Regional Population Profile

Health Region: Mid-West

March 2024

Version 1.1

Department of **Public Health** Mid-West
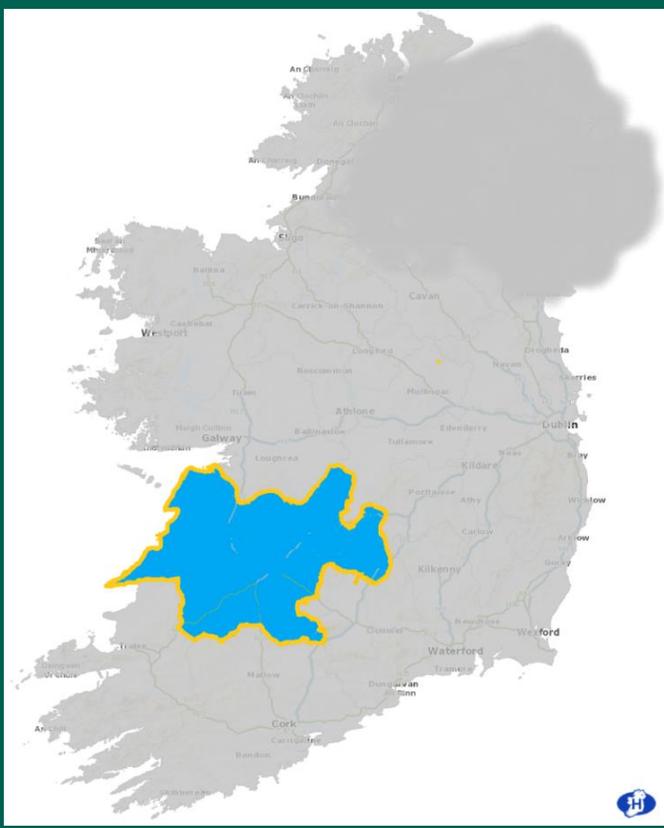
Document Control

Version No.	Approval Date	Section(s) Updated	Summary of Update	Approved by:
Version 1.0	6th March 2024		Profile signed off by ADPH and presented to REO	Dr Mai Mannix
Version 1.1	20th May 2024	Population Size (Pg 5)	% Change in Population 2016 – 2022: Update of Table to include the 2022 population size for each CHN within the SW and removal of % change column	Dr Mai Mannix

Welcome

This first standardised Regional Population Profile for the HSE Mid-West Region provides an 'At a Glance' insight and understanding of the key demographic features of our population which will inform and support the planning of our health services.

This is the first chapter of a more comprehensive standardised regional Population Health Profile which will be co-designed with key stakeholders over the coming months. The more comprehensive profile will include information from across the region on different aspects of the population, e.g. health status, health assets and services, to ensure it meets the evolving needs of key decision makers across the Mid-West.

I would like to thank all those who have been central to the production of this profile - the HSE Population Based Planning Profile Group, the National Health Intelligence team, the National Health Service Improvement team, and the Department of Health (DoH) Health Regions Planning Group and Statistical Analysis Unit.

In particular, a special thanks to my team in Public Health Mid-West.

Sincerely,

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Summary

This Standardised Profile gives an 'At a Glance' insight into the Mid-West Health Region using an agreed set of 14 parameters specifically chosen to support decision making for REOs and their Senior Management Teams.

Amongst the key drivers of health service need, demand and use in a Region are **population size**, **age-structure** and **deprivation** profile, along with the **health status** of the population.

- The **total population in the MW increased by 7.3%** in 2022 to 413,059, the smallest HSE Health Region population. West Clare (76,897) and North Tipperary (64,005) are the two largest CHNs.
- The **population in the MW is older** than the national comparator. The 75-79 year age group increased by almost 40% between 2016 and 2022 and the 85 years and older age group increased by 25%. The largest decrease occurred in the 0-4 year age group. These changes in age-structure have increased the dependent population, which now comprises over one-third (36%) of the MW population. The age-structure and the number of people in age dependent categories differ significantly between CHNs.
- The **MW population is more deprived** than the national comparator. In 2022, 24% of the population in Limerick were considered disadvantaged, very disadvantaged or extremely disadvantaged; 21% in Clare; and 23% in North Tipperary. Considerable variation in deprivation levels are seen between CHNs. The two CHNs with the greatest proportion of people who are very or extremely disadvantaged are South Limerick City (22.5%) and North Limerick City (17.1%) and the two CHNs with the lowest are East Limerick (2.5%) and South Limerick (3.9%).
- Census 2022 estimated the White Irish Traveller population as 0.6% of the total population. The proportion is higher in the MW at 0.9% and is **four times the national average in West Limerick CHN**.
- Self-perceived health status provides a well validated and widely used measure of actual health. **Self-reported health in the Mid-West is lower** than national levels. This is particularly pronounced in South Limerick City CHN.
- A **similar proportion of the population smoke in the MW** compared to nationally. However, smoking rates are higher in South Limerick City CHN. Further variation can be seen at small area level. Much higher rates are seen in the most deprived small areas, especially when compared to the most affluent areas.
- The national (21.5%) and MW (22.2%) proportions of people with a **disability** (recorded as "at least one long-lasting condition or difficulty to any extent") are **similar**. Proportions are highest in North and South Limerick City CHNs and are higher than the national average.
- **Third level education** levels are **slightly lower** in the Mid-West than nationally. Levels are significantly lower in South Limerick City CHN, lower than the MW and national averages.

Population Size 2022

Introduction: The Mid-West (MW) Region consists of counties Limerick, Clare and North Tipperary and has a population of just over 400,000. There are eight Community Health Networks (CHNs) in the MW, with populations ranging in size from 36,000 (East Clare) to 77,000 (West Clare). The population increased by 7.3% since 2016, with the largest percentage increase in the East Limerick / Ballina CHN.


DoH Statistics & Analytics Unit
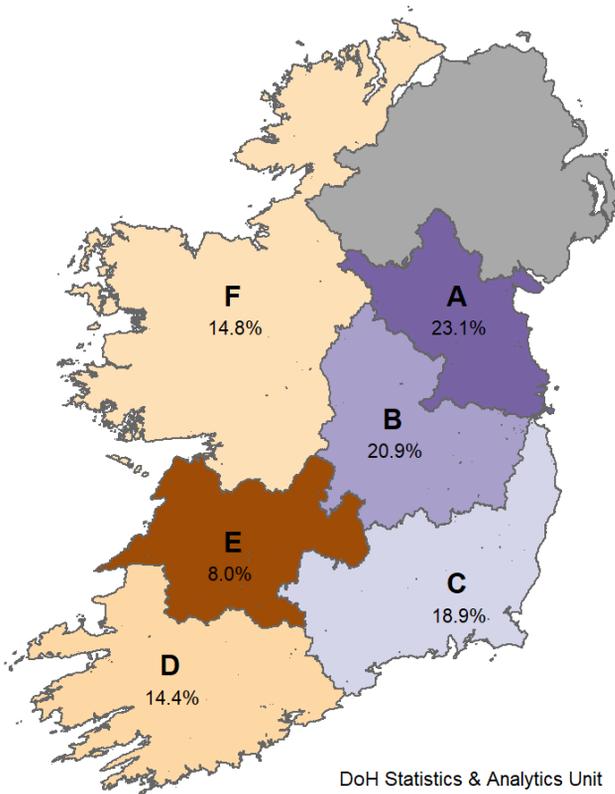
HSE Health Region	2022 Population	% of Total Pop
HSE Dublin & North East (A)	1,187,082	23.1%
HSE Dublin & Midlands(B)	1,077,639	20.9%
HSE Dublin & South East (C)	971,093	18.9%
HSE South West (D)	740,614	14.4%
HSE Midwest (E)	413,059	8.0%
HSE North & North West (F)	759,652	14.8%

Community Healthcare Networks

CHN	2022 Pop
West Clare	76,897
North Tipperary	64,005
South Limerick	62,922
East Limerick & Ballina	53,296
West Limerick	43,767
North Limerick City	38,596
South Limerick City	37,390
East Clare	36,186

% Change in Population 2016-2022

The national average is 8.1%.
DoH Statistics & Analytics Unit
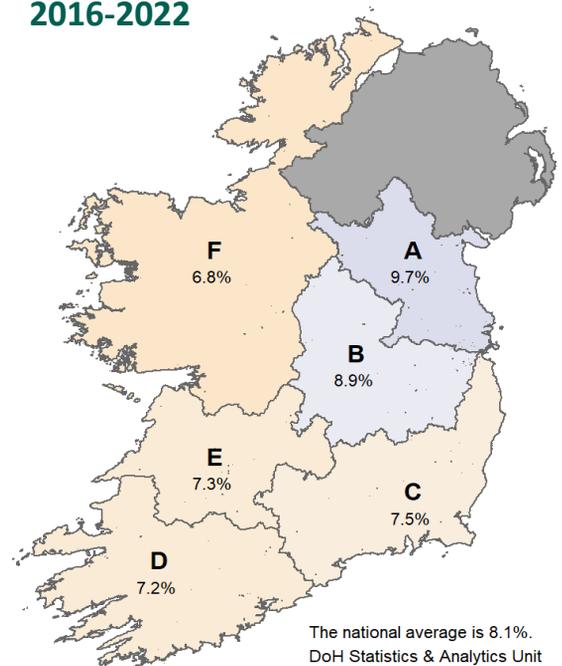
Age and Sex

Population numbers and the age structure are significant drivers of healthcare need. Populations that have greater proportions of very young and very old people tend to have greater healthcare needs.
The population pyramid displays the total population for males and females in the MW in 5-year age groups. The national average is shown by a black line. For both male and female populations, the MW has a greater proportion of people aged 50-84 years than the national average. There are comparatively fewer people in the 25-44 year age groups.

Midwest
Census 2022
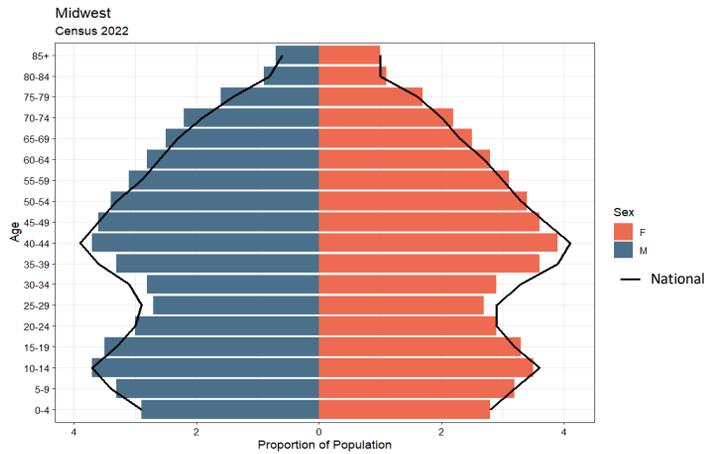
Comparison across CHNs

The graph below shows the distribution of the population by age group (under 15, 15-64, 65-84 and ≥85 years), nationally, for MW and by CHN. The CHNs with the largest proportion of their population aged 65 years and above (displayed in green and yellow bars) are ranked at the top of the graph. The MW has a larger proportion of people aged 65 years and over **(16.5%)** than the national average **(15.1%)**. The CHNs with the largest proportion of people aged 65 and over are West Limerick **(18.5%)**, North Tipperary **(17.9%)** and North Limerick City **(17.8%)**. The three CHNs with the largest proportion of people aged 85 and over are North Tipperary **(2.1%)**, North Limerick City **(2.0%)** and West Limerick **(1.9%)**. The three CHNs with the largest proportion aged under 15 are East Limerick and Ballina **(20.2%)**, East Clare **(20.0%)** and North Tipperary **(19.9%)**.

Population Age - National, MW and CHN
Census 2022
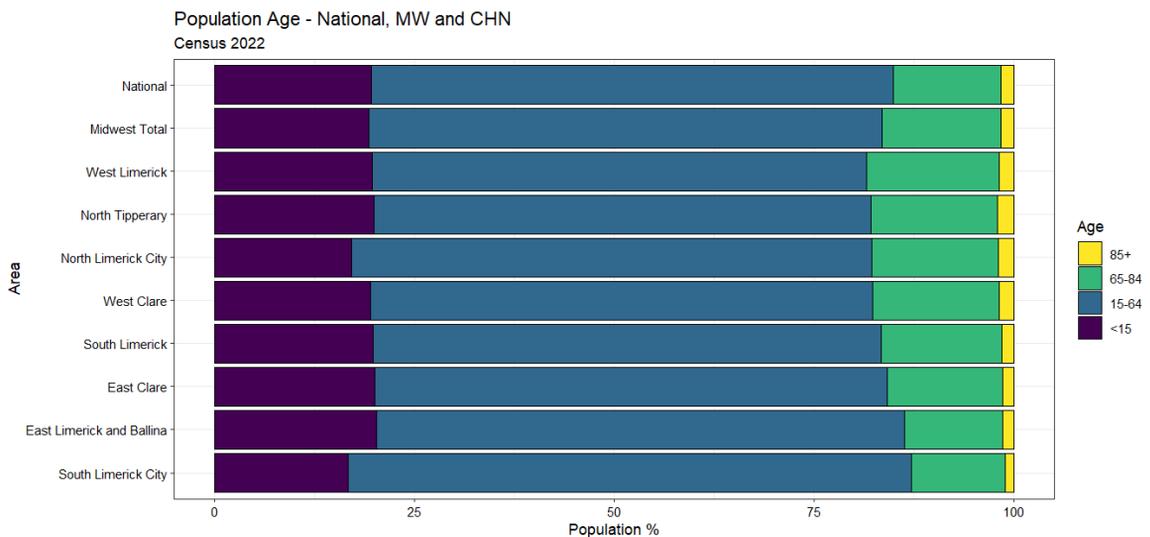
Population Health Implications

Deprivation

Deprivation is a critical determinant of health need in a population. The Haase-Pratschke (HP) index uses a number of CSO Census parameters to determine an index of deprivation.
Applying the HP index to the MW population demonstrates that the MW is somewhat less affluent (22.5%) than the national comparator(24.9%)

HP Determinant	% MW Pop	% National Pop
Age dependency rate*	35.9	34.7
Classes - professional, managerial & technical	37.9	39.9
Classes - semi & unskilled	14.5	14.3
Education - primary or lower	8.6	8.5
Education - 3rd level	31.2	33.9
Unemployed - aged 15+	4.1	4.3

HP Determinants: This table outlines some of the determinants that make up the HP index.

At a regional level, the determinants in MW appear similar to the national picture, except for a slight increase in the Age Dependency rate and a decrease in the population % in professional classes or with 3rd level education.

*Definition: Percentage of people who are under 15 or over 64 years of age out of a total population

Deprivation score – National, MW and by CHN

The figure below shows the distribution of deprivation in the population nationally, in the MW and by CHN in the MW region. CHNs are ranked top-down by higher degrees of deprivation, with the highest proportion of the population that are extremely disadvantaged (in red) at the top. The MW is slightly less affluent than the national average and there is variation within the region.
The two CHNs with the **greatest** proportion of people who are extremely or very disadvantaged are South Limerick City **(22.5%)** and North Limerick City **(17.1%).**
The two CHNs with the **lowest** proportion of people who are extremely or very disadvantaged are East Limerick **(2.5%)** and South Limerick **(3.9%).**

Deprivation Score - National, MW and CHN
Census 2022
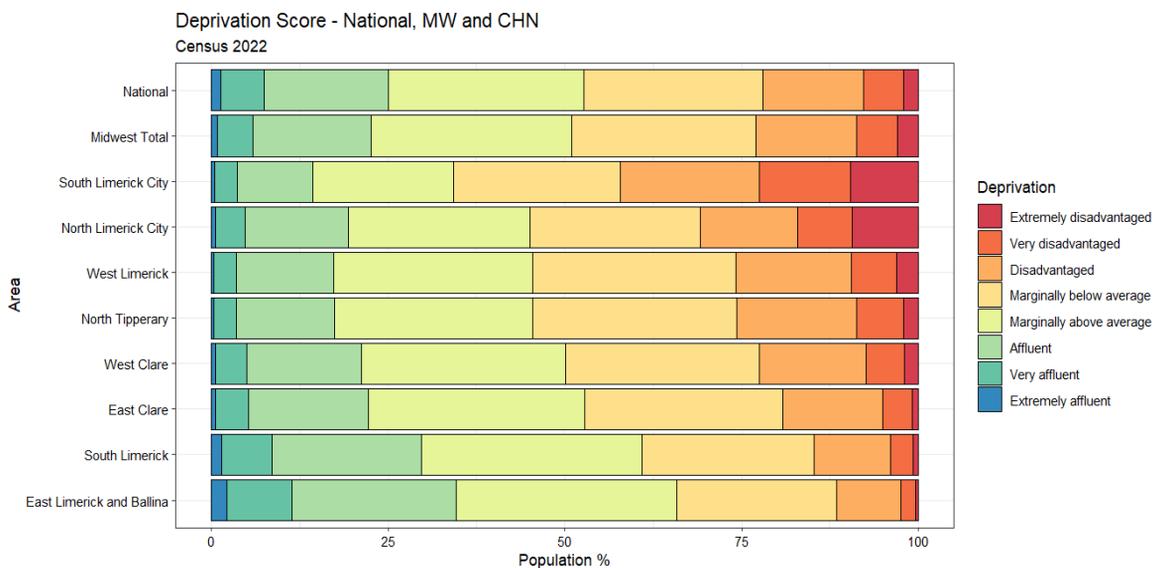
Deprivation

The maps below show the MW using a five-point scale to display deprivation. Red and orange are deprived areas, while blue and purple are affluent. Yellow indicates average deprivation/affluence. The lower map shows in more detail the urban area of Limerick City and the areas of extreme deprivation in red.
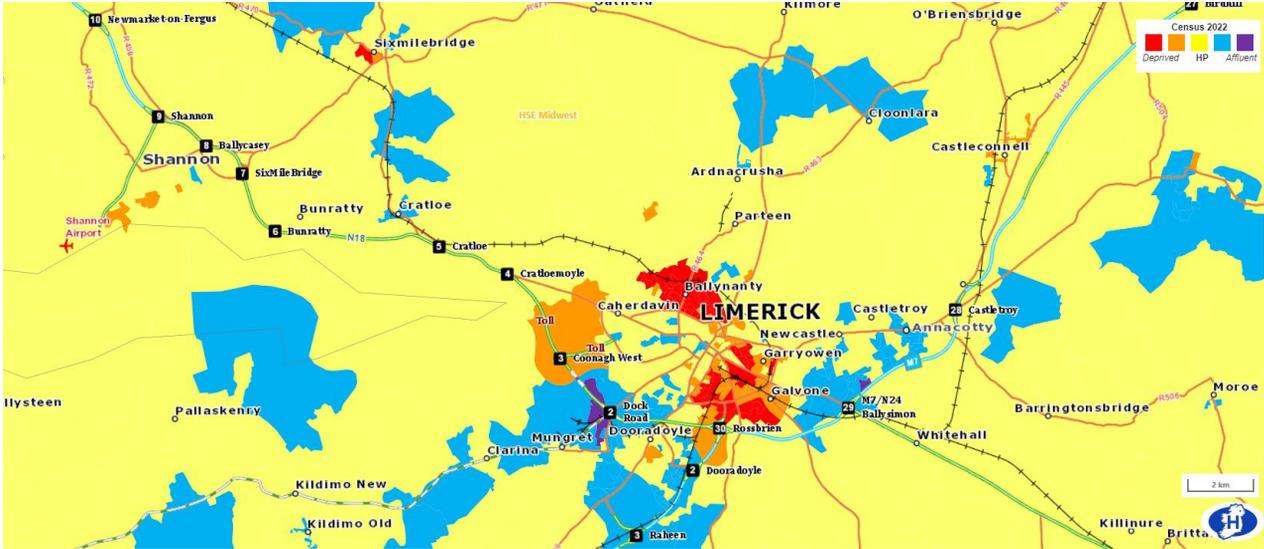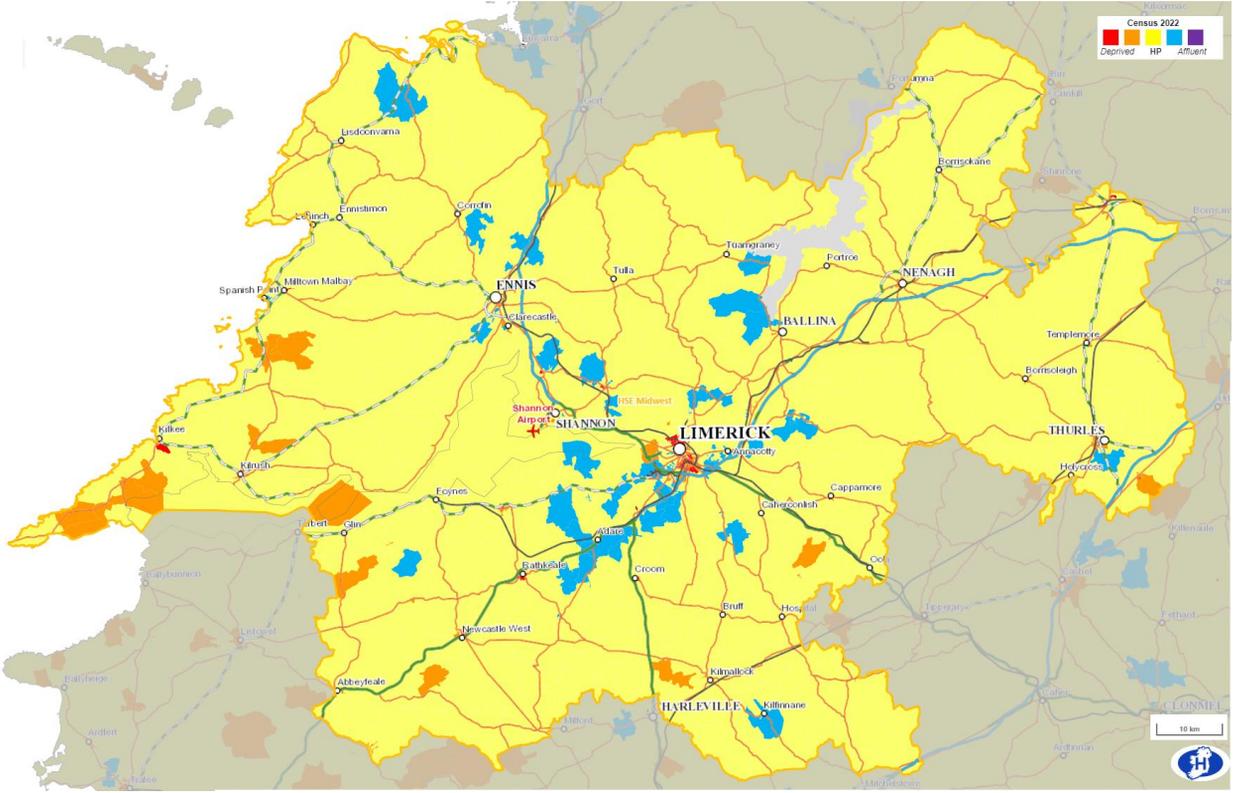


Population Health Implications:

Ethnicity and Country of Birth

People from minority ethnic groups often experience poorer health than the rest of the population for several reasons. These include unemployment, financial hardship, poor working conditions, insecure housing, absence of social support networks, discrimination and a lack of access to health services and culturally appropriate services. The health of their children and future generations can also be negatively impacted.

The population in the MW that identify as 'white Irish' (in yellow) is **79.5%,** higher than the national average of **76.6%.** However, there is variation in ethnic background between CHNs.

The figure below displays ethnicity nationally, for the MW and by CHN. The CHNs with the **higher** proportion of people that do not identify as 'white Irish' are at the top of the graph. The three CHNs with the highest proportions are South Limerick City **(39.2%)**, East Clare **(21.2%)** and East Limerick & Ballina **(20.4%)**.

The proportion of White Irish Travellers is higher than the national average (**0.9%** vs **0.6%**) and the proportion is four times the national average in West Limerick CHN **(2.5%).**
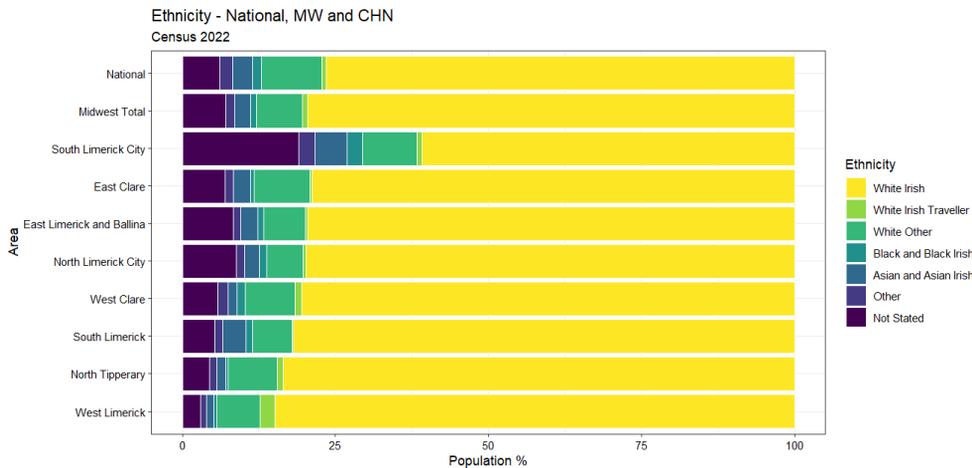
Ethnicity was not stated by a considerable number of respondents in Census 2022. Country of birth also provides some indication of the ethnic, cultural and migration patterns within a region. The figure below displays country of birth nationally, for the MW and by CHN. Those born in Ireland are represented in yellow. The proportion of people in the MW born outside of Ireland is **16.4%**, lower than the national average **(20.0%).** The CHNs with the highest proportion of people born outside of Ireland are at the top of the graph - South Limerick City **(24.9%)**, East Clare **(18.7%)** and West Clare **(17.2%)**.
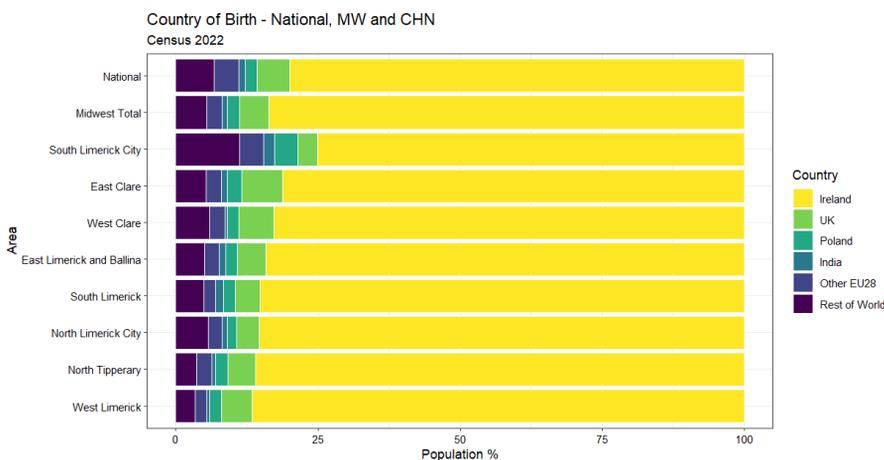


Population Health Implications:

Language

Language barriers lead to difficulties accessing suitable healthcare and, if not addressed by service providers, will impact the quality of care provided and can lead to unequal health outcomes. Language barriers also impact wider determinants of health, for example, access to education and employment.

In the MW, **11.2%** of people speak a language other than English or Irish at home, lower than the national average of **15.1%.** This ranged from **8.6%** in West Limerick to **17.9%** in South Limerick City.

The graph below shows the number of people in each CHN that have poor or no English, ordered from left to right by the percentage population in each CHN that are foreign language speakers.

The number of people with poor or no English is highest in North Tipperary, where the proportion of the population that speaks another language at home is relatively low.
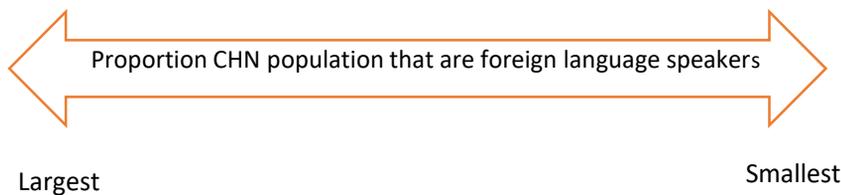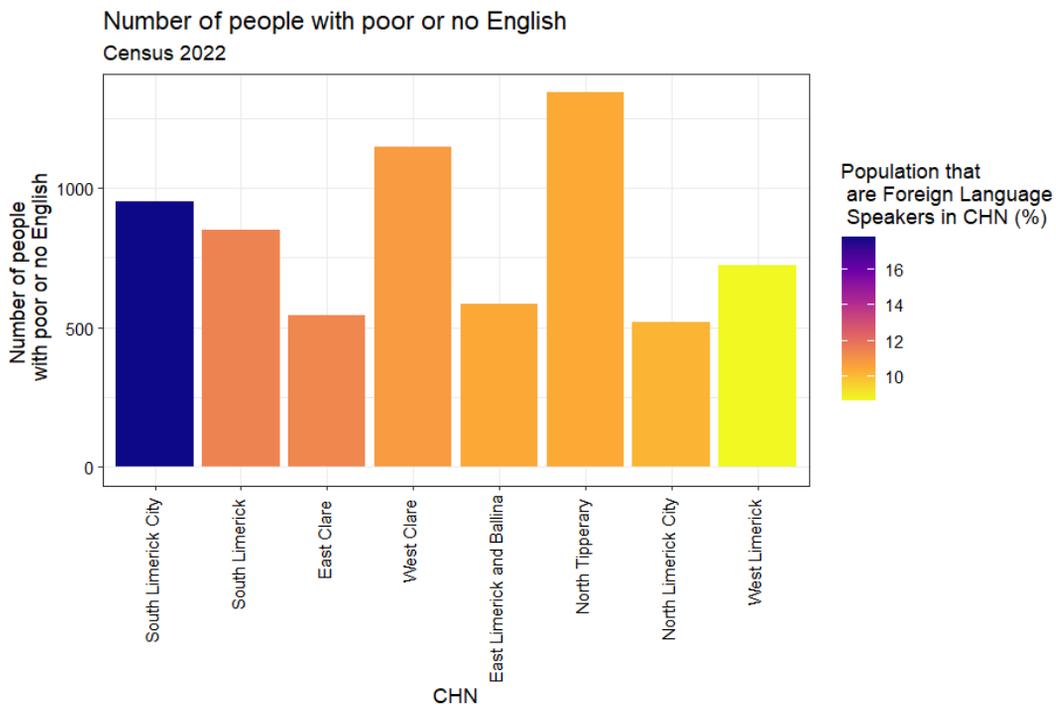

Population Health Implications:

General Health

Self-perceived health provides a well validated and widely used measure of actual health.
In the MW region **81.3%** stated that their health was either good or very good, slightly lower than the national average of **82.9%**. However, the map below shows variation between CHNs.

% of Population With Good/Very Good Health (2022)

92.9%
87.9%
82.9%
77.9%
72.9%

The national average is 82.9%.
DoH Statistics & Analytics Unit
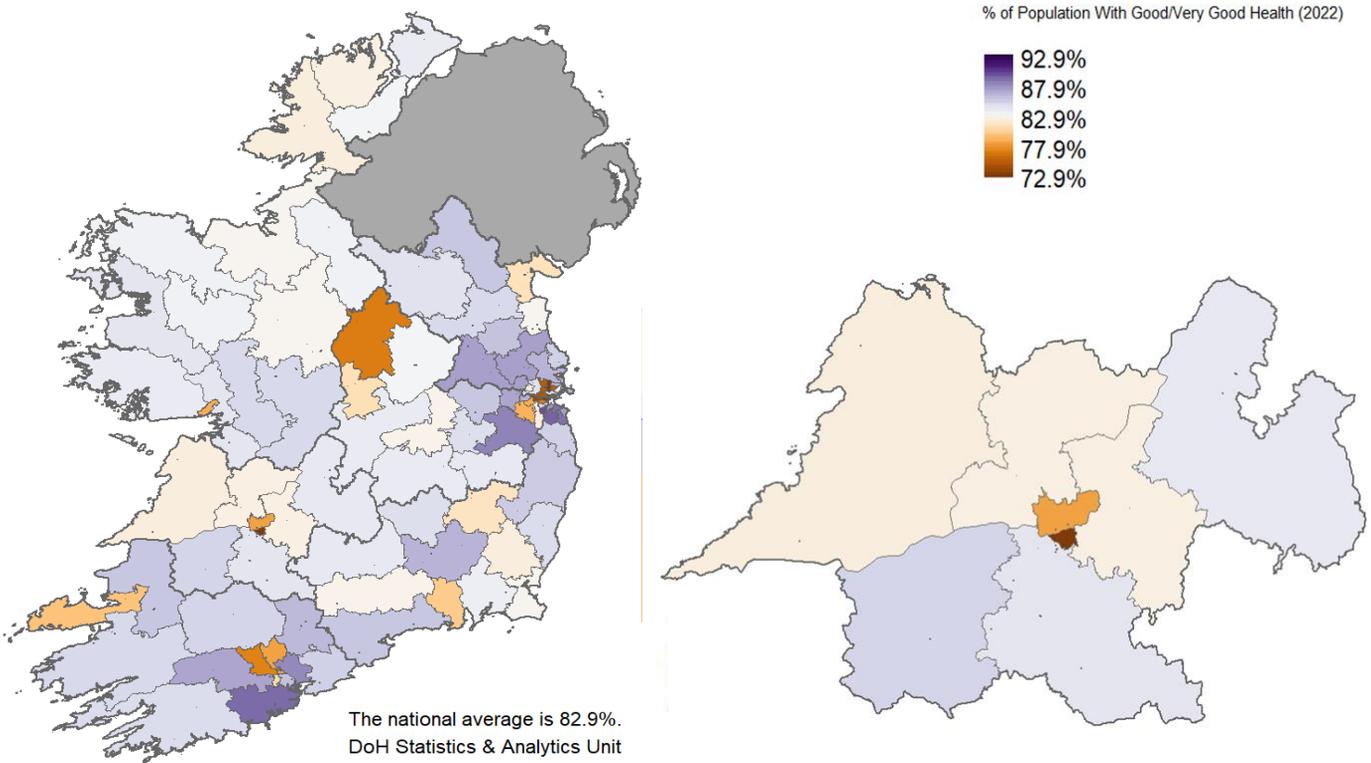
Variation between CHNs

The figure below displays self-reported health nationally, for the MW and by CHN.
The proportion of people with very good health in the MW is **50.8%**, lower than the national average of **53.2%**.
The proportion of people with bad or very bad health is **1.9%**, higher than the national average of **1.7%**.
The CHNs with the highest levels of very good health are East Limerick and Ballina **(54.2%)**, South Limerick **(53.9%)** and North Tipperary **(52.8%)**.
The proportion reporting very good health is lowest in South Limerick City CHN **(37.9%)** which has the highest level of bad or very bad self-reported health **(2.8%).**
North Limerick City **(2.4%)** and North Tipperary **(1.9%)** CHNs also report higher levels of bad or very bad self-reported health.

Self-reported health status - National, MW and CHN
Census 2022
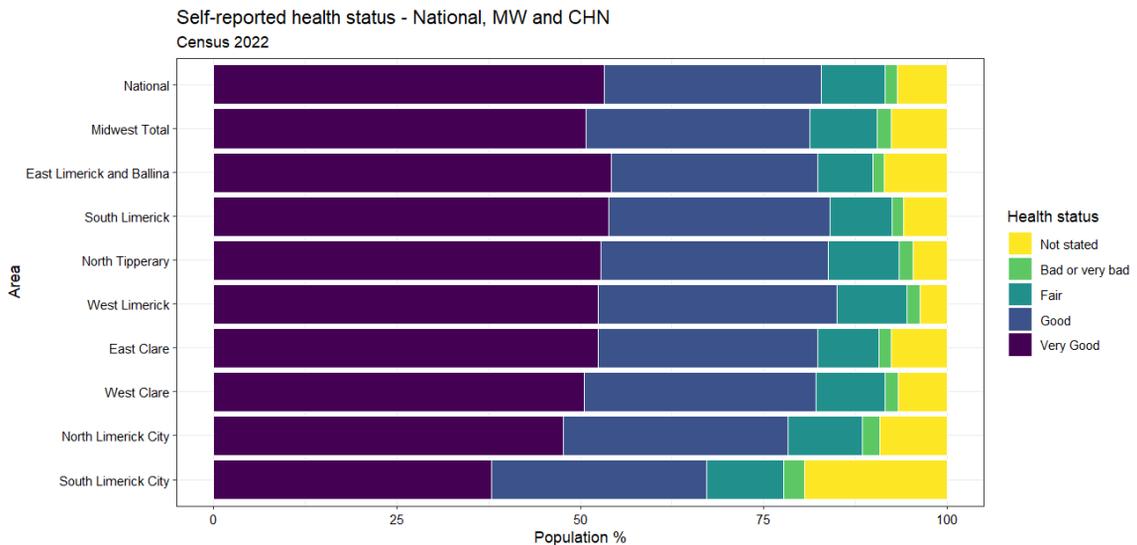
Percent of Population who smoke

- **13.1 %** of the MW population smoke
- National average is **13.1%**

*This data refers to the population who smoked either daily or occasionally in 2022. (Please note that this is a percentage of total population. This differs from Healthy Ireland where respondents are aged 15+.)

% of Population who Smoke (2022)

- 18.1%
- 15.6%
- 13.1%
- 10.6%
- 8.1%

The national average is 13.1%.
DoH Statistics & Analytics Unit
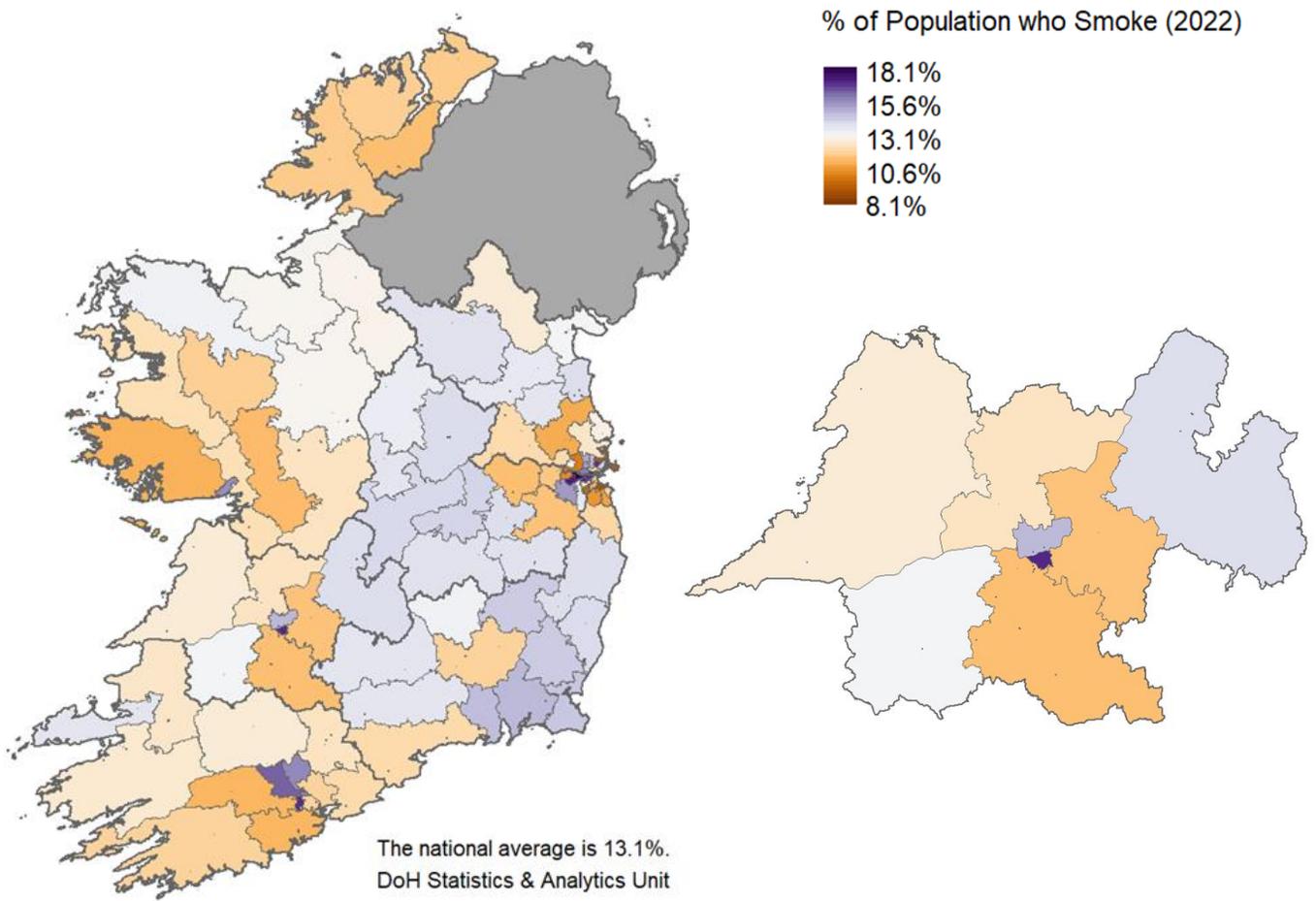
CHNs with the highest % of people who smoke	% of population who smoke
South Limerick City	17.1%
North Limerick City	14.8%
North Tipperary	13.9%
West Limerick	13.2%
West Clare	12.7%
East Clare	12.4%
East Limerick and Ballina	11.5%
South Limerick	11.4%

Health

Percent of Population with a Disability

- **22.2 %** of the MW population have "at least one long-lasting condition or difficulty to any extent".
- This is slightly higher than the national average of **21.5%**

% of Population With a Disability (2022)

26.5%
24.0%
21.5%
19.0%
16.5%

The national average is 21.5%.
DoH Statistics & Analytics Unit
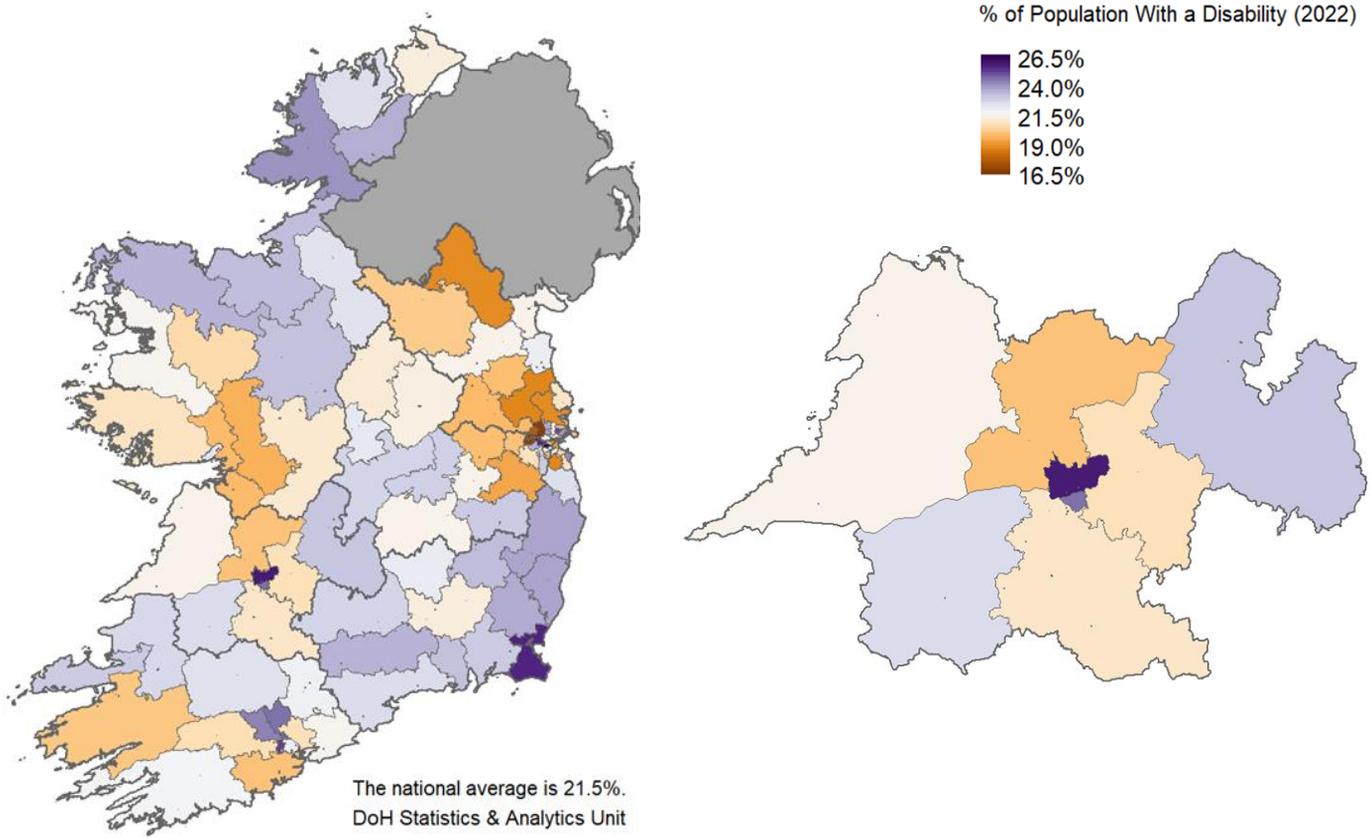
CHNs with the highest % of population with a disability	%
North Limerick City	25.8%
South Limerick City	24.5%
North Tipperary	23.0%
West Limerick	22.6%
West Clare	21.4%
South Limerick	20.9%
East Limerick and Ballina	20.7%
East Clare	19.9%

Percentage of Population who Provide Unpaid Care

The graph below shows the proportion of the population nationally, in the MW and by CHN that provide regular unpaid personal help or support to a family member, neighbour or friend with a long-term illness, health issue, or an issue related to old age or disability care

• The proportion of people providing unpaid care in the MW (6.1%) is slightly above the national average (5.8%).

• West Clare CHN has the highest proportion of people providing unpaid care, **6.6%**

• South Limerick City CHN has the lowest proportion of people providing unpaid care, **5.0%**.

It is interesting to note that the proportion of people declaring provision of regular unpaid personal help or support rose significantly between 2016 and 2022, nationally and across the Mid-West.


Carers - Nationally, MW and CHN
Census 2022
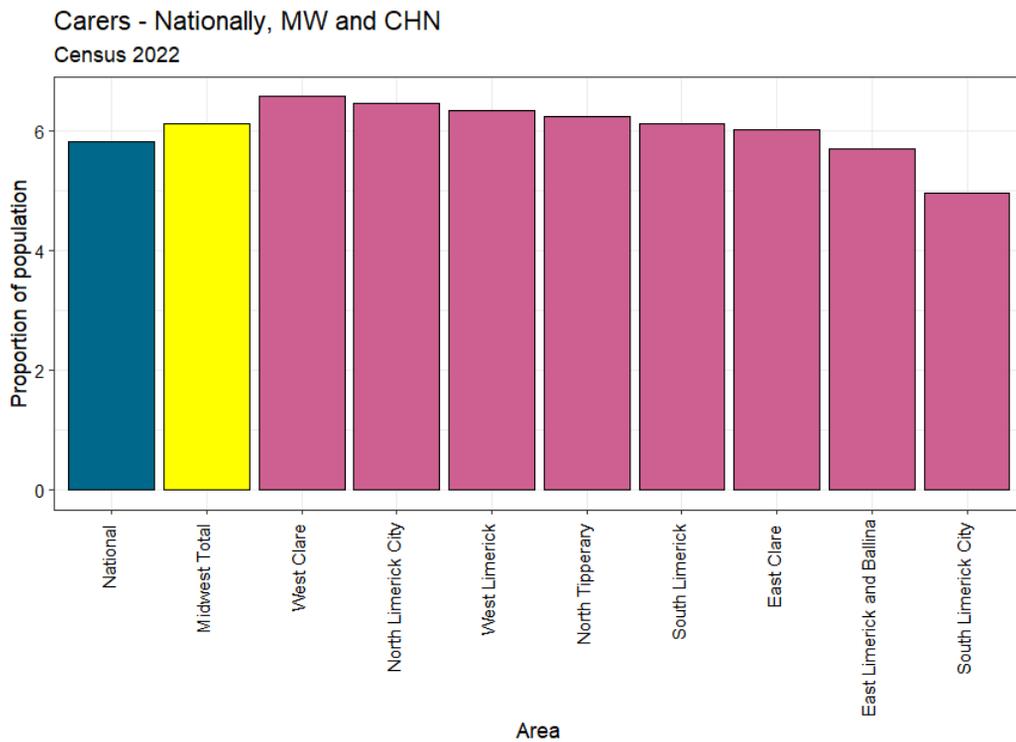
Population Health Implications:

Education and Internet

Education is a key social determinant of health and health inequality. Education can determine access to resources (e.g. employment, income, housing), the ability to engage in health enhancing behaviours, and levels of health literacy.

The graph below displays the highest level of education attained for the population aged 15 years and over nationally, for the MW, and by CHN. The CHNs are ordered by the highest proportion of people with third level education (in yellow) at the top of the chart.

- In the MW, **40.7%** have third level education which is below the national average of **42.8%.**
- South Limerick **(44.6%)**, East Limerick & Ballina **(44.3%)** and West Clare **(43.0%)** are the CHNs with the highest proportion of people with third level education, all higher than the national average.
- The CHNs with the lowest proportion of people with third level education are South Limerick City **(29.9%)**, North Limerick City **(37.4%)** and West Limerick **(39.3%)**. The proportion in South Limerick City CHN is significantly lower than the MW and national average.
- West Limerick **(10.9%)**, South Limerick City **(10.0%)** and North Tipperary **(9.0%)** CHNs have the largest proportion of people with primary or no education.

Highest Level of Education - National, MW and CHN
Census 2022
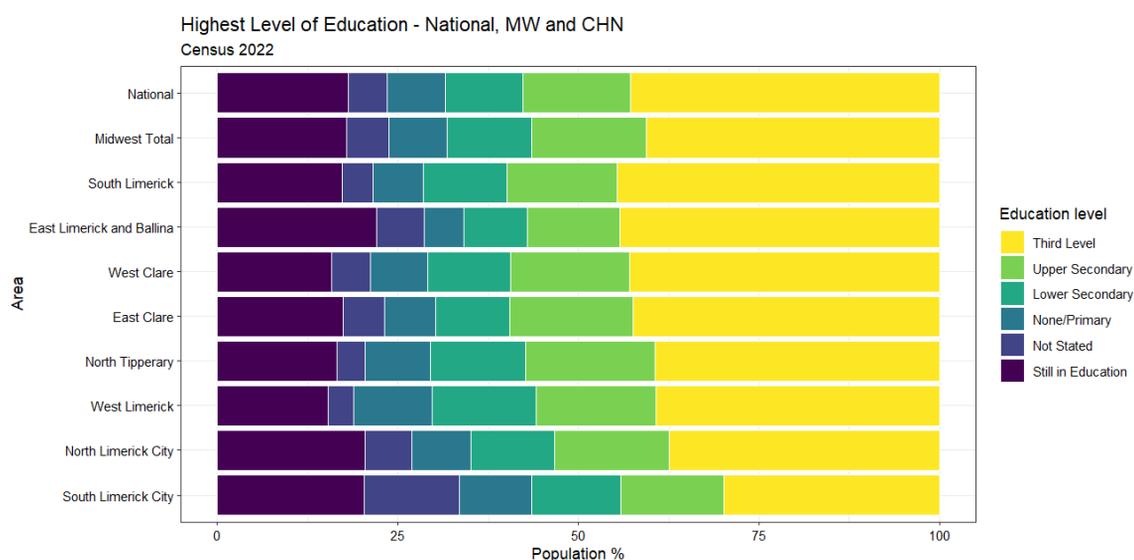
Internet Access
- **11.0%** of households have no internet access, higher than the national average of **8.7%**
- This ranges from **7.7%** of households in East Limerick & Ballina CHN to **15.3%** of households in West Limerick CHN

Population Health Implications:

Ordnance Survey Ireland map of HSE Mid-West region

The following map shows the boundary (in yellow), major population centres and the road network in the Mid-West region.

Population density map of HSE Mid-West region

The map below shows the population density of the region, based on Census 2022 data. The density is shown at Small Area (SA) level, which provides the most granular view for mapping. The darker the colour, the more densely populated the area.
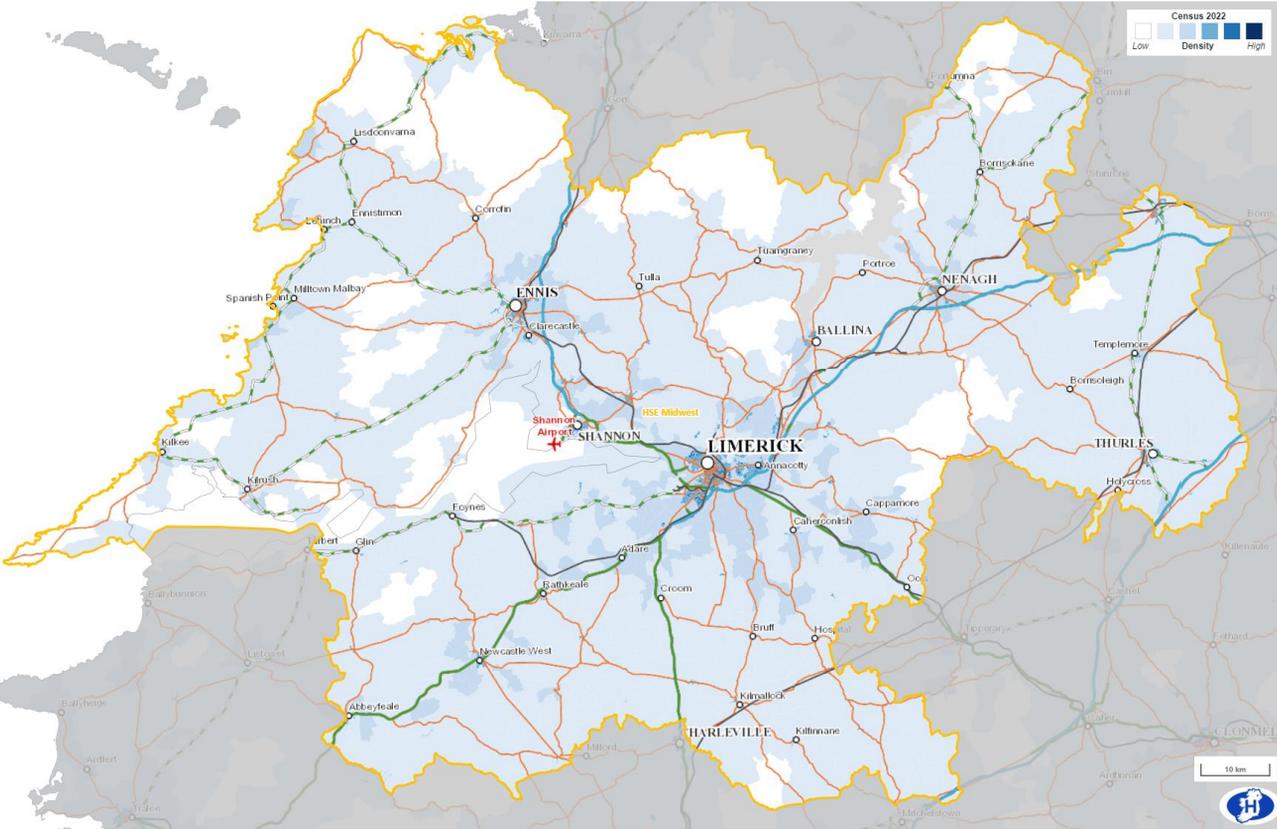
Technical Notes and Further Information

Data for this profile is based on Census 2022. Unless otherwise specified, Health Atlas Finder (HSE) was used to access and analyse CSO data to inform this profile. The Department of Health Statistical Analysis Unit generated the Population Size map and associated data table, % Population Change map, General Health maps, Smoking maps and associated data table, Disability maps and associated data table.

For further detail on any parameter contact your local Public Health Department or access the Health Atlas Finder (see below).

The Regional Department of Public Health can provide local expertise for the generation, analysis and interpretation of population profiles e.g

- Derive population profiles at sub-regional geographies e.g. Integrated Health Areas (IHA), Community Health Network (CHN), Primary Care Team (PCT), Electoral Division (ED) and Small Area (SA).
- Generate estimates for healthy behaviours and self-reported morbidity, applied to local populations and based on Healthy Ireland and TILDA national surveys.
- Interpret the significance of each parameter, define local variations and explore what this means in terms of health planning and the provision of services.

Health Atlas Finder

Health Atlas Finder (HAF) allows the user to create a detailed population profile for any selected geography. HAF is a web-enabled tool and does not require the user to download software or to use a password. The Atlas home page can be accessed at https://www.healthatlasireland.ie/; or the Finder can be accessed directly at: https://finder.healthatlasireland.ie/

Health Atlas Finder can allow the user to:
1. Prepare population pyramids and tables for any chosen area, based on Census 2022, and export these by PDF or Excel.
2. Show estimates of the numbers of people in a chosen geography with selected health behaviours and with selected chronic conditions.
3. Create maps for a given area, showing boundaries, services, population density and deprivation, and export these as a PNG (image) file.

Population projections will be available within the Finder by Q2, 2024, and this will allow the user to estimate the size and age structure of a population, projected as far ahead as 2056.

Department of Health profiles

The Department of Health has prepared an interactive site which allows users to explore some of the principal parameters, and display them via map or table. The DoH site can be used to show comparisons of major parameters by Health Region or CHN and provide national, regional and sub-regional pictures of major Census characteristics. This site will go live in 2024.

Appendix 1: Parameters available in Health Atlas

THEME	PARAMETER
Age & Sex	Age group (5 year) - all
Age & Sex	Age group (5 year) - female
Age & Sex	Age group (5 year) - male
Age & Sex	Age (0 - 19 yrs) - all
Age & Sex	Age (0 - 19 yrs) - female
Age & Sex	Age (0 - 19 yrs) - male
Deprivation	Deprivation level - HP Index
Deprivation	HP Index determinants
Deprivation	HP Index determinants - female
Deprivation	HP Index determinants - male
Health	Population by general health
Health	Population by general health - female
Health	Population by general health - male
Health	Health indicators
Health	Health indicators - female
Health	Health indicators - male
Health	Persons with a disability by sex
Health	Carers by sex
Health	Persons who smoke
Education	Population aged 15+ years by age education ceased
Education	Population aged 15+ years by age education ceased - female
Education	Population aged 15+ years by age education ceased - male
Education	Population aged 15+ years whose education has not ceased
Education	Population aged 15+ years whose education has not ceased - female
Education	Population aged 15+ years whose education has not ceased - male
Education	Population aged 15+ years by highest level of education completed
Education	Population aged 15+ years by highest level of education completed - female
Education	Population aged 15+ years by highest level of education completed - male
Occupation	Persons at work or unemployed by occupation
Occupation	Persons at work or unemployed by occupation - female
Occupation	Persons at work or unemployed by occupation - male
Occupation	Persons at work by industry
Occupation	Persons at work by industry - female
Occupation	Persons at work by industry - male
Occupation	Population aged 15+ years by principal economic status
Occupation	Population aged 15+ years by principal economic status - female
Occupation	Population aged 15+ years by principal economic status - male
Socio-Economic	Population by social class
Socio-Economic	Population by social class - female
Socio-Economic	Population by social class - male
Socio-Economic	Persons in private households by socio-economic group of reference person (by no. of persons)
Family	Population by marital status
Family	Population by marital status - female
Family	Population by marital status - male
Family	Families, family members & children in families, by size of family - Number of families in private households by size of family
Family	Families, family members & children in families, by size of family - Number of persons in private households by size of family
Family	Families, family members & children in families, by size of family - Number of children in private households by size of family
Family	Families, family members & children in families, by size of family - Number of families in private households by size of family
Family	Families, family members & children in families, by size of family - Number of persons in private households by size of family

THEME	PARAMETER
Language	Population aged 3+ years by ability to speak Irish
Language	Irish speakers aged 3+ years by frequency of speaking Irish
Language	Irish speakers aged 3+ years by frequency of speaking Irish - female
Language	Irish speakers aged 3+ years by frequency of speaking Irish - male
Language	Speakers of foreign languages by language spoken
Language	Speakers of foreign languages by ability to speak English
Migration & Ethnicity	Citizenship
Migration & Ethnicity	Birthplace
Migration & Ethnicity	Ethnic or cultural background
Migration & Ethnicity	Usual residence 1 year ago
Migration & Ethnicity	Population by religion
Housing	Private households by type of accommodation
Housing	Persons by household type of accommodation
Housing	Permanent private households by year built
Housing	Persons by permanent private household by year built
Housing	Permanent private households by type of occupancy
Housing	Persons by permanent private household by type of occupancy
Housing	Permanent private households by number of rooms
Housing	Persons by permanent private household by number of rooms
Housing	Permanent private households by heating
Housing	Permanent private households by water supply
Housing	Permanent private households by sewerage facility
Housing	Occupancy status of permanent dwellings on Census night
Housing	Private households by type
Housing	Persons by private household type
Housing	Private households by size
Family	Family units by family cycle by No. of families
Family	Family units by family cycle by No. of persons
Family	Family units with children by size and age of children
Family	Family units with children by type of family and age of children by No. of children
Family	Family units with children by type of family and age of children - No. of families (to be added)
Family	Family units with children by type of family and age of children - No. of children (to be added)
Access	Number of households with cars
Access	Number of households with internet access
Commuting	Usually resident by means of travel to work
Commuting	Usually resident by means of travel to school, college or childcare
Commuting	Usually resident by means of travel to work, school, college or childcare (total)
Commuting	Population aged 5+ years by time leaving home to travel to work, school or college
Commuting	Population aged 5+ years by journey time to work, school or college
Commuting	Population aged 15+ years by working from home
Commuting	Number of children under 15 in Childcare by age
Family	Families by age of youngest child by No. of families
Family	Families by age of youngest child by No. of persons