



Health Promotion Using the Settings approach

What is Health Promotion?



Health promotion is the process of enabling people to increase control over and improve their health.



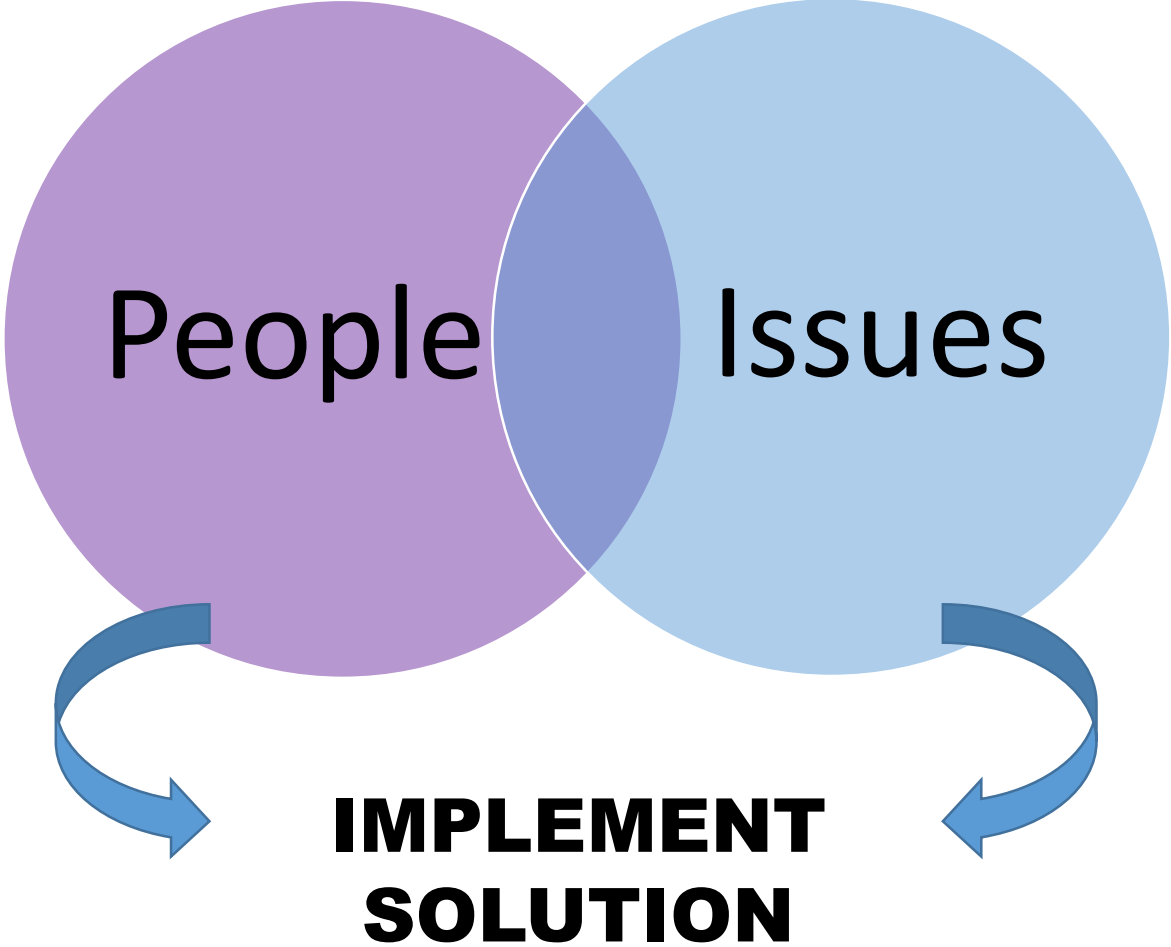
What is a “Setting”?



Settings are then defined places where people live, work, play or go to for education or care in which they spend a lot of time.



Within the GAA Club Setting...



How to Implement..

The Plan

Underpinning what we want to do

Partners

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

The Club

The positive impact on the club, physically and culturally

Activity

The actions that take place

Within the GAA...

Health and Wellbeing Officer



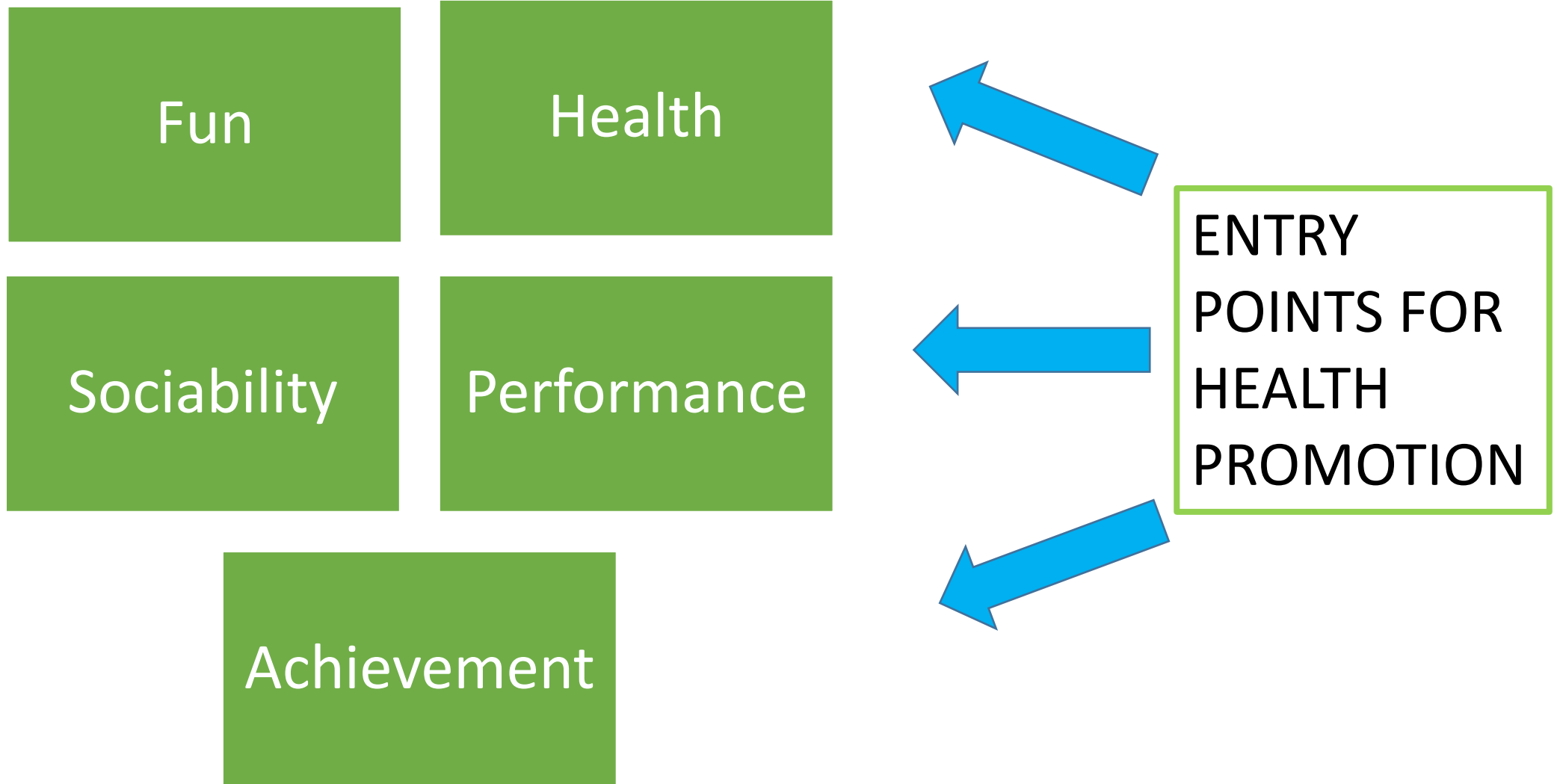
Responsible for the practice of these Functions...



Through the 4 Building Blocks



Themes in a club and how to use them



Healthy Setting Potential

★ EDUCATE



★ MOTIVATE



★ INSPIRE

Important to Remember!

- ✓ *Make sure that the plan is manageable and achievable*
- ✓ *Involve others and don't take on too much at once*
- ✓ *Have a positive attitude and acknowledge, celebrate and enjoy the achievements on your club's journey.*