Planning Your H&W Activities
Club Officer Development Programme 2018
Maura McMenamin
Clár for today’s workshop

- What health issues affect us
- How can the GAA help in addressing these issues
- What is health promotion?
- H&W structure in the GAA
- The role of the Healthy Club Officer
- Planning, implementing, and evaluating H&W in your club
- National GAA H&W programmes
- Ulster GAA H&W programmes
Question

What do you think are the key health issues affecting our society?

Can the GAA help alleviate some of these issues?
Is the GAA responsible for contributing to health issues?

We will look at ways in which the GAA can play it’s part
Why do parents choose GAA for their children?
Overweight and Obesity

36% of respondents were overweight and 27% were obese
(No increase on 2015/16, but general upward trend in obesity over the last decade)

A quarter of children aged 2-15 years were overweight or obese

55% reported meeting the Chief Medical Officer’s physical activity recommendations

Females (51%) less likely than males (61%) to meet recommendation
Mental Health

Nearly a third (30%) had concerns about their own mental health in the past year.

56% sought help.

- Of these: 84% sought help from GP;
- 43% from family;
- 30% from a friend.

Of those who did not seek help:

- The main reason given by 80% of males and 65% of females was... "I thought I could handle things on my own"
Rate of Suicide per 100,000 for Males and Females in Ireland, 2004 – 2016
Alcohol & Drugs

Alcohol prevalence

- Four-fifths (80%) of adults aged 18 and over drink alcohol
  (Up from 74% in 2015/16)
The most popular sun protection method was to **use a sunscreen (71%)** with the **majority (83%)** using one with a **sun protection factor of 15 or more**

A **fifth of respondents (21%)** had **sunburn** in the last year. A **third (33%)** never check their skin for changes that might indicate **skin cancer**

Around half agreed that having a **suntan "makes me feel healthier" (49%) or "makes me look more attractive" (51%)**
Respondents living in urban areas and those in the most deprived areas were more likely to report signs of loneliness than those in rural areas and the least deprived areas respectively.

There was no discernible trend when considering sex or age-group.
General Health

73% reported their general health to be Good or Very Good

Up from 70% in 2015/16

Longstanding Illness - 42% reported a longstanding illness (30% limiting and 12% non-limiting longstanding illness)

The majority of respondents (91%) believe they can influence their own health by the way they choose to live their life.
“Ulster GAA is an inclusive, club and community focused organisation that is modern, innovative and driven by volunteers promoting our unique amateur ethos.

Ulster GAA will continue to enable engagement in sport, culture, language, and health through well organised club and county activities, facilitated by good governance and fit for purpose units”
Health Inequalities

• All the health measures mentioned previously report worse prevalence rates for the most deprived than the least deprived
What do we mean by Health?

Health Promotion… process of enabling people to increase control over and improve their health. (WHO 1986)
GAA Health & Wellbeing Structure

- Healthy Club Steering Committee
  - 60 Healthy Clubs Across 4 provinces
    - At least 1 per County
  - Healthy Clubs Project teams
- Community & Health Depart
- National Health & Wellbeing Committee
  - Provincial HW committees
- County Health & Wellbeing Committees
  - Club Health & Wellbeing Officers
Competencies of a Healthy Club Officer

• As Healthy Club Officer you should have an ability to:
  • Be rational in your thinking
  • Be open-minded
  • Act with sensitivity
  • Work in conjunction with others
  • Be realistic in your goals
  • Promote the H&W agenda within your club
  • Be approachable
  • Ask for help
Role of the Healthy Club Officer

Communicate
- Your role as Club HWO
- The work being undertaken and planned
- Let the wider club and community know
- Liaise with your County HWC

Support
- The implementation of GAA health policies in your Club supported by Club Executive
- As appropriate, health-related club activities e.g. awareness-raising, training, PA programmes

Signpost
- Familiarise yourself with local services and support
- Signpost members to services should they require them
• Always remember as a Club HWO you are not expected to be:
  ✗ An expert
  ✗ A counsellor
  ✗ Responsible FOR your members
  ✗ Responsible for resolving internal disputes
  ✗ Expected to work on your own, but instead with the support of the Club Executive
The Four Building Blocks of HW Activity

**PLAN**
Underpins what we want to do / achieve

**PARTNERS**
The people / groups we need buy-in or assistance from

**THE CLUB**
The change that takes place during or after

**ACTIVITY**
The actions that take place
Your Role

- **Communicate**
  - Plan: Underpins what we want to do/achieve

- **Support**
  - The people/groups we need buy-in or assistance from

- **Signpost**
  - The club: The change that takes place during or after
  - Activity: The actions that take place
National H&W Programmes

www.gaa.ie/my-gaa/community-and-health
Support to clubs in dealing with a critical incident
All clubs must implement a CIRP
Training provided in counties by National HWC
2hr workshop for Committee members
Gambling Awareness Workshop

• Equip clubs with knowledge on gambling prevalence
• Where to get help
• How clubs can empower themselves with best practice guidelines
• Training provided in counties by National HWC
• 60-90 minute workshop for club members
Ulster GAA H&W Programmes

www.ulster.gaa.ie/health
• See hand-out
Task:

In your groups pick any issue, and describe how you might implement the 4 Building Blocks in running out a programme

1. Plan
2. Partners
3. Activity
4. The Club
What other clubs have done
Top Tips

• Get to know your membership and what their needs are
• Proactive V Reactive
• Plan the work ahead liaising with your HW Committee and Club Executive
• Where there are programmes in place utilise these
• Link with your County H&W Chairperson
• Link with Ulster GAA
• Use social media to tell your good news story
## Health Club Programme

<table>
<thead>
<tr>
<th>Phase</th>
<th>Date</th>
<th>Clubs</th>
<th>Membership reach</th>
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<tbody>
<tr>
<td>3</td>
<td>2018 (Q1) – 2019 (Q3)</td>
<td>150 (at least 3 in each county)</td>
<td>90,000 (approx. based on average of previous iterations)</td>
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<tr>
<td>4</td>
<td>2020 (Q1) – 2021 (Q3)</td>
<td>Open expressions of interest to all 1,600 GAA clubs</td>
<td>Membership reach approx. 750 based on previous averages</td>
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*Ultimate aim: all clubs in Ireland to become Healthy Clubs*
Steps to becoming a Healthy Club

1. Appoint Healthy Club Officer & Team
   - Tool provided
   - In consultation with Club Executive

2. Receive Healthy Club Training & Portal Training
   - Provided by County Health & Wellbeing Committee (CHWC)
   - Healthy Club manual

3. Club Assessment
   - Tool provided

4. Community Consultation
   - Tool provided & Case Study
   - Refer to OAA Healthy Club Priority Areas

5. Develop & Activate Action Plan
   - Based on community consultation & CHWC plans
   - Template provided and Case Studies
   - 2 priority areas

6. Host Local Launch
   - Case Study provided
   - Adopt Club Health & Wellbeing Statement

7. Review, Report & Reflect
   - Report on 2 priority areas
   - Tool provided
   - What worked well/ didn’t work well - Future learnings
Useful Contacts

- chair.hwc.down@gaa.ie – Gary Doherty
- chair.hwc.armagh@gaa.ie – Seamus McDonagh
- southboardseamus@yahoo.ie

- Ulster Community Health & Wellbeing Manager
  maura.mcmenamin.ulster@gaa.ie
Any Questions?

“One person can make a difference, and everyone should try.”

— John F. Kennedy
Questions?

Thanks for listening