



2021 – 2025









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Healthy Fingal Strategic Plan, 2021 – 2025

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Acronyms

BOBF	Better Outcomes, Brighter Futures
CAMHS	Child and Adolescent Mental Health Services
CHO	Community Healthcare Organisation
CSO	Central Statistics Office
CYPSC	Children and Young People’s Services Committee
ESRI	Economic and Social Research Institute
HI	Healthy Ireland
HIV	Human Immunodeficiency Virus
HSE	Health Service Executive
LCDC	Local Community Development Committee
LHO	Local Health Office
NDRDATF	North Dublin Regional Drug and Alcohol Taskforce
NSRF	National Suicide Research Foundation
SILC	Survey on Income and Living Conditions



Acknowledgements

The Healthy Fingal Strategic Plan has been resourced through the Department of Health, Healthy Ireland Fund received by the Fingal Local Community Development Committee and the Fingal Children and Young Person's Services Committee.

The development of this strategic plan was led by the Healthy Fingal Steering Committee. This Steering Committee includes members and representatives from across Fingal including Fingal County Council, Health Service Executive, Fingal Children and Young Person's Services Committee, Empower, Public Participation Network, Fingal Sports Partnership, Age Friendly Fingal, Fingal Leader Partnership and Dublin and Dun Laoghaire Education and Training Board among others.

By taking a cross-sectoral collaborative approach in the development of this strategic plan we have sought to include the voices of all Fingal community members including vulnerable, marginalised and disadvantaged groups. Sincere thanks to everyone who has engaged in the creation of this document.



Rialtas na hÉireann
Government of Ireland



government supporting communities

Comhairle Contae
Fhine Gall
Fingal County
Council



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Coiste um Fhorbairt Pobail Áitiúil Fhine Gall
Fingal Local Community Development



Enabling Change



Fingal
Public
Participation
Network



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Fingal



be a link in the chain



NORTH DUBLIN
Regional Drug & Alcohol Task Force



Bord Oideachais agus Oiliúna Dublin and Dún Laoghaire
Átha Cliath agus Dhún Laoghaire Education and Training Board





Cllr David Healy Mayor of Fingal

Foreword

As Mayor of Fingal County Council, I welcome and support the Healthy Fingal Strategic Plan.

As we all know, Fingal is a wonderful place to live, work and socialise for most of its residents and this document supports the ability of our community to enjoy physical and mental health and well-being. Importantly, this document illustrates the need to support those most vulnerable within our community and address health inequalities. This Plan will also be integrated into our Fingal Local Economic Community Plan.

The Covid-19 pandemic has shown the importance of working together for the common good, and I see the Healthy Fingal Strategic Plan as another step towards an inclusive Fingal where people can realise, and be supported to achieve, their full potential.

Fingal County Council has an important role to play particularly in enabling increased physical activity both for transport and in recreation and cooperates with the other organisations in the Healthy Fingal Strategic Plan.

Thank you to all organisations and agencies who collaborated to produce this document which is unique to the Fingal area.

Finally, a special thanks to the organisations, services and agencies throughout Fingal who continually work to support and improve the health and well-being of everyone in the Fingal community.

Preface

Our vision for a Healthy Fingal is where everyone can enjoy physical and mental health and well-being to their full potential, where well-being is valued and supported at every level of society and is everyone's responsibility.

This has never been as important as during the current pandemic. We have learnt that it is imperative we work together as a community to ensure the good health and well-being of everyone in Fingal. Through working together and collaborating on initiatives we, as a community, have supported the most vulnerable in our community to manage the direct and indirect impact the coronavirus has had on their health and well-being.

The key role we have played in the Government's Keep Well initiative, delivered through the Healthy Fingal office and Fingal Children and Young Peoples Services Committee (FCYPSC), is a testament to the confidence and trust that has been placed in our organisation to work at a local level to protect and promote the physical and mental health of our citizens.

Promotion of health and well-being is complex and our Plan identifies five key areas and action items, which are the starting point to our engagement with the community. Simple actions can have significant impacts on the health and well-being of the Fingal community.

Our five key action areas are:

- **Healthy Eating and Active Living**
- **Mental Health and Well-being**
- **Sexual Health**
- **Tobacco**
- **Alcohol**

Our Healthy Fingal Strategic Plan supports the overarching goal of the Fingal Local Economic and Community Plan 2016 – 2020 to promote and support the economic and the local and community development of Fingal. We seek to address and work with the community to understand health and well-being issues which may exist and to support everyone in Fingal to enjoy the quality of life they wish to enjoy.

The Plan's priority is to address health inequalities which affect the most vulnerable in Fingal, many of which have been emphasised during recent times. Health inequality is affected by a wide range of factors including social exclusion, income, housing conditions, lifestyle and poverty and can lead to higher rates of mortality and morbidity. We seek to assist vulnerable community members to adopt healthier lifestyles and achieve health equity, by this we mean their full health and well-being potential. This plan is a starting point and we envisage that it will continue to develop over time to meet emerging needs and harness new opportunities.

Our Plan also supports the vision of FCYPSC that Fingal will be the best county in Ireland in 'which children, young people and their families live, grow up and raise a family, and where the rights of all children and young people are respected, protected and fulfilled; where their voices are heard and where they are supported to realise their maximum potential now and in the future'. (BOBF).

The Healthy Fingal Strategic Plan seeks to provide the community with supports and information to increase control over their own health and well-being and we will look forward to working with them in the months and years ahead.

COVID-19

In March 2020, while this strategy was being finalised the Covid-19 pandemic began to spread across Ireland. This pandemic has, and will have many health and well-being implications across communities in Fingal.

For many stakeholders the virus has re-orientated how we work, how we communicate and how we collaborate and has seen a large increase in programmes and supports moving online. The Healthy Fingal Steering Committee will continue to review responses to Covid-19 and its impact on community members particularly those most vulnerable.

A Healthy Fingal is where everyone can enjoy physical and mental health and well-being to their full potential, where well-being is valued and supported at every level of society and is everyone's responsibility.

Introduction

Overview

Communities across Ireland are facing significant health challenges in relation to healthy eating, physical activity, mental well-being, sexual health, quitting smoking and reducing alcohol related harm. To address the growing health challenges facing Irish people, the government has developed a co-ordinated interagency strategy – Healthy Ireland (HI).

HI sets out a framework of actions which will be undertaken by Government Departments, businesses, individuals, communities and public sector organisations to improve health and well-being while reducing risks to future generations. Healthy Fingal sets out to support the implementation of HI across Fingal by addressing health inequalities. It aims to implement the national Healthy Ireland Framework (2019-2025) at a local level to improve the health and well-being of all in the Fingal region.

Vision

A healthy Ireland, where everyone can enjoy physical and mental health and well-being to their full potential, where well-being is valued and supported at every level of society and is everyone’s responsibility.

The national HI Framework sets out four high level goals to achieve its vision:

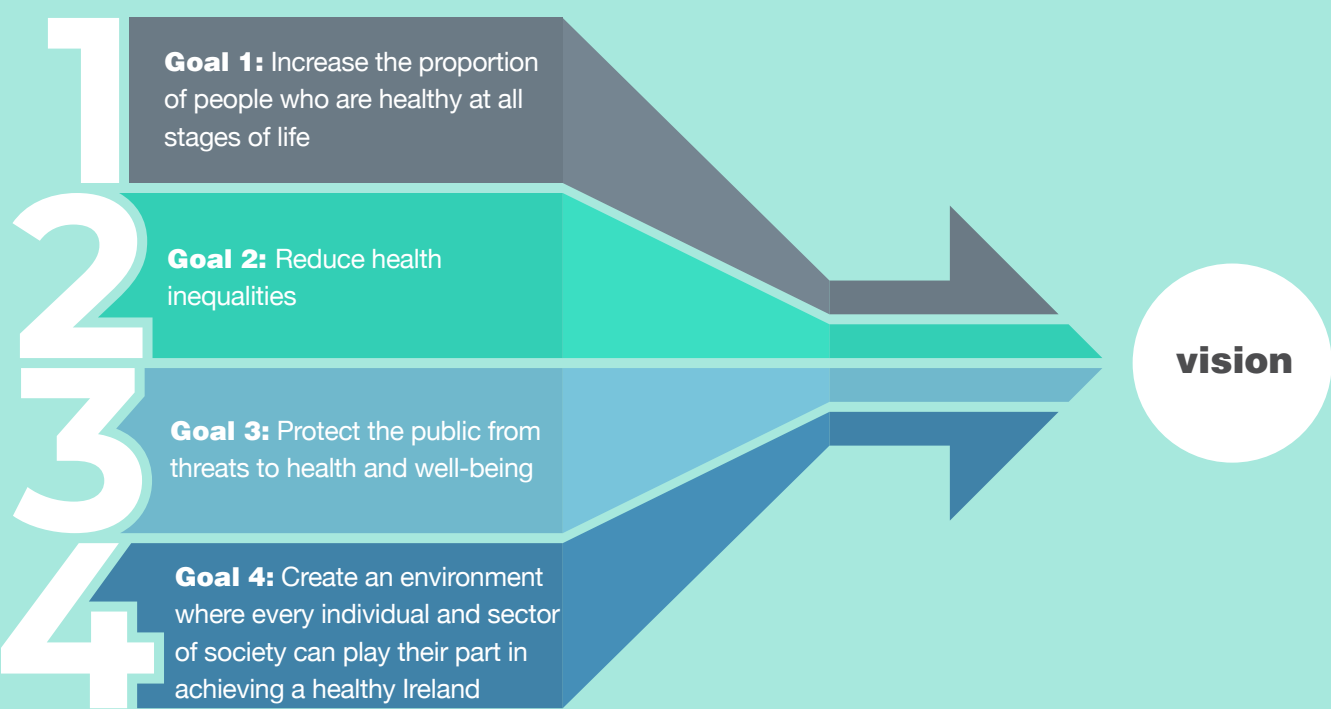


Figure 1 Figure 1 Healthy Ireland Vision (Healthy Ireland Framework 2019 - 2025)

Methodology

The development of a strategic local plan for Healthy Fingal followed the HI partnership-based approach. It takes a whole-of-government and whole-of-society approach to improving health and well-being and the quality of people's lives.

The strategy was developed using a four-phase process illustrated in the diagram below:



Figure 2 Key Processes in developing Health Fingal (Healthy Ireland Framework 2019 – 2025)

Objectives

Following a rigorous four phase process for developing the Healthy Fingal Strategy five primary objectives of Healthy Fingal were determined.

The outcome of the development process was to align the five pillars of the Healthy Ireland Strategy and to the primary objectives of Healthy Fingal, as follows;






1	Pillar One: Healthy Eating and Active Living		To ensure that access to existing health focused programmes and amenities is maximised by promotion and provision of comprehensive on-line information. This information will support signposting and referral, through existing services and new initiatives.
2	Pillar Two: Mental Health and Well-being		To complement existing strategies such as 'Connecting for Life' by supported people from all age ranges to have access to evidence based well-being initiatives.
3	Pillar Three: Sexual Health		To support and promote a wider range of age appropriate and evidence based sex education and sexual health programmes within Fingal.
4	Pillar Four: Tobacco		To continue to promote a Tobacco Free Fingal with a particular focus on enhancing the availability of smoking cessation programmes in line with a social determinants of health model – ensuring access for the most disadvantaged communities.
5	Pillar Five: Alcohol		To support and promote a broad range of interventions that will encourage a reduction in the intake of alcohol and increased uptake of services for younger people.

Table 1 Primary Objectives of Healthy Fingal

Summary of Healthy Fingal Actions

This strategy defines 19 actions, which correspond to an objective and the five pillars of the National Healthy Ireland Strategy. These actions provide a roadmap for how health can be improved for people across Fingal by addressing health inequalities.



Overview – Healthy Fingal at a Glance



Healthy Eating and Active Living

Pilot of a social prescribing model in Fingal

Extend and promote evidence based health eating and cooking programmes

Promote age friendly initiatives and healthy ageing within Fingal

Improve dissemination of activities which promote health eating and active living to local communities

Develop, promote and review a training portal for teachers

Encourage and promote affordable activity programmes in the community

Mental Health and Well-being

Support programmes that build resilience and well-being for young people in Fingal

Development and delivery of ‘age friendly’ and ‘dementia friendly’ communities

Implement a range of evidence based mental health and well-being programmes

Promote the yourmentalhealth.ie database of mental health and well-being services to Fingal residents

Overview – Healthy Fingal at a Glance

Pillar 3

Sexual Health

Support qualitative research with young people in Fingal to explore their needs

Promote evidence based sexual education and sexual health programmes

Promote the database of sexual health services sexualwellbeing.ie and ensure that this information is accessible to Fingal residents

Pillar 4

Tobacco

Support evidence based smoking cessation programmes

Promote the national database of tobacco reduction related services, quit.ie and ensure that this information is accessible to Fingal residents

Communicate information on the health effects of vaping as evidence based information becomes available

Pillar 5

Alcohol

Support primary prevention programmes that promote protective factors and reduce risk

Promote the database of alcohol related services askaboutalcohol.ie, and build knowledge and capacity within communities of Fingal to access local alcohol services and supports particularly for hard to reach groups

Raise awareness of alcohol related harm and support evidence based programmes that reduce alcohol intake

Conduct research on the nature and prevalence of alcohol use in Fingal

Increase knowledge and access to specialised supports for family members impacted by someone else's alcohol use

Support Fingal communities to be more meaningfully involved in efforts to reduce alcohol related harm in their area

Social Determinants of Health

The HI strategy recognises that there are many factors, or determinants, which can influence a person's health and well-being, and acknowledges that good health is not evenly distributed across Irish society. The strategy affirms that the circumstances in which people are born, grow, live, work and age all impact on their health, in addition to the individual choices people make about how to live. Analysing health needs from a social determinants perspective means mapping the relationship between the individual, their environment and disease. Three layers are commonly considered as social determinants and, according to Dahlgren & Whitehead,¹ can be described as follows:

- The first layer is personal behaviour/ways of living that can promote or damage health.
- The second layer is social and community influences, which provide mutual support for members of the community. But they can also provide no support or have a negative effect.
- The third layer includes structural factors: housing, working conditions, access to services and provision of essential facilities. In this respect, the environment in which people live has been evidenced to be a major determinant of health and well-being.

The social determinants of health model requires that any initiative or strategy be considered in light of its potential impact on the communities that experience the greatest health disparities.

“..there are many factors, or determinants, which can influence a person's health and well-being..”

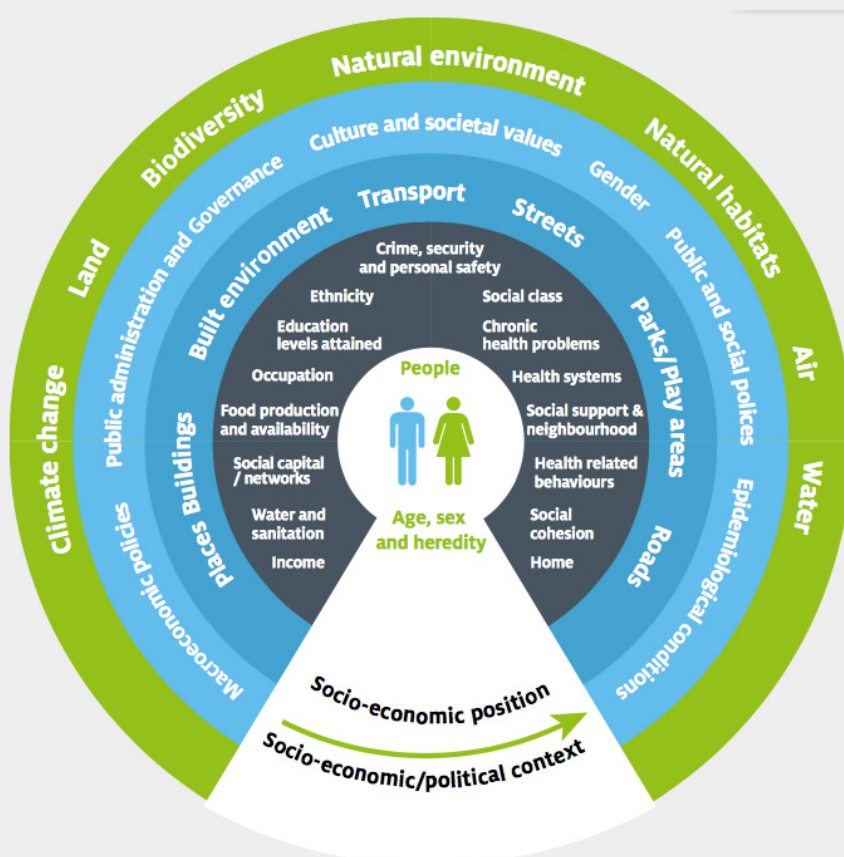


Figure 3 Social Determinants of Health (Healthy Ireland Framework 2019 – 2025)

The National Policy Context

Overview

Over the past years significant work has been undertaken, in consultation with the public, in developing national policies and plans. These include, but are not limited to Tobacco Free Ireland (2013), National Sexual Health Strategy (2015), National Physical Activity Plan (2016), A Healthy Weight for Ireland Obesity Policy (2016), Reducing Harm, Supporting Recovery - a health lead response to drug and alcohol use in Ireland (2017) and the National Get Ireland Walking Strategy (2017). Across these plans there is recognition that policies and actions have to be integrated and implemented at a local level for outcomes to be optimised. The Fingal LCD and Fingal CYPSC are ideally placed to understand local needs and issues.

The key national policies which support HI are listed below:

[National Drug and Alcohol Strategy, Reducing Harm, Supporting Recover 2017 - 2025](#)

[A Healthy Weight for Ireland - Obesity Policy and Action Plan 2016-2025](#)

[National Traveller and Roma Inclusion Strategy 2017 - 2021](#)

[Sharing the Vision a Mental Health Policy for Everyone - 2020](#)

[Get Ireland Walking - Strategy and Action Plan 2017 - 2020](#)

[Better Outcomes Brighter Futures \(BOBF\) 2014 - 2020](#)

[National Sexual Health Strategy 2015 - 2020](#)

[Connecting for Life 2015 - 2020](#)

[National Physical Activity Plan](#)

[Tobacco Free Ireland](#)



Figure 4 National Policies
(Healthy Ireland Framework 2019 - 2025)

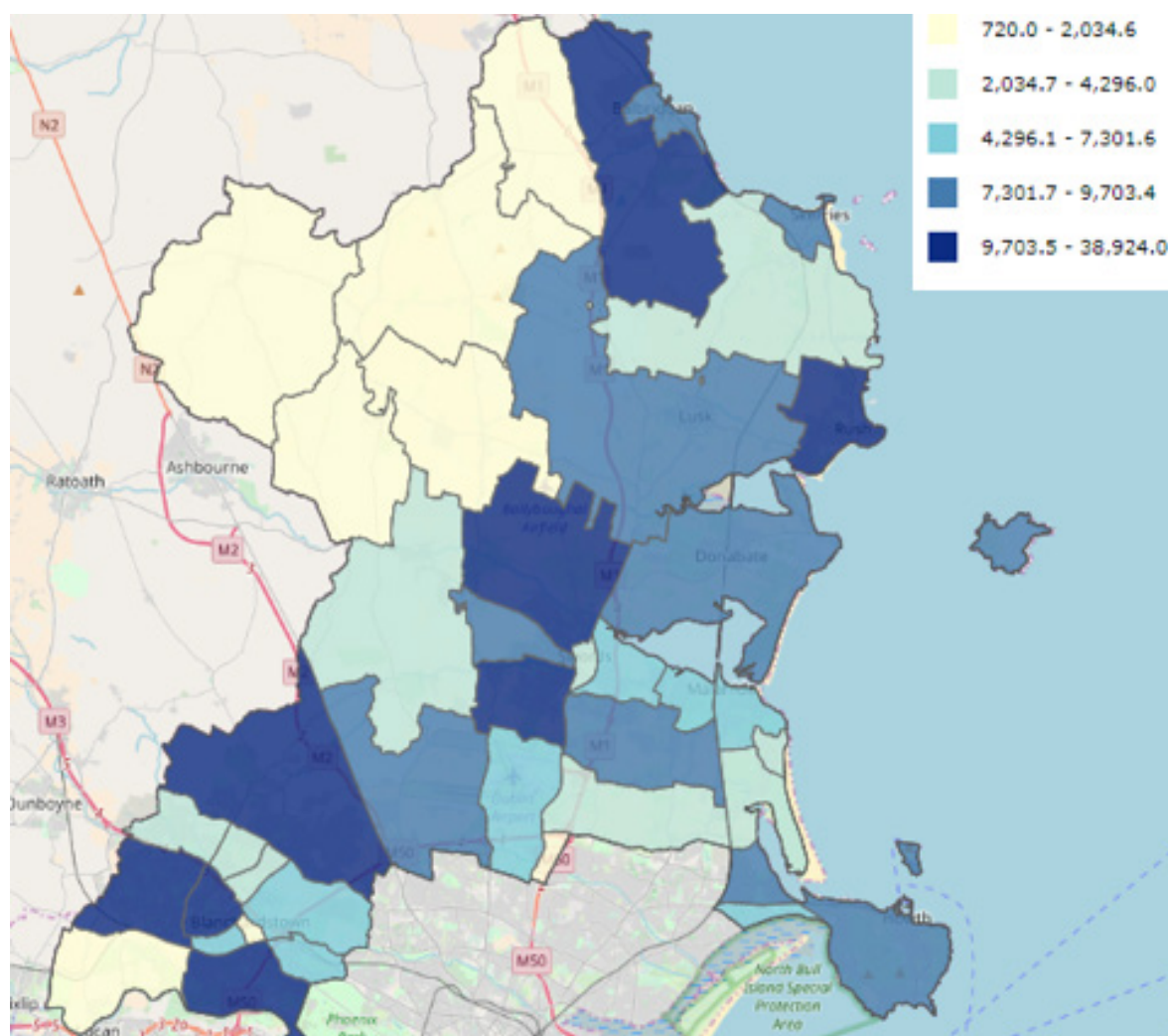
Fingal Demographic and Health Profile

Fingal Overview

Fingal County is located in the north of Dublin and stretches from the border with Meath in the north to River Liffey and the Dublin City boundary in the south and from the Meath and Kildare border in the west to the coast in the east. The area spans rural, urban and suburban communities and is home to several key elements of national and regional infrastructure, including, most significantly, Dublin Airport. The area is made up of 42 Electoral Divisions which contain 964 Small Areas of Population.

In the 2016 census, Fingal was the 26th largest of Ireland's 31 Local Authority areas (458km²). It was the sixth highest by population density (647 per km²) and the third largest, in terms of population (296,020). Fingal's population accounted for 22% of the total Dublin population a proportion which has risen steadily from 14% since 1986. The 2016 census indicated a continuing high growth rate in Fingal at 8%. This was in spite of the economic downturn and compares with a 3.8% growth rate in the total Irish population. Fingal experienced an actual increase of 22,029 people in its population which made it the fastest growing local authority in the State. Males accounted for 49% of the population and females made up 51%.

Figure 5 Population Density 2016 (Persons per km²) by Electoral Division



Age of Population

Fingal had the youngest age profile of all local authorities in the country. The average age of people in Fingal was 34.3 years compared to the Irish average of 37.4 years. Fingal also had the fourth highest youth dependency ratio² (37%) and the lowest old age dependency ratio³ (13.8%) in Ireland in 2016, which indicate that there is a young population in the county.



A large early childhood and primary school age profile means significant health benefits can be achieved through health programmes focused on the pre and post primary school settings. Community and school based approaches support longer term behavioural change in relation to health.

Aggregate Town and Rural Areas

More than nine in ten residents in Fingal live in aggregated town areas while less than one in ten live in rural areas. While both town and rural areas have seen population growth in the five years since the previous census, town areas have grown at four times the rate compared to rural areas. While programmes situated in key urban hubs within Fingal will meet the needs of many people, the need to ensure a spread of health services across the country remains a key planning challenge.

Nationality and Ethnicity

More than eight in ten residents of Fingal are Irish nationals and Fingal proportionately contains a larger population of foreign nationals than the national average. Fingal as an area with a large non-Irish national population faces the challenge of language being a barrier to the transfer of knowledge and/or information to members of new communities where English

is not a first language. Outside of language supports, needs are also diverse across migrant groups. A well-researched issue is the increased mental health needs of people with a refugee or asylum-seeking status, as compared to migrants without this background.

Areas of Disadvantage

While Fingal may be the second most affluent local authority area in the country, pockets of disadvantage are found scattered throughout the area. The Pobal Deprivation index 2016 classified five small areas in Fingal as being 'very disadvantaged' three in the Blanchardstown area and two in the Balbriggan area. There were 51 small areas classified as being 'disadvantaged', just under half of these were in the Blanchardstown area in western Fingal with Balbriggan and Swords following as the areas that contained the largest numbers of areas classified as disadvantaged.



Disability

The 2016 census reported that there was 31,970 people in Fingal that reported having a disability, this equates to 10.8% of the population, lower than the national average. Consequently, planners need to focus on



issues that impact on the health of disabled people. These issues include but are not limited to⁴: access to services, the specific needs of people with disabilities who also have a mental health need, and the challenges facing people with disabilities who also have communication issues as this group frequently often experiences disparities in accessing health services⁵.

Health Specific Data for Fingal

To inform this document 93 health indicators from 24 available regional (i.e. Dublin) or Fingal data sets and reports⁶ have been reviewed against equivalent national health indicators. The majority of these indicators showed that Fingal was in line with or positively exceeding the national average. The areas where Fingal/Dublin had a 2 to 3 negative percentage difference from the national average included:

- A lower percentage of people who have attempted to quit smoking in the past 12 months (Dublin based)
- A higher proportion of residents that have drunk alcohol in the past year and of drinkers who drink at least once a week (Dublin based)
- A higher proportion of young person (18 – 34 years) prevalence of usage of any illegal drug in the last year and in their lifetime (Dublin based)
- A higher percentage of children aged 15–17 who reported having ever had sex (Dublin based)
- A higher percentage of women who would describe at least one of their pregnancies as a crisis pregnancy (Dublin based)
- A lower percentage of people who have had sex education who said it was helpful or very helpful in terms of preparing them for adult relationships (Dublin based)
- A more diverse range of responses to the question ‘what time of the month do you think a woman is most likely to become pregnant?’ between its male and female population (Dublin based)
- A higher number and rate of HIV diagnoses by HSE area (HSE Area East - Dublin, Kildare, Wicklow)
- A higher proportion of HIV positive and new HIV positive cases found through the HIV antenatal screening programme by HSE (HSE Dublin North East region)
- A lower proportion of accepted referrals offered first appointment and seen within 12 weeks by CAMHS (CHO Area 9)
- A higher proportion of young people with a probable mental health problem (Dublin based)
- A higher percentage of children who are absent from school for 20 days or more in the school year and a higher proportion of student days lost for primary schools (non-attendance) (Dublin based)
- The highest number of people accessing local authority managed emergency accommodation out of eight regions. (Dublin based)
- A higher proportion of children living in lone-parent households (Dublin based)
- A higher proportion of households private renting (Fingal based)
- LHO Dublin North has one of the lowest immunisation rates in the country



A higher rate of malignant colorectal cancer, malignant lung cancer and all invasive cancers except non-malignant skin cancer in males compared to the national average. A higher rate of malignant lung cancer, malignant melanoma and all invasive cancers except non-malignant skin cancer in females compared to the national average (Fingal based)

Another way to explore local health issues is to look at the issues that have an effect on the most amount of people in Fingal. The following population estimations⁷ have been developed to provide a basic means of assessing this: ¹

- 127,342 people aged 15 and over are overweight or obese (Healthy Ireland Survey 2015)
- 120,640 aged 15 and over during the last 12 months consumed the equivalent of six or more standard drinks on one drinking occasion (Binge drinking) (Healthy Ireland Survey 2015)
- 82,886 people aged 15 and over reported experiencing mild, moderate or severe depression in the last 2 weeks (Irish Health Survey 2015)
- 67,545 people aged 18 years and older that received sex education when they were young and did not feel that it was helpful in preparing them for adult relationships (Irish Study of Sexual Health and Relationships 2006)
- 67,022 people aged 15 and over report having a long-standing illness: (Healthy Ireland Survey 2015)
- 57,694 children aged 10–17 are not being physically active for at least 60 minutes per day on more than four days per week: (State of the Nation's Children report figures 2016)
- 44,605 people aged 18 and over would like more information regarding safe sex or STI's (Irish Study of Sexual Health and Relationships 2006)
- 38,625 people aged 15 – 34 have a lifetime prevalence for the usage of any drug (Drug Prevalence Survey 2015)

While much of the population face a health issue, or have an unrealised health goal, there is evidence that people wish to take action to improve their health. The Healthy Ireland Survey 2015, found that in Dublin, the following percentages of people wish to make changes that would make them healthier;

- Be more physically active: 39% (87,129 persons)
- Lose weight: 28% (62,554 persons)
- Eat healthier: 27% (60,320 persons)
- Quit smoking: 11% (24,575 persons)
- Cut down smoking: 7% (15,638 persons)
- Cut down alcohol: 6% (13,404 persons)



¹ note that all numbers of estimations, details of the approach to these calculations in contained in the end notes

Summary

Fingal is a county with a large and rapidly expanding population. It has the youngest age profile out of all the Local Authority Areas in the country and is home to more new communities. Fingal's general health is as good if not a little better than the national average. However, there are a number of areas where there is a clear need to focus policy attention. Despite Fingal ranking as the second most affluent Local Authority in Ireland, there are pockets of disadvantage that are located throughout the whole of the county, with the Blanchardstown and Balbriggan areas in particular having areas that are classified as being very disadvantaged. In line with national health strategy and the underpinning social determinants of health approach there is an onus on planners and community leaders to ensure that these areas are prioritised and not left out of local strategic developments.

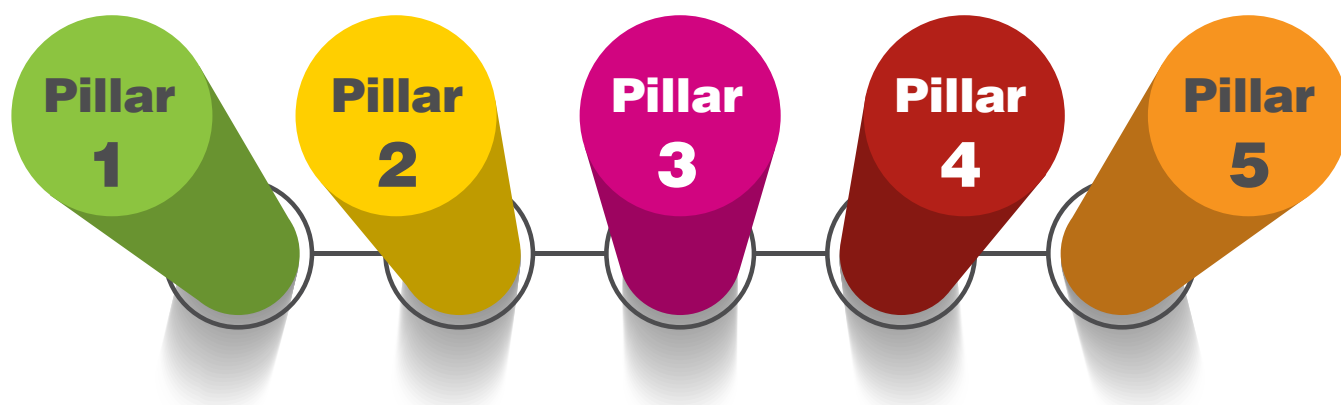
To support future planning there is a need for statutory agencies to work in a co-ordinated manner to ensure information on all services is accurate and easily accessible to the population. Another information based need that has arisen is the need for greater access to useful health data at the Fingal level. This action will support measurement of the success of actions in this and other HI related strategies and support data informed planning in years to come.





Strategic Actions

This strategy identifies 19 actions under five pillars which correspond with the National Healthy Ireland Strategy. Together these actions provide a roadmap for improving health in Fingal by addressing health inequalities.



6.1 Pillar One – Healthy Eating and Active Living

6.2 Pillar Two – Mental Health and Well-being

6.3 Pillar Three – Sexual Health

6.4 Pillar Four – Tobacco

6.5 Pillar Five – Alcohol



6.1 Pillar One – Healthy Eating and Active Living

Introduction and context

In Dublin 38% (84,895, estimate for Fingal) of the population aged 15 and over are overweight and 19% (42,447, estimate for Fingal) are obese. These statistics are similar to national levels and highlight a need to focus attention on healthy eating as a poor diet can contribute to a person being overweight and/or obese.

The 2016 census, shows that 89% (261,965) of the whole population perceives their health to be good or very good. However, only 59% (5,592) of those aged 75 or older give this answer, which is significantly less than young people aged 15–24, where 94% gave this answer (31,448). In the Dublin region, 69% (22,395, estimate for Fingal) of children aged 10–17 reported being physically active for at least 60 minutes per day on more than four days per week. Regular physical activity is key to getting and staying healthy. Guidelines⁸ include recommendations that children and young people (2 – 18 years) should be active, for at least 60 minutes per day seven days per week.

Fingal is part of the commuter belt to Dublin city, with many residents commuting on a daily basis. This is generally similar to the national average in its resident's preference for commuting to work, school or college. Three quarters of residents use some form of motorised vehicle on their commute, almost one in five residents' walk or cycle, while less than one in ten works from home. Fingal's high level of motorised transportation to work puts the health of commuters at higher risk of mortality.⁹

The following issues have been prioritised by the strategic planning subgroup from a broader list of issues that were identified through the stakeholder consultations as issues of priority, needing to be addressed in order to increase healthy eating and physical activity.

There is a need for more awareness of existing recreational activities and facilities for both youth and adults. Awareness raising efforts need to include reaching out to Sport Ireland target groups.



There is a need for continued community education on healthy eating. Families on low incomes can find it difficult to know how to eat healthily on a budget, which can manifest in children being overweight. However, there is also an issue in some instances of children presenting to services malnourished.

There is a need for activities to appeal to a diverse range of needs and preferences – including fun non-competitive sports and alternative physical activities for people not attracted to traditional sports.

There is a need for more affordable youth clubs, community facilities and activities.

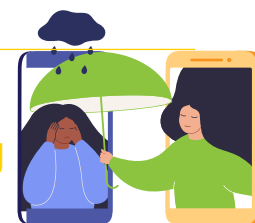
Objective

To ensure that access to existing health focused programmes and amenities is maximised by promotion and provision of comprehensive on-line information. This information will support signposting and referral to existing services and new initiatives such as social prescribing.

Actions

- Pilot of a social prescribing model in Fingal.
- Extend and promote evidence based healthy eating and cooking programmes.
- Promote age friendly initiatives and healthy ageing within Fingal.
- Improve dissemination of activities which promote healthy eating and active living to local communities.
- Develop, promote and review a training portal for teachers.
- Encourage and promote affordable activity programmes in the community.





6.2 Pillar Two – Mental Health and Well-being

Introduction and Context

Over 1 in 4 people will experience mental health issues in their lifetime¹⁰. In 2016 19% of the population in Dublin (42,447 estimate for Fingal) reported experiencing mild depression and 6% (13,404 estimate for Fingal) reported experiencing moderate depression. Both these rates are joint highest of eight regions across Ireland. Census 2016 shows a total of 6,656 people in Fingal reported having a psychological or emotional condition.

Locally there are challenges in accessing timely mental health supports. In the CHO Area 9 (covering Dublin North City and Dublin North) only 42.6% of accepted referrals were offered a first appointment and seen within 12 weeks by the CAMHS team. This compares poorly with the national average of 61.4% accepted referrals. The HI Survey in 2015 found that young people in Dublin (15-24 years) were almost twice as likely to experience and report a probable mental health problem than adults over 24.

The following issues have been prioritised by the strategic planning subgroup from a broader list of issues that were identified through the stakeholder consultations, as factors needing to be addressed in order to increase community mental health and well-being.

There is a need for greater awareness of services and programmes available throughout Fingal.

There is a need to encourage and support people to engage in well-being practices and activities and to overcome barriers to engagement, namely a fear of discussing mental health issues.

Migrant communities in Fingal need to be supported to engage with mental health and well-being services.

There is a need to ensure that people with dual diagnosis (addiction and mental health issues) can access services, as there are substantial barriers to access.

Service provision needs to be targeted (where possible) at younger age groups with an early intervention focus that supports people in a timely manner, to prevent issues becoming acute. Parents, guardians and services should be supported to build resilience in young people.

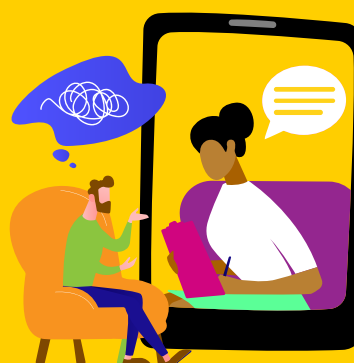
Service provision need to be expanded to reduce waiting times and ensure young people are getting access to mental health assessments and treatment when needed.

Objective

To complement existing strategies such as 'Connecting for Life' by supporting people from all age ranges to have access to evidence based well-being programmes, as well as the development of dementia friendly communities.

Actions

- Support programmes that build resilience and well-being for young people in Fingal.
- Development and delivery of 'age friendly' and 'dementia friendly' communities.
- Implement a range of evidence based mental health and well-being programmes.
- Promote the yourmentalhealth.ie database of mental health and well-being services to Fingal residents.



6.3 Pillar Three – Sexual Health

Introduction and Context

33% (3,631, estimate for Fingal) of young people, aged between 15 and 17 in Dublin have had sex. While the rate of teenage pregnancy has decreased significantly across Ireland in the last 10 years Dublin, has the joint 12th highest rates out of 26 counties, with 4.5 per 1,000 births are to a mother aged 17 or under¹¹. Fingal data from 2016 shows the number of births to mothers under 20 was 63¹².

The issue of sexuality, knowledge and supports for making good choices was frequently discussed within policy documents in reference to the need to support young people who are having sex and experimenting for the first time. However, the issue is not restricted only to young people. The CSO Vital Statistics report showed a higher rate of women (27%) in Dublin had experienced a crisis pregnancy than the national average. This same study found that 16% (33,985, estimate for Fingal) of people reported the cost of condoms as a barrier to use and 36% (39,557, estimate for Fingal) stated the same thing for the contraceptive pill.

There is a whole population need for information on sexual health issues. A 2017 study found that, in Dublin, 24% (50,977, estimate for Fingal) of the population incorrectly believed HIV could be contracted through kissing and 30% (63,722, estimate for Fingal) believed this of spitting¹³. The last whole population survey on the topic of sexual health, conducted in 2006, found that, in Dublin 19% (40,357, estimate for Fingal) of people wanted information on having a more meaningful sex life and 21% (44,605, estimate for Fingal) wanted more information on safer sex and/or sexually transmitted infections¹⁴. It was also found that only 11% (23,365, estimate for Fingal) had ever been tested for HIV in Dublin.

The following issues have been prioritised by the strategic planning subgroup from a broader list of issues that were identified through the stakeholder consultations, as factors needing to be addressed in order to ensure better sexual health in Fingal.

Education for adults is needed to empower them to speak to their children about sexual health issues in an age appropriate way.

There is a general lack of sexual health education programmes and services (screening, medical, information) in Fingal and currently not sufficient staff to rollout current evidence based programmes to more people.

Signposting and information could be improved in Fingal. Knowing the appropriate service to turn to can be difficult, especially for teenagers. There is no one stop shop for young people in Fingal to find out the services that can assist them.

There is a general lack of services and programmes in the area of sexual health, and community needs may also be less visible due to this.

Objectives

To provide a wider range of age appropriate and evidence based sex education and sexual health programmes within Fingal.

Actions

- Support qualitative research with young people in Fingal to explore their needs.
- Promote evidence based sexual education and sexual health programmes.
- Promote the database of sexual health services sexualwellbeing.ie, and ensure that this information is accessible to Fingal residents.



6.4 Pillar Four – Tobacco

Introduction and Context

21% (44,605, estimate for Fingal) of people in Dublin smoke with 40% (84,962, estimate for Fingal) of all who have smoked in the past 12 months having made an attempt to quit during that period, and 67% (29,885, estimate for Fingal) of smokers are at least thinking about quitting¹⁵. 5.7% (1,850, estimate for Fingal) of young people aged 10 – 17, reported smoking at least once a week, which makes Dublin the joint 2nd highest of the 8 regions¹⁶, however, in the same study 84% (27,263, estimate for Fingal) reported never having smoked.

The following issues have been prioritised by the strategic planning subgroup from a broader list of issues that were identified through the stakeholder consultations, as factors needing to be addressed in order to reduce the amount of harm caused by tobacco use in Fingal

A range of supports need to be readily accessible when people are thinking about quitting.

Signposting, information and pathways to services should be easily accessible online.

There is a need for parental education. Parents who are smokers themselves may find it difficult to set boundaries leading to a perception of a lack of parental support in relation to young people quitting.

Communicating information effectively on how to quit smoking is a challenge. Creative messaging that utilises a range of mediums is necessary to enhance accessibility in order to capture those with lower levels of literacy.

Vaping has become popular yet its effects are largely unknown, there is a need for more information and research on this issue.



Objective

To continue to promote a Tobacco Free Fingal with a particular focus on enhancing the availability of smoking cessation programmes in line with a social determinants of health model – ensuring access for the most disadvantaged communities.

Actions

- Support evidence based smoking cessation programmes.
- Promote the national database of tobacco reduction related services, quit.ie and ensure that this information is accessible to Fingal residents.
- Communicate information on the health effects of vaping as evidence based information becomes available.

6.5 Pillar Five – Alcohol

Introduction and Context

Alcohol use is pervasive across society. The HI Survey 2015 reports that in Dublin, 81% (180,960, estimate for Fingal) of respondents have drunk alcohol in the past year, with 60% (134,044, estimate for Fingal) of drinkers drinking at least once a week. In the 12 months prior to this survey 54% (97,718, estimate for Fingal) have consumed the equivalent of six or more standard drinks on one drinking occasion, which is viewed as a binge drinking experience. Furthermore, 14% (25,334, estimate for Fingal) of drinkers indicated that during the past 12 months they have regretted something that they said or did after drinking.

In the State of the Nation's Children 2016, 58% (18,824, estimate for Fingal) of children aged 10–17 reported never having had an alcoholic drink, with 11% (3,570, estimate for Fingal) reporting being drunk in the last 30 days. For young people, the rate of a binge drinking episode in 2015 in Dublin was 7% higher than adults at 61%. These findings are generally supported by the National Advisory Committee on Drugs and Alcohol – Drug Prevalence Survey 2015, which found that 17% of 17 year olds or younger in the NDRDATF area, had drunk in the last year, slightly higher than the national average.

The following issues have been prioritised by the strategic planning subgroup from a broader list of issues that were identified through the stakeholder consultations, as factors needing to be addressed in order to reduce the amount of harm caused by alcohol in Fingal.

There is general need to raise awareness about alcohol related harm, binge drinking and the availability of alcohol treatment and supports across Fingal.

There is a need for increased service provision, particularly for youth. There are too few pro-social activities for young people in some areas. A lack of accessible

activities was viewed as increasing the risks of antisocial behaviour, including alcohol use. Prevention work needs to be done to build resilient young people and communities which can tackle alcohol related problems.

There is a need for better signposting, knowing the appropriate services to turn to can be difficult. There is a need for better, more accessible sign posting for parents, their children as well as the wider community.

Objectives

To support a broad range of interventions that will lead to a reduction in the intake of alcohol and increased uptake of services for younger people.

Actions

- Support primary prevention programmes that promote protective factors and reduce risk factors including delaying initiation into alcohol use for young people.
- Promote the database of alcohol related services, askaboutalcohol.ie and build knowledge and capacity within communities of Fingal to access local alcohol services and supports particularly for hard to reach groups.
- Raise awareness of alcohol related harm and support evidence based programmes that reduce alcohol intake.
- Conduct research on the nature and prevalence of alcohol use in Fingal
- Increase knowledge and access to specialised supports for family members impacted by someone else's alcohol use.
- Support Fingal communities to be more meaningfully involved in efforts to reduce alcohol related harm in their area.



Endnotes

- i. Social Determinants of Health adapted from Dahlgren and Whitehead (1991), see http://www.nwci.ie/download/pdf/determinants_health_diagram.pdf.
- ii. The young dependency ratio is the number of young people of 0-14 years of age as a % of the population of working age (15 – 64 years of age).
- iii. The old age dependency ratio is the number of people aged years 65 and over as a % of the population of working age (15 – 64 years of age).
- iv. https://www.researchgate.net/publication/242462711_The_Experience_of_People_with_Disabilities_in_Accessing_Health_Services_in_Ireland_Do_inequalities_exist
- v. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3741324/>
- vi. The consulted datasets and reports include:
 - 1) Healthy Ireland Survey 2015,
 - 2) Census 2016,
 - 3) Irish Study of Sexual Health and Relationships 2006,
 - 4) The State of the Nation's Children 2016,
 - 5) NSRF Database 2015,
 - 6) HSE Screening datasets 2016,
 - 7) CSO Vital Statistics 2015 and 2016,
 - 8) NDTRS database 2015,
 - 9) HIV Ireland Stigma Survey 2017,
 - 10) The Childhood Obesity Surveillance Initiative (COSI) 2014,
 - 11) HSE Perinatal Statistics Report 2015,
 - 12) National Advisory Committee on Drugs and Alcohol – Drug Prevalence Survey 2015,
 - 13) HSE Annual Report - Immunisation uptake 2015,
 - 14) HSE HIV in Ireland 2016 Report,
 - 15) Voluntary Antenatal HIV Screening In Ireland, 2016,
 - 16) HSE Performance Reports Sept 2017,
 - 17) Tusla School Attendance Data 2016,
 - 18) Pathway Accommodation and Support System (PASS) January 2018,
 - 19) Department of Education Statistics 2016,
 - 20) CSO SILC Survey 2016,
 - 21) Dublin Regional Homeless Executive Report Q3 2017,
 - 22) Irish Youth Justice Service data 2016,
 - 23) Tusla, Service Performance and Activity Report Q3 2017,
 - 24) CSO Live Register data February 2018
- vii. The following estimations have been developed based off percentages taken from

large scale surveys (see footnote 39) and applying percentage of respondents to a given issue to the population of Fingal. i.e. In the State of the Nations Children report 2016 11% of 10 – 17 years in Dublin report having been drunk at least once in the past 30 days. The Fingal population of 10 – 17 year olds is 32,456 therefore 11% of 10 – 17 year olds in Fingal equates to 3,570 children. *Note: Population data taken from census 2016.

- viii. Be Well - The Department of Health and HI <https://www.gov.ie/en/publication/06de8b-be-well/>
- ix. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3226527/>
- x. Connecting for Life - <https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/>
- xi. State of the Nation's Children 2016
- xii. CSO Vital Statistics 2016
- xiii. HIV Ireland Study 2017
- xiv. Irish Study of Sexual Health and Relationships 2006
- xv. Healthy Ireland Survey 2015
- xvi. State of the Nation's Children 2016
- xvii. Healthy Ireland Framework 2019 – 2025









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