



# Trusted Sources of Health and Wellbeing Information

Developed by HSE Health and Wellbeing



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# Health and Wellbeing - Promotion and Communication

Correct information from trusted and reliable sources is really important when promoting health and wellbeing, and providing advice to the public. There is a concern that industry associated information may be utilised to engage and communicate in relation to health and wellbeing. This poses a threat as it may endorse products or activities that run contrary to the agreed Department of Health and HSE policies and implementation plans. It is vital therefore, that all partners with HSE, Sláintecare Healthy Communities and Healthy Ireland are familiar with, and utilise only trusted sources of information.

Please see below the key policy documents from the main health and wellbeing areas and the respective trusted and reliable sources of information in green that are endorsed and recommended and those that should be avoided in red. This information is relevant for all initiatives and projects funded by, or associated with, HSE, Sláintecare Healthy Communities and Healthy Ireland.

## Overarching Trusted Sources of Information

**www.HSE.ie** Health Service Executive - Ireland's public health and social care service

**www.hse.ie/healthandwellbeing** A trusted source of information about HSE Health and Wellbeing Programmes. Visit the HSE Health and Wellbeing website for more information. Further updates available through the HSE Health and Wellbeing **Ezine**, by following on **X (@HsehealthW)**, subscribing for free to the HSE Health and Wellbeing **YouTube channel**, and adding your email to the **Mailing List** (email [healthandwellbeing.communications@hse.ie](mailto:healthandwellbeing.communications@hse.ie)).

**www.mychild.ie** A trusted source for all health issues relating to children aged 0-5 years

**www.healthpromotion.ie** For ordering hard copies and/or downloading information on a wide range of health topics





## Get Ireland Active National Physical Activity Plan for Ireland

### Notes

Events and meeting organisers should promote active travel and include movement breaks.

Physiotherapists are qualified to provide information on exercise and health including assessment, diagnosis and treatment of illness & injury. They should be registered with Coru [www.coru.ie](http://www.coru.ie).

Exercise and Fitness instructors are qualified to provide information on exercise and should be registered with REPs Ireland [www.repsireland.ie](http://www.repsireland.ie). Those registered on the Exercise for Health Specialist section can provide information on exercise and health.

### To be used



[www.hse.ie](http://www.hse.ie)

#### HSE Healthy Eating and Active Living Programme

aims to mobilise the health services to improve health and wellbeing by increasing the levels of physical activity, healthy eating and healthier weight across services users, staff and the population as a whole, with a focus on families and children.



[www.sportireland.ie](http://www.sportireland.ie)

**Sport Ireland** is the authority tasked with the development of sport in Ireland. This includes participation in recreational sport, high performance sport, anti-doping, coaching and the development of the Sport Ireland Campus.

#### Sport Ireland – Local Sports Partnerships

Local Sports Partnerships based in each county help people to get active and removes barriers to sport and physical activity.



[www.iscp.ie](http://www.iscp.ie)

#### Irish Society of Chartered Physiotherapists

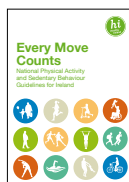
The Irish Society of Chartered Physiotherapists (ISCP) is the national, professional body representing over 3,000 Chartered Physiotherapists in Ireland.



[www.i-parc.ie](http://www.i-parc.ie)

#### Irish Physical Activity Research Collaboration I-PARC

The Irish Physical Activity Research Collaboration (I-PARC) promotes the best use of evidence, effective delivery methods, and supportive environments for improving physical activity levels in Ireland.



#### Every Move Counts

National Physical Activity and Sedentary Behaviour Guidelines for Ireland

### To be avoided

#### Food industry

Corporate Social Responsibility (CSR) funding or sponsorship, information or promotion materials for events from companies/brands/local business associated with foods high in fat, salt and sugar.

For events where people under 18 are in attendance: CSR funding or sponsorship, information or promotion from companies/brands/local business associated with food supplements.

#### Alcohol industry

CSR funding or sponsorship, information or promotion materials for events from companies/brands/local business associated with alcohol.

#### Gambling industry

CSR funding or sponsorship, information or promotion materials for events from companies/brands/local business associated with gambling.



## A Healthy Weight for Ireland Obesity Policy and Action Plan

### Notes

Events and meeting organisers should promote use of vegetables, fruit and salads, easy access to drinking water, and minimise availability of high fat, salt and sugar foods and drinks.

Dietitians are qualified to provide information on nutrition and diet, including assessment, diagnosis and treatment of nutritional concerns in healthy and sick people. They should be registered with CORU [www.coru.ie](http://www.coru.ie).

Nutritionists (BSc Hons degree) are qualified to provide information on food and healthy eating. They should be registered or eligible for registration with the Association for Nutritionists [www.associationfornutrition.org](http://www.associationfornutrition.org).

### To be used



[www.hse.ie](http://www.hse.ie)

**HSE Healthy Eating and Active Living Programme** aims to mobilise the health services to improve health and wellbeing by increasing the levels of physical activity, healthy diet and healthier weight across service users, staff and the population as a whole, with a focus on families and children.



[www.safefood.net](http://www.safefood.net)

**SafeFood** is the public body responsible for raising consumer awareness of issues relating to food safety and healthy eating across the Republic of Ireland and Northern Ireland.



[www.asoi.info](http://www.asoi.info)

**Association for Study of Obesity in Ireland (ASOI)** aims to develop an understanding of obesity through the pursuit of excellence in research and education, the facilitation of contact between individuals and organisations, and the promotion of action to prevent and treat obesity across the island of Ireland.



[www.fsai.ie](http://www.fsai.ie)

The **Food Safety Authority of Ireland** is the statutory body responsible for ensuring food produced, distributed or marketed in Ireland complies with food safety and hygiene standards, best practice codes and legal requirements.



[www.indi.ie](http://www.indi.ie)

**Irish Nutrition and Dietetic Institute (INDI)** is the professional body for registered dietitians in the Republic of Ireland.

### To be avoided

#### Food industry

Corporate Social Responsibility (CSR) funding or sponsorship, information or promotion materials for events from companies/brands/local business associated with foods high in fat, salt and sugar.

CSR funding or sponsorship, information or promotion materials from companies/brands associated with production and marketing of baby formula.

#### Diet industry

Corporate Social Responsibility (CSR) funding or sponsorship, information or promotion materials for events from companies/brands/local business associated with production and marketing weight loss products and diets including pharmaceutical companies, commercial slimming organisations and influencers.



## Tobacco Free Ireland

### Notes

Any HSE, Sláintecare Healthy Communities or Healthy Ireland funded event/ meeting/ initiative should be tobacco free.

Consider making any family events tobacco and e-cigarette free events to encourage clean air and help de-normalise tobacco and e-cigarette use. Information on this can be communicated through promotional material.

### To be used



[www.quit.ie](http://www.quit.ie)

#### HSE Quit

Quit is Ireland's dedicated stop smoking service. HSE Quit provides personalised, free support in-person (either one-to-one or in a group), by phone, email, SMS and live chat.

[www.who.int](http://www.who.int)

The **WHO Framework Convention on Tobacco Control** (WHO FCTC) and its guidelines provide the foundation for countries to implement and manage tobacco control through MPOWER measures. MPOWER stands for Monitoring tobacco use; Protecting people from tobacco smoke; Offer help to quit tobacco smoking; Warning about the dangers of tobacco; Enforcing tobacco advertising, promotion and sponsorship bans; and Raising taxes.

**HSE Tobacco Free Ireland Programme** outlines the WHO MPOWER package and actions to achieve this in Ireland.

Ireland's government has signed up to the International Treaty – **The Framework Convention of Tobacco Control**. All state funded agencies should follow this guidance.

The three guidance documents of note to those agencies promoting health and wellbeing and providing advice to the public are:

- **Article 5.3** Protection of public health policies with respect to tobacco control from commercial and other vested interests of the tobacco industry
- **Article 8** – Protection of exposure to tobacco smoke
- **Article 12** – Education, communication, training and public awareness

### To be avoided

Corporate Social Responsibility (CSR) funding or sponsorship, information or promotional materials for events from companies/brands/local business associated with any tobacco and e-cigarette affiliated companies and organisations.

See Guidelines for implementation of **Article 5.3**:

Protection of public health policies with respect to tobacco control from commercial and other vested interests of the tobacco industry



## Reducing Harm, Supporting Recovery – a health led response to drug and alcohol use in Ireland 2017 – 2025

### Notes

No alcohol should be sold or provided at a HSE or Healthy Ireland funded event/ meeting/ initiative.

Any HSE or Healthy Ireland funded event/ meeting/ initiative must adhere to HSE Policy on Public Health Information Initiatives Related to Alcohol.

### To be used



[www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)

**Ask About Alcohol** provides information on how alcohol affects your health and wellbeing, and provides information on supports around alcohol use.



[www.drugsandalcohol.ie](http://www.drugsandalcohol.ie)

#### **The Health Research Board (HRB) National Drugs Library**

The HRB National Drugs Library supports those working to develop the knowledge base around alcohol and other drug use in Ireland. They aim to enable evidence-informed decision making in research, policy and practice by providing relevant and appropriate library and information resources and services.



[www.alcoholireland.ie](http://www.alcoholireland.ie)

**Alcohol Action Ireland** are an independent voice for advocacy and policy change, campaigning to reduce levels of alcohol-related harm in Ireland.



[www.alcoholforum.org](http://www.alcoholforum.org)

**Alcohol Forum Ireland** is an independent Irish national charity providing a supports and services to individuals, families and communities impacted by alcohol and other drug harm

### To be avoided

Alcohol Industry funded initiatives or material including [www.drinkaware.ie](http://www.drinkaware.ie) and Purple Flag.



## Sexual Wellbeing

### To be used



**HSE Sexual Health** is a national programme with responsibility for implementing the National Sexual Health Strategy.



[www.myoptions.ie](http://www.myoptions.ie)

The **My Options** freephone helpline and webchat provides free, confidential, factual information and judgement free counselling to those experiencing an unplanned pregnancy. My options also provides post abortion counselling.



[www.sexualwellbeing.ie](http://www.sexualwellbeing.ie)

HSE-led **sexualwellbeing.ie** holds information on sexual health and wellbeing including contraception; sexual consent; testing and treatment of HIV and STIs; as well as a range of education resources and research reports.



[www.man2man.ie](http://www.man2man.ie)

**Man2Man.ie** is a HIV prevention and sexual health awareness website targeting gay, bisexual and other men who have sex with men in Ireland. It is managed by the Gay Health Network and is supported by the HSE.

[www.ncca.ie](http://www.ncca.ie)

**National Council for Curriculum and Assessment** provides information on developments within the Relationships and Sexuality Education curriculum (within the overarching Social Personal and Health Education curriculum).

[www.pdst.ie](http://www.pdst.ie)

**Professional Development Service for Teachers (PDST)** s recommended for primary and post primary Relationship and Sexuality Education (RSE) resources.

[www.webwise.ie](http://www.webwise.ie)

**Webwise** provides advice and a range of free resources to help parents, teachers and students address internet safety issues, including cyberbullying, image-sharing, social media and more.

### To be avoided

Unplanned pregnancy and post abortion counselling services **not listed** on the HSE website.

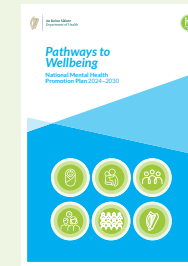




## Sharing the Vision: A Mental Health Policy for Everyone



## Stronger Together: HSE Mental Health Promotion Plan 2022-2027



## Pathways to Wellbeing National Mental Health Promotion Plan 2024-2030



## Connecting for Life - Ireland's National Strategy to Reduce Suicide 2015-2020

### To be used



[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

**www.yourmentalhealth.ie** provides information on how to mind your mental health and mental health supports. Freephone 1800 111 888

**HSE National Office for Suicide Prevention (NOSP)** supports the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide.



[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

**Mental Health Ireland** promotes positive mental health and wellbeing for all individuals and communities and supports people with lived experience of mental health challenges in their recovery, bringing practical expression to national policy objectives.



[www.jigsaw.ie](http://www.jigsaw.ie)

**Jigsaw** supports young people's mental health. Both online and in services around the country offering expert mental health advice and support to young people aged from 12 to 25 years.



[www.spunout.ie](http://www.spunout.ie)

**SpunOut.ie** is Ireland's youth information website created by young people, for young people.