



Healthy Mayo Strategic Plan 2020 - 2023



Comhairle Contae Mhaigh Eo
Mayo County Council



Coiste um Fhorbairt Pobail Áitiúil Mhaigh Eo
Mayo Local Community Development
Committee



Healthy
Mayo



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SECTION I

Introduction and Context

I.1 Introduction



As Head of Health and Wellbeing in Community Healthcare West, I welcome the Healthy Mayo Strategic Plan as a means of giving effect to a societal change in lifestyle habits and practices that help to improve the health and wellbeing of the general population and to reduce the burden of chronic disease.

The Healthy Ireland Framework 2013-2025 and the Department of Health's Slaintecare

Implementation Plan are the core policies which seek to give effect to these changes.

Both Plans recognise that such lifestyle changes can best be achieved through interagency co-operation in which the HSE plays a pivotal role as a healthcare provider. Within the national framework, the publication of this Healthy Mayo Plan shows the combined commitment of agencies in the county to making the necessary cultural and systemic changes necessary to improve people's health and wellbeing. It does this through its focus on promoting engagement, collaboration and innovative partnerships to deliver the Actions set out in the Plan.

This Plan provides us with a clear roadmap of actions that we will take together over the coming 5 years in order to ensure that an increased proportion of our population is healthy at all stages of their lives and that we are creating an environment where every sector of society can play its part.

Mary Warde
Head of Health and Wellbeing, Community Healthcare West.



FOREWORD



Improving the quality of life for people in Mayo is a cornerstone of the vision of Mayo County Council. We are acutely aware that the health and wellbeing of individuals and a healthy population as a whole is our biggest resource. This plan outlines the direction and aims which we wish to achieve over the coming years.

As a proud member of the Healthy Cities and Counties Network and in accordance with the Healthy Ireland Framework, this Healthy Mayo Strategic Plan will ensure the implementation of Healthy Ireland and its objectives. These include increasing the proportion of people who are healthy at all stages of life, reducing health inequalities, protecting the public from threats to health and wellbeing and creating

an environment where every individual can play their part in achieving a healthy society. Local communities will be empowered to achieve these goals in a sustainable way through communication with stakeholders and continued collaboration.

I would like to commend all those who have contributed to the Healthy Mayo Strategic Plan. A special word of thanks to the many groups, organisations and individuals who participated in the consultation process. I have no doubt that this collaborative process will form the backbone in delivering on the actions set out in this Plan and ultimately improve the quality of life for everyone in Mayo.

Peter Duggan
Interim Chief Executive, Mayo County Council



The necessity to promote a healthy lifestyle was never more important. The increasing evidence of obesity, cancer and mental health issues add an additional degree of urgency to the promotion of a healthy lifestyle. It is therefore extremely encouraging that under the auspices of the Mayo LCDC a comprehensive Healthy Mayo Strategic Plan has been finalised. I hope priorities identified in the plan reaches as many people as possible in our County.

I congratulate the authors and instigators of the plan and as chairman of the LCDC in Mayo I will assist in every way towards its implementation.

Al McDonnell
Chairperson, Mayo LCDC

1.2 Vision and Equality Statement

“A Healthy Mayo, 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”
Our values define how we approach our work, and how we engage with people. We believe that our values are a critical element in delivering the Healthy Mayo Strategic Plan 2020 - 2023

The following set of values will underpin the work of the organisations delivering the Healthy Mayo Strategic Plan 2020- 2023.

- **Non-Discrimination and Equality:**
We commit to supporting people who face the greatest barriers to realising their citizenship and human rights.
- **Inclusion:**
We value a sense of belonging, community, interdependence, collective responsibility and diversity.
- **Dignity:**
We value and respect, relationships of care and love, human worth, and the absence of inhumane and degrading treatment, harassment and discrimination.
- **Respect:**
We build respect and trust by valuing the contribution of everyone involved in the delivery of this strategy. Respecting the trust placed in us, we conduct our work to the highest professional standards.
- **Participation:**
We recognise all citizens rights to personal autonomy and self-determination. We are committed to hearing and learning from all perspectives.

1.3 Healthy Ireland:An Overview

The Healthy Ireland framework, launched in 2013 is a government-led initiative which aims to create an Irish society where everyone can enjoy physical and mental health and wellbeing and is valued and supported at all levels of society.

It seeks to provide people and communities with accurate information on how to improve their health and wellbeing and to empower and motivate them by making the healthy choice the easier choice. It also addresses current concerns about health status of people living in



Ireland – including lifestyle trends and health inequalities, which if maintained will lead towards a future that is dangerously unhealthy and unsustainable. The many risks to the health and wellbeing of people living in Ireland include some which are obvious; issues such as obesity, smoking and alcohol.

The framework, articulates four central goals for improved health and wellbeing:

1. Increase the proportion of people who are healthy at all stages of life.

This will be done through tackling risk factors and ensuring protective factors are in place at all stages of life, from pre-natal, through early years and adulthood and into old age safeguarding lifelong health and wellbeing.

2. Reduce Health inequalities

This goal acknowledges that health and wellbeing is not evenly distributed across society and seeks to create socio economic environments that promote healthy living by looking at the broader social determinants of health, where people are born, grow, live and work.

3. Protect the public from threats to health and wellbeing.

An emphasis on a partnership approach has led to effective strategies and intervention plans ensuring Healthy Ireland’s preparedness and its ability to respond to and rapidly recover from threats to public health.

4. Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland.

Healthy Ireland acknowledges that societal health and wellbeing is not only beyond the capability of any one governmental department but it is the responsibility of every sector, every individual. Consequently, it promotes a society-wide approach; from individuals making healthier lifestyle choices, engaging community groups to policy at local and national level.



1.4 Why Healthy Mayo?

Healthy Mayo launched in 2017 and forms part of the Healthy Cities and Counties Network within the HI framework. Established by the Healthy Ireland Council the network recognises that the improved health and wellbeing of the population is only possible with a society-wide approach. The first phase of the Healthy Ireland Network was to get all types of organisations across the country to sign-up to combine efforts to improve health and wellbeing.

The purpose of the HI Network is:

- To establish and grow an empowering national movement that regards health and wellbeing as an individual and collective responsibility
- To support and advocate for the goals and vision of HI
- To ensure the HI message is spread, understood and acted on throughout Ireland

Mayo LCDC acknowledges its stewardship of the HI network at local level with Healthy Mayo and the Healthy Mayo Strategic Plan 2020-2023 its commitment to deliver on areas of concern to health and wellbeing specific to Mayo. Distilled by the consultation processes of not only the Local Economic and Community Plan but all other relevant local and national plans. Healthy Mayo seeks to address both the issues facing the county such as childhood obesity, mental health, suicide, drug and alcohol abuse as well as focusing on safeguarding Mayo's ageing population but also delivering on the four central goals of the HI framework.



SECTION 2 Policy Framework, Strategy Development and Implementation

2.1 Strategic Policy Framework

One of the key themes for Healthy Ireland and its successful implementation is the emphasis on partnership and cross sectoral work. Local authorities play a critical role in both protecting and promoting health and wellbeing at local level through identifying local structures and building on relationships across all sectors. The Healthy Mayo Strategic Plan will strengthen community partnerships and enable these partners to improve health and wellbeing in these strategic areas. To this end Mayo LCDC is focused on progressing the health of Mayo by supporting existing resources, concepts and initiatives developed throughout the community.

The following are the various strategic and policy documents which guide the focus of 'Healthy Mayo Strategic Plan 2020-2023':

- Children and Young People's Sexual Health and Wellbeing for County Mayo 2019 – 2022
- Community Healthcare West – Healthy Ireland Implementation Plan 2018 – 2022
- Connecting for Life – Ireland's National strategy to reduce suicide 2015 – 2020
- Connecting for Life Galway, Mayo and Roscommon Suicide Prevention Action Plan 2018 - 2020
- First 5 Implementation Plan 2019 – 2021
- Get Ireland Active, National Physical activity Plan for Ireland 2016
- Healthy Ireland: A Framework for Improved Health and Wellbeing 2013 - 2025
- Mayo Age Friendly Communication Strategy: Review of Old Age Alliance / Older Person's Council
- Mayo Age Friendly Strategy 2014 - 2020
- Mayo County Council Strategic Arts Plan 2018 – 2022
- Mayo Children and Young People's Plan 2018 - 2020
- Mayo Health and Wellbeing Plan 0-3 Years 2018 - 2022
- Mayo Local Economic and Community Plan 2015 – 2021
- Mayo Sports Partnership Strategic Plan 2017 – 2021
- Mental Health Ireland, Empowerment – From Ideas to Action, MHI Strategic Plan 2019 - 2021
- Planet Youth County Report: Mayo
- Play, Leisure and Recreation Strategy for Mayo. 2020 - 2030

2.2 Principle Partners

- **Mayo LCDC**

Founded in 2014 and linking representatives from both voluntary and statutory agencies at local level, local and community interests civic and social partners the main function of the Mayo LCDC is to coordinate and bring direction in the area of community, rural and economic development in a coherent way achieving greater efficiency and effectiveness in line with "Putting People First". The first phase of Mayo LCDC's work namely developing a Local Economic and Development Plan (LECP) forms part of the guidance for the Healthy Mayo Strategic Plan. The LECP encompasses a vision for Mayo as a county which is: **"Sustainable, Inclusive, Prosperous and Proud"**

- **Mayo CYPSC**

Mayo Children and Young People's Services Committee, established in 2015, draws its membership from the main statutory, community and voluntary providers of services to children and young people in County Mayo. Mayo CYPSC provides a forum for joint planning, improved delivery and coordination of services and supports for children, young people and their families in the county with a wish to realise the best possible outcomes for children and young people aged 0-24 years in Mayo. The Mayo Health and Wellbeing Plan 0-3 Years as well the Mayo Children and Young People's Plan, the first of its kind for county Mayo form part of the guiding structure and strategic framework of the Healthy Mayo Strategic Plan.

2.3 Consultation Process

In order to ensure buy in from different stakeholders, we entered into a thorough and robust consultation process. This has led to bottom up actions promoting collaboration and inclusivity with an emphasis on strategic integration.

The Consultation process had the following formats:

- Individual meetings with stakeholders and organisations
- Workshop days with representation from different organisations.
- An online survey was sent out to different community groups through the Mayo Public Participation Network

The Following groups and organisations participated in the consultation process.

- | | |
|---|--|
| <ul style="list-style-type: none"> • Arts Office (Mayo County Council) • Community and Integrated Development (Mayo County Council) • Family Life Centre Castlebar • GMIT • HSE Health Promotion • Library Services (Mayo County Council) • Mayo Age Friendly • Mayo County Childcare Committee • Mayo CYPSC • Mayo Mental Health Association • Mayo North East Leader Partnership | <ul style="list-style-type: none"> • Mayo Older Peoples Council • Mayo PPN • Mayo Sports Partnership • Mayo Traveller Support Group • Mental Health Ireland • Mindspace Mayo • Out West • South West Mayo Development Company • Tourism Recreation and Amenities Section (Mayo County Council) • Tusla Child and Family Agency |
|---|--|

2.4 Cross Cutting Actions

During the consultation process three cross cutting themes emerged that will underpin each strategic priority and its action plan. This will form an integral part of the implementation of 'Healthy Mayo Strategic Plan 2020-2023'

1. Communication

Ensuring information is available in an easily accessible format to all through different partners, vehicles available to us such as Healthy Mayo at your Library, social media channels, supporting and dissemination of key health messages as well as supporting local and national awareness campaigns.

2. Accessibility

Providing services and opportunities that can be accessed by communities particularly those at risk.

3. Collaboration

Working and building on existing partnerships for effective implementation of policy and strategic plans.

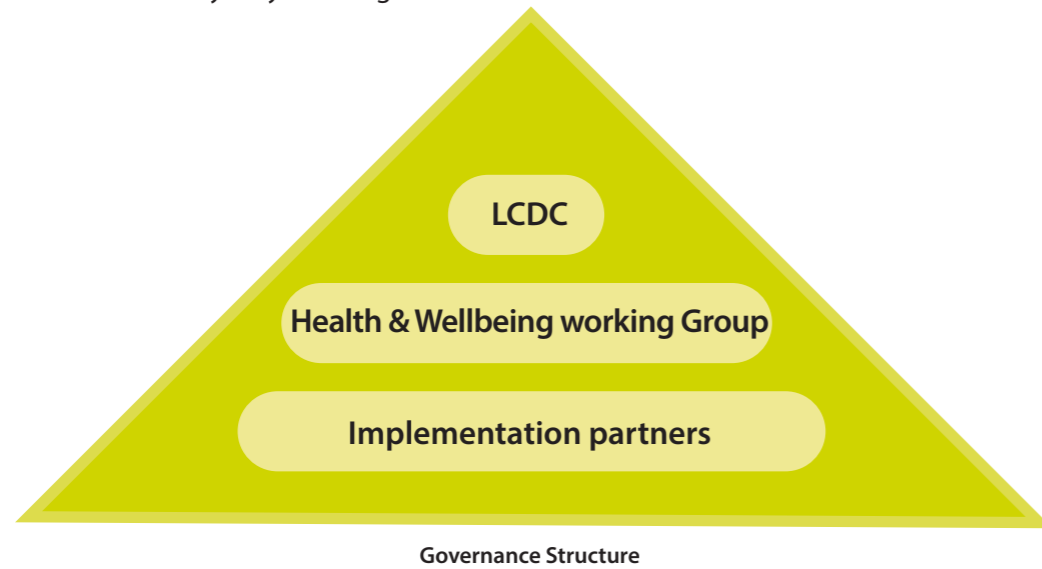
2.5 Governance

The Healthy Mayo strategic plan will be delivered over a four year period from 2020 to 2023 in line with local and national policy strategies as previously mentioned as well Healthy Ireland funding rounds 3 and 4. Key to the implementation of this plan is the LCDC Health and Wellbeing working group consisting of the following organisations.

- | | |
|---|--|
| <ul style="list-style-type: none"> • GMIT • HSE (Disability Services, Health Promotion, Suicide Prevention) • Mayo County Council (Community & Integrated Development) • Mayo CYPSC | <ul style="list-style-type: none"> • Mayo Mental Health Association • Mayo PPN • Mayo Sports Partnership • Mayo Traveller Support Group • Mindspace Mayo • Tusla |
|---|--|



The Health and Wellbeing Working group reports directly to the LCDC and is tasked with ensuring fulfilment of service level agreements in relation to the Healthy Mayo programme of works. Keeping financial records and timely reporting to Pobal on Healthy Ireland funding as well as providing direction and overseeing the implementation of 'Healthy Mayo Strategic Plan 2020-2023'



2.6 Funding

Healthy Ireland Funding has been instrumental in delivering on Health and Wellbeing initiatives in Mayo and will continue to play a key role in the delivery of the objectives set out in 'Healthy Mayo Strategic Plan 2020-2023'. The plan can also be supported through other community funding schemes where applicable as well through funding available to partner organisations.

2.7 Implementation

Healthy Mayo: Strategic Priorities

The framework developed for the implementation of Healthy Ireland includes six key health and wellbeing priority areas. In line with these categories Healthy Mayo together with partners, community groups and other stakeholders have prepared a series of action plans dealing with each of the priority themes. The action plans include the outputs, key performance indicators, and timeline of implementation. It also identifies the lead organisation responsible for the action as well partner organisations.

As per its Terms of Service the Health and Wellbeing working group will monitor and review the action plan, report to the LCDC on a quarterly basis on its implementation as well any funding opportunities available.

The six key health and wellbeing priority areas include the following:

- Physical Activity
- Mental Health
- Nutrition
- Sexual Health
- Tobacco and Alcohol
- Spaces and Places for Health and Wellbeing



2.8 Sustainable Development Goals

September 2015 saw the adoption of the 2030 Agenda for Sustainable Development (the 2030 Agenda) by all 193 Members States of the United Nations (UN). The 2030 Agenda aims to deliver a more sustainable, prosperous and peaceful future for all and sets out a framework for how to achieve this by 2030. This framework is made up of 17 Sustainable Development Goals (SDGs) which cover the social, economic and environmental requirements for a sustainable future.

SUSTAINABLE DEVELOPMENT GOALS



Mayo LCDC is fully committed to the SDGs and its crucial role of translating them into practical action at local level with roll out of plans such as 'Healthy Mayo Strategic Plan 2020-2023'. Successful implementation of the SDG's is dependent on collaboration between Mayo County Council and its implementation partners and these objectives underpin 'Healthy Mayo Strategic Plan 2020-2023'



Sustainable development in Mayo means meeting the needs of the present without compromising the ability of future generations to meet their own needs. It creates an inclusive society where everyone enjoys a decent quality of life today, while also making sure that we can pass on that same opportunity to the next generation, and on into the future. Sustainable development relates to our economy, our society and our environment.



SECTION 3 Profile County Mayo

POPULATION

The population of Mayo is
130,507

Largest Town : Castlebar 12,068

Mayo is a mainly rural population 71.4% compared to the national average of 37.3%

49.8%
Males- 65,047

50.2%
Females- 65,460

31,968
Children-

26.8%
Old Age Dependency Ratio

Mayo has the highest old age dependency ratio of 23.8% (65 and over) compared to 20.4% nationally.

13.8%
Disabled

13.8% of the Mayo population have a disability, 17,977 total, with 6,129 number of carers.

10%
Non-Irish Nationals

The proportion of the population who were non-Irish nationals stands at 10%, below the national average of 11.6% with a rise in the numbers with dual Irish nationality, who are classified as Irish in the census.

Ballyhaunis is the town with the highest number of non-Irish nationals in the state at 39.5% indicative of Mayo's growing diversity with over 93 nationalities represented county wide.

1%
Traveller Community

1% of Mayo citizens are Travellers. Statistics show that the age profile for Mayo Travellers is much younger than that for Mayo as a whole, as Travellers have a much lower life expectancy than the rest of the population. 56% of Travellers report that poor physical and mental health restrict their normal daily activities.

5-7%
LGBT+

Estimate used by the Gay & Lesbian Equality Network (GLEN) Ireland, based on international studies. (aged 15+)

HEALTH

Self-reported health status in Mayo (% of total population):

56.0%



Very good health

30.2%



Good health

9.9%



Fair

1.2%



Bad

0.28%



Very bad



Main causes of death in Mayo are diseases of the heart and stroke (32%) and cancer (28%)



Cancer rates are higher in Mayo than the national average. This is probably due to the county's older age profile.



Death rates from heart disease, stroke and respiratory disease are higher than the average for Ireland



The most common type of cancers diagnosed are skin, prostate, breast, bowel and lung cancers.

60
minutes



National Physical Activity Guidelines for Children

At Least 60 minutes of physical activity every day. Only 17% of primary and 10% of post primary students meet these guidelines.

30
minutes



National Physical Activity Guidelines for Adults

At Least 30 mins of physical activity per day, five days a week. Only 46% of Adults Meet these Guidelines

22%



Mental Health Problems

According to CSO figures 22% of adults in Mayo suffered from mental health problems ranging from mild to severe depression.

WORK AND EMPLOYMENT

57.7%
↓ 1.5%

57.7% of the county's adults are in the labour force, either working or looking for work, notably below the national average (61.9%) and a 1.5% decline on the 2011 figure (compared with 3.2% growth nationally).

42.3%

Adults who are outside the labour force (42.3%) is substantially above the national average (38.1%). 'Retired' is the largest group and accounts for a considerably higher share than nationally (19.3% v 14.5%).

Highest
in Ireland

The share of adults in county Mayo who are retired is the highest in the State, reflecting its older age profile. Mayo also has a higher share unable to work due to disability/illness.

17.4%

Has high levels of people who only completed primary education at 17.4% and 13.3% (national rate 20.5% and 15.2%).

70%

Deprivation levels are high - 70% of Mayo's population is below average affluence or disadvantaged with the north west of the county most affected.

SECTION 4 Strategic Priorities.

4.1 Physical Activity

The Healthy Ireland framework developed the National Physical Activity Plan (NPAP) with the aim to increase physical activity levels across the entire population. The NPAP therefore serves to improve the health and wellbeing of people living in Ireland and aims to achieve this vision through the following guiding principles:

- Creating increased opportunities for people to be active in ways which fit into everyday lives.
- Removing barriers for people to become physically active and encourage people to overcome these barriers.
- Enhance cross-sectoral collaboration at national, local and community level to encourage physical activity at every level.
- Encourage a supportive environment normalising physical activity.
- Promoting good practice and finding new models of participation to get more people active.

Healthy Mayo will follow through on the actions laid out in this plan guided by the principles set out in the NPAP.

	Action	Measure	Lead	Partner	Completion
4.1.1	With reference to available funding and annual target audiences, identify the local sport health promotion programmes.	National KPI	MSP	MCC, SI, NGB's, Sports Clubs, Community Groups	Ongoing
4.1.2	Continue to refresh and deliver programmes from MSP portfolio, subject to available resources.	National KPI	MSP	NGB's, Sports Clubs, DSI, DFI, EI, IWA, SI,	Ongoing
4.1.3	Continue to provide a range of MSP programmes which are consistent with the needs of identified target groups i.e. disadvantaged, women and girls in sport and over 55's.	National KPI	MSP	MTSG, SI, DSI, DFI, EI, MSLETB, NGB's, MPPN	Ongoing

	Action	Measure	Lead	Partner	Completion
4.1.4	Continue to work with the Sports Inclusion Disability Officer to provide a range of participation programmes for people with a disability and Older People in the County.	National KPI	MSP	DSI, DFI, EI, IWA, SI, NGB's, OPC, Mayo AFA	Ongoing
4.1.5	With reference to available funding identify the MSP primary and secondary school sport programmes which will assist schools to achieve their Active School flag.	National KPI	Mayo Education Centre	MSP, NGB's SI, National Schools, Post Primary Schools	Ongoing
4.1.6	Continue to provide club support training in Safeguarding, First Aid, Disability Awareness and club development.	National KPI	NGB's	MSP, SI, CI, Sports Clubs	2023
4.1.7	Continue to provide leadership training in core areas such as: Fit4 Life, Be Active 55, Walking Leader Training, Men on the Move, PALS, Disability Inclusion Training, Goal to Work Sport Coach Training.	National KPI	NGB's	MSP, DSI, DFI, EI, IWA HSE, Older people's groups within Co Mayo MEC, MCC, SI, CI, Post Primary Schools, Sports Clubs	2023
4.1.8	Continue to promote sports participation message and opportunities.	National KPI	MSP	MCC, SI	Ongoing
4.1.9	Increase the proportion of farmers in Co. Mayo who are healthy across all stages of life by educating them on the principles of physical activity, promoting greater awareness and encourage increased participation in exercise.	Number of Farmers Reached	Croi the West of Ireland Cardiac & Stroke Foundation	HSE, MSP, Men's Sheds, IFA, ICM-SA Teagasc	2021



Action	Measure	Lead	Partner	Completion
<p>4.1.10 Promote and support the development of natural environments for outdoor play</p> <ul style="list-style-type: none"> •Develop and support a culture of play in County Mayo, this includes outdoor play in the natural environment as well as promotion of the benefits of interactive play. •Support the County Child Care Committee and other agencies in the provision of quality play initiatives in the county. •Promote the benefits of free play and unstructured physical activity for young children and explore the barriers to outdoor play. 	National KPI	CYPSC	MCCC, MCC MSLETB, GMIT	2023



4.2 Mental Health

Mental Health is an essential component of health and wellbeing. It affects how we think, feel and act and determines how we handle stress, relate to others and the choices we make.

The promotion, protection and recovery of mental health is a key concern for Healthy Mayo and together with our partners have developed several actions to this end and also support the implementation of national policies such as the National Strategy to Reduce Suicide – Connecting for Life.

	Action	Measure	Lead	Partner	Completion
4.2.1	Support the implementation of Connecting for Life Strategy Galway, Mayo and Roscommon <ul style="list-style-type: none"> • To improve the nation's understanding of and attitudes to suicidal behaviour, mental health and wellbeing. • To support local communities' capacity to prevent and respond to suicidal behaviour. • To target approaches to reduce suicidal behaviour and improve mental health among priority groups. 	National KPI	HSE Mental Health CHW	Connecting for Life Implementation Steering Committee Connecting for Life HSE Working Group MSPA, MSLETB, Linenhall Arts Centre, Turlough House, NSCAG, Tusla, FRC's, MSP, Self-Care to Wellness Programme,	2023
	<ul style="list-style-type: none"> • To enhance accessibility, consistency and care pathways of services for people vulnerable to suicidal behaviour. • To ensure safe and high-quality services for people vulnerable to suicide. • To reduce and restrict access to means of suicidal behavior. • Develop and support a mental health communications plan to promote effective mental health messaging in Co. Mayo. 			Eden Programme, Family Centre Castlebar	

	Action	Measure	Lead	Partner	Completion
4.2.2	Support and implement stress control programmes in community settings across Co Mayo.	Programmes Delivered	HSE	Mindspace Mayo, MSPA MCC, CYPSC	2023
4.2.3	Support and implement the expansion of Flourish Social Prescription service.	Increase in Areas Delivered	Castlebar Family Centre	HSE, Self-Care to Wellness Programme, Eden Programme, MSLETB, Linenhall Arts Centre, FRC's	2021
4.2.4	Enhancing opportunities for older People's Participation in Social, Cultural and community activities including: <ul style="list-style-type: none"> • Sustaining library programmes and resources relevant to older people. • Promote Intergenerational respect and promote learning. • raising awareness across the public sector about the needs and value of older adults. 	Increase in participation opportunities	Mayo Age Friendly Alliance, OPC	MCC, HSE, LLM, FRC's, AGS, CCC, MSP, MSLETB, GMIT, CCR	2023
4.2.5	Support the implementation of "Breath Project" through Schools Education Program.	Programmes Delivered	MMHA	MSPA	2022
4.2.6	Support the implementation of "MindOut" through Schools Education Program.	Programmes Delivered	MMHA	Mayo CYPSC, Mindspace Mayo	2022
4.2.7	Implementation and expansion of Social Farming county wide as a form of social support with opportunity for inclusion, to increase self-esteem and to improve health and well-being.	National KPI	SWMDC	WCA, DSI, HSE, IASIO, IFA, ICMSA, Teagasc, MNELP	2022
4.2.8	Support the primary needs of individuals and their families, including mental health needs to facilitate participation in education and learning through a targeted interagency approach.	National KPI	Mayo CYPSC	MCCC, MCC, MSLETB	2022

Action	Measure	Lead	Partner	Completion
4.2.9 Support the implementation of Driven: Resilience building Programme within school setting.	National KPI	Mayo CYPSC	MindSpace Mayo, CHW, CAMHS	2023
4.2.10 Support the implementation of Mental Health Ireland's Five Ways to Wellbeing Campaign and their Health and Wellbeing Training programme.	National KPI	Mental Health Ireland	HSE MSPA	2023
4.2.11 Support and promote Mayo Mental Health Fair delivering mental health promotion activities through annual events such as 'Mental Health Weeks' including the Mayo How R U campaign.	National KPI	Mental Health Ireland.	MMHA, HSE, IDWO, MRC, MSPA, Employability Mayo, Bealach Nua, MCC, MMHS, Aware. Shine, Midwest Radio	2023
4.2.12 Raising awareness of delivery of open recovery promoting adult education to maintain, promote and protect mental health.	National KPI	HSE Service Reform, MRC	MRC, GMIT MHI	Ongoing
4.2.13 Promoting Bealach Nua: A community facing family peer worker service to support the families of those using HSE mental health services.	National KPI	HSE Mental Health Services	Shine, MHI	Ongoing
4.2.14 Provide quality, accessible, arts programming that is inclusive, in areas such as cultural diversity, arts & disability, youth arts, arts for older persons and community arts.	Engagement	MCC Mayo Arts Service	Arts Council, Arts & Disability Network Mayo, Age and Opportunity, MAF, Creative Ireland, MCC, Youth Theatre Ireland, Local Art Venues, Local community, Music Generation Mayo, MSLETB, Western Care. Arts & Disability Ireland. Mayo Artsquad, Museum of Country Life.	Ongoing

Action	Measure	Lead	Partner	Completion
4.2.15 With regard to mental health, promote Azure dementia inclusive gallery tours which cater for citizens living with dementia and their careers to experience the arts.	Engagement	MCC Mayo Arts Service	Arts Council, Age and Opportunity, MAF, Creative Ireland. Local Mayo Art Venues.	Ongoing
4.2.16 With regard to mental health, pilot Cultural Companions, a buddy system that encourages isolated older persons to engage in the Arts.	Engagement	MCC Mayo Arts Service	Age & Opportunity. Local Mayo Art Venues. HSE. Every contact counts.	Ongoing



4.3 Nutrition

Conditions such as obesity and excess weight are largely preventable and develop over several years, but sharp rises in levels over the last two decades makes it one of the biggest threats facing public health in Ireland. According to the WHO, Commission on the Social Determinants of Health, the contributing factors include the environment, access to healthy and affordable food, physical activity, exercise and leisure activity, cultural and societal norms, education and skill levels, genetic makeup and lifestyle choices. Combatting obesity therefore requires a cross-sectoral approach and is not the sole preserve of the health sector or services.

That cross-sectoral approach is reinforced throughout this plan, by acknowledging the interdependencies of Healthy Mayo and its partner organisations. The National Healthy Weight for Ireland Obesity Policy and Action Plan 2016-2025 guides the actions under the Nutrition theme.

	Action	Measure	Lead	Partner	Completion
4.3.1	Undertake audits of existing vending machines.	Level of compliance with national vending policy	HSE	Health and Wellbeing Subgroup	2021
4.3.2	Implement the Healthier Vending Policy.	Policy Implementation	HSE	Health and Wellbeing Subgroup	2022
4.3.3	Support the implementation and delivery of the Healthy Food Made Easy community cooking programme. • Scaling up effective Community-based programmes with a focus on disadvantaged areas to enhance knowledge and skills regarding healthy eating and active living	Survey of participants	MNELP	HSE Health and Wellbeing Community Groups Primary Care, FRC's MEC, MSLETB, MTSG, DFI	2021
4.3.4	Support the implementation of Healthy Eating and Active Living programmes through the GAA Healthy Club model with the GAA Executive.	Number of programmes delivered	HSE	Health Promotion and Improvement	2023

	Action	Measure	Lead	Partner	Completion
4.3.5	Increase the numbers of mothers breastfeeding exclusively and combined in line with national target of 2% increase annually.	National KPI	HSE	MCC, MUH, Public Health Nurses, Parent & Toddler Groups, MNELP, Mayo CYPSC	2023
4.3.6	Increase awareness around the positive impact of breastfeeding across all society.	National KPI	HSE	MCC, MUH, MEC, Public Health Nurses, Parent & Toddler Groups, MNELP, CYPSC	2023
4.3.7	Increase the number of Breastfeeding support groups available to mothers (Healthcare Professional and Peer to Peer) available in Maternity and Primary Care locations.	Breastfeeding Support Group Audit	HSE	Mayo CYPSC, MCC, Public Health Nurses, Parent & Toddler Groups, MNELP	2023
4.3.8	Support the implementation of the HSE breastfeeding policy for maternity and primary care including the use of a breastfeeding observations and assessment tool (BOAT).	National KPI	HSE	Mayo CYPSC, MCC, MUH, MED, Public Health Nurses, Parent & Toddler Groups, MNELP	2023

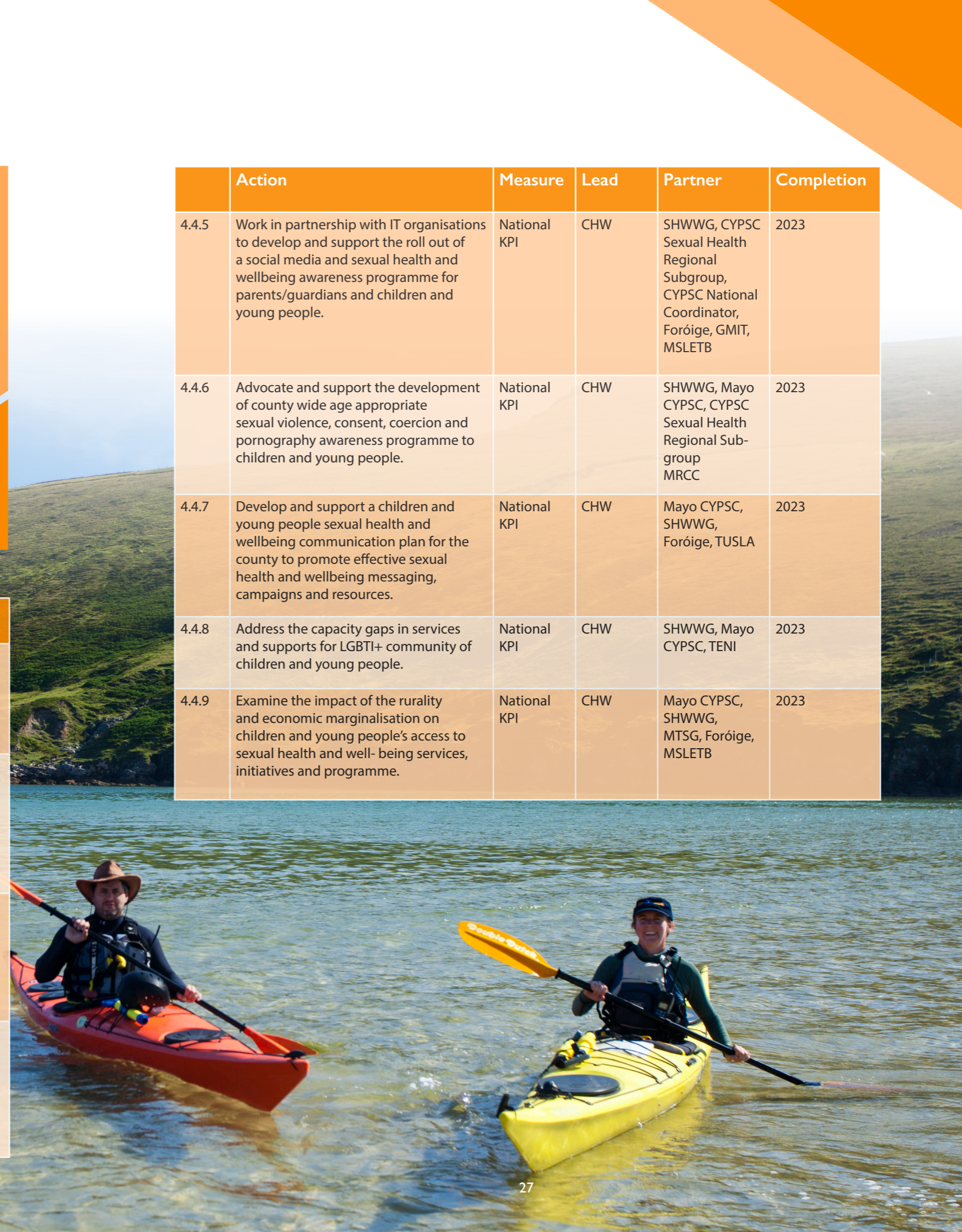
4.4 Sexual Health

According to the WHO (2002), sexual health can be defined as... ‘a state of physical, emotional, mental and social wellbeing in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual Health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.’ The National Sexual Health Strategy 2015-2020 aims to improve sexual health and wellbeing and reduce negative sexual health outcomes. This is done through making high quality, age appropriate sexual information, education and services accessible to everyone, fostering a healthy attitude to sexuality in young people and into adulthood.

The actions outlined for Healthy Mayo will support the implementation of this national strategy as well as the Strategy for Children and Young People’s Sexual Health and Wellbeing for County Mayo 2019 – 2022. Healthy Mayo recognises the diversity of sexual identities and supports all expressions of sexual identity through positive sexual health and wellbeing outcomes.

	Action	Measure	Lead	Partner	Completion
4.4.1	Establish a working group on children and young people’s sexual health and well-being to include all stakeholders in the county and link with new emerging structures.	Working Group Es- tablished	CHW	Mayo CYPSC	2021
4.4.2	Support and promote sexual health and wellbeing education amongst service providers and community members.	National KPI	CHW	Mayo CYPSC, Health Promotion and Improvement Health and Wellbeing Division	2023
4.4.3	Provide a coordinated, planned and relevant approach to improving and delivering sexual health and wellbeing programmes, supports, campaigns and services to children and young people throughout the county.	National KPI	CHW	SHWWG, Mayo CYPSC, MSPA, TUSLA	2023
4.4.4	Improve sexual health and well-being training for education providers (cultural competencies such as LGBTI+, ethnic minority and disability awareness).	National KPI	CHW	SHWWG, Mayo CYPSC, MIA, WCA, MTSG, AMACH! SWMDC, GMIT, MSLETB, OutWest	2023

	Action	Measure	Lead	Partner	Completion
4.4.5	Work in partnership with IT organisations to develop and support the roll out of a social media and sexual health and wellbeing awareness programme for parents/guardians and children and young people.	National KPI	CHW	SHWWG, CYPSC Sexual Health Regional Subgroup, CYPSC National Coordinator, Foróige, GMIT, MSLETB	2023
4.4.6	Advocate and support the development of county wide age appropriate sexual violence, consent, coercion and pornography awareness programme to children and young people.	National KPI	CHW	SHWWG, Mayo CYPSC, CYPSC Sexual Health Regional Sub-group MRCC	2023
4.4.7	Develop and support a children and young people sexual health and wellbeing communication plan for the county to promote effective sexual health and wellbeing messaging, campaigns and resources.	National KPI	CHW	Mayo CYPSC, SHWWG, Foróige, TUSLA	2023
4.4.8	Address the capacity gaps in services and supports for LGBTI+ community of children and young people.	National KPI	CHW	SHWWG, Mayo CYPSC, TENI	2023
4.4.9	Examine the impact of the rurality and economic marginalisation on children and young people’s access to sexual health and well-being services, initiatives and programme.	National KPI	CHW	Mayo CYPSC, SHWWG, MTSG, Foróige, MSLETB	2023



4.5 Tobacco and Alcohol

The Mayo Strategic Plan will support the HSE and the Head of Health and Wellbeing Community Healthcare West in implementing Tobacco Free Ireland and the National Alcohol Programme in collaboration with Mayo LCDC, Healthy Cities and Counties Network, Western Region Drug and Alcohol Task Force and other stakeholders to prevent and reduce alcohol and tobacco related harm.

The WRDATF working in collaboration with secondary schools conducted a survey with 1397 students returning after sitting their junior certificate where students were invited to complete the Planet Youth Survey. Planet Youth is an international evidence-based primary prevention model, developed in Iceland, that has been used to reduce substance use rates among adolescents. The model's whole population approach offers an opportunity to improve public health outcomes in many areas.

It works by directly targeting the risk and protective factors in young people's lives that determine their substance use behaviours and enhancing the social environment they are growing up in by developing targeted interventions that seek to reduce the identified risk factors and strengthen the identified protective factors the problems associated with adolescent substance use can be reduced or prevented before they arise.

Health Impacts of Smoking:

- Smoking is a leading risk factor for premature mortality in the WHO European Region, causing about 1.6 million deaths a year.
- It causes half of all long-term smokers to die prematurely from smoking-related diseases.
- It results in half of all children who start smoking dying prematurely from a smoking-related disease.
- It is a major cause of morbidity, with smokers on average losing at least 10 quality years of life.
- It is expected that by 2030 tobacco smoking will kill 10 million people globally per year, half of whom will be aged between 35 and 69.
- Smoking-related deaths also account for a large proportion of the gender gap in mortality found in European countries (typically 40 to 60%).
- It is a significant factor in the development and maintenance of health inequalities at a population level.
- The World Bank estimates that if the number of adult smokers halved by 2020, there would be 200 million less tobacco-related deaths worldwide by 2050.

Irish Context:

- Tobacco use is the leading cause of preventable death in Ireland.
- Each year at least 5,200 people die from diseases caused by tobacco use. This represents approximately 19% of all deaths. The breakdown of the 5,200 deaths is as follows:
 - Cancers (44%)
 - Circulatory diseases (30%)
 - Respiratory disease (25%)
 - Digestive diseases (1%)

Healthcare costs:

The estimated cost to the healthcare system as a result of smoking is €506 million as outlined below:

- Hospital based costs €211 million
- Primary care costs €256 million
- Domiciliary care costs €40 million

Productivity costs

The estimated cost of lost productivity is over €1 billion (€1,071 million) as outlined below:

- Loss of productivity- smoking breaks €136 million
- Loss of productivity – smokers' absence €224 million
- Loss of productivity – premature death €711 million

	Action	Measure	Lead	Partner	Completion
4.5.1	Provide tailored intervention and prevention to effectively address the needs of under 18's.	Annual audit	WRDATF	Primary Care, MSLETB	2023
4.5.2	Promote and disseminate the HSE SPHE Resources on Alcohol and Drugs to Post Primary Schools.	Number of participating schools	WRDATF	Health Promotion and Improvement, DOE and MSLETB	2023
4.5.3	Work in collaboration with LCDCs, Healthy Cities and Counties, Western Region Drug and Alcohol Task Force, and other stakeholders to support the implementation of HSE National Alcohol Programme to prevent and reduce alcohol-related harm.	Number of actions introduced	Health and Wellbeing HSE	WRDATF, LCDC, Health Promotion and Improvement	2023





	Action	Measure	Lead	Partner	Completion
4.5.4	Improve parental knowledge of the impact of alcohol and other drugs.	Local KPI	WRDATF	YAC, Tusla, CYPSC, HSE	2023
4.5.5	Improve parental knowledge of the impact of unstructured leisure time on substance use.	Local KPI	WRDATF	YAC, Tusla, CYPSC, HSE	2023
4.5.6	Utilise and develop parental networks.	Local KPI	WRDATF	YAC, Tusla, CYPSC, HSE.	2023
4.5.7	Develop an action plan to support the implementation and ongoing monitoring of the HSE tobacco Free campus policy.	Action Plan Complete	Health and Wellbeing HSE	All Community Health Care Organisations	2023
4.5.8	Support tobacco free Ireland with the implementation of Tobacco Free Playgrounds, Tobacco Free School Gates, Smoke Free Homes.	Number of Facilities	Health and Wellbeing HSE	LCDC	2023
4.5.9	Compliance with HSE Protection from secondhand smoke.	Annual Audit	Health and Wellbeing HSE	LCDC	2023

4.6 Spaces and Places for Health and Wellbeing

The health and well-being of people are directly impacted by the quality of their built environment. Substantial research has established a positive correlation between good urban design and town planning and people's health, well-being and happiness. It is therefore essential to incorporate a design approach that is inclusive, focuses on active movement and social interaction thus enabling our public spaces to respond to our everyday needs.

Healthy Mayo through Mayo County Council's Architects and Planning departments are committed to providing public spaces that are friendly, open and provide opportunities for everyday social contact. In addition, the Tourism, Recreation and Amenity Section seeks to make Mayo the adventure capital of Ireland, building on the natural assets of the county by further developing its walking networks, cycling routes and blueways which are aligned to the Irish Trails Strategy.

	Action	Measure	Lead	Partner	Completion
4.6.1	Create Age Friendly spaces making areas more accessible and carry out Walkability audits of physical environments.	Number of Walkability audits carried out	Mayo Age Friendly Alliance	MCC, HSE, Local Link Mayo, FRC's, Gardai, Claremorris Chamber, MSP, MSLETB, GMIT	2023
4.6.2	Assist Leader Partnership Companies and Mayo County Council in their development of land and water-based adventure infrastructure.	Local KPI	MCC	MSP, SWMDC, MNELP	2023
4.6.3	Identifying priority outdoor and adventure sport infrastructures upgrades.	Infra-structure identified	MCC	MSP, GMIT, NGB's	2023
4.6.4	Support the implementation of the Play and Recreation Strategy for Mayo 2020-2030 <ul style="list-style-type: none"> • Provide best practice for the design of playgrounds and play spaces. • Ensure that the built environment is child friendly and accessible for children and young people. 	Local KPI	MCC	MSP, MCCC, CYPSC, GMIT, TUSLA, Foróige, No Name Club	2023

	Action	Measure	Lead	Partner	Completion
4.6.4 Cont.	<ul style="list-style-type: none"> • Encourage and promote imaginative and innovative design of public realm to cater for free and unstructured play and recreation. • Continue to develop play, leisure and recreational supports, benches lighting. • To provide natural open spaces and opportunities for children and young people within the county to play and socialise. 				
4.6.5	Prioritise the planning and development of walking networks, cycling routes, blueways and general recreational physical activity infrastructure.	Local KPI	MCC	MCC Tourism, FI	2023
4.6.6	Assess and support improvements to physical and social infrastructure of hub towns.	Local KPI	MCC	OPC, Mayo AFA, MPPN MCC Architects	2023
4.6.7	Assisting the enhancement of the natural and built environment through coordinated efforts of the Council and community groups.	Local KPI	MCC	MCC Architects MPPN	2023
4.6.8	Support partnership arts venues through funding and other relevant supports. Art venues offer a space and place where persons can experience culture, connect with their community and have a sense of place	Engagement	MCC Mayo Arts Service	Áras Inis Gluaire, Ballina Arts Centre, Ballinglen Arts Foundation, Custom House Studios, Linenhall Arts Centre.	Ongoing
4.6.9	Under percent for arts scheme, provide opportunities for communities to engage with their local area through innovative public art projects in the natural and built environment.	Engagement	MCC Mayo Arts Service		Ongoing

4.7 Staff Health and Wellbeing

Mayo County Council is committed to creating a working environment which is both safe and fosters the best possible health and wellbeing its employees. Its goal is to become a workplace where employees are encouraged and enabled to make healthy lifestyle choices to improve their wellbeing both inside and outside of work.

Mayo County Council is committed to ensuring information is available and accessible to all employees, building on existing partnerships for effective implementation of the framework developed through Healthy Ireland and the Healthy Mayo Strategic Plan.

The following actions sits within the 6 Priority Themes identified in this plan namely: Physical Activity, Mental Health, Nutrition, Sexual Health, Tobacco and Alcohol, Spaces and Places for Health & Wellbeing.

Action	Measure	Lead	Partner	Completion
4.7.1 Implementation and rollout of Employee Wellbeing Programme.	National KPI	MCC Corporate Communications.	Health and Well-Being Committee. Healthy Ireland Co-ordinator.	Ongoing
4.7.2 Promotion of Well-Being Week. Hosting of a series of Lectures and talks with the Library Service healthy Ireland section.	Local KPI	MCC Library Service.	Management, Employees	2023
4.7.3 Promotion of Healthy Meal options for Staff.	Local KPI	MCC Communications.	Various Stakeholders	2023
4.7.4 Develop Initiatives to promote Positive Mental Health and Well-Being through ongoing training and development. This will include conducting a relevant survey amongst employees.	Local KPI	MCC Corporate Development.	Various Stakeholders	2023
4.7.5 Enhance, develop and Support the work of the Mayo County Council Social Committee.	Local KPI	MCC Corporate Development.	Management, Employees	2023
4.7.6 Advocate and Support awareness of Age Friendly initiatives and Policies.	Local KPI	MCC Community Section.	Age Friendly Ireland. Older Persons Council. Community Section.	2023
4.7.7 Support Climate Action and Environmental Initiatives to support well-being of employees.	Local KPI	MCC	Climate Action and Environmental Sections.	2023
4.7.8 Develop a Bio-Diversity Food Project.	Local KPI	MCC	Environmental section	2022



4.8 Community Engagement

Mayo County Council, and Mayo LCDC is committed to the successful implementation of Healthy Mayo Strategic Plan 2020 -2023 and raising awareness of the Healthy Ireland and Healthy Mayo brands. This in line with our accessibility and collaboration.

One of the key assets in engaging with the public is the Healthy Ireland at Your Library programme, currently being delivered by Mayo County Libraries. Supported through the Healthy Ireland Fund, the programme will establish our libraries as a valuable source of health information within the community.

	Action	Measure	Lead	Partner	Completion
4.8.1	Delivery of Health and Wellbeing information Day Events <ul style="list-style-type: none"> • Health Screening Days • Workshops and public seminars. • Signposting Days • Showcasing Healthy Ireland Initiatives. 	Number of information days held	MCC	MSP, MIT, HSE, Croi, GMIT, OPC, MAFA, CYPSC, CHW	Ongoing
4.8.2	Delivery of Information Awareness Campaign <ul style="list-style-type: none"> • Social Media, Newspaper and Radio campaign • Page on MCC Website • 2 Short Films on Healthy Mayo will be developed to promote and educate on HI initiatives 	Number of events, radio and media print ads published.	MCC	MCC Communications	Ongoing
4.8.3	Distribution of Healthy Ireland/Healthy Mayo Merchandising.	Increased visibility of HI Brand at events throughout the county.	MCC	CHW, GMIT, Mayo CYPSC, OPC, MSP, MAFA	Ongoing
4.8.4	Development and implementation of Community Health Champions volunteer programme.		MCC	HSE, MSP, AFA, MNELP, SWMDC, MPPN	2021
4.8.5	Delivery of Health and Wellbeing talks and workshops on various HI pillars <ul style="list-style-type: none"> • Physical fitness • Wellbeing • Parenting / Healthy Childhood • Nutrition • Addiction • Positive Ageing • Stress reduction 	Number of events, social media campaign.	Mayo County Library	MCC, HSE, MSP, CYPSC, Irish Heart Foundation, Croi, Family Centre, FRCs, Older Person's Council, Marie Keating Foundation, WRDATE.	Ongoing

	Action	Measure	Lead	Partner	Completion
4.8.6	Maintain and develop existing Healthy Ireland book collection – available in all library branches in Mayo.	National KPI	Mayo County Library	MCC, LGMA	Ongoing
4.8.7	Maintain and develop Mayo Library's 'Book Magic' collection – range of picture books for children dealing with feelings, emotions and difficult situations. Books distributed to marginalised and disadvantaged families through family support workers, social workers, speech & language therapists, and other agencies. Matches with HI's 'Healthy Childhood' remit.	Launch to be held early 2021.	Mayo County Library	HSE, CYPSC, Tusla, Family Resource Centres, MTSG, SWMDC (Diversity Mayo)	Ongoing



4.9 Covid-19

Covid-19 (Coronavirus) has transformed our world and it has now become clear that it will remain part of our daily lives for the foreseeable future. Behavioural changes like social distancing, scaling back of social norms like handshaking and how we interact with one another is all likely to have lasting impressions on human behaviour. The pandemic is unprecedented and will have significant impacts on various vulnerable groups. It has amplified problems such as poverty, mental health issues and social isolation with a predicted increase in demand for mental health services, especially by marginalised groups.

Covid-19 has also refocused us on our inter-dependencies and how if we coordinate our efforts we can truly accomplish and make impactful change, demonstrated by the highly successful local Covid-19 community response. Community groups, businesses and statutory agencies in partnership with Mayo County Council collaborated to ensure that the immediate needs of the most vulnerable members of our communities were met.

Responding to Covid-19 in the long run, Healthy Mayo and Mayo LCDC is dedicated to effective community engagement. This will be in a socially distant environment by working in partnership with our stakeholders to deliver on the actions in this strategy in a responsible manner that is in line with government guidelines and the Resilience and Recovery 2021-2021: Plan for Living with Covid-19 as well as keeping the safety and best interests of the community at large as the main priority, fully acknowledging that public confidence and community buy-in are paramount to achieving these goals. To this end we have identified certain target groups within our communities and have set out an action plan aimed at reducing the impact of Covid-19



Target groups	Actions
<ul style="list-style-type: none"> • Older People • People enduring mental health issues • Refugees, migrant and new communities • Traveller Communities • Children and Young People • Persons living with chronic conditions 	<ul style="list-style-type: none"> • Provide clear and transparent health advisory information on Stay Safe Guidelines • Ensure effective community engagement by actively reaching out to target groups through consultation to understand their concerns, fears and needs. • Include target groups in the decision-making process. • Develop specific tailored messaging around group needs, adjusting for community perceptions, beliefs and practices. • Evaluate programme effectiveness based on specific group feedback. • Support the translation and dissemination of public health advisory information to target groups, particularly new and migrant communities. • Support and promote skills initiatives to build capacity across all target groups. • Increase in signposting for services across target groups.



SECTION 5 Appendices

5.1 Acronyms

Target groups	Actions
AFA	Age Friendly Alliance
AGS	An Garda Síochána
CYPSC	Children Young Peoples Services Committee
CCC	Claremorris Chamber of Commerce
CCR	Claremorris Community Radio
CI	Coaching Ireland
CHW	Community Health Care West
DFI	Disability Federation of Ireland
DSI	Downs Syndrome Ireland
EI	Enable Ireland
FI	Fáilte Ireland
GMIT	Galway Mayo Institute of Technology
HSE	Health Service Executive
IASIO	Irish Association for Social Inclusion Opportunities
IDWO	Irish Donkey Welfare Organisation
IFA	Irish Farmers Association
IWA	Irish Wheelchair Association
ICMSA	Irish Creamery Milk Suppliers Association
LGMA	LGMA – Local Government Management Agency
LLM	Local Link Mayo
MCCC	Mayo County Childcare Committee
MCC	Mayo County Council
MEC	Mayo Education Centre
MIA	Mayo Intercultural Action

Target groups	Actions
MMHA	Mayo Mental Health Association
MNELP	Mayo North East Leader Partnership
MPPN	Mayo Public Participation Network
MRCC	Mayo Rape Crisis Centre
MRC	Mayo Recovery College
MSLETB	Mayo Sligo Leitrim Education Training Board
MSP	Mayo Sports Partnership
MSPA	Mayo Suicide Prevention Alliance
MTSG	Mayo Traveller Support Group
MUH	Mayo University Hospital
MHI	Mental Health Ireland
NGB's	National Governing Bodies
NSCAG	National Stress Control Advisory Group
OPC	Older People's Council
SHWWG	Sexual Health and Wellbeing Working Group
SWMDC	South West Mayo Development Company
SI	Sport Ireland
TUR	Trade Union Representatives
TENI	Transgender Equality Network Ireland
WCA	Western Care Association
WRDATF	Western Region Drugs & Alcohol Task Force
YAC	Youth Action Castlebar

5.2 Age Profile

Population figures by age group				
Co Mayo			National	
Age	Total	%	Total	%
All ages	130507		4761865	
0 - 4 years	8393	6.4	331515	6.7
5 - 9 years	9146	7	355561	7.5
10 - 14 years	9015	6.9	319476	6.7
15 - 19 years	8345	6.4	302816	6.4
20 - 24 years	5792	4.4	273636	5.7
25 - 29 years	6165	4.7	297435	6.2
30 - 34 years	8111	6.2	361975	7.6
35 - 39 years	8862	6.7	389421	8.2
40 - 44 years	9017	6.9	357460	7.5
45 - 49 years	8933	6.8	326110	6.7
50 - 54 years	8907	6.8	299935	6.3
55 - 59 years	8776	6.7	270102	5.7
60 - 64 years	8136	6.2	238856	5
65 - 69 years	7632	5.8	211236	4.4
70 - 74 years	5689	4.4	162272	3.4
75 - 79 years	4052	3.1	115467	2.4
80 - 84 years	2949	2.3	81037	1.7
85 years +	2587	2	67555	1.4

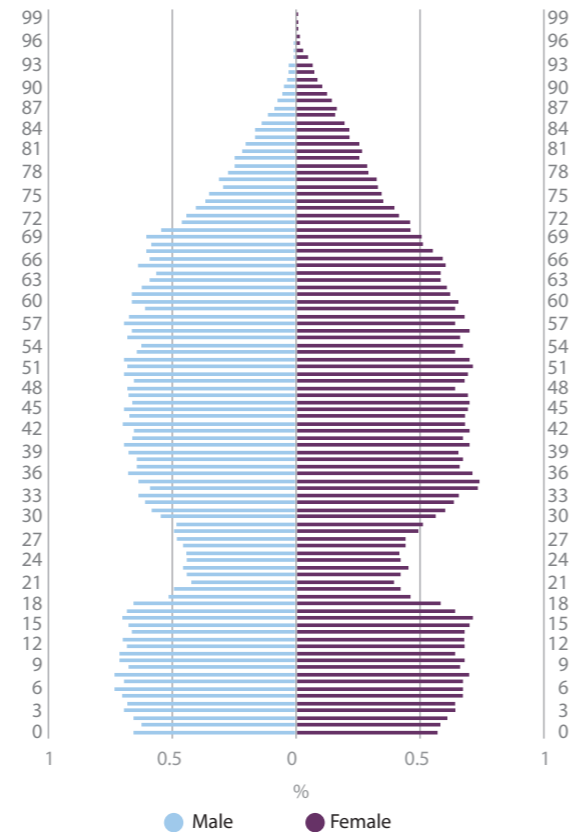


Table 1. Age Profile Co Mayo

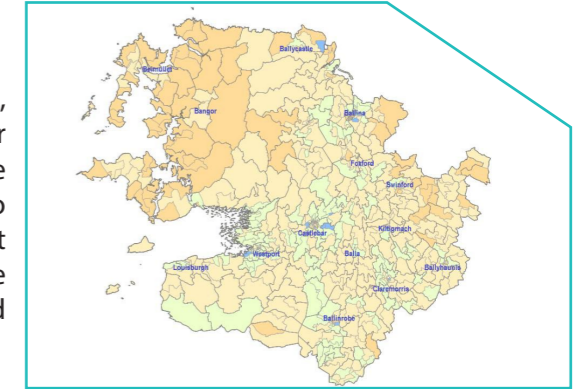
Percentage Population of Males and Females by age

According to latest Census figures the population of Mayo is 130,507 this can be broken down as follows:

- 49.8% Males – 65047
- 50.2% Females – 65460
- Children- 31968
- 20.3% of the population is below 15 years
- 62.1% between 15 – 64 years
- 17.5% 65+
- The category '15-64 years' covers most of the economically active population, which leaves youth dependency levels at 34% and old age dependency at 26.8%
- A higher proportion of the population is in the older and younger age categories than in the rest of the wstate, in part reflecting the outward migration of those of working age.
- Mayo has 4.3% of its population 80+ compared to the state average of 3.1, highlighting the importance of service delivery for the elderly in areas such as health, social inclusion and mental health.

5.3 Deprivation Index

The 2016 PobalHP Deprivation Index (Haase and Pratschke, 2016). The index measures the relative affluence or disadvantage of a particular geographical area. A score is given to the area based on a national average of zero and ranging from approximately -40 (being the most disadvantaged) to +40 (being the most affluent). The index is colour coded from blue signifying affluence to red signifying deprivation.



Key:

- Very Affluent (VA)
- Affluent (A)
- Marginally Above Average (MAA)
- Marginally Below Average (MBA)
- Disadvantaged (D)
- Very Disadvantaged (VD)

	Label	Total Population 2016	Deprivation Score 2016	Population Change 2016	Age Dependency Ratio 2016	Lone Parents Ratio 2016	Proportion with Primary Education Only 2016	Proportion with third level education 2016	Unemployment rate - Male 2016	Unemployment rate -Female 2016	Total Households 2016	Households without a Car 2016	Persons with a disability 2016
Achill	D	845	-14.3	-0.04	47.01	19.4	28.2	20.91	27.72	13.33	359	43	33
Addergoole	MBA	837	-4.02	-0.03	37.91	11.2	21.8	23.94	17.02	6.03	304	22	31
Aghagower North	MAA	1008	2.58	0.01	35.39	13	11.5	34.28	9.07	9.42	334	18	25
Aghagower South	MBA	108	-8.1	-0.07	29.63	40	31	20.83	23.53	11.54	46	1	5
Aghamore	MBA	618	-5.79	-0.01	40.54	7.33	25	19.8	14.98	7.78	228	20	19
Aillemore	MBA	355	-0.08	0.05	33.85	15	20	30.39	10.48	11.87	132	8	13
An Geata Mor Theas	D	980	-11.56	0.08	35.35	20.4	28.8	22.41	37.81	18.48	333	42	37
An Geata Mor Thuaidh	D	939	-10.3	-0.04	39.52	15.6	24.2	18.06	19.59	12.11	360	32	37
Ardagh	MBA	359	-3.28	0.03	38.44	8	15	21.28	10.53	8.86	127	6	7
Ardnaree North	MAA	966	1.47	-0.01	39.99	9	11.5	34.46	8.48	8.25	336	22	28
Ardnaree South Rural	MAA	3084	1.69	0.05	37.49	12.73	9.27	38.26	12.72	8.57	1035	75	69
Ardnaree South Urban	D	2420	-14.83	-0.02	37.7	40	20.75	19.78	35.43	23.72	975	316	128
Attymass East	D	383	-10.02	-0.04	36.22	8.5	26	17.64	19.65	9.68	144	12	15
Attymass West	MBA	236	-7.33	-0.02	36.02	15	21	24.68	18.33	16.07	93	5	8
Balla	MAA	1556	1	0.07	34.5	10.25	12.63	31.5	11.72	8.94	604	49	45

	Label	Total Population 2016	Deprivation Score 2016	Population Change 2016	Age Dependency Ratio 2016	Lone Parents Ratio 2016	Proportion with Primary Education Only 2016	Proportion with third level education 2016	Unemployment rate - Male 2016	Unemployment rate -Female 2016	Total Households 2016	Households without a Car 2016	Persons with a disability 2016
Ballina Rural	MBA	2985	-3.64	0.04	37.27	23.83	12.33	30.26	16.28	15.91	1058	81	92
Ballina Urban	D	4144	-12.69	0.03	37.14	32.38	22.71	21.6	32.97	24.21	1748	575	215
Ballinafad	MBA	589	-3.96	-0.03	42.61	12	17.33	26.63	13.37	6.33	209	10	18
Ballinamore	MBA	354	-3.54	-0.09	43.69	3	25	25.61	8.83	6.63	109	3	27
Ballinchalla	MBA	220	-4.66	-0.03	40.91	10	33	23.31	14.55	2.63	91	8	9
Ballindine	MBA	823	-0.92	-0.01	35.4	14.75	16	29.04	11.35	8.56	307	27	25
Ballinrobe	MBA	3770	-2.53	0.02	38.25	15.83	11.11	31.29	15.11	14.54	1407	183	129
Ballycastle	D	615	-10.44	-0.07	40.79	26	26.25	19.12	21.13	12.52	263	46	28
Ballycroy North	D	303	-14.95	-0.06	47.17	10	43	20.37	21.64	16.93	116	20	9
Ballycroy South	D	333	-16.05	-0.03	41.12	10.5	40	14.45	29.56	22.34	124	27	20
Ballyhaunis	MBA	3057	-7.42	0.04	36.7	17.07	16.36	21.11	15.31	24.07	1058	237	120
Ballyhean	MAA	588	3.81	-0.04	36.73	17	12	32.24	9.23	0.73	203	11	16
Ballyhowly	MBA	438	-0.64	-0.05	35.14	8	14.5	26.73	7.68	7.28	172	13	18
Ballynagoraher	MBA	354	-0.18	-0.01	38.32	26	25.5	21.73	4.17	14.06	123	10	7
Ballyovey	MBA	206	-2.54	-0.04	41.75	5	26	29.29	11.32	7.14	81	6	11
Ballysakeery	MBA	613	-5.1	0.05	38.03	9	20.5	24.09	16.34	10.5	208	14	27
Bangor	D	467	-10.03	0.01	31.55	14.67	23.33	17.84	25.07	20.36	186	22	27
Barroosky	MBA	100	-9.17	-0.12	33	0	28	18.31	20.69	10	43	5	6
Bekan	MBA	744	-4.65	-0.01	38.74	14.75	17	20.86	11.46	9.05	274	14	26
Beldergmore	D	157	-14.56	-0.1	38.22	0	34	10.62	13.04	26.09	62	7	11
Bellavary	MAA	1038	0.22	0.03	37.54	10.4	17	32.53	13.78	6.19	375	25	43
Belmullet	D	1954	-8.89	-0.06	39.6	24.75	21.25	23.63	17.71	13.44	703	104	89
Bohola	MBA	310	-1.2	0	36.13	11	15	32.83	12.35	15.15	120	8	9
Brackloon	MBA	638	-8.4	-0.01	38.56	12	22.5	23.15	22.93	9.71	229	21	24
Breaghwy	MAA	1833	4.94	0.05	37.26	13.4	10.4	41.58	9.59	7.22	578	18	40
Bunaveela	D	81	-15.59	-0.14	33.33	25	42	8.96	18.18	16.67	33	3	4
Burren	MAA	312	2.28	0.04	32.84	13	21.5	24.72	6.29	6.39	115	3	7
Burriscarra	MBA	423	-4.64	-0.04	38.87	7	21.5	23.2	11.75	8.58	148	8	15
Callow	MBA	397	-2.72	-0.03	37.93	9.5	15.5	33.32	11.28	11.58	154	10	6
Cappaghduff	MBA	372	-1.88	0.1	39.11	7	26.5	27.35	12	13.21	136	11	13
Caraun	MAA	367	6	0.07	38.91	8.5	20.5	29.76	3.71	4.29	134	5	9

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Carrowmore	MBA	909	-3.89	-0.01	36.34	8.25	15.5	26.54	17.17	9.11	318	21	27
Castlebar Rural	MAA	7308	2.39	0.02	32.31	20.3	8.7	39.83	12.85	12	2742	270	215
Castlebar Urban	MBA	6163	-5.68	0.02	34.52	34.46	14	33.01	25.33	18.96	2498	794	348
Clare Island	MBA	210	-5.58	-0.05	42.86	19	37	27.21	13.79	10.53	77	13	3
Claremorris	MBA	4308	-0.88	0.08	35.8	30.5	11.56	29.64	16.76	13.04	1598	261	141
Clogher	MBA	551	-2.51	0.01	37.39	10	14.5	24.75	11.07	6.12	195	7	23
Clogher	MAA	873	1.49	0	33.41	8	10.33	33.07	13.58	6.87	297	9	22
Cloghermore	MBA	161	-3.49	-0.01	43.48	14	15	24.77	11.11	4.17	61	3	4
Cloonkeen	MBA	795	-1.06	0.01	36.85	9.33	11.67	32.4	14.46	10.19	285	10	19
Cloonmore	D	438	-10.36	-0.11	35.59	7.33	22	21.89	26.34	9.28	193	30	27
Cong	MAA	864	1.63	0.07	35.08	9.75	11.5	34.81	11.88	10.73	292	20	18
Coolnaha	MBA	511	-1.22	0.01	43.33	9	17	31.36	9.81	10.82	181	6	15
Coonard	MBA	272	-0.55	-0.03	44.49	9	24	25.13	4.17	5.45	116	13	8
Corraun Achill	D	673	-12.3	-0.07	44.11	30.5	29.5	23.64	23.11	13.69	277	28	21
Course	MBA	415	-7.81	-0.08	44.79	5	21	21.75	13.57	9.32	155	9	11
Croaghmoyle	MBA	172	-0.73	0.04	31.4	21	16	31.19	16.67	5.71	65	2	5
Croaghpatrick	MAA	578	2.14	0.01	39.89	15.67	7.67	39.17	9.27	11.92	219	15	11
Crossboyne	MAA	580	4.81	-0.01	36.75	7	12.5	34.09	5.45	3.38	201	9	9
Crossmolina North	MBA	1061	-3.6	0.01	38.48	16.8	20.2	27.05	16.33	11.88	430	61	47
Crossmolina South	MBA	824	-3.01	-0.04	40.91	13.8	16.8	27.54	12.61	6.14	325	29	26
Cuילוdo	D	349	-10.46	-0.07	39.57	18.5	21	21.5	20.33	18.71	136	12	11
Culnacleha	MBA	460	-3.07	-0.04	38.15	7	19.33	29.33	13.2	6.1	171	11	19
Dalغان	MBA	1117	-2.59	0.01	35.84	7.67	16.67	26.92	12.39	9.74	410	34	38
Deel	MBA	481	-9.26	-0.1	36.62	4	21.5	21.58	16.6	15.93	175	23	21
Derry	MBA	175	-9.45	-0.1	34.29	27	25	17.29	19.15	6.45	69	5	6
Derryloughan	MAA	690	2.16	0.06	38.16	17	13	37.11	9.95	7.08	252	15	11
Doocastle	MBA	366	-9.41	-0.03	42.1	15	26.5	21.7	17.81	12.49	152	17	18
Dooga	D	623	-13.06	0.02	49.1	29.8	30.6	24.62	32.31	15.89	234	46	37
Drummin	MBA	181	-7.62	-0.01	32.04	50	24	12.1	11.11	16.28	72	5	10
Emlagh	MAA	325	0.87	0.05	40.63	12.5	16	31.83	5.15	8.38	127	9	8

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Erriff	MAA	122	3.16	-0.02	41.8	0	27	32.05	6.06	4	39	1	1
Fortland	MBA	564	-5.27	0.02	46.94	7	21	25.08	12.39	10.99	189	10	8
Garrymore	MBA	460	-5.16	-0.01	41.15	5	21	20.89	11.36	8.07	171	17	18
Glenamoy	D	215	-18.32	-0.12	38.6	12	41	14.07	35.59	19.44	81	13	10
Glencastle	D	493	-11.36	-0.06	37.4	18	22.33	19.05	25.5	14.16	181	14	19
Glenco/ Sheskin	D	91	-12.65	-0.06	45.05	0	40	14.93	15.79	11.76	40	5	2
Glenhest	MBA	248	-3.46	0.06	39.92	24	21	27.44	10	12.2	92	2	10
Goolamore	D	135	-16.04	0.05	35.56	20	37	11.83	28.57	14.29	52	2	9
Hollymount	MBA	799	-2.04	-0.03	41.59	9	15.75	28.42	10.18	7.79	272	21	19
Houndswood	MBA	646	-1.47	0	40.62	7.25	18.75	29.02	9.07	7.27	242	13	20
Islandeedy	MAA	1001	0.02	0	36.71	13.8	15.6	32.04	12.24	6.15	357	21	20
Kilbeagh	MBA	1006	-6.57	-0.07	37.83	11.33	19.83	28.33	17.67	15.68	415	50	35
Kilcolman	MBA	459	-2.7	-0.12	29.89	6.5	14.5	26.36	12.52	8.56	153	6	15
Kilcommon	MBA	663	-1.95	-0.05	36.49	9.75	20.5	22.48	8.51	4.44	250	19	27
Kilfian East	MBA	240	-6.87	0.06	43.75	4	28	21.71	10.94	14.29	87	9	7
Kilfian South	MBA	250	-9.85	-0.03	41.6	14	34	19.3	14.29	11.43	95	12	6
Kilfian West	D	109	-11.1	-0.19	33.03	0	31	20	20	17.65	44	7	5
Kilgarvan	MBA	747	-7.31	-0.07	37.3	15	21	20.45	15.49	10.1	290	31	29
Kilgeever	MBA	108	-6.89	-0.05	41.67	12	28	11.27	3.57	10.53	45	5	4
Kilkelly	MBA	911	-9.89	-0.05	38.63	17	24	19.23	19.29	14.06	362	43	32
Killala	MBA	1256	-7.49	-0.04	38.98	22.75	19.75	23.08	14.92	14.51	483	58	49
Killavally	MAA	485	5.14	0.06	35.47	8.5	13	29.34	4.72	6.04	168	8	17
Killedan	MBA	693	-4.88	-0.06	36.06	17	17	24.98	18.76	9.33	256	20	44
Kilmaclasser	MBA	639	-1.83	0.15	38.03	11.5	16	26.72	12.66	11.61	201	10	15
Kilmaine	MBA	960	-5.36	-0.03	41.04	13.5	24.5	22.24	12.1	6.32	347	28	37
Kilmeena	MAA	1512	2.09	-0.02	37.39	8.71	9.71	38.3	10.6	10.32	521	14	40
Kilmovee	D	654	-11.46	-0.05	38.86	19	20.75	19.37	25.1	16.21	259	26	27
Kilsallagh	MBA	531	-2.28	-0.12	37.41	21	15.25	37.67	14.62	8.76	197	14	19
Kiltamagh	MBA	1424	-1.82	-0.07	35.78	35.22	15.33	31.47	13.54	11.25	620	87	77
Kilvine	MBA	621	-1.98	0.06	38.99	14.33	20	25.8	10.21	6.67	248	29	20
Knappagh	MBA	766	-0.78	0.02	35.9	11	13	39.06	15.04	14.3	276	24	20

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Knock North	MBA	972	-3.24	0.21	46.31	18.33	17.17	28.23	15.7	9.59	405	52	29
Knock South	MBA	748	-7.33	0	53.44	11	19.5	29.64	16.71	9.74	282	25	20
Knockadaff	D	337	-18.34	-0.06	41.27	16.5	39.5	13.01	37.5	21.18	131	37	19
Knocknallower	D	757	-18.08	-0.09	34.93	24.5	35	12.04	35.78	18.94	293	45	49
Lackan North	MBA	305	-8.44	-0.13	41.32	29.67	22.67	24.7	18.58	10.15	131	9	11
Lackan South	MBA	428	-9.25	-0.04	37.61	20	27.33	17.81	17.42	13.62	167	21	13
Letterbrick	D	125	-12.55	-0.19	34.4	25	39	6.74	15	0	51	8	2
Loughanboy	MBA	335	-7.37	-0.07	35.83	7	19	20.19	14.17	15.63	130	13	12
Louisburgh	MBA	958	-1.42	-0.01	37.52	21.86	10.71	36.82	13.44	14.71	381	38	19
Manulla	MBA	985	-1.78	0	37.97	10.67	11.33	29.91	13.3	9.64	323	11	27
Mayo	MBA	447	-1.53	0.03	37.1	9	20.5	24.97	10.26	4.97	171	6	9
Meelick	MBA	565	-6.95	-0.04	40.33	15	17.33	29.17	20.15	13.62	207	13	26
Mount Falcon	MBA	1259	-9.59	-0.01	42.04	13.33	17.33	19.72	14.66	14.02	436	25	30
Muingnabo	D	241	-16.66	-0.15	34.89	30	38	15.74	28.44	24.76	114	24	12
Muings	D	221	-16.55	-0.12	40.72	11	40	19.42	33.33	25	87	14	7
Murneen	MBA	356	-4.56	-0.11	38.17	20.5	19.5	25.5	12.6	4.41	145	9	9
Neale	MAA	786	0.36	0.02	40.05	8.75	15.5	25.96	7	7.07	278	17	15
Newbrook	MBA	521	-0.99	-0.01	39.15	11.67	17.33	23.1	8.2	4.24	188	6	9
Newport East	MBA	1164	-0.54	0.03	36.22	22.2	16.2	32.23	12.44	10.2	452	37	41
Newport West	MBA	810	-3.1	0.04	42.89	20.25	18.75	30.16	18.63	13.15	304	47	20
Owenbrin	MBA	200	-5.96	-0.17	37.82	15.5	33	22.39	4.57	18.26	96	9	8
Owenna-dornaun	MAA	180	2.15	0.13	38.89	0	14	42.2	15.09	12.77	47	4	2
Pontoon	MBA	486	-5.38	0.02	37.94	5.5	18.5	20.31	13.96	11.79	171	11	11
Portroyal	MAA	561	0.25	0	39.65	5	15.5	38.29	12.16	8.86	207	8	19
Rathhill	D	712	-16.19	-0.04	42.96	14.6	36.6	15.98	26.13	21.96	295	59	37
Rathoma	D	217	-10.08	-0.09	40.55	14	27	21.38	16.95	12.82	83	5	6
Roslee	MBA	432	-1.56	0.05	37.74	17.5	17	22.16	6.07	9.63	155	9	19
Sallymount	MBA	480	-5.56	0.01	37.68	17.5	17	23	17.91	7.91	168	10	12
Shrulle	MAA	1159	2.5	0.04	35.82	12	15.17	36.34	8.13	10.97	406	28	27
Slieve-mahanagh	MBA	454	-1.48	-0.01	40.5	13	23.5	26.13	8.73	6.77	147	8	10
Slievemore	D	991	-11.15	-0.07	43.91	14.86	27.14	24.99	30.49	14.5	426	61	41

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Sonnagh	MBA	1166	-7.47	0.05	41.51	11.17	21.5	24.1	19.39	14.4	431	44	54
Sraheen	MBA	1145	-7.03	-0.03	40.72	21.67	21.5	25.26	21.97	6.93	445	41	41
Srahmore	MBA	142	-1.35	0.11	40.85	14	26	31.87	24.32	0	57	4	5
Strade	MBA	602	-5.38	0.02	40.71	21.67	20.67	26.8	16.62	11.78	221	20	17
Swineford	MBA	2527	-8.24	-0.02	40.83	25.46	19.15	26.05	22.05	14.96	1004	176	193
Tagheen	MBA	168	-4.79	-0.15	36.9	8	20	25.23	6	11.11	64	6	6
Tawynagry	MAA	352	0.16	-0.03	31.22	16.5	21	28.81	9.25	6.29	129	9	10
Toocananagh	MBA	428	-4.2	0.02	40.54	21.5	17	27.86	18.86	8.25	158	17	26
Toomore	MBA	1591	-4.04	-0.01	37.83	22.25	16.5	28.66	14.66	14.95	645	84	63
Tumgesh	MBA	366	-9.29	0.01	47.02	13.5	21.5	24.17	25.39	15.17	140	13	11
Turlough	MAA	1446	4.03	-0.01	38.52	5.67	10	35.53	8.15	5.11	486	22	90
Urlaur	D	494	-10.97	-0.09	35.78	21.67	25	20.05	20.84	15.4	216	13	32
Westport Rural	MAA	1521	4.7	-0.02	35.91	10.75	9.5	43.97	9.79	5.68	541	22	37
Westport Urban	MAA	5847	3.14	0.1	33.88	28.48	10.22	38.69	12.71	9.52	2152	439	177
TOTAL	MBA	130507	-3.8										

5.4 Diversity and Ethnicity

Nationality	Mayo		State	
	2016	%	Total	%
All nationalities	101979		3687585	
Irish	89956	88	3165923	85
French	138	0.1	10755	0.3
German	254	0.2	10680	0.3
Italian	73	>0.1	10836	0.3
Latvian	426	0.4	16391	0.4
Lithuanian	772	0.8	30670	0.8
Polish	2240	2.2	102743	2.8
Romanian	144	0.1	24765	0.7
Spanish	67	>0.1	10998	0.3
UK	4814	5	96721	2.6
Other EU28	814	0.8	44999	1.2
Other European	108	0.1	9760	0.26
African	205	0.2	18831	0.5
Indian	91	>0.1	9633	0.26
Other Asian	417	0.4	33806	0.9
American (US)	242	0.2	8918	0.24
Brazilian	80	>0.1	13087	0.35
Other American	64	>0.1	6356	0.2
Other nationalities	198	0.2	9885	0.27
Not stated,	876	0.9	51828	1.4

According to the CSO data Mayo reported a higher percentage of Irish nationals (88%), compared to the state (85%).

Ballyhaunis is however the most diverse town nationally with a percentage of 39.5 non-Irish nationals.



5.4 Diversity and Ethnicity

Ethnic or Cultural Background				
	Mayo		State	
	Persons	%	Persons	%
White Irish	110637	85	3854226	82.2
White Irish Traveller	1303	1	30987	0.7
Other White	11162	9	446727	9.5
Black or Black Irish	593	0.5	64639	1.4
Asian or Asian Irish	1423	1	98720	2.1
Other	1253	1	70603	1.5
Not stated	1874	1.4	124019	2.6
Total	128245		4689921	

In terms of ethnicity, most of the population in Mayo identified as White Irish (85%) higher than the state (82.2%), followed by other white (Mayo 9% and the state 9.5%).

Mayo Reported a higher a higher percentage of individuals identifying as White Irish Traveller (1.0%) compared to the state (0.7%).

5.5 Spine Chart

The following chart shows how the population of Mayo compare with the rest of Ireland for key indicators. The white circle indicating Mayo's score and the black line depicts the national average.

	Indicator	Local Number	Local Value	Irl Avg	Irl Low	Ireland Range	Irl High
BIRTHS							
1	Live births per 1,000 females aged <20 2017		3.8	7.5	2.9		19.5
2	Live births per 1,000 females all ages 2015	1572	12.1	14	11.5		16.8
3	Total Period Fertility Rate 2017	n/a	1.92	1.81	1.5		2.25
5 YEAR AGE STANDARDISED DEATHS							
4	All Causes of Death SDR 0-64 years	981	189.7	176.9	152.2		201.1
5	All Causes of Death SDR all ages	5506	1075.6	1040.6	944.8		1176
6	All Malignant Neoplasms SDR 0-64 years	383	74.6	70	62.1		85.3
7	All Malignant Neoplasms SDR all ages	1510	288	287.9	259.2		336.4
8	Colon Cancer SDR 0-64 years	24	4.7	3.4	1.2		6.4
9	Colon Cancer SDR all ages	113	21.6	19.4	9.2		27.6
10	Larynx and Trachea/Bronchus/Lung Cancer SDR 0-64 years	72	14	15.1	10.3		19.6

	Indicator	Local Number	Local Value	Irl Avg	Irl Low	Ireland Range	Irl High
11	Larynx and Trachea/Bronchus/Lung Cancer SDR all ages	294	55.8	60.4	47.1		77.4
12	Breast Cancer SDR 0-64 years	45	8.8	7.9	4.9		11.1
13	Breast Cancer SDR all ages	130	24.9	22.2	18.1		28.6
14	Prostate Cancer SDR 0-64 years	9	1.8	1.3	0.2		2.4
15	Prostate Cancer SDR all ages	107	21.6	20.9	16.1		30.1
16	All Diseases of the Circulatory System SDR 0-64	189	36.9	36.4	29.6		42.4
17	All Diseases of the Circulatory System SDR all ages	1910	381.6	365.8	320.8		452.4
18	18 Ischaemic Heart Disease SDR 0-64 years	116	22.6	21.2	16.3		30.7
19	Ischaemic Heart Disease SDR all ages	1027	204.3	182	149.9		229.8
20	Acute Myocardial Infarction SDR 0-64 years	59	11.5	7.8	4.2		11.5
21	Acute Myocardial Infarction SDR all ages	583	115.8	90.2	57.4		115.8
22	Cerebrovascular Disease SDR 0-64 years	25	4.9	5.4	2		7.8
23	Cerebrovascular Disease SDR all ages	385	78.2	78.3	62.4		96.5
24	All Diseases of the Respiratory System SDR 0-64 years	51	10	7.6	5		13.8
25	All Diseases of the Respiratory System SDR all ages	776	157	138.5	115.3		195.7
26	Pneumonia SDR 0-64 years	11	2.2	1.8	0.6		4.3
27	Pneumonia SDR all ages	259	53.2	44.5	26.3		82
28	Chronic Lower Respiratory Disease SDR 0-64	25	4.9	3.5	1.4		5.7
29	Chronic Lower Respiratory Disease SDR all ages	332	66.2	60.8	43.5		85
30	Asthma SDR 0-64 years	4	0.8	0.4	0		1.2
31	Asthma SDR all ages	9	1.6	1.9	0.3		3.3
32	External Causes of Injury and Poisoning SDR 0-64 years	191	37.7	32.4	22.1		42.7
33	External Causes of Injury and Poisoning SDR all ages	276	47.4	41.5	28.3		56.1
34	Suicide and Intentional Self Harm SDR 0-64 years	82	16.2	13.9	8.3		19.9
35	Suicide and Intentional Self Harm SDR all ages	94	15.5	12.5	8		17.9

- Mayo is above the national avg. for Colon and Breast Cancers
- Mayo is above the national avg. for coronary heart disease (CHD) heart problems caused by narrowed heart (coronary) arteries that supply blood to the heart muscle
- Mayo has the highest number for heart attacks nationally
- Mayo is above the national avg. for all diseases of the respiratory system
- Mayo is above the national avg. suicide and intentional self-harm

5.6 Healthy Mayo Initiatives Round 1 & 2

Early Childhood Outdoor Learning- GMIT

There has been many initiatives targeting early childhood outdoor learning, one of these was a 'Turning Play inside Out' conference for early years educators and parents. This conference had the goal of offering tips for outdoor play and changing the mindset of those involved to encourage outdoor play and exposure. Another way that GMIT has accomplished increased outdoor play is by holding several open play days that encourage outdoor play, often with up to 100 participants at each. GMIT has also created an outdoor trial for orienteering and an outdoor classroom on the campus using the natural environment. This is inclusive of a playground that was developed by Early Years and Outdoor Play students that was tailored to growing children to aid in their development.



Addressing the Dropout of Girls in Sports – MSP

This action involved a regional seminar, 'Girls and Women in Sport' to highlight the dropout rates and develop solutions, a workshop to determine barriers to and interests pertaining to sports and a social media campaign targeting parents to highlight the benefits of girls staying in sports. The findings that came from the workshop were used to develop methods of getting girls and women into sports and physical activity such as the West of Ireland Women's Mini Marathon, held on the May bank holiday annually.



Mayo on the Move – MSP

10-week extra circular programme that targeted inactive girls or those who don't take part in mainstream sport. These teenage girls would experience activities such as Bootcamp, Dance, Exercise to Music, Pilates, Yoga etc all delivered by tutors who would be on the Mayo Sports Partnership database. An evaluation of the programme was completed with schools participating in a celebration jamboree day at the end.

Social Farming - SWMDC



Social Farming is the practice of offering activity on family farms as a form of social support service. In Social Farming the farm remains a working farm at its core but invites people to participate in the day to day activities of the farm.

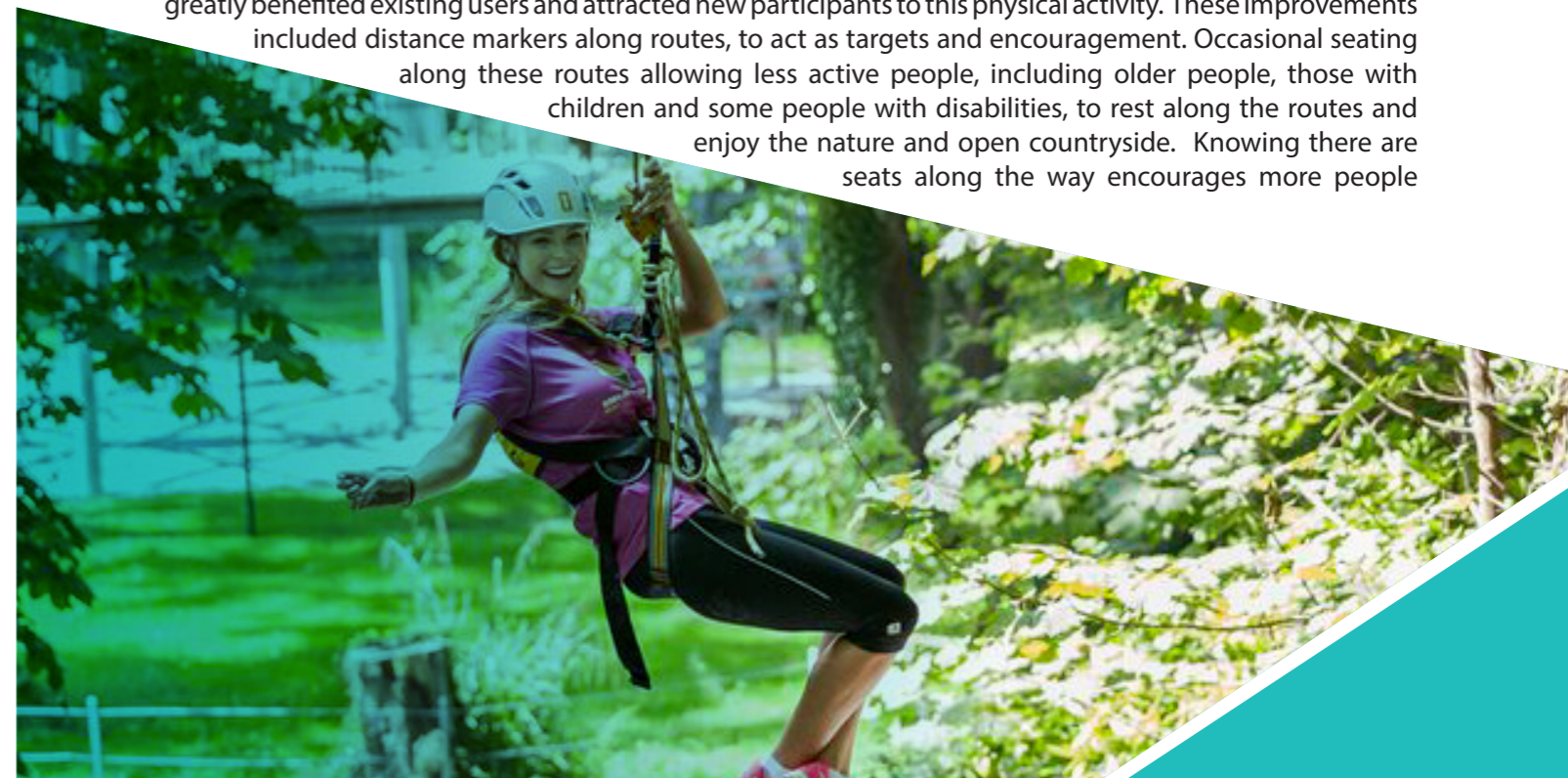
In this project people were offered the opportunity to take part in Social Farming practice and were supported by the farmers to improve their health and wellbeing in their own communities and to participate in ordinary activities and engagements in a non-clinical environment.

Play and Recreation Strategy - MCC Parks Superintendent

Mayo County Council developed a new Play and Recreation Strategy in partnership with Mayo CYPSC, GMIT Castlebar Campus and the HSE that promotes and develops a broader concept of play moving away from solely providing playgrounds to considering how the natural and built environment can promote and support play. The natural environment in Mayo has an abundance of features and resources that can promote play and learning in the outdoors. The strategy defines the roles of partner agencies in the development of play and considers how all agencies can work together to maximise resources. The strategy also includes an agreed multi agency implementation plan.

Activity Friendly Environments - MCC Tourism

Mayo has a large range and variety of walking paths and routes. Improvements were identified which has greatly benefited existing users and attracted new participants to this physical activity. These improvements included distance markers along routes, to act as targets and encouragement. Occasional seating along these routes allowing less active people, including older people, those with children and some people with disabilities, to rest along the routes and enjoy the nature and open countryside. Knowing there are seats along the way encourages more people





to undertake these routes with the seating giving them a target destination and the security of a resting area if they are less active.

New or existing swimmers in Mayo across some of our 13 Blue flag beaches and in some lakes can be encouraged where distance markers are installed, to allow them to engage in swimming set distances and to have targets to achieve and increase over time.

Sports Programme for older people and people with a disability – MSP

This action saw a significant raise in the level of opportunities available to this target group to participate in Sport and physical activity. It also has had the benefit of providing social outlets for people to get involved within their own communities and mix with others which will aid peoples social and mental health.



This was done through a series of Come and Try Days for older people and people with a disability. Providing groups with equipment as well as training helped to build capacity to roll out programmes within their own communities to ensure sustainability.

Supporting sexual health and wellbeing of young people in Mayo – Mayo CYPSC

Development of a 3-year Sexual Health and Well Being Plan for Young People in Mayo which include actions to support the LGBTI youth community in Mayo. This plan includes a local implementation plan for actions relating to young people in the National Sexual Health Strategy and compliments some of the sexual health actions in the CHW Healthy Ireland Implementation Plan.

Health Promotion & Improvement continue to run the Foundation programme for sexual health promotion in Mayo and will develop follow on training based on the needs identified as part of the plan. This will link with HSE Foundation Programme for Sexual Health Promotion in Mayo and explore opportunities for joint training and initiatives with the Centre for Nursing and Midwifery Education.

HI Round 1 Budget Breakdown

	Initiative	Lead	Outputs	Budget	Strategic Priority
1	HeARTh	MCC	Utilising the arts in response to health inequalities and social isolation	€10,000	Mental Health
2	Activity Friendly Environments	MCC	Improvements made to walking paths and other outdoor activity settings to increase physical activity	€10,000	Spaces and Places for Health and Wellbeing
3	Developing a supportive Environment for Outdoor Play in Early Childhood	GMIT	Increase the ability of children to learn and play in an outdoor environment	€10,000	Spaces and Places for Health and Wellbeing
4	Health and wellbeing plan for 0-3 Year Olds	CYPSC	Development of Health and wellbeing plan for 0-3 Years	€10,000	Mental Health
5	Tobacco Free Signage	MCC	Provide Tobacco free Signage in Playgrounds across the county	€10,000	Tobacco and Alcohol
6	Youth Nutrition and Cookery Equipment	MSLETB	Provide equipment to support healthy eating and cookery initiatives	€8,360	Nutrition
7	Healthy Mayo – Ballina Pilot Project	MSP	Address Health inequalities in Ballina Region	€24,700	Physical Activity Mental Health Alcohol and Tobacco
8	LGBTI Support Groups	Foróige	Support the development of LGBTI support groups for young people in Ballina and Castlebar	€2,000	Sexual Health
9	Edible Fruit and Nut Project	Le Cheile	Planting Edible landscapes in public places such as greenways	€7,000	Spaces and Places for Health and Wellbeing
10	Addressing Drop out of Girls in Sport	MSP	Targeting transition areas for girls in sport	€6,500	Physical Activity
11	Sports Equipment Library	MSP	Development of Sports Equipment Library available to groups on loan	€30,000	Physical Activity
12	Delay B4U Decide	MSLETB	Training to explore the concept of delaying early sex among young people	€2,000	Sexual Health

HI Round 2 Budget Breakdown

	Initiative	Lead	Outputs	Budget	Strategic Priority
1	Social Farming	SWMDC	Providing people who use services with opportunity for inclusion, increased self-esteem and improved health and well-being by taking part in day to day farm activities	€5,000	Mental Health
2	Play and Recreation Strategy for Co Mayo	MCC	Expansion of the concept of play to broader environment of Mayo from the traditional playground setting	€10,000	Spaces and Places for Health and Wellbeing
3	Activity Friendly Environments	MCC	Improvements made to walking paths and other outdoor activity settings.	€10,000	Spaces & Places for Health and Wellbeing
4	Mayo on the Move	MSP	10 Week programme targeting inactive girls to increase their physical activity levels	€7,000	Physical Activity
5	Sports Programme for older people and people with disabilities	MSP	Increased opportunities for physical activity for target groups	€11,000	Physical Activity
6	Health and Wellbeing Coordinator	MSP	Address health inequalities county wide	€25,000	Nutrition Physical Activity Mental Health Alcohol and Tobacco
7	Development of Communications Plan for Older People	MCC	Communications Strategy for Older People	€5,000	Spaces & Places for Health and Wellbeing Mental Health
8	Yoga Wellbeing for Early Years	MCCC	Providing opportunities for increased health and wellbeing through physical activity.	€6,000	Physical Activity Mental Health
9	Health and Wellbeing for 0-3 Years	CYPSC	Improving health and well-being for 0-3 years through parental engagement	€8,000	Mental Health
10	Develop a Health Promoting Environment in Ballinrobe	Tacu Ballinrobe	Increase health and wellbeing by promoting the importance of physical activity, nutrition and a healthy environment.	€9,000	Mental Health Spaces & Places for Health and Wellbeing
11	Sexual Health and Wellbeing Programme	Tusla	Supporting sexual health and wellbeing of the LGBTI+ community	€7,000	Sexual Health
12	Early Childhood and Outdoor Learning	GMIT	Project focusing on developing the learning and health	€9,000	Spaces & Places for Health and Wellbeing





Healthy Mayo Strategic Plan 2020 - 2023



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