



Healthy Wexford

The Vision for a Healthy Wexford is 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.

To help in bringing this vision to life Wexford has a Healthy Wexford County Plan 2020 - 2022.

This Plan supports the implementation of Healthy Ireland, the national health and wellbeing framework, at a local level, to improve the health and wellbeing of all in County Wexford.



In line with the Healthy Ireland Framework, the Plan for County Wexford has four overarching goals - see to the right.

Many factors, or determinants, can influence a person’s health and wellbeing. Good health is not evenly distributed across Irish society. The circumstances in which people are born, grow, live, work and age all impact on their health, in addition to the individual choices people make about how to live.

- 1 Increase the proportion of people who are healthy at all stages of life
- 2 Reduce health inequalities
- 3 Protect the public from threats to health and wellbeing
- 4 Create an environment where every individual and sector of society can play their part in achieving a healthy Ireland

Local Authorities have a significant role in protecting and promoting their citizens’ health and wellbeing. Wexford Local Community Development Committee (LCDC) and Wexford Healthy County Committee, working with a range of organisations and groups, will oversee the implementation of this plan. However, it is partnerships and collaboration with statutory bodies, business, community and voluntary organisations that will ensure delivery of a Healthy Wexford.

PRIORITY 1. Physical Activity	PRIORITY 4. Sexual Health
PRIORITY 2. Healthy Weight	PRIORITY 5. Alcohol and Drug Related Harm
PRIORITY 3. Tobacco Free	PRIORITY 6. Mental Health

Six key priority areas have been identified under the Healthy Ireland Framework, and these are replicated priorities for Healthy Wexford, with the Healthy Wexford County Plan 2020 - 2022 providing associated actions under each priority.



Strategic Priority 1 & 2: Physical Activity and Healthy Weight:

- Support communities to develop local infrastructure such as trails, playgrounds, nature corridor and parks.
- Promote a culture of active living in schools and work places.
- Provide access to physical activity infrastructure such as beaches and trails to people with Disabilities.
- Integrate physical activity infrastructure (i.e. cycle paths) into new developments.
- Support and expand community food growing programme.
- Provide life skills training.
- Address early childhood obesity.
- Provide meals to elderly community.

Strategic Priority 3: Promoting a Tobacco Free County Wexford:

- Development and delivery of a peer led tobacco free programme as part of the South East Regional Group and South East Community Healthcare Healthy Ireland Implementation Plan 2019 - 2022.

Strategic Priority 4: Improving Sexual Health and Wellbeing and Reducing Negative Sexual Health Outcomes:

- Establish a dedicated sexual health project for young people.
- Enable learning about sexual health with rollout of 'Learning for living', stay safe online initiatives, and in school workshops.

Strategic Priority 5: Reducing Harm and Supporting Recovery from Drug and Alcohol Misuse:

- Promote healthy lifestyle through appropriate educational interventions.
- Provide appropriate mechanisms to enable referral for treatment.
- Promote behavioural change through the Cornmarket project.
- Improve the quality of treatment and reduce stigma.

Strategic Priority 6: Mental Health and Wellbeing:

- Achieving a culture of educational attainment and lifelong learning.
 - Delivery of 'Connecting for Life' strategy for County Wexford.
 - Community developed wellbeing plans.
 - In the built environment - rejuvenation of town and village spaces for the enjoyment of the community.
 - Implementing programmes for Roma, Traveller, LGBTI and disadvantaged communities appropriate to their needs.
 - Provide safe spaces for youth to meet.
 - Promote health and physical wellbeing.
 - Utilise the capacities of the Wexford County Library and Creative Wexford to stimulate mental wellbeing.
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