

Healthy Roscommon Community Wellbeing Strategy 2025 -2029



Healthy
Roscommon

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FOREWORD

As Chief Executive of Roscommon County Council and Chairperson of Roscommon LCDC, it is with great pleasure I present the Healthy Roscommon Community Wellbeing Strategy.

“Our health is our wealth” and nothing could be more true.

Health and well-being are foundational elements of any prosperous society. They affect every aspect of our lives—from individual productivity and creativity to community cohesion and economic vitality.

When we think about a thriving county, we must first recognise that the health and wellbeing of our citizens are intertwined with our economic success. A healthy population is a productive population, and a productive population drives economic growth and innovation.

When we invest in health and well-being, we are investing in our county’s future. Research consistently shows that communities that prioritise health enjoy higher levels of economic productivity, lower healthcare costs, and improved quality of life.

In Roscommon, we have the opportunity, to create a model that emphasises holistic health and well-being as a core principle in our planning and development yet complements our picturesque landscape and drives our commitment to making Roscommon the best place to live, visit, learn, work and play.

As we examine the current state of health in Roscommon, we must acknowledge both our strengths and our challenges. Many of our residents enjoy a rich quality of life, bolstered by access to beautiful landscapes, community resources, and social connections. However, we also face significant health challenges, including an ageing population, rising rates of chronic illnesses, mental health issues, social isolation and disparities in health access.



Addressing these challenges requires a concerted effort from all sectors within our county - local government, local development organisations, healthcare providers, businesses, and community organisations. The Roscommon Health and Wellbeing Committee, a sub-committee of Roscommon LCDC, provide a forum where stakeholders and action partners are represented. The success of this collaborative approach in the creation of our Healthy Roscommon Community Wellbeing Strategy makes this a “whole of county” strategy, where responsibility for its implementation is a shared approach and owned by all.

We must work together to create a supportive environment that fosters health and well-being for all our residents.

This strategy echoes the high-level goals brought to the fore in our Local Economic Community Plan (LECP) and is in line with the National Healthy Ireland Framework and The Well - being Framework 2023. I urge everyone to take action in your own capacity to promote health and well-being in our county. Whether you are a resident, a business owner, a healthcare provider, or a community leader, you have a role to play in creating a healthier Roscommon. Let us commit to prioritising health and well-being in our discussions, decisions, and actions. Together, we can cultivate an environment that supports the physical and mental well-being of our residents, ultimately leading to a more prosperous and thriving county. By working collaboratively, embracing innovative solutions, and fostering a culture of health, we can create a community where everyone has the opportunity to thrive. I am extremely grateful to all for, their contribution, to the creation to this document. Thank you for your time, your commitment, and your passion for making County Roscommon a healthier, happier, and more vibrant place for all its residents.

Together, let us embark on this important journey toward a brighter future.

SHANE TIERNAN
Chief Executive of Roscommon County Council and
Chairperson of Roscommon Local Community Development Committee.

Improving the quality of life for people in Roscommon is a cornerstone of the vision of the Roscommon LCDC over the coming years. The LCDC are acutely aware that the health and wellbeing of individuals and a healthy population as a whole is our biggest resource. This is reflected in the LECP for Roscommon which was approved by Roscommon County Council in 2024.

The necessity to promote a healthier lifestyle has never been 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 Roscommon LCDC our second comprehensive Healthy Roscommon Plan has been developed. I hope the priorities identified in the strategy reach as many people as possible in our County. I congratulate the authors and instigators of the strategy.

Since 2013, Roscommon has successfully implemented Healthy Ireland work programmes through joint approaches between the Local Community Development Committee (LCDC), Roscommon Children and Young People’s Services Committee (CYPSC) and a range of other partners. Future health promotion through the local authority and partners will work towards delivering the vision of a Healthy Roscommon where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level.



This strategy outlines the direction and aims we wish to achieve over the coming years. This Healthy Roscommon Community Wellbeing Strategy will ensure the implementation of the Healthy Ireland Framework and its objectives for the people of Roscommon. 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 Roscommon strategy. 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 the strategy and ultimately improve the quality of life for everyone living in Roscommon.

A continued collaborative approach will be needed to drive the necessary changes to deliver this strategy. The successful implementation of Healthy Roscommon to date is a testament to the partnerships that have been developed over the course of the programme. I wish to sincerely thank everyone who was involved in the development of this strategy, from the Healthy Ireland Subcommittee, the LCDC, CYPSC and all those who engaged in the consultation processes which have informed the development of this strategy. Your ongoing engagement and commitment to the planning and development of the Healthy Roscommon Plan is the foundation on which we build a Healthier Roscommon and a brighter future for all. I would like to extend my thanks to the LCDC Health and Wellbeing Committee members, the Healthy Ireland Coordinator, the CYPSC Coordinator, the LCDC Chief Officer and all those who shared their time and experiences to shape the strategy. I look forward to continuing our work together.

EAMON HANNAN
Business Manager, Health Services Executive &
Chairperson of the Health and Wellbeing Subcommittee

The Healthy Ireland Framework sets out a vision where everyone can enjoy physical and mental health and wellbeing, and where all sectors of society work together to achieve this. Inspired by this, the Healthy Roscommon Community Wellbeing Strategy reflects a whole-of-society approach that engages individuals, families, and communities in creating a culture of health and wellbeing. In line with the Community Wellbeing Framework, I understand that wellbeing extends beyond health to encompass all aspects of life – from social inclusion and economic opportunity to the quality of our environment and the strength of our community connections. This framework guides our approach to fostering cohesive, resilient communities that support the physical, mental, and social wellbeing of everyone in Roscommon.



The publication of this community wellbeing strategy demonstrates our ongoing commitment to creating a vibrant, thriving county where everyone has the opportunity to reach their full potential. By integrating health and wellbeing goals with local economic and social priorities, we are building a healthier, more prosperous Roscommon for all.

This strategy identifies 4 key themes to encompass all aspects of health wellbeing and contains associated actions which will provide concrete steps we will take to promote health and wellbeing, reduce health inequalities, and ensure that every individual in Roscommon can lead a life of dignity, respect, and opportunity. Through collaborative partnerships with local organisations, stakeholders, and the community, we are creating the conditions for a healthier future for all.

I would like to extend my appreciation to all who contributed to the development of this strategy. Your commitment, input, and vision have shaped a wellbeing roadmap that will benefit Roscommon for years to come. Together, we are building a healthier, vibrant, and more connected Roscommon in which we can work and live.

AISLING DUNNE

Roscommon Healthy County Coordinator



Wellbeing walks at Loughnaneane Park

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Introduction



Healthy Ireland Framework

Health is vital for personal, social and economic growth of any society. The health of the county and the country as a whole, is our most valuable resource.

Healthy Ireland is a national initiative aimed at improving the health and well-being of the people in Ireland. It was launched in 2013 by the Irish government as a response to the growing health challenges faced by the population, including rising rates of obesity, chronic diseases, and mental health issues. The initiative focuses on promoting healthier lifestyles, enhancing the quality of health services, and encouraging community involvement in health-related activities. It is built on the recognition that health is influenced by multiple factors, including socioeconomic conditions, environment, and personal choices.

Healthy Ireland encompasses various programs and strategies, including public awareness campaigns, policy development, and collaborations with local communities and organisations. The goal is to create a healthier society by fostering positive changes in individual behaviours, improving access to health services, and supporting environments that encourage healthy living. Over the years, Healthy Ireland has evolved to address specific health concerns and adapt to the changing needs of the population, making it a comprehensive approach to public health in Ireland.

The Healthy Ireland Framework takes a 'whole of government' and 'whole of society' approach to confronting significant lifestyle and health impact issues to bring about a real and measurable change, based on an understanding of the determinants of health. Healthy Ireland is designed to harness the energy, creativity and expertise of everyone whose work promotes health and wellbeing. It encourages people at every level of society to get involved in making Ireland a healthier place to live, work and play.



Healthy Ireland Goals



Healthy Ireland Goals



Framework of Actions



Healthy Ireland is committed to delivering outcomes with targeted actions categorised within six broad themes above. There are 64 actions set out to achieve these 6 themes with this framework presenting a structured approach to goal achievement for successful implementation.

Such a systematic plan is essential for tracking progress and ensuring that every step taken is purposeful and contributes to the ultimate aim of a healthier Ireland.

With the current framework coming to an end in the next year this strategy aims to align with future frameworks in community health and wellbeing.

What is Health and Wellbeing?

The Healthy Ireland Framework defines health as being much more than the absence of disease or disability, it is achieving one's own potential to enjoy complete physical, mental and social wellbeing and requires a shift in focus from what can go wrong in people's lives to focusing on what makes their lives go well. Wellbeing comprises an individual's experience of their life and exists in two dimensions.

1 SUBJECTIVE WELLBEING:

This refers to asking people directly how they think and feel about their own wellbeing, and includes aspects such as satisfaction with their lives, positive affect and a judgement on whether their life is meaningful.

2 OBJECTIVE WELLBEING:

This is based on assumptions about basic human needs and rights, including areas such as having adequate food, physical health, education and safety needs being met. This can be measured through self-reporting, or by objective means such as morbidity and mortality rates or life expectancy.

Mental Wellbeing is our internal positive view that we are coping well psychologically with the everyday stresses of life and can live and work productively and feel happy living life in the way we choose.

Each of these areas of wellbeing are affected by a variety of elements and factors not all of which are within our own personal control and are referred to as the social determinants of health.



Social Determinants of Health

The Healthy Ireland Framework highlights a number of evidence based key elements that have been shown to affect an individual's health and wellness. Within this Healthy Ireland acknowledges the unequal distribution of health across the Irish population and seeks to address this by educating health care providers, local authorities, education institutions and community agencies on these key elements and their impact on health. Having this knowledge allows us to develop strategies, initiatives and supports to increase health equity through addressing the social determinants of health for better population health and wellbeing.

The social determinants of health refer to the conditions under which individuals are born, grow up, reside, work, and age, along with personal lifestyle choices and how this effects their health outcomes. Evaluating health needs through the lens of social determinants involves examining the interplay between a person, their surroundings, and illness. Outlined by Dahlgren & Whitehead in 1991, they are characterized as follows:

- The initial layer consists of personal behaviours or lifestyles that can either enhance or impair health.
- The subsequent layer is the influence of social and community networks, which can exert either a beneficial or detrimental effect on health.
- The final layer encompasses structural elements such as housing, employment conditions, access to services, and availability of vital amenities. In this context, the environment where individuals dwell is acknowledged as a significant influence on health and wellbeing.



Social Determinants of Health: Healthy Ireland Framework

The Healthy Roscommon Community Wellbeing Strategy aims to investigate and identify the social determinants most commonly impacting population of the county, in terms of their health and wellbeing both positively and negatively. This approach will enable us to identify opportunities to strengthen the positive factors and address those that negatively affect health and well-being. By integrating the WHO's social determinants of health framework, we can drive the Healthy Ireland Themes for improvement, ensuring that health is embedded in all strategies, developments, and initiatives planned across the county.

Health Inequality

This is defined as a difference in which disadvantaged social groups systematically experience worse health or greater health risks than more advantaged social groups.

Differences in health that are not only unnecessary and avoidable but, in addition are considered unfair and unjust (Whitehead 1990). Reducing these inequalities is a key outcome of Healthy Ireland and, locally, Healthy Roscommon.

Numerous studies have revealed a socioeconomic gradient in health, indicating that factors such as mortality, morbidity, self-assessed health, and lifestyle choices are influenced by socioeconomic status.

Socioeconomic Health Gradient

Research consistently shows a link between socioeconomic status and various health outcomes. The socioeconomic health gradient illustrates how individuals with lower socioeconomic status (SES) generally experience poorer health outcomes, with health improving progressively in higher SES groups. Health inequality refers to the uneven distribution of health resources and outcomes across populations, often influenced by factors like income, education, and employment. "Healthy Ireland" is a national initiative aimed at reducing health inequalities in Ireland by addressing these social determinants. It promotes policies to improve access to healthcare, encourage healthier lifestyles, and create supportive environments. By focusing on prevention and equity, the Healthy Roscommon strategy seeks to reduce the impact of the health gradient and improve public health outcomes for all.

Bike Week 2024 at Aras an Chontae



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Why Healthy Roscommon?





The Healthy Roscommon agenda within the Local Authority is overseen by the appointed Healthy County Coordinator, who holds a wide-ranging responsibility. This includes engaging with community groups and agencies to ensure that health and wellbeing are prioritised across all relevant agendas.

During the first three rounds of Healthy Ireland funding, the focus was on setting goals and implementing projects aligned to achieve those goals. In 2023, as part of Round 4 of the strategy, an outcomes-based framework approach was introduced.



Celebrating Fit Farmers at Moore Hall with Ireland AM

The Evolution of Healthy Ireland in Roscommon

This focus on outcomes has led to significant progress in enhancing the physical, mental, and emotional health of the county's people and communities. This has been achieved through a variety of programmes, initiatives, and collaborations. Connections established with implementing partners who share a common vision for improving the overall wellbeing of the people of Roscommon has been key.

Wellbeing

Partnerships like the one with Roscommon Leader Partnership have been instrumental in the successful delivery of programmes such as The Well Connected Social Prescribing Programme. This initiative aims to combat social isolation by fostering stronger community connections for individuals who may benefit from the positive effects of enhanced social engagement.

Physical Activity

Physical activity programmes have been supported through our partnership with Roscommon Sports Partnership, resulting in the delivery of a wide range of initiatives for people of all ages and abilities across the county. Notable programmes include 'Fit Farmers', the Woodlands for Health initiative, and the Diversity Soccer programme. Aligned with the National Sports Policy's emphasis on cycling, we have also collaborated with Roscommon Sports Partnership to deliver a variety of cycling projects since 2017.



Kayaking at Boyle River



Enjoying Aquafit at Castlerea Swimming Pool

Healthy Ireland Round 4 2023-2025

Local Strategy for Roscommon County Council

The development of an Outcomes Framework to monitor and drive the achievement of Healthy Ireland targets has been identified as a key action in the Healthy Ireland Framework. The objective of the Healthy Ireland Fund 2023-2025 is to improve the health and wellbeing of people of all ages and abilities living in Ireland through the implementation of the Healthy Ireland Strategic Action Plan 2021-2025. Within this strategy there are Key Priority Focus Areas which informed Healthy Roscommon's selection of two main outcomes for this round of funding.



OUTCOME 1	Increase in % of adults & children meeting physical activity guidelines
PROJECT OUTCOME	% of Adults from Target Group in County Roscommon who self report an increase in physical activity.
OUTCOME 2	Increase in individual's level of positive mental health as per Energy and Vitality Index
PROJECT OUTCOME	Increase in target groups level of positive mental health

- Keeping Active
- Staying Connected
- Switching Off and Being Creative
- Eating Well
- Minding your Mood
- Minding your Body

Following a four step consultation approach by Roscommon County Council through the Roscommon LCDC in understanding local needs and issues relating to Health and Wellbeing in late 2022 the following 2 outcomes were chosen as those that would have the most significant positive impact on the population of the county. The target groups identified are outlined below.



Roscommon Local Economic and Community Plan 2023-2029

The recently updated and published Roscommon LECP sets out the ‘objectives and actions needed to promote and support the economic development and the local and community development of County Roscommon’ (LECP 2023-2029). It is the main tool for delivering locally nationally agreed goals including those outlined in the Healthy Ireland Framework to deliver initiatives that work to support and promote health and wellbeing in the county. Consequently the Roscommon LECP incorporated the 4 Healthy Ireland Goals that are to be delivered at local level throughout the plan



ROSCOMMON LECP HIGH LEVEL GOAL

SUSTAINABLE COMMUNITY OBJECTIVE

Goal 1 →	A welcoming supportive county that celebrates its communities and unique sense of place	SCO1.1 Ensure County Roscommon is a County that supports and celebrates active inclusion for all. SCO1.2 Continue to work in partnership with communities and community leaders to create universal and targeted community led responses.
Goal 2 →	A county that attracts, retains and promotes ongoing employment and economic growth	SCO 2.1 Promote increased access to and engagement with education, training and upskilling opportunities. SCO2.2 Provide development support for micro-enterprises and SME’s while developing, encouraging and creating an environment for innovation, enterprise and entrepreneurship.
Goal 3 →	A vibrant county that values its culture, arts and heritage	SCO 3.1 Continue to create and promote increased awareness and appreciation of the natural, built and cultural heritage. SCO3.2 Ensure the arts, creative sector and libraries continue to play a major role in supporting the heritage cultural and community development of the County.
Goal 4 →	A collaborative County where people are encouraged to work together towards common aims	SCO4.1 Encourage and Support the development of stronger communication networks between statutory bodies, agencies, community groups and service providers.
Goal 5 →	A County where people’s health and wellbeing are being supported.	SCO 5.1 Support a positive approach to health and wellbeing for everyone living, working and visiting County Roscommon County. SCO 5.2 Continue to support and promote community safety.
Goal 6 →	An environmentally conscious and resilient County that prioritises sustainability	SCO 6.2 Encourage and facilitate community and business participation in the reduction of County Roscommon’s carbon footprint.

SUSTAINABLE DEVELOPMENT GOALS



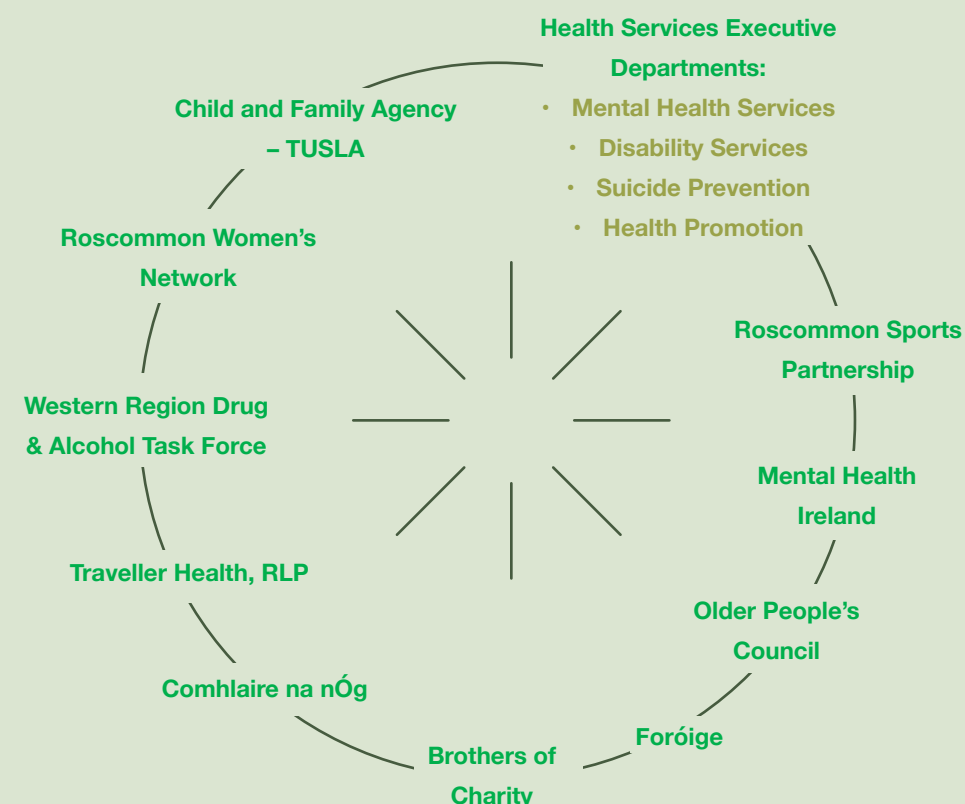
The Healthy Roscommon Community Wellbeing Strategy aligns seamlessly with the Roscommon LECP whose vision is to make Roscommon a location of choice to live, visit, learn, work and play and in line with the UN Sustainable Development Goals. This framework is made up of 17 Sustainable Development Goals (SDGs) are a universal blueprint to achieve a better and more sustainable future for all by 2030. Adopted in 2015, the 17 goals address global challenges such as poverty, inequality, climate change, environmental degradation, peace, and justice. Each goal is interconnected, recognizing that progress in one area often supports progress in others. For example, promoting gender equality (Goal 5) enhances economic growth (Goal 8), and clean energy (Goal 7) helps combat climate change (Goal 13). The SDGs aim to leave no one behind, encouraging collaboration between governments, businesses, civil society, and individuals. Measuring progress requires reliable data and sustained commitment from all sectors. While global progress has been made, challenges like conflict, climate crises, and inequality still hinder development. Achieving the SDGs requires coordinated action and innovation offered by the Roscommon LECP to ensure a more equitable, resilient, and sustainable world for current and future generations.



Governance

The Healthy Roscommon strategic plan will be delivered over a three year period from 2025 to 2029 in line with local and national strategies and plans encompassing Healthy Ireland funding round 4 and beyond. Key to the implementation of this plan is the LCDC Health and Wellbeing working group consisting of the following organisations.

Members of the Health and Wellbeing Subcommittee



The Health and Wellbeing Working group, chaired by Eamon Hannan, HSE Business Manager for Galway and Roscommon Mental Health Services, reporting directly to the LCDC and is tasked with ensuring fulfilment of service level agreements in relation to the Healthy Roscommon programme of works. Included in the terms of reference of this Working group is the oversight of the keeping financial records and timely reporting to Pobal on Healthy Ireland funding as well as providing direction and overseeing the implementation of 'Healthy Roscommon Community Wellbeing strategy 2025-2029'

Roscommon Sports Partnership Multisport Camps



Healthy Ireland at Roscommon Libraries

The Healthy Ireland at Your Library initiative represents a significant step towards integrating health and wellbeing into the fabric of community life. By leveraging the extensive network of local libraries, this programme ensures that individuals and communities have access to a wealth of health-related information and resources. The initiative not only enriches the library's collection with a diverse range of health and wellness materials but also fosters an environment of learning and growth through organised events and staff training. This holistic approach aims to enhance the quality of life for individuals at every stage, making libraries a cornerstone for community health, education and support.

RESOURCES AVAILABLE

BOOK STOCK:

An ever increasing collection of books on health and wellbeing are available in all public libraries across the county.

HEALTH INFORMATION SERVICE:

Library staff who have been trained in this area will be able to provide information to library users on any queries they have relating to health and wellbeing initiatives and programmes.

ONLINE RESOURCES:

There are numerous online resources available to library users such as audio books, e-magazines and e-books as well as IT equipment to enable library users to listen to podcasts, webinars and online education sessions relating to health and wellbeing.

PROGRAMMES AND EVENTS:

The library network in Roscommon offer regular health and wellbeing events and programmes delivered onsite specifically aimed at supporting people's health improvement such as Activator Pole lending service, Chair Yoga programmes, wellbeing talks and health promotion events.

SENSE-ABILITY TOY AND SENSORY RESOURCE COLLECTION:

This collection offers a positive library experience for people with sensory or additional education needs. It strives to develop a sensory friendly library service by providing a resource collection available in all Roscommon library branches and providing sensory pods in the Roscommon and Castlerea branches to enhance the health and wellbeing of those with sensory needs.

3

Roscommon Profile at a Glance



Health of the County

It's encouraging to observe the majority of Roscommon residents reported being in robust health. The health status of the population in County Roscommon, as per the latest available Census data from 2022, indicates that 84% of residents rated their health as good or very good. This represents a slight decline from 87% in 2016. This trend mirrors the national figures which also showed a 4% decrease in the good/very good categories, from 87% to 83%. It is likely that this could be linked to the COVID 19 pandemic which appears to have adversely affected the overall health and wellbeing of the population across the country and is mirrored in the Roscommon statistics in the table below.

Health Atlas 2024

POPULATION BY GENERAL HEALTH

Very Good		36,876	52.5	2,740,994	53.2
Good		21,814	31	1,527,027	29.7
Fair		6,820	9.7	444,895	8.6
Bad		1,096	1.6	72,556	1.4
Very Bad		262	0.4	16,843	0.3
Not Stated		3,391	4.8	346,824	6.7
Total		70,259	100	5,149,139	100



Children and Young People's Health and Wellbeing

Representing the health needs of children and young people in County Roscommon involves a collaborative, evidence-informed approach supported by local and national initiatives. The Children and Young People's Services Committee (CYPSC) in Roscommon plays a key role in coordinating services that respond to the health, well-being, and developmental needs of young people. CYPSC works closely with a range of stakeholders to ensure that services are child-centred and grounded in local realities. A critical component of this work is listening to the voices of young people themselves. Comhairle na nÓg, the youth council structure in Ireland, provides a platform for young people in Roscommon to express their views and influence policies and practices that impact their lives. Their participation helps ensure that health initiatives are relevant and effective. Additionally, the Planet Youth Survey—based on the Icelandic Prevention Model—has been implemented in Roscommon to gather robust data on youth behaviours and well-being. This survey captures information on physical and mental health, substance use, social support, and leisure activities, allowing policymakers and service providers to tailor interventions to identified needs.



With the most recent survey completed in November 2024, it surveyed over 550 participants aged 15-16 years. Key findings include trends in increasing substance use, binge drinking, reducing family time, increasing screen time and mental health & wellbeing indicators. The full report will emphasise the importance of targeted interventions to reduce risk factors and enhance protective factors within the community, family, and school environments. Recommendations are made to improve health outcomes and prevent substance use issues, drawing on data to inform policy and practice.

Together, these initiatives form a comprehensive framework for ensuring the health needs of children and young people in Roscommon are not only identified but meaningfully addressed.

31% ^{+ 12%} ↑

Reported
drunkenness has
increased to

16% ^{+ 10%} ↑

Daily vaping
rates have
increased to

50% ^{- 8%} ↓

Perceived parental
disapproval of
drunkenness has
decreased to

41% ^{+ 25%} ↑

Outside after
midnight rates
have increased to

16% ^{- 2%} ↓

Pupils reporting
poor mental
health has
decreased to

81% ^{+ 5%} ↑

Parental support
with personal
matters has
increased to

5% ^{- 1%} ↓

Daily smoking
rates have
decreased to

11% ^{- 4%} ↓

Lifetime
cannabis use has
decreased to

SOURCE: PLANET YOUTH SURVEY 2023



Population:

Roscommon's population totaled 70,529 in 2022 census figures. This was an increase of 8.9% since 2016. Rural populations in Roscommon are almost 100% higher than the national average

Affluence and Deprivation:

29.7% of Roscommon's population is categorised as living in deprivation, this is higher than the national average

Disability:

Roscommon has a significantly higher than average rate of persons living with a disability. 22.4% of the population in Roscommon live with a disability with carers making up 6.5% of the population

Unemployment:

The unemployment rate was 8% in 2022 compared with 13% in 2016. There were almost 10,700 retired people in Roscommon, up 22% since 2016.

Lone Parents:

Single parent families make up 8% of the population of County Roscommon

Education:

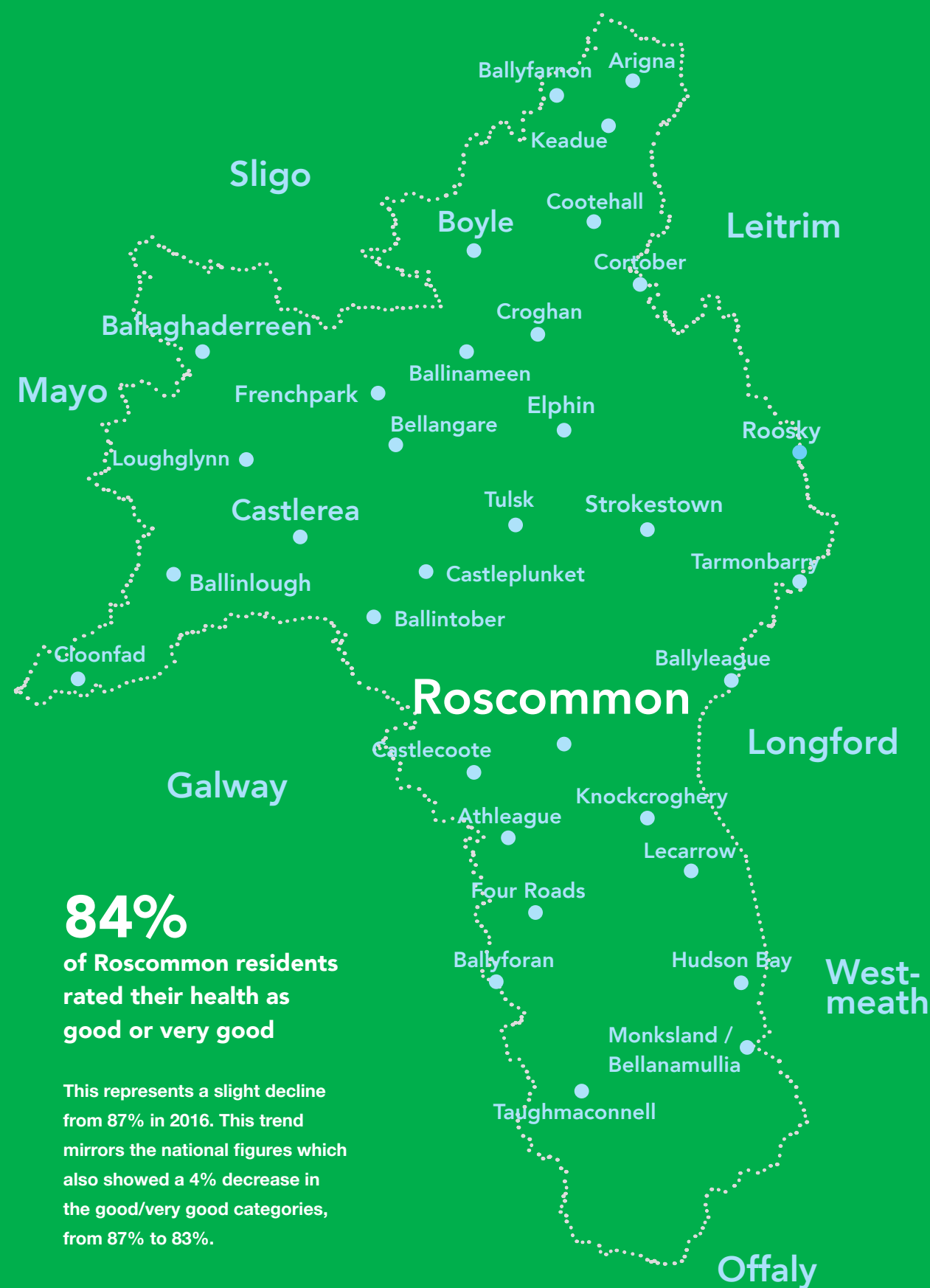
The education standard of the people of Roscommon continues to improve with an increase in the average age that education is completed from 19.8 years to 20.3 years.

Age Profile:

Since 2016 the average age of people living in Roscommon has increased from 39.7 years to 40.8 years. The aged between 65 -69 is the fastest growing age cohort in the county.

Traveller Community:

Census 2022 figures show 565 members of the travelling community living in Roscommon, this represents a 9% increase since 2016.



4

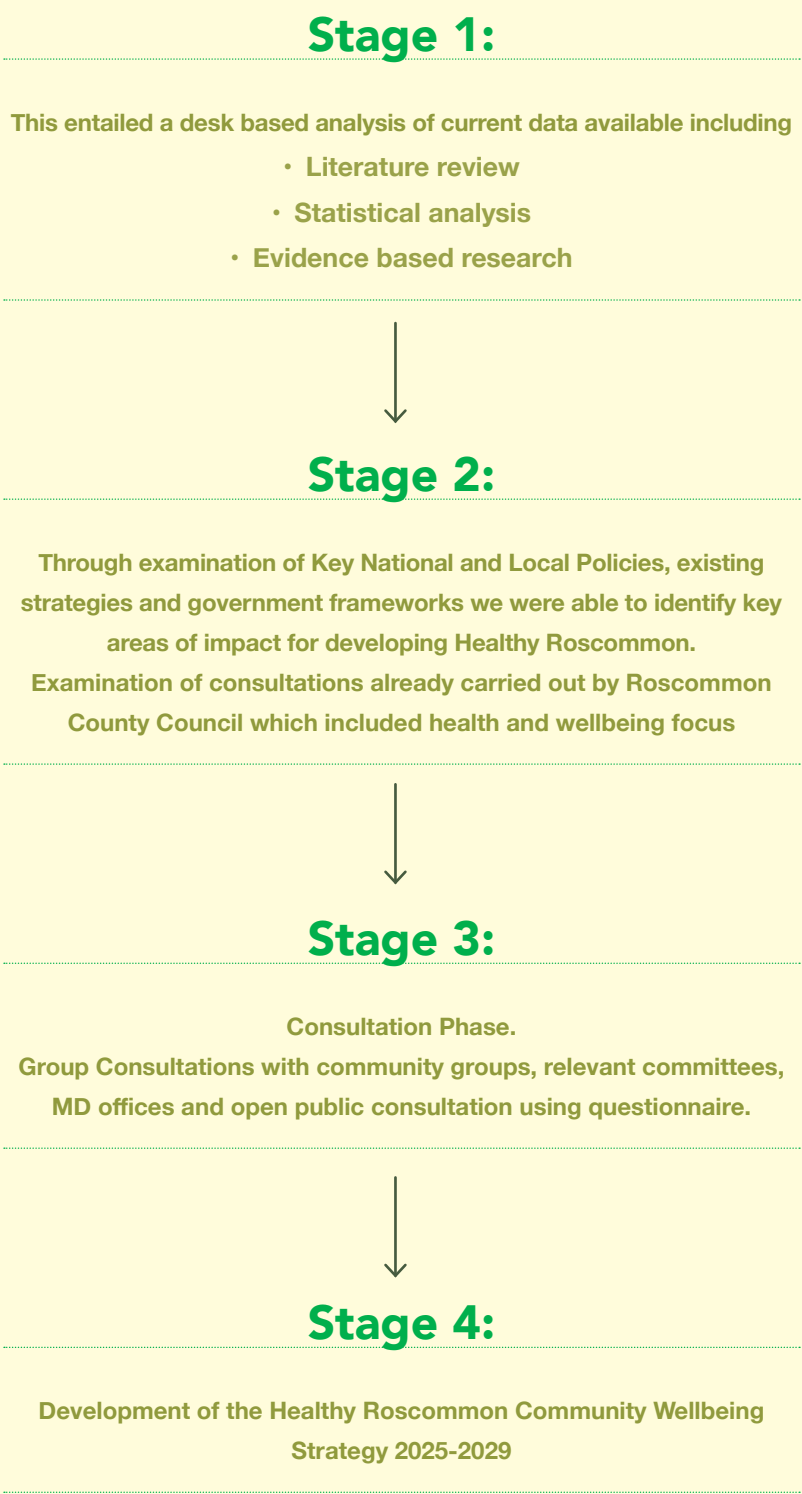
Healthy Roscommon Community Wellbeing: A Strategic Plan for 2025-2029

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.

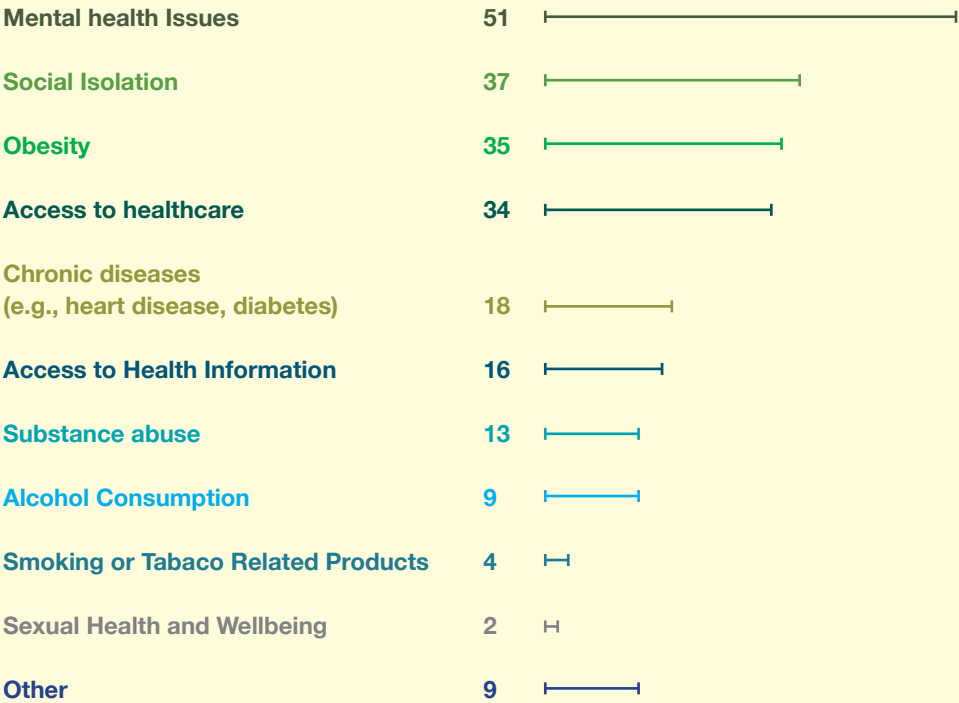
Consultation Process

The strategic planning process involved consultation for the development of the priorities for the plan and represented engagement with stakeholders using a four stage approach. This process was completed between June 2024 – September 2024. Contributions were sought from organisations with a remit in supporting the health and wellbeing of the people of Roscommon from statutory, community and voluntary sectors through structured interview and focus group discussion such as Rural Youth Assembly, Age Friendly Alliance, Comhairle Na nÓg, Children and Young Persons Support Committee (CYPSC) and Roscommon LCDC. In addition, a public consultation was carried out via the local authority website, social media channels and via the Public Participation Network. Key findings from work completed during the consultation process for both the Healthy Ireland Round Four Strategy and the development of the LECF supported this broad ranging consultation process. This resulted in the views of upward of 7, 000 people across Roscommon being incorporated into the development of this strategy.

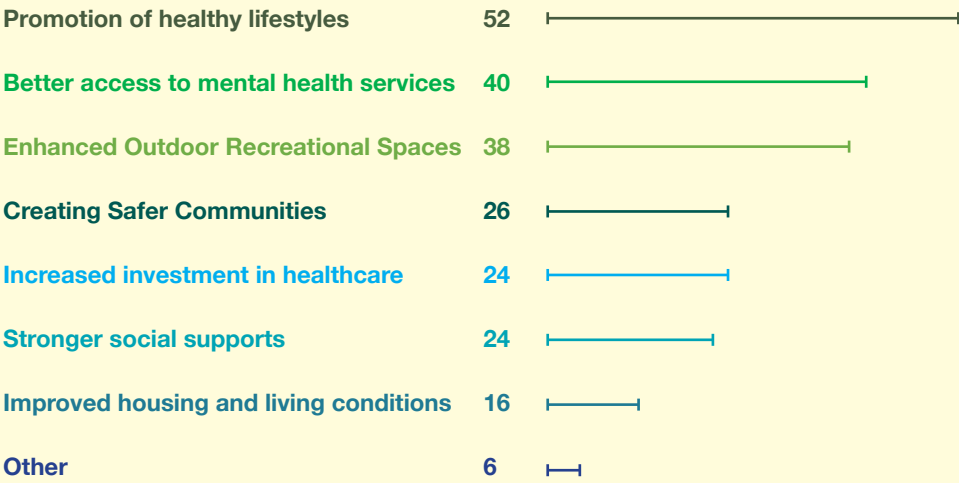
Methodology



WHAT DO YOU THINK ARE THE MOST SIGNIFICANT HEALTH CHALLENGES YOU TODAY?



WHAT DO YOU BELIEVE ARE THE 3 MOST IMPORTANT STEPS ROSCOMMON CAN TAKE TO IMPROVE HEALTH AND WELL-BEING IN THE NEXT 3 YEARS?



Through this consultation, the most significant health challenges cited by people who live and work in Roscommon include mental health issues, obesity, social isolation, and access to healthcare. Other notable concerns include chronic diseases, substance abuse and access to health information.

These findings reflect the priorities of the community for improving health and wellbeing in Roscommon. The insights gathered, along with an analysis of the impacts of Healthy Roscommon to date, have helped shape a clear vision for the development of this Wellbeing Strategy for the next four years.

In developing our Vision of a Healthy Roscommon we were informed by the following strategies in place with a health and wellbeing focus to ensure this vision was cohesive and reflective of the movement towards improved community wellbeing we are all working towards.

- Roscommon County Local Economic and Community Plan 2023-2029
- National Sports Policy 2018-2027
- The Age Friendly Strategy, County Roscommon 2017 - 2021
- Culture and Creativity Strategy Roscommon 2023 -2027
- The Roscommon Children and Young People’s Services Committee Plan (CYPSC) 2022 - 2024
- Local Development Strategy County Roscommon Sub Regional Area 2023 – 2027
- Roscommon Annual Service Delivery Plan 2024
- Roscommon PPN County Vision for Community Wellbeing
- Healthy Ireland Implementation Plan – Community Healthcare West, Galway/Mayo/Roscommon
- Planet Youth Roscommon Report 2022





The vision for Healthy Roscommon is:

“Through implementation of the Healthy Roscommon Community Wellbeing Action Plan will foster a community where wellbeing is a shared value and responsibility can lead to a healthier, more connected society. This will ensure Roscommon is a vibrant, connected and inclusive place to live and work.”

For a community to thrive, every level of society, from individuals to organizations, must work together towards this common goal. It's about creating an environment where health and wellbeing is not just an individual concern but a collective priority.

A Cohesive Path Forward

Building on the Healthy Ireland Strategic Plan 2021-2025 and the Round 4 Local Strategy for Roscommon, we have identified the need for a new, cohesive Healthy Roscommon Community Wellbeing Strategy. This updated plan will prioritise health and wellbeing across the county, addressing both immediate and long-term outcomes. It will extend beyond the two current Healthy Ireland-funded outcomes, ensuring comprehensive representation of all key priority focus areas through 2029 and beyond.

Our clear aim is to create a Healthy Roscommon that not only meets but exceeds expectations for public health and community wellbeing.

Key Priorities for a Healthy Roscommon

From our extensive consultation exercises, we identified seven key priorities that will drive our strategy. These priorities are at the heart of our plan, each addressing critical areas for improving community health and wellbeing:

- 1. Community
- 2. Physical Activity
- 3. Social Inclusion
- 4. Mental Health for all
- 5. Safety for All
- 6. Equity and Equality
- 7. Evidence-Based Actions for Improvement

These priorities form the foundation of the Healthy Roscommon Community Wellbeing Action Plan, outlining objectives and actions that will guide us toward a healthier future for everyone in the county.



Cross-Cutting Themes

In addition to the key priorities, we have identified four cross-cutting themes that will provide the framework for achieving our strategic goals over the next three years. These emerging themes embody a holistic approach to health, wellbeing, and community development:

Four Cross-Cutting Themes Guiding Our Strategy

- 1 → Healthy People Active Communities
- 2 → Empowering and Connecting Communities
- 3 → Building Partnerships for Enriched Communities
- 4 → Safe communities and Pride of Place



Connect Café 2024— The Melting Pot

1. Healthy People, Active Communities Focus on promoting physical and mental health, encouraging active lifestyles, and creating a supportive environment for wellbeing across all age groups. The theme of Healthy People, Active Communities aligns with the intended outcomes of Healthy Ireland, closely identified in Goal 5 of our LECP 2023-2029 and embedded across all agendas within the Local Authority. This goal focuses on increasing participation in sport and recreation, developing community networks and support systems, and meeting our specific target outcomes within Round 4 of the Healthy Ireland Strategy to increase physical activity across all ages. This will see us focus allocation of resources to increase physical inactivity and reduce sedentary lifestyles through the provision of evidence based physical activity programmes, improved public access to outdoor recreation infrastructure and green spaces. These programmes should include an opportunity for health checks, nutritional support, health promotion information in relation to tobacco, alcohol and drug consumption as well as nutritional support information and skills sharing. Healthy Roscommon will, for the duration, work collaboratively with implementing partners, Healthy Ireland at Your Library, Active Schools, Drug and Alcohol Task Force, GRETB, Sláintecare and others to promote the rollout of such initiatives in all areas and populations within our county.	2. Empowering and Connecting Communities Strengthen community bonds by fostering inclusivity, supporting local initiatives, and ensuring that people are empowered to actively participate in community life. During the consultation process the theme of social isolation was voiced again and again. It is vital that this Plan focuses on actions, which reduce both rural and urban isolation and combat the negative health effects associated with loneliness and isolation. These actions must seek to support and signpost available services to support positive mental health and maintain community connection. By building community resilience and integrating trauma-informed practices as a central pillar, the mental health and wellbeing of communities facing challenges can be supported and improved. Evidence-based initiatives, along with locally based education and empowerment programs, can equip communities and individuals to enhance and maintain positive mental health in a sustainable way. By linking with primary care services, community groups, and PPN members, we can forge connections that address the unique challenges faced by our county's population in their specific areas. This approach ensures targeted actions to improve mental health at all stages of life, both at county and community levels.
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3. Building Partnerships for Enriched Communities Develop and sustain meaningful partnerships that enhance community services, promote collaboration across sectors, and optimise resources to achieve collective health goals. A key focus to support a healthier Roscommon will be actions aimed at identifying the specific needs of communities through collaborative work, to ensure there is adequate provision of services and thereby reducing barriers for inclusion. The target groups for this theme may include new communities, those seeking international protection, people with a disability, ethnic minority groups, those experiencing rural isolation or in areas of deprivation. We will build on relationships already established in earlier rounds with Healthy Ireland, Public Participation Network, Local Authority Integration Team and Social Inclusion Community Activation Programme (SICAP) as well as seeking opportunities to forge new relationships to develop opportunities for collaboration across the local authority, HSE, voluntary agencies and beyond. This will ensure that the Healthy Roscommon Community Wellbeing Strategy is delivered in cognisance of wider strategy developments both locally and nationally. In Roscommon, the Health and Wellbeing Subcommittee are committed to informing future policy development is aligned with the themes of this strategy and in doing so reducing the risk of ongoing health inequalities and prioritising the health and wellbeing of the population of Roscommon across all sectors.	4. Safe Communities and Pride of Place Ensure that Roscommon remains a safe and welcoming place to live, promoting civic pride, safety, and well-maintained public spaces that enhance community life. A sense of community safety is vital in ensuring the ongoing wellbeing of the people of Roscommon. Evidence points to the importance of living in a safe environment to reduce chronic stress which has an impact on both physical and mental wellbeing. Feeling secure in your community helps to ensure that anxiety levels are lessened and that physical activity is increased. Through continuing implementation of community safety initiatives such as Community Safety Partnership and Seeking Safety, Healthy Roscommon can continue to deliver on actions that will ensure that approaches are community centred to build a sense of safety. Safe communities have stronger social networks, bringing a pride of place, which helps to reduce feelings of isolation and enhance overall wellbeing. Healthy Roscommon's representation on key partner working groups such as Age Friendly Alliance, SICAP, CYPSC and Planet Youth will maintain an ongoing focus on the importance of maximising community safety. This, in turn, will help to positively improve a sense of community spirit and ensure that the population benefits from a sense of pride of place in the areas they work and live, maintaining Roscommon as a safe place to live, work and grow old.
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Theme 1: Healthy People, Active Communities Objectives

NO.	ACTION PLAN	LEAD AGENCY	PARTNERS	TIMEFRAME
1.1	Deliver on a collaborative plan to both encourage and deliver increased levels of physical activity at all ages and all abilities to the people of Roscommon.	RCC; RSP; HSE	PPN: RLP; Age Friendly; CYPSC	2028
1.2	Increase the proportion of all residents in county Roscommon who are healthy across all stages of life by seeking and creating opportunities to educate them on the principles of physical activity, promoting greater awareness and encourage increased participation in exercise.	RCC, HSE,	RSP, Sporting Organisations; Age Friendly; CYPSC	ongoing
1.3	Support and encourage organisations, community groups and implementing partners to access funding to deliver health related services and programmes in line with Healthy Ireland target groups and identified outcomes.	RCC,	PPN: RSP, RLP	ongoing
1.4	Support and collaborate with HSE health promotion, government agencies and relevant community groups to increase the awareness of supports available for improving positive nutritional information, ‘healthy food made easy’, breastfeeding promotion, and reducing food poverty.	HSE	RCC; RLP; Age Friendly; CYPSC	2026
1.5	Work in collaboration with HSE Health Promotion, Western Region Drug and Alcohol Task Force, and other stakeholders to support the implementation of HSE National Alcohol Programme and Promote the ‘Know The Score’, ‘Putting the Pieces Together’ Planet Youth and SMART Recovery programmes to help prevent and reduce alcohol and drug related harm.	HSE; WRDATF	RCC; CYPSC; education centres, PPN	ongoing
1.6	Prioritise a reduction in the use of nicotine - based products by sharing, promoting and implementing, opportunities and initiatives such as HSE Smoking Cessation, Quit Smoking West Service and rollout of ‘Not Around Us’ campaign across County Roscommon.	HSE	RCC; education centres, PPN, WRDATF; DRCD	2026
1.7	Prioritise collaboration with Education Settings, LGBTQI+, Foroige, CYPSC and relevant community partners to ensure that young people are signposted to age appropriate, verified sources of information on Sexual Health and Relationships.	CYPSC,Education Centres	RCC, HSE; RLP, Foroige, Jigsaw	2028
1.8	Support and promote sexual health and wellbeing education amongst service providers and community members across county Roscommon.	HSE	CYPSC, Sexual Health West, GRCC, Education Centres;RCC, Foroige, Jigsaw	2028

Theme 2: Empowering & Connecting Communities Objectives

NO.	ACTION PLAN	LEAD AGENCY	PARTNERS	TIMEFRAME
2.1	Maintain cross community representation on Health and Wellbeing Subgroup to ensure that all key target groups are represented within the membership.	RCC		2025-2029
2.2	To provide ongoing information and signposting to Healthy Ireland funded and other programmes, embedding Healthy Roscommon as the trusted source of information on wellbeing in the County.	RCC	HSE, PPN, SICAP, CYPSC, Community Groups	2025-2029
2.3	Collaborate with other Healthy Ireland initiatives in Roscommon, including those led by CYPSC, Libraries, College Campuses and hospitals, as well as healthy cities and counties nationally. Collaborate with the HSE to support the continued implementation of Community Healthcare West Healthy Ireland Implementation Plan 2018-2022 and any future relevant plans or strategies.	RCC	HSE, GRETB, TUS, CnanÓg, Library Network	2025-2029
2.4	Identify opportunities and support initiatives within the community to promote health literacy enhancement and to share Healthy Roscommon information across a variety of mediums to support all levels of literacy.	RCC	HSE, MHI, Library Network,	2026
2.5	Use Healthy Ireland branding and uphold good health practice in all events and publicaltions associated with Healthy Roscommon.	RCC		2025-2029
2.6	Work in collabortion with Mental Health Ireland, HSE, Jigsaw and other relevant community partners in the development of mental health initiatives & programmes to support the positive mental health of the people of Roscommon at all stages of life such as SAFETALK, Safe Harbour, 5 Ways to Wellbeing, Zippy’s Friends.	RCC	MHI, RSP, RLP,	2025-2029
2.7	Utilise data from the Planet Youth Survey to develop strategies to target mental health and wellbeing improvements for young people. Collaborate and support the development of programmes that target social media use, physical activity, poor sleep, social connection, anxiety and other identified challenges for children and young people.	WRDATF	Schools, PPN, Community groups, RLC, HSE, Jigsaw, HR Subgroup, RSP	2025-2029
2.8	Support and seek opportunity to collaborate on the provision of quality, accessible, arts programming that is inclusive, in areas such as cultural diversity, arts & disability, youth arts, arts for older persons and community arts.	RCC	Creative Ireland, HSE, IHF	2026
2.9	Develop a directory of Residential Care Facilities for Older People and those with Physical, Sensory or Intellectual disabilities and support the positive wellbeing of people at all stages of life who provide care.	RCC	HSE, Age Action, BoC, PPN, Community groups	2026
2.1	Seek opportunities to carry out further research or evaluation of Healthy Ireland aligned areas that can inform future development and enhancement of both local and national Health and Wellbeing policy.	RCC	RSP, RLP, SICAP, CYPSC, MHI, Tusla	2025-2029
2.11	Report on a service delivery, monitoring and review to all relevant stakeholders, evaluate using recognised, validated tools and report on the programmes delivered under Round 4 Healthy Ireland Funding.	RCC		2025-2029

Theme 3: Building Partnerships for Community Enrichment Objectives

NO.	ACTION PLAN	LEAD AGENCY	PARTNERS	TIMEFRAME
3.1	Support and encourage organisations, community groups and implementing partners to identify areas of need to deliver health related services and programmes to benefit the wellbeing of the community.	RCC	RSP, RLP, PPN, FRC’s, HSE	2025-2029
3.2	To work collaboratively with organisations supporting children and young people particularly those who are socially excluded for example children with disabilities, young carers, traveller community, Roma population and ‘new arrivals’ to drive health and wellbeing education, promotion and response.	CYPSC	HSE, Schools, BoC, SICAP, Jigsaw, CnOg, LCDC,Tusla, WRDATE, RCC	2025-2029
3.3	Support people living in rural isolation in Co. Roscommon to be healthy at stages of life through education on the principles of positive wellbeing, social connections, physical activity and positive mental health.	RSP	Teagasc, LCDC, RCC	2025-2029
3.4	Based on goals of Healthy Ireland inform the development of the County Development Plan, local area plans and other relevant plans, for example LECP, CYPSC Plan.	RCC		2025-2029
3.5	Work collaboratively with the HSE Community Healthcare West Health and Wellbeing team to support, promote and implement prevention and wellbeing programmes.	HSE	RCC, LCDC, PPN, MHI, Tusla	2025-2029
3.6	Support the ongoing development of the Age Friendly Community Programme across Roscommon through collaboration and implementation of the Age Friendly Strategy.	Age Friendly Alliance	RCC, SICAP	2025-2029
3.7	Promote the delivery and enhancement of the social prescribing programme in Roscommon and utilise feedback from this programme to inform the development and delivery of future Healthy Ireland programmes identified as a key health and wellbeing need across the target populations.	RLP	HSE, RCC, Age friendly Alliance, SICAP	2025-2029
3.8	Seek opportunities to respond to communities in crisis developing responsive needs based initiatives to support their wellbeing and emerge connected from their shared trauma experience.	RCC,	SICAP, LCDC, PPN, HSE, CYPSC	2026
3.9	Collaborate with Local Authority Implementation Teams, SICAP programme coordinators and Family Resource Centre managers to respond to the emerging health and wellbeing needs of new communities establishing themselves in County Roscommon.	RCC; RLP; SICAP	FRC’s, PPN; Foróige	2025-2029
3.1	Seek opportunities to maximise social inclusion and community integration through Health and Wellbeing interventions, Service Level Agreements with community organisations and development of innovative initiatives across County Roscommon.	RCC; RLP; SICAP	Foróige, PPN, FRC’s; RSP	2025-2029
3.11	Work with Sports Organisations, Roscommon Sports Partnership and Disability services and community groups to extend existing programmes and develop additional community based programmes or initiatives for physical activities for people with disabilities across Roscommon.	Sports Organisations, RSP	RCC, PPN, HSE, Brothers of Charity	2025

Theme 4: Safe Communities & Pride of Place Objectives

NO.	ACTION PLAN	LEAD AGENCY	PARTNERS	TIMEFRAME
4.1	Collaborate with HSE partners to support the development and enhancement of primary care facilities, residential services and the services they provide to improve the health and wellbeing of the population of county Roscommon.	HSE	RCC	2025-2029
4.2	Represent the community wellbeing agenda in all placemaking activities being carried out for areas across county Roscommon.	RCC	PPN, FRC's, RLP, Town Teams	2025-2029
4.3	Ensure that the planning, development and design of town, village and cities seeks opportunity to maximise the development of community based parks, recreational spaces and both indoor and outdoor infrastructure that encourage physical activity for people of all ages and abilities.	RCC	RSP; RLP; Sports Organisations	2025-2029
4.4	To promote the use of new and existing outdoor spaces by supporting the provision of enhanced quality initiatives in the county to ensure safe access to public places and to inform and support the development of greenways, cycle ways and walkways across County Roscommon.	RCC, RSP; RLP; Sports Organisations	Community Groups, PPN	2025-2029
4.5	Ensure that the planning, development and design of town, village and cities is cognisant of people's personal safety in developing wellbeing areas, walking tracks, cycle ways etc. to ensure adequate lighting, access and egress, fire safety.	RCC, JPC/CSP	HR Subgroup, LCDC, An Garda Siochana, PPN	2025-2029
4.6	Collaborate with HSE Health and Wellbeing team and educational providers in Roscommon to promote the implementation of Healthy Campuses initiatives in hospitals and education centres across the county.	HSE, ATU, GRETB	RCC, CnOg, CYPSC	2025-2029
4.7	Work towards creating a county where all residents are included and supported to celebrate their diversity, culture, heritage and unique identities.	RCC, RLP, SICAP	CYPSC, FRC's,PPN	2025-2029
4.8	Promote and support the delivery of awareness training and assistance on topics such as human trafficking, domestic abuse, and LGBTQI+ issues to communities throughout Roscommon.	RLP, SICAP	CYPSC, FRC's, RCC	2025-2029
4.9	Support Castlerea EU Empowering Community project and any potential Sláintecare Healthy Communities initiatives ensuring that health and wellbeing outcomes are maximised through these projects.	RCC; RLP	HSE, SICAP	2026
4.1	Support the development and rollout of employee wellbeing programmes by businesses and workplaces across Co. Roscommon to develop a culture of workplace wellbeing.	RCC	LEO	2026
4.11	Support the delivery of the Community Safety Partnership programme within Roscommon by implementing community safety initiatives, allowing communities to thrive and flourish thus improving community wellbeing.	RCC,CSP	An Garda Siochana, PPN, Roscommon Volunteer Centre	2025-2029

Alignment with National Goals and Local Plans

These 4 themes, identified through consultation feedback, informed the development of the following Healthy Roscommon Community Wellbeing Action Plan. Actions within will target specific areas, which on their delivery, will make strides to support the continuing improvement of the health and wellbeing of the population.

In Conclusion: A Comprehensive Approach to Wellbeing

The Healthy Roscommon Community Wellbeing Strategy offers a comprehensive, forward-looking strategy for improving the health and wellbeing of all who live and reside in County Roscommon. Through targeted actions aligned with our cross-cutting themes, we are committed to making Roscommon a healthier, safer, and more connected place to live and work now and into the future and to foster a sense of wellbeing for all.



5

Implementation, Monitoring and Review



Roscommon LCDC is the governance structure that will publish and monitor the delivery of the Healthy Roscommon Community Wellbeing Action Plan 2025 -2029 and associated annual work plans. The LCDC, via The Health and Wellbeing sub-committee will also remain responsible for the overall governance of the Healthy Ireland Fund applications and administration of funding for the duration of this plan. The Healthy Ireland Co-Ordinator for Roscommon will continue to provide updates to the LCDC via the Chair of the Health and Wellbeing sub-committee bi-monthly with respect to the overall management and administration of the Healthy Ireland Fund projects and delivery of the Healthy Roscommon Framework and annual work plans.

Fit Farmer programme participants taking part in Roscommon St. Patrick's Day parade.



The health and wellbeing subcommittee will develop and deliver annual work plans in partnership with local stakeholders and specialist advisors to support the implementation of this Healthy Roscommon Strategic Action Plan 2025 -2029. Actions that will be included in the annual work plans will support the national Healthy Ireland agenda and the high-level goals of this Healthy Roscommon Community Wellbeing Strategy. It is intended that actions outlined in this plan will be funded by the Healthy Ireland Fund and/or other funding programmes and through local delivery mechanisms that support the Healthy Ireland ethos. The annual work plan will also include targeted actions to address health inequalities among disadvantaged groups and communities in County Roscommon and will report its actions and Key Performance Indicators to demonstrate achievement of LECP goals relating to the Health and Wellbeing which overarch this strategy. The LCDC will be presented with an annual report at year end to demonstrate the achievements of the Healthy Ireland programme in Roscommon in meeting goals outlined in the annual work plan and report on budgetary spend in respect of our identified outcomes.



6

APPENDIX



Appendix 1

ABBREVIATIONS

RCC	Roscommon County Council
RSP	Roscommon Sports Partnership
LCDC	Local Community Development Committee
LECP	Local Economic & Community Plan
PPN	Public Participation Network
MHI	Mental Health Ireland
CYPSC	Child and Youth People’s Services Committee
LAIT	Local Authority Integration Team
SICAP	Social Inclusion Community Activation Programme
RWN	Roscommon Women’s Network
FRC	Family Resource Centre
HSE	Health Services Executive
RLP	Roscommon Leader Partnership
SCO	Sustainable Community Objective
WRDATF	Western Regional Drug and Alcohol Task Force
JPC	Joint Policing Committee
CSP	Community Safety Partnership

Appendix 2

REFERENCES

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Community Tapestry



Rialtas na hÉireann
Government of Ireland



