



**Cork Healthy Cities**  
a healthier city together

# **Cork Healthy Cities**

## Action Plan Phase VII

---

### 2020 - 2030

A city that connects to improve the health and well-being of all its people and reduce health inequalities.



# Contents

---

Background.....	2
Cork Healthy Cities 2020-2030.....	7
Policy Context.....	10
Action Plan.....	20
References.....	34
Acronyms.....	35
Membership.....	36

**This Action Plan was co-ordinated by Dr Maria Power, Community Consultants with a sub group of members from Cork Healthy Cities steering group**

# **1. Background**

---

# Background

---

Major health inequities persist across the world, with rates of illness and premature death significantly higher amongst the poorest and most excluded groups. This is true across countries, within countries, and most starkly within cities. As a result, groups least able to deal with the costs of illness are also those most likely to endure them. This is not a matter of chance – the poor and marginalised are more likely to live and work in environments that are harmful to health and have less access to services and amenities.

A *Healthy Cities* approach can uniquely address this and other injustices, advance health and health equity, while also advancing other sustainable development goals (SDGs). This is the overarching mission of Cork Healthy Cities.

We work on the understanding that health can be improved or harmed by social policy, transport policy, education policy and the built environment, and can particularly impact vulnerable groups in society. This is echoed in 'Health 2020' (European health policy), which puts increased emphasis on and brings new evidence to the fore on the right to health, equity, and well-being in all policies through whole-of-government and whole-of-society approaches. The urban focus of our work is also consistent with the World Health Organization's (WHO) categorisation of urbanisation

as one of the key challenges for public health in the 21st century. This is not surprising given that in addition to offering many opportunities for employment and access to better services necessary for good health and human development (health, education, social protection), cities can pose unique health risks such as air and traffic pollution, and areas of high-density deprivation.

The importance of managing and planning urbanisation in a way that advances rather than holds back health equity can only grow, with current predictions estimating 70 percent of the world's people will live in cities by 2050. We must strive to ensure that they are living in healthy and liveable cities that are 'continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and developing to their maximum potential' (Health 2020).

# From Ottawa to Shanghai and the Sustainable Development Agenda

---

Thirty years ago, the Ottawa Charter for Health Promotion recognised the need to enable people to increase control over and improve their health and well-being by ensuring healthier, sustainable environments where people live, work, study and play. Social justice and equity were highlighted as core foundations for health, and there was agreement that health promotion is not simply the responsibility of the health sector. Subsequent WHO global health promotion conferences have reiterated these elements as key for health promotion. For example, the theme of the 9th Global Conference on Health Promotion (2016), 'Health Promotion and the Sustainable Development Goals' held in Shanghai, was both timely and necessary to ensure policy coherence and alignment of agendas for action. The slogan 'Health for All and All for Health' captures the commitment to leave no one behind and to involve all actors in a new global partnership to achieve this transformative agenda. Healthy Cities is based on a recognition that population health is not merely a product of health sector activities, but largely determined by policies and actions beyond the health sector. Socially, culturally, and politically, cities are more important than ever before. Cities are uniquely placed to provide

leadership within the complexity of multiple layers of government, numerous sectors working towards similar goals and a broadening range of stakeholders in the pursuit of health and well-being.

The 2030 Agenda for Sustainable Development, the world's ambitious and universal 'plan of action for people, planet and prosperity', includes 17 Goals, 169 targets and 231 initial indicators. The Agenda offers a new opportunity to involve multiple stakeholders to ensure that all people can fulfil their potential to live in good health, with dignity and equality.



# Cork City

---

Cork has been a designated WHO Healthy City since January 2012. This designation places an obligation on the local authority to commit to good health outcomes and implement a process and structure to achieve this. Cork Healthy Cities also work with representatives of Healthy Cities from across Europe who work together as part of a European Healthy Cities Network. The Network meets quarterly for information sharing, identifying best practice and reaching agreement on suitable structures, mandates and statements to develop a robust collaborative approach to health and well-being improvements for all.

Since 2012, Cork Healthy Cities has used a whole-of-government and a whole-of-society approach to lead a body of interagency work that has sought to support the development of health and the reduction of health inequalities across Cork city. We have delivered strategic endeavours and action at local level, and in our first decade focussed on building strategic alliances, influencing decisions that impact health while delivering local actions to demonstrate good practice. Three key lessons identified during the early period of Healthy Cities in Cork (2012 – 2019) include the importance of:

- Buy-in, not solely from the local authority's political representatives, but also from key personnel who have the capacity to champion the Healthy Cities agenda within an agency not normally used to considering health as part of its brief.
- Co-leadership from health partners; the necessity of health knowledge and information from health service personnel and academia, and their ability to inform colleagues not normally used to sharing a health brief with other agencies/actors.
- Democratisation of the health agenda and Healthy Cities in Cork city from the start by including and increasing community representation and ensuring that health equity becomes a driving principle.

Strategically, Cork Healthy Cities has focussed on developing two interagency Cork City Profiles. The Cork City Profile compiles available local data (predominantly from the Census) and analyses that data at City and local electoral district level using a 'social determinants of health' lens. The profiles are the foundation stone informing and advocating for the reduction of health inequalities in all Healthy Cities Actions.

In terms of actions, Cork Healthy Cities has focussed on the development of interagency collaborations to progress the WHO Healthy Cities themes, including:

- Establishing the EcCoWeLL initiative has sought to explore interagency collaboration across the sectors of ecology & economy (Ec), community & culture (Co) and well-being & lifelong learning (Well). This approach provides a platform for integrating strategies such as Healthy City, Green City, Learning City and Sustainable Economic Development to create a blueprint that fosters quality of life and wellbeing for all citizens of Cork city. An EcCoWell Cork leadership group has been working on ways of applying this concept to Cork city and its environs and offers at least four seminars a year in Cork city on a broad range of topics, from climate change to sustainable development to mental health
- Cork Food Policy Council is a partnership for the development of a healthy and sustainable food system with representation from the community, food retail, farming, fishing, restaurant/catering, education, environmental, health sector and local authorities. Cork Food Policy Council hosts annual healthy and sustainable food awards, a sustainable food festival and oversees the development of green spaces across Cork city through the Green Spaces for Health Project.

- PSYCHED (Positive Support You Can Have Every Day) is an initiative of Healthy Cities and Counties, supported by the Health Service Executive, University College Cork, Cork City Council, Cork County Council and community workplace partners. The aim is for workplaces to get PSYCHED about mental health and wellbeing. PSYCHED promotes better mental health in workplaces, in order to increase understanding and reduce stigma towards mental illness in our wider community.

The political representative for Cork Healthy Cities is appointed through Cork City Council. One of the Council's elected members is nominated after each local election (every 5 years), and this person reports regularly to the Council through the Corporate Policy Group and the Strategic Policy Committees. At national level, Cork city holds the position of political representative on the Irish Network of Healthy Cities.

The summit of Mayors in Copenhagen in February 2018 culminated in the adoption of the **Copenhagen Consensus**, which affirms political commitment to the role of cities in creating a healthier and happier future, and acts as a political mandate for the Network. The Consensus was developed by a Strategic Policy Committee and chaired by the then Lord mayor of Cork (also the political representative for Cork Healthy Cities).



# COVID-19

---

At the time of developing this Action Plan, March to June 2020, the City was working through the Covid-19 coronavirus pandemic. This pandemic is and will have many health impacts across the city.

Cork city supports the WHO position that cities and local governments are central in allowing us to respond and recover from this unprecedented challenge facing the world. We cannot afford to resume business as usual and must build better, healthier, and more resilient economies and societies.

The health impacts of unemployment, deprivation of education, inadequate nutrition, deteriorating mental health and isolation and physical inactivity among older adults and those with chronic illness impacts the most vulnerable populations the hardest. As we emerge from the pandemic, it seems likely that a wider gap in health inequalities will exist.

In this regard we have included an action under 'People and Place' to review responses to the Covid-19 and its impact on citizens. In particular, a review of the impact on health inequalities will be undertaken in order to understand and learn more about the implications for vulnerable groups from this crisis. Already, early evidence shows that older and vulnerable populations are hit hardest by the pandemic and those cities with reduced health inequalities are more resilient (Almagro, Orane – Hutchinson, 2020).

For many stakeholders managing our response to the virus has re-orientated how we work, e.g. from home, how we communicate and how we collaborate e.g. through

regular video and tele-conferencing. As we move forward and adopt our new Healthy Cities action plan, we will collectively need to agree new ways of working, sharing information, learnings and collaborating.

Covid-19 has also facilitated an opportunity for us to figure out how we can work better together for the greater good. It is at community level that real change happens. Communities of people, community organisations and community-based responses have been central to the pandemic response to date. Health is everyone's business. Through this Action Plan, Cork Healthy Cities will continue to value, advocate and resource community level action using multi-sectoral approaches for city wide change.

Cork Healthy Cities seeks a recovery that will be green, inclusive, sustainable, healthy, safe and deliver new economic models that are community-focused. Cork Healthy Cities support the WHO Manifesto for a green and healthy recovery and call on the global community to adopt an economy of well-being that:

1. expands the opportunities available to people for upward social mobility and for improving their lives along the dimensions that matter most to them;
2. ensures that these opportunities translate into well-being outcomes for all segments of the population, including those at the bottom of the distribution;
3. reduces health inequalities;
4. ensures environmental and social sustainability.



## **2. Policy Context**

---

### **Copenhagen Consensus of Mayors: Healthier and happier cities for all (2018)**

The vision embodied in the Copenhagen Consensus of Mayors, adopted in 2018, is fully aligned with the United Nations 2030 Agenda for Sustainable Development, and serves to guide the work of WHO Healthy Cities throughout the duration of this agenda, up until the year 2030. It is a transformative approach for safe, inclusive, sustainable and resilient societies.

Healthy Cities foster health and well-being through governance, empowerment and participation, creating urban places for equity and community prosperity, and investing in people for a peaceful planet. Healthy Cities lead by example, tackling health inequalities and promoting governance and leadership for health and well-being through innovation, knowledge sharing and city health diplomacy. Healthy Cities act as leaders and partners in tackling our common global public health challenges, including non-communicable diseases (NCDs), communicable diseases, environmental challenges, health inequalities, anti-microbial resistance, health emergencies and the pursuit of universal health coverage.

### **World Health Organisation/Europe: Health 2020**

Health 2020 is the European health policy framework. It aims to support action across government and society to: 'significantly improve

the health and well-being of populations, reduce health inequalities, strengthen public health and ensure people-centred health systems that are universal, equitable, sustainable and of high quality'. The policy framework is evidence-based and peer-reviewed. It makes the case for investment in health and creating societies where health is valued.

Good health is vital for economic and social development and supports economic recovery. It gives policy-makers a vision, a strategic path, a set of priorities and a range of suggestions about what works to improve health, address health inequalities, and ensure the health of future generations. It values health as a human right, good health as a resource for people to realise their full potential, it emphasises collaboration, advocacy and partnership approaches in developing new innovative responses to problems and encourages participation across society and governmental levels. The two strategic objectives of Health 2020 are:

- improving health for all and reducing health inequalities
- improving leadership and participatory governance for health.

Health 2020 is the product of an extensive two-year consultation process across the -region and beyond, and was adopted by the 53 Member States of the Region during the sixty-second session of the WHO Regional Committee for Europe in September 2012.



### **Sustainable Development Goals: 2030 Agenda**

The 2030 Agenda for Sustainable Development places renewed emphasis on the interconnected nature of our social, economic, and environmental ambitions. Health promotion efforts grounded in a Healthy Cities approach can contribute to achieving the Sustainable Development Goals (SDGs), including SDG 11: Make cities and human settlements inclusive, safe, resilient, and sustainable. The unique contributions of the successful WHO Healthy Cities programmes/movement have included a strong value-based commitment to innovations at the cutting edge of social determinants of health and Health in All Policies.

Cork Healthy Cities directly link to six of the Sustainable Development Goals of the UN, i.e. No. 2 Zero Hunger; No. 6 Clean water and sanitation; No. 11 Sustainable cities and communities; No. 12 Responsible consumption and production; No. 13 Climate Action and No. 14 Peace Justice and strong institutions.

A healthy cities approach which catalyses political leadership and participatory governance can be transformational for health and health equity, and can help mitigate the impacts of environmental degradation, climate change, ageing, migration, growing inequalities and social isolation.

### **Healthy Ireland: A framework for Improved Health and Wellbeing 2013 – 2025**

*Healthy Ireland* is a national framework for action to improve the health and wellbeing of the Irish population over the coming generation. The framework places an emphasis on cross-departmental work and getting the most out of existing resources to improve the population's health and wellbeing. Health and wellbeing is an integrated theme within the policy and the way in which it is framed reflects broad public health approaches and more targeted approaches for specific concerns such as mental health. The document's high level vision is of '*A Healthy Ireland*, 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' (2013:5). The cross-governmental Healthy Ireland Framework underpins a movement that brings together people and organisations from across the country to address the social, economic and environmental factors that contribute to the development of chronic disease and to address health inequalities. Healthy Ireland has six strategic priorities, all of which link directly to the main themes of the Cork Health Cities Action Plan 2020 to 2030. These are Healthy Childhood; Healthy Eating and Active Living; Wellbeing and Mental Health; Positive Ageing; Alcohol and Tobacco free society.

In 2016, the Government approved the creation of a Healthy Ireland Fund with an initial allocation of €5 million approved in Budget 2017 to establish and support the implementation of Healthy Ireland programmes and projects in a variety of settings.

The primary aim of the fund is to support innovative, cross-sectoral, evidence-based projects and initiatives that support the implementation of key national policies in areas such as obesity, smoking, alcohol, physical activity and sexual health.

Cork Healthy Cities actions committed to under the **2020** tranche of this funding are listed in the action plan below. It is anticipated (*but not guaranteed*) that this fund will continue and evolve over the period of this funding; hence these actions will be updated every 2 years.

### **COMPASS: Healthy Ireland Implementation Plan 2018 – 2022**

(Cork Kerry Community Healthcare)

This document sets out a clear plan for Cork Kerry Community Healthcare to assist and encourage every person across the two counties to live healthier lives. Compass provides overarching guidance and inspiration, but it also ensures that there will be clear practical measures in place to

bring about demonstrable and measurable improvements in our own health and wellbeing, in the health and wellbeing of target groups, and the wider population. 'Our key priority is that prevention is everyone's business.' This is the cornerstone in establishing a community healthcare service that understands people's needs from cradle to grave by providing services that are integrated across all areas, emphasising investment early in life, maintaining wellness, preventing illness, and providing support for the final stages of life. An increasing emphasis on prevention, early detection and self-management to improve the health and wellbeing of all our citizens aligns well with the ethos and values underpinning Cork Healthy Cities action plan 2020 - 2030.

#### **Local Economic and Community Plan (LECP) 2016 – 2021**

The development of the LECP has been described as 'a process that seeks to enhance the delivery of national social and economic policy at the local level' (Cork City Council, 2016). This plan provides in-depth analysis and description of the physical, economic and more importantly, social environment in Cork city. The Cork City LECP 'Pure Cork - An Action Plan for the City' is an integrated plan to guide the development of Cork city from an Economic, Community, Cultural, Sporting and Recreation perspective from 2016 to 2021.

"Pure Cork - An Action Plan for the City" will be used to focus the role of Local Government, State Agencies, Community Sector, Local Development Groups and other bodies that are involved in the development of Cork city. There are fifteen High Level Goals with nine of these directly connect with the priorities of the Cork Healthy Cities Plan 2020 – 2030.

These are:

- #1 **Housing:** Clearly identify and plan responses to a range of housing issues experienced in Cork city to strengthen the economic and community development of the City.
- #2 **Healthy City:** Ensure Cork is a healthy City that connects to improve the health and well-being of all its' people and reduce health inequalities.
- #3 **Community Participation:** Integrate communities and community and voluntary groups into decision making and promote civic participation and community engagement.
- #4 **Safe and Green City:** Ensure Cork is a safe and green City with a secure and sustainable environment in which to live, work and play.
- #6 **Education and Learning:** Support the culture of learning in Cork and enhance educational levels across the City.
- #7 **Social Inclusion and Equality:** Reduce the marginalisation of specific communities within the city, taking into account the nine grounds and socio-economic status.
- #8 **Children and Young People:** Develop integrated responses to the needs of children and young people and improve outcomes through local inter-agency working.
- #9 **Older People:** Develop integrated responses to the needs of older people, promoting their inclusion and contribution in all areas of life.
- #14 **Quality of Place:** Build on Cork's strong place quality assets and improve the attractiveness of the City for residents and visitors.

### Cork Public Participation Network (PPN) Health & Well-Being Statement (2019)

The Cork City PPN has a stated vision of 'Community Wellbeing in Cork for This and Future Generations' and is reflected in six core themes. These are:

**Social and Community Development in Cork:** community and voluntary groups are valued and resourced for their work in creating and maintaining inclusive communities.

**Values, Culture and Meaning:** The city is proud and sure of what makes Cork "Cork"; history, built heritage, food, environment, language, sport, music, and the arts.

**Health (mental & physical):** Cork has a high standard of locally-available healthcare (physical and mental) which is universally accessible as people's needs arise.

**Participation, Democracy and Good Governance:** Cork people are educated and equipped to participate actively in local government and communities are encouraged to participate in a meaningful way in decision-making structures.

**Environment and Sustainability:** Cork city is a safe and clean environment and a rich variety of green spaces and bodies of water contribute to a healthy environment for people and wildlife.

**Work, Economy & Natural resources:** Cork's thriving economy is characterised by many unique, indigenous small and medium enterprises which in turn benefit the community. Workplaces in Cork are inclusive, accessible places which offer flexible conditions and a fair wage to all.

### Cork City Profile 2014 & 2018

In April 2014, an interagency subgroup of Healthy Cities developed the first interagency City Profile of Cork city. Data from Census 2016, in addition to data routinely collected by the Gardaí, Fire Services, Dept. of Education / VEC, City Council, HSE and community sector was included in the profile. Based on the Social Determinants of Health model (Dahlgren & Whitehead, 1991), key health and social inclusion data was compiled on each of the 74 electoral districts in the City. This profile will be updated again in 2021 when CSO data for 2020 becomes available. The Cork City Profile provides the evidence and direction for the new Cork Health Cities Phase VII Action Plan 2020 – 2030 and this analysis is a requirement of the WHO when making an application for Healthy City status. The priorities identified in the new action plan 2020 – 2030 strive to respond to the main findings of the Cork City Profile. <http://corkhealthycities.com/cork-City-profile-2018>

The most recent Cork City Profile 2018 tells us that the population of Cork city increased over the previous five years and during that period the birth rate was one of the lowest in the country. However, the population between the working ages of 15 to 64 was 70%, which is higher than the national rate of 65.5%. Similar to most cities in the country, the population of Cork city is aging and the old age dependency rate (those age 65 and over) stood at 22.4%.

A summary of key findings of the 2018 Cork City Profile is available in the infographic (page 17).

# **3. Cork Healthy Cities 2020-2030**

---

# Cork Healthy Cities 2020 - 2030

At European Level this Healthy Cities Action Plan Phase VII 2020 – 2030 is guided by the six themes, identified through the Copenhagen Consensus of Mayors. These are often referred to as the six P's. These are:

- Investing in **People** who make up our cities
- Designing urban **Places** that improve health and well-being
- Greater **Participation** and partnerships for health and well-being
- Improving community **Prosperity** and access to common goods and services
- Promoting **Peace** and security through inclusive societies
- Protecting the **Planet** from degradation including through sustainable consumption and production.

This new plan from 2020- 2030 aims to strengthen the impact of Healthy Cities under these six key themes. In doing so we have developed a list of actions. Similar to previous plans, this new plan places

a strong emphasis on collaboration, health inequalities and actions linked to evidence (Cork City Profile 2018).

As new Central Statistics Office (CSO) data becomes available this may influence and/or identify new targets and goals to be included in the plan. Ten years is a significant time period to plan for where unknowns can become priorities, e.g. Covid - 19 pandemic, a review of the new action plan will take place every two years, commencing in 2023.

On completion and sign-off of this ten-year plan, a detailed action plan with specific outcomes and key performance indicators will be agreed by the steering group for each year ahead. Implementation of this one-year action plan will be monitored and accounted for regularly, with an annual report being made available to all.



# Our City - what the profile tells us

In relation to minority communities, Cork city displays similar percentages to the state for Traveller families, LGBT+ people and non-Irish nationals, with 849 people seeking asylum in Cork city in 2018 and 281 people living in a direct provision centre on the Kinsale road. It must be noted in today's rising rental market, that 373 people were homeless.

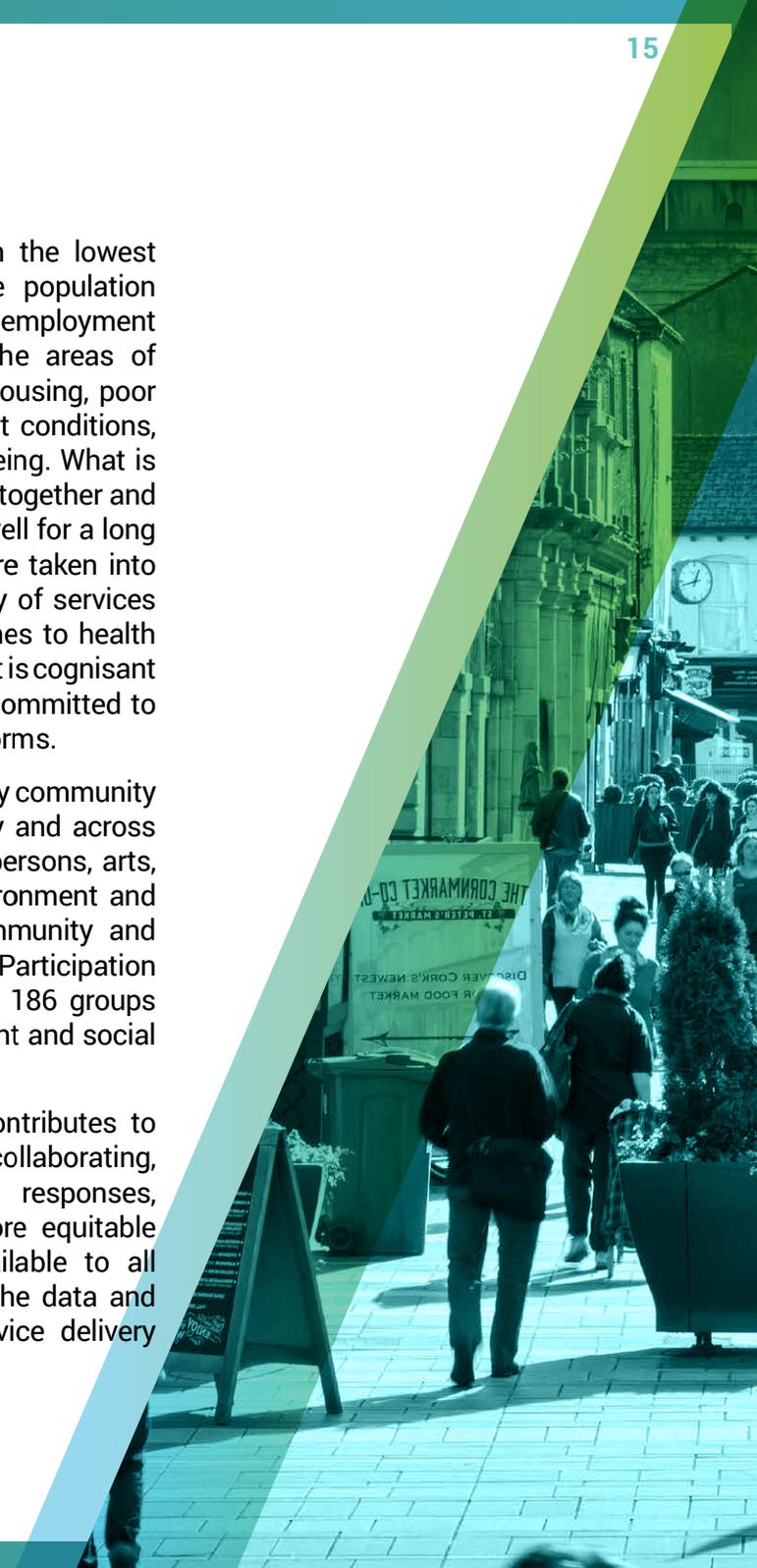
When the data for the city as whole is reviewed at Electoral Division (ED) level, it emerges that a cluster of geographical areas are doing very well in socio-economic terms and there is another cluster of areas which fall well behind good living standards across several socio-economic indicators. For example, job growth for the city (9.3%) is growing at a rate higher than the national average (8.4%) and these growth areas are concentrated in the south of the city. While most of those at work are categorised in the Professional Services Sector, those in unskilled, manual or construction work live in the north side of the city where unemployment and deprivation is highest.

This is similarly true for education attainment. Those with the higher levels of education (i.e. higher secondary and third level) were from areas such as Glasheen, Bishopstown, Browningstown, Sundays Well, which are also the areas with the highest level of home ownership. These areas compare starkly to areas where the populations' highest level of education is primary or lower secondary school level and where most homes are rented from the local authority and are concentrated in Fair Hill, Gurrabraher, Farranferris, Mayfield, Knocknaheeny and the Glen. Areas with low density populations are located in Knockrea, Commons and Bishopstown and the areas with high density populations are some of the most deprived areas such as Shandon, Gurrabraher, Farranferris, South Gate.

It is no surprise then that the areas with the lowest level of deprivation are those where the population have secure homes, good education and employment prospects, compared to those living in the areas of highest deprivation, who often have poor housing, poor education attainment and poor employment conditions, which contributes to poor health and wellbeing. What is concerning is that these areas are clustered together and those not doing well have not been doing well for a long time. It is important that such inequities are taken into account when planning access and delivery of services and when piloting new innovative approaches to health and wellbeing. This will require leadership that is cognisant of these disparities and leadership that is committed to social change across a range of policy platforms.

On the positive side, Cork city is well served by community and voluntary organisations across the city and across sectors including early years, youth, older persons, arts, festivals, communities of interest, the environment and climate change. Co-ordination of the community and voluntary sector is enhanced by the Public Participation Network which has a membership of over 186 groups and is committed to community development and social inclusion principles and values.

Data contained in the Cork City Profile contributes to Healthy Cities actions and planning. By collaborating, analysing data and devising informed responses, Cork city will become a healthier and more equitable city for all. The Cork City Profile is available to all agencies and organisations and provides the data and the evidence required when planning service delivery or new developments.



# Cork City Profile 2020 - 2030

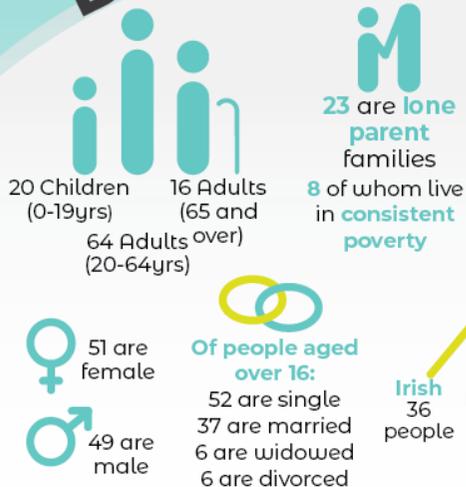
Cork Healthy Cities continues to be committed to responding to the evidence provided in the Cork City Profile. In particular, Cork Healthy Cities will:

- Complete the Inter-Agency Cork City Profile every four years following the publication of the census data
- Ensure that the Cork City Profile is underpinned by the Social Determinants of Health
- Ensure that the Cork City Profile outlines health inequalities in Cork city
- Ensure that the Cork City Profile highlights data gaps where they occur and advocate for the collection of data for key priority issues as identified by Cork Healthy Cities
- Undertake the widespread dissemination of the findings of the Cork City Profile.



# If Cork City had a population of 100 people...

## Demographics



### Who Speaks what Languages



51 own and live in their own home  
26 rent their home from the private sector  
17 rent their home from Cork City Council

## Caring



Cork airport is Ireland's second busiest airport with 2.4 million passengers each year

## Diversity



## Lifestyle



2,637 Bus Eireann buses travel through Cork city daily

## Work & Learning



## Disease



# Cork City Profile

# Cork Healthy Cities Vision

A city that connects to improve the health and well-being of all its people and reduce health inequalities.



# Cork Healthy Cities Principles and Values:

---

- **Equity:** addressing inequality in health and paying attention to the needs of those who are most marginalised and socially disadvantaged. The right to health applies to all regardless of sex, race, religious belief, sexual orientation, age, disability or socioeconomic circumstance.
- **Participation and empowerment:** ensuring the individual and collective right and capacity of people to participate in decision-making that affects their health, health-care and well-being.
- **Working in partnership:** building effective multi-sectoral strategic partnerships facilitating the implementation of integrated approaches and achievement of sustainable improvement in health.
- **Solidarity and friendship:** working in the spirit of peace, friendship and solidarity through networking and showing respect and appreciation of the social and cultural diversity of the cities of the Healthy Cities movement.
- **Sustainable development:** working in a manner that is environmentally and socially sustainable: meeting the needs of the present in ways that do not compromise the ability of future generations to meet their own needs.
- **Community development:** respecting and valuing community participation by advocating for a community development approach to city planning.



# 4. Action Plan

---



# Phase VII Core Themes & Actions

Cork Healthy Cities values the development of society. Cork Healthy Cities is socially inclusive and collaborative for the benefit of communities across the city and seeks to engage with all to build trust and social cohesion through all stages of life. The ultimate ambition of Cork Healthy Cities is to continue to collaborate with key stakeholders and policy makers across the city to reduce health inequalities for the people of Cork city.

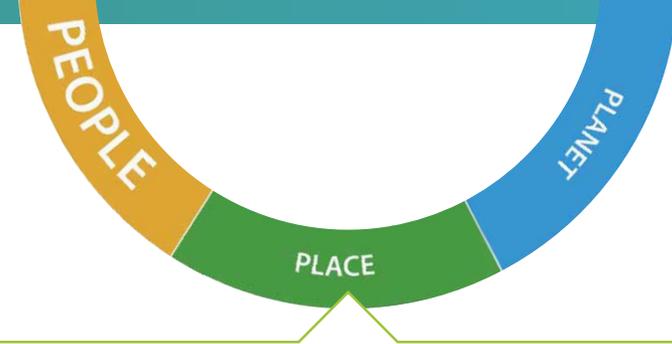
A healthy city leads by example by emphasizing a human focus to societal development and by prioritising investment in **people** to improve equity and inclusion through enhanced empowerment.

- Non-discriminatory governance process
- Non-exclusionist values-based approaches within cities
- Enhanced societal trust and community cohesion
- Universal access to essential goods and services
- Invest in health and well-being

Priority Area	PEOPLE	Partners	Time-Frame	Policy Ref
Healthy Early Years	<b>Explore the development of a Child Friendly City in Cork city by:</b>	CYPC, YKABC, CCC	2021 - 2030	Copenhagen Consensus, HI
	1.1 Publishing demographic data of children in the Cork City Profile			
	1.2 Engaging with the key stakeholders who will lead the Child Friendly City			
	1.3 Organising a Child Friendly City Seminar			
	1.4 Supporting the development of a Child Friendly City Steering Group			
1.5 Supporting the delivery and implementation of a Child Friendly City Plan				
	<b>Support the development of the Trauma Informed City by:</b>	Cork City Council and partners	2022, 2026, 2030	HI LECP
1.6 Publishing relevant data in the Cork City Profile				
1.7 Participating in the European WHO Taskforce for Adverse Childhood Experiences				
1.8 Providing training to frontline staff working with people affected by trauma				
1.9 Promoting an understanding and commitment to the development of trauma informed services				
	<b>Support the continued development of area based prevention and early intervention practice by:</b>	YKABC and partners	2020-2030	HI LECP
1.10 Actively partnering with existing services and projects				
1.11	Work in partnership with Libraries to promote reading, interactive apps, e-books, parents story-telling, literacy, and play	Libraries, Play Forum	2020-2030	HI LECP
1.12	Actively participating in a working group "Dolly Parton Imagination Library" and seeking funding to deliver Dolly Parton Imagination Library in three pilot areas, namely Mahon, Knocknaheeny, Carrigtwohill and two direct provision sites including Kinsale Rd and Ashbourne House, with a view to wider area implementation	YKABC and UCC, ETB, HSE, community and voluntary organisations	2020-2022	LECP

<b>Healthy Older People</b>	<b>Support the development of Cork as an Age Friendly City through:</b> 1.13 Publishing demographic data of over 65s in the Cork City Profile 1.14 Membership and participation on the Age Friendly Alliance/Age Friendly Forum 1.15 Building capacity and increase participation of older adults on the Age Friendly Forum 1.16 Responding to health-related needs identified in the Age Friendly forum and Alliance 1.17 Development of an Action Plan in Cork city 1.18 Delivery of actions outlined in the Action Plan	Gardaí, UCC, PHNs, Friendly Call	2020-2030 2022, 2026, 2030 2020-2030 2020-2030 2020-2030 2020 2020 2020-2030	HI, LECP, COMPASS 
<b>Mental health and well-being</b>	<b>Support mental health and well-being by:</b> 1.19 Publishing relevant data in the Cork City Profile 1.20 Supporting the delivery of Healthy Cities actions in the Cork 'Connecting for Life' Action Plan – ensuring good mental health across the life cycle of people 1.21 Supporting the implementation of the Healthy Ireland Mental Health Projects in partnership with the Connecting for Life subgroups See 4.1 to 4.6 also	HSE, CCC, Gardaí	2022, 2026, 2030 2020-2030 2020-2030	HI, LECP, 
<b>Revitalized Public Health Capacity</b>	<b>Build links with Department of Public Health:</b> 1.22 To support the actions of the national Public Health review 1.23 Through 2021 healthy cities will support a review of the public health response to the COVID-19 crisis. What worked well, what didn't, what can be done better if there is a new outbreak or a different virus emerges. In particular, research into the impact of COVID-19 on health inequalities will be reviewed/requested 1.24 Through 2021 Healthy Cities will establish links with local Regional Steering Group of the Southern Inter-Agency Emergency Management Office and explore its role in in providing support to communities affected by major emergencies in the city 1.25 Healthy Cities will support efforts to enable the city and its people to recover physically and mentally from the effects of COVID-19 1.26 Healthy Cities will work with the HSE and its partners to deliver and support protected environments/safe haven for people who need protection from COVID-19	UCC, DPH  HC, UCC, DPH, HSE/SI IAMEM-South	2020	HI 
<b>Healthy Diet and Weight</b>	<b>Support the development of the Cork Food Policy Council partnership through:</b> 1.27 Development of a sustainable and healthy food policy for Cork city 1.28 Implementation of the sustainable and healthy food policy for Cork city 1.29 Seek opportunities for European funded food projects with partner cities 1.30 Deliver the Annual Cork Food Policy Council Awards Scheme Deliver the Cork Food Harvest / Spring Festival annually	CFPC UCC, CEF, HSE, CCC, Musgraves, Private Traders	2020-2030 2020-2025 2025-2030 2020-2030 2020-2030	HI LECP 

<b>Reduced harmful use of Alcohol and Tobacco control</b>	<b>Reduce harmful use of Alcohol and Tobacco:</b> 1.31 Continue to support the work of Cork Cancer Action Network 1.32 Advocate for and support the implementation of the Public Health Alcohol Act 2018 across Cork city 1.33 Support the work of Cork, Kerry Alcohol Strategy group in building capacity in local communities through an advocacy, research & evidence based approach to change our relationship with alcohol 1.34 Support on-going HSE Health Promotion Smoking Cessation – QUIT campaigns. <a href="https://www2.hse.ie/quit-smoking">https://www2.hse.ie/quit-smoking</a>	ICS, Cancer Screening Service, HAZ, Sexual Health Centre, BTCDP, Mayfield CDP, Niche, HSECWD, CLDATE, An Garda Siochana, SRDATE, CCP, HSE, UCC	2020-2030	HI, LECP, COMPASS 
<b>Sexual Health</b>	<b>Promote Sexual Health by:</b> 1.35 Supporting the development of the Sexual Health Network in Cork city 1.36 Supporting the co-ordination of the Sexual Health Network in Cork city 1.37 Promoting the development of Sexual Health Campaigns throughout Cork city which tackle stigma, promote health and wellbeing while preventing negative sexual health outcomes 1.38 Supporting the implementation of ‘HIV Fast-Track Cities’ for Cork 1.39 Ensuring the inclusion of sexual health in its broadest sense across future Cork City Profiles and LECP 1.40 Ensuring the inclusion of sexual health in future local, national and international policy relating to healthy cities initiatives 1.41 Providing a forum for the inclusion of sexual health in initiatives across the health and wellbeing agenda for the city 1.42 Promoting sexual health to a broad range of services, community groups and agencies to ensure sexual health remains part of the everyday agenda for all individuals 1.43 Promoting accessible sexual health services to the Cork city population 1.44 Advocating for the provision of contraceptive choices and services in Cork city.	Sexual Health Centre, HSE, YHS, Gay Project, LINC, Sexual Violence Centre, Sexual Assault Treatment Centre, Cork HIV Treatment Centre, Sexual Wellbeing.ie, Man2Man	2020-2030	HI 



Cork Healthy Cities will lead by example in enhancing community places for improved health and well-being. Cork will be a city that connects people with places through inclusive urban design and planning, encouraging participation of people of all ages and abilities and advocating good health and wellbeing at local level.

A healthy city leads by example, with the social, physical, and cultural environments aligned to create a **place** that is actively inclusive, non-exploitative, and facilitates the pursuit of improved health and well-being for all.

- Human-centered urban development and planning
- Make the healthiest choice the cheapest, easiest, and most accessible choice
- Places that support health and well-being throughout the life-course
- Community and participatory governance of places
- Enhanced community resilience

Priority Area	PLACE	Partners	Time-Frame	Policy Ref		
Healthy Places and Settings	<b>Develop Cork as a Playful City by:</b>	CCC, Learning City, PPN, Foróige, CLSP City Centre Revitalisation CORE Libraries, Festival Committees	2020-2030 2020			
	2.1 Supporting the implementation of the URBACT funded Playful Paradigm actions: <ul style="list-style-type: none"> <li>• Attending International Playful Paradigm Partner Meetings</li> <li>• Regular updating and reporting on the progress of Playful Paradigm in Cork city</li> <li>• Development of a Play Forum for Cork city</li> <li>• Developing a mechanism for play across the Library service</li> <li>• Offering a Play Streets Activity in the city</li> <li>• Supporting the development of the School Streets in Cork city</li> <li>• Offering a Play Day as part of the Lifelong Learning Festival</li> <li>• Developing Play guidelines for Festivals</li> <li>• Developing a partnership for the delivery of MOBILE PLAY across in Cork city</li> <li>• Developing opportunities for play related placemaking in Cork city</li> <li>• Supporting the delivery of playful activity on the River Lee</li> <li>• Supporting the delivery of the Playful Cities Manifesto at European level</li> </ul>					
	2.2 In 2021 partnering with the Playful Paradigm to develop the European Playful Cities Network		2021			
	2.3 With key stakeholders, advocating for healthy, physical infrastructure for play, cycling and access to the river		2020-2030			
	2.4 Supporting the development of the urban outdoor initiative along the river Lee and the Maritime Activity Centre		2020-2030			
	<b>Support a Placemaking approach by:</b>		CORE, CCC CLSP, CORE, CCC		2020-2030	
	2.5 Working in partnership with key stakeholders to develop 'Place-making' capacity in Cork city.					
	2.6 Supporting the opportunity for greater public involvement in the city centre through place making trials					
	2.7 Supporting the delivery of the Healthy Ireland actions to create healthy spaces across Cork city					
2.8 Supporting the use of outdoor gyms in Cork City Council Parks in partnership with CLSP						
2.9 Supporting pilot projects to provide safe, sustainable water in parks and public places reducing plastic use and wastage of water	CCC	2020-2030				

<b>Integrated Planning for Health</b>	<b>Support an integrated planning approach to health through:</b>			
	2.10 Delivery of an Inter-Agency workshop on Cork City Profile upon publication every 4 years	CCC, YKABC,	2022, 2026, 2030	HI, LECP,  
	2.11 Dissemination and presentation of the Cork City Profile to the LCDC, PPN, Cork Community Health Network and any other identified Inter-Agency Groups in the city	UCC, ETB, CYPSC, HSE, CSO, CEF		
	2.12 Dissemination and presentation of Cork City Profile for planning purposes to six communities across the city in partnership with local community development projects, Health Action Zones and RAPID Areas			
	<b>Health Impact Screening &amp; Assessment (HIS/HIA)</b>			
	<b>Support the delivery of HIS / HIA in Cork city for all sectors by:</b>			
	2.13 Building capacity among professionals to deliver HIA e.g. Planners, Transport Engineers, Public Health Professionals	CCC, PPN,DPH, UCC, HSEMHS, TUSLA	2020-2030	HI   
	2.14 Advocate for the use of HIA in city planning including Climate Change impacts			
	2.15 Pilot the delivery of two HIA plans in Cork city and two across healthy cities projects	LLF, Learning City, CEF, CIT,	2020-2030	 
		CCC, Opera Hs, HSE		
	<b>Support an EcCoWeLL approach through:</b>			
	2.16 Delivery of four EcCoWeLL Seminars in Cork city per annum to facilitate an integrated approach to planning in Cork city			LECP     

PROSPERITY

PEOPLE

PARTICIPATION

A healthy city leads by example by ensuring the **participation** of all individuals and communities in all aspects of society, through participatory governance processes that are undertaken in pursuit of the common good, leading to places that facilitate improved equity, health, and well-being for all.

- Inclusive participation throughout all levels of governance and society
- Intersectoral governance within our cities through breaking the silos
- Enhanced accountability and governance coherence
- Leadership role from cities in building partnership
- Strengthen health, social, environmental literacy
- A cultural and normative shift towards common power
- Increased empowerment, agency, and individual ownership of health and well-being

Cork Healthy Cities will engage with local communities and stakeholders to strengthen health and wellbeing outcomes for all citizens. Cork Healthy Cities will ensure that all actions are participatory in nature and strive to meaningfully engage with and empower all of the people of Cork, prioritising those most in need, to shape the health of the city.

Priority Area	PARTICIPATION	Partners	Time-Frame	Policy Ref
<b>Healthy Older People</b>	<p><b>Enhance the health of Older People through:</b></p> <p>3.1 Support the development of Cork as an Age Friendly City: See 1.13 to 1.18</p> <p>3.2 Support increased public awareness of age-friendly initiatives</p> <p>3.3 Support and work with agencies in addressing health related needs of older adults e.g. the Recommendations identified in the SAFE REPORT addressing City Infrastructure and Public Services identified by Older People in Cork city</p> <p>3.4 Organisation of Age Friendly events as part of the annual Lifelong Learning Festival in Cork city</p>	Gardaí, UCC, PHNs, Friendly Call, PPN, UCC, CCC, LLF	2020-22 2020-2030	<p>HI, LECP, COMPASS</p> 
<b>Increased Physical Activity</b>	<p><b>Support increased Physical Activity:</b></p> <p>3.5 Through the Healthy Ireland Fund, support the implementation of the Naomhóga Chorcaí (Rowing Clubs) boat project for increased river based participation specifically related to health across Cork city</p> <p>3.6 Through the Healthy Ireland Fund, provide school children with the opportunity to access and enjoy new sports which will promote physical activity in a fun and supportive environment.</p> <p>3.7 Through the Healthy Ireland Fund, support the ongoing development of the Bádóireacht Youth Programme</p> <p>3.8 Promote and support the work of Cork Sports Partnership through its Active Cork Sports and Active Cork Communities Strategy 2018 -2021</p> <p>3.9 Support the development of active travel in partnership with the Transport Mobility Forum</p> <p>3.10 Support “Cork City Walks” initiatives to increase awareness of walking for increased physical activity and identify additional walking routes <a href="https://www.corkcity.ie/en/things-to-do/parks-outdoors/cork-city-walks">https://www.corkcity.ie/en/things-to-do/parks-outdoors/cork-city-walks</a></p>	CLSP, Meitheal Mara, Rowing Clubs, HSE, CCC, CCSP, TMF	2020-2030 2020-2022 2020-2022	<p>LECP, HI Sport Ireland</p> 

<b>Transformed Service Delivery</b>	<b>Transform Service Delivery by:</b> 3.11 Carrying out a mapping exercise of existing participatory structures in Cork city 3.12 Advocating for the use of Cork City Profile data in community planning processes 3.13 Actively supporting community involvement and participation in planning processes across Cork city, e.g. through community forums and by building capacity around how the process works and how to engage with it 3.14 Allocating a budget to pilot a participatory planning process using Health Impact Screening, document the model and practice and disseminate information	PPN, YKABC, UCC PPN, DPH, SHC, BTCDP, CSP, PPN, UCC, Niche, PPN, CSP	2020 2020-2030 2020-2030 2020-2030	HI, COMPASS 
<b>Health Literacy</b>	<b>Build Health Literacy by:</b> 3.15 Building capacity of the Healthy Cities steering group to support health literacy in Cork city 3.16 Working in partnership with the HSE to build the capacity of service providers and the public to communicate health information in an accessible manner 3.17 Developing collaborations to enhance health literacy in Cork city	HSE, HSE MHS, Niche, CCC, HSE Public Health Dept	2020-2022 2020-2030 2020-2030	HI 
<b>Culture and Health</b>	<b>Support the role of creativity and the arts by:</b> 3.18 Continue to participate in a strong festival offering across the city to create positive citizen engagement, build pride of place and offer creative opportunities for all 3.19 Support the Lifelong Learning City initiative in Cork city 3.20 Support the arts and cultural sector to offer a wide range of experiences for all 3.21 Support Arts in Health programmes with relevant partners  <b>Promote the culture of minority groupings:</b> 3.22 Identify a suitable grazing site for Traveller horse owners in Cork city 3.23 Develop and deliver a plan to maintain horse grazing project 3.24 Offer equine educational support to Traveller Horse Owners/Traveller Health Unit 3.25 Support the actions of the Traveller Health Unit 3.26 Support the development of an action plan for Traveller Projects  <b>Support the Cork as a City of Sanctuary through:</b> 3.27 The delivery of health actions under the City of Sanctuary Plan	CCC, Arts & Cultural Centres of the City, EcCoWeLL  TVG, Dept Agriculture, Gardaí, CCC, ISPCA, CETB, HSE, TVG, CTWN  City of Sanctuary (Health Subgroup), CCC, HSE	2020-2030  2020-2030  2020-2030	COMPASS, LECP   HI, LECP, COMPASS   
<b>Social Justice</b>	<b>Promote Social Justice by:</b> 3.28 Highlighting health inequalities using the data from the Cork City Profile 3.29 Working in collaboration with Community Projects to address health inequalities as they relate to the nine grounds under the Equal Status Acts 2000-2015 i.e. gender, marital status, family status, age disability, sexual orientation, race, religion, and membership of the Traveller community 3.30 Supporting participation of minority groups in health-related forums and local decision-making bodies whose work can affect health outcomes using community development principles and practices 3.31 Proactively collaborating with RAPID Co-ordinators in the implementation of their action plans	Traveller projects, THU, LINC, Gay Mens Project, CESCA, Age Friendly Forum, NASC RAPID, HAZ	2020-2030 2020-2030  2020-2030	HI, LECP, COMPASS 

PEACE

PROSPERITY

PARTICIPATION

Cork Healthy Cities will support ethical economic and business development across the city to ensure prosperity for all in the city. Cork Healthy Cities will build understanding and lead by example in the implementation of the Sustainable Development Goals. Cork Healthy Cities supports prosperous development that values and benefits the wider community.

A healthy city leads by example by striving for enhanced **community prosperity** and strengthened assets through values-based governance of common goods and services.

- Progressive measures of social progress
- Transformative economic models: investments in circular, green, and silver economies
- Universal minimum social protection floors
- Ethical investment policies
- Triple helix system: partnership between government, university, and industry
- Address the commercial determinants of health
- Societal value for the jobs that matter for health and well-being

Priority Area	PROSPERITY	Partners	Time-Frame	Policy Ref
<b>Mental Health and Well-being</b>	<p><b>Deliver the PSYCHED (Positive Support You Can Have Every Day) Initiative:</b></p> <p>4.1 Support new and existing workplaces to understand mental health, reduce stigma and promote wellbeing by signing up to PSYCHED</p> <p>4.2 Continued development and enhancement of the PSYCHED website and promotional material (flyers, videos and posters)</p> <p>4.3 Offer a range of workshops to promote mental health with Introduction to PSYCHED Workshops for new workplaces</p> <p>4.4 Promote a framework and checklist for workplaces to self-assess their mental health awareness and supports to promote health and wellbeing</p> <p>4.5 Commission a range of mental health promotion workshops for PSYCHED workplaces to assist in advancing the mental health and wellbeing agenda</p> <p>4.6 Organise and promote PSYCHED with an annual celebration event showcasing workplace commitment to positive mental health and wellbeing.</p>	PSYCHED Workplace Well-Being, HSE, CCC, UCC, YKABC, HSEMHS Cork City Council	2020-2030	HI, LECP, COMPASS 
<b>Community Resilience</b>	<p><b>Promote the development of Community Resilience by:</b></p> <p>4.7 Supporting the development of Health and Wellbeing Community Prescribing programmes in Cork city</p> <p>4.8 See 1.22 – 1.26</p>	CCC, CETB, BTCDP, HSEPHN, SHC, PHN, CCC, CFPC	2020-2022 2025-2030	COMPASS 

Healthy Older People	Support the development of Cork as an Age Friendly City: See 1.13 to 1.18	Gardaí, UCC, PHNs, Friendly Call, PPN, UCC, CCC,	2020-2030	HI, LECP, COMPASS
Healthy Housing and Regeneration	<p>Support the implementation of Health Impact Screening &amp; Assessment by:</p> <p>4.8 Publishing relevant Housing data in the Cork City Profile.</p> <p>4.9 Supporting Cork City Council (CCC) in the roll out of Cork Evolves Action Plan</p>	UCC, CCC	2022, 2026, 2020 - 2030	<p>HI, LECP</p> 
Integrated Planning for Health	<p>Support the implementation of Health Impact Screening &amp; Assessment by:</p> <p>4.10 Supporting the implementation of Healthy Ireland and Sláinte Care interagency actions at city level</p> <p>4.11 Expanding the role of Healthy Cities – seek funding for additional staff</p>	HSE	2020-2030	<p>HI</p> 
Indicators of Health And Well-being	<p>Compile Indicators of Health &amp; well-Bing by:</p> <p>4.12 Publishing the Cork City Profile every 4 years following the publication of Census data</p> <p>4.13 Piloting project: promote the development and gathering of data on community gardens/allotments which assesses the impact of such projects on mental health and wellbeing</p> <p>4.14 Exploring in partnership with the Dept of Public Health (UCC) and the CSO the compilation and development of health indicator data at ED level</p> <p>4.15 Implementing roll out of interagency tool kit ‘Good practice for partnership work’</p>	<p>CHCSG</p> <p>Niche</p> <p>UCC, CSO</p> <p>SHEP</p>	<p>2022, 2026, 2030</p> <p>2021</p> <p>2022</p> <p>2020</p>	<p>HI, LECP</p> 
Transformed Economic Models	<p>Support transformed economic models by:</p> <p>4.16 Working in partnership with key stakeholders to build capacity and understanding about the Sustainable Development Goals in Cork City</p>	EcCoWeLL, UCC	2020-2025	<p>LECP</p> 
Commercial Determinants of Health	<p>Support the development of a sustainable food strategy for Cork city. See 1.27 – 1.31:</p> <p>4.17 Developing a position paper on the ‘Commercial Determinants of Health’ for Cork city</p>	CFPC, CCC Healthy Cities, UCC, Dept of Public Health	2025-2030	<p>HI, LECP</p> 

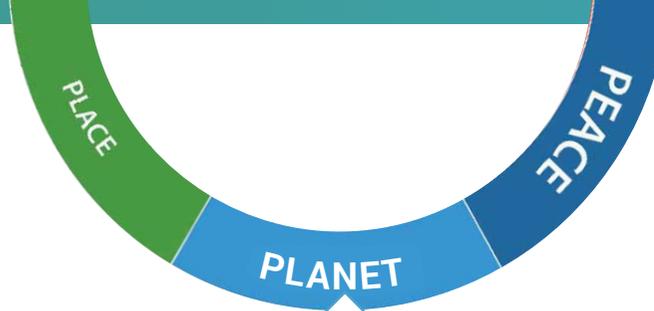


Cork Healthy Cities celebrates and embraces the diversity of its people. Cork Healthy Cities will proactively engage with people from diverse backgrounds and cultures, promoting a culture of safety and security for all citizens and championing the values of respect and tolerance to foster participation in the community.

A healthy city leads by example by promoting **peace** through inclusive societies that focus on places, participation, prosperity, and the planet, whilst putting people at the centre of all policies and actions.

- Focus on people, communities, empowerment and resilience
- Institutions, governance systems, and architecture that prioritize social justice and inclusive participation
- The promotion of cultural norms that promote inclusion and equality, are non-exploitative, and egalitarian
- Formal governance and societal norms that tackle corruption, discrimination, and all forms of violence, physical and emotional
- Role of cities in health security and response to shocks and disasters, human caused and natural

Priority Area	PEACE	Partners	Time-Frame	Policy Ref
Healthy Urban Planning and Design	Health Impact Screening & Assessment. See 2.12 to 2.14		2020-2030	HI, LECP
Health as a Bridge For Peace	<p><b>Support the development of the Sanctuary City in Cork city by:</b></p> <p>5.1 Publish relevant diversity data in the Cork City Profile</p> <p>5.2 Participate and deliver actions of the health subgroup of City of Sanctuary</p> <p>5.3 Support the organising of multi-cultural community events/celebrations</p>	CCC, Sanctuary Cities partners	2020-2030	HI, LECP 
Violence and Injury Prevention	<p><b>Reduce Violence and Injury Prevention by:</b></p> <p>5.4 Publishing relevant data in the Cork City Profile</p> <p>5.5 Working in partnership with the Gardaí and relevant organisations to promote and advocate for safety for all in Cork city</p> <p>5.6 Supporting community safety initiatives - See Safe Report</p>	Gardaí, CCC, Domestic & Sexual Violence Projects	2022,2026, 2030	HI, LECP 
Health Security	Support the Food Policy Council. See 1.27 – 1.31	CFPC	2020-2030	HI, LECP, 
Mental Health and Well-being	<p><b>Support the development of the Trauma Informed City. See 1.6 to 1.9:</b></p> <p>5.7 Pilot Trauma Informed City/neighbourhood</p>	Trauma Sensitive Inter-Agency Group	2020-2030	HI, Compass 



Cork Healthy Cities has a strong commitment to public health in a context of climate change. Cork Healthy Cities will take a key role in environmental and health actions that make the city greener, bluer and resilient for all its citizens. Cork Healthy Cities will lead by ensuring that the protection of the planet is at the heart of all city policies. Collaborations will be strengthened to ensure improved equity, health and wellbeing for all people and improved (sustainable) planet life for the future. These actions will deliver on the goals of the New Programme for Government (Government of Ireland 2020-2025)

A healthy city leads by example by ensuring that the protection of the **planet** is at the heart of all city policies both internal and external, and coherent across all levels of governance.

- Interacts with the planet, communities, and other actors to ensure improved equity, health, and well-being for all
- Take action on climate change and environmental degradation: manage the unavoidable so as to avoid the unmanageable
- Divestment from health-harming sectors
- Coherence across levels of governance in a whole-of-city approach to create a healthier and happier planet for all

Priority Area	PLANET	Partners	Time-Frame	Policy Ref
<b>Climate Change Mitigation and Adaptation</b>	<p><b>Support the implementation of the following Climate Adaptation Strategy of Cork City Council actions:</b></p> <p>6.1 Develop and implement a behavioural change plan for citizens, businesses and communities to change behaviours, understand and better deal with climate change and extreme weather events</p> <p>6.2 Collaborate with third level and other research facilities to investigate the potential of climate action technologies and their application in Cork city, in conjunction with innovation and research funding at national and EU level</p> <p>6.3 Encourage all residents and groups to ‘plant more trees’</p> <p>6.4 Promote greening of health services through a pilot project</p> <p>6.5 Involve more Young People in Healthy Cities projects/pilot/campaigning</p> <p>6.6 Work with key stakeholder to support the implementation of the Adaptation Strategy for Cork city and ensure appropriate communication to all sectors</p>	<p>DPH (HSE)</p> <p>UCC, CIT, CETB</p> <p>CCC</p> <p>HSE</p> <p>Youth Services</p> <p>CCC</p>	2020-2030	<p>Report on Open Space Workshop Jan 2019, LECP,</p> 
<b>Healthy Transport</b>	<p><b>Support the development and coordination of the Transport &amp; Mobility Forum:</b></p> <p>6.7 Support the delivery of health related and active travel actions of the TMF</p> <p>6.8 Support the delivery of school streets in partnership with the Green Schools and /TMF</p> <p>6.9 Carry out city walking/cycling audit and work in partnership to develop a Walking &amp; Cycling strategy for the city. Host a seminar to launch the strategy.</p> <p>6.10 Promote Cork Community Bike scheme</p> <p>6.11 Promote home-working and staggered work start and finish times</p>	<p>CCC, HSE, Cork Co Co, Bus Eireann, CLSP, Cork Cycling Campaign, Green Schools, Cork Pedestrian Network, TMF</p>	2020-2030	<p>HI</p> <p>LECP</p> 

<b>Green Spaces</b>	<p><b>Support the development of Green Spaces for Health by:</b></p> <p>6.12 In partnership with stakeholder, carrying out an audit of green spaces in the city and link to city policy</p> <p>6.13 Piloting initiatives (a) Support a community development and engagement approach to greening in the South Parish (b) Delivery of a pilot Green Wall in the city and extend pilot projects across the city</p> <p>6.14 Ongoing support for the development of the Food Forest</p> <p>6.15 Developing of a greening initiative in Parkowen</p> <p>6.16 Modelling the delivery of a community rain harvesting system</p> <p>6.17 Linking with other greening projects in the city to expand the network and share the learning</p> <p><b>Enhance Air Quality by:</b></p> <p>6.18 Working with Cork City Council to inform the public about air quality data in Cork city and its impact on health – especially pollution hotspots</p> <p>6.19 Working with key stakeholders to respond to air quality data to enhance health outcomes</p>	<p>Cork City Council, Green spaces for health, CCC Lantern Project, Nano Nagle, CEF, Douglas Street Traders, UCC, HSEMHS, CSP</p> <p>CCC, CRAC Lab UCC</p>	<p>2020-2030</p> <p>2020</p> <p>2020-2030</p> <p>2020-2030</p> <p>2020</p> <p>2020-2030</p>	<p>LECP, HI</p>  <p>LECP, HI</p> 
<b>Protected Biodiversity</b>	<p><b>Protect Biodiversity by:</b></p> <p>6.20 Supporting the implementation of a biodiversity plan for the city</p> <p>6.21 Linking with new and emerging proposals, e.g. bio-diversity Otter project</p>	<p>CCC</p>	<p>2020-2030</p>	<p>HI, Climate Adaptation strategy</p> 
<b>Waste, Water and Sanitation</b>	<p><b>Reduce Waste and Enhance Water &amp; Sanitation by:</b></p> <p>6.22 Supporting implementation of Cork Urban Soil Project</p>	<p>CFPC</p>	<p>2020-2030</p>	<p>HI, Climate Adaptation strategy</p> 
<b>Health-Promoting and Sustainable Municipal Policies</b>	<p><b>Support the development of Health-Promoting and Sustainable Municipal Policies by:</b></p> <p>6.23 Utilising Healthy Cities Network to build an understanding of ‘health in all policies’ approach to City development and planning.</p> <p>6.24 Seeking out opportunities to pilot HIS/HIA. See 2.12 – 2.14</p>	<p>EcoWell</p>	<p>2020-2030</p>	<p>HI, Climate Adaptation strategy</p> 

## Cork Healthy Cities Steering Group

Cork Healthy Cities Steering Group				
<b>Administration</b>	<p><b>Administration of the Work:</b></p> <p>7.1 Ongoing updating of Healthy Cities Website and maintaining a social media presence for Cork Healthy Cities</p> <p>7.2 Project management of external budgets and reports – HI Fund &amp; URBACT</p> <p>7.3 Organisation of events, meetings &amp; consultations</p> <p>7.4 Respond to queries and requests as they arise</p> <p>7.5 Deliver Healthy Cities Presentations as requested (UCC, LCDC, PPN, Cork Community Health Network, HSE; etc.)</p> <p>7.6 Seek opportunities for funding to progress Healthy Cities Actions</p> <p>7.7 Submit funding applications and budgetary reports to funders (CCC, HSE)</p> <p>7.8 Participation in monthly WHO Coordinator Teleconferences</p> <p>7.9 Attendance at WHO Annual Business Meeting</p> <p>7.10 Completion and submission of Annual Reporting Templates to the WHO</p> <p>7.11 Communication: Cork Healthy Cities will collaborate with key stakeholders to compile a book on the evolution of Cork Healthy Cities in the past 10 years</p> <p>7.12 Meeting notes and financial summary will be circulated with the agenda prior to every meeting</p>		2020-2030	
<b>Governance</b>	<p><b>Governance of the Work:</b></p> <p>8.1 Review membership, terms of office and officer roles of steering group annually</p> <p>8.2 Carry out PR, reviews/evaluation of HC workings, implementation and impact</p> <p>8.3 Ensure communication of all healthy cities work and processes is transparent and accountable</p> <p>8.4 Ensure each theme of the Copenhagen Consensus (Six Ps) has an open space workshop - one per annum</p> <p>8.5 Learning from International best practice - host seminars for sharing experiences with partners</p> <p>8.6 Promote interagency, co-production of events and actions and disseminate good practice information</p> <p>8.7 Influence national policy through National Cities Network and with EU partners</p> <p><b>Develop a Public Health &amp; Healthy Cities knowledge dissemination group in Cork to:</b></p> <p>8.8 Agree new ways of working and collaborating based on the experience of 'distancing' and 'working from home' policies during Covid-19</p> <p>8.9 Lead by example by developing an ethos of evidence-based practice in Cork Healthy Cities</p> <p>8.10 Share knowledge of current research</p> <p>8.11 Implement practice-based research and evaluation</p> <p>8.12 Support researchers and practitioners to develop practice led research competency and co-production skills</p> <p>8.13 Support and advocate for the development of a shared understanding of a community development approach to cross sectoral working in order to enhance participatory democracy and sustainable change</p>	<p>CHCSG</p> <p>Co-ordinator</p> <p>Co-ordin</p> <p>UCC, DPH ator</p>	<p>2022, 2024, 2026, 2028</p> <p>2020 – 2030</p> <p>2020-2030</p>	

# References

---

Kelly, T. and Hayes P. (2014). *Cork City Profile 2014*. Cork Healthy Cities and Social Inclusion Unit, Cork City Council: Cork, Ireland. Available from: [https://corkhealthycities.com/wp-content/uploads/2018/10/CORK-CITY-PROFILE-FINAL\\_COMPRESSED.pdf](https://corkhealthycities.com/wp-content/uploads/2018/10/CORK-CITY-PROFILE-FINAL_COMPRESSED.pdf) [accessed October 1st, 2020]

Swanton D. (2018). *Cork City Profile 2018*. Cork Healthy Cities and Social Inclusion Unit, Cork City Council: Cork, Ireland. Available from: <https://corkhealthycities.com/publications/cork-city-profile-2018/> [accessed October 1st, 2020]

Cork Healthy Cities (2018) Copenhagen Consensus of Mayors: Healthier and happier cities for all 2018 Available from : [https://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0003/361434/consensus-eng.pdf](https://www.euro.who.int/__data/assets/pdf_file/0003/361434/consensus-eng.pdf) [accessed October 1st, 2020]

World Health Organisation/Europe (2019) Health 2020: the European policy for health and well-being Available from: <https://www.euro.who.int/en/about-us/regional-director/regional-directors-emeritus/dr-zsuzsanna-jakab,-2010-2019/health-2020-the-european-policy-for-health-and-well-being> [accessed October 1st, 2020]

United Nations, Department of Economic and Social Affairs, Sustainable Development (2020) Sustainable Development Goals. Available from: <https://sdgs.un.org/goals> [accessed October 1st, 2020]

Department of Health (2013) Healthy Ireland: A framework for Improved Health and Wellbeing 2013 – 2025. Department of Health, Dublin, Ireland. Available from: <https://assets.gov.ie/7555/62842eef4b13413494b13340fff9077d.pdf> [accessed October 1st, 2020]

Cork Kerry Community Healthcare (2018) COMPASS: Healthy Ireland Implementation Plan 2018 – 2022. Available from: <https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/community-healthcare-organisations/compass-healthy-ireland-implementation-plan.pdf> [accessed October 1st, 2020]

Cork City Council (2016) Cork City Local Economic and Community Plan (LECP) 2016 – 2021. Available from: <https://www.corkcity.ie/en/media-folder/community/local-economic-community-plan-pure-cork.pdf> [accessed October 1st, 2020]

Cork City Public Participation Network (2018) Cork City PPN Community Wellbeing Statement 2018. Available from: <https://www.corkcityppn.ie/wp-content/uploads/2020/02/Cork-PPN-Wellbeing-Statement-Dec-6-2018.pdf> [accessed October 1st, 2020]

Cork Healthy Cities (2019) Climate Change Workshop Report 2019. Available from: <https://corkhealthycities.com/climate-change-health/> [accessed October 1st, 2020]

Cork City Council (2019) Cork Evolves Report. Available from: <https://www.corkcity.ie/en/council-services/services/community/community-initiatives/cork-evolves.html> [accessed October 1st, 2020]

Almagro M., Orane-Hutchinson A. (2020) The Determinants of the Differential Exposure to COVID-19 in New York City and Their Evolution Over Time. *Social Science Research Network* Available from: <http://dx.doi.org/10.2139/ssrn.3573619> [accessed October 1st, 2020]

# Acronyms

---

BTCDP	Ballyphehane Togher Community Development Project	HSEMHS	Health Service Executive Mental Health Services
CCC	Cork City Council	ICS	Irish Cancer Society
CEF	Cork Environmental Forum	ISPCA	Irish Society for the Prevention of Cruelty to Animals
CHC	Cork Healthy Cities	NCD	Non-Communicable Diseases
CHCSG	Cork Healthy Cities Steering Group	LINC	Lesbians in Cork
CFPC	Cork Food Policy Council	LLF	Life-Long Learning Festival
CIT	Cork Institute of Technology	PHN	Public Health Nursing
CSO	Central Statistics Office	PPN	Public Participation Network
CLSP	Cork Local Sports Partnership	RAPID	Revitalising Areas through Planning Investment and Development
CTWN	Cork Traveller Women's Network	SDG	Sustainable Development Goals
CYPSC	Children and Young Peoples Services Committee	SHEP	Social & Health Education Project
DPH	Department of Public Health	THU	Traveller Health Unit
ED	Electoral Division	TMF	Transport & Mobility Forum
ETB	Education and Training Board	TVG	Traveller Visibility Group
HAZ	Health Action Zone	UCC	University College Cork
HSE	Health Service Executive	WHO	World Health Organisation
HSECWD	Health Service Executive Community Work Department	YKABC	Young Knocknaheeny Area Based Childhood

# Membership

---

## Cork Healthy Cities Steering Group Membership

<b>Name</b>	<b>Organisation</b>
Denise Cahill	Healthy Cities Coordinator
Judy Cronin	Public Health, HSE
Martin Davoren	Sexual Health Centre
Tony Fitzgerald	Councillor, Political Representative
Daniel Flynn	Psychology Services, HSE
Katherine Harford	Young Knocknaheeny
Claire Hurley	Cork Local Sports Partnership
Brian Kelleher	NICHE
Priscilla Lynch	Health & Well-Being, HSE
Stephen Murphy	Cork City Council
Yvonne Murphy	Public Participation Network
Aoife Ní Chonchúir	Health Promotion & Improvement, HSE
Diarmoid O'Driscoll	TUSLA
Jim O'Donovan	Former Chair & Retired Director Of Services Cork City Council
Siobhan O'Dowd	Ballyphehane Togher CDP
Sandra O'Meara	Cork City Council
Monica O'Mullane	University College Cork
Marie O'Neill	Garda Siochana
Martin Ryan	Mental Health Services, HSE
Michelle Syron	University College Cork



**Cork Healthy Cities**  
a healthier city together

Healthy Cities Co-ordinator  
Health Promotion Department  
Eye, Ear & Throat Hospital  
Western Road, Cork  
Email [Denise.Cahill@hse.ie](mailto:Denise.Cahill@hse.ie)  
Tel: +353 21 4921 641

[www.corkhealthycities.com](http://www.corkhealthycities.com)



Date of Publication: January 2021