



Building on a Strong Foundation

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Delivering on the Health & Wellbeing Agenda

- **Why is Prevention important?**
- **How did we get to where we are today?**
- **What is required to build on it for the future?**

Why is Prevention Important?

- Over 35% of all deaths in Ireland in 2019 can be attributed to behavioural risk factors
- More than half of Irish people aged 65 and over reported having at least one chronic condition
- 42 % of Irish adults in the lowest income group report having at least one chronic condition, compared with 17 % among those in the highest

Behavioural Risk Factors

- 4 main behavioural risk factors linked to chronic disease and ill-health - smoking, unhealthy diet, physical inactivity, alcohol consumption
- All socioeconomically linked, have multiple interrelated causes and contribute to the higher burden of health inequalities
- All shaped by environment in which people live, education, employment, shops in which they buy food, access to green spaces and public transport
- Improving any of these factors depends on more than the Health Services can offer. Our partnerships with Local Authorities, Education and voluntary and community groups is so important.

How did we get to where we are today?

- **Strategic Direction**
- **Leadership**
- **Partnership**
- **Investment**

What is required to build on it for the future?

- **Ensure H&W is embedded as part of the new HSE Health Regions**
- **Continue to focus on improving health outcomes**
- **Take a more focused approach to addressing health inequalities in all HSE services**
- **Build on our Partnership working**

Thank You



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