



**Community Healthcare East
Healthy Ireland Plan
2018 - 2023**

(Dublin South East, Dún Laoghaire & Wicklow)



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Forewords

Joint foreword from the National Director Strategic Planning and Transformation and the National Director Community Operations



Dr. Stephanie O'Keeffe

National Director
Strategic Planning and Transformation
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Mr. David Walsh

National Director
Community Operations
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The Department of Health led cross-governmental *Healthy Ireland Framework* is our national strategy for improved health and wellbeing. *Healthy Ireland* brings together people and organisations from across the country to address the social, economic and environmental factors that contribute to poor physical and mental health and to address health inequalities. *Healthy Ireland* reflects our shared commitment in the health sector, and more widely, to support people to be as healthy and well as they can.

The Department of Health's *Sláintecare Implementation Plan 2018* is seeking to embed the principles of *Healthy Ireland* in the design of all models of care so that they permeate interactions between the health services and the public. It recognises the key leadership role the health system needs to continue to play in driving this whole-system shift towards a culture that places greater emphasis and value on prevention and keeping people well,


and that over time will realise the vision of *Healthy Ireland*.

To deliver on this commitment within the health service the HSE published its *Healthy Ireland in the Health Services National Implementation Plan*. The Plan identified three strategic priorities - Systems Reform, Reducing the Burden of Chronic Disease and Staff Health and Wellbeing. We are delighted that this HSE Community Healthcare East *Healthy Ireland Implementation Plan* has translated these priority areas, into concrete, tangible actions for delivery at local level that can make a real difference for their population.

This *Healthy Ireland Implementation Plan* builds on the work already underway in Community Healthcare East, and the strong partnerships developed by them with external agencies, including collaborative working with Hospital Groups, to improve the health and wellbeing of their population. This plan includes 35 large

scale actions identifying the pathway for service users, staff and partner organisations in Community Healthcare East to work to further embed the health and wellbeing agenda in everything they do. The Plan recognises that their services and healthcare teams have enormous potential to influence the health and wellbeing of the people for whom they provide day to day care and support.

We would like to take this opportunity to commend the Community Healthcare East *Healthy Ireland* Steering Group, the CHO Management Team, in particular Martina Queally, Chief Officer, and Siobhan Fitzpatrick, Head of Health and Wellbeing, and all their staff, on the development of this Plan. The publication of this plan shows their combined commitment



Dr. Stephanie O'Keeffe

to making major systemic and cultural shifts in how healthcare providers do their business. We would also like to acknowledge the staff co-ordinating and supporting this work locally and nationally, particularly Sarah McCormack, HSE National Healthy Ireland Lead, whose work in supporting the planning process and in forging positive working relationships at national and local level strengthens our capability for implementation.

We wish Martina Queally, Chief Officer, the Community Healthcare East team, and their partners, every success with the implementation of this *Healthy Ireland* plan.



Mr. David Walsh

Foreword from Chief Officer



Ms. Martina Queally

Chief Officer

Community Healthcare East

Many factors influence the Health and Wellbeing of the population – some factors are within the control of individuals and others are strongly determined by a range of external influences. Promoting Health and Wellbeing in a whole population is complex and requires collaborative intersectoral work. Strong strategic alliances with other statutory services and the third sector providers is necessary to positively impact on the broad determinants of health.

The Healthy Ireland Plan for Community Healthcare East outlines a broad and ambitious range of evidence based programmes that will be led by the Head of Service for Health and Wellbeing and supported by all staff. The plan builds on a solid foundation of strong partnership working with other agencies in this area.

The Health Service has a key strategic role in supporting population health. Community Healthcare East provides community health and social care services promoting all individuals having a healthy independent life. Promoting and supporting the health and wellbeing of the staff is another key priority of this plan.

The staff in Community Healthcare East have championed many initiatives that have provided the evidence base for some of the programmes in the plan. I am looking forward to working with all our partners to support the implementation of this plan.

Foreword from Head of Health and Wellbeing



Ms. Siobhan Fitzpatrick
Head of Service, Health and Wellbeing
Community Healthcare East

The development of this plan has been underpinned by the Government's *Framework for Improved Health and Wellbeing 2013 – 2025*, which aims to achieve improved health and wellbeing for the people of Ireland, together with the HSE's *Healthy Ireland in the Health Services – National Implementation Plan 2015 – 2017* and the Department of Health's *Sláintecare Implementation Strategy*.

Our healthcare system faces many challenges that include improved life expectancy, more people living with one or more long-term conditions, increasing population diversity and health inequalities. We adopted a life course approach in developing our Healthy Ireland Plan, as it recognises the factors which influence health outcomes across the life span, from preconception to older age. Therefore, actions set out in this plan are aimed at promoting wellbeing at the various stages of a person's life.

It is vital for us to continue to strengthen interagency collaborations with our health sector partners, our external partners, and our community in its entirety; to think differently to improve relationships; to adapt new improved ways of working ultimately with a common goal to improve wellbeing and to build resilient communities now and for the future; and to aim to control the spiralling costs of health care.

Members of our population are key enablers to achieving improved health and wellbeing for our communities, whether for others, or indeed taking measures themselves to abate the prevalence of chronic conditions, in order to remain healthy and to age well. The actions in this plan allow key

enablers to equip members of our population and our staff with the knowledge and skills to sustain a healthy disposition to ageing well, whether by promoting healthier choices or by helping people to manage their own health conditions.

This plan builds on the strengths and achievements of staff across all service areas in Community Healthcare East. I would like to express my gratitude to all those who contributed to the development of this plan, attended our Healthy Ireland consultation workshops, provided submissions or assisted in any manner.

I would like to also convey my thanks to a number of persons for their support and direction with the development of this plan to include:

- Members of the National Health and Wellbeing team Dr. Stephanie O'Keeffe, Ms. Sarah McCormack, the National Priority Programme Leads and Public Health
- Ms. Martina Queally Chief Officer, the CHO 6 Senior Management Team, Members of our Healthy Ireland Steering Group and members of the sub-group for taking ownership of this plan
- Finally to my own team member Ms. Idowu Akingbagbohun and to members of the Health Promotion and Improvement team Dr. Michelle Hardie-Murphy and Ms. Imelda Halton for their commitment and support in bringing this plan to its final conclusion

I look forward to working with all staff and external partners in Community Healthcare East to implement this plan over the coming years.



Abbreviations and Acronyms

AA	Alcoholics Anonymous
CA	Cocaine Anonymous
CHO	Community Healthcare Organisation
CHN	Community Healthcare Network
COPD	Chronic Obstructive Pulmonary Disease
CSO	Central Statistics Office
CYPSC	Children and Young People's Services Committee
DML	Dublin Mid-Leinster
ECRDATF	East Coast Region Drugs and Alcohol Taskforce
H&WB	Health and Wellbeing
HoS	Head(s) of Service
HPV	Human Papillomavirus
HR	Human Resources
HSE	Health Service Executive
IEHG	Ireland East Hospital Group
LCDC	Local Community Development Committee
LGBTI	Lesbian, Gay, Bisexual, Transgender, and Intersex
MEN C	Meningococcal C
MH	Mental Health
MMR	Measles, Mumps and Rubella
MUST	Malnutrition Universal Screening Tool
NA	Narcotics Anonymous
PC	Primary Care
PHEW	Programme for Healthy Eating and Weight Management
PREPARED	Primary Care Education, Pathways and Research in Dementia (dementia training)
QPS	Quality and Patient Safety
SC	Social Care
SMS	Self-Management Support
SMT	Senior Management Team
SRF	Service Reform Fund
WHO	World Health Organization
WTE	Whole Time Equivalent
YODA	Youth Drug and Alcohol Service

Section 1

Introduction to Healthy Ireland





Introduction to Healthy Ireland

Healthy Ireland – A Framework for Improved Health and Wellbeing 2013-2025⁽¹⁾ is a government framework to improve the health and wellbeing of people living in Ireland. It was developed in response to rising levels of chronic conditions, lifestyle trends that threaten health, and persistent health inequalities.

Healthy Ireland sets out a vision where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society, and where it is everyone's responsibility.

The framework has four key goals:



Healthy Ireland recognises that health inequalities are underpinned by the conditions in which people are born, grow, live, work, and age. These broad social and economic circumstances that influence health throughout the life course are referred to as the “social determinants of health”, as depicted in Figure 1.1, which is an adaptation of Dahlgren and Whitehead, 1991.⁽²⁾



Figure 1.1: Social determinants of health
(Adapted from Dahlgren and Whitehead, 1991)

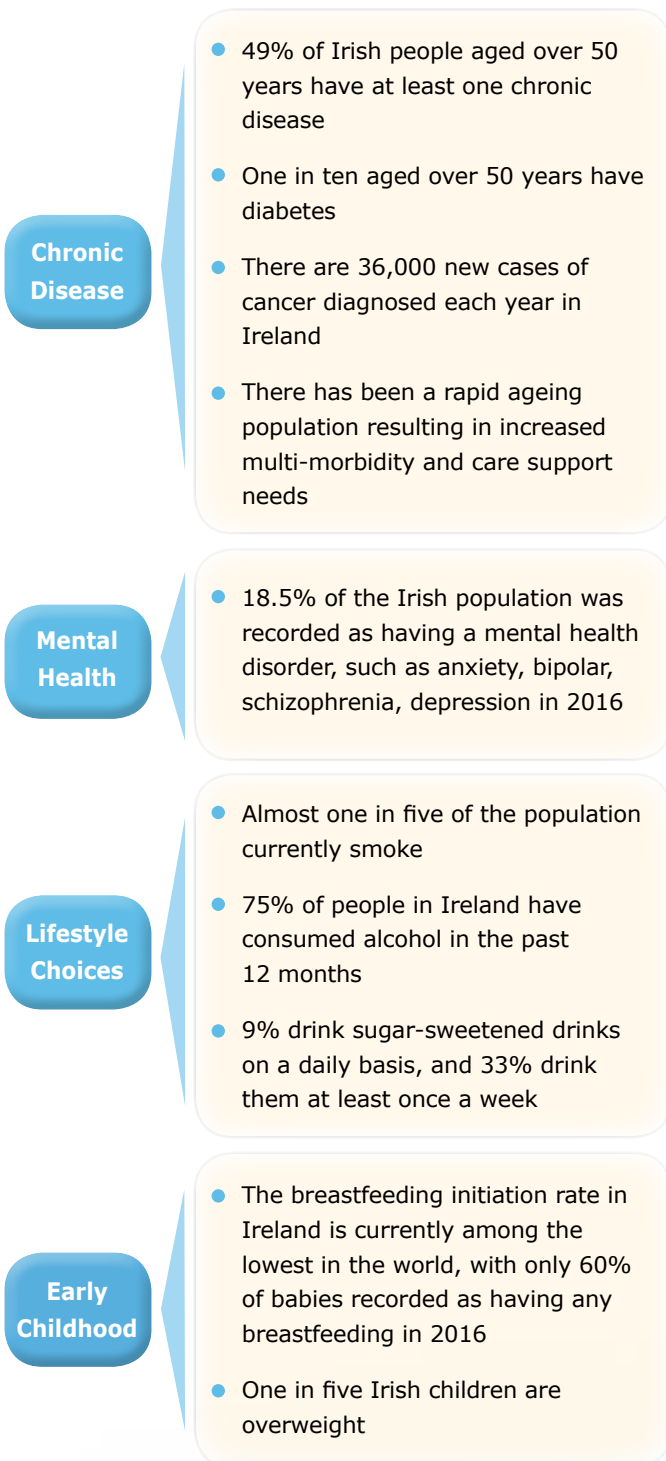
At an international level, the concept of addressing social determinants throughout the life course is strongly supported by the World Health Organization (WHO).

Successful improvement of health at key life stages requires a continuum of interventions across the life-course, combined with efforts to strengthen health delivery systems and address the broader social and economic determinants of health.

(Zsuzsanna Jakab, WHO Director for Europe)

The development of this *Community Healthcare East Healthy Ireland Plan (2018-2023)* is underpinned by an awareness of the importance of the social determinants of health in the implementation of Healthy Ireland in this geographical area.

In light of the above, this plan recognises that there are serious health challenges that occur at all stages in life, which cannot be tackled in isolation. Examples include:



Lasting solutions to health problems can only be tackled by a “joined-up” approach, partnerships between different sectors of society, and the direct involvement of the population.

In pursuit of this joined-up approach, a number of strong partnerships have been developed in Community Healthcare East, in an effort to address the broader determinants of health and to ensure an intersectoral approach to implementation and sustainability.

Implementing Healthy Ireland in the Health Services

The Healthy Ireland in the Health Services: National Implementation Plan 2015-2017⁽³⁾ sets out governance structures and identifies three strategic sector-wide priorities (Figure 1.2).

PRIORITY 1	PRIORITY 2	PRIORITY 3
Health Service Reform	Reducing the Burden of Chronic Disease	Improving Staff Health and Wellbeing

Figure 1.2: HSE’s three priority areas for Healthy Ireland

This Healthy Ireland Plan for Community Healthcare East has been developed in the context of this national plan for the population of Dublin South East, Dún Laoghaire and Wicklow.

Section 2

Overview of Community Healthcare East





2.1 Geography of Community Healthcare East

In 2015, the HSE established nine Community Healthcare Organisations (CHOs) (Figure 2.1) to manage and deliver the full range of health services in communities; to enable and support integrated care across community services and between the community and hospital services; and to establish integration with wider public service organisations, local authorities, and voluntary organisations.⁽⁴⁾ Community Healthcare East, formally known as CHO 6, is one of the nine CHOs.

Geographically, it extends along the Eastern coastline from Dublin to Wicklow. Two major motorways (M11 and M50) serve the geographical area. While the urban area is well served by national and commuter rail services, the DART, the Luas line, and bus routes, some rural areas in Wicklow are accessible only by designated bus routes and can be isolated.

Community Healthcare East has many natural amenities, including beaches, parks and the Dublin and Wicklow Mountains.



Figure 2.1: Map of Community Healthcare Organisations, highlighting Community Healthcare East (CHO 6)



2.2 Population Profile

The profile of the population and the projected population changes are key factors in planning for future health needs and service configurations. Figures in this section are based on the Central Statistics Office (CSO) census results 2016,⁽⁵⁾ unless otherwise referenced. The projected population figures are provided by the Department of Health's *Health in Ireland: Key Trends 2017*.⁽⁶⁾

Community Healthcare East has a population of 393,239, which represents 8.3% of the total population of the country (Figure 2.2).⁽⁵⁾ This reflects an increase of 5.1% since the 2011 census. The average population increase nationally was 3.8% during the same period, illustrating that the population in this area is growing at a faster rate than the national average.

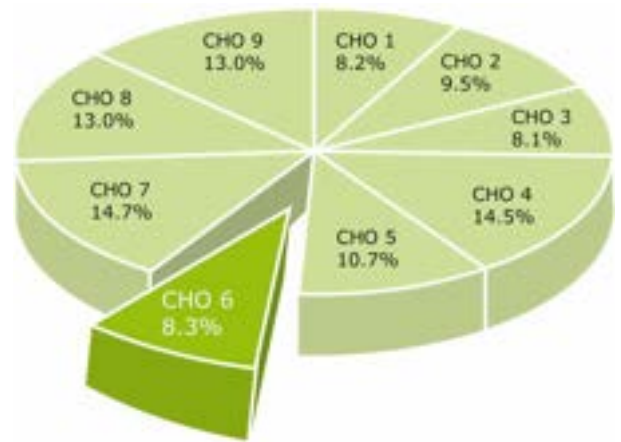


Figure 2.2: Community Healthcare East (CHO 6) population as a percentage of the national population

Age ranges

Figure 2.3 illustrates the breakdown of the population of the area by age and sex.⁽⁵⁾ The breakdown when compared with census reports from previous years indicates that the population of Community Healthcare East is ageing.

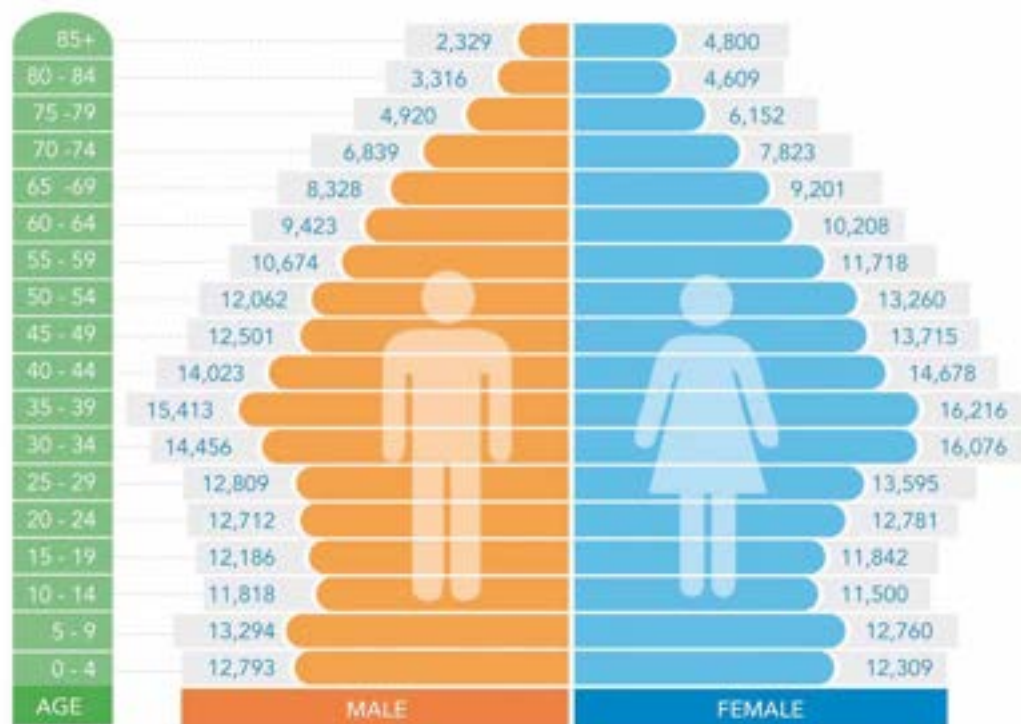


Figure 2.3: Community Healthcare East population breakdown by age and sex

The number of people aged over 65 years increased by 8,736 between 2011 and 2016, representing an increase of 14.8%. The rate of increase in people aged over 75 years is also higher than the national average rate, as illustrated in Table 2.1.

Table 2.1: The percentage population change nationally and in Community Healthcare East in adults aged over 75 years

Age Group	Percentage Population Change (2011 – 2016)	
	National	CHO 6
75-79 years	+13.2	+15.7
80-84 years	+15.6	+17.8
85+ years	+15.6	+22.5

Another significant figure in relation to the age profile is the reduction of young adults in the 20-35 year age range (Table 2.2). It is anticipated that the decline in this cohort will impact on the birth rate over the coming years, as two-thirds of babies nationally are born to mothers aged 30-39 years. ⁽⁷⁾ Already, the number of 0-4 year olds has reduced from 25,478 in 2011 to 25,102 in 2016 (a reduction of 1.3%). Children aged 0-9 years accounted for 13% of the population in 2016.

Table 2.2: The percentage population change nationally and in Community Healthcare East in 20-35 year olds

Age Group	Percentage Population Change (2011 – 2016)	
	National	CHO 6
20-24 years	-7.9	-2.6
25-29 years	-17.6	-13.3
30-35 years	-8.1	- 4.3

Birth Rate

A general reduction in birth rate is recorded in Community Healthcare East between 2017 and 2018 (Table 2.3). Of note, a significant reduction in births (13.6%) is evident in Wicklow (data from the Child Health Department, Community Healthcare East).

Table 2.3: Births in Community Healthcare East in 2017 and 2018

Catchment Area	Births in Community Healthcare East			
	2017	2018	Change (n)	Change (%)
Dublin South East	1,689	1,648	-41	-2.5%
Dún Laoghaire	1,582	1,541	-41	-2.7%
Wicklow	1,647	1,450	-197	-13.6%

Projected Population

As cited earlier, the overall trend in population growth is expected to continue. Irrespective of the declining birth rate, the population is estimated to increase by 7.6% locally, versus 4% nationally, by 2022. ⁽⁶⁾ An increase of 5% (1.4% nationally) is projected for 0-17 year olds; 5.4% (2.7% nationally) for 18-64 year olds; and 28.8% (21% nationally) for those aged over 65 years.

People with Disabilities

According to the CSO, 12.8% (50,199) of the Community Healthcare East population self-reported having some form of disability, compared with a national average of 13.5%. According to the national databases of disabilities in Ireland, 1,473 people are registered as having an intellectual disability ⁽⁸⁾ and 1,166 people are registered as having a physical or sensory disability in this area in 2017. ⁽⁹⁾ As the census data are self-reported, the results capture all forms of disability at all levels of need. All these records are taken into account when planning and delivering health and social care services for the area.

Nationality

The diversity of the population in Community Healthcare East requires health services to be provided in culturally appropriate ways that take into account the increasing diversity within the area, to include language, faith beliefs, and culture. See Figure 2.4 for the breakdown of the population by nationality.

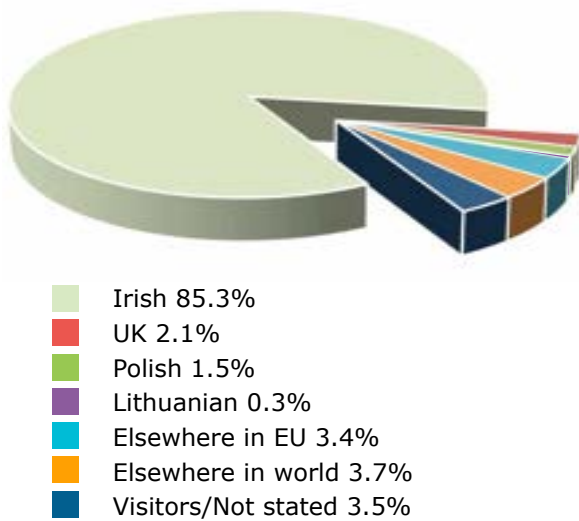


Figure 2.4: Community Healthcare East population profile by nationality (Census 2016)

Deprivation Level

Higher levels of deprivation are consistently linked, in studies and reports, to poor health outcomes.^(10; 11) According to Census 2016, 42,586 people (10.8%) across the area are recognised as being disadvantaged, very disadvantaged, or extremely disadvantaged. Figure 2.5 illustrates deprivation levels in Community Healthcare East by small area (Pobal HP Deprivation Index).

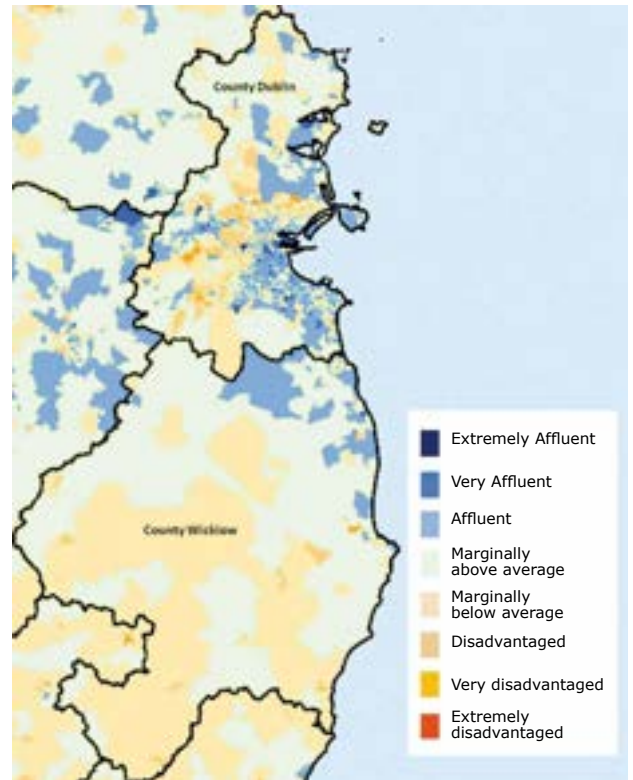


Figure 2.5: Pobal HP Deprivation Index of Community Healthcare East by small area (Census 2016)

Traveller population

According to Census 2016, Irish Travellers account for 0.3% of the population (1,167) of Community Healthcare East. Findings from the *All Ireland Traveller Health Study (2010)*⁽¹²⁾ highlight health inequities, in this population group, in terms of life expectancy and infant mortality. At the time of publication (2010), Traveller men were expected to live to 61.7 years (15.1 years less than men in the general population) and Traveller women had a life expectancy of 70.1 years (11.5 years less than women in the general population).



Members of the Wicklow Traveller Health Group

For Travellers, the infant mortality rate was 14.1 per 1,000 live births, compared with 3.9 per 1,000 live births in the general population. In men, suicide rates were nearly seven times higher among Travellers than in the general population.

As the number of Travellers residing in Community Healthcare East is relatively low, there is a critical need to prevent further marginalisation by providing targeted, culturally-appropriate supports. Working in partnership with Traveller organisations in the area (and through the Eastern Regional Traveller Health Unit) to address many of the challenges faced by Travellers is integral to meeting their health needs.

Homelessness

There were 9,987 people homeless in Ireland in the week of 21-27 January 2019.⁽¹³⁾ This figure includes adults and children accessing emergency accommodation. The number of families accessing emergency accommodation have also increased, rising from 884 in January 2016 (week of 25-31 January) to 1,614 in January 2019 (week of 21-27 January), representing an 83% increase.⁽¹³⁾

A review of hospital data in Ireland from 2005-2014 found that there has been a 406% increase in emergency admissions of individuals with “no fixed abode”. The study reports that the majority of the homeless patients admitted (57.3%) had a mental/behavioural disorder of which 34.2% was due to alcohol misuse and 21% due to substance misuse⁽¹⁴⁾ (Figure 2.6).

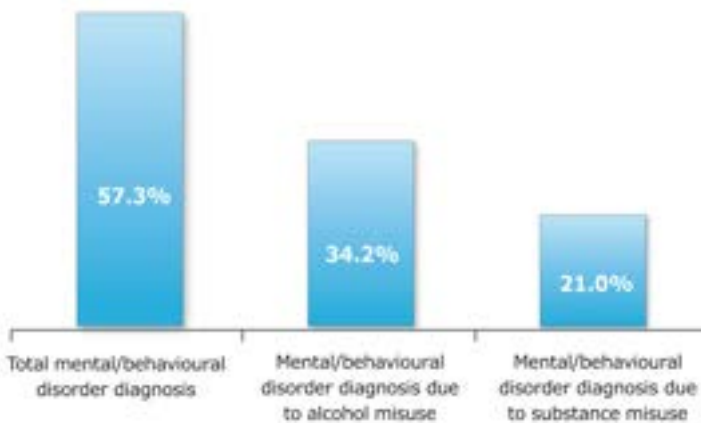


Figure 2.6: Mental/behavioural disorder diagnosis of emergency in-patient admission in those with “no fixed abode” 2005-2014

Furthermore a mortality study of 201 homeless deaths (between 2011 and 2015) in Dublin shows that the median age at death was 44 years for men and 36 years for women.⁽¹⁵⁾ This indicates a much lower age than the general population life expectancy of 79.9 years for males and 83.6 years for females,⁽⁶⁾ as shown in Figure 2.7.

The findings emphasise the significant impact of homelessness on health and the poor health outcomes for the homeless population. Research has shown that while Travellers represent less than 1% of the Irish population, they account for 9% of the homeless population.⁽¹⁶⁾ Therefore, the consequences of homelessness on the Traveller population, whose members already experience poor health outcomes, is significant.



- Median Mortality Age (mortality study of a cohort of homeless people in Dublin)
- Population Life Expectancy

Figure 2.7: Median age of mortality among homeless people by sex compared with population life expectancy.



2.3 Population Health and Wellbeing

As stated earlier, the population's health and wellbeing is influenced by the broader social determinants of health (Figure 1.1), which influence and impact on each person's wellbeing, health and lifestyle choices.

Self-reported Ill Health

In Community Healthcare East, 5,214 people (1.3%) rate their health as bad or very bad, an increase of 7.9% (381 people) between 2011 and 2016. Nationally, 1.6% report their health as bad or very bad. ⁽¹⁷⁾

Health Protection

Immunisation is vital to prevent diseases and protect life. According to the WHO, immunisation is estimated to avert between 2 and 3 million deaths globally each year and is recognised as one of the most cost-effective health investments. ⁽¹⁸⁾

Community Healthcare East childhood immunisation uptake rates are below the recommended WHO and national target rate of 95%. This target rate is needed to effectively stop the spread of infectious diseases. Table 2.4 illustrates the uptake of immunisation in the area based on the *National Healthcare Quality Reporting System Annual Report 2018*. ⁽¹⁹⁾

Table 2.4 Immunisation uptake rate nationally and in Community Healthcare East

	*MMR %	**Men C %	***HPV %
Community Healthcare East	91	87	61
National	92	87	51

* 1 dose of MMR by 24 months of age (2017 data)
 ** Men C by 24 months of age (2017 data)
 *** HPV uptake amongst girls in 1st year of second level schools and their age equivalents for academic year 2016/2017 ⁽²⁰⁾

Chronic Disease

According to WHO's *Non Communicable Disease Country Profile 2018*, ⁽²¹⁾ non-communicable diseases pose the greatest risk to health in Ireland and are estimated to account for 91% of all deaths. According to the HSE's 2014 *Report from the Prevention of Chronic Disease Programme*, cancer, cardiovascular disease, Chronic Obstructive Pulmonary Disease (COPD) and diabetes account for 60% of all deaths worldwide and 76% of deaths in Ireland. ⁽²²⁾

The highest prevalence of these conditions is in the population aged 50 years and over. As the age of the population increases, the number of people living with one or more types of chronic disease will increase proportionally. The number of people in this age cohort living with one or more chronic disease is estimated to increase by 40% within the next decade. ⁽²³⁾



Health Behaviours

Healthy Ireland surveys ^(24; 25; 26) show a slight improvement in some aspects of healthy living, but it is also evident that there is still much work to be done in improving health behaviours among the population.

Findings of the surveys provide a national overview of health behaviours in people over 15 years of age, some of which are outlined in Figure 2.8. ^(24; 25; 26)



Figure 2.8: Summary results from the Healthy Ireland Surveys 2016, 2017 and 2018

Responding to Key Challenges to Achieve Improved Population Health and Wellbeing

Health Inequalities

The projected increase in life expectancy is unlikely to benefit all social groups equally, unless existing health inequalities are addressed. It is crucial to identify vulnerable, marginalised and disadvantaged groups requiring additional support and specific targeted programmes that are designed to reduce inequalities and address their specific healthcare needs. Community Healthcare East is committed to tackling health inequalities and will continue to work with partners to adapt approaches to meet the needs of the population.

Adopting Positive Health Behaviours

In order to tackle chronic disease, interventions will be tailored to support those most in need. Specific actions outlined in this plan (Section 5) aim to promote positive health behaviours and address common risk factors.

Community Healthcare East continues to support the implementation of the national screening programmes through education and promotion. These include Breast Check, Cervical Check, Bowel Screen and Diabetic Retina Screening. Work will continue to improve the uptake of these screening services, especially within marginalised groups.

The HSE's immunisation programmes provide protection from a variety of infectious diseases from an early age and across the lifespan. Health and social care professionals continually work to improve the uptake rates of such programmes.

Ageing Population

The ageing of the population represents one of the most significant demographic and social developments encountered by Irish society. While it poses challenges, it also brings opportunities to promote age-friendly strategies that enhance positive ageing; develop age friendly environments; and align our health systems to

the needs of the older populations that we serve. This includes preventing chronic disease and supporting chronic disease management.

There is also a specific challenge in terms of dementia. The estimated number of people living with dementia in Community Healthcare East is 4,961, 10% of whom are aged less than 65 years. ⁽²⁷⁾

Meeting the needs of the older population requires collaborative inter-agency working and communication. Community Healthcare East is proud to be an active participant in the area's Age Friendly City/County Alliance – a strategic partnership that brings together the statutory, private, voluntary and community sectors to create new initiatives and services and to enhance those that already exist for older people in the area. The key element of the alliance is the cross-sectoral cooperation in finding ways to improve the lives of older people in their communities, in terms of their health, housing, social and personal wellbeing.

Increased research and knowledge is always required and encouraged to promote positive health, wellbeing and to improve the quality of life for older people in the community. Efforts will also be intensified to highlight the importance of maintaining a healthy lifestyle from an early age, to support positive ageing.





2.4 Governance and Leadership

The HSE’s *Community Healthcare Organisations – Report and Recommendations of the Integrated Service Area Review Group* ⁽⁴⁾ outlines the governance arrangements within the nine community healthcare organisations. Community Healthcare East is led by a Chief Officer, who reports to the National Director of Community

Operations. The Chief Officer is supported by Heads of Service (HoS) and Heads of Function.

The delivery of the actions identified in this plan will be the shared responsibility of the HoS and Heads of Function and will be driven by the HoS, Health and Wellbeing.

Governance Structure Community Healthcare East



Figure 2.9: Community Healthcare East governance structure



2.5 Community Healthcare Networks

The *Community Healthcare Organisations Report* ⁽⁴⁾ and the *Sláintecare Action Plan* ⁽²⁸⁾ identify community healthcare networks (CHNs) as the potential basis of population health planning and delivery structure within the community healthcare organisation, to integrate and deliver services to local populations. Health services are provided across eight CHNs in the area, with populations of the CHNs ranging from 30,183 to 66,561 (Figure 2.10). The catchment areas are reflected in Table 2.5

Table 2.5:

Location and population of Community Healthcare Networks in Community Healthcare East

CHN 1	Baggot Street, Donnybrook, Ranelagh, Sandymount, Ringsend Population: 51,830
CHN 2	Balally, Ballinteer, Churchtown, Dundrum/Milltown Population: 45,939
CHN 3	Blackrock, Stillorgan, Booterstown, Monkstown Population: 49,843
CHN 4	Dalkey, Dún Laoghaire, Killiney, Loughlinstown Population: 56,048
CHN 5	Cabinteely, Foxrock, Shankill, Carrickmines Population: 30,183
CHN 6	Leopardstown, Sandyford, Ballinteer, Stepside, Kilternan Population: 36,005
CHN 7	Bray, Greystones, Newtownmountkennedy Population: 66,561
CHN 8	Arklow Rathdrum, South Wicklow, Wicklow Population: 56,830

The CHNs provide a mechanism for integrating services at a local level to address the health and social care needs of the population.

A range of services are provided by Primary Care, Social Care, Mental Health and Health and Wellbeing functions within each CHN. Further details of the workforce and services in the area are available in Section 2.6.

These CHNs facilitate the delivery of integrated care by multidisciplinary teams to achieve improved care pathways for the population.

By continuing to work in collaboration with community partners and statutory agencies such as local authorities, Tusla - child and family agency, and Section 38 and Section 39 agencies, initiatives and programmes are provided that will:

- support people to remain healthy and enjoy physical and mental health and wellbeing to their full potential
- create community supports for people with an established disease to self-manage their illness where appropriate and feasible, and
- deliver supports in response to the needs of the population

Within Community Healthcare East, acute and specialist care is provided by hospitals in the HSE Ireland East Hospital Group (IEHG). These include:

- St Vincent's University Hospital
- St Michael's Hospital
- St Columcille's Hospital
- The Royal Victoria Eye and Ear Hospital
- The National Maternity Hospital, Holles Street

The Children's Hospital Group (consisting of Our Lady's Children's Hospital Crumlin, Temple Street Children's University Hospital, and the National Children's Hospital at Tallaght-located on the grounds of Tallaght University Hospital) provide acute and specialist care to children across the country. All national paediatric specialities are in the group and children are referred to these services based on their healthcare needs.

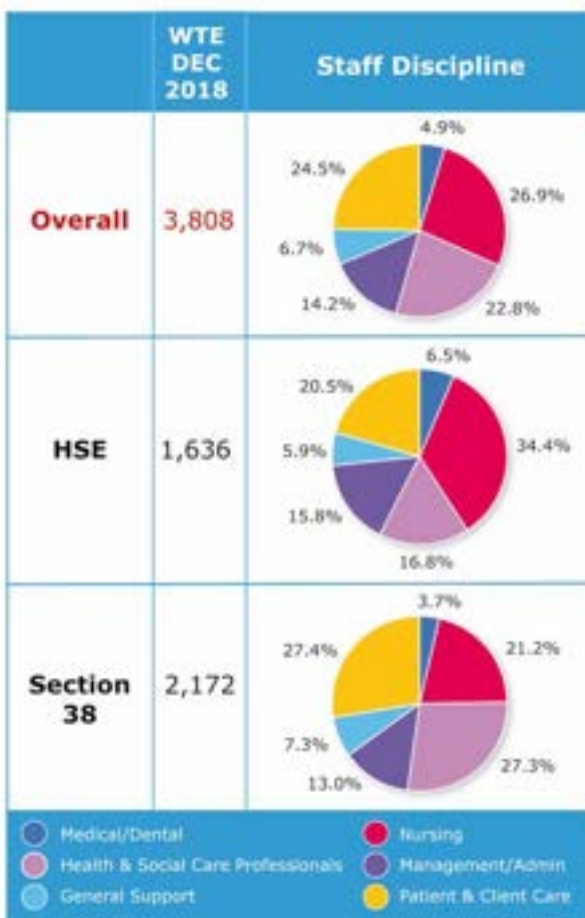


2.6 Workforce and Services

Workforce

The December 2018 Employment Report ⁽³¹⁾ shows that there are 4,405 employees between Community Healthcare East and Section 38 agencies, giving a total of 3,808 whole-time equivalents (WTEs). There are 1,636 WTEs employed directly by the HSE and 2,172 WTEs employed by Section 38 agencies. The staff breakdown by gender is 78.9% female and 21.1% male. The largest staffing categories are: Nursing (26.9%), Patient and Client Care (24.5%), and Health and Social Care Professionals (22.8%). A further staff breakdown by discipline is shown in Table 2.6.

Table 2.6: Community Healthcare East (CHO 6) and Section 38 staff breakdown (December 2018)



The staff breakdown includes a number of regional services which are administered by the area. These services are further described under Primary Care Services.

A dedicated workforce is Community Healthcare East's greatest asset and actions to support staff health and wellbeing are included in this plan.

Health and Wellbeing

Health and Wellbeing leads on initiatives to improve the general health and wellbeing of the population, including physical, mental and social health. It emphasises the prevention of illness, self-management and addressing health inequalities.

This function oversees the delivery of key national policies and initiatives such as the *Healthy Ireland in the Health Services Implementation Plan*, ⁽³⁾ flu protection, living well with a chronic condition, and health promotion, including school education programmes.

This is achieved by working closely with Community Healthcare East services and having inter-agency collaborations.



Clonskeagh staff on a lunchtime walk

Primary Care

Primary Care looks after the day-to-day healthcare needs of the population and is often the first point of contact with the health service. The Primary care team includes General Practitioner, Community Nursing, Physiotherapy, Occupational Therapy, Speech and Language Therapy, Psychology and Dental Services. These teams provide care to individuals in their own home or an appropriate setting as close to home as possible. Primary Care is closely aligned to the Ireland East and Children's Hospital Groups in the delivery of care. Service users are referred to these hospital settings when their health needs are sufficiently complex and cannot be met by community services.

A number of national and regional services are also managed by Primary Care in Community Healthcare East. These include: The Public Health Laboratory, The Public Analyst Laboratory, The Primary Care GP Unit, The Regional Orthodontic Services, The Eastern Region Civil Registration Service, Anti-Human Trafficking, Women's Health Service, and the Gay Men's Health Service.

The focus of these services is on improving the health and wellbeing of the population through early diagnosis, treatment and management of illness, enabling people to live in their own homes for as long as possible and to achieve optimum quality of life within their community.

The future vision for the delivery of Primary Care services is through distinct networks, to achieve greater integration of care for the population served.

Social Care - Disability

A wide range of disability services are provided to those with physical, sensory and intellectual disabilities, and autism. Disability services are aligned to national policy documents such as the HSE's *Time to Move on from Congregated Settings: A Strategy for Community Inclusion* ⁽³²⁾ and *The Interim Standards for New Directions: Services and Supports for Adults with Disabilities*. ⁽³³⁾

A range of services are provided in day centres to facilitate learning, social development and inclusion. Family involvement is crucial in the planning and delivery of services. Families are also supported to care for their loved ones in their homes, through home assistance with access to respite care.

Over 80% of disability services are provided in partnership with Section 38 agencies (National Rehabilitation Hospital, Sunbeam House Services, Children's Sunshine Home, St. John of God Carmona Services) and Section 39 agencies. Contractual arrangements are in place to ensure that these agencies deliver specific services to meet client needs.

The approach taken in the planning, development and delivery of disability services focuses on enabling people with disabilities to achieve their full potential, living in the community, and as independently as possible.



Primary care Dental team providing oral health information

Social Care – Older Persons

Community Healthcare East's Older People Services are committed to ensuring that the health, welfare, rehabilitation, social and personal care needs of older people are planned, managed and delivered to the optimum of available resources within this area. This involves working with older people, their families, carers, and voluntary, statutory and private services.

The focus of the services is always on the individual older person. Access to health and social care services are based on clinical assessment and provided in the most appropriate place for the older person. Home support, day care, respite and extended care are provided, when required, with the consent of the person. These services are flexible, coordinated, accessible, equitable, responsive and appropriate to the individual need – *the right service in the right place at the right time*. The Older People Services work closely with older people themselves, statutory bodies, voluntary organisations, faith groups and community groups, to promote active participation of older people in their communities as a means to enhance their health and wellbeing.

The guiding principles are dignity and respect; the right to decide; being listened to and heard; having adequate, timely and appropriate information; the services being person-centred and accessible; the independence and autonomy of each older person being promoted; and the right for each older person to live in their own home safely for as long as possible. The preferences, beliefs and values of older people are also promoted and respected.

Ageing is a normal physiological process and not a disease. While ageing is inevitable and irreversible, the chronic disabling conditions that sometimes accompany it can be prevented and delayed. This can be achieved not only by providing medical intervention, but – often more effectively – by influencing social, economic and environmental conditions and lifestyle behaviours.



Mental Health

Mental health is an integral and essential component of health throughout the life course. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." With a balanced mental disposition, people are more effective at coping with the stresses of life, can work productively, and are better able to make a positive contribution to their communities. The determinants of mental health are strongly linked to the broader social determinants of health.

In light of the above, mental health services in Community Healthcare East are being developed in accordance with *A Vision for Change*,⁽³⁴⁾ which sets out 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.

Mental health services in the area are delivered within the community setting in service users' homes, day hospitals, outpatient clinics, or

residences in the community supported by community-based mental health teams, with access to care in an acute inpatient facility, when deemed necessary.

While specialist mental health services are delivered to children and adolescents (up to, and including, the age of 17) by the Child and Adolescent Mental Health Services, General Mental Health Services are provided to those aged 18 years to 64 years, and Psychiatry of Later Life Services are available to those over 65 years (not already being catered for by the General Mental Health Services). Services are also commissioned through a Section 38 Service Arrangement with St. John of God Community Mental Health Services.

Strengthening relationships with statutory agencies, community groups, sports and voluntary groups is crucial in promoting and developing resilience among the population, resulting in reduced demand for mental health services.



Section 3

Developing the Community Healthcare East
Healthy Ireland Plan





3.1 Developing the Healthy Ireland Plan

This plan has been developed to support the improvement of health and wellbeing for the population of Community Healthcare East.

It is aligned with national strategic frameworks and plans (Appendix 1), in particular, the *Healthy Ireland Framework*,⁽¹⁾ the *Healthy Ireland in the Health Services National Implementation Plan*⁽³⁾ and the *Sláintecare Implementation Strategy*.⁽³⁰⁾ A number of employee workshops were held across all levels of the organisation, to obtain valuable input from staff (details in Appendix 3). This informed the development of this plan and identified a number of ongoing initiatives in the area. Some initiatives promoting health

and wellbeing of the population of Community Healthcare East are highlighted overleaf and in Section 5.

In the delivery of this Healthy Ireland Plan, trends in births, prevalence of chronic illnesses, migration to the area, and changes in ethnic mix and cultures (both in terms of workforce and service users) will continue to be monitored, to inform service planning and delivery. Building connections is crucial between the health services, schools, families and communities and is an essential component of supporting positive health and wellbeing across the life course.



Initiatives promoting Health and Wellbeing in Community Healthcare East

Paediatric Motor Skills Class for Mums and Children



Physiotherapy led classes aimed at working with mothers in a peer-supported environment to guide them in assisting their babies and children to achieve all developmental markers, a healthy BMI and fitness levels.

Infant Mental Health Awareness Training for Staff

Education sessions to encourage and guide staff to engage parents in discussions on infant mental health, during routine visits. Staff are informed of the importance and techniques of such engagements and the inter-relationship between infant mental health and communication.

Screen Time Advise



An initiative of Speech and Language Therapy, the programme uses general consultation time with parents to discuss the importance of reduced screen time for children and to promote physical activities.

Ups and Downs of Motherhood Class

A multidisciplinary programme, including nursing, physiotherapy and psychology input. The 12-week class addresses the mental and physical health needs of mothers, post-delivery, in a peer-supported environment, and guides them in making healthy lifestyle choices.

SPECS – Supporting Parents and Early Childhood Services

A programme that provides speech and language intervention directly to community crèches and preschools, using a solution-focused approach to empower parents. It is targeted at marginalised groups and delivered with strategic partners.

ENGAGE

Engage workshops are of interest to a broad range of service providers and practitioners (all genders and sectors) who wish to connect in a more meaningful way with men and boys on health and wellbeing related matters. The workshop also gives time to consider the practicalities of “what works” when engaging with men and boys on their health issues.

Mini Heart Health Check

Free mini heart health checks were provided to staff in collaboration with the Irish Heart Foundation. The initiative supported staff to reflect on their own health and wellbeing.

Postnatal Pilates for Mums and Babies

Physiotherapist led Pilates class aimed at engaging mothers in a baby friendly environment. The classes foster peer support and social engagement with no child-minder costs.

Schools Programme



Health Promotion and Improvement Officers support schools and centres of education in implementing the Department of Education and Skills' *Wellbeing Policy Statement and Framework for Practice*.⁽³⁵⁾ In doing so, they play a role in ensuring that young people's experience of education is one where wellbeing is valued and nurtured, and where skills are acquired to help them deal with challenges to their wellbeing.

Women's Pelvic Health and Continence Management Class

A one-to-one session for women of all ages to address pelvic girdle pain, instability and urinary and faecal incontinence. The programme has produced excellent feedback and has resulted in many avoided surgical procedures.

Foot Protection Service

Delivered by the Podiatry Services, the initiative is aimed at supporting those at risk of developing foot ulcers. Individuals within the area who are deemed by medical practitioners to be at risk of developing foot ulcers are referred to and catered for by this service.

Kick Start to Recovery



An initiative delivered by the Mental Health Care Teams in collaboration with the Football Association of Ireland. The programme uses football as a therapy to enhance social participation.

Family and Carer Support Groups

Across Community Healthcare East there are various groups providing specialist support to family members and carers of those receiving Mental Health Services.

Better Bones Class

An evidence-based, physiotherapy-led eight to ten week group exercise programme designed for and targeted at the frail elderly, to address osteoporosis and sarcopenia.

Flu Vaccination



A nurse-led initiative to encourage a better uptake of the flu vaccination among healthcare workers and residents at HSE long-term care facilities. It encompasses peer vaccination training and on-site flu vaccination clinics.

Parkinson's Self-Management Class



An eight-week multidisciplinary programme for individuals with Parkinson's disease. This programme is designed to allow long-term peer support through links with existing services in the local community.

Pet Therapy



Pet Therapy is an integral part of St. Colman's residential care centre. Goats, ducks and hens are accessible on site, with picnic tables provided, where residents and their families can view and interact with the animals.

Patient Experience Survey



Community Healthcare East seeks constant feedback from service users at point of care and through designed surveys to guide service planning and delivery. The area's services are rated as highly satisfactory by its users, who provide excellent feedback. Innovative suggestions are taken into account for improving existing services and developing new initiatives.

PHEW



Programme for Healthy Eating and Weight Management (PHEW). Classes are led by dietitians with multidisciplinary input. The programme provides information on healthy weight management and supports individuals in setting personal achievable goals.

Falls Prevention and Management in Elderly Setting

A specially designed programme delivered by day and residential care services. The programme includes falls prevention treatment and advice in order to reduce fractures and hospital admissions as a result of falls.



3.2 Adopting a Life Course Approach

The life course approach considers how health and disease develop across the lifespan. It focuses on a healthy start to life, targets the needs of people at critical periods throughout their life, and acknowledges that complex issues experienced by the disadvantaged in society can be passed from generation to generation. By understanding the influences of risk factors and protective factors, the development of health over time, and the multiple determinants of health outcomes, the life course approach recognises the opportunity to promote health at key stages of life from preconception through pregnancy, infancy, childhood, adolescence and adulthood to old age. Aspects covered in the life course approach include physical activity, nutrition, early childhood development, supporting parenthood, vaccinations, increasing health knowledge, long-term care, and integrated care.

The WHO Europe published a document in 2017 entitled *How small Countries are Improving Health Using the Life-course approach*,⁽³⁶⁾ which identifies two key triggers for taking action using the life course approach: policy and political triggers, and data and science triggers. These same two triggers provide the rationale for adopting the life course approach in identifying actions for the Community Healthcare East Healthy Ireland Plan, depicted by icons in Figure 3.1.

Policy and Political Triggers

The Healthy Ireland Framework⁽¹⁾, *Healthy Ireland in the Health Services*⁽³⁾ and the *Sláintecare Report*⁽²⁹⁾ provide the policy context for this plan. They aim to increase the proportion of people who are healthy at all stages of life. To support current and future health and wellbeing, health risk factors need to be addressed and protective factors need to be promoted at every stage of life across the life course. Sláintecare focuses on redesigning health care around the needs of people to improve population health and wellbeing.

Data and Science Triggers

Section 2 of this document outlines the population and the challenges for Community Healthcare East in achieving population health and wellbeing. In particular, the projected increase in life expectancy and the health inequalities in the area provide the basis for selecting the life course approach that considers complex social and economic determinants of health and health behaviours. Facilitating factors for adopting the life course approach – as identified in the WHO document – exist in this area. These include a network of services that are responsive to population needs, and existing partnerships and established relationships with external organisations to support the approach.

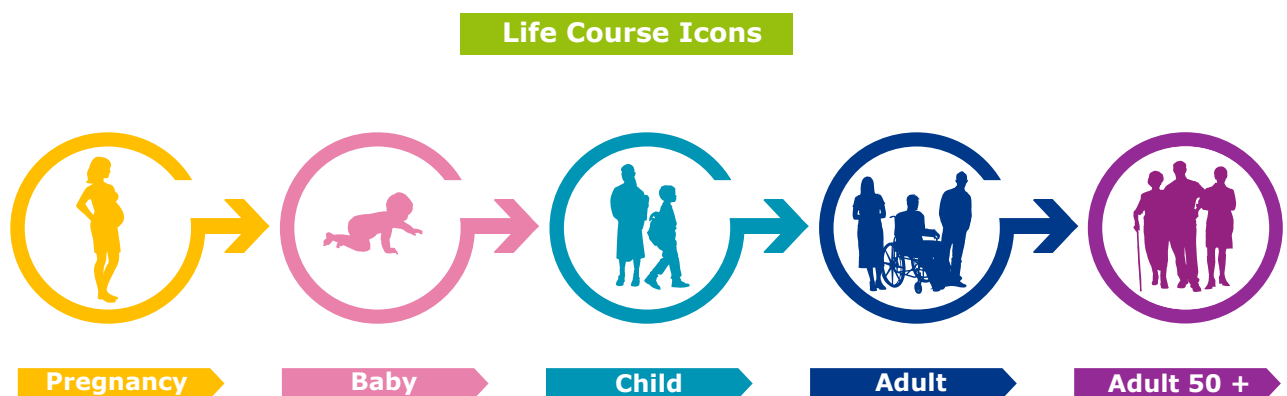


Figure 3.1: Life-Course Icons



3.3 The Community Healthcare East Policy Priority Programmes

There are 10 policy priority programmes in Community Healthcare East, adopted from the national policy priority programmes, which set out key deliverables for this plan (Figure 3.2). Each of these action areas is underpinned by three key elements: governance, health intelligence, and partnership working. These are critical to ensuring that the priorities for this area continue to be relevant at a local level. Some useful sources of information on these priorities are available in Appendix 4.

The 10 policy priority programmes for Community Healthcare East are:

- Making Every Contact Count
- Healthy Childhood
- Healthy Eating Active Living
- Mental Health and Wellbeing
- Positive Ageing
- Alcohol
- Tobacco Free Ireland
- Staff Health and Wellbeing
- Self-Management Support
- Sexual Health



Figure 3.2: Implementing Healthy Ireland in Community Healthcare East

Section 4

Approach to Implementation





Approach to Implementation

A systematic approach is fundamental to maintaining and improving the health of the population. Central to the implementation of this plan is the need to ensure that the necessary structures, processes and standards are in place. This will ensure that initiatives are planned and targeted at relevant population groups, with particular emphasis on areas of disadvantage and marginalised groups across the life course.

Figure 4.1 reflects the key stages required in defining and implementing Community Healthcare East’s priority areas and actions identified in this plan.

Strategic planning and prioritisation are based on identified population health needs in the area. Service planning and developments are based on the prioritised needs and are implemented through targeted initiatives delivered through the workforce and in collaboration with strategic partners. The progress and effectiveness of these initiatives are continually monitored and evaluated, to ensure that they deliver optimum benefit to the population.



Figure 4.1: Principles for defining Community Healthcare East’s Healthy Ireland priorities

The performance and effectiveness of the process of population-need identification, prioritisation, planning, implementation and evaluation provide learning for the ongoing cycle of health and social care service delivery to the population of the area.

The process is ongoing and constantly reflects best practice. It is also evidence based, to ensure optimal health outcomes and value for money.

Governance

Actions in this plan will be implemented through the following service areas: Health and Wellbeing, Primary Care, Social Care, Human Resources and Mental Health. The actions of this plan will also form part of the Annual Operational Plan for each service area.

A Healthy Ireland Implementation Group will be established within the area to oversee progress on the implementation of this Plan and will report progress to the Senior Management Team (SMT). The group will be chaired by the HoS, Health and wellbeing. A number of subgroups will also be established and these will report to the Steering Group. (Figure 4.2).



Figure 4.2: Governance structure providing oversight for the implementation of the Community Healthcare East Healthy Ireland Plan

It is crucial to acknowledge potential challenges to implementing some actions under current funding levels.

Health Intelligence

Public health information and intelligence are core to defining population needs, to inform strategic planning, prioritisation, and service developments.

Imminent service pressures can be addressed through the translation of health data and evidence into action. Service pressures, for example, may relate to an ageing population and the needs of disadvantaged and marginalised groups. The source of such information is illustrated in Figure 4.3.



Figure 4.3: Some health information and data sources informing the development and prioritisation of Community Healthcare East’s services

Partnership

This plan has evolved by reflecting on the many achievements and improvements brought about by strong collaborations between Community Healthcare East and local partners. Partnerships are forged with government bodies, local authorities, public bodies, voluntary organisations, local businesses, families and individuals in promoting health and wellbeing within the community.

An example of this is the Living Well with Dementia Programme, which owes its success to partnership working at every level of the community, honouring the individual with dementia as the central focus. The programme mobilises the entire community (health and social care professionals, local authorities, Gardaí, schools, shops and businesses, family members and non-governmental organisations), raising awareness of dementia with an emphasis on the individual (not the condition), to enable people to live independently in their communities for as long as is feasible.

This level of partnership working is a guiding model aspired to, for the delivery of actions identified in this plan through continued collaboration with the Children and Young People’s Services Committees (CYPSCs), Local Sports Partnerships, academic partners, Local Community Development Committees (LCDCs), individuals, families and other agencies (Figure 4.4) and, as such, ensuring sustainability of wellness into the future.



Figure 4.4: Some of Community Healthcare East’s strategic partners

Communication

A multifaceted approach to communication will be taken to support the delivery of this Plan, to include timely and accurate electronic messaging, briefing sessions and leaflets.

Messages will be shared with key audiences and stakeholders, in order to develop, and in some cases, reinforce a mutually beneficial goal of improved health and wellbeing for staff and the population of Community Healthcare East.

Through the SMT, information will be disseminated to staff members working in all departments. Efforts will also be intensified towards improved advertising and promotion of available supports, resources and educational opportunities (both HSE sponsored and community based) available within the community. These include extending communications to both staff and the general population.

HSE's *Guidelines for Communicating Clearly using Plain English with our Patients and Service Users* ⁽³⁷⁾ will guide the development of education materials, to ensure that they are beneficial and understood by a wide audience.

Communication methods will continue to be adapted to suit literacy levels and overcome language barriers, where necessary.

Research, Monitoring and Evaluation

An important component of our plan is continuing to monitor and evaluate outcomes of programmes and activities, and development of an evidence base, in relation to many of the health challenges facing the population.



Section 5

Community Healthcare East Actions





5.1 Making Every Contact Count

The Making Every Contact Count Framework ⁽³⁸⁾ was published by the HSE in 2016. There are approximately 30 million contacts by members of the public with the health service annually, and therefore 30 million opportunities for health and social care professionals to Make Every Contact Count, in addressing risk factors associated with chronic conditions, including diet, physical activity, tobacco, alcohol and drug use. The aim of this programme is to equip staff with the appropriate skills to empower service users to consider adopting healthier lifestyle choices, and to impart evidence-based information to clients, to assist them with making healthier lifestyle choices. Making Every Contact Count can be used throughout the life course to address a variety of topics relevant to the individual and their circumstances.






The actions within this section demonstrate how the framework for Making Every Contact Count will be supported and activated in Community Healthcare East.

There are four modifiable lifestyle behaviours, targeted through Making Every Contact Count, that influence all stages of people’s lives and contribute to attaining improved health at all stages of the life course. These are Healthy Eating, Active Living, Alcohol and Tobacco.

Furthermore, the behaviours are integral to the self-management of chronic conditions where they exist, and are associated with improving general health and wellbeing.



Making Every Contact Count Actions

	Life Course	Action	Lead	Timeframe
1		Develop and deliver a Community Healthcare East Implementation Plan for Making Every Contact Count, using the National Implementation Model.	All HoS	2018-2023
2		Create an awareness of Making Every Contact Count by supporting the national Making Every Contact Count Framework.	All HoS	2019-2023
3		Assist health and social care professionals in undertaking the online e-learning modules and attending the master classes for Making Every Contact Count.	All HoS	2019-2023
4		Staff to deliver key messages regarding physical activity, healthy eating, tobacco, alcohol and drug use, utilising the Making Every Contact Count minimum data set tool.	All HoS	2019-2023
5		Develop a resource to assist staff with signposting clients to appropriate health behaviour change support services/programmes, based on modules of Making Every Contact Count.	HoS H&WB	2019-2023

Pregnancy

Baby

Child

Adult

Adult 50+

All



5.2 Healthy Childhood

The National Healthy Childhood Programme identifies investment in early childhood – starting from conception – as one of the most cost-effective opportunities available to reduce health inequalities and positively influence health over a person’s lifetime. It recognises that the early years present “a golden opportunity to improve the health of the whole population” ⁽³⁹⁾ (p.5). The HSE Nurture Programme provides an enabler to support the implementation of the National Healthy Childhood Programme.

The actions identified aim to support healthy childhood by promoting healthy lifestyle behaviours in parents and children, protecting health through positive health behaviour (including immunisations), supporting parents in various ways, and supporting health promotion in the school setting.

Baby Massage

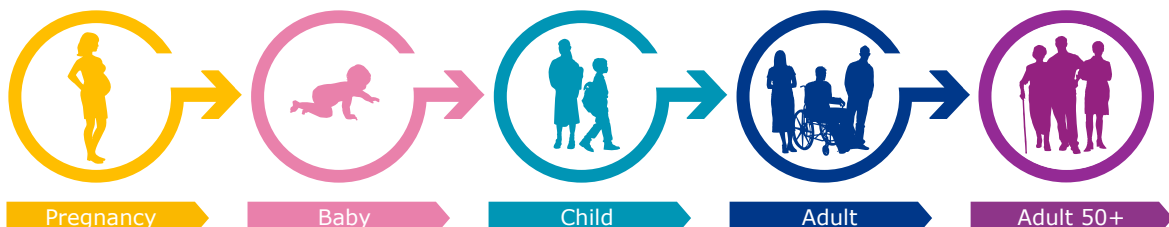



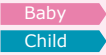
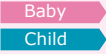
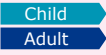






Baby massage classes are delivered by Community Healthcare East staff who work with mothers to develop skills for baby relaxation through massage techniques.

Breastfeeding Support Group



Led by Public Health Nurses, the group aims to inform, encourage and support expecting and nursing mothers to breastfeed.



Healthy Childhood Actions				
	Life Course	Action	Lead	Timeframe
1		Support mothers in adopting healthy lifestyle behaviours during pre-conception, prenatal and perinatal stages, by providing advice, resources and education programmes.	All HoS	2019-2023
2		Implement the <i>Framework for the National Healthy Childhood Programme</i> , ⁽³⁹⁾ including establishing a Child Health Governance Team, identifying a Child Health lead, and implementing the Nurture Programme on a phased basis.	HoS PC	2018-2023
3		Review the current care pathways between hospital services and primary care for children, and identify pathways to additional services, if required.	HoS PC Maternity and Children's Hospital	2019-2023
4		Implement initiatives to identify, support and, where possible, prevent postnatal depression in mothers (with children aged 0-3 years).	HoS MH HoS PC	2019-2023
5		Assist staff in undertaking the National Healthy Childhood Training Programmes, including perinatal mental health, breastfeeding, nutrition and brief intervention.	HoS PC HoS H&WB	2019-2023
6		Implement actions of the <i>Breastfeeding in a Healthy Ireland: Health Service Breastfeeding Action Plan 2016 - 2021</i> , ⁽⁴⁰⁾ including promoting "Every Breastfeed Makes a Difference"; provide information to pregnant women and new mothers; and support breastfeeding-led committees and support groups.	HoS PC HoS H&WB	2018-2023
7		Support the provision of evidence-based parenting programmes and develop a national and regional directory of available support for staff and parents.	HoS PC HoS H&WB	2018-2023
8		Encourage increased uptake of the Child Immunisation Programme, to include the MMR and HPV vaccines.	HoS PC HoS H&WB	2018-2023
9		Strengthen the capacity of schools to promote health and wellbeing by providing teacher training and seminars on a range of health-related topics.	HoS PC HoS H&WB	2018-2023
10		Support the revision, circulation and implementation of the Nutrition Reference Pack for Infants (0-12 months) and support staff to avail of the e-learning modules.	HoS PC	2019-2023





5.3 Healthy Eating Active Living

Poor diet, low levels of physical activity and obesity are risk factors for a broad range of chronic conditions. In Ireland, physical inactivity is responsible for an estimated 8.8% of coronary heart disease, 10.9% of type 2 diabetes, 15.7% of colon cancer, 15.2% of breast cancer and 14.2% of all-cause mortality. ⁽⁴¹⁾ In 2016, the Healthy Eating and Active Living Policy Priority Programme was established in the HSE as part of the implementation of Healthy Ireland in the Health Services, to increase the number of people in Ireland who are physically active on a regular basis, eating a healthier diet, and achieving and maintaining a healthier weight.

The actions within this section include strengthening the capacity of schools to promote physical activity and healthy eating, delivering evidence-based initiatives and programmes in the community, and implementing policies that support and encourage healthy eating and active living across the life course of the population.

DLR Community 5k Event

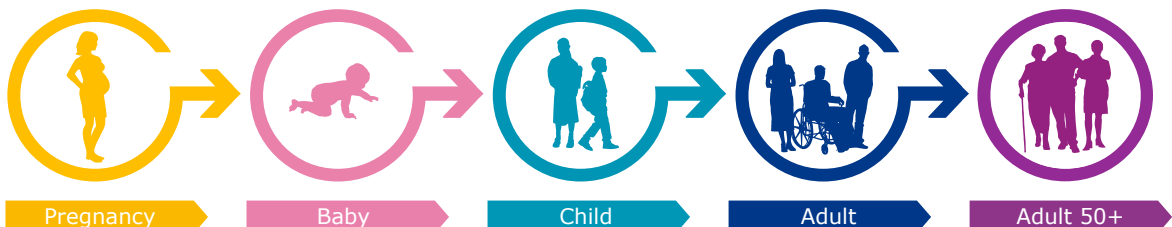


Community participation event delivered by Dún Laoghaire Rathdown Sports Partnership, supported by HSE Health and Wellbeing and local agencies. This event takes place during the County's Festival of Inclusion. It is widely recognised for being all inclusive, bringing together families, friends and the entire community.




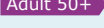




Healthy Food Made Easy



A six-week nutrition and cooking course that encourages healthy eating, helps people to plan meals on a budget, and make meals that are easy to cook and nutritious. The course content is based on the most up-to-date healthy eating guidelines from the Department of Health. The programme is delivered by Southside Partnership, supported by Community Healthcare East dieticians.



Healthy Eating Active Living Actions

	Life Course	Action	Lead	Timeframe
1	   	Implement the HSE Healthier Vending Policy and HSE Calorie Posting Policy.	All HoS	2019-2023
2		Support the delivery of community-based cooking and physical activity programmes, to include “Healthy Food Made Easy”, “Men on the Move”, and the mental health healthy eating initiative.	HoS H&WB HoS PC HoS MH	2018-2023
3		Work in partnership with local organisations and agencies to provide opportunities for physical activity that are inclusive to people with disabilities and health conditions, and tailored across the life course.	All HoS	2018-2023
4		Ensure the delivery of culturally appropriate healthy eating and active living programmes with marginalised groups.	HoS PC	2018-2023
5		Activate the national campaigns/initiatives that promote healthy eating and active living, to include the START campaign and the Steps to Health initiative.	All HoS	2018-2023
6		Support the implementation of <i>A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016-2025</i> , ⁽⁴²⁾ <i>the Get Ireland Active: National Physical Activity Plan</i> ⁽⁴³⁾ and the <i>Healthy Eating and Active Living Programme: National Implementation Plan 2017-2020</i> . ⁽⁴⁴⁾	All HoS	2018-2023
7	 	Support the promotion and delivery of structured patient education for diabetes (X-PERT) and weight management (PHEW) for adults in the community.	HoS H&WB HoS PC	2018-2023

Pregnancy

Baby

Child

Adult

Adult 50+

All



5.4 Mental Health and Wellbeing

Mental health is a fundamental component of health, which is influenced by broad social, physical and environmental factors, as well as individual factors across the life course. Mental health is intrinsically linked with general health, with results from the *Healthy Ireland Survey 2016* ⁽²⁶⁾ illustrating that those who report their health as “bad” experience higher levels of psychological distress than those who report having good health.

Early intervention is necessary for those experiencing or at risk from mental health difficulties, along with efforts to promote and protect wellbeing among the general population.

People who indicate that their health is bad are more likely to have higher levels of psychological distress than those with good health.

The mental health actions identified are to encourage positive mental health alongside good physical health. These actions place service users and their families at the centre of the health services, focus on mental health recovery, undertake activities that target suicide prevention, and implement initiatives that promote positive mental health and wellbeing among service users, in the community and across all stages of life.

Woodlands for Health

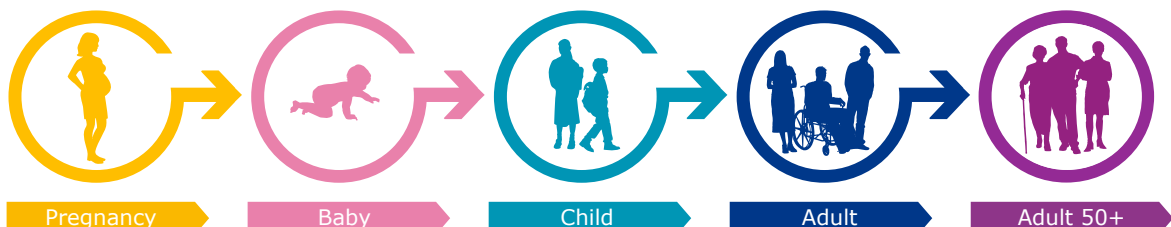


An innovative Eco Therapy programme developed by Coillte and prescribed by medical professionals for adult mental health patients to engage them in forest activities to enhance their quality of life.

Sleep Programme



A programme developed to help those who are working with young people (especially youths presenting with low mood, difficulty engaging in school and negatively affected relationships due to inadequate sleep and a dependency on cannabis), to encourage better sleep habits. The resource produced is for use in school and after-school settings, to assist young people to tackle poor sleep habits and to raise awareness of the necessity of sufficient sleep.



Mental Health and Wellbeing Actions

	Life Course	Action	Lead	Timeframe
1	All	Ensure that service users, families and carers are central to the design, planning, delivery and evaluation of Mental Health Services.	HoS MH	2019-2023
2	All	Implement the HSE's <i>A National Framework for Recovery in Mental Health</i> , ⁽⁴⁵⁾ to include the establishment of local Recovery Committees, increased Recovery Principles training (RPPW) and service user involvement in relevant service planning and delivery.	HoS MH	2019-2023
3	Pregnancy Child Adult Adult 50+	Continue to implement the local Connecting for Life strategic plan to reduce suicide levels.	HoS MH Hos PC	2018-2023
4	Pregnancy Child Adult Adult 50+	Enhance accessibility, consistency and care pathways of services for people vulnerable to suicidal behaviour.	HoS MH	2019-2023
5	All	Improve access to Mental Health Services for marginalised groups, to include Travellers and refugees.	HoS MH	2019-2023
6	All	Support the implementation of the forthcoming National Mental Health Promotion Plan.	HoS MH HoS H&WB	2019-2023
7	All	Promote the recommendations from the National Working Group on improving the physical health of mental health service users through the use of resources such as the "Let's Get Active" information leaflets.	HoS MH Hos PC HoS H&WB	2019-2023
8	All	Support the promotion of mental health and wellbeing initiatives, to include the "Little Things" mental health awareness campaign and Woodlands for Health Programme.	All HoS	2018-2023
9	All	Implement the Service Reform Fund (SRF) Strategy, to include the establishment of community living support programmes, the implementation of an Individual Placement Support programme, and the establishment of a working group for the Recovery in Child and Adolescent Mental Health Service.	HoS MH SRF Leads	2019-2023
10	Child Adult	Identify and map current early intervention and psychological support services for young people at secondary care level and collaborate with stakeholders to support the establishment of a Jigsaw initiative.	HoS MH HoS H&WB	2019-2023
11	Adult Adult 50+	Support a partnership approach to the development and implementation of social prescribing pilot projects.	All HoS	2018-2023
12	All	Deliver training to build capacity among staff to promote positive mental health among service users.	HoS MH	2019-2023
13	All	Support the implementation of the HSE Mental Health National Clinical and Integrated Care Programmes.	HoS MH	2019-2023
14	Child Adult Adult 50+	Support the delivery of <i>Healthy Ireland for Men - National Men's Health Action Plan 2017-2021</i> , ⁽⁴⁶⁾ through the delivery of ENGAGE men's health training and promoting Men's Health Week.	HoS H&WB	2018-2023

Pregnancy

Baby

Child

Adult

Adult 50+

All



5.5 Positive Ageing

A society that does not value its older people denies its roots and endangers its future. Let us strive to enhance their capacity to support themselves for as long as possible and when they cannot do so anymore, to care for them. (Nelson Mandela)

Ageing is a natural process which every individual experiences and people in Ireland are living longer. Positive ageing refers to a holistic integrated community and whole-of-Government approach to changing attitudes towards ageing. In order to enable and support people of all ages in enjoying health and wellbeing to their full potential, it is crucial to take a life course approach and support health and wellbeing across the lifespan.

Community Healthcare East values its older population and has a wealth of initiatives that take a holistic approach and support positive ageing by promoting physical, mental and social wellbeing.

The varied range of factors impacting on ageing well means that actions are required across all sectors and operating at all levels of society. Actions in this plan relate to providing opportunities for active participation in society; a supportive environment to age well (e.g. through infrastructure, the use of technology, collaborative interagency working, and communication); and supporting those who care for the ageing population.

Living Well with Dementia

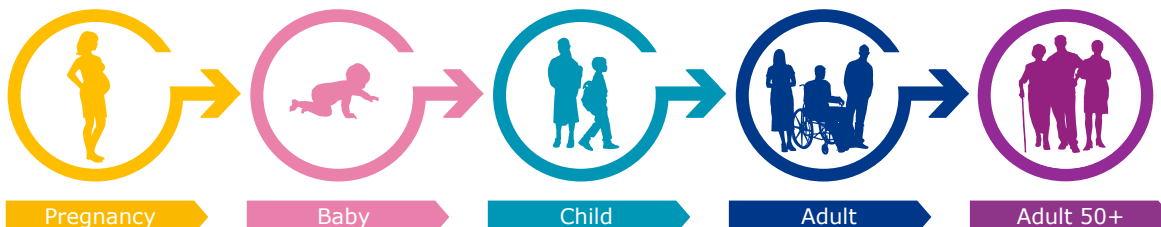




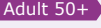
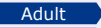
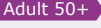

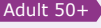


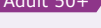

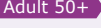
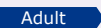


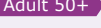

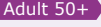
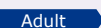


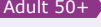

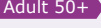


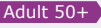
A European award-winning initiative that develops innovative services and supports for people living with dementia, and their families, in their communities. The guiding principle is "See the person, and Not their Dementia". The initiative listens to the person with dementia, their primary carers, and families, in order to identify, develop and deliver effective supports.

Butterfly Project



The introduction of a household model of care to a long-term care facility. The facility environment has been enhanced to be more homely, allowing residents to undertake light gardening, tea events and rear chickens in a safe and controlled environment.



Positive Ageing Actions				
	Life Course	Action	Lead	Timeframe
1	  	Provide opportunities for older people to participate in arts, cultural, social and physical activity groups, and education programmes in day-care services, residential services and in the community.	All HoS	2018-2023
2	 	Promote healthy food and nutrition practices, policies and screening, including MUST in services and in the community for adults.	HoS PC HoS SC	2018-2023
3	 	Extend and improve community physical activity opportunities for adults and older people.	All HoS	2018-2023
4	  	Implement initiatives to promote social inclusion and positive mental health among the ageing population.	HoS H&WB HoS MH HoS PC	2018-2023
5	 	Continue to implement and develop initiatives under the “Living Well with Dementia Programme” and support the “Dementia Understand Together” campaign.	All HoS	2018-2023
6	 	Assist staff in attending training that supports positive ageing, to include PREPARED, Dementia Awareness, Making Every Contact Count, and the Frailty Training Programme.	HoS PC HoS SC	2018-2023
7	 	Implement the National Carers’ Strategy and enhance carers’ access to education and training courses.	HoS SC	2018-2023
8	 	Create environments that support the health and wellbeing of older adults, to include dementia-friendly and age-friendly design and community activation initiatives.	HSE Estates All HoS	2018-2023
9	 	Develop a care pathway that promotes and supports independent living in the ageing population.	All HoS	2018-2023
10	 	Support implementation of HSE’s AFFINITY national falls and bone health project.	HoS PC HoS SC	2018-2023
11	 	Protect the ageing population by adhering to the National Safeguarding of the Vulnerable Adult Policy, training staff in safeguarding, and collaborating with relevant agencies to provide information talks.	All HoS	2018-2023
12		Encourage increased uptake of the influenza vaccine among staff and the population.	All HoS	2018-2023
13	 	Utilise assistive technology to support the needs of older people.	All HoS	2018-2023

Pregnancy

Baby

Child

Adult

Adult 50+

All



5.6 Alcohol

Alcohol and drug misuse is a key risk factor for population health through all stages of the life course. Harmful use of alcohol is associated with injuries and poisonings, violence, anxiety, depression, suicide and self-harm. It increases the likelihood of obesity and is linked with chronic conditions such as digestive diseases, cardiovascular disease and cancers. In addition, excessive alcohol consumption during pregnancy exposes the child to foetal alcohol spectrum disorders.⁽⁴⁷⁾

The actions identified in this plan aim to build capacity among staff to address alcohol and drug misuse; collaborate with community partners; tailor support to the needs of the population; and raise awareness about (a) the harmful effects of alcohol and drugs and (b) the additional services and supports available in Community Healthcare East, including community-based and outreach programmes.

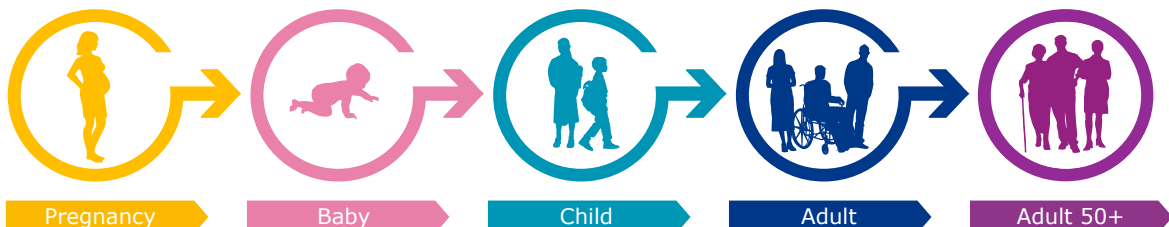
AskAboutAlcohol.ie



This national initiative, promoted by Community Healthcare East, is an alcohol awareness campaign aimed at promoting sensible and safe levels of alcohol intake among the population. The programme provides information on acceptable limits and gives tips on staying sober and parenting tools.

It also works with other agencies and community partners to support those suffering with alcohol addiction.

The initiative is supported by a dedicated helpline and website to signpost individuals to their nearest support group and other useful resources.



Alcohol Actions

	Life Course	Action	Lead	Timeframe
1	All	Deliver the key message, to women intending to become pregnant or who are pregnant, on the avoidance of alcohol during pregnancy, through the provision of advice and askaboutalcohol.ie information leaflets. Where possible, provide advice for partners on supporting an alcohol-free pregnancy.	All HoS	2019-2023
2	All	Support health and social care professionals in gaining the skills and confidence to address hazardous and harmful use of alcohol through Making Every Contact Count and SAOR training.	All HoS, ECRDATF	2019-2023
3	Child Adult Adult 50+	Promote awareness and understanding, to the public and health and social care professionals, of the referral care pathways for alcohol and drug use, based on the HSE Four Tier Model of service delivery.	ECRDATF HSE DML Addiction Services	2018-2023
4	Child Adult Adult 50+	Disseminate the Community Healthcare East directory of addiction supports and services and promote community peer, self-help groups (e.g. AA, CA, and NA) and family support groups (e.g. AL- Anon Family and Friends).	Communica- tions HoS H&WB HoS PC	2018-2023
5	Pregnancy Child Adult Adult 50+	Activate the HSE national alcohol and drugs campaigns by displaying alcohol-related materials and resources in HSE settings, and promoting the alcohol and drugs helpline, www.askaboutalcohol.ie and www.drugs.ie as the main sources of information and support regarding alcohol and drugs.	HoS H&WB	2018-2023
6	Child Adult Adult 50+	Raise awareness of the harms of alcohol for young people, if feasible, by promoting and disseminating the HSE SPHE Senior Cycle Resource on Alcohol and Drugs, the HSE Junior Cycle Health and Wellbeing Resource, the HSE parent's guide on Teenagers, Alcohol and Drugs (Resource Dependent).	HoS H&WB	2019-2023
7	Child	Target under-18s with a drug and alcohol problem, through an outreach programme providing individual assessment, individual counselling and psychotherapy, and family therapy support, education and advice.	YODA Addiction Services	2018-2023
8	Child Adult Adult 50+	Tailor prevention activity and interventions to address the needs of those with a higher risk of alcohol and drug use, due to their lifestyle or membership of a specific group or community.	Addiction Services	2019-2023
9	Child Adult Adult 50+	Continue work in the area of sexual health promotion and improvement, relating to the role of alcohol and risky sexual behaviour.	Addiction Services	2018-2023
10	All	Ensure that all Community Healthcare East Staff and funded agencies have knowledge of, and comply with, the HSE Alcohol Partnership Policy.	All HoS	2019-2023
11	All	Support community partners (to include LCDCs and CYPSCs) in the implementation of the HSE National Alcohol Programme, to prevent and reduce alcohol-related harm.	All HoS ECRDATF	2018-2023

Pregnancy

Baby

Child

Adult

Adult 50+

All



5.7 Tobacco Free Ireland

Tobacco use is the leading cause of preventable morbidity and mortality. It is also one of the leading contributors to chronic disease. According to *An Assessment of the Economic Cost of Smoking in Ireland*, 5,950 premature deaths were attributed to smoking and exposure to passive smoking in 2013, which resulted in 200,000 hospital episodes and an estimated total cost of €460 million to the health service. ⁽⁴⁸⁾ A key target for the Healthy Ireland Implementation Plan is to

reduce the prevalence of tobacco use to < 5% by 2025. In 2018, 20% of the population were current smokers. ⁽²⁴⁾

The actions have been identified to promote public awareness of the dangers of smoking, discourage smoking, support those who are considering quitting, and create environments that are tobacco free.

Smoke Free Homes

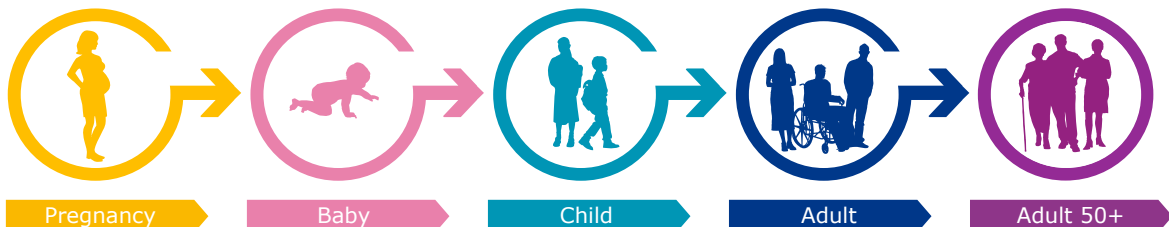


A joint initiative with our strategic partners working with the Traveller community. This initiative creates awareness of the dangers of carbon monoxide and second-hand smoke in the home.

Smoking Cessation Clinics



Smoking cessation support is delivered as a group session and on a one-to-one basis, enabling a person-centered approach to quitting. The service provides support for optimal results at the individual's pace so that personal goals are met. This free service, if requested, also provide support to organisations that wish to encourage and support their staff to quit smoking.



Tobacco Free Ireland Actions

	Life Course	Action	Lead	Timeframe
1	All	Develop an action plan to progress the implementation and ongoing monitoring of the HSE Tobacco Free Campus Policies across all sites and services, and working with the Tobacco Free Ireland office nationally, to ensure that data is collated and provided in a timely manner.	HoS H&WB	2019 - 2020
2	Pregnancy Adult Adult 50+	Create awareness of the smoking cessation service and QUIT support resources, by displaying information in HSE settings, promoting www.quit.ie and disseminating information through partner and community organisations.	All HoS	2018-2023
3	Adult Adult 50+	Deliver community smoking cessation clinics, in line with the National Institute of Health and Clinical Excellence (NICE) best practice and conduct tobacco free self-audit of some facilities and services.	HoS H&WB	2018-2023
4	Adult Adult 50+	Support implementation of the Health Behavioural Patient Management System (e-referral to quit services) on a phased basis.	HoS H&WB	2019-2023
5	Adult Adult 50+	Provide support to staff and service users in long-term community facilities to quit smoking.	HoS H&WB HoS SC HoS MH	2018-2023
6	Adult Adult 50+	Support the Tobacco Free Ireland Programme (where feasible), to develop and implement clinical guidelines for the identification, diagnosis and treatment of tobacco dependence.	HoS H&WB	2019-2023
7	All	Promote HSE Tobacco Free Campus policy with Community Healthcare East-funded agencies.	HoS H&WB	2018-2023

Pregnancy

Baby

Child

Adult

Adult 50+

All



5.8 Staff Health and Wellbeing

The workplace provides a key setting for promoting and supporting the health and wellbeing of the workforce. Given the size of the workforce in the HSE and Community Healthcare East, we have a unique opportunity to support and promote the health of our workforce – providing for staff a supportive, healthy work environment that is free from bullying and intimidation, and which supports them in managing environments that can sometimes be stressful due to a variety of factors, including pressure of work in what are

often challenging circumstances. Staff are also encouraged to be proactive in maintaining their own health and wellbeing.

The actions identified aim to achieve improved health and wellbeing for the staff of Community Healthcare East, through staff engagement, feedback and recognition, and initiatives that promote positive mental health, health behaviours, and employee development.

Staff Yoga

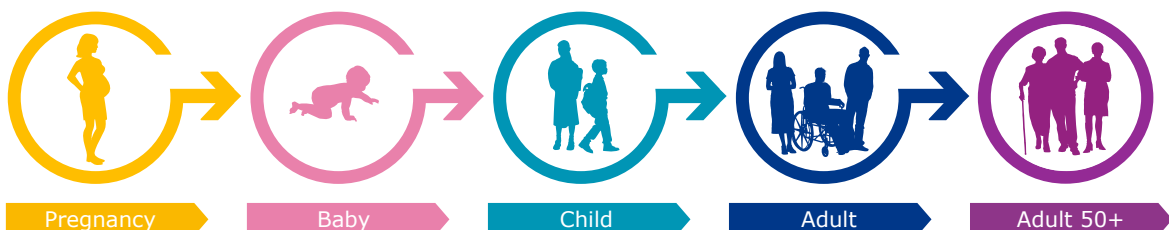


Supporting HSE staff health and wellbeing in the workplace, yoga classes are being provided to staff in some facilities on a weekly basis.


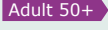

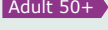

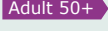

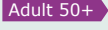

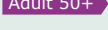

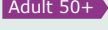

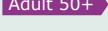

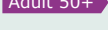

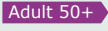

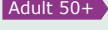
Minding Your Wellbeing



The training programme is to better equip staff to look after their own mental wellbeing within the work setting and to enable them to promote positive mental wellbeing within their professional role.



Staff Health and Wellbeing Actions

	Life Course	Action	Lead	Timeframe
1	 	Support the implementation of the forthcoming Department of Health Healthy Workplace Framework and HSE Staff Health and Wellbeing Policy.	SMT	On publication
2	 	Engage with staff regarding their health and wellbeing via a survey and staff forum. Utilise this engagement to inform initiatives, and identify key areas and target groups.	HoS H&WB HoS HR	2019-2023
3	 	Review the outcomes of the 2018 National Staff Survey and take appropriate remedial action to address feedback accordingly.	SMT	2019-2023
4	 	Support a process of engagement, recognition and feedback between managers and staff.	SMT	2018-2023
5	 	Support staff orientation by developing a localised induction booklet and encourage personal development through coaching, mentoring and leadership development programmes.	HoS HR SMT	2019-2023
6	 	Roll out "Values in Action" Programme.	HoS HR	2019-2023
7	 	Integrate initiatives that support healthy eating and physical activity among staff, to include the Cycle to Work Scheme, Steps to Health Challenge, yoga classes, and the HSE Healthier Vending Policy.	SMT	2018-2023
8	 	Promote positive mental health among staff through initiatives such as the "Minding Your Wellbeing" workshops.	SMT	2018-2023
9	 	Promote health protection programmes among staff, to include the influenza vaccination, hand hygiene training, manual handling courses and Quality Patient Safety training programmes.	SMT	2018-2023
10	 	Continue to identify workplace health and wellbeing champions to encourage and lead out on the implementation of health-related initiatives for staff and utilise the national HSE staff health and wellbeing tools and resources.	HoS H&WB	2018-2023










5.9 Self-Management Support

Self-management refers to a range of activities designed to support people with long-term health conditions, and their carers, to manage their health conditions and improve their wellbeing. These supports range from medication management to symptom management and other changes in lifestyle factors to improve their health outcomes. This support can come in the form of structured education programmes, rehabilitation programmes, peer-support groups, and regular clinical reviews by health and social care professionals.

In the HSE, the focus of self-management support (SMS) is on four key chronic conditions, as outlined

in *Living Well with a Chronic Condition: Framework for Self-Management Support*.⁽⁴⁹⁾ These are: COPD, asthma, diabetes and cardiovascular disease.

The actions in this section outline how the SMS Framework will be implemented in Community Healthcare East and include the creation of a directory of supports available for those living with COPD, asthma, diabetes and cardiovascular disease, communication with service users and health and social care professionals about the supports available, and the identification of additional service requirements.

COPD Support Group

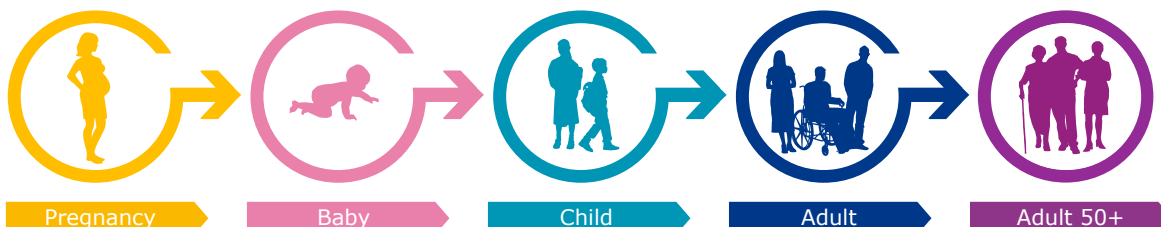


Community-based group for people with COPD and other lung conditions, to help them to manage their health and to live well through a combination of social support, physical activity and education. Delivered in partnership with local interest groups in the area.

X-PERT Programme



Dietician-led, structured education programme for people with type 2 diabetes. The programme is aimed at supporting individuals to take control of their condition, through an informed and better controlled diet.



Self-Management Support Actions

	Life Course	Action	Lead	Timeframe
1	All	Establish a clear governance structure for the SMS programme, to include the establishment of a Local Implementation Governance Group for Chronic Conditions.	HoS H&WB HoS PC	2019
2	All	Develop a Community Healthcare East SMS Implementation Plan focusing on the agreed national priorities for the initial phase of implementation, to include cardiac rehabilitation, pulmonary rehabilitation, structured patient education for diabetes, asthma education, and patient information materials.	HoS H&W HoS PC	2019-2023
3	All	Support the implementation of the <i>Framework for Self-Management Support</i> ⁽⁴⁹⁾ for the four key Chronic Conditions; COPD, diabetes, asthma and cardiovascular disease.	HoS H&WB HoS PC HoS MH HoS SC	2019-2023
4	All	Collect and report on agreed Key Performance Indicators for SMS for four key chronic conditions.	HoS H&WB HoS PC	2019-2023
5	All	Map, develop and maintain a directory of the current self-management supports available in Community Healthcare East, aligned to the four chronic conditions (COPD, diabetes, asthma and cardiovascular disease).	HoS H&WB	2019-2023
6	All	Identify additional service requirements for people to self-manage their chronic condition effectively.	HoS H&WB HoS PC	2019-2023
7	All	Engage with health and social care professionals to promote and support delivery of SMS to service users with chronic conditions.	HoS H&WB	2019-2023
8	All	Ensure that information on programmes that support self-management is displayed in appropriate locations within Community Healthcare East, when available.	All HoS	2019-2023

Pregnancy

Baby

Child

Adult

Adult 50+

All



5.10 Sexual Health

The Sexual Health and Crisis Pregnancy Programme is a national programme with responsibility for implementing the *National Sexual Health Strategy*.⁽⁵⁰⁾ Its strategic vision is that “everyone in Ireland experiences positive sexual health and wellbeing”. It recognises that healthy attitudes to sexuality develop throughout childhood, adolescence and into adulthood.

An example of a service available to the population is the Gay Men’s Health Service, administered

through Community Healthcare East. This service has reached its 26th year and continues to be the only statutory public health service in Ireland for gay, bisexual and transgender people, and men who have sex with men (MSM).

The actions in this section relate to sexual health promotion, education and prevention, and sexual health services in Community Healthcare East.

MyOptions.ie

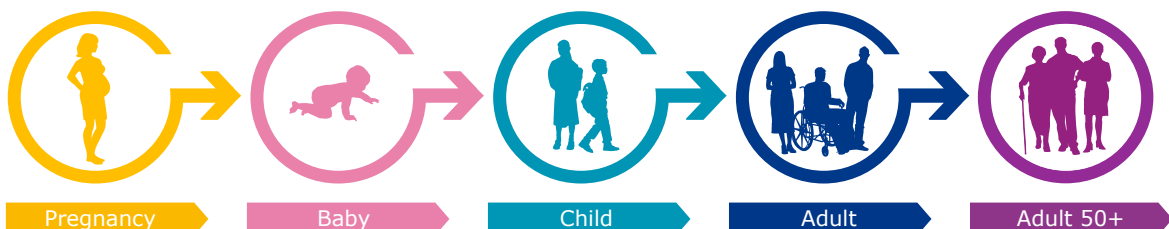


This national initiative, promoted by Community Healthcare East, is a pregnancy support programme. The dedicated helpline and website provide a one-stop-hub for information about unplanned pregnancy, including on-going support in the case where the individual wants to keep the pregnancy; information on abortion services; face - to-face counselling; local support services; and information for health and social care professionals.

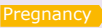

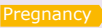

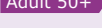
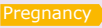

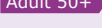
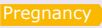


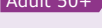

Gay Men’s Health Service - Personal Development Course



This free, six-week personal development course run by the GMHS service and Outhouse LGBT Community Centre focuses on making positive life changes and improving the health and wellbeing of gay and bisexual men. The course can be both fun and challenging and helps individuals to learn coping skills for everyday situations.



Sexual Health Actions

	Life Course	Action	Lead	Timeframe
1	   	Establish a Community Healthcare East Steering Group to develop and deliver an implementation plan for the Sexual Health Strategy and associated campaigns.	All HoS	2019 - 2023
2	   	Map the current referral pathways for sexual health services and resources, to assist in identifying service deficits and opportunities for development.	All HoS	2019-2023
3	   	Promote awareness of training opportunities, initiatives, resources and information on sexual health and wellbeing, to include HSE Sexual Health Campaigns such as #RespectProtect and My Options, as well as the HSE websites www.sexualwellbeing.ie , www.Man2Man.ie , and www.b4uDecide.ie .	All HoS	2019-2023
4	   	Where possible and appropriate, facilitate staff in undertaking sexual health training, to include the Foundation Programme in Health Promotion; Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Awareness; and Transgender Health.	All HoS	2018-2023
5	   	Implement a process to ensure that all sexual health programmes and services address marginalised groups, to reduce health inequalities.	HoS PC	2019-2023

Pregnancy

Baby

Child

Adult

Adult 50+

All

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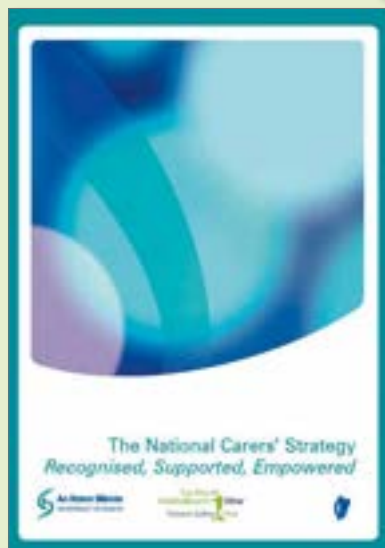
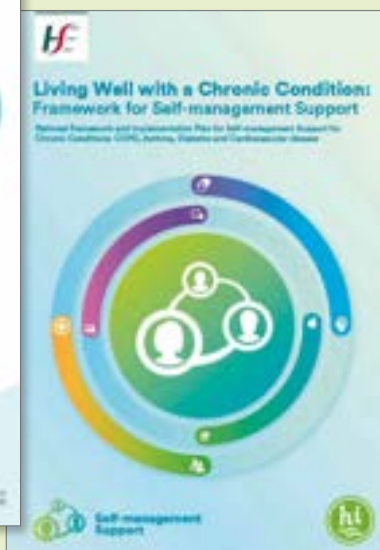
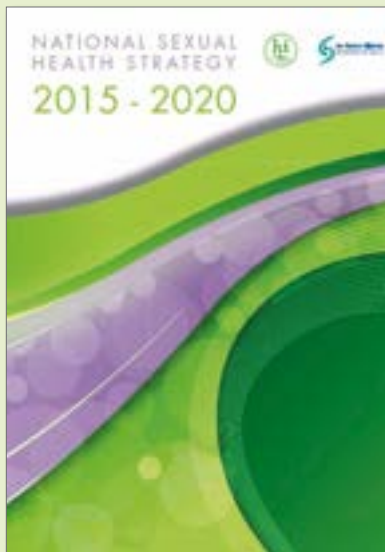
Appendices





Appendix 1 Some Related Strategies and Policies







Appendix 2 Community Healthcare East Healthy Ireland Groups

Healthy Ireland Steering Group

Name	Service Area
Martina Behan	Mental Health
Siobhan Fitzpatrick	Health and Wellbeing (Joint Chair)
Fergal Fox	Health Promotion and Improvement
James Glover	Primary Care
Eilis Hession	Social Care
Declan Hynes	Human Resources
Niamh McAlinden	Area Business Manager
Sarah McCormack	HSE National Lead for Healthy Ireland
Terri Mullee	Environmental Health
Maire O'Connor	Public Health Specialist
Martina Queally	Chief Officer (Joint Chair)
Claire Waldron	Social Care

Healthy Ireland Plan Development Subgroup

Name	Service Area
Sylvia Cahill	Mental Health
Siobhan Fitzpatrick	Health and Wellbeing (Chair)
Fergal Fox	Health Promotion and Improvement
James Glover	Primary Care
Imelda Halton	Health Promotion and Improvement
Michelle Hardie-Murphy	Health Promotion and Improvement
Eilis Hession	Social Care
Anneka Hickey	Human Resources
Claire Waldron	Social Care



Appendix 3 Staff Consultation Event

The Community Healthcare East Healthy Ireland Steering Group set out as a key priority the importance of engaging with staff through consultation workshops. These sessions were crucial for obtaining the views and suggestions from the area's most valuable asset, which is its staff. It was imperative for frontline staff to contribute to the development of this plan, as they are key players in the delivery system and will be involved in implementing the plan. They provided guidance and input based on their first-hand knowledge, experience and needs identified in the course of their work.

Workshops were supported by the National Health and Wellbeing Division, through the provision of experienced facilitators to guide the event. There was very good attendance from all areas and functions. During the workshops, staff were divided into working groups, with a facilitator, and were presented with three objectives and a number of related questions to guide discussion.

The objectives of the discussions were:

Objective 1

To achieve improved health and wellbeing for Community Healthcare East's population

Objective 2

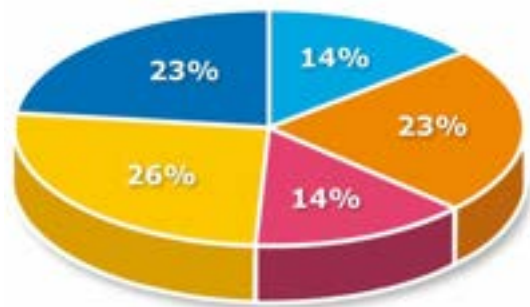
To achieve improved staff health and wellbeing

Objective 3

To reduce the burden of chronic conditions

The consultation process identified the many good initiatives already in place in Community Healthcare East (examples highlighted in Sections 3 and 5) and suggested new ones targeted at the health and wellbeing of the staff and population. The most common themes that emerged are presented below.

Staff Consultation Event Most Mentioned Themes



- Communication
- Mental Health & Wellbeing
- Health & Wellbeing
- Workplace
- Healthy Eating Active Living





Appendix 4 Useful Links

Healthy Ireland

Healthy Ireland: A framework for Improved Health & Wellbeing 2013-2025
Department of Health

<https://health.gov.ie/wp-content/uploads/2014/03/HealthyIrelandBrochureWA2.pdf>

Healthy Ireland in the Health Services:
National Implementation Plan 2015 – 2017

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

Making Every Contact Count

Making Every Contact Count:
A Health Behaviour Change Framework
and Implementation Plan for Health
Professionals in the Irish Health Service

<https://www.hse.ie/eng/about/who/healthwellbeing/making-every-contact-count/making-every-contact-count-framework.pdf>

Making Every Contact Count training
programme

<https://www.hse.ie/eng/about/who/healthwellbeing/making-every-contact-count/training-programme/>

Healthy Childhood

Framework for The National Healthy
Childhood Programme

<http://ichn.ie/wp-content/uploads/National-Health-Childhood-Programme-Updated-24th-May-2017.pdf>

Better Outcomes Brighter Futures:
The national policy framework for children
& young people 2014 - 2020

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

Creating A Better Future Together: National
Maternity Strategy 2016-2026

<https://health.gov.ie/wp-content/uploads/2016/01/Final-version-27.01.16.pdf>

Healthy Weight for Ireland: Obesity Policy
and Action plan

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

First 5: A Whole-of-Government Strategy
for Babies, Young Children and their
Families 2019-2028

https://www.dcy.gov.ie/documents/earlyyears/19112018_4966_DCYA_EarlyYears_Booklet_A4_v22_WEB.pdf

Useful websites

www.breastfeeding.ie

www.mychild.ie

Healthy Eating and Active Living

Healthy Weight for Ireland: Obesity Policy
and Action plan

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

Healthy Eating and Active Living

Get Ireland Active: National Physical Activity Plan for Ireland	https://health.gov.ie/wp-content/uploads/2016/01/Get-Ireland-Active-the-National-Physical-Activity-Plan.pdf
The National Guidelines on Physical Activity for Ireland	https://health.gov.ie/wp-content/uploads/2014/03/active_guidelines.pdf
Physical Activity	http://www.getirelandactive.ie/ www.getirelandwalking.ie
HSE Healthier Vending Policy	https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/heal-docs/hse-healthier-vending-policy-june-2015.pdf

Mental Health and Wellbeing

Connecting For Life: Ireland's Strategy to Reduce Suicide 2015-2020	https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life
Connecting for Life: Dublin South East, Dún Laoghaire and East Wicklow, Reducing Suicide Together 2015-2020	https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/launch-of-local-action-plan.html
Little Things Mental Health Campaign	https://www2.hse.ie/services/campaigns/littlethings/about-littlethings.html
Useful websites	www.yourmentalhealth.ie

Positive Ageing

Positive Ageing Starts Now! The National Positive Ageing Strategy	https://health.gov.ie/wp-content/uploads/2014/03/National_Positive_Ageing_Strategy_English.pdf
Healthy and Positive Ageing for All: Research Strategy 2015-2019	https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/positive-ageing/healthy-and-positive-ageing-for-all.pdf

Alcohol and Drug Awareness

Reducing Harm, Supporting Recovery: A health-led response to drug and alcohol use in Ireland 2017-2025	https://health.gov.ie/wp-content/uploads/2018/07/Reducing-Harm-Supporting-Recovery-2017-2025.pdf
HSE National Alcohol Programme	http://www.askaboutalcohol.ie/alcohol-in-ireland/policy/the-hse-national-alcohol-programme/
Alcohol Awareness	www.askaboutalcohol.ie
Drug Awareness	www.drugs.ie
A Guiding Framework for Education and Training in Screening and Brief Intervention for Problem Alcohol Use 2012. For Nurses and Midwives in Acute, Primary and Community Care Settings	https://www.hse.ie/eng/services/publications/topics/alcohol/interventionforproblemalcoholabuse.pdf

Tobacco Free

Tobacco Free Ireland: Report of the Tobacco Policy Review Group	https://health.gov.ie/wp-content/uploads/2014/03/TobaccoFreeIreland.pdf
Tobacco Free Ireland Action Plan	https://health.gov.ie/wp-content/uploads/2015/03/Tobacco-Free-Ireland-Action-Plan..pdf
The State of Tobacco Control in Ireland: HSE Tobacco Free Ireland Programme, 2018-2021	https://www.hse.ie/eng/about/who/tobaccocontrol/tobaccofreeireland/state-of-tobacco-control.pdf
HSE Tobacco Free Ireland Programme: Implementation Plan 2018-2021	https://www.hse.ie/eng/about/who/tobaccocontrol/tobaccofreeireland/03849-hse-tfi-plan-2018-2021-proof-08.pdf
Smoking Cessation Support	www.quit.ie
National Tobacco Free Campus Policy	https://www.hse.ie/eng/staff/resources/hrppg/national-tobacco-free-campus-policy---april-2012.pdf
National Standards for Tobacco Cessation Support Programme	http://www.hse.ie/eng/about/Who/TobaccoControl/cessation/tobaccocessationnationalstandard.pdf

Staff Health and Wellbeing

Health Services People Strategy 2015-2018	https://www.hse.ie/eng/staff/resources/hrstrategiesreports/peoplestrategy.pdf
Health Services People Strategy 2015-2018. HSE People Strategy. Work Plans	https://www.hse.ie/eng/staff/resources/hrstrategiesreports/peoplestrategy-workplans.pdf
Integrated Employee Wellbeing and Welfare Strategy 2009- 2014	https://www.hse.ie/eng/staff/resources/hrppg/integrated-employee-wellbeing-and-welfare-strategy-2009-2014-.pdf
Cycle to Work Scheme	https://www.hse.ie/eng/staff/benefitsservices/cycle-to-work-scheme/hse-south-employees/cycletoworkschemerevenueguidancedocument.pdf

Self-Management Support

National Framework and Implementation Plan for Self-management Support for Chronic Conditions: COPD, Asthma, Diabetes and Cardiovascular Disease	https://www.hse.ie/eng/health/hl/selfmanagement/hse-self-management-support-final-document1.pdf
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Sexual Health and Crisis Pregnancy

National Sexual Health Strategy 2015-2020	https://health.gov.ie/wp-content/uploads/2015/10/National-Sexual-Health-Strategy.pdf
Useful websites	www.myoptions.ie www.sexualwellbeing.ie www.man2man.ie https://www.hse.ie/eng/services/publications/

Other Information and Resources

From Standards to Practice: Guidance Document for Hospitals on Health and Wellbeing Standards	clinical-strategy-and-programmes/guidance-document-for-hospitals-on-health-and-wellbeing-standards.pdf
Health Promotion Strategic Framework	https://www.healthpromotion.ie/hp-files/docs/HPSF_HSE.pdf
Literacy Audit for Healthcare Settings	https://www.healthpromotion.ie/hp-files/docs/HSE_NALA_Health_Audit.pdf
National Adult Literacy Agency (NALA) resources	www.nala.ie/resources/all
Guidelines for Communicating Clearly using Plain English with our Patients and Service Users	https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/launch-of-local-action-plan.html

Health Promotion Literature

Health Promotion literature can be found and ordered online from www.healthpromotion.ie

Training Resources

Free staff training courses available on HSELand on www.hseland.ie



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