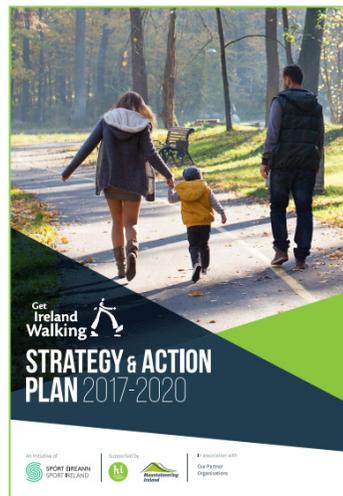


Making the healthier choice the easier choice (physical activity) and role of Limerick City and County Council

The social determinants of health are a range of factors that impact upon health and wellbeing throughout life. These factors include the circumstances in which people are born, grow up, live, work and age. All sectors of society and government departments have a responsibility for or can influence some or all of these determinants. Hence **local authorities and Local Community Development Committees** are recognised by Government, through Healthy Ireland, as having a significant role to play in the health of the population.

One of the Healthy Ireland priorities is **physical activity**. There are currently two national strategies under this priority heading:

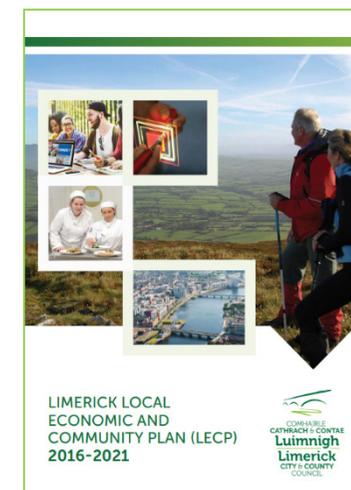
- **Get Ireland Active: National Physical Activity Plan for Ireland**
- **Get Ireland Walking 2017-2020**



Local Sports Partnerships (LSP's) play a significant role in promoting physical activity and deliver a range of programmes and initiatives targeted at individuals and communities. The social determinants approach to health, however, requires a **broader understanding of health and wellbeing** that goes beyond individual behaviours to look at the social, economic and physical environments which make the healthier choice either easy or difficult for people.

This summary document focuses primarily on the physical environment and the actions in the two aforementioned strategies that name local authorities and Local Community Development Committees as key partners. These have been linked to the local priorities as named in the **Limerick Local Economic and Community Plan (LECP)**.

LINKS: * Get Ireland Active: <http://health.gov.ie/wp-content/uploads/2016/01/Get-Ireland-Active-the-National-Physical-Activity-Plan.pdf>
* Get Ireland Walking: http://www.getirelandwalking.ie/files/2017103145513_626b84f6.pdf
* Limerick LECP: <https://www.limerick.ie/sites/default/files/media/documents/2017-06/Limerick%20Local%20Economic%20and%20Community%20Plan%20%28LECP%29%202016-2021.pdf>



Healthy
Limerick

National Physical Activity Plan ACTION AREA 1 Public awareness, education and communication		Links to LOCAL ECONOMIC AND COMMUNITY PLAN
5	Develop a publicly accessible national sports/ recreation facilities and amenities directory (Lead = HSE; a partner = LA) <i>This action relates to the national Get Ireland Active website:</i> http://www.getirelandactive.ie/	Action 1.6.07 Support the marketing strategies / actions of local cultural institutions and tourism in city and county (museums, natural and heritage attractions, recreation and leisure). Link into specific tourism initiatives in a coordinated way to increase the overall tourism offer / mix – including, for instance, the Great Southern Trail, Ireland’s Ancient East, connections to the Wild Atlantic Way. Tourism marketing is one of specific action areas under LEADER while city-based tourism can also be further promoted.
National Physical Activity Plan ACTION AREA 2 Children and Young People		Links to LOCAL ECONOMIC AND COMMUNITY PLAN
14	Include physical activity in the development plans of Children and Young Person’s Services Committees (LEAD = DCYA; a partner = LA)	Action 2.5.01 Implementation of the CYPSC Plan (2015-2018). The CYPSC Plan is structured around the following priority areas: (1) Early Childhood intervention and Prevention; (2) Parenting and Family Support; (3) Youth Mental Health and Well-being; (4) Educational Participation, Engagement and Retention; (5) Restorative Practices; (6) High Needs Young People; (7) Young People aged 18-24, focused on vulnerable young people to support them into further education and training and jobs; (8) Limerick as a Child-Friendly City; and (9) Local Area Pathways. It is an outcomes-focused plan, working into the outcome areas for children identified in the DCYA’s strategy, Better Outcomes, Brighter Futures. The CYPSC is a coordination structure of the key agencies (mainly statutory) with a role in the delivery of services to children and young people. It is not a delivery agency with funding for frontline services in its own right. Mostly the actions identified in the CYPSC plan are implemented by the relevant agencies and involve multi-agency cooperation.
15	Review the National Play and National Recreation Policies and develop a new strategic direction for promoting physically active play (Lead = DCYA; a partner = LA)	The LOCAL ECONOMIC AND COMMUNITY PLAN states in its objective under action area 2.5 (children, young people and families): To support positive outcomes for children and families in Limerick, in line with national policy, Better Outcomes, Brighter Futures 2014-2020 (Department of Children and Youth Affairs). Five national outcomes: <ol style="list-style-type: none"> 1. Active and healthy, physical and mental wellbeing 2. Achieving full potential in learning and development 3. Safe and protected from harm 4. Economic security and opportunity 5. Connected, respected and contributing to their world Action 2.5.10 Collaborate with stakeholders including the local authority, public services / amenities including libraries, museums, sports facilities, third level colleges and other services (representatives of restaurants, cinemas etc.) to promote Limerick as a child-friendly city. Elements of



		such a campaign could be extended to county towns and the countryside, working with local stakeholders / partners delivering amenities and services in those areas.
National Physical Activity Plan ACTION AREA 4 Environment		Links to LOCAL ECONOMIC AND COMMUNITY PLAN
32	Develop and promote walking and cycling strategies in each Local Authority area (Lead = LA; Partners = DECLG, GIW, LSPs, SI)	
33	Ensure that the planning, development and design of towns, cities and schools promotes cycling and walking with the aim of delivering a network of cycle routes and footpaths (Lead = LA; Partners = DECLG, DES, DTTS, NTA)	Action 2.2.03 Collaboration with LCCC services to enhance local environmental conditions (recreational facilities, walkways, cycle paths) and other key infrastructures that impact on health (neighbourhood planning, community facilities and housing including housing conditions and housing adaptations).
34	Ensure that the planning, development and design of towns and cities promotes the development of local and regional parks and recreational spaces that encourage physical activity (LA = Lead; Partner = DECLG)	Action 2.2.03 Collaboration with LCCC services to enhance local environmental conditions (recreational facilities, walkways, cycle paths) and other key infrastructures that impact on health (neighbourhood planning, community facilities and housing including housing conditions and housing adaptations). Action 2.3.01 (extract) Work with statutory agencies and community and voluntary organisations and older people themselves to create age-friendly environments in urban and rural areas including paths / walkways, seating, adaptations to improve access to buildings), services (transport) accessible to older people, and improved community-based services in primary care and social care. Action 3.2.06 Develop a Blueway Trail in conjunction with Waterways Ireland on the Park Canal. Action 3.5.05 Form a Pilot Rivers Trust Project to cover the catchment area of the Loobagh River for the conservation, protection and recreational enjoyment of the Loobagh River. The Trust would be an umbrella body for local groups such as Angling Groups, wildlife groups, school groups etc. and would work with the land owners covering the catchment area of the Loobagh River, Community Groups, EPA, Environment Section of LCCC, Inland Fisheries Ireland, Department of Agriculture Fisheries and Food and Farm Organisations. This pilot project could be used as a model for other rivers in Limerick and beyond.

36	Prioritise the planning and development of walking and cycling and general recreational /physical activity infrastructure (DECLG = Lead; Partner = LA)	
National Physical Activity Plan ACTION AREA 6 Sport and physical activity in the community		Links to LOCAL ECONOMIC AND COMMUNITY PLAN
42	Include actions that promote increased physical activity in all LOCAL ECONOMIC AND COMMUNITY PLANS (Lead = LCDC and LA	<p>Action 2.2.01 Collaboration between statutory agencies, led by HSE Health Promotion, and voluntary and community sector to implement population health and well-being campaigns in city and county – e.g., city-wide promotion (e.g., Healthy Limerick initiative) and in local communities. These should draw on the Healthy Ireland strategy and the social determinants of health approach. Promotion will address factors including involvement in social activities (family and friendship networks), lifestyle practices and behaviours (smoking, drinking, substance misuse, risk behaviours, healthy eating) and promoting uptake of health screening and immunisations.</p> <p>Action 2.2.02 Events and initiatives in local communities to support positive physical and mental health including support to set up or expand groups to reduce social isolation, develop new services (e.g., Men’s Sheds, women’s groups, parent and toddler groups), health information and health screening services, sport and recreational events, demonstration projects to promote good health (e.g., nutrition, healthy eating, physical exercise).</p>



<p>Get Ireland Walking Theme 1: Public Awareness Education & Communication To create accessible walking-related information and spread a positive walking message.</p>		<p>Links to LOCAL ECONOMIC AND COMMUNITY PLAN</p>
<p>1.3</p>	<p>Engage in promotional talks, events and activities that align with the vision, mission and values of GIW (Lead = LSPs; Collaborators = ETBs, Ireland Active, LAs, news and media broadcasters, Waterways Ireland and other organisations)</p>	<p>Action 2.2.01 Collaboration between statutory agencies, led by HSE Health Promotion, and voluntary and community sector to implement population health and well-being campaigns in city and county – e.g., city-wide promotion (e.g., Healthy Limerick initiative) and in local communities. These should draw on the Healthy Ireland strategy and the social determinants of health approach. Promotion will address factors including involvement in social activities (family and friendship networks), lifestyle practices and behaviours (smoking, drinking, substance misuse, risk behaviours, healthy eating) and promoting uptake of health screening and immunisations.</p> <p>Action 2.2.02 Events and initiatives in local communities to support positive physical and mental health including support to set up or expand groups to reduce social isolation, develop new services (e.g., Men’s Sheds, women’s groups, parent and toddler groups), health information and health screening services, sport and recreational events, demonstration projects to promote good health (e.g., nutrition, healthy eating, physical exercise).</p>
<p>Get Ireland Walking Theme 4: Environment To connect walkers with suitable walking environments and advocate for improved pedestrian infrastructure and recreational walking routes.</p>		<p>Links to LOCAL ECONOMIC AND COMMUNITY PLAN</p>
<p>4.1</p>	<p>Contribute to a publicly available directory of walking routes that contains information on accessibility and suitability of routes for different types of walkers (Lead = HSE, Sport Ireland; Collaborators = CARA, Coillte, GAA, IHF, LAs, Mountaineering Ireland, parkrun, Waterways Ireland)</p>	<p>Action 1.6.07 Support the marketing strategies / actions of local cultural institutions and tourism in city and county (museums, natural and heritage attractions, recreation and leisure). Link into specific tourism initiatives in a coordinated way to increase the overall tourism offer / mix – including, for instance, the Great Southern Trail, Ireland’s Ancient East, connections to the Wild Atlantic Way. Tourism marketing is one of specific action areas under LEADER while city-based tourism can also be further promoted.</p>



	<i>This national action relates to the national Get Ireland Walking website: http://www.getirelandwalking.ie/</i>	
4.4	Encourage and support the inclusion of walking into local and national strategies and policies to support pedestrian infrastructure and deliver safe, accessible and attractive walking environments for new and existing settlements (Lead = LAs, Mountaineering Ireland, Sport Ireland; Collaborators = Green-Schools, HSE, IPH, LSPs, MHI, National Healthy Cities and Counties Network)	Action 3.2.05 Develop strategic recreation / leisure facilities building on the natural and historic / heritage and cultural resources in parts of the city and county, to improve quality of life and well-being for the population, making areas more attractive to visitors and encourage tourism based enterprise.
4.5	Create opportunities for improved access to lands for recreational walking (Lead = Mountaineering Ireland; Collaborators = LAs, LCDCs, parkrun, Sport Ireland)	Action 3.2.05 Develop strategic recreation / leisure facilities building on the natural and historic / heritage and cultural resources in parts of the city and county, to improve quality of life and well-being for the population, making areas more attractive to visitors and encourage tourism based enterprise.
Get Ireland Walking Theme 5: Communities To develop and support vibrant and sustainable walking communities.		Links to LOCAL ECONOMIC AND COMMUNITY PLAN
5.8	Promote walking for transport and recreation in the workplace and third level institution settings (Lead = IHF; Collaborators = Business associations and trade unions, Ireland Active, LCDCs, National Healthy Cities and Counties Network)	Action 3.3.03 As a means of improving accessibility for all residents, workers and visitors to Limerick, further develop walking, cycling and public transport, particularly in urban areas, through the development of infrastructure in cooperation with other agencies and through behavioural change programmes such as SMARTER Travel Workplaces and Campuses, and Green Schools Travel.

