

Enabling Citizens and Communities to Play their part in Healthy Ireland

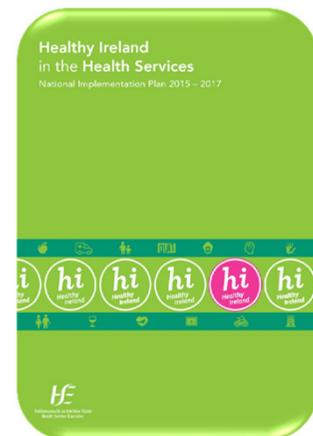


Dr. Stephanie O’Keeffe
National Director, Strategic Planning

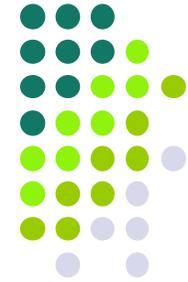
For

Our Environment, Our Health: One Health

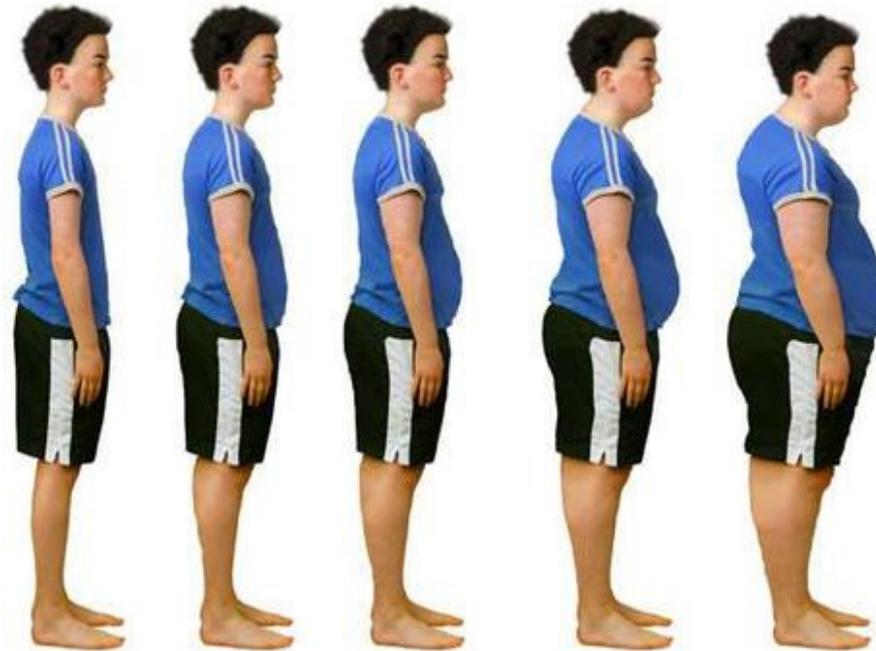
28th September 2018



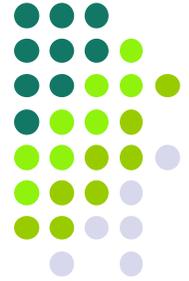
Context - Health Trends



- Diet and nutrition
- Smoking
- Alcohol
- Physical Activity
- Hypertension
- Mental wellbeing
- Ageing population
- Chronic disease ↑
- Healthcare sustainability €



Context - Health Trends

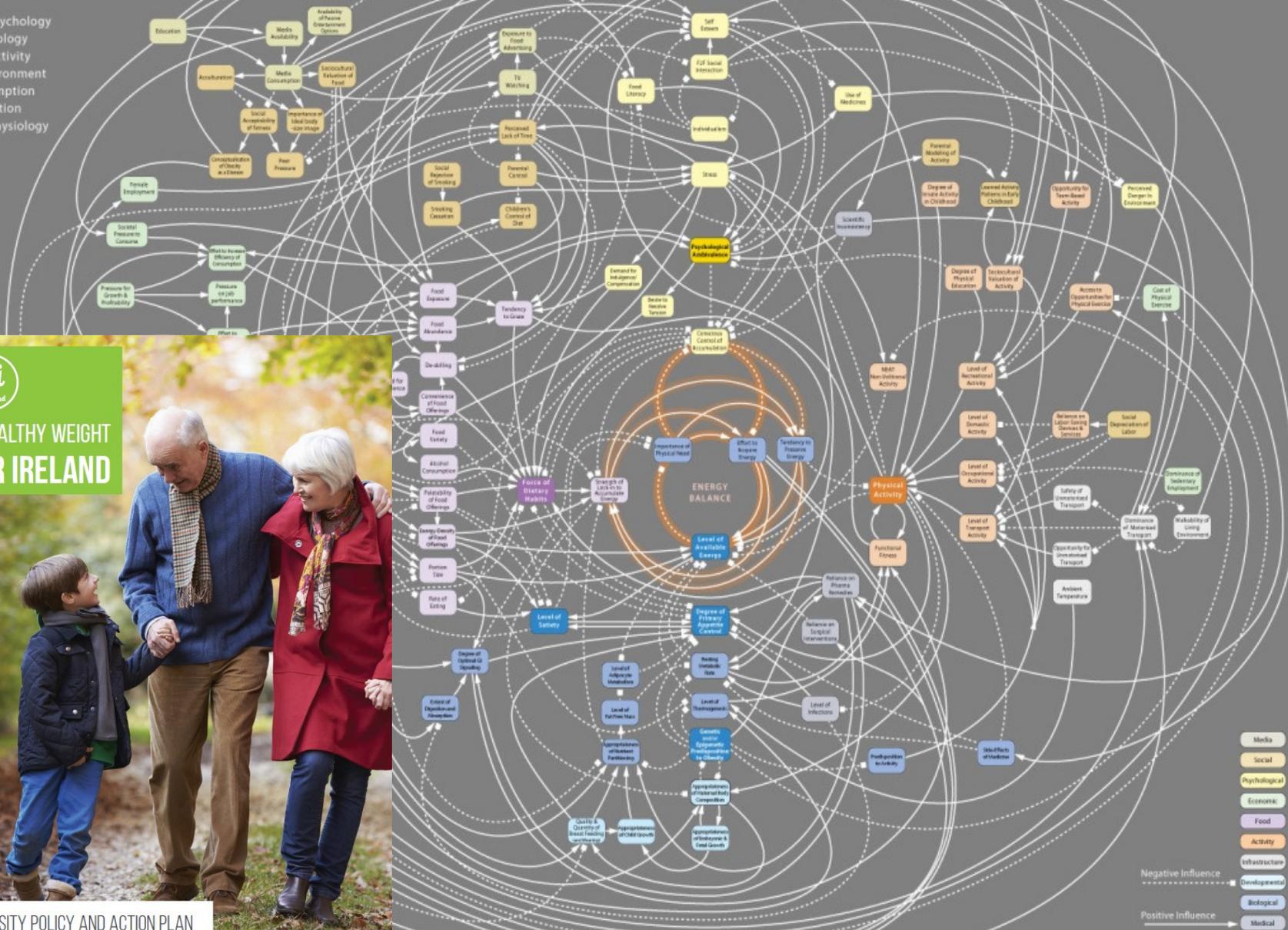


- 49% of Irish people over 50 have one chronic disease and 18% have more than one
- The major chronic diseases; diabetes, cardiovascular and respiratory disease will increase by 20% -30% in the next 5 years
- Chronic disease accounts for 76% of deaths, 80% of GP consultations, 40% of admissions, 75% of bed days and 55% of hospital expenditure in Ireland

shift^o Obesity System Influence Diagram

- Full Map
- Clusters
- Core Loop
- Individual Psychology
- Social Psychology
- Individual Activity
- Activity Environment
- Food Consumption
- Food Production
- Individual Physiology
- Physiology

Global Context



OBESITY POLICY AND ACTION PLAN

2016–2025

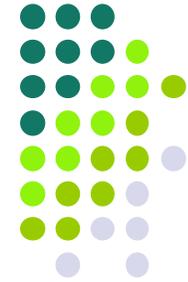
systemic risks, systemic solutions

copyright © 2008 shift^o cibsa

shift^o
clarity in complexity



HSE National Implementation Plan



Strategic Priorities

Opportunities to
embed approach
through
.....

**Health
Service
Reform**

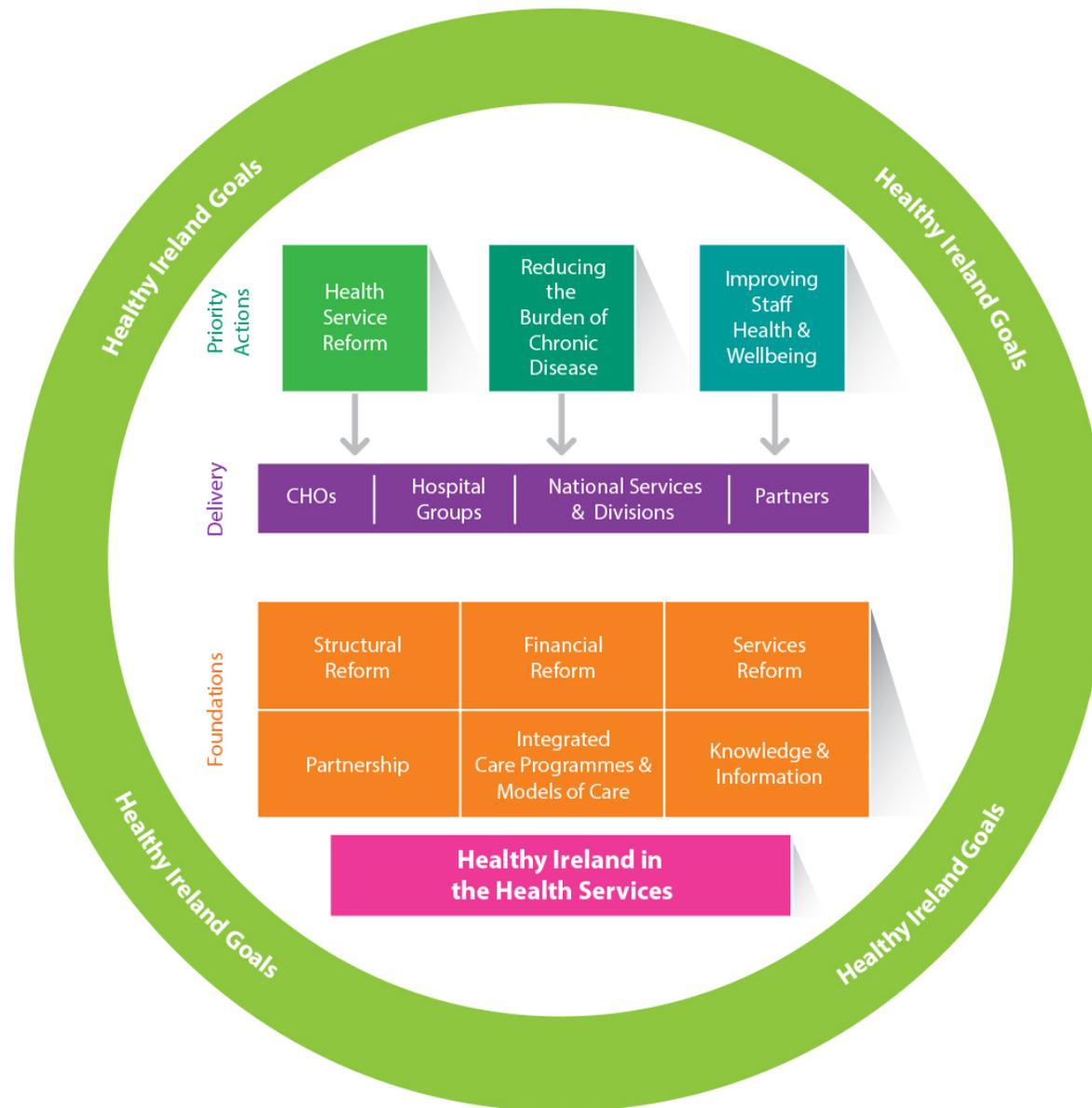
Our Biggest
Challenge
.....

**Chronic
Disease
Prevention &
Management**

Best Assets
.....

**Workforce
Health &
Wellbeing**

HI in The Health Services





Reducing the Burden of Chronic Disease Policy Priority Programmes



Making Every Contact Count

Average Health Service Contacts in a Year

4.59 million	People living in Ireland
3 million	Have a consultation with a clinical consultant
5 million	Public health nursing contacts
1.8 million	Have a medical card
1.43 million	People receive either inpatient or day case treatment
68,000	Babies born
20 million	Prescriptions filled
1.3 million	Dental visits
1.2 million	Patients seen in an Emergency Department

**MAKING
EVERY**

**CONTACT
COUNT**

With over **100,000 staff** employed in the HSE, this translates to **millions of patient contacts annually**



Healthy Ireland in the Health Services



Developing Hospital Group and CHO HI Implementation Plans




HSE Operation Transformation
Love Life, Love Walking Day
 Tuesday 14th February

Why not get involved with your colleagues and get walking, talking and having fun?
 Share your walk photos on twitter @getirelandactive and facebook www.facebook.com/getirelandactive

Prizes galore of Healthy Ireland Goody bags for the best photos on Facebook and Twitter #HSEOTwalk



Insert details of your workplace walk here:

Location: _____

Time: _____

Contacts: _____

Further details on www.hse.ie




 Páirtneoireacht na Seirbhíse Sláinte
 Health Service Executive

Get Ireland Active
20 February at 15:12 · @

Congratulations to Seolta Hospital Group and CHO 2, winners of the HSE's Love Walking Day in support of Operation Transformation. Ross Cullen shared this fab photo with us on #HSEOTwalk.










Like Comment Share





Chronological

hi
HSE Operation Transformation
**Love Life,
Love Walking Day**
Tuesday 14th February

Great turn out at Mayo University Hospital #hseotwalk @getirelandactive



Sarah McCormack @SarahScroptimis - Feb 14
Very energetic #hseotwalk early this morning DML Hospital Group Office & Parkgate St staff @getirelandactive @HSELive @stokeeffe



Get Ireland Active
February 14 at 4:42pm · 6

Staff in Drogheda enjoying free fresh air while singing in the rain!



Love, laugh, love.

TUESDAY

Our Lady of Lourdes Hospital Drogheda
Loves Walking in Valentines Day





Ireland now has more quitters than smokers

GIRL DROWNS & 13 FEARED DEAD IN REFUGEE HORROR

Does save under a lot hurt in her

Five children as migrant boat capsizes in Aegean

QUIT FREEPHONE 1800 333 333

70% OF ALL SMOKERS QUIT

QUIT FREEPHONE 1800 333 333

QUIT HEROES

TELL US YOUR QUIT STORY

Quitting smoking can be difficult alone. Submit your Quit Story below and inspire others to give up smoking today. Every month, we'll reward 2 stories with a £500 Cash for All member and most importantly, you will help us grow our network of support.

QUIT 1988

I've found the real Lockerbie bomb maker

Victim's brother identifies new suspect

QUIT FREEPHONE 1800 333 333

QUIT

MARRIAGE Will asked Spielberg to stop Hillary looking like Fretcher

QUIT FREEPHONE 1800 333 333

YOU CAN QUIT You Can Quit

30 November 2010 at 10:47

Who has decided to QUIT smoking for their New Year's Resolution? People QUIT smoking for lots of different reasons and we want to know your reason using the hashtag #WhyIQuit

#WHYIQUIT

QUIT

It's offering a one-click purchase option to US users that joined Windows 8, and will expand it to other countries if successful.

The 9 at 9: Friday

Here's how much you can save when you quit smoking - by week, by month, by year. It adds up fast.

There's a rainfall warning in place, but the weekend should be fine

Voices Have your story: voices@thejournal.ie

QUIT

I've found the real Lockerbie bomb maker

Victim's brother identifies new suspect

QUIT FREEPHONE 1800 333 333

ask about alcohol.ie



Need help? Call HSE Alcohol
Helpline 1800 459 459

I want to ask about _____



MENU

[home](#) / [drink less, gain more](#)

Drink less, gain more

Cutting back on alcohol can improve your health and make you feel better – physically and mentally. We have tips to help you to cut down and stay on track.

Physical benefits

See what benefits you notice when you reduce your drinking

- + health and fitness
- + deeper sleep and more energy
- + lose weight and look better



Mental benefits

Cutting back on alcohol can make you feel stronger, happier and ready to take on the world.

- + **brighter** mood
- + **better** concentration
- + **improve** depression and anxiety



ask
about
alcohol.ie

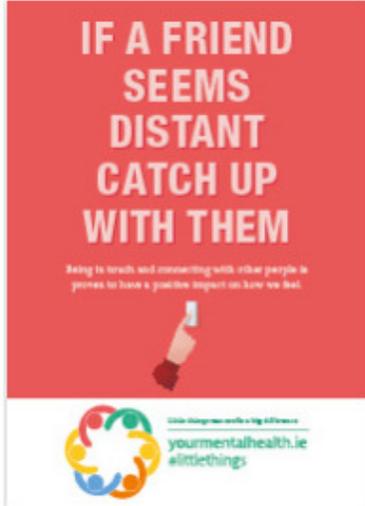
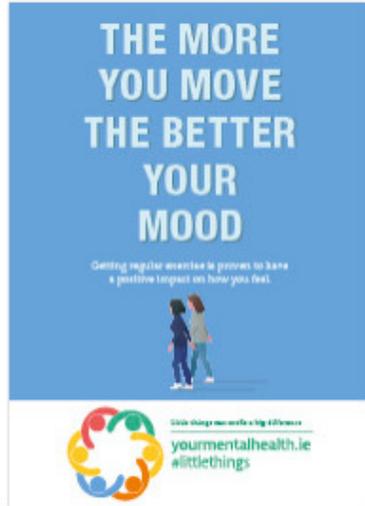
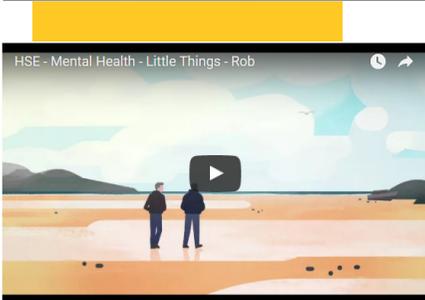
Drink less, Gain more

dementia

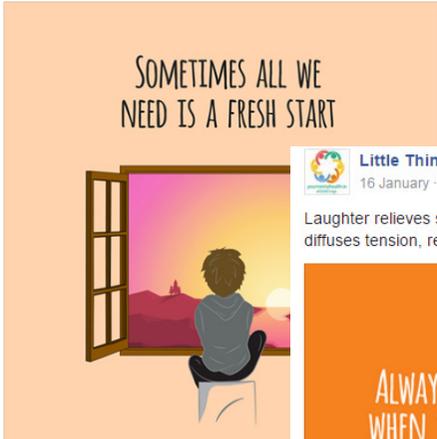
understand together

www.understandtogether.ie





Little Things - yourmentalhealth.ie
1 January · €
Make time in your life for more fun, adventures, sleep, laughter, creating, love. Visit yourmentalhealth.ie #littletings



Little Things - yourmentalhealth.ie
16 January · €
Laughter relieves stress, strengthens the immune system, improves sleep, diffuses tension, reduces pain, and boosts "happy chemistry". #littletings



Little Things - yourmentalhealth.ie
12 January · €
This year find something active you enjoy - football, swimming, walking, dancing or cycling - and then just do it. Before you know it, it will become a normal part of your routine!





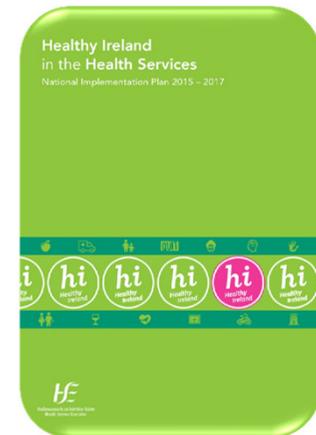
Start Campaign



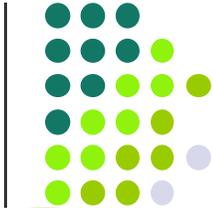
HI IN OUR LIBRARIES



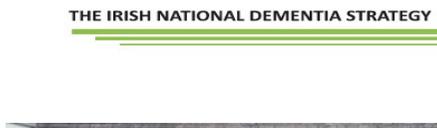
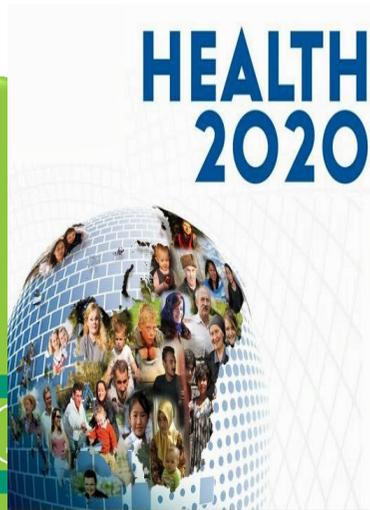
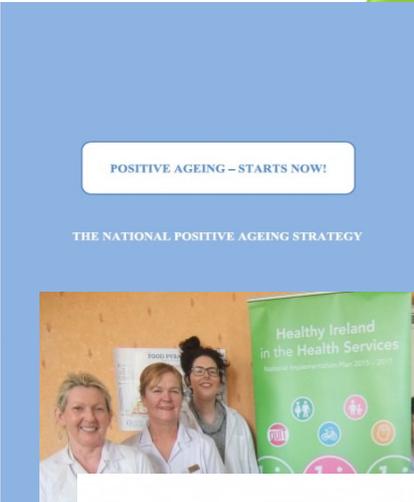
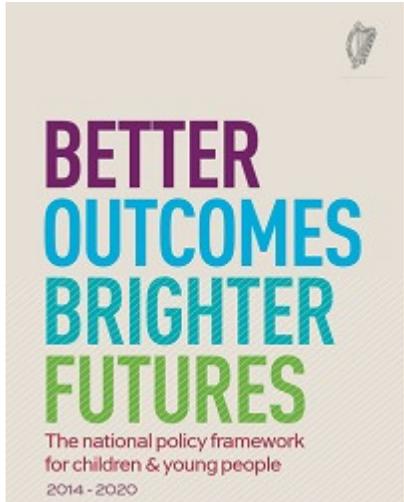
Healthy Cities and Counties



One Millionth Parkrun



Healthy Ireland Framework – policy convergence



Smart City

cities
changing
diabetes



EUROPEAN REGION
OF GASTRONOMY

Galway, West of Ireland-Candidate European Region of Gastronomy 2018

IRELAND'S
AGE FRIENDLY
CITIES & COUNTIES
PROGRAMME

Future Cities

Trinity Centre for Smart and Sustainable Cities



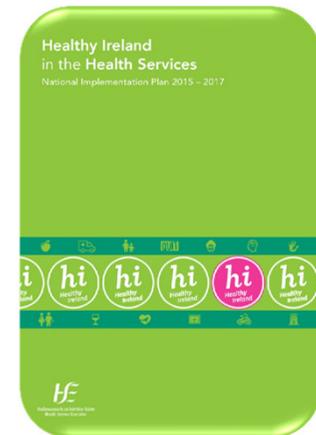
WELLS

GREEN CITIES





- One Health; One Voice
- Citizen & partner/stakeholder engagement
- Building a social movement
- Community/social network focus
- Participation and social connectivity
- Visibility and diffusion of social norms
- Social determinants of health and sustainable development
- Resilience!
- Local Authorities, Academic institutions, local community Groups, active citizenship, political leadership



Enabling Citizens and Communities to Play their part in Healthy Ireland

