



Crowe



Final Report to:



An Roinn Sláinte
Department of Health

Implementation Review of the
National Physical Activity Plan

May 2022

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Executive Summary

The World Health Organisation published the original version of its *Global Recommendations on Physical Activity for Health*¹ in 2010, encouraging member states to develop their own national recommendations; the publication of their 2018-2030 *Global Action Plan on Physical Activity*² (GAPPA) provides nations for the first time with a coherent route map and framework to guide key policy actions across the whole system.

The launch of *Get Ireland Active – the National Physical Activity Plan*³ (NPAP) in 2016 aimed to get at least half a million more Irish people taking regular exercise within ten years; the Plan seeks to achieve a 1% increase in physical activity across the whole population per year over the duration of the initiative. Eight action areas are set out in the NPAP and across these areas are sixty specific actions addressing individual or group needs and circumstances. A central objective is to remove barriers and to encourage people to overcome real or perceived hindrances themselves.

This report presents an independent review of the implementation and progress of the NPAP from 2016 to 2022.

The NPAP was extended to 2022 due to the challenges and impact of the Covid-19 pandemic. The pandemic has clearly impacted on every aspect of life in Ireland, and as such has created challenges, difficulties, and opportunities for programmes and initiatives that seek to reduce physical inactivity in the population. Considerable efforts have been made by stakeholders to adapt to the restrictions whilst maintaining a focus on increasing physical activities across a range of target groups, with evidence of success and progress.

This paper provides details of the progress of each individual action, with progress assessments defined as: Action Completed, Action Partially Completed, Action Changed, and Action Not Completed. It is accepted that some actions by their very nature cannot be categorised as Completed, such as those associated with the Active School Flag Programme, due to the role they represent within the organisations concerned.

The current assessment suggests that 53% and 39% of the defined actions have been completed or partially completed respectively, with only 8% considered to have changed or not to have been realised. A heatmap analysis chart is provided to provide a graphical representation of the progress made. These outcomes represent a significant achievement and provide a strong platform and evidence base for the focus and delivery of the next stage of the NPAP, although it is accepted that there is no current indication that the intended target of a 1% increase in physical activity across the population has been achieved.

A stakeholder feedback exercise was conducted ahead of the review team's engagement, and analysis and commentary are provided. The limitation of this evidence is outlined, particularly in the context of the delivery of an overlap analysis; a full overlap analysis piece cannot be provided within this review as the data did not support the levels of rigour required to deliver this with meaningful and reliable results and conclusions.

A section of this review provides a comparator narrative for three countries: Denmark, The Netherlands, and New Zealand, with good practice examples provided and areas of difference and

¹ WHO, *Global Recommendations on Physical Activity for Health*, (Geneva, 2010).

² WHO, *More Active People for a Healthier World*, (Geneva, 2018), hereafter GAPPA.

³ Healthy Ireland, *Get Ireland Active! National Physical Activity Plan for Ireland*, (Dublin, 2016), hereafter NPAP.

similarity highlighted. The comparator analysis helps to support the premise that the NPAP is an unusually detailed and coherent plan, which supports and is supported by sub-plans, with broad participation across government and semi-state agencies.

The key achievements of the NPAP are provided in an aggregated format across the eight action areas, providing further learning and application for stakeholder bodies. The report discusses the current and evolving national and international context of policy and guidance development, and the issues of commonality with the NPAP.

A series of 28 recommendations is provided, together with an overview of the caveats relating to a number of our findings and analysis. Each recommendation, ranging from suggested new areas of focus to the requirement to build on the achievements realised to date, is qualified, and helps to inform, support, and shape the direction of travel for the NPAP 2022 – 2026. The ongoing collaboration and development of strategic planning with stakeholder bodies with shared interests, may provide additional benefits into the next phase of the Plan.

An appendix is provided to show, in a tabulated format, the yearly progress of each of the 60 actions, as provided by the NPAP Implementation Group.

1 Introduction

1.1 Background

*Get Ireland Active – the National Physical Activity Plan*⁴ (NPAP) was launched in 2016, aiming to get at least half a million more Irish people taking regular exercise within ten years. Based on international best practice, Ireland's first ever physical activity plan seeks to tackle the leading contribution played by a lack of physical activity to the risk of chronic disease. The Plan is ambitious, aiming for a 1% increase in physical activity across the whole population per year over the duration of the initiative.

Physical activity should be integrated into everyday life, and accessible to all parts of society. To achieve this, targeted interventions are necessary to promote the benefits of physical activity, remove the obstacles that prevent or restrict access to sport and physical activity, while also providing more opportunities for the entire population to engage in activity to improve their health and wellbeing.

The NPAP aims to deliver aspects of the overarching *Healthy Ireland Framework for Improved Health and Wellbeing in Ireland 2013 – 2025*⁵. Responsibility for the delivery of the Plan is led by the NPAP Implementation Group (NPAP IG), co-chaired by the Departments of Health, and Tourism, Culture, Arts, Gaeltacht, Sport and Media. The membership of the Implementation Group includes the Departments of Children, Equality, Disability, Integration and Youth (DCEDIY); Education; Rural and Community Development; and of Housing, Local Government and Heritage (DHLGH) which are joined by representatives of the Health Service Executive (HSE), Sport Ireland, the Federation of Irish Sport (FIS), the County and City Management Association (CCMA), and the academic sector.

Eight action areas are set out in the NPAP which are individually distinct but derived from complementary themes. Spread across the eight areas are 60 specific actions addressing individual or group needs and circumstances. A central objective is to remove barriers and to encourage people to overcome real or perceived hindrances themselves. It is accepted that no single organisation can get the whole population more active. Enhanced cooperation at the national, local, and community level has been identified as a key enabler, both within the traditional sport/activity communities, and across society. This approach allows for new strategic actions to be added as cross-sectoral partnerships develop over time.

The promotion of physical activity in Ireland is a significant public health priority. The health benefits of physical exercise and sport are well recognised and accepted, but the programmes, interventions, and support structures to enable the effective promotion of physical exercise are less well defined.

⁴ *Ibid.*

⁵ Department of Health, *Healthy Ireland Framework for Improved Health and Wellbeing in Ireland 2013 – 2025*, (Dublin, 2012).

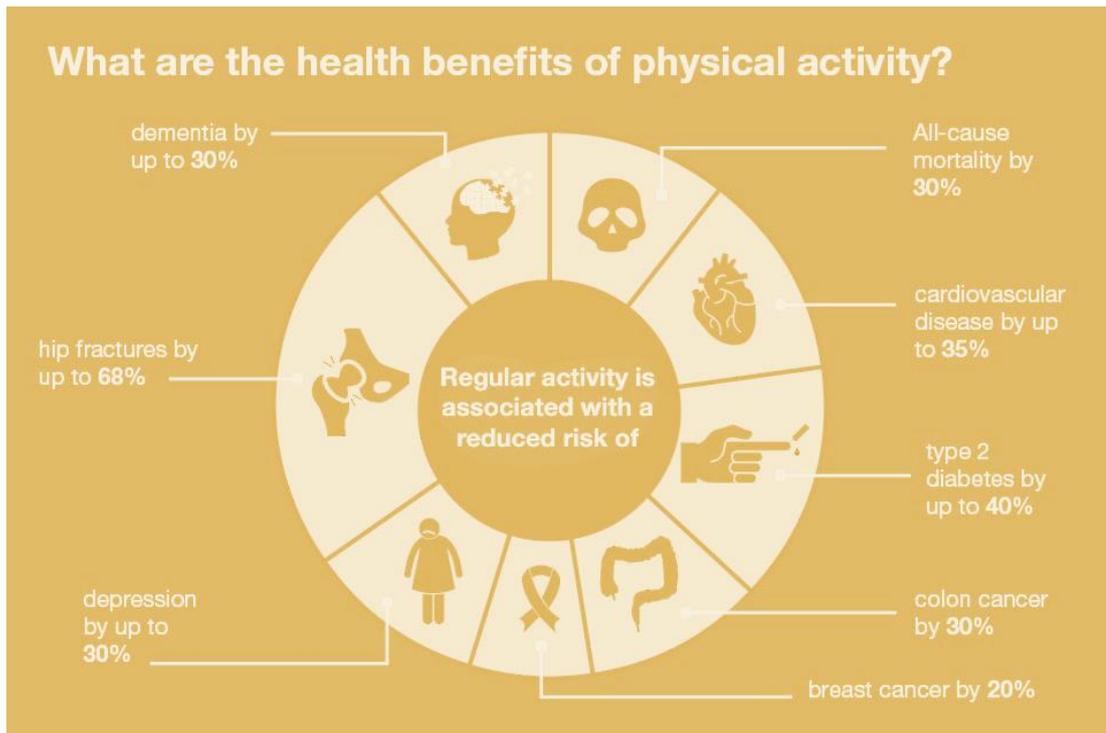


Figure 1 Health benefits of physical activity for adults⁶

1.2 Terms of Reference

The requirement for this review is set out in Action 60 of the NPAP.

The terms of reference for this review included:

- The production of a brief narrative identifying key themes and opportunities identified by stakeholders to inform the next phase of the NPAP;
- A review and scrutiny of evidence and best practice to inform the next iteration of the NPAP;
- Recommendations qualified from evidence and data emerging from stakeholder consultations and policy and research materials, in line with international best practice; and
- A draft report presented to the NPAP IG and, following feedback, a final review report including -
 - A review of implementation
 - Analysis of policy and research requirements
 - National and international guidelines and analysis of stakeholder feedback
 - Factors, including measurable actions, informing the development of the next phase of the NPAP.

⁶ National Institute for Health and Care Research, *Moving Matters: Interventions to Increase Physical Activity*, (NIHR Dissemination Centre, 2019).

2 Method of Approach

2.1 Overview

The consultancy team had a flexible approach to this task, liaising closely with the NPAP IG to ensure clarity of purpose and the real-world application of emergent information. It is hoped that this review will support and facilitate informed decision-making which will assist in ensuring the impact and relevance of the NPAP is both fully understood and maximised in the future.

NPAP IG members were able to share an array of pertinent documentation, including the materials gained from the stakeholder feedback exercise completed before the review was undertaken.

2.2 Planned Approach

The methodology undertaken for the NPAP review is set out below, incorporating the following key activities A to F.

Task	Description	Status
A	Project Initiation Formal initiation of the review project with the NPAP-IG stakeholder leads, whose participation from the outset was necessary to ensure all perspectives were covered;	<i>Completed</i>
B	Documentary Analysis and Assessment. This step involved a comprehensive and contextualised review of the implementation of the NPAP policy and plan to date, and its alignment with, and impact on, the wider Irish policy and research landscape.	<i>Completed</i>
C	Stakeholder Engagement The stakeholder feedback was collected by a variety of public sector bodies including Sport Ireland and the Department of Health among others. This report provides an analysis of the data and extracts and highlights the emergent themes arising from this data;	<i>Completed</i>
D	International Comparator Review This activity endeavours to contextualise the NPAP from an international perspective through review of a range of international documents and guidelines regarding physical activity, and a comparison of physical activity policies in our sample comparator countries: the Netherlands, New Zealand, and Denmark;	<i>Completed</i>
E	Recommendations This activity encompasses the process of developing and testing our conclusions and recommendations;	<i>Completed</i>
F	Reporting Production of a draft and final report. Target delivery is end of April 2022	<i>First Draft Report Completed Final Report in Progress</i>

2.3 Impact of Covid-19

The requirement for preparing health policies and strategies for people-environment interactions has been explicitly apparent during the Covid-19 pandemic. Globally, communities have struggled to deliver their established and planned health and wellbeing programmes, notably those dedicated to increasing sport and physical activity participation.⁷

The NPAP has been extended to 2022 due to the challenges and impact of the Covid-19 pandemic. The pandemic has clearly impacted on every aspect of life in Ireland, and as such has created challenges, difficulties, and opportunities for programmes and initiatives that seek to reduce physical inactivity in the population. The redeployment of staff across many disciplines and professional groups to support the response to the pandemic has directly and indirectly affected the planned level of promotion of physical activity across all areas.

A national *Healthy Ireland Communications and Citizen Engagement* campaign has been running since 2018. Prior to the onset of the Covid-19 pandemic, the campaign sought to raise public awareness of gov.ie/HealthyIreland as the place to go for trusted sources of information and supports, together in one place, to help people get started on making healthy changes under three key themes – healthy eating, physical activity and mental wellbeing.

Following the arrival of the pandemic, the campaign was adapted to provide support to the public on how to look after their physical and mental wellbeing, stay active, and stay connected during the pandemic.⁸

It is reported in the NPAP progress report of 2020⁹ that although the restrictions associated with Covid-19 impacted on sports facilities and activities, along with team sports, delayed progress on a number of actions, impacting significantly on the ability of people to participate in team sports and other group activities, not all impacts have been negative. Sport Ireland published research with evidence of a rise in individual adult activity levels, with an increase in people participating in walking, cycling, running, and outdoor swimming.¹⁰ The Irish Sports Monitor (ISM) report for 2021 shows that overall levels of physical activity have increased on 2019 figures despite a decrease in organised sport participation; adults walking for recreation is up from 65% in 2019 to 76% in Q1 2021. There remain many unknowns, exceptional variation in participation data, and impact on behaviours that will not be fully recognised in short-term analyses.

⁷ Stockwell S, Trott M, Tully M, et al "Changes in physical activity and sedentary behaviours from before to during the COVID-19 pandemic lockdown: a systematic review" in 7:1 *BMJ Open Sport & Exercise Medicine* 2021.

⁸ E.g., Sport Ireland, *Covid19: Information on the Safe Return to Sport and Physical Activity*, <<https://www.sportireland.ie/covid19>> accessed May 2022.

⁹ NPAP IG, *Progress Report 2020*, (Dublin, 2021), henceforth NPAP Progress Report 2020.

¹⁰ Sport Ireland and Ipsos MRBI, *Irish Sports Monitor 2021: Mid-year Report* (Dublin, 2021), henceforth ISM 2021.

3 Policy Context / Documentary Analysis

3.1 Overview

Targeted and specific interventions to promote and facilitate physical exercise in the population, such as those set out in the NPAP, can provide a valuable bundle of resource-focused impacts. However, international, national, and local policy development and leadership can provide the framework and foundation for physical activity promotion, and intelligent policies can highlight and address lifestyle behaviours and provide the means and direction to positively influence the health and wellbeing of communities, subgroups, and populations.

3.2 National

3.2.1 Overview

Within the context of the promotion of the NPAP, there is an array of policies, plans, frameworks and funding streams, referred to throughout this paper, that directly and indirectly impact on the physical activity agenda in Ireland. This includes the small selection briefly outlined below in this sub-section, typically developed and implemented with support from Health, Education, Sports, Environment, Urban planning, and Transport sectors.

3.2.2 *A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016 – 2025 (OPAP)*¹¹

The OPAP, set within the Healthy Ireland agenda, was established in recognition that the challenge of obesity is complex and requires a multi-sectoral, intergenerational, and collaborative approach. The aim is to reverse obesity trends, prevent health complications and reduce the overall burden for individuals, families, the health system, and the wider society and economy. A key priority is childhood obesity, together with a reduction in the inequalities synonymous with obesity rates; families from lower socioeconomic groups have higher levels of obesity. The OPAP identifies the *Ten Steps Forward*, populated with priority actions, and the agencies, partners and timelines required to realise the defined aims and objectives over the lifespan of the policy. The NPAP is implemented in co-ordination with the OPAP.

3.2.3 *The National Sports Policy 2018-2027 (NSP)*¹²

The NSP sets out the long-term aims and objectives to increase the levels of participation in physical activity and sport in Ireland. There are 57 actions identified across three key pillars to drive greater participation, improve high performance, and build capacity and capabilities. The action areas covered include: Participation; Sports Facilities; High Performance; Sport Ireland National Sports Campus; Building Capacity; Sport in a Cross-Sectoral and International Context; Integrity of Sport; and Financing Irish Sport. The NSP has inclusion as a core principle and specifically targets an increase in sport participation in Ireland from 43% to 50%

¹¹ Department of Health, *A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016 – 2025*, (Dublin 2016), henceforth OPAP.

¹² Department of Transport, Tourism and Sport, *National Sports Policy*, (Dublin, 2018), henceforth NSP.

by 2027, with the subsequent Programme for Government increasing this target to 60%. The policy actions include a plan to increase investment in sport over the lifetime of the policy so that the amount invested doubles over the lifetime of the NSP from €111 million in 2018 to more than €220 million in 2027.

3.2.4 *The Healthy Ireland Strategic Action Plan 2021–2025*¹³

This Action Plan builds on the work and progress made within the Healthy Ireland Framework, published in 2013, and provides a roadmap to reduce physical inactivity, alcohol use, smoking, poor diets, and obesity. The Plan seeks to continue to work to bring about good health, access to services, healthy environments, the promotion of resilience, and ensuring that everyone can enjoy physical and mental health and wellbeing to their full potential. An agreement has been put in place with the HSE and 14 other government departments to provide leadership on the implementation of the actions. The ambition is to work directly to address the determinants of health and have a direct impact on health outcomes and provide a fresh emphasis on challenging health inequalities, ensuring that those considered to be ‘hard to reach’ are empowered to achieve their own health and wellbeing goals. Healthy Ireland is regarded as a core framework for the implementation of *Sláintecare*, with the *Healthy Ireland Framework* and the *Healthy Ireland Strategic Action Plan* underpinning the Healthy Living pillar of *Sláintecare*. It is envisaged that the link with *Sláintecare* will be strengthened across the term of this Action Plan. *The Healthy Ireland Fund*, launched in 2017, has and continues to support a range of evidence-based initiatives for physical activity at both national and local levels.



¹³ Healthy Ireland, *Healthy Ireland Strategic Action Plan 2021 – 2025*, (Dublin, 2021).

3.2.5 *National Cycling Policy Framework (2009 – 2020)*¹⁴

The Framework sought to build a new culture of cycling in Ireland by 2020 and established the ambitious goals of reaching a 10% cycle modal share with an additional 125,000 people commuting to work by bike, within 11 years. The document recognised that no single action will prompt people to cycle and set out a range of stated intention and interventions that included: changes in legislation and regulation, with underpinning guidelines; the development of the National Cycle Network (NCN); provision of cycling parking at appropriate public transport interchanges and stops, safe routes to stations, and bicycle carriage on public transport; the creation of a network of cycling experts and training workshops/sessions for all design professionals; and potentially use the indirect tax system in order to reduce the cost of bicycle purchase. It was recognised that for the policy framework to be successful in terms of build a cycling culture, there was a requirement for not only the participation of diverse stakeholders across government departments, agencies, all local authorities, and other non-governmental organisations, but also the alignment of other public health, built environment, and transport policies and initiatives.

3.2.6 *Leaving Certificate Physical Education, 2017 (LCPE) and Framework for Senior Cycle Physical Education (SCPE), 2017*¹⁵

Physical Education was introduced as an examinable subject in the Leaving Certificate in 2018, initially on a pilot basis, with wider roll-out in 2020. This has resulted in an examinable Leaving Certificate Physical Education (LCPE) subject and a new non-examinable *Framework for Senior Cycle Physical Education (SCPE)*.

The LCPE has now been rolled out across Ireland following a phased introduction. The aim of LCPE is to develop students' capacity to become informed, skilled, self-directed and reflective performers in physical education and physical activity in senior cycle and in their future life. The subject is composed of two distinct strands: theoretical perspectives that impact optimum performance and how to apply this understanding to a range of different activities; and contemporary issues in physical activity and how different people experience physical activity and sport. Active participation is central to learning in LCPE, with areas of interest in promoting physical activity, ethics and fair play, as well as gender and physical activity, and physical activity and business and enterprise in physical activity and sport, offered to capture the disparate interests of students.

The SCPE supports teachers in developing and planning quality learning in physical education for all students in Senior Cycle. The Framework is structured around six curriculum models and is designed to be taught over two or three years of *Senior Cycle*. SCPE assists schools to design a physical education programme for senior cycle students and this is inclusive of students irrespective of their decision to take Physical Education for their Leaving Certificate examination.

¹⁴ Department of Transport, *Ireland's First National Cycle Policy Framework*(Dublin 2009).

¹⁵ National Council for Curriculum and Assessment, *Framework for Senior Cycle Physical Education 2017*, (Dublin 2017).

3.2.7 Policy on Participation in Sport by People with Disabilities, 2017¹⁶

Sport Ireland recognised that the participation levels of people with disabilities are considerably lower than those among the general population, and identified that people with disabilities are significantly more likely to be sedentary than people without disabilities. Sport Ireland established a policy focus to enable work with sport and physical activity organisations to address these disability gradients. This policy imperative is recognised in the NPAP and outlines strong guiding principles ensuring the delivery of the resources is more accountable and effective.

Sport Ireland assert that the policy represents a significant contribution to the advancement of people with disabilities in terms of their participation and performance in sport and physical activity. This confirmed Paralympics Ireland's role as the lead agency in the support of high-performance athletes with disabilities. It also set out CARA's role in promoting the inclusion of people with disabilities in sport and physical activity, encouraging a national vision while supporting local provision, and building capacity through education and training programmes.

3.3 International

3.3.1 Overview

The World Health Organisation (WHO) published the original version of its *Global Recommendations on Physical Activity for Health*¹⁷ in 2010 in recognition of the growing evidence of the role physical activity plays in the health of every aspect of populations. As the WHO has encouraged countries to develop their own national recommendations, to reflect their specific challenges, resources, advantages recommendations, a range of guidelines and policies have emerged to promote physical activity.

It is noted that additional benefits of increasing physical activity across sectors, such as transport and leisure, may serve to address a number of United Nation's *Sustainable Development Goals (SDGs)*¹⁸ such as SDG3, *Ensure healthy lives and promote well-being for all at all ages*, SDG11, *Make cities and human settlements inclusive, safe, resilient and sustainable*, and SDG13, *Take urgent action to combat climate change and its impacts*.

3.3.2 The Toronto Charter for Physical Activity: A Global Call for Action, 2010¹⁹

The Toronto Charter outlines four actions based upon nine guiding principles and was a call for all countries, regions, and communities to strive for greater political and social commitment to support health enhancing physical activity for all. This was a call for action and represented an advocacy tool to create sustainable opportunities for physically active lifestyles for all. Agencies, organisations, and individuals with a focus on promoting physical activity were encouraged to use this Charter to influence and unite decision makers at national, regional, and local levels to achieve a shared goal. These stakeholder groups and organisations may

¹⁶ Sport Ireland, *Sport Ireland Policy on Participation in Sport by People with Disabilities*, (Dublin, 2017).

¹⁷ WHO, *Global Recommendations on Physical Activity for Health*, note 1.

¹⁸ United National Department of Economic and Social Affairs, *The 17 Goals*, <<https://sdgs.un.org/goals>> accessed May 2022.

¹⁹ Global Advocacy Council for Physical Activity, "The Toronto Charter for Physical Activity: A Global Call for Action", *7 J Phys Act Health* 2010.

include health, transport, environment, sport and recreation, education, and urban design and planning, as well as government, civil society, and the private sector.

The Charter was not just about health, but about how physical activity improves social connectedness, quality of life, economic benefits, and environmental sustainability. The four actions were: implementation of a national policy and action plan; introduction of policies that support physical activity; a reorientation of services and funding to prioritise physical activity; and the development of partnerships for action.

3.3.3 **Global Action Plan on Physical Activity (GAPPA) 2018 – 2030²⁰**

The WHO released their *Global Action Plan on Physical Activity (GAPPA), More people active for a healthier world*, based on the best available evidence and international consultation with all sectors of government, civil society, non-state actors, private sector, and the research and academic community, including an online consultation. GAPPA provides nations with a coherent route map and framework to guide key policy actions across the whole system. GAPPA has four strategic objectives and 20 policy actions to achieve a 15% relative reduction in physical inactivity by 2025.

The four strategic objectives are:

1. Create an active society – this concerns communication and driving social change and represents a key action to articulate clear messages and make the social, economic, health, and environmental benefits of being physically active and help them become everyday topics of conversation. The value of consistent terminology and communication is recognised as helping to build the momentum for people to gain knowledge and awareness of the benefits across all sectors;
2. Create active environments – aims to make places and spaces accessible and safe for people to do physical activity, including creative innovations. This highlights the significant benefits of adding resources such lighting, amenities, and footpaths to public spaces to encourage more walking, or signs on stairwells in areas of need to promote daily movement. The sustained population benefits from environmental changes which enable people of all cultures, life stages, and abilities to enjoy being active should continue to build evidence across multiple sectors.
3. Create active people – represents a call to action ‘more people active for a healthier world’. The agenda to allow programmes and opportunities to create more active people recognises that each individual, school, and community will be different, with a requirement for equality of access for people of all ages and abilities. Engaging with all aspects of communities and involving them in designing and delivering targeted grassroots opportunities, together with the targeting of disadvantaged populations, may help to shift population physical activity in a positive direction; and
4. Create active systems - identifies the ambition to leverage multisectoral partnerships to create multiplicative benefits that will remain over time. A key action is to advocate for action at all levels and encourage others to do the same. The mission is to guarantee that all people have access to safe and enabling environments and also to varied opportunities to be physically active in their daily lives. This access provides all aspects of a population with a means of improving individual and community health and allows contributions to social, cultural and economic development.

²⁰

WHO, GAPPA, note 2.

GAPPA recommends that each country should assess their own current situation and circumstances to identify existing areas of progress that can be strengthened, together with policy opportunities and gaps in practice. It is notable that the array of policies, plans, frameworks, and resources targeting the improvement in physical activity in Ireland are aligned to GAPPA.

The WHO guidelines on physical activity, published in 2020, highlight a series of public health recommendations, with an underpinning evidence base, for children, adolescents, adults, and older adults with regards to physical activity. This concerns the frequency, intensity and duration of physical activity required to enable the realisation of significant health benefits and the mitigation of health risks. As a ground-breaking initiative, the WHO for the first time set out recommendations based on the associations between sedentary behaviour and health outcomes, as well as for subpopulations such as young children aged 0-5 years, pregnant and postpartum women, and people living with chronic conditions or disability.

3.3.4 WHO Guidelines on Physical Activity, Sedentary Behaviour and Sleep for Children under 5 Years of Age, 2019²¹

The Guidelines produced in 2019 provide recommendations for the first time on the amount of time in a 24-hour day that young children under 5 years of age should spend being physically active or sleeping for their health and wellbeing, and the maximum recommended time these children should spend on screen-based sedentary activities or time restrained. Attention was drawn to the need for children to meet daily physical activity time recommendations, and to consider the pattern of overall activity across a 24-hour period, since every day is made up of sleep time, sedentary time, and light to moderate or vigorous-intensity physical activity. It was recognised that young children should have opportunities to participate in a range of developmentally appropriate enjoyable play-based physical activities, and that the quality of sedentary time matters.

Action 18 of the NPAP sets out the requirement for the development of national guidelines on physical activity for children aged 0-5 years. This aligns to the WHO's 2019 Guidelines and the WHO's 2020 *Guidelines on Physical Activity and Sedentary Behaviour*, which provide recommendations for children and adolescents 5-17 years. The growth, acceptance, and adoption of the principles underpinning the *Canadian 24-Hour Movement Guidelines for the Early Years (0–4 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep*²², launched in 2017, is notable. These Guidelines provide evidence-informed recommendations as to the combinations of light, moderate, and vigorous-intensity physical activity, sedentary behaviours, and sleep that infants, toddlers, and preschool child should achieve for a healthy day. Canadian 24-hour guidelines have also been produced for children and youths, framing optimal health within the balance of movement behaviours across the whole day. Future international and national guidelines and policy development are likely to consider the integrated relationships among movement behaviours across age groups.

²¹ WHO, *Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age* (Geneva, 2019).

²² Tremblay et al, "Canadian 24-Hour Movement Guidelines for the Early Years (0–4 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep", 17 *BMC Public Health* 2017.

3.3.5 *European Union Physical Activity Focal Points Network (established 2014)*²³

In 2014, the WHO and the European Commission established the EU Physical Activity Focal Points Network to facilitate collaboration between member states; support the implementation of a monitoring framework that includes 23 indicators covering different themes relevant to health-enhancing physical activity (HEPA) promotion; and work collaboratively to implement the underlying regional and global strategies. In 2015 and 2018, surveys collected epidemiological and policy information related to HEPA for each member state through this Network, with the information gained providing an overview of physical activity national actions in each country of the EU, and the range of associated policy development and implementation.

The Focal Points Network, which benefits from notable input and influence from Ireland and is represented on the NPAP IG, supports collaboration with in-country systems and networks to gather information from a wide range of sectors. The Network supports a collective ambition to reduce physical inactivity across the EU, and represents a culture of shared learning, supported enterprise, and information exchange.

An analysis of the Irish Health Enhancing Physical Activity Policy Audit Tool (HEPA PAT) was published in 2021.²⁴

²³ WHO Europe, *HEPA Europe*, <<https://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe>>, accessed May 2022.

²⁴ Gelius et al, "The added value of using the HEPA PAT for physical activity policy monitoring: a four-country comparison", 19(1) *Health Res Policy Syst.* 2021.

4 Review of Stakeholder Feedback

4.1 Introduction

The NPAP IG undertook an exercise to collect the stakeholder feedback prior to the review as was agreed in the terms of reference. This was a collaborative effort from the NPAP stakeholders including Sport Ireland, the Department of Health (DoH), and the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, the Department of Housing, Local Government and Heritage (DHLGH), Department of Rural and Community Development (DRCD), Department of Transport (DoT), local authorities, Irish Physical Activity Research Collaboration (I-PARC), Economic and Social Research Institute (ESRI), universities across Ireland, and a range of advocacy groups.

The feedback output consisted of a range of printed material collected from the various stakeholders through consultation and meetings and included 24 different documents. The evidence included detailed minutes from three NPAP stakeholder meetings dated October and November 2021, a presentation summarising the NPAP results presented to stakeholders, feedback from a number of sporting bodies including Swim Ireland, the GAA, Canoeing Ireland, the FAI, and Cycling Ireland, along with feedback from Foróige and direct feedback from a number of government departments including the DoT and the DHLGH.

The respondents included personnel from these Departments and Agencies and some individual target groups, e.g., young members of Swim Ireland and the FAI, who provided feedback on their perspectives on physical activity in Ireland. Aspects of the feedback were structured whereby respondents were asked a series of structured questions, whilst some of the feedback was more free-flowing about physical activity in general. The questions presented were as follows:

- How well has the National Physical Activity Plan delivered on its goals?
- Are there specific areas/ priorities that a renewed/refreshed Plan should focus on for period 2022-2026?
- Are there ways in which the structures for the delivery of the NPAP could be improved/strengthened?
- Are there any additional points you would like to make or areas you would like to see included in a subsequent version of the NPAP?

The feedback data did not cover all the target groups for NPAP, nor did it specifically aim to gain feedback on each of the actions in the report. It provides useful information to give a temperature check of physical activity in Ireland, rather than an inclusive report on physical activity across all the target groups or data assessing the progress of or the impact of actions within the NPAP.

The data presented to the review team was not uniform and suggested that the stakeholders tended to limit their answers to the questions that were most relevant to their particular areas. From this data, we have however, identified a number of emerging themes, including areas which the stakeholders prioritised for future NPAP plans. The stakeholder feedback complements our findings in other areas. Our analysis of this data has also led to a range of recommendations arising from the findings within the stakeholder feedback.

4.2 Priority Areas of Focus for a Renewed Plan 2021-2026

4.2.1 Overview

Stakeholders highlighted a number of key priority areas that they wished to see focus on, as set out in the following paragraphs.

4.2.2 Better Targeting of Women and Children and Young People)

This area is addressed in more detail in Section 4.9.

4.2.3 Updating of the Guidelines

Stakeholders indicated that they would like to see updated guidelines in certain areas, including:

- Development of guidelines for adults living with chronic conditions;
- Development of guidelines for women during pregnancy and after birth;
- Development of national physical activity guidelines for children 0-5 years; and
- Development of national guidelines on sedentary behaviour.

4.2.4 Development of a Communications Strategy

Develop and implement a coherent co-ordinated communications strategy on physical activity at national level not just targeted to specific geographic areas or focused on sport. This should aim to:

- Expand and promote successful initiatives as national initiatives/programmes;
- Leverage partnerships across organisations e.g., parkrun and Get Ireland Walking to build a strategic programme of events; and
- Consider the use of influencers / platforms like Tik-Tok, Instagram / apps.

4.2.5 Provision of Improved Resources

Stakeholders suggested the following improvements in resources:

- A Workplace toolkit – for employers to promote physical activity at work;
- A publicly accessible national database of amenities and facilities / one-stop shop website;
- Increase funding to LSPs for staff who can plan, lead and delivery community based physical activity programmes for specific target groups;
- Designated teacher in primary/post-primary schools to have a focus on integration of physical activity across the curriculum, environment, and school day; and
- Specialised roles within HSE i.e., exercise physiologists to develop specific physical activity plans for service users with chronic conditions.

4.3 Structures to Improve/Strengthen Delivery of NPAP

4.3.1 Overview

The feedback included suggestions to improve the general structures of the NPAP and some specific feedback for the health service.

4.3.2 General Improvements to Structures

Stakeholders put forward the following ideas for general improvements to structures:

- Secure commitment from relevant sectors for delivery on actions during the development process;
- Each action should have a lead stakeholder to report on achievements/progress in relation to that action;
- Designated lead stakeholders should have a formal competency for delivery on the action and capacity to engage across sectors to drive delivery on the action;
- Designated lead stakeholders to engage across sectors where necessary to ensure monitoring and reporting are reflective of and aligned to the agreed SMART objectives for the action (not silo-ed reporting i.e., only reporting on what is happening in their remit/area);
- Greater links with the leisure industry and fitness professionals to deliver on physical activity programmes should be established; and
- Standalone user-friendly platform for information and resources for community, professionals and the general public.

4.3.3 Improvements to the Health Service Structures

Stakeholders had the following suggestions for improvements specifically to health service structures:

- Have a specific plan with key staff/working groups to achieve agreed actions;
- Physical activity needs to be a clear deliverable within Sláintecare, Healthy Communities and HSE Community Health Networks;
- Establish clear physical activity pathways within the Health Service for service users to access appropriate programmes/activities in the community at a level suitable to them;
- Establish a forum for delivery of nationally agreed actions at CHO level;
- Development of physical activity training to support the promotion of physical activity within the health services, implementation of guidelines and strengthen focus on physical activity within delivery/implementation of *Making Every Contact Count*; and
- Dedicate a physical activity budget for delivery of actions at CHO level.

4.3.4 Continued Improvements in Research

Suggested improvements arising from the feedback are drawn out in section 4.4.

4.4 Potential Improvements in Measurability of Success and Accountability

A common theme emerging from the data was the lack of measurement and monitoring data. For example, this was a concern raised in relation to the annual measurement of cycling activity at both local and national level. It was also highlighted by stakeholders that it was unclear how many Agencies & Departments are actively involved in coordinating actions related to NPAP, who was responsible for what, and which Agencies and Departments were coordinating the spending in relation to NPAP. Much progress was attributed to Sport Ireland, but elements of stakeholder feedback indicated that other agencies had fallen short in terms of NPAP achievements, most notably in the area of health.

Clearly the significant challenges and the necessary prioritisation of emergency measures associated with the Covid-19 pandemic, has made it very difficult for the HSE to deliver on previous targets. However, it is recognised that the DoH continued to build on their engagement with Sport Ireland towards the health agenda and continued to provide investment and support to a range of initiatives, programmes, and funding streams highlighted throughout this report.

Stakeholders also indicated that it was unclear if progress was linked to the NPAP or not. It is noted that the Census in 2016, and now in 2022, is collating comprehensive data on cycling/commuting/active travel.

Areas highlighted for further development arising from this feedback

- Research to understand what enabled increase in physical activity levels during COVID and how this could be translated into relevant policy actions; and
- Further development and implementation of the Standard Evaluation Framework.

4.5 Effects of Covid-19 Are Disproportionately Negative Towards Groups Already Challenged to be Physically Active

International and Irish studies have shown increasingly negative effects on physical activity for groups of lower socio-economic status, amongst older people, and those with chronic conditions.²⁵ The disparity between genders also continued to be disproportionately affected in a negative manner as a result of the impact of Covid-19. Additionally, another recurring trend from the feedback was that the impact and restrictions associated with the pandemic created circumstances resulting in these groups being more difficult to reach, and consequently increased the physical activity disparity. Feedback suggests, as indicated in Section 4.2, that further research is needed to get a greater understanding of how and why the increase in physical activity levels in some areas of the population was enabled during the lock-down periods.

4.6 Successful Integration with the Built Environment

Stakeholders considered that NPAP made significant progress to integrate physical activity into the built environment, with the promotion of active transport to support national health policy in land planning. Active travel works to both promote physical activity and reduce

²⁵ Stockwell S, Trott M, Tully M, et al "Changes in physical activity and sedentary behaviours from before to during the COVID-19 pandemic lockdown: a systematic review" in 7:1 *BMJ Open Sport & Exercise Medicine* 2021.

carbon footprint. Additionally, respondents indicated that national planning policy, specifically the National Planning Framework 2040, was clear on this national public health policy.

Stakeholders believed that good work was progressed during the Covid-19 challenges in terms of county councils reclaiming streets and promoting active transport. A number of successful active travel initiatives featured in the feedback, including the establishment of a new Cycle Design Office in the National Transport Authority (NTA) and dedicated Active Travel Teams across the local authorities.

The feedback included ideas for further improvement, including an extension of the concept of the Bike to Work scheme into other areas.

4.7 Embed Physical Activity as a Health Culture

A gap was identified by respondents in the area of health and active living, and the need for physical activity to be more ingrained as part of everyday life, rather than just a recreational activity. The feedback indicated that a greater focus could be placed on measures that enable activities with a purpose. For example, walking or cycling to work or school, and more measures taken to increase the awareness of the benefits of exercise. This would include a focus on the fun side of exercise and the diversity of physical activities that are available.

Additionally, it was suggested that more measures need to be taken to enable rather than just promote physical activity, and to also surmount the barriers that prevent people engaging with it. Changing to a more active lifestyle requires behaviour and attitude changes in addition to the roll out of safe cycle routes and public realm improvements in villages, towns, and cities. This involves a whole-system approach in order to change physical activity habits at a population level.

The feedback data provided insights into how this could be achieved through a combination of upstream policy actions from government departments and agencies to improve the social, economic, and environmental factors supporting physical activity, combined with downstream, individually focused approaches.

4.8 Overlap Analysis with Other National Policies

The similarities and overlap between the NPAP and other current policies, mainly the National Sports Policy (NSP), but also Healthy Communities²⁶, was cited in the feedback. Respondents felt it would be necessary to avoid unnecessary overlap with the NSP, which is in place until 2027, and to focus on the wider, cross-sectoral, multidisciplinary, and inter-Departmental role of the NPAP, which is focussed solely on population activity levels and not on elite sport. Similarly, with Healthy Communities, the feedback highlighted the importance of further clarification and the avoidance of duplication between it and NPAP.

Unfortunately, the structure and approach used for the stakeholder feedback exercise did not support further exploration into the issue of the overlap issue, and as such no detailed analysis was possible.

²⁶ HSE, *Sláintecare Healthy Communities*, < <https://www.hse.ie/eng/about/who/healthwellbeing/slaintecare-healthy-communities/> > Accessed May 2022.

4.9 The Need for Ongoing Investment in Target Groups

The feedback highlighted that targeted pockets of the community require sustained investment or attention so that their physical activity levels can be improved. This is particularly so for female participation and physical activity participation in children and young people. In addition to the two primary target groups: women, children and young people, older people, people with longstanding illness, and certain occupations also require particular attention.

Many of the targets for children and young people are school-based. However, the feedback also recognised the role of the non-formal education and youth work sector in supporting young people to engage in physical activity. A greater emphasis on sports training for staff and volunteers was also identified and it was recognised that a wider role could be played by the non-formal education and youth work sector in supporting young people to engage in physical activity.

Stakeholder opinion also included the need to involve children in policymaking and initiatives. The feedback suggested greater diversity of activities, a focus on the fun element of activity, and the benefits of exercise for all, not just those wishing to play or participate in sport competitively. It is recognised that all socio-economic groups participate equally if physical opportunity opportunities are free of charge and offered in school, such as the activities associated with the ASF. However, the *Children's Sport Participation and Physical Activity Study 2018* (CSPPA) indicates that extracurricular activities and community sports incur charges and require a degree of expenditure, such as kit, and as these arise, participation skews in favour of the more advantaged children and demonstrates a gender bias towards boys.²⁷

Investment in communication should be aimed at the target groups and include positive messages and communication to build the awareness of the benefits of physical exercise for these cohorts. There is a requirement for messaging to be clear, simple, and empowering for different cohorts, and which stresses the benefits from any increase in activity.

Investment should also be used to improve or tailor facilities to increase and maintain levels of physical activity particularly among young people, for whom early years intervention will help to build up an interest in sport. Investments should create and enable environments that facilitate long term athletic development for all young people, particularly in the area of non-competitive sport, where girls in particular could benefit.

Ideas for increasing physical activity amongst children and young people include stressing the role of and targeting parents, who generally are more interested, if they are sporty themselves. The importance and benefit of the coach / sports person relationship was emphasised, as was provision of sport trainers and coaches for all cohorts not just those involved in elite sports.

²⁷ Woods, et al. *The Children's Sport Participation and Physical Activity Study 2018 (CSPPA 2018)*, (Limerick, Dublin, Belfast 2018), hereafter CSPPA 2018.

4.10 Climate Action and Its Link to Physical Activity

The relevance and complementary value of physical activity, the National Climate policy, and the Climate Action Plan was recognised within the feedback data. For example, the Climate Action Regional Offices (CAROs) have good communication networks and could support efforts to shift away from car-based travel. These actions could improve health and air quality and reduce emissions.

4.11 Using Technology to Increase Physical Activity

For certain groups, technical solutions have been shown to incentivise physical activity through the use of wearable technology and apps both in Ireland and abroad. In Ireland we have recently had the *Civic Dollars*²⁸ initiative and similar programmes have worked internationally. More of these types of schemes can be developed and promoted as part of an overall systemic approach to physical activity.

4.12 The Critical Importance of Community

The importance of the Local Sports Partnership (LSP) was emphasised in the feedback as a critical element in the delivery of the Plan. However, this is an area that needs further strengthening as part of the next NPAP. One of the key actions of the current NPAP has been to increase the LSP capacity, however, many vacant positions have not yet been filled. The feedback also emphasised improved linkages between local and national government and improved overall communication and coordination at a local and national level.

4.13 Age-Appropriate Targeting of Physical Activity Incentives

Stakeholder feedback indicated that there are opportunities to undertake age-targeted physical activity incentives. There are research gaps in this regard, i.e., relating to physical activity levels for certain age cohorts. It is known, for example, that at least 50% of over 50s are living with at least one chronic condition, and as people move through life many give up sports, particularly high impact sports²⁹. However, it would be beneficial to capture this data per age cohort and what level of activity they are maintaining, for example, the targeting of particular age cohorts, such as the over 50s, to take up more walking, swimming, etc.

²⁸ Smart Dublin, *Smart D8 Civic Dollars parks pilot* < <https://smartdublin.ie/smart-d8-launch-trial-of-innovative-community-currency-scheme-civic-dollars-parks-pilot/> > Accessed May 2022.

²⁹ Sheehan et al. *Ageing and Public Health: An overview of Key Statistics in Ireland and Northern Ireland*, (Dublin: Institute of Public Health, 2020).

5 Progress of Actions

5.1 Overview

The primary goal of this section of the report is to review the results of the NPAP from its inception in 2016 to 2022. Although the focus of this review is on this five-year timeframe, evidence is also referenced in places of the ongoing work aligned to several actions. Tabulated results indicating the yearly progress across the 60 actions of the NPAP are provided in Appendix 1 of this paper.

The progress notes and details provided in this section should be considered with a degree of care, due to issues of lack of clarity in some areas and unconfirmed data and information for others. The significant impact that the Covid-19 had on the focus, activity and resources associated with the eight action areas of the NPAP is well noted.

In this section, we review each of the action areas, and their associated actions, providing a summary context of the background and progress to date for each. We have analysed each action in detail and generated our results based on our assessment of the measurement criteria as we progress through each.

Finally, we provide a visual summary of these results in a heatmap format in Section 4. The results are categorised according to the following criteria:

1. Action completed;
2. Action partially completed;
3. Original action changed; and
4. Action not completed.

Completed actions are those for which we have seen clear evidence that the planned action has been achieved, and likewise actions which we have identified as not complete are those which have not been addressed to a significant extent. Some actions have been identified as partially completed. In these cases, we have found that although significant progress was made, the action's objectives were not set to be sufficiently specific and measurable at the outset: therefore, we could not assess the action as completed.

A further category exists for actions which have changed from how they were originally planned. We deal with these on an individual case-by-case basis in the analysis, and they are also identified on the heat map.

In addition to this detailed analysis, we also provide a results summary of the activities for each year under review. See Appendix 1.

5.2 Action Area One – Public Awareness, Education and Communication

5.2.1 Overview

The underlying goal of this Action Area is that Irish people will better understand the health benefits of physical activity and how to be more active in their daily lives.

It is essential that the National Physical Activity Plan enhances general knowledge among the public and all other relevant stakeholders of the benefits of physical activity and how to be active. One element of this is to raise awareness of the health and wellbeing benefits of being physically active and of how to build the recommended levels of physical activity into daily routines.

5.2.2 Action 1 - Develop a Three-Year Communication Strategy Including the Development of Print, Online and Social Media Resource

Action 1 of the NPAP concerns the development of a three-year communication strategy, including the development of print, online and social media resources, and it is accepted that this workstream is ongoing.

Considerable effort has been made in the development of print, online and social media resources³⁰, but there is a lack of evidence of an actual agreed communication strategy which ties a set of key measurable objectives and actions together. There are many communication pathways, initiatives and programmes, and areas of excellent practice, but a defined overarching three-year communication strategy does not appear to have been comprehensively implemented.

It is recommended that an explicit communication strategy is developed that includes the bodies responsible for leading the completion of a particular action, and those responsible for implementing it.

Action 1 is assessed as partially completed.

5.2.3 Action 2 - Conduct an Annual Evidence Based National Physical Activity Promotion Campaign

This action aims to deliver an evidence-based annual national physical activity promotion campaign.

From 2018, successful campaigns have been run by Healthy Ireland, with physical activity as a core element, and new web presence and social media profiles have been established. Physical activity was promoted as part of the *Healthy Ireland Communications Campaign* – Healthy Ireland partnered with the NTA and the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media (DTCAGSM) to encourage people to make walking part of their daily commute in the *Walk and Ride* campaign³¹. Resources to promote physical activity, both outdoors and for those isolating indoors, were included during pandemic restrictions in the *In This Together* campaign.³² Healthy Ireland sponsorship of *Operation Transformation*, the

³⁰ E.g., Sport Ireland, < <https://www.sportireland.ie/participation/activities-for-all>> accessed May 2022.

³¹ Healthy Ireland, *NPA Implementation Summary 2019*, at 5.

³² Department of the Taoiseach, "Taoiseach launches #InThisTogether campaign for people to Stay Connected, Stay Active and Stay Mentally Well during COVID-19", Press release 24 April 2020.

weight loss and lifestyle series, is regarded as a success, with a reported 450,000 viewers in 2021.

Sport Ireland's *Keep Well* campaign had *Keeping Active* as one of its five themes, and Sport Ireland led a series of initiatives to support people in keeping active and exercising within our own local areas throughout the winter³³. There are a number of campaigns, with both a local and national focus, promoting the cause of physical activity, including the current *Let's Get Back* initiative and the relaunched *Healthy Ireland Communications* campaign. Although the activities associated with this action are ongoing, the proposed annual evidence-based national physical activity promotion campaign cannot be viewed as having been achieved.

Action 2 is assessed as not completed.

5.2.4 Action 3 - Develop the Get Ireland Active Website (www.getirelandactive.ie) as a 'One-Stop Shop' for Physical Activity

Action 3 seeks the development of the *Get Ireland Active* website - www.getirelandactive.ie - as an accessible 'one-stop shop' for physical activity.

The *Get Ireland Active* website was originally developed as a 'one stop shop' for physical activity with information and links to resources including sports and recreation facilities. In 2018, this site transitioned to the core HSE.ie platform. Promotion of physical activity is now integrated across all relevant HSE social media activity every month. Physical activity related posts are available on social media and further work has also been completed on the Sport Ireland and Healthy Ireland websites, providing additional resources and links to support sport and physical activity³⁴. This is an area of overlap between the NPAP and the HSE but the change of location of the website is effective from a promotional perspective of physical activity as a key element of general health, and incorporates physical activity into the other areas of health and the Healthy Ireland programme as a whole.

Action 3 is assessed as being subject to a change of the original identified action, although considerable progress has been made in terms of the stated aims.

5.2.5 Action 4 - Identify and Promote Existing Evidence-Based Best Practice that Promotes Increased Levels of Physical Activity

This action sets out the identification and promotion of existing evidence-based best practice, policy, programmes, initiatives and infrastructure that are promoting increased levels of physical activity.

Significant progress has been made in this area. There are various examples of programmes and initiatives which have been identified, including CarePALS - Physical Activity Leaders (PALs)³⁵ who have been trained to lead physical activities specifically in day and residential care settings; the *Men on the Move Programme* - a twelve-week community-based beginners physical activity programme for inactive adult men³⁶; and Community Sports and Physical Activity Hubs (CSHs). CarePALS is part of Age and Opportunity and benefits from co-funding

³³ Sport Ireland, <<https://www.sportireland.ie/keepwell>> accessed May 2022.

³⁴ Sport Ireland, <<https://www.sportireland.ie/participation/activities-for-all>> accessed May 2022.

³⁵ Age & Opportunity, *CarePALS*, <<https://ageandopportunity.ie/active/carepals/>> accessed May 2022.

³⁶ Sport Ireland, *Men on the Move*, <<https://www.sportireland.ie/YPB/MOM?>> accessed May 2022.

by HSE, Arts Council, and Sport Ireland to support older adults in terms of social engagement, creative arts, and physical activity.

Delays have unavoidably been experienced in the monitoring of key programmes due to the Covid-19 pandemic, but the future focus of the NPAP may be to build on this work and reset the goals for this Action in a SMART-based format in order that a clear scope for initiatives under existing surveillance are clarified. The objectives for this, in terms of promotion or research, are set in order that benchmarks can be established, and improvements targeted from these benchmarks. Work continues to support this activity and the ongoing identification of new initiatives should continue to be an objective for this Action.

Action 4 is assessed as completed.

5.2.6 Action 5 - Develop a Publicly Accessible National Sports / Recreation Facilities and Amenities Directory

Action 5 highlights the aim to develop a national sports / recreation facilities and amenities directory accessible by the public.

Work was undertaken in the early years of the NPAP delivery to host a database of facilities on the www.getirelandactive.ie website, but the site has since migrated to the HSE *Healthy Ireland* website. The key goal of this action is the storage of information on publicly accessible facilities and amenities, which is not catered for on the HSE site. There are useful resources available via Sport Ireland who host a repository of information about walking trails, although it is unclear as to how robust and up to date this information is.

Sport Ireland completed a pilot phase in establishing a base register and digital database for sport and recreation amenities in 2020, through support from Healthy Ireland. The pilot phase of the database showcased potential public and stakeholder uses of the system which generated greater stakeholder buy in.

The action is still being developed and is formally supported by both Healthy Ireland and Sport Ireland, and there has been significant funding to the area and a steering group involved from 2021 to 2022. It will also form part of DRCD's forthcoming National Outdoor Recreation Strategy.

Action 5 is assessed as partially completed.

5.2.7 Action 6 - Conduct an Annual National Week of Physical Activity and Sport to Link in with the European Week of Sport

This action requires leadership of a National Week of Physical Activity and Sport, conducted annually, to link in with the European Week of Sport.

The European Week of Sport has been running successfully, and remains ongoing, as an aligned National Week of Sport since the introduction of NPAP and has been growing from strength to strength. During 2020, 535 events took place nationally throughout the week including *#BeActive Paddle Day*, *National Walking Day*, and the *European School Sports Day*

as part of the 11 flagship events. Twelve Local Sport Partnerships (LSP) delivered innovative #BeActive events as part of *European Week of Sport 2020*³⁷.

Sport Ireland is the coordinating body, and this event has been successful even in the pandemic when most of the planned events were adapted to comply with the Covid-19 measures and took place in line with the most up-to-date public health guidelines. Many of the events were held online or virtually, with people encouraged to log their activities online. Sport Ireland completed a pilot phase in establishing a base register and digital database for sport and recreation amenities in 2020, with support from Healthy Ireland. *Active School Week* and other European-wide physical activity events are promoted during the *European Week of Sport*.

Action 6 is assessed as completed.

5.2.8 Action 7 - Raise Awareness Among Schools of Opportunities to Educate Through Physical Activity

Action 7 identifies the ambition to raise awareness among schools, particularly primary schools, of the opportunities available to educate through physical activity.

There has been evidence of the successful promotion of physical activity in schools, including a specific and targeted focus on primary schools, through the ongoing *Active School Week* and other initiatives. For example, the implementation of the *Junior Cycle Well Being Curriculum*, and the Active School Flag (ASF) programme³⁸. Strong cooperation with the Department of Education is a key strength of the programme, although much work is needed to improve the statistics of physical activity in secondary school students. *Active School Week* is a core component of ASF and there is currently an ASF post-primary pilot, led by the Department of Education, which has over 20 schools involved.³⁹

Ongoing awareness activities are brought into focus via CPD, ASF Inspections. Most ASF initiatives are designed to have cross-curricular learning potential, in particular the *Active School Walkway*, its associated cross-curricular challenges, and *Run Around Ireland*. Reportedly, the feedback from schools has been very positive in relation to the quality of the available resources and their usefulness in facilitating teachers to bring learning outdoors.

It is hoped that ASF will continue to provide a suite of relevant and accessible supports to raise awareness of education through physical activity.

Action 7 is assessed as completed.

³⁷ Sport Ireland, *European Week of Sport*, <<https://www.sportireland.ie/europeanweekofsport>> accessed May 2022.

³⁸ NCCA, *Junior Cycle Wellbeing Guidelines*, (Dublin, 2017).

³⁹ Active School Flag: <<https://activeschoolfag.ie/>> accessed May 2022.

5.3 Action Area Two - Children and Young People

5.3.1 Overview

Action Area 2 focuses on children and young people to enable learning towards the development of necessary skills for confident engagement with physical activity, and also to provide the opportunities to allow them to adopt an active way of life.

Physical activity is of critical importance in terms of the healthy growth and development of children and young people and represents an important role in their lives. It is vital that children and young people are able to develop the knowledge, skills, and behaviours that may underpin their lifelong commitment to physical activity and good health. Irrespective of the setting – school or community – it is well recognised that engaging children in the building of confidence to enjoy physical activity has the potential to positively impact on their health and wellbeing throughout their lives.

5.3.2 Action 8 - Guidance to Support Schools Under the Get Active! Framework

This action aims to develop guidance to support schools adopt and implement policies that promote the wellbeing of their communities under the *Get Active!* Framework.

During the first year of the NPAP, guidance was developed and put in place – *Get Active! Physical Education, Physical Activity and Sport for Children and Young People: A Guiding Framework*⁴⁰. This appears to be accepted and well regarded by teachers and schools. In 2017, the *Junior Cycle Wellbeing Programme* was launched, which committed to providing 300 hours to Wellbeing which includes PE, SPHE (Social, Personal and Health Education) and CSPE (Civic, Social and Political Education). In 2020, this programme extended the commitment to 400 hours.⁴¹ The Framework continues to promote physical activity through various means including, the PE curriculum and the *Active School Flag*.

Action 8 is assessed as completed.

5.3.3 Action 9 - Active School Flag Programme Extended to 500 Further Schools

Action 9 sought to extend the reach of the Active School Flag programme to 500 further schools over a five-year timeframe.

This action has been successfully completed and according to the most recent data, 2021 primary schools have engaged with the programme since inception, despite the impact of Covid-19 restrictions and school closures. There were a range of new initiatives aligned to this action that were implemented during the five years. These include *Run Around IRELAND*; *#FeelGoodFridays*; *Active Sitting Pilot*; *Accreditors' Awards*; and the Partnership with the Olympic Federation of Ireland.⁴²

The Active School Flag Post-Primary Programme (ASF PP) is currently in research and development phase, with the intention to continue the expansion of pilot schools in 2022.

⁴⁰ Department of Education, *Get Active! Physical Education, Physical Activity and Sport for Children and Young People: A Guiding Framework* (Dublin, 2020).

⁴¹ NCCA, note 38.

⁴² Active School Flag, note 39.

Action 9 is assessed as completed

5.3.4 Action 10 - Evaluate the Be Active After-School Initiative

The *Be Active After-School Initiative* aims to improve the physical activity patterns of school children by introducing them to a variety of activities in an inclusive, fun, supportive, and positive environment. This action set out the requirement for an evaluation of the initiative.⁴³

The evaluation of the programme was completed with positive findings, by Mary Immaculate College. Due to Covid-19 restrictions, work to deliver *Wellbeing through Physical Activity* training to schools – integrating components of *Be Active After School* programme – was delayed and is currently paused.

Action 10 is assessed as completed

5.3.5 Action 11 – Implementation of the Physical Education Curriculum for All Primary and Post-Primary Pupils

Action 11 provided a focus on the full implementation of the physical education curriculum for all primary and post-primary pupils, to meet Department of Education guidelines.

Due to Covid-19 restrictions and school closures, schools were unable to deliver the full physical education programme during recent times, although both primary and post primary schools are now able to fully implement the physical education curriculum, with the restrictive Covid-19 limitations no longer in place. During the pandemic, schools were provided with guidance to prioritise physical education and to deliver many aspects of the physical education curriculum, such as outdoor and individual activities that focus on fundamental movement skills and other key areas, in a safe and effective manner.

A national rollout of *The Senior Cycle Framework* commenced in 2020⁴⁴. The Leaving Certificate Physical Education specification is now a subject option for all schools, and a new specification for Junior Cycle Physical Education is currently subject to a public consultation exercise. It is also recognised that the phased implementation of the Senior Cycle Physical Education Framework continues to be supported by the Professional Development Service for Teachers.

Action 11 is assessed as completed.

5.3.6 Action 12 – Annual Evaluation of Teaching and Learning in Physical Education

This action sets out the requirement for the annual evaluation of the quality of teaching and learning in physical education in a sample of primary and post-primary schools.

Physical education is now included in the national programme of subject inspections (post-primary), curriculum evaluations, and whole school evaluations (primary). Although the inspection of physical education, and other curriculum areas at primary level, was paused during the restrictions associated with the pandemic, the Inspectorate is now re-engaging with the inspection of physical education and other curriculum areas in a phased manner.

⁴³ Sport Ireland, “Health Promotion Launch Be Active After School Activity Programme”, Press release 29 March 2011.
⁴⁴ NCCA, note 15.

Action 12 is assessed as completed.

5.3.7 Action 13 - Develop Professional Development in Physical Education

Action 13 seeks to develop and provide a programme of continuous professional development in physical education.

During the formative years of the NPAP, both primary teachers and post-primary teachers were able to attend a range of professional development events, such as gymnastics and dance workshops, and were supported by the development and testing of the required resources to enable the roll out of Fundamental Movement Skills. The Professional Development Service for Teachers (PDST) provided Continuous Professional Development (CPD) for both primary and post primary schools.

Although there have been inevitable delays to the delivery of the programme, due to Covid-19 restrictions, a programme of CPD for the new physical education specification is now in place⁴⁵.

Action 13 is assessed as completed.

5.3.8 Action 14 – Include Physical Activity in the Development of Plans of Children and Young People’s Services Committees

This action provides a focus on the inclusion of physical activity in the development plans of Children and Young People’s Services Committees (CYSPC).

In 2016, 27 CYPSC were established and have developed Children and Young People’s Plans (CYPP) with an emphasis on physical activity. There has been funding to enable the targeting of children and young people who are at most risk of experiencing health inequalities, and the continued support to deliver Healthy Ireland projects, as well as initiatives to support mental health and wellbeing, in the CYPSC local areas

The current status of CYPSC and the role of physical activity plans are unclear. Although there is evidence of completion during the early years of the NPAP, it is not possible to accurately assess the completion position.

Although there is evidence of progress with this action, the current status of Action 14 is assessed as partially completed.

5.3.9 Action 15 - Review the National Play and National Recreation Policies

Action 15 outlines the requirement for a review the National Play and National Recreation Policies and the development a new strategic direction for promoting physically active play.

A review of public policy on play and recreation in Ireland was concluded towards the end of 2016. Although it is reported that this review was due to be published in 2019, it is unclear if the recommendations in the report were acted on. Following the publication of *First 5, Strategy for Babies, Young Children and their Families, 2019-2028*⁴⁶, The Department

⁴⁵ Department of Education, *Physical Education Curriculum Specification*, (Dublin 2017).

⁴⁶ Government of Ireland, *First 5, Strategy for Babies, Young Children and their Families, 2019-2028*, (Dublin, 2019).

Children, Equality, Disability, Integration and Youth (DCEDIY) is supporting the ongoing mapping of playgrounds and Multi-Use Games Areas (MUGAs), together with current play policy. It is hoped that this will provide evidence to inform recommendations for future actions.

Although there is evidence of progress with this action, the current status of Action 15 is assessed as partially completed.

5.3.10 Action 16 – Inclusive Development and Implementation of Programmes

This action sets out the requirement for children and young people to be included in the development and implementation of programmes in which they are involved.

The consultation exercise, *Healthy Lifestyles Have Your Say: A consultation with children and young people*, was successfully completed in 2017⁴⁷.

CYPSC continue to engage with children and young people through consultations for their 3-year plans, and there is positive evidence of the ASF programme at primary school and post-primary schools enabling children and young people to directly influence the physical activity, games, and sport programmes made available to them. The ASF post-primary pilot involves transition year students in a school-by-school engagement initiative, in the design of the programme for their school.

The ASF is aligned with the *Wellbeing Framework and School Self-Evaluation* process and in accordance with the *Lundy Model for Participation*⁴⁸, provides young people with Space – Voice – Audience – Influence. The facilitation of ASF initiatives, such as whole school online surveys, can provide evidence to direct student-led action plans to increase participation in physical activity, within the school and local community setting.

Comhairle na nÓg reportedly provides ongoing and impactful benefits at a local government level. This structure across Ireland's 31 local authority areas, is designed to provide children and young people with a voice in decision-making on government policy, and in 2021, the government launched the Comhairle na nÓg Five Year Development Plan.⁴⁹

Action 16 is assessed as completed.

5.3.11 Action 17 - Conduct the Lifeskills Survey Every Three Years

Action 17 identifies the requirement for the *Lifeskills Survey* to be conducted every three years.

The *Lifeskills Survey* was last published in 2015 and it was subsequently renamed in 2018, the *Wellbeing and Lifeskills Survey*. The 2018 Survey was not completed as planned.

Action 17 is assessed as partially completed.

⁴⁷ Martin and Horgan, *Healthy Lifestyles Have Your Say: A consultation with children and young people*, (Department of Health, Department of Children and Youth Affairs, 2016).

⁴⁸ Laura, Lundy, "'Voice' is not enough: conceptualising Article 12 of the United Nations Convention on the Rights of the Child", 33 *British Educational Research Journal*, 2007.

⁴⁹ Department of Children, Equality, Disability, Integration and Youth, *Five year Development Plan* (Dublin 2021).

5.3.12 Action 18 - National Guidelines on Physical Activity for Early Childhood

This action sets out the requirement for the development of national guidelines on physical activity for young children, aged 0-5 years.

The development and delivery of a physical activity module as a core component of the *Healthy Ireland Smart Start (HISS)* programme to pre-schools, has been a significant resource. The HISS programme was expanded and revised to provide content for Early Learning and Care services from 0-5 years and a strategic policy level review of the programme was completed to inform future development and sustainability of the programme⁵⁰.

The launch of *First 5, Strategy for Babies, Young Children and their Families, 2019-2028*,⁵¹ provides a strategy to improve the lives of babies, young children and their families, and the resources associated with the *Active Play Everyday* initiative remain available free of charge. The roll out of further workshops across a range of ELC services with the National Childhood Network continues, despite being inhibited by Covid-19 restrictions.

Although there are strategic actions and ambitions towards the development of national guidelines set out in the *First 5* paper, there remains an absence of a set of agreed and explicit national guidelines on physical activity for young children, aged 0-5 years. The DoH Research Services and Policy Unit has completed an evidence-based paper providing details of research and guidance around developing physical activity guidelines for this age-group in Ireland, but currently, this has not resulted in national guidelines on physical activity for young children, aged 0-5 years being produced.

Although progress has been made in this area, Action 18 is assessed as partially completed.

5.3.13 Action 19 - Promotion of Physical Activity in Children as Part of Education and Training Programmes

Action 19 provides the basis for the inclusion of the promotion of physical activity in children, including through play, as an integral component of education and training programmes that lead to qualifications in early childhood care and education.

This action is reportedly an integral part of the Aistear framework; Aistear is the curriculum framework for children from birth to six years in Ireland. This is now widespread in early years education and the introduction of a second free preschool year has further increased the opportunities for learning and physical activity through play. *Active Play Everyday* resources remain available free of charge, the delivery of the HISS programme for pre-schools is maintained, and the ASF initiative continues to provide resources to support physical activity in classrooms, including through play as well as physical education and extracurricular sports.⁵²

Although there is good evidence of the promotion of physical activity in this area, it is unclear if the defined requirement for the programmes to lead to qualifications in early childhood care and education has been realised.

⁵⁰ National Childhood Network, < <https://www.ncn.ie/index.php/healthy-ireland-smart-start> > accessed May 2022.

⁵¹ Government of Ireland, note 46.

⁵² NCCA, *Aistear: The Early Childhood Curriculum Framework*, (Dublin, 2009).

As this cannot be accurately considered, given the absence of measurable data, Action 19 is assessed as partially completed.

5.3.14 Action 20 - Framework for Health Promoting Colleges Include Physical Activity

This action prioritises the development of a framework for health promoting colleges to include physical activity.

The HSE worked closely with DoH and Higher Education Institutes to develop and deliver the Higher Education Healthy Campus Framework and Charter for Health Promoting Colleges⁵³, based on international evidence and experience. Although the launch was delayed, due to Covid-19 restrictions, the Healthy Ireland Healthy Campus Framework was successfully launched in 2021 and it is reported that the development of implementation plans and roll-out is underway.

Action 20 is assessed as completed.

5.3.15 Action 21 – Development of an App to Support Senior Cycle Physical Education Assessments Through the Development of an App

Action 21 seeks to promote the assessment of physical education by facilitating teachers and students in managing the assessment dimension of senior cycle physical education, through the development of an App (for phones/tablets) and to trial the App with a number of schools in 2016.

Following prototype development and comprehensive reviews by the National Council for Curriculum and Assessment (NCCA), the App was trialled and further developed, with support from the University of Limerick. The *Phyz* App supports the Senior Cycle Physical Education curriculum and is now currently available on the Google Play and Apple App stores.

Action 21 is assessed as completed.

5.4 Action Area Three - Health

5.4.1 Overview

Action Area Three provides the action-based framework to enable the Health Service to promote greater awareness and understanding of the health benefits of physical activity and deliver programmes and initiatives to encourage increased participation.

Underpinning this range of actions is the premise that the Health Service has a pivotal role to play in providing leadership in the promotion of physical activity, through gaining and developing greater awareness and understanding of the role physical activity plays as part of a healthy lifestyle. Healthcare services can be instrumental in delivering programmes which promote, educate, support, and encourage physical activity generally.

⁵³ Healthy Ireland, *Healthy Campus Charter and Framework for Ireland 2020 - 2025*, (Dublin ,2020).

5.4.2 Action 22 – Core Training for Health Professionals: the Role of Physical Activity for Preventative and Treatment Interventions

Action 22 sets out the requirement for training on the preventative and treatment role of physical activity to be incorporated as a core component of undergraduate and in-service training for all health professionals.

A Brief Intervention Model, 'Making Every Contact Count' (MECC)⁵⁴, was developed, tested and refined in collaboration with Higher Education Institutes and professional training bodies, and is now implemented by the HSE. The MECC is an evidence-informed health behaviour change framework that sets out how interventions to support lifestyle behaviour change, are to be integrated into health services. The MECC approach was developed in recognition of that fact that, amongst the 30 million contacts the population has with health services annually, there is an opportunity to effect behavioural change where necessary.

The intervention focuses on four key areas - tobacco use, harmful alcohol consumption, physical inactivity, and unhealthy eating – and is supported by an action-focused implementation plan. This builds on MECC / Chronic Disease Prevention modules in 14 Higher Education Institutes as a component of undergraduate and graduate programmes for all healthcare professionals.

The Chronic Disease Prevention curriculum was developed, tested, and refined in collaboration with Higher Education Institutes, and continues to be implemented.

Action 22 is assessed as completed.

5.4.3 Action 23 - Intervention Model for Delivery of Physical Activity Advice

This action establishes the need for the development and implementation of a brief intervention model for the delivery of physical activity advice.

Aligned to Action 22, the early stages of the initiative focused on the development of online and blended learning training for MECC, awarding of tender for service provider, and the setting up of expert reference groups. A MECC Implementation Working Group was established to support health provider organisations, and a communications campaign started to assist the promotion of the training programme and increase staff awareness. Although there have been obvious challenges relating to the Covid-19 pandemic, the use of online and blended learning has enabled good progress.

There are realistic expectations of incremental increases in the delivery of CPD training as pressures related to the pandemic ease, with many healthcare professionals expected to complete the eLearning module, a further roll-out of Skills-to-Practice workshops, and an increase in the implementation learning sites over the coming three years.

Action 23 is assessed as completed.

⁵⁴ HSE, *Making Every Contact Count*, < <https://www.hse.ie/eng/about/who/healthwellbeing/making-every-contact-count/about/about.html> > accessed May 2022.

5.4.4 Action 24 – Development of local physical activity plans for four pilot areas

Action 24 seeks to develop local physical activity plans for four pilot areas as part of the National Healthy Cities and Counties Network.

Healthy Ireland and the National Healthy Cities and Counties Network has a focus on building the network and the development of Plans with Local Community Development Committees. This action does not seem to have progressed. Although the positive *Active Cities* initiative, funded by Sport Ireland, invests in sport and physical activity in five Irish cities, the explicit ambition for the development of local physical activity plans for four pilot areas has not come to fruition.⁵⁵

Although good progress is being made through the Active Cities initiative, Action 24 is assessed as not completed.

5.4.5 Action 25 - Develop and implement a pilot programme for the National Exercise Referral Framework

This action focuses on the requirement to develop and implement a pilot programme for the National Exercise Referral Framework.

The early stages of work required the mapping of existing services and activity within health services, and the mapping of pathways against MECC and Chronic Disease Self-Management Support pathways. A review of organisational readiness regarding the introduction of exercise referrals was completed, highlighting the issue of key systemic enablers not being in place to move to the design phase for an Operating Model. Resources are reported to have been prioritised towards the implementation of MECC and Self-Management Support Frameworks, and a Behaviour Change Patient Management System. The Support Framework has provided an initial focus on tobacco rather than physical activity, as highlighted in the NPAP progress reports, with scope for the addition of a physical activity module. However, the *Living Well Programme*, incorporating physical activity for people living with Chronic Disease, is being implemented across all Community Healthcare Organisations (CHO).⁵⁶

There is an aim to develop a framework through the *Physical Activity for People with Chronic Illness* project to support people living with chronic illness/conditions to increase physical activity through accessible, inclusive, and sustainable programming.

Although Sport Ireland aims to fund and support projects, such as the *True Transformation* project being undertaken by Laois Local Sport Partnership⁵⁷, and although there are many aligned and associated workstreams relating to exercise referrals, it is apparent that the piloting of a distinct National Exercise Referral Framework has not yet been realised. This action has not been completed.

Action 25 is assessed as being subject to a change of the original identified action.

⁵⁵ Sport Ireland, “€5.8 million in COVID-19 Supplementary Funding for Sport”, Press release, 21 December 2020.

⁵⁶ HSE, *Living Well Programme* <<https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/>> accessed May 2022.

⁵⁷ Laois Sports Partnership, < <https://www.laoissports.ie/laois-transformation/>> accessed May 2022.

5.4.6 Action 26 - Include Questions on Physical Activity Levels in Risk Factor Screening and Brief Intervention / Patient Education

Action 26 targets the inclusion of questions relating to physical activity levels as part of the risk factor screening and brief intervention / patient education process.

A pilot study to assess risk factor screening and recording in General Practice was completed as part of as part of MECC and was included as part of the Phase 2 implementation of the National Infant and Maternity Information System.

The Behaviour Change Patient Management System has been developed and implemented, with an initial focus on tobacco used; the expansion to include physical activity was delayed due to the restrictions of the Covid-19 pandemic.

The MECC dataset for Physical Activity is now aligned to SNOMED to support the integration into GP Patient Management Systems. It is apparent that questions on physical activity levels are now presented to service users in risk factor screening and brief intervention / patient education.

Action 26 is assessed as completed.

5.4.7 Action 27 - Review HSE Physical Activity Programmes and Workforce and Implement Recommendations

This action sets out the requirement for a review of HSE physical activity programmes and workforce, and the implementation of recommendations.

The HSE Health Promotion and Improvement (HP&I) organisational review and workforce planning and an audit of training, with identified recommendations, were concluded in 2016.

Alignment of the HP&I structure and workforce with Health Services operating model and the transition to a new organisational structure for Health & Wellbeing nationally and in CHOs, have been completed. However, the restrictions associated with the Covid-19 pandemic have inhibited progress towards the full implementation of recommendations arises from the review and audit.

Further work will progress towards the realisation of the recommendations, but currently, Action 27 is assessed as partially completed.

5.4.8 Action 28 - Develop National Guidelines on Sedentary Behaviour

Action 28 determines to develop agreed national guidelines on sedentary behaviour.

An initial scoping exercise was concluded, and an Evidence Base Hub established to address the development of the required guidelines. The *Healthy Ireland Survey 2019* and the *Children's Sport Participation and Physical Activity Study 2018 (CSPPA)*⁵⁸ were completed. CSPPA reported that 17% of primary and 10% of secondary school students are meeting the National Physical Activity Guidelines for Children; and the Healthy Ireland Survey reports that 46% of adults are meeting the National Physical Activity Guidelines.

⁵⁸ CSPPA, note 27.

The DoH Research Services and Policy Unit has submitted a comprehensive research and guidance paper, *An Evidence Brief on International Guidelines on Sedentary Behaviour*, around developing guidelines for Ireland⁵⁹. This paper has produced qualified and contextualised findings that will help to shape and finalise the required national guidelines on sedentary behaviour in Ireland. The paper highlights that since the publication of the NPAP in 2015 there is evidence of increased public policy recognition of the importance of reducing prolonged sedentary behaviour and suggests that public health guidance to reduce sedentary behaviour recognises the interaction between sedentary behaviour and physical activity in influencing health outcomes. In finalising national guidelines, it may be noted that the research paper also highlights that sedentary behaviour guidance documents typically provide specific recommendations to subpopulations and groups.

Although significant progress has been made with, Action 28 is assessed as partially completed.

5.4.9 Action 29 - Develop Guidelines, Materials, and Pathways to Promote Physical Activity for Mental Health Services and Disability Services

This action addresses the need for the development of guidelines, support materials and referral pathways to promote physical activity for organisations providing mental health services and disability services.

Trinity College Dublin were commissioned to develop guidelines and support materials for staff working with mental health and substance misuse presentations, and CARA submitted a proposal to HSE for a national physical education awareness and education programme for people living with disabilities. The review of health promoting programmes designed for people living with disabilities was completed in 2017 and *Let's Get Active* guidelines for mental health staff to promote physical activity with service users was published in 2018⁶⁰.

With regard to risk factor recording, Brief Intervention, and care planning, physical activity has been incorporated into the standardised Physical Health Assessment for all admissions to Adult Acute Mental Health Services. Sport Ireland and the LSPs Network rolled out a 4-week physical activity plan for people with a disability. A resource was developed by Sport Ireland, LSP Sport Inclusion Disability Officers (SIDOs), and CARA, to improve an individual's gross motor skills in a fun way while also helping people to reach their minimum recommended daily physical activity. As part of the *Keep Well* campaign Sport Ireland produced a series of exercise videos for children with autism.⁶¹

Progress has been hampered by pandemic restrictions, with for example a project to develop, deliver and evaluate the *Physical Activity Education Programme* in 10 adult disability day care services affected by pandemic regulations, closure of day-services, and re-deployment. A revised programme approach to support delivery in pandemic environment, rolled out across all services from Sept 2021.

Against difficult circumstances, significant progress has been achieved in the development of physical activity guidelines and materials. Ongoing focus may build on this work and expand the reach of activities and supporting materials.

⁵⁹ Department of Health, forthcoming.

⁶⁰ HSE, *Let's Get Active! Guidelines to support mental health service user to engage in physical activity* (Dublin, 2018).

⁶¹ Sport Ireland, <<https://www.sportireland.ie/keepwell/videos>> accessed May 2022.

Action 29 is assessed as completed.

5.4.10 Action 30 - Develop Guidelines to Integrate Physical Activity into Long-Term Care Planning and Practice

Action 30 seeks to develop guidelines required to integrate physical activity into long-term care planning and practice.

A model has been developed by *Go for Life*, the national Age and Opportunity programme for sport and physical activity for older people in Ireland, and this enables staff to deliver physical activity sessions within settings providing care to older people. Activities in long-term care are led by staff and volunteers called CarePALS (Physical Activity Leaders); Age and Opportunity's CarePALS workshops aim to empower staff and volunteers in day and residential care settings to lead suitable physical activities with older people.⁶²

The delivery of CarePALS training progressed well in 2018 and 2019, but no training was delivered in 2020 due to pandemic restrictions, and a revised CarePALS programme was delivered online during the second half of 2021. It is expected that the training programme will continue to expand its reach as the pandemic restrictions ease. The rollout of the national campaign *Get Up, Get Dressed, Get Moving*, is ongoing to promote physical activity at home, and in the community, residential care, and acute hospital settings, in any form that meets the needs and ability of the individual.⁶³

Action 30 is assessed as completed.



⁶² Age & Opportunity, < <https://ageandopportunity.ie/active/carepals/>> accessed May 2022.

⁶³ HSE, < <https://www.hse.ie/eng/services/list/4/olderpeople/get-up-get-dressed-get-moving/>> accessed May 2022.

5.5 Action Area Four - Environment

5.5.1 Overview

Action Area Four brings into focus the requirement for Ireland's natural and built environments to promote increased levels of physical activity. The promotion of the recreational use of the natural and built environment, and the initiatives that promote active transport, are considered to be the most practical and sustainable ways to increase physical activity as part of everyday routine.

It is recognised and accepted that access to appropriate facilities such as walkways, cycle paths and parks can provide, encourage or enhance the opportunities, support and choices for being physically active.

5.5.2 Action 31 - Develop Guidelines and Materials to Promote the Importance of Physical Activity for Those Developing the Built Environment

Action 31 targets the development of guidelines and support materials for those working in developing the built environment to promote the importance of physical activity.

The stakeholder forum *Connect, Collaborate, Create: Co-Designing Healthier Communities*, managed by the Departments of Tourism, Culture, Arts, Gaeltacht, Sport and Media (DTCAGSM) and Housing, Local Government and Heritage (DHLGH) and Sport Ireland, was established to focus on the built environment and its impact on health and wellbeing, sport and physical activity. It is unclear if this forum continues to provide outputs. The Royal Institute of the Architects of Ireland (RIAI) has produced guidelines *Town Toolkit*⁶⁴ based on Scotland's *Place Standard*⁶⁵.

Sport Ireland, in collaboration with the Irish Wheelchair Association, published *An Accessibility Guideline for Outdoor Areas*⁶⁶, produced a revised *Criteria for Walking Trail Development in Ireland* and led the #Outdoorsforeveryone national campaign, and published guidelines for an all-Ireland planning and development of Blueways.

There has been a 2020 update to the *Design Manual for Urban Roads and Streets (DMURS)*, including advice notes regarding Covid and prioritising temporary walking and cycling facilities.⁶⁷ Sport Ireland are reportedly developing updated cycle trail, water trail and horse trail criteria. In collaboration with the Blueway partnership, Sport Ireland are also involved in developing a consumer proposition which aims to engage and promote the use of Blueways in Ireland.

Although there is evidence of progress, this action may require greater leadership from built environment stakeholders, and is not yet complete.

Action 31 is assessed as partially completed.

⁶⁴ RIAI, *Creating Places for People: The RIAI Town and Village Toolkit* (Dublin, 2019).

⁶⁵ Public Health Scotland, < <http://www.healthscotland.scot/health-inequalities/impact-of-social-and-physical-environments/place/the-place-standard-tool>> accessed May 2022.

⁶⁶ Sport Ireland, IWA, *Great Outdoors: A guide for accessibility* (Dublin, 2018).

⁶⁷ DMURS, < <https://www.dmurs.ie/copy-of-what-is-dmurs>> accessed May 2022.

5.5.3 Action 32 - Develop and Promote Walking and Cycling Strategies in each Local Authority Area

This action determines the requirement for the development and promotion of walking and cycling strategies in each local authority area across Ireland.

In 2016, a survey of the 31 local authorities, with 25 responses, suggested that 23 have developed and promoted walking and cycling strategies. Similar surveys have been conducted but have resulted in poor response rates: in one year less than 50% of local authorities replied to the survey.

In 2018, Sport Ireland carried out 247 walking and cycling trail assessments and inspections, and delivered 7 training courses with 60 participants in relation to walking and cycling infrastructure. Sport Ireland also supported the development of sections of the EuroVelo 1 and 2 cycle routes in Ireland.

Reportedly, extensive work is ongoing to ensure walking and cycling strategies are central to City and County Development Plans, LECPs, Tourism Strategies, and LTPs; Sport Ireland continues to support local authorities with regard to walking and cycling strategies.⁶⁸

It is unclear how many local authorities have viable walking and cycling strategies in place, nor is it clear what support can be put in place to develop and promote them.

Action 32 is assessed as partially completed.

5.5.4 Action 33 - Ensure that the Planning, Development and Design of Towns, Cities and Schools Promotes Cycling

Action 33 seeks to ensure that the planning, development and design of towns, cities and schools promote cycling and walking with the aim of delivering a network of cycle routes and footpaths.

In 2016, a survey of the 31 local authorities, gained 25 responses, with 24 stating that their City and County Development Plan had policies to promote cycling and walking, with the aim of having a network of cycling routes and footpaths. Similar surveys have been conducted but have resulted in poor response rates.

The surveying of local authorities, typically attracting low response rates, has not produced a comprehensive picture of LA development of policies and objectives to promote cycling and walking.

The NPAP IG is now represented on the Town Centres First National Advisory Group, promoting and influencing walking and cycling participation.

Despite progress clearly having been made in some areas of this action, Action 33 is assessed as partially completed.

⁶⁸ Sport Ireland, *Walking Trails Criteria for Ireland*, (Dublin, 2020).

5.5.5 Action 34 - Ensure that the Planning, Development and Design of Towns and Cities Promotes the Development of Parks and Recreational Spaces

This action aims to ensure that the planning, development and design of towns and cities promotes the development of local and regional parks and recreational spaces that encourage physical activity.

There is reported to be significant progress in the promotion and development of recreational space and physical activity, with specific examples of local authorities undertaking ‘public realm strategies’; it is unclear as to how this is being measured. Sport Ireland provide support to local authorities in the development of LSPs. It is envisaged that the review of City/County Development Plans in 2021, will reinforce the strategic focus of parks and recreational infrastructure to promote physical activity across all local authorities.

There is a need to identify where a deficit of amenities and recreational facilities exist and how such communities may be better served. The current methodology of surveying does not appear to be delivering the evidence required to intelligently focus resources and support to local authorities.

Despite progress clearly having been made in some areas, Action 34 is assessed as partially completed.

5.5.6 Action 35 - Develop of Continuous Professional Development Programme on the Role of Physical Activity for Those Developing the Built Environment

Action 35 sets out the requirement for the development of a programme of continuous professional development on the role of physical activity for those working in developing the built environment.

It is noted that CPD is already provided to Planners and other professionals, by their professional Bodies. The DMURS includes physical activity and a Working Group led training and CPD events to promote this manual. The DMURS website was launched, and further developed as an information and education resource tool.⁶⁹

Sport Ireland develops and delivers education and training courses to support the development of walking, cycling and outdoor infrastructure, including the course, *Ecological & Heritage considerations for Outdoor Development*. It is reported that Sport Ireland will continue to develop and deliver such education and training opportunities.

Given the role of the DMURS resource in the CPD of professionals working in the development of the built environment, and the interventions of Sport Ireland towards the development and delivery of education and training opportunities, there is evidence that good progress has been made without yet achieving the stated aim of the action.

Action 35 is assessed as partially completed.

⁶⁹ DMURS, < <https://www.dmurs.ie/> > accessed May 2022.

5.5.7 Action 36 - Prioritise the Planning and Development of Walking and Cycling and General Recreational / Physical Activity Infrastructure

This action prioritises the planning and development of walking and cycling and general recreational / physical activity infrastructure.

In 2016, following inter-departmental, stakeholders and public consultations, the National Planning Framework, positive towards walking and cycling was published, and a cross departmental Steering Group formed. Project Ireland 2040 was launched as the policy and planning framework for social, economic, and cultural development and included a capital investment plan as set out under the *National Development Plan* (NDP) and the NPF. The NDP established four new funds: *Urban Regeneration and Development Fund* (URDF), *Rural Regeneration and Development Fund* (RRDF), *Climate Action Fund* (CAF), and *Disruptive Technologies Innovation Fund* (DTIF).⁷⁰

The NPF recognises the strong link between health and environment, and prioritises walking and cycling accessibility of both existing and proposed developments. There were 87 successful applications supported in Round 1 of the URDF.

Sport Ireland continues to support the DTCAGSM on the implementation of the National and Regional Greenway Plan, and has developed and published the *Walking Trail Criteria for Ireland*. EuroVelo routes in Ireland pass through 10 counties and, as reported in 2020, are complete in 8 of the 10 counties; funding applications have progressed for the final two counties.⁷¹

16 LA survey respondents provided details of support and prioritisation of the planning and development of walking and cycling and general recreational/ physical activity infrastructure, securing funding such as the *Large-Scale Sport Infrastructure Fund* (LSSIF) or *EU INTERREG*. In 2021, Sport Ireland updated cycling trail criteria, and Sport Ireland was due to work towards launching the Eurovelo route by summer 2021. The announcement of successful applications of second round of URDF was made in 2021.

Supported by focused funding streams, there is evidence of significant progress having been made in this area.

Action 36 is assessed as complete.

5.5.8 Action 37 - Explore Opportunities to Maximise Physical Activity and Creation Amenities in the Natural Environment

Action 37 identify the need to explore opportunities to maximise physical activity and recreation amenities in the natural environment.

In 2016, the projects funded under the *Smarter Travel Areas* (STA) and *Active Travel Towns* (ATT) programmes were completed. The majority of the greenway/cycle projects, funded by the National Cycle Network (NCN), were also completed. During 2018, the *Strategy for the Future Development of National and Regional Greenways* was launched, with a funding call gaining 22 applications from 16 local authorities and agencies, and a Steering Group formed

⁷⁰ Government of Ireland, < <https://www.gov.ie/en/campaigns/09022006-project-ireland-2040/>> accessed May 2022.

⁷¹ Sport Ireland, note 68.

to devise a Code of Best Practice for Greenways. During the following year, further progress was made on a number of Greenway projects, and the development of masterplans to promote the development of recreational space, including linking of existing greenway networks and parks.⁷²

Sport Ireland has supported the development of Blueways across the island of Ireland through the Blueway Partnership, with an accreditation process established. The Department of Rural and Community Development approved funding for 153 projects - development of trails, walkways, cycleways, greenways, Blueways, and mountain access routes - under the *2019 Outdoor Recreation Infrastructure Scheme*.⁷³

Throughout the pandemic, Sport Ireland developed the *Stay Local, Stay Apart & Stay Safe in the Outdoors* campaign⁷⁴ and published its new *Policy on Sport and Physical Activity in the Outdoors*⁷⁵, to create opportunities for everyone to participate in and enjoy sport and physical activity in the outdoors.

Other relevant achievements of Sport Ireland include:

- Sport Ireland Outdoors started an initial implementation phase addressing feasibility and functionality, to establish a National Database of Sport and Recreation Amenities in Ireland;
- Sport Ireland Outdoors launched a new digital trails inspection system. All Registration Inspections and Trail Audits will now be undertaken using this GIS-based system, and will also allow stakeholders to access live and accurate key data through online interactive dashboards;
- Sport Ireland leadership of the development of a National Digital Database of Sport and Recreation Amenities to promote facilities to the public, and to support the planning and development of physical activity and recreation amenities in the natural environment;
- Sport Ireland to provide CARA funding to deliver online training to provide planners and developers with information on how to make amenities in the natural environment more accessible for people with a disability; and
- Sport Ireland are updating cycling, water, and horse trail criteria to ensure the quality development of these outdoor facilities.

Significant progress has been in this area.

Action 37 is assessed as completed.

⁷² Department of Tourism, Transport and Sport, *Strategy for the Future Development of National and Regional Greenways*, (Dublin 2018).

⁷³ Department of Rural and Community Development, <<https://www.gov.ie/en/collection/90a66b-approved-funding-for-outdoor-recreation-projects/>> accessed May 2022.

⁷⁴ Sport Ireland, <<https://www.sportireland.ie/news/stay-local-stay-apart-stay-safe-in-the-outdoors/>> accessed May 2022.

⁷⁵ Sport Ireland, *Policy on Sport and Physical Activity in the Outdoors*, (Dublin 2020).

5.6 Action Area Five - Workplaces

5.6.1 Overview

Action Area Five highlights the valuable role employers have in the health and wellbeing of their workforce and provides guidance to enable employers to make it easier for people to be more physically active as part of everyday working lives.

Workplaces have an important role in encouraging and supporting opportunities for physical activity in daily lives, particularly given the length of the working day and considerable commuting times for many Irish people.

5.6.2 Action 38 - Develop a Framework for Workplace Health and Wellbeing Including Physical Activity

Action 38 provides a focus for the development of a framework for workplace health and wellbeing, including physical activity.

The development of a National Framework for Healthy Workplaces was commenced in 2016, overseen by a sub-group cochaired by the Departments of Health and of Jobs, Enterprise and Innovation. The Health Research Board drafted a report on Tools and Resources to support the implementation of Healthy Workplaces, and a draft report: *Accreditation Model for Healthy Workplaces in Ireland* was compiled by National University of Ireland, Galway in 2018.⁷⁶ Healthy Meeting Guidelines was also launched.

The Institute of Public Health completed a Profile on Worker Health in Ireland and finalised a report on Worker Health Outcomes during 2019. The National Healthy Workplace Framework, including physical activity, was launched in 2021, following updates to reflect the impact of Covid-19.⁷⁷

Action 38 is assessed as completed.

5.6.3 Action 39 - Develop a Toolkit for Employers to Provide Practical Guidance on Promoting Physical Activity at Work

This action identifies the need for the development of a toolkit for employers to provide practical guidance on promoting physical activity at work.

In partnership with the DoH, the development of a framework for the HSE Staff Health & Wellbeing Programme commenced. Progress on the development of the Healthy Workplaces Framework through HSE Staff Health and Wellbeing Programme was made in 2018, with the Healthy Meeting Guidelines and a toolkit to support smoke free work sites launched the same year.

It is reported that this action has not progressed and is due to be reviewed following the launch of the Healthy Workplace Framework in 2021.

⁷⁶ Healthy Ireland, <<https://www.gov.ie/en/publication/445a4a-healthy-workplace-framework/>> accessed May 2022.

⁷⁷ Healthy Ireland, *Healthy Ireland at Work: A National Framework for Healthy Workplaces in Ireland 2021 - 2025* (Dublin 2021).

Action 39 is assessed as not completed.

5.6.4 Action 40 - Continue to Support the Smarter Travel Workplace and Campus Programme

Action 40 proposes the continuation of support to the Smarter Travel Workplace and Campus Programme.

Smarter Travel Workplaces and Smarter Travel Campus are public awareness programmes working with employers and third level institutions to implement voluntary travel plans. There is evidence of incremental increases in partners over the past five years, including many large employers and the majority of the Irish universities and Institutes of Technology.

Although it is difficult to measure the support provided, Action 40 is assessed as completed.

5.7 Action Area Six - Sport and Physical Activity in the Community

5.7.1 Overview

Action Area Six provides a framework for actions to promote sport and physical activity in the community. The aim to facilitate local stakeholders to work together in order to promote active communities and increase physical activity levels among all members of the community, with a particular focus on disadvantaged areas, people with disabilities, older people, women and those who are otherwise socially excluded.

Community-based programmes may provide social benefits as well as health and wellbeing gains, as they connect and enable community resources and provide the environment for people to engage with their neighbours and community.

5.7.2 Action 41 - Continue to Support the Community Sport and Physical Activity Hubs in Disadvantaged Areas

This action aims to continue providing support to the Community Sport and Physical Activity Hubs in disadvantaged areas.

A Community Sports and Physical Activity Hub (CSPAH) is a group of local sports clubs and other local organisations working together to improve sports offered in their local community.⁷⁸

The CSPAHs have benefited from ongoing investment and expansion by Sport Ireland, delivered training and development courses to local community sports volunteers to increase the sustainability of the Hubs.

The number of CSPAHs has now increased to approximately 59, with two evaluations providing evidence of their positive impact, including:

- Increased access to sport and physical activity opportunities, delivered in welcoming and safe environments to people that face multiple disadvantages;

⁷⁸ For example, Mayo Sports Partnership, <<https://www.mayo.ie/sports-partnership/community-sports-hub>> accessed May 2022.

- Improved links between local organisations;
- Enhancement in skills and capacities; and anecdotally; and
- Improved health and social outcomes for people.

Significant progress has been made and Action 41 is assessed as completed.

5.7.3 Action 42 - Include Actions that Promote Increased Levels of Physical Activity in All Local Economic and Community Plans

Action 42 is concerned with the inclusion of actions that promote increased levels of physical activity in all Local Economic and Community Plans (LECPs).

Following a survey of Chief Officers of Local Community Development Committees (LCDCs) to determine if actions to promote physical activity have been included in LECPs, it was concluded that physical activity have been included in all LECPs. It is noted that the need for continued effort to deliver actions that promote increased levels of physical activity in all LECPs remains.

Action 42 is assessed as completed.

5.7.4 Action 43 - Rollout the Active Communities Walking Programme in all LSP Areas and Support Over 500 New Active Community Walking Groups

This action proposes the rollout of a new Active Communities Walking Programme in all LSP areas and support provided to over 500 new active community walking groups around the country under the *Get Ireland Walking* programme.⁷⁹

The Active Communities Walking Prog was initially rolled out over 24 counties through the LSP network, and when the *Get Ireland Walking Strategy* was launched, 100 new Active Community Walking Groups were launched in 29 LSPs. By 2020, there were 52 Active Community Walking groups, through the work of *Get Ireland Walking*, registered for the Active Community Waking Programmes throughout the LSP network. Unfortunately, these programmes were postponed due to the Covid-19 pandemic; however, *Get Ireland Walking* continued to support the 1,958 registered walking groups and clubs.

It is encouraging that *Get Ireland Walking* will continue to support walking clubs and groups in Ireland while supporting the development of new community walking groups.

Action 43 is assessed as completed.

5.7.5 Action 44 - Implement and Support Participation Programmes with a Focus on Disadvantaged Communities

Action 44 provides the need to implement and support participation programmes with a focus on disadvantaged communities.

There is evidence of significant funding gained from a range of sources, seeking to focus resources on disadvantaged communities. Sport Ireland, through increased investment in the

⁷⁹ Get Ireland Walking < <https://www.getirelandwalking.ie/> > accessed May 2022.

LSPs programme, aim to develop, expand, and rollout evidence informed projects targeting communities of disadvantage. Sport Ireland invested funding in communities of disadvantage to deliver 49 Community Sports Hubs, 15 Urban Adventure Initiatives, Volunteer Supports, Youth Leadership, NGB programmes, Get Ireland Walking, Running, Swimming, and Cycling programmes, and invested to maintain the full network of 29 Community Sports Development Officers (CSDOs). One example of projects in this area is Sport Ireland's Your Personal Best, targeting disadvantaged men over 40.⁸⁰ Many sport participation activities supporting both disadvantage and disability are provided through the support of the Dormant Accounts Fund.⁸¹

Despite the support and investment provided across the range of initiatives focused on the inclusion of disadvantaged communities, it remains difficult to quantify the implementation and outcomes gained.

Action 44 is assessed as partially completed.

5.7.6 Action 45 - Develop a physical activity for health culture through new Get Ireland Running, Get Ireland Cycling, Get Ireland Swimming initiatives.

This action sets out the ambition to develop a physical activity for health culture in Ireland through the development of new *Get Ireland Running*, *Get Ireland Cycling*, *Get Ireland Swimming* initiatives.

The Get Ireland Running, Cycling and Swimming Initiatives, co-funded by Healthy Ireland, were developed in conjunction with Athletics Ireland and support *The Daily Mile*; *The Daily Mile* is a simple project to get children out of the classroom with their classmates for 15 minutes every day to run or jog, at their own pace. The three initiatives have benefited from ongoing financial support from Sport Ireland and other funding streams, such as Women in Sport and Healthy Ireland. It is not possible to quantify if this level of funding is adequate, and it is also not possible to measure the impact of it, particularly with regard to the development of a health culture. Continued funding support to running, cycling, and swimming can be regarded as a positive action.

Action 45 is assessed as partially completed.

5.7.7 Action 46 - Strengthen and Enhance the Capacity of the LSPs to Further Develop Local Long-Term Sustainable Physical Activity Programmes

Action 46 addresses the need to strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes.

There have been significant levels of funding support to LSPs. Each LSP now has a minimum of four core staff, a coordinator, an administrator, a SIDO and a CSDO, and many have additional officers operating to develop physical activity opportunities in their communities. Sport Ireland is committed to employing additional officers across the LSP Network, and provides contextualised support through site visits periodically. Although there were challenges associated with the Covid-19 pandemic, a small grant scheme was designed by Sport Ireland to reduce the risk of Covid-19 infection in club and community sports settings.

⁸⁰ Sport Ireland, <<https://www.sportireland.ie/yypb>> accessed May 2022.

⁸¹ Sport Ireland, "€7.3m Boost for Sport and Physical Activity Measures", Press Release, 25 September 2020.

Additionally, the *Restart and Renewal Programme* fund was established to promote and develop new programmes that can advance sport and physical activity in the Covid-19 public health era.⁸²

It is positive that Sport Ireland has stated its intention to employ an evaluation manager to support the development of evidence-based investment, as currently the evidence of impact and outcomes from the resources are difficult to assess. However, there are indications that Action 46 has strengthened and enhanced LSPs to develop local long-term sustainable physical activity programmes.

Action 46 is assessed as completed.

5.7.8 Action 47 - Continue to Support the Work of the National Governing Bodies of Sport in Implementing Programmes to Promote Physical Activity

This action looks at the continuation of support to the National Governing Bodies of sport (NGBs) in their work to implement programmes promoting physical activity.

Funding has been secured and allocated to a range of initiatives including, Youth Field Sports, Women in Sport, and High-Performance Sport. Since 2016, Sport Ireland invested has specifically invested in a range of NGBs programmes related to both actions 47 and 48 of the NPAP; in 2020, a total of €13.8 million was allocated by Sport Ireland in Core Funding to nearly 60 NGBs. This investment reportedly contributes to the sustainable development of these sports bodies and enables the structures required to facilitate increased numbers of both participants in physical activity, and also volunteers across the sports concerned.⁸³

It is noted that the Healthy Ireland Fund also supports the *Healthy Club* project which aims to help GAA clubs to support the health and wellbeing of the members and communities they serve.⁸⁴

Action 47 is assessed as completed.

5.7.9 Action 48 - Develop Programmes to Address Transitions and Drop Out from Physical Activity and Sport

Action 48 highlights the need to develop programmes and initiatives to address transitions and drop out from physical activity and sport.

Funding has been secured and allocated to a range of initiatives including, Youth Field Sports, Women in Sport, and High-Performance Sport. Since 2016, Sport Ireland has specifically invested in a range of NGBs programmes related to both actions 47 and 48 of the NPAP; in 2020, a total of €13.8 million was allocated by Sport Ireland in Core Funding to nearly 60 NGBs. The Restart and Renewal Programme fund was established to promote and develop new programmes, and to reduce the risk of drop-out, that can advance sport and physical activity in the Covid-19 public health era.

⁸² Sport Ireland, "Sport Ireland invites applications from National Governing Bodies and Local Sports Partnerships under Covid-19 Grant Schemes" Press release 29 July 2020.

⁸³ Sport Ireland, *Annual Report 2020*, (Dublin, 2021).

⁸⁴ GAA, < <https://www.gaa.ie/my-gaa/community-and-health/healthy-club/>> accessed May 2022.

In 2021, Sport Ireland launched a Girls Get Active Hackathon which aims to capture and leverage the ideas and enthusiasm of the public to promote sport and physical activity among teenage girls, and potentially gather ideas to inform a number of pilot programmes targeted specifically at girls.⁸⁵

The continued funding of the various bodies and programmes is positive, but it is unclear if this has led to validated programmes and initiatives that address transition and drop out from physical activity and sport. The Hackathon of 2021 was an innovative project to inform future pilot programmes, and potentially provides a blueprint for further workstreams to strengthen the understanding of the reasons that typically underpin drop out from sport and physical activity.

Action 48 is assessed as partially completed.

5.7.10 Action 49 - Extend existing and developing physical activity programmes for people with disabilities and their families

This action identifies the requirement to extend existing and developing programmes for physical activity for people with disabilities and their families to enhance and deliver a comprehensive health and wellbeing programme.

In partnership with CARA, a review was conducted in 2016 of the Special Olympics Health Promotion Programme and other Health Promoting programmes, and in the following year, Sport Ireland launched a policy on Participation in Sport by People with Disabilities.⁸⁶

There has been ongoing support of the *I'm In Too* campaign in partnership with CARA, LSPs and NGBs; funding for various programmes and bodies, such as the *Sports Inclusion Disability Programme*, Special Olympics, Irish Wheelchair Association, Vision Sports Ireland and Deaf Sports Ireland; and support to a range of initiatives, such as *Fit for All* in conjunction with Ireland Active and the LSP network, promoting the National Sports Inclusion Disability Charter, targeting LSPs, NGBs and Clubs. The Healthy Ireland Fund has provided support and co-funding for various initiatives, including for the *Special Olympics Young Athletes Programme*.⁸⁷

Sport Ireland has invested to support the appointment and expansions of SIDO in all LSPs, has delivered financial support to Disability Sport NGBs, and provided funds to CARA to deliver on key objectives for the Sport Ireland Policy on Participation in Sport by People with Disabilities. The ASF programme is aligned to this action with robust inclusivity criteria that provides flexibility to special schools to ensure that they can engage with the ASF agenda.

Action 49 is assessed as completed.

⁸⁵ Sport Ireland, *Annual Report 2020*, note 83.

⁸⁶ Sport Ireland, note 16.

⁸⁷ Special Olympics Ireland, < <https://www.specialolympics.ie/sport/young-athletes-programme/> > accessed May 2022.

5.8 Action Area Seven – Research, Monitoring, and Evaluation

5.8.1 Overview

Action Area Seven provides an action-based framework to address the issues of research, monitoring, and evaluation of participation, policies and programmes relating to physical activity, in terms of increasing the efficiency and effectiveness of public measures.

Research, monitoring, and evaluation is vital both for describing the current levels of people meeting the recommended levels of physical activity and existing barriers to participation, and for developing a future direction of physical activity policies and programme delivery which is based on sound evidence. The overall objective of this action area is to monitor and track participation in physical activity throughout the population, understand the dynamics of participation in physical activity, introduce a more systematic approach to understanding the influence of policies and programmes on physical activity behaviour, and quantify the economic, social and other benefits of activity at a population level.

5.8.2 Action 50 - Establish a Systematic, Regular, and Long-Term National Surveillance System to Monitor Physical Activity Levels in Each Target Group

This action aims to establish a systematic, regular, and long-term national surveillance system to monitor physical activity levels in each of the target groups, including key performance indicators aligned with Healthy Ireland.

These include a number of mechanisms listed below:

- The ISM which is managed by Sport Ireland captures understanding of the sport and physical activity behaviours of adults across Ireland.⁸⁸
- The CSPPA gathers information about the sport and physical activity levels of children across the island of Ireland. It is managed at all island level by Sport Ireland and the Ireland arm is co-funded by DoH and Healthy Ireland, who are also represented on the steering group. The Northern Ireland arm also operates under Sport Ireland but within Northern Ireland, CSPPA is run and funded by Sport NI along universal guidelines. The most recent CSPPA was planned for 2021, but was delayed due to pandemic restrictions. The CSPPA study published in 2019 study was notable for being the first all-island examination of participation in sport, physical education, physical activity and sedentary behaviour, as well as the correlates and determinants of these behaviours among children and young people aged 10-18.⁸⁹
- The *Healthy Ireland Survey's Physical Activity module* comprehensively assesses adult physical activity. It is managed (under contract) by DoH to IPSOS MRBI and was adapted for computer assisted telephone interviewing (CATI) as a result of the Covid-19 pandemic. The latest versions of both were published in 2021.
- The Health Behaviours in School Aged Children (HSBC) study also collects physical activity data for school children. It is managed by DoH (under contract) to NUIG. This is

⁸⁸ Sport Ireland, note 10. Woods, et al. The Children's Sport Participation and Physical Activity Study 2018 (CSPPA 2018), (Limerick, Dublin, Belfast 2018).

⁸⁹ Woods, et al. The Children's Sport Participation and Physical Activity Study 2018 (CSPPA 2018), (Limerick, Dublin, Belfast 2018).

due for delivery again in 2022⁹⁰. *The Irish Longitudinal Study on Ageing (TILDA)* provides physical activity data on older people living in Ireland.⁹¹

- Additional national data include, *Growing Up In Ireland* and the *Irish Health Survey*⁹² – the Irish version of the *European Health Interview Survey (EHIS)* which provide more evidence around the levels of physical activity and sport participation amongst people living in Ireland.⁹³
- There has been an investment in the I-PARC, in support of *Get Ireland Active!* and the NPAP, to better understand the evidence relating to the implementation of effective interventions, towards the reduction of the population's levels of inactivity. It is an all-island effort and links practitioners with policy makers and researchers.

It is noted that the NPAP Research Subgroup recognised that using one instrument to collect physical activity data, such as a survey, would not be feasible. The Research Subgroup has utilised their expertise to compile baselines for relevant existing survey instruments and monitors planned waves of all relevant studies to assess progress. The role of the Subgroup provides a pivotal resource, based on a real-world understanding, in ensuring national surveillance physical activity levels in each of the target groups, including key performance indicators.

There is the foundation of a solid system in place, baselines have been established, and updates are happening. There is evidence of intelligent adaptation to the current mechanisms available to develop a regular national surveillance system, but more evolution is needed so that all elements are coordinated and synchronised, and that the role of each element within the system is clear, with a clear forecast of when results are available for the system as a whole.

Action 50 is assessed as partially completed.

5.8.3 Action 51 - Establish Baseline Figures on Physical Activity and Sedentary Levels for Each of the Target Groups

Action 51 requires the establishment of a set of baseline figures on physical activity and sedentary levels for each of the target groups.

This range of studies, surveys, and surveillance mechanisms employed on a national level are set out in the previous subsection, in response to Action 50 of the NPAP. These initiatives, although not yet established as a systematic, regular, and long-term national surveillance system, produce robust data and evidence of trends and impact of the various programmes. The studies report on physical activity levels, and a number of them also include questions on sedentary behaviour. Sport Ireland rolled out a population monitoring survey initiative during 2020 to understand the impact of the Covid-19 pandemic on sport and physical activity, which provided strong evidence of the effects of the pandemic on physical activity participation.

Despite the strength of the data collected, it remains unclear to what extent the baseline figures on physical activity have been gathered, and what gaps exist or groups excluded.

⁹⁰ NUI Galway, <<https://www.nuigalway.ie/hbsc/>> accessed May 2022.

⁹¹ Trinity College Dublin, <<https://tilda.tcd.ie/>> accessed May 2022.

⁹² Central Statistics Office, <<https://www.cso.ie/en/statistics/health/irishhealthsurvey/>> accessed May 2022.

⁹³ Economic and Social Research Institute, <<https://www.growingup.ie/>> accessed May 2022.

Although encouraging progress has been made in this area, and baseline information has been established for the target groups, further clarification of the baselines needs to be done to establish the frequency of the production of the results for the targeted groups, and to make these results directly relevant to the NPAP actions and target groups. Action 51 is assessed as partially completed.

5.8.4 Action 52 - Establish a Research Programme to Inform Policies Aimed at Improving Physical Activity Levels in Each of the Target Groups

This action targets the creation of a research programme in order to inform policies aimed at improving physical activity levels in each of the target groups.

The NPAP Research Subgroup was established in 2017 to establish the research programme. The Subgroup, Sport Ireland, DTCAGSM, and Healthy Ireland provide backing to various research groups in terms of supporting applications that will further research into the effectiveness of Health Enhancing Physical Activity (HEPA) interventions. These include the I-PARC grant – with aims to develop a Standard Evaluation Framework, *Move for Life* - supported by the HSE - designed to trial a sustainable approach to physical activity participation by older adults through peer mentorship, *Healthy and Positive Ageing Initiative* (HaPAI) – supported by Healthy Ireland and Atlantic Philanthropies, and the *Healthy Ireland Demonstration Project* (HIDP) – trials interventions in teenagers regarding healthy eating and physical activity. NPAP implementation group members completed the WHO Country File, feeding into the international policy context.⁹⁴

The research data has led to initiatives to target the less active groups. Interventions include two by the Economic and Social Research Institute (ESRI) on behalf of Sport Ireland, one that targets mothers of pre-school children, and the other targeting 6th-year students, particularly these cohorts who are in lower socio-economic groups.⁹⁵

The Health Enhancing Physical Activity Policy Audit Tool (HEPA PAT) version 2 was completed in 2019⁹⁶, and the following year Sport Ireland commissioned a behavioural science-based intervention focusing on sport and physical activity in disadvantaged communities. Forums that encourage research collaboration, such as the *All Island Physical Activity and Ageing Group*, facilitated by the Institute of Public Health (IPH), connect academics and policy makers across the island of Ireland, and provide continued focus towards research and policies aimed at improving physical activity levels.

Action 52 is assessed as completed.

5.8.5 Action 53 - Develop a National Database for Sharing Evidence-Based Practice and Programmes

Action 53 identifies the requirement to develop a national database to enable the sharing of examples of quality evidence-based practice and programmes.

⁹⁴ WHO, < https://www.euro.who.int/__data/assets/pdf_file/0004/288112/IRELAND-Physical-Activity-Factsheet.pdf> accessed May 2022.

⁹⁵ ESRI, note 91.

⁹⁶ Gelius et al, "The added value of using the HEPA PAT for physical activity policy monitoring: a four-country comparison", 19(1) *Health Res Policy Syst.* 2021.

The HEPA PAT was submitted to the WHO in 2018.⁹⁷ Sport Ireland produced a database in 2019 which aims to capture the effectiveness of physical activity programmes and initiatives. Also, the I-PARC project continues to develop and refine a Standardised Evaluation Framework (SEF) that will allow for key information regarding physical activity and interventions to be collected and shared.

Through the roll out of a systemic evaluation protocol, Sport Ireland has developed a comprehensive database which captures the effectiveness of large numbers of physical activity programmes and initiatives across a broad range of demographic cohorts, environments, seasons, and geographic locations.⁹⁸

Action 53 is assessed as completed.

5.8.6 Action 54 - Develop an SEF for Publicly Funded Programmes Designed to Increase Physical Activity Levels

The development of an SEF for publicly funded programmes designed to increase physical activity levels is the focus of Action 54.

Sport Ireland is a key partner with I-PARC in the development of the SEF, with the aim of building interventions based on the results. It is envisaged that the SEF will facilitate end-users in assessing, improving and communicating the effectiveness and usability of their physical activity interventions; it will also assist policy-makers and funding mechanisms in evidence-based decision making for publicly funded programme development.

Sport Ireland expects to be able to integrate the I-PARC SEF into its existing evaluation systems following the completion of the SEF. Because I-PARC brings together researchers, policy makers and practitioners connected to the physical activity agenda, they and the completion of an SEF will represent a critical role in the development of evidence-based and effective physical activity interventions and successful implementation strategies.

Although the development of the SEF is at an advanced stage, having benefited from public consultation, workshops, and continued focus groups, Action 54 is assessed as partially completed.

5.8.7 Action 55 - Research into the Economic Costs of Inactivity in Ireland / Benefits of Investment in Physical Activity as a Preventative Strategy

Action 55 asks for research to be conducted into the economic impact of physical inactivity in Ireland, with the potential benefits of investment in physical activity as a preventative strategy.

Sport Ireland commissioned Sheffield Hallam University in 2020 to research and assess the economic, health and social value of Sport in Ireland, the report *Researching the Value of Sport in Ireland* was published in 2021.⁹⁹

The results of this research demonstrate the importance of sport and physical activity to the Irish economy and shows that sport and physical activity generated significant consumer expenditure, gross value added, and employment for Ireland in 2018. This report also

⁹⁷ *Ibid.*

⁹⁸ Sport Ireland, note 83.

⁹⁹ Sport Ireland, *Researching the Value of Sport in Ireland*, (Dublin, 2021).

asserted that sport and physical activity has a measurable and substantial impact on the physical and mental health of participants in Ireland who achieve the National Physical Activity Guidelines of 150+ minutes per week. The health benefits provide further evidence of the importance of promoting regular physical among the general population and incorporating it into routine medical care.

Action 55 is assessed as completed.

5.9 Action Area Eight - Implementation through Partnership

5.9.1 Overview

Action Area Eight provides direction and structure towards the requirement for leadership, co-ordination, and oversight, including representation from key stakeholders, to drive the implementation of the NPAP.

Clear vision, leadership, partnership, and coordination are of critical importance to the realisation of the NPAP. This is described as requiring a concerted effort across central and local government, in the community and voluntary sector, supported by education, the business community and others. The aim is to ensure that better results are obtained from existing programmes and resources, that reform occurs where necessary, and that support is given to the development of new partnerships.

5.9.2 Action 56 - Establish a Cross-Sectoral Group to Oversee the Implementation of the Plan

This action determines the necessity to establish a cross-sectoral group to oversee the implementation of the NPAP.

A cross-sectoral group was established in 2016 and has benefited from regular meetings during each year of the NPAP. The group has provided leadership and co-ordination to the implementation of the NPAP, and has published progress reports, detailing the activities and outcomes against each action, on an annual basis.

Action 56 is assessed as completed.

5.9.3 Action 57 - Identify existing Resources Across All Sectors That Support Physical Activity

Action 57 sets out the requirement for the identification of existing resources across all sectors that support physical activity.

The establishment and work of the array of groups and stakeholder bodies, including the Implementation Group, Children and Young People Subgroup and the Research Subgroup, and the collaborative and comprehensive consultative work that continues to be undertaken by I-PARC, has facilitated the work underpinning this action. The HEPA PAT, which documents a wide range of cross-sectoral supports available for physical activity in Ireland, and a submission for the 2018 Physical Activity Factsheets were submitted to the WHO.¹⁰⁰

¹⁰⁰ WHO, *Ireland Physical Activity Factsheet*, (Geneva, 2018).

Data with regard to physical education facilities in post-primary schools is collected through the yearly returns survey by the Department of Education, and work continues on the Facilities Database, supported by Sport Ireland and Healthy Ireland. The data and information collected is now linked with the GIS mapping system.

Although it is not possible to state categorically that all existing resources that support physical activity have been identified, significant progress has been in this area.

Action 57 is assessed as completed.

5.9.4 Action 58 - Explore New Funding Mechanisms, Both Public and Private, for Organisations Promoting Physical Activity and Sport

This action asks for the exploration of new public and private funding and investment mechanisms for organisations promoting physical activity and sport.

In 2016, the *Sports Policy Consultation* was launched as a means of engaging with relevant stakeholders and gathering information, and the following year the Healthy Ireland Fund was established, with funding awarded to LCDCs and CYPSCs in support of key actions identified in LECPs, national policies and Healthy Cities and Counties Network. Strand 2 of this Fund is allocated to support national actions via statutory agencies; the Special Olympics, Great Dublin Bike Ride, National Fitness Day, Operation Transformation, *Get Ireland Swimming*, *Get Ireland Walking*, *Get Ireland Cycling*, *Cycle Right* and CSPPA etc. This Strand funds national actions to support the NPAP through Sport Ireland and via support for the ASF programme. The *Healthy Ireland at Your Library* programme receives funds to enable a new Healthy Ireland initiative to provide local 'go to' supports around health and wellbeing, through the national network of over 300 libraries.

The New National Sports Policy 2018-2027 commits to almost double the funding for sport by 2027. In addition to support for early childhood and the education sector, the HSE provides significant support for Age and Opportunity and for LSPs. Sport Ireland invests in LSPs and NGBs, Age and Opportunity. *Go For Life* programme, and CARA. Sport Ireland is also involved in the *Survey of Health, Ageing and Retirement in Europe* (SHARE) project, focussing on accessing funds for sport and physical activity through the European Structural and Investment Fund (ESIF).

There is currently an array of funding streams and mechanisms available to organisations in Ireland seeking to promote sport and physical activity.

Action 58 is assessed as completed.

5.9.5 Action 59 – Development of a Stakeholder Communication and Engagement Programme, Including an Annual Stakeholder Engagement Forum

Action 59 aims to develop a programme of ongoing stakeholder communication and engagement to ensure delivery of the NPAP, including an annual stakeholder engagement forum.

A range of pertinent and accessible meetings and events have evolved over the lifecycle of the NPAP, enabling stakeholder influence, engagement, and communication. From the NPAP

Implementation Group, and important meetings of the NPAP Sub-groups, to Sport Ireland facilitated events and LSP CSDO and SIDO network meetings, there is evidence of ongoing focus and prioritisation of the maintenance of productive communication and commitment-focused pathways. I-PARC's Practitioner and Research Advisory Groups continue to provide useful guidance and insight in this area, with the latter benefiting from international research experts such as Scotland, the Netherlands and Australia.

Although there have been significant challenges associated with the Covid-19 pandemic, meetings and events have continued to be held via remote means, ensuring the focus of the NPAP is held by stakeholders.

Progress has been made in this area, but the programme and annual stakeholder engagement forum is yet to be realised.

Action 59 is assessed as partially completed.

5.9.6 *Action 60 - Carry Out a Review of the Targets and Actions of This Plan Three Years Following Publication*

This action determined the requirement for a review of the NPAP, following three years after its launch.

The planned review was originally scheduled for 2019 and then moved to 2020. In 2020 the review was delayed due to the Covid-19 pandemic and was set to be progressed in 2021; the NPAP IG agreed to extend the NPAP until at least the end of 2021. This paper represents the review identified in this action, although it is not within the timeframe initially set.

Action 60 is assessed as being subject to a change of the original identified action.

5.11 Heatmap Analysis

A further breakdown of results is provided below.

Overall, there has been significant progress in full completion of 54% of the planned actions for the timeframe under review, with a minimal number of not completed actions. We categorised 38% of the actions as partially completed, and for many of these, considerable progress has been made.

We have noted that improvements could be made in the measurability of these actions, which would enable more accurate, relevant, and focused reporting of the extent of the progress made.

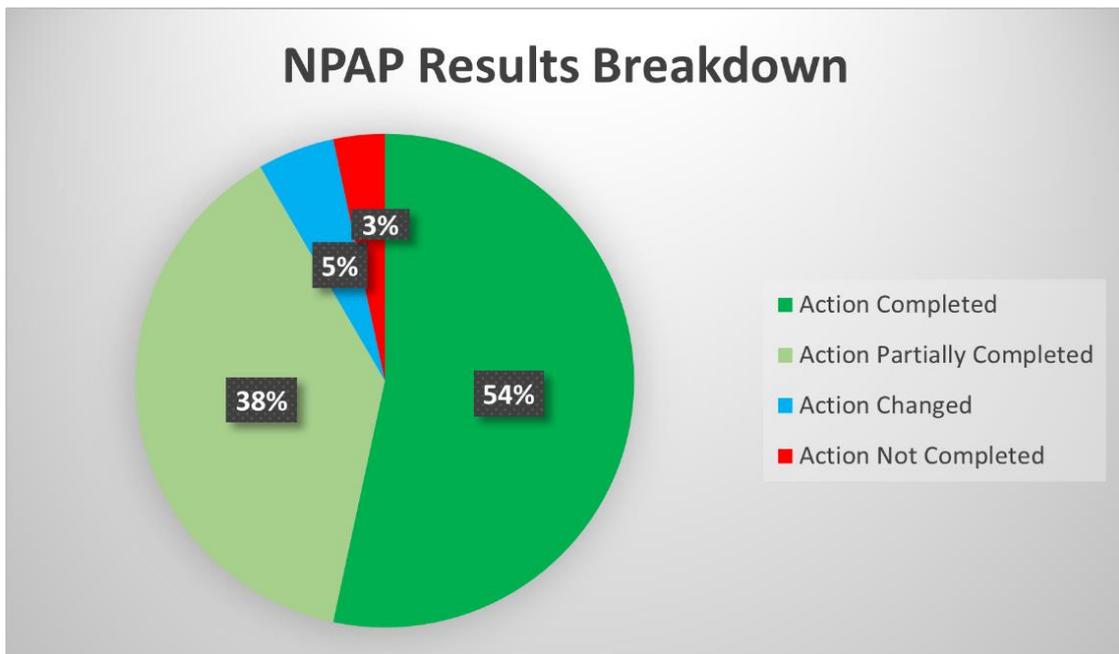


Figure 2: NPAP Results Breakdown

5.12 Overlap Analysis

Unfortunately, due to the paucity of data and information, the review team has been unable to provide meaningful conclusions in terms of conducting overlap analysis. In particular, the quality of evidence and opinion gained through the stakeholder feedback exercise, did not support the levels of rigour required to deliver the analysis with meaningful and reliable results and conclusions.

Given the range of stakeholder bodies and funding streams directly and indirectly concerned with sport and physical activity initiatives and programmes in Ireland, it is inevitable that a degree of overlap in terms of resources and actions will result. In particular, the NSP sets out the public policy framework for the development of sport and physical activity in Ireland, and Sport Ireland is the statutory agency responsible for the promotion and development of sport in Ireland. There are strategic and analytical themes and consistency between the NPAP, NSP, and Sport Ireland and greater levels of collaboration between them will facilitate the realisation of shared goals and outcomes.

It is recognised that many of the NPAP actions have been achieved due to the commonality with other programmes, such as the notable work of the LSPs, and there are inevitable features of crossover between the NSP's 57 actions that need to be reconsidered when building the NPAP 2022 - 2026. However, this should not detract from or dilute the overall purpose and function of the NPAP, which should continue to represent the overarching purpose of increasing physical activity in Ireland.

6 Comparator Review

6.1 Overview

6.1.1 Selection of Comparators

For the purposes of carrying out this overview of comparable countries to Ireland it was felt that while it was necessary to review countries that had comparable national plans in place, it was also important to look to countries which have generally similar conditions as Ireland.

It was considered appropriate to benchmark against countries of similar populations, demographic profiles, climate, and economic circumstances, but with some tolerance allowed for divergence on one or another of these factors for each of the comparator countries. It was also considered appropriate that while other European countries would be the most natural comparators, one exemplar from further afield would also be illuminating.

To that end, Denmark, the Netherlands, and New Zealand were chosen by the review group.

	Ireland	Denmark	Netherlands	New Zealand
Population (2020)	4,818,690	5,752,126	17,059,560	4,743,131
Population Density (per km ²)	69	133	457	18
Dependency Ratio	55	57	56	56
Average Temperature (Summer) (Degrees Celsius)	15.2 (July)	17.9 (July)	18.0 (July)	20.0 (February)
Average Temperature (Winter) (Degrees Celsius)	4.7 (January)	0.8 (January)	3.9 (January)	11.5 (July)
HDI ¹⁰¹	0.944	0.933	0.93	0.921
GINI coefficient ¹⁰²	31.4	28.2	28.1	32.5

Table 1: General comparison data - Ireland, Denmark, The Netherlands, and New Zealand¹⁰³

6.1.2 Demographics

Ireland, Denmark, and New Zealand's populations are comparable, between 4.9 and 6 million, while the Netherlands is somewhat larger at approximately 17 million people. By demographic profile the population of Ireland is slightly younger, with a lower dependency ratio. Dependency ratio divides the population of countries into those aged between 15 and 64 (deemed to be of working age) from those younger and older (deemed to be dependent). For a study of physical activity, this metric is useful as it compensates for the differences of physical activity levels posed by younger and older populations.

¹⁰¹ Human Development Index is a metric used to compare quality of life standards: <<https://hdr.undp.org/en/content/human-development-index-hdi>> accessed April 2022.

¹⁰² GINI coefficient is a metric of income equality compiled by the World Bank: <<https://data.worldbank.org/>> accessed April 2022.

¹⁰³ Economic and demographic information: World Bank Data <<https://data.worldbank.org/>> accessed April 2022.

6.1.3 Climate

All three comparator countries have similar, temperate oceanic climate conditions to Ireland's with average temperatures between 5 and 20 degrees most months of the year and similar average rainfall.¹⁰⁴ This comparator is important as many of the forms of activity monitored are necessarily outdoors, including active transport and organised sports.

6.1.4 Economic and Development

Economic barriers to physical activity are an ongoing concern as will be highlighted in all four countries. It was important to ensure that the comparator countries were similar to Ireland in terms of economic development. The Human Development Index (HDI) is a metric compiled annually by the United Nations which seeks to compare quality of life standards across the world. The highest possible rating is 1.0, with 0.0 the lowest. 2022 HDI figures place Ireland as 3rd overall globally, with a HDI of 0.944. The Netherlands (9th 0.933), Denmark (10th 0.93), and New Zealand (14th 0.921) are very close comparators in these terms and all rank in the 'very high' HDI tier.¹⁰⁵ Income distribution is measured by the GINI coefficient which would present perfect equality with a score of 0, and perfect inequality with a score of 1.¹⁰⁶

6.2 National Policies

6.2.1 Denmark

In 2014 the Danish Parliament launched a political agreement on sports which is still in effect.¹⁰⁷ The headline goals of this agreement include that 75% of the Danish population will take part in sport by 2025. While this policy focused on sports participation it provoked the adoption of the Danish national plan for physical activity most directly comparable to NPAP, *Move for Life*. This plan has a much broader objective, to make Denmark the most active nation in the world and is a partnership between the Danish Gymnastics and Sports Associations (DGI) and the National Olympic Committee and Sports Confederation (DIF), with financial support from private organisations Nordea and TrygFonden. The policy operates in association with, but not directly under, the auspices of any of the relevant ministries.¹⁰⁸

This policy is evaluated annually during its ten-year period in force and is continually used as a reference point in ongoing sectoral analyses by the Danish Sports Analysis Institute which are publicly available.¹⁰⁹ A National Health profile is published every four years approximately which provides data for overall trends in this area.¹¹⁰ There is no national surveillance body with responsibility for overall coordination of activity policy.¹¹¹

¹⁰⁴ World Bank, Climate Change Knowledge Portal <<https://climateknowledgeportal.worldbank.org/>> accessed April 2022.

¹⁰⁵ UN <<https://hdr.undp.org/en/content/human-development-index-hdi>> accessed April 2022.

¹⁰⁶ World Bank: <<https://data.worldbank.org/>> accessed April 2022.

¹⁰⁷ Kulturministeriet, *Politisk stemmeaftale om idræt*, 6 May 2014

<https://kum.dk/fileadmin/_kum/2_Kulturomraader/Idraet/Politisk_stemmeaftale_om_idraet_2014.pdf> accessed April 2022.

¹⁰⁸ Bevæg dig for livet <<https://www.bevaegdigforlivet.dk/>> accessed April 2022.

¹⁰⁹ Idrættens Analyseinstitut <<https://www.idan.dk/vidensbank/>> accessed April 2022.

¹¹⁰ Sundhedsprofilen 2021 <<https://www.sst.dk/da/Sundhedsprofilen>> accessed April 2022.

¹¹¹ WHO, *Denmark Physical Activity Factsheet*, (Geneva 2021).

6.2.2 The Netherlands

There is no single physical activity policy in the Netherlands, but the Ministry for Health publishes and monitors several distinct policy areas including Sport and Physical Activity Close to Home, which promotes active transport, grants for sports and fitness organisations, and community groups. A National Prevention Agreement seeks to reduce tobacco use, obesity and alcohol consumption. Among the objectives in this agreement is to increase the number of people who meet physical activity guidelines. It targets healthcare and school settings and is primarily implemented at the local government level.¹¹²

The National Sports Agreement¹¹³ and Bike Agenda¹¹⁴ both recognise the low participation in physical activity by people with disabilities, low socio-economic status, and immigrants and refugees is low compared to the population as a whole. The agreement seeks to promote inclusive sports and exercise and representation as board members, trainers, and volunteers as well as participation.

6.2.3 New Zealand

There is no single national activity plan for New Zealand, but a variety of individual policies targeted at individual groups. There does not appear to be a distinct oversight body with responsibility for these policies. Sport New Zealand and the Ministry of Health take general responsibility for sports participation and good health outcomes respectively with targeted plans in place for specified groups of people or regions.¹¹⁵ For instance, there is a Childhood Obesity Plan under the auspices of the Ministry of Health, which itself is a subsection of the policy framework *Raising Healthy Kids*.¹¹⁶

Sport New Zealand carries out an annual survey, Active New Zealand, which is published annually¹¹⁷. This survey informs sectoral analyses, including recent publications *Spotlight on Disability*¹¹⁸, *Spotlight on Deprivation*¹¹⁹, and Spotlights on particular age groups. This survey is carried out by an independent research firm and samples are created and consulted on a monthly basis.

6.3 Sources

6.3.1 Context and Challenges

There is no single agreed metric for physical activity across the four chosen countries, and nor is there an agreed definition for the countries' minimum physical activity guidelines. While generally similar and in line with OECD recommendations, this presents a challenge for analysis at this level. It is apparent that countries report levels of physical activity in different ways.

¹¹² WHO, *Netherlands Physical Activity Factsheet*, (Geneva 2021).

¹¹³ Ministerie van Volksgezondheid, Welzijn en Sport, *Sportakkoord*, (Den Haag, 2018).

¹¹⁴ Tour de Force 2020, *Bicycle Agenda 2017 – 2020* (Hilversum, 2017).

¹¹⁵ Smith et al., *New Zealand's 2018 Report Card on Physical Activity for Children and Youth* (Auckland, 2018).

¹¹⁶ Ministry of Health, "Raising Healthy Kids health target starts 1 July", Press Release, 1 July 2016.

¹¹⁷ Sport New Zealand, < <https://sportnz.org.nz/research-and-insights/surveys-and-data/active-nz/> accessed April 2022.

¹¹⁸ Sport New Zealand, <<https://sportnz.org.nz/resources/spotlight-on-disability/>> accessed April 2022.

¹¹⁹ Sport New Zealand, <<https://sportnz.org.nz/resources/spotlight-on-deprivation/>> accessed April 2022.

The European Union’s EuroStat helpfully publishes factsheets on the theme of physical activity in collaboration with the WHO, but these are diverse in that they reflect the different methodologies of collecting and reporting these statistics. For the purposes of this review, there was no such factsheet available for New Zealand.

The Active Healthy Kids Global Alliance, an international NGO established in 2014, commissions score cards for countries performances against ten parameters under the theme of children’s physical activity. This includes New Zealand but is only of limited applicability to the broader issues of physical activity across society.

To complete this analysis therefore it has been necessary to consult many national government and non-governmental sources, statistics, academic studies, press releases, and other primary and secondary material. It is important to note that very little has been published in any of the four countries which includes reflections of changes in activity since the onset of the COVID-19 pandemic in early 2020.

6.3.2 Performance Comparison

	IE CSPPA 2018 ¹²⁰ / Healthy Ireland 2019 ¹²¹	DK Sundhedsprofilen 2021 ¹²²	NL Gezondheidsenquête 2021 ¹²³	NZ NZ Health Survey 2021 ¹²⁴
Under 18	13.5%	26%	50.95%	7%
18-65	46%	45.9%	56.3%	53%
65+	25.5%	32.2%	41.9%	

Table 2: Percentage of age group meeting WHO physical activity guidelines

While all the comparator countries have set slightly different physical activity guidelines, a clear trend emerges where most countries struggle to have their children sufficiently active. This is particularly the case with girls, where every country reports a drop in physical activity at the onset of adolescence. Countries also report, in different ways, that people with disabilities, migrants, and people with low socio-economic status present specific challenges to get active. It is unfortunate that there is no agreed set of metrics across international bodies, such as the WHO and OECD, for effective cross-comparison of physical activity levels at the micro-level, however, the examples of good practice described below demonstrate that the way countries address known gaps in their policies is varied and informative.

6.4 Good Practice Examples

6.4.1 Active Transport: Tour de Force Cycling Agenda¹²⁵

Born from preparation work to host the Tour de France leg in Utrecht in 2015, the Dutch Bicycle Agenda is an innovative active transport policy which is framed as a collaboration

¹²⁰ Sport Ireland, CSPPA 2018, note 27.

¹²¹ Healthy Ireland, *Summary Report 2019*, (Dublin 2019).

¹²² Sundhedsstyrelsen, *Danskernes Sundhed*, (Copenhagen, 2022).

¹²³ Het Centraal Bureau voor de Statistiek, *Gezondheidsenquête 2021* (Den Haag, 2021).

¹²⁴ Ministry of Health, < <https://minhealthnz.shinyapps.io/nz-health-survey-2020-21-annual-data-explorer/>> accessed April 2022.

¹²⁵ Tour de Force 2020, *Bicycle Agenda 2017 – 2020* (Hilversum, 2017).

between national and local government, employers and the independent sector. The objective is simply to increase the number of kilometres cycled by 20% by 2027. This objective is broken down into eight goals:

1. Netherlands as the leading bicycle country.
2. More room for the bicycle in cities.
3. Boosting the quality of busy and important regional cycling routes.
5. Optimise the transition between modes, public transport to bike and car to bike.
6. Targeted cycling promotion.
7. Fewer cycling accidents.
8. Fewer stolen bicycles.
9. Increase knowledge.

The goal is ambitious for a country already synonymous with cycling, and where bicycles outnumber people. This agenda builds on the work already done by previous generations of planners to build a safe and extensive cycling network, aiming to make it accessible to everyone. Recognising that the next layer of work to be done is more complex, the agenda has focused on safety, planning for future density, and proximity to intermodal transport. Having completed an initial period of work a second stage was launched in 2020¹²⁶ focusing on five main themes:

- Cycling in the city;
- Integrated cycling;
- High-quality cycling network;
- Stimulate bicycle use and cycling initiatives; and
- Support for and knowledge about cycling.

This scheme is managed by a group of administrators in local and national government as well as several private entities and is primarily organised as an alliance of cities working to maximise the benefits afforded by high density and pre-existing infrastructure.

One of the innovative initiatives supported by the Tour de Force is *A Bicycle for Every Child*¹²⁷, currently a pilot project is running in fifteen cities to provide bicycles for children who do not own one. The initiative also promotes recycling, refurbishing and repair of bicycles and is offered in close collaboration with bicycle groups and private partners interested in promoting cycling.

Key points from Tour de Force Cycling Agenda:

- Simple measurable target;
- Cross-sector collaboration and oversight;
- All layers of government; and
- Regular monitoring and reporting.

¹²⁶ Tour de Force, *Summary 2nd Stage Scale up Cycling* (Hilversum 2020).

¹²⁷ Tour de Force < <https://www.fietsberaad.nl/Tour-de-Force/Documenten/Documentendetail/Pilot-leder-kind-een-fiets/25292>> accessed April 2022.

6.4.2 Monitoring of Participation: Active New Zealand¹²⁸

Active New Zealand is an ongoing survey measuring participation in play, active recreation, and sport. It is carried out by an independent research firm on behalf of the government agency Sport New Zealand, via random sampling from the electoral register. Samples of participants are surveyed every month. Consistent survey questions and ongoing monitoring allows for broad oversight of performance and areas where targeted measures are required. The survey annually collects data from some 27,000 people across all age groups. The latest revision of the methodology took place in 2017, meaning the 2019 survey report reflected trends from a sample of 90,000 people. The survey has been running since 1997, providing a wealth of data for policy makers and researchers.

The survey is associated with a multi-annual strategic plan which seeks to address the areas shown to be most in need of intervention and to highlight success stories. Among the findings of the strategic plan review was the necessity for a new active recreation strategy which would focus on physical activity in communities, with a weaker focus on sport participation.

Among the successes of Active New Zealand are:

- Beginning an initiative to change youth sport and keep young people engaged for longer;
- Unveiling a plan to address lower participation levels among women and girls;
- Increasing engagement with Māori populations;
- Rolling out the *Healthy Active Learning* initiative into 300 schools, which will help change the way physical education and sport is delivered for younger children¹²⁹; and
- Launching a plan to address lower participation levels among people with disabilities.

Key points from **Active New Zealand**:

- Consistent, regular, repeated surveying and monitoring;
- Provides direction for responses to regions and demographic groups with declining participation in addition to those with traditionally low participation;
- Independent, public, and transparent data; and
- Regular monitoring and reporting and collaboration with higher education institutions.

6.4.3 Physical Education and Sports in Schools: Physical Education in Denmark

In 2014, the Government introduced a mandatory tripling of physical activity in all public primary and middle schools, to a minimum average of 45 minutes per day within the curriculum. Additionally, the 2014 Act also introduced a terminal examination in Grade 9 (15 – 16 years of age) on a physical and sports education curriculum.¹³⁰

The rationale behind this reform was that a school-based approach to physical activity allows all children to participate equally, ensuring that those children who need it most are achieving this minimum standard. Furthermore, integrating health and wellbeing into the school

¹²⁸ Sport New Zealand, < <https://sportnz.org.nz/research-and-insights/surveys-and-data/active-nz/> accessed April 2022.

¹²⁹ Sport New Zealand, < <https://sportnz.org.nz/get-active/ways-to-get-active/physical-education/healthy-active-learning/> accessed April 2022.

¹³⁰ Smedgaard, "Move for well-being in schools: Implementing physical activity in Danish public school", (2016) 23 *Active healthy magazine* 30.

curriculum ensures that qualified educators are on hand to address misapprehensions about physical activity and to take active interventions when children are withdrawing from participation, an issue of particular concern amongst adolescent girls. Some 77% of children in Denmark attend public schools, allowing for a very large impact with a simple measure.¹³¹

The effectiveness of this policy has been monitored by a number of ongoing surveys of children's physical activity, including the *Childhood Health, Activity, and Motor Performance School Study* (CHAMPS-DK).¹³² That survey involved approximately 1,500 children between 9 and 12 years of age whose parents were consulted by text message on their physical activity over a 30-month period. The results demonstrated that participation in sports improved the motor performance of the children. A similar study, *Physical Activity in Schools After the Reform* (PHASAR), which monitors performance under a number of metrics since the Act of 2014, including physical activity levels and BMI for a large sample of students, has yet to report.

By 2021, however, completed studies report that 45% of students were active for the required 45 minutes per day, which explains Denmark's relative success in reaching physical activity guidelines for children, though still not reaching the 60 minutes per day WHO guideline for more than 26% of children in that cohort.¹³³

Key points from The Danish Physical Education Reform:

- Near-universal applicability to selected age cohort;
- Simple, measurable, target; and
- Examinable, giving incentives to students and teachers to prioritise active participation.

¹³¹ Nørager et al., "Results from Denmark's 2018 Report Card on Physical Activity for Children and Youth", (2018) 15(suppl 2) *Journal of Physical Activity and Health* S341.

¹³² Larsen, et al. "Motor Performance as Predictor of Physical Activity in Children: The CHAMPS Study-DK" (2015) 47 *Med Sci Sports Exerc.* 56.

¹³³ Sundhedsstyrelsen, *Danskernes Sundhed*, (Copenhagen, 2022).

6.5 Conclusion

The three selected comparator countries face similar challenges, with rising sedentarism in their societies, and particular concerns noted for people with disabilities, immigrant and ethnic minority communities, and a stark contrast between physical activity levels of different socio-economic groups. There are similarly concerns about the increased number of girls who cease physical activity at adolescence, and the overall sharp drop-off in reaching the WHO guidelines as the population ages.

Each country takes a different approach to targeting improvements in their physical activity levels. Ireland leads among the comparator countries in the coherence of planning. The NPAP is an unusually detailed and coherent plan, which supports and is supported by sub-plans, with broad participation across government and semi-state agencies.

In particular, an issue which faces Ireland, but in which it is not alone, is in having reliable, multiannual data for the purposes of comparison over time and to assist with changing tack where measures are ineffective. New Zealand can be regarded as a leader in this regard, and the Active New Zealand survey is a useful exemplar of best practice. It is unusual for private actors to be involved in local or national plans in Ireland, as it is also uncommon to have opt-in programmes available for local authorities where particular measures may be more effective. The Dutch Tour de Force for Cycling is an unusual but interesting example of both of these approaches.

The largest gaps between activity goals and reality exist among school-aged children, particularly at post-primary age groups, where CSPPA data shows only 10% reaching their physical activity targets. The Danish initiative of tripling the physical education component of the curriculum has shown some evidence of improving not just physical activity levels, but may also be contributing to overall improvements in academic performance and mental health.¹³⁴ This and similar educational initiatives merit further investigation.

¹³⁴ Koch et al., "Exploring implementation of a nationwide requirement to increase physical activity in the curriculum in Danish public schools: a mixed methods study" (2021) 21 *BMC Public Health* 2073.

7 Key Findings

7.1 Overview

The key findings and outcomes associated with the NPAP are set out and broken down into the defined NPAP Action Areas in this section. Due to the restrictions, constraints, and atypical opportunities and challenges associated with the Covid-19 pandemic, and against the challenges of measurement of a range of actions, it is not possible to categorise the findings in terms of short-term or legacy outcomes and achievements.

It is recognised that progress and outcomes are intertwined with the highly collaborative working arrangement support, and shared resources characterised by the successful working relationships with other national bodies such as the HSE, Sport Ireland, and various government departments. The progress, outcomes, and achievements provided in this section are not intended to be exhaustive, but rather indicative of the impact of the NPAP to date.

Although there are a range of surveys and measurement tools supporting the NPAP, such as the Healthy Ireland Survey, CSPPA, and ISM, it is not possible to provide a definitive answer to the question of whether NPAP has achieved its stated goal of raising the physical activity of the population of Ireland by 1%. It is unlikely that the NPAP has met its stated target, however, it is recognised that during the turbulent and challenging timeframe associated with the Covid-19 pandemic, that the physical activity levels of the population may have been constrained or decreased without the NPAP being in place.

7.2 Action Area One - Public Awareness, Education and Communication

7.2.1 Overview

The actions identified in Action Area One reinforce the necessity for effective communication of the NPAP, in order to develop and enhance the awareness, knowledge and understanding throughout the population, and relevant stakeholders, of the benefits of physical activity. The recognition and acceptance of these benefits, in terms of improved health and wellbeing, can be the first step to building the recommended levels of physical activity into daily routines.

7.2.2 Progress

Good progress has been made across the actions in the area of public awareness, education, and communication. The majority of the actions in this area can be considered completed, with two actions, Actions 1 and 2, identified as having made progress, but as still requiring further work to achieve the intended aims and objectives. No action can be considered to have not been achieved.

It is noted that Action 3, with an original aim to develop the Get Ireland Active website, was changed in in 2018 to facilitate the transition to the core HSE platform., enabling health promotion and education to be integrated across the social media of the HSE. Although the original action evolved, good progress has been achieved against the stated aims of the action.

7.2.3 Key Achievements

Achievements and positive outcomes have been delivered throughout the lifecycle of the NPAP within a changing, challenging, and restrictive environment and in competition with priorities and interests of stakeholders from national and local levels.

Key achievements in this action area have included:

- The development of print, online and social media resources to promote and communicate awareness, engagement and inclusion across NPAP initiatives;
- The delivery of ongoing successful and varied campaigns to promote physical activity, such as *In This Together, Keep Well*, and *Let's Get Back*;
- Development of programmes and initiatives based on best practice to promote physical activity, such as the *Men on the Move Programme*, and the establishment of CarePALS and CSHs;
- Completion of a pilot phase to support the development of a national sports and recreation directory;
- The establishment of the *European Week of Sport* as an aligned National Week of Sport, supporting events such as *National Walking Day, Active School Week*, and *European School Sports Day*; and
- Introduction and implementation of a specific and targeted range of physical activity programmes and initiatives in schools, with notable support from the Department of Education, such as the ASF, facilitating *Active School Week, Active School Walkway* and *Run Around Ireland*, post-primary pilots, and also the *Junior Cycle Well Being Curriculum, LCPE* and *Senior Cycle Physical Education Framework*, and the *Wellbeing Framework for Schools*.

7.3 Action Area Two – Children and Young People

7.3.1 Overview

The actions listed within Action Two recognise that physical activity plays a crucial role in the lives of children and young people, bringing into focus the need for children and young people to develop the skills, behaviours, and knowledge necessary to confidently engage with physical activities – both now and throughout their lives. Regardless of the setting being school, home, or in the community, the importance of enabling children to gain confidence towards the enjoyment of physical activity and sport is accepted as having the potential to impact positively on their health and wellbeing throughout their lives.

7.3.2 Progress

Good progress has been made across the actions relating to children and young people. The majority of these actions can be considered to have been completed, with five (Actions 14, 15, 17, 18, and 19) identified as having made progress, but as still requiring further focus and work to achieve the intended aims and objectives.

No actions have been subject to change and no action can be considered to have not been achieved.



7.3.3 Key Achievements

Key achievements in this action area have included:

- Development and implementation of the Get Active Framework for schools, including the Get Active! Physical Education, Physical Activity and Sport for Children and Young People: A Guiding Framework;
- ASF programme, including Active Home Week in response to pandemic school closures, Run Around Ireland, Active Sitting Pilot, Accreditors' Awards, and the Partnership with the Olympic Federation of Ireland. The ASF at primary school level has quickly been recognised as a valuable programme by stakeholders; the post-primary school ASF is now in a research and development phase with pilots supported during 2022;
- Evaluation of the Be Active After-School Initiative has been completed by Mary Immaculate College;
- The Senior Cycle Framework has commenced, the Leaving Certificate Physical Education specification is now a subject option across schools, and the Phyz App is built and is widely available to support the Senior Cycle Physical Education Curriculum;
- Although paused during the pandemic the annual review of teaching and learning in physical education has now been re-commenced by the Inspectorate, and a programme of CPD for the new physical education specification is now established;
- A review of public policy on play and recreation was completed and there was the publication of First 5, Strategy for Babies, Young Children and their Families, 2019-2028;

- Completion of the consultation exercise, Healthy Lifestyles Have your Say: A consultation with children and young people, and the delivery of two Lifeskills Surveys to date;
- The expanded and revised HSE Healthy Ireland Smart Start (HISS) programme provides content for Early Learning and Care services from 0-5;
- 2021 launch of the Comhairle na nÓg Five Year Development Plan;
- Delivery of an evidence-based research paper on the development of activity guidelines for children aged 0-5 years, by the DoH research Services and Policy Unit, providing strong evidence to support the development of national guidelines for early childhood; and
- Development and delivery of the Higher Education Health Campus Framework and Charter for Health Promoting Colleges.

7.4 Action Area Three – Health

7.4.1 Overview

Action Three recognises the crucial position of the Health Service in leading, influencing, and enabling the promotion of physical activity. Developing a greater awareness and understanding of the health benefits associated with physical activity, and the delivery of programmes and initiatives that promote and facilitate an increase in participation, are critical components of this task.

Health and wellbeing services can provide an underpinning function in the development, delivery, and co-ordination of schemes and programmes that aim to educate, encourage, and promote physical activity and sport.

7.4.2 Progress

Good progress has been made across the actions in the area of health. The majority of the actions can be considered to have been completed, with five (Actions 22, 23, 26, 29 and 30), identified as having made progress, but as still requiring further focus and work to achieve the intended aims and objectives. Action 24 is assessed as not having been completed and Action 25 was subject to change. from the original action.

7.4.3 Key Achievements

Key achievements in this action area have included:

- A Brief Intervention Model, MECC, was developed, tested, and refined with health and education stakeholder bodies, and is now implemented by the HSE and is aligned to SNOMED to support the integration into GP Patient Management Systems;
- Roll-out of MECC training, using remote, in-person and blended learning to support the growth in the implementation of learning sites – 78 sites were established in 2020;
- *Living Well Programme*, including physical activity initiatives for people living with chronic disease, is now implemented across CHOs;
- Development of *Let's Get Active* guidelines for mental health staff to promote physical activity with service users;

- Development and delivery of the *Physical Activity Programme* for disability day care services to improve an individual's Gross Motor functionality in a fun way;
- As part of the *Keep Well* campaign Sport Ireland produced a series of exercise videos for children with autism;
- Delivery and expansion of CarePALS training, physical activity leaders in residential care settings, this is run Age and Opportunity - a national development organisation working to enable the best possible quality of life for older people through physical activity initiatives that also include *Go for Life* and *Fitline*; and
- The rollout of the national campaign *Get up, Get Dressed, Get Moving* to promote physical activity in any form in acute and residential health services.

7.5 Action Area Four – Environment

7.5.1 Overview

The natural and built environments provide the focus for Action Area Four, setting out the conditions through which our environment can promote increased levels of physical activity. This concerns the development of the recreational use of the natural or built environment and helps to recognise the practical ways that people can incorporate physical activity into everyday routine.

Access to amenities such as walkways, cycle paths and parks can provide opportunities, choices and support for being more physically active.

7.5.2 Progress

A degree of progress has been made across the actions in the area of the environment. The actions identified can be considered to have been completed is limited to two, 36 and 37), although five (Actions 31, 32, 33, 34 and 35), are identified as having made progress, but as still requiring further focus and work to achieve the intended aims and objectives. There are no actions assessed as not having been completed.

7.5.3 Key Achievements

Key achievements in this action area have included:

- Publication of An Accessibility Guideline for Outdoor Areas and a revised Criteria for walking Trail Development;
- Development of a national campaign #Outdoorsforeveryone;
- Published guidelines for all-Ireland planning and development of Blueways;
- Updated DMURS, incorporating planning and design practice to support more sustainable travel behaviours in urban areas;
- Work is ongoing to ensure walking and cycling strategies are central to City and County Development Plans, LECPs, Tourism Strategies, and Local Transport Plans;
- Walking and cycle assessments and inspections, with training provided to people concerned with walking and cycling infrastructure;
- NPAP IG representation on the Town Centres First National Advisory Group, promoting walking and cycling participation;

- The NPF is now the national planning policy document, of direct relevance to the planning functions of regional and planning authorities, including An Bord Pleanála;
- EuroVelo routes now completed in eight of the ten targeted counties;
- The NDP established four new funds, all potentially impacting on the environment and physical activity – URDF, RRDF, CAF, and DTIF;
- The majority of the greenway/cycle projects are complete, and the *Future Development of National and Regional Greenways* was launched, with a number of Greenway projects to promote the development of recreational space, being progressed;
- A new digital trails inspection system is being used using a GIS-based system, with updated cycling, water and horse trail criteria developed; and
- Development of a National Digital Database of Sport and Recreation Amenities in order to promote available facilities to the public.

7.6 Action Area Five – Workplaces

The role that employers and the workplace hold in the role of the health and wellbeing of their employees is well recognised. The place of work provides a compelling opportunity to positively influence, encourage and support opportunities for physical activity in daily lives. It also represents a challenge to those who set the environment and culture of the workforce, with benefits available to both staff and employing organisations if physical activity is advanced.

7.6.1 Progress

Good progress has been made across the actions on the area of workplaces. The Actions identified as been completed are 38 and 40, with Action 39, identified as incomplete.

7.6.2 Key Achievements

Key achievements in this action area are:

- The development of a National Framework for Healthy Workplaces has been completed;
- Healthy Meeting Guidelines was launched and the Institute of Public Health completed a Profile on Worker Health in Ireland and finalised a report on Worker Health Outcomes;
- The Smarter Travel Workplaces and Smarter Travel Campus programmes continue to be supported and are benefiting from incremental increases in partners, including many large employers and universities; and
- A Universal Design Walkability Audit Tool was developed in partnerships with the National Disability Authority (NDA), Green-Schools and Age Friendly Ireland.

7.7 Action Area Six – Sports and Physical Activity in the Community

7.7.1 Overview

The actions highlighted within Action Area Six concern sports and physical activity in the community.

The promotion of active communities and increased physical activity levels among all members of the community can provide social benefits, including social cohesion and the mobilisation of people to participate and engage with others in the community. This area provides a specific focus on people with disabilities, those who feel socially excluded, people living with disabilities and chronic health conditions, older people, women, and those in disadvantaged areas.

Health and wellbeing benefits extend beyond physical gains, with the outcomes of community-based initiatives also benefiting individuals and families in terms of positive mental health.

7.7.2 Progress

Good progress has been made across the actions in the area of sports and physical activity in the community. The majority of the actions identified can be considered to have been completed, with six (Actions 44, 45, and 48) identified as having made progress, but still requiring further focus and work to achieve the intended aims and objectives.

No actions have been subject to change. and no action can be considered to have not been achieved.

7.7.3 Key Achievements

Key achievements in this action area are:

- Support and increase in the number of CSPAHs – there are now 59 CSPAHs subject to two evaluations providing evidence of a positive impact, including increased sport and physical activity opportunities in disadvantaged areas, and improved links between local organisations;
- Actions that promote physical activity have reportedly been included in all LECPs;
- Expansion of the range of Community Walking Projects, and 52 Active Community Walking groups registered for the Active Community Walking Programmes throughout the LSP network by 2020;
- Investment funding for a number of initiatives targeting disadvantaged communities including, CSDOs, Youth Leadership, Volunteer Supports, and Urban Adventure Initiatives;
- Continued funding of Get Ireland, Cycling and Swimming programmes;
- Review of the Special Olympics Health promotion Programme, in partnership with CARA;
- Each LSP now has a minimum of four staff including a SIDO and CSDO;
- Increased funding support for 59 NGBs contributing to the development and sustainability of a range of sports bodies;

- Launch of *Girls Get Active Hackathon* to promote sport and physical activity among teenage girls; and
- Launch of Participation in Sport by People with Disabilities policy, and support of the *I'm In Too* campaign and *Fit for All* initiative.

7.8 Action Area Seven – Research, Monitoring, and Evaluation

7.8.1 Overview

Action Area Seven recognises the value and role of research, monitoring and evaluation of programmes, plans, policies, and investment relating to physical activity.

Understanding the dynamics of participation in physical activity is key to successful programme implementation. The objective is to track and monitor participation in physical activity and sport through every aspect of the population, and therefore inform stakeholders of the most effective, evidence-based, and value for money course of action.

7.8.2 Progress

Progress has been made across the actions in the area of research, monitoring and evaluation. Three of the actions can be considered to have been completed (Actions 52, 53, and 55), with three more (Actions 50, 51 and 54) identified as having made progress, but as still requiring further focus and work to achieve the intended aims and objectives.

No actions have been subject to change. and no action can be considered to have not been achieved.

7.8.3 Key Achievements

Key achievements in this action area are:

- CSPPA, ISM, and the Healthy Ireland Survey all continue to provide valuable sources of evidence relating to physical activity levels in Ireland;
- Recent HSBC studies included physical activity monitoring;
- TILDA, *Growing Up In Ireland* and the *Irish Health Survey* has provided information and data relating to sport participation and physical activity for different levels of the population;
- Three Covid-19 reports on Sport and Physical Activity levels were published in 2020;
- Investment in I-PARC, with the aim to a Standard Evaluation Framework, develop evidence, effective delivery methods, and supportive environments for improving physical activity levels;
- Establishment of the NPAP Research Subgroup;
- Delivery of Move for Life, to monitor over 50s activity levels, HaPAI, and HIDP;
- Completion of the HEPA PAT and the formation of the *All-Island Physical Activity and Ageing Group*; and
- Publication of the Sheffield Hallam University report, *Researching the Value of Sport in Ireland*.

7.9 Action Area Eight - Implementation through Partnership

7.9.1 Overview

The actions set out in Action Area Eight indicate the requirements, in terms of leadership, clarity of purpose, coordination and partnership, to effectively implement the NPAP. Collaborative and joined-up working and utilisation of resources, together with shared learning and clarity of the vision, are recognised as being pivotal factors towards the success of the national Plan. A key aim is to deliver better results and impact from existing resources and initiatives, develop evidence to change course and adapt when necessary, and provide support to new and effective partnerships and relationships that share the purpose of increasing physical activity levels in Ireland.

7.9.2 Progress

Very good progress has been made across the actions in the area of implementation through partnership. The majority of the actions can be considered to have been completed. Action 59 is identified as having made progress, but as still requiring further focus and work to achieve the intended aims and objectives. with Action 60 being subject to a change from the original action. This action, the subject of this review, was originally due for completion three years after the publication of the NPAP but was subsequently delayed due to the Covid-19 pandemic.

7.9.3 Key Achievements

Key achievements in this action area are:

- Formation, leadership, and coordination of the cross-sectoral NPAP IG;
- Work of the Children and Young People Subgroup and the Research Subgroup;
- Submission of the HEPA PAT to the WHO;
- Data and information collected by Sport Ireland and Healthy Ireland is now linked with the GIS mapping system;
- Establishment of the *Healthy Ireland Fund*, investing in a wide array of physical activity and sports programmes and initiatives;
- Healthy Ireland at Your Library programmes has developed a network of over 300 libraries;
- Stakeholder in the SHARE project;
- Close working relationships with a range of national bodies such as Sport Ireland, Healthy Ireland, and CARA, government departments, together with collaborative working with international organisations such as, the WHO and EU; and
- The completion of this independent review of the implementation and progress of the National Physical Activity Plan for Ireland.

8 Recommendations

8.1 Overview

The implementation of the NPAP is overseen by NPAP IG, a Cross-sectoral Implementation Group co-chaired by the Departments of Health and Tourism, Culture, Arts, Gaeltacht, Sport and Media. The following Departments are also represented in the Implementation Group: DCEDIY, DoE, DHLGH, and DRCD. This provides an outstanding foundation and opportunity for a genuine systems-wide approach to the promotion of physical activity in Ireland.

In the preceding sections of this report, we have presented our findings in respect of the progress and impact of the NPAP, together with the position of the NPAP within Ireland. Although there are caveats relating to a number of our findings and analysis, a number of salient points are clear:

- The majority of the 60 actions have been completed, and of those assessed as partially completed, there is evidence of progress towards the stated goals;
- A small number of actions have not been completed, or have had the original task changed – this requires reflective review by stakeholder bodies in order to gain clarity for the next phase of the NPAP;
- The cross-sectoral NPAP IG has formed a leadership and oversight capability that has enabled influence at international, national, and local levels;
- The stakeholder engagement process, conducted prior to this review, lacked rigour and uniformity, and consequently the quality of evidence gained to inform the review was generally below the standard expected;
- The impact of the Covid-19 pandemic cannot be underestimated, and there are many examples of programmes and initiatives adapting to the restrictions, in order to provide support to the population;
- The development of a new NPAP is of critical importance if the successes of the NPAP are to be enhanced, with the identification of new streams of focus and activity;
- It is important to provide a focus on the issue of the drop out and reduced physical activity associated with adolescent girls – the 2021 *Girls Get Active Hackathon*, led by Sport Ireland, was creative and innovative and further such exploration may be considered as part of the new NPAP to gain detailed understanding of the issues at hand; and
- Funding has been provided to various bodies, leading various initiatives, and although this review is unable to provide a detailed analysis of the overlap of these funding streams, consideration should be afforded to a greater degree of collaborative thinking, planning, and implementation, with clearer and less ambiguous lines of responsibility and accountability.

8.2 Indicative Recommendations

The following recommendations are provided to build on the achievements of the NPAP to date and maximise the potential of the formation of a new NPAP. It should be noted that the recommendations are not presented in priority order.

The actions assessed as having not been completed require a review to address the reasons why, and then consideration of the merits of changing the strategic intent or implementation strategy to achieve the stated ambition.

Item	Recommendation
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1	<i>Full re-boot of the NPAP, with dedicated resources for marketing within the health and social care sector</i>
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Given the length of time since the original launch of the NPAP and the impact and negative consequences of the Covid-19 pandemic, the population's renewed focus on physical health and wellbeing may benefit from an updated national plan for physical activity and a realignment of those activities that were in response to the pandemic. This will include the development of a new three-year communication strategy, including the development of print, online, and social media resources.

2	<i>Realignment of pandemic specific initiatives and activities</i>
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The flexibility of many programmes, initiatives, and funds to respond to the challenges of the Covid-19 pandemic is a strength of both the NPAP and stakeholder bodies such as Sport Ireland. Care should be taken not to dismiss activities and programmes that were developed specifically in response to the restrictions as the impact of the pandemic recedes, but rather to build on successes with participant feedback used to shape future schemes.

3	<i>Co-ordination of major surveys</i>
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There are a number of well-balanced and targeted surveys, such as Healthy Ireland, ISM, I-PARC, TILDA, and CSPPA that produce valuable and pertinent data that can inform and influence the purpose of the NPAP. It is recommended that a more co-ordinated, less siloed, and intelligent application of these surveys can reduce duplication and improve efficiency of effort and resources.

4	<i>Uniformity of measurement</i>
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There is an inconsistency in the quality of reliable data and evidence of impact against each action of the NPAP. There is a requirement for clear evidence of uniformity of measurement that can be set out ahead of the requirement for an independent evaluation of the next stage of the NPAP. This may benefit from further collaboration and support from I-PARC.

Item	Recommendation
5	<p data-bbox="384 277 1342 369"><i>Develop Specific, Measurable, Achievable, Relevant, and Time-Bound (SMART) objectives, together with leadership responsibility for each of the actions.</i></p> <p data-bbox="384 387 1366 622">This review lacks specificity within a number of actions across the 8 action areas, due to an absence of SMART objectives. It is recommended that when drafting the new NPAP, each action should be SMART compliant, and when actions are required to adapt to changing circumstances, the SMART requirement adapts too. Projected activities should be time-framed with each action explicitly designated a Lead to enable the clear identification and promotion of responsibility and accountability in order to provide a focus on delivering set goals.</p> <p data-bbox="384 667 1334 761">Each action will benefit from ongoing and staged reviews within the stakeholder group, to facilitate measurement, scrutiny, problem-solving, and learning, and to better inform the overall evaluation upon completion of NPAP 2022 – 2026.</p>
6	<p data-bbox="384 804 1182 833"><i>Activities and initiatives may be nuanced towards the seasons</i></p> <p data-bbox="384 857 1362 1059">Although the pandemic has restricted indoor activities and sports, consideration may be given to the development of programmes and activities that take into account environmental factors, most notably the Irish weather. By acknowledging the inhibiting challenges of the winter and autumn seasons, and adapting activities accordingly, greater participation among specific groups, including older people, may be achieved.</p>
7	<p data-bbox="384 1084 1075 1113"><i>Local authorities to respond to surveys and initiatives</i></p> <p data-bbox="384 1137 1366 1339">It is noted that the response of local authorities to information and survey requests, such as those concerned with walking and cycling strategies, can be poor or inadequate. Local authorities hold a crucial role in a range of programmes and plans connected to the promotion of physical activity, not least those associated with the built environment, and protocol-led effort is required to ensure that the valuable data held by local authorities is readily available to national bodies.</p>
8	<p data-bbox="384 1364 1051 1393"><i>Robust and independent evaluation at 3-year stages</i></p> <p data-bbox="384 1417 1366 1619">The process of evaluation should be set in place at the commencement of the new plan, thereby informing all stakeholders of the evidence required and putting in place a structure that will facilitate ease of access to relevant information and data, including the capturing of stakeholder feedback. The NPAP was due to be reviewed after 3 years from commencement, and this should continue to be the target, with structured process to accurately capture stakeholder feedback.</p>
9	<p data-bbox="384 1644 1203 1673"><i>Develop and implement a National Exercise Referral Framework</i></p> <p data-bbox="384 1697 1374 1928">We are aware that Action 25 was changed from the original action, with a focus towards the MECC programme. The MECC programme appears to be an excellent asset but should not replace the requirement for people to benefit from a prescribed approach to physical activity by healthcare professionals, particularly for those people living with chronic disease. It is recommended that the new NPAP included an action to develop and implement a National Exercise Referral Scheme or Framework.</p>

Item	Recommendation
10	<p><i>Evaluation of the MECC programme</i></p> <p>An independent evaluation of the MECC programme is required, from both the perspective of the practitioner and participant. The impact and influence of the MECC must be assessed against both quantitative and qualitative data, with clear lines of progression identified against the four target areas. It is reported that there is a research project currently in progress to address the delivery and impact of the MECC programme, so the recommended independent evaluation may gain significant learning from this research, and augment their approach accordingly. The MECC's initial focus was on tobacco use, and it is assumed that physical activity is also now an active focus.</p>
11	<p><i>Training and capacity building for staff and volunteers in non-education areas to promote physical literacy and activity</i></p> <p>There has been good progress in the training and education of health and education professionals on the benefits of sport and physical activity. There is a recognised benefit of targeting activities outside education and health sectors in order to engage with more people, including disadvantaged or marginalised aspects of communities. Consideration should be afforded to the training and capacity building of more staff and volunteers who work outside education and health, in order to further promote physical health literacy.</p>
12	<p><i>Further expansion of the Urban Outdoor Adventure Initiative.</i></p> <p>Through targeted resourcing greater impact and improved outcomes may be gained to build on the success of the Urban Outdoor Adventure Initiative. Opening up opportunities for young people living in disadvantaged communities to experience outdoor adventure sports may bring considerable benefits to health and wellbeing, and also brings benefits from a peer influence perspective.</p>
13	<p><i>Development of a publicly accessible National Sports / Recreation Facilities and Amenities Directory</i></p> <p>This goal is the subject of Action 5 of the current NPAP and good progress, including the establishment of a pilot through Sport Ireland, has been made towards the goal. However, it is not clear why the facilities and amenities directory has not yet been realised. The development of this resource can form a key part of the marketing and publicity plan for the next stage of the NPAP. However, a clearer vision of what is planned, who owns it, and how the resourcing of the development of this database is delivered is required. This action has not yet been met and the new Plan will benefit from clearly setting out the outstanding tasks needed to support it</p>

Item	Recommendation
14	<p><i>Strategic and resourced promotion and marketing of the National Digital Database of Sport and Recreation Amenities</i></p> <p>Significant progress has been made towards the development of a National Digital Database of Sport and Recreation Amenities, which may also support the planning and development of physical activities and recreation amenities in the natural environment. An accessible database that is widely recognised to promote facilities to the public can provide a valuable source of information that facilitates high levels of participation. For the full impact to be realised, it is recommended that a strategic and intelligence-led approach to the promotion and marketing of this pivotal resource is developed in support of the next NPAP.</p>
15	<p><i>Development of family-based physical activity programmes for children</i></p> <p>The development and implementation of initiatives and programmes that target whole families may provide positive outcomes both in the short and longer term. Youth and younger children’s physical activity promotion is largely school-based, but interventions such as <i>FRESH</i> in the UK attempt to involve family members who are considered to be crucial for long-term changes in physical activity. A programme that targets whole families, with fun and sustainability as central features, delivered at home with minimal external resources, for example web-based tools, may provide an additional low-resource focus for the new NPAP.</p>
16	<p><i>Implementation of 24-hour guidelines for children and adolescents</i></p> <p>These guidelines represent a progression of public health guidelines whereby optimal health is framed within the balance of movement behaviours across the whole day. This increasingly accepted best practice approach was developed by Canada. It is now being adopted by other countries, such as Australia and New Zealand, and is being reviewed for adaptation for other age groups. The guidelines provide evidence-based recommendations for a healthy day, comprising a combination of sleep, sedentary behaviours, and light-intensity and moderate-to-vigorous-intensity physical activity. It is recommended that the next phase of NPAP initially develops 24-hour guidelines for children and adolescents, before progressing to other targeted groups and subsequent implementation.</p>
17	<p><i>Development of peer-led physical activity interventions for adolescents</i></p> <p>There is scope to consider the development of a pilot initiative to train adolescents over a short course to be peer supporters. These peer supporters will informally diffuse health promotion messages to their peers in order to encourage physical activity. This may be best initially targeted at adolescent girls to help consider the challenges of drop-out and low participation in sport and physical activity, and may address some of the factors relating to social communication of ideas, beliefs and behaviours.</p>
18	<p><i>Increase in focus on workplace interventions</i></p> <p>The impact of the workplace in terms of physical activity and health and wellbeing is widely accepted, not least due to the amount of time most people spend at work. We recommended that further programmes and initiatives are supported to build on the successes of the initial work in this area, such as Smarter Travel Workplace. A collaborative approach with employers may see initiatives such as activity trackers, incentives, and ‘stand more at work’, gain acceptance and inclusion.</p>

Item	Recommendation
19	<p><i>Focus on people transitioning towards retirement</i></p> <p>The new NPAP provides an opportunity to address a potential gap in the promotion of physical activity for those people transitioning towards retirement. In building targeted and specific interventions for those retiring, such as walking groups, it is possible to develop motivation and interest as people consider their health and wellbeing. Examples such as pedometer-based programmes that provide feedback to the wearer of both step-counts and time in moderate-to-vigorous physical activity levels on the participant's own baseline step-count can be very useful, together with more fun activities such as walking football and senior netball.</p>
20	<p><i>Further development of built environment initiatives, to include 30kph areas</i></p> <p>An expansion of 30kph areas is likely to encourage walking and cycling for all levels of the population. Although this premise is widely accepted in the areas immediately close to schools, the development of actions that will see this expanded to areas of recreation, sport, and activity may provide further support for those seeking to increase physical activity levels, and for those aiming to provide initiatives, the means to encourage this.</p>
21	<p><i>Encourage opt-in activities at local government level, to incentivise participation where actions are more relevant</i></p> <p>One such example is described in this paper: the Tour de Force Cycling Agenda. This is an innovative active transport policy which represents a collaborative arrangement between national and local government, employers, and communities. It markets a simple objective to increase the number of kilometres cycled by 20% by 2027, stimulating bicycle use and cycling initiatives for all levels of society, including the provision of free-of-charge bicycles to young children and facilitating the development of a high-quality cycling network.</p>
22	<p><i>Tailored and targeted communications campaigns at young people to directly address the rise of technology in daily life</i></p> <p>There is a requirement for a greater use of social media channels / influencers to directly reshape how young people view physical activity. This may be particularly effective in the targeting of difficult to reach groups through non-competitive activity, with technology used as an enabler. Although it can be perceived as an inhibitor to young people engaging with physical activity, it can also form a promoting role. Success was gained through the development and availability of the Phyz app, developed by NCCA and partners, and further exploration of this area, together with coordinated social media marketing, can gain traction in increasing the physical activity of young people.</p>

Item	Recommendation
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23	<i>Annual evidence-based national physical activity promotion campaign</i>
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The benefits of having an annual campaign to promote physical activity is well recognised, hence its forming the basis of Action 2 of the NPAP. Although there are various campaigns, most notably those led by Sport Ireland, with both a local and national focus, the ambition for an annual evidence-based national physical activity promotion campaign has not been fully realised. This may be explained by the impact of the pandemic, but a refocus on this goal is required to ensure that messaging is effective, known, and accepted by the range of stakeholder bodies.

It is accepted that the preferred gradual brand-building approach subsequent to the NPAP launch has produced results that may bear fruit for a more targeted approach in the next iteration of the NPAP. It is recommended that this action is refreshed in the new NPAP.

24	<i>Uniformity of information provided in annual NPAP Progress Reports</i>
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It is noted that there are variations in the way that the progression of actions is reported each year. Most notably, the first progress report and implementation template in 2017 provided useful and clear data regarding the activity carried out and the progress made to date. However, the following year details were only provided concerning 2018 activity in the implementation template; if actions are SMART, (described earlier in this section) they will facilitate improved monitoring and reporting. Using the same template makes objectives, activities, and results comparable across more than one year and if progress for a particular area or goal has been delayed, the reason should be provided.

25	<i>National Guidelines on physical activity for early childhood</i>
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This requirement is set out in Action 18 of the NPAP. There remains an absence of a set of agreed and explicit national guidelines on physical activity for young children aged 0-5 years. The DoH Research Services and Policy Unit has completed an evidence-based paper on developing physical activity guidelines for this age group, but currently, this has not resulted in national guidelines on physical activity for young children aged 0-5 years being produced. It is recommended that this action is completed at an early stage of the next NPAP.



26 *National guidelines on sedentary behaviour*

In addressing Action 28 of the NPAP, The DoH Research Services and Policy Unit has submitted a comprehensive research and guidance paper, *An Evidence Brief on International Guidelines on Sedentary Behaviour*, around developing guidelines for Ireland. This paper has produced qualified and contextualised findings that will help to shape and finalise the required national guidelines on sedentary behaviour, and it is recommended that this action is completed at an early stage of the next NPAP.

27 *Establish baseline figures on physical activity and sedentary levels for each of the target groups*

Despite various studies and surveys reporting on physical activity levels, and also to an extent on sedentary behaviour – evidenced by the 2010 CSPPA and the Healthy Ireland Survey of 2019 – and despite the strength of the data collected, it remains unclear to what extent the baseline figures on physical activity have been gathered, and what gaps exist or groups excluded. It may be that the current data is highly pertinent and will benefit from further development and co-ordination. The inclusion of questions regarding physical activity levels and sedentary behaviours into the next Census of Ireland would clearly provide unambiguous and valuable information, capable of shaping and targeting the required strategies, priorities, plans, and resources. However, it is understood that the next Census will not be undertaken for a decade.

It is recommended that a coordinated, intelligence-led initiative is undertaken to establish this baseline data as part of the new NPAP.

28 ***Establish a systematic, regular, and long-term national surveillance system to monitor physical activity levels in each target group***

The goal of the current Action 50 is to establish a systematic, regular, and long-term national surveillance system to monitor physical activity levels in each of the target groups, including key performance indicators aligned with Healthy Ireland. The scope of this objective will benefit from clarity and the ability to be measured. There has been progress in a number of studies and surveys, but the objective should contain: the list of planned studies; what groups it targets; the key performance indicators planned for each; and how each element contributes to the surveillance system as a whole, through the collection of specific data. The frequency of the studies and research may be coordinated so that they are aligned as a whole to either yearly, three-yearly, or five-yearly targets.

9 Concluding Comments

The NPAP has since 2016 provided an important focus on the requirement to increase physical activity across Ireland. The Plan sets out a structure and portfolio of actions intended to provide a practical and realistic framework to enable the promotion of physical activity and sports at every level of the population.

Eight action areas are set out in the NPAP, which are individually distinct but derived from complementary themes. Within the eight areas are 60 specific actions addressing individual or group needs and circumstances. A key ambition is the creation of an environment and a set of circumstances that encourage and support people to engage with recreational and purposeful physical activity. Enhanced cooperation at the national, local and community level has been identified as a key enabler, both within communities, and across society. This approach allows for new strategic actions to be added as cross-sectoral partnerships develop over time.

There is evidence of significant achievement across the 60 actions, and there are also indications of a large number of actions not yet being completed, despite progress being made. Whilst the planned NPAP for 2022 – 2026 will need to provide new momentum and application, it will be most effective if it seeks to resolve the barriers that have impeded the progress of the actions that have not been fully achieved, as well as identifying new and creative areas of focus. The 28 recommendations may be considered within the context of our qualified findings and analysis, but there are further areas of interest detailed within the report that may inform additional actions.

There is a requirement to address and resolve the issue of measurement, in terms of the development of SMART actions and goals, and the intelligent use of national and targeted surveying initiatives. It is necessary to put in place an evaluation structure to support the review of the next stage of the NPAP, to allow for a fuller and more robust set of data to be tested, examined, and analysed. In identifying the actions for the new NPAP, there is a clear requirement to ensure not only relevance and context, but also the need to consider emergent thinking and the setting of actions against real-world challenges. The explicit designation of Leads for each action will facilitate greater responsibility and accountability, and may generate benefits in terms of the alignment of resources, priorities, and plans across stakeholder bodies.

As the restrictions associated with the Covid-19 pandemic recede, greater opportunities will arise to engage with all levels of the population. The NPAP will need to dovetail with other national plans, frameworks, and policies to ensure the maximum benefit, and further collaborative working will help the mutual achievement of ambitions.

The review team is very grateful for the input, contributions, and guidance of the NPAP IG in support of the delivery of this review.

Appendix 1: Action Progress Table

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
<i>Action Area One: Public Awareness, Education and Communication</i>						
Action 1 Develop a three-year communication strategy including the development of print, online and social media resource	Initial stakeholder consultation held. Drafting of a scoping paper to inform the development of the communications strategy was commenced.	Terms of Reference agreed for advisory group and nominations sought.	A new communications and citizen engagement campaign, Healthy Ireland 2018, was launched	Healthy Ireland Citizen Engagement campaigns continued - Eat Well, Think Well, Be Well	<p>With the arrival of Covid-19 in early March 2020, all Healthy Ireland awareness Communications campaigns were put on hold.</p> <p>Alternative campaigns to promote resilience and well-being during the pandemic were run instead.</p> <p>In this Together and Keep Well implemented.</p>	<p>A new campaign, Let's Get Back, will be launched to encourage people to return to sport. The Healthy Ireland Communications campaign will be relaunched.</p> <p>Healthy Ireland sponsored Operation Transformation, which aired from January to March 2021 and was viewed by over 450,000 people. It focussed on supports for physical activity and healthy eating.</p>
Action 2 Conduct an annual evidence based national physical activity			Two successful Healthy Ireland campaigns were run in 2018 (see Action 1 for details). Physical Activity was promoted as	Physical activity was promoted as part of the Healthy Ireland Communications Campaign (Healthy	Resources to promote physical activity, both outdoors and for those cocooning, were included	A new campaign, Let's Get Back, will

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
promotion campaign			<p>a core element of these campaigns. A new web presence was established on gov.ie/healthyireland,</p> <p>The Healthy Ireland Communications team is also establishing a presence on social media</p>	<p>Ireland partnered with the National Transport Authority and the Department of Transport, Tourism, and Sport to encourage people to make walking part of their daily commute in the 'Walk and Ride' campaign which ran from 3 – 16 November.</p>	<p>in the <i>"In This Together"</i> campaign.</p> <p>The <i>"Keep Well"</i> campaign had "Keeping Active" as one of its five themes.</p> <p>Under this heading, Sport Ireland led a series of initiatives to support people in keeping active and exercising within our own local areas throughout the winter.</p>	<p>be launched; Healthy Ireland Communications campaign will be relaunched.</p>
<p>Action 3 Develop the Get Ireland Active website (www.getirelandactive.ie) as a 'one-stop shop' for physical activity</p>	<p>Refreshed site went live to coincide with NPAP social media campaign live from June to end Dec 2016.</p>	<p>Maintenance of site and delivery of small social media campaign. Q2 2017 = 6% increase in traffic to site compared with same period 2016. Social media campaign to promote physical activity maintained, resulting in creation of Facebook Community 60,000 members, Twitter followers 2,440 and Instagram engagements 33,000.</p>	<p>Maintenance of the Get Ireland Active site and delivery of a social media campaign</p> <p>www.getirelandactive.ie site is aligned with the HSE digital roadmap. Promotion of physical activity is integrated across all relevant HSE social media activity every month.</p>	<p>www.getirelandactive.ie content has been transitioned to the core HSE.ie platform (cross-linked). Promotion of physical activity is integrated across all relevant HSE social media activity every month. Physical activity related posts are on @HSELive/HSE facebook, HSE Ask About Alcohol, National Cancer Control Programme, Men's Health Week, HSE You Can Quit etc.</p> <p>Additional resources are available through Sport Ireland.</p>	<p>No longer a standalone site. Sport Ireland hosts additional resources and Healthy Ireland is the primary go to point for physical activity information.</p> <p>www.getirelandactive redirects to Healthy Ireland.</p>	<p>Action to be reviewed</p>

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
Action 4 Identify and promote existing evidence based best practice policy, programmes, initiatives and infrastructure that are promoting increased levels of physical activity	HP&I Training Review Group established, audit of training underway completed. Report submitted to AND HP&I with recommendations for immediate action prior to Phase Two	Phase 2, the goal of which was to develop standards and principles for all HP& I Training was delayed due to the work on the Training Audit. Sessions were held with stakeholders to consult on the nature of the report and on Phase 2. Plans were put in place to scale up the national delivery of the Men on the Move programme. The CarePALS Programme was also evaluated. Funding of €38,000 was provided by the Healthy Ireland Fund to support Sport Ireland's involvement with the Operation Transformation TV programme.	In 2016 an audit and analysis of HSE HP&I delivered training was undertaken including engagement with relevant stakeholders. Work has commenced to develop an implementation plan to scale the Men-on-the-Move Programme for national delivery. . Evaluations of the CarePALS and Be Active Afterschool programmes were completed.	The HSE are continuing with rollout of: • Men on Move programme (community based) • Physical Activity & Education Programme (adult disability day services) • CarePALS (day and residential services for older people) • Making Every Contact Count (health services staff) Sport Ireland commissioned independent evaluations of the Community Coaching programme as well as Community Sports and Physical Activity Hubs 2016-2018. An evaluation of one year of Dormant Accounts Funded projects specifically targeting areas of disadvantage, was carried out. The evaluation showed that the initiatives helped over 50,000 people to try new sports, Sport Ireland has set up a group which continue to monitor these projects. Other areas of development: Ireland's Physical Activity Research Collaboration (I-PARC) is developing a	Sport Ireland: National roll-out of Community Sports Hubs with adjustments made to investment application forms to reflect latest evaluation learnings. Modification of the Community Coaching Programme to a Volunteer Supports Programme. Roll out of targeted supports to the Get Ireland Swimming, Running and Cycling initiatives. Sport Ireland published a new policy on sport and physical activity in outdoor setting. Sport Ireland developed a Sports Participation Plan, which will be based on and guided by the National Sports Policy and the Sport Ireland Strategy. This strives to identify what Sport Ireland plans to achieve, how it is proposed to achieve it and the resources required to facilitate change in	Multiple programmes and initiatives in plan.

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
				Standard Evaluation Framework; The Healthy and Positive Ageing Initiative (HAPAI), evaluated the effectiveness of a peer mentoring approach in delivering LSP physical activity interventions to participants aged over 50.	participation levels over the next five years. HSE - Work to progress rollout of the Men on Move, CarePALS & Making Every Contact Count programmes were delayed in 2020 due to necessary COVID-19 restrictions and the re-deployment of staff.	
Action 5 Develop a publicly accessible national sports/recreation facilities and amenities directory	Facilities database live on www.getirelandactive.ie since February 2016.	Development was done to facilitate improved sharing of information from database on partner sites.	Further improvements were added to the Facilities Database on www.getirelandactive.ie to embed widgets into other partner websites Work is ongoing with Sport Ireland and Ordnance Survey Ireland to progress development of a common data format and alignment with GEOHive, following an allocation from the Healthy Ireland Fund, 2018.	Sport Ireland continued to promote all developed recreational trails in Ireland on the website www.irishtrails.ie . Sport Ireland completed a feasibility study on establishing a base register and digital database for all sport and recreation amenities in Ireland in 2019, which was also supported by the Healthy Ireland Fund. The feasibility study was supported by focus group with a range of diverse stakeholders, including Government Departments, agencies and Ordnance Survey Ireland. Further work on the amenities database has been funded and will continue in 2020.	Sport Ireland continued to promote all developed recreational trails in Ireland on the website https://www.sportireland.ie/outdoors/find-your-trails . Sport Ireland completed a pilot phase in establishing 5 of the a base register and digital database for sport and recreation amenities in 2020, through support from Healthy Ireland. The pilot phase of the database showcased potential public and stakeholder uses of the system which generated greater stakeholder buy in.	Sport Ireland will continue its work as outlined for 2020. National Sports & Amenities database live for trails and envisaged to be fully launched in 2023.

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
<p>Action 6 Conduct an annual National Week of Physical Activity and Sport to link in with the European Week of Sport</p>	<p>European Week of Sport ran from the 10th -18th September and consisted of 480 events with over 50,000 participants.</p>	<p>European Week of Sport ran from 23-30 Sept, 2017 and included:</p> <p>Great Dublin Bike Ride – #BeActive Schools’ Campaign – Run Around Europe Challenge developed in conjunction with Active School Flag National Fitness Day – Age + Opportunity – Parkrun promotional days – parkrun events took part in the European Week of Sport and promoted the #BeActive message.</p> <p>SARI Soccerfest</p> <p>Family Sports Fest</p>	<p>The European Week of Sport was hosted in over 32 countries in 2018 and the EC is keen to see it grow and develop over the coming years; the Irish event took place on 23rd–30th September 2018. A number of flagship events were hosted.</p> <p>A total of 500 events happened at local level around the country. Highlights for EWOS 19 included the Great Dublin Bike, #BeActive Schools’ Campaign, National Fitness Day, Family Sportsfest and 5 #BeActive Nights hosted by Local Sports Partnerships around the country. A number of individuals, schools and workplaces were nominated for #BeActive Awards in 2018</p>	<p>European Week of Sport in Ireland took place between 23rd and 30th September 2019. Sport Ireland supported nine flagship events and five #BeActive Nights. Over 46,000 people took part in these flagship events during European Week of Sport. In addition, there was an impressive national engagement with a total of 808 local events registered across the country through the Sport Ireland website with an estimated number of 110,196 people taking part in these events. The European Week of Sport flagship events reflected Sport Ireland’s participation strategy by supporting and promoting events which target specific population groups..</p>	<p>The European Week of Sport took place between 23rd -30th September 2020.</p> <p>In 2020, 535 events took place nationally throughout the week including #BeActive Paddle Day, National Walking Day, and the European School Sports Day as part of the 11 flagship events. 12 Local Sport Partnerships delivered innovative #BeActive events as part of European Week of Sport 2020. A number of activities ran on an individual/virtual participation basis due to Covid-19.</p> <p>In total, over 700,000 people took part in events during European Week of Sport.</p> <p>The European Week of Sport flagship events reflected Sport Ireland’s participation strategy by supporting and promoting flagship events which target specific population groups including;</p>	<p>Sport Ireland will continue to grow and develop the European Week of Sport</p>

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
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					women, people with a disability, migrants, older adults, young people and families.	
Action 7 Raise awareness among schools, particularly primary schools, of opportunities to educate through physical activity		Ongoing awareness activities via CPD, Active School Flag Programme and Inspections.	The launch of the Junior Cycle Wellbeing Programme (Jan 2017) for all schools. This Wellbeing programme, forms a major component of Junior Cycle for students starting post-primary schooling in September 2017: Inclusion of dance in Creative Ireland programme. Launch of the Department of Education's Wellbeing Policy Statement and Framework for Practice. Launch of LCPE and SCPE launch on a pilot basis.	The implementation of the Junior Cycle Wellbeing curriculum, Wellbeing for teachers in all postprimary ; Ongoing awareness of physical activity continued via CPD, the Active School Flag Programme (including Active School Week) and Inspections. The Active School Flag programme continued to expand its presence in schools in 2019, with over 1,600 having received a Flag since inception. The pilot Active School Flag Post Primary Programme was expanded from three pilot schools in its first year to six schools in Year 2. (In 2020, in the context of the Covid-19 pandemic, all Department of Education Covid guidance material to schools stressed the importance of engaging children in physical activity and provided schools with a wide range of supports, resources and materials to support physical activity. Most ASF initiatives are designed to have cross-curricular learning potential, in particular the Active School Walkway, its' associated cross-curricular challenges. and RUN Around Ireland. ASF primary provided a suite of supports to raise awareness of education through physical activity.	Continue to promote key partnerships via the Active School Flag
<i>Action Area Two: Children and Young People</i>						
Action 8 - Develop guidance to support schools adopt and	Guidance in place – Get Active! Physical Education,	Ongoing use of the Get Active! Physical Education, Physical Activity and Sport for	At primary level, the Professional Development Service for Teachers (PDST)		The Wellbeing Programme committed to providing 400 hours in 2020.	Continued promotion of activity in the school context,

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implement policies that promote the wellbeing of their communities under the Get Active! Framework	Physical Activity and Sport for Children and Young People: A Guiding Framework published by The Professional Development Service for Teachers.	Children and Young People: A Guiding Framework. The Junior Cycle Wellbeing Programme was launched in September, which committed to providing 300 hours across 3 years and included an increase in time allocated to Physical Education.	developed resources to support teachers through the lens of Fundamental Movement Skills. The Junior Cycle for Teachers (JCT) service provided CPD to every post-primary school to support the Junior Cycle Wellbeing Guidelines.			through the PE curriculum, Active School Flag programme and more.
Action 9 - Extend the Active School Flag (ASF) programme to 500 further schools	The target was set, to increase uptake of ASF by 500 schools over next 5 years. The Active Schools Flag Programme benefitted from an allocation of €213,000 from the Healthy Ireland Fund.	626 schools with Active Flag status and there are 131,875 students attending these schools. The Active School Flag initiative was piloted in 3 post-primary schools, in the research and development phase.	748 schools with Active Flag status and this number continued to rise. The Programme has enrolled 1163 schools since inception. The Active School Flag programme received a further €270,000 in Healthy Ireland funding.	851 schools with Active Flag status. An increase of 512 schools holding a current Flag since the NPAP was published in 2016. The post-primary school pilot expanded to 6 schools.	2021 primary schools have engaged with the ASF programme since inception. At primary level, 258 flags were awarded (Lower due to Covid restrictions and school closures) New initiatives during this period: <ul style="list-style-type: none"> • Run Around IRELAND • #FeelGoodFridays • Active Sitting Pilot • Accreditors' Awards • Partnership with the Olympic Federation of Ireland 	The post-primary school pilot will expand to 18 schools. Action complete
Action 10 - Evaluate the Be	Tender for service provider to carry out	Complete data collection and evaluation of programme, with a first	The evaluation was completed, with a research report		Work to deliver <i>Wellbeing through Physical Activity</i> training	Deliver <i>Wellbeing through Physical Activity</i> training to

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Active After School Initiative	evaluation of Be Active Afterschool Initiative undertaken. The service provider (a collaboration between DCU and Mary Immaculate College) has been appointed and the evaluation process to commence.	draft research report published. Evaluation contract awarded to Mary Immaculate College, UL.	published and submitted to the HSE.		to schools – integrating components of Be Active After School programme was not progressed in 2020 due to COVID-19.	schools – integrating components of Be Active After School from September 2021
Action 11 - Fully implement the physical education curriculum for all primary and post-primary pupils to meet Department of Education guidelines		Senior cycle specifications in Physical Education, for both non-exam and exam subjects, approved by the Minister.	Introduction of the new specification for Leaving Certificate PE (examinable) commenced in 64 schools. Also, the Framework for Senior Cycle PE (non-examinable) commenced.	Implementation of the Senior Cycle Physical Education Framework (SCPE) continued with participating schools in Phase 1 of SCPE supported by the Professional Development Service for Teachers (PDST).	Due to the necessary Covid-19 restrictions and school closures, schools were unable to deliver the full physical education programme during the school year. LCPE inclusion in Leaving Cert - rollout to most schools.	The new Junior Cycle Physical Education specification went for public consultation. Both Primary and Post Primary schools will be guided to fully implement the PE curriculum.
Action 12 - Evaluate the quality of teaching and learning in physical education in a sample of primary and post primary schools annually		PE was included in the national programme of subject inspections (post-primary), curriculum evaluations and whole school evaluations (primary).	The launch of PE as a Leaving Cert subject, both for examination in the Leaving Cert and as a non-examination subject, as at Action 11 above.		The inspection of PE and other curriculum areas at primary level was paused for much of the school year.	The Inspectorate will re-engage with the inspection of PE and other curriculum areas in a phased manner during

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	2016	2017	2018	2019	2020	
						the next school year.
Action 13 - Develop and provide a programme of continuous professional development in physical education	<p>A 3-year CPD framework was developed and agreed.</p> <ul style="list-style-type: none"> • First draft of FMS resource pack completed in December 2016. • Resources and feedback from pilot formed initial work on FMS schools resource pack. • Gymnastics workshops – 859 primary teachers attended 58 workshops; 448 post-primary teachers attended 37 workshops • Primary summer course – 198 teachers attended 12 five-day courses (equivalent to 990 teacher CPD interactions). 	<p>Support continued to roll out to schools in Fundamental Movement Skills.</p> <ul style="list-style-type: none"> • Final draft of FMS resource pack completed February. • FMS seminars delivered in April/May. Projected figures: 120 seminars with 3000 CPD interactions. • FMS dance workshops: 21 events scheduled at primary and post primary with 525 teacher CPD interactions projected at both primary and post-primary levels. 	<p>PDST developed a resource to support teachers in developing physically literate children through the lens of Fundamental Movement Skills, called Move Well, Move Often.</p> <p>PDST delivered a second phase of National Seminars at Primary Level on Fundamental Movement Skills in Physical Literacy.</p>		<p>The PDST is provided Continuous Professional Development (CPD) for both Primary and Post Primary Schools. National rollout of Leaving Cert PE and Senior Cycle PE commenced in September 2020.</p>	<p>A programme of CPD for the new Physical Education specification is in place for 2021 onwards.</p>
Action 14 - Include physical	National roll out of CYPSC was	In September 2017, a joint targeted funding	Funding of €3.3m was provided to Local	The 27 Children and Young People Service		

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	2016	2017	2018	2019	2020	
activity in the development plans of Children and Young People's Services Committees (CYSPC)	<p>completed in 2016 with 27 CYPSC established.</p> <p>Each CYSPC prepared a Children and Young People's Plans (CYPP) with priority actions outlined under Outcome 1 of Better Outcomes, Brighter Futures, Active and Healthy, and included an emphasis on physical activity.</p>	<p>scheme between DH and DCEDIY directed through the 27 CYPSC supported cross sectoral projects and initiatives that implemented key national policies, including:</p> <p><i>The National Physical Activity Plan for Ireland, A Healthy Weight for Ireland Obesity Policy and Tobacco Free Ireland.</i> This funding supported projects aimed at children and young people who are at most risk of experiencing health inequalities.</p> <p>Also, €3.8m was provided by the Healthy Ireland Fund to Local Community Development Committees and CYPSCs, with funding of €400,000 provided by DCEDIY. Applications were received from every LCDC and CYPSC.</p>	Community Development Committees (LCDCs) and Children and Young People's Services Committees (CYPSCs) in 2018, to support the implementations of actions set out in 2016.	<p>Committees (CYPSCs) continued to deliver Healthy Ireland projects in their local areas.</p> <p>Co-funding between DCEDIY and DH/Healthy Ireland amounted to €1.3m or €48,000 per CYPSC.</p> <p>An additional amount of €865,000 was secured by Healthy Ireland from the Community Mental Health fund in 2019 to enable CYPSCs to support mental health and well-being initiatives.</p>		
Action 15 - Review the National Play and Recreation Policies and develop a new	A review of public policy on play and recreation in Ireland commissioned in July 2016.	Consideration given to the recommendations in the report of a review of public policy on play and recreation in Ireland.		DCEDIY conducted a mapping exercise of current play policy, practice and provision with a focus on early childhood.		

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strategic direction for promoting physically active play	Report submitted in Q4 2016.					
Action 16 - Include children and young people in the development and implementation of programmes in which they are involved	<p>The Department Children, Equality, Disability, Integration and Youth (DCEDIY) in partnership with DH, published and launched 'Healthy Lifestyles Have Your Say: A consultation with children and young people'.</p> <p>The first Annual Report on Implementation of commitments in the Strategy was published in July 2016.</p>	<p>Conducted consultations with seldom heard children on poverty under Children's Equality Commission.</p> <p>Launch of report held in Q4 2017.</p> <p>The second annual report on the Implementation of commitments in the Strategy published in Q4 2017.</p>	<p>The Comhairle na nÓg National Executive published and launched the 'How was school today?' research with the Ministers for DCEDIY and Education.</p> <p>Hub na nÓg collaborated on delivery of several consultations with children and young people. The Hub also published a paper on the impact of child participation on policy, service delivery and practice for the CRINI (Children's Research Network) Digest.</p>	CYPSCs continued to engage with children and young people in relation to the development of the CYPSC three-year plans, projects delivered via DCEDIY and Healthy Ireland funding.	Students were involved in choosing areas of learning for classroom-based assessment as part of the proposed new Junior Cycle Physical Education specification.	
Action 17 - Conduct the LifeSkills Survey every three years		Publication of the Lifeskills survey report for 2015.	Survey was renamed the Wellbeing and Lifeskills Survey and launched in 2018.	Publication of the 2018 Survey was delayed by the Covid-19 pandemic.		
Action 18 - Develop National Guidelines on Physical Activity for early childhood (0-5 years)	Delivery of a physical activity module as a core component of the Healthy Ireland Smart Start	Maintained the current commitment to the HISS Programme and progressed to a further 5% of total pre-schools nationally.	<i>First 5</i> , a whole Government strategy to improve the lives of babies, young children, and their families, was launched.	The delivery of Healthy Ireland Smart Start (HISS) programme from pre-schools was maintained.	The HISS programme was expanded and revised to provide content for Early Learning and Care services from 0-5 years.	Thirty workshops are planned for delivery in 2021 across a range of ELC services through a HSE

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	2016	2017	2018	2019	2020		
	(HISS) Programme to pre-schools. A total of 15% of pre-schools participated across the country.					A strategic policy level review of the programme was completed to inform future development and sustainability of the programme.	partnership agreement with the National Childhood Network.
Action 19 - Include the promotion of physical activity in children, including through play, as an integral component of education and training programmes that lead to qualifications in early childhood care and education.		The promotion of physical activity is an integral part of Aistear (the early childhood curriculum framework). The introduction of a second free preschool year significantly increased opportunities for learning and physical activity through play.					
Action 20 - Develop a framework for health promoting colleges to include physical activity	HSE awaited guidance document from DoH and associated resources to implement this action.		Stakeholder engagement was held with third level institutions to establish and support requirements to develop as 'Health Promoting Colleges'.	The draft Higher Education Healthy Campus Framework and Charter for Health Promoting Colleges reached an advanced stage, with national workshops held to develop a collaborative network and a whole campus approach.		Launch of the Healthy Ireland Healthy Campus Framework was delayed in 2020 because of the COVID-19 pandemic.	The Healthy Ireland Healthy Campus Framework was successfully launched in 2021 and will be developing their plans for implementation and roll-out.

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				Galway-Mayo Institute of Technology and the University of Limerick launched their Healthy Campus plans in 2019.		
Action 21 - Promote the assessment of PE by facilitating teachers and students in managing the assessment dimension of senior cycle physical education through the development of an App (for phones/tablets) and to trial the App with a number of schools in 2016		<p>A draft working prototype of the app was made available for trialling in early October.</p> <p>The National Council for Curriculum and Assessment (NCCA) reviewed the app with a small group of teachers before progressing to the final stages of the app development.</p>		An app, 'Phyz', developed by the NCCA and partners (including Healthy Ireland) to support SCPE, was trialled in a subset of schools in 2019.	The 'Phyz' app, supported the Senior Cycle PE curriculum, was made available on the Google Play and Apple App stores.	Action complete.
<i>Action Area Three: Health</i>						
Action 22 - Incorporate training on the preventative and treatment role of physical activity as a core component of undergraduate and in-service training for all health	Project Lead appointed to develop a core undergraduate curriculum on Chronic Disease Prevention, inclusive of the preventative and treatment role of physical activity, for all health	Chronic Disease Prevention module developed with Higher education Institutes, and delivery started in undergraduate programmes.	A Brief Intervention Model, Making Every Contact Count (MECC), implemented by the HSE, focusing on the four key areas of tobacco use, harmful alcohol consumption, physical inactivity, and unhealthy eating. MECC addresses risk factors for chronic disease and seeks to		Continued delivery and implementation of MECC/Chronic Disease Prevention interventions and modules.	Continued implementation of the Chronic Disease Prevention curriculum by Higher Education Institutes.

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	2016	2017	2018	2019	2020	
professionals	professionals. The Lead will work with all training bodies.		<p>achieve positive long-term behaviour change.</p> <p>This builds on MECC/Chronic Disease Prevention modules in 14 Higher Education Institutes as a component of undergraduate and graduate programmes for all healthcare professionals.</p>			
Action 23 - Develop and implement a brief intervention model for delivery of physical activity advice	<p>Development and implementation of MECC</p> <p>Development of online and blended learning training for MECC, awarding of tender for service provider, and expert reference groups established to generate content.</p> <p>Development of MECC support resources, underpinned by research to</p>		<p>The MECC training being delivered to existing staff as part of continuous professional development, as well as undergraduates. Each health provider organisation to include a National Suite of MECC Actions in Healthy Ireland Implementation plans.</p> <p>A MECC Implementation Working Group has been established to support health provider organisations.</p> <p>Phase 1 of a Communications Campaign to support the Programme implementation has</p>	<p>MECC E-learning module: 2,359 participants completed training.</p> <p>Number of Skills-to-Practice Workshops delivered: 40.</p> <p>Skills-to-Practice workshop participants: 457.</p> <p>Number of health service provider sites with implementation learning: 64 (46 Community Health Organisations and 18 Hospital sites).</p>	<p>Disruption to learning due to the pandemic.</p> <p>MECC E-learning module: 1505 participants completed training.</p> <p>Number of Skills-to-Practice Workshops delivered: 14.</p> <p>Skills-to-Practice workshop participants: 130.</p> <p>Number of health service provider sites with implementation learning: 78 (66 Community Health Organisations sites and 12 Hospital sites).</p>	<p>Increase the delivery of CPD training as pressures related to the pandemic ease.</p> <p>3946 participants to complete eLearning module in 2021.</p> <p>790 participants to attend Skills-to-Practice workshops, and increase the implementation learning sites to 100 in 2021.</p>

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	identify preferred mechanisms.		begun to promote the training programme and increase staff awareness.			
Action 24 - Develop local physical activity plans for four pilot areas as part of the National Healthy Cities and Counties Network	<p>Four pilot areas expressed interest in the development of local physical activity plans.</p> <p>Proposals to strengthen a HSE partnership approach for internal discussion and agreement.</p>		<p>Healthy Ireland and National Healthy Cities and Counties Network focused on building the network and the development of Healthy Ireland Plans at Local Community Development Committee (LCDC) level.</p> <p>Ongoing development of a 3-year strategy to underpin HSE funding of a SI-LSP initiative. A working group report and draft outcomes framework are under consideration by HSE management.</p>	<p>HSE funding to LSP sector, informed by agreed strategy.</p> <p>National Healthy Cities and Counties Network provided support to the development of Healthy Ireland Plans, including a focus on physical activity - 19 Healthy Ireland Plans published to date.</p>	<p>Sport Ireland invested €800,000 of Dormant Account Funding through an Active Cities fund, which will invest in sport and physical activity initiatives in Ireland's five cities. Active Cities aims to create the opportunity for citizens to lead healthier lifestyles in the context of sport and physical activity.</p> <p>HSE funding to LSP sector, informed by agreed strategy.</p>	<p>Sport Ireland to invest a further €800,000 through the Active Cities fund in 2021.</p> <p>Support the delivery of the Sport Ireland -led Active Cities initiative</p> <p>Recognition that the action has been subject to a degree of change. A majority of local authorities now engage with Healthy Cities and Counties, and the Active Cities is working towards the original action.</p>
Action 25 Develop and implement a pilot programme for the National Exercise	Mapping of existing services and activity within health services.		Review completed of organisational readiness regarding the introduction of exercise referrals. Evidence highlighted that key systemic enablers were	The Living Well Programme , incorporating physical activity for people living with Chronic Disease, is being implemented across all	Sport Ireland provided investment through Dormant Accounts to fund three local sports partnerships to collaborate with ExWell.	Sport Ireland and the LSPs to work with programmes to explore opportunities for sustainable transfer from

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
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Referral Framework	<p>Mapping of pathways against MECC and Chronic Disease Self-Management Support pathways.</p> <p>HSE working group to define the operating model.</p> <p>Tender for Lifestyle Behaviour Change Patient Management System completed</p>		<p>not in place to move to the design phase for an Operating Model. Resources prioritised towards the implementation of MECC and Self-Management Support Frameworks, and a Behaviour Change Patient Management System.</p> <p>The development of a Behaviour Change Patient Management System is progressing, with 9 CHO level Self-Management Support Co-ordinators in post. Rollout has commenced, with an initial focus on tobacco use.</p> <p>The implementation of MECC and Self-Management Support Frameworks have progressed</p>	<p>CHOs and evaluated as part of the Sláintecare Innovation Fund.</p> <p>Focus remains on the integration of physical activity across mainstream programmes.</p> <p>The development of a Physical Activity Pathways in Healthcare Framework under consideration.</p>	<p>The Physical Activity for People with Chronic Illness project aims to develop a framework, within which people with or recovering from chronic illness/conditions have opportunities to increase physical activity through accessible, inclusive, and sustainable physical activity programming.</p> <p>There were significant disruptions to in-person attendance at exercise classes because of necessary pandemic restrictions.</p>	<p>exercise referral programmes to sustained community-based sport and physical activity opportunities.</p> <p>Sport Ireland aims to fund and support further projects through the Dormant Accounts for sport inclusion strand such as the True Transformation project being undertaken by Laois LSP.</p> <p>Funding allocated to developing a Physical Activity Pathways in Healthcare model, through HSE and Sport Ireland collaboration.</p>
Action 26 Include questions on physical activity levels in risk factor screening and	<p>Pilot study to assess risk factor screening and recording in General Practice underway as part of MECC</p>		<p>The roll out of risk factors recording is included as part of the Phase 2 implementation of the National Infant and Maternity Information System.</p>	<p>Risk factor recording to underpin lifestyle Brief Interventions integrated into data dictionary, to underpin specifications for new patient management</p>	<p>Significant delays to implementation of Action 26 as a result of the necessary pandemic restrictions, and the redeployment of HSE staff to frontline duties</p>	<p>MECC dataset for Physical Activity aligned to SNOMED to support the integration into GP Patient</p>

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brief intervention/patient education	See Action 23 also		A Behaviour Change Patient Management System has been developed and implemented for tobacco, with scope for adding a physical activity module See Action 23 also	systems across the HSE.	such as testing, contact tracing and front-line patient care.	Management Systems.
Action 27 Review HSE physical activity programmes and workforce and implement recommendations	HSE Health Promotion and Improvement (HP&I) organisational review and workforce planning complete. Audit of training complete, with recommendations identified for immediate action.		Alignment of the HP&I structure and workforce with Health Services operating model is progressing.	Alignment of the HP&I structure and workforce with Health Services operating model complete. Transition completed to a new organisational structure for Health & Wellbeing nationally and in CHOs.	Significant delays to implementation of Action 27 as a result of the necessary pandemic restrictions, and the redeployment of HSE staff to frontline duties such as testing, contact tracing and front-line patient care.	Funding allocated to developing a Physical Activity Pathways in Healthcare model, through HSE and Sport Ireland collaboration.
Action 28 Develop national guidelines on sedentary behaviour	Action to be started in 2017		A scoping exercise has been commenced. An Evidence Base Hub is in development, with responsibility for the development of guidelines.	An Evidence Base Hub with responsibility for the development of guidelines Remains in development. The Healthy Ireland Survey 2019 and the Children's Sport Participation and Physical Activity Study 2018 (CSPPA) were	A request to DoH Research Services and Policy Unit has been submitted for research and guidance around developing guidelines for Ireland. The research paper will be completed in 2021, for consideration by the NPAP IG and will form part of the Review of the NPAP.	Finalise recommendations on sedentary behaviour, include recommendations in consideration for review of the NPAP

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				completed and published. CSPPA reported that 17% of primary and 10% of secondary school students are meeting the National Physical Activity Guidelines for Children. The Healthy Ireland Survey reports that 46% of adults are meeting the National Physical Activity Guidelines.		
<p>Action 29</p> <p>Develop guidelines, support materials and referral pathways to promote physical activity for organisations providing mental health services and disability services</p>	<p>'Increasing engagement with physical activity' facilitated workshop planned for Healthy Bodies, Healthy Minds.</p> <p>Improving physical health and wellness of mental health service users' Study Day.</p> <p>In partnership with CARA, scope the current Special Olympics programme for wider delivery and deliver a review of health</p>	<p>Trinity College Dublin commissioned to develop guidelines and support materials for staff working with mental health and substance misuse presentations.</p> <p>CARA submitted proposal to HSE for a national physical activity awareness and education programme for people living with disabilities. Review of health promoting programmes designed for people living with disabilities completed.</p>	<p>Publication of Let's Get Active guidelines for mental health staff To promote physical activity with service users.</p> <p>Further development and evaluation of the physical activity Awareness and Education Programme with CARA, to ensure it is embedded within a sustainable delivery infrastructure.</p> <p>Section 38 funding awarded to CARA in development of I'm in too train-the-trainer programme for staff working in adult day care services.</p>	<p>Risk factor recording, Brief Intervention and Care Planning physical activity incorporated into the standardised Physical Health Assessment for all admissions to Adult Acute Mental Health Services.</p> <p>Dissemination of Let's Get Active guidelines for mental health staff.</p> <p>Project to develop, deliver and evaluate Physical Activity Education Programme (aligned to I'm in too) in 10 adult disability day care services with CARA.</p> <p><i>See Action 49 also.</i></p>	<p>Sport Ireland and the LSPs Network rolled out a 4-week physical activity plan for people with a disability. A resource was developed by Sport Ireland, LSP Sport Inclusion Disability Officers (SIDOs), and CARA, to improve an individual's Gross Motor in a fun way while also helping people to reach their minimum recommended daily physical activity.</p> <p>As part of the Keep Well campaign Sport Ireland produced a series of exercise videos for children with autism. The 6-part series was designed to focus in on</p>	<p>Revised programme approach to support delivery in pandemic environment, rollout across all services from Sept 2021.</p>

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	<p>promoting programmes designed for people living with disabilities. Review and recommendations to be completed.</p>				<p>movement patterns that are beneficial for development, combined with low and higher intensity exercises that use a similar pattern to aid learning.</p> <p><i>See Action 49 also</i></p> <p>Project to develop, deliver and evaluate Physical Activity Education Programme in 10 adult disability day care services affected by pandemic regulations, closure of day-services and re-deployment.</p>	
<p>Action 30</p> <p>Develop guidelines to integrate physical activity into long-term care planning and practice</p>	<p>CarePALS training and evaluation commenced in residential and day care settings.</p>	<p>Completion of CarePALS training and evaluation.</p> <p>Completion of baseline assessment.</p>	<p>Go for Life is the national programme for sport and physical activity for older people in Ireland. It is run by volunteers called PALs (Physical Activity Leaders) CarePALS workshops aim to empower staff and volunteers in day and residential care settings to lead suitable physical activities with older people.</p>	<p>Delivery of CarePALS training: In 2019 there were 8 CarePALS courses delivered to 135 participants, bringing the total number of CarePALS trained since 2015 to date to 819.</p>	<p>Age & Opportunity Active delivers PALs (Physical Activity Leaders) training to older adults who are members of groups, to teach them to lead physical activity sessions within their own groups and communities.</p>	<p>Delivery of CarePALS training affected by COVID-19 impact in Nursing Homes and closure of day-services – no training delivered.</p> <p>Revised CarePALS programme approach to support delivery in COVID environment. 9 online courses</p>

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	2016	2017	2018	2019	2020	
						offered from June 2021 Development of Get Up, Get Dressed, Get Moving initiative
<i>Action Area Four: Environment</i>						
Action 31 Develop guidelines and support materials for those working in developing the built environment to promote the importance of physical activity.			Stakeholder forum on the built environment and its impact on health & wellbeing, sport and physical activity., Connect, Collaborate, Create: Co-Designing Healthier Communities. RIAI produced guidelines Town Toolkit based on Scotland's <i>Place Standard</i> .	Updating of the Design Manual for Urban Roads and Streets with publication of 4 Advice Notes and launch of dmurs.ie website . Sport Ireland, in collaboration with the Irish Wheelchair Association, published: An Accessibility Guideline for Outdoor Areas. Sport Ireland also revised Criteria for Walking Trail Development in Ireland and published guidelines for an all-Ireland planning and development of Blueways .	Sport Ireland published Walking Trail Criteria for Ireland and led the #Outdoorsforeveryone national campaign (with advice for responsible outdoor recreation). Update to Design Manual for Urban Roads and Streets , including advice note re. Covid and prioritising temporary walking and cycling facilities.	Updating of cycle, water, and horse trails criteria. Sport Ireland continue support through #Outdoorsforeveryone Consumer proposition development to promote use of Blueways in Ireland.
Action 32 Develop and promote walking and cycling strategies in each local authority	Survey of local authorities (25 out of 31 responded. 23 out of 25 stated they have developed and	Sport Ireland launch of the Get Ireland Walking Strategy and Action Plan.		15 of the 31 local authorities provided an update on implementation of walking and cycling strategies. Sport Ireland carried out 247 walking	18 of the 31 local authorities provided an update re. walking and cycling strategies. Reportedly extensive work is ongoing to ensure these strategies	Sport Ireland continue to support local authorities re. walking and cycling strategies.

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
area.	promoted walking and cycling strategies.			and cycling trail assessments and inspection, delivered 7 training courses (60 participants) re. walking and cycling infrastructure, and supported the development of sections of the EuroVelo 1 and 2 cycle routes in Ireland.	are central to City and County Development Plans, LECPs, Tourism Strategies, LTPs etc.	
Action 33 Ensure that the planning, development and design of towns, cities and schools promotes cycling and walking with the aim of delivering a network of cycle routes and footpaths.	Survey of local authorities to assess implementation of Action, 25 of 31 responded. Of the 25, 24 stated their City and County Development Plan had policies to promote cycling and walking with the aim of having a network of cycling routes and footpaths.			Survey of local authorities, gained 15 responses from 31 and indicated policies and objectives to promote cycling and walking, aiming for routes and paths.	Same survey had 17 of 31 local authorities indicated policies and objectives to promote cycling and walking, aiming for routes and paths. Plans implemented and reviewed, e.g., URDF funding in preparing Regeneration Strategy for Donegal. NPAP IG represented on the Town Centres First National Advisory Group raising walking and cycling participation.	Delivery of cycling and walking infrastructure and continued promotion of walking and cycling strategies in each LA.
Action 34 Ensure that the planning, development and design of towns and cities promotes the	Survey of local authorities to assess implementation of Action, 25 of 31 responded. 23 said their City/County			Survey of local authorities, gained 15 responses from 31 stating City/County Development Plan promotes the development of local & regional parks and	17 of 31 local authorities claimed the promotion of the previous paragraph. Claimed but evidence? significant progress of promoting and developing recreational space and physical	Sport Ireland will support local authorities in the development of Local Sports Plans (in line with Action 8).

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
development of local and regional parks and recreational spaces that encourage physical activity.	Development Plan promotes the development of local & regional parks and recreational spaces re. physical activity. One had no provision for recreational space in their Plan but had guidance for new development.			recreational spaces re. physical activity.	activity, with reported examples of local authorities undertaking 'public realm strategies'.	Ongoing work to ensure the development of local and regional parks and recreational spaces is a key measure involved in the planning, development and design of towns and cities. City/County Development Plans , under review, will reinforce the strategic focus of parks and recreational infrastructure to promote physical activity.
Action 35 Develop a programme of continuous professional development on the role of physical activity for those working in developing the built environment	Continuous Professional Development already provided to Planners and other professionals, by their professional Bodies. The Design Manual for Urban Roads and Streets (DMURS)			Publication of four Advice Notes to assist with the implementation of the DMURS. DMURS website, was also launched, and will be further developed as a information and education resource tool. Sport Ireland continued to develop and deliver education and		Sport Ireland will continue to develop and deliver education and training opportunities for both professionals and volunteers involved in the development of infrastructure to support outdoor physical activity.

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
	includes physical activity. A Working Group led training and CPD events to promote this manual.			training courses to support the development of walking, cycling and outdoor infrastructure, including a new course, Ecological & Heritage considerations for Outdoor Development.		
Action 36 Prioritise the planning and development of walking and cycling and general recreational / physical activity infrastructure.	<p>Consultation with government departments and stakeholders started for the National Planning Framework (NPF), together with inter-departmental consultations regarding policy, outputs, and issues.</p> <p>First draft of the NPF paper published, and following public consultation (positive towards walking and cycling), advanced draft provided.</p> <p>Cross departmental</p>		<p>Project Ireland 2040 launched as the policy and planning framework for social, economic, and cultural development. It includes a capital investment plan as set out under the National Development Plan (NDP), almost €116 billion, and the NPF.</p> <p>The NDP established four new funds: Urban Regeneration and Development Fund (URDF), Rural Regeneration and Development Fund (RRDF), Climate Action Fund (CAF), and Disruptive Technologies Innovation Fund (DTIF).</p> <p>The NPF recognises the strong link between health and environment, and prioritises walking</p>	<p>There were 87 successful applications supported in Round 1 of the URDF.</p> <p>Sport Ireland continues to support the DTCAGSM on the implementation of the National and Regional Greenway Plan.</p>	<p>Sport Ireland developed and published the Walking Trail Criteria for Ireland, aimed at ensuring the high quality of walking trails in Ireland.</p> <p>EuroVelo routes in Ireland passes through 10 counties and is complete in 8 of the 10 counties - funding applications are in progress for the final two counties.</p> <p>Second call for URDF proposals was launched in January 2020. 16 LA survey respondents provided details of support and prioritisation of the planning and development of walking and cycling and general recreational/ physical activity infrastructure, securing funding such as</p>	<p>In 2021, Sport Ireland will develop updated cycling trail criteria.</p> <p>Sport Ireland will continue to work towards launching the Eurovelo route by summer 2021.</p> <p>Build upon works started in 2020 to enable the planning and development of walking and cycling and general recreational/ physical activity infrastructure</p> <p>Announcement of successful applications of second round of URDF in 2021.</p>

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
	Steering Group formed.		and cycling accessibility to both existing and proposed developments.		the Large Scale Sport Infrastructure Fund (LSSIF) or EU INTERREG .	
<p>Action 37</p> <p>Explore opportunities to maximise physical activity and recreation amenities in the natural environment.</p>	<p>Completion of projects funded under the Smarter Travel Areas (STA) and Active Travel Towns (ATT) programmes.</p> <p>The majority of the greenway/cycle projects, funded by the National Cycle Network (NCN), completed.</p>		<p>Independent evaluation of STA and ATT submitted to DTCAGSM for review.</p> <p>Strategy for the Future Development of National and Regional Greenways launched. A funding call gained 22 applications from 16 local authorities and agencies.</p> <p>Due to delay in drawdown from some projects, Waterford and Tipperary were re-allocated extra funding.</p> <p>Steering Group formed to devise a Code of Best Practice for Greenways.</p>	<p>Further advancement of work took place on a number of Greenway projects, including, design and related environmental screening, procurement, recruitment processes and public consultations.</p> <p>Collaboration has continued with Greenway Steering Groups to progress project work.</p> <p>Development of Masterplans to promote the development of recreational space, including linking of existing greenway networks and parks.</p> <p>Sport Ireland supported the development of Blueways across the island of Ireland through the Blueway Partnership, with an accreditation process established.</p> <p>The Department of Rural and Community</p>	<p>Throughout the pandemic, Sport Ireland Outdoors worked collaboratively with key stakeholders and developed the Stay Local, Stay Apart & Stay Safe in the Outdoors campaign.</p> <p>Love This Place, Leave No Trace initiative launched to tackle littering in scenic hotspots during the pandemic.</p> <p>Sport Ireland published its new Policy on Sport and Physical Activity in the Outdoors, to create opportunities for everyone to participate in and enjoy sport and physical activity in the outdoors.</p> <p>15 Local Sports Partnerships (LSP) gained support through the Dormant Account Funding to deliver the Urban Outdoor</p>	<p>Development of a National Digital Database of Sport and Recreation Amenities to promote facilities to the public, and to support the planning and development of physical activity and recreation amenities in the natural environment.</p> <p>Sport Ireland to provide Cara funding to deliver online training to provide planners and developers information on how to make amenities in the natural environment more accessible for people with a disability.</p> <p>Sport Ireland are updating cycling,</p>

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
				Development approved €10.2 million funding for 153 projects (development of trails, walkways, cycleways, greenways, blueways, and mountain access routes) under the 2019 Outdoor Recreation Infrastructure Scheme.	<p>Adventure Initiative in their respective counties.</p> <p>Sport Ireland Outdoors started an initial implementation phase (addressing feasibility and functionality) to establish a National Database of Sport and Recreation Amenities in Ireland.</p> <p>Sport Ireland Outdoors launched a new digital trails inspection system. All Registration Inspections and Trail Audits will now be undertaken using this GIS-based system, and will also allow stakeholders to access live and accurate key data through online interactive dashboards.</p>	water, and horse trail criteria to ensure the quality development of these outdoor facilities.
Action Area Five: Workplaces						
Action 38 - Develop a framework for workplace health and wellbeing including physical activity	The development of a National Framework for Healthy Workplaces was commenced, overseen by a sub-group cochaired by the		A Consultation Report and Literature Review was signed off by the Steering Group in March 2018. A Draft report on the development of an Accreditation Model for	The Institute of Public Health completed a Profile on Worker Health in Ireland and finalised a report on Worker Health Outcomes. Toolkits to support smoke free work sites	Development of a National Framework for Healthy Workplaces progressed. The draft Framework was updated to reflect the impact of COVID 19	The National Healthy Workplace Framework was launched.

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
	Departments of Health and of Jobs, Enterprise and Innovation.		<p>Healthy Workplaces in Ireland was completed.</p> <p>The Development of Workplace Accreditation Model, Review of Tools and Resources and Healthy Meeting Guidelines have been launched and the first draft of the National Framework for Healthy Workplaces was completed.</p>	<p>and physical activity in the workplace were under development.</p> <p>The draft Framework has been completed, a second phase of consultation as undertaken with key stakeholders.</p>	and the Remote Working Strategy.	
Action 39 - Develop a toolkit for employers to provide practical guidance on promoting physical activity at work	In partnership with the DoH, the development of a framework for the HSE Staff Health & Wellbeing Programme commenced.	Supported by the HSE, on consultation on the Framework was undertaken.	<p>Progress on the development of the Healthy Workplaces Framework through HSE Staff Health and Wellbeing Programme.</p> <p>Healthy Meeting Guidelines and a toolkit to support smoke free work sites were launched.</p>		Not progressed, pending publication of DoH led Workplace Health & Wellbeing Framework.	To be reviewed following the launch of the Healthy Ireland Healthy Workplace Framework.
Action 40 - Continue to support the Smarter Travel Workplace and Campus Programmes	The number of organisations participating in the programme increased to 123. Now over 344,544 people participating.	The programmed continued to develop, increased to 149 active partners.	Continue to increase number of participating organisations	<p>Smarter Travel Workplace is engaged with 116 large employers nationwide, with employee numbers ranging from 250 to over 5,000 per partner company.</p> <p>The STC programme is engaged with 23 third levels, including the majority of the Irish</p>	<p>Programme events including 'Marchathon' took place resulting in 5,303 people from 83 workplaces and campuses actively involved.</p> <p>In addition, 'Walktober' had a total of 4,343 people from 66</p>	

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
				universities and Institutes of Technology.	workplaces and campuses taking part.	
Action Area Six: Sport and Physical Activity in the Community						
Action 41 - Continue to support the Community Sport and Physical Activity Hubs (CSPAHS) in disadvantaged areas	<p>Delivered training and development courses to local community sports volunteers to increase the sustainability of the Hubs.</p> <p>The creation of Hub Coordinator positions to oversee the facility.</p> <p>The launch and development of fifteen Community Sport and Physical Activity Hubs (CSPAHS).</p>	Nine new hubs were developed, with improved linkages with Sport Irelands Community Coaching programmes.	<p>31 CSPAH were active nationwide.</p> <p>Evaluation completed of CSPAHs (the first 9 set up 2015) - the main conclusion is that CSPAHs are a viable and useful model to increase levels of participation in sport and physical activity in a community.</p>	<p>By 2019, the total number of Hubs nationwide increased to 37.</p> <p>Evaluation of CSPAHs (next 18, set up 2016 and 2017) found:</p> <ul style="list-style-type: none"> - increased access to sport and physical activity opportunities, delivered in welcoming and safe environments to people that face multiple disadvantages; - improved links between local organisations; - enhancement in skills and capacities and, anecdotally; - improved health and social outcomes for people. 	By 2020, the number of Hubs increased again to 49.	In 2021 Sport Ireland intends on providing investment for a further 10 Hubs.
Action 42 - Include actions that promote increased levels of physical activity in all Local and	Review of LECPs and awareness of action relating to physical activity.		Survey of Chief Officers of LCDCs was designed to determine if actions to promote physical activity have been included in LECPs.	Actions to promote physical activity have been included in all LECPs.		Continued effort to deliver actions that promote increased levels of physical activity in all Local Economic

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
Economic Community Plans			Applications to the Healthy Ireland Fund were received from all LCDCs.			and Community Plans.
Action 43 - Rollout a new Active Communities Walking Programme in all LSP areas and support over 500 new active community walking groups around the country under the Get Ireland Walking initiative	The programme was rolled out 24 counties through the LSP network.	Get Ireland Walking Strategy was launched. Under this strategy, 100 new Active Community Walking Groups were launched in 29 Local Sports Partnerships.	1,116 Walking Groups were registered with Get Ireland Walking. The Men's Shed Walking Initiative and a Train the Trainer programme was completed with LSPs. An Active School Walkway Pack was developed and launched by GIW in partnership with Active School Flag for Active School Week.	1900 registered walking groups and clubs registered with Get Ireland Walking. The Schools Walking Programme, Woodlands for Health, Waterways for Health and Men's Sheds Walking programmes continued to progress.	Sport Ireland provided €125,000 in Dormant Account funding to the Get Ireland Walking to continue the expansion of Community Walking Projects. 52 Active Community Walking groups registered for the Active Community Waking Programmes throughout the LSP network. Get Ireland Walking supported a further registered 1,958 walking groups and clubs.	
Action 44 - Implement and support participation programmes with a focus on disadvantaged communities	A total of €8.3m was secured from the Dormant Account Scheme. Further funding of €140,000 was secured from the Department of Health and funding of €235,000 was distributed to the three LSPs to	A further €5m was provided by the Dormant Accounts Scheme to continue the implementation of programmes.	A significant range of projects were delivered through NGBs and LSPs. An example includes Limerick LSP's implemented 'Get Garryowen Active'. Dublin Sports and Wellbeing Partnership implemented a series of community activation programmes in the Dublin North East Inner City.	Sport Ireland invested €1,015,000 to support all 29 LSPs in employing a Community Sports Development Officer (CSDO). Sport Ireland invested €833,650 in community-based programme funding and a further €3,505,000 of Dormant Account funding disadvantaged communities.	Sport Ireland invested €875,500 to maintain the full network of 29 CSDOs and increased investment in the LSP programme to €1.13m. In addition, Sport Ireland invested a further €7,115,000 of Dormant Account funding to support disadvantaged communities.	Sport Ireland invested €945,000 to maintain the full network of 29 CSDOs. Sport Ireland increased the investment in the LSP programme to €2.16m.

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
	deliver local programmes.			A further €575,000 was invested from the Dormant Account funds.	Launch of Your Personal Best aimed at getting men over 45 more physically active.	
Action 45 - Develop a physical activity for health culture in Ireland through the development of new Get Ireland Running, Get Ireland Cycling, Get Ireland Swimming Initiatives	<p>The Get Ireland Running, Cycling and Swimming Initiatives were developed in conjunction with Athletics Ireland.</p> <p>Funding of €150,000 was received for Get Ireland Running, €180,000 was received for Get Ireland Cycling, and €150,000 was received for Get Ireland Swimming.</p>	A further €150,000 of funding for Get Ireland Swimming was provided by Healthy Ireland.	Support for the Daily Mile in schools, ran by Athletics Ireland, was provided by the Healthy Ireland Fund in 2018.	<p>Total funding increased to all three governing bodies:</p> <p>Athletics Ireland: €1,195,000 Swim Ireland: €1,200,000 Cycling Ireland: €610,000</p> <p>The three NGBs are delivering opportunities to an additional 50,000 non-member participants per annum under dormant accounts.</p>	<p>Sport Ireland increased its core funding investment in all three governing bodies, Athletics increased by €50,000, Swimming by €40,000 and, Cycling by €70,000.</p> <p>In addition, all three sports received funding under Women in Sport, Healthy Ireland, and Dormant Accounts.</p> <p>Athletics received a total of €56,550, swimming received a total of €121,755, and cycling €50,000.</p>	
Action 46 - Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes	<p>€9.2 in funding was allocated to LSPs for sport measures.</p> <p>17 Community Sports Development Officers (CSDOs) were funded.</p>	€15.1m in funding was provided by Sport Ireland and the Dormant Account Fund to strengthen and enhance the capacity of LSP network.	A total of €8.6m was allocated in 2018 by Sport Ireland to 29 LSPs nationwide through Sport Ireland core funding and DAF.	A total of €9.6m of core funding and dormant account funding was invested by Sport Ireland in the national network of 29 LSPs.	<p>A total of €8.3m of core funding was invested by Sport Ireland in the national network of 29 LSPs.</p> <p>Additionally, in 2020 Sport Ireland Invested 4.2m of Dormant Account funding in the network of LSPs and a further 1.9m to roll out programmes and grant</p>	Sport Ireland invested €1,295,000 to employ additional officers across the LSP Network.

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	2016	2017	2018	2019	2020	
					schemes in response to the COVID-19 Pandemic.	
<p>Action 47 - Continue to support the work of the National Governing Bodies of Sport in implementing programmes to promote physical activity</p>	<p>Funding of €11m was provided by Sport Ireland for NGB Grants in 2016.</p> <p>Funding was also secured and allocated to Youth Field Sports (€7.4m), Women in Sport (€600,000) and High-Performance Sport (€8.3m).</p> <p>Further funding to NGBs was received under the Dormant Accounts Fund, which totalled €325,000</p> <p>Sport Ireland invested specifically in a range of NGB programmes related to both actions 47 and 48 of the NPAP.</p> <p>In 2016, 11 NGBs received</p>	<p>In 2017, 20 NGBs received funding totalling €484,000.</p>	<p>A total of €10.8 million was allocated by Sport Ireland to nearly 60 National Governing Bodies.</p> <p>In 2018, 28 NGBs received funding totalling €708,000.</p>	<p>A total of €12.8 million was allocated by Sport Ireland to nearly 60 National Governing Bodies of Sport.</p> <p>In 2019, 21 NGBS received funding totalling €765,000.</p>	<p>In 2020, a total of €13.8 million was allocated by Sport Ireland in Core Funding to nearly 60 National Governing Bodies of Sport.</p> <p>In 2020, 26 NGBs received funding totalling €1,070,000.</p>	

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
	funding totalling €325,000.					
Action 48 - Develop programmes to address transitions and drop out from physical activity and sport	Same as above	Same as above	Same as above	Same as above	Same as above	<p>To reduce the risk of drop-out from sport in the face of COVID-19. Sport Ireland rolled out the <i>The Restart and Renewal Programme fund</i>.</p> <p>Local Sports Partnerships (€449,905), Age and Opportunity (€40,000) and Ireland Active (€75,000) received funding through the programme.</p>
Action 49 - Extend existing and developing programmes for physical activity for people with disabilities and their families to enhance and deliver a comprehensive health and wellbeing programme	In partnership with CARA, a review was conducted of the Special Olympics Health Promotion Programme and other Health Promoting programmes.	<p>Sport Ireland launched a policy on Participation in Sport by People with Disabilities.</p> <p>Special Olympics Young Athletes Programme - received €54,000 in Healthy Ireland funding.</p>	<p>In 2018, Sport Ireland provided funding for the Sports Inclusion Disability Programme, for 19 Sports Inclusion Disability Officers across the network.</p> <p>Sport Ireland provided support to Cara through Sport Ireland core and DAF funding, in line with the development and implementation of a Sport Ireland Disability Policy.</p>	<p>In 2019, Sport Ireland invested €1,015,000 to support the appointment of Sports Inclusion Disability Officers in all 29 LSPs.</p> <p>Also, Sport Ireland invested €270,000 in CARA to deliver on key objectives for the Sport Ireland Policy on Participation in Sport by People with Disabilities.</p> <p>A further, €1,585,000 of funding was provided to Disability Sport NGBs by Sport Ireland.</p>	<p>Sport Ireland invested €916,500 to maintain the network of Sports Inclusion Disability Officers in all 29 LSPs.</p> <p>An additional €270,000 was invested in CARA to deliver on key objectives for the Sport Ireland Policy on Participation in Sport by People with Disabilities.</p> <p>Additional funding continued for Disability Sport NGBs, with Sport Ireland providing €1,798,000 of Core Funding.</p>	

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<i>Action Area Seven: Research, Monitoring and Evaluation</i>						
Action 50: Establish a systematic, regular, and long-term national surveillance system to monitor physical activity levels in each of the target groups, including key performance indicators aligned with Healthy Ireland	Healthy Ireland field work for Survey Irish Sport Monitor was undertaken.	Healthy Ireland Survey results	<p>Multiple instruments to measure population segments in progress.</p> <p>These include The Irish Sports Monitor, 2017 and the Healthy Ireland Survey, 2018, both of which were published in 2018.</p> <p>The Children's Sport Participation and Physical Activity Study (CSPPA) and the Health Behaviours in School Children surveys were repeated in 2018. CSPPA publication planned for Q2, 2019; HBSC planned for end of 2019.</p>	In 2019 several surveys were published which provided information on the nation's activity levels and targeting different groups in the population. The Healthy Ireland Survey was published, showing that 46% of adults were meeting guidelines up from 44% in 2015. It highlighted again the gender gap with 54% of men and only 38% of women meeting the guidelines the Irish Sports Monitor (ISM) and the Children's Sport Participation and Physical Activity (CSPPA) were both published in 2019.	The ISM was administered during 2019 to almost 8,500 adults aged 16+ and looks at their active and social participation in sport, as well as their participation in recreational walking, walking for transport, and cycling for transport. ISM is the largest ongoing survey of sport and physical activity behaviour in Ireland. The main report was launched September 2020.	<p>The Health Behaviours in School Children study (HBSC) 2018 was published January 2020, and is due to be delivered again in 2022.</p> <p>The CSPPA will be undertaken in 2022</p>
Action 51 Establish a set of baseline figures on physical activity and sedentary levels for each of the target groups		<p>Draft scoping paper commenced.</p> <p>Setting up of ad advisory group started.</p>	Existing data sources on national physical activity levels in various age groups, compiled from pre-NPAP Waves of the Sport Monitor, Healthy Ireland Survey, TILDA, CSPPA, HBSC, IHS(EHIS) have been used by the RSG to collate baselines.	Baselines were taken from earlier versions of Healthy Ireland Surveys, the ISM and CSPPA studies providing information on activity levels and sedentary behaviours. These were adopted as reference points for the National Physical Activity Plan	The ISM, CSPPA and wider population health studies and Surveys, provide a range of high-level indicators on participation in sport and physical activity and sedentarism. Sport Ireland rolled out population monitoring	

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			<p>The 2017 Irish Sport Monitor indicated increases in recreational walking. The NPAP target seeks a 1% increase in adults meeting the targets each year (just under 50,000 people per year.</p>	<p>and the National Sports Policy 2018 -2027. The newer waves of the surveys above and other national surveys including HBSC, EHIS, TILDA and GUI provide much data regarding the targets set out in the NPAP.</p>	<p>surveys from March to September 2020 to understand the impact of the Covid 19 pandemic on Sport and Physical Activity. Three Covid 19 reports on Sport and Physical Activity levels were published in 2020.</p>	
<p>Action 52 Establish a research programme to inform policies aimed at improving physical activity levels in each of the target groups</p>	<p>DH – Key partners identified. Research proposal submitted to Health Research Board (HRB). DTCAGSM - Sports Policy Consultation Document launched by Ministers on 17 November 2016. This aimed to gather information, opinion, and data from contributing stakeholders in relation to improving levels of participation in sport and physical activity across all target groups.</p>	<p>DH – Work commenced on establishing advisory group.</p> <p>Research subgroup established; first meeting held on 3 November 2017. The role of the research group is to establish the research programme.</p>	<p>The NPAP RSG, Sport Ireland, DTCAGSM and/or DH Healthy Ireland have been offering support (to various research groups in terms of supporting applications that will further research into the effectiveness of HEPA interventions.</p> <p>These include: 1) I- PARC grant which will develop a Standard Evaluation Framework; 2) Move for Life supported by the HSE is designed to monitor activity levels in adults over 50 3 Healthy and Positive Ageing Initiative (HaPAI), Healthy Ireland and Atlantic Philanthropies and is ongoing 4) The Healthy Ireland Demonstration Project</p>	<p>Useful research data has been gathered including results that show that physical activity levels are higher in men, boys, younger adults, and more advantaged socioeconomic groups.</p> <p>This has led to initiatives to target the less active groups.</p> <p>Interventions include two by the ESRI on behalf of Sport Ireland, one targeting mothers of pre-school children, and the other targeting 6th year pupils, particularly these groups also in lower socio-economic groups.</p> <p>The Move for Life research programme is targeting those over the age of 50.</p>	<p>Sport Ireland commissioned a behavioural science-based intervention focusing on sport and physical activity in disadvantaged communities.</p> <p>The Institute of Public Health run an All-Island Physical Activity and Ageing group, which connects academics and policy makers across the island of Ireland and meets 3 times per year.</p> <p>The first IPARC multi-sectoral conference delivered virtually.</p>	<p>The IPARC multi-sectoral conference delivered virtually.</p>

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			(HIDP), will trial interventions in teenagers regarding healthy eating and physical activity.	I-PARC delivered a series of productive workshops. HEPA PAT version 2 was completed in 2019.		
Action 53 Develop a national database for sharing examples of quality evidence-based practice and programmes		Participate in European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA) project and complete drafting of World Health Organisation (WHO) HEPA Policy Audit Tool (PAT) for submission to project leads. Work progressed on drafting of HEPA Policy Audit Tool	The Health Enhancing Physical Activity Policy Action Tool (HEPA PAT v.1) was submitted to the WHO in 2018., The Physical Activity Factsheets for the 28 EU Member States were subsequently published at the following link. http://www.euro.who.int/en/health-topics/disease-prevention/physicalactivity/publications/2018/factsheets-on-health-enhancingphysical-activity-in-the-28-eu-member-states-of-the-who-european-region . The I-PARC project will enhance awareness around the numbers and types of ongoing interventions and their quality	Sport Ireland produced a database which captures the effectiveness of physical activity programmes and initiatives across a broad range of demographics, environments, geographies, and seasons. The I-PARC project produced the first version of a standardised evaluation framework (SEF) that will allow for key information regarding physical activity and interventions to be collected and shared, It selected 11 exemplar interventions to study further and understand the processes and strategies that lead to successful implementation and scale up.	Sport Ireland have systemic self-report measures on levels of participation in Sport and Physical Activity data for over 5,000 participants for LSP and NGB initiatives.	The expansion of the Systemic Evaluation database will allow for the capturing of impact data for thousands of individuals across a large variety of programmes and locations.
Action 54 Develop a standardised		A number of programmes are already undergoing evaluation by	Work on the I-PARC project, commenced in Q3, 2018.	I-PARC submitted HEPA PAT v2.	I-PARC has made significant impact in terms of cross-sectoral	Sport Ireland expects to be able to integrate

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	2016	2017	2018	2019	2020	
evaluation framework for publicly funded programmes designed to increase physical activity levels		the HSE, and Sport Ireland and the results will contribute to the development of the standardised evaluation framework.		<p>Sport Ireland is a key partner with I-PARC to develop the SEF with the aim of developing interventions based on the results.</p> <p>Following the delivery of evaluation training to LSPs in 2019, all LSPs have started to use M1 to measure the impact of their work on levels of physical activity. Sport Ireland is now receiving M1 data on an ongoing basis from LSPs. This data can start to give us a better indication of what works for whom in terms of LSP activity</p>	engagement, linking policy makers with practitioners and both national and international experts in the fields of sports science, physical activity, and public health. The I-PARC conference was held in Dublin in 2020, prior to the commencement of Covid 19 restrictions.	the I-PARC SEF into its existing evaluation systems following the completion of the SEF
Action 55 Conduct research into the economic costs of inactivity in Ireland/benefits of investment in physical activity as a preventative strategy	Start planned for 2018	<p>Studies delivered this year:</p> <ul style="list-style-type: none"> -The Healthy Ireland Survey Wave 5 Questionnaire including questions regarding physical activity and inactivity -CSPPA including questions on sedentary behaviour -HBSC including questions on sedentary behaviour. <p>Further research is planned regarding more</p>	Useful studies identified but no concrete result to date: Healthy Ireland Survey, TILDA, CSPPA	NPAP reported results from the Healthy Ireland Survey in time measurements of peoples time spent sitting during week days in work or at home or at study, and looked at the variations by age. The CSPPA provided results for time spent in activity by primary and secondary school children and were able to ascertain data on children who met the guideline levels of	Sport Ireland commissioned Sheffield Hallam University to research and assess the economic, health and social value of Sport in Ireland	The report <i>Researching the Value of Sport in Ireland</i> was published in 2021. The results of this research demonstrate the importance of sport and physical activity to the Irish economy and shows that sport and physical activity generated significant

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
		precise estimates of the health and economic costs of inactivity.		cardiovascular fitness, and who reported higher levels of happiness and more positive mental health. To date no concrete evidence on the actual cost were found but good progress was made in these studies.		consumer expenditure, gross value added, and employment for Ireland in 2018.
<i>Action Area Eight: Implementation through Partnership</i>						
Action 56 Establish a cross-sectoral group to oversee the implementation of the Plan	Cross-sectoral group established – 2 meetings held.	4 Implementation Group meetings held. 2 meetings held of the Children and Young People Subgroup. Agreement that Research Subgroup to meet approximately 6 times per annum – first meeting held November 2017. The Group published its first Summary Progress Report at the end of 2017	IG met 10 times to date; further meetings of the IG and subgroups are planned to oversee progress on NPAP actions. The Group published its first Summary Progress Report at the end of 2017.	The IG met three times bringing total IG meetings to 13 by the end of the year. Progress Report for 2018 was published	The Implementation Group met twice bringing total IG meetings to 15 by the end of the year. A Progress Report for 2019 was published	A progress report for 2020 not yet published.
Action 57 Identify existing resources across all sectors that support	Engagement with stakeholders to identify relevant activities.	Work commenced on HEPA PAT. Children and Young People Subgroup established and meeting.	The HEPA PAT and a submission for the 2018 Physical Activity Factsheets were submitted to the WHO.	The HEPA PAT documented a wide range of cross-sectoral supports available for physical activity in Ireland.	Data regarding Physical Education facilities in post-primary schools was collected through the October Returns by the DE.	Data is now linked with the GIS mapping system.

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
physical activity	Implementation Group established.	Research Subgroup established and meeting.	The Physical Activity Factsheets for the 28 EU Member States Published.		Work continues the Sport Ireland Facilities Database, supported by Sport Ireland and Healthy Ireland.	
<p>Action 58</p> <p>Explore new public and private funding and investment mechanisms for organisations promoting physical activity and sport</p>	<p>Launch of Sports Policy Consultation as a means of engaging with stakeholders and gathering information.</p>	<p>Healthy Ireland Fund is Established, with funding awarded to LCDCs and CYPSCs in support of key actions identified in LECPs, national policies and Healthy Cities and Counties Network.</p> <p>Strand 2 is allocated to support national actions via statutory agencies; the Special Olympics, Great Dublin Bike Ride, National Fitness Day, Operation Transformation, GIS, GIW, GIC, Cycle Right and CSPPA etc.</p> <p>Healthy Ireland at Your Library Programme received funds to enable a new Healthy Ireland initiative to provide local 'go to' supports around health and wellbeing, through the national network of over 300 libraries.</p>	<p>Healthy Ireland Fund Strand 1 supports actions delivered through LCDCs and CYPSCs at local level, many of these were directed towards supporting physical activity.</p> <p>Strand 2 funds national actions to support the NPAP through Sport Ireland and via support for the ASF programme.</p> <p>New National Sports Policy 2018-2027, published and commits to almost double the funding for sport by 2027 and includes key commitments in terms of increasing participation.</p>	<p>In addition to support for early childhood and for the education sector, the HSE provides substantial supports for Age and Opportunity and for LSPs</p>	<p>Sport Ireland invested in LSPs and NGBs (excluding High Performance investment), Age and Opportunity Go for Life Programme and CARA.</p> <p>Sport Ireland are involved in the SHARE project, focussing on how funding for innovations in sport and PA can be accessed through the European Structural and Investment Fund (ESIF). The Healthy Ireland Fund supported physical for the progression of national physical activity participation initiatives.</p> <p>Healthy Ireland provided funding for the ASF programme, with the Local Strand of the Healthy Ireland Fund channelled to local authorities through LCDCs and CYPSCs.</p> <p>Physical activity, sport included <i>In This Together</i></p>	<p>Sport Ireland investment in LSPs and NGBs, and continued funding of Go for Life and CARA.</p>

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
					and <i>Keep Well</i> Covid-19 resilience campaigns, with online resources for maintaining activity levels available through the Healthy Ireland and Sport Ireland websites.	
<p>Action 59</p> <p>Develop a programme of ongoing stakeholder communication and engagement to ensure delivery of the Plan including an annual stakeholder engagement forum</p>	<p>Cross Sectoral Implementation group established.</p>	<p>Four meetings of Implementation Group held.</p> <p>Two meetings held of the Children and Young People Subgroup in 2017 and 1st meeting of the Research and Subgroup.</p>	<p>Stakeholder Forum was held – the Built Environment - attended by 125 delegates, across the sport, planning and health sectors. Presentations were followed by a workshop and discussion.</p> <p>Forum on Children and Young People in planning stage (DoE, DTCAGSM and DoH).</p>	<p>Sport Ireland organised several LSP engagements in 2019 to support LSPs in the delivery of the NPAP and NSP objectives:</p> <p>The LSP network hosted first meeting of LSP Coordinators.</p> <p>The LSP Community Sports Development (CSDO) network meeting focused on developing and supporting community leaders, partnership working with NGB's, target group focused programmes and evaluation framework for the CSDO initiative.</p> <p>The LSP Sports Inclusion Disability Officer (SIDO) network meeting took place.</p>	<p>Sport Ireland organised several LSP engagements and remote and in-person meetings to support LSPs in the delivery of the NPAP and NSP objectives:</p> <p>Since November 2020, the Sport Ireland LSP team have held biweekly coordinator meetings with all coordinators.</p> <p>Sport Ireland held CSDO and SIDO networking days virtually in July 2020 with a focus on cross collaboration projects.</p>	<p>Sport Ireland hosted host bi-weekly meeting with the LSP Coordinators.</p> <p>Sport Ireland facilitated remote-based CSDO and SIDO networking days.</p> <p>Stakeholder events in 2021 undertaken, including those through I-PARC.</p>

NPAP Actions	Activity carried out/ completed 2017- 2020					HIGH LEVEL Activity Planned 2021-2025
	2016	2017	2018	2019	2020	
				<p>The LSP Board representatives' network meeting brought together Chairs of LSP Boards and Directors of Services from LSPs. LSP coordinator meeting took place on the 3rd October where the results of recent evaluations were discussed as well as the insights and feedback from LSP site visits</p> <p>The LSP and NGB Networking Day took place highlighting examples of successful partnerships between LSPs and NGBs. The LSP coordinator meeting was held the following day.</p>		
<p>Action 60</p> <p>Carry out a review of the targets and actions of this Plan three years following publication</p>	Not due until 2019.	Not due until 2019.	Not due until 2019.	Review set to be delivered in 2020.	Delayed due to Covid 19. The NPAP IG have agreed to extend the NPAP until at least the end of 2021.	<p>Awards of review tender.</p> <p>The publication of this paper represents the completion of Action 60.</p>

Appendix 2: Glossary of Acronyms and Abbreviations

Acronym	Definition	Acronym	Definition
ASF	Active School Flag	DMURS	Design Manual for Urban Roads and Streets
ATT	Active Travel Towns	DTTAS*	Dept. of Transport, Tourism and Sport (split in Q2, 2020, now Dept. of Transport, DT and Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media; DTCAGSM)
CARA	Organisation promoting active and healthy lifestyles for people with disabilities	DRCD	Dept. of Rural and Community Development
CarePALS	Physical activity leaders working in a care home setting		
CPD	Continuing Professional Development	EHIS	European Health Information System
CHO	Community Health Organisation	EWOS	European Week of Sport
CSDO	Community Sports Development Officers	FIS	Federation of Irish Sport
CSPPA	Children’s Sport Participation and Physical Activity Survey	FMS	Fundamental Movement Skills
CSPA H	Community Sport and Physical Activity Hub	GAA	Gaelic Athletic Association
CYPP	Children and Young People’s Plan	GIS	Get Ireland Swimming
CYPSC	Children’s and Young People’s Service Committees	GIW	Get Ireland Walking
DAF	Dormant Account Funding	GUI	Growing Up in Ireland
DAFM	Dept. of Agriculture, Food and the Marine	HaPAI	Healthy and Positive Ageing Initiative
DAHG*	Dept. of Culture, Heritage and the Gaeltacht (from Q2, 2020, Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media; DTCAGSM)	HBSC	Health Behaviours in School Age Children

DBEI*	Dept. of Business, Enterprise and Innovation (from Q2, 2020, Department of Enterprise, Trade and Employment, DETE)	HEA	Higher Education Authority
DCCA*	Dept. of Communications, Climate Action and the Environment (from Q2, 2020, Department of Environment, Climate and Communications; DECC).	HEI	Higher Education Institution
DCYA*	Dept. of Children and Youth Affairs (from Q2, 2020, Department of Children, Equality, Disability, Integration and Youth; DCEDIY)	HEPA PAT	Health Enhancing Physical Activity Policy Audit Tool
DES	Dept. of Education and Skills (from Q2 2020, Dept. of Education; DE)	HI	Healthy Ireland
DEIS	Delivering Equality of Opportunity in Schools, the Action Plan for Educational Inclusion	HISS	Healthy Ireland Smart Start
DoH	Dept. of Health	HRB	Health Research Board
DHPLG*	Dept. of Housing, Planning and Local Government (from Q2, 2020, Department of Housing, Local Government and Heritage (DHLGH))	HSA	Health and Safety Authority
HSE	Health Service Executive	NGB	National Governing Body of Sport (e.g. IRFU, GAA etc.)
HP&I	Health Promotion and Improvement	NMBI	Nursing and Midwifery Board of Ireland
ICGP	Irish College of General Practitioners	NUIG	National University of Ireland, Galway
IHF	Irish Heart Foundation	OPAP	Obesity Policy and Action Plan
IMSA	Irish Men's Sheds Association	OSI	Ordnance Survey Ireland
IPI	Irish Planning Institution	PA	Physical Activity
IPPEA	Irish Primary PE Association	PE	Physical Education
ISCP	Irish Society of Chartered Physiotherapists	PEAI	Physical Education Association of Ireland
IRFU	Irish Rugby Football Union	PDST	Professional Development Service for Teachers
IPH	Institute of Public Health	PLC	Professional Learning Communities

iPARC	Ireland's Physical Activity Research Collaboration	QQI	Quality and Qualifications Ireland
JC	Junior Certificate	RIAI	The Royal Institute of the Architects of Ireland
JCT	Junior Cycle for Teachers	SEF	Standard Evaluation Framework
LA	Local Authority	SI	Sport Ireland
LCDC	Local Community Development Committee	SIDO	Sport Inclusion Disability Officer
LCPE	Leaving Certificate Physical Education	SCPE	Senior Cycle Physical Education
LECP	Local Economic and Community Plan	SMT	Senior Management Team
LSP	Local Sports Partnership	SO	Special Olympics
MECC	Making Every Contact Count	SPHE	Social and Personal Health Education
MHC	Mental Health Commission	SSI	Student Sport Ireland
NPAP	Get Ireland Active!; the National Physical Activity Plan for Ireland	STA	Smarter Travel Area
		TILDA	The Irish Longitudinal Study on Ageing
NCCA	National Council for Curriculum and Assessment	ToR	Terms of Reference
NDA	National Disability Authority	UL	University of Limerick
NPF	National Planning Framework; Ireland 2040, Our Plan	URDF	Urban Regeneration Development Fund
NTA	National Transport Authority	WHO	World Health Organization

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