

Healthy Ireland
Healthy Workplaces
National Federation of Voluntary Bodies
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Health and Wellbeing Programme
Department of Health



Healthy Ireland Vision

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

Healthy Ireland Goals

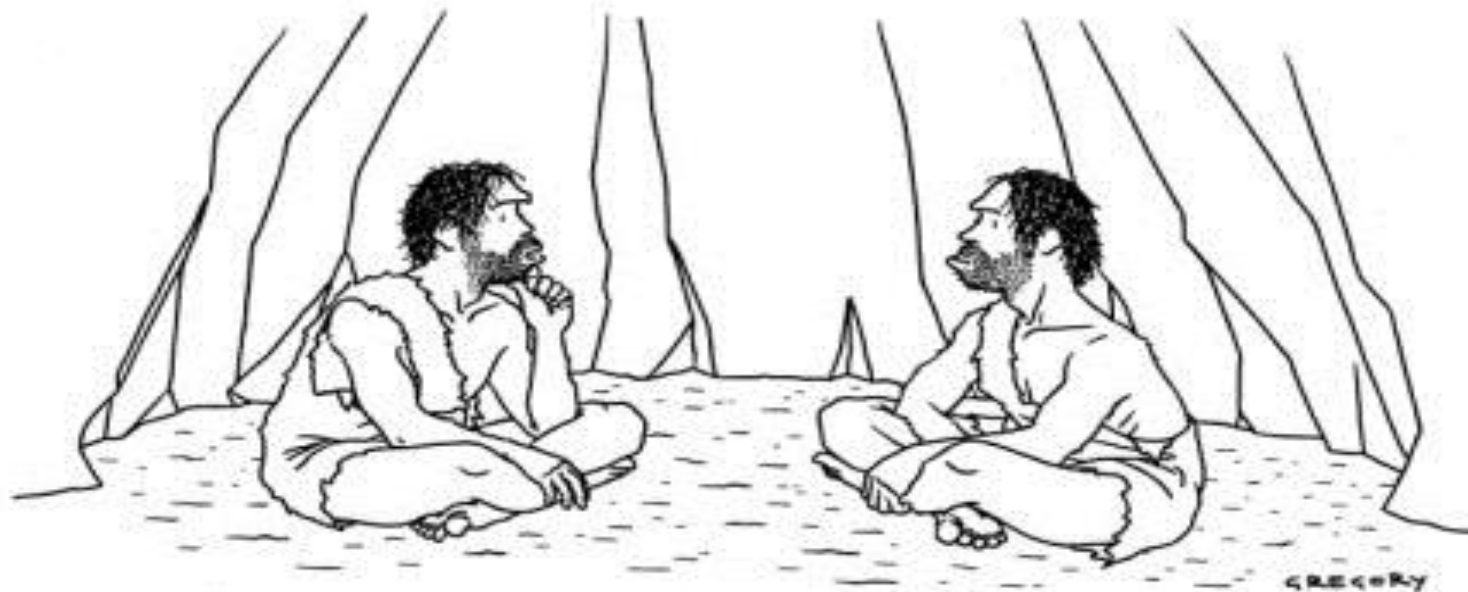
- Increase the proportion of people who are healthy at all stages of life
- Reduce health inequalities
- Protect the public from threats to health and wellbeing
- Create an environment where **every individual and sector of society can play their part** in achieving a Healthy Ireland

How healthy is Ireland?

- People living longer but not necessarily healthier lives
- Burden of chronic disease growing – lives lost, quality of life, costs
- Persistent health inequalities
- If current trends continue the future is extremely costly and unsustainable
- Essential to address issues now to improve lives of current population and future generations

How healthy is Ireland?- key stats

- Almost 60% of adults overweight or obese, 2 in 3 adults not getting enough exercise (*HI Survey 2015*)
- 1 in 4 children overweight or obese. Less than 1 in 5 school children meeting physical activity guidelines
- 19% are daily smokers- 1 in 2 smokers die from tobacco-related illness (5,500 people annually)
- 4 out of 10 people binge drink- Alcohol responsible for 90 deaths per month and factor in up to half of all suicides
- Economic cost of mental health problems est. €11 billion per year



"Something's just not right—our air is clean, our water is pure, we all get plenty of exercise, everything we eat is organic and free-range, and yet nobody lives past thirty."

CN
COLLECTION

Meeting the Challenge

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



Healthy Ireland Implementation

- New opportunity to:
 - Shape the national discourse on health and wellbeing
 - Re-focus efforts on prevention and ‘keeping people well’
 - Empower people to look after own health and make the ‘healthier choice the easier choice’
 - Address priority issues, including healthy workplaces in a collaborative approach
 - Build a new culture and philosophy around health and wellbeing

Why Workplaces?

- HI action 1.6 All public sector organisations and workplaces will be required by Government to promote and protect the health and wellbeing of their workforce, their clients and the community they serve.
- Healthy Ireland ‘whole of society’ approach
- 2 million people -significant part of daily lives at work. Structures already in place for support, implementation
- Chance to improve integration & delivery of national Health and Wellbeing Initiatives into the workplace

Why workplaces?

‘Best buy’ for prevention and control of chronic disease, and for mental health (WHO)

The WHO identify 3 reasons

- **It is the right thing to do: business ethics**
- **It is the smart thing to do – the business**
- **It is the legal thing to do: the legal case**

Healthy Workplace Framework

- Cross sectoral working group established to oversee development of the Framework
- Co-chaired by D/JEI and D/Health and comprising several Government Departments and agencies
- *Good for Business, Good for the Community* identifies employee health and wellbeing in Workplace Employee pillar
- Informal consultation and engagement with wide range of stakeholders

Healthy Workplace Framework

- Enhance and support existing efforts and initiatives
- Identify and share best practice
- Provide resources to share knowledge and support implementation
- Encourage collaboration and consultation
- Recognise good practice, innovation and leadership

Healthy Ireland in the Health Services

- HSE - National Implementation Plan 2015-2017
- 3 Pillars
 - Health Service Reform
 - Reduce the Burden of Chronic Disease
 - Improving Staff Health and Wellbeing
- Applies to staff in Agencies funded by HSE

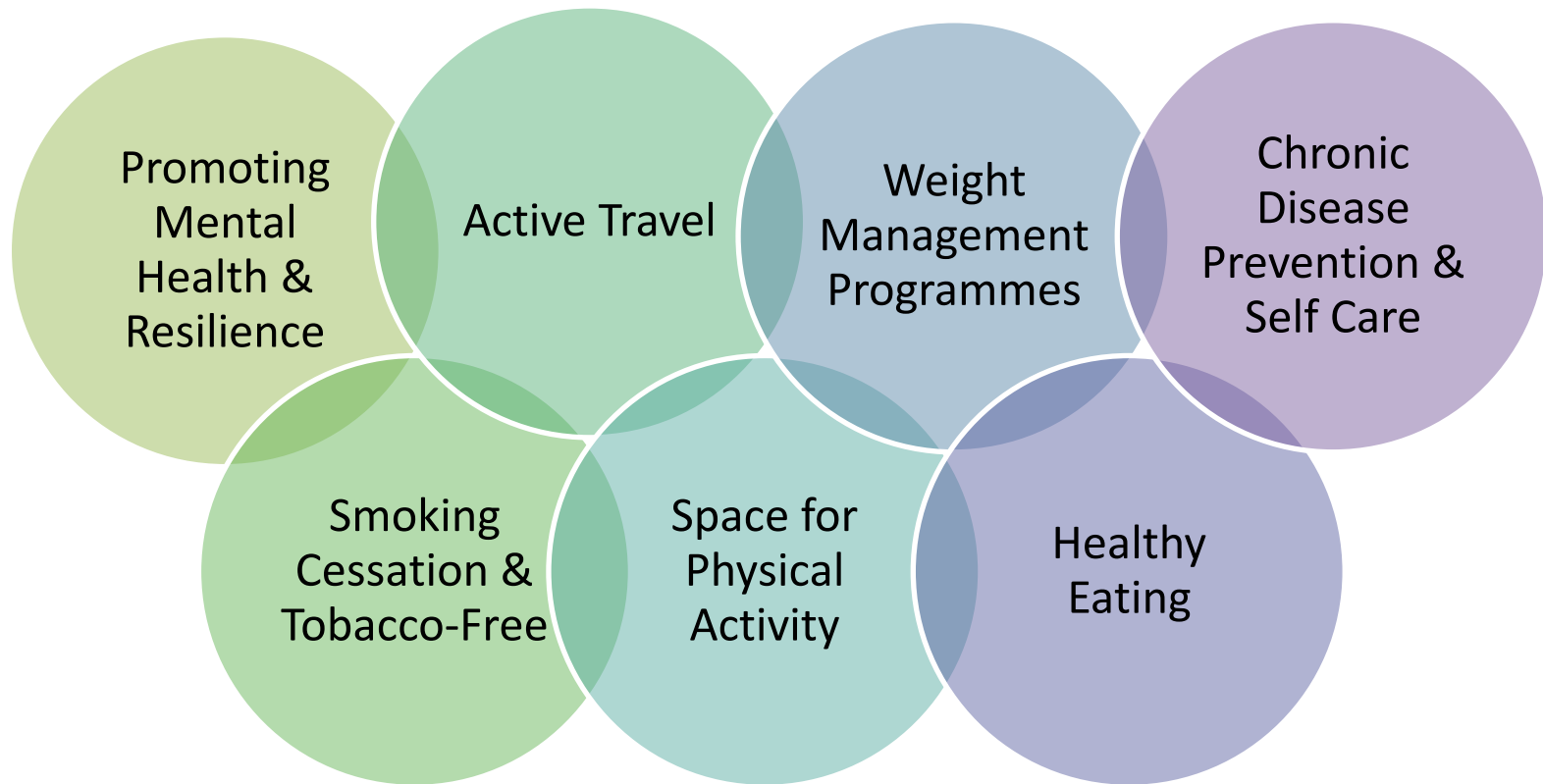
Enablers for development of Healthy Workplaces Culture

- Top management support and commitment
- Dedicated resources to develop and implement health and wellbeing plans
- Involvement of staff and their representatives
- Development of a sustainable process to ensure effectiveness and continual improvement

Key Elements of Healthy Workplace Initiatives

- Introduction of smoke-free campuses
- Promoting increased physical activity
- Promoting health eating e.g. healthy meal options, displaying calorie counts on menus, healthy food available in vending machines
- Supporting positive mental health initiatives

What makes a Healthy Workplace?



Thank You!

Health and Wellbeing Programme in Dept. of Health

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