LEVEL 1

Making H&W a part of your club

Club Officer Development Programme 2019

Maura McMenamin

VOLUNTEER DEVELOPMENT PATHWAY

ULSTER GAA

INVESTING IN VOLUNTEERS™

Clár

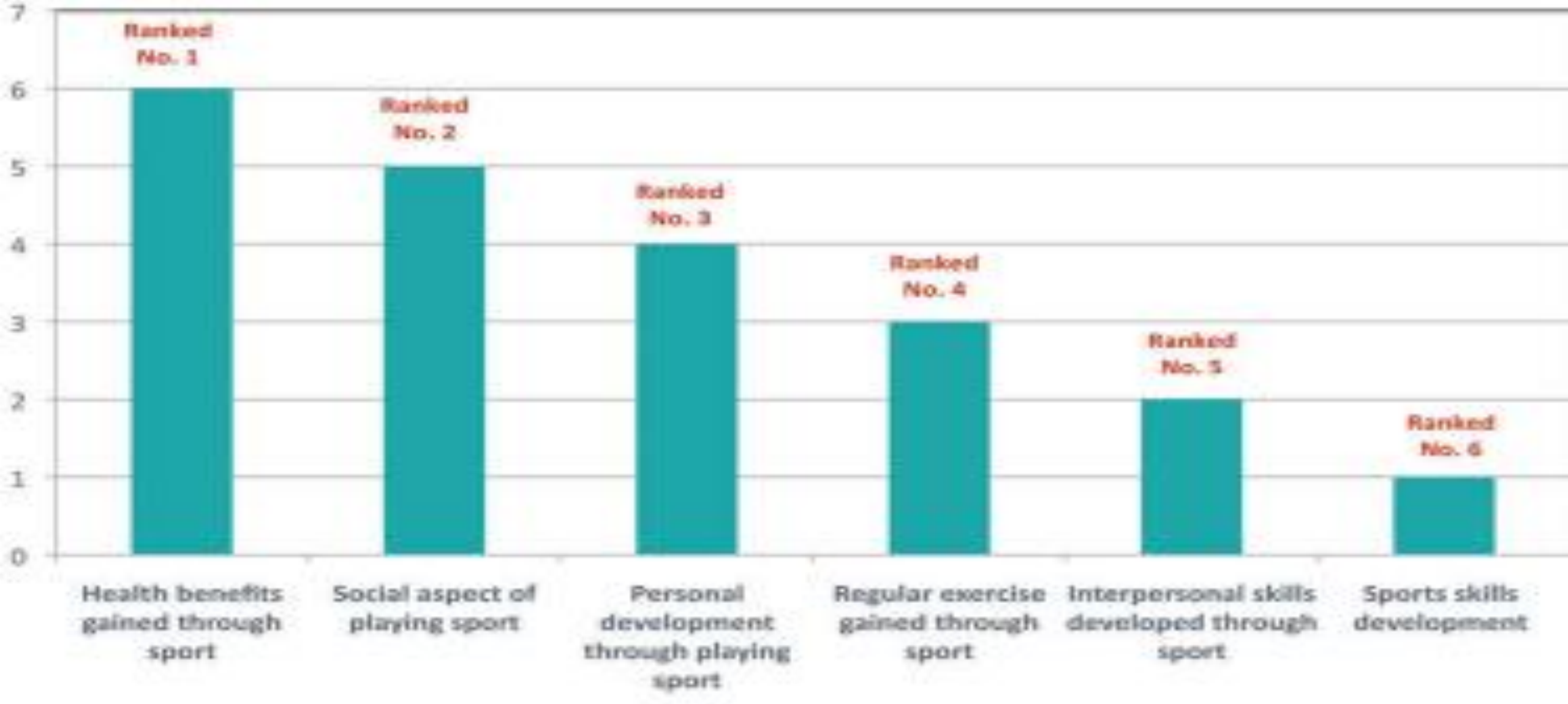
- Overview of the Healthy Club Officer role
- Healthy Club Programme
- What the statistics say
- Planning & Implementation
- Ulster GAA and National GAA Programmes

Core Values & Ethos

- Irish
- Community
- Amateur Ethos
- Inclusiveness
- Respect
- Teamwork

A Healthy Club ethos helps us live up to the GAA's values

Why do parents choose GAA for their children?



Ulster GAA Leading, Supporting & Enriching Communities: Strategic Plan 2016 – 2020

"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"*

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Healthy Club Officer

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The role of the Healthy Club Officer

HEALTHY BODIES
HEALTHY MINDS
HEALTHY CLUBS

Help ensure our club is a healthier place for everyone to enjoy.

Supported by Club Executive and County Health & Wellbeing Committee.

Main roles include:

- **Communicate** good work the club is doing and/or plans to do
- **Support** the club's health and wellbeing policies, programmes, partnerships and culture
- **Signpost** to support services in your community

Expectations of a Healthy Club Officer

- Be rational in your thinking
- Be open-minded
- Act with sensitivity & confidentiality
- Work in conjunction with others
- Be realistic in your goals
- Link with your County HWC
- Promote the H&W agenda within your club
- Be approachable
- Ask for help
- Be proactive as opposed to being reactive
- Plan ahead

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Role of the Healthy Club Officer

- Always remember as HCO you are **NOT** expected to be:

✕ An expert

✕ A counsellor

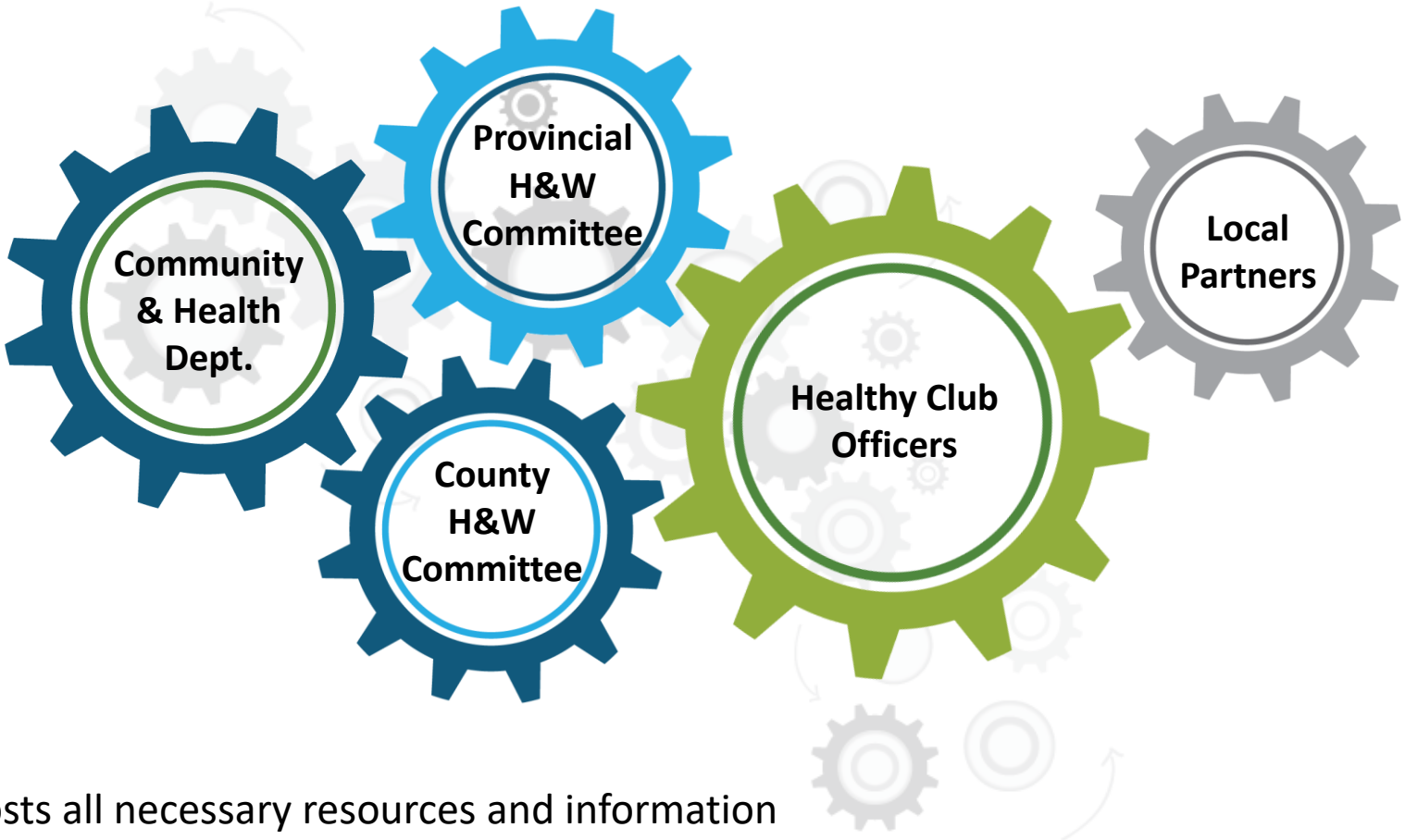
✕ Responsible FOR your members

✕ Responsible for resolving internal disputes

✕ Expected to work on your own, but instead with the support of the Club Executive & H&W sub-committee, if applicable

GAA Health & Wellbeing Structure

What supports are available to clubs?



www.gaa.ie/community hosts all necessary resources and information

Healthy Club Project

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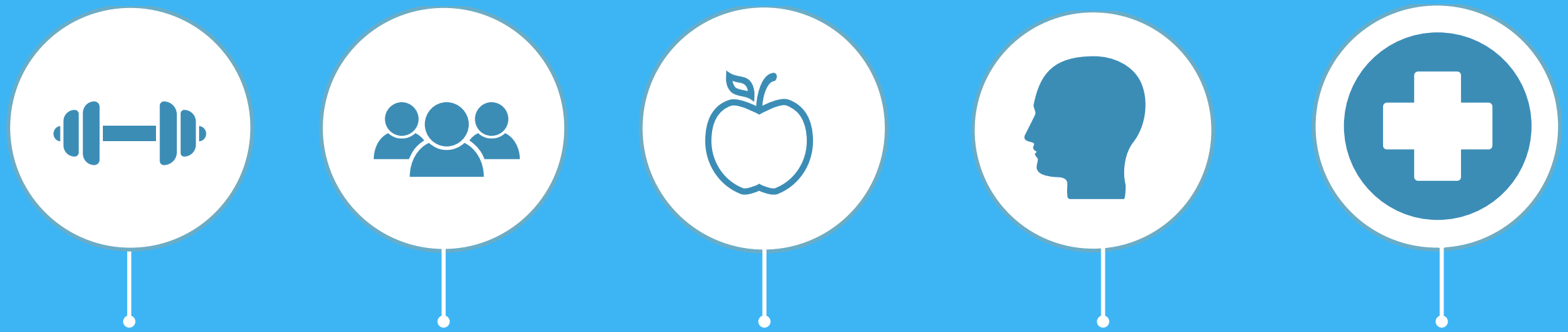
HEALTHY CLUBS

Most popular areas of work



FITNESS	COMMUNITY	HEALTHY EATING	MENTAL HEALTH	HEALTHY HABITS
83%	83%	79%	66%	79%

Healthy Club Project

- Now in Phase III
  - 150 clubs involved
    - 42 Ulster clubs
    - Online portal
- Each phase lasts 2 years
  - 18-months of delivery
  - 6-months of evaluation
- Phase IV beginning Jan 2020
  - Hope that every club in Ireland can become a Healthy Club

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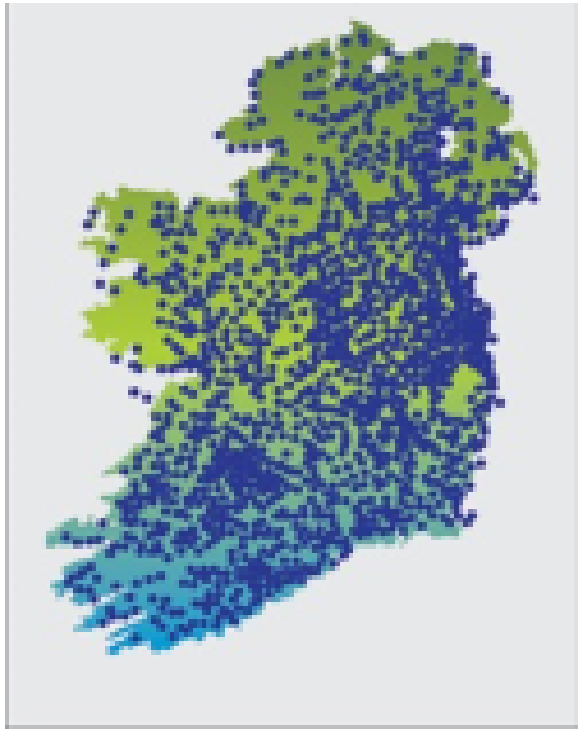
Health Club Programme

Phase	Date	Clubs	Membership reach
3	2018 (Q1) – 2019 (Q3)	150 (at least 3 in each county)	90,000 (approx. based on average of previous iterations)
4	2020 (Q1) – 2021 (Q3)	Open expressions of interest to all 1,600 GAA clubs	Membership reach approx. 750 based on previous averages



Ultimate aim- all clubs in Ireland to become Healthy Clubs

Steps to becoming a Healthy Club

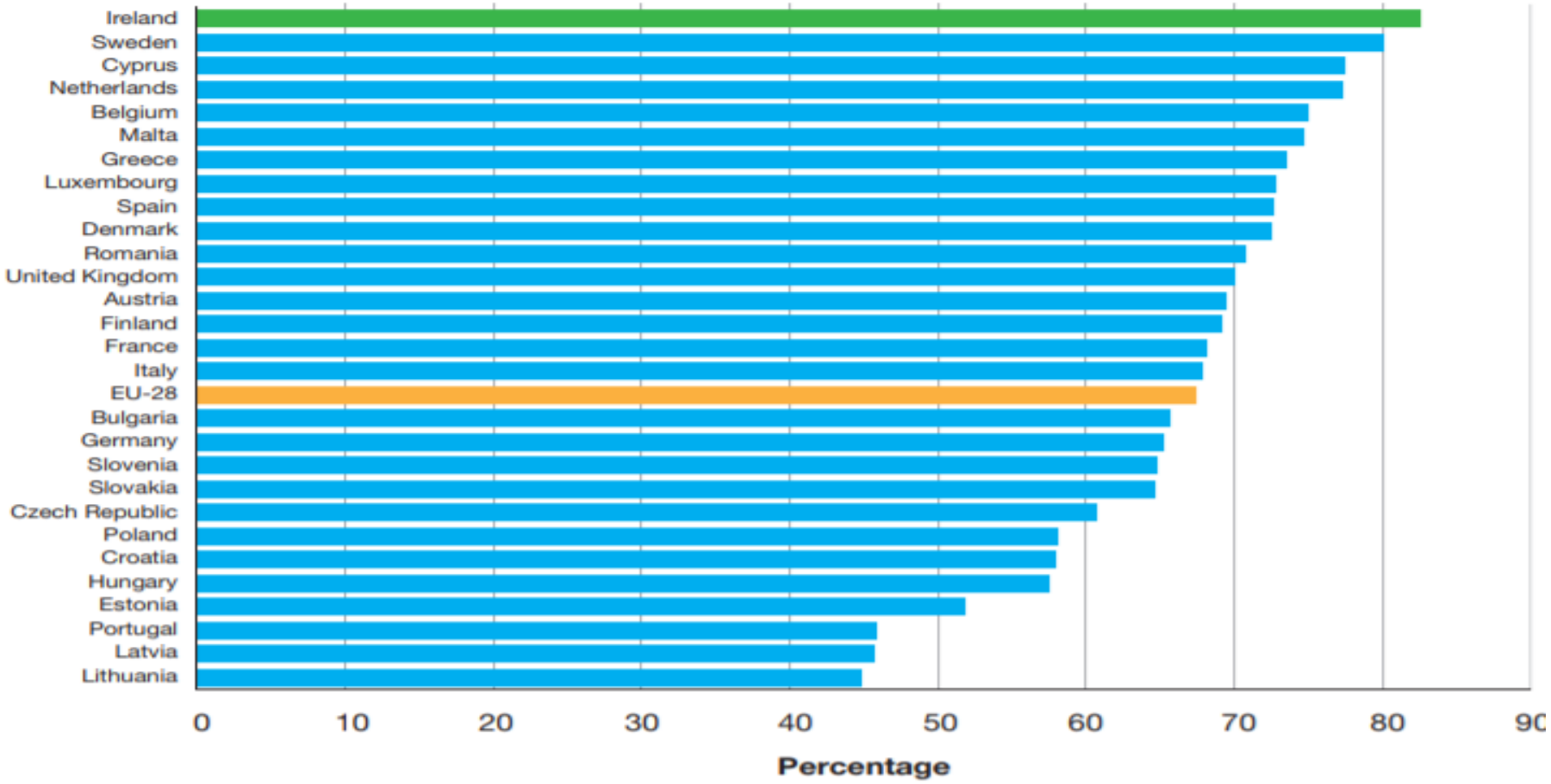
What the statistics say

Question:

What do you think are some of the key challenges facing our communities / society today?

Reporting of one's own health

PERCENTAGE OF THE POPULATION REPORTING GOOD OR VERY GOOD HEALTH IN EU-28 COUNTRIES, 2014



Source: EU-SILC, Eurostat.

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

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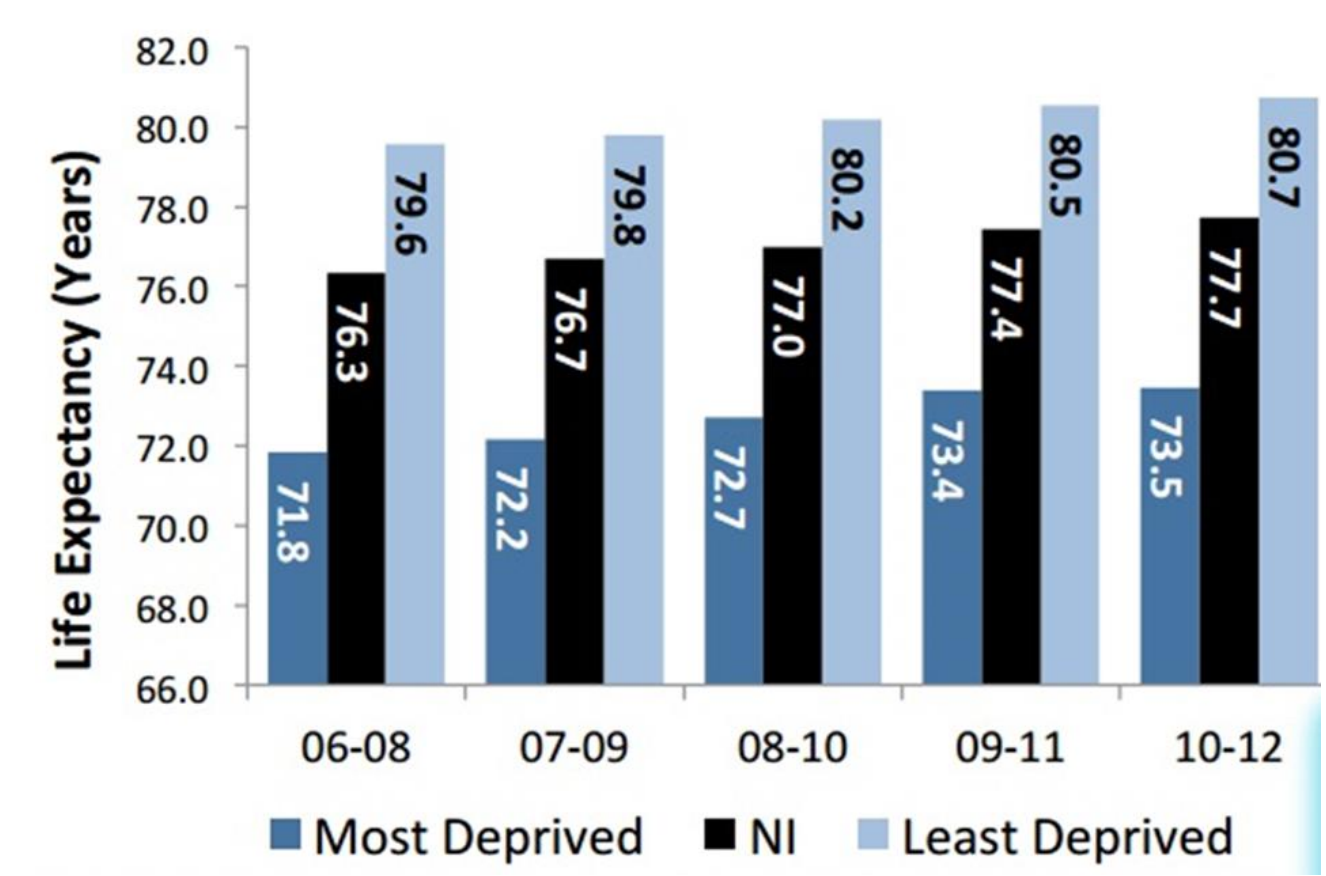
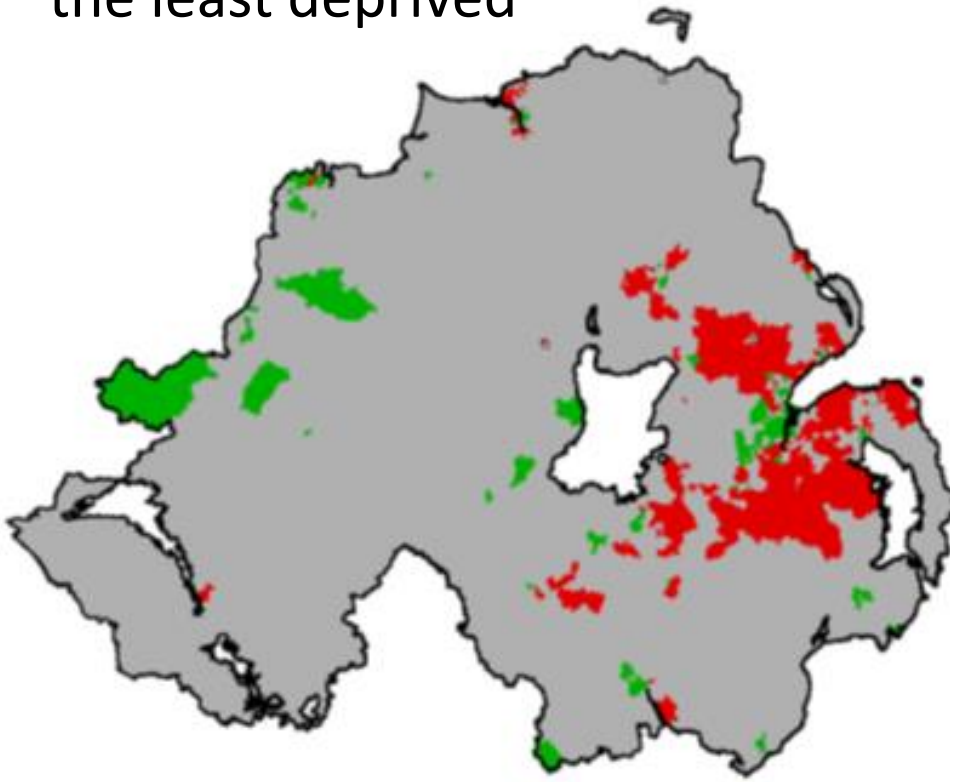
Health Inequalities



- All the health measures mentioned previously report worse prevalence rates for the most deprived than the least deprived



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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

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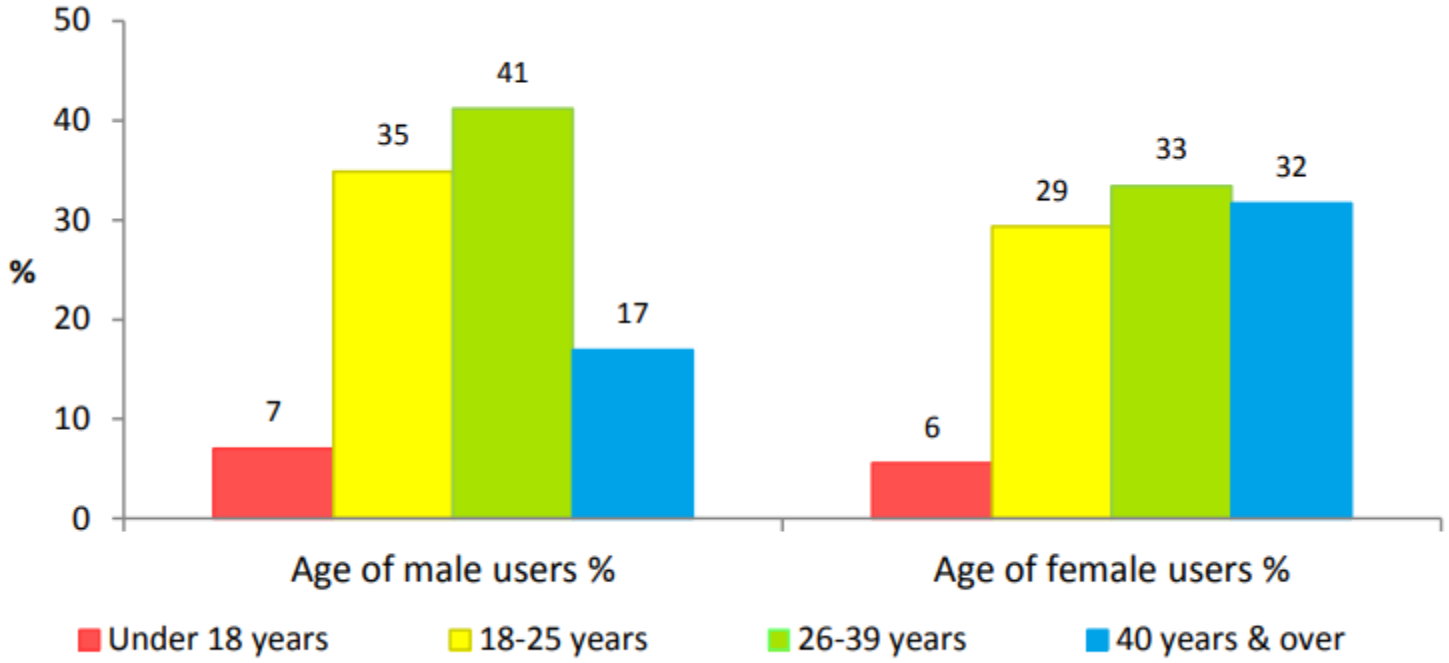
Alcohol & Drugs



Alcohol prevalence

- Four-fifths (**80%**) **of adults** aged 18 and over **drink alcohol**
  (Up from 74% in 2015/16)

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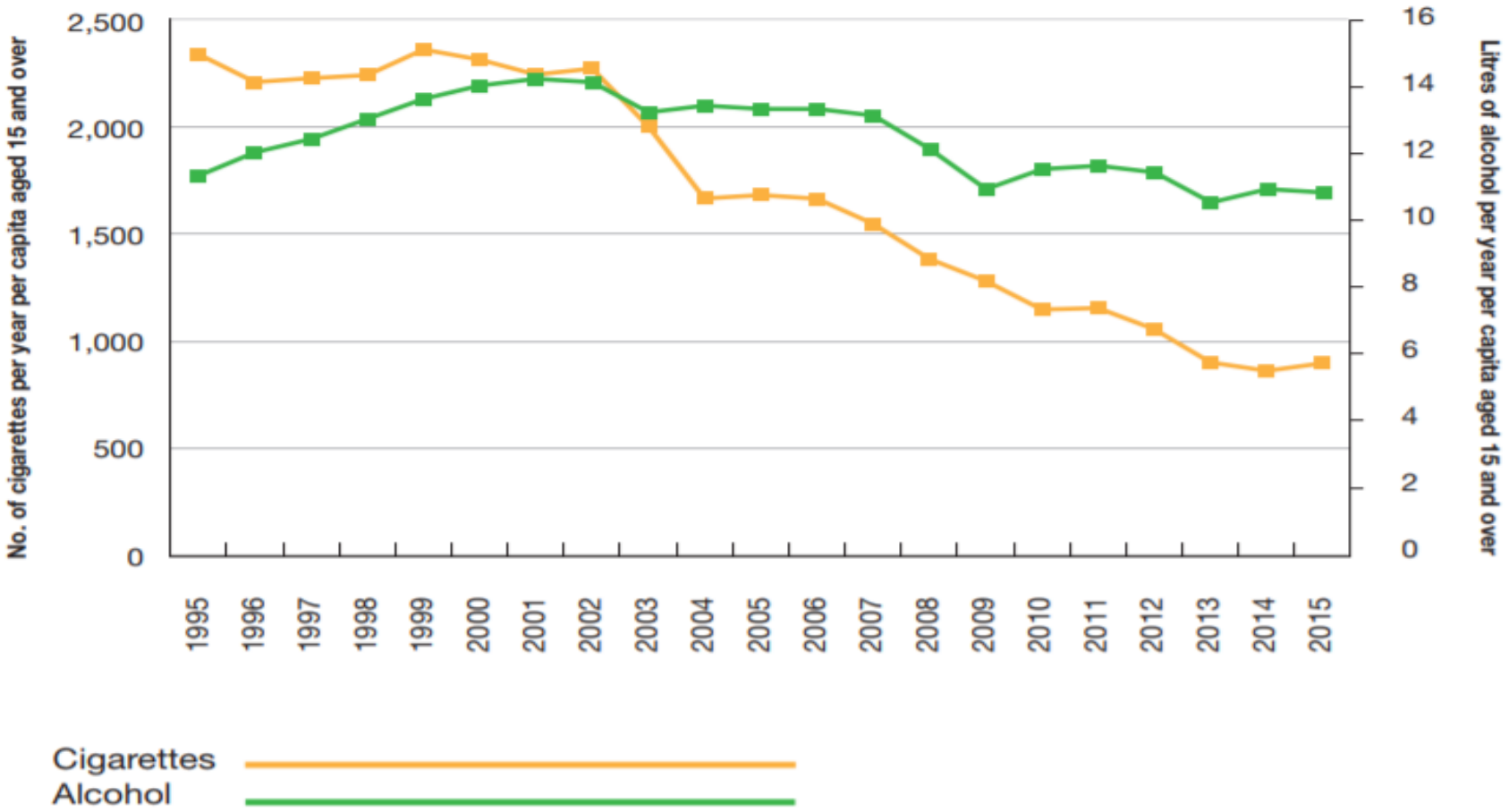
Alcohol and Smoking

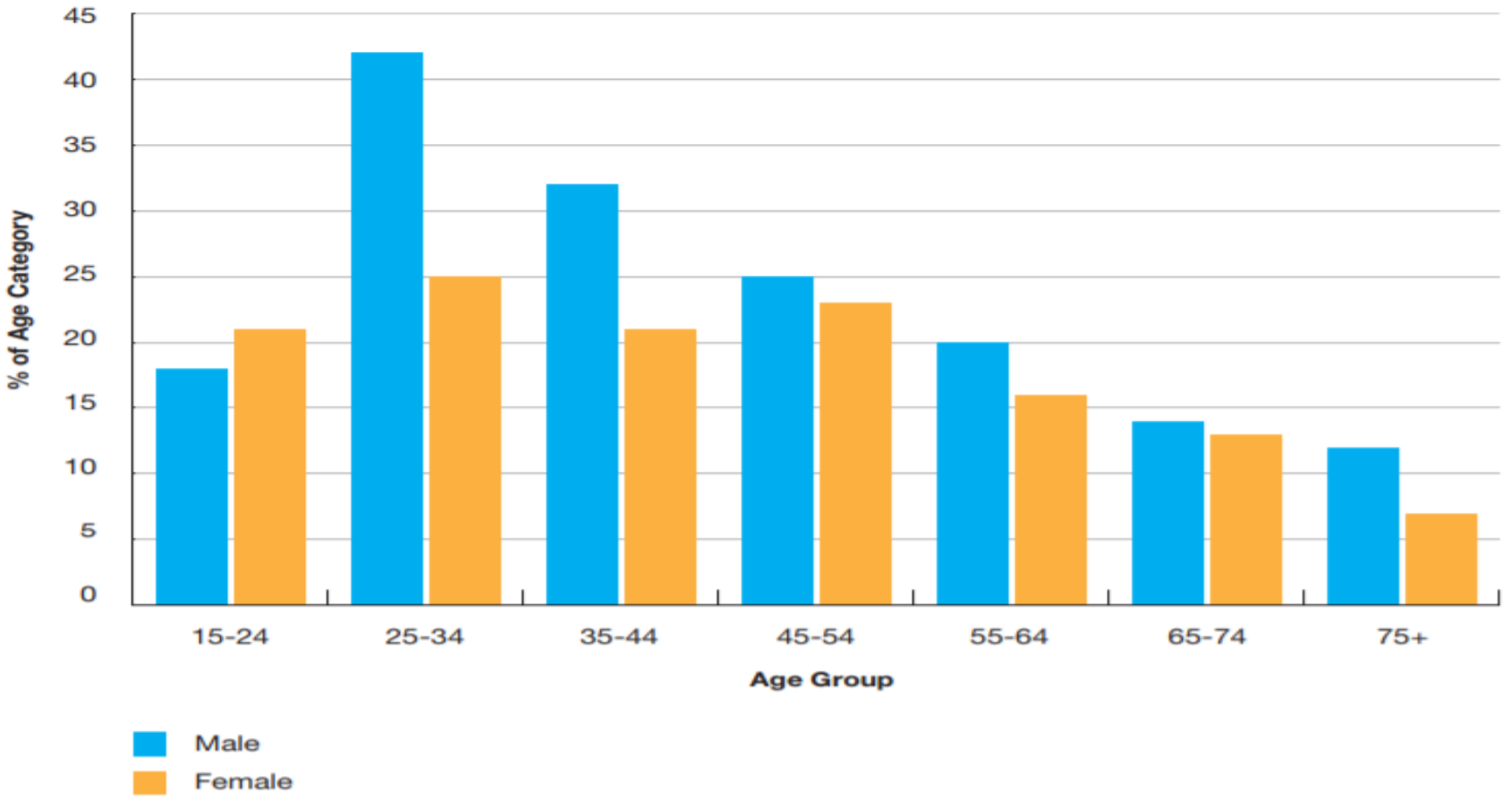
ALCOHOL AND CIGARETTE CONSUMPTION PER ANNUM, PER CAPITA AGED 15 YEARS AND OVER, 1995 TO 2015



Source: Revenue Commissioners, CSO (population data)

Smoking & Young People

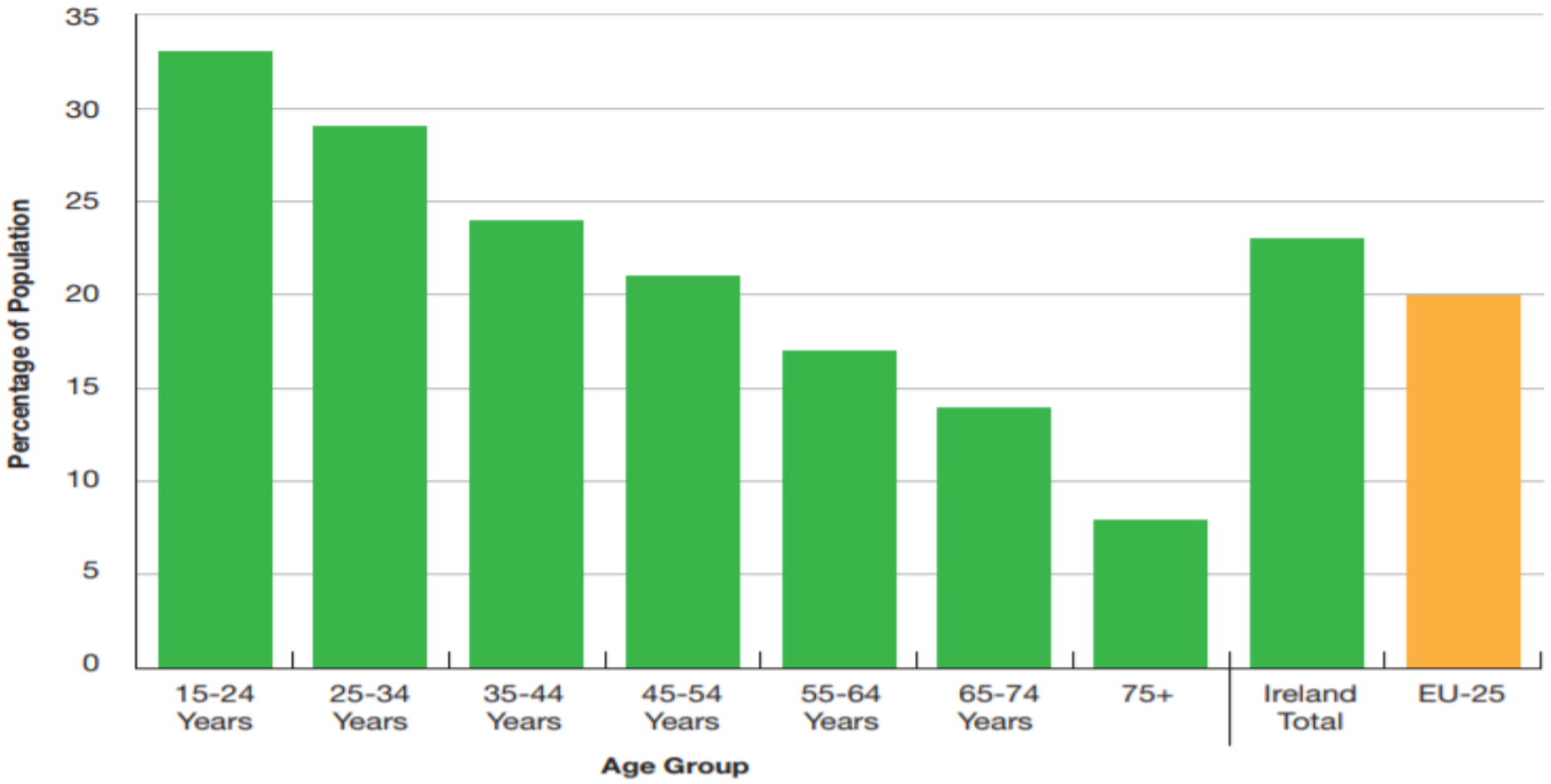
CURRENT SMOKERS BY AGE AND SEX, IRELAND 2016



Source: Healthy Ireland Survey, 2016.

Binge drinking

REGULAR BINGE DRINKING, IRELAND AND EU-25, 2015



Source: European Health Interview Survey.

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"

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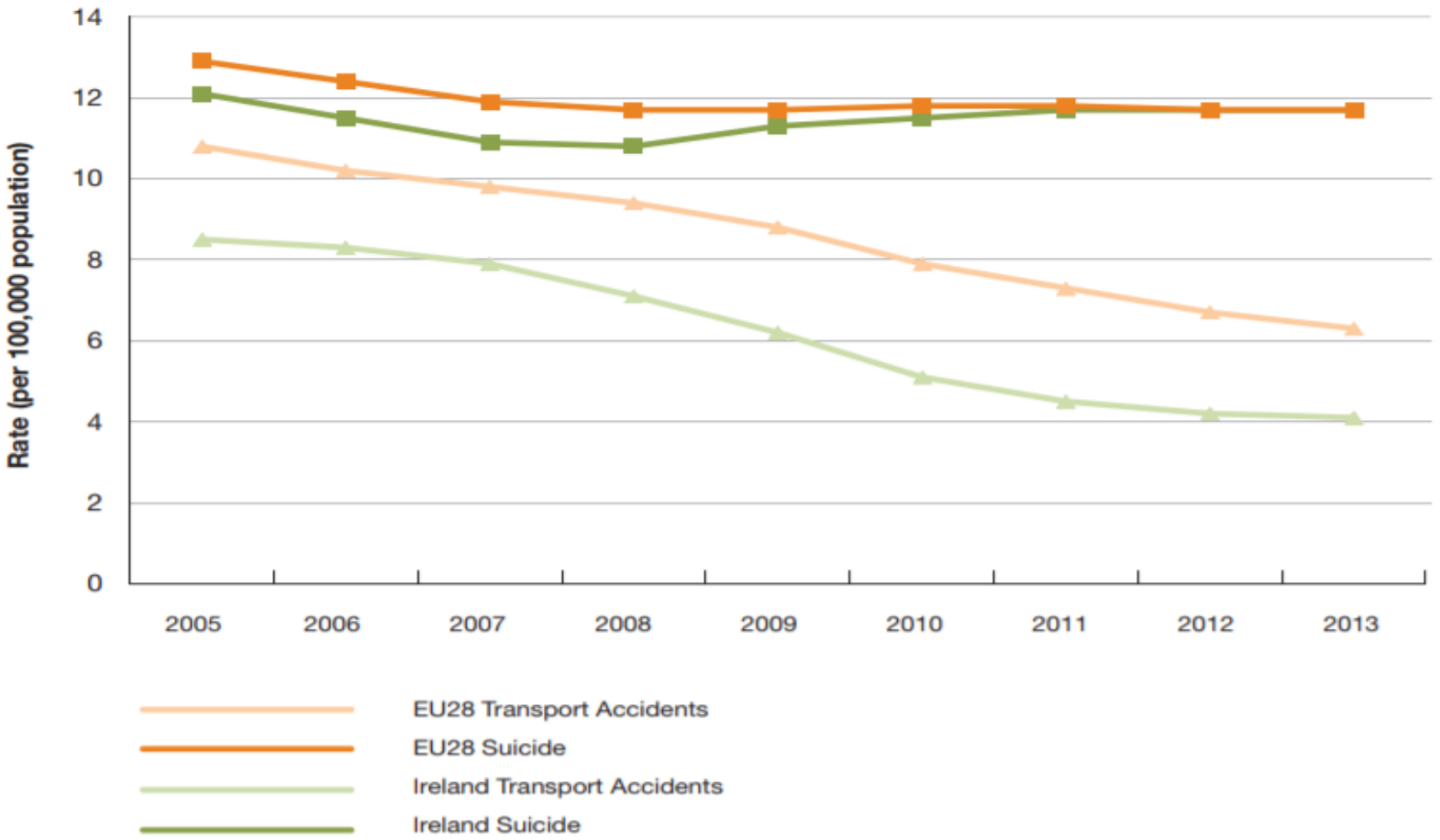
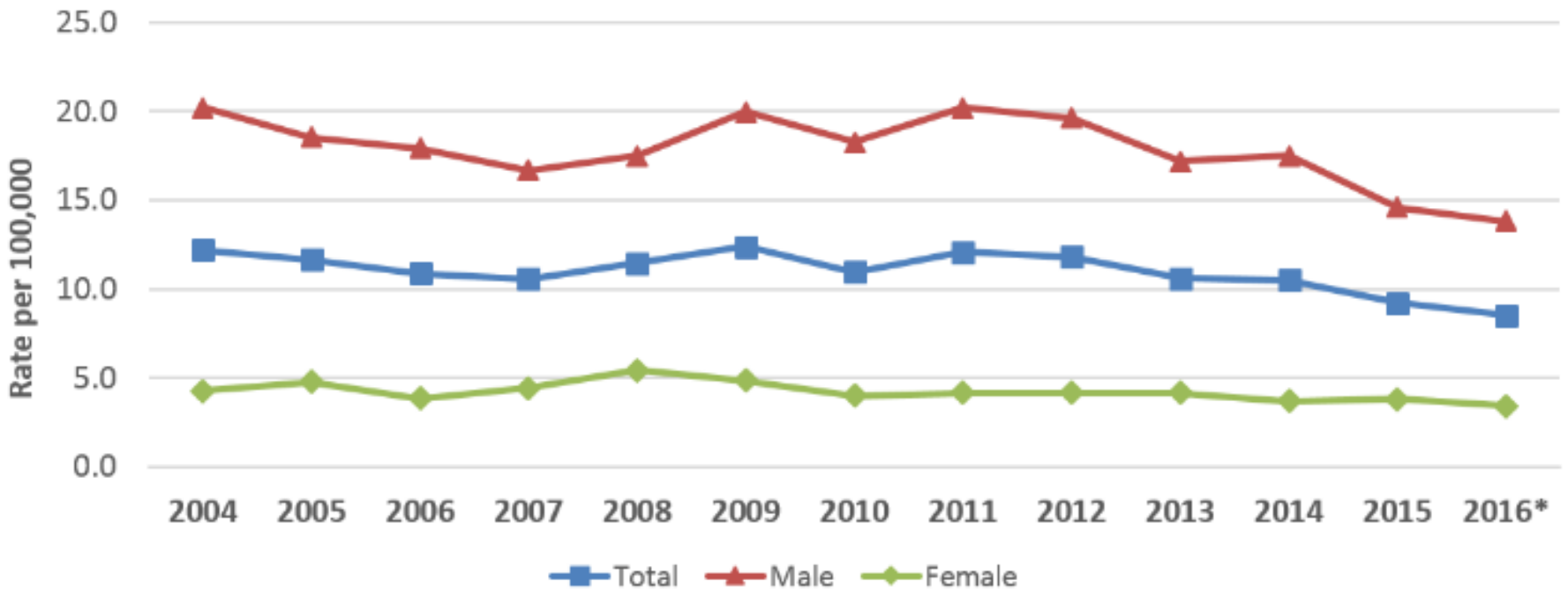
Suicide

AGE-STANDARDISED DEATH RATE FOR SELECTED EXTERNAL CAUSES, IRELAND AND EU-28, 3-YEAR MOVING AVERAGE 2005 TO 2013



Source: Public Health Information System (PHIS) - Department of Health, Eurostat.

Rate of Suicide per 100,000 for Males and Females in Ireland, 2004 – 2016



Cancer

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%**)

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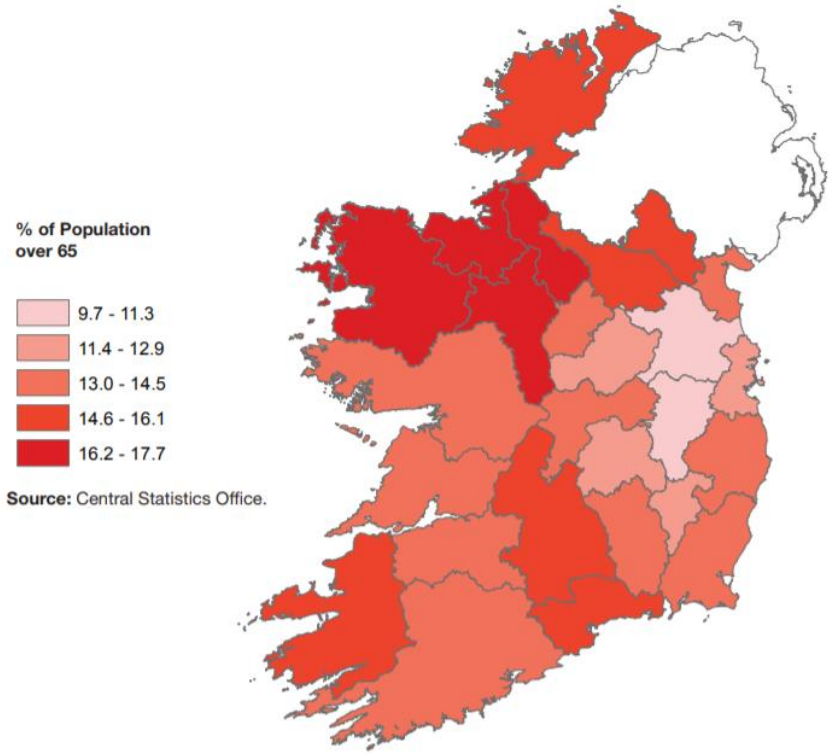
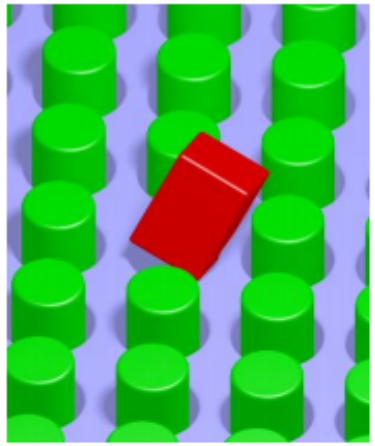
Aging Population

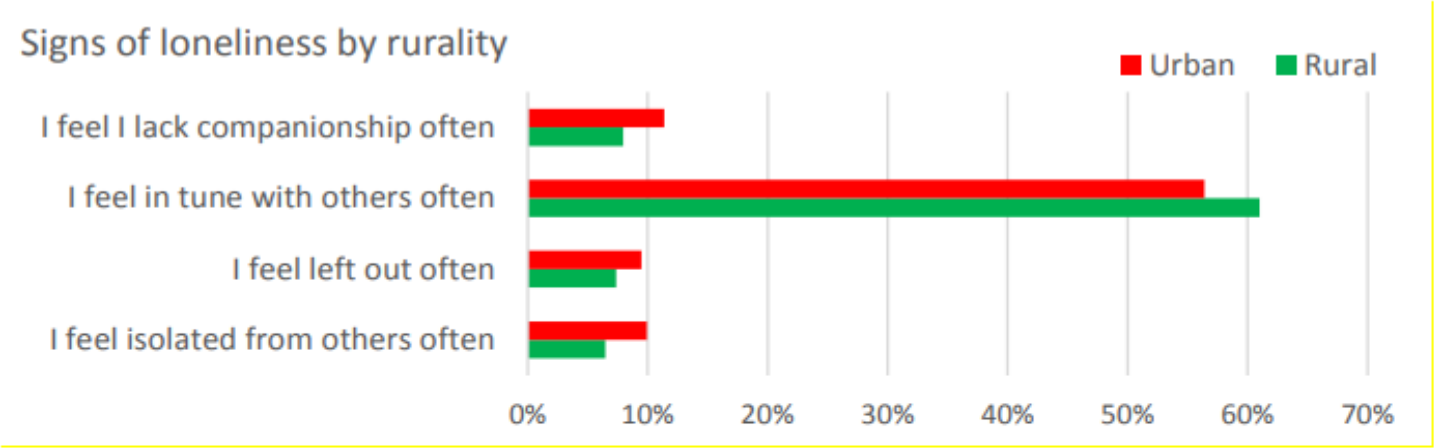
PERCENTAGE OF POPULATION AGED 65 AND OVER BY COUNTY, IRELAND, 2016



"By 2028 pensioners will out-number children in N. Ireland"
(NISRA, 2017)

Loneliness





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

Loneliness is as bad for our health as smoking 15 cigarettes per day (Holt-Lunstad, 2010)

Increases the risk of mortality by 25% (Holt-Lunstad, 2015)

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Planning & Implementation

County Action Plans 2018 -2019

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

Support

Signpost

- Always start by seeing what resources do we have
  - People (skills, knowledge, time)
  - Funding
  - Facilities
- Ask people what they want / need
- Prioritise what needs to be done
- Link with others
- Promote, promote, promote
- Roll-out the programme
- Evaluate & debrief

Task:

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

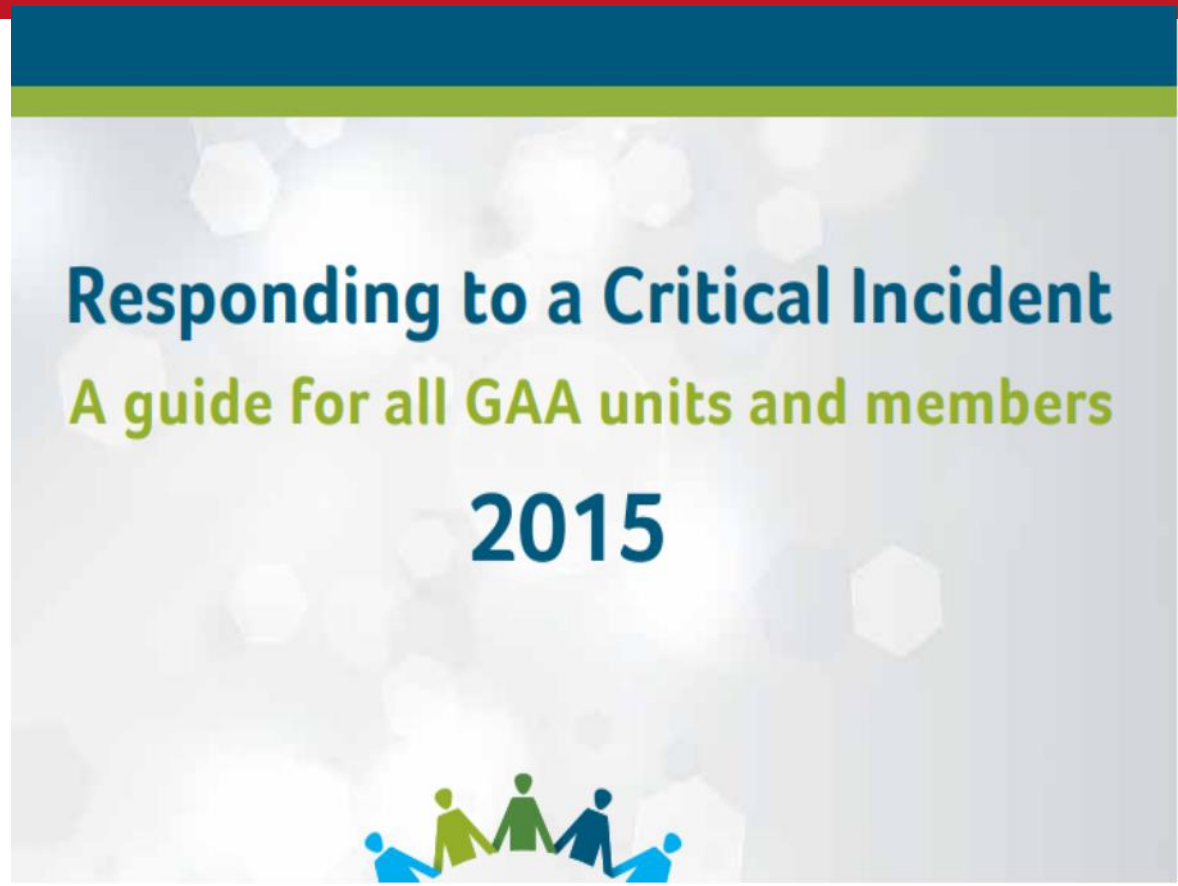
1. Plan
2. Partners
3. Activity
4. The Club

National H&W Programmes

www.gaa.ie/my-gaa/community-and-health

Critical Incident Response Plan (CIRP)

- 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



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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

Gambling Awareness

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Reducing the Odds of Harm in the GAA

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Ulster GAA H&W Programmes

www.ulster.gaa.ie/health

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Ulster GAA H&W Microsite

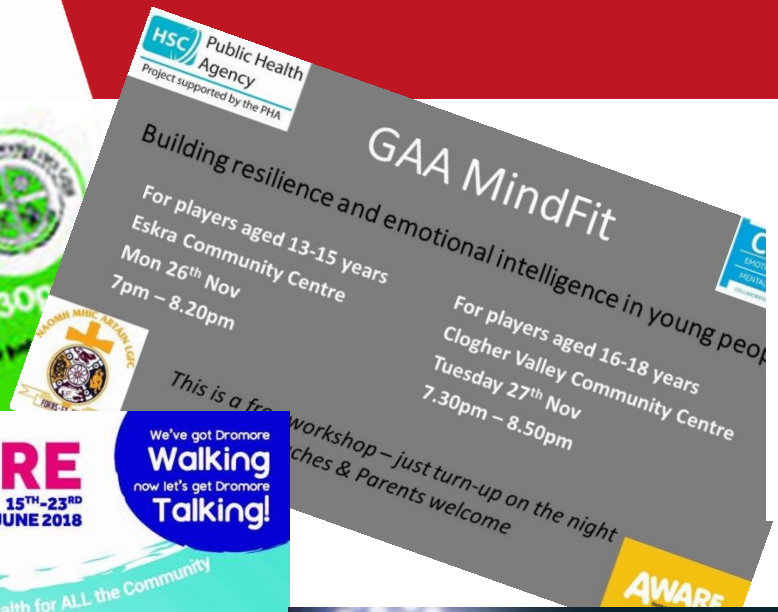
www.ulster.gaa.ie/health/

Take5 steps to wellbeing

Give · Be active · Connect · Keep learning · Take notice

www.makinglifebettertogether.com

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

Useful Contacts

- County H&W Chairperson:
  chair.hwc.[insert county name]@gaa.ie

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

Questions?

Thanks for listening

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