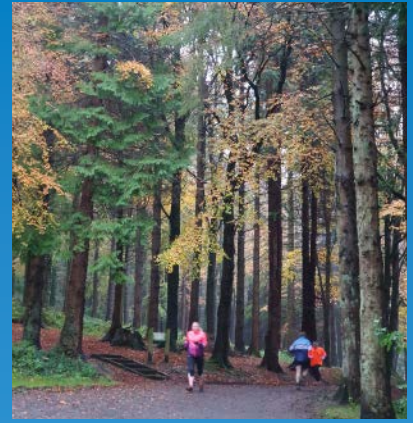


HEALTHY MONAGHAN PLAN

2019-2022



Coiste um Fhorbairt Pobail Aitkull
Mhuineacháin
Monaghan Local Community Development
Committee

LCDC



Comhairle Chontae Mhuineacháin
Monaghan County Council



Healthy
Monaghan

Abbreviations

| | |
|----------|---|
| CMETB | Cavan Monaghan Education and Training Board |
| CoH Sync | Community Health Synchronisation |
| CSO | Central Statistics Office |
| CYPSC | Children and Young Peoples Services Committee |
| FFWL | Fit for Work and Life |
| HSE | Health Service Executive |
| LECP | Local Economic and Community Plan |
| LCDC | Local Community Development Committee |
| MCC | Monaghan County Council |
| MID | Monaghan Integrated Development |
| MSP | Monaghan Sports Partnership |
| PPN | Public Participation Network |
| SICAP | Social Inclusion Community Activation Programme |

Foreword

Chairperson, Monaghan LCDC

Cllr David Maxwell



This Healthy Monaghan Plan, covering the period 2019 to 2022, provides a framework for the delivery of a healthier Monaghan over the next three years.

This plan, the first in its kind in County Monaghan, shows the co-operation and support of many partners, both LCDC and beyond and reflects a significant body of work that has been undertaken by the Healthy Monaghan Team. This plan aims to increase the proportion of people who are healthy at all stages of life, reduce inequalities and protect the public from threats to health and wellbeing.

The Healthy Monaghan plan has looked at national policies and plans and how they can be integrated and implemented at a local level, taking account of the needs, issues and priorities identified in County Monaghan. Monaghan LCDC is ideally placed to understand local needs and issues

and to promote and improve the health and wellbeing of all people living in the County.

We look forward, through the Healthy Monaghan team to working on actions together to deliver on the vision for Healthy Monaghan “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”.

I am delighted to be able to endorse this plan and Monaghan LCDC will work with all key stakeholders to bring energy and commitment to achieving the ambitions and targets set out in it.

Cllr David Maxwell

Chairperson

Monaghan LCDC

Foreword

Chief Executive, Monaghan County Council

Eamonn O Sullivan



I am delighted to endorse this 3 year Healthy Monaghan Plan developed by Monaghan Local Community Development Committee and the Healthy Monaghan team. The plan demonstrates our continued support to implement the Healthy Ireland Framework at local level and to strive to improve the health and wellbeing of all in County Monaghan.

Monaghan County Council, through the Local Economic and Community Plan (LECP) and County Development Plan is committed to working with our partners to shape the broad and sustainable development of the County. This plan focuses on addressing challenges and barriers, making the most of local assets and identifying synergies and connections between existing networks, policies and plans. It also encourages people from all backgrounds and of all ages and abilities to become more active

by participating in events and programmes delivered by partners, groups and agencies. By working together we can build an environment that supports individuals, families and communities to lead healthier lifestyles.

I would like to thank the members of Monaghan LCDC and Monaghan County Council for their full support in this very important plan. I extend congratulations and thanks to the members of the Healthy Monaghan team for all their work in bringing this plan together. I am confident that the implementation of this plan will make a great difference to the citizens of County Monaghan.

Eamonn O Sullivan

Chief Executive



SECTION A

Our Healthy County - Local Context

SECTION A

Our Healthy County - Local Context

The Healthy Monaghan Plan supports the implementation of Healthy Ireland, the national Health and wellbeing framework at local level, to improve health and wellbeing for all in County Monaghan.

Local Authorities have a significant role in protecting and promoting their citizens' health and wellbeing. Under the Local Government Reform Act (2014), as set out in Putting People First, each Local Authority has set up a Local Community Development Committee (LCDC) to develop a Local Economic and Community Plan (LECP).

The purpose of Monaghan LCDC is to promote and support the economic, local and community development through greater integration in the planning of and delivery of local and community development services and interventions. Working with a range of organisations and groups, Monaghan LCDC is ideally placed to understand local needs and issues, and also the assets and networks unique in Monaghan to promote and improve the health and wellbeing of all people living in Monaghan. Monaghan LCDC is a key partner in realising a Healthy Monaghan and a Healthy Ireland.

Vision for County Monaghan

Our vision for a Healthy Monaghan is;

'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.'

This plan is informed by the Monaghan LECP with the overarching vision of Putting People First, which is "to promote the wellbeing and quality of life of citizens and communities"

Healthy Monaghan Team

In 2018 Monaghan LCDC established the Healthy Monaghan Team, a subcommittee of the LCDC. This team is an interagency partnership with representation from a cross section of key stakeholders. The role of the team is to drive the Health and Wellbeing agenda in the County in a collaborative way. Their aim being to improve the Health & Wellbeing of all those who live and work in County Monaghan. They will take primary responsibility for the implementation and monitoring of this strategy.

The Healthy Monaghan Team, facilitated by a Healthy Monaghan Co-ordinator consists of representatives from Monaghan County Council (member), MCC (Social Inclusion), MCC (Environment), MCC (Healthy Ireland at the libraries), Monaghan Sports Partnership, Monaghan CYSPC (Children & Young Peoples Services Committee), Cavan Monaghan ETB (Education & Training Board), HSE, Monaghan PPN (Public Participation Network) and Monaghan Integrated Development. The business, community and voluntary sector and An Garda Síochána are also represented.

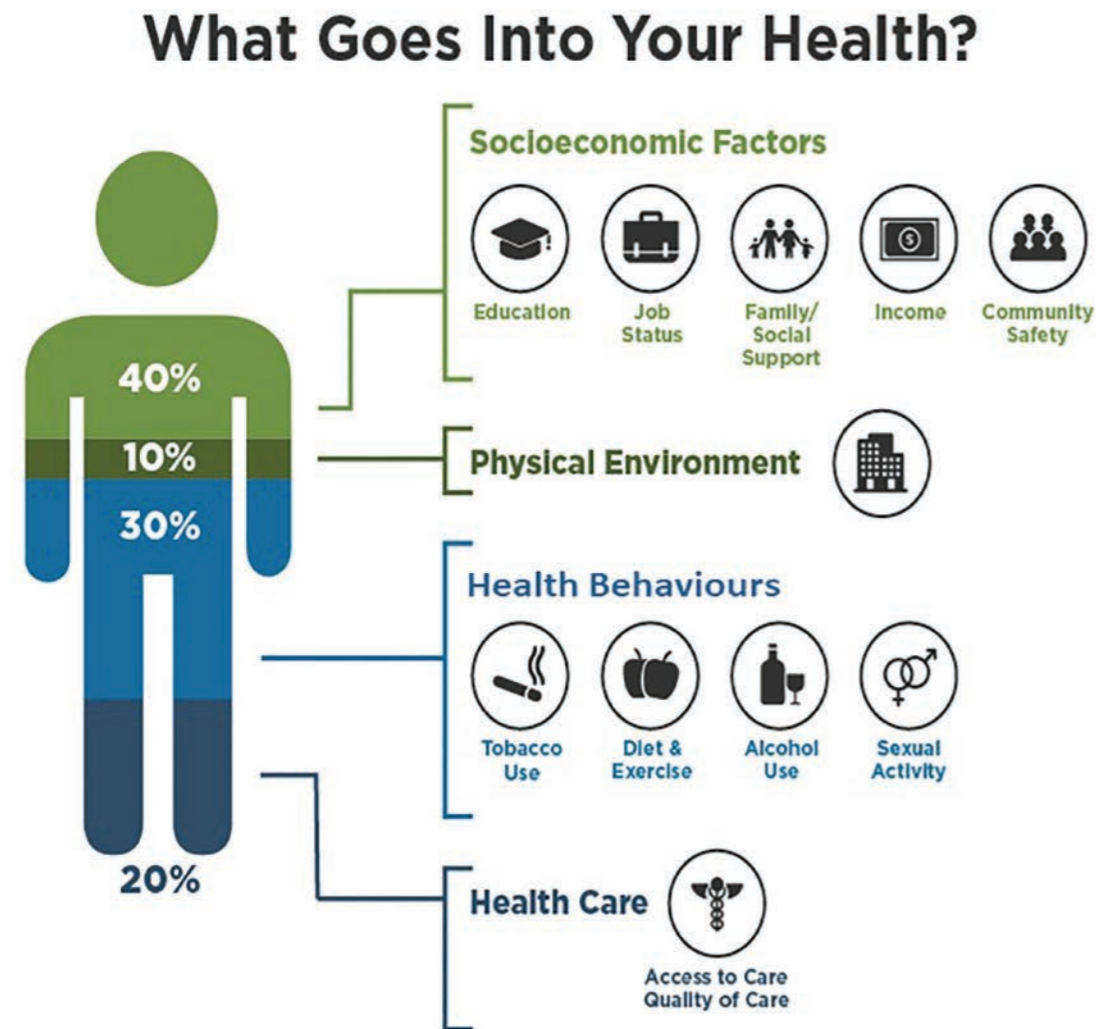
The Healthy Monaghan Team will report to the LCDC which meets monthly. The diverse nature of the committee, connecting statutory, community and voluntary agencies brings a wealth of knowledge and experience.

Our Healthy County - The National Context

Healthy Ireland, A Framework for Improved Health and Wellbeing 2013 – 2025, was launched in March 2013. It is the national framework for action to improve the health and wellbeing of the country over the coming generation. Healthy Ireland takes a “whole of government” and “whole of society” approach to tackling the issues which lead to negative health outcomes. Many factors affect

our health – where we live, our environment, our genetics, our income and education level and our relationships with friends and family. These factors (“determinants of health”) are often outside the direct influence of the health and social services. The below graph shows us that a combination of factors, not just healthcare, goes into our Health.

Fig 1: Factors Impacting Health



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

Adapted from The Bridgespan Group

Healthy Ireland Framework Goals

Fig. 2 Healthy Ireland Framework Goals



A Framework for Improved Health and Wellbeing focussing on four goals was adopted by government. All Government Departments agreed that each had their own part to play in enhancing the health of everyone who lives in Ireland as opposed to “health” being “only the job of the Department of Health”.

A key focus of Healthy Ireland is on building relationships and strengthening partnerships with other Government Departments, Local Authorities, the education sector, and with the wider business, voluntary and community sectors. This way of working and thinking at a local level, means involving local people in decision making, requires political commitment and focuses on organisational and community development.

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

response to drug and alcohol use in Ireland (2017) and the National Get Ireland Walking Strategy (2017).

As a result of the significant work undertaken in developing the national policies and plans above, the Healthy Ireland Framework is implemented under 6 priority headings which provide direction for delivery as follows;

Fig. 3 Healthy Ireland – National Priority Areas



Sustainable Development Goals (SDGs)

In September 2015, the Sustainable Development Goals (SDGs) were adopted by all 193 Members States of the United Nations. The SDGs aim to deliver a more sustainable,

prosperous and peaceful future for the entire world, and sets out a framework for how to achieve this by 2030. This framework is made up of 17 Sustainable Development Goals (SDGs) which address the social, economic and environmental requirements for a sustainable future.

The 17 SDGs



The SDGs represent a global agenda, but they are equally important and relevant to our own daily lives here in Monaghan. Together with ending global poverty and combating harmful climate change, the SDGs also aim to make our towns and cities cleaner and safer, to ensure people have access to decent jobs, to promote better health and education for

all, and to end all forms of inequality including gender inequality and discrimination.

This Healthy Monaghan plan contributes to the implementation of the SDGs at the local level.



SECTION B

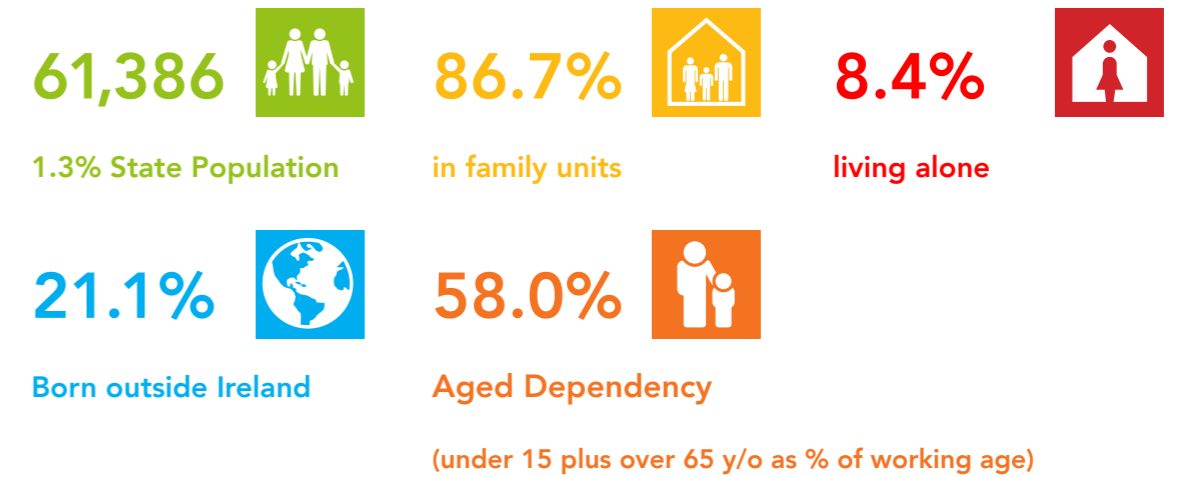
Profile of County Monaghan

County Profile

- Monaghan is a rural County and in 2016 the population of the County was 61,386 which represent 1.35% of the total state population.
- 30,866 (50.28%) are male and 30,520 (49.72%) are female.
- The county has a higher than national average number of young people and also a higher than national average number of older people.
- Monaghan is ethnically diverse in culture with 21.1% not born in Ireland, 11.5% do not have English as their first language and just under 100 nationalities living in the county.
- The following is a summary of some of the key statistics based on the 2016 census.

Profile of Monaghan at a glance

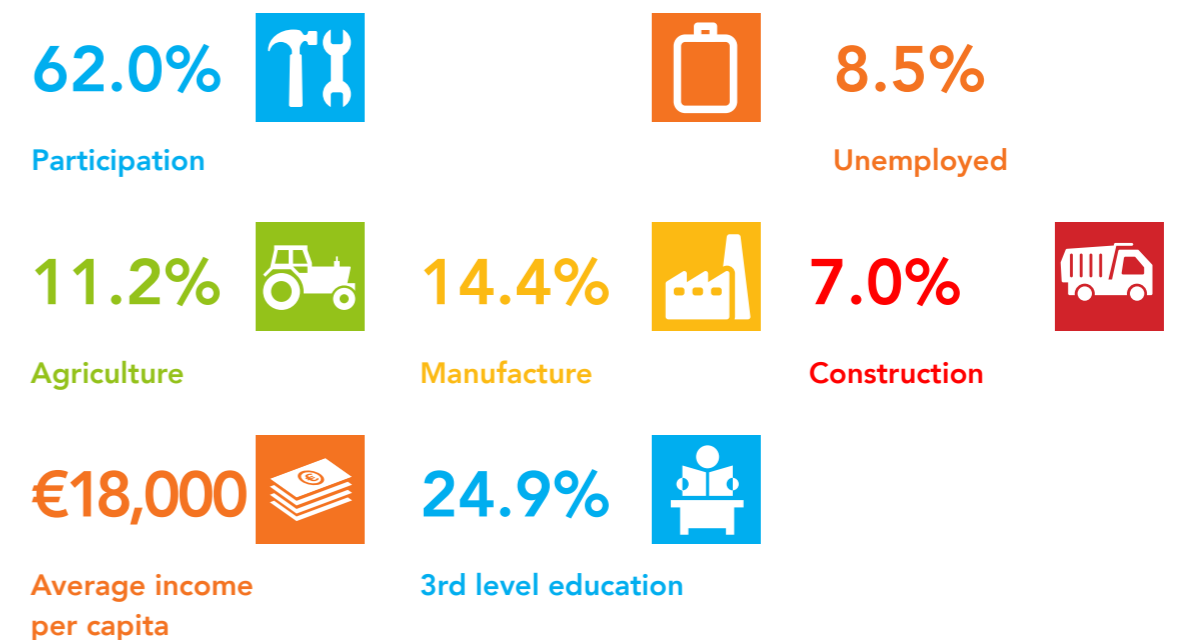
POPULATION



7,080 with other first languages

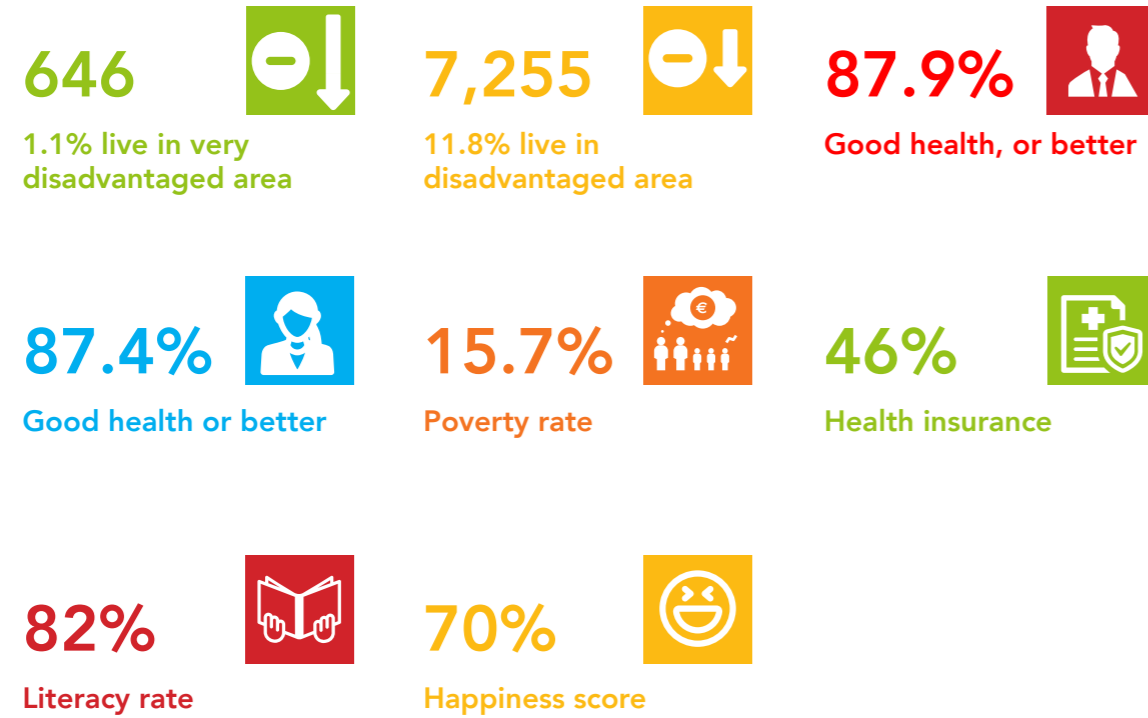


LABOUR FORCE

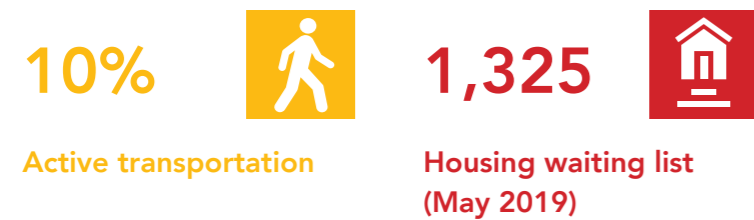


Profile of Monaghan at a glance

SOCIAL



ENVIRONMENTAL (built environment)

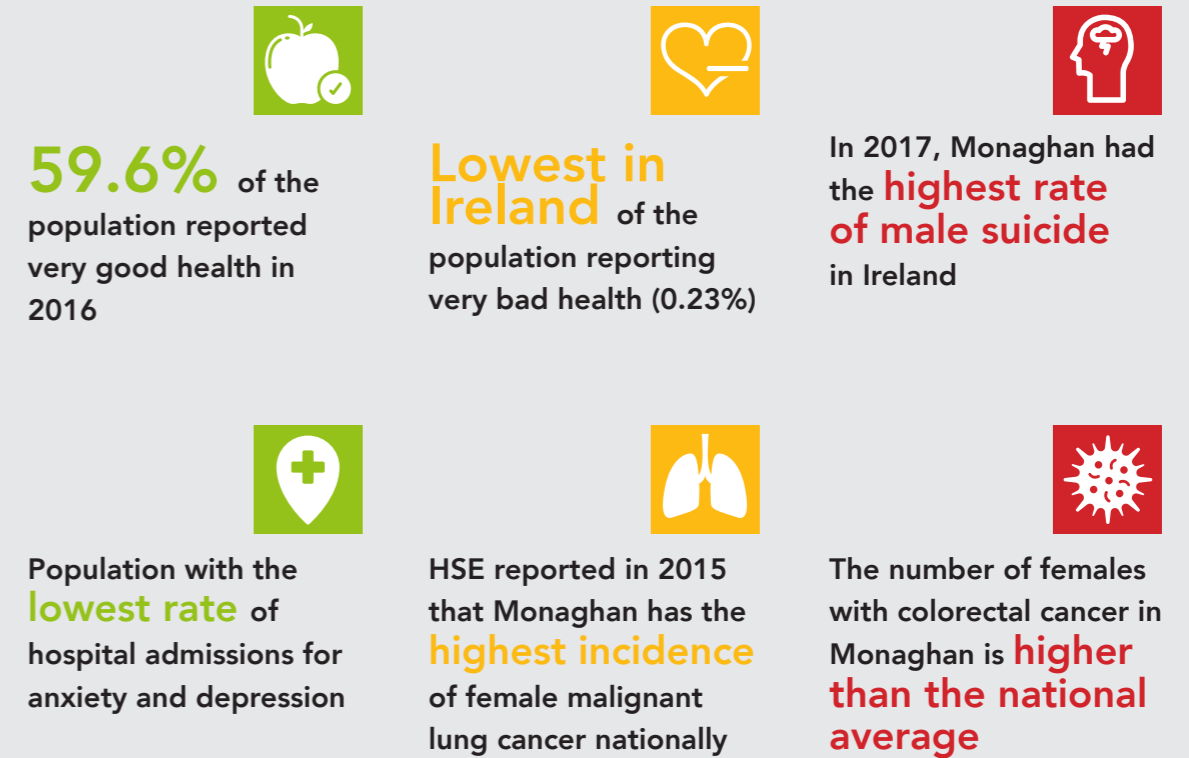


ENVIRONMENTAL (natural environment)



Health of Monaghan at a glance

HEALTH IN GENERAL



HEALTH AND ALCOHOL



Health of Monaghan at a glance

SCREENING AND CHECKS



44% /
Lowest uptake of
BowelScreen in
HSE area.

73% /
Lowest uptake of
BreastCheck in
HSE area.

75% /
Lowest uptake of
CervicalCheck in
HSE area.

DISABILITY IN COUNTY MONAGHAN



7,214 (11.75%)
Classified "disability"
Census 2016

3,143 (43.6% of
'disability' figure) - limits to
physical activities

2,562 (35.5% of
'limited physical activity')
difficulty in working or
attending education. Highest
proportion in Ireland

BIRTHS AND MOTHERS 2018



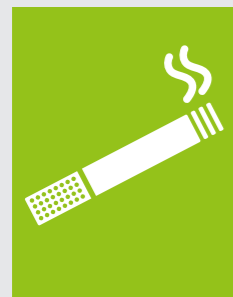
788 Births // 506 births within marriage
282 births outside marriage // **32.6** average age mother
30.0 average age of first time mother

DEATH RATES



4th highest in Ireland for circulatory death rate 253 per
100,000 // **Lowest county cancer death rate** in
Ireland in 2015 - 187 per 100,000

TOBACCO 2015



20%
population smoked

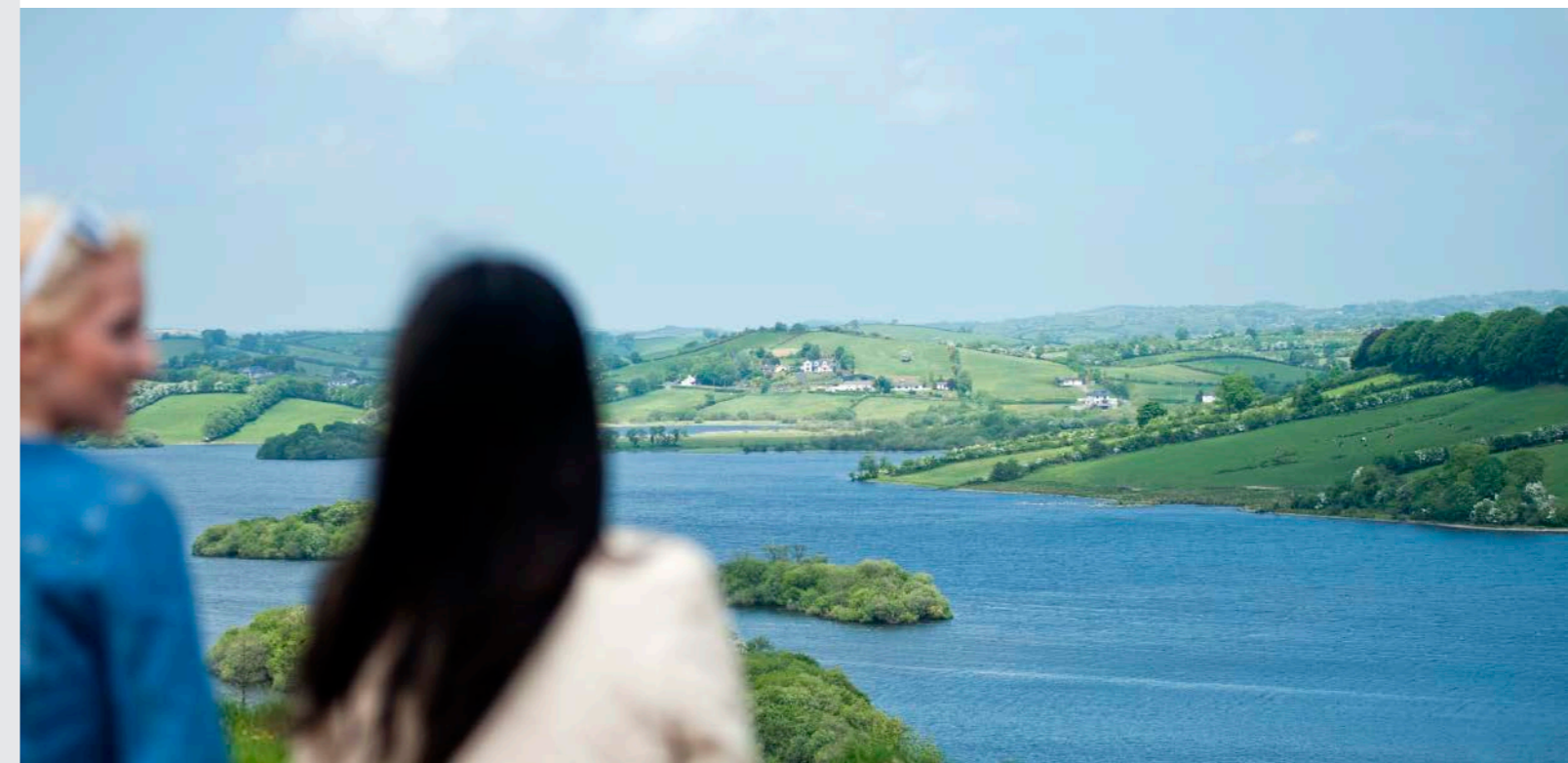
31%
of those living in very
disadvantaged areas
smoked

45%
unemployed smoked

27%
of those with a disability
smoked

Health Challenges

- Some key challenges of note are that County Monaghan has a low uptake of health screening programmes.
- The death rate due to circulatory problems is the 4th highest in Ireland and death rate due to cancer is significantly lower than the National average.
- County Monaghan is in the bottom half of cancer incidences in the country.
- In 2018 Monaghan had the highest recorded rate of suicide per head of population nationally.
- Disability features strongly with the highest proportion of people in Ireland with a difficulty attending work or education due to a disability living in the County.





SECTION C

Strategic Priorities and Connections

As outlined previously, the Healthy Ireland Framework is implemented under six priority headings which provide direction for delivery.

These areas are as follows;

- Physical Activity
- Healthy Weight
- Tobacco Free
- Sexual Health
- Prevention of Alcohol Related Harm
- Mental Health

Taking cognisance of these priority areas, in developing the Healthy Monaghan plan a number of strategic documents specific to County Monaghan were reviewed which had health related objectives and actions within them.

The aim of the review was to connect and stretch existing networks and actions and only where an identified gap appeared establish a new action. This was a very important process in helping us to prioritise and identify the direction that our 3 year strategic plan for County Monaghan should take.

The following tables outline local and national policies from which actions in this strategy are connected to.

Local Policies

| Physical Activity | Healthy Weight | Tobacco Free | Sexual Health | Alcohol Related Harm | Mental Health |
|--|---|--|--|--|---|
| Monaghan LECP 2016 - 2021 | Monaghan LECP 2016 - 2021 | Monaghan LECP 2016 - 2021 | Monaghan LECP 2016 - 2021 | Monaghan LECP 2016 - 2021 | Monaghan LECP 2016 - 2021 |
| Monaghan County Development Plan 2019 - 2025 | Monaghan County Development Plan 2019 - 2025 | Monaghan County Development Plan 2019 - 2025 | Monaghan County Development Plan 2019 - 2025 | Monaghan County Development Plan 2019 - 2025 | Monaghan Co. Development Plan 2019 - 2025 |
| Monaghan CYPSC Plan 2019 - 2021 | Monaghan CYPSC Plan 2019 - 2021 | | Monaghan CYPSC Plan 2019 - 2021 | Monaghan CYPSC Plan 2019 - 2021 | Monaghan CYPSC Plan 2019 - 2021 |
| Connecting for Life 2017 - 2020 | Connecting for Life 2017 - 2020 | | | Connecting for Life 2017 - 2020 | Connecting for Life 2017 - 2020 |
| Library Development Plan 2018 | Library Development Plan 2018 | | | Monaghan Drug & Alcohol Strategy | Library Development Plan 2018 |
| Peace Link Strategy 2015 | Peace Link Strategy 2015 | | | Peace Link Strategy 2015 | Peace Link Strategy 2015 |
| Monaghan Tourism Strategy | Dochas for Women 2018 Strategic Plan | | | SICAP Action Plan 2018 -2022 | Parenting Monaghan Strategic Plan 2017 - 2021 |
| Monaghan Sports Partnership 2019 - 2023 | Parenting Monaghan Strategic Plan 2017 - 2021 | | | NE Homelessness Action Plan 2014 - 2017 | SICAP Action Plan 2018 -2022 |
| SICAP Action Plan 2018 -2022 | | | | | Clones FRC Plan 2018 |
| Clones FRC Plan 2018 | | | | | Co. Monaghan Creative Plan 2018 - 2022 |
| Monaghan Greenway Community Engagement Plan | | | | | |

National Policies

| Physical Activity | Healthy Weight | Tobacco Free | Sexual Health | Alcohol Related Harm | Mental Health |
|--|--|---------------------------|--|--|--|
| Get Ireland Active! - National Physical Activity Plan 2016 | Healthy Weight for Ireland - Obesity and Policy Action 2016 - 2025 | Tobacco Free Ireland 2013 | National Sexual Health Strategy, 2015 - 2020 | Reducing Harm, Supporting Recovery (2017 - 2025) | Connecting for Life: Ireland's National Strategy to Reduce Suicide 2015 - 2020 |
| Get Ireland Walking 2017 - 2020 | | | | | A Vision for Change 2006 |
| National Sports Policy 2018 - 20127 | | | | | |

GENERAL: Project Ireland 2040 (National Development Plan and National Planning Framework); Regional Spatial and Economic for North West Region; CH01 Healthy Ireland Implementation Plan 2018 - 202





SECTION D

Consultation

The aim of the consultation process was to draw from the many strategic documents (outlined in Section C) within the County that contained actions related to Health, together with a local consultation meeting to identify what issues needed to be addressed and what could be done to improve health for all in Monaghan.

This process was carried out across the Six Strategic Priorities outlined by Healthy Ireland; physical activity, healthy weight, tobacco, sexual health, alcohol/substance misuse and mental health. Opportunities to address and tackle key barriers to healthy lifestyles were identified. These key needs have directly informed the priorities of this plan.

A consultation meeting took place targeting the community and voluntary sector which was facilitated by Monaghan PPN with a broad representation of participants from groups across the County attending.

The aims of the community consultation process were;

1. To raise awareness of the Healthy Ireland initiative and to promote Healthy Monaghan
2. To engage with stakeholders to identify suggested measures to make improvements in health and in particular the healthy behaviours centred on the 6 strategic priority areas.
3. And as a consequence of the discussion to encourage healthy behaviours

The consultation process dovetails with a detailed analysis of the many local strategies and plans which have health related actions. Each of these strategies during their development had consultations with large numbers of the general public. The following

provides a summary of the key issues raised during the public consultation and also following a review of the many other strategic documents highlighted in Section C.

Physical Activity

The need to encourage all age groups in the population in County Monaghan to participate regularly in physical activity or sport and to provide infrastructure and facilities that are accessible to all was highlighted. The consultation also identified the need to create greater awareness of the benefits of physical activity and to better co-ordinate the promotion of the many existing opportunities that Monaghan already has to offer. Feedback received identified the need to provide alternatives to traditional competitive sports in order to increase participation in physical activities

Healthy weight

Less active lifestyles together with an increase in unhealthy eating habits contribute to higher levels of obesity across all age groups in the County. A priority was identified to provide more support for healthy eating initiatives to build the nutritional wellbeing and physical health of the population, particularly those more prone to poor nutrition and obesity. Lifestyle changes were required for many families and that a good way of starting to address this was promoting healthy lifestyles from a young age and using the counties strong local food production tradition to champion this.

Tobacco

Smoking levels in the county are at 20% and it is recognised that further progress could be made through promoting existing quit smoking programmes and services. The emerging threat of vaping to health in particular among young people is identified.

Sexual health

Feedback from the public consultation and review of other Monaghan specific strategic documents indicated a need for promotion of healthy relationships. This promotion should be through education and awareness raising of what constitutes a healthy relationship. It is recognised that many parents and families do not feel comfortable dealing with issues relating to sexual health. There is also an inconsistency with how this

topic is approached in schools largely due to resources. Social media content and overall internet safety are seen as threats to sexual health for the population as a whole but in particular young people.

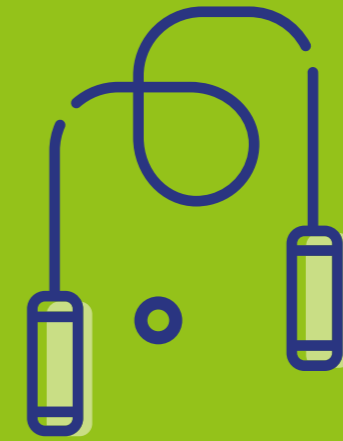
Alcohol and Substance misuse

Drug addiction and alcohol abuse both continue to impact heavily on sections of the population within County Monaghan. Greater co-ordination is required to reduce alcohol and drug related harm. Support services for families with a family member suffering or recovering from drug addiction requires greater resourcing. A focus on prevention of alcohol abuse among young people was seen as necessary through providing safe environments for them to socialise with their peers. This could also involve peer to peer training and support.

Mental health

The need to achieve improved mental health and wellbeing for the population through awareness raising and providing appropriate access to supports when and where they are needed was identified. Looking to reduce stigma associated with poor mental health and to up skill the community and voluntary sector as well as frontline service providers in both identifying and dealing with incidents of poor mental health. An issue still exists where information of the broad range of existing services and supports is not getting through to those in the county most in need quickly enough.





SECTION E

Healthy Monaghan Action Plan 2019-2022

This section of the plan outlines the key goals, objectives and actions that will be delivered in County Monaghan over the 2019 – 2022 period. It also identifies the lead organisations and key support partners who will assist in the delivery of these actions. These actions have all been listed under six key strategic themes.

As was outlined earlier in Section C of the document, these actions and priorities were agreed as a result of the consultation and detailed review process that took place in the development of this plan. While undertaking this review and looking at the number of health related actions named in other

relevant strategies in the County, it became apparent that actions could be grouped and implemented under a number of key headings. Actions will be implemented using one or more of the following

| | | |
|-----------------------|---|--|
| Infrastructure |  | Improve the Healthy Infrastructure & the Built and Natural Environment |
| Partnerships |  | Improve and develop Healthy Links, Partnerships and Networks |
| Awareness |  | Increase Awareness and Communication of Health-related matters |
| Programmes |  | Increase Healthy Programmes, Services and Events |
| Education |  | Increase Training and Education within County Monaghan to enhance Health |
| Research |  | Improve Health Research, Intelligence and Evaluation |

Core values that underpin this action plan are;

1. Public participation and ownership through promotion of a culture of shared ownership of our health and wellbeing.
2. Social inclusion ensuring equality of access to all sections of our community with an emphasis in particular on people with disabilities, people with language and literacy issues and those living with disadvantage.
3. Environmental Sustainability through recognising the need to sustain our environment and understanding concerns and potential impacts of climate and environmental changes on our communities.

Strategic Theme 1: Physical Activity

Goal: To increase physical activity levels in the County thereby improving the health and wellbeing of people living in County Monaghan.

| Objective: Enhance the natural and built healthy environment | | | | |
|---|--|---|---|--|
| Actions | Output | LEAD | Partners | Linked to |
| 1.1 Conduct an audit of existing resources and infrastructure and identify gaps and barriers to usage. | List of resources and capabilities to identify key strengths and weaknesses and gaps in infrastructure | Monaghan Local Community Development Committee (LCDC) | Monaghan County Council (MCC), Monaghan Sports Partnership (MSP) | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan County Development Plan 2019-2025 Monaghan Sports Partnership Plan 2019-2023 |
| 1.2 Promote where required an appropriate capital investment programme to address gaps in infrastructure that promote physical activity. | Capital Investment to fund the Capital works required as identified from Action 1.1 SMARTER travel initiatives rolled out County wide | MCC, LCDC | Monaghan Integrated Development (MID) / Department of Transport, Tourism and Sport, Community and Voluntary Sector. | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan County Development Plan 2019-2024 Monaghan Sports Partnership Plan 2019-2023 Peace Link Strategic plan 2015-2020 Monaghan Local Development Strategy |
| 1.3 Support the development of SMARTER travel initiatives amongst workplaces and education campuses to promote walking and cycling in the County | | MCC | Schools, Employers. | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan County Development Plan 2019-2025 DRAFT Walking & Cycling Strategy For County Monaghan 2017 Ulster Canal Greenway Strategy |

Objective: To improve awareness of the importance of physical activities and related benefits

| Actions | Output | LEAD | Partners | Linked to |
|---|--|-----------------------------|---|--|
| 1.4 Implement a communication programme to promote awareness and uptake of local events and activities. | Establishment of Healthy Monaghan page on MCC website for dissemination of physical activity related information and events through all forms of media | MCC | Healthy Monaghan Committee | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 Connecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 – 2020 Library Plan 2018 – 2022 Peace Link Strategic plan 2015-2020 Monaghan Sports Partnership Plan 2019-2023 |
| 1.5 Support the relevant actions within the Monaghan Sports Partnership Strategic Plan with regard to the development of active and healthy lifestyles for all. | Monaghan Sports Partnership strategy implemented | Monaghan Sports Partnership | LCDC/ Healthy Monaghan Steering Committee, MCC, HSE, MID, Sports Ireland, Community and Voluntary Groups, Schools and Sports Clubs, and related Business Groups and Organisations | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan County Development Plan 2019-2025 Monaghan Sports Partnership Plan 2019-2023 Monaghan CYPSC Plan 2019 – 2021 Peace Link Strategic plan 2015-2020 Clones FRC Plan 2018 SICAP Action Plan 2018-2022 Wellbeing Policy Statement and Framework for Practice 2018 - 2023 |
| 1.6 Promote a programme of physical activity to increase participation in the wider community. | Programme of events involving physical activity delivered with an emphasis on those that are less active. | Monaghan Sports Partnership | MCC, MID, Community and Voluntary Groups, Schools and Sports Clubs | Monaghan Sports Partnership Plan 2019-2023 Peace Link Strategic plan 2015-2020 Monaghan Local Economic and Community Plan 2016 – 2021 |
| 1.7 Promote walking, cycling and other physical activities targeting families and all ages, and develop capacity and skills in the community to organise on a regular basis. | Flagship events organised to promote benefits of physical activity | Monaghan Sports Partnership | MCC, MID, Community and Voluntary Groups, Schools and Sports Clubs | Monaghan CYPSC Plan 2019 – 2021 Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan Sports Partnership Plan 2019-2023 Monaghan CYPSC Plan 2019 – 2021 |
| 1.8 Support the promotion of non-competitive sports, exercise and non-sporting activities within the County such as dancing and walking. | Promotion of non-competitive programme of events and activities | Monaghan Sports Partnership | Local Media MCC, MID, Community and Voluntary Groups, Schools | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan Sports Partnership Plan 2019-2023 |

Strategic Theme 2: Healthy Eating

Goal: To raise awareness and provide accurate information in relation to healthy eating and maintaining a healthy weight for all members of the population

Objective: Developing and promoting of culture of evidence based information and lifestyle choices in relation to food and nutritional wellbeing

| Actions | Output | LEAD | Partners | Linked to |
|---|---|---|---|--|
| 2.1 Support the delivery of Early Years Nutritional Interventions in the County including breast feeding. | Increase in Monaghan in the up-take of nutritional programmes by parents. | HSE, Cavan Monaghan Healthy Families | Monaghan CYPSC, MID, MCC, Community and Voluntary Groups, Schools | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 Parenting Monaghan Strategic Plan 2017-2021 |
| 2.2 Support the delivery of food and health programmes to all with a focus on provision among vulnerable groups. | Increase in Healthy Nutrition and Cooking programmes | HSE Cavan Monaghan Healthy Families | MCC, Community and Voluntary Groups, Schools, and Business Groups and organisations | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 Parenting Monaghan Strategic Plan 2017-2021 |



Strategic Theme 3: Tobacco Cessation and Alcohol Harm and Substance misuse reduction

Goal: To raise awareness around the dangers of Tobacco; Alcohol and other harmful Substances to all members of the population and to provide supports to people to adopt a healthier lifestyle

| Objective: Support people to quit smoking | | | | |
|---|--|------|----------------------------|-----------------------------|
| Actions | Output | LEAD | Partners | Linked to |
| 3.1 Support the provision of targeted educational programmes such as 'We Can Quit' and the 'X-Hale' programmes in County Monaghan. | Targeted education programmes delivered. | HSE | LCDC, MCC; CMETB. Schools. | Tobacco Free Ireland (2013) |
| 3.2 Promote smoking cessation services available through the HSE, such as the HSE QUIT service. | Smoking cessation services promoted. | HSE | LCDC | Tobacco Free Ireland (2013) |



| Objective: To raise awareness of and reduce alcohol and drug related harm | | | | |
|---|---|--|--|---|
| Actions | Output | LEAD | Partners | Linked to |
| 3.3 Support the implementation of the Monaghan Drug and Alcohol Forum strategic plan | Actions in strategic plan implemented. | Monaghan Drugs and Alcohol Forum | Drugs and Alcohol Forum members and other relevant Community and Voluntary Groups | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan Drug and Alcohol Forum Strategic Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 Connecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 – 2020 |
| 3.4 Develop safe socialising initiatives in partnership with other agencies for the benefit of young people. | Safe socialising initiatives implemented. | An Gardaí Siochana- Safe Socialising Committee Schools MID | MCC, Monaghan Youth Networks, MID, CMETB, Comhairle na nOg. | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan Drug and Alcohol Forum Strategic Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 Connecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 – 2020 |
| 3.5 In partnership with the health promoting schools initiative and other similar initiatives, support the delivery of targeted training and education in schools on the topic of alcohol and substance misuse | Training delivered in schools. 'Don't Pour Your Dreams Away' | Schools, Monaghan Integrated Development | HSE, Youth organisations, North East Drugs Task Force. Gardaí, Youth organisations, MCC | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan Drug and Alcohol Forum Strategic Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 Conecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 – 2020 SICAP Action Plan 2018-2022 |
| 3.6 Promote communication campaigns of damaging effects of alcohol and substance misuse and promote www.askaboutalcohol.ie | Communications campaigns promoted. | HSE, LCDC | MCC, Community and Voluntary Groups, Schools, | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan Drug and Alcohol Forum Strategic Plan 2016 – 2021 Connecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 – 2020 |

Strategic Theme 4: Sexual Health

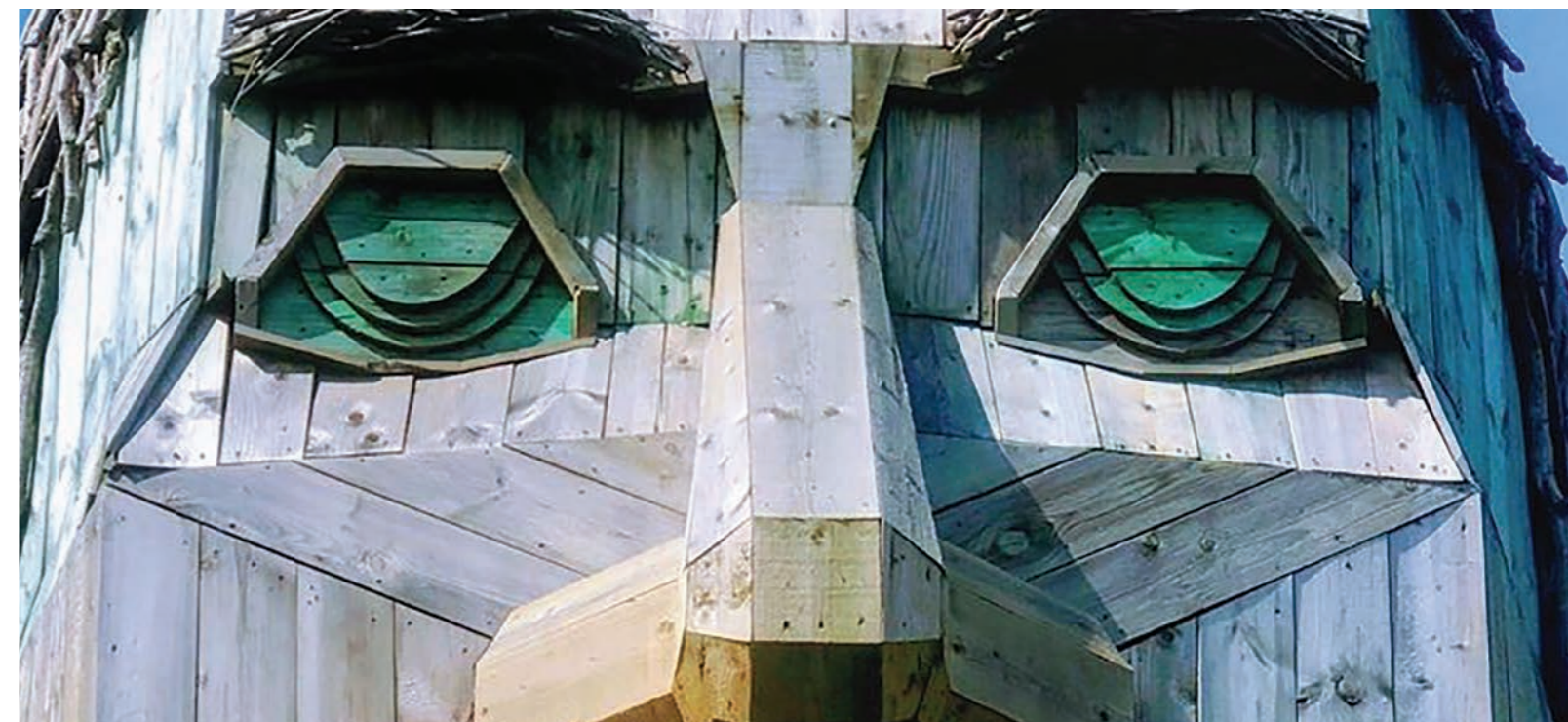
Goal: To Promote positive sexual health and wellbeing and improve access to high quality sexual health information, education and services.

| Objective: Raise awareness of sexual health matters | | | | |
|--|--|------------------------------|--|--|
| Actions | Output | LEAD | Partners | Linked to |
| 4.1 Support awareness raising initiatives to promote healthy relationships and cyber safety among young people. | Awareness raising initiatives promoted. | Foroige, Youth Work Ireland. | Gardai, Youth Services and Schools, Tearmann Domestic Abuse Service. | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 Action Plan for Online Safety 2018 – 2019 |
| 4.2 Work with partner organisations to provide sexual health training to schools and youth organisations across the County. | Programmes devised and implemented in local schools and youth organisations. | Foroige, Youth Work Ireland. | Department of Education and Skills; HSE; CYPSC. | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 |
| 4.3 Support the implementation of training programmes for key frontline staff and volunteers working with youth and adults to raise awareness of LGBTI+ issues. | Training programmes supported to be implemented. | HSE Health Promotion, LCDC | Community and Voluntary Groups, Schools, Tearmann Domestic Abuse Service | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 |

Strategic Theme 5: Mental Health

Goal: To actively value, promote and support people to lifelong positive mental health and wellbeing

| Objective: Ensure Implementation within the county of national campaigns and programmes | | | | |
|---|---|------|-------------------------------------|---|
| Actions | Output | LEAD | Partners | Linked to |
| 5.1 Support local community and voluntary organisations through informing and encouraging participation on relevant mental health campaigns promotion programmes | Relevant mental health campaigns supported. | HSE | MCC, Community and Voluntary Groups | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan CYPSC Plan 2019 – 2021 Connecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 - 2020 Library Development Plan 2018 – 2022 Peace Link Strategic Plan 2015 – 2020 Clones FRC Plan 2018 SICAP Action Plan 2018-2022 |



Objective: Greater emphasis on the provision of mental health supports, particularly for young people.

| Actions | Output | LEAD | Partners | Linked to |
|---|--|-----------|--|--|
| 5.2 Advance the implementation of Vision for Change Refresh recommendations into the local community and mental health services. | Vision for Change Refresh Recommendations implemented. | HSE, LCDC | MCC, MID, Community and Voluntary Groups | Monaghan Local Economic and Community Plan 2016 – 2021 Connecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 – 2020 Monaghan CYPSC Plan 2019 – 2021 Vision for Change Refresh |
| 5.3 Increase collaboration opportunities with a range of service providers to support the mental health and wellbeing of the population of the County. | Collaboration of service providers enhanced. | HSE, LCDC | MCC, MID Community and Voluntary Groups | Monaghan Local Economic and Community Plan 2016 – 2021 Connecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 - 2020 Monaghan CYPSC Plan 2019 – 2021 Vision for Change Refresh |
| 5.4 Support early intervention programmes and initiatives that address mental health difficulties, particularly for young people and targeted groups. | Early intervention programmes supported. | HSE | NEPS, Foroige, Youth Work Ireland, Schools, FRC's. | Monaghan Local Economic and Community Plan 2016 – 2021 Connecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 – 2020 National Youth Mental Health Taskforce 2017 Wellbeing Policy Statement and Framework for Practice 2018 - 2023 |

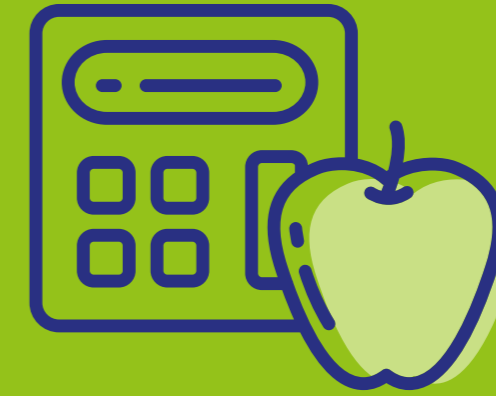
Objective: To inform, educate and empower the population of the county to achieve positive mental health outcomes

| Actions | Output | LEAD | Partners | Linked to |
|---|--|----------------------------|--|--|
| 5.5 Support the development of community events to promote information on and awareness of positive mental health. | Information events delivered. | Healthy Monaghan Committee | HSE, MCC, Community and Voluntary Groups | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan County Development Plan 2019-2025 Monaghan CYPSC Plan 2019 – 2021 Connecting for Life Cavan and Monaghan Suicide Prevention Plan 2017 – 2020 Library Development Plan 2018-2022 Monaghan Culture and Creativity Strategy 2018-2022 Parenting Monaghan Strategic Plan 2017-2021 |
| 5.6 Increase access and availability of programmes and training on mental health and wellbeing in our workplaces and the broader community | Access to training and programmes increased. | HSE | Family Resource Centres (FRC's), Community and Voluntary Groups, MID | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan CYPSC Plan 2019-2021 Connecting for Life Cavan Monaghan Plan 2017 – 2020 Peace Link Strategic Plan 2015-2020 SICAP Action Plan 2018-2022 |

Strategic Theme 6: Cross Cutting

Goal: To advocate, promote, facilitate and measure positive healthy behaviours for people in County Monaghan

| Objective: To facilitate Implementation of Healthy Monaghan Plan | | | | |
|---|--|-----------|---|--|
| Actions | Output | LEAD | Partners | Linked to |
| 6.1 Reduce barriers to participation and increase accessibility to healthy activities with an emphasis in particular on people with disabilities, people with language and literacy issues and those living with disadvantage. | Increased accessibility to healthy activities | MCC, LCDC | Cavan Monaghan Local Link, Community and Voluntary Groups | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan County Development Plan 2019-2025 |
| 6.2 Raise awareness and improve the sourcing of appropriate information on our Health and Wellbeing. | Healthy Monaghan webpage and communication materials developed.. | MCC, LCDC | Healthy Monaghan Committee Members. | Monaghan Local Economic and Community Plan 2016 – 2021 Monaghan County Development Plan 2019-2025 |
| 6.3 Promote collaborative working and optimise existing funding and identify funding streams to support implementation. | Collaborative working achieved | MCC, LCDC | Healthy Monaghan Committee members. | Monaghan Local Economic and Community Plan 2016 – 2021 |
| 6.4 Promote Cross cutting programmes / events that provide information or raise awareness across a number of the strategic themes and have an impact on Health & Wellbeing | Broad awareness courses delivered e.g Fit for Work & Life, CoH Sync, Health Fairs, etc | MID | Fit For Work & Life trainers, Healthy Monaghan Committee. | Monaghan Local Economic and Community Plan 2016 – 2021 SICAP Plan 2018-2022 |



SECTION F

Implementation

The Healthy Monaghan Team which is a sub group of the LCDC shall have primary responsibility for overseeing the implementation of this strategy.

This plan will be implemented with the support of key partners and communities. Some take the lead role while others play an important role in fulfilling the actions by being supporting partners. Existing partnerships and collaborations are strengthened and new ones formed. Much of the work in this strategy is cross sectoral in nature and synergies created as a direct result of its implementation will enhance impact and produce better health outcomes from existing budgets. Where gaps do exist in terms of resources the committee collectively will need to work to address these through existing budgets or through identification and securing of new income streams.

Monitoring of the strategy shall be carried out by the Healthy Monaghan Team and shall take place throughout the implementation period. Communication and engagement across stakeholders and indeed across the broader population will be required from the outset, which should include opportunities on a regular basis to review progress.

As is the case with any strategy the environment in which we operate is subject to constant change. The committee shall monitor the operational environment and in consultation with partners change the direction as appropriate or indeed address new needs that may emerge.

Further Information

Healthy Monaghan Team
Monaghan County Council

T: **047 73717**

E: **healthymonaghan@monaghancoco.ie**

<https://monaghan.ie/communitydevelopment/healthy-monaghan/>

 facebook.com/healthymonaghan

 [monaghanhealthy](https://twitter.com/monaghanhealthy)



Healthy Monaghan Plan

2019-2022