

CORK: A CITY THAT CONNECTS FOR HEALTH



SUPPORTING, VALIDATING, ENABLING, STRENGTHENING

Thursday 5th May
Millennium Hall, Cork City Centre

GRAPHIC HARVEST

#healthycork

Supported by



A HEALTHY CITY...

So, what does
this look like?

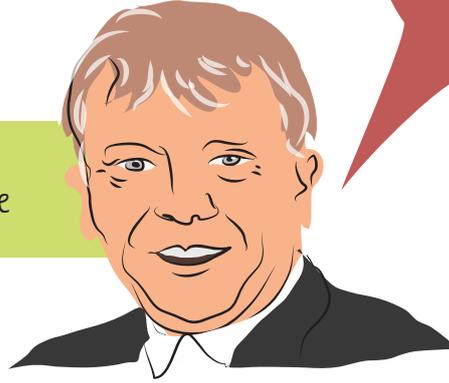


A
city that connects
to improve the health and
wellbeing of all its people and
reduce health inequalities

SUPPORTING, VALIDATING,
ENABLING,
STRENGTHENING

Morning Session

Chair Cllr Tony Fitzgerald Cork Healthy Cities Political Representative



We want to recognise health leadership in Cork city.

2012: Cork becomes a Healthy City!

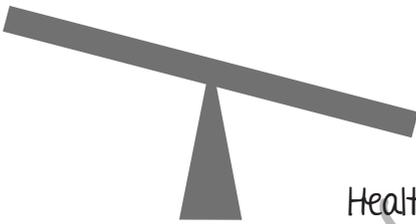
Cork City council is a key agent in promoting the social determinants of health

Welcome!

I'm honoured to open this conference! This is about recognising health leadership in the city and creating a broader understanding of health.

Deputy Lord Mayor Cllr Mick Nugent

Inequality has a profound effect on the health of disadvantaged communities



Healthy Cities is a CATALYST.

We are endeavouring to make health a focus within all departments of the City Council.



We've come a long way...!

Ann Doherty Chief Executive Cork City Council "Cork - A City That Connects"



We want to showcase and recognise the work of local health champions.

INNOVATION

The health of every man, woman and child in our city is PRECIOUS and must be protected.



Cork Food Policy Council and the Lifelong Learning Festival are great examples of partnership.



Key Note Address by Charlotte Marchandise-Franquet

French Healthy Cities Network and Deputy Mayor for Health, Rennes, France.



Health in All Policies: leadership and governance.



"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946

We need **Health in All Policies** because...

Our greatest health challenges are complex & linked to the social determinants of health



Our greatest health challenges :
noncommunicable diseases
health inequities and inequalities
climate changes, air pollution
spiralling health care costs

A healthy city is....

...one that **continually** creates and improves its physical and social environments and expands the **community** resources that **enable people** to mutually support each other in performing all the functions of life and developing to their **maximum potential**.

Health is a **POLITICAL** choice...

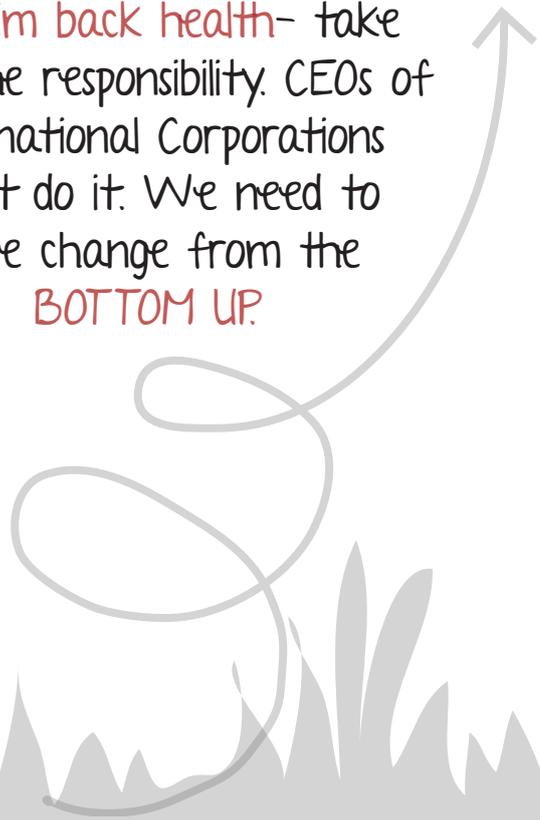
When engaging politicians we must talk about subjects that matter for **THEM** such as mental health and air pollution.



BE BRAVE!
Force leaders to
take note.



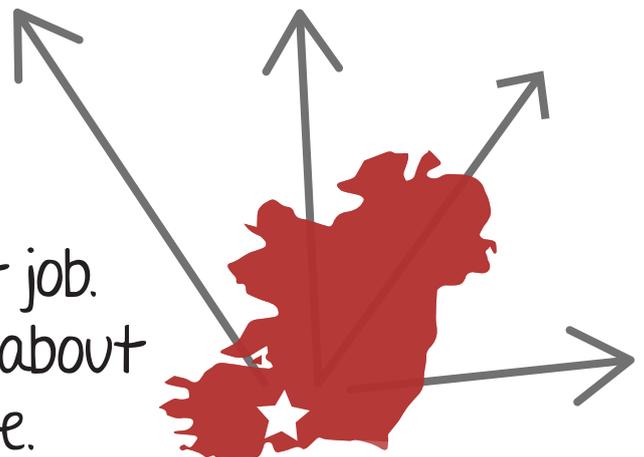
Citizens have an opportunity
to **claim back health**- take
back the responsibility. CEOs of
Multinational Corporations
won't do it. We need to
drive change from the
BOTTOM UP.



We have an opportunity to
shape and change the discourse
around health away from "illness"
and towards "**keeping people
well**".



Cork is doing a really great job.
The learning for us is really about
replicating that elsewhere.



Audience Q&A

What about emotional and spiritual health?

We need to fund research. Evidence must underpin action—especially when spending public money.

Working with businesses? Can economic leaders do more than promote the "bottom line"?

There is sometimes an emphasis on "Lifestyle" vs "Health"

Our culture is a barrier to health.. how do we change culture?



Plenary session

Panel Presentations on Healthy Cities - Chaired by Jim O'Donovan
Chair Cork Healthy Cities Steering Group & Director of Services
Environment & Recreation Cork City Council.

Every story has a hero- but Healthy Ireland has more than one hero- it has an **alliance of Health Champions**- a connected network!

The story has twists and turns along the way..



Healthy Ireland in the HSE

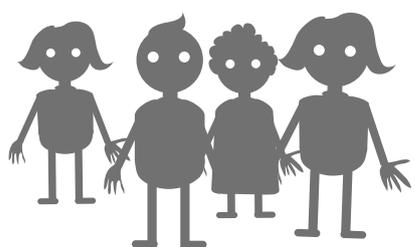
If we don't do it together than we won't get very far.



The strangest of bedfellows CAN get together!



The HSE is the biggest employer in the state. Employee **wellbeing** is a key priority for us.

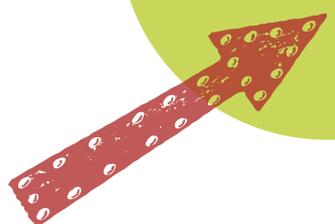


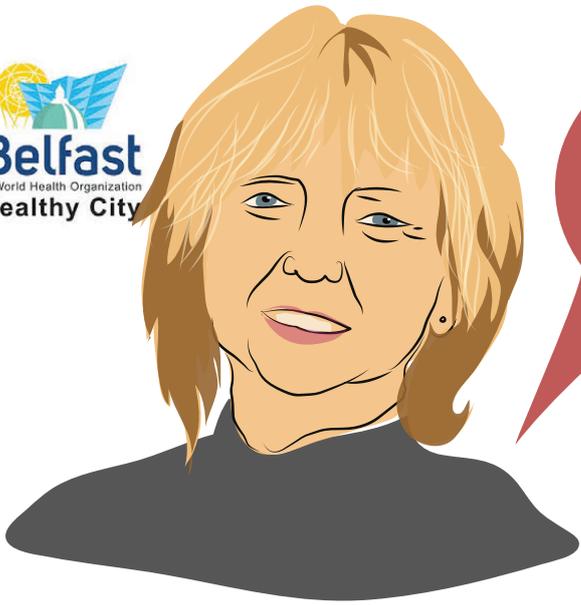
Dr. Cate Hartigan, Assistant National Director, Health Promotion & Improvement, Health & Wellbeing Division Health Service Executive "Healthy Ireland in the HSE"



Policy IS important... but so are people.

Achieving the social determinants of health is the HOLY GRAIL.



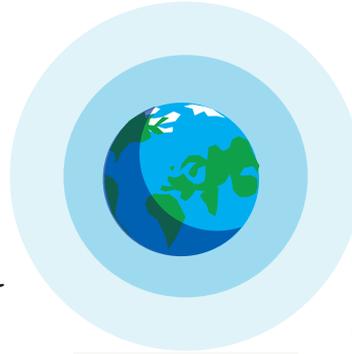


Cork is right up there with the BEST!

Joan Devlin Chief Executive & Head of the WHO Secretariat European Healthy Cities Network Belfast Healthy Cities. "Belfast Healthy Cities"

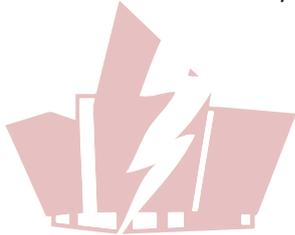


Health 2020 is OUR Framework.



THE GLOBAL GOALS For Sustainable Development

The Sustainable Development Goals are a global framework.



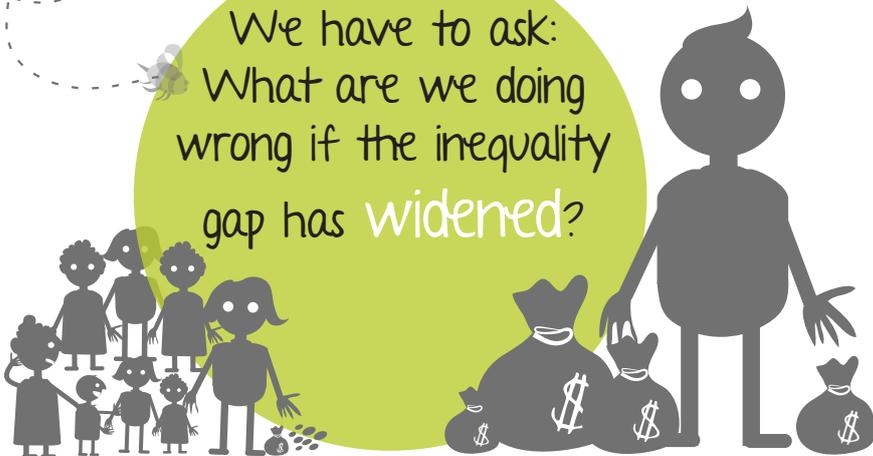
Belfast: "Divided by Health"

Health Equity Tool
A one-page tool to look at policy in terms of health.

We provided elected representatives with evidence on the link between planning and health. Healthy Urban Planning has been one of our best successes.



We have to ask: What are we doing wrong if the inequality gap has widened?



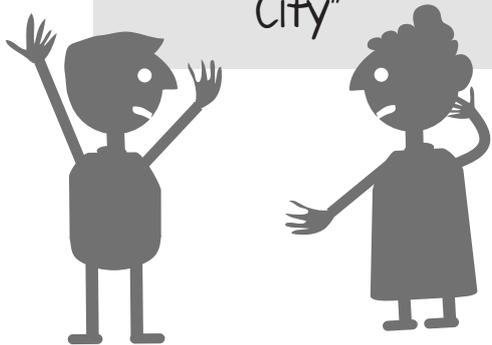
With the Child Friendly Places project we identified local issues in the environment that impact children's health.

Yes, we HAVE increased Life Expectancy... but we have not increased HEALTHY Life Expectancy.



Feeding the unexpected 500!

"Cork: Towards an Age-Friendly City"



Individually we were set for failure... together we strove for success!



Stephen Murphy Cork Healthy Cities Co-ordinator & Community Health Worker HSE "Cork Healthy Cities"

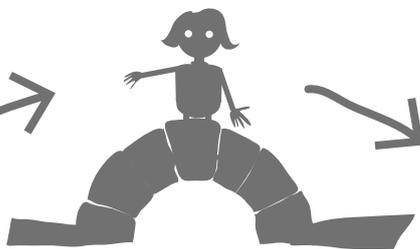
We catered for 200... 500 showed up!

We facilitated the 500 people in a mass workshop- gardai became waiters, health workers became pot washers...

We are...



- an innovator



- a conduit



- a support



- a leader

Committee's will change, groups will develop and modify but is not who we are, **It is what we represent** that matters; The promotion of Health across all policies & city structures, and a focus on innovative inter-agency community health initiatives.

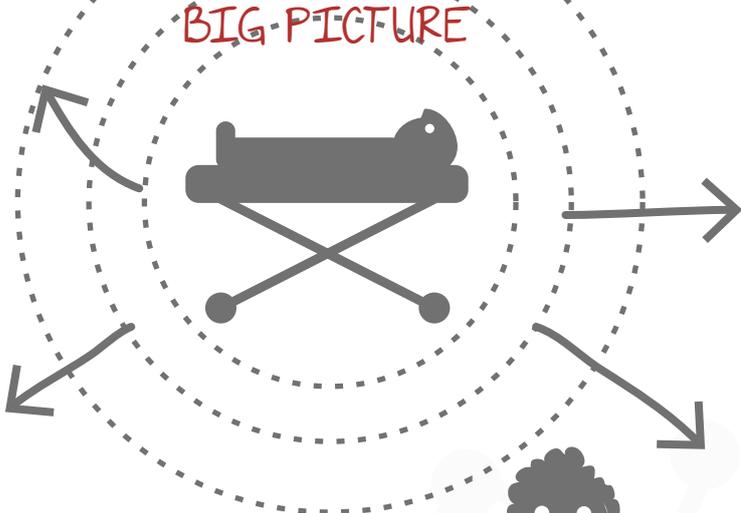




Building POWER and TRUST in partnerships

Dr. Jacky Jones, Irish Times Columnist & Health Promotion Specialist -
"Creating trust and dealing with power challenges".

Politicians tend to focus on the individual cases, for example someone on a trolley or a waiting list. But we need to look at the **BIG PICTURE**



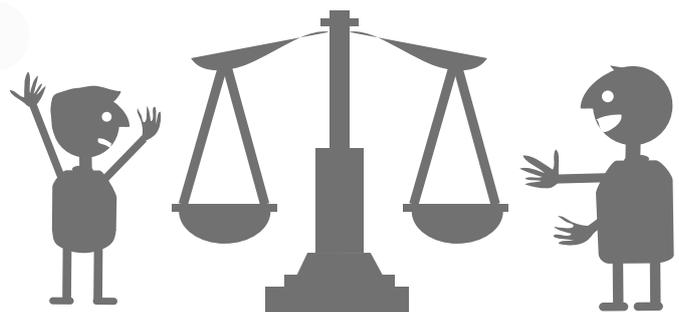
If you haven't got trust you haven't got a partnership. If you don't deal with power then you will not have trust.



Obesity is still rising.



All of the people who **COULD** have done something... were not on the Task Forces...



Value the contributions of all partners equally, irrespective of disagreement.

Community Health Champions

Chaired by Siobhán O'Dowd, Cork Community Health Representative, Cork Healthy Cities & Ballyphehane/Togher CDP.

Jenny Hanna & Joanne Morgan
Community Development & Health Network Northern Ireland

Community Health Champions



Joanne Morgan

What unites us is our passion for social justice, connectedness and community development.



1 in 5 people are being prescribed drugs for an anxiety disorder.



Hospitals can't cope- preventative action is not being taken- why?

Poverty and loneliness impact health as much as diabetes and cholesterol. Why don't we measure and screen for these things?



Even the most deprived community is full of skill, expertise and experience.

The CHC training exposes the wealth of knowledge in the community.

"The training gave us the opportunity to look at what the assets are in our community."
Health Champions Participant

Health Champions participant

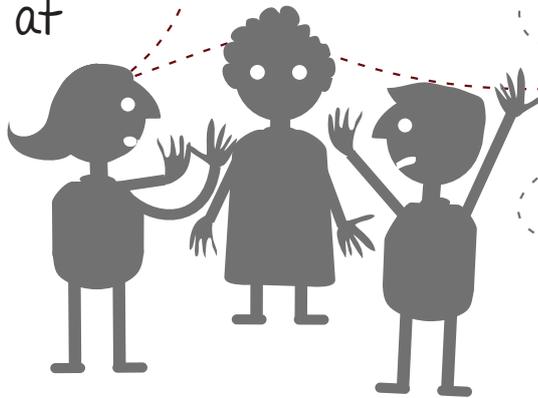
It is
**ALL ABOUT
CONNECTIONS!**

Three connections:

1- between members

2- between members and groups they work at

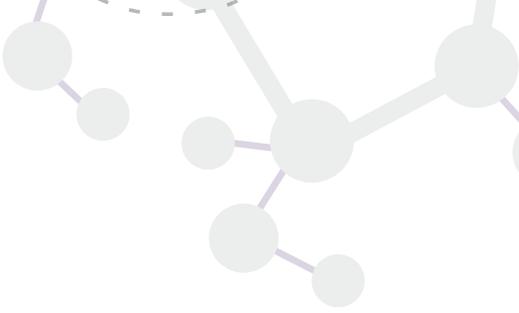
3- between members and decision-makers



I think I could write a book about the importance of a cup of tea!

Jenny Morgan





WORLD CAFÉ WORKSHOPS

Introduced by Deirdre Seery, CEO at 'The Sexual Health Centre'

Note on the workshop themes.

WHO Healthy Cities is currently in Phase 6 (2014 to 2018) and the themes for the World Café Workshop generally followed those guidelines so as to fit in with the WHO Phase 6 and the Cork Healthy Cities work plan 2016. The WHO Healthy Cities four main themes are:

- 1) THE LIFE COURSE AND EMPOWERING PEOPLE,
- 2) TACKLING THE MAJOR PUBLIC HEALTH CHALLENGES IN THE EUROPEAN REGION,
- 3) STRENGTHENING PEOPLE-CENTRED HEALTH SYSTEMS AND PUBLIC HEALTH CAPACITY,
- 4) CREATING RESILIENT COMMUNITIES AND SUPPORTIVE ENVIRONMENTS.



Theme 1:

People and Health

What do we do well?

- Initiation of community housing within redevelopment areas
- HSE Health Promotion Initiatives
- Increase of different community groups e.g. Walking groups including social interaction
- Community based education and support

What could we do better?

- Build better trust and relationships within communities
- Share skills, resources and information
- Build relationships with private/corporate sectors- especially technology companies to improve health and make connections
- Improve/facilitate sign posting
- Information hub to connect all services
- Improve availability of non processed foods
- Better availability of bicycles for the public
- Teach sexual health and consent from a young age
- Reliable databases of information
- Connect business and industry sectors
- Develop a policy framework for E-cigarette/Vaporiser usage
- Increase social, emotional and financial support for family carers
- Health Action Zone (HAZ) areas should be expanded to the Southside of the city
- Successful interventions need to be introduced in all areas (not just disadvantaged) to tackle 'hidden poverty'



Theme 2: Lifestyle/ Public Health Priorities

What do we do well?

- Facilities for youths in communities
- Sport activities for youths
- Development of local amenities and pedestrian areas e.g. Ballincollig Regional Park
- Increased number of farmer's markets and food festivals
- Non-profit community organisations driven by the passion, energy and pride that people have for their communities
- Strong culture of volunteerism
- Pride in the city, culture and arts e.g. Cork Midsummer Festival
- Bike schemes and cycle lanes encourage physical activity
- Increase in non-alcohol based social activities and groups e.g. The Sober South
- Inner city sporting events such as the marathon and the Women's Mini Marathon

What could we do better?

- Increase job opportunities for qualified students in health promotion or degrees in the field (not 3+ years experience first)
- More integrated regeneration with community
- Become advocates for people and for each other
- Empower communities to be more proactive with health promotion and promotion of screening programmes
- Preventative Investment
- More focus on preventative mental health and embrace community based mental health services and the recovery model (demedicalisation of mental wellbeing)
- Set up an action taskforce to tackle the growing homelessness crisis
- Improved access to education for children
- Establish mental health and wellbeing centres specifically aimed at children
- Develop Cork city as a green city e.g. increase recreational areas, parks with trees and urban farming, and reduce the of number of inner city parking spaces
- Develop community-based physical activity leader training



Theme 3: Resilient Communities

What do we do well?

- Sign posting
- Strong Lesbian, Gay, Bisexual and Transgender communities
- GAA communities - Its model of a strong community network
- Age old volunteer ethos - offering help to those in need or in times of need
- An existing web of interconnected services that engage in active listening and encourage citizens to take part in active participation

What could we do better?

- Make sure we know and understand what resilience means to communities
- Work with primary healthcare professionals and their teams to make stronger connections
- Share resources
- Work with schools across the city
- Encourage continuing professional development amongst service providers and professionals to ensure effective knowledge transfer
- The processes of breaking down barriers, from research and policy formation to implementation needs to be faster
- Need to identify social gaps in within the community to prevent inequalities and social isolation
- Improve the consistency of services between the north and south sides of the city
- Focus is needed in areas where community infrastructure does not exist
- Extended opening hours at St. Mary's Health Campus, Gurrabraher
- Develop a community directory for GP's to help with signposting
- Frontline staff need to adopt a more holistic approach & information should be accessible and person centred
- Need to recognise that isolation is not just a rural problem, it also occurs in urban communities
- Communities should be empowered to make informed decisions



Theme 4: Urban Environment and Health

What do we do well?

- Disadvantaged areas beginning to get some supports
- Increased number of walking groups
- Developing worldwide known culture: English Market, food, Coal Quay market
- Utilisation of city space
- Promoting events and activities that are not alcohol related - pubs for talking!
- Regeneration of ground space across the city e.g. railway walks and public gardens
- More bikes available in the city
- City is more user friendly with cycle lanes and outdoor running facilities
- Open tolerant and friendly city
- Pedestrian friendly streets

What could we do better?

- More emphasis on public realm, make people feel better
- Equal access to eldercare for both affluent and disadvantaged areas of the city
- More redevelopment of underprivileged areas including choice based bidding, physical environment, play areas, self responsibility
- Overall cleanliness of the city
- Build city around people not around cars
- Improve access to fresh food, increase community allotments/gardens/markets
- Extend city bikes to suburban areas
- Educate and train children to be 'bike ready' from early age
- Cycle lanes should be integrated with footpaths rather than the roads
- To ensure safety at night, increased Garda presence and late night bus services should be prioritised
- The student safety programme which ensures students get home safe at night should be extended beyond RAG Week
- Improved access to city services and amenities for citizens with disabilities e.g. ramps
- Increased use of technology in public services to improve access e.g. bus timetable apps for mobile phones
- Need for infill housing in the city centre
- Encourage parents to walk children to school to reduce congestion
- Encourage intergenerational connectedness through school programmes e.g. seed boxes to tackle isolation