



Galway Healthy Cities Project
Gaillimh Tionscnamh na gCathracha Sláintiúla



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What is Galway Healthy Cities?

Galway Healthy Cities project is part of a World Health Organization (WHO) initiative, with over 80 cities throughout Europe involved. The aim of the WHO Healthy Cities Project is to enhance the health of the city, its environment and its people through all groups and agencies working together.

Galway Healthy Cities Forum

The Galway Healthy Cities Forum is part of the City Development Board implementing the 10 year strategy "Beo agus Briomhar"



Galway City Development Board
 Bord Forbartha Cathrach na Gaillimhe

The following organisations are part of the Healthy Cities Team



galway city
community forum
 fóran pobail chathair na gaillimhe



Support for Healthy Lifestyles

To promote and support healthy lifestyles Safefood have recently launched a new campaign called 'Weigh2Live'. This campaign, which also has a dedicated website, includes a food and physical activity diary, interactive BMI calculator with waist measurement guide as well as practical advice on healthy eating whether at home or when eating out, tips on food shopping, understanding food portions, and healthy recipes. This website is designed to help you take practical steps and get back on track when you are finding it tough. The changes can fit in with your everyday life and become your new norm. Users of the site can register to keep track of their progress on the site, sign up for free weekly motivational SMS text messages and receive a free pedometer to encourage them to be more active.

For more information on healthy weight loss and to receive a free information leaflet, visit www.weigh2live.eu or call the safefood helpline on 1850 404 567.





NUIG links to World Health Organisation

The Health Promotion Research Centre (HPRC) at NUI Galway has been designated a World Health Organisation (WHO) collaborating centre. Collaborating centres are internationally recognised centres of excellence that have made formal agreements with WHO to contribute to work in specific areas and through agreed programmes of activity. For the HPRC this involves working on the effective production, dissemination and translation of health promotion research that will support the development of effective practice and policy at national, European and global levels.

Minister for Health Promotion Áine Brady TD, who officially opened the centre explained "The importance of research to support the effective promotion of population health and well-being cannot be under-estimated. The HPRC, as the only dedicated health promotion research centre in Ireland, has played an important role over the past 20 years in providing the research and knowledge, the development of national policy, programme planning, implementation and evaluation. I am confident that the Centre, which has already made a valuable contribution to research in health promotion and public health, will continue to be to the forefront at both national and global level". For more information on the HPRC visit <http://www.nuigalway.ie/hprc/>



Aviva Stadium - Healthy Stadia

The Aviva Stadium, which is in the final stages of construction, are working on plans to get involved in the European Healthy Stadia programme. Areas which are being progressed include the stadium being completely smoke free, the inclusion of health food options such as stir fries and smoothies and the promotion of public travel and active travel to the games and concerts. In addition, there is a huge focus on the sustainability and environment in the design. Fiona Donovan who is the lead person for the Healthy Stadia programme in Ireland explained "the interest and enthusiasm of the Aviva stadium in this project is great. Their plans are very exciting and they will be a leading example to other stadium in Ireland and Europe". Stadia who were involved in the pilot in Galway City are also contributing to progress the Healthy Stadia agenda.





Upcoming Events - February 2010

4th February	Sustainable Transport Fair, NUIG	Contact Sinead.higgins@nuigalway.ie Phone: 091 49(5944)
15th February	Galway Volunteer Centre promotional campaign 11am -12pm, Radisson Hotel	Contact info@voluteergalway.ie or call 091 539930
17th February	National No Smoking Day (Ash Wednesday)	Irish Cancer Society Phone: 01 2310500 www.cancer.ie
20th/ 21st February	Kick Start 1: Coaching Course.	Contact Nigel Keady, Galway City Council/FAI, Community Development Officer. Nigel.keady@fai.ie. 086-0418648
21st February	Glan Suas Gaillimh Clean up in Bohermore Park @ 2.00pm	Contact Sharon on (091) 536564 or e-mail sharon.carroll@galwaycity.ie



Volunteers who took part in the "Glan Suas Gaillimh" project in Merlin Woods