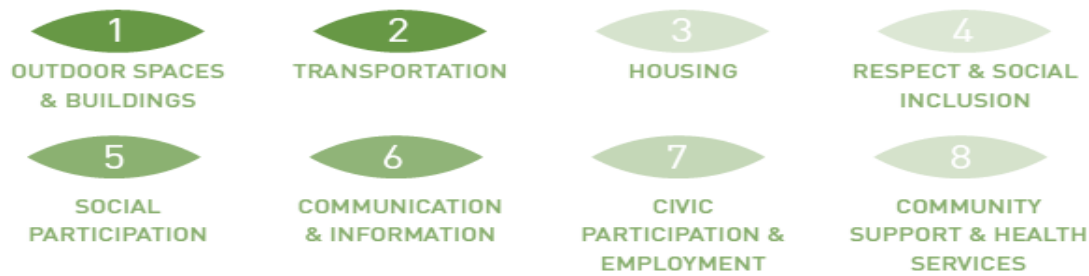
Under these 2 Strategic Objectives, the Kilkenny LECP Community Implementation Plan for 2018 – 2019 identifies 24 actions that will be implemented by 15 different agencies, groups or departments within larger organisations. Many of these actions are listed in the relevant sections of this strategy, where they pertain to relevant strategic areas such as physical health, sexual health, mental well-being etc.

These goals and the actions detailed within them correspond to a number of priority areas for this plan and will support a whole-county, cross-sectoral approach to promoting health in the county.

5.3 Kilkenny Age Friendly County Strategy 2017 - 2022

The Kilkenny Age Friendly County Strategy seeks to ensure Kilkenny becomes a better place to grow older in by working with local stakeholders on the 8 areas outlined by the World Health Organisation that affect quality of life, detailing key commitments in relation to these areas indicated below, which importantly includes community support and health services:

Figure 5: Key Areas Addressed by Age Friendly County Strategy



5.4 Kilkenny Recreation and Sports Partnership Strategy 2015 – 2019

This local action plan details how the Kilkenny Recreation and Sports Partnership (KRSP) will support the county of Kilkenny to become ‘*an active, vibrant community, vitalised by sports and recreation opportunities that are accessible to all*’. Across four strategic priorities, KRSP maps a number of actions that will enable its team to undertake a Lifelong, inclusive approach to promoting engagement with physical activity in Kilkenny. The strategy states a commitment to ensure certain marginalised and target groups are considered in relation to these opportunities, showing a parallel with the Healthy Ireland social determinants approach.

5.5 Connecting for Life Kilkenny

Connecting for Life Kilkenny is the local county plan to implement Ireland’s national strategy to reduce suicide and self-harm. While the local Connecting for Life plan was not published in time for inclusion in this Healthy Ireland Plan, it will outline how, at a local level, the national Connecting for Life strategy will be implemented. The national Connecting for Life strategy will be implemented. The national strategy contains seven overarching goals that seek to improve community capacity to identify and respond to these issues, to build community resilience, to improve service quality and access to services, and to improve data and research in relation to these areas. These goals are detailed in the image below:

Figure 6: Connecting for Life Goals



The second goal, Resilient Communities, addresses many of the key gaps and needs that arise in relation to the priority area of 'mental well-being' identified as a priority for this local action plan.

6 Local Demographic Profile

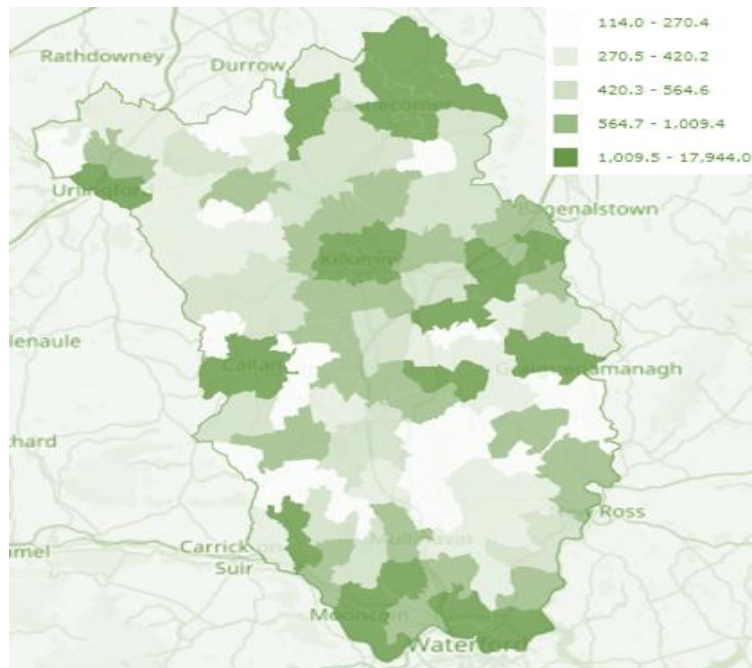
6.1 Kilkenny Overview

This section of strategic plan outlines key data on the population within Kilkenny. The relationship between health and demographics is complex and this brief overview does not seek to address this complexity. However it does aim to provide some connections between key demographics in Kilkenny and health.

County Kilkenny is situated in Leinster in the South East of Ireland. The main urban centre is Kilkenny City and its environs. The next largest areas in terms of population are the Ferrybank area, adjacent to Waterford City, and the district towns of Callan, Castlecomer, Graiguenamanagh and Thomastown. The area is made up of 114 Electoral Divisions which contain 945 Small Areas of Population.

In the 2016 census, Kilkenny was the 12th largest of Ireland's 31 Local Authority areas (2062km²). It was the 17th highest by population density (47.8 people per km²) and the 20th largest, in terms of population (99,232). The 2016 census indicated a growing population in Kilkenny at 4%. This was in spite of the economic downturn and compares with a 3.8% growth rate in the total Irish population. Kilkenny experienced an actual increase of 3,813 people in its population since 2011, which made it the 15th fastest growing local authority in the State in terms of population. Males and females each accounted of 50% of the population.

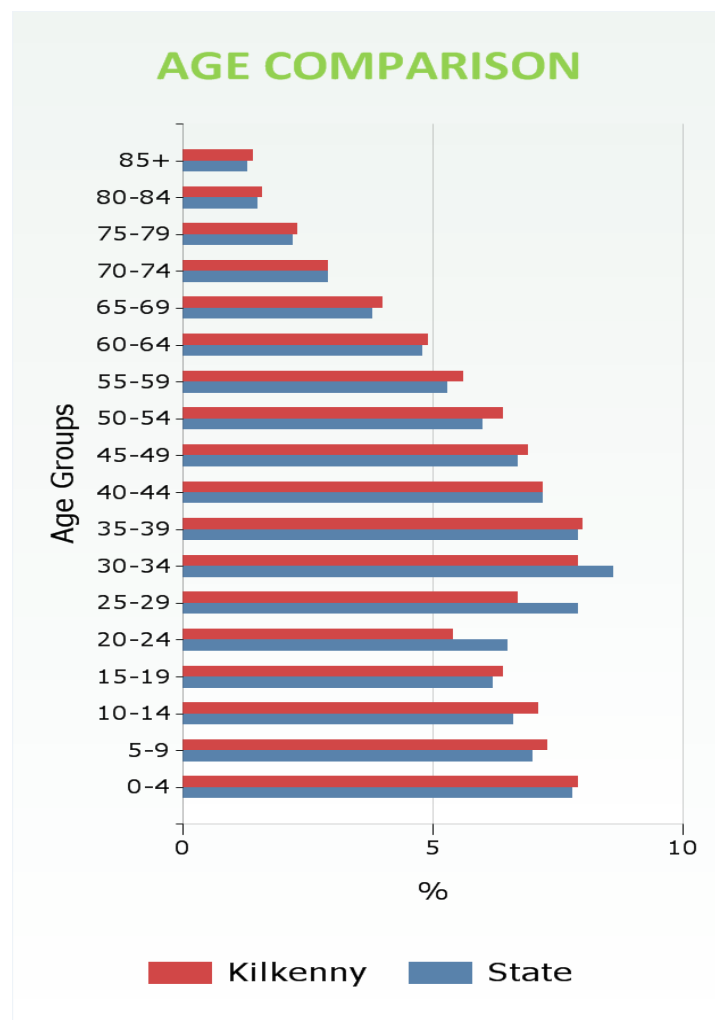
Figure 7: Population Density 2016 (Persons per km²) by Electoral Division



6.2 Age of Population

The Kilkenny age profile is similar to that of the national average age profile. The average age of people in Kilkenny was 37.9 years old, which was slightly higher than the Irish average of 37.4 years. Kilkenny also had the joint 17th highest youth dependency ratio¹⁸ (34.3%) and the 15th highest old age dependency ratio¹⁹ (22.2%) in Ireland in 2016 out of 31 local authorities. The only age group that differs by more than one percentage point is 18 – 34 year olds of which Kilkenny contained proportionally fewer young people compared to State level. This may be due to Kilkenny not containing a large third level education institute, which requires young adults to move to other areas of Ireland to avail of third level education.

Figure 8: Age of Kilkenny and Irish Population



Kilkenny’s age profile highlights the need for a lifelong approach to policy planning. The early years and primary school aged residents may accrue significant health benefits from health programmes targeting both pre and primary school settings similar to those set out in the Taskforce Report on Obesity (2005)²⁰ or the Growing Up in Ireland: Overweight and Obesity Among 9 Years Olds report (2011)²¹. These reports focus on how school based and

¹⁸ The youth dependency ratio is the number of young people of 0-14 years of age as a % of the population of working age (15 – 64 years of age).

¹⁹ The old age dependency ratio is the number of people aged years 65 and over as a % of the population of working age (15 – 64 years of age).

²⁰ <https://www.hse.ie/eng/health/child/healthyeating/taskforceonobesity.pdf>

²¹ <https://www.esri.ie/pubs/BKMNEXT211.pdf>

community approaches support behavioural change in health attitudes in the longer term. They also focus on differences in gender with girls engaging in less physical exercise than boys.

14% of Kilkenny's population is between the ages of 13 – 24 years old, indicating that planners will be required to focus on health issues pertaining to this group. Better Outcomes Brighter Futures (2012) sets out that strategy should use, where possible, an early intervention approach. Services for young people should include but not be limited to: targeted mental health services,²² accessible age appropriate sexual health services²³, supports that encourage living an active lifestyle and age appropriate addiction supports.

From a planning perspective, it is necessary to focus on different areas for adults in midlife. Research has shown that sedentary behaviours - such as sitting or reclining for long periods of time i.e. behaviours that adversely affect working age people - increase the risk of heart disease²⁴ and other chronic diseases. There is strong evidence that regular physical activity contributes to reducing the risk of several chronic diseases including cancer and heart disease²⁵. Planners therefore should focus on programmes that encourage adults in midlife to become more physically active including: promotion of active commuting, parental supports, supports to engage in active lifestyles, and formal and informal education to increase people's awareness of how to live more healthily.

One in seven residents in Kilkenny is 65 years of age or more. The Healthy Ireland Survey 2015 found that 56% of this cohort is living with a longstanding illness and this provides its own challenges for policy planners. Studies show that regular physical activity for older people negates the risk of developing cardiovascular and metabolic diseases and obesity²⁶, as well as improving wellbeing and social inclusion²⁷. Planners need to focus on activities ranging from low intensity walking through to more vigorous sports and resistance exercises. This includes ensuring that the built environment is suitable for older people to use safely i.e. even footpaths and good low-cost transportation to link them to services²⁸.

6.3 Where People Live in Kilkenny

The table below illustrates that four in ten residents in Kilkenny live in aggregated town areas while six in ten live in rural areas. While both town and rural areas have seen population growth in the five years since the previous census, town areas have grown at seven times the rate of growth in rural areas. While programmes situated in key urban hubs within Kilkenny will meet the needs of many people, the need to ensure a spread of health services across the county remains a key planning challenge with more than half the population living outside of town areas.

²² https://www.dcy.gov.ie/documents/cypp_framework/BetterOutcomesBetterFutureReport.pdf

²³ <http://health.gov.ie/wp-content/uploads/2015/10/National-Sexual-Health-Strategy.pdf>

²⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2857522/>

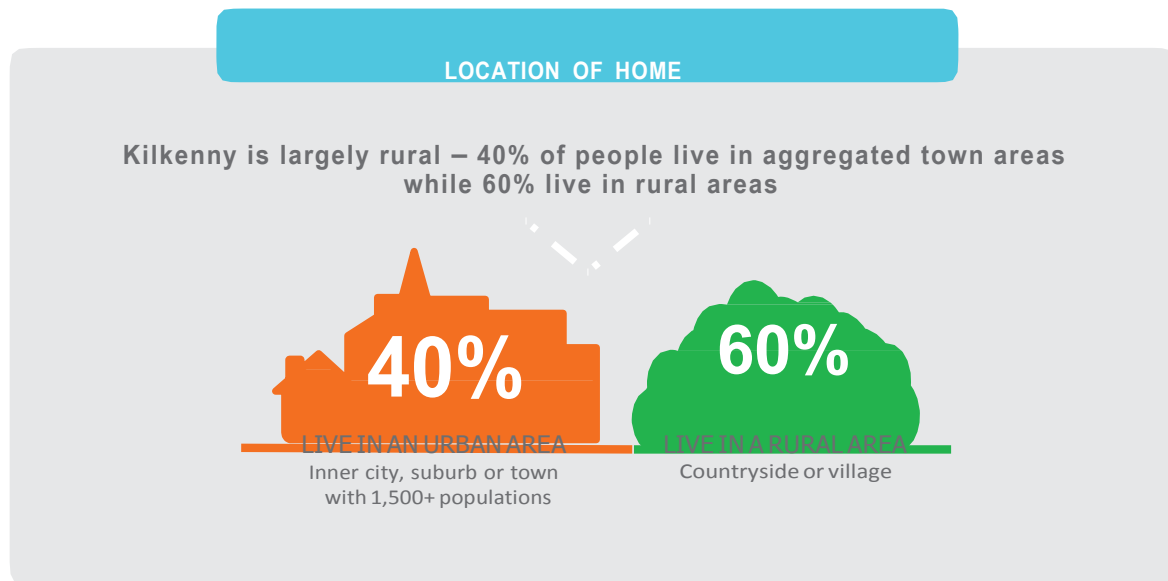
²⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/>

²⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4889622/>

²⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3016701/>

²⁸ <https://www.hindawi.com/journals/jar/2011/816106/>

Figure 9: Town and Rural Population in Kilkenny 2016



6.4 Nationality and Ethnicity

More than nine in ten residents of Kilkenny are Irish nationals, slightly higher than the national average. Kilkenny proportionately contains a smaller population of foreign nationals than the national average, although, it does have a significant minority of residents from other EU states, four in ten of which are Polish or Lithuanian. Kilkenny may face the challenge of language being barrier to the transfer of knowledge/information to members of new communities where English is not their first language. Language barriers are known to restrict access, client satisfaction and reduce positive experiences of health services²⁹. Challenges that can be reduced at the local level include bureaucratic obstacles namely paperwork and registration systems³⁰.

Kilkenny is less ethnically diverse than the national average, with just under nine in ten residents being white Irish compared to just over eight in ten at the national level. Kilkenny has proportionally less non-Irish Whites, Irish Travellers, Asians and Black residents than the national average. However a significant minority of residents, circa one in ten residents, does not identify as White Irish. This large minority implies a need for planners to ensure accessibility of health services for migrant populations, especially where language is an issue. The ERSI report on migrant health (2014)³¹ highlights that translation services are often not used. Outside of language supports, needs are also diverse across Migrant groups. Another better researched issue is the increased mental health needs of people with a refugee or asylum seeking status, as compared to migrants without this background³².

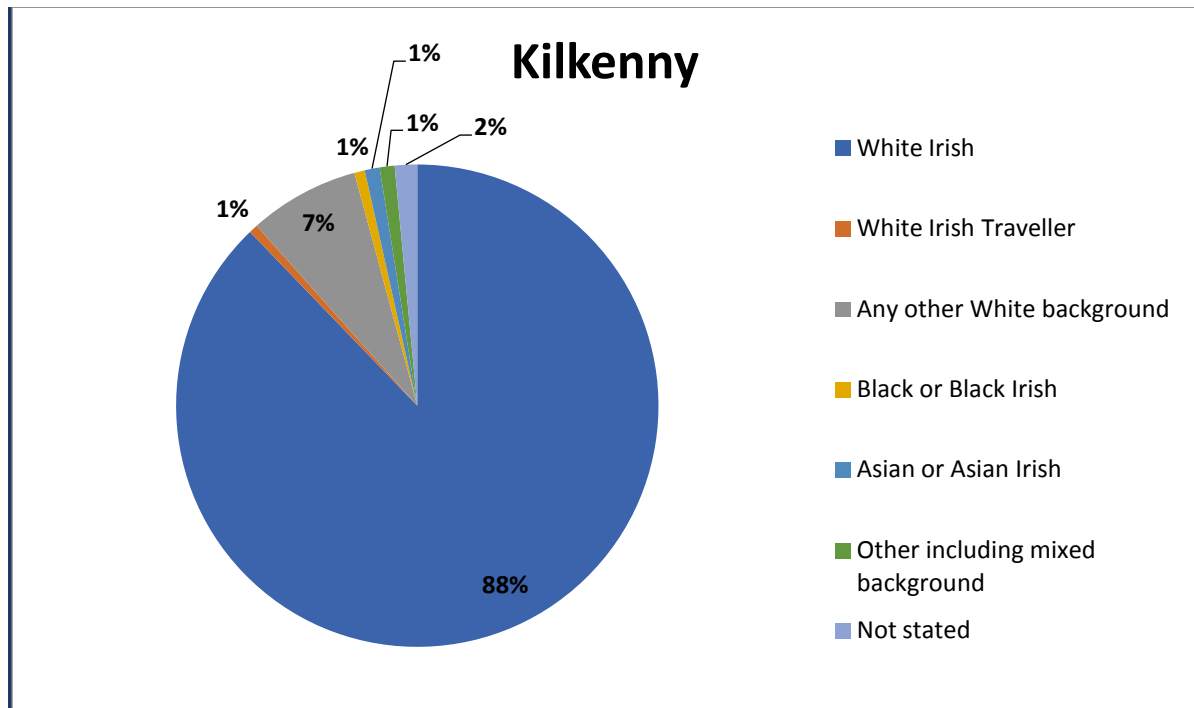
²⁹ <https://santefrancais.ca/wp-content/uploads/SSF-Bowen-S.-Language-Barriers-Study.pdf>

³⁰ Hacker, Ketal (2015) 'Barriers to health care for undocumented immigrants: a literature review' *Risk Manage Health Policy*. 2015; 8: 175–183.

³¹ <https://www.esri.ie/pubs/BKMNEXT261.pdf>

³² <https://www.irishpsychiatry.ie/wp-content/uploads/2016/10/Mental-Health-Service-requirements-for-asylum-seekers-refugees-and-immigrants-150517-1.pdf>

Figure 10: Nationality and in Kilkenny



6.5 Areas of Disadvantage

Kilkenny was the eighth most affluent county in Ireland in 2016, according to the Pobal Deprivation index. However, this masks pockets of disadvantage which are found scattered throughout the county.

Evidence from a number of sources^{33,34} conveys the need to ensure that people living in disadvantaged areas have access to services. The area in which an individual lives is likely to impact on their health, e.g. households with lower incomes have an impact on the affordability of food and consequently types and quality of food consumed by the family³⁵. This implies that planners should take into account a social determinants approach to health³⁶, that provide health services that takes into consideration the person, community and structures through which services are set out.

³³ <https://www.esri.ie/pubs/BKMNEXT211.pdf>

³⁴ https://www.dcy.gov.ie/documents/cypp_framework/BetterOutcomesBetterFutureReport.pdf

³⁵ <https://www.esri.ie/pubs/BKMNEXT211.pdf>

³⁶ Social Determinants of Health adapted from Dahlgren and Whitehead (1991), see http://www.nwci.ie/download/pdf/determinants_health_diagram.pdf.

Figure11: Relative Affluence and Deprivation Kilkenny

Relative Affluence and Deprivation in Carlow-Kilkenny Constituency

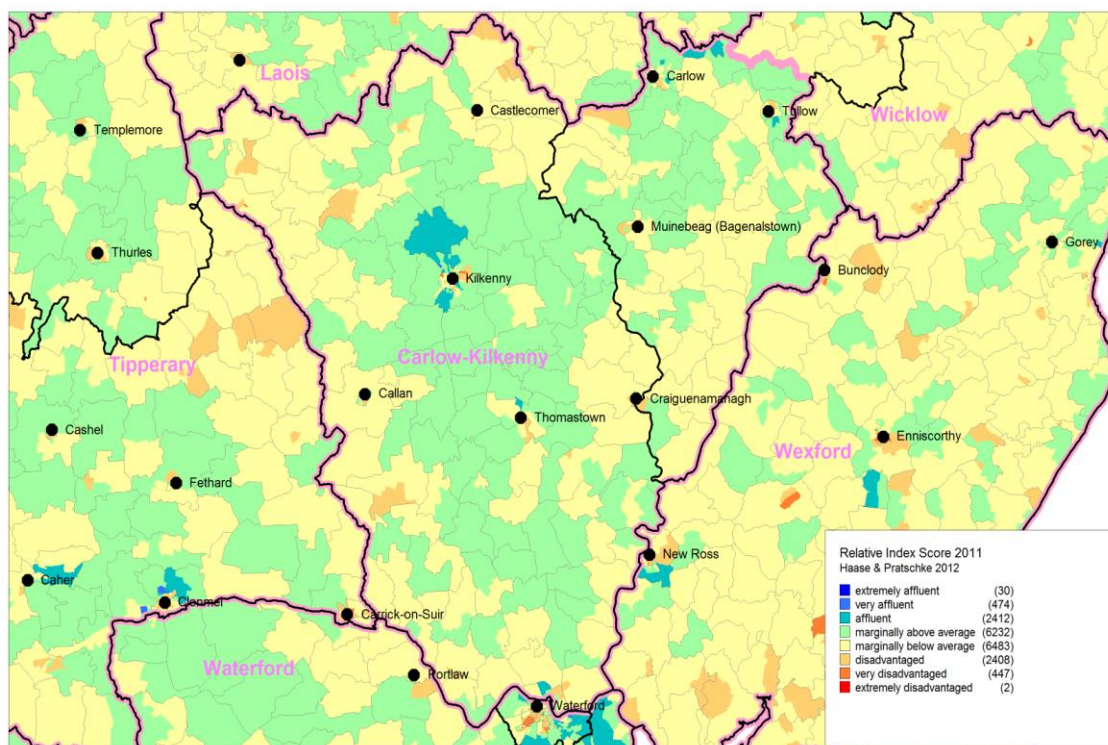


Table 1: Small Areas in Kilkenny Classified as Disadvantaged or Very Disadvantaged on Pobal Deprivation Index

Electoral Divisions	No. of Disadvantaged Small Areas	No. of Very Disadvantaged Small Areas
Kilkenny urban 1 & 2, Kilkenny rural	10	5
Graiguenamanagh	1	2
Callan Urban	3	1
Castlecomer	3	1
Urlingford	2	1
Ferrybank	3	0
Ballyragget, Johnstown, Kilculliheen	2 (each)	0
Rosbercon Urban, Rosbercon Rural, Jerpoint Church, Goresbridge, Moneenroe, Clough, Freshford, Portnascully	1 (each)	0
Total	36	10

The age profile of people living in ‘disadvantaged’ and ‘very disadvantaged’ areas is similar to that in the rest of Kilkenny. There are however, proportionally more older residents living in disadvantaged and very disadvantaged areas compared with all of Kilkenny.

Table 2: Age of Population in Disadvantaged and Very Disadvantaged Areas in Kilkenny

Kilkenny	0 – 17 years	18 – 64 years	65+ years
Disadvantaged and Very Disadvantaged Small Areas ³⁷	23%	58%	18%
All Kilkenny ³⁸	26%	60%	14%

Proportionally there are marginally more Irish nationals living in the disadvantaged and very disadvantaged areas of Kilkenny compared to the rest of the county.

Table 3: Nationality of Population in Disadvantaged and Very Disadvantaged Areas in Kilkenny

Kilkenny	Irish	Other EU 28	Rest of World	NA
Disadvantaged and Very Disadvantaged Small Areas ³⁹	91.5%	6.2%	0.9%	1.3%
All Kilkenny ⁴⁰	90.4%	7.4%	1.2%	1%

Proportionally there is three and a half times the number of members of the Travelling community living in disadvantaged and very disadvantaged areas of Kilkenny compared to the rest of the county. There is also a marginally greater proportion of Black people living in disadvantaged and very disadvantaged areas in Kilkenny compared to the rest of Kilkenny.

Table 4: Ethnicity of Population in Disadvantaged and Very Disadvantaged Areas in Kilkenny

Kilkenny	White Irish	Traveller	Other white	Black	Asian	Other	NA
Disadvantaged and Very Disadvantaged Small Areas ⁴¹	87.3%	2.1%	5.7%	1.1%	0.9%	0.7%	2.1%
All Kilkenny ⁴²	87.7%	0.6%	7.4%	0.7%	1%	1%	1.5%

6.6 Health Specific Data for Kilkenny

Overview

Kilkenny scored itself as marginally healthier than the national average on the self-reported health question in census 2016. Almost nine in ten residents scored themselves as being in 'very good' or 'good' health in both Kilkenny and in Ireland and 1.5% of residents scored themselves as being in 'very bad' or 'bad' health compared to 1.6% of the general population.

³⁷ 0-17 years: 2,614. 18-64 years: 6,572. 65+ years: 2,609

³⁸ 0-17 years: 26,082. 18-64 years: 59,680. 65+ years: 14,113

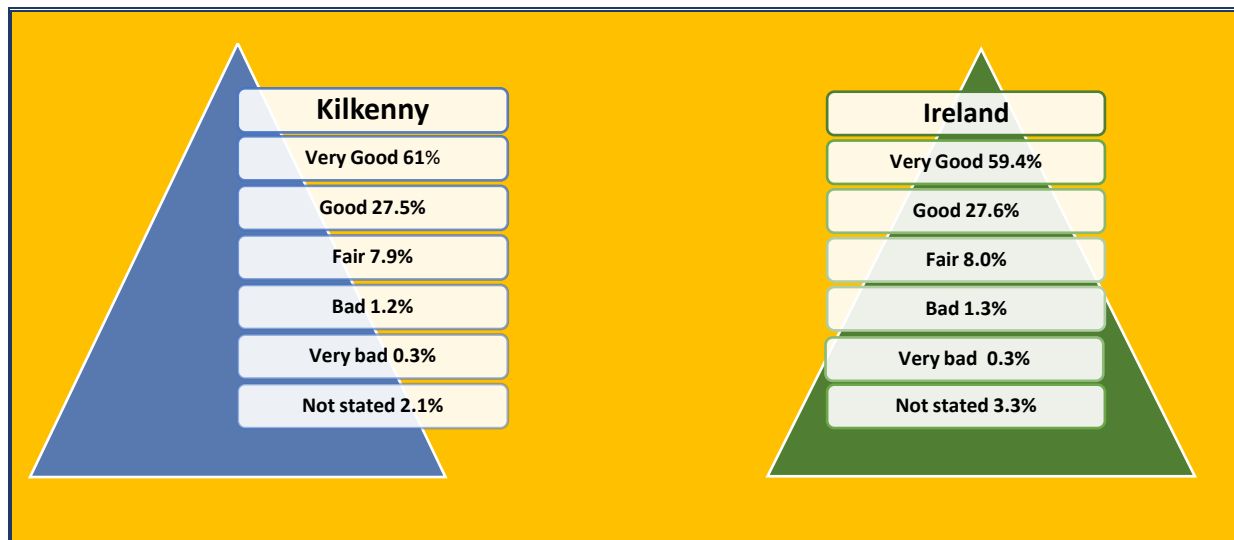
³⁹ Irish: 16,277. Other EU28: 859, Rest of World: 528. Not stated: 431

⁴⁰ Irish: 239,151. Other EU28: 36,385, Rest of World: 10,576. Not stated: 5,765

⁴¹ White Irish: 9,794. White Irish Traveller: 236. Any other White background: 637. Black or Black Irish: 123. Asian or Asian Irish: 103. Other inc. mixed background: 83. Not stated: 237

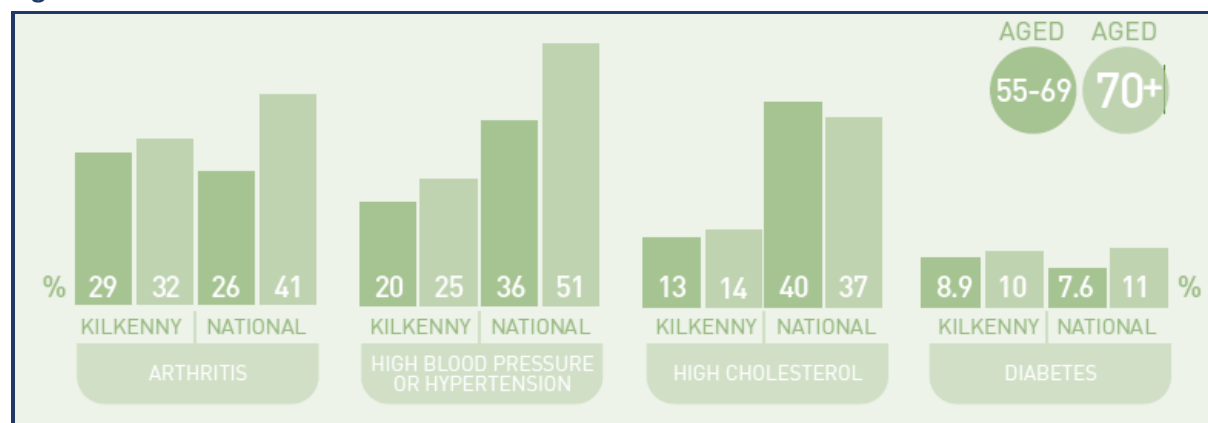
⁴² White Irish: 86,513. White Irish Traveller: 568. Any other White background: 7,508. Black or Black Irish: 738. Asian or Asian Irish: 987. Other inc. mixed background: 946. Not stated: 1,503.

Figure 12: Self-Reported General Health in Kilkenny 2016⁴³



In addition, the Healthy and Positive Ageing Initiative (HaPAI) report for Kilkenny in 2016 identified that 72- 76% of older adults say their health is good or very good. In terms of the primary health issues reported by older adults (aged 55 +), in Kilkenny, compared to nationally, there are lower levels of hypertension and cholesterol, lower levels of arthritis among people over 70 and slightly higher levels of arthritis in people aged 55 – 69. There are similar levels of diabetes as nationally:

Figure 13: Health statistics of Older Adults



Source: Positive Aging in Ireland Kilkenny Report 2016

To inform this strategy over 60 health indicators from 10 available regional (i.e. Leinster excluding Dublin, South East Regional Drug and Alcohol taskforce) or Kilkenny data sets and reports⁴⁴ have been reviewed against equivalent national health indicators. The majority of these indicators showed that Kilkenny was in line with or positively exceeding the national average. The areas where Kilkenny had a 2 to 3 negative percentage difference from the national average included:

- A higher percentage of people are overweight or obese (Leinster excluding Dublin)

⁴³ Very good: 60,482. Good: 27,306. Fair: 7,865. Bad: 1,227. Very bad: 270. Not stated: 2,082

⁴⁴ 1) Healthy Ireland Survey 2015, 2) Census 2016, 3) Irish Study of Sexual Health and Relationships 2006, 4) The State of the Nation's Children 2016, 5) NSRF Database 2015, 6) HSE Screening datasets 2016, 7) CSO Vital Statistics 2015 & 2016, 8) NDTRS database 2015, 9) HIV Ireland Stigma Survey 2017 10) National Advisory Committee on Drugs and Alcohol – Drug Prevalence Survey 2015

- A lower percentage of people self-reporting their health to be ‘very good’ or ‘good’ (Kilkenny)
- A higher proportion of children registered as having a physical and/or sensory disability (Kilkenny)
- A higher proportion of persons with a long-standing illness (Leinster excluding Dublin)
- A lower proportion of people who received Bowel Cancer Screening coverage 2015-2016 (Kilkenny)
- A lower proportion of people who availed of Cervical Check in the previous five years (Kilkenny)
- A lower percentage of children aged 10–17 who reported never having had an alcoholic drink (Kilkenny)
- A higher percentage of young people aged 15–17 who reported having ever had sex (South East NUTS Region)
- A higher rate of birth to mothers aged between 10 – 17 years old (Kilkenny based)
- A higher percentage of people who smoke daily (Leinster excluding Dublin based)
- A higher rate of suicide in the population particularly among women (Kilkenny based)

What is notable six of the 11 indicators in the list relate to physical health and healthy weight issues. Three related to sexual health (2) and drugs and alcohol (1) among the 10 -17 year old age group, while one pertains to the rate of suicide among females which is more than twice the national average.

Tobacco

National smoking data is not available on a county breakdown, however on a national level and a regional level the following is known:

- The national smoking rate in 2017 was 17.5% of the population
- In 2014 smoking rates were lowest in Connaught/Ulster (17%), with higher rates in Munster (18.8%) and the rest of Leinster (19.8%). Dublin experienced the highest rate at 21.6%.
- In 2016 in Kilkenny 10% of older people smoked (aged 55+) compared to the national average of 14%⁴⁵

Disability

The 2016 census reported that there was 13,332 people in Kilkenny that reported having a disability, this equates to 13.4% of the population, marginally lower than the national average (13.5%). However, this comparison should not hide the fact that more than one in ten residents of Kilkenny describe themselves as being disabled, a not insignificant number. Consequently, planners need to focus on issues that impact on the health of people with disabilities. These issues include but are not limited to⁴⁶: service accessibility, specific needs of people with disabilities who have a mental health issue, and the challenges facing people with disabilities who also have communication issues as this cohort frequently has more difficulties in accessing health services compared to the general population⁴⁷.

⁴⁵ Department of Health and Kilkenny Age Positive Alliance (2016): *Positive Aging in Ireland Kilkenny Report: Headline findings of a survey carried out by the Age Friendly Cities and Counties Programme and the Healthy and Positive Ageing Initiative*

⁴⁶https://www.researchgate.net/publication/242462711_The_Experience_of_People_with_Disabilities_in_Accessing_Health_Services_in_Ireland_Do_inequalities_exist

⁴⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3741324/>

Table 5: Persons with a Disability

	Persons with a Disability	% of Population with a Disability
Kilkenny	13,332	13.4%
Ireland	643,131	13.5%

Physical Activity

The majority of Kilkenny’s population lives in aggregate rural areas, with many residents commuting via motorised transportation to work or education. Kilkenny is generally similar to the national average in its resident’s preferred method for commuting to work, school or college. Almost eight in 10 residents use some form of motorised transportation on their commute, 13% of residents walk or cycle while less than one in ten works from home. Kilkenny’s high level of motorised transportation to work puts the health of commuters at higher risk of mortality, this risks increase the longer the commute⁴⁸. Therefore, there is potential for initiatives to encourage active commuting to play a role in reducing the risk of death and the burden of chronic conditions⁴⁹.

Table 6: Population Aged 5 Years and over by Means of Travel to Work, School or College

	Kilkenny ⁵⁰	Ireland
On foot or bicycle	13%	17%
Motorised transportation	79%	76%
Work from home or N/A	8%	8%

In terms of engagement in recreational physical activity, while county specific data is not available on Kilkenny, the Irish Sports Council has made data available on a three-county basis for Kilkenny, Carlow and Waterford⁵¹. Generally, the proportion of people who are highly active and sedentary across the three-county area is broadly in line with national averages. The overall figures for participation in sport and recreational walking are:

- 46.3% of residents are active or regular participants in sport, and men (50.9%) are more likely to play sport than women (41.9%).
- 65% of residents took a recreational walk in the last week, with women (72.6%) being more likely to take part than men (57.2%).

People who have a third level education are more likely to be active than those without, and almost two-thirds of the population (61.2%) of the three-county area said that they would like to be more physically active, with time being the main barrier to taking part in sport. However, the Kilkenny HaPAI report⁵² shows that there may be other barriers; 42% of older people do not have access locally to a park or green area.

⁴⁸ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3226527/>

⁴⁹ <http://www.bmj.com/content/357/bmj.j1456>

⁵⁰ On foot or bicycle: 36,227. Motorised transportation: 153,683. Work from home or not stated: 13,447. Total: 203,357

⁵¹ Unpublished report by the Irish Sports Council

⁵² Department of Health and Kilkenny Age Positive Alliance (2016): *Kilkenny Report Positive Aging in Ireland: Headline findings of a survey carried out by the Age Friendly Cities and Counties Programme and the Healthy and Positive Ageing Initiative*

6.7 Summary

Kilkenny is a county with relatively large population, whose urban population is expanding at more rapidly than its rural population. Kilkenny's age profile is similar to that of the Irish State with the exception of the 18 – 34-year age bracket. Although proportionally the county is home to fewer new non-Irish communities than the national average there is a significant minority of residents that fall into this classification. Kilkenny's general health is as good if not a little better than the national average. However, there are a number of areas where there is a need to focus policy attention, this includes but is not limited to encouraging active lifestyles as the majority residents commute to work/education by motorised means. There is also an identified need to provide age appropriate services around young people's sexual health and attitudes to drugs and alcohol. Service provision to the more than one in 10 who describe themselves as living with a disability is also a priority. Like other counties nationally, the people of Kilkenny and surrounding counties have an appetite for increased engagement in physical activity, but time presents as a barrier for the majority.

Finally, despite Kilkenny ranking as the eighth most affluent Local Authority area in Ireland, there are pockets of disadvantage that are located throughout the whole of the county. People living in Small Areas that are categorised as 'disadvantaged' and 'very disadvantaged' account for more than one in ten of the county's population, with members of the Travelling community being three and a half times more likely to live in these areas. In particular areas around Kilkenny's urban centres contain Small Areas that are categorised as being very disadvantaged. In line with the National Health Strategy and the underpinning determinants of health approach there is an onus on planners to ensure that these areas are prioritised and not left out of local strategic development.

7 Strategy

Approach to Action Development -Local Priorities, Gaps and Policy Context

To identify actions, local service providers were given opportunities to identify key health and well being gaps and issues they are experiencing and would like to address at a local level. This was undertaken through the consultation process identified in section two of this report. This process informed the priority issues and themes for the strategy under each category and organisations were then invited to submit detailed proposals for actions under these themes.

All proposals were reviewed by the Kilkenny Healthy Ireland Steering Group. At an initial meeting of this group a decision was taken that these issues and gaps for progression at local level will form part of an annual implementation plan under the Healthy Ireland Fund (HIF) Strand 1. Each year when the HIF Strand 1 is announced for LCDCs, a call out for Expressions of Interest will be made to local groups to identify key actions for progression under that particular round. Actions will then be considered for inclusion in an annual application process to Pobal.

This section presents information that will guide decision making of the LCDC Healthy Ireland Sub Group over the coming three years. It includes:

- Local concerns identified through interviews and focus groups
- Actions addressing this area in other county level strategies
- Priorities under each strategy area that will be considered by the LCDC Healthy Ireland Sub Group in selecting funded actions for each year

Strategy Area One: Cross Cutting Actions

Local Concerns that are Cross Cutting

These actions are those identified that provide a solution to gaps identified across multiple streams by consultation participants. These include gaps such as:

- An inability for both the community and for service providers to find appropriate information on services available including statutory, community and voluntary and other NGO supports
- A lack of accessible social activities for people from marginalised groups
- Community facilities not being available, or being cost prohibitive to local groups
- A lack of transport for people with disabilities, older people etc. which prevents them from getting to services and therefore to engage in health promoting and social activities
- Many people in rural areas do not have access to public walking/cycling facilities
- The diminishing availability of funding for programme costs rather than just staffing, which is impacting on services ability to provide health promotion programmes

Key Cross-Cutting Health Actions from Other Local Strategies

Kilkenny Local Economic and Community Plan (LECP) 2016 – 2021

- To work with other statutory, non statutory and voluntary agencies in the roll out of national priorities as identified in Healthy Ireland- the national framework for action to improve the health and wellbeing of the people of Ireland (13.11.1)

- Identify and collate evidence-based data on the contribution of heritage to health and well-being (13.11.2)
- To ensure those presenting as homeless have access to health services by ensuring each service user has a current valid Medical Card. (12.12.5)
- To implement the findings contained in the LGBTI Research “The Rainbow Report – LGBTI Health Needs & Experiences & Health Sector Responses. (13.12.14)
- To improve the health outcomes of Travellers living in Kilkenny through the delivery of targeted Traveller health messages and programmes as part of the Kilkenny Traveller Health Project. (13.12.15)

Kilkenny Age Friendly County Strategy 2017 – 2022

Goal Two: To increase participation amongst specific groups that would benefit from additional support and access to sport, recreation and healthy activity

- Health Service Executive will deliver a Traveller Specific Chronic Conditions Programme to the Kilkenny Traveller Community Health Project and Traveller Men’s Health Worker which include the ‘Ticker’ Heart Health Training, and Traveller specific training on each of the following: Asthma; Diabetes Type 2; National Screening Programme; Substance Misuse and Mental Health to promote better health and wellbeing among Travellers over 55 in Kilkenny.

South East Traveller Health Unit – Strategic Plan 2015 – 2020

Objective 1: To improve the situation / to bring about change for the better for members of the Traveller community in relation to:

- a) Cardiovascular Health/Type 2 Diabetes
- b) Cancer

- Through individual habit changing (i.e. increase in fitness, reduction in smoking) and access to more regular health screening and early medical intervention there will be an improvement in cardiovascular health. This will result in a reduction in Type 2 diabetes and heart related illness. Baseline data will be recorded regarding the heart health risk of Travellers in the South East, in order to plan future work to decrease the amount of Travellers dying by heart disease.

Objective 3: To develop and bring about a more collaborative work environment involving health services, TCHP and other services.

- Arrangements for co-ordinated care will be made with the following health services across the region: primary health care services, community health networks, hospitals, screening services, mental health, disability, community and voluntary agencies and other priority services that emerge during the lifespan of this plan. This will result in better Traveller access to services in 75% of cases.

Objective 4: To bring about more effective and informed health service responses as a result of enhanced understanding of Traveller culture and Traveller specific challenges.

- Priority health and social services receive Traveller health and cultural competency training. This will result in an improvement in services as evaluated by Travellers.
- An increased number of Travellers are employed in health services or are progressing through education with a view to being employed in health and social services e.g. counselling, fitness instructors, etc.

Overview of Potential Actions Under this Area

This area relates to actions that may address two or more of the six Healthy Ireland themes. Actions may include:

- Awareness raising activities and events targeting a broad base/ addressing a broad range of issues (e.g. health awareness and promotion events)
- Solutions that increase engagement in health promoting activities of multiple minority groups who may have reduced access to activities and services (e.g. accessible transport options)

Strategy Area Two: Physical Activity

Local Concerns in Relation to Physical Activity

The actions in this section included solutions to concerns identified in relation to physical activity (and screening) in county Kilkenny included:

- A lack of accessible and inclusive community sports and recreation facilities in the county
- A lack of coordinated engagement supports for Travellers who may not be motivated to engage in physical activities
- A lack of tutoring hours/personnel to delivery physical activity programmes to older people in community centres locally
- Insufficient availability of high-quality programmes such as Men on the Move
- Need for increased engagement with children and young people in sports
- A lack of supports for schools who wish to progress to meeting 'Active Flag' standards
- A lack of supports for people with physical disabilities to access mainstream recreational facilities at a time that suits them
- A lack of affordable options for people in recovery from drug/alcohol use

Key Actions on Physical Activity from Other Local Strategies

Kilkenny Local Economic and Community Plan (LECP) 2016 – 2021

Promoting Access in Targeted Communities

- Develop and deliver Active Travel programmes to promote behavioural change in schools, workplace and community settings (13.11.3)
- Provide training and supports to establish sports and active recreation programmes within communities. (13.11.14)
- Support and encourage preschools and schools to prepare and implement an effective physical education and sports programme for children and young people. (13.11.5)
- Support sports clubs to provide quality opportunities for engagement in sport and active recreation, in particular minority sports and sports catering for minority groups. (13.11.6)
- Support sport and active recreation providers to facilitate participation for all and increase participation among specific groups who are less actively engaged. (13.11.7)
- Increase the number of supported opportunities available for people with disabilities and mental health problems to participate in sport and physical activity. (13.12.18)
- Support the provision of physical activity opportunities for people from ethnic minorities, Traveller communities and other minority groups. (13.12.19)

Facilities

- Undertake and update the community, sports and arts Facilities Audit (12.7.1)
- Develop a county wide plan for Community facilities and infrastructure. (12.7.2)
- Direct capital funding to support gaps identified through the facilities audit and plan. (12.7.3)
- Support the development of and maximise use of sports facilities and recreational amenities by working collaboratively with sports clubs, Trail Kilkenny and other local organisations. (12.7.9)
- Ensure all citizens of Kilkenny (rural and urban based) have access to appropriate community facilities. (12.7.10)
- Undertake a programme audit to be part of the community, sports and arts facilities audit. (12.8.1)
- Incorporate programme audit findings into existing directories and develop a distribution/marketing strategy to promote awareness and use. (12.8..2)

Kilkenny Recreation and Sports Partnership Strategy 2015 – 2019

Goal One: Mobilise communities to increase participation in sport and active recreation

- Objective 1.1 Empower communities to be active
- Objective 1.2 Support and encourage pre-schools and schools to prepare and implement an effective Physical Education, Physical Activity and Sport (PEPAS) programme for children and young people
- Objective 1.3 Support sports clubs to provide quality opportunities for engagement in sports and active recreation
- Objective 1.4 Support the development and use of sport facilities and recreational amenities

Goal Two: To increase participation amongst specific groups that would benefit from additional support and access to sport, recreation and healthy activity

- Objective 2.1 Strengthen and develop new and existing relationships with relevant target groups and communities
- Objective 2.2 Increase the number of supported opportunities available to target groups
- Objective 2.3 Support leaders and staff working with target groups to increase participation in sports and active recreation
- Objective 2.4 Support sport and active recreation providers to facilitate participation for all

Goal Three: To maximise the availability of facilities and resources for sport and recreation within Kilkenny

- Objective 3.1 Enhance and strengthen relationships with partner agencies, clubs and organisations to support the work of KRSP
- Objective 3.2 Maximise existing resources and work to identify new resources to develop and expand the work of KRSP

Kilkenny Age Friendly County Strategy 2017 – 2022

- Kilkenny Recreation & Sports Partnership will ensure that the needs of older adults are considered in the planning, design and development of sports and recreation facilities and amenities through its work with clubs and organisations. KRSP will also ensure the

needs of older adults are considered in its contribution to the planning of public spaces in conjunction with local agencies.

- Kilkenny Recreation & Sports Partnership through the Active Travel programme will assist Kilkenny Council County in the development of a mobility plan for Kilkenny City. KRSP will lead the development and delivery of behavioural change programmes to support the infrastructural developments with an emphasis on walking and cycling programmes for older adults.
- Kilkenny Recreation and Sports Partnership will continue to identify gaps in the provision of physical activity for people with additional needs and work to ensure that all older adults, regardless of means, have access to opportunities in their community. Intergenerational activities will be considered and developed to promote respect and help dispel the negativity of ageism.
- Kilkenny Recreation and Sports Partnership will continue to build on the success of their older adult physical activity programmes. They will particularly focus on low participation groups working with the local clubs and community organisation to build capacity, sustainability and maintain community cohesiveness. The focus will be on expanding affordable and accessible older adult programmes into identified areas of need.
- Kilkenny Recreation and Sports Partnership will continue to promote the importance of sport and physical activity across the lifespan and the positive benefits to older adults. KRSP will also continue to provide information and promote activities with regular information through traditional methods and social media.
- Kilkenny Recreation & Sports Partnership will continue to provide and develop accessible, affordable and age appropriate opportunities for older adults to participate in sport and physical activity.
- KRSP will continue to work with community support services and the Health Services to help provide for the recreational and physical activity needs of older adults.
- KRSP will encourage and build capacity within the leisure and sports organisations to support sport and active recreation providers to facilitate participation for all.
- KRSP will continue to support older adult groups and organisations to support leaders and staff working with older adults to increase participation in sports and active recreation.
- KRSP will identify gaps in provision for people with additional needs and work to ensure that all older adults, regardless of ability, have opportunities to participate in physical activity in their community.

South East Traveller Health Unit – Strategic Plan 2015 – 2020

Objective 1: To improve the situation / to bring about change for the better for members of the Traveller community in relation to:

- a) Cardiovascular Health/Type 2 Diabetes
- b) Cancer

- There will be an increase in Travellers who access early screening for cancer, which means that cancer will be detected earlier. This will result in lives saved.
-

Overview of Potential Actions Under this Area

These are actions that promote engagement in physical activity for marginalised groups. This may include:

- Extension of evidence based programmes to new groups or cohorts (e.g. supporting people in recovery into gym programmes, extending Men on the Move etc.)
- Providing targeted support programmes to engage marginalised groups into physical activity programmes (e.g. a Traveller specific physical activity engagement programme)

Strategy Area Three: Healthy Eating

Local Concerns in Relation to Healthy Eating

- A lack of low/no cost healthy meals for those who cannot cook in Kilkenny (e.g. similar project in Carlow lauded by Travellers)
- A lack of resources and visual aids to support people with literacy difficulties to implement learning from healthy eating programmes
- A lack of opportunity for people with dysphagia to engage in social eating activities
- A lack of access to information on healthy shopping, cooking and eating on a budget
- A lack of cooking facilities to delivery healthy cooking classes in communities

Key Actions on Healthy Eating from Other Local Strategies

Kilkenny Local Economic and Community Plan (LECP) 2016 – 2021

- Deliver niche targeted projects such as the Savour Kilkenny Food Challenge and targeted after-schools supports to potential early school leavers. (10.2.9)

Overview of Potential Actions Under this Area

These are actions that aim to empower marginalised communities to increase their knowledge of healthy eating, and their capacity to improve their own eating habits or those of their family or community. This may include:

- Delivering evidence based healthy eating programmes
- Developing health eating guides and supporting materials for marginalised groups
- A 'Regional Health and Wellbeing training and awareness programme' is to be included as an agreed action in all LCDC HI applications for Strand 2 funding. This training and awareness programme will specifically address the policy priority areas of Tobacco, Healthy Eating and Sexual Health

Strategy Area Four: Tobacco

Local Concerns in Relation to Tobacco

It should be noted that the methodology of the workshop meant that all areas could not be discussed. In many instances, this meant that tobacco was not prioritised for discussion over issues such as physical activity and healthy eating, which was more likely to apply to all ages or more communities. The primary concern, raised in one focus group was:

- High levels of smoking among Traveller women

Key Actions on Tobacco from Other Local Strategies

Kilkenny Age Friendly Strategy 2017 – 2022

Health Service executive, Health & Wellbeing will support the roll out of “Making Every Contact Count- MECC” which is an approach to behaviour change which will use the thousands of day to day interactions that the HSE and other organisations have with people to encourage behaviour change and have a positive effect on health, such as smoking cessation and alcohol reduction.

Overview of Potential Actions Under this Area

A ‘Regional Health and Wellbeing training and awareness programme’ is to be included as an agreed action in all LCDC HI applications for Strand 2 funding. This training and awareness programme will specifically address the policy priority areas of Tobacco, Healthy Eating and Sexual Health

Strategy Area Five: Sexual Health

Local Concerns in Relation to Sexual Health

It should be noted that the methodology of the workshop meant that all areas could not be discussed. In many instances, this meant that sexual health was not prioritised for discussion over issues such as physical activity and healthy eating, which was more likely to apply to all ages or more communities. The primary concern which arose in two focus groups was:

- The need for increased, open sexual education for young people

Key Actions on Sexual Health from Other Local Strategies

Kilkenny Age Friendly Strategy 2017 - 2022

- Health Promotion within the HSE will continue to offer training to those working with marginalised groups, e.g. “Engage” Men’s Health which builds capacity for health professionals and community workers to work with men in relation to health and social issues and a 10 day Sexual Health programme, for those who have an opportunity to promote sexual health and influence development of sexual health policies in their workplace.

Recommendations from The Rainbow Report 2015: LGBTI Health Needs and Experiences and Health Sector Responses and Practices in the HSE South East Region

5.3.3 An Inclusive Practice that Recognises Difference

The HSE South East Region Social Inclusion Unit should, in partnership with Primary Care, Tusla, and service users:

- Devise and promote a model equality and diversity policy to establish the commitment of health service providers to equality for LGBTI clients and to set out the steps that would be taken by health service providers to realise this commitment in practice. It would identify any process that health service providers would implement in situations where there is a complaint that this commitment has not been realised in practice, in particular highlighting the Your Service Your Say process.

- Devise and disseminate a sticker that could be used in all health service settings to communicate openness to both diverse sexual identities and diverse gender identities. This could make use of the rainbow imagery.

5.3.9 Reproductive Health Services

- Reproductive health services should take steps in their literature and in their promotion work to identify that they are welcoming to lesbian women. Training should be provided to staff in these services to enable them to understand issues of diversity of sexual identities and gender identities. Specific information materials should be developed for lesbian women and disseminated through communication channels that are used by lesbian women in the region

Overview of Potential Actions Under this Area

A 'Regional Health and Wellbeing training and awareness programme' is to be included as an agreed action in all LCDC HI applications for Strand 2 funding. This training and awareness programme will specifically address the policy priority areas of Tobacco, Healthy Eating and Sexual Health

Strategy Area Six: Prevention of Alcohol Related Harm

Local Concerns in Relation to Alcohol Related Harm

- The need for general community support services to be up-skilled in recognising and referring families living with substance misuse difficulties
- The lack of targeted support for young people at risk
- A lack of coordinated support for people in recovery from alcohol treatment
- A shortage of family support services
- A lack of housing and support for people leaving treatment

Key Actions on Prevention of Alcohol Related Harm from Other Local Strategies

Kilkenny Local Economic and Community Plan (LECP) 2016 – 2021

To ensure that Kilkenny operates an effective Local Drugs Task Force that can respond to identified priorities in Kilkenny under the themes of:

- Supply Control, Community Safety, Crime
- Treatment, Harm Reduction Services
- Education, Training and Employment (13.12.3)

To ensure each service user has a care plan which will support them to manage their physical, general health and addiction issues (13.12.7)

Kilkenny Age Friendly County Strategy 2017 - 2022

- Health Service Executive, Health & Wellbeing will support the roll out of "Making Every Contact Count- MECC" which is an approach to behaviour change which will use the thousands of day to day interactions that the HSE and other organisations have with people to encourage behaviour change and have a positive effect on health, such as smoking cessation and alcohol reduction.

South East Traveller Health Unit – Strategic Plan 2015 – 2020

Objective 1: To improve the situation / to bring about change for the better for members of the Traveller community in relation to:

Addiction

- There will be a 20%* increase in Travellers accessing mainstream substance misuse services and receiving effective treatment. This will improve the quality of life of Travellers

Overview of Potential Actions Under this Area

These are actions that seek to prevent alcohol related harm, and are targeted at whole communities. They do not include actions such as alcohol treatment.

Strategy Area Seven: Mental Well-Being

Local Concerns in Relation to Mental Well Being

- Lack of access to counselling for people on low income or financially struggling
- Need for broader community engagement in supporting mental health difficulties
- Lack of peer leaders within communities of people with disability / chronic illness that can support self efficacy
- Excluded Travellers need low-engagement, non threatening activities to be engaged in services but opportunities to do this, and then further engage them into health based services are not maximised
- Gaps in mental health services for young people
- Gaps in relation to resilience building supports for men and for older people
- Workers in services do not understand mental health services, supports and pathways into them and so have difficulty referring their clients.
- Gap in relation to dual diagnosis that leads to people being bounced between services, I
- Lack of dual diagnosis service in Kilkenny)
- Lack of community capacity to prevent and respond to suicide

Key Actions on Mental Health from Other Local Strategies

Connecting for Life Kilkenny

The Connecting for Life Kilkenny local action plan, when published will incorporate local initiatives based on the national Connecting for Life strategy. The focus of Healthy Ireland in relation to mental health is on mental well-being and early intervention. The relevant goal in the national Connecting for Life strategy is Goal One, which includes:

- Improve population-wide understanding of suicidal behaviour, mental health and wellbeing, and associated risk and protective factors (1.1)
- Increase awareness of available suicide prevention and mental health services (1.2)
- Reduce stigmatising attitudes to mental health and suicidal behaviour at population level and within priority groups (1.3)

Connecting for life also seeks to focus on priority groups identified under Goal 3 of the strategy, these include, minority groups, middle aged men and women, young people, people at-risk of suicide or self-harm and economically disadvantaged people. The latter category of course being particularly relevant to this local action plan. Objectives set out under Goal 3 include:

- Improve the implementation of effective approaches to reducing suicidal behaviour among priority groups (3.1)
- Support, in relation to suicide prevention, the Substance Misuse Strategy, to address the high rate of alcohol and drug misuse (3.2)
- Enhance the supports for young people with mental health problems or vulnerable to suicide (3.3)

Kilkenny Local Economic and Community Plan (LECP) 2016 – 2021

- Support the implementation of the Lifeline County Strategy for Suicide Prevention. (13.12.9)
- Mental Health: Continue to Link in With Lifeline when supporting young people's positive mental health through the Arts Office Literary programmes(13.12.10)
- Continue to develop needs based and demand-led services for all young people with a particular focus on young people experiencing exclusion and/or difficulties in adolescence. This will include accessible youth cafes, the mental health resilience programme, the youth mentoring programme, 'Work to Learn' programmes. (13.12.13)
- FRC's to continue to provide family support / individual support to young people referred to them through T.SLA and other relevant agencies. (13.12.16)

Kilkenny Recreation and Sports Partnership Strategy 2015 – 2019

- Kilkenny Carlow Contact Befriending Service will continue to work in partnership with local Public Health Nurses to provide personal alarms to Older People under the Pobal Seniors Alert Scheme. This essential service supports people to remain living in their own homes knowing that contact is only a press of a button away. It is also a comfort to family members, who may not be living nearby.

Kilkenny Age Friendly County Strategy 2017 – 2022

Goal Two: To increase participation amongst specific groups that would benefit from additional support and access to sport, recreation and healthy activity

- Health Service Executive through the Service Providers Forum will promote positive mental health for older people and provide guidance and support on how best to look after your mental health in line with research which shows that there are five key issues that can impact on the mental wellbeing of older people being discrimination, participation in meaningful activities, relationships, physical health & poverty.
- Health Promotion within the HSE will continue to offer training to those working with marginalised groups, e.g. "Engage" Men's Health which builds capacity for health professionals and community workers to work with men in relation to health and social issues and a 10 day Sexual Health programme, for those who have an opportunity to promote sexual health and influence development of sexual health policies in their workplace.
- Health Service Executive Older Persons Service will continue to implement the actions from The National Dementia and the National Carers Strategy through existing processes and structures.

- Health Service Executive’s Mental Health and Wellbeing Nurse for Travellers will promote positive mental health and well being, and better access to health service provision for Travellers over 55, who need additional supports for their Mental Health in association with the Kilkenny Traveller Community Health Project and the Traveller Men’s Health Project.

South East Traveller Health Unit – Strategic Plan 2015 – 2020

Objective 1: To improve the situation / to bring about change for the better for members of the Traveller community in relation to:

- a) Suicide
 - b) Mental Health
 - c) Domestic Violence
- There will be a decrease of male suicide by 10%*, which will result in lives saved.
 - There will be a 20%* increase in Travellers engaging with positive mental health initiatives, and individual and group sessions in order to support Travellers to recognise and access treatment for depression and anxiety. This will improve the quality of life of Travellers.
 - 10%* of the Traveller community will attend awareness sessions or programmes on managing anger or domestic violence.

Overview of Potential Actions Under this Area

These are actions that seek to improve awareness of mental well-being and ways to improve it, and are targeted at whole communities. They do not include actions such as mental health treatment. Actions that may be included in this stream include:

- Programmes that promote self-efficacy, confidence and resilience in marginalised communities such as older people, Travellers etc

8 Implementation Structures

Kilkenny LCDC will have responsibility for the overall management of the Healthy Ireland Fund and programme. This will be done through the establishment of a Healthy Ireland Sub-group of Kilkenny LCDC who will oversee financial management, reporting/performance monitoring and performance review, meeting with action implementers and reporting to LCDC.

The Sub-group Term of Reference states a maximum of 14 members to include:

- 4 LCDC members that include the Health Service Executive (HSE), Family Resource Centres (FRC’s) , Public Participation Network (PPN) , Chief Officer LCDC
- Local SICAP Programme Implementer; CKLP
- The Kilkenny Recreation and Sports Partnership,
- Local Health Promotion & Improvement Dept. of the HSE,
- Kilkenny County Council Parks and Library Departments, and
- Up to 3 other local groups that are leading out on actions in the Local Economic and Community Plan.

This group is supported by Kilkenny County Council. The Group is chaired by a member of the LCDC. Kilkenny County Council acts as financial partner and ensures contract compliance, issues payments to agencies/groups implementing actions, develops contract

agreements, maintain financial records, and provide reports for the LCDC Healthy Ireland Sub-group.

Agencies responsible for carrying out particular actions within the Healthy Ireland Fund Plan will:

- Implement the HI action(s),
- Engage with target group or population,
- Achieve outcomes, milestones and targets,
- Be responsible for managing budget and expenditure,
- Report to the LCDC Healthy Ireland Sub-group.

An annual meeting of all stakeholders involved in the delivery of Healthy Ireland actions as well as wider stakeholders involved in the delivery of services with regards HI priorities will be facilitated by the LCDC Healthy Ireland Sub-group.

Figure 14: Healthy Ireland Management and oversight Structure



Appendix 1:

Abbreviations Used:

- HIF- Healthy Ireland Fund
- CYPSC – Children and Young Peoples’ Services Committee
- FRC – Family Resource Centre
- GAA – Gaelic Athletic Association
- HI SG – Kilkenny Healthy Ireland Sub Group
- IWA – Irish Wheelchair Association
- KCC – Kilkenny County Council
- KLP – Kilkenny Leader Partnership
- KRSP – Kilkenny Recreation and Sports Partnership
- LCDC – Local Community Development Committee
- Org – organisation
- PHCW – Primary Health Care Workers
- PWD – people with disabilities
- RDATAF – Regional Drug and Alcohol Task Force
- NFSN – National Family Support Network

Appendix 2:

Healthy Ireland Funding Strand 1 Round 1 Actions

Action 1: Develop a Local Healthy Ireland Community Plan for Kilkenny

Evidence based, inclusive, outcome focussed, strategically aligned with the appropriate national strategies targeted at disadvantaged communities and other vulnerable groups collaborative and cross sectoral in nature and include a health needs assessment.

Cost: €20,000

Action 2: Confidence building

To deliver the 8 week programme at no cost to participants – max 16

To engage Older adults in a socially inclusive programme and encouraged to link with existing groups such as the Seniors Forum

Cost: €1,000 for tutor costs for Aging with Confidence course

Action 3: Development of a Regional Tobacco Cessation Campaign

Development of county based QUIT Youtube video's personalised to the other 4 counties similar to the one developed by Waterford Healthy Cities available at: <https://youtu.be/apxuW4J7IKQ>

Implementation of a local media campaign to promote services available to support Quitting

Development of an innovated Signage that aims to move away from the “no smoking in this area” message to the provision of information about how to QUIT, what support is available and how to access same. These signs will be places in smoke free playgrounds; greenways etc.

Cost: 10,000

Action 4: Healthy Inclusive Communities – Empower communities to create an environment that supports lifelong participation in sports and physical activity for all.

Partnership approach and steering committee established with local agencies to ensure maximum efficiencies and support in place for programme delivery

Communities with the greatest health inequalities in Kilkenny identified for a targeted intervention programme “Healthy and Active Communities – a whole community approach”.

Cost: €44,000

Action 5: Signage for Walking Trails Kilkenny

Kilkenny County Council in partnership with Trail Kilkenny has developed many walking routes in Kilkenny City and County.

These have been promoted through Trail Kilkenny. Kilkenny Recreation & Sports Partnership organise weekly walking groups throughout the year for people of all levels of fitness.

These have been instrumental in encouraging people to become more physically active by combining the use of good local walking routes and the social element of ‘group’ activity.

Signposting local walking routes will further develop the built environment to promote the safe walking routes that have been developed in Kilkenny City Centre.

Cost: €11,000

Action 6: Promoting positive LGBTI Sexual Health

Targeted presentation in 2 single sex schools in Kilkenny delivered by sports/media personalities and youth workers, to tackle homophobic/trans phobic bullying, challenge stereotypes

1 high profile awareness event, 2 media/sports personalities participate in the event

2 Kilkenny schools will participate in the project

1,000 students & 100 teachers engaged in two school events

Hand-outs and merchandise for students, Cheat sheet for teachers about how to manage HP & TP Bullying, Project outcome report

Cost: €3,000

Total Action Costs: €100,000

Appendix 3:

Healthy Ireland Funding Strand 1 Round 2 Actions

HEALTHY FOOD FITNESS WELLBEING SPORT
POSITIVE MENTAL HEALTH VEGETABLE DIET

Healthy LIFESTYLE

