



Healthy Ireland Framework: Public Consultation

Fields marked with * are mandatory.

Healthy Ireland is a national plan to help people in Ireland live healthier and happier lives. The plan was first introduced in 2013 and it looks at health in a broad way — including physical health, mental health, and social wellbeing.

Since 2013, Healthy Ireland has guided how Government departments, local authorities, communities and services work together to improve health. The framework focuses on:

Prevention – supporting people to stay healthy.

Equity – making sure everyone has a fair chance at good health.

Participation – listening to people and communities.

Working together – across society, not just the health service.

More detail on the Healthy Ireland Framework can be found [here](#).

We are now updating the Healthy Ireland Framework, and we want to hear your views.

* Are you answering this survey on behalf of an organisation, group or network?

☒ Yes

☐ No

What is the name of the organisation/group/network?

What year were you born?

4 character(s) maximum

1975

Before today, how familiar were you with Healthy Ireland?

- ☐ Extremely familiar
- ☐ Very familiar
- ☒ Somewhat familiar
- ☐ Slightly familiar
- ☐ Not familiar at all

Have you taken part in or attended any Healthy Ireland programmes or events in the last 10 years (for example "Stop Smoking", "Parkrun", "Healthy Ireland @ Your Library", "Healthy Food Made Easy", "Food Dudes")?

- ☐ Yes, many times
- ☒ Yes, a few times
- ☐ Yes, once
- ☐ I have heard of them but have not taken part
- ☐ I have never heard of any programmes or events

If you have taken part, how was your experience?

- ☐ Very positive
- ☒ Positive
- ☐ Neutral
- ☐ Somewhat negative
- ☐ Very negative
- ☐ I have not taken part in a Healthy Ireland event or Programme

Are there any groups of people or communities in Ireland that you feel Healthy Ireland could support better?

For example: Travellers, migrants, people with disabilities, LGBTQIA+ people, older adults, young people.

If yes, please tell us which groups and why you think they could be better supported by Healthy Ireland.

500 character(s) maximum

Yes. We acknowledge the work done by HI in relation to regular inclusion of questions & sections around unpaid caring in their annual survey. In the 2025 HI survey, 14% of people identified as caring (up to 28% of women aged 45-54) & that caring is associated with significantly poorer sleep. 21% report rarely/ never get adequate breaks & 11% rarely or never feel able to cope. Carers are a population whose own health needs require targeted policy attention in the next Healthy Ireland Framework.

How could Healthy Ireland better support people or communities who face barriers to good health?

500 character(s) maximum

For unpaid family carers, the barriers are clear: time poverty, chronic stress, poor sleep, limited opportunities for rest or exercise, difficulties accessing services, and the challenge of balancing caring with employment and family responsibilities. The next framework should therefore explicitly identify unpaid family carers as a priority population within its prevention and health inequalities agenda as recommend by the independent review.

Which factors most affect your health and wellbeing?

Maximum 5 selection(s)

- ☒ Your income
- ☐ Your accomodation
- ☐ Your workplace
- ☐ Your school or education
- ☐ The place where you live
- ☐ Access to healthcare
- ☐ Your Community
- ☒ Your family or caring responsibilities
- ☐ Your amount of free time
- ☐ Your job or employment
- ☐ Access to Green Spaces

What makes it hard for you or your family to look after your health and wellbeing?

Maximum 5 selection(s)

- ☐ Cost
- ☒ Time
- ☐ Transport
- ☐ Hard to find information about health and wellbeing
- ☐ Hard to understand information given about health and wellbeing
- ☐ Cultural or language barriers
- ☐ Digital access or skills
- ☐ Discrimination
- ☒ Other (please tell us)

If you selected other, please list the barrier(s) here.

250 character(s) maximum

Caring responsibilities limit ability to take breaks, exercise sufficiently and eat well.

Which factors should be prioritised to make Ireland a healthier place over the next 10 years?

Maximum 3 selection(s)

- ☐ Mental Health & Wellbeing
- ☒ Physical Activity
- ☐ Healthy Eating
- ☐ Alcohol and Drug Use

- ☐ Tobacco Use
- ☐ Sexual Health
- ☒ Healthy Ageing
- ☐ Children and Young People
- ☒ Social Connection and Loneliness
- ☐ Other (please tell us)

How could the new Healthy Ireland Framework better support the health and wellbeing of everyone in Ireland?

500 character(s) maximum

The new Healthy Ireland Framework should combine universal action with stronger targeted support for groups at greater risk of poor health, including unpaid family carers. It should adopt a whole-of-government, health-in-all-policies approach, recognising that health is shaped not only by healthcare, but also by housing, income, employment, transport and community support. Earlier and better targeted support for carers could prevent burnout, protect wellbeing and improve outcomes across society.

Is there anything else you would like to say or suggest for the new Healthy Ireland Framework?

Census 2022 data reinforces the scale and intensity of caring in Ireland. The number of unpaid carers increased by 53% between 2016 and 2022 to 299,128. The share providing 43 hours or more of unpaid care per week rose to 29%.

The evidence now available through Healthy Ireland Survey 2025 and Census 2022 makes that case clearly: carers are a large and growing population group, many are providing care at significant intensity, and many experience poorer sleep, inadequate breaks and sustained pressure that can undermine their own health and wellbeing.

The next Healthy Ireland Framework presents an important opportunity to recognise that supporting the health of unpaid family carers is not a marginal issue. It is central to building a healthier, fairer and more sustainable Ireland. This would be consistent with the original Healthy Ireland goals, including reducing health inequalities and creating an environment where every sector can play its part in supporting health and wellbeing.

If you would like to also upload a written submission to this consultation you can attach it here.

Only files of the type pdf,doc,docx,odt,txt,rtf are allowed

Contact

<https://www.gov.ie/en/healthy-ireland/campaigns/healthy-ireland/>

