

The Settings Approach



GAA Healthy Club
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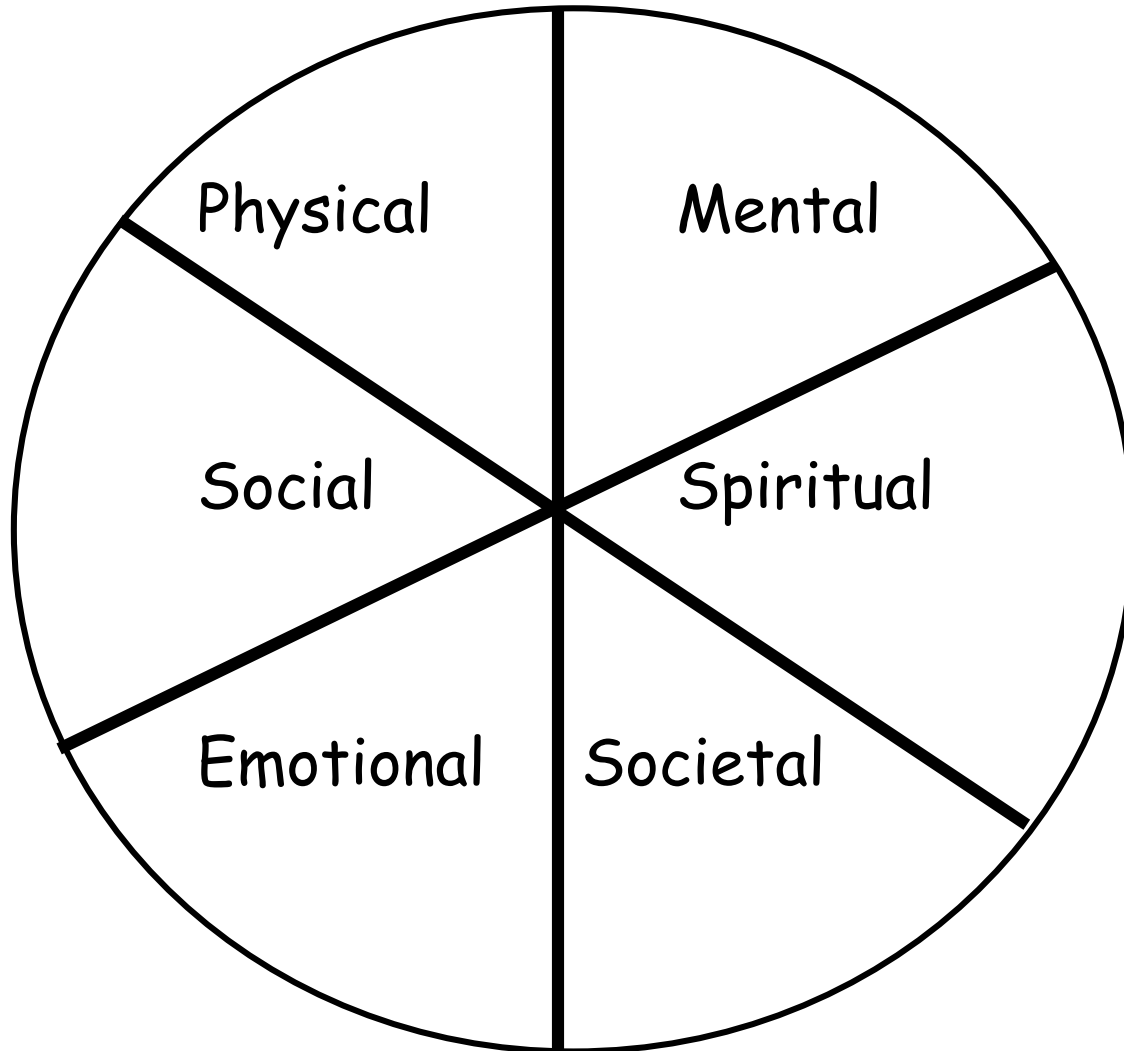
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



What is health?



Holistic Health Wheel



What is health promotion?

..process of enabling people to increase control over and improve their health.. (WHO 1986)

- # Enabling
- # Supporting
- # Facilitating
- # Recognises that health is influenced by many factors and works at many levels
- # We adopt different approaches to address health

What is a 'setting'?

- # *Settings are places where people live, work, play, or go to for education or care*
- # *They are places where people spend a great deal of their time*
- # *Defined boundary*
- # *Range of people with defined roles*
- # *An organisational structure*
- # *e.g schools, hospitals, workplaces, communities, clubs, cities, stadia, etc*

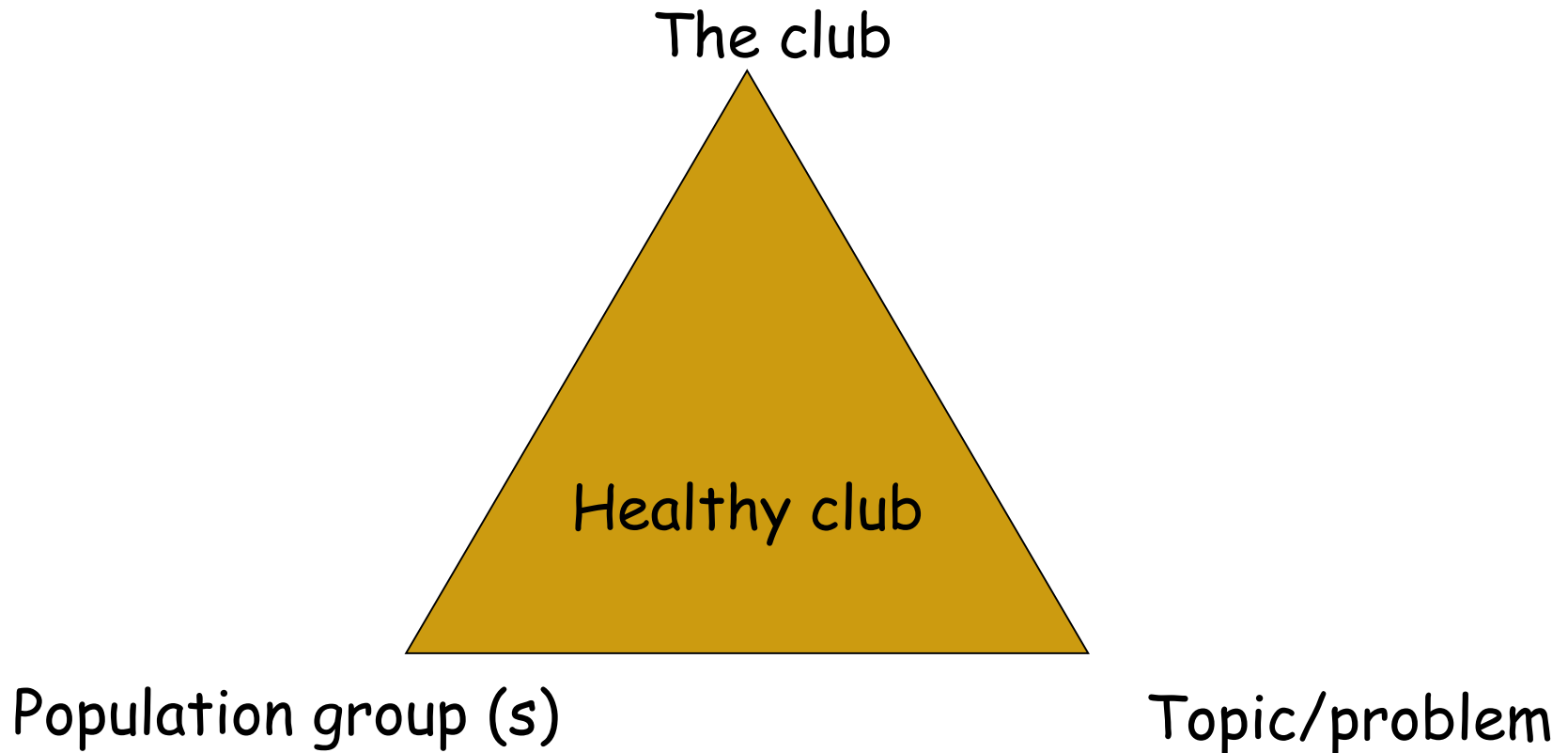
What is a 'healthy setting'?

- # Identified place that supports people to
 - make healthy choices
 - to improve/maintain their health and promotes their well being
 - recognises that health lies beyond the health service:
 - that health is influenced by many factors
 - Maps the connections between people issues and the components in that setting
- # A healthy setting happens when **people in charge** of that setting commit to promote all aspect of health for the people coming in and out of that setting and they do this through a **structured process (plan)**

What is a healthy GAA setting?

- # It is a place where all members of the GAA community come to together in an organised way to promote the health and well being of its GAA community
- # Maps the connections between the **people** (members non members, coaches, players, wider community and the **issues** (mental health, physical, food diet, sexual health, substance abuse, advertising/sponsorships with the **components** (interpersonal relationships, governance structure, grounds, indoor/outdoor environment, infrastructure, core business of the GAA)

A healthy GAA Settings

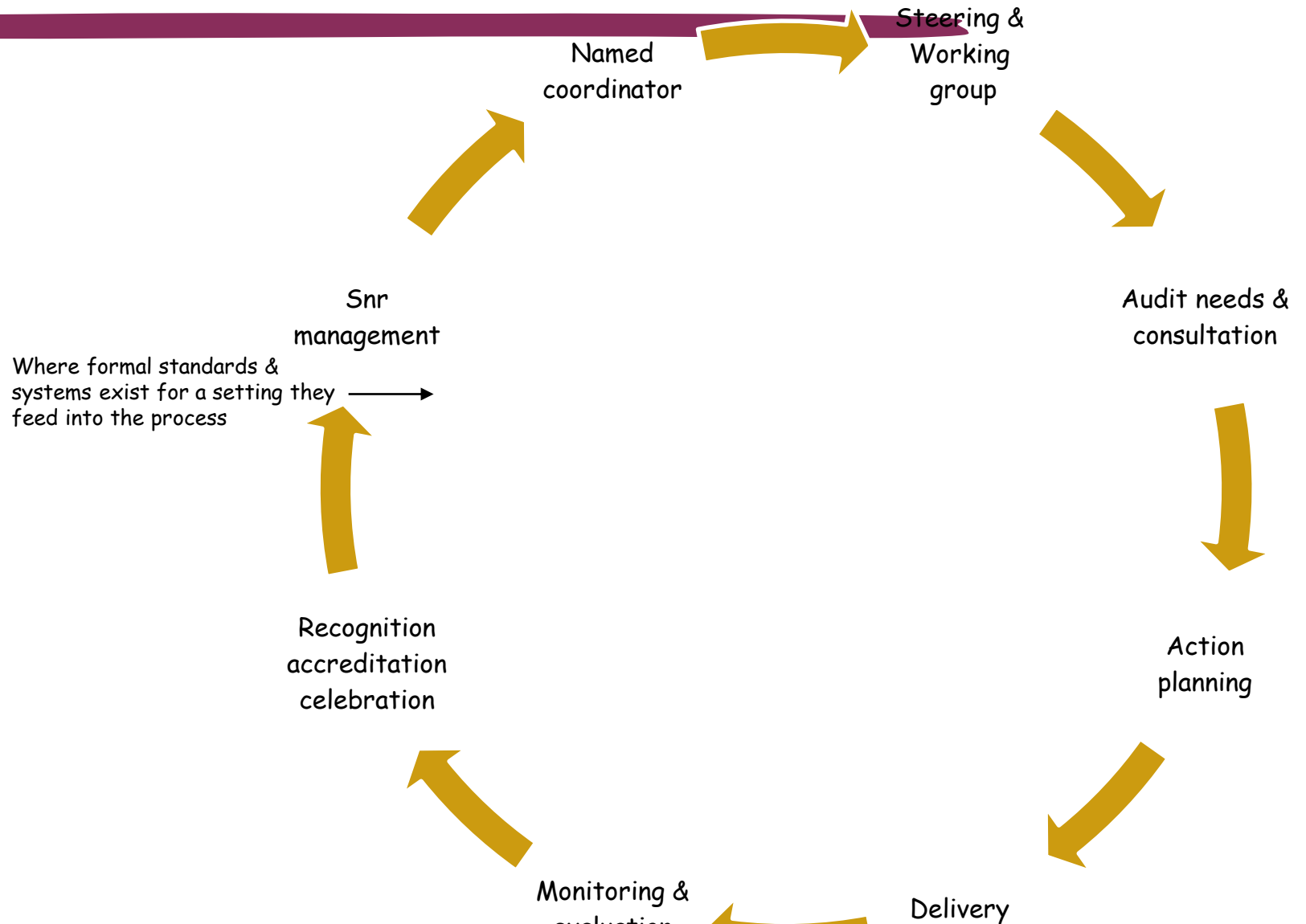


Underpinning Values



How does a GAA club become a
Healthy setting?

The healthy setting process



Developing as a healthy club using the settings approach

Number of steps:

1. Club management on board and committed
2. Healthy club person identified
3. Establish Committee or use existing committee with one/two new members
4. Carry out consultation with club community, review what is currently happening (can you enhance this)
5. Prioritise areas of action
6. Implement action plan
7. Review progress
8. Recognition and celebration

Example of Priorities

When you identify Prioritise areas it's *important to be clear what you are going to do and what you are able to do*. For example:

Priority area: Social health (identified from consulting with members)

Aim: To develop a more social club

How:

1. development of walk way during summer of 2017
2. commence 'card nights' every Thursday night during winter months (Sept 2016 - May 2017)
3. Run zumba classes every Monday night from (x-y)
4. Commence craft/art classes every Tuesday morning offer to whole community from (x-y)
5. Commence traditional nights on the first Friday of every month commencing in September
6. create a club website

Once you create action plan you need to start implementing it, keep a record of how it is progressing and keep club informed of events /progress (executive, social media, exc.meetings)

Example of priorities

Priority area: Physical health

Aim: to increase the uptake of physical activity by non playing members

How:

1. Development of walk way during summer months 2017
2. Organise keep fit classes for mothers every Tuesday morning commencing in January 2017
3. Commence indoor bowls every thursday commencing in Oct 2013
4. Identify a specific date in the club's calender year for family run day (e.g. June)
5. Provide * week training programme to families to prepare for family run event

What does a healthy GAA club look like?



GAA.ie's look at all things quirky in the world of GAA



















When starting off

Don't take on too much at once!!!

- # Start small and keep it manageable and real.
- # Delegate and spread the work.
- # Start with what you are doing well and build on good practice.
- # Don't forget to acknowledge, celebrate, and enjoy!

