

# HEALTHY GALWAY CITY STRATEGY 2019-2021



Healthy

Galway City

LCDC



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



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# FOREWORD

## Chair of Galway City LCDC

As chairperson of the Local Community Development Committee, I welcome this Healthy Galway City Strategy. This strategy provides a framework to achieve the vision for a Healthy Galway City – a city 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 responsibility for health and wellbeing is shared and supported. I believe that this strategy should form a central element of the Galway City Local Economic and Community Plan, as one of its high level goals is to achieve ‘a city that promotes the health and wellbeing of all its people’.

The Healthy Galway City Strategy is designed to be dynamic and to adapt over time to meet emerging and evolving needs.

I welcome the extensive consultation process that supports this strategy and would like to thank all those that took the time to participate in one or more of the workshops and/or complete the online survey. Your information was crucial to the collaborative nature of this strategy.

Particular thanks to the organisations and agencies that I hope will continue to work collaboratively to make real progress to promote and improve the health and wellbeing of all people in Galway City. I am confident that, with our combined efforts we will achieve a city where everyone can enjoy health and wellbeing to their full potential.

**Professor Terrence McDonough,  
Chairperson of the Galway City Local  
Community Development Committee**



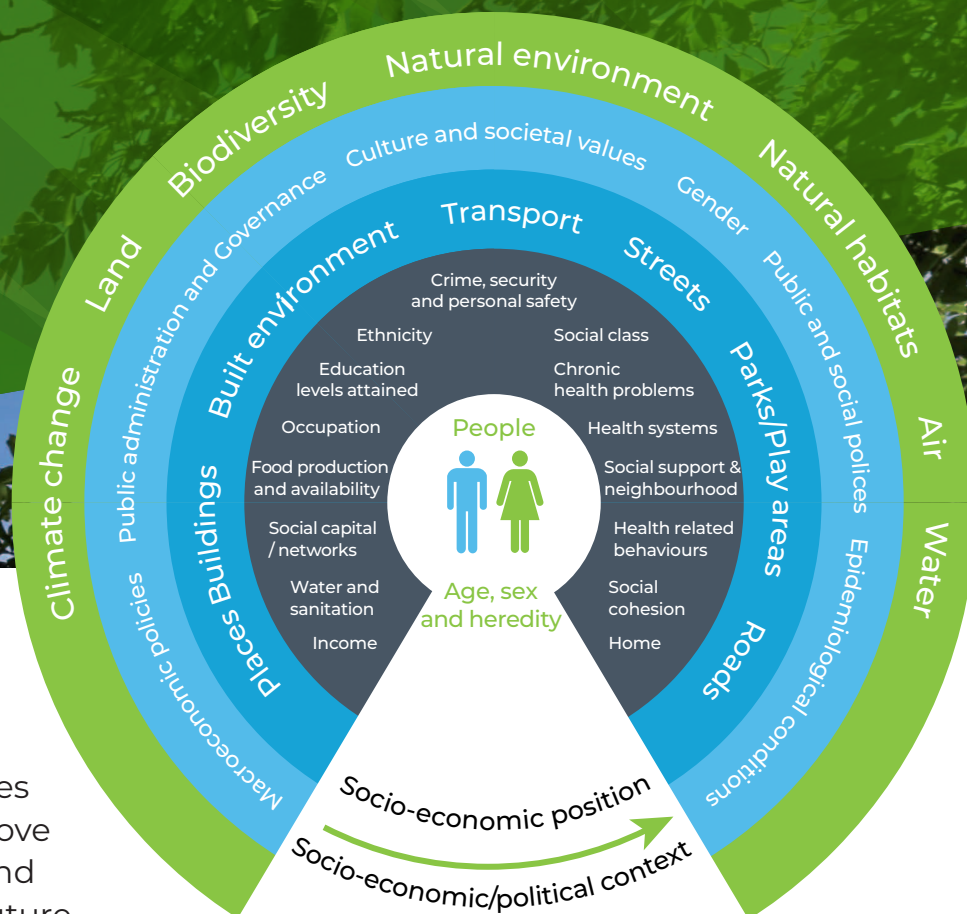
# SECTION 1

# HEALTHY IRELAND FRAMEWORK

The World Health Organization (WHO) defines health as a state of complete, physical, mental and social wellbeing and not just the absence of disease or infirmity<sup>1</sup>. Wellbeing is an integral part of this definition of health and reflects the quality of a person's life and the various factors which can influence it<sup>2</sup>. Wellbeing also reflects the concept of positive mental health, in which a person can realise his or her own abilities, cope with the normal stresses of life, work productively and fruitfully, and be able to make a contribution to his or her community<sup>3</sup>.

Healthy Ireland, the government framework for action to improve the health and wellbeing of the Irish population, was launched in 2013<sup>4</sup>. Healthy Ireland sets out a wide framework of actions that will be undertaken by Government





Departments, public sector organisations, businesses, communities and individuals to improve health and wellbeing and reduce risks posed to future generations. The vision is ‘A Healthy Ireland, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility’.

**The Framework sets out four high level goals to achieve this vision:**

1. **Increase the proportion of people who are healthy at all stages of life.**
2. **Reduce health inequalities.**
3. **Protect the public from threats to health and wellbeing.**
4. **Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland.**

Healthy Ireland recognises that health and wellbeing are not evenly distributed across Irish society and seeks to reduce health inequalities.

**Graph 1. Determinants of Health**

Source: *Healthy Ireland 2013 (adapted from Dalghren and Whitehead, 1991 and Grant and Barton, 2006)*

This requires interventions to target particular health risks, as well as a broad focus on addressing the wider social determinants of health – the circumstances in which people are born, grow, live, work and age – to create economic, social, cultural and physical environments that foster healthy living. Acknowledging that health and wellbeing are not solely the responsibility of the health sector, the Healthy Ireland Framework calls for a whole-of-government, whole-of-society approach and identifies the critically important role local authorities play in protecting and promoting health and wellbeing at the local level.

## THE HEALTHY IRELAND FUND

In 2017, the Government of Ireland introduced a Healthy Ireland fund to support the implementation of the Healthy Ireland objectives at a local level. Administered by the Department of Health, the primary aim of the Healthy Ireland fund is to support innovative, cross-sectoral, evidence-based projects and initiatives that support the implementation of key national policies in areas of physical activity, healthy weight, tobacco free, sexual health, mental health and alcohol harm prevention and reduction.



### The objectives of the initial stages of the fund are:

- *To raise awareness of, and support for, Healthy Ireland through the funding of community-based and national health promotion activities;*
- *To facilitate and resource cross-sectoral and partnership networks that promote health and well-being;*
- *To add value to existing health promotion initiatives through the provision of Healthy Ireland resources;*
- *To resource the development of locally-led, cross-sectoral strategies promoting health and wellbeing; and*
- *To support the health and wellbeing of the most disadvantaged groups and areas and those experiencing significant health inequalities through long-term planning.*



# SECTION 2

# POLICY OVERVIEW



Over the past number of years significant work has been undertaken in consultation with the public in developing national policies and plans. There is clear recognition that effective implementation of national policies and plans require integration and implementation at local level.

Priority Area	National Policy and Actions
<p><b>Physical Activity</b></p> <p><i>Get Ireland Active - National Physical Activity Plan</i></p>	<p><b>Mission</b> – To increase physical activity levels across the entire population thereby improving the health and wellbeing of people living in Ireland, where everybody will be physically active and where everybody lives, works and plays in a society that facilitates, promotes and supports physical activity and an active way of life with less time spent being sedentary. The plan seeks to:</p> <ul style="list-style-type: none"> <li>• Create increased opportunities for people to be active in ways which fit in to everyday lives and which suits individual needs, circumstances and interests;</li> <li>• Remove the barriers which people face to being active and encourage people to recognise how to overcome those barriers;</li> <li>• Enhance cross-sectoral cooperation at national, local and community level to encourage physical activity at every level;</li> <li>• Encourage a supportive environment where physical activity becomes normal; and</li> <li>• Promote good practice and find new models of participation which get more people active.</li> </ul>
<p><i>Get Ireland Walking - Strategy and Action Plan (2017 - 2020)</i></p>	<p><b>Mission</b> – To empower and support people to choose to walk more often for recreation, transport and health as part of their everyday life. The plan seeks to:</p> <ul style="list-style-type: none"> <li>• Encourage widespread participation in walking;</li> <li>• Promote the benefits of walking; and</li> <li>• Unify and enable the efforts of all organisations and agencies interested in promoting walking for recreation, transport and health.</li> </ul>
<p><b>Healthy Weight</b></p> <p><i>A Healthy Weight for Ireland-Obesity Policy and Action Plan- 2016-2025</i></p>	<p><b>Vision</b> – To turn the tide of the overweight and obesity epidemic. The plan seeks to:</p> <ul style="list-style-type: none"> <li>• Increase the number of people with a healthy weight and set us on a path where healthy weight becomes the norm.</li> </ul>

<p><b>Tobacco Free</b></p> <p><i>Tobacco Free Ireland</i></p>	<p><b>Vision</b> – By 2025 Ireland will be a tobacco free society where people can live longer and healthier lives, free from the detrimental effects of tobacco. The plan seeks to:</p> <ul style="list-style-type: none"> <li>• Protect children and denormalise tobacco use in Ireland;</li> <li>• Ensure legislative compliance and regulate the retail environment;</li> <li>• Monitor tobacco use and prevalence;</li> <li>• Protect people from tobacco smoke;</li> <li>• Offer help to quit tobacco use;</li> <li>• Warn about the dangers of tobacco;</li> <li>• Enforce bans on tobacco advertising, promotion and sponsorship; and</li> <li>• Raise taxes on tobacco products.</li> </ul>
<p><b>Sexual Health</b></p> <p><i>National Sexual Health Strategy</i></p>	<p><b>Vision</b> – That everyone in Ireland experiences positive sexual health and wellbeing. The strategy seeks to:</p> <ul style="list-style-type: none"> <li>• Improve sexual health and wellbeing; and</li> <li>• Reduce negative sexual health outcomes by ensuring that everyone living in Ireland has access to high quality sexual health information, education and services throughout their lives.</li> </ul>
<p><b>Prevention and Reduction of Alcohol Related Harm</b></p> <p><i>Reducing Harm Supporting Recovery 2017-2025</i></p>	<p><b>Vision</b> – A healthier and safer Ireland, where public health and safety is protected, and the harms caused to individuals, families and communities by substance misuse are reduced and every person affected by substance misuse is empowered to improve their health, wellbeing and quality of life. The strategy seeks to:</p> <ul style="list-style-type: none"> <li>• Promote and protect health and wellbeing;</li> <li>• Minimise the harms caused by the use and misuse of substances and promote rehabilitation and recovery;</li> <li>• Address the harms of drug markets and reduce access to drugs for harmful use;</li> <li>• Support participation of individuals, families and communities; and</li> <li>• Develop sound and comprehensive evidence-informed policies and actions.</li> </ul>
<p><b>Mental Health</b></p> <p><i>Connecting for Life – Ireland’s National Strategy to Reduce Suicide 2015-2020</i></p>	<p><b>Vision</b> – An Ireland where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing. The strategy seeks to:</p> <ul style="list-style-type: none"> <li>• Reduce suicide rate in the whole population and amongst specified priority groups; and</li> <li>• Reduce rate of presentations of self-harm in the whole population and amongst specified priority groups.</li> </ul>

## SLÁINTECARE IMPLEMENTATION STRATEGY

The Sláintecare Implementation Strategy is the Government's plan for delivering a sustainable and equitable health and social care service<sup>7</sup>.

Sláintecare is an ambitious and complex reform programme that will take ten years to implement in full. Sláintecare aims to:

- Promote the health of our population to prevent illness;
- Provide the majority of care at, or closer to, home;
- Create a system where care is provided on the basis of need not ability to pay;
- Move our system from long waiting times to a timely service – especially for those who need it most; and
- Create an integrated system of care, with healthcare professionals working closely together.

Under the Sláintecare Action Plan 2019, the work already underway through Healthy Ireland, at both a national and local level, will be expanded to engage and empower individuals in their own health and wellbeing<sup>8</sup>.

## SUSTAINABLE DEVELOPMENT GOALS (SDGS)

In September 2015, the 2030 Agenda for Sustainable Development was adopted by all 193 Member States of the United Nations. The 2030 Agenda is a set of 17 Sustainable Development Goals (SDGs) to end poverty, fight inequality and injustice, and tackle climate change by 2030. The SDGs are a call for action by all countries – poor, rich and middle-income – to promote prosperity while protecting the planet. They recognise that ending poverty must go hand-in-hand with strategies that lead to sustained, sustainable and inclusive economic growth and address a range of social needs, including education, health, social protection, and job opportunities, while tackling climate change and environmental protection.

The final SDG, Goal 17, calls for strengthened partnerships and collaboration to implement the goals and achieve their targets. SDGs provide a critical framework for Healthy Galway City as they reflect the intersectoral nature of factors that impact on health. This Healthy Galway City Strategy will contribute to the implementation of the SDGs at the local level.





## LOCAL POLICY AND ACTIONS

The Galway City Local Community Development Committee (LCDC) is responsible for developing, coordinating and implementing a coherent and integrated approach to local and community development. The LCDC has a significant role in the development and implementation of this strategy to promote and improve the health and wellbeing of people living in Galway City.

The Galway City Local Economic and Community Plan (LECP) was published in 2015<sup>5</sup>. The mission of the LECP is that Galway will be a successful City Region with a creative, inclusive and innovative ecosystem in place to ensure its sustainable development into the future. The LECP contains five high level goals:

### Galway City:

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

The Healthy Galway City Strategy is in line with, and will support the implementation of existing actions and develop actions to complement, the LECP and other relevant local plans and strategies, including the Community Healthcare West Healthy Ireland Implementation Plan 2018-2022<sup>6</sup>.

# SECTION 3

# A PROFILE OF GALWAY CITY AT A GLANCE

## Total population

The total population in 2016 was 78,668, of which 52% were female and 48% were male



## Age Profile

17% young people (0-14 years)  
72% working age (15-64 years)  
11% older people (65 years and over)



## Diversity

Galway is the most multicultural city in the State, with 18.6% of its resident population recorded as non-Irish<sup>11</sup>

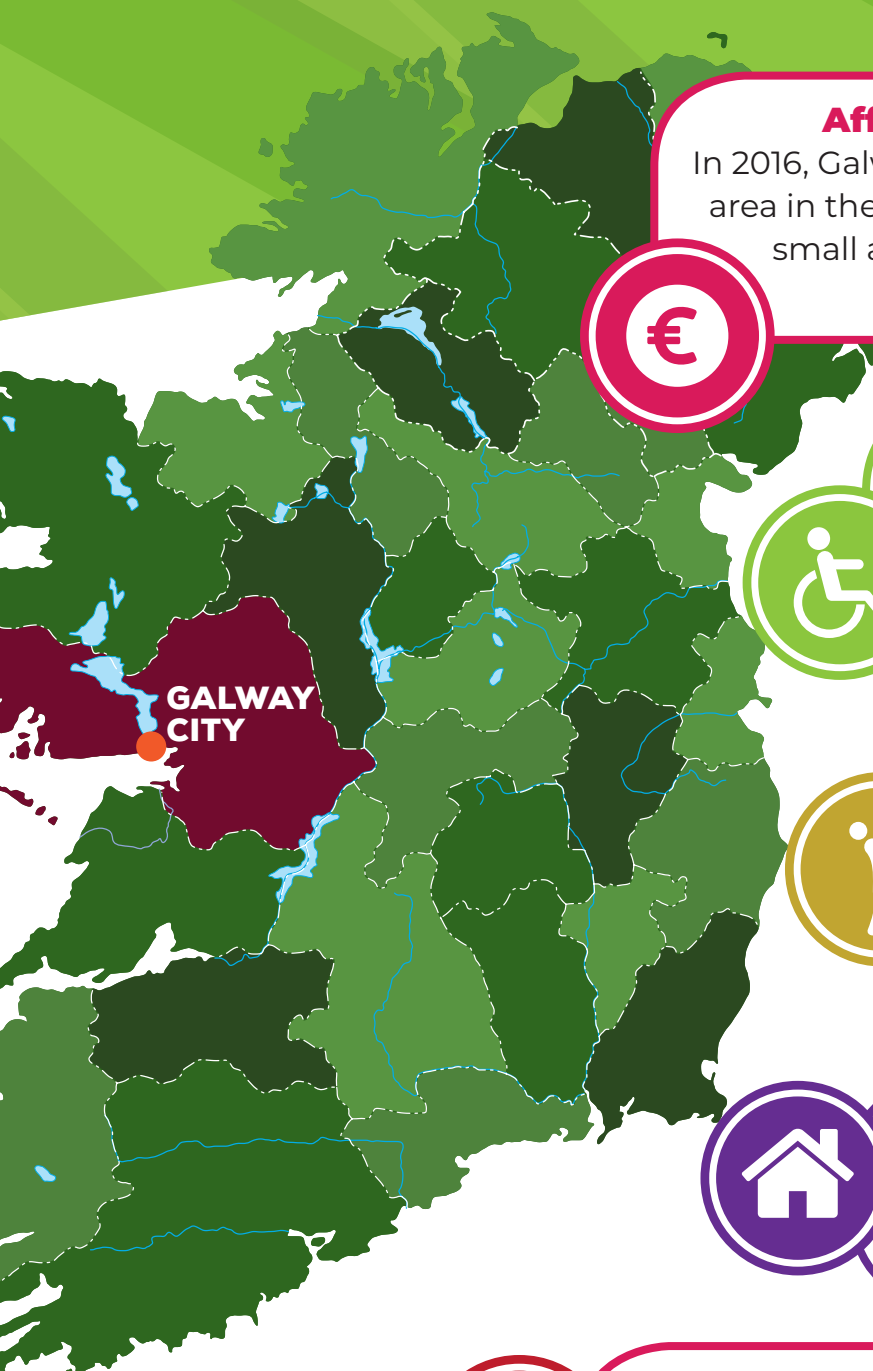


## Traveller Community

Travellers account for 2.1% of the population compared to 0.7% at a national level.



The above profile draws on Census 2016 data where possible. Please see Section 7.1 for the full socio-economic profile of Galway City.



### **Affluence and deprivation**

In 2016, Galway City was the third most affluent area in the country. Despite this, a number of small areas in the City were classified as very disadvantaged.



### **People with a disability**

People with a disability account for 12.9% of the population in Galway City, slightly lower than the State average of 13.5%



### **Lone parents**

Lone parents account for almost 30% of all families that have children in Galway City, higher than the average for the State of 25.4%



### **Homelessness**

In March 2019, there were 309 homeless adults in Galway City.



### **Professional Workers**

Galway City has a higher proportion of professional workers than national average (10.2% vs. 8.1%).



### **Education**

Galway City has relatively high proportions of people who left school with a third level qualification (44.8%) and low proportions of people who have no formal education or left school after primary education (8.6%).

# SECTION 4

# HEALTHY GALWAY CITY COMMUNITY CONSULTATION AND STAKEHOLDER COLLABORATION





The Healthy Galway City initiative is based on engagement, collaboration and creating long term innovative partnerships between all stakeholders. Supporting these partnerships is key to promoting collaborative, cross-sectoral approaches to improving the health and wellbeing of all in Galway City.

To this end, Healthy Galway City undertook an in-depth community consultation process and engaged key stakeholders in the development of the Healthy Galway City Strategy. The process involved the organisation of 11 widely-publicised consultation workshops, one-to-one interviews, and an online survey. The consultation workshops were attended by 139 people and there were 34 in-depth responses to the online survey.

The aims of the community consultation were to:

- Promote the Healthy Ireland Framework and the work of Healthy Galway City;
- Raise awareness of the social determinants of health;
- Engage local communities in discussions on barriers to health and wellbeing in the City; and
- Identify priorities to promote good health.

The consultations identified core issues, barriers and proposed solutions for better health and wellbeing in the City and included a key focus on the social determinants of health.

## MENTAL HEALTH AND WELLBEING

The consultation process for the development of the Healthy Galway City Strategy highlighted mental health and wellbeing as significant issues for communities in Galway City. Workshop participants and survey responses indicated that a range of issues have a negative impact on mental health including:

- Isolation and loneliness and the lack of opportunities to be involved;
- Poverty and unemployment;
- Prejudice and stereotyping, and the lack of acknowledgement of cultural diversity;
- Low value placed on some choices such as the decision to be a stay-at-home parent;
- Stress associated with the education system;
- Living circumstances, insecurity and uncertainty;
- Forced engagement in dangerous and precarious activity including prostitution in the asylum-seeking community;
- Poor body image;
- Poor built environment, dumping and noise pollution;

*"In the area that we cover there is a high incident of people suffering with mental health issues from socially deprived areas."*  
– Survey Respondent

*“There is a continued under resourcing of community and outreach mental health facilities.”*  
– Survey Respondent



- Over prescribed drugs;
- Insufficient services and waiting times for counsellors, including the lack of early intervention services;
- Lack of appropriate and tailored services to meet the needs of diverse communities and age groups; and
- Lack of competency amongst service providers in relation to the needs and issues for particular groups in the city.

#### **Suggestions by respondents included:**

- Encourage investment and quality sustainable employment in areas of high economic disadvantage, including:
  - The development of inclusive resident's associations; and
  - Building a sense of pride and enjoyment in the places where people live.

- More community workers and youth workers doing intensive outreach work meeting and engaging young people and organising events and activities; events encouraging and supporting children and adults from diverse communities to integrate using opportunities such as community choirs, drama groups and ultimately building greater pride in the area.
- Enhanced recreation facilities, particularly outdoor recreation opportunities. Increase the number of playgrounds and locations for informal interactions such as a community café. The latter was suggested as a possible social economy project with outside seating where people could meet and chat informally.
- Establishment of a 'Cycling without Age' programme in Galway.



- Increased emphasis on social prescribing, encouraging those with depression or mild mental health issues to engage in activities rather than rely on medication.
- Increased services and access to a 24/7 mental health crisis unit with up to 10 short stay beds.
- Training for all healthcare professionals, including mental health professionals, on issues facing particular groups, including Travellers, LGBTI+ community and asylum seekers.
- Greater access to counselling services, social groups and intergenerational activities for older people.
- More information, awareness raising campaigns and education in the area of elder abuse.
- Support and guidance for parents on dealing with young people's mental health; availability of a counsellor and stress reduction classes in Direct Provision centres and change the system of Direct Provision.

*“Access to effective services is extremely difficult, as is access to genuinely evidence-based approaches to reducing mental health risk.”*

– Survey Respondent



*“The sheer availability of tobacco makes it a problem, coupled with peer pressure, lack of knowledge about the impact, role models, boredom.”*  
 – Survey Respondent

## SMOKING

The consultation process for this strategy highlighted a number of concerns in relation to smoking and smoking prevention in Galway City including:

- The availability of tobacco, peer pressure to smoke, lack of knowledge of the effects of smoking, role models that promote smoking and boredom can all contribute to the incidence of smoking;
- Smoking prevalence was linked to socioeconomic background, social problems and other factors such as mental health difficulties;
- The problems of public smoking, second-hand smoke and littering with cigarette ends; and
- There were concerns about the lack of enforcement of smoke-free zones, such as at University Hospital Galway and in cars with children. There was a parallel concern that policies such as banning smoking on campuses may not be the right approach.

*“High percentage of people with mental health issues smoke. When asked they say it is a comfort, helps people relax. It is linked with social problems.”*  
 – Survey Respondent

### Suggestions by respondents included:

- Education programmes at a young age, for example, in schools, sports clubs and youth clubs on the dangers of tobacco smoking. Stress relief classes and programmes for young people as an alternative to smoking.
- Broader education and awareness on health risks of smoking. Education workshops in communities regarding the health risks, and peer support programmes to help people to quit.
- The enforcement of school rules and general enforcement of tobacco-related legislation.
- Designation of more public spaces, playgrounds and school premises as smoke-free.
- A review of how public buildings, including hospitals, manage their no smoking policies.

*“Attitude and the lack of other opportunities for socialising normalises the consumption of alcohol. We need to encourage late opening cafes and community spaces.”*  
– Survey Respondent

## ALCOHOL AND DRUGS

The consultation process for the development of this strategy highlighted a range of issues in relation to the prevention and reduction of drug and alcohol related harm in Galway City including:

- The normalisation of alcohol consumption. Attitude, culture, boredom and availability including low-pricing were mentioned as aggravating factors. Sponsoring by alcohol companies of festivals and sporting occasions also serves to normalise alcohol consumption and abuse. Drinking at home before going out is a major part of the social lives of young people.
- The lack of awareness of the dangers of alcohol was also highlighted, as was the fact that socialising opportunities generally revolve around the consumption of alcohol. It was highlighted that there are few alternatives to this and there were strong suggestions that drug and alcohol-free venues and opportunities to socialise need to be created and supported.
- Many young people now view smoking marijuana as the norm.
- For those trying to address alcohol related addiction and harm, the lack of services was highlighted.



*“The lack of spaces to socialize which don’t revolve around drinking is a real issue. Drinking is glamorised in our culture as a rite of passage.”*  
– Survey Respondent



### Suggestions by respondents included:

- More proactive awareness raising of the health risks of alcohol was highlighted as being required.
- Age specific campaigns were suggested, including social media, face to face meetings/events with local sports people/celebrities, on alcohol and smoking should be developed with young people playing a key role in their design from the outset.
- Educating parents on the dangers and risks for young people in relation to smoking and drinking was also suggested with tighter sanctions for adults who buy drink for under aged young people.
- More targeted information and awareness raising for all communities on the health impacts of alcohol was also suggested. Community policing and proactive youth work were also highlighted as having a key part to play.
- The provision of alternative opportunities to socialise that are alcohol and drug free such as youth and community hubs.
- Programmes to address the issue of drugs and the spread of drug use in the city, in particular amongst young people and communities who are most at risk.
- There needs to be a significant increase in treatment opportunities in the city.

*“Lack of services is a real issue. There are no alcohol addiction counsellor/services available unless there is a dual diagnosis.”*  
– Survey Respondent

*“Sexual health is a big issue for this vulnerable group [people with intellectual disabilities].”*  
– Survey Respondent

## SEXUAL HEALTH

The consultation process for the development of this strategy highlighted a range of issues in relation to sexual health in Galway City including:

- Women seeking asylum sometimes have no option but to enter into prostitution due to poverty and lack of options.
- In the LGBTI+ community, there is a significant gap in education and awareness for people who are transitioning - gynaecologists are not trained with regard to transsexual health.
- In general, there is insufficient testing for HIV and STIs, which can be costly if not subsidised, and a lack of awareness of the ongoing and increasing prevalence of HIV. The dangers and risks of STDs are often unknown amongst young people.
- Many parents do not feel comfortable about dealing with these issues and sexual health is not discussed properly in school. When it is, it is almost always focused on heterosexual relationships. Schools can present a barrier if they do not allow sexual health education programmes to be implemented.
- The issue was highlighted as significant for people with physical or intellectual disabilities and specific programmes are needed to ensure sexually healthy communities.

*“Poverty is really affecting us in this centre – it affects your dignity... it leads women to be vulnerable and men take advantage of them.”*  
– Workshop participant



*“Young people don’t have holistic sex education they are just taught about bodies not sexual identity, not heterosexual relationships, power dynamics in relationships, etc. The cost of going to a GP for young people whose parents don’t have medical cards but want to go without their parents’ knowledge.”*  
– Survey Respondent

### Suggestions by respondents included:

- Additional and improved sexual health education in schools and colleges, including in relation to consent, expansion of rapid HIV testing and include other forms of STIs;
- Targeted programmes for people with a disability and others;
- Normalise discussions on sexual health in schools and workplaces as part of health and wellbeing packages;
- Normalise LGBTI+ sexuality in schools and improve sexual health education and cultural competency by providing appropriate training to health professionals; and
- Ensure the wider availability of free condoms and provide education on the spread of STDs.



## HEALTHY WEIGHT

The consultation process for the development of this strategy highlighted a range of issues in relation to promoting a healthy weight for all in Galway City including:

- The cost of healthy food, particularly for people on low and fixed incomes;
- The prevalence and cheap availability of fast food;
- There is a lack of information and awareness of healthy options and choices such as information about sugar content and the health effects of sugar;
- There is a parallel lack of information and awareness about healthy weight and the impact of obesity;
- Maintaining a healthy weight can be a significant issue for many people with disabilities, that make it difficult to engage in physical activity;
- For asylum seekers, there is a lack of a balanced diet, very limited choices or range of meals provided, lack of healthy food options, and lack of option to cook their own food;
- Compounding factors include mental health difficulties that can lead to feelings of isolation and comfort eating as a result; and
- Lack of facilities that encourage physical activity.

*“There is a prevalence of fast food outlets within the city and there are very few outdoor exercise facilities.”*  
– Survey Respondent

### Suggestions by respondents included:

- The development of walking paths, casual exercise supports and development of groups who meet regularly and organise activities and social events;
- The provision of sheltered outdoor gym equipment widely in communities was also suggested;
- The provision of opportunities for discussions and education on body image and the dangers of lack of nutrition for young people;
- Extended opportunities to grow your own food, including community garden competitions, supports, classes and guidance for growing for healthy eating;
- Education for parents and young people on healthy eating, including practical cooking programmes and healthy shopping and growing;
- Encourage schools, canteens and hospitals to adopt and enforce a healthy eating policy; and
- For asylum seekers, provision of a balanced diet, the option to cook their own food, organic and healthy food options, including a wider variety of food and more fruit options, as fruit options are currently very limited, healthy cooking classes and awareness raising on nutrition and diverse cooking classes for staff in Direct Provision centres.

*“Lack of council commitment to bike lanes/indoor activity spaces/safe paths for walking to school.”*  
– Survey Respondent

*“Bad eating habits, cheap food that have no nutrition. Obesity and issues with body image, healthy eating education & marketing of junk food are all issues.”*  
– Survey Respondent



## PHYSICAL ACTIVITY

The consultation process for the development of this strategy highlighted a range of issues in relation to promoting physical activity for all in Galway City including:

- The general lack of facilities and access to green spaces/public facilities, lack of cycling paths, poor levels of water sports, and opportunities for walking and other light exercise;
- The up-keep of parks and public spaces was also a significant issue and is acting as a deterrent to potential users. This was particularly the case in some areas of the city that are seen to be more poorly served than others;
- Access to physical activity was seen as a particular issue for people with disabilities, women and girls, older people and transgender people;
- The high cost of access to gyms, sports clubs and classes. This was highlighted throughout and was a particular issue for people with disabilities for whom public access is not always possible and private access is cost-prohibitive;
- The lack of accessible, affordable transport to opportunities. This was a general point but was a particular one made by people with disabilities; and
- The significant issues for transgender people in using gyms and public spaces, where changing facilities are a barrier to participation.

*“Limited green areas, few astro pitches, limited access to indoor small halls. The expense involved in using any facilities.”*  
– Survey Respondent

*“Besides the parks which are often dirty with beer cans, needles etc there are minimal to no indoor gyms etc that are free for those who cannot pay.”*

– Survey Respondent



### Suggestions by respondents included:

- Significant investment and development of spaces to encourage physical activity, including an orienteering course in Merlin Woods, outside physical activity facilities with organised events and classes;
- Targeted initiatives at women, girls, people with disabilities, older people and transgender people including integrated programmes for people with disabilities with greater availability of interpreters for deaf people;
- The development of an easily accessible information hub including information on existing facilities and opportunities and more effective use of social media apps; and
- Develop the community of the school, involving opening schools and existing facilities to older people and others, and promoting intergenerational activities.

*“There needs to be a general population approach and a targeted approach.”*  
– Workshop participants



## EMERGING THEMES AND CROSS-CUTTING ISSUES

A planning meeting to build on the information from the consultation process was held, to which all stakeholders were invited. Stakeholders included representatives of the HSE, the LCDC, the local authority, the local development company, statutory organisations and a significant number of community and voluntary organisations.

This workshop identified objectives and indicative actions that form the basis of this Healthy Galway City Strategy 2019-2021. The emerging themes and cross-cutting issues are listed below:

**1. Social Inclusion** – Poverty, social exclusion, isolation and marginalisation were identified as having a negative impact on the health and wellbeing of individuals and their ability to access services and facilities. It was noted that a one size fits all approach will not work. Targeted initiatives and intensive outreach are needed to ensure that the needs of the most marginalised communities in Galway City can be met.

**2. Planning** – The environment, including the built environment, traffic management, access to transport, waste management and noise pollution were also identified as having an impact on the health and wellbeing of the people of Galway City. As Galway is a growing city, the need for future proofing and planning for the development, management and maintenance of green spaces and an environment that promotes health is essential.

**3. Diversity** – Galway is an increasingly diverse city. Strategies and actions to promote integration and interculturalism are needed to ensure health and wellbeing for all.

**4. Community** – The importance of community involvement, engagement and participation in planning and decision making processes were noted, as well as the need to disseminate information to ensure that communities are fully informed of existing services and facilities, and aware of factors that positively and negatively affect their health and wellbeing.

**5. Evidence-informed** – The need for investment in data collection was noted to ensure that all actions are informed by evidence and meet the needs of the community.

**6. Equality and Human Rights** – All policies and plans for Galway City should adhere to Galway City LCDC's Equality and Human Rights Statement<sup>10</sup>.

**7. Unemployment and the potential of social enterprise for sustainable employment** – The potential of social enterprise, Social Co-operatives, the Green Economy, the Circular Economy and the Solidarity Economy need exploration, resourcing and support, given their potential for sustainable employment.

*"We need better collaboration for better outcomes."*  
– Workshop participants



# SECTION 5

# HEALTHY GALWAY CITY STRATEGY 2019-2021

## **VISION FOR HEALTHY GALWAY CITY**

### **The vision for Healthy Galway City is:**

A city 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 health and wellbeing is shared and supported.

### **This vision supports that of the Galway City Local Economic and Community Plan:**

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

## VALUES UNDERPINNING THE HEALTHY GALWAY CITY STRATEGY

The following values have been adapted from the Galway City Local Community Development Committee Equality and Human Rights Statement<sup>10</sup> and were identified as central to the development and implementation of the Healthy Galway City Strategy:

**Dignity** - Care and respect for people, embracing diversity and protecting, promoting, and fulfilling people's rights. Working with people in a non-judgmental and fair manner, based on a parity of esteem.

**Autonomy** - Independence, self-determination, choice and a bottom-up approach. Flexibility in meeting changing, emerging and contextual needs and supporting a capacity to make choices and be involved in decision-making.

**Participation** - Meaningful participation in decision-making and processes of accountability. The right to be heard and to pose a challenge. Open debate in building shared visions with space for differences and compromise.

**Inclusion** - Enabling and recognising the right of people, in particular those experiencing disadvantage and exclusion, to participate.

**Social justice** - Transparency and fairness in the distribution of economic, educational, cultural and other resources. Proactive targeted approaches to support those experiencing injustice.

**Environmental Justice** - Recognising the right to a clean, safe, and sustained environment for this and future generations. Concern for climate change and its impacts, in particular on marginalised groups and communities.

# HEALTHY GALWAY CITY STRATEGY 2019-2021

## Themes, Goals, Objectives and Indicative Actions

### Theme 1 – Collaboration

**Goal: To embed collaboration, partnership and coordinated approaches to achieving health and wellbeing equality in Galway City.**

Objectives and Indicative Actions	Timeframe	Lead and Partners
<i>1.1 To develop, enhance and support collaborative approaches to achieving health and wellbeing equality.</i>		
a) Support the collaborative structures concerned with health and wellbeing emerging in Galway City.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee
b) Coordinate Healthy Galway City initiatives – including those funded by the Healthy Ireland fund and others included in the Healthy Galway City Strategy 2019-2021.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee
c) Provide training in diversity and outreach to all those engaged with the Healthy Galway City Strategy 2019-2021.	2019-2020	Healthy Galway City Coordinator Healthy Galway City Steering Committee
d) Develop and enhance links with the LCDDC, CYPSC and other relevant structures in Galway City.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway City LCDDC CYPSC
e) Improve communication by developing the Healthy Galway City website as a hub for information across the spectrum of this strategy, and developing and implementing an associated social and mainstream media strategy.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement

<p>f) Collaborate with other Healthy Ireland initiatives emerging in Galway City, including those led by CYPSC, Libraries and College Campuses, as well as healthy cities and counties nationally. Collaborate with the HSE to support the implementation of Community Healthcare West Healthy Ireland Implementation Plan 2018-2022.</p>	<p>2019-2021</p>	<p>Healthy Galway City Coordinator Healthy Galway City Steering Committee National Healthy Cities and Counties Network Galway Public Libraries GMIT Healthy Campus CYPSC HSE</p>
<p>g) Support the implementation of the Age Friendly Strategy and other relevant strategies in Galway City.</p>	<p>2019-2021</p>	<p>Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway Age Friendly Alliance</p>



## Theme 2 – Mental Health and Wellbeing

**Goal: To make Galway a city that promotes and protects the mental health and wellbeing of all its people.**

Objectives and Indicative Actions	Timeframe	Lead and Partners
<i>2.1 Improve collaborative working to identify and address gaps in the current provision of mental health promotion activities.</i>		
a) Promote positive mental health and wellbeing by working collaboratively to map existing mental health promotion activities and initiatives in Galway City, including those focusing on physical activity and healthy eating. Review and upscale successful pilot projects delivered under Round I and II of the Healthy Ireland Fund. Signpost the activities on the Healthy Galway City website.	2019	Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Community Nutrition and Dietetics Service Galway Sports Partnership Mental Health Ireland Jigsaw HSE Suicide Prevention Office Galway City Partnership
b) Collaborate with organisations and initiatives emerging in Galway City which aim to promote mental health and wellbeing.	2019-2021	HSE Suicide Prevention Office Healthy Galway City Coordinator Healthy Galway City Steering Committee Mental Health Ireland Galway Recovery College Jigsaw Shine Aware Grow
c) Following the national review of social prescribing, examine the feasibility of implementation in Galway City.	2019-2020	Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway Sports Partnership, HSE Suicide Prevention Office HSE Community Nutrition and Dietetics Service



*2.2 Ensure that all mental health service providers are supported to provide services in a manner that reflect the specific experiences of diverse communities in their design and implementation.*

a)	Use the findings from the research undertaken under Round II of the Healthy Ireland Fund on 'Cultural Competency in Health and Wellbeing' to develop and provide cultural competency training to mental health service providers.	2019-2020	Healthy Galway City Coordinator Healthy Galway City Steering Committee Taskgroup to be established Galway Traveller Movement Amach LGBTI+ The Bridge Project HSE Suicide Prevention Office
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*2.3 To improve the physical environment and create spaces to promote mental health and wellbeing in Galway City, targeting areas of socio-economic disadvantage.*

a)	Create a physical space to promote mental health and wellbeing in Ballybane, including the provision of outdoor seating.	2019-2020	Ballybane Taskforce Galway City Council Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Suicide Prevention Office Galway Sports Partnership
b)	Work in partnership with the Let's Get Galway Growing Network and Galway City Council to promote the Community Gardens Initiative.	2019-2021	Let's Get Galway Growing Network Galway City Council Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway City Partnership HSE Health Promotion and Improvement HSE Community Nutrition and Dietetics Service
c)	Work with Galway City Council Arts Office to identify existing programmes to promote mental health and integration and link with the Galway City Creative Ireland Team to support the implementation of the Galway City Culture and Creativity Strategy 2018–2022.	2019-2020	Galway City Council Arts Office HSE Suicide Prevention Office Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway 2020 Galway City Partnership

## 2.4 To ensure effective implementation of national programmes and campaigns at local level.

<p>a) Support the implementation of the following local and national strategies and plans:</p> <ul style="list-style-type: none"> <li>• Connecting for Life, Galway, Mayo and Roscommon 2018-2020</li> <li>• Galway City Early Years Health and Wellbeing Action Plan</li> <li>• Tusla Parenting Support Strategy</li> <li>• National Mental Health and Wellbeing Promotion Plan</li> </ul>	<p>2019-2021</p>	<p>HSE Suicide Prevention Office Galway City Early Years Committee Healthy Galway City Coordinator Healthy Galway City Steering Committee</p>
<p>b) Develop and support a mental health communications plan to promote effective mental health messaging in Galway City, which would include national campaigns such as the Little Things, the Green Ribbon and signposting to <a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>.</p>	<p>2019-2021</p>	<p>HSE Suicide Prevention Office Healthy Galway City Coordinator Healthy Galway City Steering Committee</p>
<p>c) Support and promote Mental Health Ireland's Five Ways to Wellbeing Campaign.</p>	<p>2019-2021</p>	<p>Mental Health Ireland HSE Suicide Prevention Office Healthy Galway City Coordinator Healthy Galway City Steering Committee</p>
<p>d) Explore the feasibility of delivering the Stress Control Programme in Galway City.</p>	<p>2019-2021</p>	<p>HSE Suicide Prevention Office HSE Psychology and Primary Care Healthy Galway City Coordinator Healthy Galway City Steering Committee</p>

## Theme 3 – Tobacco Free Galway City

**Goal: To reduce and eliminate tobacco-related harm and the unnecessary and preventable deaths and disability caused by tobacco use in Galway City**

Objectives and Indicative Actions	Timeframe	Lead and Partners
<i>3.1 To expand the number and range of smoke-free places and spaces in Galway City.</i>		
a) Undertake a review of smoke-free initiatives being undertaken throughout the country that may be adopted or adapted in Galway City.	2019-2020	Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement National Healthy Cities and Counties Network
b) Build on the success of the smoke free playground initiative and expand the number of smoke-free places and spaces in Galway City.	2020-2021	Galway City Council Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement
<i>3.2 To develop preventative measures to protect against second hand/passive smoking.</i>		
a) Promote smoke-free environments in conjunction with Galway City Council and highlight risk of exposure to second-hand smoke, for children in particular.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway City Council HSE Health Promotion and Improvement

### 3.3 Support people to give up smoking.

a) Implement the 'We Can Quit' and 'X-Hale' programmes in Galway City.	2020-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement Galway Traveller Movement Youth Work Ireland Galway Amach LGBTI+ Comhairle na nÓg Irish Cancer Society
b) Promote HSE Quit Services, including <a href="http://www.QUIT.ie">www.QUIT.ie</a> , through Healthy Galway City website and social media channels.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement



## Theme 4 – Prevention and Reduction of Alcohol Related Harm

**Goal: A healthier and safer Galway City, where the harms caused to individuals, families and communities by substance misuse are reduced, where every person affected by substance use is empowered to improve their health and wellbeing and quality of life, and where public health and safety is protected.**

Objectives and Indicative Actions	Timeframe	Lead and Partners
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### 4.1 To prevent and reduce drug and alcohol related harm in Galway City.

a)	Support the implementation of the following local and national strategies and plans: <ul style="list-style-type: none"> <li>• Galway City Alcohol Strategy</li> <li>• Western Region Drug and Alcohol Taskforce Strategic Plan 2017-2020</li> <li>• Reducing Harm, Supporting Recovery. A health-led response to drug and alcohol use in Ireland 2017-2025</li> <li>• HSE National Alcohol Programme</li> </ul>	2019-2021	Galway City Alcohol Forum Western Region Drug and Alcohol Taskforce Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement
b)	Support and promote the implementation of the Festival Care Guidelines on the Management of Alcohol and its Related Harms at Festivals and Events.	Ongoing	Galway City Council Western Region Drug and Alcohol Taskforce Healthy Galway City Coordinator Healthy Galway Steering Committee HSE Health Promotion and Improvement
c)	Engage with the Western Region Drug and Alcohol Taskforce's Planet Youth Initiative. Use findings from this initiative to inform actions to prevent alcohol related harm among young people in Galway City.	2019-2021	Healthy Galway City Coordinator Western Region Drug and Alcohol Taskforce HSE Health Promotion and Improvement Healthy Galway City Steering Committee

d) Communicate information on the impact of alcohol on individuals and society, and effective actions to prevent and reduce harm.	2019-2021	HSE Health Promotion and Improvement Western Region Drug and Alcohol Taskforce Healthy Galway City Coordinator Healthy Galway City Steering Committee
e) Support the renewed emphasis on community policing and develop relationships with the Community Gardaí.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee An Garda Síochána
f) Promote HSE website <a href="http://www.askaboutalcohol.ie">www.askaboutalcohol.ie</a> through the Healthy Galway City website and social media channels	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement



## Theme 5 – Sexual Health

**Goal: To improve sexual health and wellbeing and reduce negative sexual health outcomes by ensuring that everyone living in Galway City has access to high quality sexual health information, education and services throughout their lives.**

Objectives and Indicative Actions	Timeframe	Lead and Partners
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### 5.1 Develop and formalise collaborative approaches to sexual health in the city.

a) Establish a working group on sexual health to include all stakeholders	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee AIDS West Amach LGBTI+
b) Support the implementation of the following national strategies: <ul style="list-style-type: none"> <li>• National Sexual Health Strategy 2015-2020</li> <li>• LGBT+ National Youth Strategy 2018-2020</li> </ul>	2019-2021	Sexual Health Working Group AIDS West Amach LGBTI+ Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement Youth Work Ireland Galway Foróige

### 5.2 Raise awareness of sexual health issues.

a) Promote initiatives that will normalise discussions on sexual health in a number of settings (communities, schools, youth groups and out of school settings) and with a number of groups (people with a disability, LGBTI+ community, people living in direct provision).	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee Aids West Foróige Youth Work Ireland Galway Access for All Amach LGBTI+ The Bridge Project
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<p>b) Building on the work to develop cultural competency in mental health services, explore opportunities to develop cultural competency among sexual health service providers in Galway City, with a focus on the LGBTI+ community.</p>	<p>2020-2021</p>	<p>Healthy Galway City Coordinator Healthy Galway City Steering Committee Amach LGBTI+ Aids West</p>
<p>c) Support and promote the HSE Foundation Programme in Sexual Health Promotion in Galway City.</p>	<p>2019-2021</p>	<p>HSE Health Promotion and Improvement Healthy Galway City Coordinator Healthy Galway Steering Committee Aids West</p>
<p>d) Promote HSE Sexual Health website (<a href="http://www.sexualwellbeing.ie">www.sexualwellbeing.ie</a>) and safer sex advertising campaigns through the Healthy Galway City website and social media channels.</p>	<p>2019-2021</p>	<p>Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement Aids West</p>





## Theme 6 – Healthy Eating

**Goal: To increase the number of people in Galway City eating healthily and create a city environment where the healthy choice is the easy choice and a healthy weight becomes the norm.**

Objectives and Indicative Actions	Timeframe	Lead and Partners
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*6.1 Develop structures to over-see the development of initiatives to promote healthy eating and a healthy lifestyle in Galway City.*

a) Establish an interagency group to support the delivery of the Safefood Community Food Initiative 2019-2021 to families with children up to the age of 12 years in Galway City, to include 2 community events and 2/3 small projects each year.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Community Nutrition and Dietetic Service Let's Get Galway Growing Network Tusla Family Services Galway Childcare Committee Galway City Partnership Community Resource Centres
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b) Support the implementation of the following local and national strategies and plans: · A Healthy Weight for Ireland – Obesity Policy and Action Plan 2016-2025 · Galway City Early Years Health and Wellbeing Action Plan 2016-2020	2019-2021	HSE Community Nutrition and Dietetic Service Galway City Early Years Committee Healthy Galway City Coordinator Healthy Galway City Steering Committee
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*6.2 Raise awareness of the importance of healthy eating and provide opportunities and support for people to have a healthy and balanced diet.*

a) Provide opportunities for people living in direct provision to cook for themselves and their families.	2019	Healthy Galway City Coordinator Healthy Galway City Steering Committee Melting Pot Luck - Galway The Bridge Project Let's Get Galway Growing Network
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b) Support the delivery of the Healthy Food Made Easy (HFME) Programme within organisations and communities by trained HFME Leaders.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Community Nutrition and Dietetic Services Community Resource Centres
c) Support and promote breastfeeding, weaning workshops, supermarket tours and information sessions for parents	2019-2021	Galway City Early Years Committee HSE Community Nutrition and Dietetic Services Healthy Galway City Coordinator Healthy Galway City Steering Committee Community Resource Centres
d) Support and promote community garden competitions and events and the use of existing community gardens as learning hubs to promote healthy eating and food skills.	2019-2021	Let's Get Galway Growing Network Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Community Nutrition and Dietetic Services Galway City Early Years Committee Community Resource Centres



## Theme 7 – Physical Activity

**Goal: To increase physical activity levels across the population of Galway City and create a city that facilitates, promotes and supports physical activity and an active way of life.**

Objectives and Indicative Actions	Timeframe	Lead and Partners
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*7.1 To improve awareness of the importance of physical activity for physical and mental health and wellbeing.*

a)	Support the implementation of the following local and national strategies and plans: <ul style="list-style-type: none"> <li>• National Physical Activity Plan</li> <li>• Get Ireland Walking – Strategy and Action Plan (2017-2020)</li> <li>• Galway Sports Partnership Strategic Plan (2016-2020)</li> </ul>	2019-2021	Galway Sports Partnership Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway City Early Years Committee HSE Health Promotion and Improvement HSE Suicide Prevention Office Access for All Amach LGBTI+ Galway Traveller Movement The Bridge Project
b)	Support the European Week of Sport in Galway City each September.	2019-2021	Galway Sports Partnership Healthy Galway City Coordinator Healthy Galway City Steering Committee Get Ireland Active Get Ireland Walking
c)	Collaborate with initiatives emerging in Galway City which aim to promote physical activity.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway Sports Partnership CYPSC
d)	Promote the Get Ireland Active ( <a href="http://www.getirelandactive.ie">www.getirelandactive.ie</a> ) and Galway Sports Partnership ( <a href="http://www.galwayactive.ie">www.galwayactive.ie</a> ) websites and messages through the Healthy Galway City website and social media channels.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway Sports Partnership Get Ireland Active

## 7.2 To create an environment that facilitates promotes and supports an active way of life.

a)	Upgrade and increase the number of cycling signs in the city, and add walking signs indicating the distance between key city centre locations.	2019-2021	Galway Sports Partnership Galway City Council Healthy Galway City Coordinator Healthy Galway City Steering Committee HSE Health Promotion and Improvement Get Ireland Walking
b)	Promote and leverage existing assets within the City, for example, promoting sea swimming through swim buoys and increase the use of existing outdoor physical activity facilities through organised events and classes.	2019-2021	Galway Sports Partnership Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway City Council
c)	Support the development of walking routes with signage in Ballybane.	2019-2021	Ballybane Taskforce Galway City Council Galway Sports Partnership Healthy Galway City Coordinator Healthy Galway City Steering Committee Get Ireland Walking
d)	Support and promote existing initiatives as models for replication in other areas, such as the Galway Cycle Bus.	2019-2021	Healthy Galway City Coordinator Healthy Galway City Steering Committee Galway Sports Partnership Galway Cycle Bus
e)	Support the development of walking paths, casual exercise supports and development of groups who meet regularly and organise activities and social events.	2019-2021	Galway Sports Partnership Healthy Galway City Coordinator Healthy Galway City Steering Committee

*7.3 To ensure access to physical activity programmes and facilities for all in Galway City and remove barriers which people face to being active, in particular for those who find taking physical exercise challenging, including people with a disability, older people and people from Traveller, asylum-seeking or LGBTI+ communities.*

<p>a) Collaborate with a range of agencies, community groups and organisations to ensure that physical activity opportunities are provided to people and communities that face barriers in accessing mainstream opportunities.</p>	<p>2019-2021</p>	<p>Healthy Galway City Coordinator          Healthy Galway City Steering Committee          Galway Sports Partnership          Get Ireland Walking          Health Promotion and Improvement          The Bridge Project          Amach LGBTI+          Galway Traveller Movement          Galway Age Friendly Alliance          Access for All</p>
<p>b) Provide a beach accessible wheelchair and ensure its availability.</p>	<p>2019-2021</p>	<p>Healthy Galway City Coordinator          Healthy Galway City Steering Committee          Galway City Council          Access for All</p>



# SECTION 6

# IMPLEMENTATION OF THE HEALTHY GALWAY CITY STRATEGY

Engagement, collaboration and creating long-term innovative partnerships between all stakeholders are key principles underpinning the work of Healthy Galway City. Supporting these partnerships and relationships are imperative to promoting collaborative, cross-sectoral approaches to improving the health and wellbeing of all in Galway City. Under Round 1 of the Healthy Ireland Fund, a cross-sectoral Stakeholder Forum emerged and was key to the development of the Healthy Galway City Strategy 2019-2021. The Stakeholder Forum will be central to the implementation of this strategy.

An expanded Healthy Galway City Steering Committee will become the Healthy Galway City Subgroup of the

LCDC. It will have primary responsibility for the implementation of the strategy and will report to the LCDC on both the strategy and Healthy Ireland funded initiatives. A further key role for the cross-sectoral group will be to:

- Identify existing resources across all sectors in the city that support health and wellbeing and to explore new public and private funding mechanisms to ensure the successful implementation of this strategy;
- Develop a programme of ongoing stakeholder communication and engagement to ensure delivery of this strategy, including an annual stakeholder engagement forum; and
- Carry out an annual review of the actions and outcomes of the strategy.

# SECTION 7

# APPENDICES

## 7.1 SOCIO-ECONOMIC PROFILE OF GALWAY CITY

The following brief socio-economic profile of Galway City is primarily based on an analysis of the 2016 Census of Population.

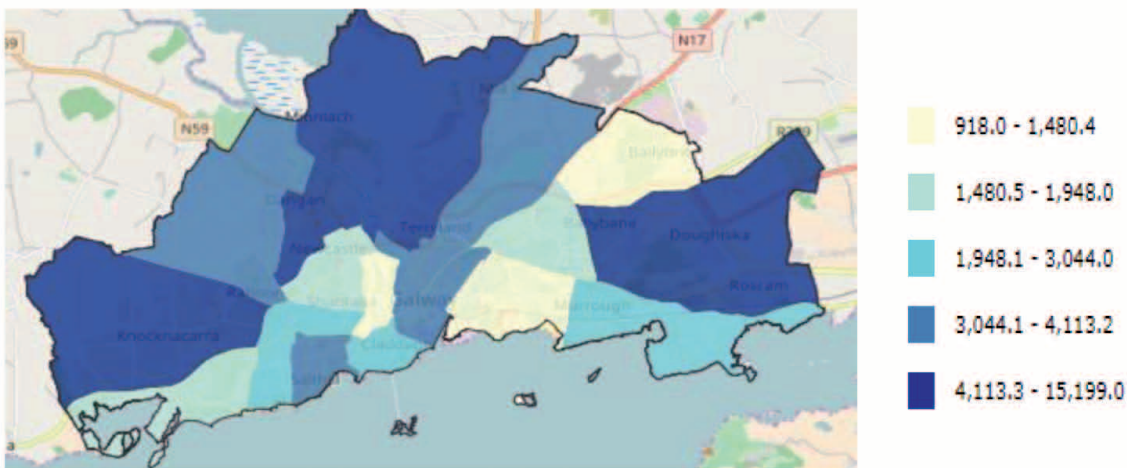
### POPULATION

According to census data, there were 78,668 people living in Galway City in 2016. Between 2011 and 2016 the population in Galway City increased by 4.2%, marginally higher than the increase in population for the State of 3.8%.

**Table 1. Population and Population Change**

	2011	2016	Actual change	Percentage Change
<b>State</b>	4,588,252	4,761,865	173,613	3.8
<b>Galway City</b>	75,529	78,668	3,139	4.2

At Electoral Area level, Knocknacarra, Ballybane/Doughiska and Ballinfoile areas had the highest population density.



## AGE PROFILE

Table 2 presents an age profile of Galway City and the State.

**Table 2. Age Profile of Galway City and the State**

	Galway City				State	
	Males	Females	Total	Percentage	Total	Percentage
All ages	37,800	40,868	78,668		4,761,865	
0 - 4 years	2,406	2,366	4,772	6.1	331,515	7.0
5 - 9 years	2,302	2,223	4,525	5.8	355,561	7.5
10 - 14 years	2,002	1,940	3,942	5.0	319,476	6.7
15 - 19 years	2,399	2,604	5,003	6.4	302,816	6.4
20 - 24 years	4,046	4,431	8,477	10.8	273,636	5.7
25 - 29 years	3,589	3,708	7,297	9.3	297,435	6.2
30 - 34 years	3,749	4,010	7,759	9.9	361,975	7.6
35 - 39 years	3,612	3,548	7,160	9.1	389,421	8.2
40 - 44 years	2,559	2,781	5,340	6.8	357,460	7.5
45 - 49 years	2,098	2,285	4,383	5.6	326,110	6.8
50 - 54 years	1,870	2,084	3,954	5.0	299,935	6.3
55 - 59 years	1,719	2,042	3,761	4.8	270,102	5.7
60 - 64 years	1,605	1,842	3,447	4.4	238,856	5.0
65 - 69 years	1,328	1,578	2,906	3.7	211,236	4.4
70 - 74 years	1,054	1,268	2,322	3.0	162,272	3.4
75 - 79 years	704	913	1,617	2.1	115,467	2.4
80 - 84 years	476	640	1,116	1.4	81,037	1.7
85 years and over	282	605	887	1.1	67,555	1.4

In 2016, almost 17% of the population of Galway City were between the ages of 0 and 14 years, less than the State average of 21.1%.

Those aged between 18-64 years accounted for 67% of the population of Galway City. Those in the working age category (15-64 years) accounted for 72% of the population, significantly higher than the average for the State of 65%.

Just over 11% of the population of Galway City were aged 65 years or over, less than the average for the State of 13.3%.



## AGE DEPENDENCY

The age dependency ratio is derived by expressing the young population (0-14 years) and the old population (aged 65 years and over) as percentages of the population of working age (15-64 years). The total age dependency rate is the sum of the young and old rates. The age dependency rates are a useful indicator of the age structure of the population.

Galway City has a relatively low age dependency rate in comparison to the State, with an overall rate of 39% compared to 52.7% for the State (Table 3).

**Table 3. Age dependency**

	State		Galway City	
	Number	Percentage	Number	Percentage
People of working age	3,117,746	100.00	56,581	100.0
Young Age Dependency	1,006,552	32.3	13,239	23.4
Old Age Dependency	637,567	20.4	8,848	15.6
<b>Total age Dependency</b>	<b>1,644,119</b>	<b>52.7</b>	<b>22,087</b>	<b>39.0</b>

## DIVERSITY

Galway is the most multicultural city in the State, with 18.6% of its resident population recorded as non-Irish<sup>11</sup>.

**Table 4. Usually resident population by place of birth and nationality**

	State				Galway			
	Birthplace		Nationality		Birthplace		Nationality	
	Number	%	Number	%	Number	%	Number	%
Ireland	3,879,515	82.7	4,082,513	87.0	56,181	74.2	60,065	79.4
UK	277,206	5.9	103,113	2.2	4,712	6.2	1,481	2.0
Poland	115,161	3.0	122,515	2.6	3,619	4.8	3,872	5.1
Lithuania	33,344	0.9	36,552	0.8	665	0.9	747	1.0
Other EU 28	145,282	3.7	146,738	3.1	3,857	5.1	3,853	5.1
Rest of World	239,413	6.2	126,557	2.7	6,657	8.8	3,794	5.0
Not stated	0	0.0	71,933	1.5	0	0.0	1,879	2.5
<b>Total</b>	<b>4,689,921</b>	<b>120.9</b>	<b>4,689,921</b>	<b>100.0</b>	<b>75,691</b>	<b>100.0</b>	<b>75,691</b>	<b>100.0</b>

In 2016, 17.3% of the population of the State were born outside Ireland. In Galway, 25.8% of the population were born abroad, significantly higher than the State. This figure is considerably higher in a number of areas in the city, particularly in Doughiska where the proportion of those born outside the State is as high as 65%.

In Galway, while 19,510 people were born outside of Ireland, only 13,747 indicated that their nationality was other than Irish, indicating the number of people that have been granted Irish nationality or consider themselves Irish.

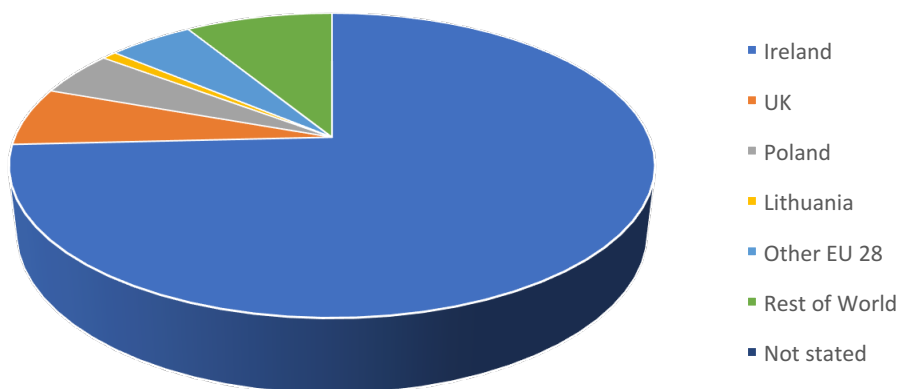
**Table 5. Usually resident population by ethnic or cultural background**

Ethnic or Cultural Background	State		Galway	
	Number	Percentage	Number	Percentage
White Irish	3,854,226	82.2	53,344	70.5
White Irish Traveller	30,987	0.7	1,606	2.1
Other White	446,727	9.5	11,232	14.8
Black or Black Irish	64,639	1.4	2,367	3.1
Asian or Asian Irish	98,720	2.1	2,356	3.1
Other	70,603	1.5	1,728	2.3
Not stated	124,019	2.6	3,058	4.0
<b>Total</b>	<b>4,689,921</b>	<b>100.0</b>	<b>75,691</b>	<b>100.0</b>

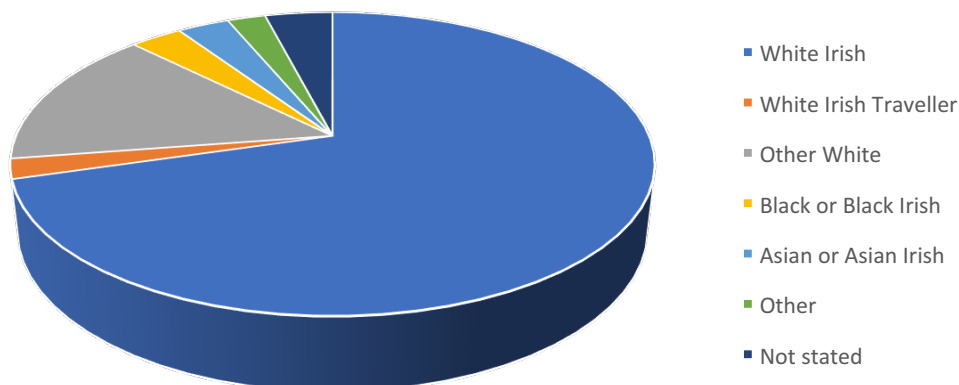
Just over 70% of the population of Galway City consider themselves to be ‘White Irish’ compared to 82% of the population of the country overall. In 2016, a total of 19,289 people or 25.5% of the population of Galway City are other than ‘White Irish’, significantly higher than the State at 15.2%. This was an increase of 1,604 or 9.1% over the 2011 figure of 17,685.

At national level, Irish Travellers accounted for 0.7% of the population. In Galway City, Travellers accounted for 2.1% of the population, a significantly higher proportion than the average for the State.

**Usually Resident Population by Birthplace**



**Usually Resident Population by Ethnic or Cultural Background**



## EDUCATION

As indicated by the tables below, Galway City has relatively high proportions of people who left school with third level education and low proportions of people who left school at an early age, or without qualifications. The single largest qualification grouping is upper secondary, while almost 9% of respondents aged 15 and over left school after completing lower secondary education only.

**Table 6. Population aged 15 years and over by sex and highest level of education completed (excluding not stated)**

Education Level	State		Galway					
	Total		Males		Females		Total	
	N	%	N	%	N	%	N	%
No Formal Education	52,214	1.8	351	1.7	321	1.4	672	1.5
Primary Education	334,284	11.5	1,609	7.7	1,547	6.5	3,156	7.1
Lower Secondary	449,766	15.5	2,186	10.4	2,075	8.8	4,261	9.5
Upper Secondary	573,643	19.8	3,653	17.4	4,121	17.4	7,774	17.4
Technical or Vocational qualification	271,532	9.4	1,966	9.4	2,177	9.2	4,143	9.3
Advanced Certificate/ Completed Apprenticeship	182,318	6.3	1,237	5.9	933	3.9	2,170	4.9
Higher Certificate	153,351	5.3	1,123	5.4	1,342	5.7	2,465	5.5
Ordinary Bachelor Degree or National Diploma	237,117	8.2	2,109	10.1	2,650	11.2	4,759	10.7
Honours Bachelor Degree Professional qualification or both	331,293	11.4	3,134	14.9	3,786	16.0	6,920	15.5
Postgraduate Diploma or Degree	284,107	9.8	2,964	14.1	4,168	17.6	7,132	16.0
Doctorate(PhD) or higher	28,759	1.0	648	3.1	521	2.2	1,169	2.6
<b>Total</b>	<b>2,898,384</b>	<b>100.0</b>	<b>20,980</b>	<b>100.0</b>	<b>23,641</b>	<b>100</b>	<b>44,621</b>	<b>100</b>

**Table 7. Population aged 15 years and over by age education ceased**

Age	State		Galway City			
	Total	Percentage	Males	Females	Total	Percentage
Under 15 years	184,266	5.9	667	598	1,265	2.6
15	124,642	4.0	556	409	965	2.0
16	226,150	7.3	975	878	1,853	3.8
17	217,663	7.0	1,017	1,201	2,218	4.6
18	358,642	11.6	2,053	2,207	4,260	8.8
19	122,278	3.9	818	971	1,789	3.7
20	117,591	3.8	864	1,062	1,926	4.0
21 and over	757,567	24.5	7,823	8,979	16,802	34.6
Not stated	988,253	31.9	8,136	9,303	17,439	35.9
<b>Total</b>	<b>3,097,052</b>	<b>100.0</b>	<b>22,909</b>	<b>25,608</b>	<b>48,517</b>	<b>100.0</b>

# SOCIAL CLASS, LABOUR FORCE AND OCCUPATION

## Social Class

The profile of social class is a good indicator of the concentrations of relative affluence and poverty in a geographic area. As everyone in the population is assigned a social class based on their census returns, it is possible to compare the profile of the area with the averages for the State and other areas. A large proportion of the population in the higher social classes suggests good educational attainment and earning potential, while a large proportion of the population in the lower social class indicates lower levels of educational attainment, fewer qualifications and lower income generating potential. Research has shown that social class is both deeply-rooted and extremely resistant to change and is therefore resistant to cyclical variations such as economic growth<sup>12</sup>.

**Table 8. Population by sex and social class**

Social Class	State		Galway City					
	Total	%	Male	%	Female	%	Total	%
Professional workers	386,648	8.1	4,306	11.4	3,742	9.2	8,048	10.2
Managerial and technical	1,336,896	28.1	9,068	24.0	10,890	26.6	19,958	25.4
Non-manual	837,145	17.6	4,367	11.6	7,325	17.9	11,692	14.9
Skilled manual	671,890	14.1	4,750	12.6	2,663	6.5	7,413	9.4
Semi-skilled	501,103	10.5	4,650	12.3	4,084	10.0	8,734	11.1
Unskilled	170,391	3.6	1,160	3.1	1,205	2.9	2,365	3.0
All others gainfully occupied and unknown	857,792	18.0	9,499	25.1	10,959	26.8	20,458	26.0
<b>Total</b>	<b>4,761,865</b>	<b>100.0</b>	<b>37,800</b>	<b>100.0</b>	<b>40,868</b>	<b>100.0</b>	<b>78,668</b>	<b>100.0</b>

Table 8 presents the social class profile of Galway City. It indicates that while there is a higher proportion of professional workers in Galway City than the national average, there are lower proportions of the managerial and technical and the non-manual social classes. There is a slightly lower proportion of those in the unskilled category in Galway City compared to the national average and a significantly larger proportion of those that stated they were gainfully occupied but their social class is unknown.

# PRINCIPAL ECONOMIC STATUS AND LABOUR FORCE

Table 9. Population aged 15 years and over by principal economic status, labour force and sex

Principal Economic Status	State		Galway City					
	Total	%	Male	%	Female	%	Total	%
At work	2,006,641	53.4	17,625	56.7	17,326	50.5	34,951	53.4
Looking for first regular job	31,434	0.8	348	1.1	286	0.8	634	1.0
Unemployed having lost or given up previous job	265,962	7.1	2,506	8.1	2,035	5.9	4,541	6.9
Student	427,128	11.4	5,341	17.2	5,846	17.0	11,187	17.1
Looking after home/family	305,556	8.1	262	0.8	3,347	9.7	3,609	5.5
Retired	545,407	14.5	3,729	12.0	4,283	12.5	8,012	12.2
Unable to work due to permanent sickness or disability	158,348	4.2	1,068	3.4	1,078	3.1	2,146	3.3
Other	14,837	0.4	211	0.7	138	0.4	349	0.5
<b>Total</b>	<b>3,755,313</b>	<b>100</b>	<b>31,090</b>	<b>100</b>	<b>34,339</b>	<b>100</b>	<b>65,429</b>	<b>100</b>
In the Labour Force	2,304,037		20,479		19,647		40,126	
Outside the Labour Force	1,451,276		10,611		14,692		25,303	
Labour Force Participation Rate	61.4		65.9		57.2		61.3	
Employment Rate	87.1		86.1		88.2		87.1	
Unemployment Rate	12.9		13.9		11.8		12.9	

Table 9 presents information on principle economic status for the State and Galway City. The picture presented for Galway City is similar to that of the State with similar proportions of the population in each category, though there are proportionately more students and fewer people looking after family and home and retired in Galway City than the State.

## HOUSING AND HOMELESSNESS

Table 10. Permanent private households by type of occupancy

Type of occupancy	State		Galway City	
	Number of Households	%	Number of Households	%
Owner occupied with mortgage	535,675	31.6	6,079	21.1
Owner occupied no mortgage	611,877	36.0	7,386	25.6
Rented from Private Landlord	309,728	18.2	10,241	35.5
Rented from Local Authority	143,178	8.4	2,903	10.1
Rented from Voluntary Body	16,765	1.0	447	1.6
Occupied free of rent	27,440	1.6	387	1.3
Not stated	53,002	3.1	1,384	4.8
<b>Total</b>	<b>1,697,665</b>	<b>100.0</b>	<b>28,827</b>	<b>100.0</b>

In 2016, 21.1% of households in Galway City were owner occupied with a mortgage, significantly lower than the average for the State of 31.6%. The proportion of households renting from a private landlord were significantly higher in Galway City (35.5%) than the State (18.2%), with the proportion renting from the local authority marginally higher in Galway City (10.1%) than the State (8.4%). Homelessness is a persistent problem in Galway City. In March 2019, there were 309 homeless adults in Galway<sup>9</sup>.

## LONE PARENTS

Table 11. Lone Parent Families

Age of children	State			Galway City		
	Mothers with children	Fathers with children	Total	Mothers with children	Fathers with children	Total
All children under 15	75,042	5,928	80,970	1,200	75	1,275
All children 15 and over	90,066	21,704	111,770	1,383	271	1,654
Children both under and over 15	24,004	2,073	26,077	377	30	407
<b>Total</b>	<b>189,112</b>	<b>29,705</b>	<b>218,817</b>	<b>2,960</b>	<b>376</b>	<b>3,336</b>
% of all families with children	21.9	3.4	25.4	26.5	3.4	29.8

In 2016, there were 3,336 lone parent families in Galway City, accounting for almost 30% of all families that have children, higher than the average for the State of 25.4% of all families that have children. Of these families, 2,960 are headed by a mother and 376 are headed by a father.

In a number of the small areas, the proportion of lone parents is significantly higher than the average, accounting for over 50% of families with children in areas of Wellpark, Dangan, Ballybane, Ragoon and Newcastle.

## DISABILITY

Table 12. People with a disability

	People with a disability	Total Population	% of people with a disability
State	643,131	4,761,865	13.5
Galway City	10,133	78,668.00	12.9

In 2016, there were 10,133 people with a disability in Galway City, accounting for 12.9% of the population, a slightly lower proportion of the population than the State average. There was a slightly higher proportion of females with a disability (5,300) than males (4,833).

## PERCEPTIONS OF HEALTH

Table 13. Population by general health and sex

	Galway City						State					
	Male		Female		Total		Male		Female		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
Very good	21,449	57	23,379	57	44,828	57	1,401,121	60	1,426,423	59	2,827,544	59
Good	10,994	29	11,901	29	22,895	29	650,315	28	666,152	28	1,316,467	28
Fair	2,836	8	3,187	8	6,023	8	184,314	8	198,591	8	382,905	8
Bad	487	1	526	1	1,013	1	29,944	1	32,753	1	62,697	1
Very bad	114	0	102	0	216	0	6,551	0	7,187	0	13,738	0
Not stated	1,920	5	1,773	4	3,693	5	82,183	3	76,331	3	158,514	3
<b>Total</b>	<b>37,800</b>	<b>100</b>	<b>40,868</b>	<b>100</b>	<b>78,668</b>	<b>100</b>	<b>2,354,428</b>	<b>100</b>	<b>2,407,437</b>	<b>100</b>	<b>4,761,865</b>	<b>100</b>

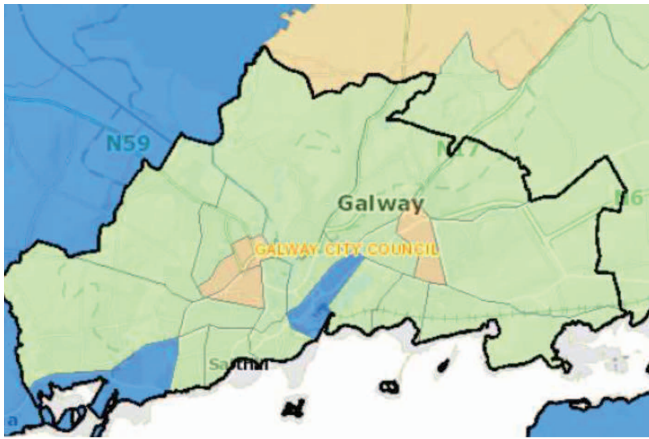
Perceptions of health were slightly poorer in Galway City than in the State, with 57% of people rating their health as 'very good' compared to 59% in the State. The proportions of those rating their health as 'bad' or 'very bad' were similar to the State averages.

## AFFLUENCE AND DEPRIVATION<sup>13</sup>

In 2016, the relative affluence and deprivation score for Galway City in 2016 was 4.9, making Galway City the third most affluent area in the country. However, a number of areas in Galway City present with significant disadvantage. There are four areas that are classified as *Very Disadvantaged* (between -20 and -30) in Galway City, one in the Ballybane Electoral District, one in the Dangan Electoral District, one in the Newcastle Electoral District and one in the Wellpark Electoral District. This is an increase from three areas in 2011.

While the low number of areas that are classed as *Very Disadvantaged* and *Disadvantaged* is welcome, it should be noted that, proportionately, there is a much higher level of households privately renting than the average in the State and there is a concern that disadvantage may be dispersed as a result of households receiving state support to privately rent in relatively affluent areas, masking levels of disadvantage.

## Affluence and Deprivation at Electoral District Level



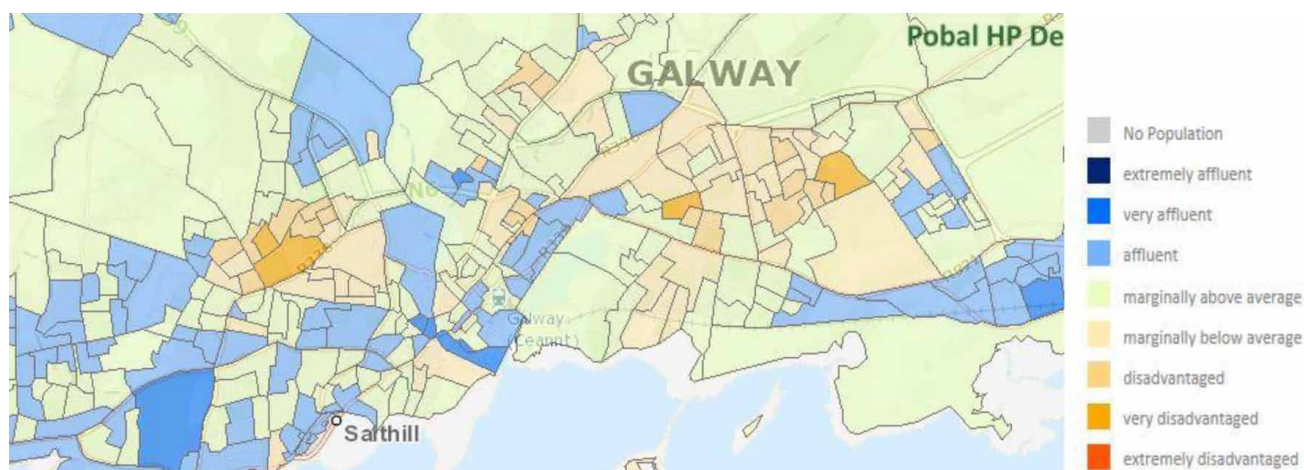
### KEY:

Relative Index Score	Label & Colour Scheme	Abbreviation
Over 30	Extremely Affluent (Dark Blue)	EA
20 to 30	Very Affluent (Medium Blue)	VA
10 to 20	Affluent (Medium Green)	Affluent
0 to 10	Marginally Above Average (Light Green)	MAA
0 to -10	Marginally Below Average (Light Yellow)	MBA
-10 to -20	Disadvantaged (Medium Yellow)	D
-20 to -30	Very Disadvantaged (Orange)	VD
Below -30	Extremely Disadvantaged (Red)	ED

ED Name	Score 2016	Label	Age Dependency Ratio 2016	Lone Parents Ratio 2016	Proportion with Primary Education Only 2016	Proportion with third level education 2016	Unemployment rate-Male 2016	Unemployment rate-Female 2016
Ballybaan	1.20	MAA	29.41	24.77	9.88	40.62	16.52	15.17
Ballybrit	7.47	MAA	21.88	23.67	4.67	47.20	10.60	12.17
Barna	9.14	MAA	30.72	20.39	4.07	58.88	10.41	9.40
Castlegar	3.76	MAA	23.74	25.00	6.73	46.51	14.06	13.60
Claddagh	7.61	MAA	26.23	21.00	9.42	54.18	10.51	8.03
Dangan	2.32	MAA	21.83	23.50	10.33	45.18	19.36	16.07
Eyre Square	10.71	Affluent	12.87	19.60	5.94	62.01	12.53	7.46
Knocknacarragh	12.48	Affluent	32.66	14.33	4.17	66.98	5.96	7.36
Lough Atalia	4.83	MAA	38.35	17.50	8.50	46.23	10.74	3.62
Menlough	2.92	MAA	21.37	18.42	9.25	45.63	15.68	13.40
Mervue	-3.37	MBA	30.50	24.75	18.63	28.83	17.41	11.23
Murroogh	6.91	MAA	24.27	24.00	5.30	53.82	14.95	13.85
Newcastle	-7.64	MBA	34.02	35.13	28.88	27.81	21.93	20.60
Nuns Island	8.59	MAA	21.38	30.33	7.44	59.73	15.72	10.51
Rahoon	3.55	MAA	28.03	27.18	7.36	50.52	20.25	15.28
Renmore	0.65	MAA	42.65	17.50	12.33	43.29	11.23	9.87
Rockbarton	8.67	MAA	42.87	10.83	5.17	61.73	8.25	6.19
Salthill	9.39	MAA	24.26	20.27	3.93	65.11	11.35	12.15
Shantalla	-4.20	MBA	30.81	27.14	22.43	34.01	22.73	11.81
St. Nicholas	2.11	MAA	19.59	34.50	12.50	44.64	18.58	13.34
Taylor's Hill	7.63	MAA	31.48	17.91	5.82	54.79	16.97	10.85
Wellpark	1.70	MAA	26.22	30.50	12.50	40.07	25.92	6.95
Galway	4.91							



## Affluence and Deprivation at Electoral District Level



## Affluence & Deprivation Galway City & the State

Small area code	Small Area ID	Deprivation Score 2016	Label	Age Dependency Ratio	Lone Parents Ratio	Primary Education	Third level education	Unemployment rate-Male	Unemployment rate-Female
068006004	Dangan	-22.29	VD	29.6	61	31	7.4	43.0	33.3
068001010	Ballybaan	-20.53	VD	34.8	33	18	13.4	57.1	40.0
068022005	Wellpark	-20.33	VD	27.6	67	24	15.2	65.0	50.0
068013004	Newcastle	-20.06	VD	32.3	38	36	13.9	44.1	43.8
068013003	Newcastle	-19.88	D	47.0	29	44	13.9	34.0	33.3
068006001	Dangan	-18.87	D	29.0	43	31	13.2	41.2	36.6
068010012	Menlough	-18.51	D	0.0	--	50	0.0	28.6	25.0
068010002	Menlough	-18.14	D	31.4	44	19	11.5	36.9	31.4
068001042	Ballybaan	-17.87	D	30.6	47	29	10.7	30.5	32.0
068001046	Ballybaan	-17.14	D	30.5	44	47	11.9	26.8	19.1
068020009	St. Nicholas	-16.99	D	38.4	44	37	20.4	34.9	11.1
068022006	Wellpark	-16.07	D	46.9	12	30	20.3	33.3	14.6
068001008	Ballybaan	-14.22	D	37.6	59	14	22.2	51.5	25.0
068013006	Newcastle	-14.15	D	38.5	50	37	13.4	19.6	21.1
068020010	St. Nicholas	-14.12	D	34.8	50	40	27.3	38.5	12.5
068015001	Rahoon	-13.46	D	29.4	43	16	24.4	49.3	31.9
068006006	Dangan	-13.08	D	30.0	40	23	17.3	36.7	26.2
068001005	Ballybaan	-12.48	D	38.1	37	15	20.8	33.3	26.5
068001044	Ballybaan	-12.42	D	25.5	41	19	10.1	25.0	14.5
068013005	Newcastle	-11.72	D	38.7	40	35	20.2	21.4	16.1
068010008	Menlough	-11.41	D	24.0	39	21	21.9	32.0	24.4
068015006	Rahoon	-11.39	D	21.5	53	22	24.6	46.5	33.3
068007003	Eyre Square	-11.09	D	29.7	44	33	22.3	17.1	26.8
068001009	Ballybaan	-10.6	D	36.5	42	12	25.9	31.5	29.2
068011001	Mervue	-10.34	D	37.4	45	24	17.8	13.6	13.6
	Galway City	4.9		28.1	22.3	8.6	49.6	14.5	12.2
	State	0.6		34.5	19.9	13.0	35.9	14.1	12.2

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Galway City Council  
Galway City Partnership  
HSE  
Galway City Community Network  
Amach LGBTI+



**Galway City Partnership**  
Comhpháirtíocht Chathair na Gaillimhe

a tide for change  
an taoide ag casa



Seirbhís Sláinte | Building a  
Níos Fearr | Better Health  
á Forbairt | Service

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**Galway City Community Network**  
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**AMACH! LGBT**  
GALWAY LTD.

