Healthy Ireland

**HEALTHY TEAMS**

The Healthy Ireland (HI) Framework was adopted by the Irish Government in 2013 in response to Ireland’s changing health and wellbeing profile. HI is a Government action plan that involves every part of Irish society in improving our health and wellbeing. The HI has published ‘Healthy Ireland in the Health Services’ – an implementation plan (2015–2017) for the Healthy Ireland Framework which specifically focuses on the HSE, our workforce, our services and the people to whom we provide services. Details of the launch were carried in the previous edition of Health Matters.

‘Healthy Ireland in the Health Services’ has identified three clear strategic priorities for action, because in one way or another, every part of the health service is engaged in improving health and wellbeing. The plan outlines a sector-wide focus on:

1. System Reform – ensuring that we deliver the significant reforms which are underway to support a better health system
2. Reducing Chronic Disease – the biggest risk to our population’s health and our services
3. Staff Health and Wellbeing – ensuring we have a resilient and healthy workforce

This plan is packaged to support both national and local level implementation, with 128 actions requiring leadership and commitment across all levels of the system. This plan is about all of us working together to create an environment that improves health and wellbeing.

The plan also presents six themes which the HSE has prioritised for action to reduce the burden of chronic disease and improve the health and wellbeing of our staff.

Over the forthcoming months, Hospital Groups, CHO’s and Corporate Divisions will commence the implementation of Healthy Ireland in the Health Services on a phased basis. Progress is underway with the RCSS Ireland East and University Limerick Hospital Groups and CHO 4 (Cork and Kerry) already working in partnership with national and local Health and Wellbeing staff to develop their response to Healthy Ireland, building on the many positive initiatives and relationships historically in place. The Saolta Hospital Group, who published their HI Saolta Implementation last year will continue their implementation across all the hospitals in the group this year.

The launch of the national HI plan seeks to capitalise on the momentum for health and wellbeing approaches and activities across the system. A number of different initiatives have commenced ranging from the implementation of calorie posting in canteens to staff organised events like Couch to 5K, chair and exercise classes.

**STUDY DAY TAKES PLACE AT CHERRY ORCHARD**

TO facilitate roll out of this new policy, the multi-disciplinary cross divisional HSE Export Group on Vending and Calorie Posting held a Calorie Posting Study Day in Cherry Orchard Hospital (23rd January) which was attended by over 90 staff and colleagues from across the health services. Presentations on the day included the learning from Letterkenny General and Cherry Orchard Hospitals with input from the HSE’s expert group, the Food Safety Authority of Ireland (FSAI), the Irish Heart Foundation (IHF) and health and wellbeing teams. Health and Science and Nutrition degree students from Athlone Institute of Technology who were members of the working group fed back their experience. The FSAI gave an input on MenuCal, their free on-line calorie posting tool. The on-site learning was extended to a working lunch in Cherry Orchard restaurant where the chefs, catering staff and members of the pilot working group were on hand to answer visitor questions. Demonstrations on how they implemented calorie posting from on-site customer education, promotion, standardised menus, waste reduction and behavioural change analyses were also given.

An on-line toolkit has been developed to assist with the implementation. The policy guidelines to calorie posting and other items in the toolkit can be accessed on www.hse.ie/caloriепosting.