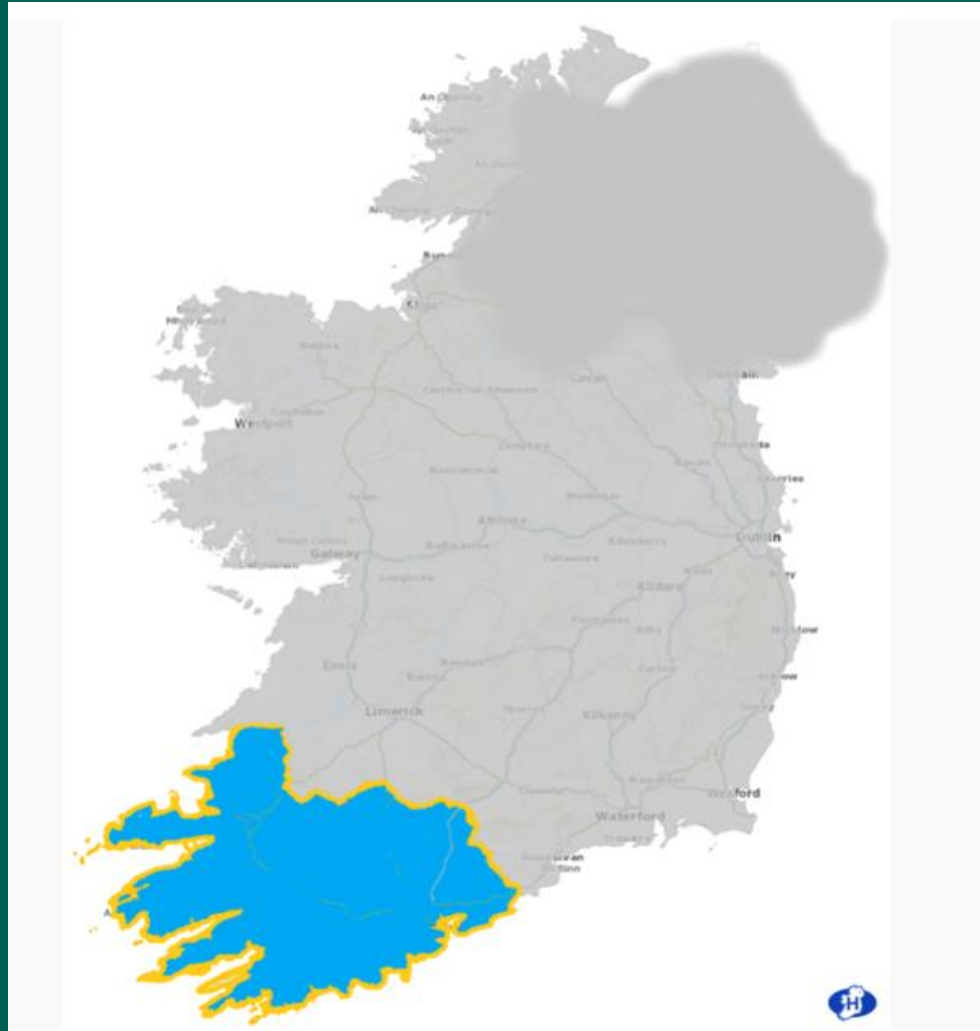




Regional Population Profile

Health Region: South West



March 2024
Version 1.1

Document Control

Version No.	Approval Date	Section(s) Updated	Summary of Update	Approved by:
Version 1.0	6 th March 2024		Profile signed off by ADPH and presented to REO	Dr Anne Sheahan
Version 1.1	20 th 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 Anne Sheahan

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Welcome

This first standardised Regional Population Profile for the South 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 Population Profile will include information from across the region on different aspects of the population e.g. health status, health assets and services, so as to ensure that it meets the evolving needs of key decision makers across the South 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, the Department of Health (DoH) Health Regions Planning Group and Statistical Analysis Unit and a special thanks in particular to my team in the Regional Department of Public Health.

Sincerely,

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- **This Standardised Profile gives an 'At a Glance' insight into a specific region through an agreed set of 14 parameters specifically chosen to support decision making for REOs and their Senior Management Teams.**

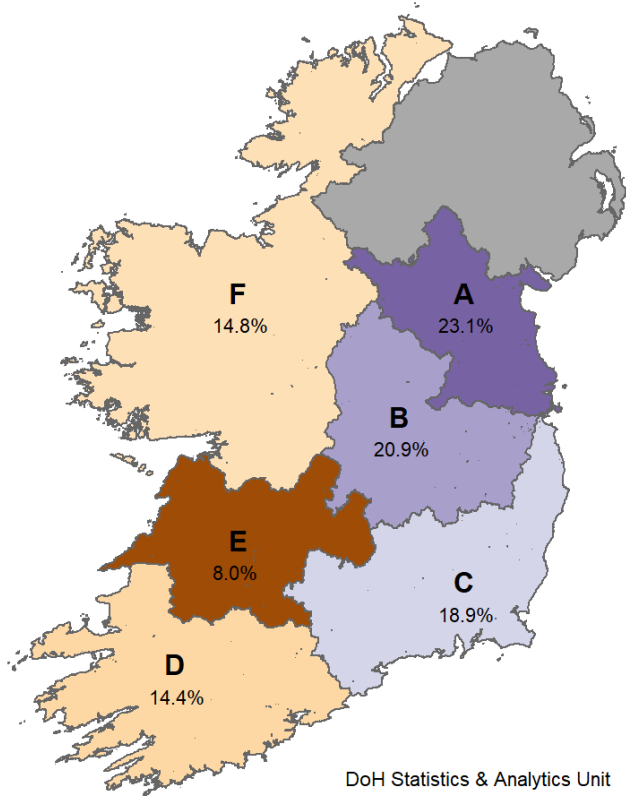
Key Findings amongst the population of HSE SW:

- The region comprises 14.4% (n=740,614) of the total population of Ireland based on Census 2022
- There is a greater proportion of people aged 50-84 years compared to the national average. There are comparatively fewer people in the 25-39 year age groups.
- The region comprises 14 Community Healthcare Networks (CHNs), with populations ranging in size from 35,000 (Northeast Cork CHN) to 72,000 people (Ballincollig, Bishopstown, Macroom CHN).
- At a Health Region level, the average deprivation score is similar to the national picture, but considerable variation exists between CHNs. For example, 19% of the population of the Blarney and North Cork City CHNs reported to be 'very' or 'extremely' disadvantaged compared to 2% of the Bandon, Kinsale and Carrigaline CHN population.
- 17.9% of people in the region were born outside of Ireland, lower than the national average (20.0%).
- The number of people with poor or no English is highest in CHNs: South Kerry; Bandon, Kinsale & Carrigaline; and Mallow, Charleville, Newmarket, Kanturk, Millstreet.
- 84.3% stated that their health was either good or very good, higher than the national average (82.9%).
- 12.9% of the population smoke, marginally lower than the national average of 13.1%.
- 21.9% of the population have "at least one long-lasting condition or difficulty to any extent", slightly higher than the national average of 21.5%.

*While this profile examines demographic factors individually, it is important to consider how factors interact, for example: **The CHN Blarney and North Cork City has higher levels of deprivation, compared to other CHNs, and also has high percentages of the population who: report poorer health, smoke, have a disability, have lower education attainment, and comprises of more minority ethnic groups.***

Population Size 2022

Introduction: The South West (SW) Region consists of counties Cork and Kerry. It has a population total of just over 740,000 – the fourth largest HR population. There are 14 Community Health Networks (CHNs) in the SW, with populations ranging in size from 35,000 (Northeast Cork) to 72,000 people (Ballincollig, Bishopstown, Macroom).

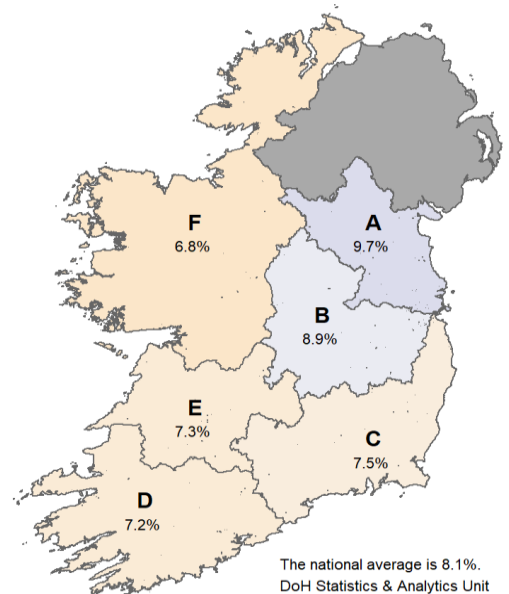


HSE Health Region	2022 Population	% of Total Pop
HSE Dublin & North East (A)	1,187,082	23.1%
HSE Dublin & Midlands(B)	1,077,639	20.9%
HSE Dublin & South East (C)	971,093	18.9%
HSE South West (D)	740,614	14.4%
HSE Midwest (E)	413,059	8.0%
HSE North & North West (F)	759,652	14.8%

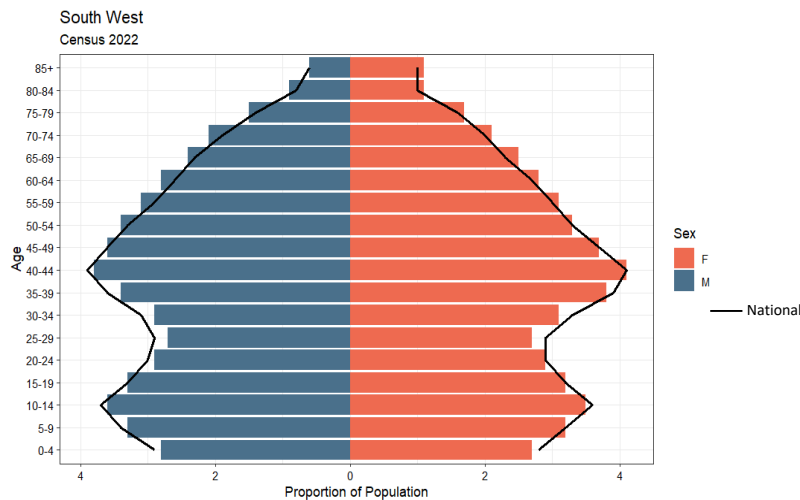
Community Healthcare Networks

CHN	2022 Pop	CHN	2022 Pop
Ballincollig, Bishopstown, Macroom	71997	North Kerry	47949
Bandon, Kinsale & Carrigaline	70889	East Cork City	47908
Mallow, Charleville, Newmarket, Kanturk, Millstreet	64672	Douglas, Blackrock, Mahon	47887
West Cork	64067	West Kerry	46401
South Kerry	62108	South Cork City	44993
Blarney & North Cork City	51530	Central Cork	35729
East Central Cork	49539	Northeast Cork	34945

% Change in Population 2016-2022

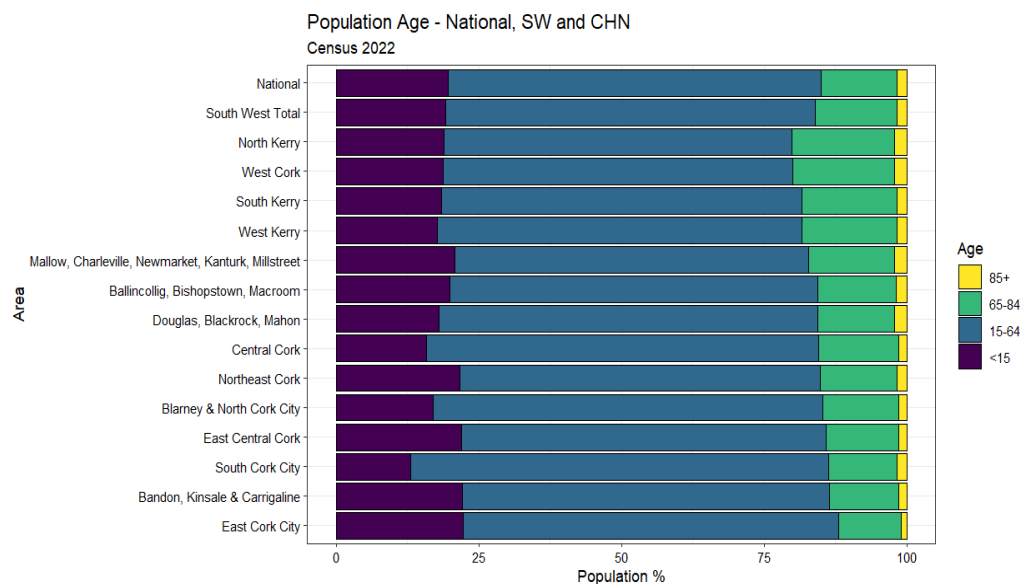


Population numbers and the age structure are significant drivers of healthcare need. Populations that have greater proportions of very young and very old people tend to have greater healthcare needs. The population pyramid displays the total population for both male and females in the SW in 5 year age groups, and the national average is shown in black. For both male and female populations, the SW population shows a greater proportion of people than the national average in the 50-84 year age groups. There are comparatively fewer people in the 25-39 year age groups.



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 the SW 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 SW has a higher proportion of people aged 65+ years (**16.1%**) than the national average (**15.1%**). The CHNs with the highest proportion of people aged 65+ years are North Kerry (**20.1%**), West Cork (**20.0%**) and South Kerry (**18.4%**) Area Networks. The three CHNs with the biggest proportion population aged 85+ years are West Cork (**2.2%**); Mallow, Charleville, Newmarket, Kanturk, Millstreet (**2.1%**) and Douglas, Blackrock, Mahon (**2.1%**). The three youngest CHNs (population <15 years) are East Cork City (**22.2%**), Bandon, Kinsale & Carrigaline (**22.2%**) and East Central Cork (**22.0%**).



Population Health Implications

- CHNs have different age structures and will differ in their healthcare needs.
- Some rural based CHNs exceed the national average percent of the population who are aged 65+.
- Higher percentages of a younger population can be seen in more urban based CHNs.

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.

HP Index:

The SW population is overall somewhat more affluent (**27.5%**) than the national comparator (**24.9%**) but there are local variations.

HP Determinant	% SW Pop	% National Pop
Age dependency rate*	35.3	34.7
Classes - professional, managerial & technical	40.3	39.9
Classes - semi & unskilled	14.7	14.3
Education - primary or lower	7.7	8.5
Education - 3rd level	33.9	33.9
Unemployed - aged 15+	3.6	4.3

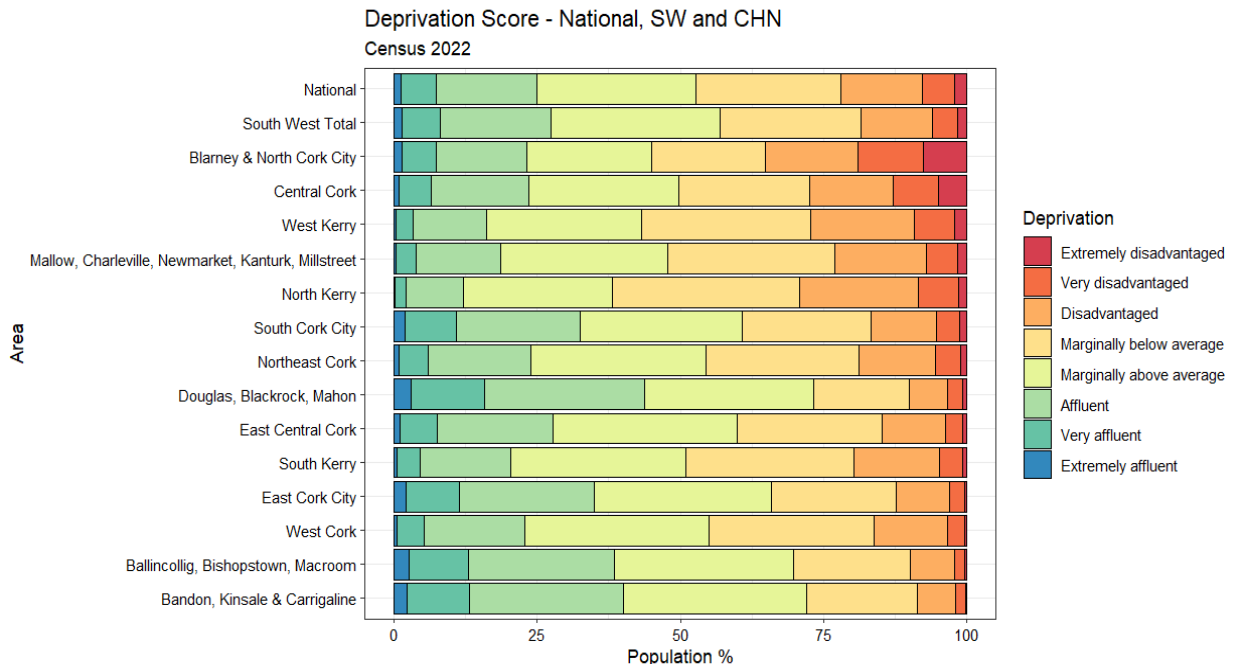
HP Determinants: This table outlines some of the determinants that go to make up the HP index.

Overall the determinants in SW appear to be similar to the national picture, except for a slight increase in the Age Dependency rate and a decrease in unemployment – aged 15+ years.

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

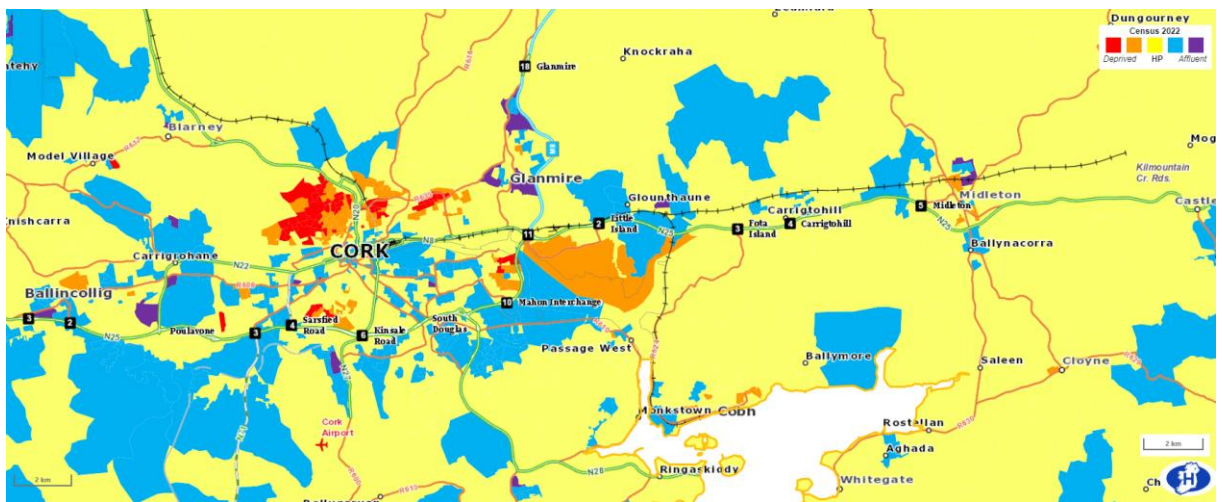
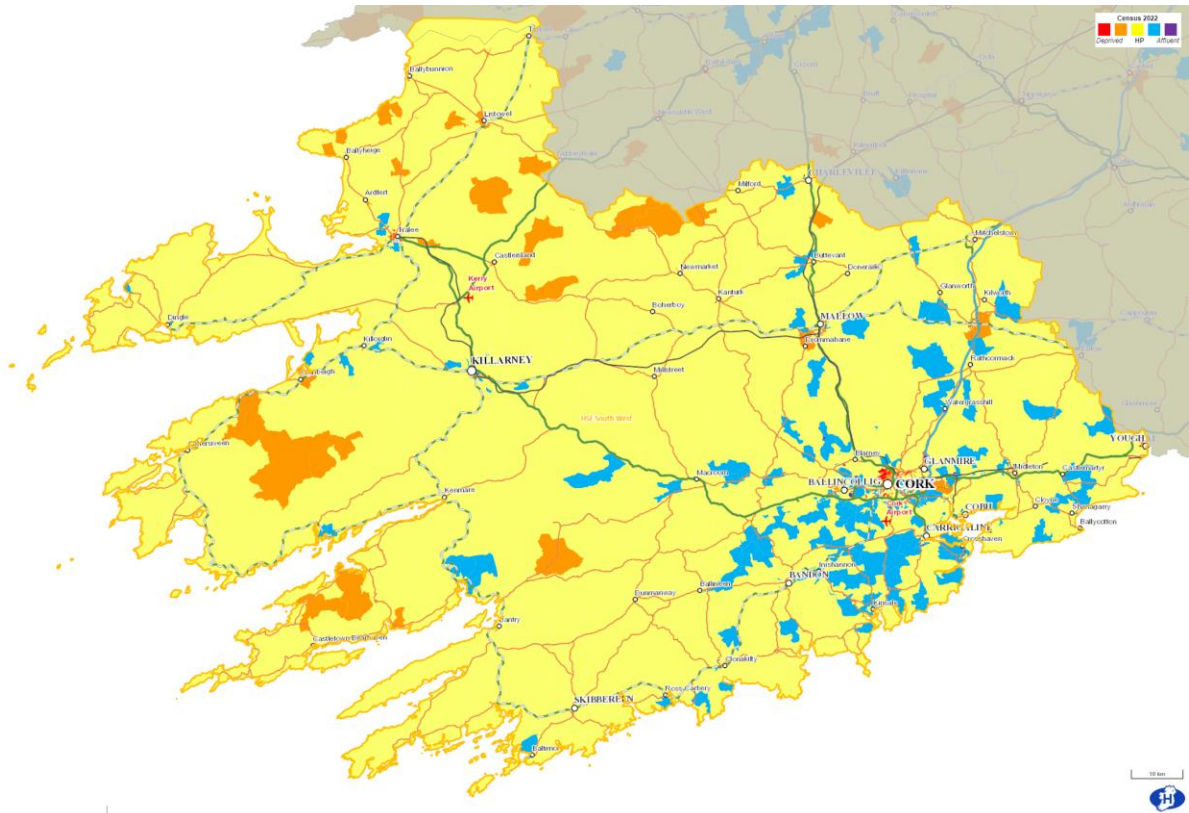
Deprivation score – National, SW and by CHN

The graph below shows the distribution of deprivation in the population nationally, in the SW and by CHN in the SW region. CHNs are ranked from the top by the higher degrees of deprivation (with the highest proportion of population that are extremely disadvantaged at the top – in red). As described above, SW is slightly more affluent than the national average but there is variation within the region. The three CHNs with the greatest proportion of people who are very or extremely disadvantaged are Blarney & North Cork City (**19.1%**), Central Cork (**13.0%**) and West Kerry (**9.2%**). The three CHNs with the lowest proportion of people that are extremely or very disadvantaged are Bandon, Kinsale & Carrigaline (**2.0%**); Ballincollig, Bishopstown, Macroom (**2.2%**) and East Cork City (**3.1%**).



Deprivation

The map below shows the SW region 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 SW region includes Cork City which is enlarged in the second map.



Population Health Implications:

- There is a well-established social gradient in health. Increased deprivation is associated with poorer health outcomes, including lower life expectancy, development of long-term health conditions and mental illness.
- In HSE SW, the average deprivation score is similar to the national picture, but considerable variation exists between CHNs. For example, 19% of the population of the Blarney and North Cork City CHN reported to be 'very' or 'extremely' disadvantaged compared to 2% of the Bandon, Kinsale and Carrigaline CHN.
- The maps show there are pockets of deprivation within CHNs. Identification of areas with high levels of disadvantage allow specific needs to be addressed and targeted interventions to reduce health inequalities.

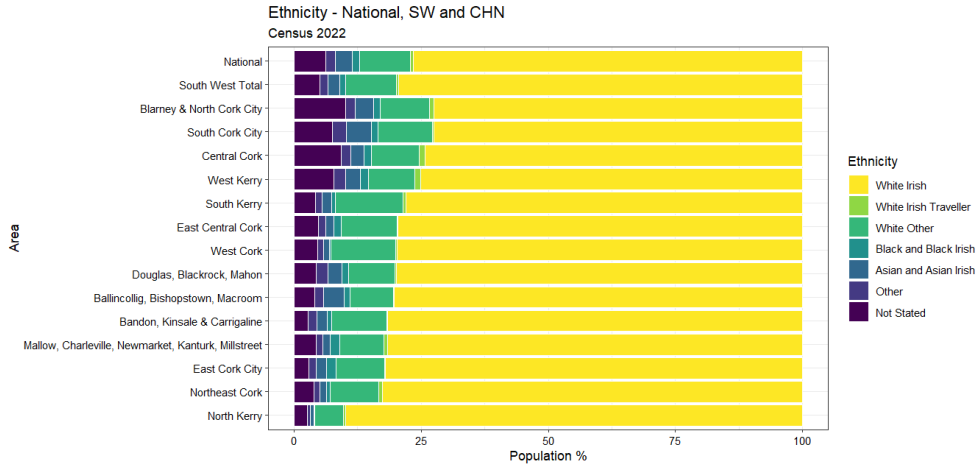
Ethnicity and Country of Birth

People from minority ethnic groups can often experience poorer health than the rest of the population. Low incomes, poor working and housing conditions, poor social networks and nutrition as well as lack of access to health services can impact on the health of those from minority ethnic groups who have immigrated to a new country. This also affects the health of their children and future generations.

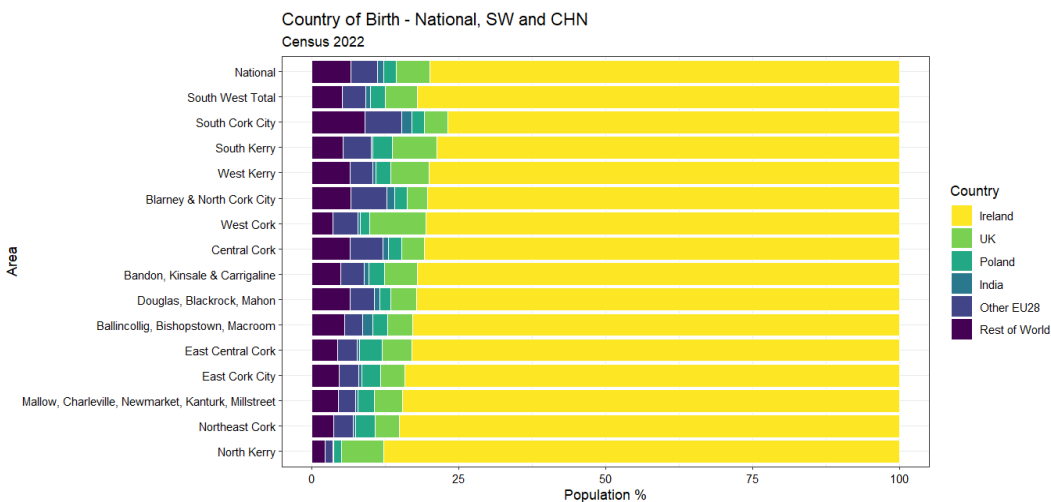
The proportion of population identifying as 'White Irish' in the SW is **79.5%**, higher than the national average of **76.6%**.

The figure below displays ethnicity nationally, for HSE SW and by CHN. Ethnicity was not stated for a considerable number of respondents in Census 2022. For CHNs, the CHN with the largest proportion of those with an ethnicity other than 'White Irish' is the CHN displayed nearest the top of the graph. The three CHNs with the largest proportion of people with an ethnicity other than 'White Irish' are Blarney & North Cork City (**27.5%**), South Cork City (**27.4%**) and Central Cork (**25.8%**).

The proportion of White Irish Travellers in HSE SW is slightly lower than the national average (**0.5%** vs **0.6%**) but the proportion is double the national average in West Kerry (**1.2%**).



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 HSE SW and by CHN. **17.9%** of people in the SW were born outside of Ireland, lower than the national average (**20.0%**). For CHNs, the highest proportion of people born outside of Ireland are the top of the graph. The three CHNs with the highest proportion of people born outside of Ireland are South Cork City (**23.1%**), South Kerry (**21.3%**) and West Kerry (**20.0%**).



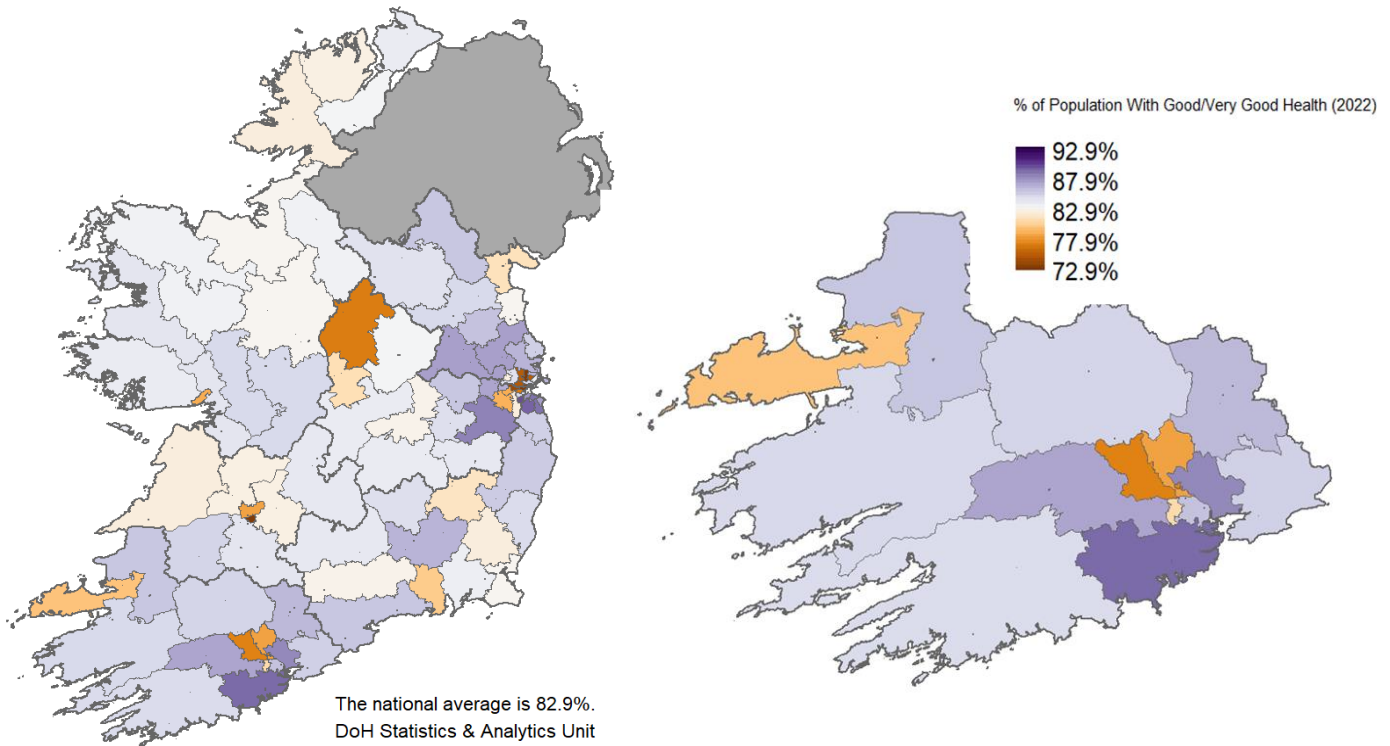
Population Health Implications:

- Areas with higher levels of migration and minority ethnic groups may require specific interventions to ensure culturally appropriate services and information are available to the population.
- Health needs may differ for different ethnic groups.

General Health

Self-perceived health provides a well validated and widely used measure of actual health.

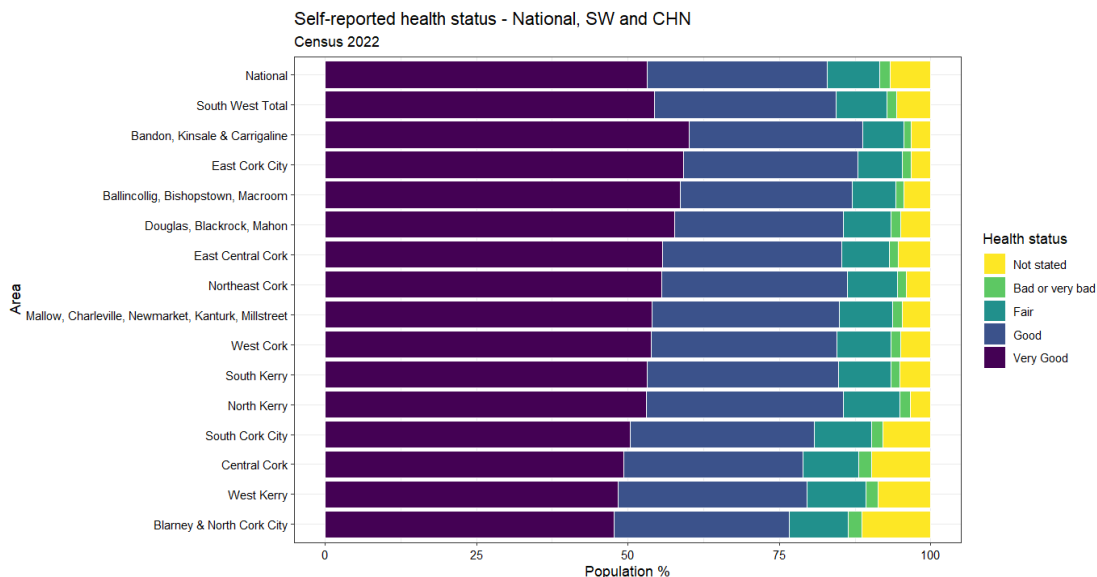
Within **HSE SW 84.3%** stated that their health was either good or very good. However, the map below shows there was variation between CHNs.



Variation between CHNs

The graph below displays self-reported health nationally, for HSE SW and by CHN. The proportion of people with very good health in the SW is **54.4%**, slightly higher than the national average of **53.2%**. The CHNs with the highest levels of very good health are Bandon, Kinsale & Carrigaline (**60.1%**); East Cork City (**59.2%**) and Ballincollig, Bishopstown, Macroom (**58.7%**).

The proportion of people with bad or very bad health is **1.6%**, just below the national average of **1.7%**. CHNs with the highest levels of bad or very bad self-reported health are Blarney & North Cork City (**2.3%**), Central Cork (**2.1%**) and West Kerry (**1.9%**).

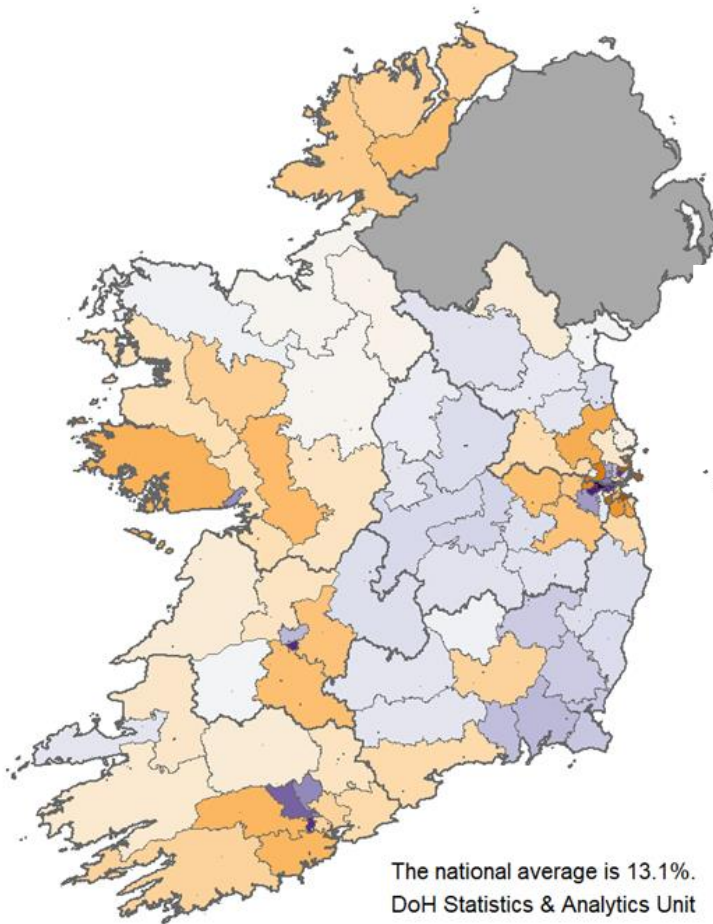


Smoking

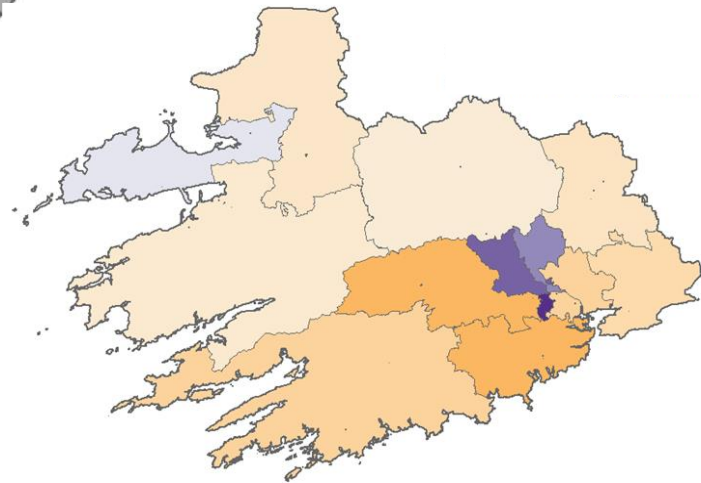
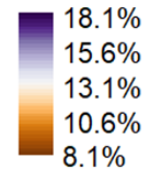
Percent of Population who smoke

- **12.9%** of the HSE SW population are smokers.
- The national average for smoking 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)

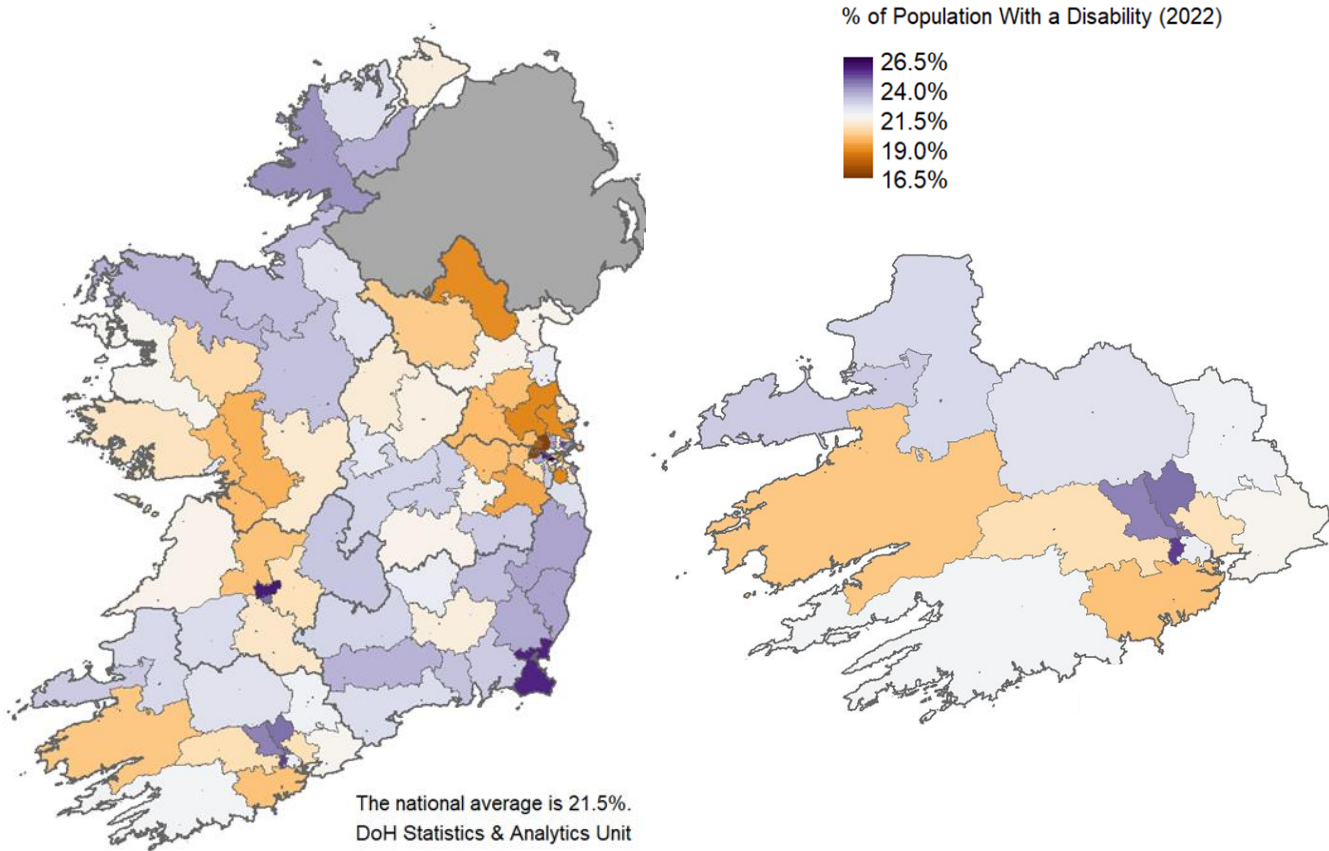


CHNs with the highest % of people who smoke	% of population who smoke
South Cork City	17.0%
Blarney and North Cork City	16.3%
Central Cork	15.7%
West Kerry	13.7%
Mallow, Charleville, Newmarket, Kanturk, Millstreet	12.7%
South Kerry	12.6%
North Kerry	12.5%
Northeast Cork	12.4%
East Central Cork	12.1%
Douglas, Blackrock, Mahon	11.9%

Disability

Percent of Population with a Disability

- **21.9%** of the HSE SW population have “at least one long-lasting condition or difficulty to any extent”.
- The national average that have “at least one long-lasting condition or difficulty to any extent” is **21.5%**.

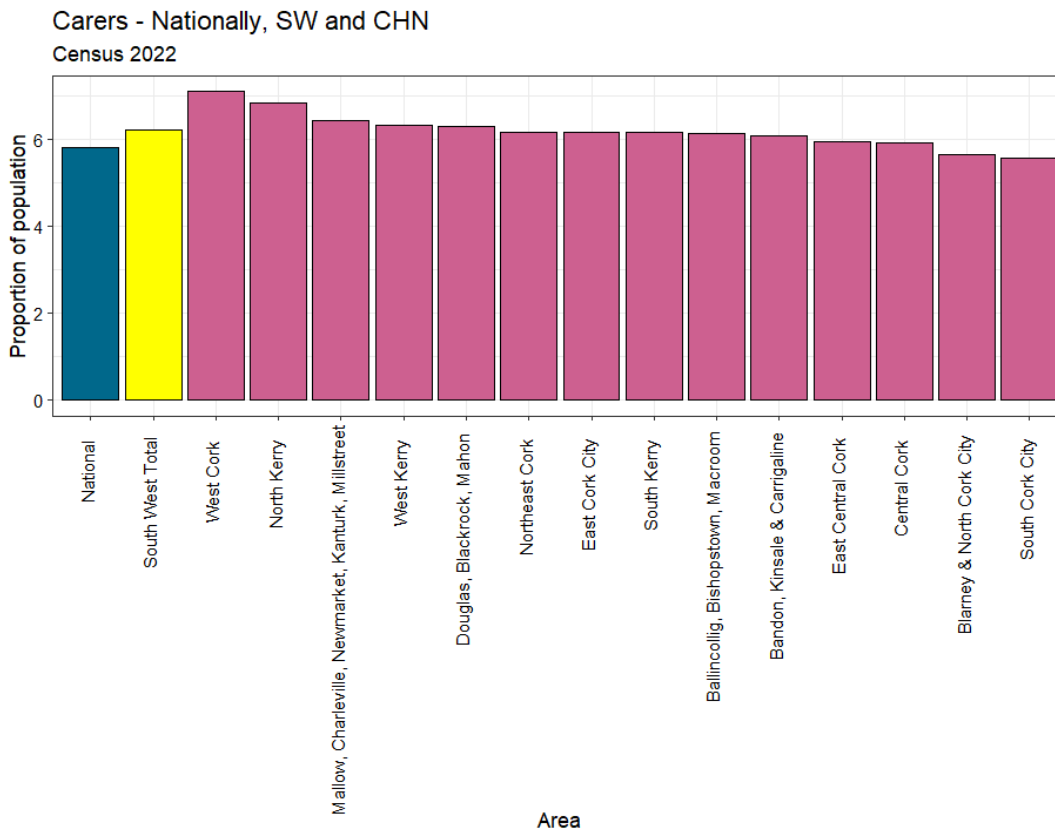


CHNs with the highest % population with a Disability	%
South Cork City	25.2%
Central Cork	24.6%
Blarney and North Cork City	24.2%
West Kerry	22.9%
North Kerry	22.6%
Mallow, Charleville, Newmarket, Kanturk, Millstreet	22.3%
Douglas, Blackrock, Mahon	21.9%
Northeast Cork	21.8%
West Cork	21.7%
East Central Cork	21.5%

Percent of Population that are Carers

The graph below shows the proportion of the population that provide unpaid care, nationally, in HSE SW and by CHN.

- The proportion of people providing unpaid care in the SW (**6.2%**) is slightly above the national average (**5.8%**).
- The West Cork CHN has the highest proportion of unpaid carers at **7.1%**.
- The lowest proportion of people providing unpaid care is in South Cork City, at **5.6%**.



Population Health Implications:

General health: There is variation in self-reported health status in the CHNs in HSE SW. CHNs with higher levels of deprivation report lower levels of very good and good health (i.e. Blarney and North Cork City, Central Cork, and West Kerry).

Smoking: Smoking rates are high in CHN areas with a higher level of deprivation (i.e. Blarney and North Cork City, Central Cork, and West Kerry). Smoking cessation services need to be tailored to the population in question.

Disability: Over one in five of the HSE SW population have “at least one long-lasting condition or difficulty to any extent”.

Carers: Providing unpaid care is an important contribution to the welfare of individuals, families and society. The proportion of people providing unpaid care differs in the SW region, with highest levels across CHN areas with a higher proportion of the older population (i.e. West Cork).

Education and Internet

Education is an important determinant of health and there is a strong relationship between education levels and health outcomes. Higher levels of education not only benefit the individual but have positive effects for the economy and society.

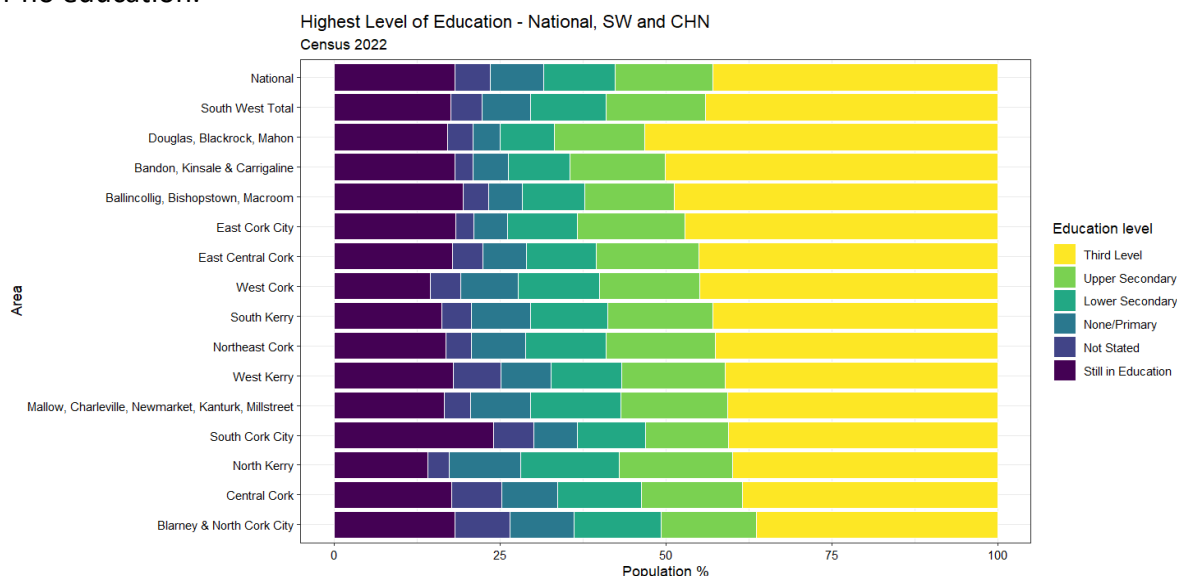
The graph below displays the highest level of education attained for the population aged 15+ years nationally, for HSE SW and by CHN. The CHNs are ordered with the highest proportion of people with third level education at the top of the graph.

44.0% have a third level education in HSE SW, above the national average of **42.8%**.

Douglas, Blackrock, Mahon CHN (**53.1%**), Bandon, Kinsale & Carrigaline CHN (**50.0%**) and Ballincollig, Bishopstown, Macroom CHN (**48.7%**) have the highest proportion of people with third level education.

The population with third level education is lowest in Blarney & North Cork City CHN (**36.3%**), Central Cork CHN (**38.4%**) and North Kerry CHN (**40.0%**).

North Kerry CHN (**10.8%**), Blarney & North Cork City CHN (**9.7%**) and Mallow, Charleville, Newmarket, Kanturk, Millstreet CHN (**9.1%**) have the largest proportion of people with primary or no education.



Internet Access

- **9.8%** of households have no internet access, above the national average of **8.7%**, this ranges from **5.9%** of households (Douglas, Blackrock, Mahon) to **14.8%** of households (North Kerry).

Population Health Implications:

- Improving educational outcomes in the most disadvantaged groups has the potential to make a positive impact on health inequalities.
- More deprived CHNs have lower levels of education (i.e. Blarney and North Cork City, and Central Cork).
- Examining routes for healthcare access and information in areas of low internet access may provide a means to narrow health inequalities.

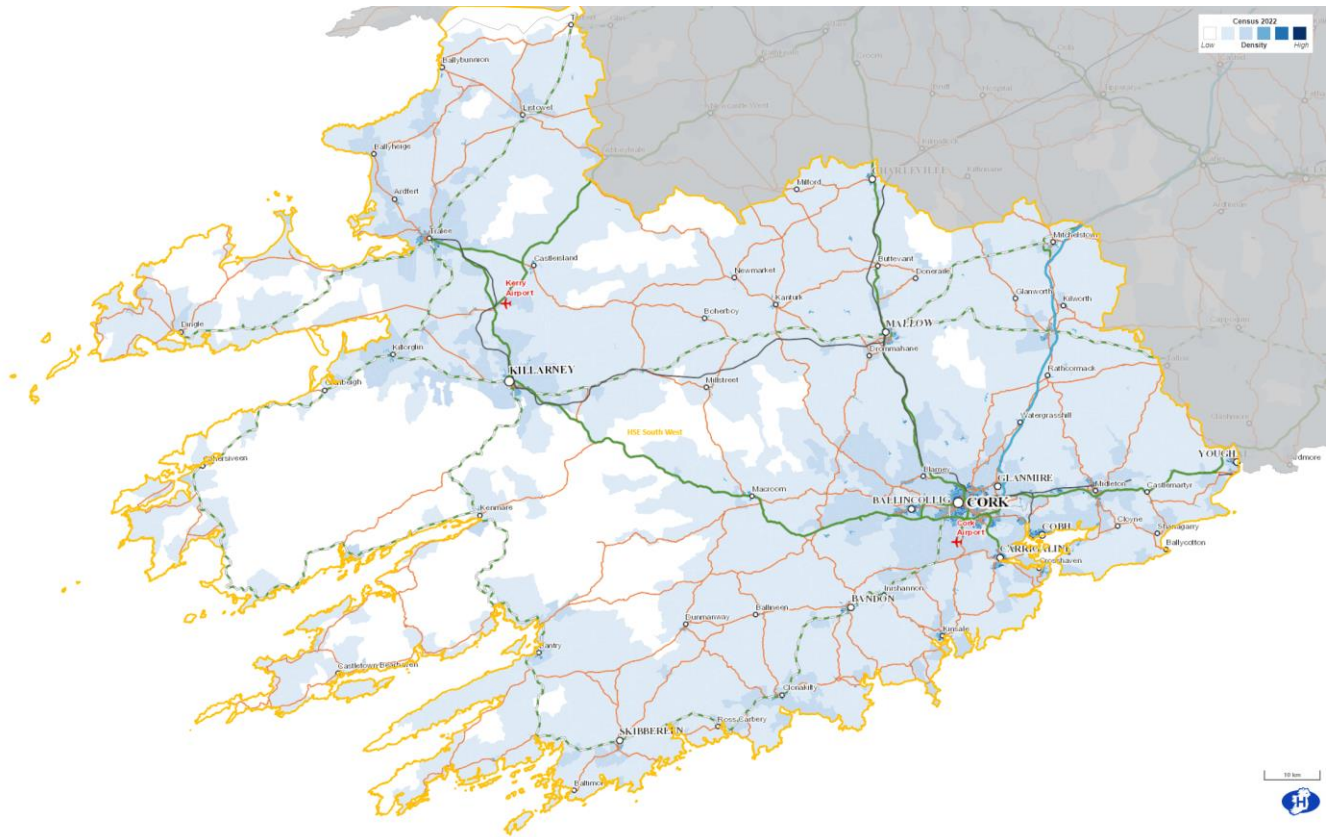
Ordnance Survey Ireland map of South West (whole region)

The following map shows the boundary (in yellow) and major population centres and road network for the entire Health Region.



Population density map of HSE South West

The map below shows the population density of the HSE SW, 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 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 HR 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
Family	Families by age of youngest child by No. of families
Family	Families by age of youngest child by No. of persons

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



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