

HEALTH SERVICE EXECUTIVE

HEALTH and
WELLBEING
Annual Report 2022



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Abbreviations

ASOI	Association for the Study of Obesity on the Island of Ireland
CHI	Children's Health Ireland
CHO	Community Healthcare Organisation
COPD	chronic obstructive pulmonary disease
DOH	Department of Health
FASD	foetal alcohol spectrum disorders
GP	general practitioner
HFME	Healthy Food Made Easy
HG	Hospital Group
HP&I	Health Promotion and Improvement
HSE	Health Service Executive
HSCP	health and social care professional
H&W	Health and Wellbeing
IMSA	Irish Men's Sheds Association
IT	information technology
KPI	key performance indicator
LCDC	Local Community Development Committee
LDO	local development officer

MECC	Making Every Contact Count
MHFI	Men's Health Forum in Ireland
NCCA	National Council for Curriculum and Assessment
NGO	non-governmental organisation
NSHS	National Sexual Health Strategy
NPPP	National Policy Priority Programme
PrEP	Pre-Exposure Prophylaxis
RCPI	Royal College of Physicians of Ireland
RTÉ	Raidió Teilifís Éireann
SE&C	Stakeholder Engagement and Communications
SHC	Sláintecare Healthy Communities
SHCPP	Sexual Health and Crisis Pregnancy Programme
SH:24	free online sexual health service
SMS	self-management support
SPHE	Social, Personal and Health Education
STI	sexually transmitted infection
TD	Teachta Dála (member of Dáil Éireann)
TFIP	Tobacco Free Ireland Programme



Foreword

I am pleased to introduce the 2022 annual report for HSE Health and Wellbeing. During 2022 as we started to emerge from the Covid-19 pandemic, HSE Health and Wellbeing continued its commitment to working with our many partners, HSE colleagues and voluntary organisations to address the underlying factors that drive chronic ill-health. This was achieved through collaborative, evidence-based and community-focused action. A staggering fact is that chronic diseases and their complications account for up to 80% of general practitioner (GP) visits, 60% of hospital bed days, and 55% of the acute hospital budget.



HSE Health and Wellbeing aims to reduce chronic disease such as obesity, alcohol misuse and smoking, to improve sexual health, promote positive mental health, and invest in the foundations of good health for all children. These key determinants of long-term health and wellbeing were the bedrock of our actions in 2022.

To enable us deliver our mandate to improve the health and wellbeing of the population and reduce health inequalities, health promotion staff continued to deliver key interventions and programmes to the public on a daily basis in 2022. They focused on empowering individuals to take greater control of their own physical, sexual and mental health. Some of the programmes implemented to assist them in this endeavour in 2022 include Making Every Contact Count (MECC), Social Prescribing, quit smoking services, parenting programmes, and Healthy Food Made Easy.

Research tells us that this behavioural change can happen by supporting people and giving them tailored and targeted information, tools, and the support to make healthier choices throughout their lives. We have seen evidence of this behavioural change, since the establishment of the Tobacco Free Ireland Programme, where smoking prevalence has declined from 22% in 2016 to 18% in 2022. We know that shifting the balance of focus towards improving health and wellbeing, as well as optimising healthcare, is critical to creating a healthier and more sustainable future.

The Sláintecare health reform programme recognises the importance of supporting people to look after and protect their own health and wellbeing. We are delighted to have played a part in the implementation of 18 of the 19 Sláintecare Healthy Communities in 2022. We are also pleased to have initiated in 2022 the development of the second Healthy Ireland Implementation Plan for the health service. This will focus on the years 2023 to 2027.

Our priority over the next 12 months is to ensure the design and implementation plan for the health regions is informed by what is working well at regional and local level with respect to improving the health of local populations and local Healthy Ireland implementation. We will continue to work with local communities in areas of high deprivation to expand evidence-based Health and Wellbeing services and to reduce health inequalities. We will also extend our internal and external collaborative network at local and national level to deliver increased momentum to improve population health and wellbeing.

Helen Deely

Assistant National Director, Health and Wellbeing

SECTION 1

HSE Health and Wellbeing



SECTION 1

Overview of Health and Wellbeing

Health and Wellbeing (H&W) in the Health Service Executive (HSE) aims to provide services that keep people healthy and well and reduce the likelihood of chronic disease and premature mortality, with a focus on individuals and communities at greatest risk.

Healthy Ireland is the overarching Government policy that presents a roadmap for achieving improved health and wellbeing for all in society. The Health and Wellbeing function of the HSE has responsibility for the strategic implementation and oversight of Healthy Ireland within the health services.

The key goals of the Healthy Ireland Framework are outlined in Figure 1.

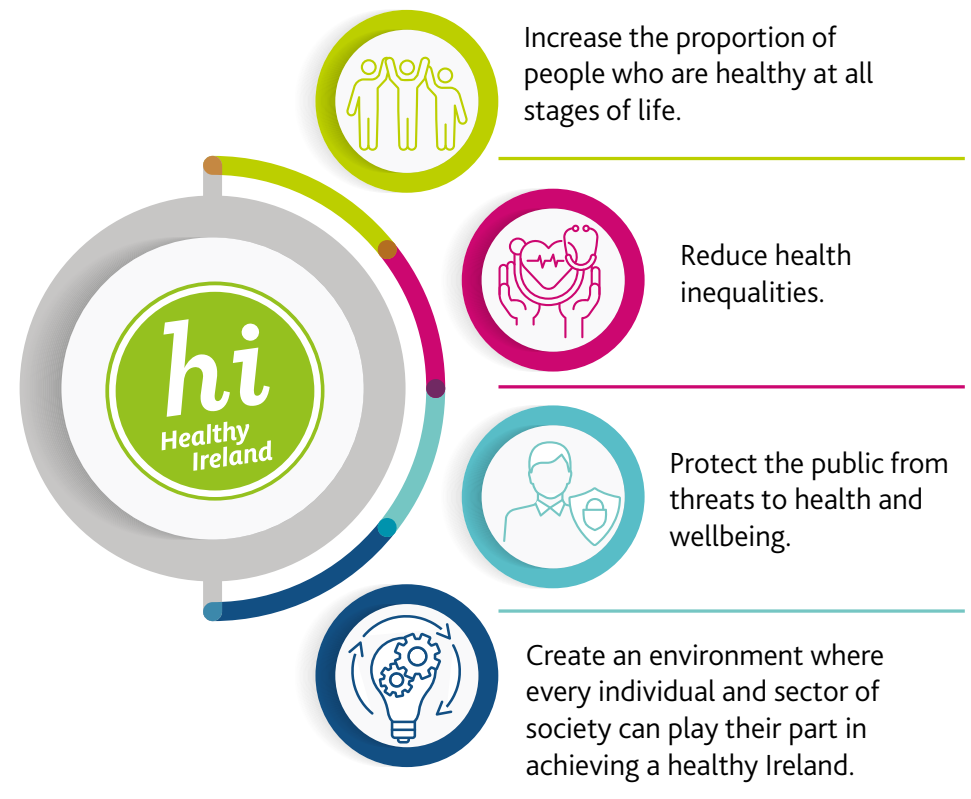


Figure 1: Key goals of the Healthy Ireland Framework



The National Policy Priority Programmes (NPPPs) include Tobacco Free Ireland; Healthy Eating and Active Living; Sexual Health and Crisis Pregnancy Programme; and Alcohol and Mental Health. They have three supporting teams: Training and Programme Design; Stakeholder Engagement and Communications; and the Business Team.

The NPPPs were established in 2016 to provide expertise, strategic advice, and direction to deliver these Healthy Ireland goals and address lifestyle determinants of health through identifying evidence-based best-practice policies. They provide leadership and expertise for the implementation of Government policies. They have a broad remit in respect of specific policy areas, including strategic planning to embed core health and wellbeing deliverables into community and acute services; service/programme design and specification; communications; research; and quality assurance. Each programme has developed multiannual implementation plans, guided by relevant Government policies and strategies. The implementation of these is supported by a cross-divisional Implementation Group and Stakeholder Network.

The work of HSE H&W is focused on prevention and early intervention to improve the overall health and wellbeing of the population. HSE H&W works closely with community and acute planning teams and operational functions to support and embed health and wellbeing in the health service (see Figure 2).



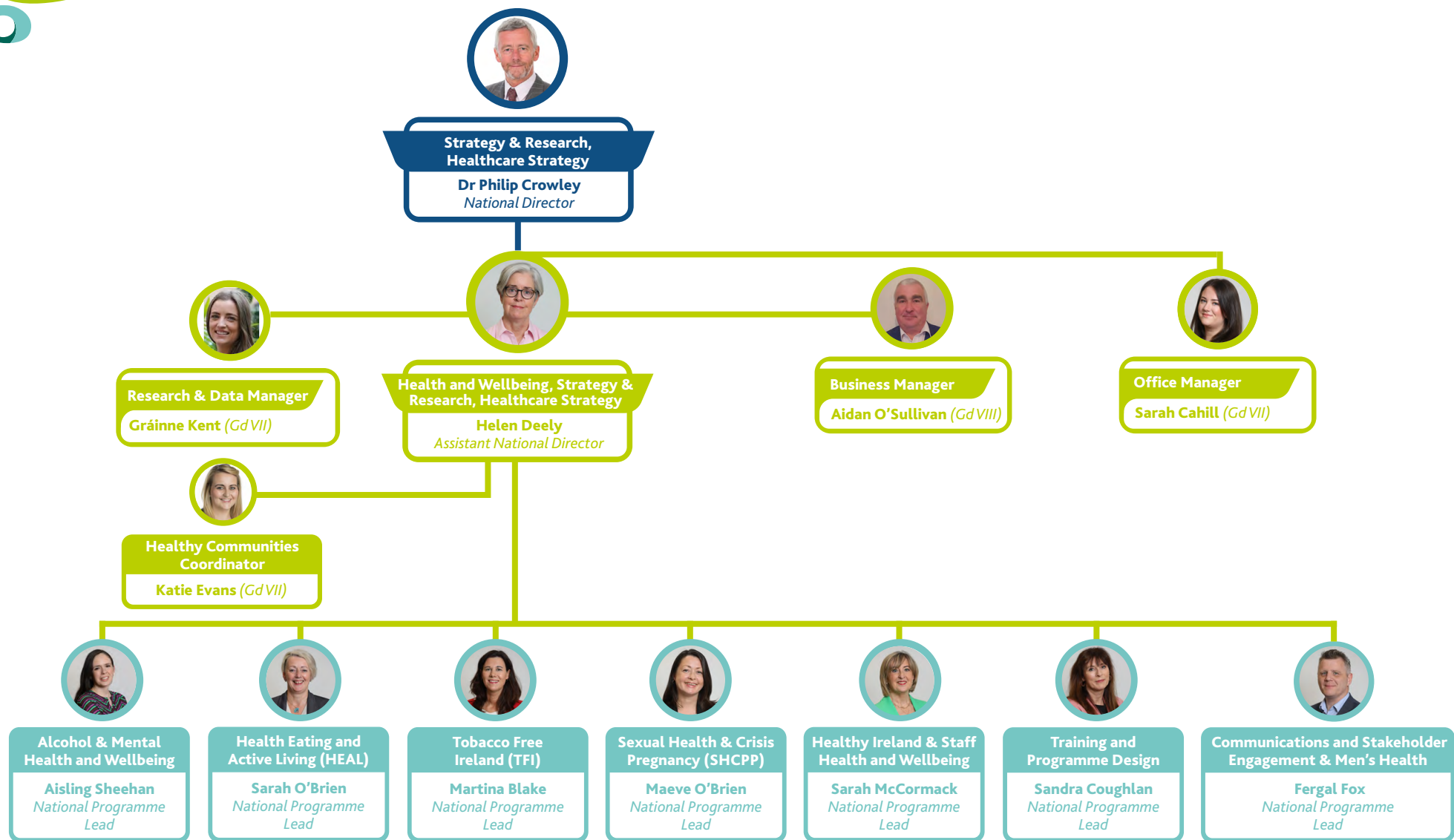


Figure 2: Organisational structure of HSE Health and Wellbeing Division




Key achievements in 2022

09 

number of Healthy Ireland plans in CHOs

05 number of Healthy Ireland plans in Hospital Groups

11,551 

number of MyOptions calls received

The My Options freephone helpline provides factual information and judgement-free counselling to those experiencing an unplanned pregnancy.

91,123 


STI home-test kits ordered

19 

number of Sláintecare Healthy Communities areas

140 

number of services who submitted applications for the Tobacco Free Campus Quality Improvement Bursary in 2022

Provided **1,015,420**  condoms and **618,660** lubricant sachets to **157** services via the National Condom Distribution Service

07/10/22 

date of 'The Art of Being Heathy and Well' national symposium

11 

number of HSE publications launched in 2022, such as:

- The State of Tobacco Control in Ireland
- Stronger Together: The HSE Mental Health Promotion Plan 2022–2027
- Healthy Eating Policy Toolkit for Post-Primary Schools
- HSE Position on Prevention of Fetal Alcohol Spectrum Disorders
- Making Every Contact Count Programme Implementation Guide

40,000 

number of people who availed of Stress Control courses

359,939

number of visits to Quit.ie



4373 


number of participants in Steps to Health Challenge

2000 

number of referrals to social prescribing services in SHC areas

21/12/22 

date of annual HSE staff Christmas Concert

130 

number of staff trained as intensive stop smoking advisors in 2022



280,000



number of organic visitors to AskAboutAlcohol

49



number of We Can Quit courses delivered

2000+



number of people registered for the Engaging Men webinar on Masculinities and Men's Health

Other Highlights 2022



- Irish Heart Foundation lifestyle assessment checks for HSE staff
- Active Healthy Me programme for adults attending disability day services
- Evidence-based obesity management course by the National Institute for Preventive Cardiology

04



number of units in the revised materials for Junior Cycle SPHE Short Course

3077



number of HSE staff who completed the MECC e-learning modules and in-person workshops

1100



number of people who availed of 104 Living Well programmes delivered in person or online across 8 CHOs

80% of smokers agree smoking is an addiction



47% of smokers choose to smoke and not from addiction

73



number of Minding Your Wellbeing programmes delivered

852

HSE staff attended and 85 community/voluntary sector staff

2000



number of individuals enrolled in Healthy Food Made Easy courses

€50,000

funding provided to five projects in Traveller Wellbeing through Creativity initiative

18



number of facilitators trained to deliver Foundation Programme in Sexual Health Promotion
153 healthcare professionals trained

80



number who attended the RCSI event Overweight and Obesity... Let's Talk!

1400

viewed it online

2000



number of followers gained on H&W Twitter channel. @HsehealthW

107,000

number of views on H&W YouTube channel for its promotional and informative videos

Healthy Ireland in the HSE

Healthy Ireland Implementation Plan 2023–2027

Developing the second Healthy Ireland Implementation Plan of the health service, for the years 2023–2027, was initiated in early 2022. It was governed by an oversight group with representation from each HSE directorate in addition to service-user representatives. A stakeholder consultation process was conducted to inform the plan, which sought input from internal and external stakeholders. Through this process a set of strategic priorities and actions were identified. This plan covers the period 2023–2027 and will be launched as part of the HSE Healthy Ireland Conference to be held in 2023.

Healthy Ireland in CHOs and Hospital Groups

In June, Children’s Health Ireland launched its **Healthy Ireland Implementation Plan 2022–2025** (CHI HG, 2022), which is another key deliverable to support the achievement of the goals of the Healthy Ireland Framework. The implementation of this plan, along with the other five Hospital Group and nine Community Healthcare Organisation (CHO) Healthy Ireland plans, is creating a shift in health mindsets to one of prevention, early intervention, and health promotion across the population of Ireland (see Figure 3).

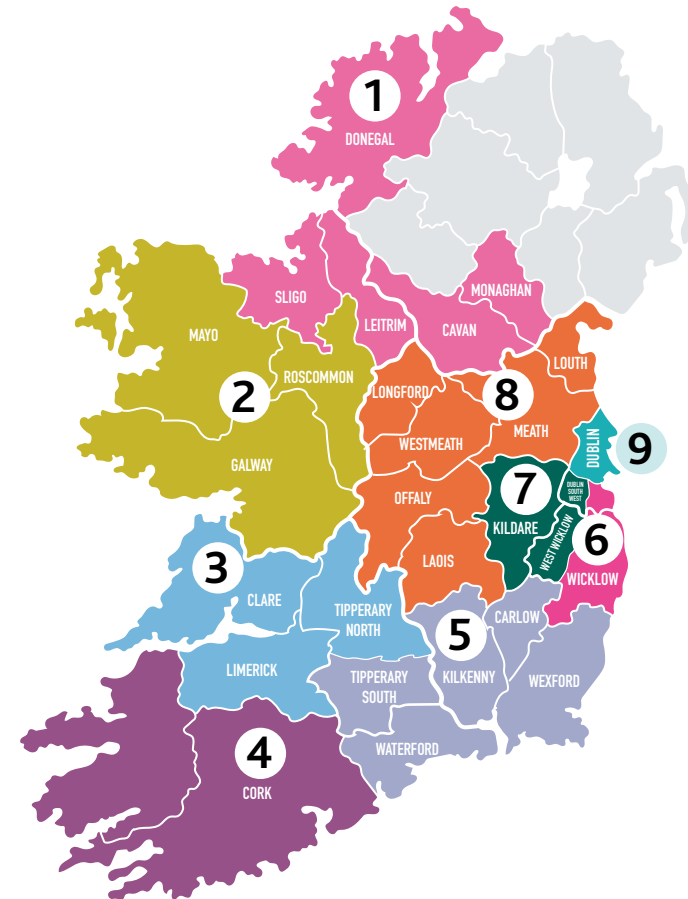


Figure 3: Map of Ireland showing the nine HSE Community Healthcare Organisations



Staff Health and Wellbeing

Activities and developments

The focus on supporting staff for their own health and wellbeing was increased during 2022. This included development of the following activities.

Guidance for Health Promotion and Improvement staff (HP&I) with a role for staff health and wellbeing: This guidance outlines **personal health resources, programmes and initiatives** to enable and support staff to be more active, eat healthy, quit smoking, reduce harmful alcohol consumption, and to look after their mental and sexual health and wellbeing.

Staff health and wellbeing brochure: Development commenced in 2022 of a brochure displaying the suite of resources available to staff to promote their personal health and wellbeing and the creation of a workplace environment to support it.

Lifestyle assessment checks for staff: An agreement was agreed in November 2022 between the HSE and the Irish Heart Foundation for the delivery of lifestyle assessment checks for HSE staff in the workplace. These lifestyle assessment checks aim to raise awareness of an individual's specific risk factors for cardiovascular disease, such as smoking, blood pressure, physical inactivity and lipid levels. Uptake is indicating that staff are very interested in having access to this service.

Pause – bringing arts and health to HSE staff: The **Pause Project** with the Irish Hospice Foundation progressed during 2022, with the aim of supporting staff impacted by bereavements in their professional lives during the COVID-19 pandemic. The project provides a suite of resources developed by four selected artists that offers brief moments of contemplation, a little joy, fun and distraction into the busy working day of healthcare



staff. HSE Healthy Ireland liaised with the Hospice Foundation in refining the resources, with the project planned for piloting across selected HSE work settings in 2023.

Countdown to Christmas Calendar: A **Health and Wellbeing calendar** was produced for the month of December with daily self-care messages and tips to support staff in maintaining their health and wellbeing. In 2022, in response to staff feedback, an interactive online version of the calendar was created, whereby each daily message was revealed by clicking on the associated date. The calendar was circulated widely and supported by daily messaging across social media platforms.



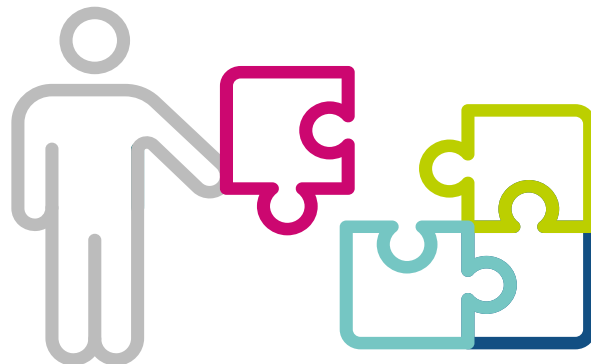


HSE annual Christmas Concert:

The **Christmas Concert** hosted by HSE H&W Healthy Ireland was held on Wednesday, 21 December 2022. This made it the fifth concert since its initiation in 2018 and the third to be delivered virtually. Gerald Peregrine, who organised the COVID concerts, came as a special guest and was accompanied by Niamh Kavanagh and Jerry Fish. With COVID-19 having dominating so much of the lives of healthcare workers in recent years, the event in 2022 illustrated once again how music lifts and transcends, providing joy to all involved. HSE staff choirs from across the organisation showcased their magnificent talents, singing a range of traditional Christmas carols and other well-known songs. Research has shown that taking part in a staff choir has a great impact on health and wellbeing, while also offering staff an opportunity to meet fellow staff from different areas of the service.



HSE staff and musical guests at the HSE Christmas Concert 2022 (L to R): H&W National Director Dr Philip Crowley, Healthy Ireland National Lead Sarah McCormack, Jerry Fish, Niamh Kavanagh, Gerald Peregrine and Vincent Lynch.





Arts and Health

Activities and developments

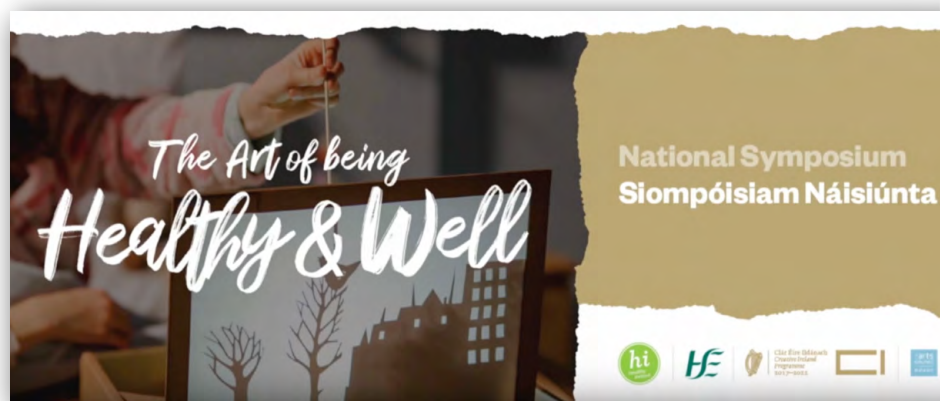
The memorandum of understanding agreed in 2020 and extended in 2022 between the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media; the Arts Council; the Department of Health; Healthy Ireland; and the HSE H&W Healthy Ireland is facilitating the progress of a number of projects to expand Arts and Health in the HSE. A number of workshops were held in 2022 and included a needs assessment to identify what was required to support healthcare professionals working in this area. Following the workshops, webinars were provided to increase awareness and to support the healthcare professionals working in arts in paediatrics, mental health, and older persons. Other resources continued to be developed and further workshops will be held in 2023.

National symposium and gala concert: The parties to the memorandum of understanding hosted **'The Art of Being Healthy and Well'** national symposium in June 2022. This symposium provided an opportunity for policymakers and practitioners from the health, arts and culture sectors to discuss how best to harness the contribution that engagement with the arts can make to health and wellbeing. Also in June, a magnificent **gala COVID concert** was held, where Creative Ireland funded tickets for over 200 healthcare professionals to attend. This was a showcase of the many concerts provided at healthcare residential settings during the COVID-19 pandemic and funded by Creative Ireland.

Other projects: A number of other projects were developed in 2022 and include:

- Traveller Wellbeing through Creativity, which has five pilot projects focused on promoting **Traveller health and wellbeing** through the delivery of creative arts.
- **Helium Arts Project**, which focuses on providing arts programmes for children with lifelong conditions. It helps children to develop and enable their creative potential and thus reduce feelings of isolation and increase their wellbeing,
- **Pause Project:** The Irish Hospice Foundation engaged four artists to work with healthcare staff on the Pause Project and develop a new creative process to provide moments to pause, stop and breathe.

These resources will be piloted with staff in a number of healthcare settings during 2023.



Healthy Cities and Counties

Activities and developments

Progressing the Healthy Ireland agenda: Working with external partners, in particular local authorities, is a key focus and important area to progress the Healthy Ireland agenda. A key group to achieve this is the HSE Local Community Development Committee (LCDC) representatives, who sit on all LCDCs. To support this group, HSE Healthy Ireland hosted a number of online and in-person meetings during 2022. A key guidance document was also produced in 2022 to support HSE LCDC representatives contribute to the Local Economic and Community Plans in each city and county and to the Healthy Ireland Round 4 funding applications.

Strengthening connections with local authorities: To further develop and strengthen connections with local authorities and support the HSE LCDC representatives, a HP&I officer was identified and assigned as the key link person for their respective city or county. The officers link with personnel working on the Healthy Ireland agenda, including the Healthy City/County Coordinator; Age Friendly Ireland Programme Manager; Healthy Ireland at Your Library Coordinator; Arts Officer/Creative Ireland Coordinator; and others. Monthly virtual meetings were held during 2022, which proved useful for the exchange of information and for developing links at local level. HSE LCDC representatives and HP&I link persons contributed to the applications developed by the LCDCs for the Healthy Ireland Round 4 Funding Grant from the Department of Health Healthy Ireland.

Healthy Ireland merchandise: A new tender for Healthy Ireland merchandise to support the values and ethos of the Healthy Ireland brand was signed in December 2022. The chosen suite of items are based on value for money, while also demonstrating the promotion of sustainable/recyclable products.



Sláintecare Healthy Communities

The Sláintecare Healthy Communities (SHC) programme targets specific locations in Ireland, where high-risk factors to the health and wellbeing of the population are particularly prevalent due to deprivation. The programme implements targeted initiatives that tackle these challenges from within these communities.



Partnership working

SHC is an interagency collaborative programme. The success of the programme depends on the joint working of a series of partnerships, community groups, and alliances in the 19 communities themselves. The HSE and local authorities act as key delivery and commissioning agents for SHC, with the SHC coordinators working in HSE H&W at local level and the SHC local development officer (LDO), based in the local authority, giving joint local leadership to the work.

Targeted health-specific interventions are offered by the HSE, while non-health Government Departments, their agencies and delivery partners work to address the wider determinants of health, through existing community and local authority



The then Taoiseach Micheál Martin TD meeting some community partners involved in the delivery of SHC programmes at the SHC launch at Hollyhill Library in Cork in December 2022.

structures. Key to local operational delivery are the locally commissioned delivery partners, such as Local Development Companies, Family Resource Centres and others, who have an existing reach and engagement with these communities. There are currently over 40 local community partners delivering services, with the support of the HSE, as part of the SHC programme.

Activities and developments

Since the official launch of the SHC programme in 2021, the HSE's focus has been on securing staffing, training, and engaging with local community partners to initiate and embed service delivery in the targeted communities. Almost 50 HSE staff work specifically on the SHC programme in addition to the social prescribing link workers, community food and nutrition workers, and community facilitators employed on a local level by delivery partner organisations.

Smoking cessation: There were 35 We Can Quit group programmes delivered in SHC areas in 2022 and almost 300 participants engaged with the programme. The stop smoking advisors in each of the 19 SHC areas provided one-to-one support to help smokers in the community to quit. They developed partnerships with local pharmacies to facilitate the provision of free nicotine replacement therapy and stop smoking medication. In addition, they have promoted and supported the extension of smoke-free environments, such as in Family Resource Centres, crèches, local authorities, beaches, playgrounds, parks, etc.



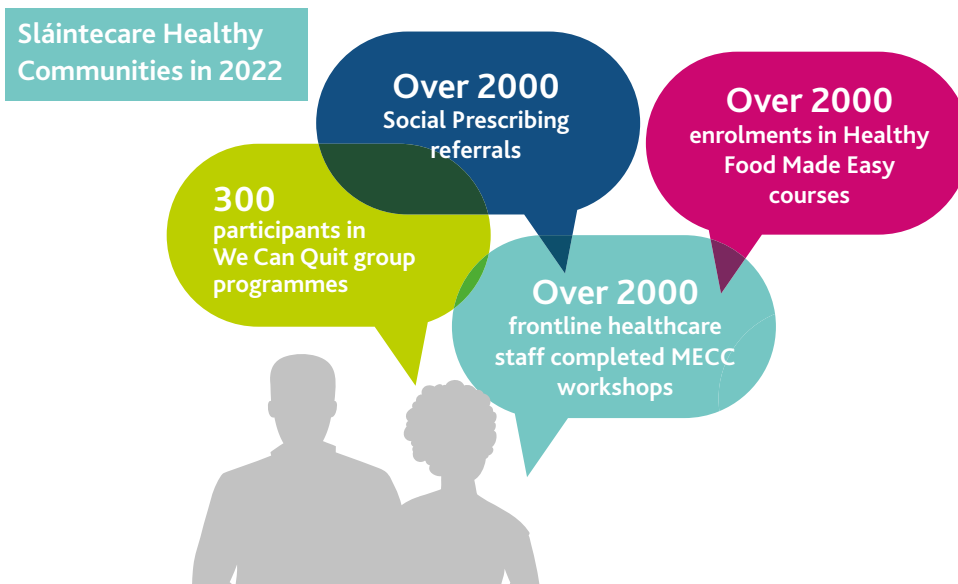
Community food initiatives: The SHC programme aims to address healthier food choices and food poverty in the community. It consists of two elements: the delivery of the Healthy Food Made Easy (HFME) community cooking programme and the appointment of a community food and nutrition worker in each of the 19 selected areas. For HFME to be successful, it is important that local organisations engage with community groups. In 2022, for example, important relationships were established with Traveller organisations, Family Resource Centres, youth services, Social Prescribing services, and primary care services. This ensured the successful delivery of HFME across the 19 SHC areas, with over 2,000 individuals enrolled in HFME courses in 2022. In respect of staffing, almost all community food and nutrition workers are now in place and actively working to help address food poverty in their respective areas.



(L to R): Emer Morahan (SHC coordinator, CHO 6) and Meadhbh Cahill (LDO, Wicklow County Council) at the SHC Bray launch in June 2022.

Parenting programmes: Universal parenting programmes offer simple and practical strategies to help people deal with the normal ups and downs of family life. Throughout 2022, community partners delivered SHC parenting programmes to families across the 19 areas, with almost 1,500 parents engaging in workshops and group programmes. ‘As a parent, I’m now responding rather than reacting’ is how **Andrea Malone** describes her experience of the Parents Plus programme in the SHC area of Cherry Orchard and Ballyfermot in Dublin.

Social Prescribing: In 2022, social prescribing link workers were employed in each of the 19 SHC areas. Their role is to establish strong relationships with a range of health services locally to enable and empower individuals to access local services and thus improve their health and wellbeing. There were over 2,000 referrals into Social Prescribing services in SHC areas in 2022.





Making Every Contact Count: To encourage and support more people to make healthier choices, the Making Every Contact Count (MECC) programme works with local healthcare professionals to ensure they have the capability to deliver brief interventions and advice to all patients regarding healthy behaviours (smoking, alcohol use, physical activity, mental wellbeing, diet and nutrition). Over 3,000 frontline healthcare staff completed the MECC e-learning and in-person workshops in 2022.



Determinants of health: Throughout 2022, the local authorities and LDOs used their seed and enhancement funding to support local communities help address the wider determinants of health. These include the conditions in which people are born, grow, work, live and age. Examples of initiatives include upgrading and improving the People’s Park in Ballyfermot, Dublin; providing physical activity infrastructure in Corkagh Park in Clondalkin, Dublin; reclaiming a derelict site to provide a sensory garden area in Clonmel, Co. Tipperary; providing additional public lighting to encourage increased physical activity in the neighbourhoods of Finglas, Dublin; and developing the ‘Golden Lunches’ initiative for older people in Inishowen, Co. Donegal; and many others.

Showcasing services in SHC areas: Each of the 19 SHC areas took the opportunity in 2022 to mark their selection as a SHC area and showcase the health and wellbeing services being offered in their local communities. This was done by organising their respective local launch events in community venues, such as Fettercairn Community Centre, Tallaght, Dublin; Athy Library, Co. Kildare; Áras Inis Gluaire Civic Centre, Belmullet, Co. Mayo; Southill Hub, Limerick City; Axis Centre, Ballymun, Dublin; and Hollyhill Library, Cork City. The community organisations who deliver the SHC initiatives and the service users who engaged in some of the programmes were central to the launch events. Videos, interviews and illustrations were used to highlight and share stories from local service users. Attendees heard powerful stories about how the programmes impacted the lives of local service users and their families. Each launch was attended by representatives from the HSE, local authority and a range of community partners.

Future priorities: The priority in 2022 was for securing staffing and getting services up and running and embedded in the communities. The focus in 2023 is to build on this and to increase participant numbers, course offerings, and such like, with a view to further improving the health and wellbeing of the people living in these communities.



Staff from HSE South East CHO, Waterford local authority, the Department of Health and local community organisations at the Waterford SHC launch in Ballybeg Park in October 2022.



Staff from HSE Mid West CHO and Limerick local authority with Cllr Francis Foley and Minister Frank Feighan TD at the Limerick SHC launch in Southill Hub in November 2022.

SECTION 2

Health and Wellbeing Programmes



SECTION 2

Health and Wellbeing Programmes

HSE H&W services take a whole-of-population approach to supporting people to stay healthy and well throughout their lives. They work collaboratively and cross-sectorally at national and local level to implement the Healthy Ireland actions and deliver improved population health outcomes for all.

The following priority programmes are included in this section.





Tobacco Free Ireland Programme

Priorities of national programme

The Tobacco Free Ireland Programme (TFIP) has a remit to mobilise the health services to improve health and wellbeing and play its part in the achievement of a reduction in smoking prevalence to less than 5% of the population by 2025. TFIP works to ensure implementation of the HSE actions contained within the Government Tobacco Free Ireland Strategy (DOH, 2013).

Activities and developments

Stop Smoking Clinical Guideline

Ireland's first **Stop Smoking National Clinical Guideline** (DOH, 2022a) was published and launched in January 2022. The guideline development, led by the TFIP, was prioritised and quality assured by the National Clinical Effectiveness Committee (NCEC) in the Department of Health. It was also recommended by the Minister for Health to become part of a suite of National Clinical Guidelines for implementation across the health service in Ireland. An implementation plan (2022–2025) was published alongside the guideline (HSE, 2022a).

Tobacco Free Campus/Environments

TFIP ran a third Tobacco Free Campus Quality Improvement Bursary in 2022. Some 140 individual services completed an initial baseline audit to assess their policy implementation status and subsequently developed and submitted a quality improvement plan. Assessment, scoring and awarding of funding to successful services will take place in 2023. Revision of the HSE Tobacco Free Campus policy was progressed throughout 2022. The revised policy was drafted via a working group and then issued to the wider HSE in September for consultation. The policy on Protecting HSE Staff from Second-hand Smoke in Domestic Settings



was revised alongside the Tobacco Free Campus policy as one cross-references the other. TFIP continued to promote and support the rollout of the Not Around Us smoking initiative nationally in 2022 and currently sits as a member on the Wexford Not Around Us Implementation Group.

Supporting the implementation of tobacco-free environments external to the health service was included in the reporting mechanism for the SHC programme in 2022. In total, 17 external organisations were supported by HP&I across the CHOs; seven local authorities were also supported in tobacco-free policy implementation. In addition, an online training module was initiated in 2022 to support staff to communicate the Tobacco Free Campus policy.

Research and publications

TFIP progressed research in the following areas during 2022.

- A second **State of Tobacco Control in Ireland** report was published in May (HSE, 2022b). It describes the prevalence and associated disease burden of tobacco use in Ireland and summarises tobacco control work in the country. There is a special focus on health inequalities in smoking and the widening gap in prevalence (and subsequent health outcomes) between the poorest and most affluent groups in Ireland.
- A second **HSE Tobacco Free Ireland Programme Implementation Plan (2022–2025)** was published in May (HSE, 2022a).



- The report ***Bringing the Tobacco Epidemic to an End: Public Views on 'Tobacco Endgame' in Ireland*** was published in May (HSE, 2022c). It followed an omnibus survey commissioned with Ipsos MRBI and research undertaken in March 2022.
- The report ***Sláintecare 'Smoke Free Start': An Evaluation*** was published in October (HSE, 2022d). It describes service activity and outcomes for the first 12-month period of a new midwifery-led stop-smoking service established at Cork University Maternity Hospital and the National Maternity Hospital, Dublin under the auspices of the Sláintecare Integration Fund.
- Work on a realist review of how and why financial incentives help people to quit smoking progressed with academic partner Trinity College Dublin throughout 2022. A full report will be available in 2023.
- An analysis of stop-smoking service data on QuitManager was completed and presented to stop-smoking service managers and staff in October 2022.
- In October, ***Quality Assurance Standards for the Delivery of Stop Smoking Services in Ireland*** was published (HSE, 2022e).



Service activity

There was significant expansion of stop smoking services in Ireland through the SHC and Enhanced Community Care programmes in 2022. In total, 12,496 people engaged with HSE stop smoking services during the year. The Quit at four-week key performance indicator was 50% (National Service Plan target 48%). Some 130 staff trained to become intensive stop smoking advisors in 2022, which included 38 We Can Quit community facilitators. Given that We Can Quit evolved to become a nationally available stop-smoking support programme, **facilitator's resources** and participants packs were redeveloped and redesigned (HSE, 2022f). In 2022, a total of 49 We Can Quit courses were run, 35 of which were in SHC areas. The Quit4Youth Programme was also redeveloped alongside new **facilitators and participants resources**.



QuitManager patient management system

Stop smoking advisors can now upload referrals directly to QuitManager. Referral access was granted to a range of healthcare practitioners enabling them to refer clients directly to the system. Referrals are processed by the Quitline stop smoking advisors and then assigned to a local stop smoking service convenient to the client. Several updates and improvements were made to the QuitManager system in 2022.

QUIT Campaign

QUIT leaders were selected in February 2022 to showcase stop smoking services locally. The QUIT leaders campaign was launched on 2 March to coincide with National No Smoking Day and was supported across local publications both offline and online in Dublin, Cork, Louth and Galway. Throughout March and April, people were encouraged to quit together and provided with tools and tips to help them on their 28-day quit journey. In November during the FIFA World Cup, the campaign advertised across TV and video-on-demand to take advantage of the large male audience, which is QUIT's main target audience. Creative development for a new campaign message was carried out in 2022, challenging smokers to think about the control that nicotine has over their lives. Some 80% of smokers agreed smoking is an addiction, while 47% said they smoke because they choose to do so and not because they are addicted (see Figure 4). A new TV advert recorded new scripts for audio and produced new digital assets in addition to translating all assets to meet Irish-language requirements.

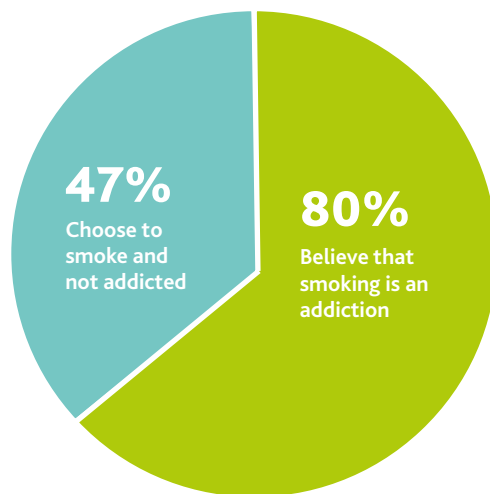


Figure 4: Smokers' perceptions on the control that nicotine has over their lives

QUIT CAMPAIGN ACTIVITY IN 2022

- ▲ 359,939 visits to Quit.ie
- 📅 208,439 users of Quit.ie
- 👤 6316 Quit plans
- ☎️ 4439 inbound calls to Quitline

Youth education

New **lessons on tobacco and e-cigarettes** were piloted with two secondary schools and finalised as part of the Healthy Choices module of the Junior Cycle curriculum for Social, Personal and Health Education (SPHE). **Bespoke animated video** content was developed by TFIP and the HSE H&W education team to support the lessons. Further amendments to the lessons as part of the overall review of the SPHE curriculum will occur in 2023. The **Quit4Youth stop smoking programme** was redeveloped, with all resources redesigned and updated, including new content on e-cigarettes. Training on programme delivery was also provided for HSE stop smoking advisors.

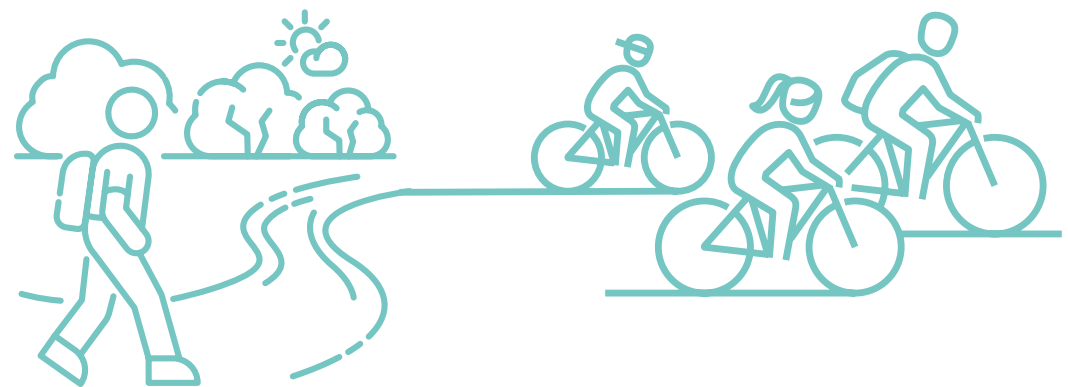


Exploring tobacco endgame in Ireland

TFIP coordinated an input for the tobacco stakeholders with visiting public health specialist **Prof Richard Edwards** on the New Zealand smoke-free generation action plan and evidence underpinning it. TFIP also hosted a national conference on World No Tobacco Day, 31 May 2022, at which it launched a second report on *The State of Tobacco Control in Ireland* (HSE, 2022b), a new programme plan for 2022–2025 (HSE, 2022a) and presented a newly published study on public attitudes to ‘tobacco endgame measures’ (HSE, 2022c). The Tobacco 21 coalition also presented the case for raising the minimum age of sale for tobacco products from 18 to 21 years (RCPI, 2022). Some 170 delegates attended the **conference**, representing a variety of organisations.

International collaborations

TFIP continued to participate as a board member of the Global Network for Tobacco Free Healthcare Services, while the HSE continued as a member of the Coalition of Nurses and Health Professionals against Tobacco and Nicotine Products as well as the European Social Marketing for Addictions (SOMAD) Group. TFIP engaged with the European Network for Smoking and Tobacco Prevention to develop content for an online stop-smoking medication training module for Irish healthcare professionals, which will be available in 2023.



Mental Health and Wellbeing and Alcohol Programmes

MENTAL HEALTH AND WELLBEING

Priorities of national programme

The overall aim of the Mental Health and Wellbeing Programme is to promote positive mental health and wellbeing across the population and among priority groups.

Stronger Together

The HSE Mental Health Promotion Plan **Stronger Together**, was launched in April (HSE, 2022g). It is a five-year plan with 27 areas of action focused on promoting positive mental health across key life stages and in key settings. The plan emphasises actions that have evidence of effectiveness and high potential for reach and impact. A National Implementation Steering Group was established in 2022 with responsibility for overseeing the implementation of the plan and monitoring its progress.



Social Prescribing

In 2022, there were 40 HSE-funded **Social Prescribing services** across the country. Nineteen of these were SHC sites with the remainder being services formerly funded under



the Sláintecare Integration Fund and Healthy Ireland Fund, administered by the Department of Health. Further expansion of social prescribing will take place within the HSE in 2023 across four new counties: Galway, Clare, Meath and Laois. All services are delivered by community and voluntary organisations in partnership with the HSE. In 2022, the Social Prescribing Advisory Group was established to provide strategic direction and guidance to support the effective implementation and integration of social prescribing within the HSE. The group consists of HSE cross-sectoral colleagues, social prescribing link workers, managers of host organisations and a service user. An e-learning module for healthcare professionals on social prescribing will be available on HSeLanD in 2023.

The HSE is committed to further developing the Irish evidence base on social prescribing. In 2020, it developed a minimum outcomes framework that recommended the collection of data related to two minimum outcomes across HSE-funded social prescribing sites: (i) personal wellbeing – the Warwick–Edinburgh Mental Wellbeing Scale – and (ii) social connectedness. A draft tool was developed in 2022 to measure social connectedness suitable for social prescribing in the Irish context, which will be piloted in 2023.

Dealing with stress

Stress Control is an evidence-based stress prevention and management programme that aims to support people in learning effective ways to manage and prevent stress from becoming a problem. In 2022, just over 40,000 people availed of these courses. In 2023, Stress Control will be replaced with the HSE Balancing Stress Programme, which was developed during 2022. It aims to help individuals manage stress in their lives by strengthening their coping skills and applying practical tools to deal with stress. The programme consists of six-one hour sessions, with each session dealing with an aspect of stress, such as anxiety, low mood and worry. The programme was developed by a team of HSE psychologists, supported by HSE Mental Health and Wellbeing. It will be available online from November 2023 and adapted for face-to-face delivery in 2024.



Minding Your Wellbeing

Minding Your Wellbeing is a one-day evidence-informed programme that supports positive mental health and wellbeing. The programme is delivered mainly to HSE staff across all disciplines and it continued successfully throughout 2022. The 73 programmes provided were attended by 852 HSE staff, with an additional 85 community/voluntary sector staff in attendance. A train-the-trainers meeting was held in September, upskilling an additional 20 health and wellbeing tutors across the country. The programme was adapted for different audiences, including older people, men, community groups and third-level students, which commenced in CHO 9, CHO 7 and CHO 4 in 2022. Partnerships with the National Office for Suicide Prevention, University College Dublin and University of Galway to further adapt and pilot new versions of the programme will commence in 2023.



MINDING YOUR WELLBEING IN 2022



73 programmes provided



852 HSE staff attended; 85 community/voluntary sector staff



20 health and wellbeing tutors attended train-the-trainers meeting

Making Every Contact Count

In 2022, a module on Mental Health and Wellbeing was developed for the MECC programme. This will ensure that support, advice and signposting related to mental health and wellbeing are included in contacts and interactions that service users have with HSE staff at CHO level and in hospitals.

Traveller Wellbeing through Creativity

As noted in Section 1 of the annual report, HSE H&W is involved in a multiagency-funded initiative launched in 2022 to pilot a number of creative arts projects focused on promoting Traveller health and wellbeing. The intention is to expand the reach of existing projects through the medium of arts and creativity or to develop new projects based on available learning and good practice. Grant funding of up to €50,000 was provided to five projects in 2022 under this initiative, which were based in Limerick, Galway and three in Dublin. It will be further expanded in 2023 with an evaluation of the initiative currently underway.

ALCOHOL

Priorities of national programme

The Alcohol Programme aims to achieve a healthier and safer Ireland by working to reduce individual and population alcohol use and health inequalities as well as protecting children, families and communities from alcohol-related harm. Multiple stakeholders from early childhood to older persons are vital to our partnership-building work. In particular, **Alcohol Action Ireland**, **Alcohol Forum Ireland**, and **No Name Club** are engaged in numerous projects and activities that support the work of the Alcohol Programme. For the period 2023–2025, the Alcohol Programme implementation plan will achieve its vision through six priority areas: (i) leadership and governance; (ii) partnerships for a systems-wide approach; (iii) prevention; (iv) inform and empower; (v) service development; and (vi) research and evidence.

AskAboutAlcohol

AskAboutAlcohol is the HSE's information campaign on alcohol and alcohol harm. The **askaboutalcohol.ie** brand and website support the Public Health (Alcohol) Act 2018. One of the measures yet to be enacted is the inclusion of the HSE website details on the labels of all alcohol products sold in the State and on all alcohol advertising, at no cost to the State. The alcohol content on the AskAboutAlcohol website performed steadily in 2022, with 280,000 visits to the website, a 2.8% increase on 2021 (see Figure 5). Social media drove 79,000 of those visits, which represents an 89% increase. The top-searched keyword for an organic search was 'alcohol withdrawal symptoms', while the most popular content continued to be the self-help tools. In 2022, there were 2,411 contacts to the helpline where alcohol was discussed. A new social media strategy commenced in September 2022, which focused on running long-term ad campaigns and posting organic content on HSE channels. New materials were developed as part of this campaign, including a series of posters providing information and advice for men, women and pregnant women. These materials were also translated into Irish, Latvian, Lithuanian, Polish, Russian and Ukrainian.

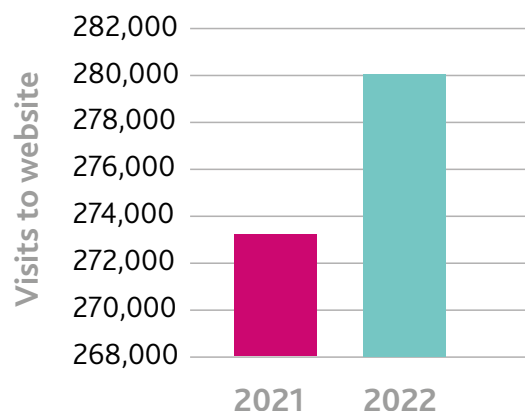
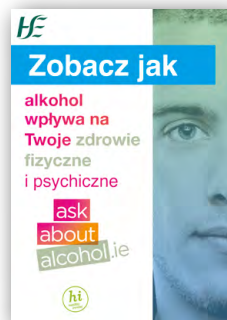


Figure 5: Number of visits to AskAboutAlcohol website, 2021–2022

ASKABOUTALCOHOL WEBSITE IN 2022



280,000 total visits to website



79,000 number of visits driven by social media



Alcohol withdrawal symptoms – top-searched keywords



Self-help tools – most popular content

DRUGS AND ALCOHOL HELPLINE, 2022



2411 contacts discussed alcohol

Integrated alcohol services

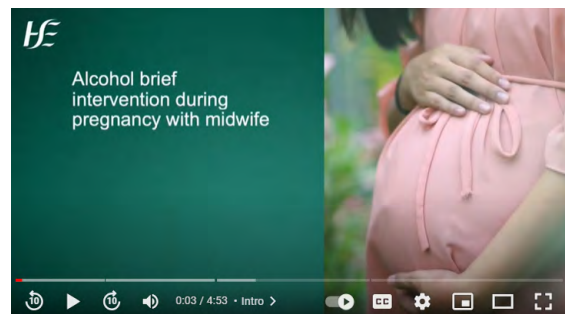
In 2022, two new Sláintecare-funded integrated alcohol services were established in CHO 3 and CHO 4, with additional ones being developed in CHO 2 and CHO 9. These services are defined as specialist alcohol services operating in community settings providing evidence-based psychosocial and therapeutic interventions and family support as well as developing integrated care pathways between acute, primary care and addiction services. An Integrated Alcohol Services Working Group was established to oversee the design, development and implementation of the services at a national level and met four times in 2022. An evidence review led by Prof Catherine Comiskey at Trinity College Dublin was also completed in 2022. A request for tender for a three-month piece of research consulting with service users and providers to inform the delivery of integrated alcohol services was advertised in November 2022, with work due to commence in May 2023.

Alcohol research post in Beaumont Hospital

An alcohol research post was established in Beaumont Hospital, Dublin in July 2021 and continued throughout 2022. The post is co-funded by the Institute of Public Health. Data on alcohol-related admissions and chronic diseases are being collated and analysed in Beaumont Hospital as well as exploring the impact of minimum unit pricing. This initiative is the first of its kind in the country.

Prevention of foetal alcohol spectrum disorders

The Foetal Alcohol Spectrum Disorders (FASD) Prevention Expert Advisory Group met three times during 2022. One subgroup developed a survey with health, social care, and education professionals on the knowledge and awareness of FASD, while a second subgroup focused on the development of a HSE position paper on alcohol and pregnancy. The survey and position paper were launched in September (HSE, 2022h). A webinar on FASD was also hosted in September 2022, which saw the launch of four videos on alcohol in pregnancy for health and social care professionals. These included: (i) **general practitioner (GP) alcohol brief intervention**; (ii) **social worker alcohol brief intervention**; (iii) **midwife alcohol brief intervention**; (iv) **obstetrician alcohol brief intervention**.



Alcohol webinars

In addition to the webinar on FASD, a webinar on alcohol and young people was held on 30 November 2022, which highlighted the emerging evidence on this topic. A blog post entitled 'Alcohol and young people in Ireland' was published on the HSE website.



Healthy Eating and Active Living Programme

Priorities of the national programme

The remit of the Healthy Eating and Active Living Programme is to mobilise the health service to improve health and wellbeing by increasing the levels of physical activity, healthy diet, and healthier weight across service users, staff and the population as a whole. There is a particular focus on families and children. Since its inception in 2016, the programme has delivered a strong, evidence-informed programme of work to improve health and wellbeing. While the first two years of the COVID-19 pandemic (2020 and 2021) affected momentum in many ways, 2022 acted as a transition year to regroup and refocus. The programme works to ensure two national policies are implemented across the health services: Healthy Weight for Ireland: Obesity Policy and Action Plan (DOH, 2016a) and Get Ireland Active: National Physical Activity Plan (DOH, 2016b).



Since the 1990s, the levels of overweight and obesity in Ireland and worldwide have increased across all age groups, social classes and genders. Those who experience disadvantage are more likely to live with poorer health for longer and die prematurely than their peers in more advantaged areas. Hence, there is a need to create environments across our communities, schools and workplaces that help everyone to thrive and improve their health and wellbeing.

Improving the food environment in SHC

As part of the Sláintecare Healthy Communities, 20 community food and nutrition workers were recruited to work with local partners and communities to develop and implement initiatives to improve accessibility, availability and affordability of healthy food. In 2022, two meetings of a national network for community food and food poverty were coordinated to provide a forum for the alignment of SHC strategic direction as well as learning and sharing to enable evidence-informed and effective local activity.

Recognising excellence in health service food provision

On 30 November 2022, some 30 health service sites were recognised for their efforts and commitment to providing healthier menu options for working staff and visitors. Some 18 sites received gold, eight received silver and four received bronze for the **Happy Heart Healthy Eating Award**. The award scheme is a joint initiative between HSE H&W and the Irish Heart Foundation. In total, there are now 45 sites across the health service providing meals every day to over 41,000 staff participating in the initiative.

HAPPY HEART HEALTHY EATING AWARD IN 2022



GOLD
18 health service sites awarded



SILVER
8 sites awarded



BRONZE
4 sites awarded

Toolkit to support compliance with HSE Vending Policy

A toolkit consisting of a machine audit template for each of the three vending service providers was published and disseminated in 2022 as well a protocol for CHOs and Hospital Groups on carrying out audits and responding to findings. The toolkit supports health service sites to self-audit their vending service provision and assess their level of compliance with **HSE Vending Policy** documents.

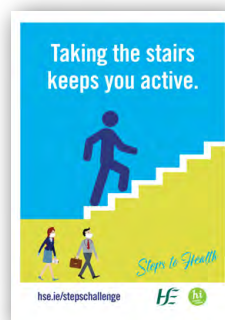
Active Healthy Me

Launched on 1 December 2022, **Active Healthy Me** is a new health, wellbeing and physical activity programme for adults attending disability day services. It was delivered through an online platform in partnership with CARA Sport Inclusion Ireland (now Active Disability Ireland). The programme aims to support adults with disabilities to be more active and live healthier lives. Its development was informed by disability day-service users and providers and is supported by HSE Disability New Directions team.



2022 Steps to Health Challenge

The annual national Steps to Health Challenge took place between 23 May and 26 June 2022 for the sixth year in a row. For the first time, individuals used an online platform to enrol in the initiative and submit their progress updates. Some 4,373 participants enrolled on the platform and were supported to participate by 720 voluntary local coordinators across all CHOs, Hospital Groups and corporate services. The initiative continues to be a positive experience for all involved, bringing colleagues together and creating a lasting legacy for local team morale and wellbeing.



Talking about Overweight and Obesity

Sharing knowledge and understanding of the science of weight regulation and obesity with the wider health community is highly important. Resources to support this in 2022 included the following.

- On 6 October, the free event **Overweight and Obesity... Let's Talk!** was broadcast live from the Royal College of Physicians of Ireland (RCPI) in Dublin and open to the public, researchers and healthcare professionals. Focusing on children and young people, it shared the science behind obesity to inspire best practice in obesity care, to break the stigma of obesity through sharing lived experiences, and to explore conversations about weight and health. Eighty people attended in person, while over 1,400 people viewed the event online.

- A new Talking about Overweight and Obesity module was developed and launched as part of the MECC training programme. It will equip healthcare professionals with the knowledge and skills to have supportive conversations with patients about their health and weight.



- Working with the Association for the Study of Obesity on the Island of Ireland (ASOI), Dr Cathy Breen, clinical specialist dietitian in St Colmcille's Hospital, Loughlinstown, Co. Dublin, led a programme of work to adapt the Canadian Adult Obesity Clinical Practice Guidelines for the **Irish context** (ASOI, 2022).
- Some 30 healthcare professionals completed the first course of the HSE-funded blended learning training course on evidence-based obesity management by the National Institute for Preventive Cardiology (NIPC). A further four courses are planned for 2023.
- The Obesity National Clinical Programme, integral to the Healthy Eating Active Living Programme, began designing new weight-management services for children, young people, and adults with obesity.
- The Best Health programme was initiated in 2022. It is a 12-month package of care to support adults living with obesity and weight-related behaviours to improve their health and wellbeing. Referral to the programme is through GPs, practice nurses or chronic disease specialist teams.
- A series of workshops with clinicians, health service managers, and those with lived experience of obesity was held to inform the design of new community-based specialist weight-management services for children and young people. Recruitment of staff for the first services established in CHO 5 and CHO 7 was commenced.
- Hospital-based specialist obesity services for adults were further developed in Dublin, Galway and Cork to provide access to care for up to 1,700 patients and 1,300 bariatric surgeries annually. Child and young person services were also further developed in Children's Hospital Ireland.

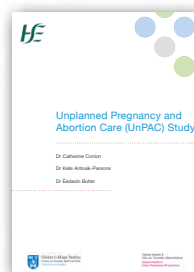
Sexual Health and Crisis Pregnancy Programme

Priorities of national programme

The Sexual Health and Crisis Pregnancy Programme (SHCPP) has responsibility within the HSE for implementing the **National Sexual Health Strategy (NSHS)** 2015–2020 (DOH, 2015) and for the provision of unplanned pregnancy counselling services nationally. The NSHS is the national framework for sexual health and wellbeing. The SHCPP comprises six functions: Clinical Services; Education and Training; Communications and Information; Funding and Crisis Pregnancy Services; Research; and Finance and Administration. The work is coordinated by a programme lead and overseen by an implementation group, comprising HSE and statutory bodies, community and patient stakeholders, and representative groups.

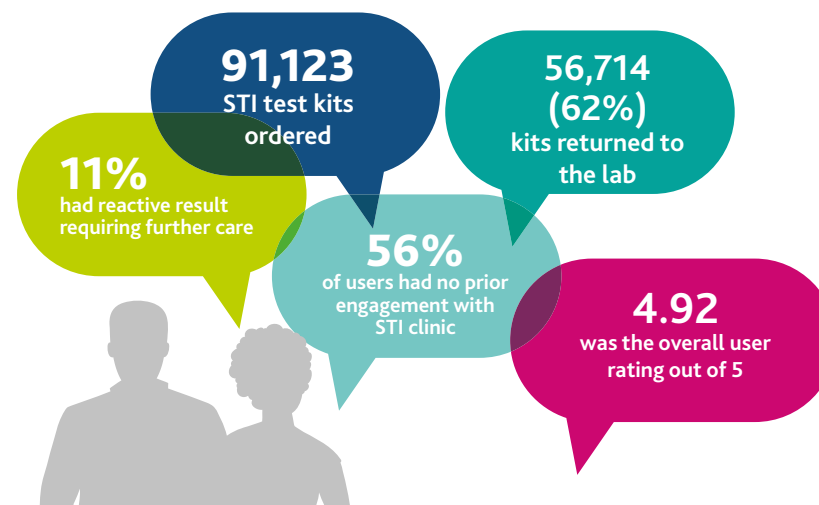
Key SHCPP successes in 2022

- Published the *Unplanned Pregnancy and Abortion Care (UnPAC) Study*, a significant study outlining women's experiences accessing abortion care in Ireland under the new abortion care legislation (SHCPP, 2022a). The report forms part of the **Department of Health's review** of the operation of the Health (Regulation of Termination of Pregnancy) Act 2018 (DOH, 2022b).
- Supported the launch of a free contraception scheme for women aged 17–25, with the availability of the guide *What You Need to Know about Contraception* (SHCPP, 2022b). The guide was made available in nine other languages: Arabic, Chinese, French, Polish, Portuguese, Romanian, Russian, Ukrainian and Urdu.
- Launched a national free home-testing service for sexually transmitted infection (STI) integrated with public STI clinics in October 2022. This followed an evaluation of the pilot that found the service to be feasible, impactful, and acceptable to service users and providers (SHCPP, 2022c). The national service is improving access to STI testing and diagnostics across Ireland.



Minister for Health Stephen Donnelly TD launching the contraception scheme for 17–25-year-old women.

National Home STI Testing Service in 2022



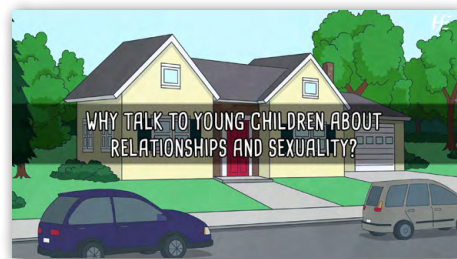


Pictured at the launch of the HSE Free Home STI Testing Service in October 2022, the then Minister of State Frank Feighan TD with SHCPP and SH:24 staff.



Pictured at the launch of the Making the 'Big Talk' Many Small Talks series are H&W National Director Dr Philip Crowley and Helen Deely, H&W Assistant National Director, alongside MC Jonathan McCrea, journalist and broadcaster, with SHCPP Project team members.

- Hosted a participative launch event for two new parental resources within the Making the 'Big Talk' Many Small Talks series. These were developed in response to studies showing that both parents and children want to communicate with each other about relationships and sexuality topics but often face challenges in doing so. The new resources are: (i) an information booklet for parents of 13–18-year-olds, which is a follow-on from previous HSE resources to support parents of 4–7-year-olds and of 8–12-year-olds; (ii) a **video collection** containing nine animated videos, addressing some questions parents of younger children have with regard to talking about relationships and sexuality.



- Launched a TV advert for sexual wellbeing promoting condom use on RTÉ's *First Dates Ireland* and the ITV *Love Island* final episode.



SHCPP IN 2022



National Free Home STI Testing Service: 91,123 STI test kits ordered



Making the 'Big Talk' Many Small Talks: 13-18-year-olds booklet and video collection launched. Two weeks after launch: **1031** copies ordered; **171** copies downloaded; **230** downloads of video series



National Condom Distribution Service: 1,015,420 condoms provided; **618,660** lubricant sachets to **157** services/organisations provided



PrEP Programme: 3388 individuals dispensed PrEP medication at least once



MyOptions Unplanned Pregnancy Helpline: 11,551 total calls received; **2274** directly to the nursing line



Foundation Programme in Sexual Health Promotion: 18 new facilitators trained to deliver programme for 2023 rollout and **153** healthcare professionals trained (see Table 1)

Table 1: Number of Community Healthcare Organisation participants in the Foundation Programme in Sexual Health Promotion in 2022

CHO	Number of participants (n)
CHO 1	14
CHO 2	13
CHO 3	16
CHO 4	36
CHO 5	17
CHO 6	0
CHO 7	17
CHO 8	40
CHO 9	0
Total	153

Key actions in 2022

Clinical Services function

The Clinical Services function has responsibility for the clinical actions of the NSHS, which includes the development of clinical practice guidance, information, and resources to support sexual health services in Ireland. In 2022, the Clinical Services function:

- Continued delivery of the national HIV Pre-Exposure Prophylaxis (PrEP) Programme. At the end of 2022, there were 13 public and 16 private approved PrEP service providers in Ireland. Some 4,314 individuals (new and returns/renewals) were approved for PrEP for HIV prevention, while 3,388 individuals were dispensed PrEP medication at least once.
- Conducted the Fast-Track Cities HIV scoping study, where interviews and surveys were managed with relevant HIV and city stakeholders in Dublin, Cork, Galway and Limerick. The study report will be published in 2023.
- Played a central role in Ireland's multisectoral response to the mpox outbreak, including membership of the National Crisis Management Team (NCMT) and National Clinical Advisory Group; chair of the pathways of care delivery programme within NCMT; liaison with clinical and community stakeholders; and contribution to international fora on the mpox outbreak.

PrEP PROGRAMME IN 2022



13 public and **16** private approved PrEP service providers in Ireland



4314 individuals (new and returns/renewals) approved for PrEP



3388 individuals dispensed PrEP at least once

Education and Training function

The Education and Training function continued to progress actions under its Sexual Health Promotion Training Strategy to enable parents, teachers, and youth workers to address the sexual health education and information needs of children and young people. There was continued support for professionals in promoting the sexual health of a diverse range of population groups, including the general population, older people, people with disabilities, migrants, and ethnic minorities. In 2022, the Education and Training function:

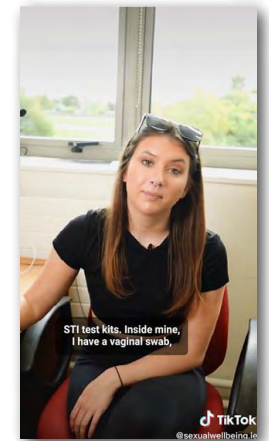
- Piloted the new Foundation Programme in Sexual Health Promotion in five CHOs and adapted the draft programme based on feedback.
- Piloted and adapted a new training programme, namely Working Safely and Effectively in Sexual Health Promotion – Considerations for Policy Development, and trained facilitators from all CHOs in its delivery.
- Established an ongoing review and piloting group for educational materials to support the Relationships and Sexuality Education (RSE) element of the Junior Cycle SPHE Short Course. This consists of SPHE teachers in a range of locations and types of schools nationwide.

Communications and Information function

The Communications and Information function provided communication support to SHCPP, working closely with the HSE Programmes and Campaigns team to design and implement targeted sexual health campaigns, as well as to develop and disseminate information. In 2022, the Communications and Information function:

- Initiated a new strategic digital content approach by introducing new Deep Dive and Business as Usual calendars. As a result, engagement on Facebook and Instagram tripled to 1.4 million engagements; there were over 2 million video views on Snapchat and 279,000 TikTok video views over 6 seconds long (from October).
- Provided sexual health information in five community languages on the **HealthConnect app**, in partnership with Cairde.

- Commenced a student-focused campaign to promote the availability of at-home STI testing kits as well as general sexual health awareness through college activations and one content series.
- Launched a new Free Home STI Kit video series, created with University of Galway Students Union. Within a short three-month period, this activity achieved 304,323 six-second video views, over 8,600 clicks and over 4.8 million impressions.
- Provided sexual health information, in partnership with the Gay Health Network, for gay bisexual Men who have Sex with Men (gbMSM) across **Man2Man.ie** digital channels.



STRATEGIC DIGITAL CONTENT IN 2022

- 1 Deep Dive and Business as Usual calendars introduced
- f Engagement on Facebook and Instagram tripled to 1.4 million
- s Over 2 million video views on Snapchat
- 🎵 279,000 TikTok video views over 6 seconds long (from October)

Funding and Crisis Pregnancy Services function

The Funding and Crisis Pregnancy Services function manages funding arrangements with over 30 statutory organisations and non-governmental organisations (NGOs), financed to provide crisis pregnancy counselling, parenting support, community HIV testing, sexual health promotion training, and sexual health outreach. In 2022, the Funding and Crisis Pregnancy Services function:

- Continued to provide funding to unplanned pregnancy counselling services.
- Managed and oversaw the MyOptions unplanned pregnancy helpline.
- Provided funding to a range of NGOs to deliver counselling, training, parenting support, and testing.

Research function

The Research function commissions research and evaluation studies; monitors trends related to crisis pregnancy and sexual health; and disseminates and supports the implementation of research findings to inform policy and improve practice. In 2022, the Research function:

- Initiated a review of crisis pregnancy counselling in Ireland, a consideration published in the UnPAC study (SHCPP, 2022a).
- Published a report summarising the National Condom Distribution Service's activities in 2021 (SHCPP, 2022d).
- Published an information summary on the decline in teenage pregnancy and birth rates between 2000 and 2020 in Ireland (SHCPP, 2022e).
- Published a research summary on the importance of parental communication on relationships and sexuality with children and young people (SHCPP, 2022f).

- Led the performance measurement of HSE sexual health communication initiatives and campaigns in 2022.
- Managed a research arrangement with the Economic and Social Research Institute (ESRI) to analyse the Growing Up in Ireland data on sexual health behaviour and literacy of young people in Ireland aged 20 years. This study will give an insight into young people's sexual health knowledge and behaviours in Ireland as they transition into early adulthood.
- Managed a research award with HSE Research and Development to facilitate the delivery of general-population sexual health data to assess the current sexual health knowledge, attitudes, and behaviours of those living in Ireland over the coming years.



SECTION 3

Programme Supports





SECTION 3

Programme Supports

The work of HSE H&W and its National Policy Priority Programmes is underpinned by a range of programme supports. They work collaboratively and cross-sectorally at national and local level to implement the Healthy Ireland actions and deliver improved population health outcomes for all. Key to this work is Section 39 Non-Acute/Community Agencies, which are being provided with funding under Section 39 of the Health Act 2004.

The following support programmes are included in this section.



Training and Programme Design

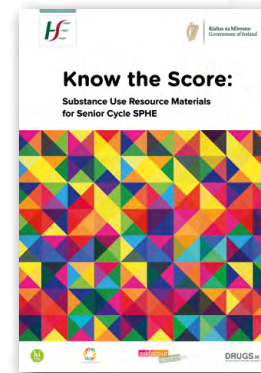
Priorities of programmes

The aim of Training and Programme Design is to coordinate, design, develop and evaluate training programmes, together with the NPPPs, to prevent chronic disease and to support improved health and wellbeing. The programme includes implementation of the MECC framework, development of wellbeing in education settings, and the design and development of health and wellbeing training programmes. National training programmes are developed under each of the respective policy programmes to address key policy objectives. These evidence-informed training programmes are delivered locally through skilled and experienced CHO HP&I teams. The reach and target audience of these training programmes include key stakeholders to promote health and wellbeing, such as healthcare professionals across all settings, staff from other statutory agencies, community and voluntary organisation partners, education partners, and others.

Activities and developments

The programmes delivered in 2022 are captured in detail in the annual report under their respective policy area and include programmes such as:

- Engage
- Foundation Programme in Sexual Health
- Minding Your Wellbeing
- Know the Score
- Healthy Food Made Easy



Training Leads Practitioner Network

The consistent delivery of the programmes is supported by Training and Programme Design in partnership with the Training Leads Practitioner Network. The network aims to provide guidance, share good practice, and ensure consistent and standardised delivery of these key training programmes.

Comprehensive training plan

In 2022, a comprehensive approach to the planning, delivery and recording of health and wellbeing training delivery across the nine CHOs was agreed with the CHO heads of service for HSE H&W. A combined and comprehensive annual health and wellbeing training plan will be developed in each CHO area so that HP&I teams can deliver an agreed quantum of each of the national training programmes.

Quarterly report structure

A quarterly report structure to monitor and track trends arising in an integrated way, rather than each programme being viewed separately, has also been agreed. This approach, which will commence in 2023, will also serve to promote and increase visibility of the range of programmes available to support the health and wellbeing of the population.



Men's Health

Priorities of programmes

Through the HSE Healthy Ireland Men's Action Plan (HSE, 2016), a network of highly engaged stakeholders deliver on programmes targeting men's health and empowering other organisations to better engage with men to support their health and social care needs. HSE HP&I and partner organisations deliver Engage Men's Health Training to support this work. Men's Health Week is the key annual campaign through which various men's health issues are highlighted and men are encouraged to improve their help-seeking behaviours. The HSE funds and works with the Men's Health Forum in Ireland (MHFI), the Men's Development Network, and the Irish Men's Sheds Association (IMSA) to develop a programme of training and information.

Activities and developments

Engaging Men webinars

The Masculinities and Men's Health webinar series was delivered in April, June, September and November 2022. Over 2,000 people registered to attend the **webinars**, with very positive feedback received.



Men's Health Week

Men's Health Week ran from 11 to 17 June 2022 and was coordinated by MHFI. Its theme was 'Mission is Possible', which was developed through the Men's Health Week All-Ireland Planning Group. The week was promoted through traditional and social media, while a large number of copies of the *Man Manual* (MHFI, 2014) were printed and distributed throughout the week. The campaign was supported by HSE



Communications and received widespread coverage on social media and in the national press, for example, the *Sunday World*.

Engage Men's health training: Connecting with Men

Engage: Connecting with Men is a one-day workshop offered to a broad range of practitioners. The programme was developed to address the deficit in gender-sensitive service provision for men and to assist practitioners build relationships and meet the health and wellbeing needs of males of all ages. A train-the-trainer course with 24 HP&I officers from each of the HSE CHO areas took place in April and May during the year. Each CHO is now running a number of workshops for frontline health and social care staff throughout the country.



Farmers Have Hearts Cardiovascular Health Programme

Farmers Have Hearts Cardiovascular Health Programme aims to promote and support behaviour change to improve the cardiovascular health of Irish farmers. Its impact report was launched in April 2022 and found that Irish farmers in the working-age range of 17–64 years had five times higher cardiovascular mortality than non-farm workers (van Doorn *et al.*, 2022). The HSE supported the study by funding farmer health checks carried out by the Irish Heart Foundation, while Glanbia Ireland provided financial support for the project. The **study findings** are in the public domain to allow full access by policymakers and all interested parties.



Sheds for Life

Sheds for Life, run by the IMSA, is a community-based health promotion programme aimed at supporting the social wellbeing of Men's Sheds members. The 10-week programme focuses on engaging men to successfully facilitate more open and meaningful discussions around their physical and mental wellbeing, while encouraging them to maintain healthier lifestyle choices and increase their awareness of physical activity, healthy eating and mental wellbeing. Developing Sheds for Life commenced in 2016 and the programme continues to be supported by the HSE, Sláintecare integrated funding and a host of national healthcare organisations. Following an **evaluation in 2021** (McGrath *et al.*, 2021), the Sheds for Life programme continued to be rolled out across the country in 2022.



Education and Training

Priorities of programme

The Education Programme supports health and wellbeing initiatives in the education sector, working in partnership with HSE policy programmes, Government Departments and State agencies.

Activities and developments

Early childhood care and education settings

In 2022, the Education Programme and the Mental Health and Wellbeing Programme developed a partnership with the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), aimed at bringing a more strategic focus to the promotion of health and wellbeing in early childhood care and education settings. To facilitate this work, the Education Programme wound down its partnership with the National Childhood Network and the Healthy Ireland Smart Start Programme in 2022.

Healthy Campus Charter and Framework

The programme supported the implementation of the Healthy Campus Charter and Framework through a partnership with the Department of Health's Healthy Ireland, the Department of Further and Higher Education, Research, Innovation and Science, and the Higher Education Authority. A healthy campus coordinator was appointed in July 2022, through the Department of Health's Healthy Ireland funding.



NCCA Curriculum Development Group for Junior Cycle

During 2022, the programme supported the National Council for Curriculum and Assessment (NCCA) in its development of a new draft curriculum for SPHE at Junior Cycle. The final specification is due to be published in 2023.

NCCA Curriculum Development Group for Senior Cycle

In 2022, the programme supported the NCCA in the development of the new Senior Cycle SPHE specification. The draft specification is due to go to public consultation in 2023.

Junior Cycle SPHE resources

In 2022, work continued on developing the second-year materials for the Junior Cycle resource: Relationships and Sexuality Education 1; Healthy Choices 1; and Being Healthy 1. Towards the end of 2022, the existing first-year Junior Cycle SPHE materials were updated to reflect the revised 2023 specification. There will be four units of learning in the revised materials: Understanding Myself and Others 1; Making Healthy Choices 1; Relationships and Sexuality Education 1; and Emotional Wellbeing 1.

Skills for Facilitating SPHE training

The Department of Education is committed to the provision of substitute cover for Skills for Facilitating SPHE training for a three-year period. Development work continued in 2022 to prepare for piloting the training in three CHOs in early 2023.

Healthy eating policy toolkit for post-primary schools











The *Healthy Eating Policy Toolkit for Post-Primary Schools* was published in 2022 (HSE, 2022i). It is available to all schools via the **Health Promotion website** and can also be downloaded from **HSE H&W**.





Irish-language translation

In order to meet the needs of students who learn through the medium of Irish, MindOut and Know the Score resources were translated into Irish in 2022.

 Codail níos lú	 Tóg lá saor
 Imigh leat	 Cuir i gcéill go bhfuil sé ceart go leor
 Déan magadh nó bí ag gáire	 Tarraing/péinteáil
 Fan go mbeidh sé thart	 Téigh ag rith
 Téigh ag snámh	 Éist le ceol



Train-the-trainer programmes

Train-the-trainer programmes were delivered to HP&I staff in 2022 on two topics: healthy eating policy development (primary and post-primary) and wellbeing through physical activity.

Training delivery

In September 2022, in-person training recommenced for all training courses. Online training for Zippy's Friends, MindOut, and Know the Score continued, given the positive response from teachers to the delivery method during the COVID-19 pandemic. See Table 2 for the programme's training delivery.

Table 2: Education Programme training courses delivered in 2022

Training	Courses (n)	Participants (n)
Primary		
Zippy's Friends in-person	13	245
Zippy's Friends online	3	72
Physical Activity	5	78
Healthy Eating Policy	2	42
Total	23	437
Post-Primary		
MindOut in-person	7	100
MindOut online	5	62
Know the Score in-person	3	36
Know the Score online	3	20
Healthy Eating Policy	3	40
Total	21	258



Making Every Contact Count

Priorities of programme

The aim of Making Every Contact Count (MECC) is to develop a culture within the health service where every opportunity is used to talk to patients about quitting smoking, reducing alcohol intake, improving their diet, increasing physical activity, managing their weight, and minding their mental health and wellbeing. By having these client-centred conversations, service users will feel supported to make healthier lifestyle choices which help to prevent and manage chronic diseases. Chronic diseases such as diabetes, cardiovascular disease, chronic obstructive pulmonary disease and cancer are preventable. By preventing and reducing levels of chronic disease, increasing pressures on the health service can be relieved, while also improving patients' quality of life. The MECC programme includes a training programme consisting of eight e-learning modules and an optional Enhancing Your Skills workshop that gives healthcare professionals the opportunity to practise their brief intervention skills. By 2022, over 8,000 HSE healthcare professionals had completed the MECC e-learning training since its inception.

Activities and developments

Implementation of MECC within the health service

In 2022, some 2,355 staff completed the e-learning modules, while 722 staff completed the MECC workshop (see Table 3).

Table 3: MECC implementation within the health service in 2022

Training	Staff participants (n)
e-Learning modules	2355
MECC workshop	722
Total	3077

Transition of MECC training programme to HSeLanD

The MECC training programme, including 7,000 learner accounts, was transitioned to HSeLanD using a phased approach throughout 2022. Two new MECC modules, (i) Promoting Mental Health and Wellbeing and (ii) Talking about Overweight and Obesity, were piloted with HP&I staff in early 2022 and then modified and launched in June 2022 on **HSeLanD**.

Implementing MECC in maternity settings

Six MECC Enhancing Your Skills workshops were delivered in 2022 for staff in the maternity setting using resources adapted for that setting.

Train-the-trainers

Forty staff were trained as MECC trainers in April and September across all CHOs and Hospital Groups to expand trainer capacity.

Implementation resources

A set of five infographics about the MECC programme was developed and shared with key stakeholders to promote the programme. A revised version of the MECC Implementation Guide was co-produced by the MECC team and MECC mobilisers to provide guidance to staff having a lead role in supporting the implementation of MECC in CHOs and hospitals (HSE, 2022)).





MECC Digital

In 2022, in collaboration with HSE H&W, HealthEIR was renamed MECC Digital and updated to include two new HSE MECC modules: (i) Overweight and Obesity and (ii) Mental Health and Wellbeing. A second pilot was conducted in 16 HSE sites from September to December 2022. An interim report provided an update on this second pilot, which included analytics and feedback from healthcare professionals using the service.



Making MECC Work research at University of Galway

The Health Research Board Applied Partnership Award project team held a two-day consensus workshop with key stakeholders in June 2022. This was to develop a collaborative implementation blueprint to optimise and scale up MECC in the Irish health service. The research findings and the evidence-based recommendations were presented in the **Making MECC Work** policy brief, which was disseminated to stakeholders (Byrne *et al.*, 2022). An implementation plan to address these recommendations will be developed by the MECC programme in 2023.



Self-Management Support

Priorities of programme

Self-management support (SMS) aims to increase a person's knowledge, confidence and skills when looking after their health. HSE SMS coordinators have created dedicated SMS webpages

that list various resources. These are designed to help HSE staff and healthcare professionals support their self-management and also to help service users self-manage and live well with their long-term health conditions. All SMS resources are accessible on the **HSE website** as well as via a QR code.



Self-management Support



Supporting people to self-manage is an essential aspect of the Enhanced Community Care Programme and the Integrated Care Programme for the Prevention and Management of Chronic Disease. It is key to delivering person-centred care, in which people are empowered to actively participate in the management of their condition(s). Furthermore, equipping service users with knowledge, skills and confidence to self-manage is critical to achieving a more sustainable healthcare system.

Activities and developments

There was a breadth of SMS work carried out by SMS coordinators in 2022.

- **SMS awareness:** Raised awareness of the importance of self-management and SMS with health and social care professionals (HSCPs), patients and voluntary organisations.
- **SMS directories:** Produced and promoted SMS directories for HSCPs which signpost to resources, education, and training programmes that facilitate chronic disease management and secondary and tertiary prevention.
- **SMS webpages:** Developed and maintained a dedicated SMS webpage for HSCPs that details the resources and education programmes for healthcare professionals, which in turn enable them to support self-management and prevention.
- **SMS patient resources:** Produced and promoted SMS patient resources, including leaflets and videos, which support people to self-manage their chronic conditions and reduce the risk of developing complications or comorbidities.
- **Patients with chronic conditions:** Developed and maintained a dedicated SMS webpage for patients living with chronic conditions which details the clinically approved resources, programmes, and services that support self-management and secondary and tertiary prevention.



- **Integrated care pathways:** Embedded SMS within integrated care pathways for chronic disease and older persons through SMS coordinator membership with local Chronic Disease Management (CDM) and Integrated Care Programme for Older Persons (ICPOP) implementation structures as part of the Enhanced Community Care Programme.
- **Cross-sectoral collaboration:** Collaborated with condition-specific voluntary organisations, such as COPD Support Ireland, Asthma Society of Ireland, Croí, the Irish Heart Foundation, and Diabetes Ireland; developed, supported and promoted condition-specific peer support groups, such as in cardiac, stroke and chronic obstructive pulmonary disease; assisted with the development and promotion of their resources, supporting patients to self-manage aspects of their condition.
- **National Clinical Programmes:** Engaged with the National Clinical Programmes and worked to develop and support peer support groups.
- **Conference presentations:** Presented on SMS at various conferences.





Living Well: A Programme for Adults with Long-Term Health Conditions

Priorities of programme

The **HSE Living Well Programme** is an evidence-based self-management programme for adults with long-term health conditions, delivered in person or online. Over six weeks, participants develop practical skills and confidence to better manage their health in order to live well with their health condition.

Workshops are facilitated by two trained leaders, one or both of whom are living with a long-term health condition (i.e. peers). Living Well focuses on developing and enhancing the self-management skills of those who complete the programme. In this way, it complements regular treatment and structured patient-education programmes.



Activities and developments

Programme delivery

In 2022, some 104 Living Well programmes were delivered in person or online to 1,100 people across eight CHOs.

Delivery methodology

Typically delivered face-to-face in a community setting, Living Well adapted successfully to online delivery during the COVID-19 pandemic. Participants were supported to get online and an introductory session was added to familiarise all participants with the IT platform. As COVID 19 restrictions were lifted, Living Well programmes in some CHOs returned to in-person delivery in 2022. Online programme delivery will continue given its success.

Programme funding

The programme was originally funded by Sláintecare in six CHOs (1, 2, 5, 6, 8 and 9). These CHOs were successful in receiving mainstream funding in 2022, which will see programme delivery continue. In 2022, using once-off local funding, Mid West Community Healthcare and Cork/Kerry Community Healthcare delivered the Living Well Programme.

Living Well report

The Living Well report was finalised in March 2022 and demonstrated the value of the programme in supporting participants to become effective self-managers and active partners in their healthcare. Some of the significant outcomes are illustrated in Figure 6.



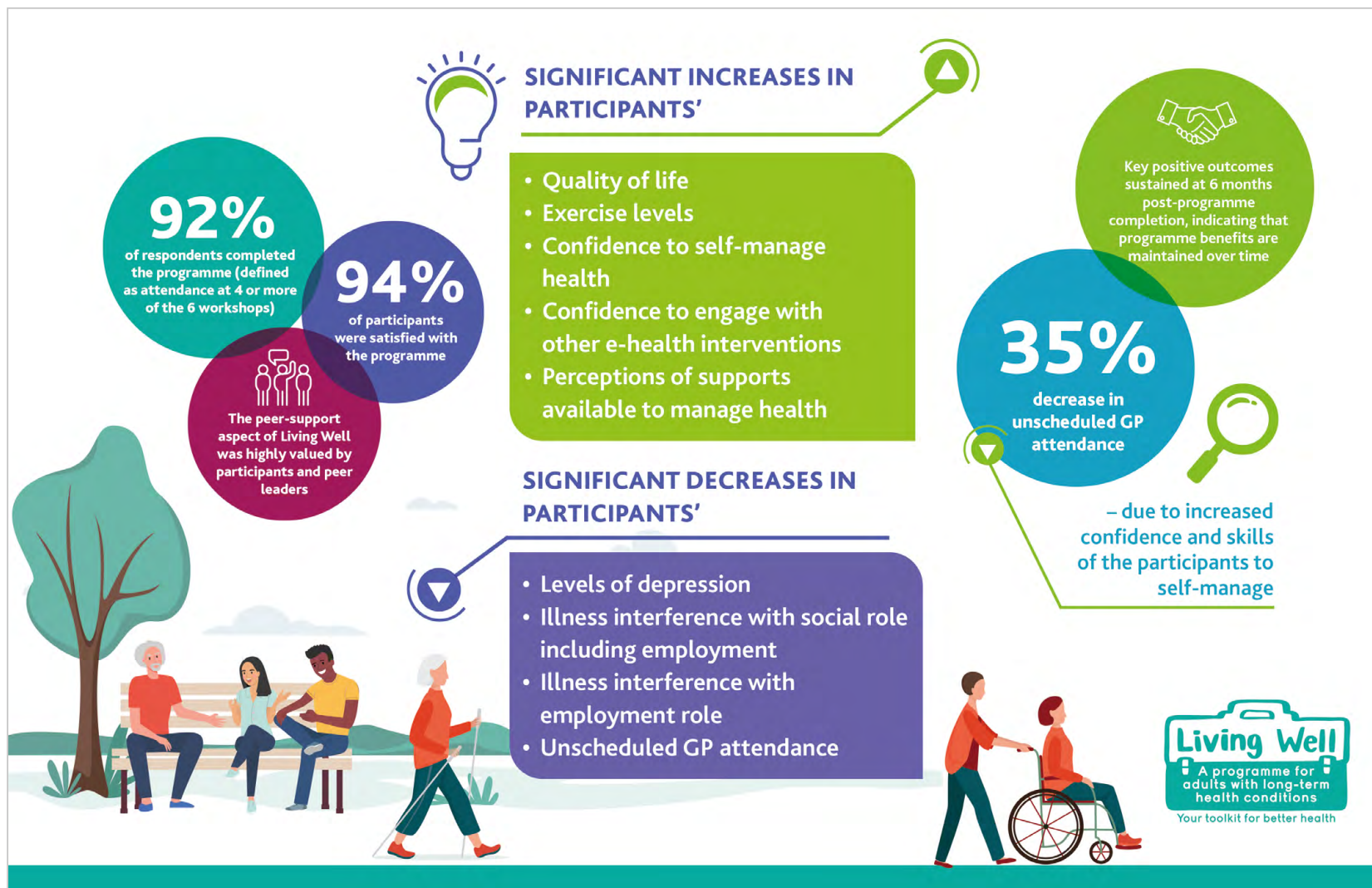


Figure 6: Key findings of the Living Well report, 2022



Stakeholder Engagement and Communications

Priorities of programme

The aim of the Stakeholder Engagement and Communications (SE&C) team is to coordinate and increase the reach and engagement of HSE H&W information and resources by working in conjunction with its various national programmes and in collaboration with HSE National Communications. Our role involves communication planning and management to ensure effective integrated communications activity. This includes stakeholder engagement, internal communications, media, digital, social and operational communications. We work across the NPPPs, nine CHO areas, and with many agencies and other public bodies.

Activities and developments

HSE Talking Health and Wellbeing podcast

Developments for a new H&W podcast called HSE Talking Health and Wellbeing began in 2022. The focus was on preproduction planning and training of the podcast hosts. The first podcast episode, which focused on Sláintecare Healthy Communities, was recorded in December 2022. Hosted by HSE staff, the podcast covers how the HSE and its partners are working to promote health across a variety of policy areas. Listeners will benefit from the insights of those working in the field, with the aim of supporting people who hold a job position or interest in health and wellbeing. The podcast will be launched at the beginning of 2023 and will be widely available, such as on **PodBean** and our **HSE Health and Wellbeing YouTube channel**.



HSE Health & Wellbeing e-zine

Five issues of the **e-zine** were produced during 2022 and contained a range of stories about different health and wellbeing initiatives at local and national level. The e-zine has been designed for a growing online audience to give a bright, quick and easy-to-use format for sharing our regular updates. It now has over 10,000 subscribers and is growing steadily. One of the most popular articles in 2022 was on *Stronger Together: The HSE Mental Health Promotion Plan* (HSE, 2022g).

Media training

Planning for media training went ahead in 2022 to prepare health promotion staff for interviews with the press. As a result, a number of HSE staff members successfully completed the HSE Media Training programme and are now qualified. The objective of the course is to encourage, empower, and enable HSE staff to deliver clear and effective media interviews. It also includes media interview preparation techniques and how to handle a communications crisis. Two further media training dates are scheduled for 2023.

HSE Health and Wellbeing webinars

Eleven webinars were planned and produced with the support of the SE&C team in 2022, with 5,452 registrations. These webinars showcased experienced staff in various policy areas as well as from partner organisations. They focused on a diverse range of topics, such as men's health, smoking, mental health (streamed live on YouTube and Zoom), alcohol and pregnancy, healthy food, young people and alcohol, and the annual Christmas Choir Concert. All webinars are available to watch on our **YouTube channel**.

Some HSE Health and Wellbeing webinars in 2022



Tobacco Endgame Conference

On 31 May 2022, communications support and advice was provided to TFIP to support the delivery of the Tobacco Endgame Conference at the Aviva Stadium. The event was fully subscribed, run successfully, promoted on social media, and recorded and posted on our **YouTube channel**, which has gained over 1,000 views.



Twitter @HsehealthW

The HSE H&W Twitter channel gained over 2,000 more followers in 2022. This channel is used almost daily to keep our stakeholders up-to-date. It has been vital in communicating with our followers about new podcast episode releases, initiatives such as Men's Health Week, and upcoming events. We interact with a wide variety of other channels and stakeholders via this channel.

HSE Health and Wellbeing YouTube channel

Our YouTube channel had over 107,000 views of a wide range of promotional and informative videos in 2022. A series of exercise videos for people with chronic conditions was produced as were videos on parent-child communication on topics such as relationships and sexuality from the SHCPP. We also recorded and posted a range of webinars and videos developed by Health and Wellbeing staff working at CHO level on topics such as the menopause as a watch-back option. Our subscribers increased by 1,300 during 2022. The exercise videos on Yoga; Pilates; and Strength and Conditioning for Beginners proved most popular as did the Minding Your Wellbeing video.

Video content development

The SE&C team worked with our various programmes to develop video content for patients and staff as part of our messaging as well as promoting short videos for use on social media and webinars. The longer-form video productions included a series of exercise videos for people with chronic conditions, alcohol and pregnancy videos, and Tobacco Free Campus videos. This included planning in conjunction with our programmes and external filming and production teams in order to plan, record and produce content with the appropriate tone, look and feel for the target audience.

Web content review

During 2022, the SE&C team began a review project of all related health and wellbeing content on the HSE website. Working in conjunction with HSE Digital, the team is engaging with each of the different areas within Health and Wellbeing. The aim of the project is to ensure that all related content is up-to-date, easily accessible and understandable to improve user experience. The project is due for completion in mid-2024.

HSE Overweight and Obesity event

The third annual event of *Overweight and Obesity... Let's Talk!* took place in Dublin on 6 October 2022 at the Royal College of Physicians in Ireland. The event was attended in person by over 80 guests and also broadcast online, with over 1,400 tuning in to watch it. The audience consisted of both healthcare professionals and members of the public. A multichannel communications plan to support the promotion of the event was developed and delivered by the SE&C team. This included everything from streaming the event, all pre and post public relations, internal communications and social media activity.

Why does Ireland have so many cases of foetal alcohol syndrome?

Ireland is estimated to have the third-highest prevalence of FAS in the world, with about 600 babies born here each year with the syndrome

Major study finds over 80% of farmers improved heart health

Free at-home STI testing now available nationwide

Minister Stephen Donnelly said scheme is 'one of the most important innovations' in sexual health care

Before we knew any better, doctors in Ireland used to recommend Guinness to pregnant women as a source of iron. In more recent times, there was a perception that the real risk from alcohol was confined to the first trimester, when the structure of the brain is developing. "We now know that is actually wrong. Alcohol at all stages can affect the brain of the developing foetus," says Dr Aisling Sheehan, head of the Health Service Executive's alcohol programme. Yet, expectant parents will still hear mixed messaging, not only from family and friends but even from some health professionals.

Cork addiction experts: 'Benefits of minimum unit pricing take time'

Irish pub opening hours changes backed by Stephen Donnelly despite HSE concerns

Under new plans approved by Cabinet, nightclubs will be allowed to stay open until 6am, with last orders taken at 5am.

Section 39 National Partner Activity

Commissioning for Health and Wellbeing

Section 39 organisations are voluntary organisations that have service-legal agreements with the HSE to provide **health and social care within communities**.

Through our funding of various Section 39 agencies, we commission health and wellbeing activities at a national level with a significant network of organisations. We also work to inform the commissioning of health and wellbeing activities by giving expert policy advice and input to other funding streams, such as the Department of Health Healthy Ireland funding and local HP&I-funded activities through the CHO structures. This network of both commissioning and informing others to build health and wellbeing in an evidence-informed way continued to be supported in 2022.

Grant funding

HSE H&W currently fund 52 Section 39 agencies across all of our programmes, with a total of €6,152,210 in grant funding being paid out in 2022 (see Table 4). A robust governance process is in place with all agencies to ensure that funding is spent as outlined in their grant aid agreement and in accordance with HSE National Financial Regulations. This process includes:

- A detailed review and assessment of grant aid applications by the National Health and Wellbeing Grant Evaluation Committee prior to agreeing funding. Agencies must provide evidence of a valid tax clearance certificate, current bank balance, and income and expenditure report for funding sought.

- A grant aid agreement drafted and signed by the HSE and agency prior to payment.
- Review meetings between the HSE H&W lead and agency held throughout the year to assess performance and discuss any issues arising.
- Annual financial statements, supporting documentation and chairperson's statements submitted by each agency on an annual basis, which are reviewed by our Finance Business partner.





Table 4: Section 39 agencies funded by the HSE

Active Disability Ireland (CARA)	Age & Opportunity	Age Friendly Ireland	AkiDwA
Alcohol Action Ireland	Alcohol Forum Ireland	Association of Lactation Consultants in Ireland (ALCI)	Bessborough Centre
Bray Women's Health Centre	Carlow Sports Partnership	Community Creations	Croí
Cuidiú	Diabetes Ireland	Donegal Women's Centre	Dublin Well Woman Centre
Foróige Exit Youth Café	Foróige REAL U	Foróige THI	Friends of Breastfeeding
GAA	Gay Health Network	GOSHH	HIV Ireland
Irish Coalition for People Living with Obesity	Irish Family Planning Association (IFPA)	Irish Heart foundation	Irish Men's Sheds Association
La Leche League of Ireland	Limerick Social Service Council	Men's Development Network	Men's Health Forum in Ireland
National Institute for Prevention and Cardiovascular Health	National Nutrition Surveillance Centre	National Parents Council Primary	National Women's Council of Ireland
National Youth Council of Ireland	NYCI	OneFamily (Cherish)	Outhouse
Parkrun	Sexual Health Centre	Sexual Health West	South East Technological University
SouthWest Counselling Centre	Special Olympics Ireland	The No Name Club	Treoir
Waterford Healing Arts Trust	West Cork Counselling & Support Services	Young Social Innovators	Youth Health Service



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