Healthy Ireland

Knowledge 4 Health Conference 2016

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Healthy Ireland Framework

- Government Decision February 2013
- Extensive consultation process
- Review and analysis of current health trends, determinants of health, international evidence
- People living longer but not necessarily healthier lives as burden of chronic disease growing – lives lost, quality of life, costs – and persistent health inequalities
- Requirement for inter-sectoral approach that shifts emphasis from disease to health and wellbeing
Meeting the Challenge

• Complex issues with no easy solutions
• Socio-economic factors are important determinants of health (health sector alone cannot address problems)
• Collaboration and understanding of potential for ‘whole of government’ and ‘whole of society’ approach
• Lifecourse approach
• Improving health and wellbeing of population essential for economic and social recovery and development
Healthy Ireland Vision

where everyone can enjoy physical and mental health and wellbeing to their full potential,
where wellbeing is valued and supported at every level of society
and is everyone’s responsibility
Healthy Ireland Goals

• Increase the proportion of people who are healthy at all stages of life
• Reduce health inequalities
• Protect the public from threats to health and wellbeing
• Create an environment where every individual and sector of society can play their part in achieving a Healthy Ireland
Healthy Ireland Action Themes

• 1 - Governance and Policy
• 2 - Partnerships and Cross-Sectoral Working
• 3 - Empowering People and Communities
• 4 - Health and Health Reform
• 5 - Research and Evidence
• 6 - Monitoring, Reporting and Evaluation
Healthy Ireland Implementation

• New opportunity to:
  ➢ Shape the national discourse on health and wellbeing
  ➢ Re-focus efforts on prevention and ‘keeping people well’
  ➢ Empower people to look after own health and make the ‘healthier choice the easier choice’
  ➢ Connect and mobilise existing and new initiatives and partnerships around a shared agenda and aims
  ➢ Address priority issues in a collaborative approach
  ➢ Build a new culture and philosophy around health and wellbeing
Healthy Ireland Governance Structures

- Cabinet Committee on Social Policy & Public Sector Reform
- Senior Officials Group
- Health and Wellbeing Programme, Department of Health
  - 'Whole of Society' Healthy Ireland Council
  - Health System, HSE (Health and Wellbeing Division)
  - 'Whole of Government' Cross-Sectoral Group
Implementation Progress

• Much progress in building relationships and links cross-sectorally to develop enabling environment for collaborative implementation and progress on key cross-sectoral issues

• Focus on key deliverables such as National Physical Activity Plan, Healthy Ireland Survey, Sexual Health Strategy, Obesity Policy as well as progressing public health legislative agenda

• Progressing public and ‘whole of society’ communication and engagement with support of Healthy Ireland Council
Healthy Ireland Survey

- Wave 1 report published October 2015
- Gives up-to-date picture (since 2007) across a range of behavioural and other factors
- Wave 2 in field by Ipsos MRBI – due to report Sept 2016
HEALTHY IRELAND SURVEY 2015

Survey conducted by Ipsos MRBI

PHYSICAL ACTIVITY

- 67% of those using exercise as a way of losing weight are not sufficiently active
- 32% are sufficiently active
- 60% are overweight or obese
- 26% eat 5 or more portions of fruit or vegetables daily
- 48% of those who are overweight or obese are trying to lose weight
- 14% of Irish adults drink alcohol at least once a week
- 41% of drinkers binge drink at least once a month
- 41% of people smoke on a daily basis
- 28% are more ex-smokers in the population than current smokers
- 63% of smokers are trying to or thinking about quitting smoking
- 38% say they would like to be more physically active

@Data is taken from the Healthy Ireland Survey 2015. The Healthy Ireland Survey is an interviewer-administered survey with interviews conducted on a face-to-face basis with individuals aged 15 and over. The 2015 wave of this survey involved 7,539 interviews with fieldwork conducted between November 2014 and August 2015.

@HealthyIreland
National Sexual Health Strategy Launch: 29 Oct 2015
GET IRELAND ACTIVE!
NATIONAL PHYSICAL ACTIVITY PLAN FOR IRELAND

#BEACTIVE

Healthy Ireland

An Roinn Sláinte
DEPARTMENT OF HEALTH

An Roinn Iompair
Turasóireachta agus Spóirt
Department of Transport, Tourism and Sport
(Some) 2016 Priorities

- Obesity Policy & Action Plan including revised Healthy Eating Guidelines
- Public Health Alcohol legislation
- Continuing work towards Tobacco Free Ireland
- HI Survey wave 2
- HI Outcomes Framework ‘version 1’
- Policy and Strategy development which has health and wellbeing/cross-sectoral dimensions eg 3rd Cancer Strategy, National Drugs Strategy, Mental Health policy review
HI in the Health Services

• Health and Wellbeing Division created July 2013
• Implementation Plan for Healthy Ireland in the Health Services published July 2015 – 3 priority areas:
  ✓ Embedding into Health Service Reform
  ✓ Reducing the Burden of Chronic Disease
  ✓ Improving Staff Health and Wellbeing

• Hospital Groups and Community Healthcare Organisations developing their own implementation plans
HSE HI Plan published July 2015
(Some) Cross-Departmental Work

• Joint projects underway with range of Departments including …

• D/ Education and Skills (Wellbeing in schools)

• D/ Children and Youth Affairs (Giving children best start in life – focus on prevention and early intervention)

• D/Jobs, Enterprise and Innovation (Healthy Workplaces)

• D/ ..Local Government (Healthy Cities & Counties)
Knowledge supporting HI: key issues

- Supportive infrastructure and enabling environment
- Building capacity and expertise
- Building strategic collaboration – local, national and international (all-island opportunities)
- Defining and prioritising key research questions
- Improving use and integration of existing datasets
- Knowledge exchange and translation – moving to design and evaluation of interventions (including behaviour change)
Partnership Key to Success

• Healthy Ireland Framework was developed via extensive consultation process

• Successful engagement and integration of wide range of stakeholders critical to implementation

• New opportunities for private and other sectors to participate through well-supported, mutually beneficial partnerships
Thanks for listening

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